| Dag | Tijd | KGV A | KGV B | KGV C | KGV D | TN A | TN B | TN C | TN D |
|---|---|---|---|---|---|---|---|---|---|
| | | Kunstgrasveld | | Jeugd Arena | | Nieuwe Trainingsveld | | | |
| Maandag | | | | | | | | | |
| | 17:30-17:45 | **O9 en O10**<br>olv. Francis Venema | | | | | | | |
| | 17:45-18:00 | | | | | | | | |
| | 18:00-18:15 | | | | | | | | |
| | 18:15-18:30 | | | | | | | | |
| | 18:30-18:45 | | | | | | | | |
| | 18:45-19:00 | **MO20** | **MO17** | **O12**<br>Robin Nus | | **JO13-1**<br>Niels Pepping en Jesper van de Veen | | **JO13-2**<br>Veerle Thijssen | |
| | 19:00-19:15 | | | | | | | | |
| | 19:15-19:30 | | | | | | | | |
| | 19:30-19:45 | | | | | | | | |
| | 19:45-20:00 | | | | | | | | |
| | 20:00-20:15 | B selectie<br>Sander Broekema | JO19-1/ Dames 1 | | | JO19-1/ Dames 1 | | | |
| | 20:15-20:30 | | | | | | | | |
| | 20:30-20:45 | | om toe beurten extra keer kunstgras | | | | | | |
| | 20:45-21:00 | | | | | | | | |
| | 21:00-21:15 | | | | | | | | |
| | 21:15-21:30 | | | | | | | | |
| | 21:30-21:45 | | | | | | | | |
| | 21:45-22:00 | | | | | | | | |
| Dinsdag | | | | | | | | | |
| | 17:30-17:45 | **O11** | **Keepers jeugd**<br>Jacob Beimers | | | | | | |
| | 17:45-18:00 | | | | | | | | |
| | 18:00-18:15 | | | **O8**<br>olv. Sjouke Brandsma | | | | | |
| | 18:15-18:30 | | | | | | | | |
| | 18:30-18:45 | | | | | | | | |
| | 18:45-19:00 | **JO15-1** | **JO15-2** | **JO15-3** | | **JO17-1**<br>Eric Peter van der Veen | | **JO17-2**<br>Xander Bernard | |
| | 19:00-19:15 | | | | | | | | |
| | 19:15-19:30 | | | | | | | | |
| | 19:30-19:45 | | | | | | | | |
| | 19:45-20:00 | | | | | | | | |
| | 20:00-20:15 | **A selectie**<br>JP Bosma | **Keepers sen.**<br>Johan Mulder | | | | | | |
| | 20:15-20:30 | | | | | | | | |
| | 20:30-20:45 | | | | | | | | |
| | 20:45-21:00 | | | | | | | | |
| | 21:00-21:15 | | | | | | | | |
| | 21:15-21:30 | | | | | | | | |
| | 21:30-21:45 | | | | | | | | |
| | 21:45-22:00 | | | | | | | | |
| Woensdag | | | | | | | | | |
| | 17:30-17:45 | | | | | | | | |
| | 17:45-18:00 | | | | | | | | |
| | 18:00-18:15 | | | **Kabouters** | **O7** | | | | |
| | 18:15-18:30 | | | | | | | | |
| | 18:30-18:45 | | | | | | | | |
| | 18:45-19:00 | **JO13-2**<br>Veerle Thijssen | **JO13-1**<br>Niels Pepping en Jesper van de Veen | | | **MO20** | | **MO17** | |
| | 19:00-19:15 | | | | | | | | |
| | 19:15-19:30 | | | **O12**<br>Robin Nus | | | | | |
| | 19:30-19:45 | | | | | | | | |
| | 19:45-20:00 | | | | | | | | |
| | 20:00-20:15 | **JO19-1**<br>Damian Solorz | Dames 1 | | | | | | |
| | 20:15-20:30 | | | | | | | | |
| | 20:30-20:45 | | | | | | | | |
| | 20:45-21:00 | | | | | | | | |
| | 21:00-21:15 | | | | | | | | |
| | 21:15-21:30 | | | | | | | | |
| | 21:30-21:45 | | | | | | | | |
| | 21:45-22:00 | | | | | | | | |
| Donderdag | | | | | | | | | |
| | 17:30-17:45 | **O9 en O10**<br>olv. Francis Venema | | | | **O11** | | | |
| | 17:45-18:00 | | | | | | | | |
| | 18:00-18:15 | | | **O8**<br>olv. Sjouke Brandsma | | | | **JO15-2** | |
| | 18:15-18:30 | | | | | | | | |
| | 18:30-18:45 | | | | | | | | |
| | 18:45-19:00 | **JO17-1**<br>Eric Peter van der Veen | **JO17-2**<br>Xander Bernard | | | **JO15-3** | | | |
| | 19:00-19:15 | | | **G-team**<br>Emko Bandringa | | | | **JO15-1** | |
| | 19:15-19:30 | | | | | | | | |
| | 19:30-19:45 | | | | | | | | |
| | 19:45-20:00 | | | | | | | | |
| | 20:00-20:15 | **A selectie**<br>JP Bosma | | | | B selectie<br>Sander Broekema | | | |
| | 20:15-20:30 | | | | | | | | |
| | 20:30-20:45 | | | | | | | | |
| | 20:45-21:00 | | | | | | | | |
| | 21:00-21:15 | | | | | | | | |
| | 21:15-21:30 | | | **Overige senioren** | | | | | |
| | 21:30-21:45 | | | | | | | | |
| | 21:45-22:00 | | | | | | | | |

**Elk team heeft per training 1 uur en 15 minuten het aangewezen deel van het trainingsveld tot zijn beschikking.**
**Dit is inclusief het klaarzetten en opruimen van het materiaal. Zorg er dus voor dat het veld tijdig leeg is voor de start van de volgende training!**