



TEAM: U13

DATUM: 08.08.21

TRAINER: Markus

TT 0955 - 1020
ET 1045 - 1145

TT Salsprünge

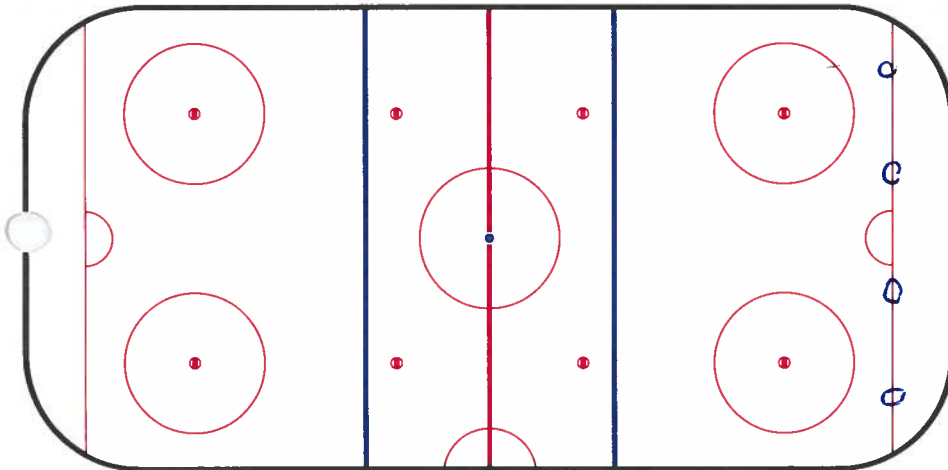
ET Lauftechnik

Stecktechnik

Passen

Spiele - Kleinfeld

TRAININGSPLAN



- Schuffel vW

- vW

- vW - vW

Innenkante

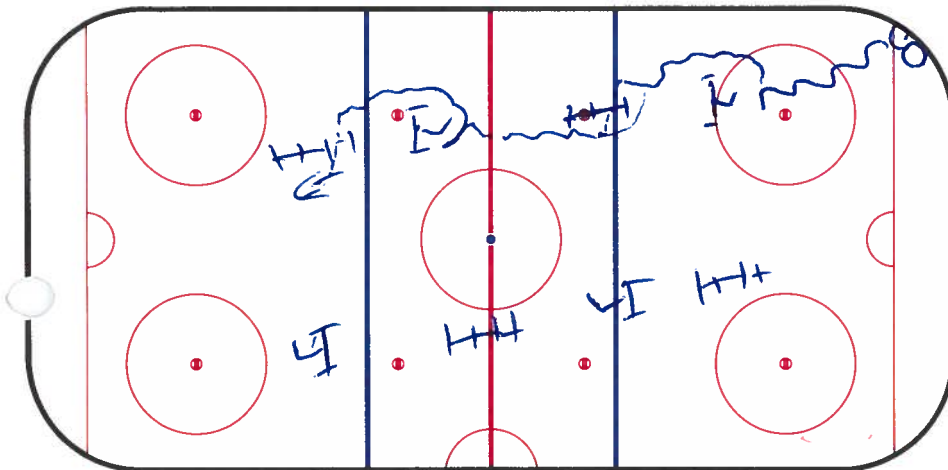
Außenkante

die 'Drei' Außenkante -

Innenkante

- die 'Drei' Innenkante

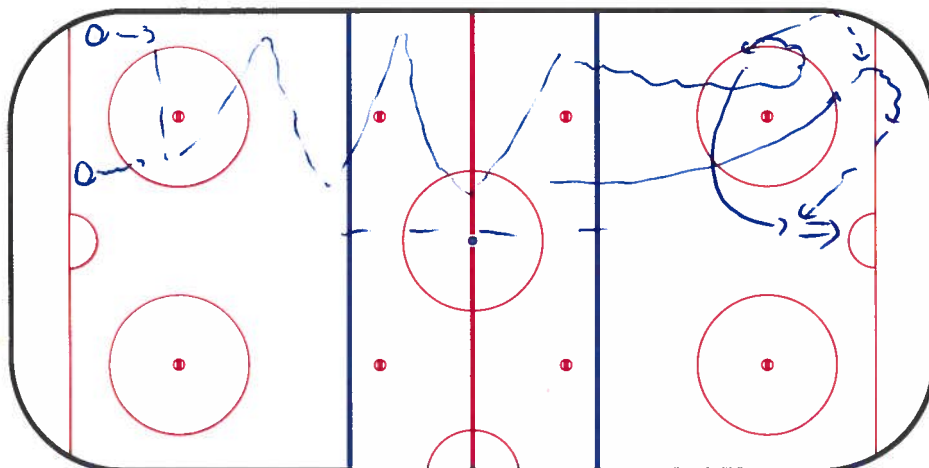
Außenkante
üben



Finte seitlich

Cut by move

Spin ab vorne



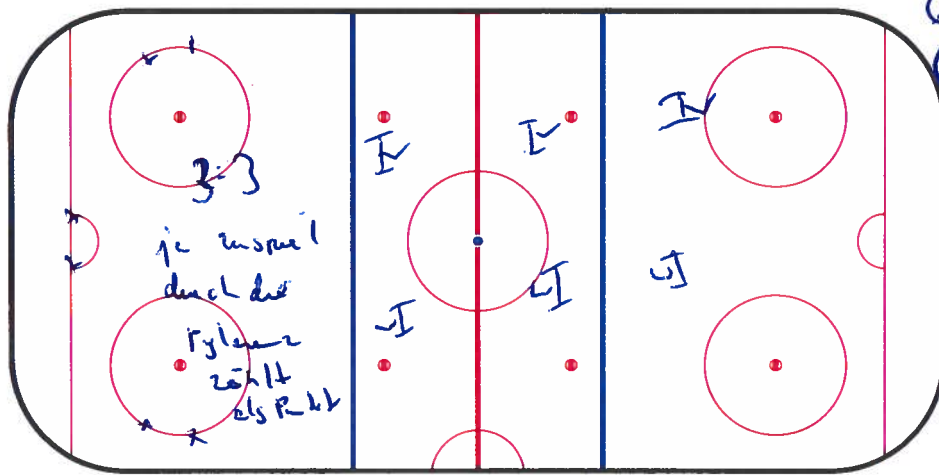
Passing / Partner

Gedächtnis + Tera (bestenfalls)

Spiele

2-2 auf ei Ter

plus 17ke an der blauen
Linie



② Passübung 3-3

③ Stocktechnik

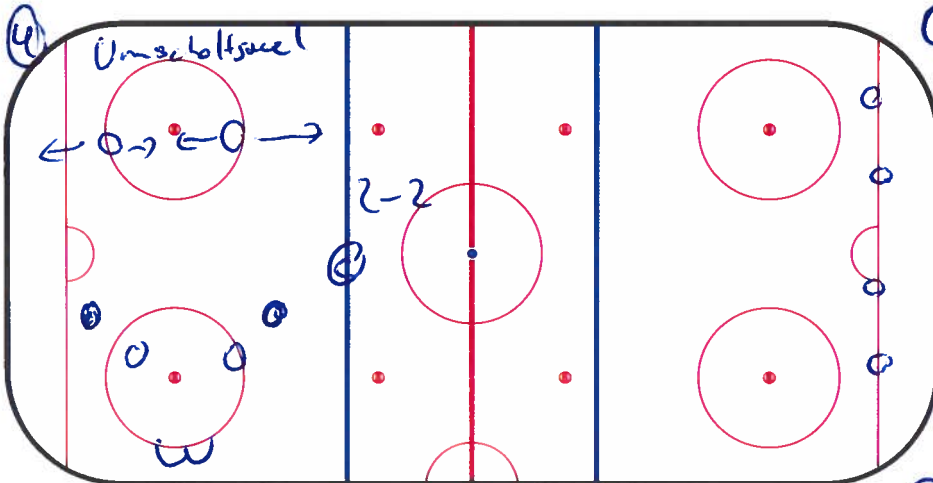
Für satte

put in

in out

Für nach vorne R4

zu Körner hernehmen



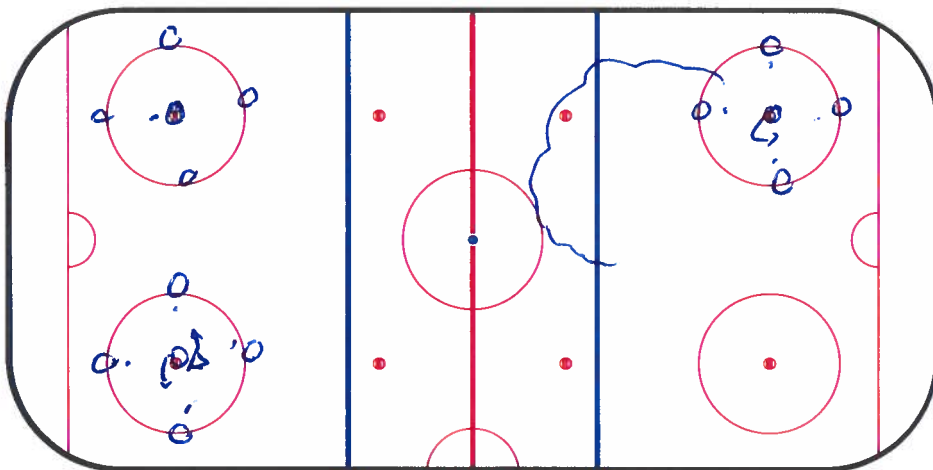
④ Lauftechnik

- übersehen 1-2-3

uv - uv

- Canadier + übersehen

⑤



Passübung

1 SP in der Mitte

in der Bewegung pass

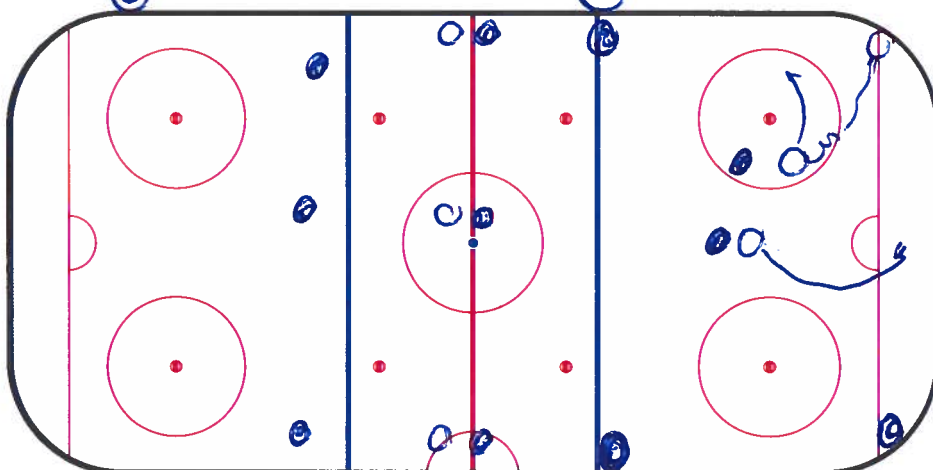
von der äußeren SP

nach Signal raus-

übersehen + Torabschluss

⑥ 3-3

⑤

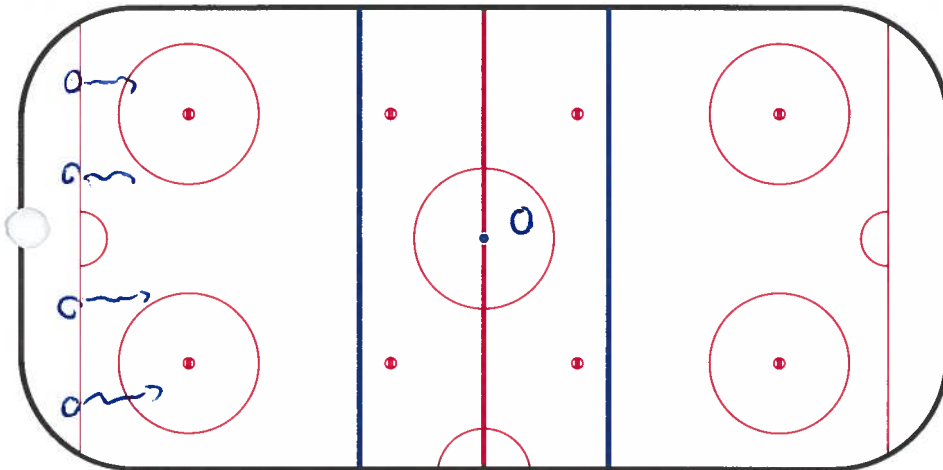


2-2 (2 Jahre)



TEAM: U13
DATUM: 11.08.2015
TRAINER: Markus

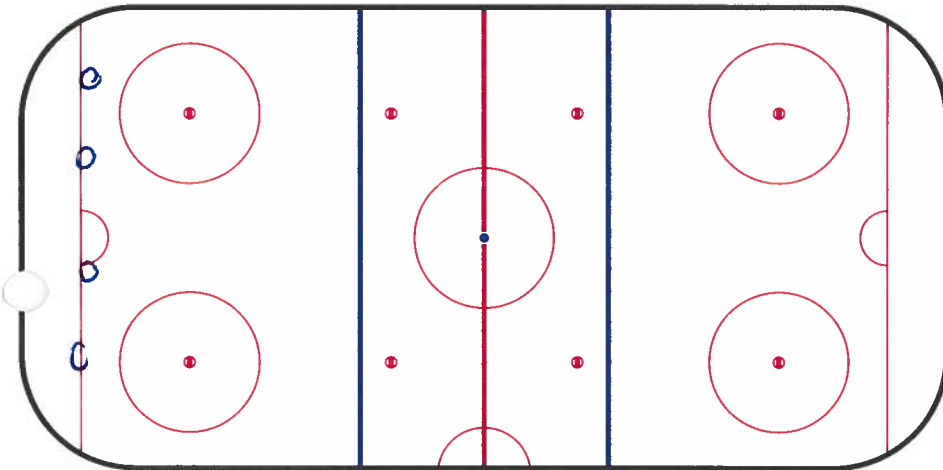
TRAININGSPLAN



Spiele

Scheibenschub

zwischen den blauen Linien



Leertechnik

Partnerziele

Skating vorwärts

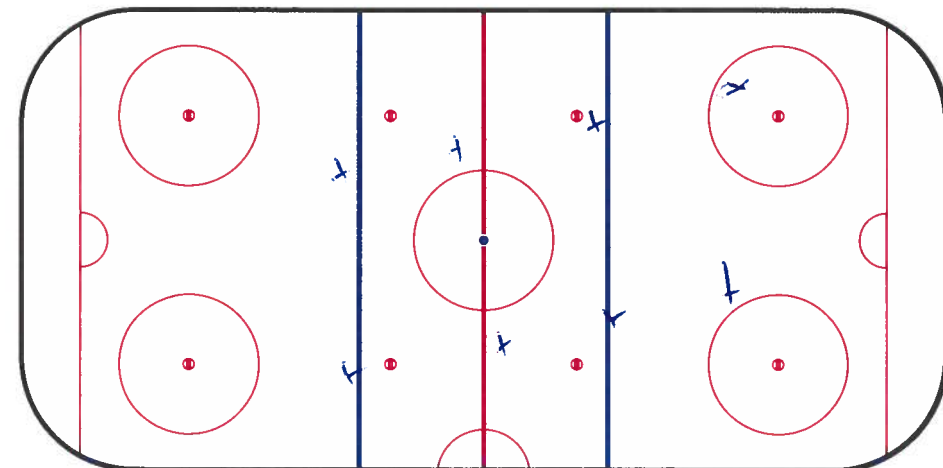
- gestreckte Beinseitliche Ziele

- auf die Knie

- seitlichen abdrucken

stehen, kniend

- skating - zwischen den blauen
Linien stehend (Positionierung)

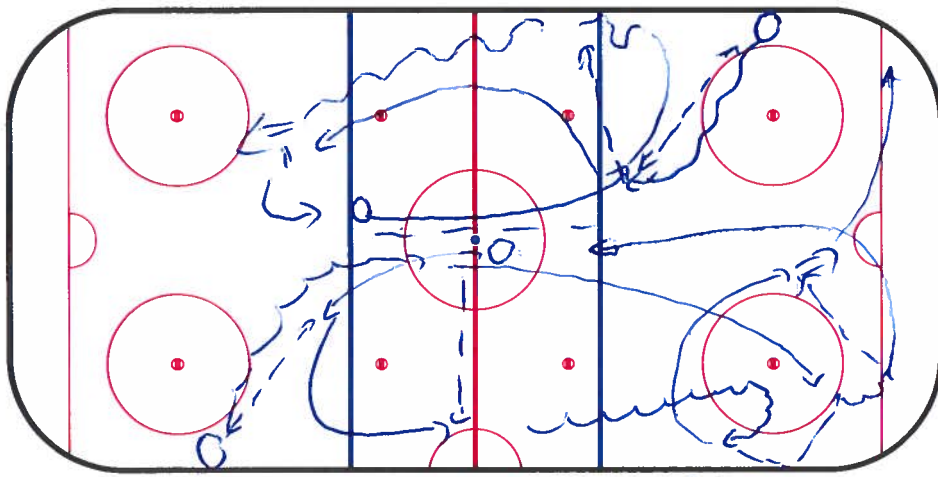


Stoßtechnik

Finte seitlich VA / RA

Pul in - Pul out

Freiwegmore seitlich



U17 12.00 - 13.30

Passübung in Stadt

VH / RH

RH annehmen VH wirkt

Passübung in der Bewegung

1-0

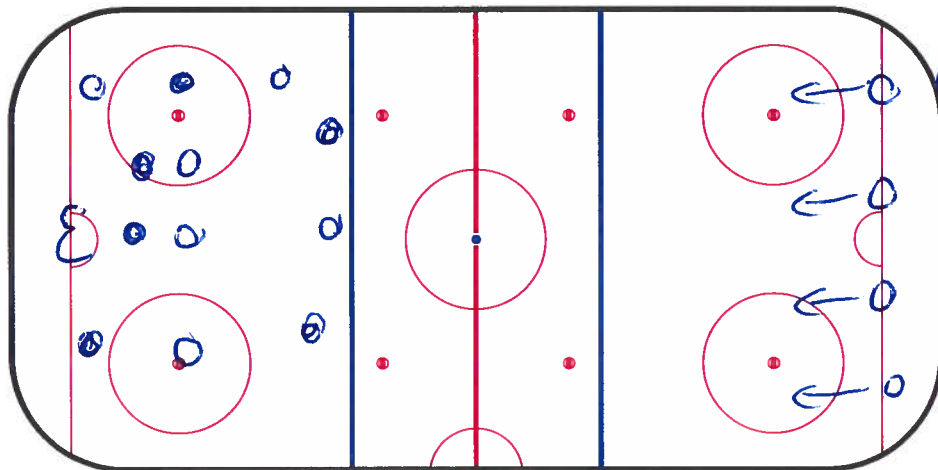
2-0

SPIEL 2-2

durch 2 kleine Tore
ein Tor ist erzielt, wenn der Schabe
durch die Pylonen durchgeführt wird

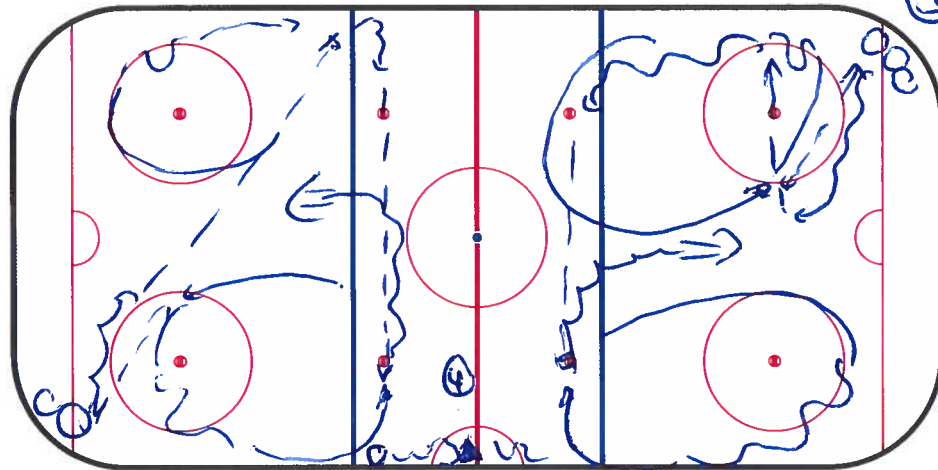
① 2-2 bewegte Pande

② Lauftechnik
+ Stocktechnik



③ Passübung

④ 1-1



⑤ BC 2-1

Regroup

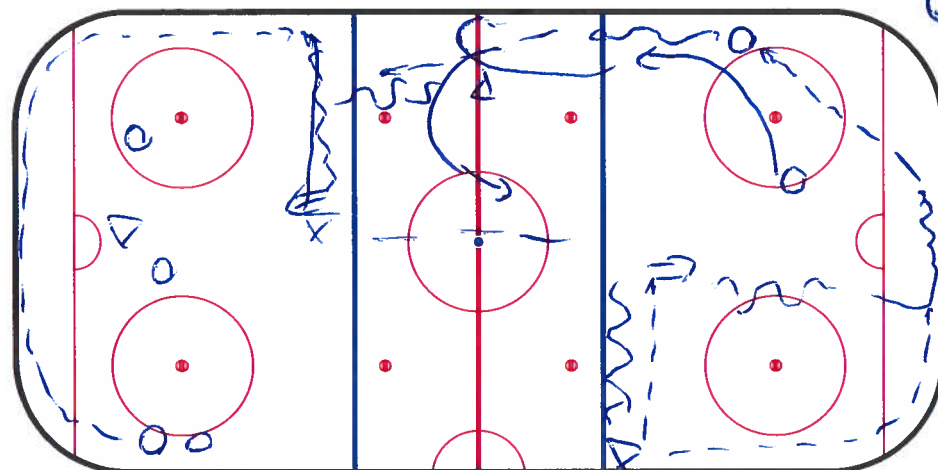
Vertikale Zone



⑥

⑦

2-2 Defensiv die Schabe
erkämpfen - Pass TR



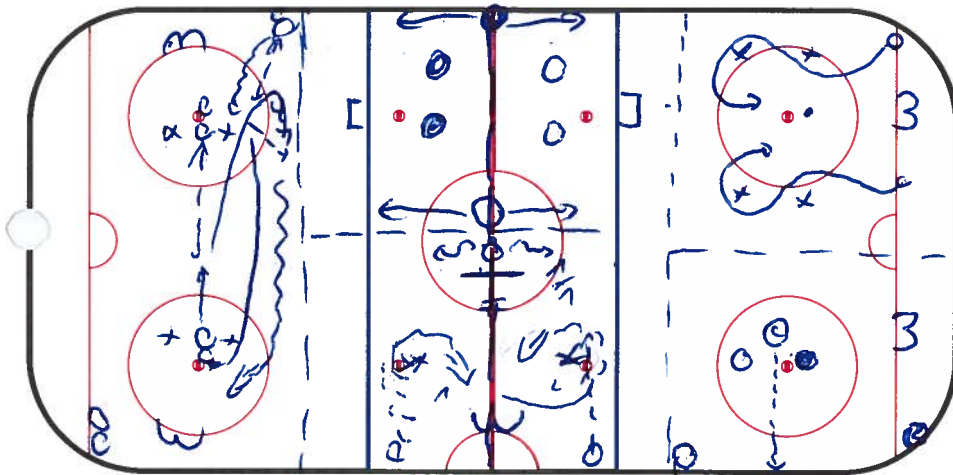


TEAM: U13 Car

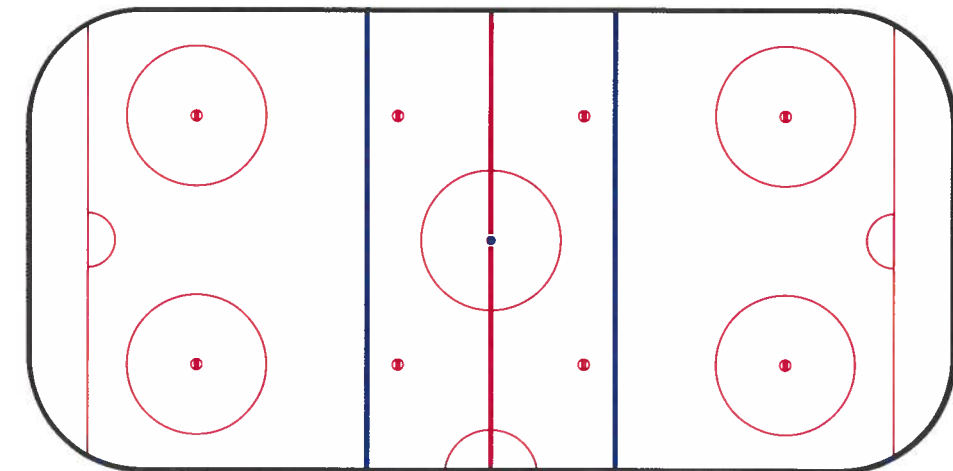
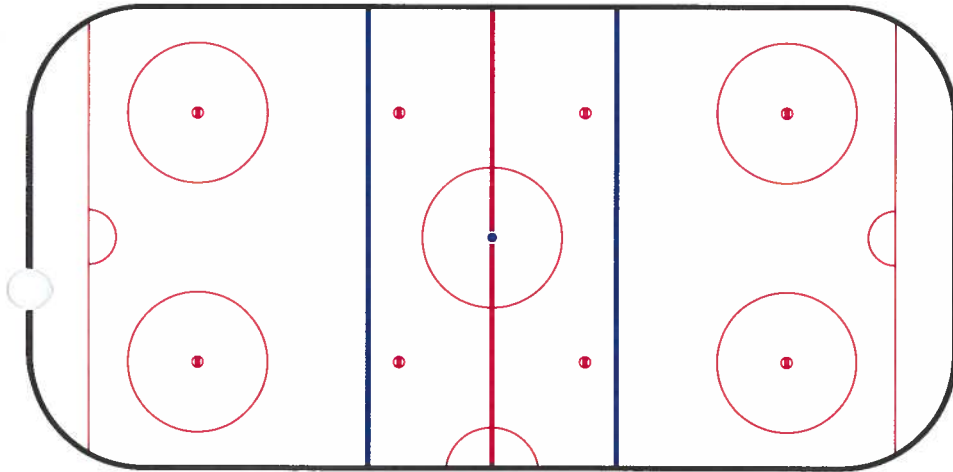
DATUM: 20.08.21

TRAINER: ET 1545-1645
ET 1845-1900

TRAININGSPLAN



Spiele 5-5



① Weltkannen 1-1

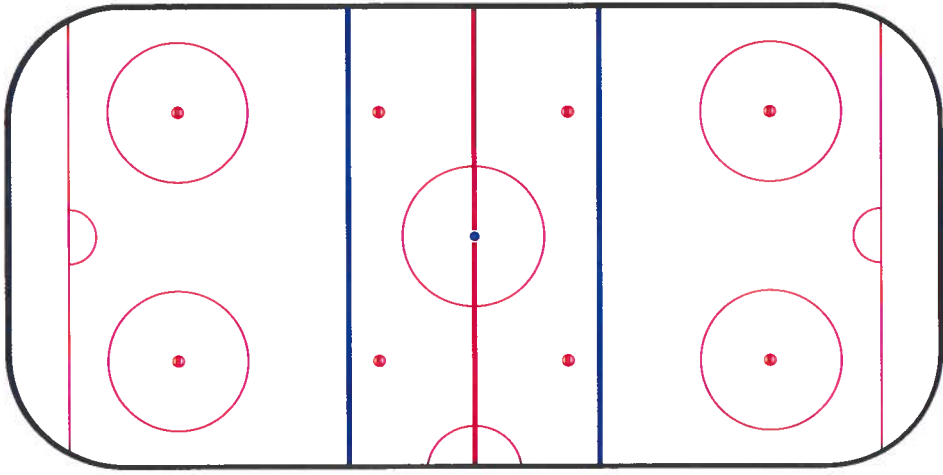
② 1-1

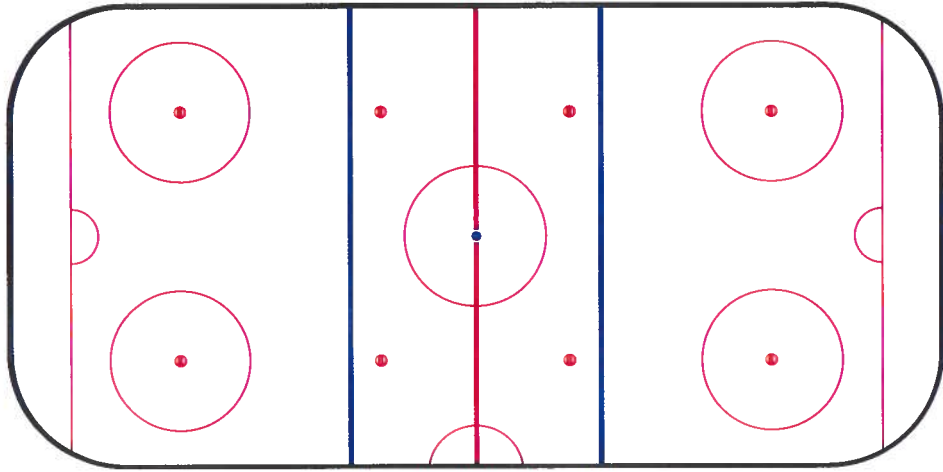
③ Schluss vv-vw
1-1

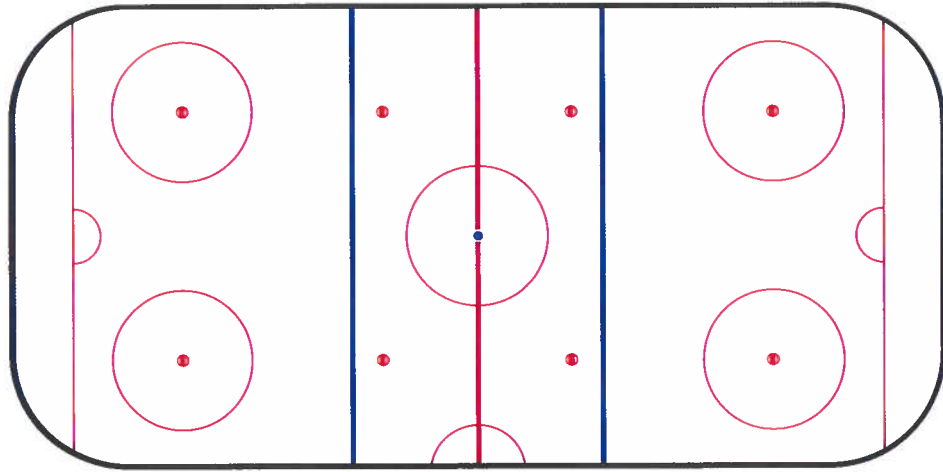
4 2-2 1 gegen

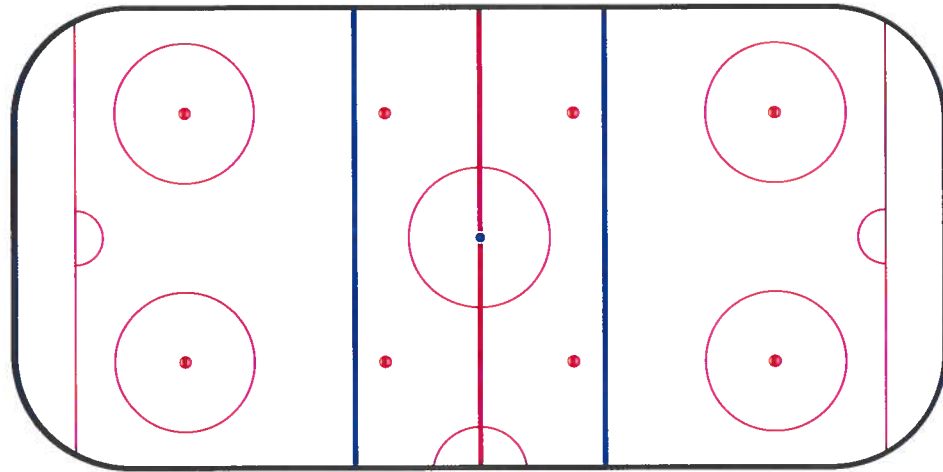
5 Passübung in der
Bewegung

6. groß 6/6









12:70



TEAM: U13 Coimp
 DATUM: 18.08.21
 ET 1545 - 1645
 TRAINER: Markus, Christoph / Gov.
 ET 1810 - 1900 Bobby, Ebke
 SPIEL

27 + 3 TW

60 Min 6 Stationen
 jede Übung/Stationen 6-8 Min
 wechsel

6-6-5-5-5

6/3/3/7 4 Farben

1 Finde seitlich vH
 RA

2 1-1

3 Passübung aus dem Stand
 1TW → 2 → 3

4 Pendellauf passübung

5 vv - vv Punkte
 schuss blaue Linie
 pass gegen das Hindernis
 Fourschlag zu hinterer Geordie
 schuss

3 Farben

① Spiel 3-2
 ein SP bleibt
 hoch

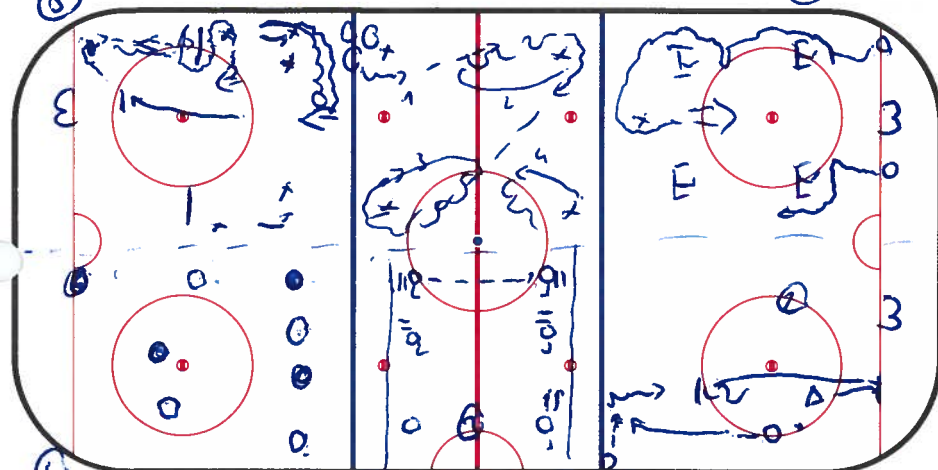
② 3-3 durch die
 Pyramide gehen zähl
 aus Punkt

③ 3-3 auf weiße

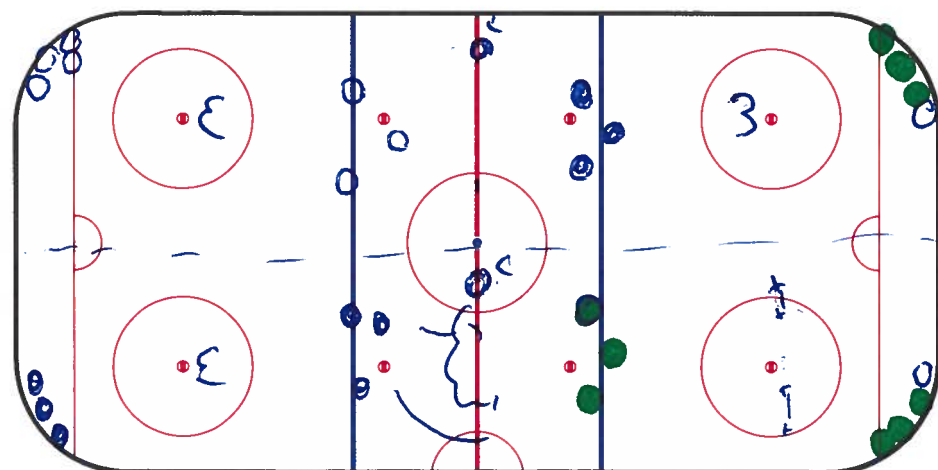
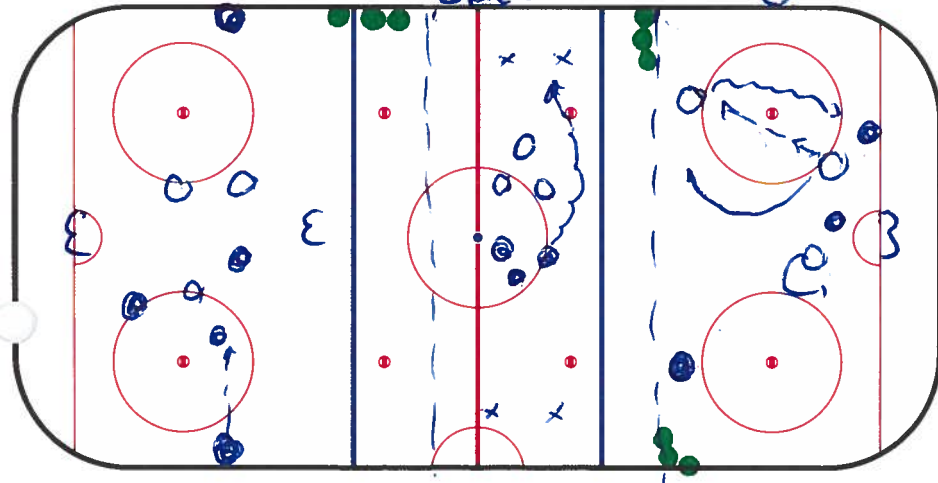
4 3-3 1 Joker-Tau

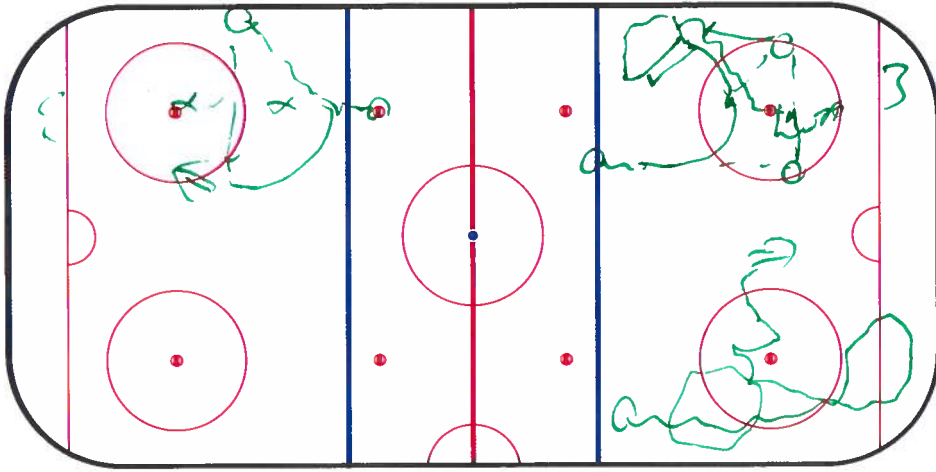
TRAININGSPLAN

⑧ Stationstraining ④

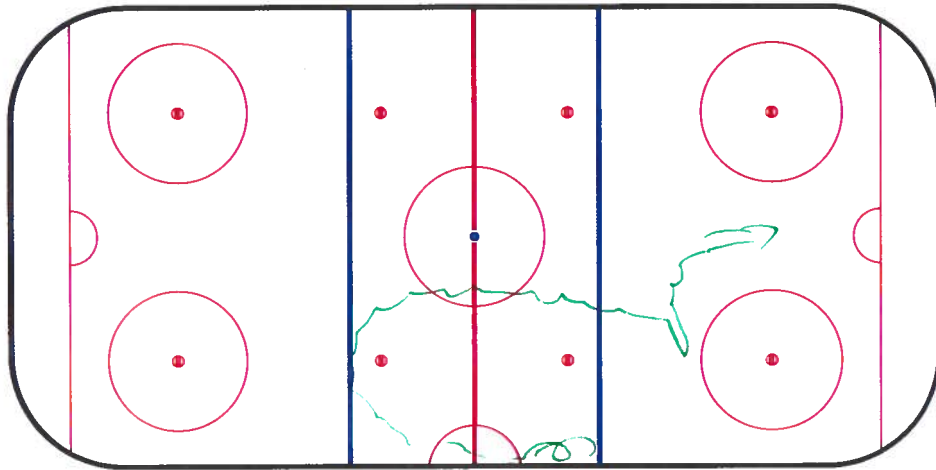


⑥ a: 1-1 neuele Punkte
 b: 2-2
 Spiel

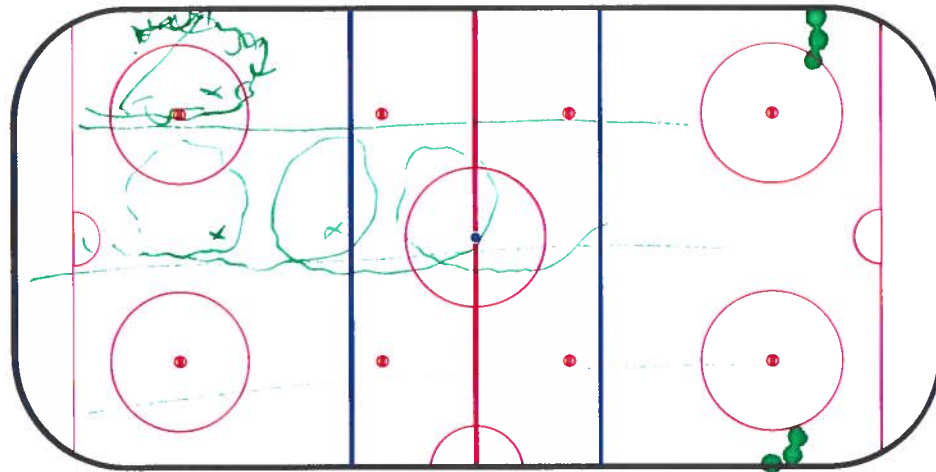




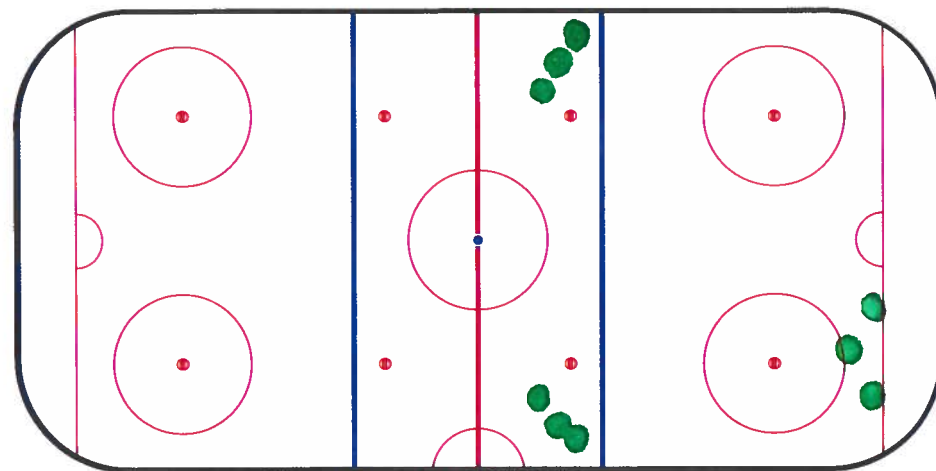
Handwriting practice lines consisting of six horizontal lines.



Handwriting practice lines consisting of six horizontal lines. A small white circle is at the end of the fourth line from the top.



Handwriting practice lines consisting of six horizontal lines. Three green dots are on the top line, and a small white circle is at the end of the fifth line from the top.



Handwriting practice lines consisting of six horizontal lines.

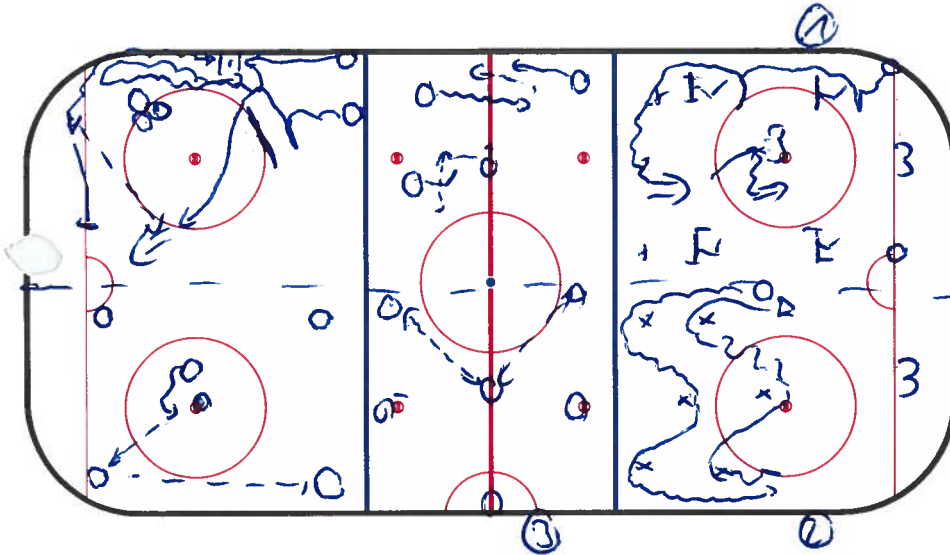


TEAM: U13 Camp

DATUM: 17.08.21
ET 15.45 - 16.45

TRAINER: Stationshauy
ET 18.10 - 19.00
SPIEL

TRAININGSPLAN



① Finte satlik
Gewillksverlagerung

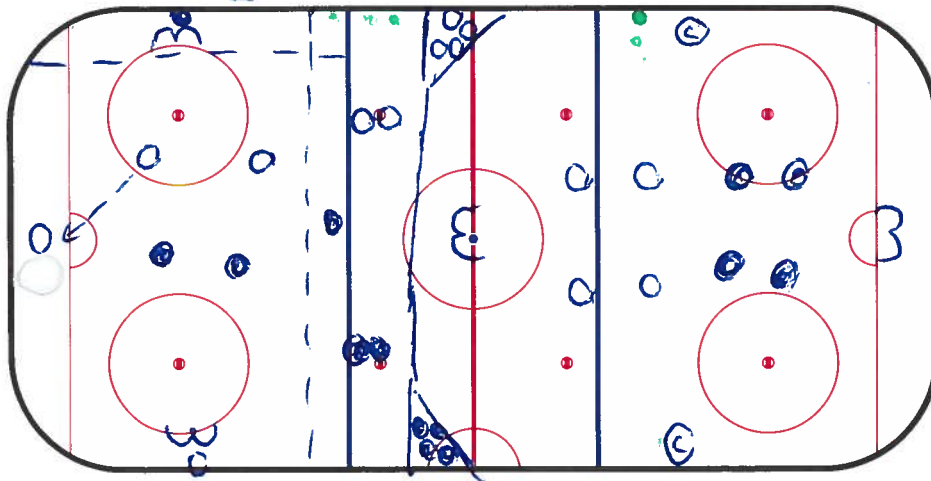
② 1-1

③ Passübung

④ Passübung in der Bewegung
+ Stocktechnik

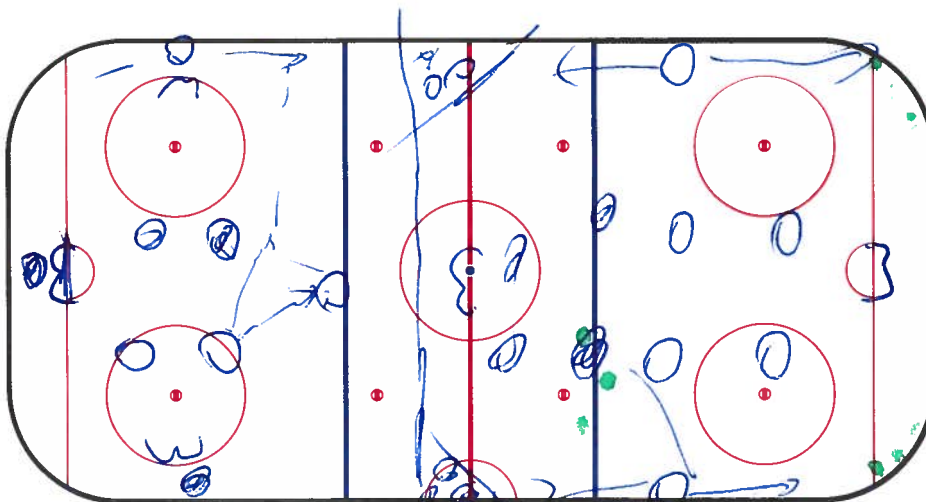
⑤ Finte + 2-0

⑥ 1-1 + Passübung

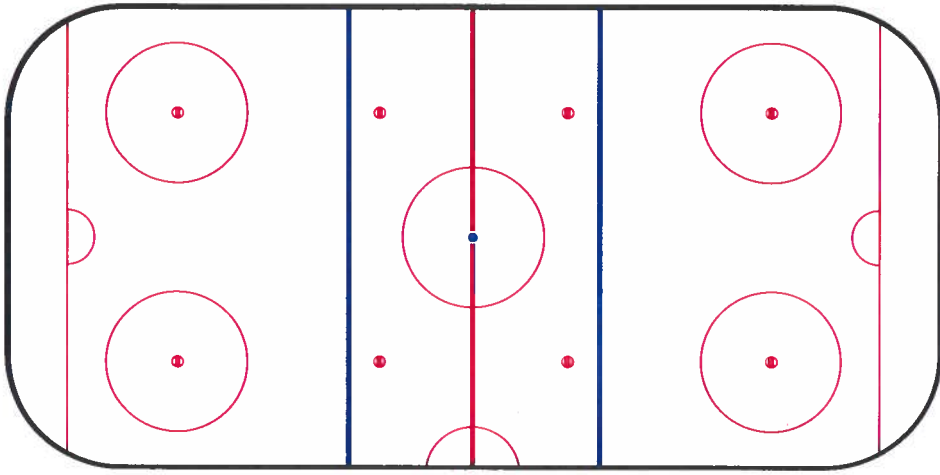


2-2 (2-Joke)

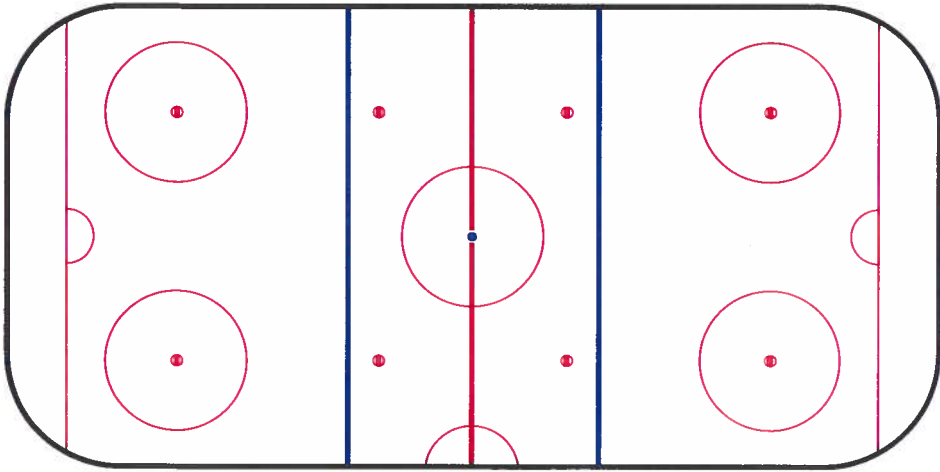
4-4 (2 Joke TR)



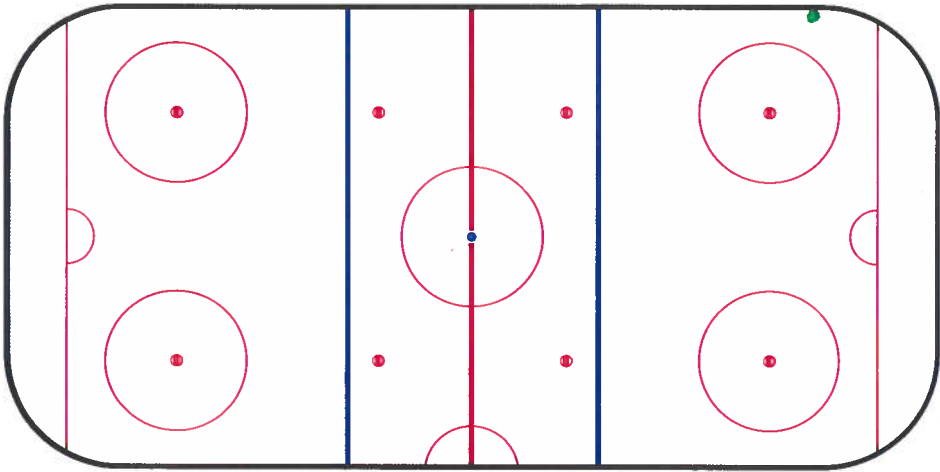
5-5 G-Platz



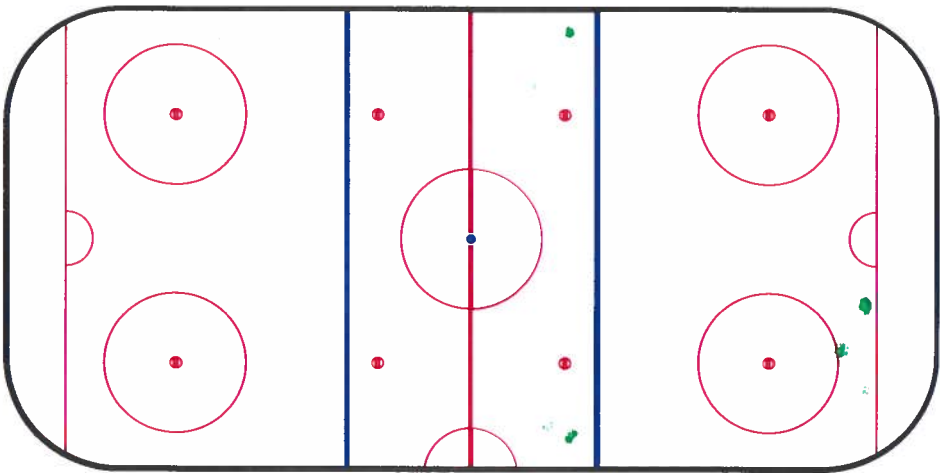
Handwriting practice lines consisting of ten horizontal lines.



Handwriting practice lines consisting of ten horizontal lines. A small blue circle is located on the right side of the fourth line from the top.



Handwriting practice lines consisting of ten horizontal lines. A small blue circle is located on the right side of the sixth line from the top.

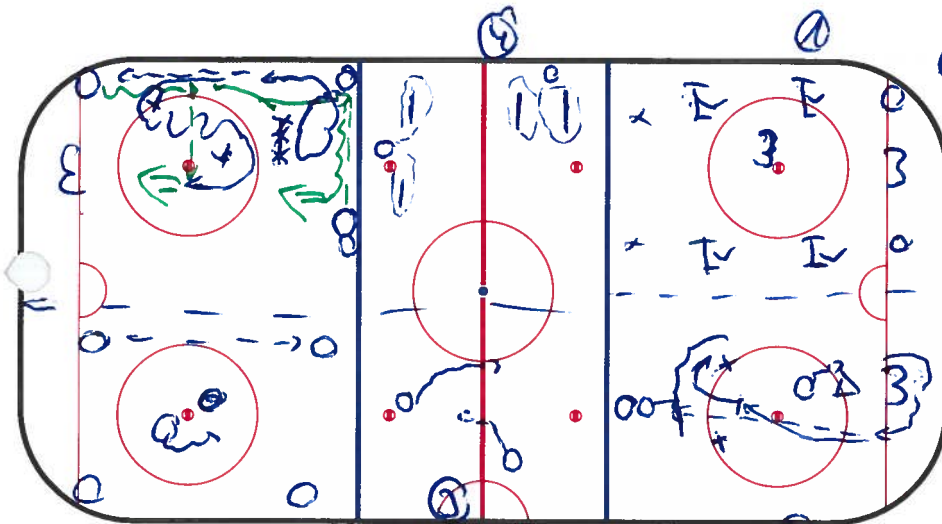


Handwriting practice lines consisting of ten horizontal lines.

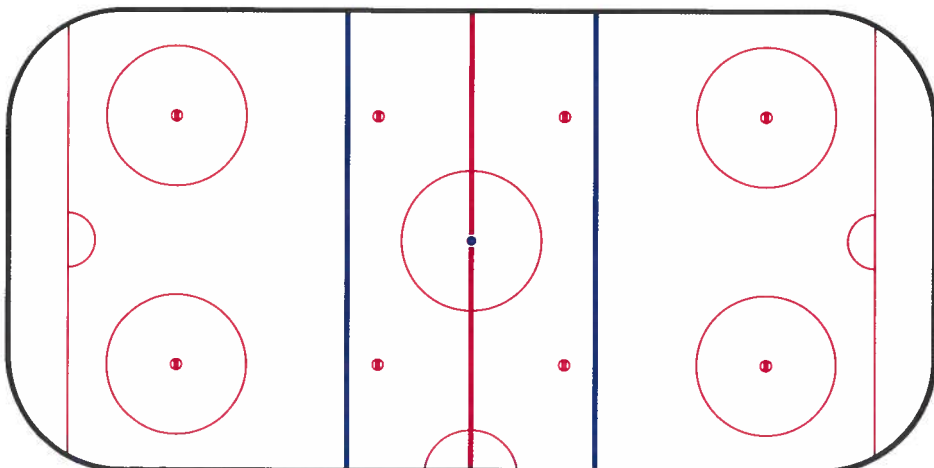
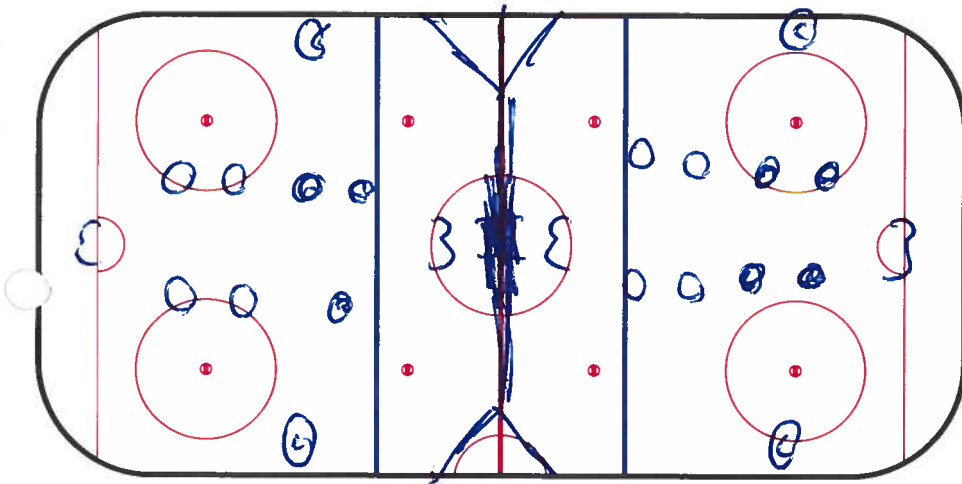


U13 Camp
TEAM: 18.08.21
DATUM: ET 1545 - 1645
TRAINER: ET 1810 - 1900

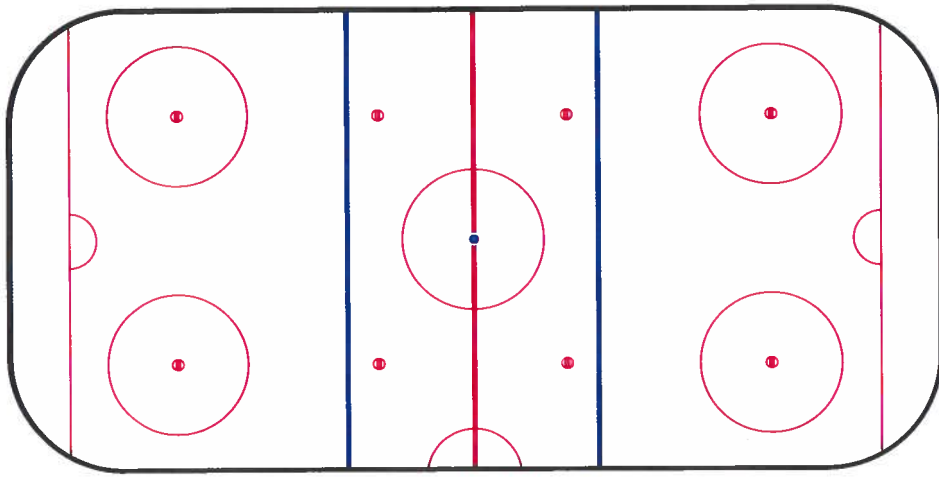
TRAININGSPLAN



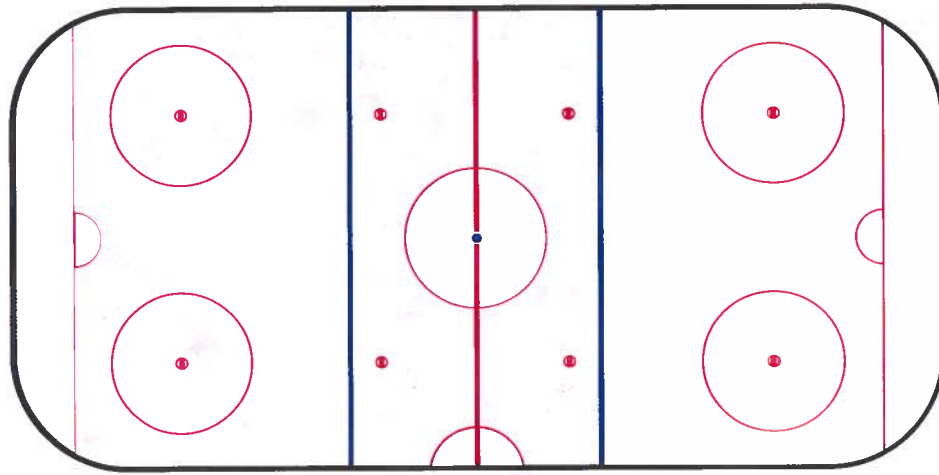
1. Fülle vorne RH Stop
2. 1-1 angeln seitlich
3. einhändig Puckführung
seitlich auf signal
Puckdruck durchbeiden
4. einhändig seitlich - vorne
5. Passing Übung
W-M
6. 1-1 2 Puck



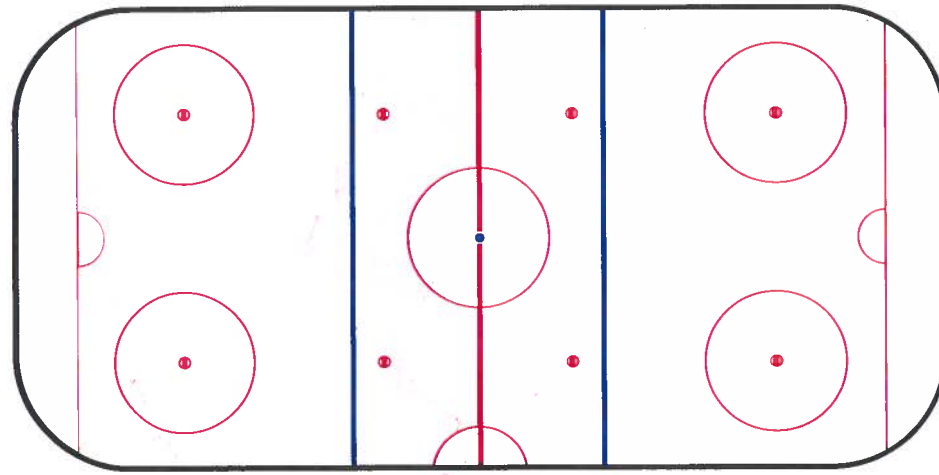
5-5



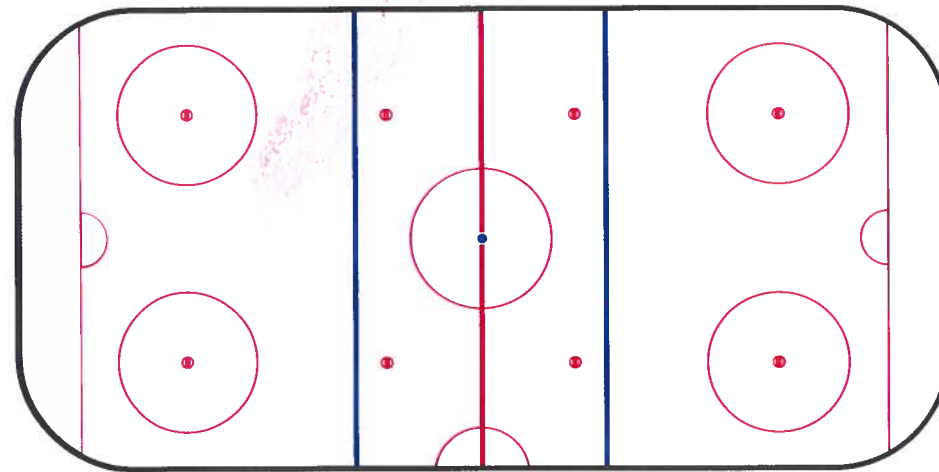
Handwriting practice lines (horizontal lines).



Handwriting practice lines (horizontal lines).



Handwriting practice lines (horizontal lines).

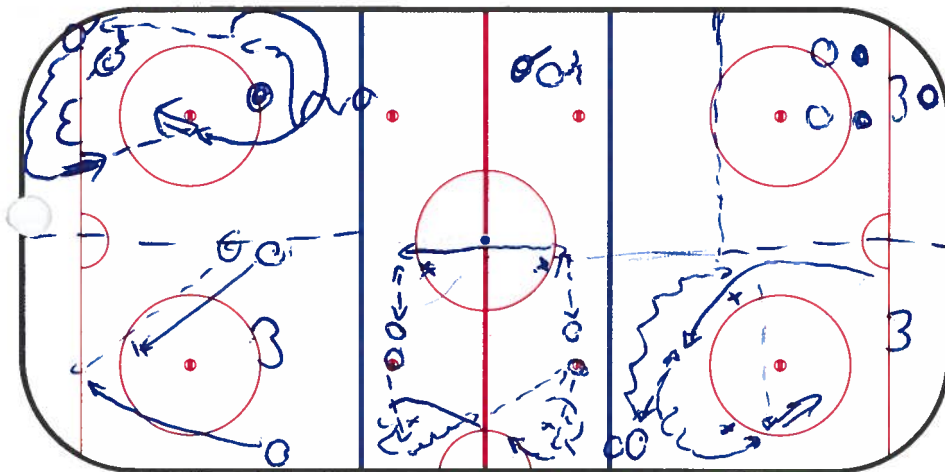


Handwriting practice lines (horizontal lines).

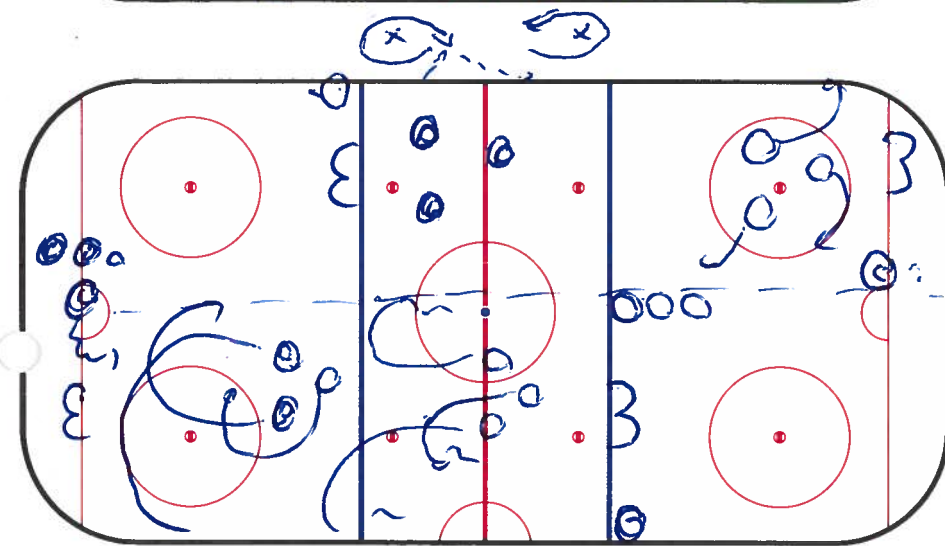


U13 Camp
TEAM: 1808.21
DATUM: ET 1545-1645
TRAINER: 1810-1900

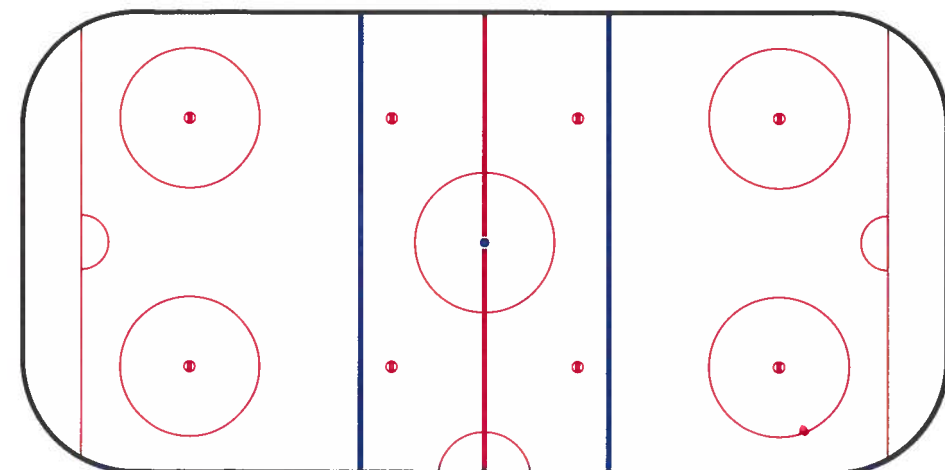
TRAININGSPLAN



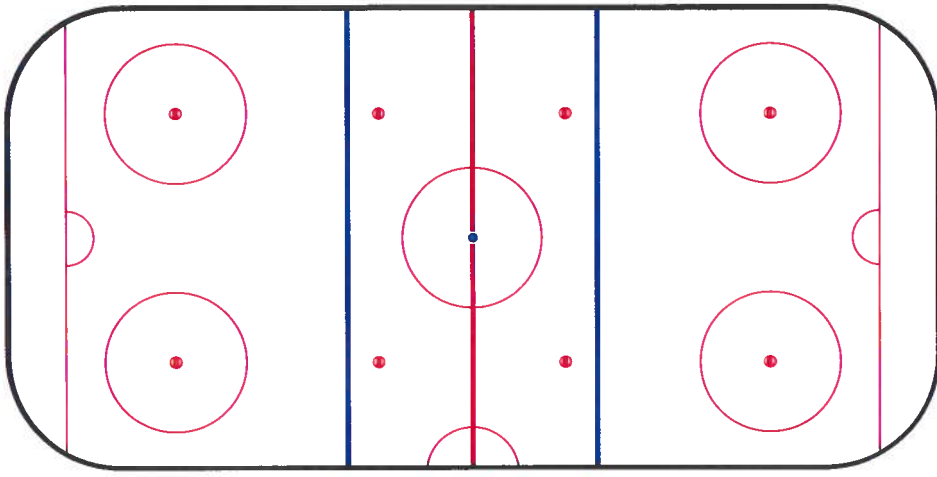
- ① 2-2 (1 Juke) h. i. d. n. Tor
- ② 2-0
- ③ Passübung VH - RH
(analog VLW - RW)
- ④ 1-1 Schlebeschützen
Puck auf
- ⑤ Schlebeschützen pass
- ⑥ 1-1

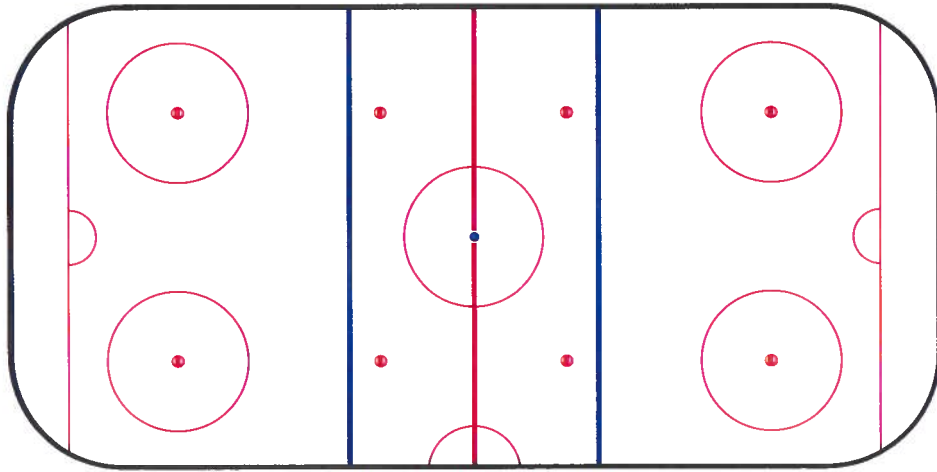


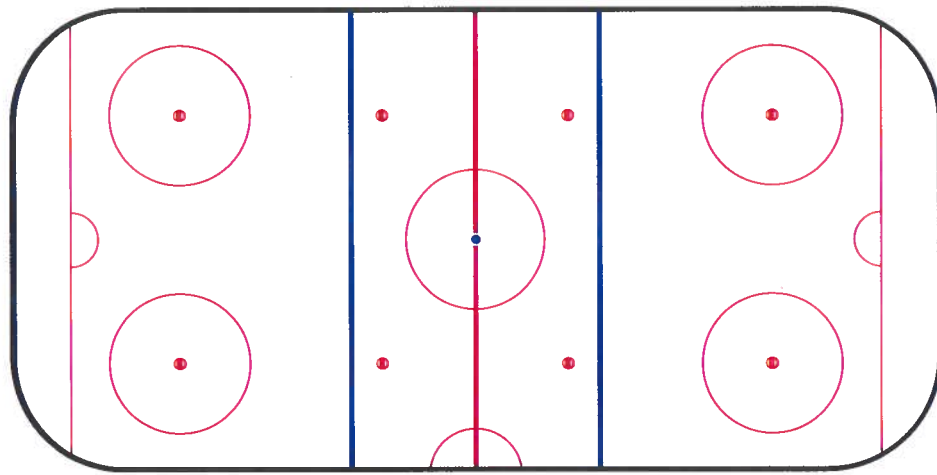
- 3-2
Aufbau TR
Puck h. i. d. n. Tor
Puck in Tor Aufbau
die Mannschaft die das
Tor geschlossen haben

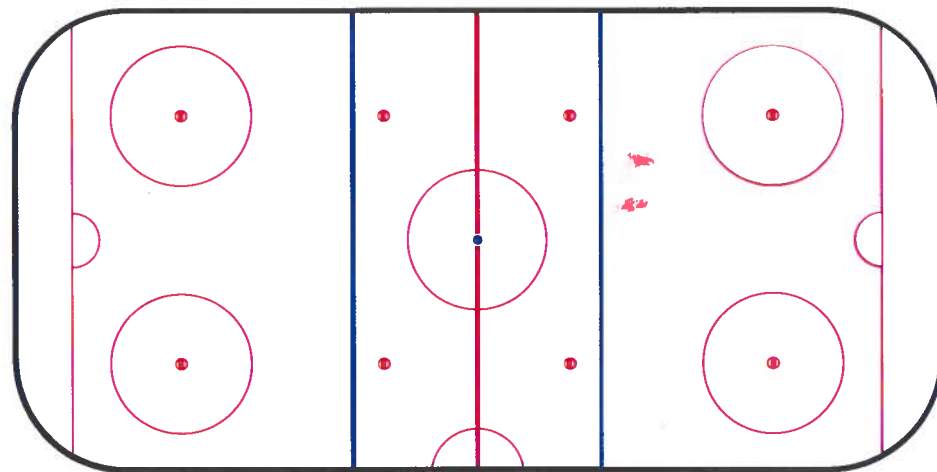


- 5-5











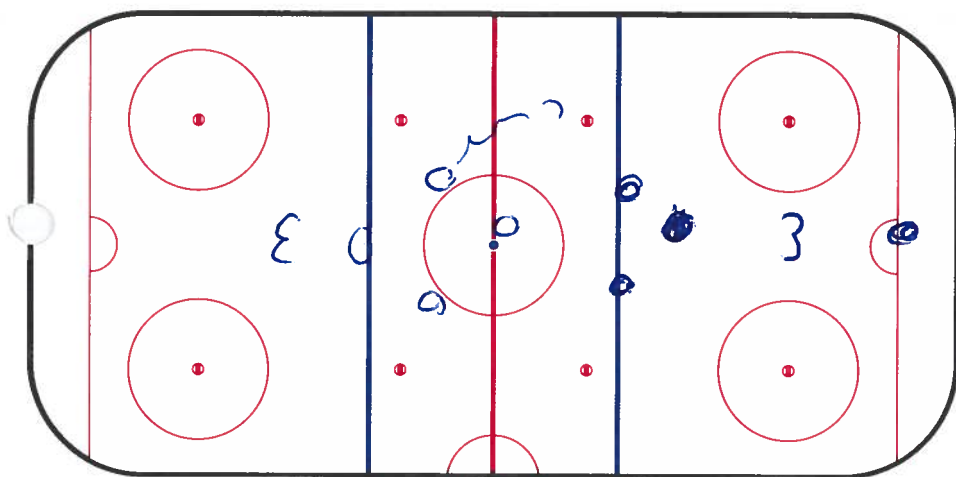
TEAM: U13

DATUM: 25.08

16:30 - 17:30

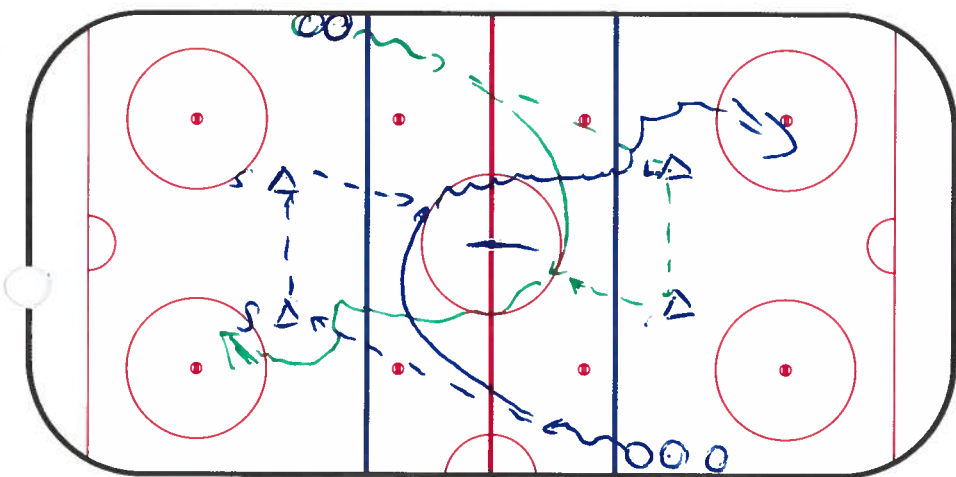
TRAINER:

TRAININGSPLAN



Vertikale Zone

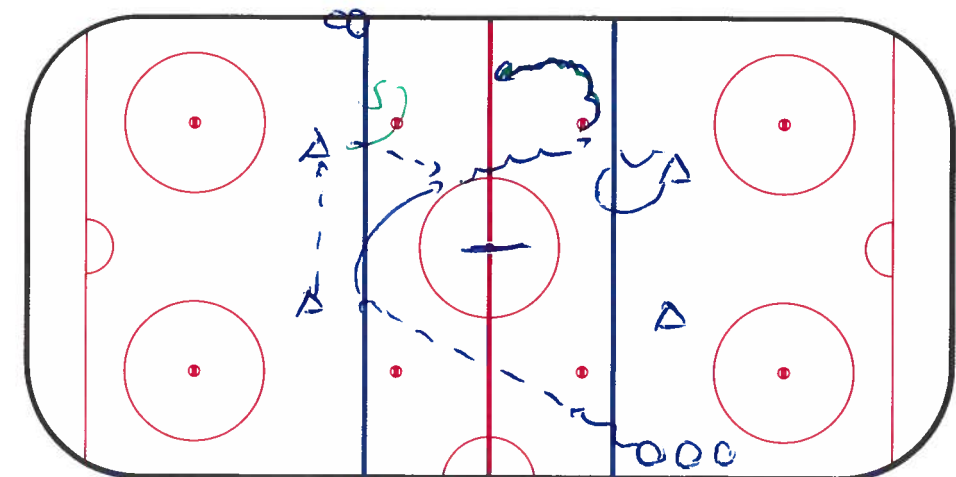
1-3



1-0

Aufbau

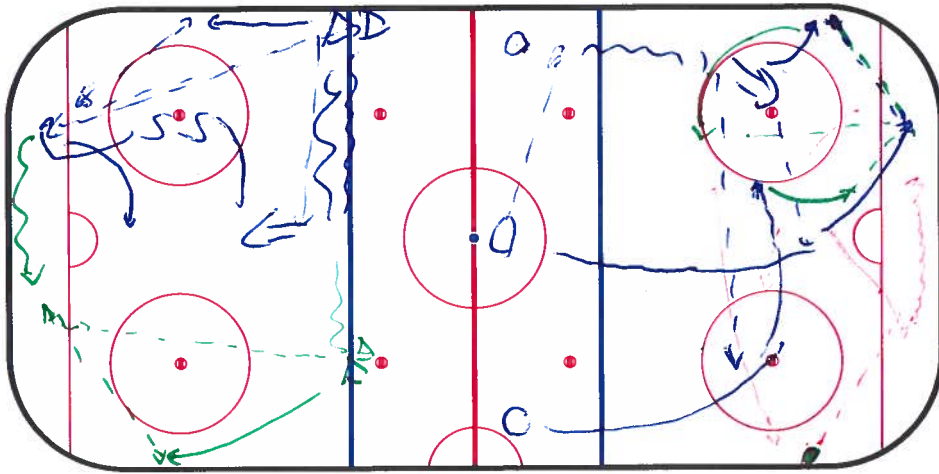
Vertikale Zone



a 1-1

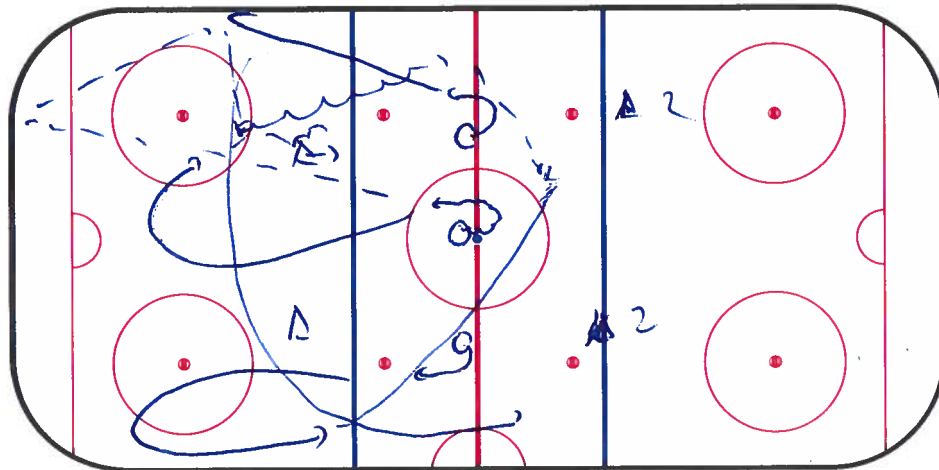
b auf Signal

Rücktausch

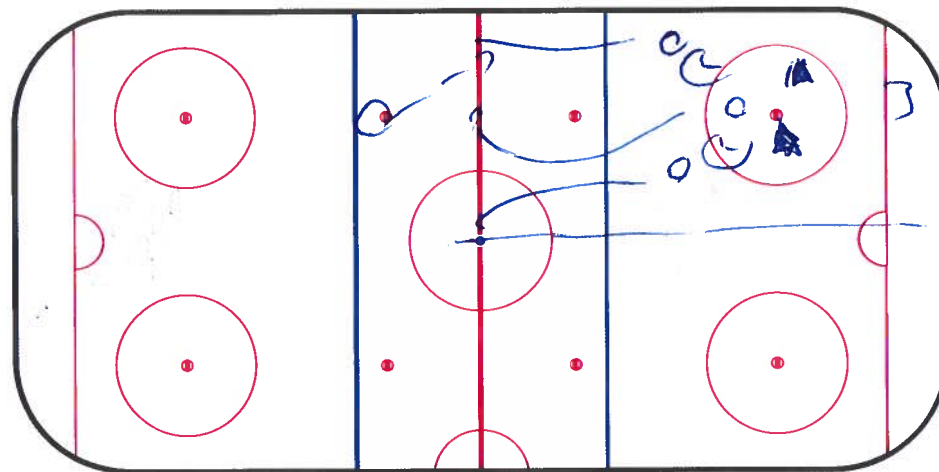


VT quickup
wheel net
VT to VT
reverse

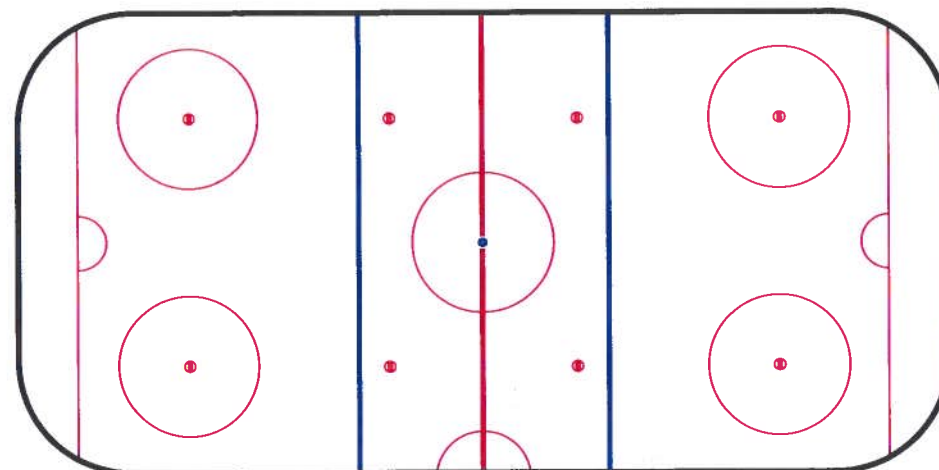
St Algebra
3-0



Algebra
3-2



3-2 2x
Revenge



Spur
5-5



Jitsi meet ~~15:30~~ EHC U13

TEAM: U13

DATUM: 25.08

TRAINER: 14:30 - 15:30 TT 15:30 - 16:00

Toward

TRAININGSPLAN

Rephael Geburfsky
Dave 2 Eisigkeit willdebe

Arthur Yousaf Philipp

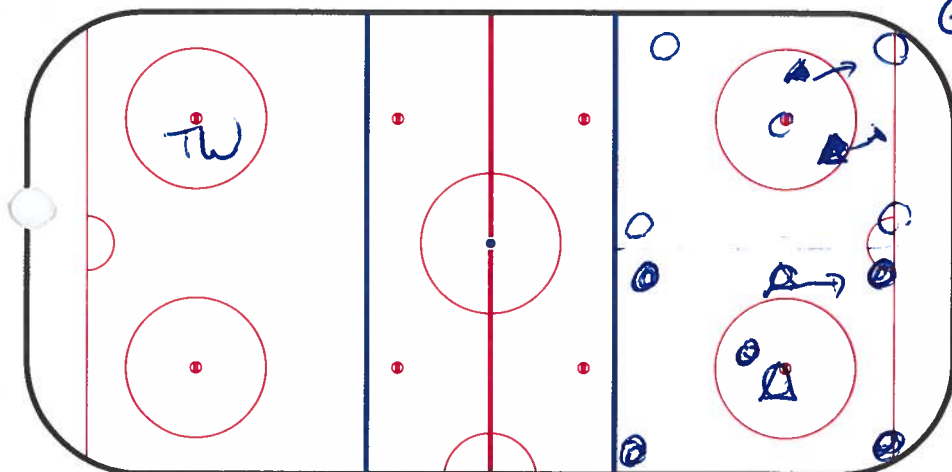
Yuka Mama Raphael

Maxi O Max T

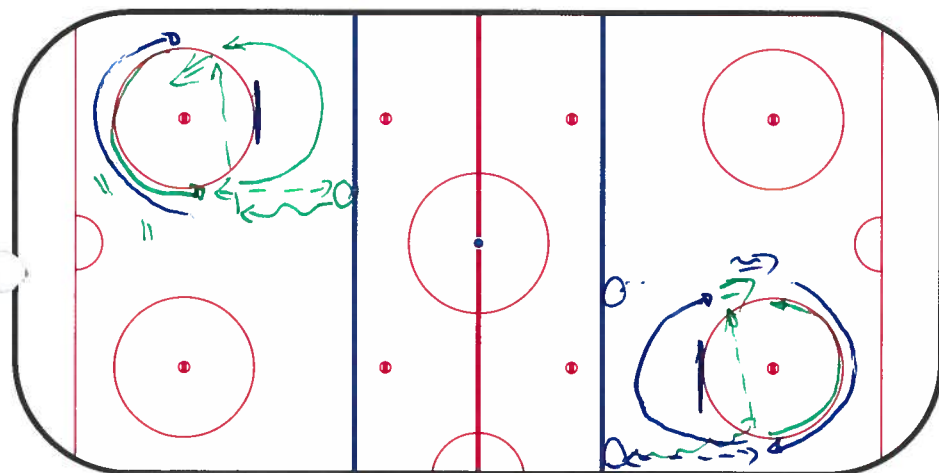
Dominik? Tina

Valentine Alex

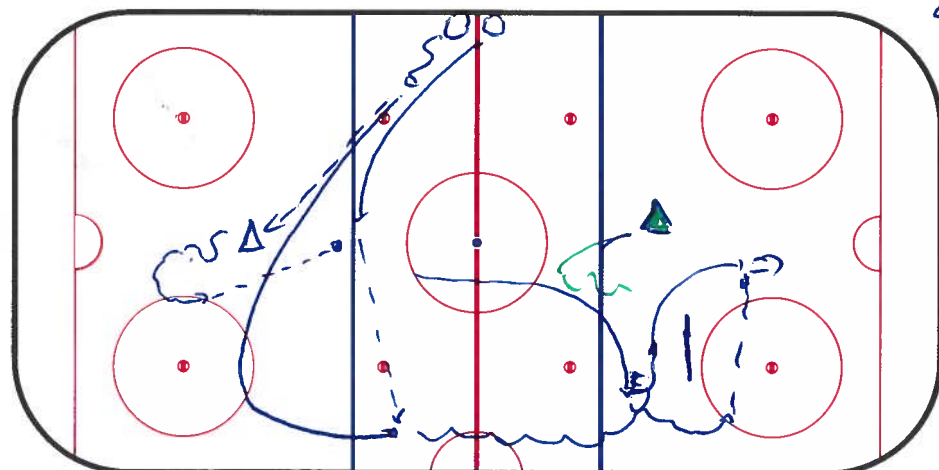
Therese Kramt



① Passübung 52



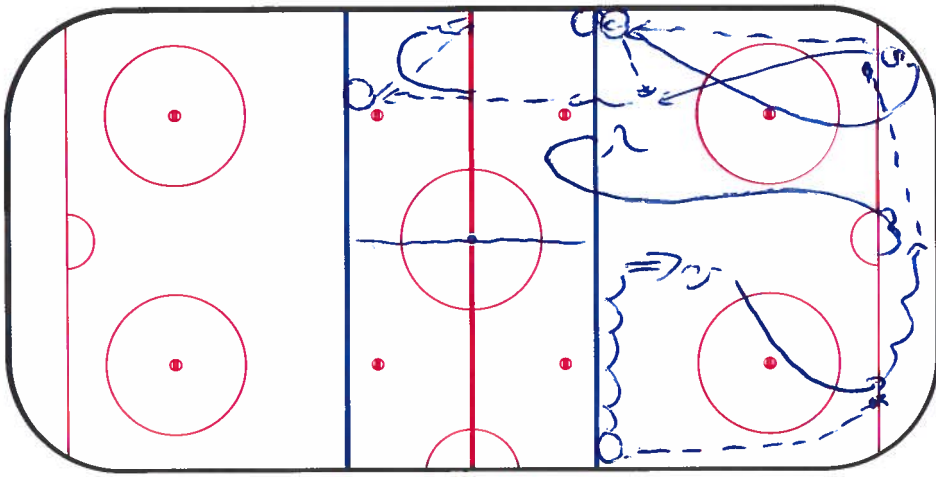
Passübung - SKILLS
Circle 2-0



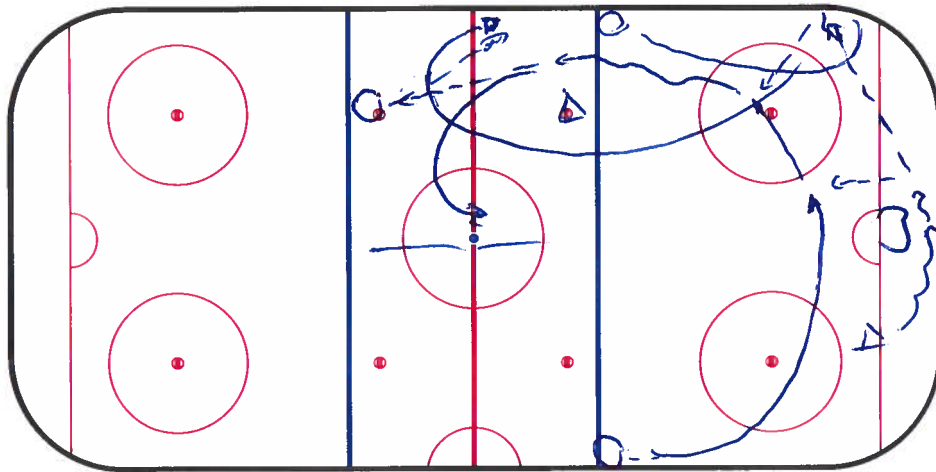
a, 2-0

b, 2-1

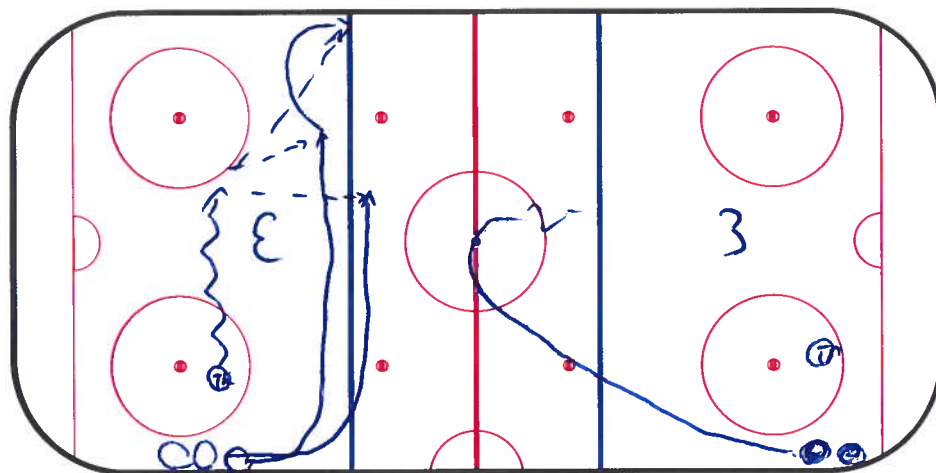
Anjan 11/10/2019
1-1



2-1

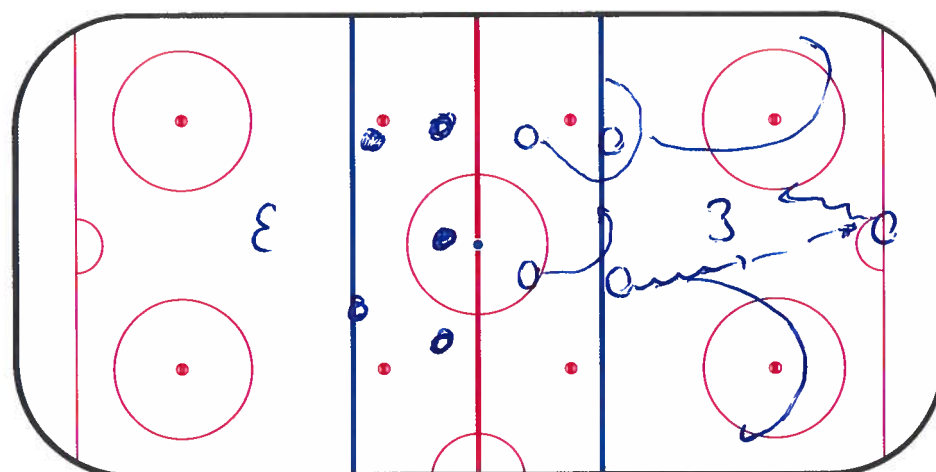


2-1



b 5-4

a 4-3





TEAM: U13 ET 15:00 - 16:00
TT 16:15 - 16:45
DATUM: 23.08.21
TRAINER: Markus, Marek, Edo

Leo, Tobin, U13

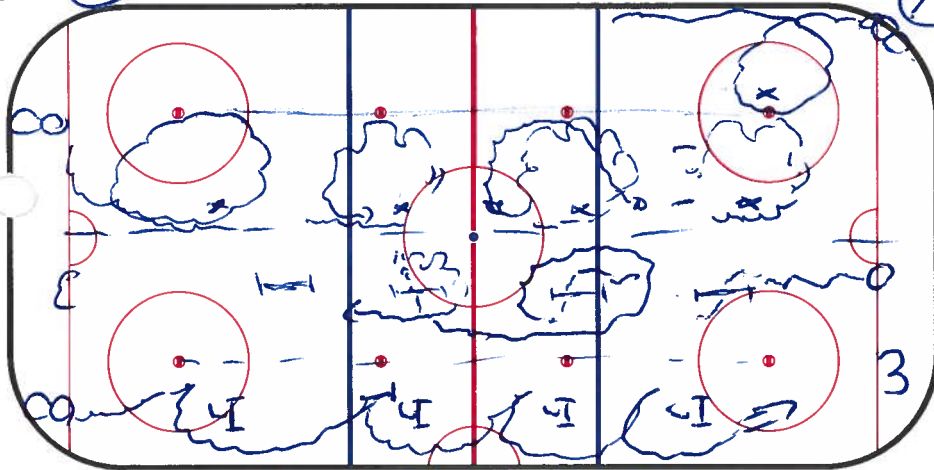
TRAININGSPLAN

Dave
Arthur Thoben Philipp
Luka Mauno Raphael
~~Lorenz~~ Max: B, Max: T.
Dominik Tina
Valentino Alex

Lorenz ist bis zum 31. August
Valentino erst am 4. 16:30

Raphael mit Geburten
nach 1ET abgeholt 20'

10' 1



1 Laufübung mit Puck

Übersetzen VW

VW - VW

VW - VW - Rückpass

VW - VW - Tausch

Strecktechnik

- Finte seitlich

- durchspiele

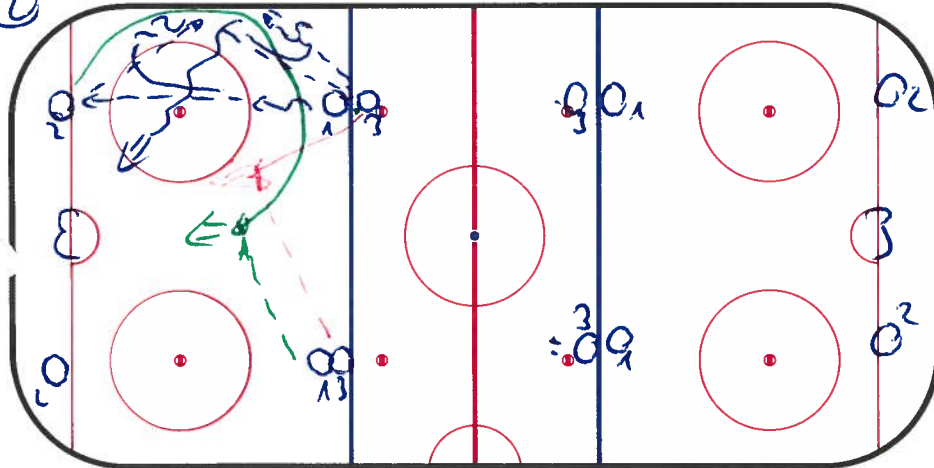
- Creativity move

- durchspiele rechts springen
übersetzen

- durchspiele links springen
VW - VW

10'

