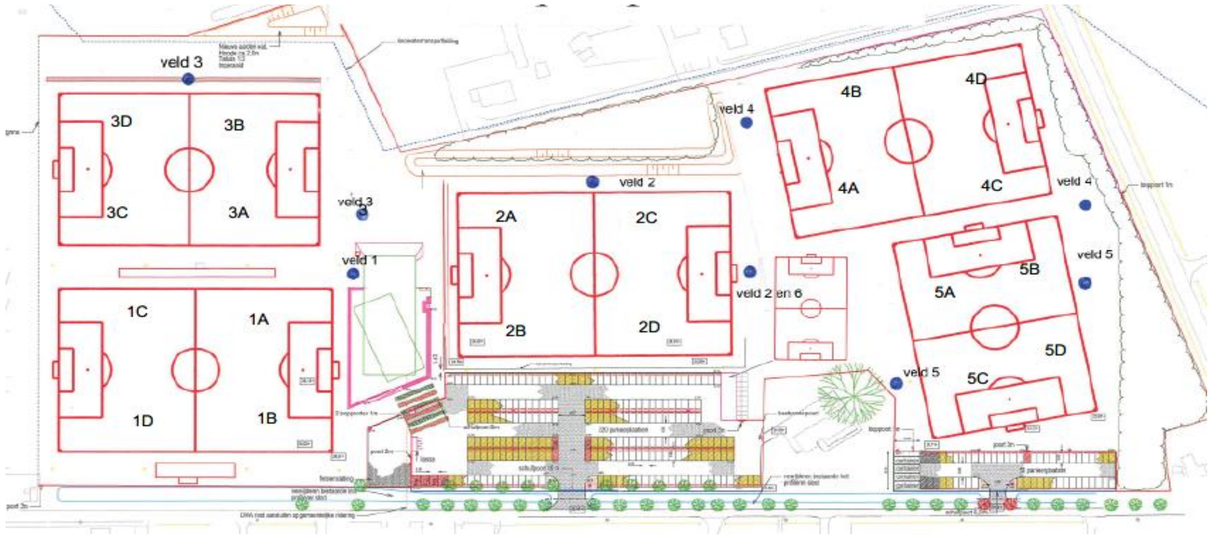
# Trainingsschema 2023 / 2024

*versie 22 juli 2023*

| |
|---|
| Veld 1 |
| Veld 2 |
| Veld 3 |
| Veld 4 |
| Veld 5 |
| Veld 6 |
| Gymzaal |




