

# Trainingsindeling : Opstart na Corona periode

|           | A-VELD        | A-VELD | A-VELD                     | A-VELD | B-VELD        | B-VELD        | B-VELD                 | B-VELD |           |
|-----------|---------------|--------|----------------------------|--------|---------------|---------------|------------------------|--------|-----------|
| <b>MA</b> | 1-a           | 1-b    | 2-a                        | 2-b    | 1-a           | 1-b           | 2-a                    | 2-b    | <b>MA</b> |
|           | <b>MO15-1</b> |        | <b>MO17-2</b>              |        |               | <b>JO10-1</b> | <b>MO13-1</b>          |        | 18:00     |
| 18:15     |               |        |                            |        | 18:15         |               |                        |        |           |
| 18:30     |               |        |                            |        | <b>JO12-3</b> | <b>JO10-2</b> |                        |        | 18:30     |
| 18:45     |               |        |                            |        | 18:45         |               |                        |        |           |
| 19:00     |               |        |                            |        |               |               |                        |        | 19:00     |
| 19:15     |               |        |                            |        |               |               |                        |        | 19:15     |
| 19:30     | <b>JO19-1</b> |        | <b>JO19-2</b>              |        | <b>MO17-1</b> |               | <b>JO17-3 / JO17-4</b> |        | 19:30     |
| 19:45     |               |        |                            |        |               |               |                        |        | 19:45     |
| 20:00     |               |        |                            |        |               |               |                        |        | 20:00     |
| 20:15     |               |        |                            |        |               |               |                        |        | 20:15     |
| 20:30     |               |        |                            |        |               |               |                        |        | 20:30     |
| 21:00     |               |        | <b>nieuw senioren team</b> |        | <b>JO19-3</b> |               | <b>JO19-4</b>          |        | 21:00     |
| 21:30     |               |        |                            |        |               |               |                        |        | 21:30     |
| 22:00     |               |        |                            |        |               |               |                        |        | 22:00     |

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|       | A-VELD         | A-VELD | A-VELD | A-VELD | B-VELD         | B-VELD | B-VELD | B-VELD    |        |     |       |
|-------|----------------|--------|--------|--------|----------------|--------|--------|-----------|--------|-----|-------|
| DI    | 1-a            | 1-b    | 2-a    | 2-b    | 1-a            | 1-b    | 2-a    | 2-b       | DI     |     |       |
| 18:00 |                |        | JO13-1 |        | J012-1         | J012-2 | JO11-3 | Feyenoord | 18:00  |     |       |
| 18:15 |                |        |        |        |                |        |        |           |        |     | 18:15 |
| 18:30 |                |        |        |        |                |        |        |           | JO11-4 | NAC | 18:30 |
| 18:45 |                |        |        |        |                |        |        |           |        |     |       |
| 19:00 |                |        |        |        |                |        |        |           | 19:00  |     |       |
| 19:15 |                |        |        |        |                |        |        |           | 19:15  |     |       |
| 19:30 | JO17-1         |        | JO17-2 |        | JO15-1         |        | JO15-2 |           | 19:30  |     |       |
| 19:45 |                |        |        |        |                |        |        |           | 19:45  |     |       |
| 20:00 |                |        |        |        |                |        |        |           | 20:00  |     |       |
| 20:15 |                |        |        |        |                |        |        |           | 20:15  |     |       |
| 20:30 |                |        |        |        |                |        |        |           | 20:30  |     |       |
| 20:45 |                |        |        |        |                |        |        |           | 20:45  |     |       |
| 21:00 | SELECTIE 1 & 3 |        |        |        | SELECTIE 1 & 3 |        |        |           | 21:00  |     |       |
| 21:30 |                |        |        |        |                |        |        |           | 21:30  |     |       |
| 22:00 |                |        |        |        |                |        |        |           | 22:00  |     |       |

