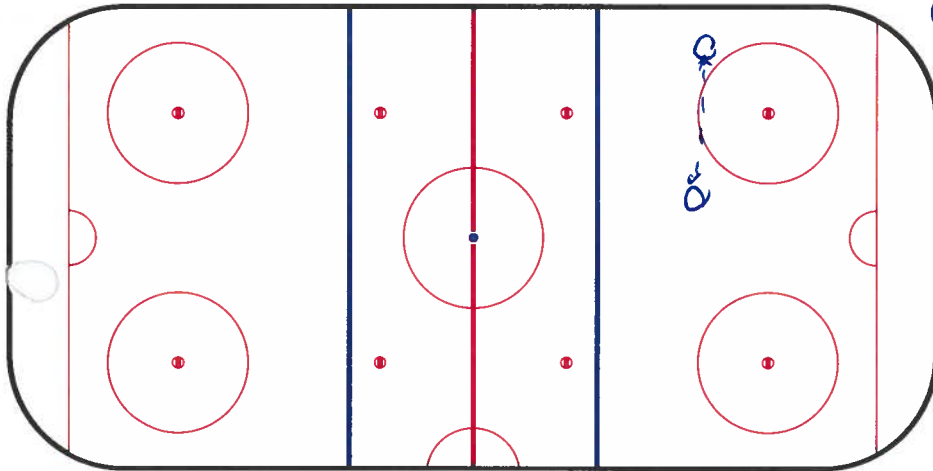


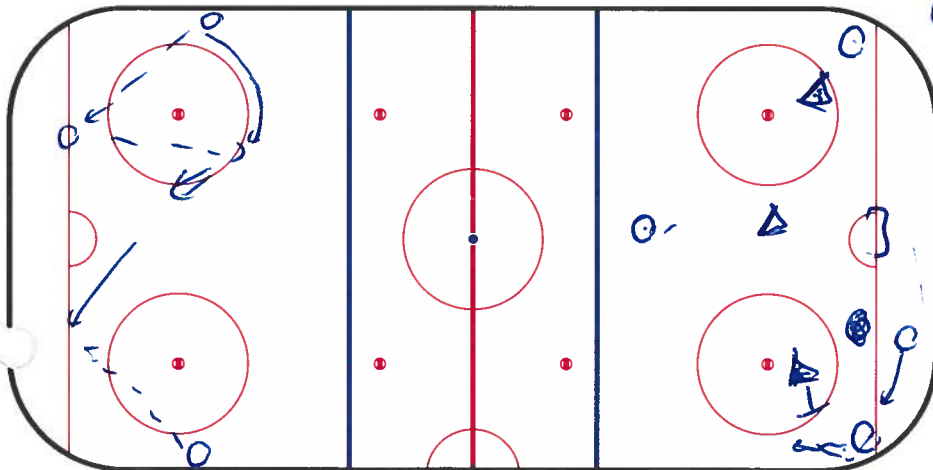


TEAM: U17  
DATUM: 11.08 1345-1445  
TRAINER: Markus

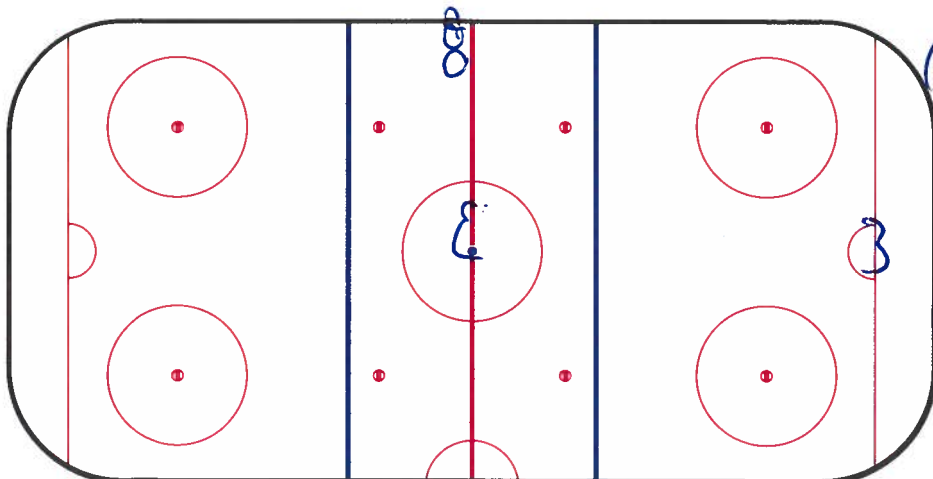
# TRAININGSPLAN



① Passübung  
1-1 auf signal  
VH - VH  
RH - RH  
VH - RH

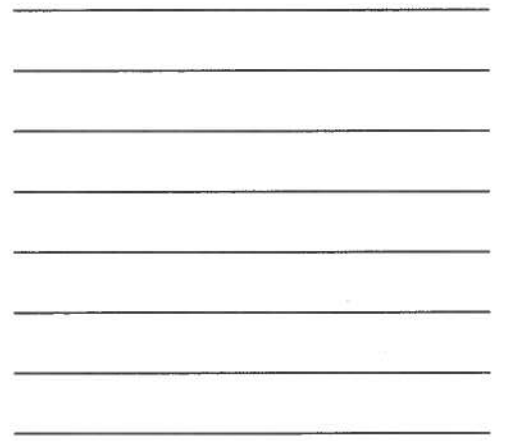
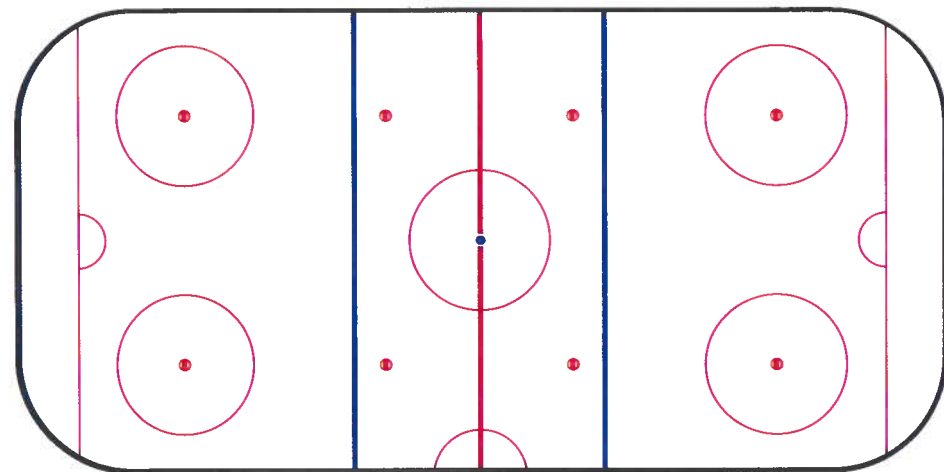
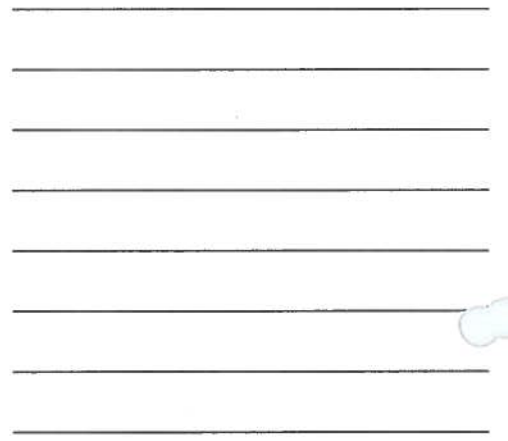
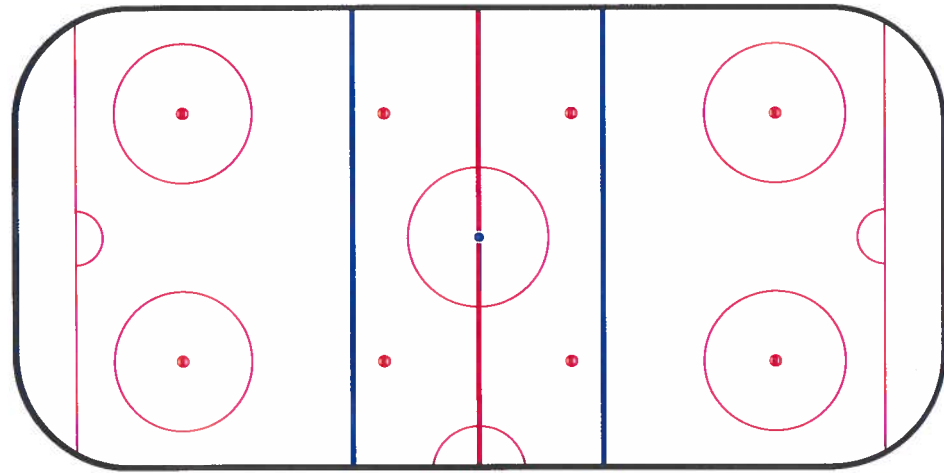
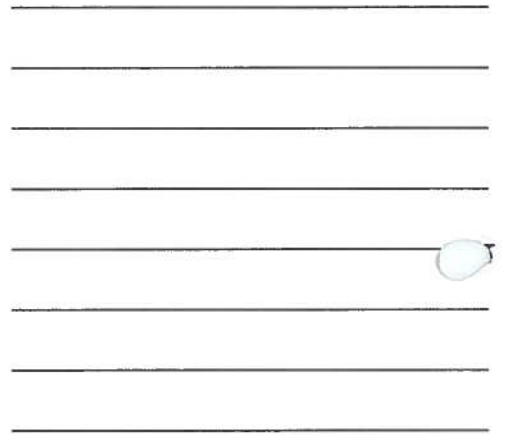
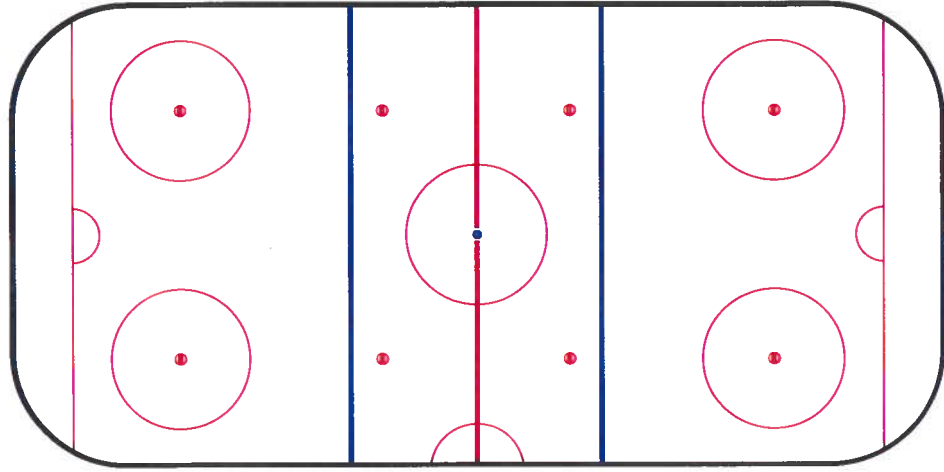
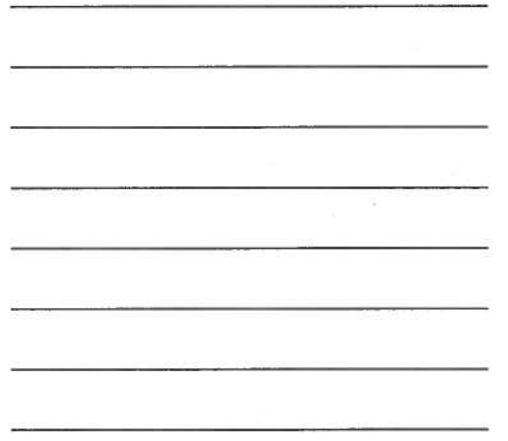
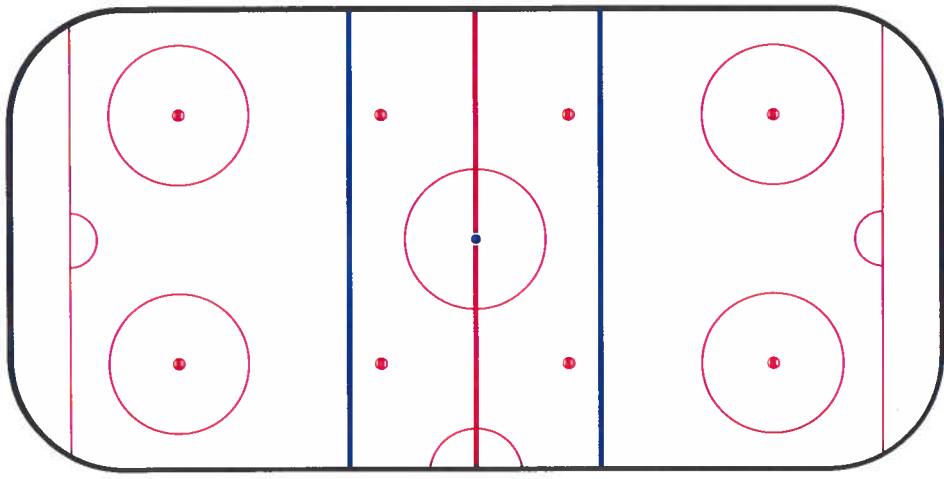


② Passübung  
③ 1-1  
rückwärts  
rückwärts  
rückwärts  
seitlich



④ 0, 2-2 aus der Ecke  
b/3-3  
⑤ Aufbau 1VC  
2VC  
2VC 1Hal

⑥ Spiel





TEAM: U17  
DATUM: 10.15 - 11.15 nachh  
TRAINER: Markus, Vikas

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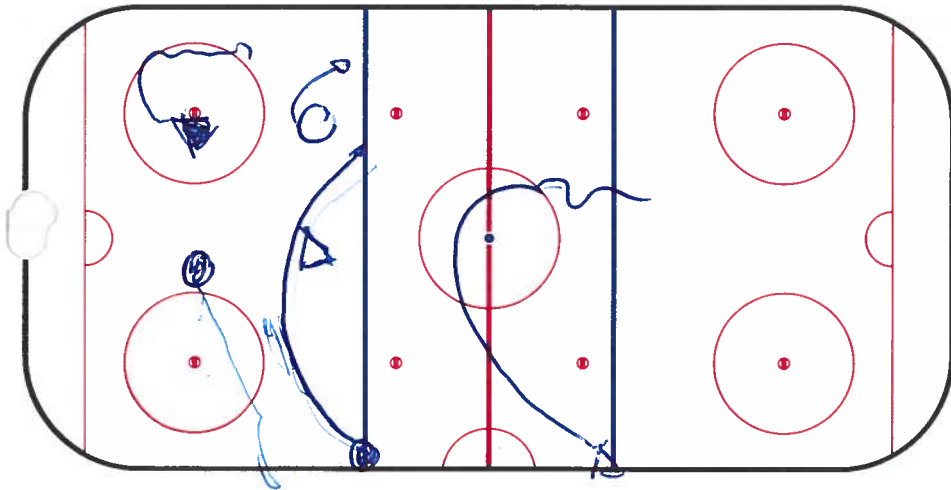
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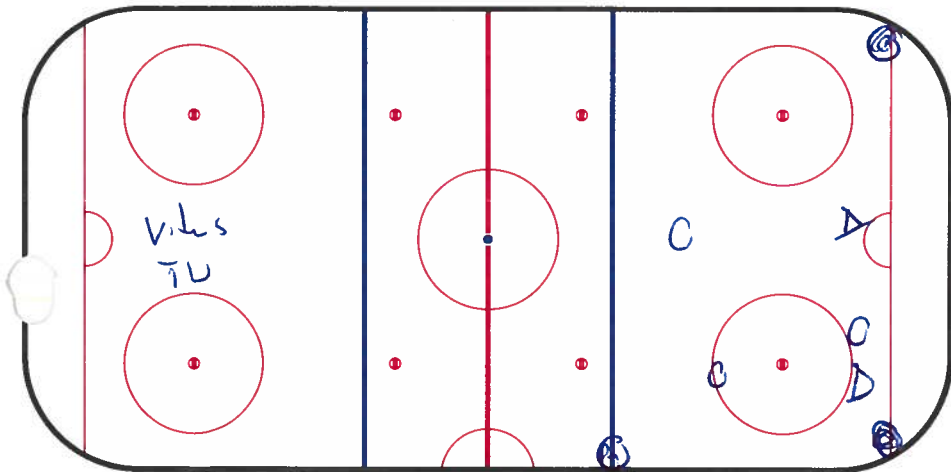
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# TRAININGSPLAN

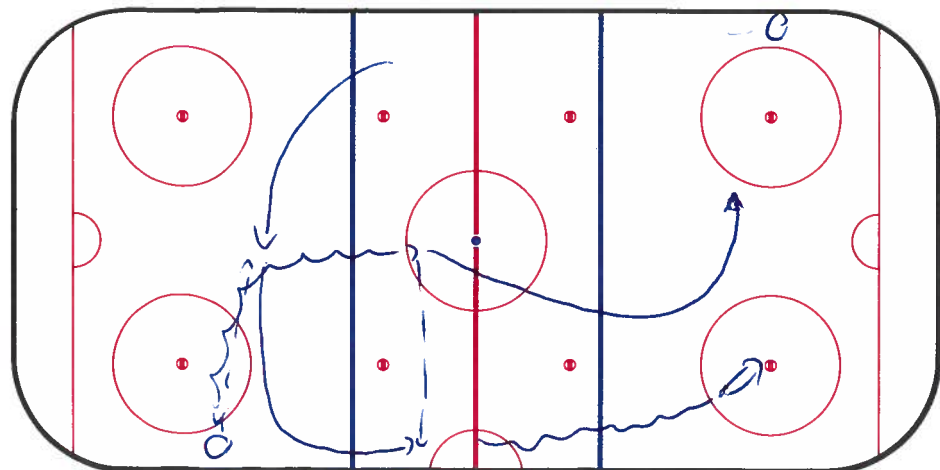


2-2

Abs. Letztspiel



- 1-5
- 2-5
- 3-5



Passing

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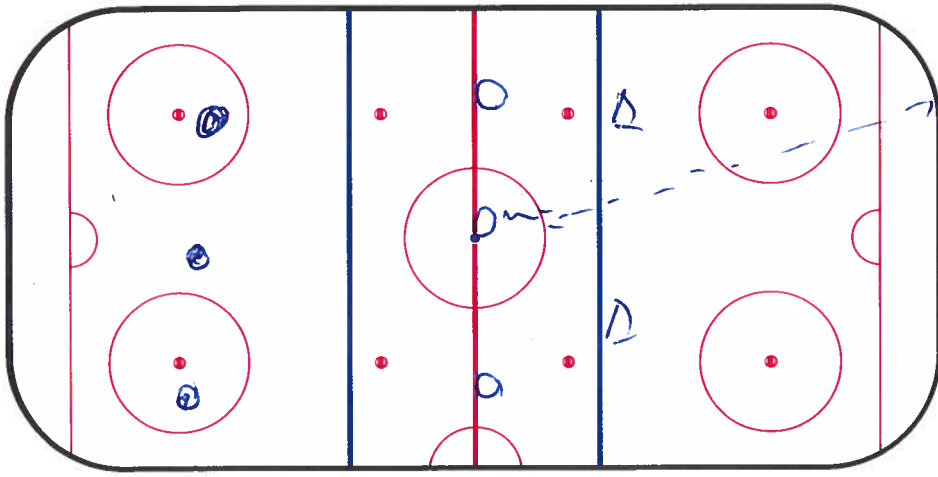
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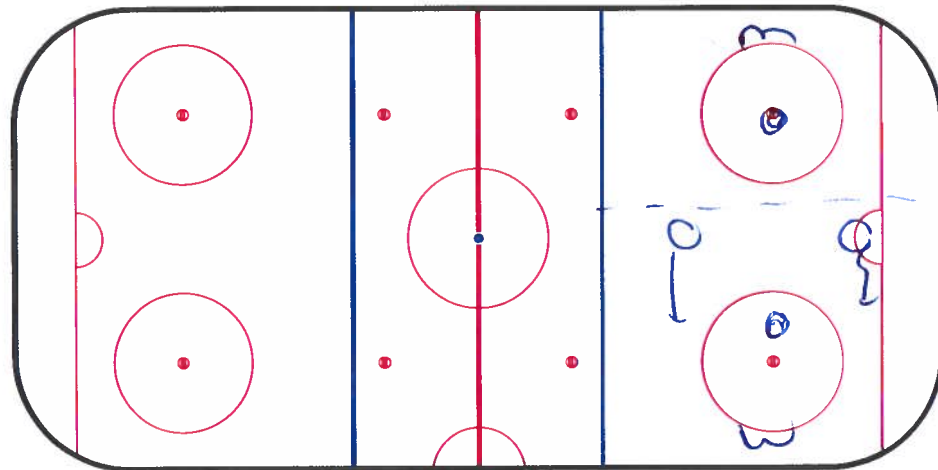
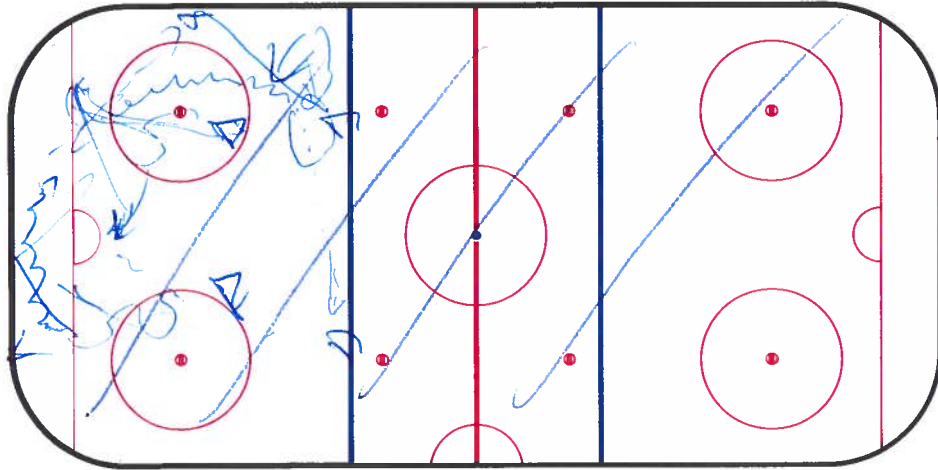
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Aufbau

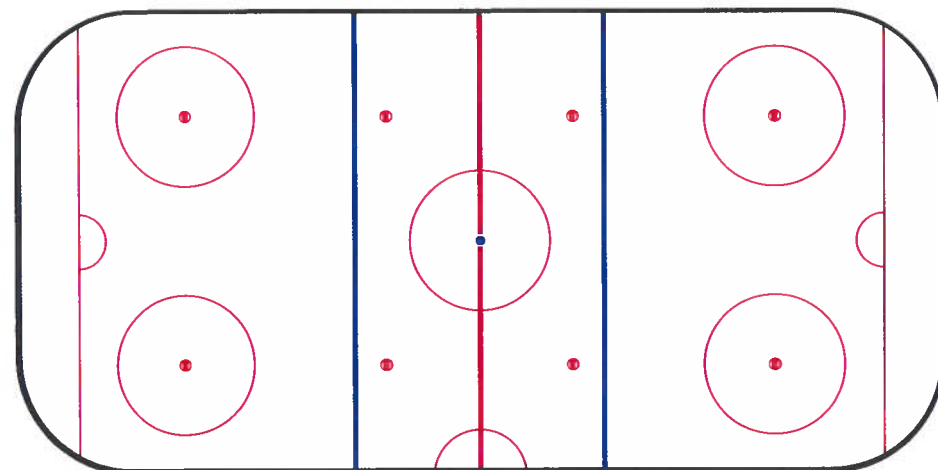
1 VC

2 VC



2-1

Querspielspiel





TEAM: U17  
DATUM: 13.08.21  
12:00-13:30  
TRAINER: Markus

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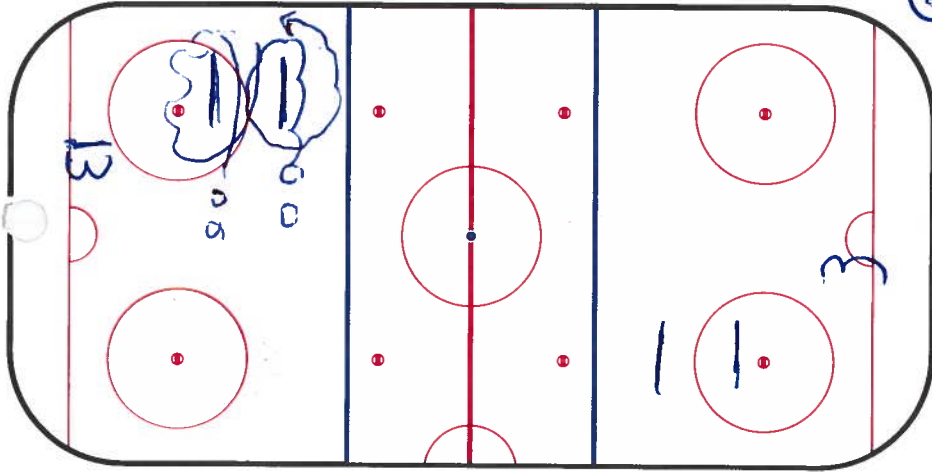
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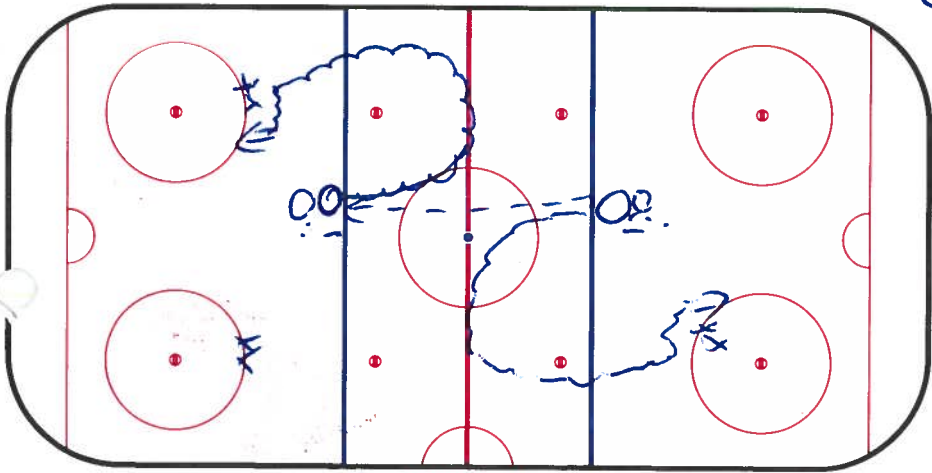
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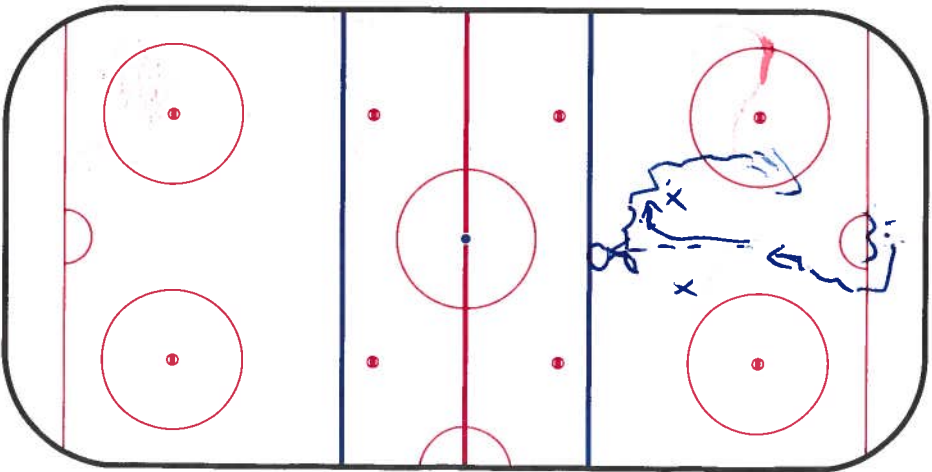
# TRAININGSPLAN



④ 1-1  
aufnehmen  
seitlich



① Schussüb  
ung



② 1-1

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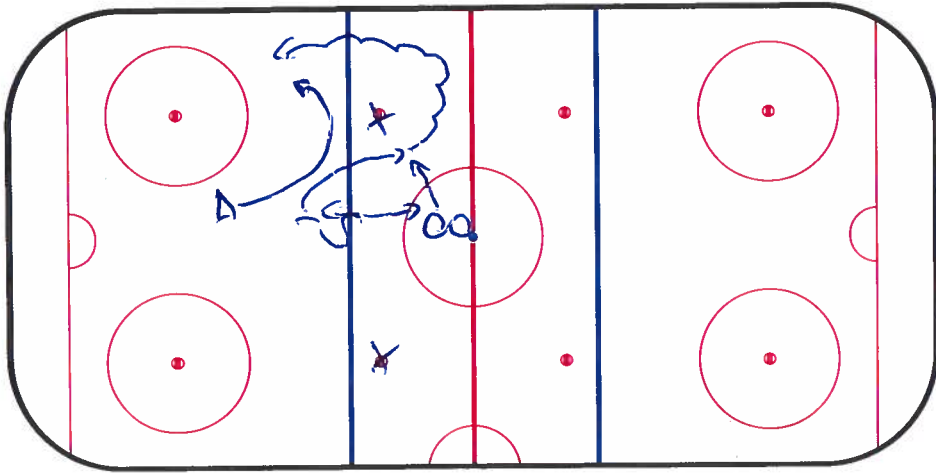
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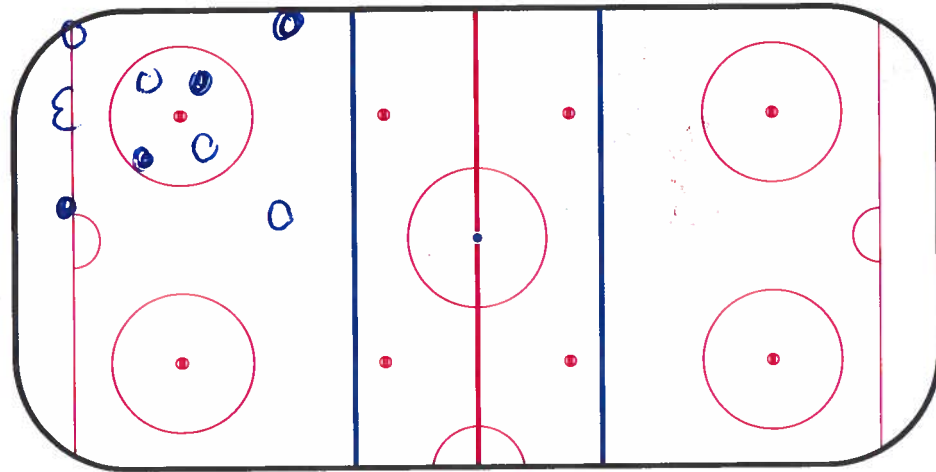
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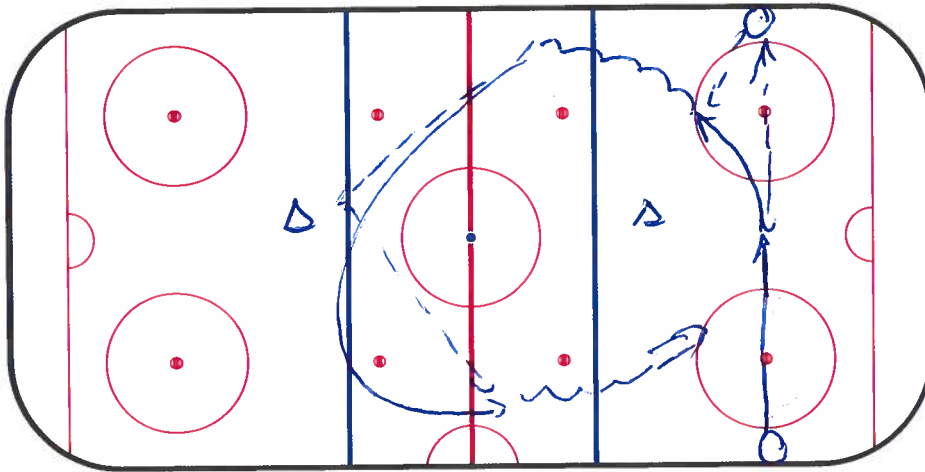
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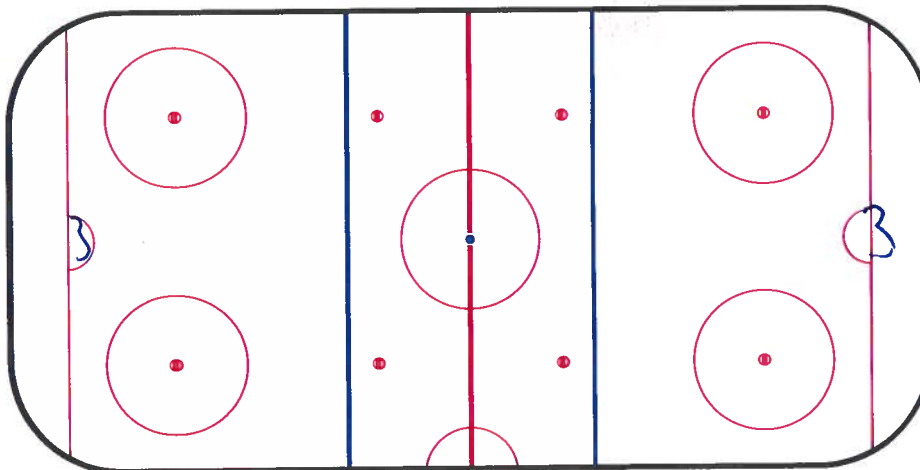
1-1  
 angling skills  
 aufnehmen sethii



2-2 2 Jahre



Schussübung  
 Gruppe



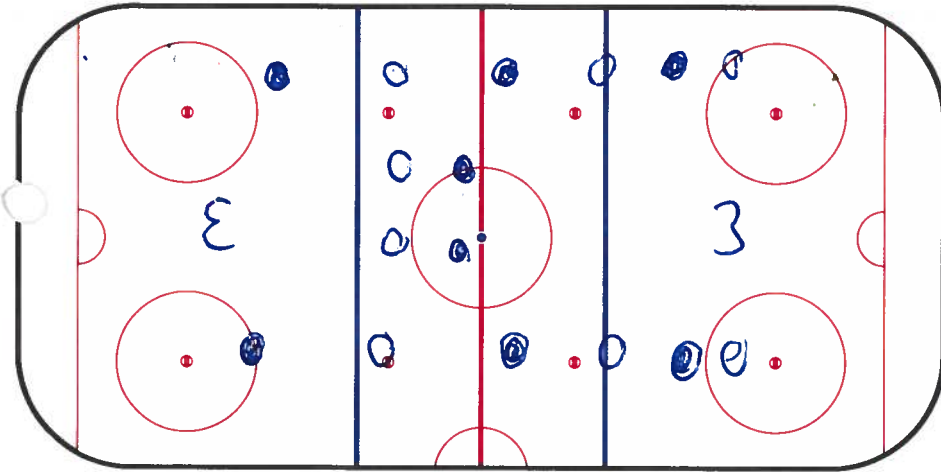
Spiel  
 Großfeld  
 3-3



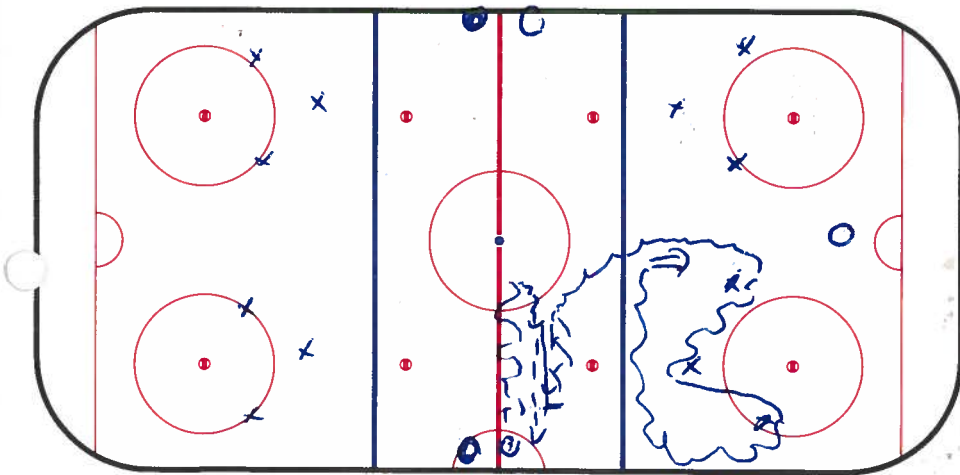
TEAM: U17  
DATUM: 14.08.21  
TRAINER: Markus  
ST 08:30 - 10:30  
TT 11:00 - 11:45  
ET 12:00 - 13:30

Markus Fico Tobi Tea Jonas  
Gabriel Lukas Olli Patrick Kilian  
Shan Benni Patrick Evelyn Emilia

