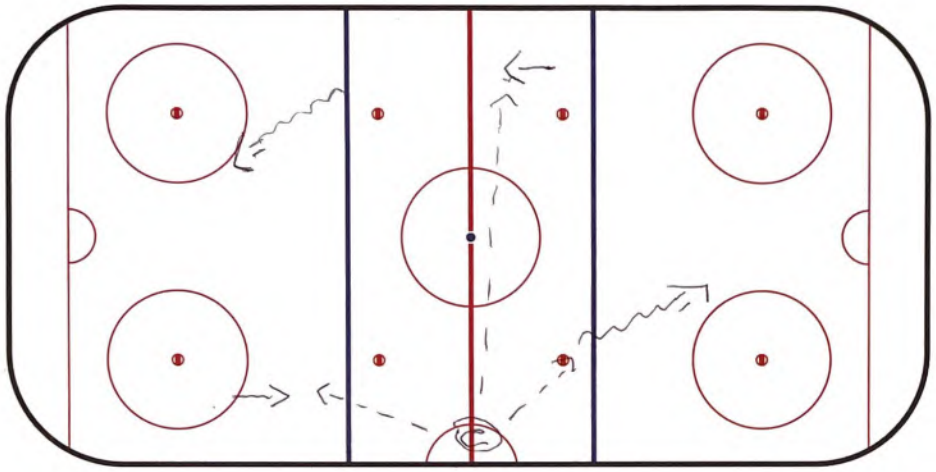
TEAM: U15 12:00-13:30

DATUM: 7.8.2021

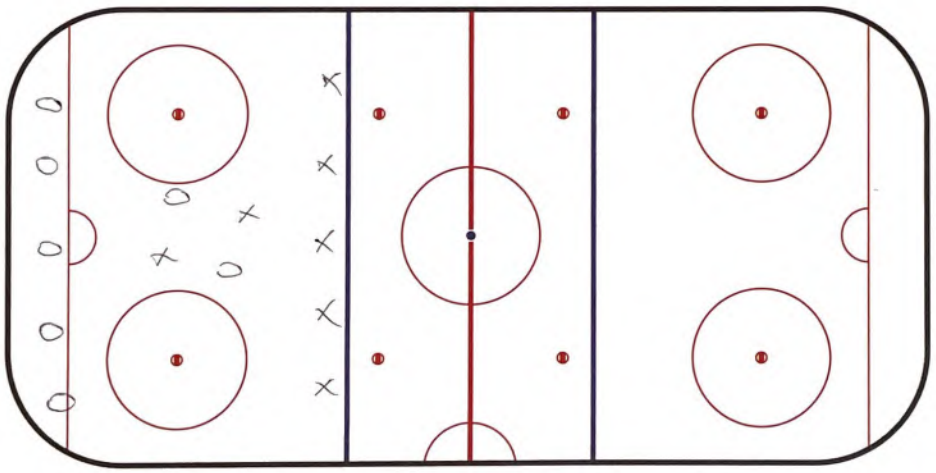
TRAINER: YURI, MARTIN

TRAININGSPLAN



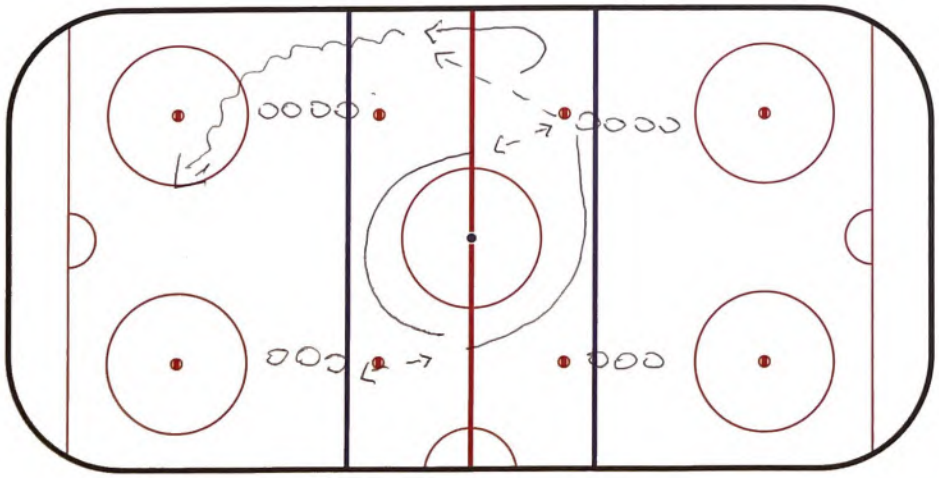
Aufwermen mit puck pass von (C) schüsse für goaly

5min



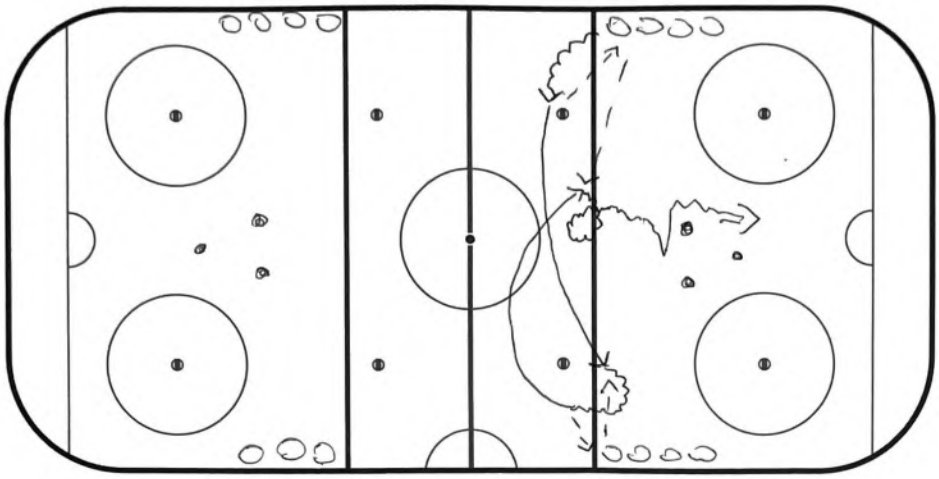
Spiel 2-2 mit passen zum eigene gruppe

8min



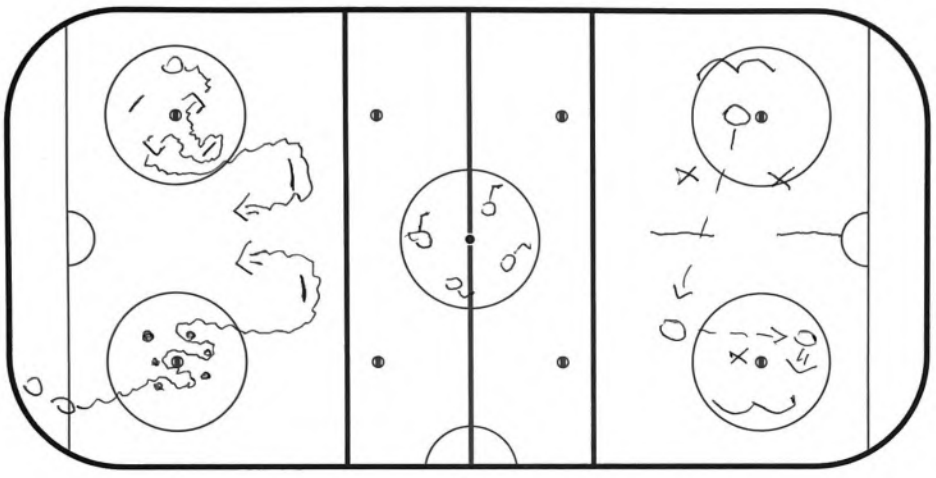
1-0 mit kurze doppel pass.

6min



1-0 → mit Tempo Wechsel.

8min



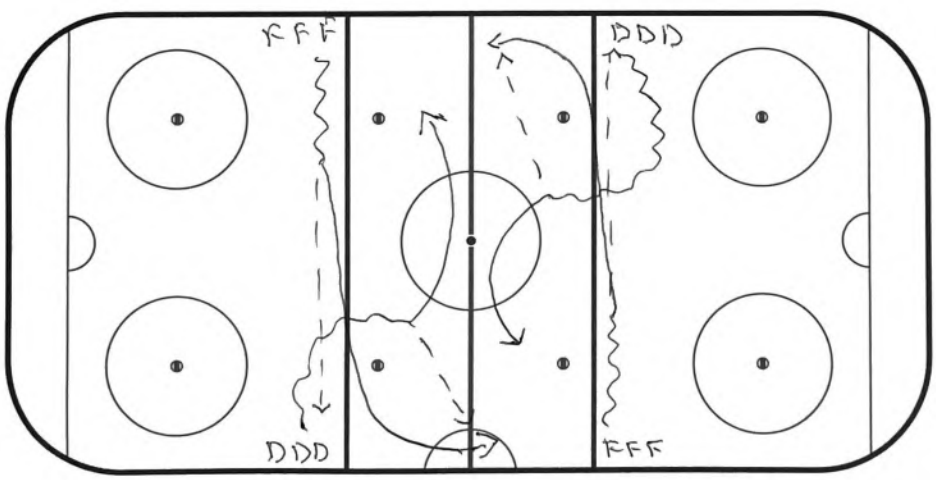
Spielerisch → Puck kont → Abtekung

ST1: Puck Kontroll 20sek → Schuss

ST2: Puck Abtekung und Prohieren von Partner weg bekomen.

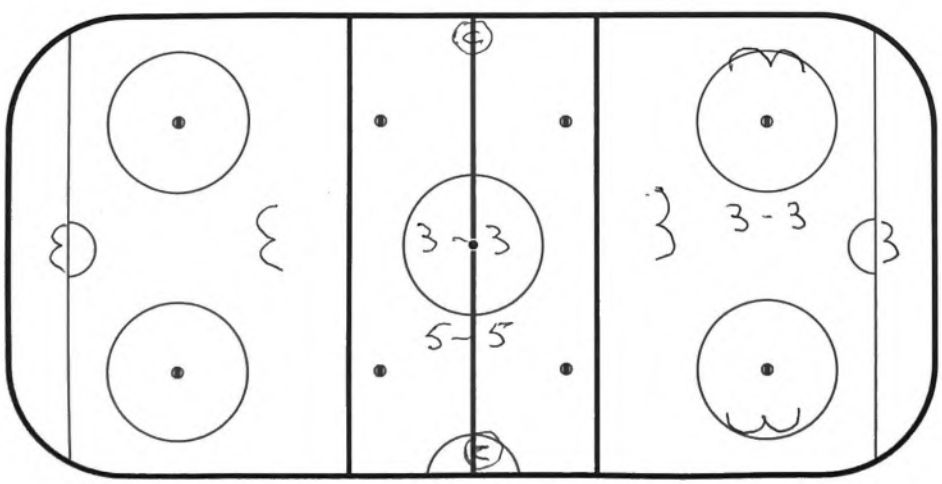
ST3: 2-1 → 2-1

12 min



1-1 → genau Pässe, gute Teiming.

7x7 15 min



Spiel im zone 3-3 ohne Joker

10min

Spiel 40x30 3-3 mit 2 Joker Ⓒ für beide Teilm.

10min

Spiel ganze eis 5-5

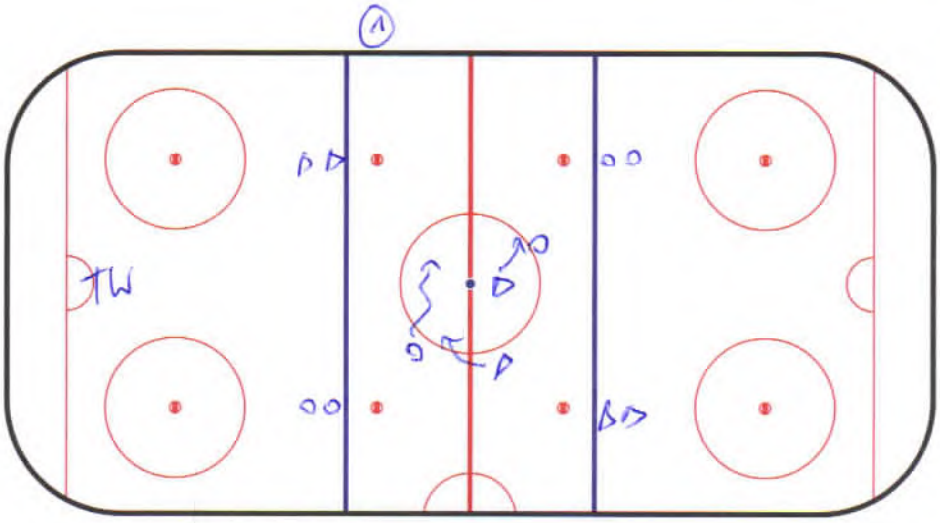
10 min

TEAM: U15

DATUM: 8.8.21

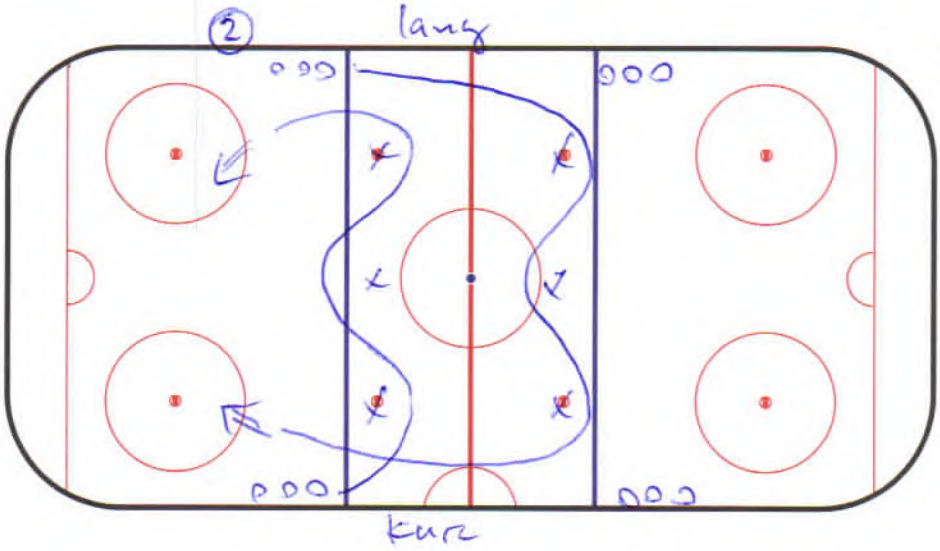
TRAINER: Martin

TRAININGSPLAN



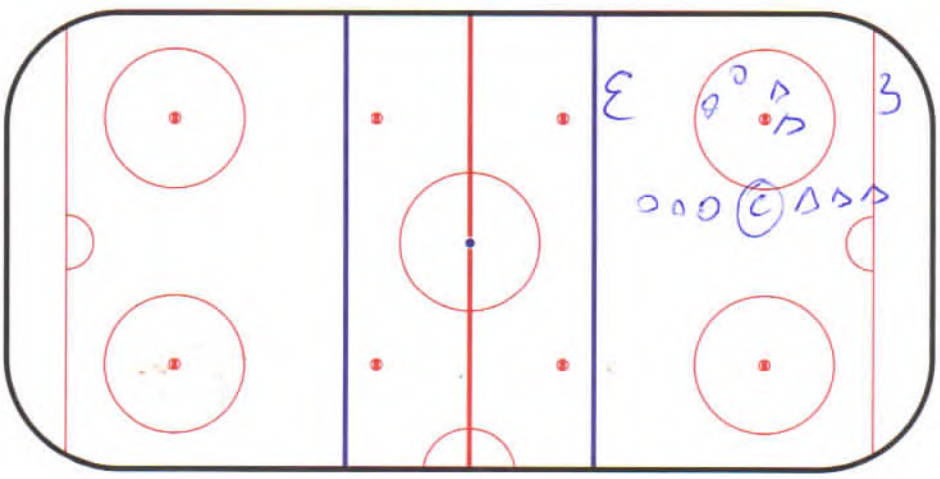
① Warmup 8min

2:2 mit fester Diagonal



② 1:0 8min

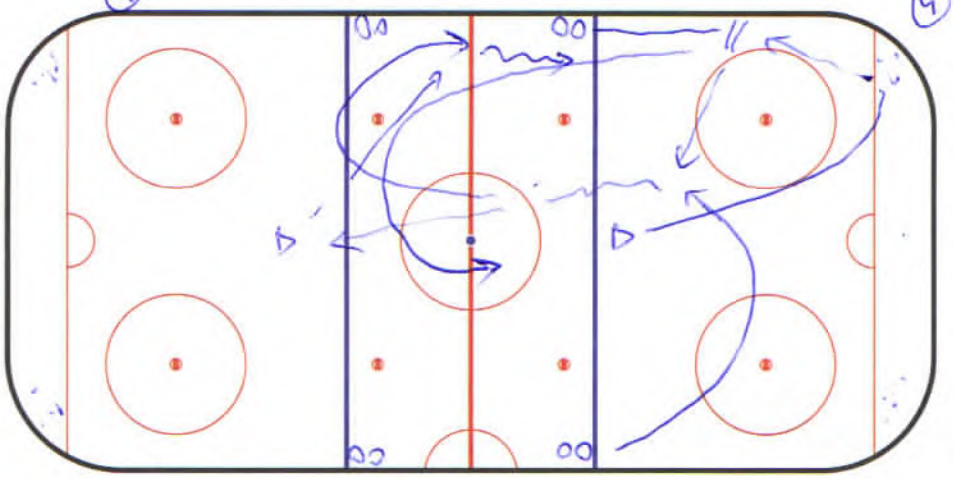
Welle



③ Spiel 2x 5min

2:2 Enger Raum

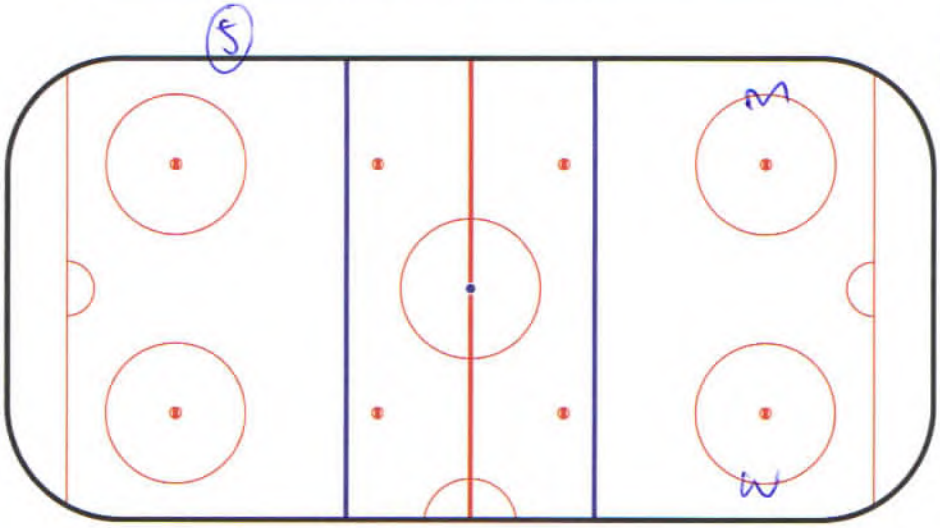
④



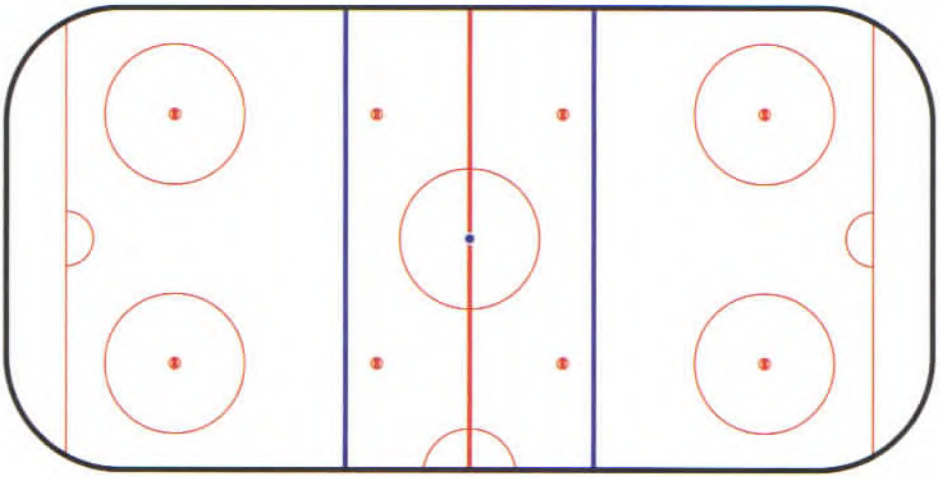
④ 2:1 mit langem Aufbau + Regroup

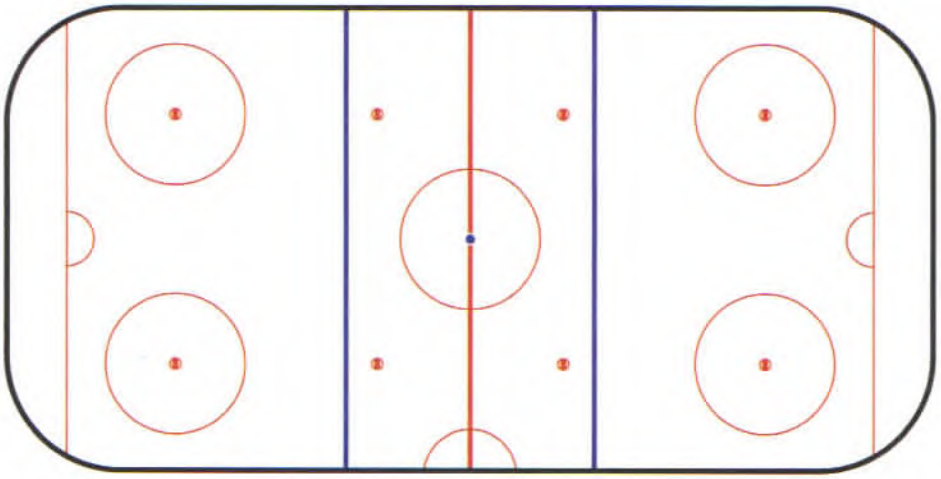
10 min

⑤



⑤ Spiel 3:3 ganz 15 min



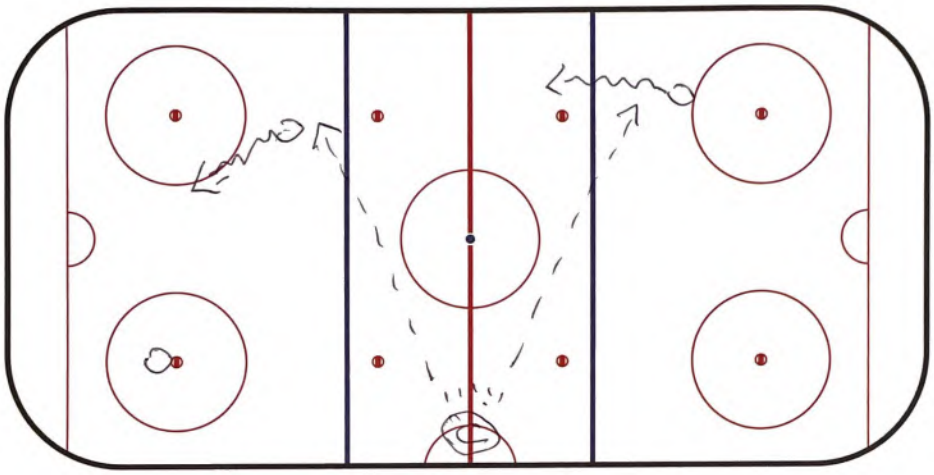


TEAM: U15 12:00-13:30

DATUM: 10.8.2021->12.8.2021

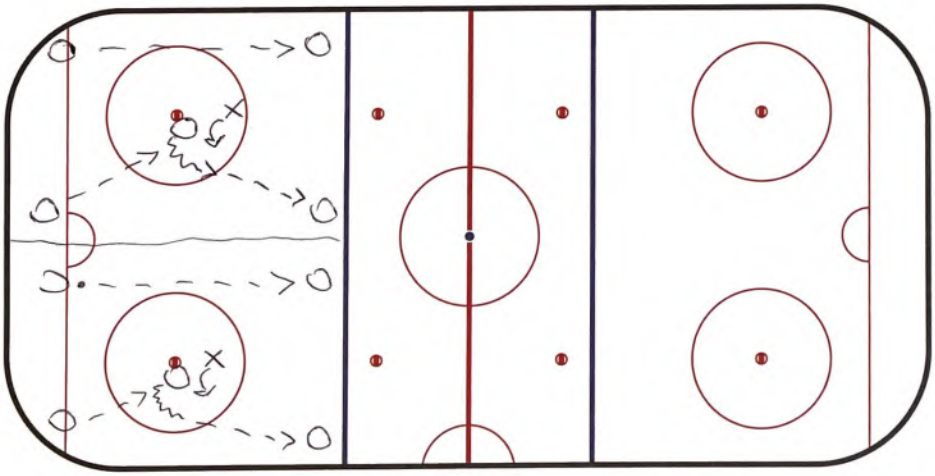
TRAINER: YURI.

TRAININGSPLAN



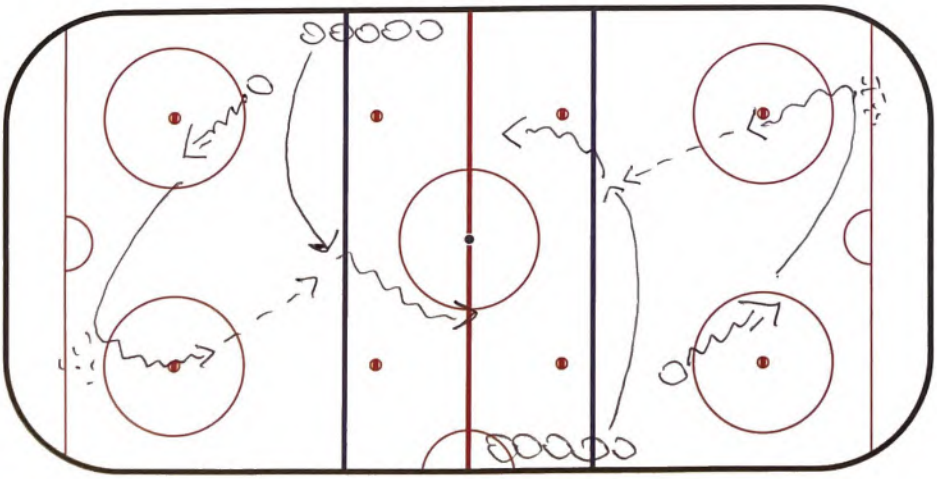
Aufwermen mit PASS zum TRAINER.

5-7 min



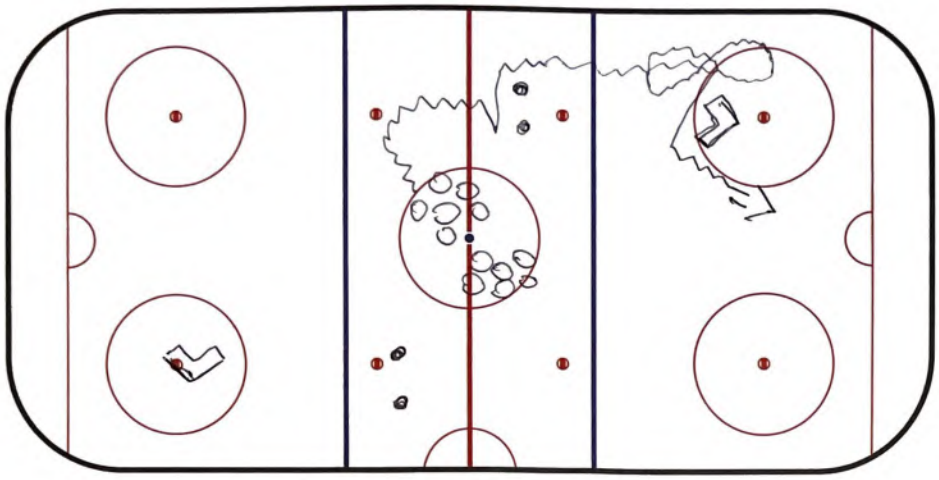
Aufwermen SPIEL mit PÄSSE PUCK Abdeckung und freie LAUF, KONZENTRIEREN ALLE AUF 2 PUCK.

10 min

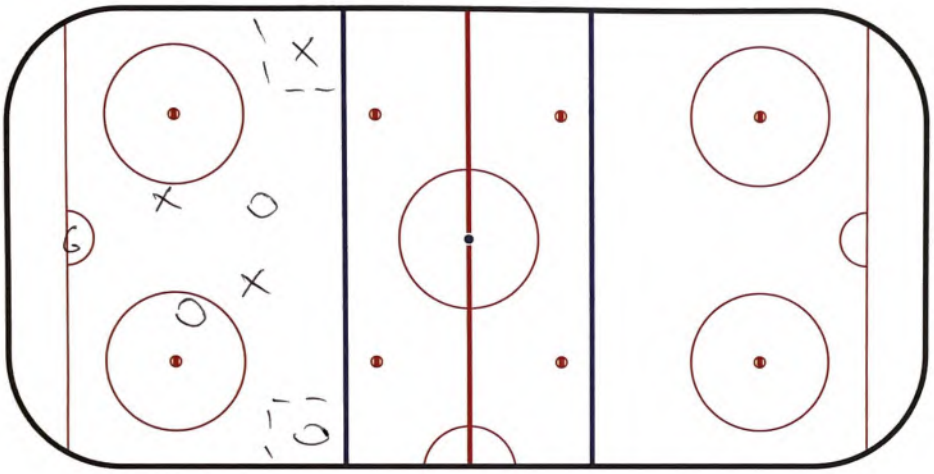


1-0 mit schwung und Teiming

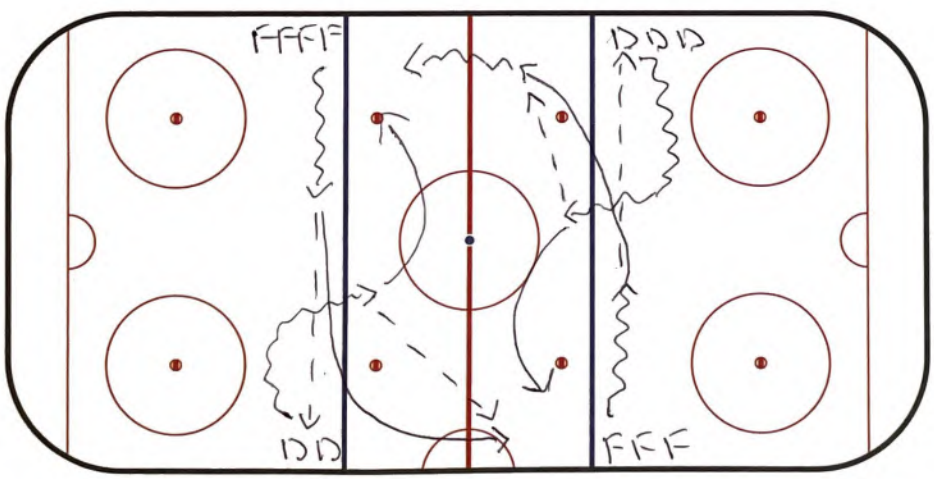
8 min



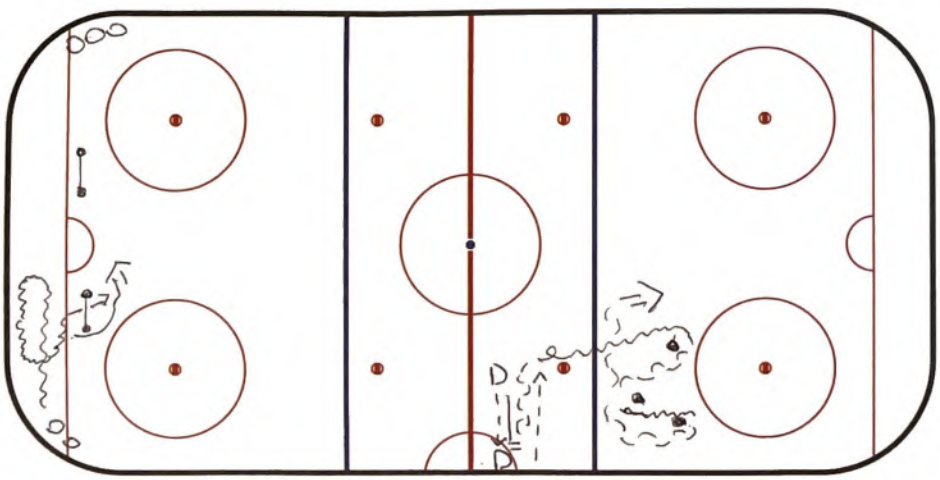
1-0 SPIEL SITUATION
12 min



SPIEL im ZONE 2-2
MIT 1 JOKER PRO TEAM.
JOKER GEHT REIN WENN
SEIN TEAM PUCK HAT
AUTOMATISCH 3-2
SITUATION.
10-12 min



1-1 MIT GUTE ERSTE
PASS VON VERTEIDIGER
-> UND GUTE TEIMING
BEI VERTEIDIGER BEI
ANGRIEF.
10 min



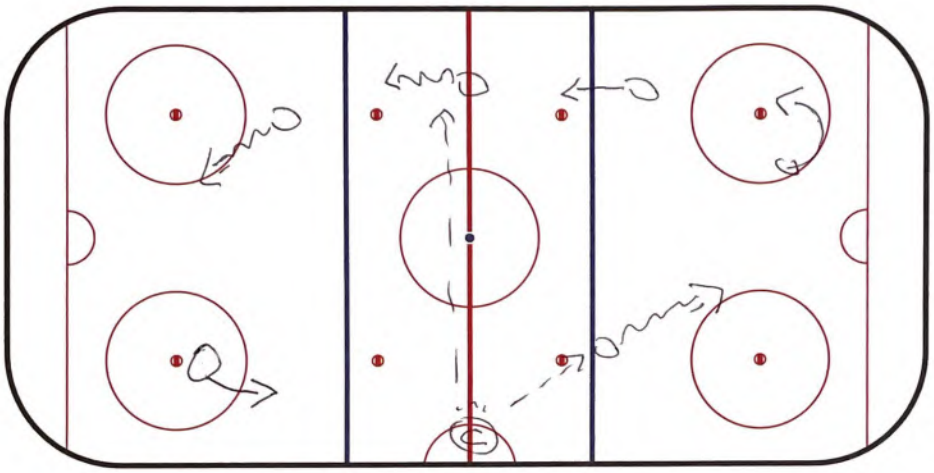
F -> EINE SEITE
D -> ANDERE SEITE
15 min
+
SPIEL GANZE EIS 3-3.
15 min

TEAM: U15 10:45-11:45

DATUM: 13.8.2021

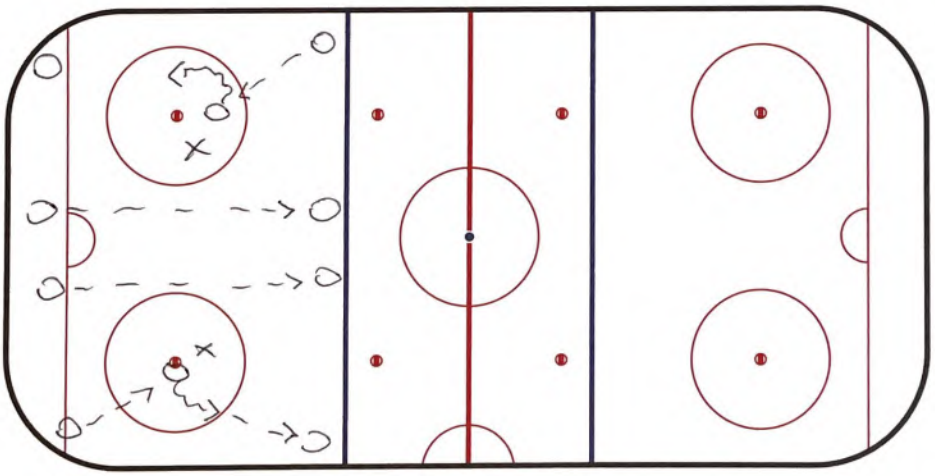
TRAINER: Yuri

TRAININGSPLAN



Aufwermen

5 min



Aufwermen Spiel

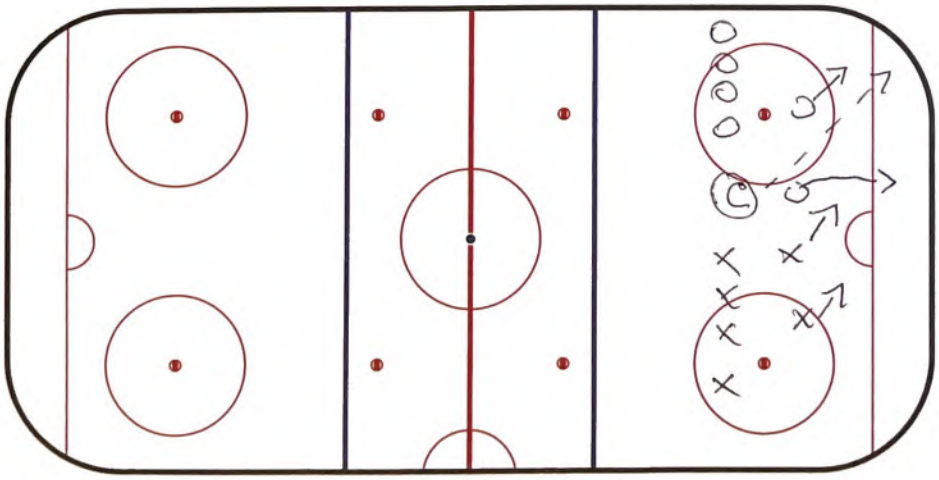
mit 2 Puck F -> frie wege

und passen D -> Passiv

-> Andere 4 Spieler spiel

Blick mit passen.

10 min



2-2 kleine Platz

ein Team offensiv

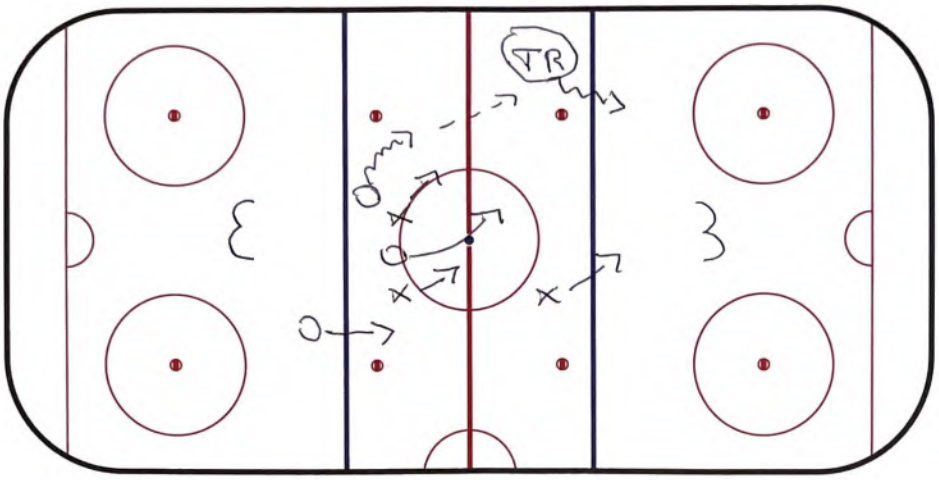
Andere Team divensiv.

im welche ecke TR.

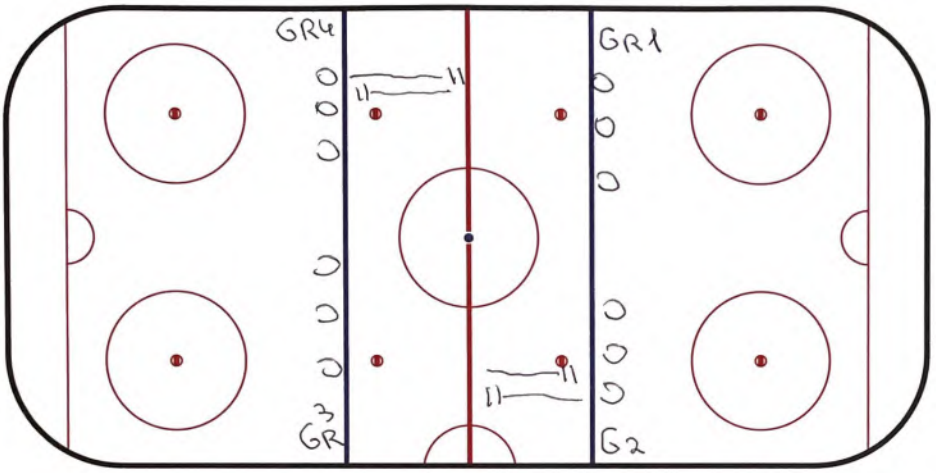
schiesst Puck, diese

Team ist offensiv.

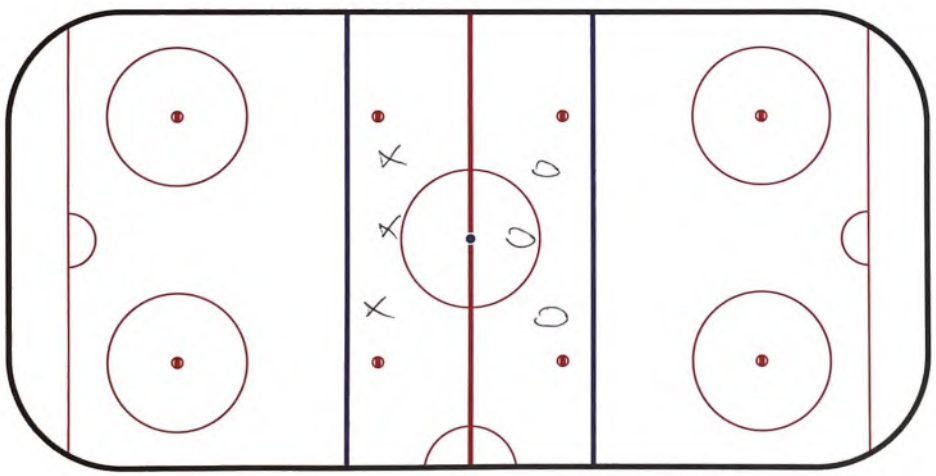
10 min



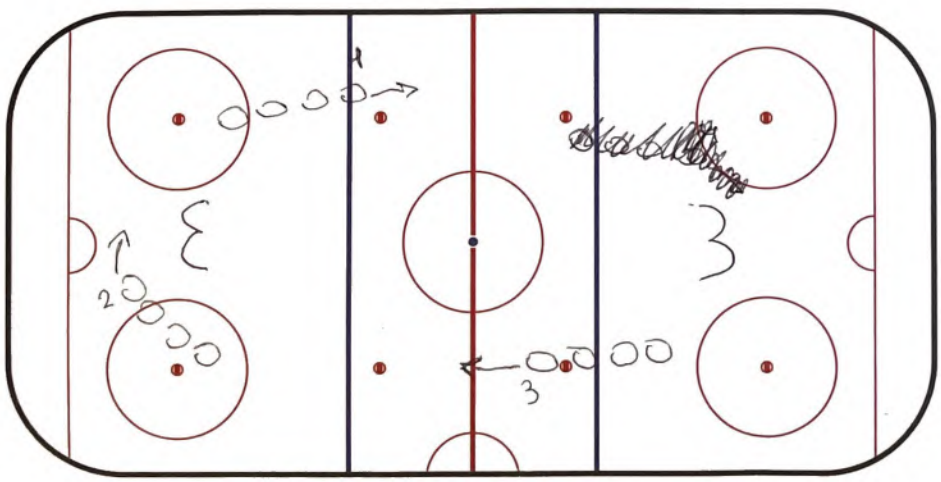
3-3 -> 40x30 ->
-> TR SPIELT FÜR TEAM
WER PUCK HAT, AUTO-
MATISCH 4-3 -> SITUATION
NUTZEN.
10 min



SPRINT 1-2-3-4-4-3-2-1.
F -> VORWÄRTS
D - VORWÄRTS - RÜCKWÄRTS
5min



SPIEL GANZE EIS 3-3
TOR ZÄHLT WENN ALLE
HINTEN GEGNERISCHE BLAU
LINIE SIND.
12 min



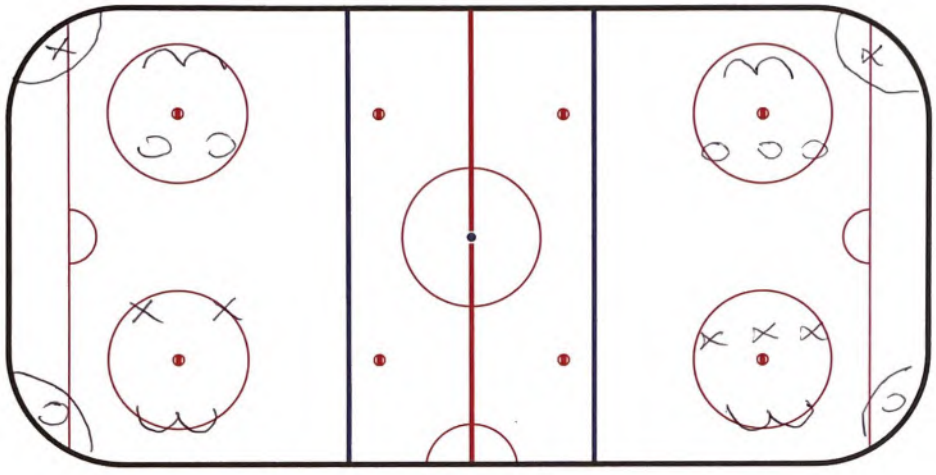
3 GRUPPEN -> ALLE
LAUFEN LOCKER AUF
KREIS -> NACH PFIFF
STARTET 1 GRUPPE 35 SEK
-> DANN 2 GRUPPE -> DANN
3 GRUPPE. 3MAL EINE
RICHTUNG -> 3MAL ANDERE
RICHTUNG.
8min

TEAM: CAMP U15

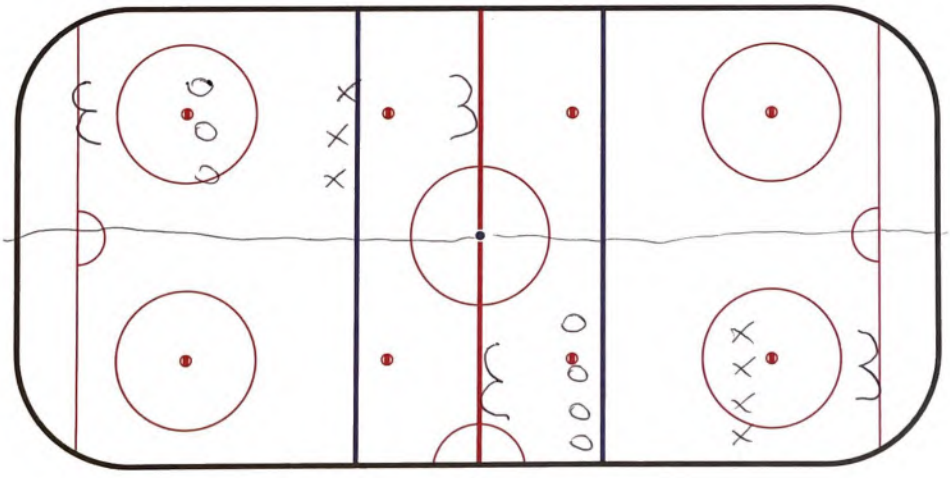
DATUM: 16.8.2021. 19:00-20:00 SPIELTRAINING.

TRAINER:

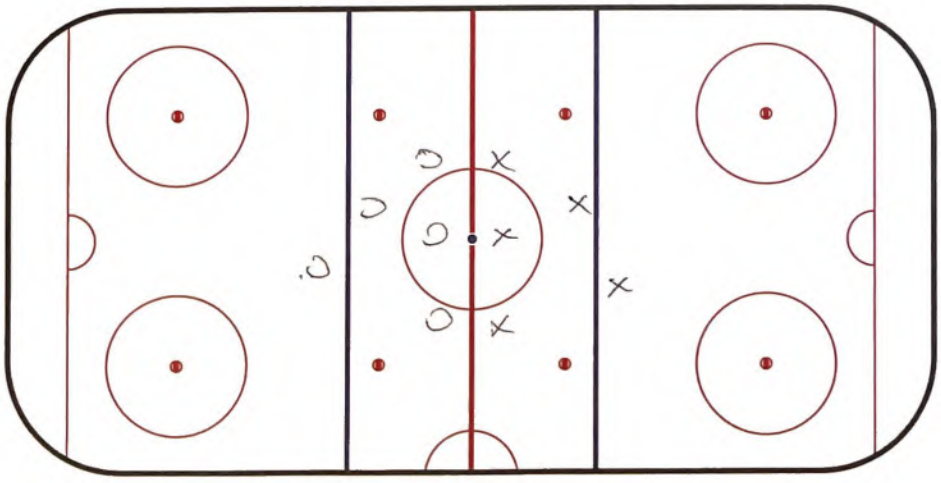
TRAININGSPLAN



Spiel im 2 zonen
2-2 → 3-3 mit 1 EXTRA
JOCKER PRO TEAM in
die ecke,
12 min



Spiel auf HALBE eis
3-3 → 4-4.
12 min



Spiel ganze eis
5-5 → 4-4
18 min

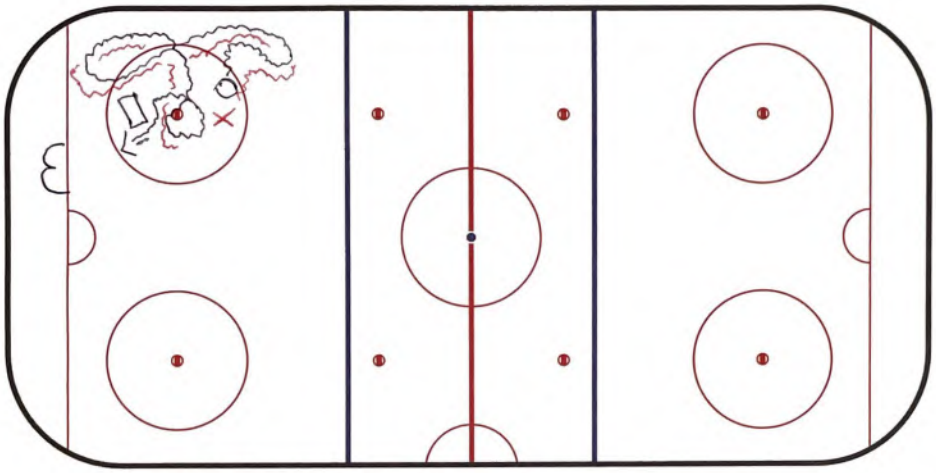
14:40 - 15:30 EISLAUFEN TECHNIK

TEAM: CAMP U15

DATUM: 16.8.2021. 17:00-18:00 STATION

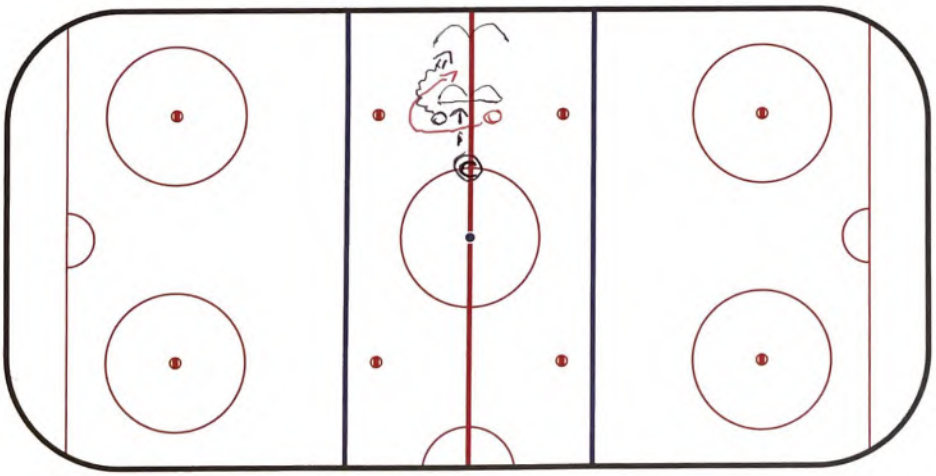
TRAINER: YURI, BOBBY, PHIL, EBKO

TRAININGSPLAN



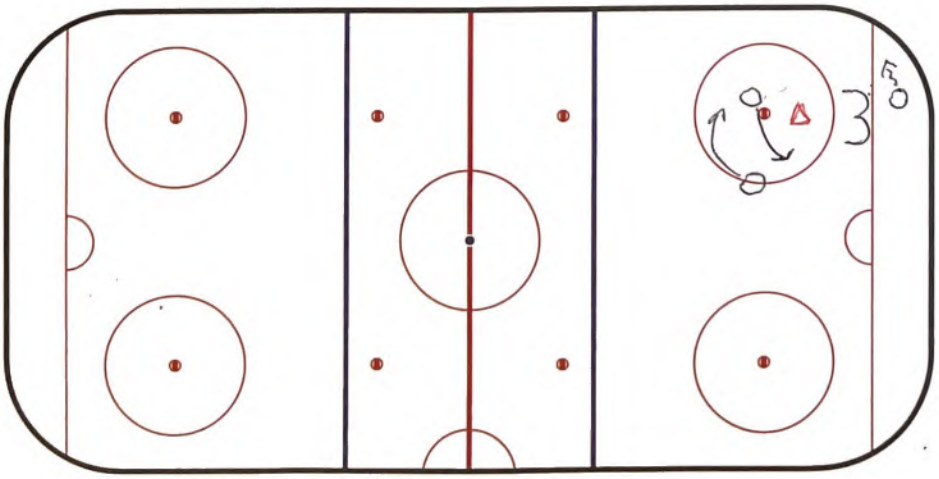
STATION 1:-> PUCK ABTEKUNG HINTEN PASSIVE DRÜCK -> SCHNELLE TEMPO WECHSEL.

9-10 min



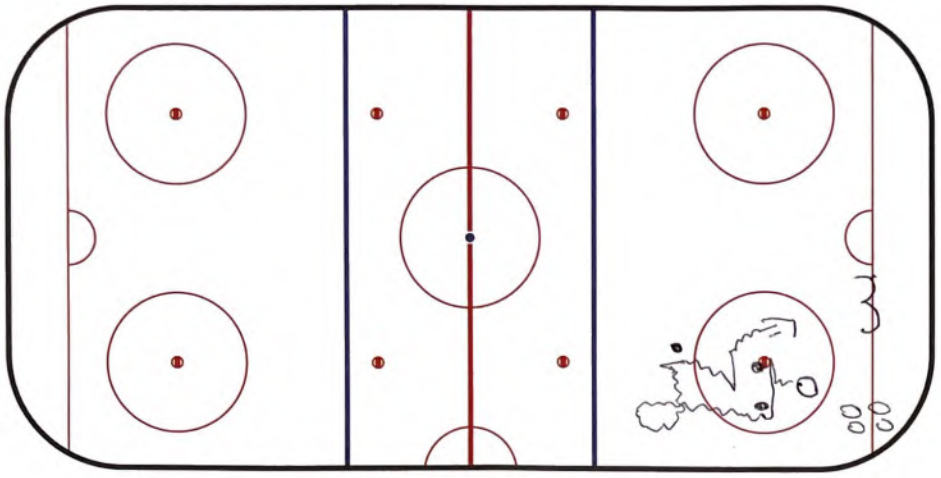
STATION 2: © SCHIESST PUCK AUF TOR NETS -> ZWEI SPIELER KÄMPFEN FÜR PUCK -> GEWINNER MUSS VON SEINE SEITE RAUS KOMMEN, ANDERE SPIELER VOLGT IHN AM GLEICHE SEITE.

9-10min



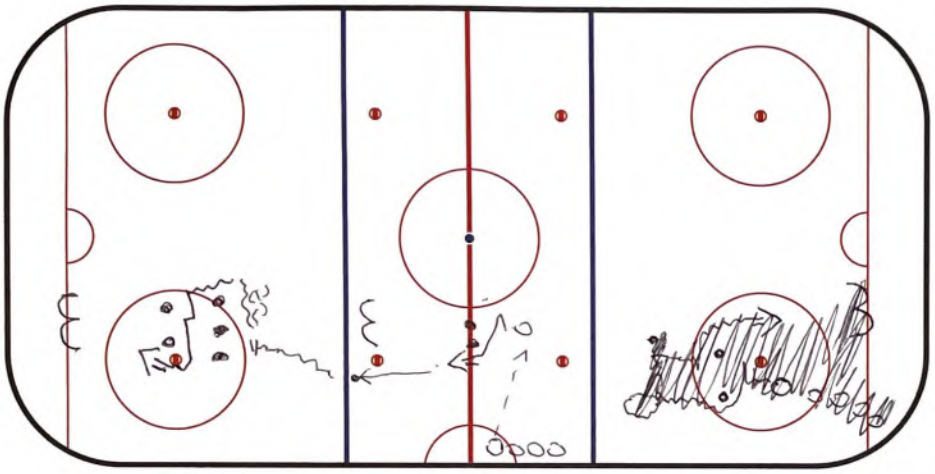
STATION 3: 3-1 SITUATION -> 3 SPIELER IM BEWEGUNG POSITION WECHSEL VON HINTEN TOR ZUVOR TOR -> SCHNELLE PÄSSE -> SCHNELLE ABSCHLUS

9-10min



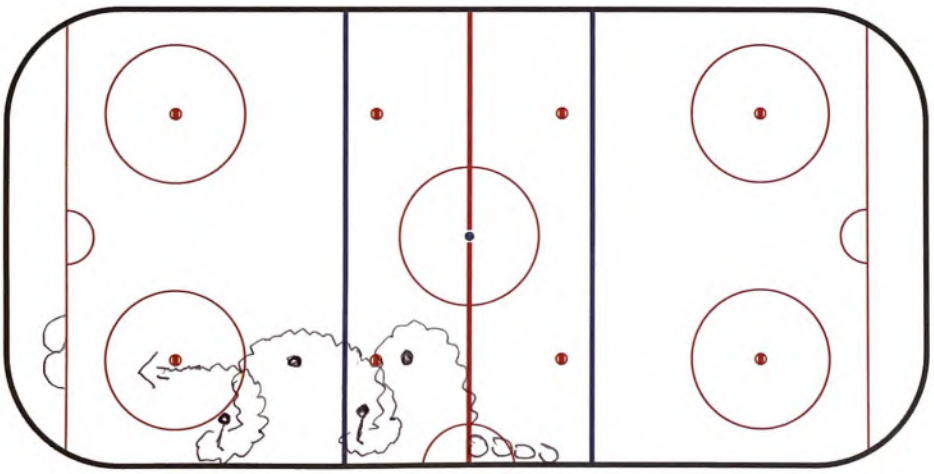
Station 4: Technische element mit puck -> spiel situation -> orientirung und schnell richtung wechsel.

9-10min

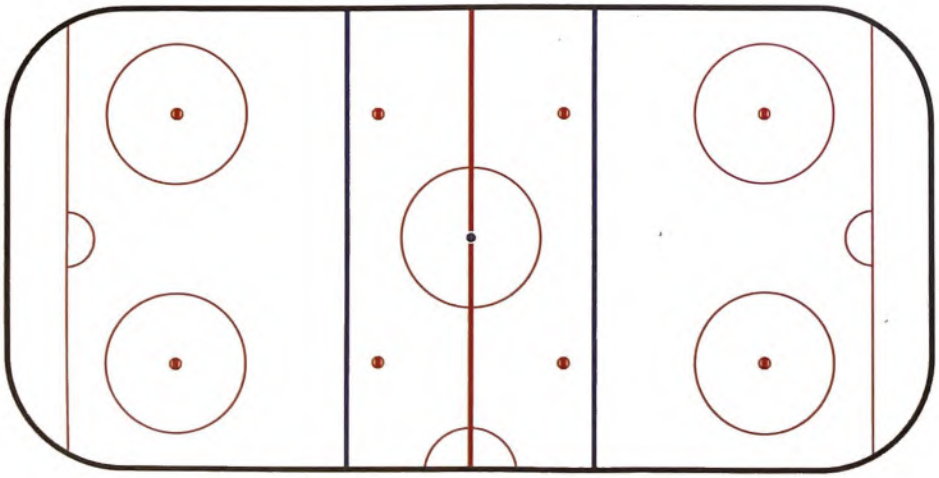


Station 5: Schüss übung -> schnelle schüss -> zweite puck holen teuschung mit seitlich gehen vorbei und mit 2 bewegunge wieder in die mitte und schuss.

9-10min



oder

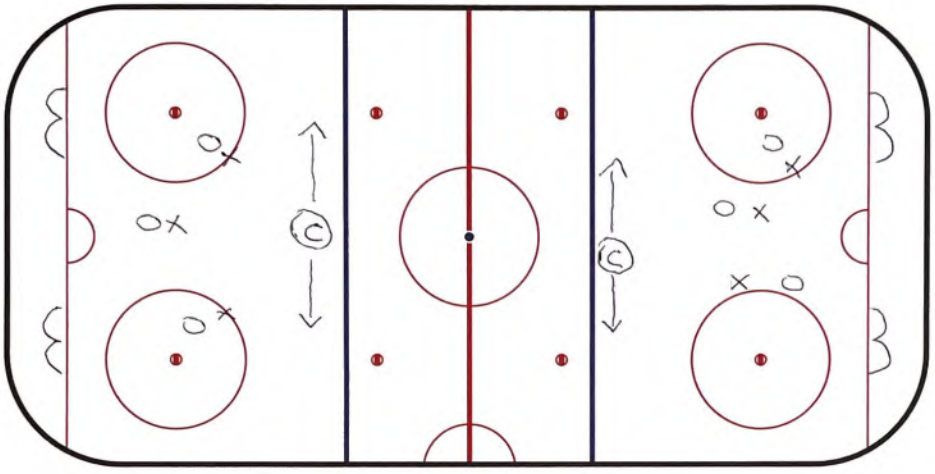


TEAM: U15 CAMP

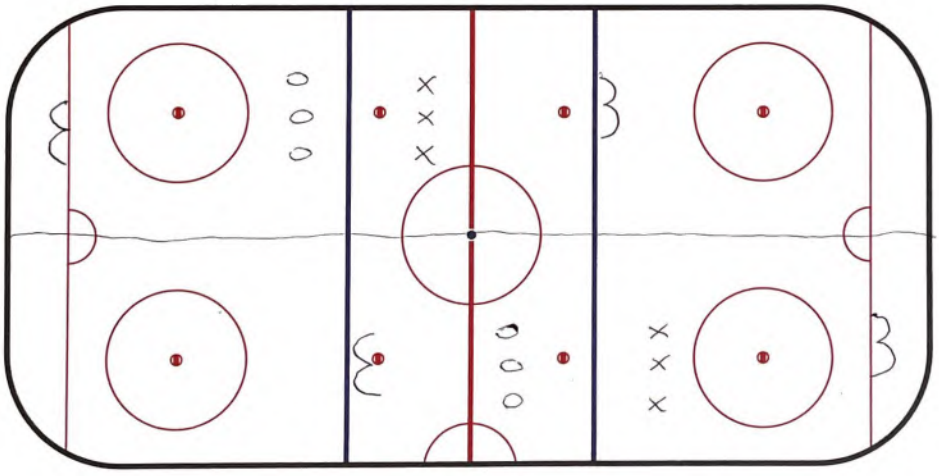
DATUM: 17.8.2021, 19:10-20:00

TRAINER: YURI, MAREK.

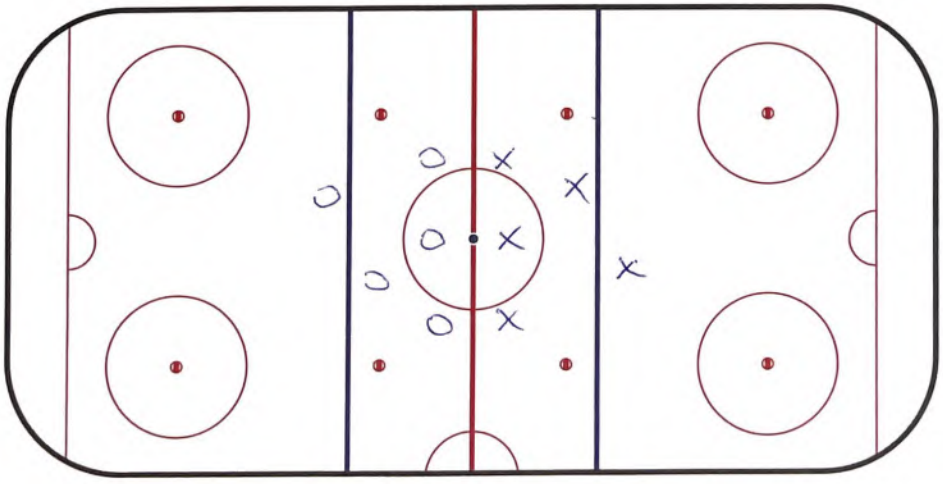
TRAININGSPLAN



Spiel 3-3, 4-4
mit Ⓒ JOKER →
TORE ZÄHLEN IM
beide TOR
12min



Spiel 3-3, 4-4
von TOR Linie bis
2 blau auf HALBE eis.
12 min



Spiel 5-5, 4-4
GANZE eis
18 min

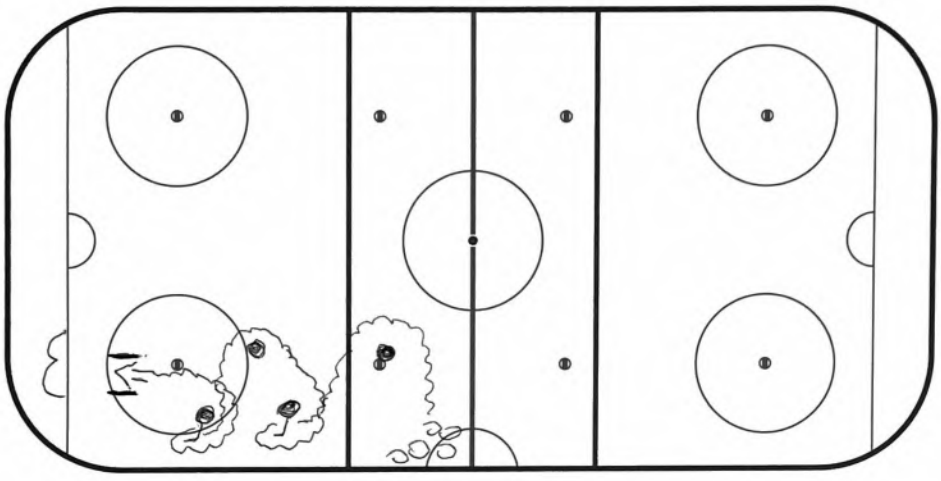
14:40-15:30 Eislaufen, Technik

TEAM: U15 CAMP

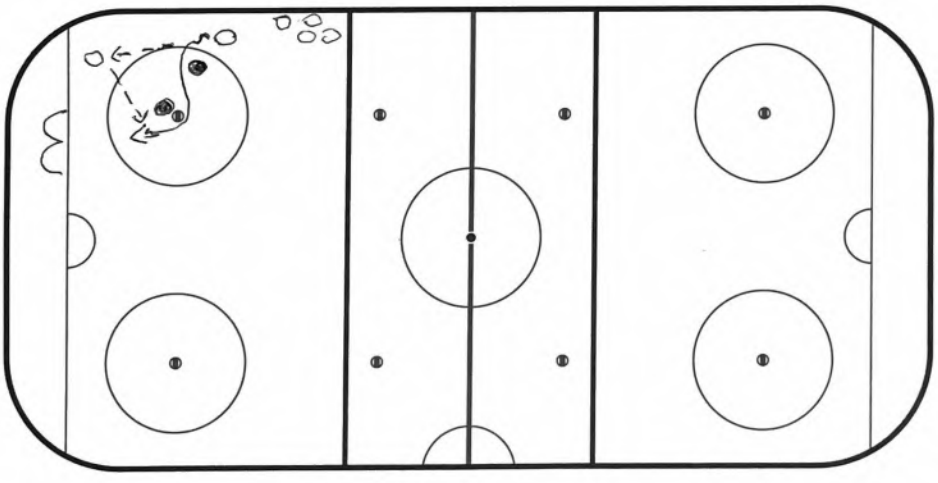
DATUM: 17.8.2021.

TRAINER: Yuri, Bobby, Phill, Ebbo

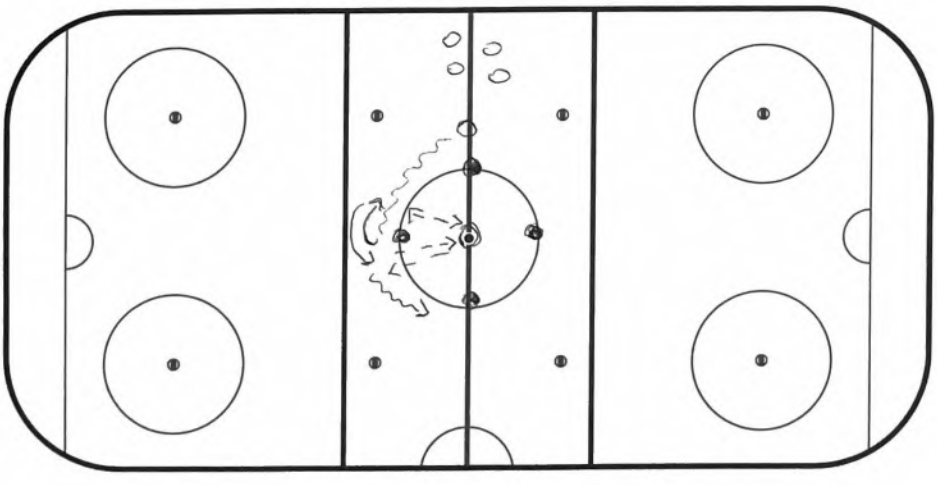
TRAININGSPLAN



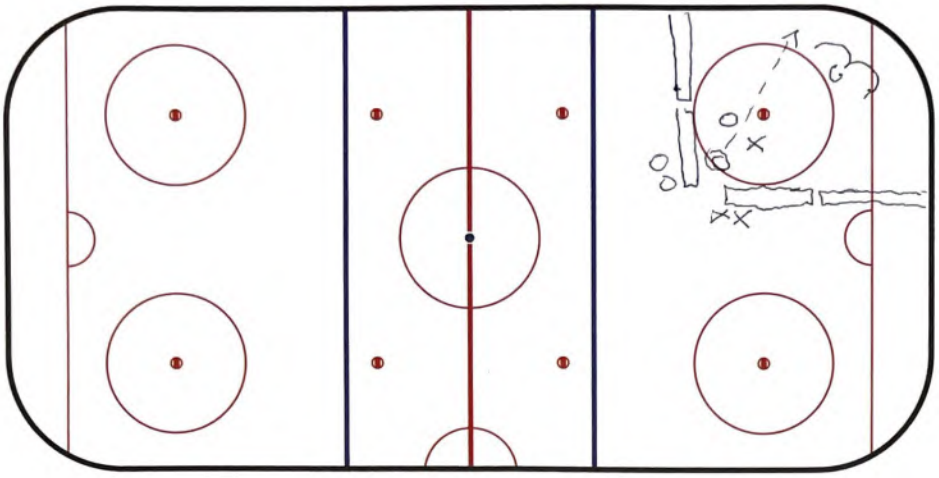
STATION 1: schnelle Richtung wechseln mit Puck → schuss im fenster. 10-12 min



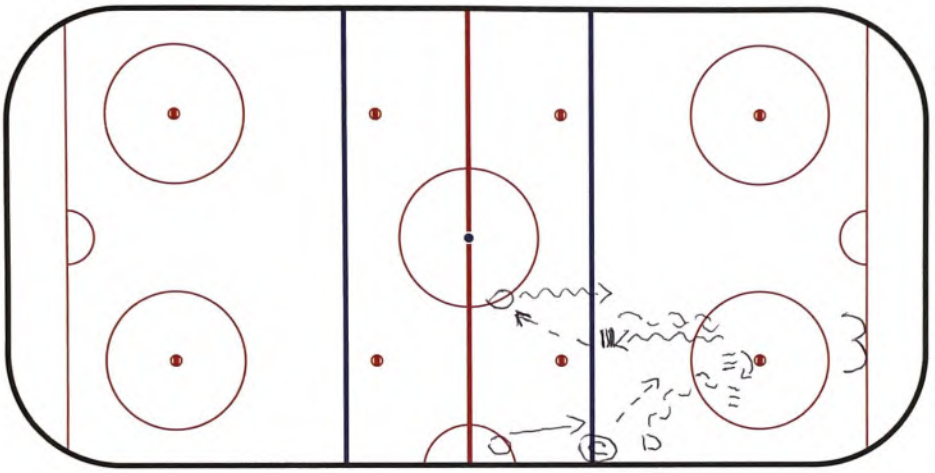
STATION 2: Schuss übung → spiel situation → schnell raus aus ecke mit pass. 10-12 min



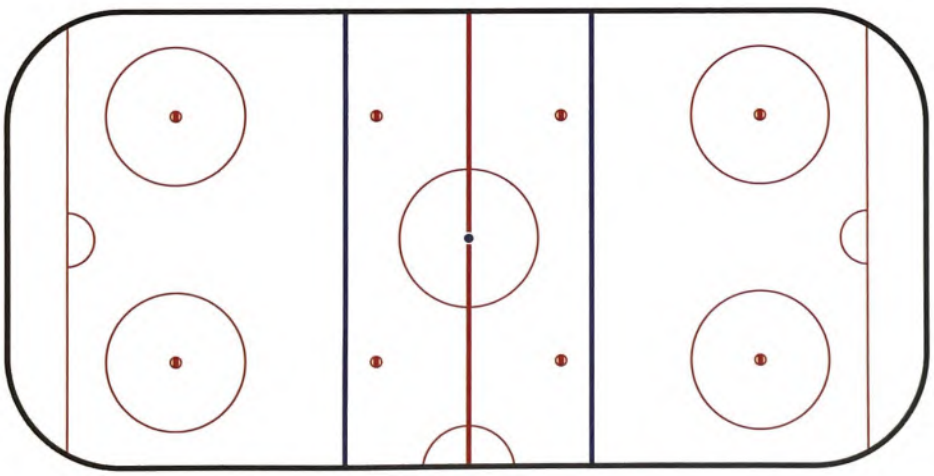
STATION 3: PASS übung → doppel pass → drehung 10-12 min

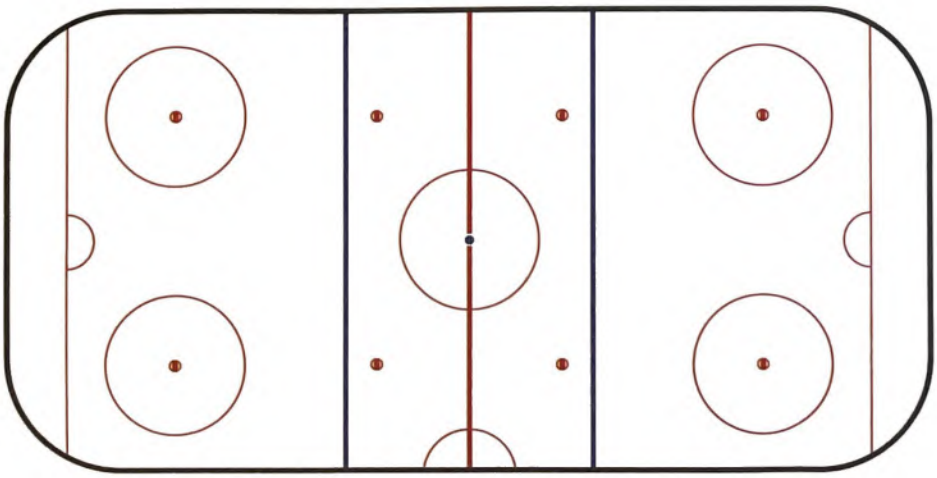


STATION 4:
SPIEL 1-1 IN DIE ECKE AUF KLEINE PLATZ
10-12 min



STATION 5:
2-1 SITUATION → MIT PASS VON Ⓒ ZU VERTEIDIGER → VERTEIDIGER 2 VARIANTEN TEUSCHEN UND PASS ZUM STÜRMER
10-12 min



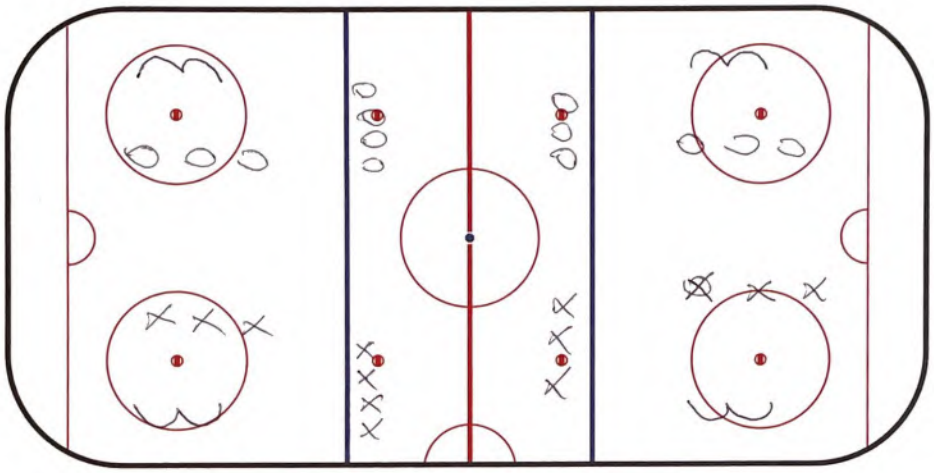


TEAM: U15 CAMP 19:10-20:00

DATUM: 18.8.2021

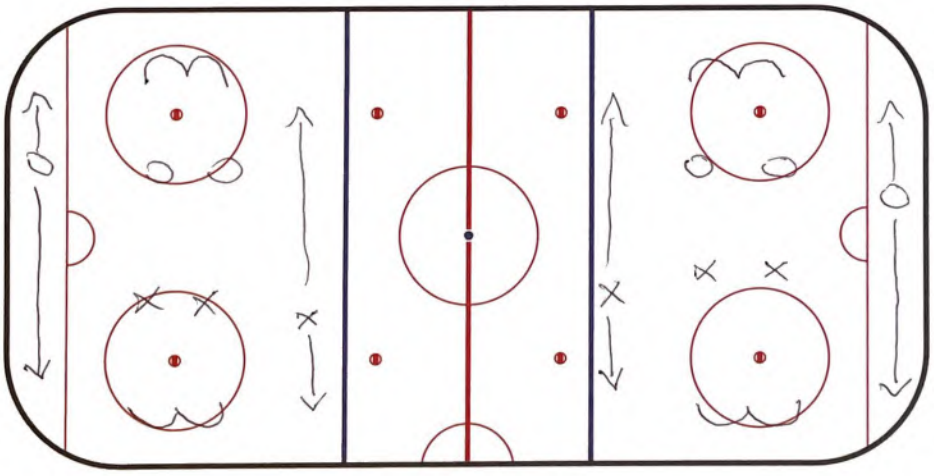
TRAINER: YURI, MAREK

TRAININGSPLAN



Spiel HANDBALL 3-3, 4-4

12 min

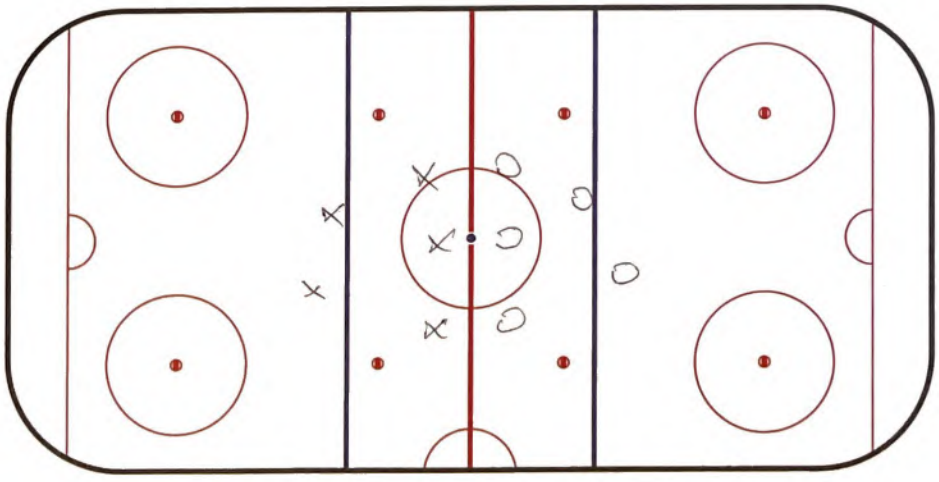


Spiel 2-2, 3-3 mit

1 JOKER PRO TEAM AUF

SEITE LINIE

12-15 min



Spiel GANZE EIS

5-5; 4-4

15 min - 18 min

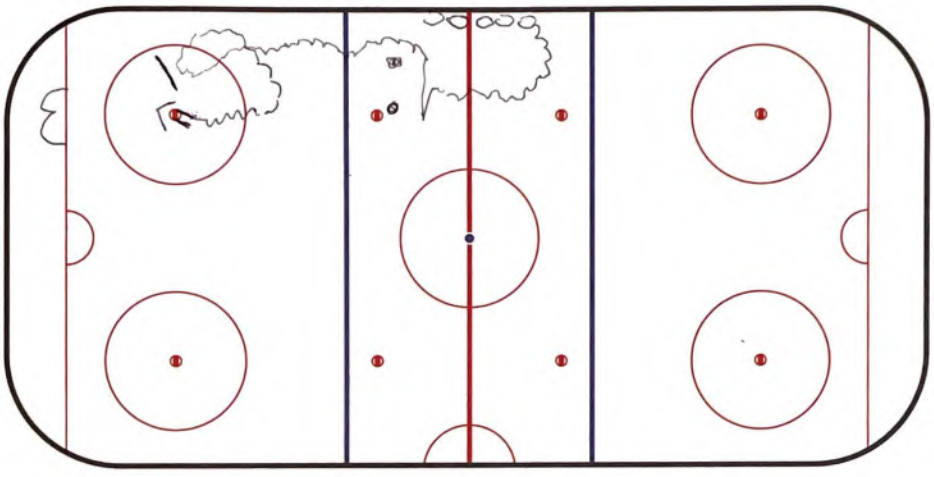
14:40 - 15:30 eislaufen, technick.

TEAM: U15 CAMP

DATUM: 18.8.2021. 17:00 - 18:00

TRAINER: Yuri, Bobby, Phil, Esko

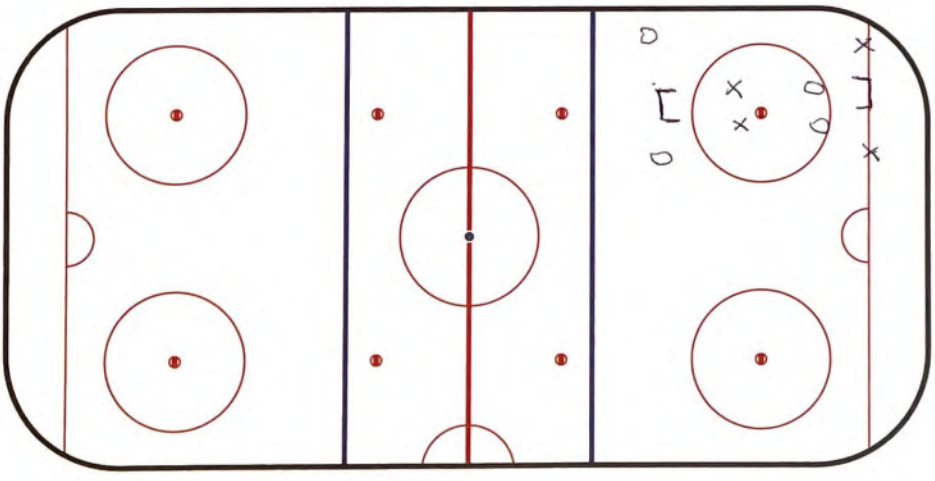
TRAININGSPLAN



STATION 1:

SPIEL SITUATION -> PUCK IM ZONE BRINGEN MIT SCHNELLE BOGEN RICHTUNG WECHSEL -> OFFENE BEINE RAUS KOMEN

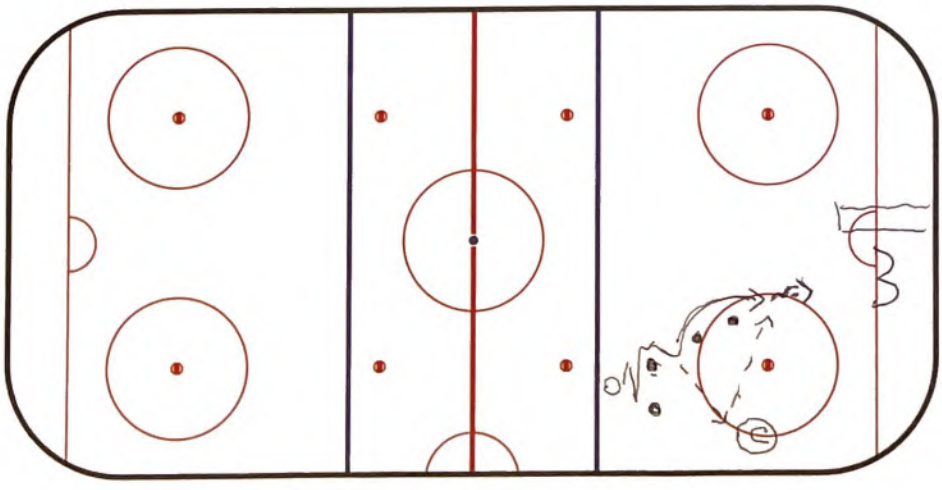
10 - 12 min



STATION 2:

KLEINE SPIEL ~~2 : 2~~ MIT 2 JOKER PRO TEAM KLEINE TORE

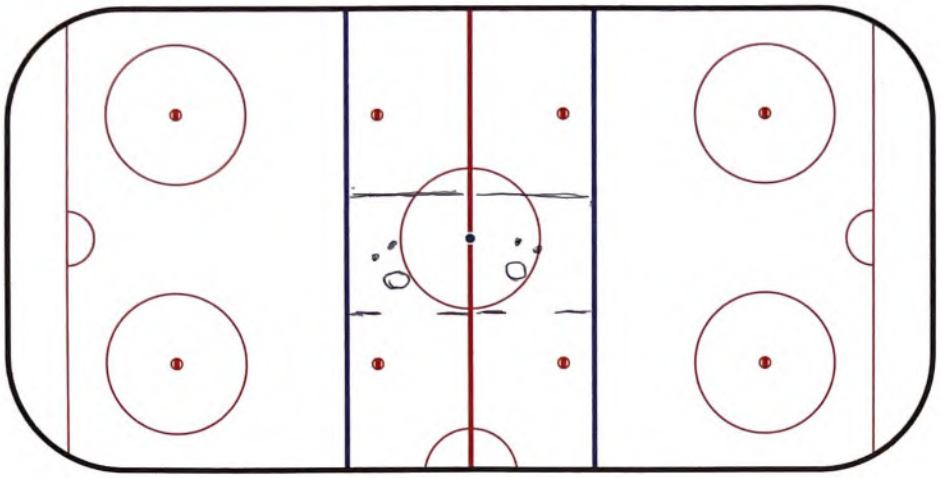
10 - 12 min



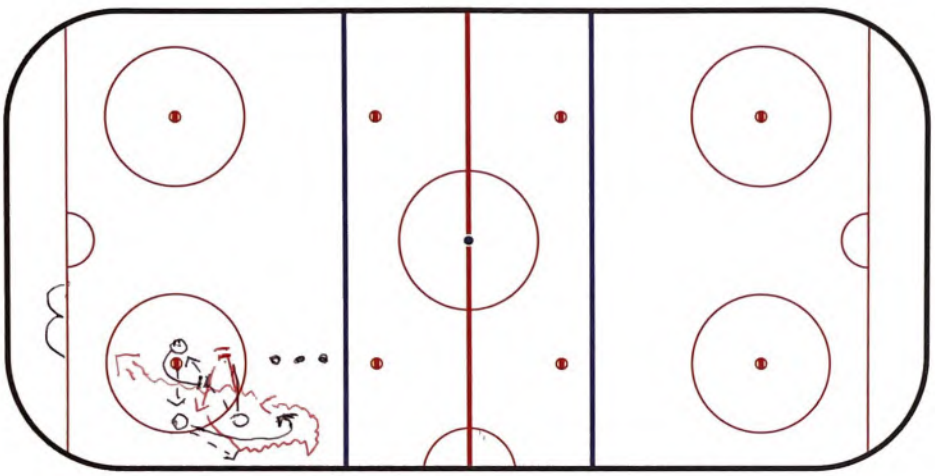
STATION 3:

Schuss übung im bewegung mit doppel pass. -> schnelle kurze schuss ohne mischung

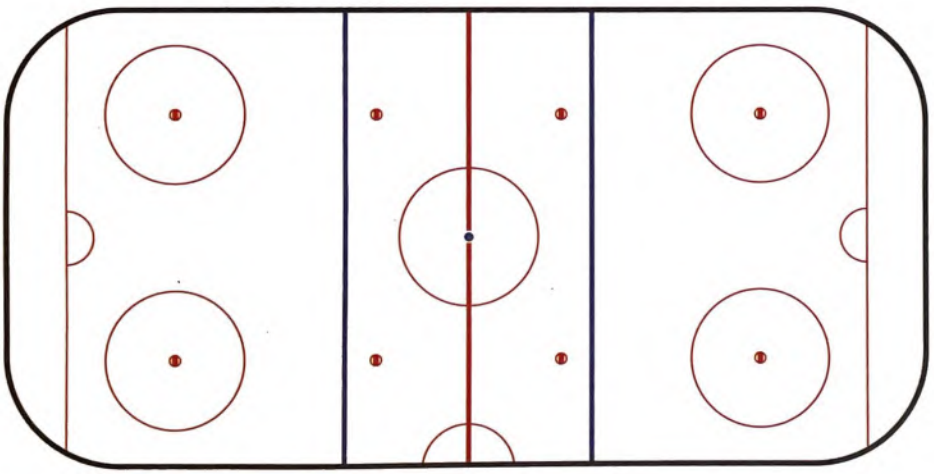
10 - 12 min

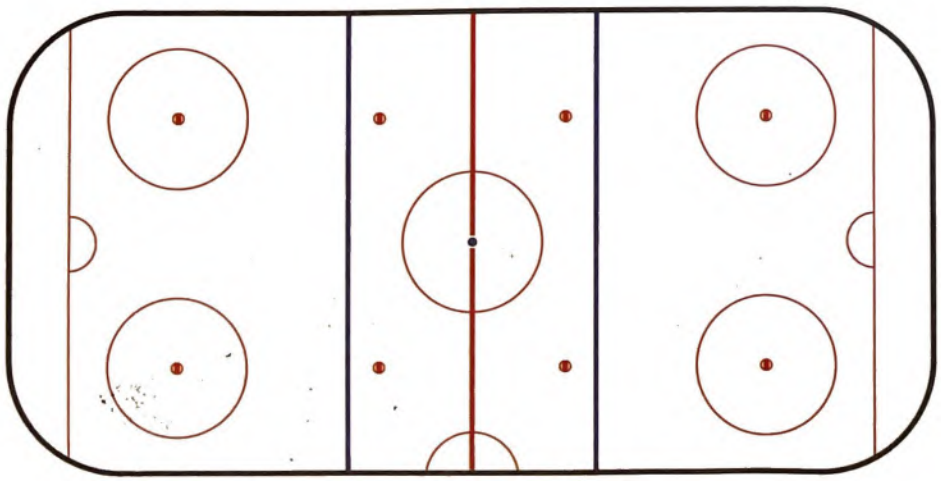


STATION 4:
Technick Auf kleine
PLATZ mit 2 PUCK.
10-12 min



STATION 5:
SPIEL SITUATION in ZONE
mit emitierung devensiv
und dann offensiv mit
Richtung schelle wechsel
bei BLAU LINIE und ATTAKE
TOR gegen 2 PASSIVE devens
SPIELER. 10-12 min



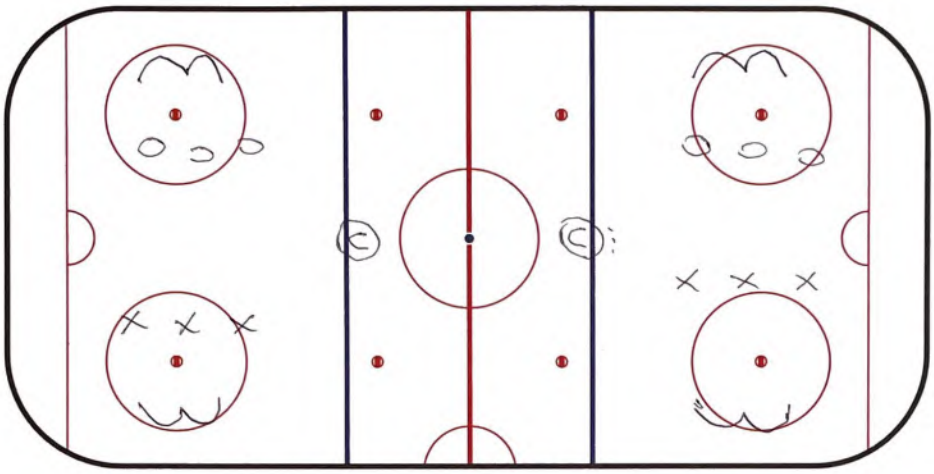


TEAM: U15 CAMP 19:10-20:00

DATUM: 19.8.2021

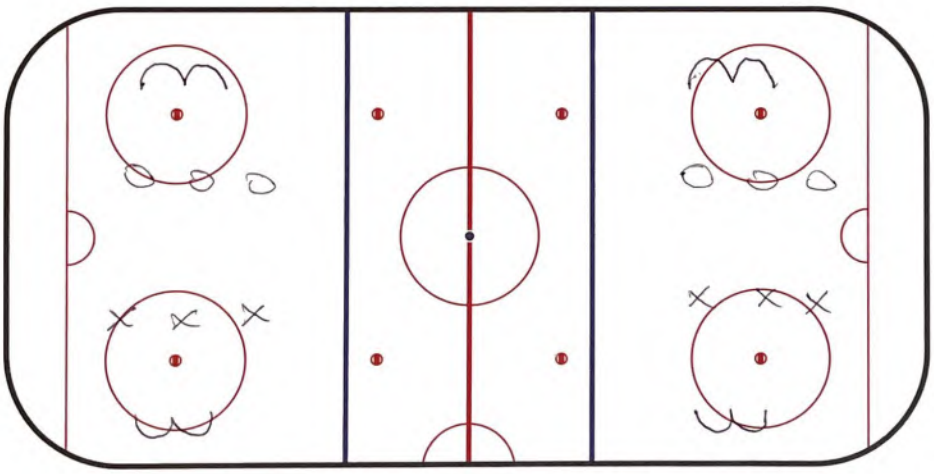
TRAINER: YURI, MAREK.

TRAININGSPLAN



Spiel 3-3 im Zone

15min

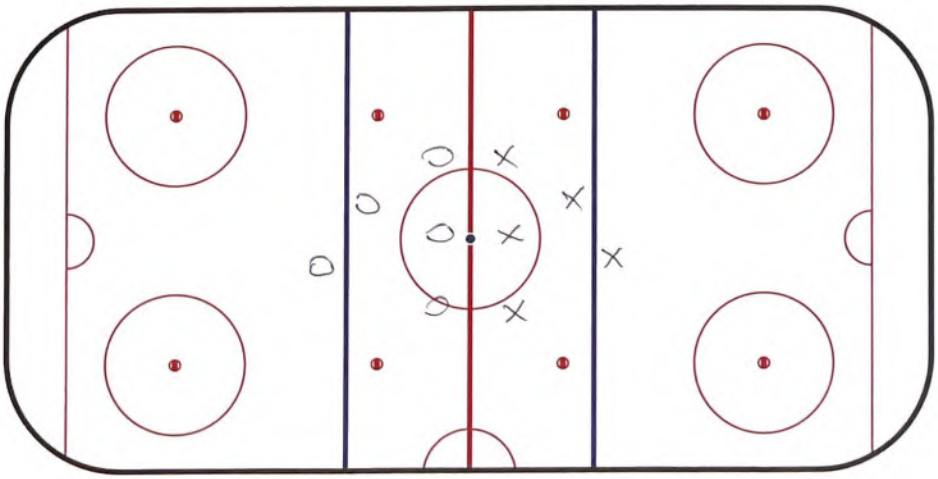


Spiel 3-3 im Zone

TORE ZÄHLEN IM BEIDE

TOR → SCHNELL UMSCHALTEN

15min



Spiel GANZE EIS

5-5, 4-4

15-17min

14:40-15:30
EISLAUFEN TECHNIK
IM STATIONEN GEMACHT

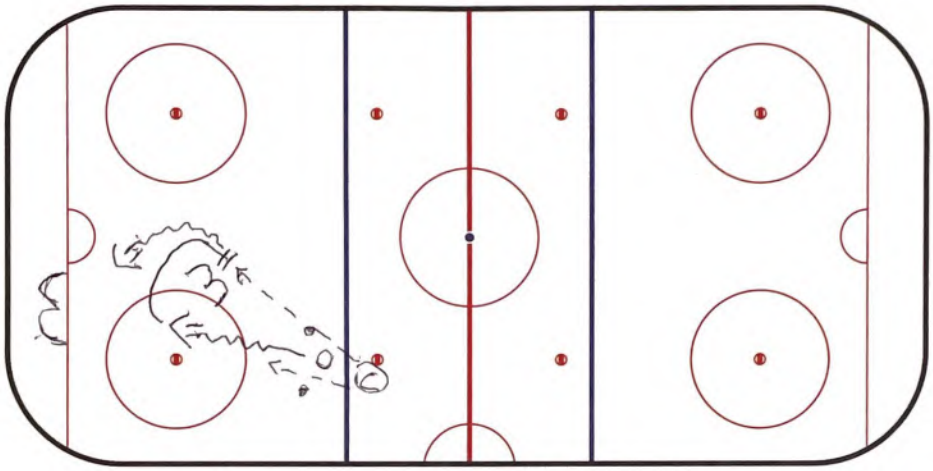
17:00-18:00

TEAM: U15 CAMP

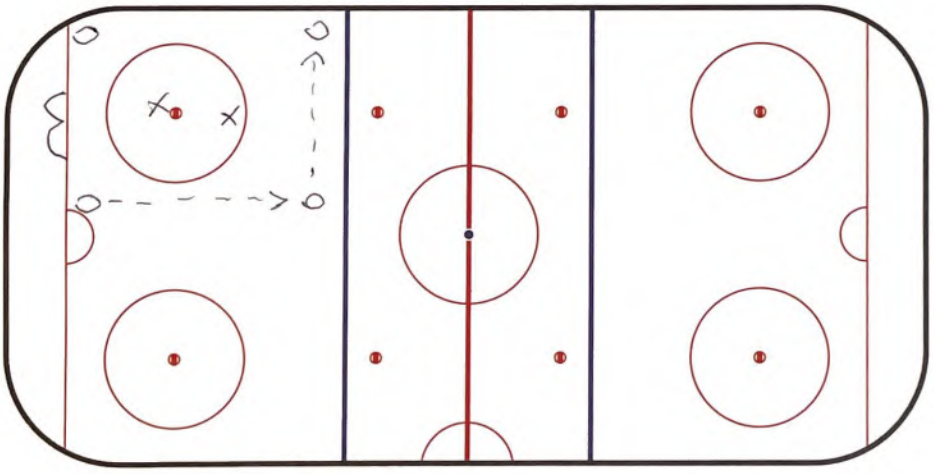
DATUM: 19.8.2021

TRAINER: YURI, BOBBY, PHIL, EBKO

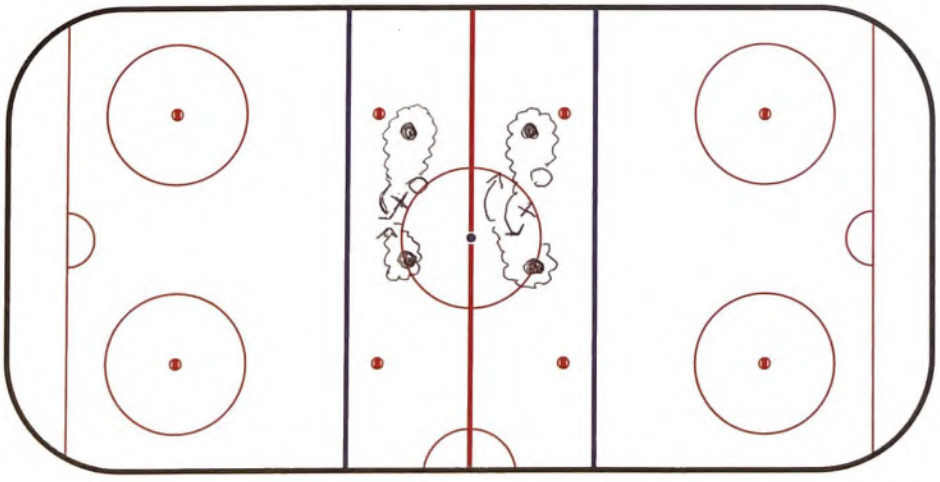
TRAININGSPLAN



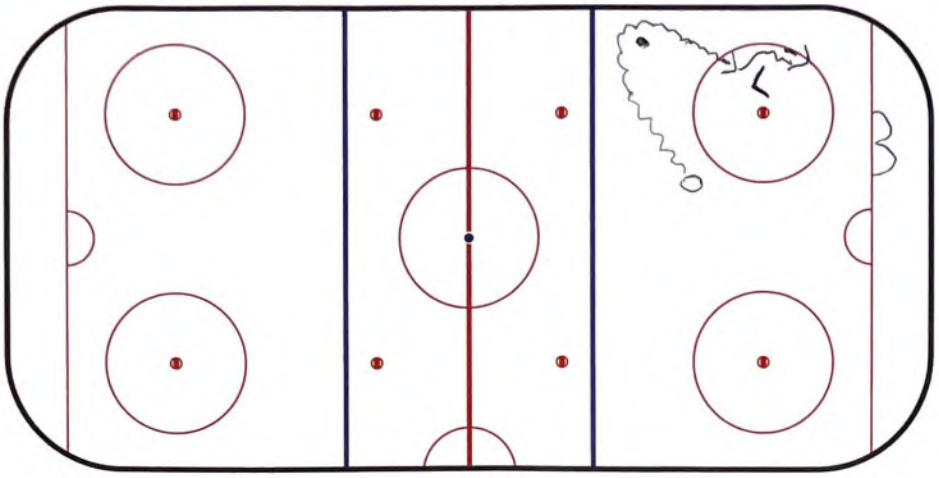
STATION 1:
SPIEL SITUATION MIT
2 SCHÜSSE → ERSTE
VON START MIT SCHNELL
REAGIEREN → ZWEITE
VON BOGEN MIT BREMSEN.
10-12 MIN



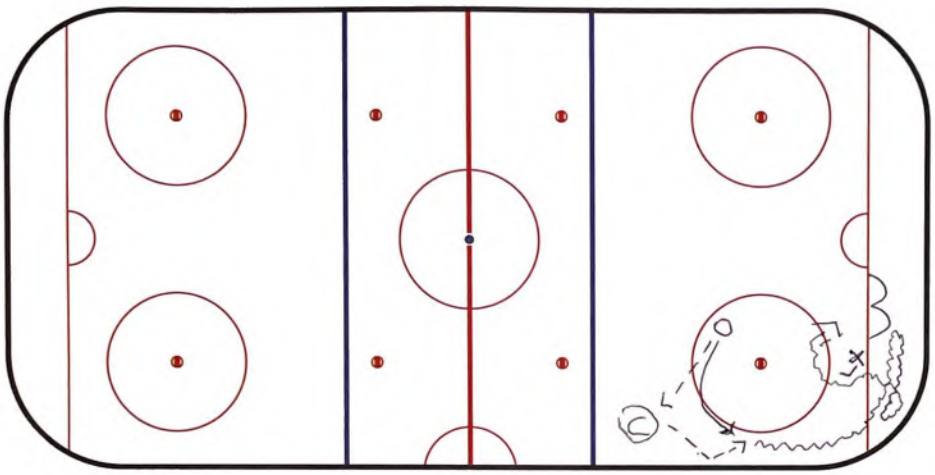
STATION 2:
SPIEL 4-2 AUF KLEINE
PLATZ ÜBERZAHL.
10-12 MIN



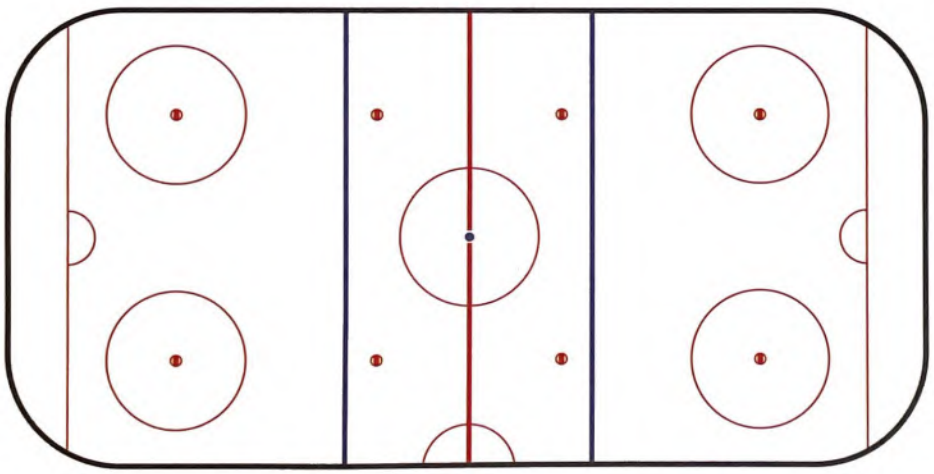
STATION 3:
PUCK ABTECKUNG
ZWEITE SPIELER PASSIV
10-12 MIN

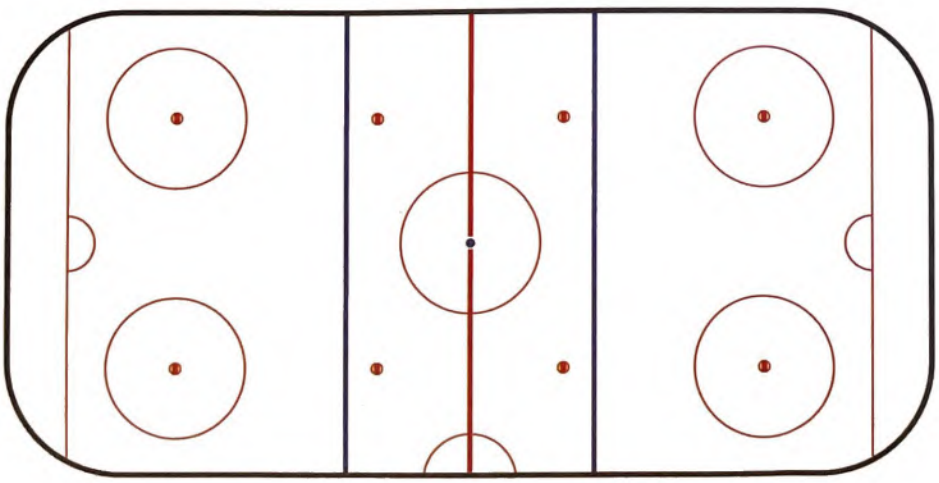


STATION 4:
SPIEL SITUATION
Individuell Schuss
element mit Täuschen.
10-12 min.



STATION 5:
SPIEL SITUATION
in die ecke → schnell
Richtung wechseln →
RAUS kommen aus ecke
→ weg zum TOR.
10-12 min



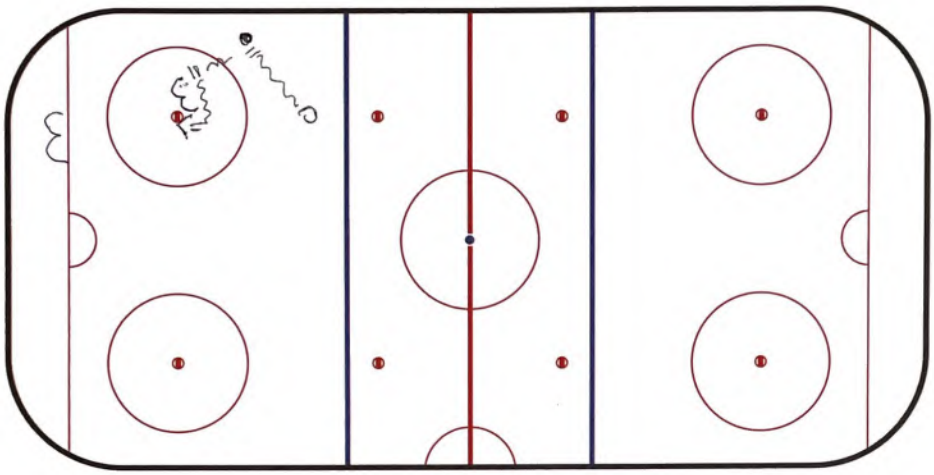


TEAM: U15 CAMP 17.00-18.00

DATUM: 20.8.2021.

TRAINER: Yuri, bobby, Phil, Ebko.

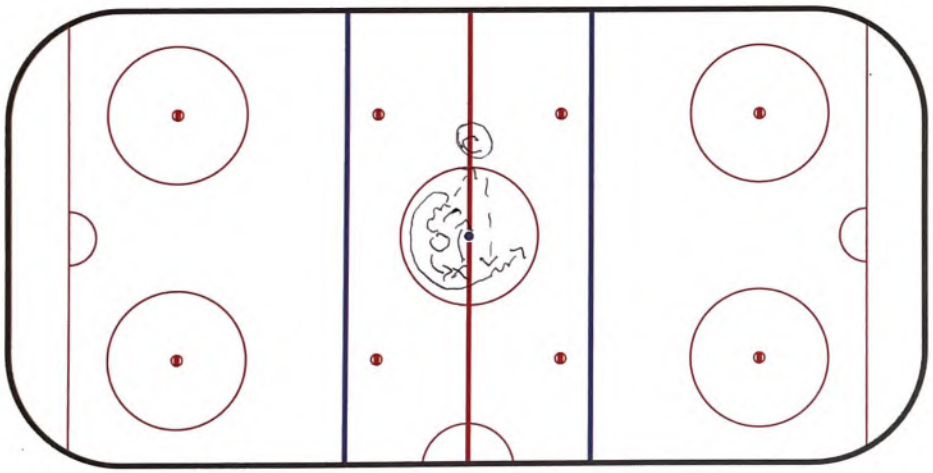
TRAININGSPLAN



STATION 1:

SPIEL SITUATION *im ecke mit versteckte schuss,

10-12min

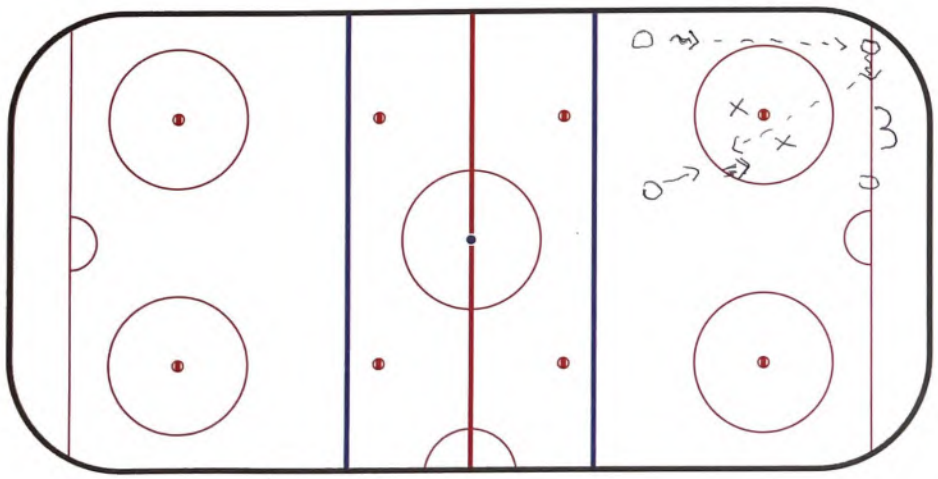


STATIO2:

1-1 im BULLY KREIS

ZWEITE SPIELER PASSIV.-> SPIELER 1 freie bewegungen mit PASSEN ZUM TRAINER.

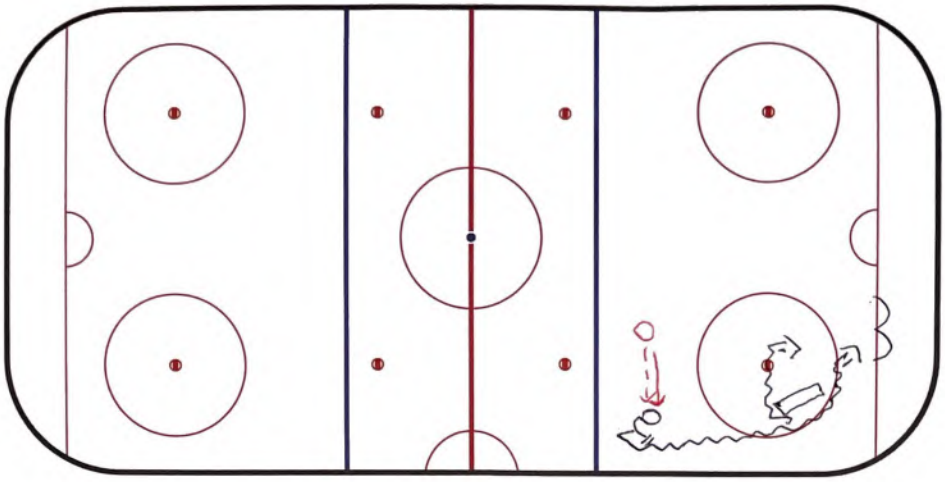
10-12min



STATION 3:

SPIEL 4-2 ÜBERZAHL

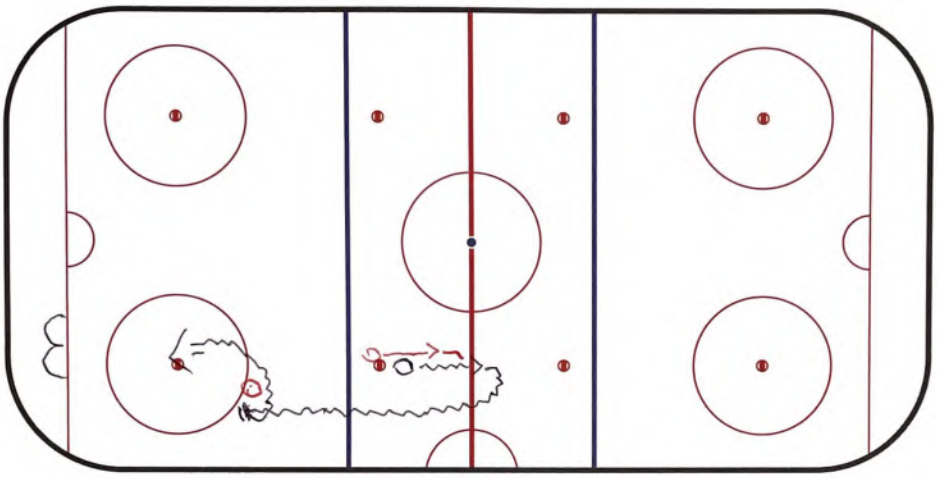
10-12min



STATION 4:

SPIEL SITUATION bei BANDE UNTER DRÜCK -> KÖRPER TÄUSCHEN bei DREHUNG -> RAUS KOMMEN und SCHUSS von LINKS oder RECHTS.

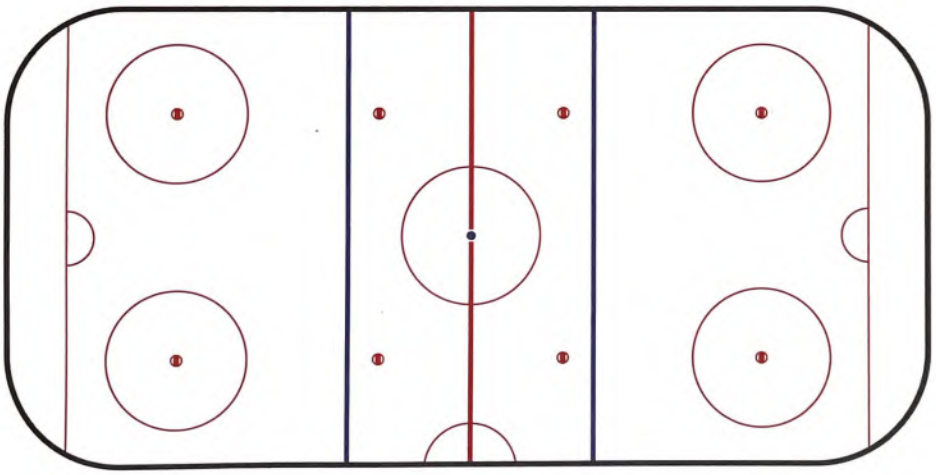
10-12 min

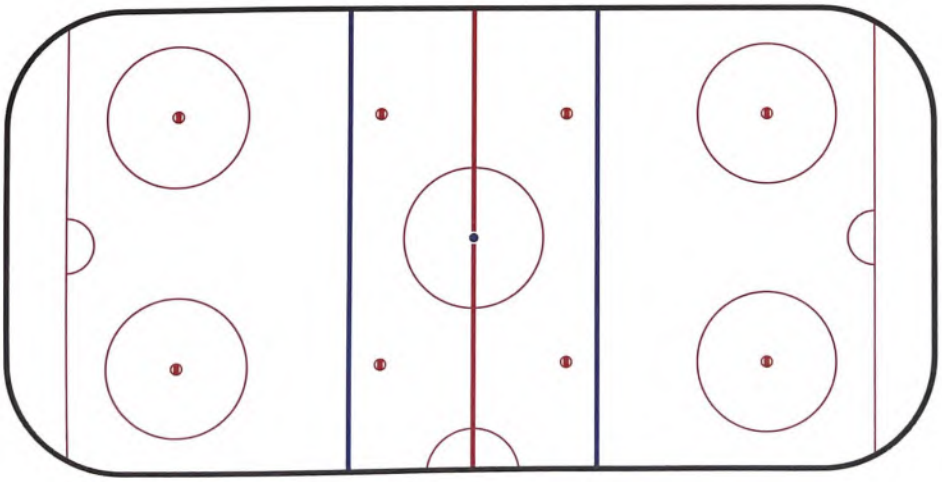


STATION 5:

SPIEL SITUATION in MITTE ZONE UNTER PASSIVE DRUCK -> RAUS KOMMEN MIT KURZE BOGEN -> IM ZONE KOMMEN und MIT DRECHUNG WEG KOMMEN von ANDERE SPIELER.

10-12 min



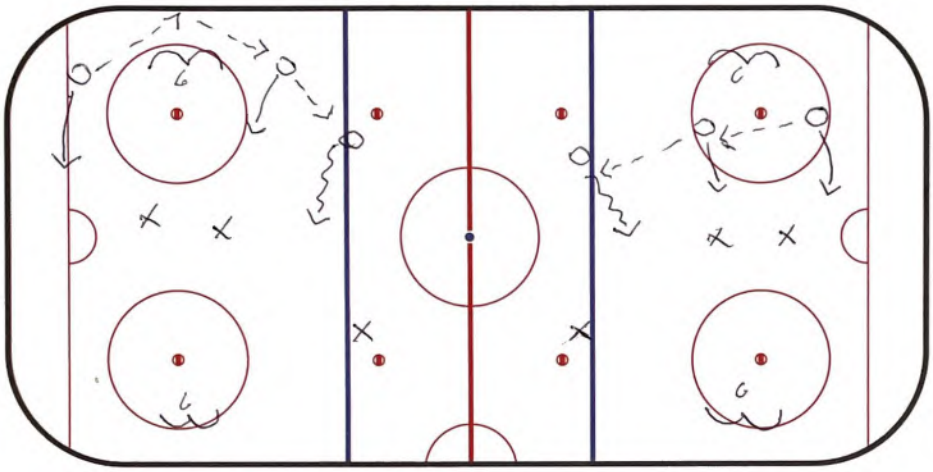


TEAM: U15 CAMP 19:10-20:00

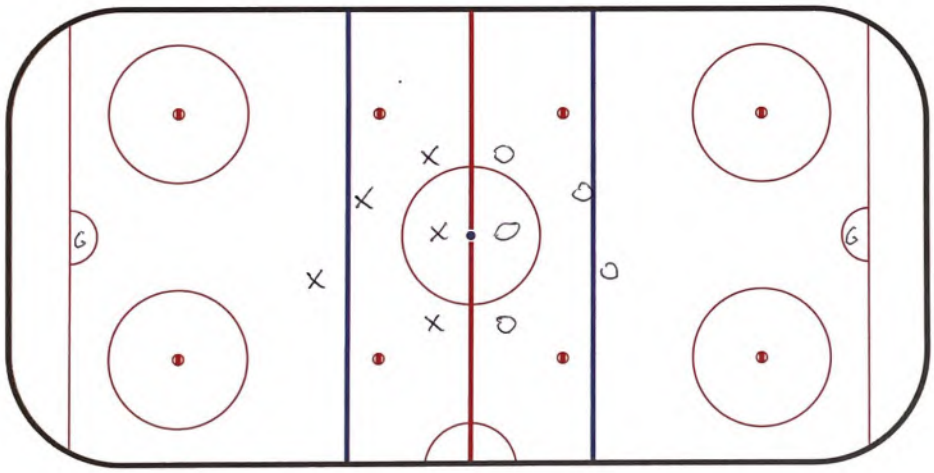
DATUM: 20.8.2021.

TRAINER: YURI, MAREK.

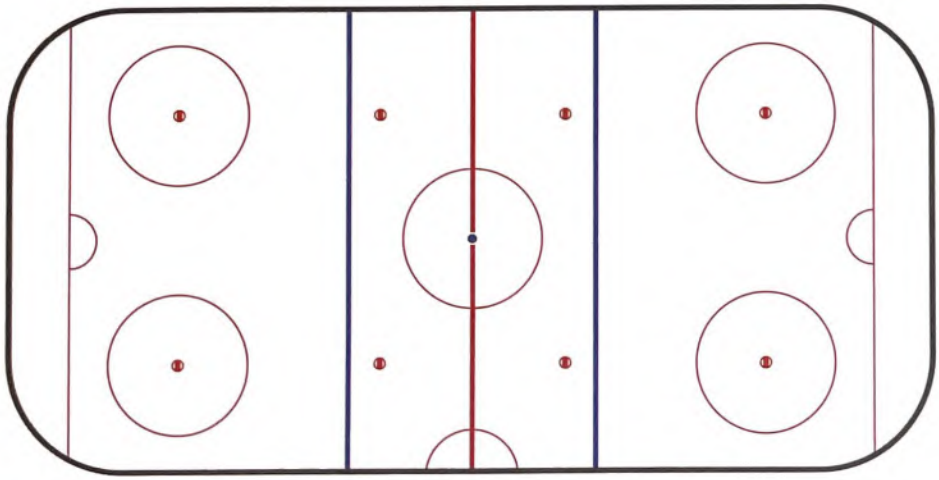
TRAININGSPLAN



Spiel 2-2 oder 3-3
mit PASS zum eigene
Spieler bei BLAU Linie ->
nach PASS Spieler geht REIN
und nutzen schnelle möglichkeit
3-2 -> ander TEAM PROBIERT
PUCK bekommen und PASSen zum
sein Spieler und dann geht 3-3
weiter 15 min



Spiel 5-5, 4-4
ganze eis
30 min

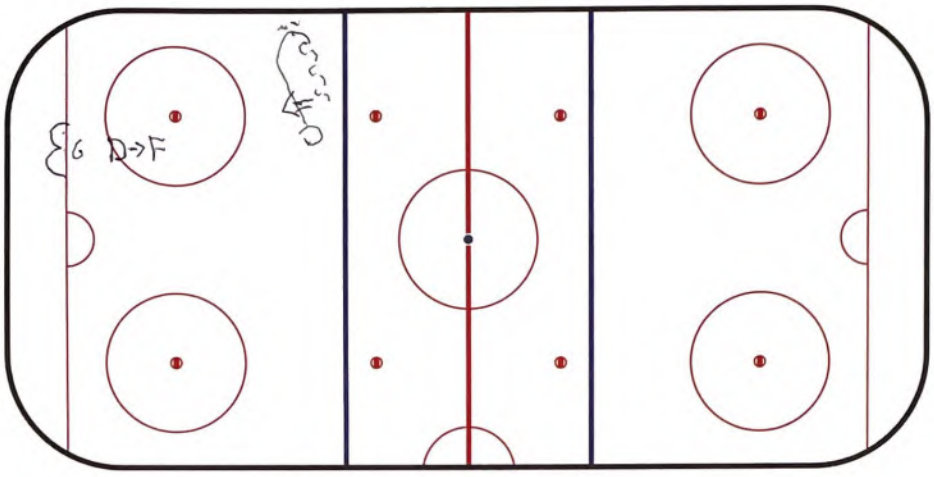


TEAM: U15 CAMP 14:40-~~15:30~~ schuss übunge

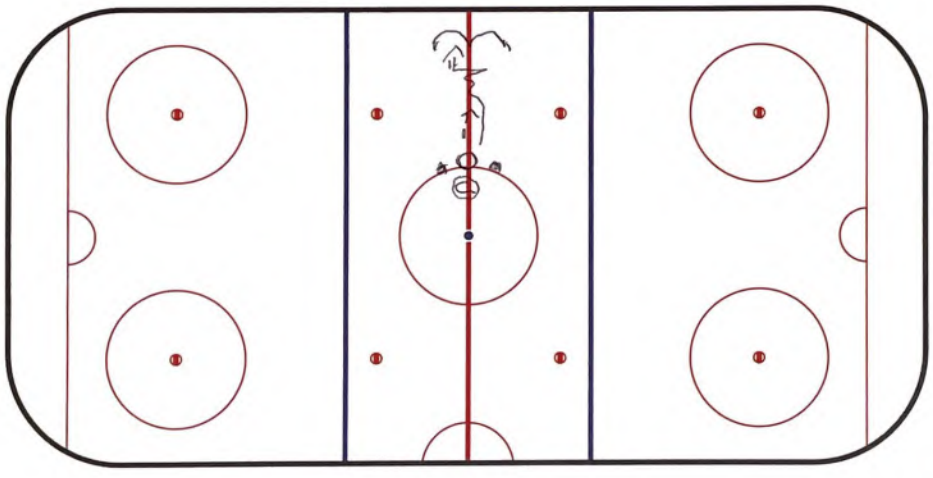
DATUM: 20.8.2021.

TRAINER: YURI, bobby, Phil, ~~Ebko~~.

