

|               | Maandag |        |        |         |  |  |  |          |
|---------------|---------|--------|--------|---------|--|--|--|----------|
|               |         |        |        |         |  |  |  |          |
|               |         |        |        |         |  |  |  | Fysiek   |
| tussen:       |         |        |        |         |  |  |  | training |
| 17:00 - 18:30 | JO11-1  | JO10-1 | JO10-2 | JO7-1+2 |  |  |  |          |
| 18:15 - 19:30 | MO13    | MO11   |        | JO12-2? |  |  |  |          |
| 18:45 - 20:00 | JO14-2  | MO17   |        |         |  |  |  |          |
|               |         |        |        |         |  |  |  |          |
| 20:15 - 21:30 | JO19-2  | JO17-2 |        |         |  |  |  |          |
|               |         |        |        |         |  |  |  |          |
|               |         |        |        |         |  |  |  |          |

|               | Dinsdag    |        |  |                |        |  |        |  |
|---------------|------------|--------|--|----------------|--------|--|--------|--|
|               |            |        |  |                |        |  |        |  |
|               |            |        |  |                |        |  |        |  |
| 16.00 - 17.00 | JO8-1      | JO8-2  |  |                |        |  |        |  |
|               |            |        |  |                |        |  |        |  |
| 17:00 - 18:30 | JO12-1     | MO10   |  | JO9-1          | JO9-2  |  |        |  |
|               |            |        |  |                |        |  |        |  |
| 18.45 - 20.00 | JO17-01    | MO20-1 |  | JO14-1         | JO19-1 |  | keeper |  |
|               |            |        |  |                |        |  |        |  |
| 20.00 - 21.30 | Dames 1, 2 |        |  | Heren Selectie |        |  | keeper |  |
|               |            |        |  |                |        |  |        |  |

Techniek Training **oneven**

Start week 37

**tijdens trainingen +/- 15**  
begeleiding van Kai Reus

|               | Woensdag      |        |        |  |        |  |        |          |
|---------------|---------------|--------|--------|--|--------|--|--------|----------|
|               |               |        |        |  |        |  |        |          |
|               |               |        |        |  |        |  |        | Fysiek   |
| tussen:       |               |        |        |  |        |  |        | training |
| 17:00 - 19:00 | JO10-1        | MO10   | JO12-2 |  | JO14-2 |  | keeper |          |
|               |               |        |        |  |        |  | keeper |          |
| 19:00 - 20:15 | JO19-2        | JO17-2 |        |  | MO17   |  |        |          |
|               |               |        |        |  |        |  |        |          |
| 20:15 - 21:30 | Overige Sen.? |        |        |  |        |  |        |          |
|               |               |        |        |  |        |  |        |          |
|               |               |        |        |  |        |  |        |          |
|               |               |        |        |  |        |  |        |          |

|               | Donderdag      |        |      |              |        |        |        |  |
|---------------|----------------|--------|------|--------------|--------|--------|--------|--|
|               |                |        |      |              |        |        |        |  |
|               |                |        |      |              |        |        |        |  |
| tussen:       |                |        |      |              |        |        |        |  |
| 16:45 - 18:45 | JO9-1          | JO9-2  | MO13 | MO11         | JO11-1 | JO10-2 | JO12-1 |  |
|               |                |        |      |              |        |        |        |  |
| 18.45 - 20.00 | JO14-1         | JO19-1 |      | JO17-1       | MO20-1 |        | keeper |  |
|               |                |        |      |              |        |        |        |  |
| 20.00 - 21.30 | Heren Selectie |        |      | Dames 1 en 2 |        |        | keeper |  |
|               |                |        |      |              |        |        |        |  |
|               |                |        |      |              |        |        |        |  |

|               | Vrijdag          |  |  |  |  |  |  |  |
|---------------|------------------|--|--|--|--|--|--|--|
|               |                  |  |  |  |  |  |  |  |
| Eigen Keus    | Overige Senioren |  |  |  |  |  |  |  |
|               |                  |  |  |  |  |  |  |  |
| 19.45 - 21.00 |                  |  |  |  |  |  |  |  |
|               |                  |  |  |  |  |  |  |  |

Kunstgras

Trainingsveld

Onderling overleg

Eigen voorkeur

Ruimte op velden

Vol op velden

**tijdens trainingen +/- 15**  
begeleiding van Kai Reus

|                             |               |                |
|-----------------------------|---------------|----------------|
| 5 minuten.<br>s en Ryan bos | Start week 37 |                |
|                             | 1ste Maandag  |                |
|                             | 18.00 - 18.30 | JO8-1, JO8-2   |
|                             | 18.30 - 19.00 | JO10-1, JO10-2 |
|                             | 19.00 - 19.30 | JO11-1         |
|                             | 19.30 - 20.00 | JO14-1, 2?     |
|                             | 1ste Woensdag |                |
|                             | 18.00 - 18.30 | MO10, MO11     |
|                             | 18.30 - 19.00 | JO12-1, JO12-2 |
|                             | 2de Maandag   |                |
|                             | 18.00 - 18.30 | JO9-1, JO9-2   |
|                             | 18.30 - 19.00 | JO10-1, JO10-2 |
|                             | 19.00 - 19.30 | JO11-1         |
|                             | 19.30 - 20.00 | JO14-1, 2?     |
|                             | 2de Woensdag  |                |
|                             | 18.00 - 18.30 | MO10, MO11     |
|                             | 18.30 - 19.00 | JO12-1, JO12-2 |
|                             | Etc.          |                |

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