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|       | A-VELD                    | A-VELD | A-VELD | A-VELD | B-VELD | B-VELD | B-VELD | B-VELD |       |
|-------|---------------------------|--------|--------|--------|--------|--------|--------|--------|-------|
| WO    | 1-a                       | 1-b    | 2-a    | 2-b    | 1-a    | 1-b    | 2-a    | 2-b    | WO    |
| 18:00 | J011-1                    | J011-2 | J09-1  | J010-1 | MO11-1 | JO12-3 |        |        | 18:00 |
| 18:15 |                           |        | 18:15  |        |        |        |        |        |       |
| 18:30 |                           |        | Twente |        |        |        |        |        | 18:30 |
| 18:45 |                           |        |        |        |        |        |        |        | 18:45 |
| 19:00 |                           |        |        |        |        |        |        |        | 19:00 |
| 19:15 |                           |        |        |        |        |        |        |        | 19:15 |
| 19:30 | MO17- 1 / MO17-2 / MO15-1 |        |        |        | JO19-1 |        | JO19-2 |        | 19:30 |
| 19:45 |                           |        |        |        |        |        |        |        | 19:45 |
| 20:00 |                           |        |        |        |        |        |        |        | 20:00 |
| 20:15 |                           |        |        |        |        |        |        |        | 20:15 |
| 20:30 |                           |        |        |        |        |        |        |        | 20:30 |
| 21:00 |                           |        |        |        |        |        |        |        | ZON 7 |
| 21:30 |                           |        |        |        |        |        |        |        | 21:30 |
| 22:00 |                           |        |        |        |        |        |        |        |       |

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|       | A-VELD | A-VELD | A-VELD          | A-VELD | B-VELD | B-VELD | B-VELD | B-VELD |       |
|-------|--------|--------|-----------------|--------|--------|--------|--------|--------|-------|
| DO    | 1-a    | 1-b    | 2-a             | 2-b    | 1-a    | 1-b    | 2-a    | 2-b    | DO    |
| 18:00 |        |        | JO13-1          | JO12-1 | JO12-2 | JO13-2 |        |        | 18:00 |
| 18:15 |        |        |                 |        |        |        |        |        | 18:15 |
| 18:30 |        |        |                 |        |        |        |        |        | 18:30 |
| 18:45 |        |        |                 |        |        |        |        |        | 18:45 |
| 19:00 |        |        |                 |        |        |        |        |        | 19:00 |
| 19:15 |        |        |                 |        |        |        |        |        | 19:15 |
| 19:30 | JO15-1 | JO15-2 | JO15-3 / JO15-4 |        | JO17-5 |        |        | 19:30  |       |
| 19:45 |        |        |                 |        |        |        |        | 19:45  |       |
| 20:00 |        |        |                 |        |        |        |        | 20:00  |       |
| 20:15 |        |        |                 |        |        |        |        | 20:15  |       |
| 20:30 |        |        |                 |        |        |        |        |        | 20:30 |
| 21:00 | ZON 4  | ZAT 3  | ZON 2           |        | ZAT 2  |        |        | 21:00  |       |
| 21:30 |        |        |                 |        |        |        |        | 21:30  |       |
| 22:00 |        |        |                 |        |        |        |        |        | 22:00 |

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|       | A-VELD | A-VELD | A-VELD | A-VELD | B-VELD          | B-VELD | B-VELD | B-VELD |       |
|-------|--------|--------|--------|--------|-----------------|--------|--------|--------|-------|
| VR    | 1-a    | 1-b    | 2-a    | 2-b    | 1-a             | 1-b    | 2-a    | 2-b    | VR    |
| 18:00 | J011-1 | J011-2 |        |        |                 |        | J017-4 |        | 18:00 |
| 18:15 |        |        | 18:15  |        |                 |        |        |        |       |
| 18:30 |        |        | 18:30  |        |                 |        |        |        |       |
| 18:45 |        |        | 18:45  |        |                 |        |        |        |       |
| 19:00 |        |        |        |        |                 |        |        |        | 19:00 |
| 19:15 |        |        |        |        |                 |        |        |        | 19:15 |
| 19:30 | J017-1 |        | J017-2 |        | WALKING VOETBAL |        | J017-3 |        | 19:30 |
| 19:45 |        |        |        |        |                 |        |        |        | 19:45 |
| 20:00 |        |        |        |        |                 |        |        |        | 20:00 |
| 20:15 |        |        |        |        |                 |        |        |        | 20:15 |
| 20:30 |        |        |        |        |                 |        |        |        | 20:30 |
| 21:00 |        |        |        |        |                 |        |        |        | 21:00 |
| 21:30 |        |        |        |        |                 |        |        |        | 21:30 |
| 22:00 |        |        |        |        |                 |        |        |        | 22:00 |

