

| Week 4                 |                    | Veldindeling Elite basis- en eindopleiding |                 |          |          |              |           |                     |
|------------------------|--------------------|--------------------------------------------|-----------------|----------|----------|--------------|-----------|---------------------|
| Dag/Teams              |                    | Jong Lommel                                | U18             | U16      | U15      | U14          | U13       | Opmerking           |
| <u>Maandag 19/01</u>   | Training/wedstrijd | Training                                   | Training        | Training | Training | Training     | Training  | Keeperstraining     |
|                        | Uur                | 18u15                                      | 18u30           | 18u30    | 18u30    | 18u30        | 18u30     | U14-U13 18u30-19u30 |
|                        | Veld               | B                                          | 4               | 4        | 4        | 5            | 5         | Veld 3              |
|                        | Kleedkamer         | Stadion                                    | 14              | 11       | 10       | 4            | 5         |                     |
|                        | Opmerking          |                                            |                 |          |          |              |           |                     |
| <u>Dinsdag 20/01</u>   | Training/wedstrijd | Training                                   | Training        | Training | Training | Training     | Training  |                     |
|                        | Uur                | 18u15                                      | 18u30           | 18u30    | 18u30    | 18u30        | 18u30     |                     |
|                        | Veld               | 1                                          | B               | 5        | 5        | 4            | 4         |                     |
|                        | Kleedkamer         | 12                                         | Stadion         | 11       | 10       | 4            | 6         |                     |
|                        | Opmerking          |                                            |                 |          |          |              |           |                     |
| <u>Woensdag 21/01</u>  | Training/wedstrijd | Training                                   | Gent (BT)       | Training | Training | Training     | Training  | Keeperstraining     |
|                        | Uur                | 14u30                                      | 17u00           | 14u30    | 14u30    | 14u30        | 14u30     | U21-U18 14u00-15u00 |
|                        | Veld               | B                                          | 6               | 4        | 4        | 5            | 5         | U16-U15 15u00-16u00 |
|                        | Kleedkamer         | Stadion                                    | 12-14           | 11       | 10       | 4            | 5         | U14-U13 14u30-15u30 |
|                        | Opmerking          |                                            |                 |          |          |              |           | Veld 3-5 (U14-U13)  |
| <u>Donderdag 22/01</u> | Training/wedstrijd | Training                                   | Training        | Training | Training | Training     | Training  | Keeperstraining     |
|                        | Uur                | 18u15                                      | 19u00           | 19u00    | 19u00    | 19u00        | 19u00     | U21-U18 17u30-18u15 |
|                        | Veld               | 4 (1/2 veld)                               | 1               | 5        | 5        | 4 (1/2 veld) | 3         | U16-U15 18u15-19u00 |
|                        | Kleedkamer         | 12                                         | 13              | 11       | 10       | 4            | 5         |                     |
|                        | Opmerking          |                                            |                 |          |          |              |           | Veld 3              |
| <u>Vrijdag 23/01</u>   | Training/wedstrijd | La Louvière (U)                            |                 |          |          |              |           |                     |
|                        | Uur                | 20u30                                      |                 |          |          |              |           |                     |
|                        | Veld               |                                            |                 |          |          |              |           |                     |
|                        | Kleedkamer         |                                            |                 |          |          |              |           |                     |
|                        | Opmerking          | Bus 16u15                                  |                 |          |          |              |           |                     |
| <u>Zaterdag 24/01</u>  | Training/wedstrijd |                                            | Leverkusen (OU) | Training | Training | Pelt (OT)    | Pelt (OT) |                     |
|                        | Uur                |                                            | 13u00           | 10u00    | 10u00    | 13u00        | 10u00     |                     |
|                        | Veld               |                                            |                 | 5        | 5        | 4            | 4         |                     |
|                        | Kleedkamer         |                                            |                 |          |          |              |           |                     |
|                        | Opmerking          |                                            | Bus 8u45        |          |          |              |           |                     |
| <u>Zondag 25/01</u>    | Training/wedstrijd |                                            |                 |          |          |              |           |                     |
|                        | Uur                |                                            |                 |          |          |              |           |                     |
|                        | Veld               |                                            |                 |          |          |              |           |                     |
