

Trainingsschema SDO 2020 - 2021

| Maandag | | | | | | | Dinsdag | | | | | | | | |
|---------|----------|----------|----------|----------|----------|--------|---------|---------|----------|----------|----------|----------|----------|--------|------|
| Veld 2A | Veld 2B | Veld 3A | Veld 3B | Veld 4A | Veld 4B | Veld 5 | Veld 2A | Veld 2B | Veld 3A | Veld 3B | Veld 4A | Veld 4B | Veld 5 | | |
| 15.30 | | | | | | | 15.30 | | | | | | | | |
| 15.45 | | | | | | | 15.45 | | | | | | | | |
| 16.00 | | | | | | | 16.00 | | | | | | | | |
| 16.15 | | | | | | | 16.15 | | | | | | | | |
| 16.30 | | | | | | | 16.30 | | | | | | | | |
| 16.45 | | | | | | | 16.45 | | | | | | | | |
| 17.00 | | | Nwe JO12 | Nwe JO12 | Nwe JO11 | MO11-1 | 17.00 | JO13-4 | Nwe JO9 | Nwe JO10 | | | JO16-3 | | |
| 17.15 | | | Nwe JO12 | Nwe JO12 | Nwe JO11 | MO11-1 | 17.15 | JO13-4 | Nwe JO9 | Nwe JO10 | | | JO16-3 | | |
| 17.30 | | | Nwe JO12 | Nwe JO12 | Nwe JO11 | MO11-1 | 17.30 | JO13-4 | Nwe JO9 | Nwe JO10 | | | JO16-3 | | |
| 17.45 | | | Nwe JO12 | Nwe JO12 | Nwe JO11 | MO11-1 | 17.45 | JO13-4 | Nwe JO9 | Nwe JO10 | | | JO16-3 | | |
| 18.00 | | | Nwe JO15 | Nwe JO15 | | MO15-1 | 18.00 | JO17-2 | Nwe JO17 | | | JO16-2 | JO9M-1 | | |
| 18.15 | | | Nwe JO15 | Nwe JO15 | | MO15-1 | 18.15 | JO17-2 | Nwe JO17 | | | JO16-2 | JO9M-1 | | |
| 18.30 | | | Nwe JO15 | Nwe JO15 | | MO15-1 | 18.30 | JO17-2 | Nwe JO17 | Nwe JO14 | Nwe JO14 | JO16-2 | JO9M-1 | | |
| 18.45 | | | Nwe JO15 | Nwe JO15 | | MO15-1 | 18.45 | JO17-2 | Nwe JO17 | Nwe JO14 | Nwe JO14 | JO16-2 | JO9M-1 | | |
| 19.00 | Nwe JO16 | Nwe JO19 | Nwe JO15 | Nwe JO15 | | MO15-1 | 19.00 | | Nwe JO17 | Nwe JO14 | Nwe JO14 | JO17-4 | | | |
| 19.15 | Nwe JO16 | Nwe JO19 | JO14-3 | | | MO17-2 | MO17-1 | 19.15 | | Nwe JO14 | Nwe JO14 | JO17-4 | | | |
| 19.30 | Nwe JO16 | Nwe JO19 | JO14-3 | | | MO19-1 | MO17-2 | MO17-1 | 19.30 | HR.Zon 1 | HR.Zon 1 | Nwe JO14 | Nwe JO14 | JO17-4 | VR 1 |
| 19.45 | Nwe JO16 | Nwe JO19 | JO14-3 | | | MO19-1 | MO17-2 | MO17-1 | 19.45 | HR.Zon 1 | HR.Zon 1 | | | JO17-4 | VR 1 |
| 20.00 | Nwe JO16 | Nwe JO19 | JO14-3 | | | MO19-1 | MO17-2 | MO17-1 | 20.00 | HR.Zon 1 | HR.Zon 1 | HR.Zon 2 | HR.Zon 3 | VR 1 | VR 1 |
| 20.15 | JO19-3 | JO19-2 | | | | MO19-1 | MO17-2 | MO17-1 | 20.15 | HR.Zon 1 | HR.Zon 1 | HR.Zon 2 | HR.Zon 3 | VR 1 | VR 1 |
| 20.30 | JO19-3 | JO19-2 | | | | | | | 20.30 | HR.Zon 1 | HR.Zon 1 | HR.Zon 2 | HR.Zon 3 | VR 1 | VR 1 |