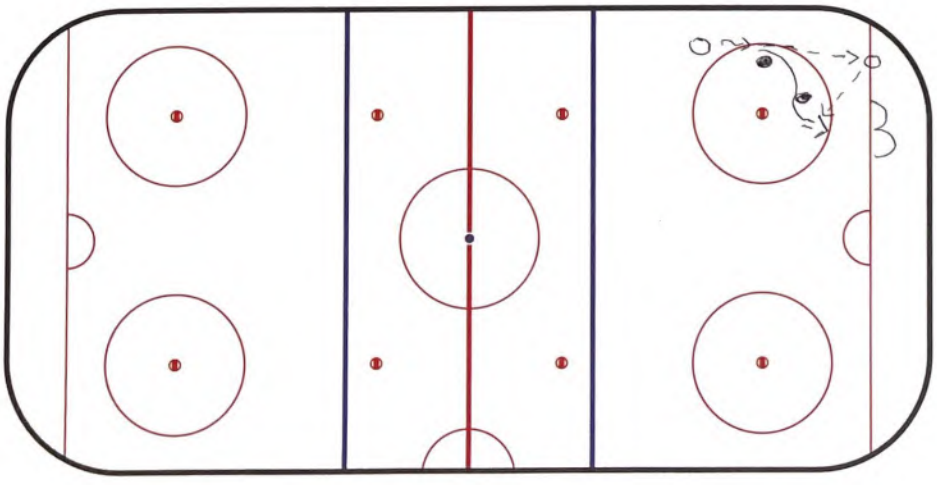
TRAININGSPLAN



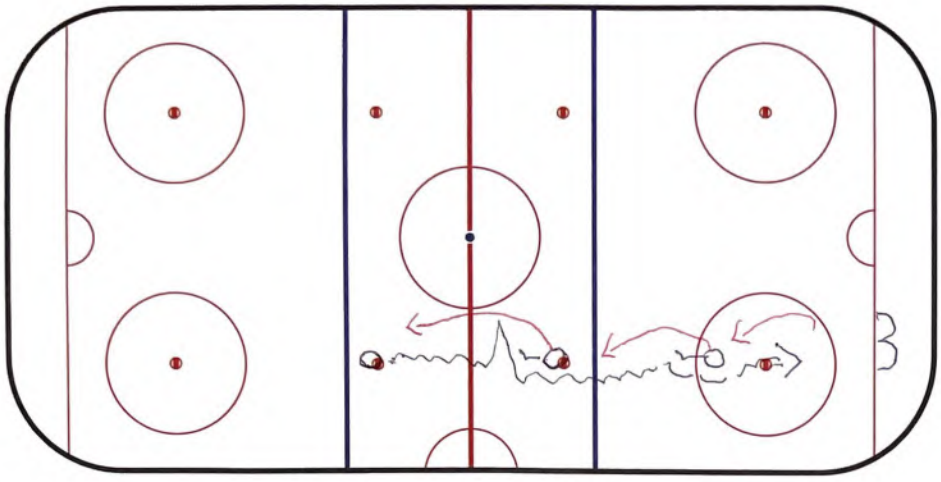
STATION 1:
Schuss von BLAU -> F-D VOR TOR.
9min



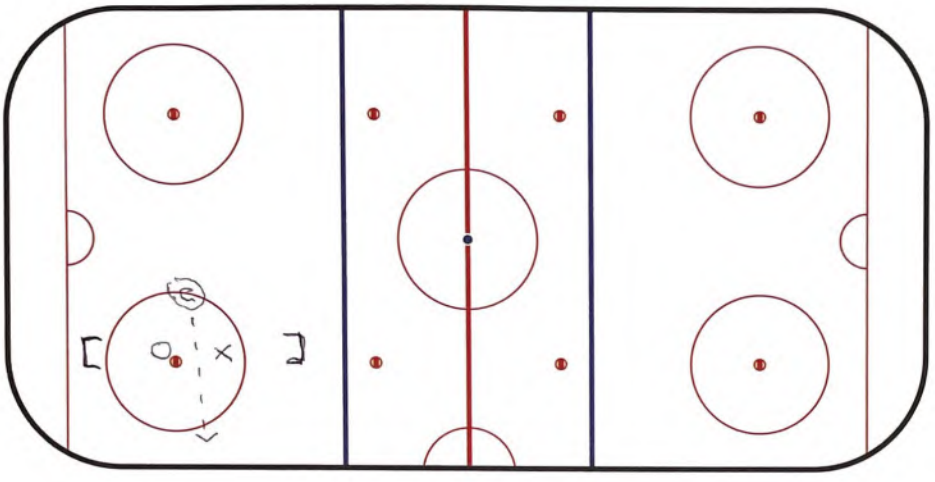
STATION 2:
AUSTRICKSEN VOR TOR -> gefühl für HÄNde.
9min



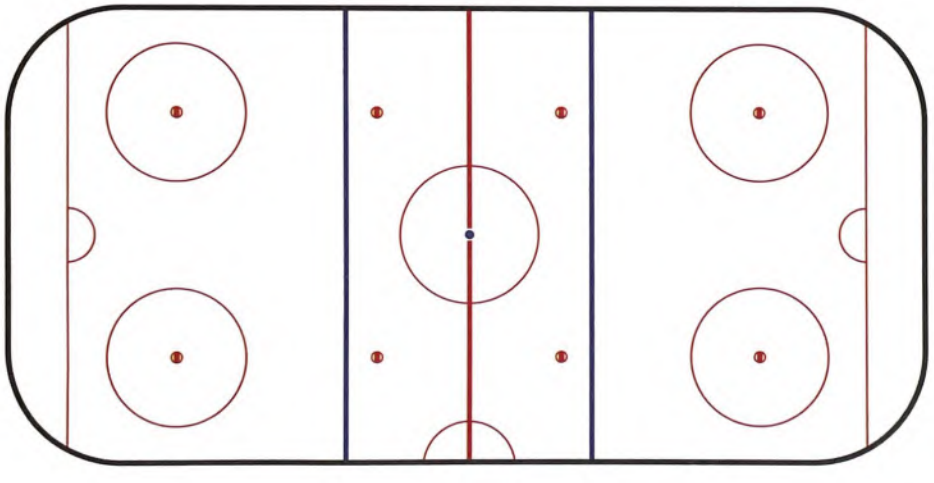
STATION 3:
DIREKT schuss nach PASS und frei Anbieten.
9min

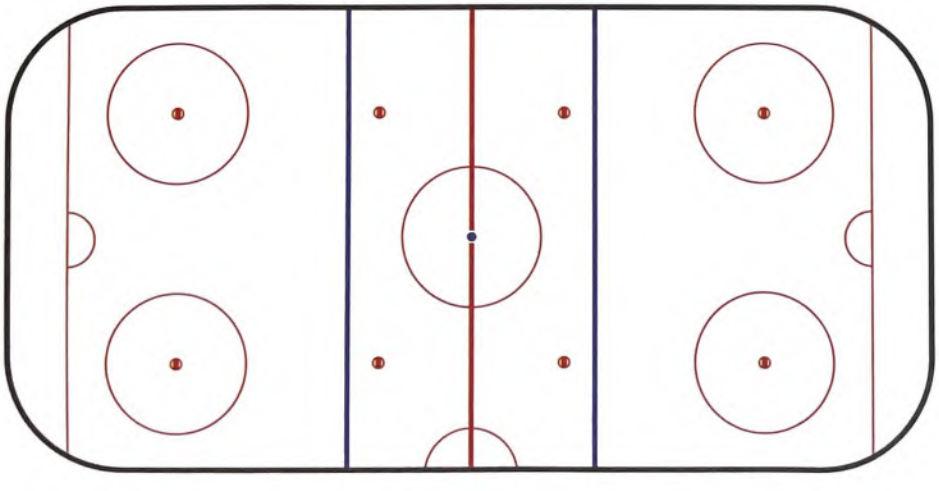


STATION 4:
LANGE BAHN MIT TECHNISCHE ELEMENTE UND SCHUSS.
9min



STATION 5:
SPIEL 1-1 AUF KLEINE TORE.
9min



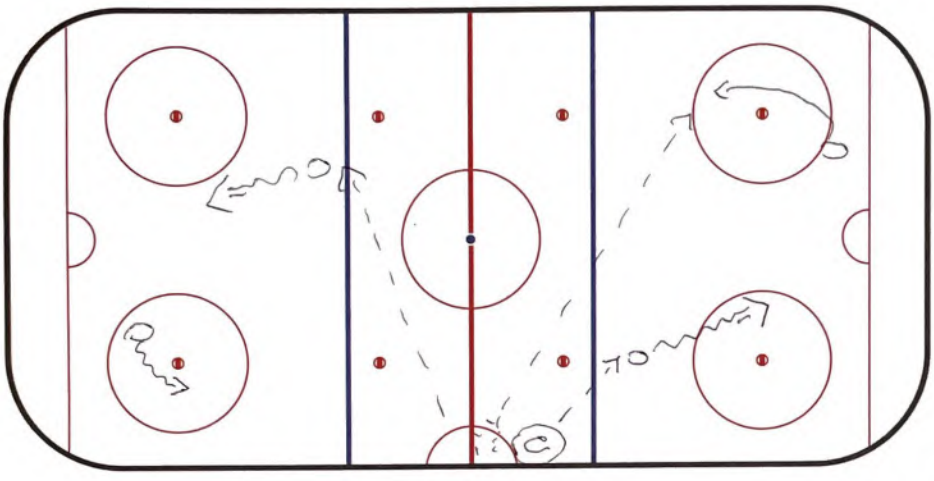


TEAM: U15 16:10-17:10

DATUM: 23.8.2021.

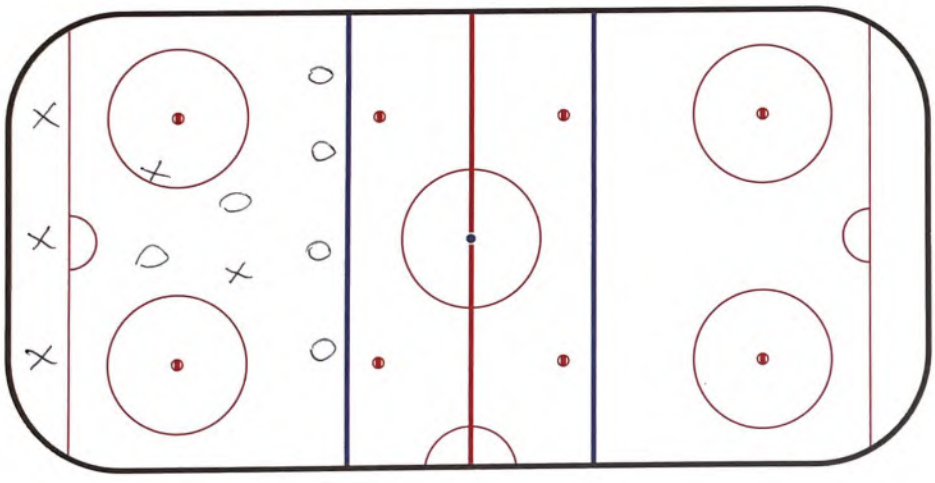
TRAINER: YURI

TRAININGSPLAN



Aufwärmen für Spieler und goaly.

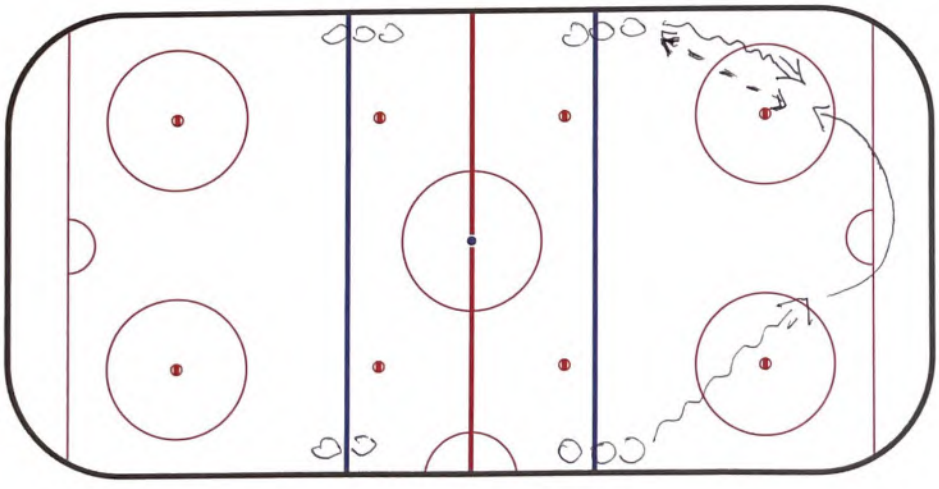
5min



Spiel 2-2 mit Passen zum eigene Gruppe

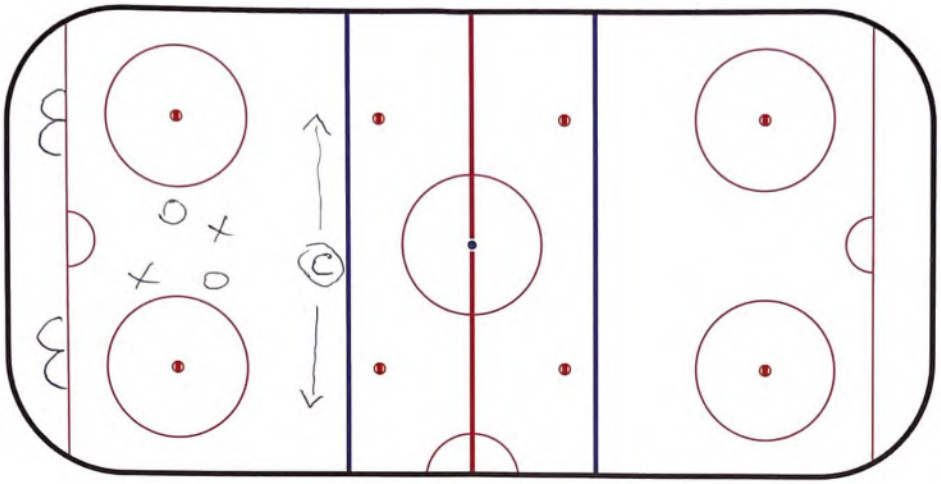
7-8min

G-Streching.

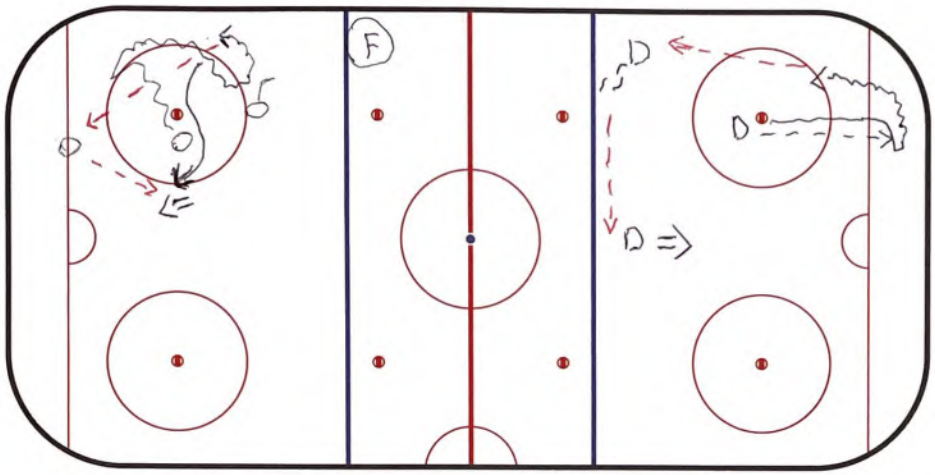


Schüss übung im 2 zonen mit doppel pass

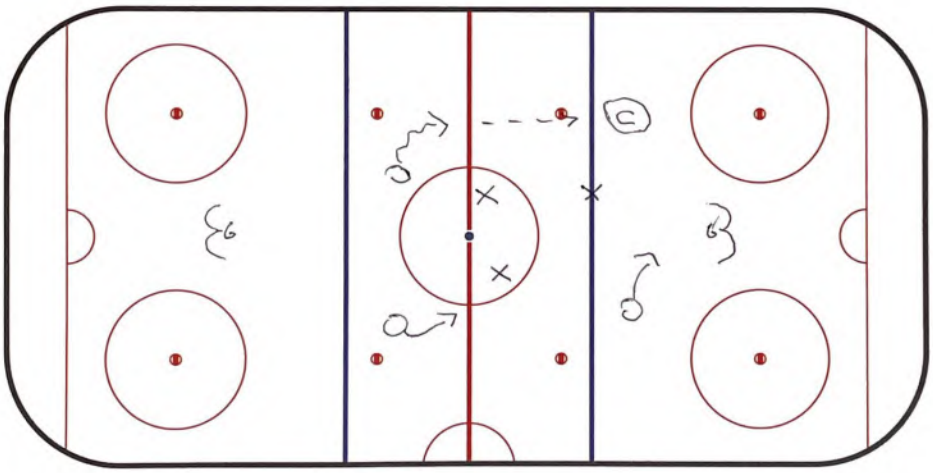
6min



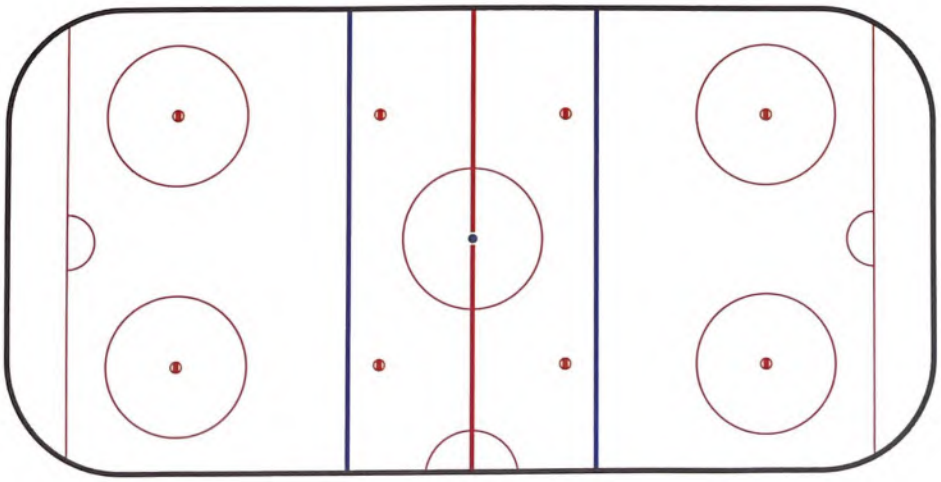
Spiel im zone 2-2
TR. ALS JOKER FÜR
beide TEAM -> TOR
zählt im beide TOR,
10 min



F - eine zone
D - Andere zone
12-15 min



Spiel 3-3 40x30
(C) SPIELT MIT FÜR TEAM
MIT PUCK -> SITUATION
4-3 -> LERNEN GEDULD
HABEN MIT EIN SPIELER
MEHR -> GUT ABSCHLUSS
VORBEREITEN,
15min

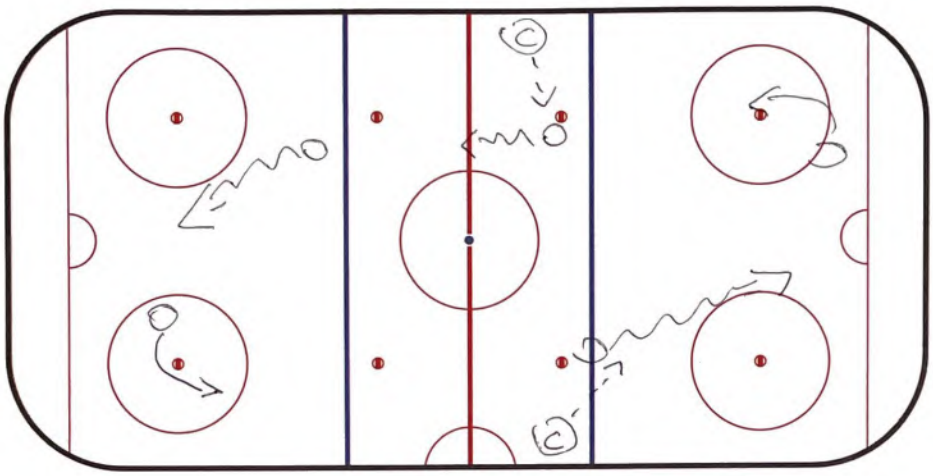


TEAM: U15, 11:10-12:30

DATUM: 24.8.2021.

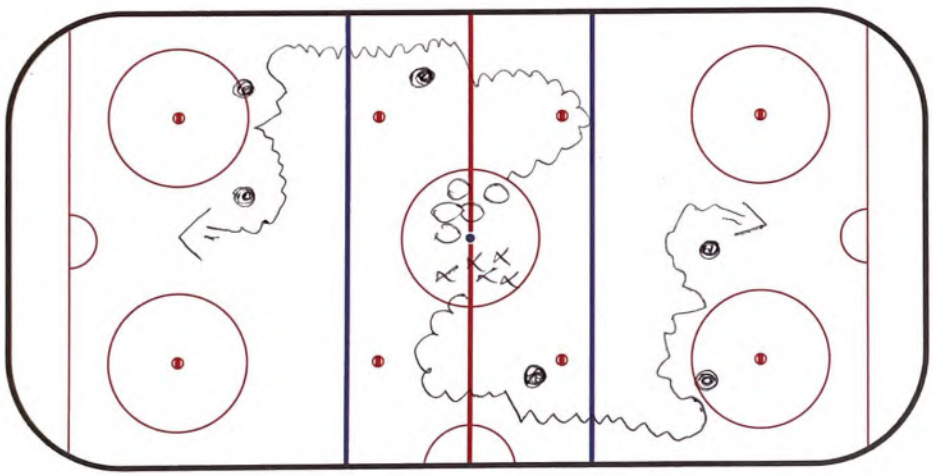
TRAINER: YURI, MARTIN

TRAININGSPLAN



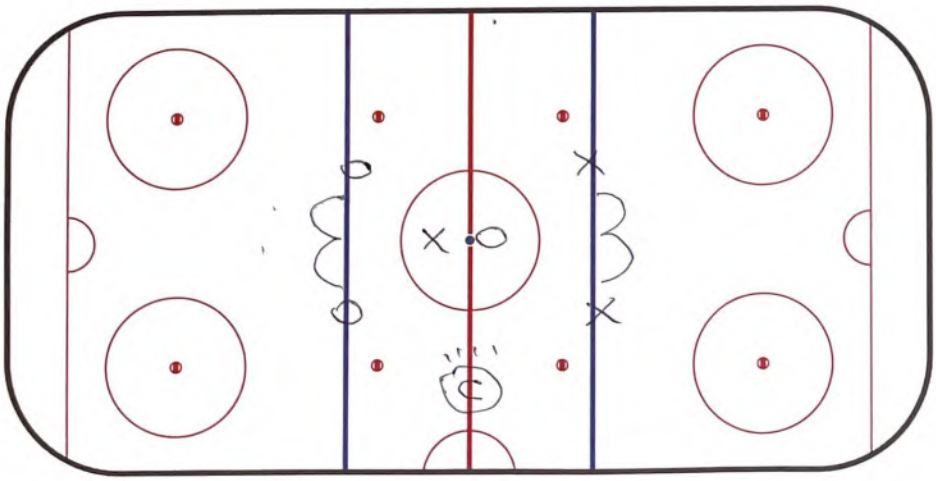
Aufwärmen für goaly und spieler mit puck und pass von trainer.

5 min



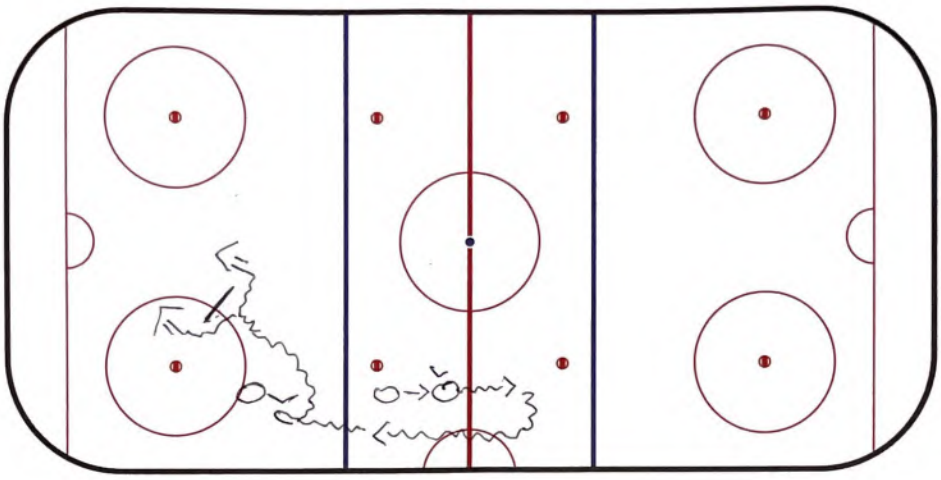
1-0 aus mitte situation bei zone rein gehen -> schuss nach schuss

10 min



Spiel 3-1 -> 3-1.

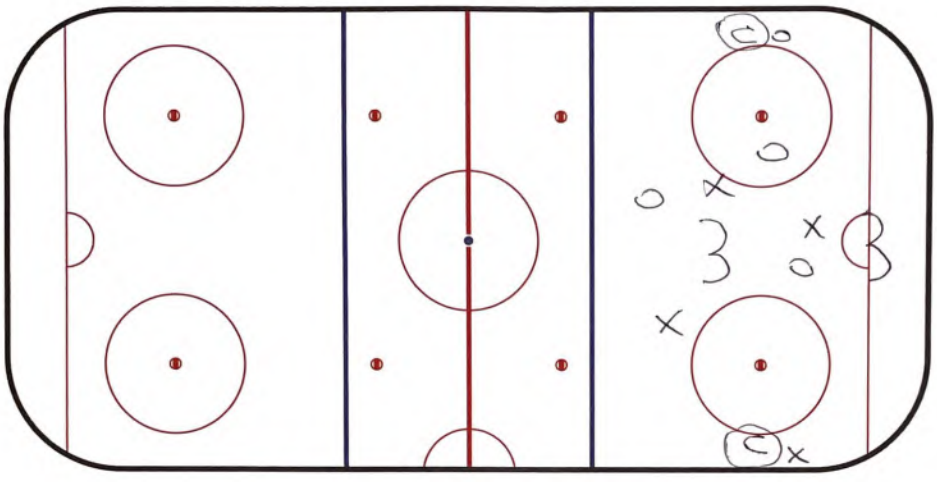
10 min



1-2 SITUATION

DIVERS PASSIV. im 2 zoney

7x7 -> 14min

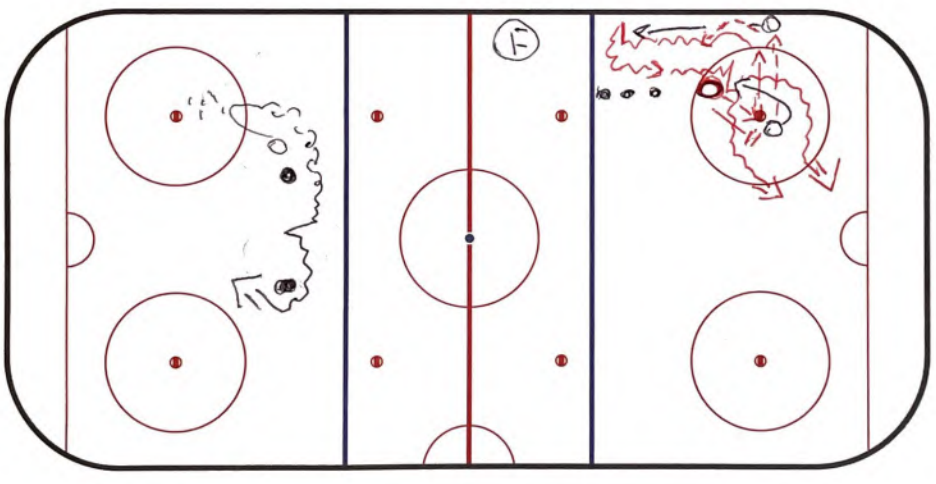


SPIEL im ZONE

3-3 TR. JOCKER

FÜR SEIN TEAM,

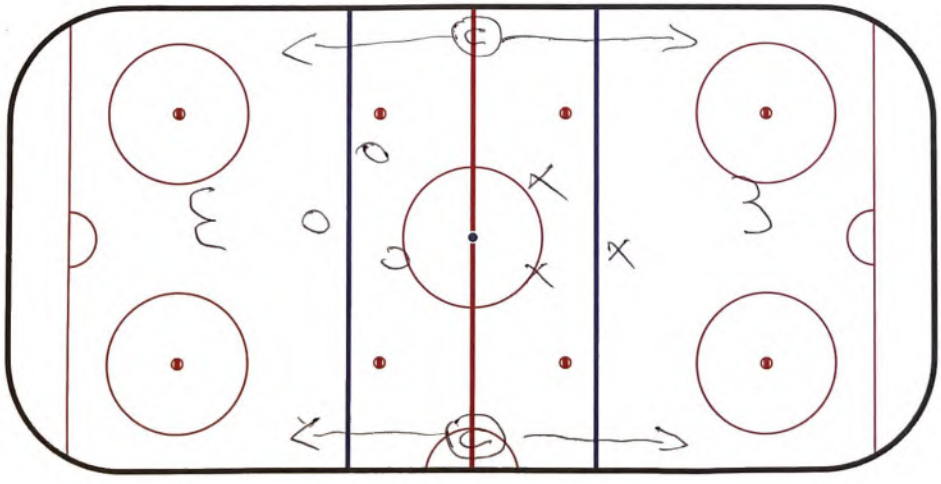
10min



F - eine zone (YURI)

D - ANDERE ZONE (MARTIN)

7x7 -> 14min.



SPIEL 3-3 40x30

TR JOCKER FÜR beide

TEAM.

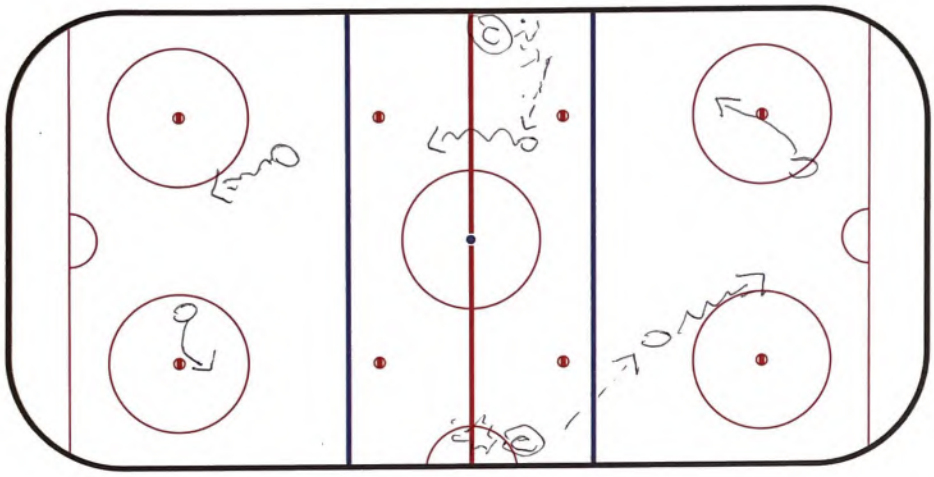
13min

TEAM: U15 16:40-17:40

DATUM: 26.8.2021. ~~->27.8.2021.~~

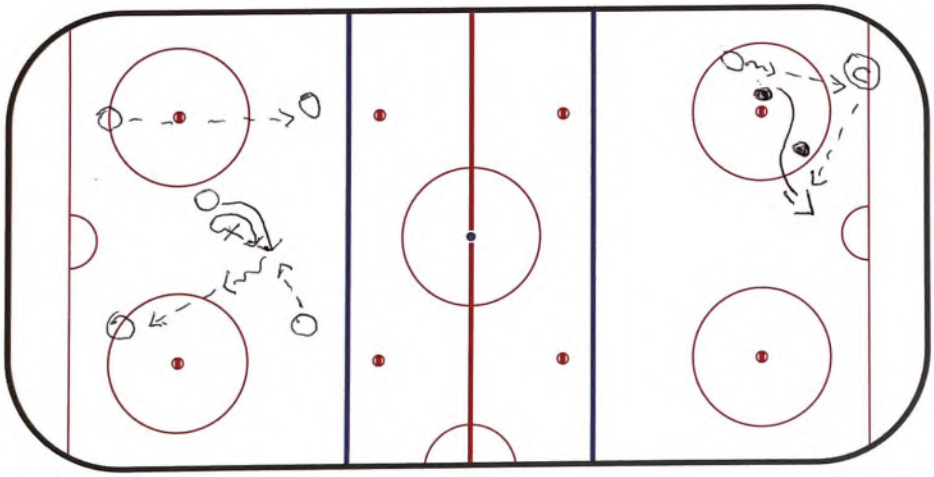
TRAINER: YURI, MARTIN,

TRAININGSPLAN



Aufwermen SPIELER GOALY.

5 min

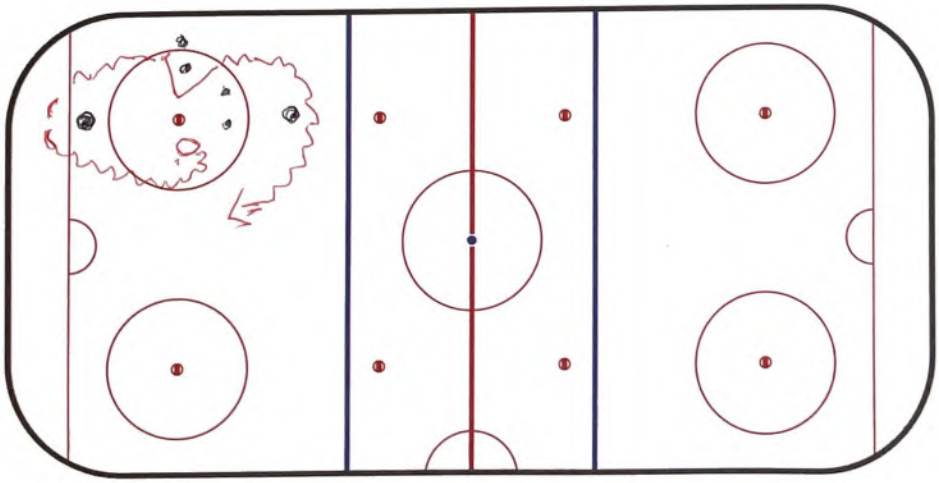


Spiel 4-2 mit 2PUCK

2 VERTEIDIGER im KREISS PASSIV.

10 min

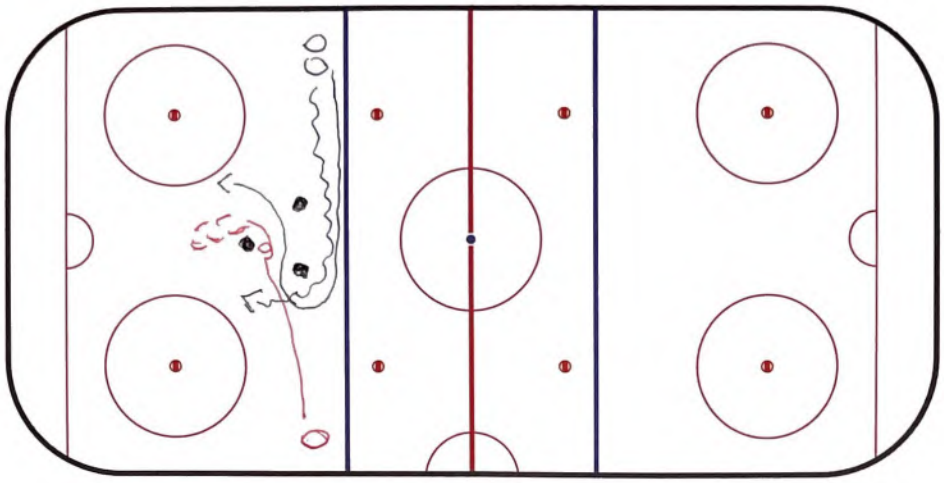
2 SPIELER im ANDERE ZONE SCHÜSS ÜBUNGE nach 2min WECHSEL.



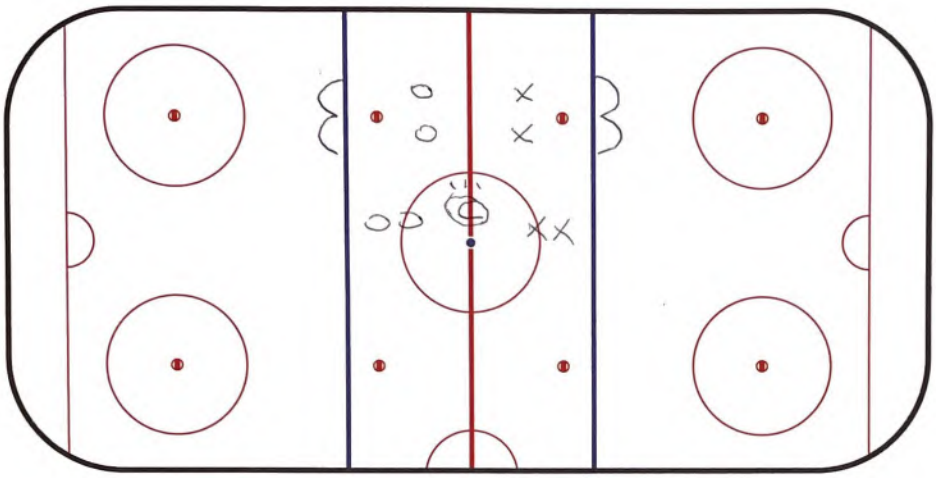
Schüss übung

AUS ECKE. (2 ZONEN)

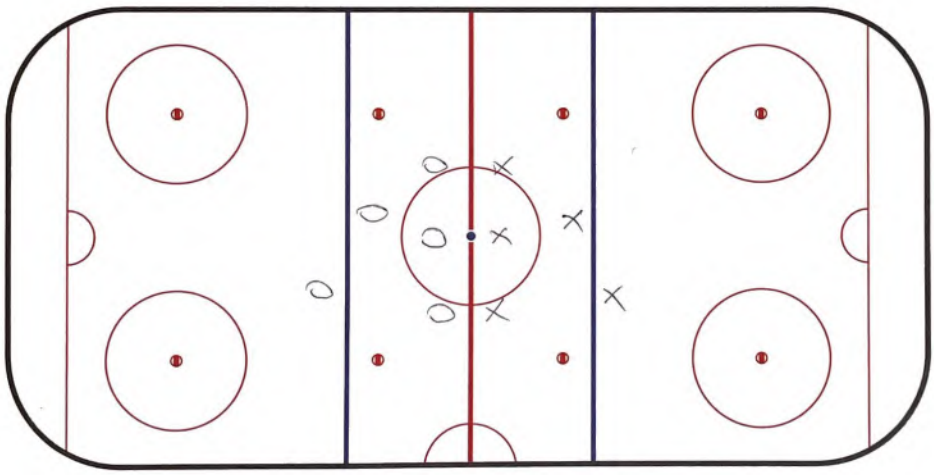
12 min



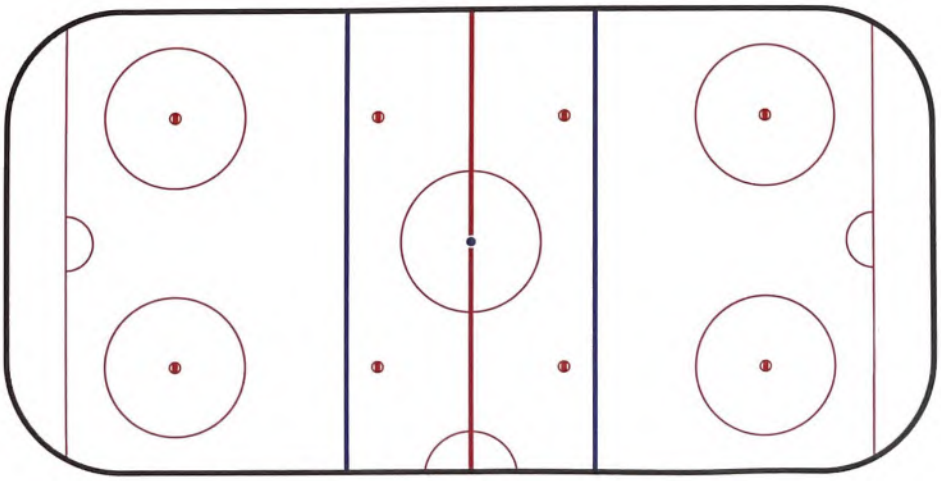
Kurze & schnelle
2-1 (2 zonen)
10 min



Spiel 2-2 kl. Platz.
6-7 min



Spiel ganze Eis
4-4 oder 5-5
15 min

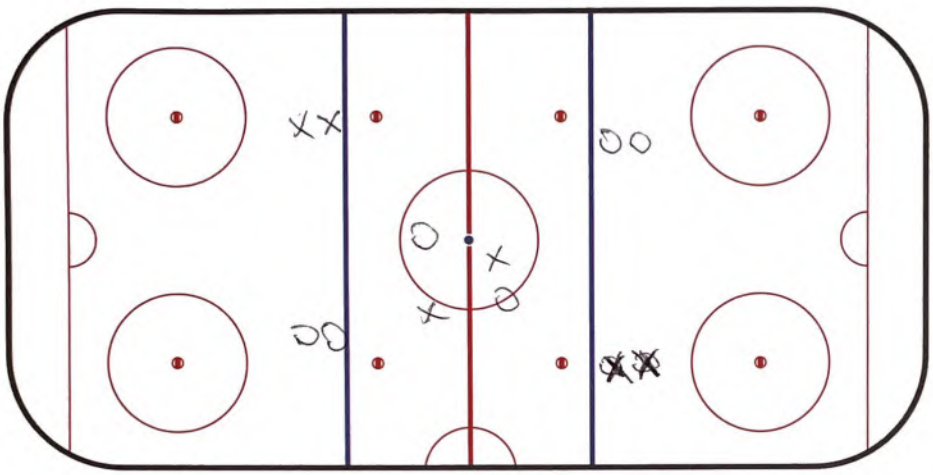


TEAM: 30.8.2021. U15

DATUM: 16:10 - 17:10

TRAINER: Yuri

TRAININGSPLAN



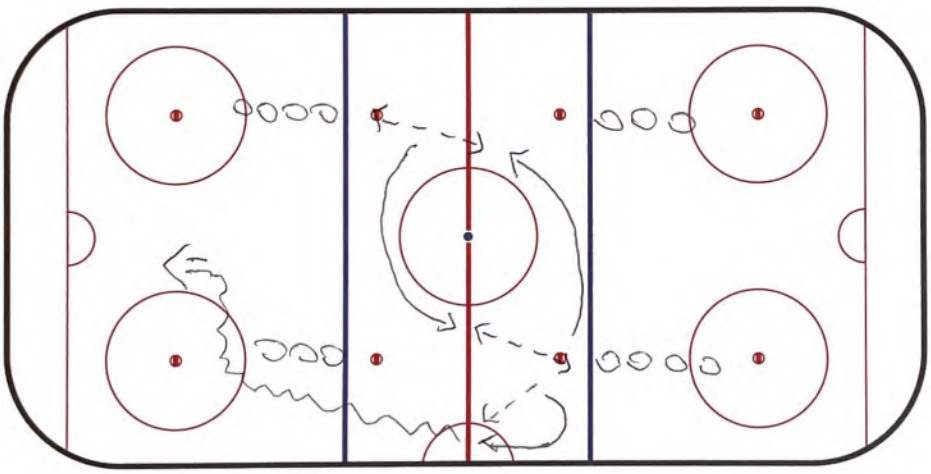
[redacted]

Aufwermen Spiel

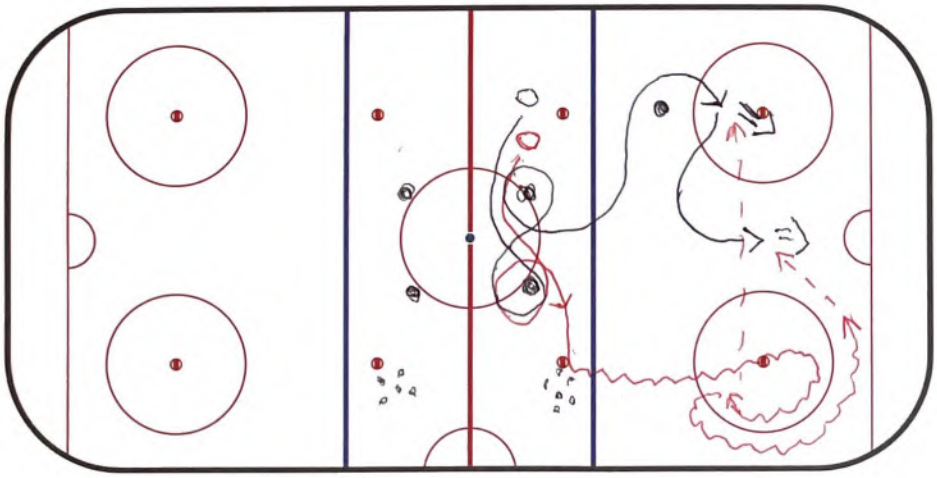
2-2 im mitte zone

7-8 min

(mit PASSen diagonal zum eigene JOKER)



1-0 mit doppel PASS -> mitte zone und Angrif zone tempo wechseln -> im zone verschiedene wege zum TOR schauen, -> zum nach schuss gehen 5-6 min



2-0 von mitte mit 2 VARIANTEN -> CAMADIA und PASS -> oder doppel CAMADIA und PASS oder SCHUSS für nach schuss

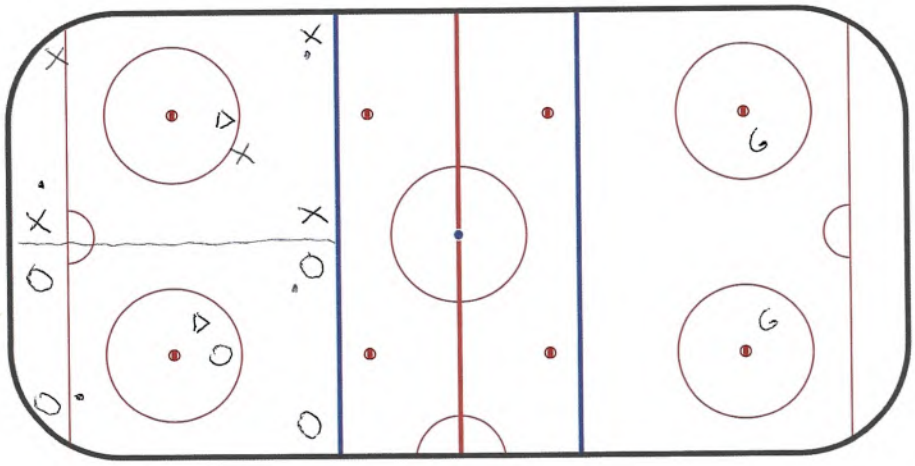
12 min

TEAM: U15 16:40-17:40

DATUM: 10.9.2021.

TRAINER: Yuri.

TRAININGSPLAN

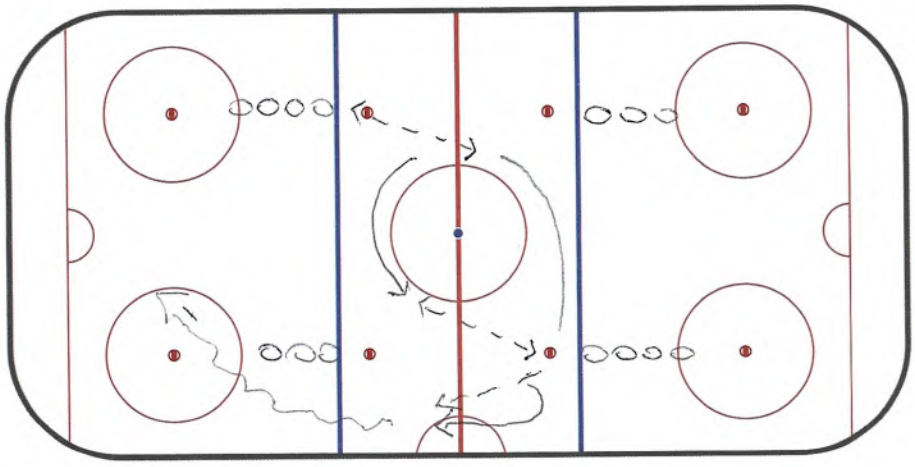


Aufwermen

4 + F -> PASSIV D ->

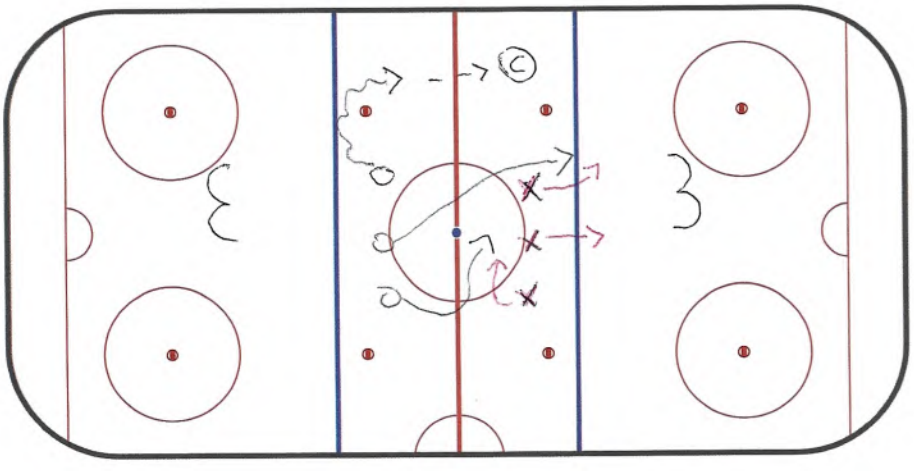
2 PUCK.

8min



1-0 DOPPEL PASS

5min

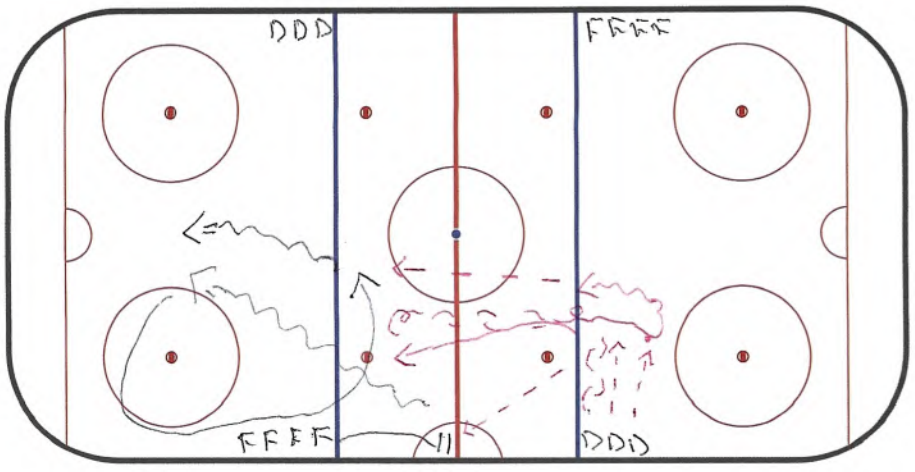


SPIEL 3-3 -> (TR) JOKER

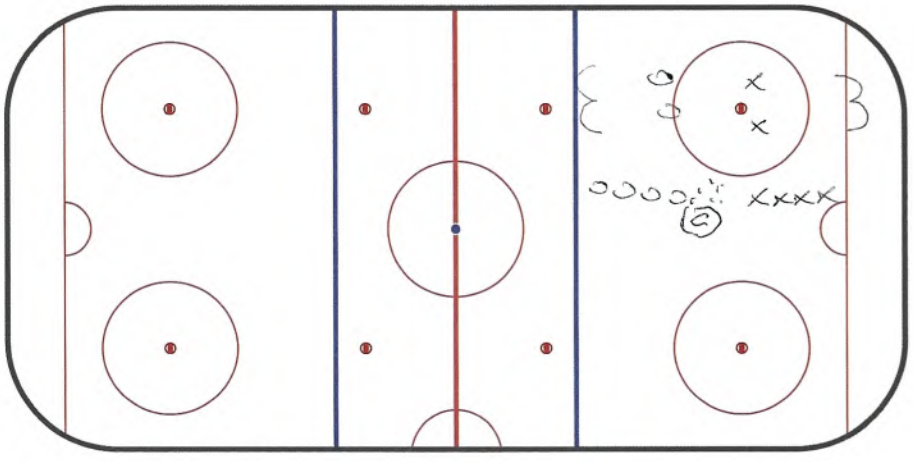
FÜR TEAM MIT PUCK.

-> 4-3 SITUATION NUTZEN

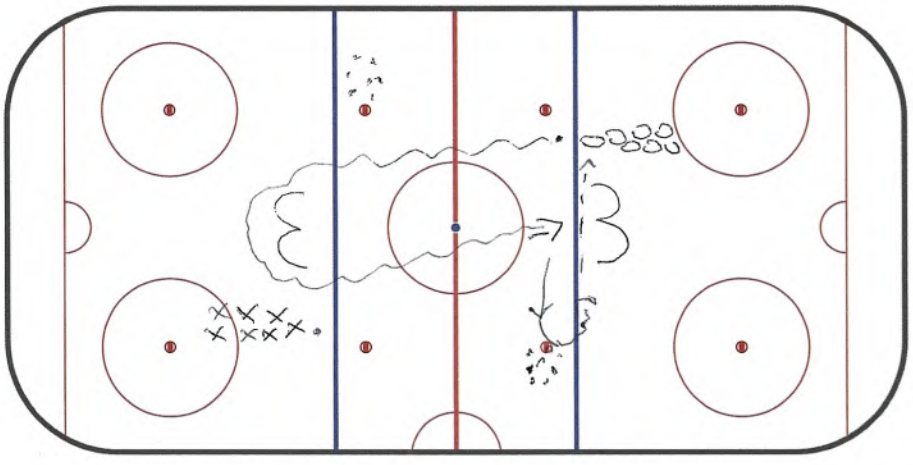
10min



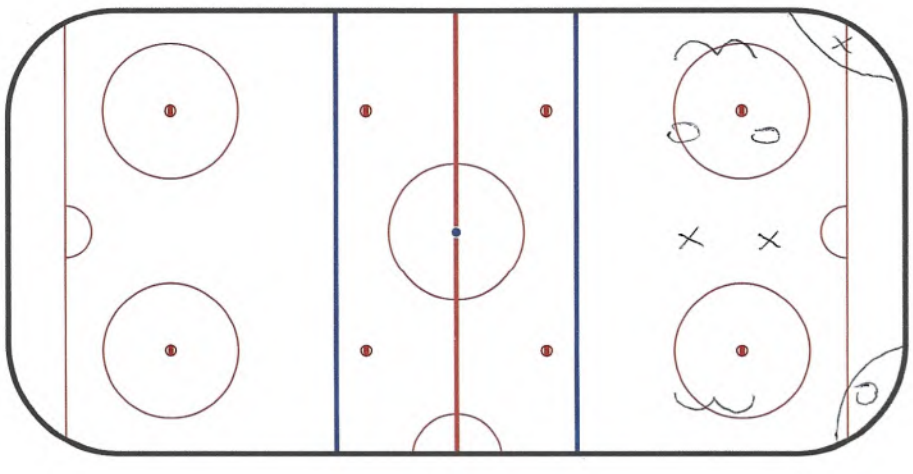
1-0 -> 2mal Anbieten
-> 2 schüsse -> D mit F
Arbeit
12min



2-2 kleine Platz
5min



Penalty schuss mit
tempo -> nach schuss
pass zum partner.
5min



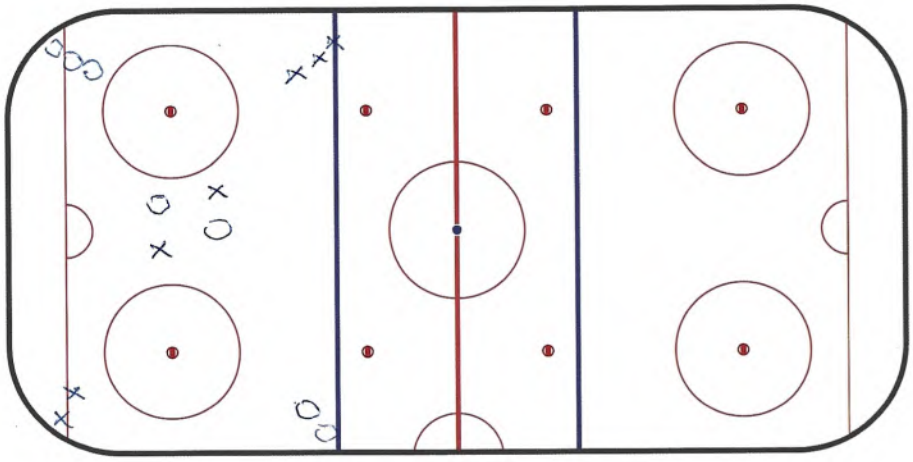
Spiel im zone 3-3
mit joker in ecke ->
hinten tor nutzen.
12-13min

TEAM: U15. 16:10-17:10

DATUM: 6.9.2021.

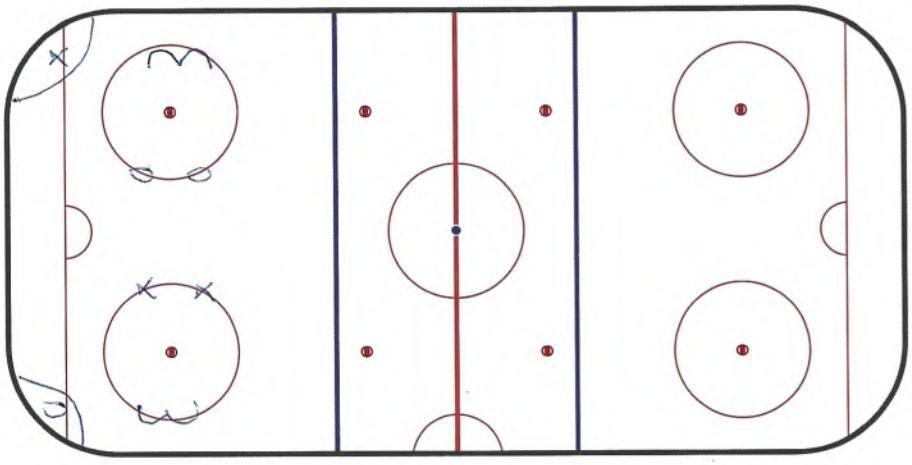
TRAINER: Yuri

TRAININGSPLAN



Aufwermen

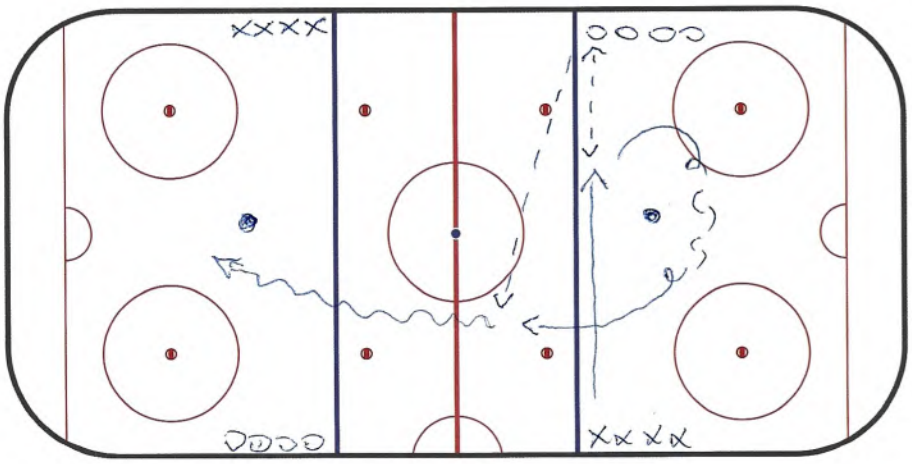
5min



Spiel 2-2 mit Joker

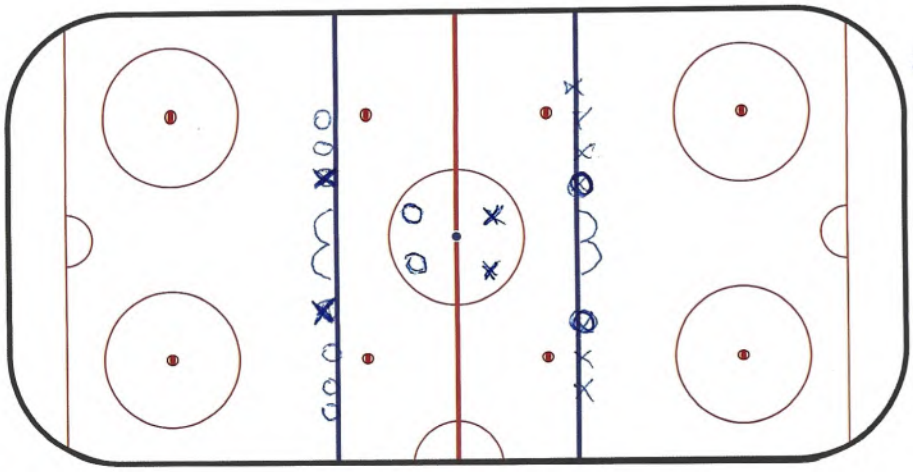
im ecke.

10min



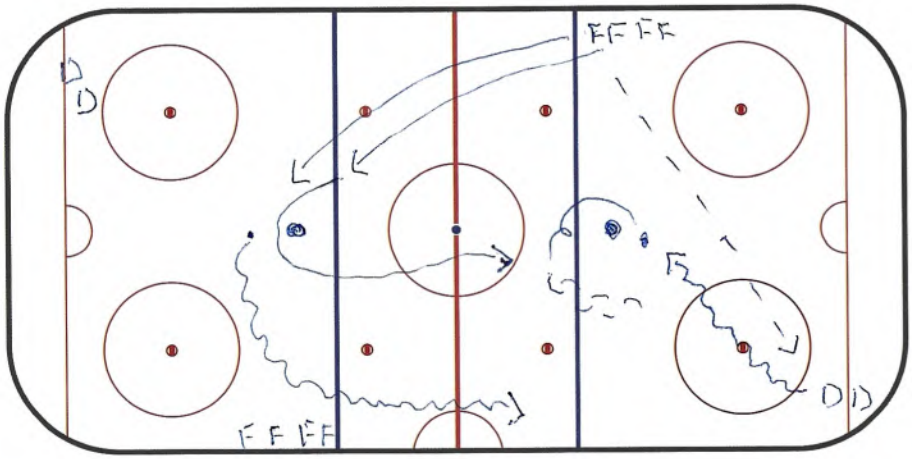
1-0

10 min



Spiel 2-2 kleine Platz

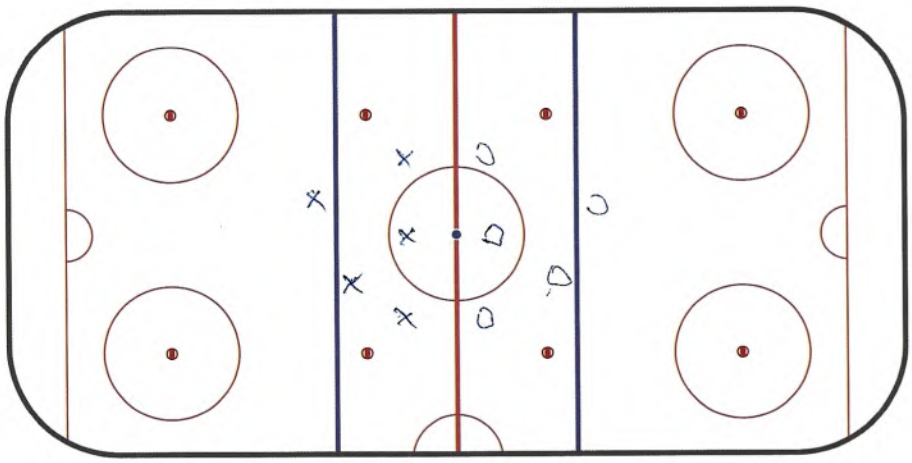
2 Joker 10 min



2-1 -> D-Ausecke

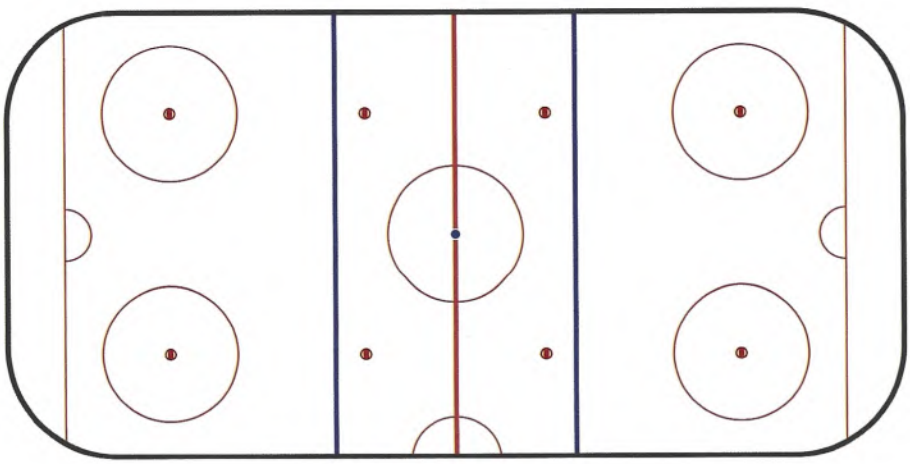
F. aus mitte.

10 min



Spiel 5-5 ganze Eis

12 min

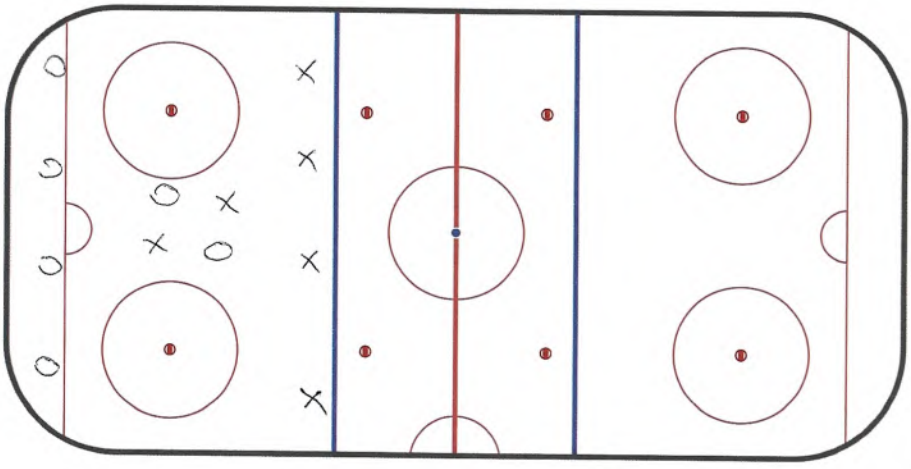


TEAM: U15, 11:10-12:30

DATUM: 7.9.2021.

TRAINER: Yuri

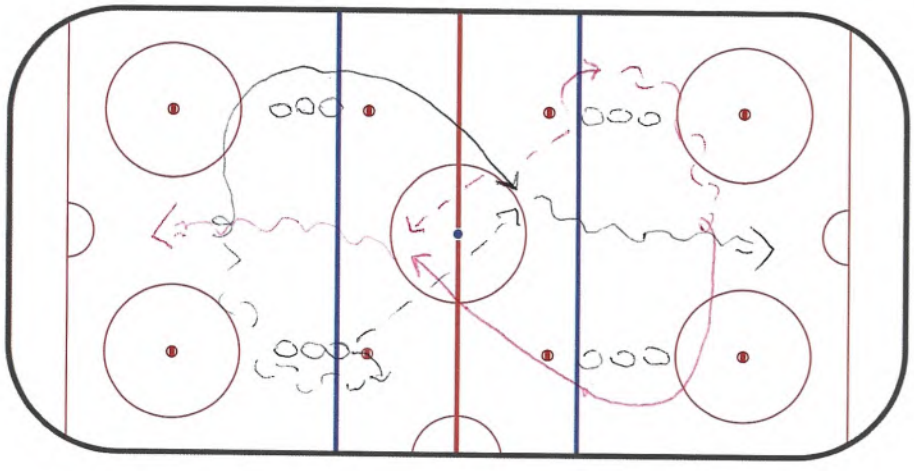
TRAININGSPLAN



Aufwermen

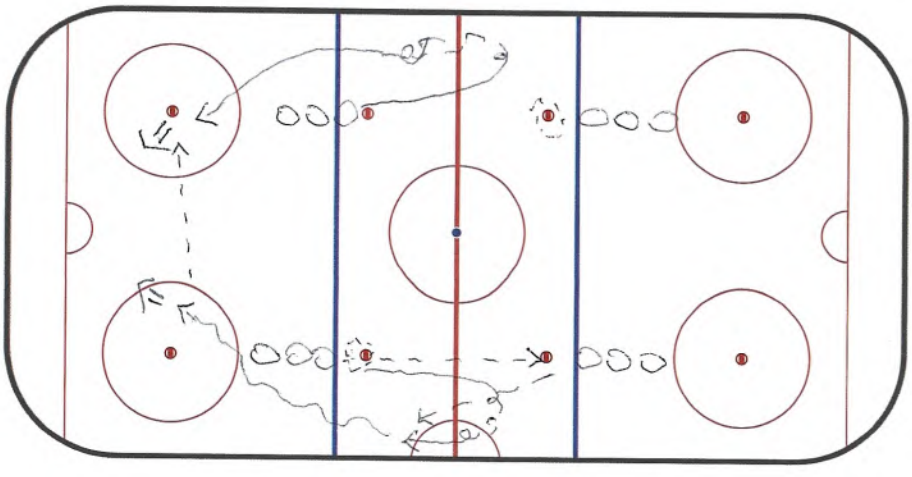
2-2 mit Passen zum eigene gruppe.

8min



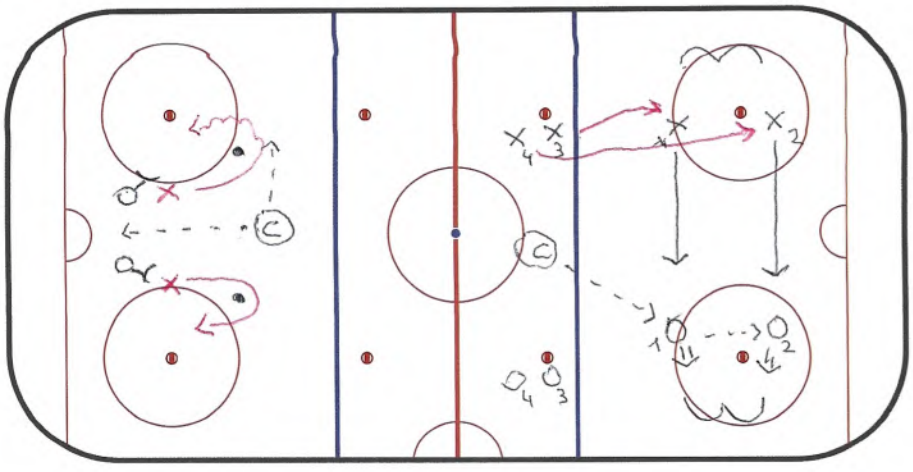
1-0

7min



2-0 → Konzentrieren auf schlagen Puck position bei schuss oder pass.

7min



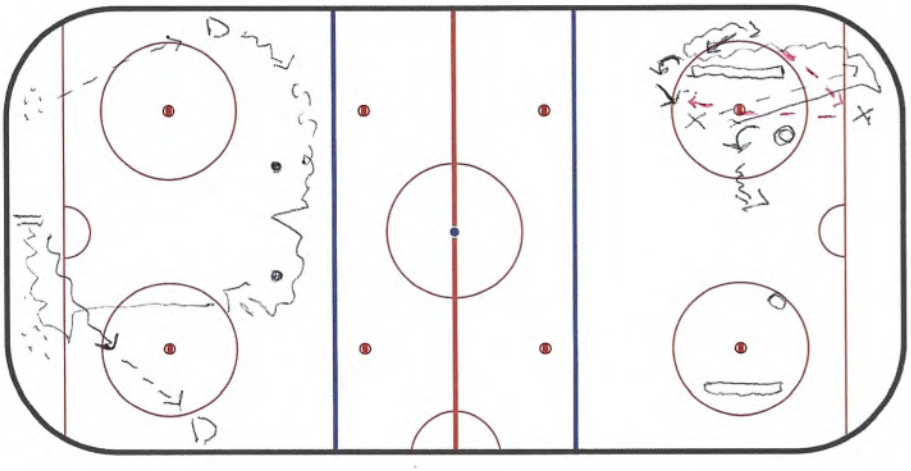
Spiel 2-2 сдогоняющими

10 min

wem 1 GOAL dann

2-2 auf 1 Tor 2 Attake.

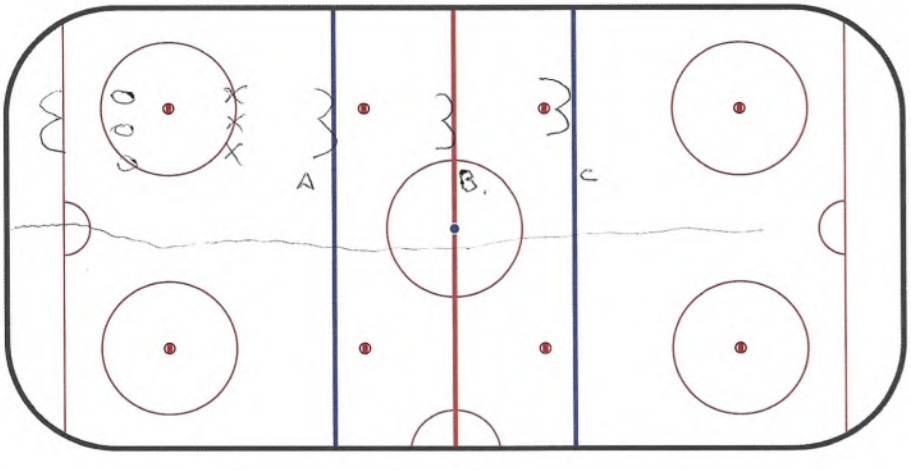
10 min



F - eine seite

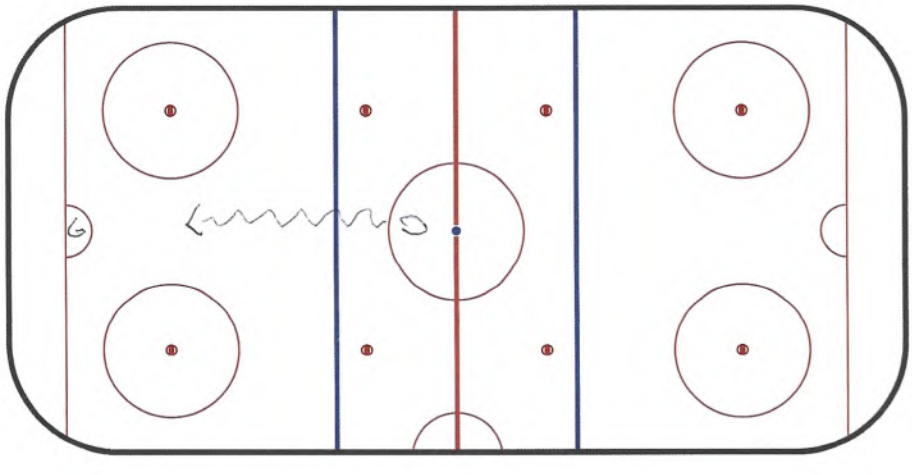
D - Andere seite.

15 min



Spiel 3-3 (A, B, C)

5 x 5 x 5 -> 15 min



Penalty König

(Lernen 1-0 situation)

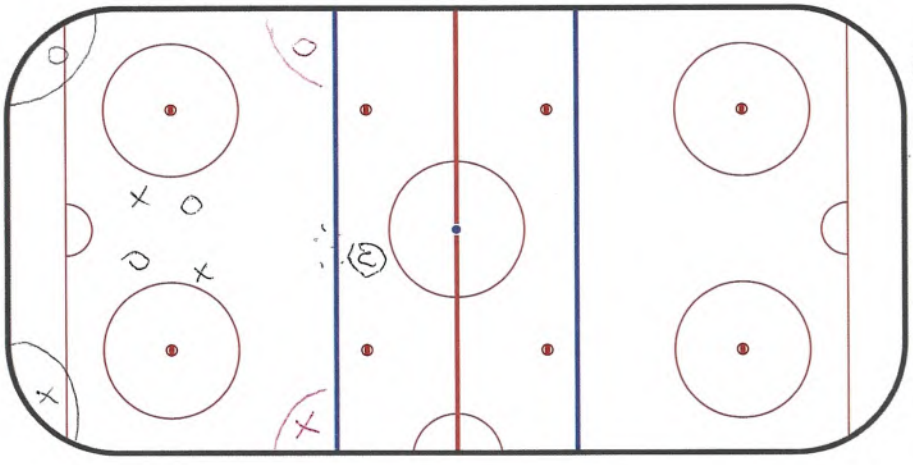
10 min

TEAM: U15, 16:40-17:40

DATUM: 9.9.2021.

TRAINER: YURI, MARTIN.

TRAININGSPLAN

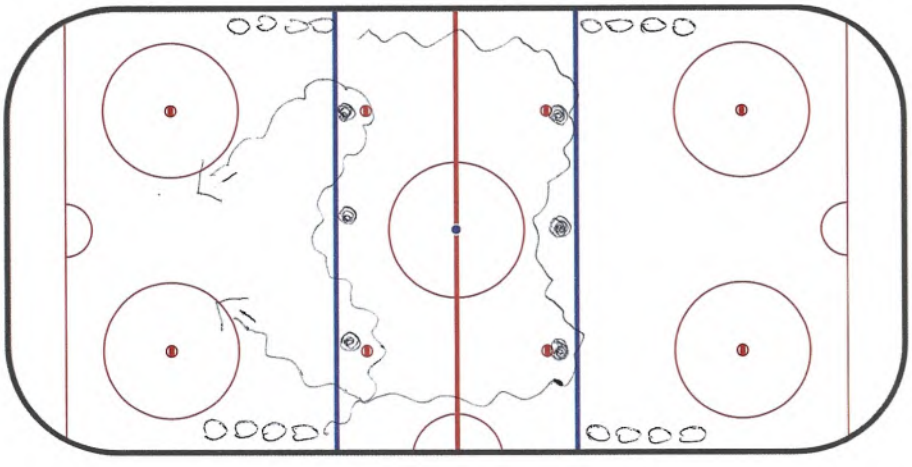


Aufwermen spiel

a) 2-2 mit joker unten (pass)

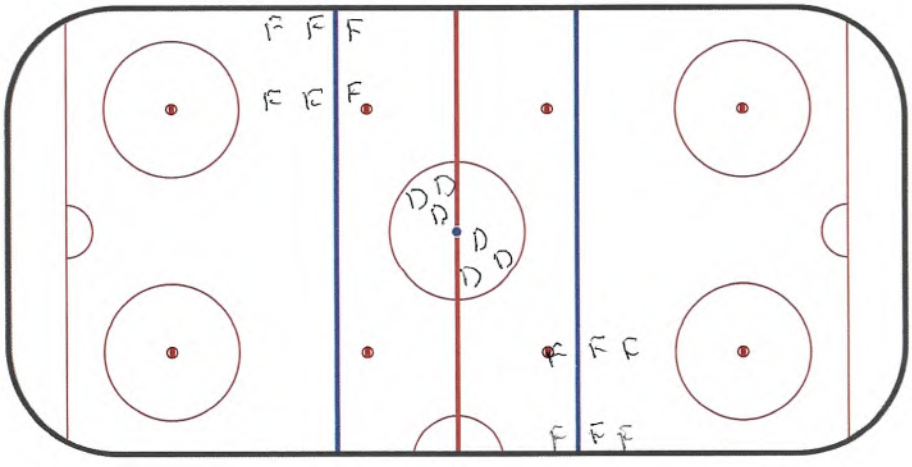
b) 2-2 mit joker oben (pass- -oder schuss)

10min



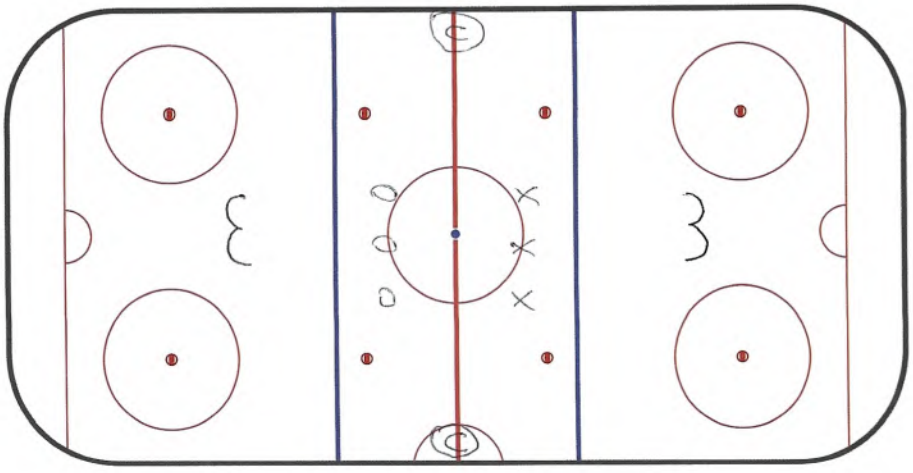
1-0 kurze-lange seite -> schuss -> nach schuss von partner.

10min



2-1 schnell kurz von mitte.

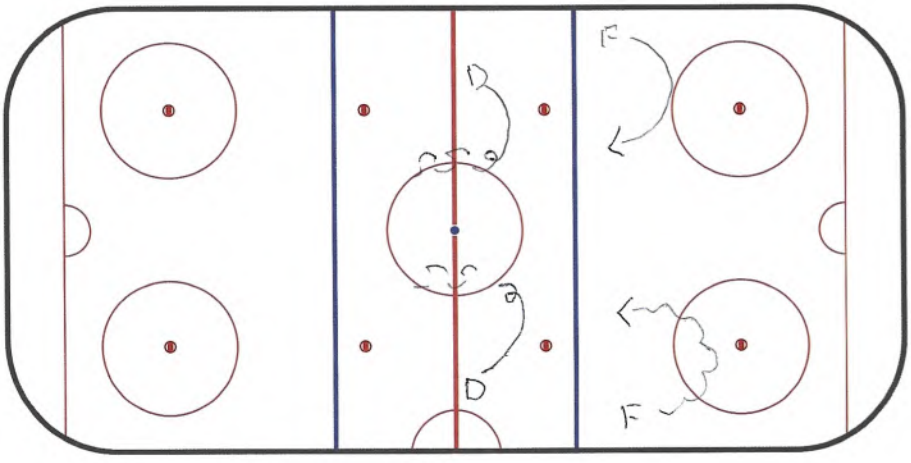
10min



Spiel 3-3 40x30

mit 2 Joker -> gute Pässe -> gute Bewegung -> gute Abschluss

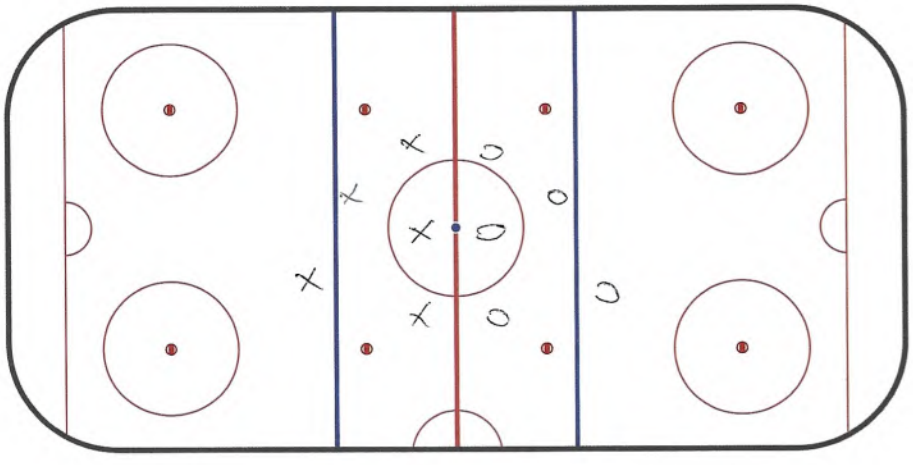
8 min



2-2 mit ein Puck

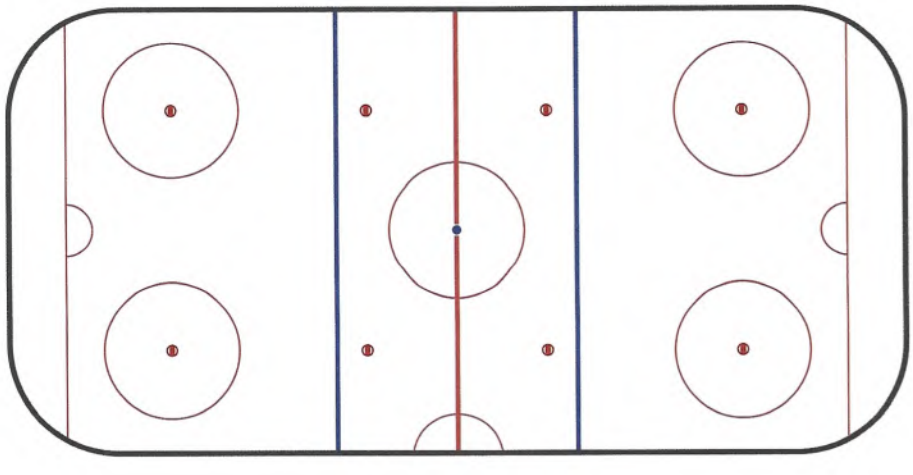
- Puck tief bringen
- unterstützen
- Zug zum Tor
- Kommunizieren -> jede sein Mann -> Schläger unter Kontrolle. (nächste 2 F im Zone wie im Spiel Bewegen bei Bully Kreise -> Spiel lesen.

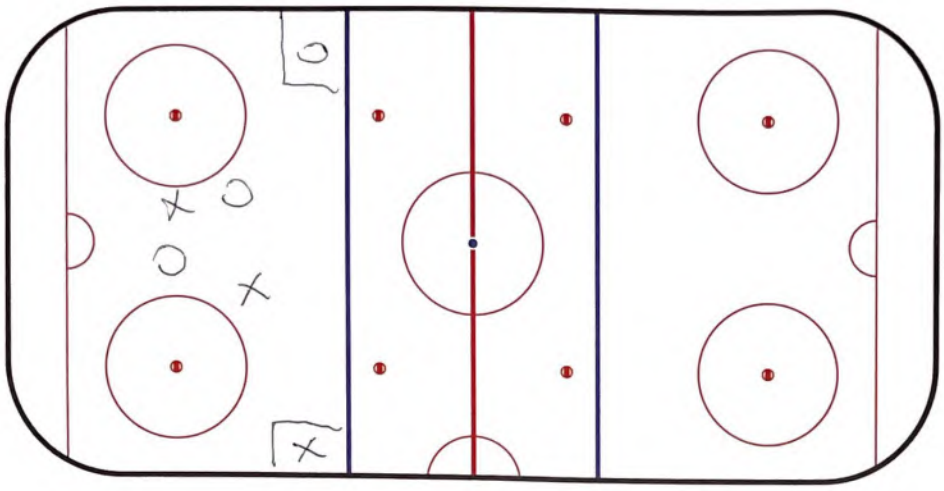
8 min



Spiel 5-5 ganze Eis.

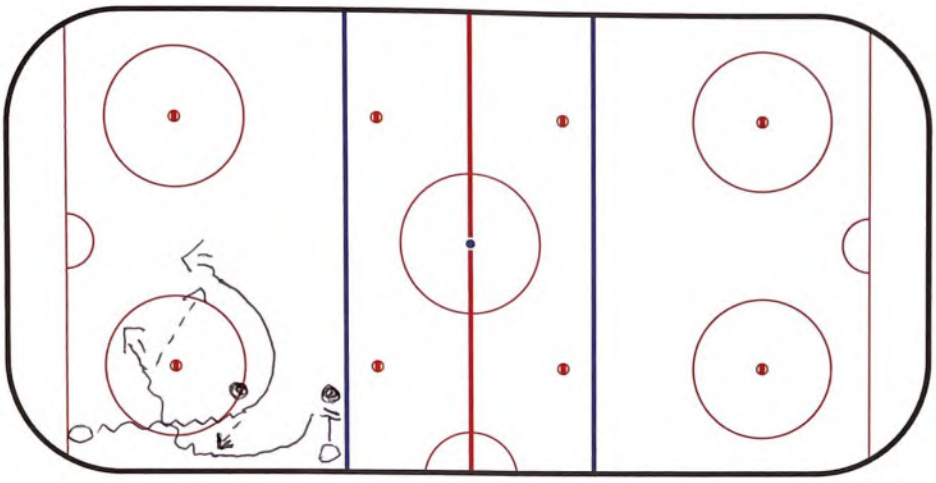
12 min





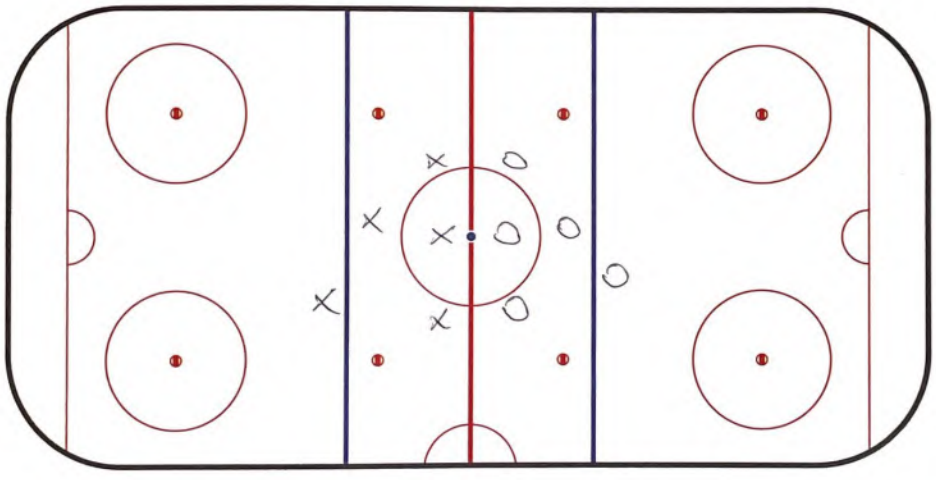
Spiel 2-2 mit 1 JOKER PRO TEAM → JOKER geht rein wenn sein TEAM PUCK HAT. → AUTOMATISCH 3-2.

10min



2-0 AUS ecke und VON BLAU. (2 zonen)

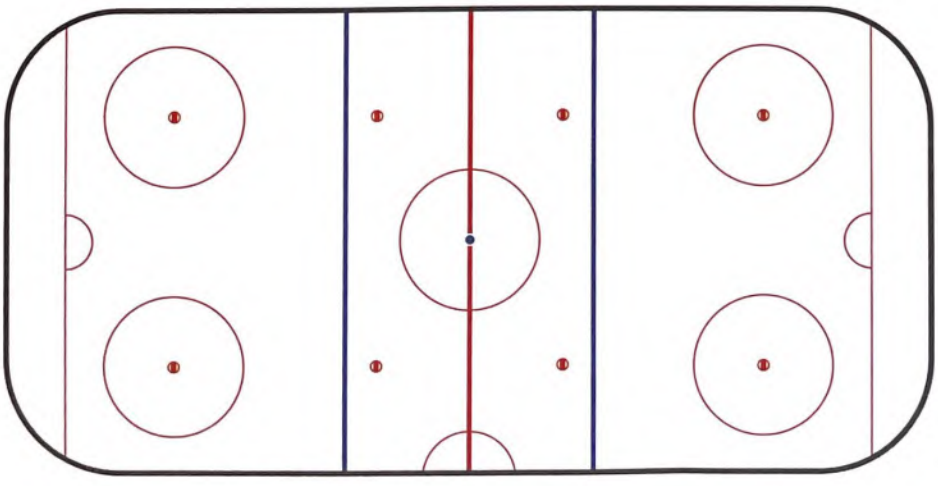
5x5 → 10 min.



Spiel ganze eis

4-4 → 5-5.

12 min

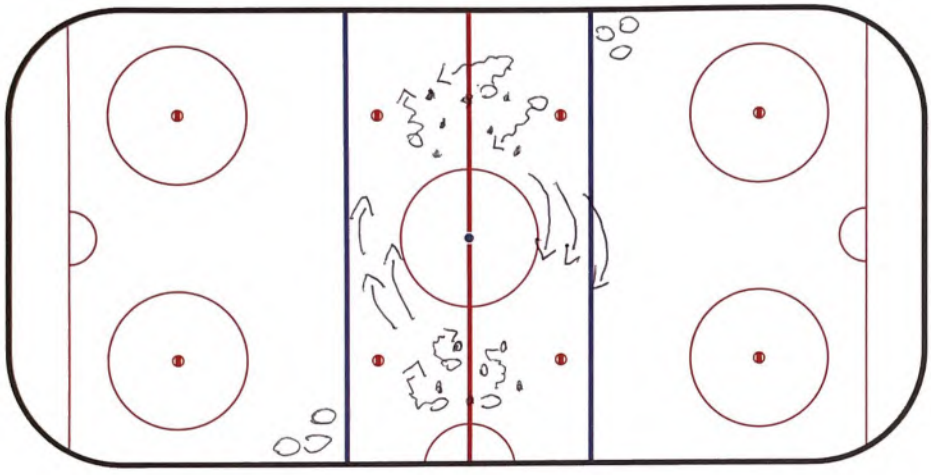


TEAM: U15 11:10-12:30

DATUM: 31.8.2021+2.~~8.2021~~

TRAINER: YURI

TRAININGSPLAN



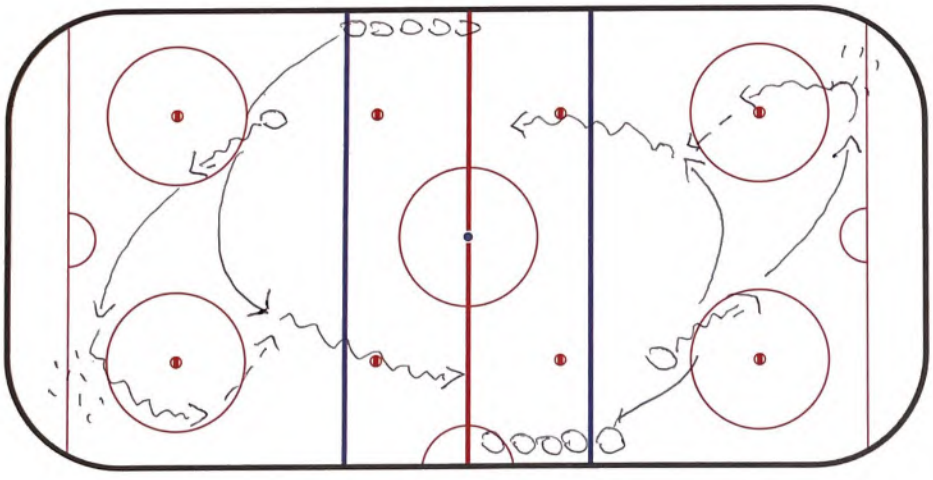
Aufwermen PUCK KONTROLL mit seitwecksln

3-4 min

+

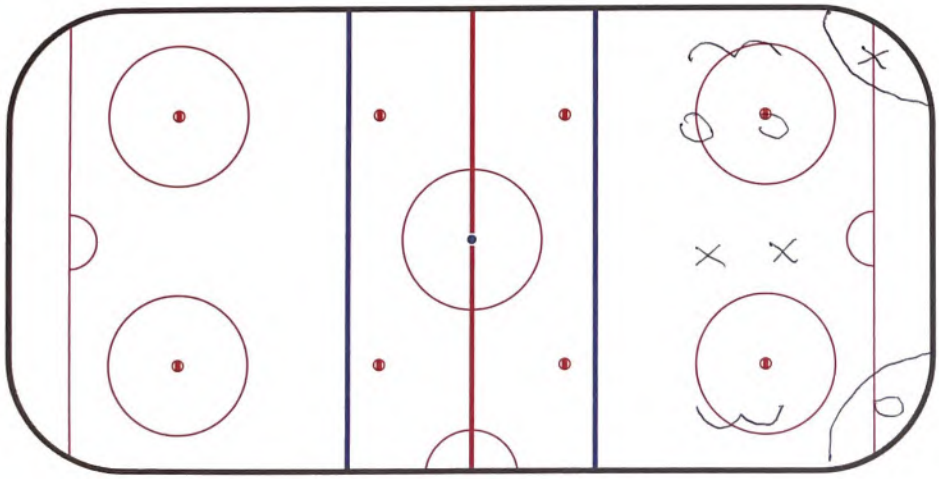
Auf kleine PLATZ 2-2 mit 2 JOKER DIOGANAL

7-8 min



1-0 mit schuss PUCK HOLEN und Anbieten in die mitte.

5 x 5 → 10 min



Spiel 2-2 im zone mit JOKER in die ecke.

10 min

E.H.C. KLOSTERSEE

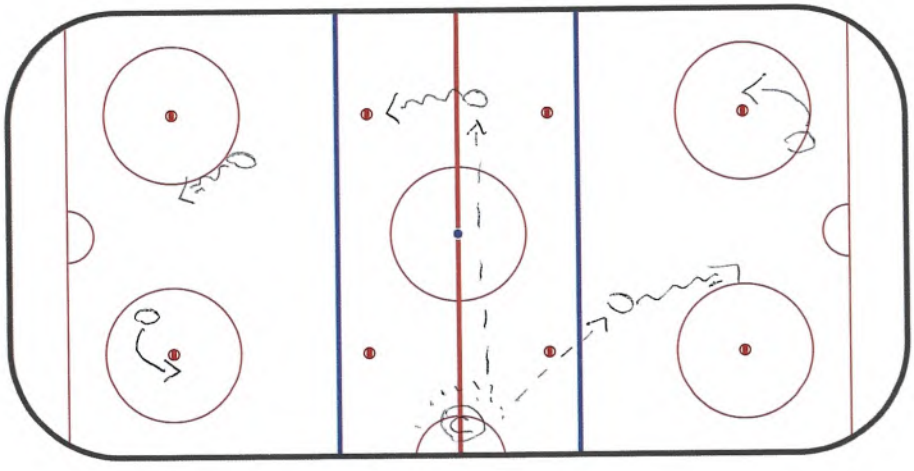
TEAM: U15. 16:50-17:50

DATUM: 13.9.2021

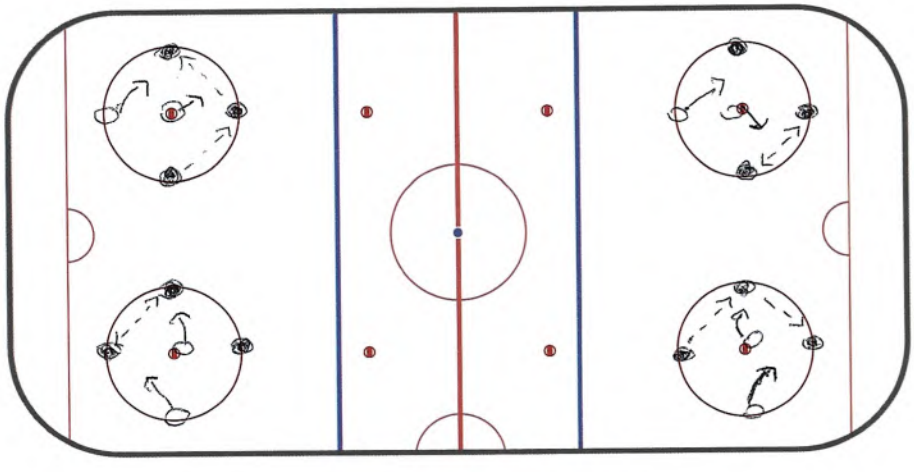
TRAINER: Yuri.

Lockere Training nach 2 Turniere.
Überzahl -> Unterzahl.

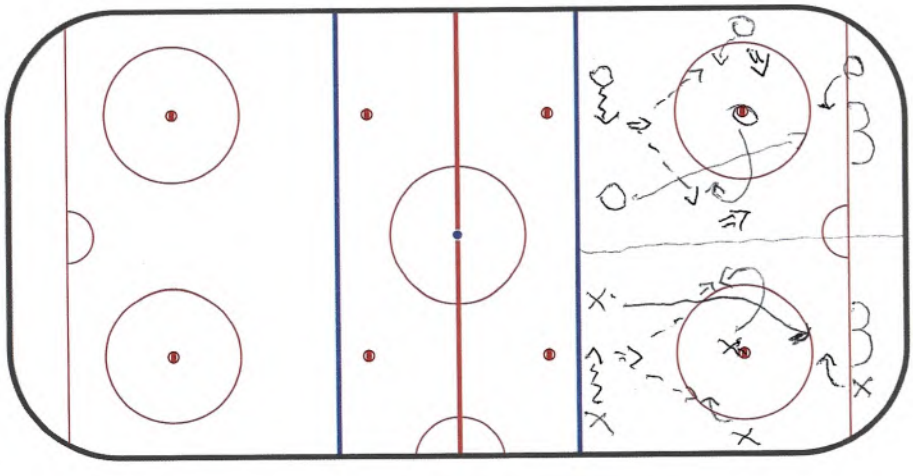
TRAININGSPLAN



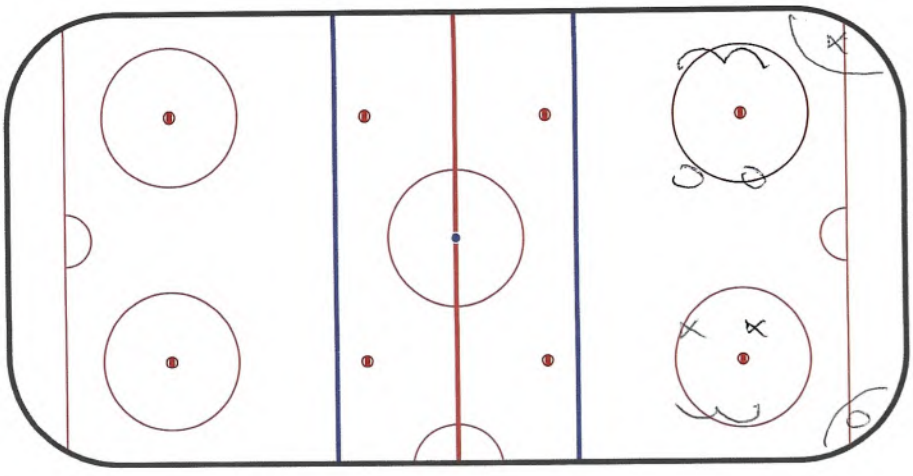
Aufwermen Spieler Goaly.
5min



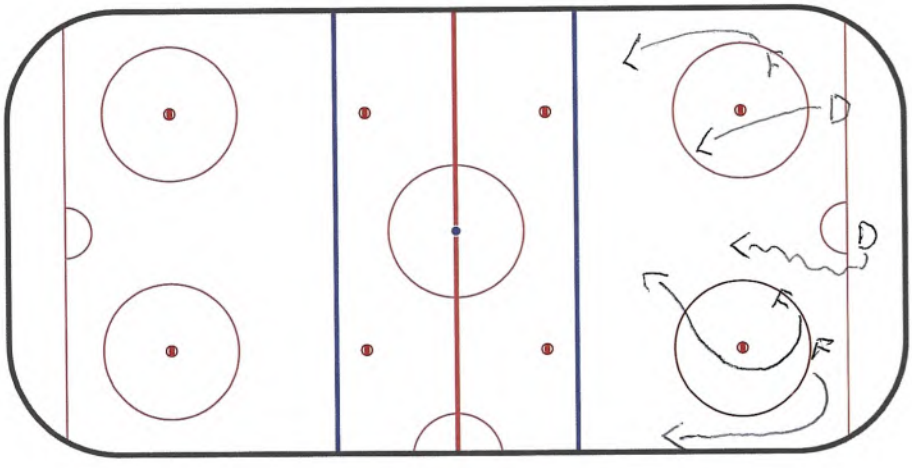
Bully Kreis Pässe
3-2 5min
Goaly -> individuell.



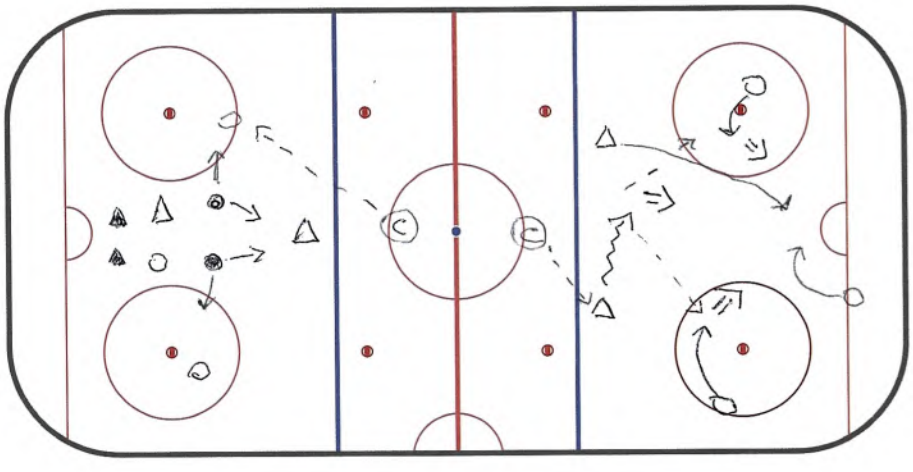
Überzahl Position
Auf kleine Platz ohne Störung.
7min -> 7min



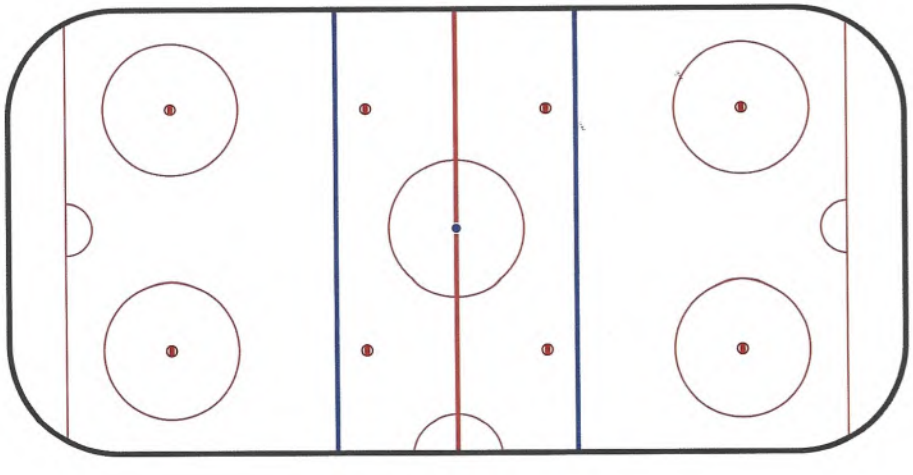
Spiel 2-2 mit Joker
im ecke -> jede seinmann
-> Schläger unter kontrolle
-> hinten tor nutzen ->
-> hinten tor richtige
entscheidung treffen.
8min

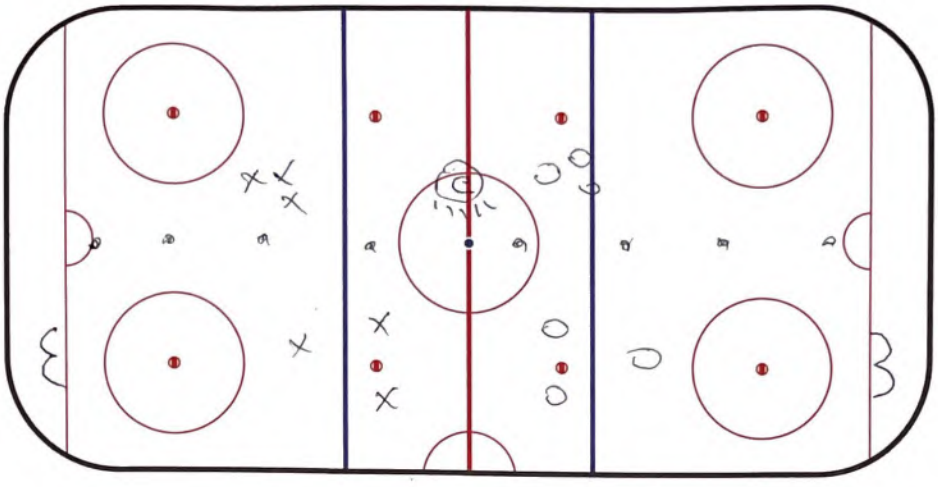


Überzahl aufbau
ohne puck.
6min



Überzahl 5-0 ->
-> 5-4 im zone
20min

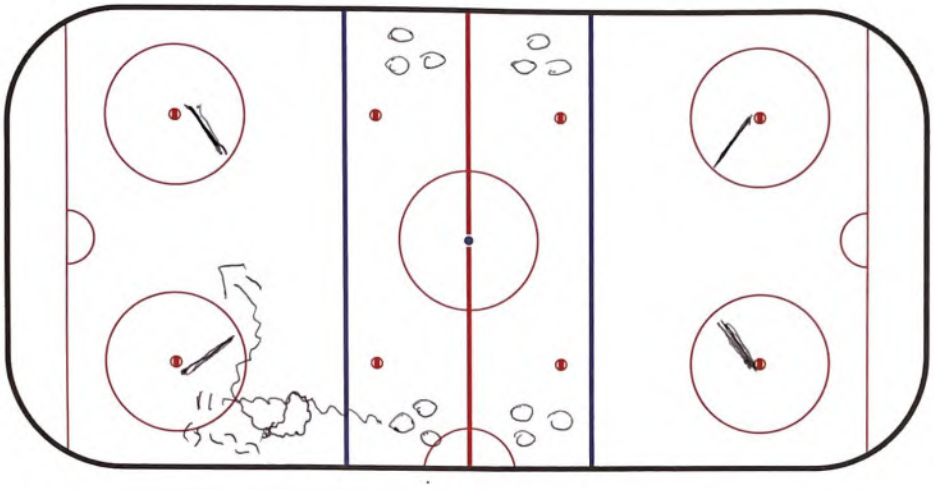




Spiel 3-3

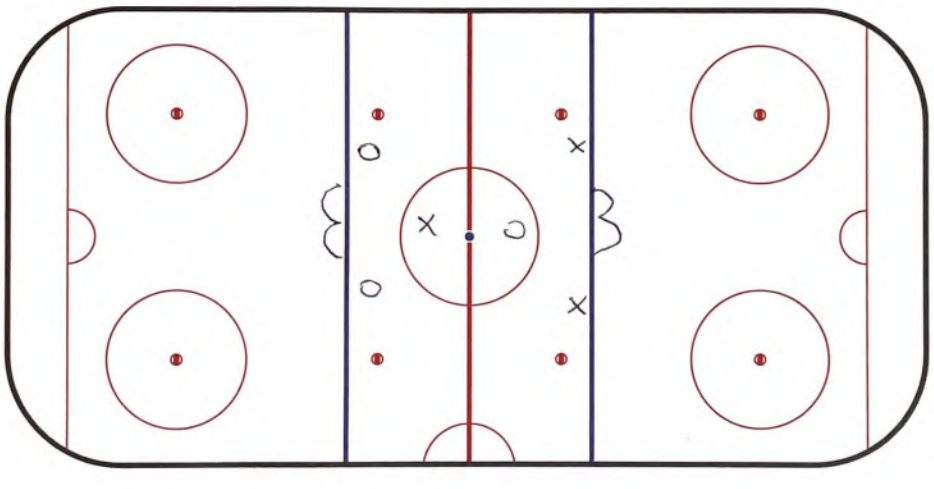
Halbe eis

10 min



1-0 Spiel Situation im 4 seiten

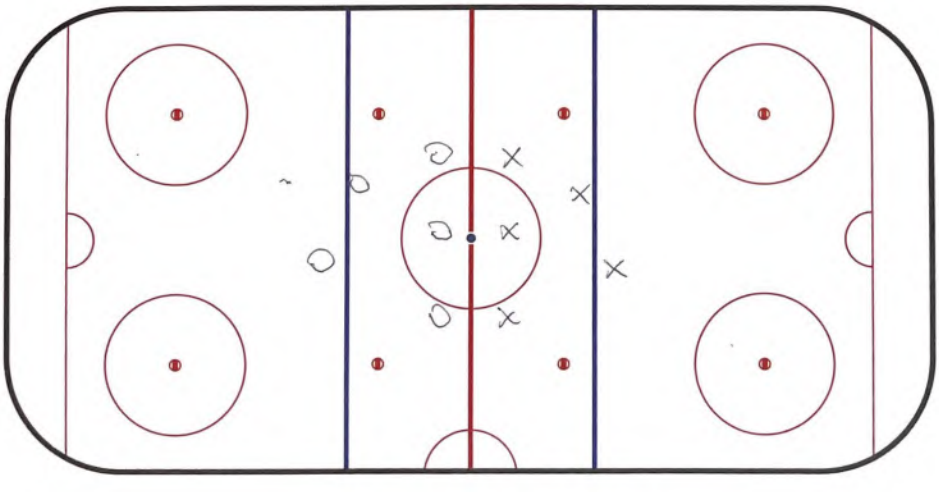
6x6 -> 12 min



Spiel 3-1 -> 3-1.

kleine Platz -> schnelle Pässe -> schnelle Abschluss,

10 min



Spiel ganze Eis

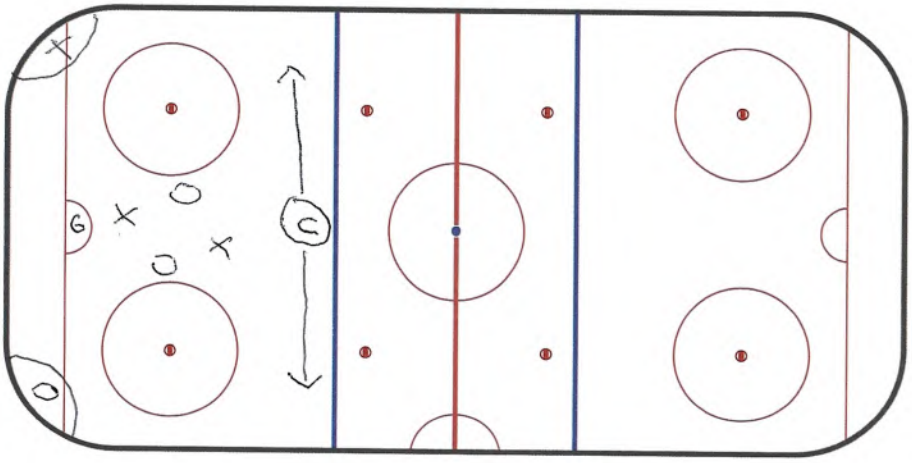
15 min

TEAM: U15, 16:30-17:30

DATUM: 16.9.2021.

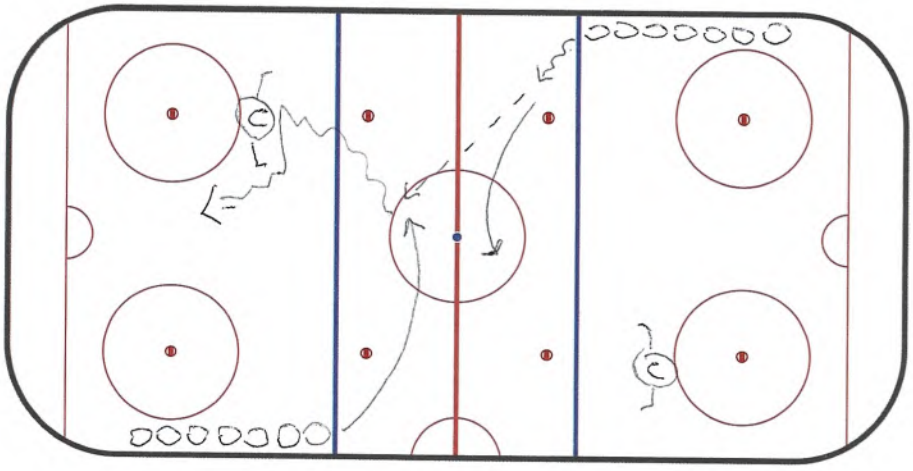
TRAINER: YURI, MARTIN.

TRAININGSPLAN



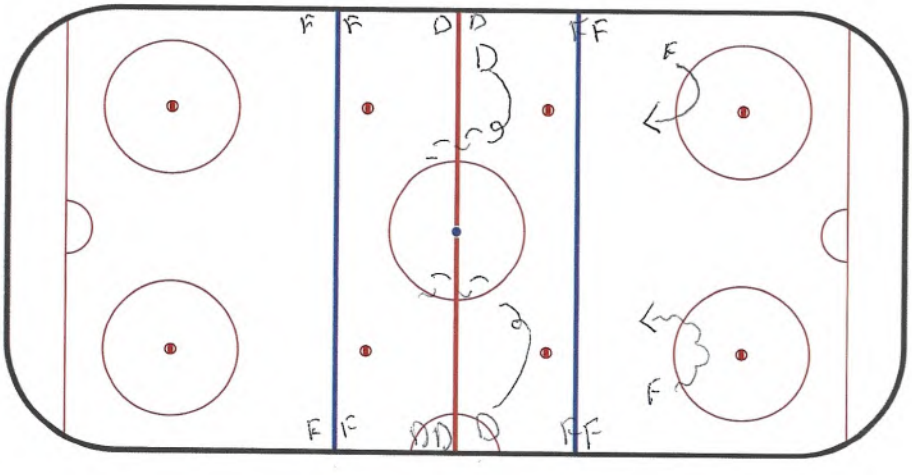
Aufwermen spiel 2-2 mit 1 joker im ecke pro team und TR oben für beide team. -> hinten TOR nutzen und ganze zone

8 min



Kurze schuss übung mit teuschen zu seite oder zu mitte

6 min

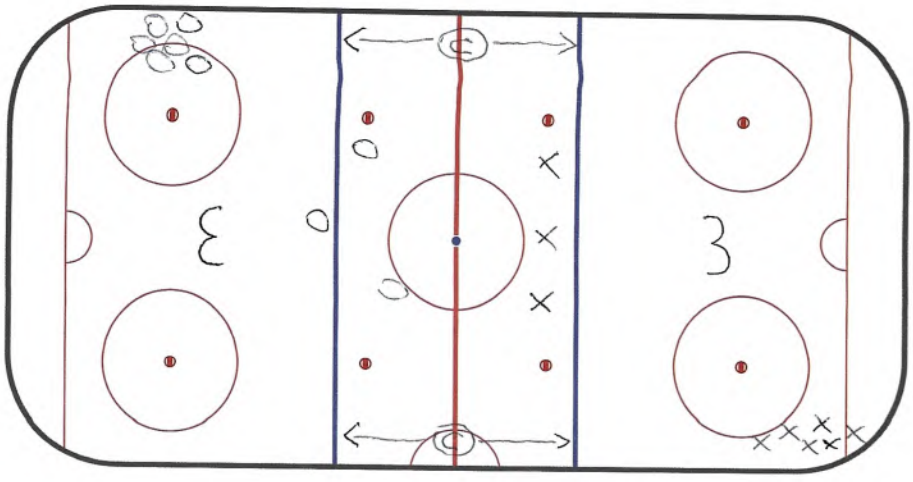


2-2 ganze eis

1 puck

1) kreizen mitte
2) canadia mit kreizen oder seite raus kommen
3) hinten TOR nutzen.

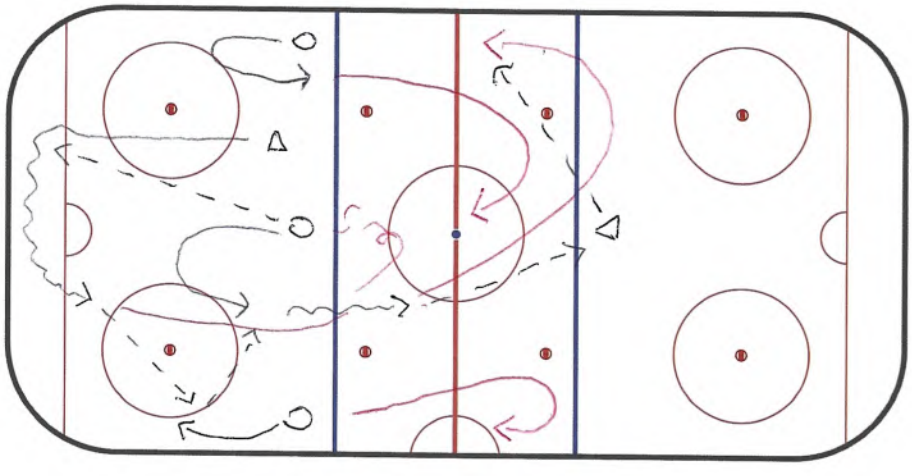
10-12 min



Spiel 40x30

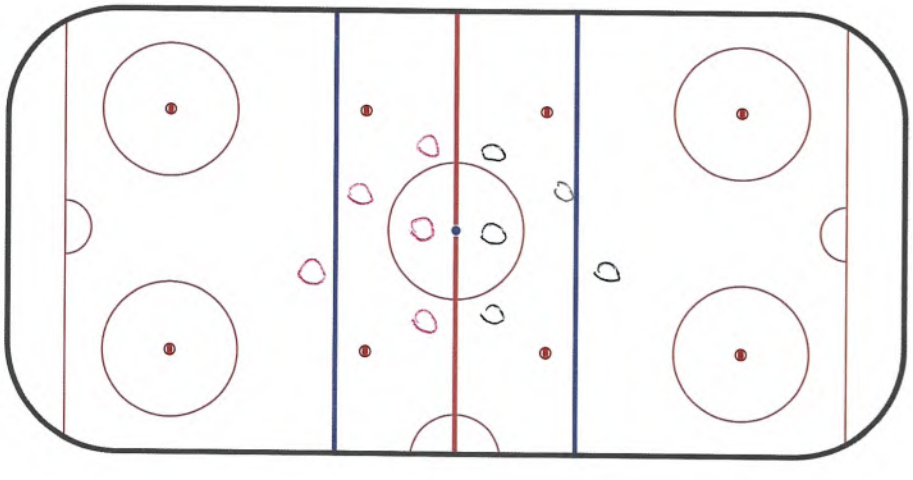
3-3 mit 2 TR Joker für beide Team.

8-10 min



3-1 mit schnelle Aufbau von Verteidiger

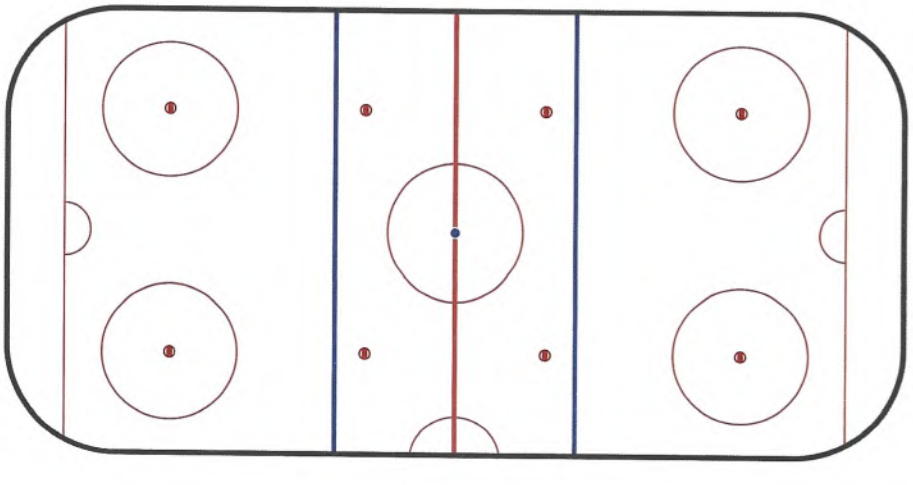
8-10 min



Spiel ganze Eis

5-5 mit Bully

10 min

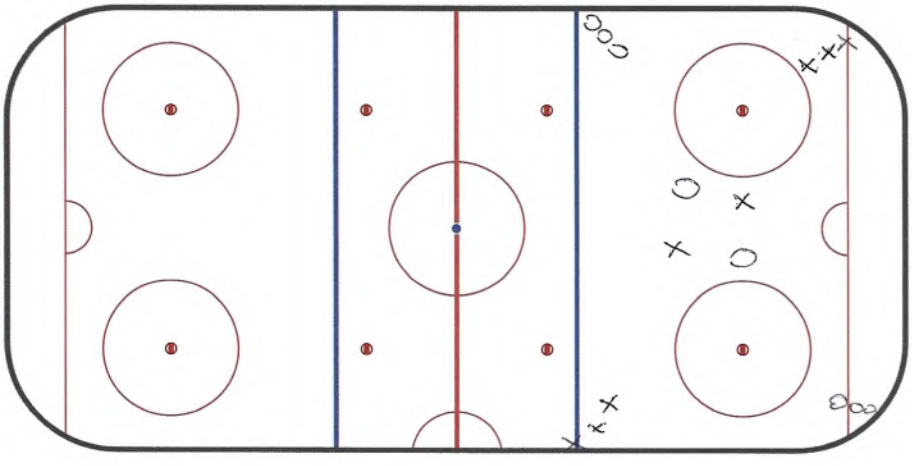


TEAM: U15, 16:40-17:40

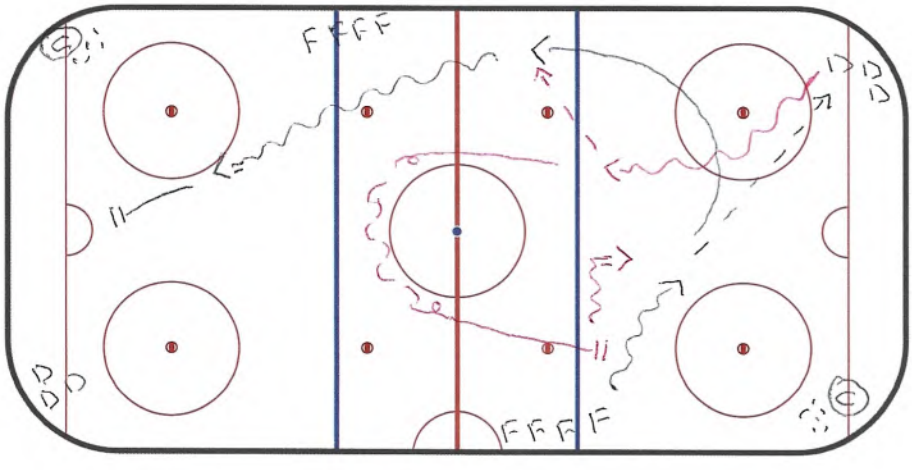
DATUM: 17.9.2021.

TRAINER: Yuri, Vitus.