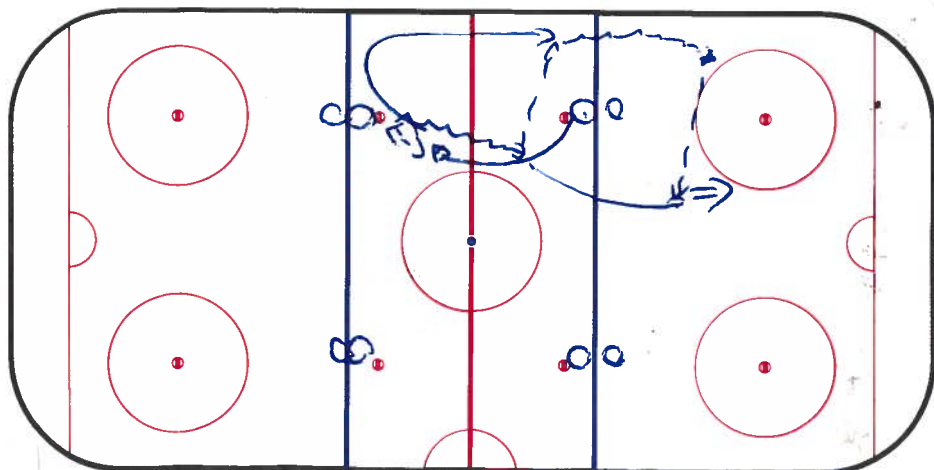
# TRAININGSPLAN



2-2  
bewegliche Bande

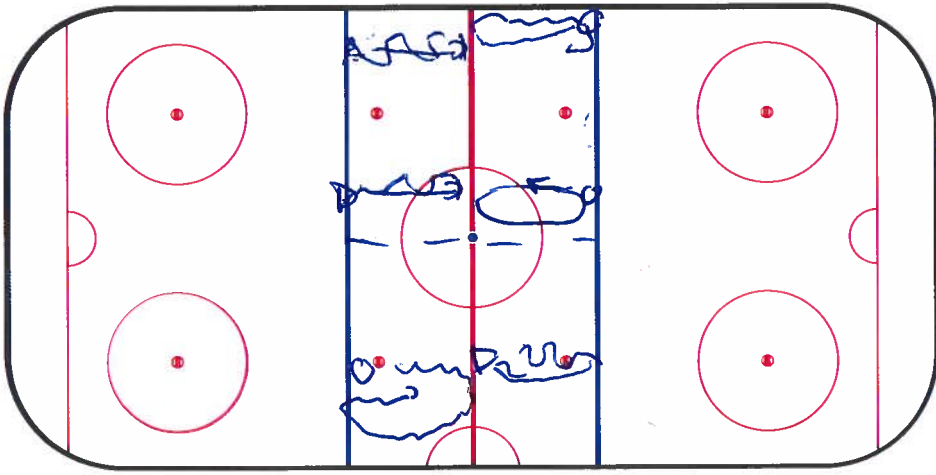


vw mit Puck zur Mitte  
pass zum HS wieder  
vw pass zurück  
vw - vw mit Puck  
schuss aufs Tor



2-0

1-1 | 2-2



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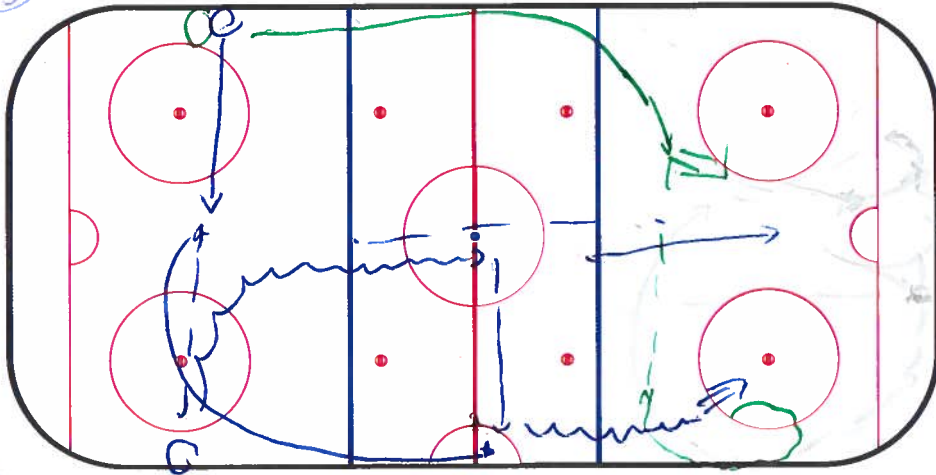
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3



2-0

3-0

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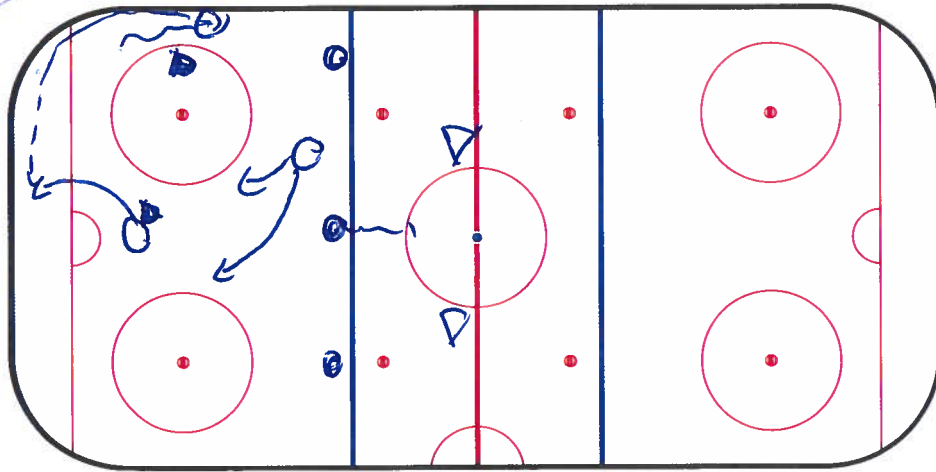
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4



3-2

5-5

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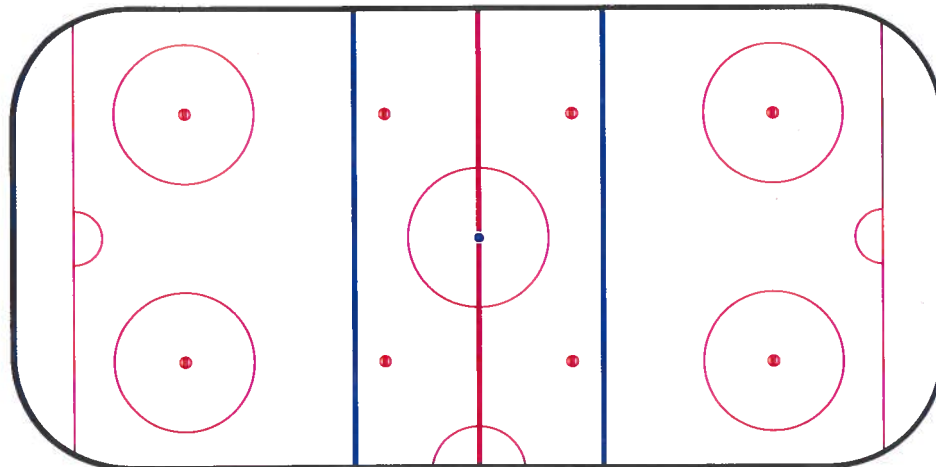
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TEAM: U17  
DATUM: 14.08.21  
TRAINER:  
12<sup>00</sup> - 13<sup>30</sup>

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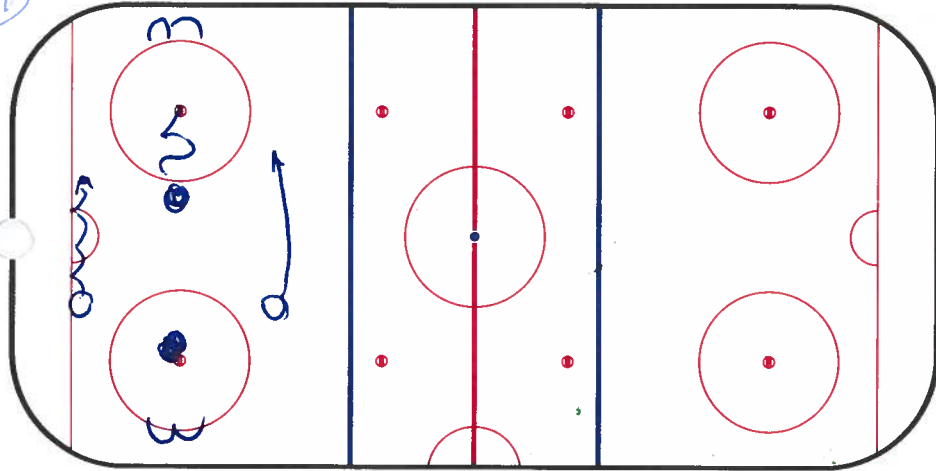
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# TRAININGSPLAN

①



2-1 (1SP) bleibt hoch

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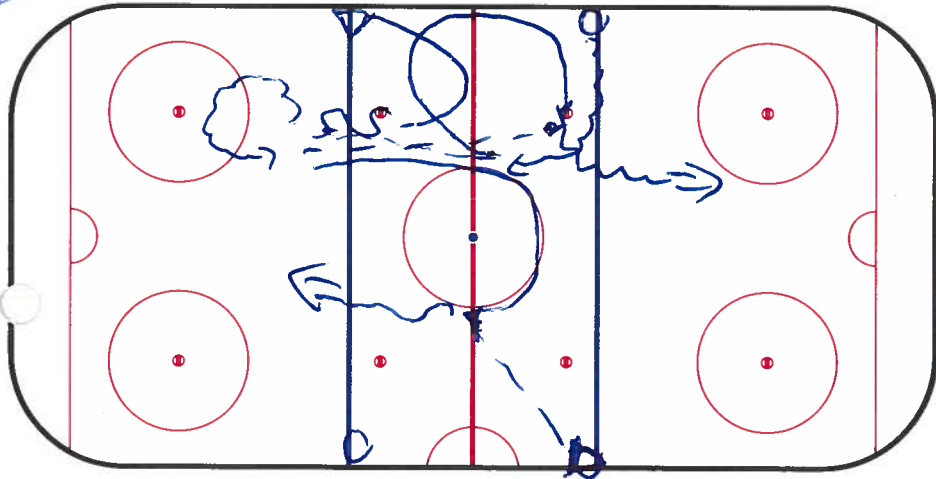
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②



Passübung Außen VT  
VT schuß vor der blauen Linie

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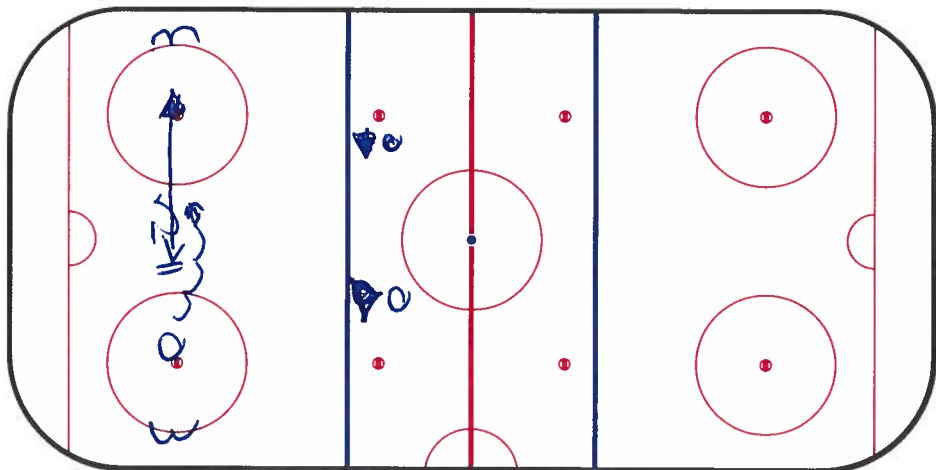
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1-1

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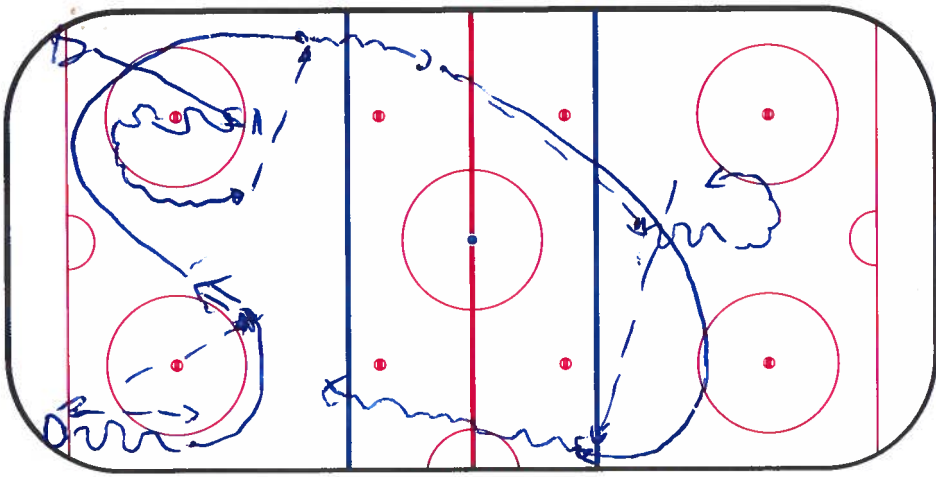
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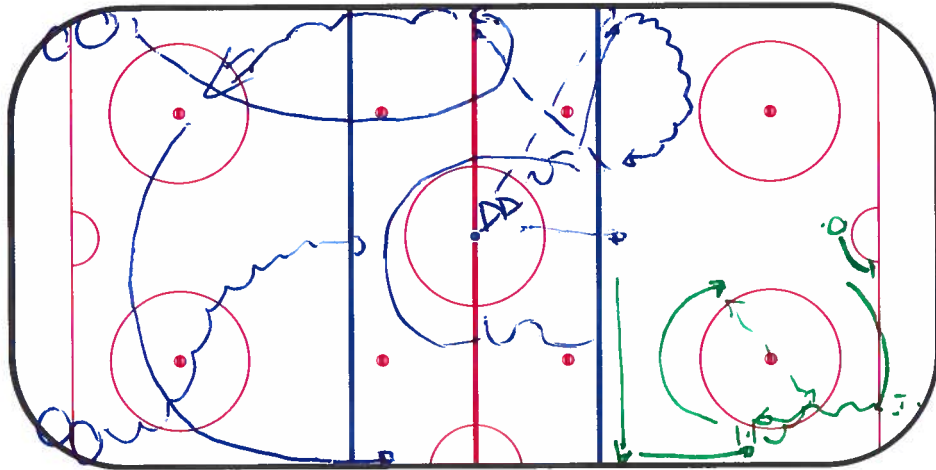
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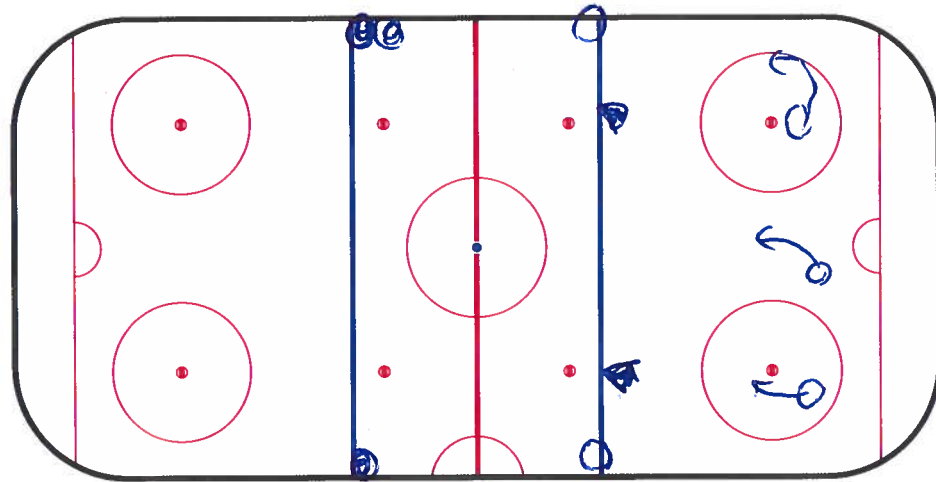


1-1

1-0  
2-1  
3-1

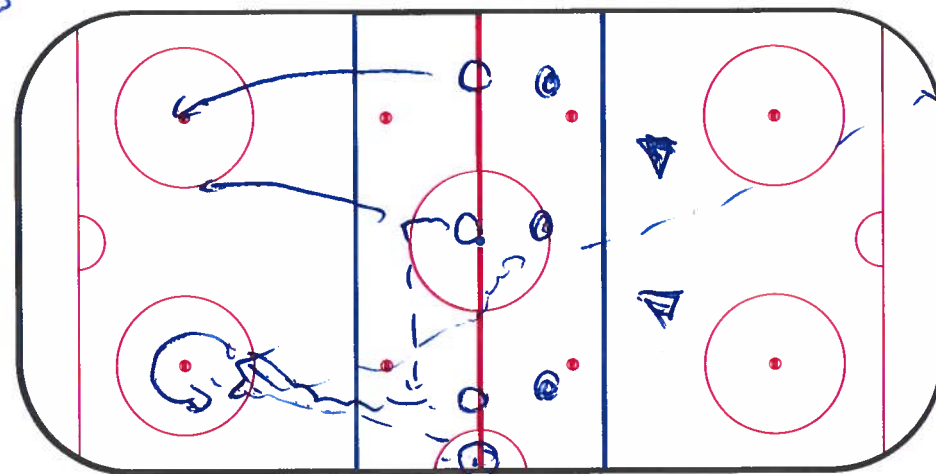


3-2



VC 2  
3-5

5

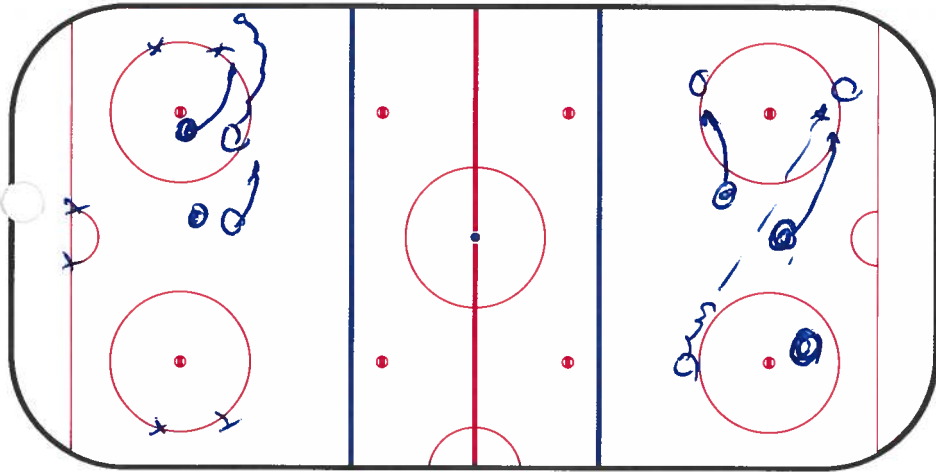


SPIEL 5-5



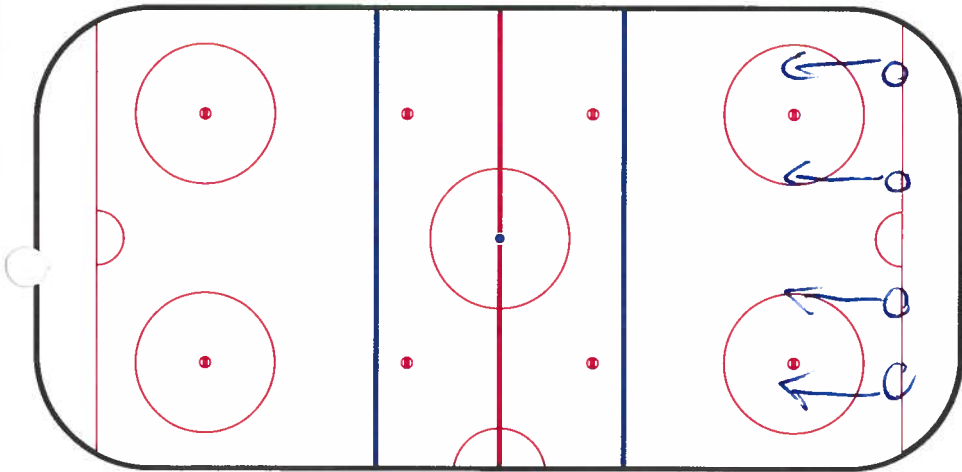
TEAM: U17  
DATUM: 14.08.21  
12<sup>15</sup> - 13<sup>30</sup>  
TRAINER: Markus

# TRAININGSPLAN

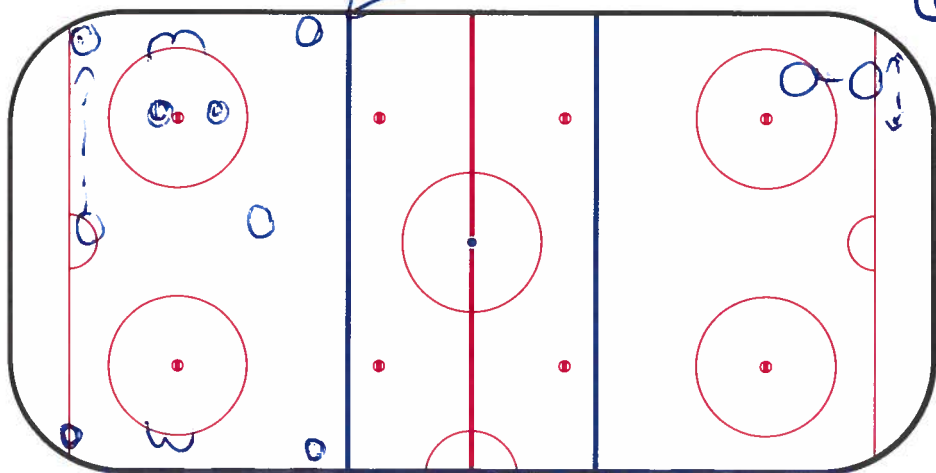


1 a) 2-2  
auf 3 Tore  
zum durchspielen

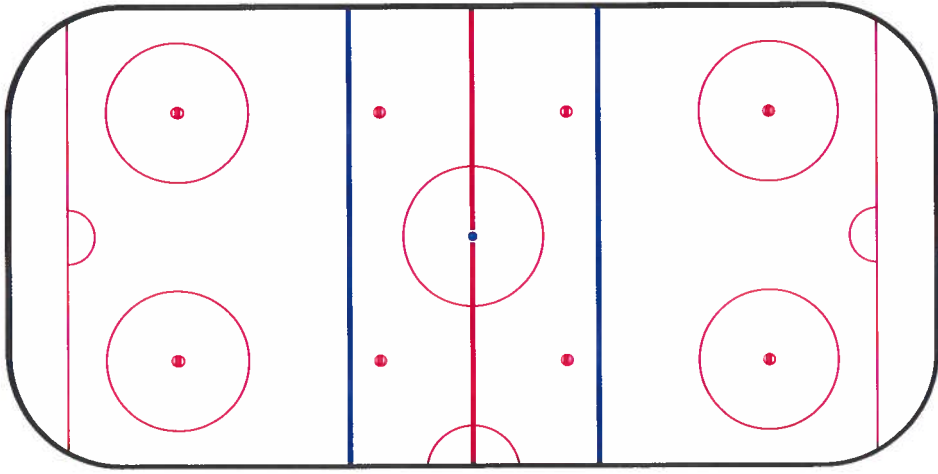
b) 4-2VL  
Pässe unter Druck



2 Lauftraining - Guide  
ziehen  
ziehen plus Stecktechnik



3 2-2 (2 Jetsch.)



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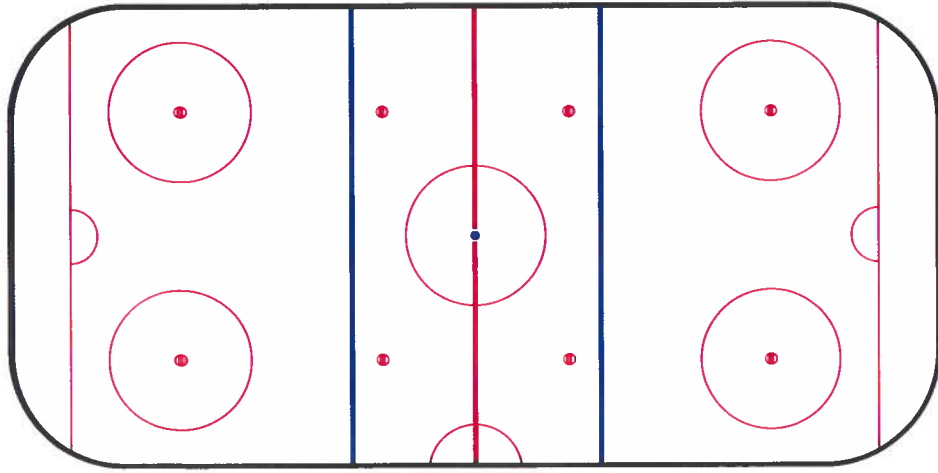
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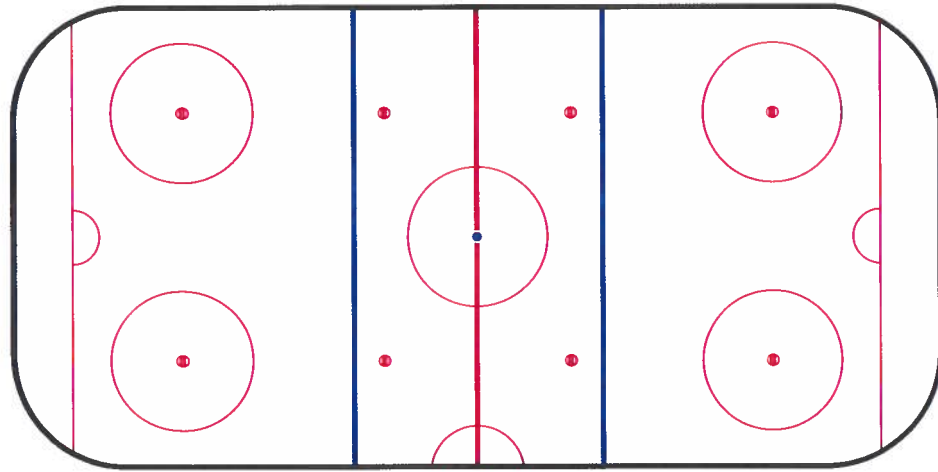
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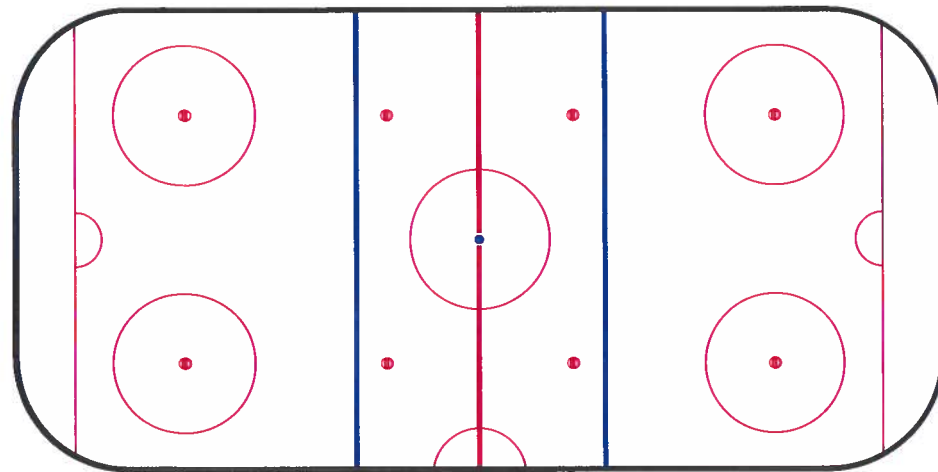
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TEAM: U17

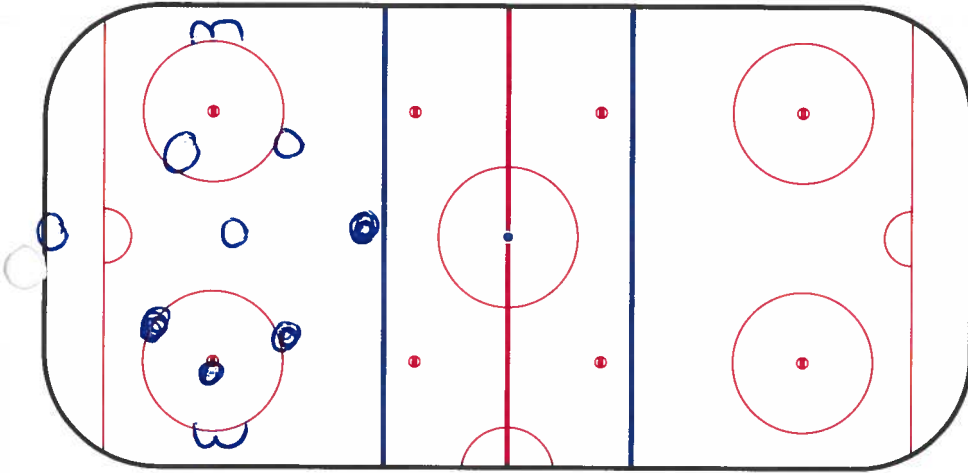
DATUM: 15.08.21

TRAINER: Markus

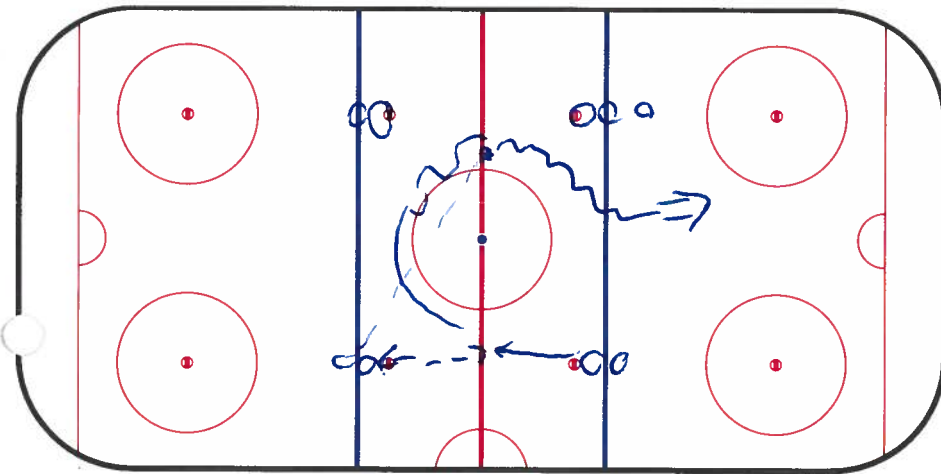
ET 09:30 - 10:30 = 1045€  
TT 11:00 - 11:30  
ET 11:45 - 13:30

Relijn, To, Jans, Fie, Patrick E, ~~Simon~~  
Gabriel, Lukas, Niklas, Patrick K, ~~Simon~~  
Simon  
Robin, Deubale

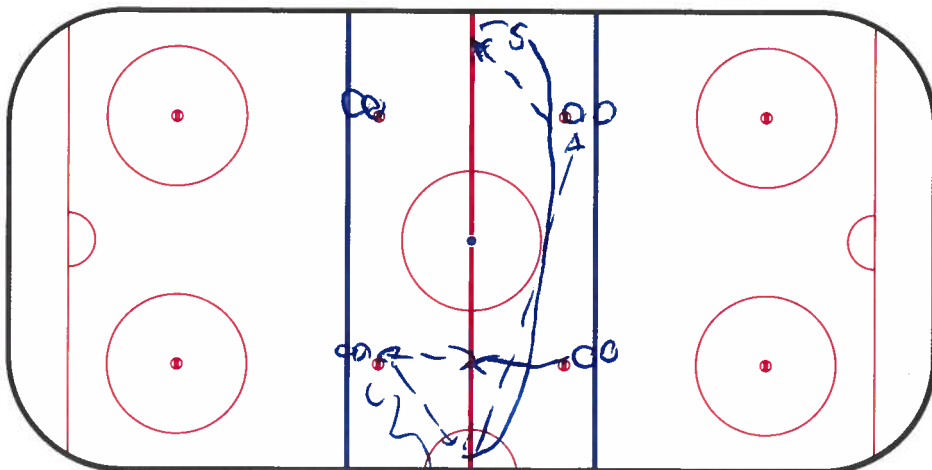
# TRAININGSPLAN



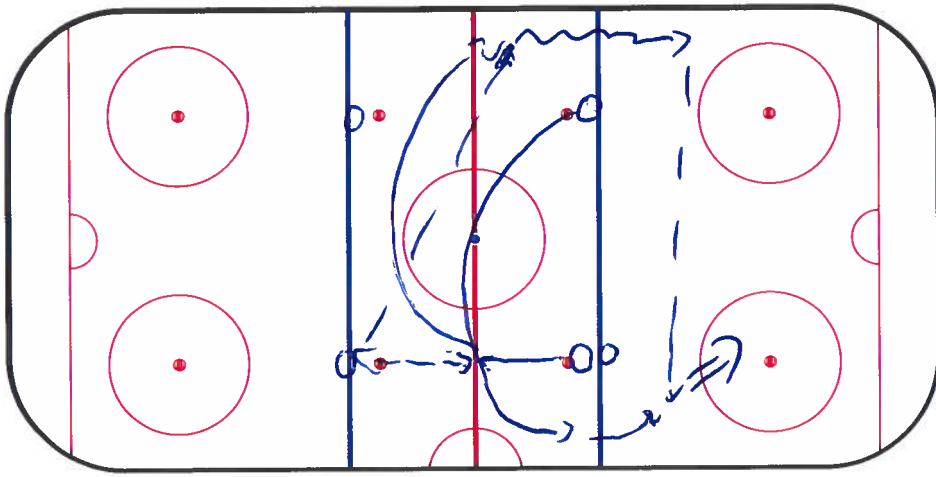
3-3 1 Joker  
an der Seite



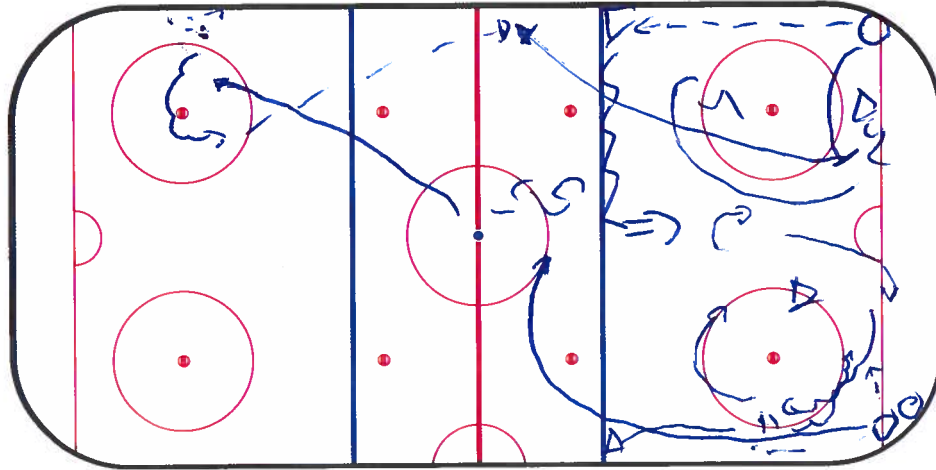
Passing uv-vw  
zur Mitte



nach außen



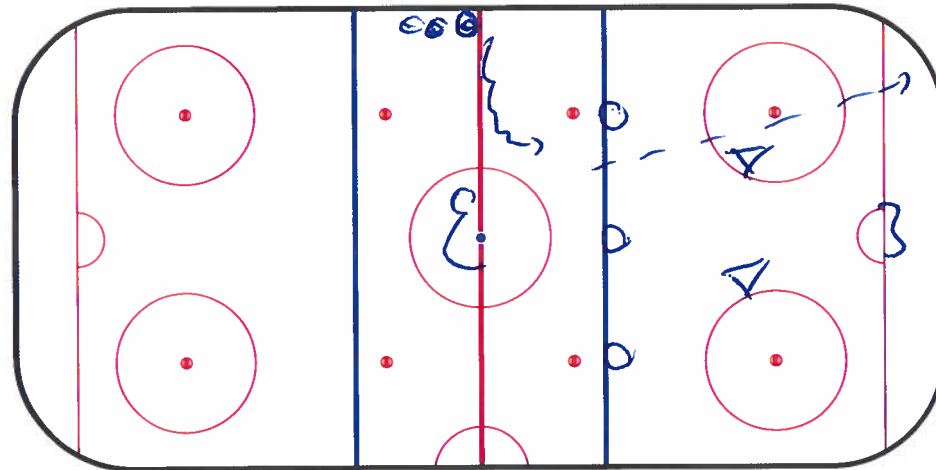
2-0



1-1 auf der Ecke

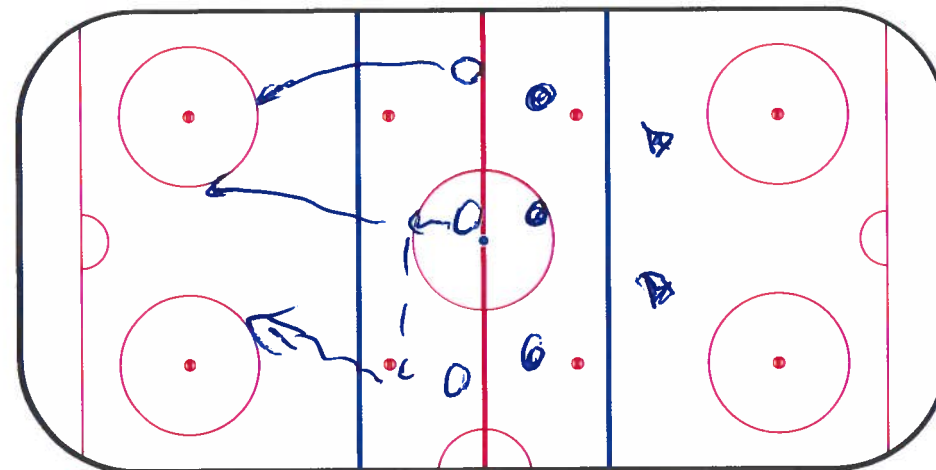
2-1

3-1



Aufbau 1VC

2VC



Aufbau 2VC

3-5

Spieß Großfeld

3-3

Eisplan ? nächste Wochen



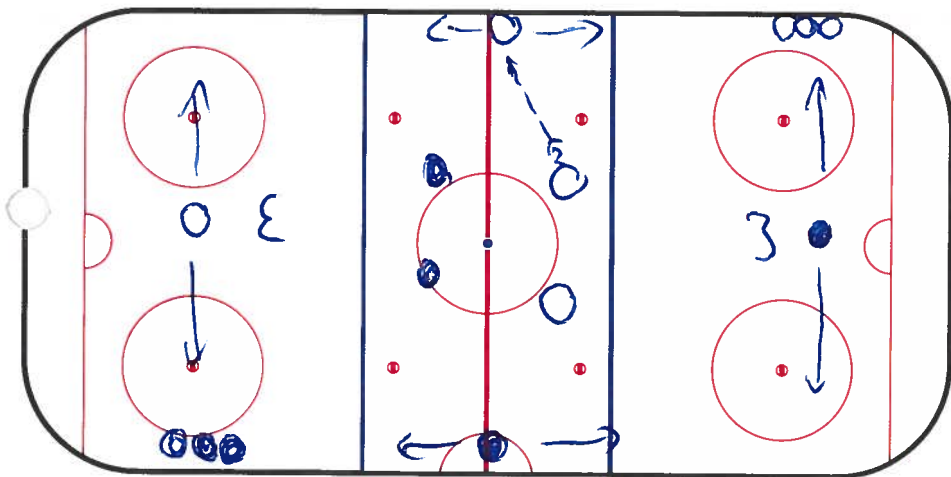
TEAM: U17

DATUM: 17.08.21

TRAINER: Markus

Horizontal lines for notes.