2



2

Passübung - Schluss Spiel

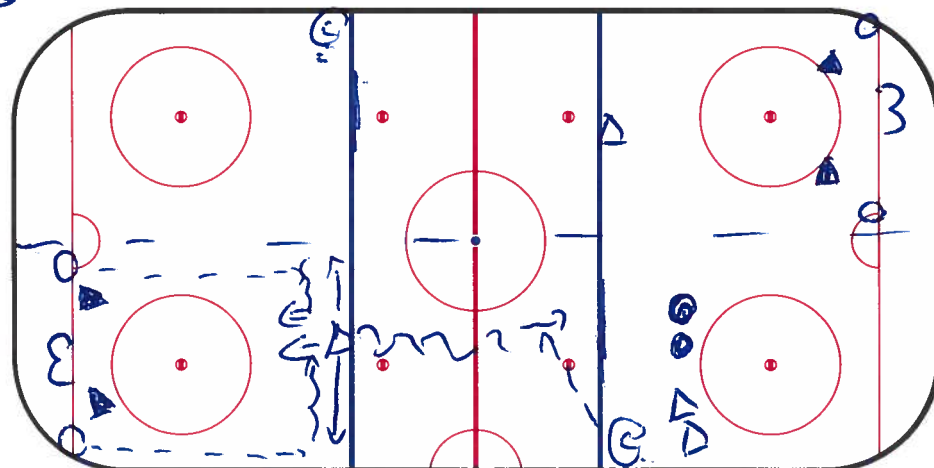
SP 1 pass zu SP 2

SP 1 VW - VW pass von SP 2

SP 1 passt zu SP 3

SP 1 VW - VW pass zurück

3

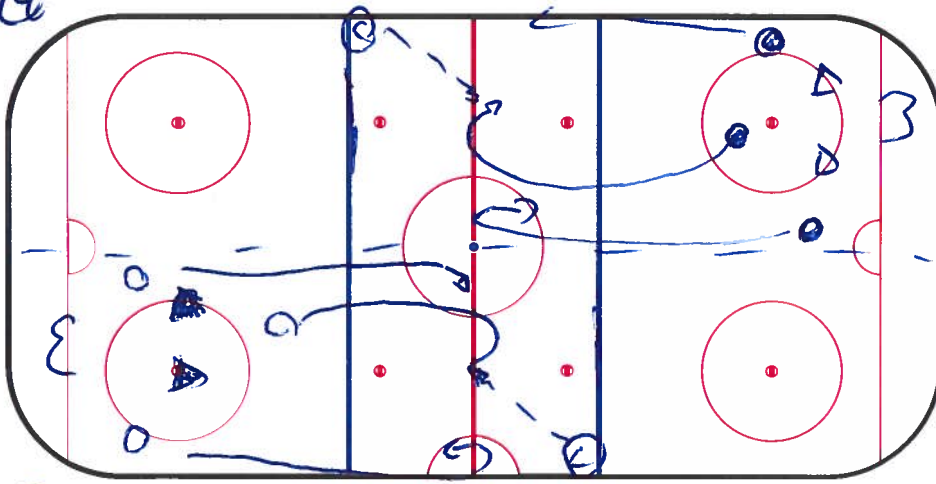


3

2 Schüsse

Regroup 2/2 +1

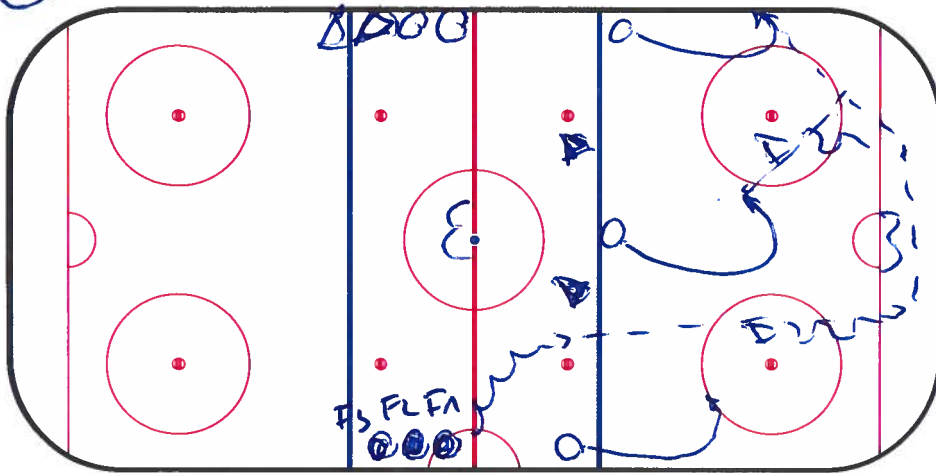
4



3-2

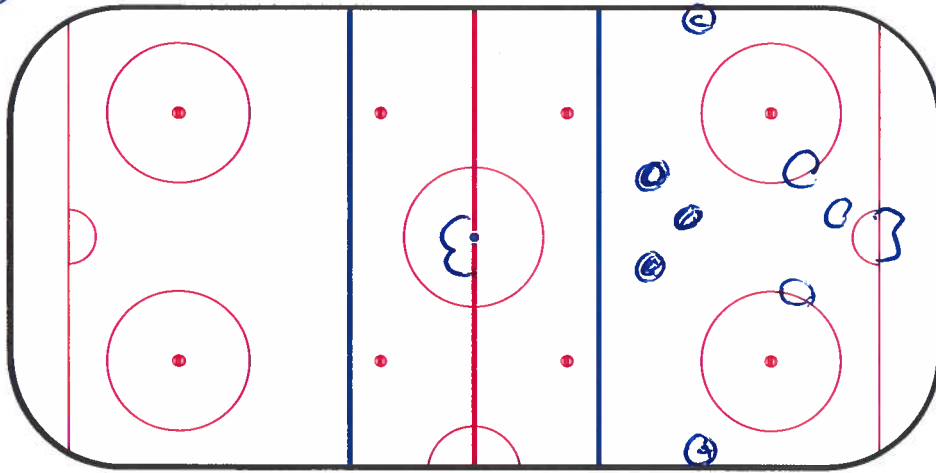
Regroup

5



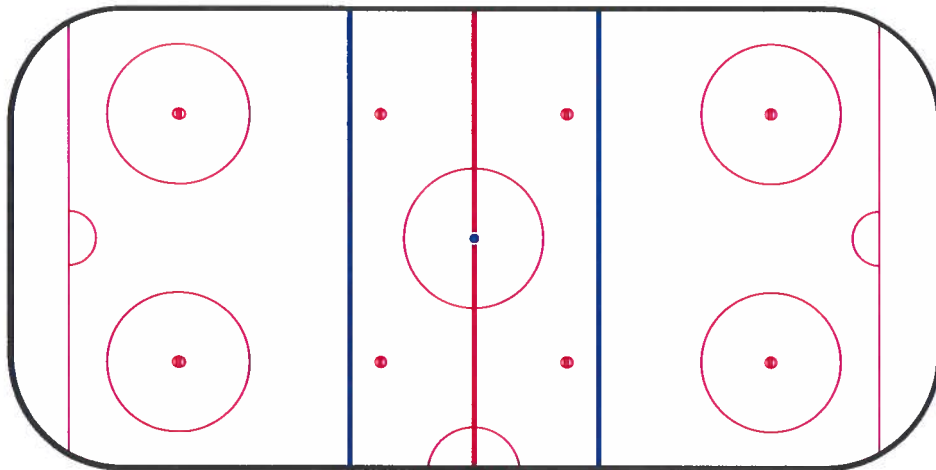
Forecheck

6



Small 3-3 (2)

Trainer Joke



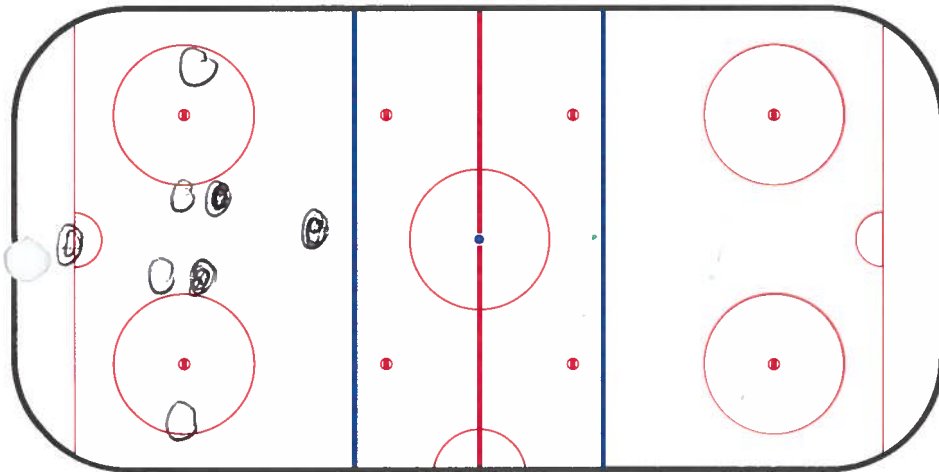


TEAM: U17

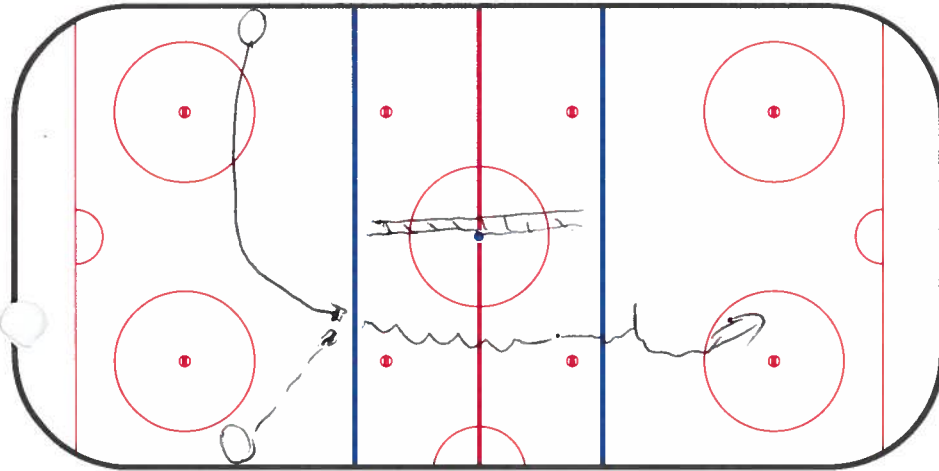
DATUM: 01-03. 22

TRAINER: 14.10-15.10

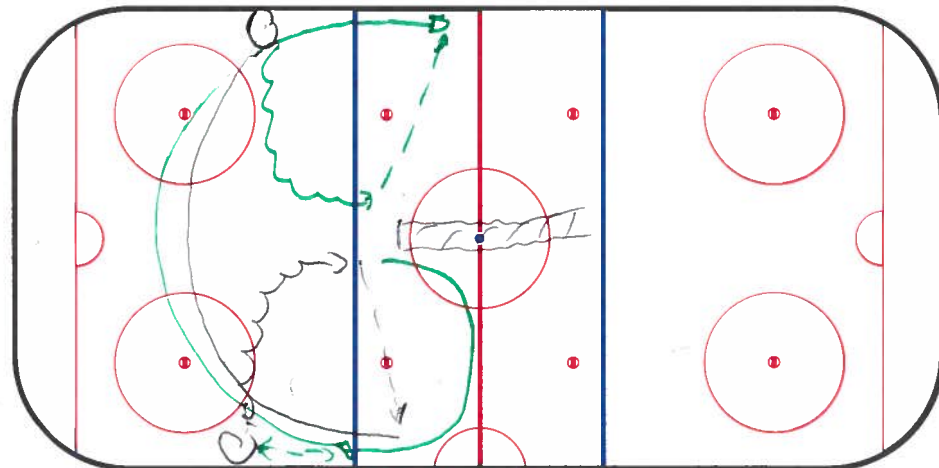
TRAININGSPLAN



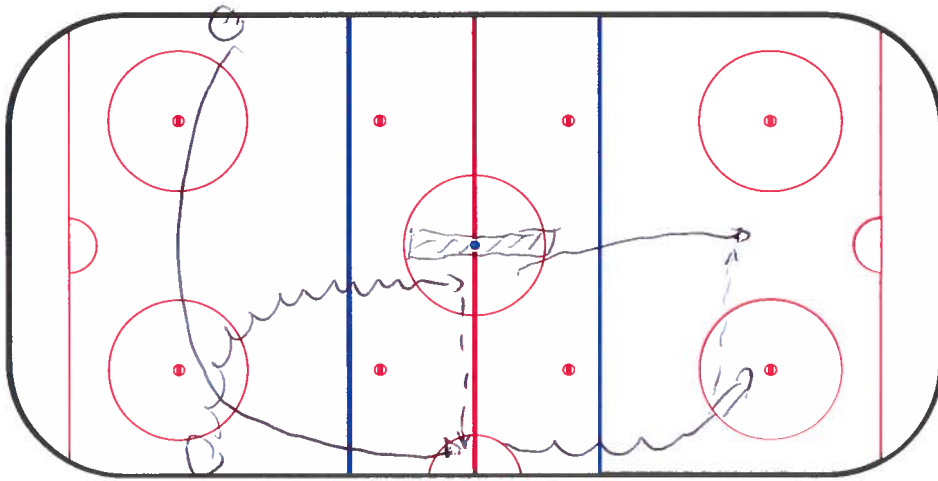
2-2 27.10



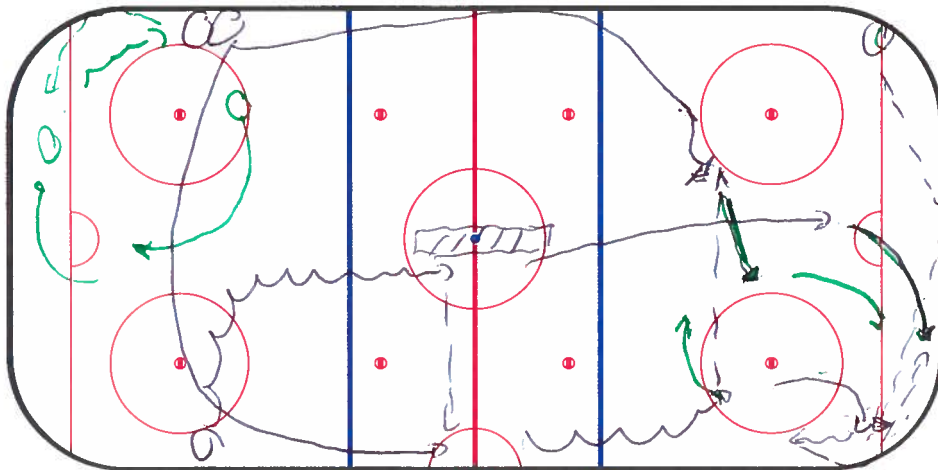
Passing



Passing

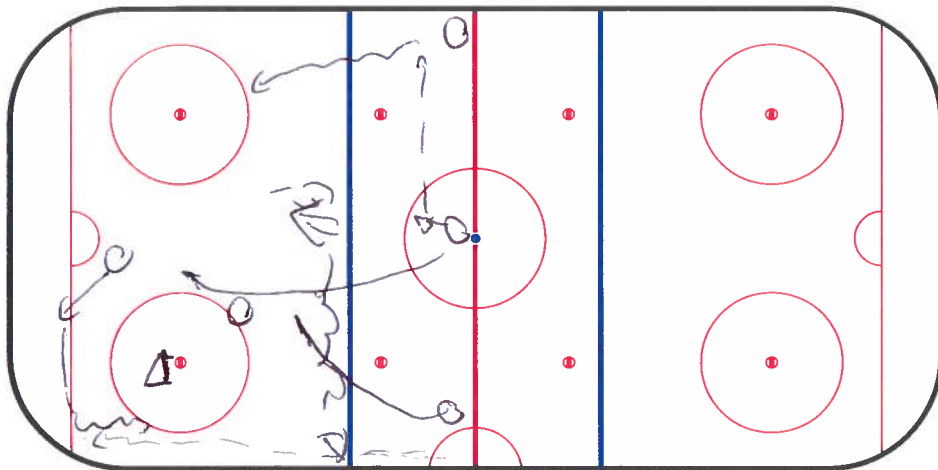


2-0

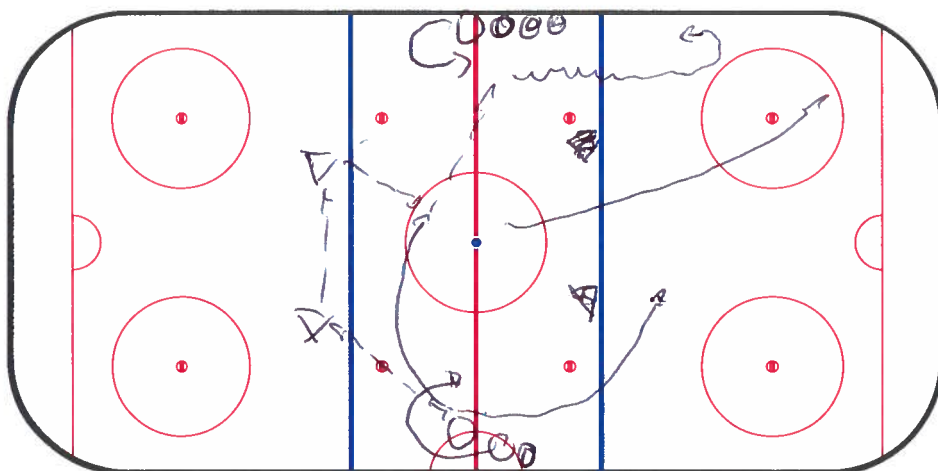


3-0

Rotation



3-1



3-2

Anfänger

a. Nebenzonen

b. eigene Zone

VT-VT linker

Rechts

lang



TEAM: U13

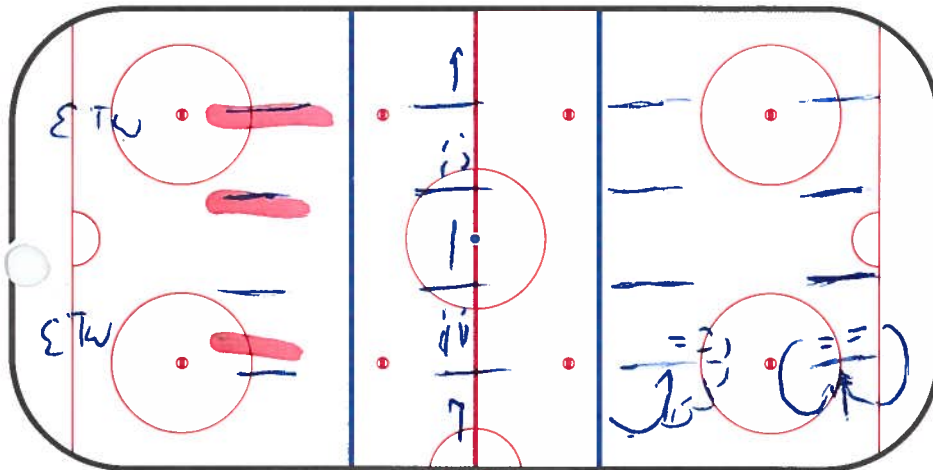
DATUM: 30.08.21

TRAINER: Markus, Marek

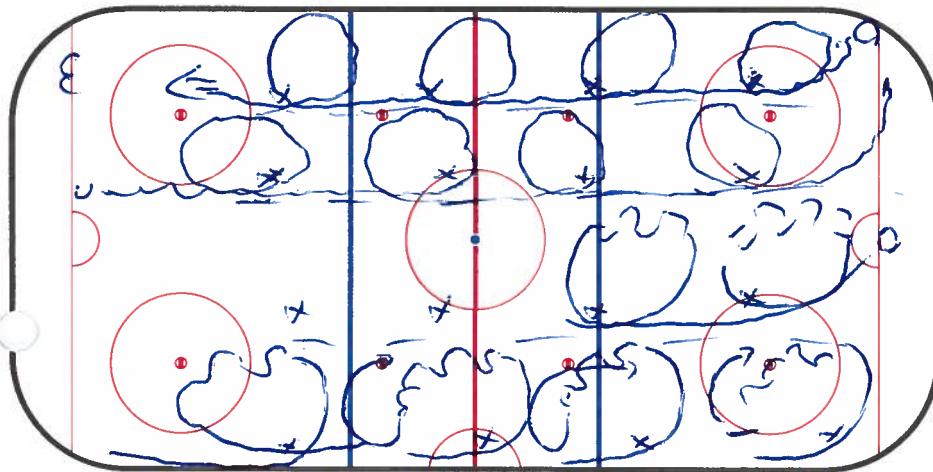
WU 14:10 - 14:40
ET 15:00 - 16:00
TT 16:15 - 16:45

TRAININGSPLAN

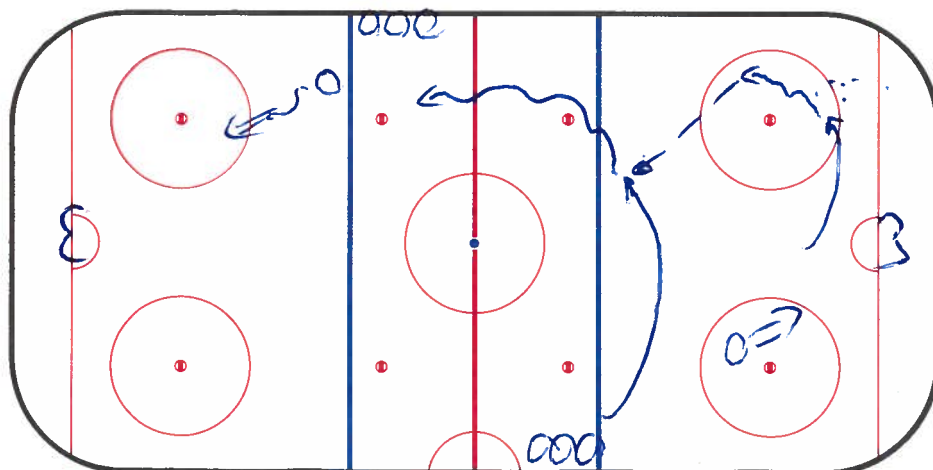
Tizian Xaver ~~Philippe~~ Lorenz (U13)
Lumpi Name Philipp
U11 Max: O Theodor
Alex Arthur
Zika U11
WU Uelchuo Philipp
~~Simon~~



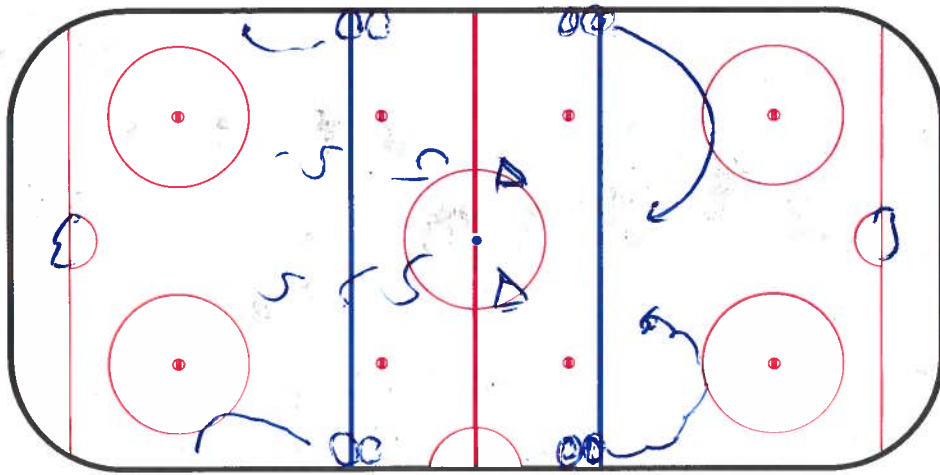
15
Lehrübungen 10W-vW
Über das Hindernis springen
seitlich landen vW übersetzen
vW übersetzen
ETW seitlich
Zu Außen-land
vW übersetzen



15
Puckführung
vW übersetzen
vW rückwärts
vW & vW - drehung
nach innen
Tauschung
außen - innen



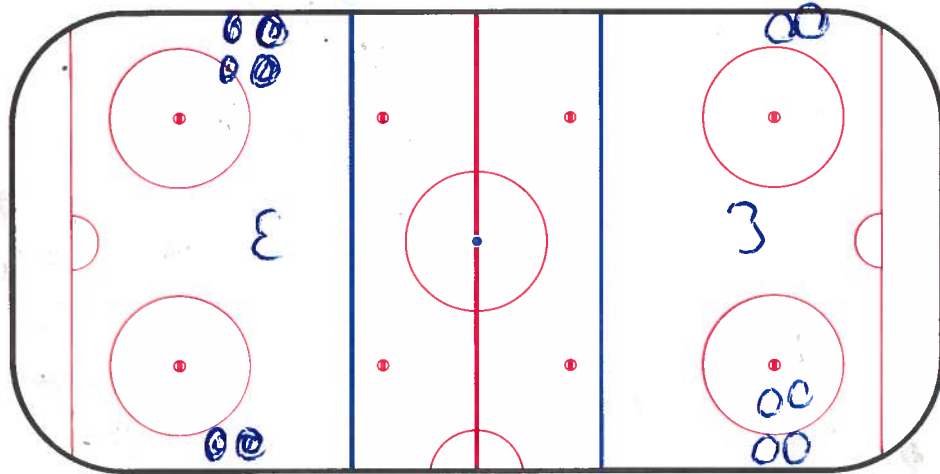
10
Passübung 1-3
Türing



2-2

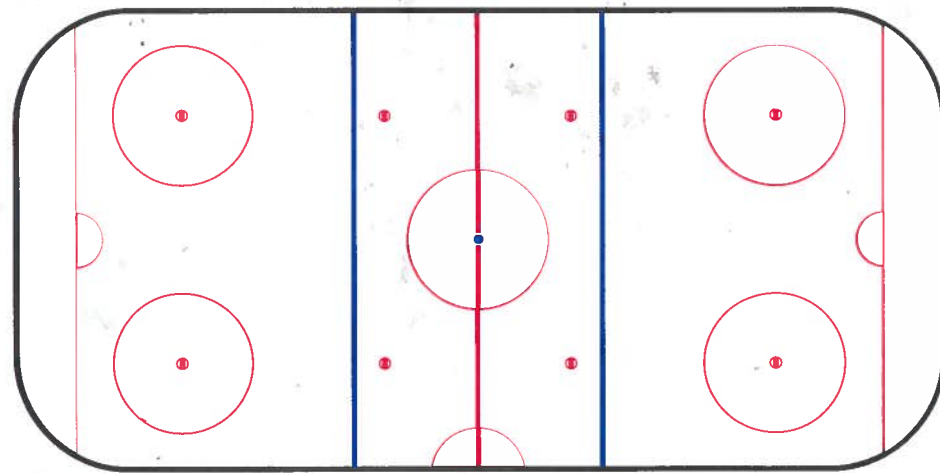
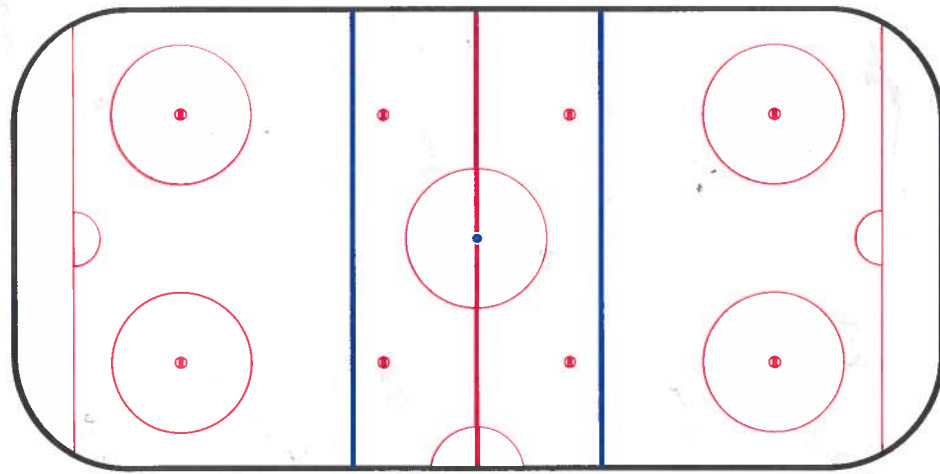
5-81

Umschaltspiel
OFFENSIVE-
Defensive-BC



3-3

581



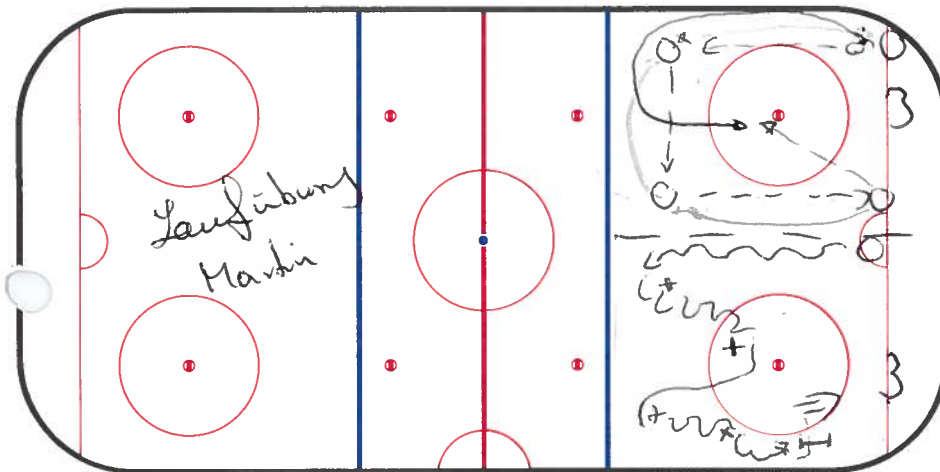


TEAM: VM 1510-1610

DATUM: 31.08

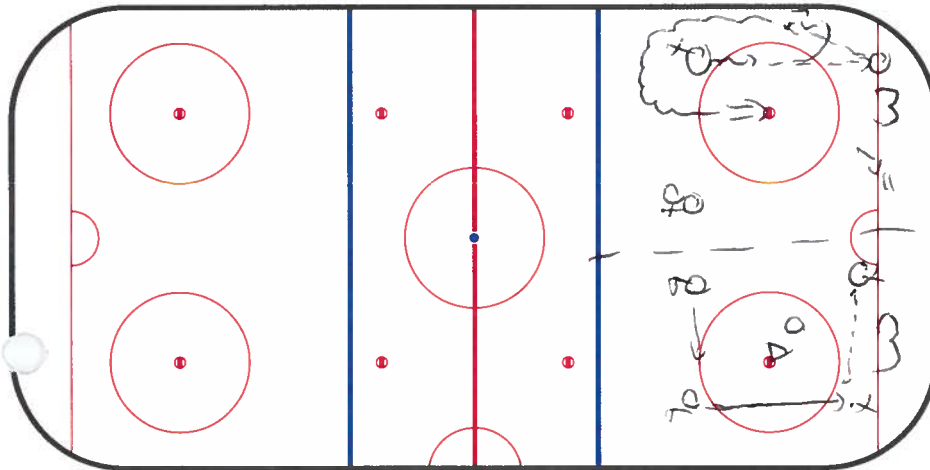
TRAINER: Mark, Markus

TRAININGSPLAN



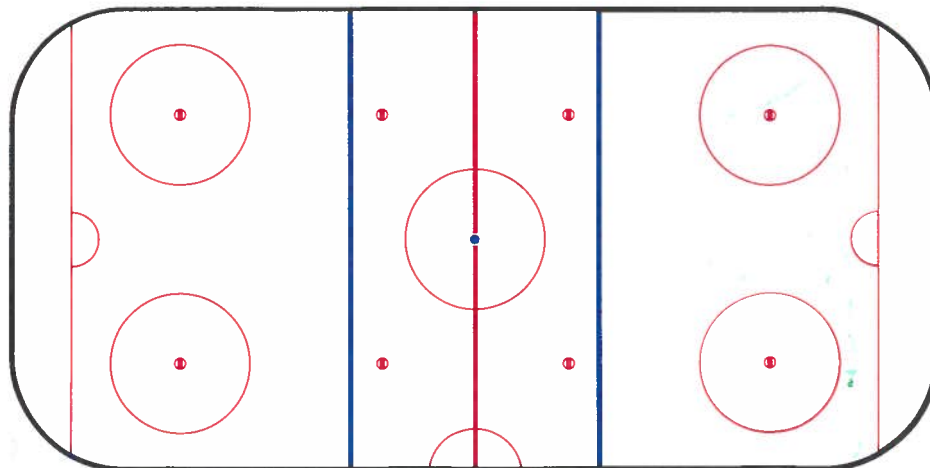
Passübung

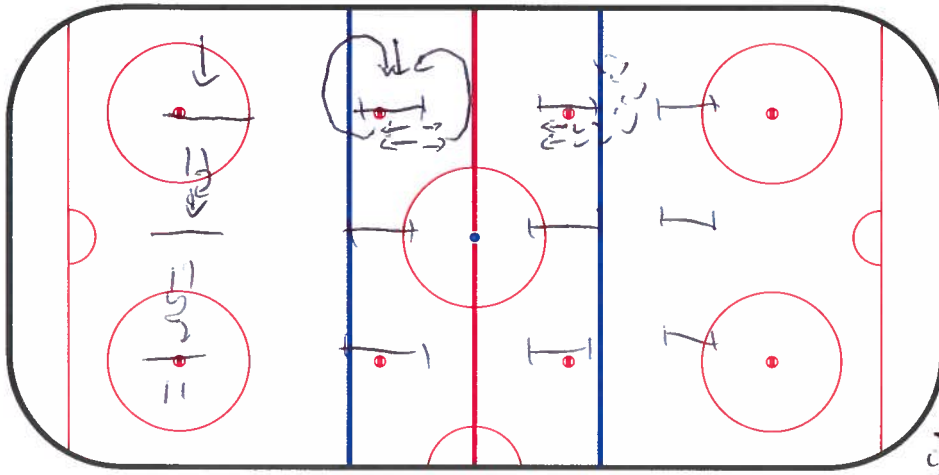
Laufübung - Puckführung
vw - vw



Passübung

SPIEL
SWEDEN - BOX



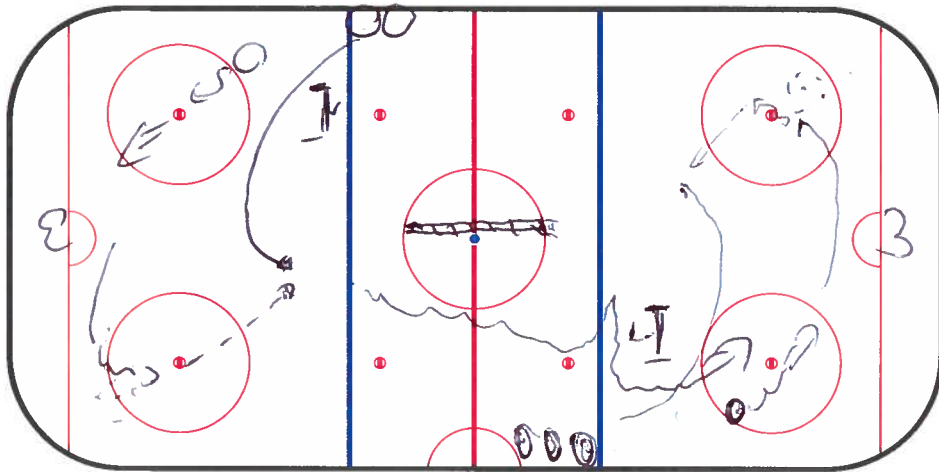


Laufübung

15

- vw - vw landen
auf vw undrehen
- vw - seitlich landen
übersehe vw
- vw - seitlich landen
übersehe vw

seitlich rüberbringen
außen bei landen (Außenbereich)
vw übersehen

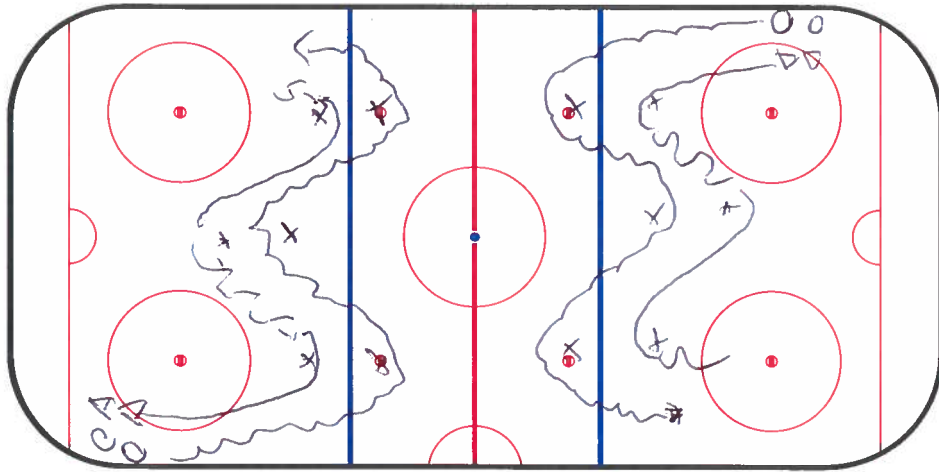


Passübung

10'

Timing

Tausch inner nach
außen



1-1

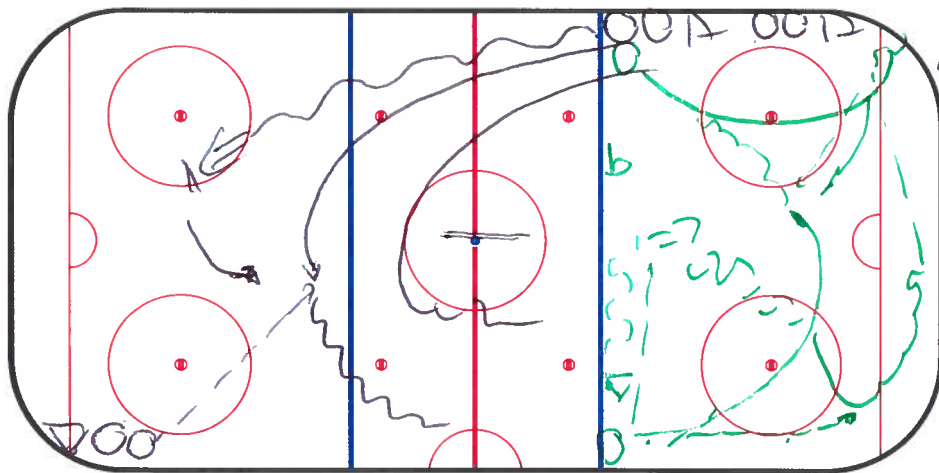
5-5 10'

Cap Control

vw - vw abholen

Timing

Gesicht zum ST



1-0

1-1 (100)

b, Außen VT

2-1

3-3

Ac - 0



Johannes, Tobi, Leo

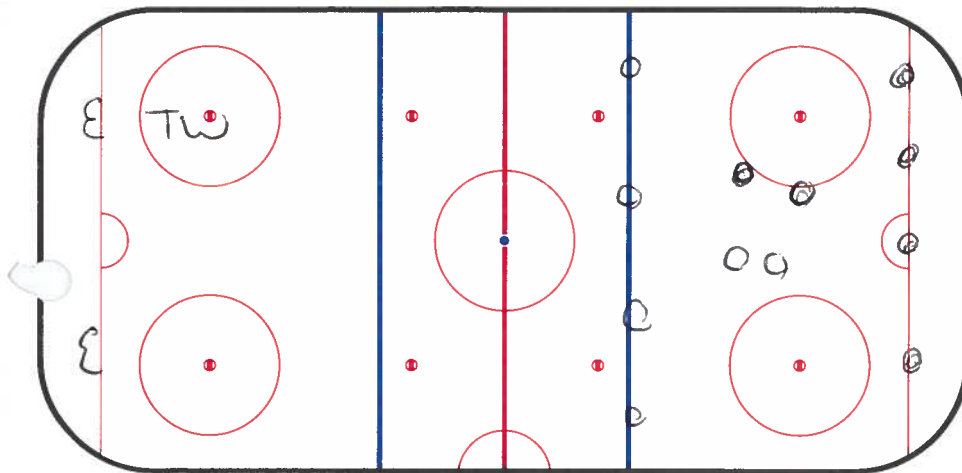
TEAM: U13

DATUM: 01.09.21
13⁰⁰ - 14⁰⁰ + 14¹⁰ - 15¹⁰

TRAINER: Markus / Marco

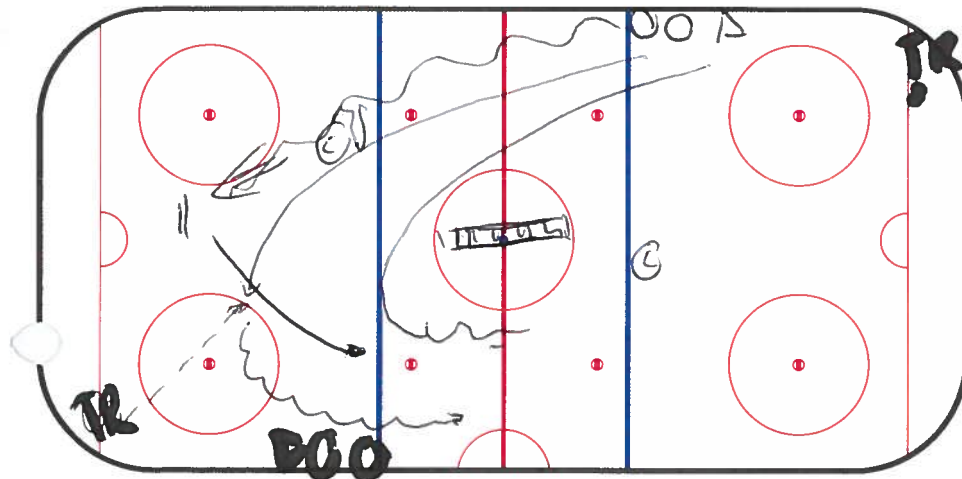
Tina	Xaver	Lothar
Yannik	Maximilian	Philipp
Uli	Maxi B	Thorben
	Alex	Arthur
	Luke	Xaver
	Valentin	Philipp

TRAININGSPLAN



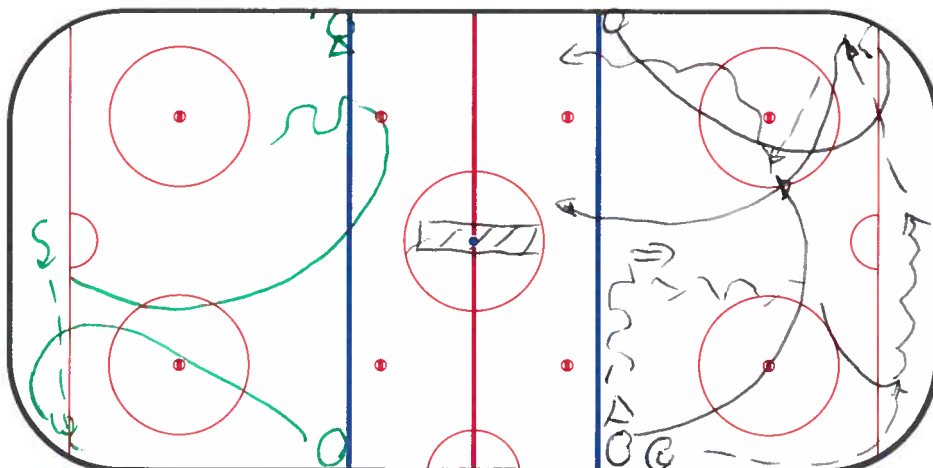
2-2

besetzte Bünde

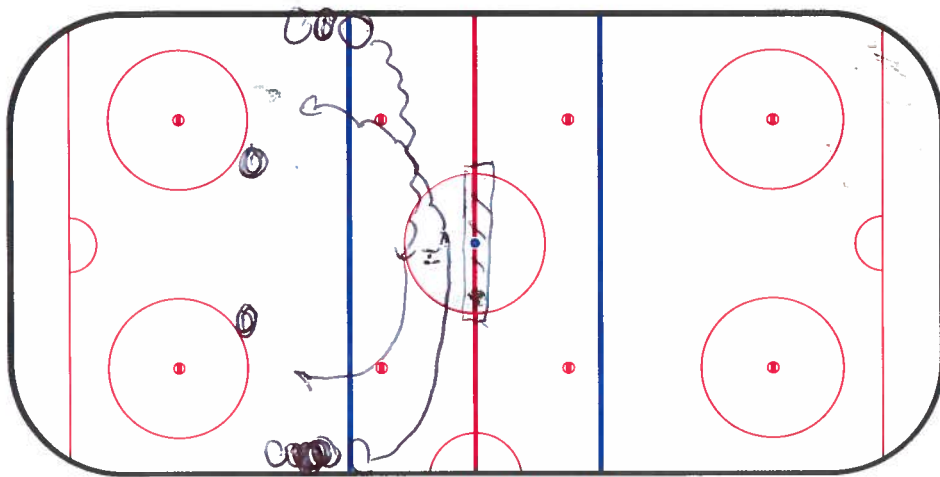


1-0

1-1 (100)

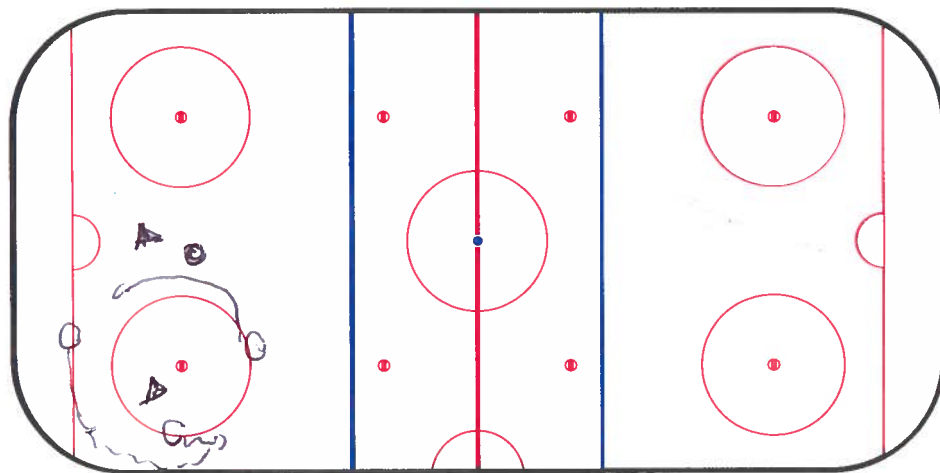


2-1

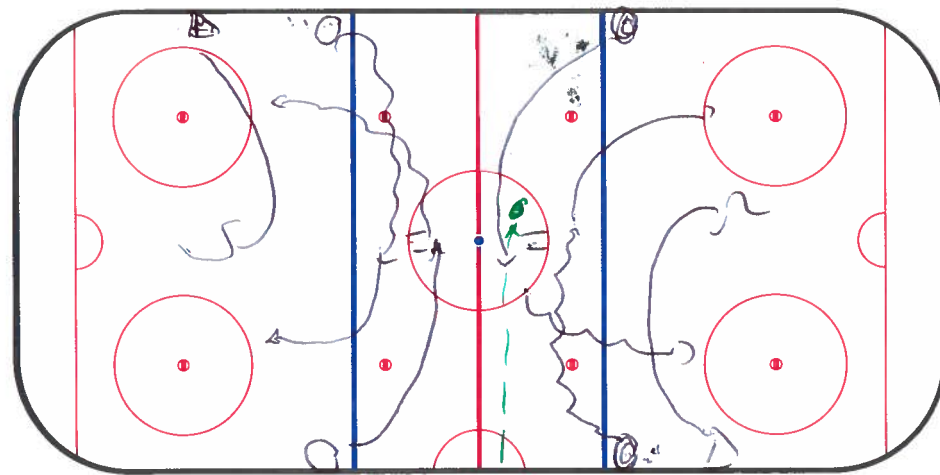


2-2

OFFENSIVE - DEFENSIVE



Rotation OFFENSIVE
auf Signal 3-3
Zurück

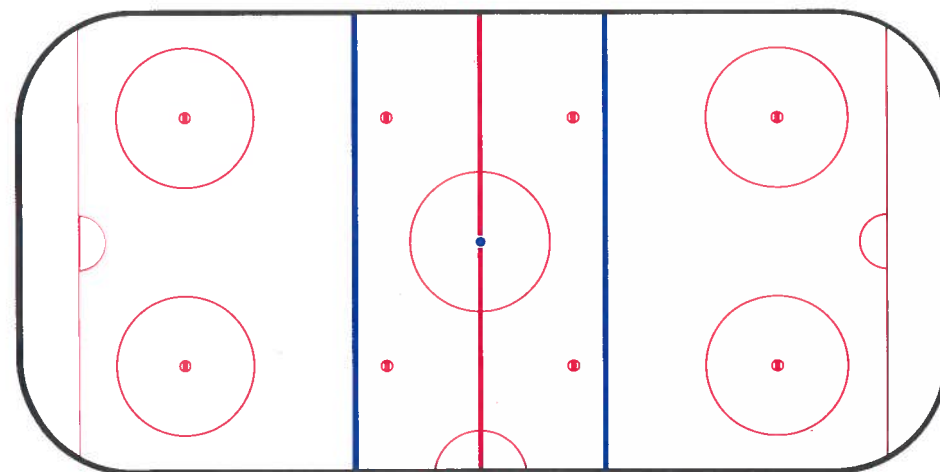


2-1

auf Signal

Puck.

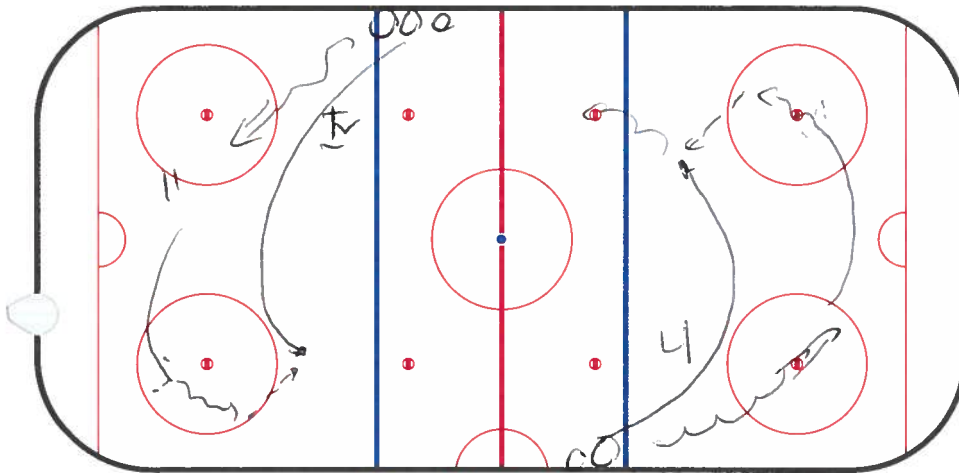
3-3





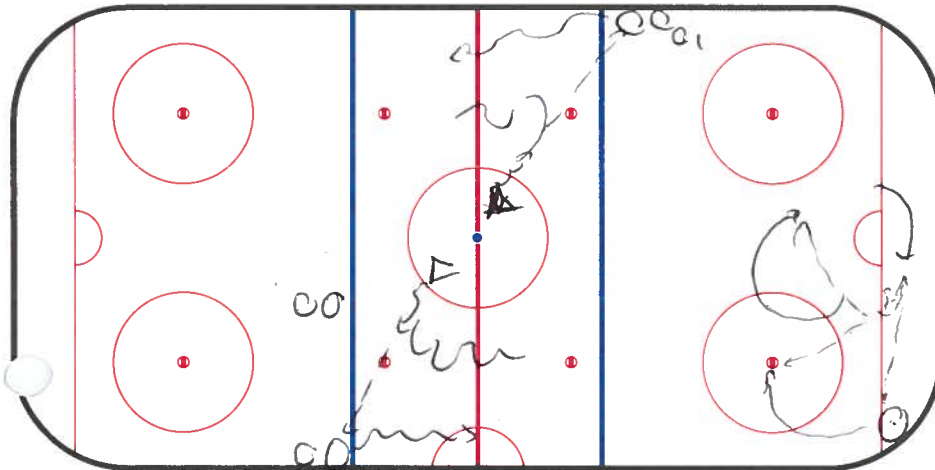
TEAM: U13
1530-1630
DATUM: 3.03.21
TRAINER: Markus

TRAININGSPLAN

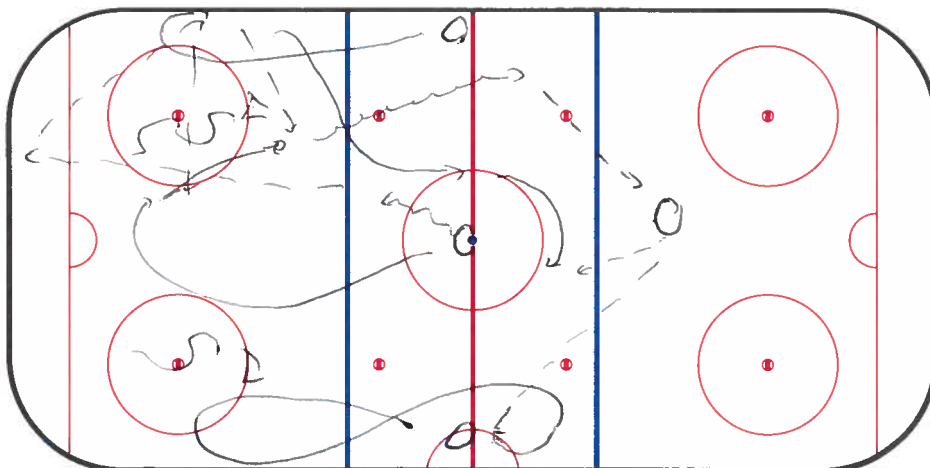


Passübung
Timing 1-0

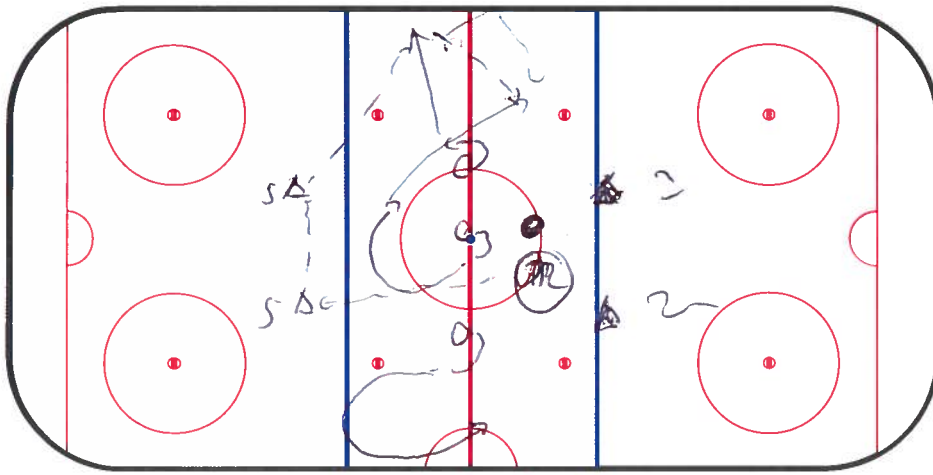
5-8'



a. 1-1
b. 2-1 (3-1)

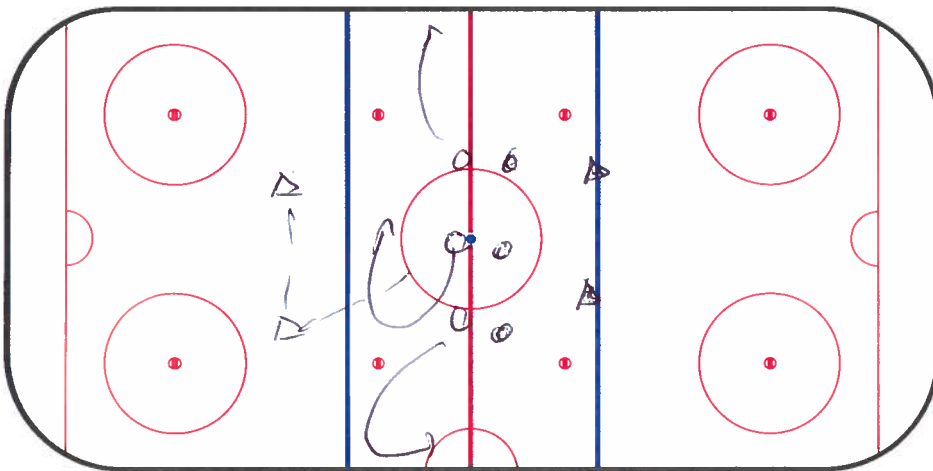


3-2 Aufbau

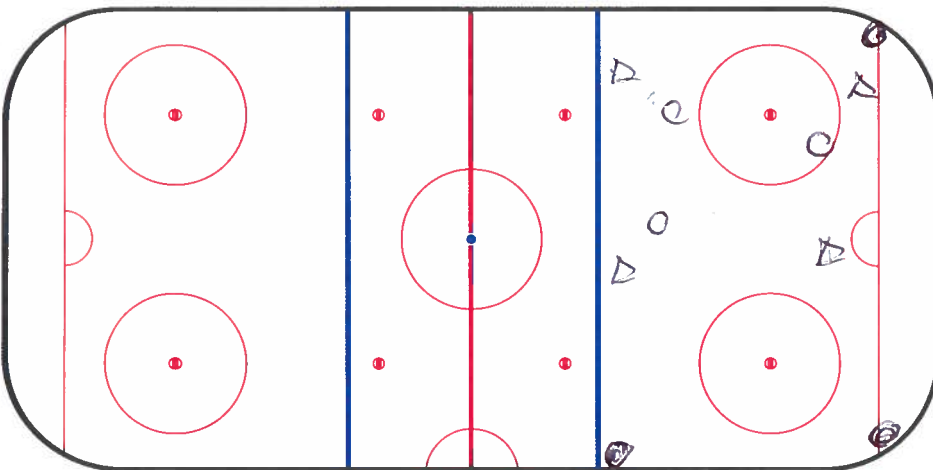


5-3

2 Schritte zu den VT
Schluss von der blauen
Linie



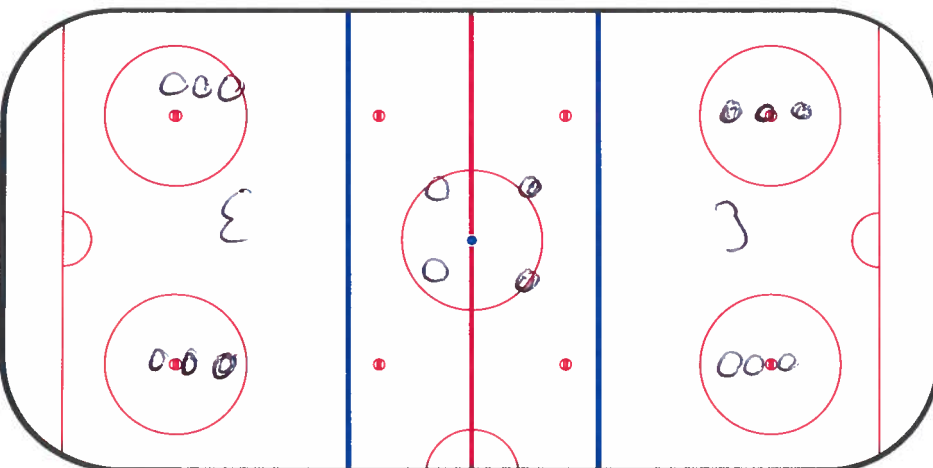
5-5



1-5

2-5

3-5 (5-5)



2-2

27.5



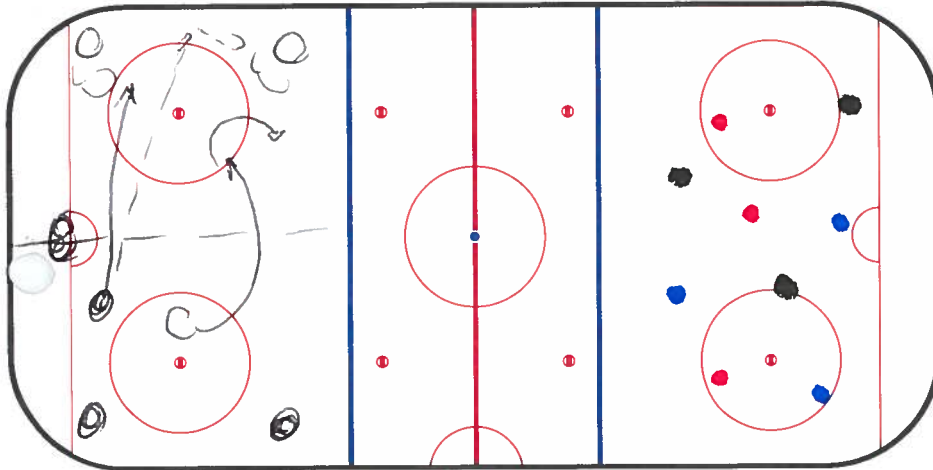
Wiederholung?
Elke

TEAM: U13
DATUM: 8.03.21

TRAINER: Markus, Mark
TT. 15:30 - 16:00
ET 16:30 - 17:30

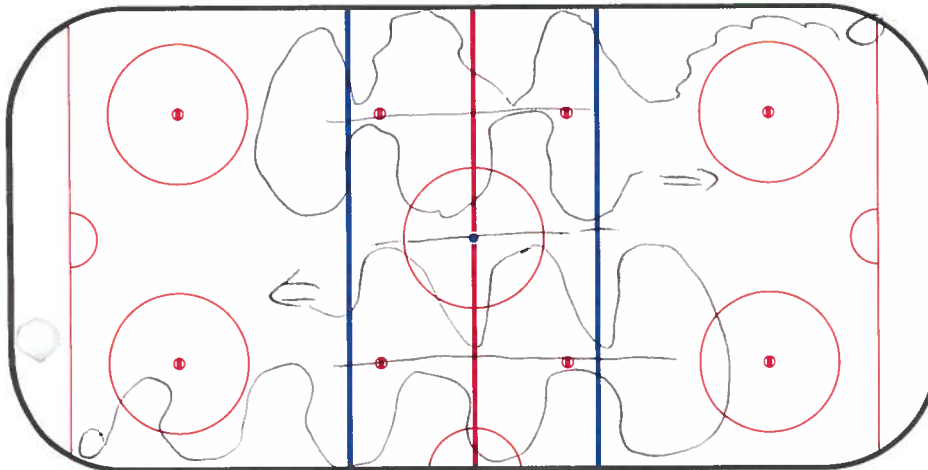
rot Dominik	Thorne	Thorne
blau Philipp	Max. B	Gerard
grün Max. T.	Xaver	T. Lian
rot Luka	Simon	
blau Uelendico	Arthur	
grün Leo		

TRAININGSPLAN

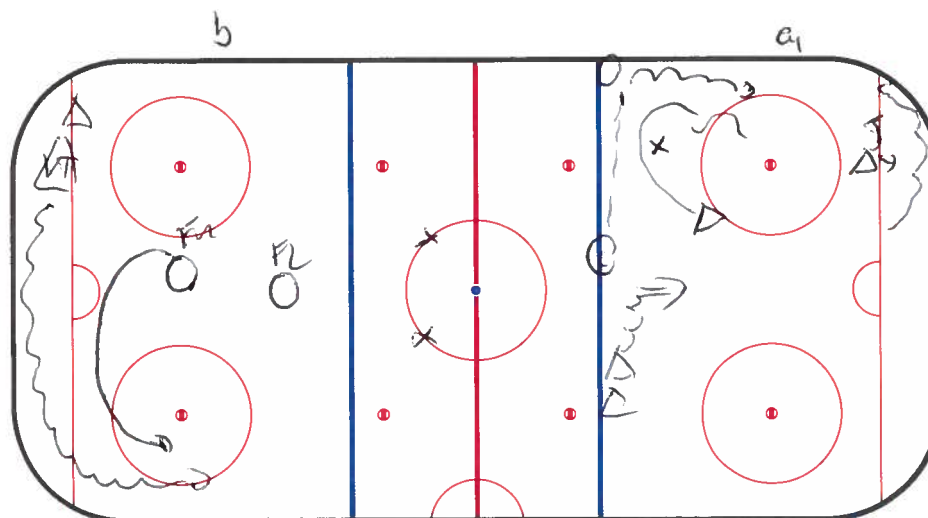


- a1 Farben spiel
3 TEAMS mit unterschiedl.
Farben, passe soll die
Stärke folgender zu
Schwarz zu rot
rot zu blau
blau zu schwarz
In jeder 1 Punkt → 2 Punkte

b 3-1 over 6 game



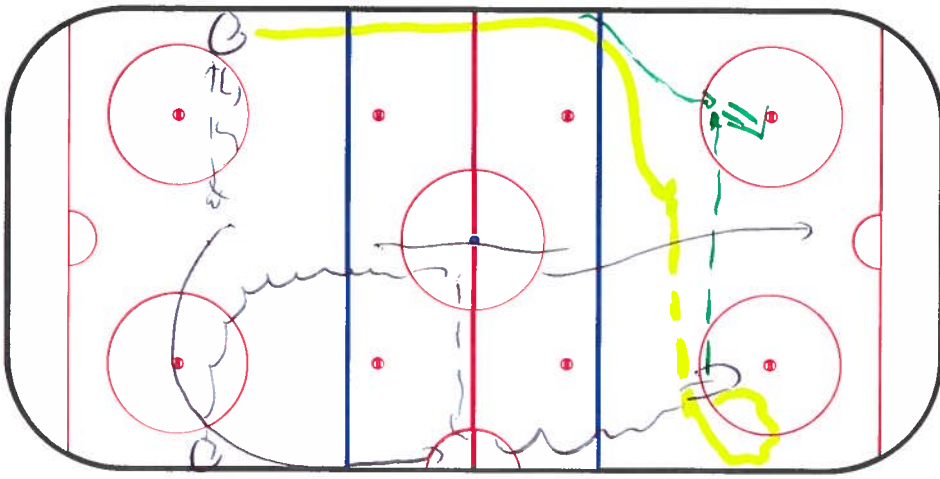
Stoßtechnik u. Lauf-



a1 1-1

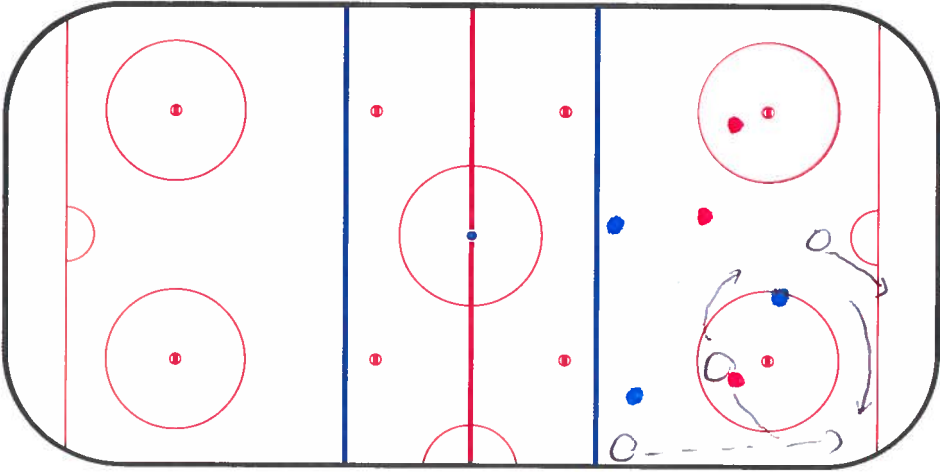
Net Drive 2x1x1

- b VT startet mit
Schleife ums Tor herum
u. versucht die Schleife
durch die beiden Pylonen
in die blaue Linie zu transportieren.
F1 u. F2 versuchen die Schleife
zu erobern



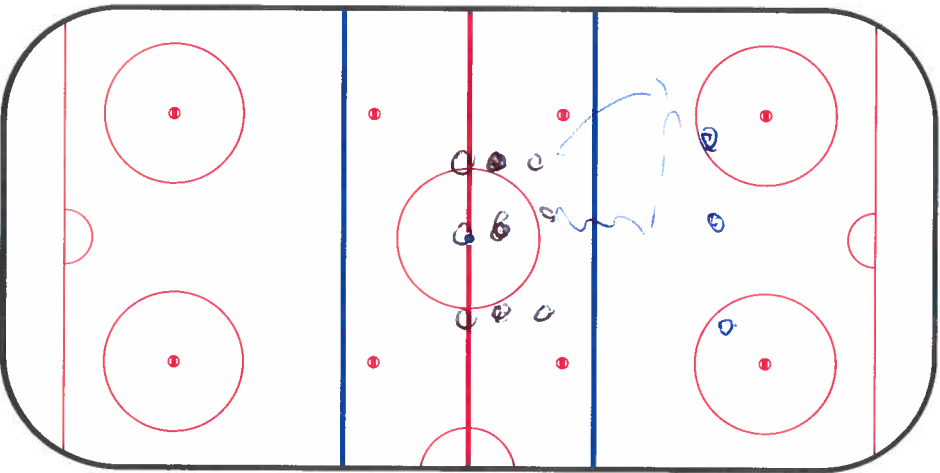
2-0

3-0



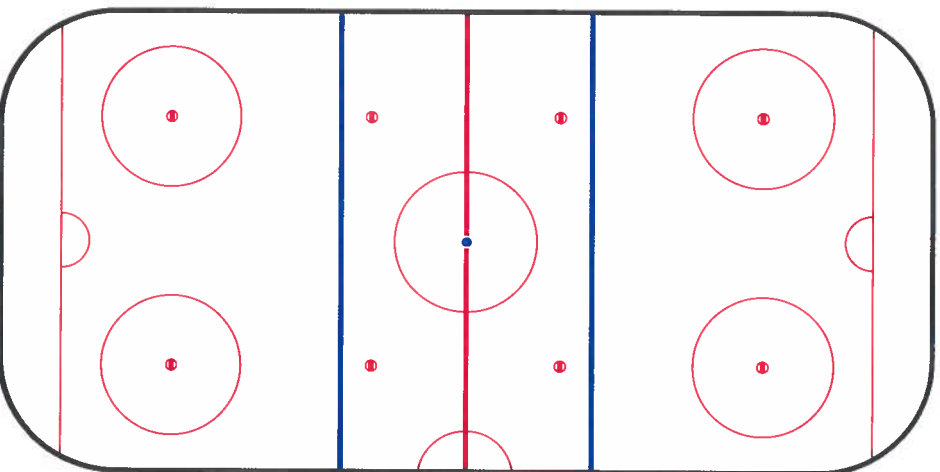
aus der Ecke

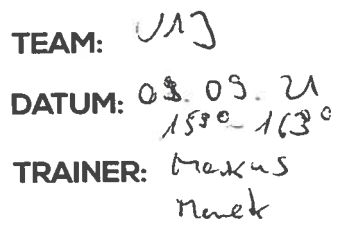
2-0 Reaktion



3-3

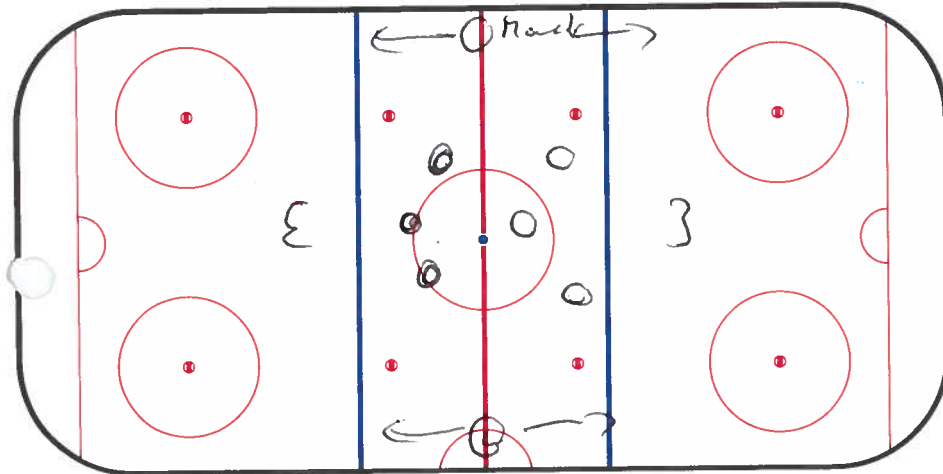
Unschlittspiel





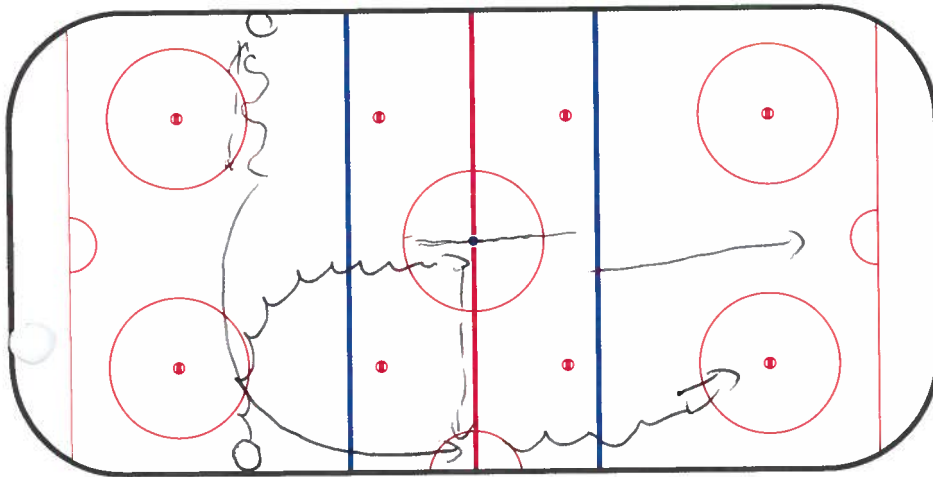
	Dominik	Marius	Thomas
Maximilian	Philipp	Max B.	Lorenz
	Xaver	Leo	Timo
	Luka		Simon
	Valentino		Arthur

TRAININGSPLAN



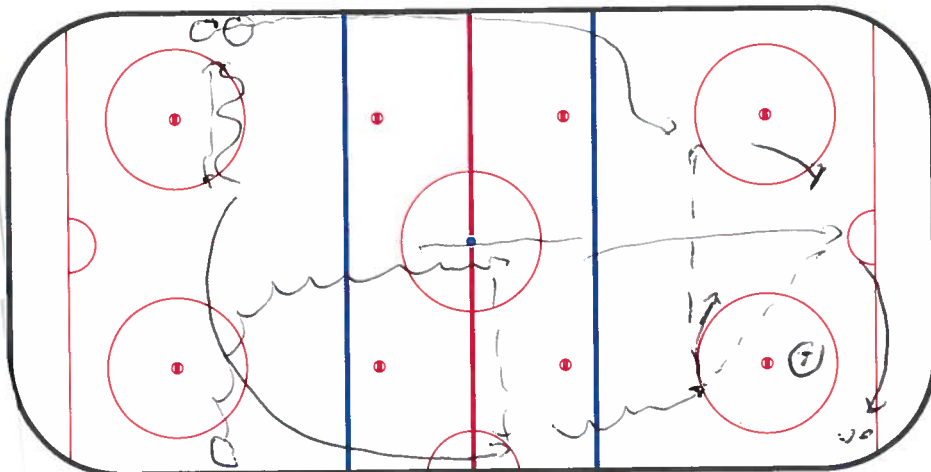
3-3

Jake TR



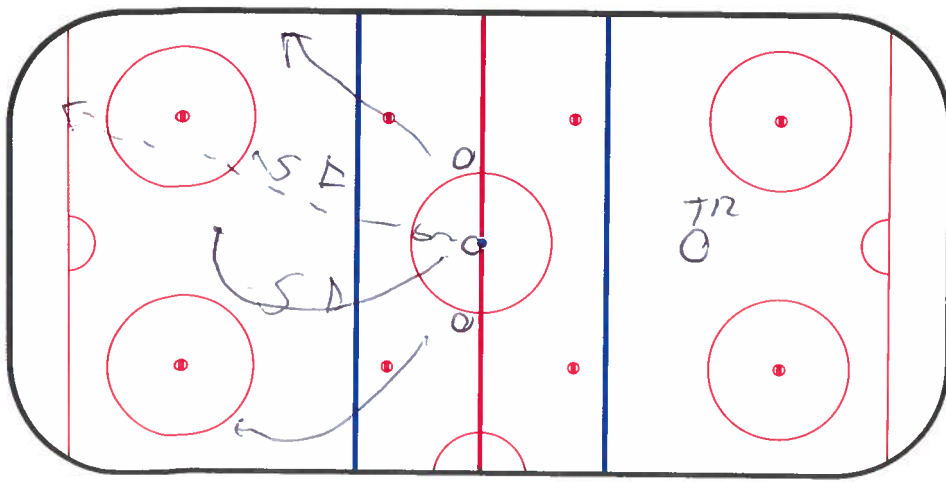
Passer by

2-0

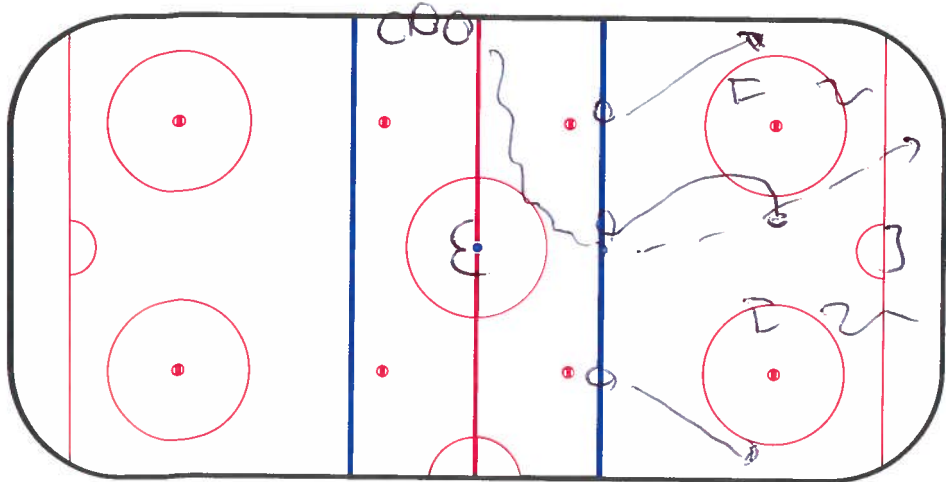


1-2-7

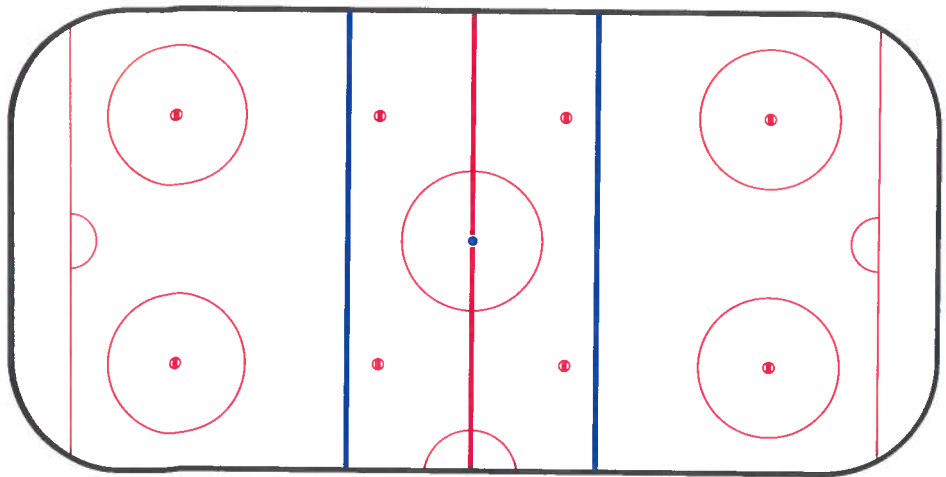
Notation
aus der Erde



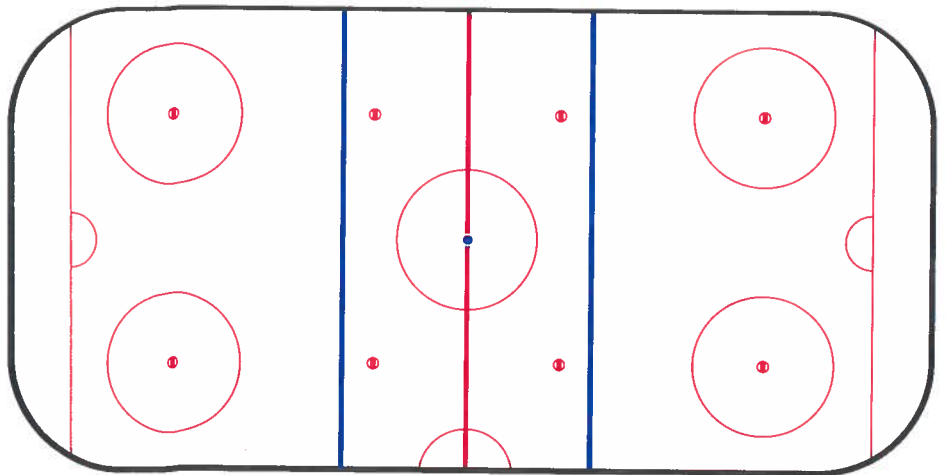
Außbar
 kurz
 lang
 selber
 Beyond TR



VC 1
 VC 2
 3-5



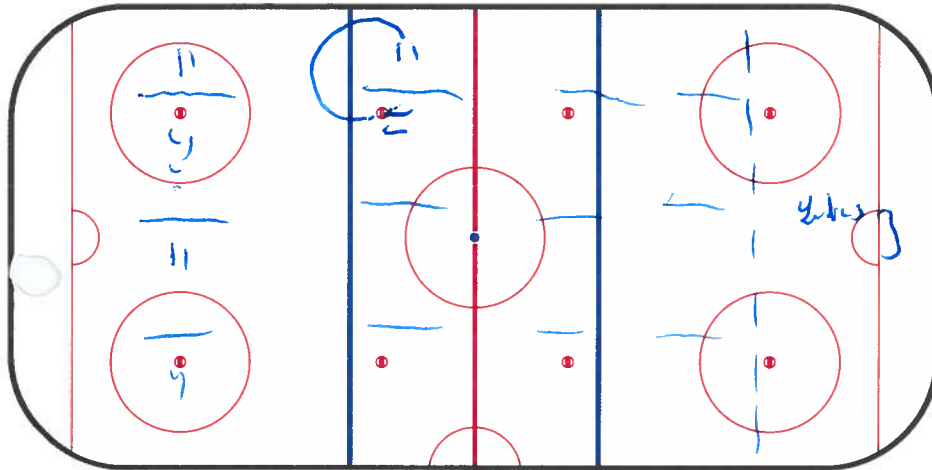
SPIEL 5-5
 immer wieder neue Schritte
 Außbar





TEAM: U13
DATUM: 13.03.
TRAINER: Markus Raab
1540 - 1640
KT 1650 - 1720

TRAININGSPLAN



Laufübung

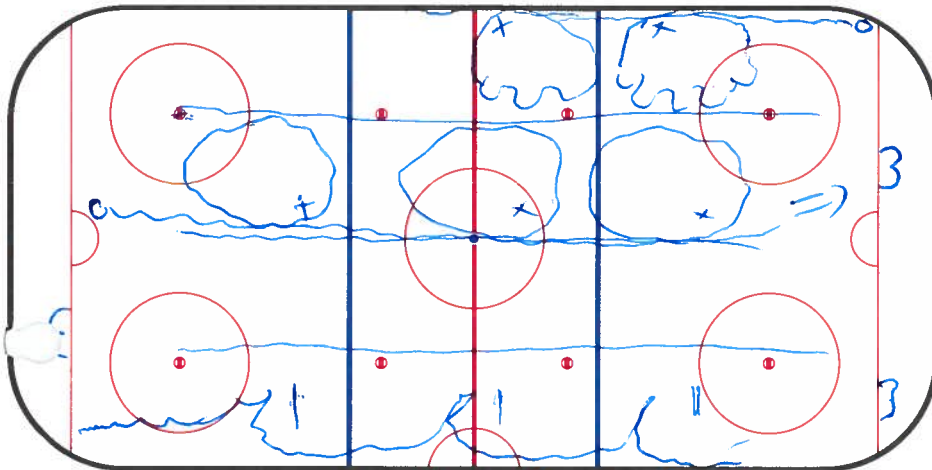
VW - VW Sprünge hoch

VW - seitlich - übersehen

VW - seitlich - rückwärts

1/1 seitlich

1/1 VW - VW



Übersetzen VW

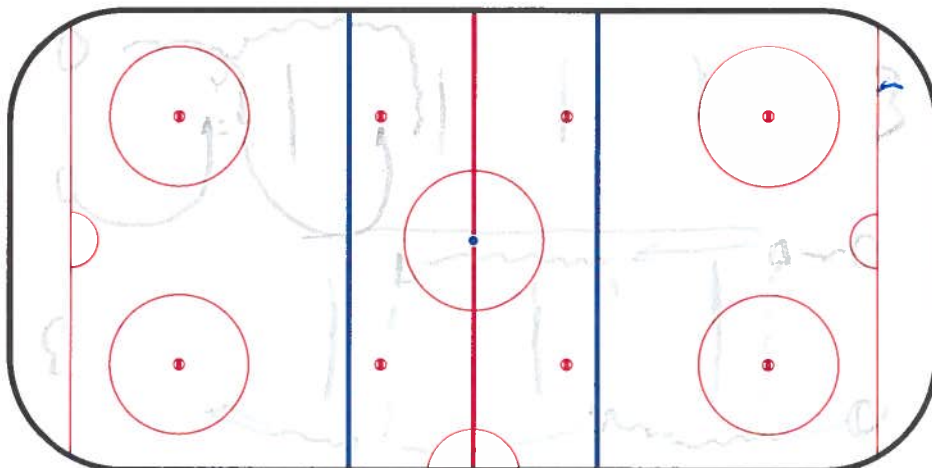
VW - VW

VW - VW

Tausch

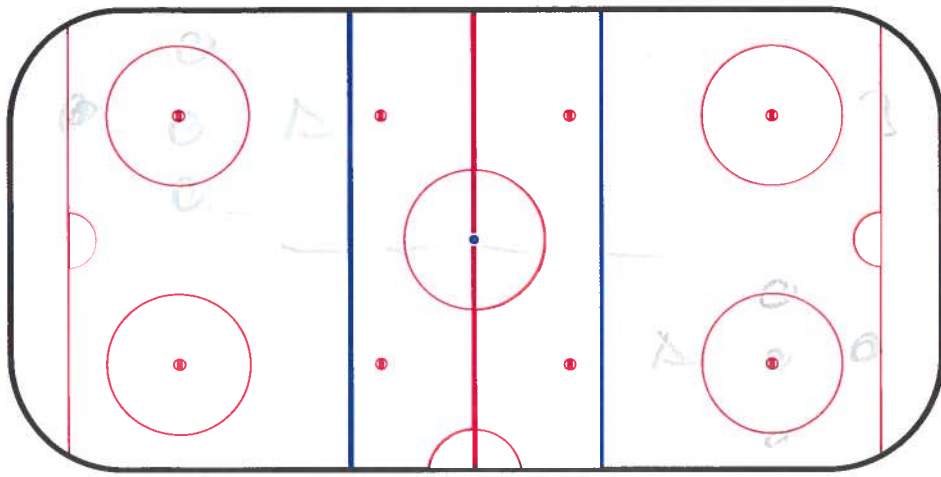
Tausch

seitlich

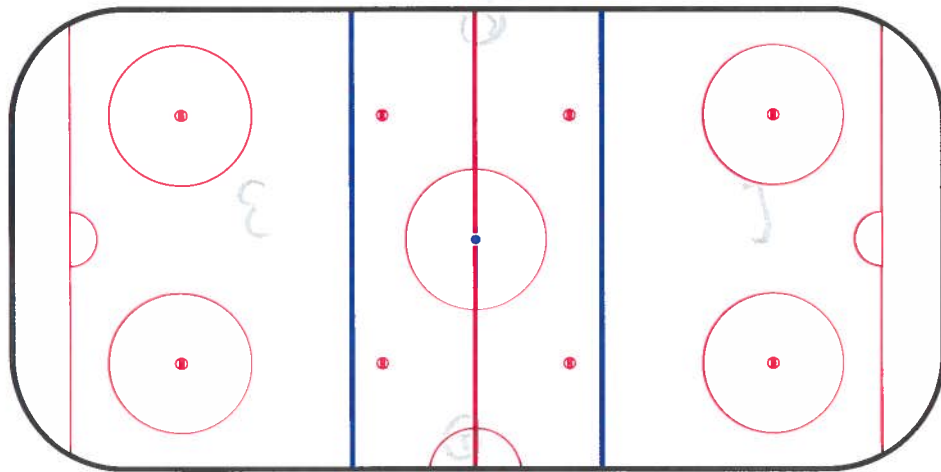


Kern 2-0

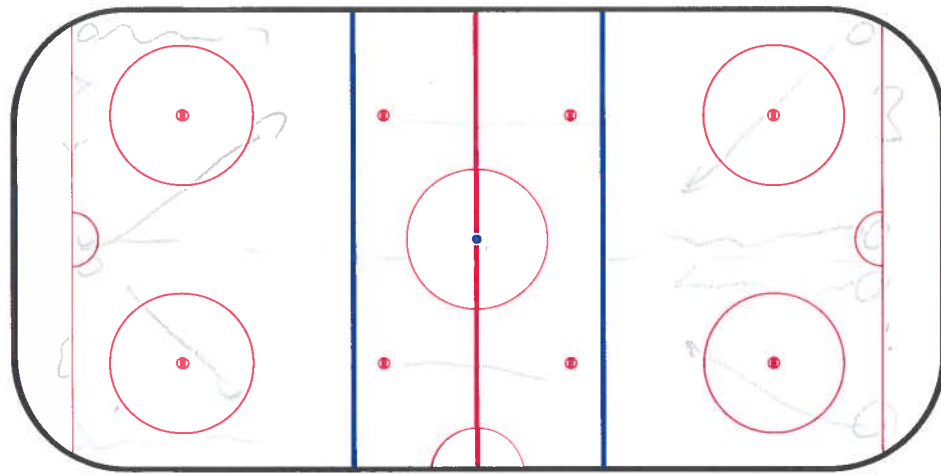
Posse 1-1 2-0



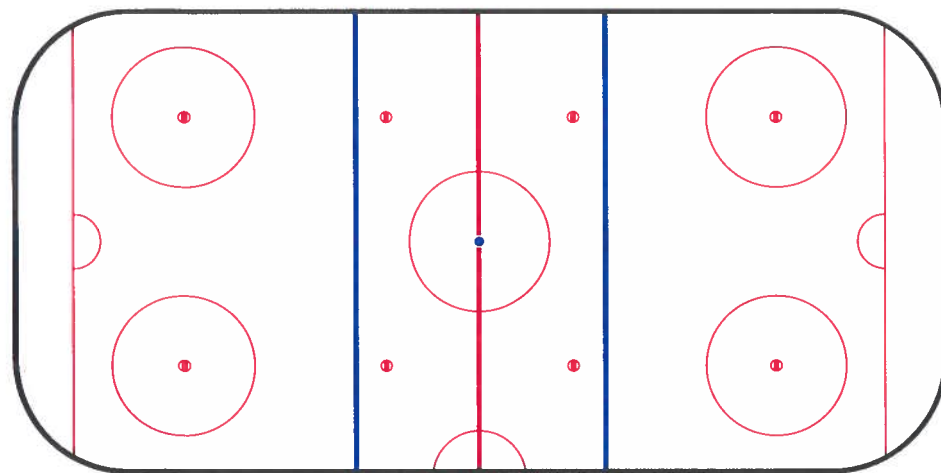
3-1 (15C)



3-3 7/27/22



1-1





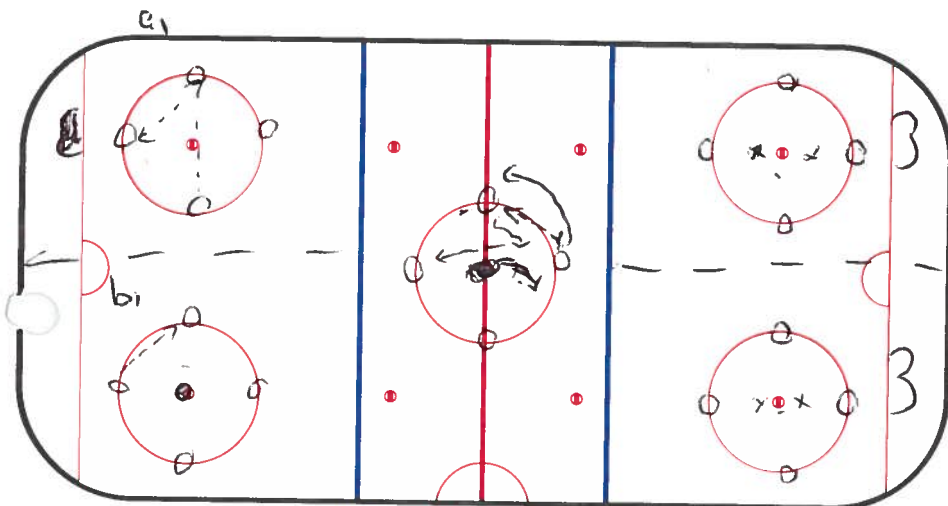
TEAM: U13

DATUM: 15.08.2021

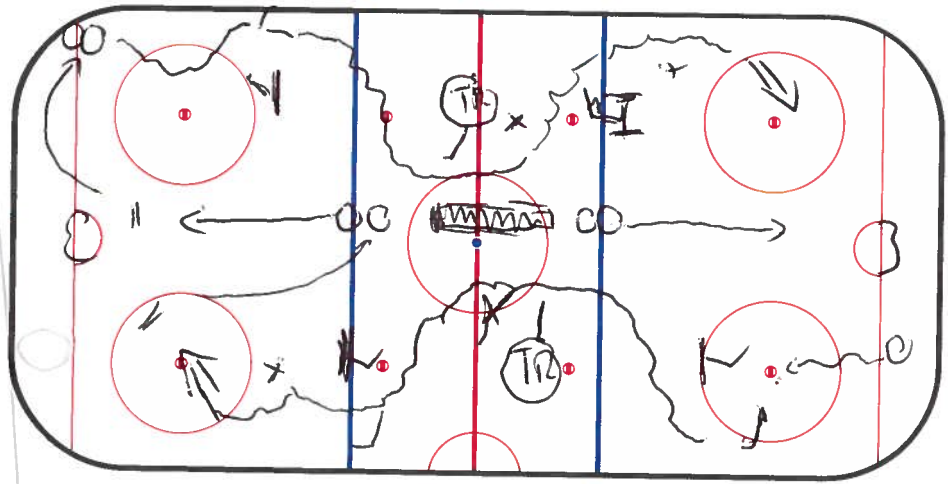
TRAINER: Markus Mark
16:30 - 17:00

TRAININGSPLAN

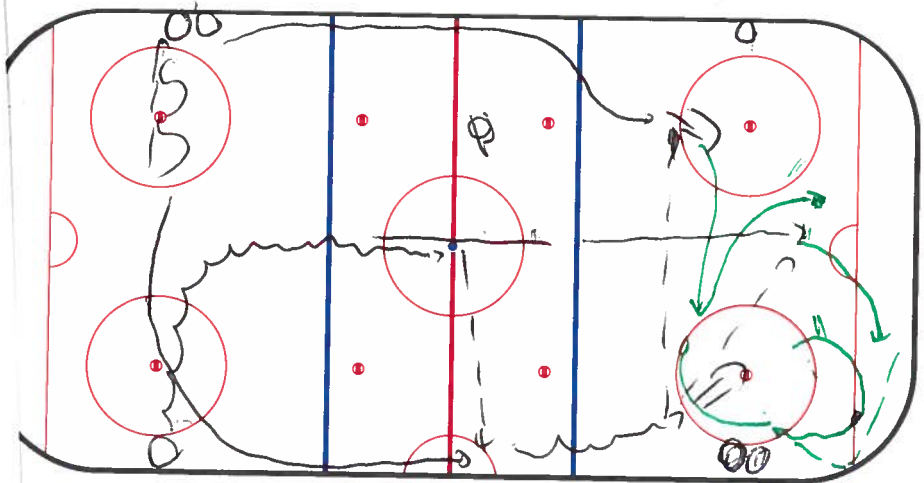
Damen, Moritz		
Tristan ✓	Xaver	Yousaf
Thoren	Max B	<u>Pomnick</u>
Max T	Mauro	Daniel ✓
<u>Yousef</u>		Arthur
Marinas	Alex	
Valentine	Christian	
Melanie	<u>Luka</u>	
	Simon	



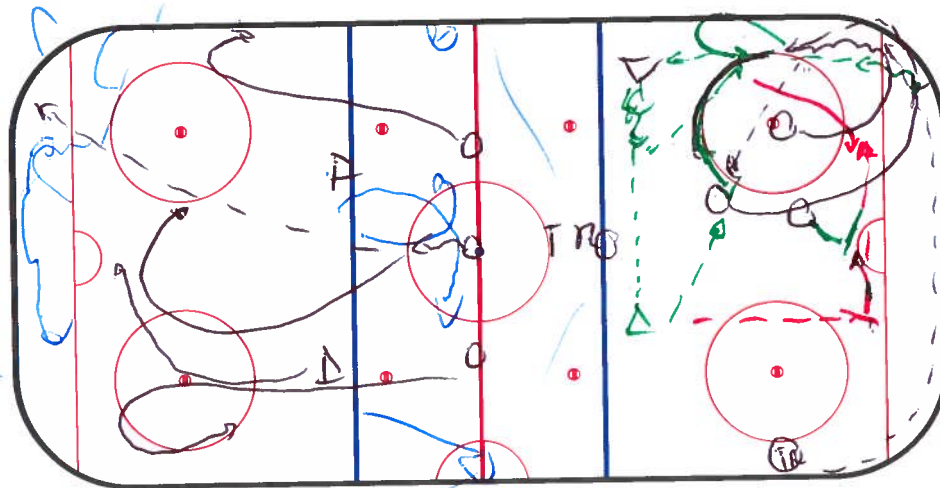
Possibong 10-15
a1 in Stand 2 Pucks
b1 in Stand 1 Puck
1 SP in der Mitte
c1 in der Bewegung 1 Puck
zu SP gepasst werden 1 SP in der Mitte
zu in laufen
d1 4-2



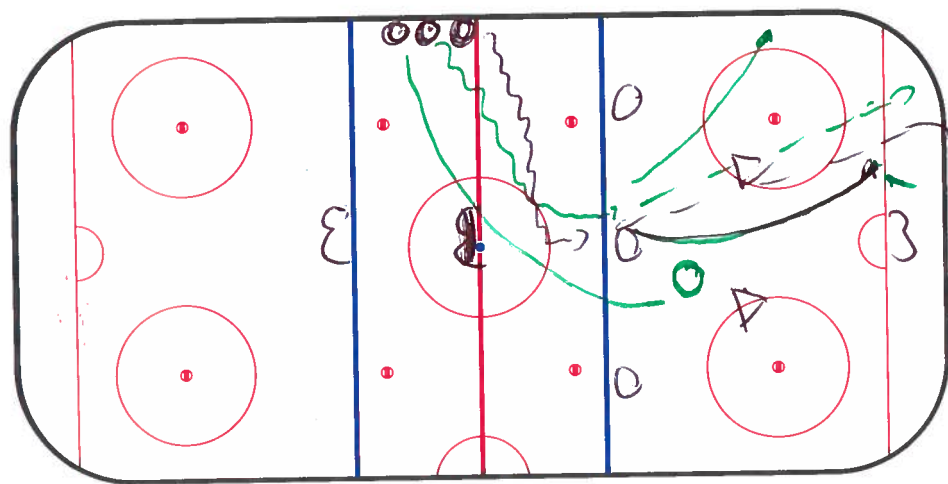
Stochtechnik 5-8'
Puck abschirmen
1 SP zum Nachschuss
Mitte



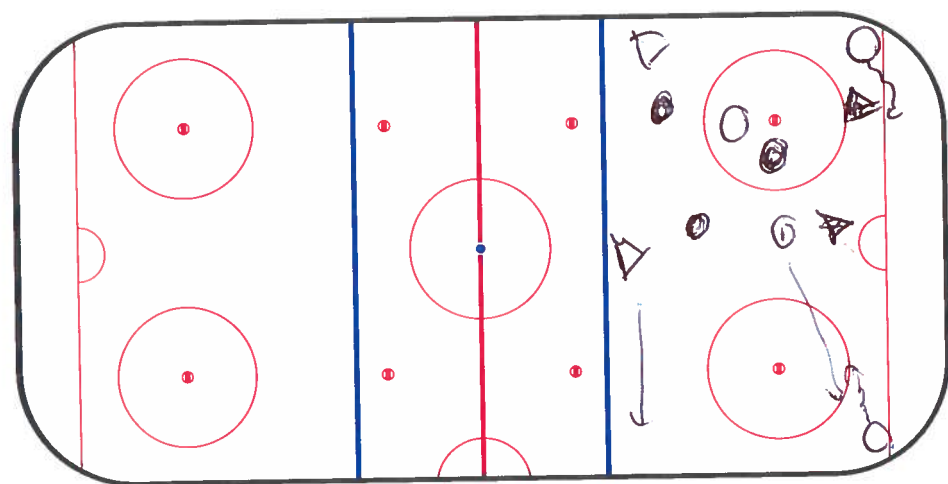
5-8'
1-2-3 bei der Seite
aus der Ecke Rotation



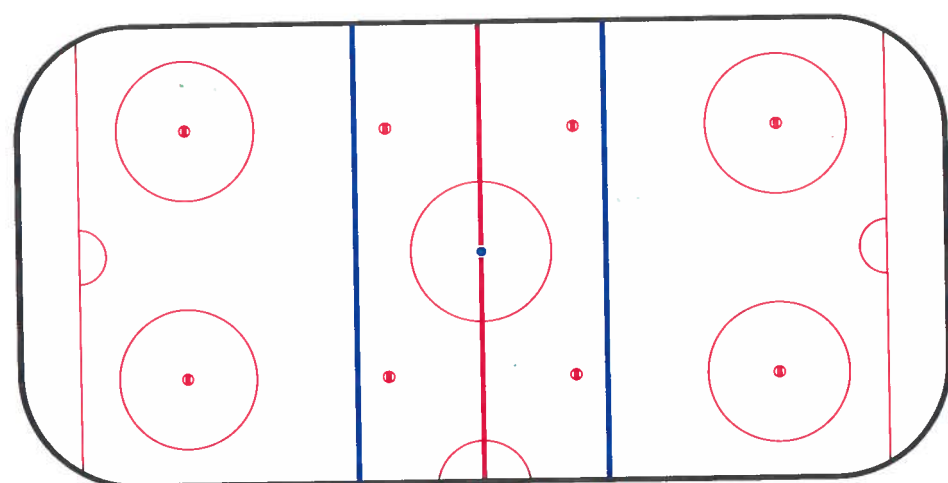
- 151
- a) Aufbauen
 selber VT
 • Kurze
 • lang
 • hinter Tor VT-VT
 Regump TRJ-2
- b) Rotation im Drittel
 Cycling ST
 pass im VT
 101



- VL 1
 VL 2



- 5-5 5-8
 1-5
 2-5
 3-5
 Abwechseln
 Positionen



SPIEL



TEAM: U13

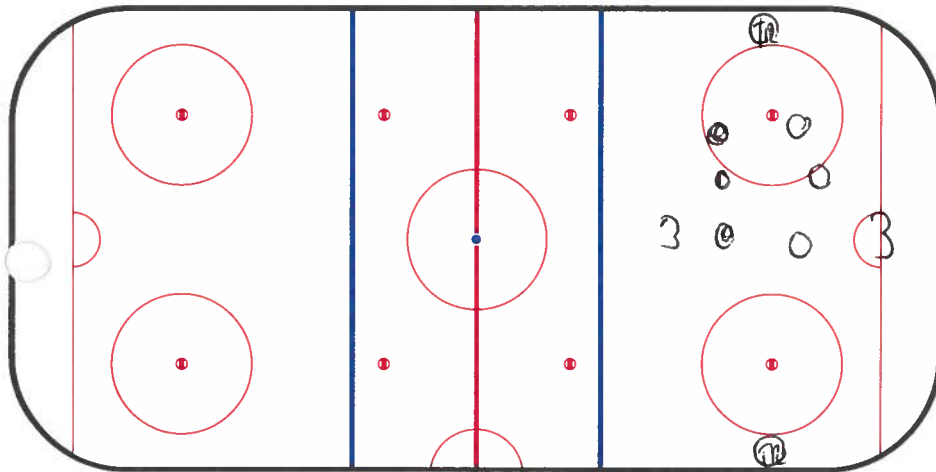
DATUM: 17.08.21

TRAINER: Markus, Frank

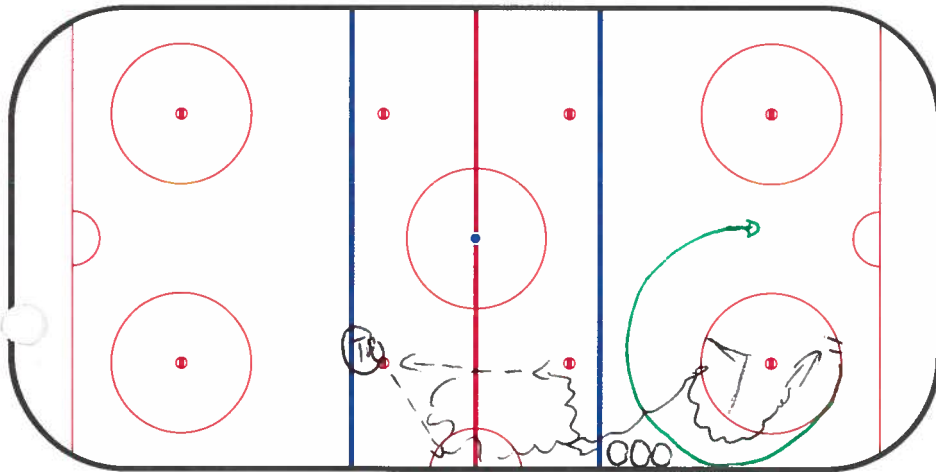
ET 15:30 - 16:30
TT 16:40 - 17:15

TRAININGSPLAN

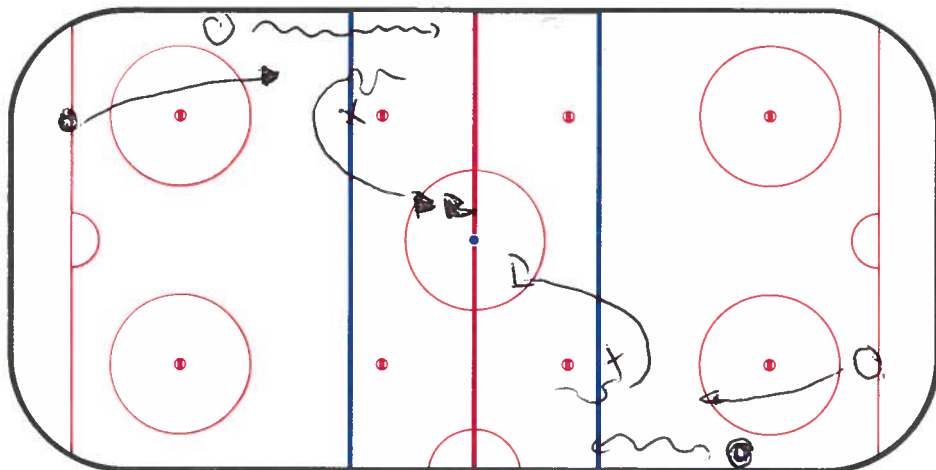
Dave	Jon	
Thoren	Xaver	Toussaint
Therben	Max O	Dennis
Maxi T	Neuro	Raphael
Yovani		Simon Simon
Marino	Alex	
Uelen Line	Chris	
Arthur	Luke	



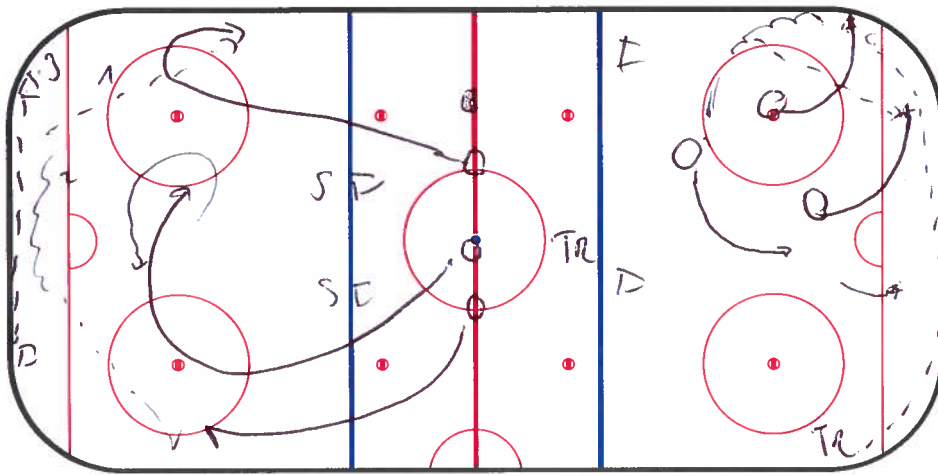
3-3
Warmup - SPIEL



Pass - Aufbau (2-0)
Nachschuss von dem nächsten Spieler



1-1 (ABC)
nachrück arbeiten



an Aufbau

kurz

selber (hinteres Tor)

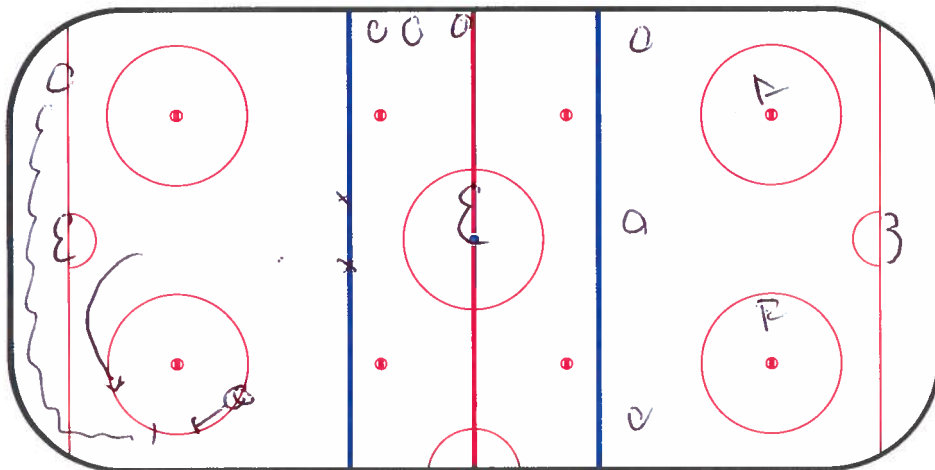
VT - VT

5 Petelen

- ST

= pass in VT

2VL 1VL

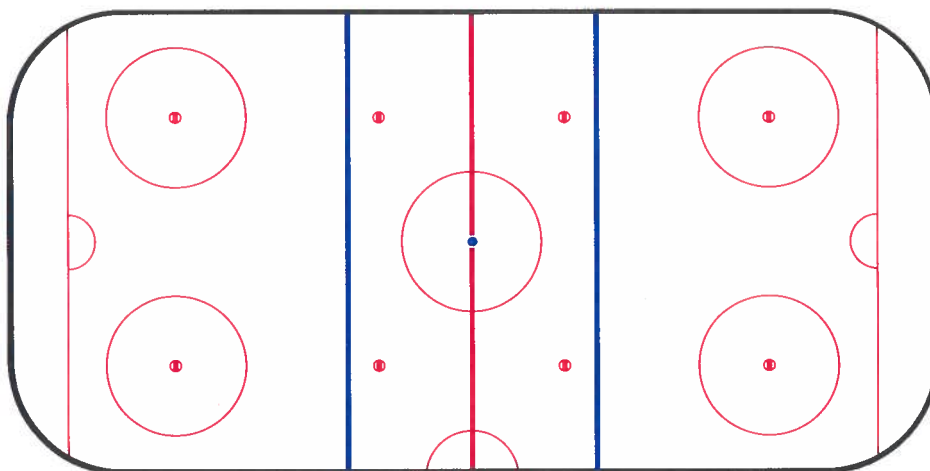
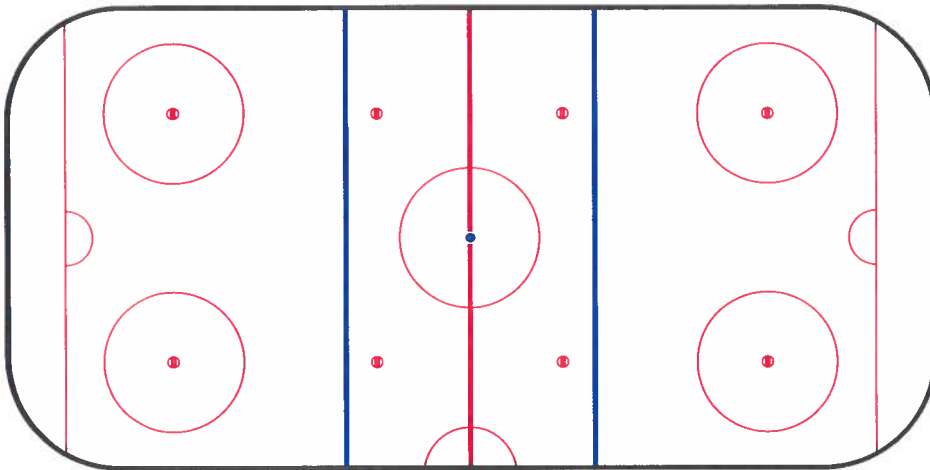


a A-fuehen

b VL 1 in k Druck

VL 2 Aufbau

5-5



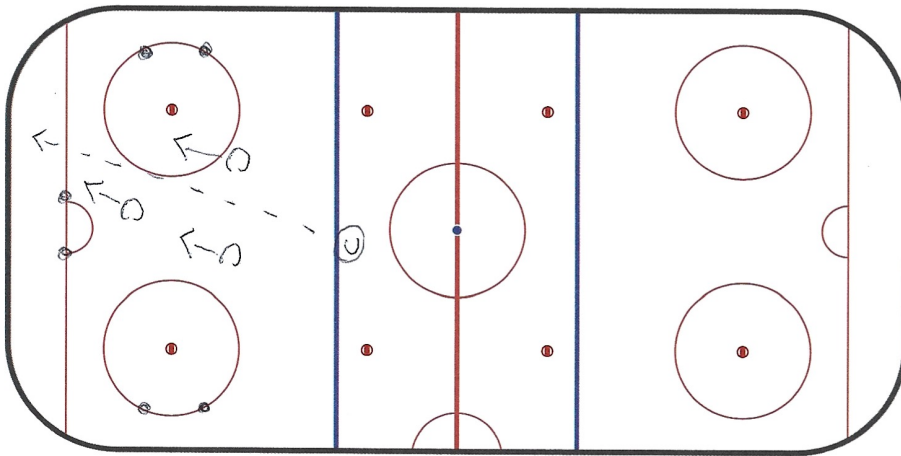


TEAM: U13, 15:40-16:40

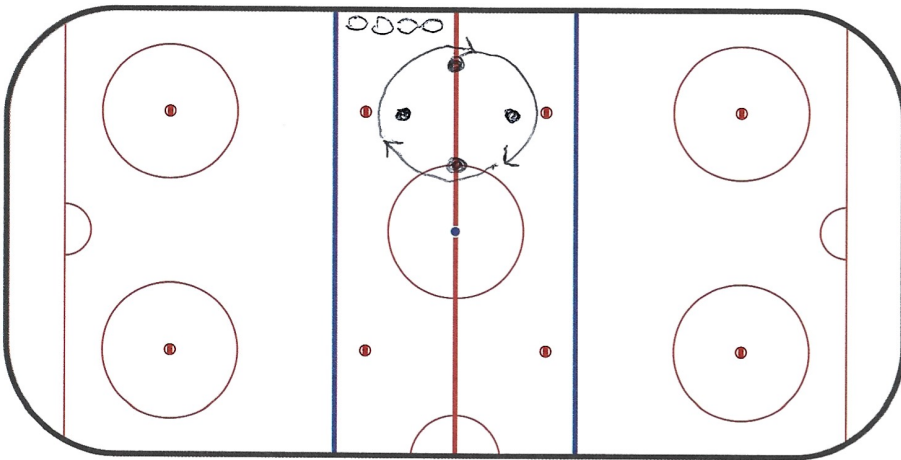
DATUM: 20.9.2021.