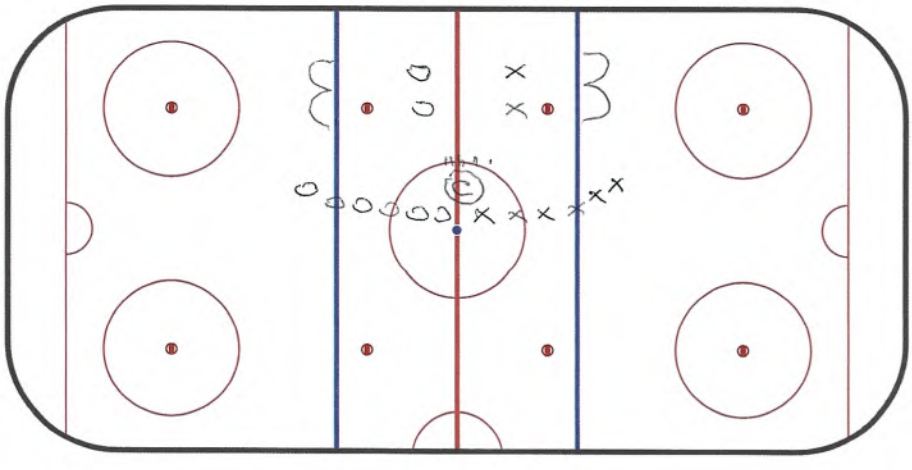
TRAININGSPLAN



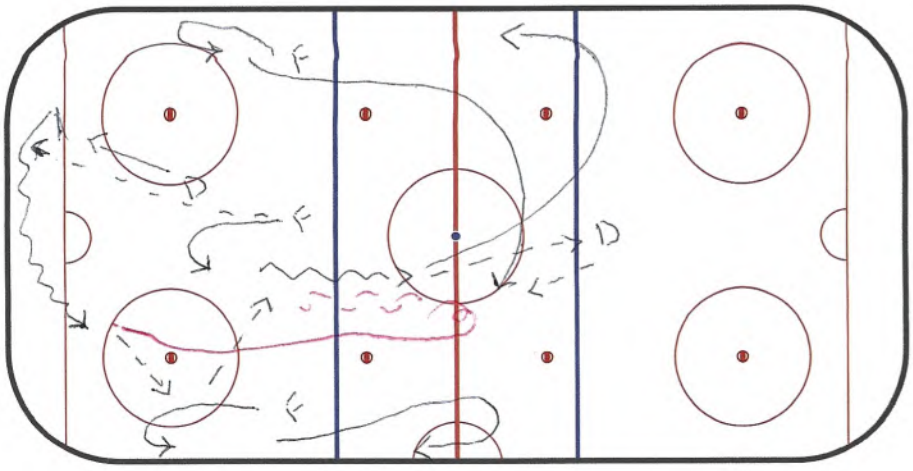
Aufwermen 2-2
mit 2Joker Diagonal.
8min



1-0 Farbeiten
mit D zusammen.
12min



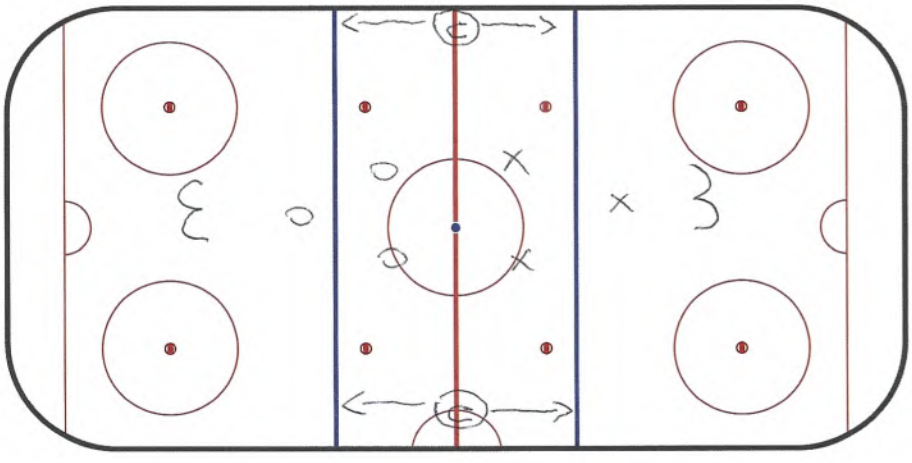
Kleine Spiel 2-2
8min



3-1 mit schnelle Aufbau

10 min

(Übung von gestern haben nicht geschafft wegen Foto Termin)

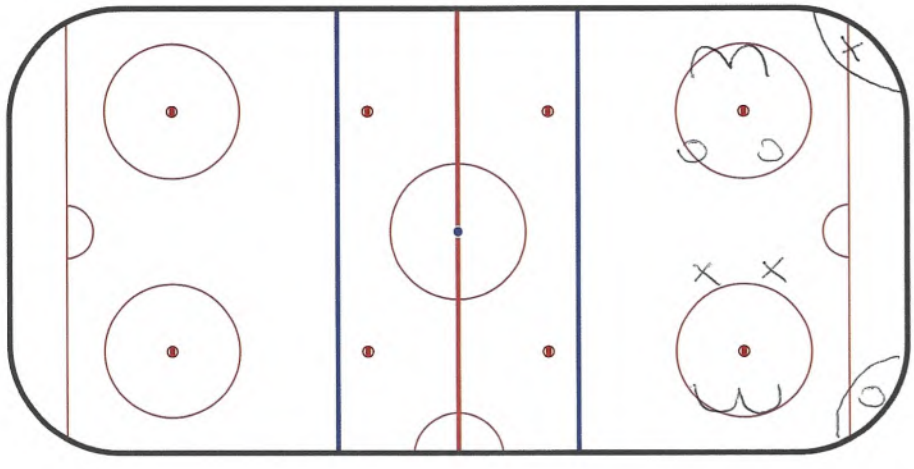


Spiel 40x30

3-3 -> 2 TR Joker für beide Team -> -> automatisch 5-3. Situation.

10 min

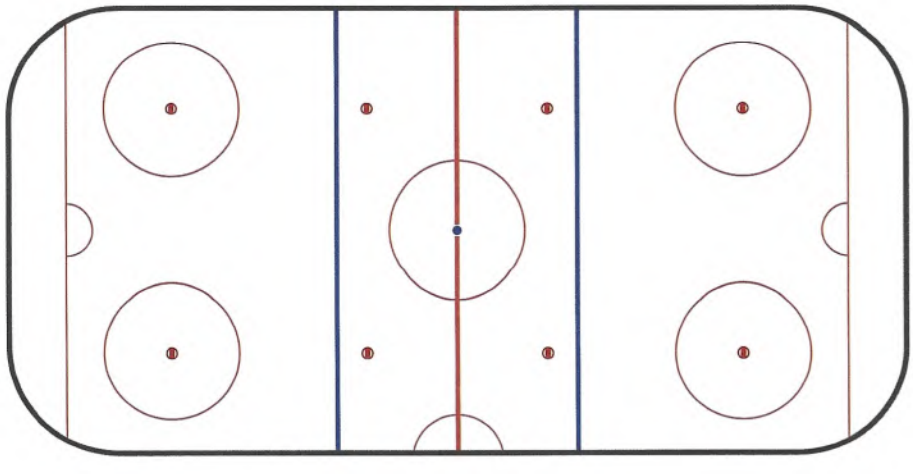
(Übung von gestern haben nicht geschafft wegen Foto Termin)



Spiel 2-2 mit Joker in die Ecke.

-> jede sein Mann -> Schläger unten kontrolle vor Tor -> schnell umschalten offensiv-defensiv -> -> offensiv hinten Tor nutzen als Hilfe.

10 min

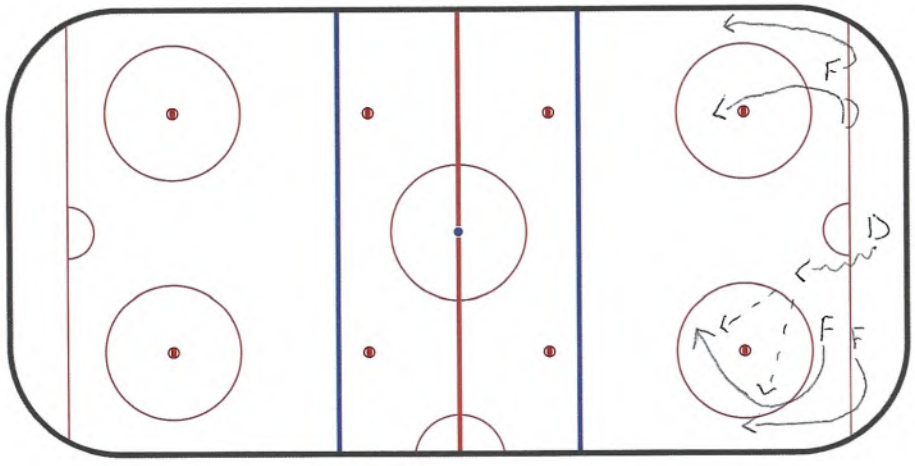


TEAM: U15. 15:50-16:50

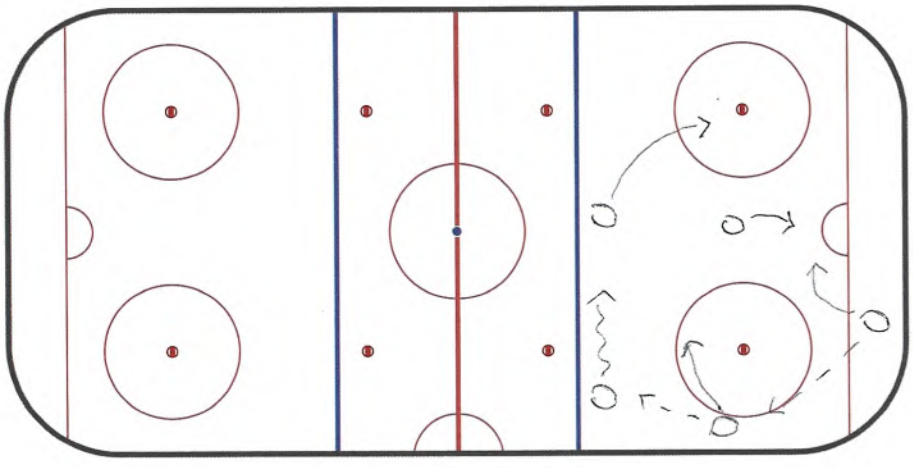
DATUM: 20.9.2021.

TRAINER: Yuri

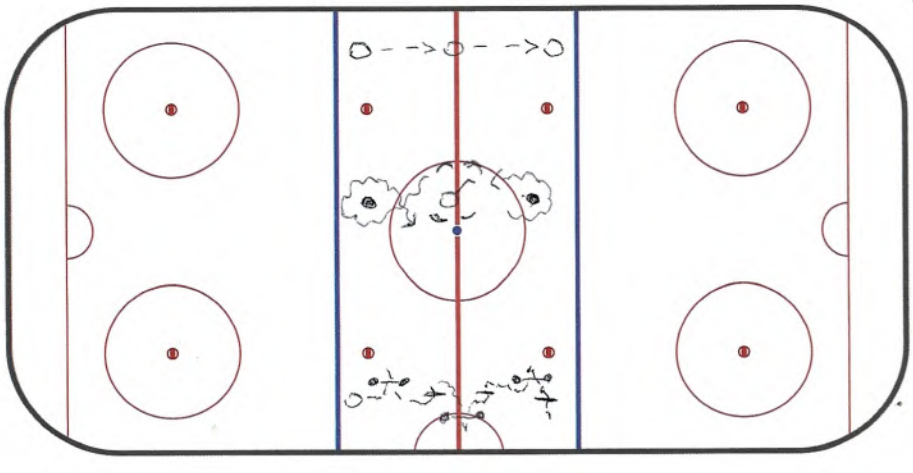
TRAININGSPLAN



Aufbau Überzahl.
10 min



Überzahl im Zone.
mit Abwechseln ->
5-4 Situation
5-3 Situation
(Positionen lernen)
zeit circa



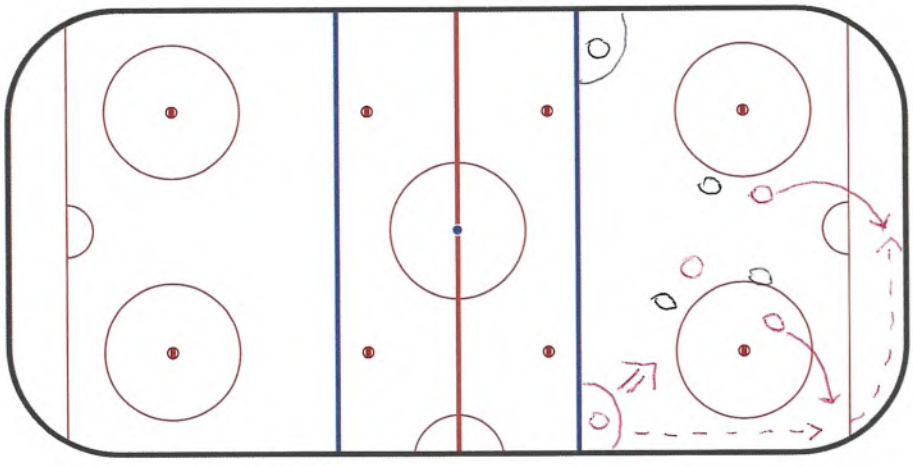
- Passen zu 3 Vorhand/Rückhand.
- Puck Abteckung
Halb Körper drechung.
- Puck Kontrol
Technische elementen.
zeit circa

TEAM: U15. 16:40 - 17:40

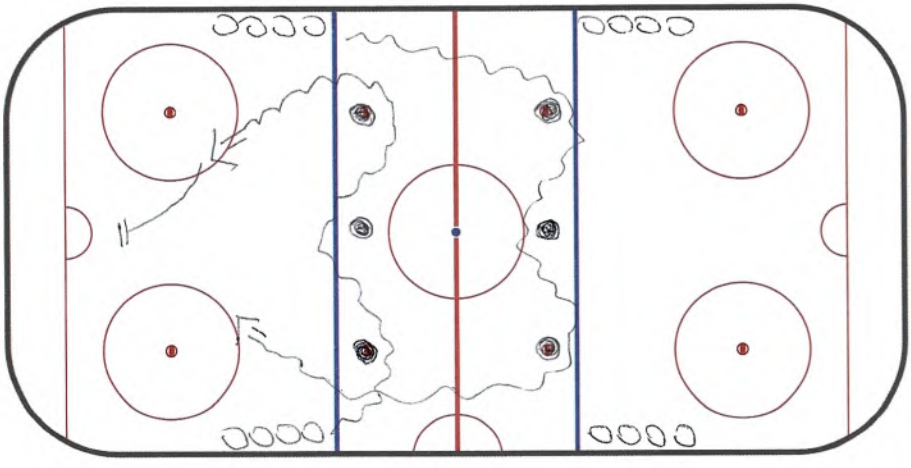
DATUM: 23.9.2021.

TRAINER: YURI, MARTIN.

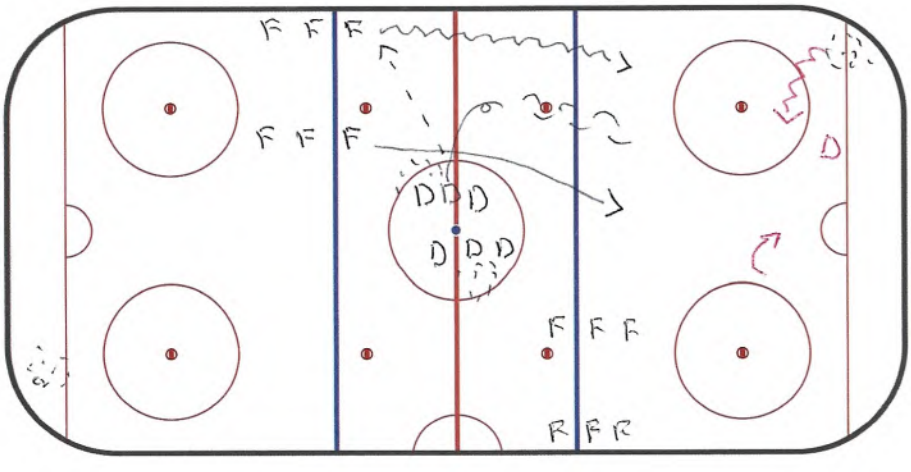
TRAININGSPLAN



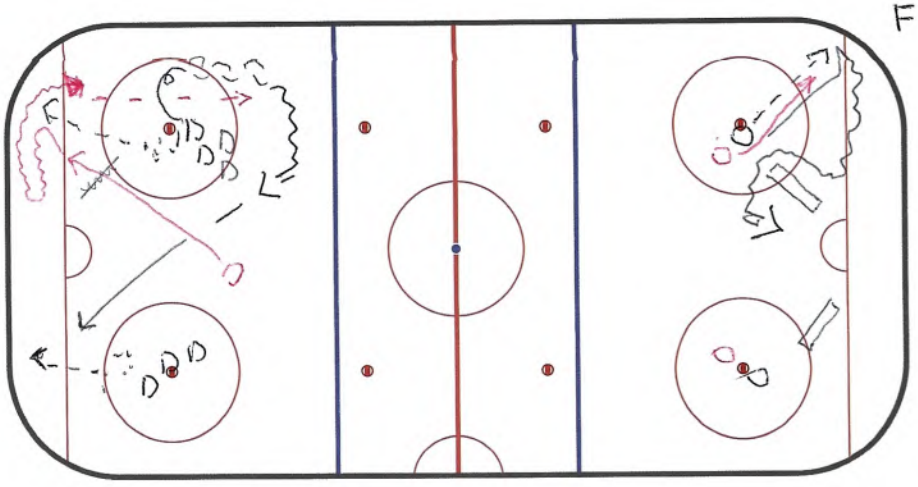
Aufwermen Spiel
3-3 mit 1 JOKER oben
PRO TEAM → JOKER (
Schuss, PASS im ecke, oder
HART HINTEN TOR) ZUSSAMMEN
ARBEIT oben-unten.
10min
G-individuen



1-0 KURZE-LANGE
SEITE
8min



2-1 SCHNELL AUS
MITTE UND AUS ECKE
12min



F - 1-0 AUS ecke

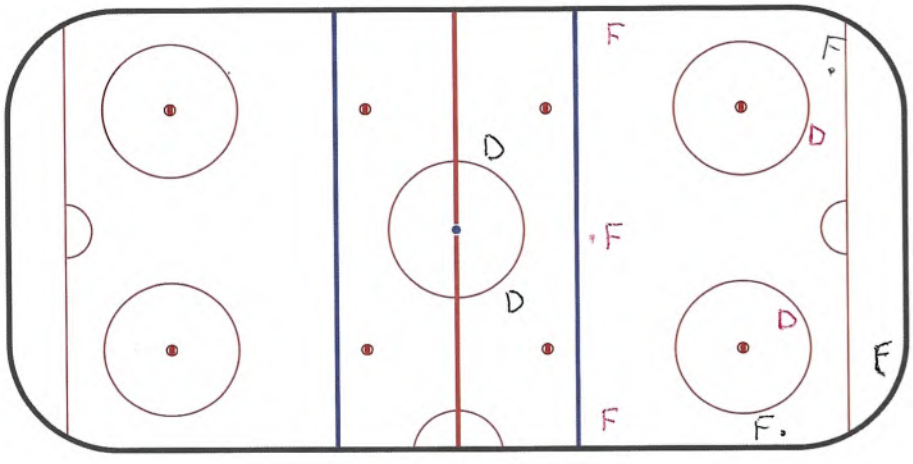
2 Sp. PASSIV

[redacted]

D - PUCK AUS ecke ->

PASS -> schuss von blau

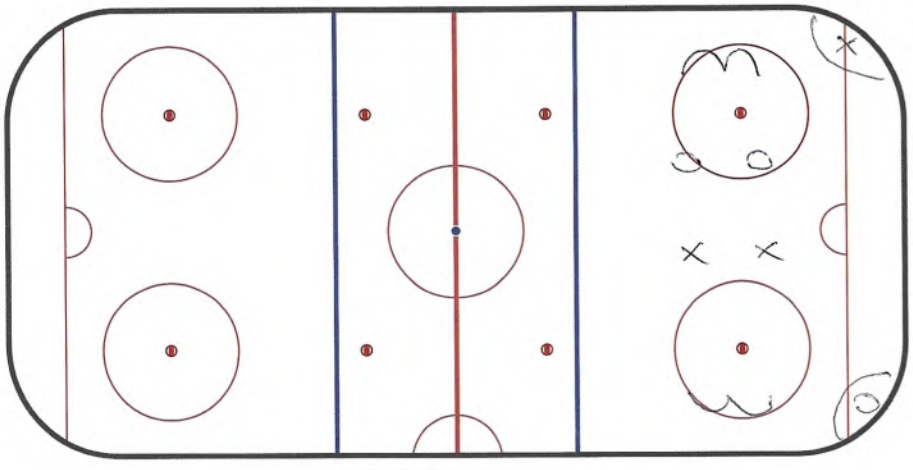
10min



1-1, 3-2 -> 5-5 mit

ZURÜCK ARBEIT.

12min

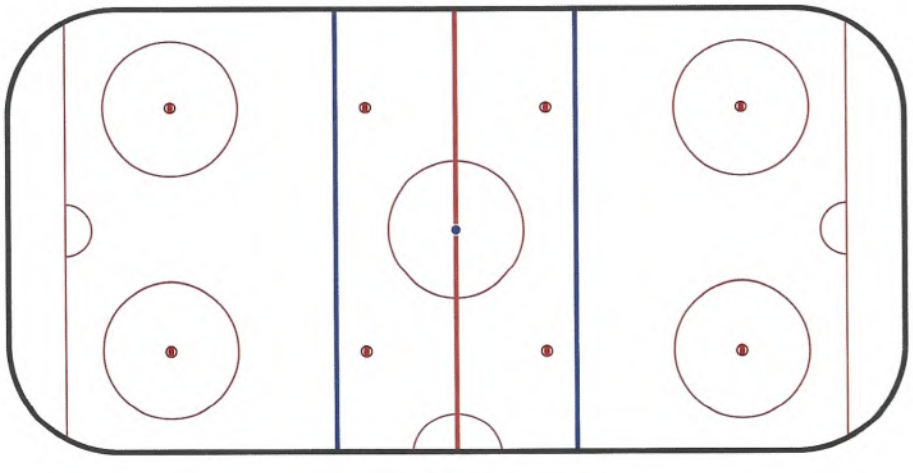


2-2 mit JOKER

in die ecke -> HINTEN

TOR NUTZEN.

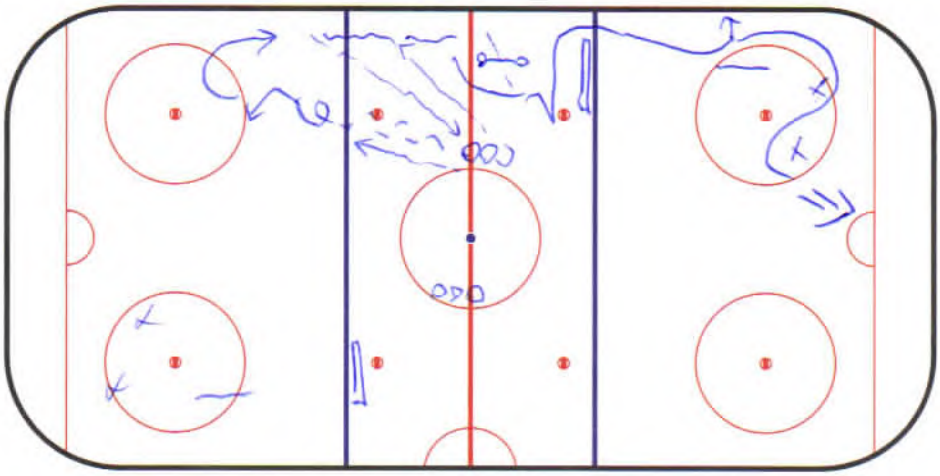
8min



E.H.C. KLOSTERSEE

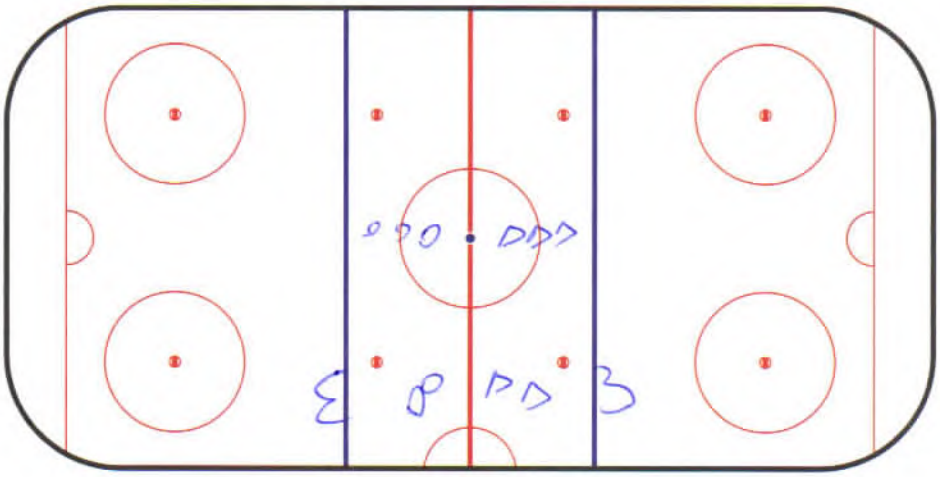
TEAM: U15
DATUM: 24.9.21
TRAINER: Martin

TRAININGSPLAN



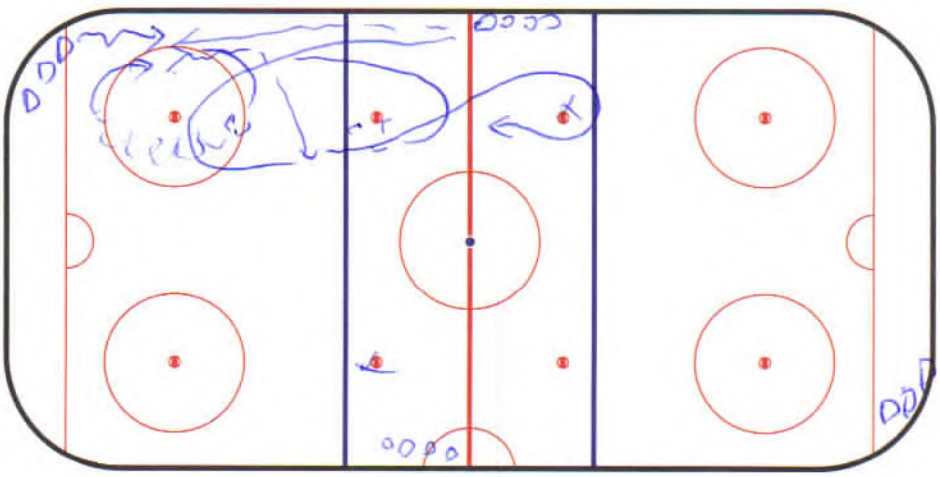
1:0 mit technischen Elementen

10min



2:2 Spiel-viele Schüsse

10min



1:1 mit Aufbau - Aufnehmen

10min

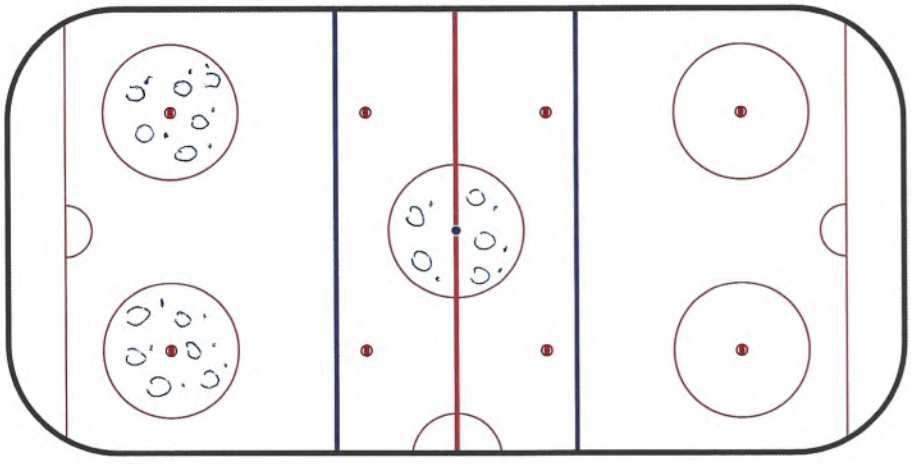
E.H.C. KLOSTERSEE

TEAM: U15, 16:20-17:20

DATUM: 27.9.2021.

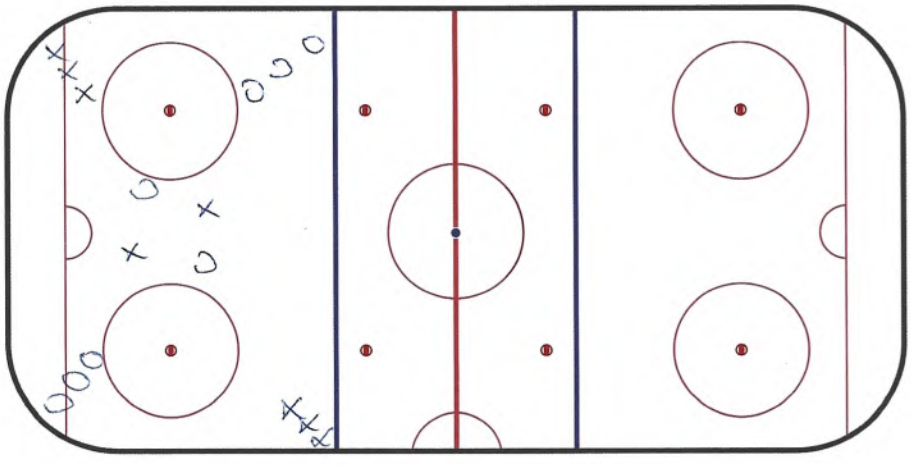
TRAINER: Yuri.

TRAININGSPLAN



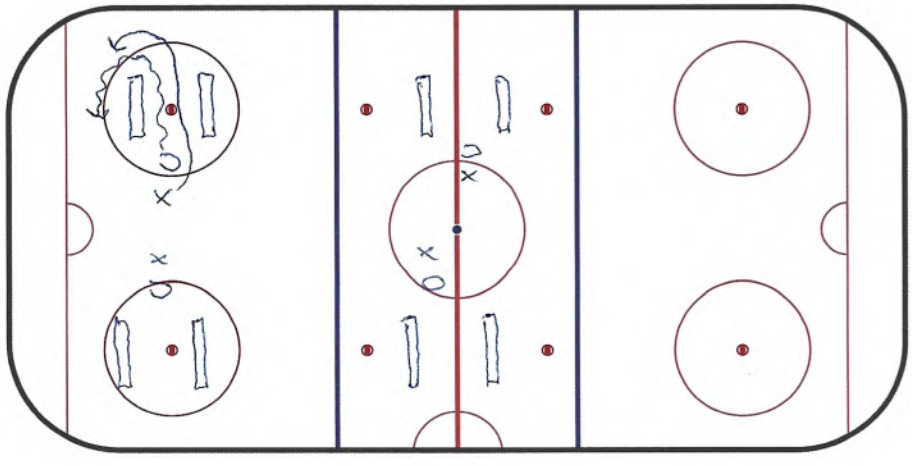
Puck Abteckung im Kreiss.

6min



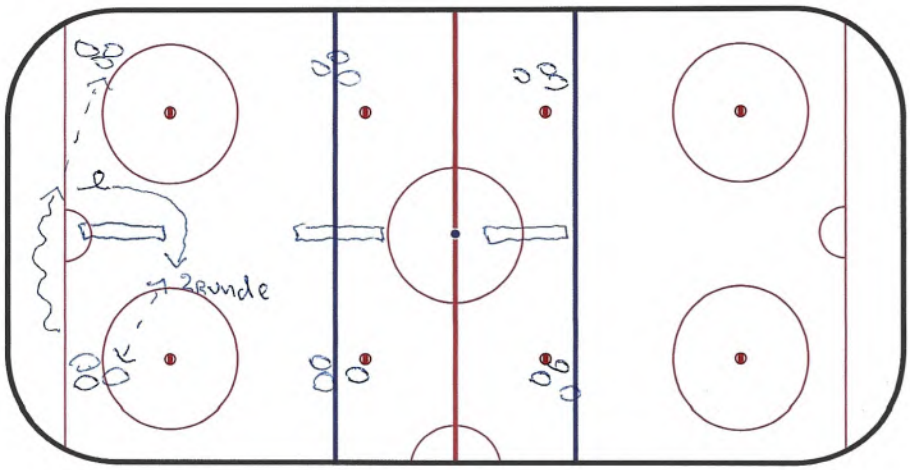
Spiel 2-2 mit 2Joker konzentrieren auf Pass Annahmen.

8min



4 Gruppen 1-1 -> Puck Kontrolle -> Richtung Kontrolle und wechseln.

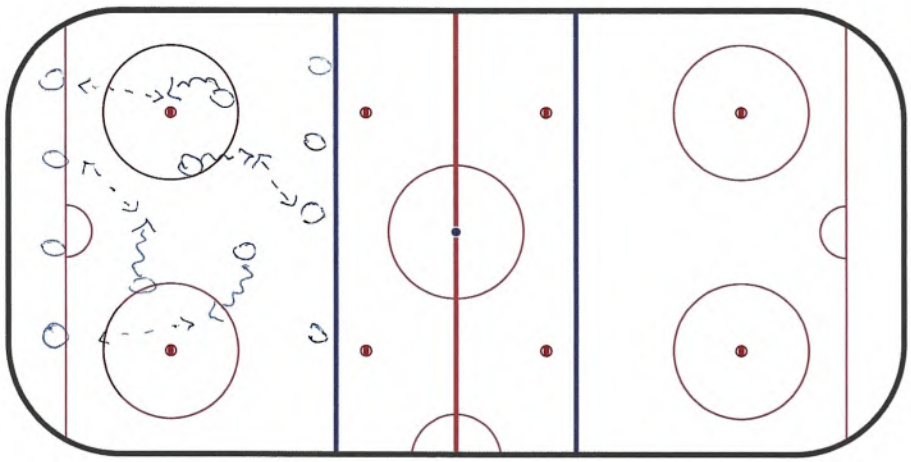
8-10min



Passen übung

3 gruppen

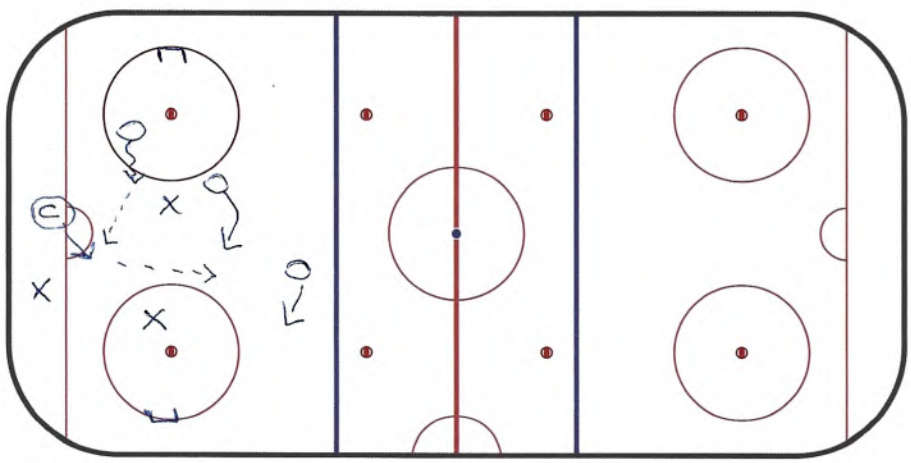
10 min - 12 min



Puck kontrolle

mit passen zu 4.

10 min



Spiel 3-3 mit

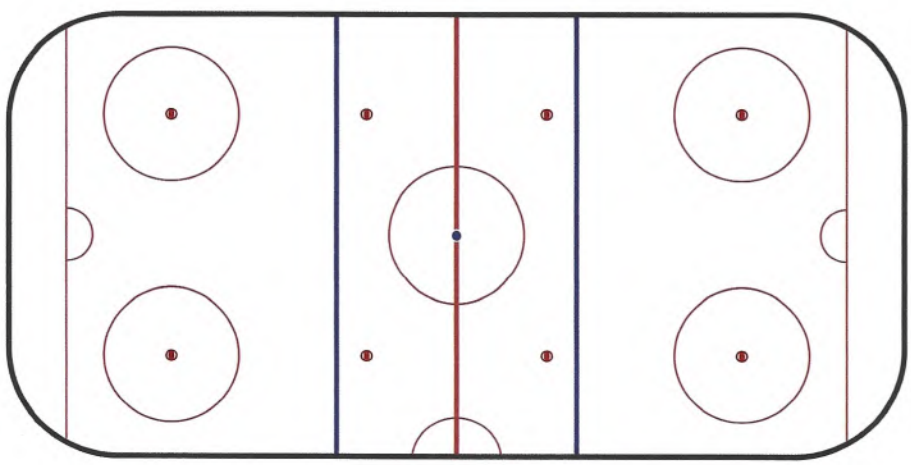
kleine tore -> (C)

spielt für team

mit puck. -> viele

pässe -> gute bewegung

10 min

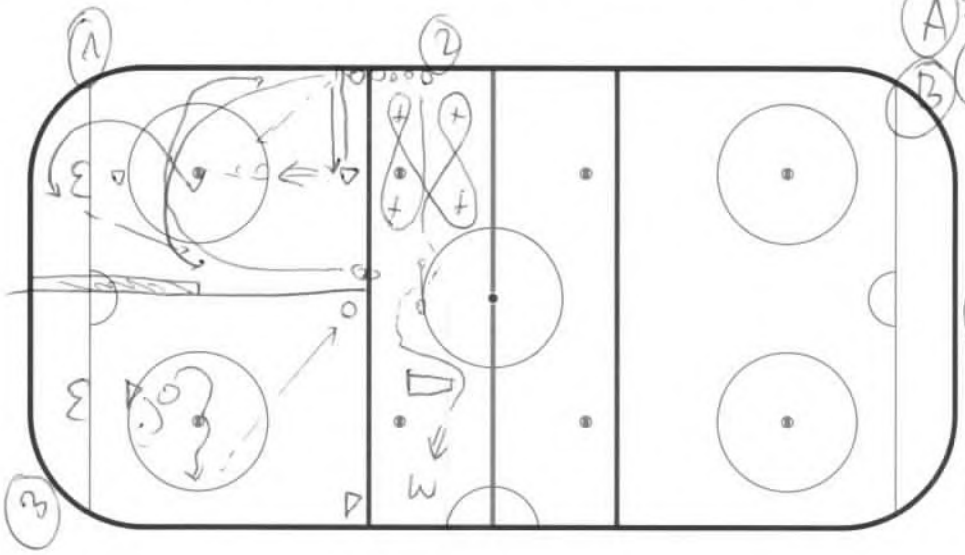


TEAM: U15

DATUM: 28.9.21

TRAINER: Yuri, Martin, ~~Vitus~~, Bobby

TRAININGSPLAN

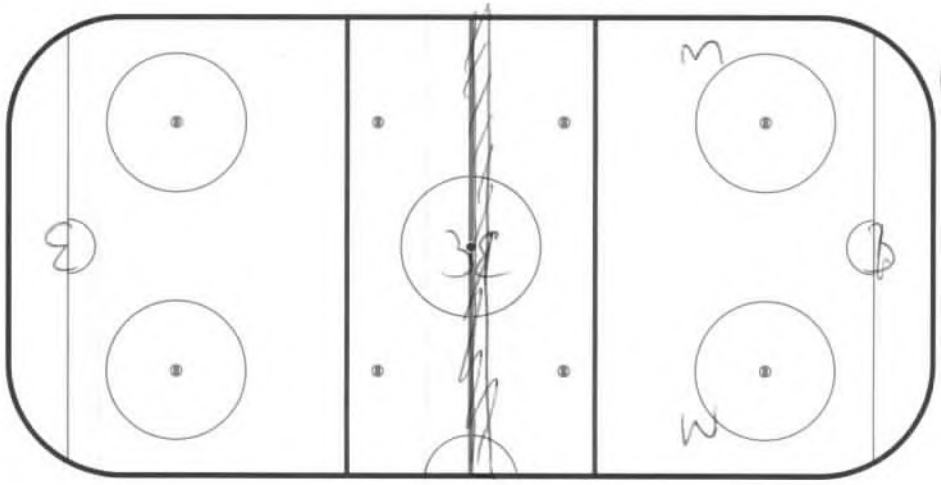


A: Spiel 3:3 10 min

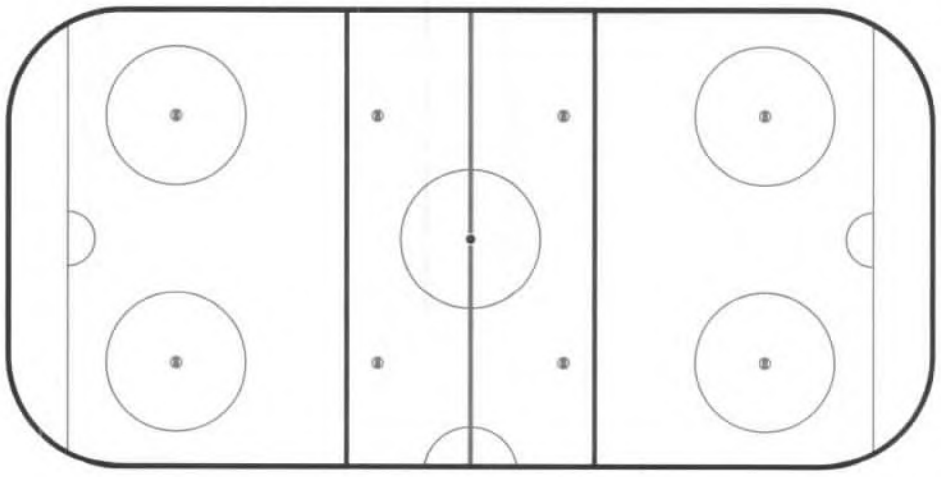
B 1) 2:1 D holt Scheibe Schuss (Spieler vor Tor) dann 2. Scheibe Aufbau 2:1

2) Technikparcour erst VW, dann VW/RW

3) 1:1 mit Joker → darf Passen oder Schießen 3 × 10 min



C) Spiel 4:4 halbes Eis

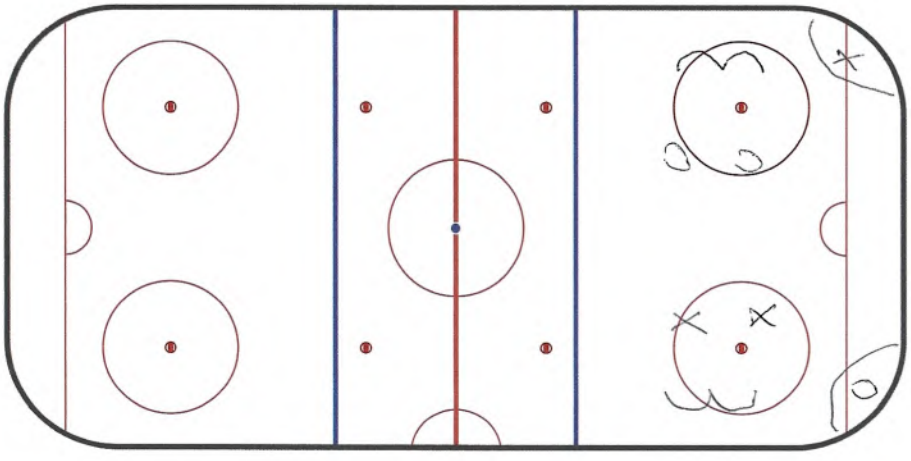


TEAM: U15. 16:40-17:40

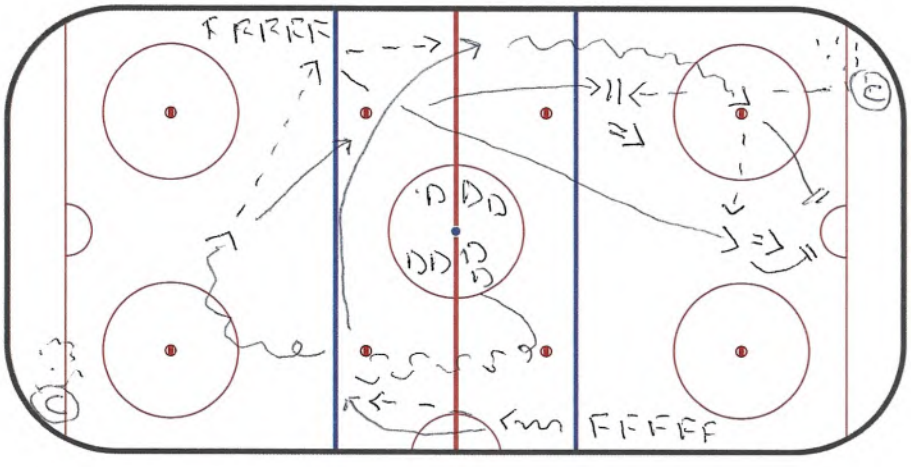
DATUM: 29.9.2021.

TRAINER: YURI, MARTIN.

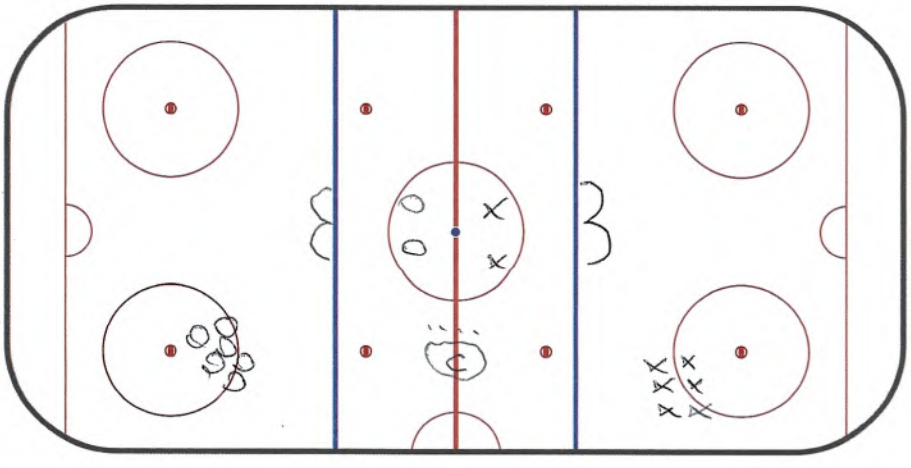
TRAININGSPLAN



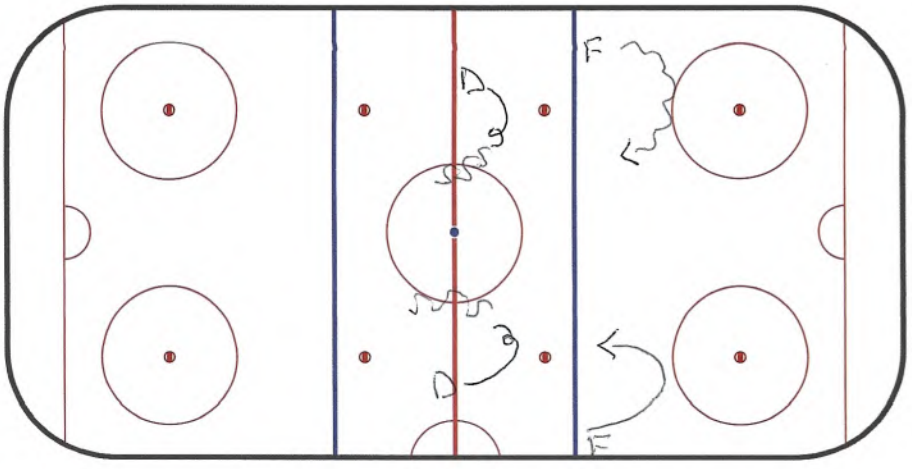
Aufwermen
2-2 mit JOKER
im ecke.
8min



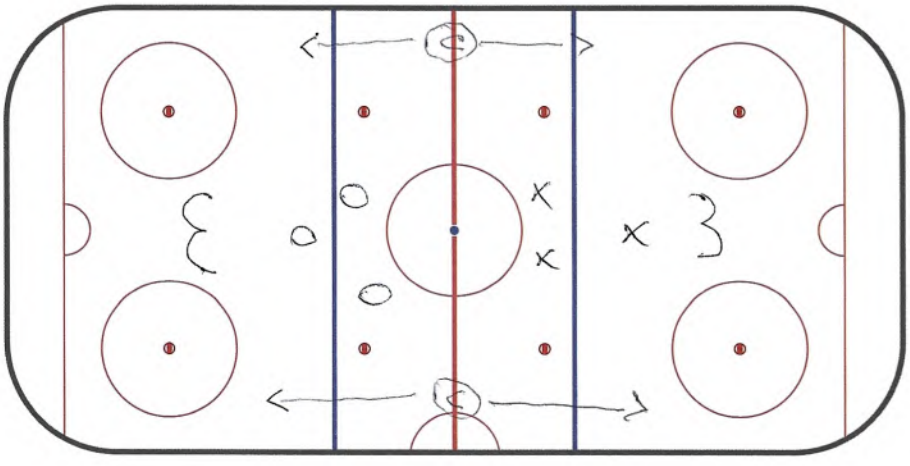
1-0, 2-0, 3-0
F-D zusammen
Arbeit
12min



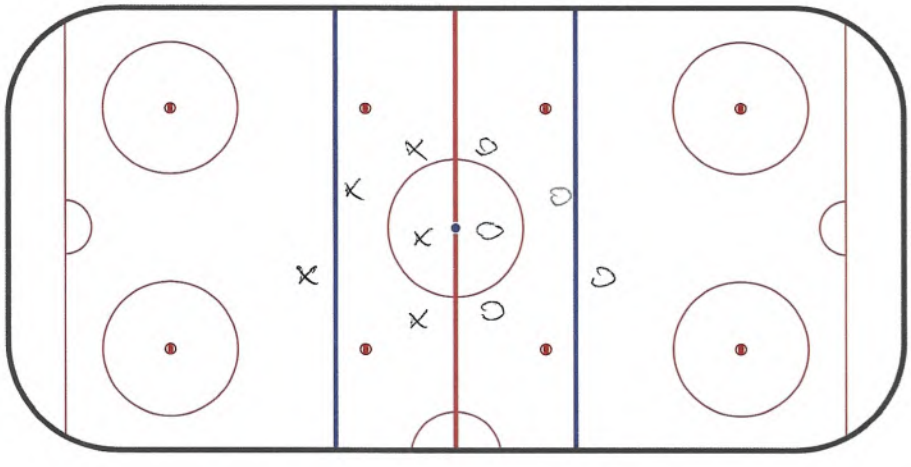
Spiel 2-2 mitte
8min



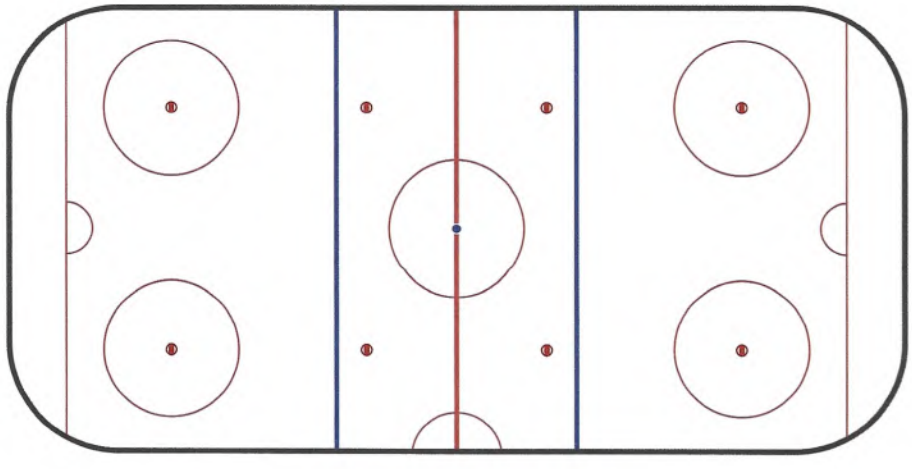
2-2 mit ein Puck
ganze eis.
8-10 min



3-3 -> 40x30
mit © Joker für
Beide Team -> 5-3
Situation
8 min



Spiel 5-5 ganze
eis mit bully
10 min

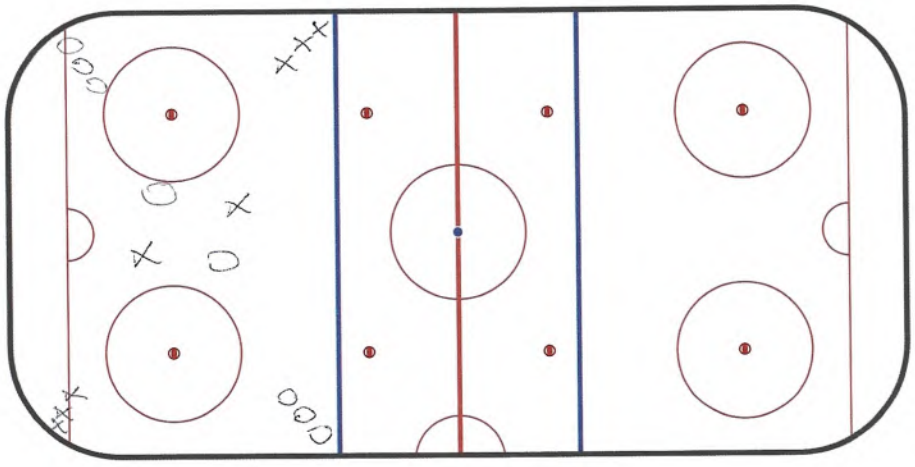


TEAM: U15. 16:40 - 17:40

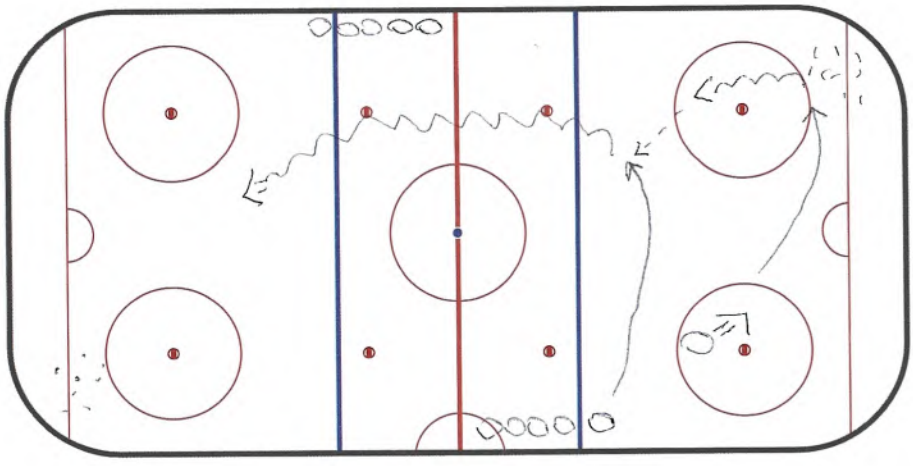
DATUM: 1.10.2021.

TRAINER: Yuri.

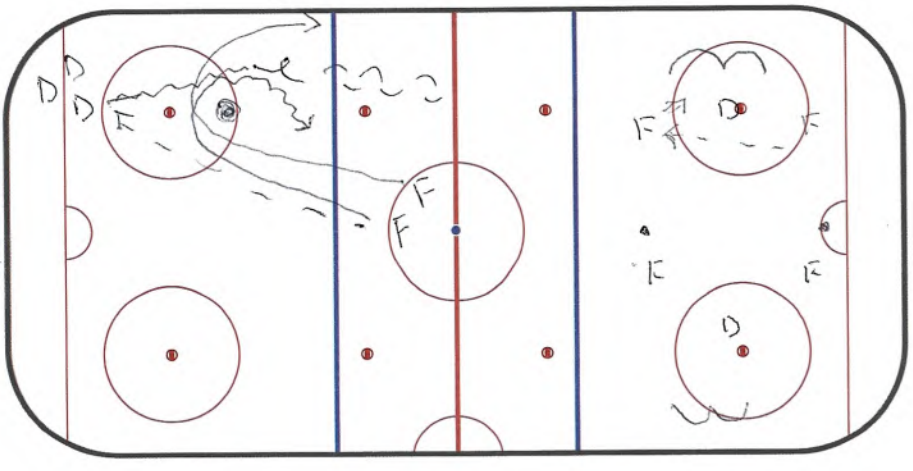
TRAININGSPLAN



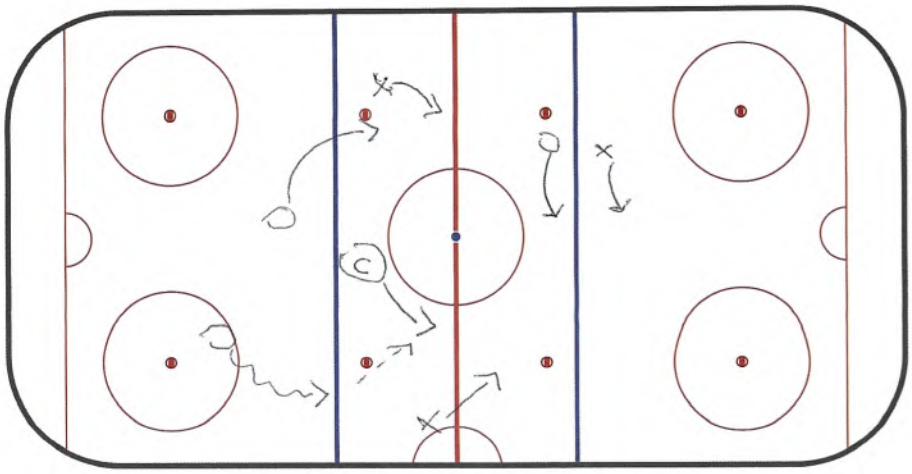
Aufwermen 2-2
mit 2 joker
8 min



1-0 KARUSSEL mit
reiming in die mitte.
8 min

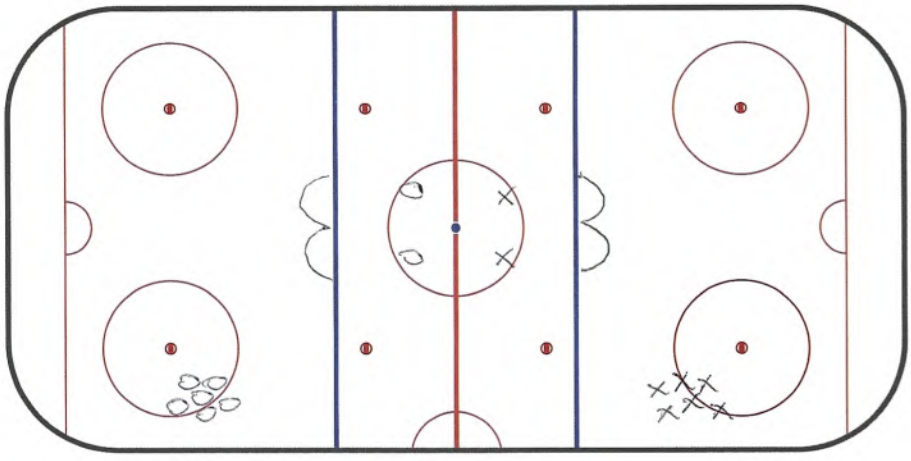


2-1 -> 2-1
schnelle kurze
entscheidung ->
D - aggressiv
10 min
2 - 1 aus centern
(2seiten) 12min



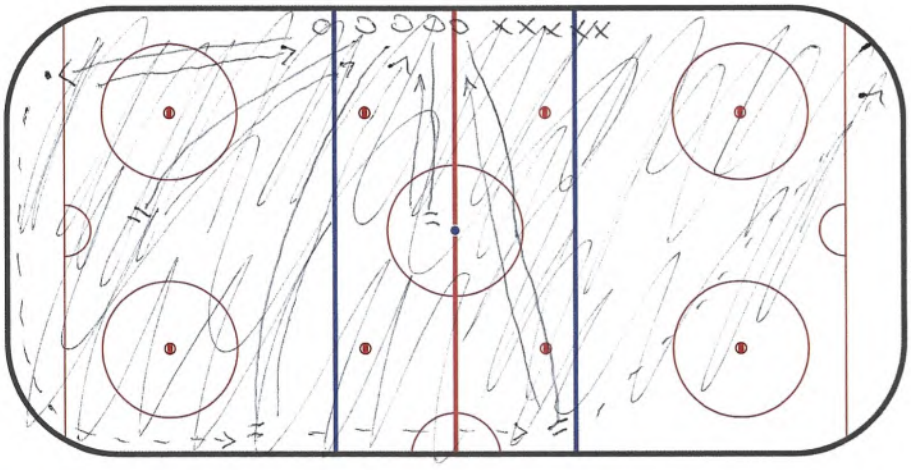
3-3 GANZE EIS mit TR -> SPIELT FÜR TEAM mit PUCK

10 min



2-2 MITTE

8 min

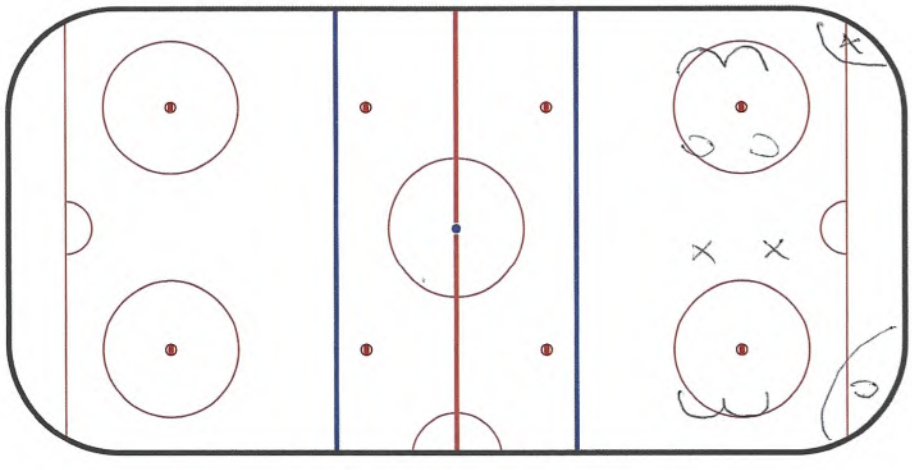


KURZE SPRINT ZUSAMMEN ARBEIT IM LINIEN

5 min

ODER

PENALTY 7 min



SPIEL IM ZONE

2-2 MIT JOKER IN DIE ECKE

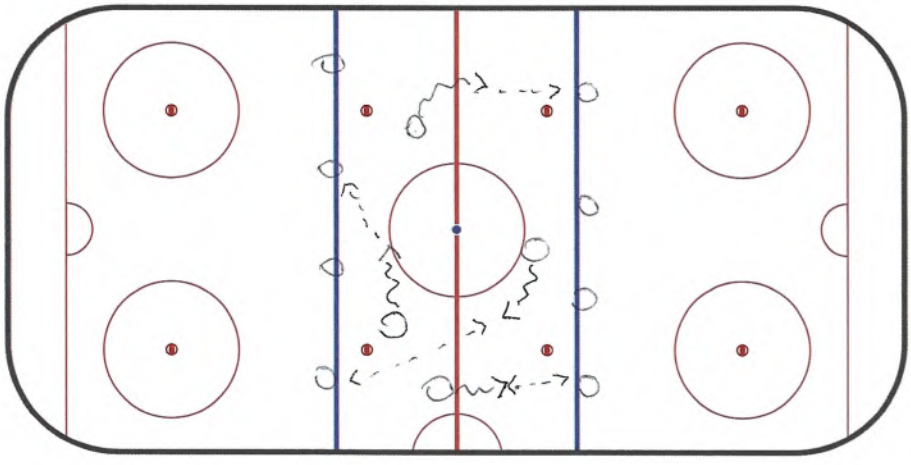
7-10 min

TEAM: U13 U15 15:10-16:10 / 16:20-17:20

DATUM: 4.10.2021.

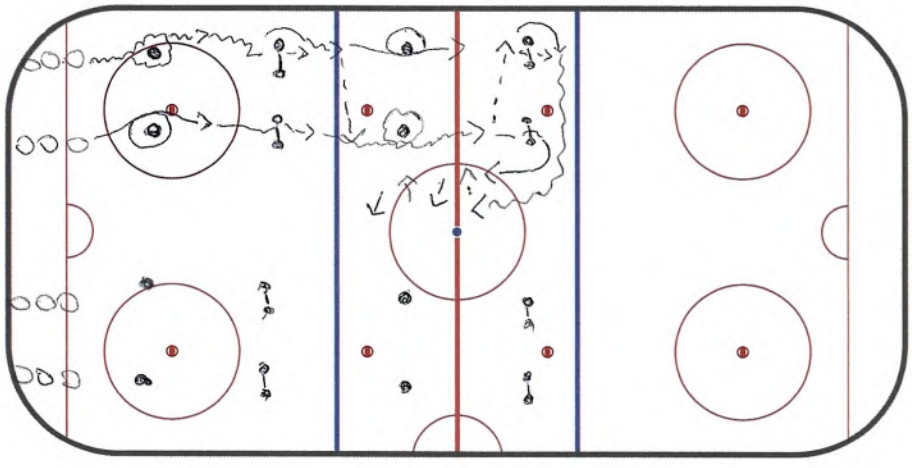
TRAINER: Yuri.

TRAININGSPLAN



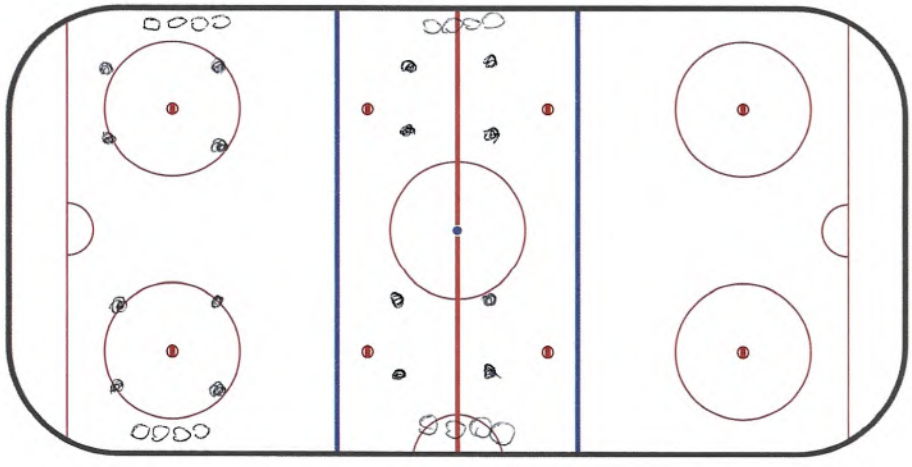
Aufwermen zu 4 im mitte passen zu wem du möchtest → → fehl pass 3 liegestütz

7 min



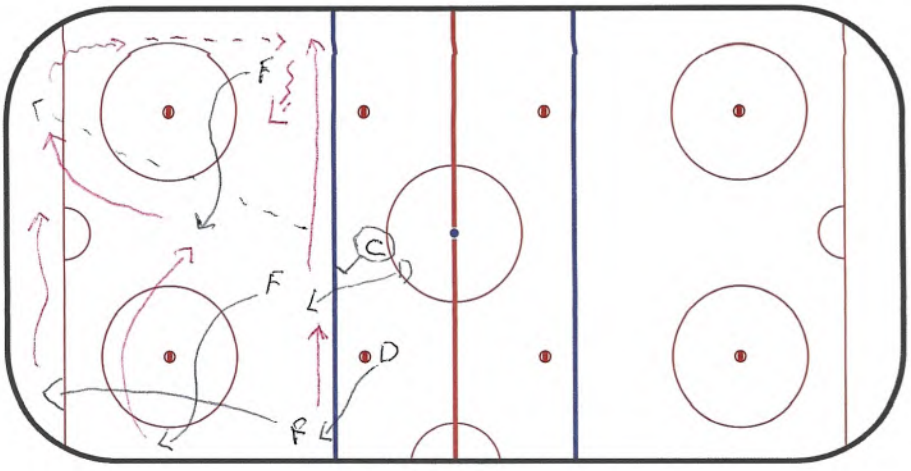
Puck kontroll mit passen beide seiten

13 min



4 gruppen passen und pass annahme vor beck.

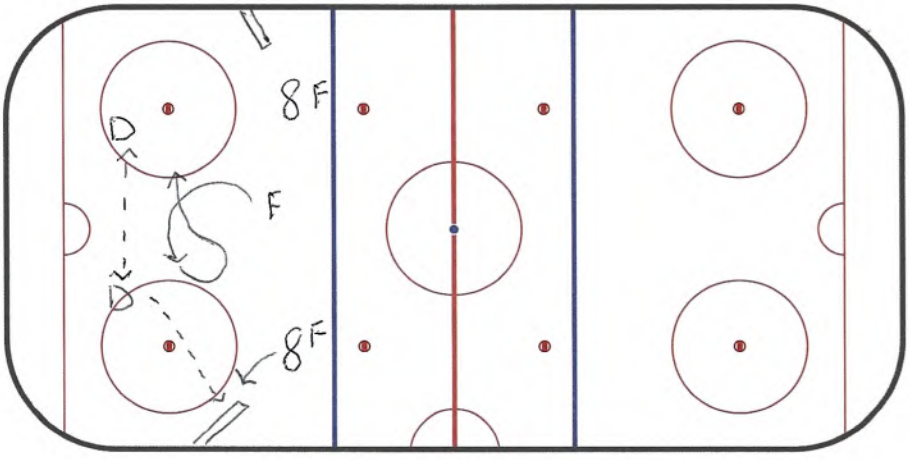
10-12 min



TAKTIK ohne PUCK

AGRESSIV.

15min

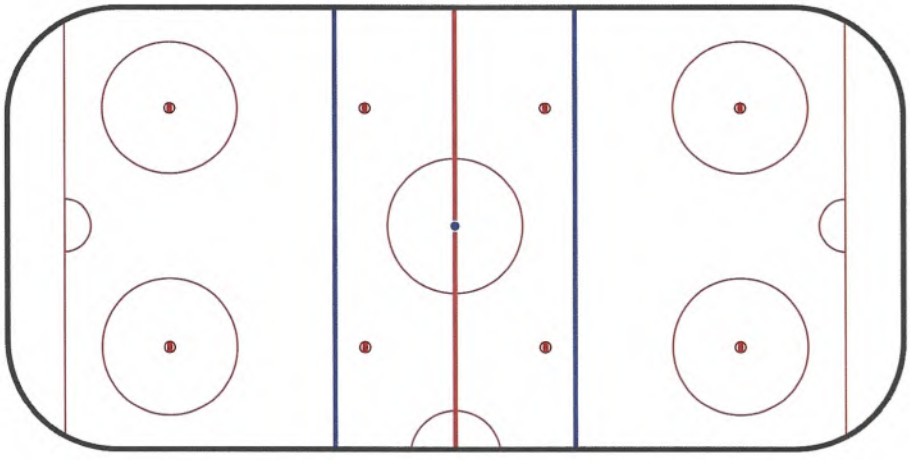


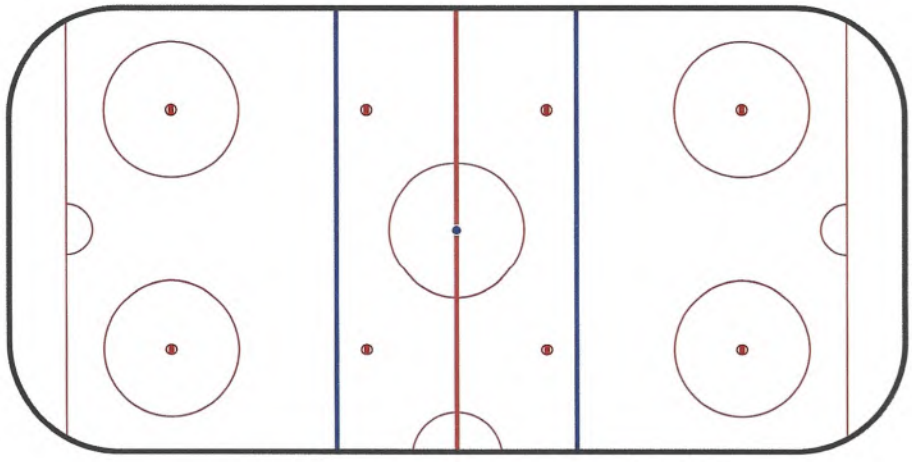
TAKTIK ohne PUCK

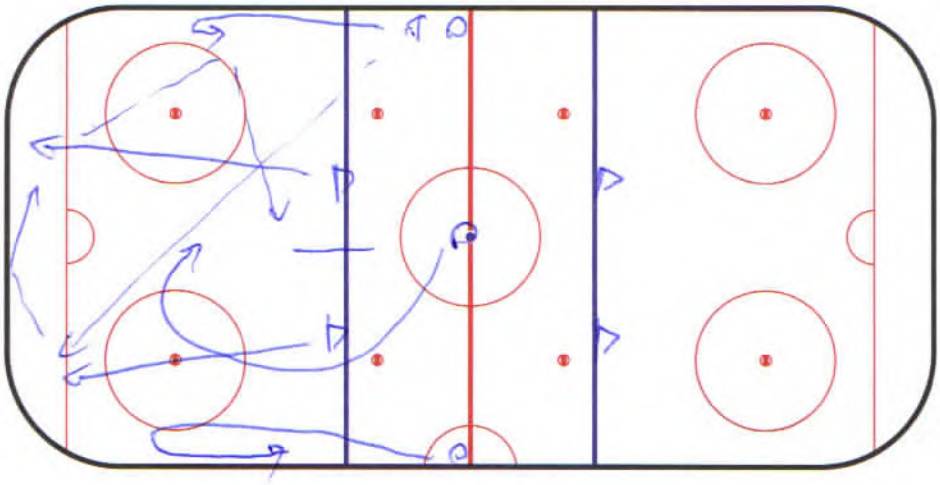
AKTIV ABER RUHE

15min

U13 -> SPIEL im ZONE

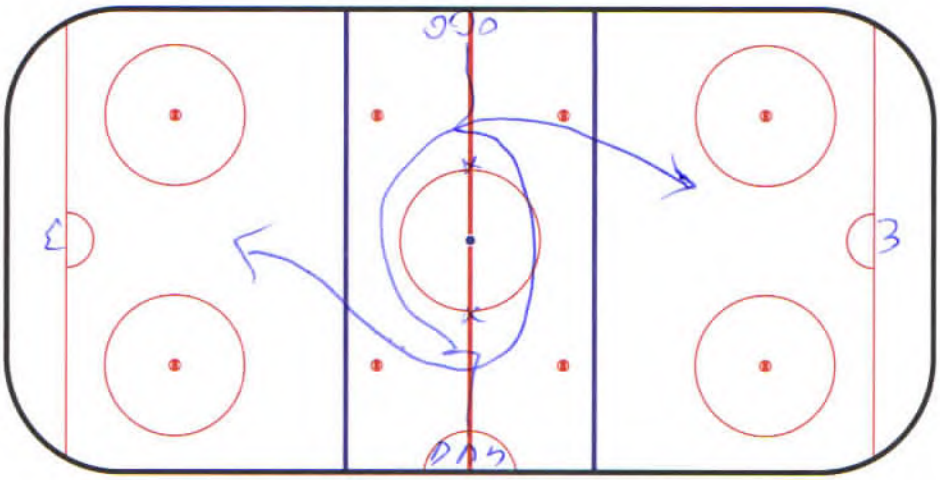






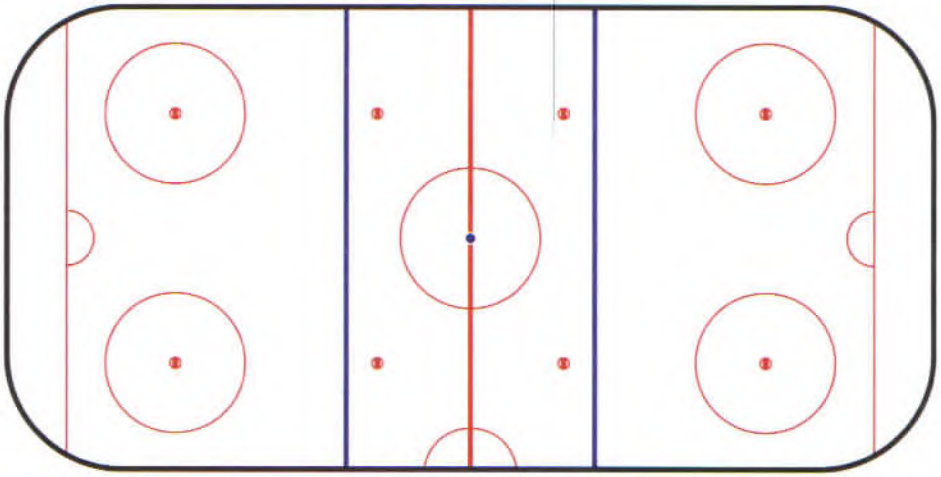
3:2 Be Aufbau mit Regroup

10 min



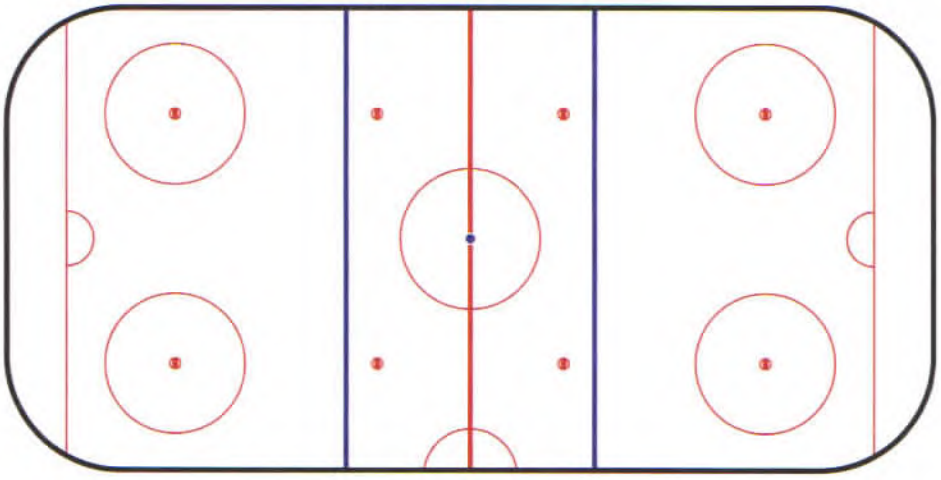
Penalty 1:0

5 min



Spiel 5:5

10 min

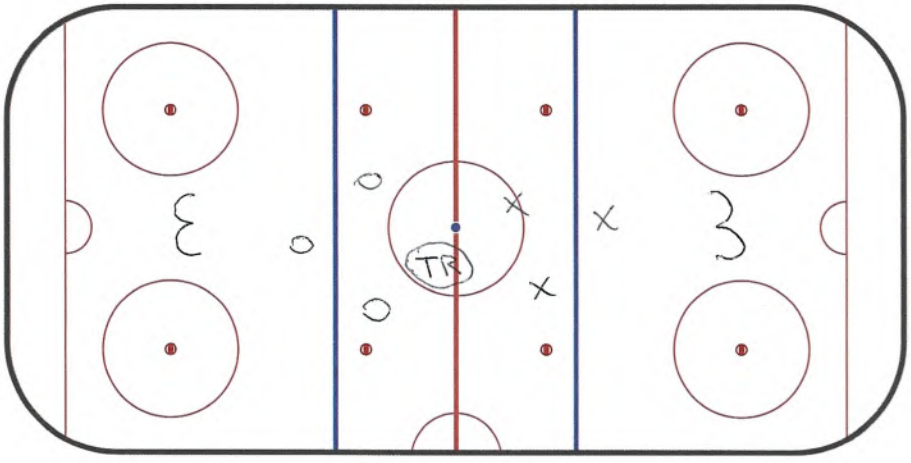


TEAM: U15, 16:40-17:40

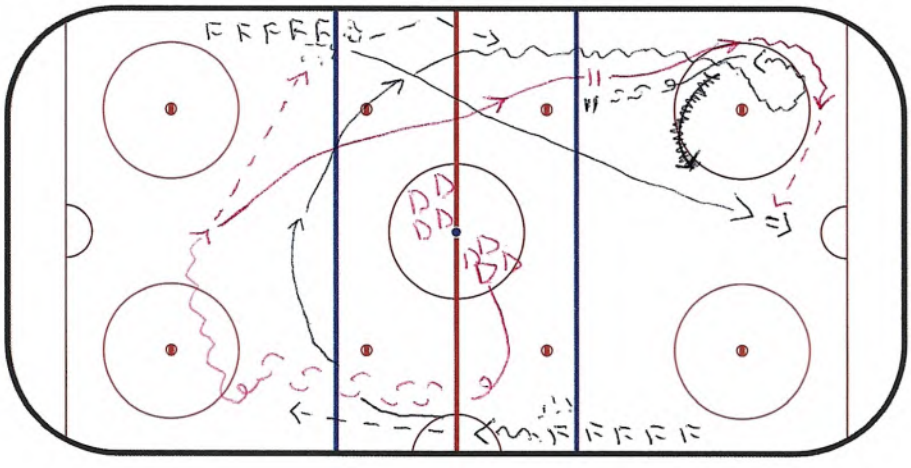
DATUM: 7.10.2021.

TRAINER: YURI, MARTIN

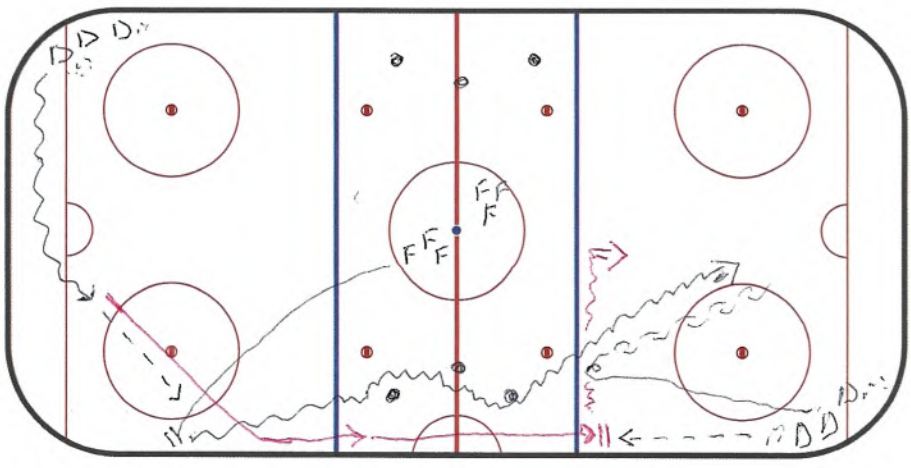
TRAININGSPLAN



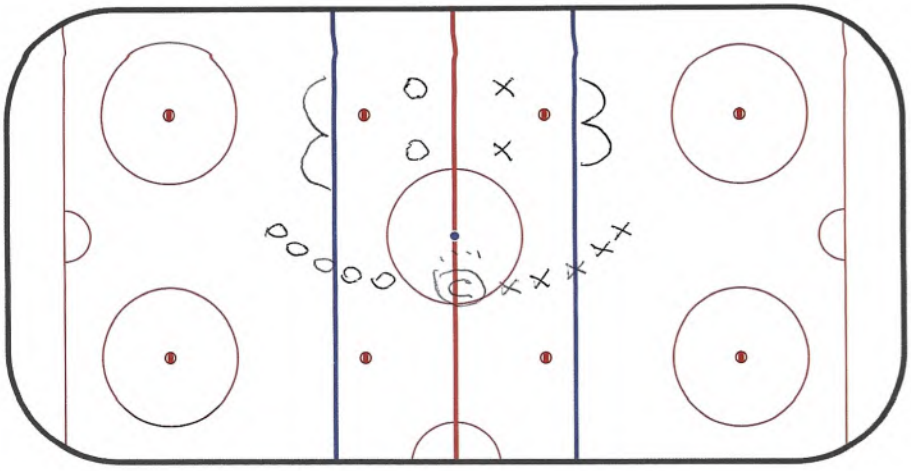
Aufwermen Spiel
3-3 TR JOKER FÜR
TEAM MIT PUCK
40 x 30
10 min



2F-1D Übung
ZUSSAMEN ARBEIT
im MITTE und offensiv
zone
12 min

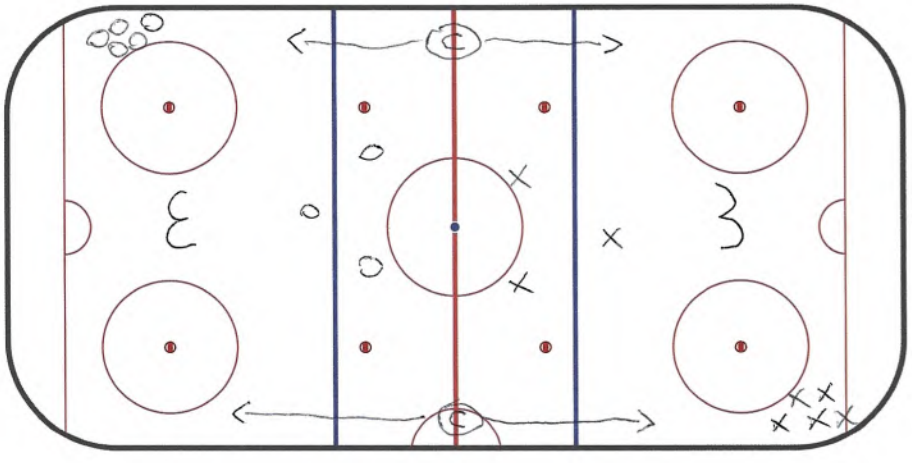


1-1 -> AUFBAU bei bande
und ARBEIT VOR TOR
12-14 min



2-2 KL. PL.

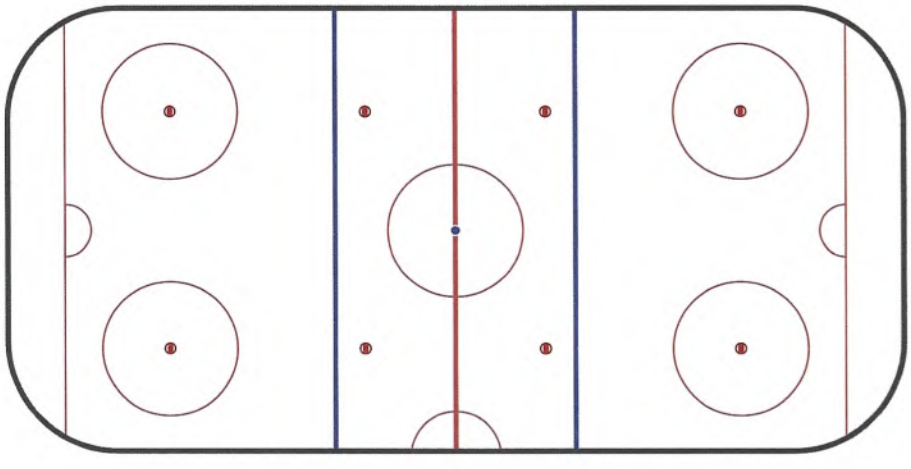
10 min

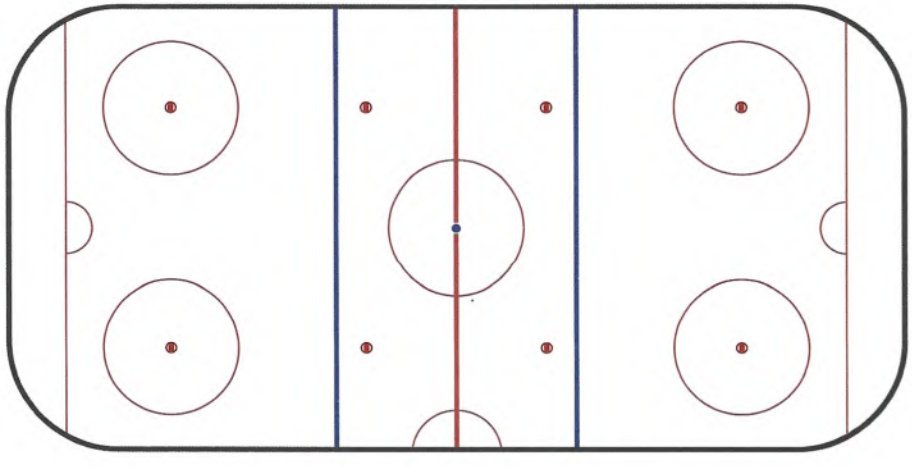


Spiel 40 x 30

3-3 TR JOKER FÜR beide TEAM.

15 min



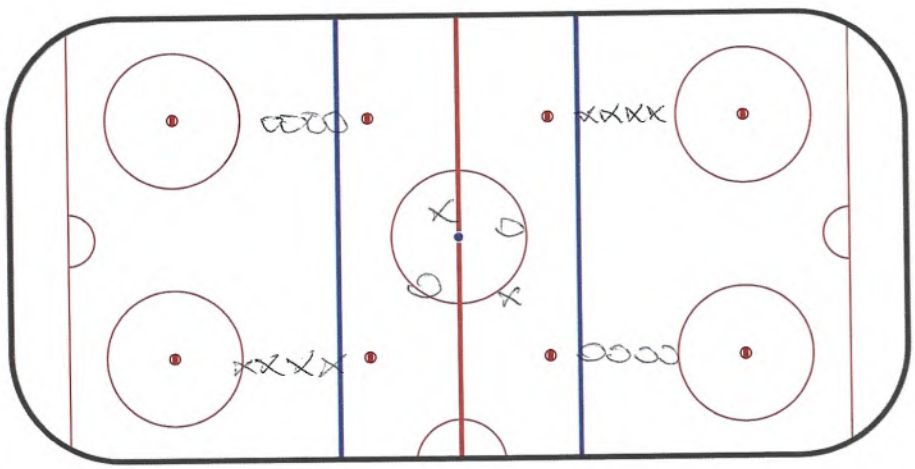


TEAM: U15, 16:40-17:40

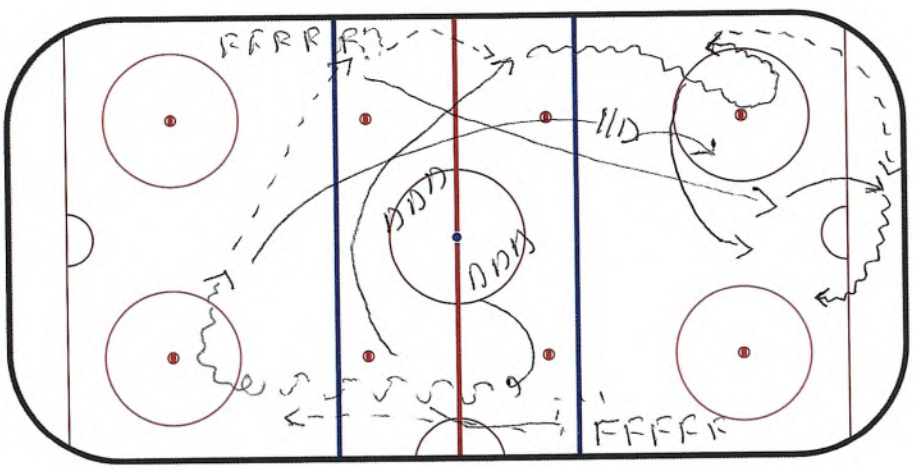
DATUM: 14.10.2021.

TRAINER: YURI, MARTIN.

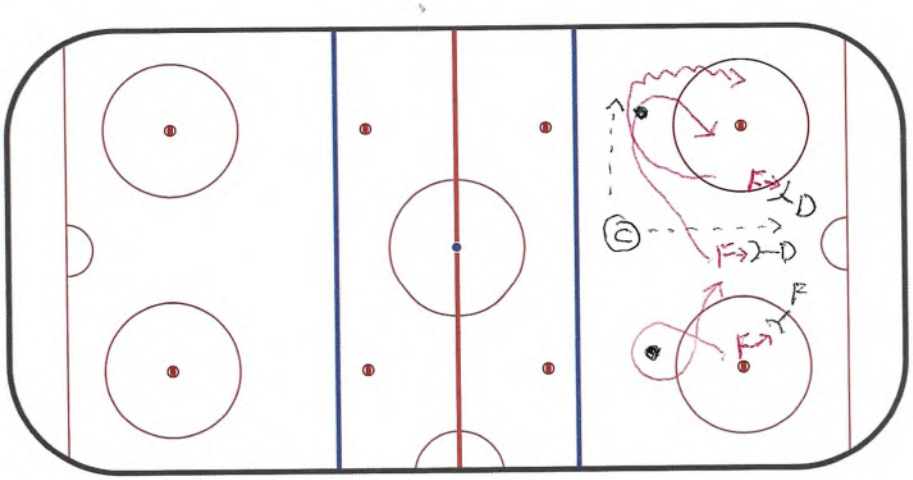
TRAININGSPLAN



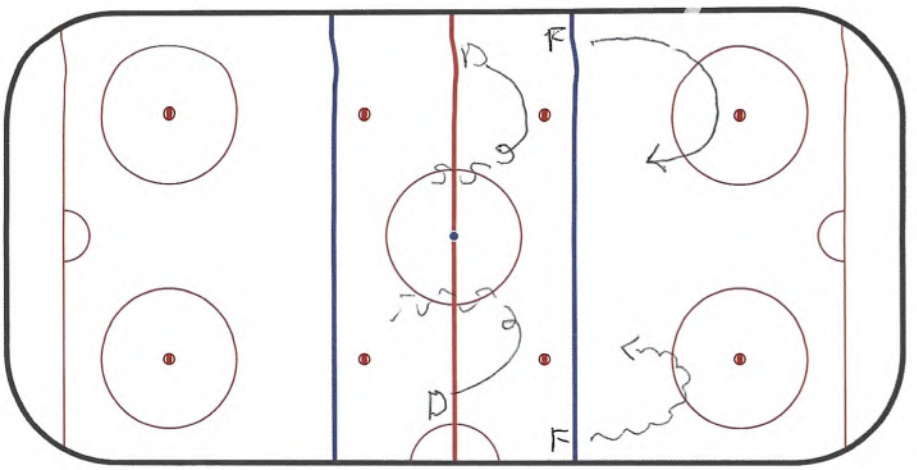
Aufwermen 2-2 mit diagonal spiel.
10 min



2-0 + D → Spiel situation → Canadian mit Puck hinten Tor bringen → Entscheidung treffen selbst rausnommen - Pass zum F - Pass zu D.
10-12 min



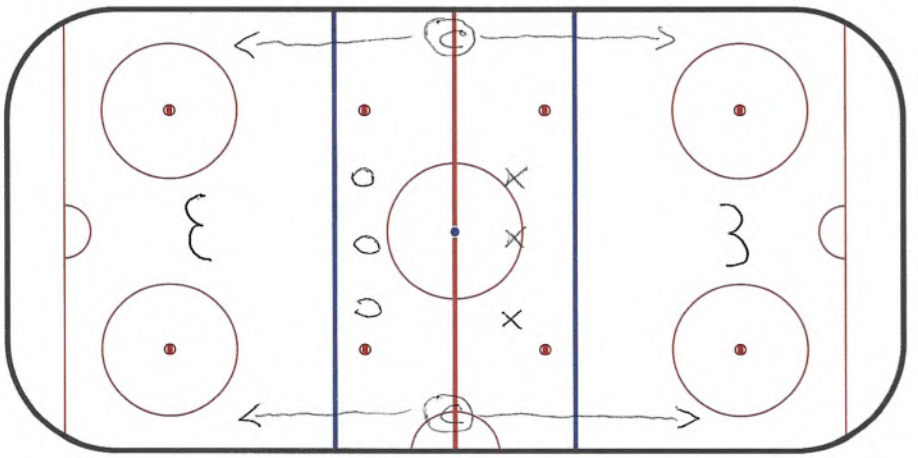
3-3 im 2 Zonen
3F → 2D - 1F
Spiel vor Tor F- - presend mit Puck
D - Aufpassen auf Nachschuss.
10-12 min



2-2 ganze eis

1 Puck -> F- Pressend mit Puck.

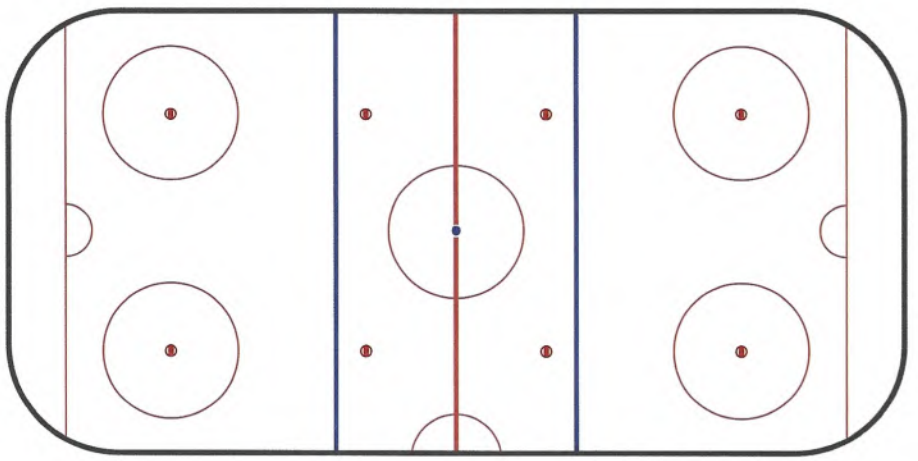
10 min

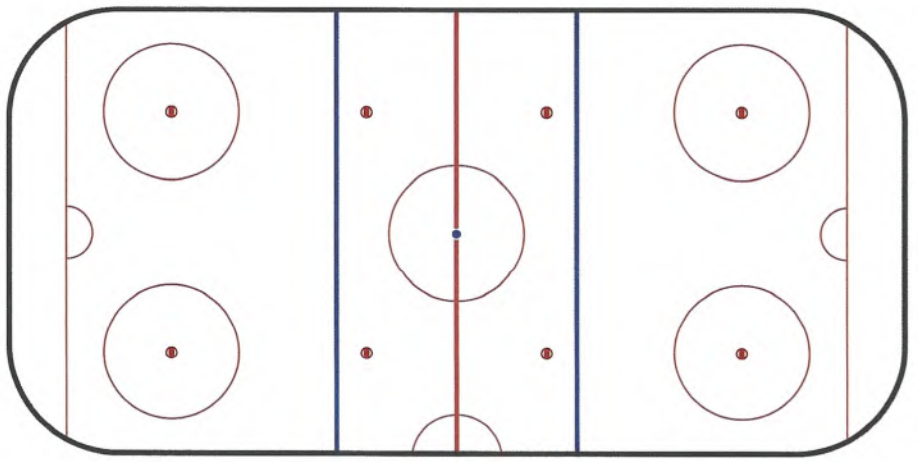


Spiel 3-3 40x30

TR Joker für beide Team.

15 min



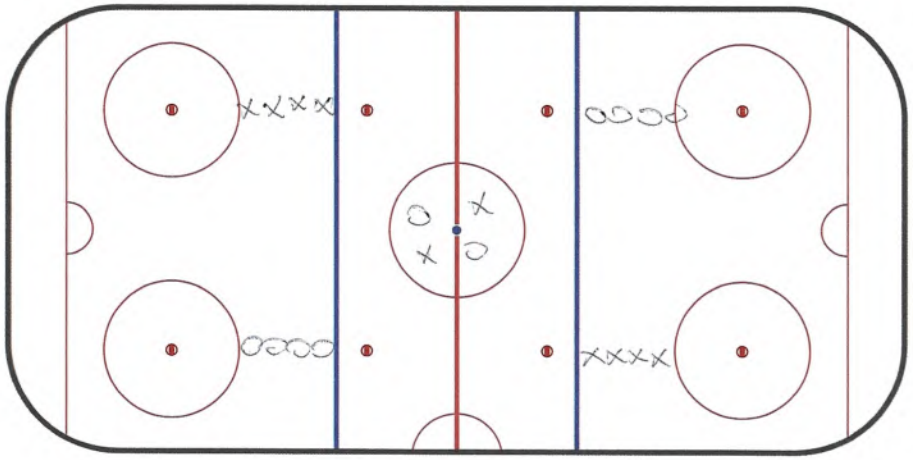


TEAM: U13, 15:10-16:10

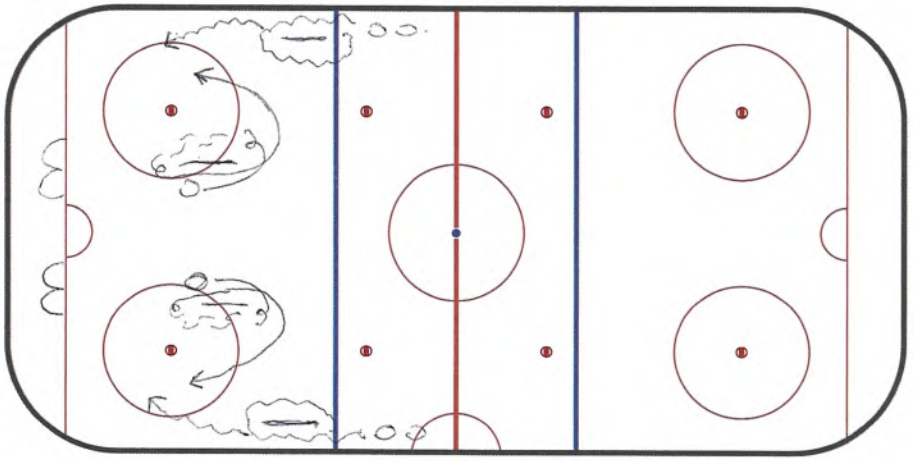
DATUM: 18.10.2021.

TRAINER: Yuri.

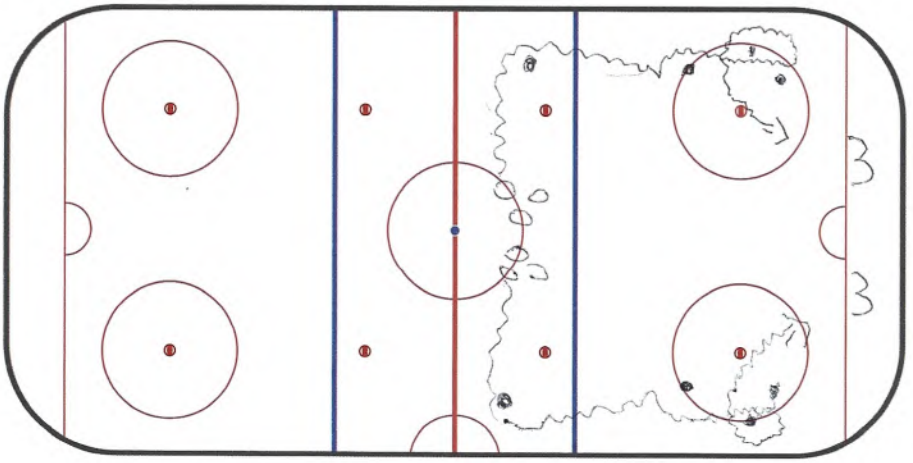
TRAININGSPLAN



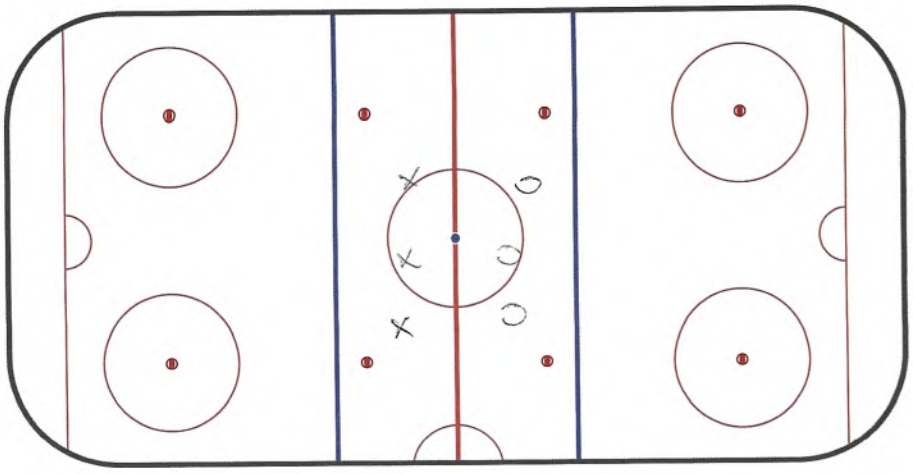
Spiel 2-2 mit 2 diagonal Joker.
10 min

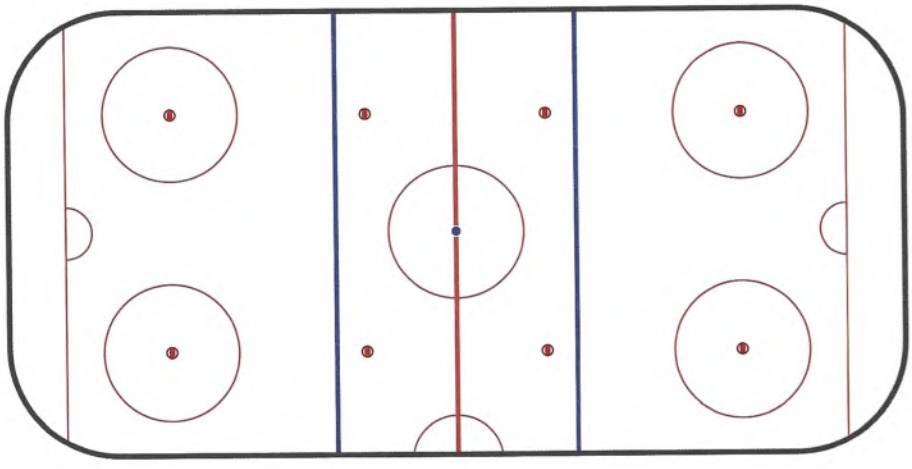


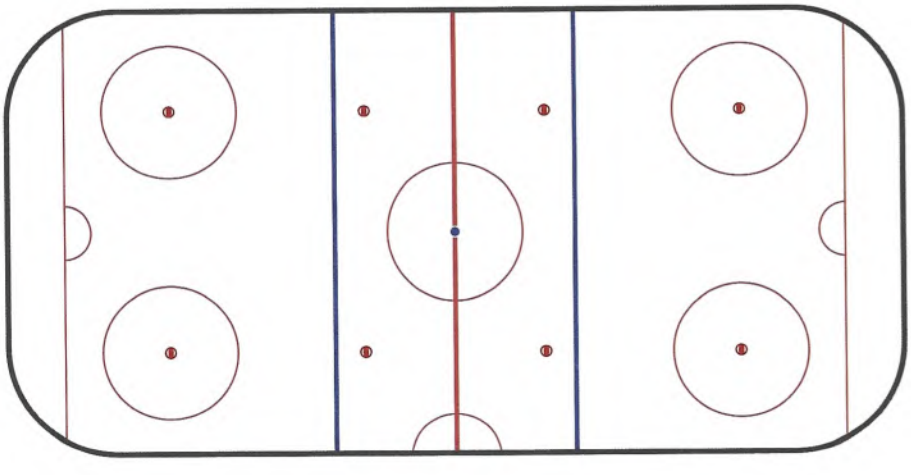
Station 1-2:
1-1 mit Feining.
8 x 8 → 16 min

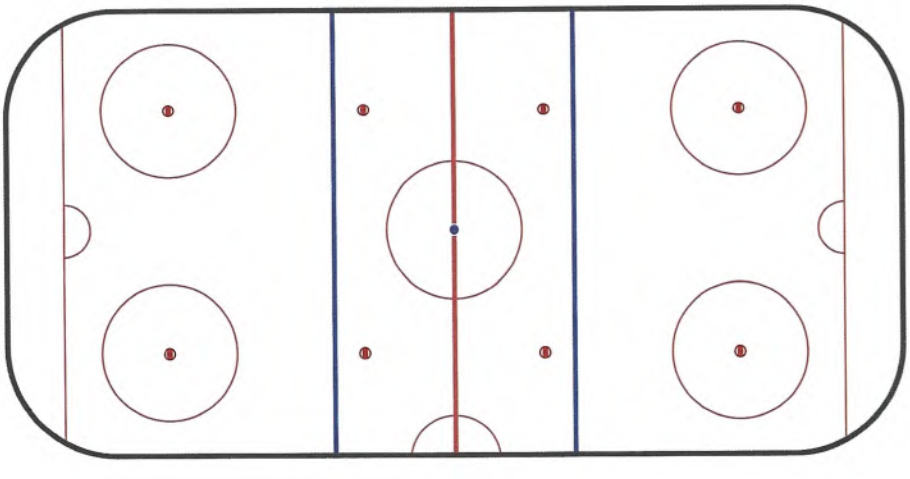


Station 3-4:
Spiel Situation Gruppe mit Zug zum Tor.
8 x 8 → 16 min









Spiel 3-3 ganze eis (torzähler wenn alle hinten blau gegnerische linie sind)

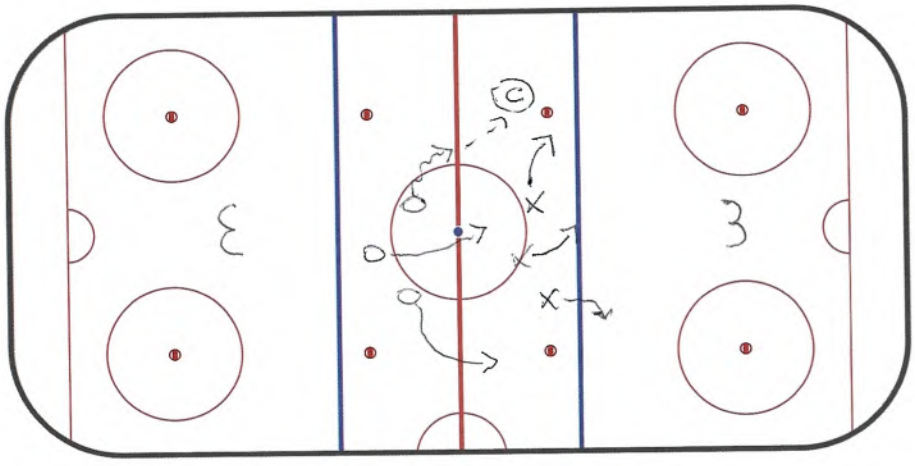
12 min

TEAM: U15. 16:20-17:20

DATUM: 18.10.2021.

TRAINER: Yuri

TRAININGSPLAN



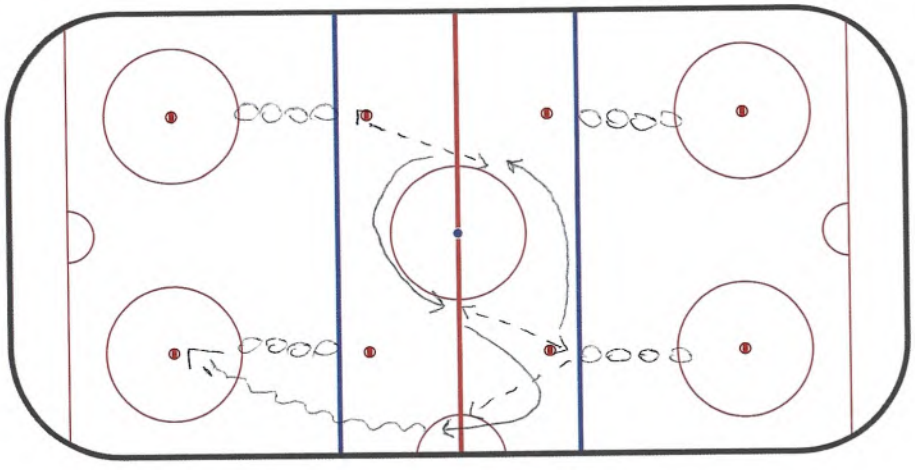
Aufwermen spiel

3-3 -> 40x30 ->

(C) JOKER FÜR TEAM

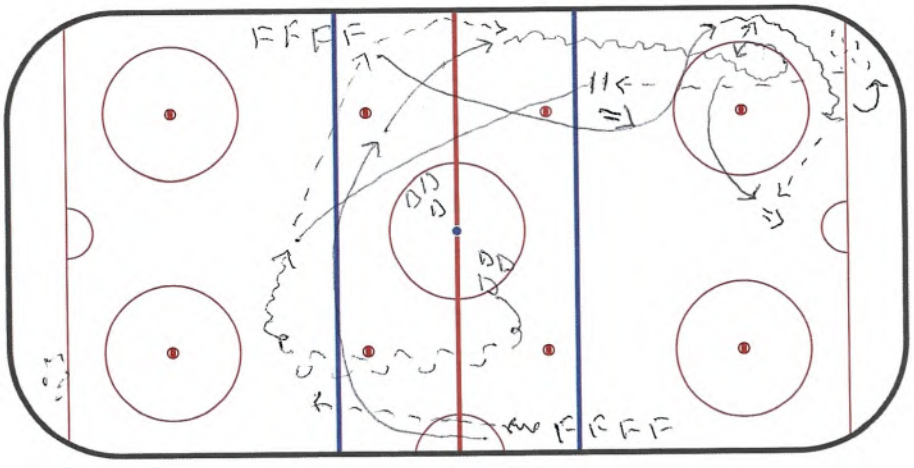
mit puck.

10min



1-0 mit doppel pass.

7-8min



2-0+D -> F kreizen

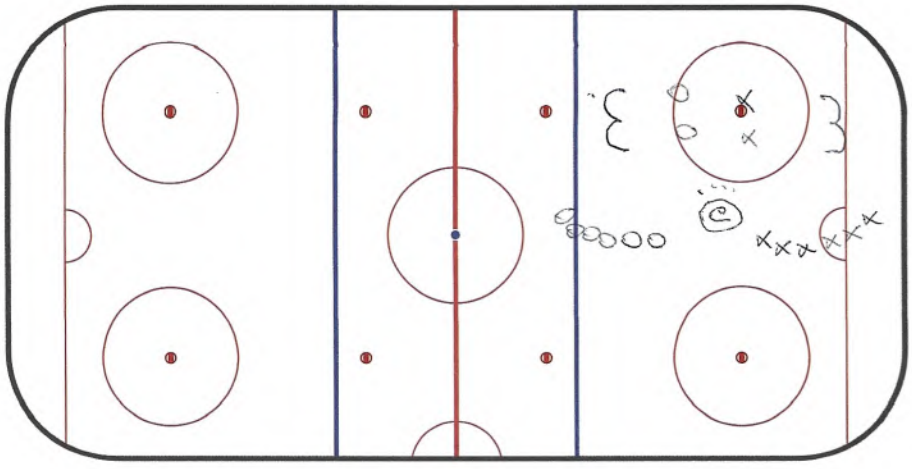
und zug zum tor ->

nach puck holen aus

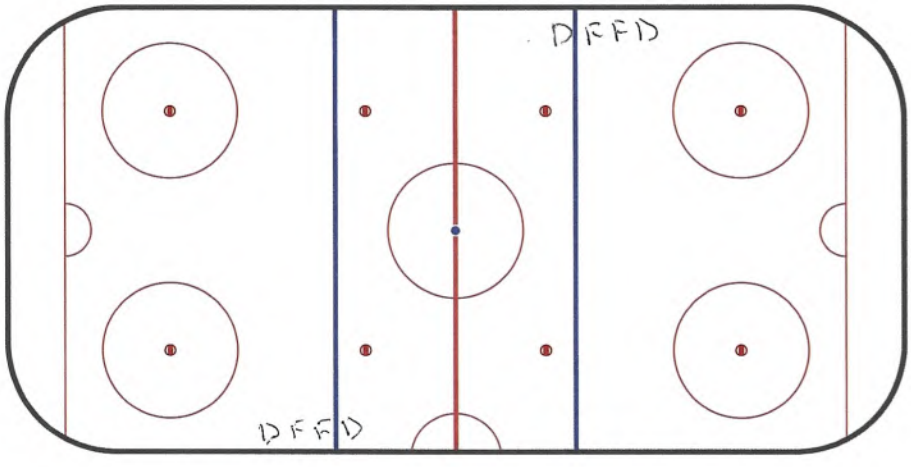
ecke zum D passen

und arbeit vom tor

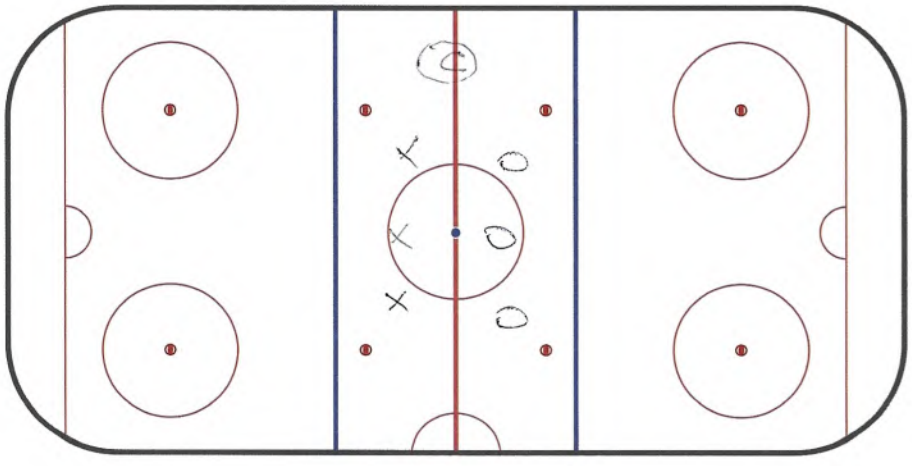
10min



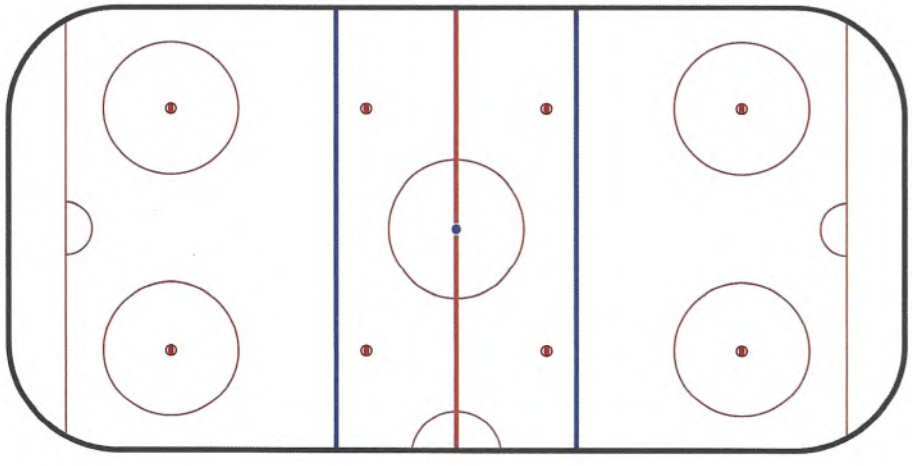
2-2 im ecke mit 2 tore. (1-1 kampf gewienen) 5 min



2-1 aus mitte zone zu 4 -> 2F-2D -> mit doppel pass -> offensiv D geht mit 8-10 min



3-3 ganze eis trainer spielt für team mit puck. 12 min

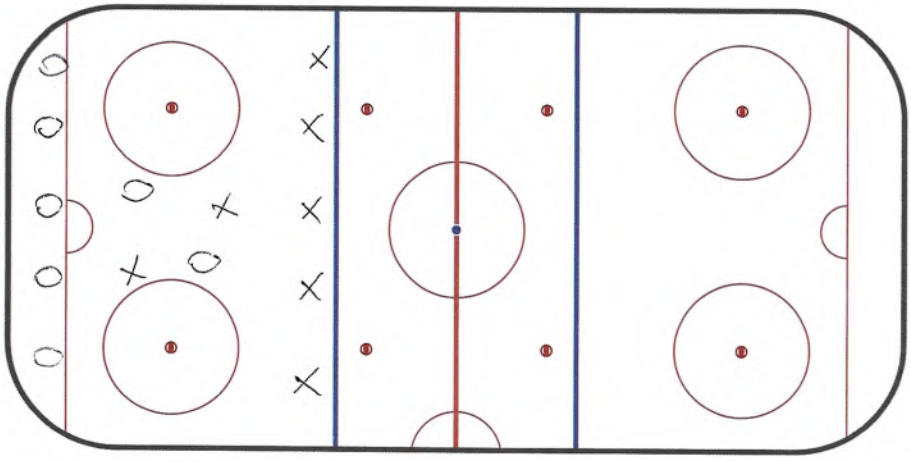


TEAM: U15, 16:40-17:40

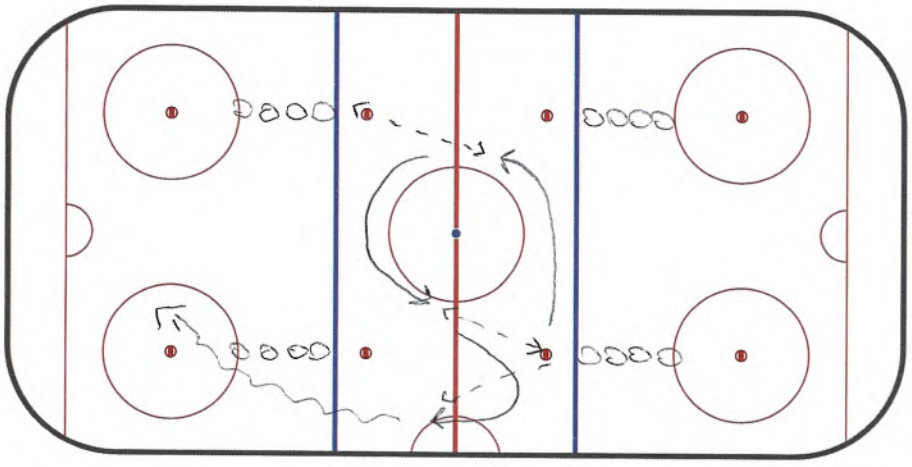
DATUM: 21.10.2021.

TRAINER: YURI, MARTIN.

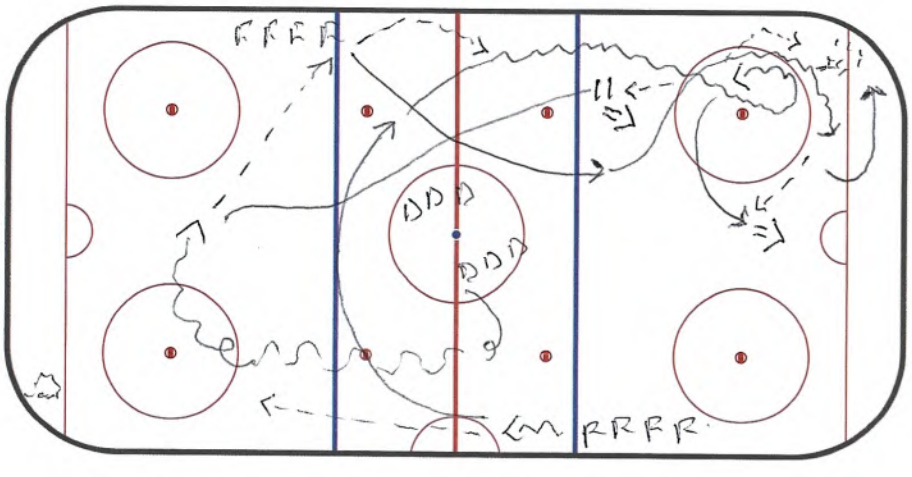
TRAININGSPLAN



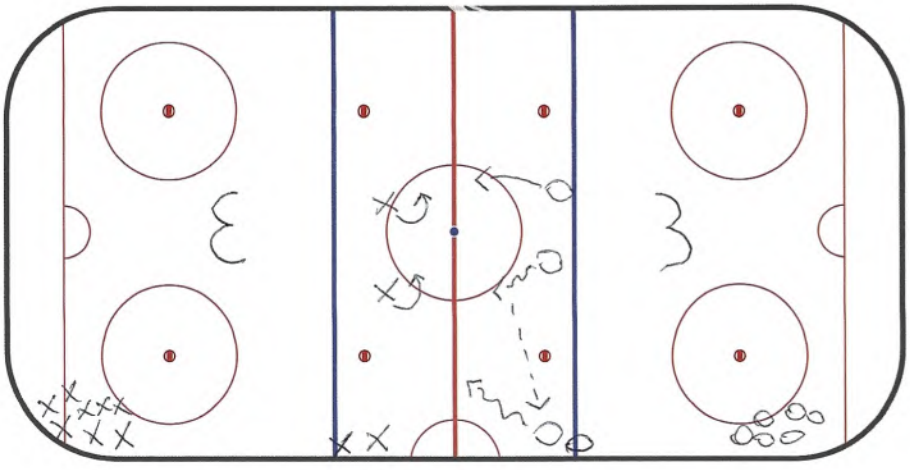
Aufwermen Spiel
2-2 mit PASSEN zum
eigene GRUPPE.
8 min
oder
40 x 30 -> 3-3
TR. SPIELT FÜR TEAM mit
PUCK -> AUTOMATISCH 4-3.



