



# v.v. Reiger Boys: Trainingsschema seizoen 2023-2024

17 juni 2023

VERSIE 1

## Maandag: Kunstgrasveld (KGV)

| KGV Links |                                          |      | KGV Rechts |                                                      |      |
|-----------|------------------------------------------|------|------------|------------------------------------------------------|------|
| Tijd      | Team                                     | K.K. | Tijd       | Team                                                 | K.K. |
| 16:00     | BLOSSE                                   |      | 16:00      | BLOSSE                                               |      |
| 16:30     | MO11.2                                   |      | 16:30      | JO12.1                                               |      |
| 17:00     | MO11.2                                   |      | 17:00      | JO12.1                                               |      |
| 17:45     | Circuittraining JO11.4 - JO11.5 - JO11.6 |      | 17:45      | Circuittraining JO12.3/12.4/12.2 - JO9.7 individueel |      |
| 18:30     | Circuittraining JO11.4 - JO11.5 - JO11.6 |      | 18:30      | Circuittraining JO12.3/12.4/12.2 - JO9.7 individueel |      |
| 19:00     | JO15.1                                   |      | 19:00      | JO16.1                                               |      |
| 19:30     | JO15.1                                   |      | 19:30      | JO16.1                                               |      |
| 20:00     | JO15.1                                   |      | 20:00      | JO16.1                                               |      |
| 20:30     | JO17.1                                   |      | 20:30      | JO17.2                                               |      |
| 21:00     | JO17.1                                   |      | 21:00      | JO17.2                                               |      |
| 21:30     | JO17.1                                   |      | 21:30      | JO17.2                                               |      |

## Maandag: Trainingsveld

| Trainingsveld kantinezijde |                 |      | Trainingsveld achterzijde |                               |      |
|----------------------------|-----------------|------|---------------------------|-------------------------------|------|
| Tijd                       | Team            | K.K. | Tijd                      | Team                          | K.K. |
| 16:00                      |                 |      | 16:00                     |                               |      |
| 16:30                      |                 |      | 16:30                     |                               |      |
| 17:00                      |                 |      | 17:00                     |                               |      |
| 17:30                      |                 |      | 17:30                     |                               |      |
| 18:00                      | JO11.1 - JO11.3 |      | 18:00                     | JO9.3 - JO9.4 - JO9.5 - JO9.6 |      |
| 18:30                      | JO11.1 - JO11.3 |      | 18:30                     | JO9.3 - JO9.4 - JO9.5 - JO9.6 |      |
| 19:00                      | JO11.1 - JO11.3 |      | 19:00                     | JO14.3                        |      |
| 19:30                      | MD15.2 - MD15.3 |      | 19:30                     | JO14.3                        |      |
| 20:00                      | MD15.2 - MD15.3 |      | 20:00                     | JO17.3                        |      |
| 20:30                      | MD15.2 - MD15.3 |      | 20:30                     | JO17.3                        |      |
| 21:00                      | MD15.2 - MD15.3 |      | 21:00                     | JO17.3                        |      |
| 21:30                      |                 |      | 21:30                     |                               |      |

## Maandag: Veld 2

| Veld 2 Kantinezijde |                                        |      | Veld 2 Achterzijde |                                   |      |
|---------------------|----------------------------------------|------|--------------------|-----------------------------------|------|
| Tijd                | Team                                   | K.K. | Tijd               | Team                              | K.K. |
| 16:00               |                                        |      | 16:00              |                                   |      |
| 16:30               |                                        |      | 16:30              |                                   |      |
| 17:00               |                                        |      | 17:00              |                                   |      |
| 17:45               | JO8.1 - JO8.2 - JO8.3 - JO8.4 - MO11.1 |      | 17:45              | JO10.2 - JO10.3 - JO10.4 - JO10.5 |      |
| 18:30               | JO8.1 - JO8.2 - JO8.3 - JO8.4 - MO11.1 |      | 18:30              | JO10.2 - JO10.3 - JO10.4 - JO10.5 |      |
| 19:00               | MO11.1                                 |      | 19:00              | MO15.1                            |      |
| 19:30               | MO11.1                                 |      | 19:30              | MO15.1                            |      |
| 20:00               | MO11.1                                 |      | 20:00              | MO15.1                            |      |
| 20:30               | OZ3.1                                  |      | 20:30              | JO19.1                            |      |
| 21:00               | OZ3.1                                  |      | 21:00              | JO19.1                            |      |
| 21:30               | OZ3.1                                  |      | 21:30              | JO19.1                            |      |