TRAINER: YURI.

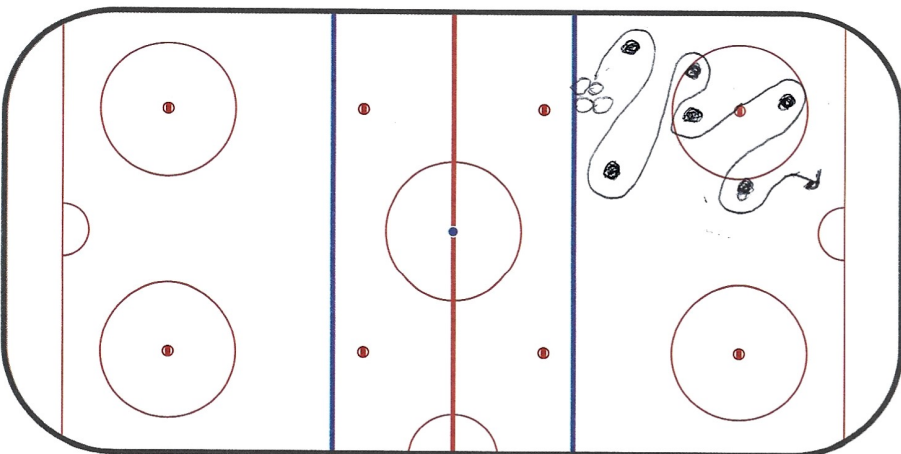
TRAININGSPLAN



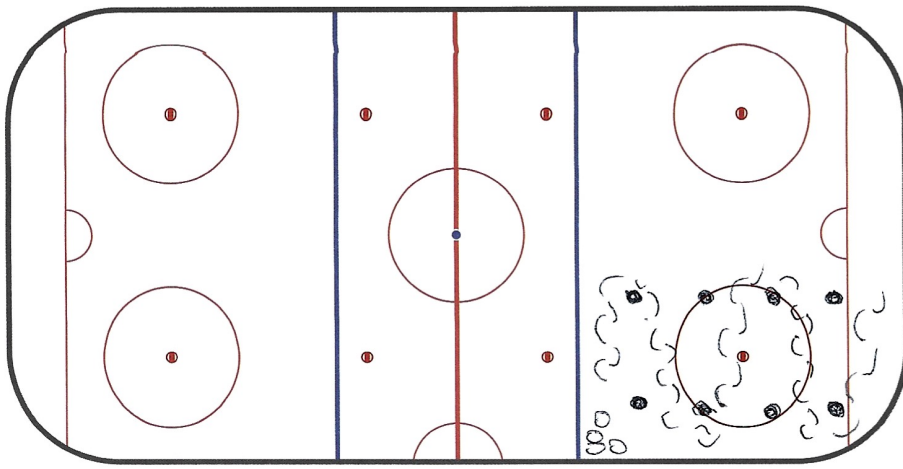
Aufwärmen Spiel
zu drit ein Paar
10 min



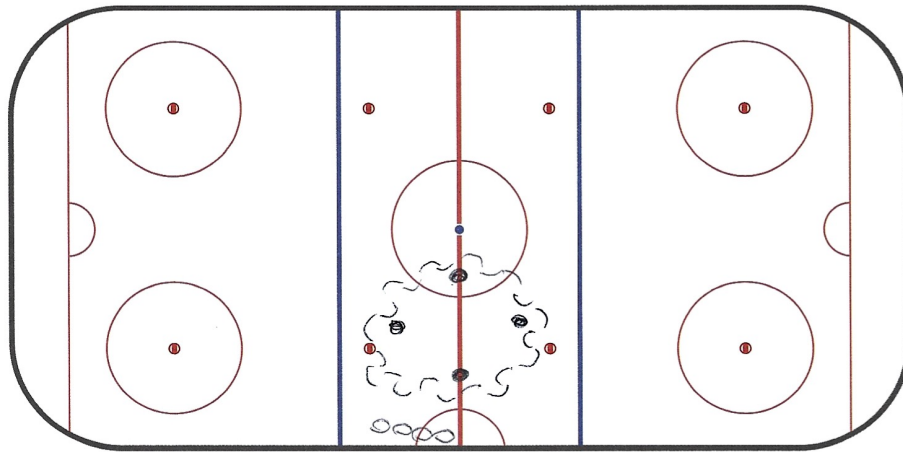
St. 1: VORWERZ KREIS
innen - außen bein
8 min



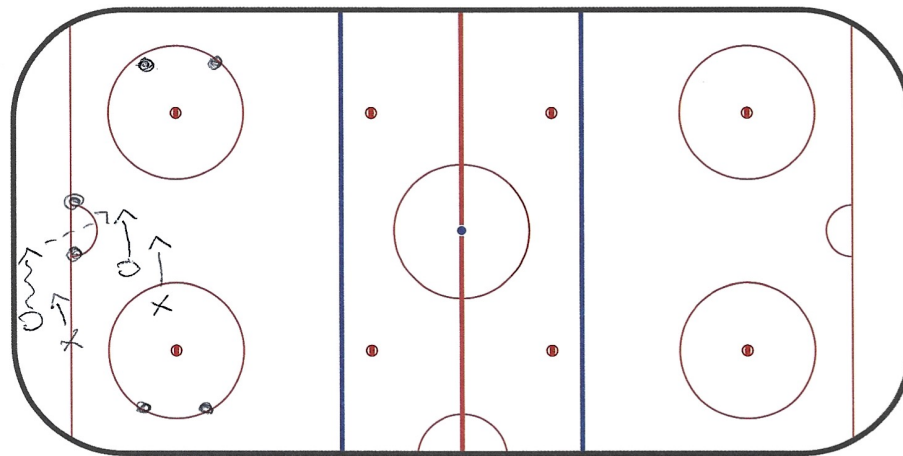
St. 2: STARKE bogen
beide beine am eis
8 min



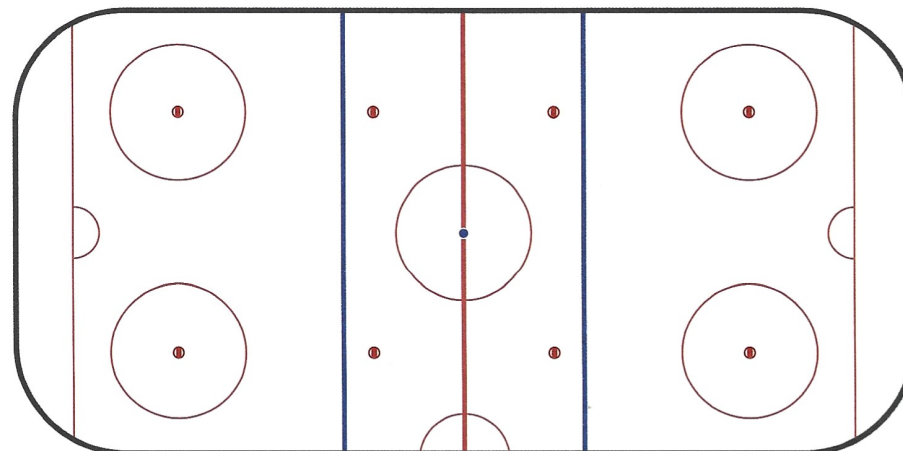
ST 3: Rückwärtz
Technische elementen
8min



ST 4: Rückwärtz
Kreis innen außen beim
8min



Spiel 2-2 -> Passen
10-12min



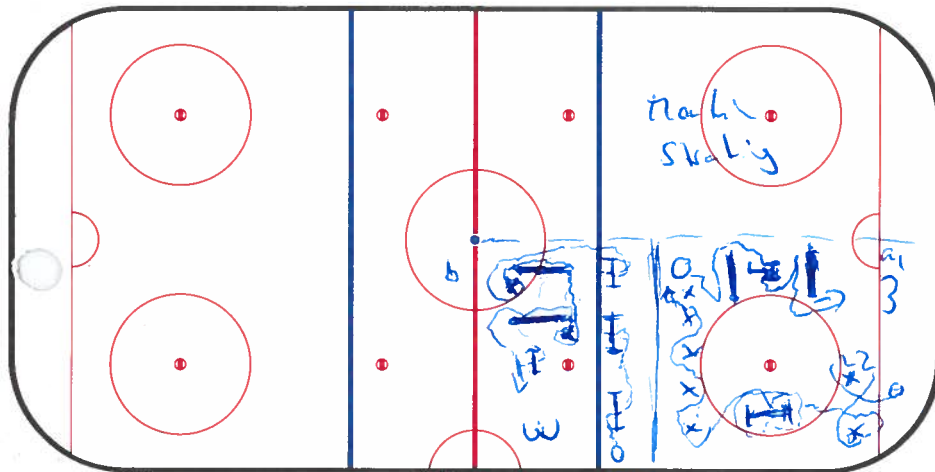


TEAM: U11 ET 15:10 - 16:10
DATUM: U13 ET 16:20 - 17:20
TT 17:30 - 18:00
TRAINER: 21.09.21
Mehs

Stations übung

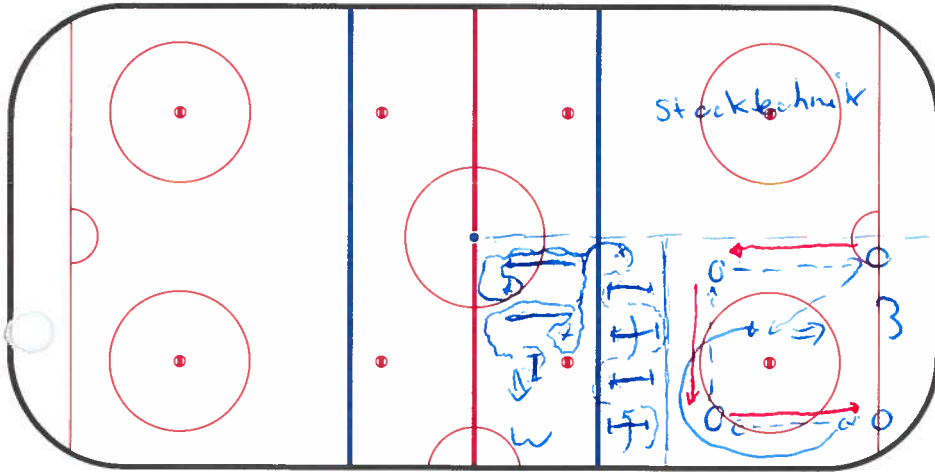
TRAININGSPLAN

U11



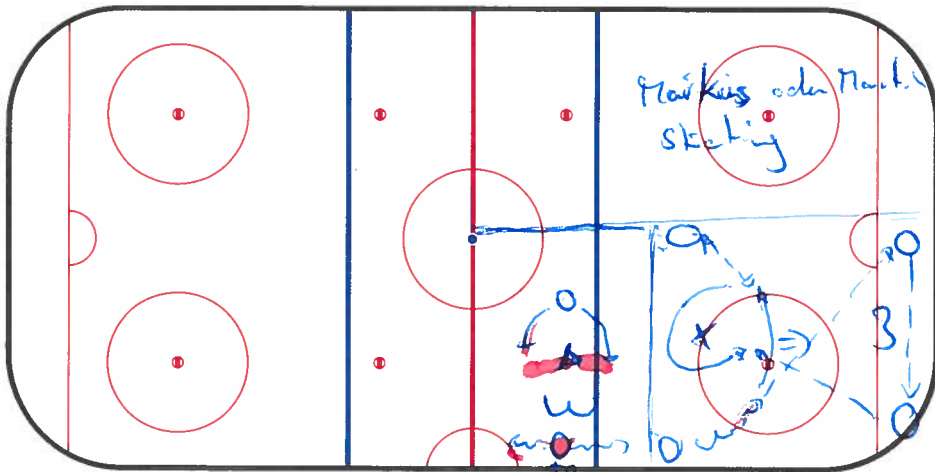
- ① a. vw-vw
- Canadian - Außenkannte
- Skatarm
- Finte
b. Dribbling
Canadian - Puck ziehen
im Körper

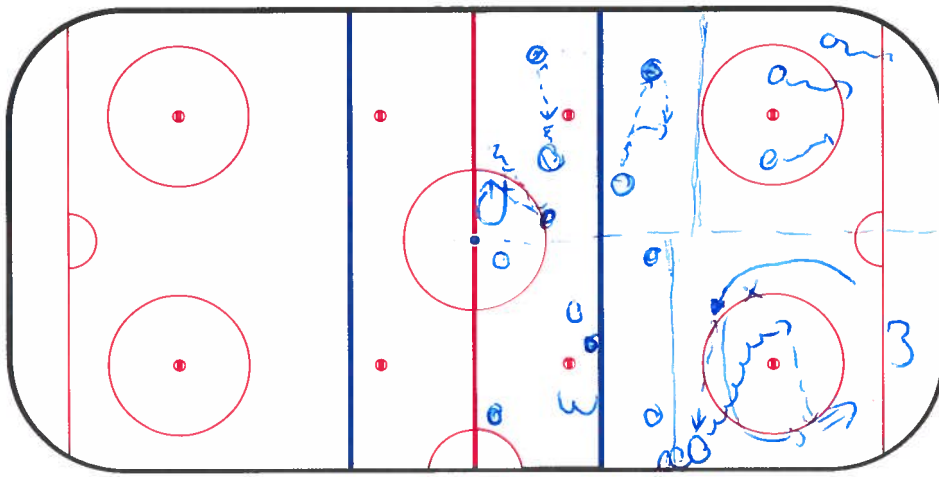
U11



- ② a. Passübung
b. Puckführung seitlich
über das Hindernis
steigen
Canadian Puck ziehen
im Körper

U13

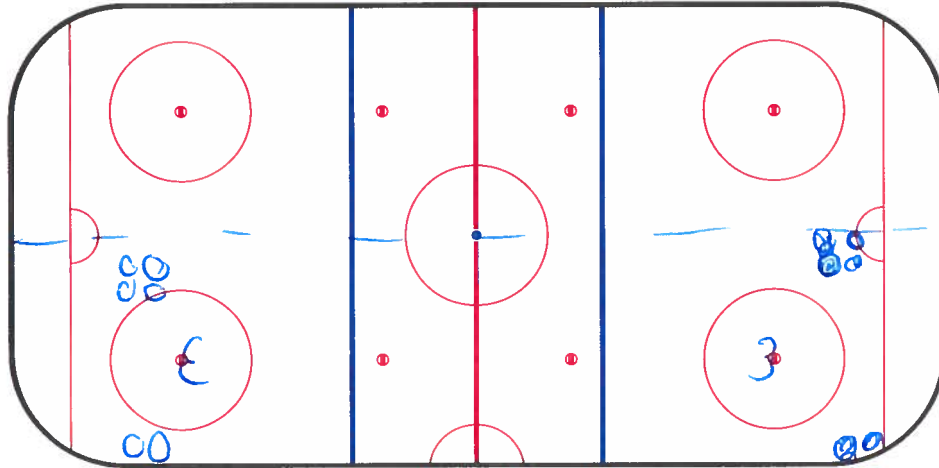




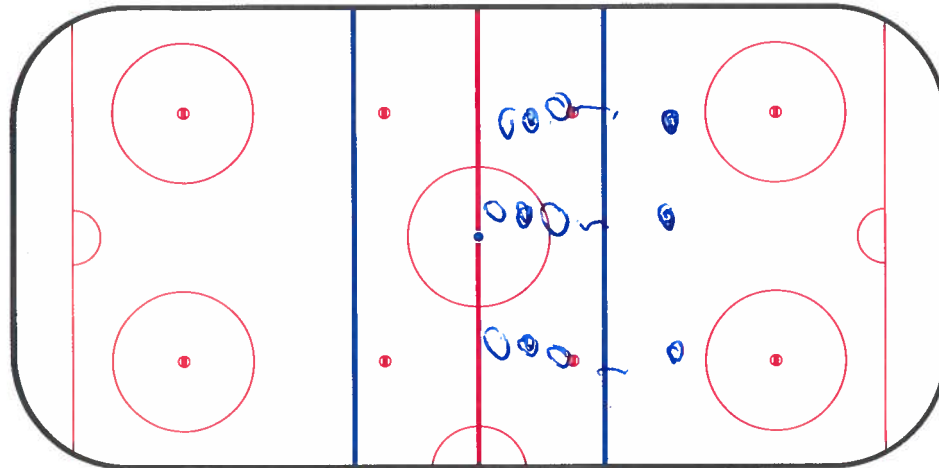
Possibility

- Vlt Vlt
- Vlt Rlt
- VL - VL
- - - - -

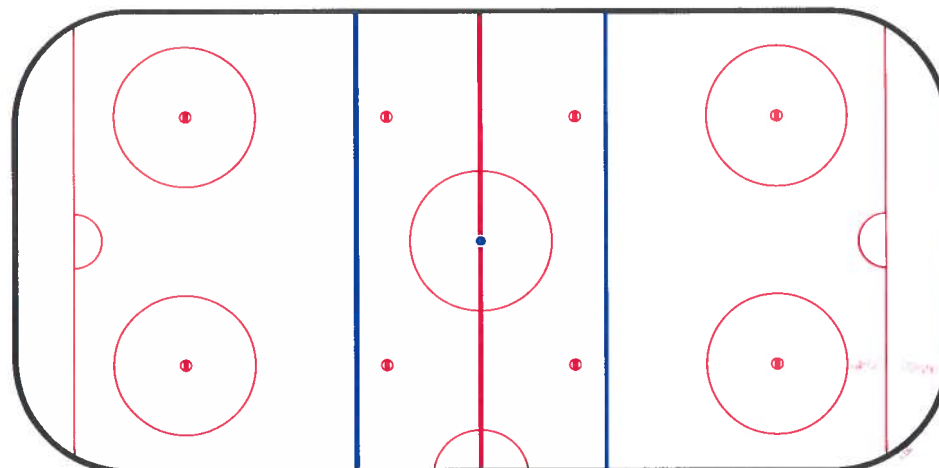
alle mit Puck
sollen wegstoßen
we bleibt am
Schluss überg



3-3



3-3



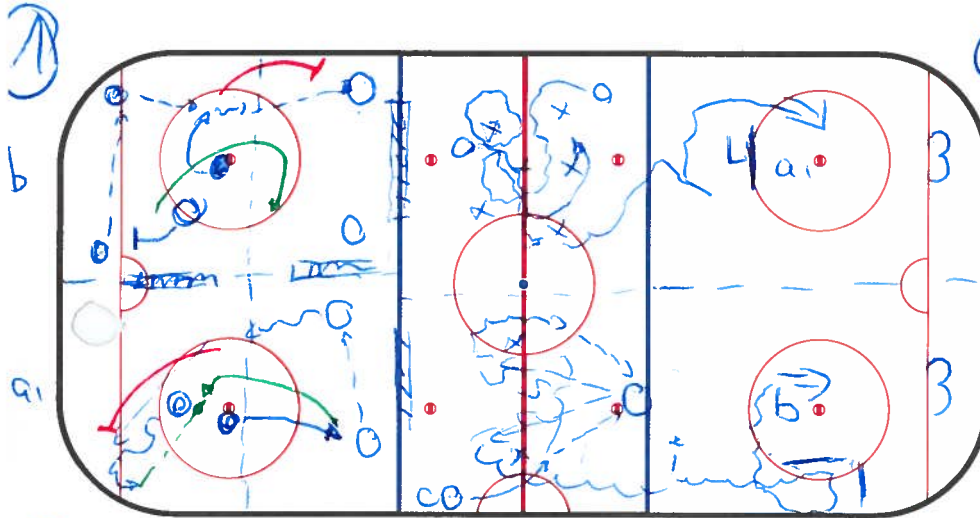


U13
 TEAM: 22.09.21
 DATUM: 16.30-17.30
 TRAINER: Markus, Marek

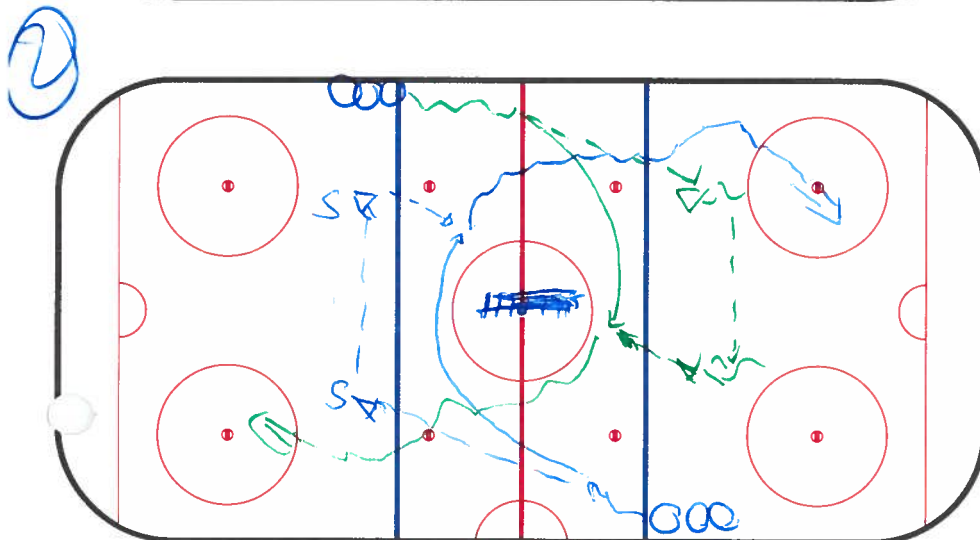
Timo	Xaver	Lupi
Therben	MaxiB	Philipp
Max.T	Maurin	Lerene
Raphael		Yoon

Maurinus	Alex
LuKa	Arthur
Melanie	Christine

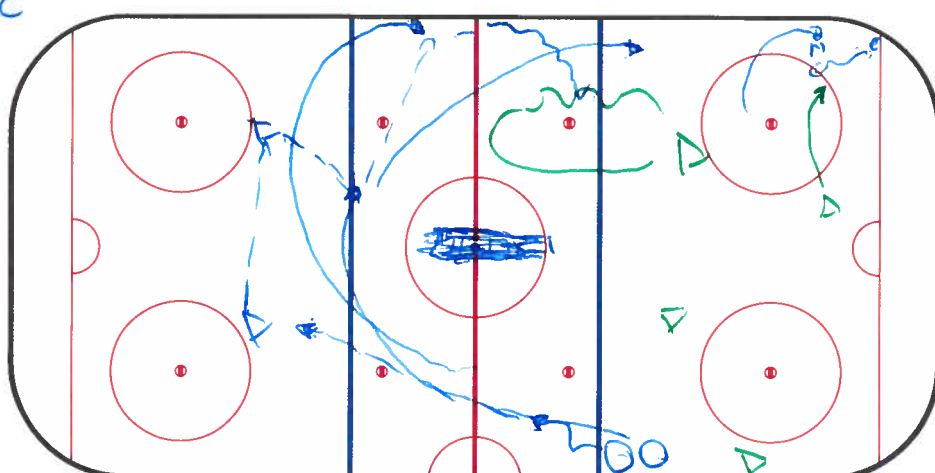
TRAININGSPLAN



- ① Warm up SPIEL
- a, 2-1 (4SP)
 - b, 3-1 (6SP)

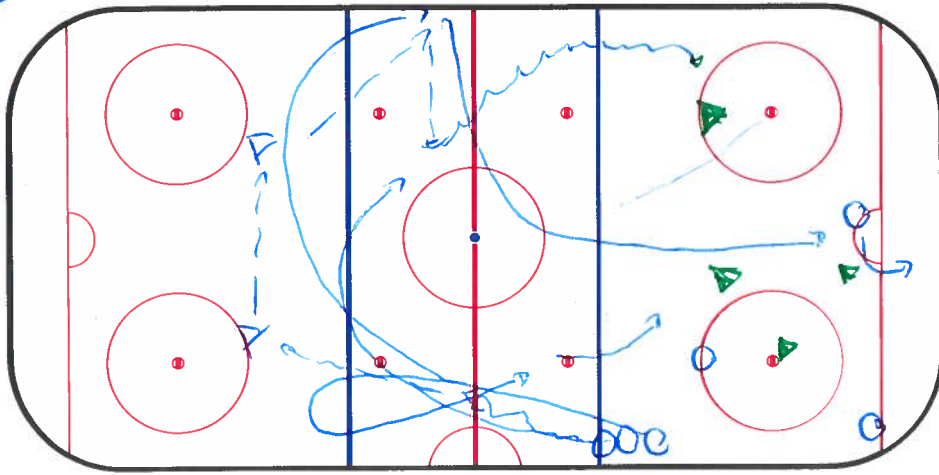


- ② a, Stochtechnik
 dribbling durch die
 Halde vor dem Tor
 b, Transfer lauf
 vor-vor passe zum TR
 Tausch mit Kette
 leicht bogen



- a, Aufbau
 VT - VT
 1-0 b 1-1
 2-0 d 2-1
 aus der Ecke
 2-1
 Kanten an Kette

3

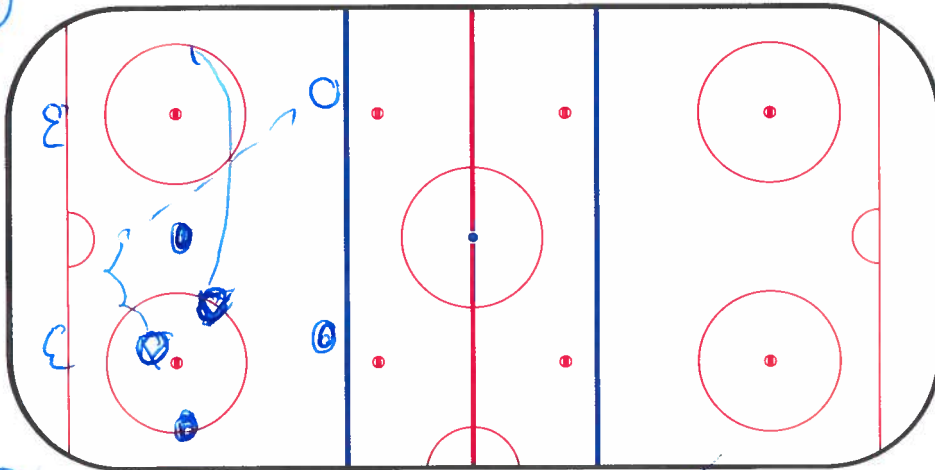


3-2

aus der Ecke

3-2

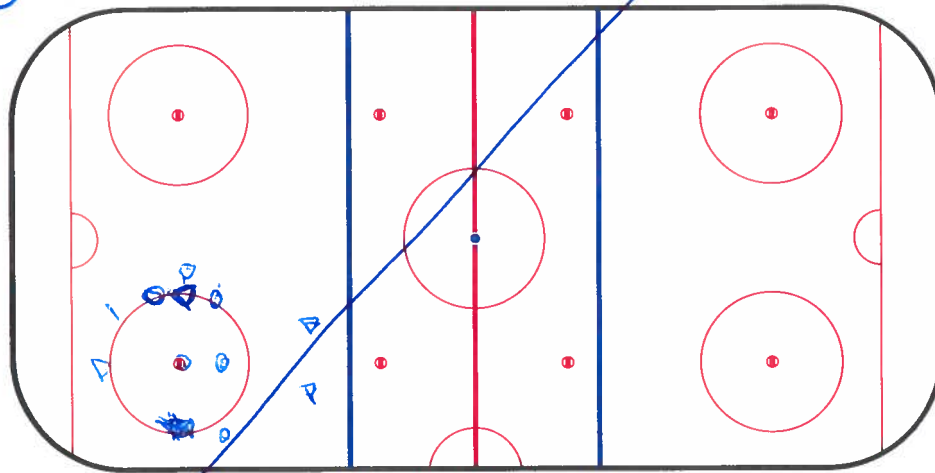
4



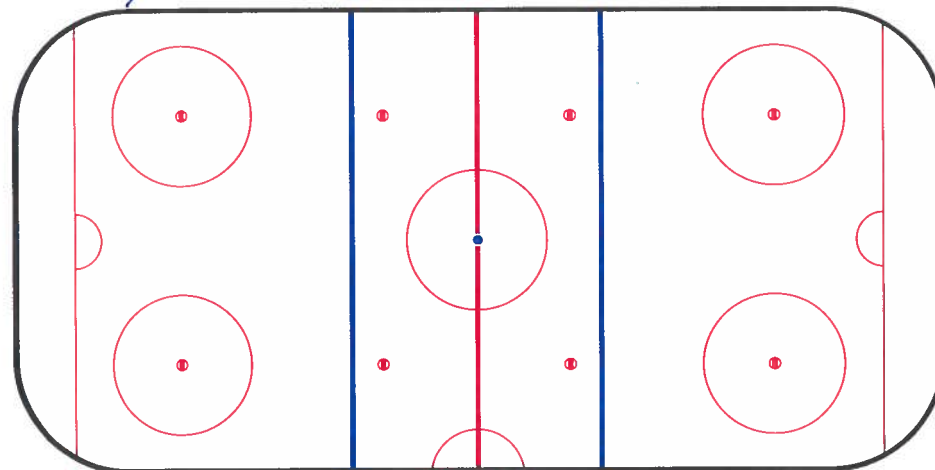
3-2

Spur

5



5-5





TEAM: U13

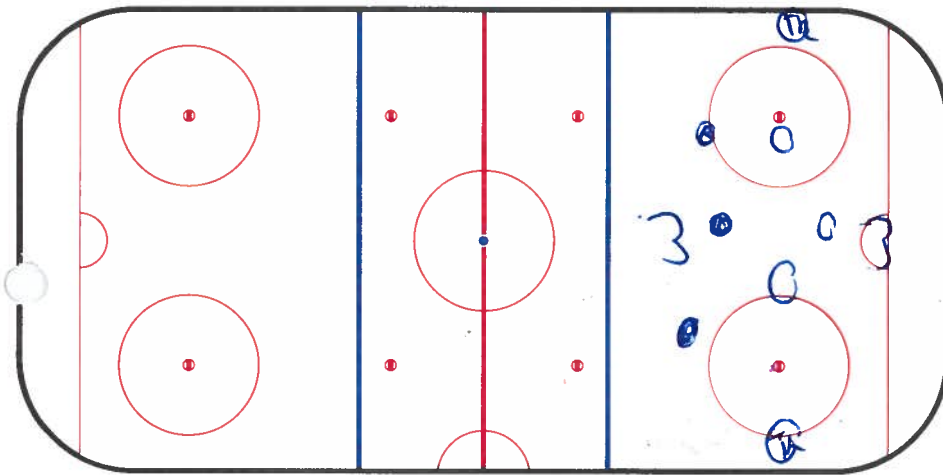
DATUM: 24.08.21

TRAINER: Markus, Mark
15³⁰ - 16³⁰

Dave, Moritz

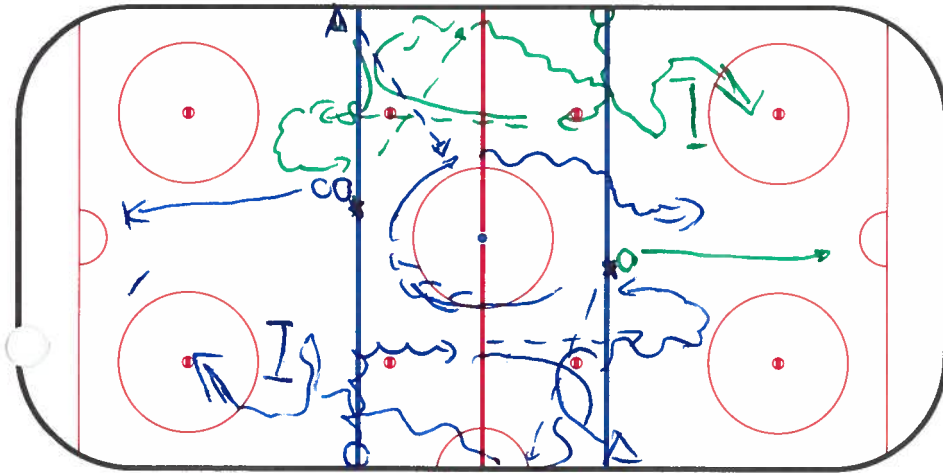
Tilman	Xaver	Yousaf
Tharben	Max B	Dom...k
Max T	Lorenz	Ph. Kipp
Raphael	Flavio	Simon
Flavio	Alex	
Valentin	Arthur	
Melanie	Christian	

TRAININGSPLAN



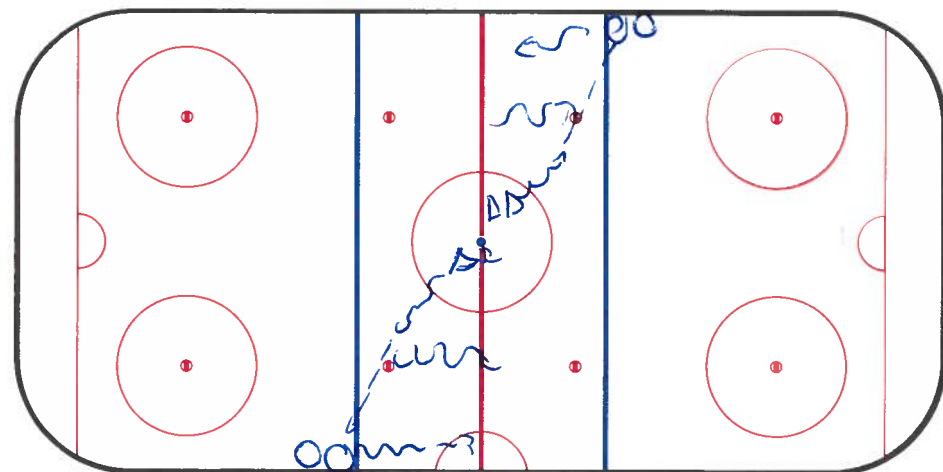
Warm up Spiel
3-3

Trainer Joker



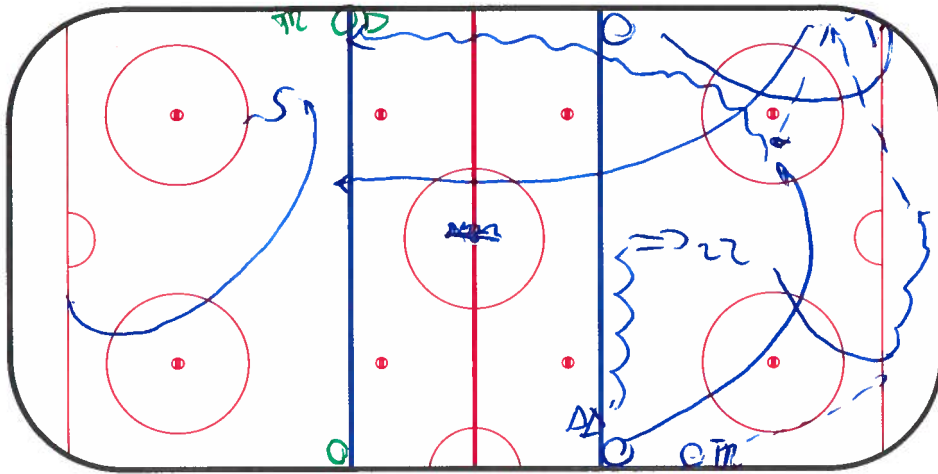
Passübung

Aufbau / Nachschuss
VT schuss von der
blauen Linie
ST vor dem Tor



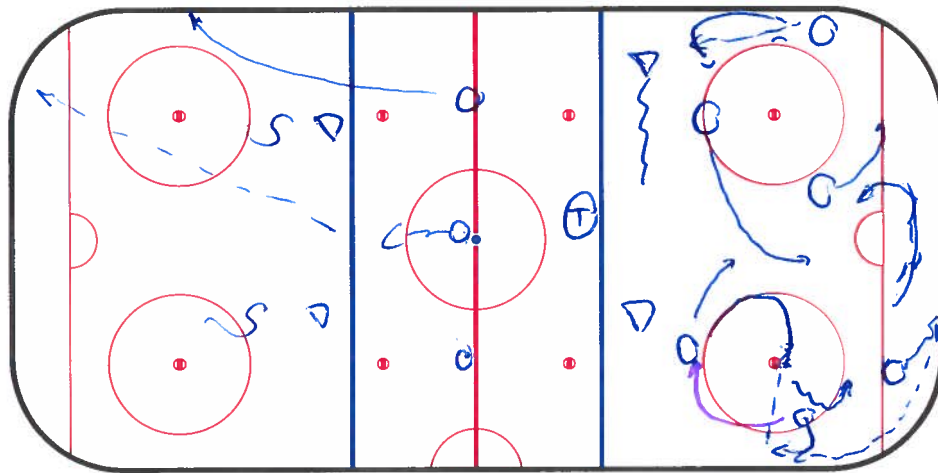
1-1

Linie abwechseln
VT - ST



Aufbau 2-1

b

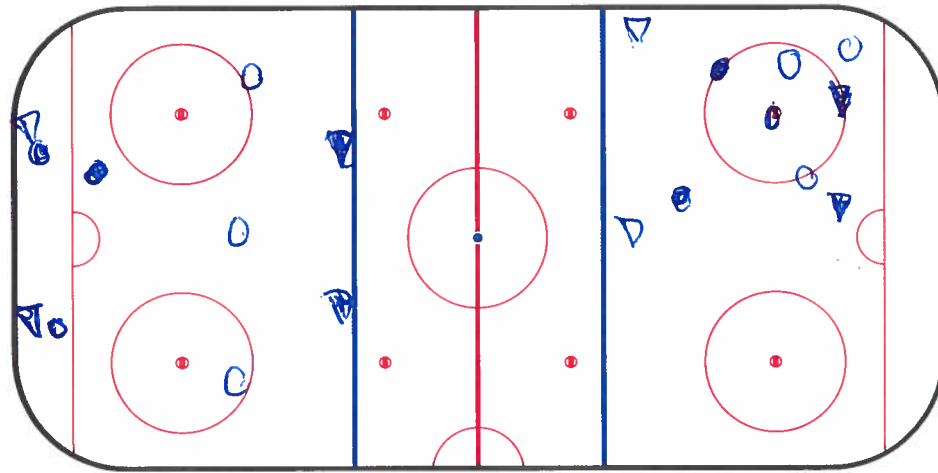


a ST e1 Rotation

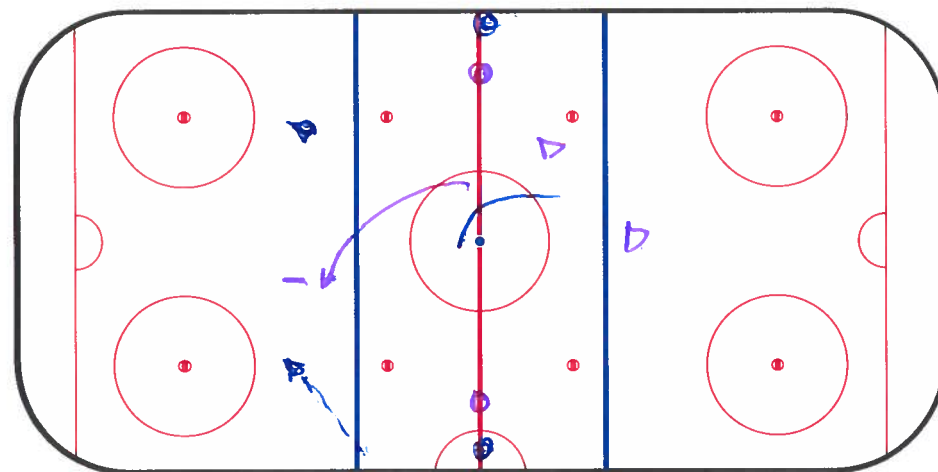
b, Pass in VT

b Aufbau kurz / lang VT-0
3-2 Regroup

a1



5-5 B1



Regroup VL

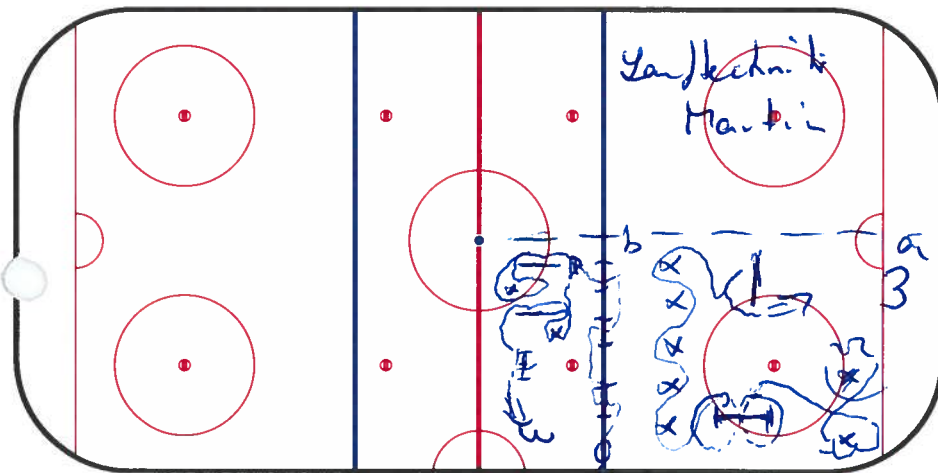
Vertikale Zone

5-5

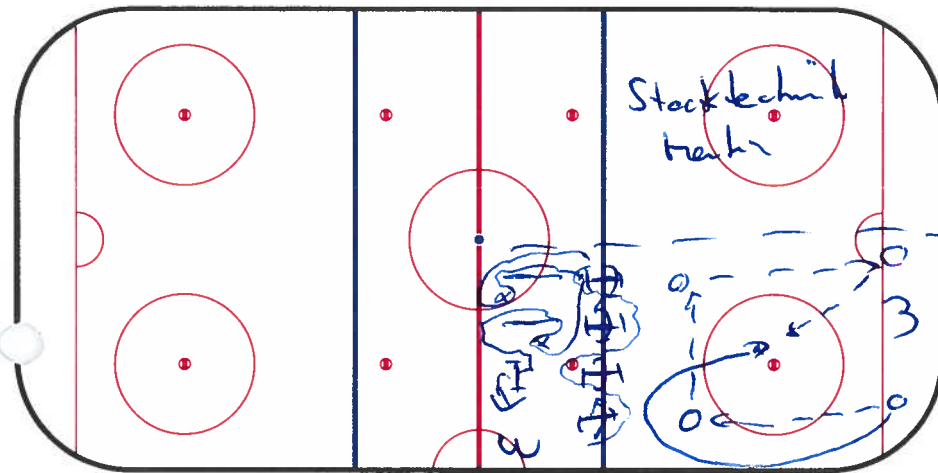


TEAM: U11/ U13
DATUM: 28.08.21
TRAINER: Markus, Martin,
Marck

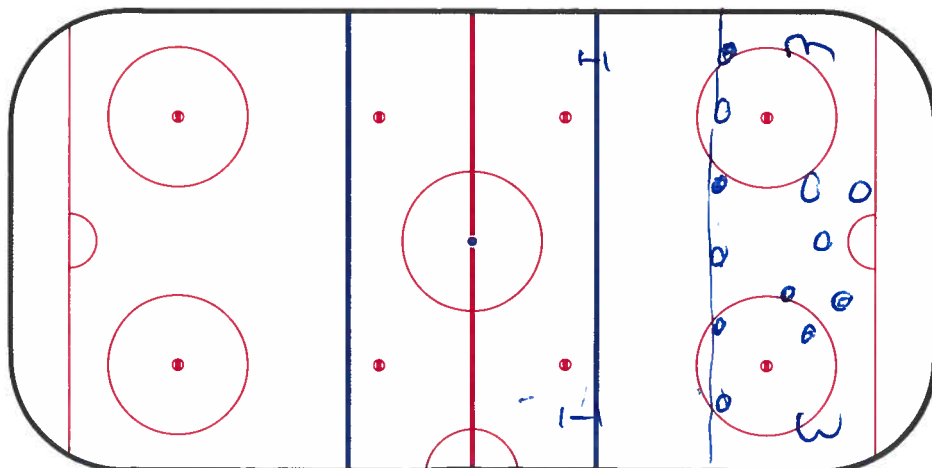
TRAININGSPLAN



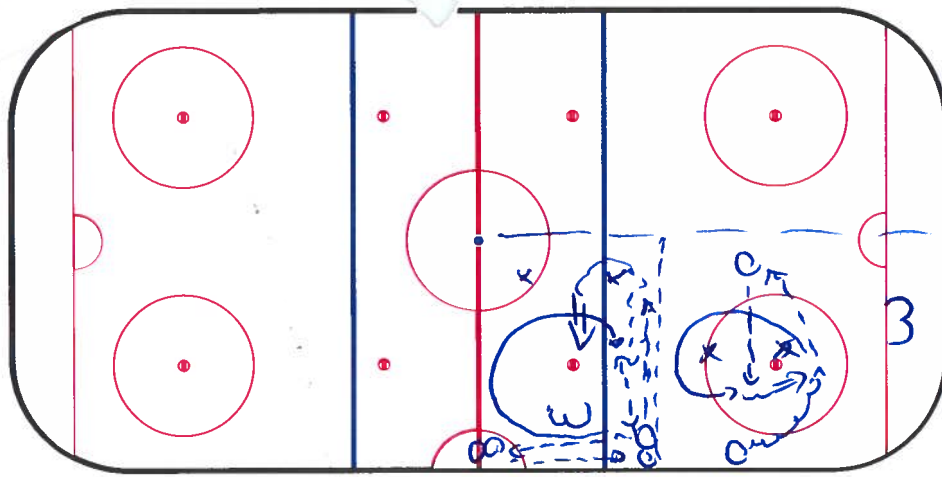
- Langhecktechnik Martin
- a, - Stocktechnik b, Salen
- W-W Puckführung
- canadien Canadien
- Salen lange Hand
- Fuh



- Stocktechnik Martin
- a, Pass technik
- b, Puckführung seitlich
- Canadien - lange Hand



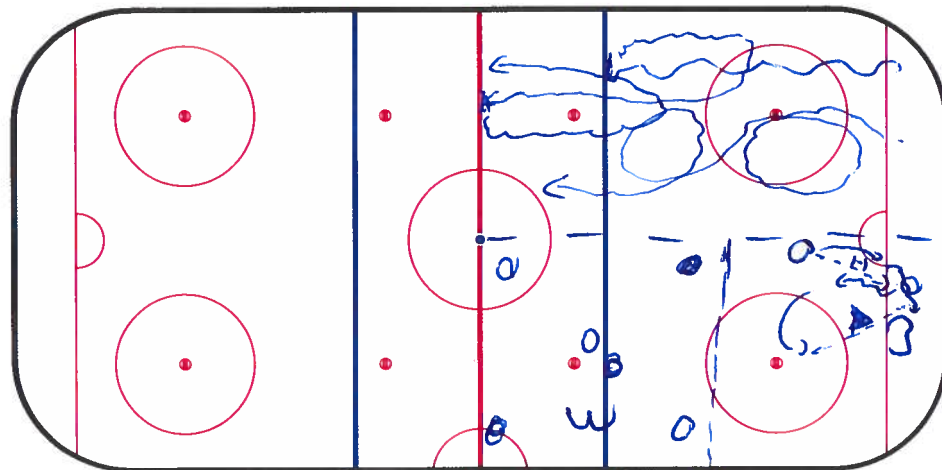
SPIEL 3-3
belegte Bande



Skills

- Line work vv-vv
- Aufbauten vv-vv
- Gerade Knie vorne
Innenbein

- Passübung
Richtungswechsel
- Passübung



- Stecktechnik
- Puckführung - Richtungswechsel
- Überqueren

- Puckführung seitlich

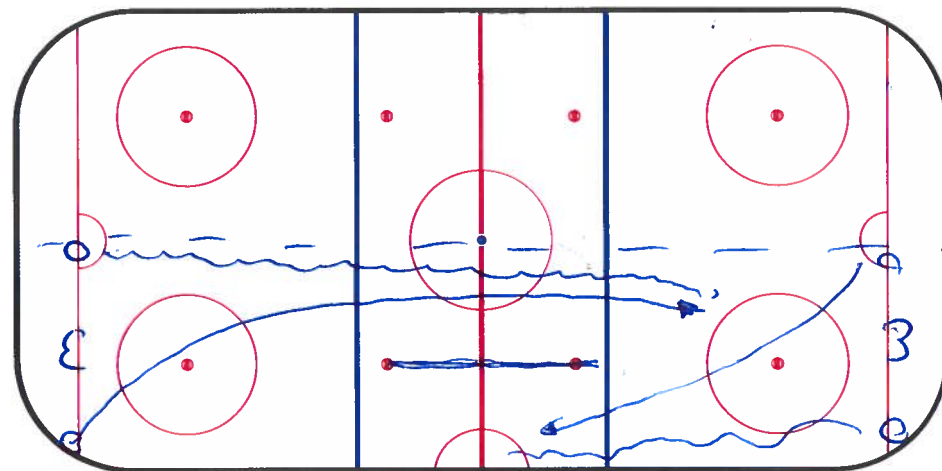
2-1

aus der Ecke

Kreuzen

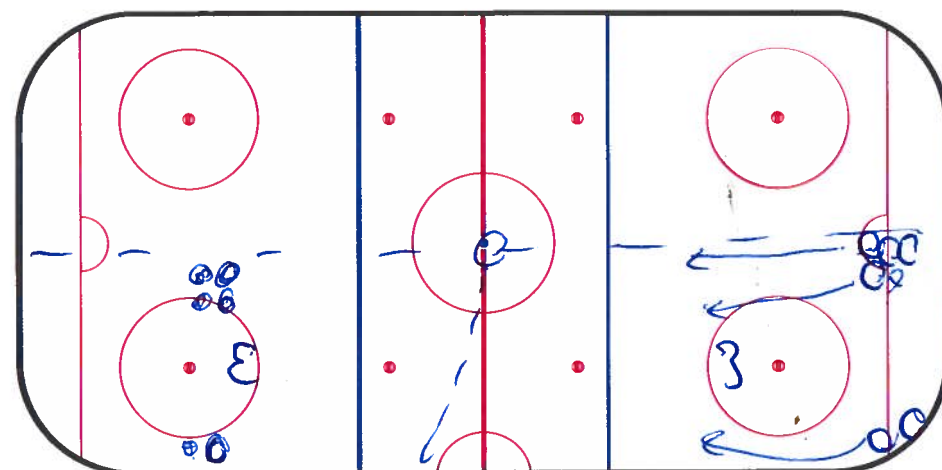
1-1

2 gegen



Aufnehmen seitlich

1-1



3-3



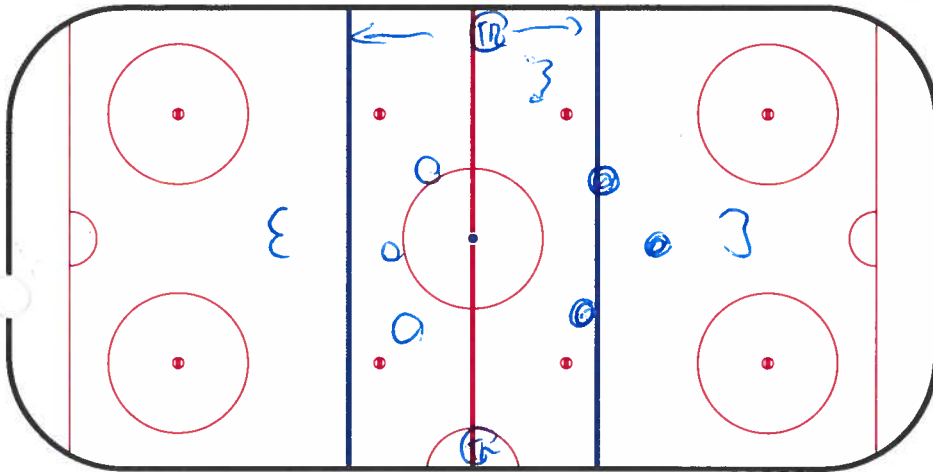
TEAM: U13

DATUM: 29.08.21

TRAINER: Markus, Marc
15:55 - 16:10
16:30 - 17:30

Tür	Xaver	Yusuf
Thorben	Max: B	Maximo
Max: T	Yorenc	Phillipp
Raphael	Simon	Dominik
	Marinus	Alex
Abg. → Valentin	Luka	
	Melanie	Christian
	Simon	

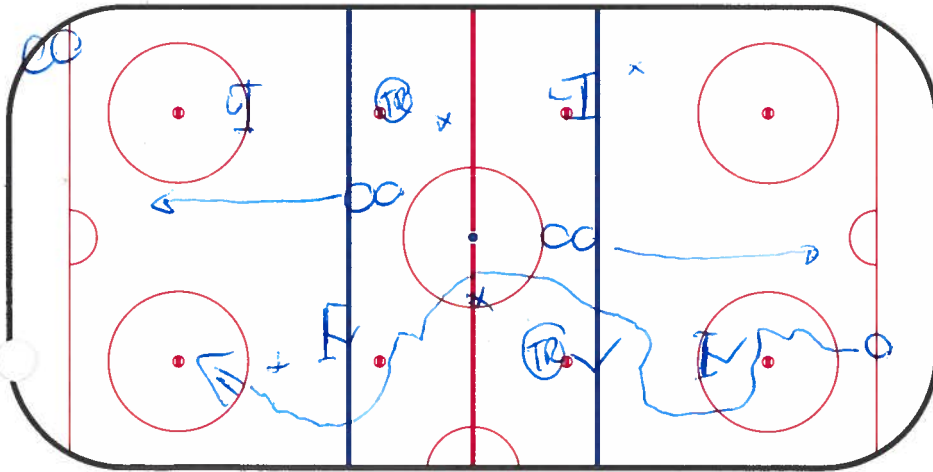
TRAININGSPLAN



Dauer Platz 5-8

Warm up Spiel
3-3

TR als Joker
mit spielen

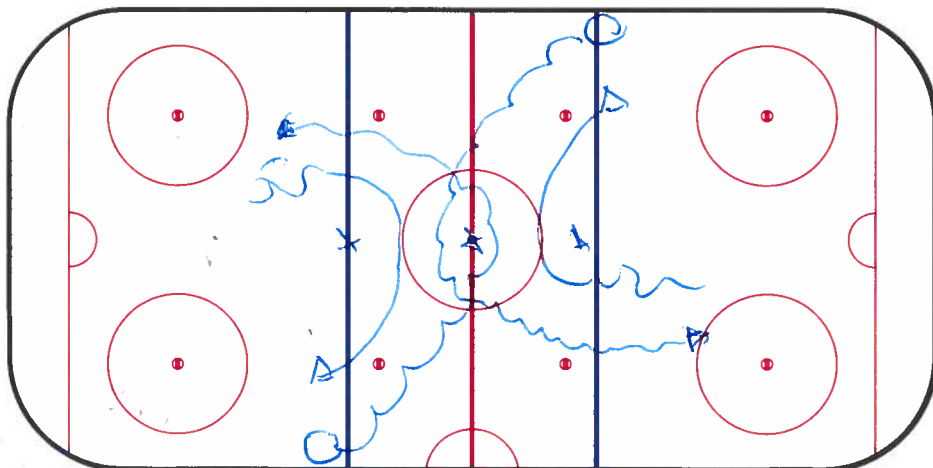


Sticktechnik

Puck schute

2SP Nachschuss

hau auf's Tor



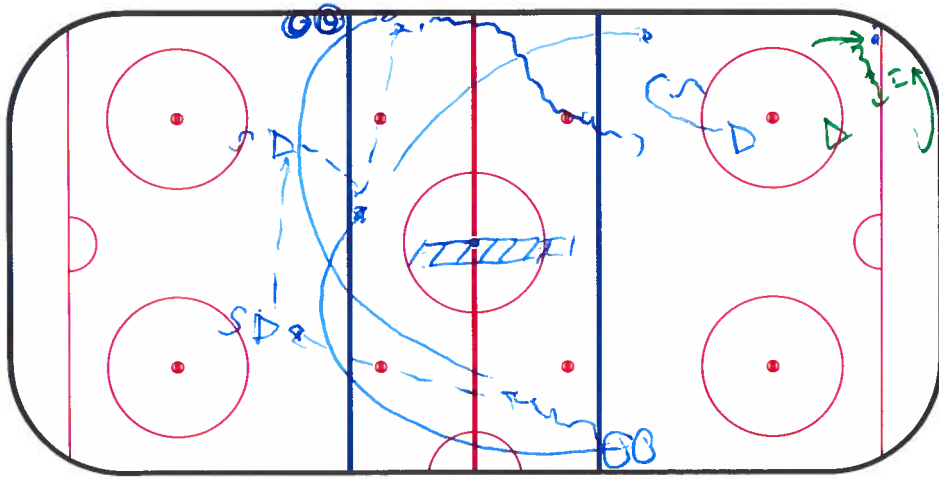
1-1

an nehmen

vw-vw

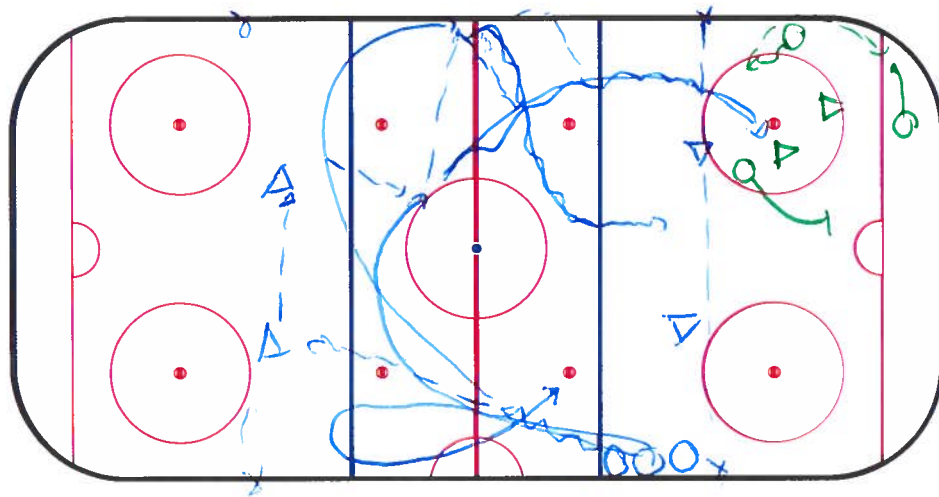
ST-VT abwechseln

Zusammenstoß defensive
offensive

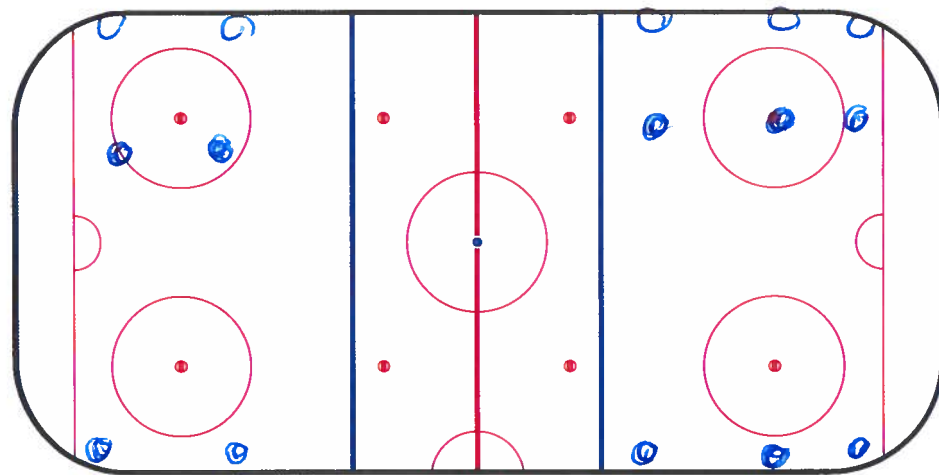


10'
Aufbau
2-1 ^{pass} Timing
2-1 aus der Ecke

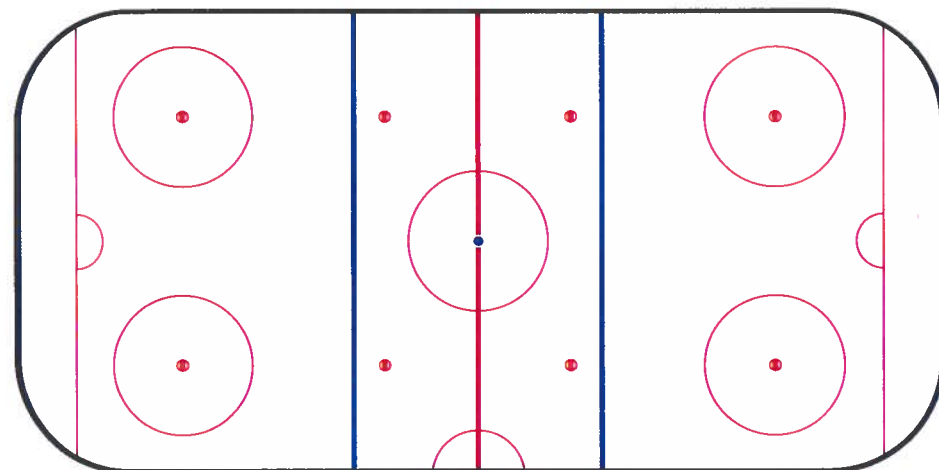
beide Sätze



10'
Aufbau
3-2
3-2 aus der Ecke



10'
SPIEL
2-2 / 3-3
Def. jede Seite Mann
OFF. überzahl / situation
(Schlechte) und um
erzwingen Teil



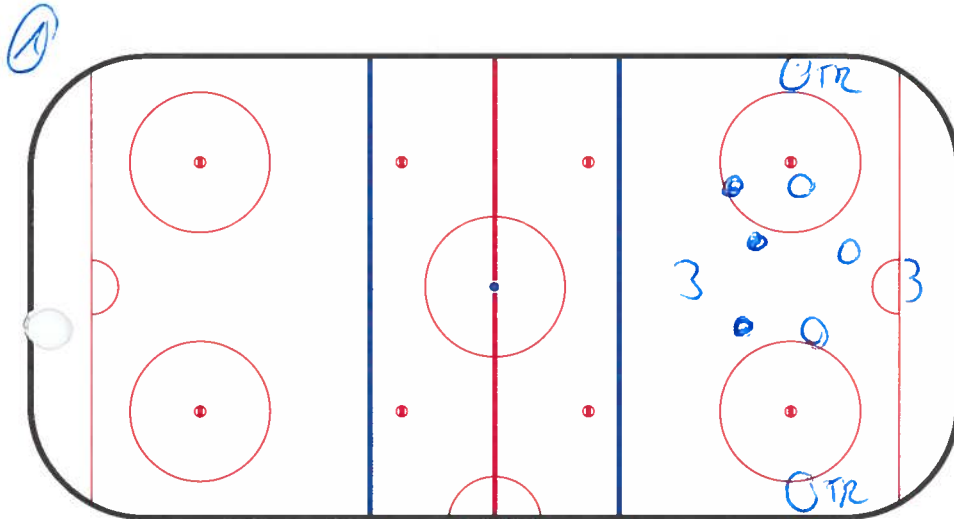
5-5
Bullysituationen
Defensive Zone
OFFENSIVE Zone
Neutrale Zone



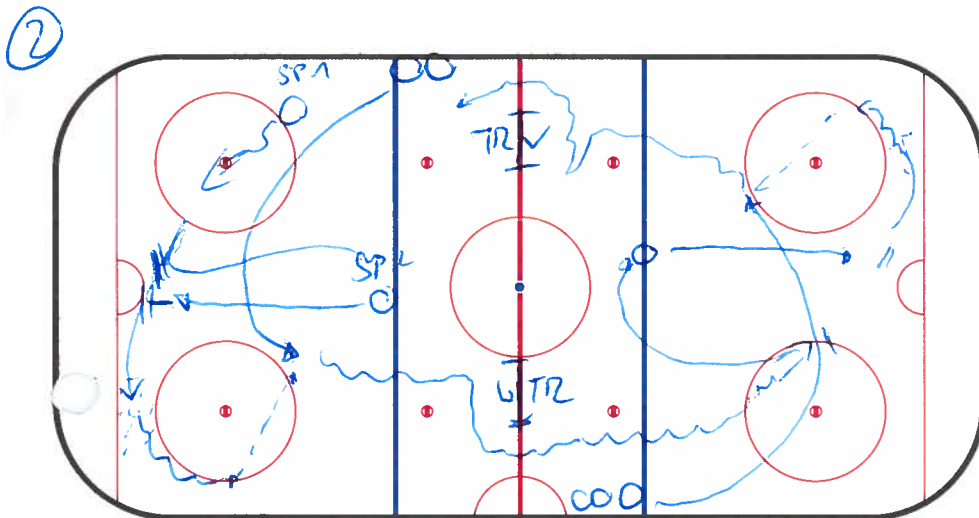
TEAM: U13
 01.10.21
 DATUM: 1530-1630
 1635-1710
 1715-1815
 TRAINER: Markus,
 Marek

Tilman	Xaver	Levi
Thomas	Maxi B	Antoine / Sebastian
Pommitz	Lorenz	Philip
Simon	Raphael	Leon
Marinus	Alex	
Valentin	Enka	
Kulwin	Christian	

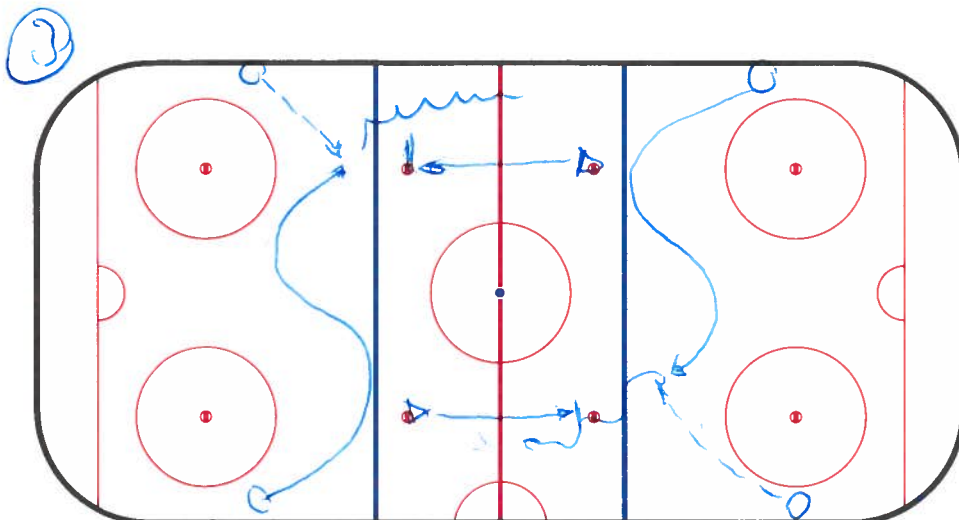
TRAININGSPLAN



5-8
 Warm up SPIEL
 3-3
 auf 2 Tore

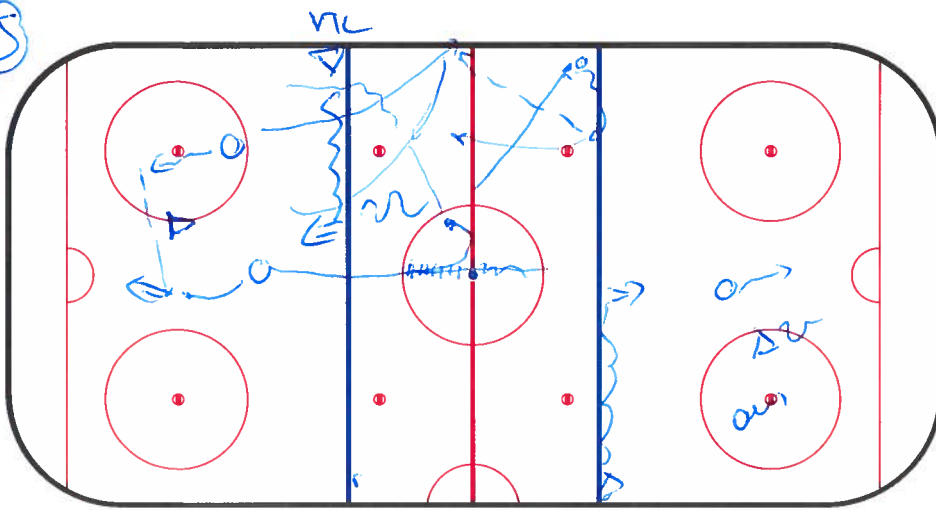


5-8
 1-0
 SP2 Nachschuss u. Aufbau
 Täuschung von innen
 hoch außen mit Tempe



5-8
 1-1
 aufnehmen

5



2-1

5-8

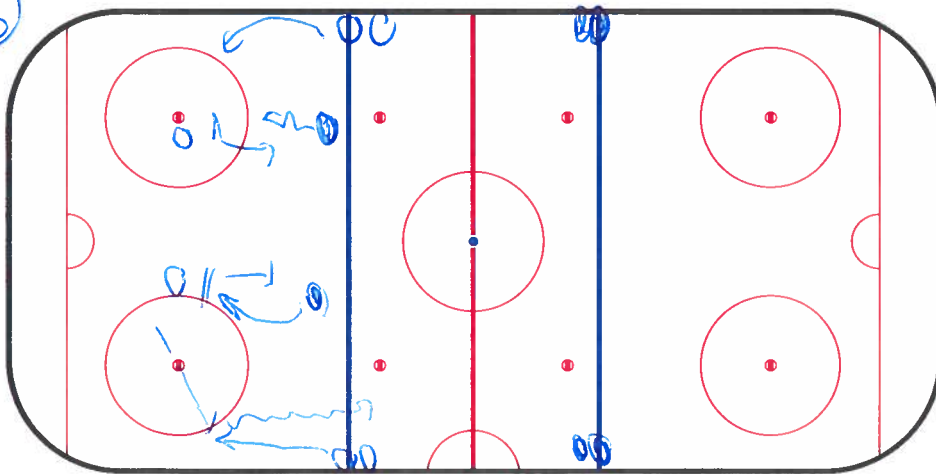
VT schuss blaue

Linie

Schneller Aufbau Mantelzone

3-1

6



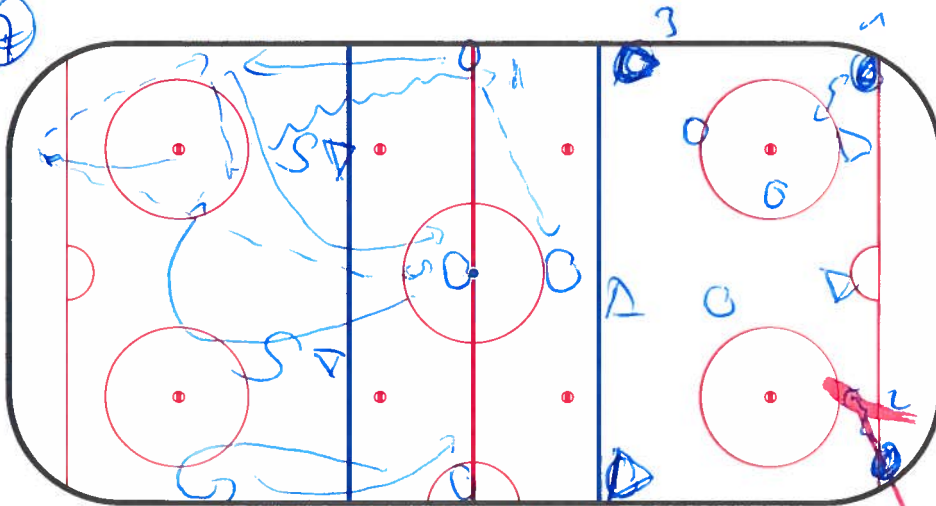
2-2

5'

OFFENSIVE - DEFENSIVE

Umschaltspiel

7



a. Aufbauzone kurz

selber hinterster

VT-VT

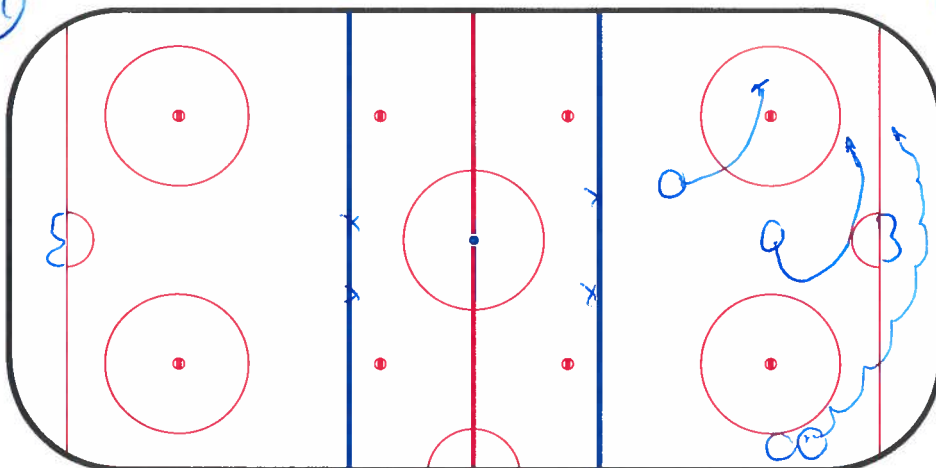
3-2

b. eigene Zone

Defensive Arbeit

Abwehrseite halten

4



5-5

Großfeld

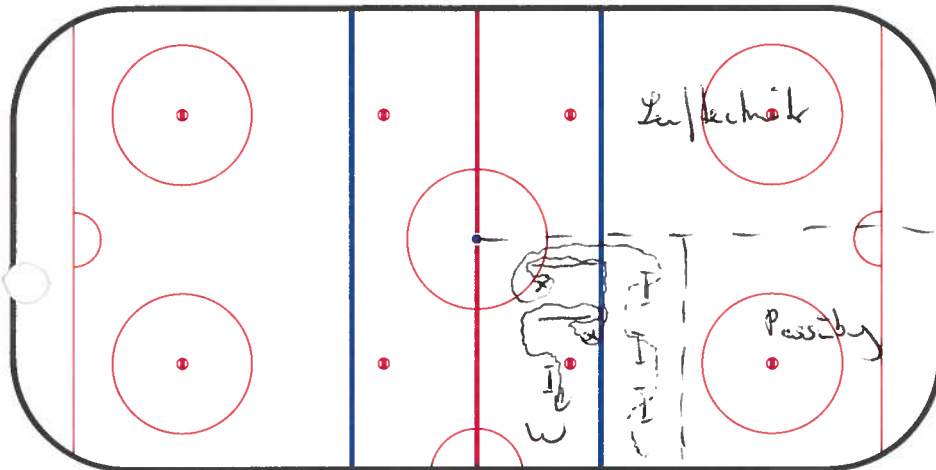


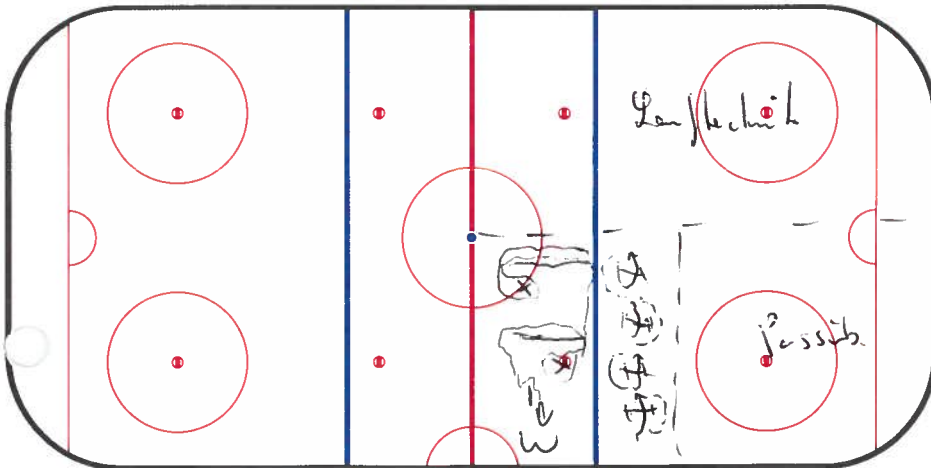
TEAM: U11 15.10-16.10
 DATUM: 5.10.21
 TRAINER: Markus, Mark-
 U13 16.10-17.10

T.ner	Xauer	Impf.
Maximo	Max B	Philipp
Max T	Lorenz	Alfken
Sebastian	Marvin	12.10.2021
	Alex	
Melanie	Christina	
Simon	Julia	

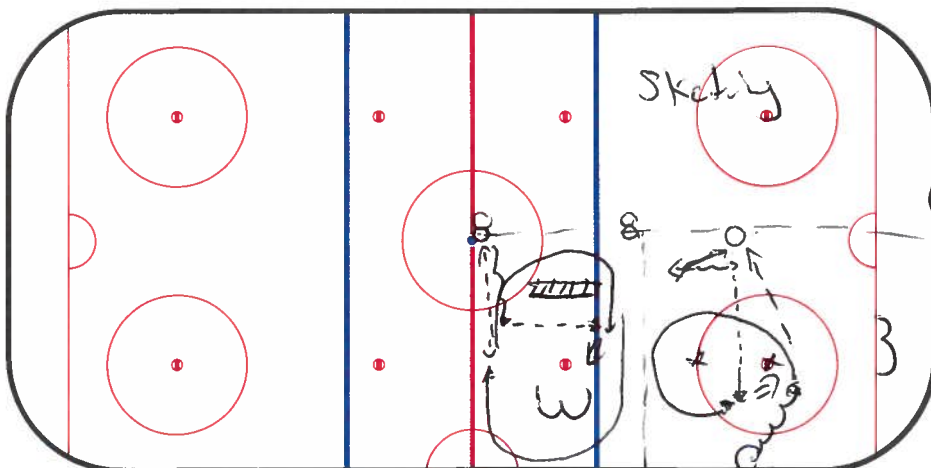
TRAININGSPLAN

U11

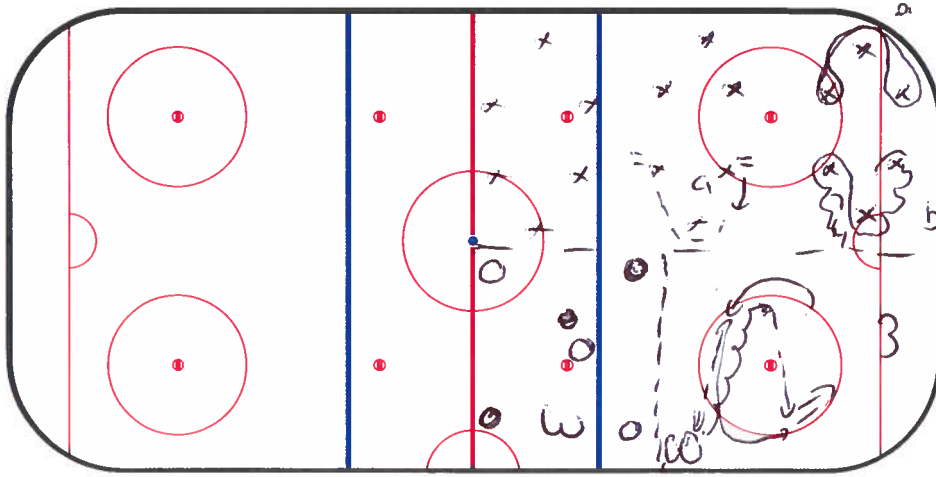




U13

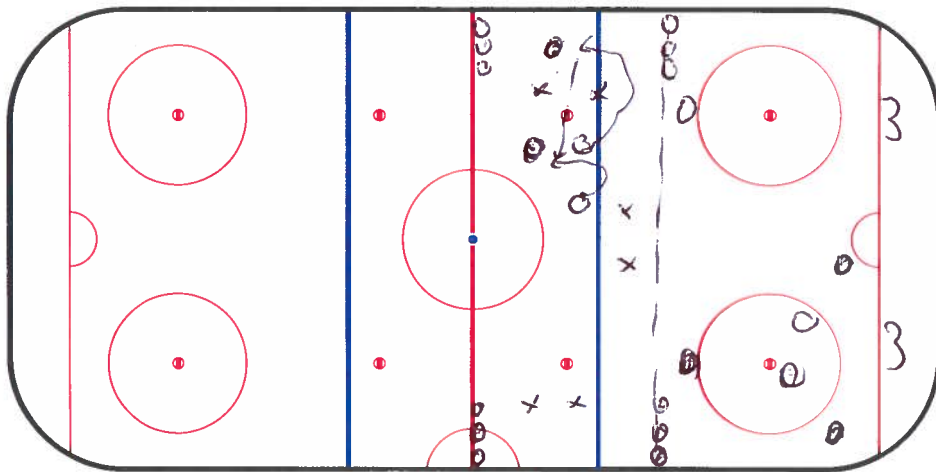


1. Innenkante u-vw 5-8
 Außenkante u-vw
 Ende der u-vw
 Pusch
2. Passübung 5-8
 Richtigwechel 1-0
3. Passübung 2-0 5-8



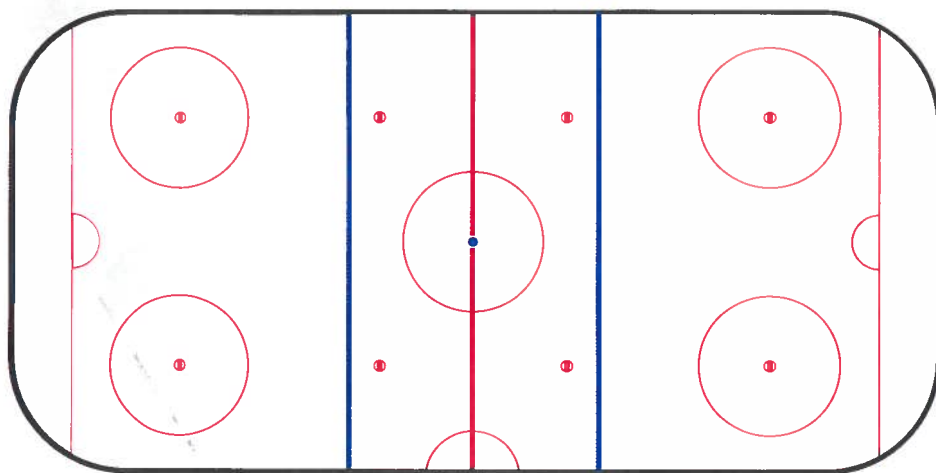
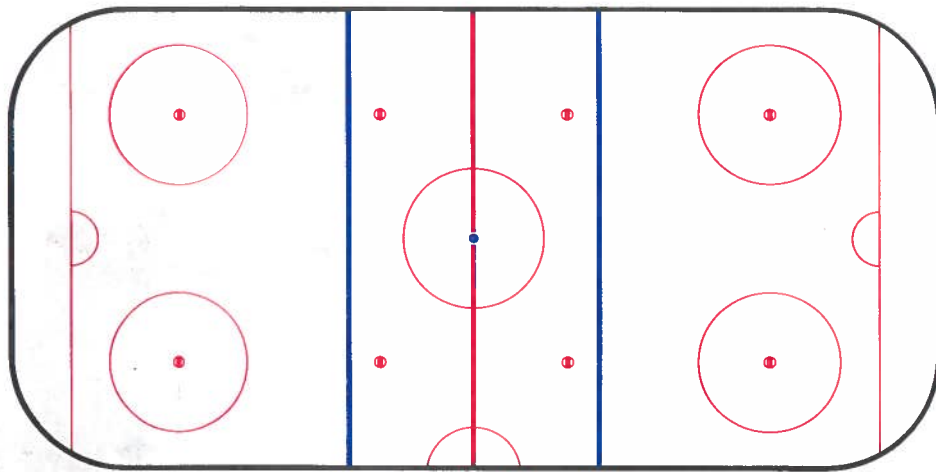
- ②
- Canadian überleben 5-8
 - W-W
 - Hip wren
- ② Possibility 2-0 5-8
Kunze
- ③ 1-1 5-8

20'



- Spiel 3-2 20'
Umschaltspiel
OFFENSIVE - Defensiv

- Spiel 2-2
durch die beiden
Pylonen Passen 1 Punkt

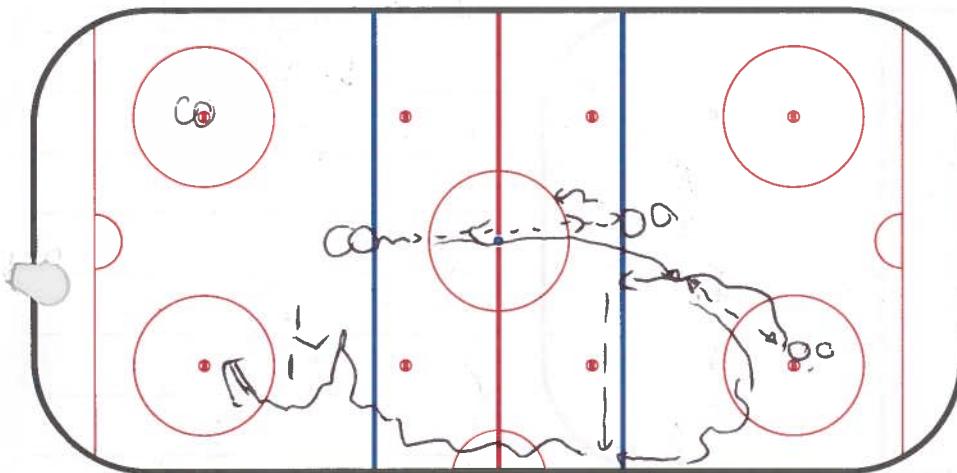




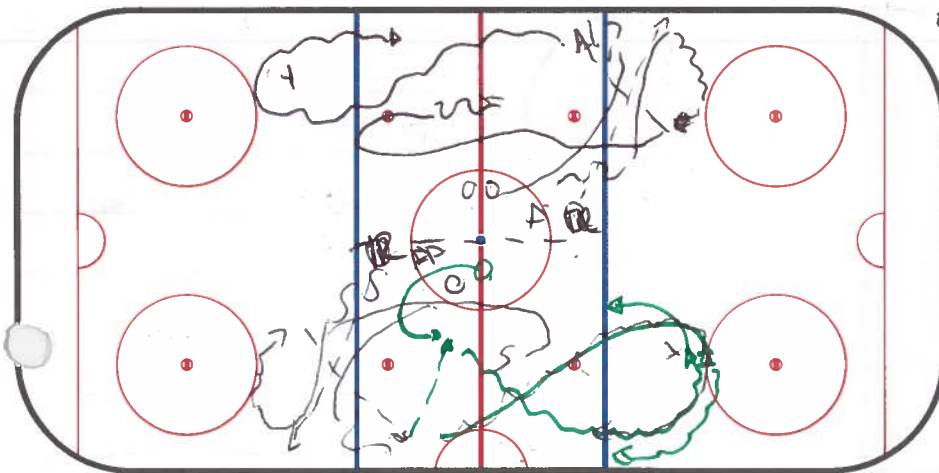
TEAM: U13 16^{te} 17^{te}
 DATUM: 6.10.21
 TRAINER: Markus, Marek

Tobias	Xaver	Lampi
Maxime	Maxi B	Philipp
Youn	U11	U11
Reppel		
Marius	Alex	
Melanie	Christin	
Arthur	Uelentke?	Simon

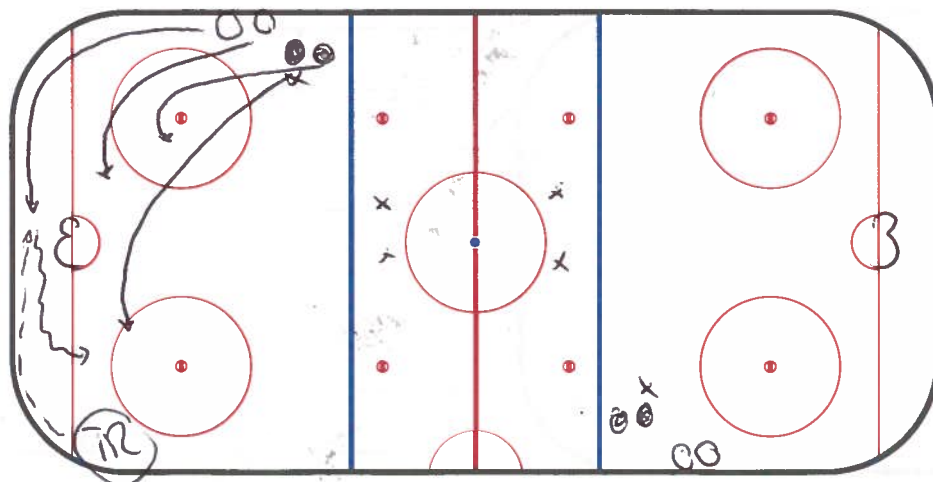
TRAININGSPLAN



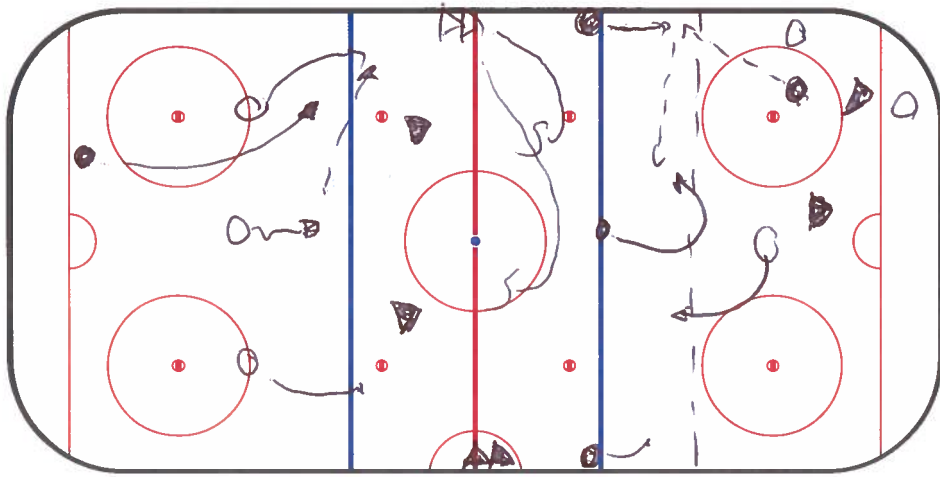
5-8h.
 Passübung
 Transition
 von Innen nach außen



5h: = 8
 a, 1-1 Aufbau
 b, 2-1 5h: = 8
 10'

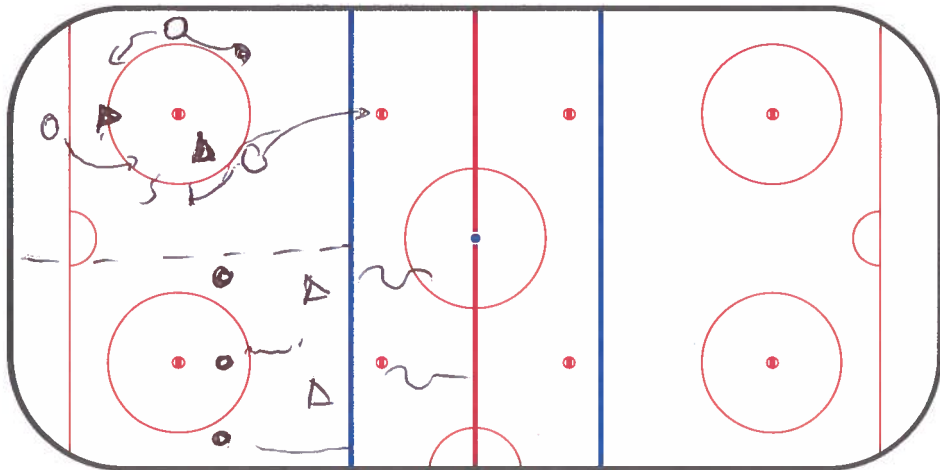


10'
 2-2
 alle Spieler starten auf
 Pfl
 offensive
 Geschwindigkeit hinter
 defensive
 aggressive attackieren
 Selbst aufnehmen



3-2 (100)

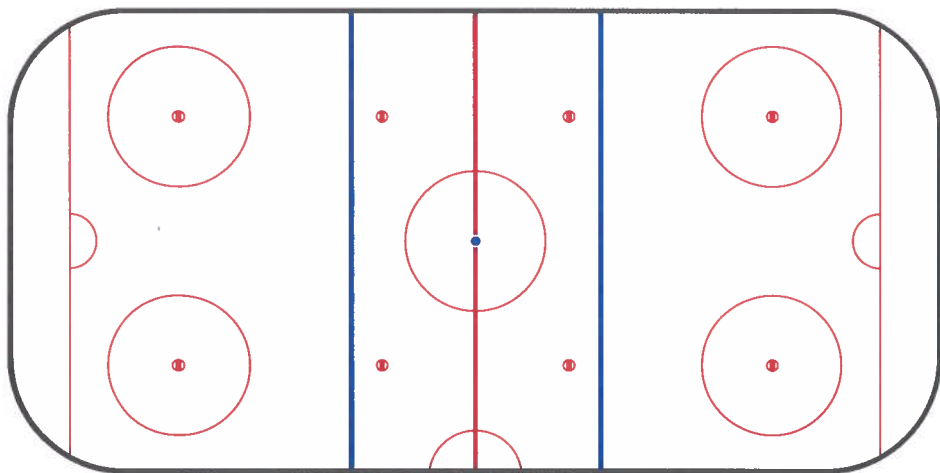
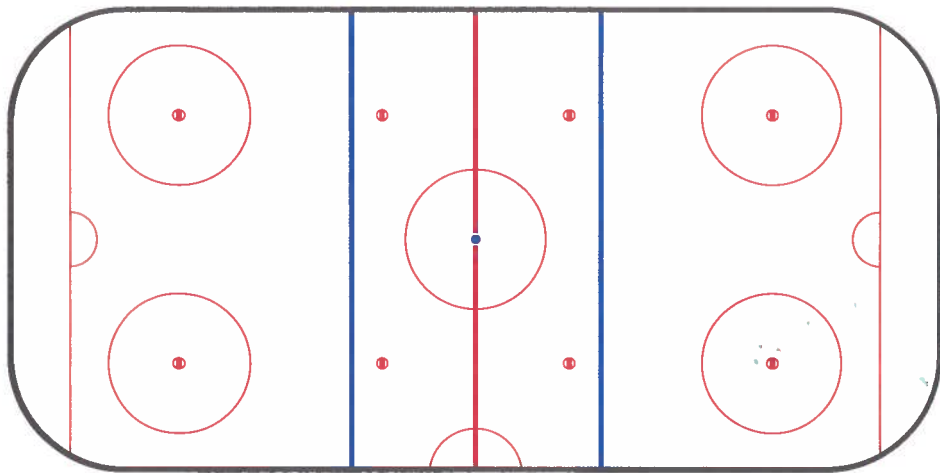
101



3-2 and 5-5

101

5-5





TEAM: U13

DATUM: 08.10.21

ET 15:30 - 16:30

TRAINER: TT 16:40 - 17:15

Tilim ^{Yuka} Xaver ab.

