

# Trainingsprogramma Sporting Martinus 2025-2026

Maandag	Veld 1				Veld 2				Veld 3				Veld 4		Keepershoeck		Maandag		
	Rechts		Links		Rechts		Links		Rechts		Links		4A	4B					
	1A1	1A2	1B1	1B2	2A1	2A2	2B1	2B2	3A1	3A2	3B1	3B2							
16.30 - 16.45	JO11-5/6/7/8/9				JO12-3/4/5/6/7 MO12				JO13-2/3				MO15-1		JO11-1		16.30 - 16.45		
16.45 - 17.00																	16.45 - 17.00		
17.00 - 17.15																	17.00 - 17.15		
17.15 - 17.30																	17.15 - 17.30		
17.30 - 17.45	JO11-3		MO11										17.30 - 17.45						
17.45 - 18.00															17.45 - 18.00				
18.00 - 18.15															18.00 - 18.15				
18.15 - 18.30					JO14-1 za JO14-2 za		JO15-1 za JO15-2 za		JO13-4/5/6 MO13				Keep O14/O15 Niels W.		18.15 - 18.30				
18.30 - 18.45																	18.30 - 18.45		
18.45 - 19.00																	18.45 - 19.00		
19.00 - 19.15	JO16-1 zo		MO17-1 MO17-2		JO16-1 za JO16-2 za		JO17-1 za										19.00 - 19.15		
19.15 - 19.30													Keep O16/O17 Niels W.		19.15 - 19.30				
19.30 - 19.45											19.30 - 19.45								
19.45 - 20.00											19.45 - 20.00								
20.00 - 20.15											20.00 - 20.15								
20.15 - 20.30	Zat4		VrZat 1		JO19-1 za				7v7		JO19-2 zo		TRAINERSCUSUS		20.15 - 20.30				
20.30 - 20.45															20.30 - 20.45				
20.45 - 21.00															20.45 - 21.00				
21.00 - 21.15															21.00 - 21.15				
21.15 - 21.30															21.15 - 21.30				
Dinsdag	Veld 1				Veld 2				Veld 3				Veld 4		Keepershoeck		Dinsdag		
	Rechts		Links		Rechts		Links		Rechts		Links		4A	4B					
	1A1	1A2	1B1	1B2	2A1	2A2	2B1	2B2	3A1	3A2	3B1	3B2							
16.30 - 16.45	JO11-1/3		JO11-2/4		JO13-1				JO13-3		JO8-1/2/3		JO9-1/2/3		WEDSTRIJD		16.30 - 16.45		
16.45 - 17.00																	16.45 - 17.00		
17.00 - 17.15																	17.00 - 17.15		
17.15 - 17.30																	17.15 - 17.30		
17.30 - 17.45															17.30 - 17.45				
17.45 - 18.00															17.45 - 18.00				
18.00 - 18.15															18.00 - 18.15				
18.15 - 18.30	JO16-1 za		JO17-1 za		OVERLOOP				JO10-1/2		JO12-1/2		JO13-2 Za		Keepers O14/15 Fred V.		18.15 - 18.30		
18.30 - 18.45																	18.30 - 18.45		
18.45 - 19.00																	18.45 - 19.00		
19.00 - 19.15																	19.00 - 19.15		
19.15 - 19.30					JO14-1 za		JO15-1 za		JO16-2 za		WEDSTRIJD		Keepers O16 Fred V.		19.15 - 19.30				
19.30 - 19.45															19.30 - 19.45				
19.45 - 20.00															19.45 - 20.00				
20.00 - 20.15															20.00 - 20.15				
20.15 - 20.30	Zon1				Zon2		Zat2		Masters Dinsdag		JO19-2 za		Zon3				20.15 - 20.30		
20.30 - 20.45																	20.30 - 20.45		
20.45 - 21.00																	20.45 - 21.00		
21.00 - 21.15																	21.00 - 21.15		
21.15 - 21.30															21.15 - 21.30				
Woensdag	Veld 1				Veld 2				Veld 3				Veld 4		Keepershoeck		Woensdag		
	Rechts		Links		Rechts		Links		Rechts		Links		4A	4B					
	1A1	1A2	1B1	1B2	2A1	2A2	2B1	2B2	3A1	3A2	3B1	3B2							
14.30 - 14.45	JO8-4/5/6/7				JO6-Smarties JO7-Champions league				JO9-4/5/6/7/8				WEDSTRIJD				14.30 - 14.45		
14.45 - 15.00																	14.45 - 15.00		
15.00 - 15.15																	15.00 - 15.15		
15.15 - 15.30																	15.15 - 15.30		
15.30 - 15.45															15.30 - 15.45				
15.45 - 16.00															15.45 - 16.00				
16.00 - 16.15	JO11-5/6/7/8/9 MO11		JO12-3/4/5/6/7 MO12		JO10-3/4/5/6/7 MO10				JO15-1/2/3 zo		WEDSTRIJD				16.00 - 16.15				
16.15 - 16.30															16.15 - 16.30				
16.30 - 16.45															16.30 - 16.45				
16.45 - 17.00															16.45 - 17.00				