|                        | Kleedkamer         |                                            |                 |          |          |              |           |                     |
|                        | Opmerking          |                                            |                 |          |          |              |           |                     |

| Week 4                        |                    | Veldindeling Elite startopleiding |              |              |                    |              |              |                     |
|-------------------------------|--------------------|-----------------------------------|--------------|--------------|--------------------|--------------|--------------|---------------------|
| Dag/Teams                     |                    | U12                               | U11          | U10          | U9 Wit             | U9 Groen     | U8           | Opmerking           |
| <b><u>Maandag 19/01</u></b>   | Training/wedstrijd | Training                          | Training     | Training     | Training           | Training     | Training     | Keeperstraining     |
|                               | Uur                | 17u30                             | 17u30        | 17u30        | 17u30              | 17u30        | 17u30        | U10-U9 17u30-18u15  |
|                               | Veld               | 4 (1/4 veld)                      | 4 (1/4 veld) | 5 (1/4 veld) | 5 (1/4 veld)       | 5 (1/4 veld) | 3A           | U12-U11 18u15-19u00 |
|                               | Kleedkamer         | 6                                 | 8            | 7            | 9                  | 9            | 14           | Veld 3              |
|                               | Opmerking          |                                   |              |              |                    |              |              |                     |
| <b><u>Dinsdag 20/01</u></b>   | Training/wedstrijd |                                   |              |              |                    |              |              |                     |
|                               | Uur                |                                   |              |              |                    |              |              |                     |
|                               | Veld               |                                   |              |              |                    |              |              |                     |
|                               | Kleedkamer         |                                   |              |              |                    |              |              |                     |
|                               | Opmerking          |                                   |              |              |                    |              |              |                     |
| <b><u>Woensdag 21/01</u></b>  | Training/wedstrijd | Training                          | Training     | Training     | Training           | Training     | Training     |                     |
|                               | Uur                | 18u00                             | 18u00        | 18u00        | 18u00              | 18u00        | 18u00        |                     |
|                               | Veld               | 4 (1/2 veld)                      | 4 (1/4 veld) | 4 (1/4 veld) | Soeverein          | Soeverein    | Soeverein    |                     |
|                               | Kleedkamer         | 6                                 | 4            | 7            | Soeverein          | Soeverein    | Soeverein    |                     |
|                               | Opmerking          |                                   |              |              | Multimove          | Multimove    | Multimove    |                     |
| <b><u>Donderdag 22/01</u></b> | Training/wedstrijd | Training                          | Training     | Training     | Training           | Training     | Training     | Keeperstraining     |
|                               | Uur                | 17u30                             | 17u30        | 17u30        | 17u30              | 17u30        | 17u30        | U12-U11 17u30-18u00 |
|                               | Veld               | 5                                 | 5            | 4            | 4                  | 4            | 4            | U10-U9 17u30-18u00  |
|                               | Kleedkamer         | 6                                 | 8            | 7            | 9                  | 9            | 14           | Veld 3              |
|                               | Opmerking          |                                   |              |              |                    |              |              |                     |
| <b><u>Vrijdag 23/01</u></b>   | Training/wedstrijd |                                   |              |              |                    |              |              |                     |
|                               | Uur                |                                   |              |              |                    |              |              |                     |
|                               | Veld               |                                   |              |              |                    |              |              |                     |
|                               | Kleedkamer         |                                   |              |              |                    |              |              |                     |
|                               | Opmerking          |                                   |              |              |                    |              |              |                     |
| <b><u>Zaterdag 24/01</u></b>  | Training/wedstrijd |                                   |              |              | Park Houthalen (U) | Westerlo (U) | Westerlo (U) |                     |
|                               | Uur                |                                   |              |              | 9u30               | 9u30         | 9u30         |                     |
|                               | Veld               |                                   |              |              |                    |              |              |                     |
|                               | Kleedkamer         |                                   |              |              |                    |              |              |                     |