^{Raphael} Lumpi

Max: T Max: B

Lorenz

Leon

Mauro

Philipp

Raphael

~~Yuka~~

Maximus

Alex

Christin

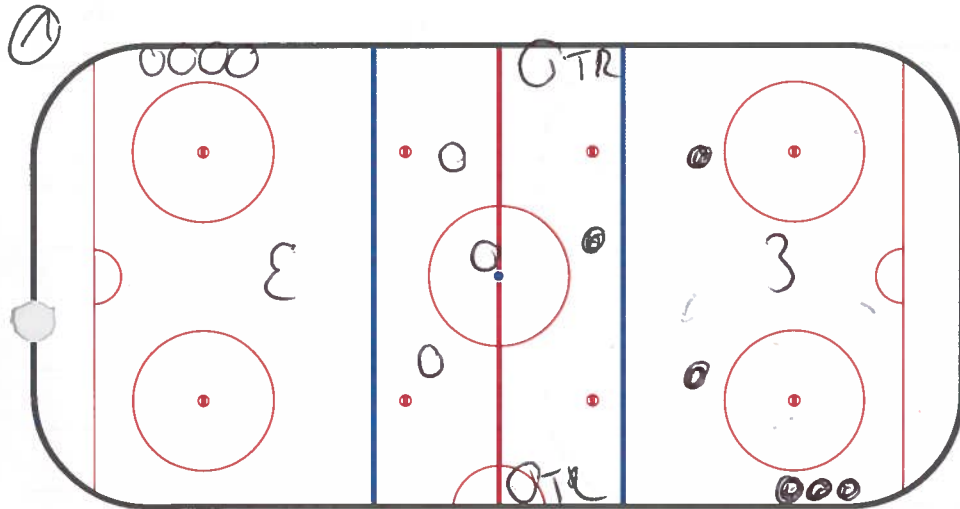
Simon Melnick

~~Arthur~~

Valentin

TRAININGSPLAN

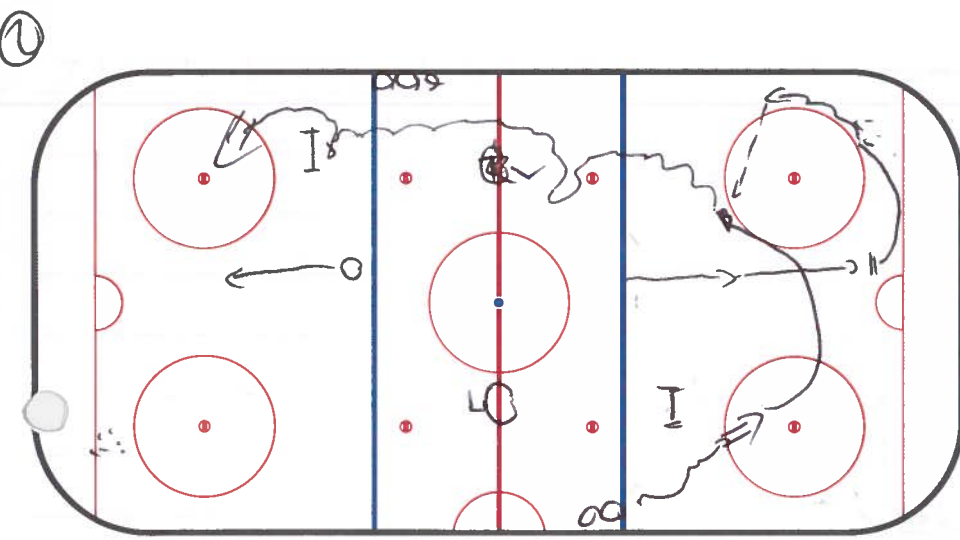
5-8



Warm up - SPIEL
3-3 mit Joker (TR)

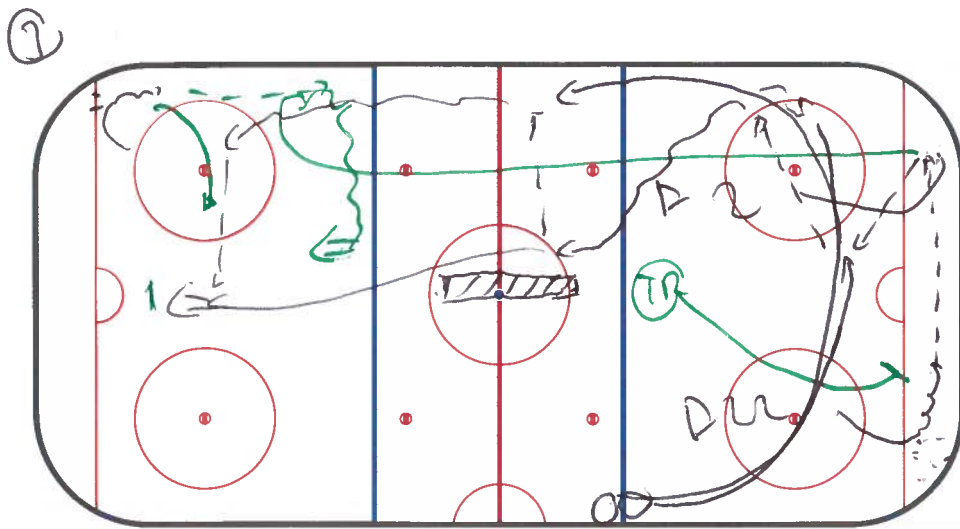
Tilim Xaver Lumpi
Max: T Max: B Philipp
Leon Mauro Lorenz
Maximus Alex
Christin Melnick
Valentin Simon

5-8



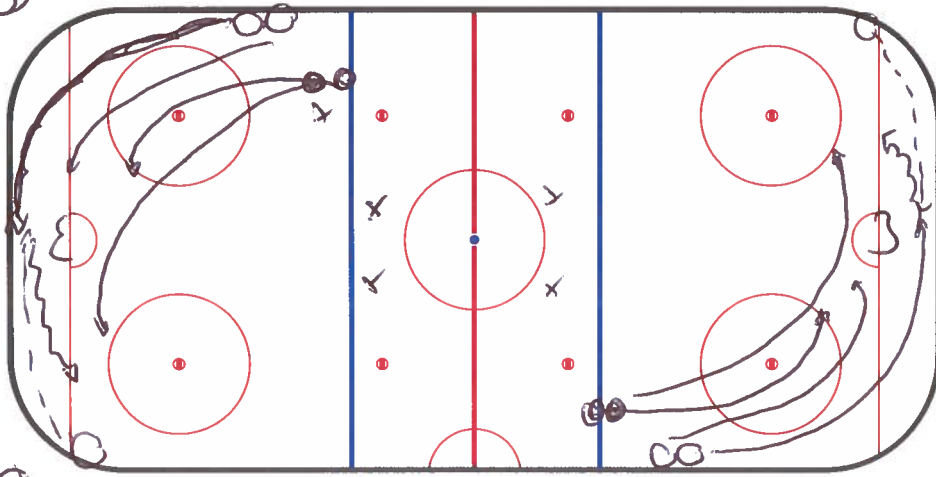
Stocktechnik
Puckschütze

10



Aufbau 2-3 # 15

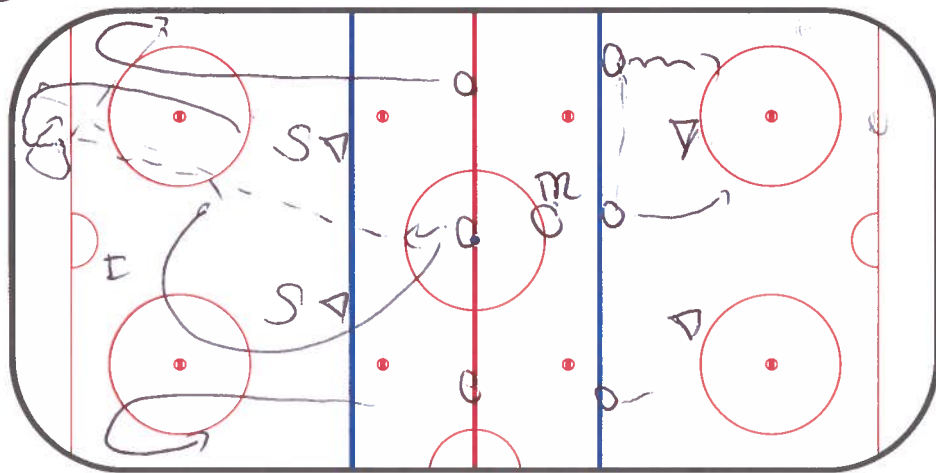
5



2-2
OFFENSIVE
Geschwindigkeit
hinter Tor
Defensive
attraktiv aggressive

5-8

6

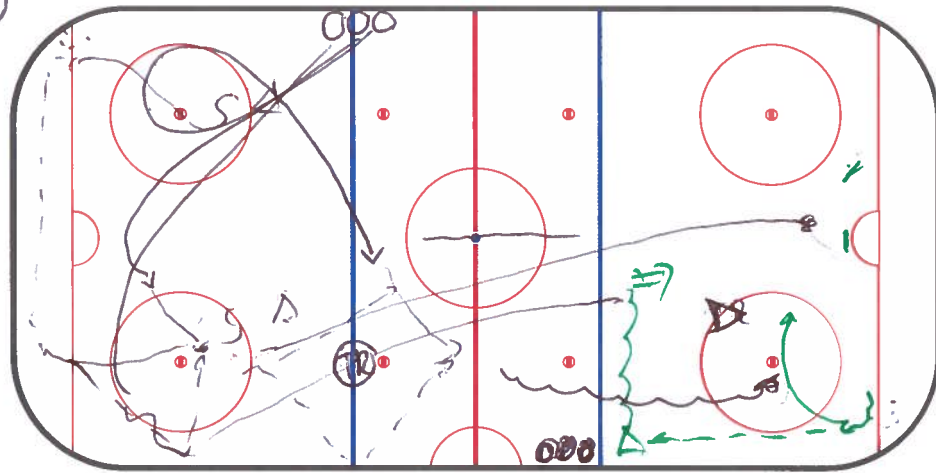


a Aufbau
Regroup 3-2
kurz, lang, VT-VT

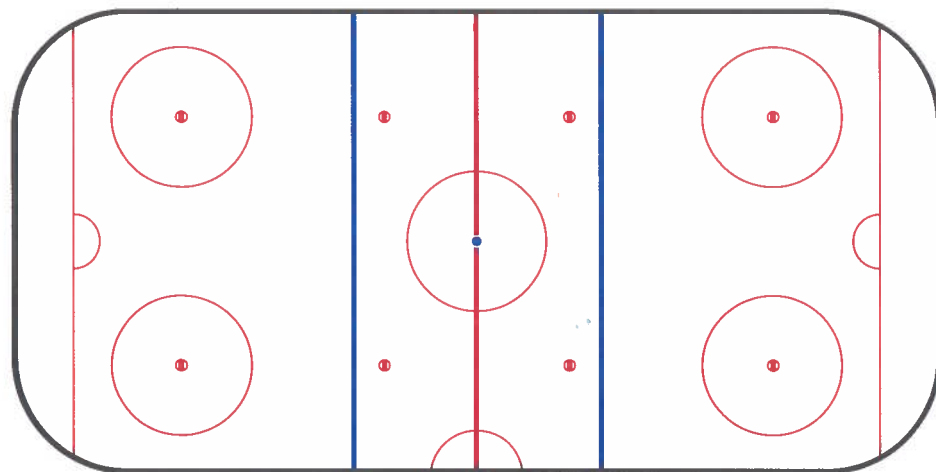
10

b 3-2
- aus der Ecke

7



Aufbau 3-1 + VT

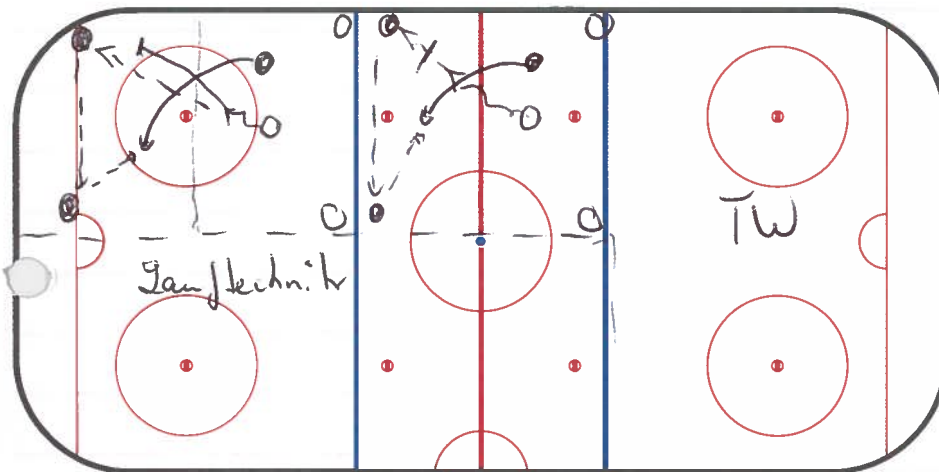




TEAM: U13 16.00-17.20
 DATUM: 11.10.2021
 TRAINER: Markus, Marek

Tina	Xaver	Lara
Thorben	Max B	Maximo
Maxim	Lorenz	Philipp
Dominik		
Alex	Leon	Leon
Valentin	Leon	Leon
Melanie	Christina	Leon
Abs. Rhael, Arthur, Maximus, Simon		

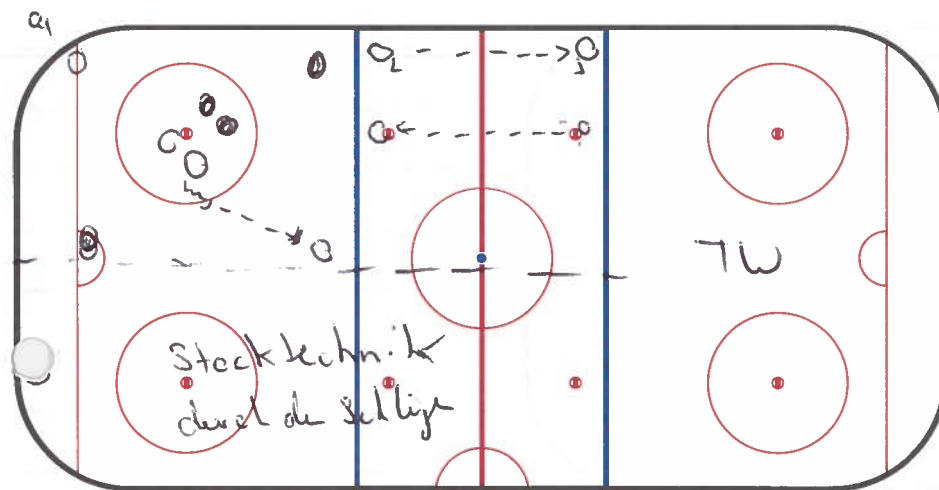
TRAININGSPLAN



a. Passübung mit Druck 10'

b. Lauftechnik 10'

- Innenkante uu-vu
- Außenkante vu-vu
- übersehen
- canadi
- Puck brechen



a. 2-2 10'

b. Stecktechnik 10'

Teleskop Puck durch
 die Schläge führen

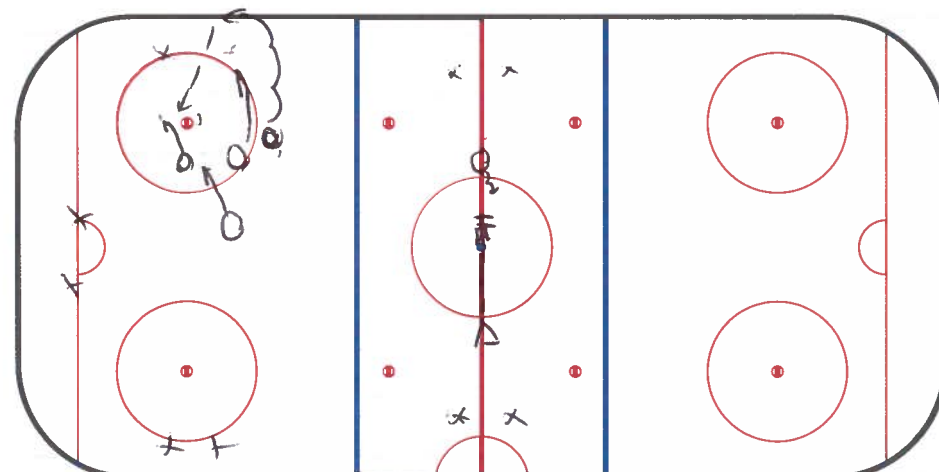
a. Passübung 10'

UH seitlich 11 11

Vorne 11 11

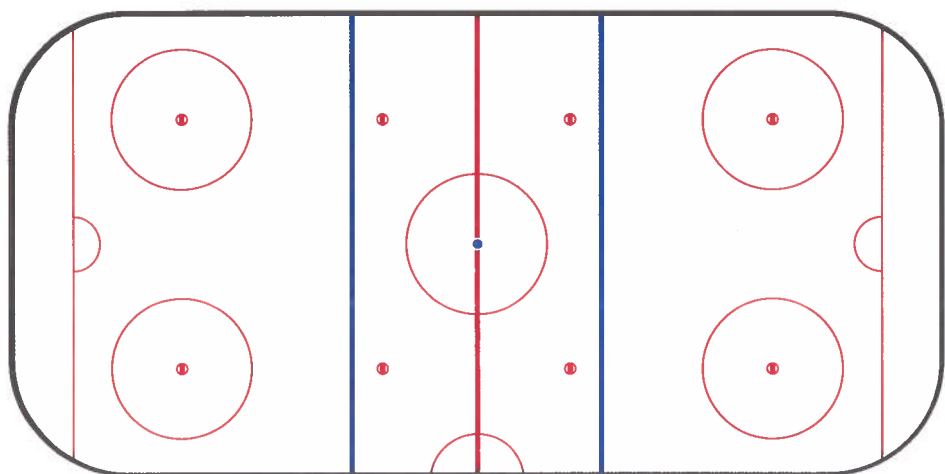
hint 11 11

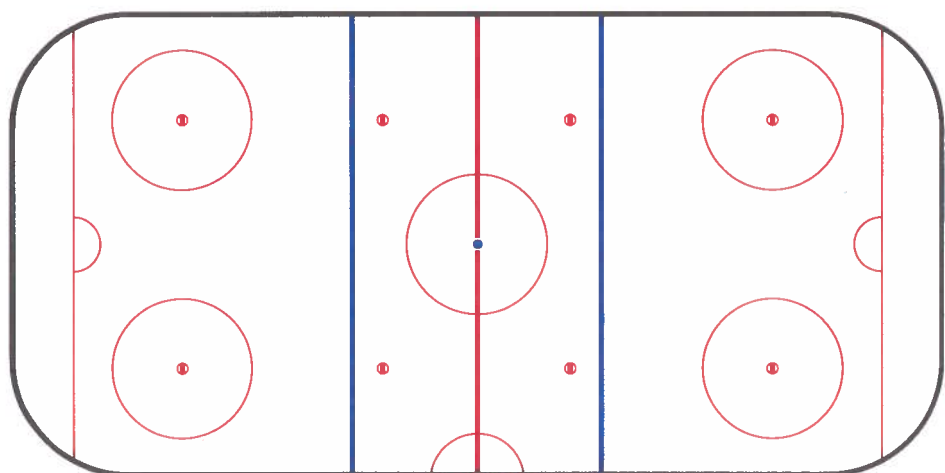
RA annehmen

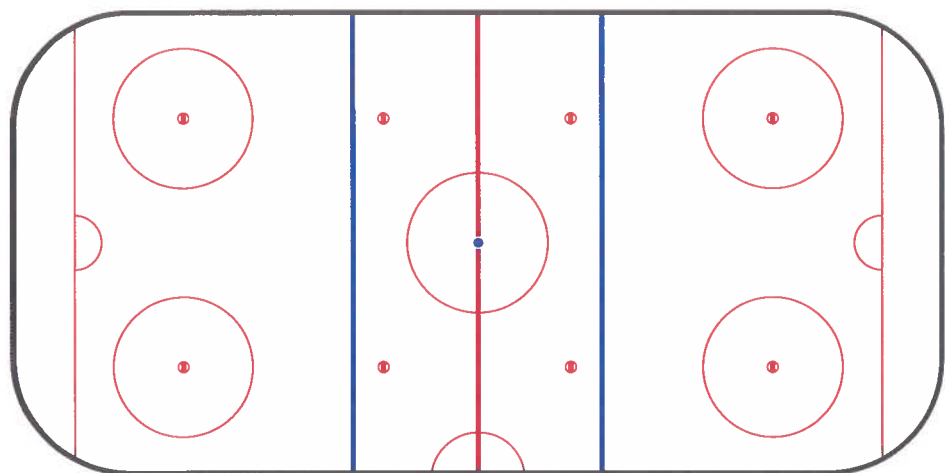


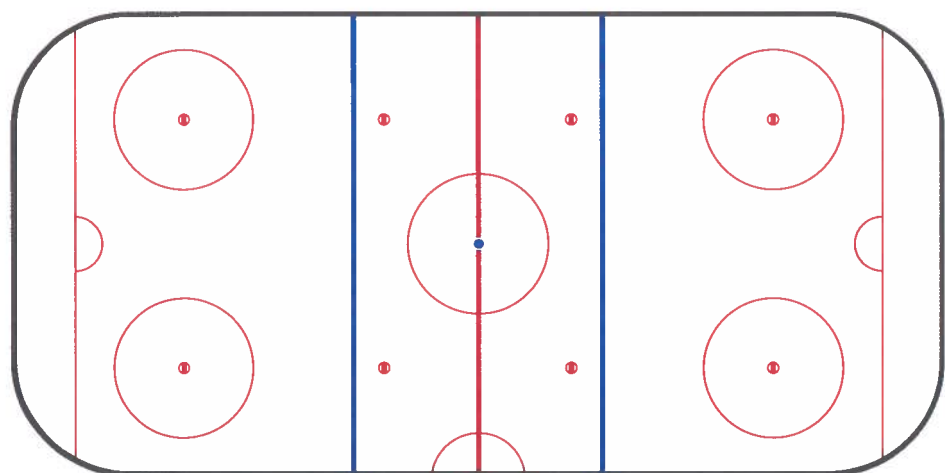
a. 2-2 durch die
 Pylone passen

1-1 durch die
 Pylone führen











TEAM: VM / 15¹⁰ - 16¹⁰

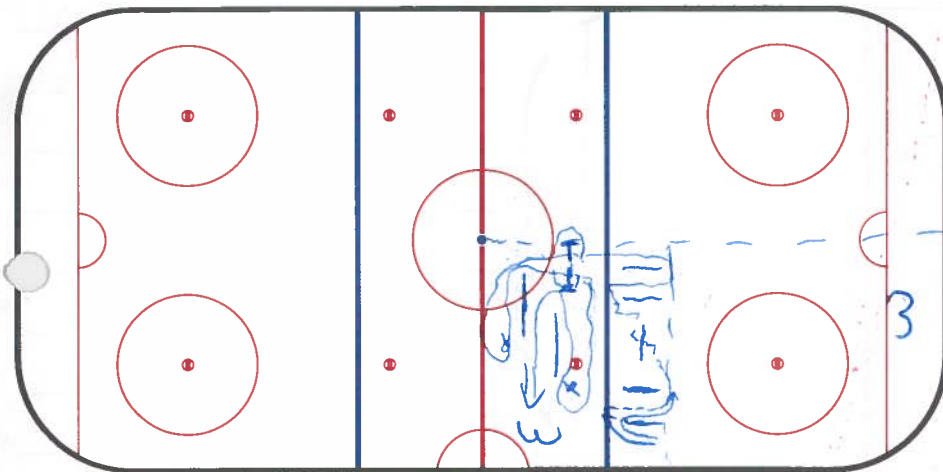
DATUM: 12.10.21

TRAINER: Markus, Machy

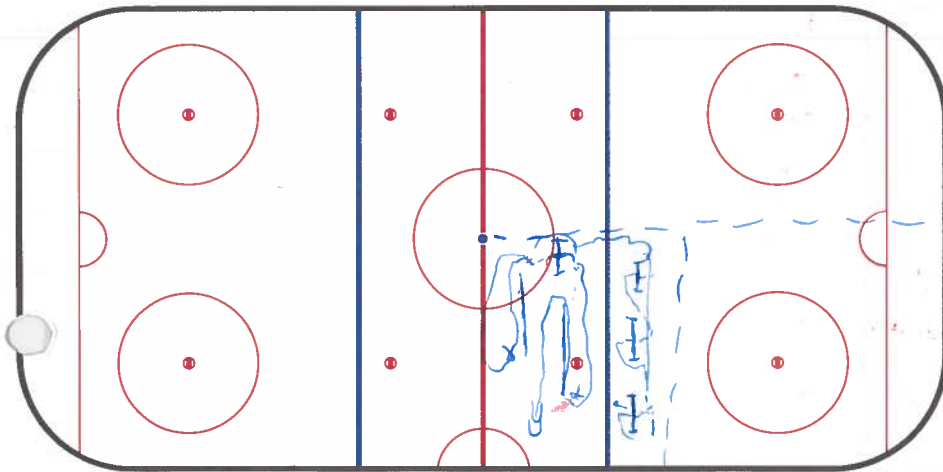
U12 16²⁰ - 17²⁰
U11 17²⁰ - 18⁰⁰

TRAININGSPLAN

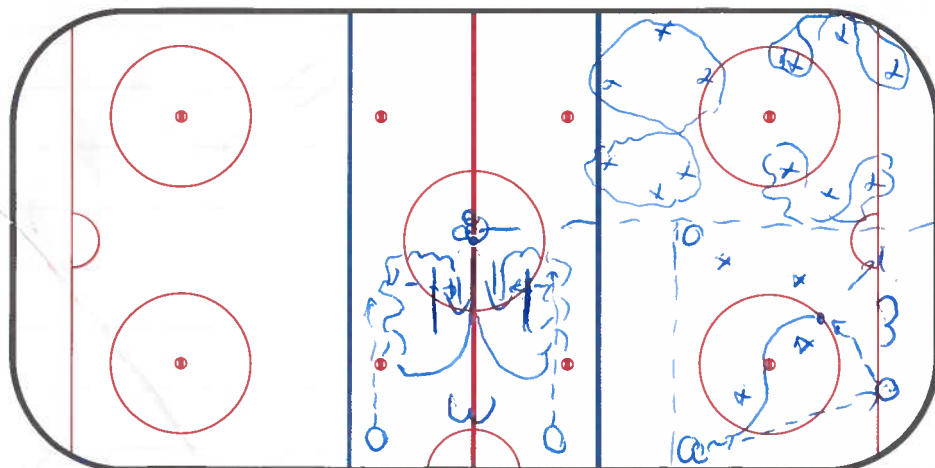
U11



U11



U13



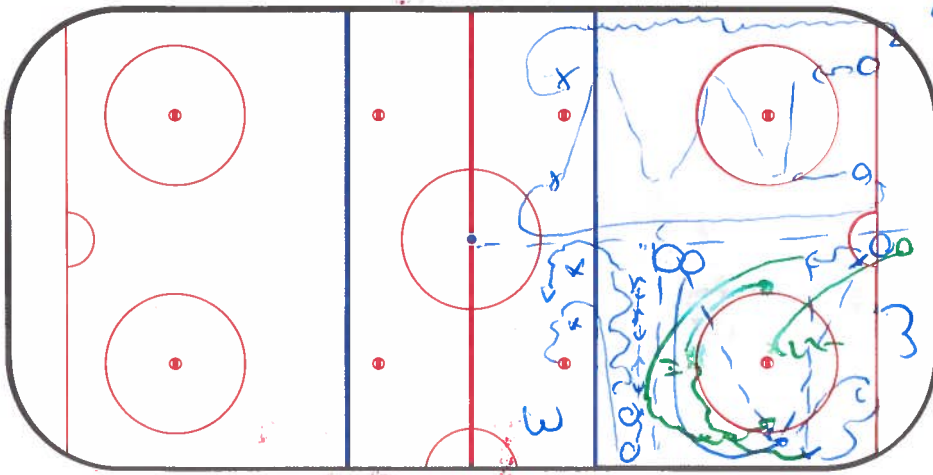
Stoßtechnik Täuschung
lang ziehen
über das Hindernis skien
Puckführung am Körper / Canadian
Puckführung am Körper

Stoßtechnik
vw-vw Puckführung
durch die Hindernisse

a. Lauftechnik - Canadian
- vw-vw
- Scherbe
- Hip open

b. Schussübung
Pass in die Ecke
schnell anschießen

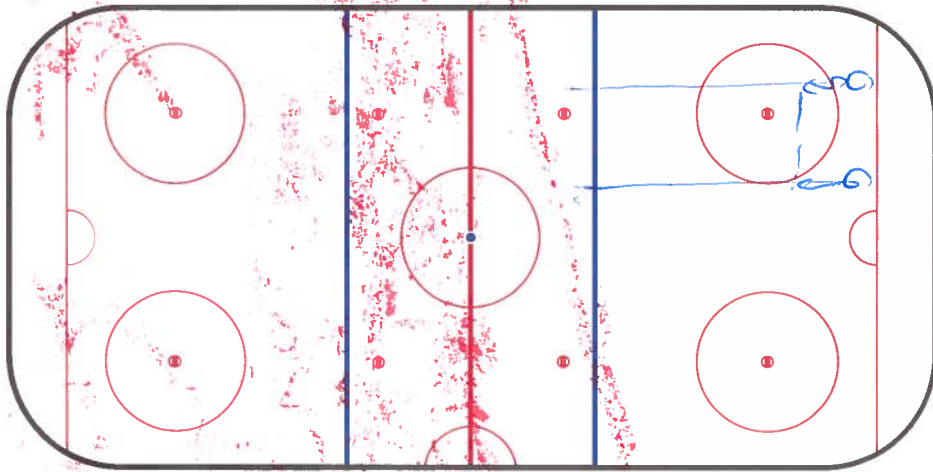
c. Transition Lauf vw-vw
passannahme vw-vw
Schuss 2x



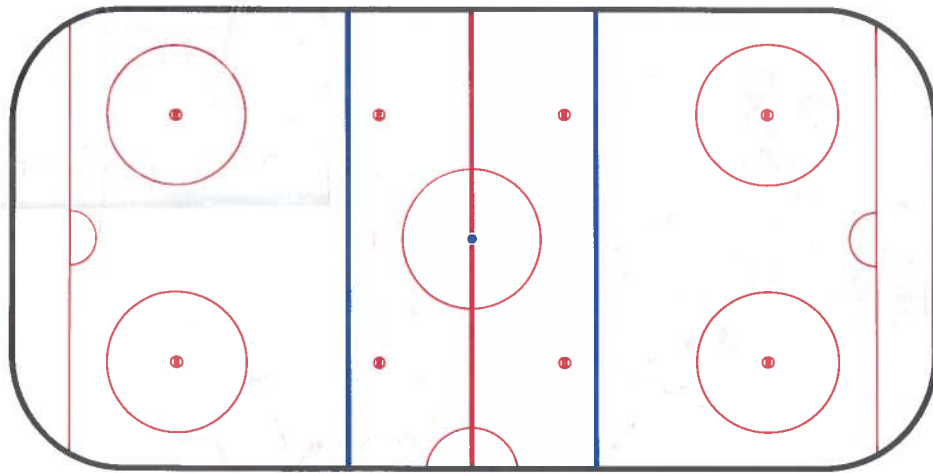
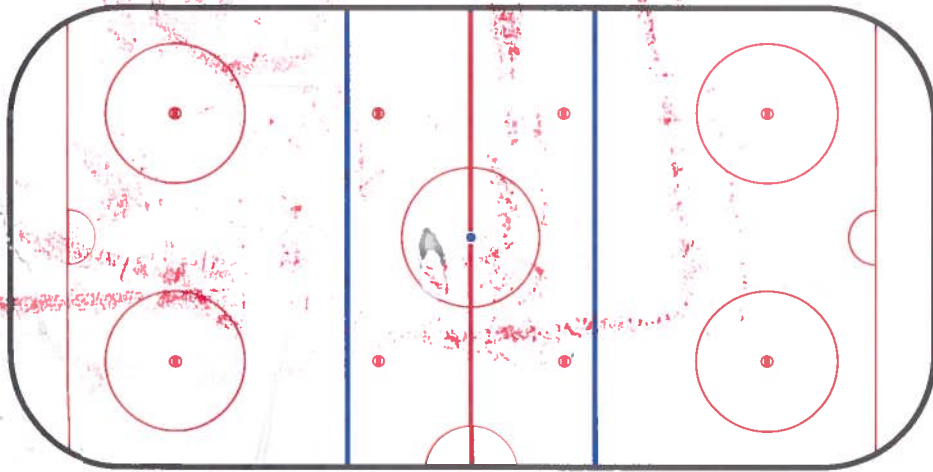
a. Stecktechnik Passübung

b. 2-1

c. 1-1 uw-vu
pässe



Stecktechnik Passübung
mit Finte nach außen
Gewichtverlagerung

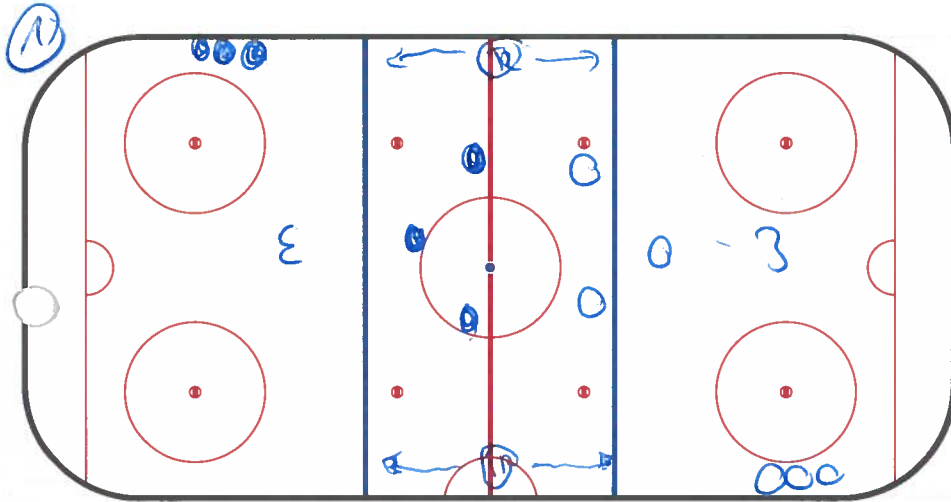




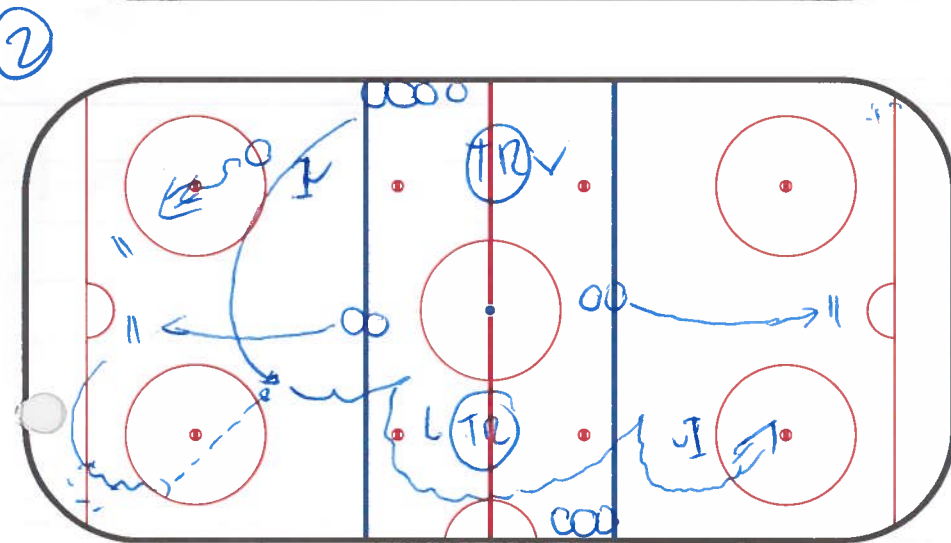
TEAM: U13 ET 16³⁰ - 17³⁰
 DATUM: 13.10.2021
 TRAINER: Markus, Marek

Tilman	Xaver	Yusei
Mauro	Max B	Philipp
Maximilian	Lorenz	Luka
Tharben	Dominik	Leon
Marcus	Alex	
Valentino	Luka Simon	
Melanie	Christian	
Arthur, Raphael		

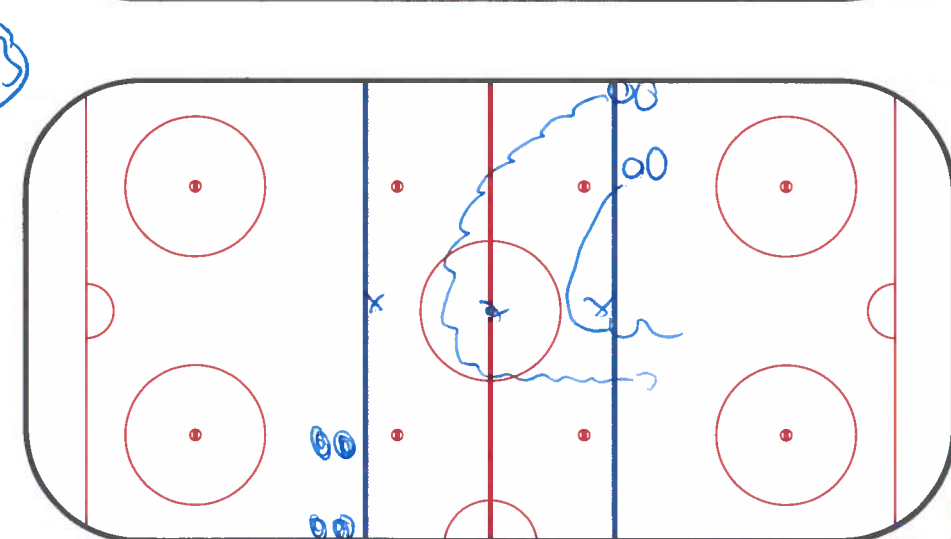
TRAININGSPLAN



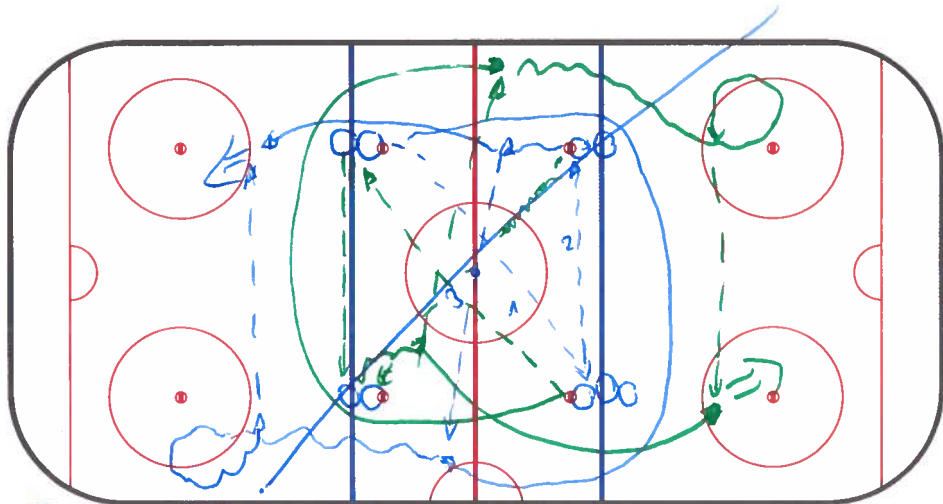
Warm up Spiel 5-8'
 3-3 (TR) Joker



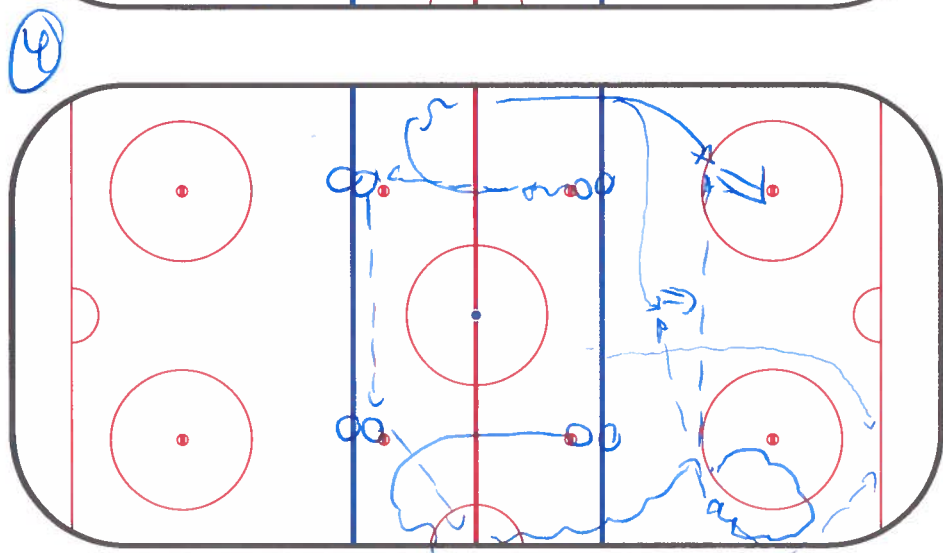
5-8'
 1-0 / Nachschuss
 Aufbau
 Täuschung von innen
 nach außen mit Tempo



5-8'
 1-1
 aufnehmen / Abstand
 ST-VT abwechseln



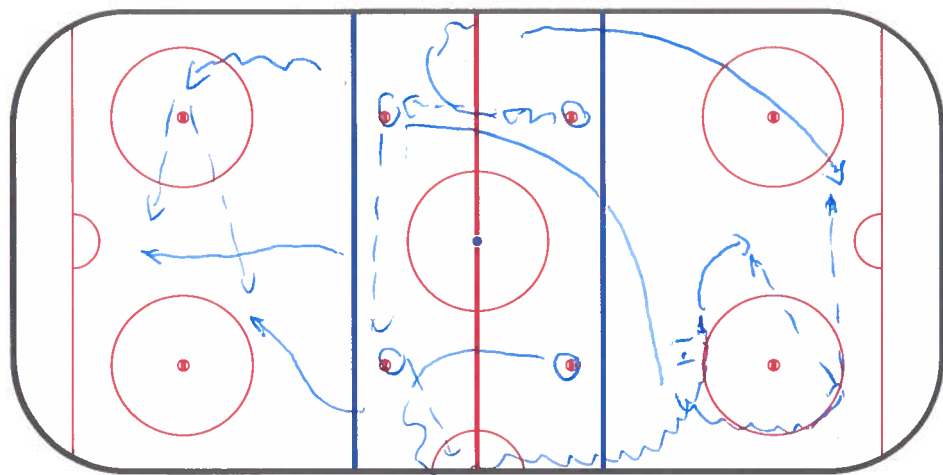
a 2-0



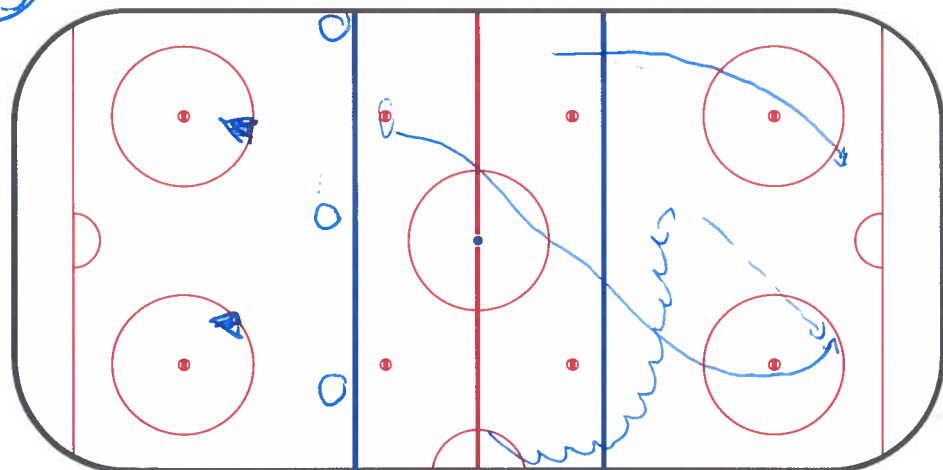
b 2-0

b Greby boge
3-0 Understøtting F2

c 3-0
1-2-3
Kvaare



5



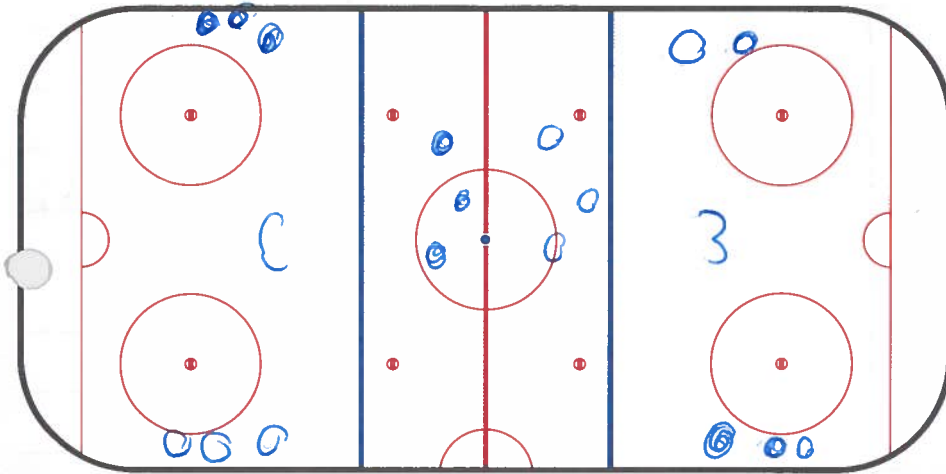
3-2



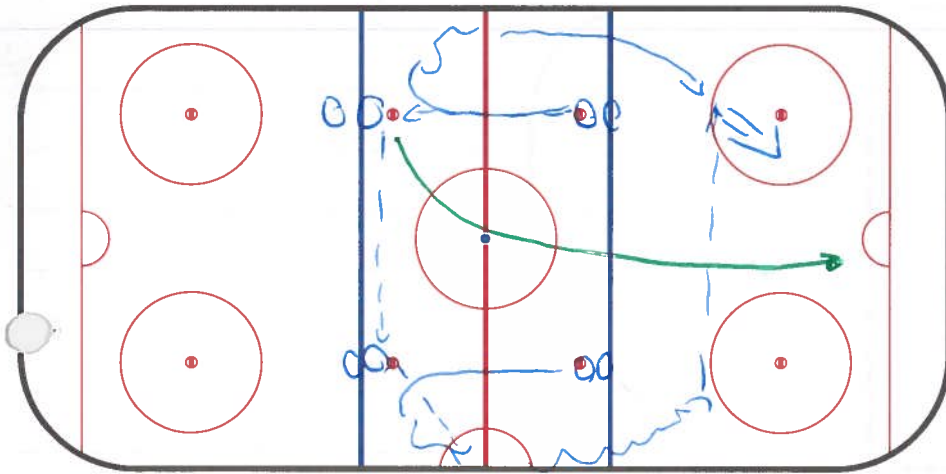
TEAM: U13
 DATUM: 15.10.21
 TRAINER: Ma. Kaus
 Ma. Kaus
 15:30 - 16:30

Tizian	Xaver	Yuri
Mauro	Max: B	Lukas
Max: T	Lorenz	Leon
Raphael	Thou ben	Chirien
	Marius	Alex 2ph. Lipp
	Valentin	Simon
	Hebric	
		Dominik

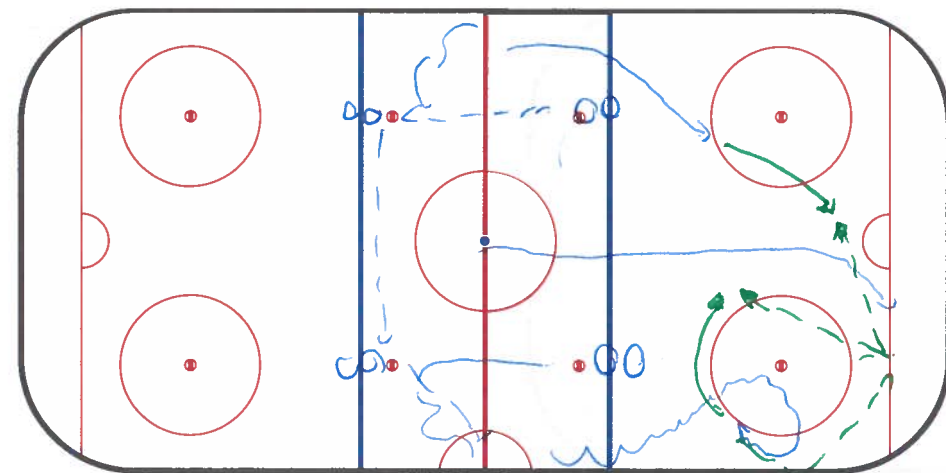
TRAININGSPLAN

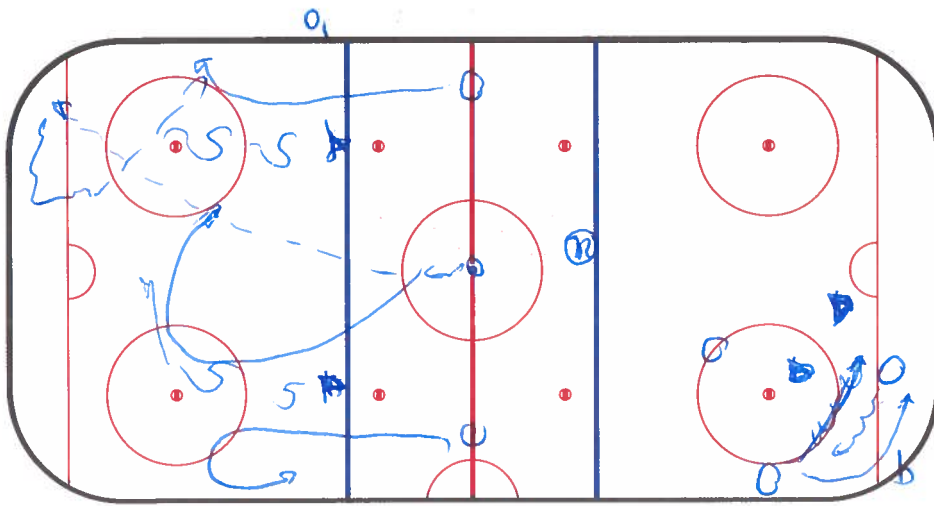


Warm-up SPIEL 33



2-0 Passing
 3-0 1-2-3



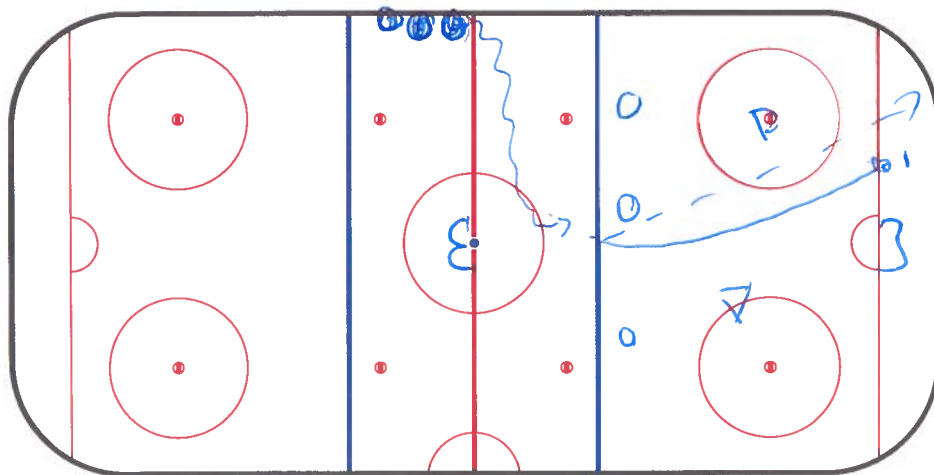


Aufbau

a Regroup 3-2

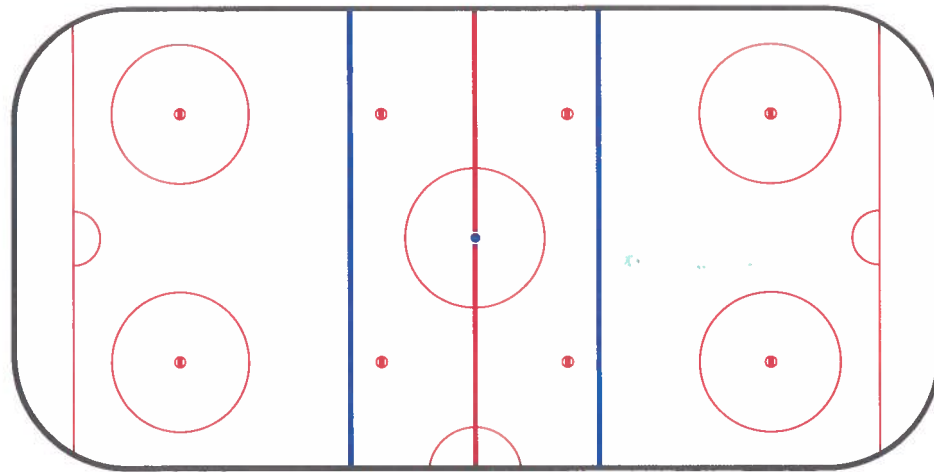
b in der Ecke 3-2

auf Signal 5-5

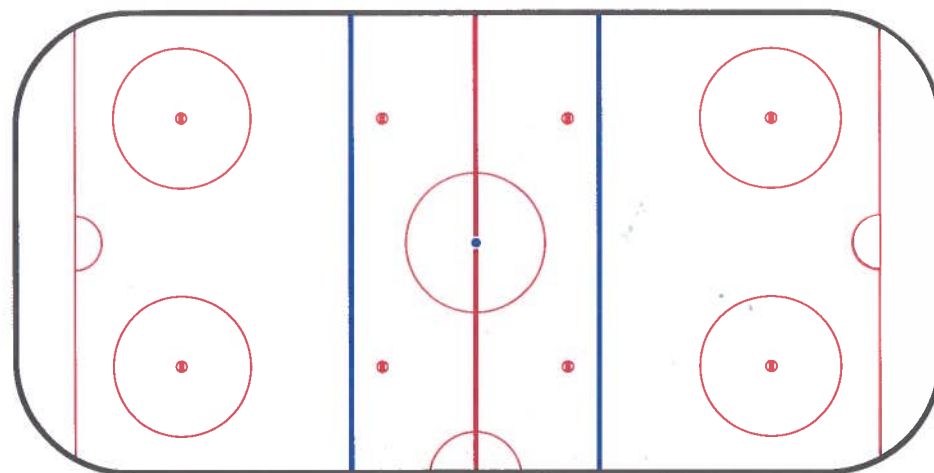


VL 1

VL 2



5-5

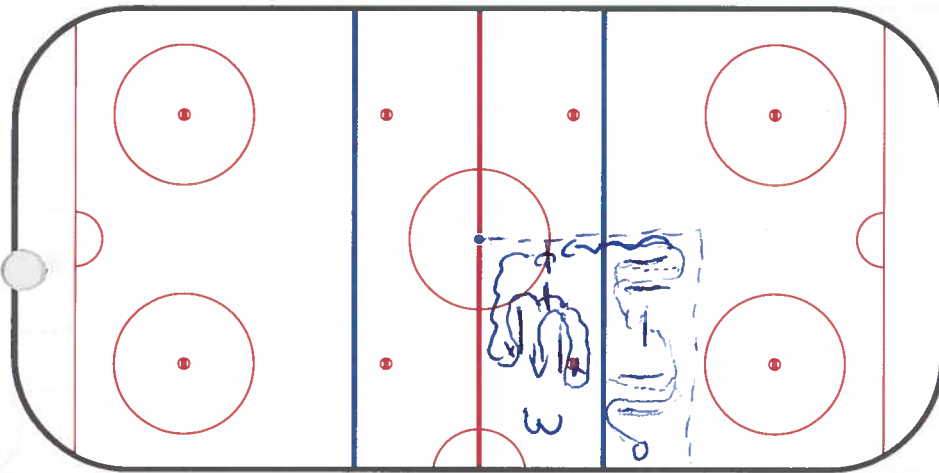




TEAM: U11 / U13
 DATUM: 18.10.21
 TRAINER: Markus, Marek
 ET 16²⁰ - 17²⁰
 TT 17³⁰ - 18⁰⁰

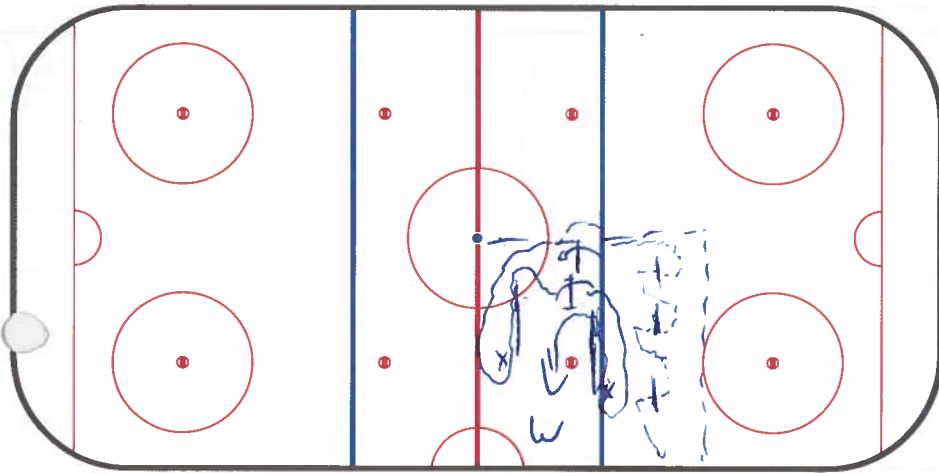
TRAININGSPLAN

U11 15¹⁵ - 16¹⁰



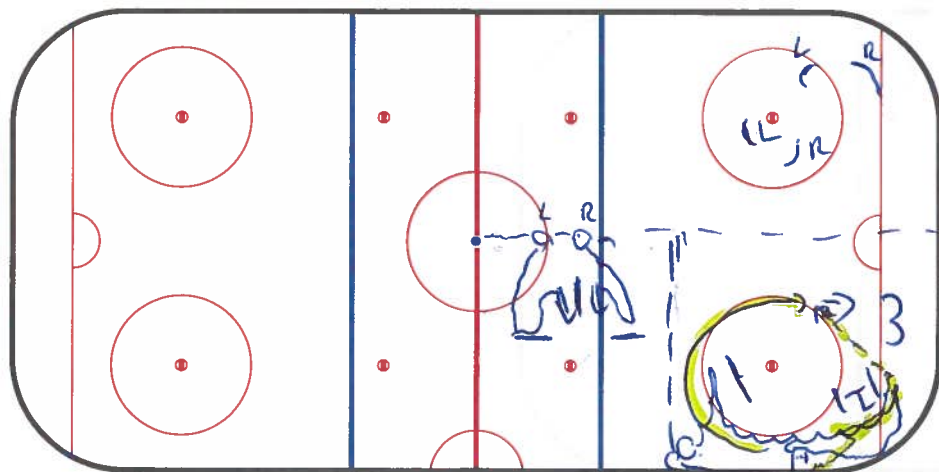
- U11 Stecktechnik
- lange seitlich uick
um Körper
 - canadien erg
Puckführung um Körper
 - Schüsse

U11



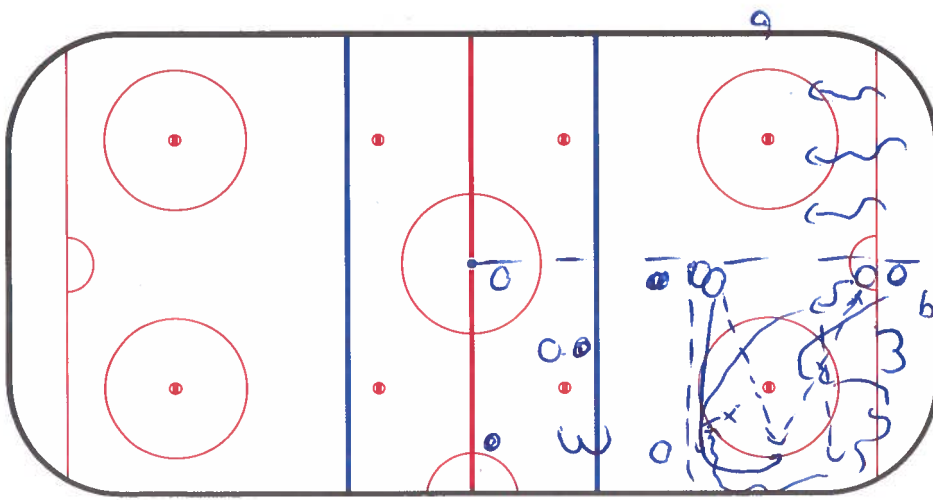
- Stecktechnik
- pull in seitlich
 - canadien
Puckführung um Körper
 - Schüsse

U13



- a. Zentftechnik
 Innenkanal u-u-u
 Außenkanal u-u-u
 Innenkanal R-L-R-L
- b. Kreuzen
 Puckübergabe
 Passen
- c. Schussüb
 RH - VLT - Schuss

7. Zick	Karen	Mauno
Ante	Maxim	Tharben
Max.T	Max.B	Dominik
Raphael	Lorenz	Leon
Valentin	Philipp	
Helene	Christa	
Lumpi	Alex	
Simon		



a) Stocktechnik

- seitlich ziehen re-d.

VH beidhändig

Rechtshändig

Kull in vor.

RH vorne VH seitlich

b, 2-1

c, 1-1 (2 J. hae)

3-2

Aufbau

Defensive presse

den SP hinteres Tor

wenn dann OFFENSIVE

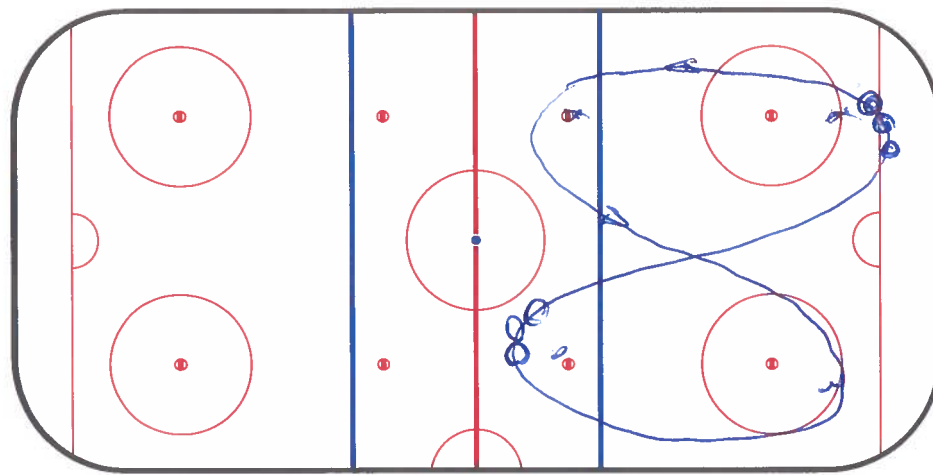
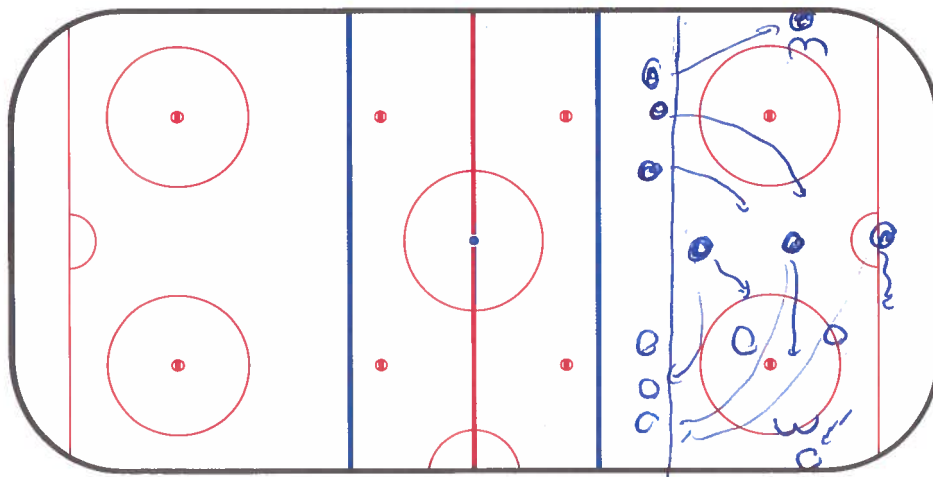
Aufbau

OFFENSIVE-SP gehen raus

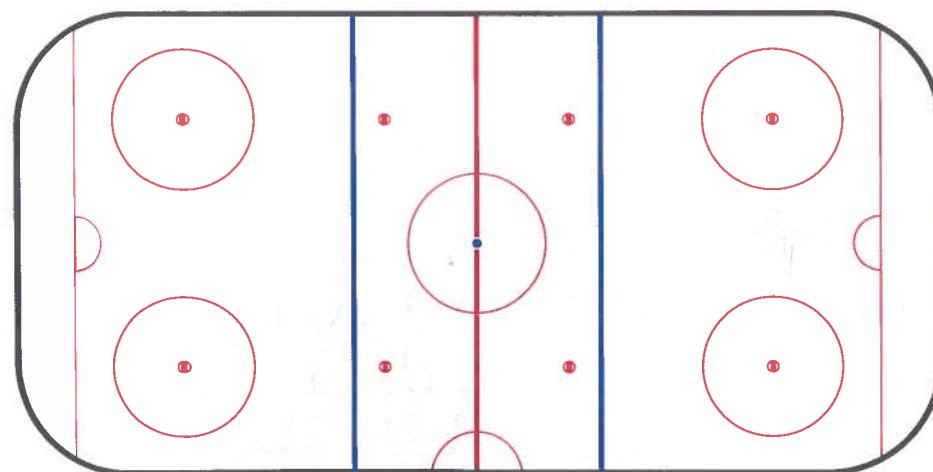
2 neue Defensive SP

kommen rein u. ein

jetzt hinteres Tor



Laufübung - Wdh Lauf
zu n. Schluss





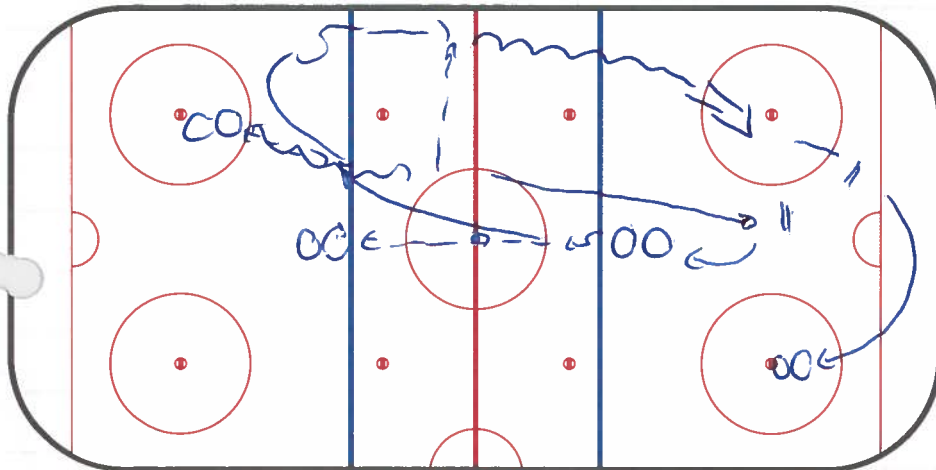
TEAM: U13

DATUM: 20.10.21

TRAINER: Markus, Marek
16:20-17:30

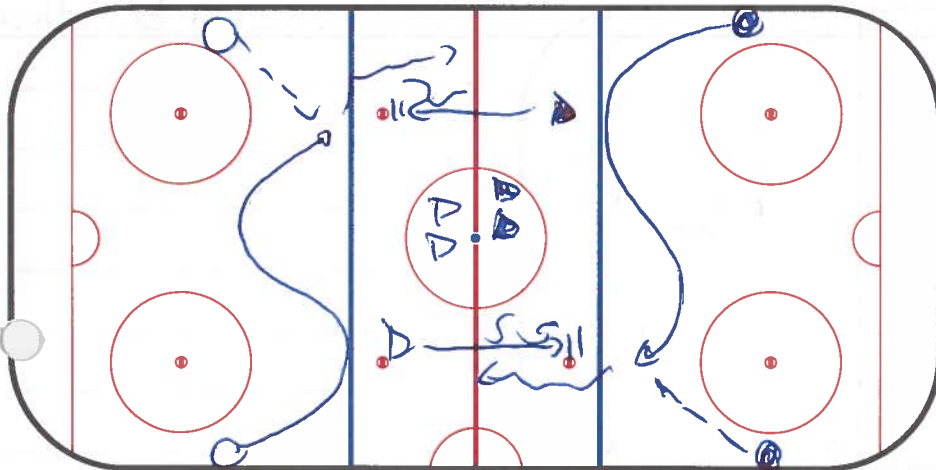
Tizian	Xaver	Yampi
Thorben	Hannes	Leke
Maxi T	Maxi Lorenz	Domink
Kaplan	Hansen	Leon
Alex		Philipp
Melanie		Christian
Arthur		Max Simon

TRAININGSPLAN



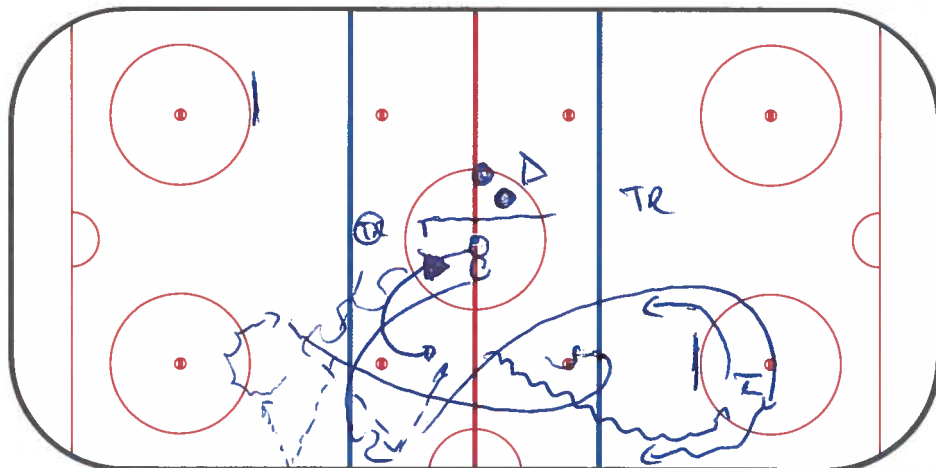
Passübung

5-8



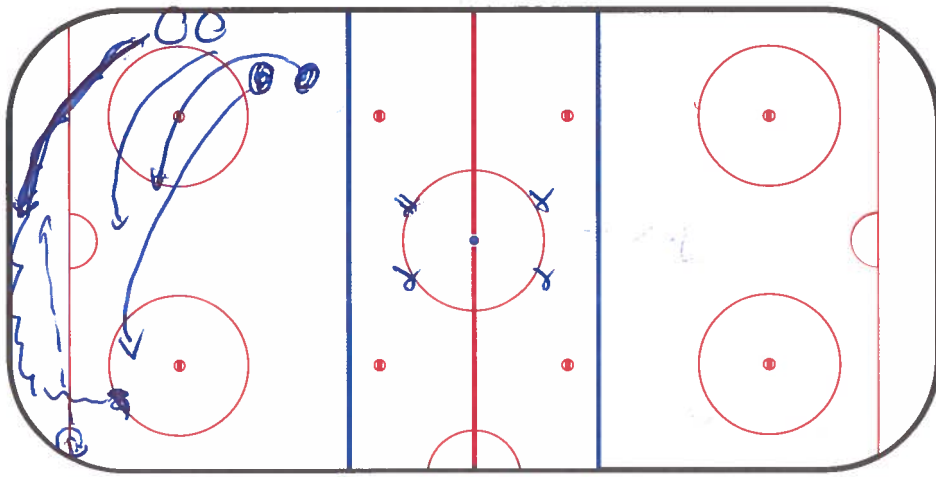
1-1
VT aufnehmen VW-KU

5-8



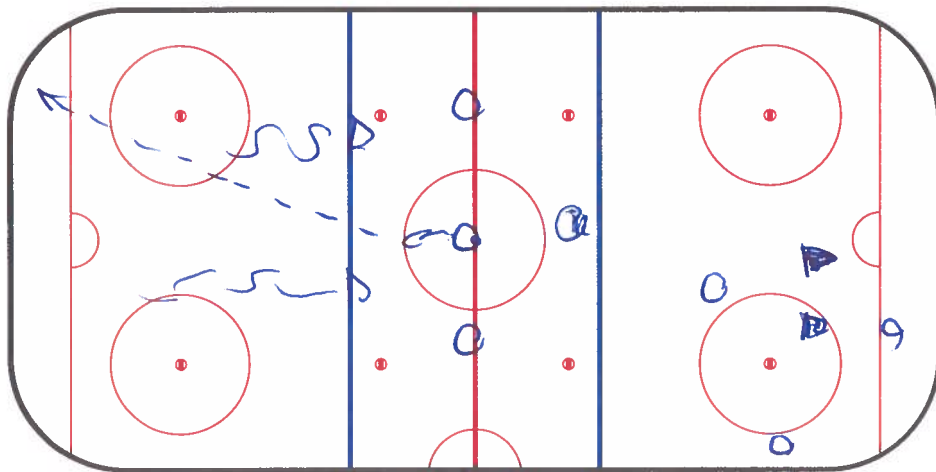
2-1
Aufbau

5-8



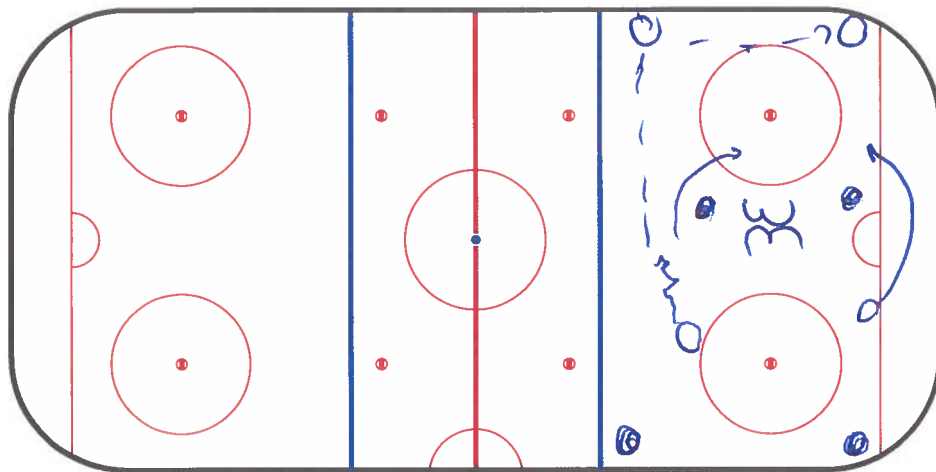
5-8'

2-2
 alle SP stark auf
 Signal
 seitlich aufnehmen
 Cop kontroll
 linie nach außen
 lenken



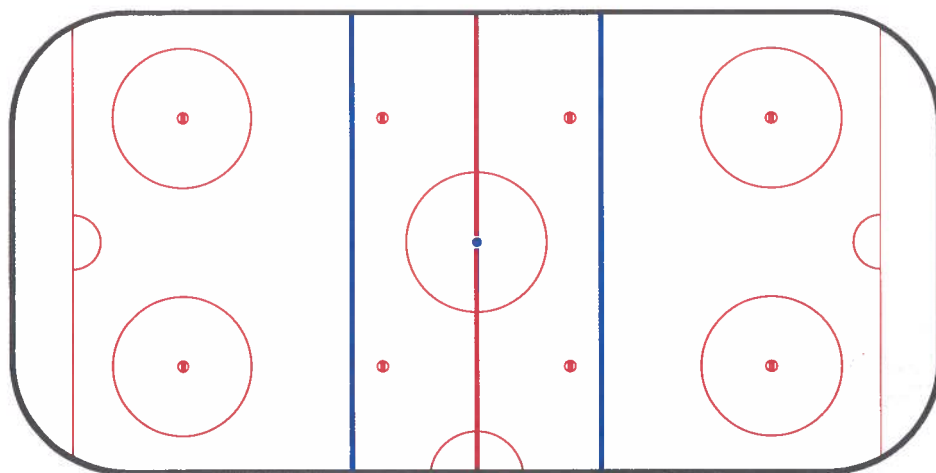
10

3-2 | 5-5



10

2-2 (2-2 ke offensive)

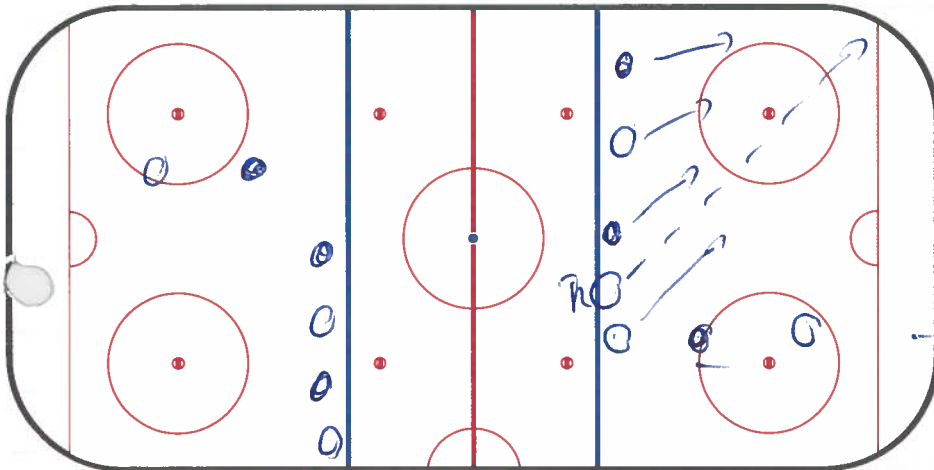




TEAM: U13
 DATUM: 22.10.21
 15:00-16:30
 TRAINER: Markus, Mack
 Jimmy

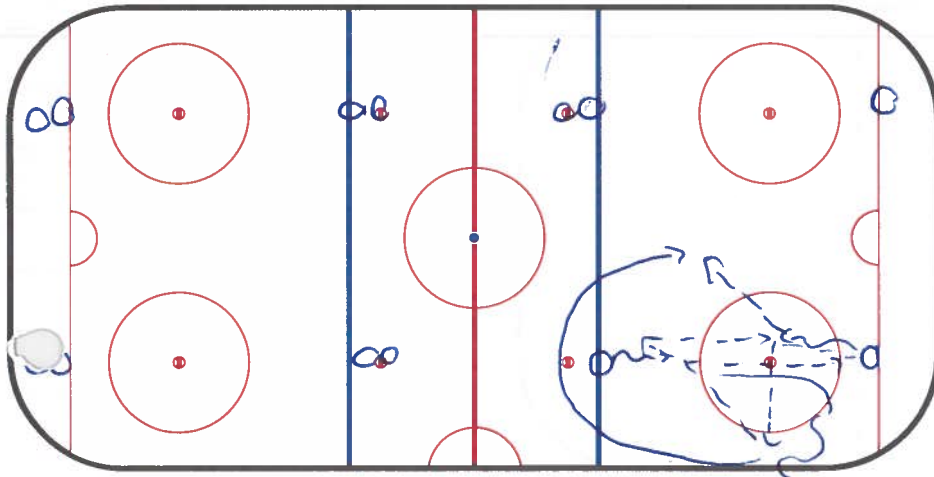
per 1. Reihe
 Tizian Xaver Yousaf
 Max T. Marinas Lenka
 Thorben Maxi B Lorenz/Dominik
 Raphael Leon
 Valentin Alex
 Raphael Christin Dominik
 Simon Arthur Philipp
 Maunepis nächste Woche kein Training

TRAININGSPLAN

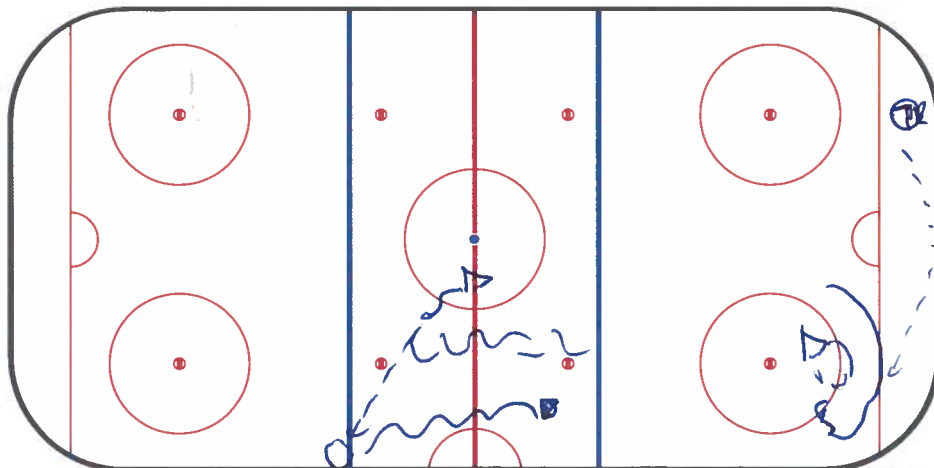


2-2 5-8'
 aus der Ecke

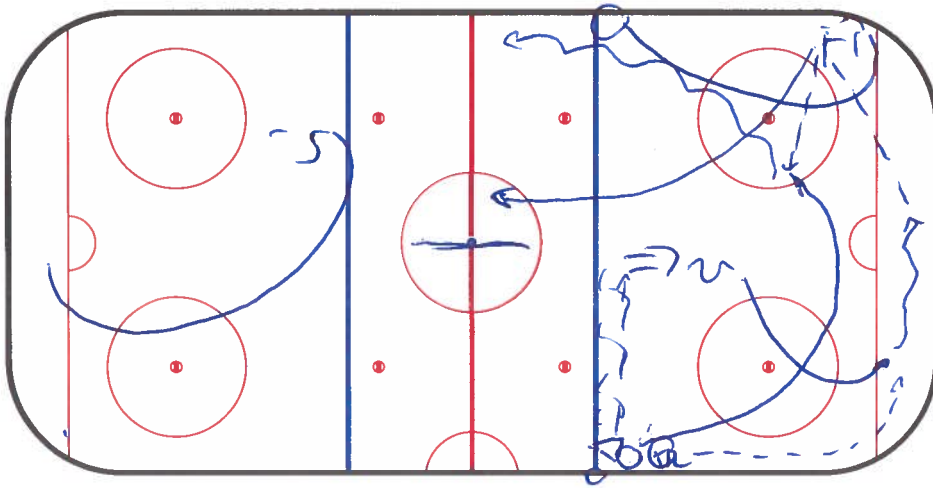
Tizian Xaver Yousaf
 Max T. Marinas ✓ Lenka
 Thorben Maxi B Leon Lorenz
 Raphael Valentin Alex Leon
 Christin Dominik
 Raphael Philipp



Possession 1-0

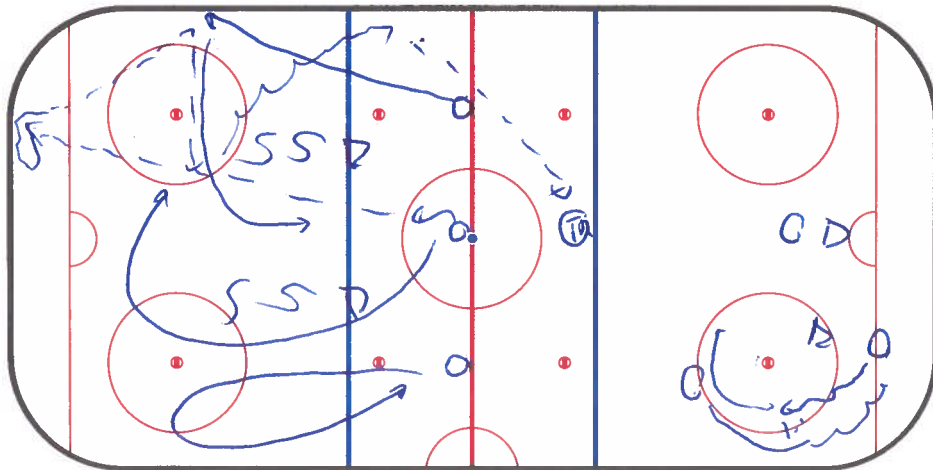


2 x 1-1



2-1

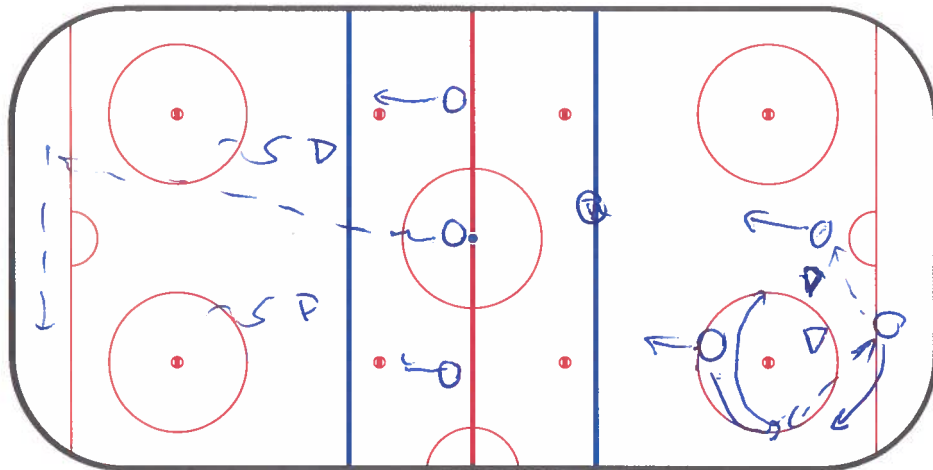
Aufbau



a. Aufbau 3-2

Kurve / hinter Tor VT-VT

b. In der Ecke 3-2

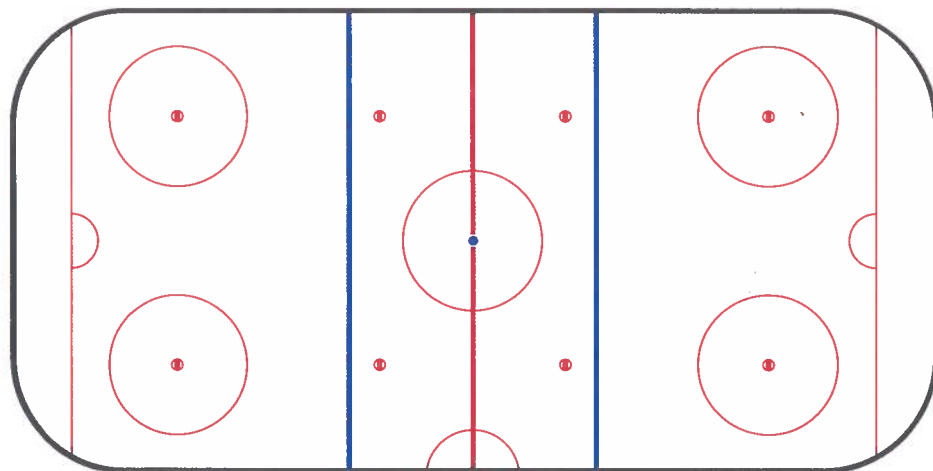


2-2 2-3

a + b auf Signal

SS

Regroup





TEAM: UM / U13

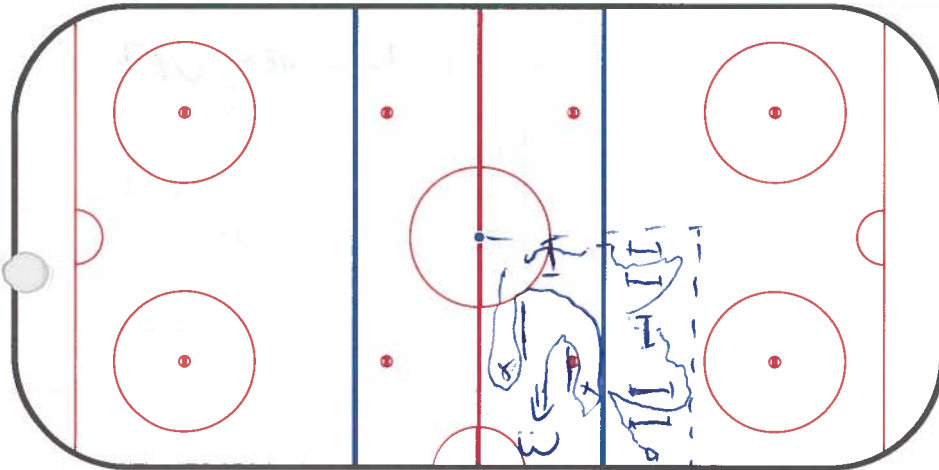
DATUM: 26.10.21

TRAINER: Markus, Mark
Dominik

TT 17³⁰ - 18⁰⁰

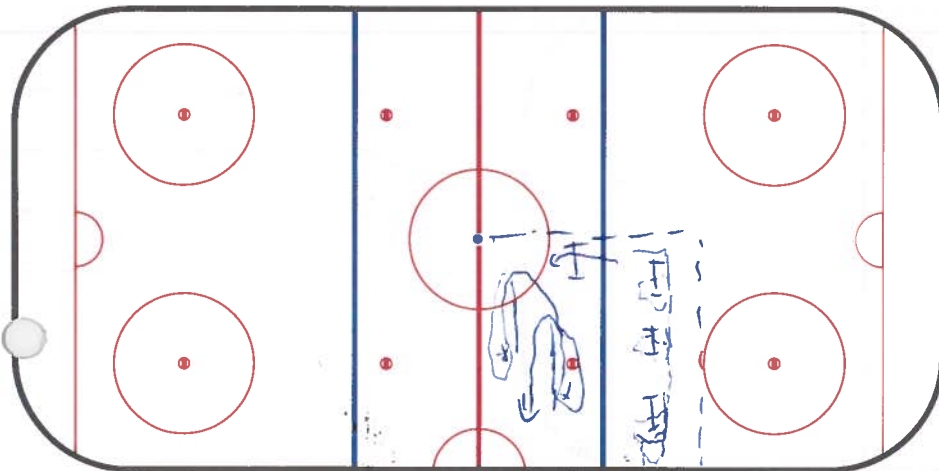
TRAININGSPLAN

U11 15²⁰ - 16²⁰



Stechtechnik

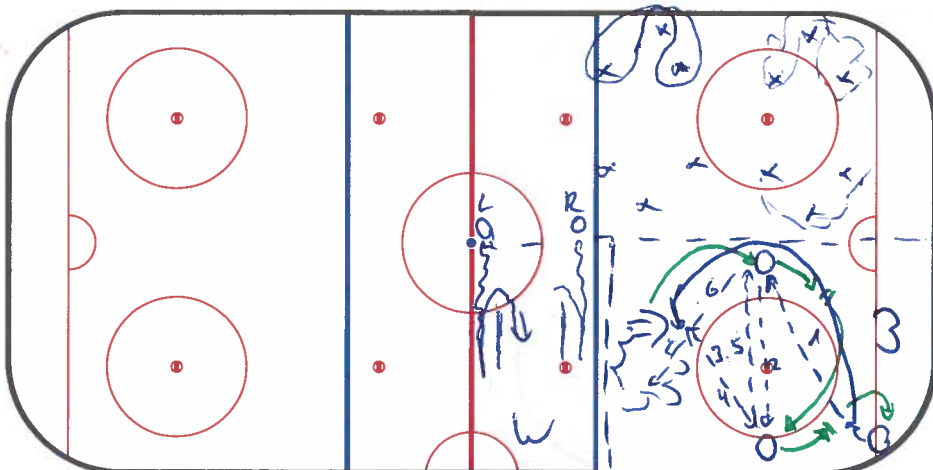
- a. lag seitlich zu den
zu Körner auf der anderen
Seite
- c-cadit eng
lage Hand um Körner
ziehen



b. Puckführung
mit der Seite

- c-cadit eng
lage Hand um Körner
ziehen

U13 16³⁰ - 17³⁰



c. Schuss-Technik

Canadisch

VU - VU

Hip open

b. Passübung

c. Schussübung

Tilian Xaver Simon

Dominik Max D. Zinke

Reptel ~~Arthur~~ Xaver

Manus Alex

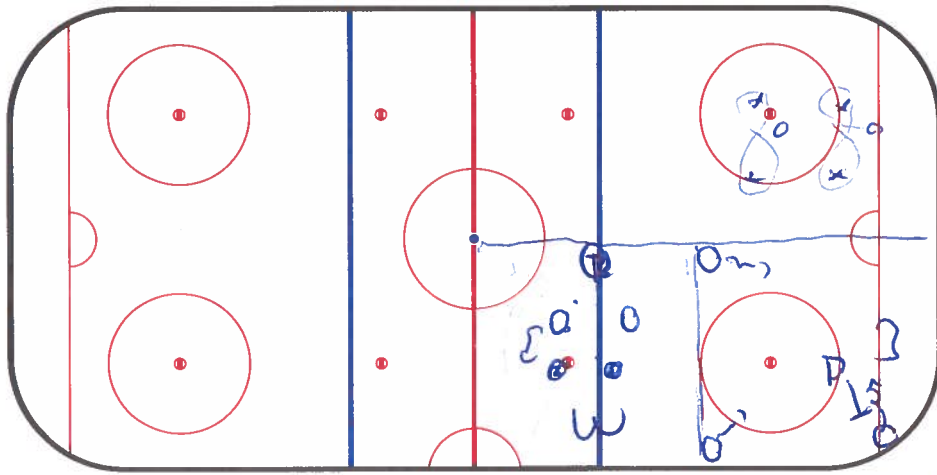
Veitke Philipp

Melanie Christin

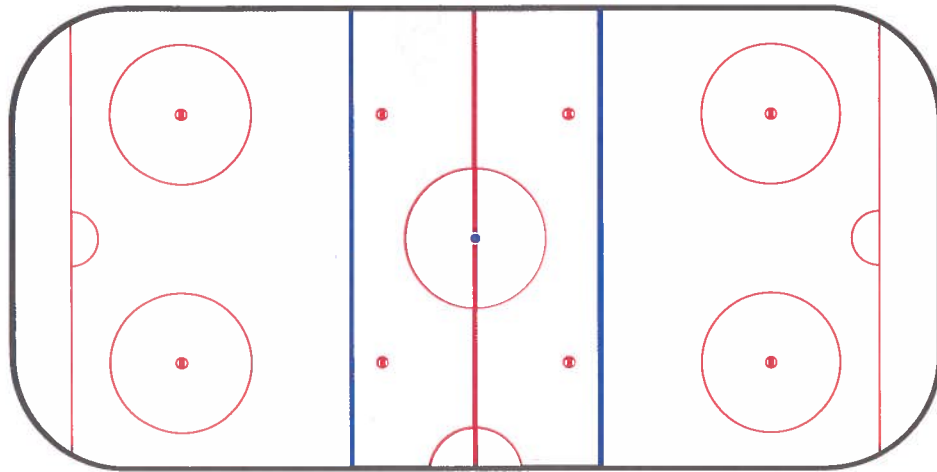
Simon

Abg. Thorben, Liane

Manus, Max T.