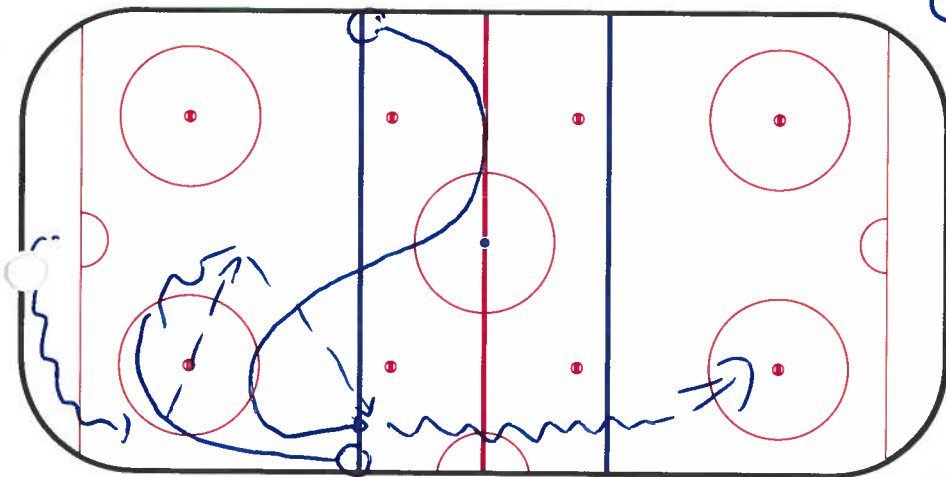
# TRAININGSPLAN



①

2-2 (2 Jete)

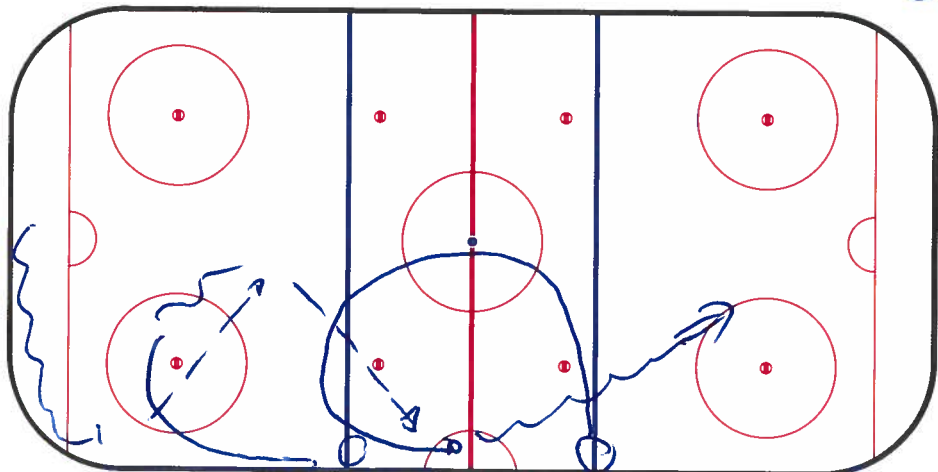
Horizontal lines for notes.



③

Passübung

Horizontal lines for notes.

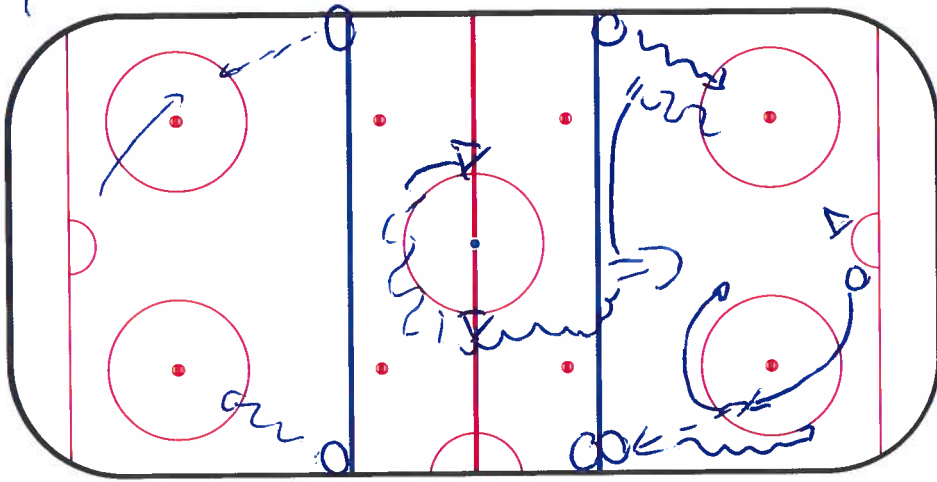


②

Passübung

Horizontal lines for notes.

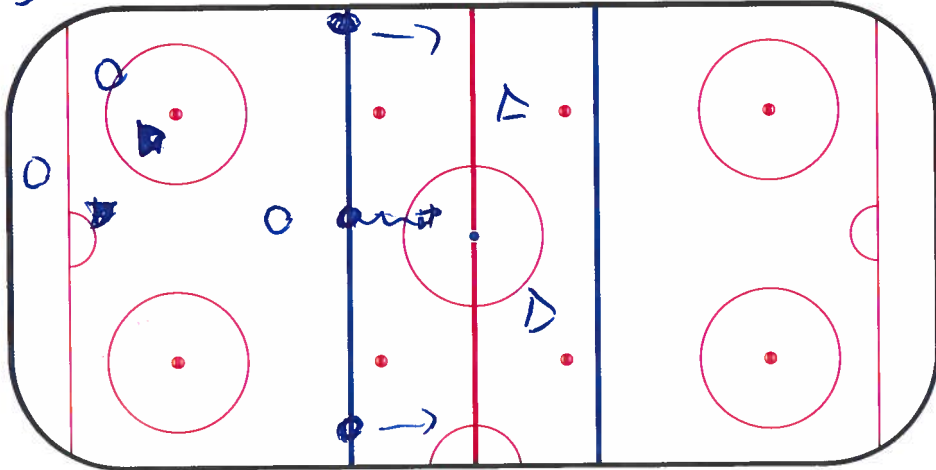
4



1-1

2-1

5

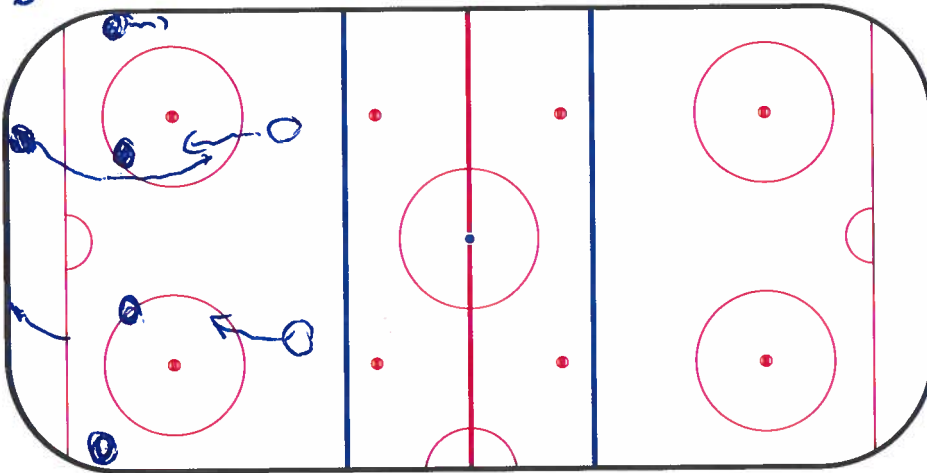


2-2

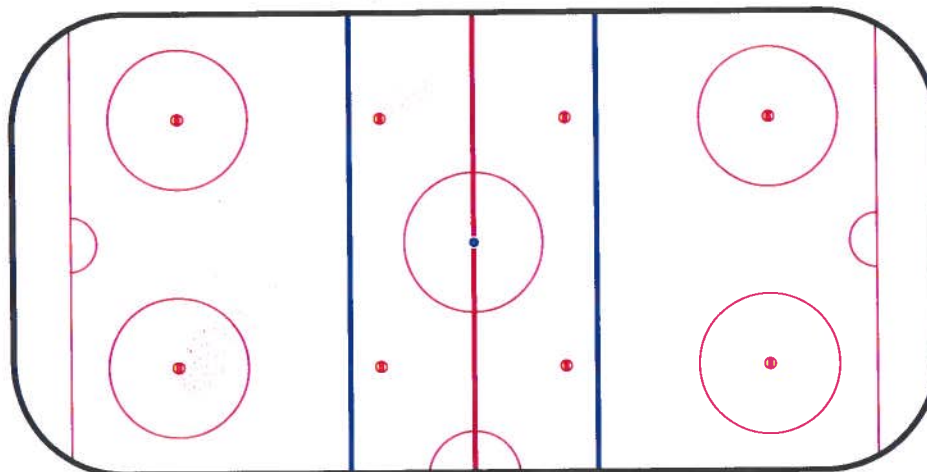
3-2 (100)

5-5

6



2-0 (200)



Spiel 5-5

fliegende Wechsel





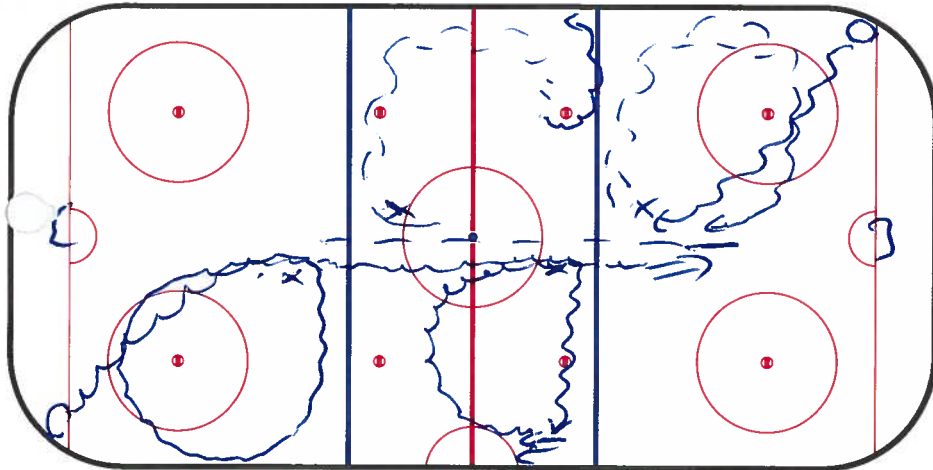
TEAM: U17  
 DATUM: 23.08.21  
 ET 17<sup>00</sup> - 18<sup>50</sup> KT 19<sup>00</sup> - 19<sup>30</sup>  
 TRAINER: Markus

TEC, SIMON, MELVIN,  
 Patrick.

LUKAS, GABRIEL, Kilian  
 Emilia

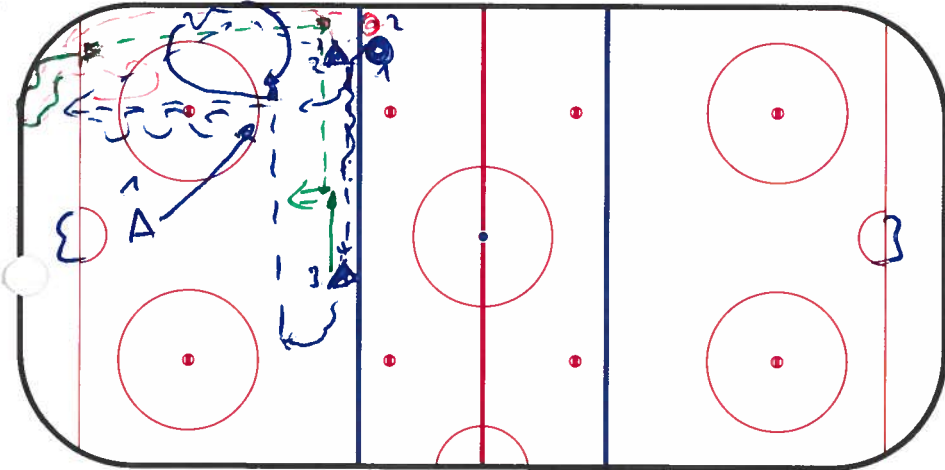
# TRAININGSPLAN

10'



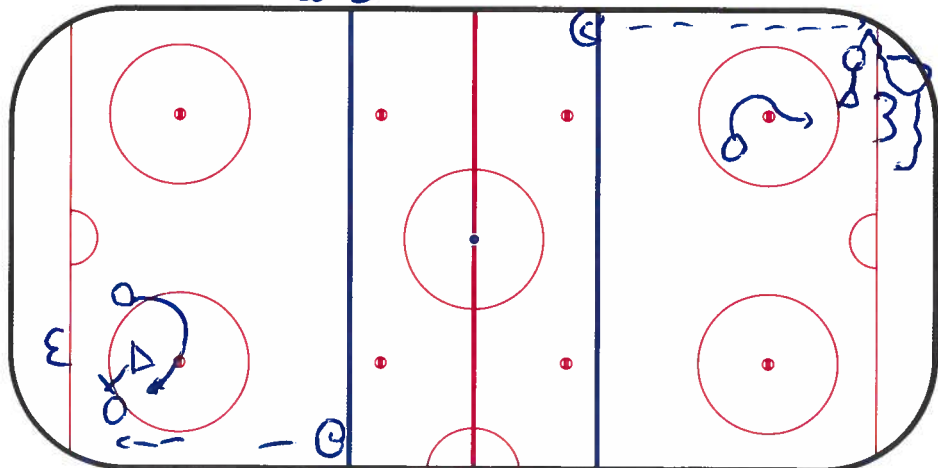
- Laufübung mit Puck
- Übersetze
  - ~~Über~~ brense
  - Übersetze
  - vw - vw
  - uv - vw Richtungswechsel

10' beide Seiten

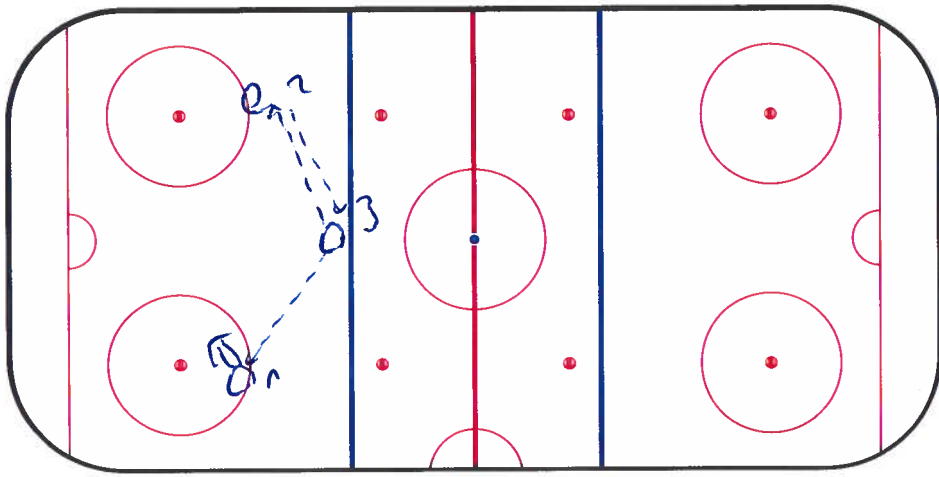


- Passübung
- S1 pass zu VT1
  - VT1 Anfbau pass zu S1
  - S1 passt zu VT2
  - VT2 zu VT3
  - VT3 passt zu S1

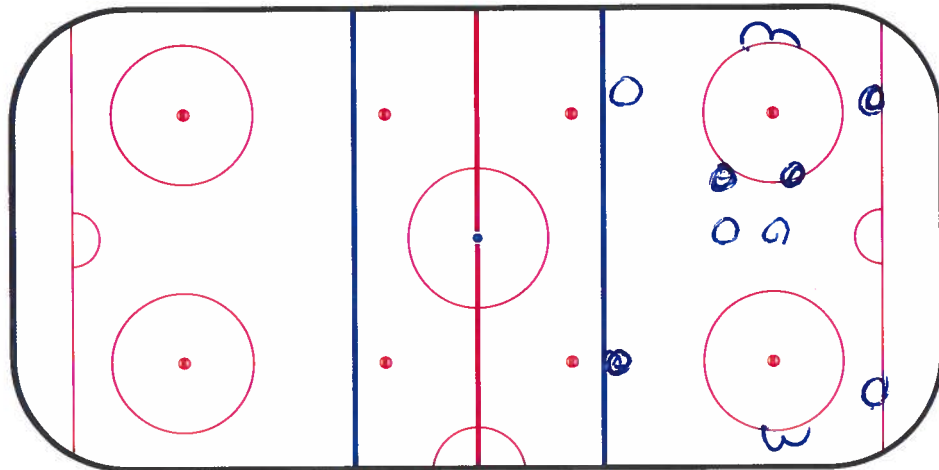
10-15' seitenwechsel



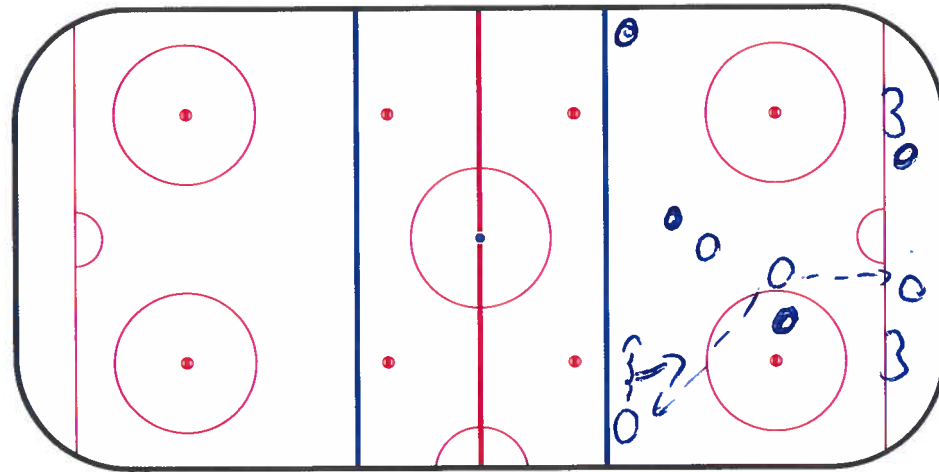
- 2-1
- 1-1
- (finde den freien Raum)



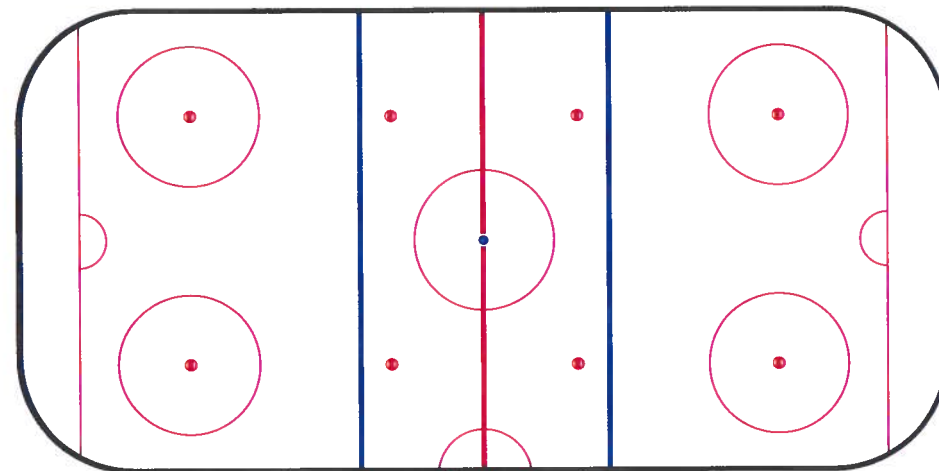
Schussüb  
3 Schüsse



2-2  
Transition



2-2 2 offensive Joker





TEAM: U17

DATUM: 25.08.21  
ET 15:00 - 16:20

TRAINER: Tt 16:30 - 17:00  
ET 17:40 - 18:40

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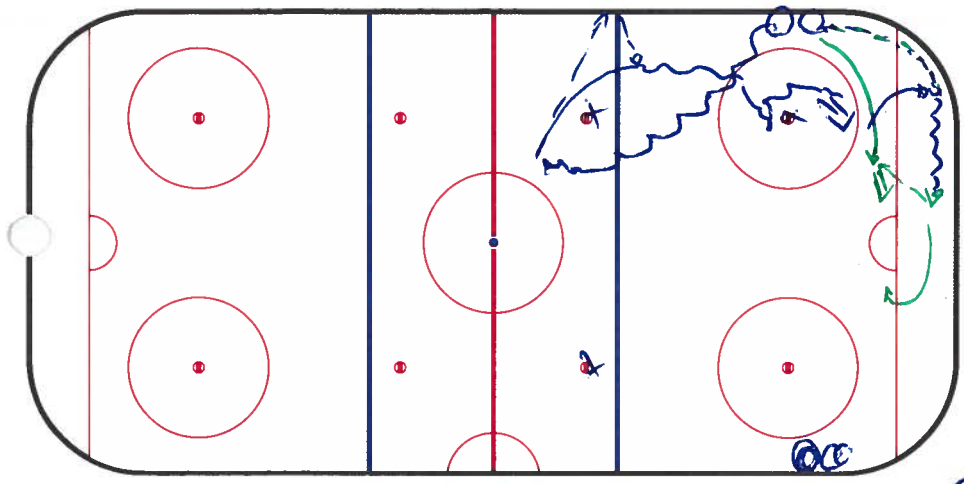
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# TRAININGSPLAN



①

Pull in Push  
Passübergang - Schuss

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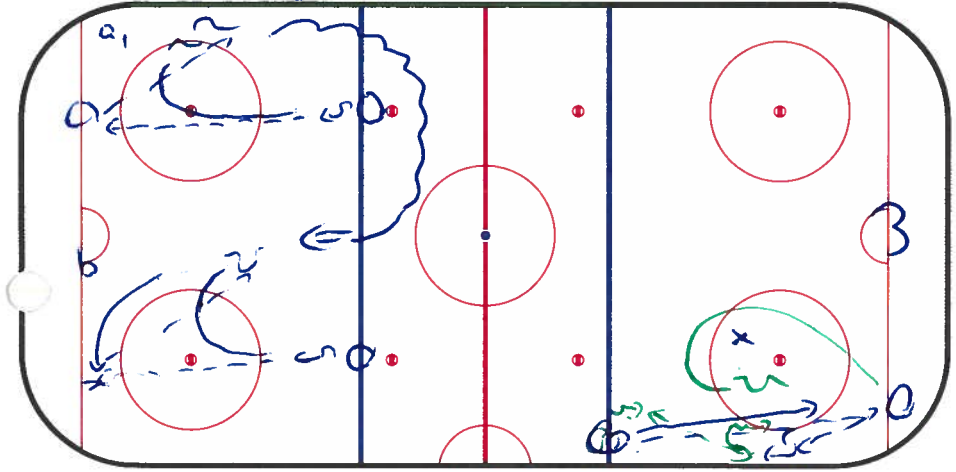
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② Passübung



③

^ - ^  
Anspiel

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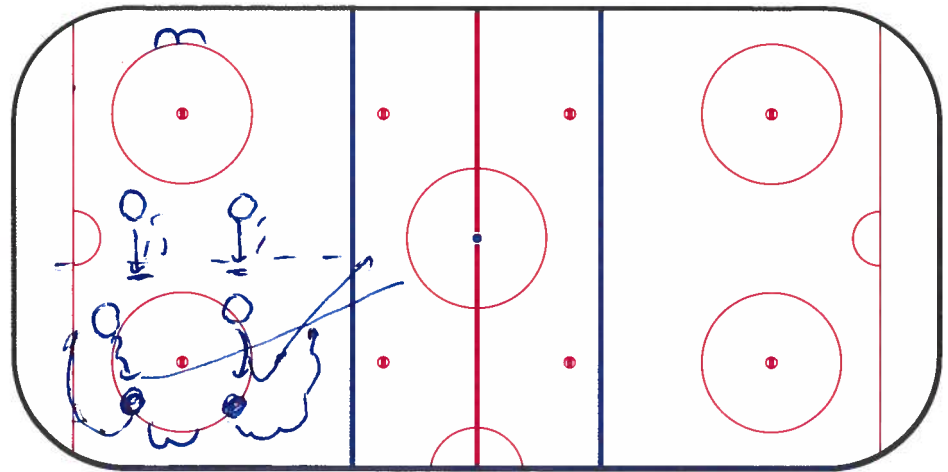
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2-2

2 Defensiva Spieler

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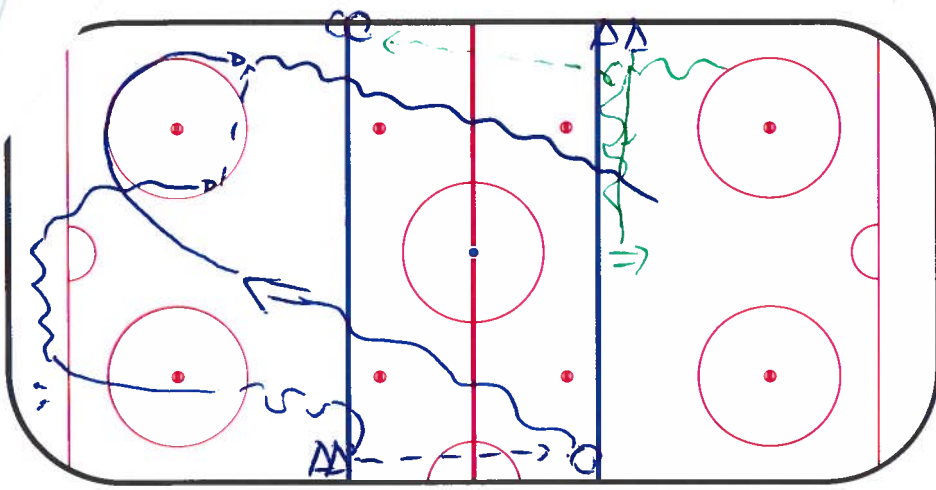
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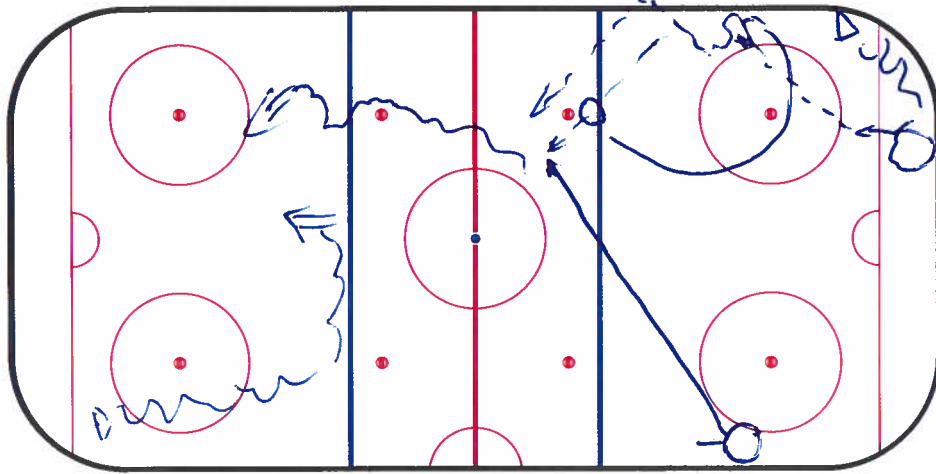
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Anfänger VT

Unschelte 1-1

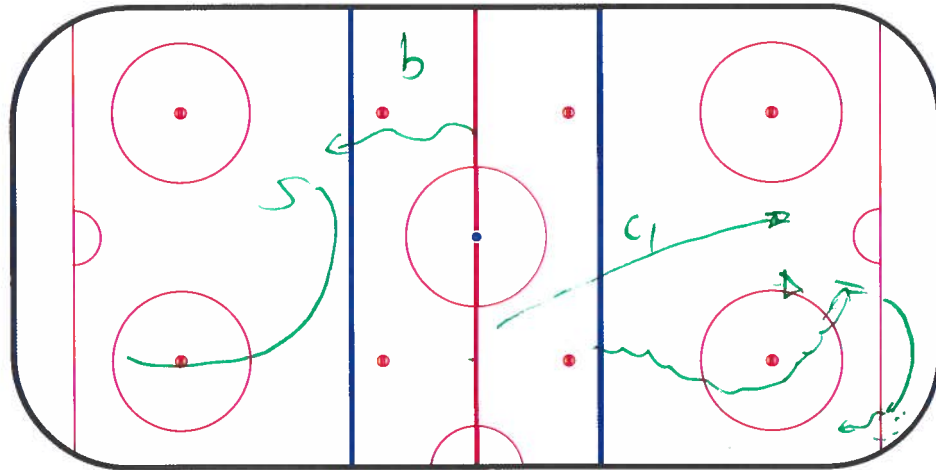
VT blaue Linie schuss



a Anfänger 1-0

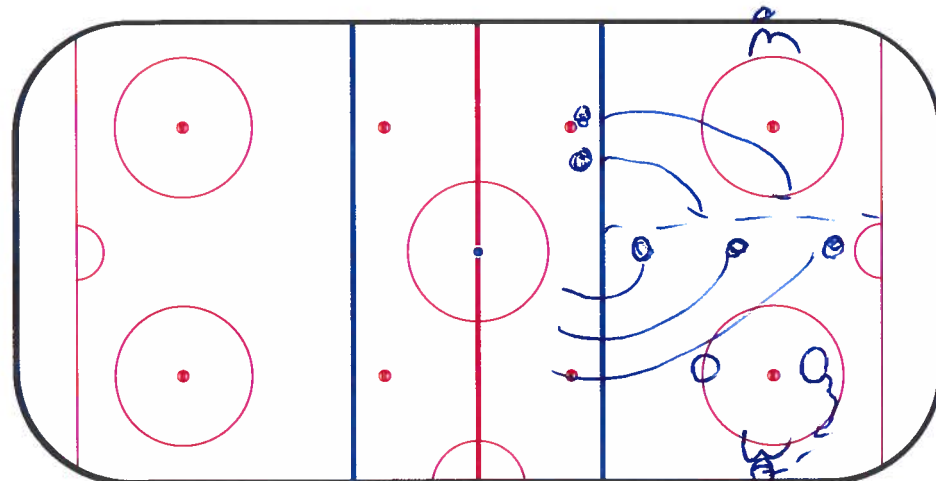
b 1-1

c 2-1 (2x)



a 2-1 Anfänger

b 3-2



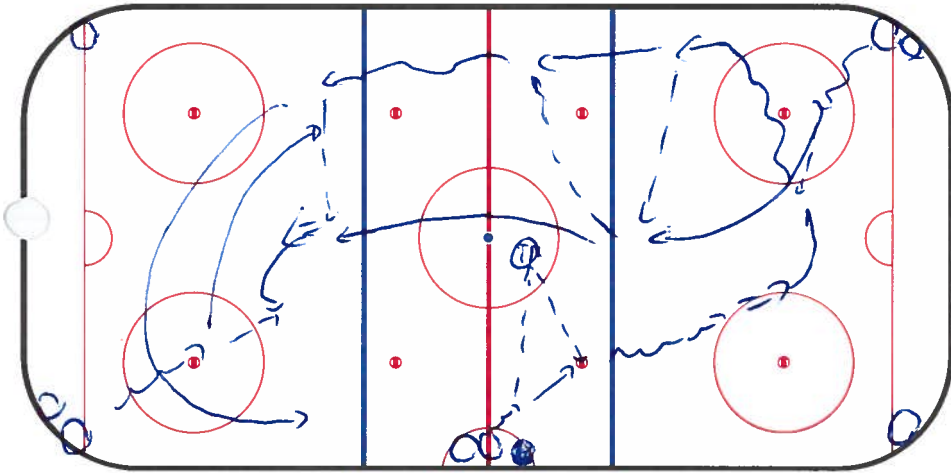


TEAM: U17  
DATUM: 25.08.21  
17<sup>u</sup> - 18<sup>u</sup>  
TRAINER:

TEO, Jonas, Melvin, Ziegler P.