## Dinsdag: Kunstgrasveld (KGV)

| KGV Links |                                 |      | KGV Rechts |                         |      |
|-----------|---------------------------------|------|------------|-------------------------|------|
| Tijd      | Team                            | K.K. | Tijd       | Team                    | K.K. |
| 16:00     | BLOSSE + JO12.6                 |      | 16:00      | BLOSSE                  |      |
| 16:30     |                                 |      | 16:30      | keepers                 |      |
| 17:30     |                                 |      | 17:30      | JO13.2 + keepers        |      |
| 17:45     | JO9.1 - JO9.2 - JO10.1 - JO11.2 |      | 17:45      | JO13.2 + keepers        |      |
| 18:30     | JO9.1 - JO9.2 - JO10.1 - JO11.2 |      | 18:30      | JO13.2 + keepers        |      |
| 19:00     | Selectie vrouwen + MO20         |      | 19:00      | Selectie vrouwen + MO20 |      |
| 19:30     | Selectie vrouwen + MO20         |      | 19:30      | Selectie vrouwen + MO20 |      |
| 20:00     | Selectie vrouwen + MO20         |      | 20:00      | Selectie vrouwen + MO20 |      |
| 20:30     | Selectie heren                  |      | 20:30      | Selectie heren          |      |
| 21:00     | Selectie heren                  |      | 21:00      | Selectie heren          |      |
| 21:30     | Selectie heren                  |      | 21:30      | Selectie heren          |      |

## Dinsdag: Trainingsveld

| Trainingsveld kantinezijde |             |      | Trainingsveld achterzijde |        |      |
|----------------------------|-------------|------|---------------------------|--------|------|
| Tijd                       | Team        | K.K. | Tijd                      | Team   | K.K. |
| 16:00                      |             |      | 16:00                     |        |      |
| 16:30                      |             |      | 16:30                     |        |      |
| 17:30                      | JO13.4      |      | 17:30                     | JO13.5 |      |
| 17:45                      | JO13.4      |      | 17:45                     | JO13.5 |      |
| 18:30                      | JO13.4      |      | 18:30                     | JO13.5 |      |
| 19:00                      | JO16.2      |      | 19:00                     | JO15.2 |      |
| 19:30                      | JO16.2      |      | 19:30                     | JO15.2 |      |
| 20:00                      | JO16.2      |      | 20:00                     | JO15.2 |      |
| 20:30                      | Vrouwen 30+ |      | 20:30                     |        |      |
| 21:00                      | Vrouwen 30+ |      | 21:00                     |        |      |
| 21:30                      | Vrouwen 30+ |      | 21:30                     |        |      |

## Dinsdag: Veld 2

| Veld 2 Kantinezijde |                              |      | Veld 2 Achterzijde |                              |      |
|---------------------|------------------------------|------|--------------------|------------------------------|------|
| Tijd                | Team                         | K.K. | Tijd               | Team                         | K.K. |
| 16:00               |                              |      | 16:00              |                              |      |
| 16:30               |                              |      | 16:30              |                              |      |
| 17:30               | JO13.1                       |      | 17:30              | JO14.1                       |      |
| 17:45               | JO13.1                       |      | 17:45              | JO14.1                       |      |
| 18:30               | JO13.1                       |      | 18:30              | JO14.1                       |      |
| 19:00               | JO14.2                       |      | 19:00              | JO13.3                       |      |
| 19:30               | JO14.2                       |      | 19:30              | JO13.3                       |      |
| 20:00               | JO14.2                       |      | 20:00              | JO13.3                       |      |
| 20:30               | Wedstrijden / Selectie heren |      | 20:30              | Wedstrijden / Selectie heren |      |
| 21:00               | Wedstrijden / Selectie heren |      | 21:00              | Wedstrijden / Selectie heren |      |
| 21:30               | Wedstrijden / Selectie heren |      | 21:30              | Wedstrijden / Selectie heren |      |

## Woensdag: Kunstgrasveld (KGV)

| KGV Links       |                                                   |      | KGV Rechts |                                       |      |
|-----------------|---------------------------------------------------|------|------------|---------------------------------------|------|
| Tijd            | Team                                              | K.K. | Tijd       | Team                                  | K.K. |
| CIRCUITTRAINING |                                                   |      |            |                                       |      |
| 16:45           | Circuittraining JO8 - JO9.6 - JO9.7               |      | 16:45      | Circuittraining JO8 - JO9.6 - JO9.7   |      |
| 17:45           | Circuittraining JO8 - JO9.6 - JO9.7               |      | 17:45      | Circuittraining JO8 - JO9.6 - JO9.7   |      |
| CIRCUITTRAINING |                                                   |      |            |                                       |      |
| 18:00           | Circuittraining JO10.2 / JO10.3 / JO10.4 / JO10.5 |      | 18:00      | Circuittraining JO9.3 - JO9.4 - JO9.5 |      |
| 18:30           | Circuittraining JO10.2 / JO10.3 / JO10.4 / JO10.5 |      | 18:30      | Circuittraining JO9.3 - JO9.4 - JO9.5 |      |
| 19:00           | MO15.1                                            |      | 19:00      | MO13.1                                |      |
| 19:30           | MO15.1                                            |      | 19:30      | MO13.1                                |      |
| 20:00           | MO15.1                                            |      | 20:00      | MO13.1                                |      |
| 20:30           | Heren 3                                           |      | 20:30      | Heren 4                               |      |
| 21:00           | Heren 3                                           |      | 21:00      | Heren 4                               |      |
| 21:30           | Heren 3                                           |      | 21:30      | Heren 4                               |      |