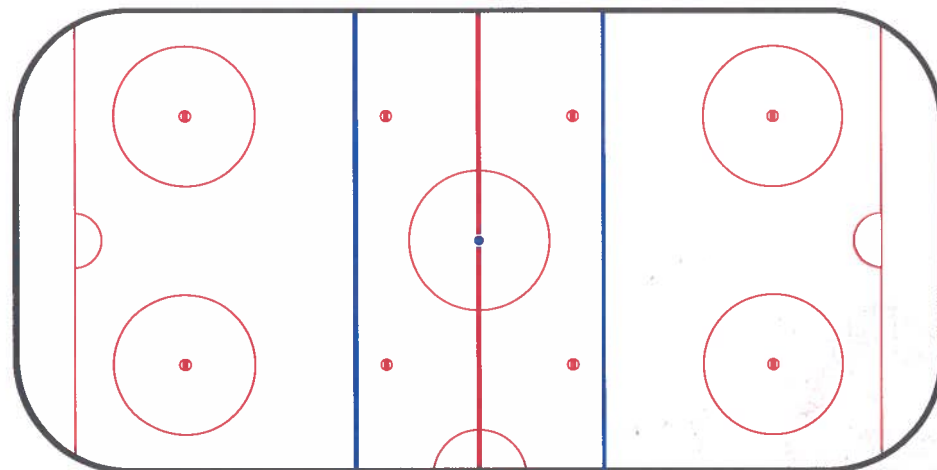
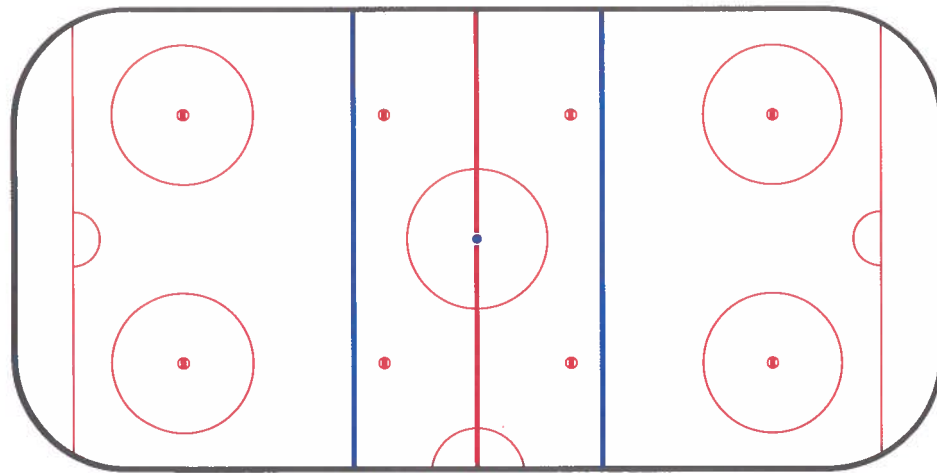


- Stocktechnik
- Puck in Körner heische
- 1-1 u-u-w 3x
- 2-2 Joker TR



- Fe, 1540-1700 U13
- 1720-1850 U17

- 1640-1700 U13
- 1740-1830 U17

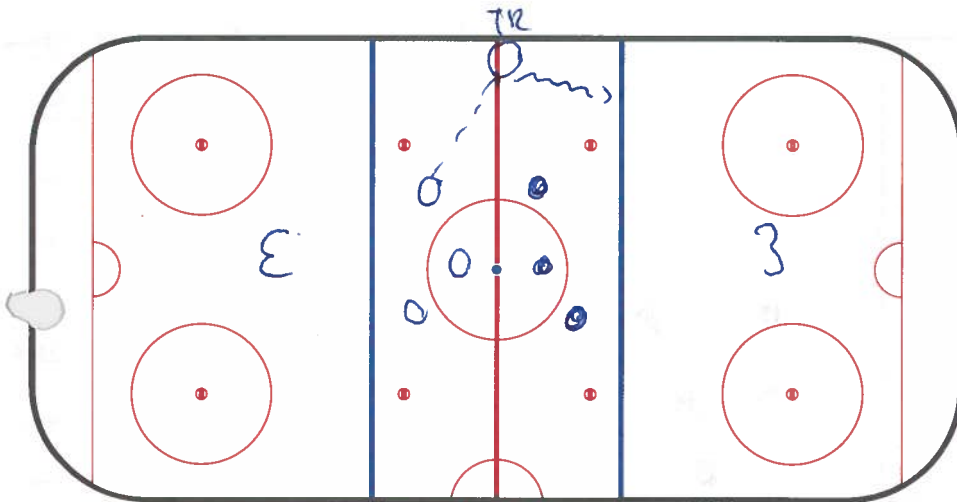




TEAM: U13
 DATUM: 28.10.2010
 TRAINER: Marek

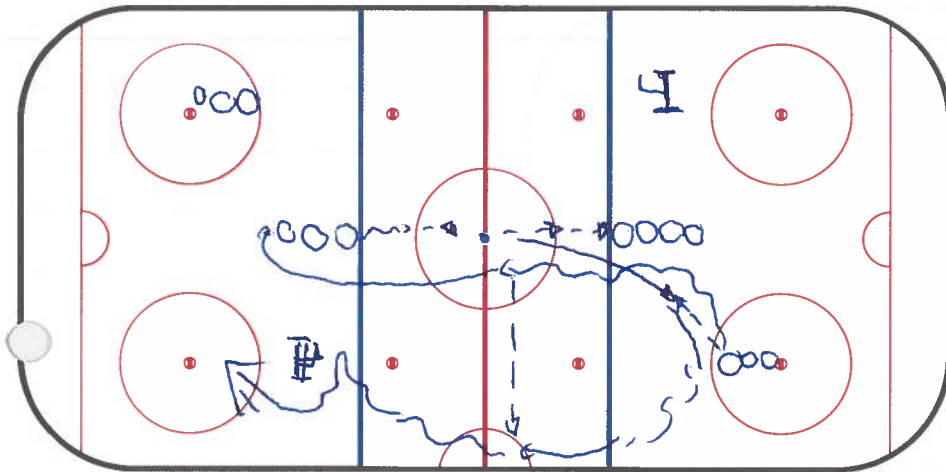
Tina	Xaver	Lampi
Thorben	Maxi B	Dominik Lorenz
Maxi Tristl	Lyken	Leon
Dominik		
Velutis	Philipp	Alex
	Melanie	Christian
	Marinus	Simon / Arthur

TRAININGSPLAN



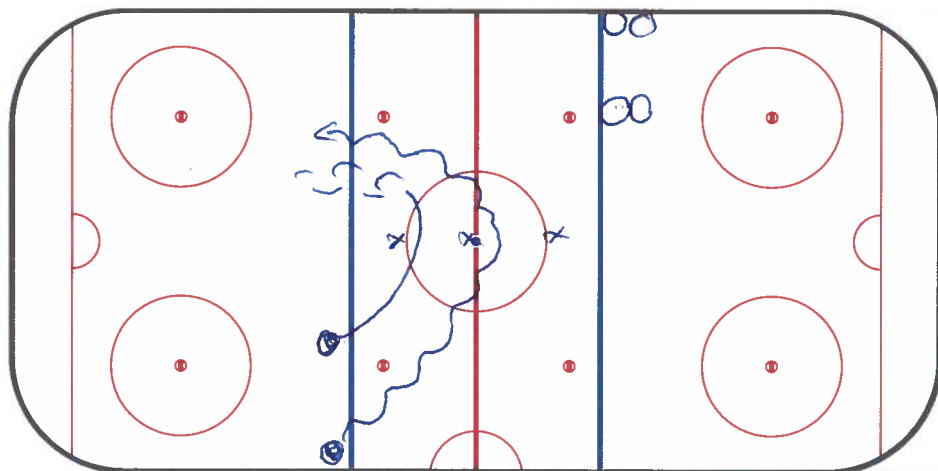
Warmup Spiel 5-8'

3-3 mit Trainer
 als Joker



Passübung

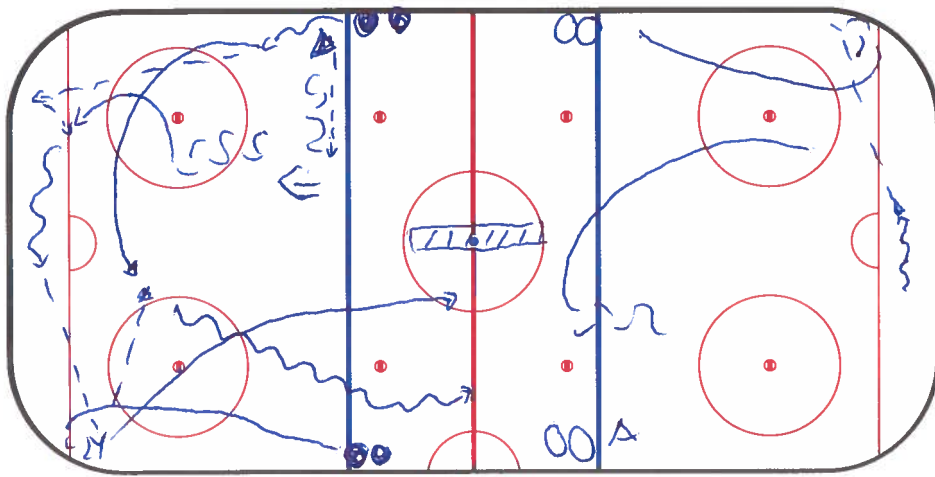
3 Pässe in der Mitte
 Doppel pass zur Bande
 anbieten



1-1

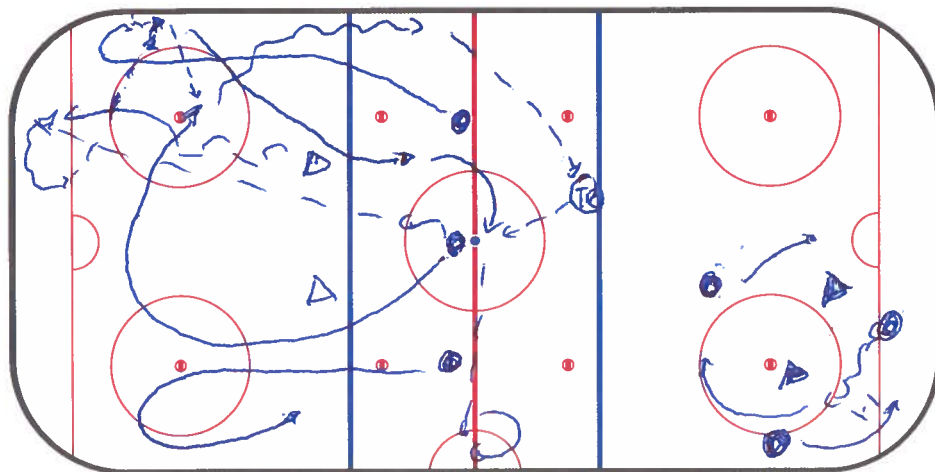
5-8'

10'



2-1

101



3-2

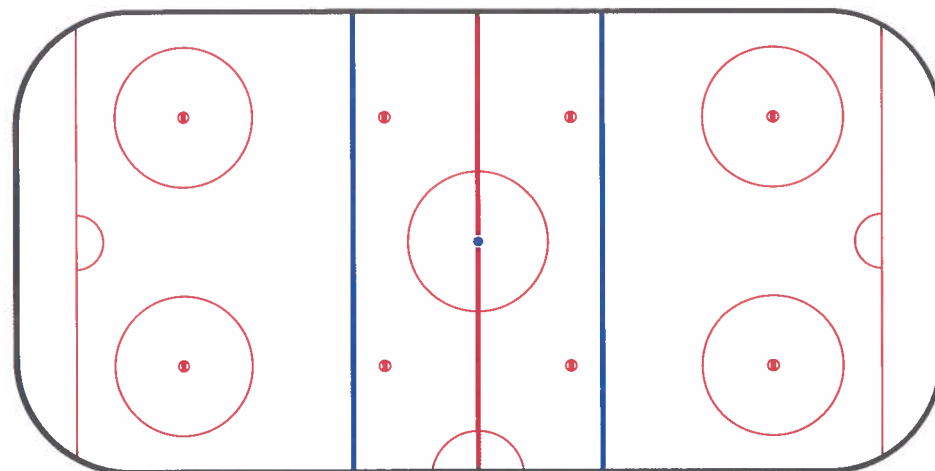
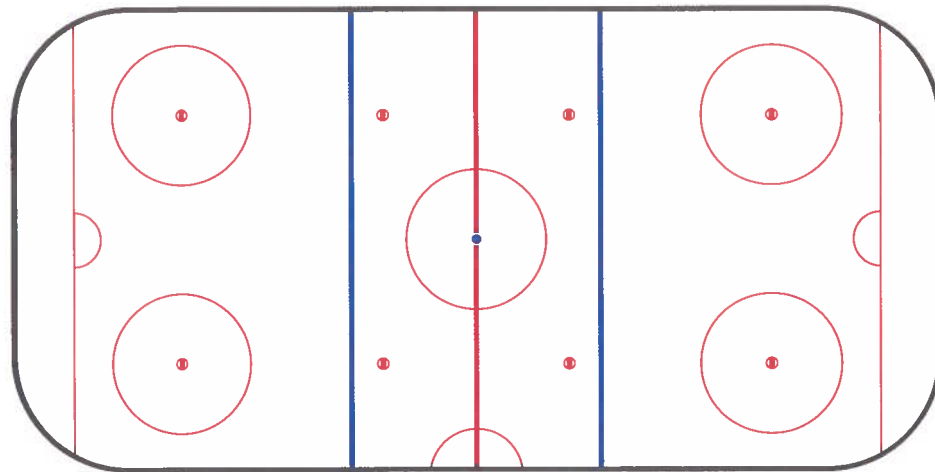
Aufbau - Regroup beim
TRAINER

auf der anderen Seite

2-3 ST Rotation

Torabschluss

auf Signal vom Trainer
5-5



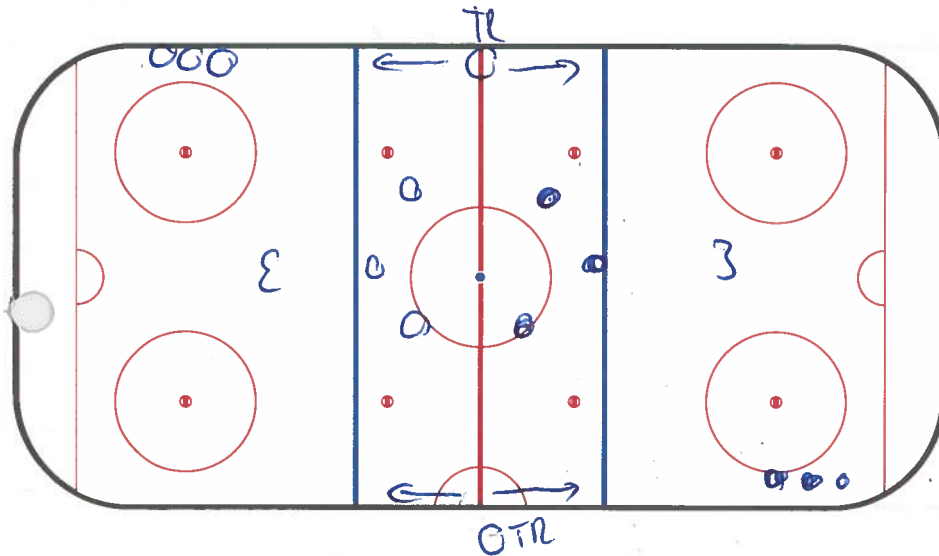


TEAM: U13
DATUM: 28.10.21
TRAINER: Markus, Jimmy
ET 1540 - 1700

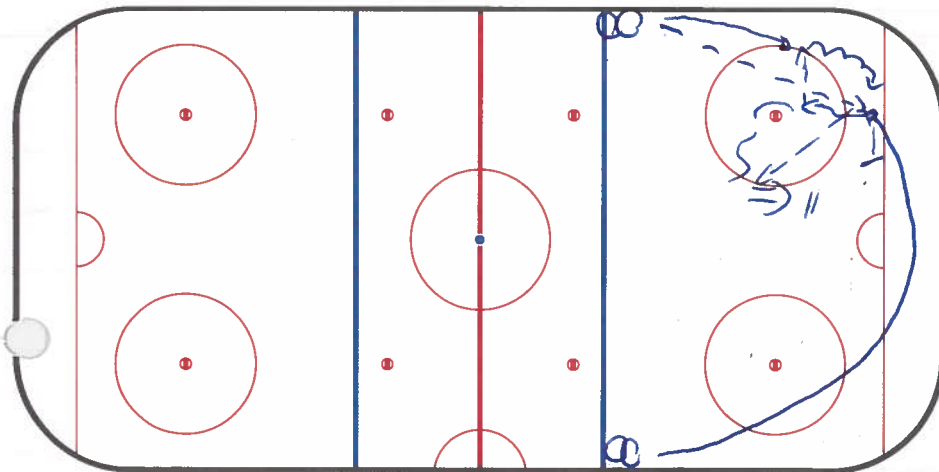
Thoma Lea Luca
Alex Sebastian
Max T. Maxi Ba. Lke
Maxim Philipp

TRAININGSPLAN

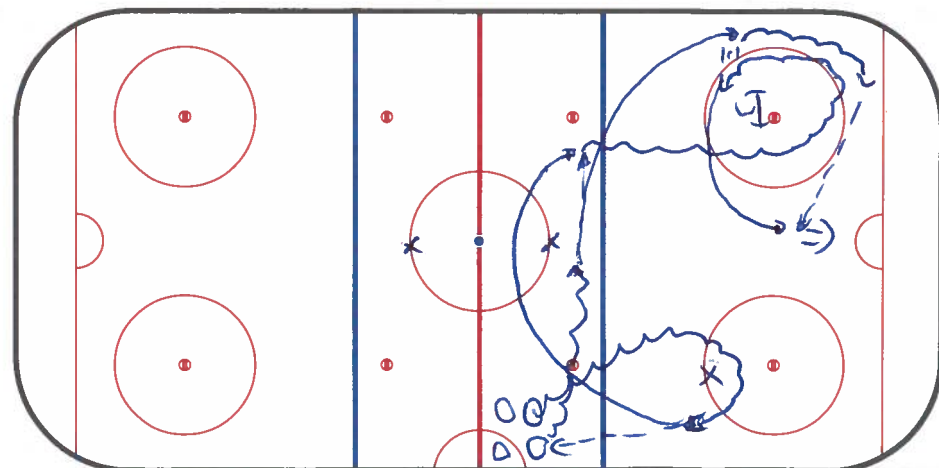
Reinhold Janine ~~Christoph~~ ~~Arthur~~ 5-8
Siri v. ~~Arthur~~



Warm up Spiel
TR als Joke für eine
Gruppe



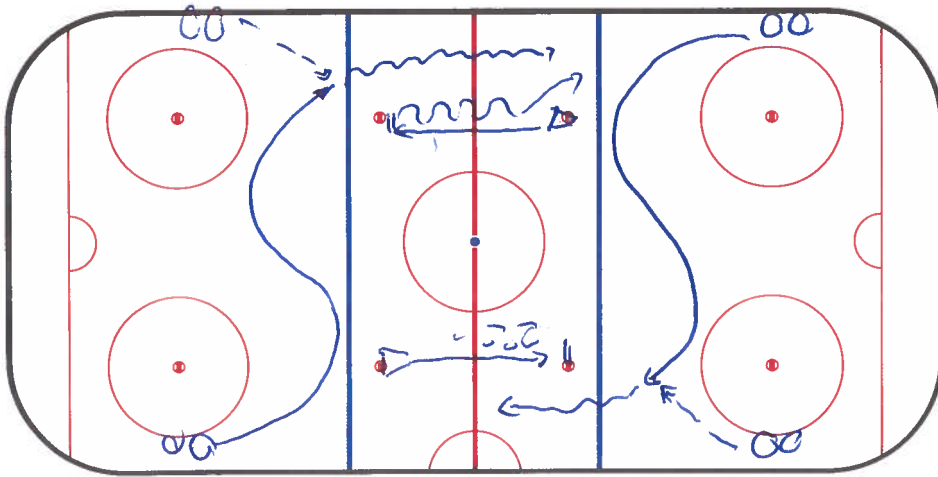
Schussübung 5-8
doppelpass



5-8
2-0 mit kreuzen

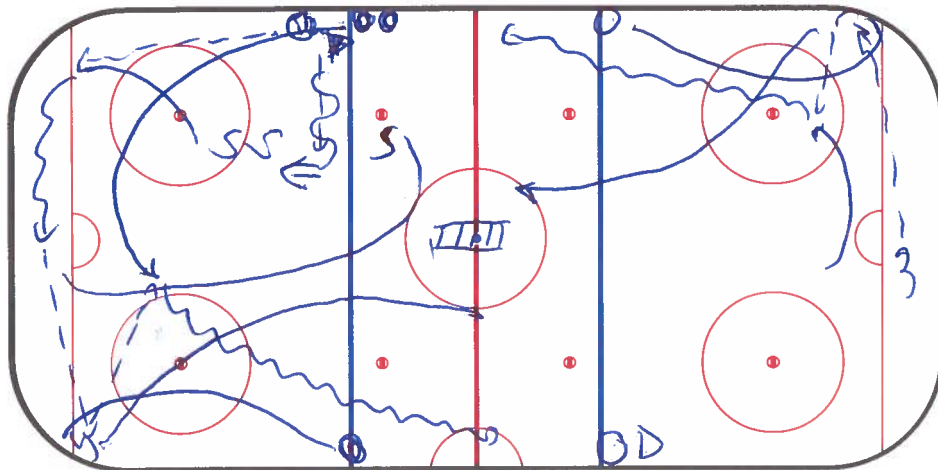
1-1

aufnehmen v-v



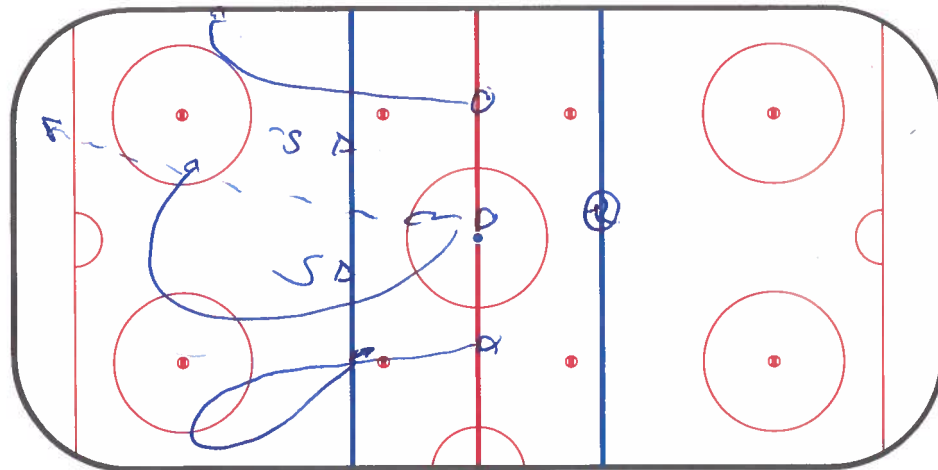
5-8

2-1



Aufbau 3-2

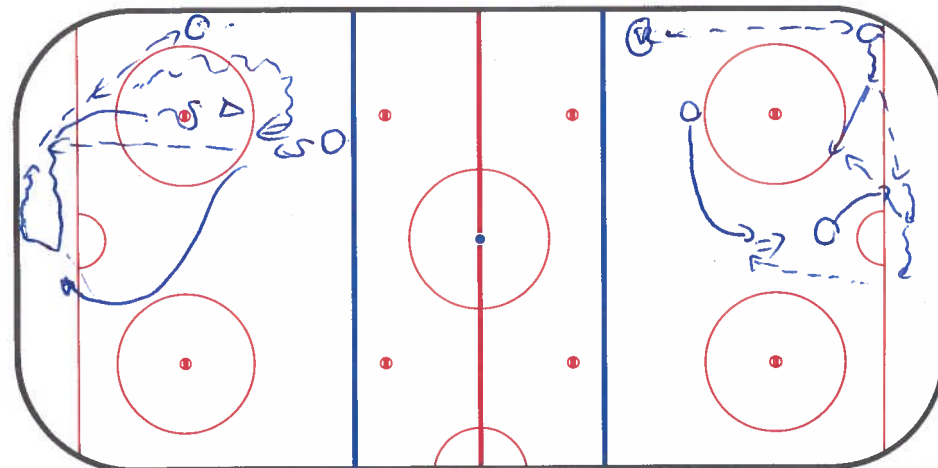
Regroup



Harkus VT



Jimmy ST



ST 3-0

hitzte Tor anbieten

VT Aufbau unter Druck

kurze Seite

lange Seite



TEAM: U13

DATUM: 2.11.2021

TRAINER: Markus, Marek

KT 15:50 - 16:20

ET 16:40 - 17:30

TRAININGSPLAN

Thorben	Xaver	Leopold
Maximilian	Florian	Leopold
Mauro?		Arthur

Abg. Simon, Lorenz, Philipp, Leon,
Xaver, Maximilian, Demian, Christian

Tizian

VT

~~Leopold~~

Alex

Maximilian
Rephael

Frederic
Arthur

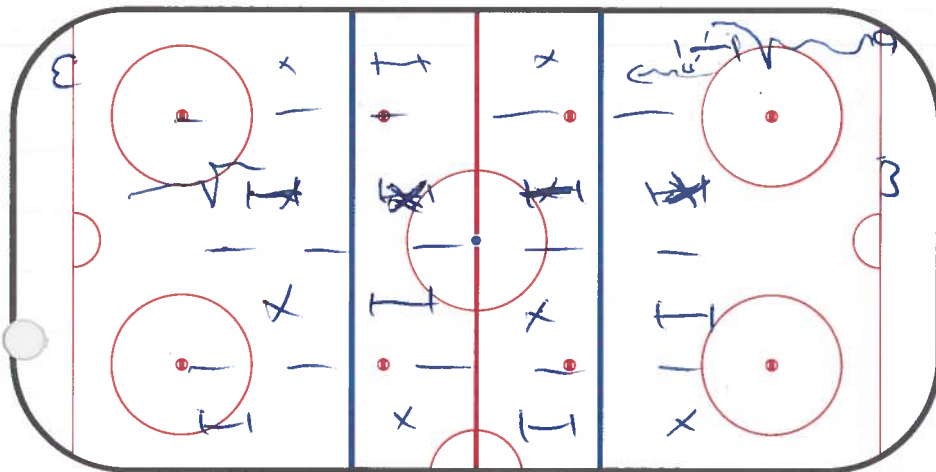
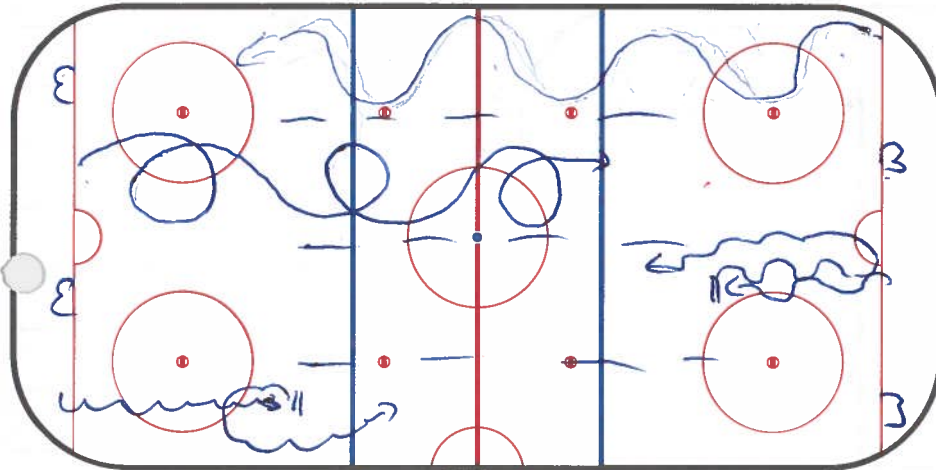
Stacktechnik

VH - Seite übersetzen

Canadien vauß übersetzen

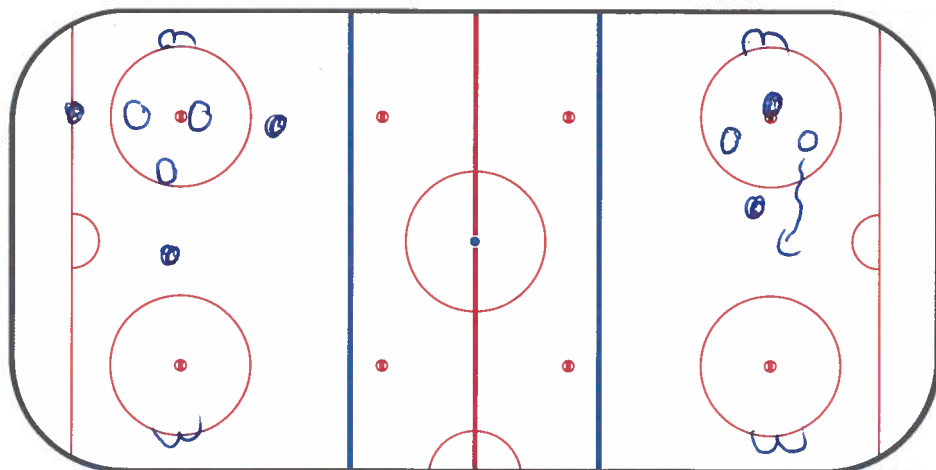
VW - VW - vauß drehen

Spin o vama



- Finke seitlich

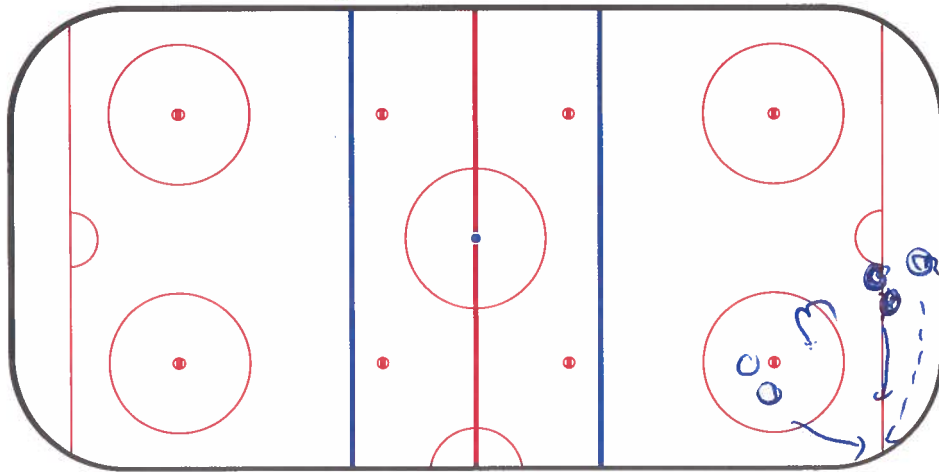
- Pul in



2-2 auf beide Tore

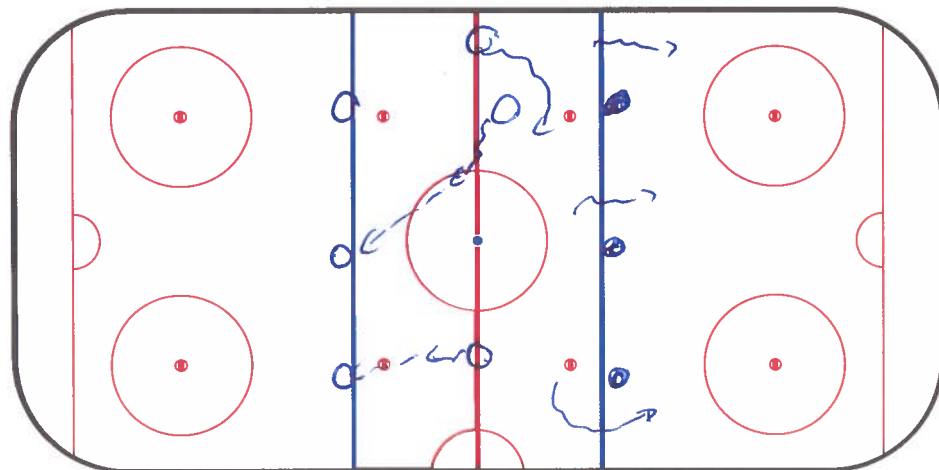
3-3 el Spiele bleibt
hoch

UNT 11+2 - 18+2
1840 - 1845 TT

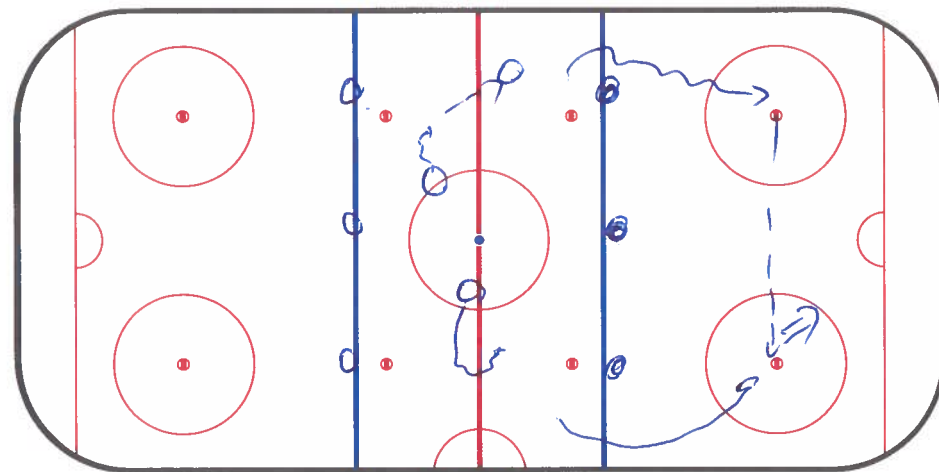


Warm up Spiel 1-1

Passübung

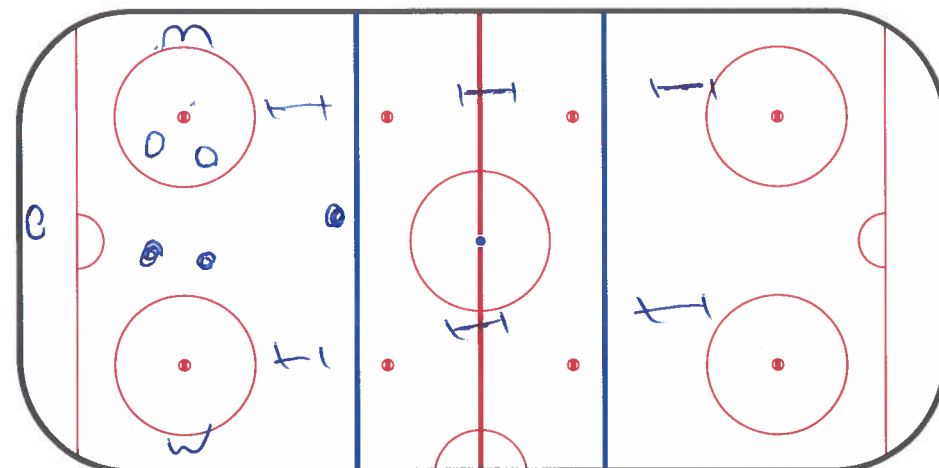


3 St mit 2 Pucks



Stoßtechnik

Ficke seitlich
push in - out



SPIEL 2-2 mit 1 Gate



TEAM: U13
DATUM: 3.11.21
TRAINER: Markus, Marco
ET 16¹⁰-17²⁰
cd 17³⁰-17⁴⁵

TRAININGSPLAN

Thorben Xaver (Tizian) Lupo
Maximilian Maximilian (Lupo) Max. D
Julius Lorenz
Lorenz

Alex

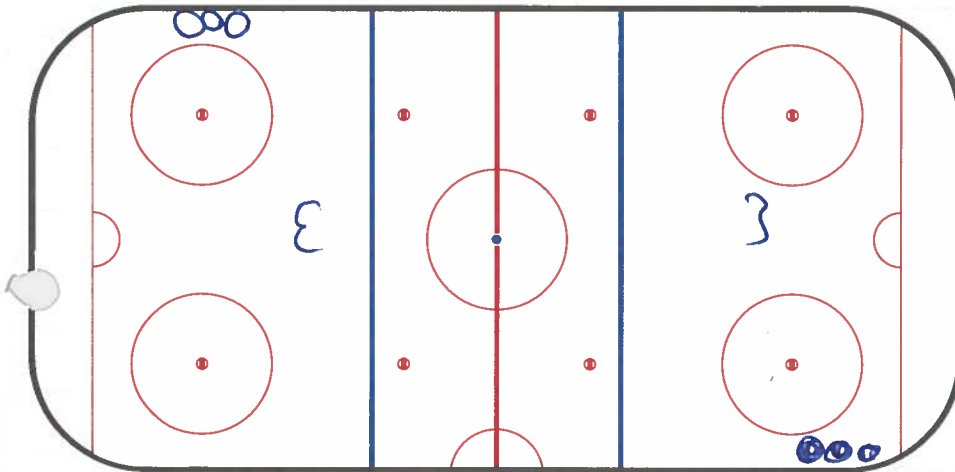
Raphael

Linda

Kristian

Arthur

Philipp

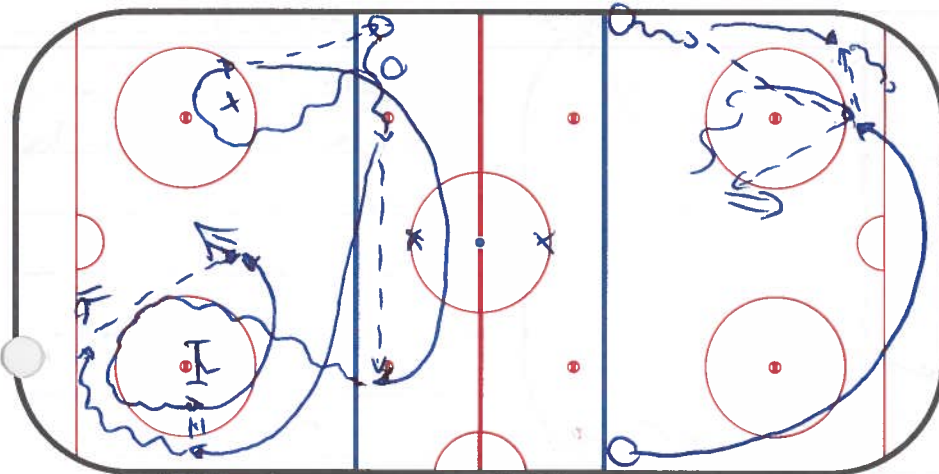


Warmup Spiel 5-8'

3-3

TR als Joker

für ein 6-er



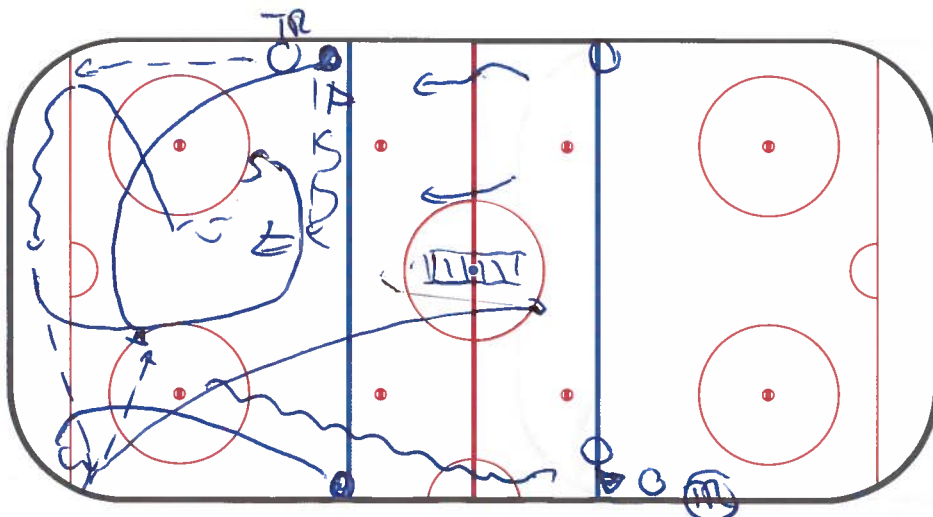
Schussübung

a) Doppelpass

5-8'

b) Kreuzen

10 (5/5)

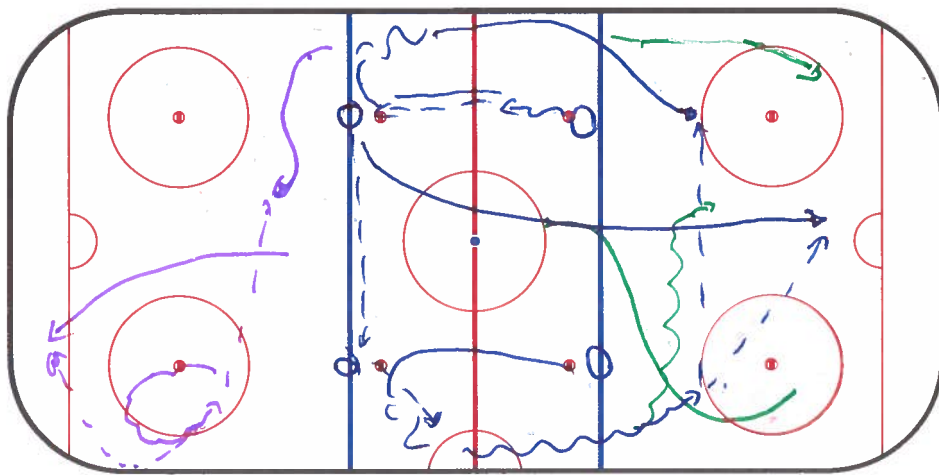


2-1

Aufbau

5-8'

4/4



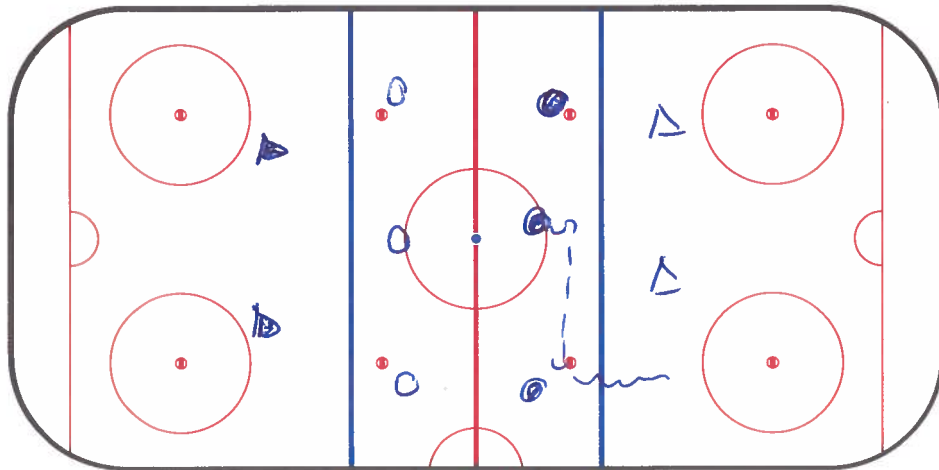
10-15

1-2-3 Prinzipien

a) 3-0 Mitte hat aufs Tor

b) Kreuzer

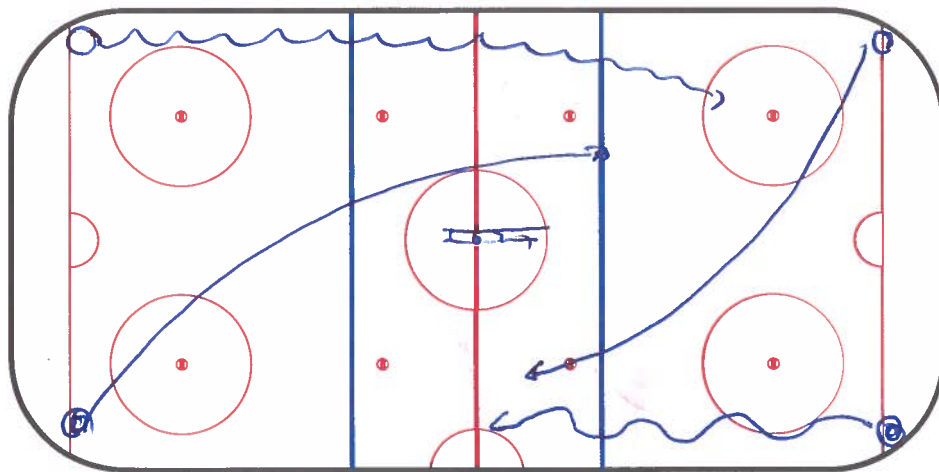
c) Gekrümmter Bogen



3-2

- auf Signal TR

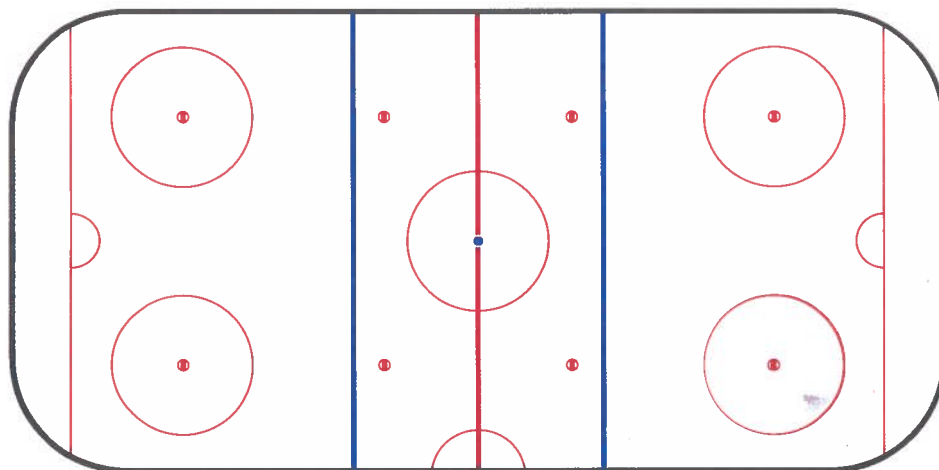
neue Scheibe 5-5



Wahlbereich

jedes Tor ein Punkt

wer am schnellsten ein Tor
schiesst.





TEAM: U13 1630-1730
 DATUM: 10.11.2021
 TRAINER: Markus Harek

T. u. a. Tech. L. u. p. i.
 J. e. r. e. n. e. H. a. r. i. s. M. e. e. n. s. ?
 D. o. m. i. n. i. k. ?

Christian Philipp

Melanie! Yuka

- Alex Anwarine

- Maximus

- Xaver

- Dove

- Treiben

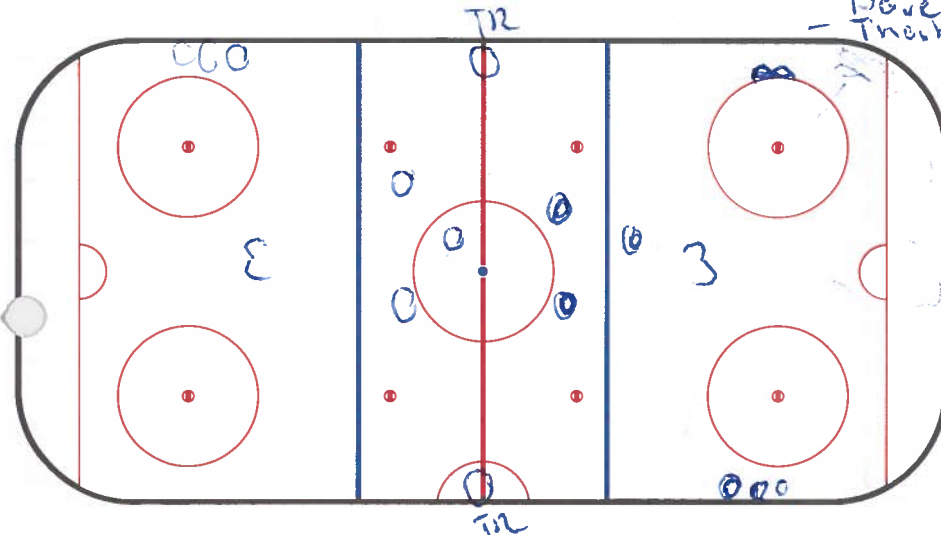
- Raphael

- Simon Conradt Sch

Warm up Spiel

3-3 1 Joker als TR

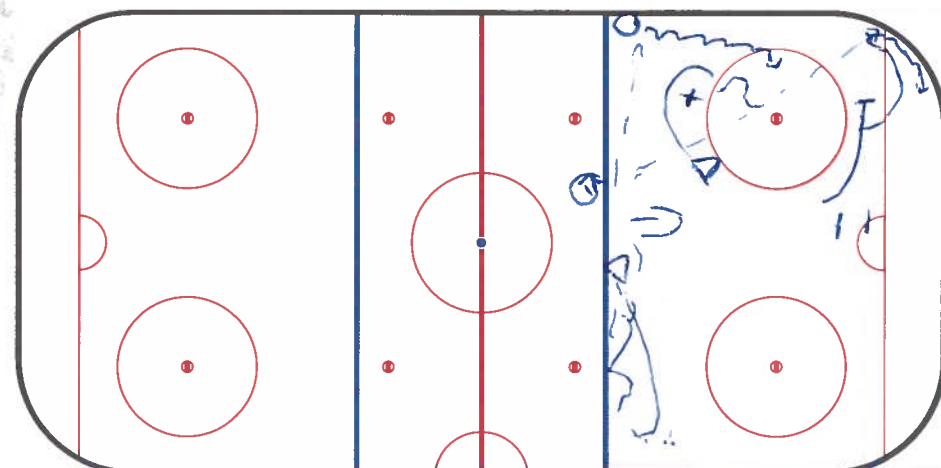
5-8'



Stocktechnik 10'

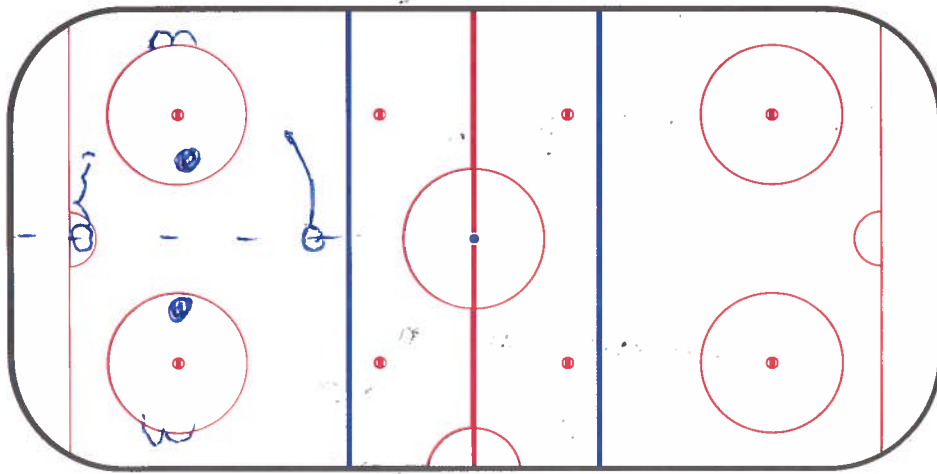
Fink seitlich

Polin seitlich



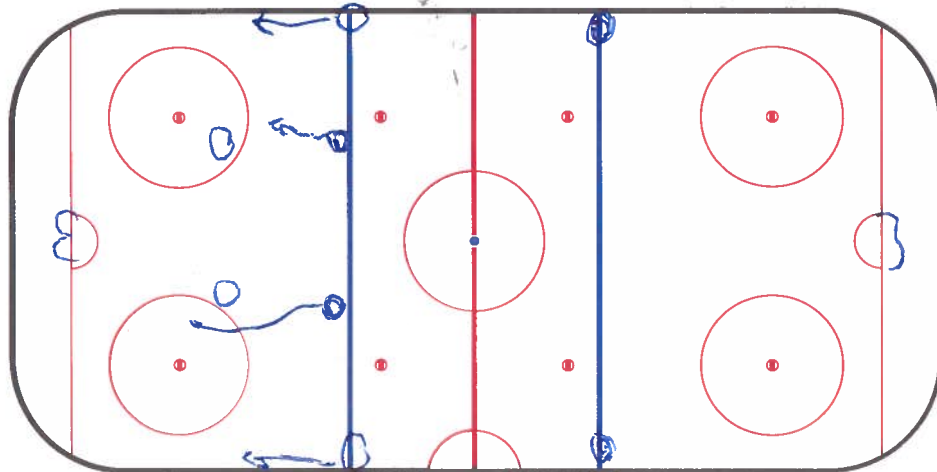
3x 1-1

10'



2-1 ^{defensiver} (1 SP bleibt hoch)

5-8

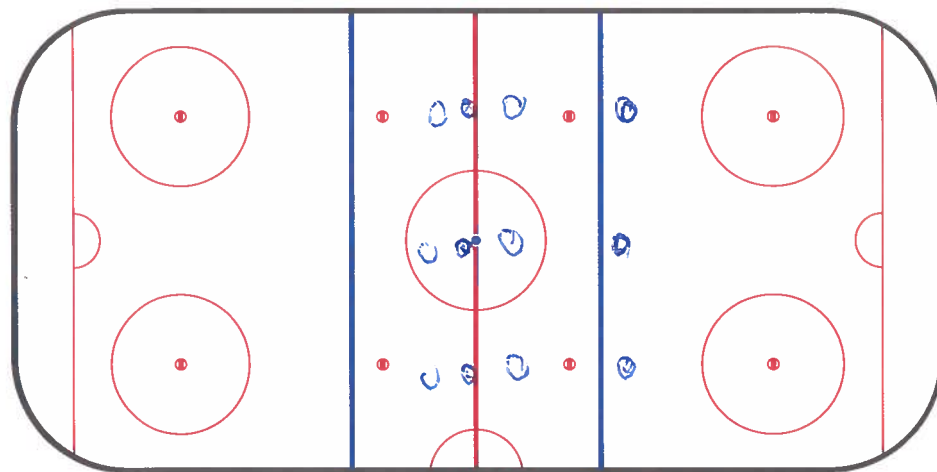


2-2

Umschaltspiel

OFFENSIVE - DEFENSIVE

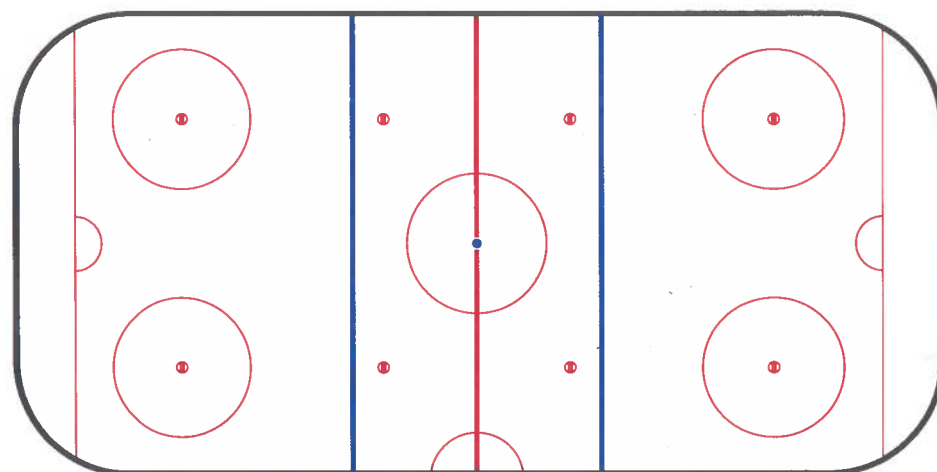
5-8



3-3

Umschaltspiel

OFFENSIVE - DEFENSIVE

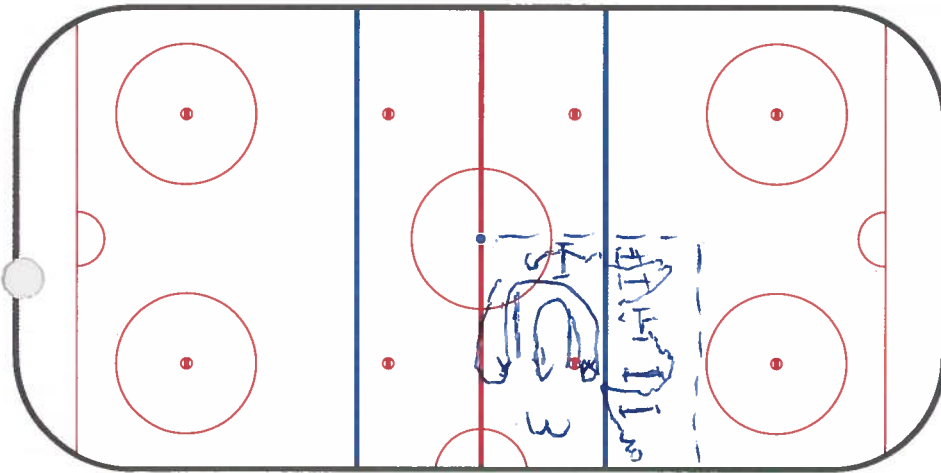




U11 / U13
 TEAM: 03. M. 21
 DATUM:
 TRAINER: Markus, Marek

TRAININGSPLAN

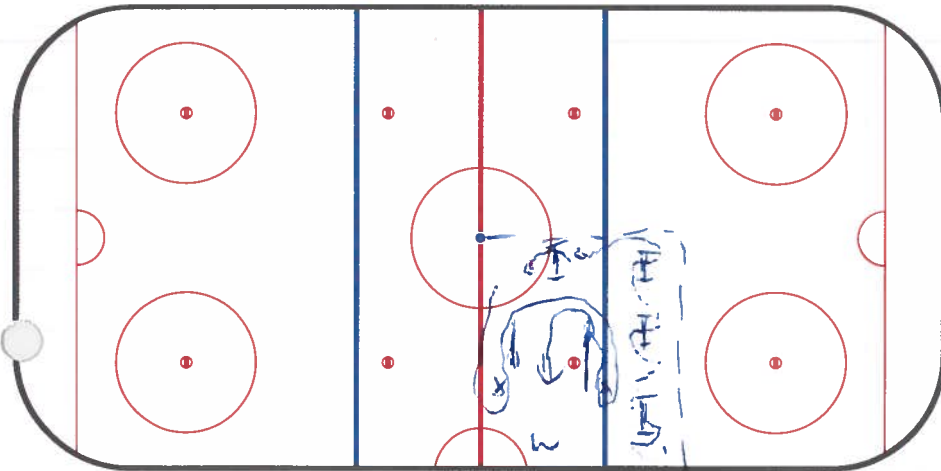
U11 15:15 - 16:00



Sticktechnik

lang seitlich ziehen
 zum Körper auf die
 andere Seite

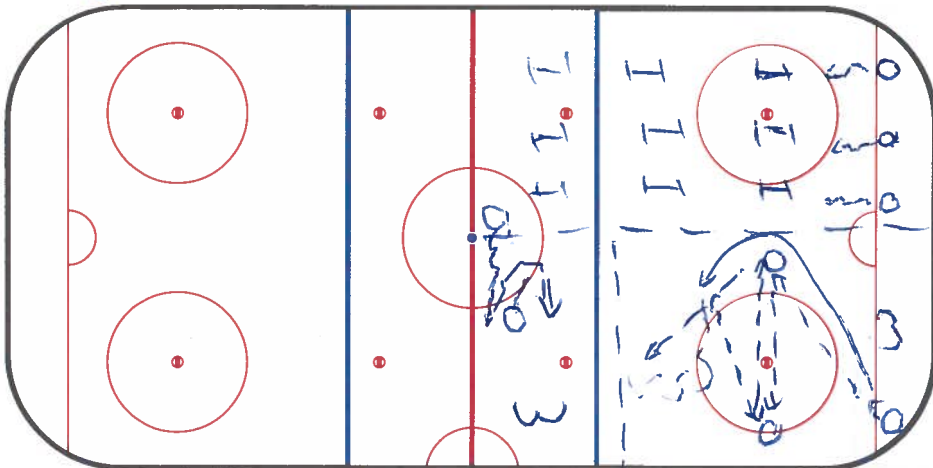
Canadier eng lange
 Hand um Körper ziehen



- Pul in seitlich

- Canadier eng lage
 Hand um Körper ziehen

U13 16:30 - 17:30

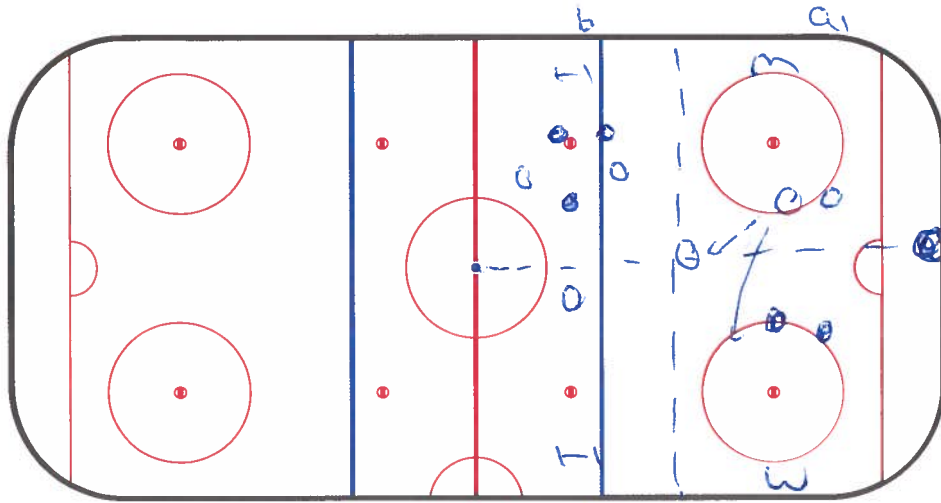


a. Sticktechnik 8'

Pul in seitlich
 Einte

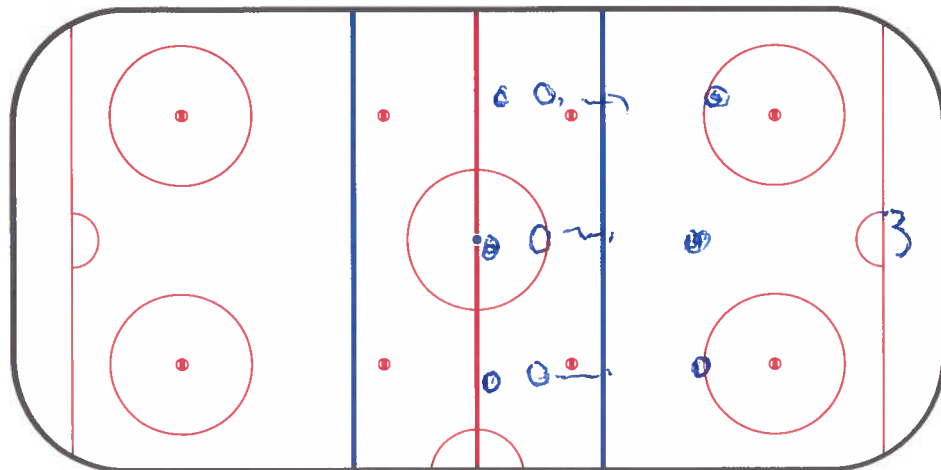
b. Pass Technik 8'

c. Schusstechnik 8'
 lange Hand nach vorne
 zu Körper herziehen
 Schuss

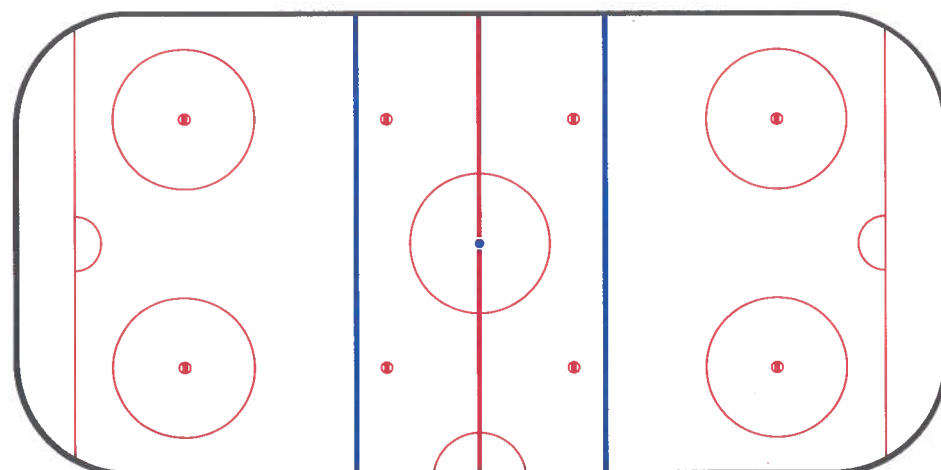
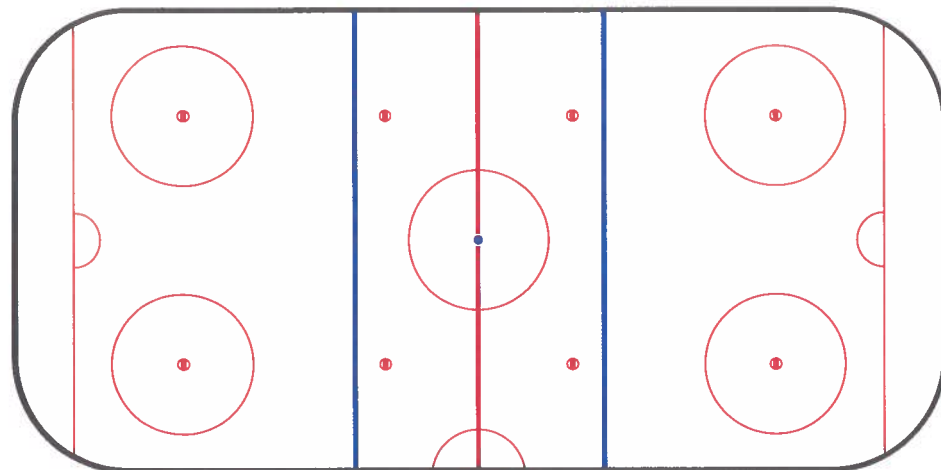


Kleinfeldspiel 10
a, 2-2 ei-Joker
sethli

b, 3-3 ei Spick
Halt hoch



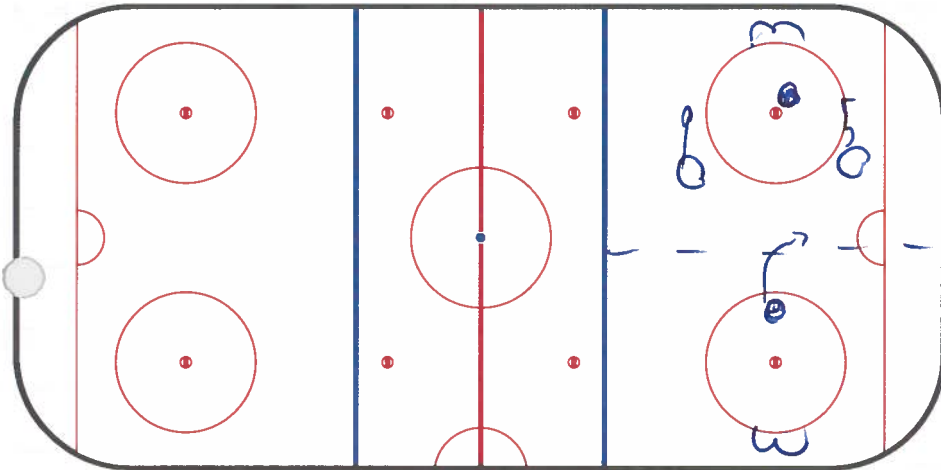
3-3 10
Gemeinschaftspiel





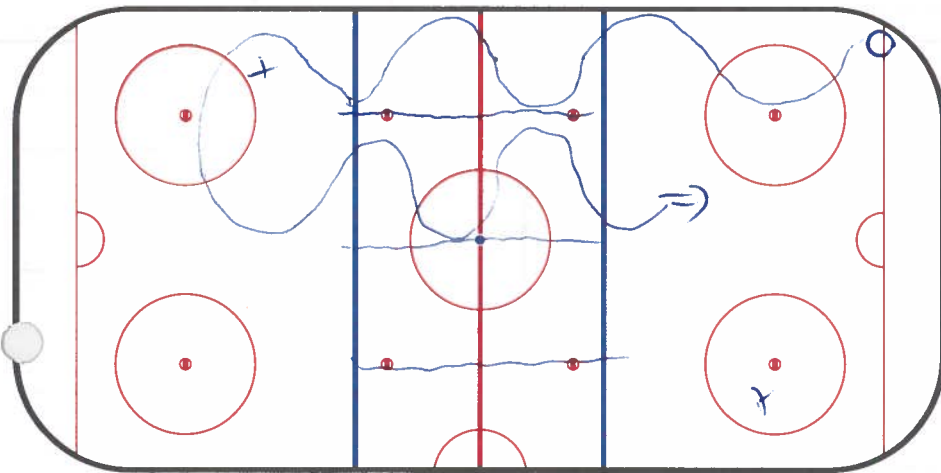
U19
TEAM: 12. M. 2021
DATUM: 15³⁰ - 16³⁰
TRAINER: Markus Marek

TRAININGSPLAN



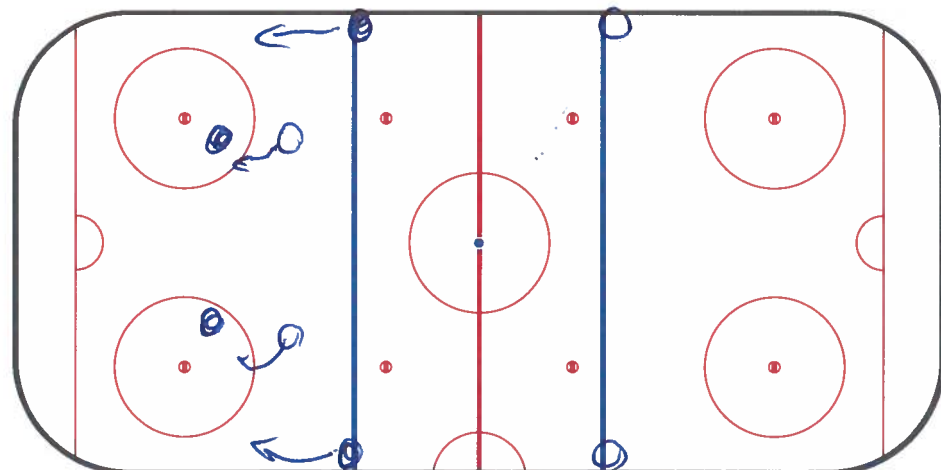
Warm-up Spiel

2-1

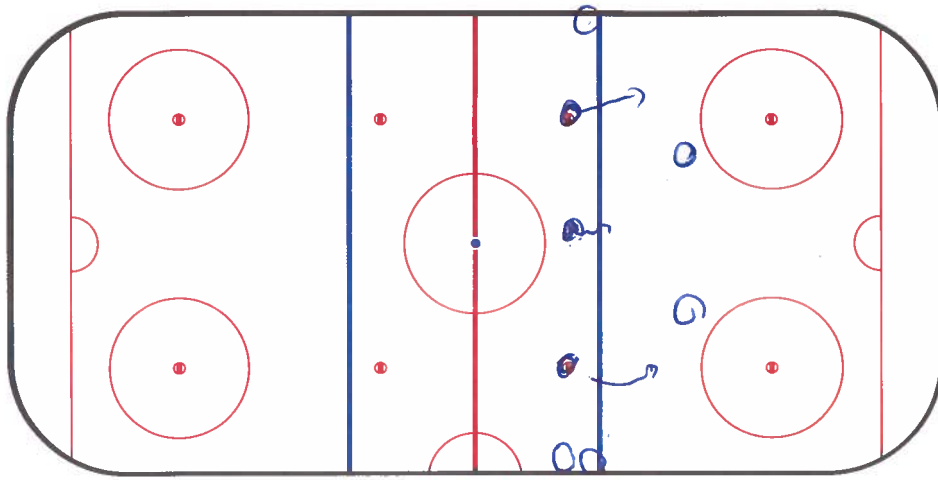


Lauf -
Stoßtechnik

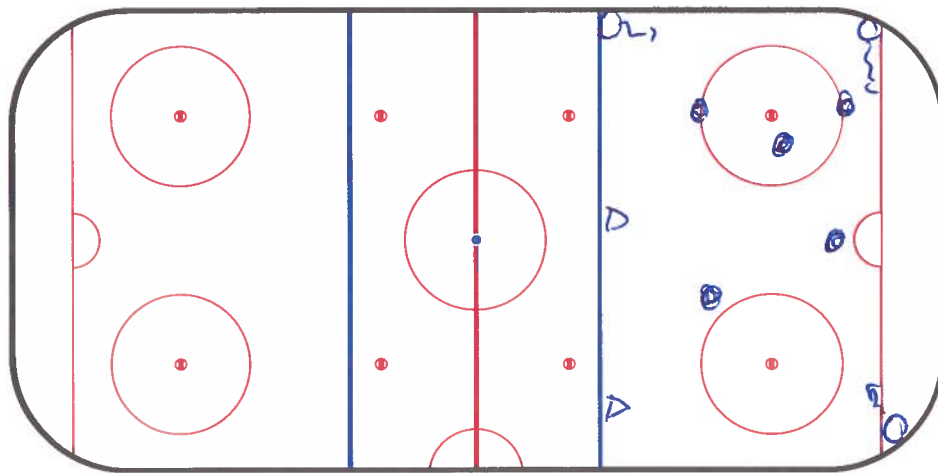
Innenkante
Außenkante
übersetzen / Canadie
auf die Knie Puckführung
auch
Drehungen



2-2



3-2

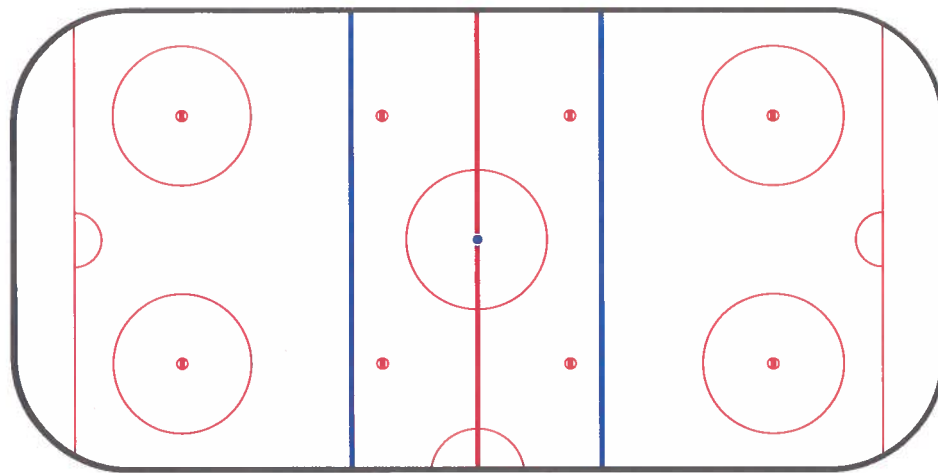


1-5 Defensiv Arbeit

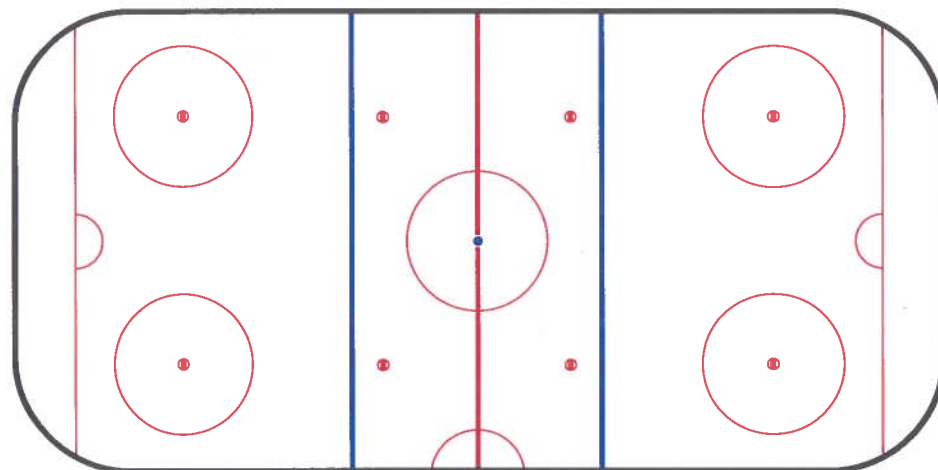
2-5

3-5

5-5



Spur 5-5

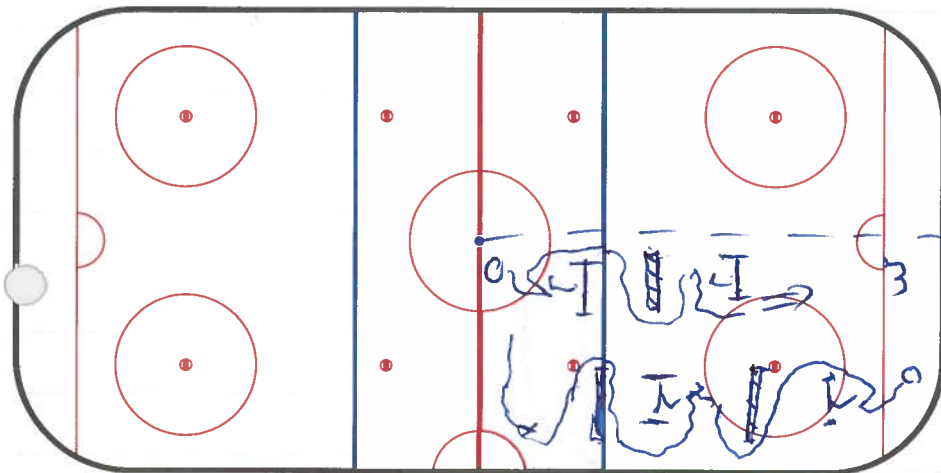




TEAM: U11 / U13
DATUM: 16.11.21
TRAINER: Markus / Mark
Markus / Marek

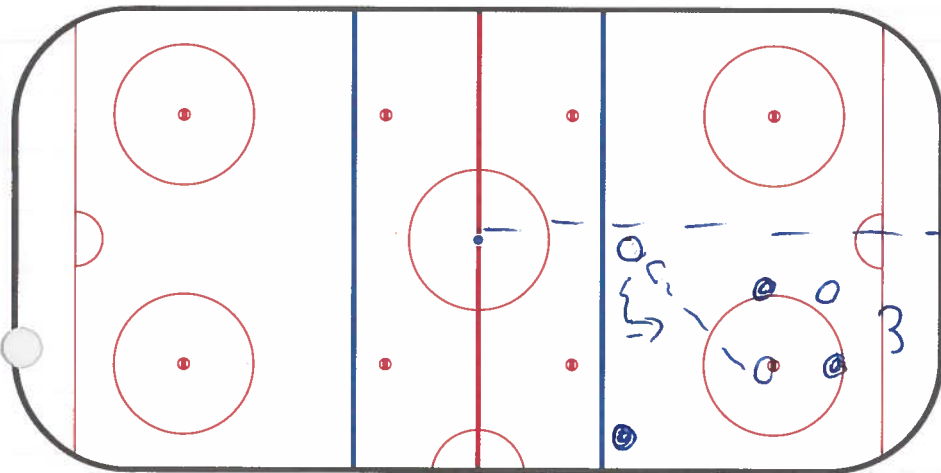
TRAININGSPLAN

15:10 - 16:10



Stocktechnik

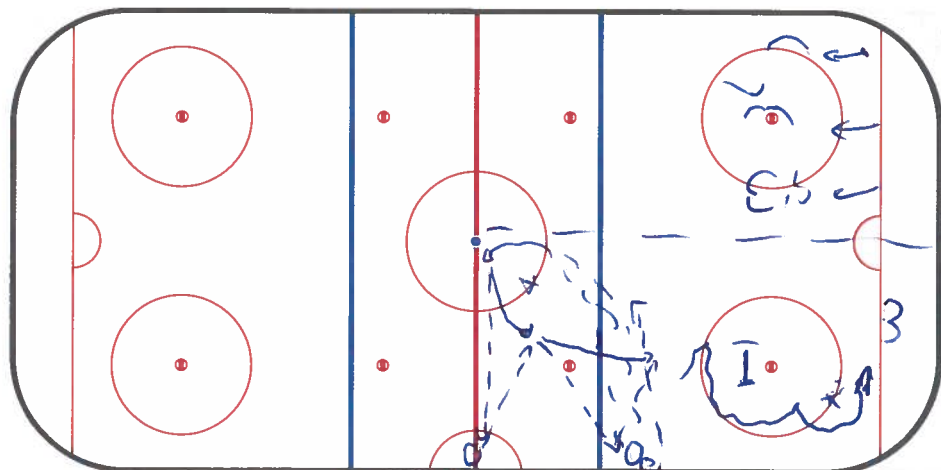
- a, Pull in
- b, Inner circle
- c, Außenkreise
- b, c →



Spiele

3-2 (Joker)

U13



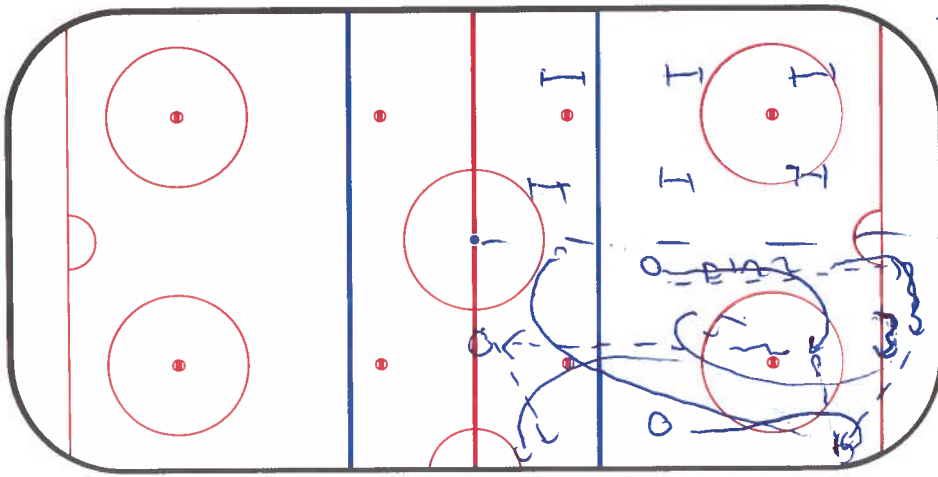
d, Lauftechnik

Inner circle

Außenkreise

die 3 v 2

- 2, Persönlichkeit +
- Stocktechnik



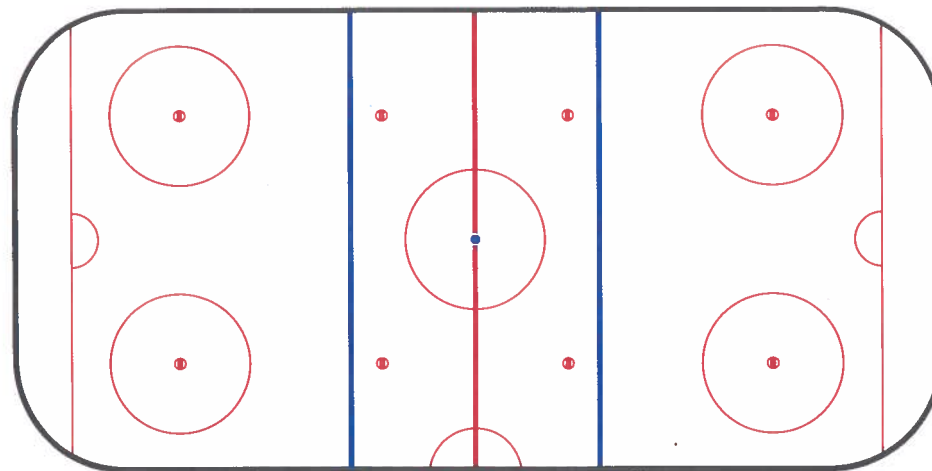
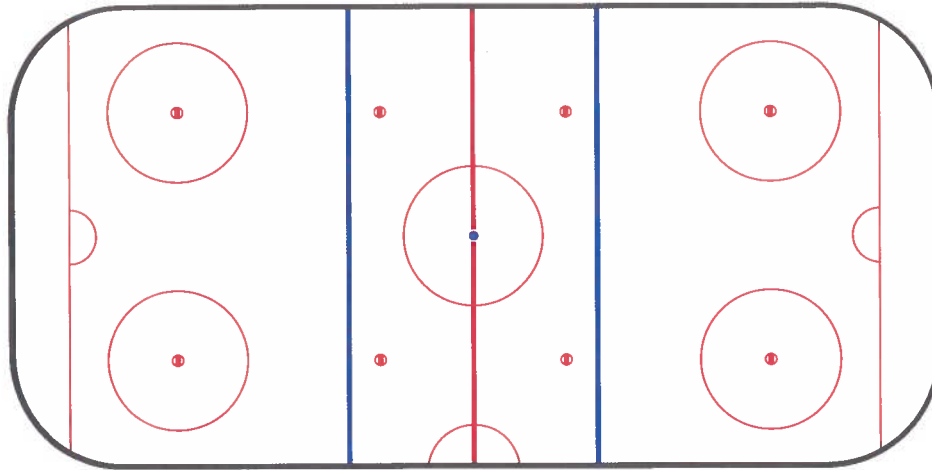
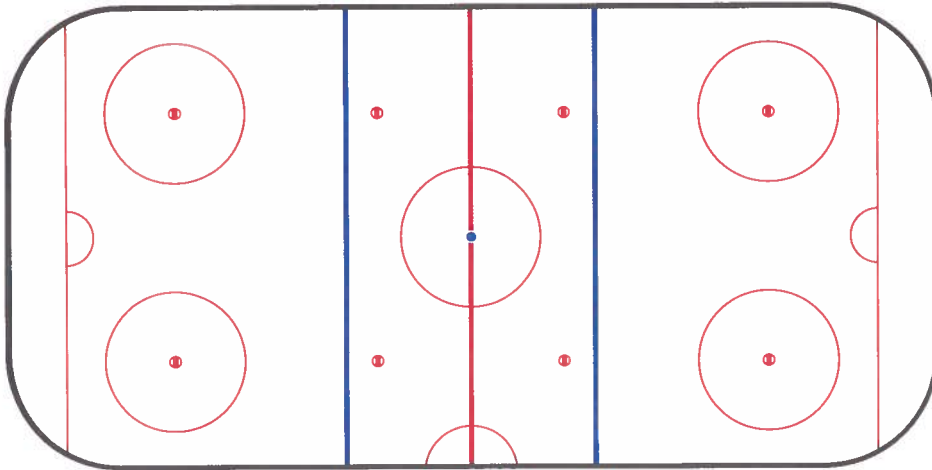
21. Stecktechnik

Pull in seitlich

come

Innenbank - Außenbank

13-1





TEAM: U13

DATUM: 17.11.11

TRAINER: Markus / Marco

16:30 - 17:30

Xaver? Tizian Lemp?

~~Leopold~~ Thorben Maximo

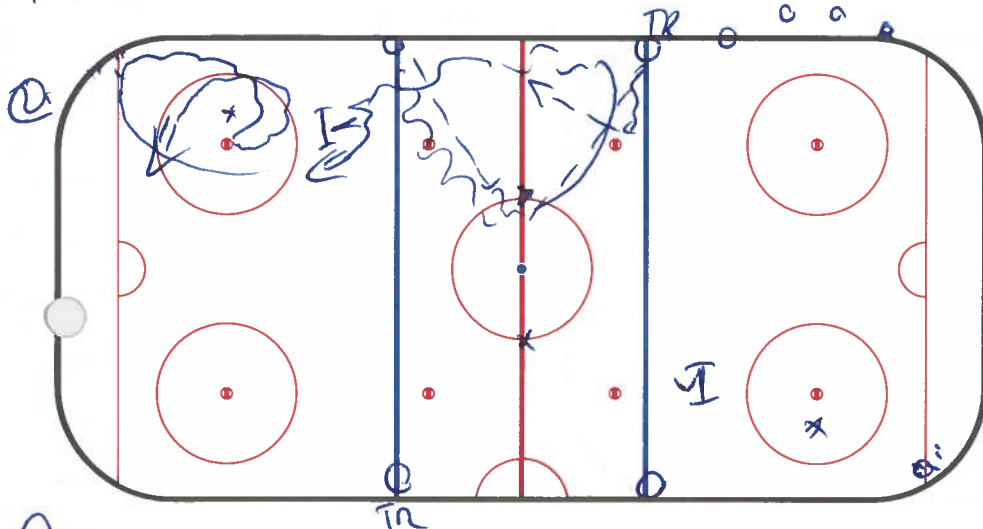
Christin Philipp

Linka Simon

Alex?

TRAININGSPLAN

① SPIEL Kleinfeld auf kein Tor ② 2 gegen 5 M.-8.



