



Training culture

FRIENDSHIP

Together we make progress

- I maintain my friendships in and outside of training.
- I live my enthusiasm and inspire others.
- I promote team spirit. He makes us strong.
- I support others wherever I can.
- I have fun training but always stay focused.

RESPECT

I take responsibility for myself and others

- I am capable of criticism.
- I maintain a constructive feedback culture in training.
- I listen carefully when an announcement is made.
- I am responsible for my own progress.
- I embody fair play through and through.
- I care about materials and the environment.
- I am confident, but always down to earth and respectful.

EXCELLENCE

We always do our best

- I use the limited time in training as efficiently as possible.
- I play 100%, even in training matches.
- I am a good player.
- I ensure the highest quality in every form of practice and game.
- I learn from my mistakes.
- I always try to improve, even with repetitive exercises.
- I am curious and willing to learn.