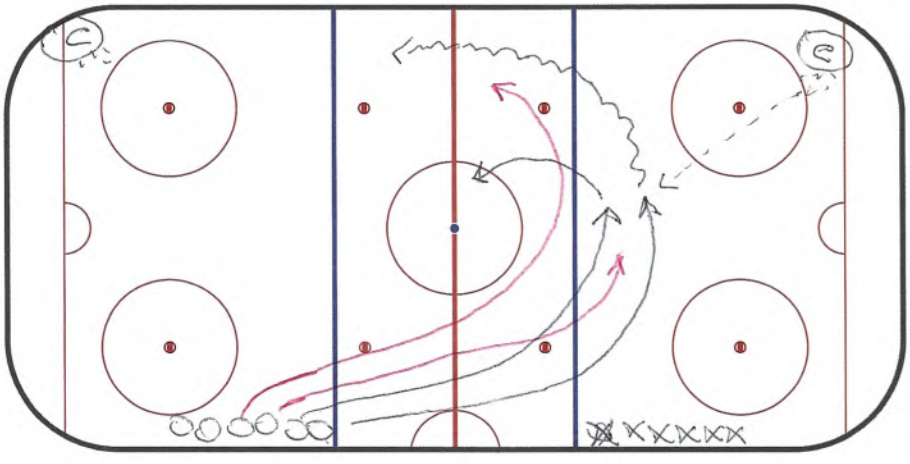
1-0 DOPPEL PASS.
5 min



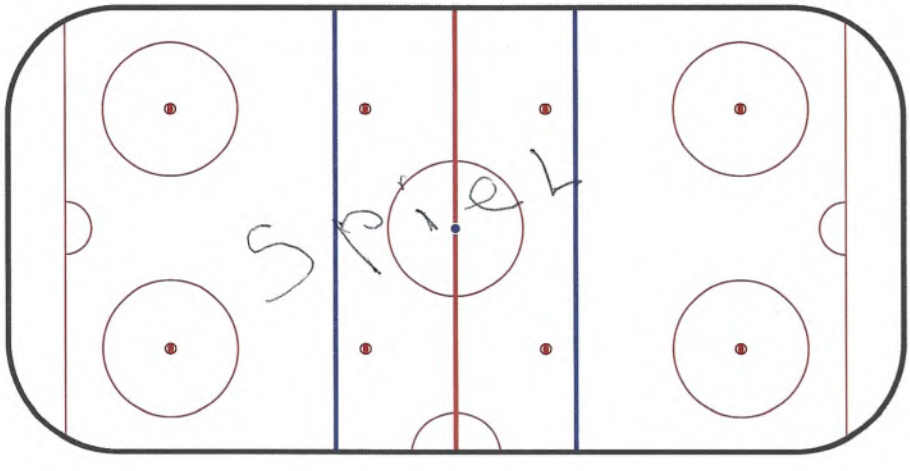
2-0+D -> BANDE
SPIELEN -> KREUZEN
im ZONE -> PASS ZUM
VERTEIDIGER UND
ARBEIT VON TOR.
10+2 min



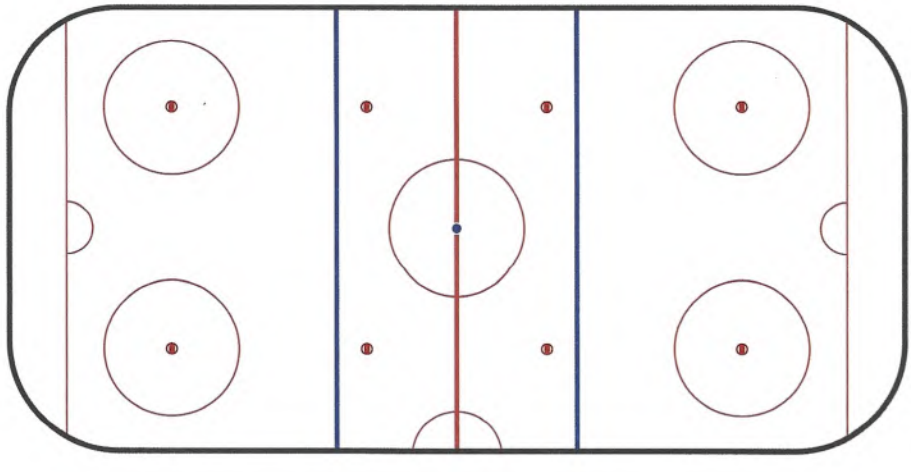
Spiel 2-2 + nach
pass 3-2 oder 3-3 →
4-3 → 4-4 10 min



Spiel 2-2 ~~wenn~~ mit
pass von trainer
aus mitte zone →
→ offensiv schnell mitte
zone durch kommen →
difensiv gute teiming
im mitte zone.
10 min



Spiel 5-5 ganze
eis mit bully →
→ oder spiel
40 x 30 → 3-3
mit TR als joker
für beide team.
12 min

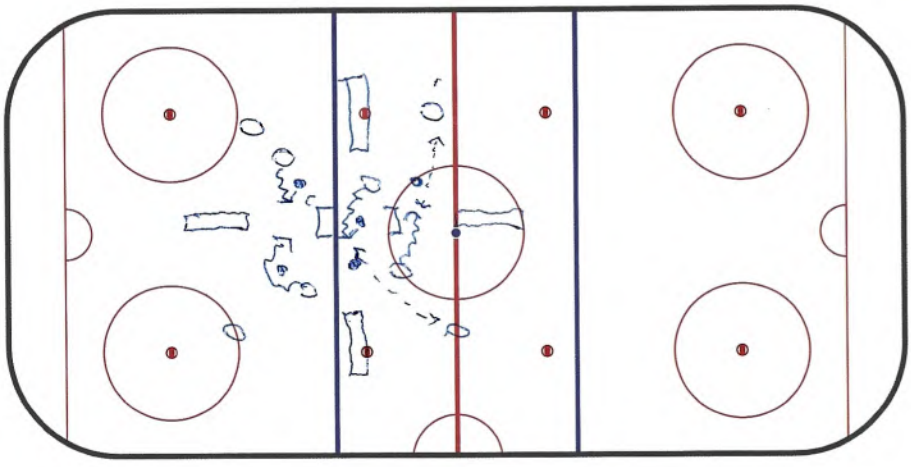


TEAM: U15, U16, U20 - 17.20

DATUM: 25.10.2021.

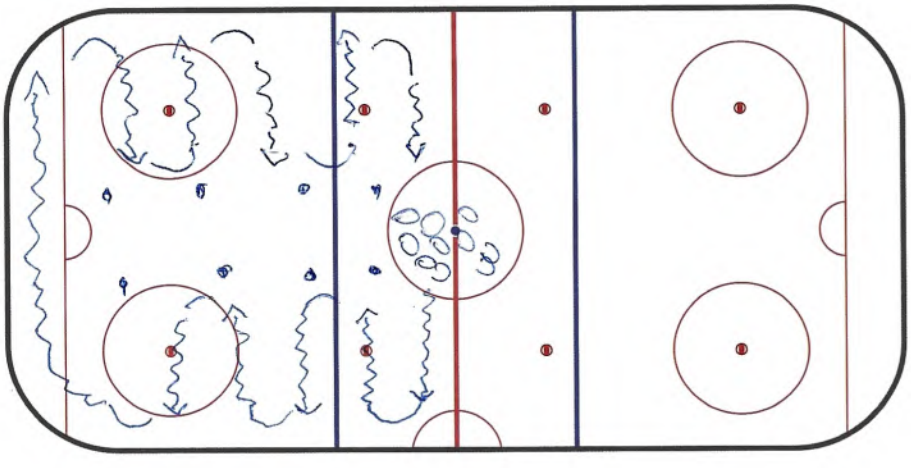
TRAINER: Yuri

TRAININGSPLAN



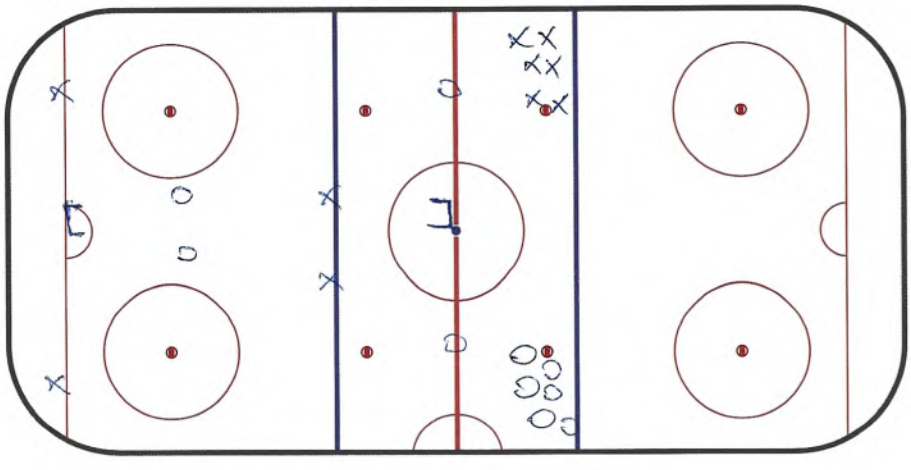
Puck Kontrol zu 4. mit 4 Pass möglichkeiten

10-12 min



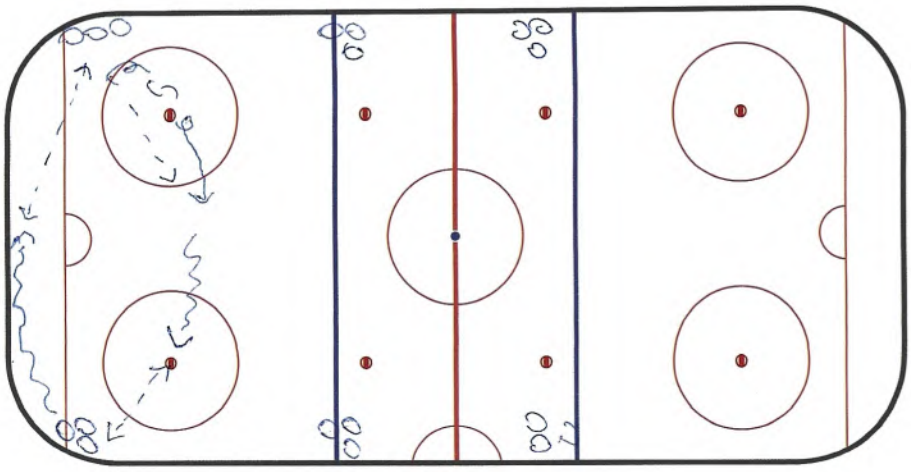
Eislaufen + Puck Kontrol.

12 min



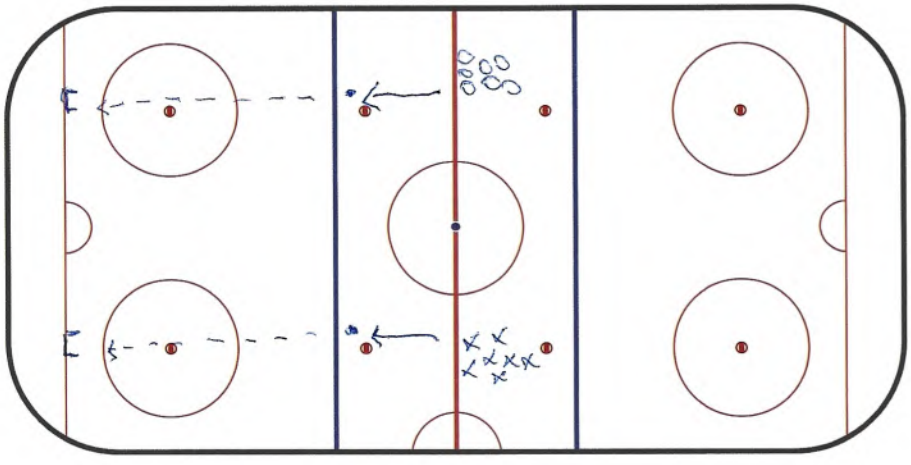
Spiel 2-2 mit 2 weiteren Joker → keine Tore → → keine Schüsse

10 min



PASSEN -> PASSEN annehmen VORWÄRTS RÜCKWÄRTS.

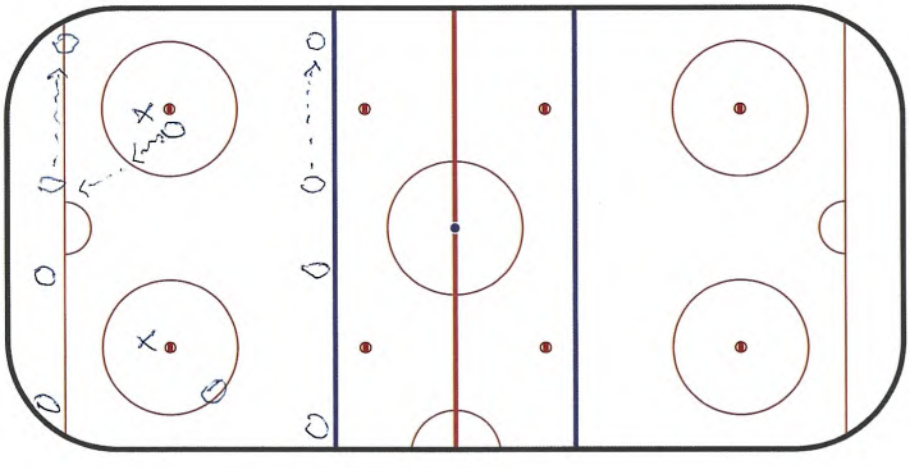
10-12 min



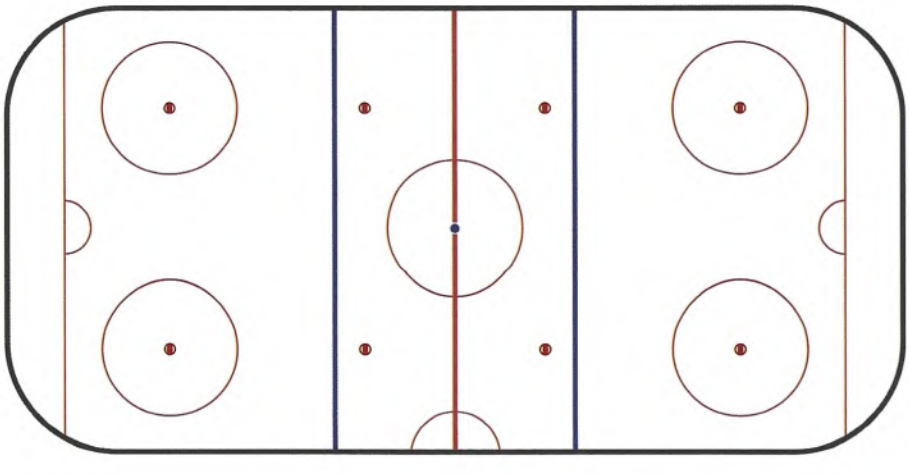
5 Spiel -> Ziel treffen (meine TOR) wer nicht getroffen sprint und puck holen und zum nächste Spieler bringen

8-10 min

oder



2 Puck Spiel mit 4 Spieler und ein AKTIVE F und passive D

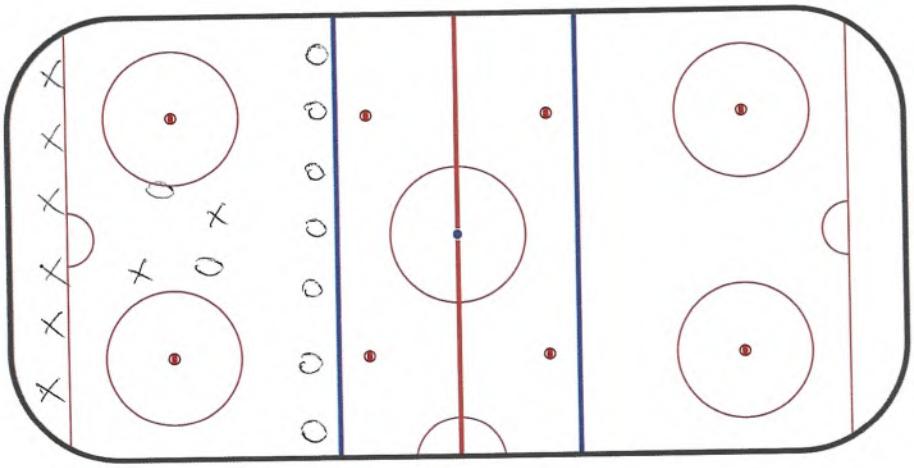


TEAM: U15, 17:50-18:00

DATUM: 28.10.2021.

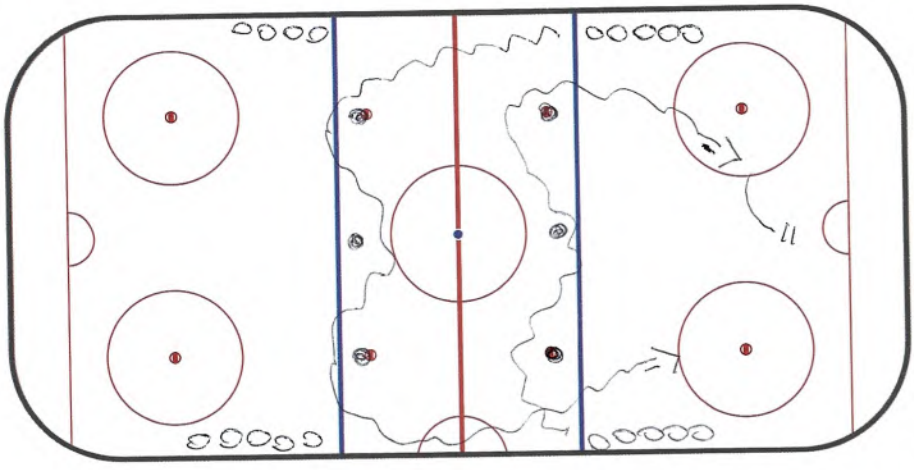
TRAINER: Yuri

TRAININGSPLAN



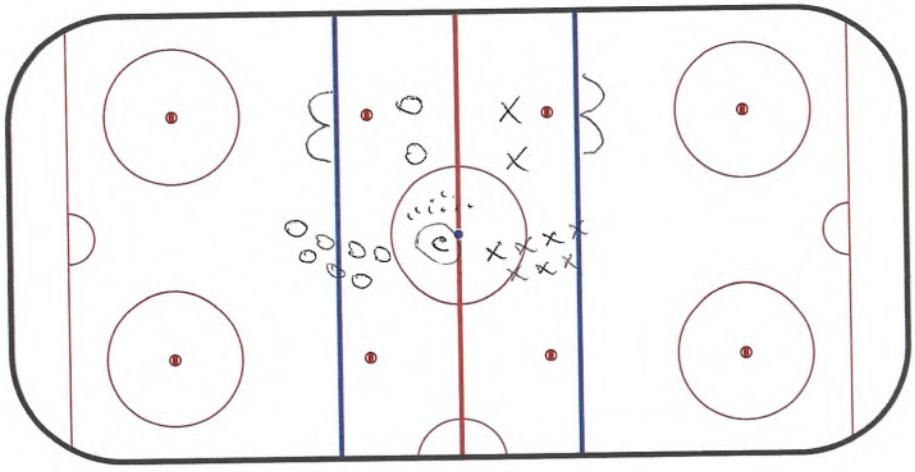
Aufwermen Spiel 2-2 oder 3-3 mit Passen zum eigene Gruppe. -> jede hat sein Spieler!

10min



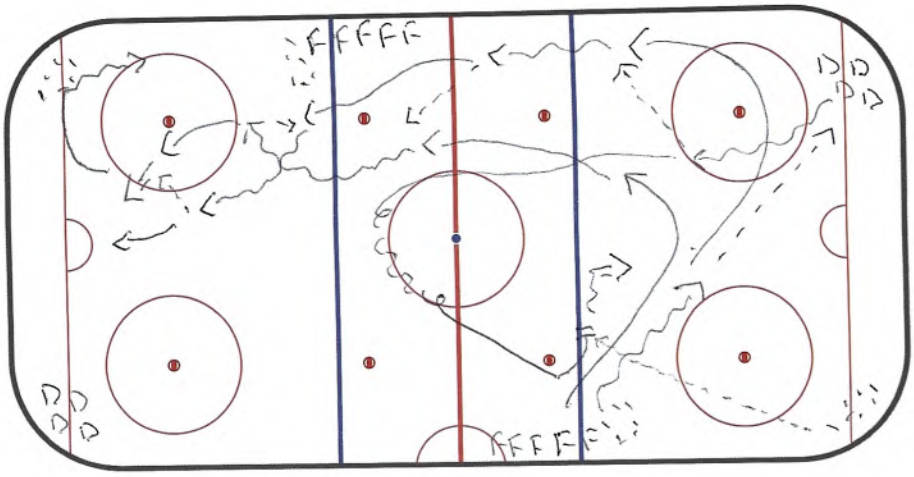
1-0 mit Tempo übersetzen.

8min



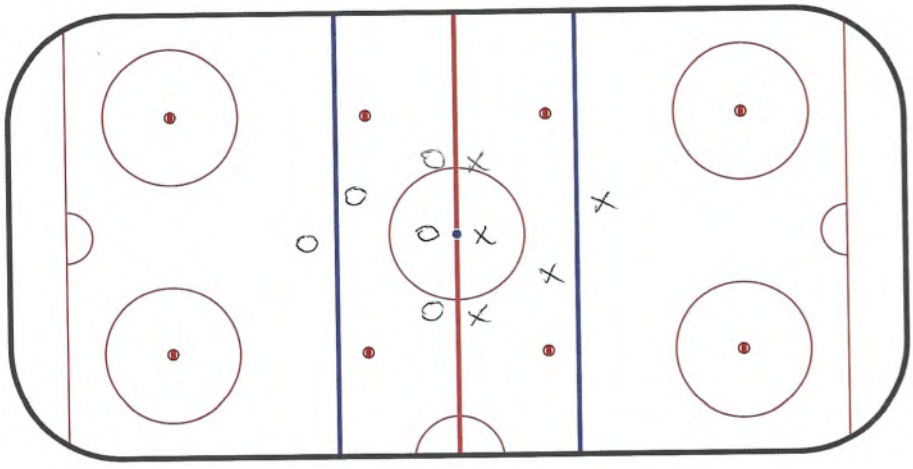
Kleine Spiel 2-2.

10min



2-0 + D -> ZUSSAMEN ARBEIT -> TEIMING BEI AUFBAU -> GUTE ERSTE PASS -> ARBEIT VOR TOR.

10 min



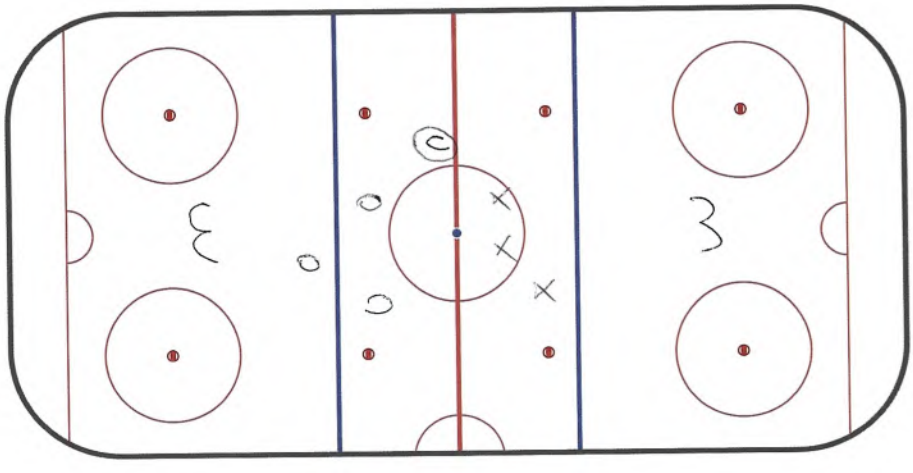
5-5 MIT BULLY -> AKTIV oder 1-2-2 AKTIV.

12 min

oder

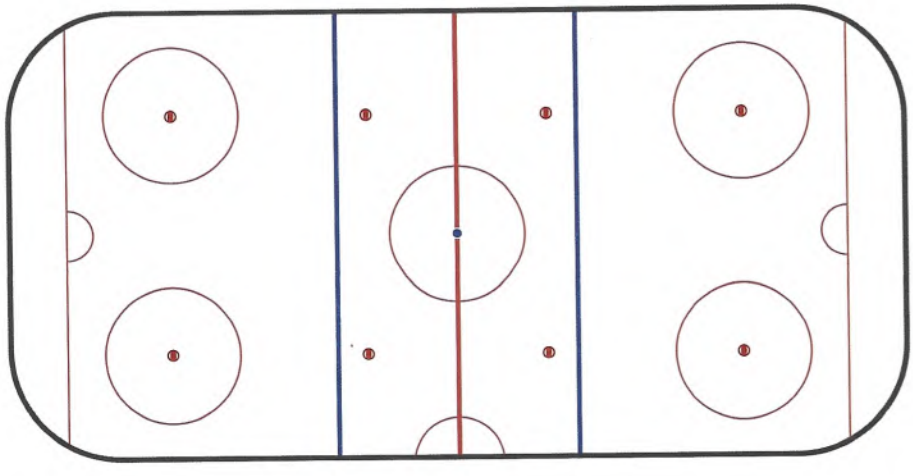
2-1 ZWEI MAL -> MITTE und AUS ECKE

12 min



SPIEL 3-3 -> 40x30 -> TR SPIELT FÜR TEAM MIT PUCK -> SITUATION 4-3 NUTZEN.

12 min



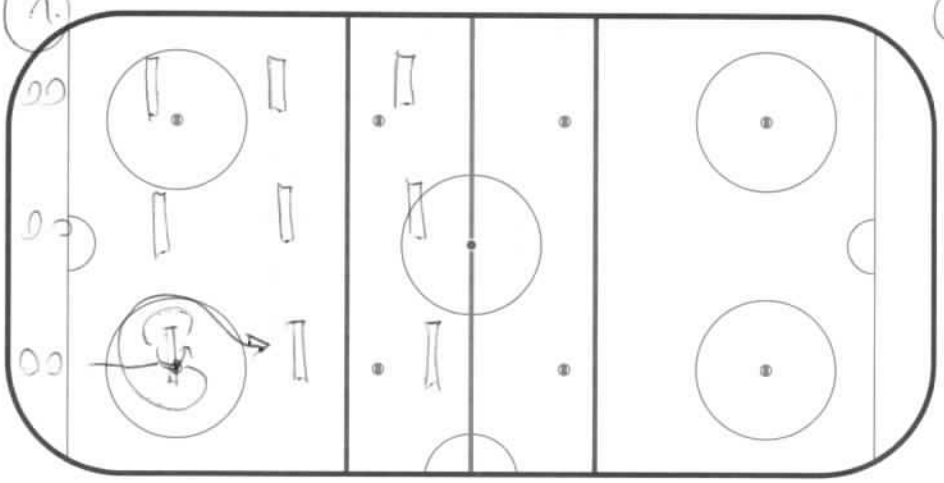
TEAM: U15

DATUM: 1.11.21

TRAINER: Markus Yuri

TRAININGSPLAN

1.



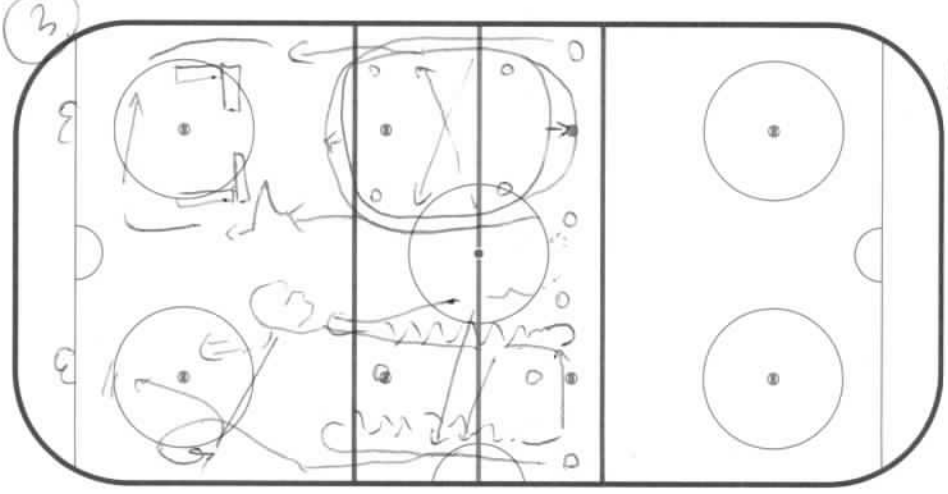
1. Schlittschuhlaufen

A Springen:
- VW, in Stand VW/RW
- RW

B Innenkante ablegen
- offene Hüfte Innenkante
- VW/RW über Außenbein
- Drehung Innen/Außenbein

15-20 min

2.



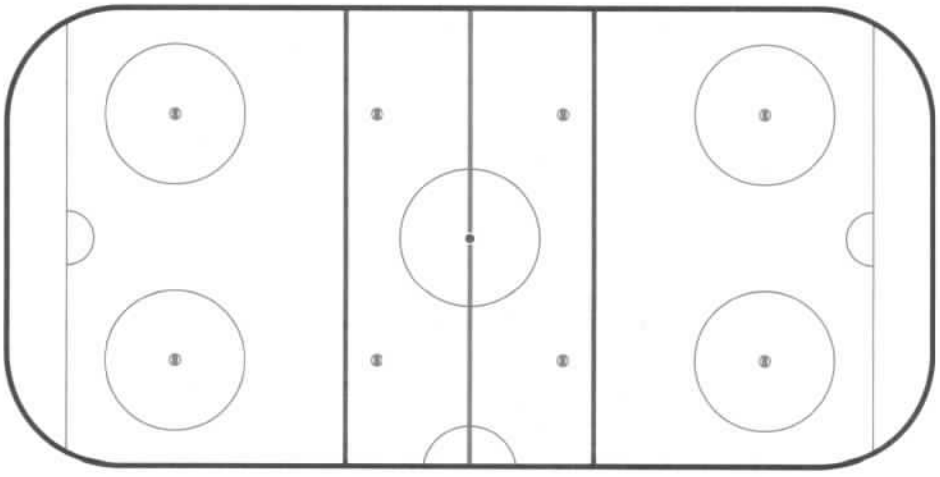
2. Bahnen Stocktechnik
- Tempo, harter Cut
- Fake VH/RH (Peilen)



10 min

3. Passübungen

2×8 min

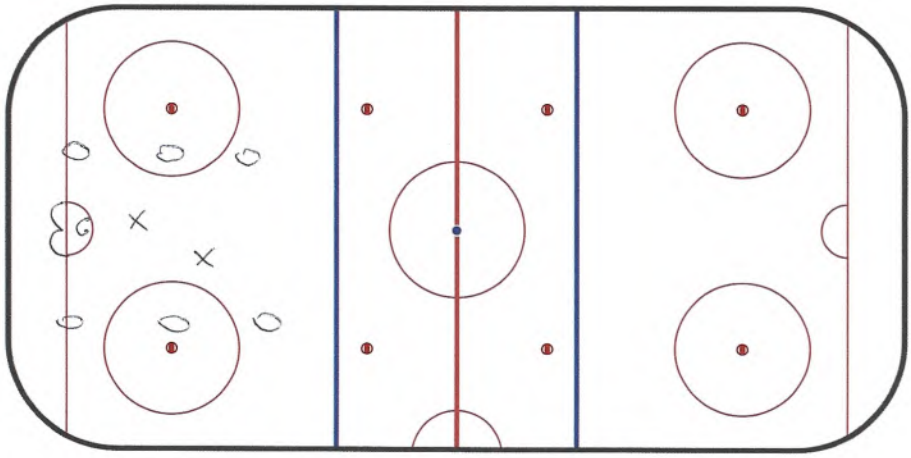


TEAM: U15. 16:40-17:40

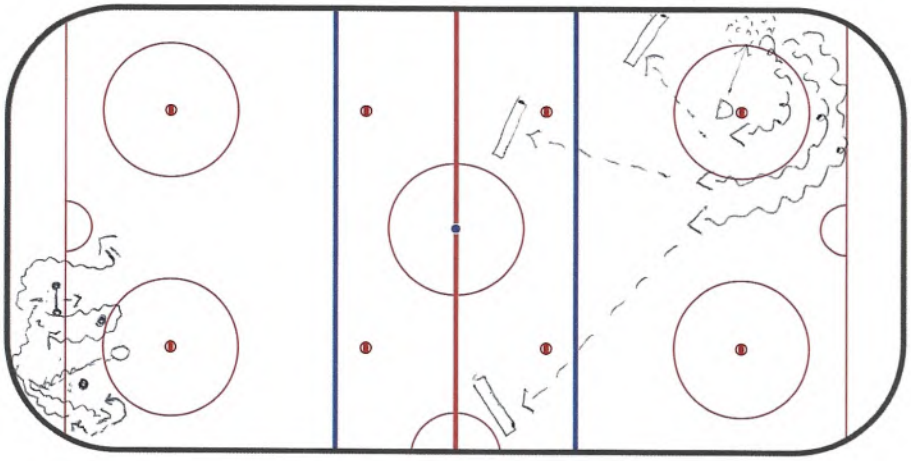
DATUM: 4.11.2021.

TRAINER: Yuri

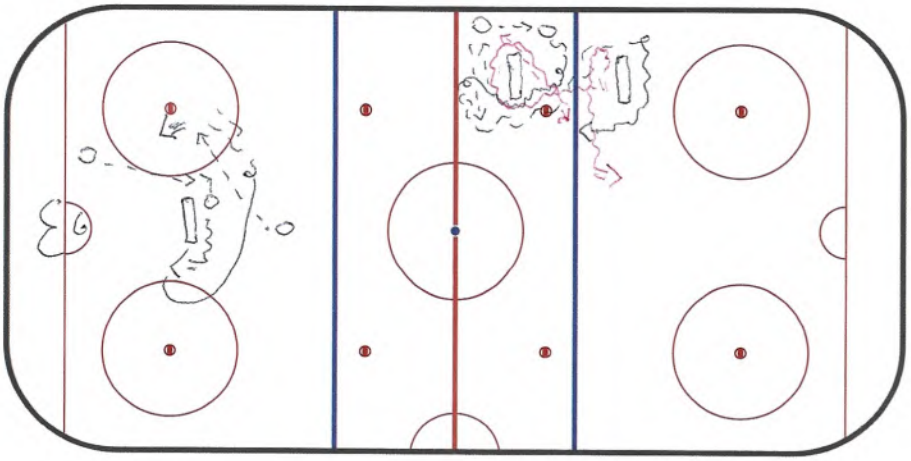
TRAININGSPLAN



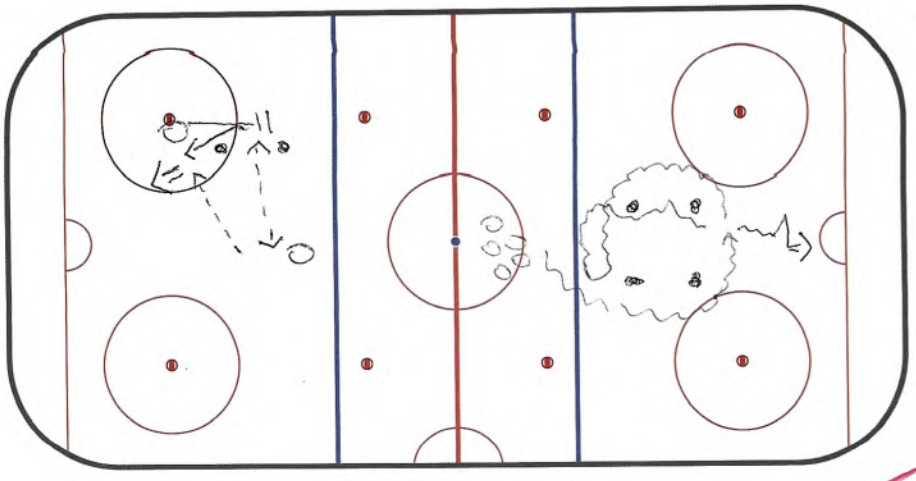
Aufwermen Spiel 6-2
10min



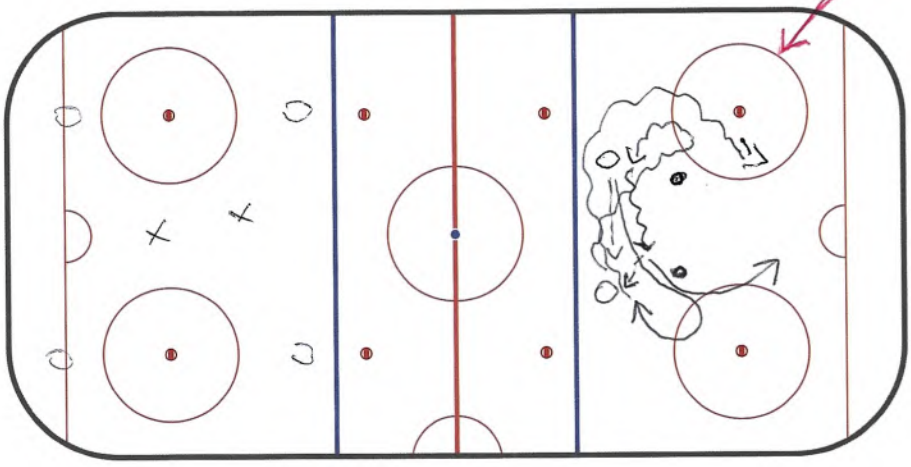
F- RAUS AUS ecke
Richtung ~~en~~ 1 Richtung 2.
5min - 5min -> 10min
D- Pass übung ->
-> erst pass.
5-5 -> 10min



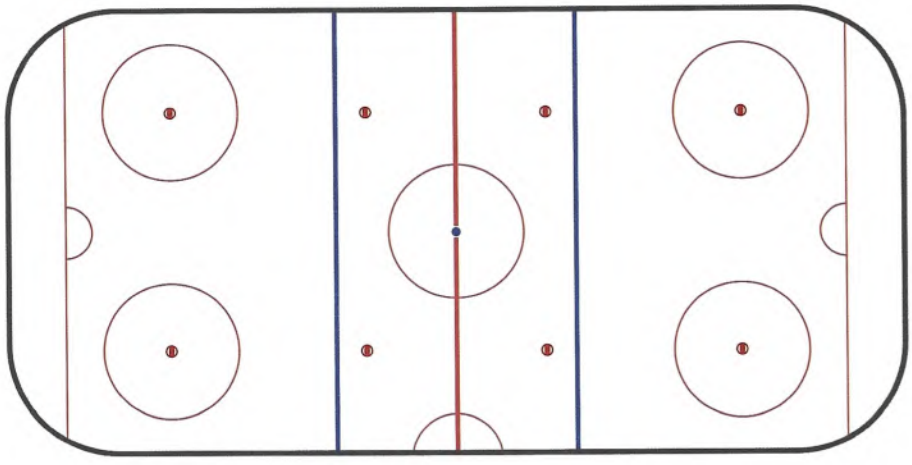
F- Schnelle ~~xxxxxxx~~ schuss
nach pass -> frei anbieten
und direcke schuss.
10min
D- Pass übung mit schuss
10min

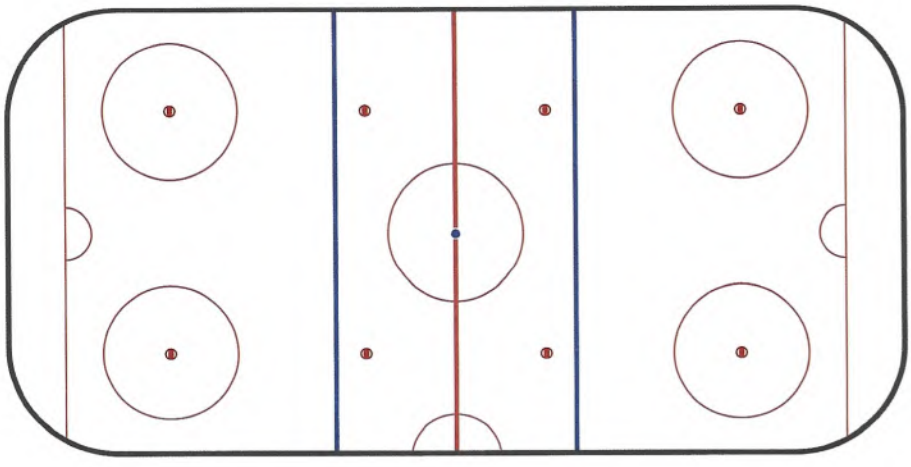


1-0 Penalty mit
vordere übersetzen
Power mit Richtung
wechseln
8 min
1 - Andere seite
Direkt schuss nach
doppel pass ⇒ oder
2-0 Auf eine seite.



Spiel 4-2
10min
+
2 Runde eine seite
→ 2 Runde Andere



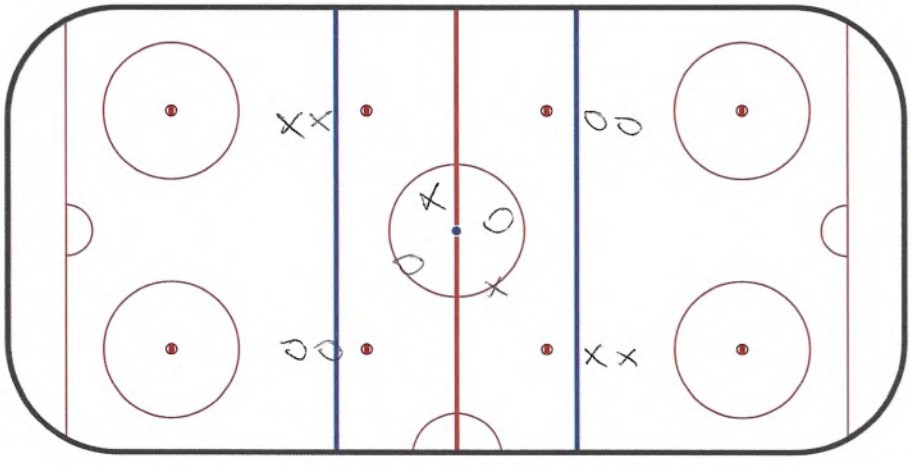


TEAM: U15. 17:00 - 18:10

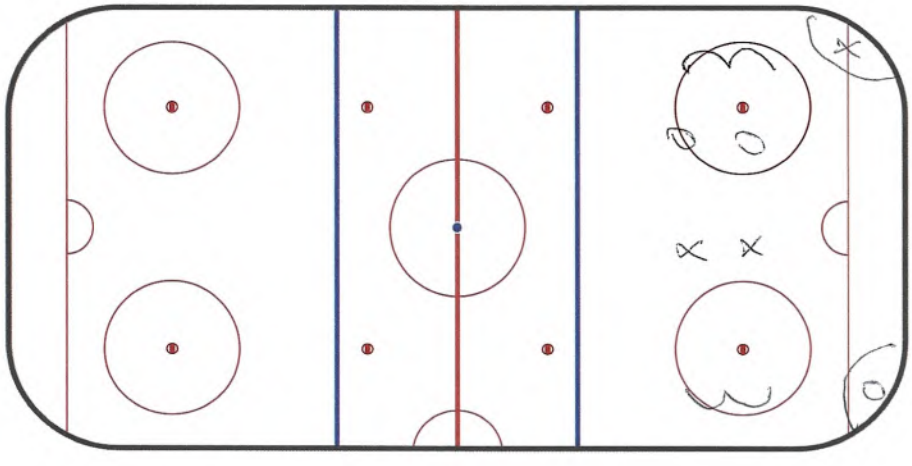
DATUM: 5.11.2021.

TRAINER: Yuri

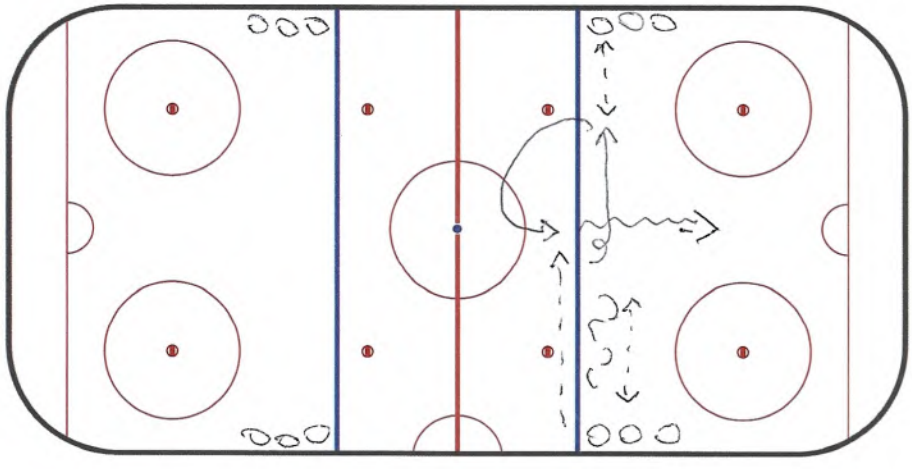
TRAININGSPLAN



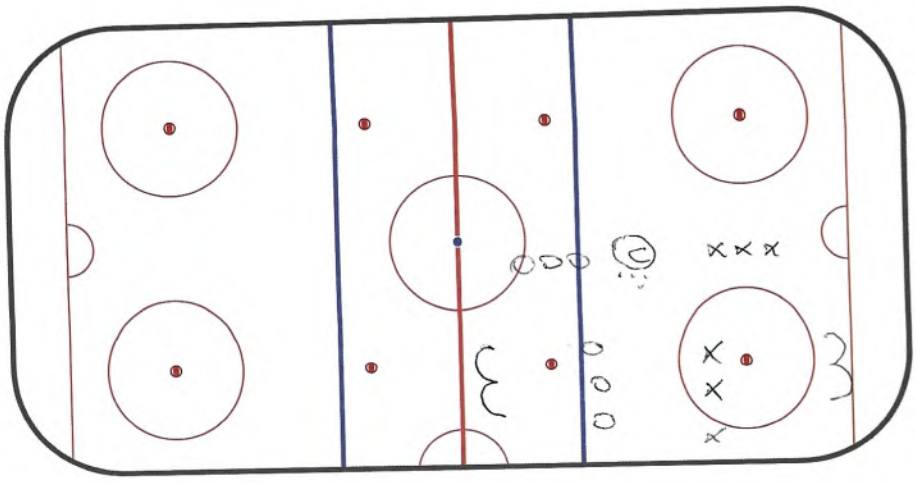
Aufwermen 2-2
mit 2 diagonal joker.
8 min



Spiel 2-2 mit
joker in die ecke.
10 min

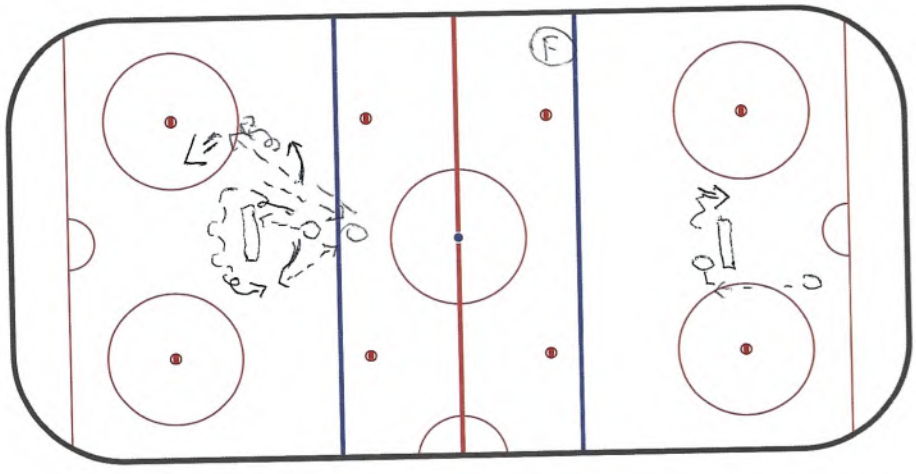


1-0 mit 2 doppel pass
10 min



Spiel 2-3 Halbe zone.

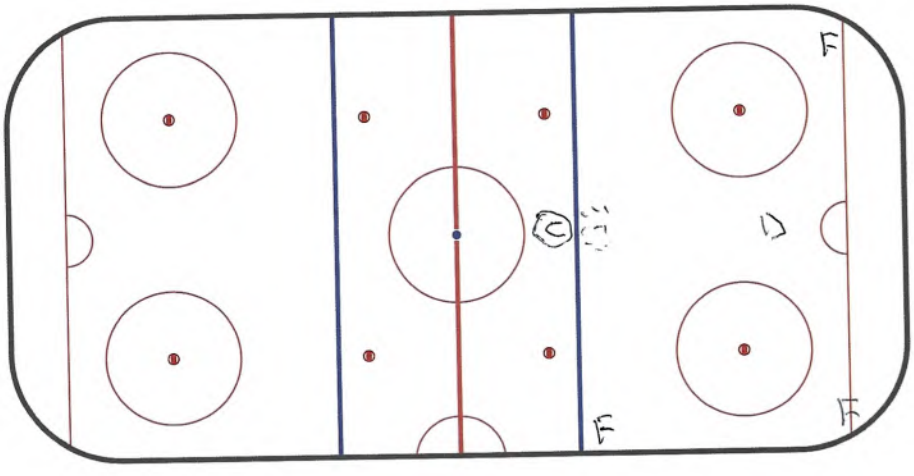
10 min



F - schuss übung

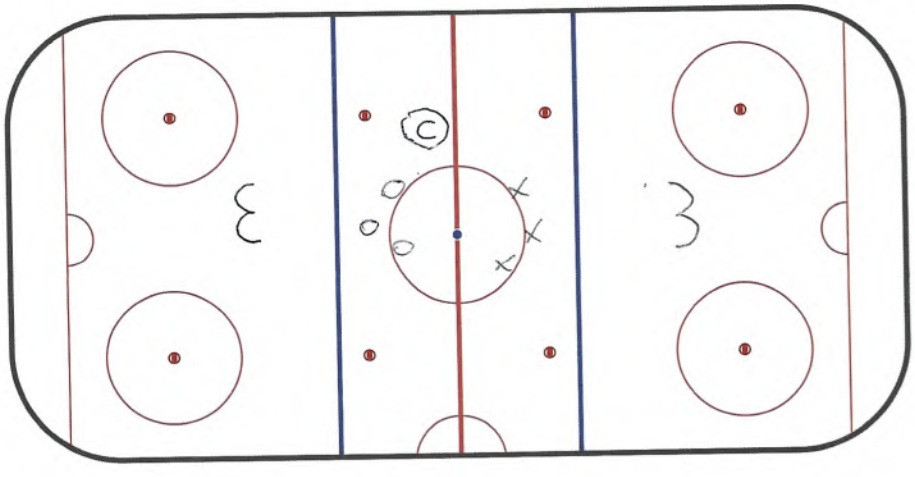
D - schuss übung

10 min - 12 min



1-1 3mal aus ecke

10-12 min



Spiel 3-3 40x30

TR - spielt für Team mit Puck.

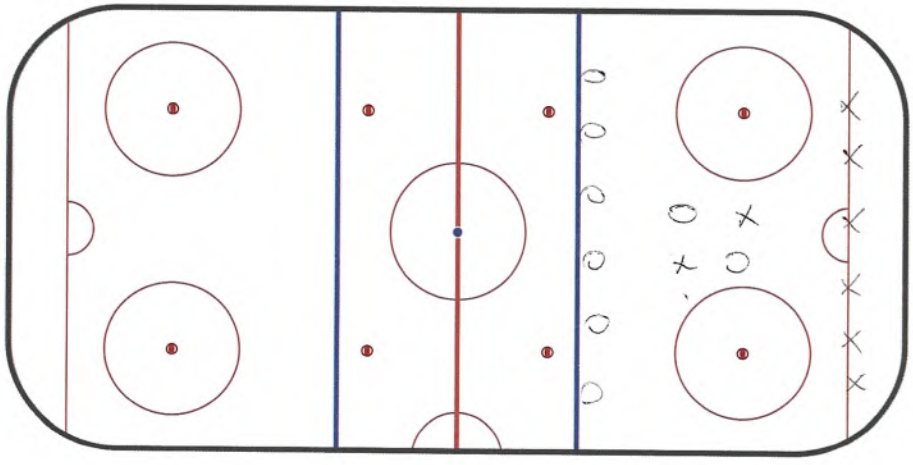
8-10 min

TEAM: U 15. 16:20 - 17:20

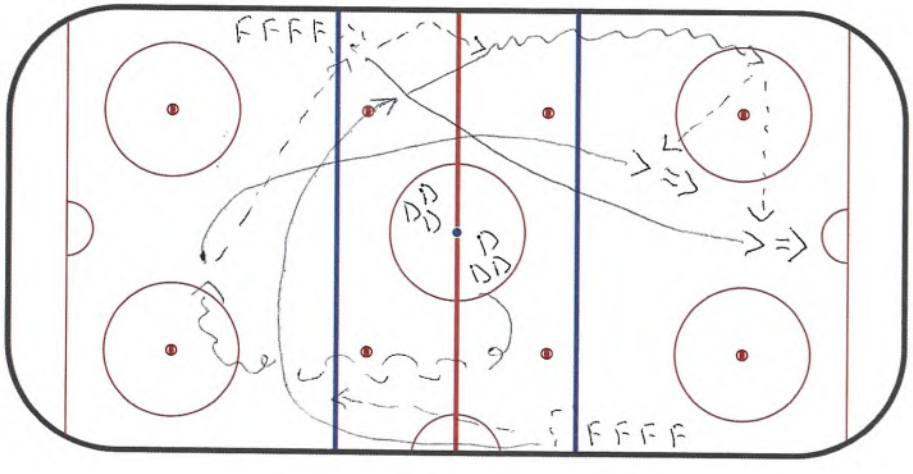
DATUM: 8.11.2024

TRAINER: Yuri.

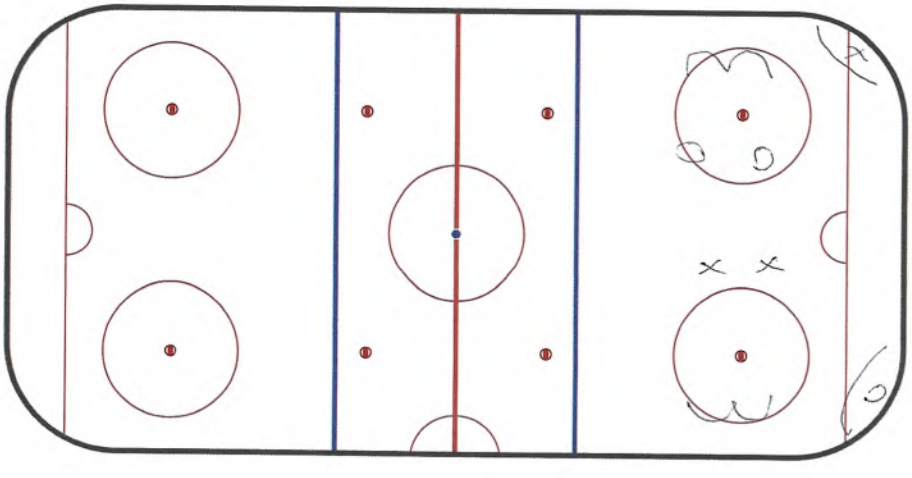
TRAININGSPLAN



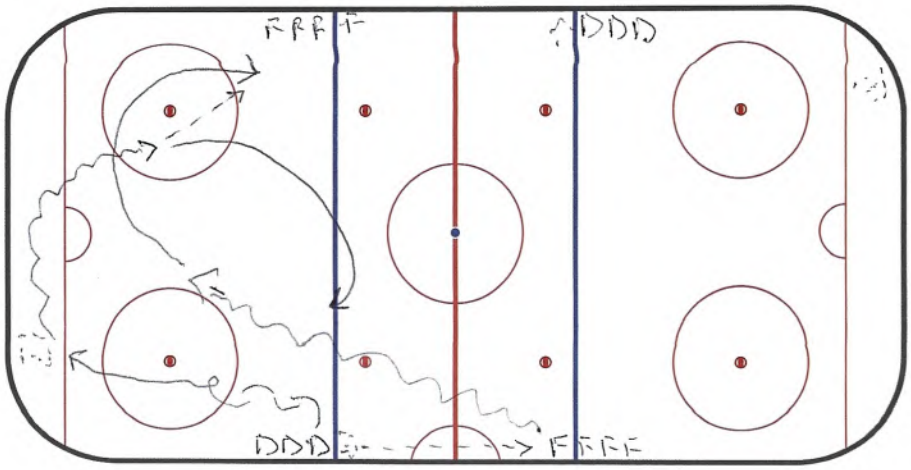
Aufwermen 2-2
mit Passen zum
eigene gruppe.
8 min



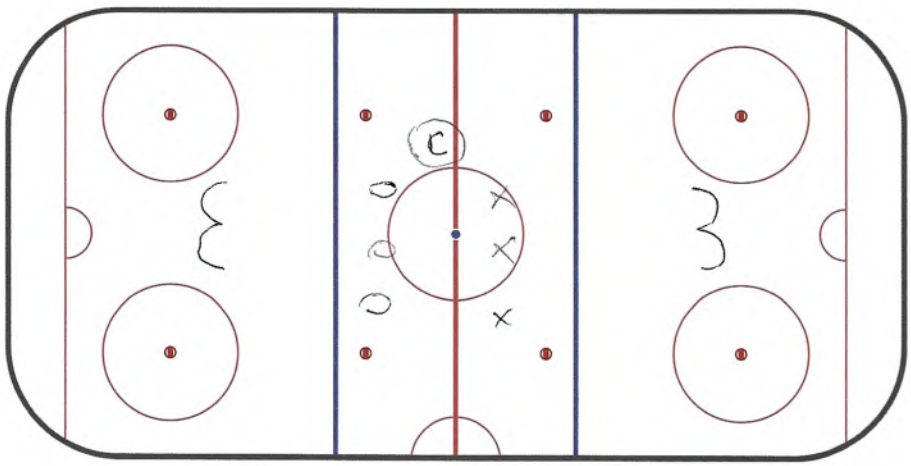
2-0 + 1) -> kommt mit
8-10 min



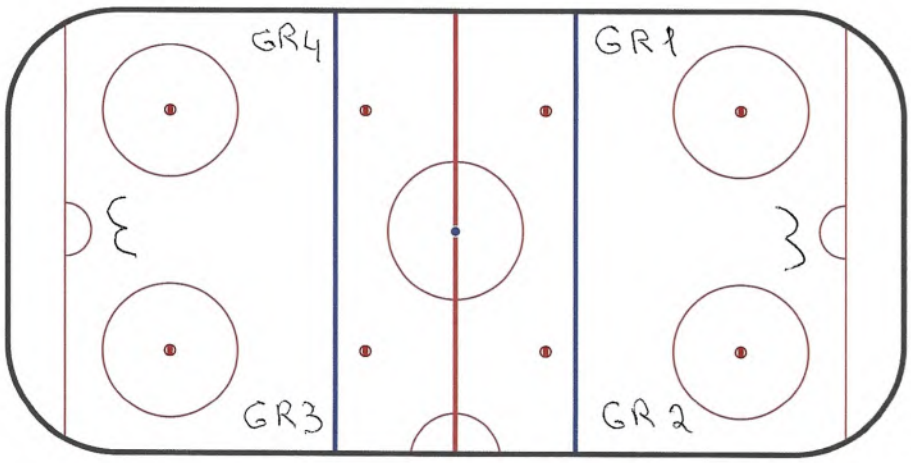
Spiel 2-2 mit
Joker im Ecke
8 min



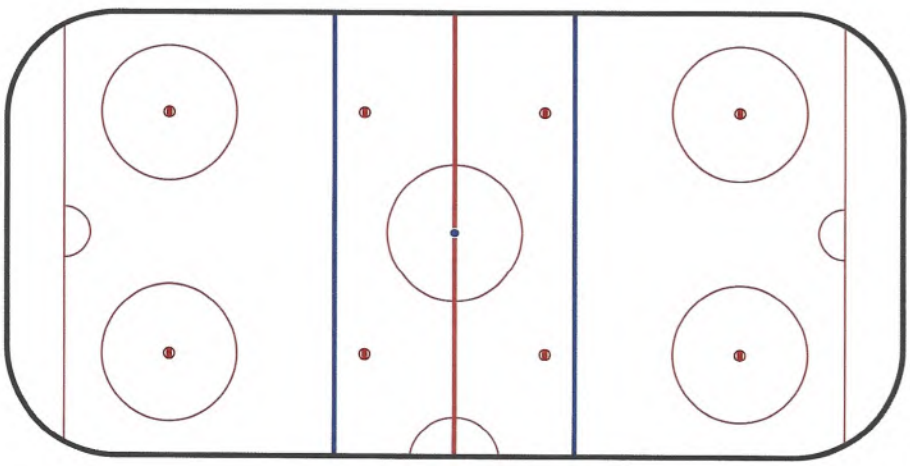
1-1 PASS von D ->
-> schnelle Aufbau
-> D mit Pelming.
10 min



Spiel 3-3 -> 40x30
TR spielt für Team
mit Puck
12 min
↓
Oder 5-5 ganze
Eis.



4 GR -> 3 Rund ->
3 Runde

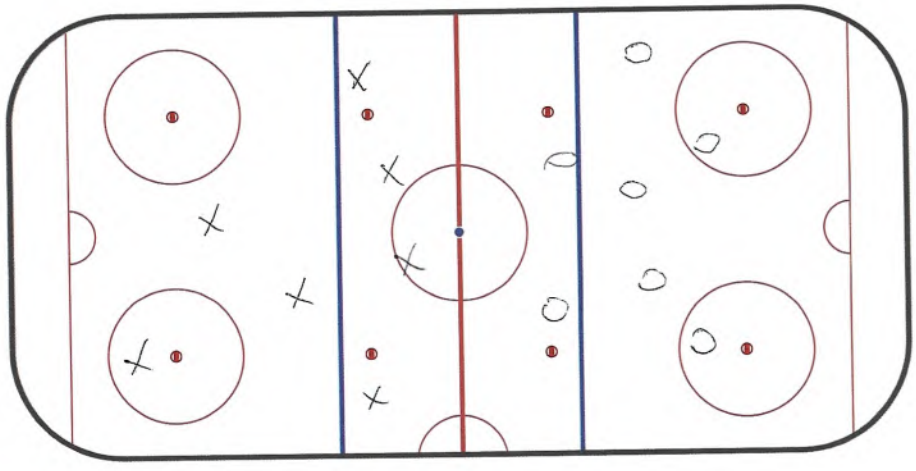


TEAM: U15. 16:40-17:40

DATUM: 11.11.2021.

TRAINER: YURI, MARTIN.

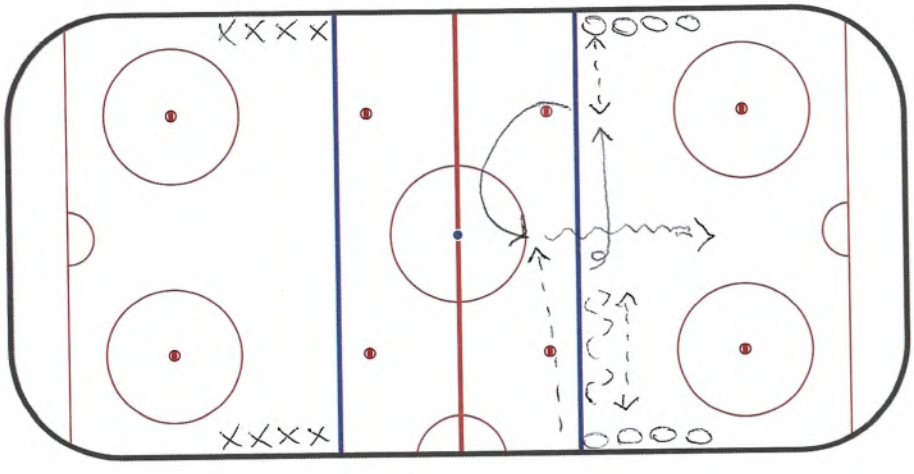
TRAININGSPLAN



Aufwermen

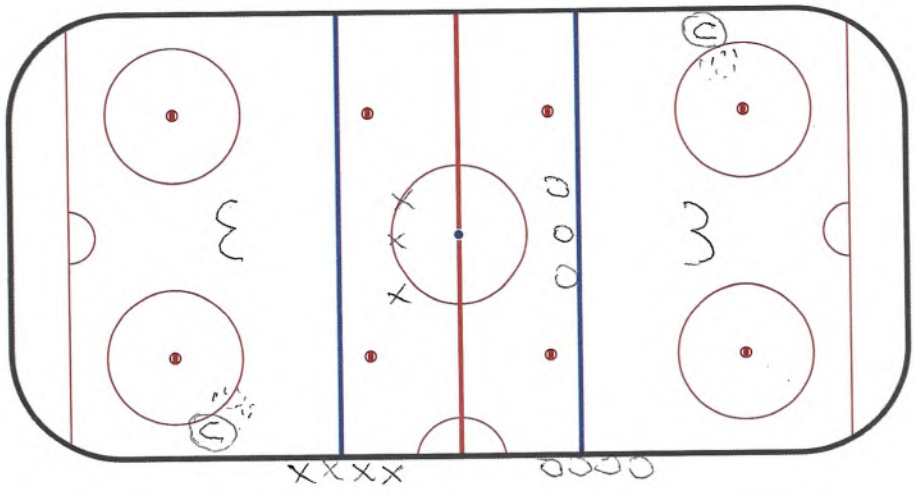
ALLE - ALLE mit 2 PUCK

10 min



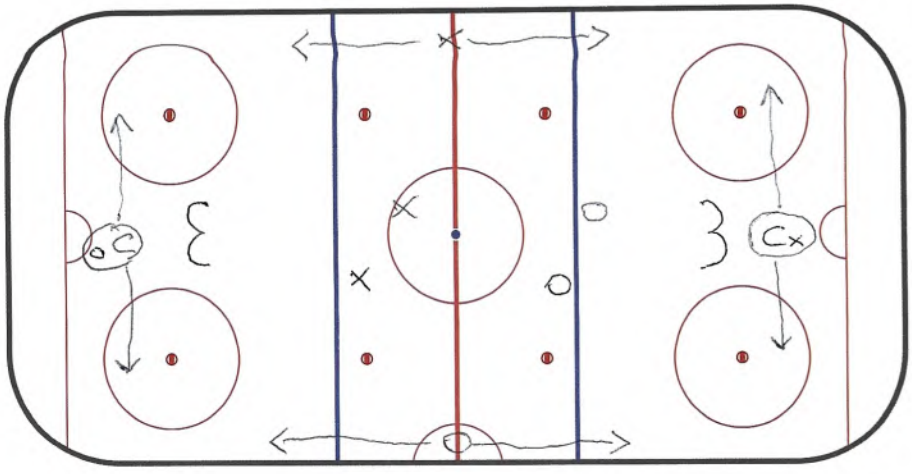
1-0 mit 2 doppel PASS und PASS zu mitte.

8 min

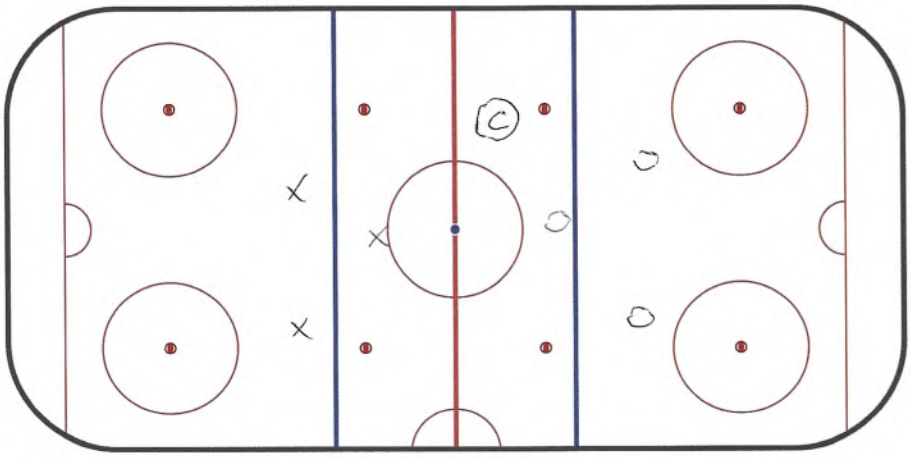


Spiel 3-3 mit 2 chance zu nutzen mit PASS von eigene TRAINER.

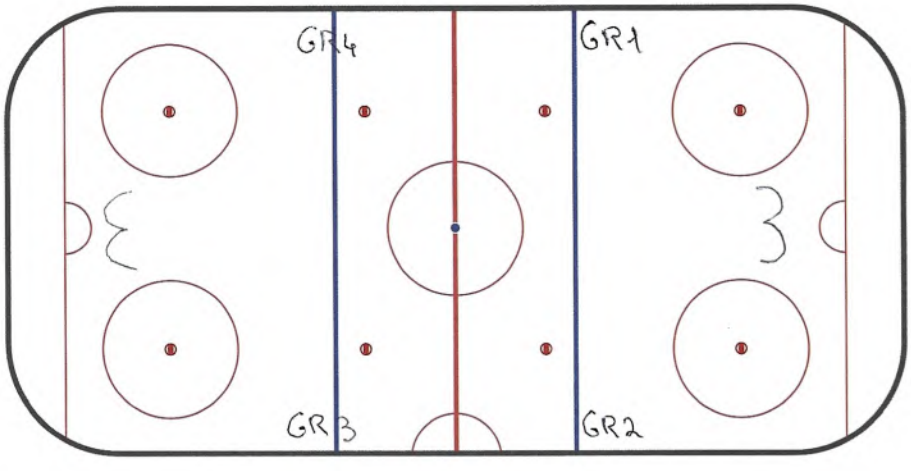
10 min



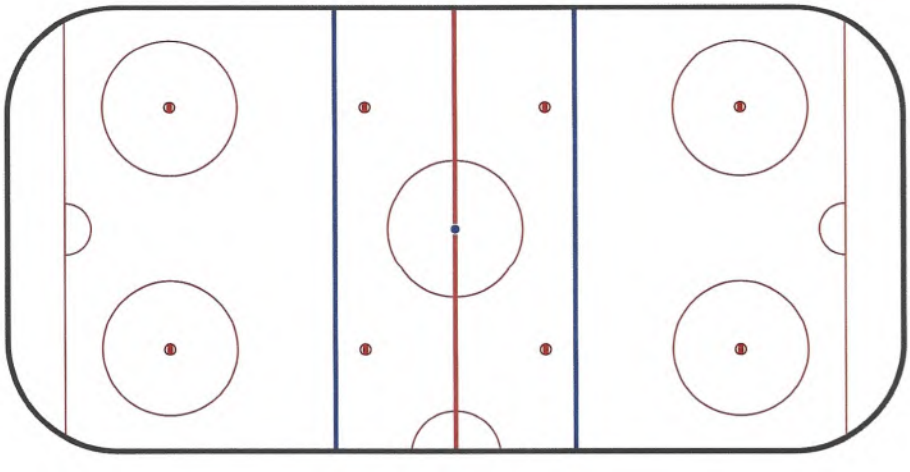
Spiel 2-2 → 40×30
mit 1 Spieler Joker
auf Seite und TR-Joker
hinten gegnerischer Tor
10 min



Spiel ganze Eis
3-3 + TR spielt für
Team mit Puck.
10-12 min



4 Gruppen → 3 Runde →
→ 3 Runde.
8 min

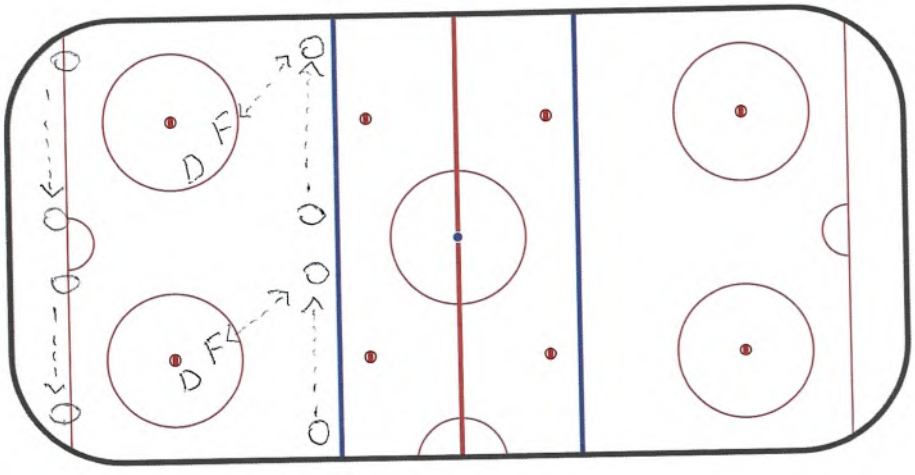


TEAM: U15, 16:40-17:40

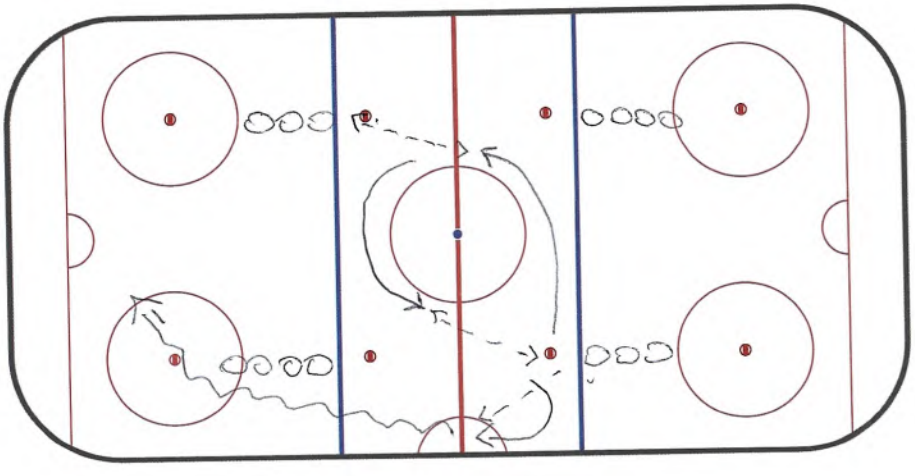
DATUM: 12.11.2021.

TRAINER: Yuri, Martin

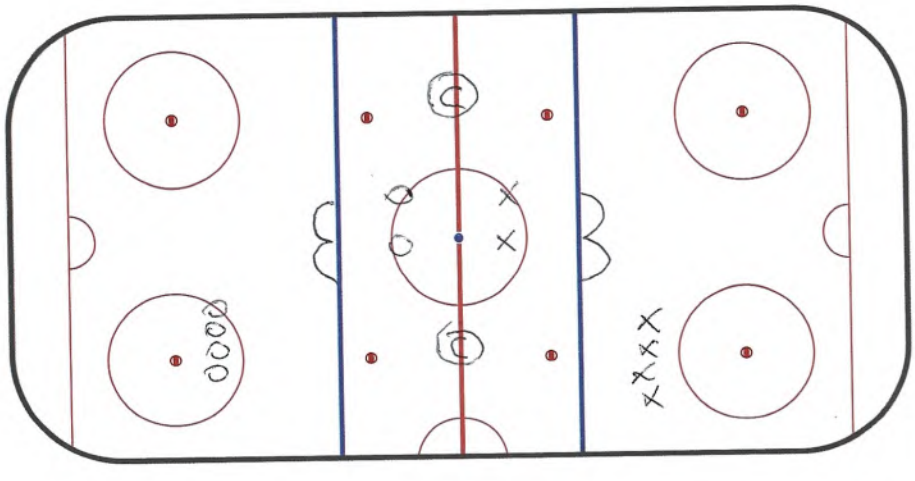
TRAININGSPLAN



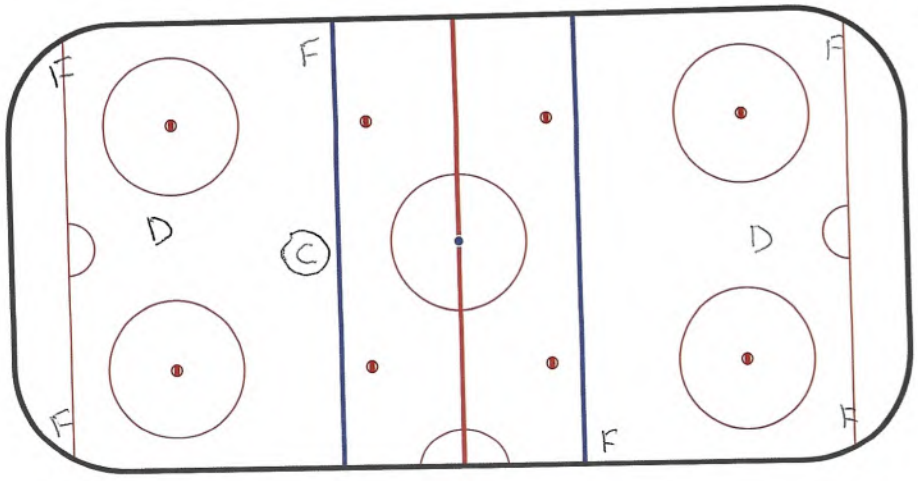
Aufwermen 4 Spieler
2 Puck -> F -> Passiv
Verteidiger.
10 min



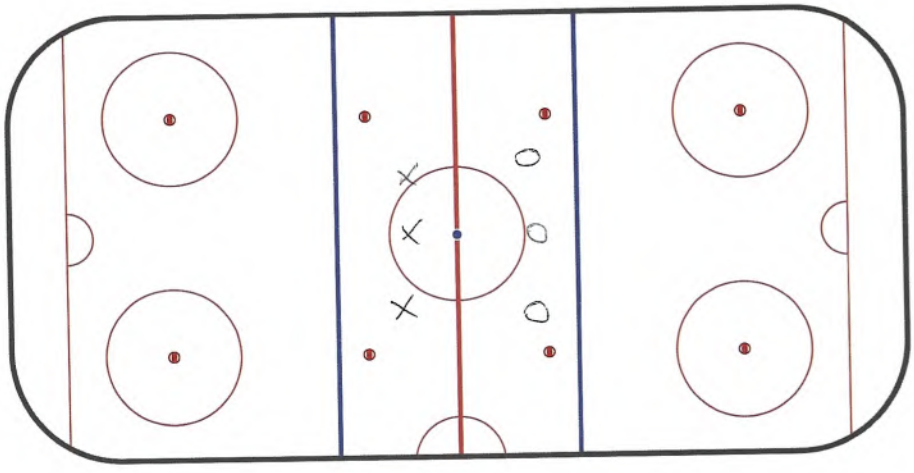
1-0 2 doppel Pässe
5 min



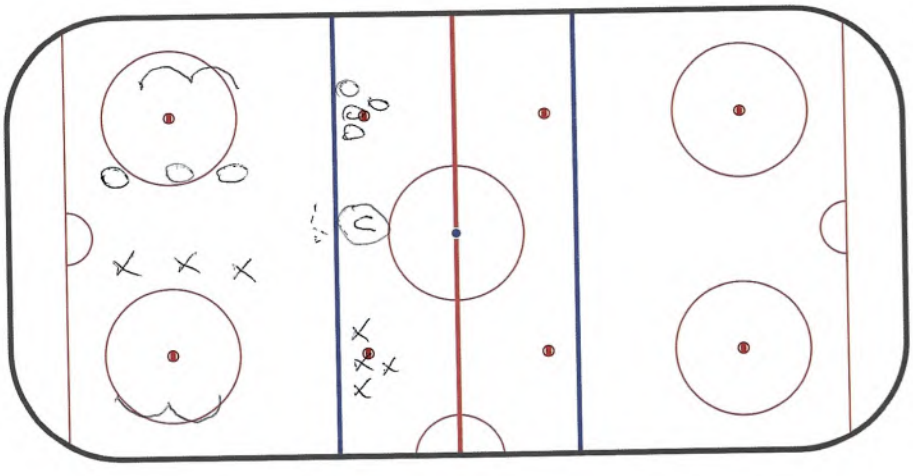
Spiel 2-2 mit 2 Joker
10 min



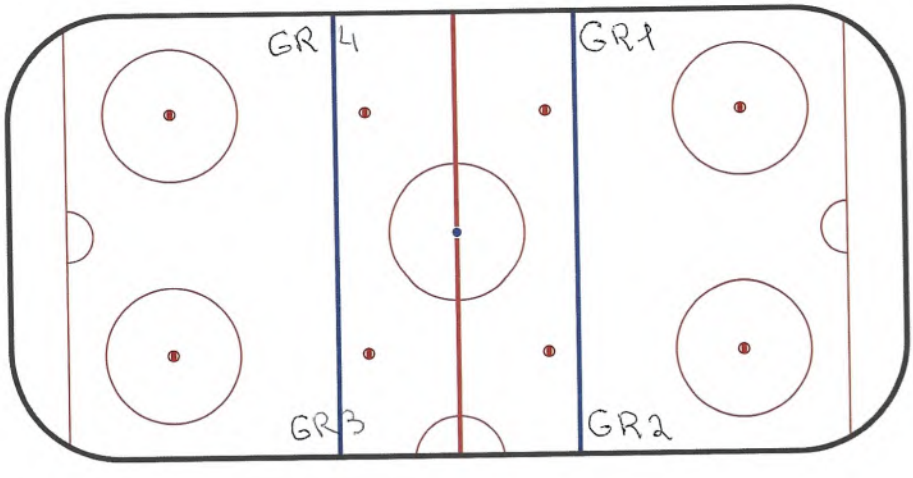
1-1 3mal
10min



3-3 ganze eis →
→ TOR ZÄHLT WENN
ALLE SPIELER HINTEN
gegnerische BLAU Linie
sind.
8min



3-3 in zone
10min



4 GR → 2 Runde →
→ 2 Runde.

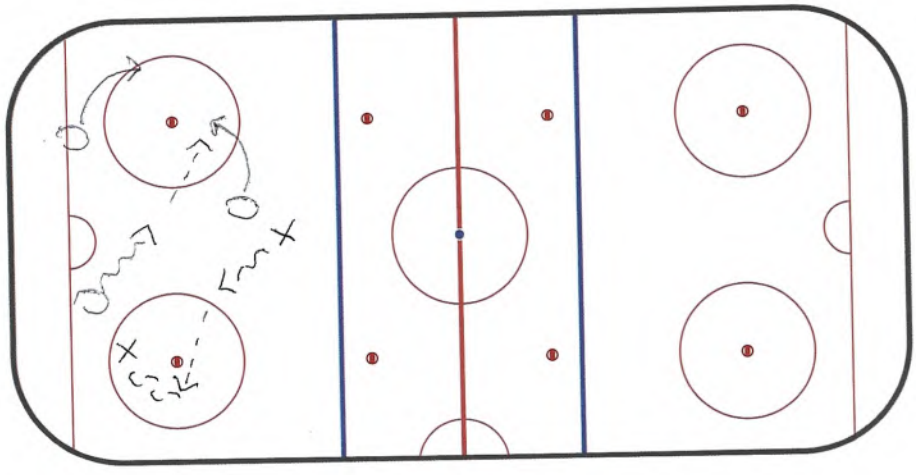
U13 15:10-16:10

TEAM: U15, 16:20-17:20

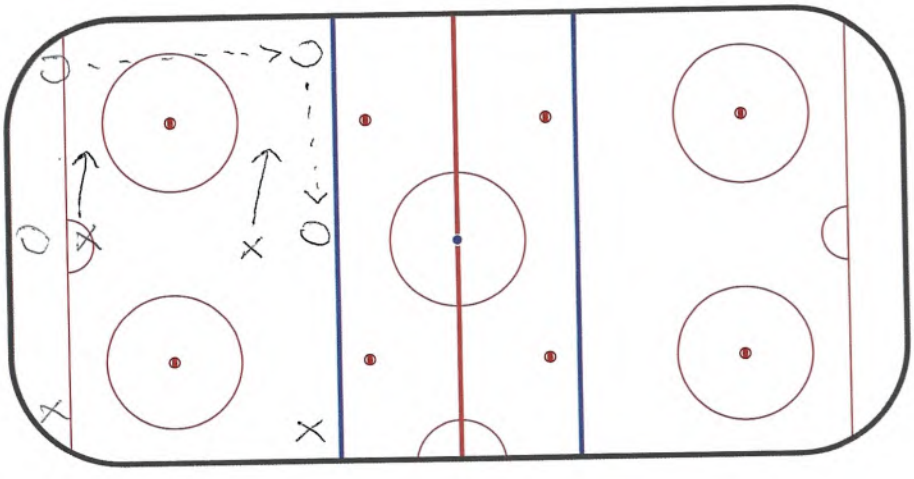
DATUM: 15.11.2021.

TRAINER: Yuri

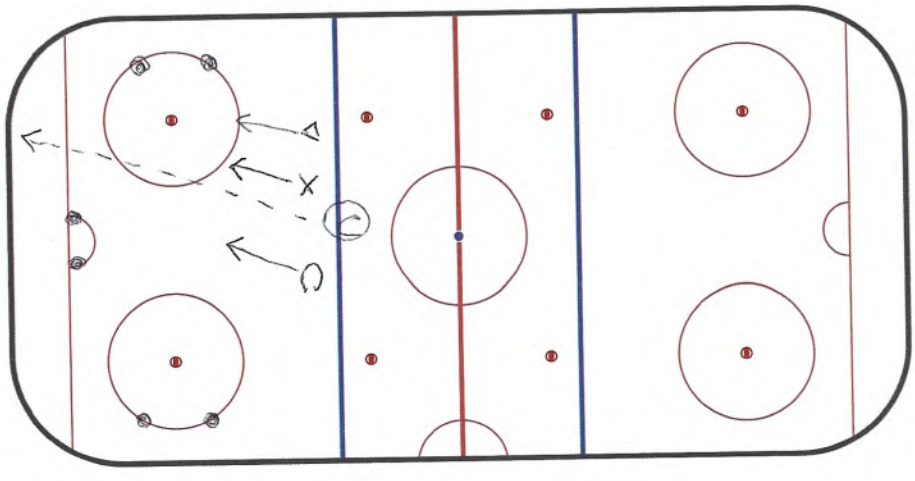
TRAININGSPLAN



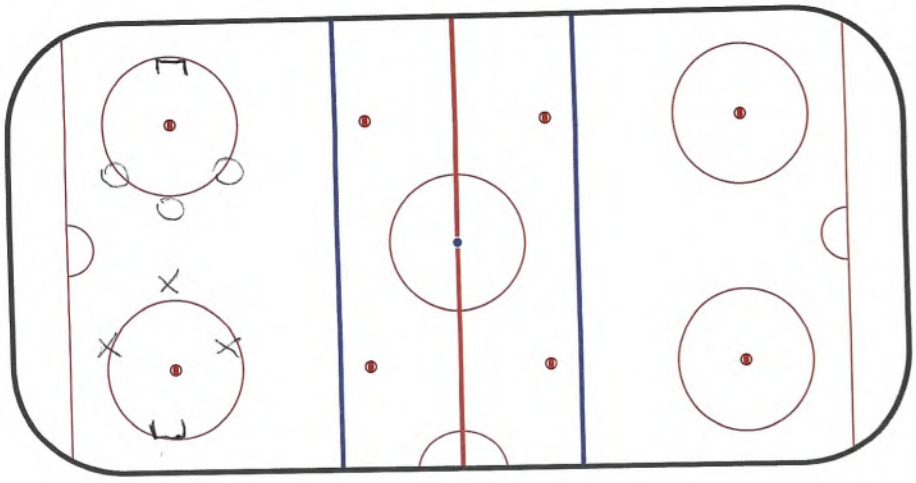
Passen zu 5 -> Stürmer 1puck -> Verteidiger 1puck.
10min



Passen Spiel 4-2 -> 4-2 mit 2Agressive Angreifer.
10min

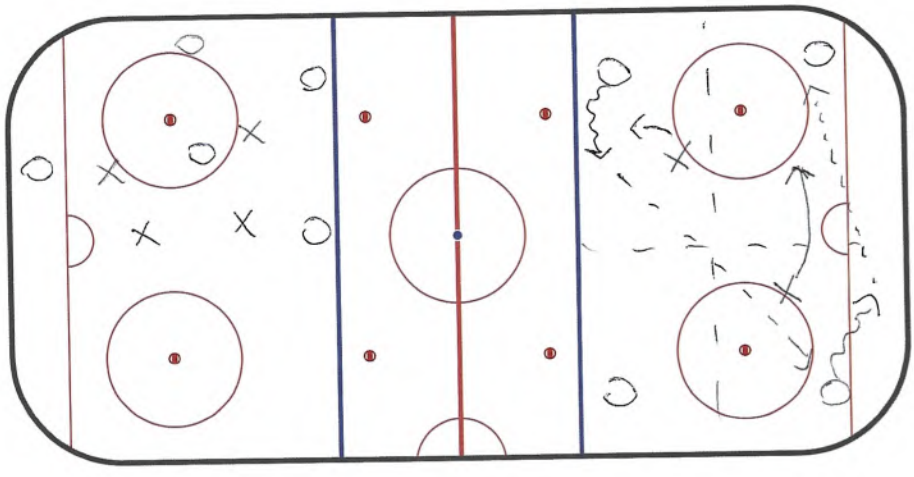


Puck kontrol spiel 1-1 zu d/rit
10min



3-3 Auf kleine Tore

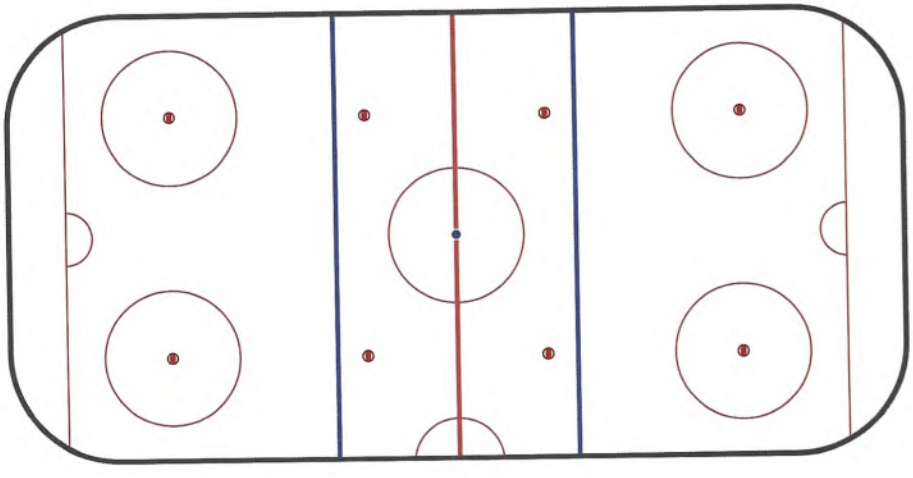
10 min

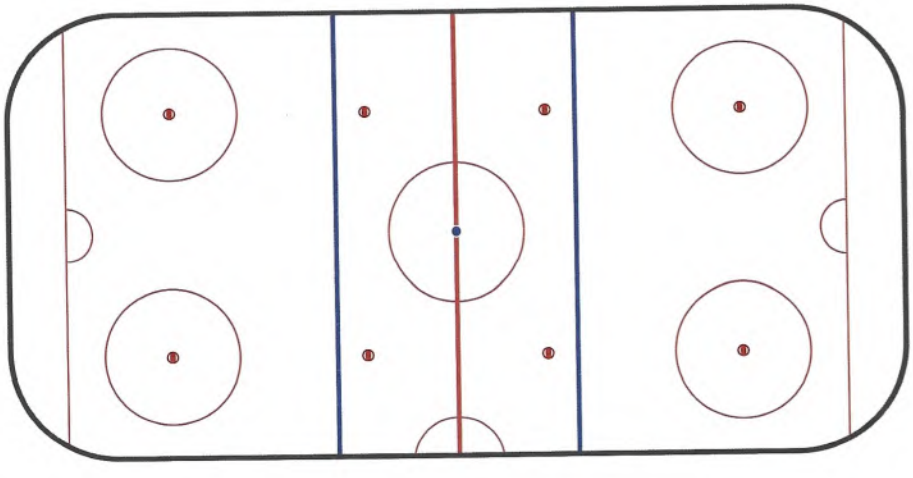


U15 5-4

17 min

U13 4-2.





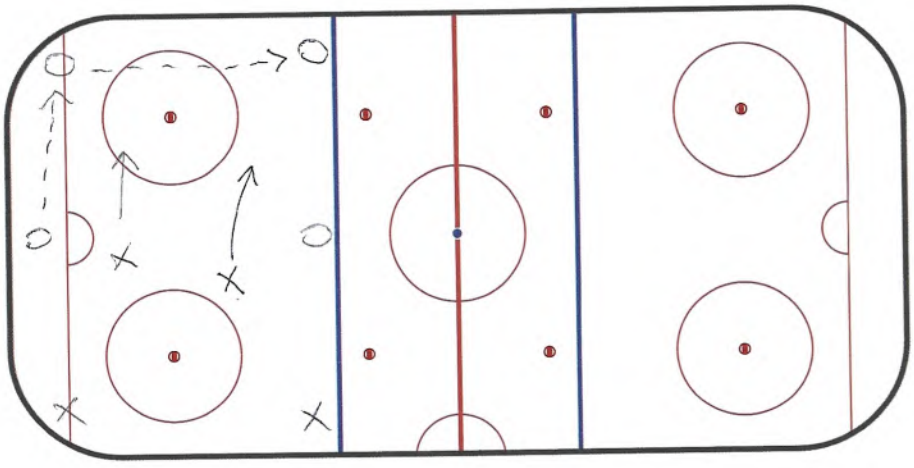
E.H.C. KLOSTERSEE

TEAM: U15. 16:40-17:40

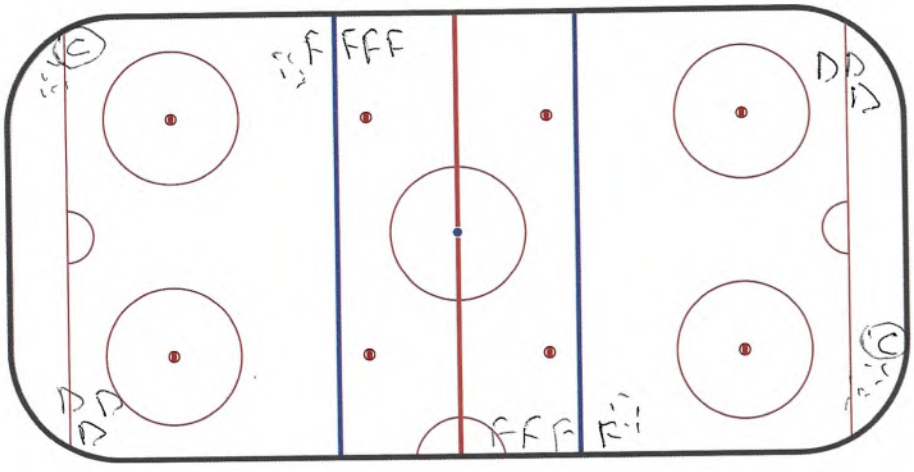
DATUM: 18.11.2021.

TRAINER: YURI, MARTIN.

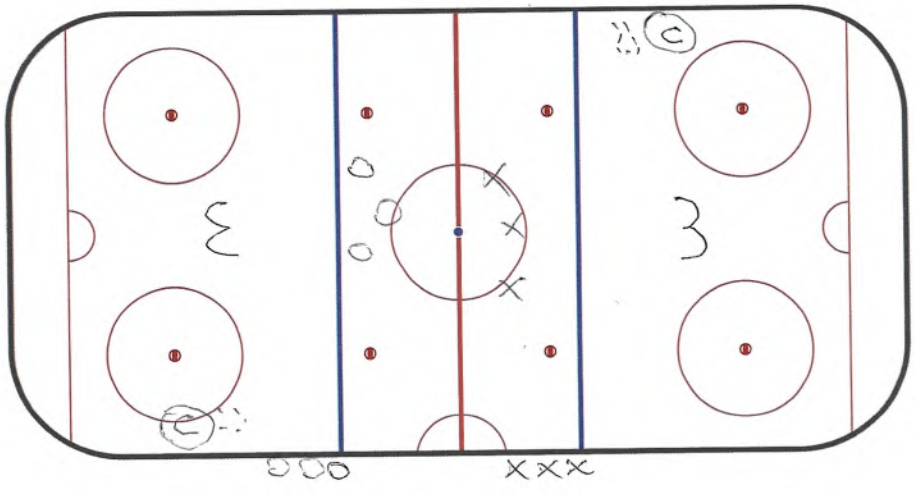
TRAININGSPLAN



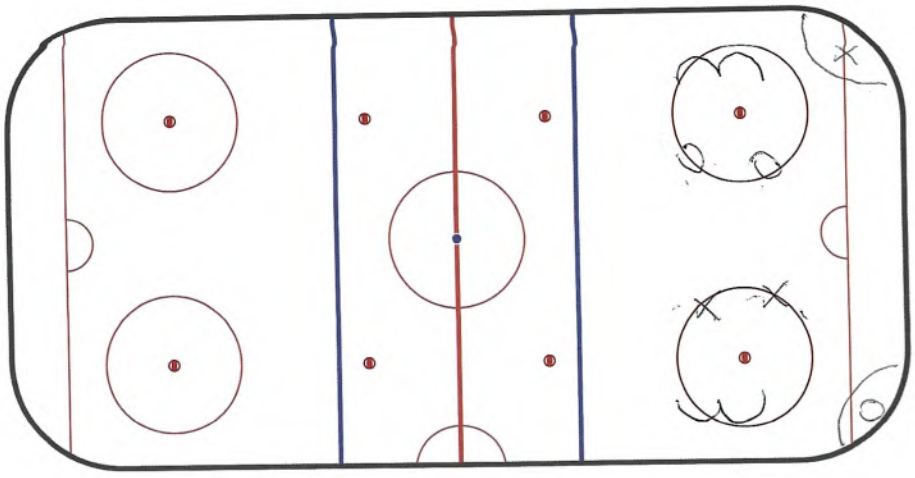
Aufwermen Spiel
4-2 -> 4-2.
8min



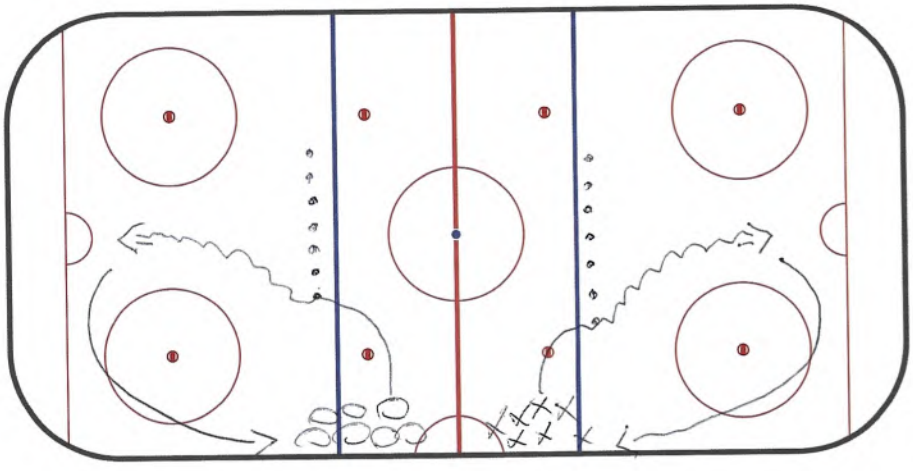
1-0 F-D zusammen
Arbeit + Pass vom
Trainer zum Verteidi-
ger und Schuss ->
Stürmer Arbeiten
vom Tor.
10min



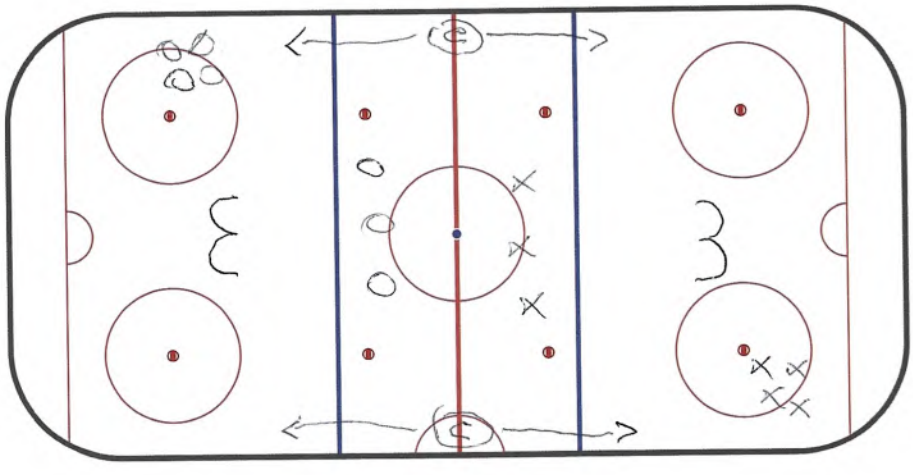
Spiel 3-3 ->
-> 2 chancen.
10min



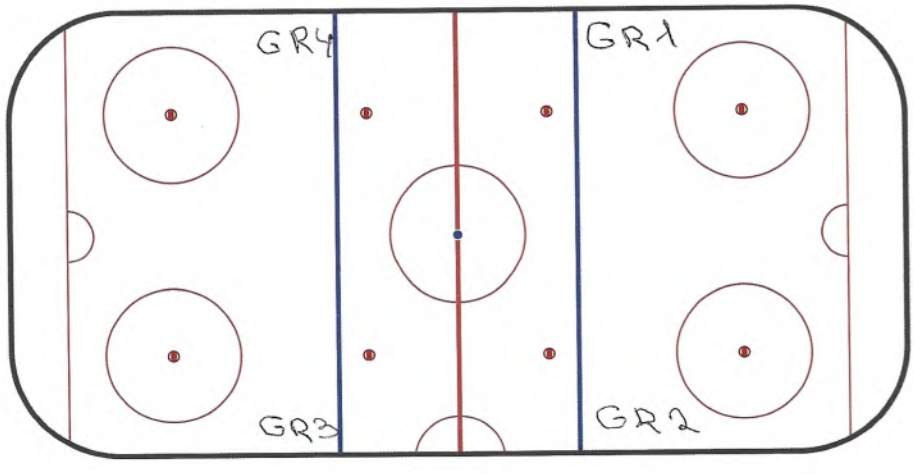
Spiel im Zone
2-2 mit Joker
in die ecke.
8-10min



Penalty
5min



Spiel 40-30→3-3
mit 2 Joker
12min



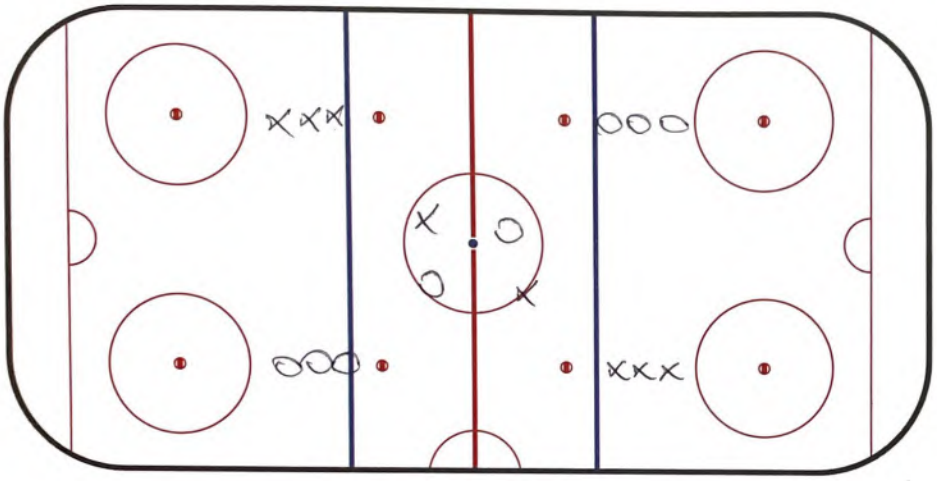
4GR → 2 Runde →
→ 2 Runde
7min

TEAM: U15. 16:40-17:40

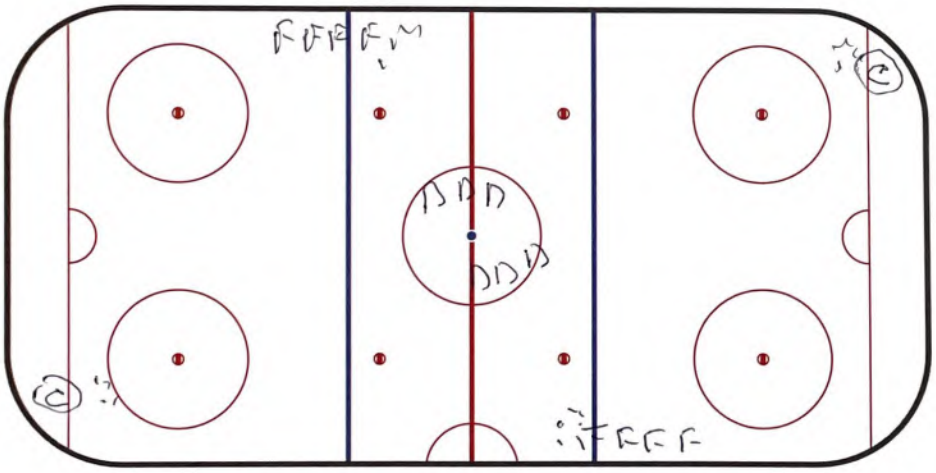
DATUM: 25.11.2021.

TRAINER: YURI, MARTIN

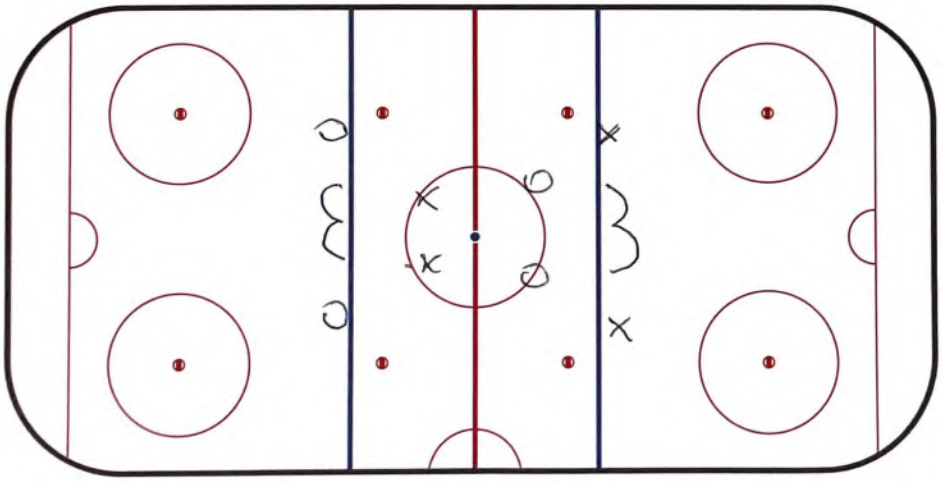
TRAININGSPLAN



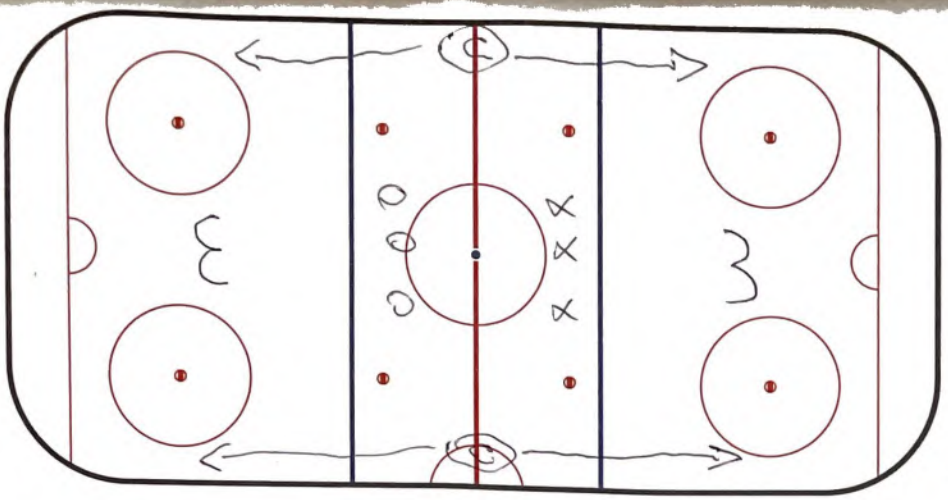
Aufwermen 2-2 mit 2 diogaNAL JOKER.
10min



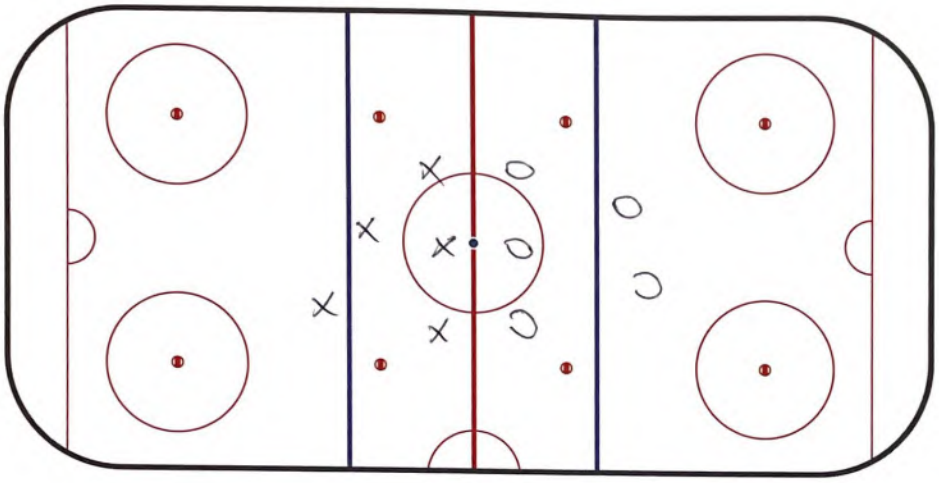
2-0 +D → F mit KREUZen. → D PASS von TRAiNER schuss von BLAU Linie.
10min



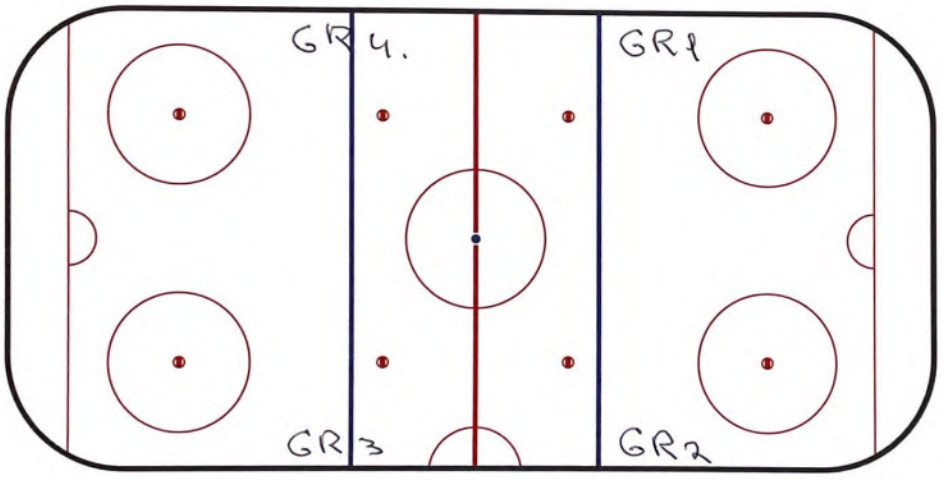
Spiel 2-2 im die mitte mit 2 JOKER AUf die TOR Linie.
10min



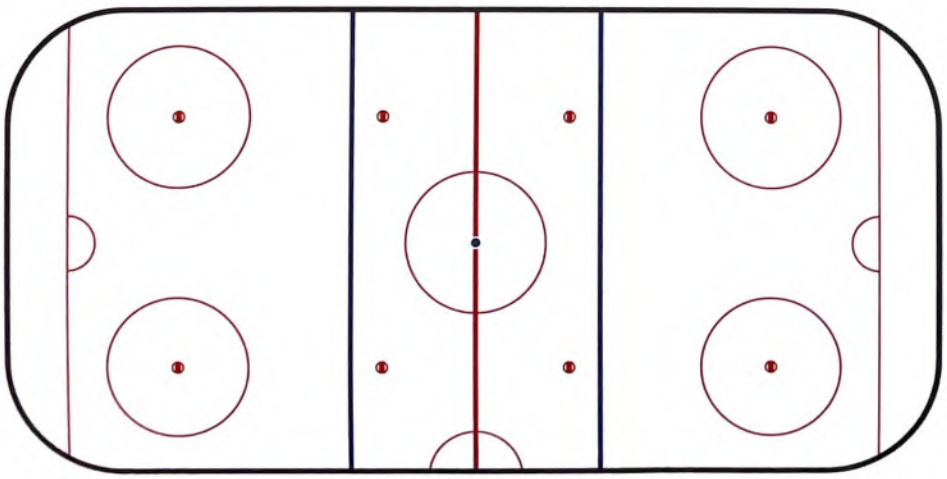
Spiel 40×30
mit 3-3 2TR
Joker für Team
mit Puck.
10 min



Spiel 5-5
13 min



4 GR → 2 Runde →
2 Runde.



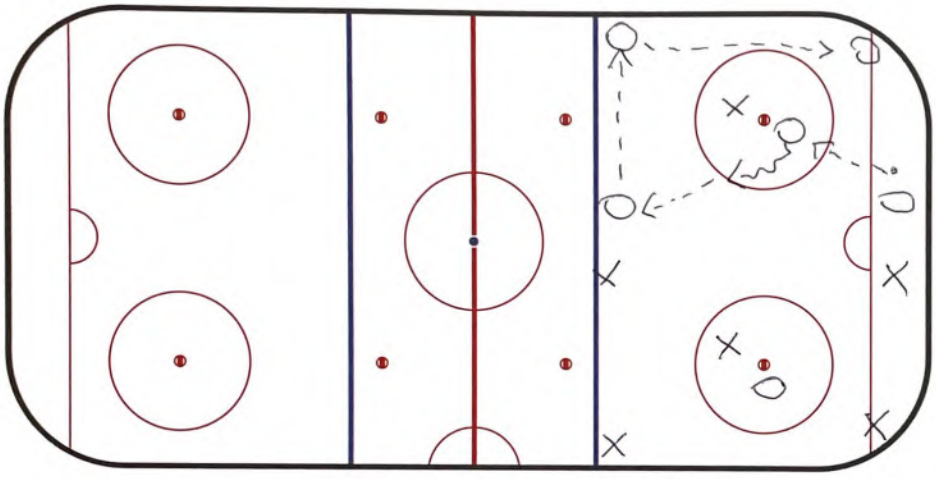
E.H.C. KLOSTERSEE

TEAM: U15, 16:40-17:40

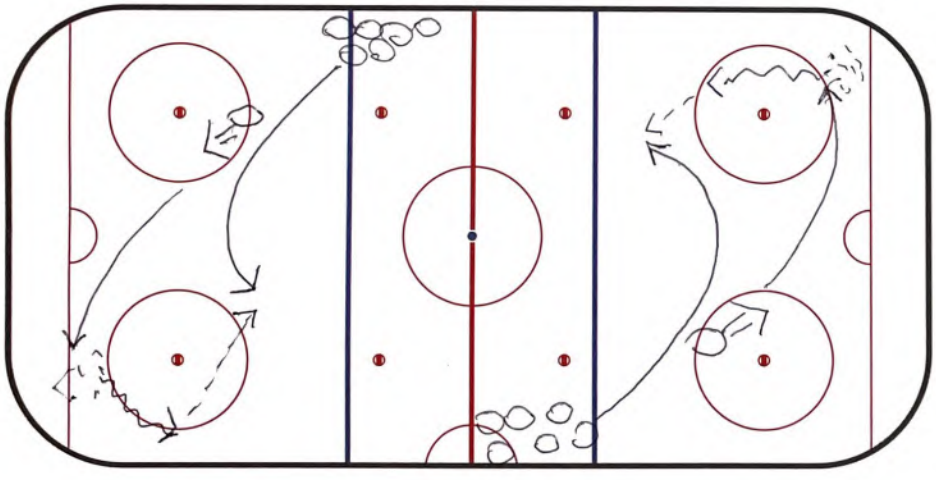
DATUM: 26.11.2021.

TRAINER: Yuri

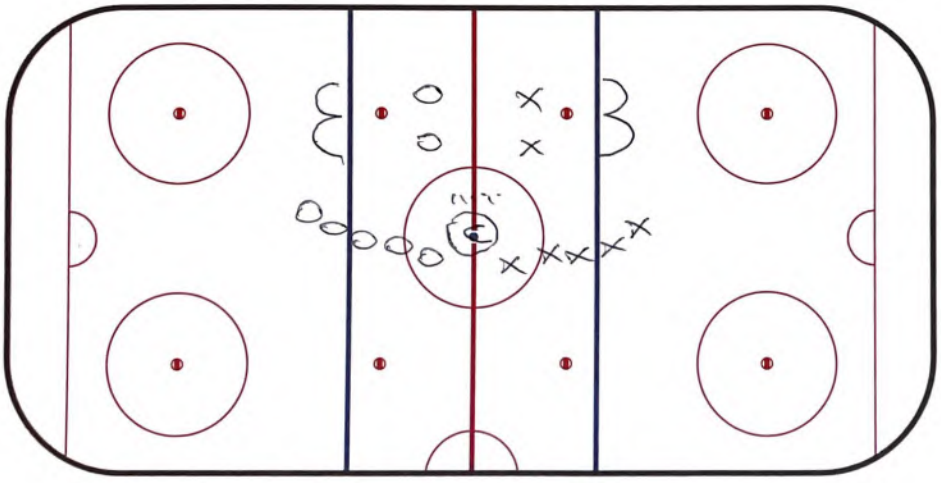
TRAININGSPLAN



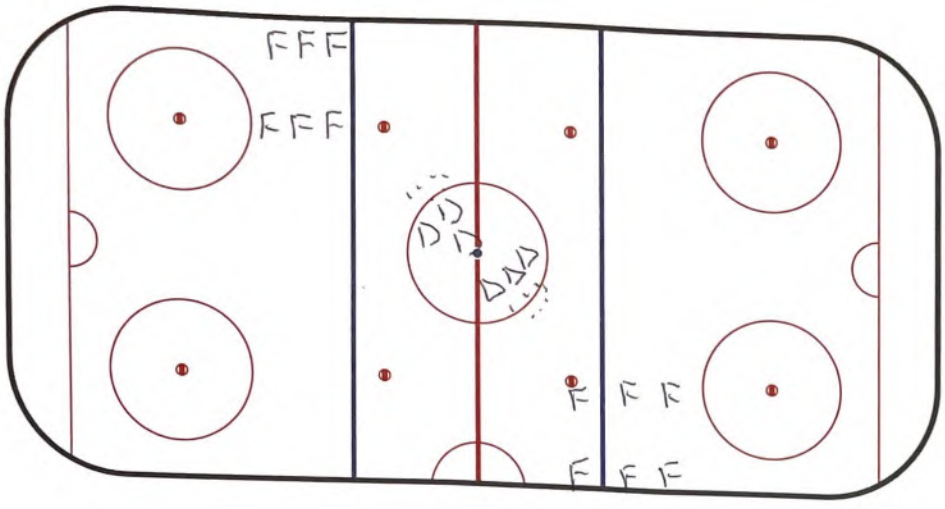
Aufwermen 4+
+2 puck + off -> div
spieler -> passe.
10min



1-0 karusell
10min

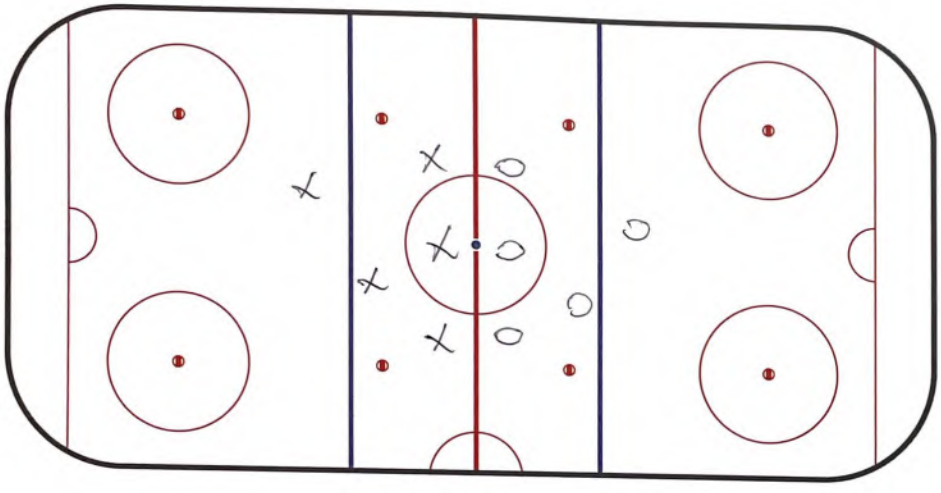


2-2 kleine platz
10min



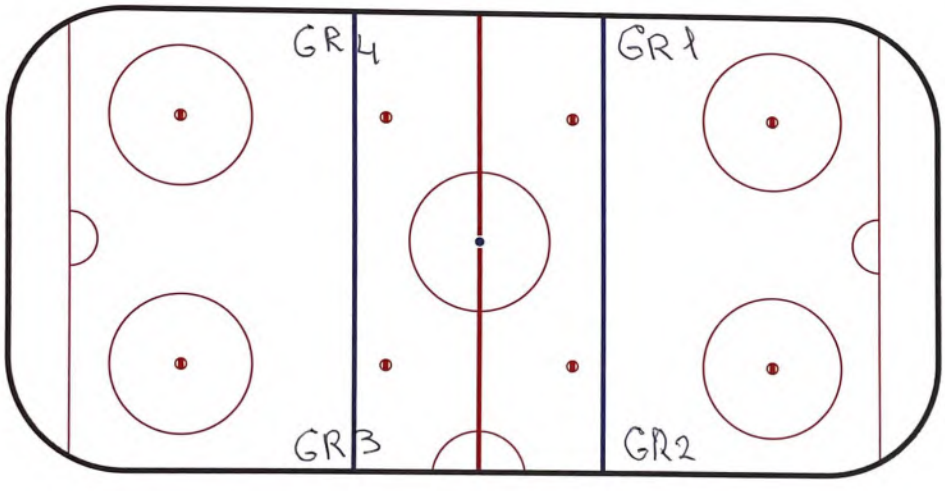
Schnelle 2-1 von mitte

8min



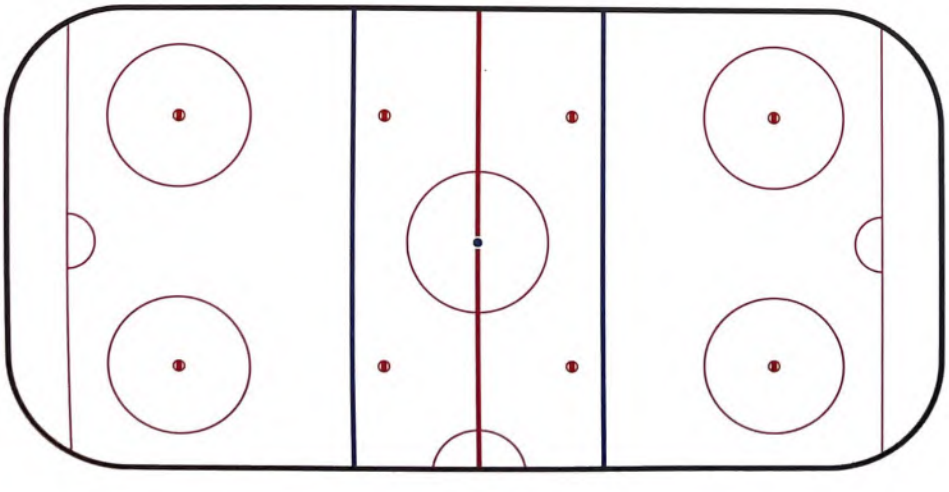
Spiel 5-5 ganzes eis.

14 min



4 GR -> 2 Runde ->
-> 2 Runde.

6min

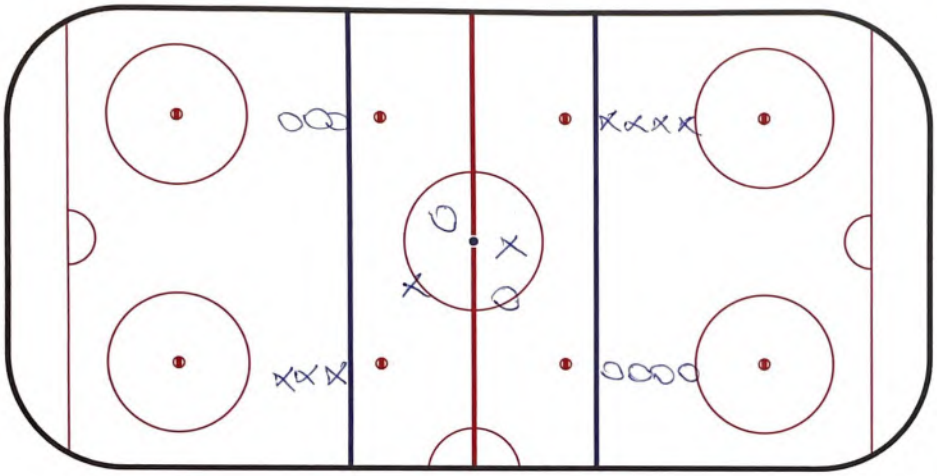


TEAM: U15. 16:40 - 17:40

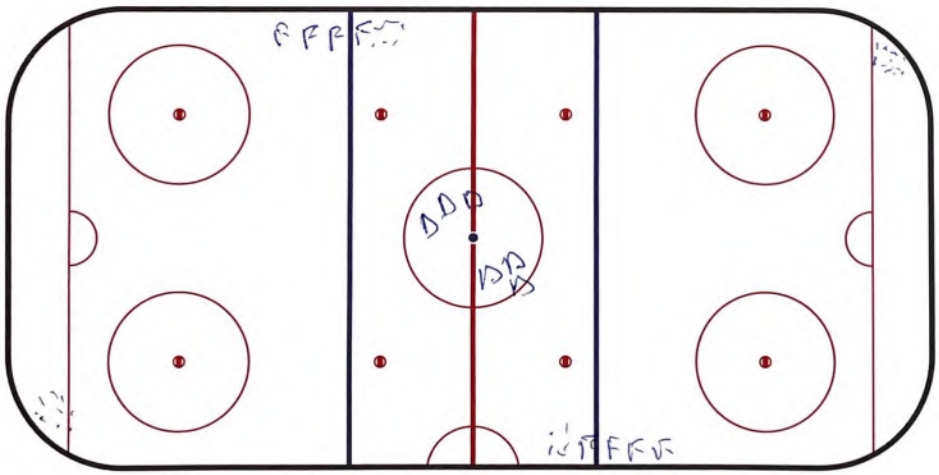
DATUM: 12.2021.