|                               | Opmerking          |                                   |              |              |                    |              |              |                     |
| <b><u>Zondag 25/01</u></b>    | Training/wedstrijd |                                   |              |              |                    |              |              |                     |
|                               | Uur                |                                   |              |              |                    |              |              |                     |
|                               | Veld               |                                   |              |              |                    |              |              |                     |
|                               | Kleedkamer         |                                   |              |              |                    |              |              |                     |
|                               | Opmerking          |                                   |              |              |                    |              |              |                     |

| Week 4                 |                    | Veldindeling Regionale opleiding |             |                 |              |               |               |                   |
|------------------------|--------------------|----------------------------------|-------------|-----------------|--------------|---------------|---------------|-------------------|
| Dag/Teams              |                    | U17P                             | U15P        | U13P            | U12P         | U11P          | U10P          | Opmerking         |
| <u>Maandag 19/01</u>   | Training/wedstrijd |                                  |             |                 |              |               |               |                   |
|                        | Uur                |                                  |             |                 |              |               |               |                   |
|                        | Veld               |                                  |             |                 |              |               |               |                   |
|                        | Kleedkamer         |                                  |             |                 |              |               |               |                   |
|                        | Opmerking          |                                  |             |                 |              |               |               |                   |
| <u>Dinsdag 20/01</u>   | Training/wedstrijd |                                  |             |                 |              |               |               |                   |
|                        | Uur                |                                  |             |                 |              |               |               |                   |
|                        | Veld               |                                  |             |                 |              |               |               |                   |
|                        | Kleedkamer         |                                  |             |                 |              |               |               |                   |
|                        | Opmerking          |                                  |             |                 |              |               |               |                   |
| <u>Woensdag 21/01</u>  | Training/wedstrijd | Training                         | Training    | Training        | Training     | Training      | Training      | Keeperstraining   |
|                        | Uur                | 19u30                            | 19u30       | 18u00           | 18u00        | 18u00         | 18u00         | 18u00             |
|                        | Veld               | 4                                | 4           | 5 (1/4 veld)    | 5 (1/4 veld) | 5 (1/4 veld)  | 5 (1/4 veld)  | Veld 5 (16 meter) |
|                        | Kleedkamer         | 5                                | 11          | 9               | 9            | 8             | 8             |                   |
|                        | Opmerking          |                                  |             |                 |              |               |               |                   |
| <u>Donderdag 22/01</u> | Training/wedstrijd |                                  |             |                 |              |               |               |                   |
|                        | Uur                |                                  |             |                 |              |               |               |                   |
|                        | Veld               |                                  |             |                 |              |               |               |                   |
|                        | Kleedkamer         |                                  |             |                 |              |               |               |                   |
|                        | Opmerking          |                                  |             |                 |              |               |               |                   |
| <u>Vrijdag 23/01</u>   | Training/wedstrijd | Training                         | Training    | Training        | Training     | Training      | Training      |                   |
|                        | Uur                | 19u30                            | 19u30       | 18u00           | 18u00        | 18u00         | 18u00         |                   |
|                        | Veld               | 4                                | 4           | 4 (1/4 veld)    | 4 (1/4 veld) | 4 (1/4 veld)  | 4 (1/4 veld)  |                   |
|                        | Kleedkamer         | 5                                | 11          | 9               | 9            | 8             | 8             |                   |
|                        | Opmerking          |                                  |             |                 |              |               |               |                   |
| <u>Zaterdag 24/01</u>  | Training/wedstrijd | Kadijk (U)                       |             | Sint-Dimpna (U) |              |               |               |                   |