Lukas, Gabriel, Simon,  
Kilian

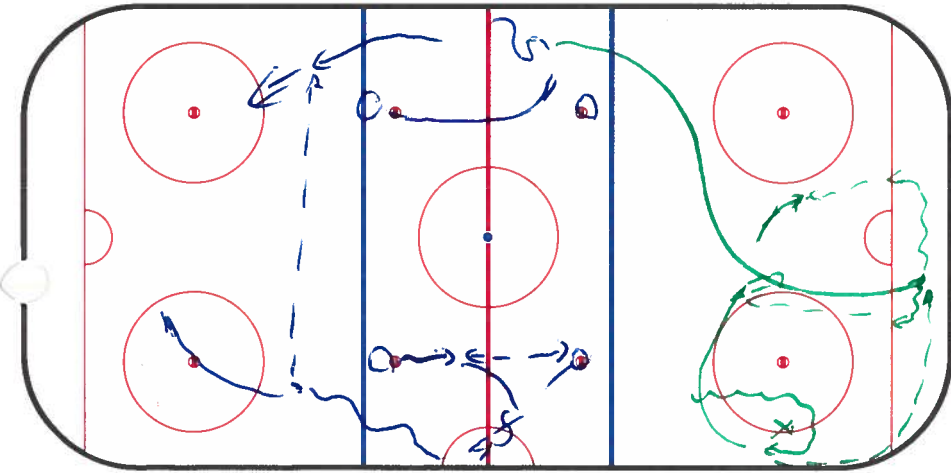
# TRAININGSPLAN



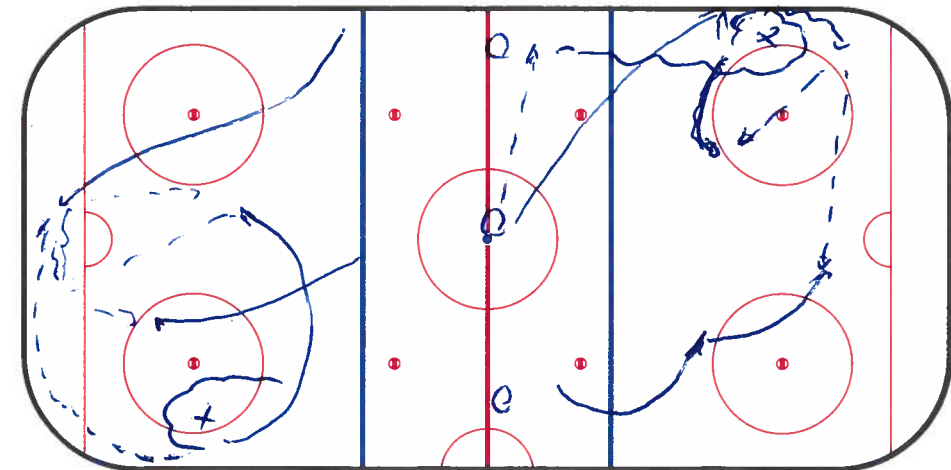
1-0

2-0

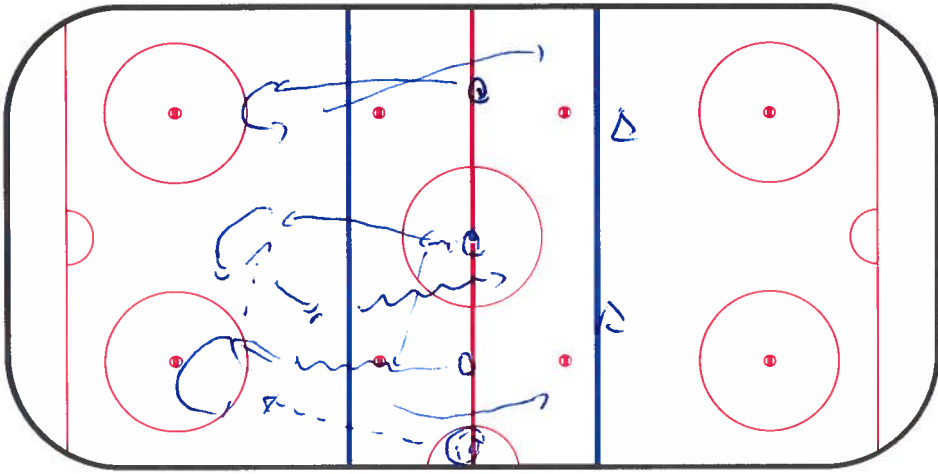
3-0



2-0

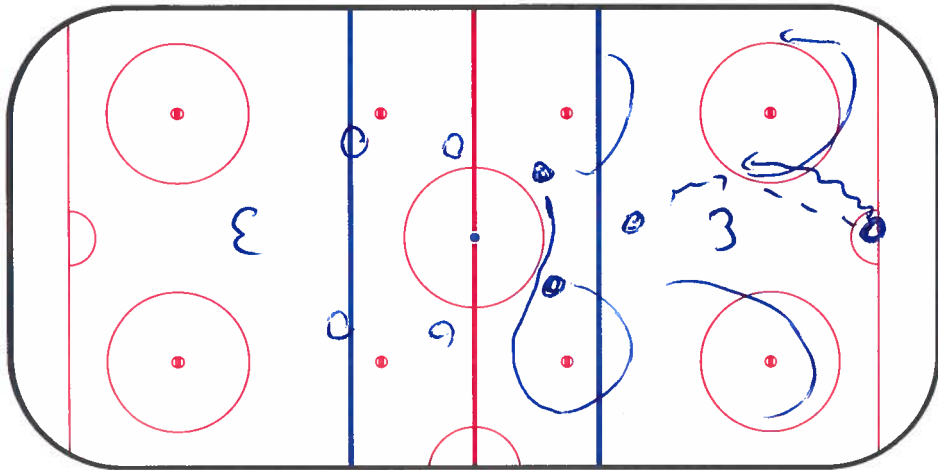


3-0



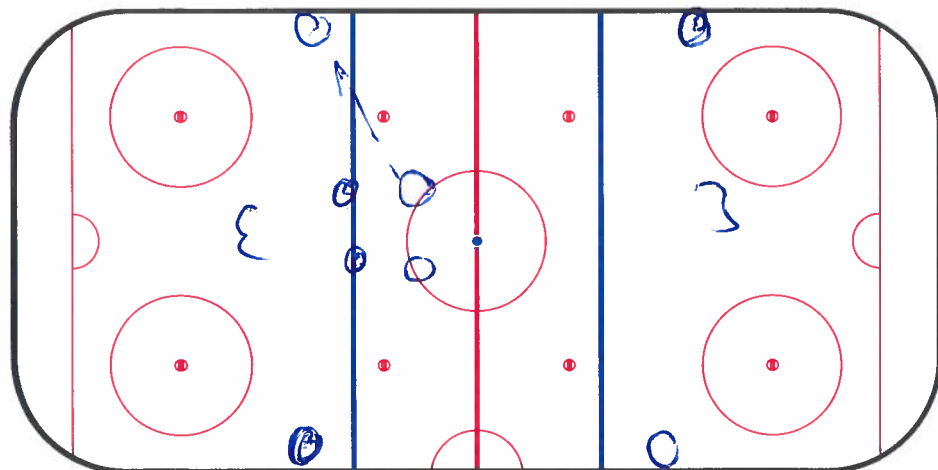
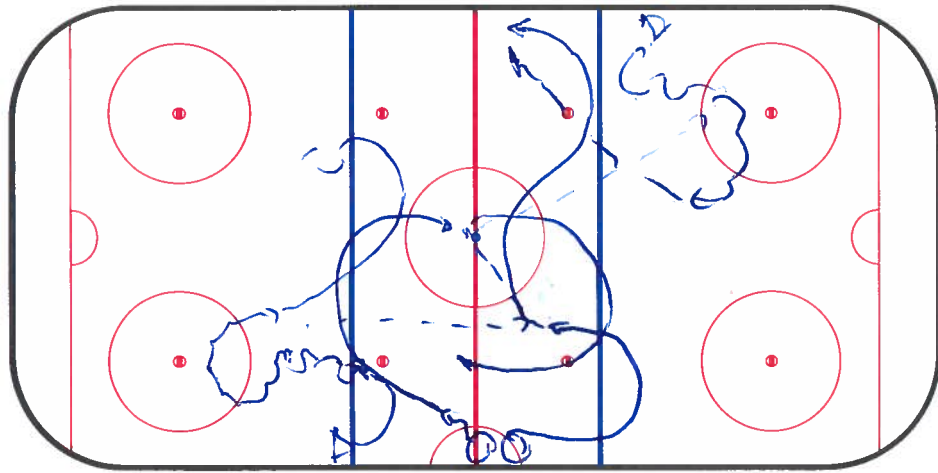
3-0

3-2



4-3

2-3-2

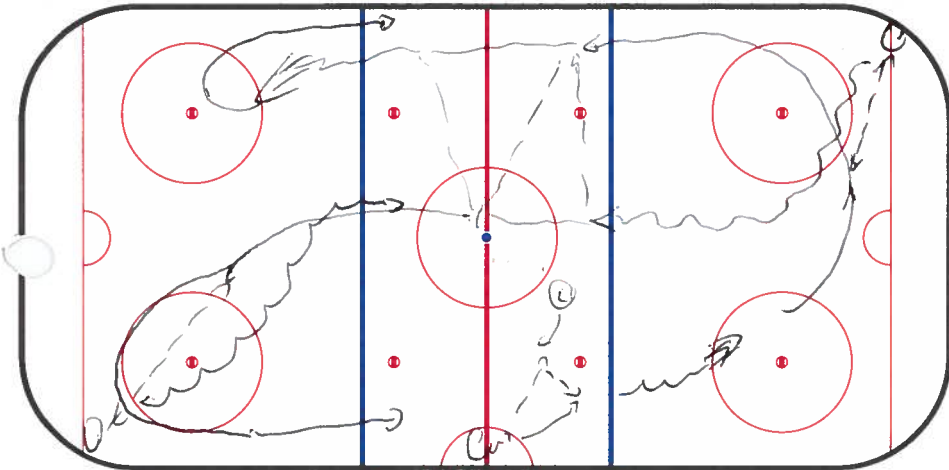


2-2 (2 Joker)

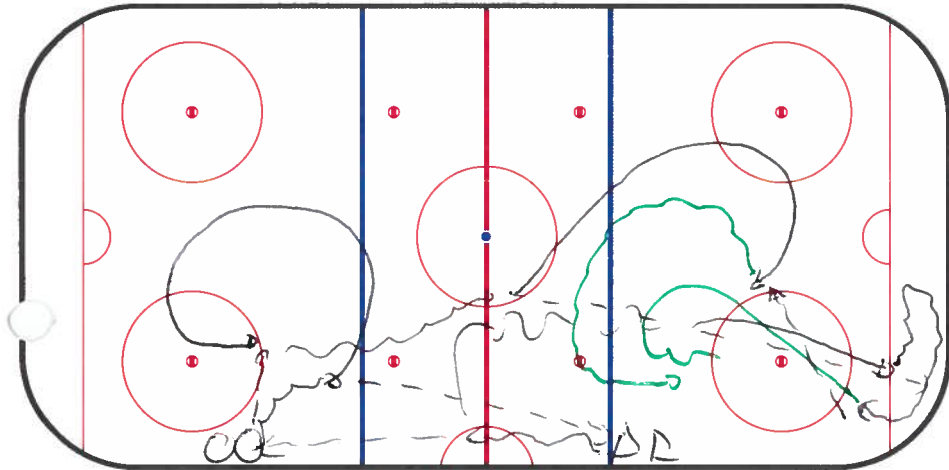


TEAM: VHT  
DATUM: 1.05.21  
TRAINER: Markus  
ET 15:00 - 16:00  
TS 16:30 - 17:00  
ET 17:40 - 18:40

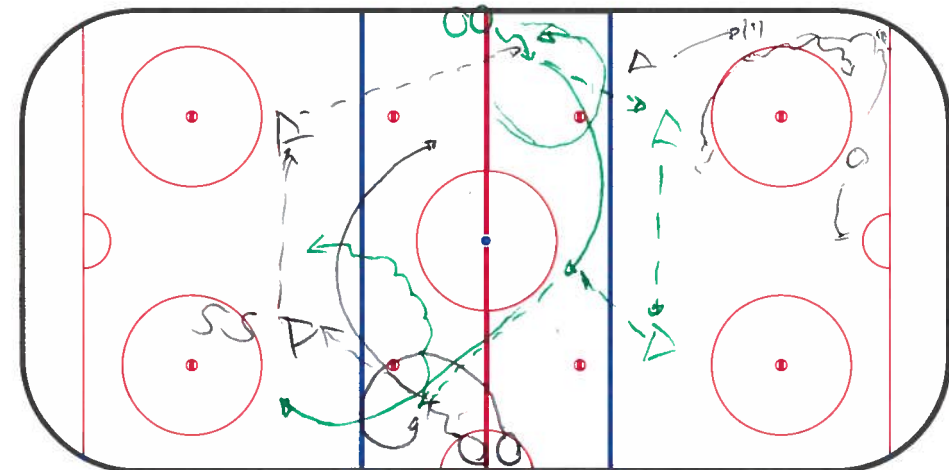
# TRAININGSPLAN



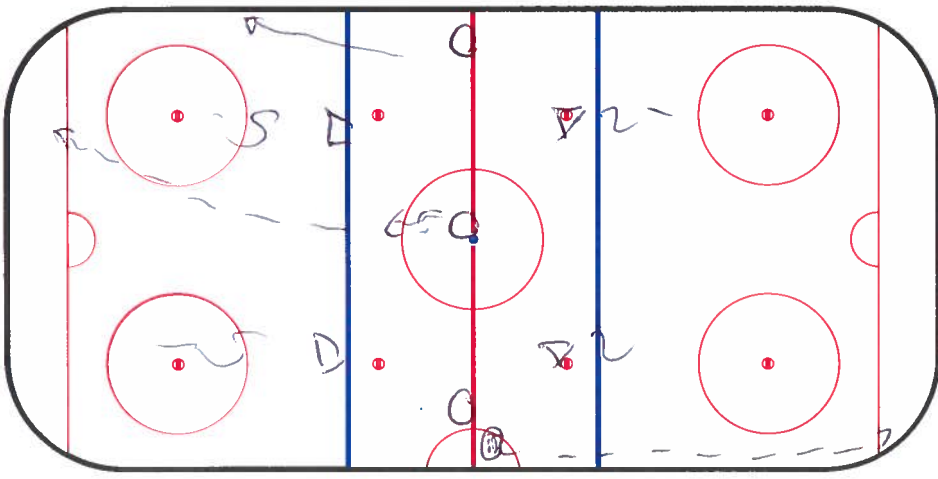
1-0  
2-0  
3-0



1-1 Außen



VT - VT Außen  
quick up  
Schuss  
High Cycle mit VT  
2-1  
3-1



3-2 2-2  
aus der Ecke

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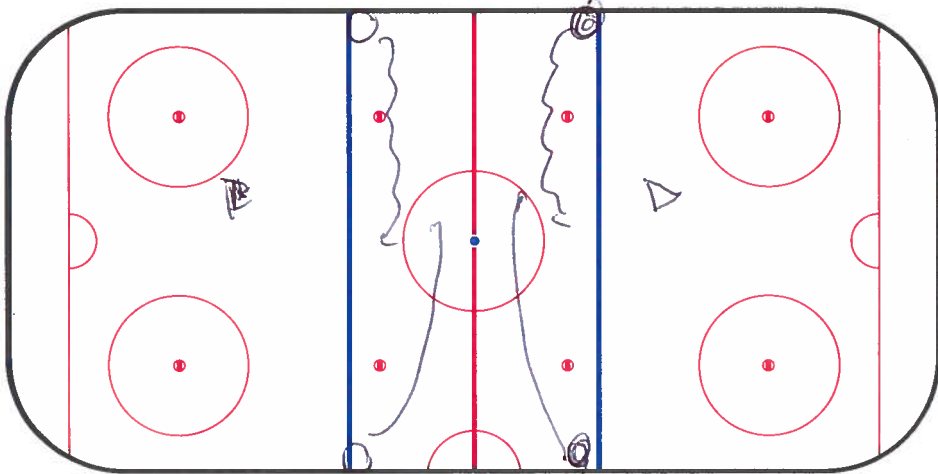
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2-1 3-3

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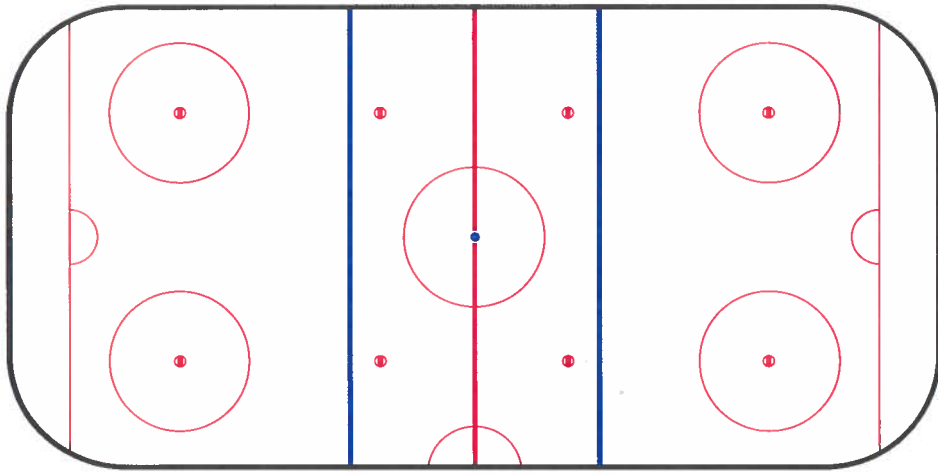
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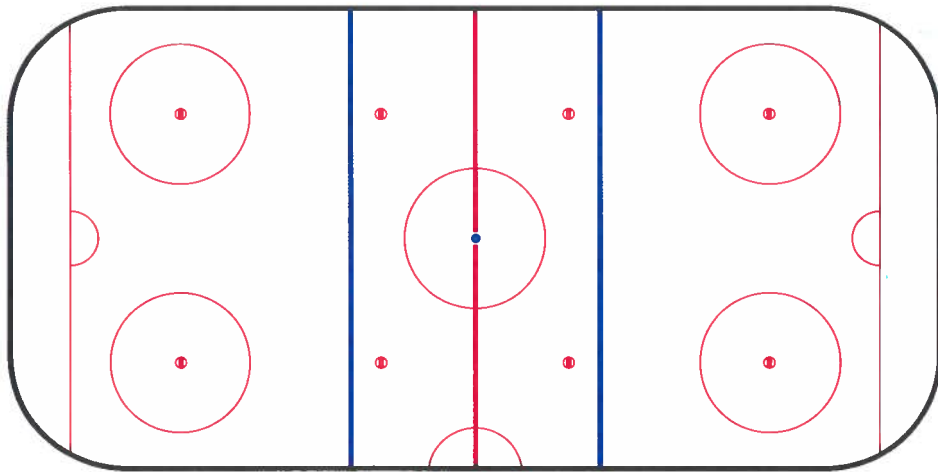
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TEAM: U11  
DATUM: 01.03.21  
TRAINER: 1740 1840

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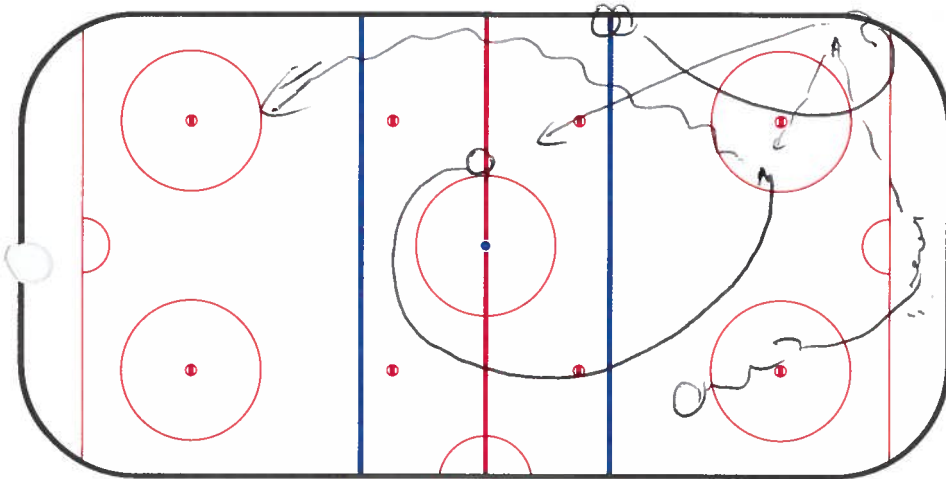
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# TRAININGSPLAN



Pass-by 1-0

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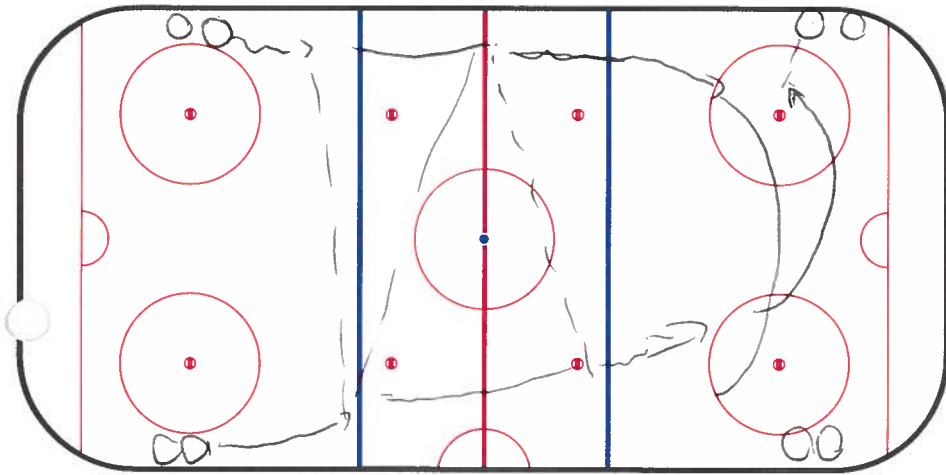
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2-0 2x

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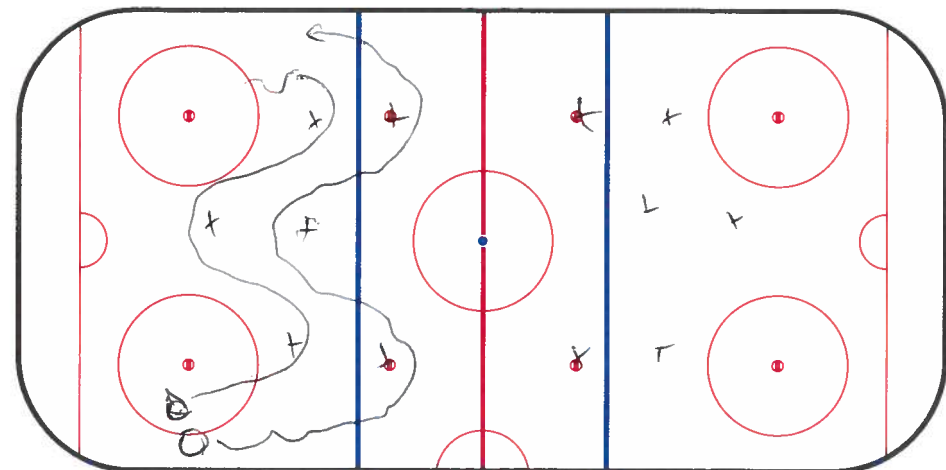
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1-1

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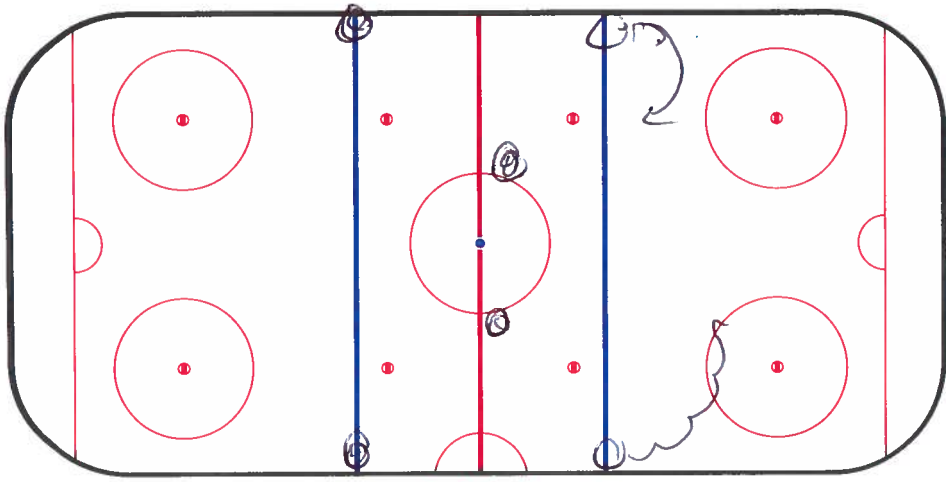
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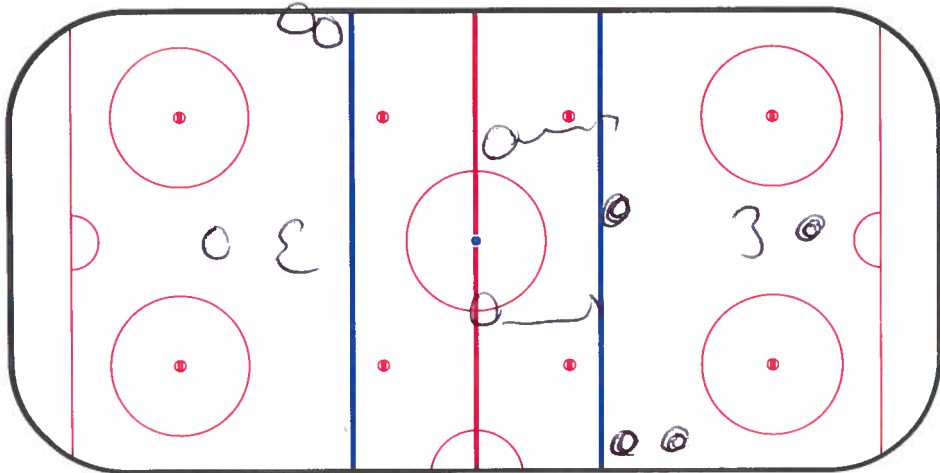
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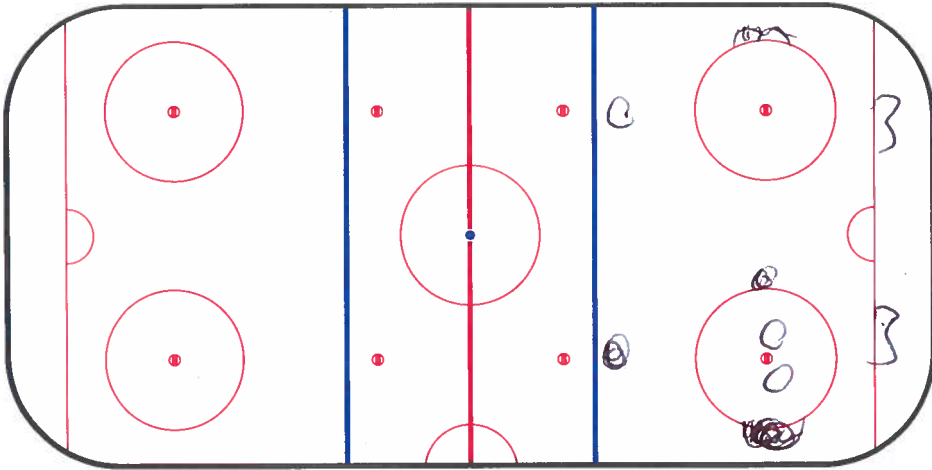
2-2

Umschaltspiel

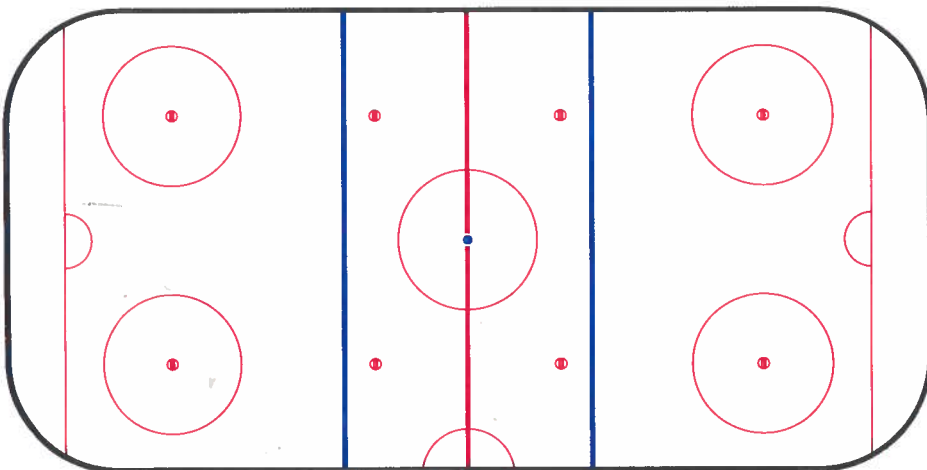


2-1-1

Anfänger



3-2





TEAM: U17

DATUM: 27.08.21  
TRAINER: ET 17 50-1520

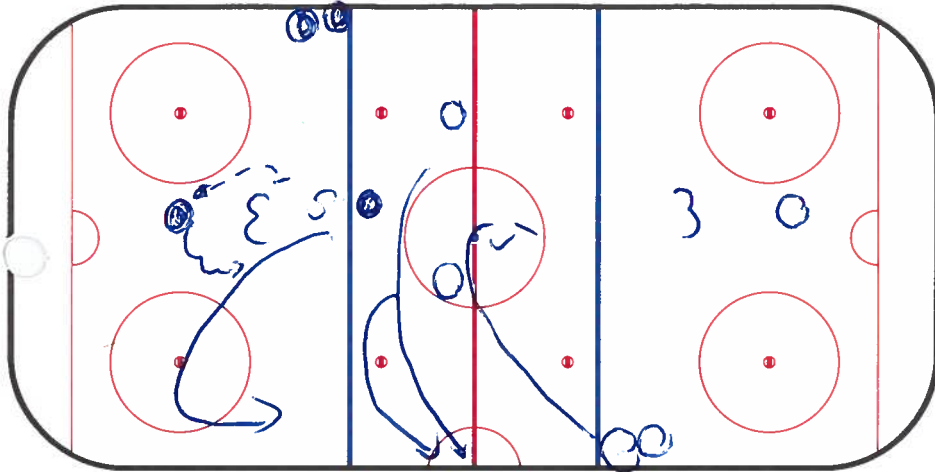
TRAINER:

Gebiet Lukas Tobi

Jonas Ziegler

Kilian Benno

# TRAININGSPLAN



2-1

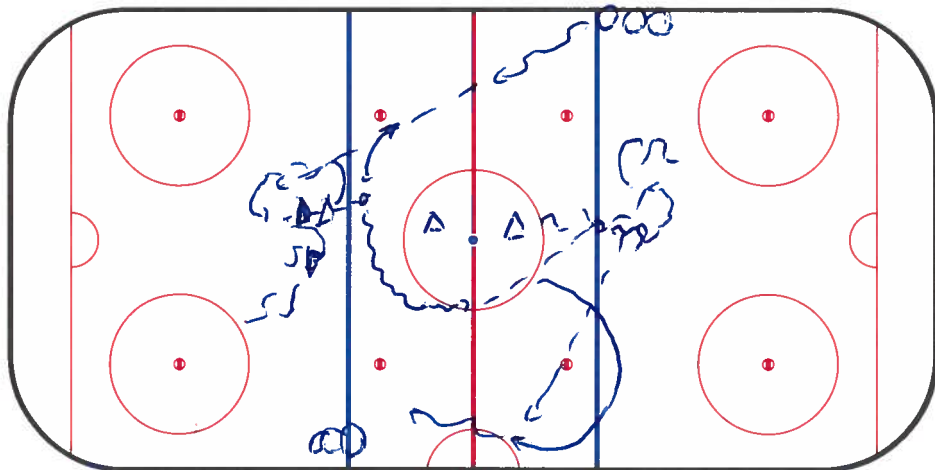
Aufbau

2 OFFENSIVE gehen raus  
1 DEFENSIVER kommt  
mit

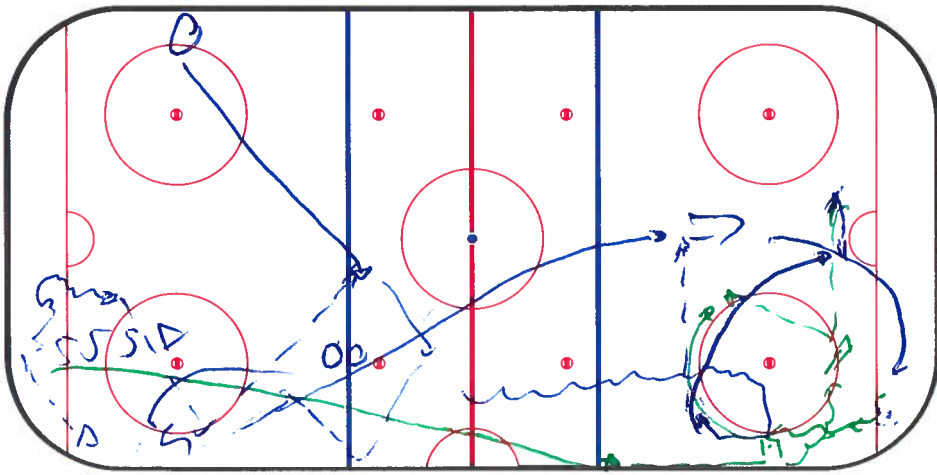


7-0

Stellplätze

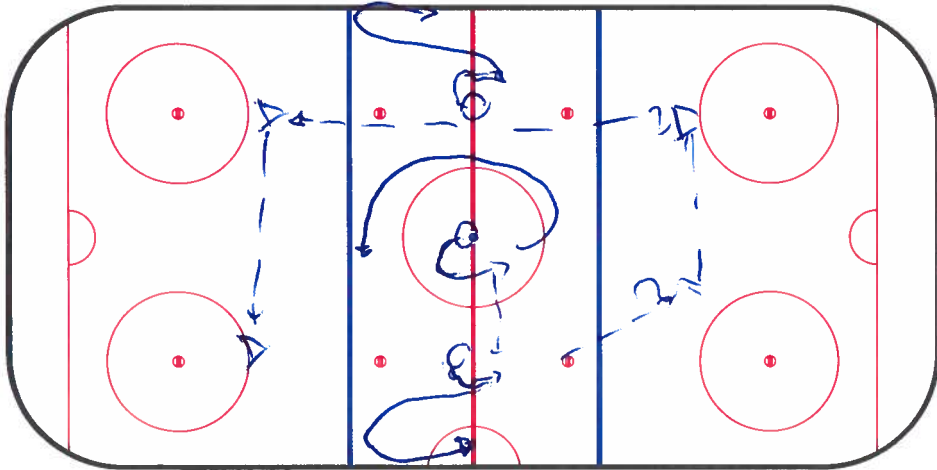


1-1



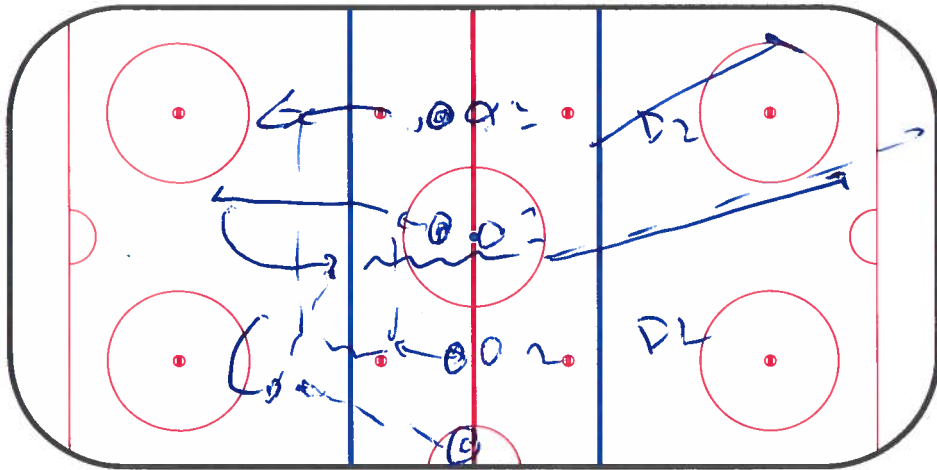
2-0

3-0 (with)



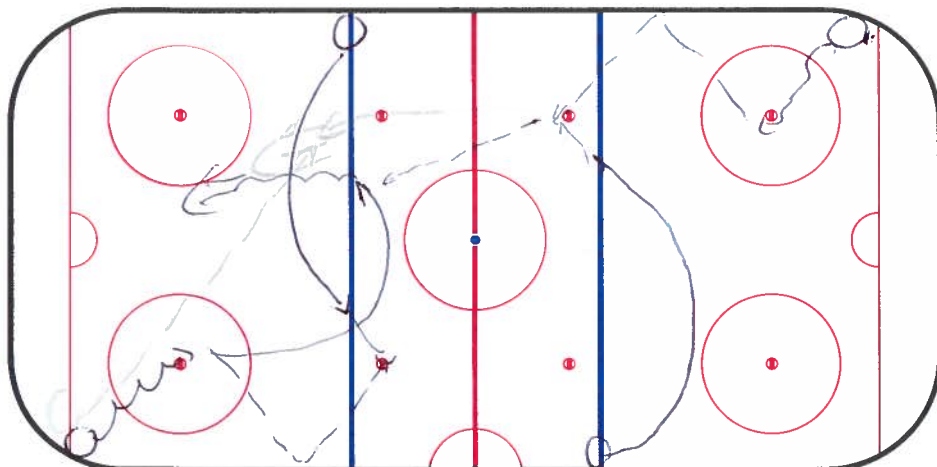
3-2

Regroup 3-2



3-0

3-5 (2VC)



5-5

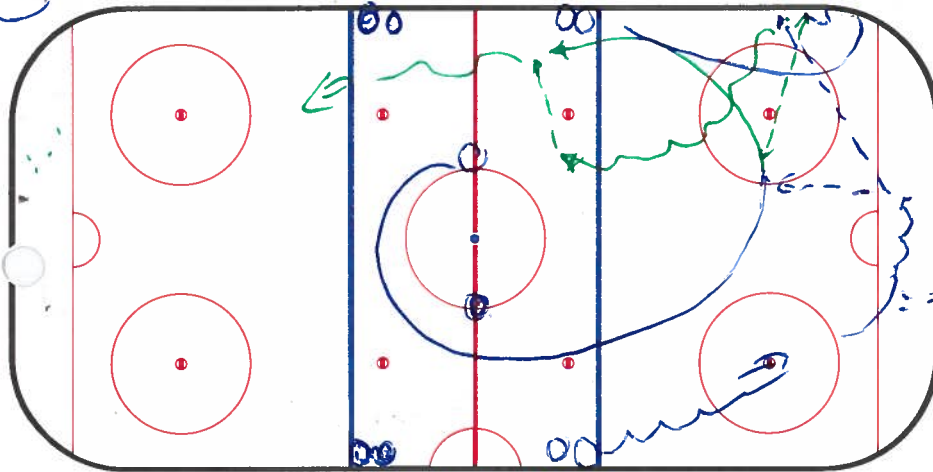


TEAM: U17  
DATUM: 30.08.21  
TRAINER: Markus  
ET 17:20 - 18:50

Melvin TEO SIMON  
Jenas Petrusch  
Gebrügel Lukas Oli  
Kilian Patrick?