TRAINER: YURI, MARTIN

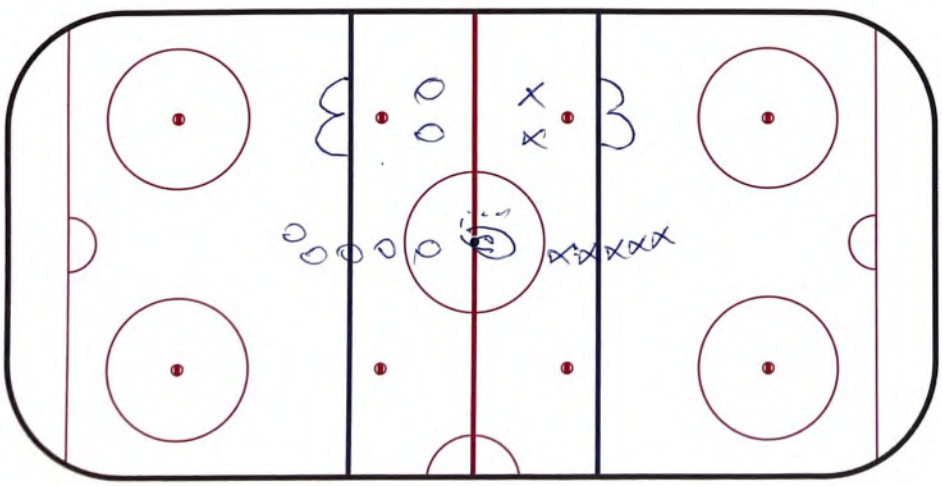
TRAININGSPLAN



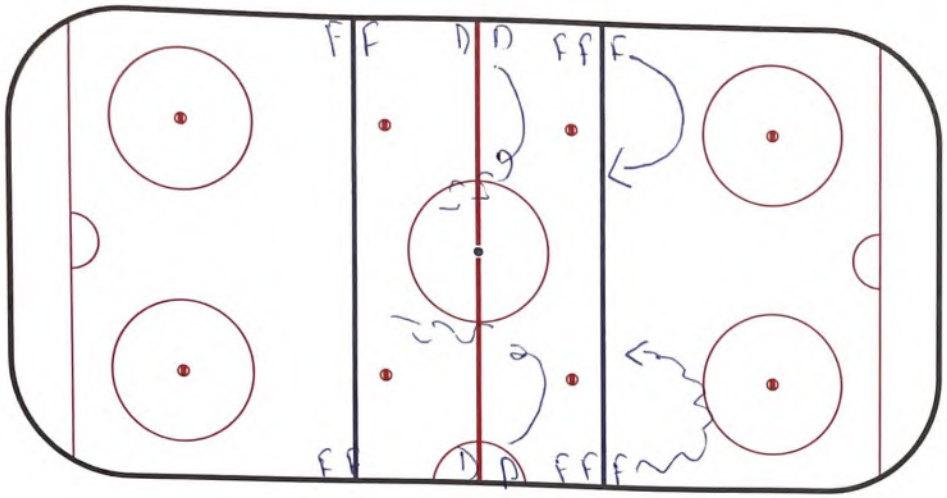
Aufwermen 2-2
mit 2 Sover.
10 min



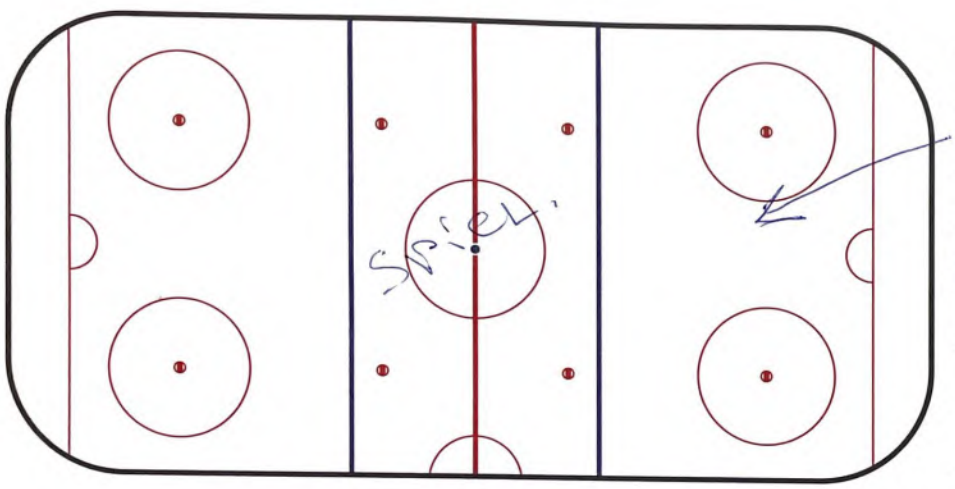
2-0+D mit kreisen
und PASS zum D aus
ecke schuss → Arbeit
vor Tor,
10 min



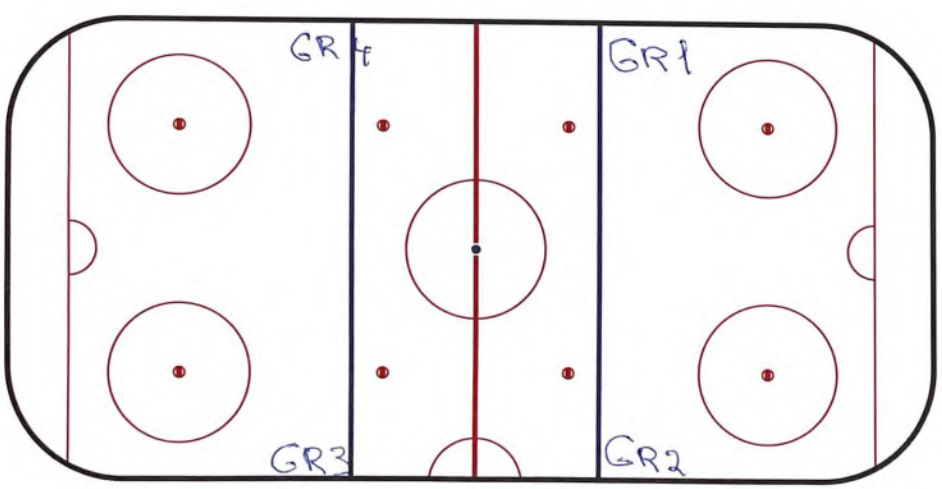
2-2 kleine Platz.
10 min



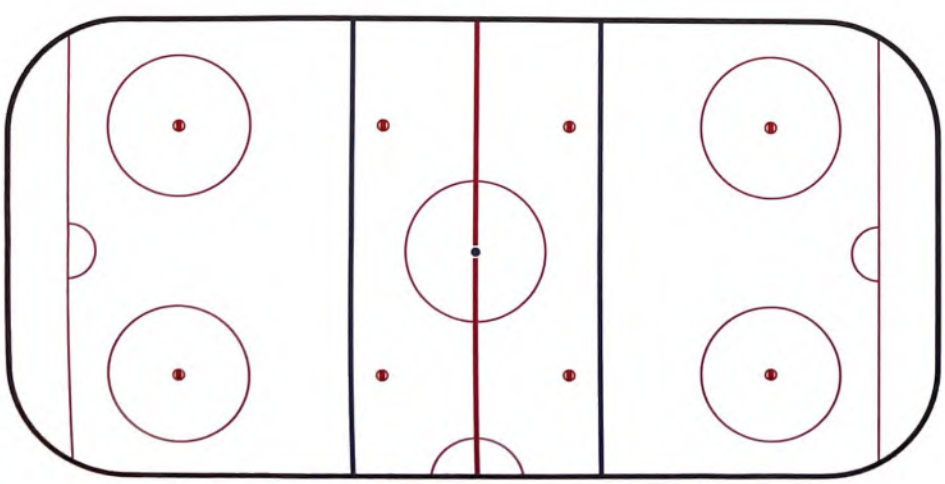
2-2 ganze eis puck.
10min



Mit genug leute 5-5
ganze eis mit Aufgaben.
13min
oder 3-3 -> 40x30
TR spiels für team
mit puck.



4GR. -> 2Runde ->
2Runde.
6min

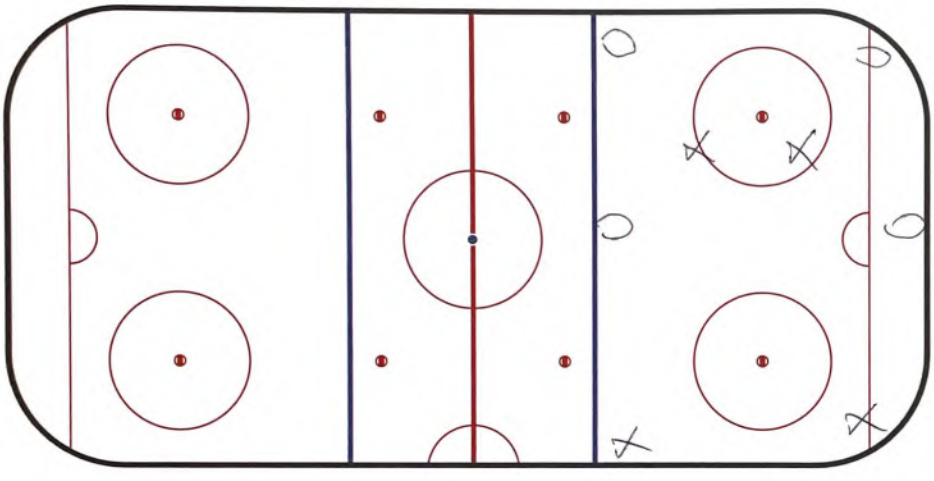


TEAM: U15, 16:40 - 17:40

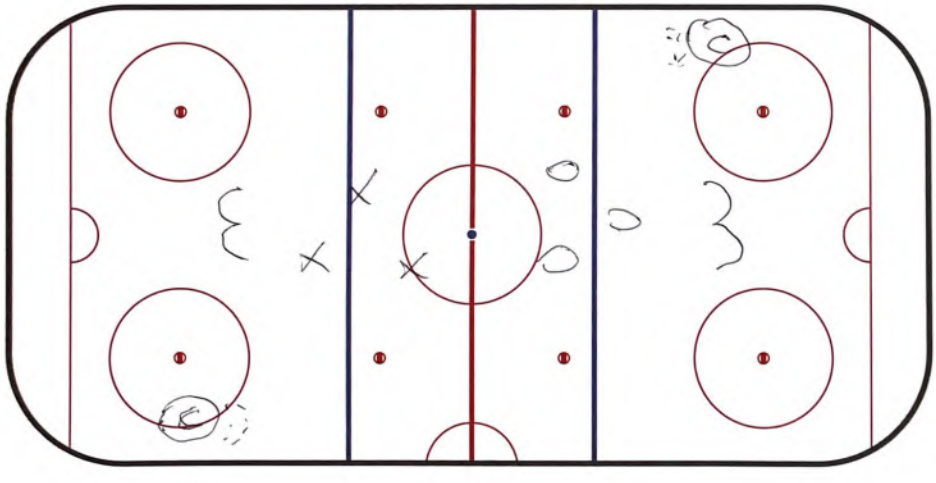
DATUM: 3.12.2021

TRAINER: YURI, MARTIN

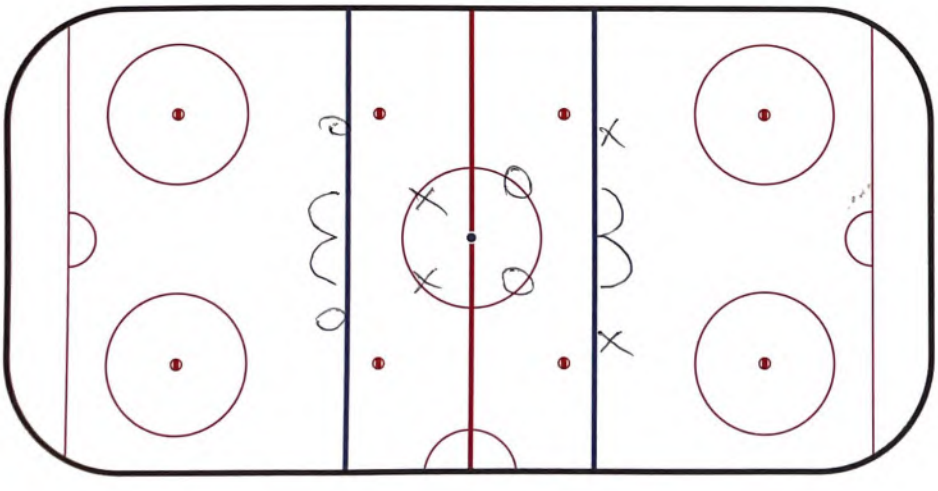
TRAININGSPLAN



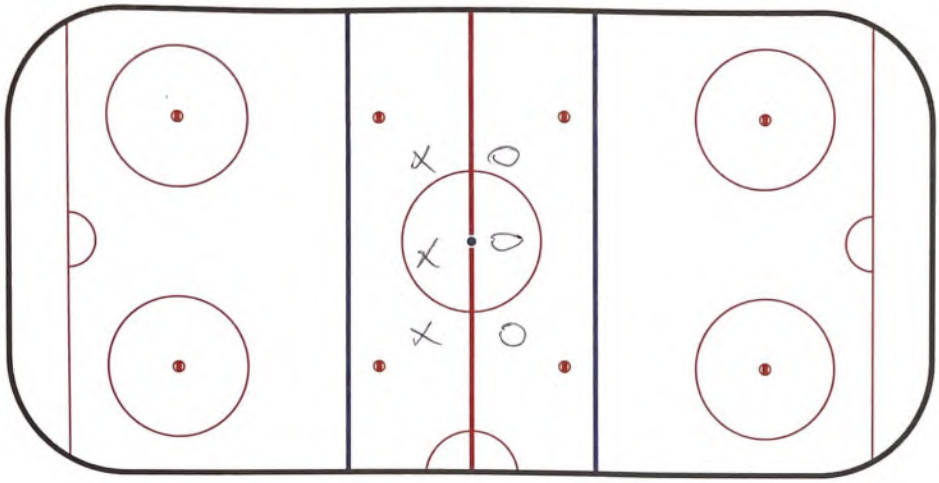
Aufwermen 4-2 →
→ 4-2.
10 min



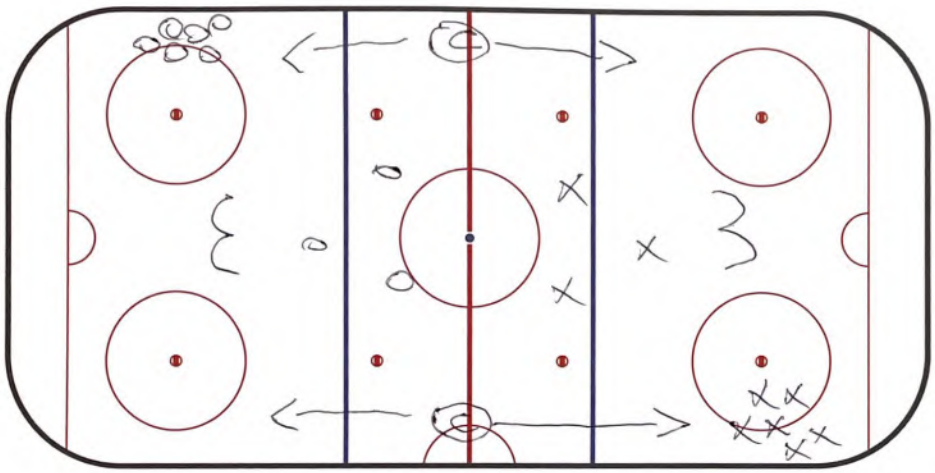
3-3 → 2chance.
10 min



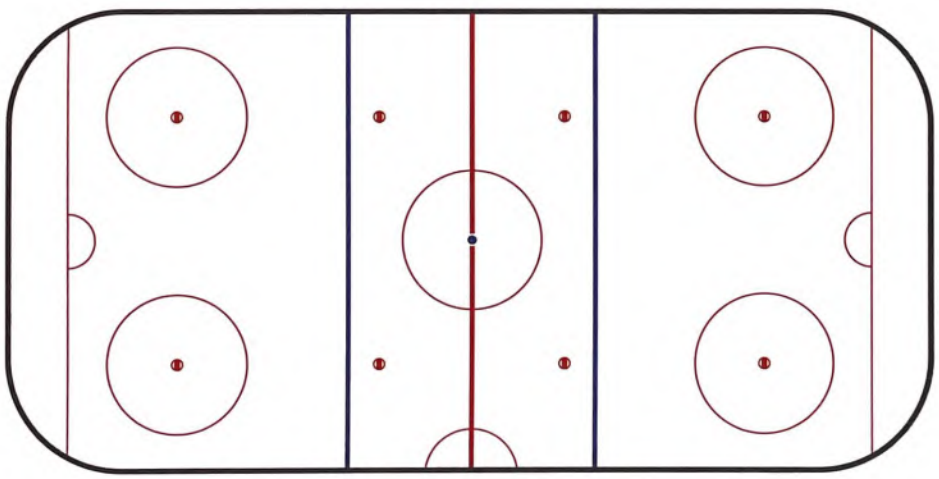
2-2 mit 2 JOKER
10 min

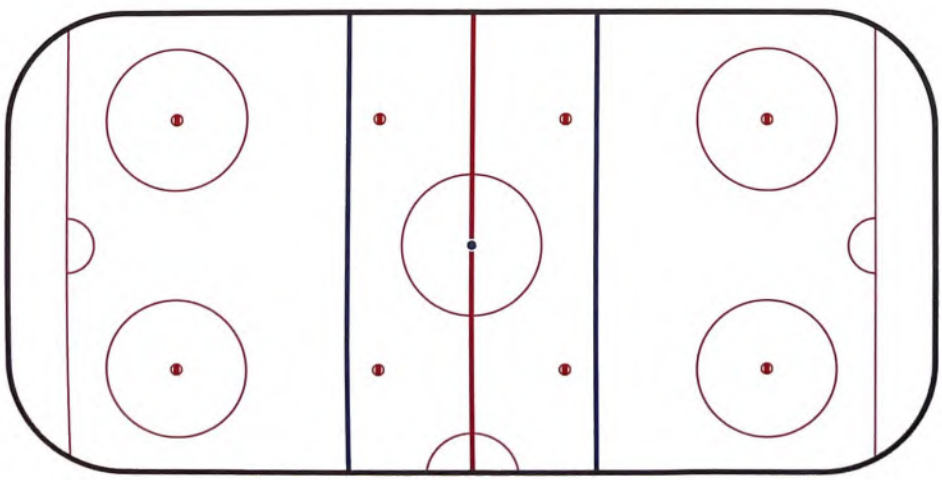


3-3 ganze eis
10 min



3-3 → 40x30 →
2 TR Joker für
Team mit Puck.
15 min





E.H.C. KLOSTERSEE

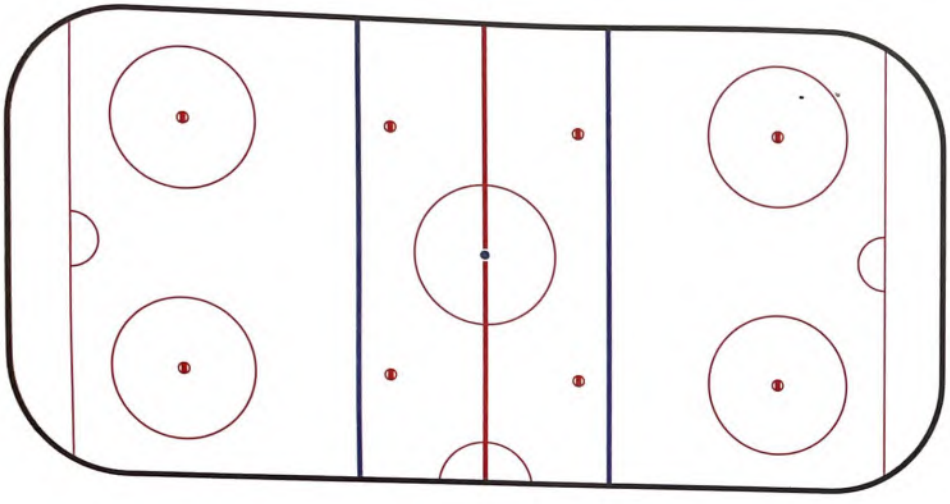
TEAM: U15. 16:40-17:40

DATUM: 9.12.2021.

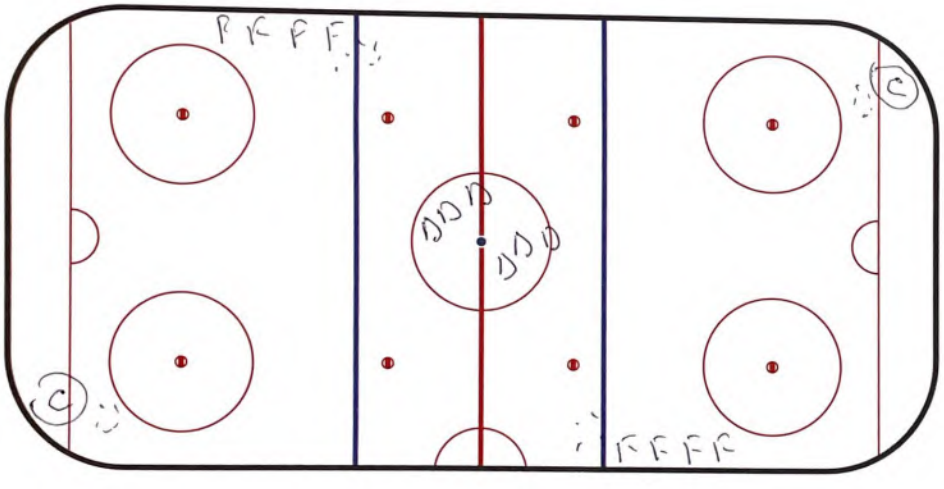
TRAINER: YURI, MARTIN

TRAININGSPLAN

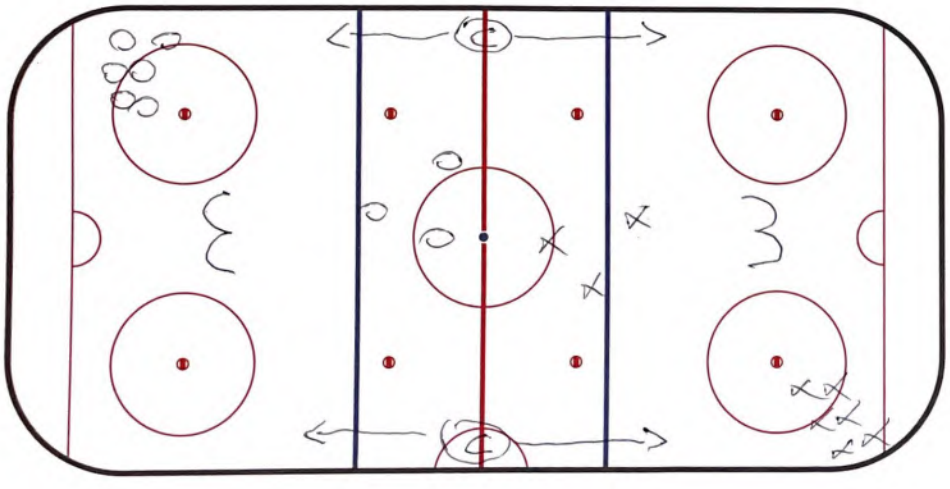
Aufwermen 2-2 im zone
2 joker diagonal 10 min



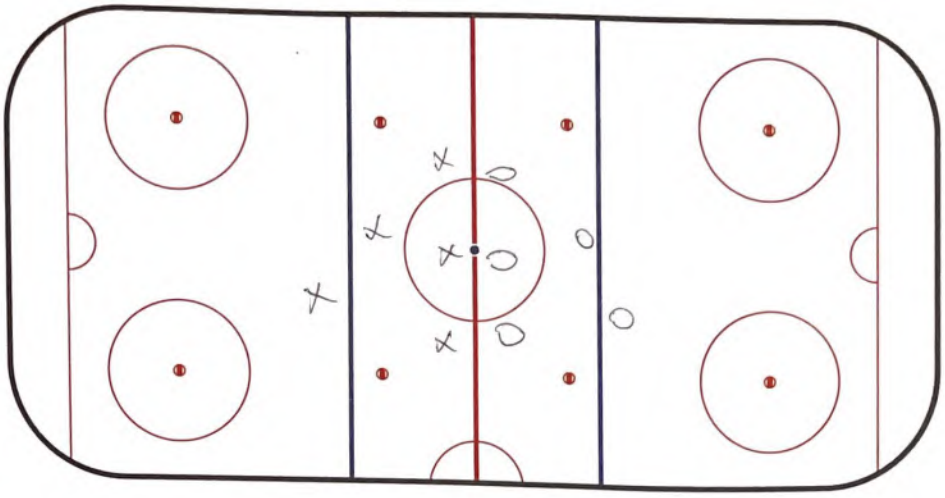
1-0 MARTIN
Übung.
10 min



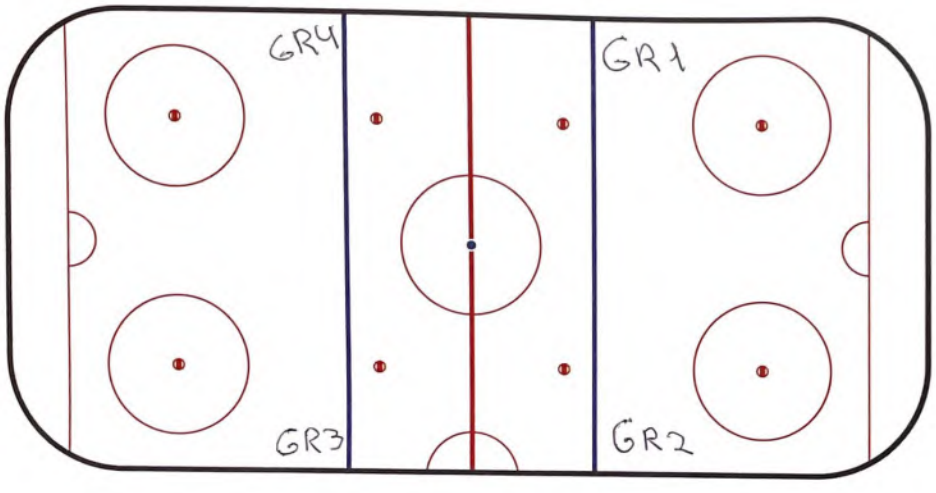
2-0+1D -> bei
Kreuzen Puck
Liegen lassen oder
selbst mit Puck
fahren.
10 min



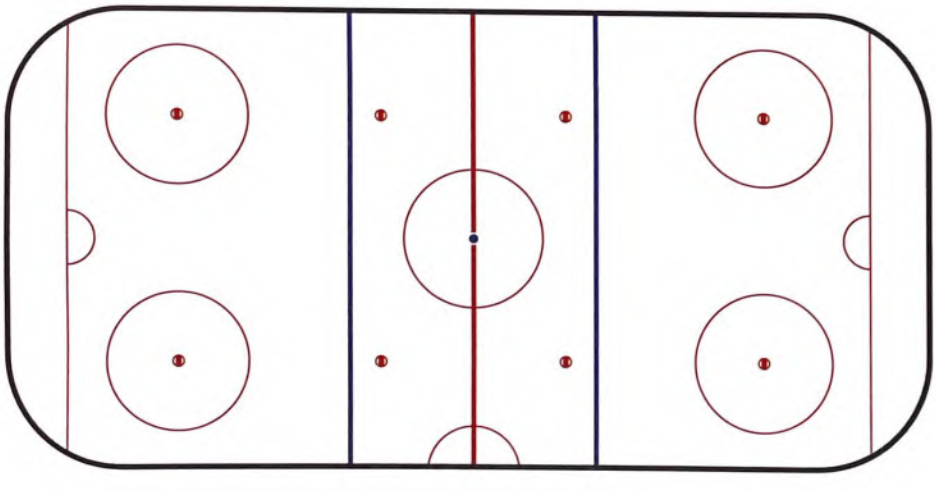
3-3 -> 40x30
2 TR JOKER
10 min

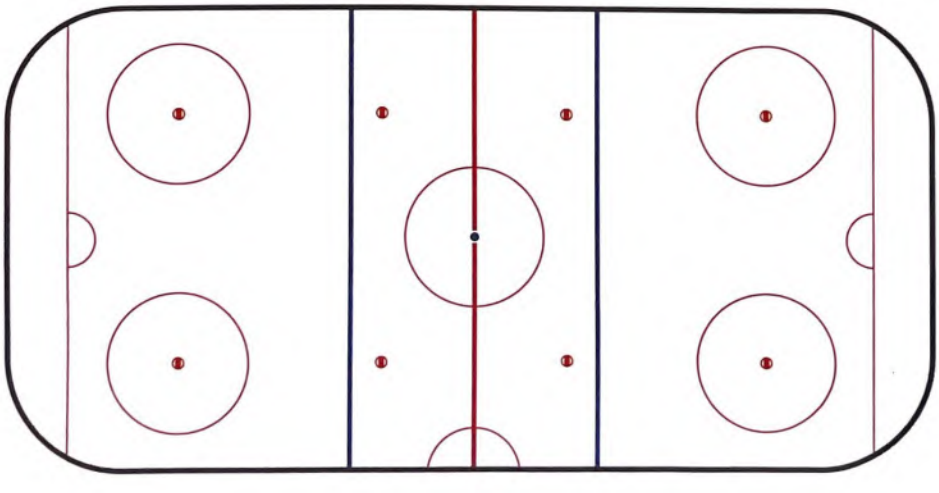


5-5 ganze eis
13 min
oder 2-1 von
mitte und aus ecke
oder von blau
linie mit kreuzen.



4 GR -> 2 Runde ->
2 Runde.
6 min



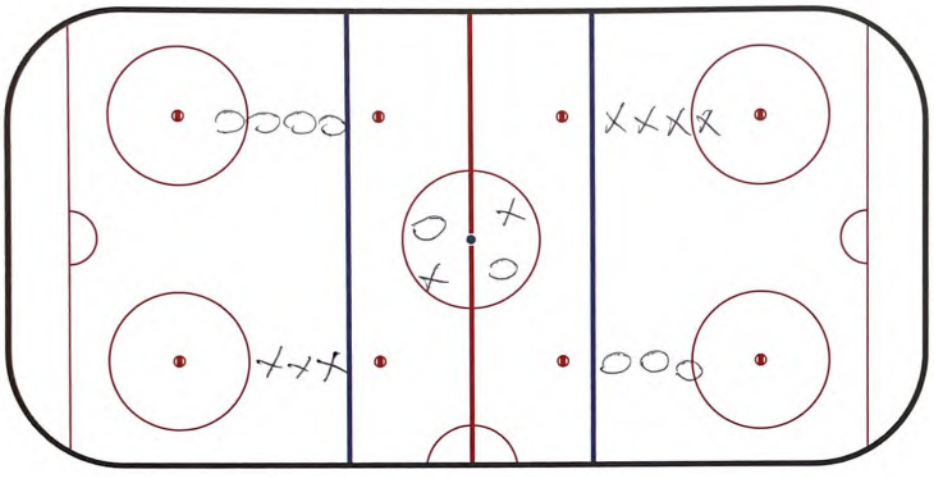


TEAM: U15, 17:10-18:30

DATUM: 10.12.2021.

TRAINER: Yuri

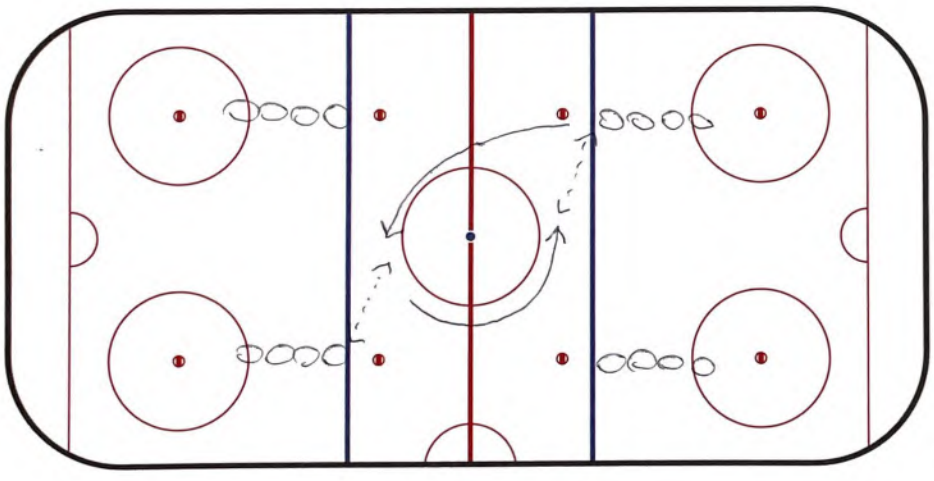
TRAININGSPLAN



Aufwermen

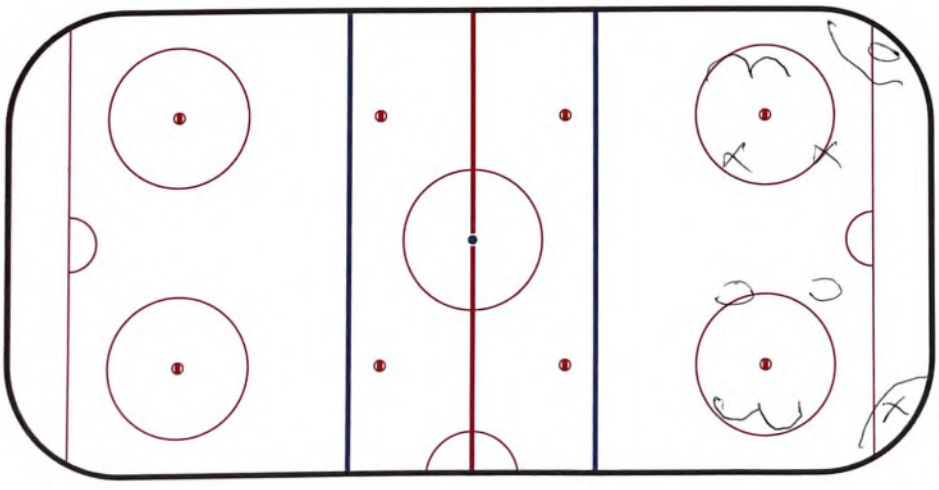
2-2 mit 2 Joker,

10 min



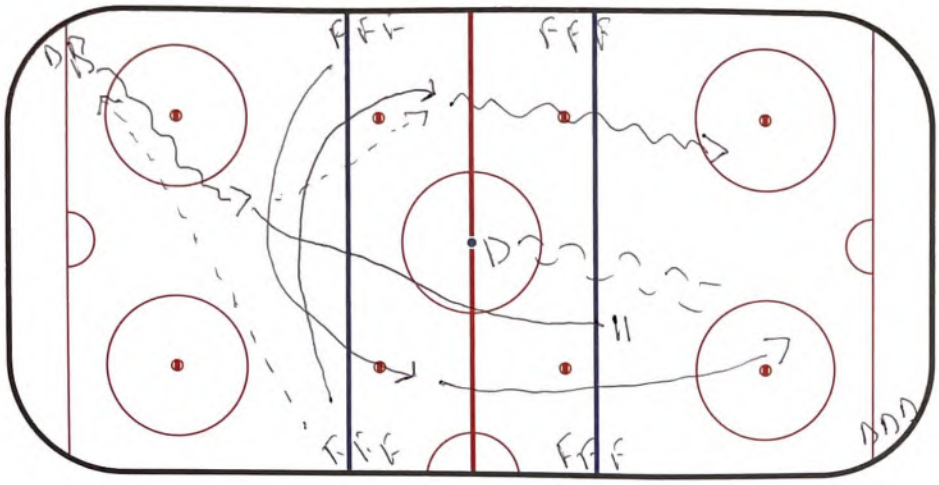
1-0 doppel pass

10 min



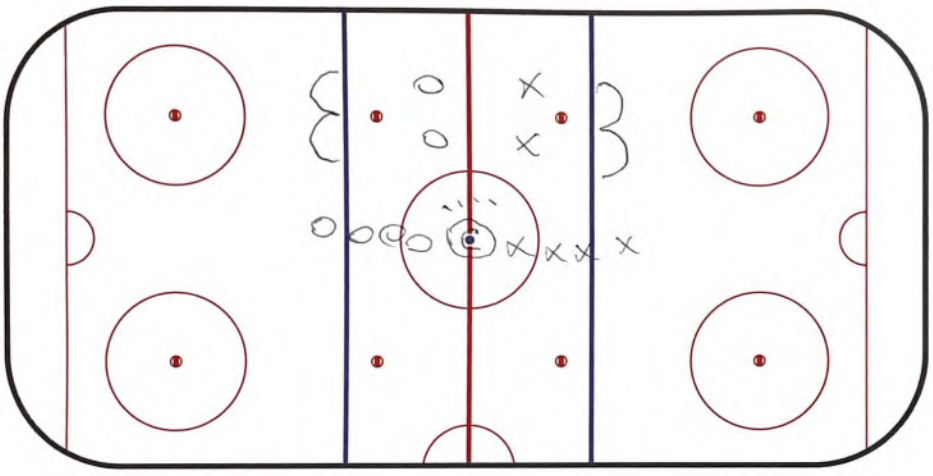
2-2 mit Joker im ecke.

10 min



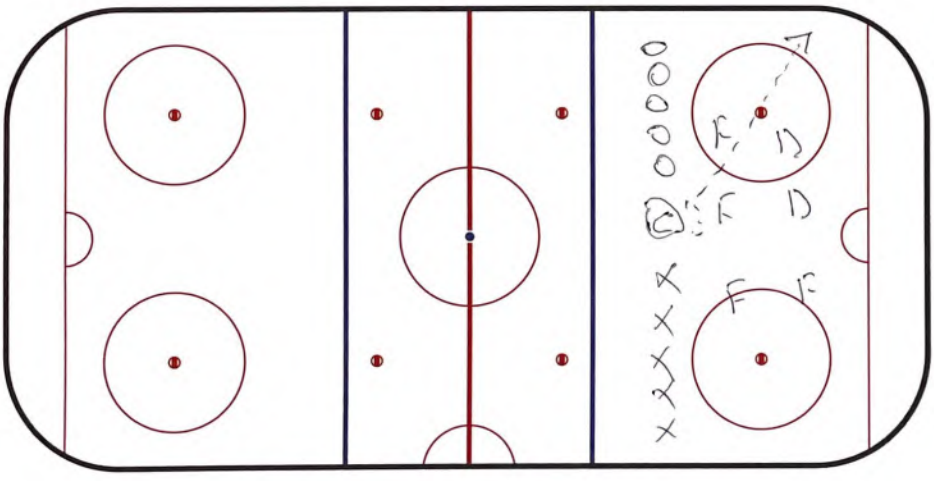
2-1 mit kreizen in die mitte und PASS von D.

10 min



2-2 kleine PLATZ

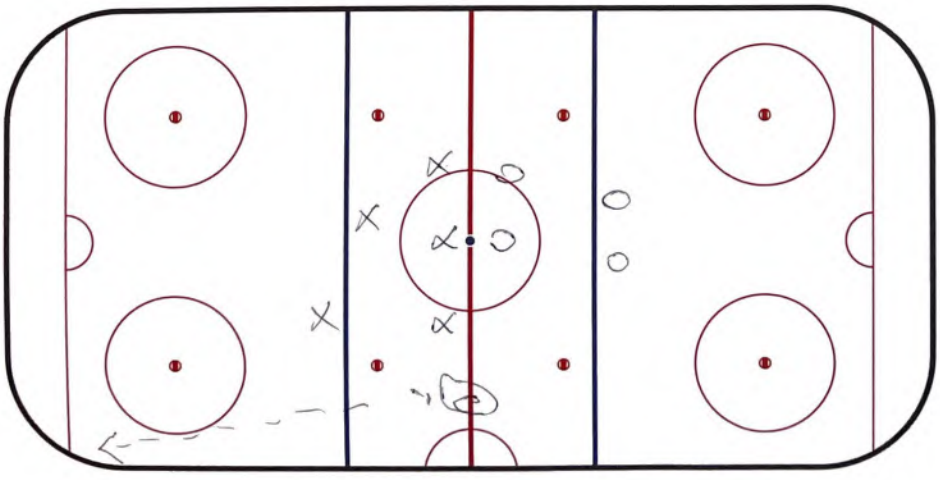
10 min



3-3 im zone

3F -> 2D-1F

10 min - 12 min



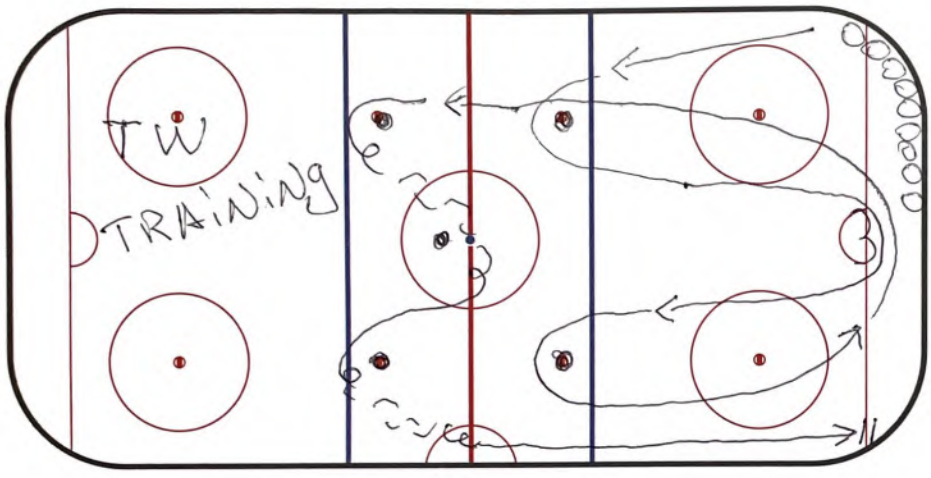
15 min überzahl

TEAM: U13U15

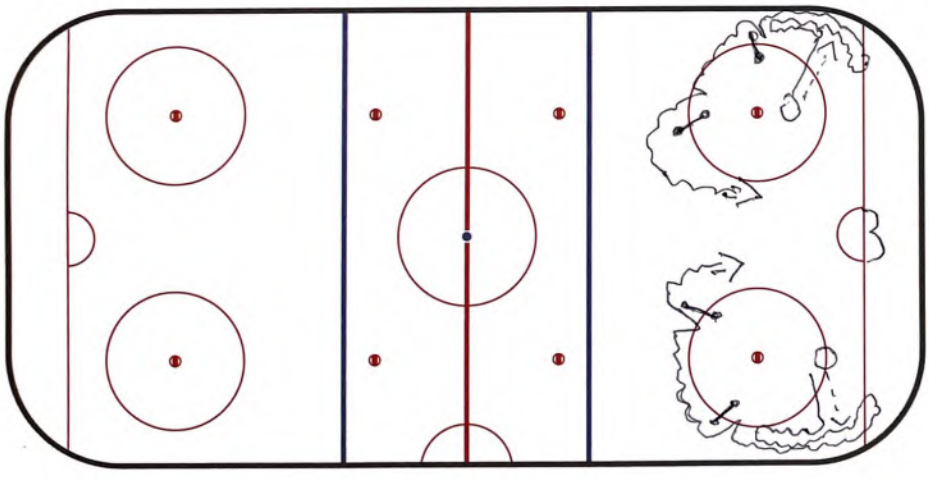
DATUM: 13.12.2021.

TRAINER: Yuri

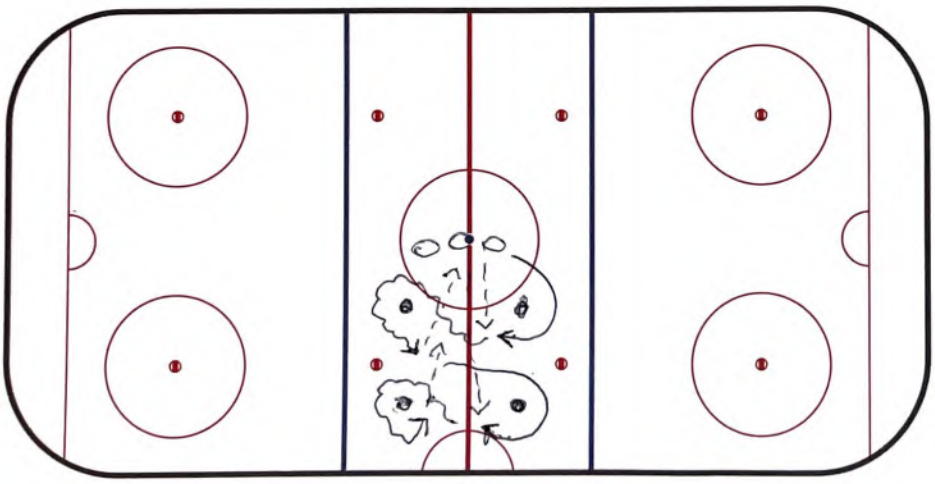
TRAININGSPLAN



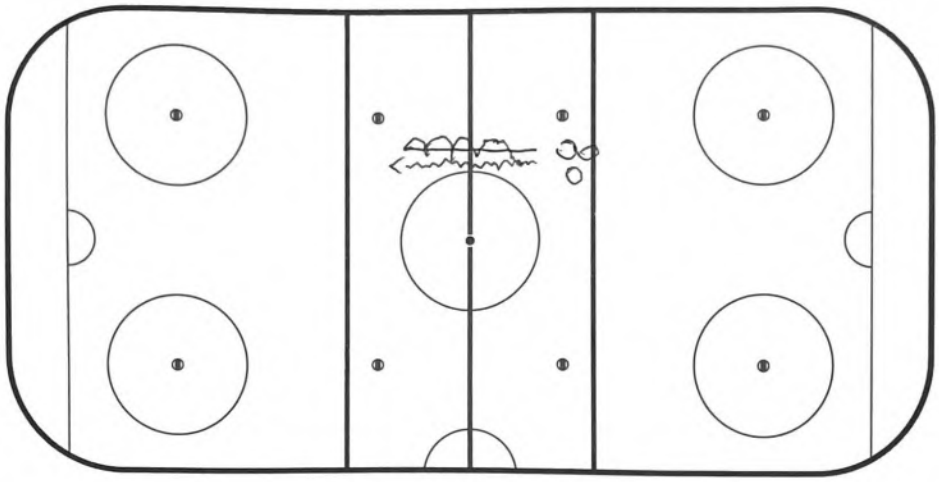
Eislaufen mit Tempo
vorwerz - vor Rückwerz
[redacted]
zu 4 zussamen.
10min



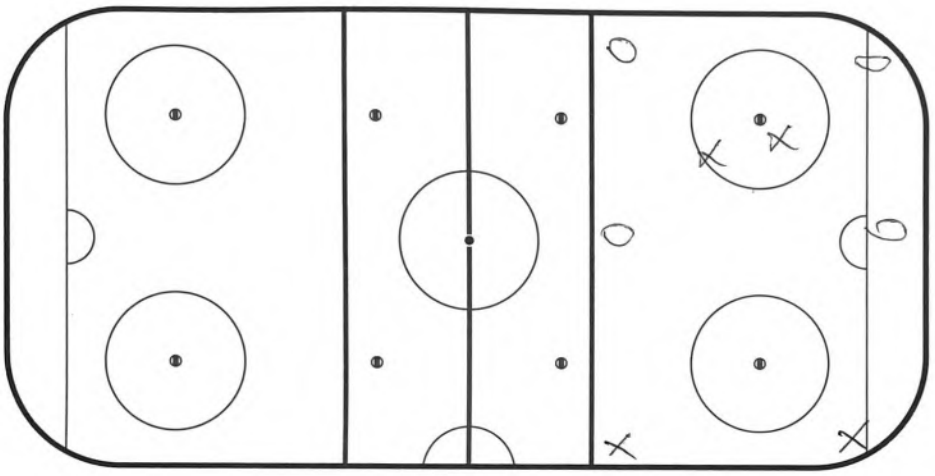
1) Elemente raus
2) kommen aus ecke
und aus zone →
+ mit Abschluss mit
schuss. → beide seiten
8min 8min



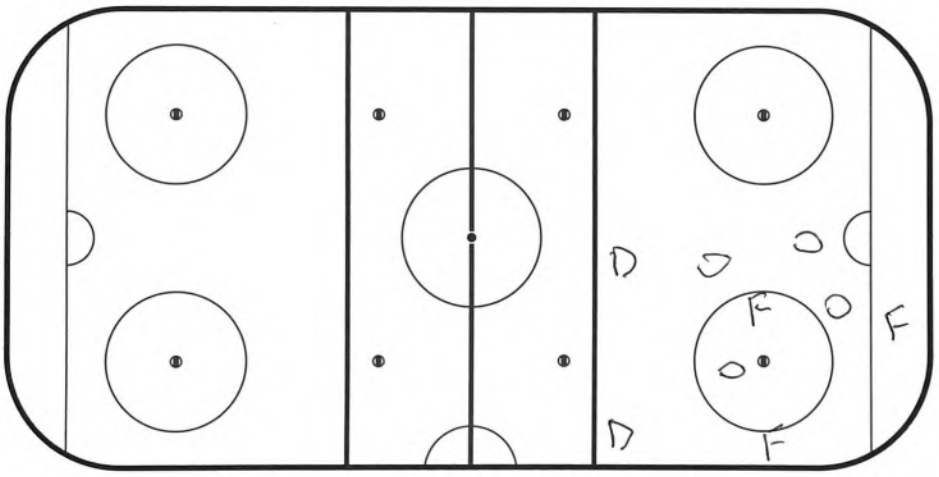
3) Pass und pass
Annahme vorhand
Rückhand.
8min



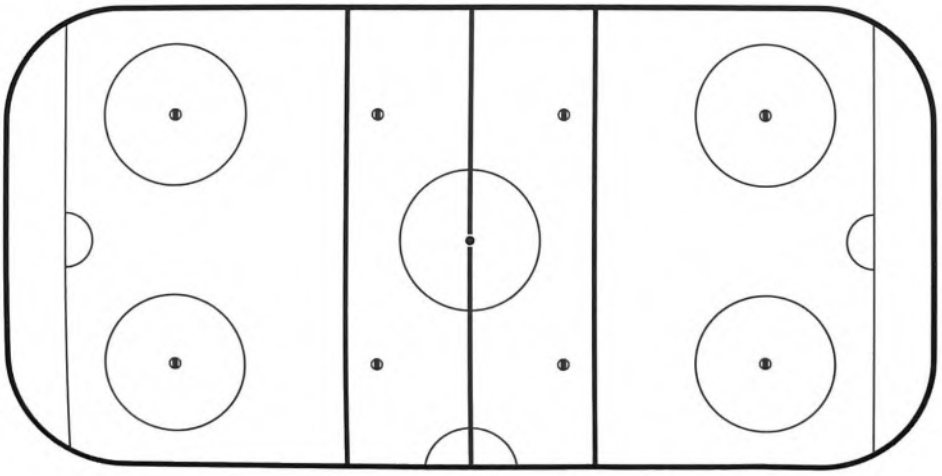
4) Puck kontrol mit seil am Eis
-> gleichzeitig arbeiten Beine und Hände.
8min



U13 4-2-4-2
10min
3-3
6min



U15 Überzahl und Unterzahl im Zone.
17min

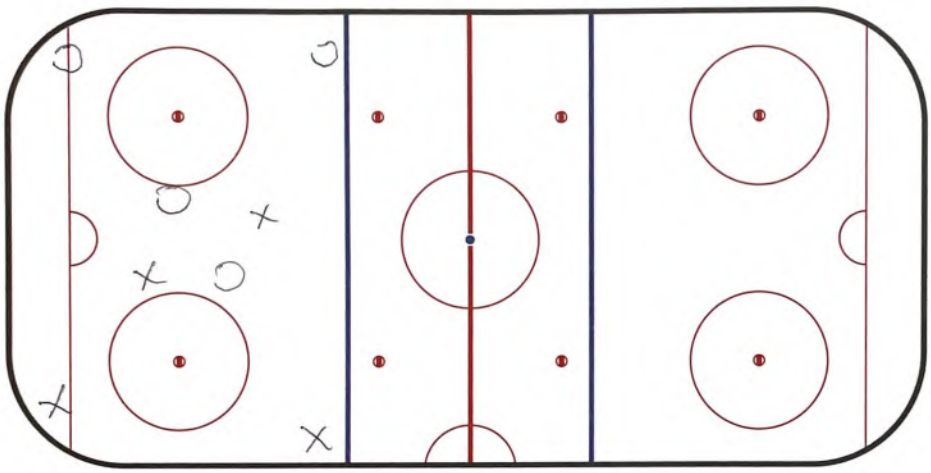


TEAM: U15, 16:40 - 17:40

DATUM: 16.12.2021.

TRAINER: YURI, MARTIN

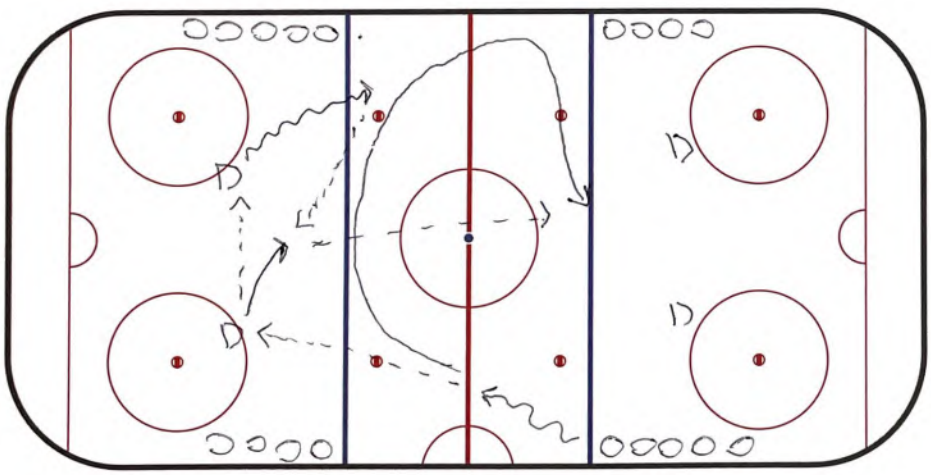
TRAININGSPLAN



Aufwermen

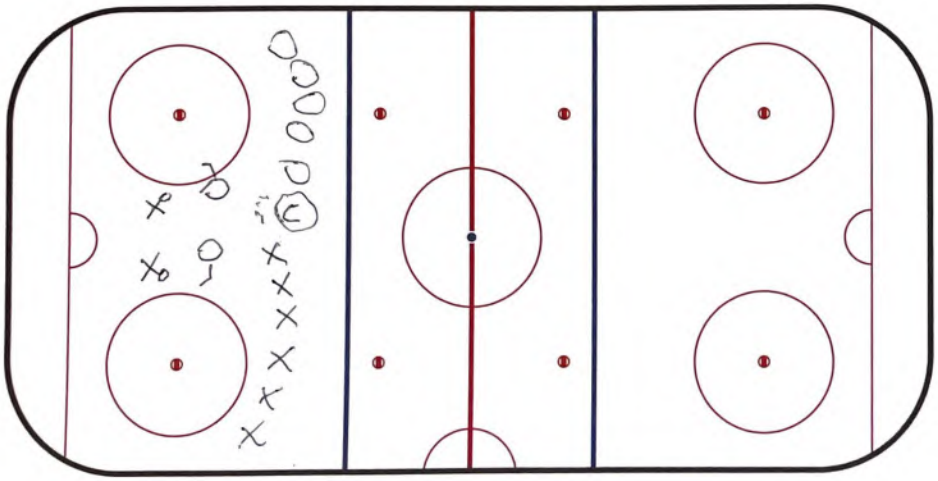
Spiel 2-2 -> Joker unten für pass -> Joker oben für schuss.

10min



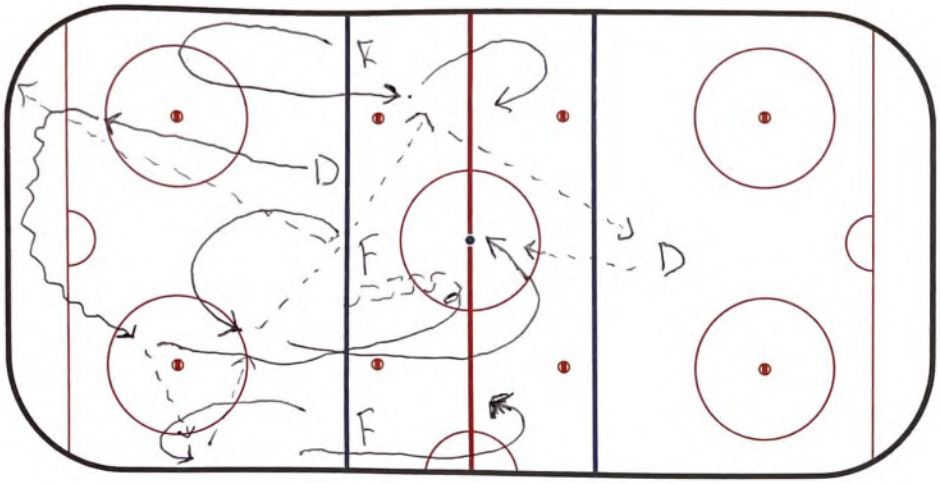
1-0 mit passen zum verteidiger -> Teiming und anbitten in die mitte bei blau,

10min

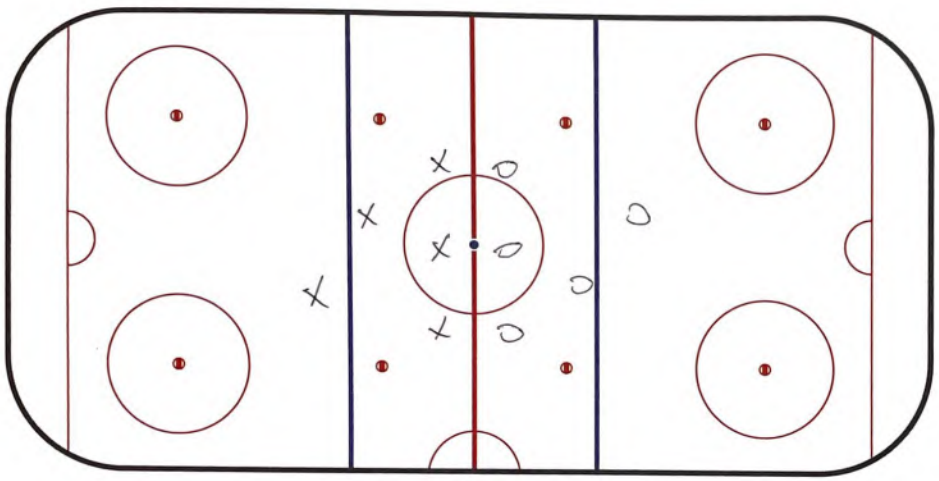


Spiel 2-2 im zone -> 2 verteidiger spieler mit kleine Reifen in die Hand.

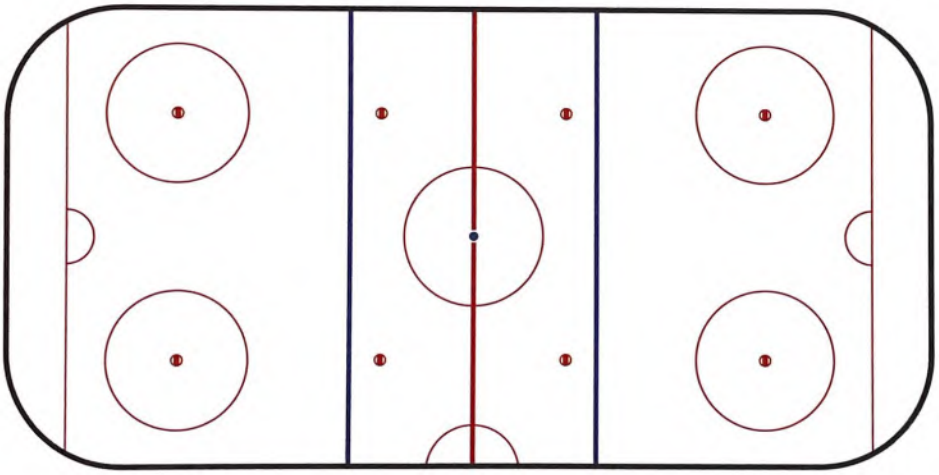
10 min

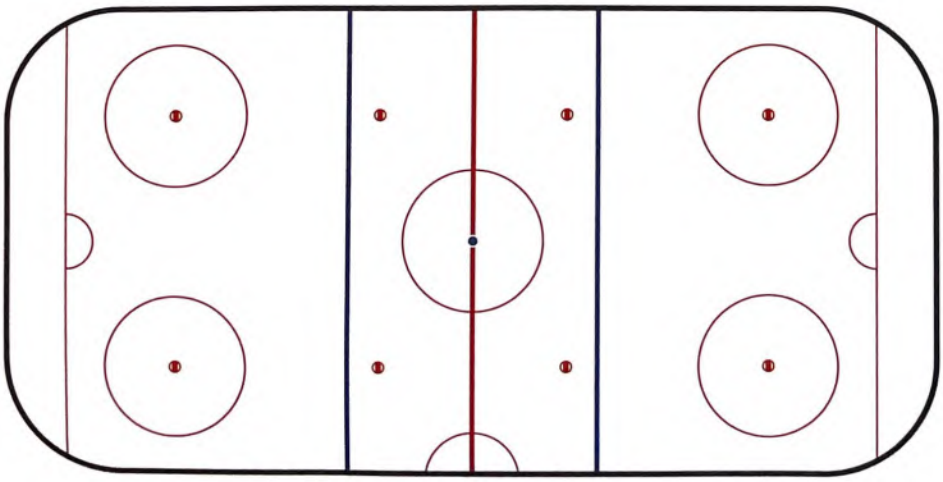


3-1 mit Aufbau im Zone → Pass zum Verteidiger auf Blau Linie → Anbitten im mitte zone → 3-1, 10min



Spiel 5-5 ganze eis → mit bully → 5-4 mit bully 20min



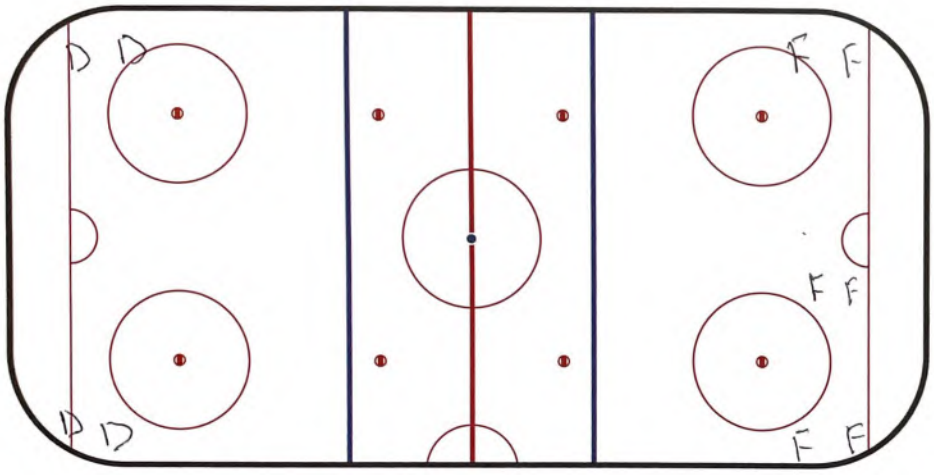


TEAM: U15. 16:40 - 17:40 Spiel Training

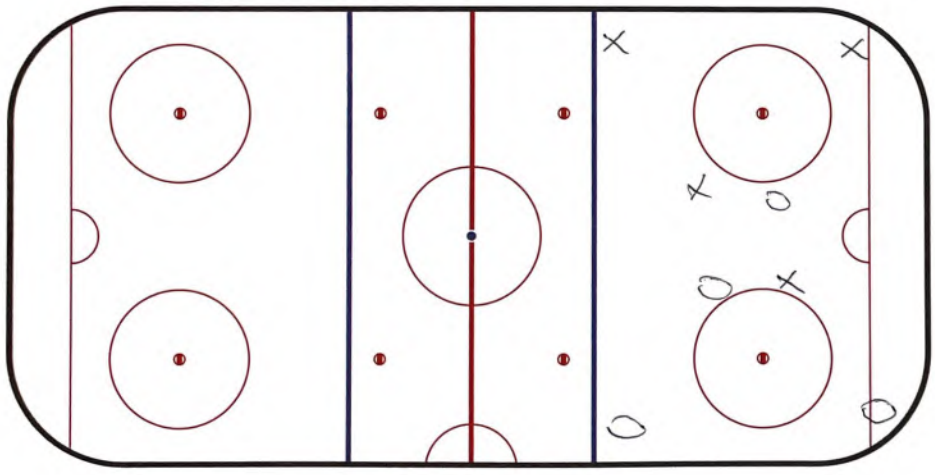
DATUM: 17.12.2021.

TRAINER:

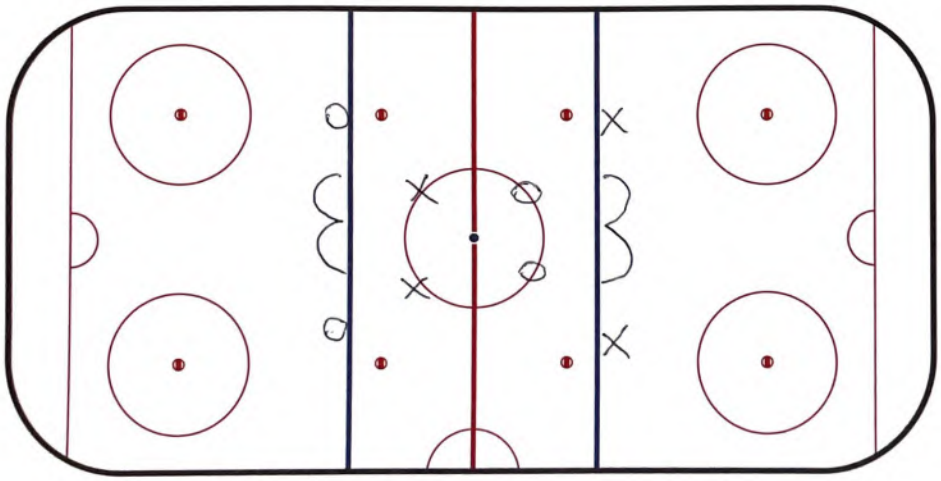
TRAININGSPLAN



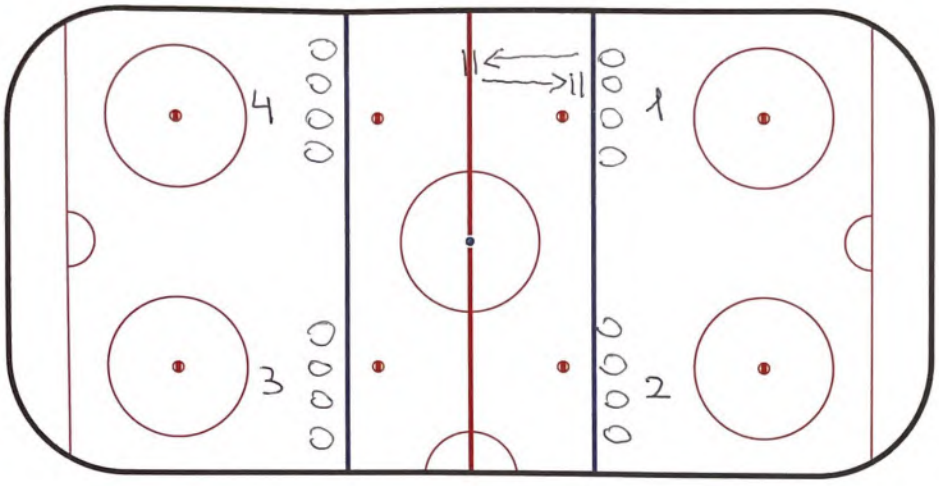
Aufwermen
3-0 -> 2-0
10min



Spiel 2-2
Joker unten für passen -> oben für schüss.
10min

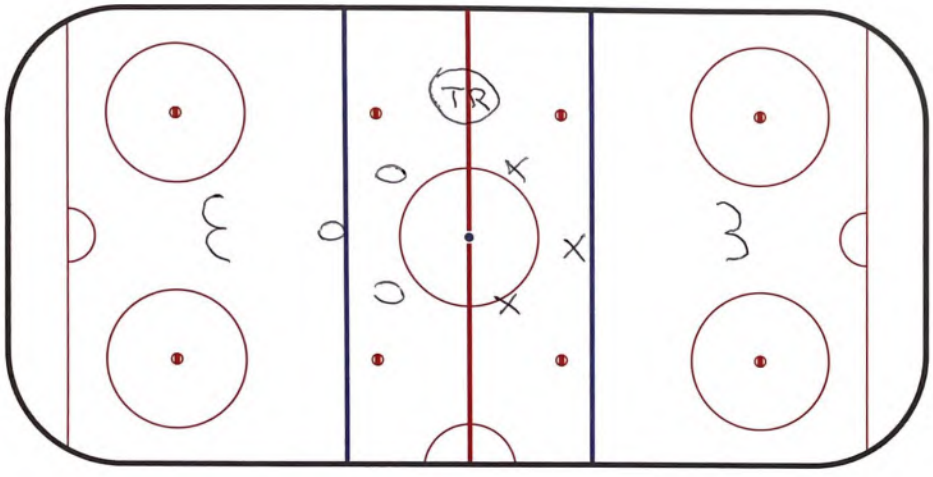


Spiel 2-2 mitte mit 2 Joker auf Tor Linie.
10min



Sprint 1-2-3-3-2-1

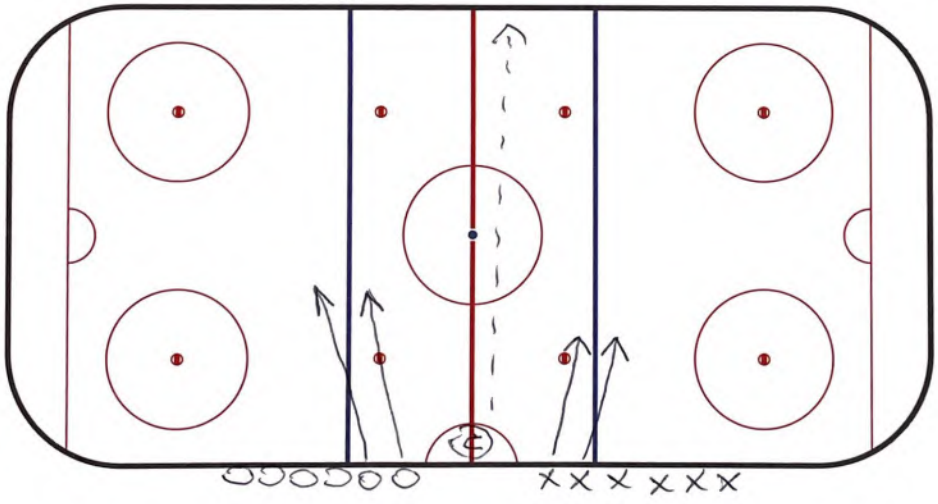
5 min



Spiel 3-3 → 40x30

TR spielt für Team mit Puck.

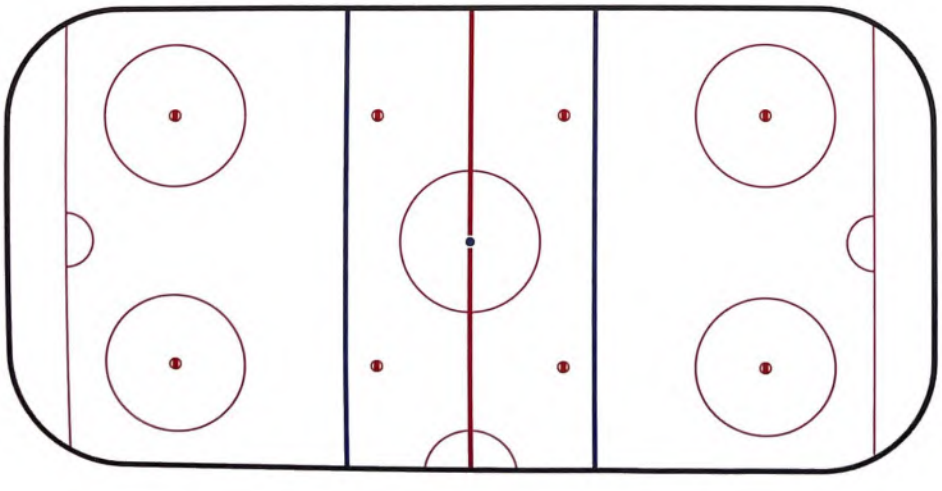
10 min



Spiel ganze eis

TR. sagt zahl von Spieler 1-2-3-4 wie viel werden spielen.

13 min



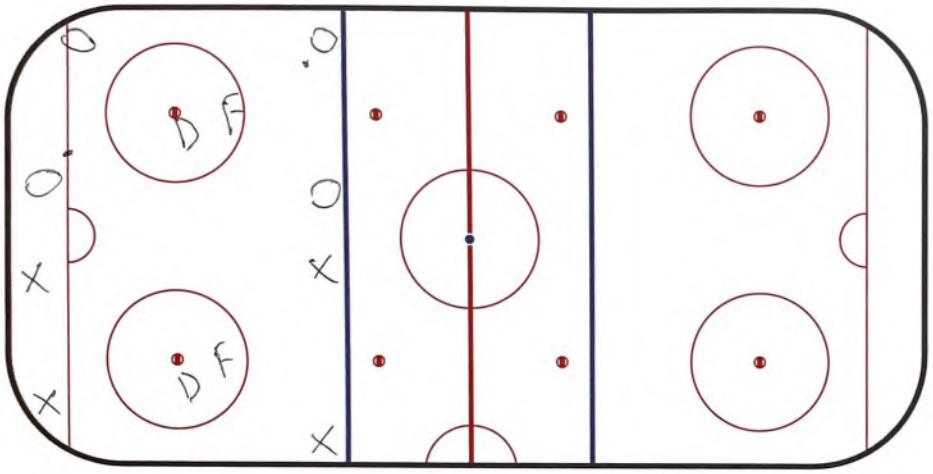
E.H.C. KLOSTERSEE

TEAM: U15, 16:20-17:20

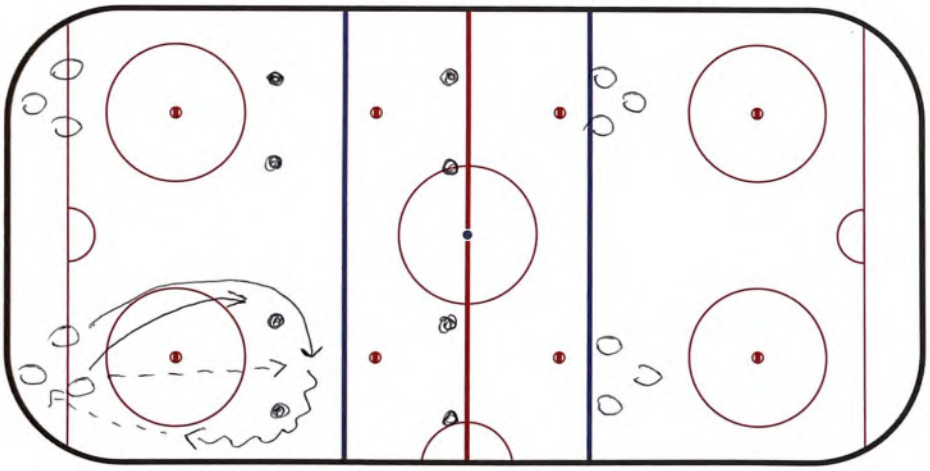
DATUM: 20.12.2021

TRAINER: YURI

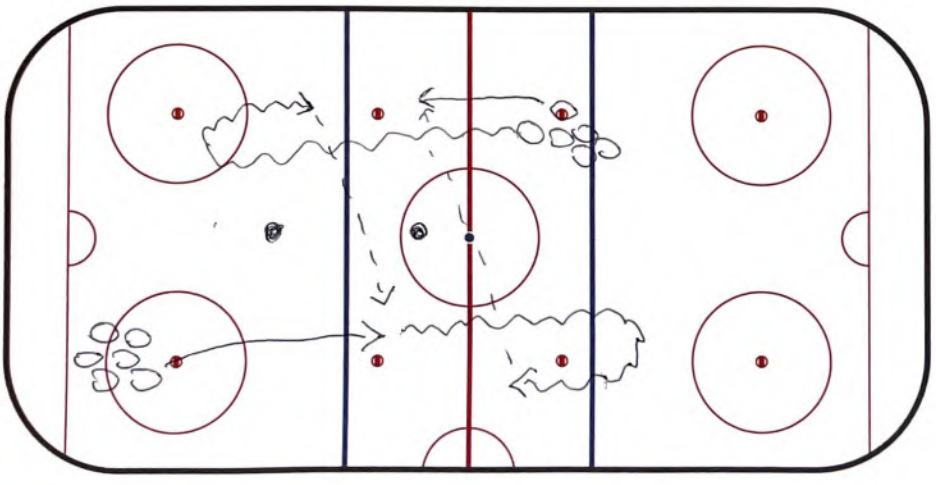
TRAININGSPLAN



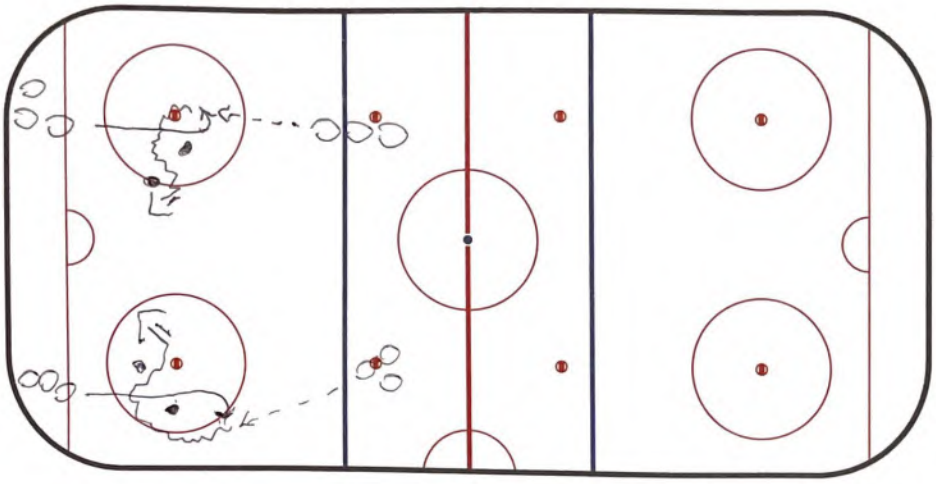
PASSEN 2PUCK
+F+PASSIV D.
10min



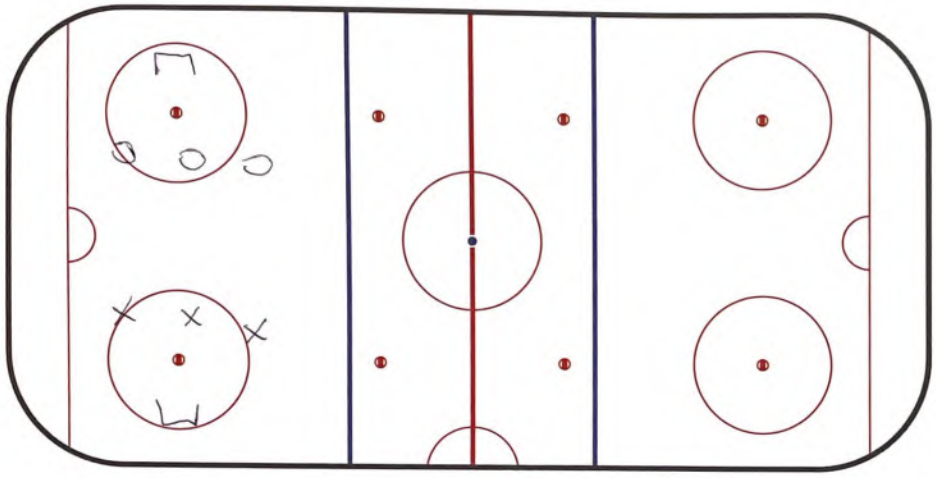
PASSEN mit
TEIMING
12min



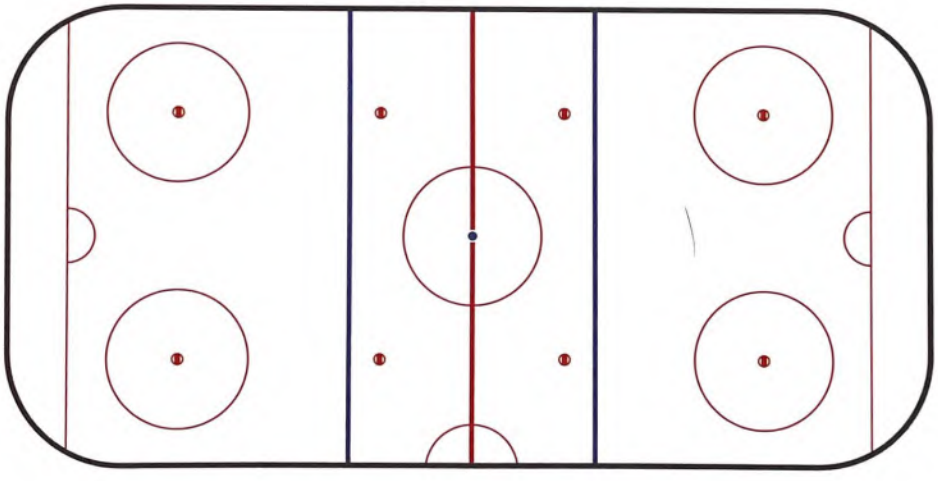
PASSEN mit
TEIMING,
12min

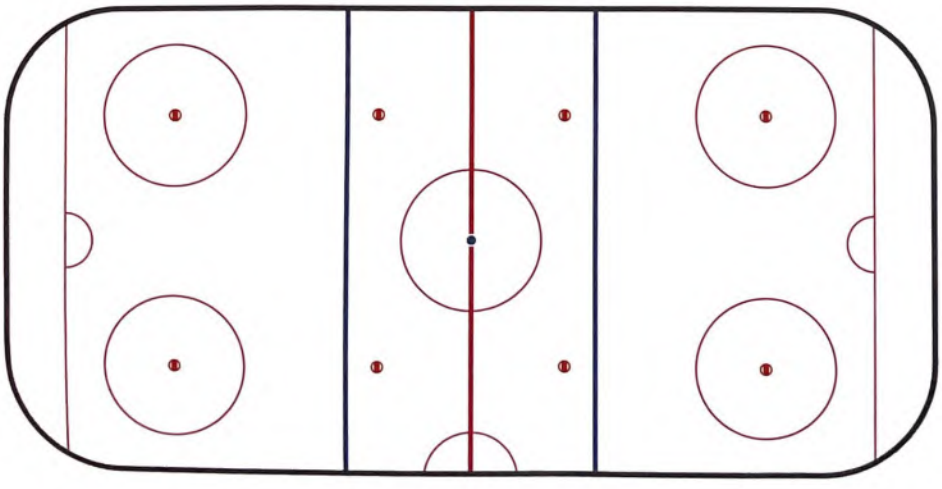


Schuss übung →
Spiel Situation gute
Pass Annahme 12 min



Spiel 3-3 kleine
Tore.
10 min





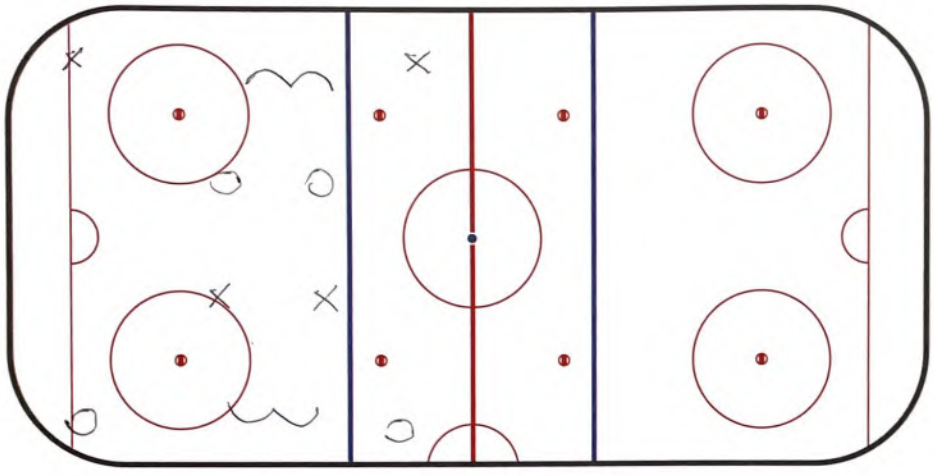
E.H.C. KLOSTERSEE

TEAM: U15. 16:20-17:20

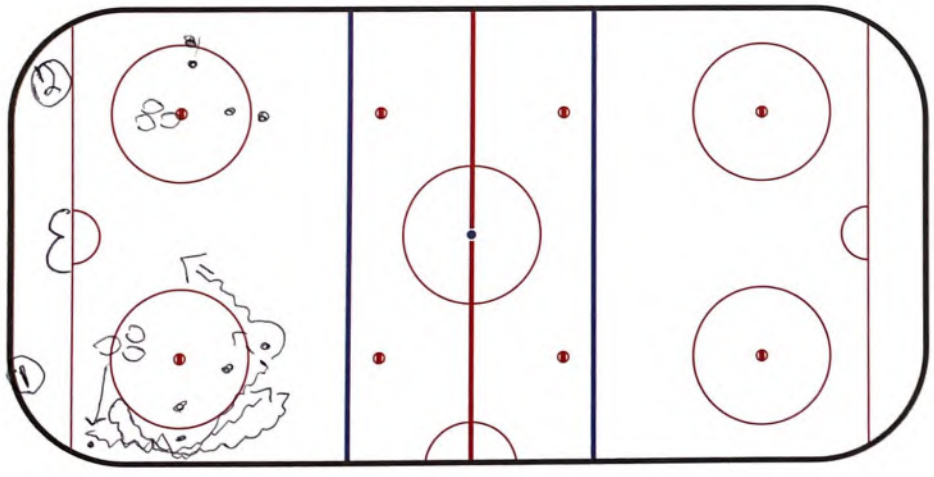
DATUM: 21.12.2021.

TRAINER: Yuri, Martin, Bobby.

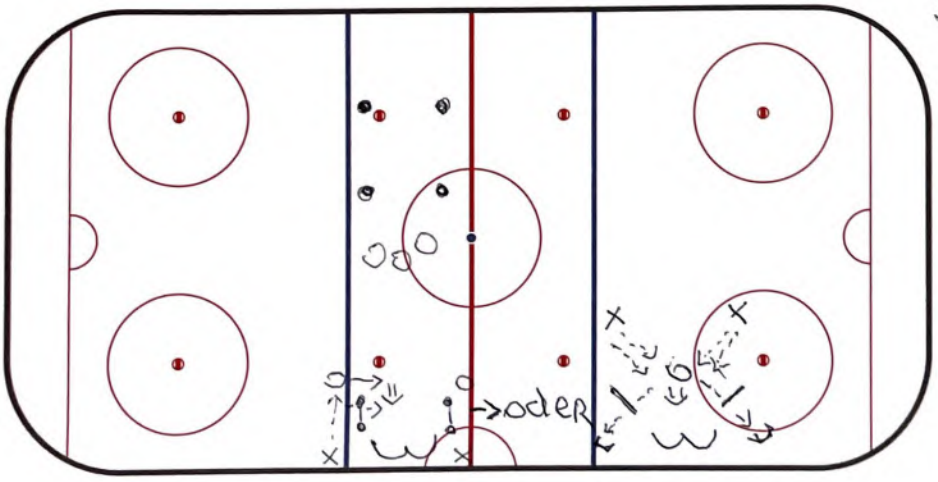
TRAININGSPLAN



Spiel 2-2+2 Joker
10min

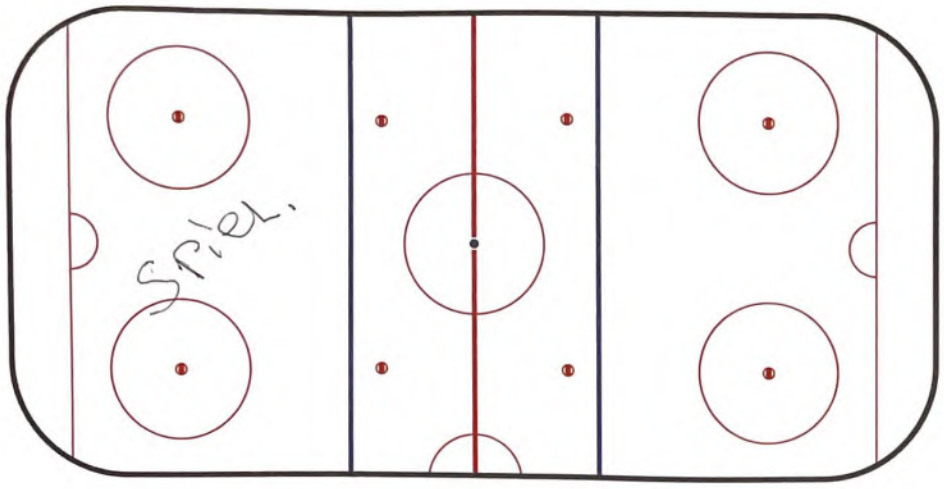


1) Schuss übung mit 3 Spiel elemen-
2) ten
8min



3) Pass übung
8min

4) Schuss übung vor Tor nach Pass -> Schuss Vorhand, Rückhand,
8min

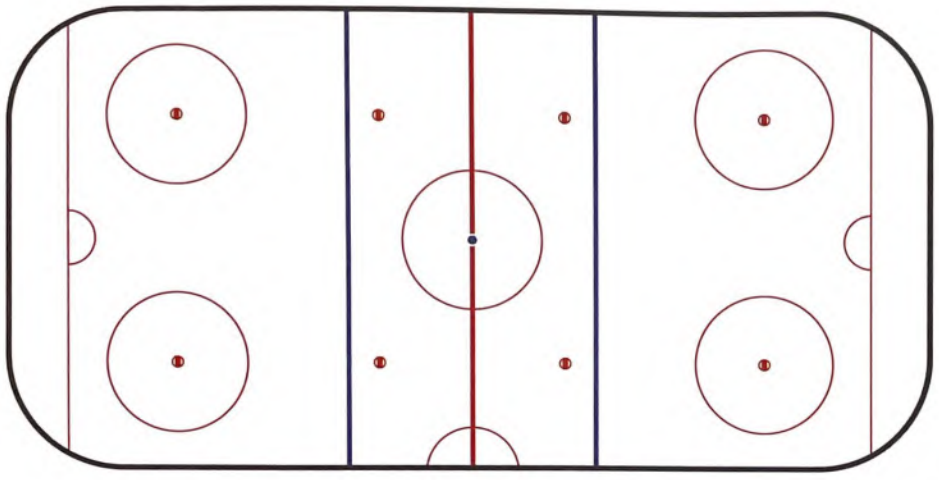


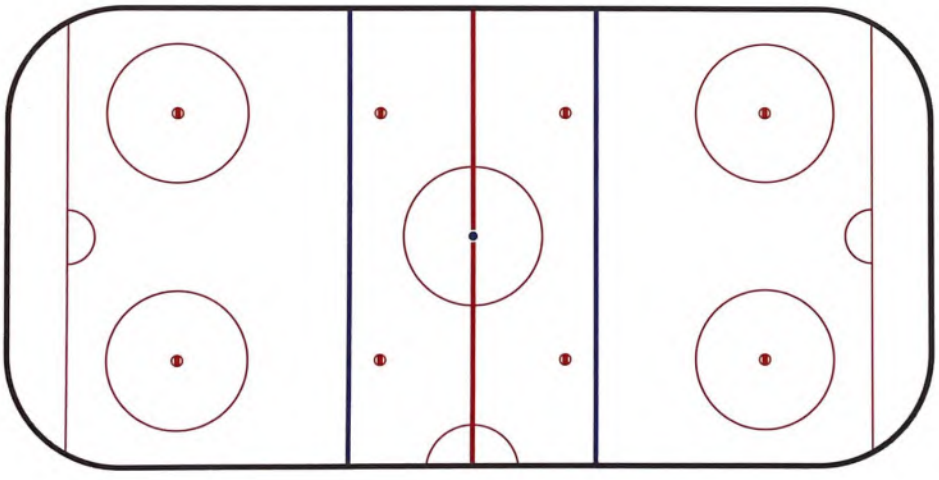
Spiel 3-3

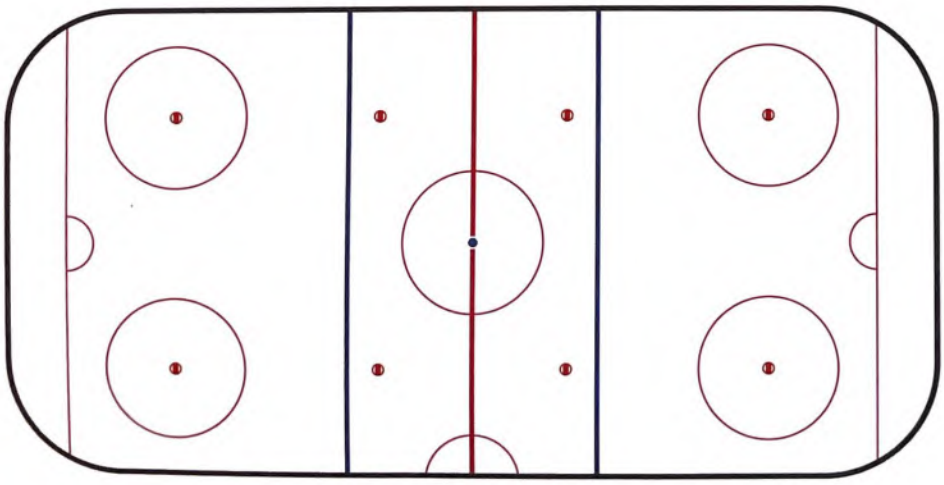
Kinder suchen

Aus Spiel

15min





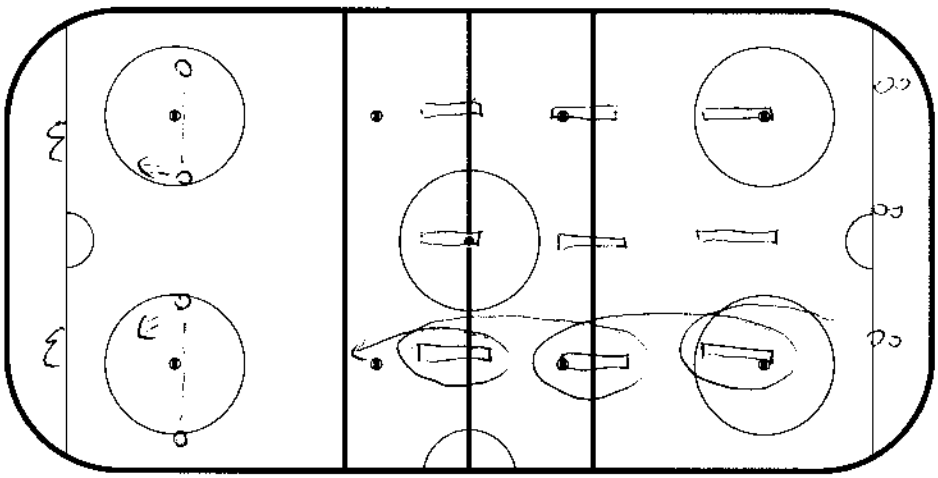


TEAM: U15

DATUM: 27.12.21

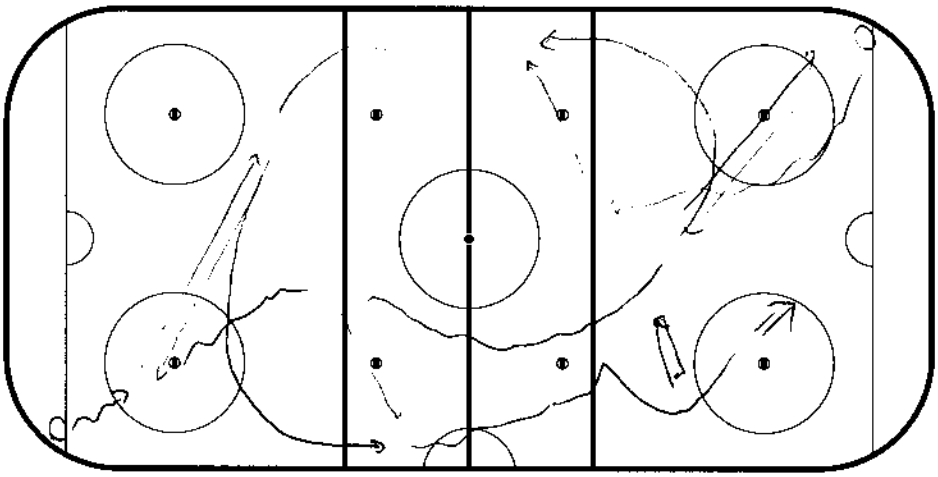
TRAINER: Martin, Yuri

TRAININGSPLAN



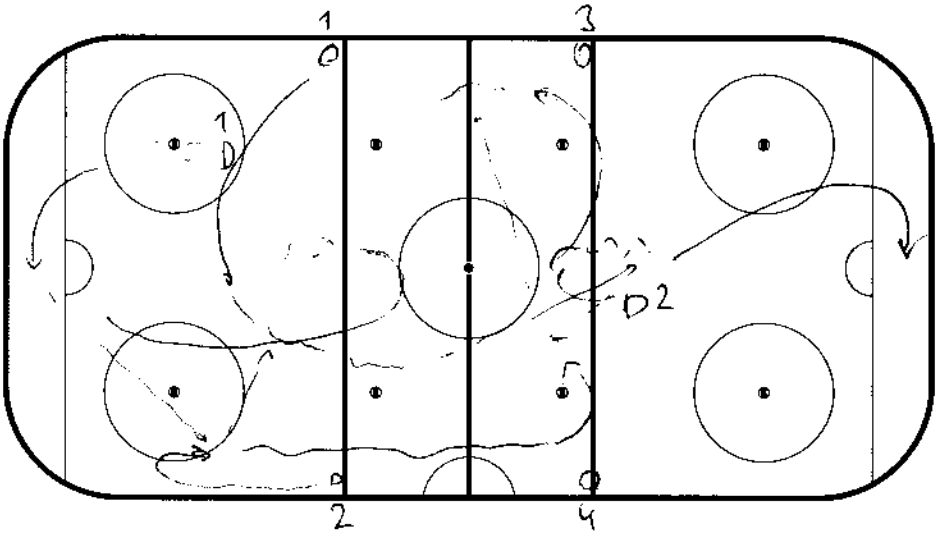
1. Skating - Knie innen/aussen
   - Hopser Knie innen
   - vw/rw Fake
   - vw/rw reverse/ Escape Move

TW Warmup Schiessen
10 min



2. Parkarussel
   2 x 5 min

3. Spiel 2:2 Enge Raum
   10 min



4. 2:1 ohne Pause
   10 min

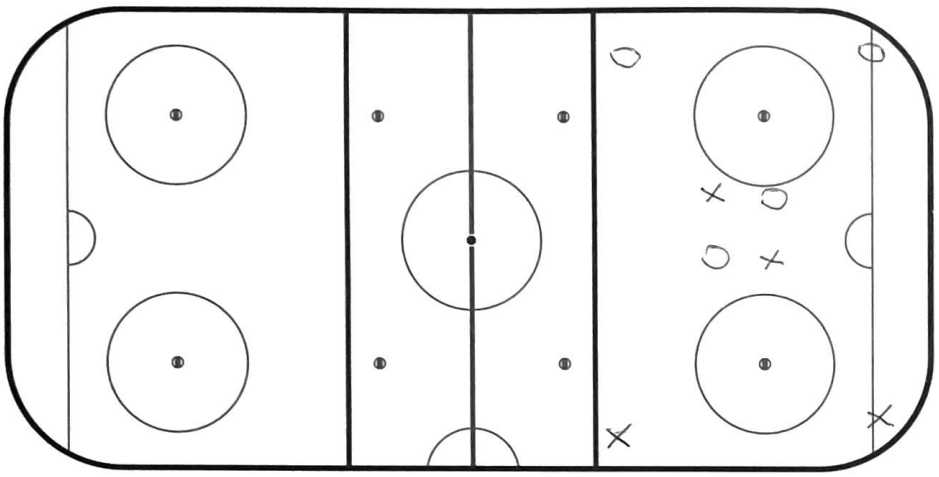
5 Spiel 5:5

TEAM: U15. 12:40 - 13:45

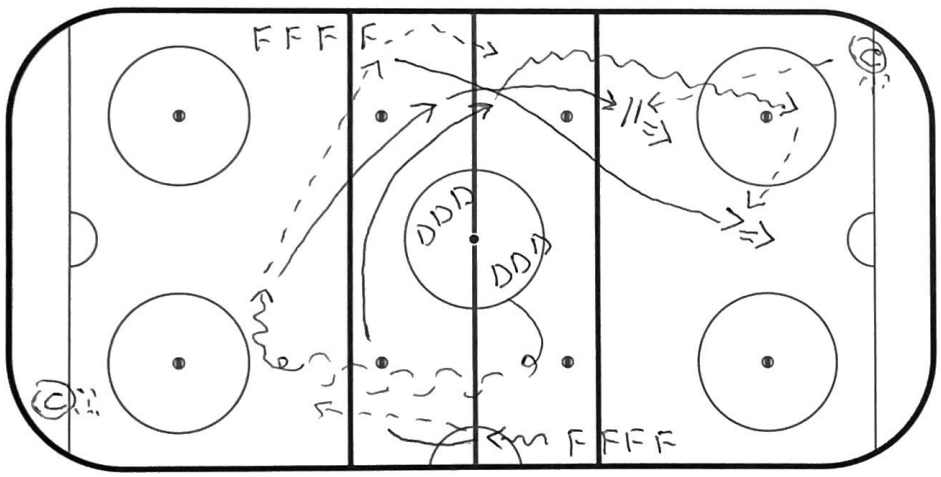
DATUM: 28.12.2021.

TRAINER: YURI, MARTIN.

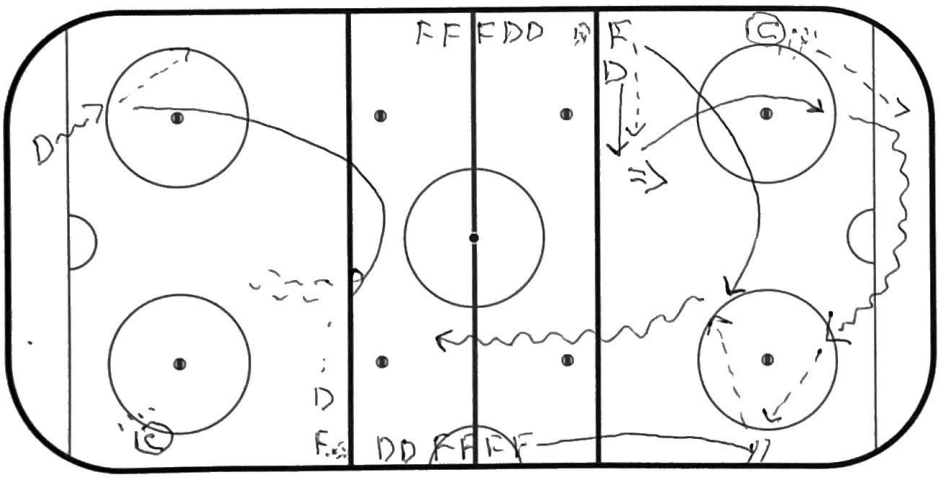
TRAININGSPLAN



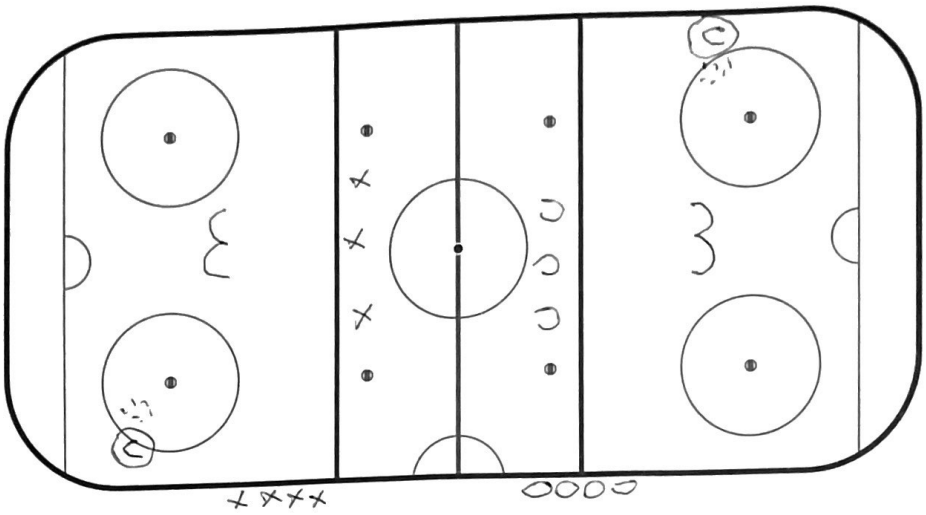
Aufwermen Spiel
2-2 mit 2 Joker →
→ untere für passen
obere für schuß.
10min



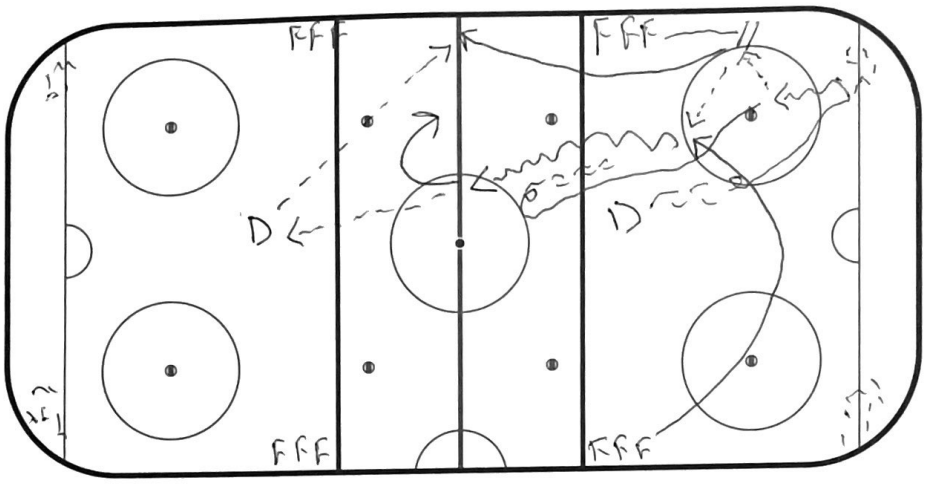
2-0+1 Zusammen
Arbeit. 1) Direkt 2) Kreuzen.
10min



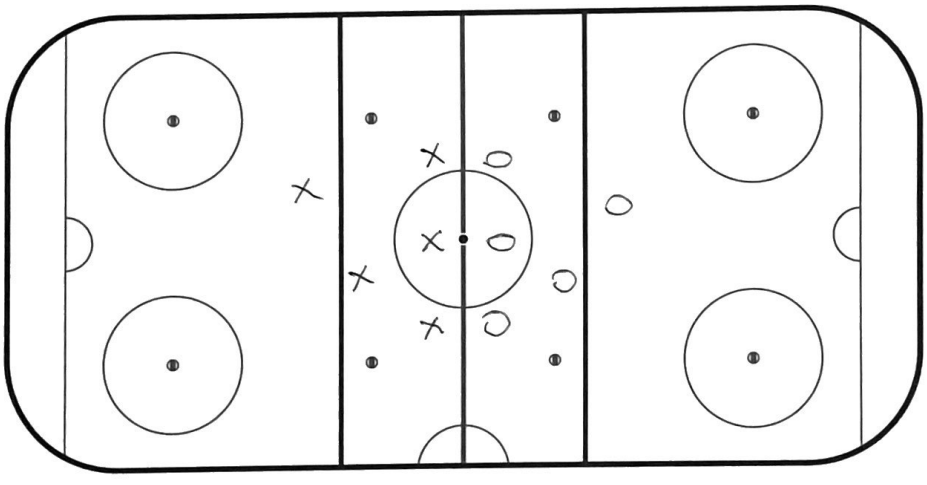
1-1 mit Aufbau
10-12 min



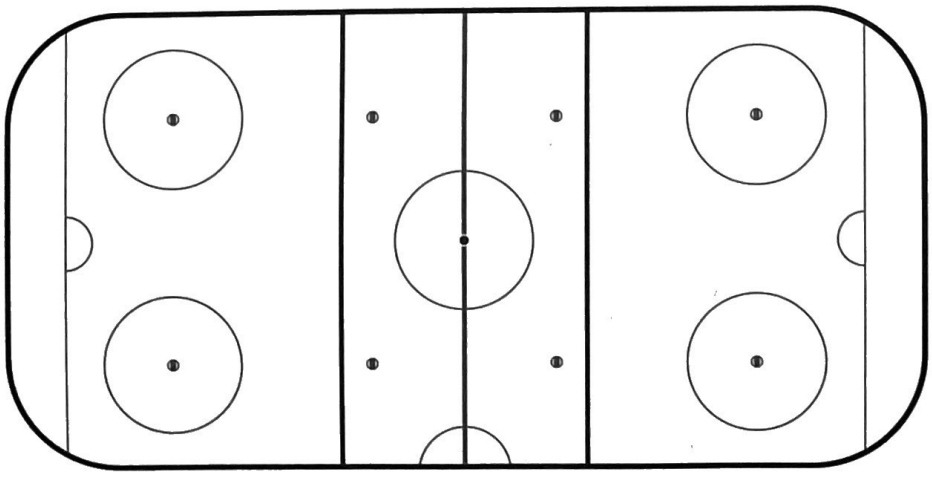
Spiel 3-3 → 40×30
2 Schanze → ~~PASS~~ PASS
von TRAINER.
10min



2-1 mit AUFBAU
D-SUCHT ECKE AUS
F-REAGIERT bei BANDE
und ANBITEN mit TEIMING
10min



Spiel GANZE EIS 5-5
13min

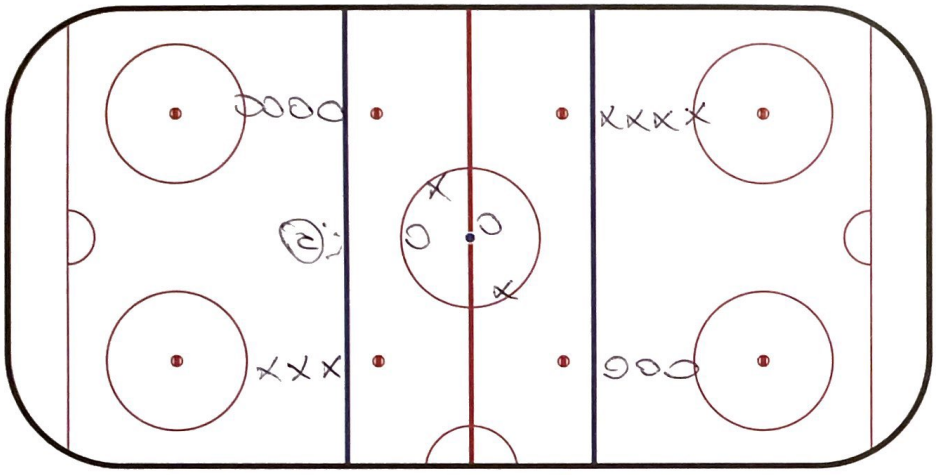


TEAM: U15. 11:20-12:20

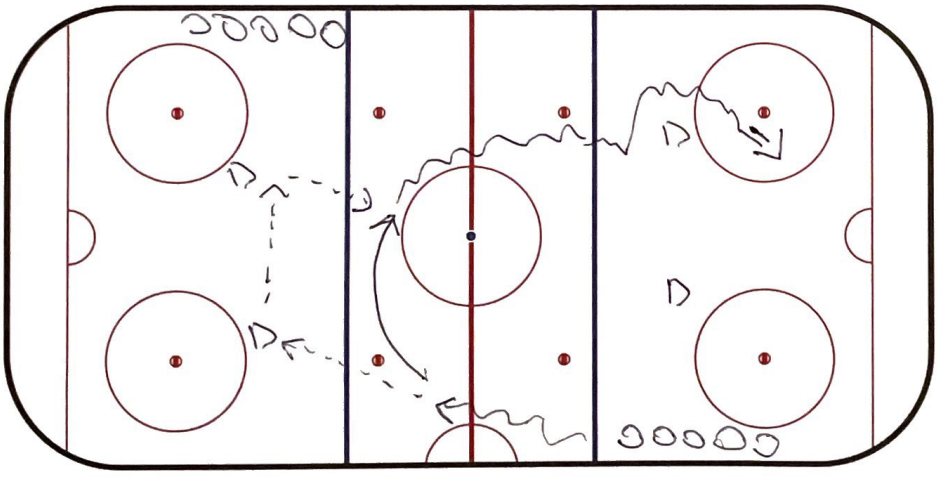
DATUM: 29.12.2021

TRAINER: YURI, MARTIN

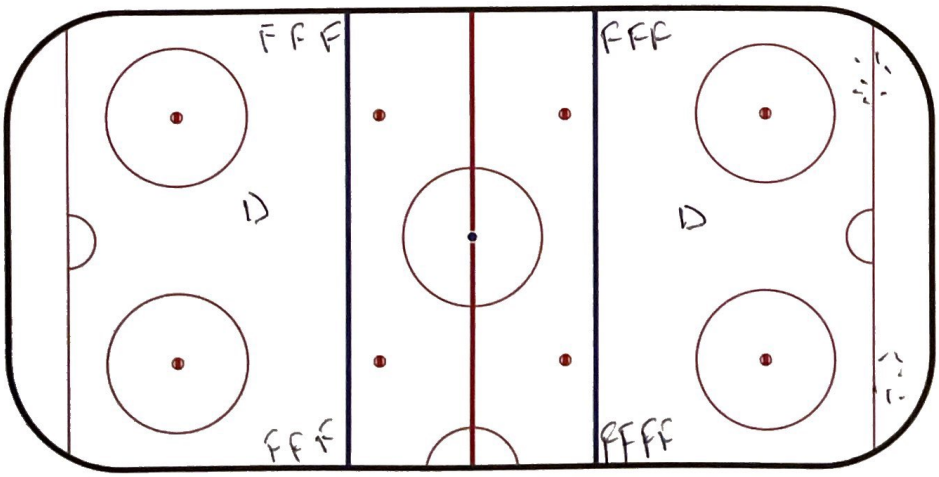
TRAININGSPLAN



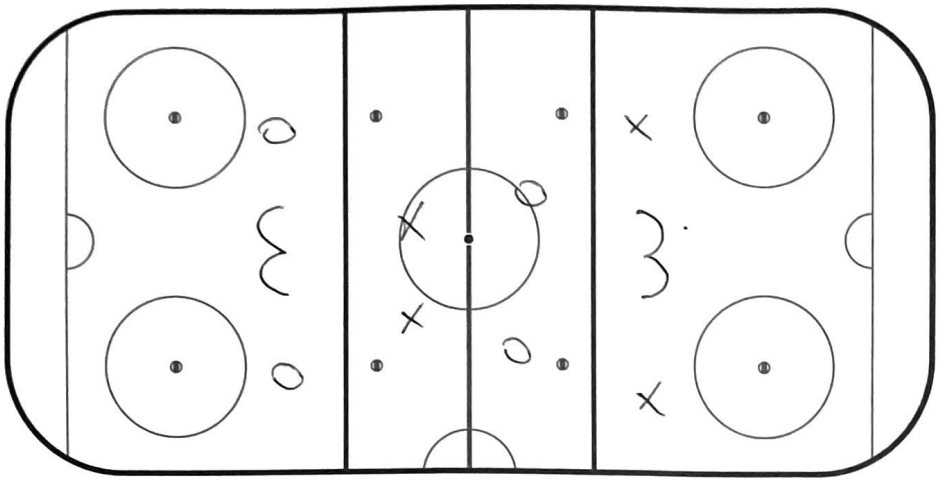
Aufwermen SPIEL
2-2 -> 2 JOKER
10 min



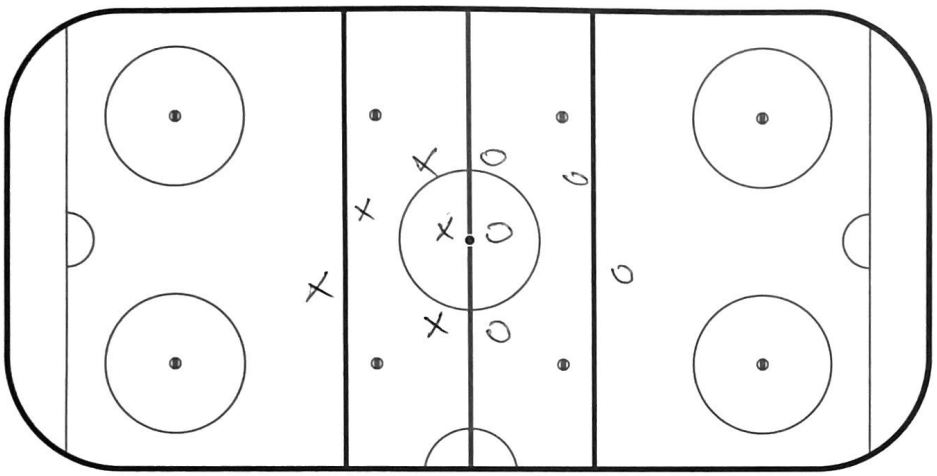
1-0 mit PASS zum D
10 min



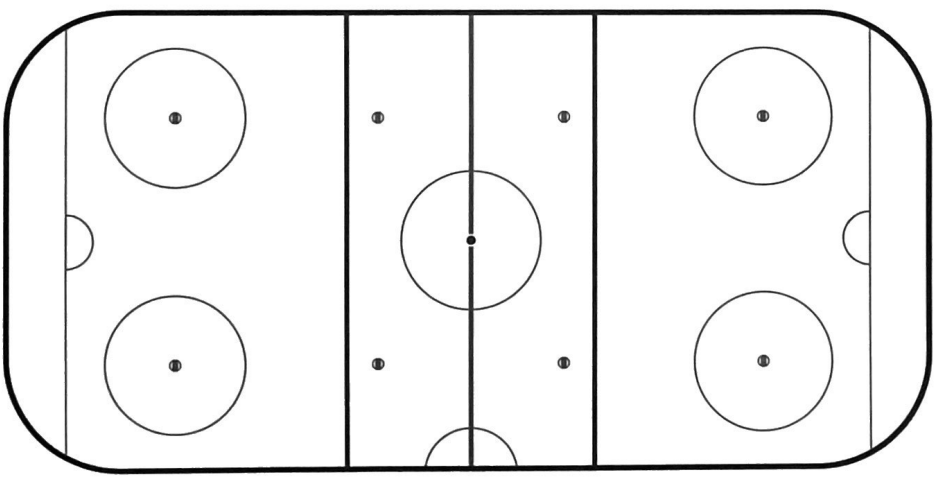
2-1 -> D Aufbau
Aus ecke -> F Teiming
10 min

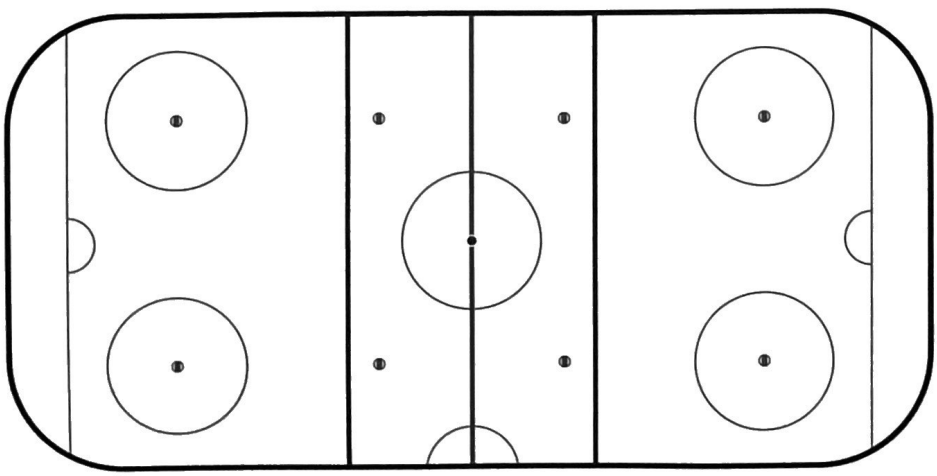


Spiel 2-2 mitte
+ 2 Joker auf Tor Linie.
10 min



Spiel 5-5
ganze Eis
15 min



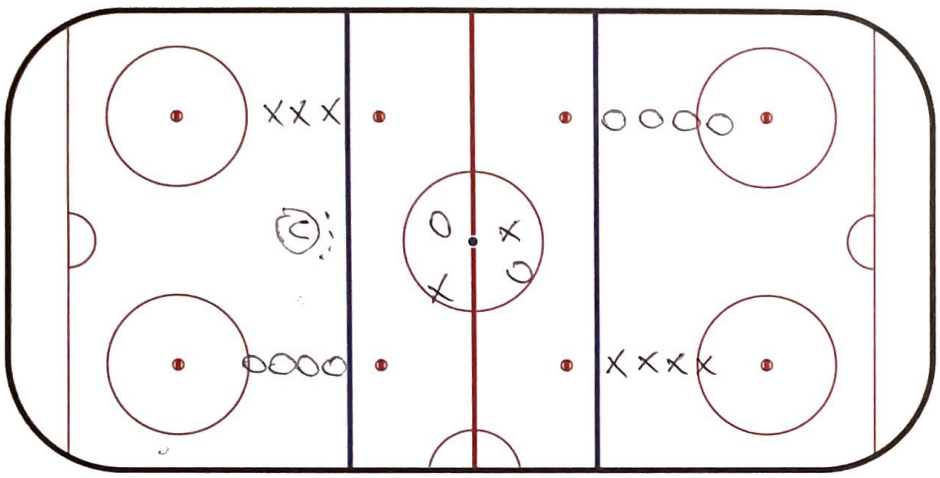


TEAM: U15, 15:45 - 17:45

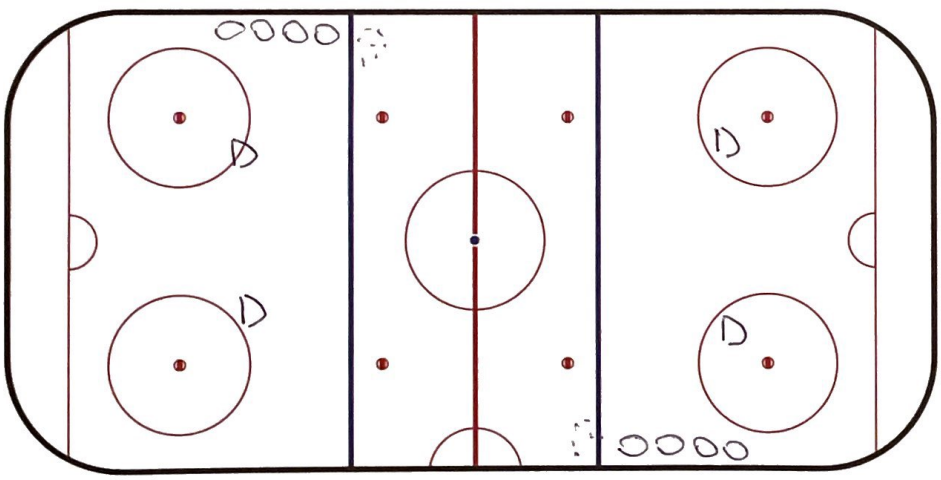
DATUM: 30.12.2021

TRAINER: YURI, MARTIN.

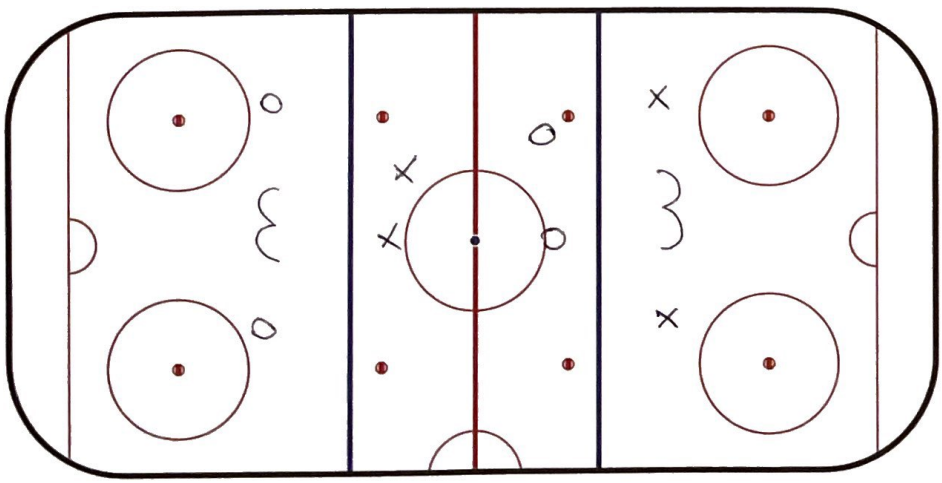
TRAININGSPLAN



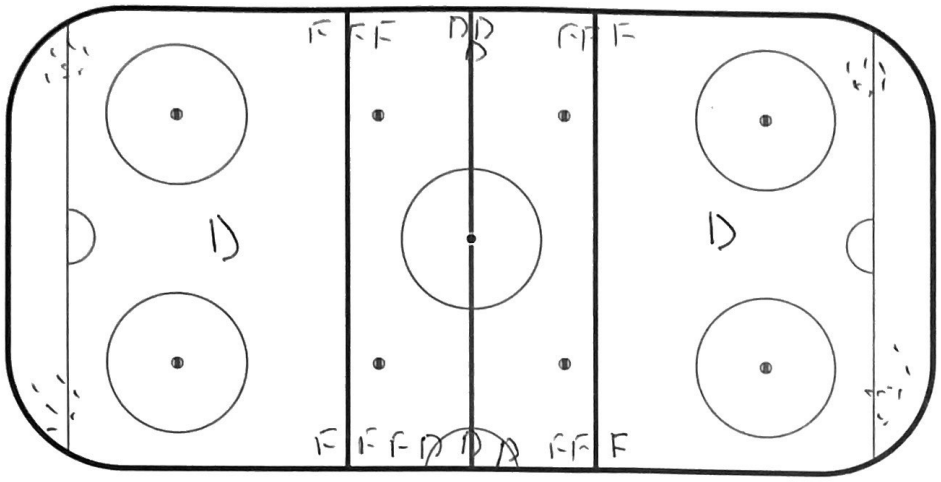
Aufwermen Spiel
2-2 mit 2 Joker
mitte
10 min



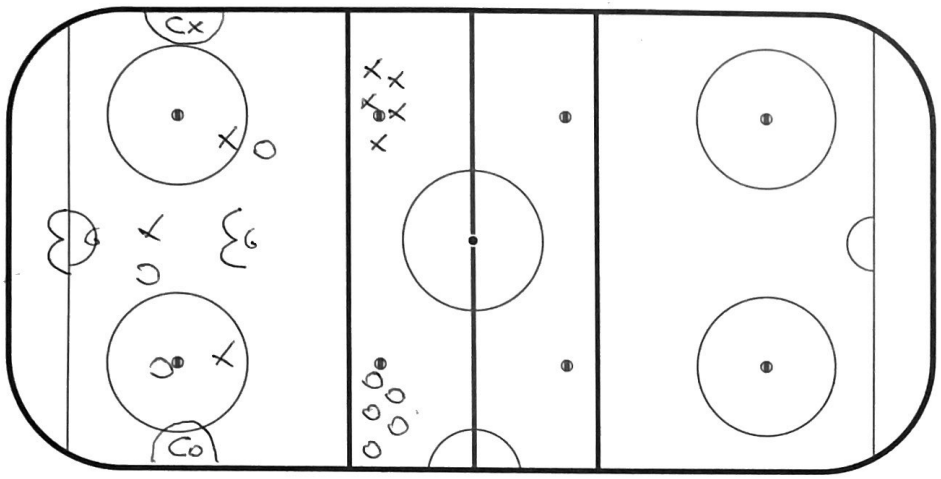
1-0 Teiming
D-D Pass.
10 min



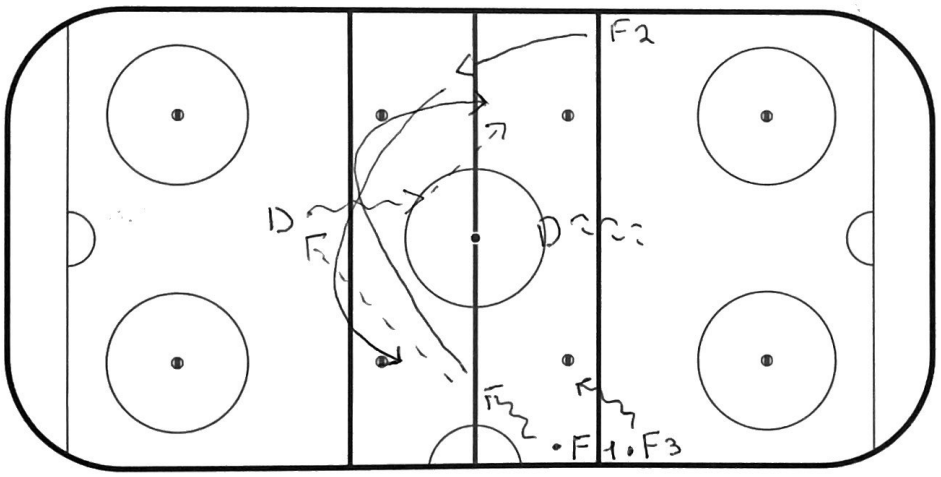
Spiel 2-2 + 2 Joker
auf Tor Linie
10 min



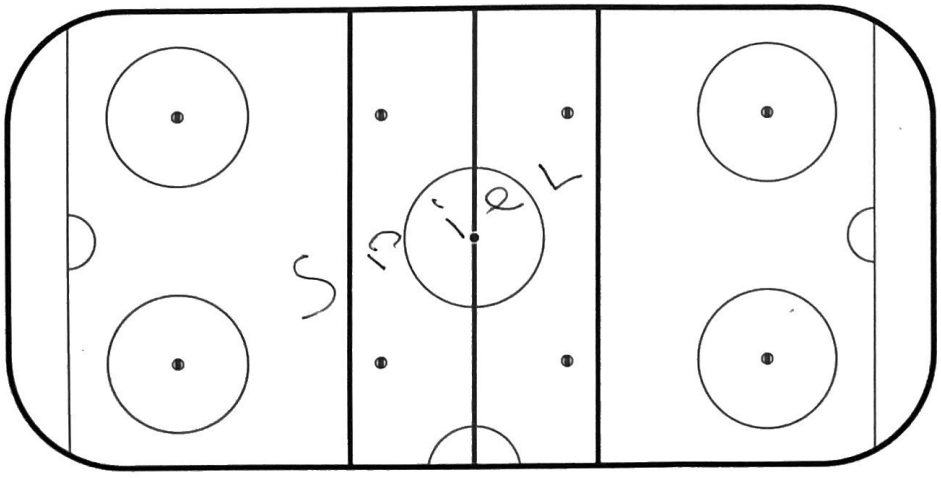
2-1 -> PUCK im 4 ecke
schnelle AUFBAU ->
PASS von 2 D zum
F bei Bande.
10 min



SPIEL 3-3 zone
TR JOKER FÜR sein
TEAM
10 min



2-1 -> 3-1
10 min



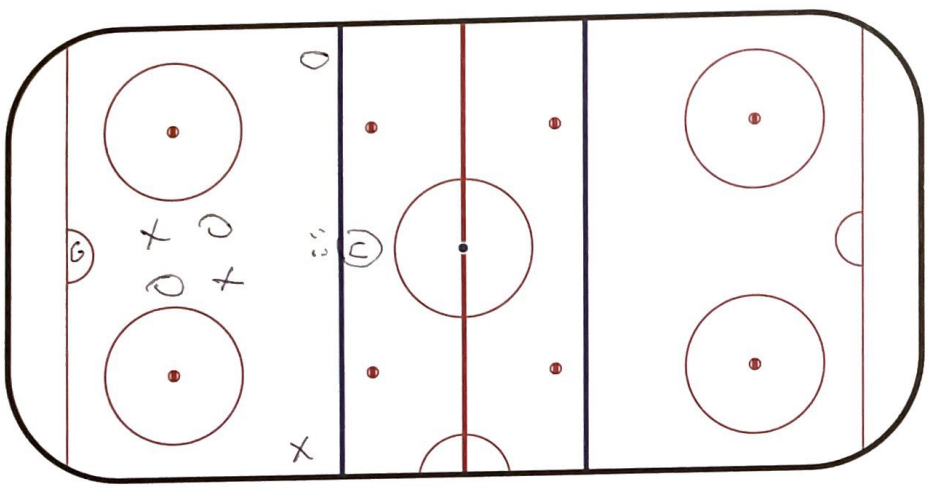
SPIEL 40x30
TR JOKER FÜR beide
TEAM.
10 min
SPIEL 5-5 ganze
Eis
16 min

TEAM: U15, 15:45 - 17:00

DATUM: 3.1.2022.

