

Centrale Training 13 april 2025

SESSIE 1:

2* Arthur en Tijmen / 1* Niels

- https://www.youtube.com/watch?v=-G_kTmfakGw

1* Niels

- <https://www.youtube.com/watch?v=DJG9PyziHCo>

2* J&J: Douwe en .

- <https://www.youtube.com/watch?v=XD9l3boWTGU>
- <https://www.youtube.com/watch?v=O16HNwf1Hyo>

2* J&J: Douwe en .. / 1* Niels

- <https://www.youtube.com/watch?v=53ZoxMXP-CQ>
-

2* Annemarieke en Joan

- <https://www.youtube.com/watch?v=x9gyMmy7tWY>
- <https://www.youtube.com/watch?v=bFs59FBnJGk>
- <https://www.youtube.com/watch?v=pJl4qzifnJA>
- <https://www.youtube.com/watch?v=BQ0YcAVcY0M>

SESSIE 2:

4*+ Ploeg Daamesch Vier (Thijs-invalier, Babette, Joyce, Merel)

- <https://youtu.be/NtOdzTqlM2M?si=7OIFWqActbFJqAaN>
- <https://www.youtube.com/watch?v=UopeYpjTq4U>
- <https://www.youtube.com/watch?v=Ni3jiXM5Emo>

2* Lara en Femke

- <https://www.youtube.com/watch?v=KjodEHJb8w4>
- <https://www.youtube.com/watch?v=s6LN4OxNsKU>
- <https://www.youtube.com/watch?v=TnaDOw1GTkg>
- https://www.youtube.com/watch?v=zw6Fo0_WGS8
- <https://www.youtube.com/watch?v=FQL3dlmqqVM>
- <https://www.youtube.com/watch?v=-J4EC3y-iP0>
- <https://www.youtube.com/watch?v=hM06qvMZkbA>
- <https://www.youtube.com/watch?v=zdrOKhchEQ8>

2* Jantien en Eveline

- <https://www.youtube.com/watch?v=jVjavCGLN5k>
- https://www.youtube.com/watch?v=tRosaXo-E_k
- <https://www.youtube.com/watch?v=QLT6sbu5Q6g>
- <https://www.youtube.com/watch?v=4bizyBqb4MA>