

Trainingschema 2019-2020

| Maandag | | | | | Dinsdag | | | | | | |
|--------------|--------------|----------------|----------------|---------------|-----------------|--------------|--|--|-------------------|----------------------|------------------------|
| veld 1 water | | veld 2 water | | veld 3 - semi | T&O/Opmerkingen | veld 1 water | | veld 2 water | | veld 3 - semi | T&O/Opmerkingen |
| 15.00 | | | | | | 15.00 | Om en om veld 1 en 2, oneven weken starten keepers op veld 1 | Om en om veld 1 en 2, even weken starten keepers op veld 2 | | | |
| 16.00 | | MD3 Lynn | MD2 Jacky | MD4 Lizzy | | 16.00 | | | | | |
| 17.00 | MB3 Anko | MB4 Britt | | | | 17.00 | JD3 Luuk | JD2 Otto | JD1 Reinder/Simon | Keepers Anko / Lukas | MD2/3 ASM MD1 ASM |
| 18.00 | MA2 Anko | MA3 Sebastiaan | MB1 Floris-Jan | JA1 Jelle | MD1 Femke | 18.00 | JA1 Thijs | JC1 ASM Pieter | MA1 Thomas | | MC2/3/4 ASM MC1 ASM |
| 19.00 | | | JC1 Jiddo | JB1 Jelle | MC4 Sem | 19.00 | | | | JC2 Peter B. / Remco | JC3 Govert / Jan-Jaap |
| 20.00 | MA1 Anko | MB2 Sebastiaan | | | | 20.00 | | | | | |
| 21.00 | Keepers Anko | | | Vet B/C | | 21.00 | | | | | |
| 22.00 | | | | | | 22.00 | | | | | |

| Woensdag | | | | | Donderdag | | | | | | | |
|--------------|---|---------------|--|--------------------------|----------------------|--------------|-----------|-------------------------|-----------|-----------------------------|---------------------------------------|------------------------------------|
| veld 1 water | | veld 2 water | | veld 3 - semi | T&O/Opmerkingen | veld 1 water | | veld 2 water | | veld 3 - semi | T&O/Opmerkingen | |
| 15.00 | J6E1 / Mix F 2 Hoofdtrainers | | | | | 15.00 | | | | | | |
| 16.00 | M6E1 / M6E2 / M6E3 1 Hoofdtrainer Jeugdtrainers | | Funkeys / Hockeyschool / Nieuwe Instroom 1 Hoofdtrainer | | JD2/3 + JC2/3 ASM | 16.00 | JD2 Otto | JD1 Pieter | MD3 Lynn | MD4 Lizzy | | |
| 17.00 | | | | | | 17.00 | | | | | | |
| 18.00 | M8E1 / J8E1 1 Hoofdtrainer 2 Jeugdtrainers | MC2 Lisa | MC3 Lorraine | MC4 Luuk | MC5 Jill | 18.00 | JD3 Luuk | JC1 Jiddo | MD1 Femke | MD2 Jacky | MB3 / MB4 / MA3 Anko / Sem / Tjerk | |
| 19.00 | G | JB1 Jelle | MB1 Floris-Jan/ Peter S. | MC1 Patrick/ Peter S. | MB2 Sebastiaan | 19.00 | JA1 Thijs | JC2 Peter B. / Remco | MA1 Anko | MB1 Floris-Jan/ Peter S. | D2 | Trocky Doll / Carel / Robert |
| 20.00 | | | | | | 20.00 | | | | | | Roulatie MA1, MB1, D2 |
| 21.00 | H2 Peter/ Marcel | Trocky Oud H1 | D3 Bas | H3 Thomas / Pieter | | 21.00 | | | | | | Roulatie veld 2 en veld 3 |
| 22.00 | | | | | | 22.00 | | | | | | |

| Vrijdag | | | | | Zaterdag | | | | | | |
|--------------|--|-------------------------------|--------------------------|---------------|------------------|--------------|--|--------------|--|---------------|-----------------|
| veld 1 water | | veld 2 water | | veld 3 - semi | T&O/Opmerkingen | veld 1 water | | veld 2 water | | veld 3 - semi | T&O/Opmerkingen |
| 15.00 | | | | | | 15.00 | | | | G | |
| 16.00 | Techniektraining E8 | | | | | 16.00 | | | | | |
| 17.00 | M8E1 / J8E1 1 Hoofdtrainer 2 Jeugdtrainers | M6E / J6E1 4 jeugdtrainers | Keepers JJ | | | 17.00 | | | | | |
| 18.00 | MA2 Thomas | JD1 Simon/ Reinder | MB2 Sebastiaan | MC3 Maaike | MC2 Lisa | 18.00 | | | | | |
| 19.00 | | MC1 Patrick/ Peter S. | JC3 Govert / Jan-Jaap | JB1 Jelle | Jong D2 Ralph | 19.00 | | | | | |
| 20.00 | | | | | Jong D1 FJ | 20.00 | | | | | |
| 21.00 | Dames 1 Lukas / Thomas | Heren 2 Marcel / Peter S. | H3 Thomas / Pieter | | | 21.00 | | | | | |
| 22.00 | | | | | | 22.00 | | | | | |