## Woensdag: Trainingsveld

| Trainingsveld kantinezijde |                         |      | Trainingsveld achterzijde |                          |      |
|----------------------------|-------------------------|------|---------------------------|--------------------------|------|
| Tijd                       | Team                    | K.K. | Tijd                      | Team                     | K.K. |
| 16:00                      |                         |      | 16:00                     |                          |      |
| 16:30                      | MO11.2                  |      | 16:30                     |                          |      |
| 17:00                      | MO11.2                  |      | 17:00                     |                          |      |
| 17:45                      | JO12.3 - JO12.4 - M11.1 |      | 17:45                     | JO11.4 - JO11.5 - JO11.6 |      |
| 18:30                      | JO12.3 - JO12.4 - M11.1 |      | 18:30                     | JO11.4 - JO11.5 - JO11.6 |      |
| 19:00                      |                         |      | 19:00                     | JO17.3                   |      |
| 19:30                      |                         |      | 19:30                     | JO17.3                   |      |
| 20:00                      |                         |      | 20:00                     | JO17.3                   |      |
| 20:30                      | OZ3.1                   |      | 20:30                     | JO19.1                   |      |
| 21:00                      | OZ3.1                   |      | 21:00                     | JO19.1                   |      |
| 21:30                      | OZ3.1                   |      | 21:30                     | JO19.1                   |      |

## Woensdag: Veld 2

| Veld 2 Kantinezijde |                             |      | Veld 2 Achterzijde |                             |      |
|---------------------|-----------------------------|------|--------------------|-----------------------------|------|
| Tijd                | Team                        | K.K. | Tijd               | Team                        | K.K. |
| 16:00               |                             |      | 16:00              |                             |      |
| 16:30               |                             |      | 16:30              |                             |      |
| 17:00               |                             |      | 17:00              | JO12.1 - JO12.2             |      |
| 17:45               | JO11.1 - JO11.3             |      | 17:45              | JO12.1 - JO12.2             |      |
| 18:30               | JO11.1 - JO11.3             |      | 18:30              | JO12.1 - JO12.2             |      |
| 19:00               |                             |      | 19:00              | JO14.3                      |      |
| 19:30               | MO15.2 - MO15.3             |      | 19:30              | JO14.3                      |      |
| 20:00               | MO15.2 - MO15.3             |      | 20:00              | JO14.3                      |      |
| 20:30               | Heren 6 - Heren 7 - Heren 8 |      | 20:30              | Heren 6 - Heren 7 - Heren 8 |      |
| 21:00               | Heren 6 - Heren 7 - Heren 8 |      | 21:00              | Heren 6 - Heren 7 - Heren 8 |      |
| 21:30               | Heren 6 - Heren 7 - Heren 8 |      | 21:30              | Heren 6 - Heren 7 - Heren 8 |      |

## Donderdag: Kunstgrasveld (KGV)

| KGV Links |                         |      | KGV Rechts |                         |      |
|-----------|-------------------------|------|------------|-------------------------|------|
| Tijd      | Team                    | K.K. | Tijd       | Team                    | K.K. |
| 16:00     | BLOSSE                  |      | 16:00      | BLOSSE                  |      |
| 16:30     |                         |      | 16:30      |                         |      |
| 17:00     |                         |      | 17:00      |                         |      |
| 17:30     | JO14.1                  |      | 17:30      | JO13.1                  |      |
| 18:00     | JO14.1                  |      | 18:00      | JO13.1                  |      |
| 18:30     | JO14.1                  |      | 18:30      | JO13.1                  |      |
| 19:00     | Selectie vrouwen + MO20 |      | 19:00      | Selectie vrouwen + MO20 |      |
| 19:30     | Selectie vrouwen + MO20 |      | 19:30      | Selectie vrouwen + MO20 |      |
| 20:00     | Selectie vrouwen + MO20 |      | 20:00      | Selectie vrouwen + MO20 |      |
| 20:30     | Selectie heren          |      | 20:30      | Selectie heren          |      |
| 21:00     | Selectie heren          |      | 21:00      | Selectie heren          |      |
| 21:30     | Selectie heren          |      | 21:30      | Selectie heren          |      |