| | Herstel | Zo1 | O21 | 35 + | ZA1 | ZA2 | ZA3 | ZA4 | MO20-1 | O19-1 | O18-1 | O17-1 | O17-3 | O16-1 | O16-2 | MO15-1 | O15-1 | O15-2 | O15-3 | O14-1 | O14-2 | O14-3 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Maandag** | | | | | | | | | | | | | | | | | | | | | | |
| kleedkamer | | 1 | 2 | | | | | | | | 13 | 4 | 8 | | 5 | | 10 | | | | 3 | 11 |
| veld | Gym | 2 | 3 | | | | | | | | 4AB | 3AB | 5AB | | 5CD | | 3AB | | | | 4CD | 5CD |
| tijd | 19:00 | 19:00 | 19:00 | | | | | | | | 19:00 | 20:30 | 19:00 | | 19:00 | | 17:45 | | | | 19:00 | 17:45 |
| | 20:30 | 21:00 | 20:30 | | | | | | | | 20:30 | 21:45 | 20:15 | | 20:15 | | 19:00 | | | | 20:15 | 19:00 |
| **Dinsdag** | | | | | | | | | | | | | | | | | | | | | | |
| kleedkamer | | 1 | 2 | | 3 | | | 5 | 9 | 12 | 13 | | | 7 | | 11 | | 8 | 6 | 4 | | |
| veld | | 2 | 4 | | 3CD | | | 2CD | 5AB | 3AB | 2AB | | | 3CD | | 5CD | | 5AB | 5CD | 3AB | | |
| tijd | | 19:00 | 19:00 | | 20:30 | | | 20:30 | 19:00 | 20:15 | 20:30 | | | 19:00 | | 19:00 | | 17:45 | 17:45 | 19:00 | | |
| | | 20:30 | 20:30 | | 21:45 | | | 21:45 | 20:30 | 21:30 | 21:45 | | | 20:30 | | 20:15 | | 19:00 | 19:00 | 20:15 | | |
| **Woensdag** | | | | | | | | | | | | | | | | | | | | | | |
| kleedkamer | | | | 6 | | 13 | | | | | | 4 | 8 | | 5 | | 10 | | | | 9 | 11 |
| veld | | | | 3CD | | 3AB | | | | | | 2AB | 3CD | | 3AB | | 3AB | | | | 2CD | 3CD |
| tijd | | | | 20:30 | | 20:30 | | | | | | 19:00 | 19:00 | | 19:00 | | 17:45 | | | | 19:00 | 17:45 |
| | | | | 21:45 | | 21:45 | | | | | | 20:30 | 20:30 | | 20:30 | | 19:00 | | | | 20:15 | 19:00 |
| **Donderdag** | | | | | | | | | | | | | | | | | | | | | | |
| kleedkamer | | 1 | 2 | | 3 | | 6 | 5 | 9 | 12 | 13 | 4 | | 7 | | 11 | 10 | 12 | 6 | 8 | | |
| veld | | 2 | 2 | | 3CD | | 3AB | 5AB | 3CD | 5CD | 3AB | 4AB | | 5AB | | 5CD | 5AB | 3AB | 3CD | 4CD | | |
| tijd | | 19:00 | 20:30 | | 20:30 | | 20:30 | 20:30 | 19:00 | 20:15 | 19:00 | 19:00 | | 19:00 | | 19:00 | 17:45 | 17:45 | 17:45 | 19:00 | | |
| | | 20:30 | 21:45 | | 21:45 | | 21:45 | 21:45 | 20:30 | 21:30 | 20:30 | 20:30 | | 20:30 | | 20:15 | 19:00 | 19:00 | 19:00 | 20:15 | | |
| **Vrijdag** | | | | | | | | | | | | | | | | | | | | | | |
| kleedkamer | | 1 | | | | | | | | | | | | | | | | | | | | |
| veld | | 3 | | | | | | | | | | | | | | | | | | | | |
| tijd | | 19:00 | | | | | | | | | | | | | | | | | | | | |
| | | 20:30 | | | | | | | | | | | | | | | | | | | | |
| **Zaterdag** | | | | | | | | | | | | | | | | | | | | | | |
| kleedkamer | | | | | | | | | | | | | | | | | | | | | | |
| veld | | | | | | | | | | | | | | | | | | | | | | |
| tijd | | | | | | | | | | | | | | | | | | | | | | |
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|---|
| Veld 1 |
| Veld 2 |
| Veld 3 |
| Veld 4 |
| Veld 5 |
| Veld 6 |
| Gymzaal |

Data dat er geen jeugdtrainingen zijn:

- Nieuwjaarsdag
- Tweede Paasdag
- Koningsdag
- 4 mei tot uiterlijk 19:15 uur
- Bevrijdingsdag
- Hemelvaartsdag
- Tweede Pinksterdag
- Kerstmis (kerstavond, 1e en 2e kerstdag)
- Oudejaarsdag

De Technische JeugdCommissie bepaalt in overleg met trainers en de teams of er wel of geen trainingen zijn voor de jeugdteams in de schoolvakanties.