|                        | Uur                | 15u00                            |             | 12u30           |              |               |               |                   |
|                        | Veld               |                                  |             |                 |              |               |               |                   |
|                        | Kleedkamer         |                                  |             |                 |              |               |               |                   |
|                        | Opmerking          |                                  |             |                 |              |               |               |                   |
| <u>Zondag 25/01</u>    | Training/wedstrijd |                                  | Meeuwen (T) |                 | Balen (T)    | Lutlommel (T) | Lutlommel (T) |                   |
|                        | Uur                |                                  | 10u00       |                 | 10u00        | 9u30          | 9u30          |                   |
|                        | Veld               |                                  | 4           |                 | 3            | 5             | 5             |                   |
|                        | Kleedkamer         |                                  |             |                 |              |               |               |                   |
|                        | Opmerking          |                                  |             |                 |              |               |               |                   |

| Week 4                 |                    | Veldindeling Regionale opleiding |            |                 |           |                  |  |                   |
|------------------------|--------------------|----------------------------------|------------|-----------------|-----------|------------------|--|-------------------|
| Dag/Teams              |                    | U9 Wit                           | U8 Wit     | U7 Groen        | U7 Wit    | U6               |  | Opmerking         |
| <u>Maandag 19/01</u>   | Training/wedstrijd |                                  |            |                 |           |                  |  |                   |
|                        | Uur                |                                  |            |                 |           |                  |  |                   |
|                        | Veld               |                                  |            |                 |           |                  |  |                   |
|                        | Kleedkamer         |                                  |            |                 |           |                  |  |                   |
|                        | Opmerking          |                                  |            |                 |           |                  |  |                   |
| <u>Dinsdag 20/01</u>   | Training/wedstrijd |                                  |            |                 |           |                  |  |                   |
|                        | Uur                |                                  |            |                 |           |                  |  |                   |
|                        | Veld               |                                  |            |                 |           |                  |  |                   |
|                        | Kleedkamer         |                                  |            |                 |           |                  |  |                   |
|                        | Opmerking          |                                  |            |                 |           |                  |  |                   |
| <u>Woensdag 21/01</u>  | Training/wedstrijd | Training                         | Training   | Training        | Training  | Training         |  | Keeperstraining   |
|                        | Uur                | 18u00                            | 18u00      | 17u30           | 17u30     | 16u30            |  | 18u00             |
|                        | Veld               | 3 (1/4 veld)                     | 3A         | Soeverein       | Soeverein | 5                |  | Veld 5 (16 meter) |
|                        | Kleedkamer         | 10                               | 10         | Soeverein       | Soeverein |                  |  |                   |
|                        | Opmerking          |                                  |            | Multimove       | Multimove |                  |  |                   |
| <u>Donderdag 22/01</u> | Training/wedstrijd |                                  |            | Training        | Training  |                  |  |                   |
|                        | Uur                |                                  |            | 17u30           | 17u30     |                  |  |                   |
|                        | Veld               |                                  |            | 3A              | 3A        |                  |  |                   |
|                        | Kleedkamer         |                                  |            | 14              | 14        |                  |  |                   |
|                        | Opmerking          |                                  |            |                 |           |                  |  |                   |
| <u>Vrijdag 23/01</u>   | Training/wedstrijd | Training                         | Training   |                 |           |                  |  |                   |
|                        | Uur                | 18u00                            | 18u00      |                 |           |                  |  |                   |
|                        | Veld               | 3 (1/4 veld)                     | 3A         |                 |           |                  |  |                   |
|                        | Kleedkamer         | 4                                | 4          |                 |           |                  |  |                   |
|                        | Opmerking          |                                  |            |                 |           |                  |  |                   |
| <u>Zaterdag 24/01</u>  | Training/wedstrijd |                                  |            | Grote Heide (T) | Olmen (U) | Leopoldsburg (T) |  |                   |