TRAINER: YURI, MARTIN.

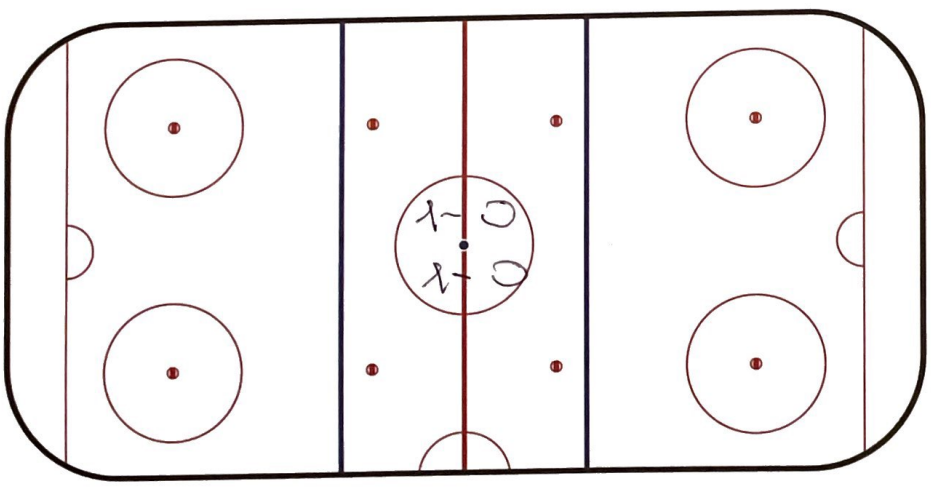
TRAININGSPLAN



Aufwermen Spiel

2-2 + JOKER KOMMT REIN WENN TEAM PUCK HAT.

10min



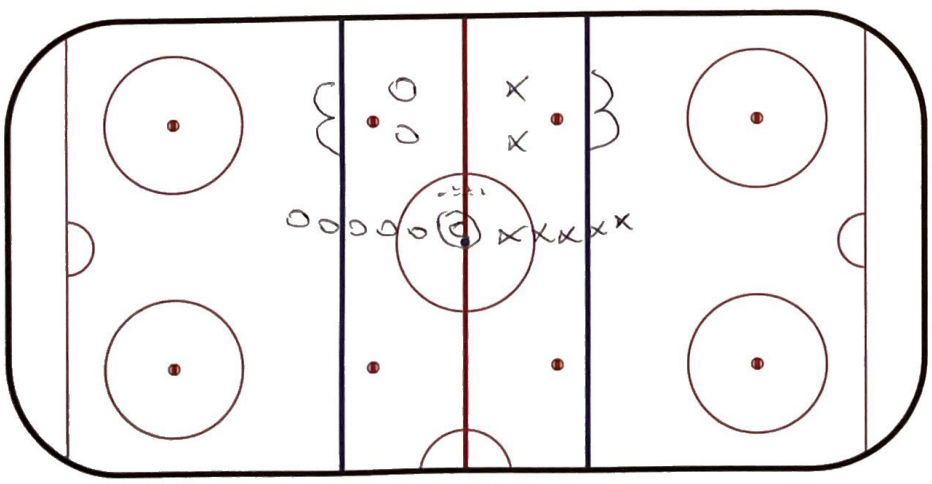
1-0 doppel PASS

5min

+

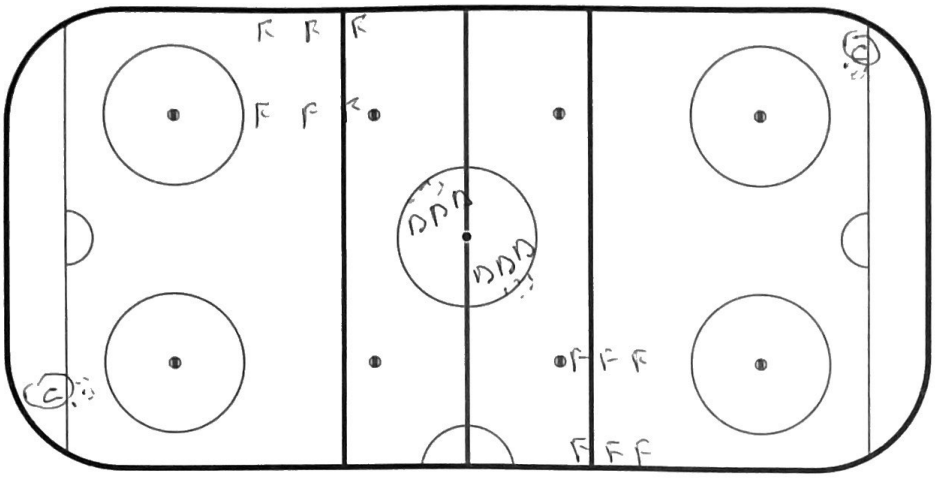
+0 PUCK KONTROL KURZE LANGE SEITE.

7min

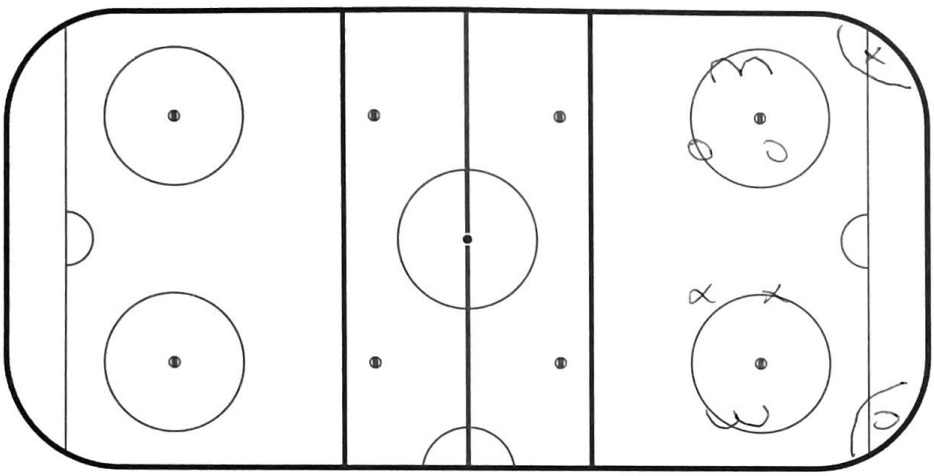


2-2 KLEINE PLATZ

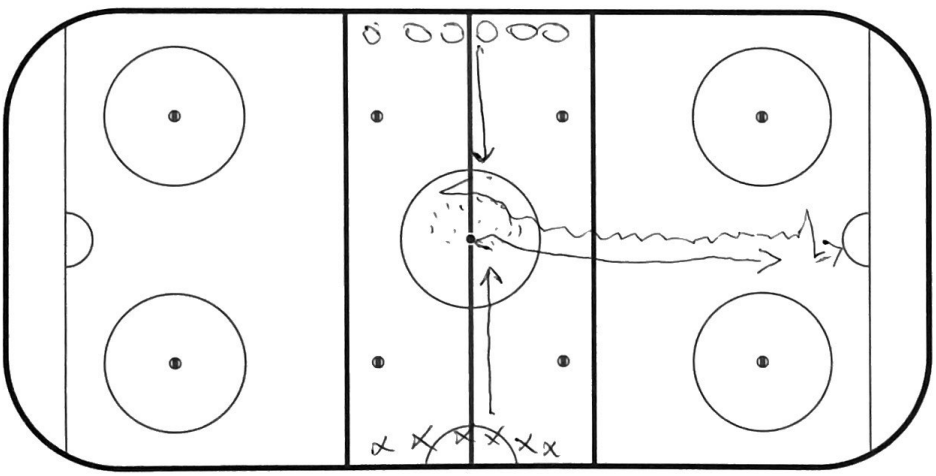
10min



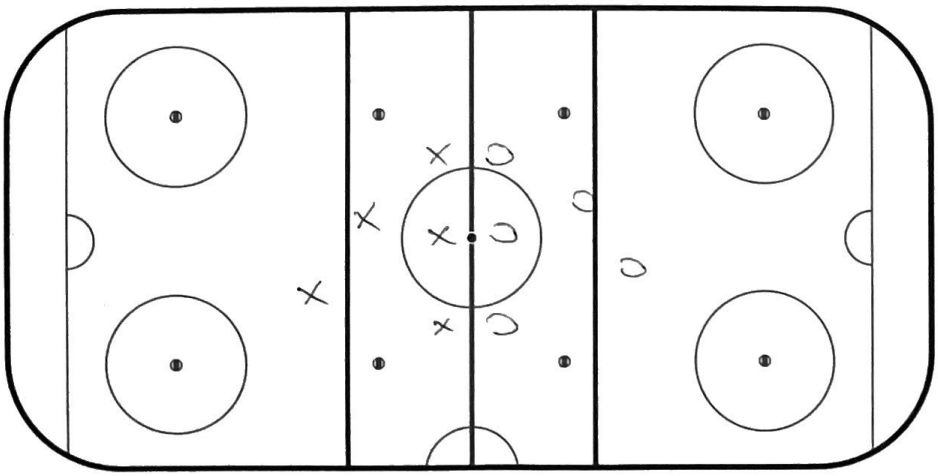
2-1 -> 2MAL ->
SCHNELL AUS MITTE UND
AUS ECKE -> 2 SPIELER
KOMMT IN DIE ECKE
UNTERSTÜTZEN
10 min



2-2 MIT JOKER IN
DIE ECKE -> VOR TOR
JEDE SEIN MANN ->
OFFENSIV HINTEN TOR
NUTZEN.
10 min



PENALTY MIT BACK CHECKER
5-7 min



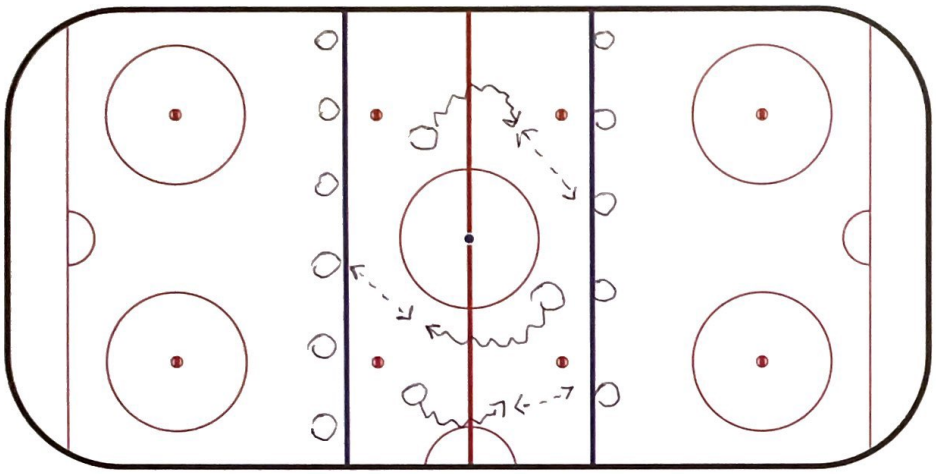
SPIEL 5-5
12 min

TEAM: U15. 12:45-13:45

DATUM: 4.1.2021.

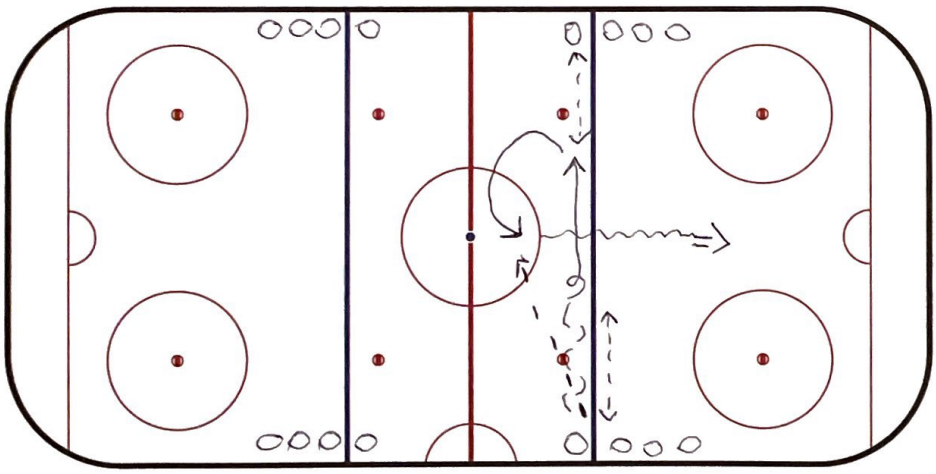
TRAINER: Yuri.

TRAININGSPLAN



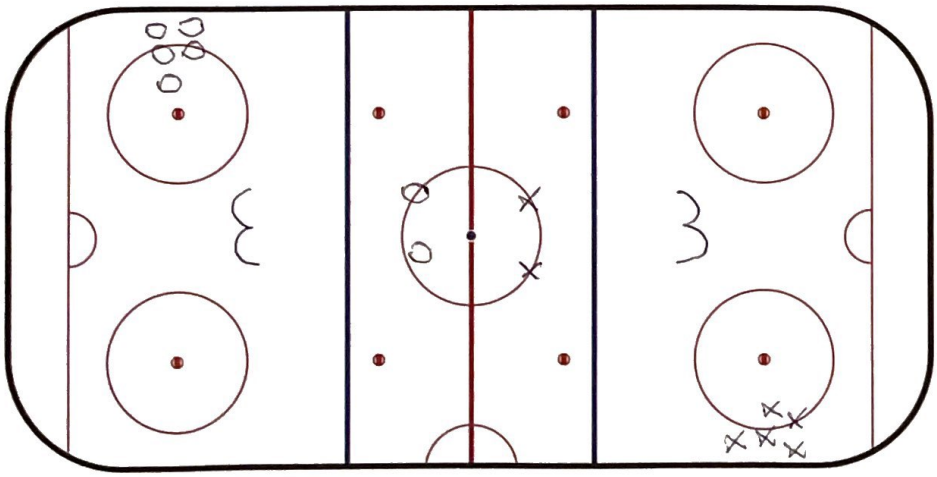
Puck kontrol mit passen zu 3

10 min



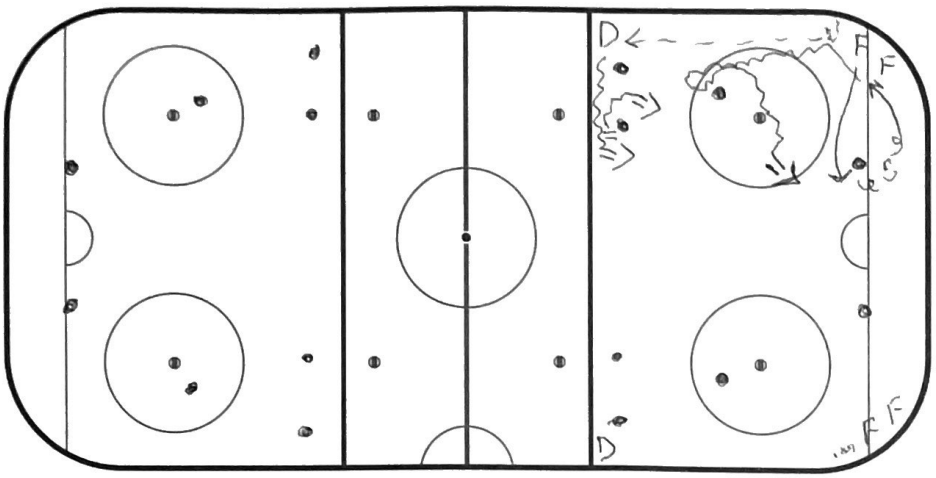
1-0 -> 2mal doppel pass und pass in die mitte.

10 min



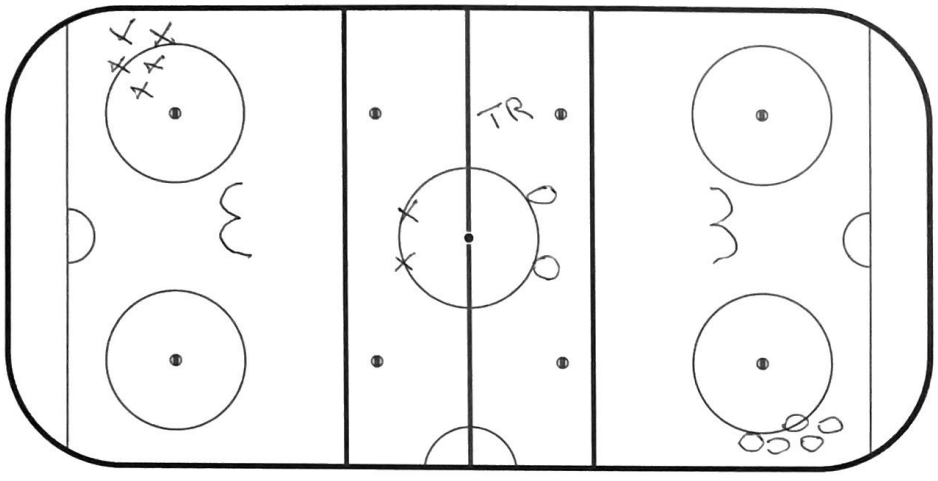
Spiel 40x30 -> 2-2 ohne jocker. -> gute puck abteckung.

10 min



Stürmer - Verteidig

10 min

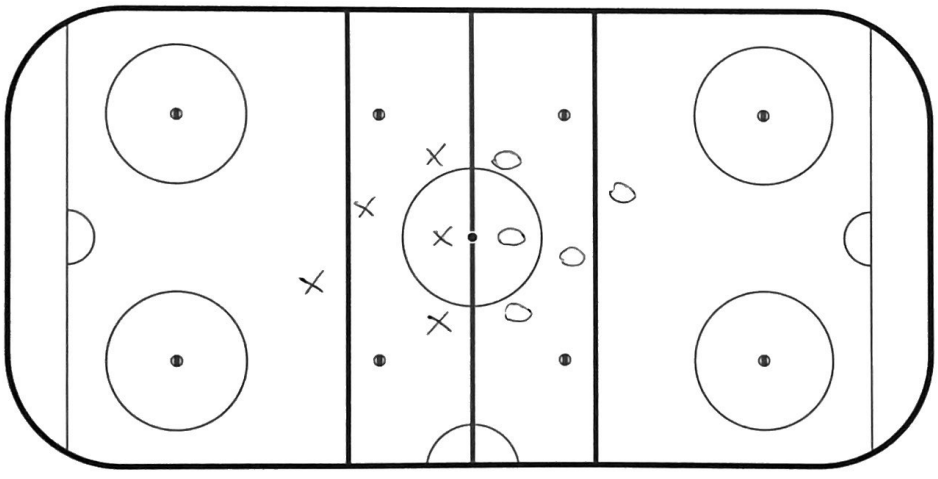


Spiel 40×30 →

→ 2-2; 3-3 → TR.

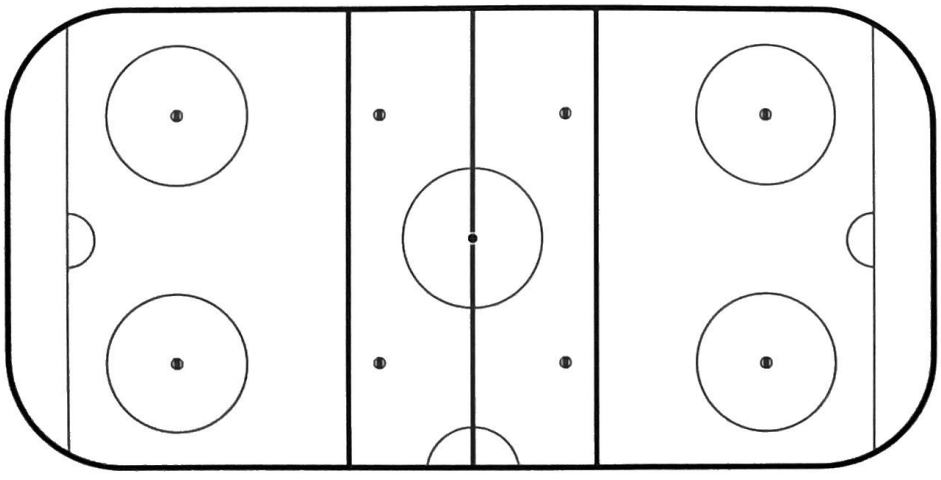
SPIELT FÜR TEAM MIT PUCK.

10 min



Spiel 5-5 GANZE EIS

12 min

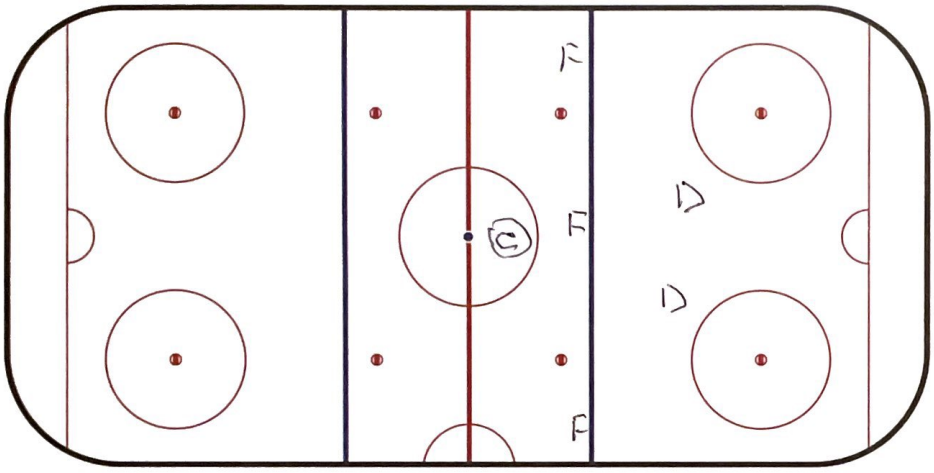


TEAM: U15, 11:20 - 12:20

DATUM: 5.1.2021.

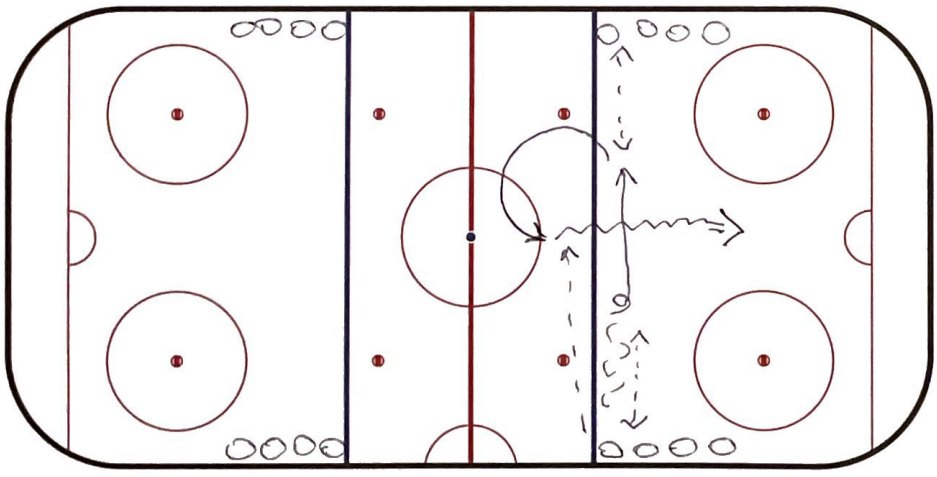
TRAINER: YURI, MARTIN

TRAININGSPLAN



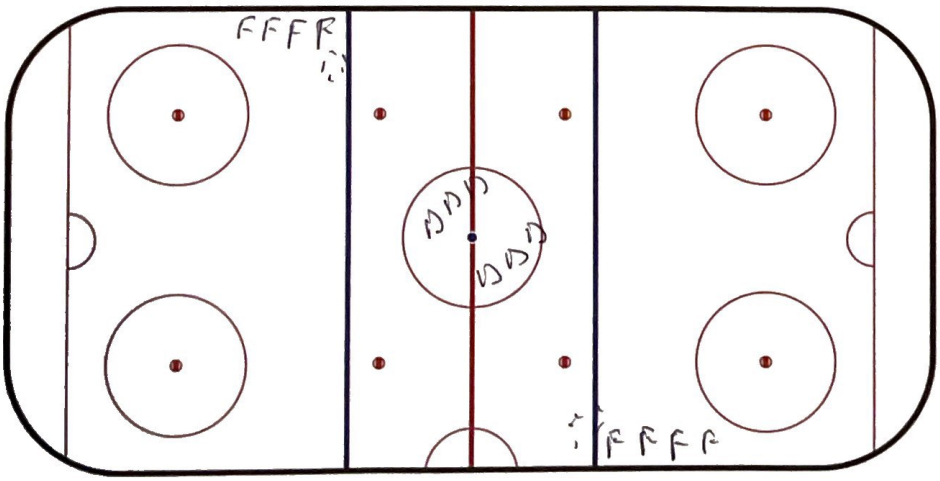
Aufwermen → Aufbau aus zone mit pass zum trainer → Links - Rechts - D zu D.

8 min



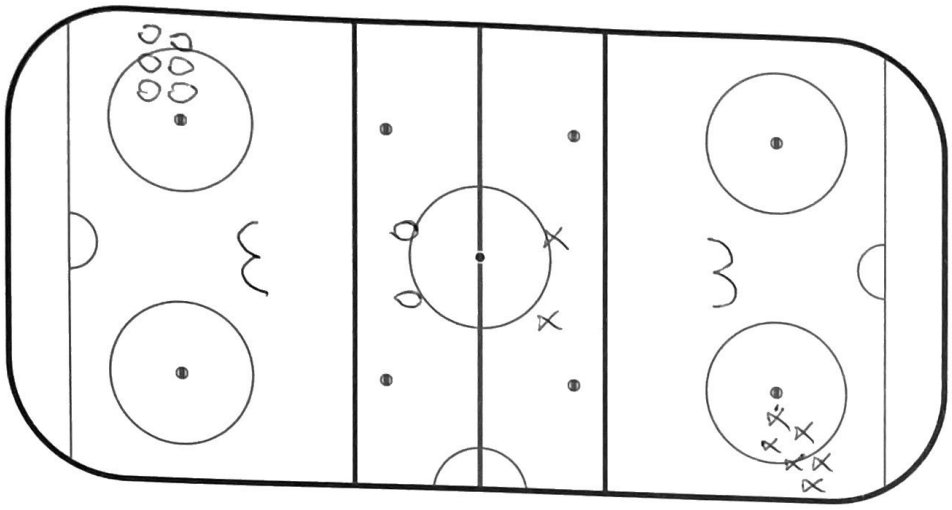
1-0 im beiden zonen

8 min

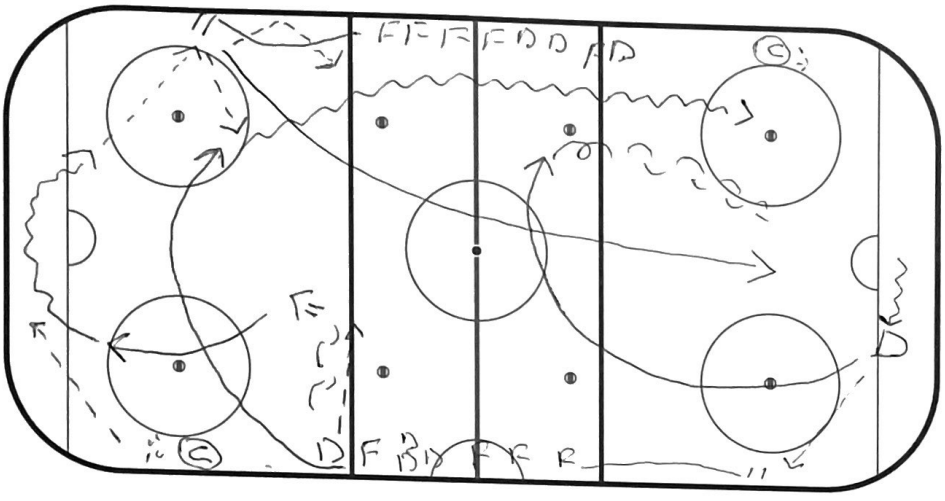


2-0 + D → Aufgabe: harte pass bei bande hinten tor

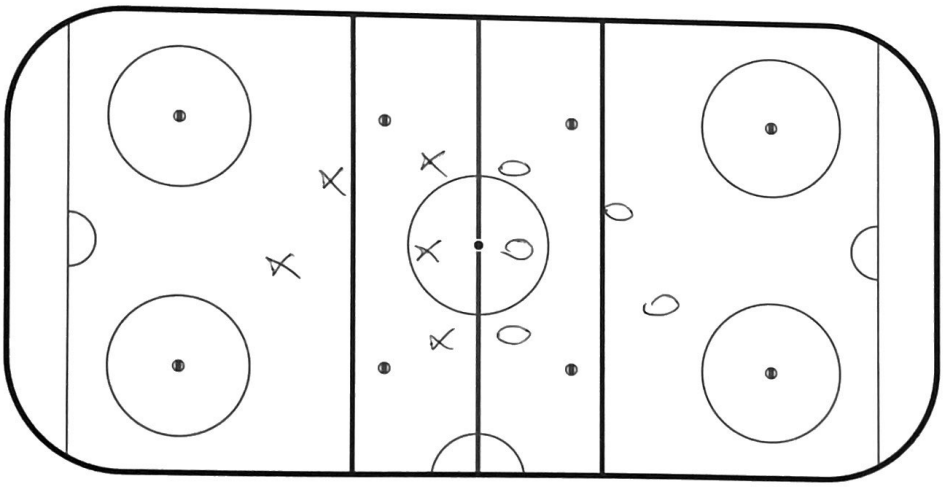
10 min



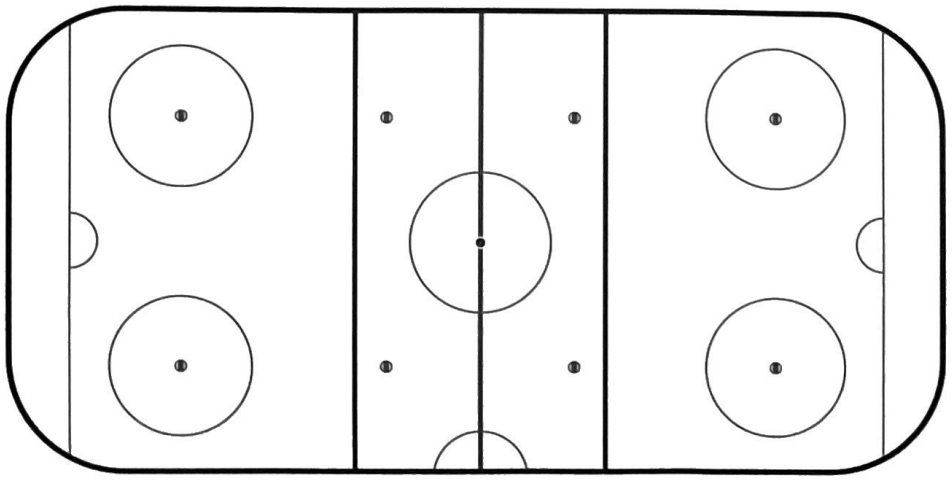
Spiel 2-2 → 40x30
→ Puck Abtekung
10 min



2-1 m. Aufbau nach
schuss von D.
10 min



Spiel 5-5 ganze
Eis.
13 min

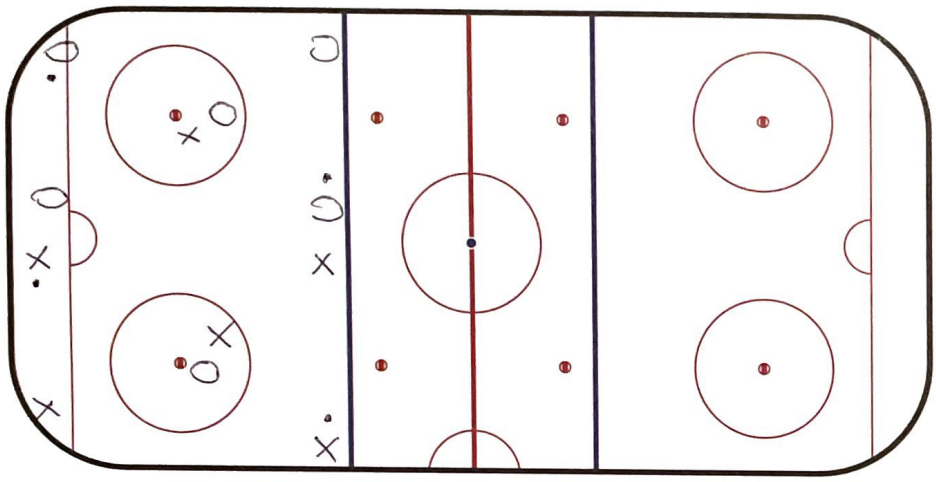


TEAM: U15, 16:20 - 17:20

DATUM: 10.1.2022.

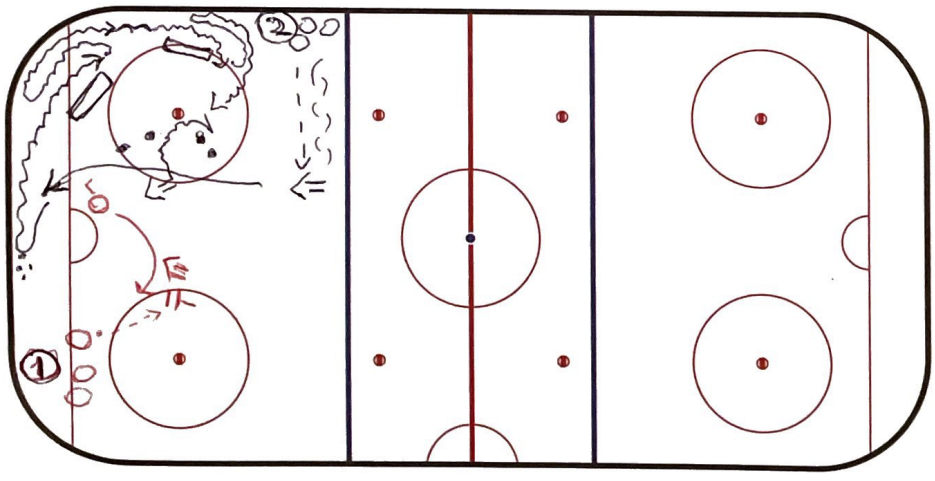
TRAINER: YURI

TRAININGSPLAN



PUCK KONTROLL → PASSEN → 2 PUCK. → → 2 GRUPPEN.

10 min 12

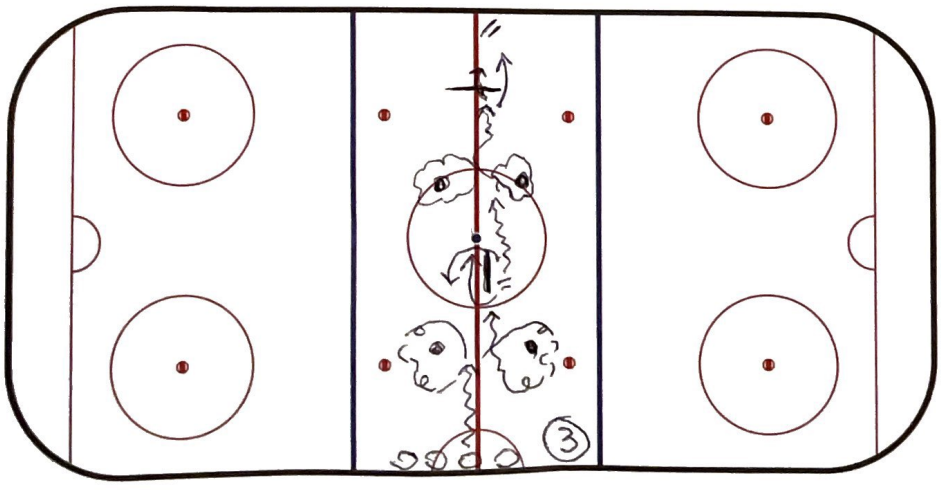


- 1: DIREKT SCHUSS VOR TOR bei SCHNELLEN SEITE WECHSELN.

10 min 12

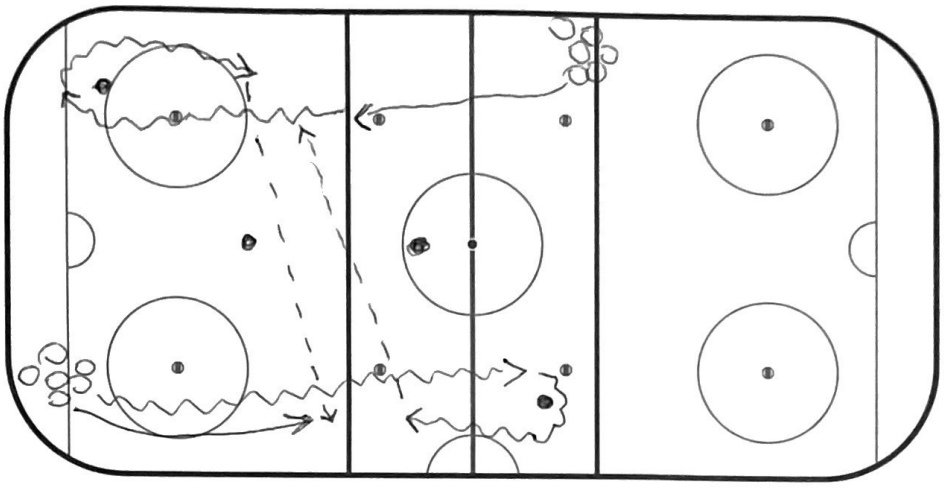
-2: Kombi → Schuss von BLAU → Anfang ATAKE nach drück → Off SITUATION im ZONE mit PUCK ABTEKUNG und schuss.

10 min 12



-3: PUCK KONTROL mit Technische elementen und eislaufen.

10 min 12



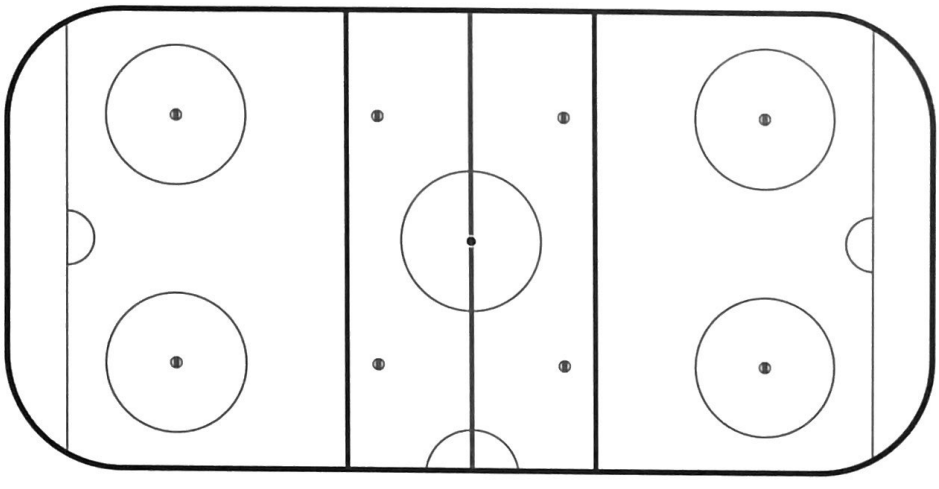
Passen im bewegung

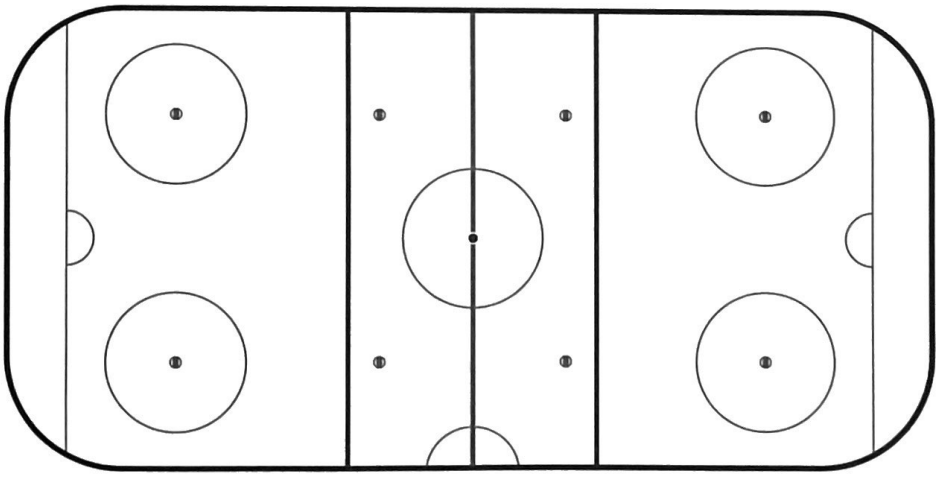
mit Teiming → Lange

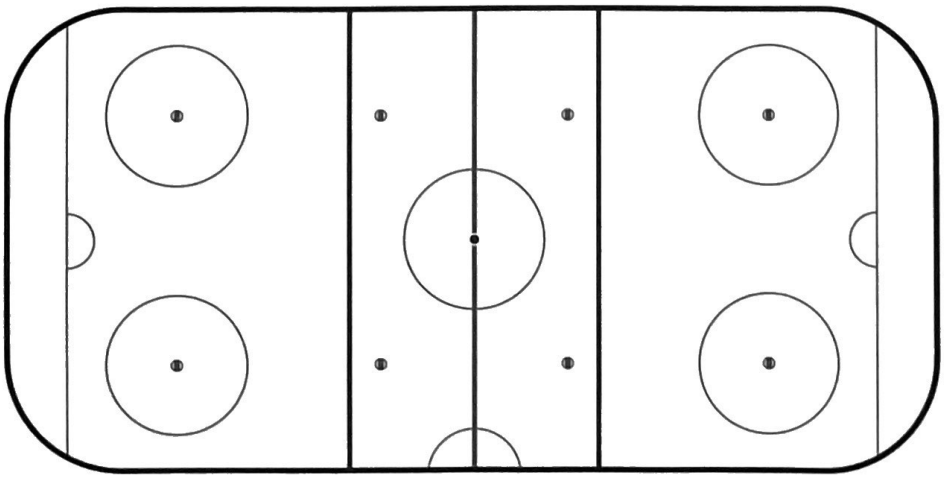
Harte Pass → gute

annahme.

10 min





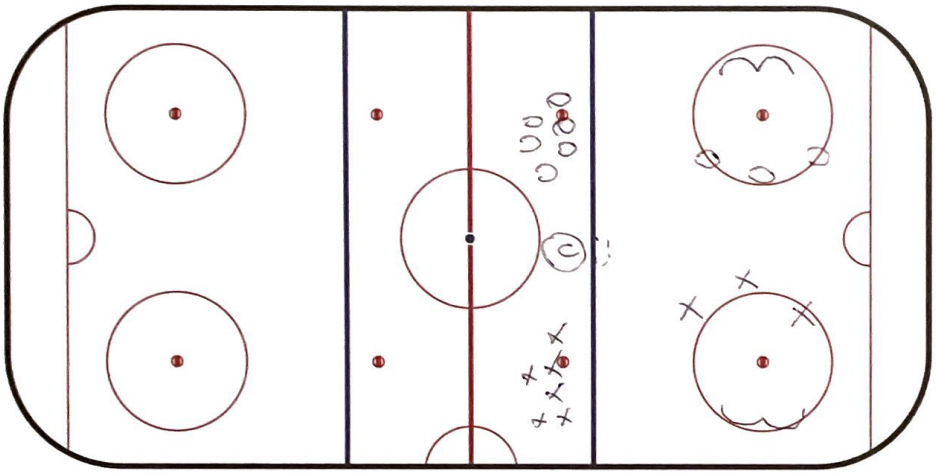


TEAM: U15, 16:40-17:40

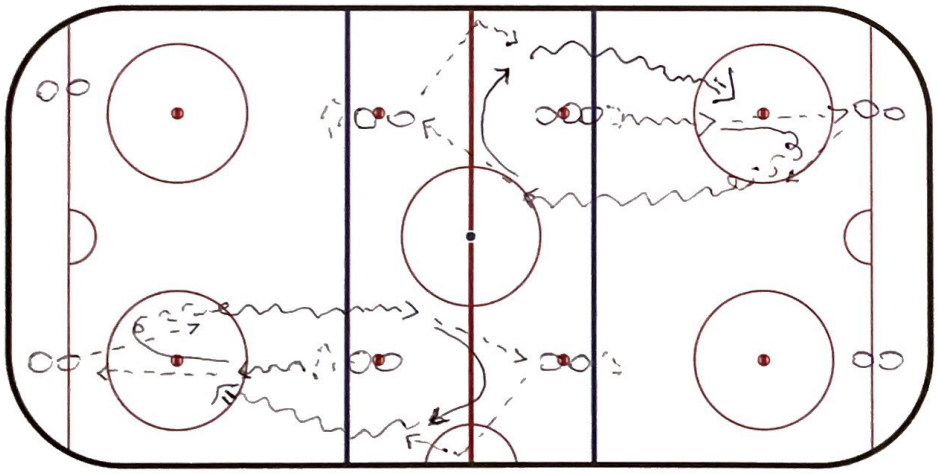
DATUM: 13.1.2021.

TRAINER: YURI, MARTIN

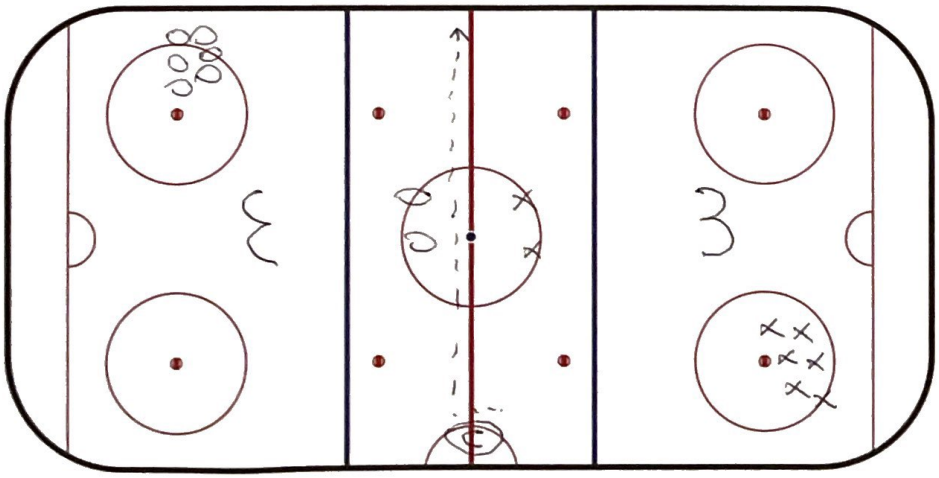
TRAININGSPLAN



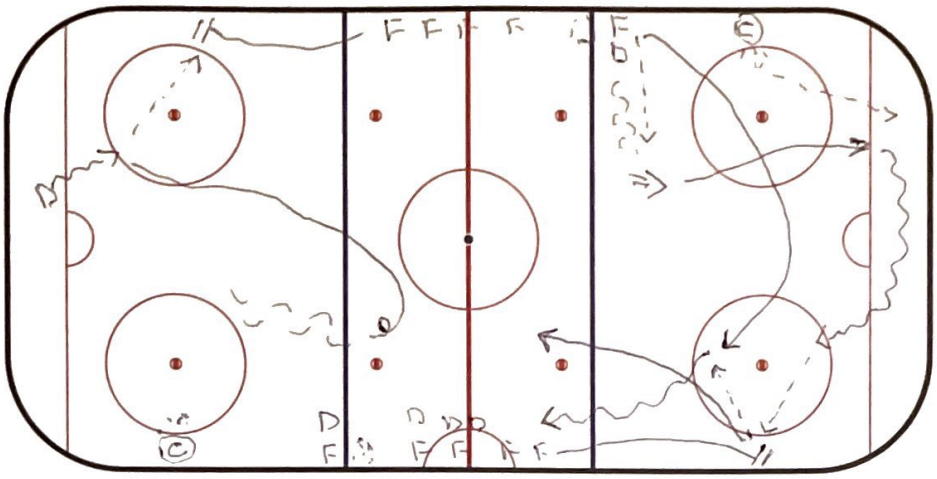
Aufwermen spiel
3-3 -> TORE ZÄHLEN
im beide TORE.
8min



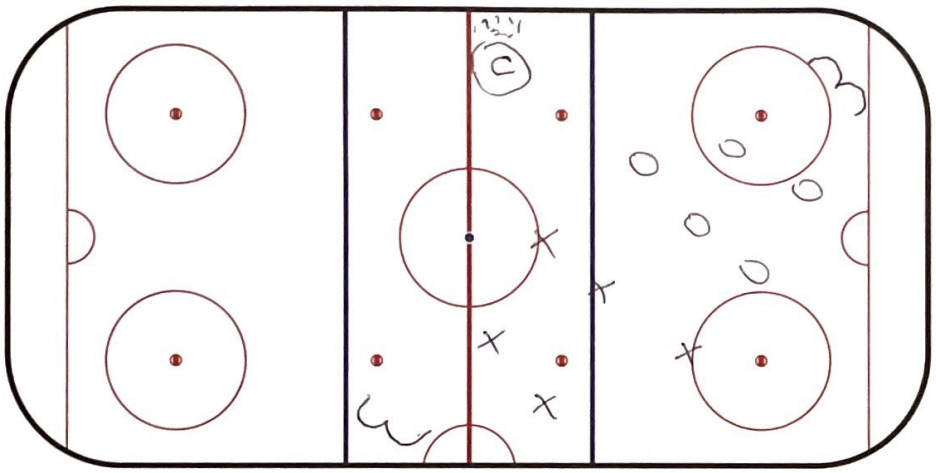
1-0 mit 2 PÄSSE
RUNTER und RAUF.
8min 10



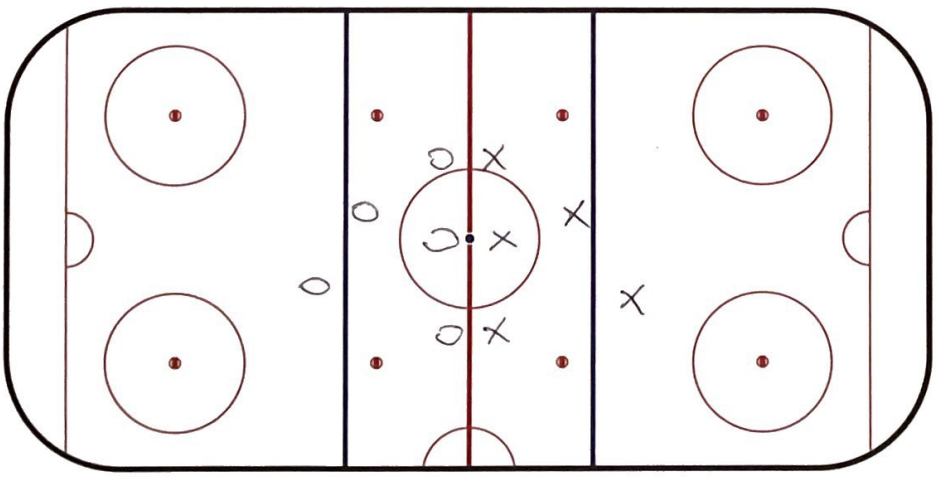
Spiel 2-2 -> 40x30
ohne JOKER.
10min



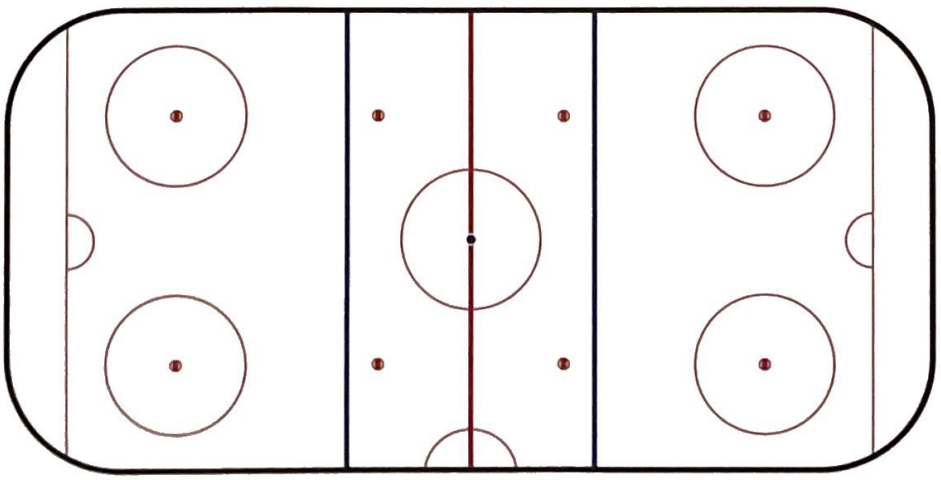
2-1 mit Aufbau von Verteidiger,
10min



Spiel 5-5 auf kleine Platz → nach gewinnte Puck Pass zum TR.
8min



Spiel ganze eis
5-5
10 min

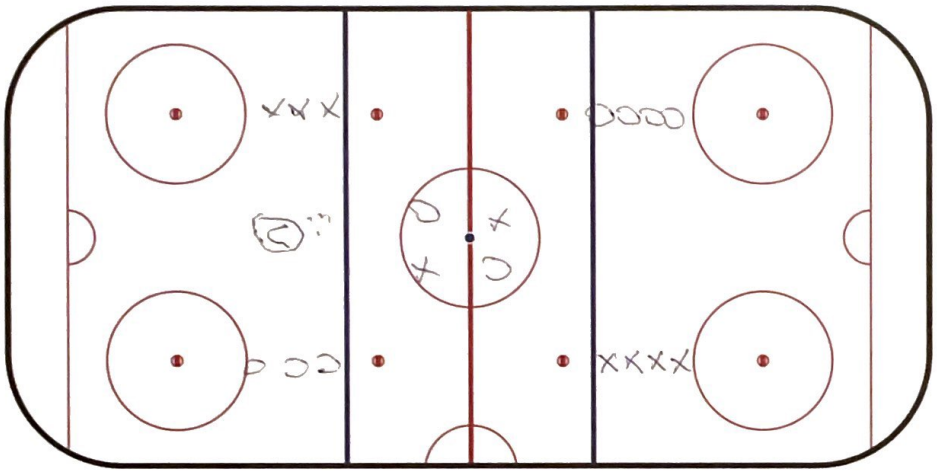


TEAM: U15. 16:40 - 17.40

DATUM: 14.1.2022.

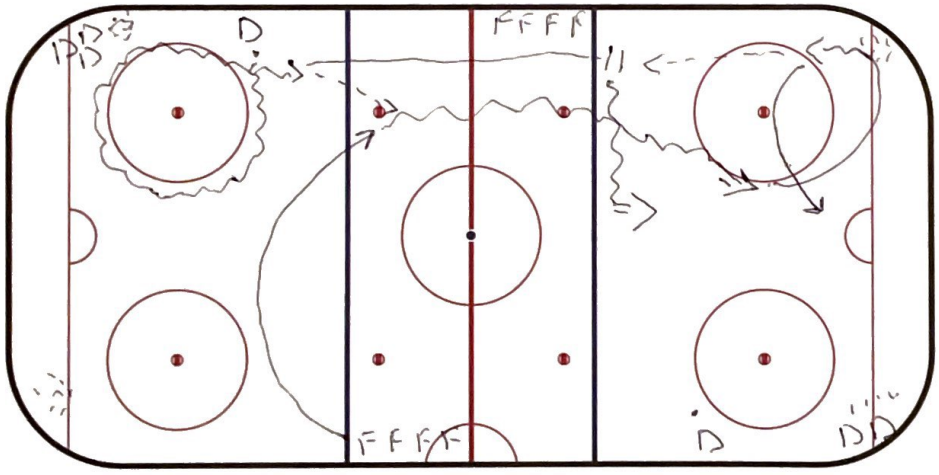
TRAINER: Yuri.

TRAININGSPLAN



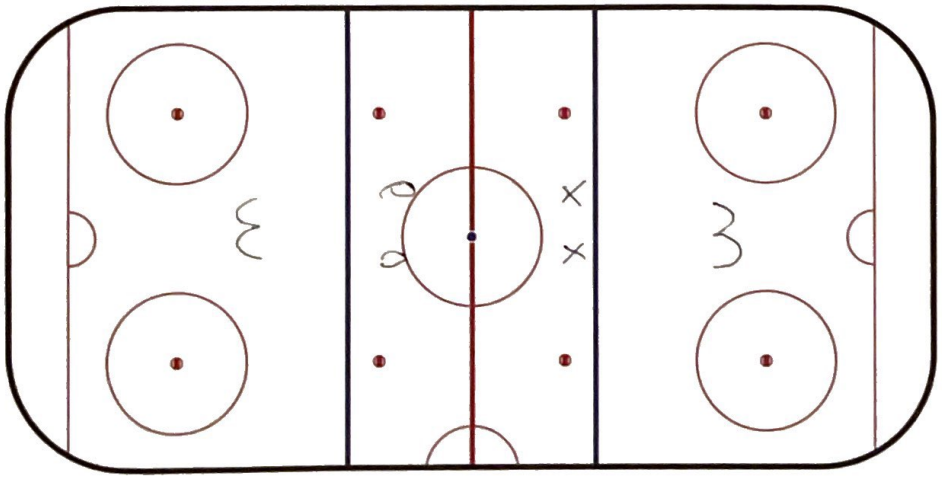
Spiel 2 2 mit Joker.

10min



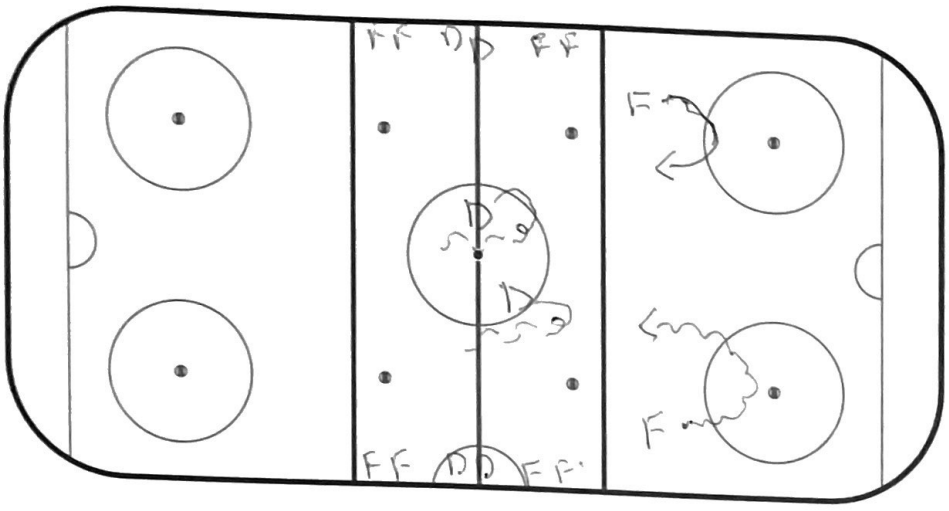
1-0 mit Pass von D -> Schuss von F und Schuss von D

10min



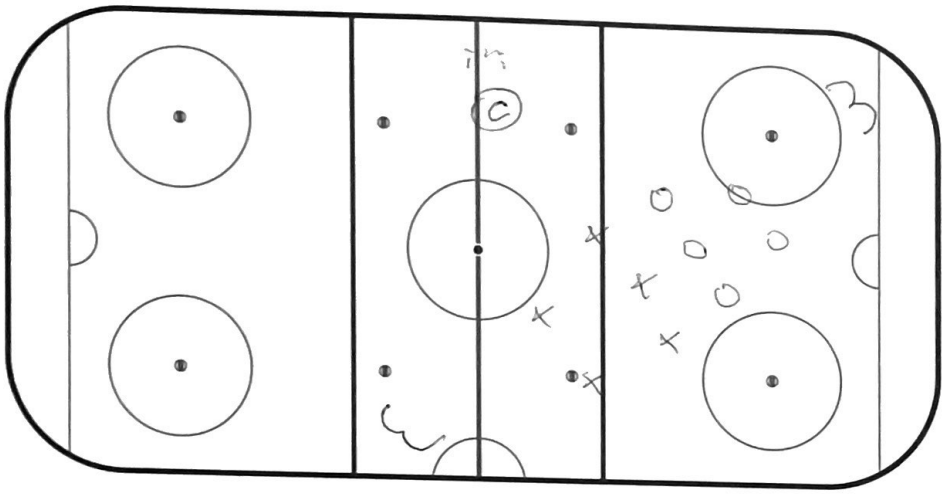
Spiel 2-2 ohne Joker 40x30.

10 min



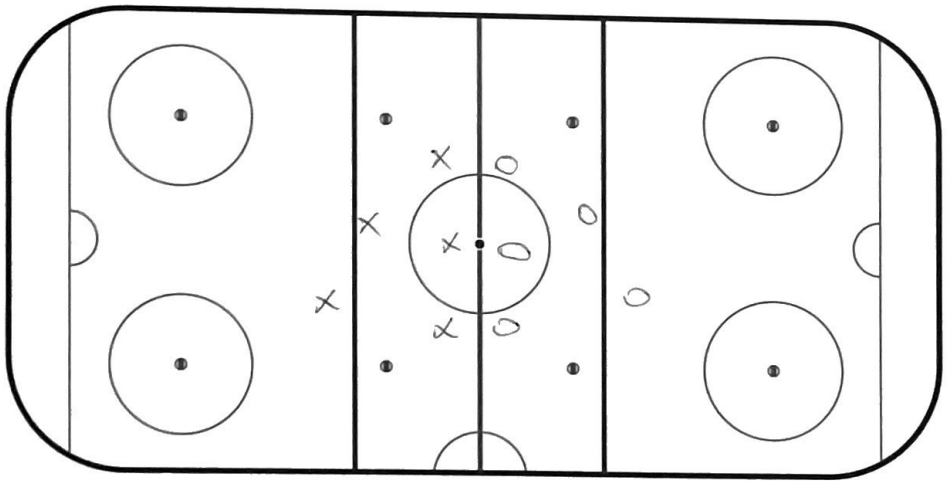
2-2 auf ganze eis -> 1 puck -> -> gute unterstützen im ecke -> D - Agresiv Angrief im zone -> -> nächste 2 F sp. el lesen.

10 min



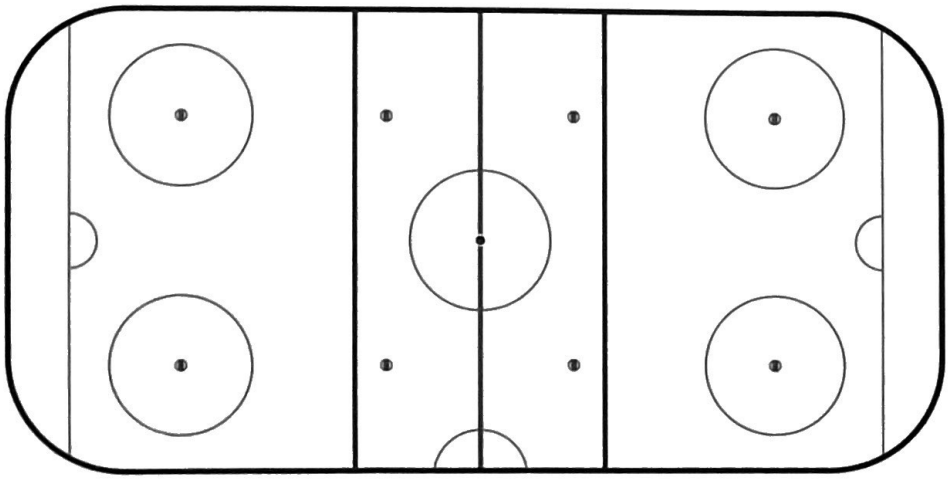
Spiel 5-5 auf bestimmte platz. Nach jede gewinnte puck von gegner zum TR. passen.

8 min



Spiel 5-5 ganze eis.

12 min



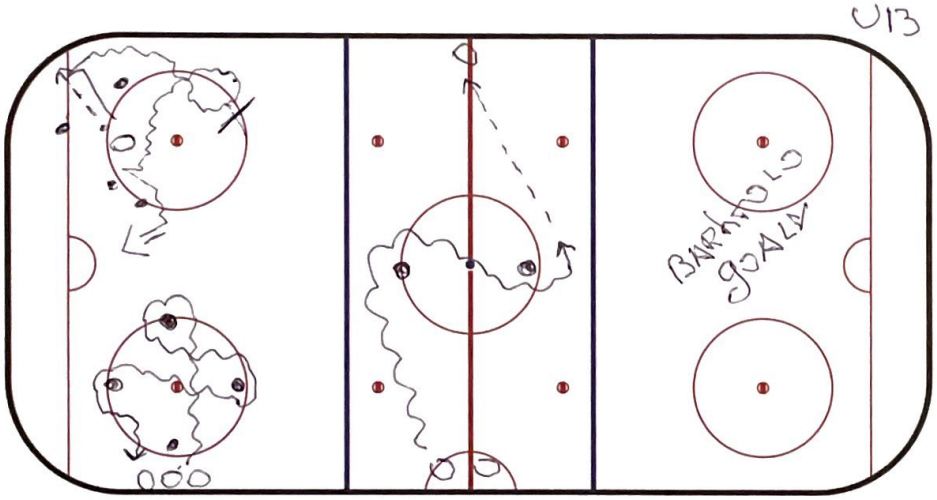
TEAM: U13 15:10-16:10 → U15 16:20-17:20

DATUM: 17.1.2022.

TRAINER: Yuri

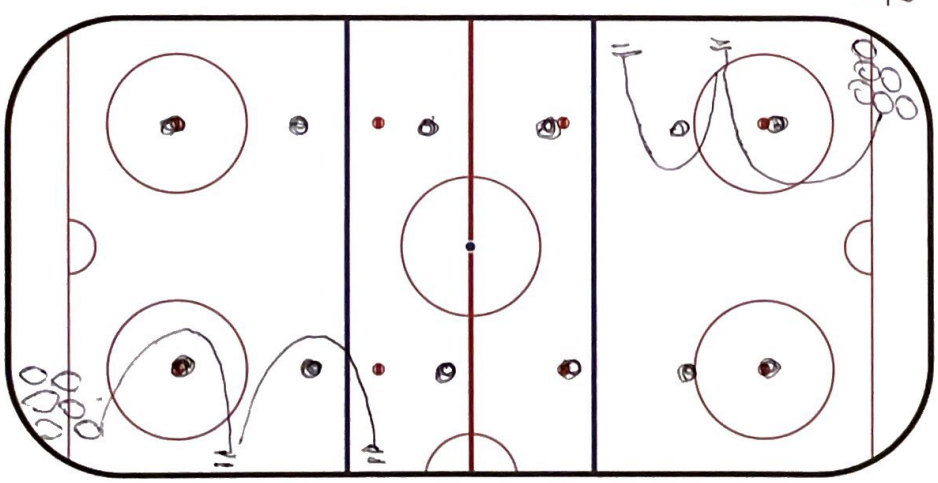
TRAININGSPLAN

U13

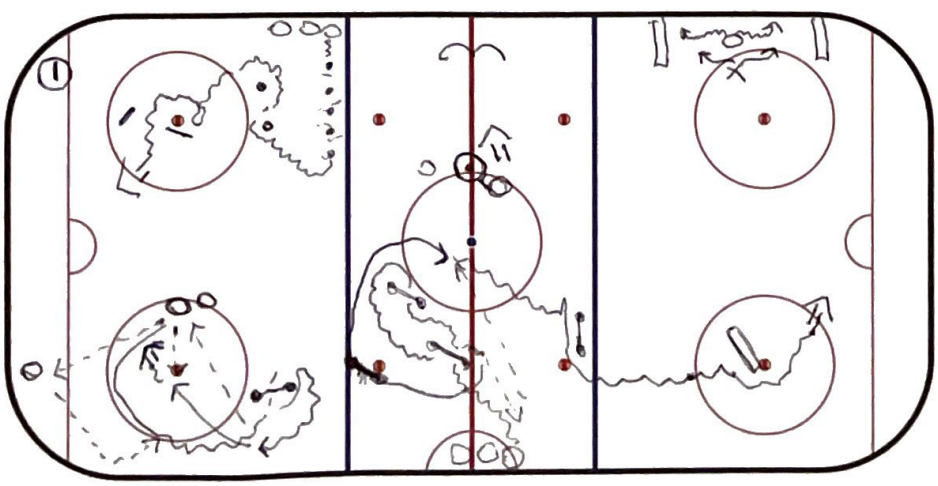


- Aufwermen 3-3 mit Passen
- Eislaufen tech. Tempo.
- Spiel Situation Aus ecke
- Puck kontr. eislaufen.
- Passen vorhand Rückhand.

U15



Eislaufen Tempo
15 min



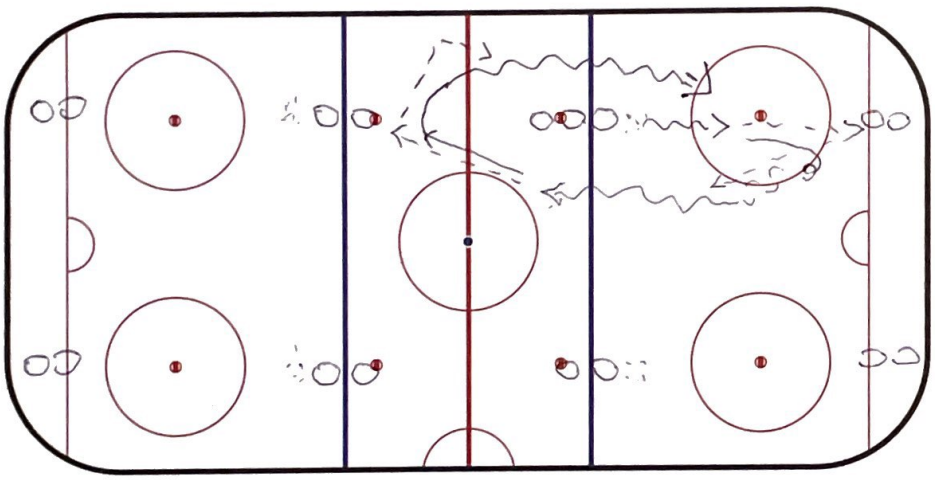
- 1: Situation von blauline
6m.
- 2: Schuss übung mit Reifen
6m.
- 3: Puck Abdeckung beibande unter passive druck.
6m
- 4: 5 Piel Situation.
6m
- 5: 5 Piel Situation mit Pass und Schuss. 6m.
- 6: Spiel 3-3 ganze eis 15-

TEAM: U15. 16:40-17:40

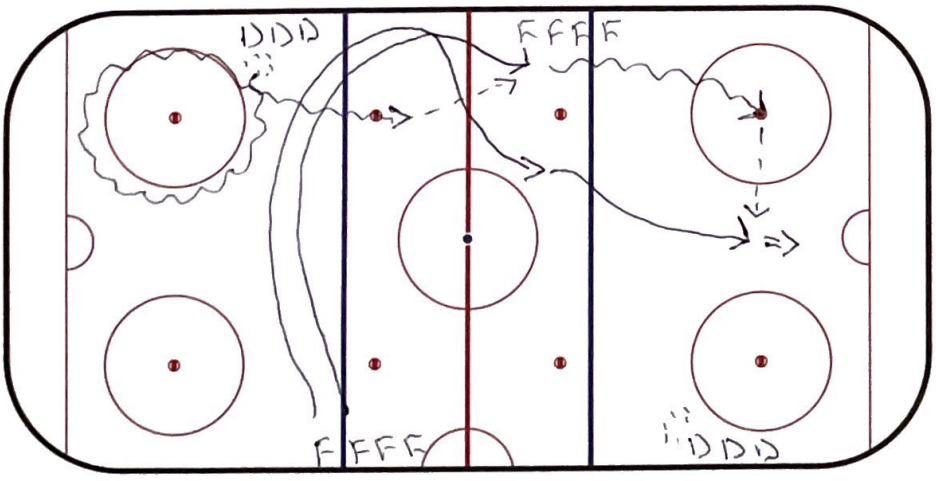
DATUM: 20.1.2022.

TRAINER: Yuri.

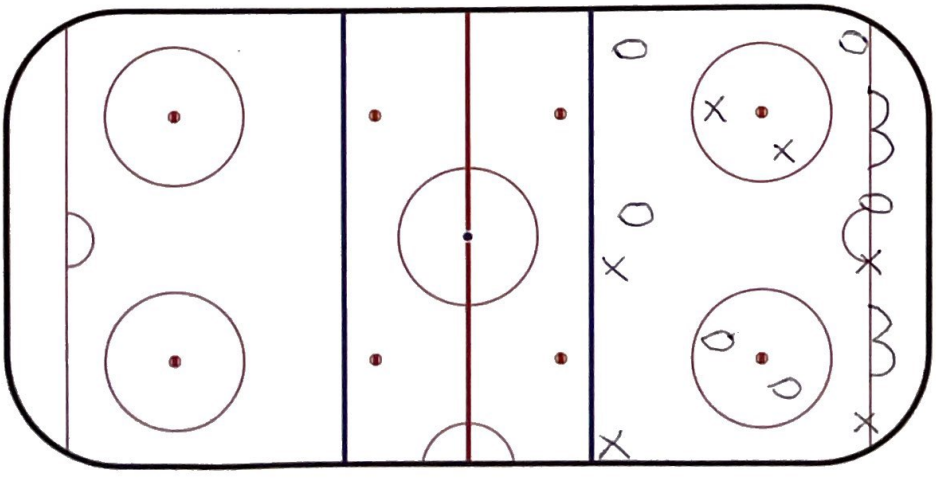
TRAININGSPLAN



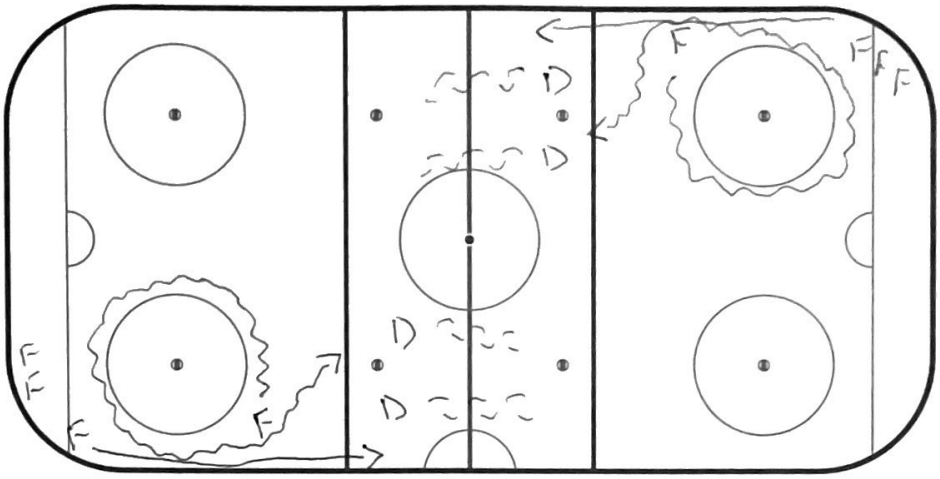
1-0 PASS unten, PASS oben, PASS bei bande.
8min



2-0 PASS von Verteidiger.
8min

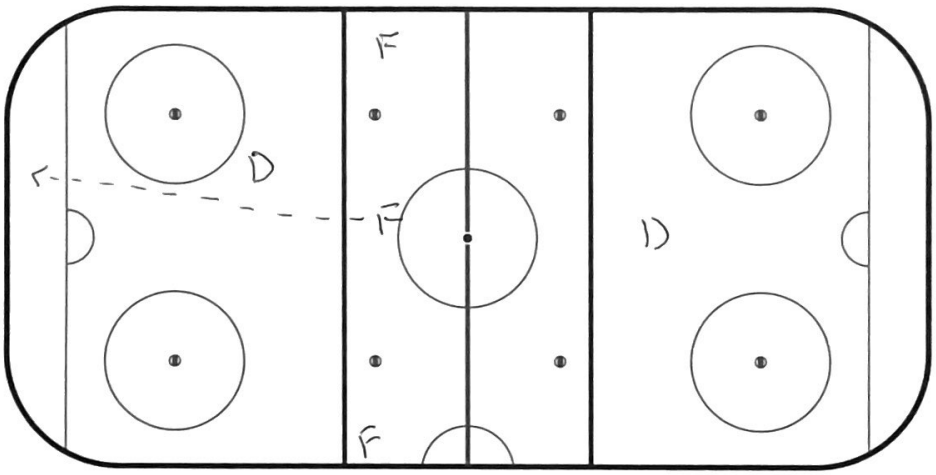


Spiel PP 4-2 -> 4-2
10min



2-2 AUF HALBE EIS

8 min



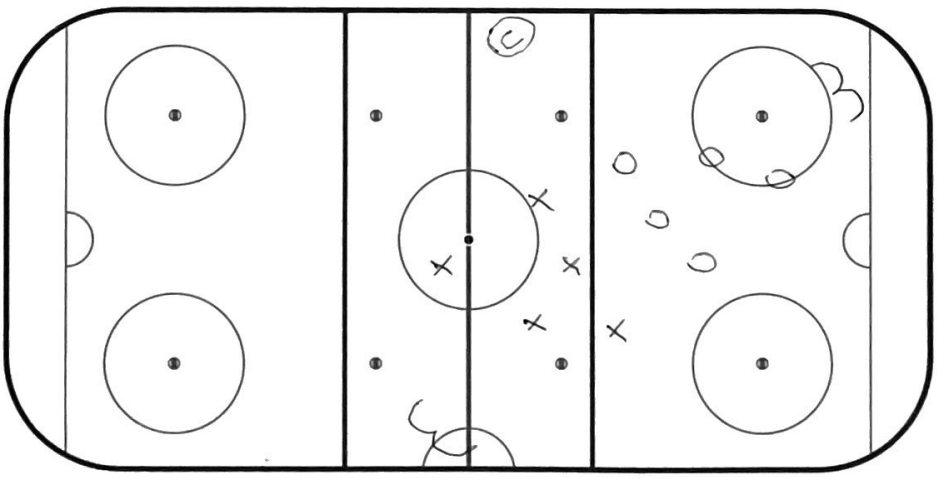
3-1 MIT AUFBAU

MIT PASS ZUM D

AUF 2 BLAU LINIE

UND ATAKE 3-1.

8 min

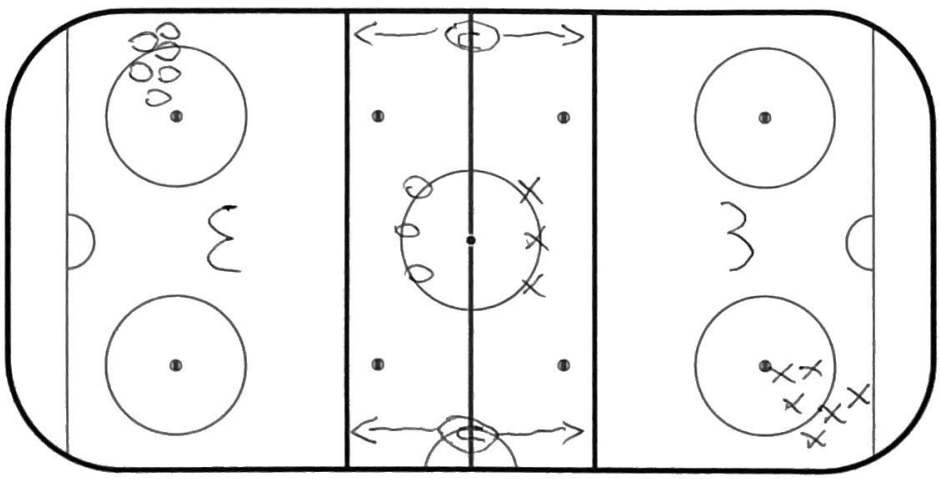


SPIEL 5-5 KL. PLATZ

MIT PASS ZUM TR.

BEI GEWONNENE PUCK.

8 min



SPIEL 4 D × 3 D → 3-3

MIT 2 TR. JOKER

FÜR BEIDE TEAM.

10 min.

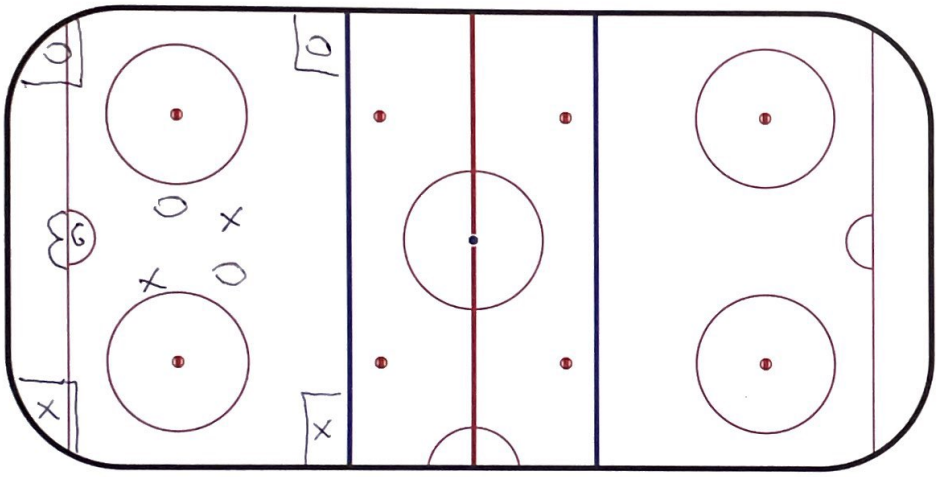
E.H.C. KLOSTERSEE

TEAM: U15. 16:40-17:40

DATUM: 21.1.2021.

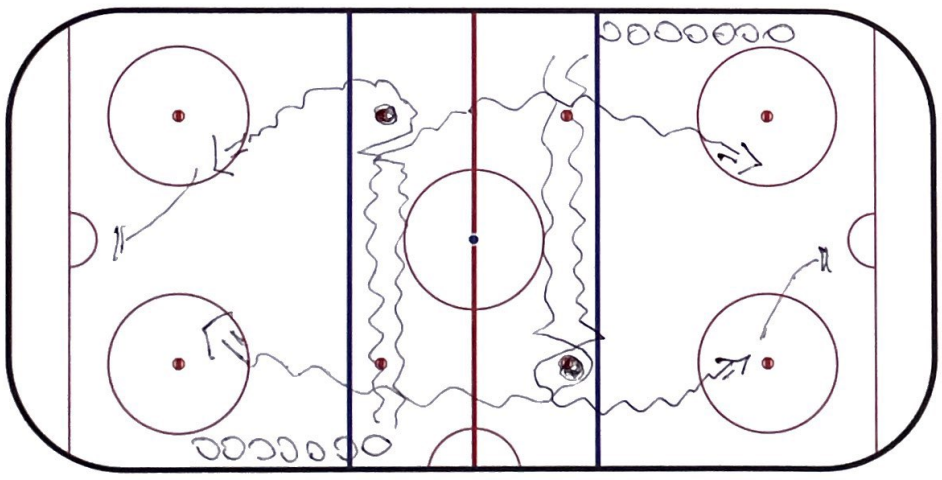
TRAINER: Yuri.

TRAININGSPLAN



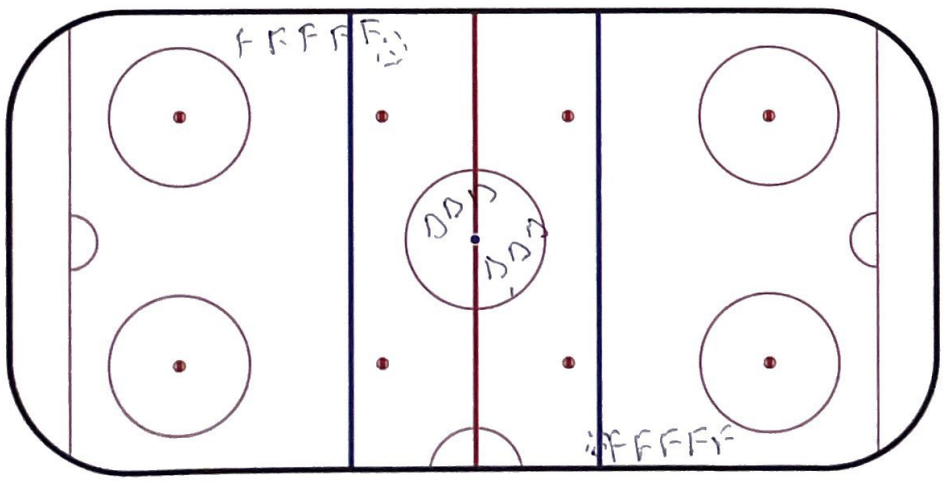
Aufwärmen Spiel 2-2 mit untere Joker für Pass -> -> obere Joker für schuss.

10min



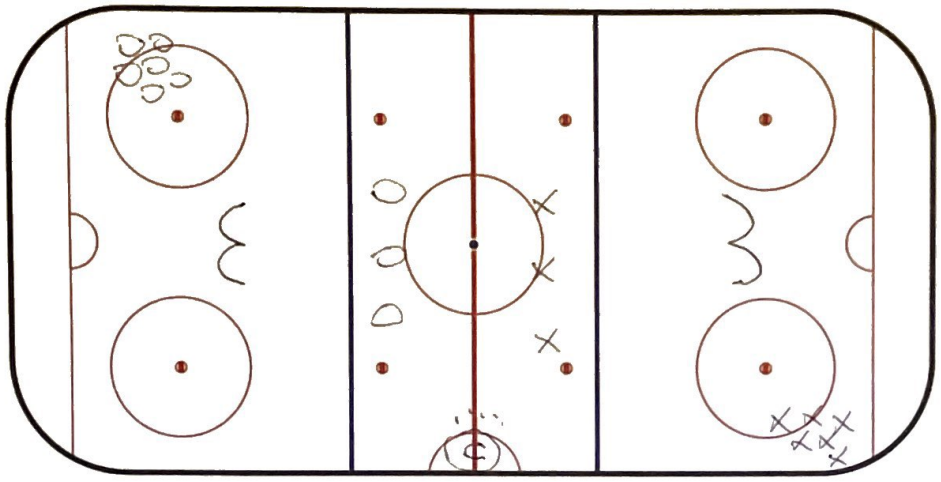
1-0 zu zwei -> erste Spieler kurze weg -> zweite Spieler lange wer

8 min



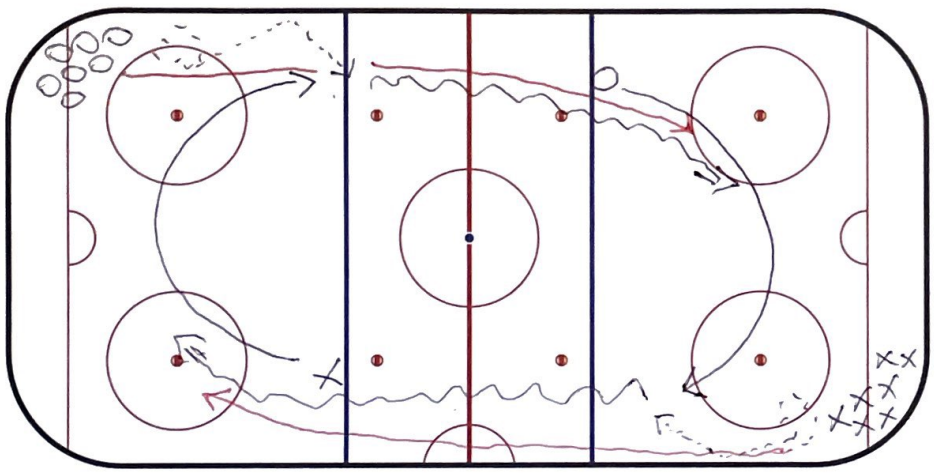
2-0+D -> Pass zum 2F oder Pass zum D

10min



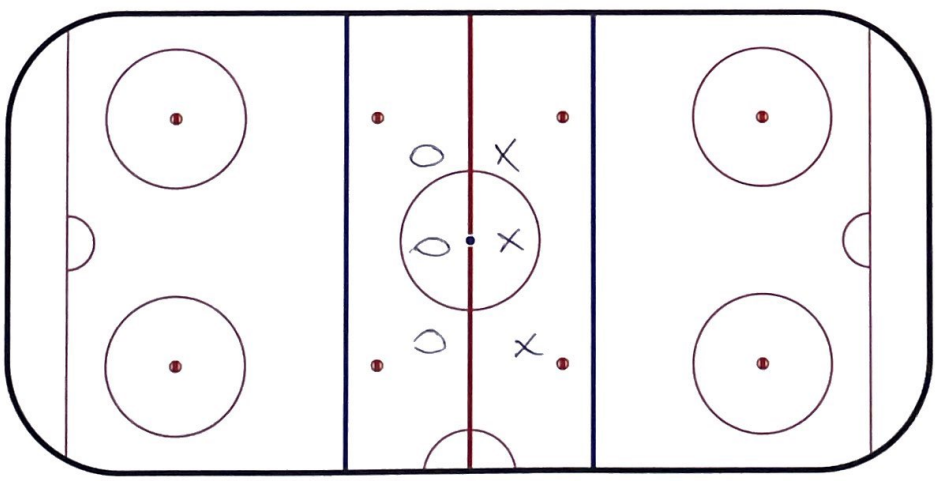
Spiel 3-3 ohne Joker 40x30

10 min



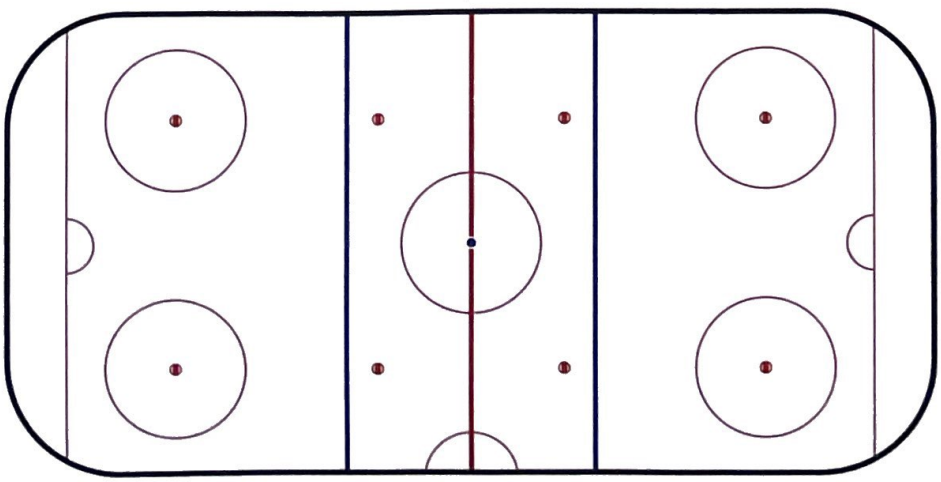
Sprint mit Puck mit eine ½ zurück arbeiter

6 min



Spiel 3-3 ganze eis.

12 min



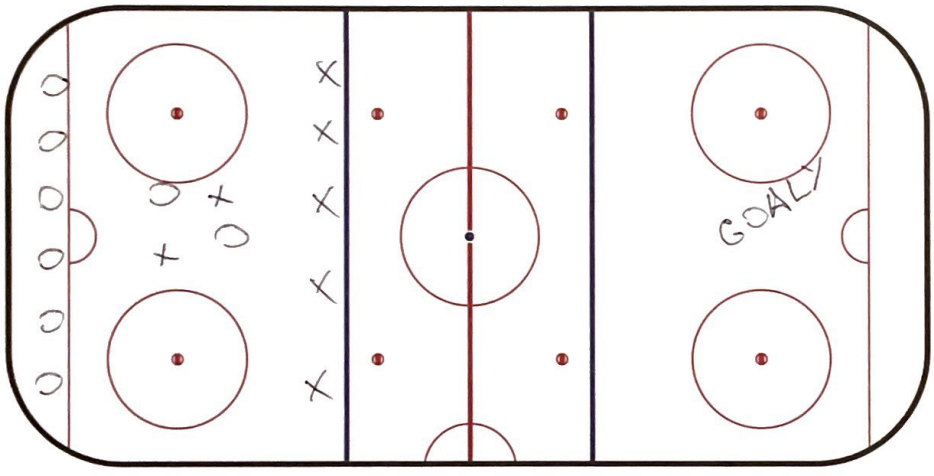
16:20-17:20, 15:10-16:10

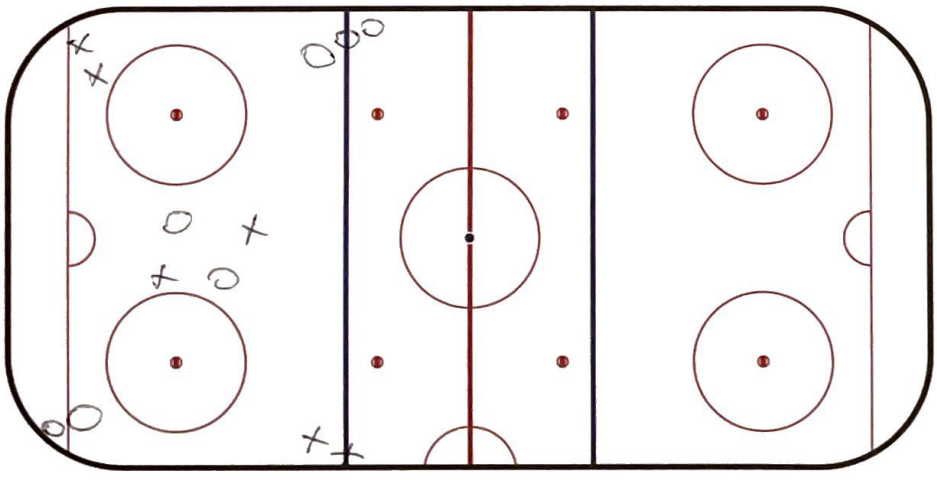
TEAM: U15-U13

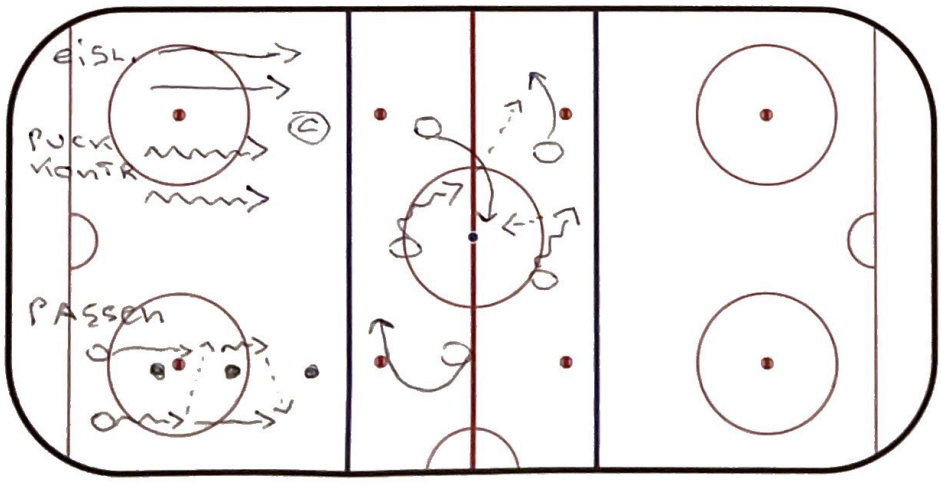
DATUM: 24.2.2022.

TRAINER: Yuri

TRAININGSPLAN







U13

- Aufwermen Spiel 2-2 mit Passen zum eigene Gruppe.
10 min
+
Eislaufen technik
20 min
+
Stock technick
20 min
+
Spiel 2-2 mit 2 diagonale Joker.
10 min

U15 Puck kontroll mit zu 5 mit 2 Puck mit Passen im bewegu
10 min
- Eislauf technik 15 min
- Puck kontrol 15 min
- Passen übung im bewegung 15 min
(vorwerz, vor-rückwerz, 1 vor-2 rückwerz, 2 rückwerz)

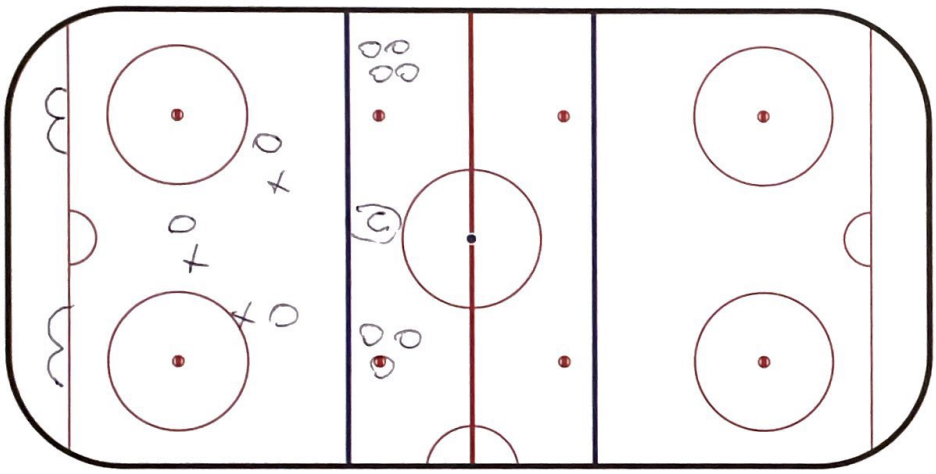
TEAM: U15, 16:20 - 17:20

DATUM: 25.1.2022.

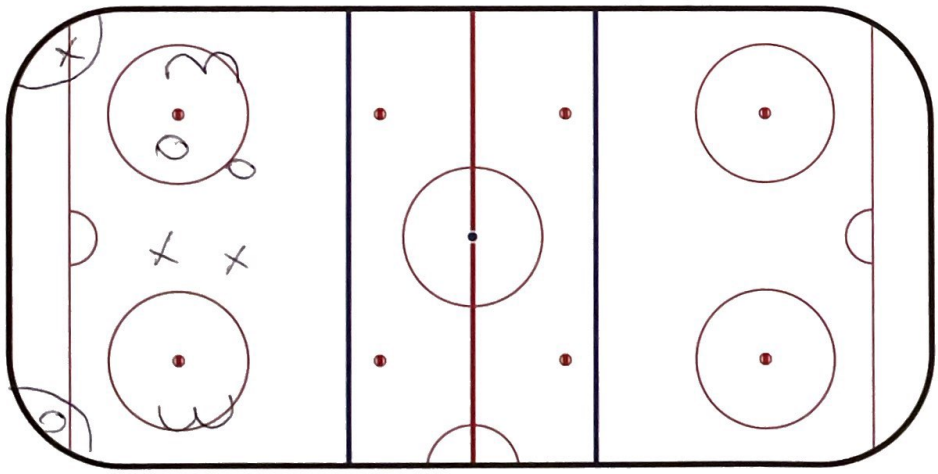
TRAINER: Yuri, Bobby

Spiel TRAining.

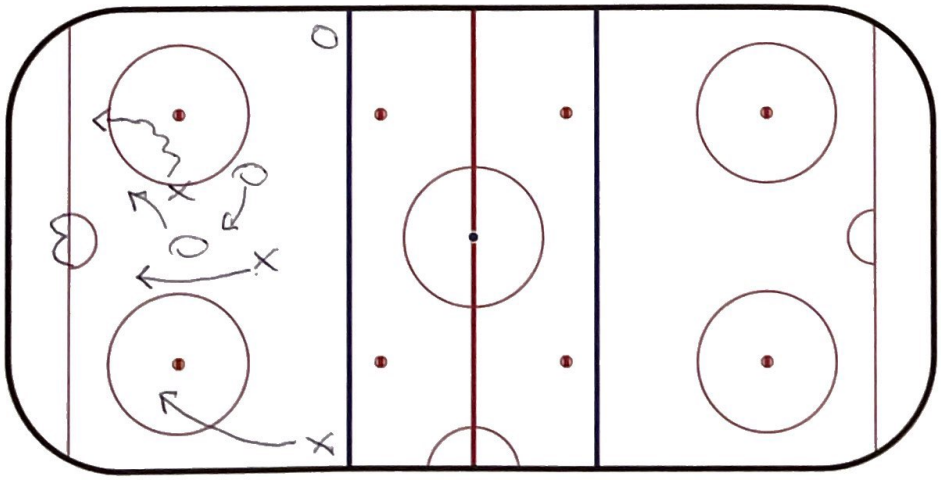
TRAININGSPLAN



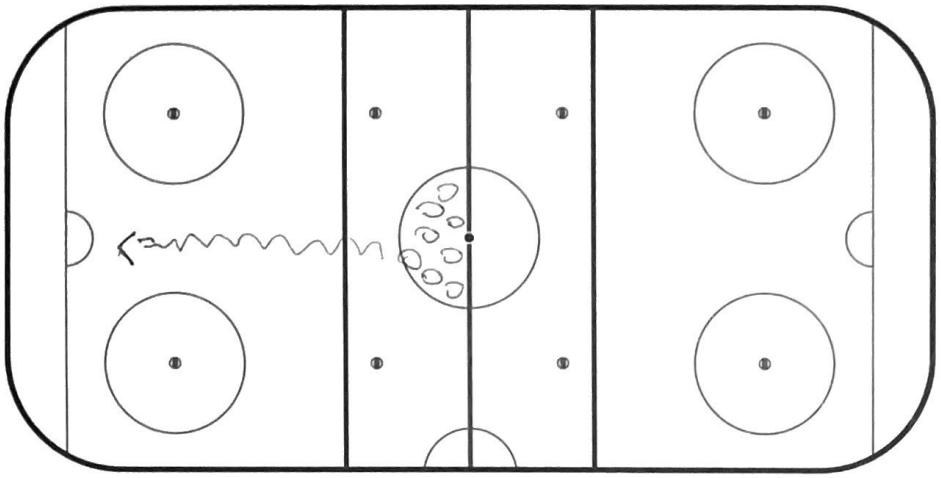
Spiel 3-3 TORE
zehlen im beide TORE.
12min



Spiel 2-2 mit
JOKER in die ecke.
12min

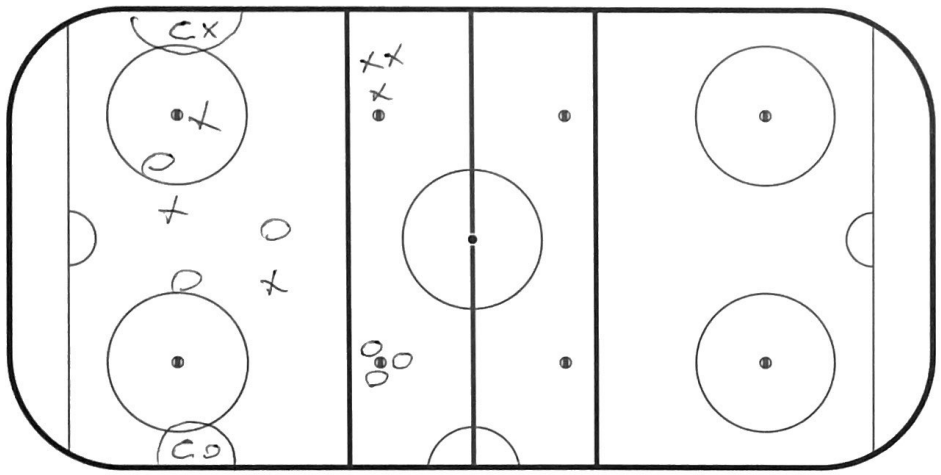


Spiel 2-2 mit
JOKER -> AUTOMATISCH
3-2.
12min



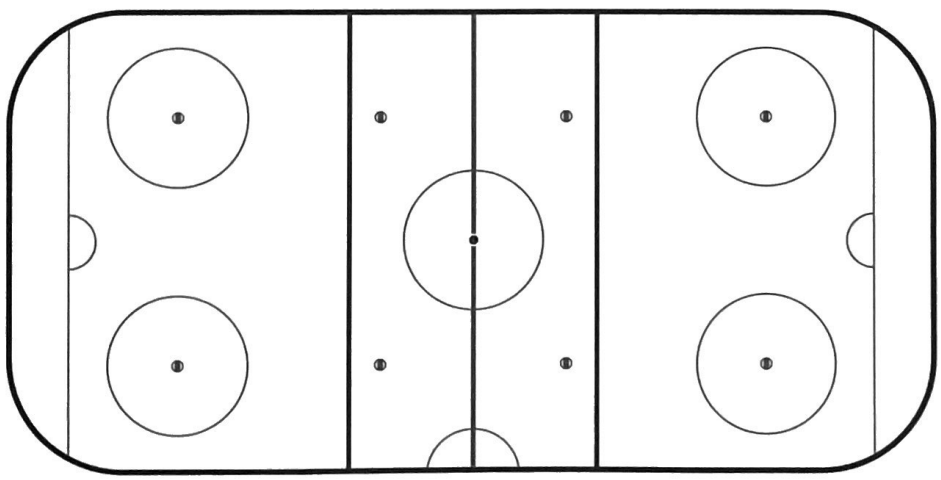
PENALTY

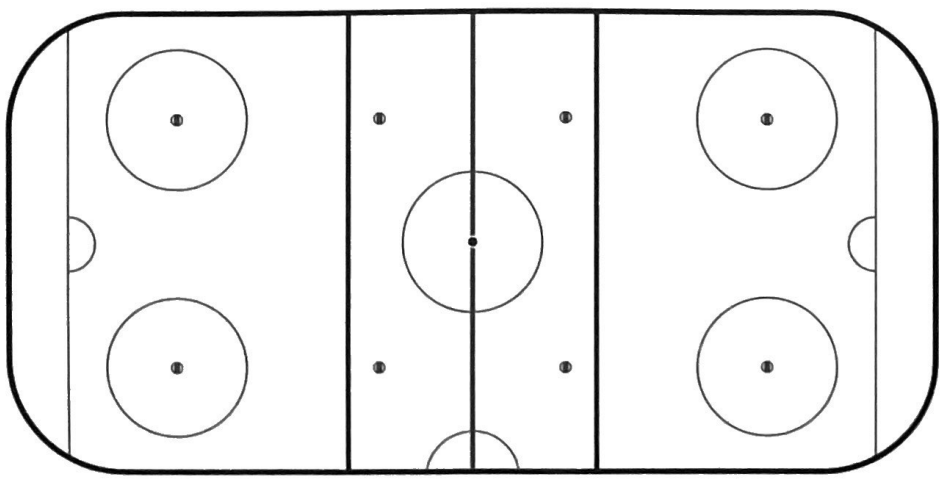
10 min



SPIEL 3-3 TR. JOKER FÜR SEIN TEAM.

12 min



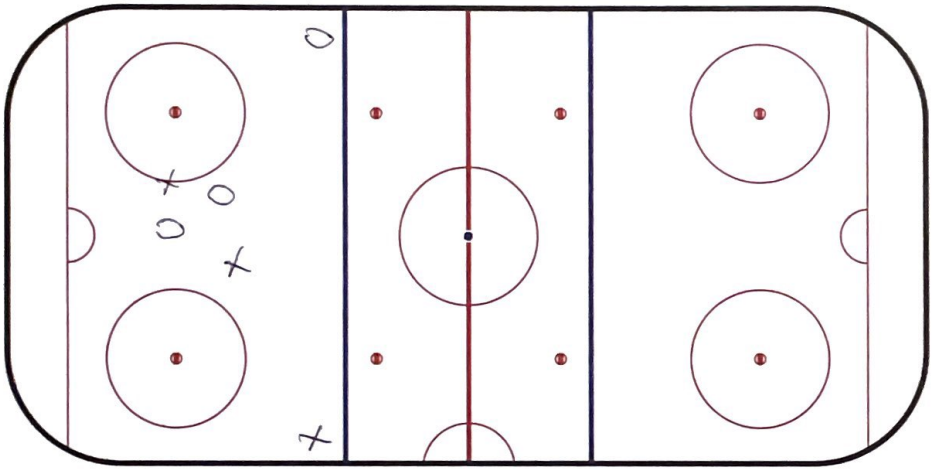


TEAM: U15. 16:40 - 17:40

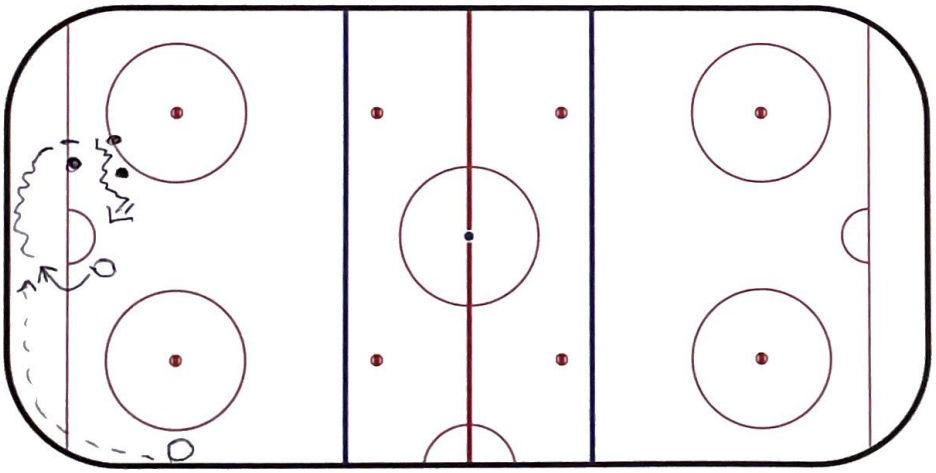
DATUM: 27.1.2022.

TRAINER: Yuri

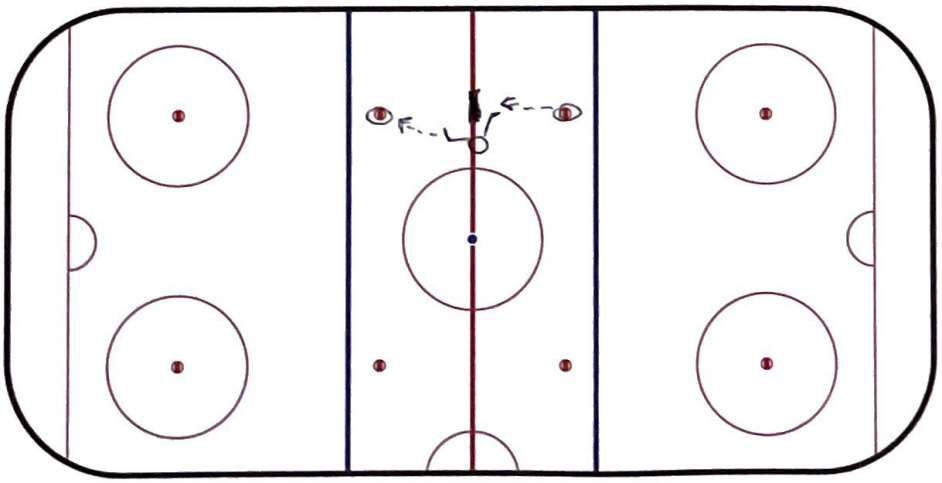
TRAININGSPLAN



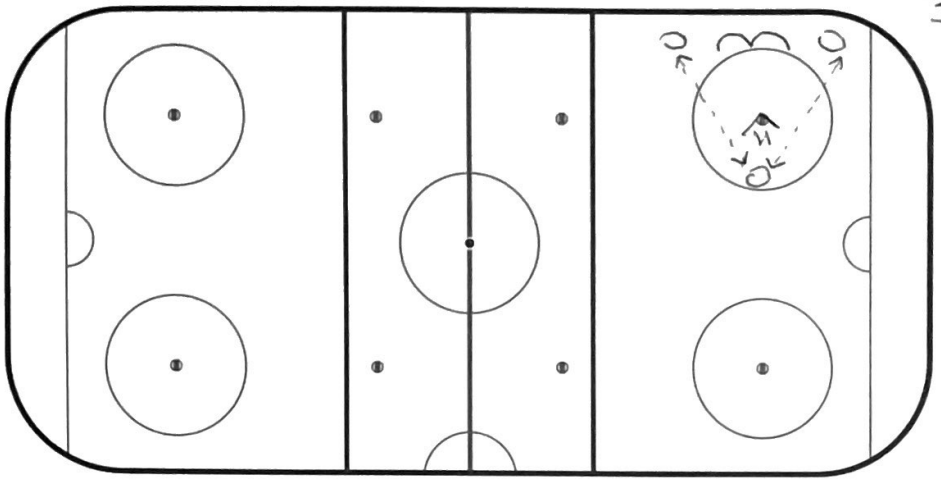
Aufwärmen
Spiel 3-2 -> 3-2.
10 min



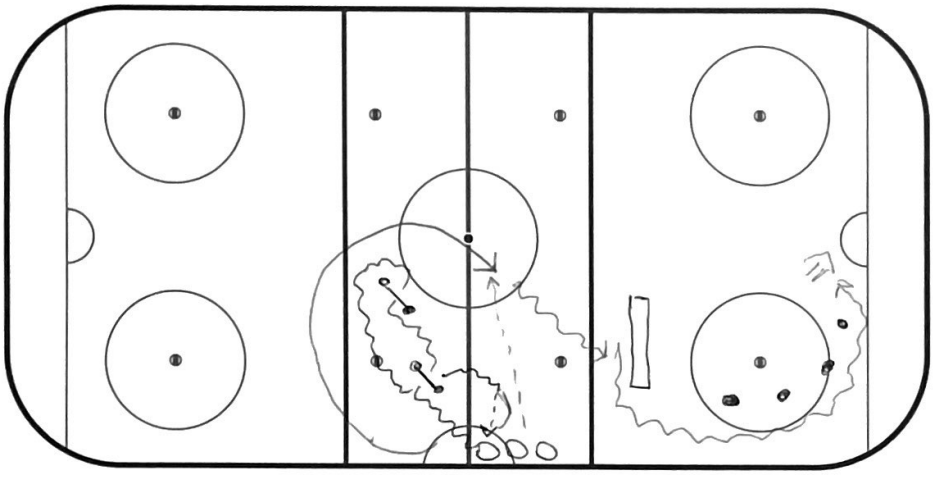
1) Schuss übung
mit Puck Annahme
hinten Tor.
8 min



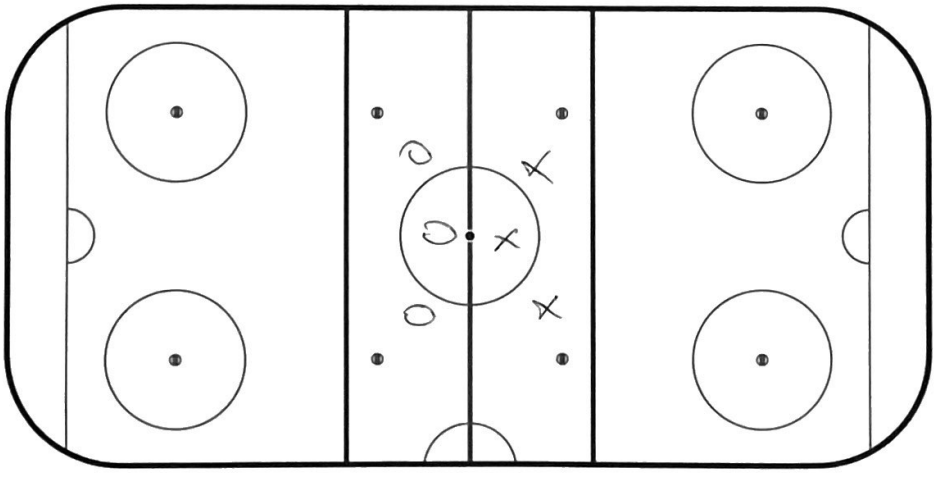
2) Passen zu 3.
8 min



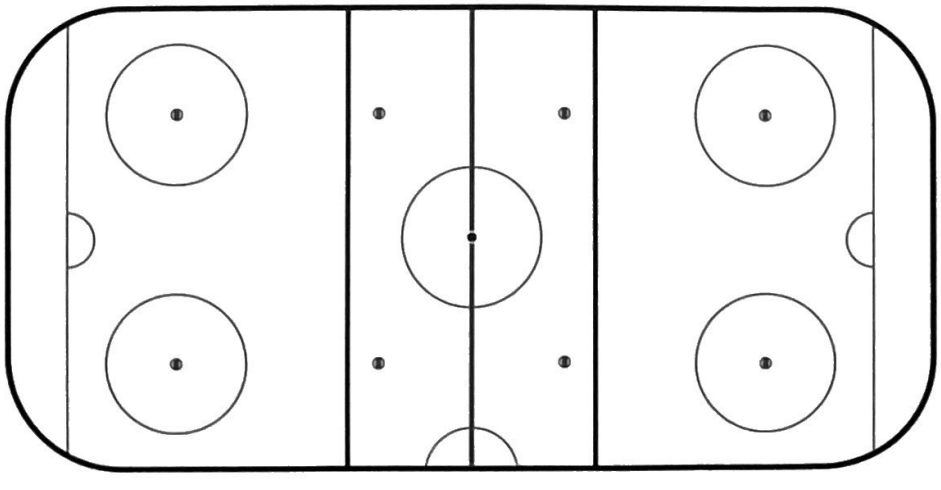
3) Schuss übung
nach doppel pass →
→ 2 schüsse.
8 min



4) Technick → PASS →
schuss übung mit
zug zum TOR
8 min



Spiel ganze eis
3-3.
12 min

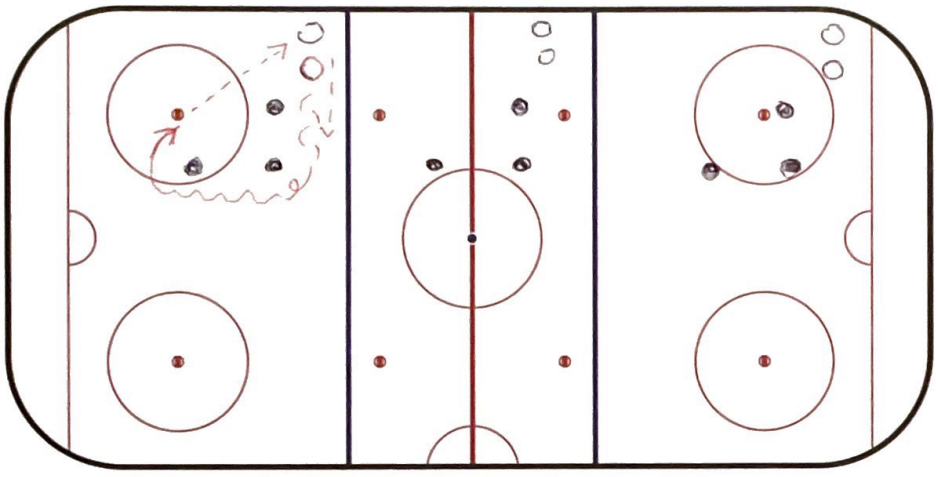


TEAM: U15, 16:40-17:40

DATUM: 28.1.2022.

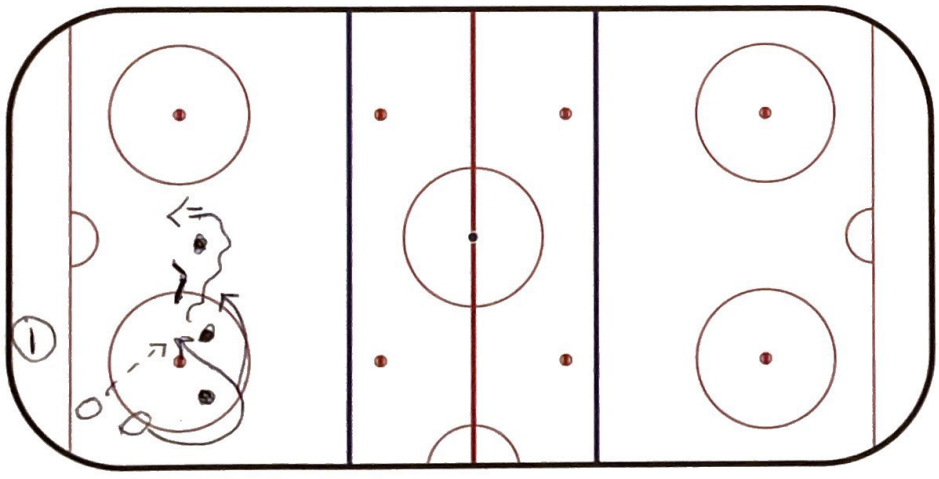
TRAINER: Yuri

TRAININGSPLAN



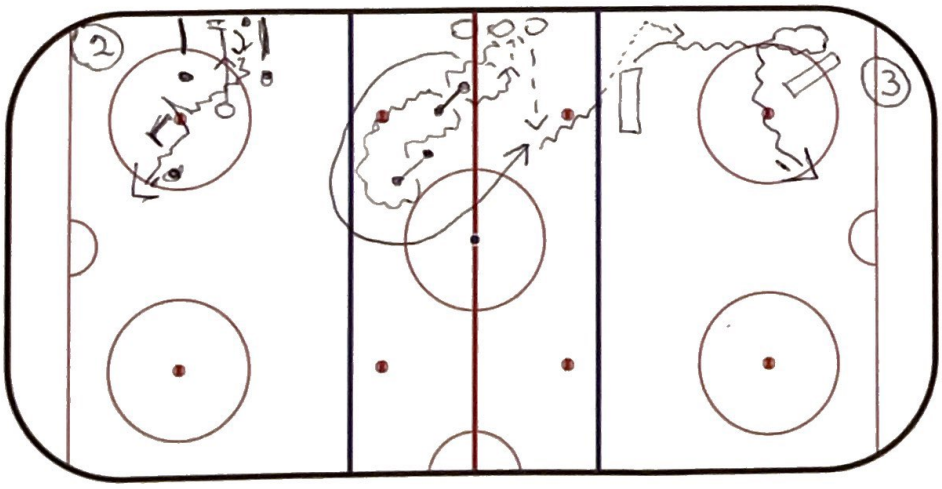
Aufwermen PASSEN AUS KURVE und annahm RÜCKWERZ

5 -> 5 -> 10min



① SPIEL SITUATION mit weitere PASS annahme und schuss.

10min

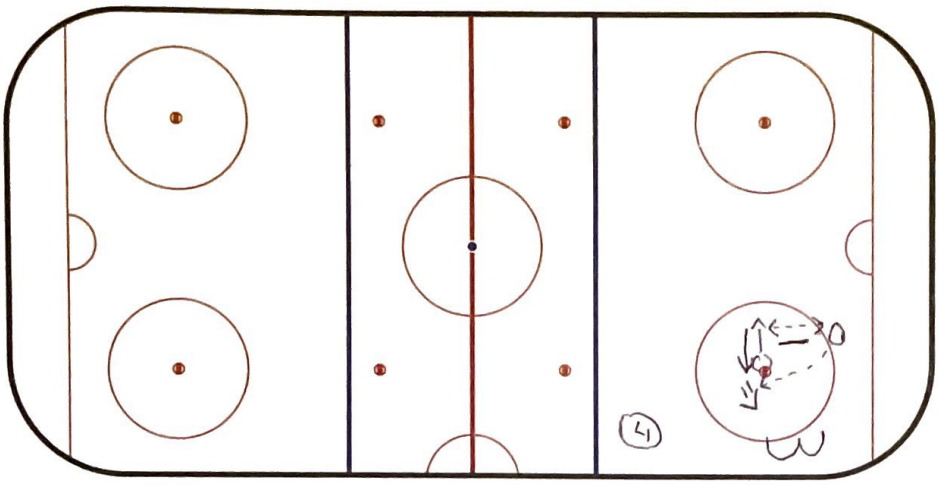


② SPIEL SITUATION PUCK von BANDE holen mit schnelle drehug und gerade weg zum TOR.

