

FC VVC TRAININGSSCHEMA 2017 - 2018

Versie 19 September 2017

Maandag	VELD				Maandag	VELD				Maandag
	1a	1b	1c	1d		5a	5b	5c	5d	
17.00-17.15	O8-1	O8-2	1c	O9-2	17.00-17.15	O13-3	O11-2	Keeperstraining	5d	17.00-17.15
17.15-17.30					17.15-17.30					17.15-17.30
17.30-17.45					17.30-17.45					17.30-17.45
17.45-18.00					17.45-18.00					17.45-18.00
18.00-18.15	O10-1	O10-2	O11-1	O9-1	18.00-18.15	O14-2	O14-3	Keeperstraining	5d	18.00-18.15
18.15-18.30					18.15-18.30					18.15-18.30
18.30-18.45					18.30-18.45					18.30-18.45
18.45-19.00					18.45-19.00					18.45-19.00
19.00-19.15	O15-1	O15-2	1c	O16-3	19.00-19.15	senioren selectie	senioren selectie	senioren selectie	5d	19.00-19.15
19.15-19.30					19.15-19.30					19.15-19.30
19.30-19.45					19.30-19.45					19.30-19.45
19.45-20.00					19.45-20.00					19.45-20.00
20.00-20.15	overig senioren	1b	O19-1	1d	20.00-20.15	senioren selectie	senioren selectie	senioren selectie	5d	20.00-20.15
20.15-20.30					20.15-20.30					20.15-20.30
20.30-20.45					20.30-20.45					20.30-20.45
20.45-21.00					20.45-21.00					20.45-21.00
21.00-21.15					21.00-21.15					21.00-21.15
21.15-21.30					21.15-21.30					21.15-21.30
21.30-21.45					21.30-21.45					21.30-21.45
21.45-22.00					21.45-22.00					21.45-22.00

Dinsdag	VELD				Dinsdag	VELD				Dinsdag
	1a	1b	1c	1d		5a	5b	5c	5d	
17.00-17.15	O10-3	O10-4	O10-5		17.00-17.15	MO11-2	O11-4	O11-5		17.00-17.15
17.15-17.30					17.15-17.30					17.15-17.30
17.30-17.45					17.30-17.45					17.30-17.45
17.45-18.00					17.45-18.00					17.45-18.00
18.00-18.15					18.00-18.15					18.00-18.15
18.15-18.30	O13-1	O13-2	O12-1	O14-1	18.15-18.30	MO11-1	O12-3	O13-4	O12-4	18.15-18.30
18.30-18.45					18.30-18.45					18.30-18.45
18.45-19.00					18.45-19.00					18.45-19.00
19.00-19.15					19.00-19.15					19.00-19.15
19.15-19.30					19.15-19.30					19.15-19.30
19.30-19.45	O16-1en O17-1/2				19.30-19.45	MO15-1	MO15-2	O16-2	O15-3	19.30-19.45
19.45-20.00					19.45-20.00					19.45-20.00
20.00-20.15					20.00-20.15					20.00-20.15
20.15-20.30					20.15-20.30					20.15-20.30
20.30-20.45					20.30-20.45					20.30-20.45
20.45-21.00	senioren 3				20.45-21.00	MO17-1	MO17-2	O17-3	O19-3	20.45-21.00
21.00-21.15					21.00-21.15					21.00-21.15
21.15-21.30					21.15-21.30					21.15-21.30
21.30-21.45					21.30-21.45					21.30-21.45
21.45-22.00					21.45-22.00					21.45-22.00
	O19-2					Dames 1				

	VELD					VELD				
Woensdag	1a	1b	1c	1d	Woensdag	5a	5b	5c	5d	Woensdag
16.00-16.15	Champions League				16.00-16.15	O8-3				16.00-16.15
16.15-16.30					16.15-16.30					16.15-16.30
16.30-16.45					16.30-16.45					16.30-16.45
16.45-17.00					16.45-17.00					16.45-17.00
17.00-17.15	O8-1/2 en O9-2/3				17.00-17.15	O8-4/5/6 en O9-4/5 O10-7				17.00-17.15
17.15-17.30					17.15-17.30					17.15-17.30
17.30-17.45					17.30-17.45					17.30-17.45
17.45-18.00					17.45-18.00					17.45-18.00
18.00-18.15	O10-1	O10-2	O11-1	O9-1	18.00-18.15		O12-2	O11-2	O10-6	18.00-18.15
18.15-18.30					18.15-18.30					18.15-18.30
18.30-18.45					18.30-18.45					18.30-18.45
18.45-19.00					18.45-19.00					18.45-19.00
19.00-19.15	O13-2		Keeperstraining		19.00-19.15	O15-1		O15-2		19.00-19.15
19.15-19.30					19.15-19.30					19.15-19.30
19.30-19.45					19.30-19.45					19.30-19.45
19.45-20.00					19.45-20.00					19.45-20.00
20.00-20.15	Sen Selectie		O19-1		20.00-20.15	senioren selectie				20.00-20.15
20.15-20.30					20.15-20.30					20.15-20.30
20.30-20.45					20.30-20.45					20.30-20.45
20.45-21.00					20.45-21.00					20.45-21.00
21.00-21.15					21.00-21.15					21.00-21.15
21.15-21.30					21.15-21.30					21.15-21.30
21.30-21.45	21.30-21.45	21.30-21.45								
21.45-22.00	21.45-22.00	21.45-22.00								