| | O13-1 | O13-2 | O12-1 | O12-2 | O12-3 | MO11-1 | O11-1 | O11-2 | O10-1 | O10-2 | O10-3 | O10-4 | O10-5 | O9-1 | O9-2 | JO9-3 | O8-1 | O8-2 | O8-3 | O8-4 | O8-5 | Mini's | Keepers | Voetbal + | Wed-strijd | Gymzaal |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Maandag** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| kleedkamer | | | | 12 | 7 | | | | | | | | | | | | | | | | | | | | | |
| veld | | | | 4A | 4B | | 3C | 3D | | | | 2A | 2B | 2C | 2D | | 5A | | | | | | | | | |
| tijd | | | | 17:45 | 17:45 | | 17:45 | 17:45 | | | | 17:45 | 17:45 | 17:45 | 17:45 | 17:45 | 17:45 | | | | | | | | | |
| | | | | 19:00 | 19:00 | | 18:45 | 18:45 | | | | 19:00 | 19:00 | 19:00 | 19:00 | 19:00 | 19:00 | | | | | | | | | |
| **Dinsdag** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| kleedkamer | 3 | 5 | 10 | | | | | | | | | | | | | | | | | | | | | | | 14 |
| veld | 2AB | 2CD | 3A | | | 3CD | | | 3AB | 3B | 3C | | | | | | | | | | | | | | | Judo |
| tijd | 17:45 | 17:45 | 17:45 | | | 16:00 | | | 16:00 | 17:45 | 17:45 | | | | | | | | | | | | | | | 16:00 |
| | 19:00 | 19:00 | 19:00 | | | 17:15 | | | 17:15 | 19:00 | 19:00 | | | | | | | | | | | | | | | 17:15 |
| **Woensdag** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| kleedkamer | | | | 12 | 7 | | | | | | | | | | | | | | | | | | | | 3 / 4 | |
| veld | | | | 2A | 2B | | 5A | 5B | | | | 5C | 5D | 4A | 4B | 4C | 2C | | 2D | 4D | 6 | | | | 4 | 2 |
| tijd | | | | 17:45 | 17:45 | | 17:45 | 17:45 | | | | 17:45 | 17:45 | 17:45 | 17:45 | 17:45 | 17:45 | 17:45 | 17:45 | 17:45 | 17:45 | | | | 19:30 | 20:30 |
| | | | | 19:00 | 19:00 | | 19:00 | 19:00 | | | | 19:00 | 19:00 | 19:00 | 19:00 | 19:00 | 19:00 | 19:00 | 19:00 | 19:00 | 19:00 | | | | | |
| **Donderdag** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| kleedkamer | 3 | 5 | 2 | | | | | | | | | | | | | | | | | | | | | | | 14 |
| veld | 2AB | 2CD | 4A | | | 3CD | | | 3AB | 5C | 5D | | | | | | | | | | | | | | | Judo |
| tijd | 17:45 | 17:45 | 17:45 | | | 16:00 | | | 16:00 | 17:45 | 17:45 | | | | | | | | | | | | | | | 20:00 |
| | 19:00 | 19:00 | 19:00 | | | 17:15 | | | 17:15 | 19:00 | 19:00 | | | | | | | | | | | | | | | 21:15 |
| **Vrijdag** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| kleedkamer | | | | | | | | | | | | | | | | | | | | | | | 3 | 2 | | 14 |
| veld | | | | | | | | | | | | | | | | | | | | | | | 2CD | 2AB | | Judo |
| tijd | | | | | | | | | | | | | | | | | | | | | | | 18:30 | 19:15 | | 15:30 |
| | | | | | | | | | | | | | | | | | | | | | | | 20:30 | 20:30 | | 18:30 |
| **Zaterdag** | | | | | | | | | | | | | | | | | | | | | | | | | | |
| kleedkamer | | | | | | | | | | | | | | | | | | | | | | | | | | |
| veld | | | | | | | | | | | | | | | | | | | | | | 1A/1B | | | | |
| tijd | | | | | | | | | | | | | | | | | | | | | | 10:00 | | | | |
| | | | | | | | | | | | | | | | | | | | | | | 11:00 | | | | |