## Donderdag: Trainingsveld

| Trainingsveld kantinezijde |        |      | Trainingsveld achterzijde |        |      |
|----------------------------|--------|------|---------------------------|--------|------|
| Tijd                       | Team   | K.K. | Tijd                      | Team   | K.K. |
| 16:00                      |        |      | 16:00                     |        |      |
| 16:30                      |        |      | 16:30                     |        |      |
| 17:00                      |        |      | 17:00                     |        |      |
| 17:30                      | JO13.5 |      | 17:30                     | JO13.4 |      |
| 17:45                      | JO13.5 |      | 17:45                     | JO13.4 |      |
| 18:15                      | JO13.2 |      | 18:15                     | JO13.3 |      |
| 19:00                      | JO13.2 |      | 19:00                     | JO13.3 |      |
| 19:30                      | JO16.1 |      | 19:30                     | JO15.1 |      |
| 20:00                      | JO16.1 |      | 20:00                     | JO15.1 |      |
| 20:30                      | JO16.1 |      | 20:30                     | JO15.1 |      |
| 21:00                      | JO16.1 |      | 21:00                     | JO15.1 |      |

## Donderdag: Veld 2

| Trainingsveld kantinezijde |                                 |      | Trainingsveld achterzijde |                              |      |
|----------------------------|---------------------------------|------|---------------------------|------------------------------|------|
| Tijd                       | Team                            | K.K. | Tijd                      | Team                         | K.K. |
| 16:00                      |                                 |      | 16:00                     |                              |      |
| 16:30                      |                                 |      | 16:30                     |                              |      |
| 17:00                      |                                 |      | 17:00                     | JO16.2                       |      |
| 17:45                      | JO9.1 - JO9.2 - JO10.1 - JO11.2 |      | 17:45                     | JO16.2                       |      |
| 18:30                      | JO9.1 - JO9.2 - JO10.1 - JO11.2 |      | 18:30                     | JO16.2                       |      |
| 19:00                      | JO17.1                          |      | 19:00                     | JO17.2                       |      |
| 19:30                      | JO17.1                          |      | 19:30                     | JO17.2                       |      |
| 20:00                      | JO17.1                          |      | 20:00                     | JO17.2                       |      |
| 20:30                      | Wedstrijden / Selectie heren    |      | 20:30                     | Wedstrijden / Selectie heren |      |
| 21:00                      | Wedstrijden / Selectie heren    |      | 21:00                     | Wedstrijden / Selectie heren |      |
| 21:30                      | Wedstrijden / Selectie heren    |      | 21:30                     | Wedstrijden / Selectie heren |      |

## Vrijdag: Kunstgrasveld (KGV)

| KGV Links                                                                             |        |      | KGV Rechts |      |      |
|---------------------------------------------------------------------------------------|--------|------|------------|------|------|
| Tijd                                                                                  | Team   | K.K. | Tijd       | Team | K.K. |
| bij wedstrijden of toernooien op KGV verplaatsen de trainingen naar het trainingsveld |        |      |            |      |      |
| 17:00                                                                                 |        |      | 17:00      |      |      |
| 17:30                                                                                 | JO14.2 |      | 17:30      |      |      |
| 18:00                                                                                 | JO14.2 |      | 18:00      |      |      |
| 18:30                                                                                 | JO14.2 |      | 18:30      |      |      |
| 19:00                                                                                 | JO15.2 |      | 19:00      |      |      |
| 19:30                                                                                 | JO15.2 |      | 19:30      |      |      |
| 20:00                                                                                 | JO15.2 |      | 20:00      |      |      |
| 20:30                                                                                 |        |      | 20:30      |      |      |
| 21:00                                                                                 |        |      | 21:00      |      |      |

## Vrijdag: Trainingsveld

| Trainingsveld kantinezijde |      |      | Trainingsveld achterzijde |      |      |
|----------------------------|------|------|---------------------------|------|------|
| Tijd                       | Team | K.K. | Tijd                      | Team | K.K. |
| 16:30                      |      |      | 16:30                     |      |      |
| 17:00                      |      |      | 17:00                     |      |      |
| 17:30                      |      |      | 17:30                     |      |      |
| 18:00                      |      |      | 18:00                     |      |      |
| 18:30                      |      |      | 18:30                     |      |      |
| 19:00                      |      |      | 19:00                     |      |      |
| 19:30                      |      |      | 19:30                     |      |      |
| 20:00                      |      |      | 20:00                     |      |      |
| 20:30                      |      |      | 20:30                     |      |      |
| 21:00                      |      |      | 21:00                     |      |      |

## Zondag: Kunstgrasveld (KGV)

| KGV Links |      |      | KGV Rechts |      |      |
|-----------|------|------|------------|------|------|
| Tijd      | Team | K.K. | Tijd       | Team | K.K. |
| 09:00     |      |      | 09:00      |      |      |
| 09:30     |      |      | 09:30      |      |      |