17.00 - 17.15													Keepers O13/O15		17.00 - 17.15				
17.15 - 17.30	JO13-4/5/6 MO13		JO14-1/2/3 zo		JO17-1/2/3 zo				MO15-1						17.15 - 17.30				
17.30 - 17.45															17.30 - 17.45				
17.45 - 18.00															17.45 - 18.00				
18.00 - 18.15													18.00 - 18.15						
18.15 - 18.30													Keepers O13/O15		18.15 - 18.30				
18.30 - 18.45	JO16-1/2 zo		JO19-1/2 zo		JO17-1/2/3 zo				JO16-3						18.30 - 18.45				
18.45 - 19.00															18.45 - 19.00				
19.00 - 19.15															19.00 - 19.15				
19.15 - 19.30													19.15 - 19.30						
19.30 - 19.45					Zon 5		Zon 6 Vet35+		Zat 3 Zat 5		Vet45+				19.30 - 19.45				
19.45 - 20.00															19.45 - 20.00				
20.00 - 20.15	VrZat 1		Zat 4												20.00 - 20.15				
20.15 - 20.30															20.15 - 20.30				
20.30 - 20.45															20.30 - 20.45				
20.45 - 21.00															20.45 - 21.00				
21.00 - 21.15															21.00 - 21.15				
21.15 - 21.30															21.15 - 21.30				
Donderdag	Veld 1				Veld 2				Veld 3				Veld 4		Keepershoeck		Donderdag		
	Rechts		Links		Rechts		Links		Rechts		Links		4A	4B					
	1A1	1A2	1B1	1B2	2A1	2A2	2B1	2B2	3A1	3A2	3B1	3B2							
16.30 - 16.45	JO11-1/3		JO11-2/4		JO12-1/2				WEDSTRIJD		JO13-2		JO13-3				16.30 - 16.45		
16.45 - 17.00																	16.45 - 17.00		
17.00 - 17.15																	17.00 - 17.15		
17.15 - 17.30																	17.15 - 17.30		
17.30 - 17.45															17.30 - 17.45				
17.45 - 18.00															17.45 - 18.00				
18.00 - 18.15															18.00 - 18.15				
18.15 - 18.30	JO16-1 za		JO17-1 za		OVERLOOP				JO14-2 za		JO15-2 za		JO13-1				18.15 - 18.30		
18.30 - 18.45																	18.30 - 18.45		
18.45 - 19.00																	18.45 - 19.00		
19.00 - 19.15																	19.00 - 19.15		
19.15 - 19.30					JO14-1 za		JO15-1 za		JO16-2 za		MO17-1				19.15 - 19.30				
19.30 - 19.45															19.30 - 19.45				
19.45 - 20.00															19.45 - 20.00				
20.00 - 20.15															20.00 - 20.15				
20.15 - 20.30	Zon1				Zon2		Zon3 Zon7		JO19-1/2 za				Zon8		Zon 4		20.15 - 20.30		
20.30 - 20.45																	20.30 - 20.45		
20.45 - 21.00																	20.45 - 21.00		
21.00 - 21.15																	21.00 - 21.15		
21.15 - 21.30															21.15 - 21.30				
Vrijdag	Veld 1				Veld 2				Veld 3				Veld 4		Keepershoeck		Vrijdag		
	Rechts		Links		Rechts		Links		Rechts		Links		4A	4B					
	1A1	1A2	1B1	1B2	2A1	2A2	2B1	2B2	3A1	3A2	3B1	3B2							
16.30 - 16.45	JO8-1/2/3/4/5/6/7				JO10-1/2/3/4/5/6/7 MO10				JO9-1/2/3/4/5/6/7/8				JO14-3 zo		Open training MO		Keepers O12		16.30 - 16.45
16.45 - 17.00																			16.45 - 17.00
17.00 - 17.15																			17.00 - 17.15
17.15 - 17.30																			17.15 - 17.30
17.30 - 17.45															17.30 - 17.45				
17.45 - 18.00															17.45 - 18.00				
18.00 - 18.15	JO16-2/3 zo		JO15-1/2 zo		JO14-1/2 zo		JO17-1/2/3 zo				JO15-3 zo				Keepers O12		18.00 - 18.15		
18.15 - 18.30																	18.15 - 18.30		
18.30 - 18.45																	18.30 - 18.45		
18.45 - 19.00																	18.45 - 19.00		
19.00 - 19.15															19.00 - 19.15				
19.15 - 19.30															19.15 - 19.30				
19.30 - 19.45															19.30 - 19.45				
19.45 - 20.00															19.45 - 20.00				
20.00 - 20.15	7v7		7v7						JO19-1 zo								20.00 - 20.15		
20.15 - 20.30																	20.15 - 20.30		
20.30 - 20.45																	20.30 - 20.45		
20.45 - 21.00																	20.45 - 21.00		
21.00 - 21.15															21.00 - 21.15				
21.15 - 21.30															21.15 - 21.30				