# TRAININGSPLAN

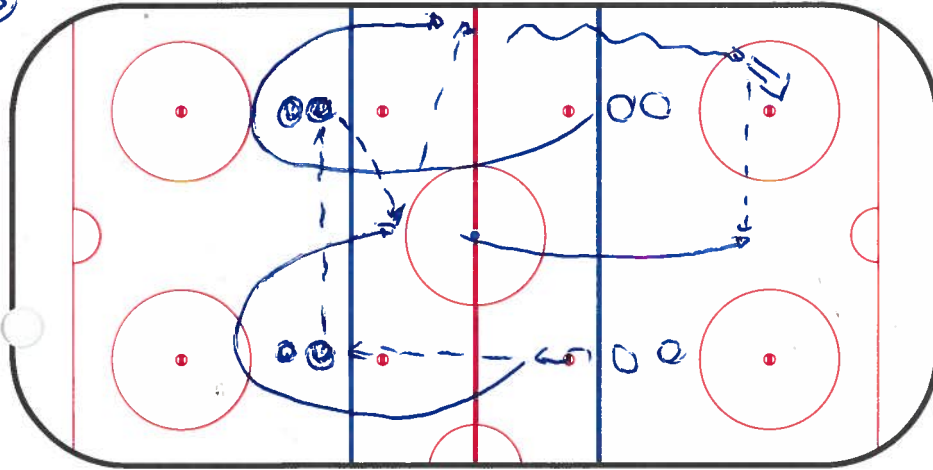
1



Passübung 1-0

10

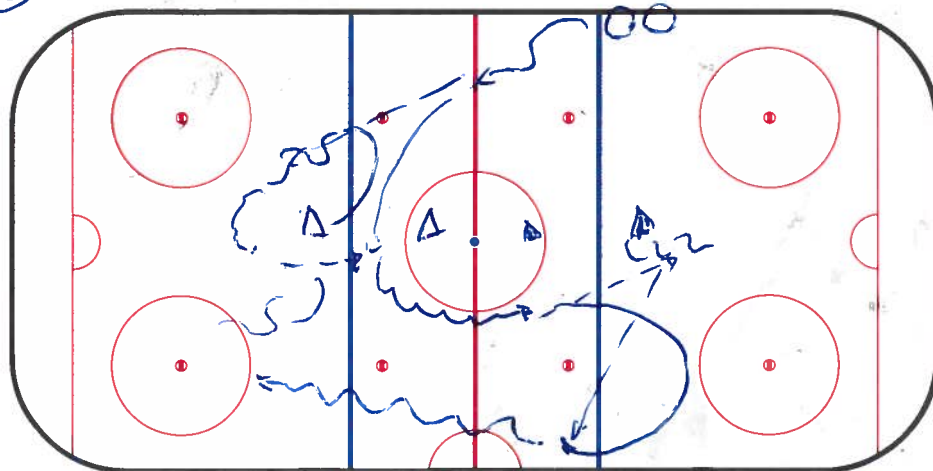
2



2-0

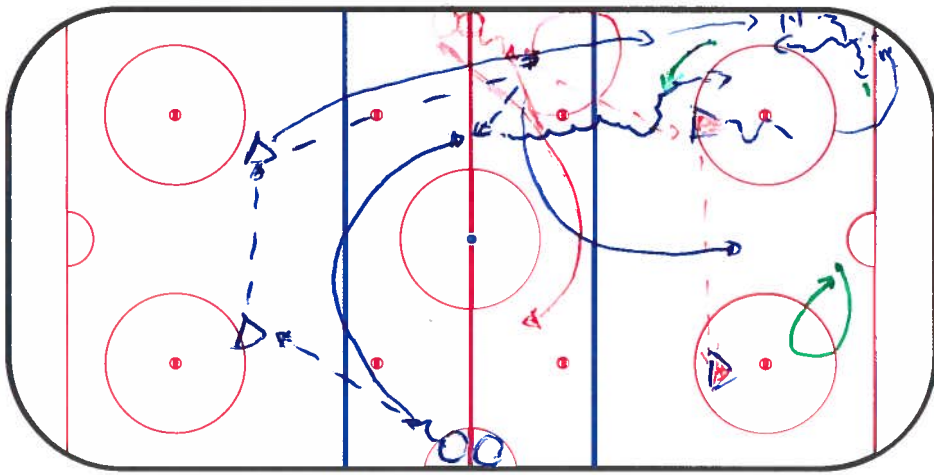
10

3



1-1

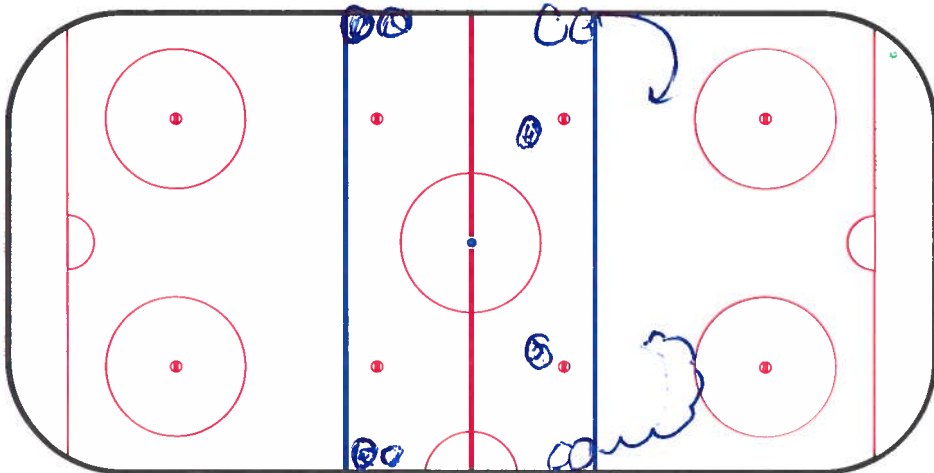
10



VT - VT 10  
 quick up  
 schuss  
 High Cycle mit VT

2-1

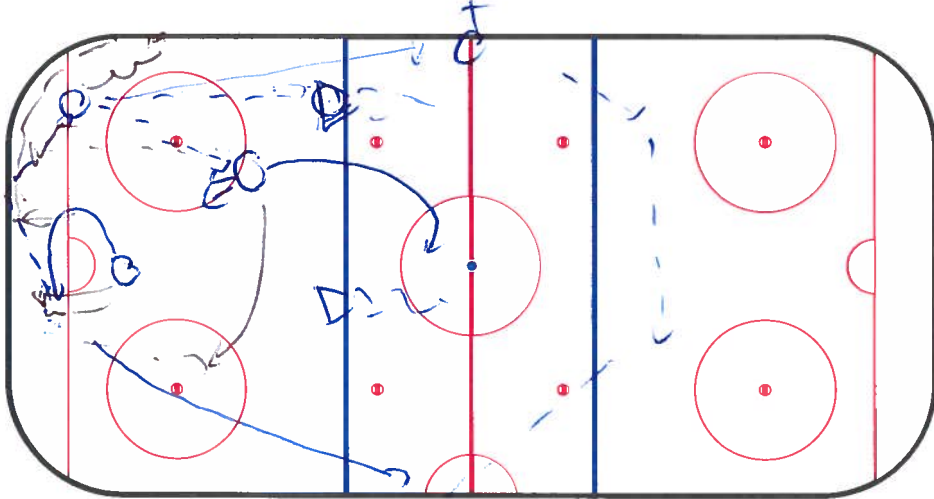
3-1



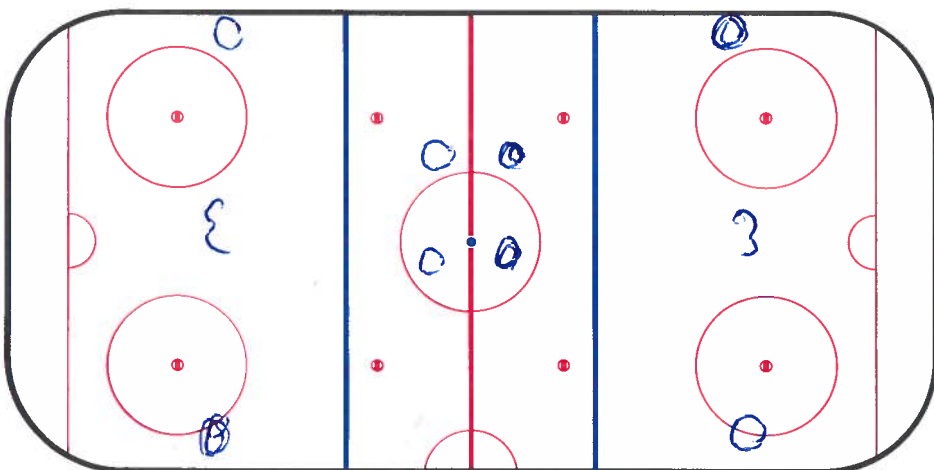
2-2

10

Umschaltspiel



5-0 Anbau 10  
 i Regroup



2-2

2 Joker disjunkt



TEAM: U17  
17:50 - 18:50  
DATUM:  
TRAINER: Markus

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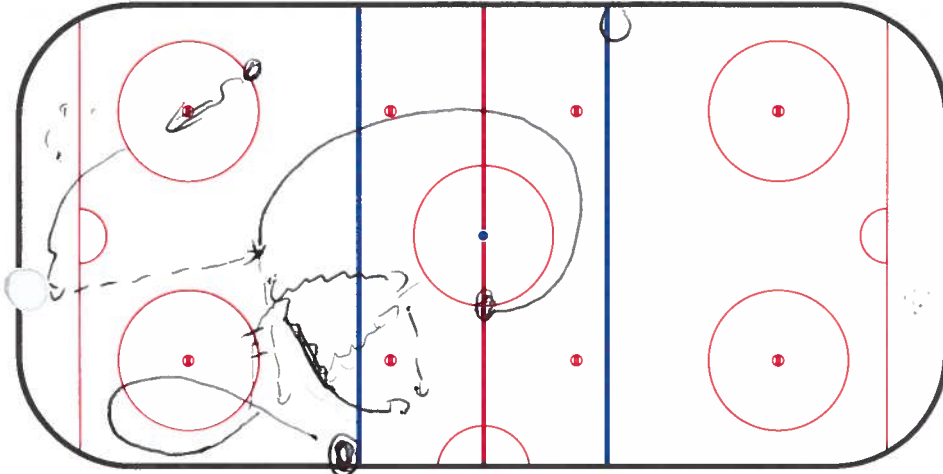
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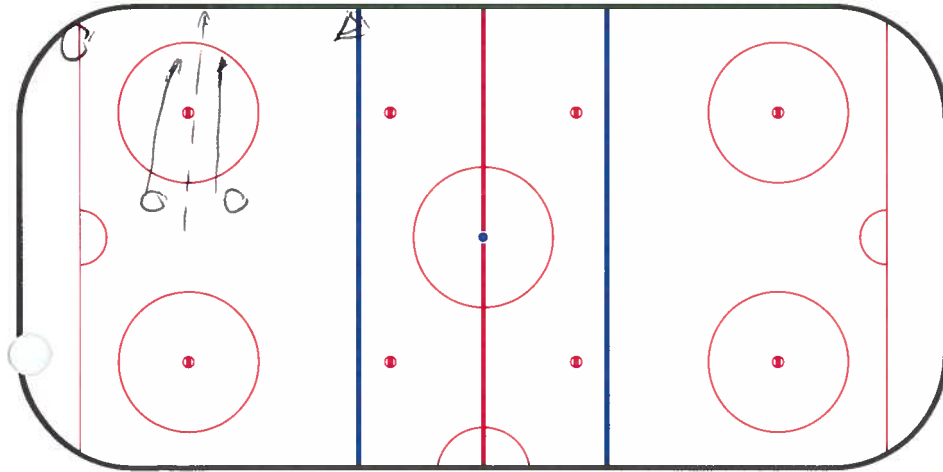
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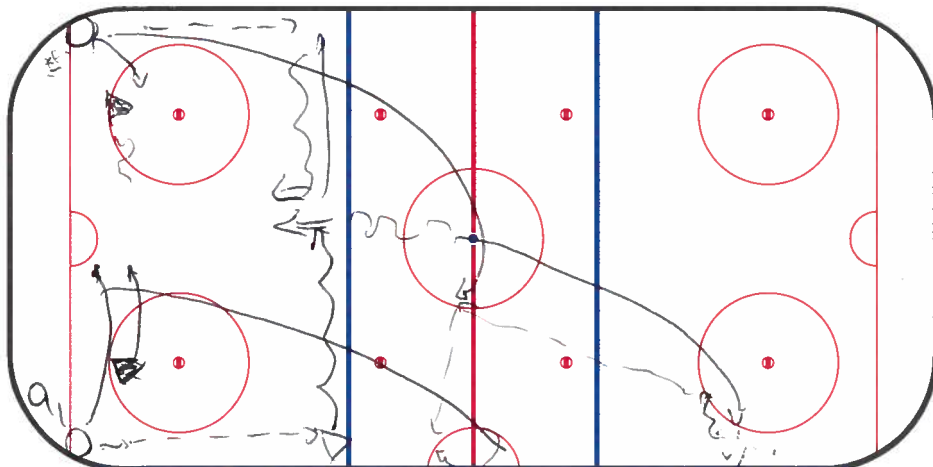
# TRAININGSPLAN



1-0 Außen  
zur Mitte



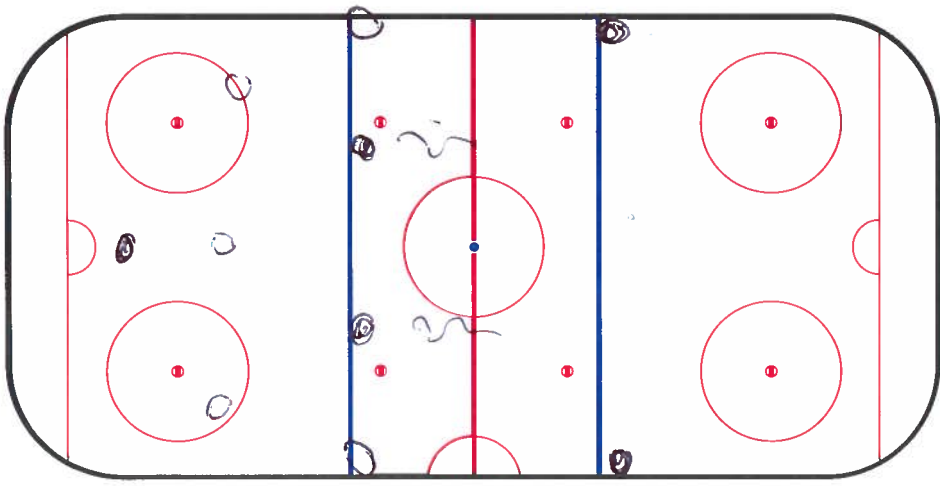
1-1 2 Zonen



Außen beide Zonen  
a. 1-1 passen VT  
Außen 2-1 (2-1)<sup>VT</sup>  
aus der Ecke 3-1-2 VT

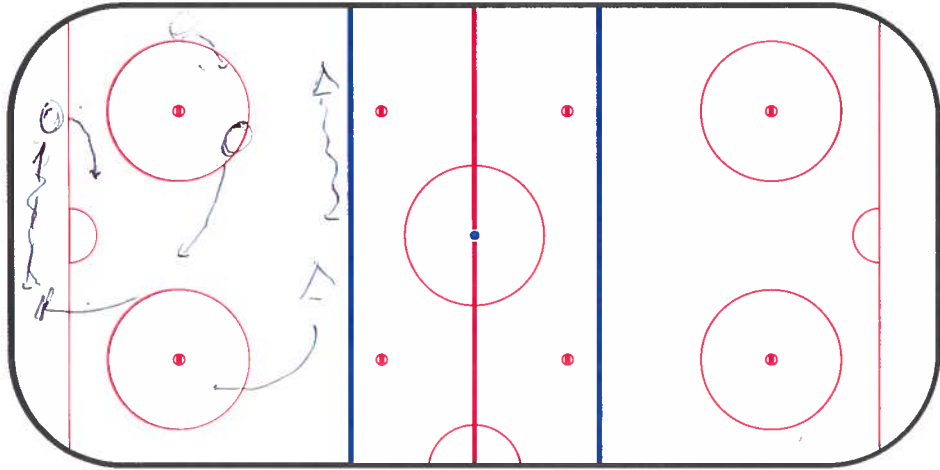
b. 1-1 | 2-2 |  
3-2  
aus der Ecke 2-2

3-2 (ABC)

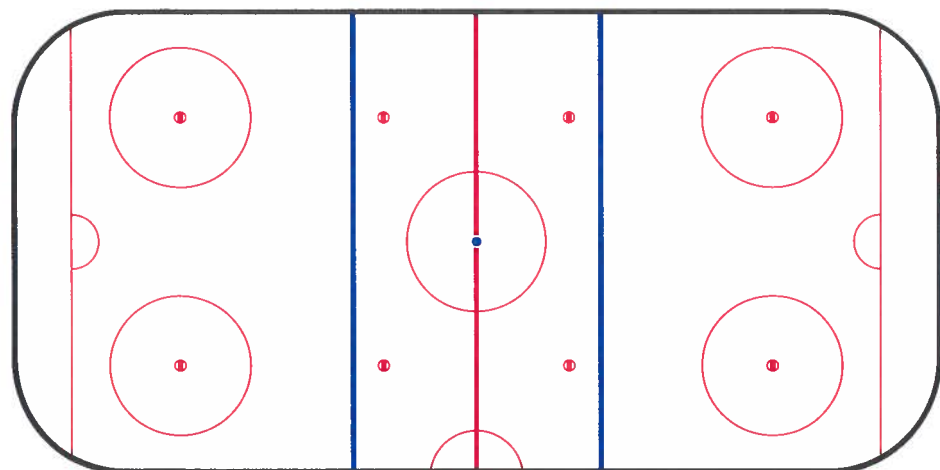
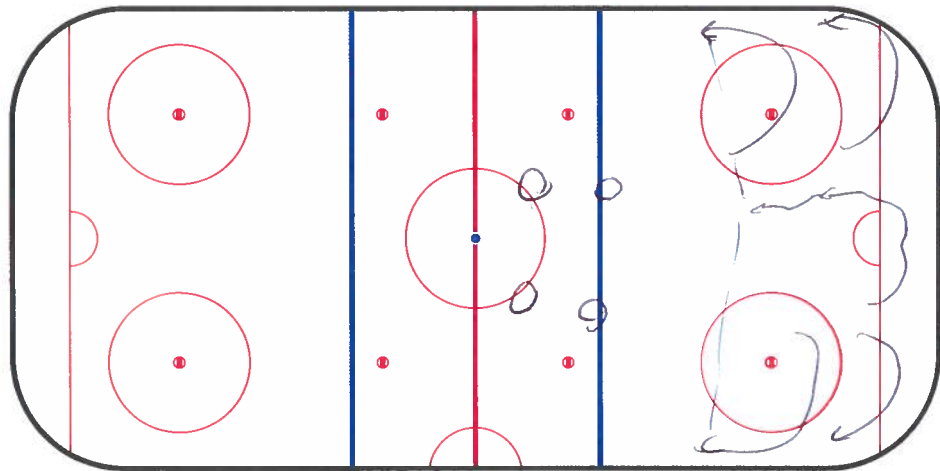


TER) ~~TER~~ <sup>TER</sup> Nelson  
Joes Evelyn Klot

Rouletic



5-4





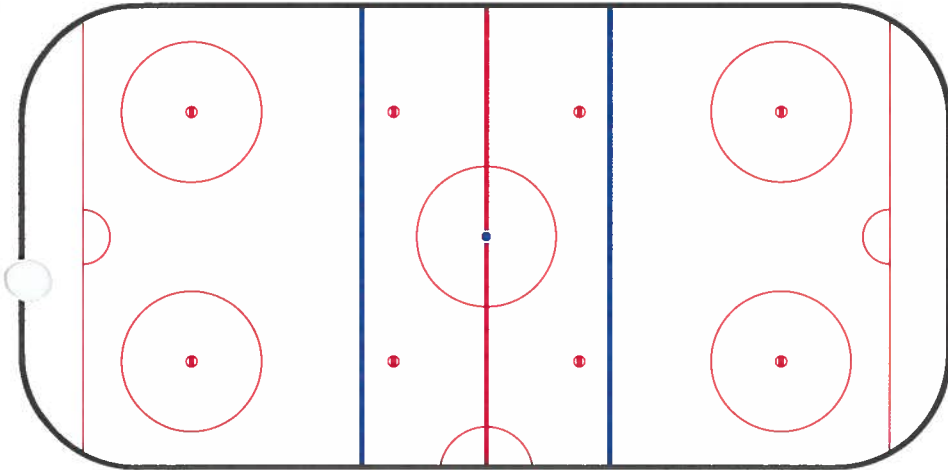
Refers Raphael



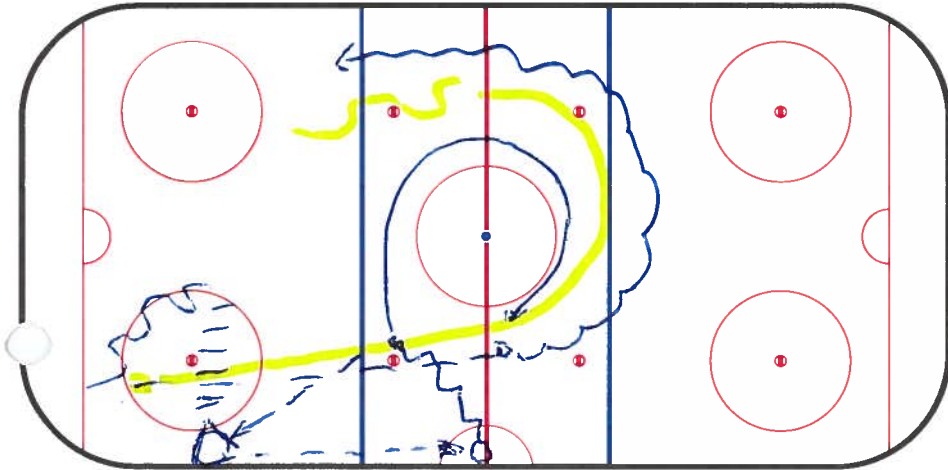
TEAM: U17  
DATUM: 6.03.21  
11:20 - 18:50  
TRAINER: Markus

Flo	TEO	Malin
Gebert	Luks	Olli
Simon		Benno
	Jones	Patrick
	Kilian	Patrick

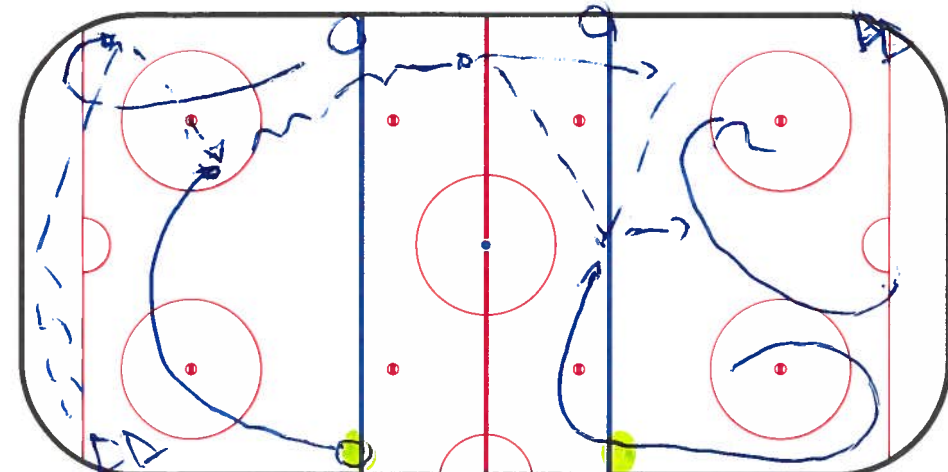
# TRAININGSPLAN



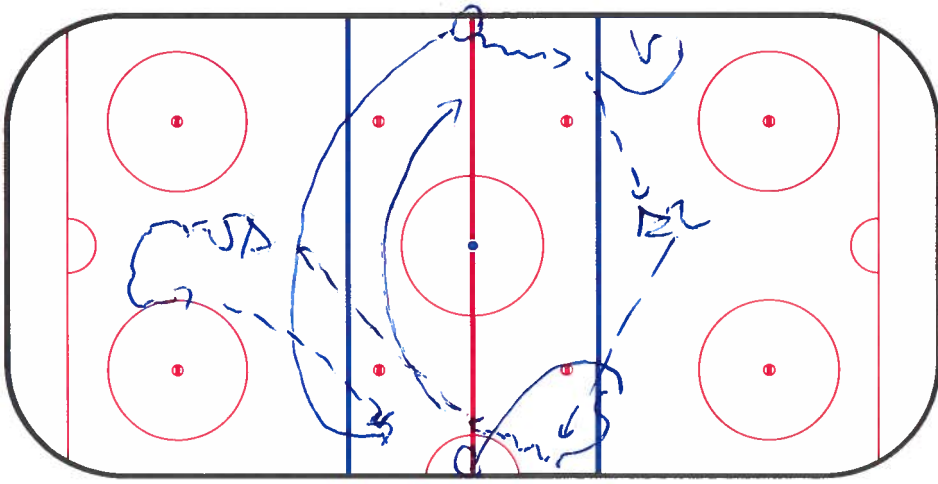
Handwritten notes area with horizontal lines.



1-1  
Handwritten notes area with horizontal lines.



2-1  
Handwritten notes area with horizontal lines.



2-1

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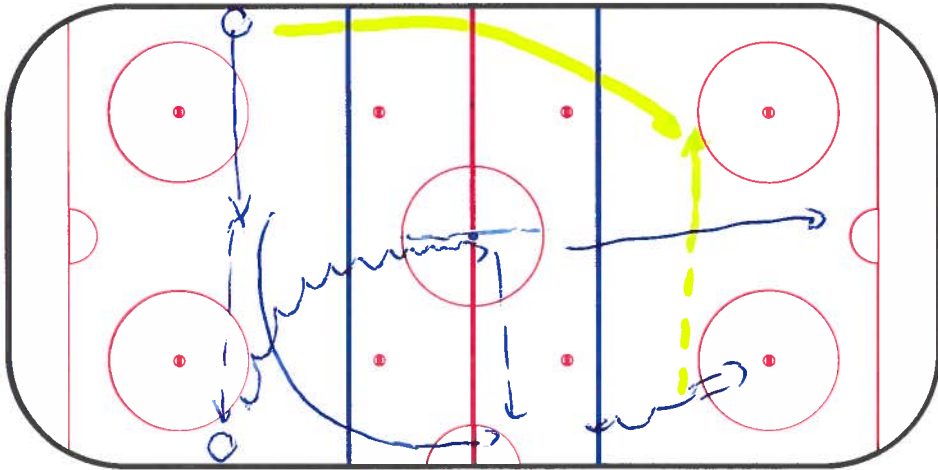
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2-0 / 3-0

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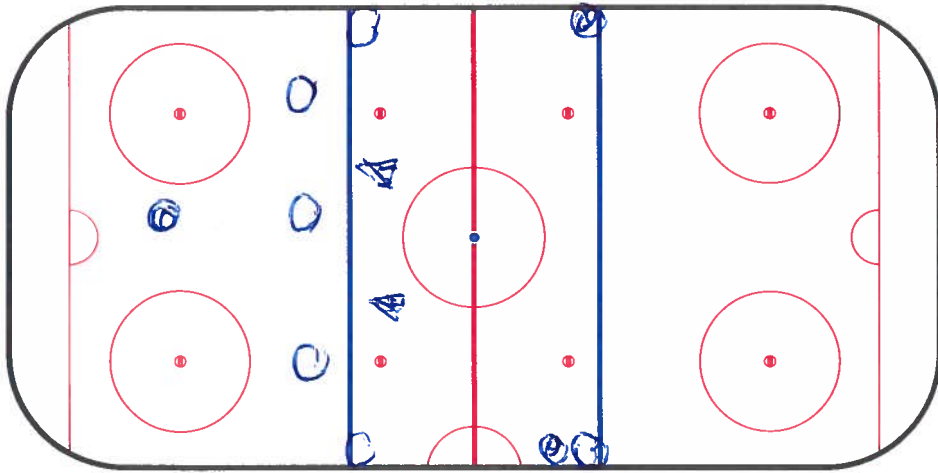
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3-2 (100)

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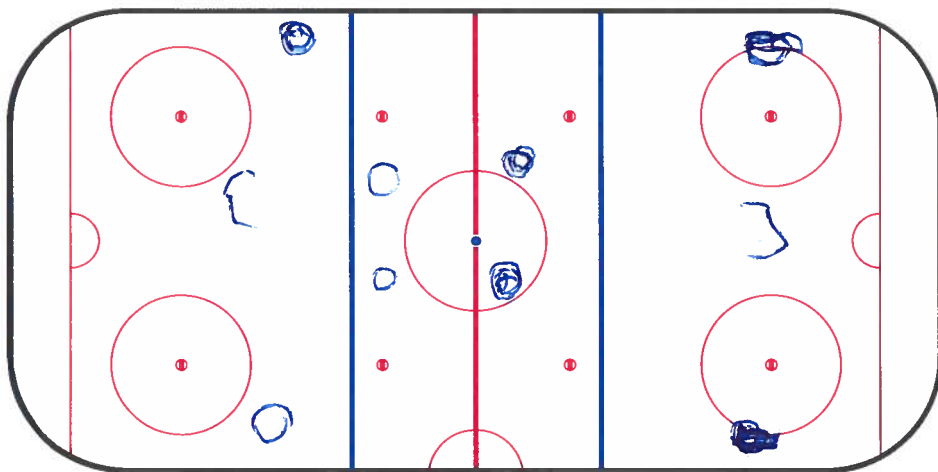
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2-2

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UMSETZUNG 17:00  
TT 17:30 - 18:00

TEAM: U17

DATUM: 14.03.21  
TT 18:00 - 18:40

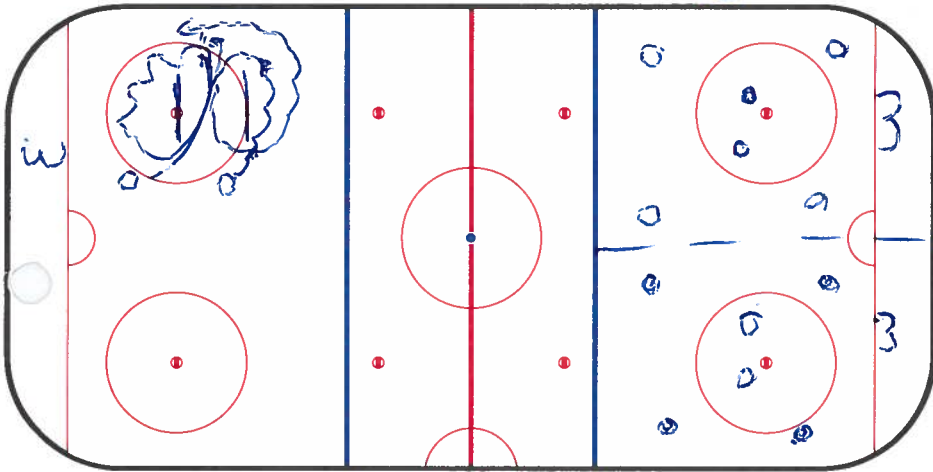
TRAINER: Huber

Flo	TEO	Melvin
Gi. Sobel	Lu. Kos	Dennis
Silvan		Joshua
	James	E. G. P.
	Kilian	Isabel P.

# TRAININGSPLAN

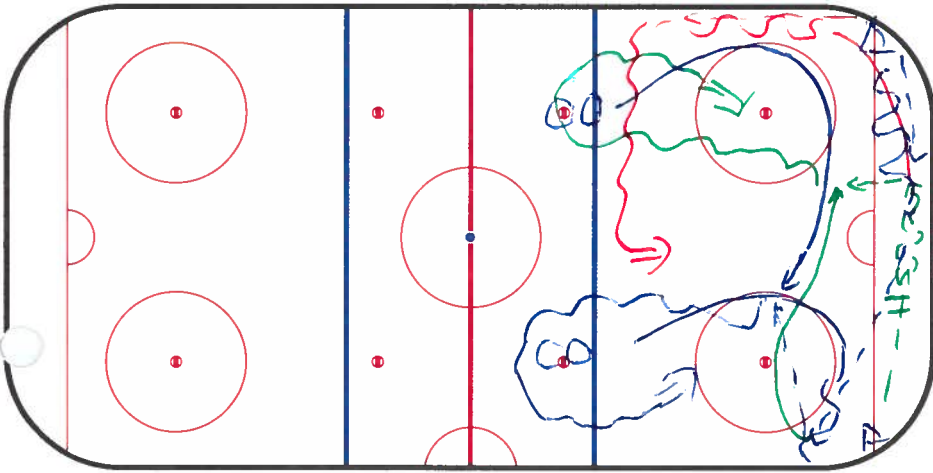
U17 1-1

①



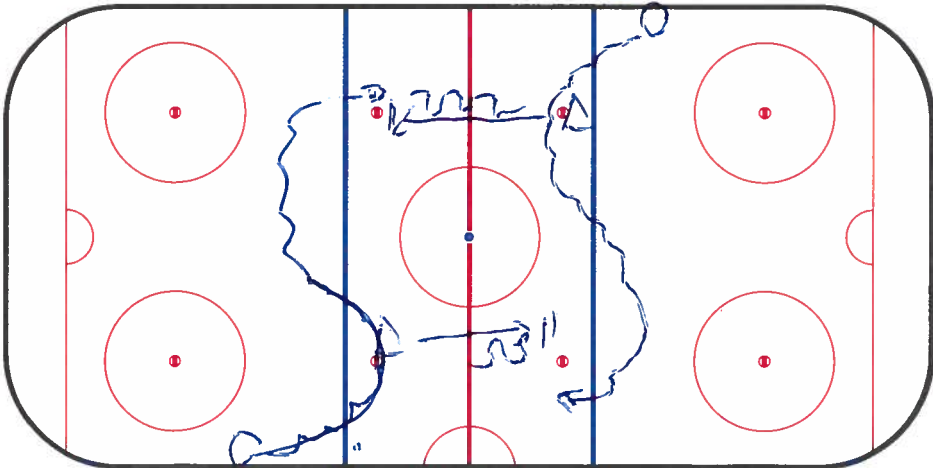
4-2

②

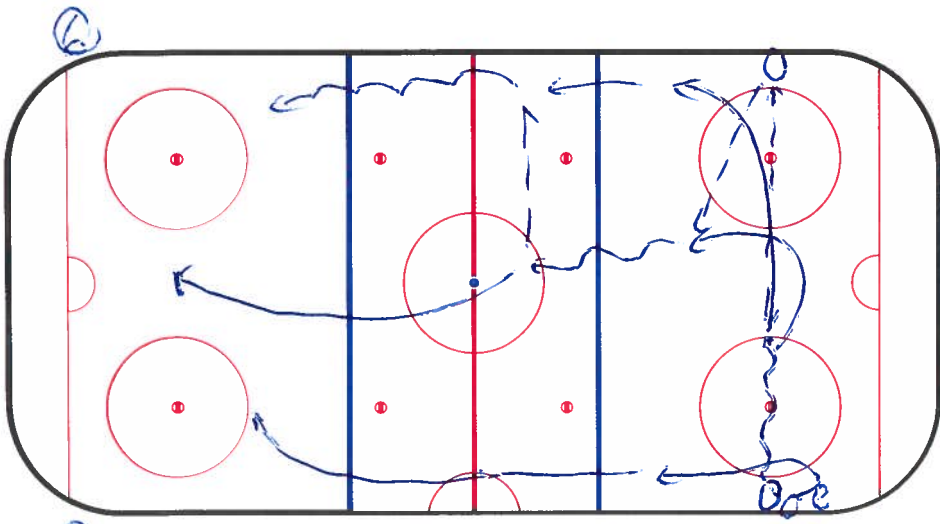


Passing  
VT Aufbau

③



1-1  
Aufbau



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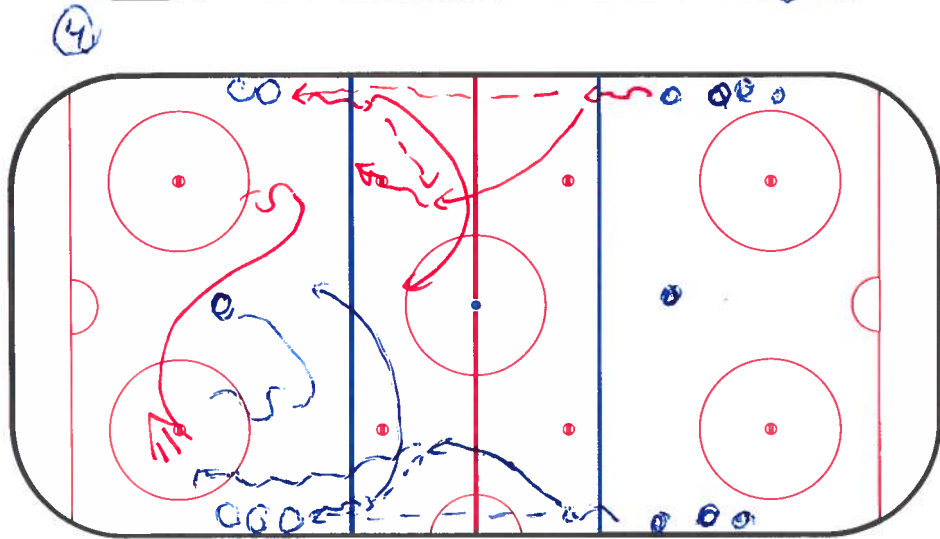
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2-1

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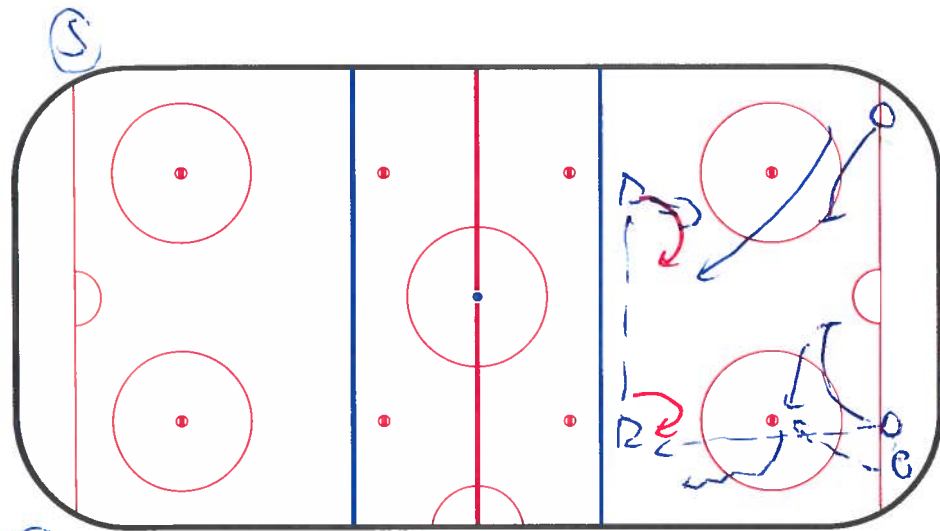
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2-2

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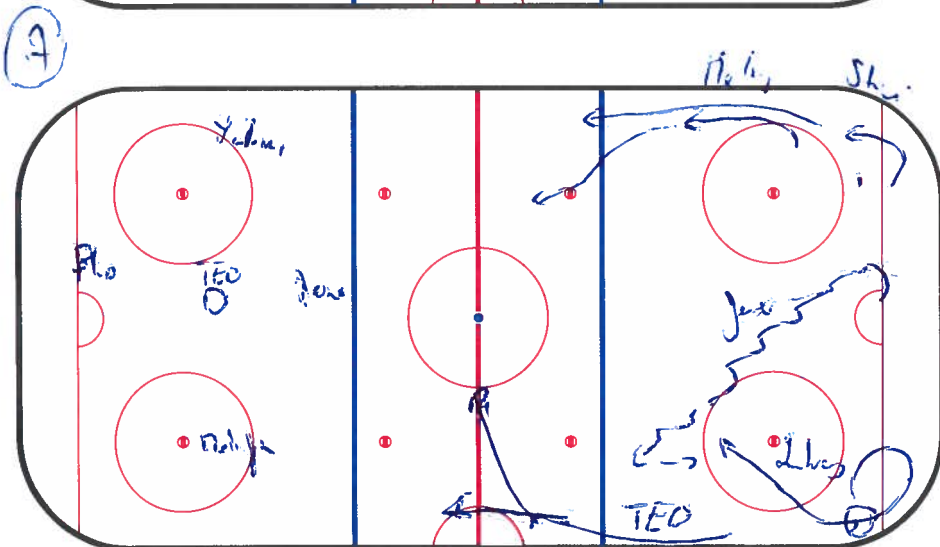
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5-4

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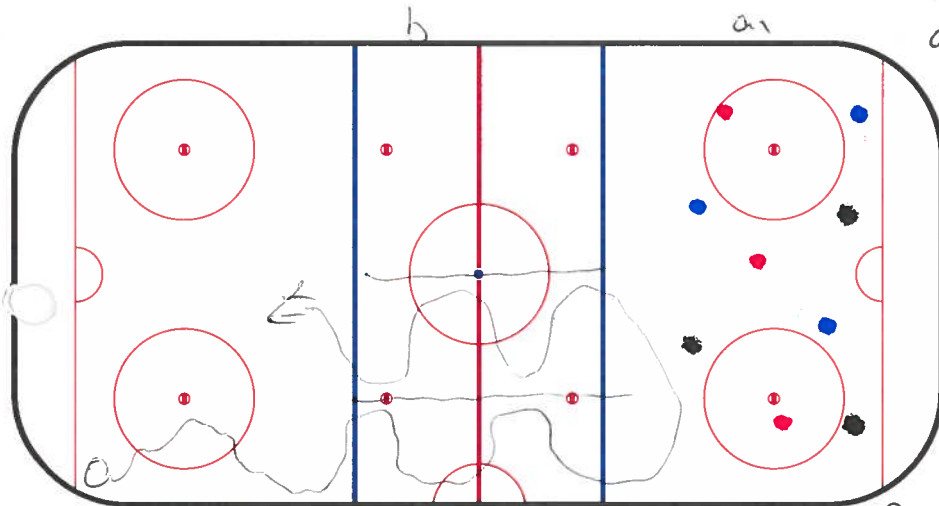
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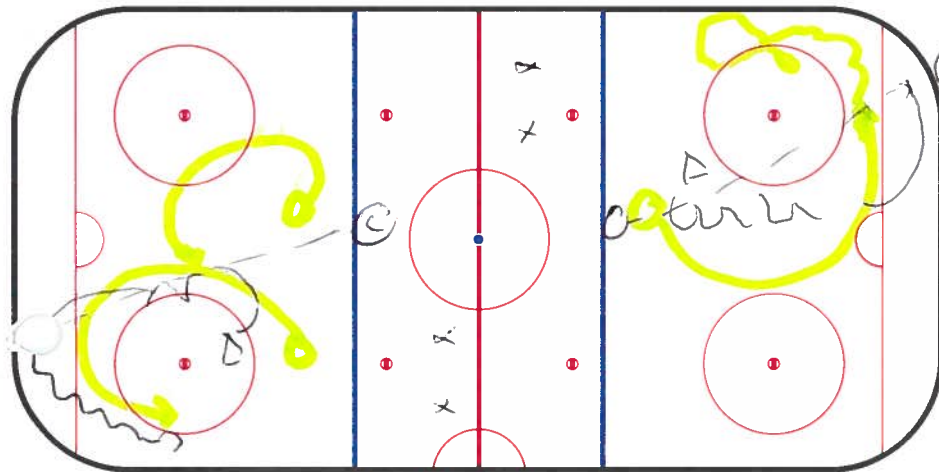
TEAM: UNT  
 DATUM: 08.03.21  
 17:40 - 18:40  
 TRAINER: Markus

Flur	TEO	Teilung
Gabriel	Oliver	Tobi
Simon		Lexi
	Zigler P.	- Emilie
	Kilian	- Petrick

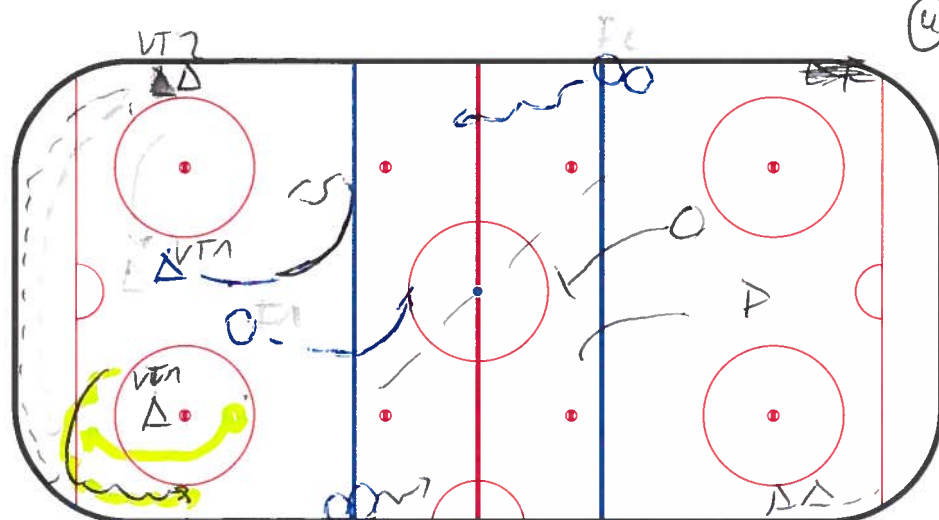
# TRAININGSPLAN



1) Farbenspiel  
 3 TEAMS mit unterschiedliche  
 Farbe, passen sich die  
 Schütze, folgen oft zu  
 Schwere zu rot  
 rot zu blau  
 blau zu schwere  
 Auftrag 1 Schütze →  
 da → 2 Schützen.