Passübung

8'

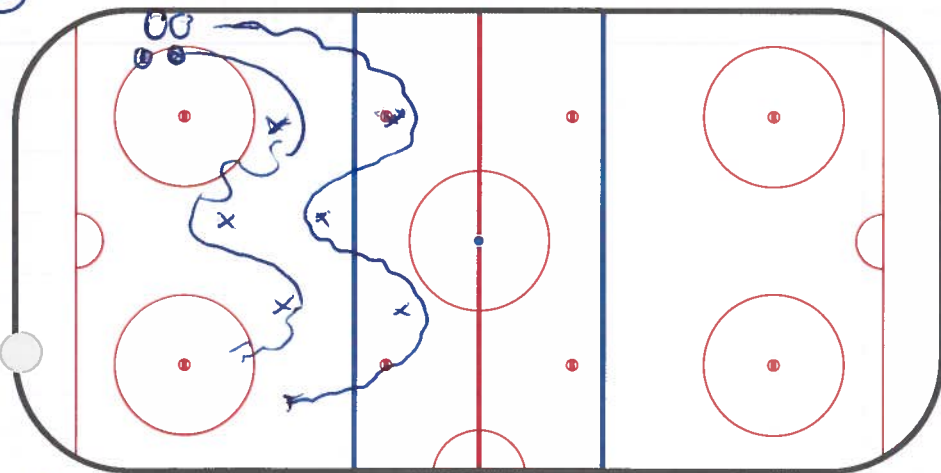
W-passannahme

rw-vw

Tauschung - Pullin
neue Schüsse

Drehung nach außen

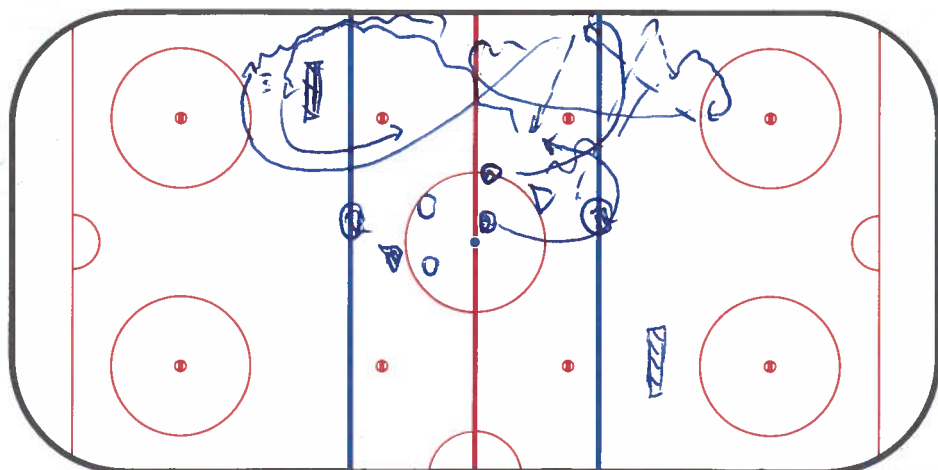
③



1-1

8'

④

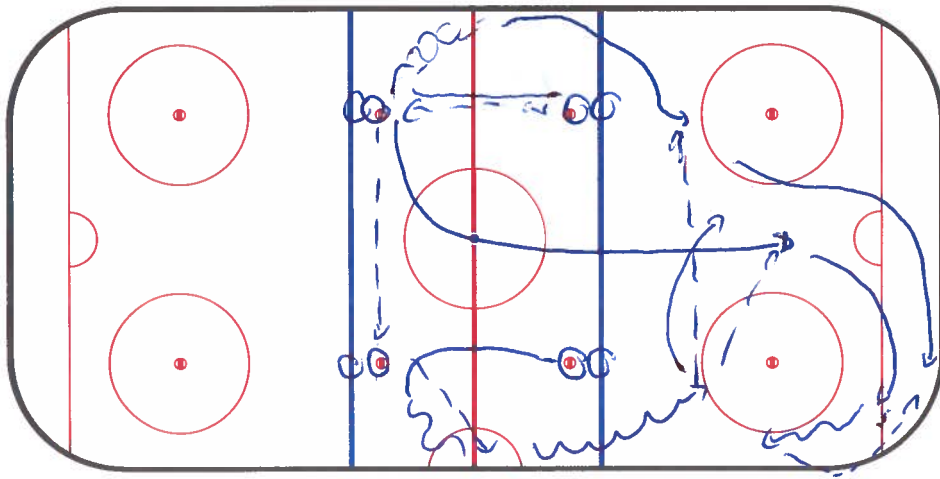


2-1

8'

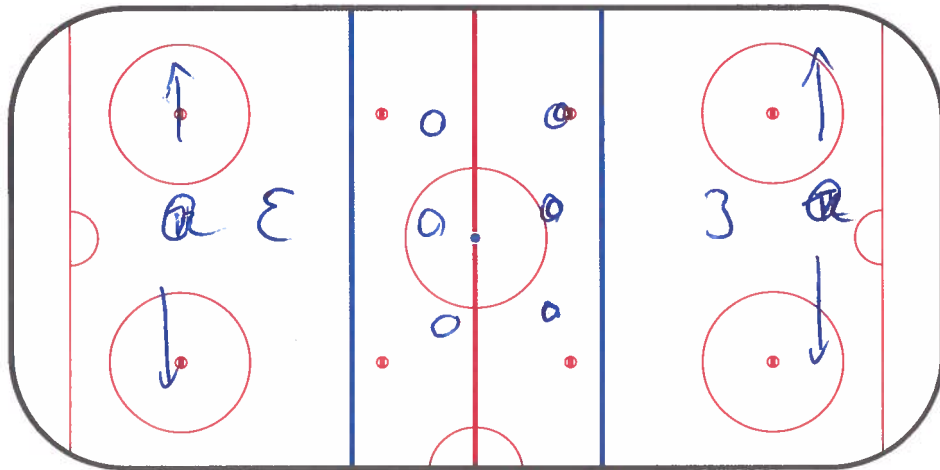
Aufbau

ST - kurze



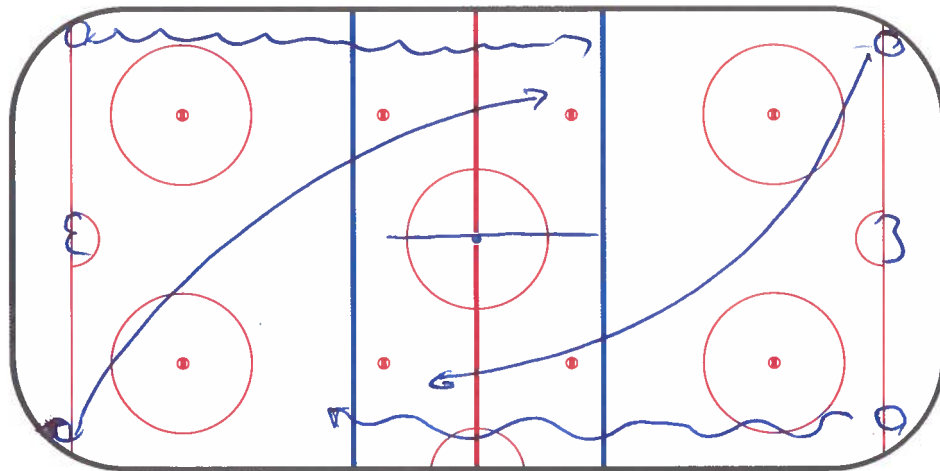
Taktische Prinzipien 81
 offensiven Zone

Rotation aus der Ecke

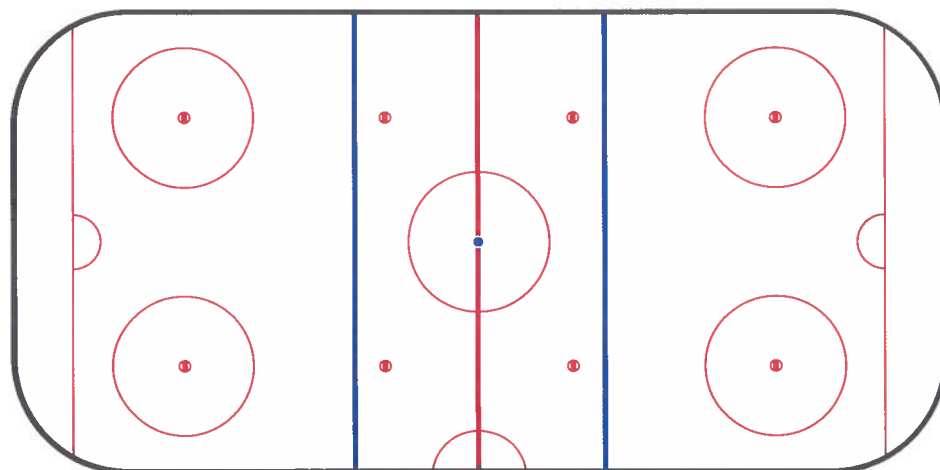


3-3 101

3er TR (defensive)



1-0 (1-1)





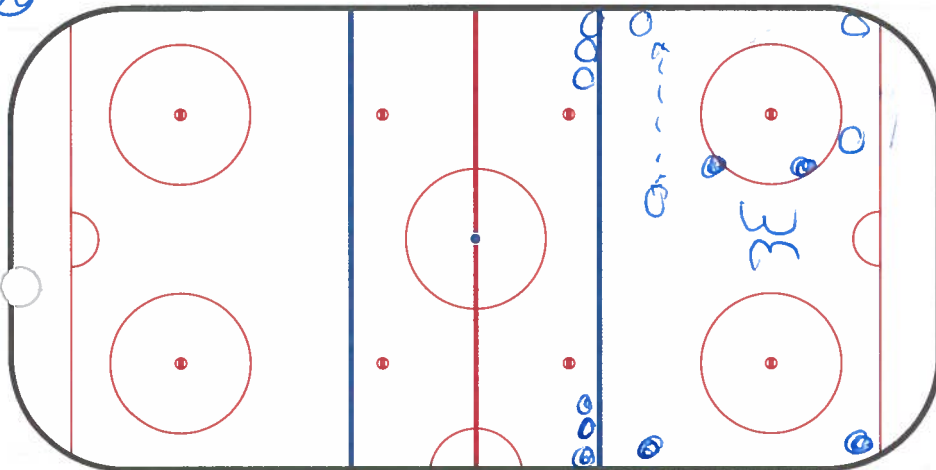
TEAM: U13

DATUM: 18.11.21

TRAINER: Markus
1640-1740

TRAININGSPLAN

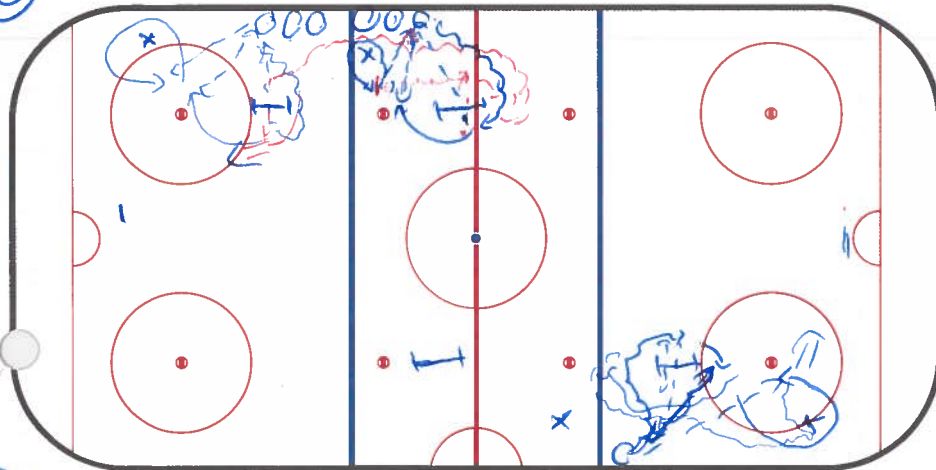
①



5-8'

2-2 2 Joker

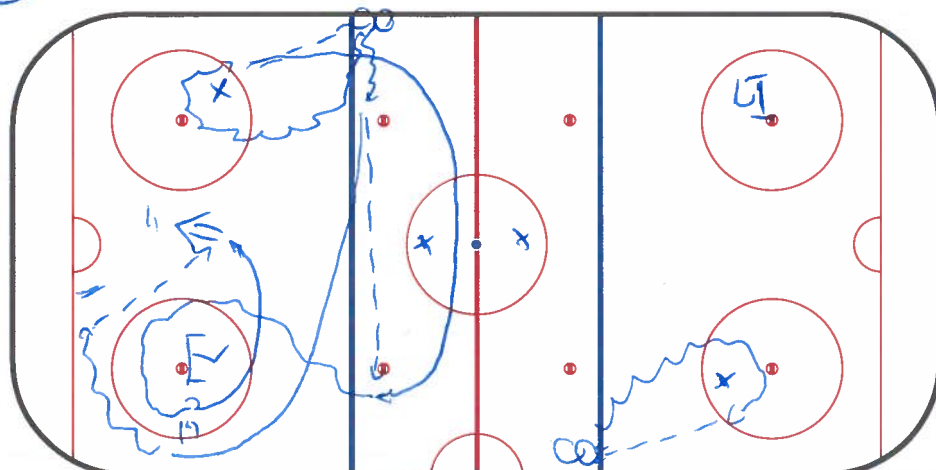
②



10'
515'

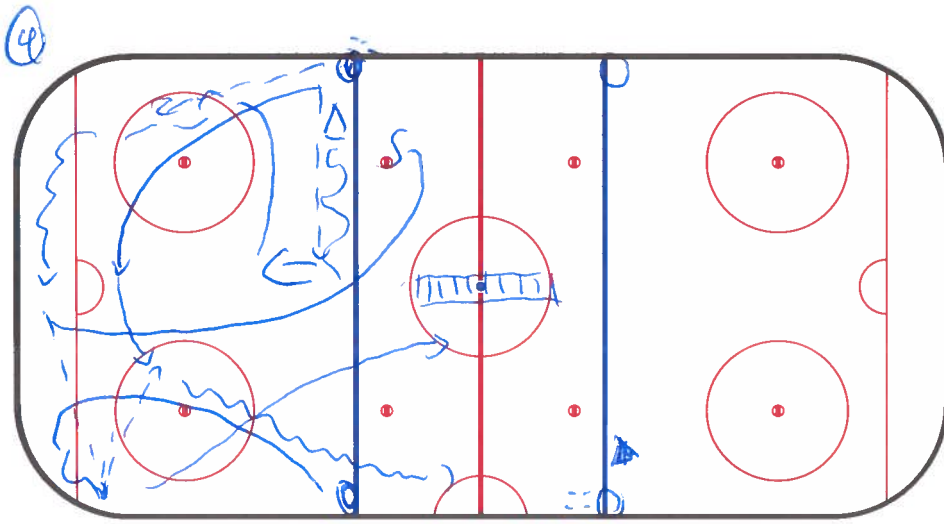
Passübung -
Stoßtechnik

③



10'
515'

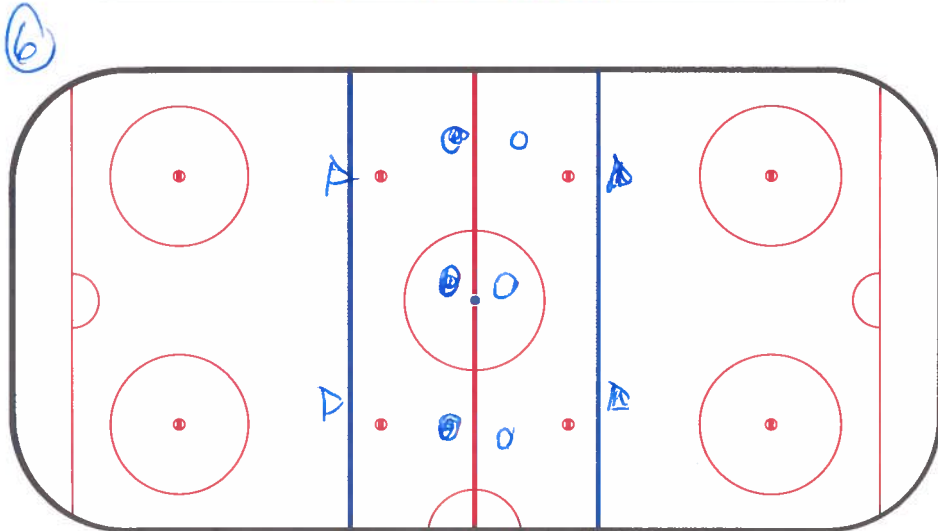
2-0 Passübung
Kreuzen



2-1

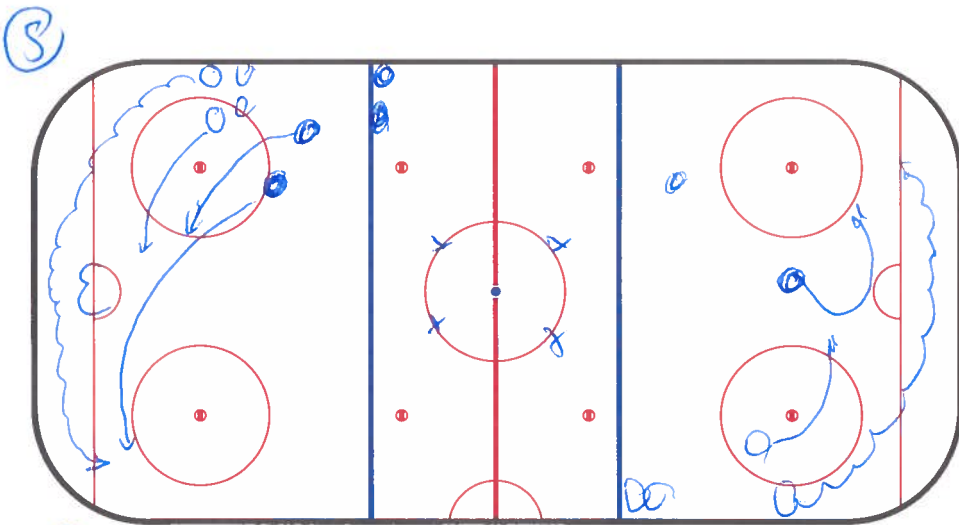
81
4/4

Aufbau



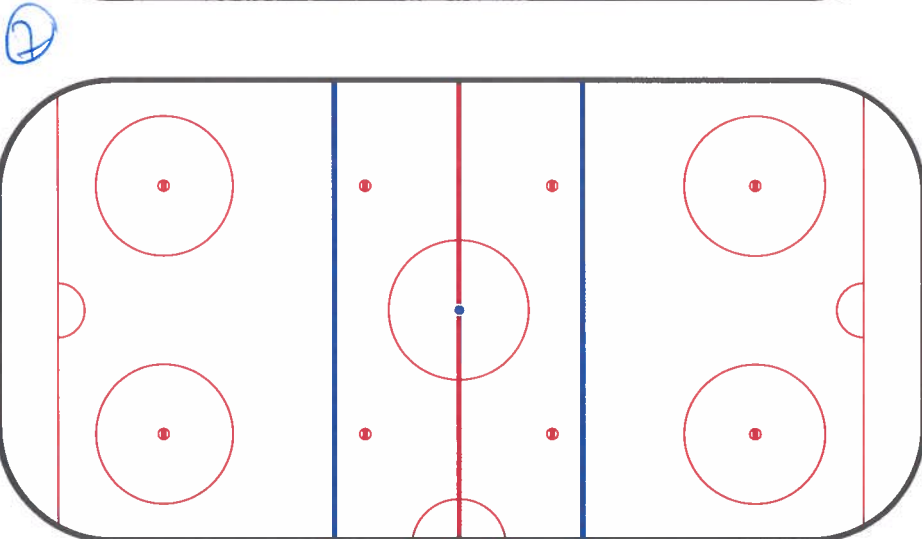
3-2 13-2

auf Signal 5-5
neue Skatze



2-2

aufnehmen



5-5



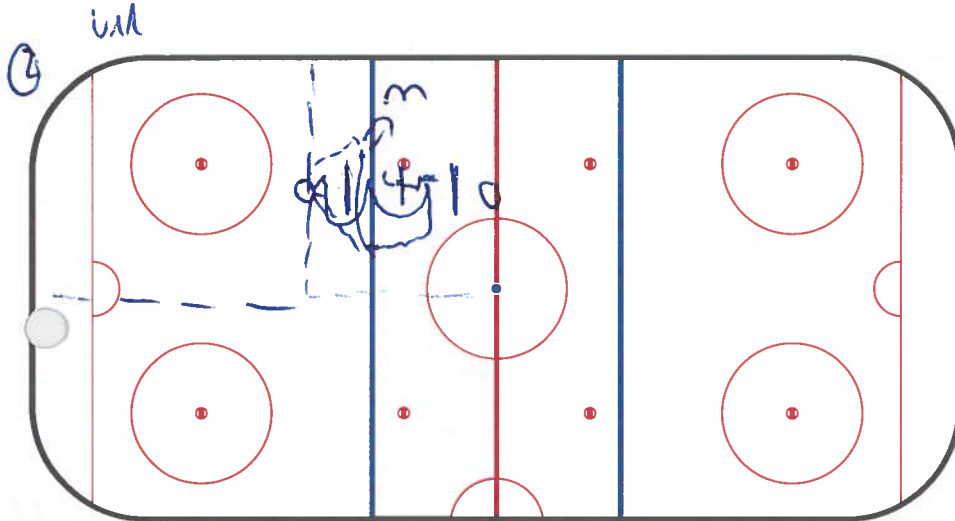
ET 15¹⁰-16¹⁰ / 16¹⁰-17¹⁰ / 17¹⁰-18⁰⁰

TEAM: U11 U13

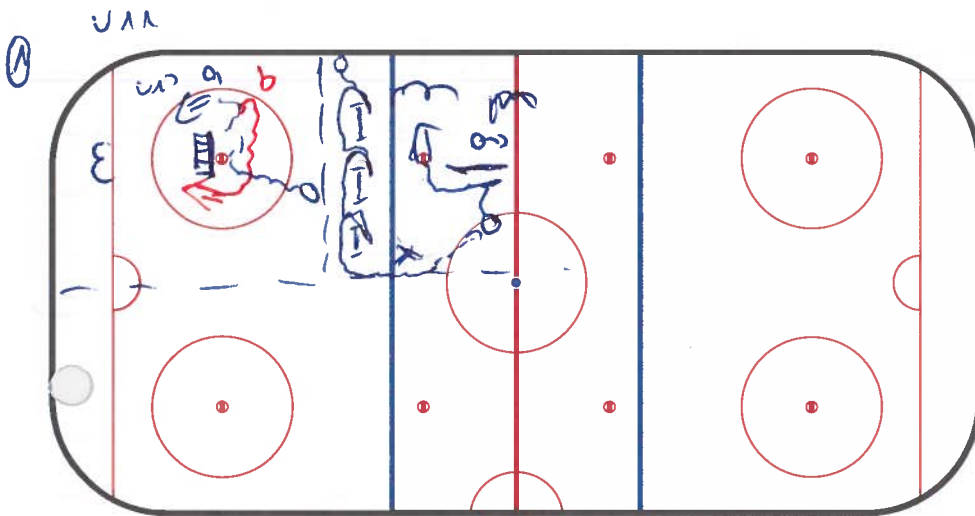
DATUM: 23. 11. 21

TRAINER: Markus, Mark

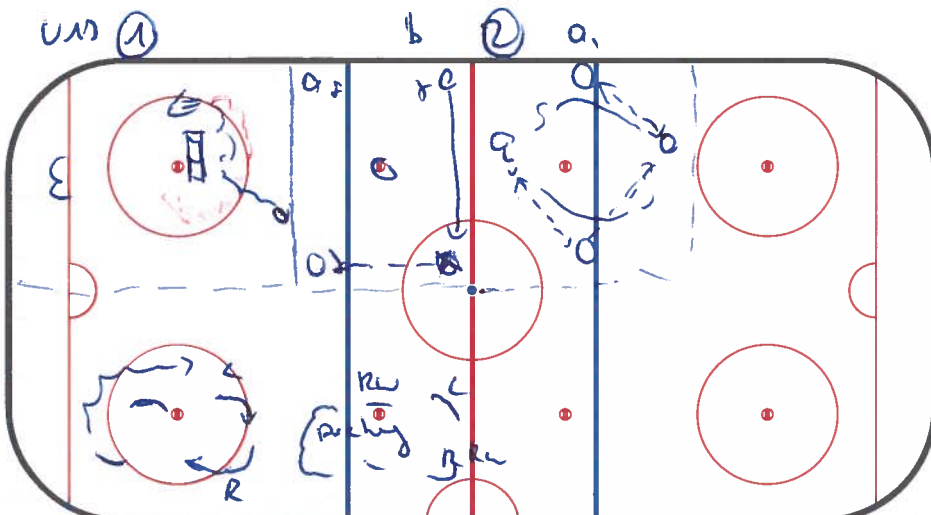
TRAININGSPLAN



Passübung



Stocktechnik Pulver
Finte



Passübung
b. U11-U13-U13
Tuckführung

②

a. Passübung

2 SP.

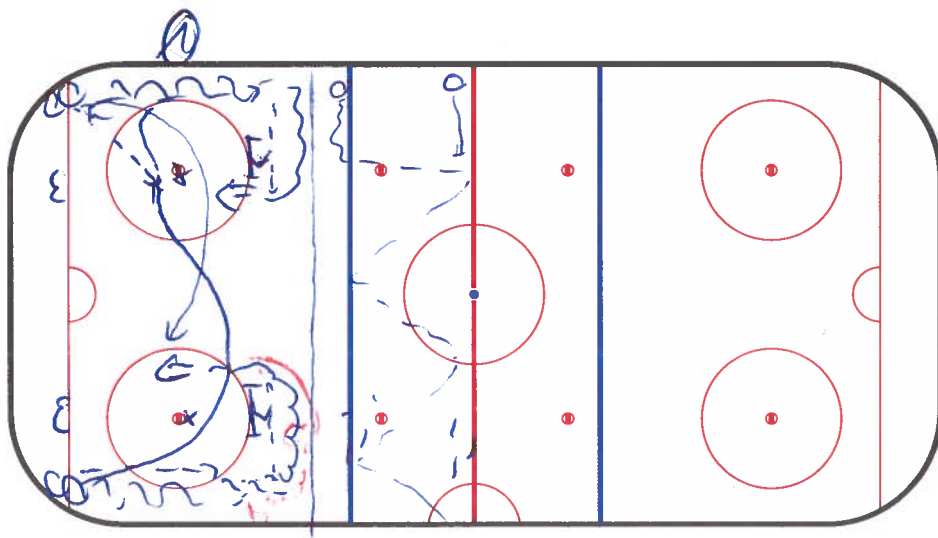
b. Sweden box

③ Technik

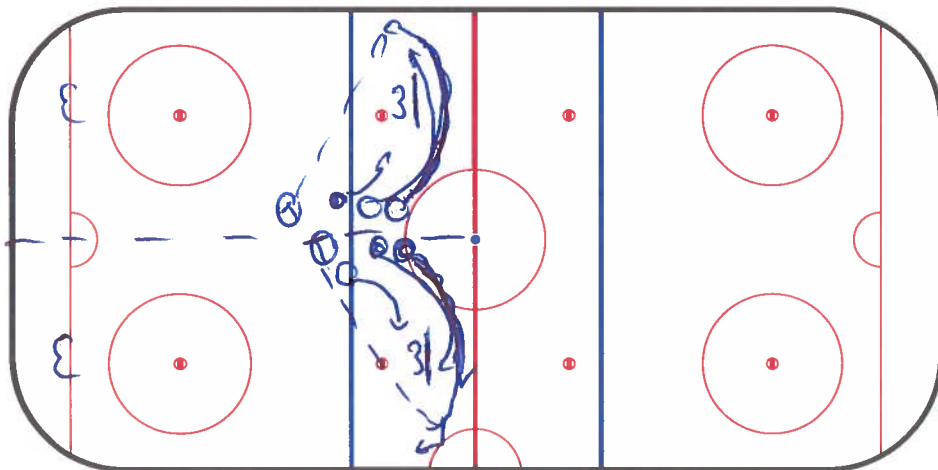
- Innenkante

- Außenkante

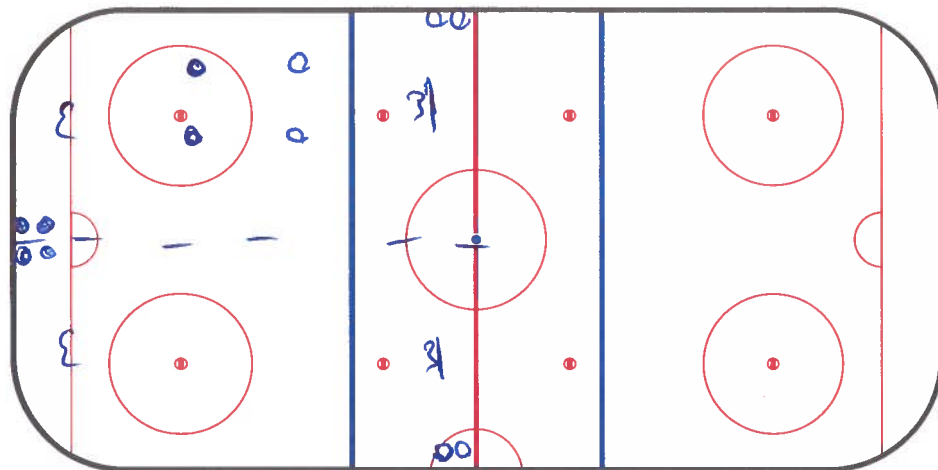
- durchdringend



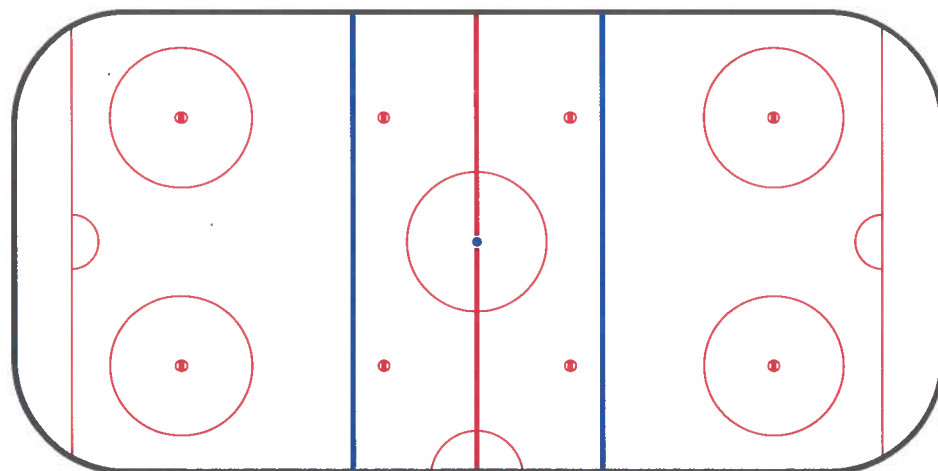
① 1-0 Possession
open up Timing
auf 2 Tore ^{beide Seiten} gleichzeitig
a, durch das Hindernis spielen
b mit Drehung nach außen
ruck schießen



① Possession
weitere 7 F. 1-1
2-1
① spielt eine Scheibe
in die Ecke. Aus der
Situation ergibt sich
entweder einen Aufbau
gegen Druck Situation
oder ein 2-1
Der ① spielt immer wieder
einen neuen Punkt tief ins Feld.



2-2
Kleinfeld

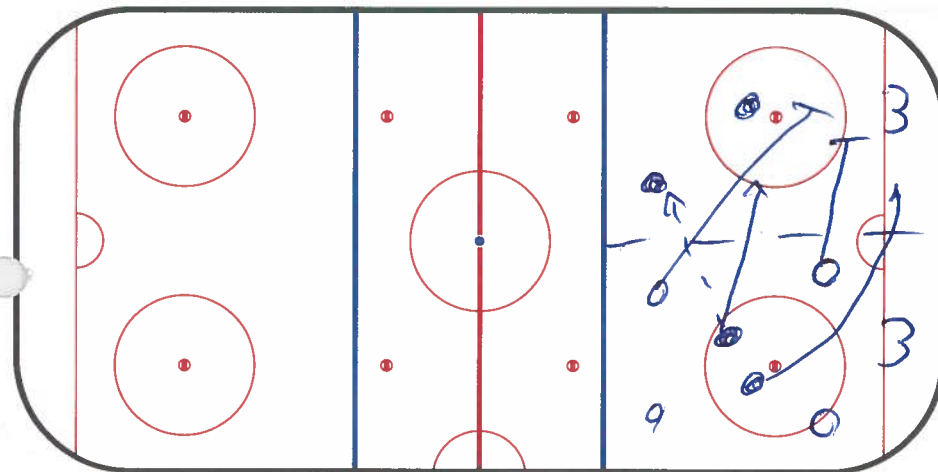




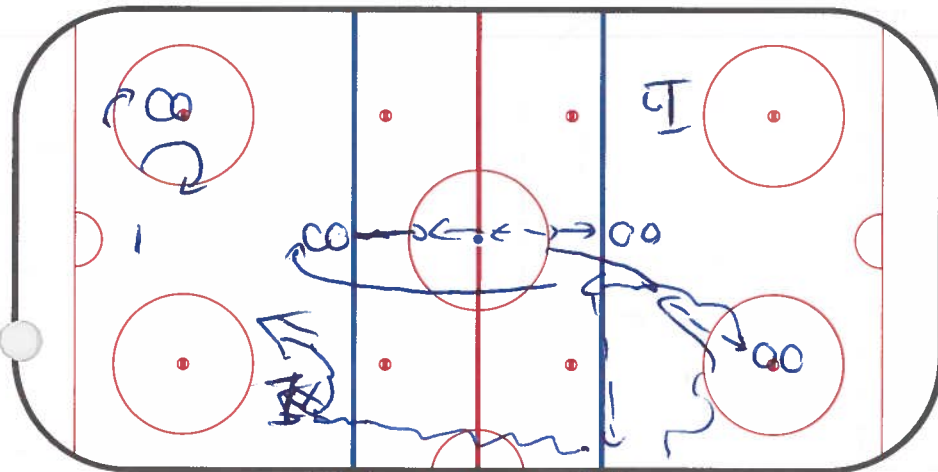
TEAM: U13
 DATUM: 24.11.21
 TRAINER: Markus, Marek
 1630-1730

Theo	Xaver	Tizian
Max T	Lemp	<u>Leone</u>
Loiane	Max B	Leon
Uelch	Alex	
Melanie	Simon Christin	
Marinus	Raphael	
Andreas	<u>Simon</u>	

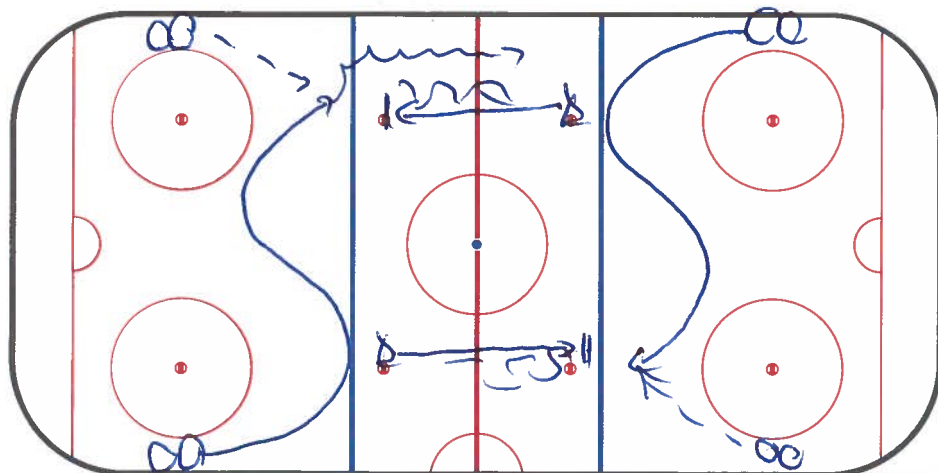
TRAININGSPLAN



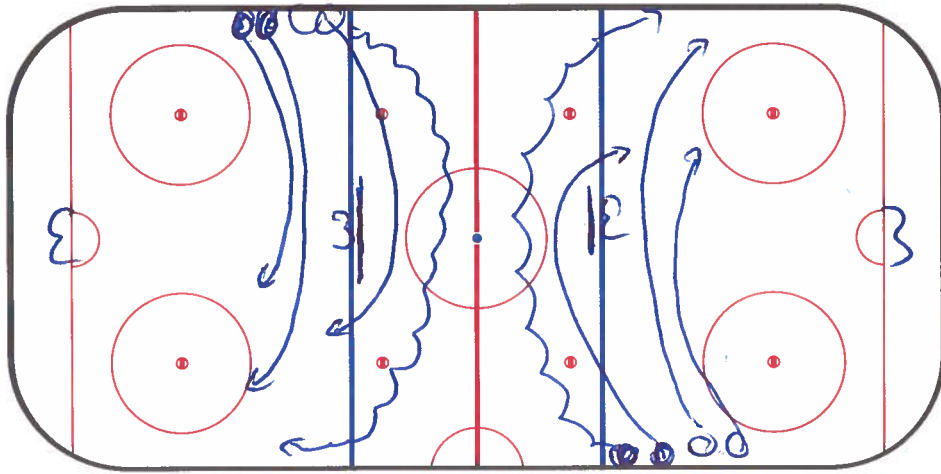
Warmup Spiel 5-8'
 4-2 Transition
 Es wird 4-2 in einer Hälfte gespielt.
 Die beiden defensiven ST beim Puck geben passen zu dem Mitspieler in der anderen Hälfte u. 4-2 in der anderen Hälfte - 2 andere offensive Sp müssen umschalten / verteidigen



Possession 5-8'
 viele Pässe in der Mitte
 Aufbau pass
 Toe drag - Schuss
 dann Nachschuss
 vom anderen ST gehen



1-1 10'
 5/5
 aufnehmen

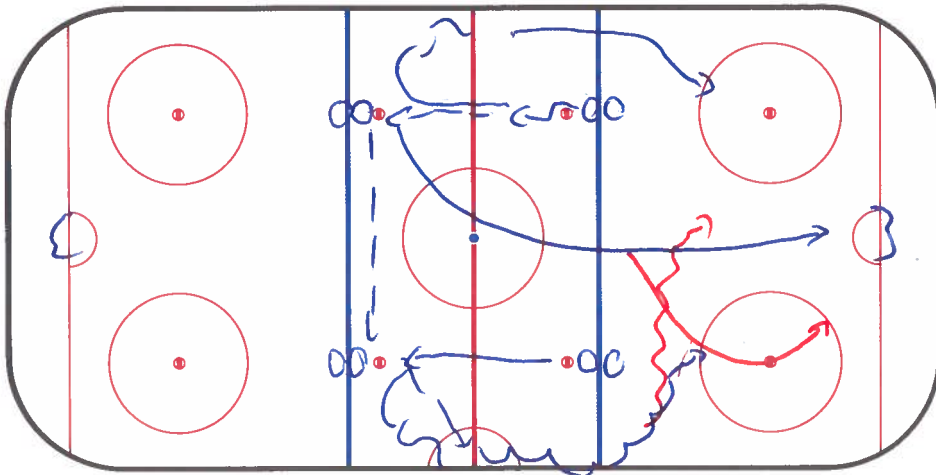


kleinfeldspiel 2-2 5-8'
steuern u. annehmen

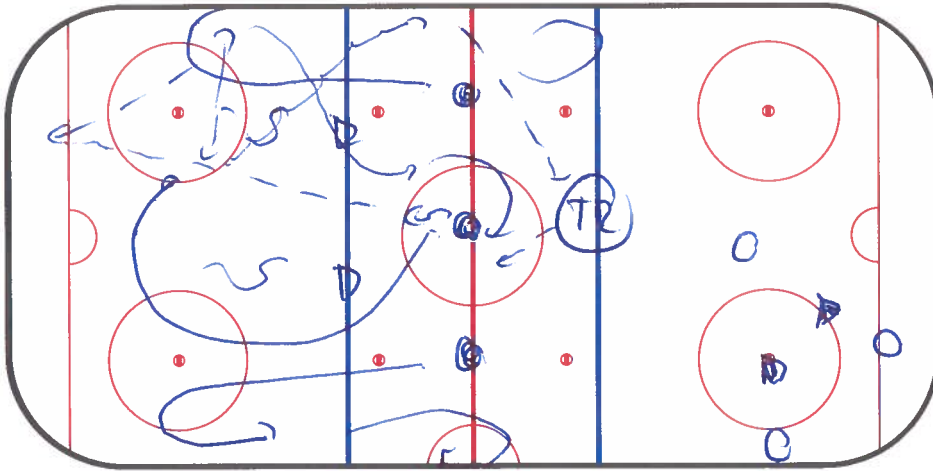
defensive SP versuchen
den Gegner (Angriffsspiel)
nach außen zu steuern

5-8'

1-2-3 Prinzip

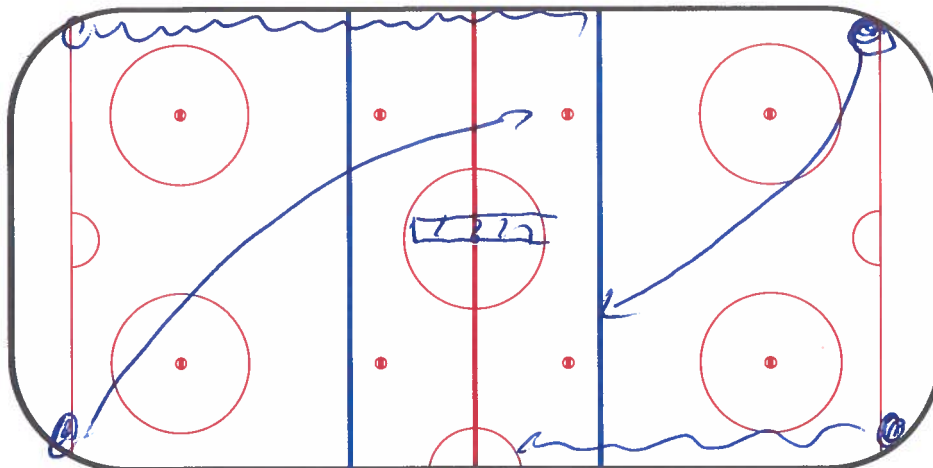


10'
Aufbau aus dem Eck
3-2 3-2
auf Signal
5-5'



1-0
BC

51





TEAM:

U13

DATUM:

26.11.2021

TRAINER:

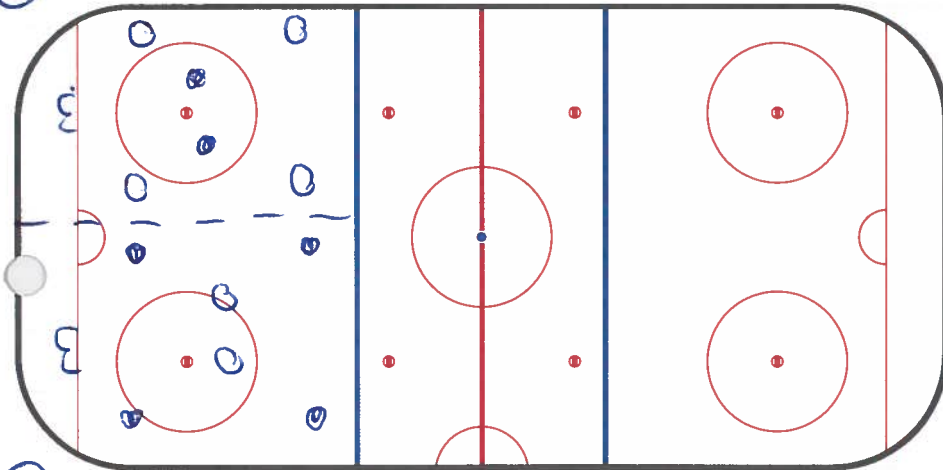
Markus, Harck

ET
TT

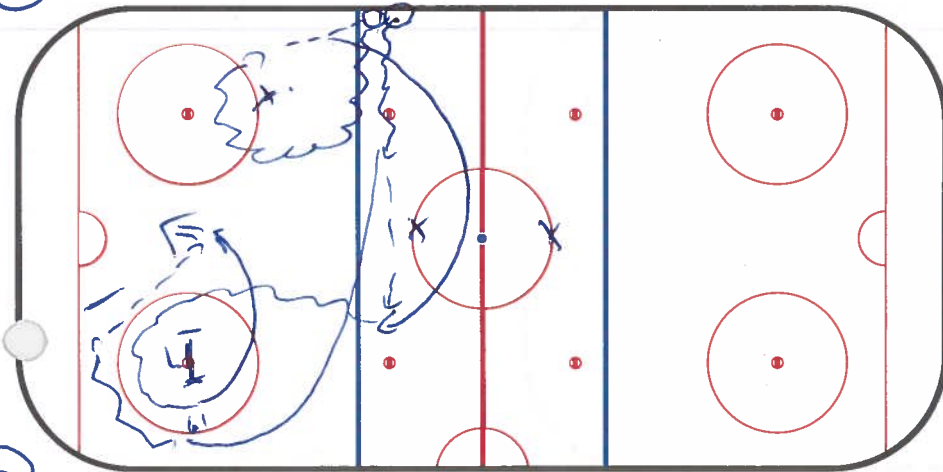
15:30 - 16:30
16:40 - 17:15

TRAININGSPLAN

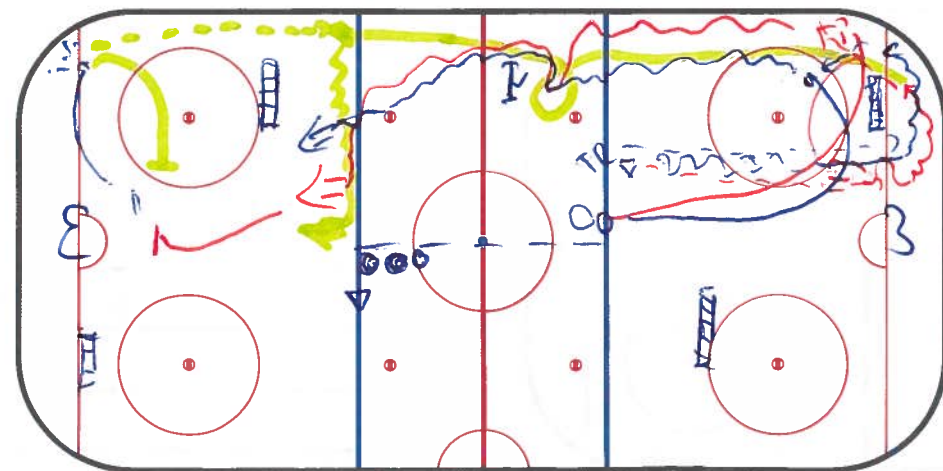
①



②



③



Dove / Marie

Thobias

Xaver

Tizian

Dominik Maun

Jurka

Maxi TV Max

Lumpi

Jon

Lorenz

Christian

Raphael

Marinus

Alex

Melanie

Arthur / Simon

Valentine

ge

4-2

10'

Zusammenarbeit

u. Kommunikation

5-0

2-0 mit Kreisen

10'

2x 1-0 + VT Abschluss

TR spielt einen Ruck tief

VT startet w-vw am

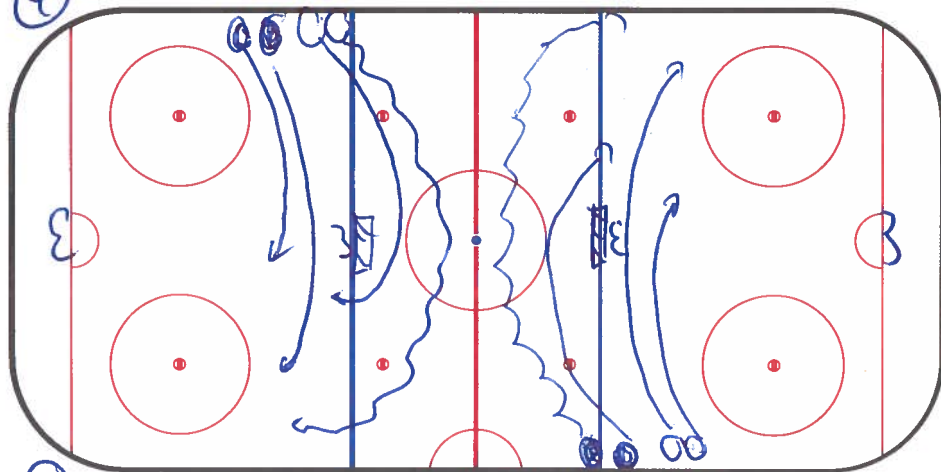
Schleife für einen Aufbau

1ST bietet sich durch die Mitte

2ST bietet sich beim nächsten Aufbau an Bande tief

VT geht für ein 3. Abschluss auf das Tor.

4



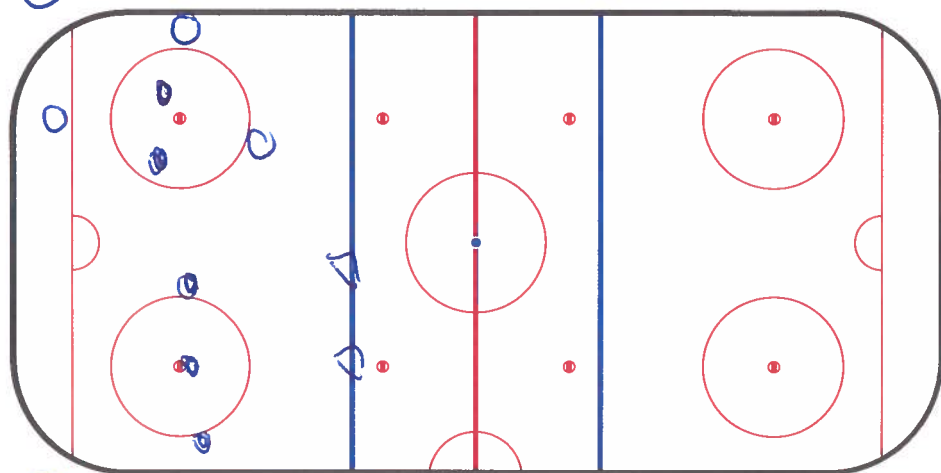
2-2

5-8'

Kleinfeldspiel

Steuern u. anwinkeln

6



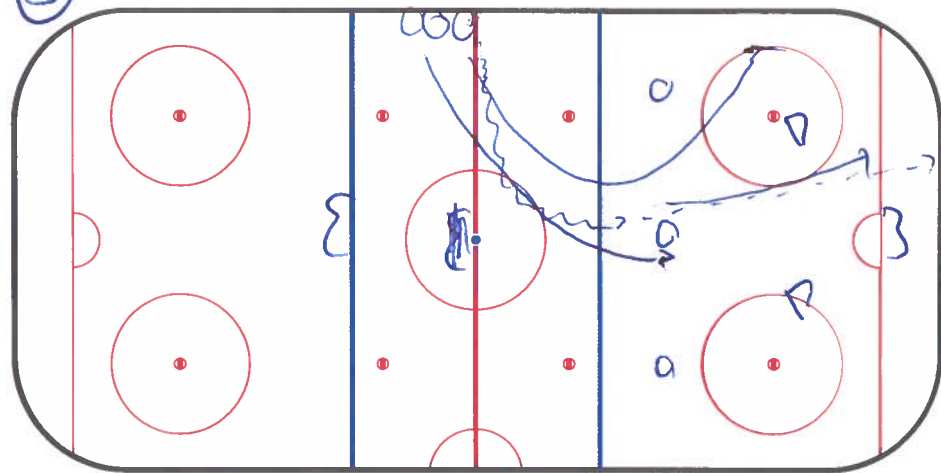
3-2

10'

auf Signal

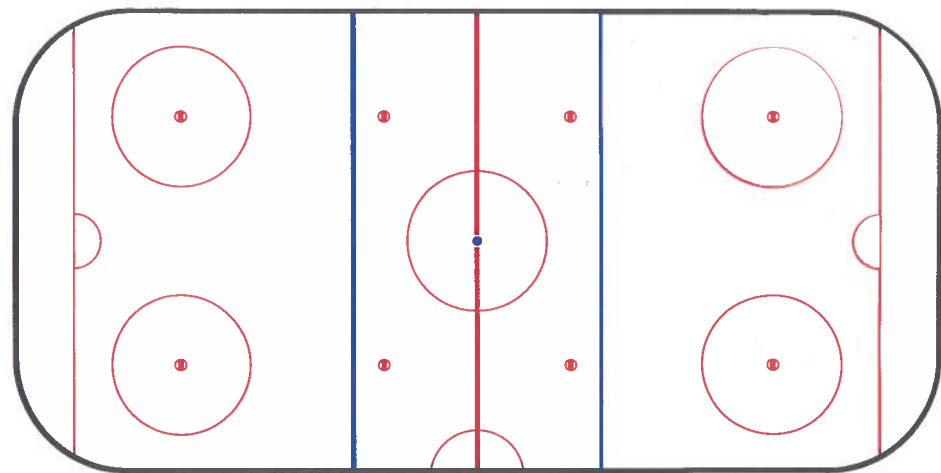
5-5

5



3-5

2VL





TEAM:

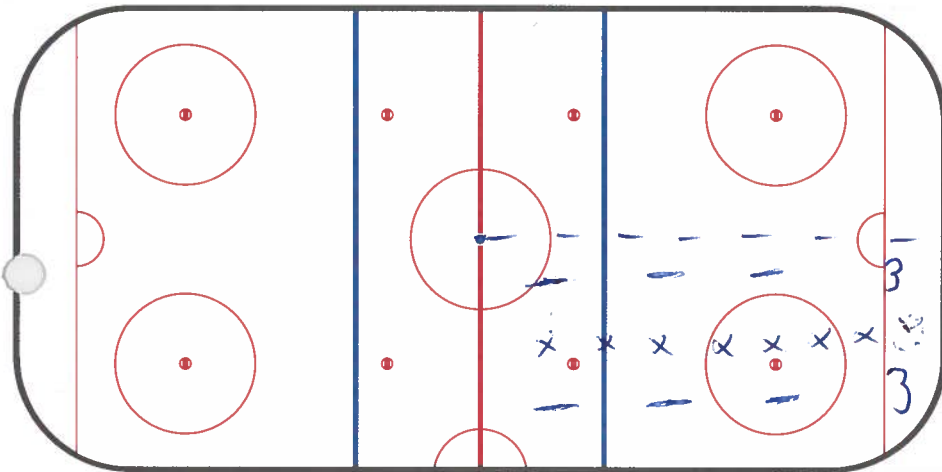
DATUM:

TRAINER:

U11 15⁰⁰ - 16⁰⁰
 U13 ET 16⁰⁰ - 17²⁰
 TT 17⁰⁰ - 18⁰⁰
 30. Mai
 Markus, Marki
 Markus, Mark

TRAININGSPLAN

U11



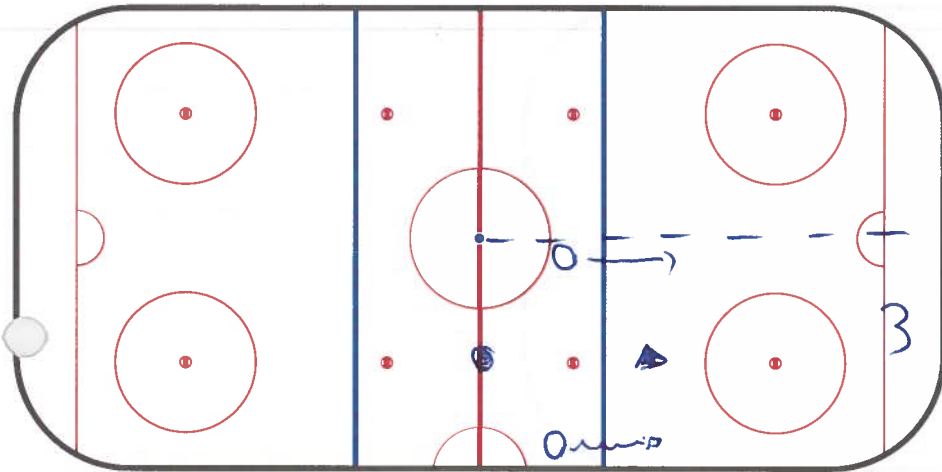
Stoßtechnik

Toe drag vorne
 , seitlich

f. - l. vH - rH durchs Hindernis
 vH - vH

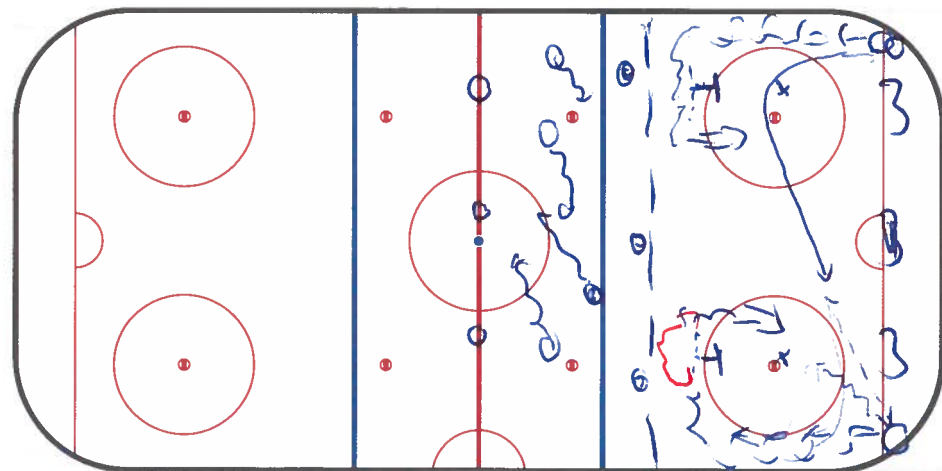
- durch die Pylone Salom
 Puckführung zum Körper
 - Diagonal 2x11

U11



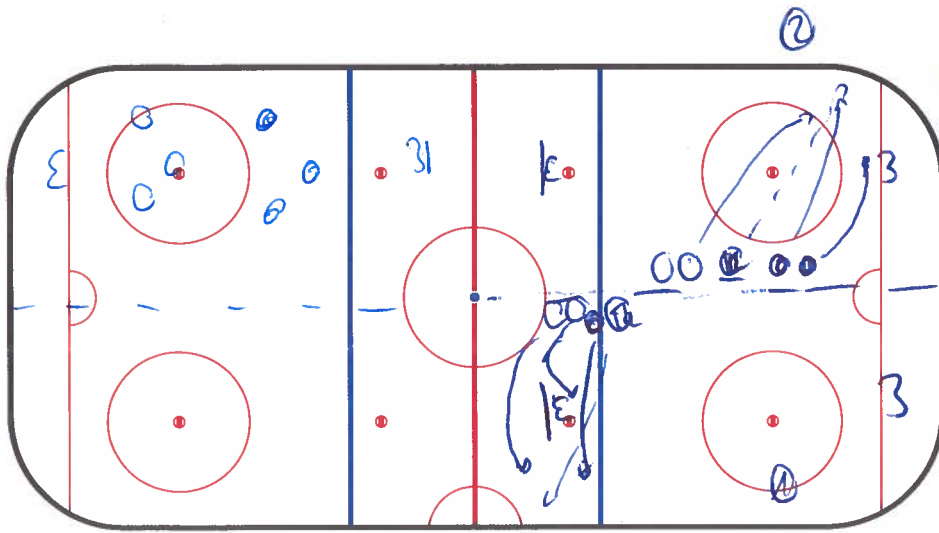
2-1 + 1 BL

U13



① Passübung / Winkel
 auf 2 Toren
 a. durch das Hindernisspiel
 b. Drehung nach außen

② Puckführung
 a. Chaos
 b. Chaos mit Pässe
 c. Paarweise passen

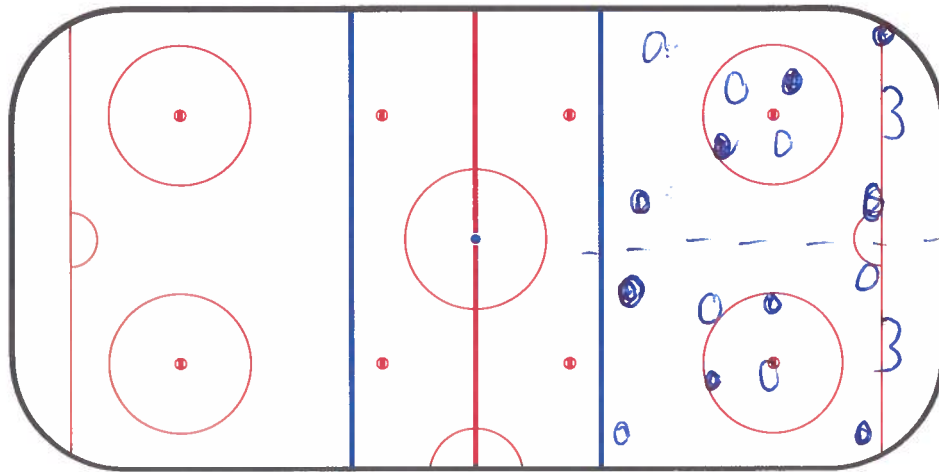


① 2-1 TR passt die Scheibe
in die Ecke
offensive SP versucht
ein Tor zu schießen
zug um Tor

② 2-1 (2-2)

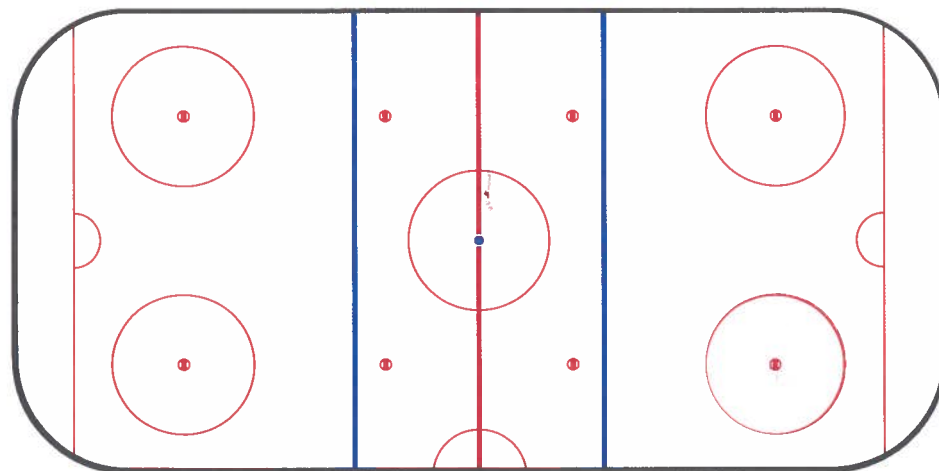
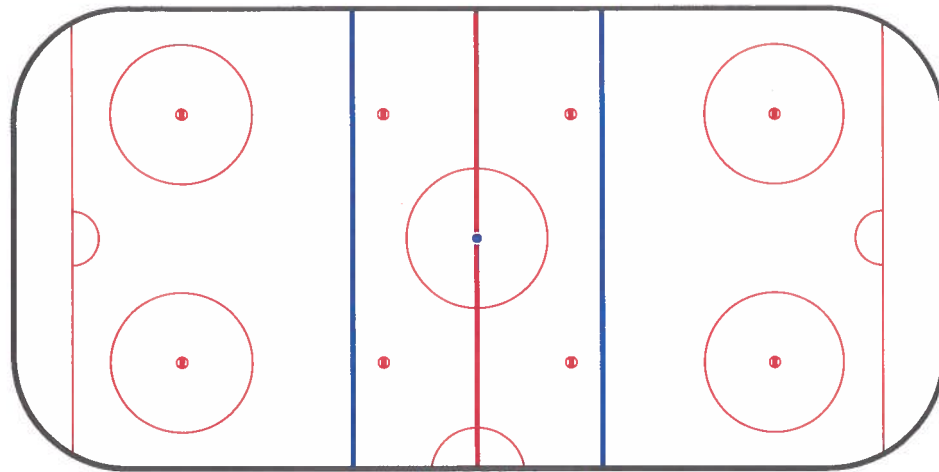
defensive versucht die
Scheibe zu gewinnen
passt nun sein Mitspieler
2-2

③ 2-3



2-2

2 Joke diagonal



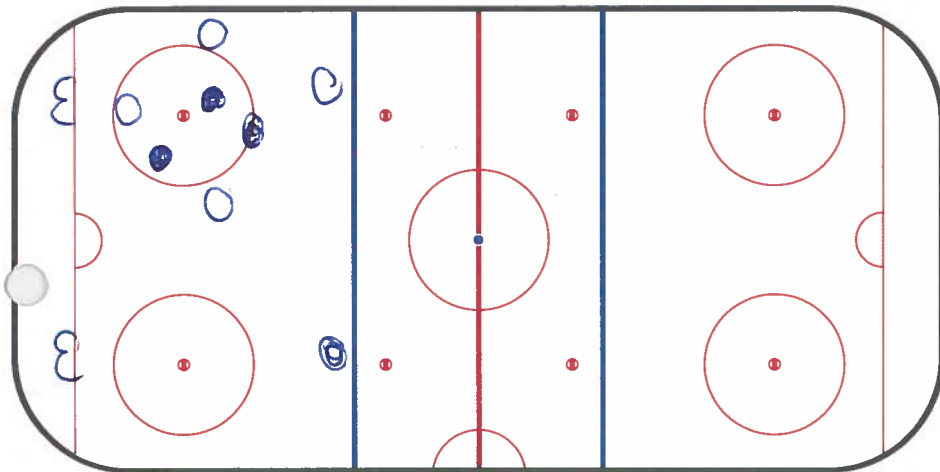


TEAM: U13

DATUM: 1.12.2021

TRAINER: Markus, Marek
ET 1630 1730

TRAININGSPLAN

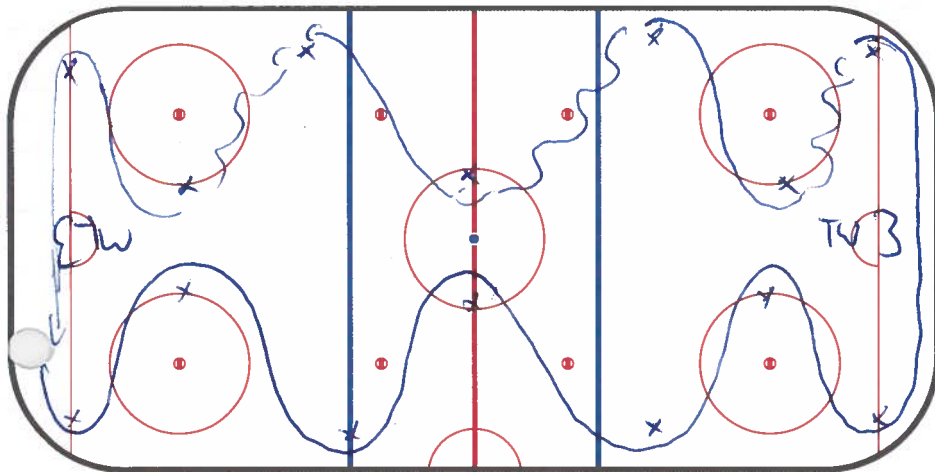


Warm up Spiel

5-8

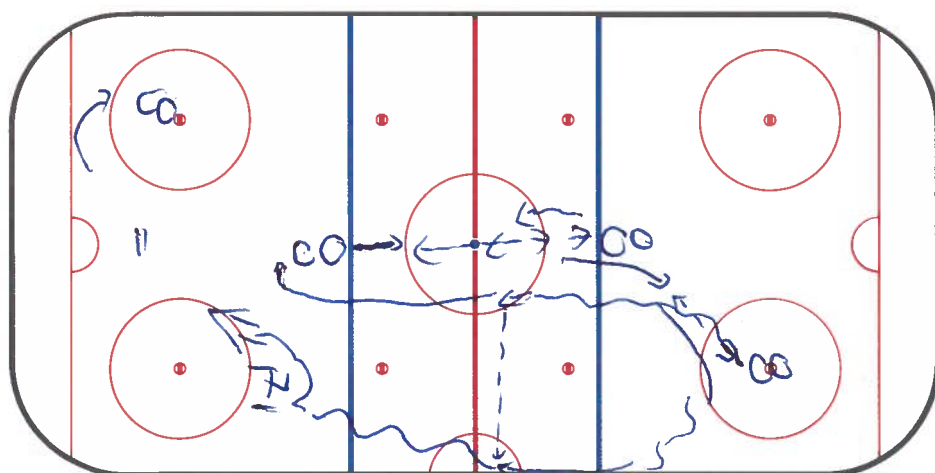
3+3+1

jede Farbe hat einen Joker
Joker kann durch einen
anderen hochlaufenden
Spieler ersetzt werden



5-8

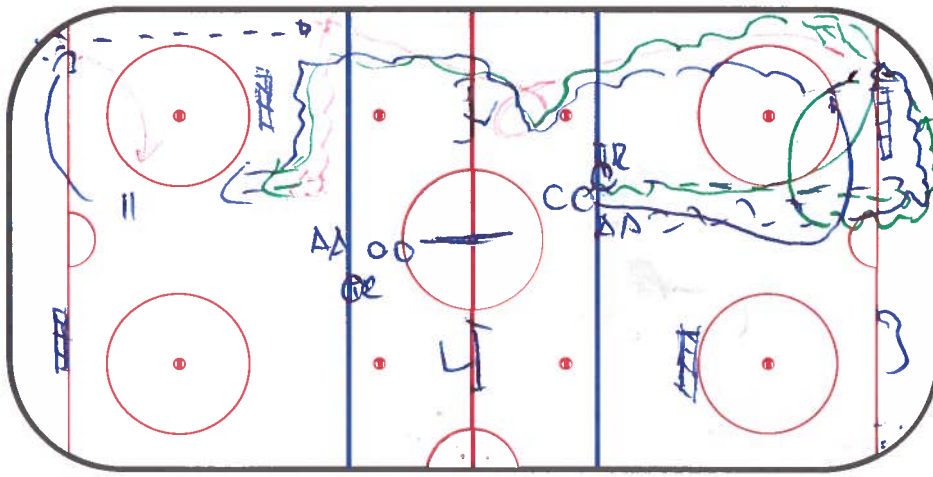
Skating vvvv
übersetzen / canadier
Innenkante einbeinig
Außenkante
andere Seite



5-8

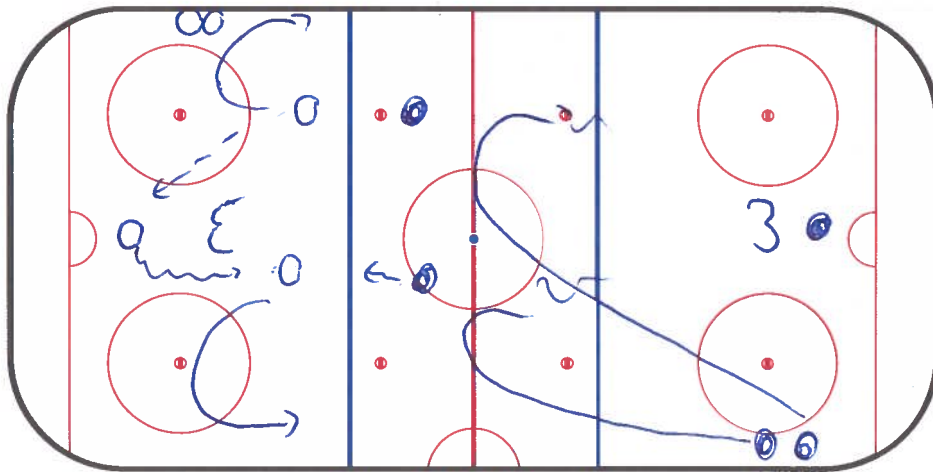
Passübung

- Doppelässe
- Aufbaupass
- Toe drag



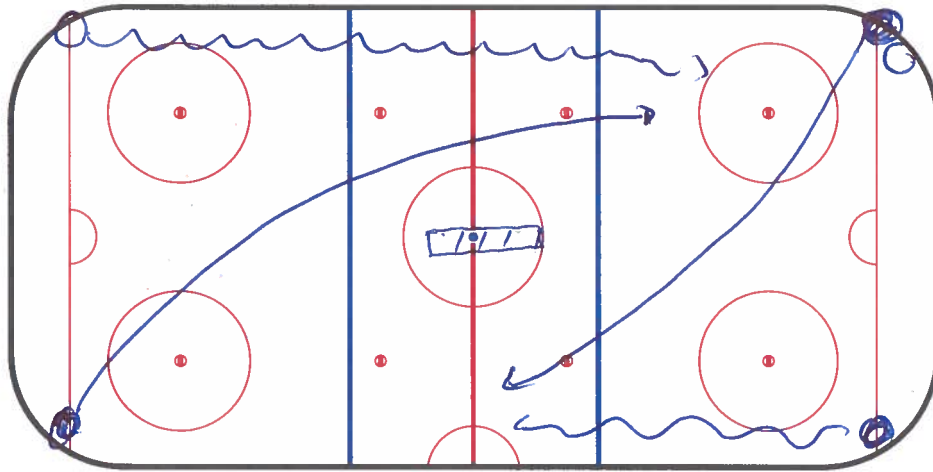
101

2x 1-0 VT Abschluss
 TR spielt einen Puck tief
 u. ei VT startet vw-vw
 zur Scheibe für einen Aufbau
 1. ST - Hilfe
 2. ST - Bande-tief
 VT blaue Linie
 3 Abschluss

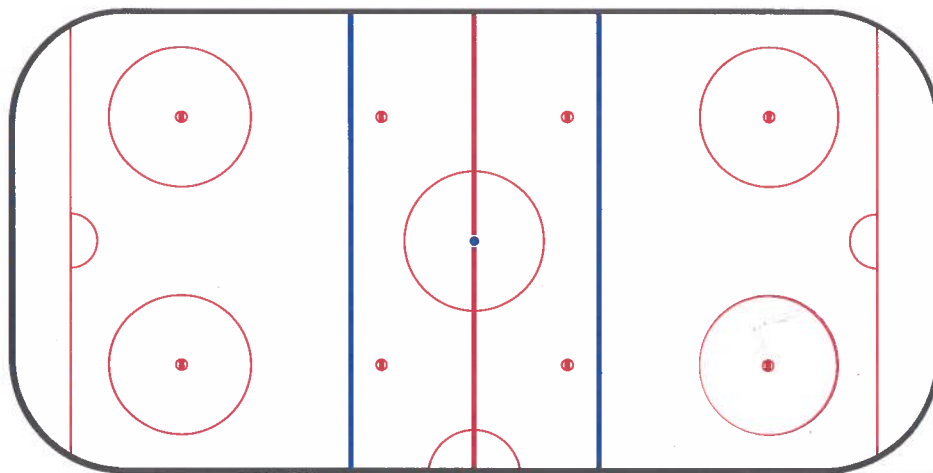


10

2-2+1
 Aufbau über SP hinter
 dem Tor
 2 Angreifer laufen gegen
 zwei VT SP sobald beim
 Puckeroberung pass zum
 SP hinter Tor u. greifen
 auf die andere Seite an
 2 neue defensive SP kommen
 rein.



1-0 (1BC)
 Zug zum Tor





TEAM: U13

DATUM: 3.12.21

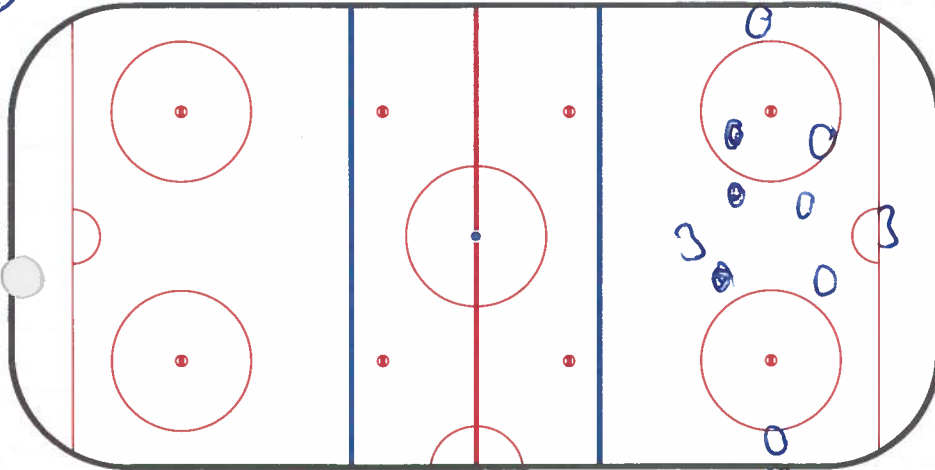
TRAINER: Markus, Marek

ET 15³⁰ - 16³⁰

TT 16⁴⁰ - 17¹⁵

TRAININGSPLAN

①

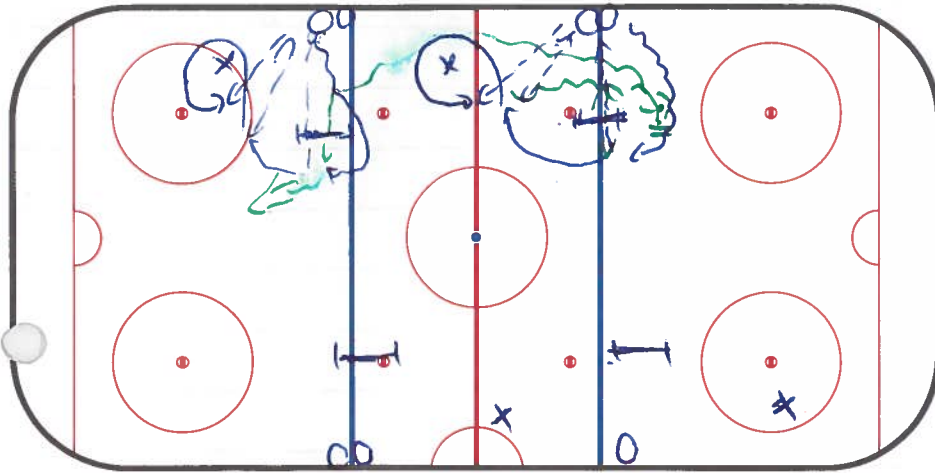


5-8'

Warm up Spiel

3-3 1 Joker TR

②

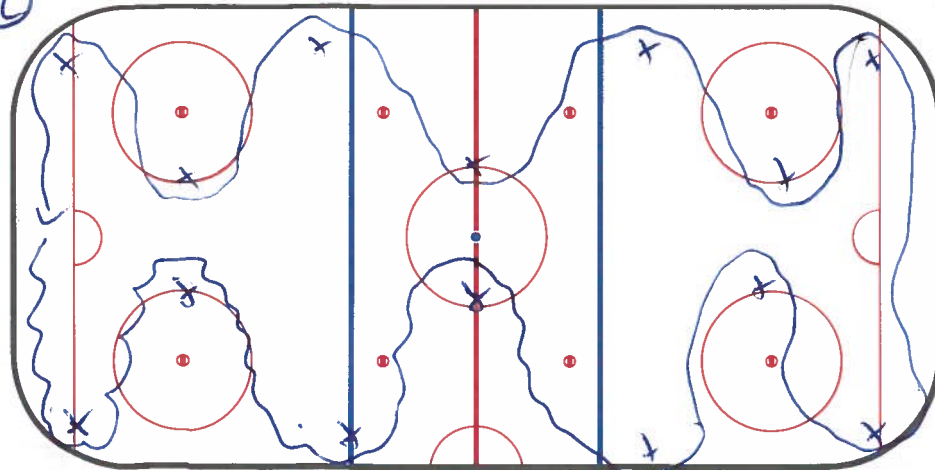


10'

Passübung

Richtungswechsel

③



5-8'

Lauf- & Stacketechnik

Übersetzen - VW -

- VW

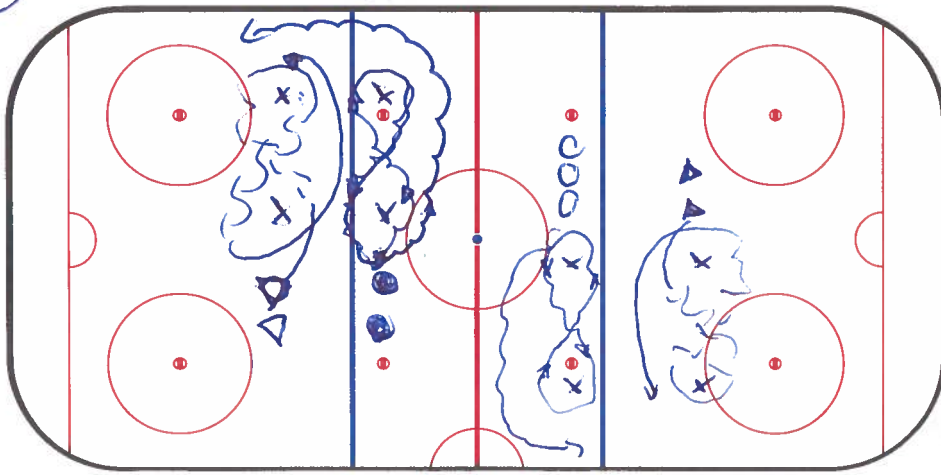
- Canadian - VW - VW

- Innkante einbeinig

Außerkante einbeinig

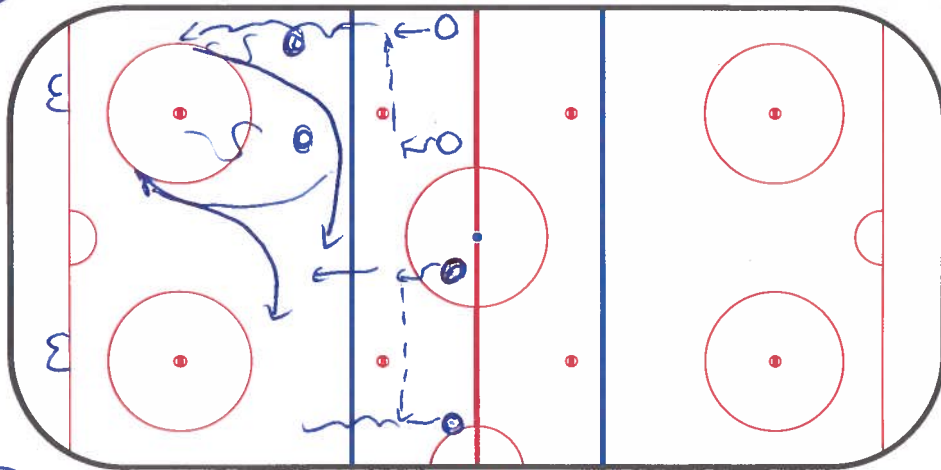
- Hip opener

3



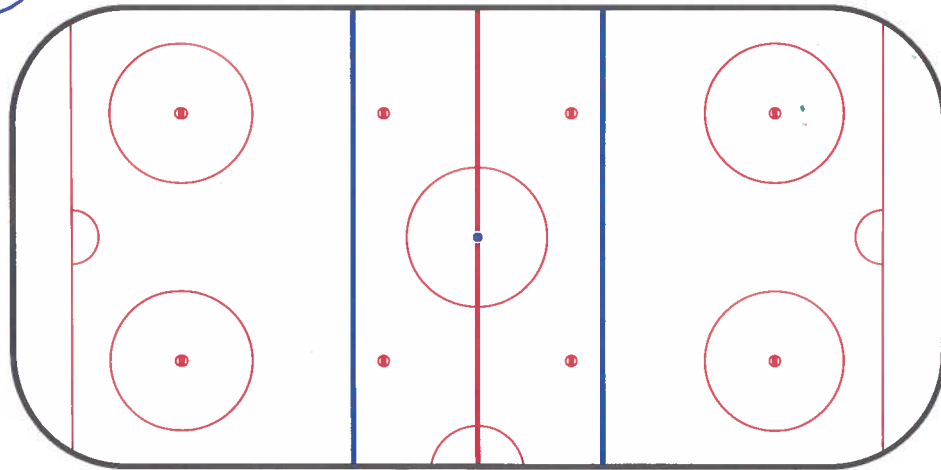
Aufnehmen 1-1 5-8
Scheitelauf

4



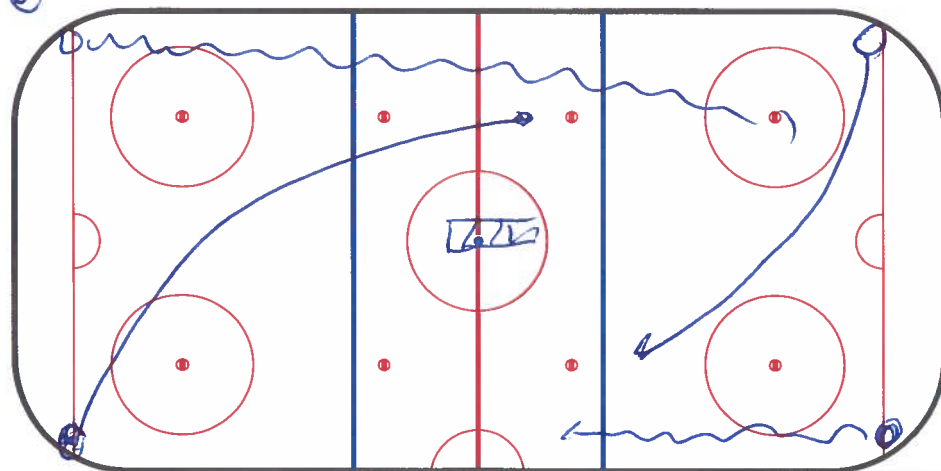
2-2 Transition 5-8'

5



5-5 Spiel 5-8'

6



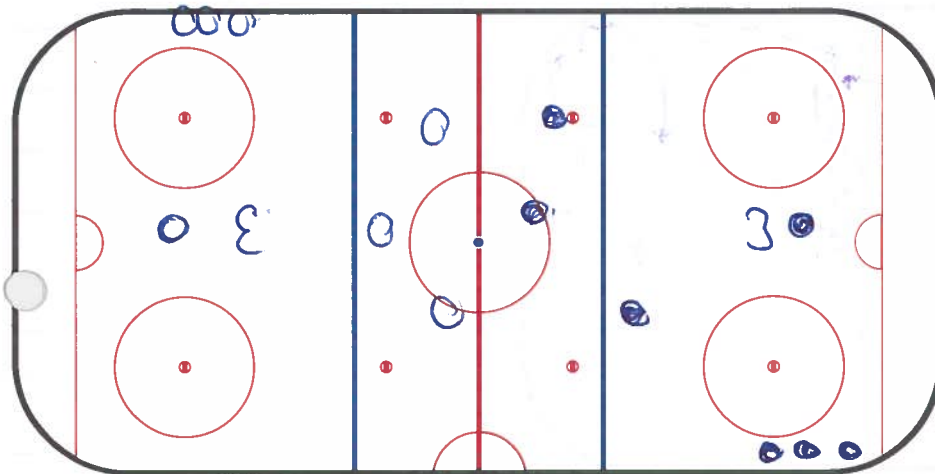
1-0 OC 5'



TEAM: U13
 DATUM: 06.12.21
 TRAINER: Markus
 16:20 - 17:20

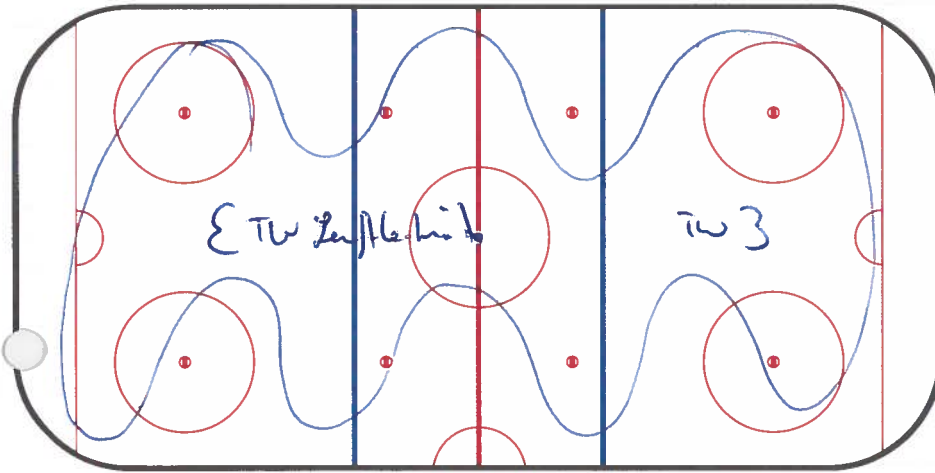
~~Stu!~~ ~~OK!~~ ~~Kelvin~~
~~Gabriel~~ ~~Yonas~~ ~~Sebastian~~ ~~Benni~~
~~Simon~~
~~Kristian~~ ~~Tobi~~ ~~Jan~~
~~Zeynep~~ ~~Emilia~~
~~Lesie~~ ~~Baltho~~ ~~Tobi~~
~~Rebel~~ ~~Tobi~~

TRAININGSPLAN



4-3
 defensive SR beim Rück-
 gewinn passen um SR
 hinter Tor dann offensive
 Aufbau
 Offensiv SR gehen beim
 Rückverlust von 3
 neue defensive SR kommen
 rein.

Lauftechnik

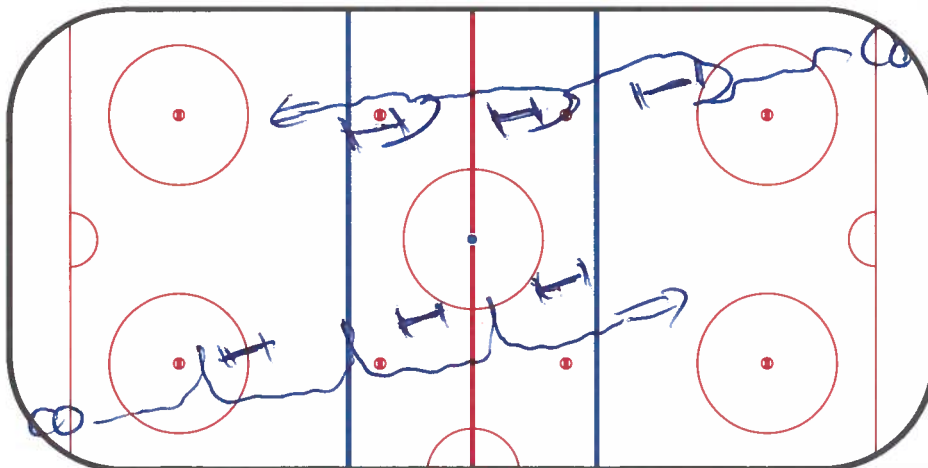


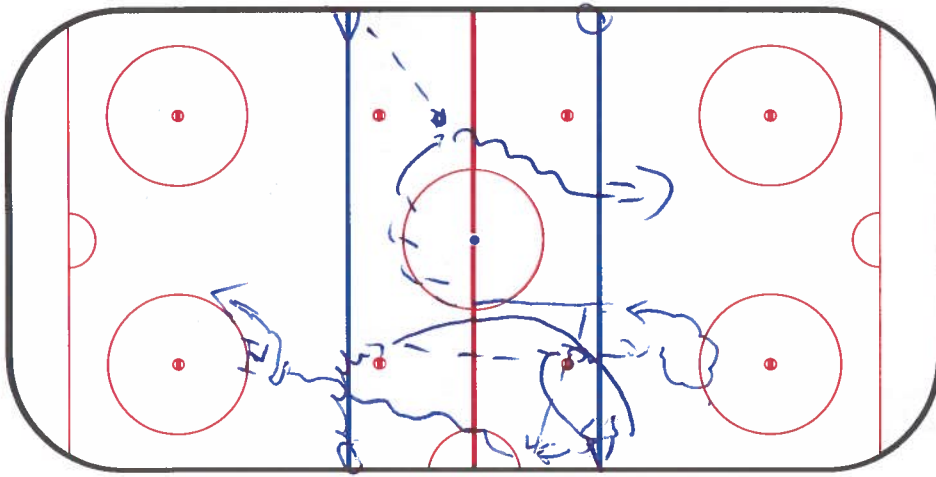
Stocktechnik

Toe drag vorne
 seitlich

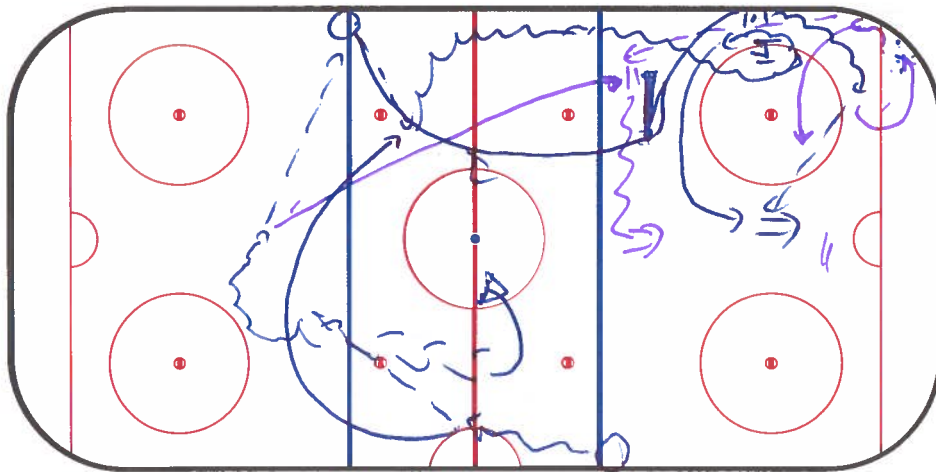
Inne seitlich

Fikl vorne / RH
 hantieren auf die VA
 auf die andere Seite 1 →



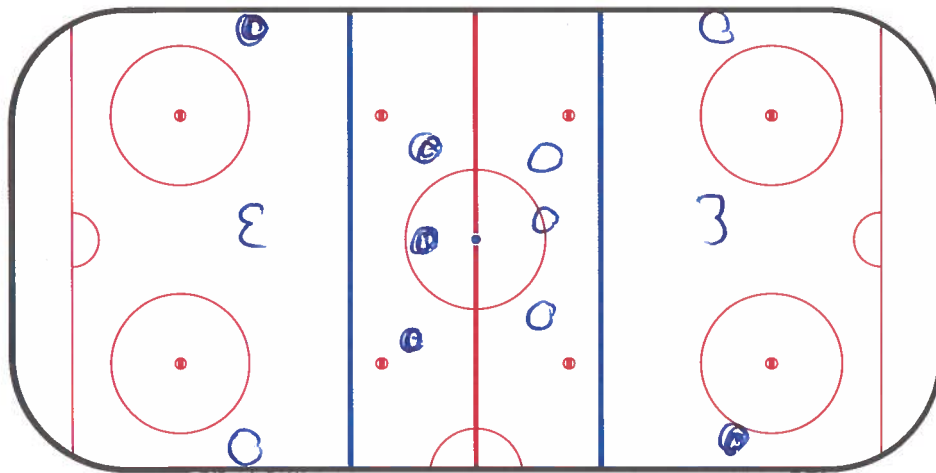


Aufbau VT
Kurve Seite

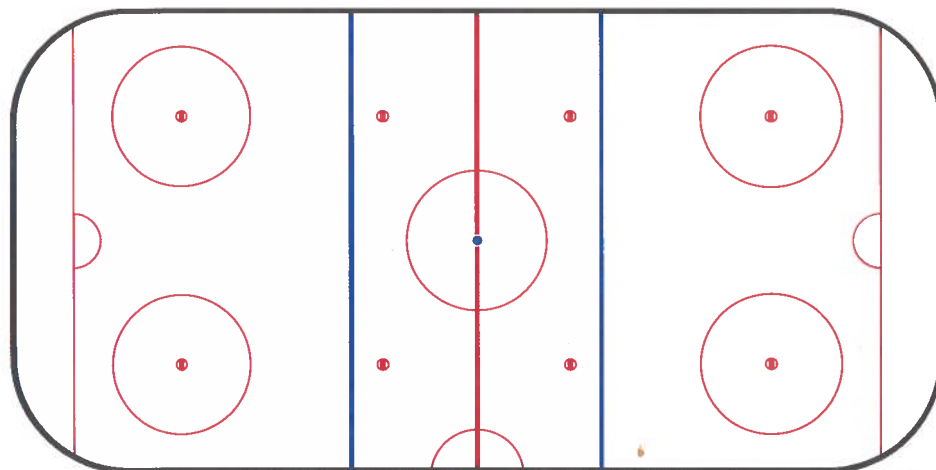


Aufbau VT
lange Seite

Kleine ST
STPass zum VT
blaue Linie schuss



Spiel
3-3 (2 Joker)



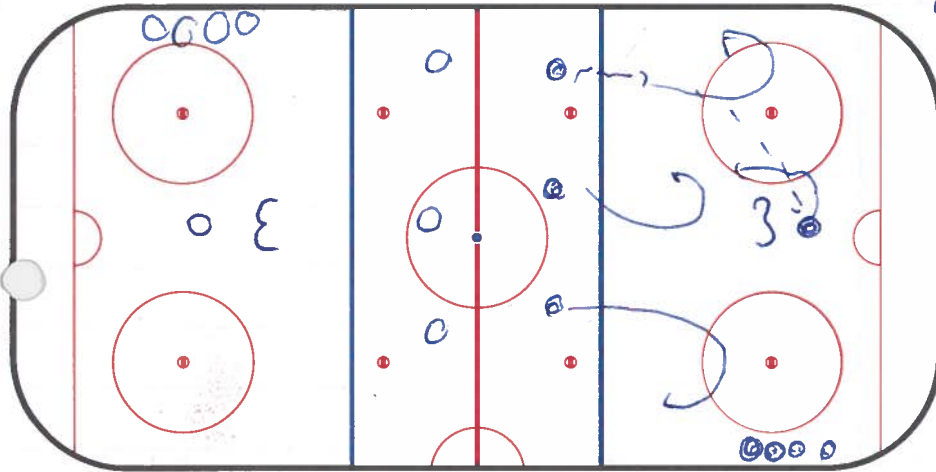


TEAM: U13
 DATUM: 8.12.21
 TRAINER: Markus, Marek

Leupold	Maximilian	Maximilian
Leika	Tina	Max. T.
Lorenz	Max. D.	Philipp
Dominik	Armin	Maximilian
	Valentin	Alleg
	Marinus	Raphael
	Melanie	Christian

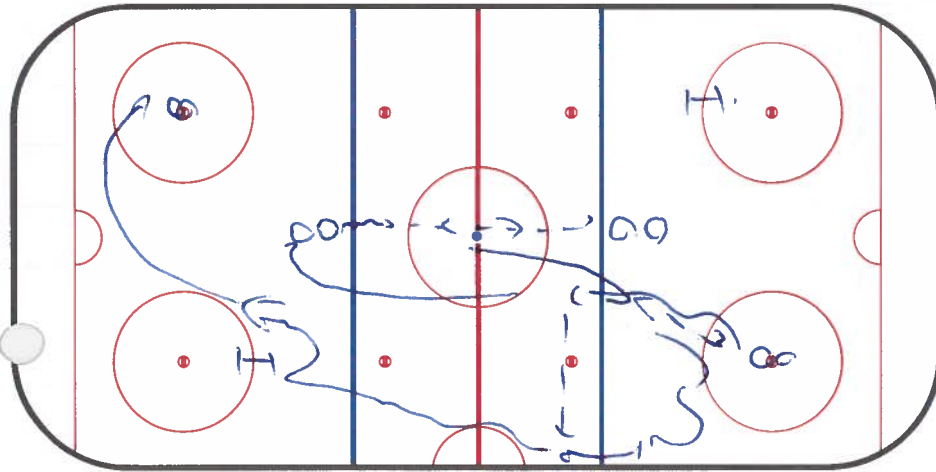
TRAININGSPLAN

1



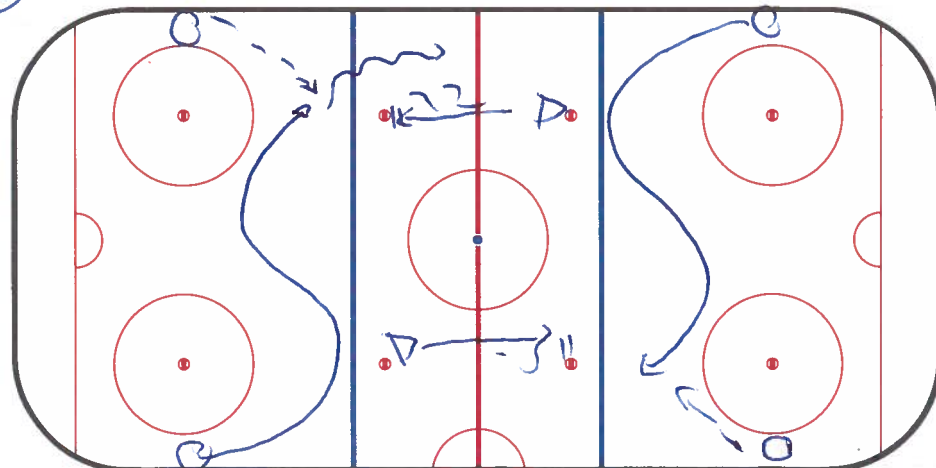
Warm up - Seel
 4-3 Aufbau 10

2



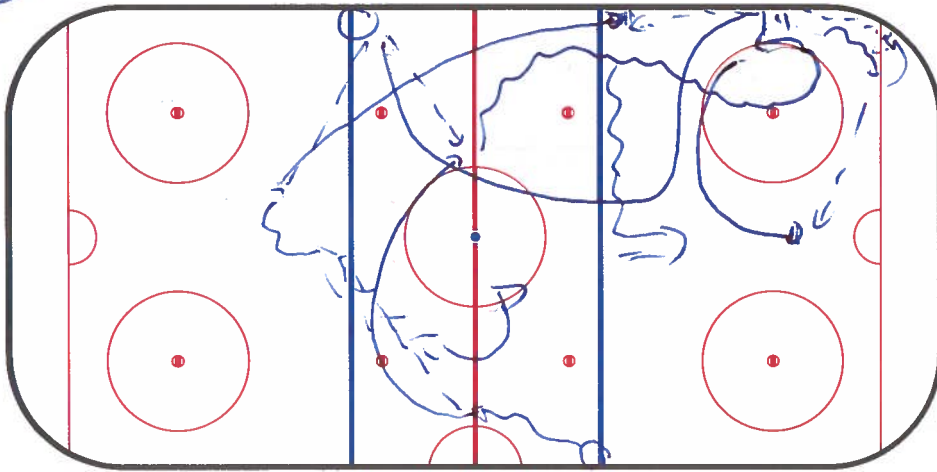
Passing 5-8

3



1-1 5-8

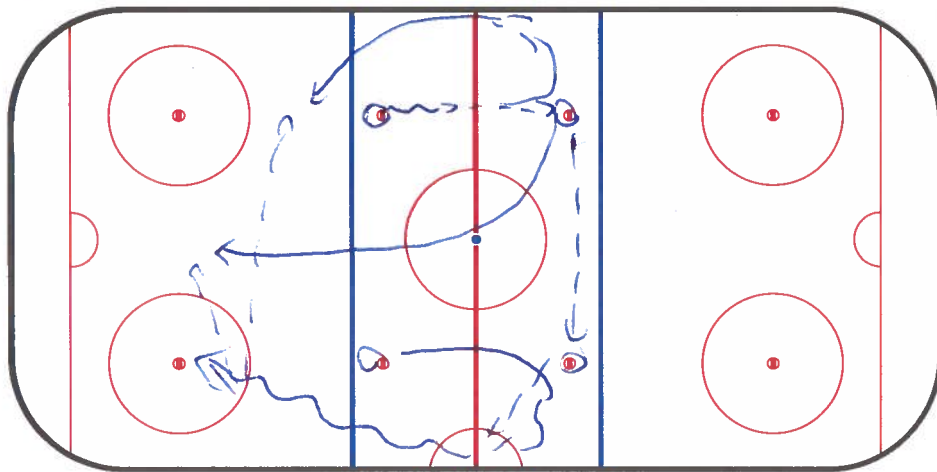
4



Aufbau

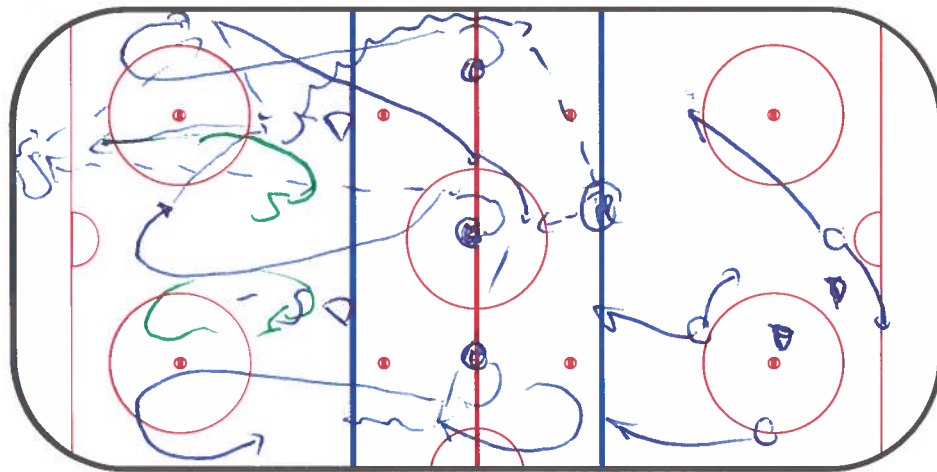
Stürmer kreuz-Guck
Stürmer passl in VT

5



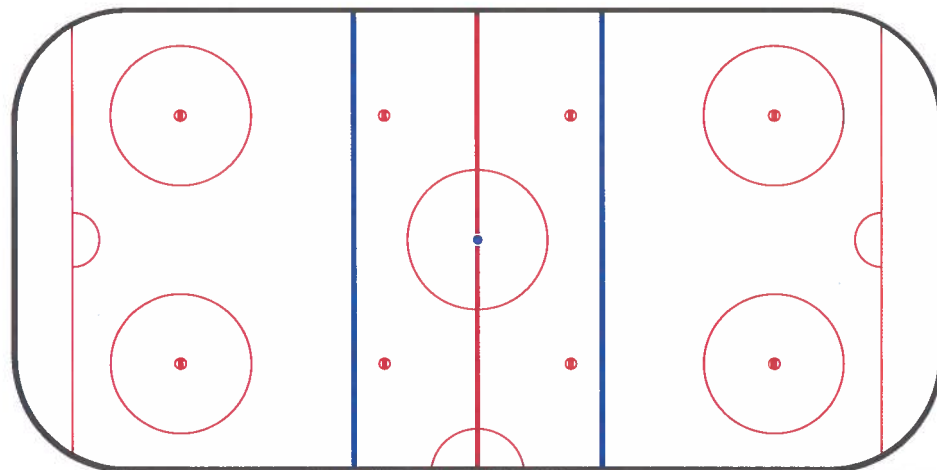
3-0

6



Aufbau 1 - kurze Side
lange in L
3-2 2-3

5-5





U11 15.10.-16.10

TEAM: M. 17. 20

DATUM:

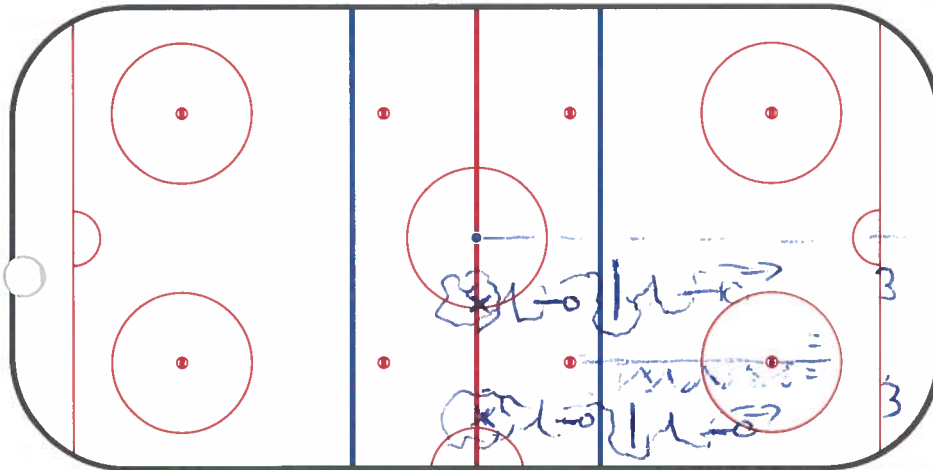
TRAINER: Markus, Martin

Markus, Mark

U13 16.10.-17.10 ET

17.10.-18.10 TT

TRAININGSPLAN



Stachtechnik

a) Dribbling VH

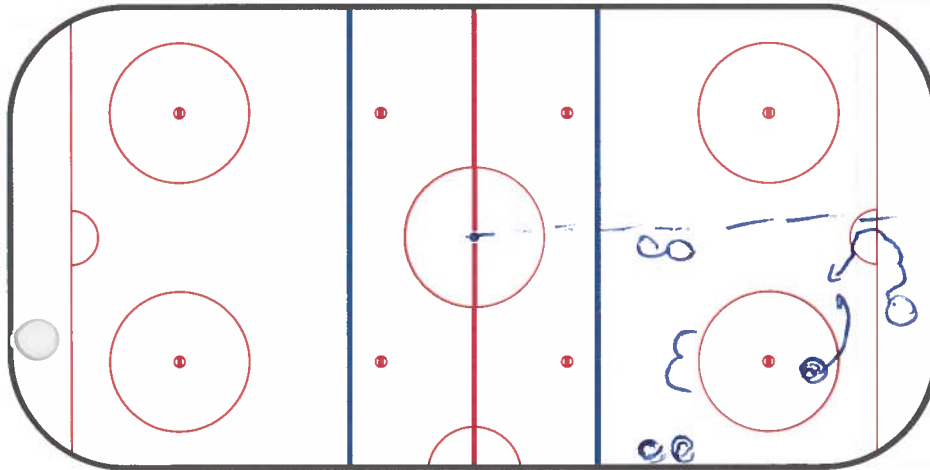
über das Seil überlegen

b) Dribbling RH

über das Seil unterlegen

Finte VH - RH durch

das Hindernis spielen



1-1 im begrenzten Feld

Immer beim Puckgehen

muss der St. bevor er das

Tor angreift hinter der

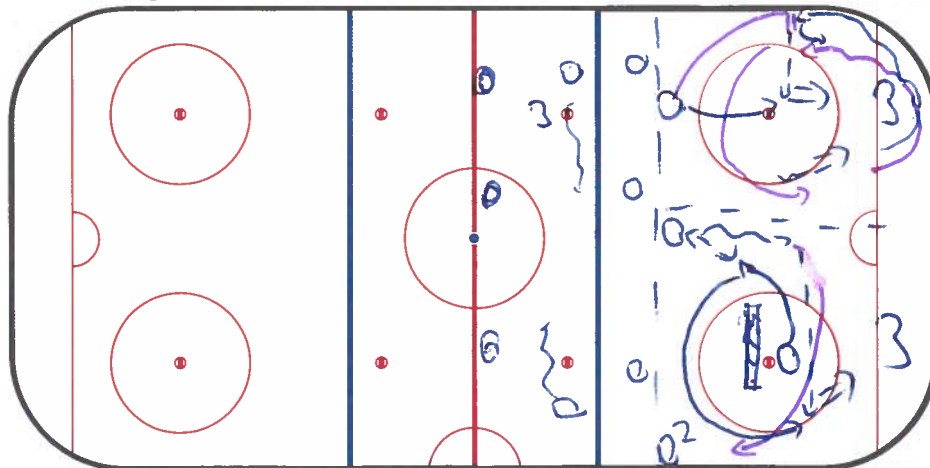
Tecklinie geknien sein

- Puck abschießen keinen

Richtungswechsel

U13

1



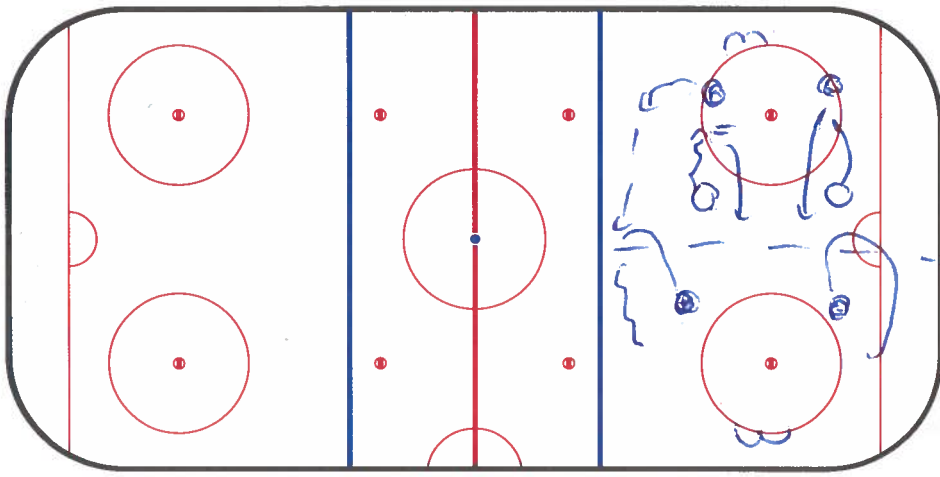
1. Passübung a) pass in der St. b) high voll