|                        | Uur                |                                  |            | 10u00           | 9u30      | 10u00            |  |                   |
|                        | Veld               |                                  |            | 3A              |           | 3                |  |                   |
|                        | Kleedkamer         |                                  |            |                 |           |                  |  |                   |
|                        | Opmerking          |                                  |            |                 |           |                  |  |                   |
| <u>Zondag 25/01</u>    | Training/wedstrijd | Lutlommel (U)                    | Hamont (U) |                 |           |                  |  |                   |
|                        | Uur                | 10u00                            | 10u30      |                 |           |                  |  |                   |
|                        | Veld               |                                  |            |                 |           |                  |  |                   |
|                        | Kleedkamer         |                                  |            |                 |           |                  |  |                   |
|                        | Opmerking          |                                  |            |                 |           |                  |  |                   |

| Week 4                 |                    | Veldindeling G Voetbal |              |             |           |  |  |           |
|------------------------|--------------------|------------------------|--------------|-------------|-----------|--|--|-----------|
| Dag/Teams              |                    | Niveau 4               | Niveau 2     | Tussenploeg | Kids      |  |  | Opmerking |
| <u>Maandag 19/01</u>   | Training/wedstrijd |                        |              |             |           |  |  |           |
|                        | Uur                |                        |              |             |           |  |  |           |
|                        | Veld               |                        |              |             |           |  |  |           |
|                        | Kleedkamer         |                        |              |             |           |  |  |           |
|                        | Opmerking          |                        |              |             |           |  |  |           |
| <u>Dinsdag 20/01</u>   | Training/wedstrijd |                        |              |             |           |  |  |           |
|                        | Uur                |                        |              |             |           |  |  |           |
|                        | Veld               |                        |              |             |           |  |  |           |
|                        | Kleedkamer         |                        |              |             |           |  |  |           |
|                        | Opmerking          |                        |              |             |           |  |  |           |
| <u>Woensdag 21/01</u>  | Training/wedstrijd | Training               | Training     | Training    | Training  |  |  |           |
|                        | Uur                | 16u30                  | 17u45        | 16u30       | 16u30     |  |  |           |
|                        | Veld               | 4                      | 3 (1/4 veld) | Soeverein   | Soeverein |  |  |           |
|                        | Kleedkamer         | 15                     | 13           | Soeverein   | Soeverein |  |  |           |
|                        | Opmerking          |                        |              |             |           |  |  |           |
| <u>Donderdag 22/01</u> | Training/wedstrijd |                        |              |             |           |  |  |           |
|                        | Uur                |                        |              |             |           |  |  |           |
|                        | Veld               |                        |              |             |           |  |  |           |
|                        | Kleedkamer         |                        |              |             |           |  |  |           |
|                        | Opmerking          |                        |              |             |           |  |  |           |
| <u>Vrijdag 23/01</u>   | Training/wedstrijd |                        |              |             |           |  |  |           |
|                        | Uur                |                        |              |             |           |  |  |           |
|                        | Veld               |                        |              |             |           |  |  |           |
|                        | Kleedkamer         |                        |              |             |           |  |  |           |
|                        | Opmerking          |                        |              |             |           |  |  |           |
| <u>Zaterdag 24/01</u>  | Training/wedstrijd |                        |              |             |           |  |  |           |
|                        | Uur                |                        |              |             |           |  |  |           |
|                        | Veld               |                        |              |             |           |  |  |           |
|                        | Kleedkamer         |                        |              |             |           |  |  |           |
|                        | Opmerking          |                        |              |             |           |  |  |           |
| <u>Zondag 25/01</u>    | Training/wedstrijd | Wijchmaal (T)          |              |             |           |  |  |           |
|                        | Uur                | 11u00                  |              |             |           |  |  |           |
|                        | Veld               | 3                      |              |             |           |  |  |           |
|                        | Kleedkamer         |                        |              |             |           |  |  |           |
|                        | Opmerking          |                        |              |             |           |  |  |           |