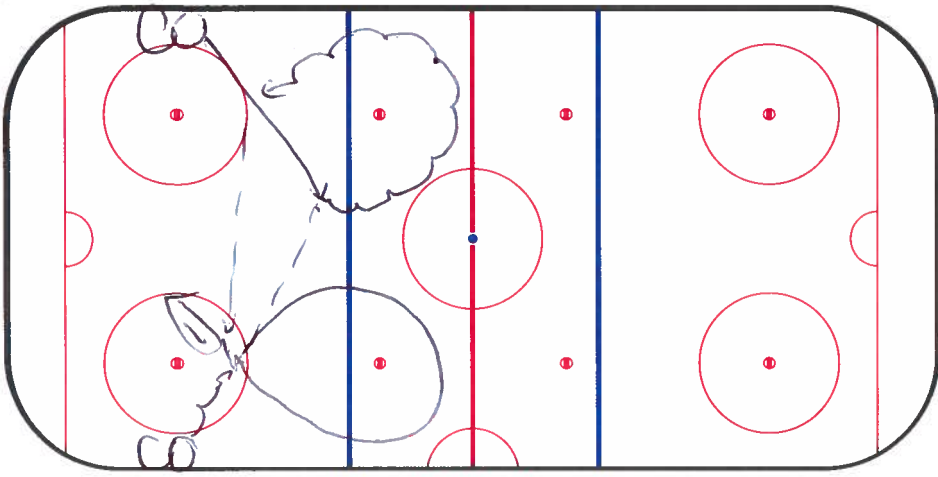


2) Stochtechnik  
 2-1  
 1-1  
 Verteidiger auscult  
 drei Schütze durch die  
 beide Pylonen zu Hause.



3) 2-1  
 VT 1 Schütze schwere  
 aktive Schützen  
 ST schuss - pass bereit sein  
 ohne Schütze beschleunigen  
 Rebound  
 2x aus der Ecke  
 2-1  
 2-2  
 dann hexant, F2 Rebound  
 VT 1

3



2-0

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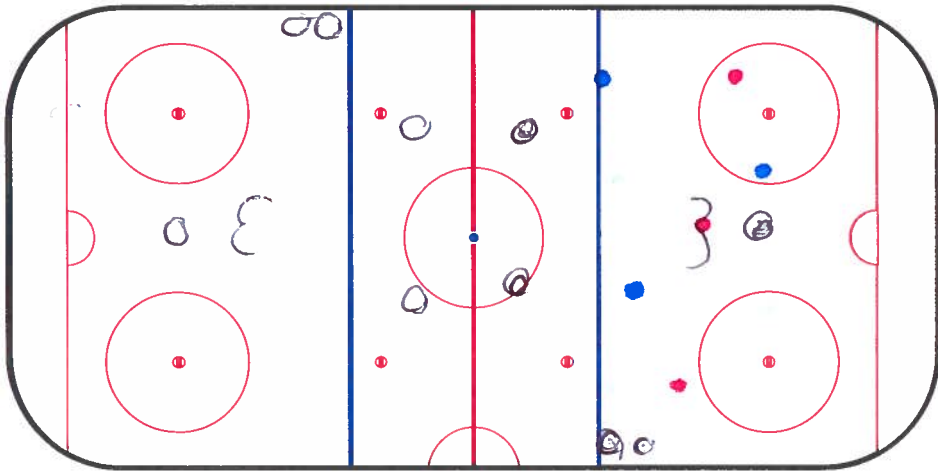
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3-2 außen

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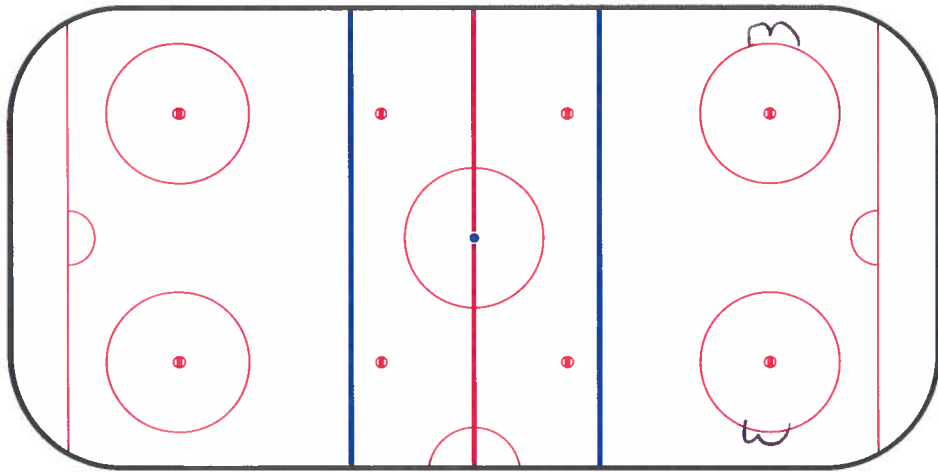
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2-2

auf beide  
Tone

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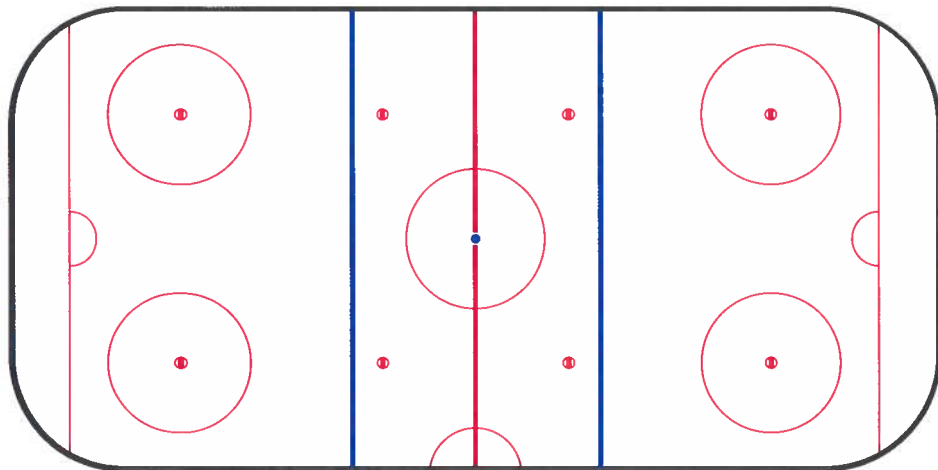
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TEAM: U17  
DATUM: 03.09.21  
TRAINER: Kraus  
1750-1900

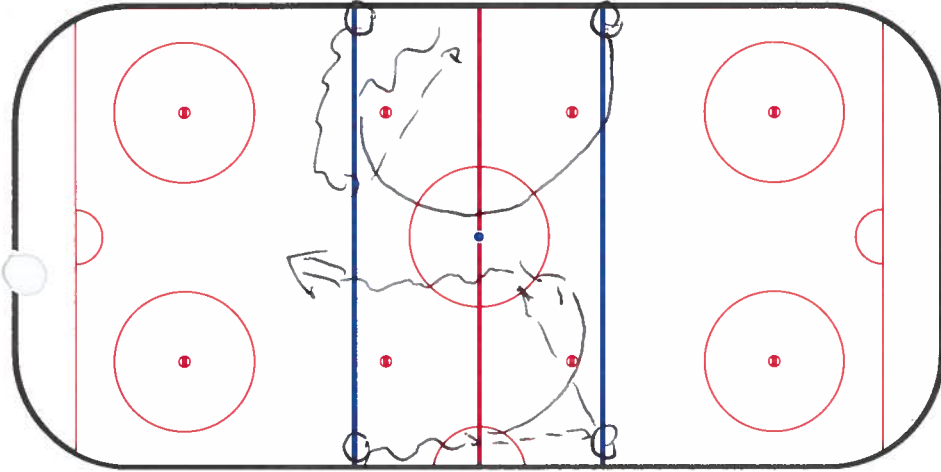
BRUNNEN TEO Kelym-

Gabriel Flo Kiki

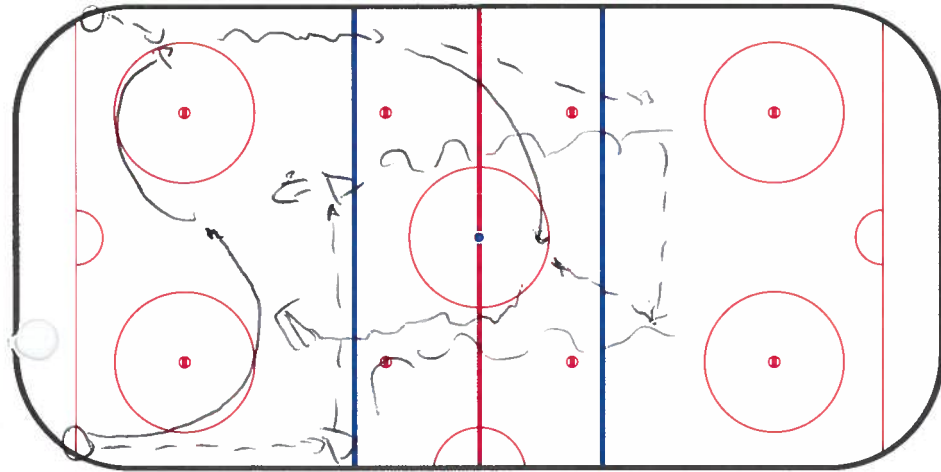
Jonas Patrick

Patrick Kilian

# TRAININGSPLAN



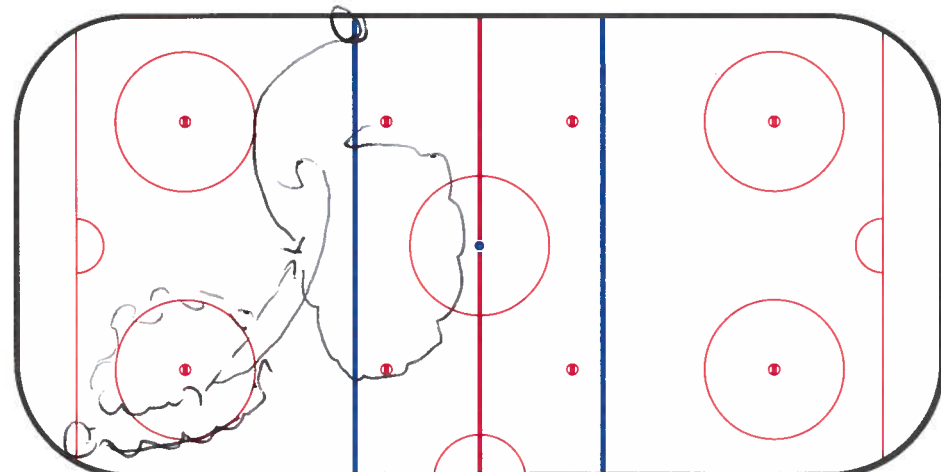
Passübung



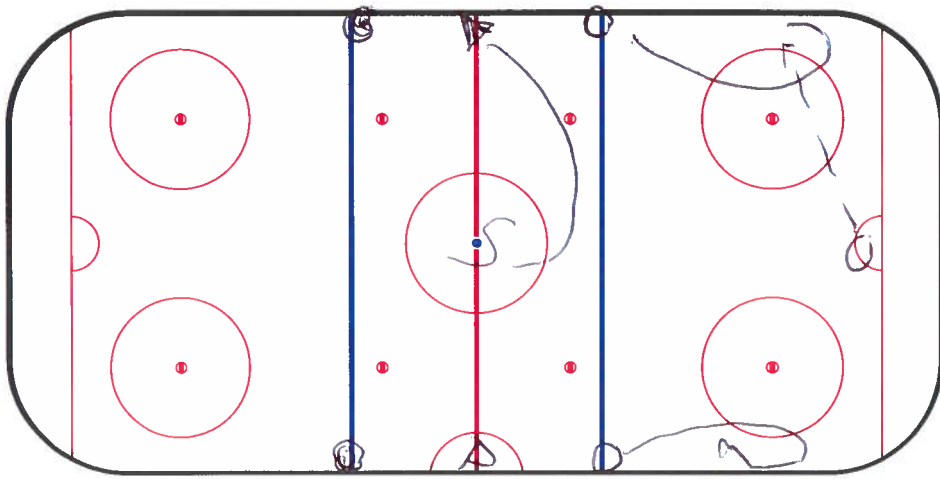
Passübung

Reaktion

VT Schluss bleibe links



1-1



2-1

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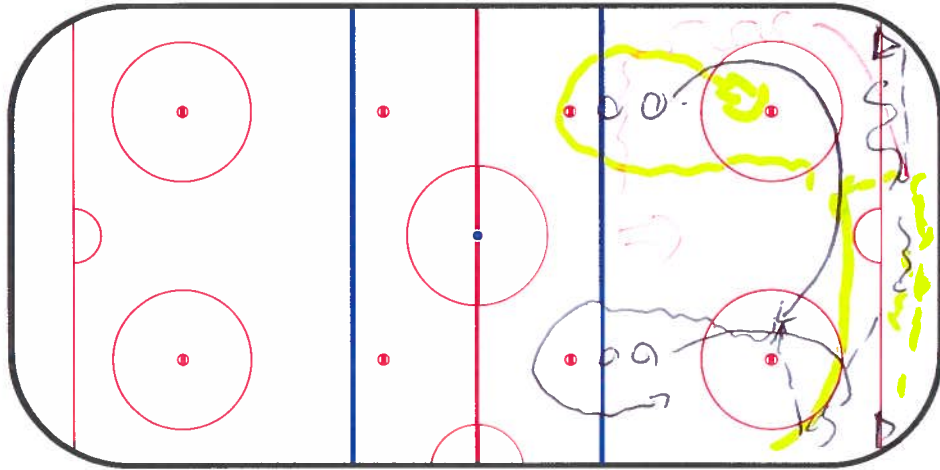
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Anfangübung VT

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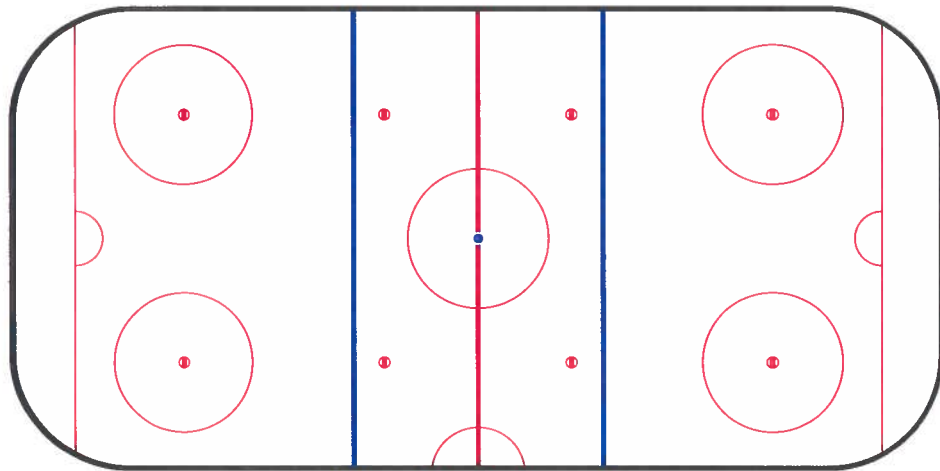
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1-5

2-5

3-5

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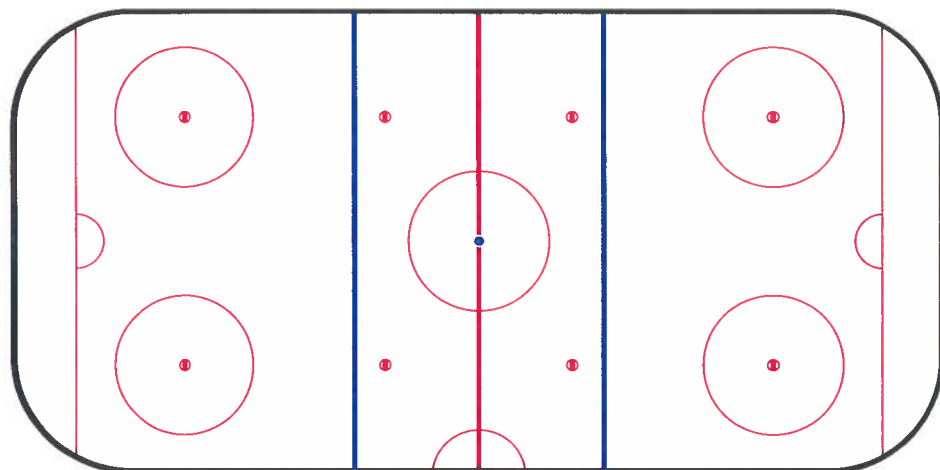
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TEAM: U17

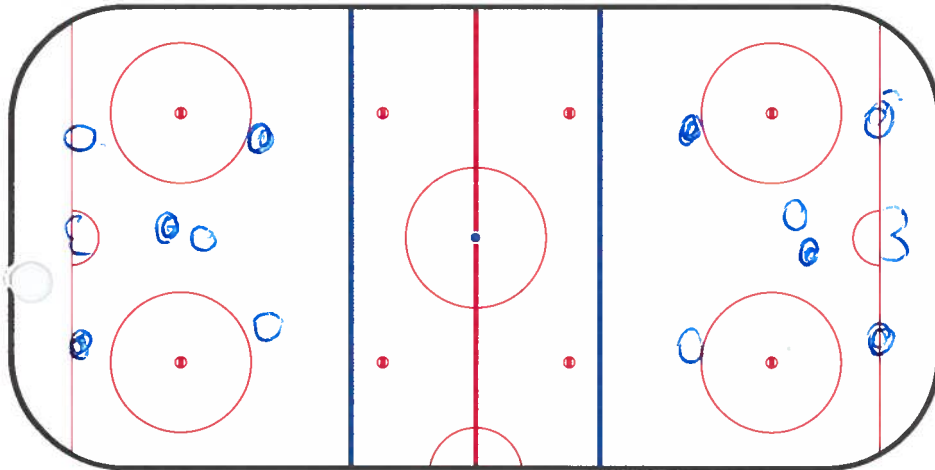
DATUM: 13.05.21

TRAINER: Maier

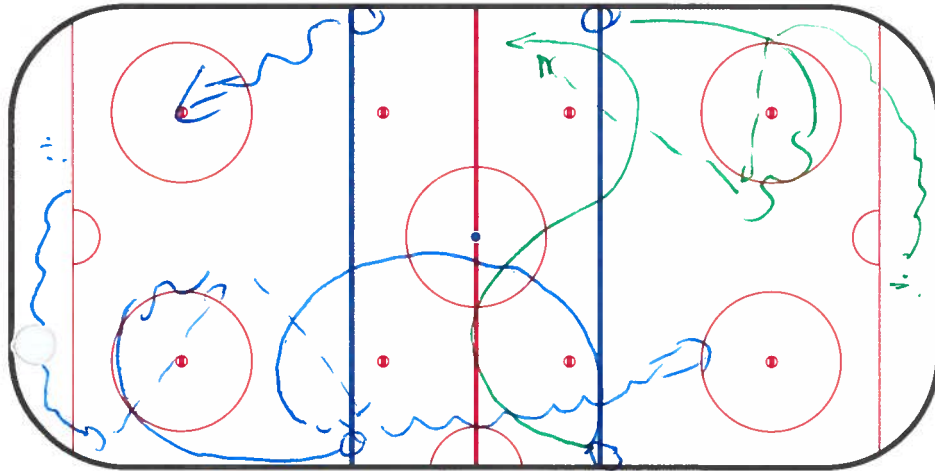
ET 1800 - 1900  
KT 1910 - 1920

Flo	TEO	Meloyu
Gabriel	Lukas	Benni
Simon		Emilie
James	Patrick	Elyh
Patrick	Joshua	

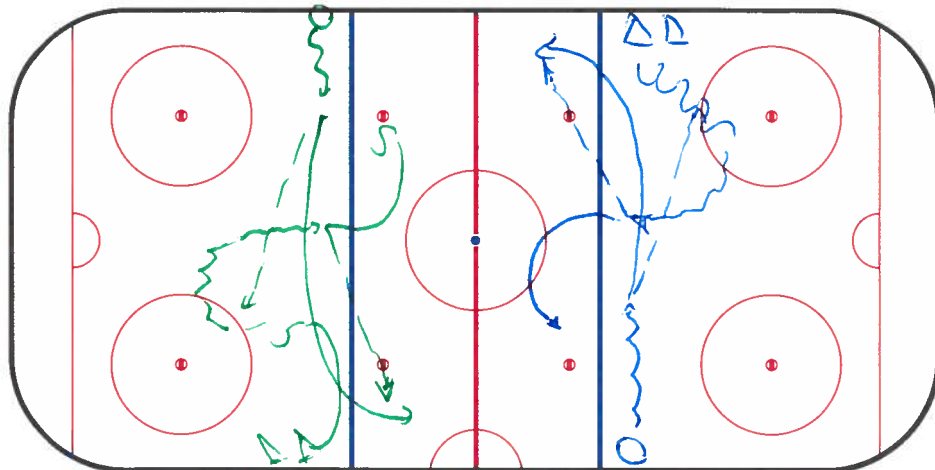
# TRAININGSPLAN



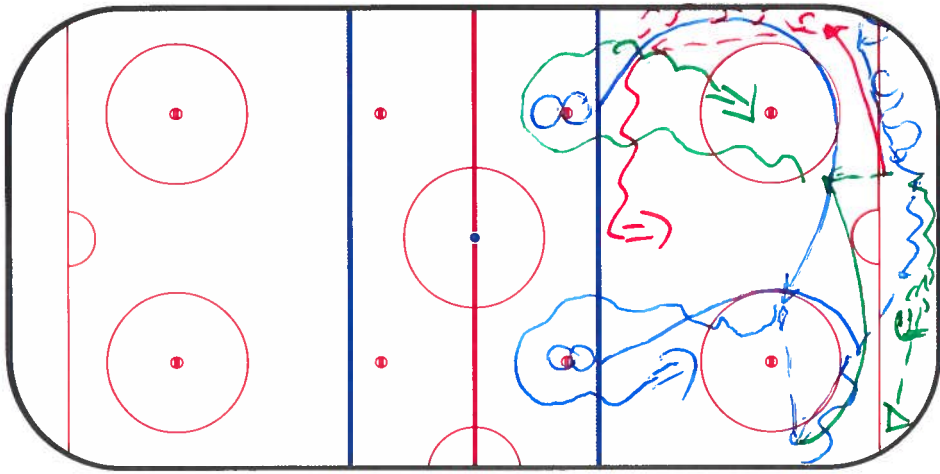
1-1 Warm up  
SPIEL  
2 Jäger



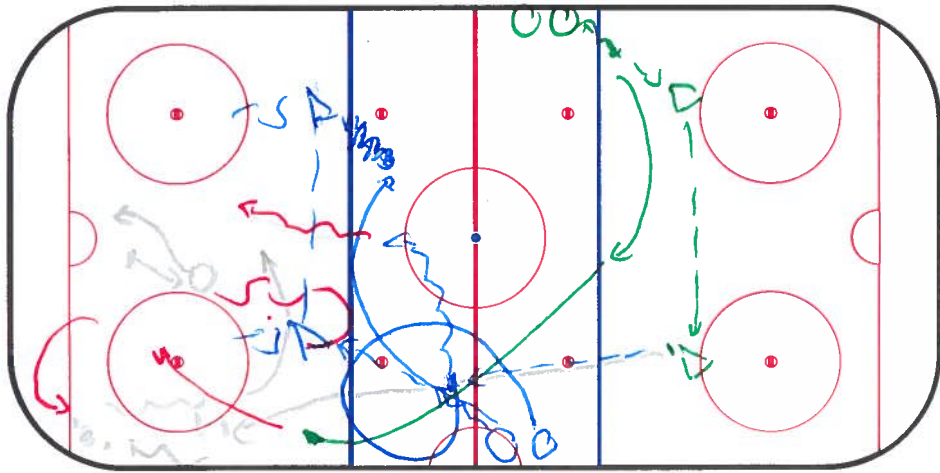
1-0  
Pass-Laufübung



1-1



Aufbau VT 2x

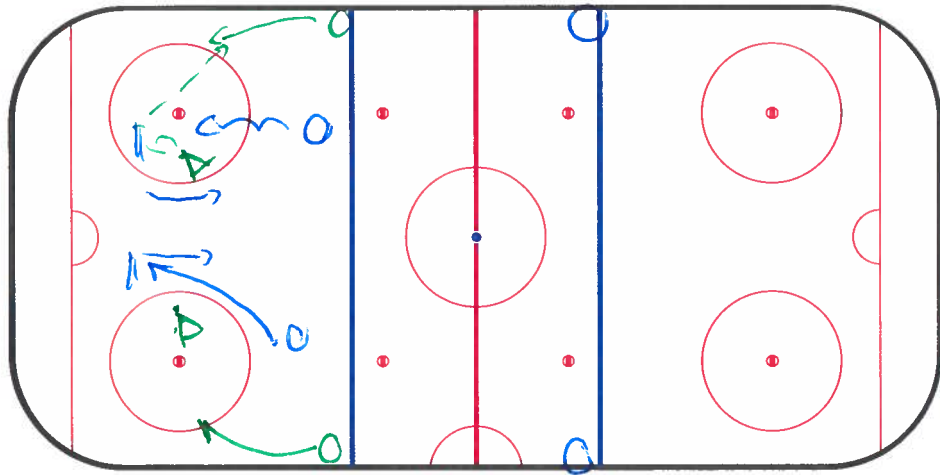


Aufbau

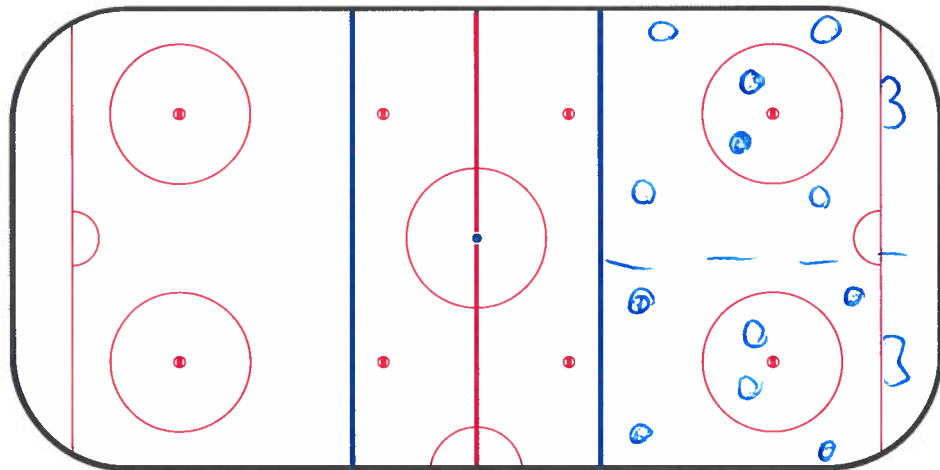
Neutrale Zone

2-1

3-1 aus der Ecke



2-2 Transition



4-2

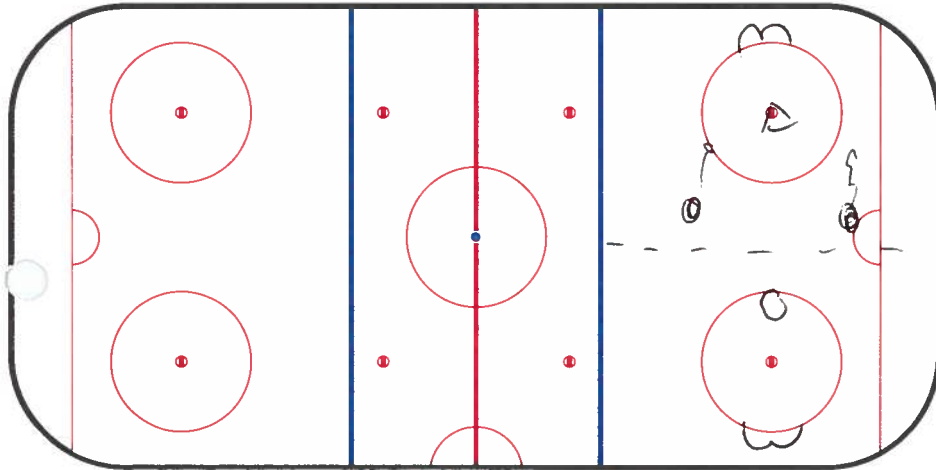


TEAM: U17  
DATUM: 15. 09. 21  
TRAINER: Markus  
1740 - 1840

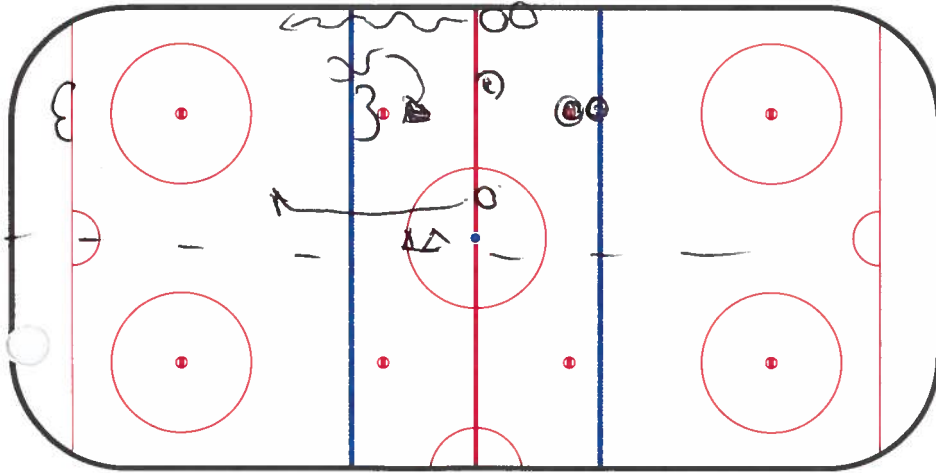
Fló Gabriel  
TEO Lukas  
Melnyk Polick

(Jones) Egle P.  
Wilia Simon

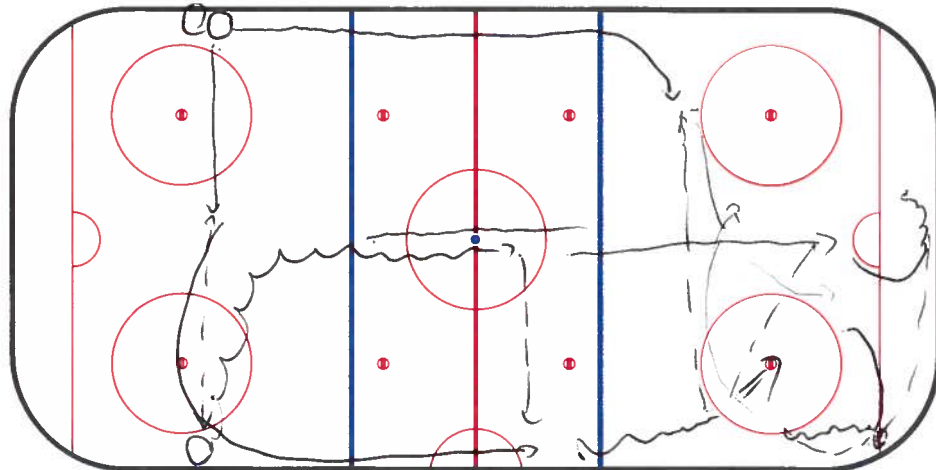
# TRAININGSPLAN



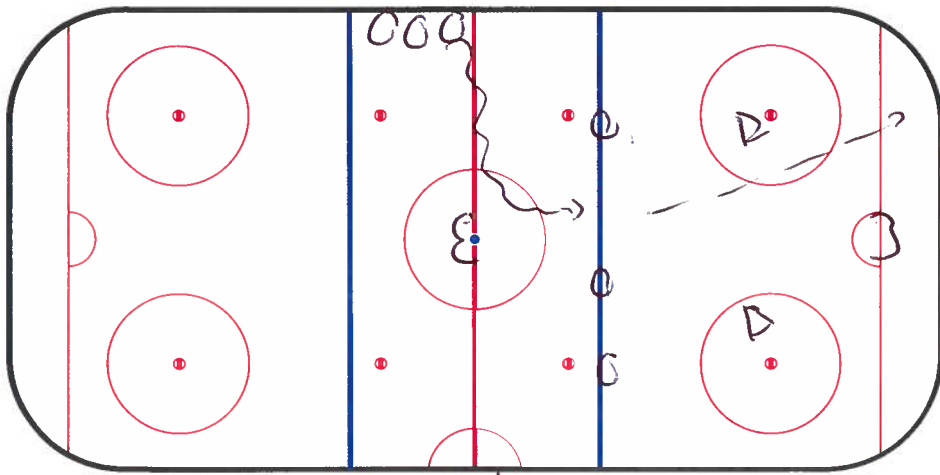
Warmup spiel  
2-1 (1SP) hoch



2-1 12-2 (1BC)