| 20.45 | JO19-3 | JO19-2 | | | | | | | 20.45 | HR.Zon 1 | HR.Zon 1 | HR.Zon 2 | HR.Zon 3 | VR 1 | VR 1 |
| 21.00 | JO19-3 | JO19-2 | | | | | | | 21.00 | | | HR.Zon 2 | HR.Zon 3 | | |
| 21.15 | JO19-3 | JO19-2 | | | | | | | 21.15 | | | HR.Zon 2 | HR.Zon 3 | | |
| 21.30 | | | | | | | | | 21.30 | | | | | | |
| 21.45 | | | | | | | | | 21.45 | | | | | | |
| 22.00 | | | | | | | | | 22.00 | | | | | | |
| 22.15 | | | | | | | | | 22.15 | | | | | | |

| Woensdag | | | | | | | Donderdag | | | | | | | |
|----------|----------|----------|---------------|---------------|---------|---------|-----------|---------|----------|----------|----------|----------|-----------|--------|
| Veld 2A | Veld 2B | Veld 3A | Veld 3B | Veld 4A | Veld 4B | Veld 5 | Veld 2A | Veld 2B | Veld 3A | Veld 3B | Veld 4A | Veld 4B | Veld 5 | |
| 14.00 | | | | | | | | | | | | | | |
| 14.15 | | | | | | | | | | | | | | |
| 14.30 | | | | | | | | | | | | | | |
| 14.45 | | | | | | | | | | | | | | |
| 15.00 | | | | | | | | | | | | | | |
| 15.15 | | | | | | | | | | | | | | |
| 15.30 | | | | | | | | | | | | | | |
| 15.45 | | | | | | | Welpen | Welpen | | | | | | |
| 16.00 | | | JO10-3 | | | | Welpen | Welpen | 16.00 | | | | | |
| 16.15 | | | JO10-3 | | | | Welpen | Welpen | 16.15 | | | | | |
| 16.30 | | | JO10-3 | | | | Welpen | Welpen | 16.30 | | | | | |
| 16.45 | Nwe JO15 | Nwe JO15 | JO10-3 | | | | | | 16.45 | Nwe JO14 | Nwe JO14 | | JO8-1/2/4 | |
| 17.00 | Nwe JO15 | Nwe JO15 | JO9-3/4-10-4 | JO11-3/4 | MO11-1 | Nwe JO8 | WK | 17.00 | Nwe JO14 | Nwe JO14 | Nwe JO12 | Nwe JO11 | JO8-1/2/4 | JO9M-1 |
| 17.15 | Nwe JO15 | Nwe JO15 | JO9-3/4-10-4 | JO11-3/4 | MO11-1 | Nwe JO8 | WK | 17.15 | Nwe JO14 | Nwe JO14 | Nwe JO12 | Nwe JO11 | JO8-1/2/4 | JO9M-1 |
| 17.30 | Nwe JO15 | Nwe JO15 | JO9-3/4-10-4 | JO11-3/4 | MO11-1 | Nwe JO8 | WK | 17.30 | Nwe JO14 | Nwe JO14 | Nwe JO12 | Nwe JO11 | JO8-1/2/4 | JO9M-1 |
| 17.45 | Nwe JO15 | Nwe JO15 | JO9-3/4-10-4 | JO11-3/4 | MO11-1 | Nwe JO8 | WK | 17.45 | Nwe JO14 | Nwe JO14 | Nwe JO12 | Nwe JO11 | JO8-1/2/4 | JO9M-1 |
| 18.00 | JO15-2 | JO16-4 | Nwe JO12/JO13 | Nwe JO12/JO13 | MO13-1 | | MO13-2 | 18.00 | Nwe JO17 | Nwe JO17 | Nwe JO13 | Nwe JO13 | Nwe JO10 | JO16-3 |
| 18.15 | JO15-2 | JO16-4 | Nwe JO12/JO13 | Nwe JO12/JO13 | MO13-1 | | MO13-2 | 18.15 | Nwe JO17 | Nwe JO17 | Nwe JO13 | Nwe JO13 | Nwe JO10 | JO16-3 |
| 18.30 | JO15-2 | JO16-4 | Nwe JO12/JO13 | Nwe JO12/JO13 | MO13-1 | | MO13-2 | 18.30 | Nwe JO17 | Nwe JO17 | Nwe JO13 | Nwe JO13 | Nwe JO10 | JO16-3 |
