

Trainingsschema seizoen 2018/2019

| Veld 1 | A1 | kl. | A2 | kl. | B1 | kl. | B2 | kl. |
|------------------|---|-----|--------|-----|--------|-----|--------|------|
| maandag | | | | | | | | |
| 17.15-18.15 | *** beschikbaar voor eventuele 3e training voor **** | | | | | | | **** |
| 18.15-19.15 | JO/MO8 tm JO14/MO13 **** | | | | | | | |
| 19.30-20.45 | HR1 | 10 | HR1 | 10 | HR1 | 10 | HR1 | 10 |
| 20.45-21.30 | | | | | | | | |
| dinsdag | | | | | | | | |
| 17.15-18.15 | JO13-1 | 16 | JO13-1 | 16 | JO14-4 | 7 | JO14-3 | 7 |
| 18.15-19.15 | JO14-1 | 12 | JO14-1 | 12 | JO15-2 | 14 | JO15-2 | 14 |
| 19.30-20.45 | HR1 | 10 | HR1 | 10 | HR1 | 10 | HR1 | 10 |
| 20.45-21.30 | | | | | | | | |
| Woensdag | | | | | | | | |
| 17.15-18.15 | | | | | | | | |
| 18.15-19.15 | ***** beschikbaar voor eventueel jeugd-oefenwedstrijden ***** | | | | | | | |
| 19.30-20.30 | | | | | | | | |
| 20.30-21.30 | | | | | | | | |
| Donderdag | | | | | | | | |
| 17.15-18.15 | JO13-1 | 16 | JO13-1 | 16 | JO14-4 | 7 | JO14-3 | 7 |
| 18.15-19.15 | JO14-1 | 12 | JO14-1 | 12 | JO15-2 | 14 | JO15-2 | 14 |
| 19.30-20.45 | HR1 | 10 | HR1 | 10 | HR1 | 10 | HR1 | 10 |
| 20.45-21.30 | | | | | | | | |

| Veld 2 | A1 | kl. | A2 | kl. | B1 | kl. | B2 | kl. | C | kl. | D | kl. |
|------------------|------------|-----|----------|-----|-----------------------------------|-----|--------|-----|---------|-----|--------|-----|
| maandag | | | | | | | | | | | | |
| 17.30-18.30 | JO10-3 | 7 | JO10-4 | 7 | JO12-1 | 8 | JO12-2 | 8 | | | | |
| 18.30-19.30 | MO13-2 | 6 | MO13-2 | 6 | MO13-1 | 1 | MO13-1 | 1 | | | | |
| 19.30-20.45 | MO17-1 | 3 | MO17-1 | 3 | MO15-1 | 2 | MO15-1 | 2 | HR9 | 9 | | |
| 20.45-21.30 | | | | | | | | | | | | |
| dinsdag | | | | | | | | | | | | |
| 17.30-18.30 | JO14-2 | 8 | JO14-2 | 8 | JO9-1 | 7 | JO9-2 | 7 | JO8-1&2 | 8 | JO8-3 | 7 |
| 18.30-19.30 | JO19-2 | 16 | JO19-2 | 16 | JO15-1 | 14 | JO15-1 | 14 | G | 7 | MO11-1 | 6 |
| 19.30-20.45 | x | | x | | HR3 * | 15 | HR3 * | 15 | x | | x | |
| 19.45-21.15 | KPVR / VR2 | 5 | VR2 | 5 | VR1 * | 6 | VR1 * | 6 | VR3 | 4 | VR3 | 4 |
| Woensdag | | | | | | | | | | | | |
| 17.30-18.30 | JO10-3 | 7 | JO10-4 | 7 | JO12-1 | 8 | JO12-2 | 8 | mini | 7 | | |
| 18.30-19.30 | KP JO/MO | 7 | KP JO/MO | 7 | *** vrijhouden oefenwedstrijd *** | | | | | | MO13-2 | 6 |
| 19.30-20.45 | KP JO/MO | 7 | KP JO/MO | 7 | JO17-4 | 14 | JO17-4 | 14 | VR4 | 4 | JO17-2 | 16 |
| 20.45-21.30 | | | | | | | | HR6 | 14 | | | |
| Donderdag | | | | | | | | | | | | |
| 17.30-18.30 | JO14-2 | 8 | JO14-2 | 8 | JO9-1 | 7 | JO9-2 | 7 | JO8-1&2 | 7 | JO8-3 | 7 |
| 18.30-19.30 | JO19-2 | 16 | JO19-2 | 16 | JO15-1 | 14 | JO15-1 | 14 | MO11-1 | 6 | | |
| 19.30-20.45 | x | | x | | HR3 * | 15 | HR3 * | 15 | x | | x | |
| 19.45-21.15 | KPVR / VR2 | 5 | VR2 | 5 | VR1 * | 6 | VR1 * | 6 | VR3 | 4 | VR3 | 4 |
| 21.00-22.00 | | | | | | | | | 35+/1 | 12 | 35+/2 | 14 |

* oneven weken traint VR1 op veld 2 en even weken HR3

| Veld 3 | A1 | kl. | A2 | kl. | B1 | kl. | B2 | kl. |
|------------------|--------|-----|--------|-----|-----------------------------------|-----|--------|-----|
| maandag | | | | | | | | |
| 17.30-18.30 | JO11-3 | 8 | MO11-2 | 6 | | | | |
| 18.30-19.30 | JO17-1 | 15 | JO17-1 | 15 | | | | |
| 19.30-20.45 | JO17-4 | 14 | JO17-2 | 16 | VR4 | 4 | VR4 | 4 |
| 20.45-21.30 | | | | | | | | |
| dinsdag | | | | | | | | |
| 17.30-18.30 | JO11-1 | 8 | JO11-2 | 8 | JO10-1 | 8 | JO10-2 | 8 |
| 18.30-19.30 | JO17-1 | 15 | JO17-1 | 15 | JO19-1 | 16 | JO19-1 | 16 |
| 19.30-20.45 | HR2 | 11 | HR2 | 11 | HR3 * | 15 | HR3 * | 15 |
| 19.30-21.00 | x | | x | | VR1 * | 6 | VR1 * | 6 |
| Woensdag | | | | | | | | |
| 17.30-18.30 | JO11-3 | 8 | MO11-2 | 6 | *** vrijhouden oefenwedstrijd *** | | | |
| 18.30-19.30 | MO13-1 | 1 | MO13-1 | 1 | *** vrijhouden oefenwedstrijd *** | | | |
| 19.30-20.45 | MO17-1 | 3 | MO17-1 | 3 | MO15-1 | 2 | MO15-1 | 2 |
| 20.45-21.30 | | | | | | | | |
| Donderdag | | | | | | | | |
| 17.30-18.30 | JO11-1 | 8 | JO11-2 | 8 | JO10-1 | 8 | JO10-2 | 8 |
| 18.30-19.30 | JO17-1 | 15 | JO17-1 | 15 | JO19-1 | 16 | JO19-1 | 16 |
| 19.30-20.45 | HR2 | 11 | HR2 | 11 | HR3 * | 15 | HR3 * | 15 |
| 19.45-21.15 | x | | x | | VR1 * | 6 | VR1 * | 6 |
| 20.45-21.45 | HR4 | 7 | HR7 | 8 | HR8 ** | 13 | HR5** | 16 |

* even weken traint VR1 op veld 3 en oneven weken HR3
** even weken trainen op veld 2B