10min

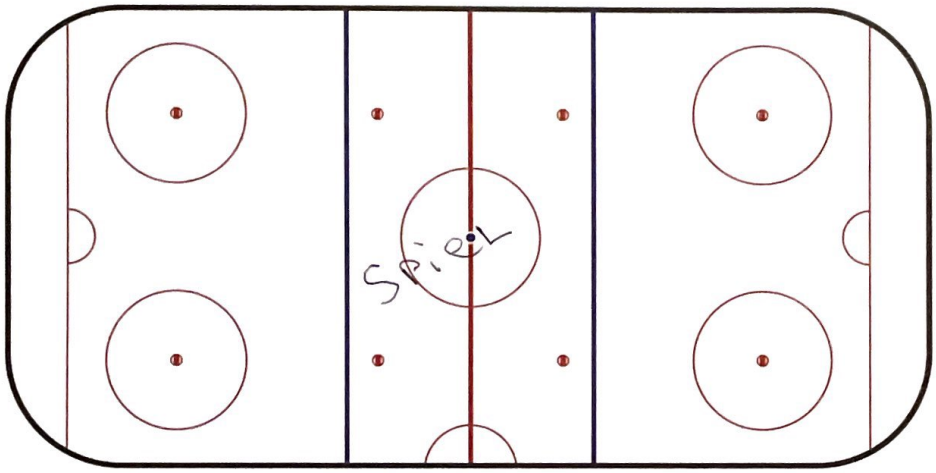
③ SP. SITUATION LANGE weg mit PUCK KONTROL bei BLAU LINIE BANDE NUTZEN

10min



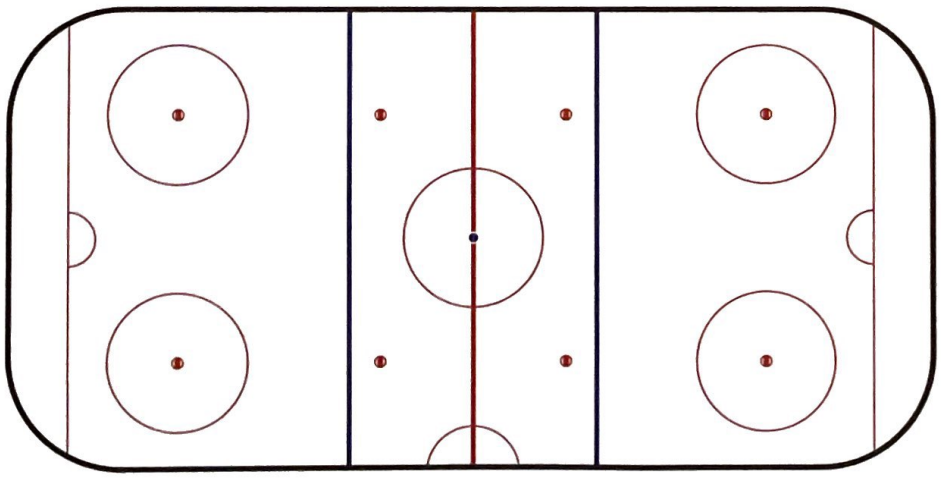
④ Direkt schuss nach doppel pass mit bremsen und frei starten für schuss.

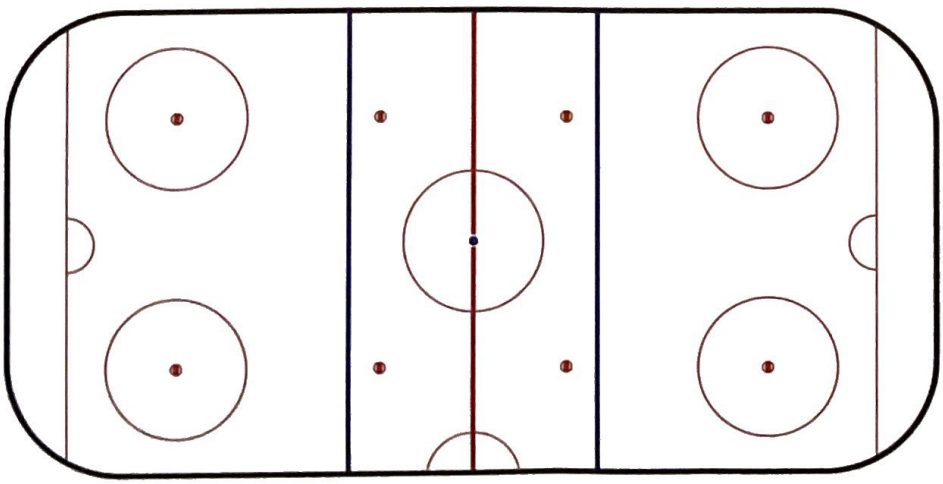
10 min



Spiel

10 min



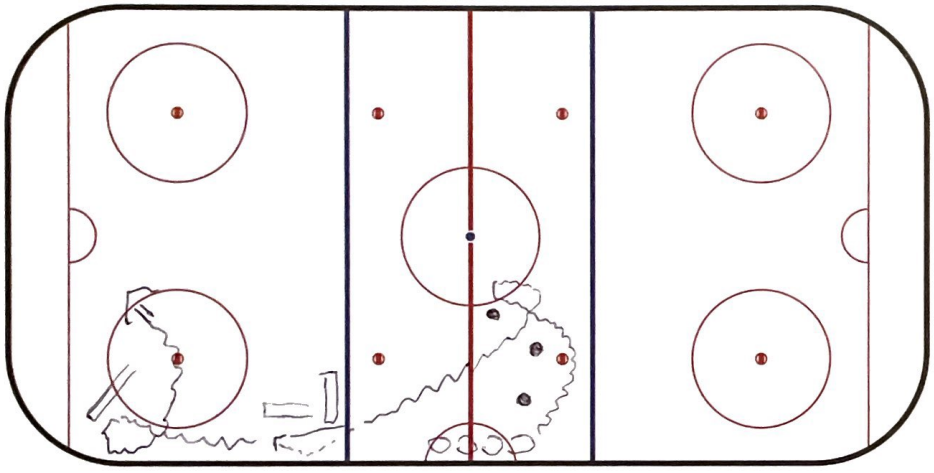


TEAM: U15+U13, 16:20-17:20

DATUM: 31.1.2022.

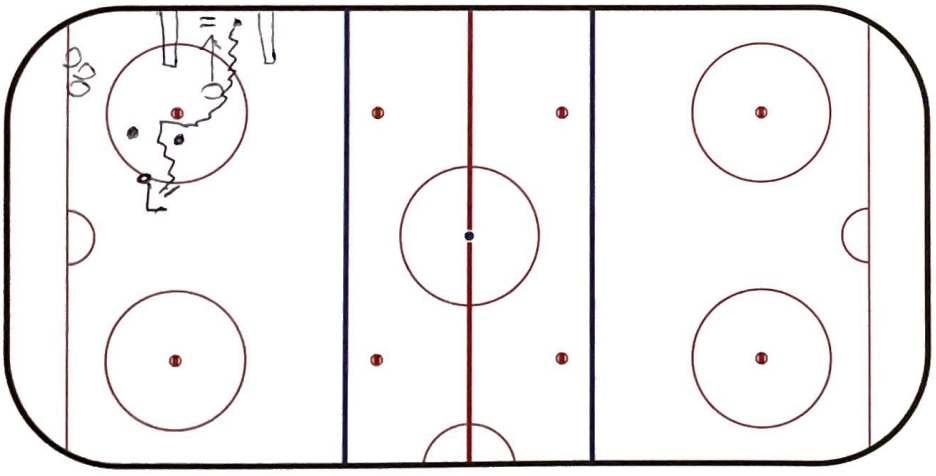
TRAINER: Yuri -> Helfer

TRAININGSPLAN



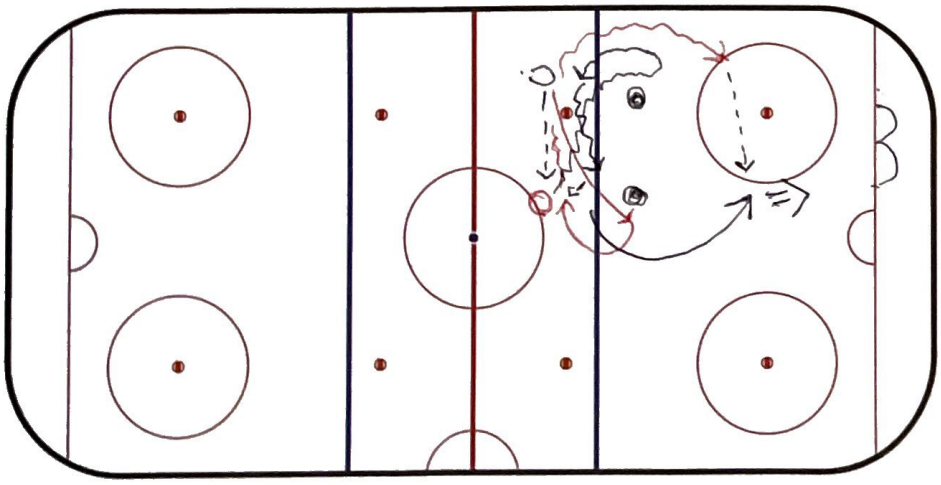
ST 1: Spiel situation von mitte zone im offensiv zone mit bande nutzen

10 min



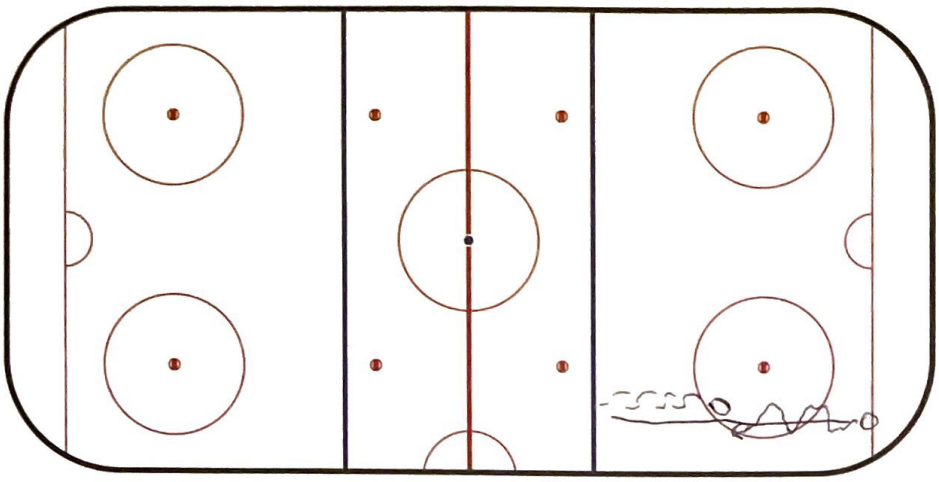
ST 2: Spiel situation -> lernen richtig puck von bande holen und raus kommen direkt zum tor

10 min

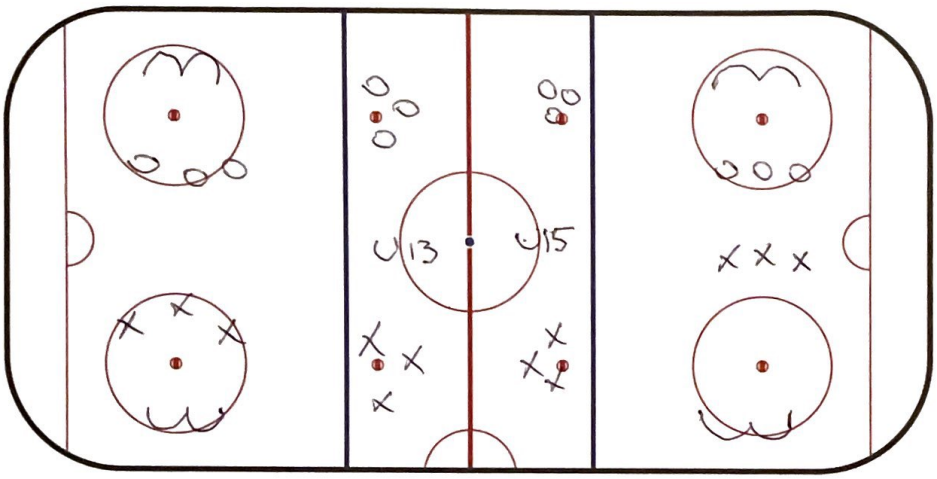


ST 3: 2-0 nach pass mit canadia und kreuzen.

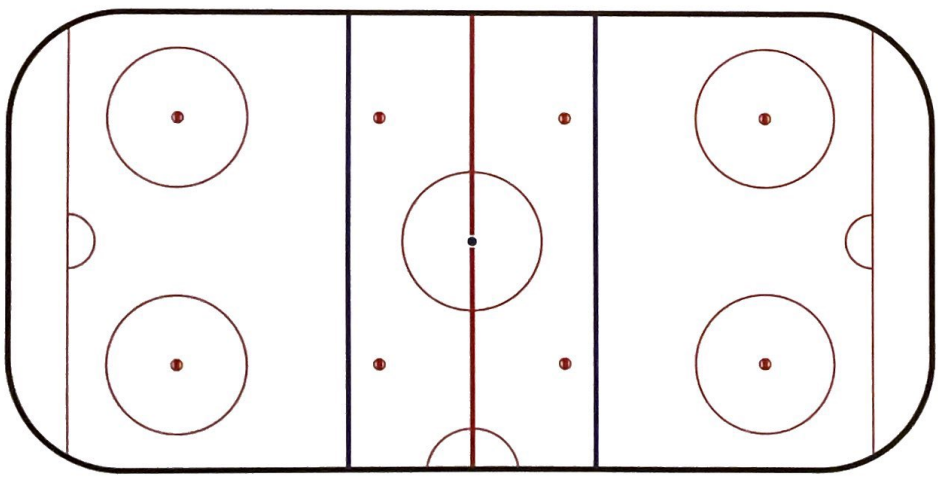
10 min

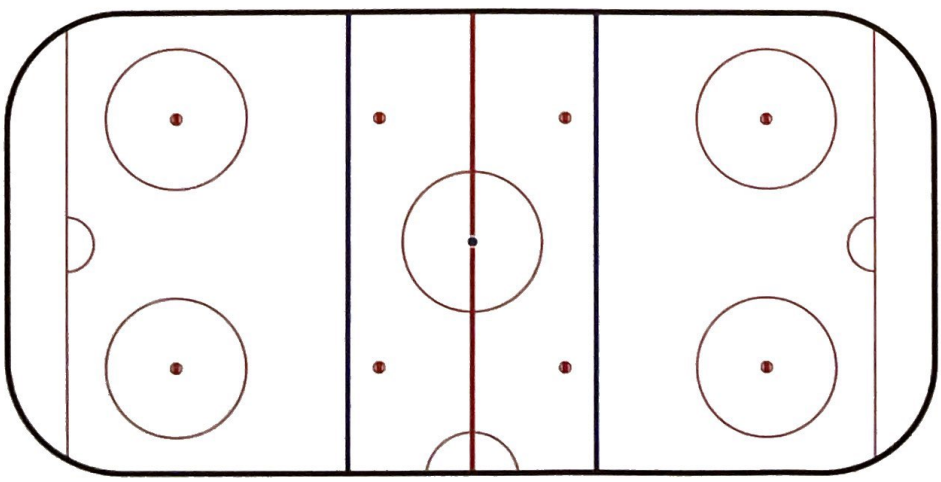


STATION 4:
PUCK KONTROL
MIT SEIL IM PAAR
-> SPIELER ohne
PUCK zeigt mit HAND
ZAHL mit finger ->
SPIELER mit PUCK muss
das SAGEN.
10min



Fine zone U13
SPIEL 3-3
Andere zone U15
SPIEL 3-3
15min



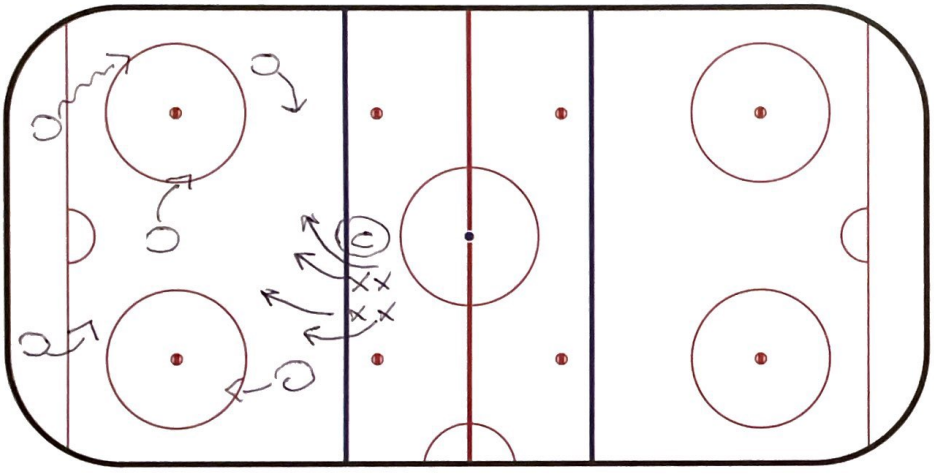


TEAM: U15, 16:40-17:40

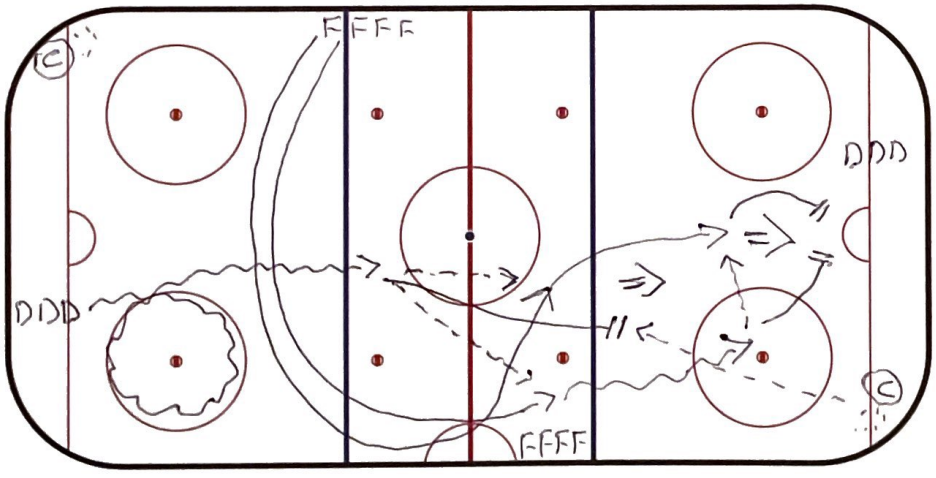
DATUM: 3.2.2022.

TRAINER: YURI, MARTIN.

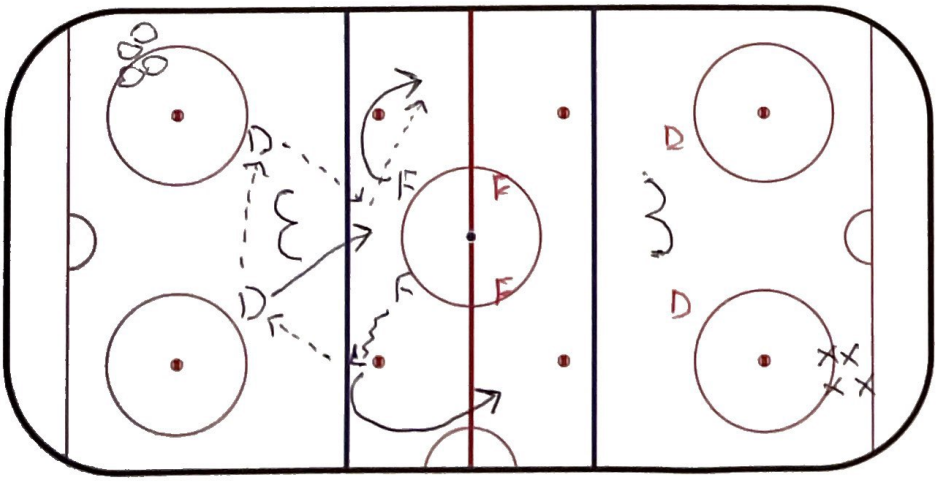
TRAININGSPLAN



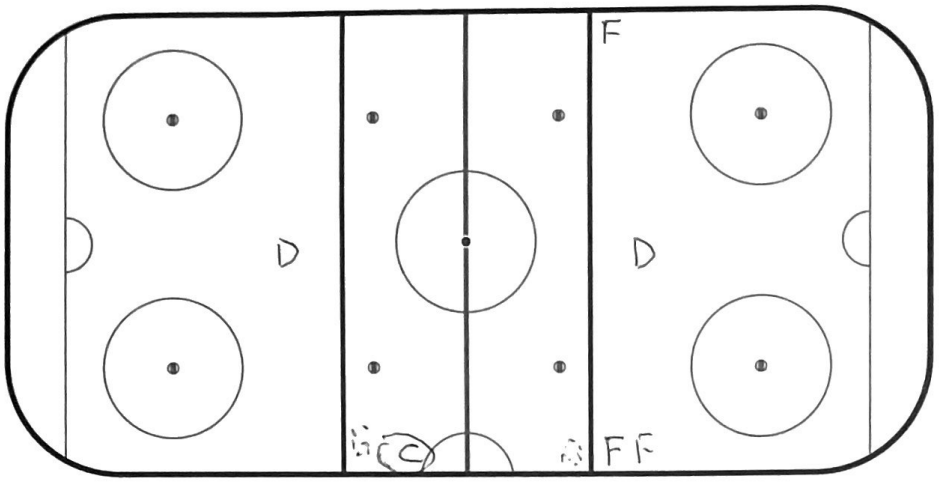
Aufwermen SPIEL
5 SPIELER -> 1 PUCK
-> TRAINER schickt
1-1-1-1 SPIELER für
AGRESSIVE VERTEIDIGUNG
-> ohne TOR.
3min



2-0+1D -> AUFBAU
mit SCHUSS und ABheit
VOR TOR NACH D SCHUSS
8-10min

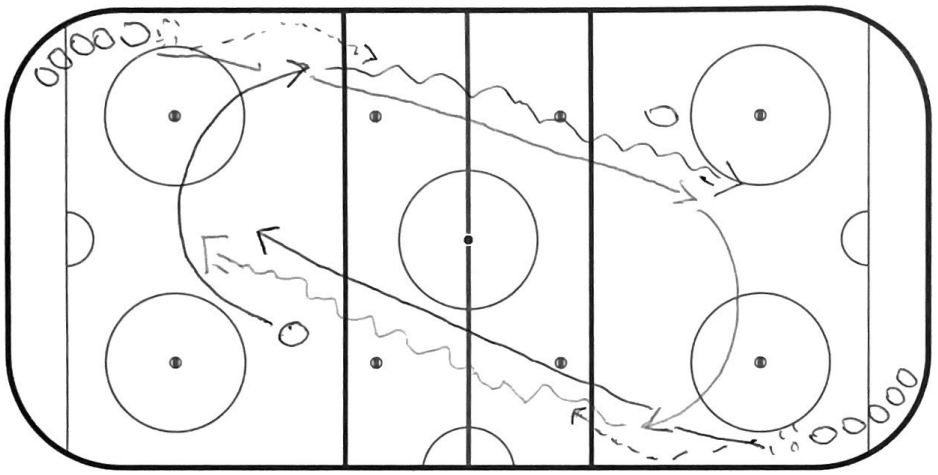


Spiel 2-2 mitte
zone mit 2 D AUF TOR
Linie. FNUTZEN eigene D
-> NACH PASS D zu D
D ohne PUCK geht rein
dann SPIEL geht 3-2.
10min



3-1 → 2MAL

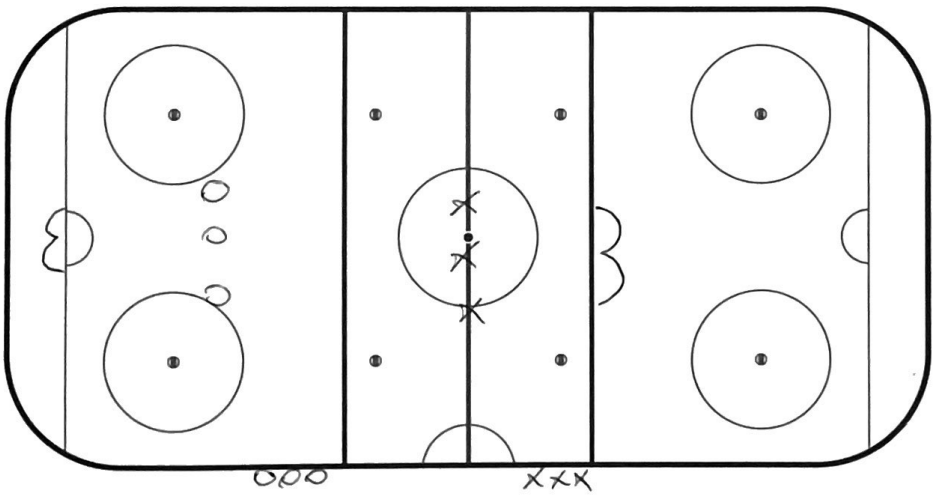
10 min



SPRINT SCHUSS

übung

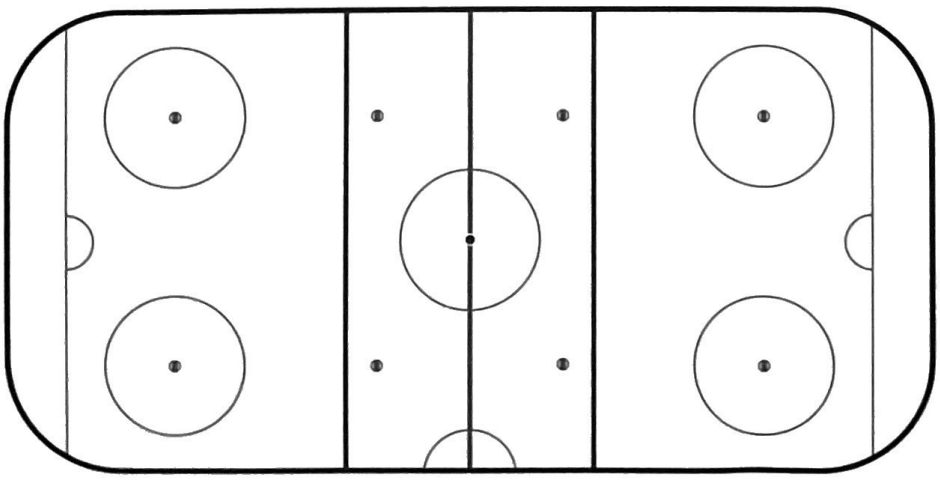
5 min



SPIEL 3-3 →

BLAU LINIE OFFSEITS

FÜR BEIDE TEAM

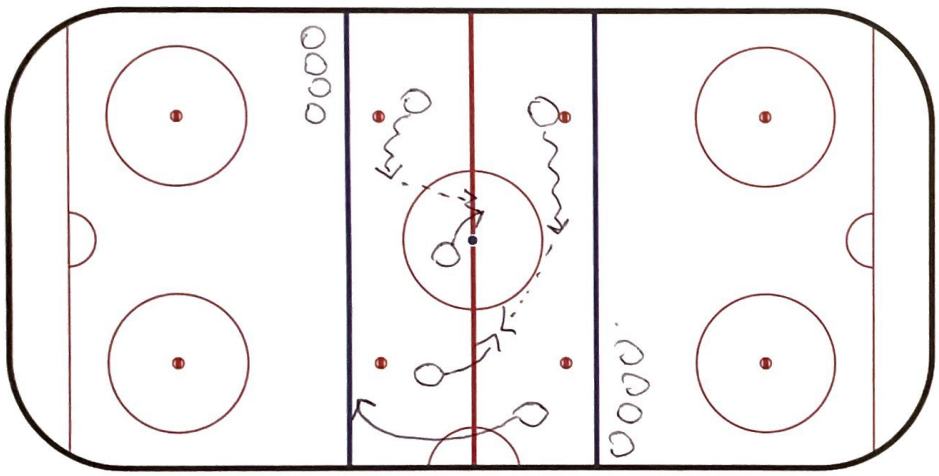


TEAM: U15. 16:40-17:40

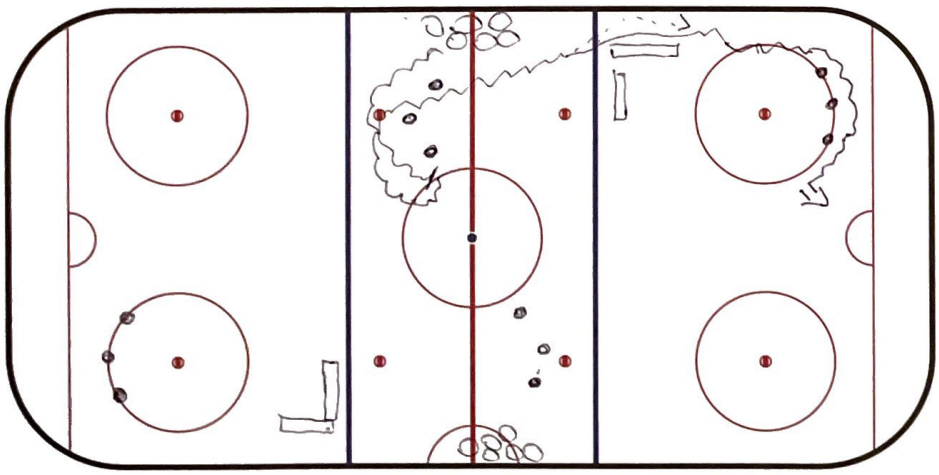
DATUM: 4.2.2022.

TRAINER: YURI, MARTIN.

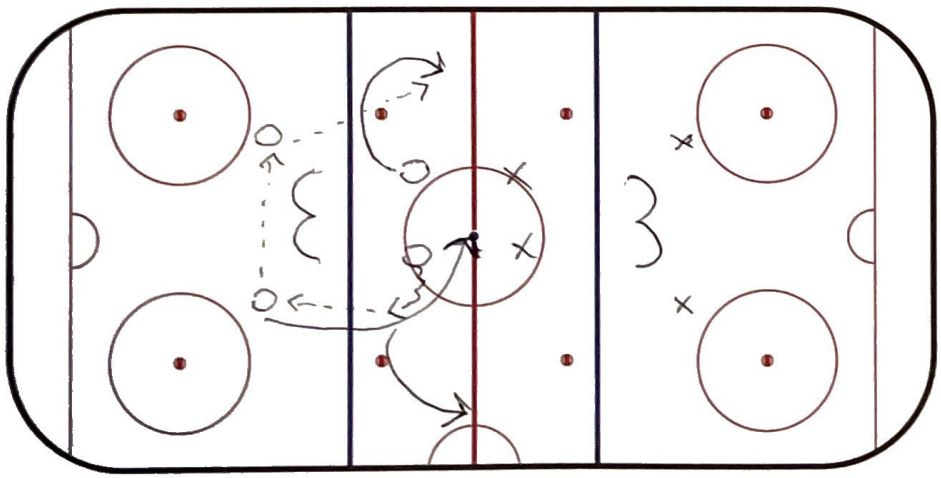
TRAININGSPLAN



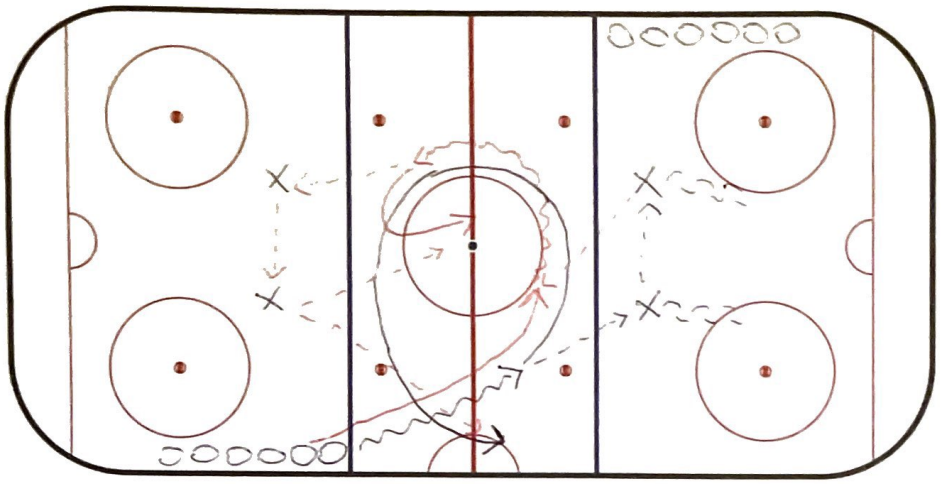
Aufwermen mitte zone 5 spieler 2 puck
8 min



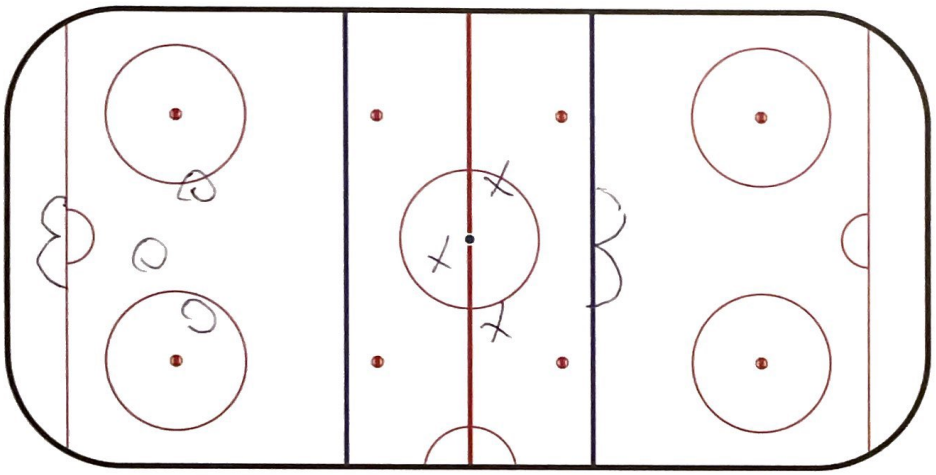
1-0 individuele technick -> spiel situation.
10 min



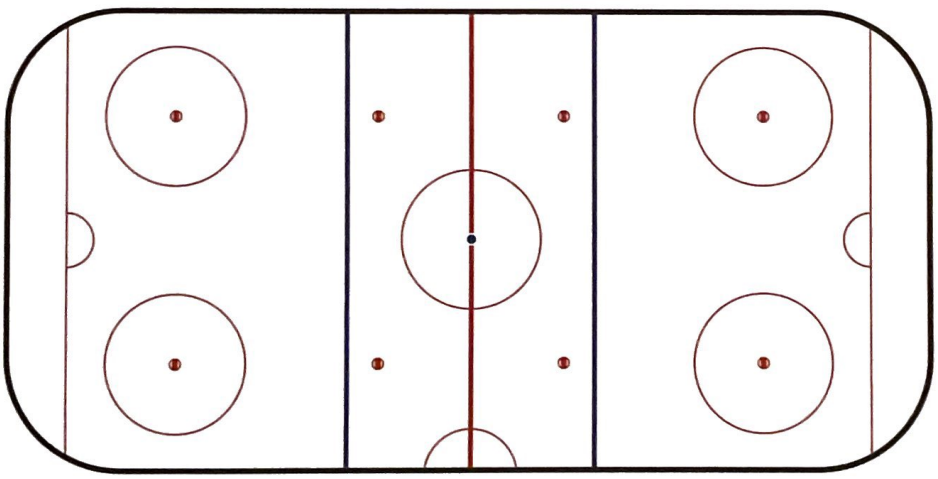
Spiel 2-2+2 D -> nach pass D zum D erste D starter rein -> automatisch 3-2.
10 min

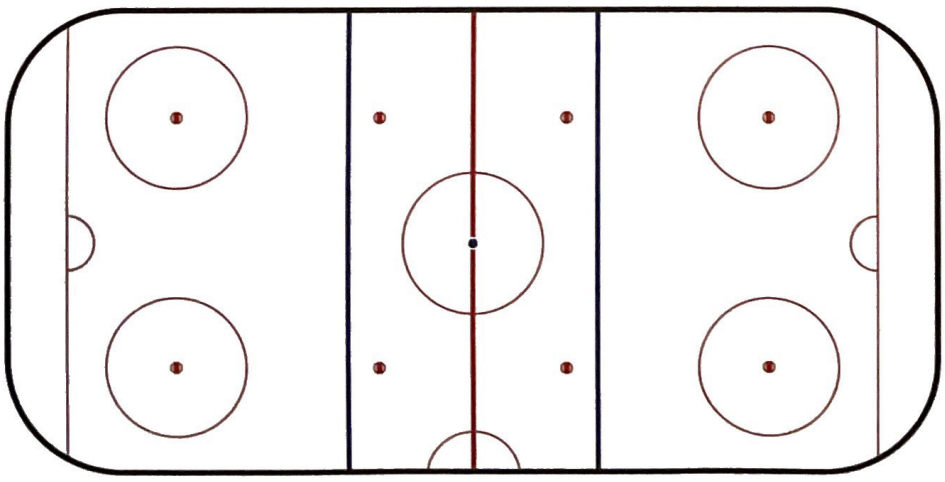


2-2 MITTE TEIMING
MIT PASSEN ZUM D.
10min



SPIEL 3-3 EINE
BLAU IST OFFSEIT FÜR
BEIDE TEAM,
15min





TEAM: U15

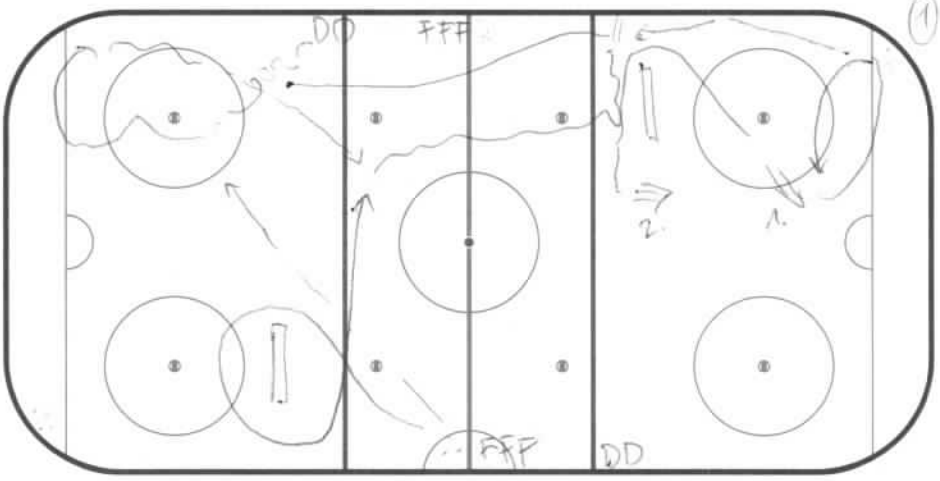
DATUM: 10.2.21

TRAINER: Martin

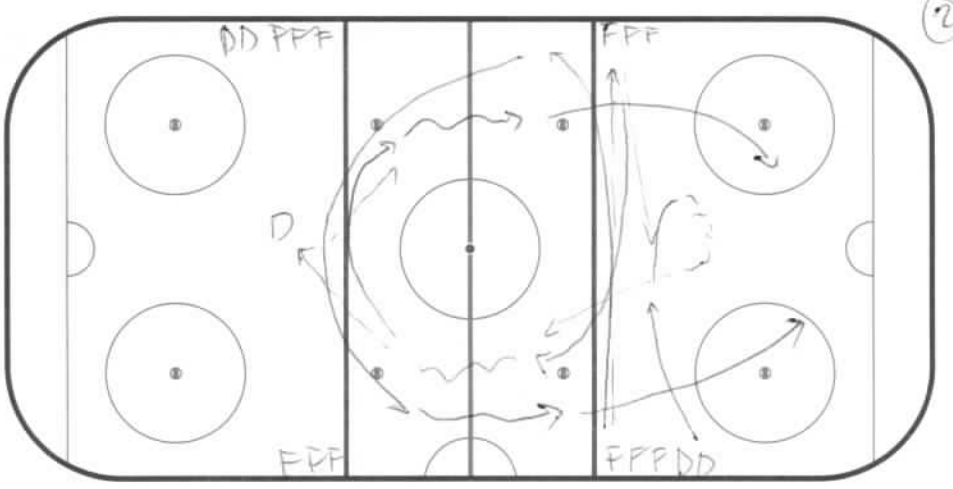
Tobi Oliver Diego
Pat - Vincent Jordi
Lenox Alex Franzi (Xaver)

Mikka ~~Joshua~~ Benni
Joshua Benno
(Tizian) Max M.

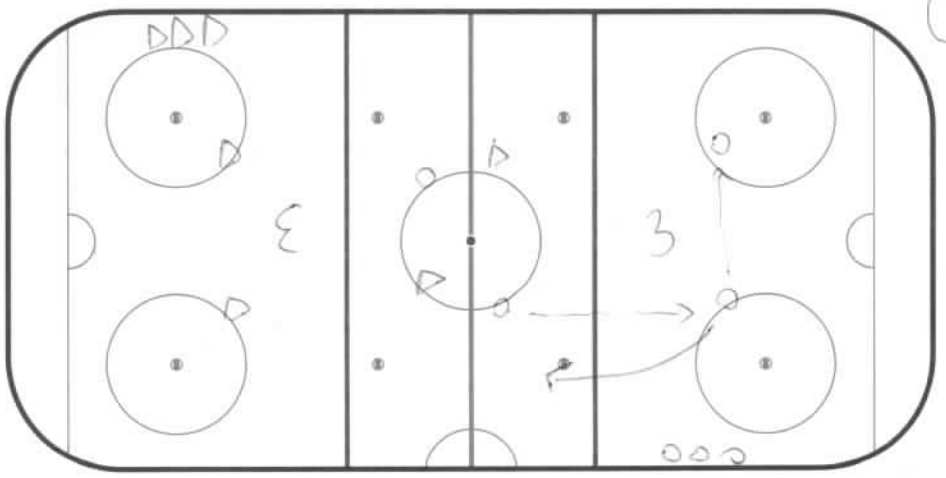
TRAININGSPLAN



① 1:0 + Schuß von D
2 × 5 min



② 2:1 Regroup
10 min



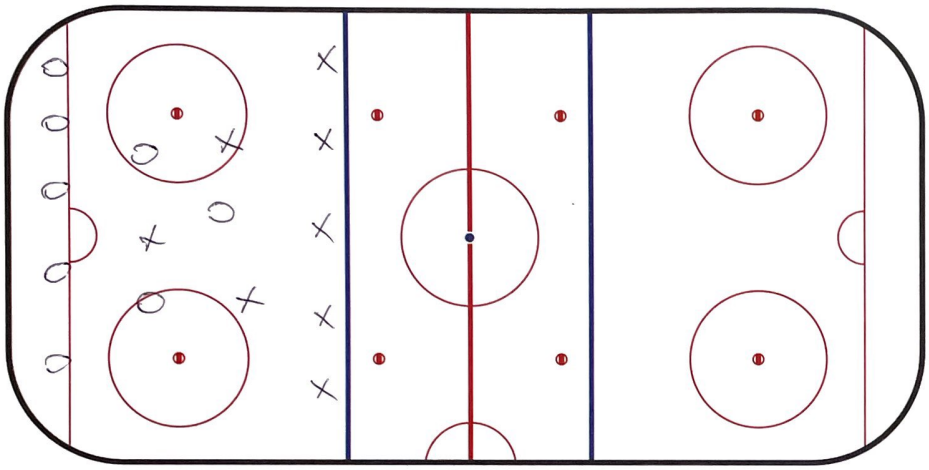
③ Spiel 2:2+1
10 min

TEAM: U15, 16:40-17:40

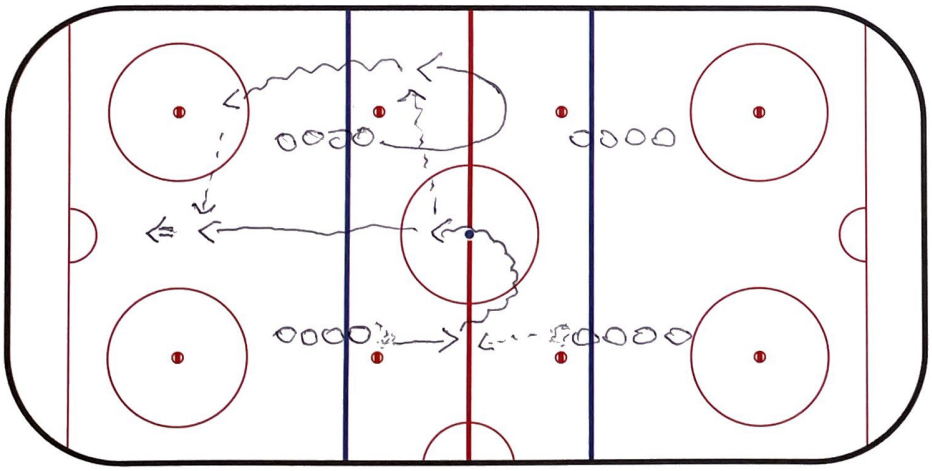
DATUM: 17.2.2022.

TRAINER: YURI, MARTIN

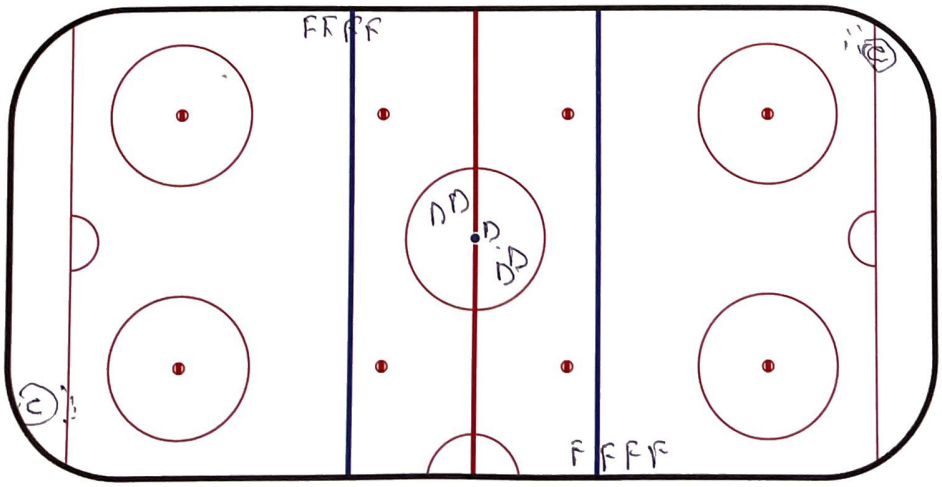
TRAININGSPLAN



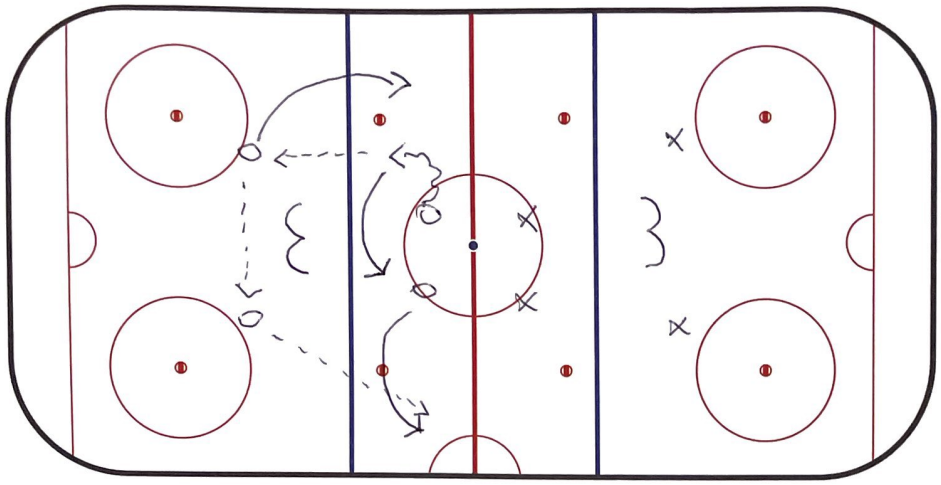
Aufwermen Spiel
3-3 mit PASSen
zum eigene gRUPPen.
5 min



2-0 AUS mITTE ZONE
SPIELERISCHE SITUATION
VON SEITE IN ZONE KOMMEN
NACH PASS → SPIELER NACH
PASS ZIEHT DURCH MITTE
8 min

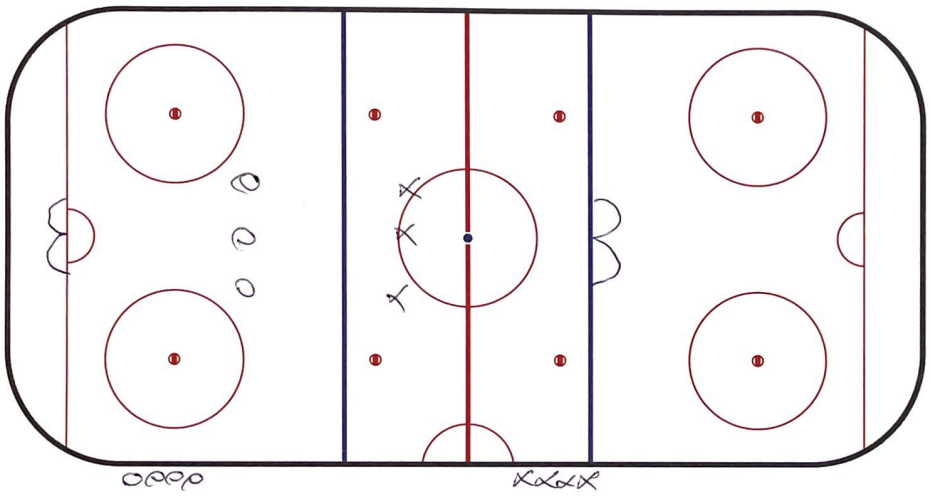


2-0 + D mit schuss.
F → CANADIA und SPIELEN
PUCK HINTEN TOR.
10 min



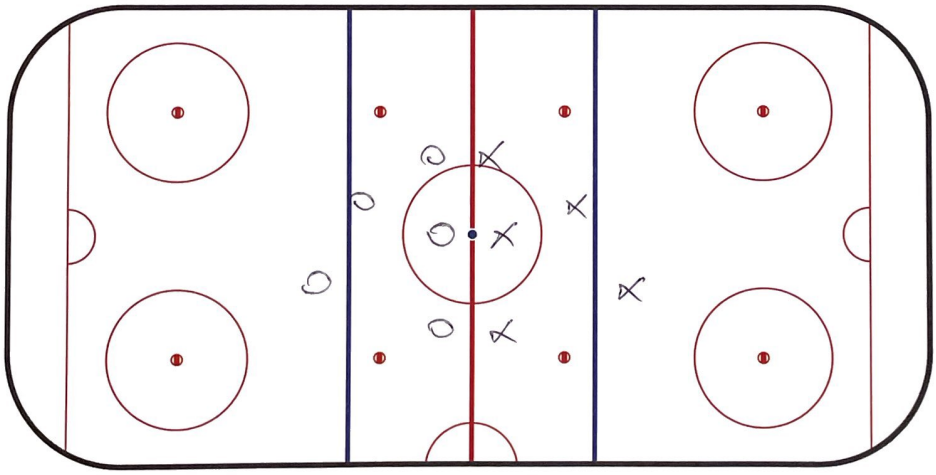
Spiel 2-2 + 2D → 3-2

7min



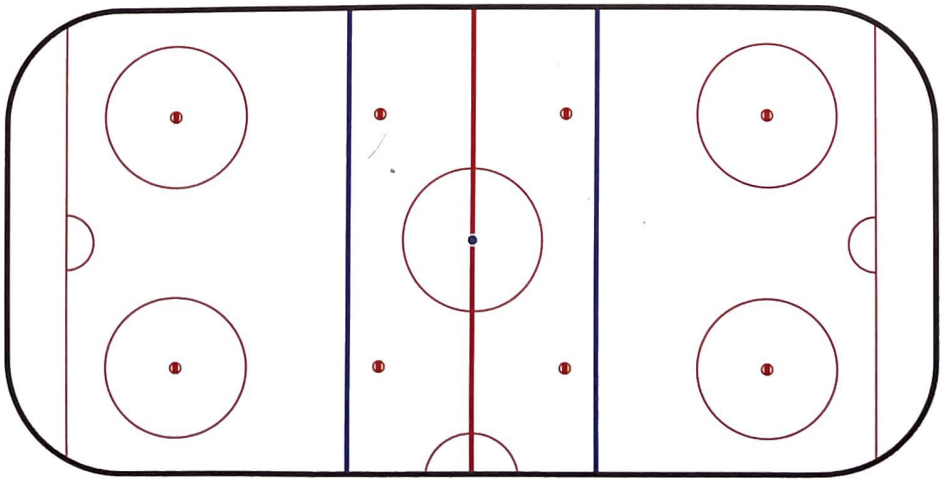
Spiel 3-3 → 2 blau bis vor rote Linie → mittlere blau offsets für beide Team.

7min



Spiel 5-5 ganze Eis → Linie zusammen schauen.

15 min

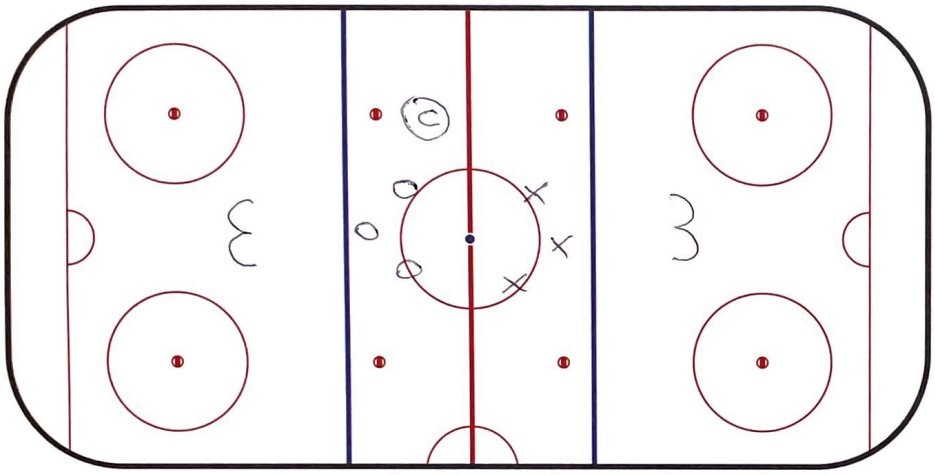


TEAM: U15, 17:10-18-10.

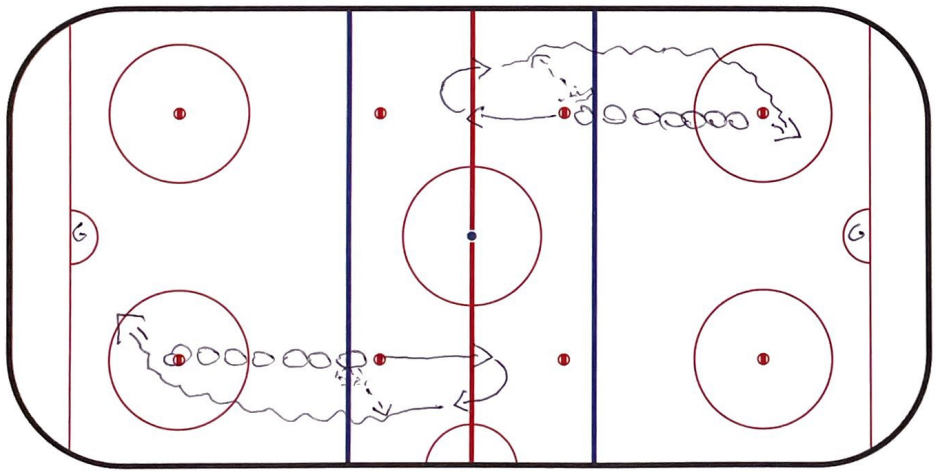
DATUM: 18.2.2022.

TRAINER: Yuri.

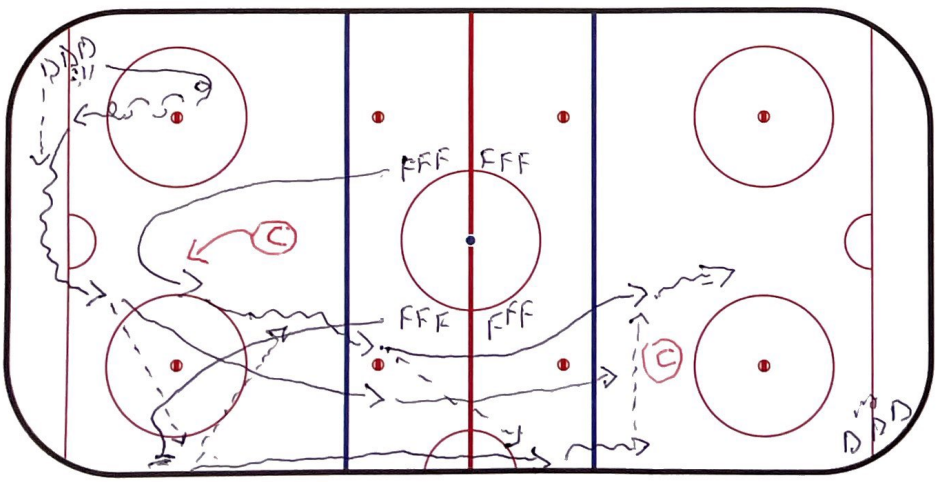
TRAININGSPLAN



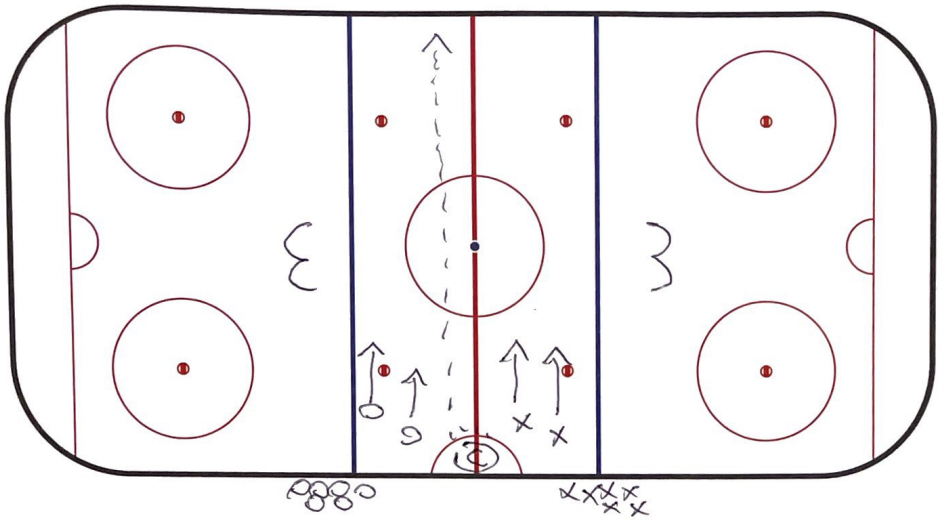
Aufwermen spiel
3-3 -> (C) spielt für team mit puck.
8 min



Schuss übung mit tempo bei Richtung wechsel und schuss von seite
8 min

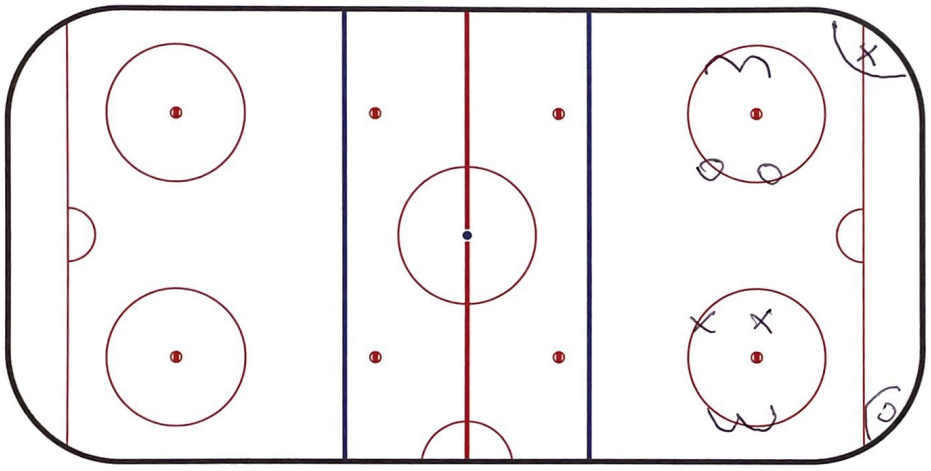


2-0 +D mit aufbau druck von (C) passiv auf F bei bande oder in die mitte -> D-entscheidung treffen mit pass
10 min



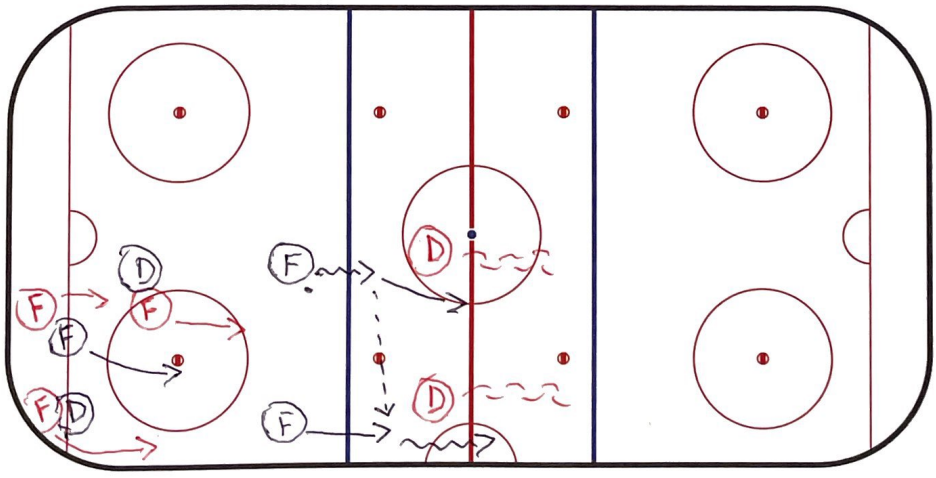
Spiel 2-2 mitte ohne joker. Puck abtechung → 1-1 kämpfe gewinnen → → jede sein mann haben.

10 min



Spiel im zone 2-2 + joker im ecke → jede sein mann vor tor → hinten tor nutzen im offensiv.

6 min



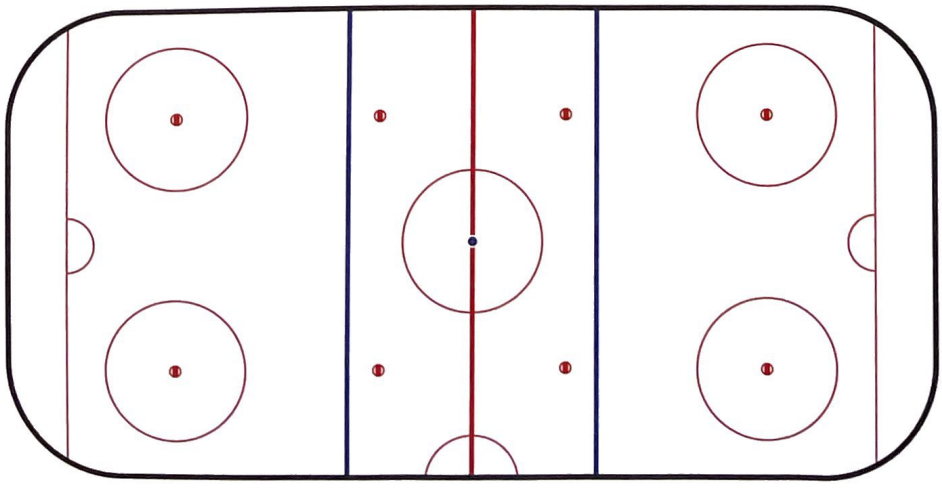
5-5 ganze eis

(1) mit kontro und zurück arbeiten

7 min

(2) mit bully

7 min

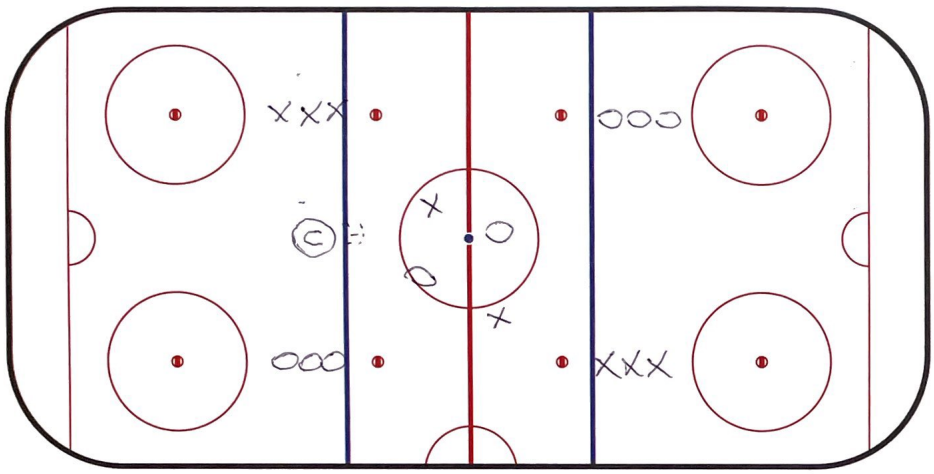


TEAM: U15, 16:40-17:40

DATUM: 24.2.2022.

TRAINER: Yuri, Martin.

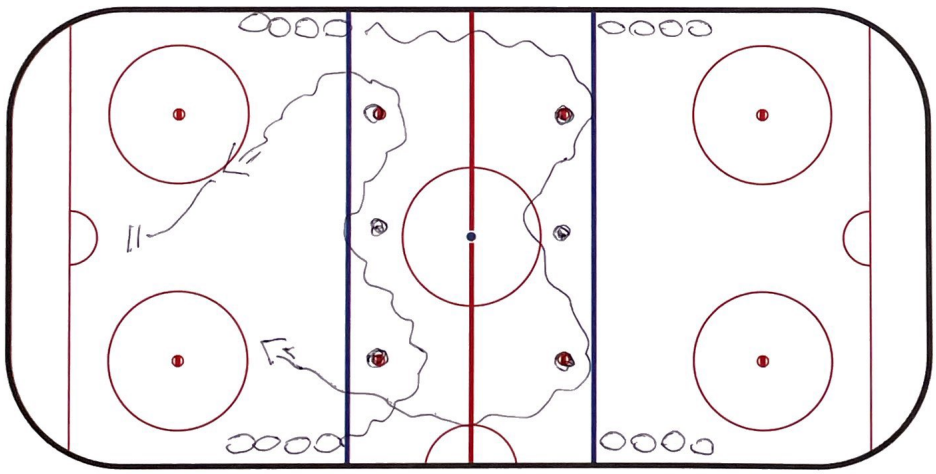
TRAININGSPLAN



Aufwermen Spiel

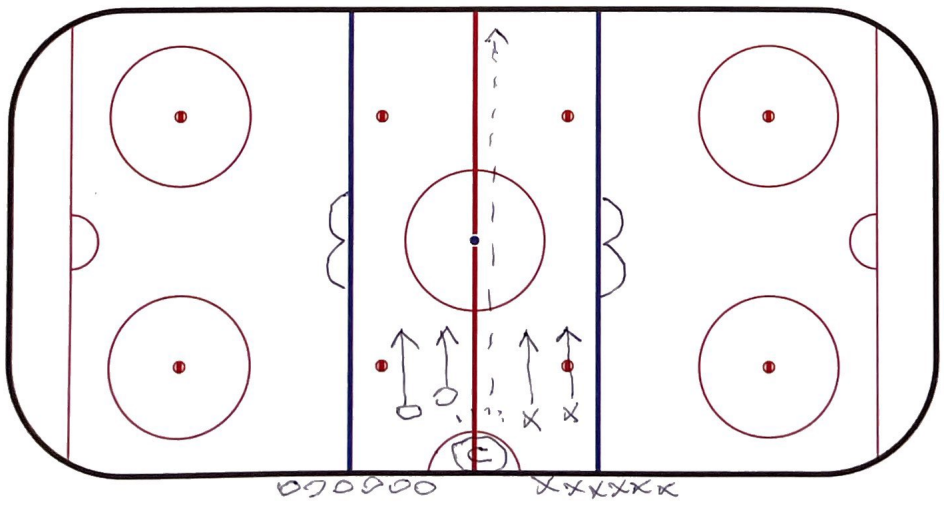
2-2 + 2 Joker

8min



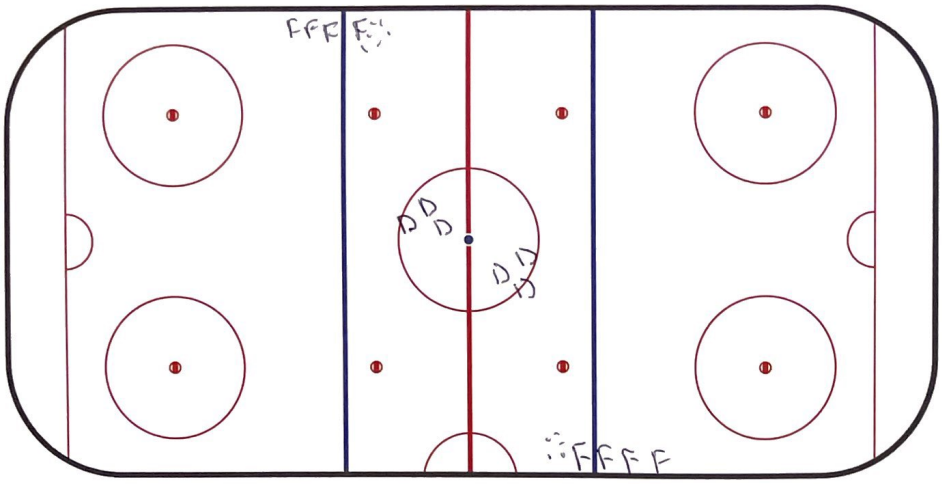
1-0 Tempo -> kurze lange seite

6min

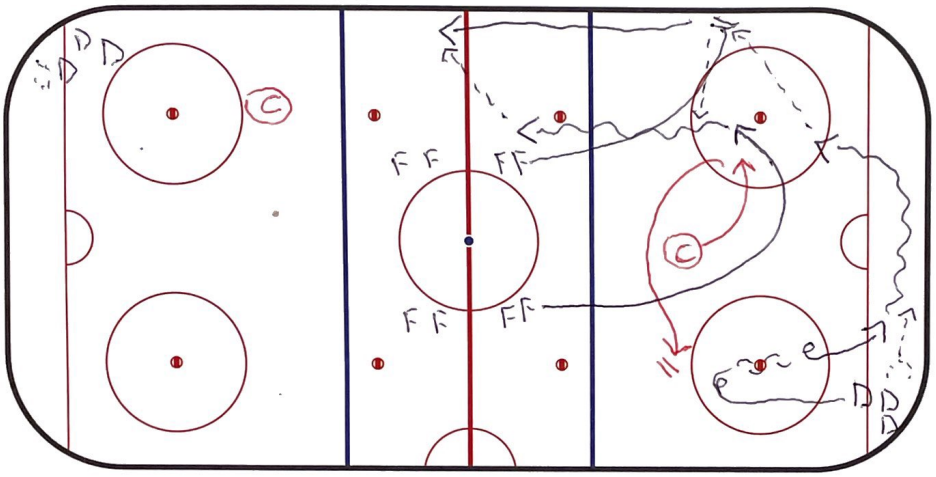


2-2 kleine Platz

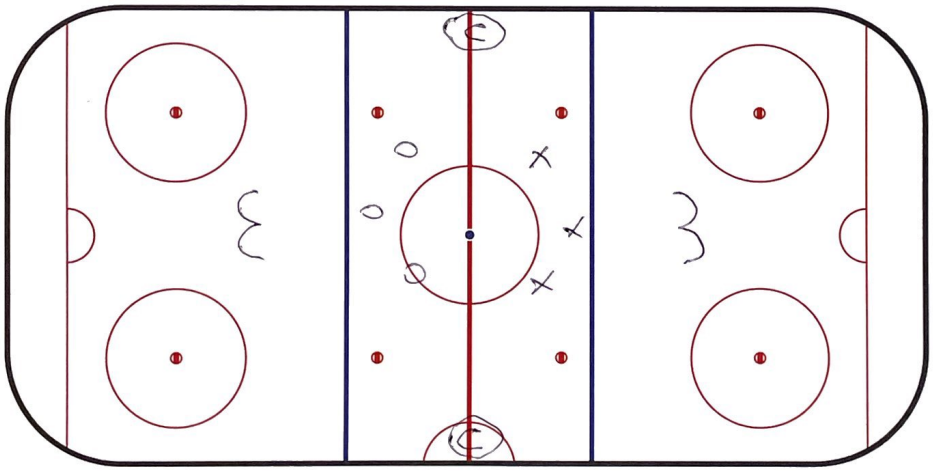
8-10min



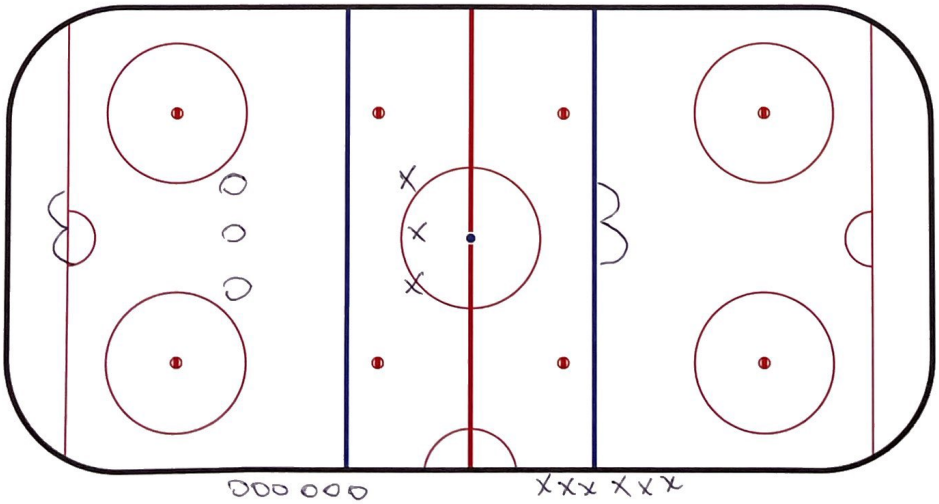
2-0+D → Aufgabe
kurze pass bei bande
im eigene zone → im gegner
zone pass hinter tor →
spieler hinten tor verstecken
raus kommen und pass
auf lange stange zu F oder
zu D mit sprint mitte.
10min



2-0+D Aufbau unter
passive druck von (C) →
raus aus zone kommen,
im zone weit bei bande
kommen und 2-1 gegen
passive (C).
10min



Spiel 3-3 → 40×30
mit (2C) joker
7min



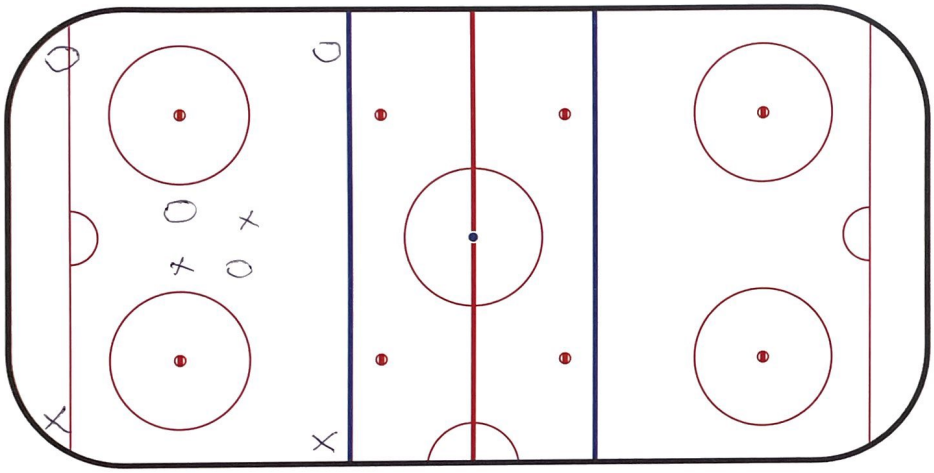
Spiel 3-3 → eine
blaue offseits für
beide team.
7min

TEAM: U15, 17:10-18:20

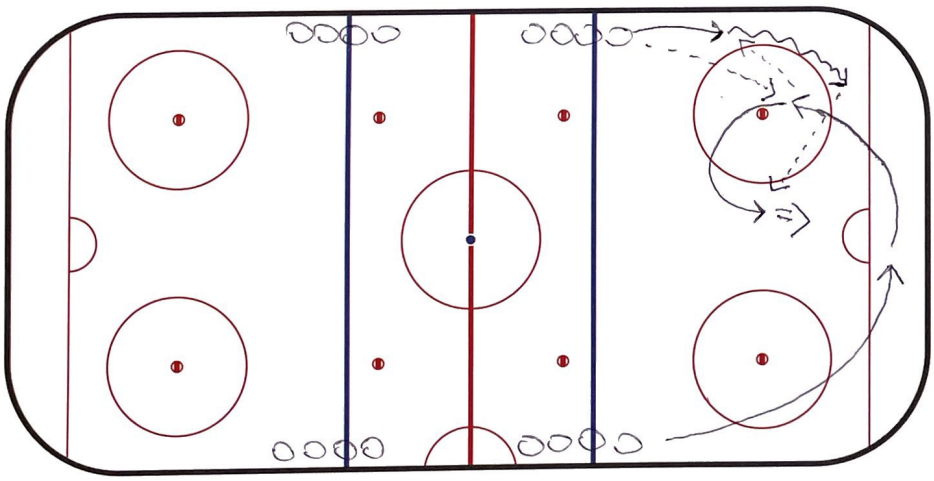
DATUM: 25.2.2022.

TRAINER: Yuri.

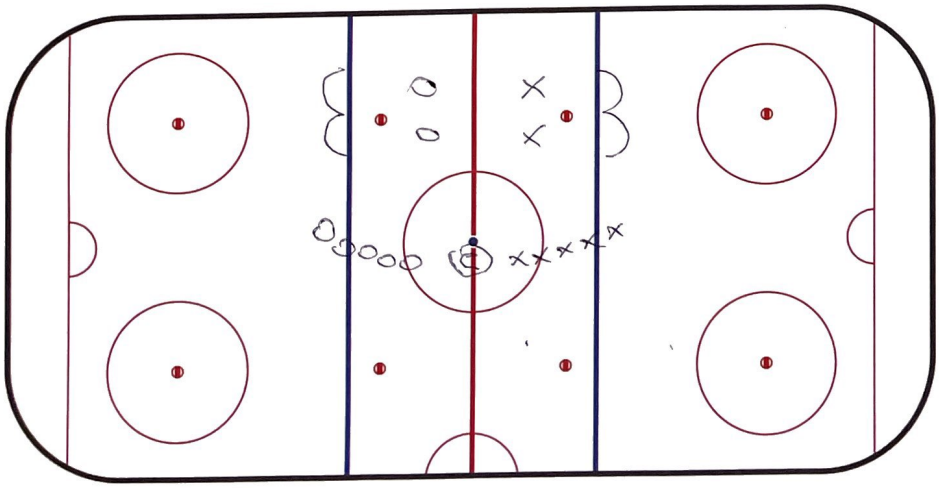
TRAININGSPLAN



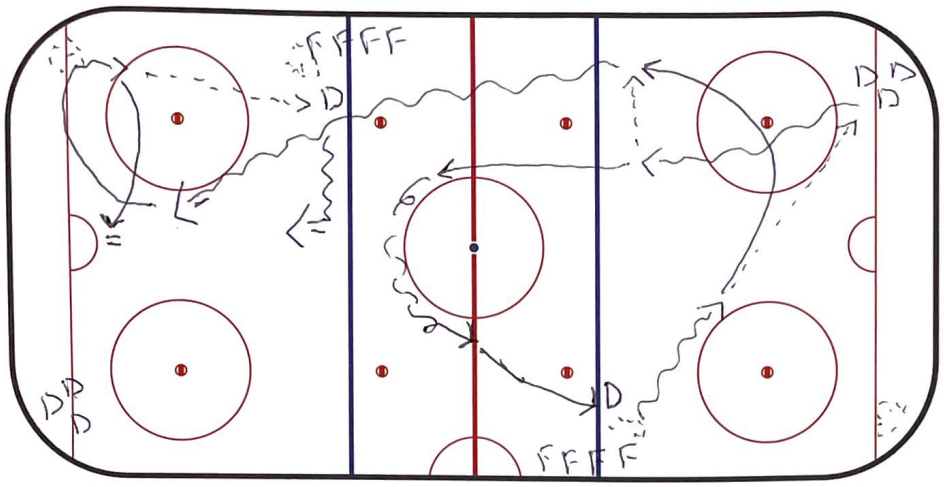
Aufwermen Spiel
2-2 mit 1 joker in die
ecke 1 joker auf blau.
10min



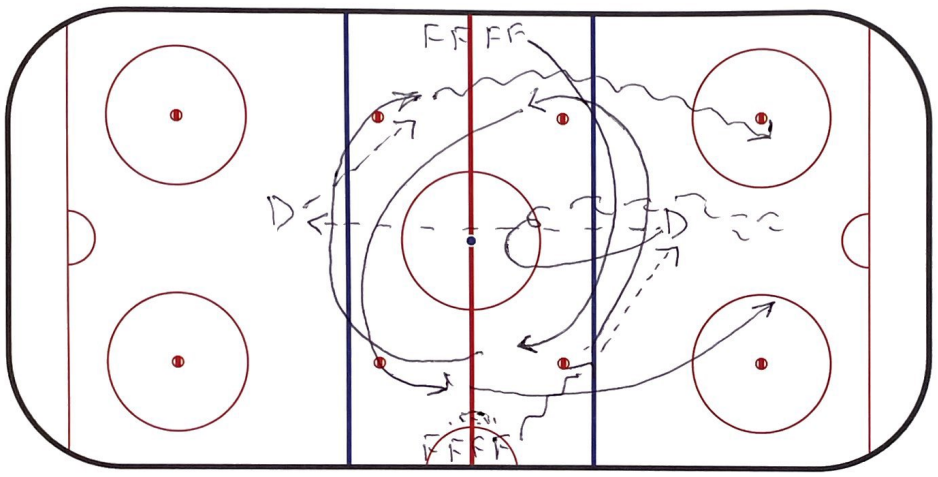
1-0 mit doppel pass
bei kreuzen und schuss.
8min



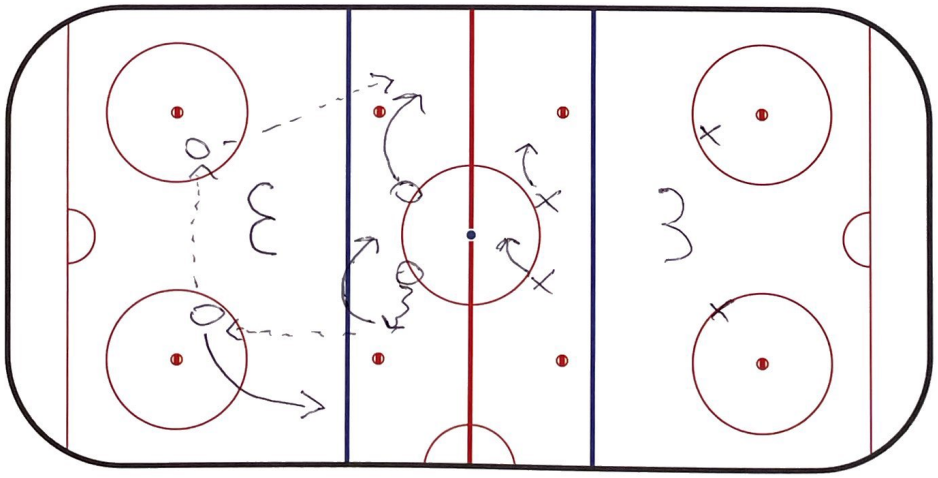
Spiel 2-2 kleine
platz.
10min



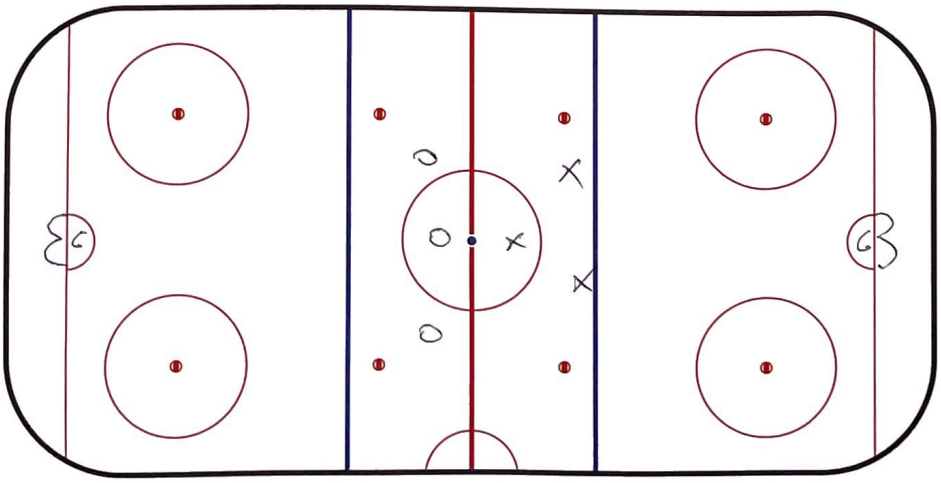
1-0+D mit Aufbau
→ nach Schuss, Puck
aus Ecke holen Pass
zu D und Arbeiten
für nach Schuss,
10 min



2-1 aus Mitte mit
2 mal kreuzen.
8 min



Spiel 2-2+2D hinten
Tor → nach Pass D zu D
erste D geht rein
und automatisch
Spiel geht 3-2.
10 min



Spiel 3-3 ganze
Eis → Tor zählt
wenn alle Spieler
hinten gegnerische
blau Linie sind.
10 min

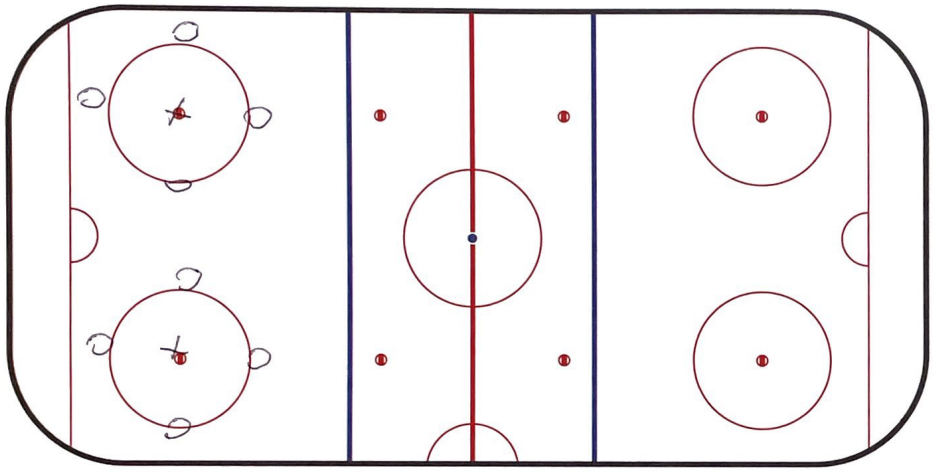
E.H.C. KLOSTERSEE

TEAM: U15, 9:20-10:50

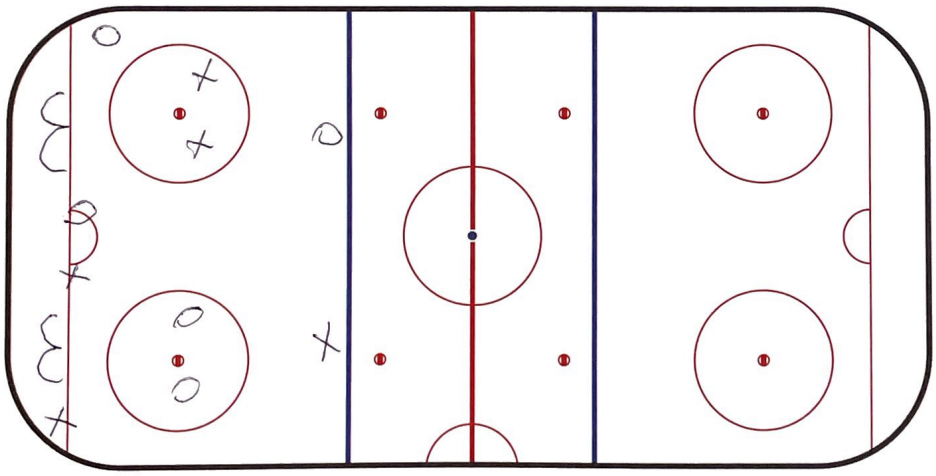
DATUM: 2.3.2022

TRAINER: YURI

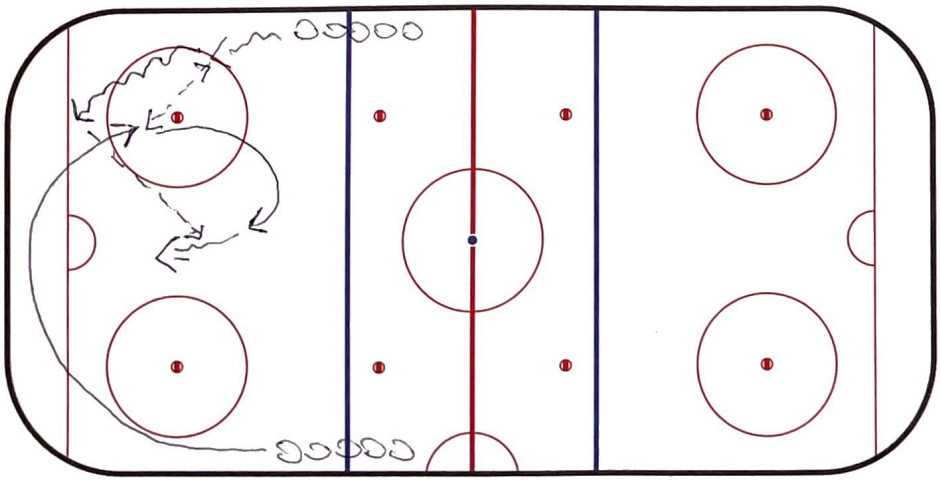
TRAININGSPLAN



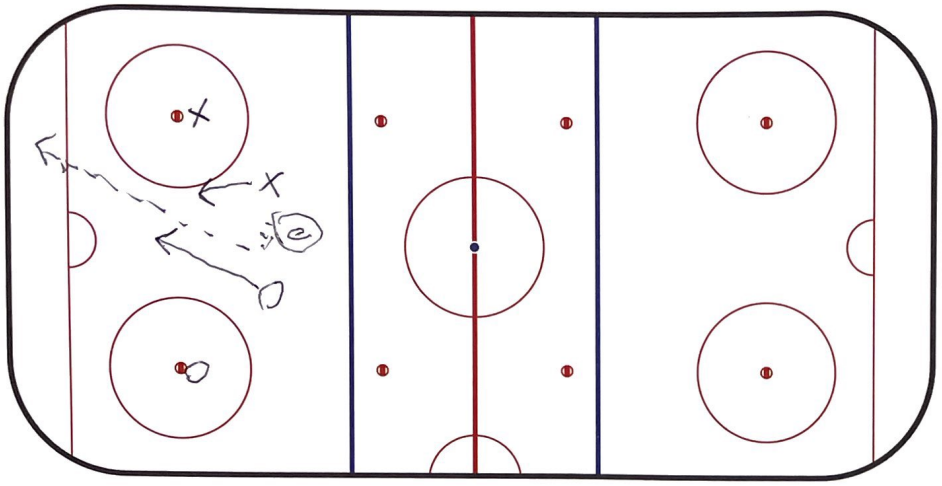
Aufwermen →
PASSen im BULLY KREIS.
8 min



Spiel 3-2 → 3-2
10 min

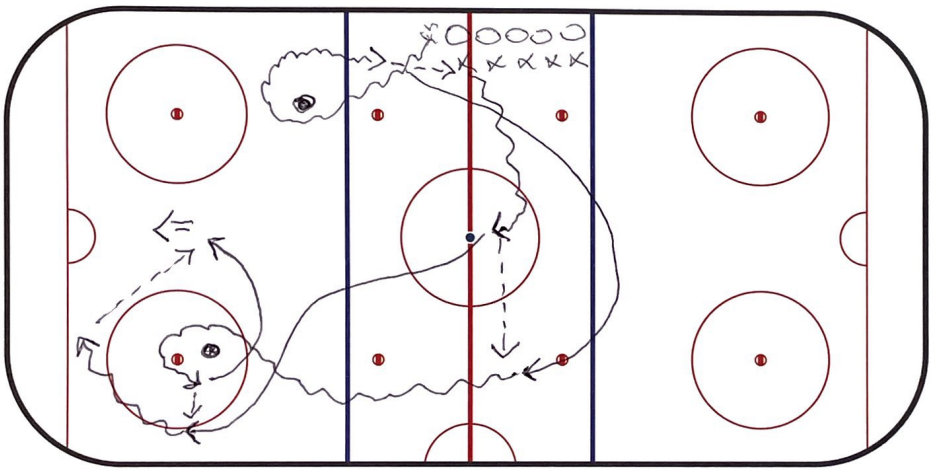


1-0 mit doppel
PASS und KREUZen
10 min



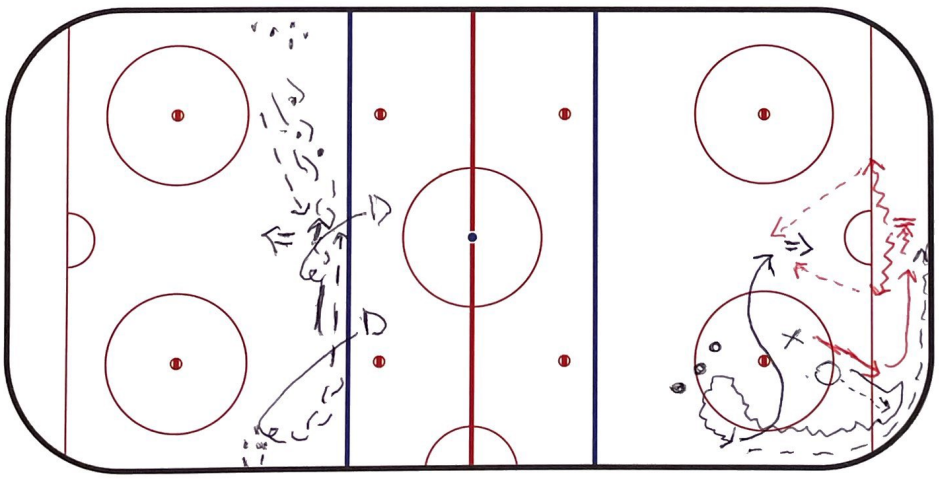
Spiel 1-1 im Zone mit 1 Schuss. Spieler im Bully Punkt pro Team.

10min



2-0 mit Kreuzen

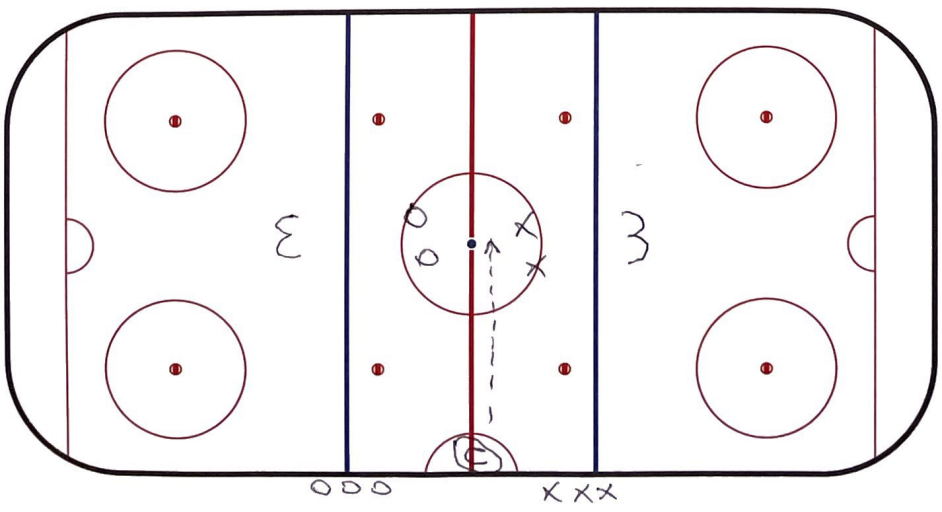
10min



F - 1 Zone

D - 2 Zone

15min



Spiel 2-2

12min

Penalty

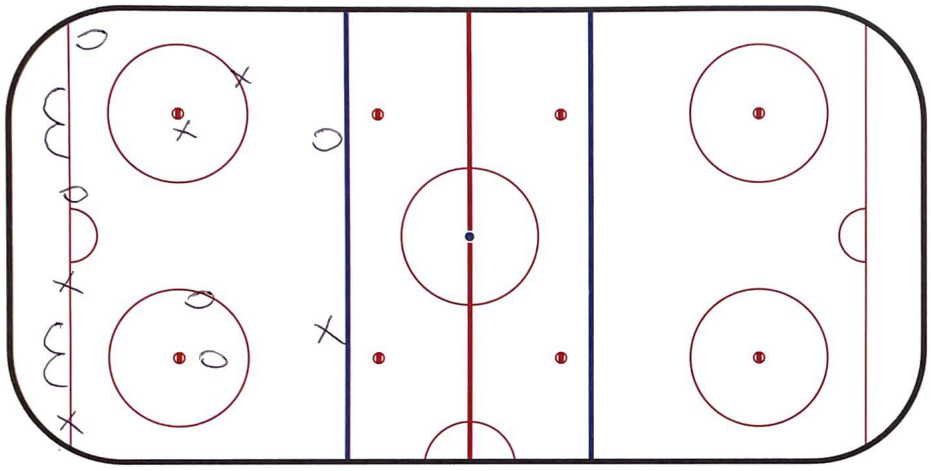
12min

TEAM: U15, 16:40-17:40

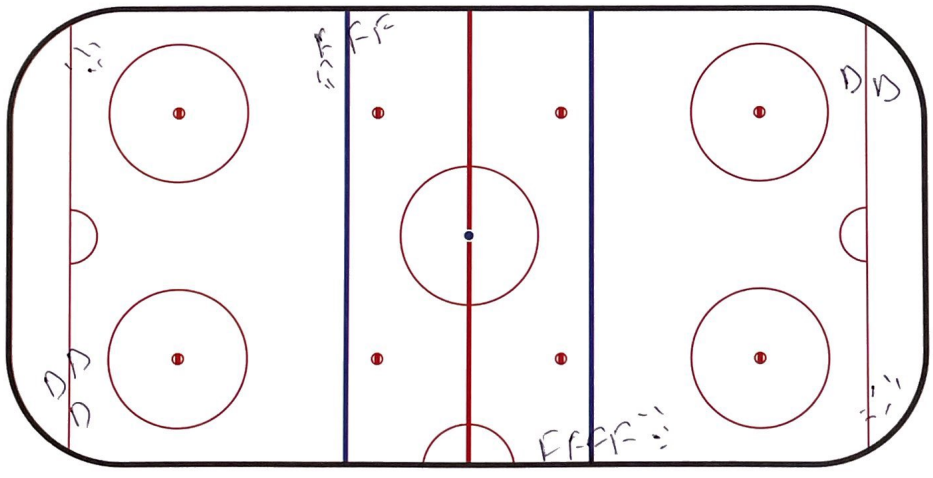
DATUM: 3.3.2022.

TRAINER: YURI, MARTIN

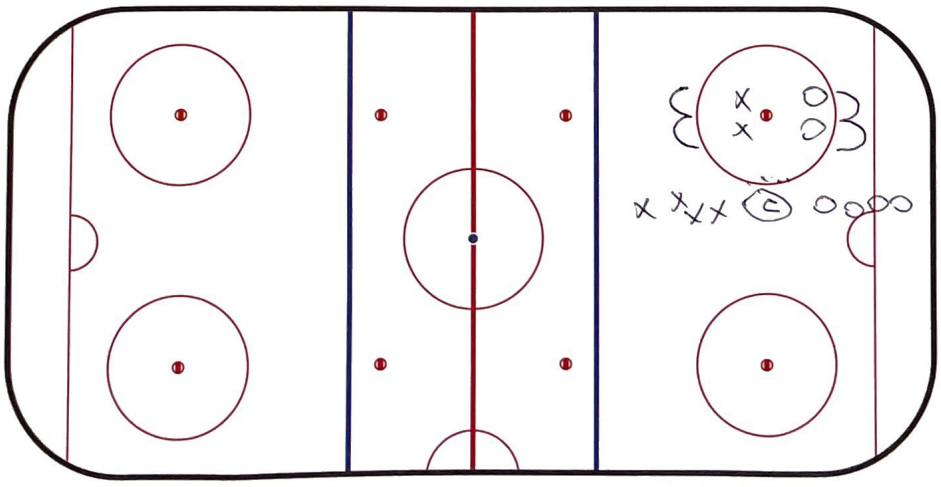
TRAININGSPLAN



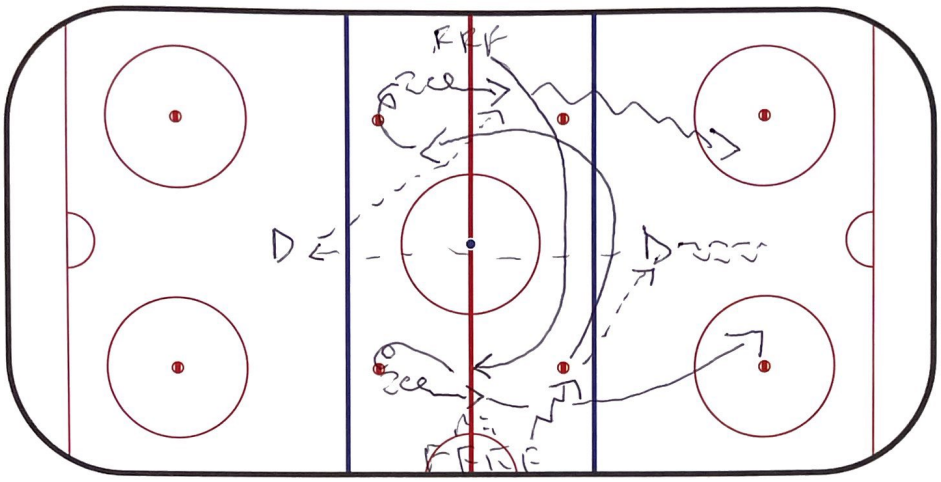
Aufwärmen Spiel
3-2 -> 3-2,
10 min



1-0 -> F-D zusammen
Arbeit mit Aufbau
und Forcheck,
10 min

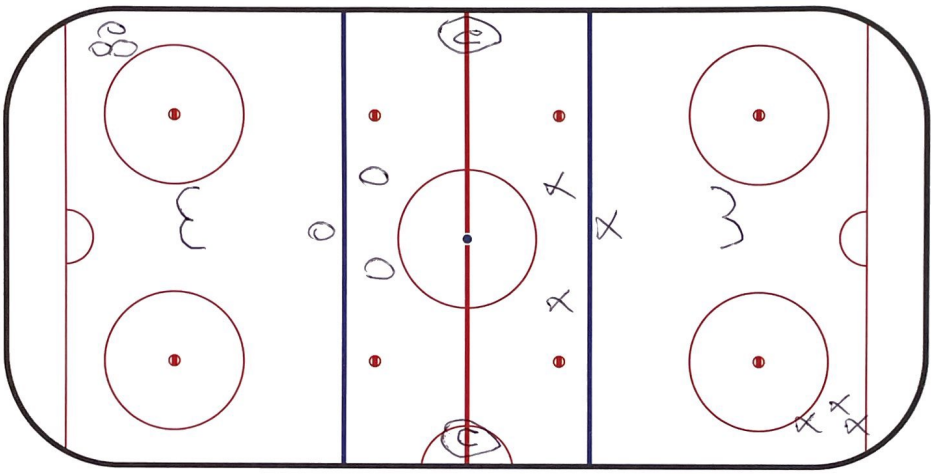


Spiel 2-2 bully
Kreis,
10 min



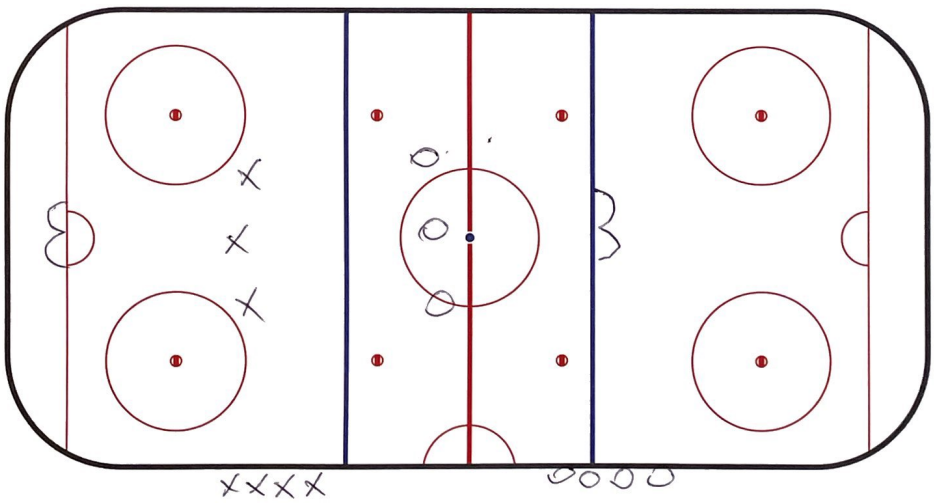
2-1 aus mitte mit kreuzen bei erste pass und auf eigene seite bleiben nach D-pass.

10 min



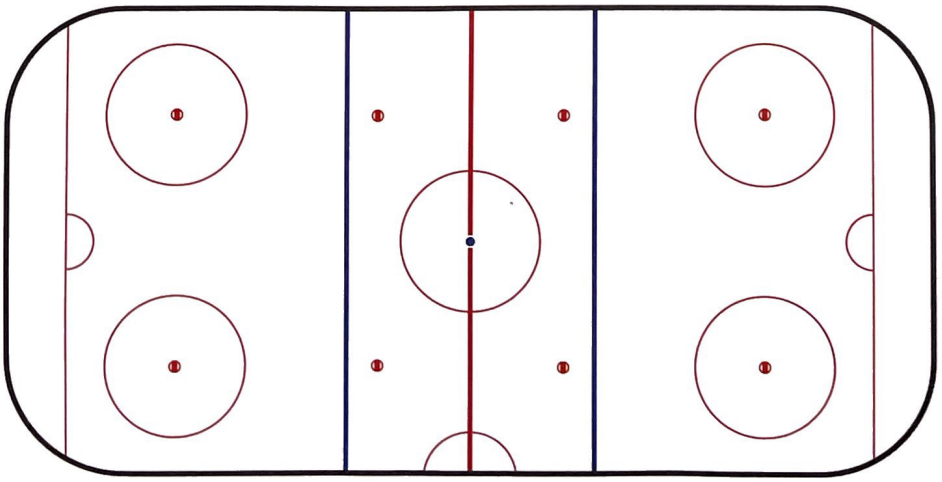
Spiel 3-3 -> 40x30 mit 2 tr. joker für beide team.

10 min



Spiel 3-3 blau abseits

10 min

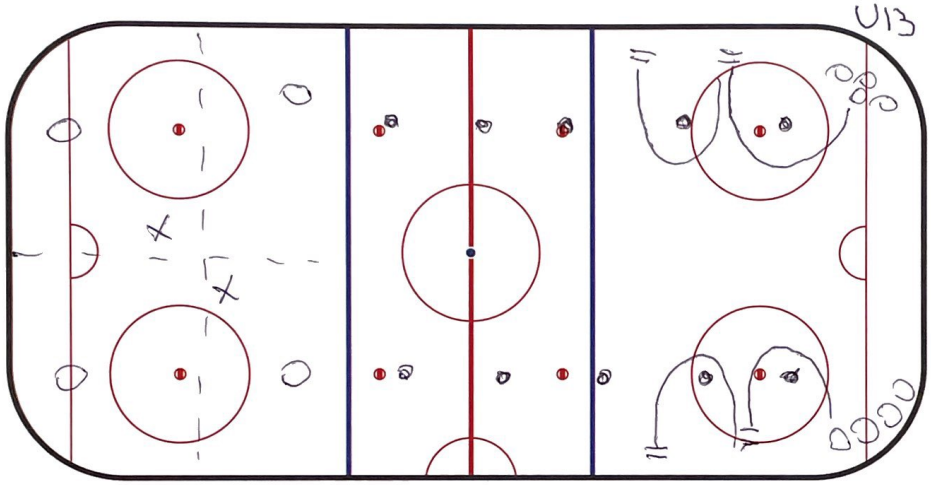


TEAM: U13 -> 15:10-16:10
U15 -> 16:20-17:20

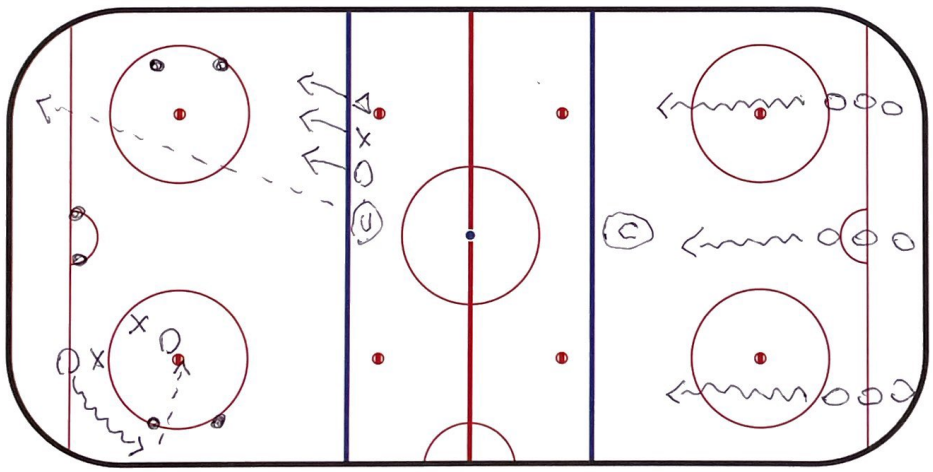
DATUM: 7.3.2022.

TRAINER: Yuri

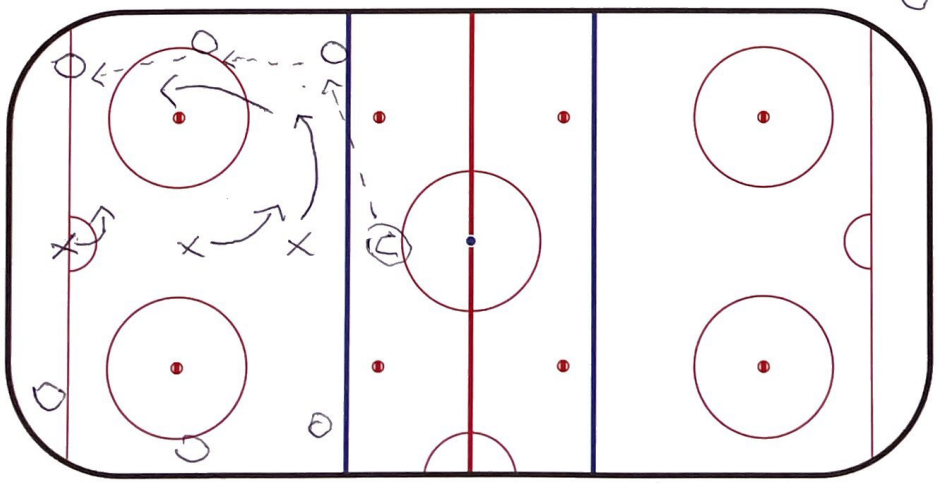
TRAININGSPLAN



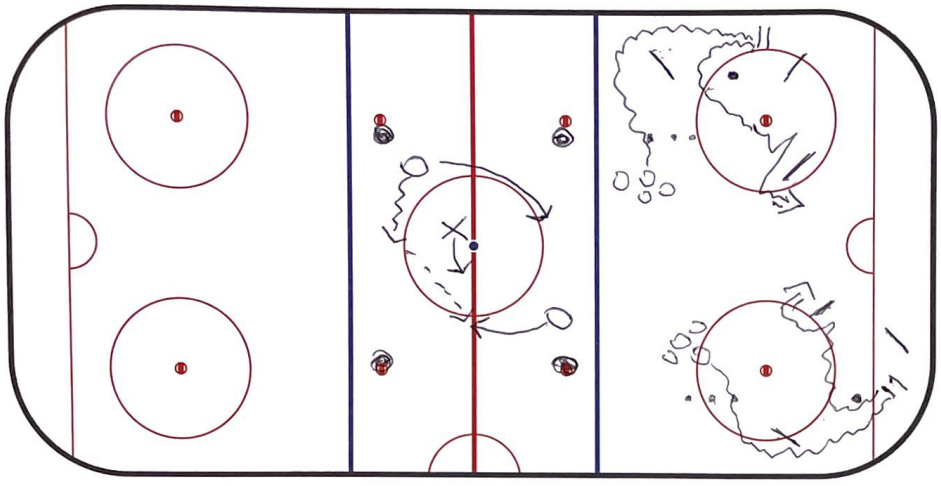
U13
- Aufwermen Spiel 4-2.
10min
- Eislaufen 5 Hütchen
2 Gruppen
15min
- Puck kontrol 3 Gruppen
15min



Spiel im zone zu 3
1 Puck
10min
Spiel 2-2 im fenster
Passen - 1 Punkt



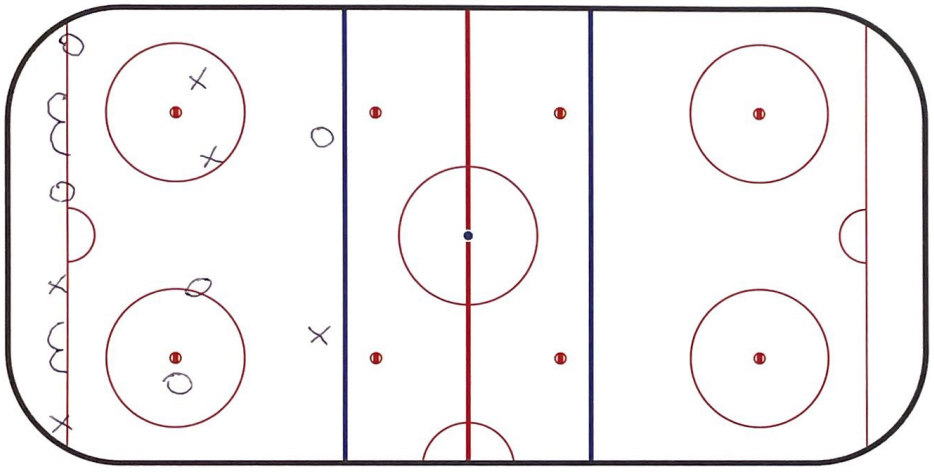
U15 Spiel 6-3 ->
immer eine vorchecker
10min



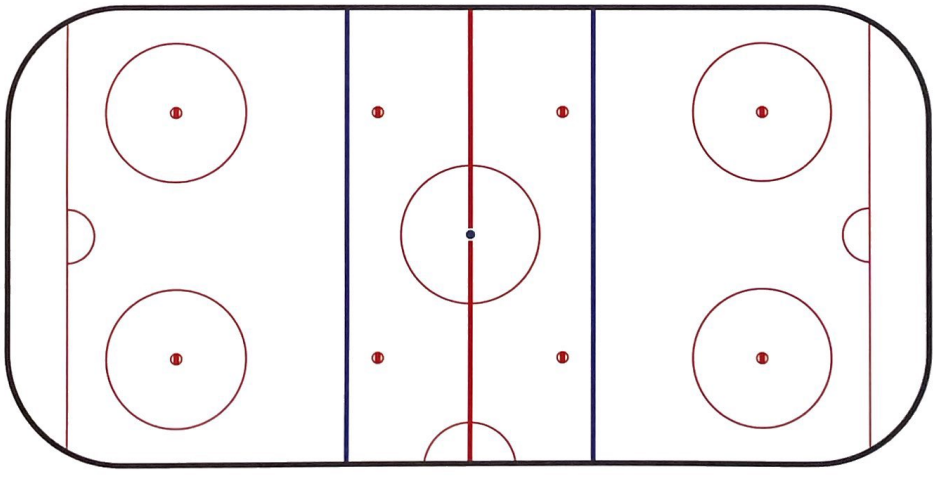
① Spiel Situation mitte bande 3 Variante mit schuss a) bremsen b) bogen c) voncheck raus. 10 min

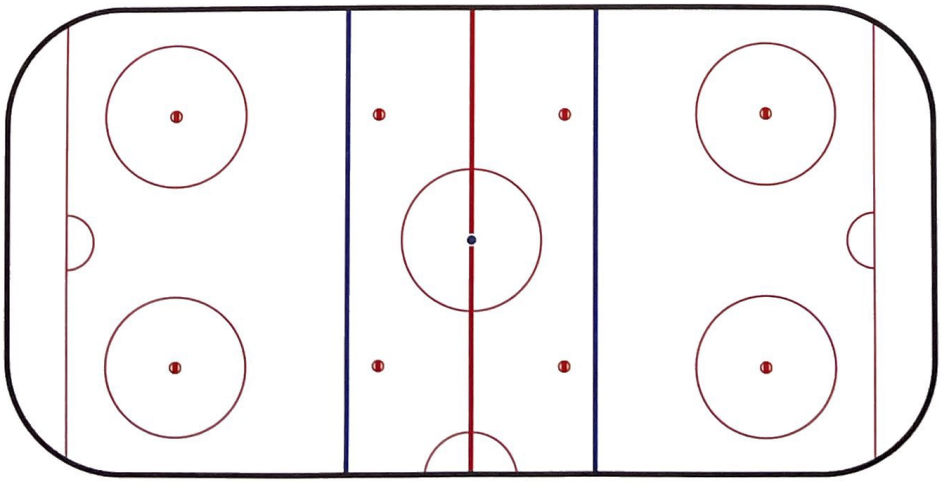
② Gleiche aus ecke. 10 min.

③ 2-1 ohne Tor auf bestimte Platz. 10 min



Spiel 3-2 → 3-2 16 min



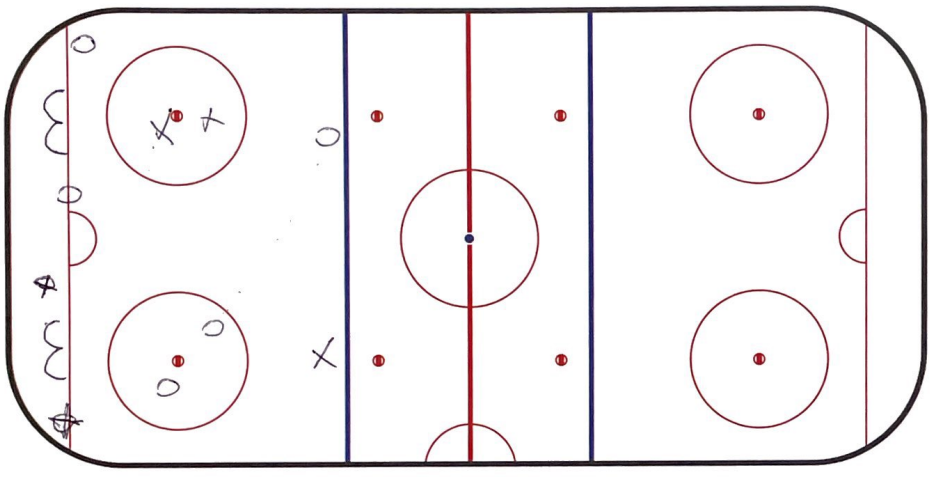


TEAM: U15. 16:40-17:40

DATUM: 10.3.2022.

TRAINER: YURI, MARTIN

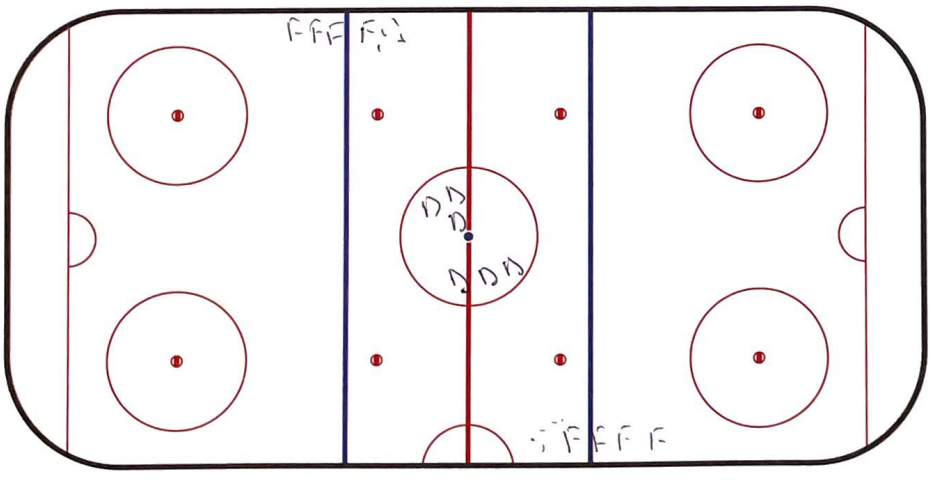
TRAININGSPLAN



Aufwärmen Spiel

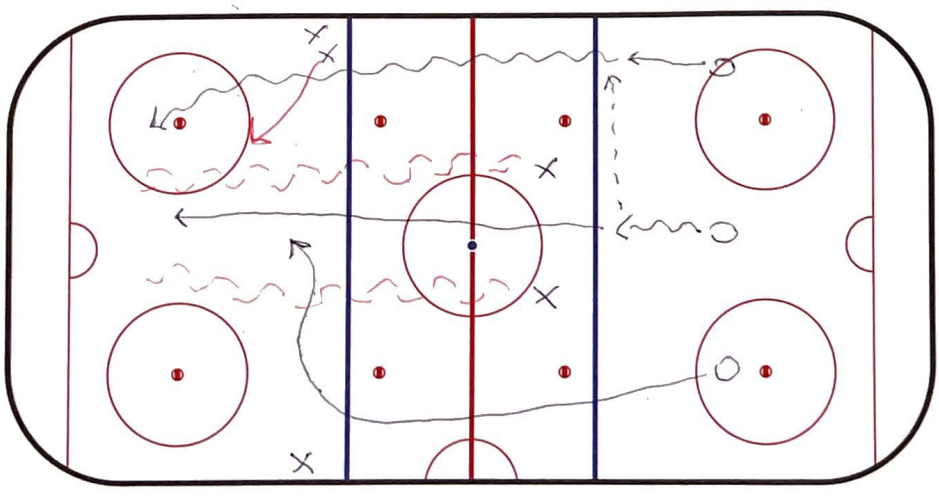
3-2 -> 3-2 + 4-2

10 min



2-0 +1 -> Spielen Puck hinter Tor, -> Möglichkeit F oder D nutzen

8 min



2-2 -> im Zone 3-3

10 min

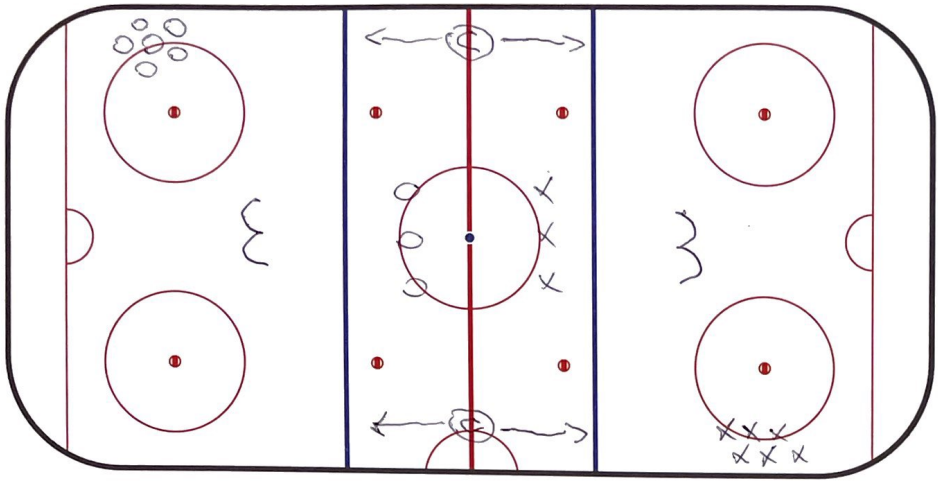
Oder

2-2 -> ein Puck

+

2-0 CKH

8 min

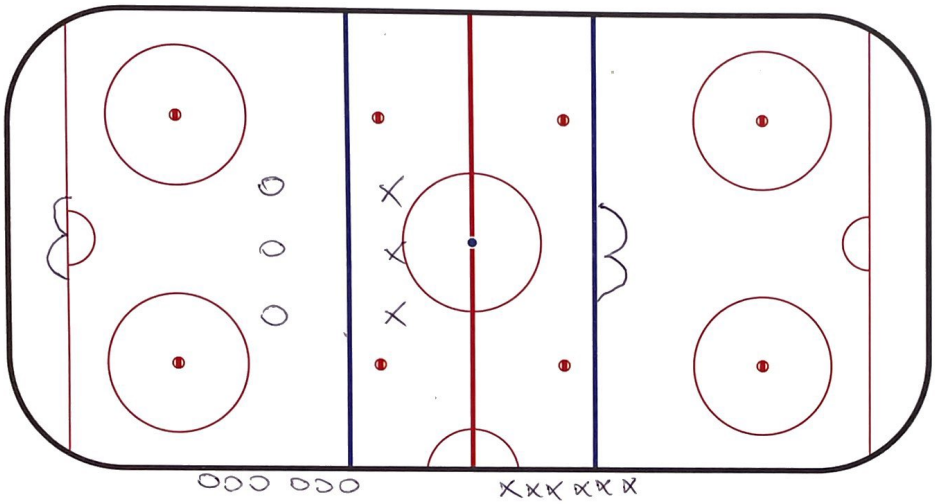


Spiel 4 0 x 3 0

mit (2c) Joker →

Automatisch 5-3

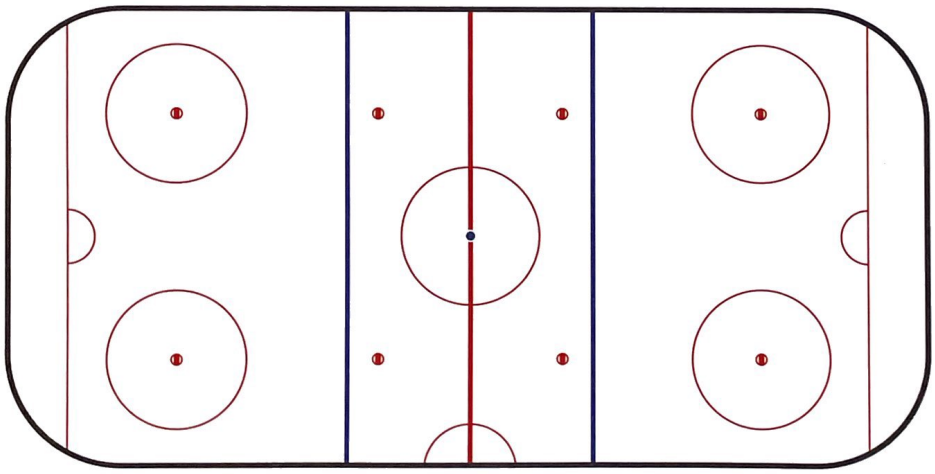
10 min

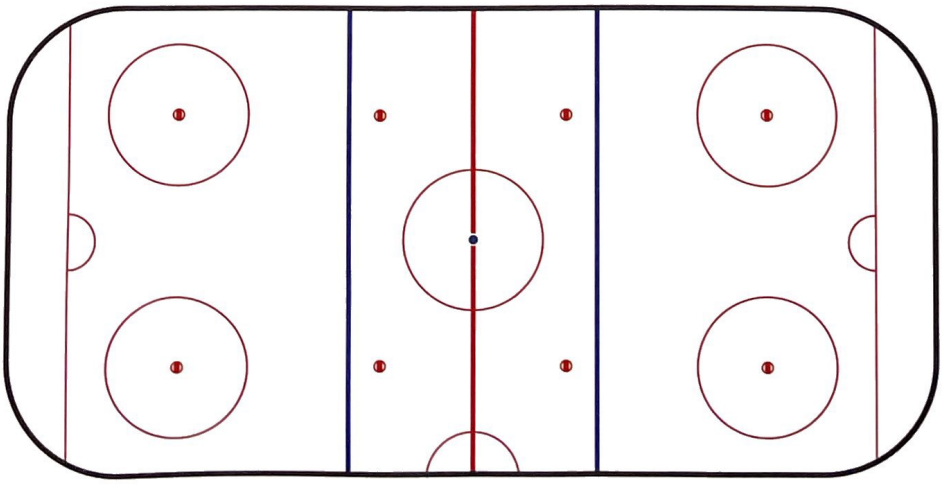


Spiel 3 - 3 blau

Abseits

10 min



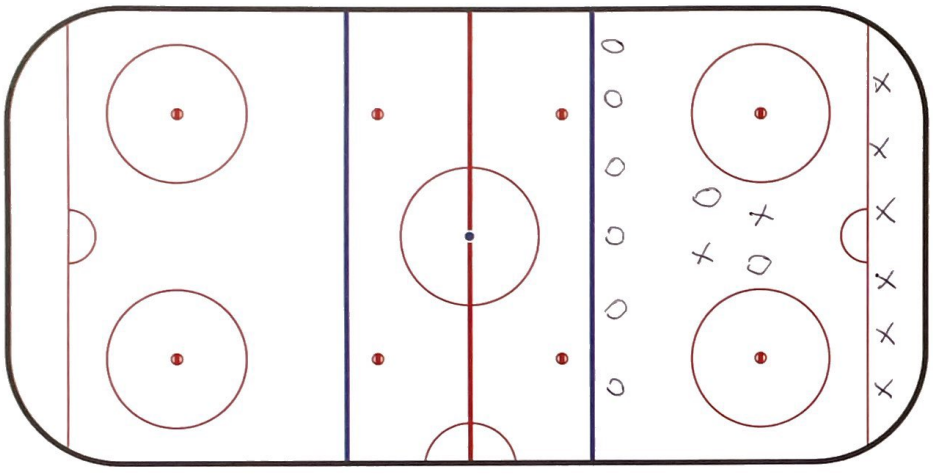


TEAM: U15, 16:40 - 17:40

DATUM: 17.3.2022.