| Week 4                 |                    | Veldindeling dames/meisjes voetbal |                   |                    |                  |  |  |                   |
|------------------------|--------------------|------------------------------------|-------------------|--------------------|------------------|--|--|-------------------|
| Dag/Teams              |                    | Dames 1                            | U16M              | U13M               | U11M             |  |  | Opmerking         |
| <u>Maandag 19/01</u>   | Training/wedstrijd | Training                           |                   |                    |                  |  |  |                   |
|                        | Uur                | 19u30                              |                   |                    |                  |  |  |                   |
|                        | Veld               | 3                                  |                   |                    |                  |  |  |                   |
|                        | Kleedkamer         | 13                                 |                   |                    |                  |  |  |                   |
|                        | Opmerking          |                                    |                   |                    |                  |  |  |                   |
| <u>Dinsdag 20/01</u>   | Training/wedstrijd |                                    |                   |                    |                  |  |  |                   |
|                        | Uur                |                                    |                   |                    |                  |  |  |                   |
|                        | Veld               |                                    |                   |                    |                  |  |  |                   |
|                        | Kleedkamer         |                                    |                   |                    |                  |  |  |                   |
|                        | Opmerking          |                                    |                   |                    |                  |  |  |                   |
| <u>Woensdag 21/01</u>  | Training/wedstrijd | Training                           | Training          | Training           | Training         |  |  | Keeperstraining   |
|                        | Uur                | 19u30                              | 19u30             | 18u00              | 18u00            |  |  | 18u00             |
|                        | Veld               | 5                                  | 5                 | 3 (1/4 veld)       | 3 (1/4 veld)     |  |  | Veld 5 (16 meter) |
|                        | Kleedkamer         | Soeverein                          | Soeverein         | Soeverein          | Soeverein        |  |  |                   |
|                        | Opmerking          |                                    |                   |                    |                  |  |  |                   |
| <u>Donderdag 22/01</u> | Training/wedstrijd |                                    |                   |                    |                  |  |  |                   |
|                        | Uur                |                                    |                   |                    |                  |  |  |                   |
|                        | Veld               |                                    |                   |                    |                  |  |  |                   |
|                        | Kleedkamer         |                                    |                   |                    |                  |  |  |                   |
|                        | Opmerking          |                                    |                   |                    |                  |  |  |                   |
| <u>Vrijdag 23/01</u>   | Training/wedstrijd | <b>Bilzen (U)</b>                  | Training          | Training           | Training         |  |  |                   |
|                        | Uur                | 20u00                              | 18u00             | 18u00              | 18u00            |  |  |                   |
|                        | Veld               |                                    | 5 (1/2 veld)      | 5 (1/4 veld)       | 5 (1/4 veld)     |  |  |                   |
|                        | Kleedkamer         |                                    | 12                | 15                 | 15               |  |  |                   |
|                        | Opmerking          |                                    |                   |                    |                  |  |  |                   |
| <u>Zaterdag 24/01</u>  | Training/wedstrijd |                                    |                   | <b>Hoeselt (U)</b> |                  |  |  |                   |
|                        | Uur                |                                    |                   | 9u30               |                  |  |  |                   |
|                        | Veld               |                                    |                   |                    |                  |  |  |                   |
|                        | Kleedkamer         |                                    |                   |                    |                  |  |  |                   |
|                        | Opmerking          |                                    |                   |                    |                  |  |  |                   |
| <u>Zondag 25/01</u>    | Training/wedstrijd |                                    | <b>Kadijk (T)</b> |                    | <b>Olmen (U)</b> |  |  |                   |
|                        | Uur                |                                    | 11u00             |                    | 9u30             |  |  |                   |
|                        | Veld               |                                    | 4                 |                    |                  |  |  |                   |
|                        | Kleedkamer         |                                    |                   |                    |                  |  |  |                   |
|                        | Opmerking          |                                    |                   |                    |                  |  |  |                   |