



# Trainingssschema

seizoen  
2020 / 2021

		16:00	16:00	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30
<b>Maandag</b>															
Veld 1	A				Circuit training JO8 1+2 (8) / JO9 1+2 (2)		JO15-1 (14)			JO17-1 (1)					
	B				JO10 1+2 (4) / JO11 1+2 (3)		JO15-2 (13)			JO19-2 (4)					
Veld 2	A				Circuit training MO11-1 (1) + MO11-2 (7)		JO13-1 (5)			MO15-1 (9) + MO17-1 (10)					
	B				MO13-1 (9) / MO13-2 (10)		JO13-2 (6)			MO19-1 (7)					
	C				Keeper recreatief JO 8 t/m 11 (11)										
<b>Dinsdag</b>															
Veld 1	A				Circuit training JO8 3 (1) / JO9 3+4 (2)		JO15-3 (5) / JO15-4 (13)			Zon 1 (1) + Keeper (1)					
	B				JO10 3+4 (3) / JO11 3+4 (4)		JO15-5 (14)			Trainers (10)					
Veld 2	A				JO13-3 (6) / JO13-4 (7)		JO17-2 (11)			Zon 2 (2)					
	B				JO13-5 (8)		JO17-3 (9)			JO19-1 (3)					
	C				Keeper selectie & recreatief JO13 - JO19 (12)										
<b>Woensdag</b>															
Veld 1	A	MINI'S (11)			Team training JO8 1+2 (8) / JO9 1+2 (2)		JO13-1 (5)			JO17-1 (1)			Zat 3 (2)		
	B				JO10 1+2 (4) / JO11 1+2 (3)		JO13-2 (6)			JO19-2 (4)		Zat 4 (5)			
Veld 2	A				Team training MO11-1 (1) + MO11-2 (7)		JO15-1 (14)			MO15-1 (9) / MO17-1 (10)			Zat 8 (6)		
	B				MO13-1 (9) / MO13-2 (10)		JO15-2 (13)			MO19-1 (7)			Zat 9 (7)		
	C									Zat 7 (11)					
<b>Donderdag</b>															
Veld 1	A				Team training JO8 3 (1) / JO9 3+4 (2)		JO17-2 (11)			Zon 1 (1)			Zon 3(4) + Zon 4 (5)		
	B				JO10 3+4 (3) / JO11 3+4 (4)		JO17-3 (9)			Trainers (10)			Zon 5 (6)		
Veld 2	A				JO13-3 (6) / JO13-4 (7)		JO15-3 (5) / JO15-4 (13)			Zon 2 (2)			Zat 2 (7) + Zat 5 (8)		
	B				JO13-5 (8)		JO15-5 (14)			JO19-1 (3)			Zat 6 (9)		
	C				Keeper recreatief JO8 - JO11 & alle MO (12)										