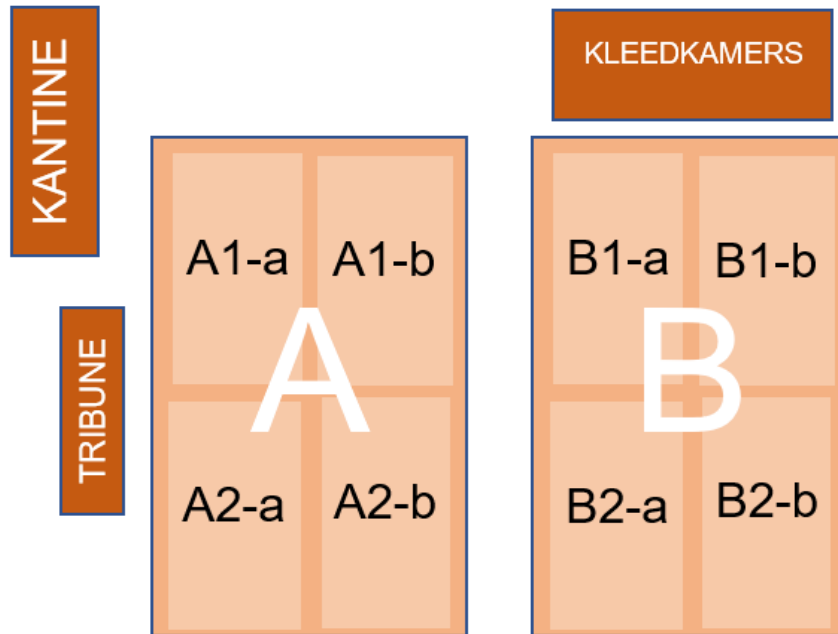
# Trainingsindeling : Opstart na Corona periode

|           | A-VELD                             | A-VELD        | A-VELD        | A-VELD           | B-VELD        | B-VELD                 | B-VELD | B-VELD |           |
|-----------|------------------------------------|---------------|---------------|------------------|---------------|------------------------|--------|--------|-----------|
| <b>ZA</b> | 1-a                                | 1-b           | 2-a           | 2-b              | 1-a           | 1-b                    | 2-a    | 2-b    | <b>ZA</b> |
| 09:30     | <b>J09-1</b><br><br><b>Kanjers</b> | <b>J010-2</b> | <b>PSG</b>    | <b>Lyon</b>      | <b>MO9-1</b>  | <b>J015-3 / J015-4</b> |        |        | 09:30     |
| 09:45     |                                    | <b>NAC</b>    | <b>Twente</b> | <b>Feyenoord</b> | <b>MO11-1</b> |                        |        |        | 09:45     |
| 10:00     |                                    |               |               |                  |               |                        |        |        | 10:00     |
| 10:15     |                                    |               |               |                  |               |                        |        |        | 10:15     |
| 10:30     |                                    |               |               |                  |               |                        |        |        | 10:30     |
| 10:45     | <b>J013-1</b>                      |               | <b>J019-3</b> |                  |               | <b>J017-5</b>          |        | 10:45  |           |
| 11:00     |                                    |               |               |                  |               |                        |        | 11:00  |           |
| 11:15     |                                    |               |               |                  |               |                        |        | 11:15  |           |
| 11:30     |                                    |               |               |                  |               |                        |        | 11:30  |           |
| 11:45     |                                    |               |               |                  |               |                        |        |        | 11:45     |
| 12:00     | <b>Zat 4</b>                       |               |               |                  |               |                        |        | 12:00  |           |
| 12:30     |                                    |               |               |                  |               |                        |        | 12:30  |           |
| 13:00     |                                    |               |               |                  |               |                        |        | 13:00  |           |

|           | A-VELD                    | A-VELD | A-VELD | A-VELD | B-VELD                    | B-VELD | B-VELD | B-VELD |           |
|-----------|---------------------------|--------|--------|--------|---------------------------|--------|--------|--------|-----------|
| <b>ZO</b> | 1-a                       | 1-b    | 2-a    | 2-b    | 1-a                       | 1-b    | 2-a    | 2-b    | <b>ZO</b> |
| 10:30     |                           |        |        |        |                           |        |        |        | 10:30     |
| 11:00     | <b>SELECTIE 1 &amp; 3</b> |        |        |        | <b>SELECTIE 1 &amp; 3</b> |        |        |        | 11:00     |
| 11:30     |                           |        |        |        |                           |        |        |        | 11:30     |
| 12:00     |                           |        |        |        |                           |        |        |        | 12:00     |
| 12:30     |                           |        |        |        |                           |        |        |        | 12:30     |
| 13:00     |                           |        |        |        |                           |        |        |        | 13:00     |

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## INDELING VELDEN



### Uitleg

Op het trainings-/ wedstrijd-schema staat vermeld op welk deel van de velden een team traint of speelt.

**Veld A** – betekent team is ingepland om het gehele veld te gebruiken

(A1-a + A1-b + A2-a + A2-b)

**Veld B2** – betekent team is ingepland op een half veld (B2a + B2b)

### Aandachtspunten

Zet na de training de losse goals terug op de verzamelen plaatsen

Als je als laatste traint op een veld zet doe je de lichten van het veld uit.