| 18.45 | JO15-2 | JO16-4 | Nwe JO12/JO13 | Nwe JO12/JO13 | MO13-1 | | MO13-2 | 18.45 | Nwe JO17 | Nwe JO17 | Nwe JO13 | Nwe JO13 | Nwe JO10 | JO16-3 |
| 19.00 | Nwe JO16 | Nwe JO19 | Nwe JO12/JO13 | Nwe JO12/JO13 | MO13-1 | | MO13-2 | 19.00 | Nwe JO17 | Nwe JO17 | Nwe JO13 | Nwe JO13 | | |
| 19.15 | Nwe JO16 | Nwe JO19 | JO14-3 | Keepers | MO17-2 | MO15-1 | | 19.15 | | | | | | |
| 19.30 | Nwe JO16 | Nwe JO19 | JO14-3 | Keepers | MO17-2 | MO15-1 | | 19.30 | HR.Zon 1 | HR.Zon 1 | HR.Zon 2 | HR.Zon 3 | VR 1 | VR 1 |
| 19.45 | Nwe JO16 | Nwe JO19 | JO14-3 | Keepers | MO17-2 | MO15-1 | | 19.45 | HR.Zon 1 | HR.Zon 1 | HR.Zon 2 | HR.Zon 3 | VR 1 | VR 1 |
| 20.00 | Nwe JO16 | Nwe JO19 | JO14-3 | Keepers | MO17-2 | MO15-1 | | 20.00 | HR.Zon 1 | HR.Zon 1 | HR.Zon 2 | HR.Zon 3 | VR 1 | VR 1 |
| 20.15 | | MO17-1 | MO19-1 | Keepers | MO17-2 | MO15-1 | | 20.15 | HR.Zon 1 | HR.Zon 1 | HR.Zon 2 | HR.Zon 3 | VR 1 | VR 1 |
| 20.30 | COVS | MO17-1 | MO19-1 | Keepers | ZAT 4 | ZAT 3 | | 20.30 | HR.Zon 1 | HR.Zon 1 | HR.Zon 2 | HR.Zon 3 | VR 1 | VR 1 |
| 20.45 | COVS | MO17-1 | MO19-1 | | ZAT 4 | ZAT 3 | | 20.45 | HR.Zon 1 | HR.Zon 1 | HR.Zon 2 | HR.Zon 3 | VR 1 | VR 1 |
| 21.00 | COVS | MO17-1 | MO19-1 | | ZAT 4 | ZAT 3 | | 21.00 | | | | | | |
| 21.15 | COVS | MO17-1 | MO19-1 | | ZAT 4 | ZAT 3 | | 21.15 | | | | | | |
| 21.30 | | | | | | | | 21.30 | | | | | | |
| 21.45 | | | | | | | | 21.45 | | | | | | |
| 22.00 | | | | | | | | 22.00 | | | | | | |
| 22.15 | | | | | | | | 22.15 | | | | | | |

| Veld 2A | Veld 2B | Veld 3A | Veld 3B | Veld 4A | Veld 4B | Veld 5 |
|---------|---------|---------|---------|---------|---------|--------|
| 16.00 | | | | | | |
| 16.15 | | | | | | |
| 16.30 | | | | | | |
| 16.45 | | | | | | |
| 17.00 | | | Keepers | | | |
| 17.15 | | | Keepers | | | |
| 17.30 | | | Keepers | | | |
| 17.45 | | | Keepers | | | |
| 18.00 | | | Keepers | | | |
| 18.15 | ZAT 5 | ZAT 4 | JO19-3 | Keepers | MO13-2 | MO13-1 |
| 18.30 | ZAT 5 | ZAT 4 | JO19-3 | JO15-2 | MO13-2 | MO13-1 |
| 18.45 | ZAT 5 | ZAT 4 | JO19-3 | JO15-2 | MO13-2 | MO13-1 |
| 19.00 | ZAT 5 | ZAT 4 | JO19-3 | JO15-2 | MO13-2 | MO13-1 |
| 19.15 | ZAT 5 | ZAT 4 | JO19-3 | JO15-2 | MO13-2 | MO13-1 |
| 19.30 | | | | | | |
| 19.45 | | | | | | |
| 20.00 | | | | | | |
| 20.15 | | | | | | |
| 20.30 | | | | | | |
| 20.45 | | | | | | |
| 21.00 | | | | | | |
| 21.15 | | | | | | |