Donderdag	VELD				Donderdag	VELD				Donderdag
	1a	1b	1c	1d		5a	5b	5c	5d	
17.00-17.15					17.00-17.15	O11-3		MO11-1		17.00-17.15
17.15-17.30					17.15-17.30					17.15-17.30
17.30-17.45					17.30-17.45					17.30-17.45
17.45-18.00					17.45-18.00					17.45-18.00
18.00-18.15	O13-1		O14-1		18.00-18.15	O12-1		MO15-1	MO15-2	18.00-18.15
18.15-18.30					18.15-18.30					18.15-18.30
18.30-18.45					18.30-18.45					18.30-18.45
18.45-19.00					18.45-19.00					18.45-19.00
19.00-19.15					19.00-19.15					19.00-19.15
19.15-19.30	O16-1		O17-1		19.15-19.30	O17-2		MO17-1	MO17-2	19.15-19.30
19.30-19.45					19.30-19.45					19.30-19.45
19.45-20.00					19.45-20.00					19.45-20.00
20.00-20.15					20.00-20.15					20.00-20.15
20.15-20.30					20.15-20.30					20.15-20.30
20.30-20.45	Veteranen				20.30-20.45					20.30-20.45
20.45-21.00					20.45-21.00					20.45-21.00
21.00-21.15					21.00-21.15					21.00-21.15
21.15-21.30					21.15-21.30					21.15-21.30
21.30-21.45					21.30-21.45					21.30-21.45
21.45-22.00					21.45-22.00					21.45-22.00
					21.45-22.00					21.45-22.00

Vrijdag	VELD				Vrijdag	VELD				Vrijdag				
	1a	1b	1c	1d		5a	5b	5c	5d					
16.00-16.15					16.00-16.15					16.00-16.15				
16.15-16.30					16.15-16.30	O12-3				16.15-16.30				
16.30-16.45				16.30-16.45						16.30-16.45				
16.45-17.00				16.45-17.00					MO11-2	16.45-17.00				
17.00-17.15	Thematrainingen O8/9				17.00-17.15						17.00-17.15			
17.15-17.30					17.15-17.30						17.15-17.30			
17.30-17.45					17.30-17.45						17.30-17.45			
17.45-18.00					17.45-18.00						17.45-18.00			
18.00-18.15	Thematrainingen O10/11/12				18.00-18.15	O13-3	O13-4	O14-3	O12-2	18.00-18.15				
18.15-18.30					18.15-18.30									18.15-18.30
18.30-18.45					18.30-18.45									18.30-18.45
18.45-19.00					18.45-19.00									18.45-19.00
19.00-19.15	Thematrainingen O13/14/15				19.00-19.15	O14-2		O12-4	dames 1	19.00-19.15				
19.15-19.30					19.15-19.30									19.15-19.30
19.30-19.45					19.30-19.45									19.30-19.45
19.45-20.00					19.45-20.00									19.45-20.00
20.00-20.15					20.00-20.15	O17-3				20.00-20.15				
20.15-20.30					20.15-20.30								20.15-20.30	
20.30-20.45					20.30-20.45								20.30-20.45	
20.45-21.00					20.45-21.00								20.45-21.00	
21.00-21.15					21.00-21.15					21.00-21.15				
21.15-21.30					21.15-21.30						21.15-21.30			
21.30-21.45					21.30-21.45						21.30-21.45			
21.45-22.00					21.45-22.00						21.45-22.00			

Thematrainingen zijn op uitnodiging

Versie 19 September 2017

1B	1D
1A	1C

Kantine

5B	5D
5A	5C