

Trainingsschema 2018-2019

| Veld | | Maandag | KK | Dinsdag | KK | Woensdag | KK | Donderdag | KK | Vrijdag | KK | Zondag | KK | |
|-------------|-----------------|---------------------------|-----------------------|---------------------------|-------------------------|--------------------------|----------------------------------|---------------------------|-----------------------|----------------------------------|--------------------------|------------------------------|----|---------------------|
| ZEYPESTRAAT | Synth 1 | 18u - 19u U8 Prov | 3 | 18u - 19u U11 | 3 | 18u - 19u U7 | 2 | 18u - 19u30 U13 IP B | 3 | 18u - 19u U12 | 4 | 9u - 11u U14 IP - U15 IP | 1 | |
| | | 19u - 20u U9 Prov | | | | 19u - 20u U10 | | | | 19u - 20u U13 | | | | |
| | | 20u - 22u B-kern - U21 | 1 | 20u - 22u A-KERN | 1 | 19u45 - 21u15 Dames | 1 | 20u - 22u A-KERN | 1 | 20u - 22u B-kern/Dames | 1 | 11u - 13u U16 IP - U17 IP | 3 | |
| | Synth 2 | | 3 | 18u - 19u30 U10 IP | 3 | 18u - 19u30 U6 - U7 | 2 | 18u - 19u30 U10 IP | 3 | 18u - 19u30 U6 - U7 | 4 | 9u - 11u U14 IP - U15 IP | 1 | |
| | | | | 20u - 22u B-kern - U21 | | 1 | | 20u - 22u A-KERN | | 1 | | 19u45 - 21u15 Dames | | 1 |
| | Synth 3 | 18u - 19u30 U12 IP A | 4 | 18u - 19u30 U15 IP | 4 | 18u - 19u30 U14 IP | 3 | 18u - 19u30 U13 IP A | 4 | 18u - 19u30 U9 Prov U9 Reg | 2 | 9u - 11u U14 IP - U15 IP | 2 | |
| | | 20u - 22u B-kern - U21 | | 2 | | 20u - 22u A-KERN | | 2 | | 19u45 - 21u15 U17 IP | | 4 | | 20u - 22u A-KERN |
| | Synth 4 | 18u - 19u30 U12 IP B | 4 | 18u - 19u30 U15 IP | 4 | 18u - 19u30 U14 IP | 3 | 18u - 19u30 U11 IP | 4 | 18u - 19u30 U8 Prov | 2 | 9u - 11u U14 IP - U15 IP | 2 | |
| | | 20u - 22u B-kern - U21 | | 2 | | 20u - 22u A-KERN | | 2 | | 19u45 - 21u15 U17 IP | | 4 | | 20u - 22u A-KERN |
| | VOTVINKENSTRAAT | A1 | 18u - 19u30 U14 IP | 1 | 18u - 19u30 U13 IP A | 1 | 18u - 19u30 U8 Prov | 1 | 18u - 19u30 U16 IP | 1 | 18u45 - 20u15 U11 reg | 1 | | |
| | | | | | | | | | | | | | | |
| | | A2 | 18u - 19u30 U14 IP | 1 | 18u - 19u30 U13 IP B | 2 | 18u - 19u30 U9 Prov U9 Reg | 2 | 18u - 19u30 U16 IP | 1 | | 2 | | |
| | | | | | | | | | | | | | | |
| A3 | | 18u - 19u30 U15 reg | 2 | | 3 | 18u - 19u30 U12 IP A | 2 | 18u - 19u30 U17 reg | 2 | | | | | |
| | | | | | | | | | | | | | | |
| A4 | | 18u - 19u30 U15 reg | 2 | | | 18u - 19u30 U12 IP B | 5 | 18u - 19u30 U17 reg | 2 | | | | | |
| | | | | | | | | | | | | | | |
| B1 | | | 5 | 19u30u - 21 U16 IP | | 18u - 19u30 U11 IP | 3 | 18u - 19u30 U15 reg | 3 | 18u - 19u30 U15 IP | 4 | | | |
| | | 19u45 - 21u15 U17 IP | | 3 | | | | 20u - 22u B-KERN - U21 | | | | | | |
| B2 | | | 5 | 19u30u - 21 U16 IP | | 18u45 - 20u15 U11 reg | 3 | 18u - 19u30 U15 reg | 3 | 18u - 19u30 U15 IP | 4 | | | |
| | | 19u45 - 21u15 U17 IP | | 3 | | | | 20u - 22u B-KERN - U21 | | | | | | |
| B3 | | | | | | | 1 | | | | | | | |
| | | | | 4 | | 19u45 - 21u15 U17 reg | | 4 | | 20u - 22u B-KERN - U21 | | | | |
| B4 | | | | | | | 4 | | | | | | | |
| | | | | 4 | | 19u45 - 21u15 U17 reg | | 4 | | 20u - 22u B-KERN - U21 | | | | |
| C | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |

| Ploeg | Aantal trainingen | Dag en Locatie | Dag en Locatie | Dag en Locatie | |
|-----------|-------------------|-----------------|------------------|----------------|-----------------------|
| U6 | 2 | Woensdag synth | Vrijdag synth | | Specialisatietraining |
| U7 | 3 | Woensdag synth | Vrijdag synth | Woensdag synth | Onderbouw |
| U8 Prov A | 3 | Woensdag A-veld | Vrijdag synth | Maandag synth | Middenbouw |
| U8 Prov B | 3 | Woensdag A-veld | Vrijdag synth | Maandag synth | Bovenbouw |
| | | | | | Seniors |
| U9 Prov A | 3 | Woensdag A-veld | Vrijdag synth | Maandag synth | |
| U9 Prov B | 3 | Woensdag A-veld | Vrijdag synth | Maandag synth | |
| U9 reg | 3 | Woensdag synth | Vrijdag synth | Maandag synth | |
| U10 IP | 3 | Dinsdag synth | Donderdag synth | Woensdag synth | |
| | | | | | |
| U11 IP | 3 | Woensdag B-veld | Donderdag synth | Dinsdag synth | |
| U11 reg | 3 | Woensdag B-veld | Vrijdag A-veld | Dinsdag synth | |
| U12 IP A | 3 | Maandag synth | Woensdag A-veld | Vrijdag synth | |
| U12 IP B | 3 | Maandag synth | Woensdag A-veld | Vrijdag synth | |
| | | | | | |
| U13 IP A | 3 | Dinsdag A-veld | Donderdag synth | Vrijdag synth | |
| U13 IP B | 3 | Dinsdag A-veld | Donderdag synth | Vrijdag synth | |
| | | | | | |
| U14 IP | 3 | Maandag A-veld | Woensdag synth | Zondag synth | |
| U15 IP | 3 | Dinsdag synth | Vrijdag B-veld | Zondag synth | |
| U15 reg | 2 | Maandag A-veld | Donderdag B-veld | | |
| U16 IP | 3 | Maandag synth | Donderdag A-veld | Zondag synth | |
| U17 IP | 3 | Dinsdag B-veld | Woensdag synth | Zondag synth | |
| U17 reg | 2 | Maandag B-veld | Donderdag A-veld | | |
| U21 reg | 2 | Maandag synth | Donderdag B-veld | | |
| B-Kern | 2+1 | Maandag synth | Donderdag B-veld | Vrijdag synth | |
| A-kern | 2 | Dinsdag synth | Donderdag synth | | |
| Dames | 1+1 | Woensdag synth | Vrijdag synth | | |