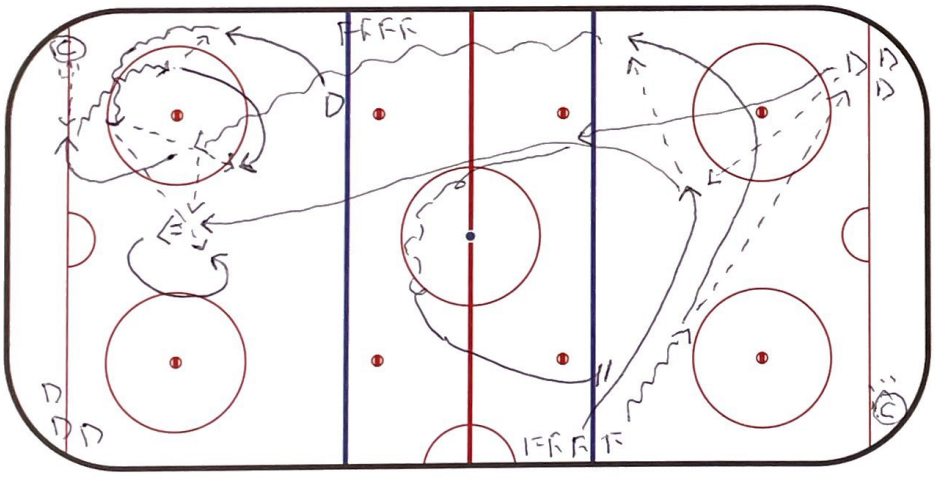
TRAINER: YURI, MARTIN

TRAININGSPLAN



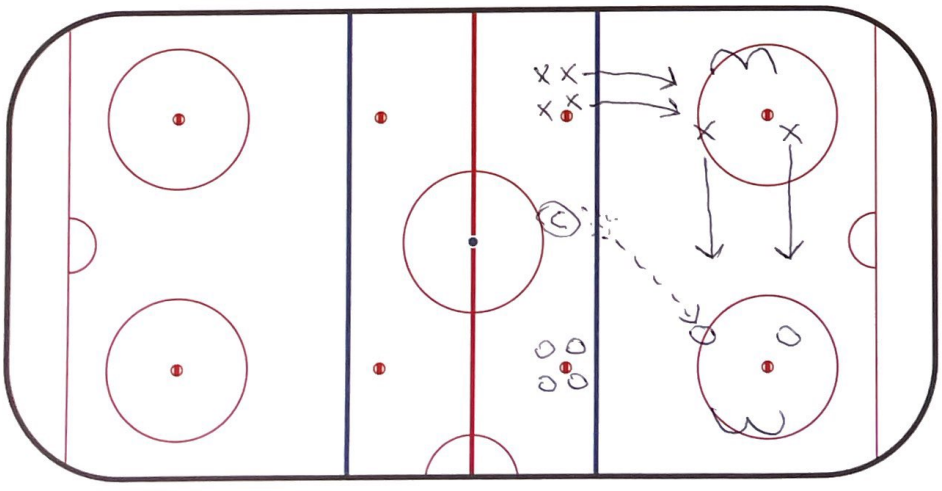
Aufwermen Spiel 2-2 mit PASSen zum eigene GRUPPE.

8min



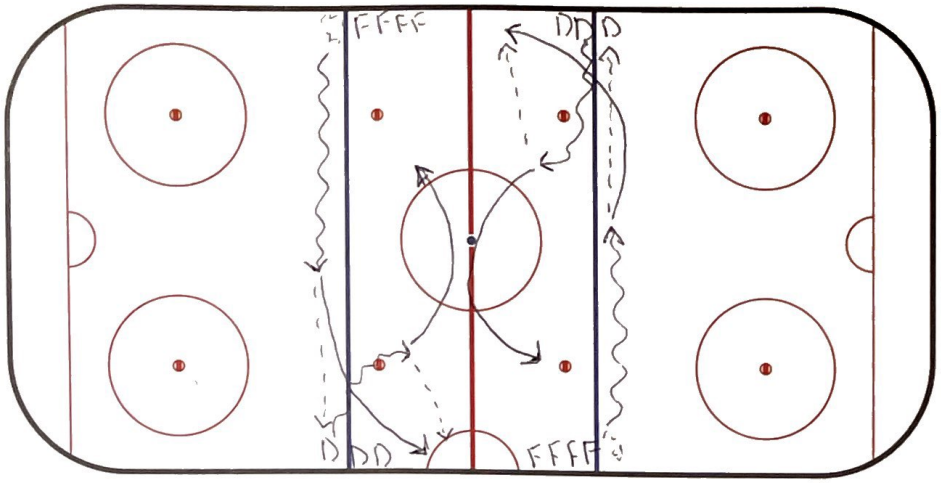
2-0 + D mit doppel PASS -> im ZONE F PASS von TRAINER und KREIZEN mit D.

10min

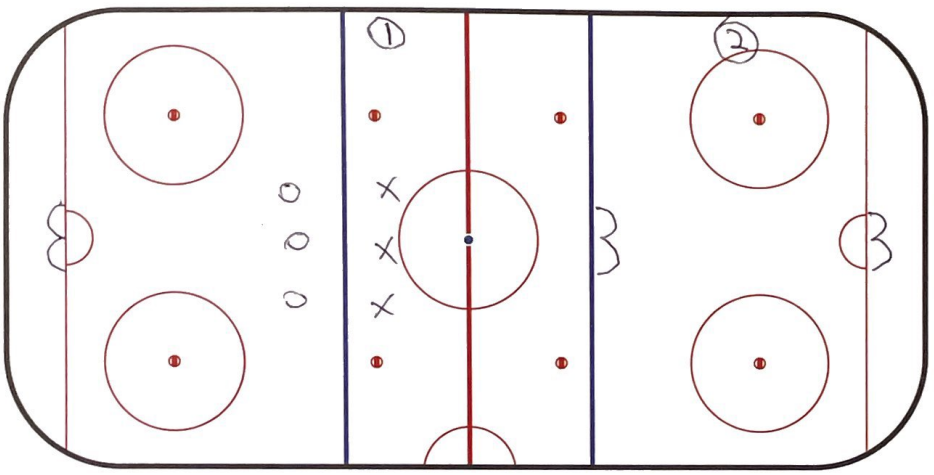


2-2 im zone mit schnell umschalten und zurück ARBeiten

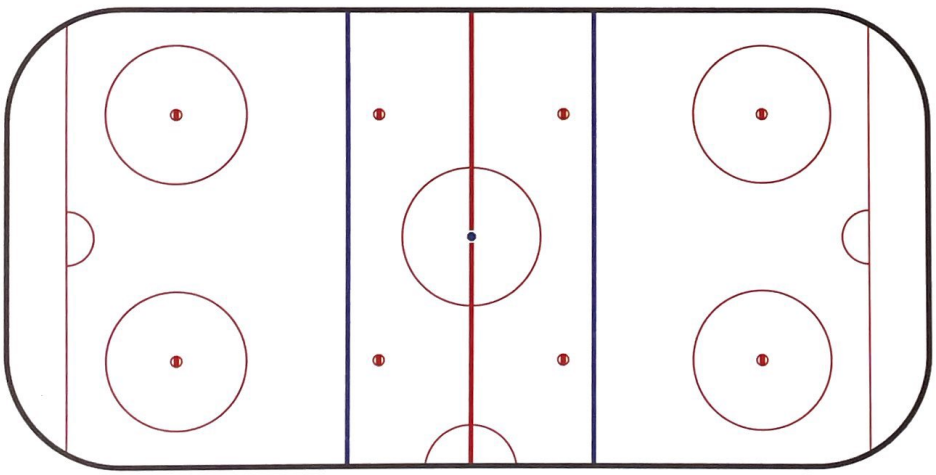
10min

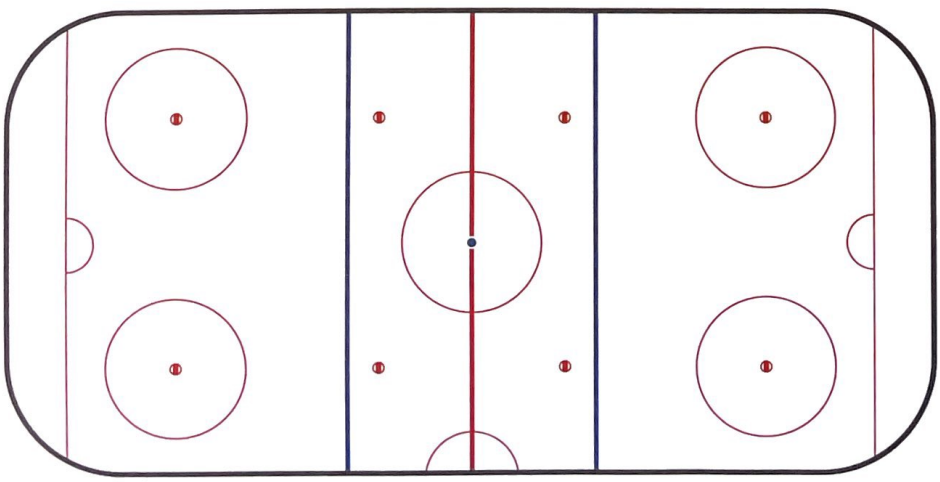


1-1 -> 10min



3-3 -> BLAU - ROT
mit Abseits 10min
3-3 ganze eig -> Tor zählt wen alle hinten gegnerische blau Linie sind 10min



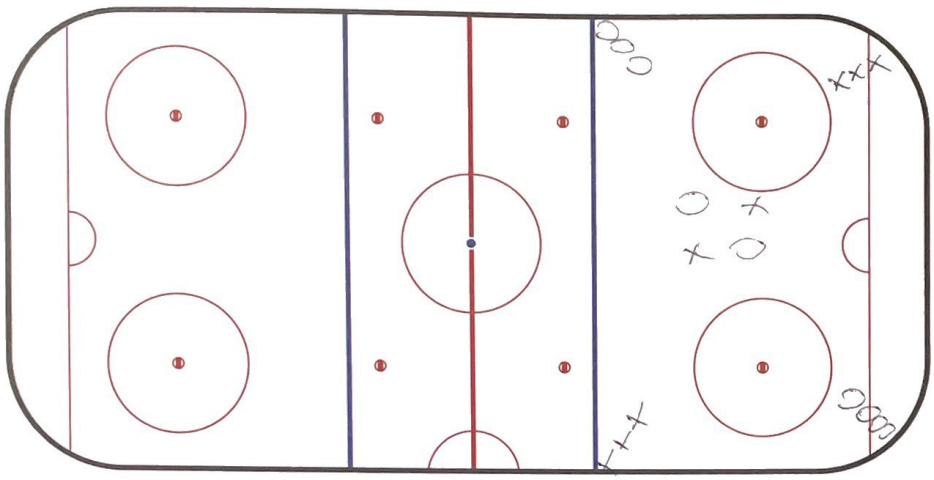


TEAM: U15, 16:40-17:40

DATUM: 18.3.2022.

TRAINER: Yuri

TRAININGSPLAN

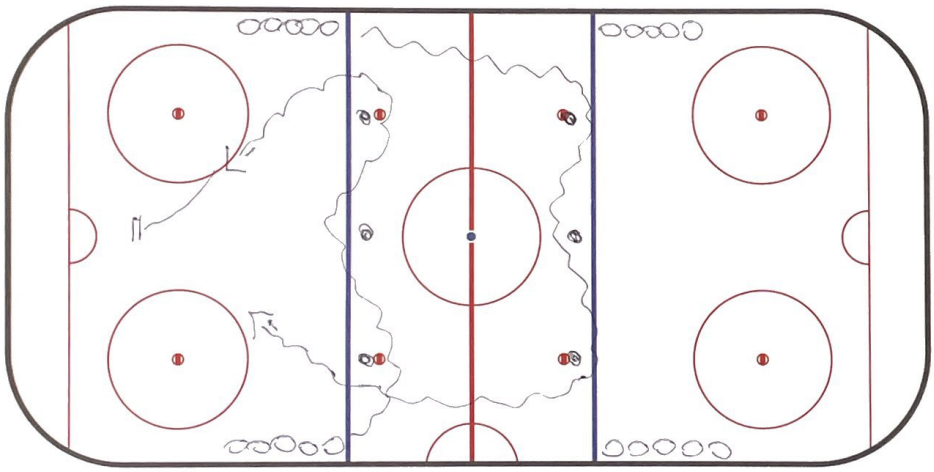


Aufwermen Spiel

2-2 mit 2 diagonale

Joker

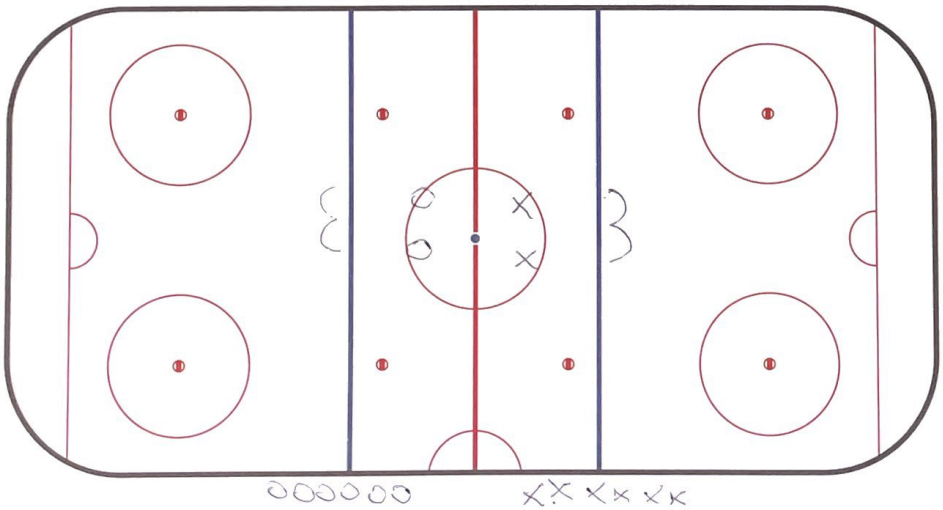
8min



1-0 kurze Seite

Lange seite.

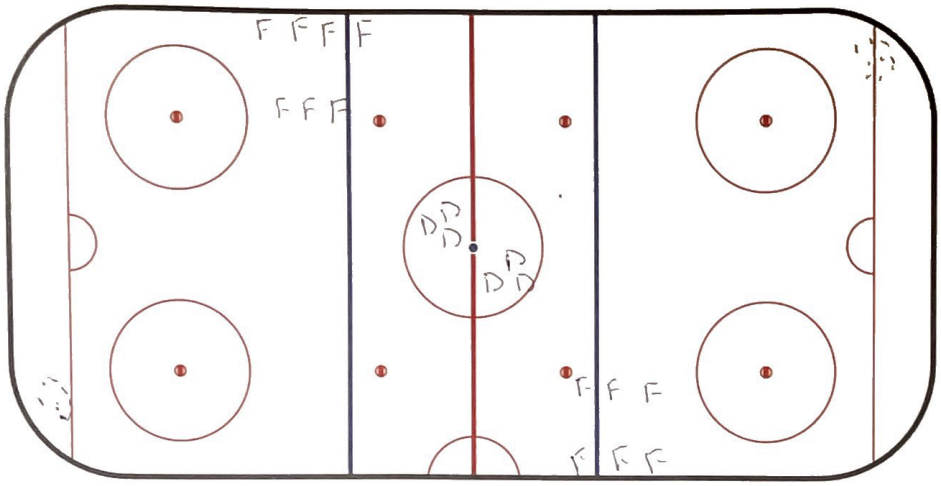
8min



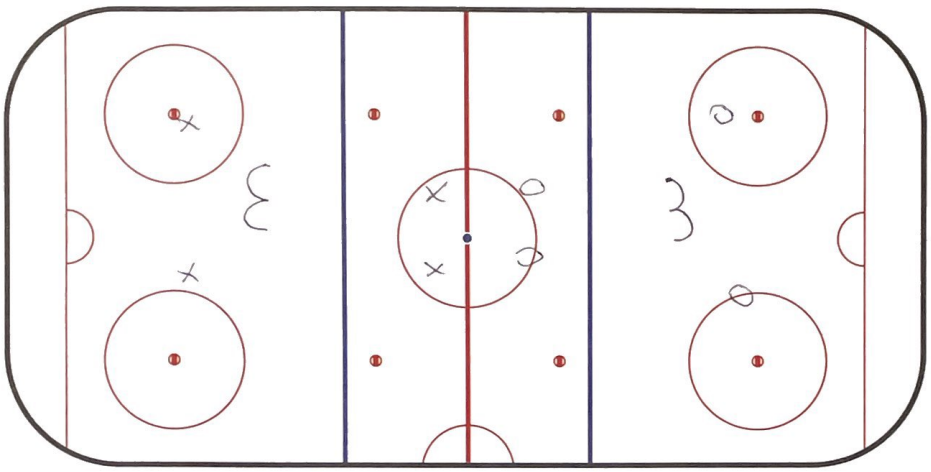
KL Spiel 2-2 ohne

Joker

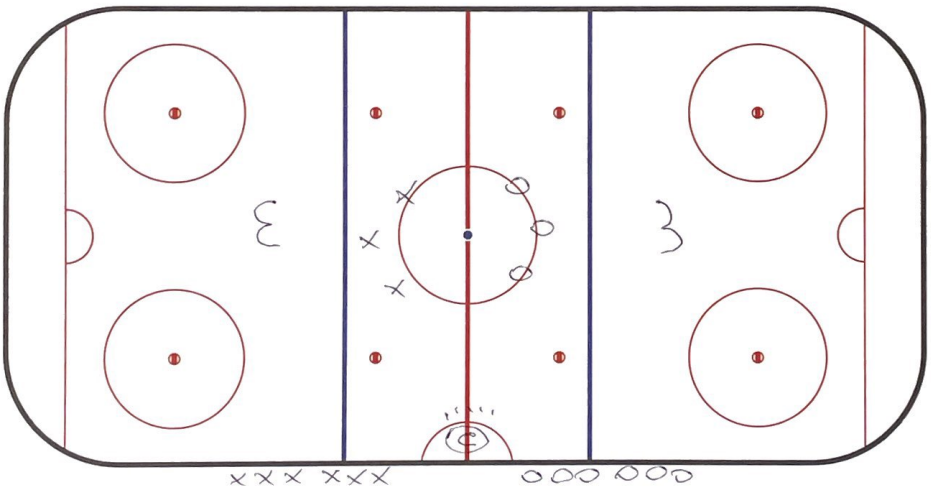
10 min



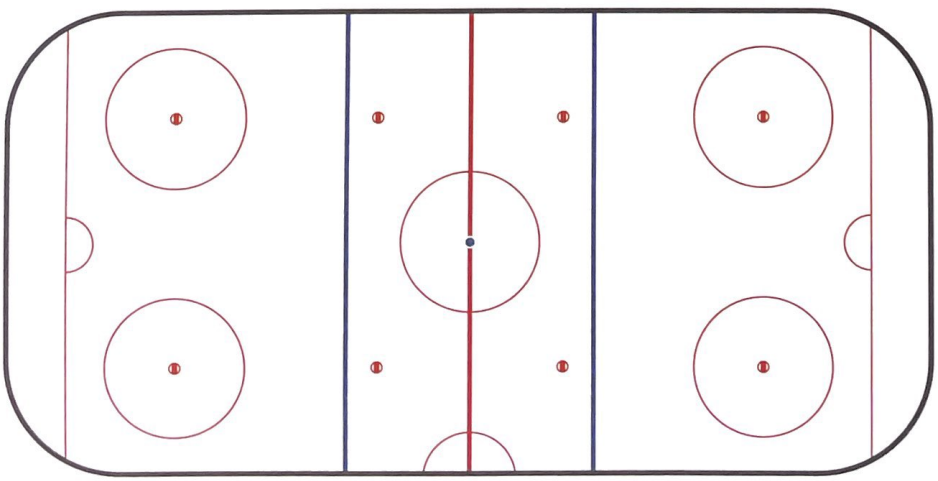
2-1 -> 2mal ->
mitte -> ecke.
10min



Spiel 2-2+2D Hinten
TOR -> 1D nach PASS
geht Rein -> AUTOMATISCH
3-2.
10min



Spiel 3-3 -> 40x30
ohne joker
10min



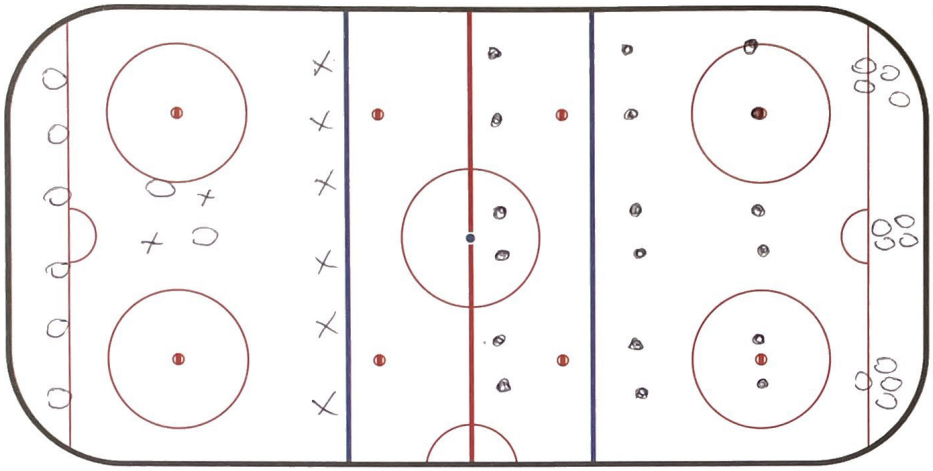
E.H.C. KLOSTERSEE

U13. 15:10-16:10
TEAM: U15. 16:20-17:20

DATUM: 21.3.2022.

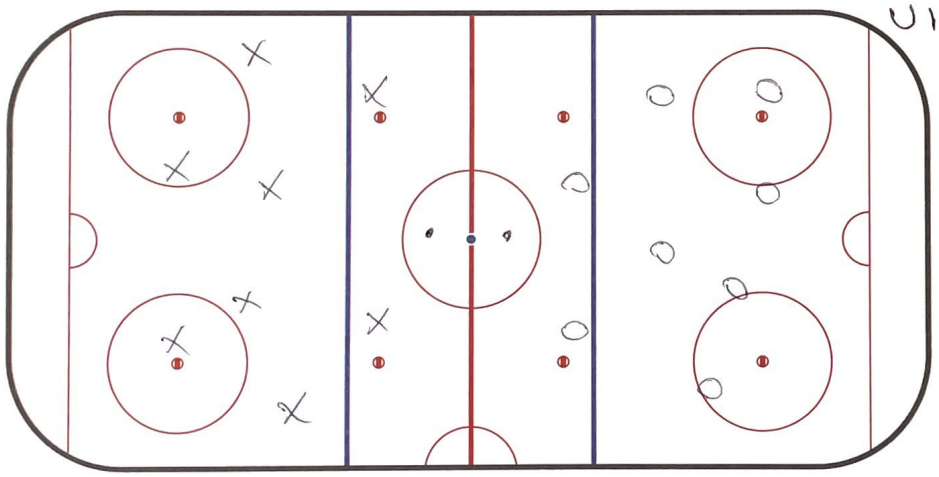
TRAINER: Yuri

TRAININGSPLAN



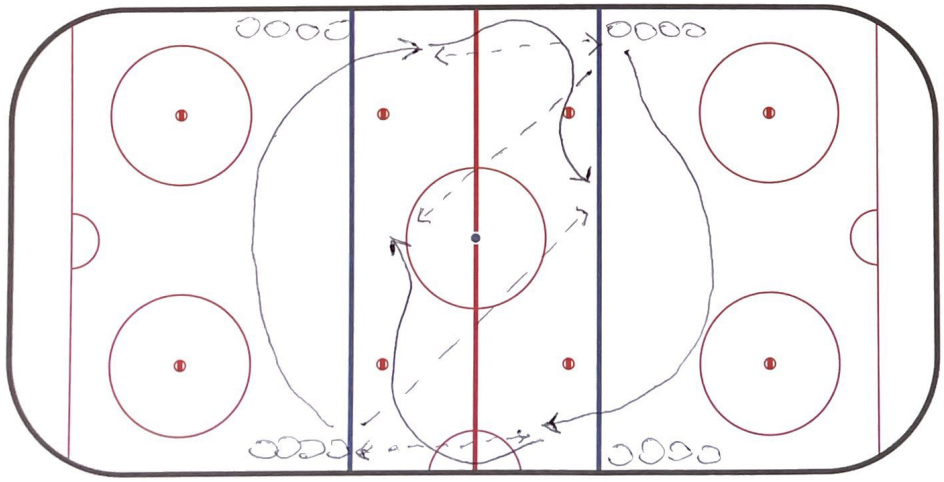
U13

- Aufwermen Spiel 2-2 mit Passen zum eigene Gruppe.
  10min
- Eislaufen übungen
  15min
- Gleiche nur mit Puck
  15min
- Spiel ganze eis 3-3
  15min

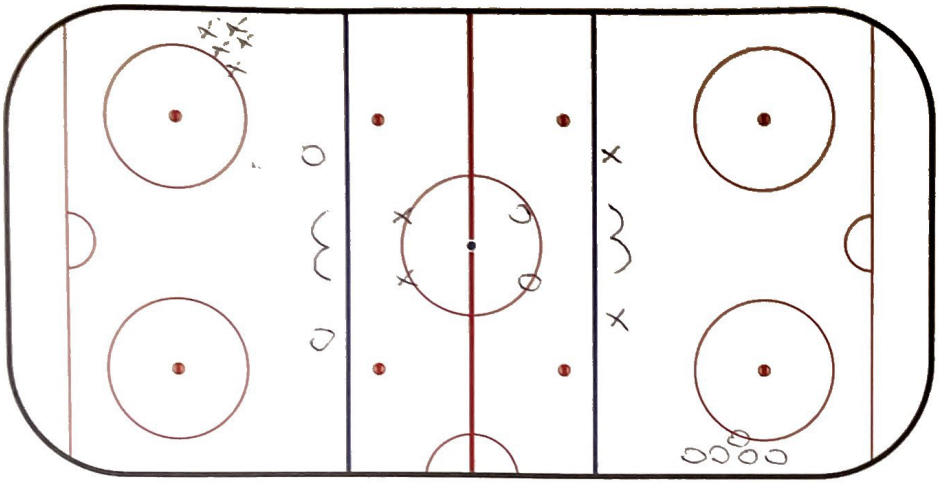


U15

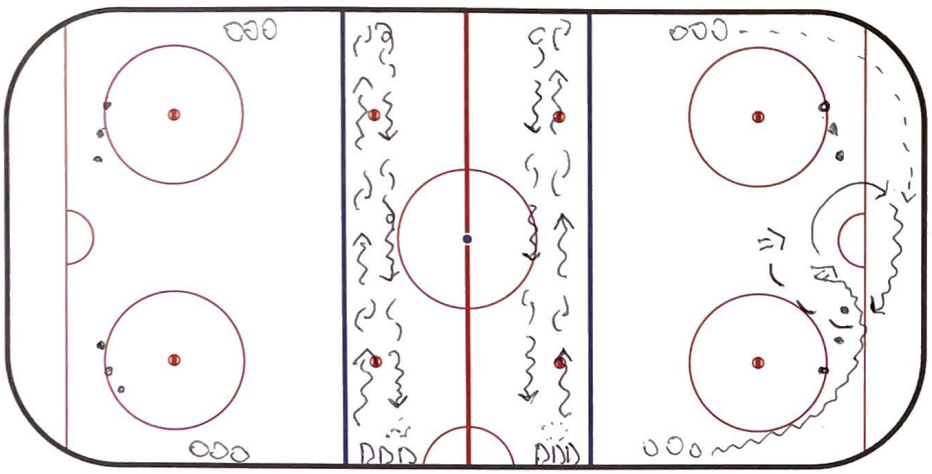
Aufwermen alle gegen alle -> 2 Puck.
10min



1-0 mit doppel pass und anbiten in die mitte
10min

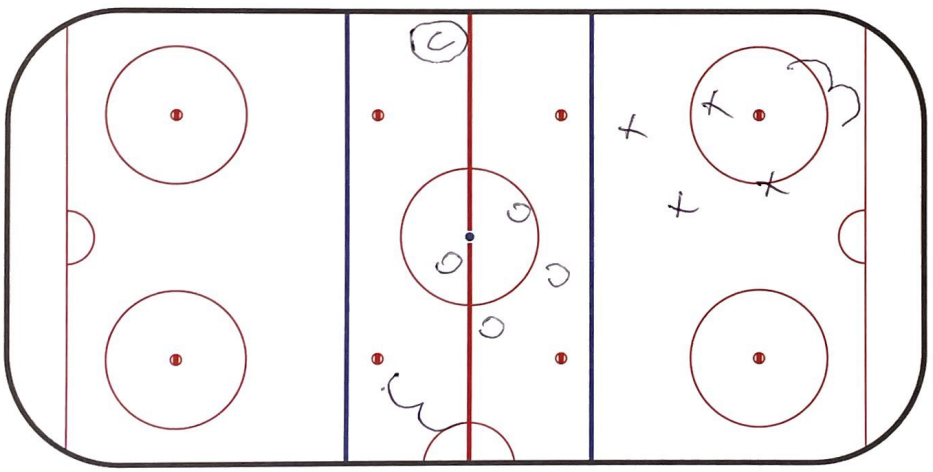


Spiel 2-2 mit
2 offensive Joker,
10 min

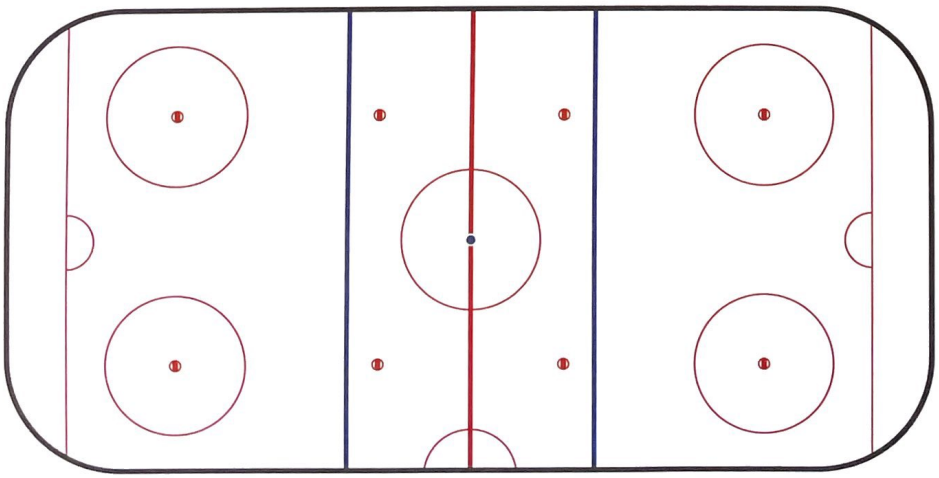


F - im zwei Zonen
10 min

D - mitte zone
10 min



Spiel 4-4 +(C)
10 min

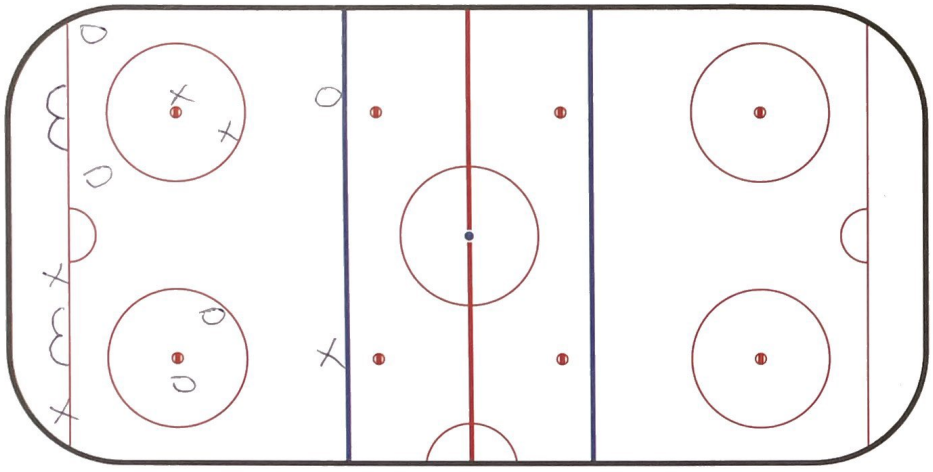


TEAM: U15, 16:40-17:40

DATUM: 24.3.2022.

TRAINER: YURI, MARTIN.

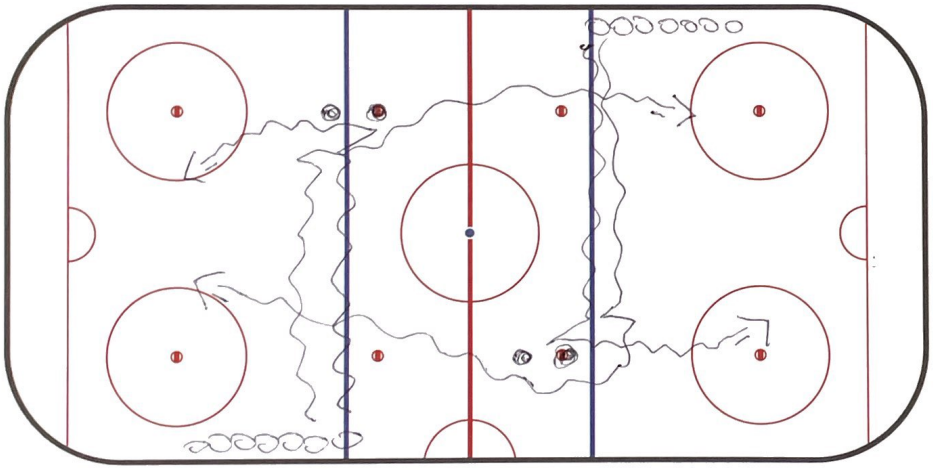
TRAININGSPLAN



Aufwermen spiel

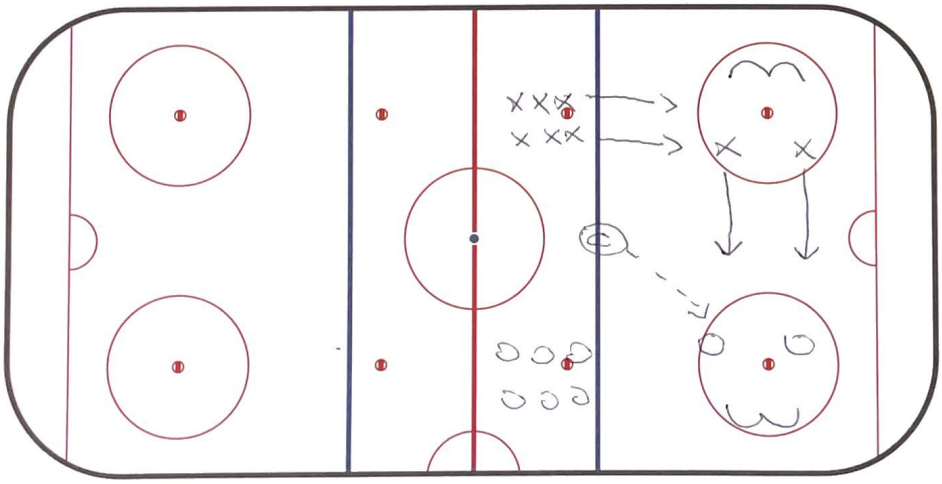
3-2 -> 3-2.

8min



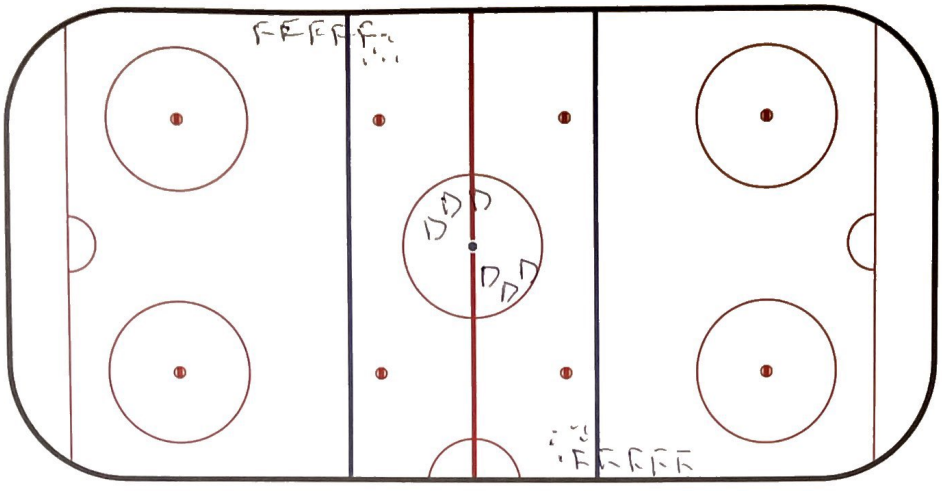
1-0 -> 2 schüsse

10min



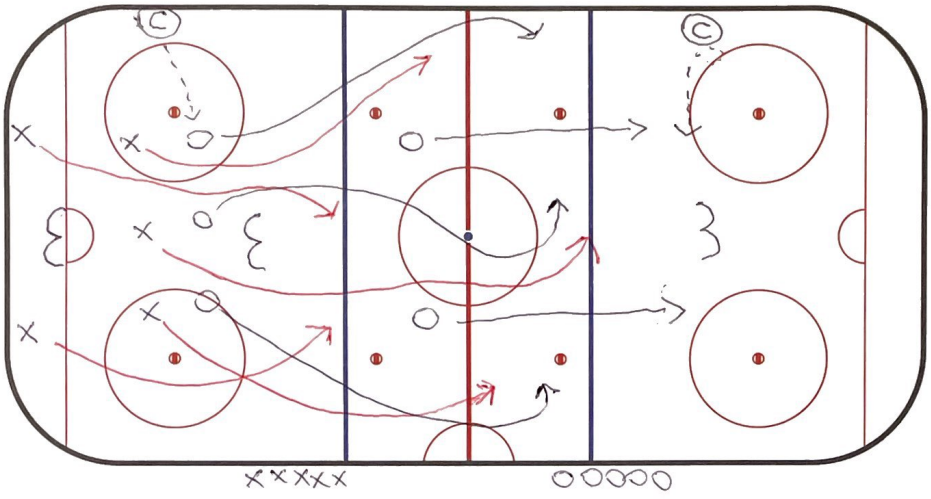
2-0 -> 2-2 mit zurück arbeiten

10min.



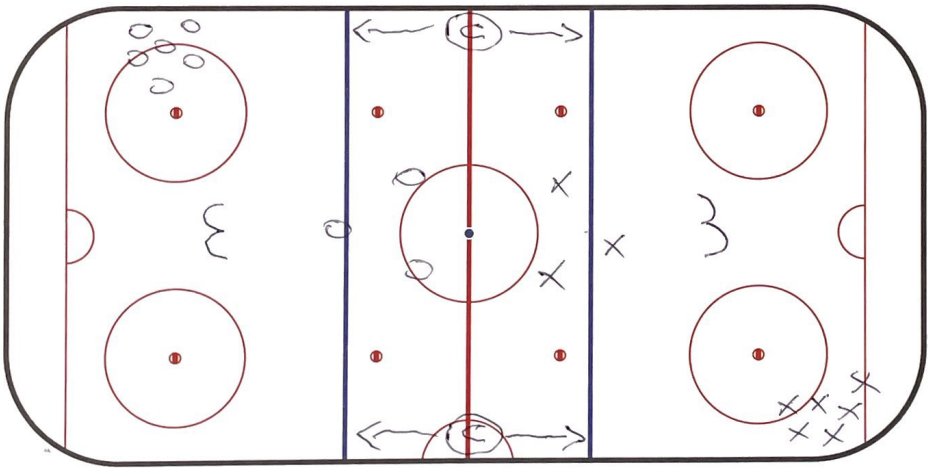
2-0+D → Hinten for Nutzen → D mit Timing für Schuss

10 min



Spiel 3-3 Auf kleine Platz → schelle um-schalten und spiel 5-5 → 40x30

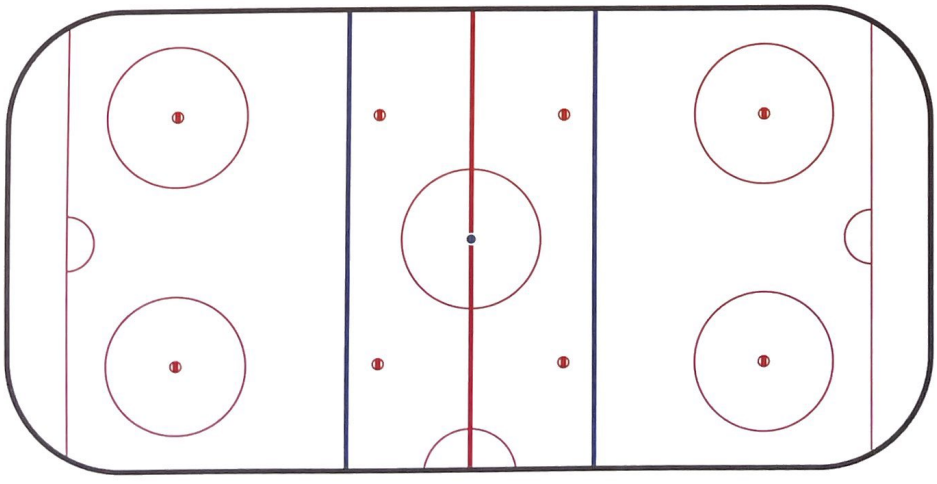
10 min



Spiel 3-3 → 40-30

(TR) Joker für beide Team.

10 min

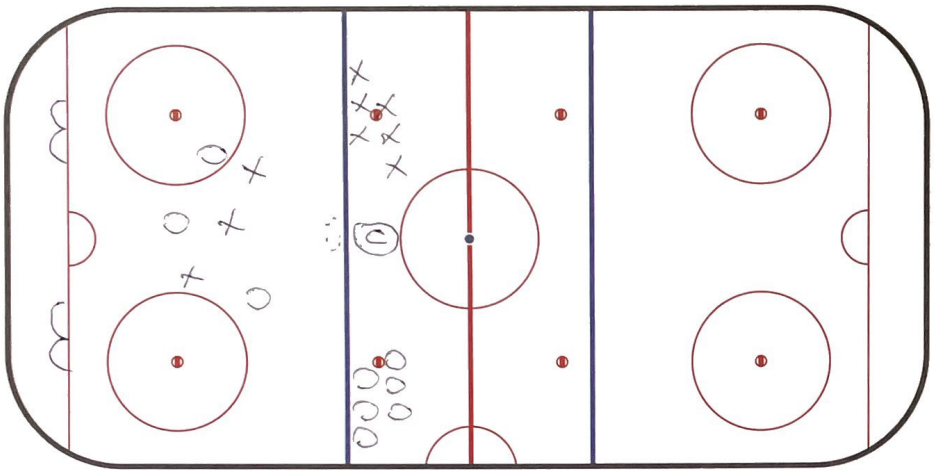


TEAM: U15, 16:40-17:40

DATUM: 25.3.2022.

TRAINER: Yuri.

TRAININGSPLAN

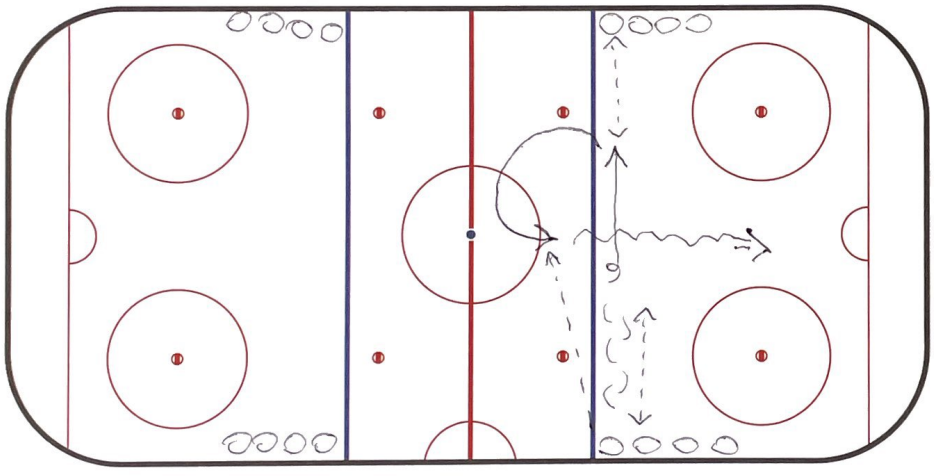


Aufwermen Spiel

3-3 -> TORE ZÄHLEN

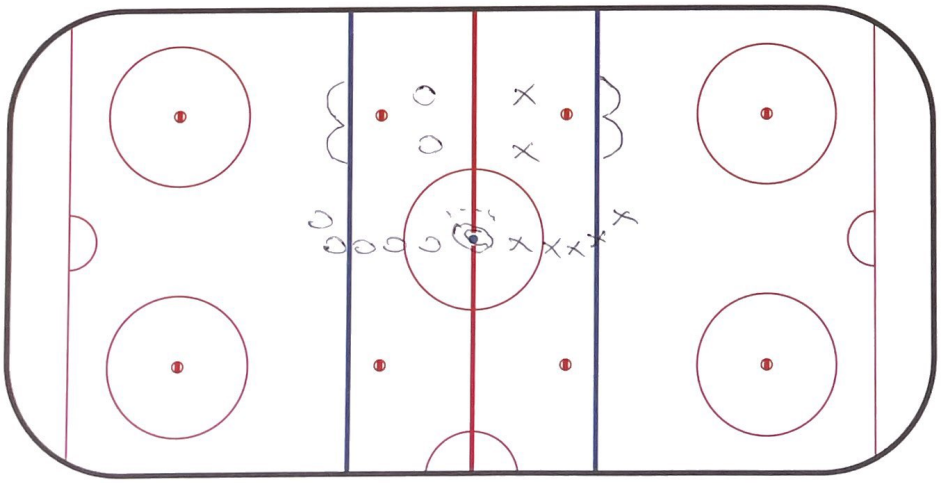
im beide TOR.

10min



1-0 -> 2 doppel PASS.

8min

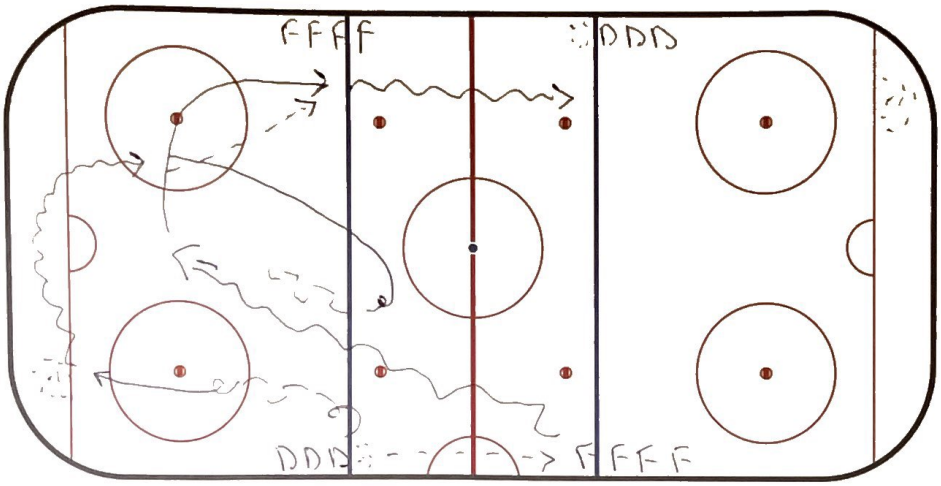


2-2 kleine PLATZ

10min

oder

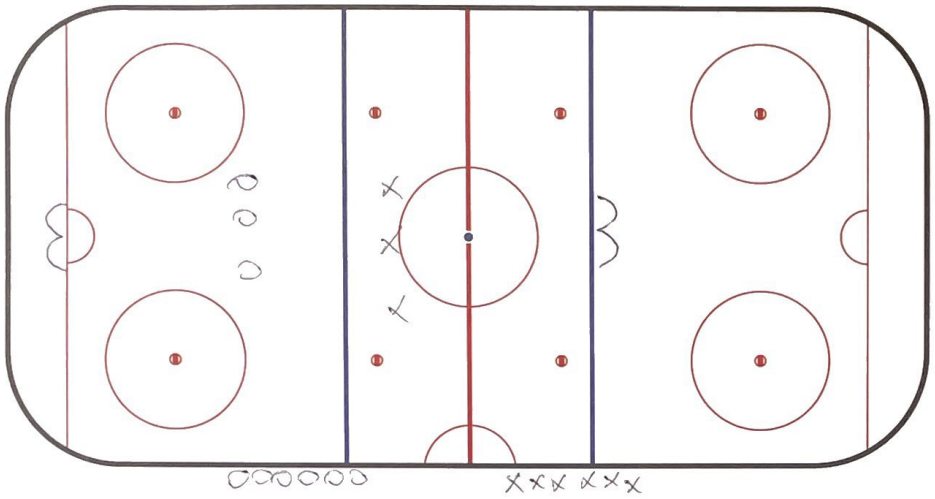
2-2 MITTE?



1-1 mit Aufbau

Teiming.

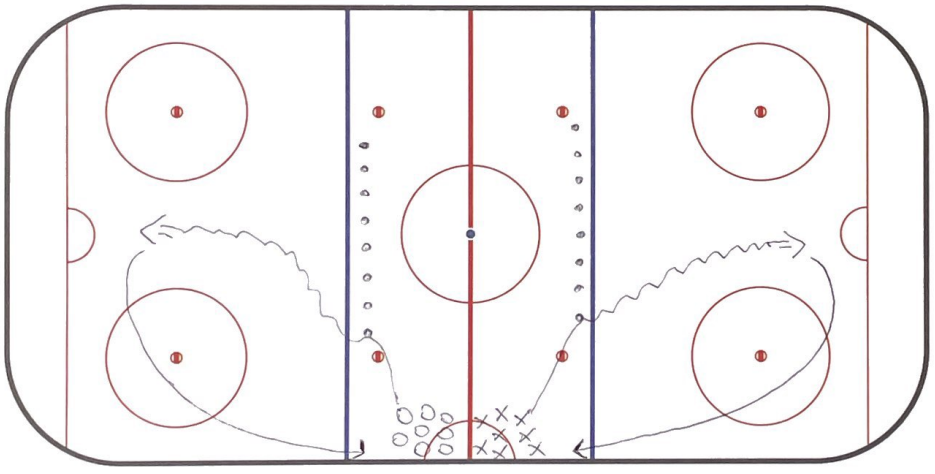
10min



Spiel 3-3 mit

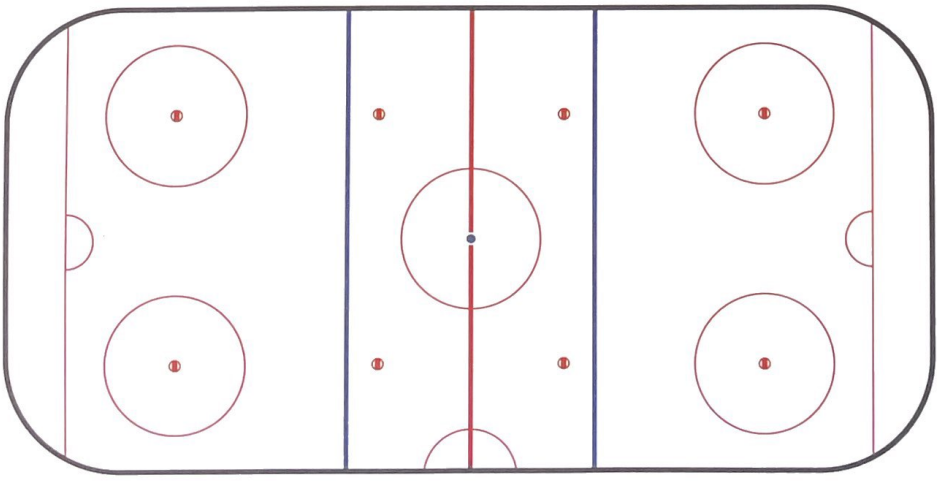
1 Blau als Abseits.

10min



Penalty

10min



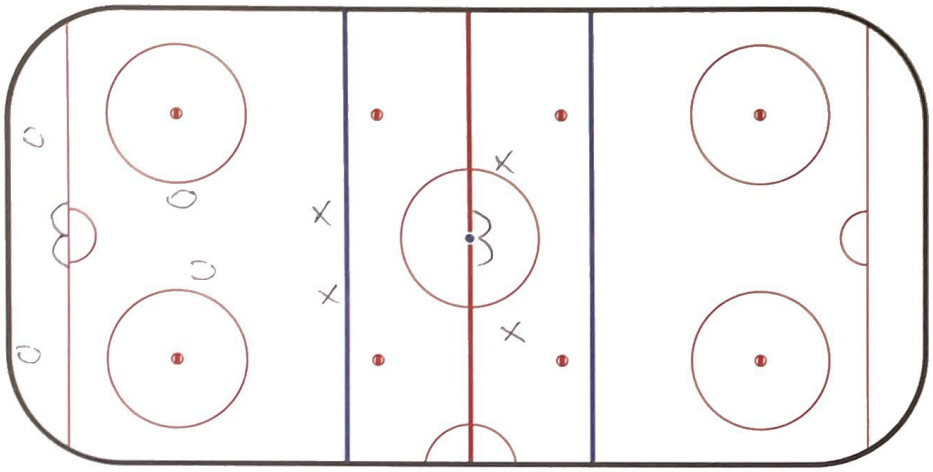
TEAM: U13 -> 15:10-16:10
U15 -> 16:20-17:20

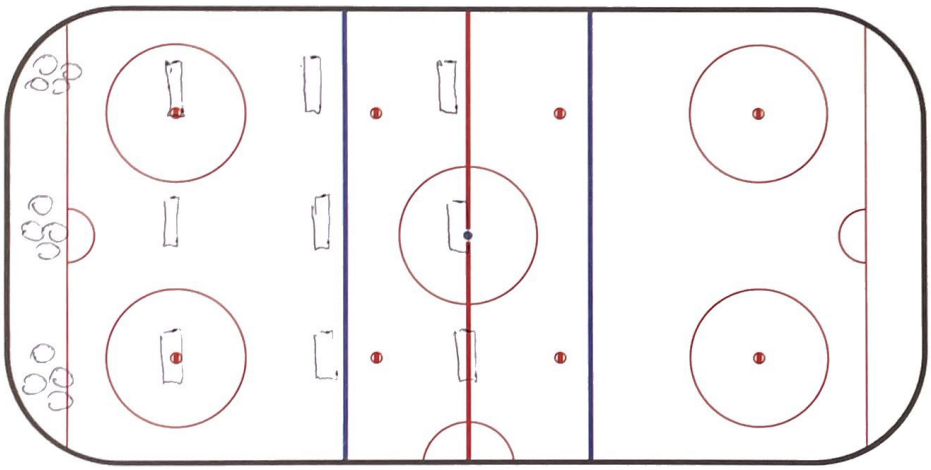
DATUM: 28.3.2022.

TRAINER: Yuri, Marek?

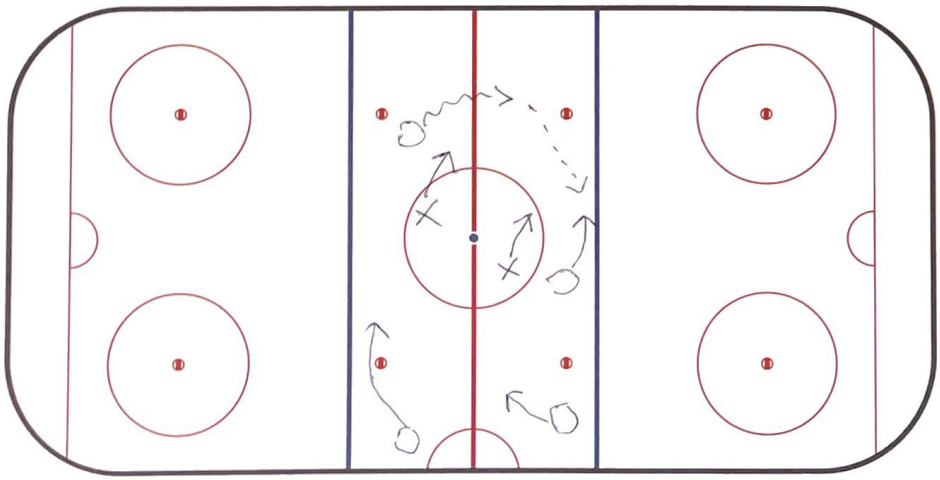
TRAININGSPLAN

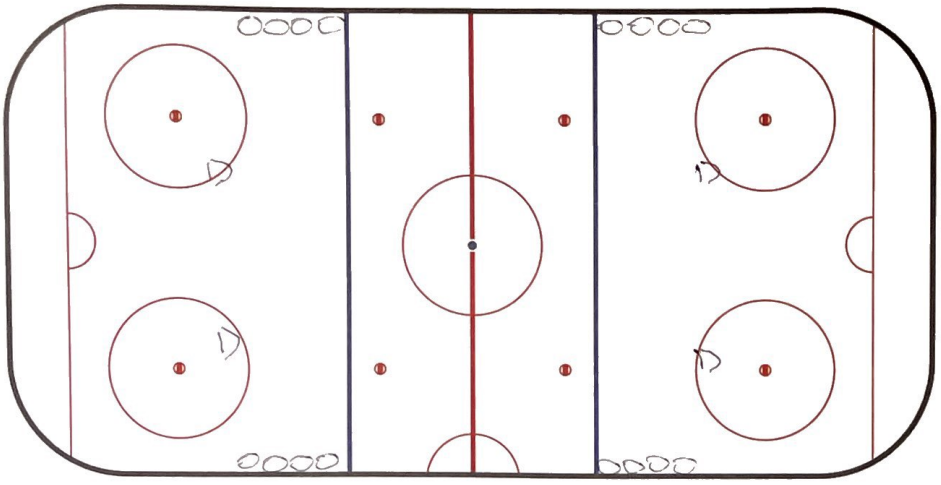
U13 Aufwermen spiel 2-2 +
2D -> einer geht rein
automatisch 3-3.
10min
- Eislaufen über
polster 15min
- Gleich über polster
nur mit puck. 15min
- Spiel 3-3 mit eine
blau linie als abseits.
15min.





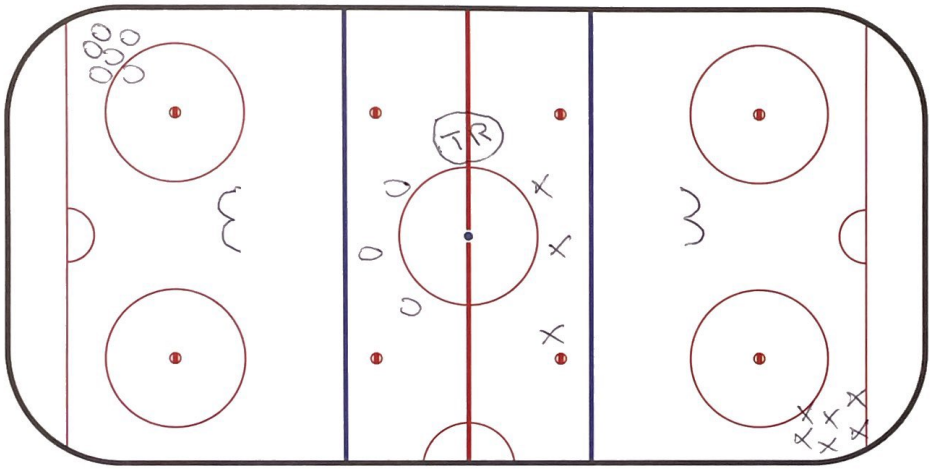
U15 Aufwermen spiel
4-2 mitte zone
10min





1-0 mit 2D pass.

10min

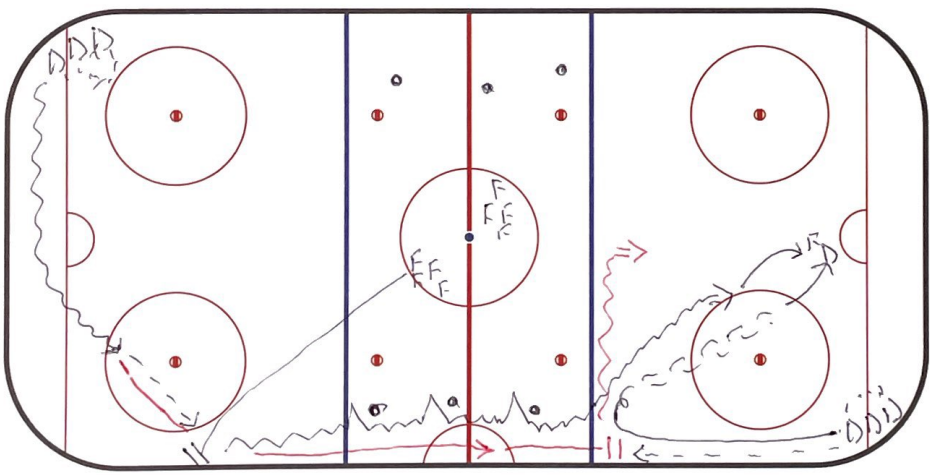


Spiel 40x30 ->

3-3 -> TR spielt

für Team mit Puck

10min



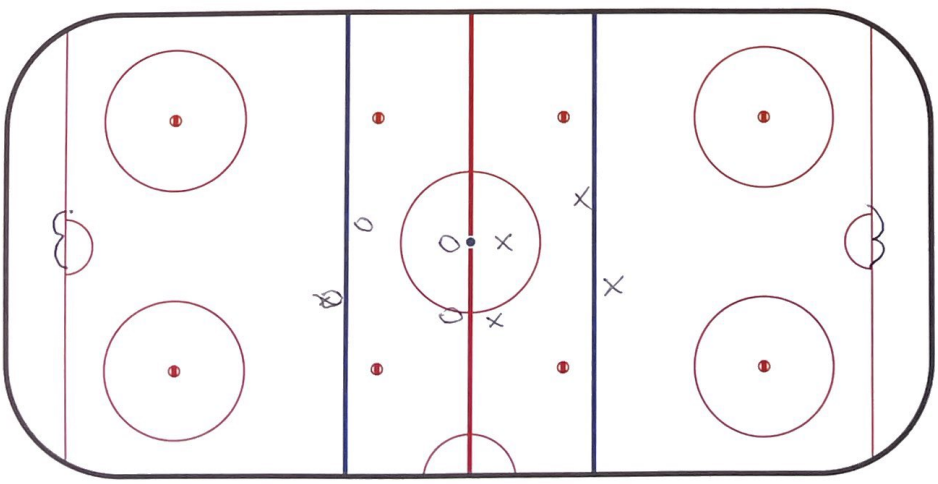
1-1 mit Aufbau bei mittl

bande und Arbeit vor

Tor 1-1 nach schuss

von D.

12min



Spiel 4-4 ganze

eis 10min

+

Penalty

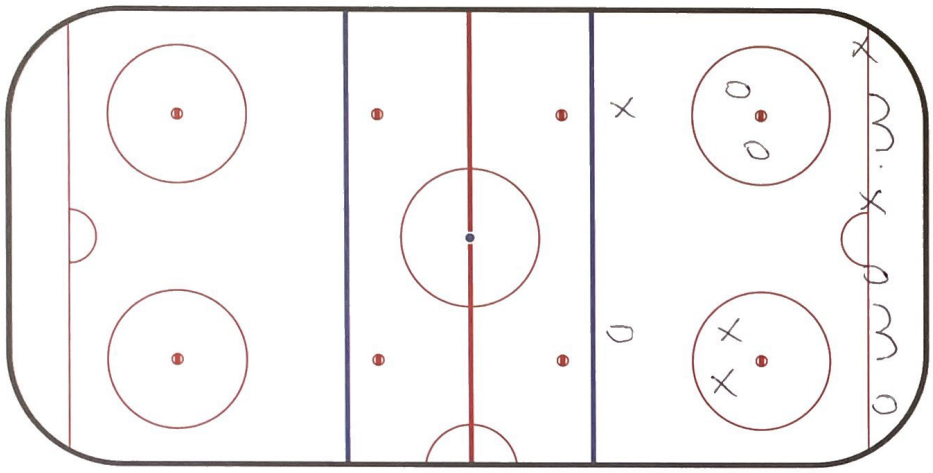
8min

TEAM: U15, 16:40-17:40

DATUM: 31.3.2022

TRAINER: Yuri, Martin.

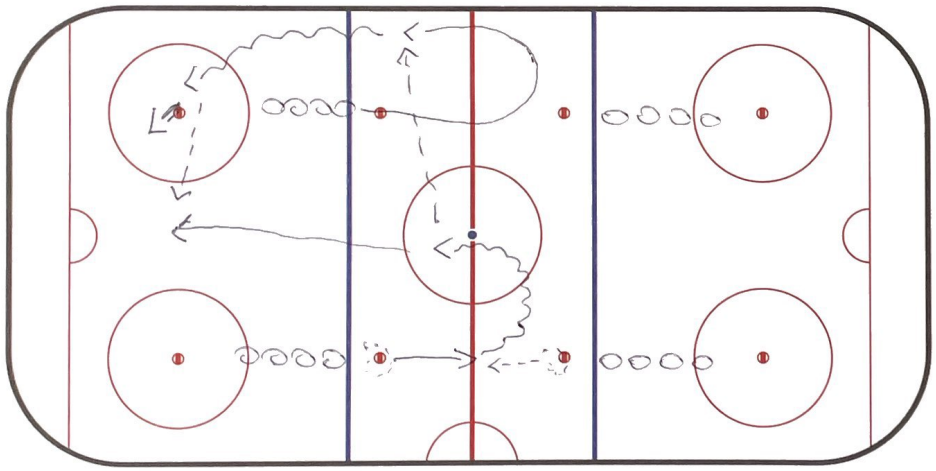
TRAININGSPLAN



Aufwermen Spiel

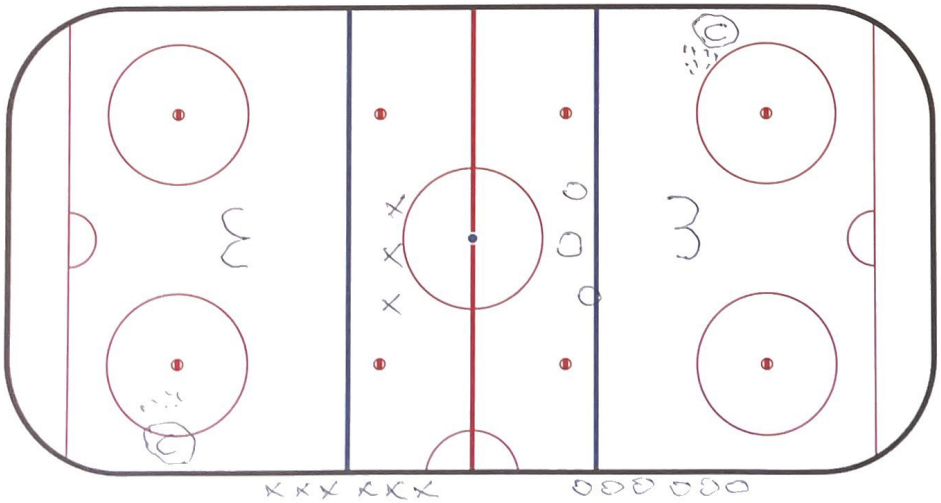
3-2 → 3-2.

10 min



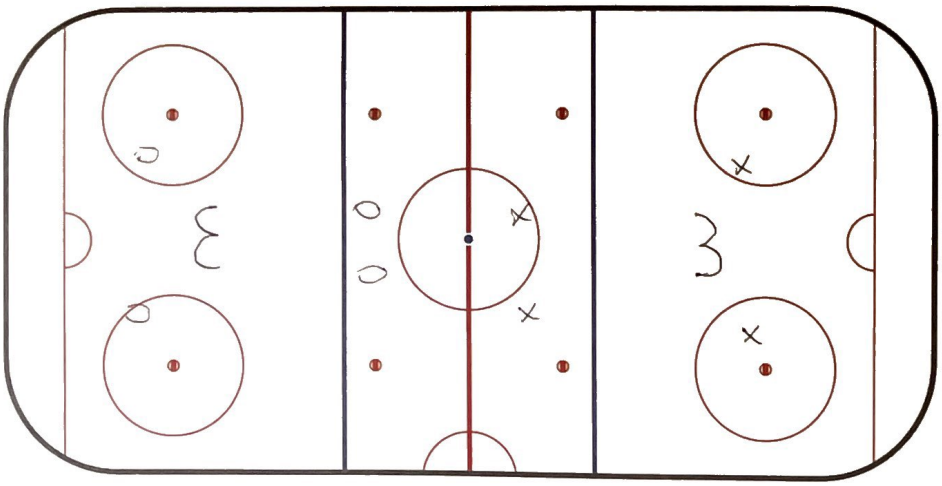
2-0 CKA → PASS nach Aussen

10min

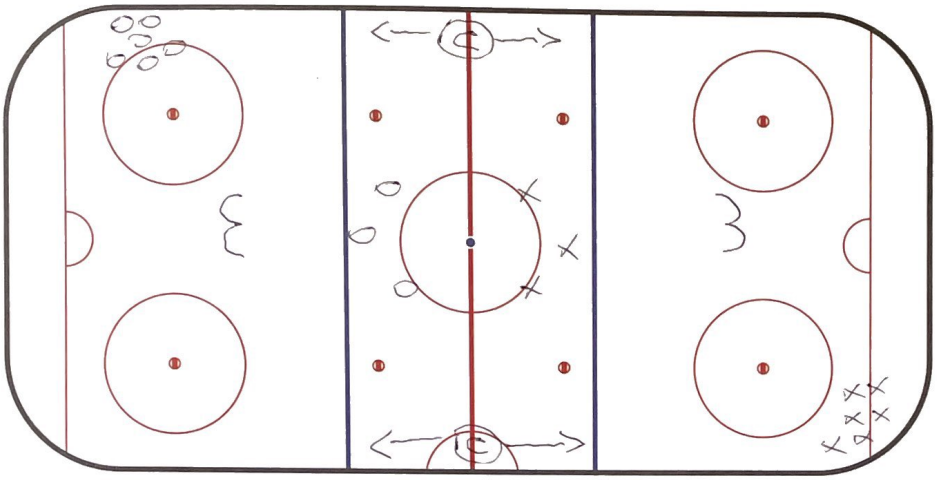


Spiel 3-3 → 2 chancen

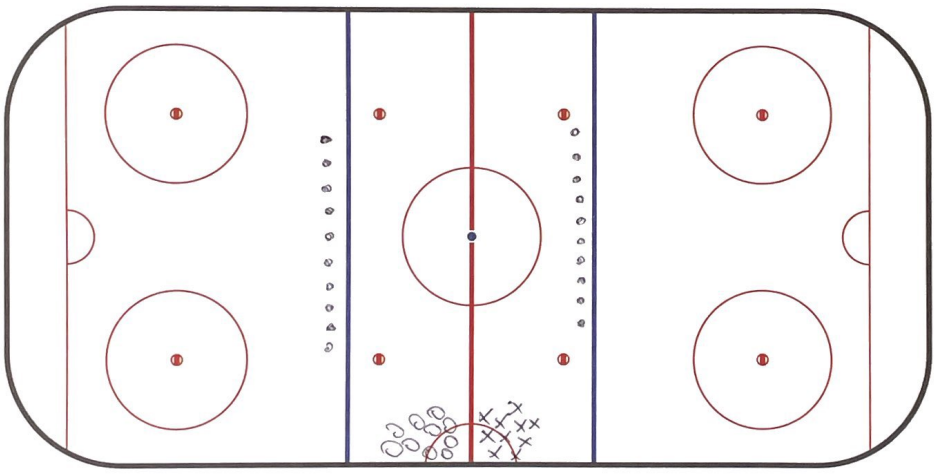
10 min



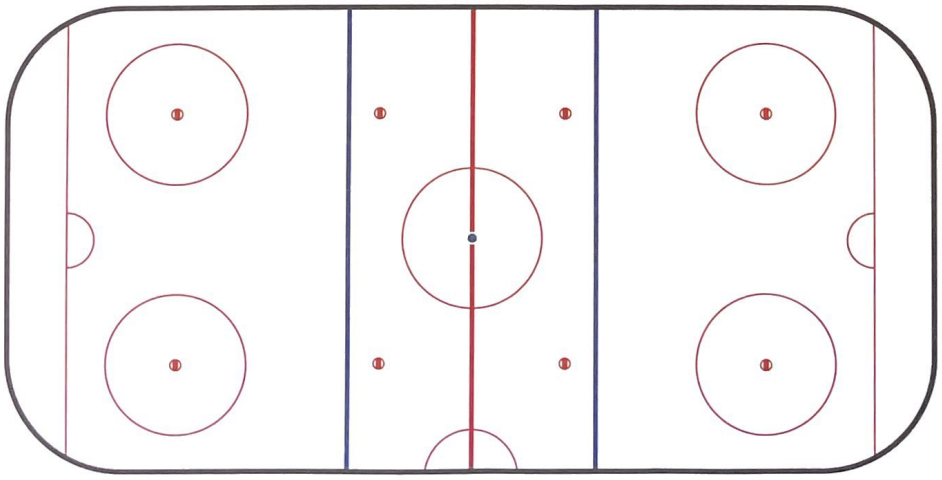
Spiel 2-2+2D →
D-nach Pass geht
rein automatisch
3-2
10 min



Spiel 40x30 →
3-3 + 2 TR Joker.
12 min



Penalty
8 min

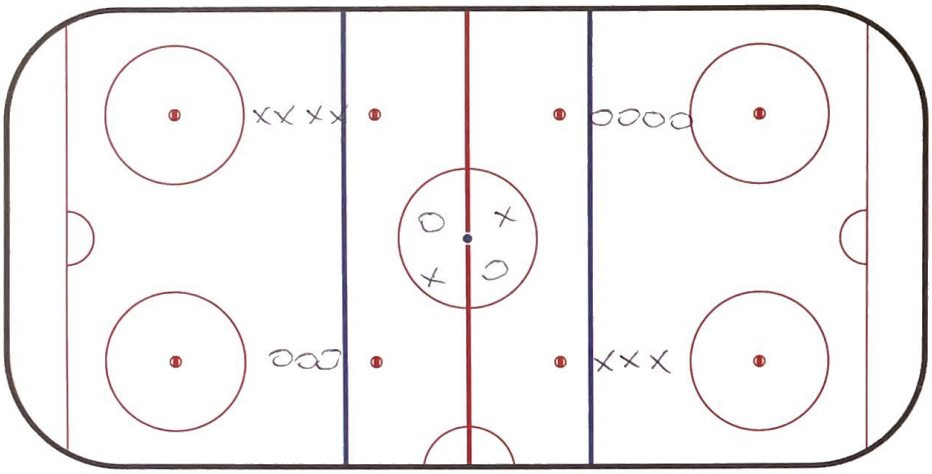


TEAM: U15, 16:40 - 17:40

DATUM: 1.4.2022.

TRAINER: Yuri

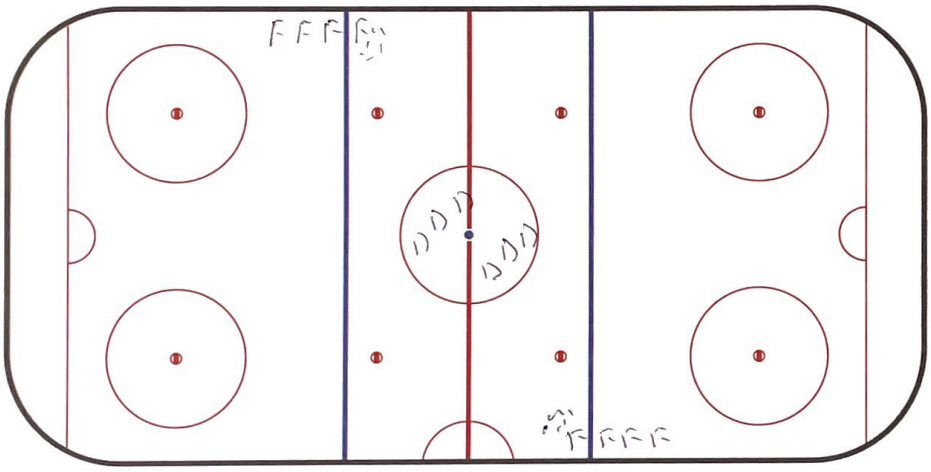
TRAININGSPLAN



Aufwermen Spiel

2-2 mit 2 Joker,

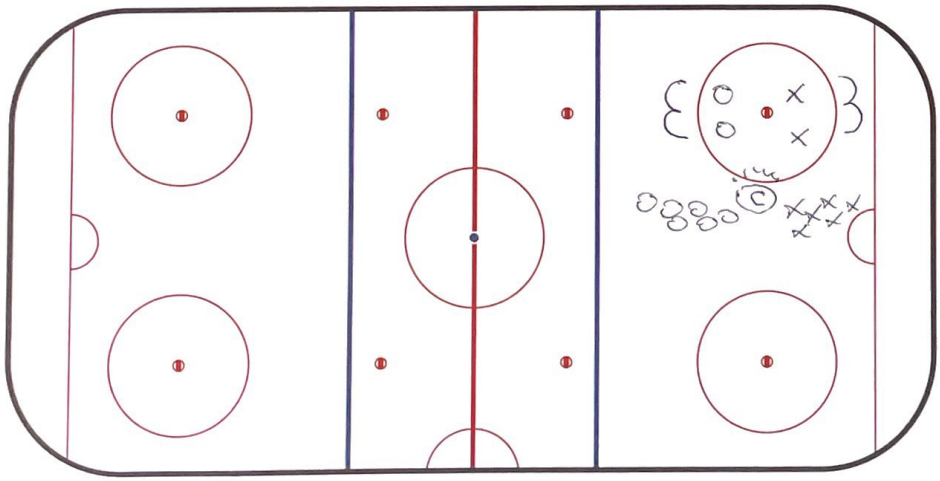
10 min



2 - O + D -> D geht

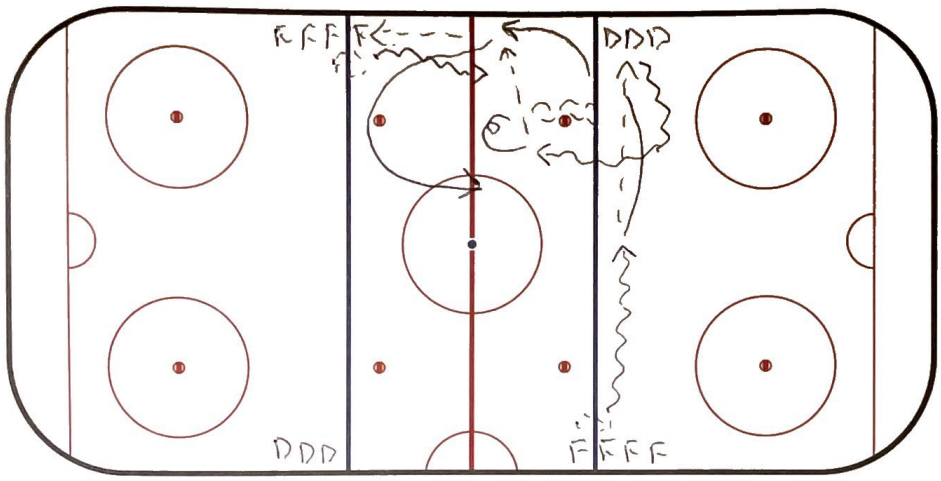
mit 3 eckmutzen

10 min



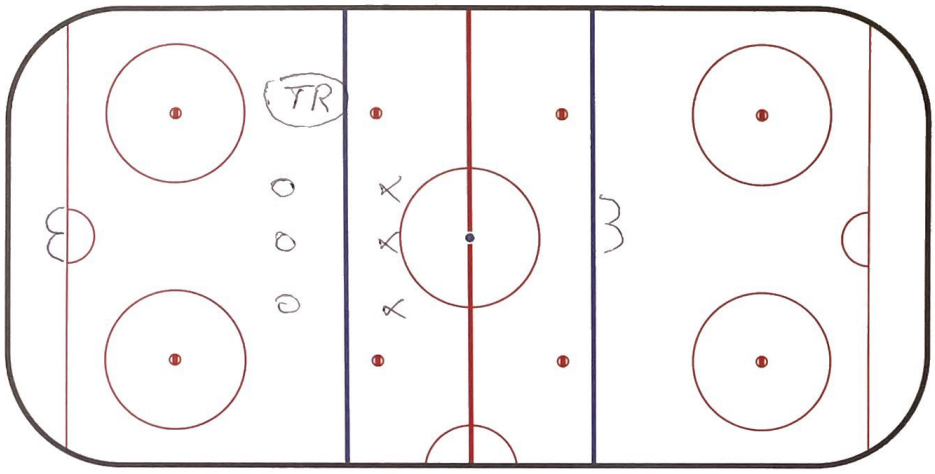
Spiel 2-2 kl. Platz

10 min



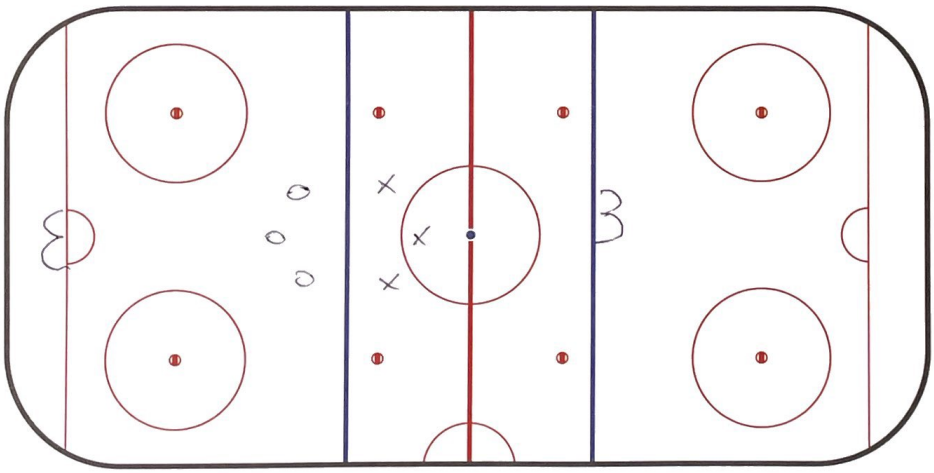
2-1 mit Abschalten aus mitte.

10 min



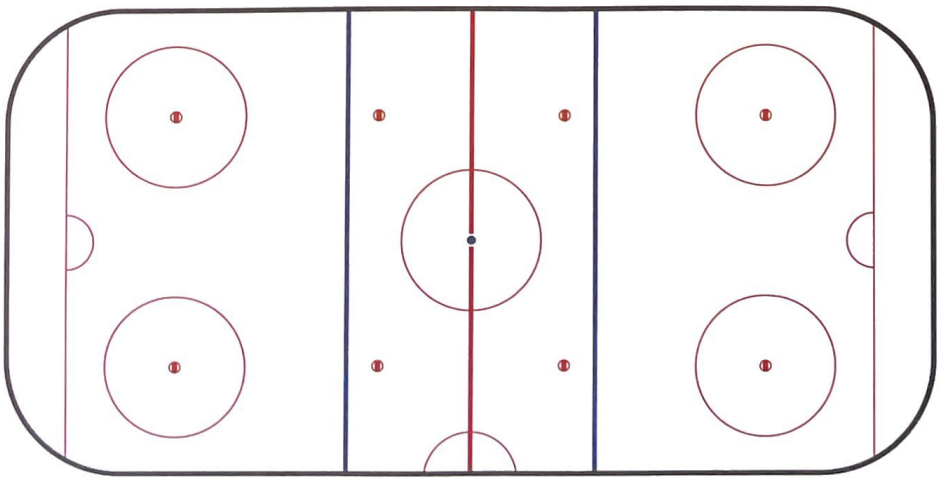
Spiel 3-3 -> 2 blau bis Tor Linie -> mittere blau abseits -> TR. spielt für Team mit Puck.

10 min



Spiel 3-3 -> mittere blau abseits.

10 min

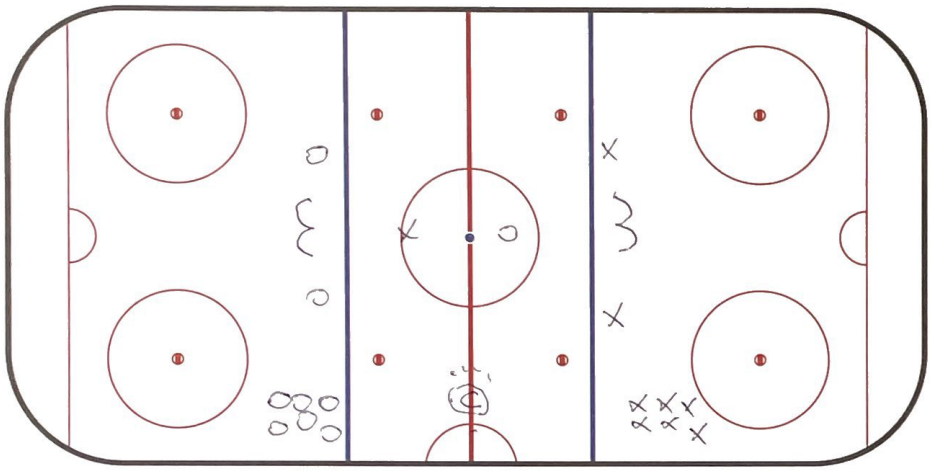


TEAM: U15, 16:40-17:40

DATUM: 7.4.2022.

TRAINER: YURI, MARTIN

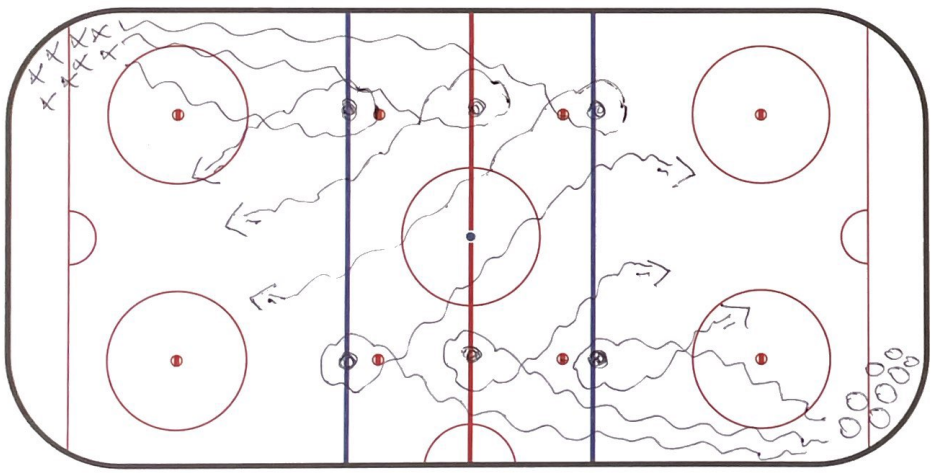
TRAININGSPLAN



Aufwermen Spiel

3-1 -> 3-1.

10 min

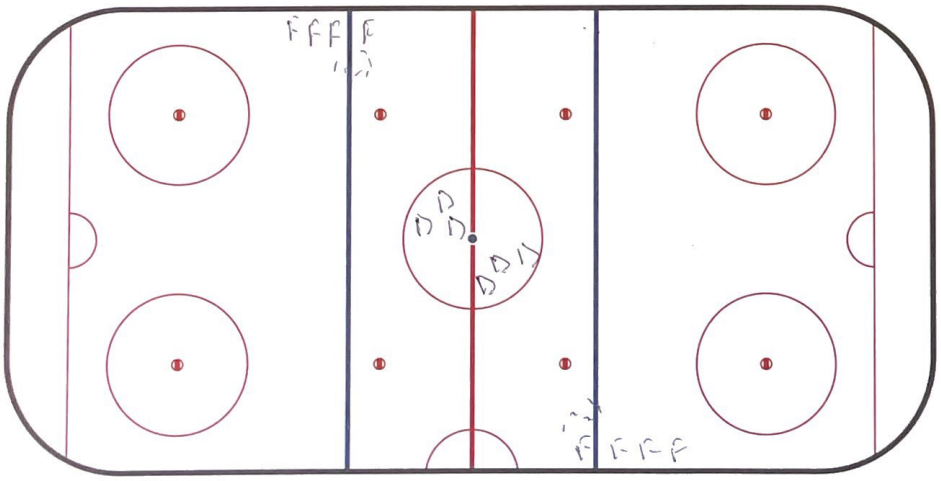


Schüss übung

zu 3 -> schüsse

von L-M-R.

6 min



2-0+D

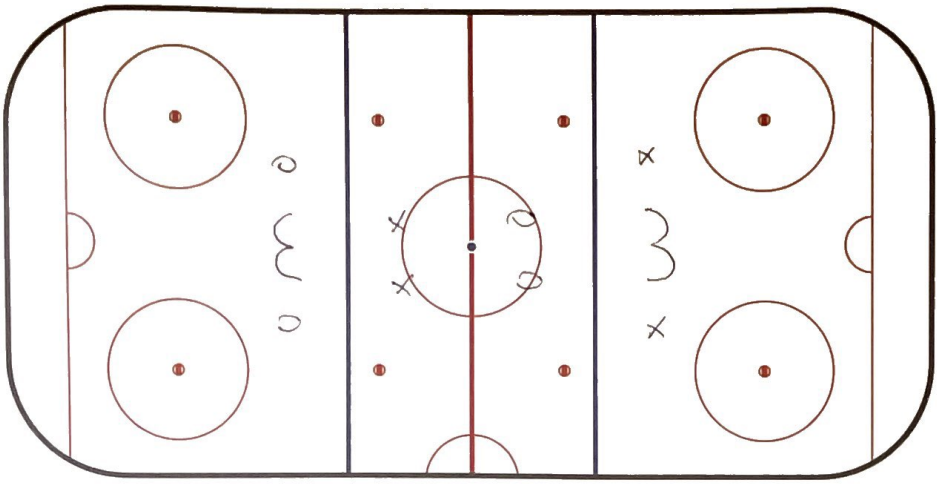
A) kreuzen

B) Spiel hinten tor

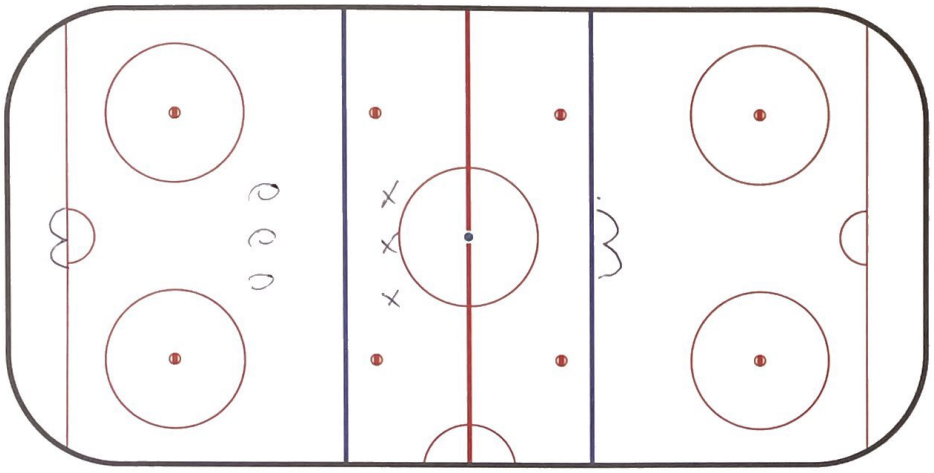
Verteidiger nutzen

bei attake.

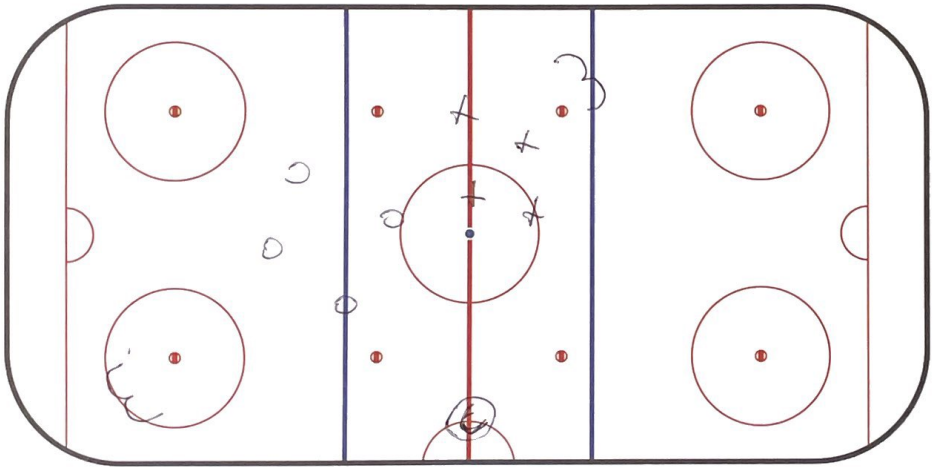
10 min



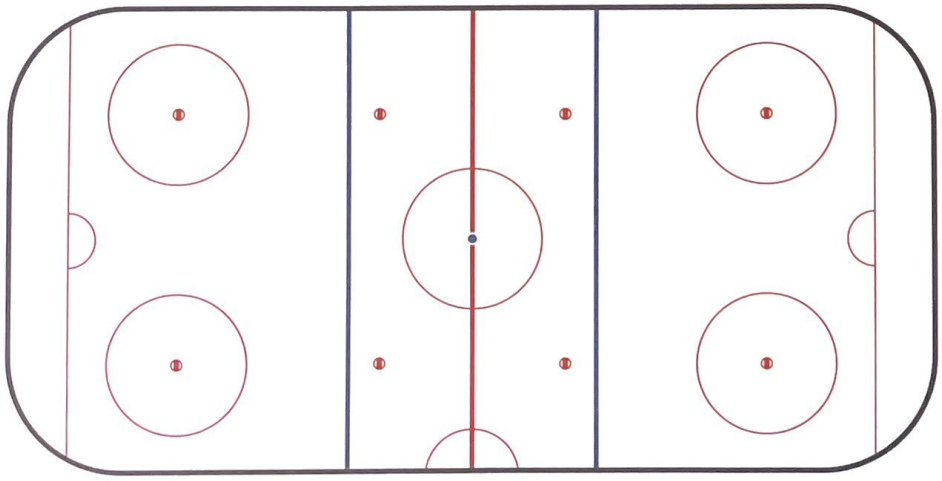
Spiel 2-2 mit
2 Joker bei TOR Linie
10 min



Spiel 3-3 blau
Abseit
10 min



Spiel 4-4 diagonal
TR als Joker.
10 min



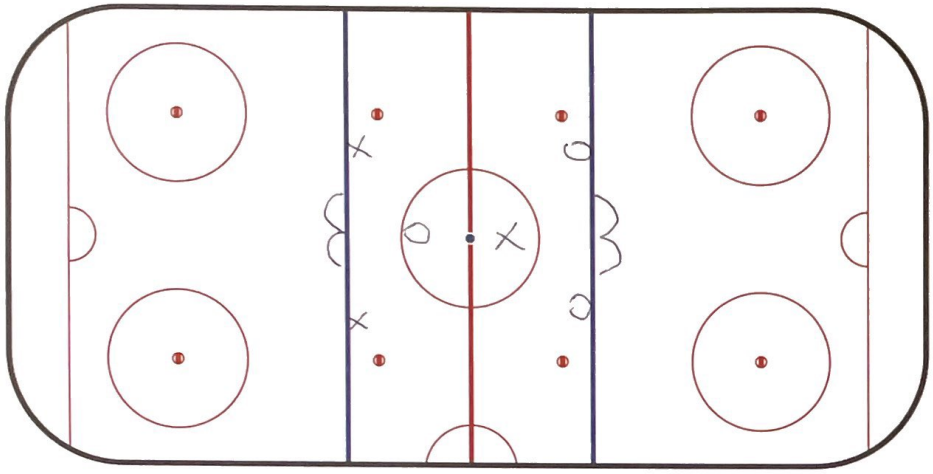
TEAM: U15. 16:50-17:50

DATUM: 8.4.2022.

TRAINER: Yuri

Spiel Training.

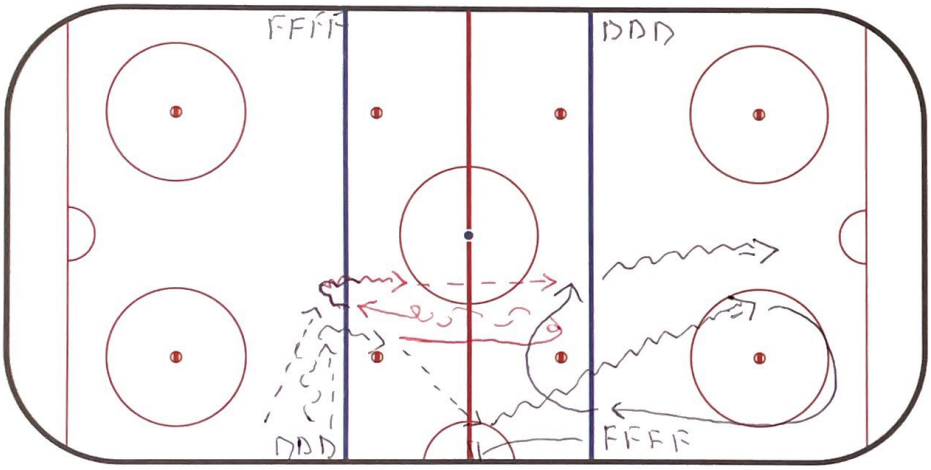
TRAININGSPLAN



Aufwermen Spiel

3-1 -> 3-1.

10min

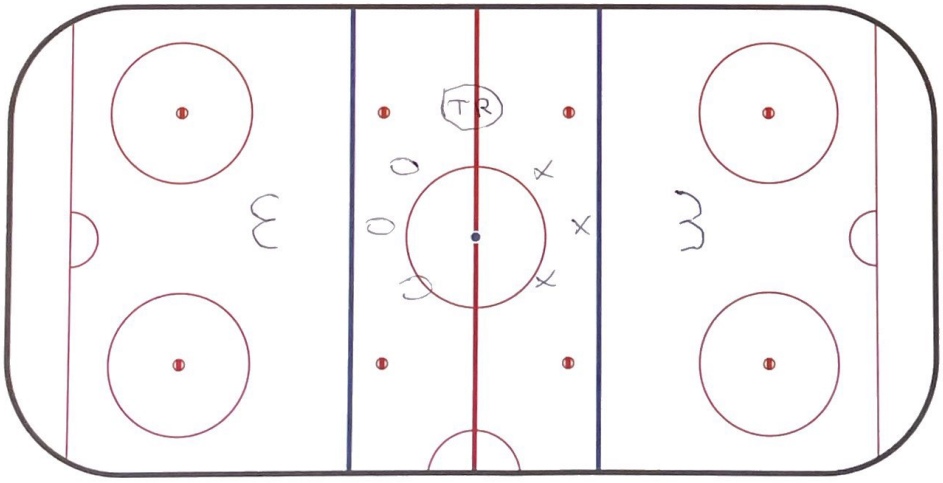


1-0 -> 2 schüsse

Aufwermen für

GOALY -> D -> F

12min

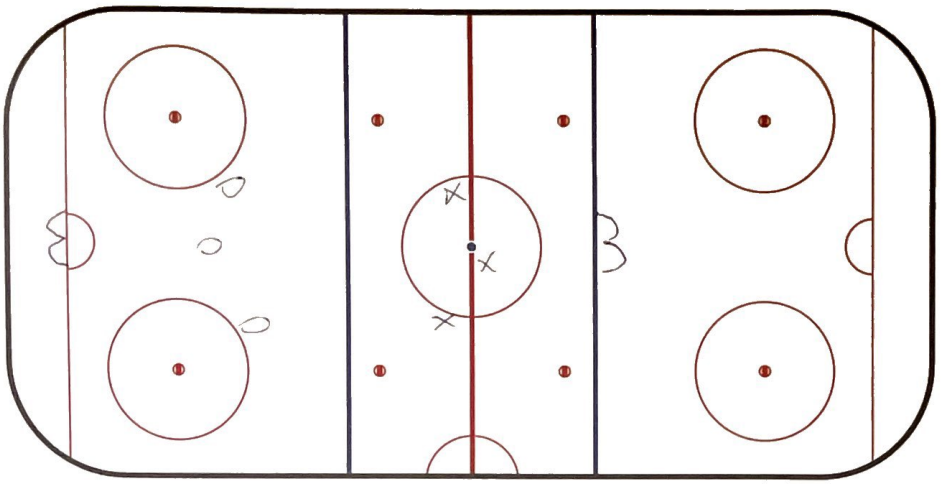


Spiel 3-3 -> 40x30

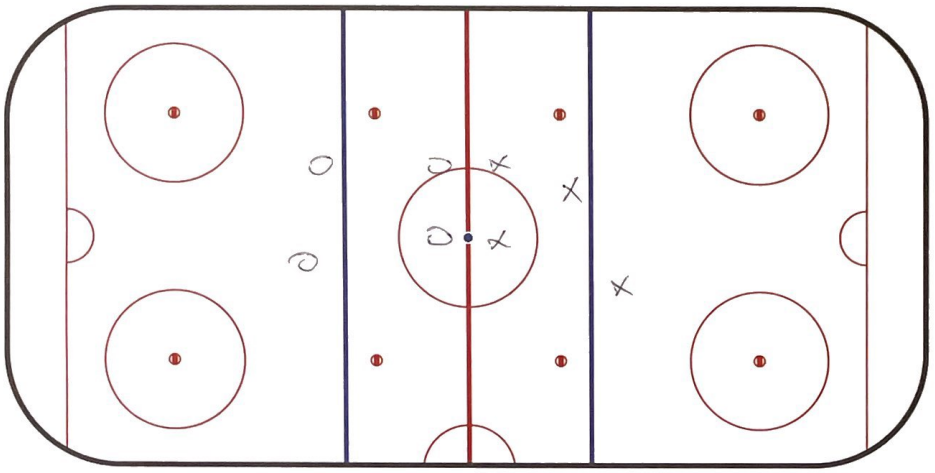
TR spielt mit Team

mit Puck.

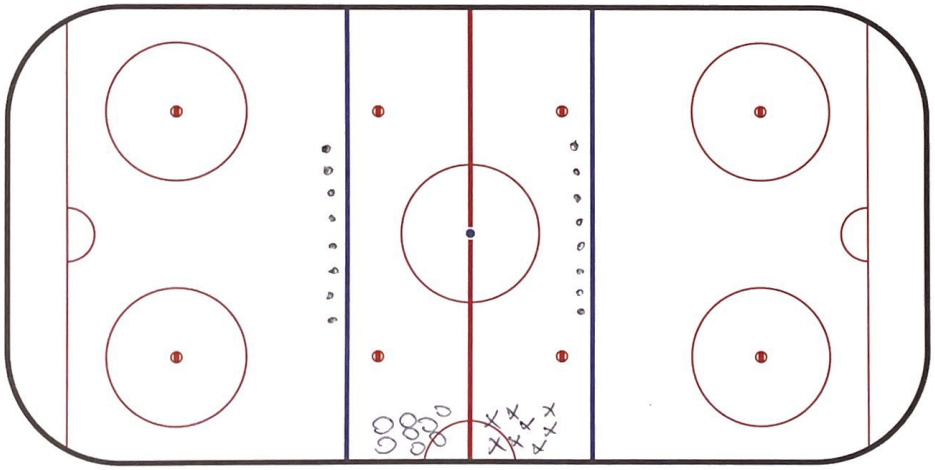
10min



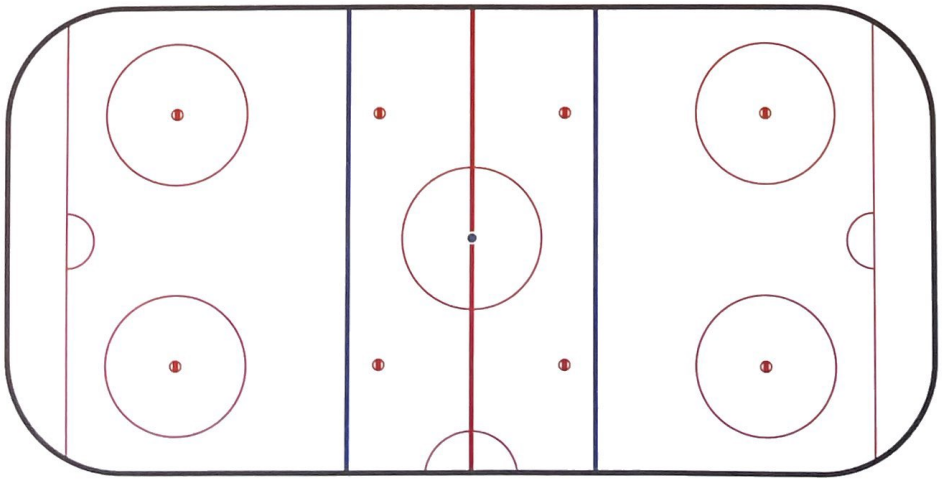
Spiel 3-3 mit 1 Blau mit 2 Abseits.
10 min



Spiel 4-4 ganze Eis.
10 min



Penalty
8 min

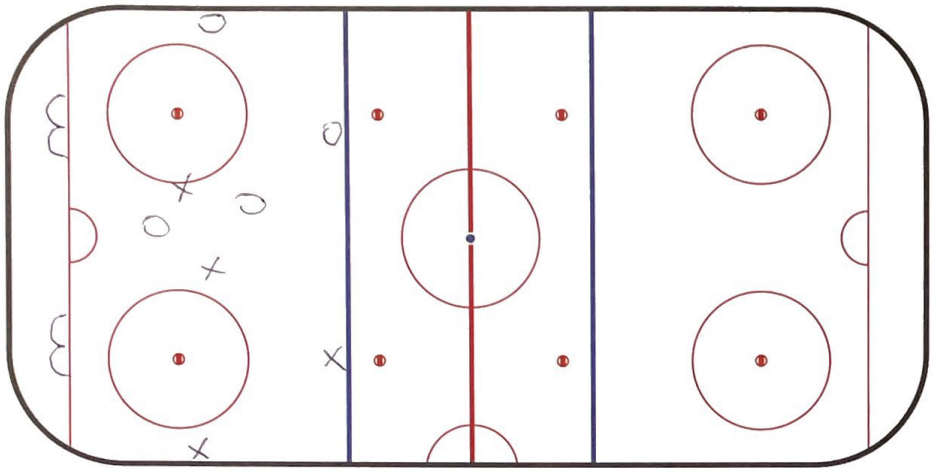


TEAM: U15. 15:50 - 17:10

DATUM: 11.4.2022.

TRAINER: Yuri

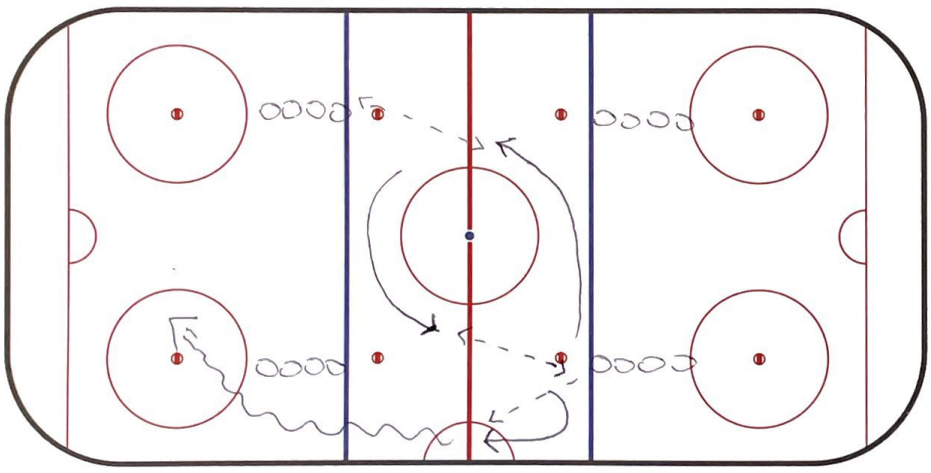
TRAININGSPLAN



Aufwermen Spiel

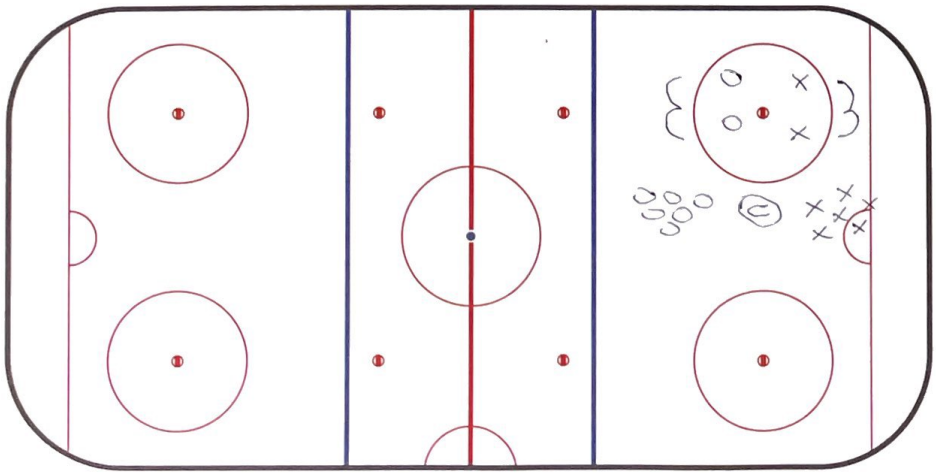
2-2 mit 1 Joker mitte bande -> 1 Joker blau linie,

10 min



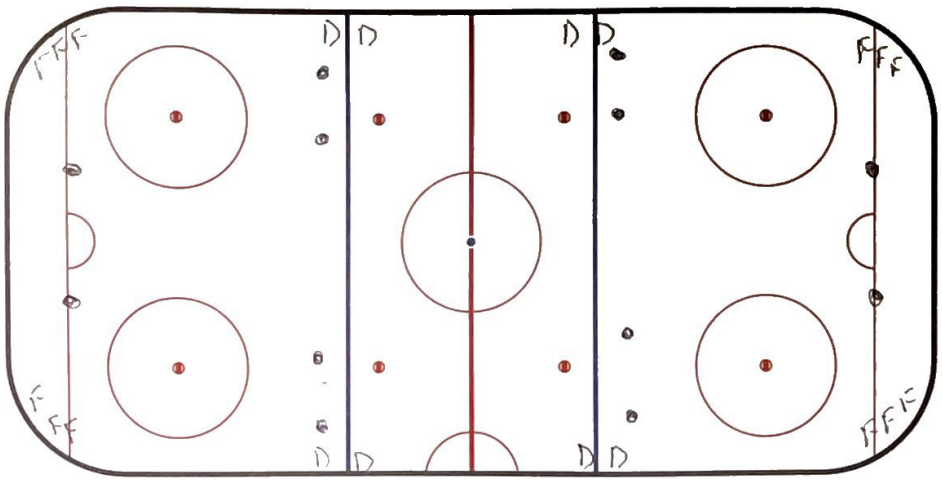
1-0 mit doppel pass,

3 min



Spiel 2-2 kleine Platz

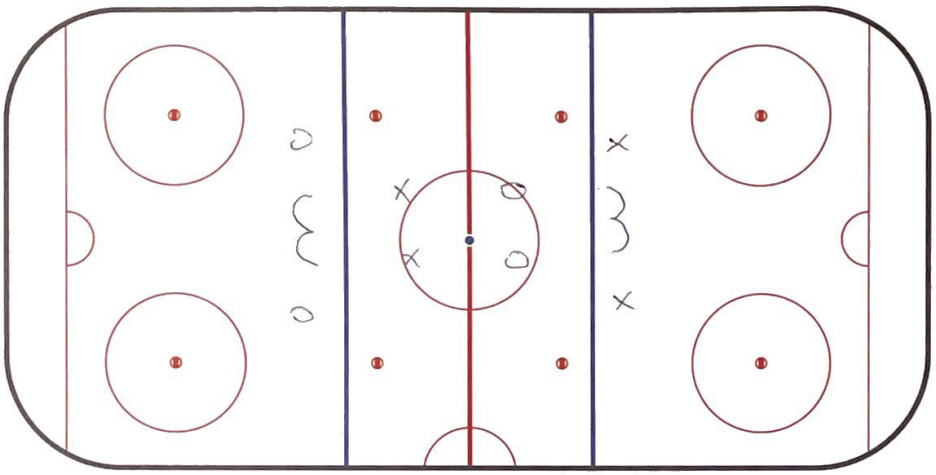
10 min



F-D zusammen

Übung

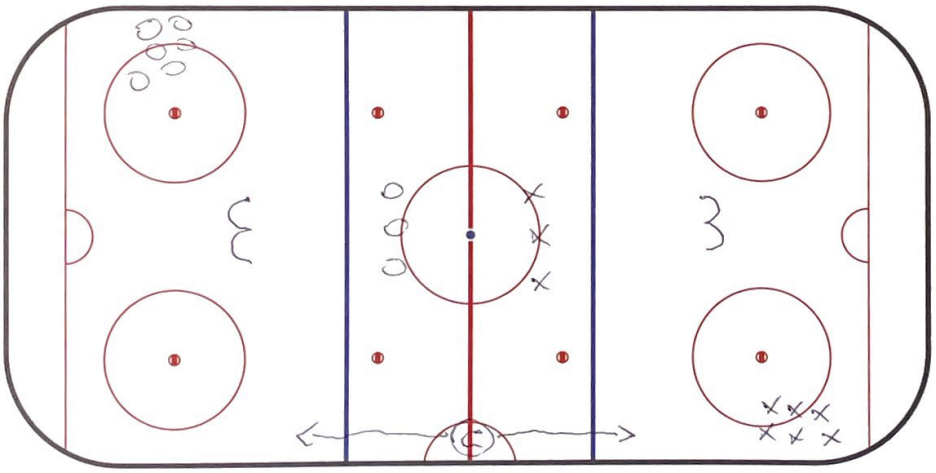
15min



Spiel 2-2 + 2 offensiv

Joker.

10min



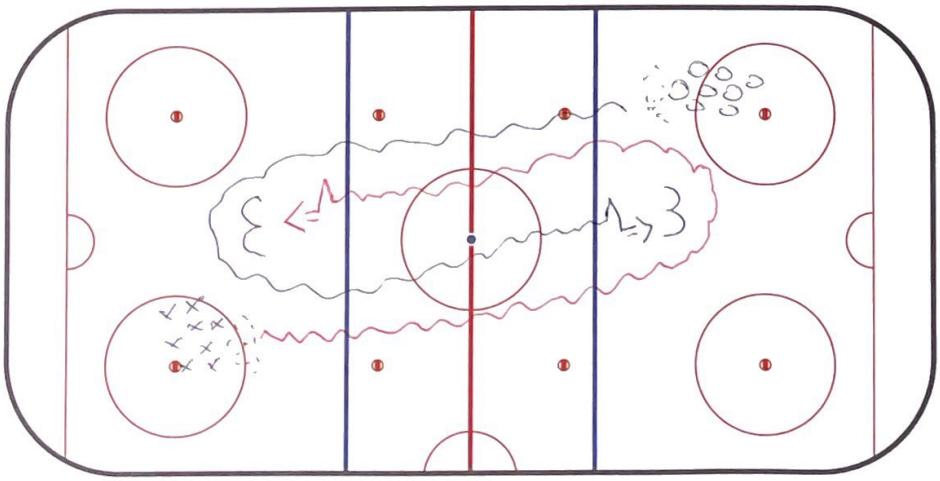
Spiel 3-3 → 40x30

mit (TR) Joker

für beide Team mit

Puck.

10min



Penalty mit Tempo

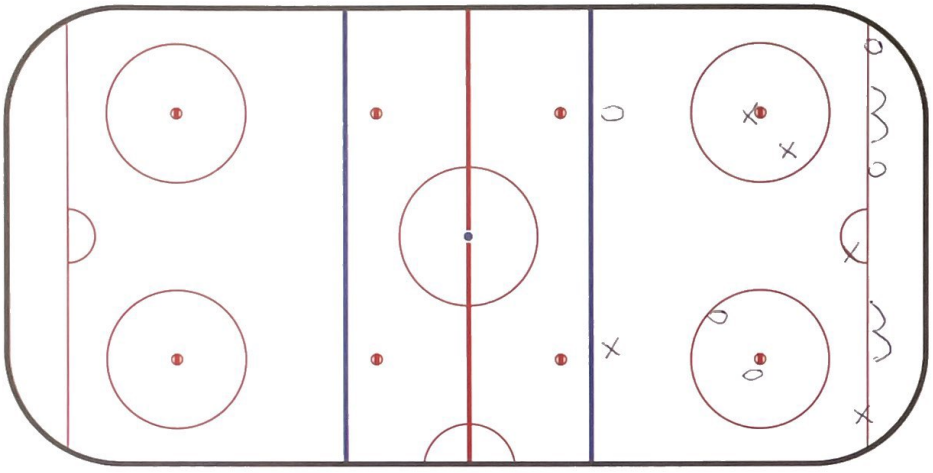
5min

TEAM: U15, 15:20-16:20

DATUM: 12.4.2022.

TRAINER: YURI, MARTIN.

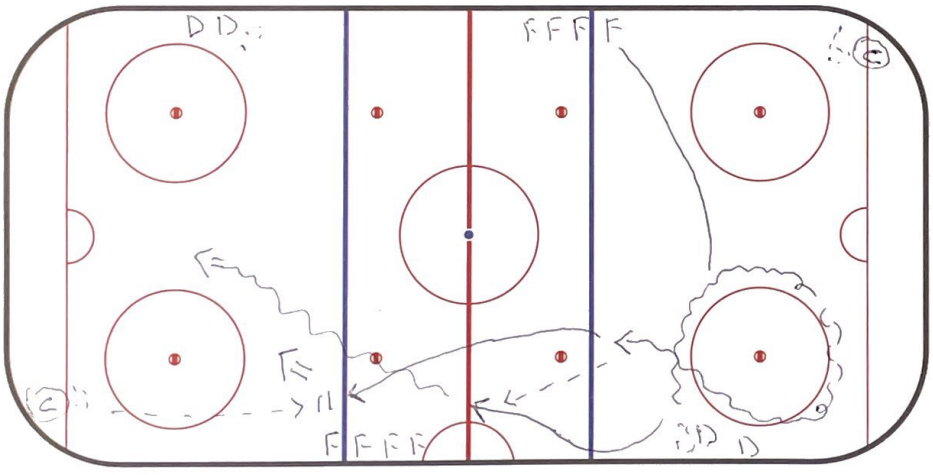
TRAININGSPLAN



Aufwermen Spiel

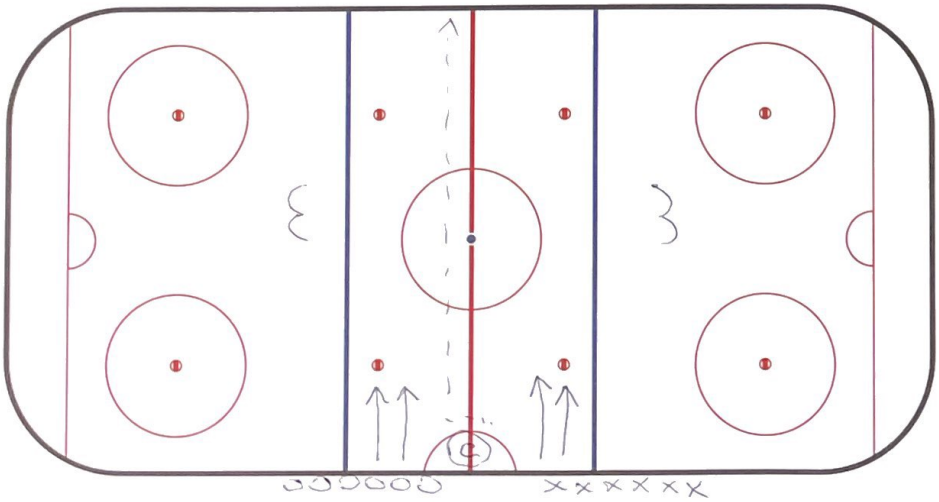
3-2 -> 3-2.

10min



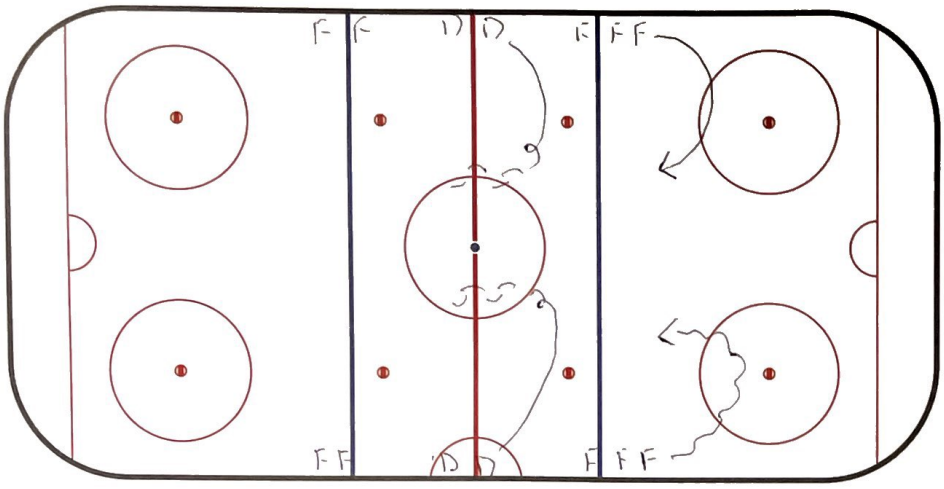
1-0 F-D Arbeit

10min



Spiel 2-2

10min



2-2 1 PUCK

7- 10 min

↓

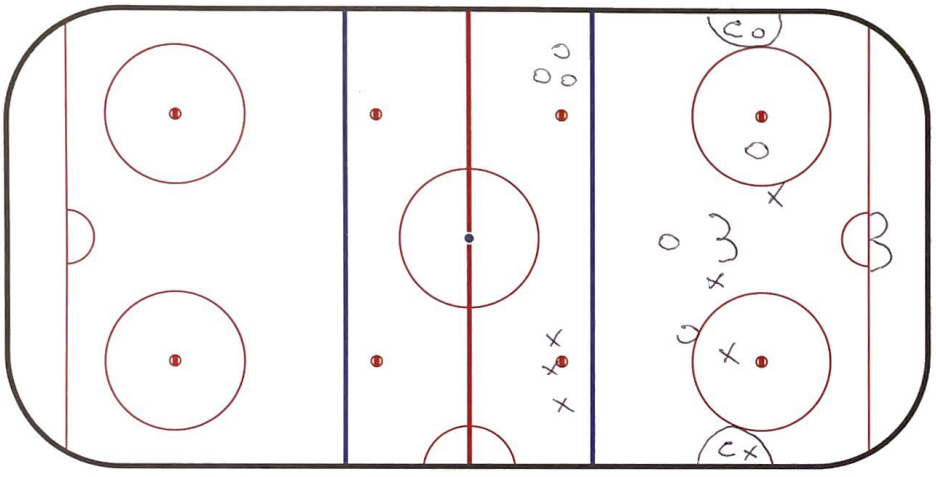
ODER STÜRMER

eine zone →

→ VERTEIDIGER Andere

zone.

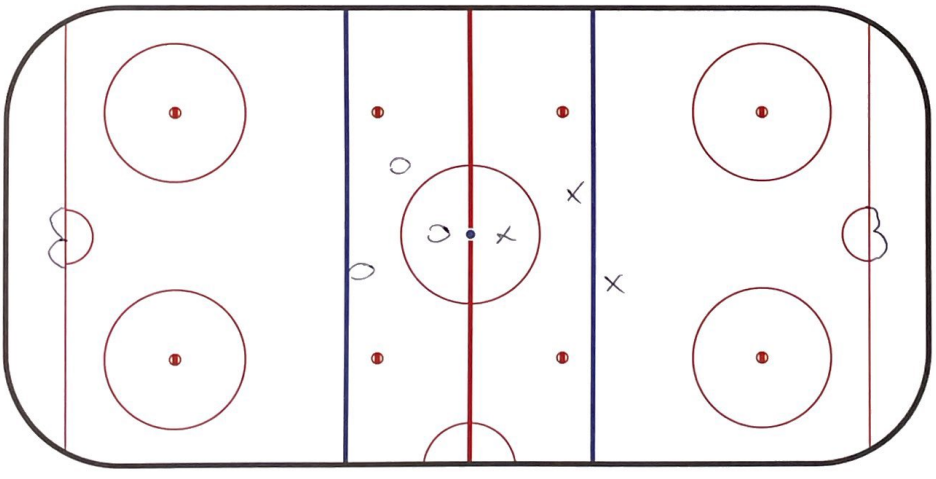
10 min



SPIEL 3-3 mit

2 JOKER bei bande

10 min



SPIEL 3-3 GANZE

EIS.

10 min