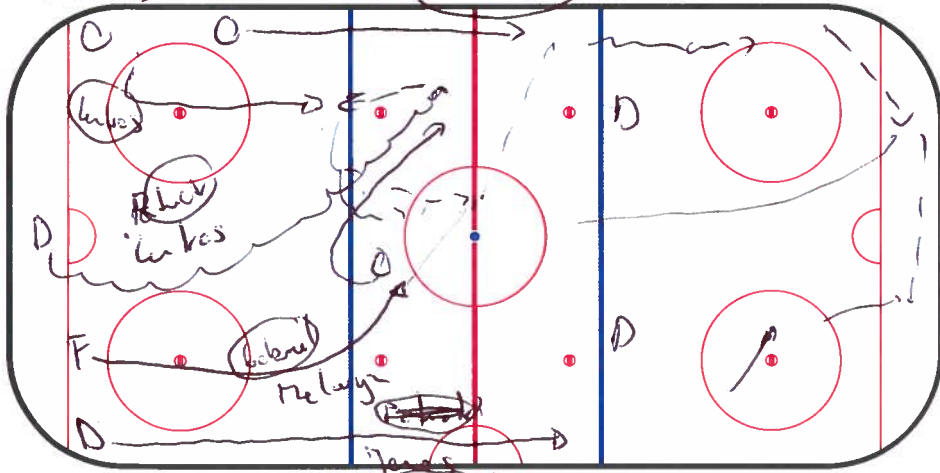
1-2-3



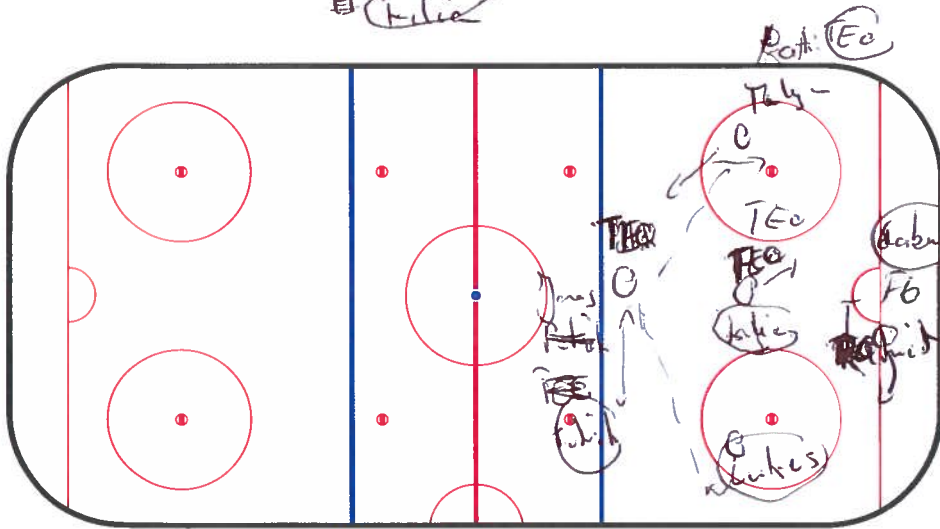
Aufbau 1 VC  
2 VC

TEO  
Lukas

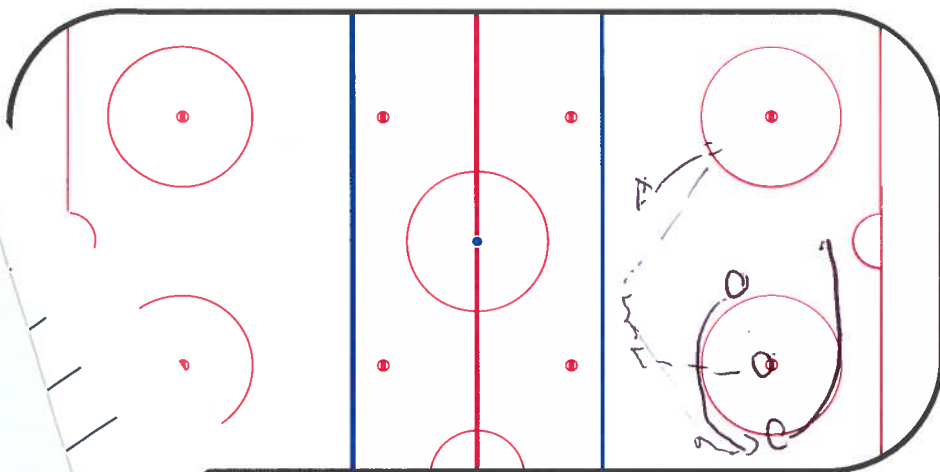
TEO (FC/TEC)



Überzahl  
Aufbau  
SPEED  
Control



Relay (Eo)





TEAM:

DATUM:

TRAINER:

Flo TEO Melvin

Gabriel Lukas

Jones Patrick

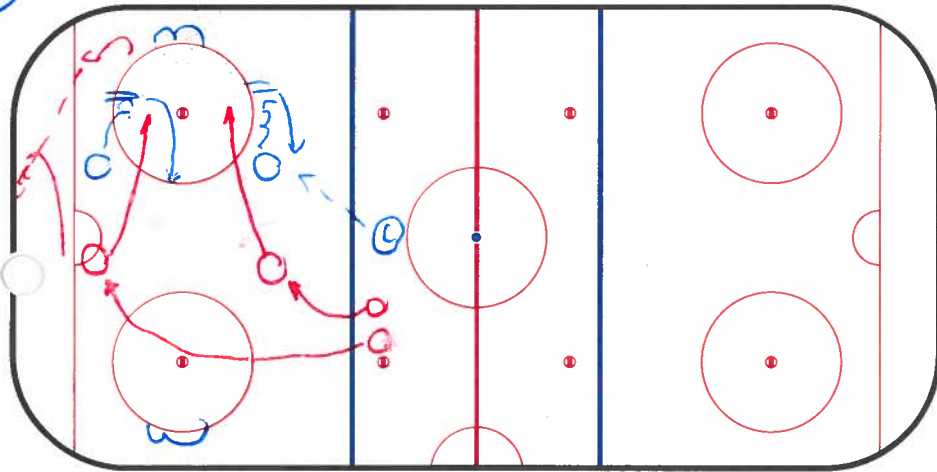
Kilian Patrick

Simon

Emile

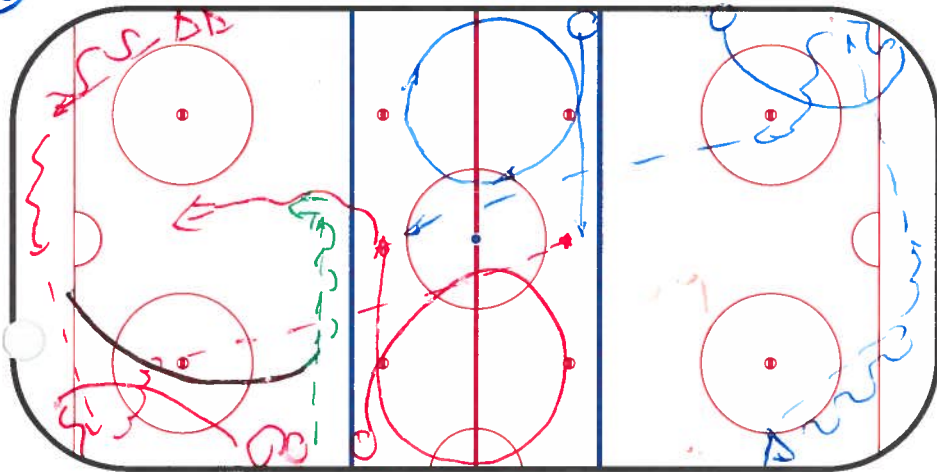
# TRAININGSPLAN

1



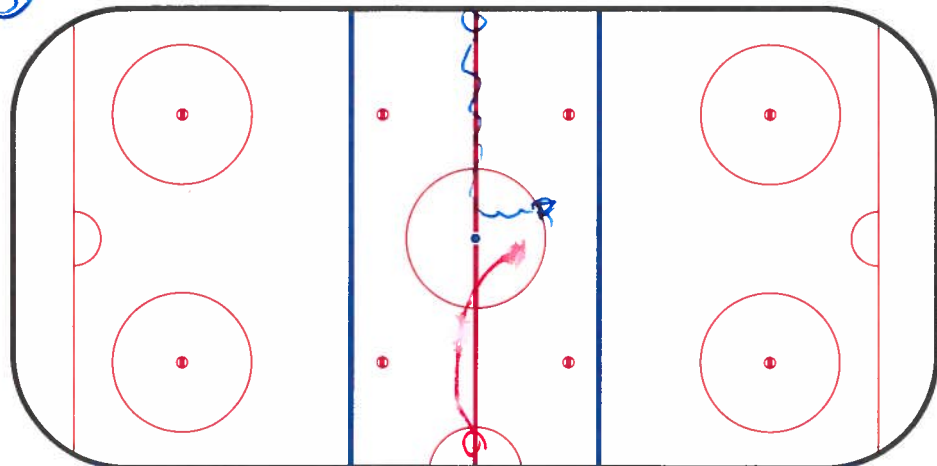
The Red devil drill  
Warm up SPIEL  
2-2  
Transition  
BC

2



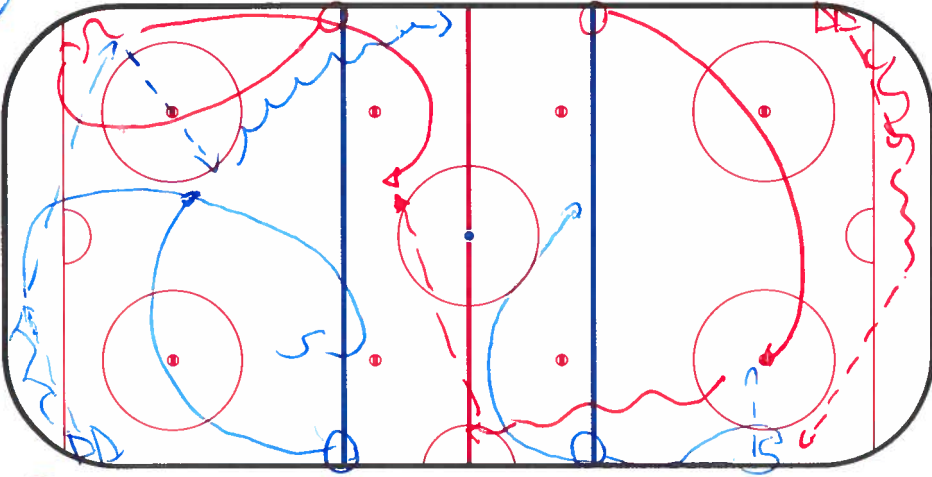
Passübung - Außen

3



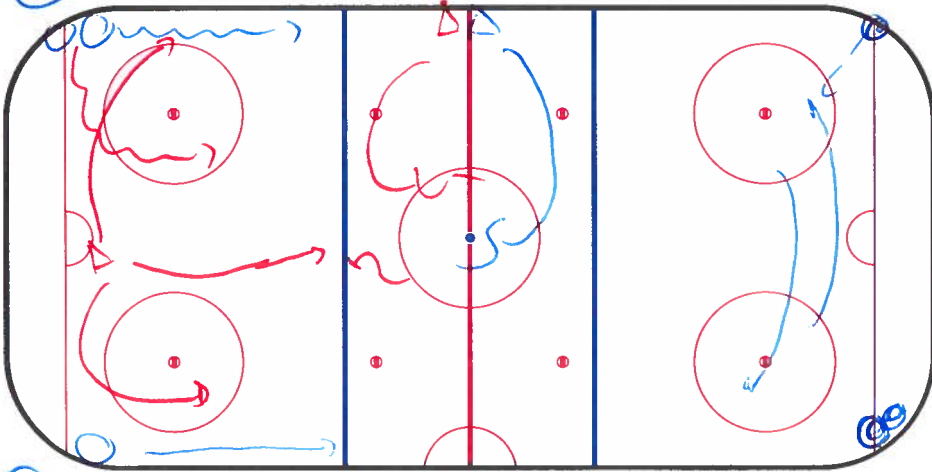
1-1  
aufnehmen

4



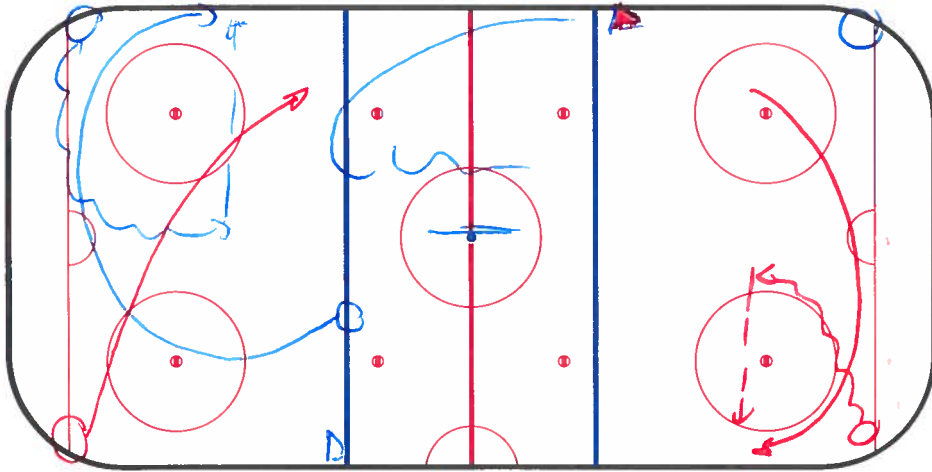
2-1  
Aufbau

5

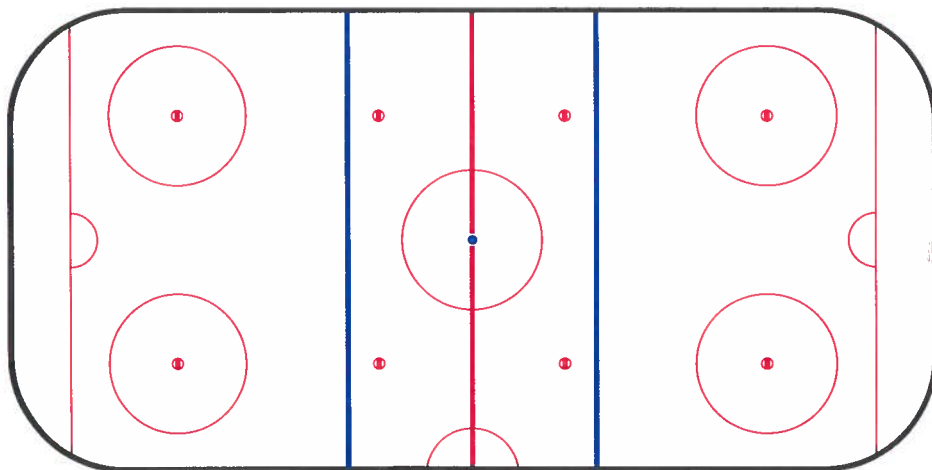


2-0  
2-1  
3-2

6



2-1 (1BE)





TEAM: U17  
DATUM: 21.03.21  
TRAINER: Markus

TT 1745-18:15  
ET 1846-1846

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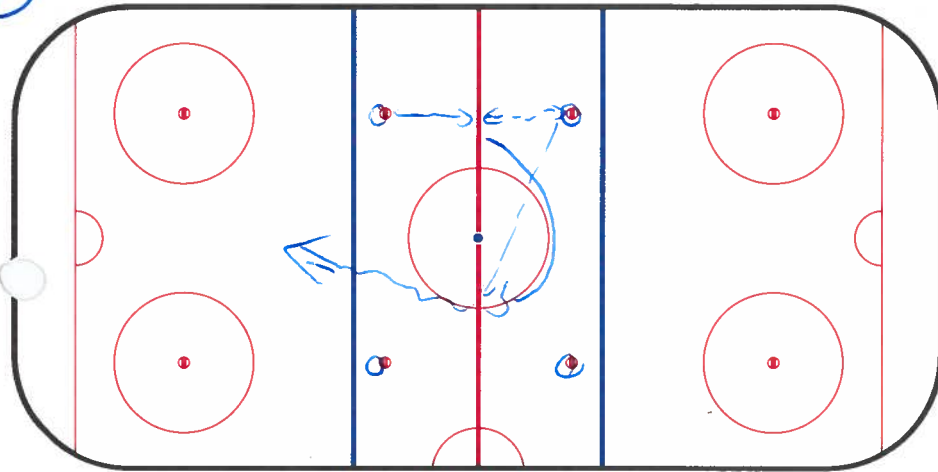
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# TRAININGSPLAN



Passübung

1-0

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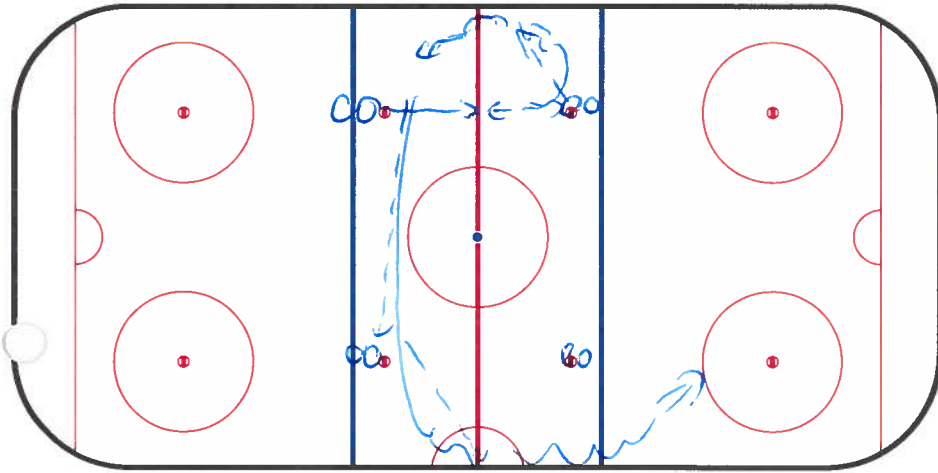
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1-0

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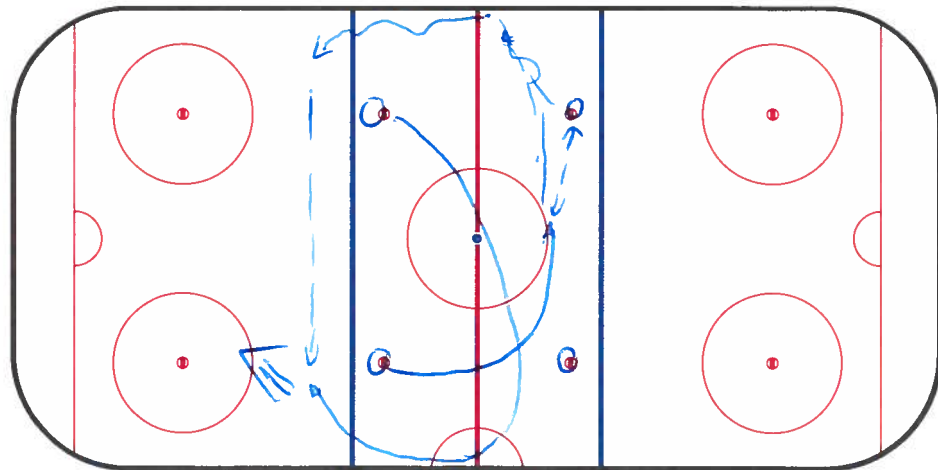
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2-0

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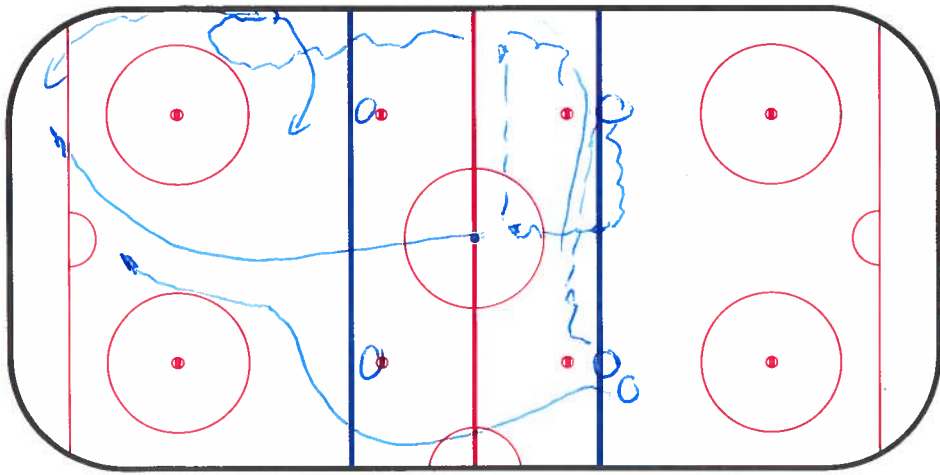
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20

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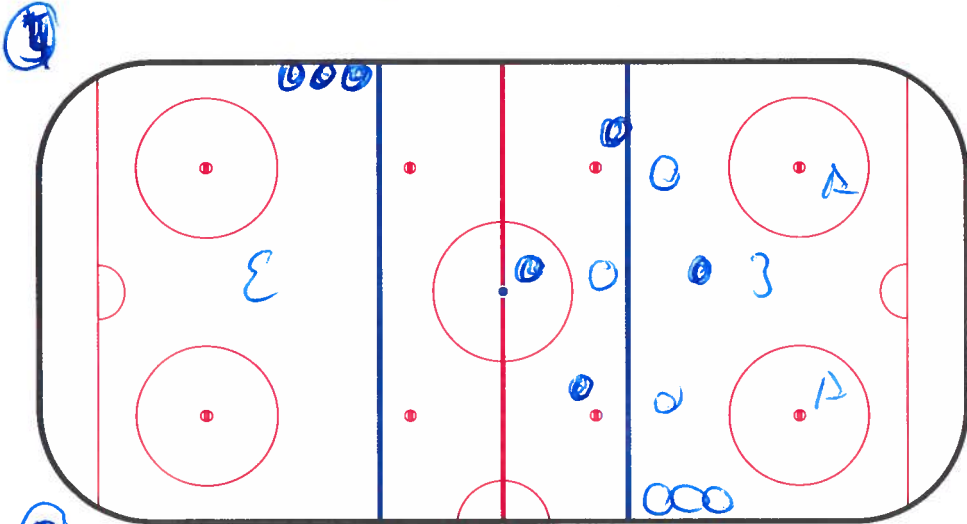
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~~4~~ 4-3

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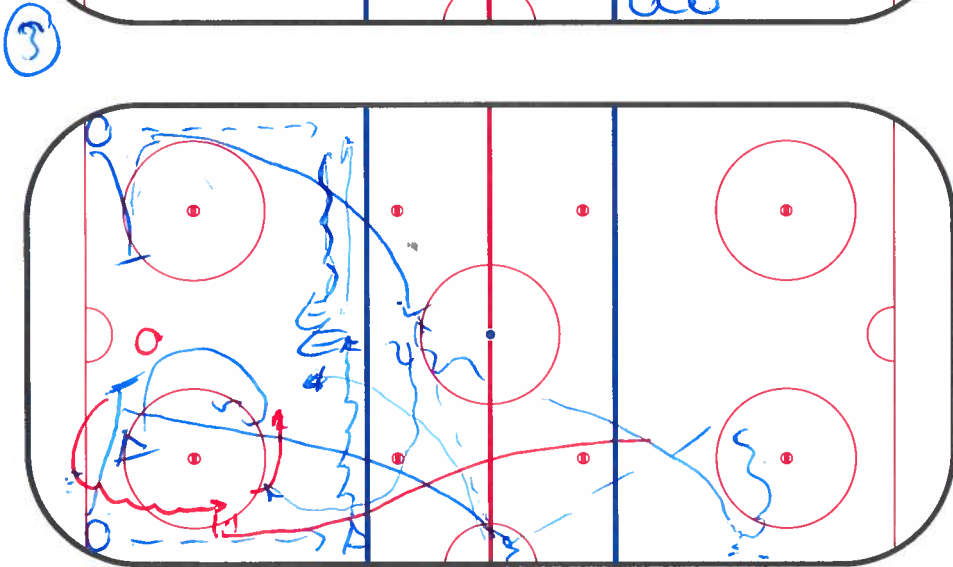
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1-1 VT schuss  
blaue Linie

Aufbau

2-1

3-1 aus der Ecke

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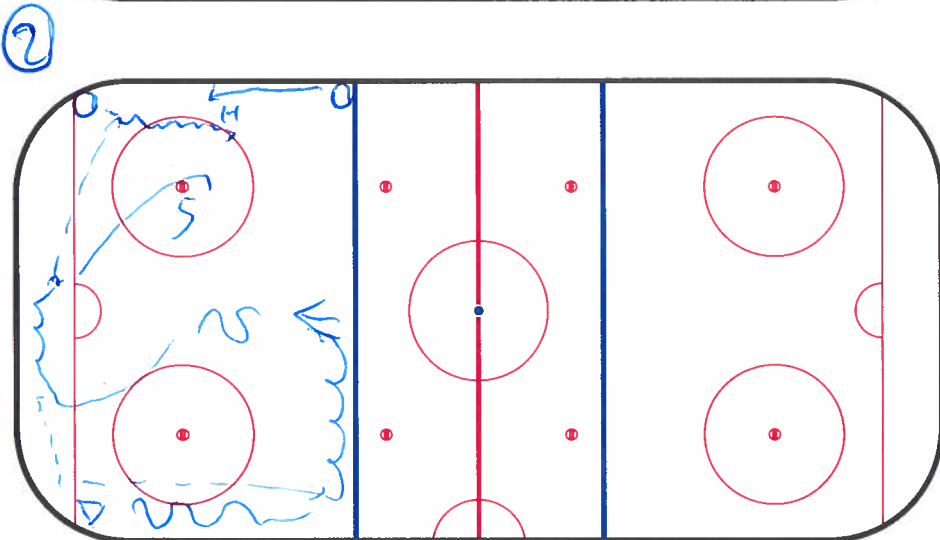
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2-1

Aufbau

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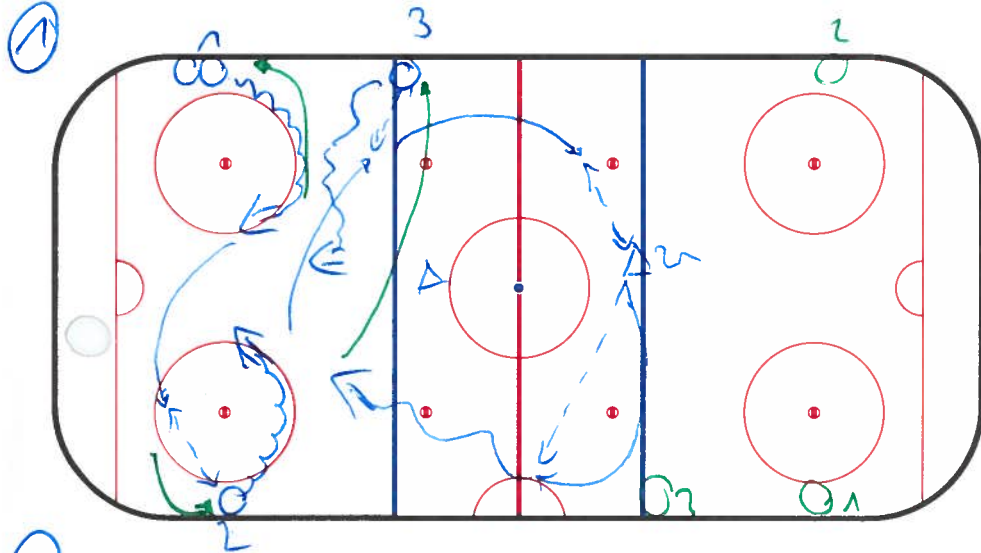




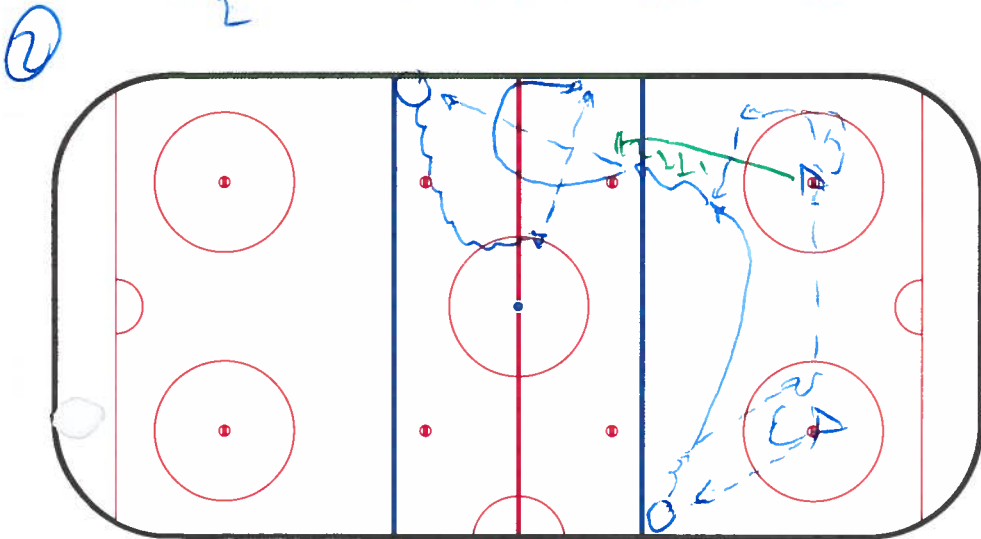
TEAM: UAT  
 DATUM: 22.01.21  
 17:40 - 18:40  
 TRAINER: Markus

Stini	TEO	Melvin
Gabriel	Lukas	Benni
Simo	Sorinel	Emilia
Zyler	UZO (Hans)	
Kilian	Patrick K.	

# TRAININGSPLAN

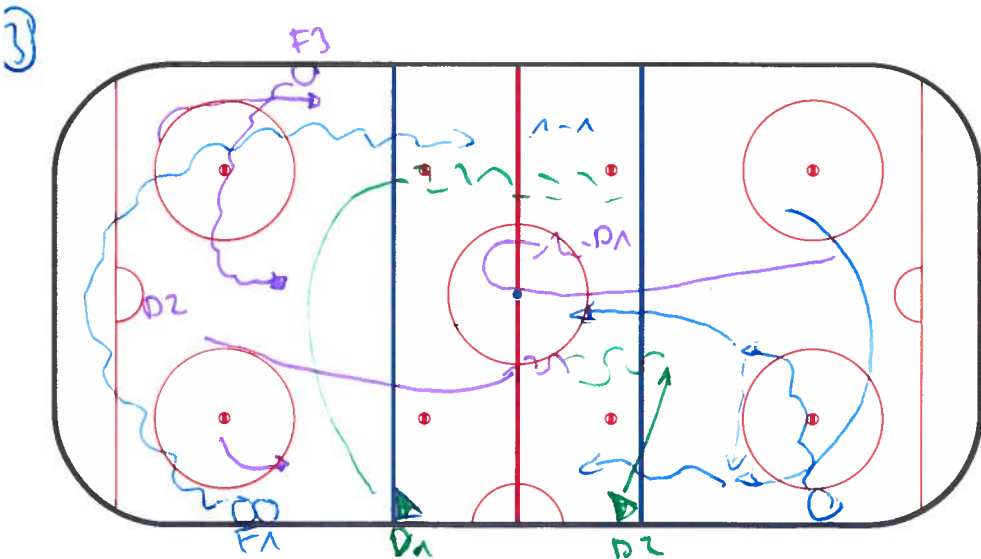


One-Touch Passing

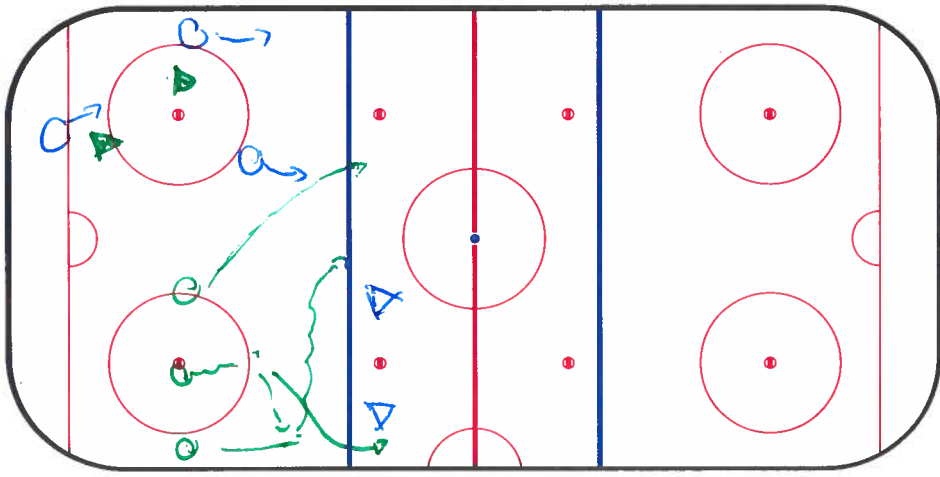


2-1

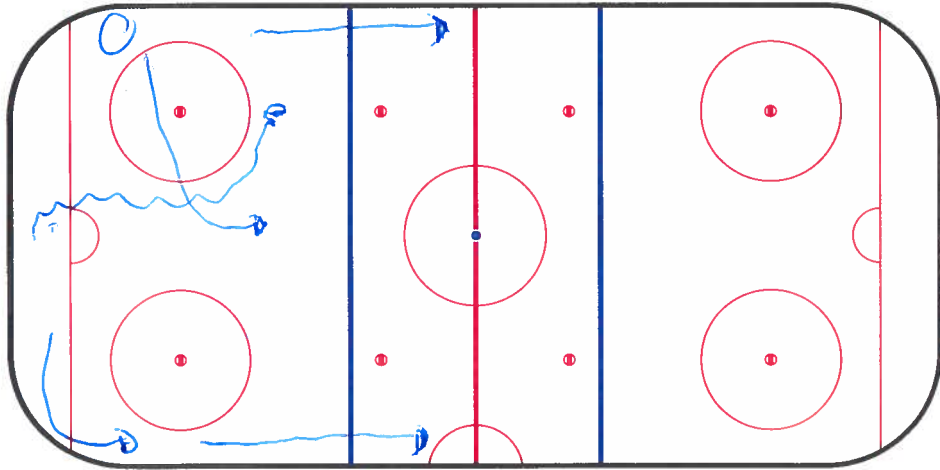
Transition Speed



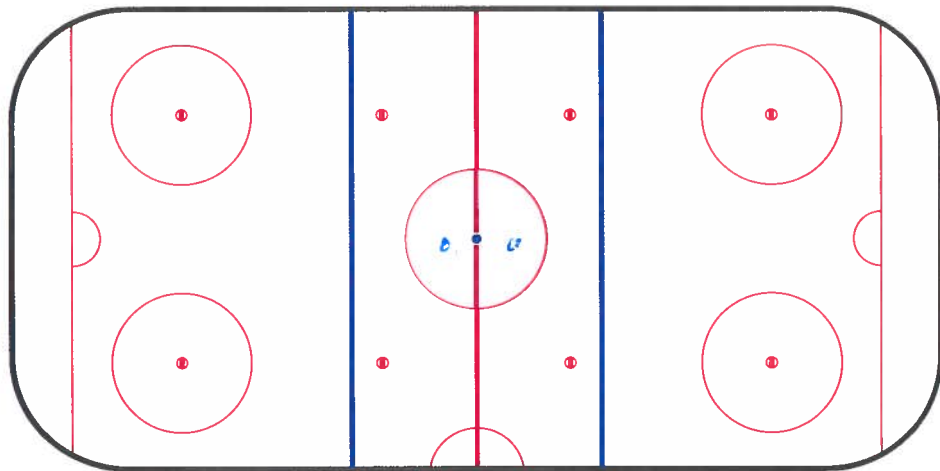
1-1 F1 beginnt 1-1  
 2-1 F2 hat er nicht 2-1  
 3-2 F3 step out 3-2



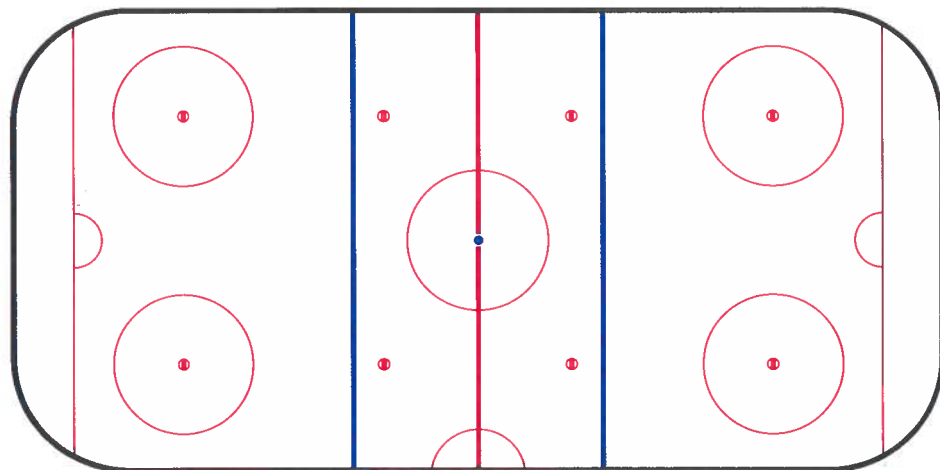
3-2 aus der Ecke  
5-5 auf Signal TR



5-4  
Aufbau



Wettbewerb  
3-0  
3-3

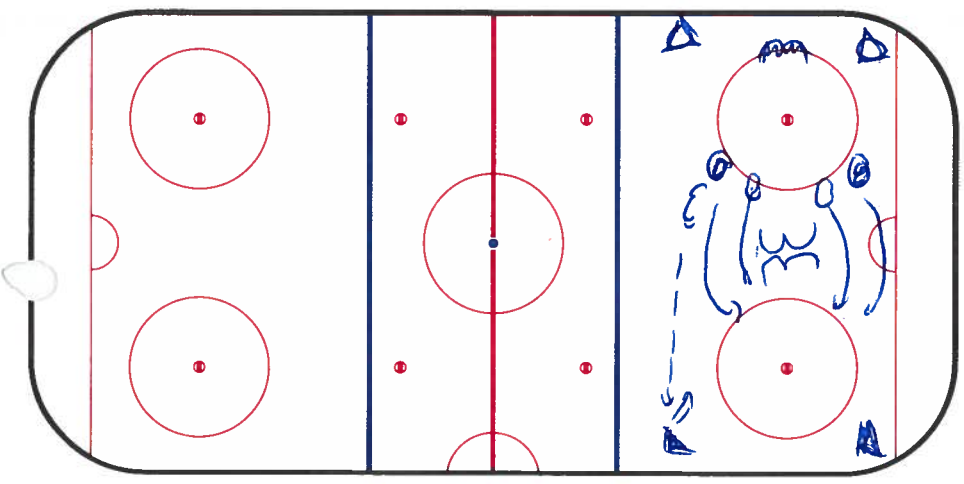




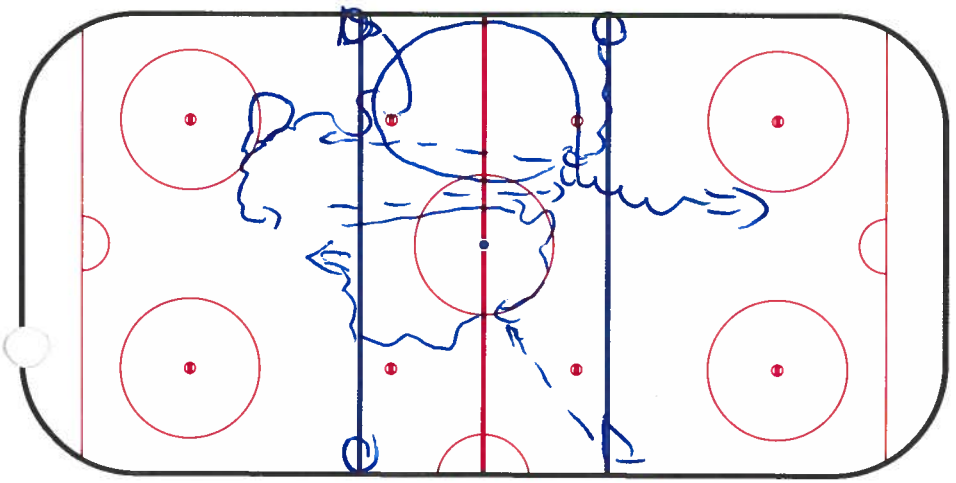
UNIT  
TEAM: 27.09.21  
DATUM: Freitag  
TRAINER:  
17:30 - 18:30

