

Trainingsschema vanaf 30 augustus 2010

| Maandag | Veld | 17:00 | 17:30 | 18:00 | 18:15 | 18:30 | 19:00 | 19:15 | 19:30 | 20:00 | 20:15 | 20:30 | 20:45 | 21:00 | 21:30 | |
|---------|-------------|-------|-------|---------------|-------|-------|--------------|-------|-------|------------|-------|-------|-------|-------|-------|--|
| | 1A | | | D1 + D2 + D3 | | | C1 | | | 3e + 4e | | | | | | |
| | 1B | | | | | | C1 | | | | | | | | | |
| | 2A | | | D4 + D5 | | | B1 | | | A1 | | | | | | |
| | 2B | | | E4 | | | B1 | | | A1 | | | | | | |
| | 3A | | | E5 + E6 | | | B2 | | | | A2 | | | | | |
| | 3B | | | C4M | | | C3 | | | A2 | | | | | | |
| | kunstgras A | | | Keepers jeugd | | | C2 | | | B-selectie | | | | | | |
| | kunstgras B | | | F1 + F2 + F3 | | | E1 + E2 + E3 | | | DA | | | | | | |

| Woensdag | Veld | 17:00 | 17:30 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:15 | 20:30 | 20:45 | 21:00 | 21:15 | 21:30 | | |
|----------|-------------|-------|-------|----------|-------|-------|-------|-------|-------|-------|-------|-------|---------|-------|--|--|
| | 1A | | | F-league | | | D3 | | | 6e | | | | | | |
| | 1B | | | | | | E2 | | | 5e | | | | | | |
| | 2A | | | | | | D5 | | | Dames | | | | | | |
| | 2B | | | | | | D4 | | | C3 | | | 7e | | | |
| | 3A | | | | | | F2 | | | C2 | | | | | | |
| | 3B | | | | | | | | | | | | | | | |
| | kunstgras A | | | Keepers | | | | | | | | | 3e + 4e | | | |
| | kunstgras B | | | E4 + E6 | | | | | | C1 | | | A1 | | | |

| Donderdag | Veld | 17:00 | 17:30 | 18:00 | 18:15 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 | | |
|-----------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|------------|-------|-------|----|--|
| | 1A | | | C4M | | | B2 | | | | | | | |
| | 1B | | | | | | | | | 8e | | | | |
| | 2A | | | E1 | | | B1 | | | | | | | |
| | 2B | | | E3 | | | B1 | | | | | | | |
| | 3A | | | E5 | | | | | | A-selectie | | | | |
| | 3B | | | F1 | | | | | | B-selectie | | | | |
| | kunstgras A | | | | | | D1 | | | | | | | |
| | kunstgras B | | | F3 | | | D2 | | | | | | A2 | |

Veld 1 is aan de zijde van kleedkamers
Veld A is aan de kant van de Flierdijk

Versie: 29 augustus 2010

Elke trainer moet zijn gebruikte doelen

van het veld tillen!!!!

Ivm onderhoud van de velden

Trainingsprogramma vanaf 30 augustus 2010

A-selectie di 20.30 - 22.00 / do 19.30 - 21.00
B-selectie ma 20.00 - 21.30 / do 19.30 - 21.00
3e - 4e ma 20.15 - 21.45 / wo 20.15 - 21.45
5e wo 19.30 - 20.45
6e wo 19.30 - 20.45
7e wo 20.00 - 21.15
8e do 19.30 - 20.30

Dames ma 19.30 - 20.30 / wo 19.30 - 20.30

A1 ma 20.15 - 21.45 / wo 20.15 - 21.45
A2 ma 20.15 - 21.30 / do 20.00 - 21.30
B1 ma 19.00 - 20.15 / do 19.00 - 20.15
B2 ma 19.00 - 20.00 / do 19.00 - 20.00
C1 ma 19.00 - 20.15 / wo 19.00 - 20.15
C2 ma 19.00 - 20.00 / wo 19.00 - 20.15
C3 ma 19.00 - 20.00 / wo 19.00 - 20.00
C4M ma 18.00 - 19.00 / do 18.00 - 19.00

D1 ma 18.00 - 19.00 / do 18.15 - 19.15
D2 ma 18.00 - 19.00 / do 18.30 - 19.30
D3 ma 18.00 - 19.00 / wo 18.30 - 19.30
D4 ma 18.00 - 19.00 / wo 18.00 - 19.00
D5 ma 18.00 - 19.00 / wo 18.30 - 19.30
E1 ma 18.30 - 19.30 / do 18.00 - 19.00
E2 ma 18.30 - 19.30 / wo 18.30 - 19.30
E3 ma 18.30 - 19.30 / do 18.00 - 19.00
E4 ma 18.00 - 19.00 / wo 17.30 / 18.30
E5 ma 18.00 - 19.00 / do 18.00 - 19.00
E6 ma 18.00 - 19.00 / wo 17.30 - 18.30

F1 ma 17.30 - 18.30 / do 18.00 - 19.00
F2 ma 17.30 - 18.30 / wo 18.00 - 19.00
F3 ma 17.30 - 18.30 / do 17.30 - 18.30

F-league wo 17.30 - 18.30

Elke trainer moet zijn gebruikte doelen

van het veld tillen!!!!!! Ivm onderhoud van de velden