

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