

Trainingsprogramma UNO zaal hockey seizoen 2018-2019

Datum	Olympos	MD1	MD2	MD3	J8E1	J6E2	M6E1	M6E2	M6E3	M6E4	M6E5	M6E6	MF1	MF2	MF3	strafcorner
27-11-18	Hal 1	16.00-17.00	16.00-17.00													
27-11-18	Hal 2			16.00-17.00												vrij
28-11-18	Hal 1				14.30-15.30	14.30-15.30	15.30-16.30	15.30-16.30	16.30-17.30	16.30-17.30						
28-11-18	Hal 2										16.30-17.30	16.30-17.30	15.30-16.30	15.30-16.30	15.30-16.30	
4-12-18	Hal 1	16.00-17.00	16.00-17.00													
4-12-18	Hal 2			16.00-17.00	16.00-17.00											J8E1
5-12-18	Hal 1				14.30-15.30	14.30-15.30	15.30-16.30	15.30-16.30	16.30-17.30	16.30-17.30						
5-12-18	Hal 2										16.30-17.30	16.30-17.30	15.30-16.30	15.30-16.30	15.30-16.30	
11-12-18	Hal 1	16.00-17.00	16.00-17.00													
11-12-18	Hal 3			16.00-17.00												MC1
12-12-18	Hal 1				14.30-15.30	14.30-15.30	15.30-16.30	15.30-16.30	16.30-17.30	16.30-17.30						
12-12-18	Hal 2										16.30-17.30	16.30-17.30	15.30-16.30	15.30-16.30	15.30-16.30	
18-12-18	Hal 1	16.00-17.00	16.00-17.00													
18-12-18	Hal 2			16.00-17.00												MC2
19-12-18	Hal 1				14.30-15.30	14.30-15.30	15.30-16.30	15.30-16.30	16.30-17.30	16.30-17.30						
19-12-18	Hal 2										16.30-17.30	16.30-17.30	15.30-16.30	15.30-16.30	15.30-16.30	
8-01-19	Hal 1	16.00-17.00	16.00-17.00													
8-01-19	Hal 2			16.00-17.00												M8E1
9-01-19	Hal 1				14.30-15.30	14.30-15.30	15.30-16.30	15.30-16.30	16.30-17.30	16.30-17.30						
9-01-19	Hal 2										16.30-17.30	16.30-17.30	15.30-16.30	15.30-16.30	15.30-16.30	
15-01-19	Hal 1	16.00-17.00	16.00-17.00													
15-01-19	Hal 2			16.00-17.00												M8E3
16-01-19	Hal 1				14.30-15.30	14.30-15.30	15.30-16.30	15.30-16.30	16.30-17.30	16.30-17.30						
16-01-19	Hal 2										16.30-17.30	16.30-17.30	15.30-16.30	15.30-16.30	15.30-16.30	
22-01-19	Hal 1	16.00-17.00	16.00-17.00													
22-01-19	Hal 3			16.00-17.00									16.00-17.00	16.00-17.00	16.00-17.00	
23-01-19	Hal 1				14.30-15.30	14.30-15.30	15.30-16.30	15.30-16.30	16.30-17.30	16.30-17.30	16.30-17.30	16.30-17.30				
29-01-19	Hal 1	16.00-17.00	16.00-17.00													
29-01-19	Hal 2			16.00-17.00												M8E4
30-01-19	Hal 1				14.30-15.30	14.30-15.30	15.30-16.30	15.30-16.30	16.30-17.30	16.30-17.30						
30-01-19	Hal 2										16.30-17.30	16.30-17.30	15.30-16.30	15.30-16.30	15.30-16.30	
5-02-19	Hal 1	16.00-17.00	16.00-17.00													
5-02-19	Hal 2			16.00-17.00												M8E2
6-02-19	Hal 1				14.30-15.30	14.30-15.30	15.30-16.30	15.30-16.30	16.30-17.30	16.30-17.30						
6-02-19	Hal 2										16.30-17.30	16.30-17.30	15.30-16.30	15.30-16.30	15.30-16.30	
Datum	Galgenwaard	MC1	MC2	M8E1	M8E2	M8E3	M8E4	J6E1	JF1	JF2						
30-11-18	Hal 2c							16.00-17.00	16.00-17.00	16.00-17.00						
30-11-18	Hal 2c	19.00-20.00	19.00-20.00	17.00-18.00	17.00-18.00	18.00-19.00	18.00-19.00									
7-12-18	Hal 2c							16.00-17.00	16.00-17.00	16.00-17.00						
7-12-18	Hal 2c	19.00-20.00	19.00-20.00	17.00-18.00	17.00-18.00	18.00-19.00	18.00-19.00									
14-12-18	Hal 2c							16.00-17.00	16.00-17.00	16.00-17.00						
14-12-18	Hal 2c	19.00-20.00	19.00-20.00	17.00-18.00	17.00-18.00	18.00-19.00	18.00-19.00									
21-12-18	Hal 2c							16.00-17.00	16.00-17.00	16.00-17.00						
21-12-18	Hal 2c	19.00-20.00	19.00-20.00	17.00-18.00	17.00-18.00	18.00-19.00	18.00-19.00									
11-01-19	Hal 2c							16.00-17.00	16.00-17.00	16.00-17.00						
11-01-19	Hal 2c	19.00-20.00	19.00-20.00	17.00-18.00	17.00-18.00	18.00-19.00	18.00-19.00									
18-01-19	Hal 2c							16.00-17.00	16.00-17.00	16.00-17.00						
18-01-19	Hal 2c	19.00-20.00	19.00-20.00	17.00-18.00	17.00-18.00	18.00-19.00	18.00-19.00									
25-01-19	Hal 2c							16.00-17.00	16.00-17.00	16.00-17.00						
25-01-19	Hal 2c	19.00-20.00	19.00-20.00	17.00-18.00	17.00-18.00	18.00-19.00	18.00-19.00									
1-02-19	Hal 2c							16.00-17.00	16.00-17.00	16.00-17.00						
1-02-19	Hal 2c	19.00-20.00	19.00-20.00	17.00-18.00	17.00-18.00	18.00-19.00	18.00-19.00									
8-02-19	Hal 2c							16.00-17.00	16.00-17.00	16.00-17.00						
8-02-19	Hal 2c	19.00-20.00	19.00-20.00	17.00-18.00		18.00-19.00	18.00-19.00									

Balken **opbouw** **afbreken**

Zaalcommissaris
Marlijn Beukema
Telefoon 0624642113
zaalhockey@hockeyclubuno.nl