2. Passübung + Schuss 2-0

3. Passen Chaos 5-8

belegte Bande 1-0

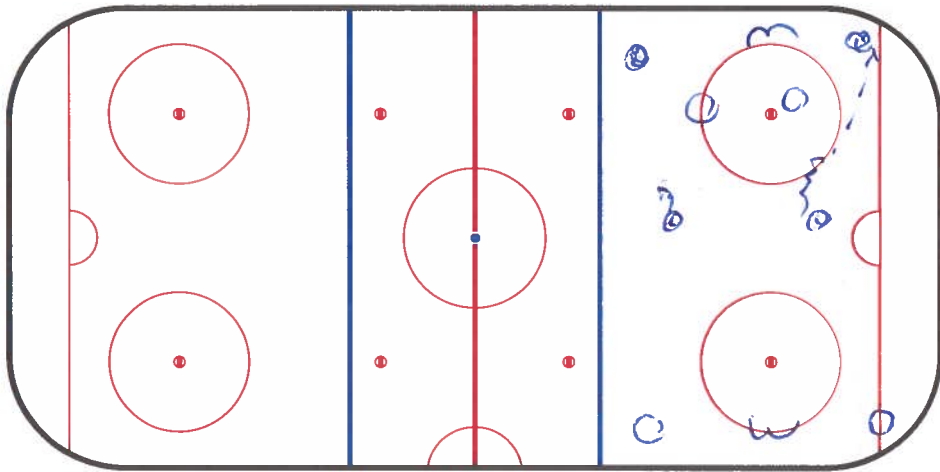
belegte Bande 1-1



2-2 Halbes 101

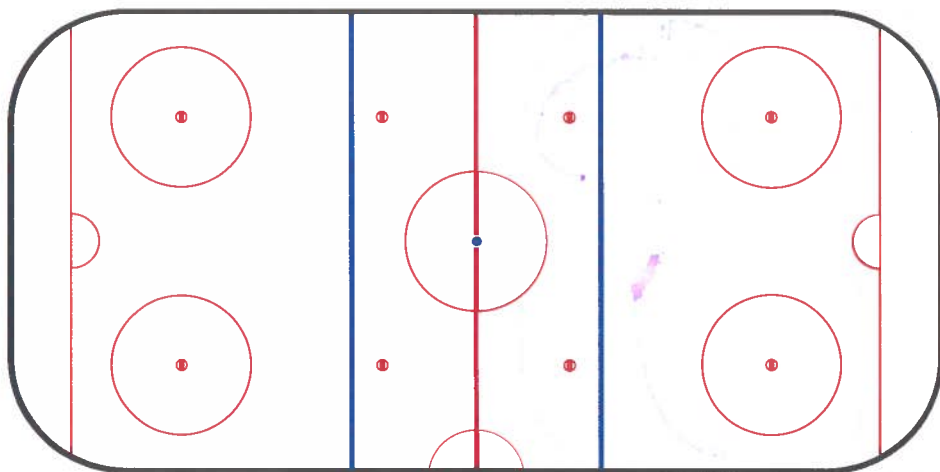
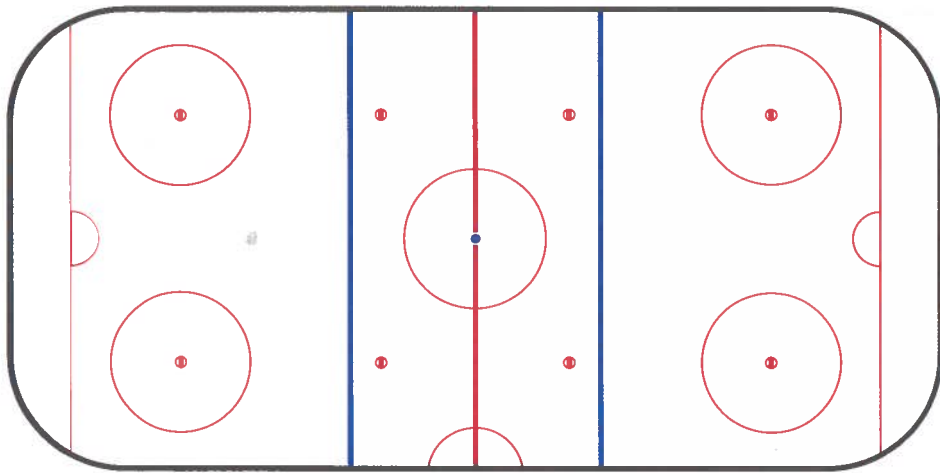
Breite - BL

schnelles umschalten
durch die Mitte zurück
schnell zuruck



2-2

2 offensive Spieler



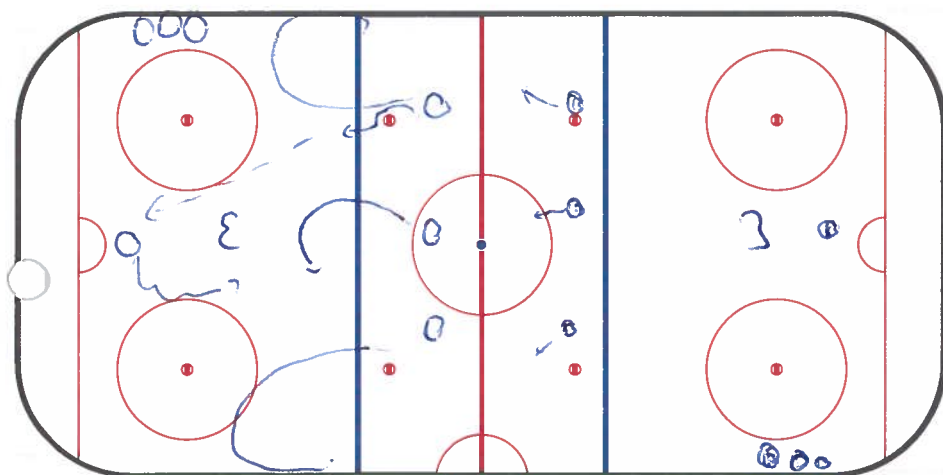


TEAM: U13

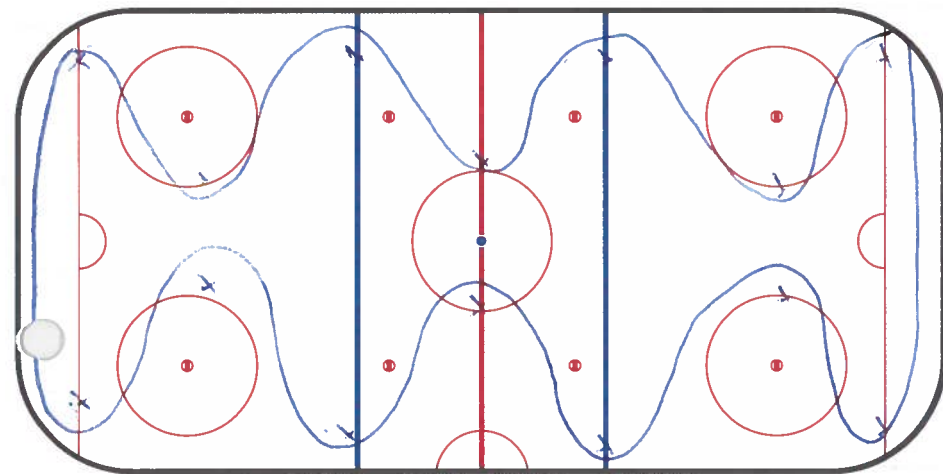
DATUM: 15.12.21

TRAINER: Markus, Mark
1630 - 1730

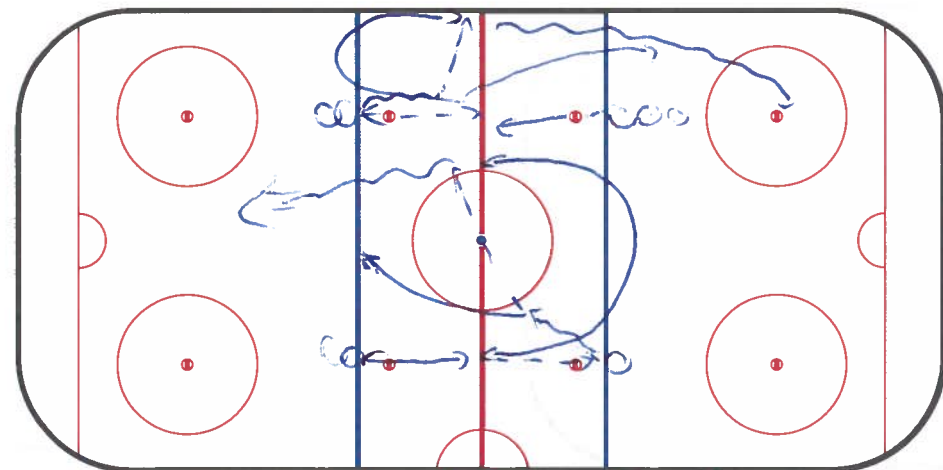
TRAININGSPLAN



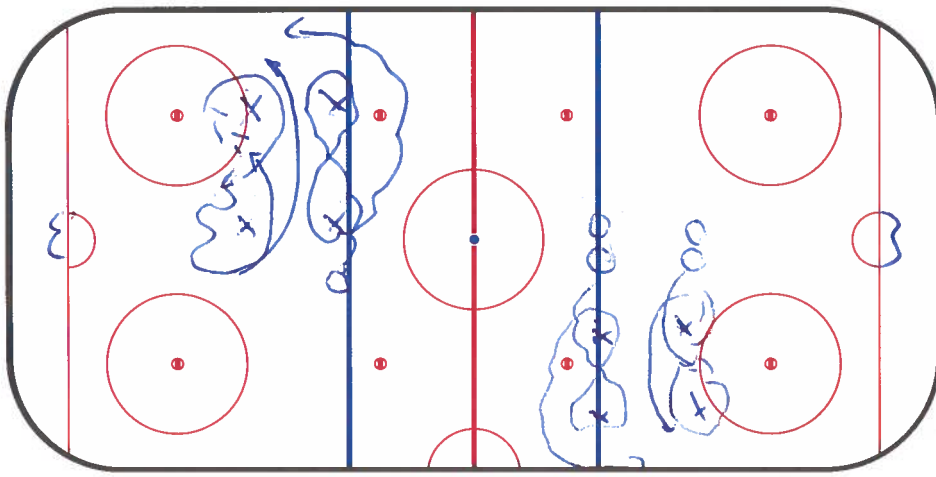
Warm up Spiel
4-3



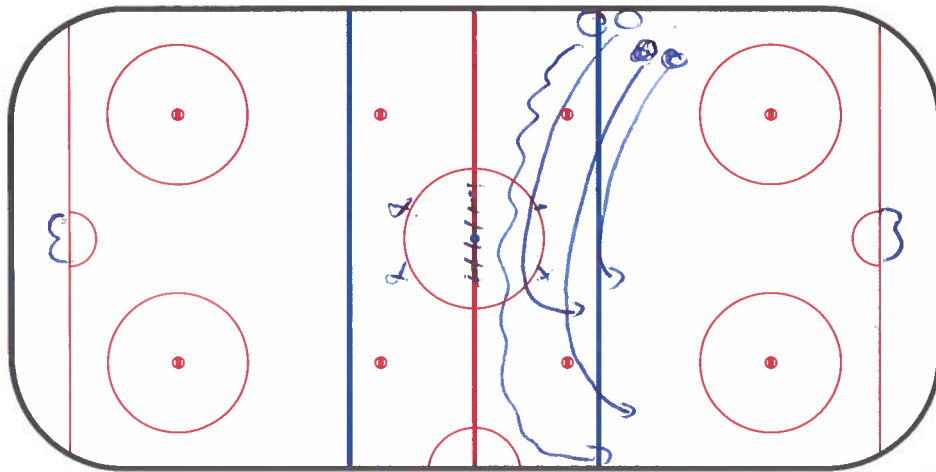
Defensive
ohne Schläger



1-0 Back pressure

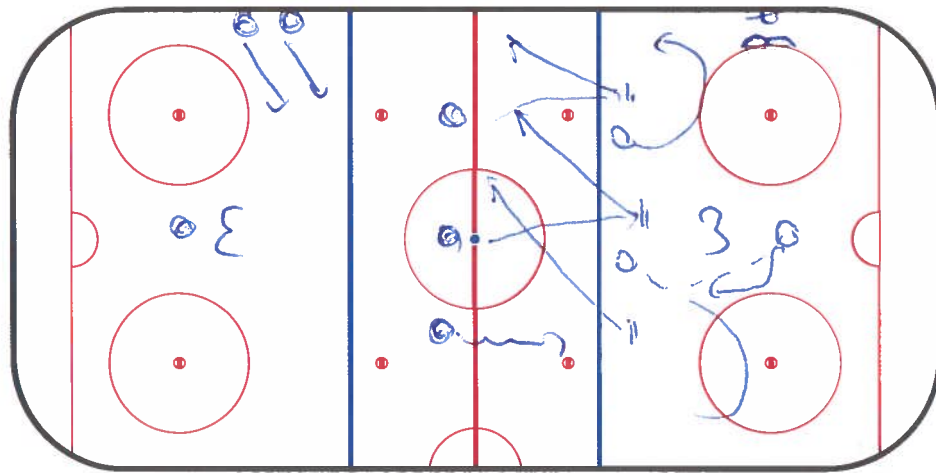


1-1



Kleinfeldspiel

2-2 steuern u. annehmen

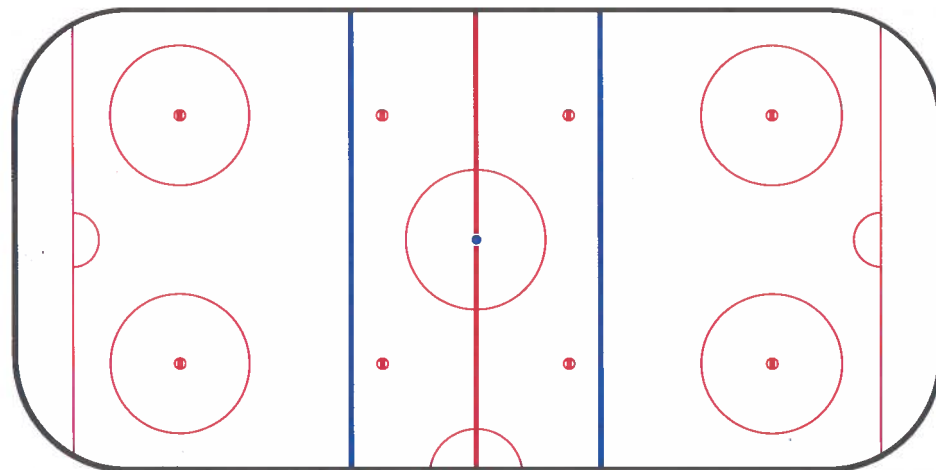


3-2

Defensive 3-2 steuern links

Tor dann werden sie

offensive 3-2



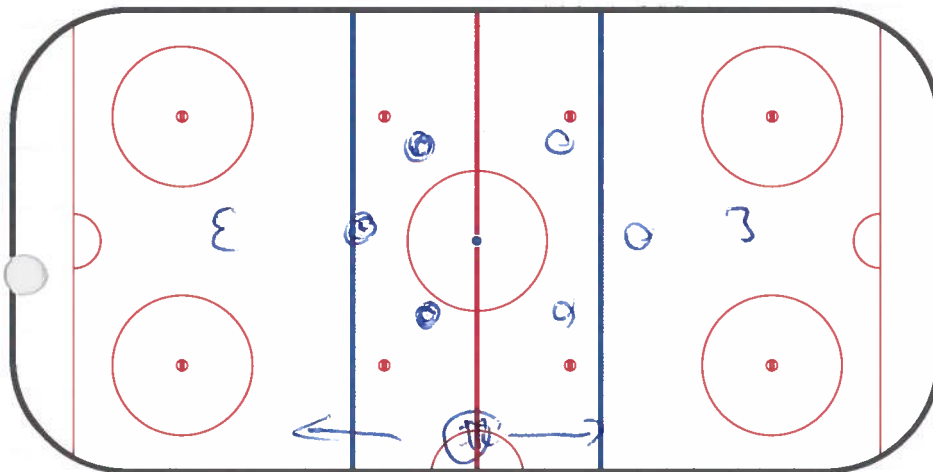


TEAM: U13

DATUM: 17.12.21

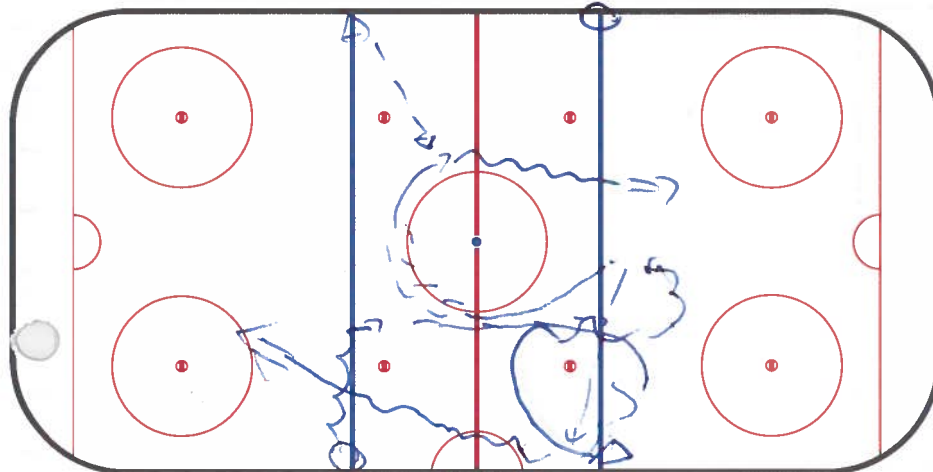
TRAINER: Markus

TRAININGSPLAN

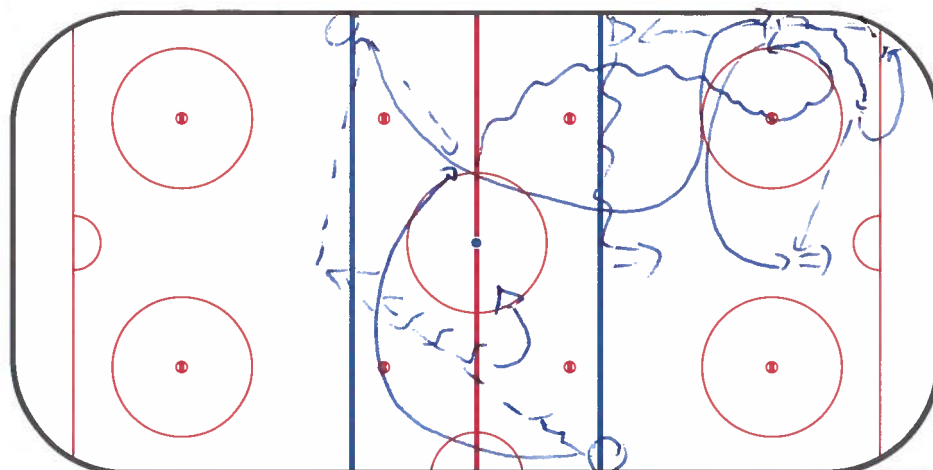


3-3 Warm up - Spiel

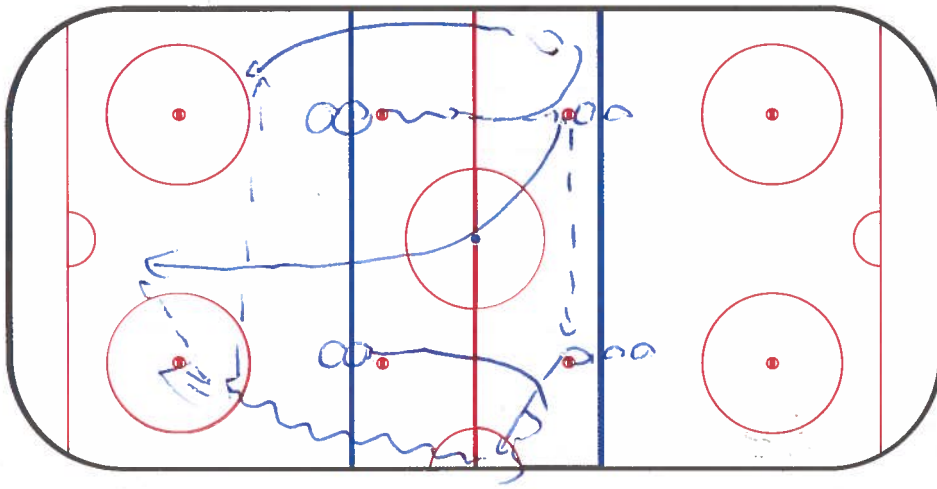
TR Joke



Aufbau 1-0
Passübung

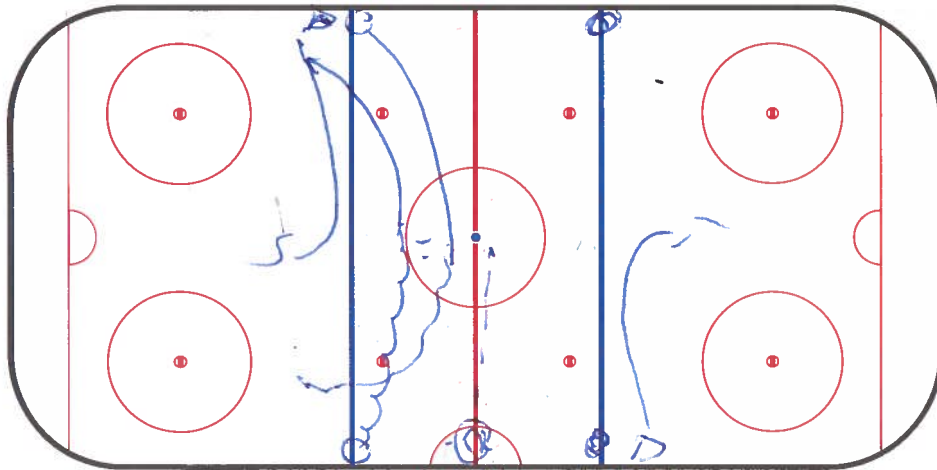


Aufbau 2-0



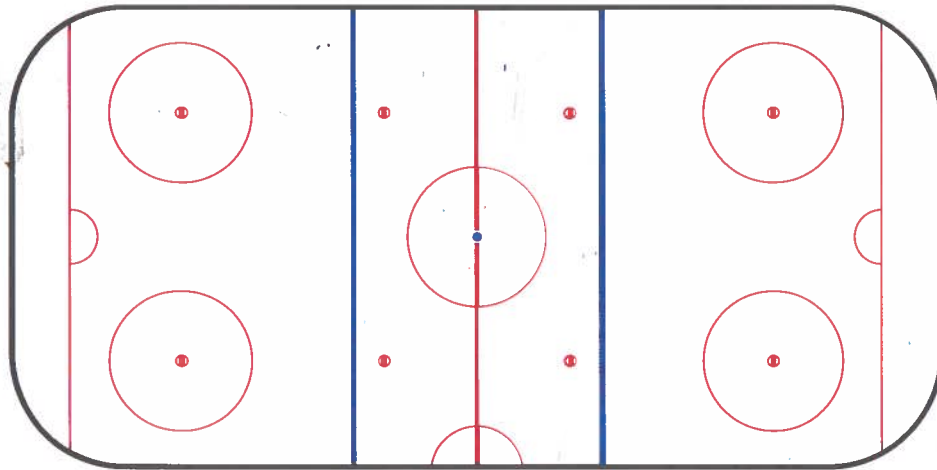
3-0

5'



2-1

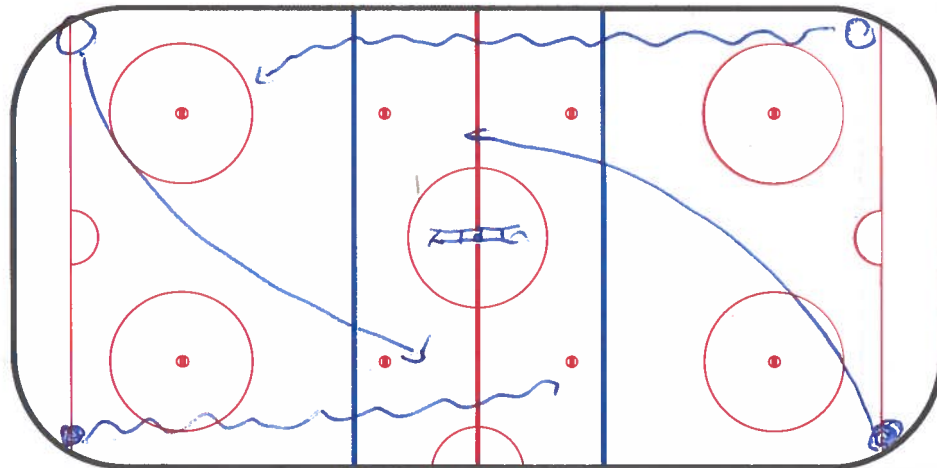
10'



3-3

(unvollständig)

gutes Tor zu Punkt



5-5 Beispiel

5-8

Wettlauf 1-0 (-1-1)

5'

30'



TEAM: U11 / U13

DATUM: 21.12.21

TRAINER: Markus Martin

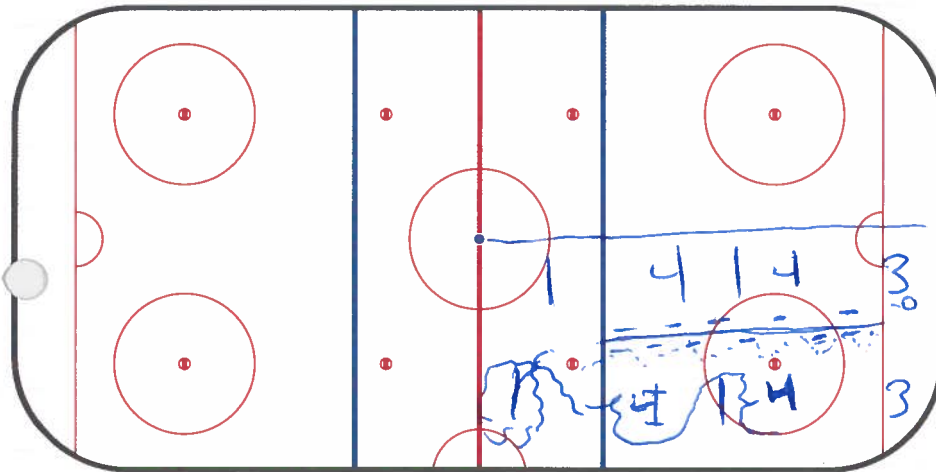
ET 15:10 - 16:10

ET 16:20 - 17:20

TT 17:30 - 18:00

TRAININGSPLAN

U11



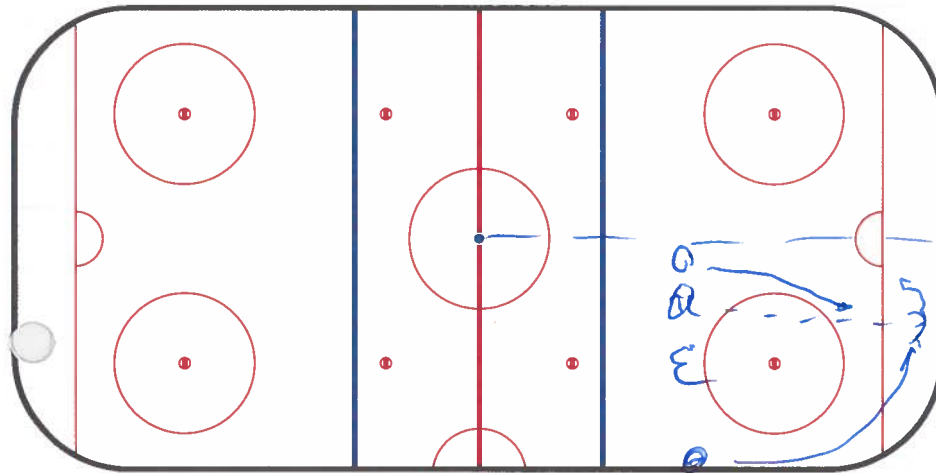
Strecktechnik

Übersetzen über das Set

dribbling VH

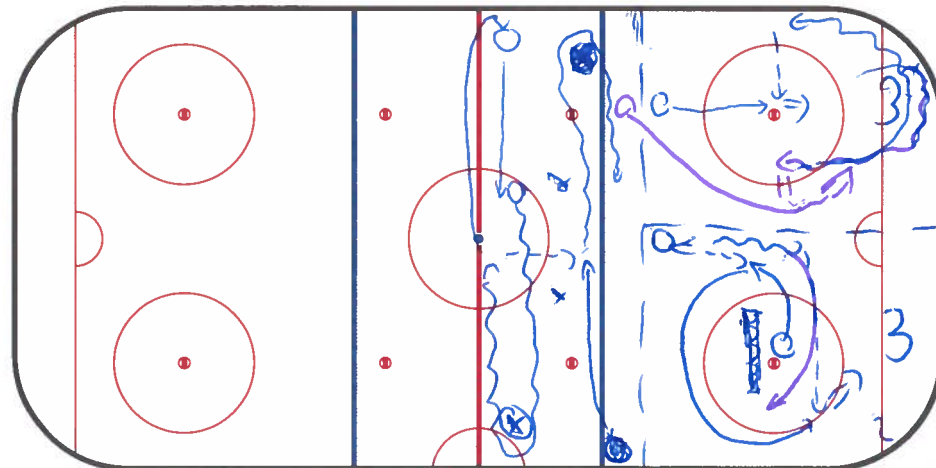
Tee drag

U11



Spiele 1-1

U13

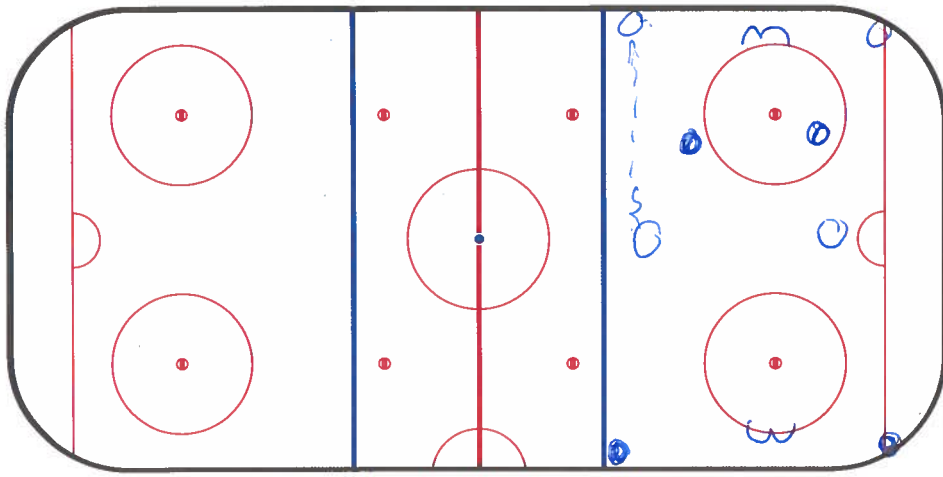


1. Passübung - Slot
- high roll

2. Passübung - Schuss 2-0

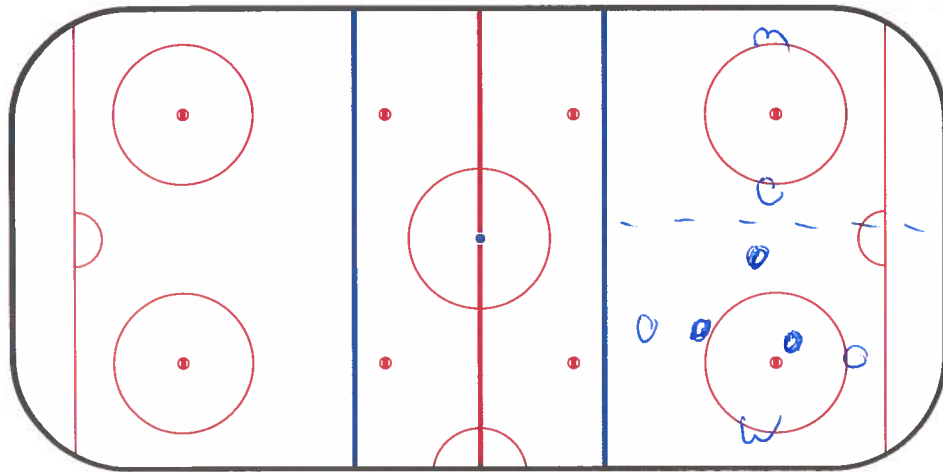
3. Passübung - 2-0

im Tempo

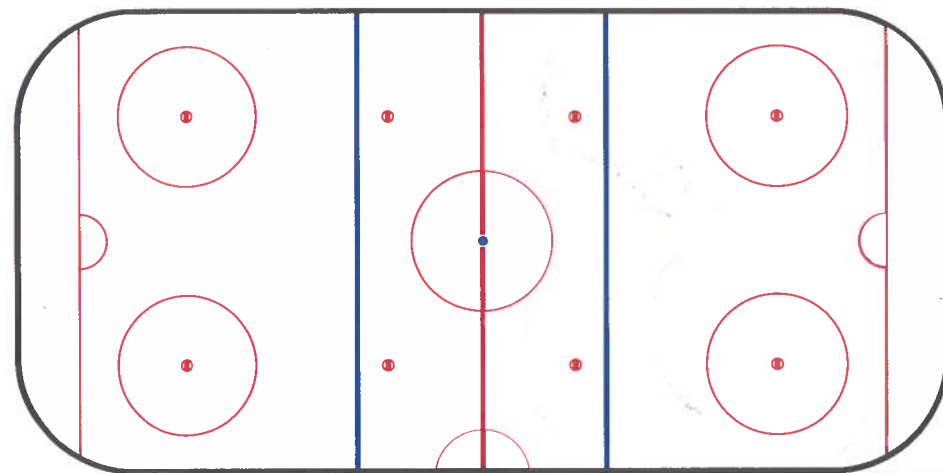
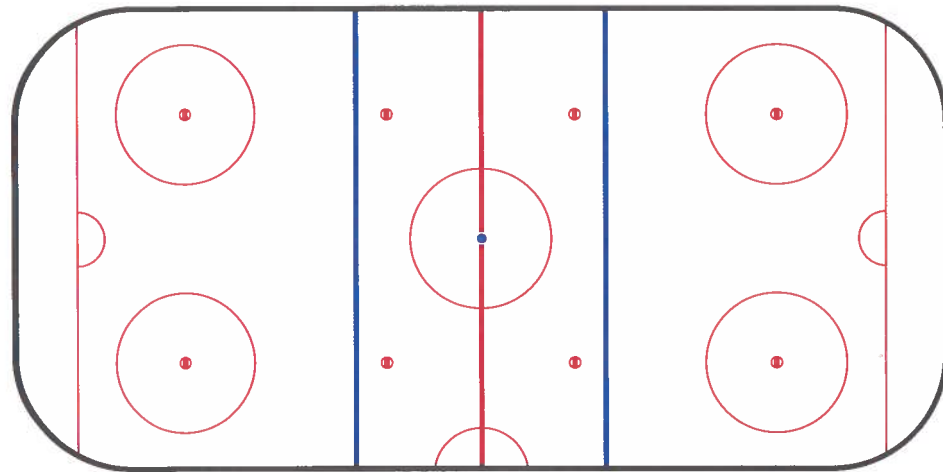


Spiele

2-2 2 offensive Spieler



3-3 1 St bleibt hoch



19.11.10 | 13



TEAM: U13

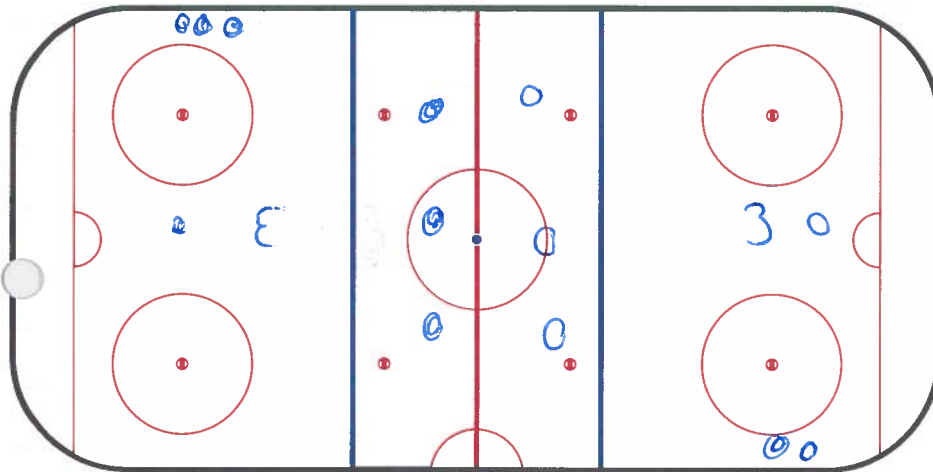
DATUM: 22.12.21

TRAINER: Markus, Mark

ET 1730 - 1830

1730 - 1800

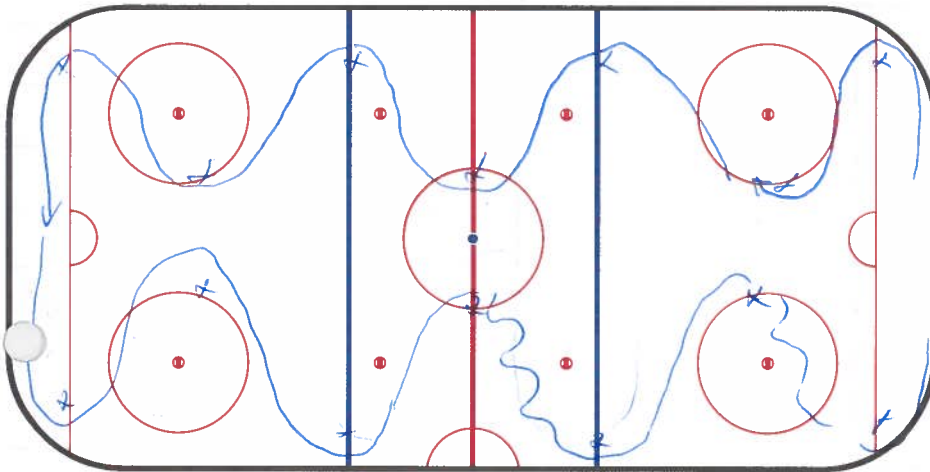
TRAININGSPLAN



4-3

5-8

Warm-up - Spiel



Langföhrung

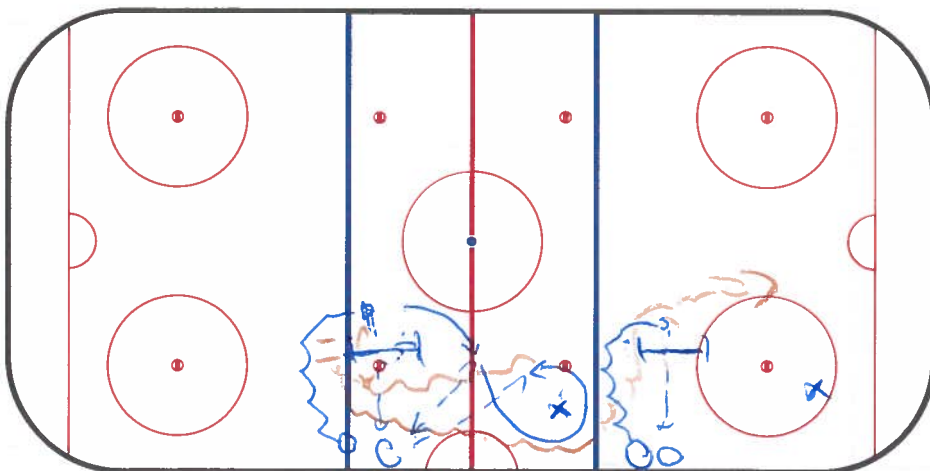
- übersehe VW

5-8

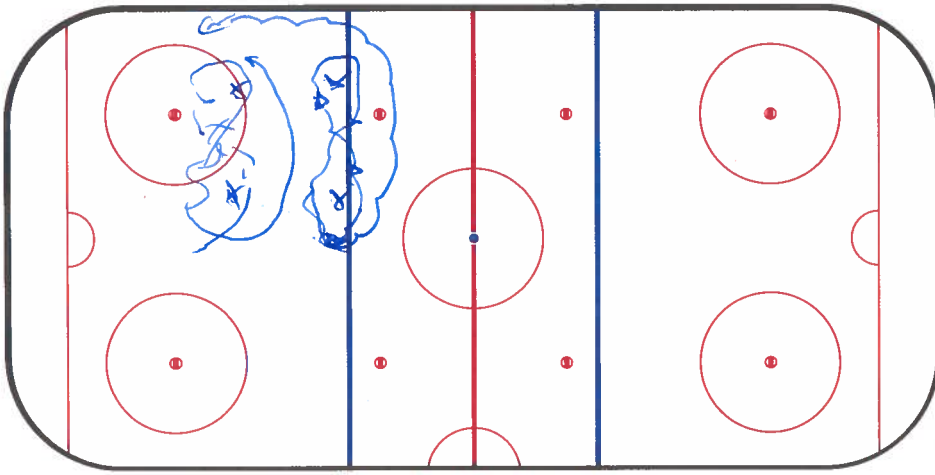
VW-VW

Innenkreise

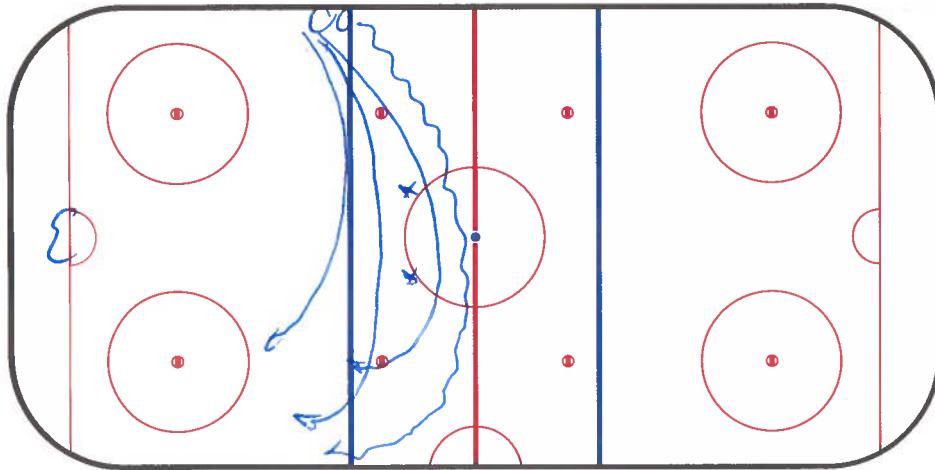
Außenkreise



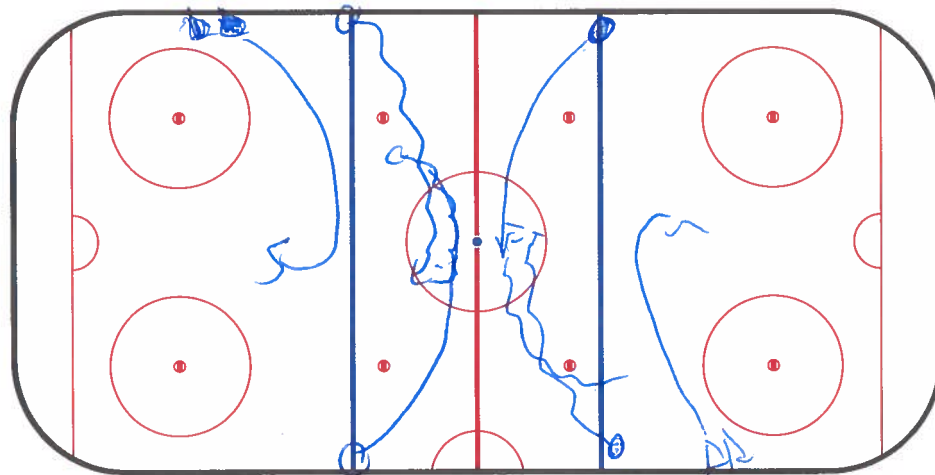
8 4/4
Sticktechnik - passen



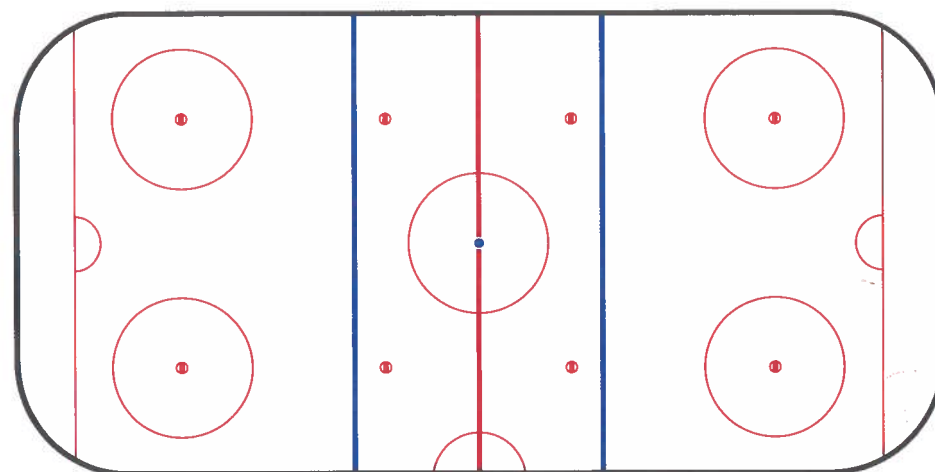
1-1 4/4



2-2 4/4



2-1
auf Signal 3-3
Wettbewerbs



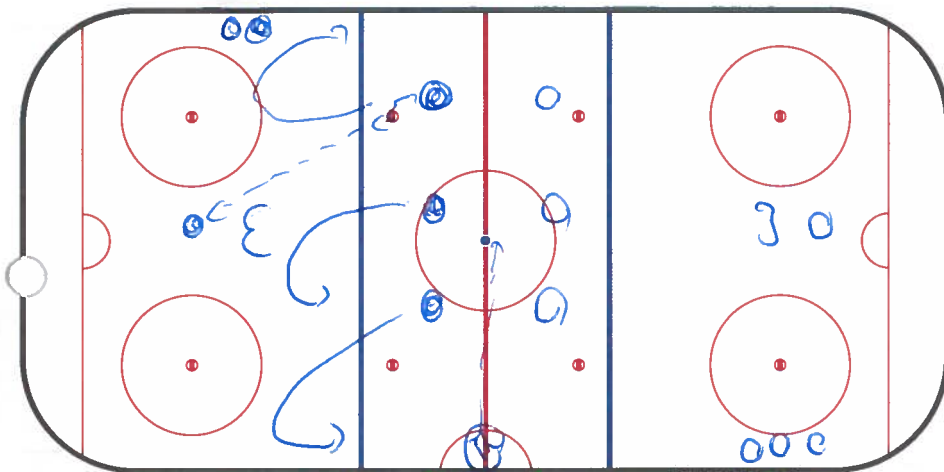


TEAM: U13

DATUM: 28.12.21

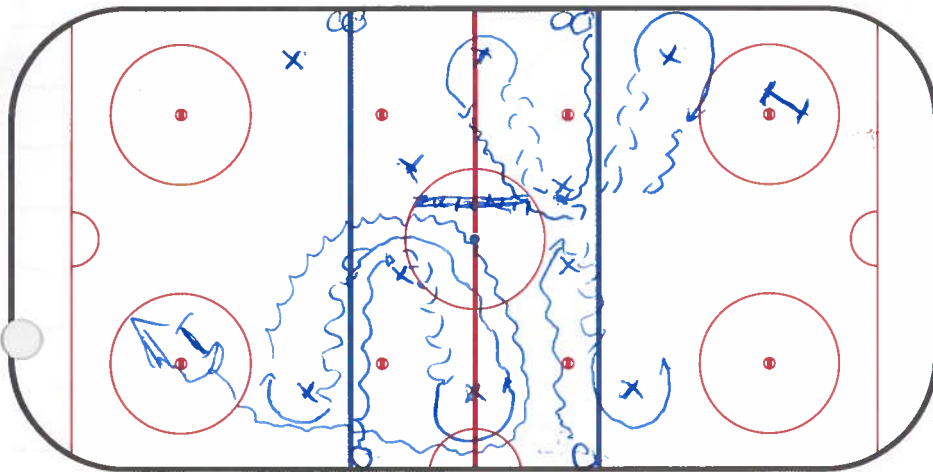
TRAINER: Markus, Marek
ET 16⁵⁰ - 17⁴⁵

TRAININGSPLAN



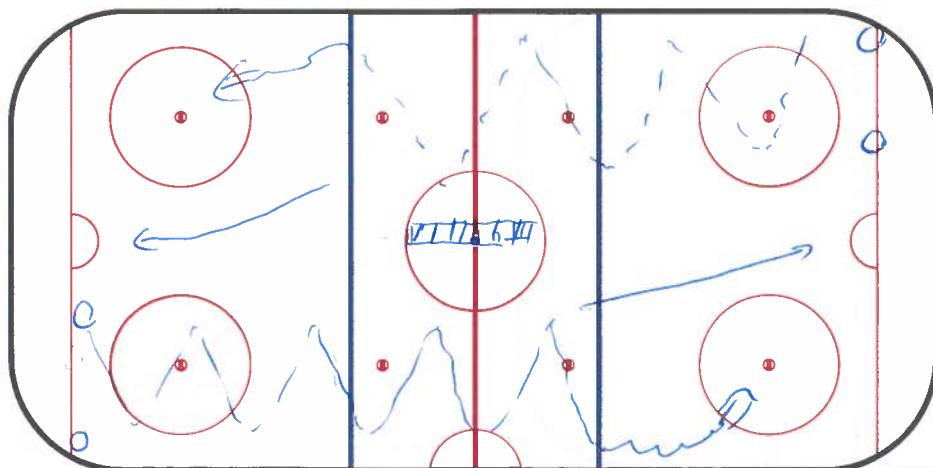
Warm up - Spiel

4-3 Aufbau



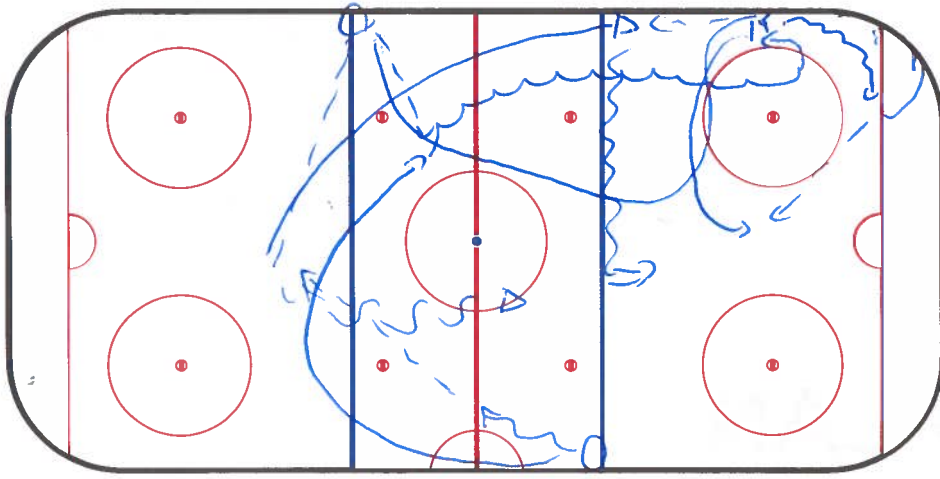
Lauf- und Stecktechnik

VW-VW - Dre

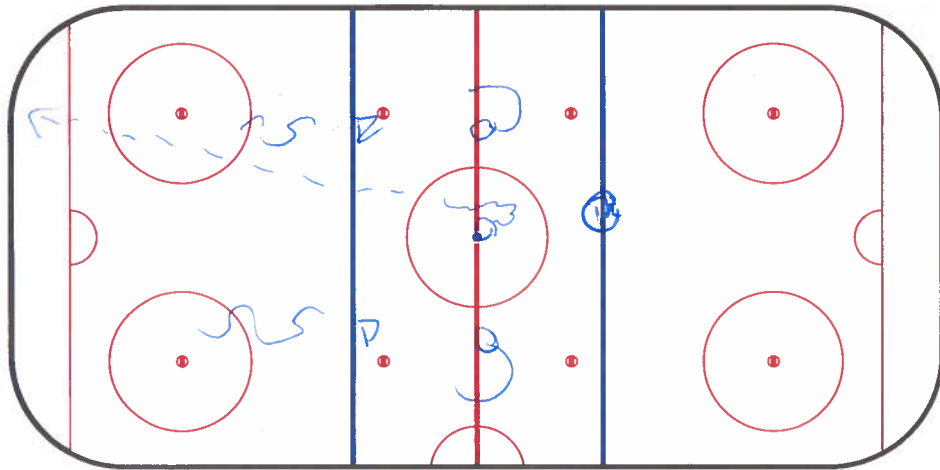


Passübung

2-0 Net Drive



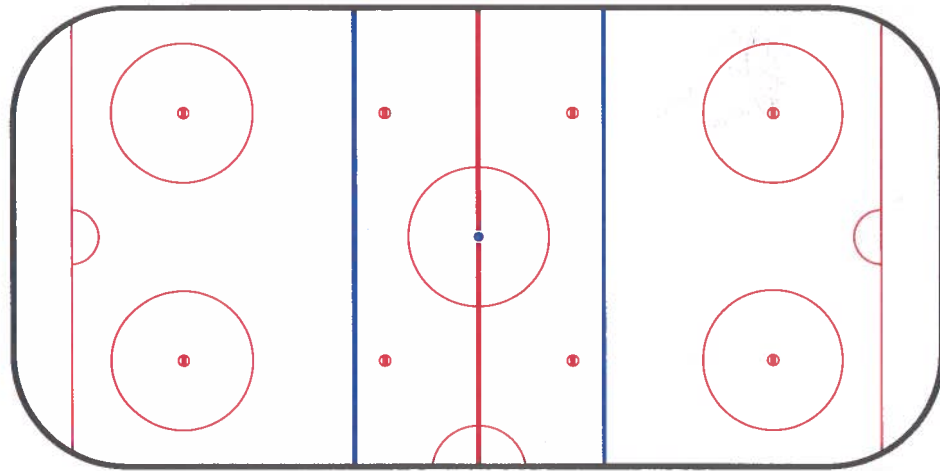
Angban 2-0



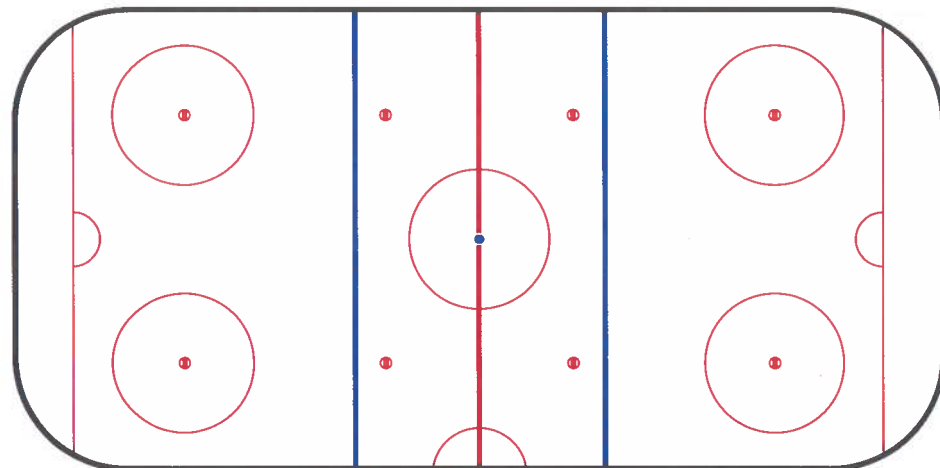
Angban 3-2

- Zone
- Long
- reverse

Regroup



5-5





TEAM: U13

DATUM: 03.01.2022

TRAINER: Markus, Marek
 KT 16.11. - 16.12.0
 ET 18.12. - 18.10
 cd 18.12. - 18.10

Absegn: Zeune S-9.1

Simon bis Ki

Maritz Whente Skifahren

Lumpi Xaver

Flare

Luka Tizian

Maxi IT

Marben Maxi B
 Jean Dominik

Ph. lior
 Maritz?

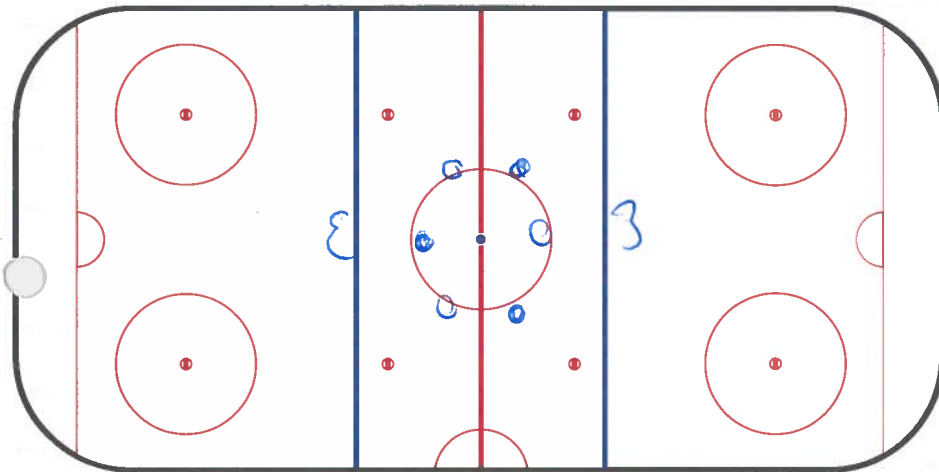
Manhus? Raphael

Alex Christian Melanie

Valentine Arthur

Warm up Spiel

3-3



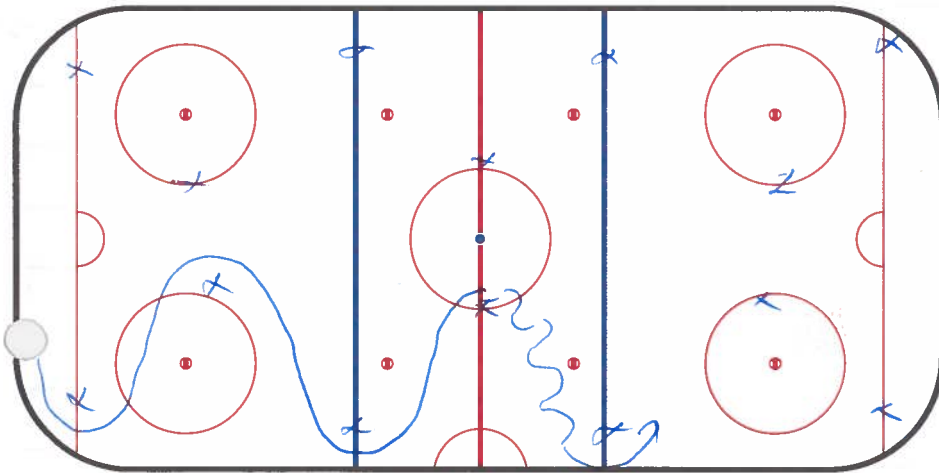
Lauftechnik

überstehen VW

VW VW

Innenkante - Crenach

Außenkante - "



Stoßtechnik

fühle seitlich

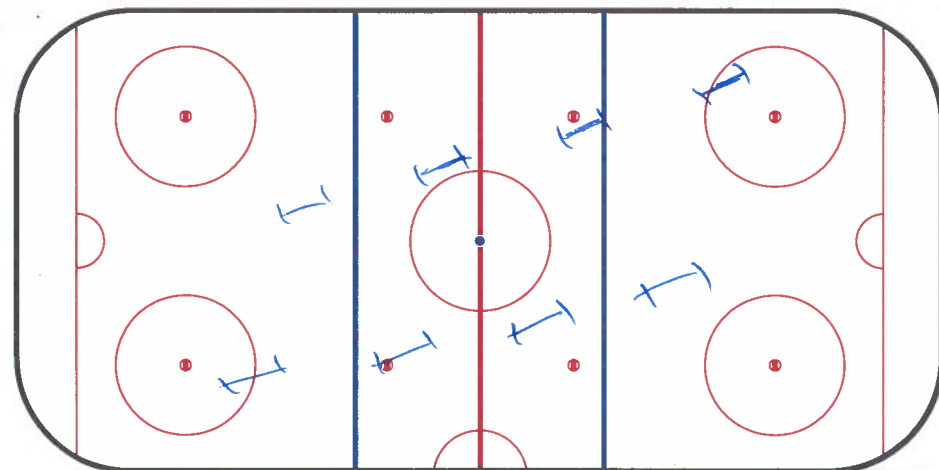
VH - RH 1 Fack - Rückwärt

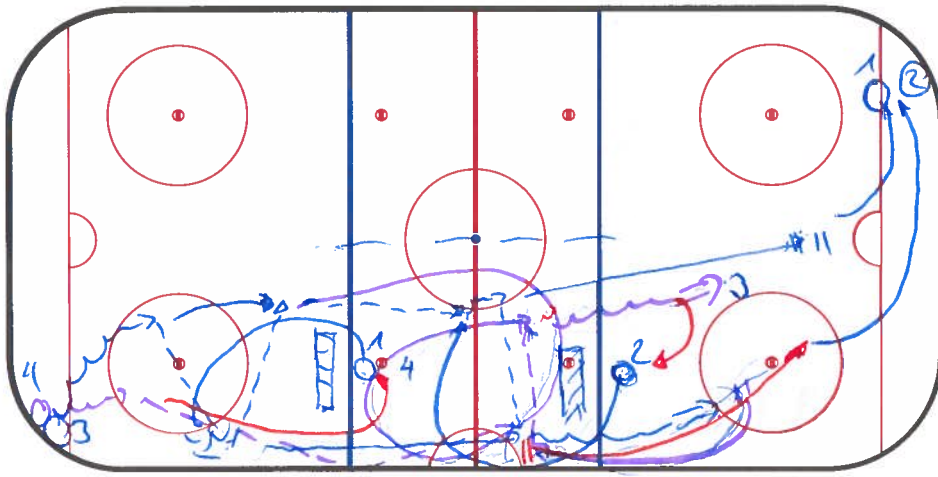
- RH - VH

side Fake

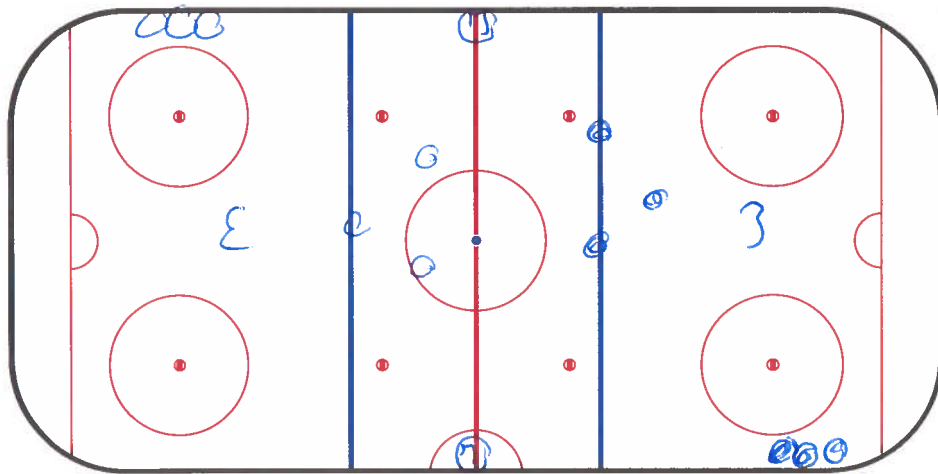
Puck seitlich neben dem

Körper führen → L





Passübung Timing

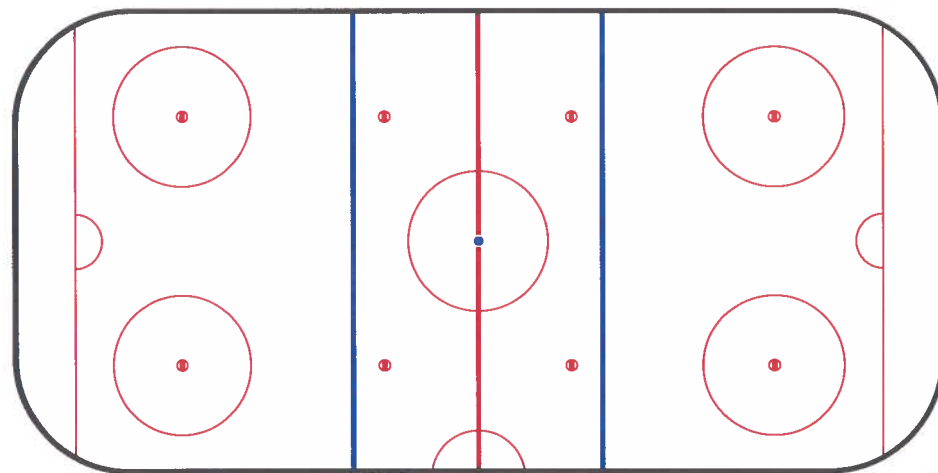
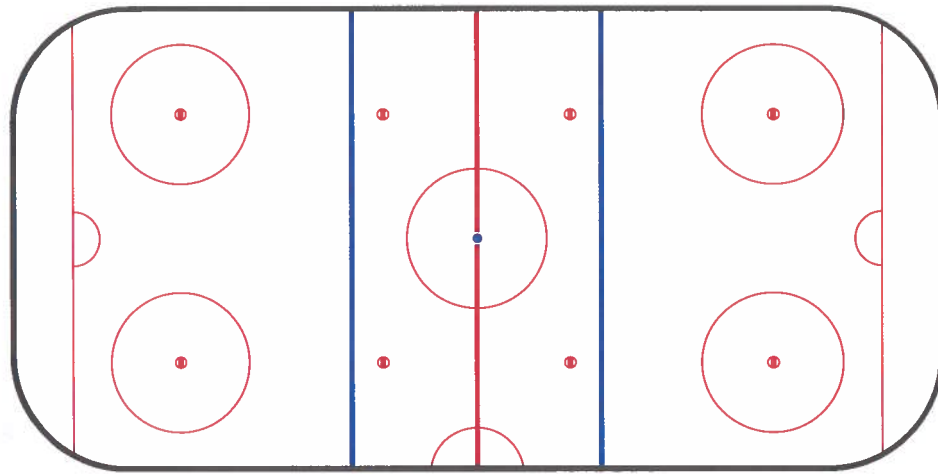


Spiel

3-3

Trainer je 3

beide Seiten





TEAM: U13

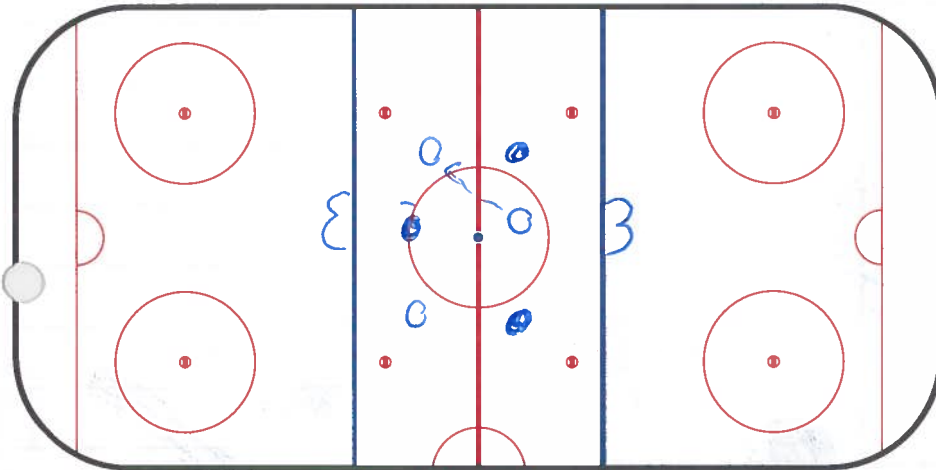
DATUM: 4.01.2022

TRAINER: Markus, Mark

ET 16:50 - 17:45

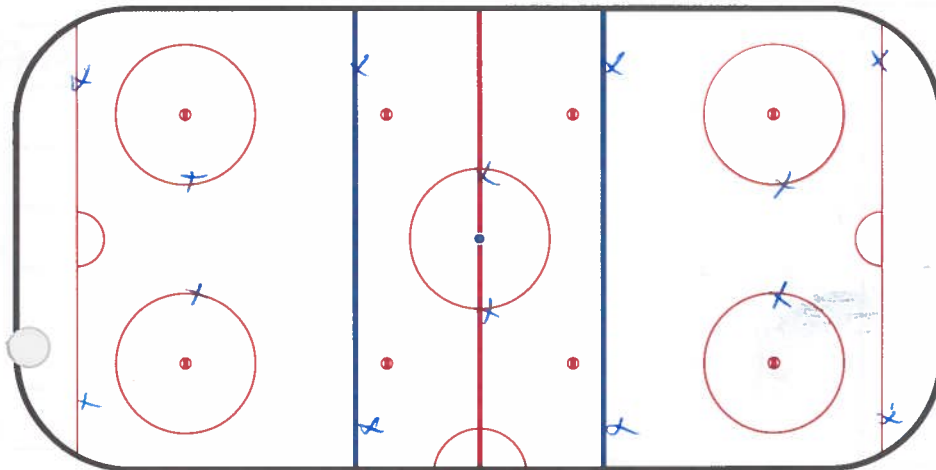
Lempi	Xaver	Mauno
Max T	Tina	Tharben
Dominik	Max B	Philipp
Leon	Leon	Maximilian?
Marinus	Raphael	
Melanie	Arthur	
Valentino	Alex	

TRAININGSPLAN



Warm up - Spiel
3-1

5-8 Min.



Lauftechnik
übersetzen VW

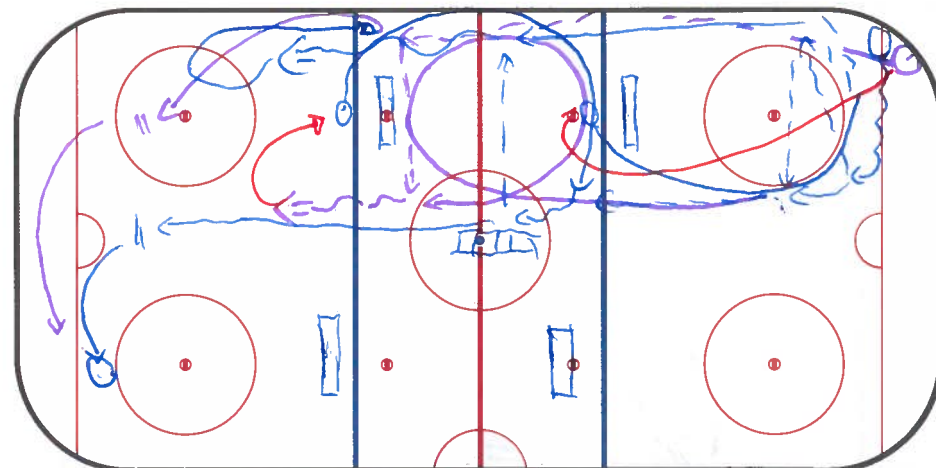
VW-VW

einbeinig VW Innenkante
einbeinig VW Innenkante

"Canadier Innenkante

"Canadier Außenkante

5-8 Min.

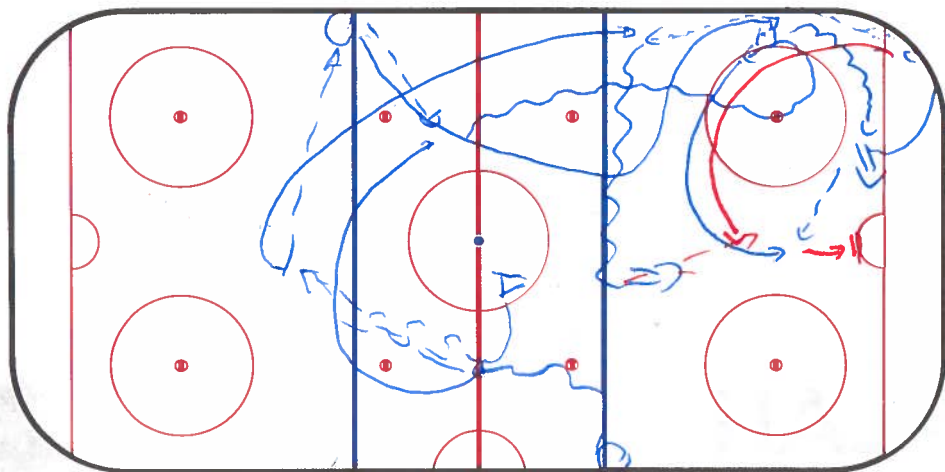


Passübung
Timing

4/4 81

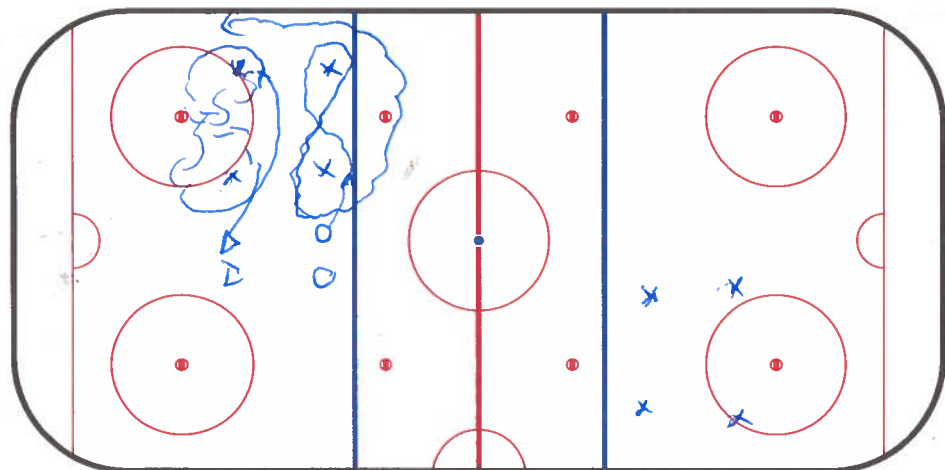
Passübung

2-0 13-0 VT



4/4 81

1-1



81

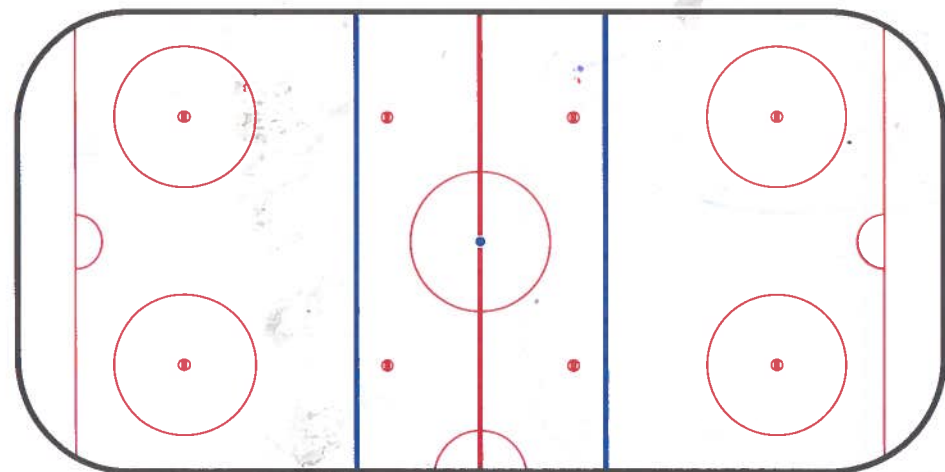
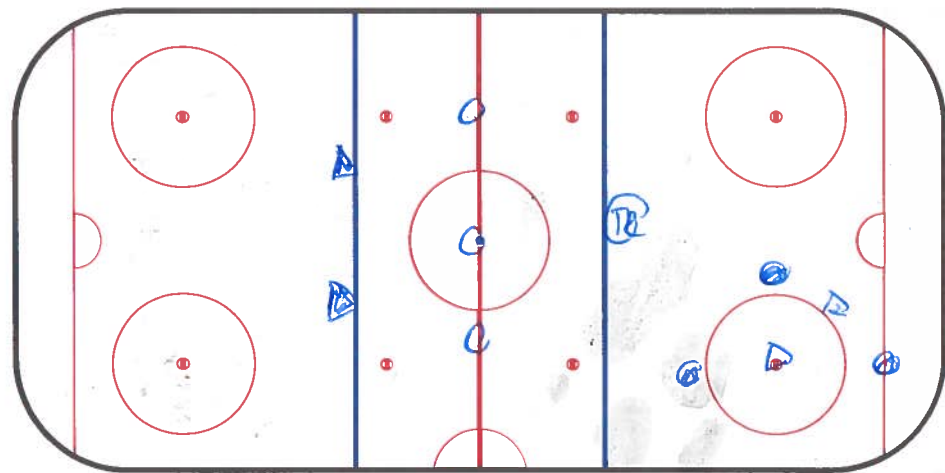
3-2

12-3

An/bau / Regroup aus der Ecke

auf Signal

5-5





TEAM: U13

DATUM: 05.01.22

TRAINER: Markus, Marek, Edi

TT 15:20 - 15:50
ET 16:00 - 17:20

TRAININGSPLAN

absege Xaver, Lorenz, Christian, Moritz TW

Lumpi, ~~Maxime~~ Philipp

~~Maxi A~~ Tizian ~~Markus T~~

Dominik Maxi B Thorben

Leon ~~Maximilian~~ Moritz

Marius Raphael

Melanie → Arthur

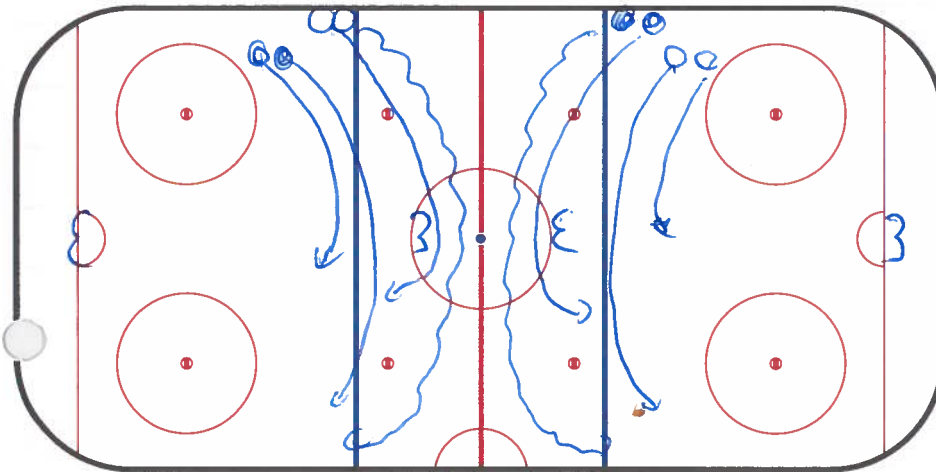
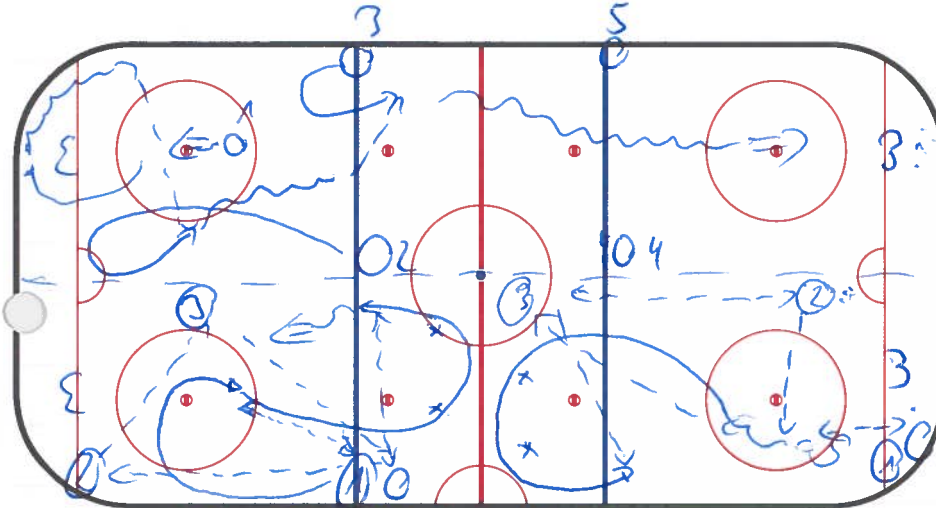
Volker Alex

Christian?

Passübungsstationen

3 Stationen

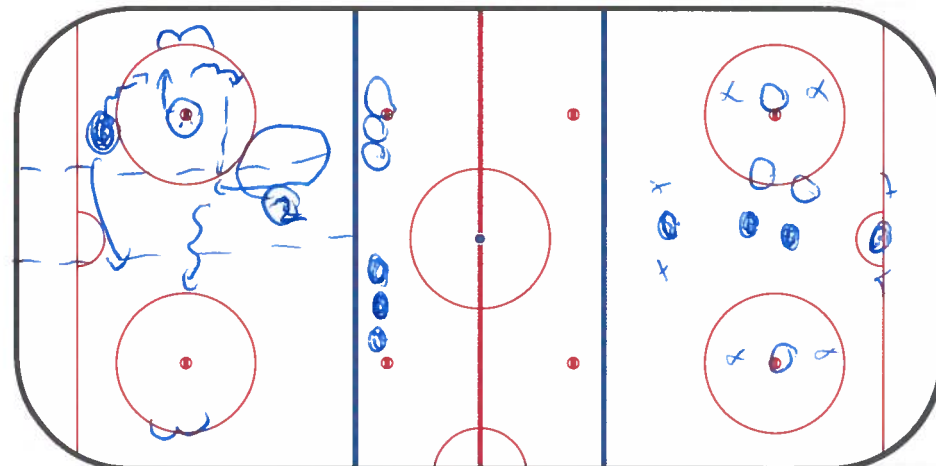
5-8 min



2-2

101

annehmen



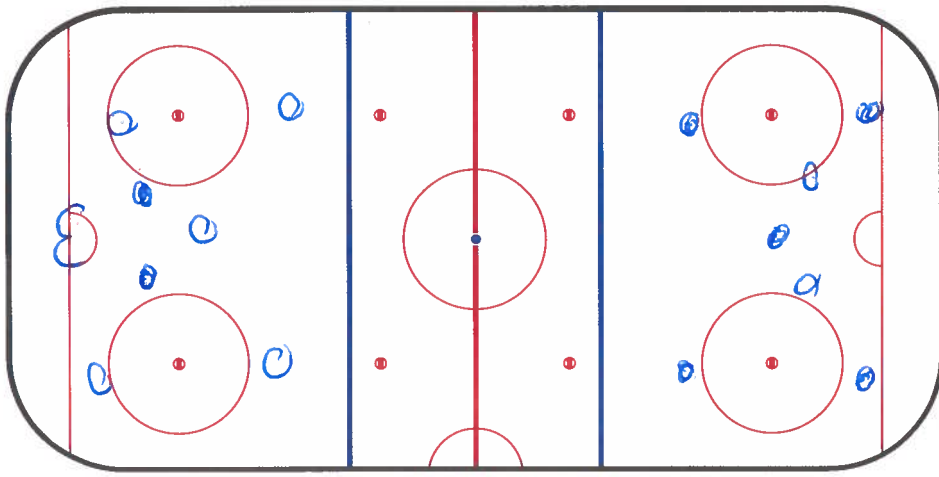
2-2 BC 101

2-2 + 2 crossfire 101

Puck abschirmen

Anbieter

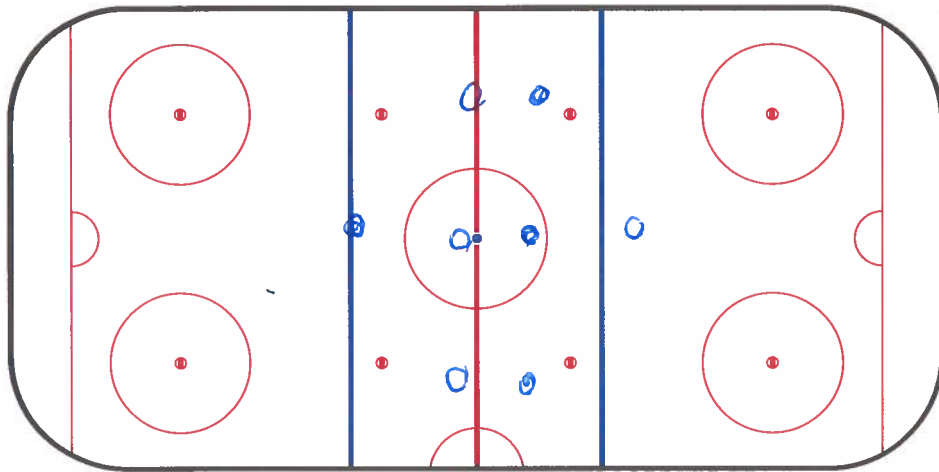
Freilauf



Wettbewerbs

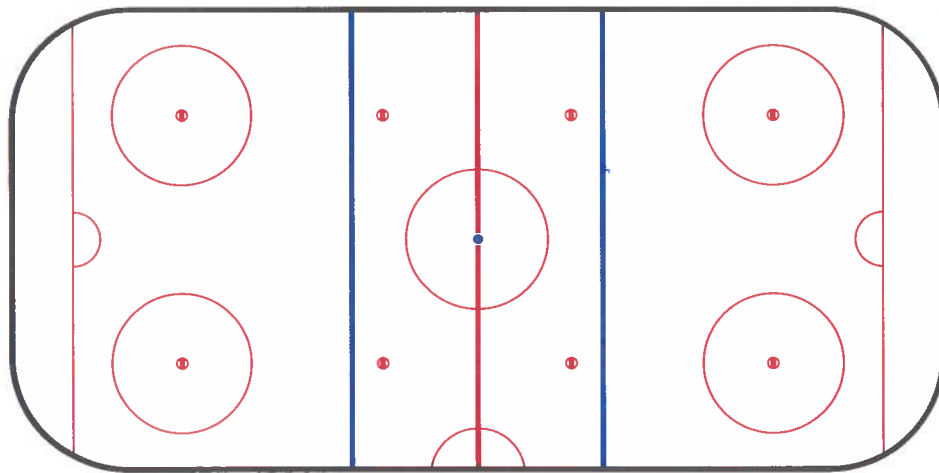
5-2

wer schießt aus
erster ei Tor

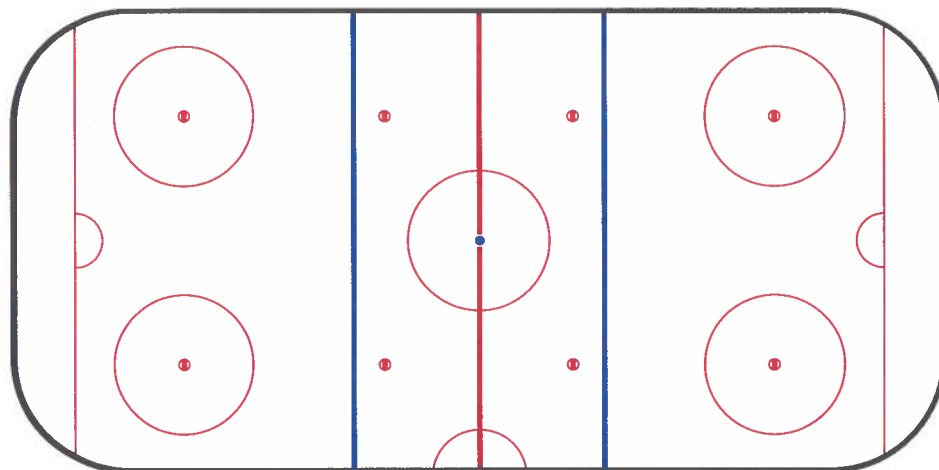


3-1

3-3



Penalty
2 Teams





TEAM: U13
DATUM: 06.01.22
TRAINER: Markus Mach

ET 1540 - 1635

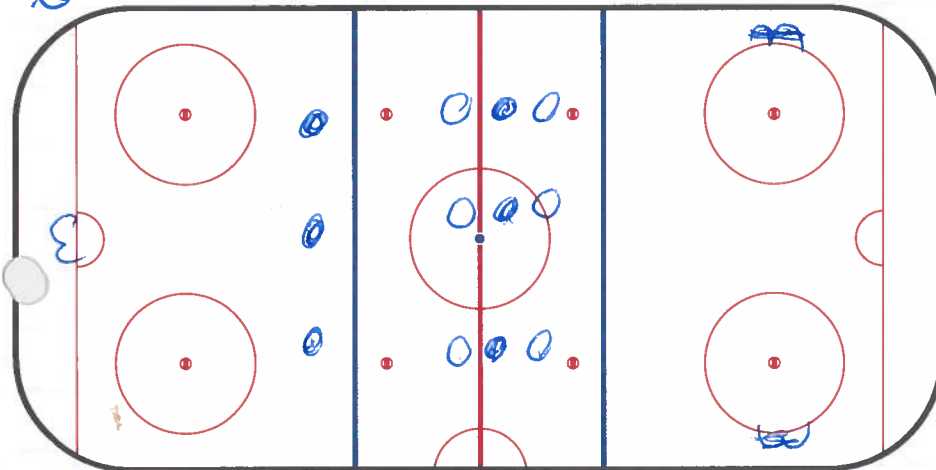
Linus Xaver Mauro
Maxi T Tizian Lukas
Tharben Maxi B

Marinus Raphael
2 Christian Melanie
Valentine Alex

TRAININGSPLAN

Hallekitchen
Leon / Arthur / Simon / Raphael / Philipp
Dominik / Moritz TW / Moritz

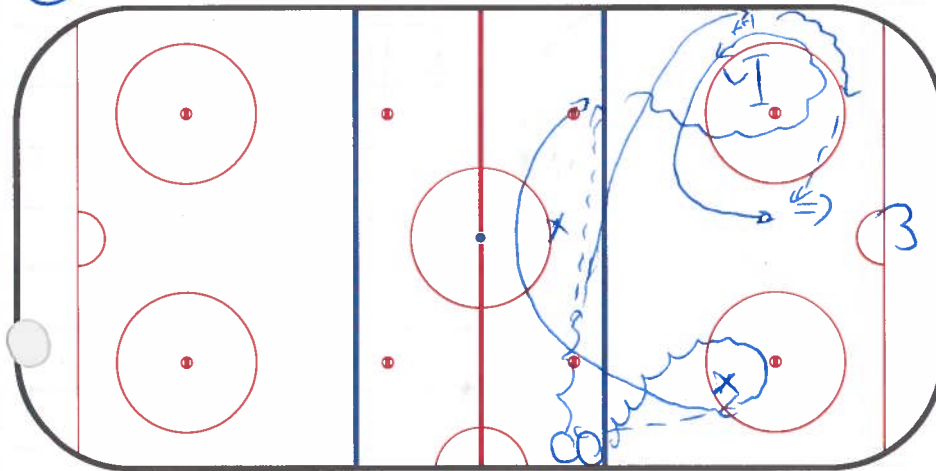
①



Warm up Spiel
3-3

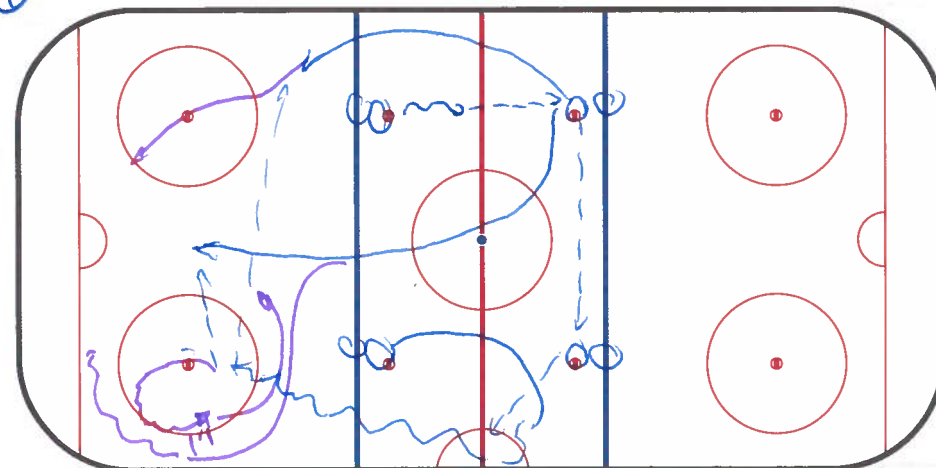
Offensive - Defensive
Umschaltspiel

②



Passen / Kreuzen / Schluss
Übung

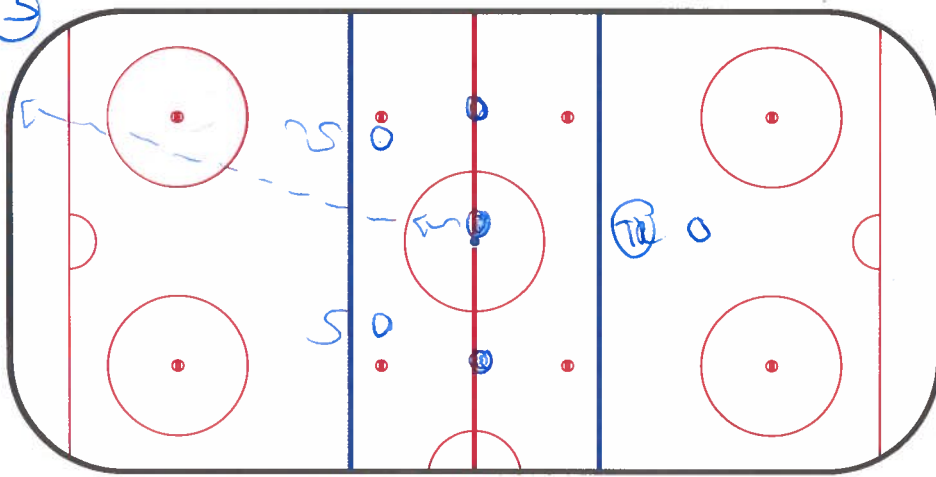
③



3-0

1-2-3 Pressurieren

5



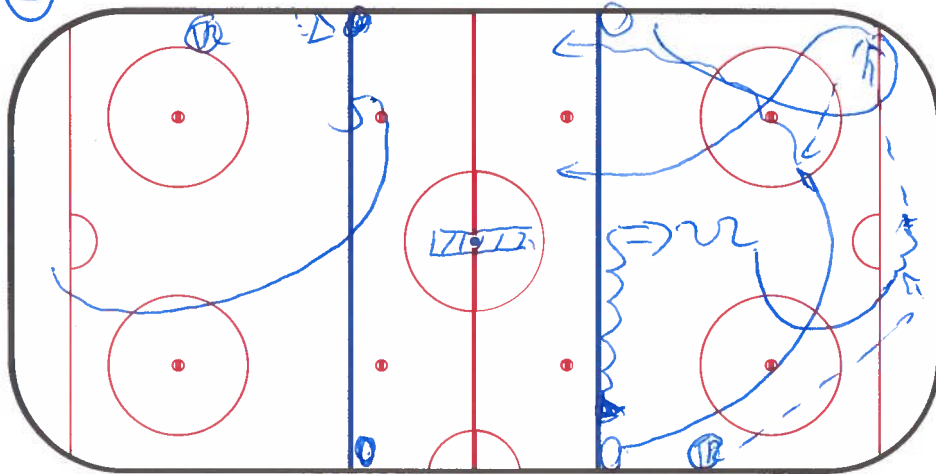
Aufbau

Regroup

3-2

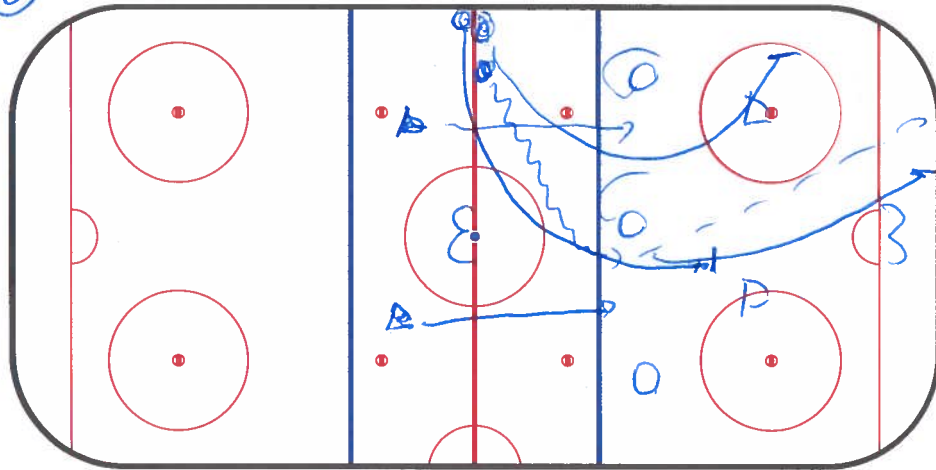
b mit 10 (3-3)

3



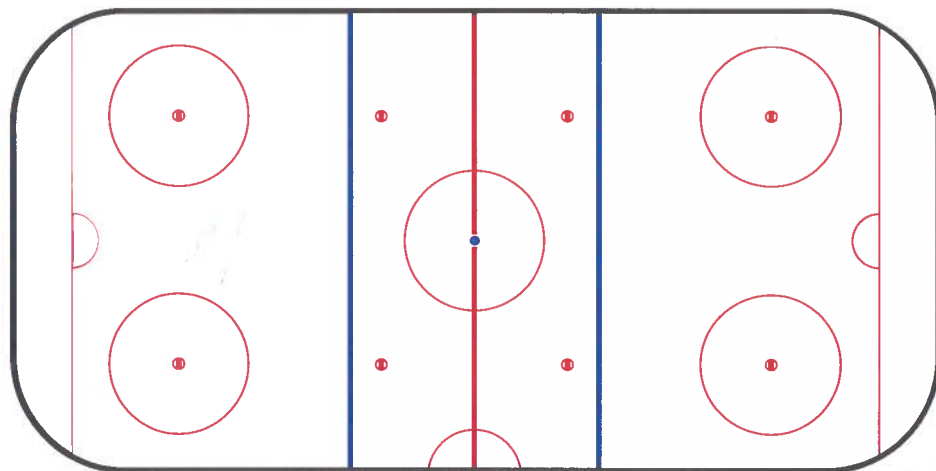
2-1

6



2-1

Aufbau

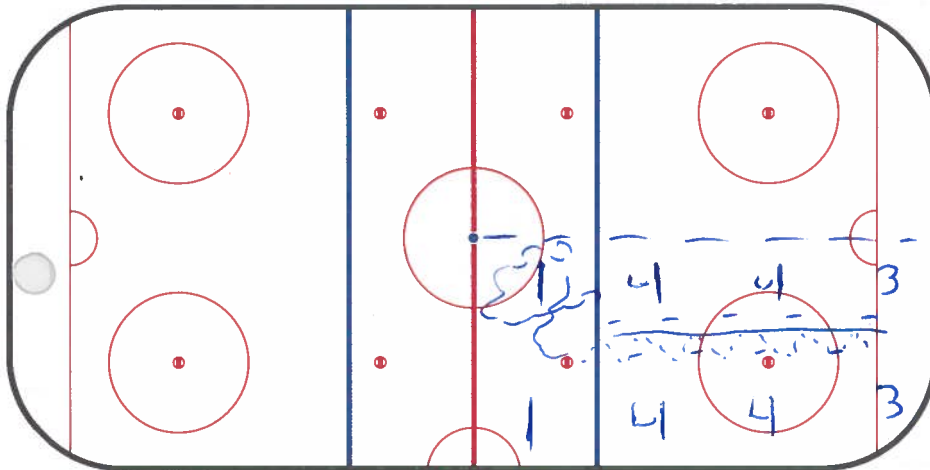




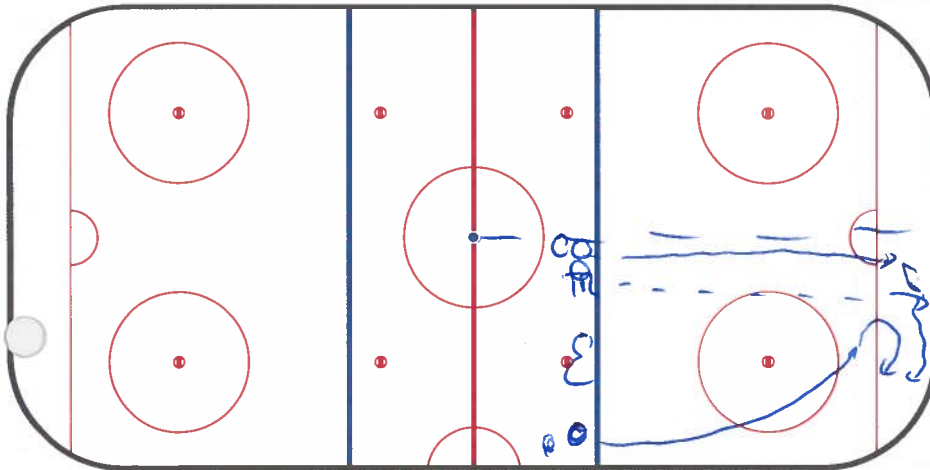
TEAM: UM 1013
DATUM: 11.01
TRAINER: Markus / Martin
UM ETAS 10 - 1610
U13 ETAS 20 - 1120
KT 1130 - 1800

TRAININGSPLAN

UM

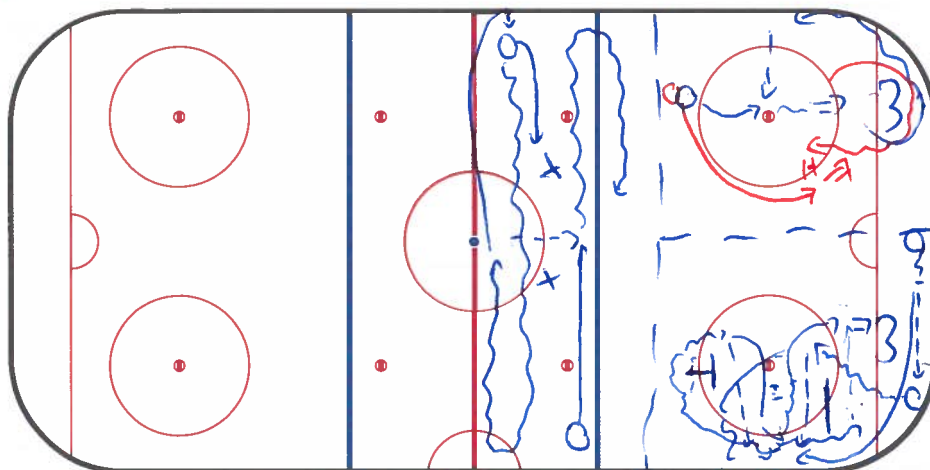


Stoßtechnik
übersetzen über das Sch
drückling VIT



111
aufnehmen

U13

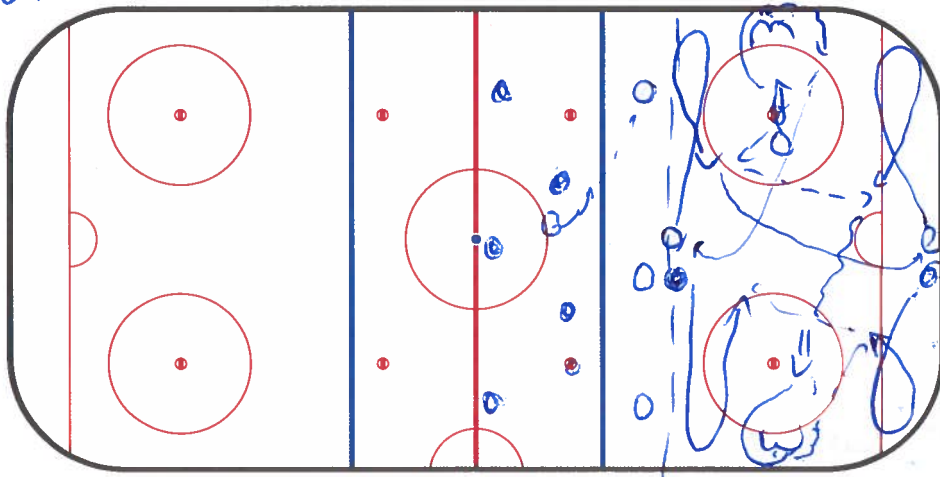


a) Passübung - Sted
- big h voll

b) Passübung 2-0
kreuze

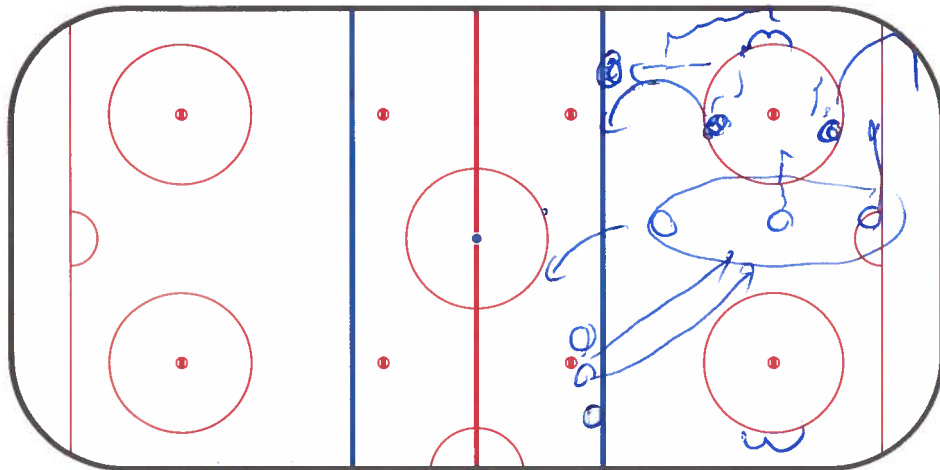
c) Passübung 2-0
passen durchs Hindernis

U13



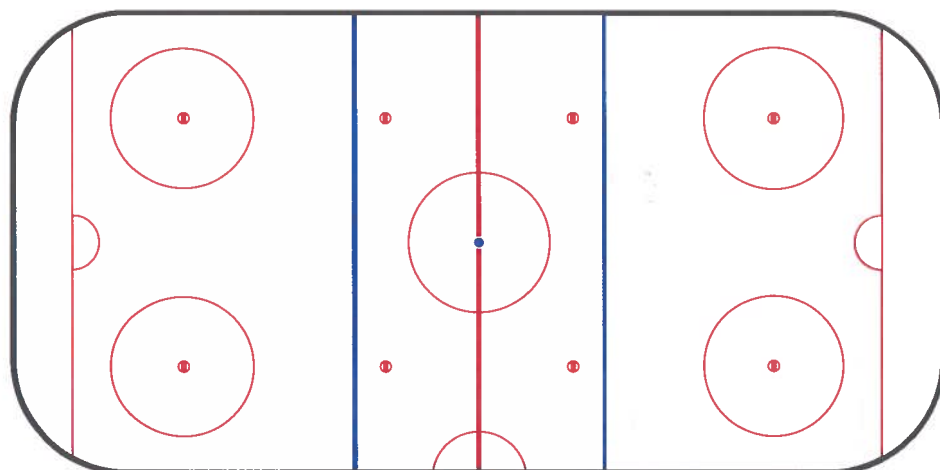
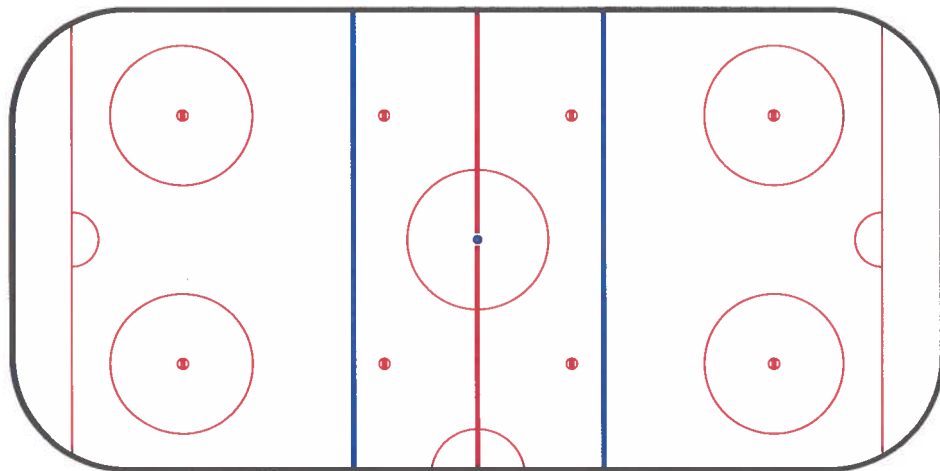
- Passübung aufbauen
Timing

- a 1-1
bewegte Band
b 2-2



3-2

defensive SP beim
Puckgewinn passen
zum SP an der blauen
Linie aufbauen
3 offensive SP gehen vor
2 neue defensive SP
kommen ran.



