# TABA - Trainingsschema jeugd 2023-24

*Versie 21 sept 2023 - v3*

## Maandag

| | TABA 2 | | Wartburgia 1 | | Wartburgia 3 | | JOS1 | | JOS2 | |
|---|---|---|---|---|---|---|---|---|---|---|
| | voorste helft | achterste helft | voorste helft | achterste helft | helft Drieburgpad | helft boszijde | A | B | A | B |
| 16:00 - 17:30* | JO9 | JO10** | (JO8/9/10) | voetbalschool Damsko | JO11-1/2 | JO11-3/4 | | | | |
| 17:30 - 19:00 | JO12 | JO13-3/4 | O14-1za, O14-1zo | JO14-2zo, JO15-2zo | | | | | | |
| 19:00 - 20:30 | senioren | senioren | | | | | | | | |
| 20:30 - 22:00 | senioren<br>indien niet gebruikt: vrij voor jeugd | | | | | | | | | |

** Afhankelijk van beschikbaarheid trainers is starttijd 16:00 of 16:15*

*** Inclusief combinatiegroep JO9-3/JO10-3*

## Dinsdag

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 16:00 - 17:30 | | | | | | | | | | |
| 17:30 - 19:00 | JO13-1/2 | JO15-1za | JO16-1, JO19-1 | JO15-1zo | | | JO17-1 | JO17-2 | JO18-1 | JO18-2 |
| 19:00 - 20:30 | senioren | senioren | | | senioren | keeperstraining junioren | | | | |
| 20:30 - 22:00 | senioren | senioren | | | | | | | | |

## Woensdag

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 15:00 - 16:15 | JO6, JO7 | JO8 | | | | | | | | |
| 16:15 - 17:30 | JO9 | JO10 | | | JO12 | JO12 | | | | |
| 17:30 - 19:00 | JO11-1/2 | JO11-3/4 | JO13-3 | JO13-4 | JO14-1za, JO14-1zo*, JO16-2* | | | | | |
| 19:00 - 20:30 | senioren | senioren | | | | | | | | |
| 20:30 - 22:00 | senioren | senioren | | | | | | | | |

** JO14-1zo, JO16-2: om de week 1/2 veld*

## Donderdag

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 16:00 - 17:30 | | | | | | | | | | |
| 17:30 - 19:00 | JO14-1za | JO14-2zo | JO13-1 | JO13-2 | JO19-1 | JO16-1 | JO15* | JOS JO16-2 | JO17 | JO18 |
| 19:00 - 20:30 | senioren | senioren | | | | | | | | |
| 20:30 - 22:00 | senioren | senioren | | | | | | | | |

** Bij akkoord JOS: elk team 1/4 veld*

## Vrijdag

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| 16:00 - 17:30 | techniektraining | | | | | | | | | |
| 17:30 - 19:00 | techniektraining | JO16-2 | | | | | | | | |
| 19:00 - 20:30 | techniektraining | senioren | | | | | | | | |
| 20:30 - 22:00 | senioren<br>indien niet gebruikt: vrij voor jeugd | | | | | | | | | |