

Trainingsschema seizoen 2019/2020

| Veld 1 | A1 | kl. | A2 | kl. | B1 | kl. | B2 | kl. |
|------------------|---|-----|--------|-----|--------|-----|--------|-----|
| maandag | | | | | | | | |
| 17.15-18.15 | ***beschikbaar voor eventuele 3e (techniek) 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 | 12 | JO13-1 | 12 | JO15-1 | 14 | JO15-1 | 14 |
| 18.15-19.15 | JO14-1 | 12 | JO14-1 | 12 | | | JO9-1 | 8 |
| 19.30-20.45 | HR1 | 10 | HR1 | 10 | HR1 | 10 | HR1 | 10 |
| 20.45-21.30 | | | | | | | | |
| Woensdag | | | | | | | | |
| 17.15-18.15 | ***** beschikbaar voor eventueel jeugd-(oefen)wedstrijden ***** | | | | | | | |
| 18.15-19.15 | | | | | | | | |
| 19.30-20.30 | | | | | | | | |
| 20.30-21.30 | | | | | | | | |
| Donderdag | | | | | | | | |
| 17.15-18.15 | JO13-1 | 12 | JO13-1 | 12 | JO13-2 | 14 | JO13-2 | 14 |
| 18.15-19.15 | JO14-1 | 12 | JO14-1 | 12 | JO9-1 | 8 | JO15-1 | 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 | JO11-3 | 8 | JO11-3 | 8 | JO8-2 | 7 | JO8-3 | 7 | | | | |
| 18.30-19.30 | JO17-3 | 13 | JO17-3 | 13 | MO15-1 | 2 | MO15-1 | 2 | MO15-2 | 1 | KP JO/MO | 7 |
| 19.30-20.45 | | | | | MO17-1 | 3 | MO17-1 | 3 | JO19-3 | 12 | KP JO/MO | 7 |
| 20.45-21.30 | | | | | | | | | | | | |
| dinsdag | | | | | | | | | | | | |
| 17.30-18.30 | JO10-1 | 7 | JO10-2 | 7 | JO12-1 | 8 | JO12-2 | 8 | JO8-1 | 7 | | |
| 18.30-19.30 | JO11-1 | 8 | JO11-2 | 8 | MO13-1 | 1 | MO13-1 | 1 | G | 7 | MO13-2 | 2 |
| 19.30-20.45 | x | | x | | | | | | | | | |
| 19.45-21.15 | KPVR / VR2 | 5 | VR2 | 5 | HR3 | 14 | HR3 | 14 | VR4 | 4 | | |
| Woensdag | | | | | | | | | | | | |
| 17.30-18.30 | JO11-3 | 7 | JO11-3 | 7 | ** vrijhouden (oefen)wedstrijd ** | | | | JO8-2 | 7 | JO8-3 | 7 |
| 18.30-19.30 | KP JO/MO | 7 | KP JO/MO | 7 | ** vrijhouden (oefen)wedstrijd ** | | | | HR9 | 13 | HR8 | 13 |
| 19.30-20.45 | KP JO/MO | 7 | KP JO/MO | 7 | VR3 | 5 | VR3 | 5 | JO17-2 | 13 | HR6 | 12 |
| 20.45-21.30 | | | | | | | | | | | | |
| Donderdag | | | | | | | | | | | | |
| 17.30-18.30 | JO10-1 | 7 | JO10-2 | 7 | JO12-1 | 8 | JO12-2 | 8 | JO8-1 | 7 | | |
| 18.30-19.30 | JO11-1 | 8 | JO11-2 | 8 | MO13-1 | 1 | MO13-1 | 1 | JO17-3 | 13 | MO13-2 | 2 |
| 19.30-20.45 | x | | x | | HR3 * | 14 | HR3 * | 14 | | | | |
| 19.45-21.15 | KPVR / VR2 | 5 | VR2 | 5 | VR1 * | 6 | VR1 * | 6 | VR4 | 4 | VR 35+ | 3 |
| 21.00-22.00 | | | | | | | | | 35+/1 | 15 | 35+/2 | 15 |

* 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 | JO13-2 | 14 | JO13-2 | 14 | JO17-2 | 13 | JO17-2 | 13 |
| 18.30-19.30 | JO19-1 | 16 | JO19-1 | 16 | JO19-2 | 13 | JO19-2 | 13 |
| 19.30-20.45 | HR2 | 11 | HR2 | 11 | JO17-1 | 15 | JO17-1 | 15 |
| 20.45-21.30 | | | | | | | | |
| dinsdag | | | | | | | | |
| 17.30-18.30 | | | | | JO15-2 | 15 | JO15-2 | 15 |
| 18.30-19.30 | JO19-1 | 16 | JO19-1 | 16 | JO17-1 | 15 | JO17-1 | 15 |
| 19.30-20.45 | HR2 | 11 | HR2 | 11 | VR1 | 6 | VR1 | 6 |
| 19.30-21.00 | | | | | | | | |
| Woensdag | | | | | | | | |
| 17.30-18.30 | | | | | | | | |
| 18.30-19.30 | JO19-3 | 12 | JO19-3 | 12 | MO15-1 | 2 | MO15-1 | 2 |
| 19.30-20.45 | JO19-2 | 15 | JO19-2 | 15 | MO17-1 | 3 | MO17-1 | 3 |
| 20.45-21.30 | | | | | | | | |
| Donderdag | | | | | | | | |
| 17.30-18.30 | MO15-2 | 1 | MO15-2 | 1 | JO15-2 | 13 | JO15-2 | 13 |
| 18.30-19.30 | JO19-1 | 16 | JO19-1 | 16 | JO17-1 | 15 | JO17-1 | 15 |
| 19.30-20.45 | HR2 | 11 | HR2 | 11 | HR3 * | 14 | HR3 * | 14 |
| 19.45-21.15 | x | | x | | VR1 * | 6 | VR1 * | 6 |
| 20.45-21.45 | HR10 | 13 | HR4 | 13 | HR7 | 13 | HR5 | 13 |

* even weken traint VR1 op veld 3 en oneven weken HR3

** even weken trainen op veld 2B