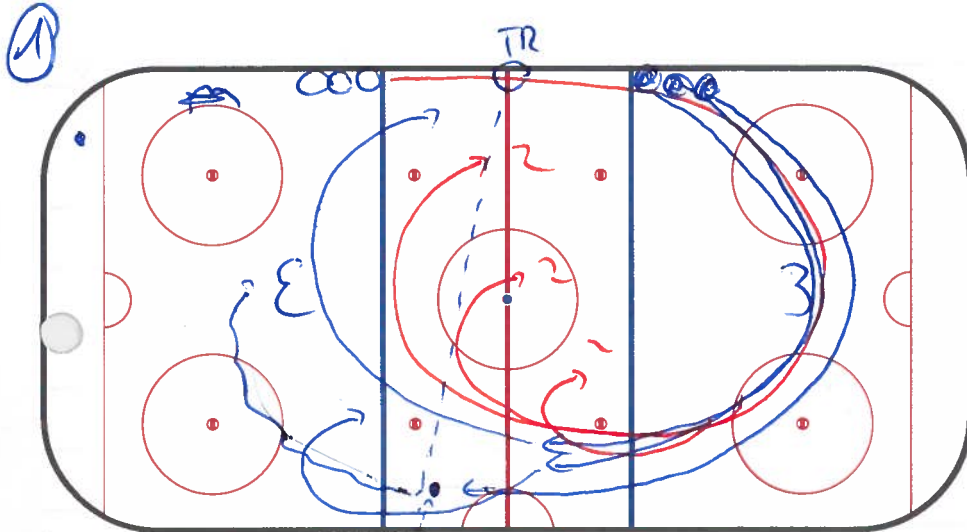


TEAM: U13
 DATUM: 12.1.22
 TRAINER: Markus,
 Marek, Jakob
 ET 1630 - 1730
 col 1740 - 1755

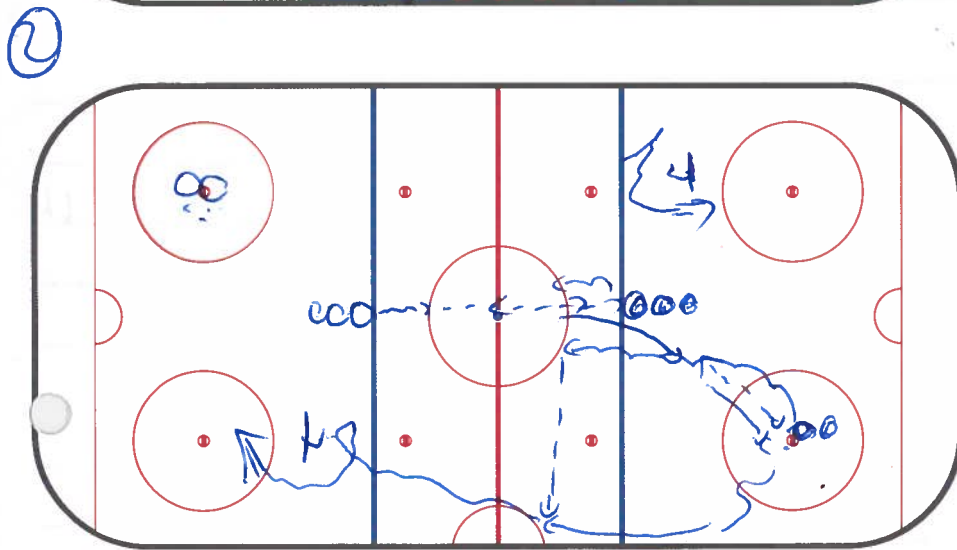
TRAININGSPLAN

Dave? Marko, Valentin
 Valentine

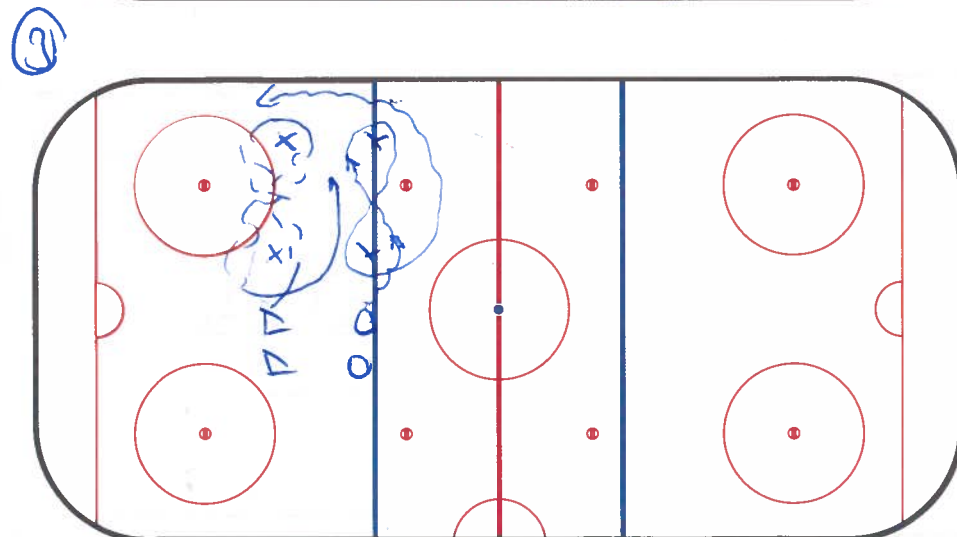
Emil	Xaver	Marcel
Luca	Tizian	Maxi T
Theodor	Maxi B	Dom. L.
Severin	Leon?	Maximilian?
Alex	Christian	
Mariusus	Raphael	
Melanie?	Philipp	Arthur



Warm-up - Spiel
 3-3 5-8'

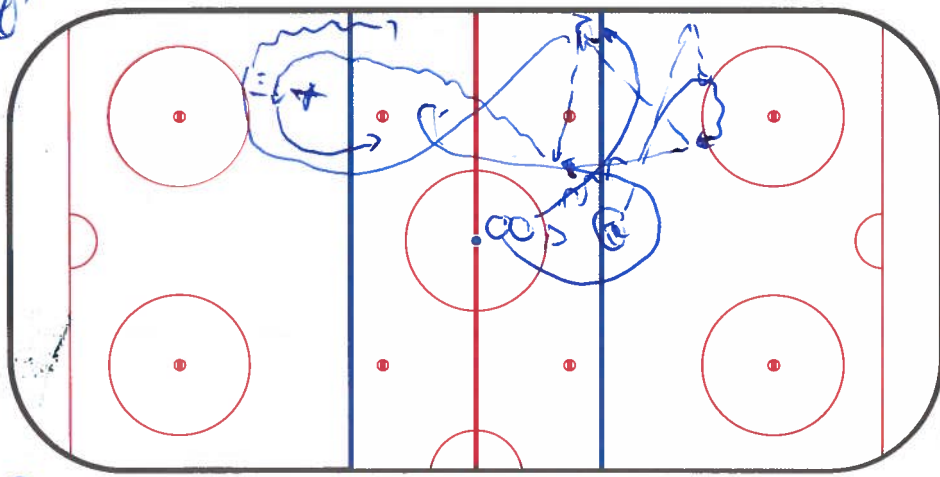


5-8'
 Passübung 1-0
 Doppel passe
 - F.l.k seitlich
 - drehung links-rechts
 außen



1-1 10'
 5/5
 aufnehmen

4



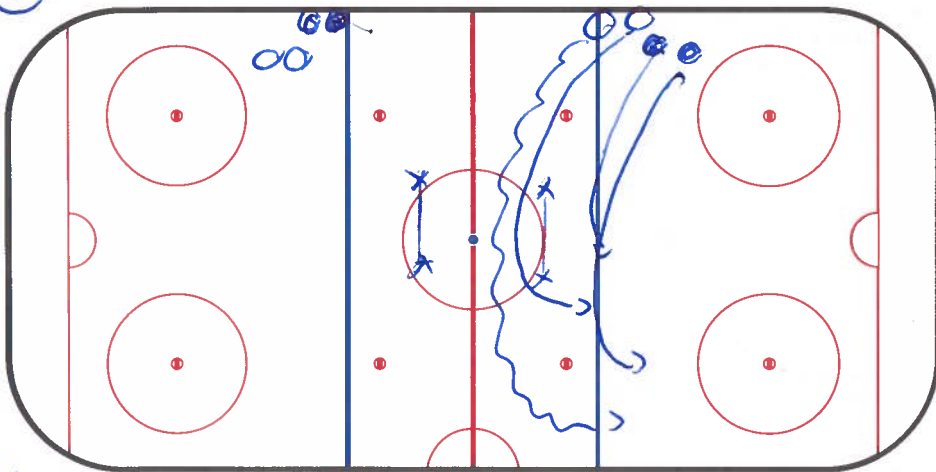
2-1

10'

an/ben

515

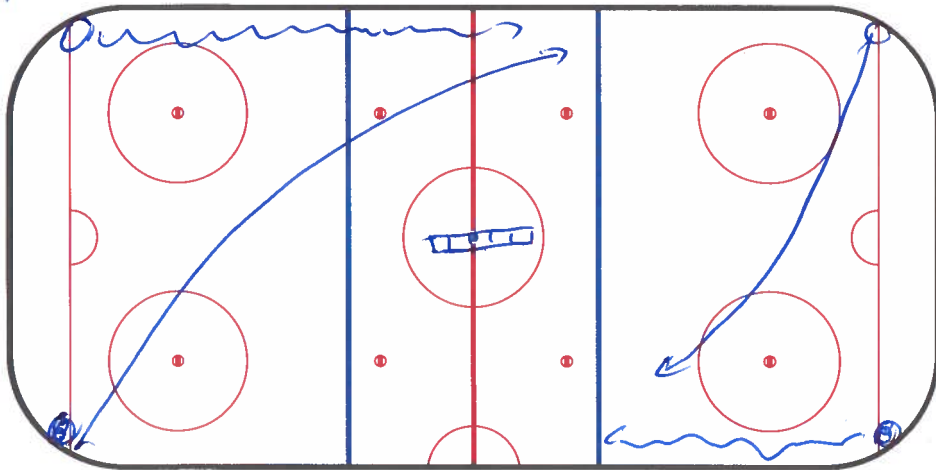
5



2-2

5-8

7

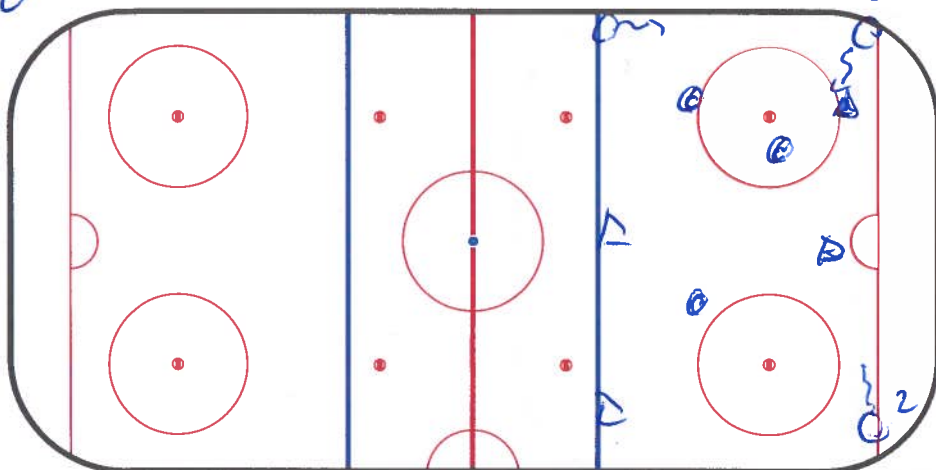


1-1

Wettbewerb

jedes Tor an Punkt

6



1-5

2-5

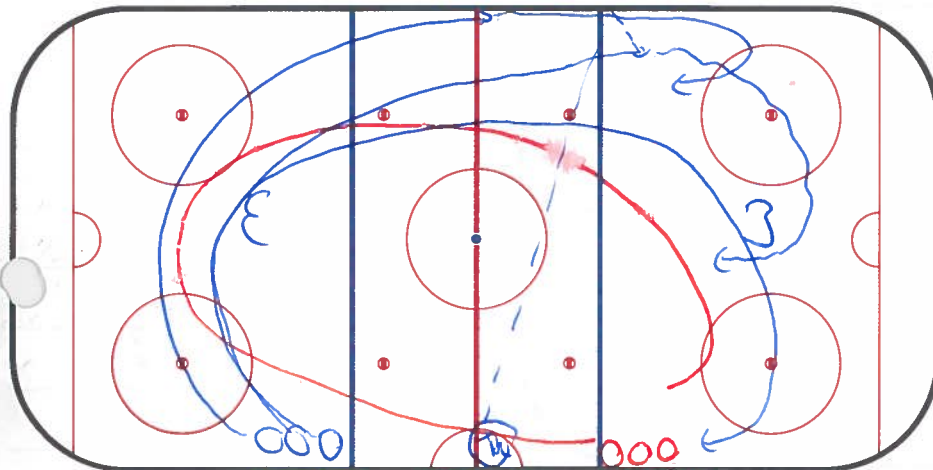
3-5 (5-5)

Abwehseite

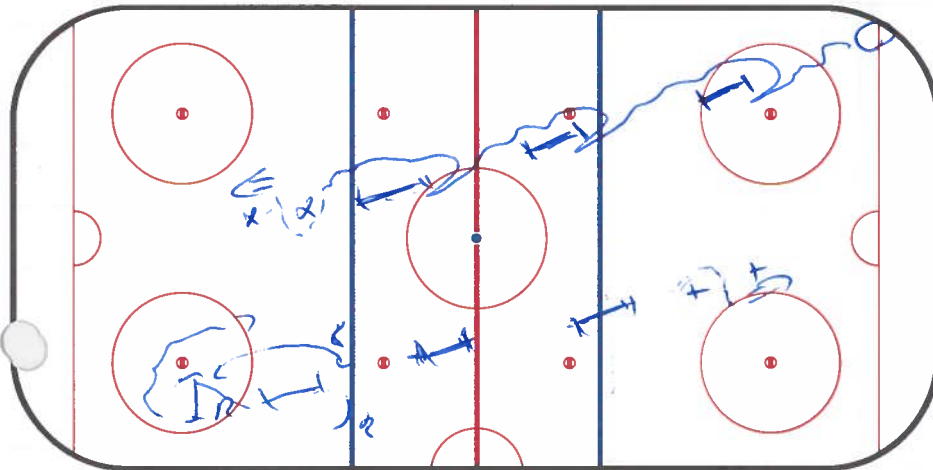


TEAM: U13
DATUM: 14.01.2022
TRAINER: Markus Marek
ET 15³⁰ - 16³⁰
TT 16⁴⁰ - 17¹⁵

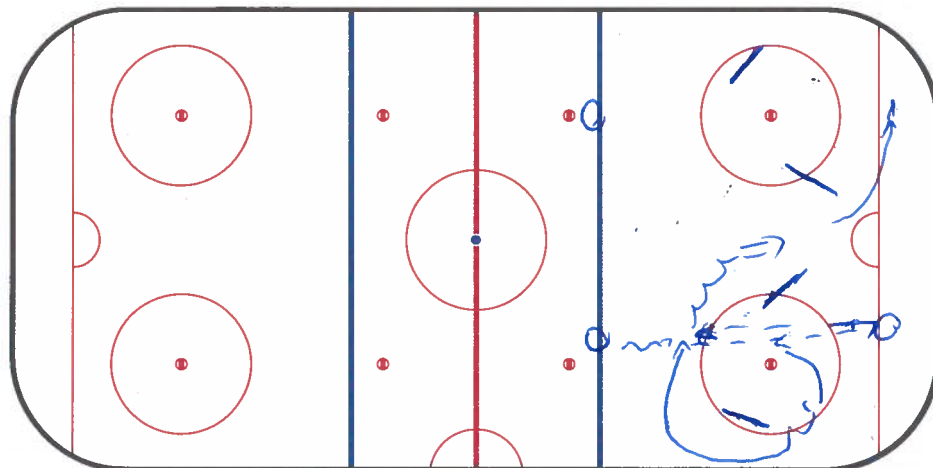
TRAININGSPLAN



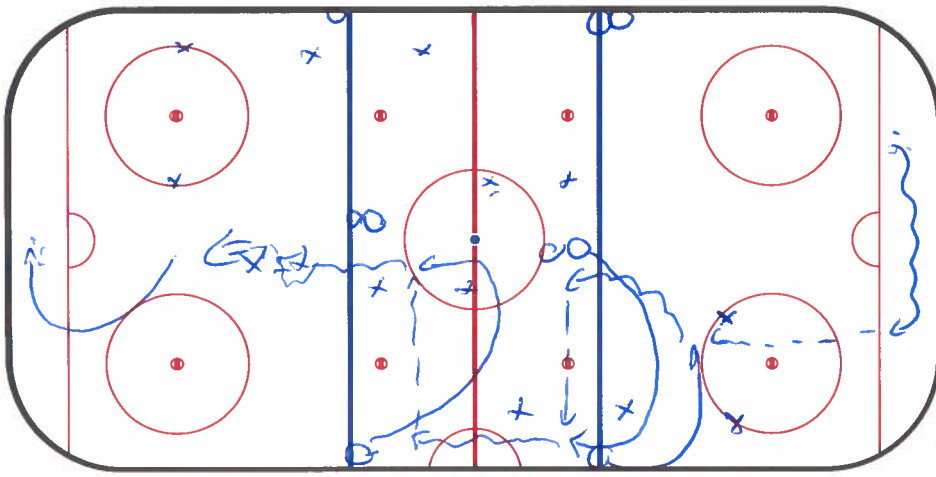
Warmup - Spiel
3-3



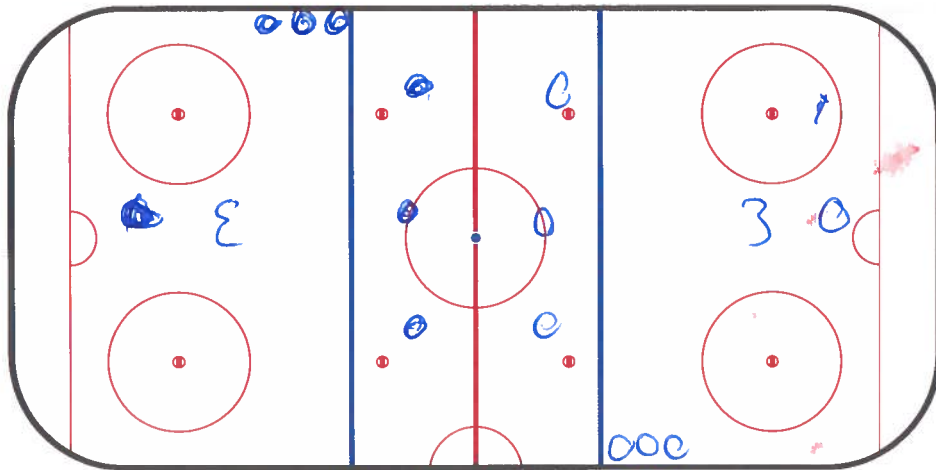
Stöcktechnik
- Fink sätzlich
- Toe drag
- Innenkonk VU-RW-UW



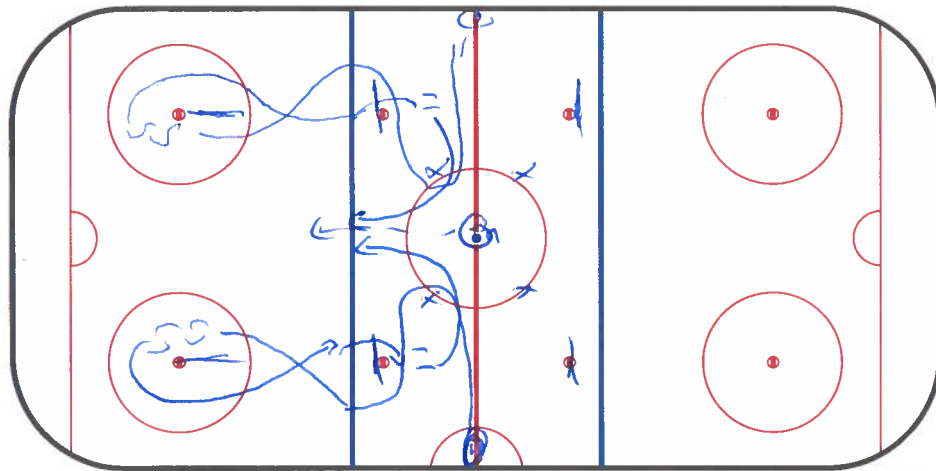
Passübung
VH - Schuss



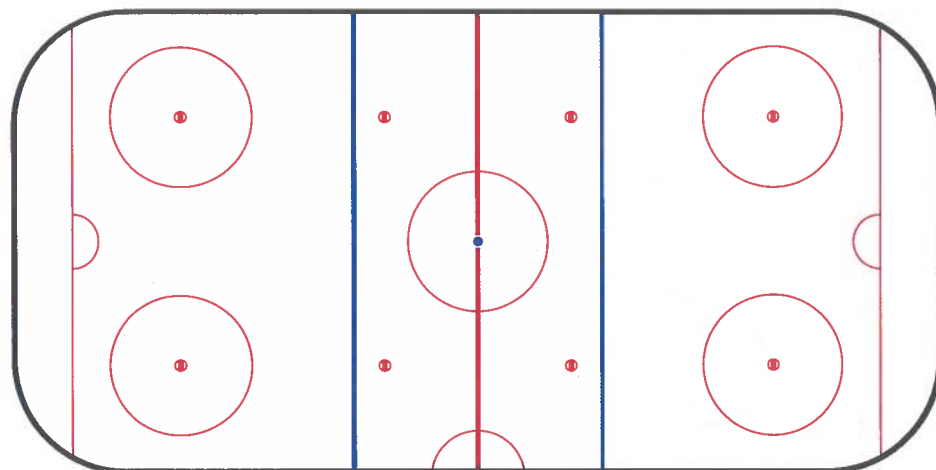
Passübung



Spiele 4-3



Wettbewerb 1-1





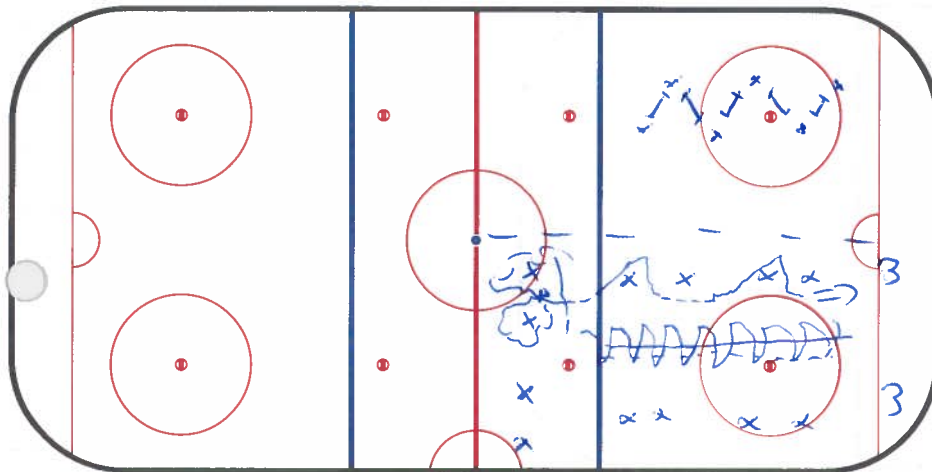
U11/U13

TEAM: 18.01.2021

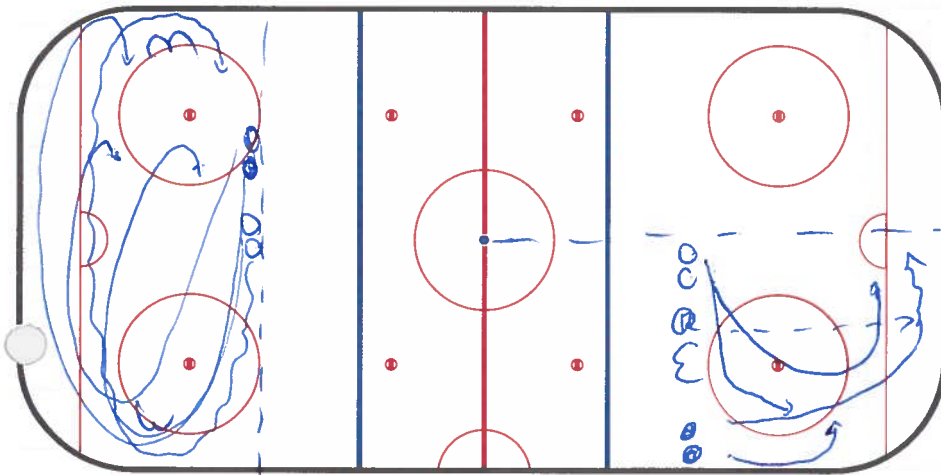
DATUM: ^{V11} Markus / Martin
Dominik 15¹⁰-16¹⁰

TRAINER: ^{U13} Mark, Dominik
Markus ET 16¹⁰-17²⁰

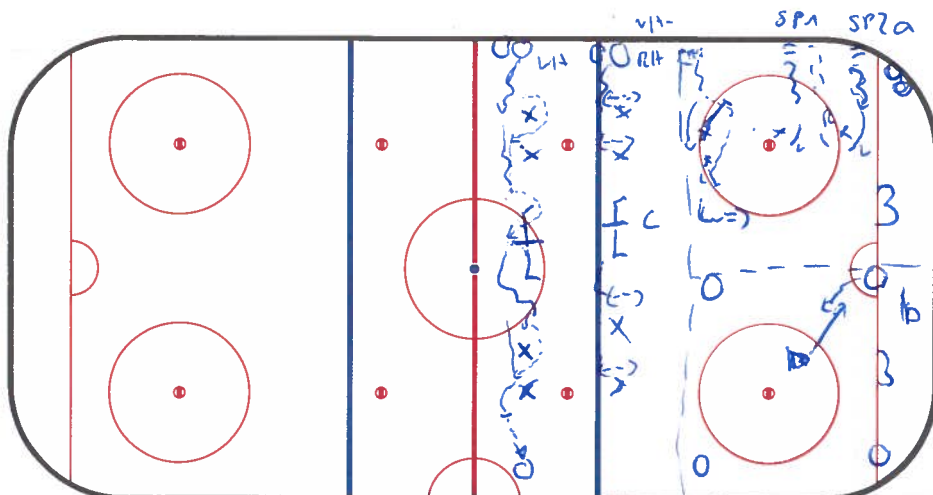
TRAININGSPLAN



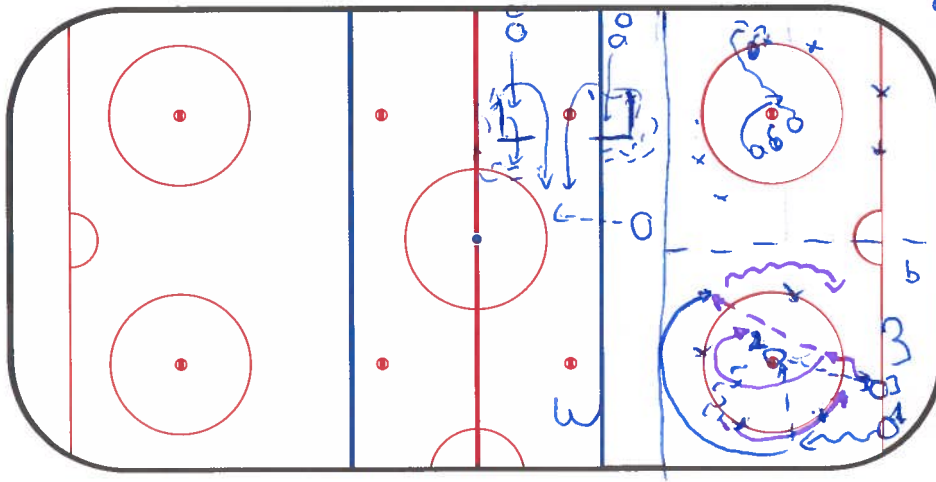
- Stocktechnik
- Dubbling VA Seite
- Beidbeinig über das Seil springen
- VL-VL achten um die zwei Ringe
- Toe drag durch die Pylonen



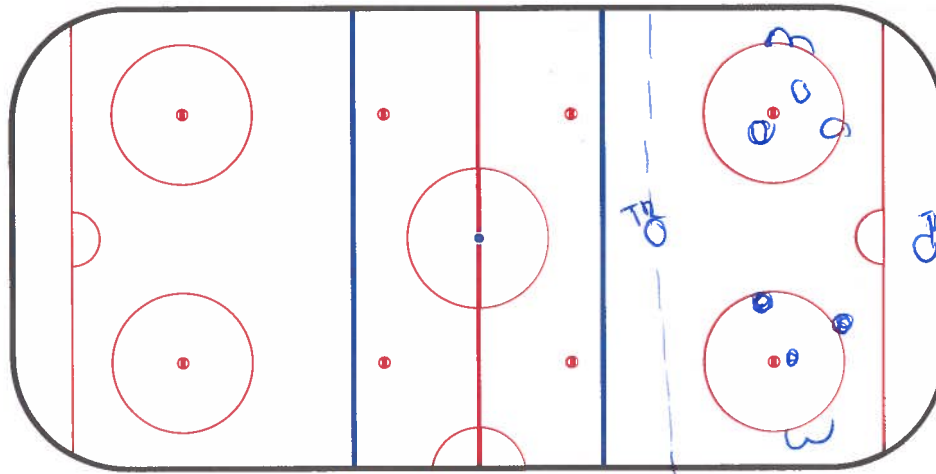
Spiel 2-2



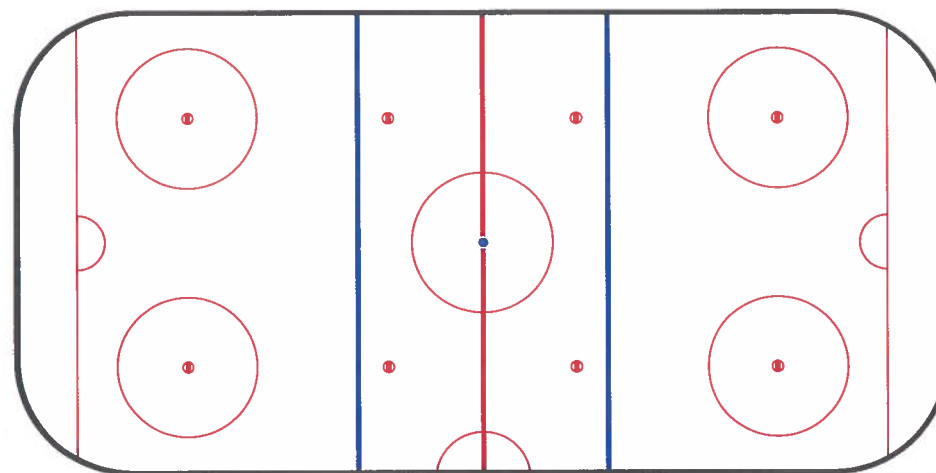
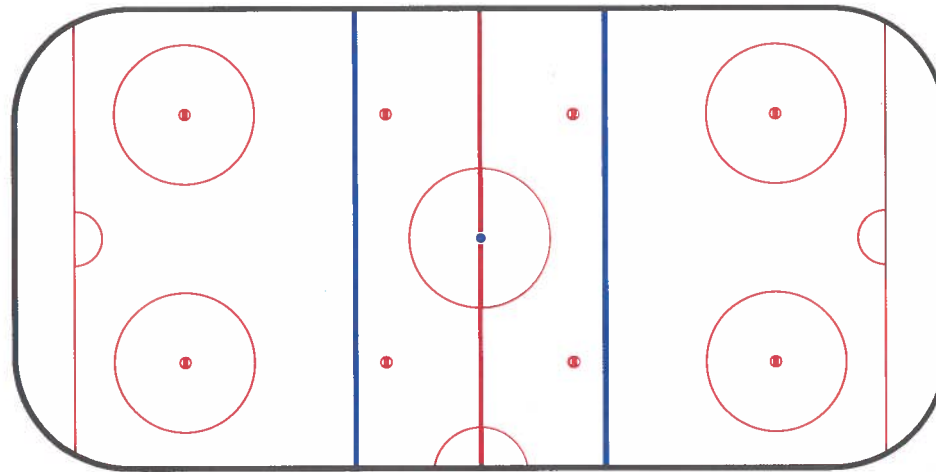
- a, Übersetzen VL-VL
- b 4 x 1-1
- c, Toe drag um die Pylone
VA-Seite
RH



b₁ SP1 posst zu SP2
 SP2 zu SP3
 SP1 überab im den Bullykreis
 bekommt vom SP3
 den Puck zugespielt
 SP3 geht hoch
 SP1 geht zur Bande (lange Seite)
 a 1-1 Wettrennen



3-3 TR Joke





TEAM: U13

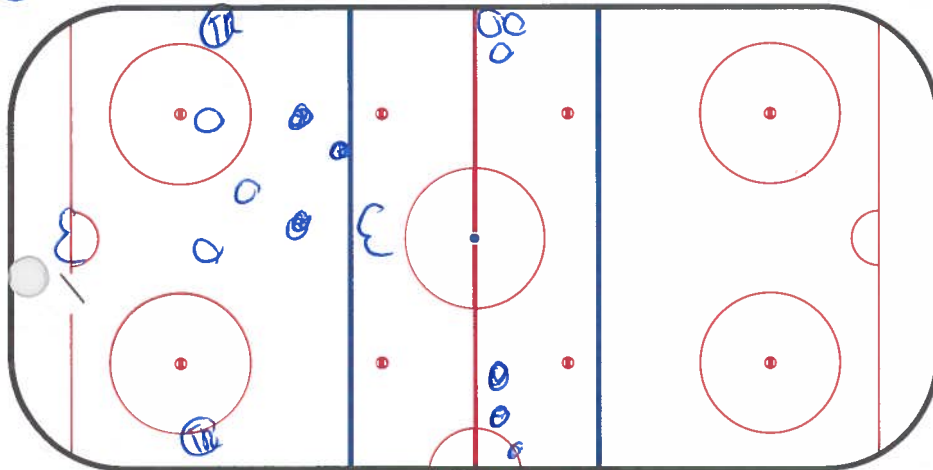
DATUM: 18.01.22

TRAINER: Markus March
ET 16:00 - 17:30

Leopold	Xaver	Maximilian?
Linka	Tilman	Maximilian T
Leon	Maximilian B	Philipp
Dominik	Johann	Simon
Marinus		Raphael
Valentino		Alex
Christian		Helene
Krank: Arthur, Thorben		

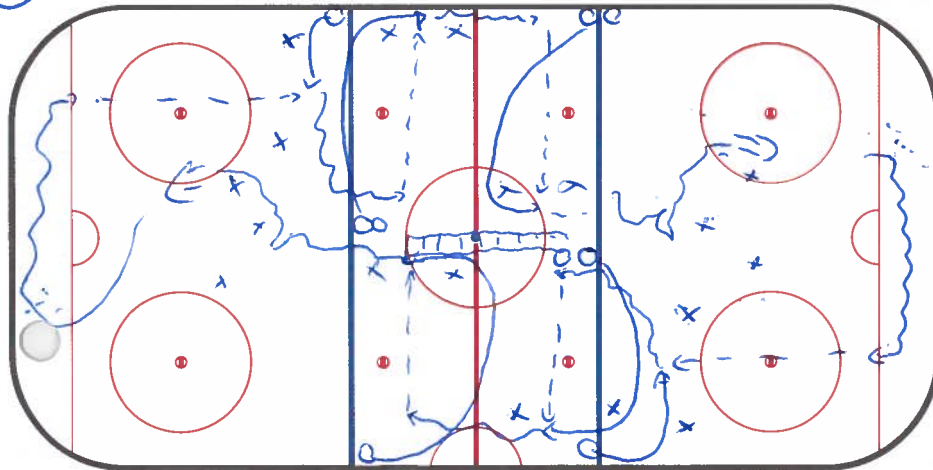
TRAININGSPLAN

①



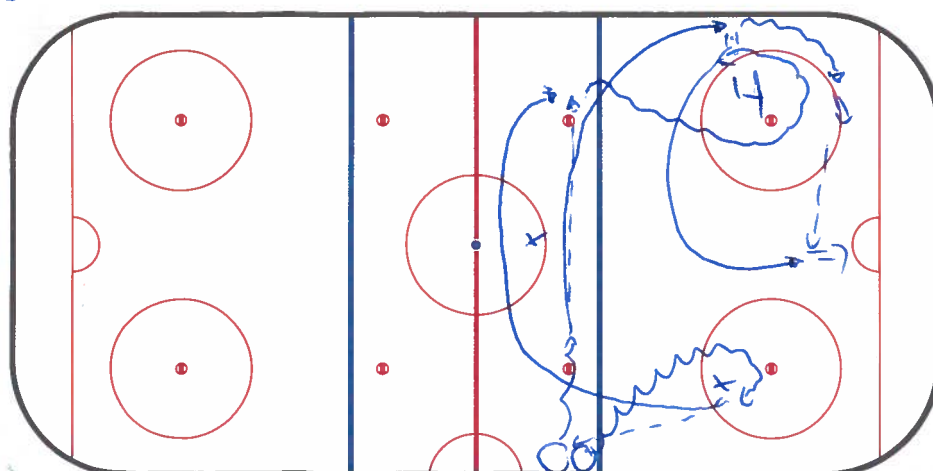
Wohin up Spiel
3-3

②



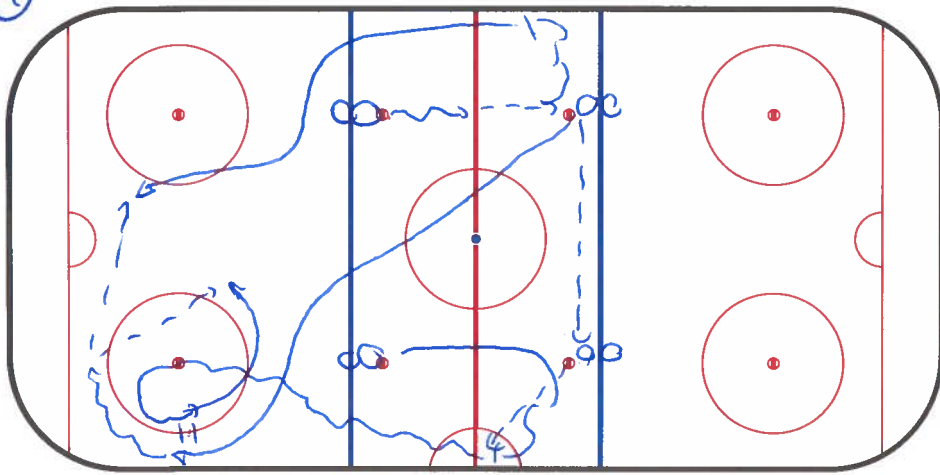
Passübung 1-0
Timing

③



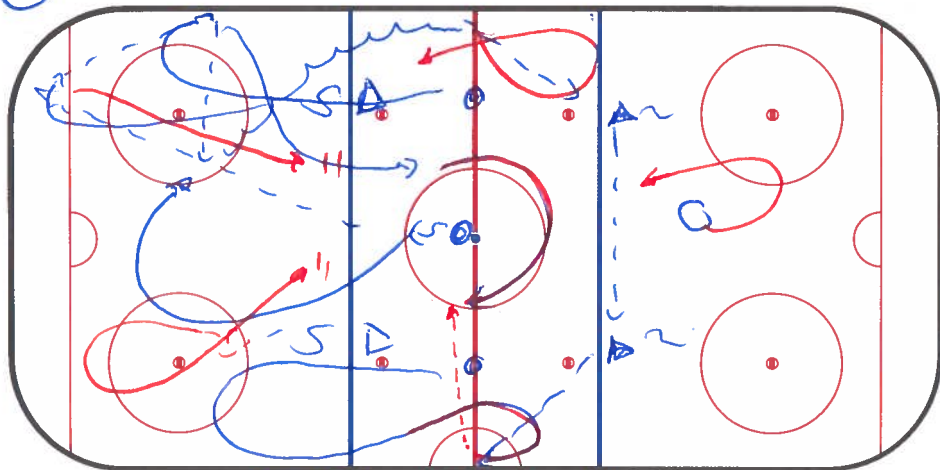
Passübung 2-0

4



3-0

5



3-2 Aufbau

Kurz / lang

VT - VT

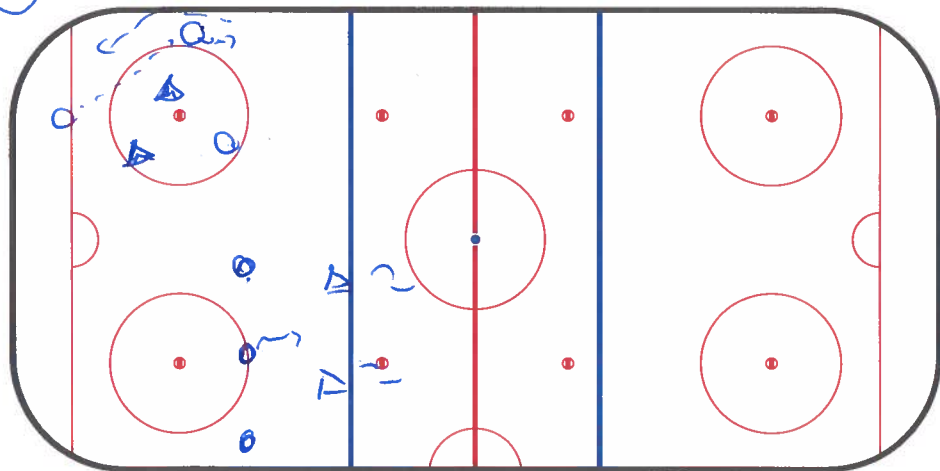
Neutrale Zone

VT - VT

Aufbau

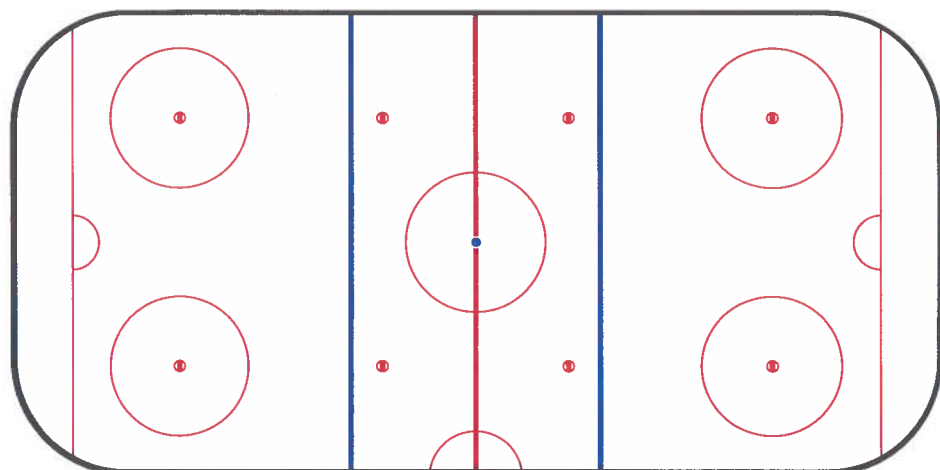
3-2 (1D)

6



2-3 / 3-2

5-5

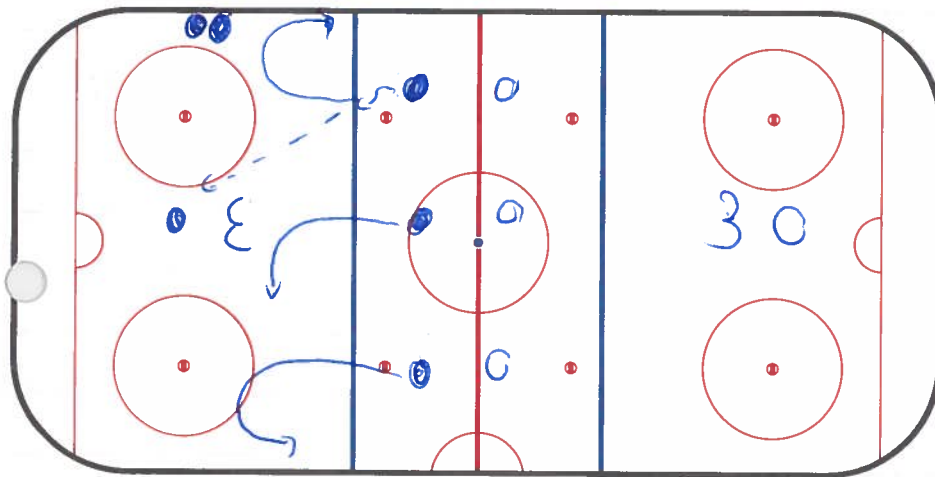




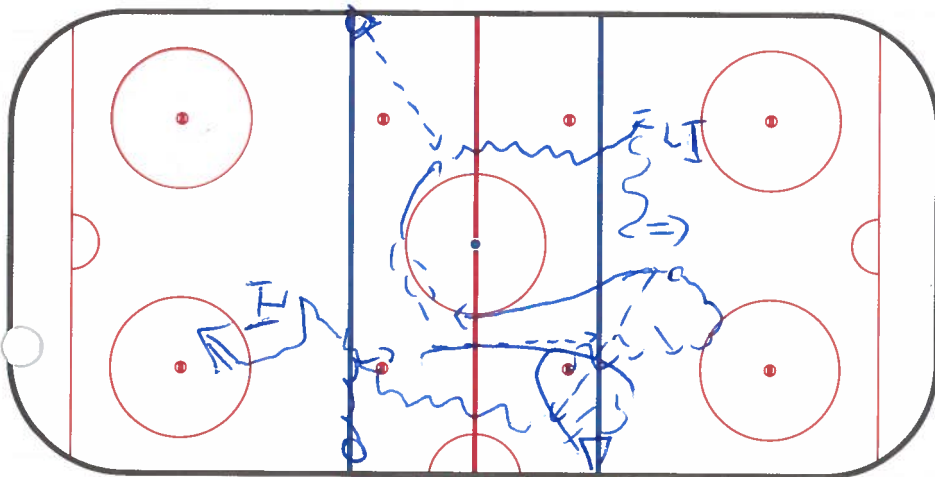
TEAM: U13
 DATUM: 21.01.2022
 TRAINER: Markus, Marek
 ET 15³⁰ - 16³⁰

Lumpi	Xaver	Mauno
<u>Luka</u>	Tizian	<u>Maxi T</u>
Dominik	Maxi D	Philipp
	Leon	Simon
	Marinus	Raphael
	Valentine	Alex
	Christian	Hebinic

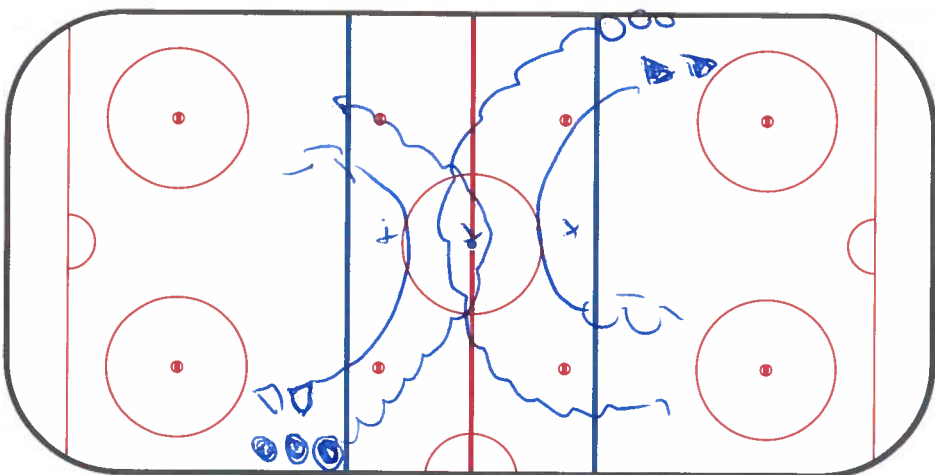
TRAININGSPLAN



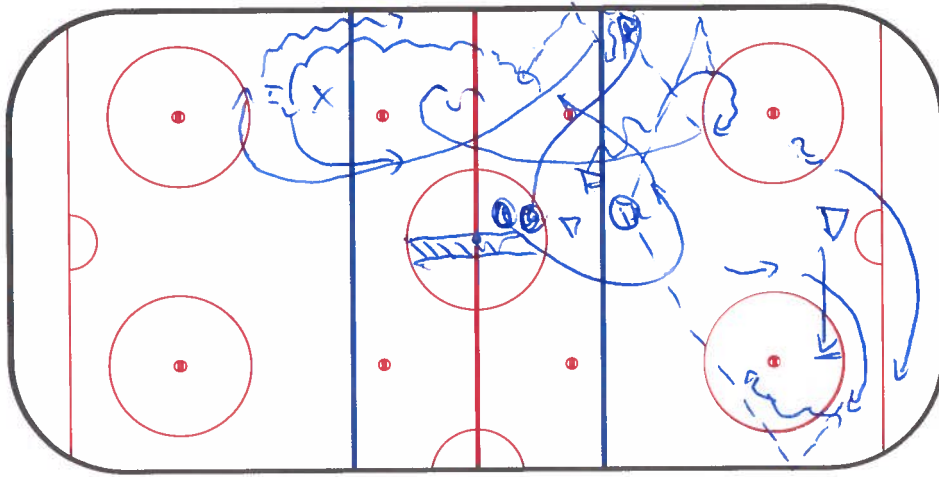
Warm-up - Spiel
 4-3 Aufbau



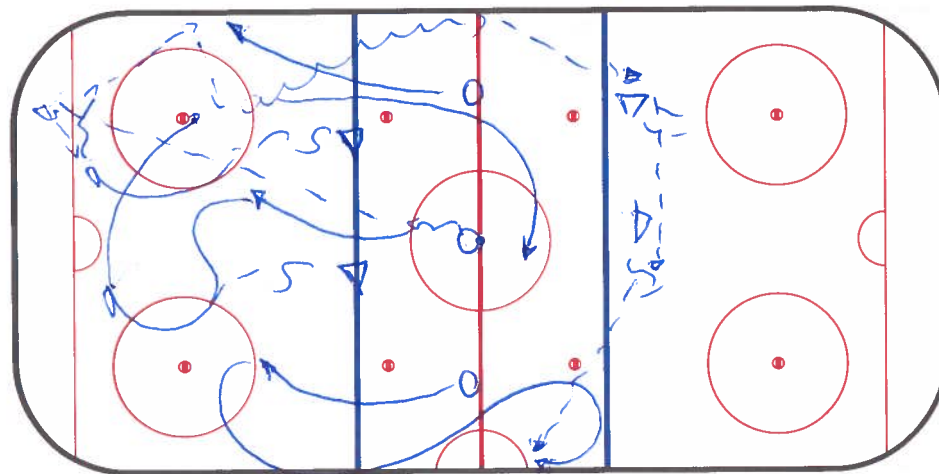
1-0 Aufbau
 Vertikale Linie
 VT vw-vw um den
 mittleren polkreis
 Schuß blaue Linie



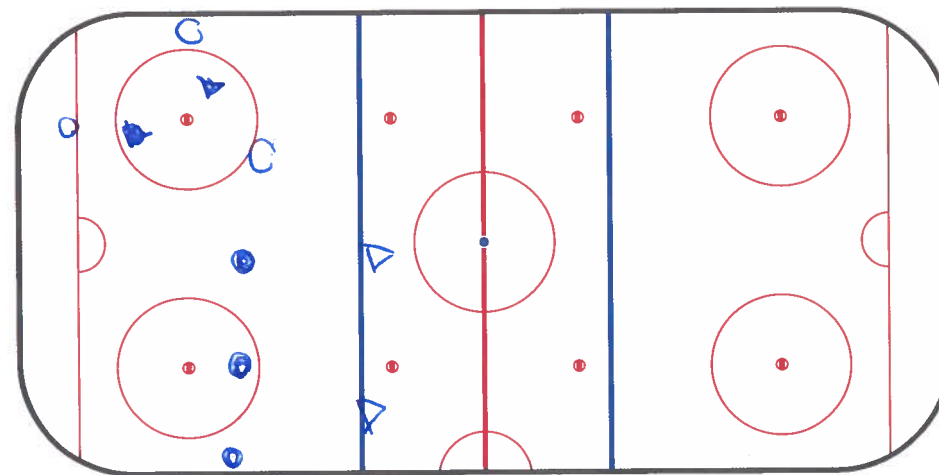
1-1 aufnehmen



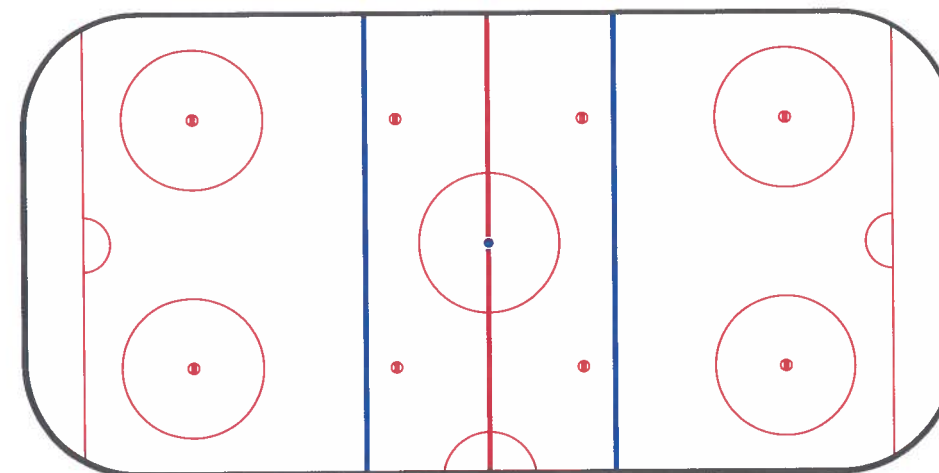
2-1 Aufbau - ST K₁₂
22



3-2
Aufbau Rejoup



3-2 - 2-3
5-5





TEAM: U13
DATUM: 26.01.22
TRAINER: Markus, Marek
16:00 - 17:30

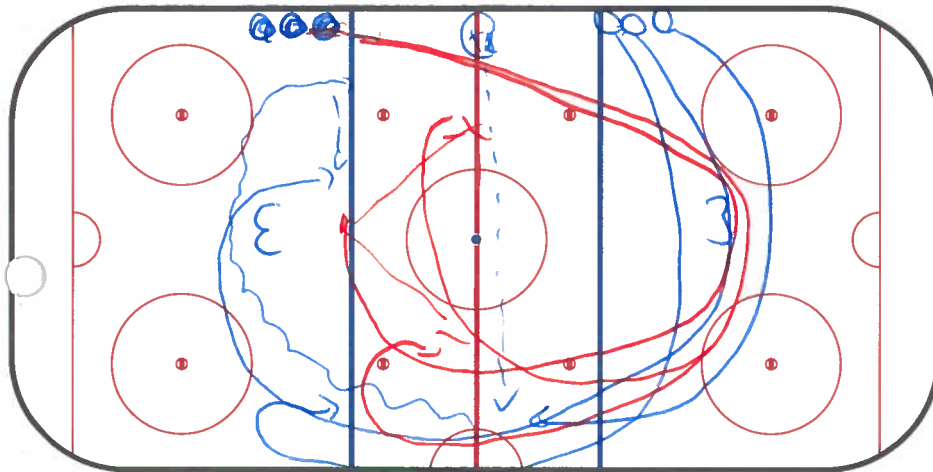
Yampi Xaver Haume
Luka Tizia Max T?
Thorben Mariß Dominik / Philipp

Valentina Alex
Christian Raphael

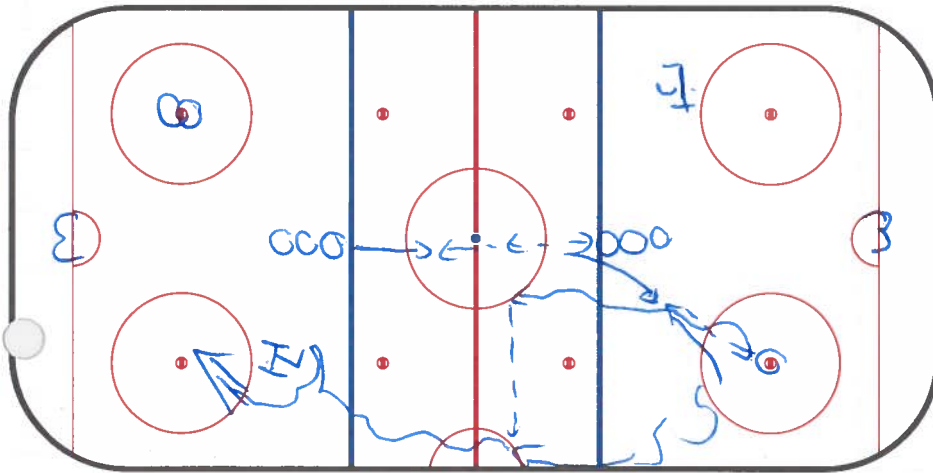
Helene

Ab. Leon, Marinus,

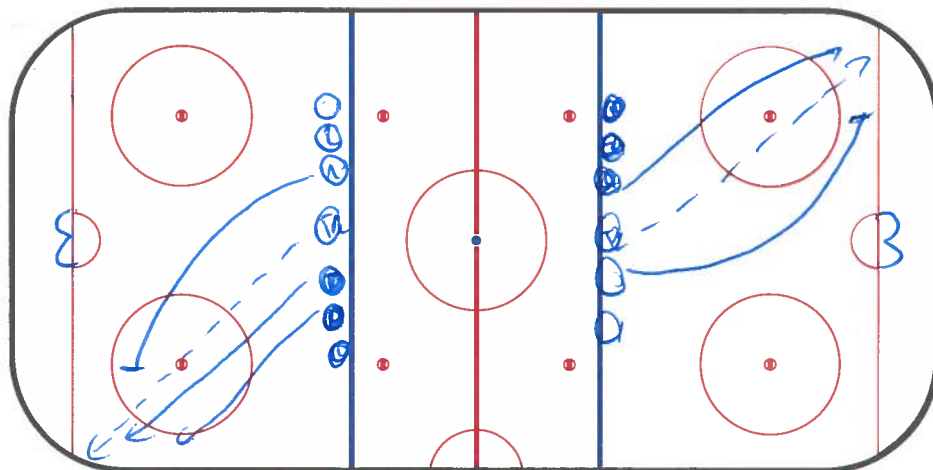
TRAININGSPLAN



3-3



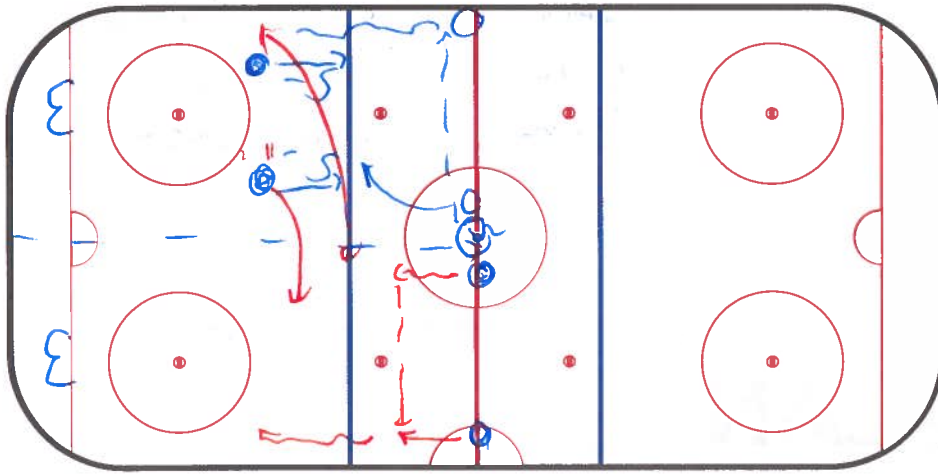
Possibung



aus der Ecke (Johel)

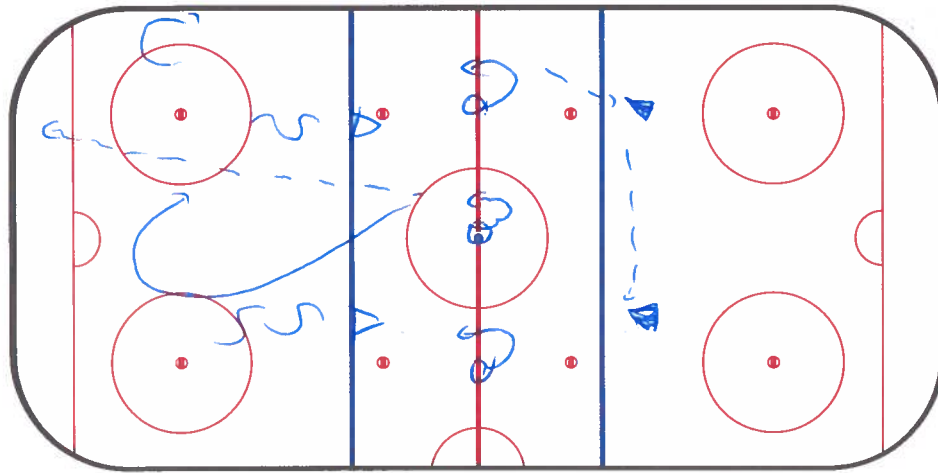
1-1

2-1



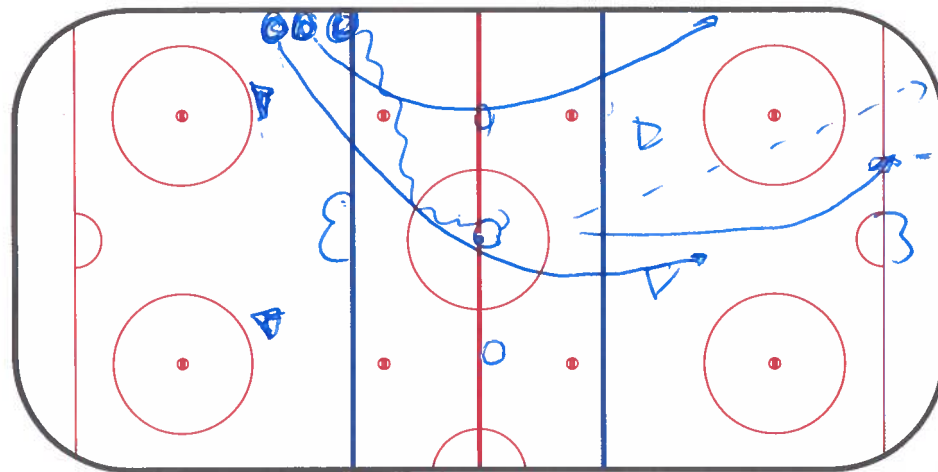
2-2

OFFENSIVE
DEFENSIVE



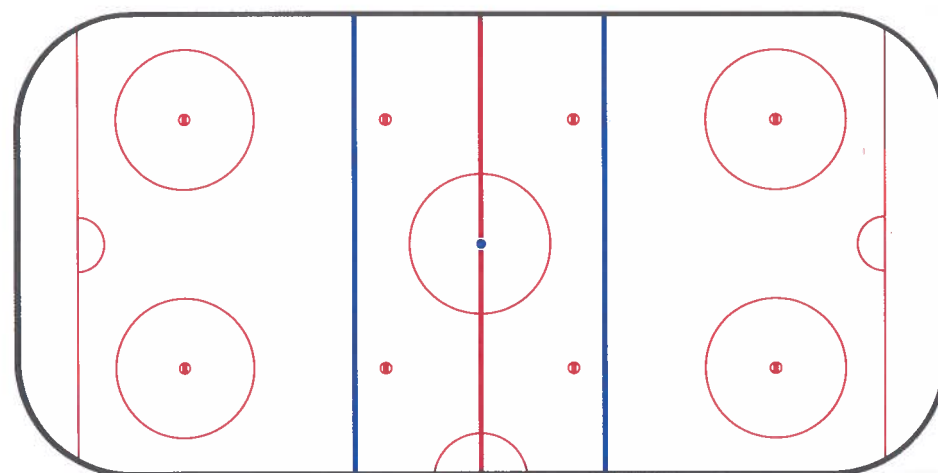
3-2

Offense
Defense



5-5

5-5 (2VC)



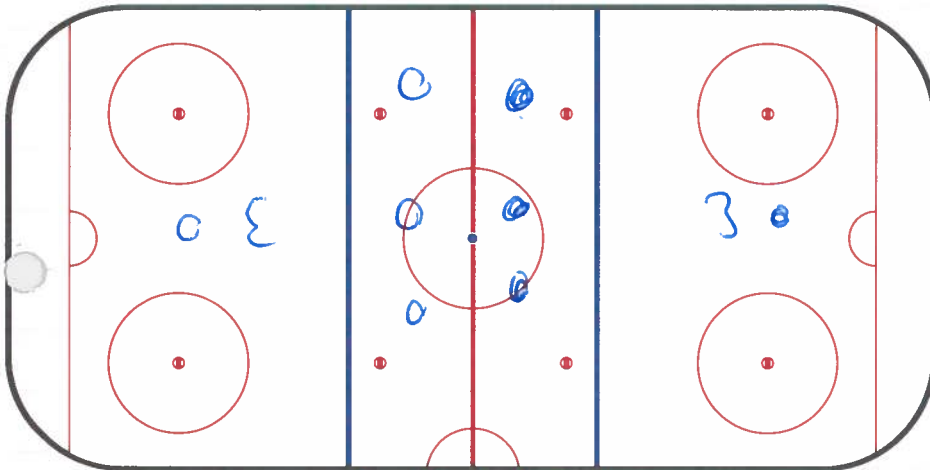


TEAM: U13
DATUM: 28.01.
TRAINER: Markus

15:40 - 17:10
15:40 - 16:40 6-aßkel

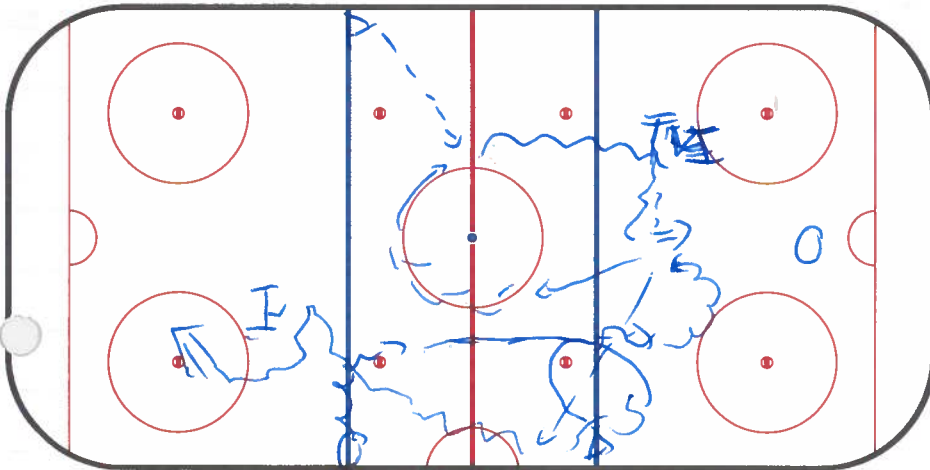
TRAININGSPLAN

Max: T	Xaver	Thomas
Yuko	Tilian	Florian
Donat	Max: B	Philipp
Leon	Arthur	Severin
Valentin	Alex	
Maximilian	Raphael	
Melanie	Matthias	
Simon		



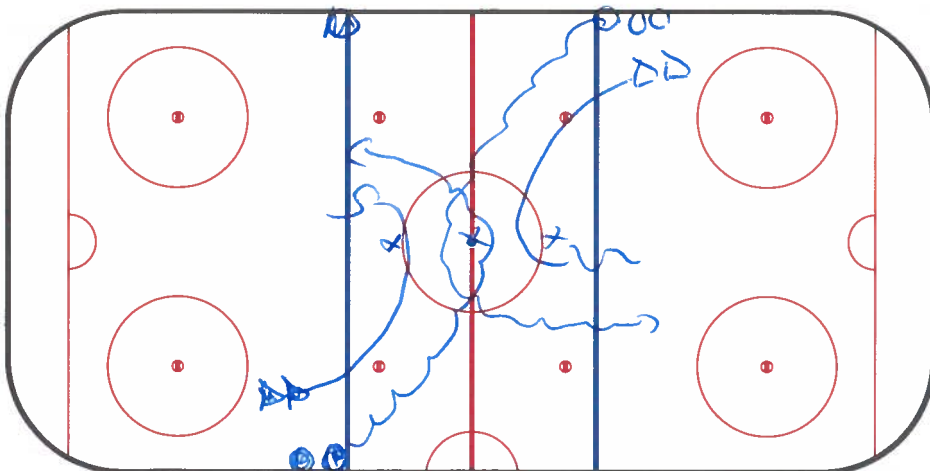
4-3

Warm-up Spiel

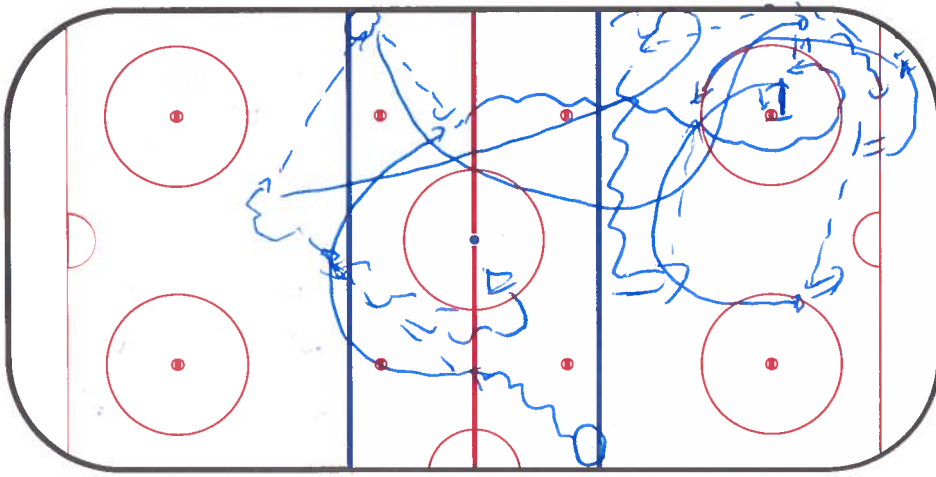


Aufbau 1-0

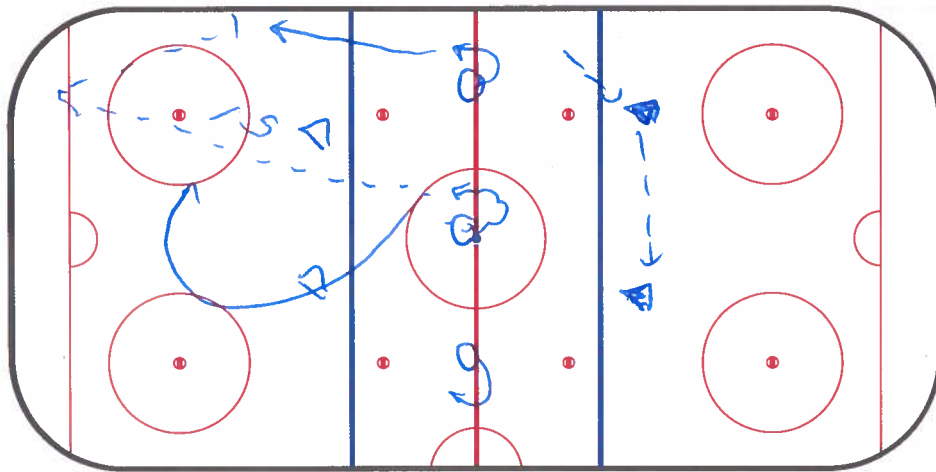
VT schuss blaue
Linie



1-1

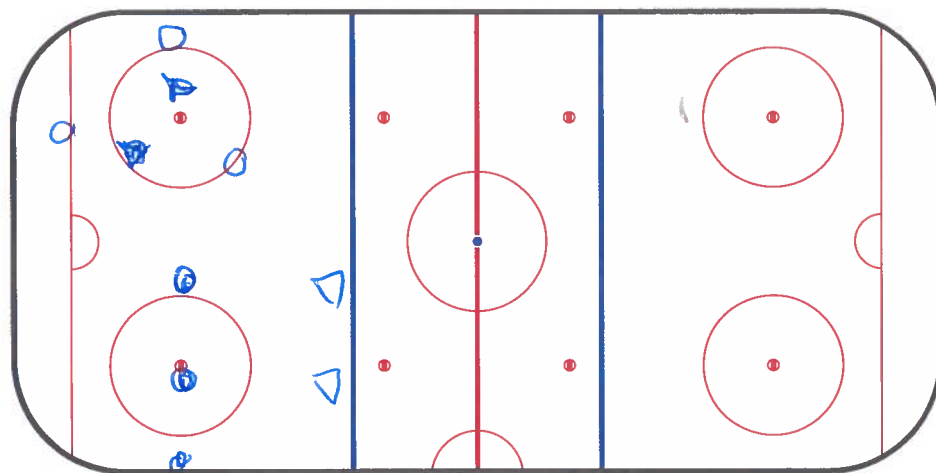


Anßen

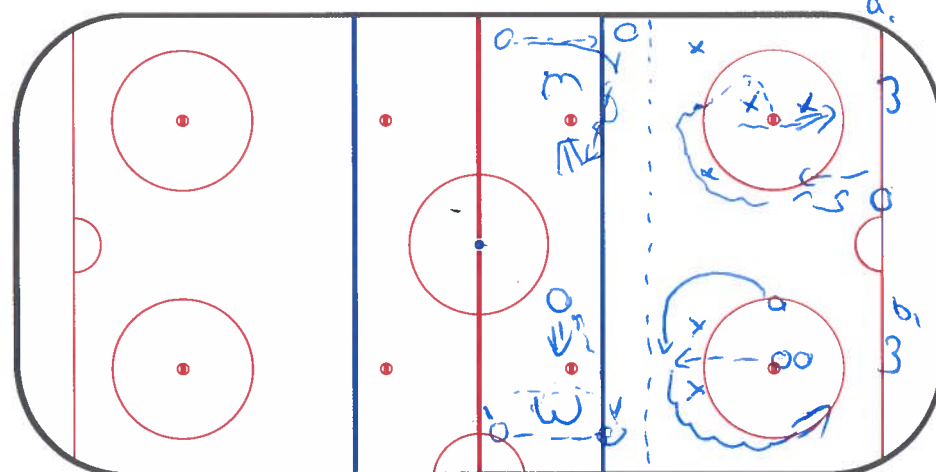


3-2 Anßen

Regroup VT pass zu VT



3-2 zurück Arbeit
5-5



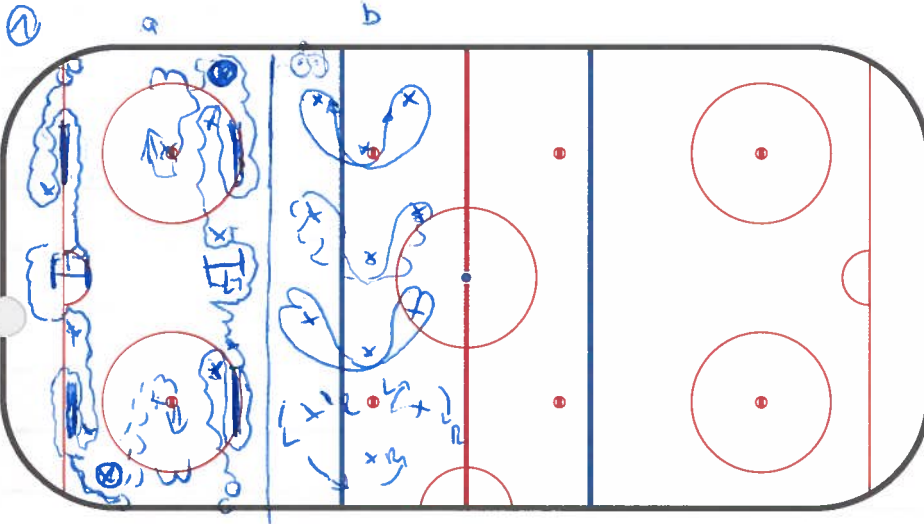
Schussübung

1. Tor dray
2. Pass zu zum Tor
3. Zurück passen in Torablauf
4. vor-vw Slot

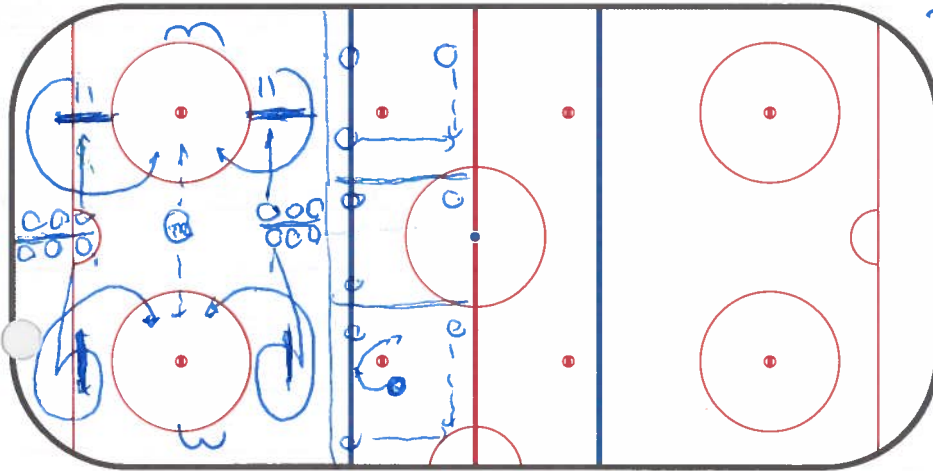


TEAM: U11 / U13
DATUM: 25.01.22
ET 15:10-16:00
TRAINER: Markus, Dominik UM
Markus, Dominik UM
ET 16:20-17:10
TT 17:30-18:20

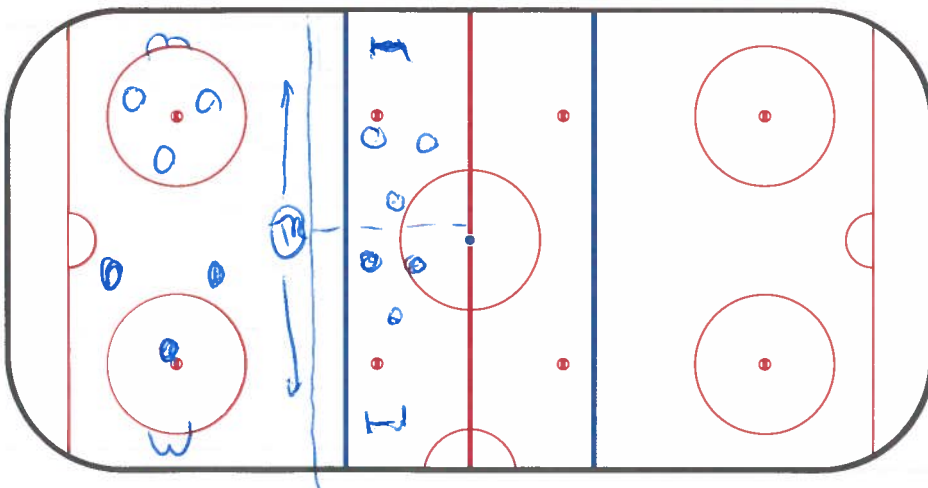
TRAININGSPLAN



- Sticktechnik
- Rückführung zum Körper
herziehen - Canadier
 - Finte seitlich / vw-vw
 - Lauftechnik - Canadier
 - ohne Puck - vw-vw
 - mit Puck - ohne 3
 - Innenkante

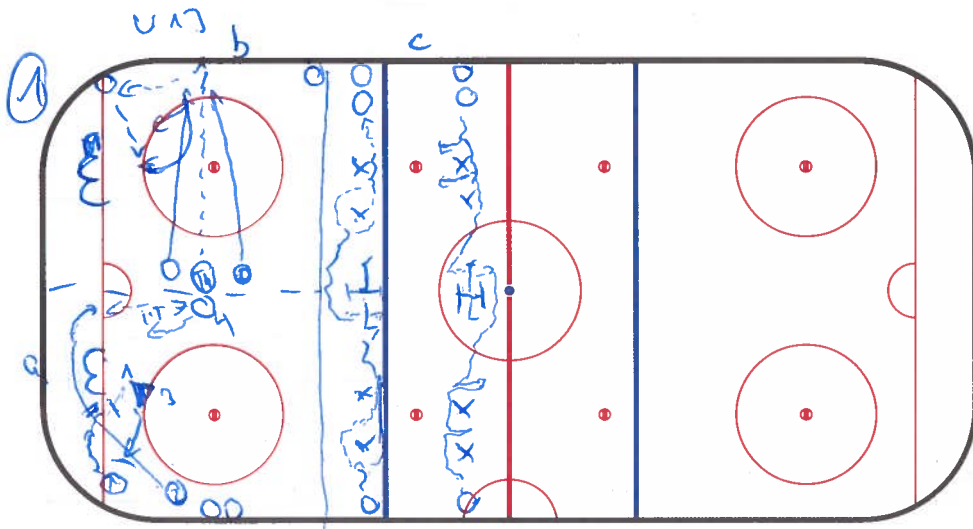


- Lauf-
Wettbewerb
- vw - vw Springer
 - seitlich canadier-techn
 - 1-1
 - Sweden box
 - a, 3-0
 - b, 3-1



3-3 TR Jaker

3-3 alle SP müssen
über die Spielhälfte sein
dann reißt das Tor



① a, 2-1

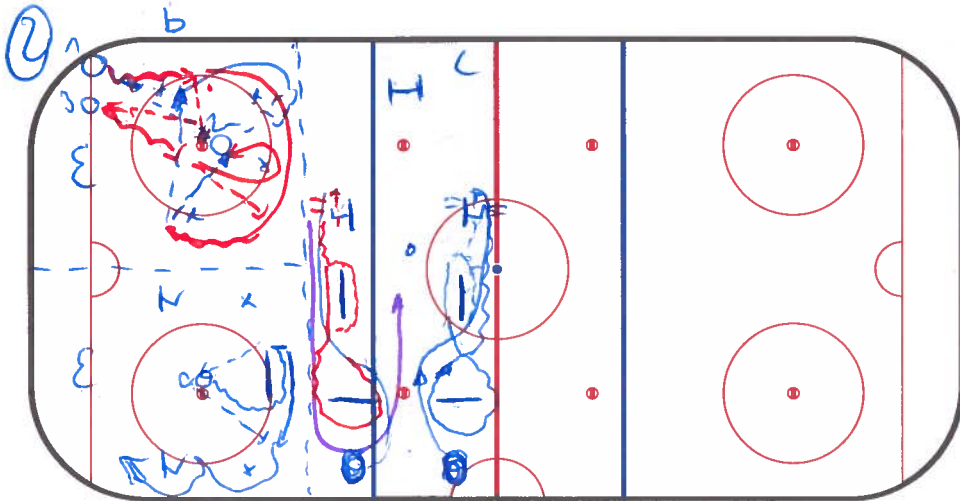
SP1 mit SP2 aus der Ecke
2-1 gegen SP3 beim Puck-
verlust wird SP1 defensive
u. SP2 beginnt mit SP4
die Übung von neu.

b, 1-1

Wer als erster den Puck hat
wird offensive 2 Joker
Joker in der Ecke darf nur Pessen
Joker an der blauen Linie nur schießen

c, Stocktechnik

• Toe drag um die Pylone
• VHT seitlich Toe drag
HT

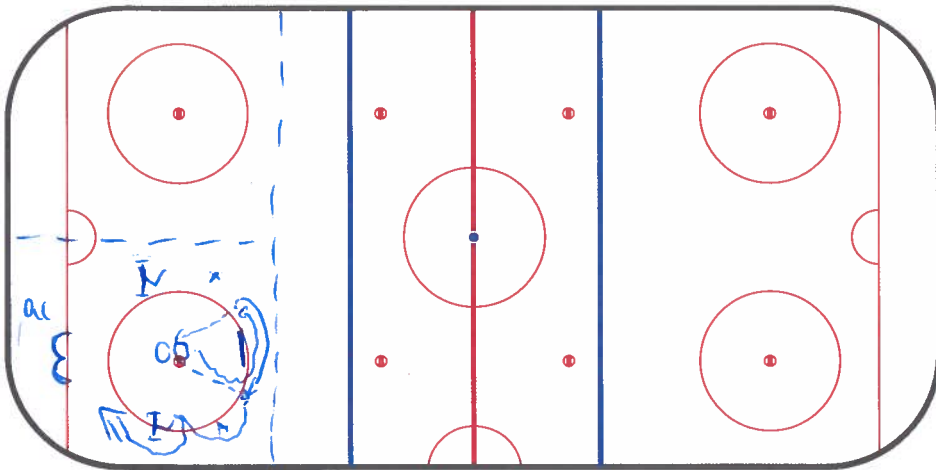


② a, Passübung - Richtungswechsel
Ende seitlich - Schuss

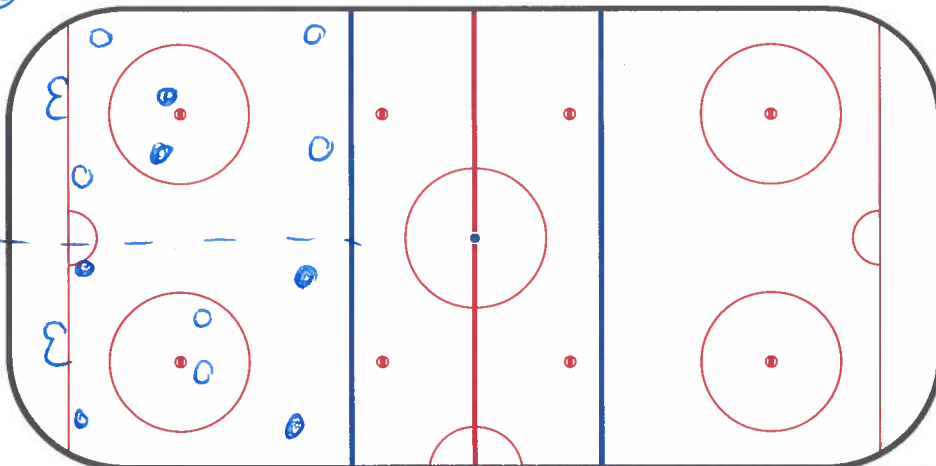
b, Passübung

Puckmanagement - Timing

c, 1-1 racing



③



Spiel 4-2

alle SP müssen den
Puck gespielt haben
dann zählt das Tor
Wettkampf

Wer schießt am schnellsten
ein Tor

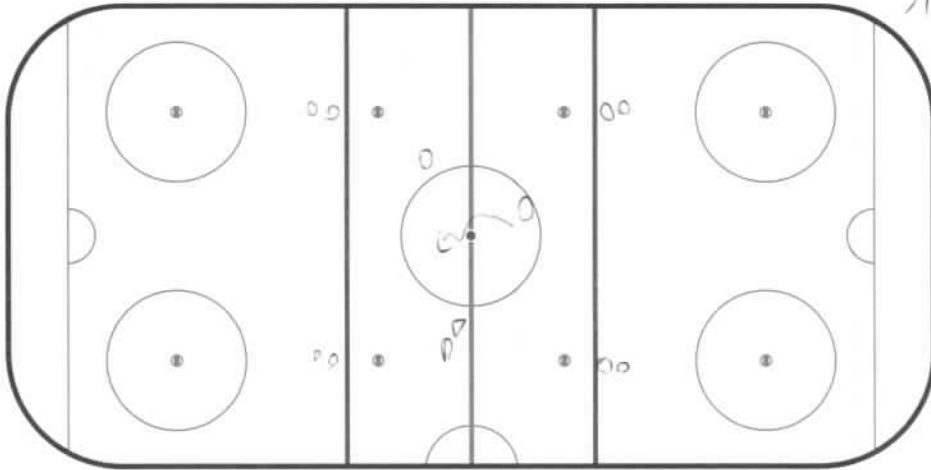


TEAM: U13

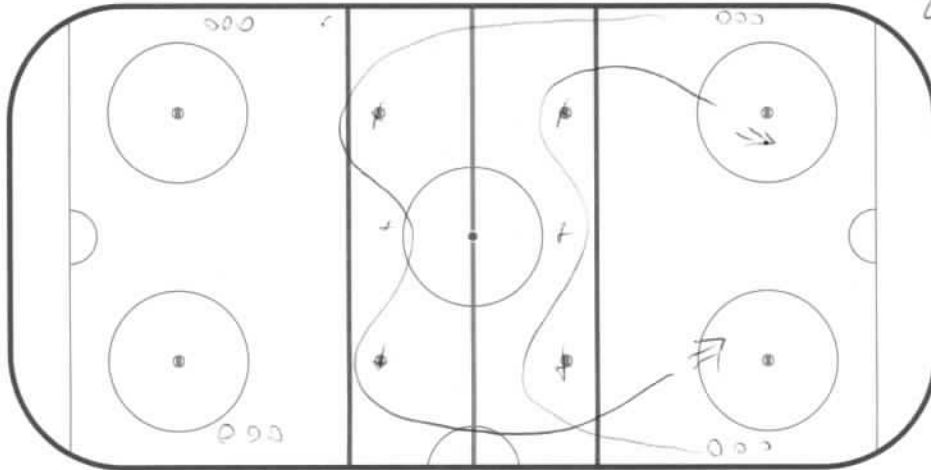
DATUM: 4.2.27, 15.30-16.30

TRAINER: Martin Yon

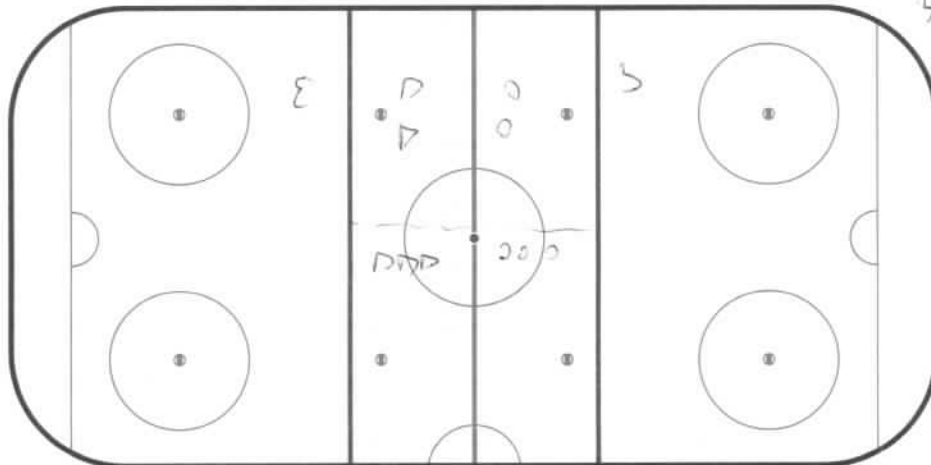
TRAININGSPLAN



1. Spiel 2:2 mit 2 Jokern
8min



2. 1:0 2x
8min

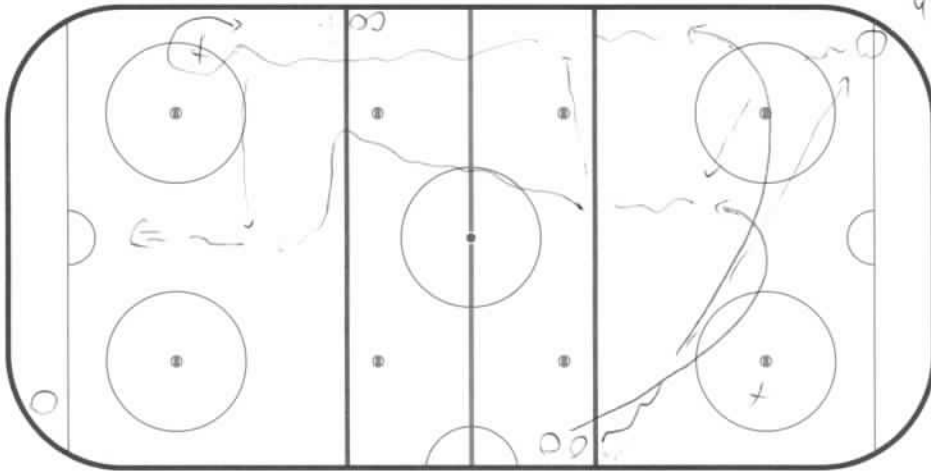


3. 2:2
10min



TEAM: U13
DATUM: 4.2.22 15:30-16:30
TRAINER: Marha, Yuri

TRAININGSPLAN

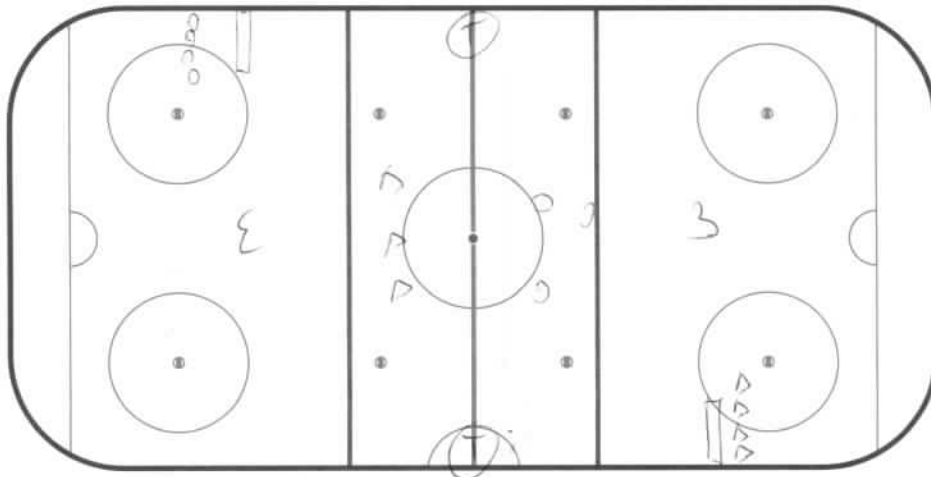


4. 2:0 Zusammenarbeit

1. Verriegeln

(2. Frauen?)

10min



5. 40 30 3:5

10min

6. Spiel 5:5 10min