Fle TEO Talyan  
Gebriel Lenker  
Simon Emilie  
Jonas Patrick  
Kilian Patrick

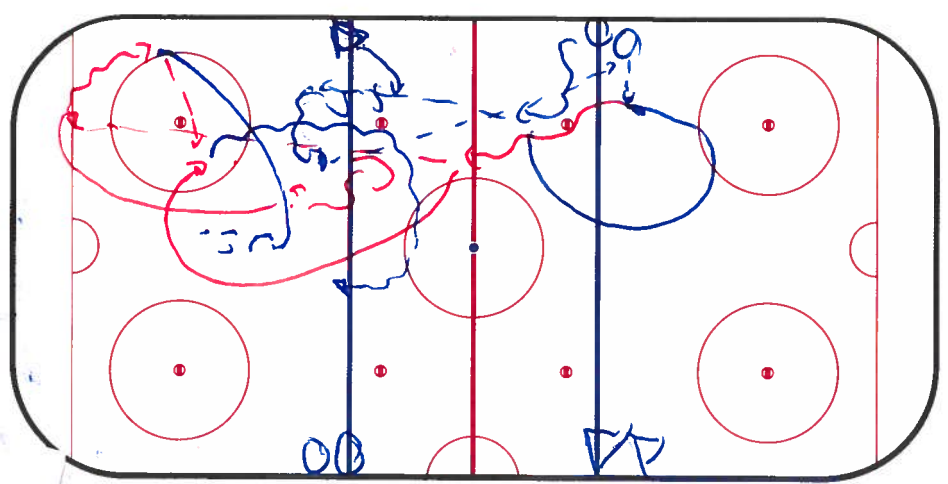
# TRAININGSPLAN



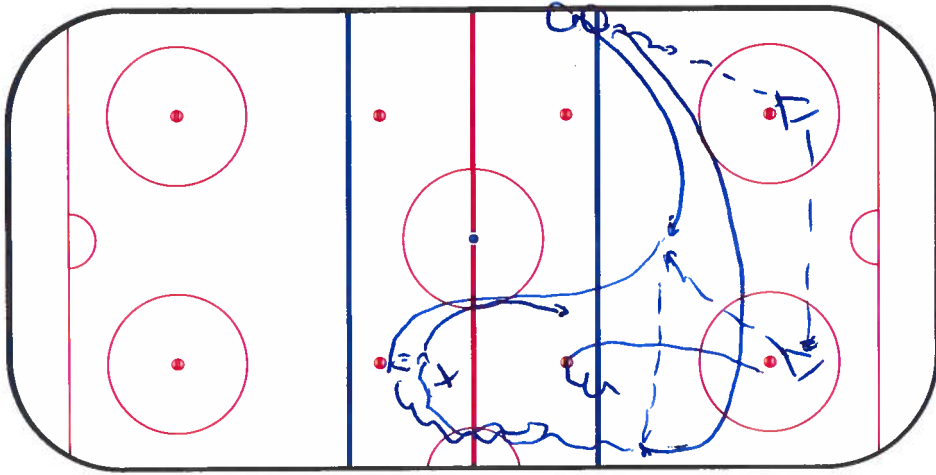
2-2 2 OFFENSIVE  
Jonas



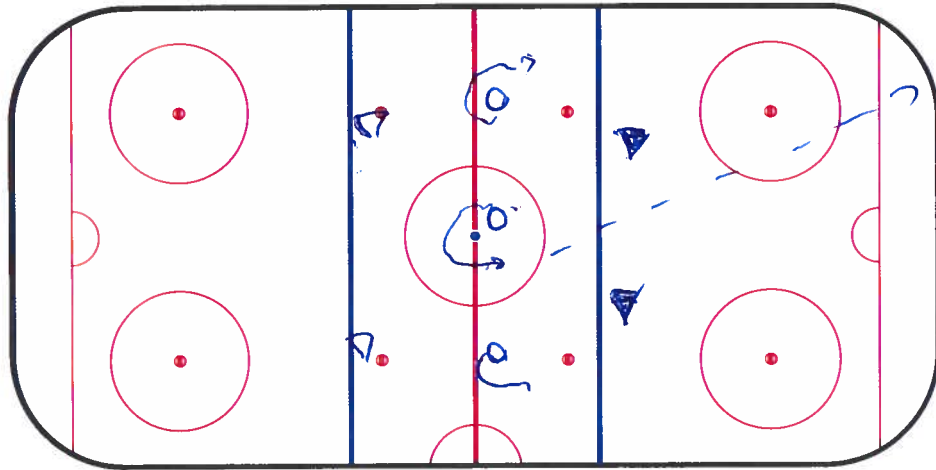
Timmy  
Stalpers  
1-0 Visschers Blauw  
Luic



Aufbau  
1-1

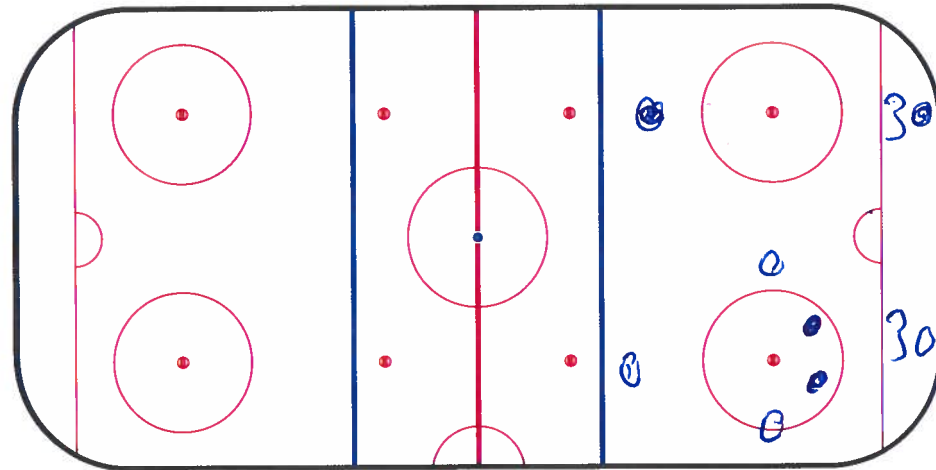


2-1 Aufbau

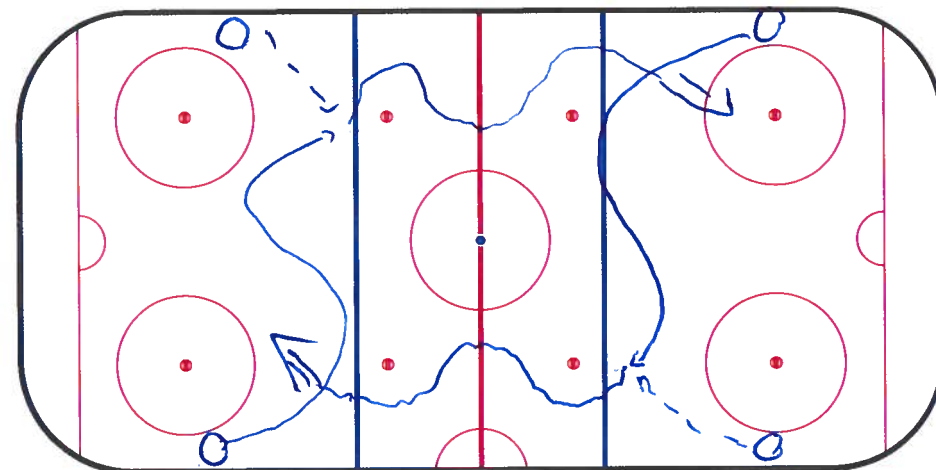


Aufbau 3-2

Regroup NZ



4-2



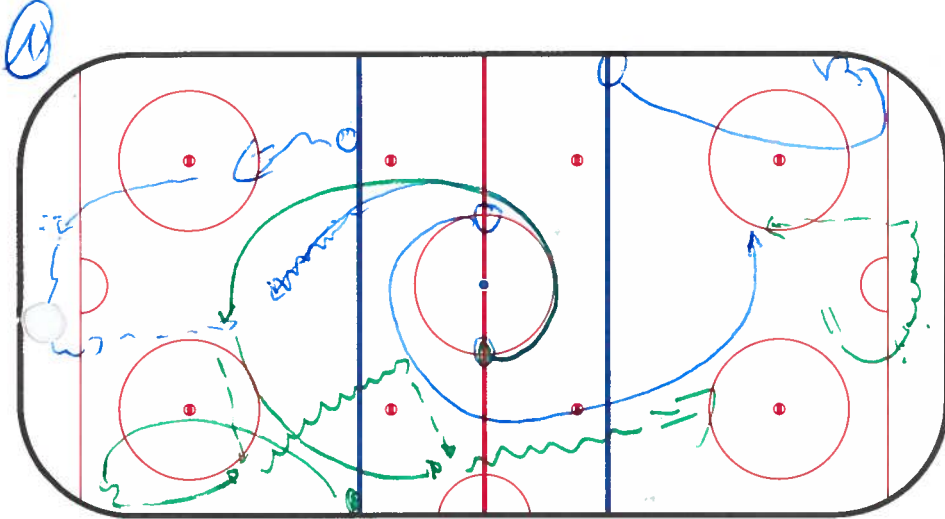
Pass u. Steuerung



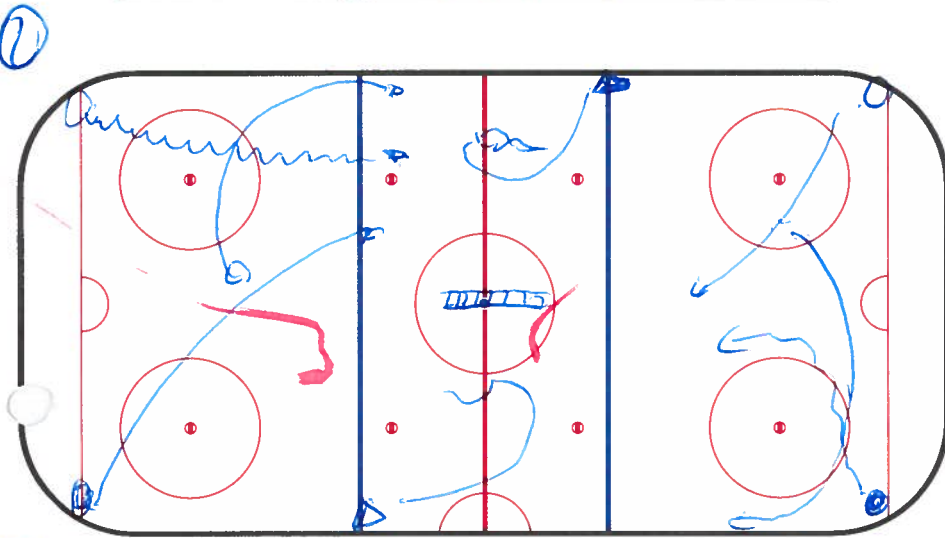
TEAM: U17  
DATUM: 25.08.21  
TRAINER: Markus  
ET 17:40-18:40  
TT 18:50-19:20

Flo	Teo	Helgen
Gebrüder	Carles	<del>Beni</del> - Beni
Simon	<del>Beni</del>	Benno
Jonas	Patrick Z	
Willi	Patrick K	
Emilia	Joshua	

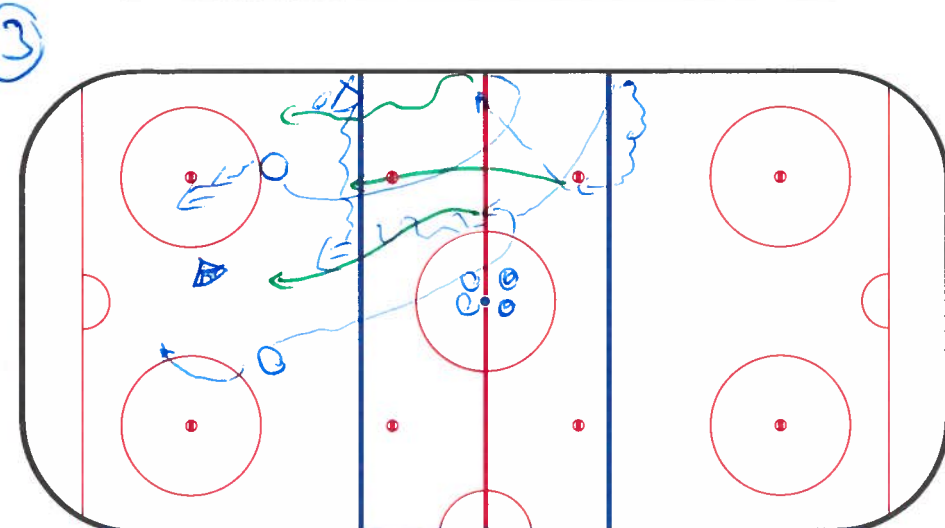
# TRAININGSPLAN



Passübung  
Timing

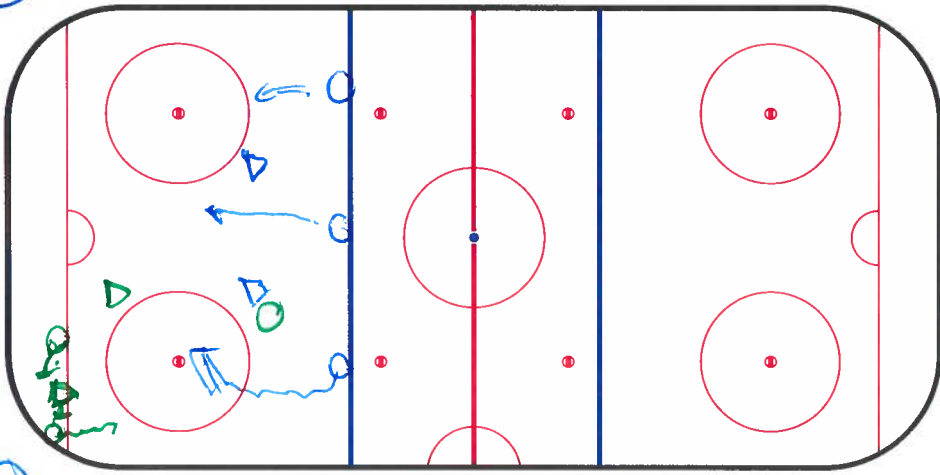


2-1 (BL)



2-1 / Außen  
3-1 Vertikale Zone

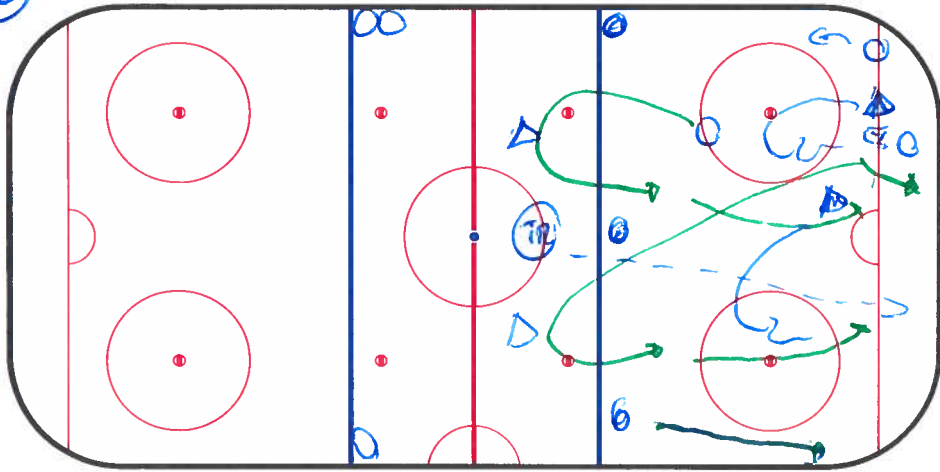
5



3-2

aus der Ecke  
Unterstützung #2

6



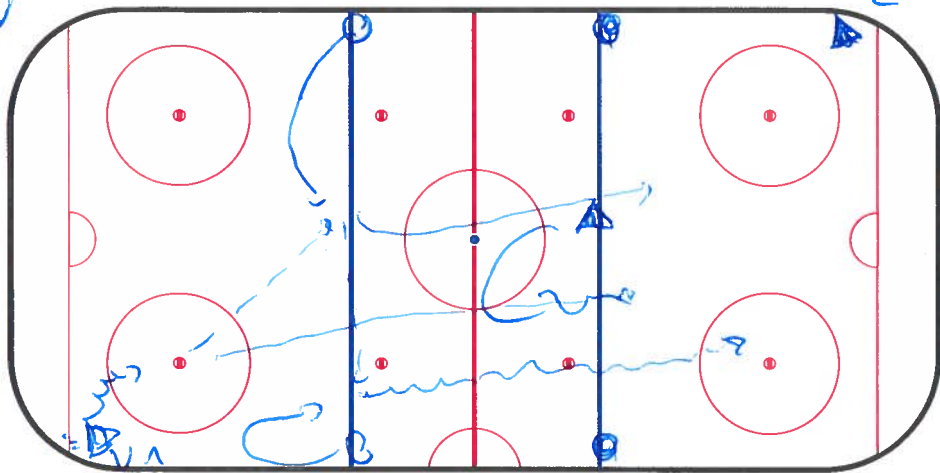
Aufbau 2VC

3-2 1SP hoch  
mit VT 4-2

TR neue Stärke

Aufbau 2VC

7



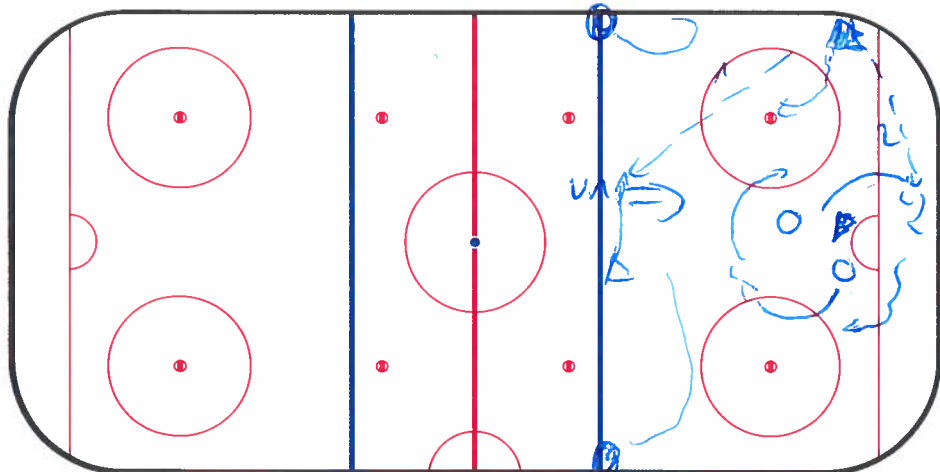
Aufbau 3-1

bzw 3-1  
VT2 pass zu VT1

VT1 schuss würde blaue  
Linie

VT2 pass zu ST

VT2

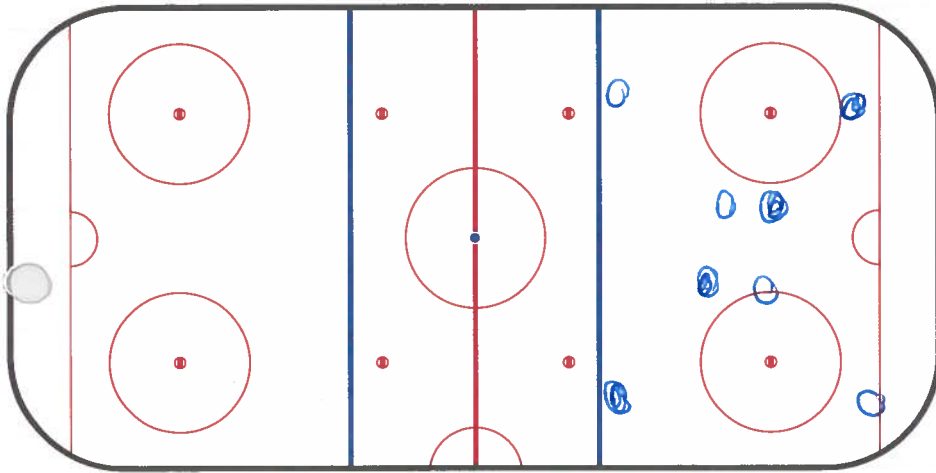




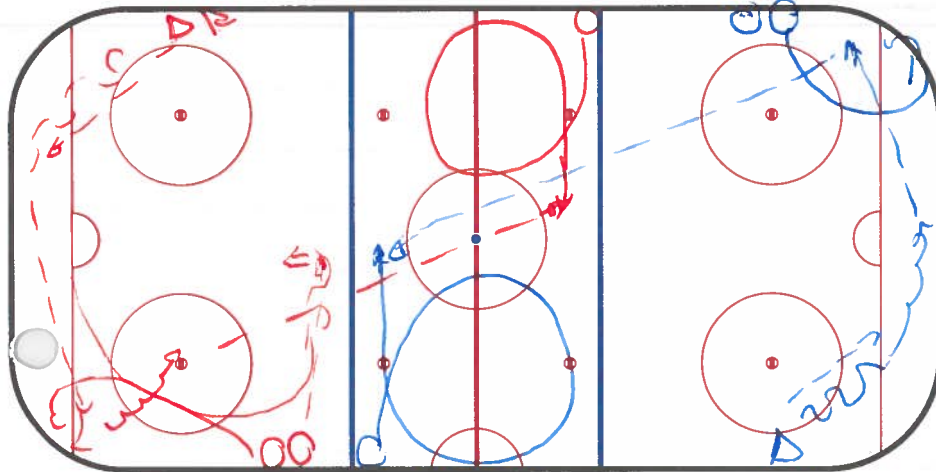
TEAM: U17  
an. 19. 21  
ET 1750-1850  
DATUM: TT 1300-1945  
TRAINER: Markus

Flo	TEC	Relays
Gebird	Lukas	Samuel
Jones	Patrick	
Kilian	Patrick	
Enric		

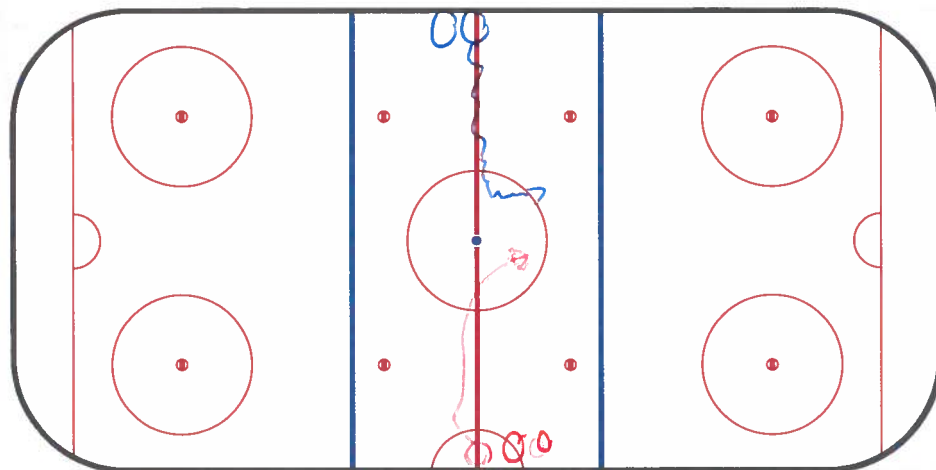
# TRAININGSPLAN



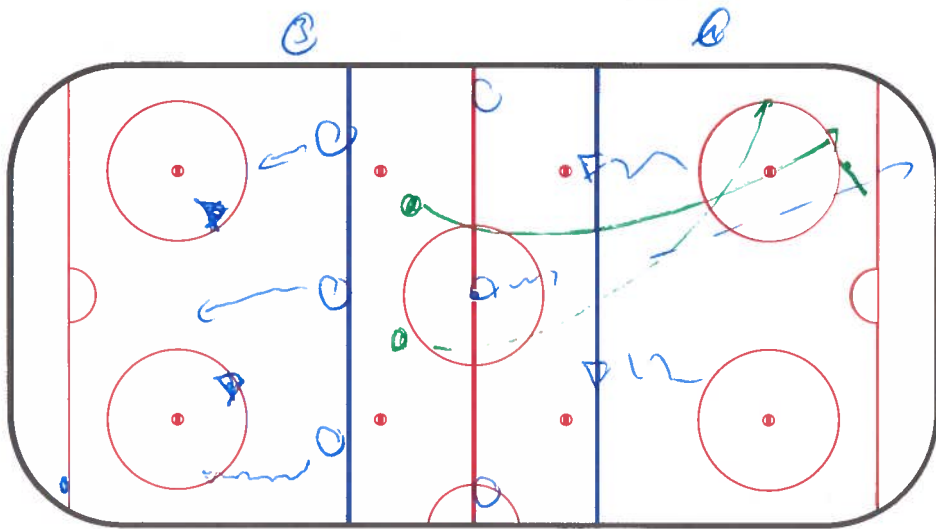
Warm up Spiel  
2-2 2 Spieler  
diagonal



Passübung  
Steilpass  
VT Aufbau  
u. blaue Linie schuss

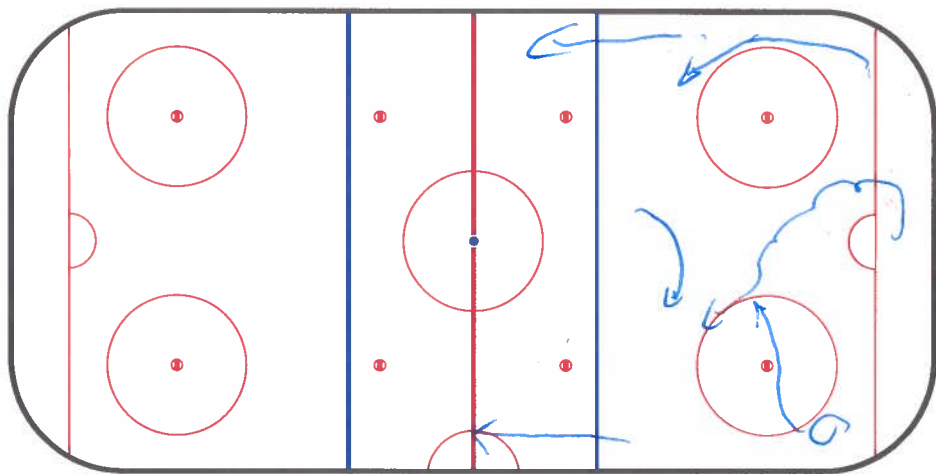
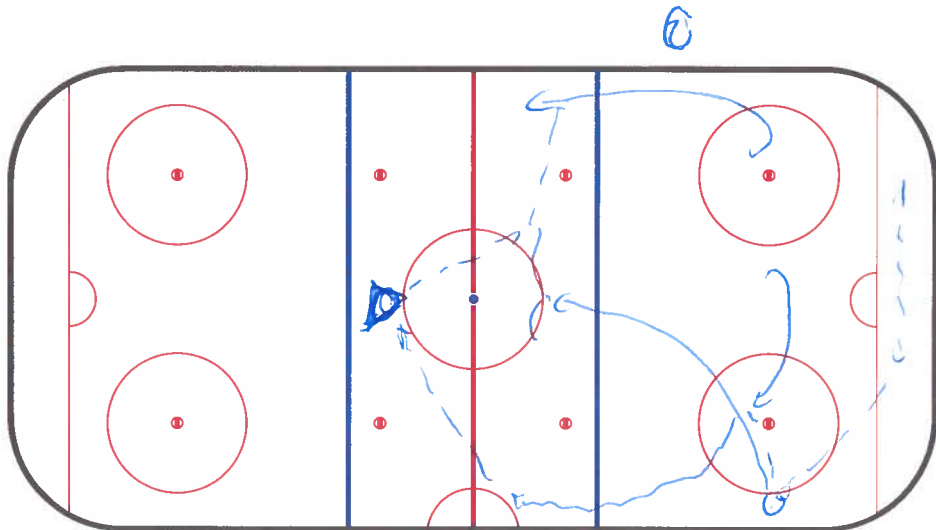


1-1  
seitliche aufnahme  
nach Punkte / Tore  
Wettkampf

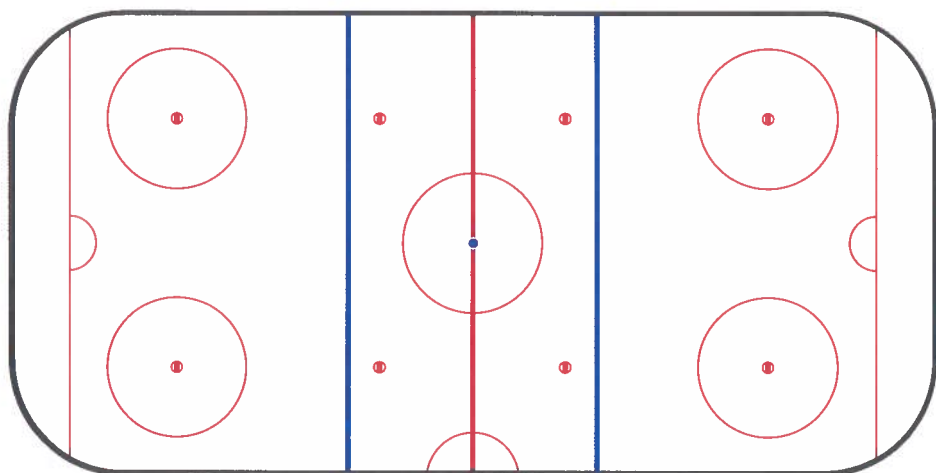


① Aufbau mit 2 VC / Kreative  
 ② 3-2 2x Regroup

aus der Ecke



überzahlig  
 Aufbau



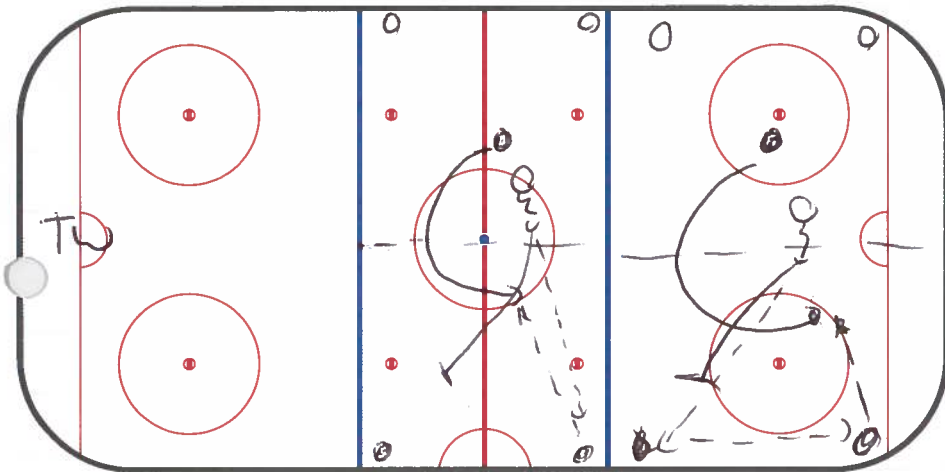




TEAM: U17 ET 17:30 - 18:30  
 KT 18:40 - 19:30  
 DATUM: 04.10.21  
 TRAINER: Markus / Jimmy

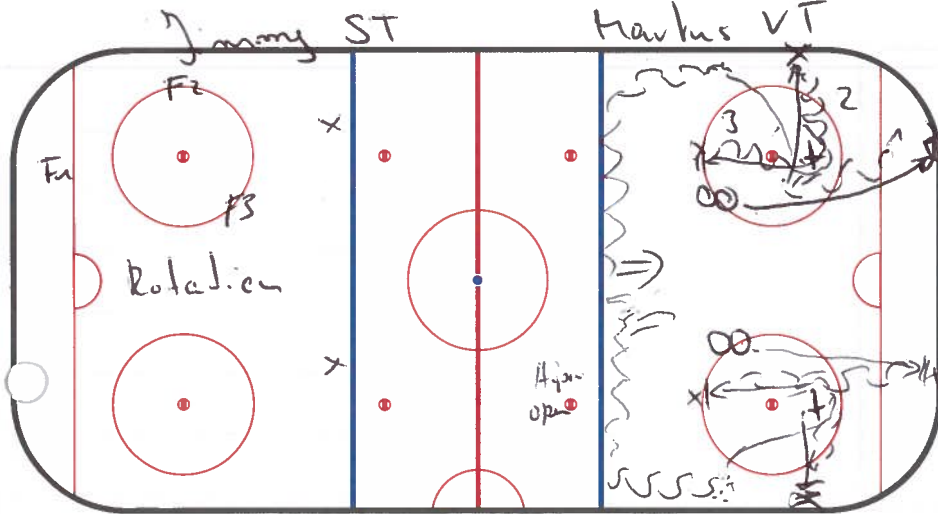
PL0	TEC	Melvin
Gabriel	Lukas	Benni
Silva		Emilia
James	Patrick Z	
Kilian	Patrick K	

# TRAININGSPLAN



Passübung  
 unter Druck

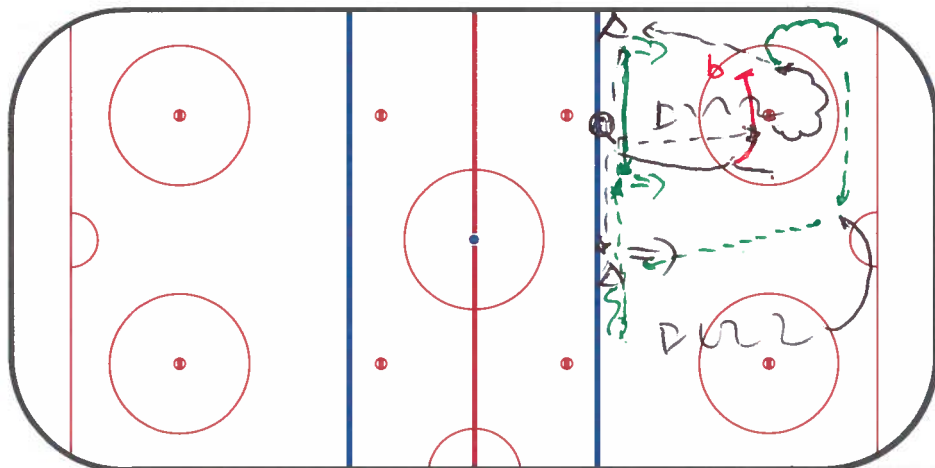
10'



VT DZ egalitär skat e,  
 Lücke schließen  
 VT spricht immer zu den  
 Reizen / Schläger einer Hand  
 auf dem Eis, bremsen u.  
 vorwärts zurück  
 um die Platte

508

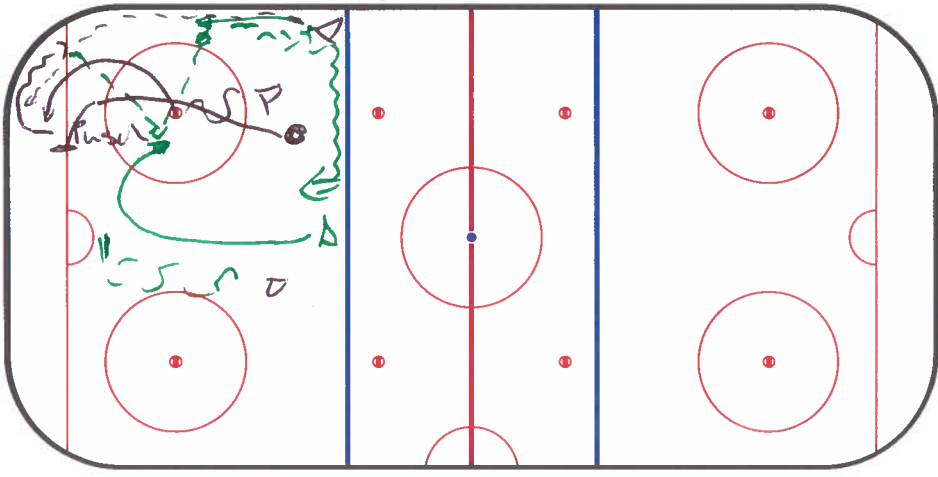
5-8



VT Puckkontrolle DZ  
 Richtungswechsel

- a. zur Mitte nach außen
- b. zur Mitte nach außen  
zurück

VT Puckkontrol




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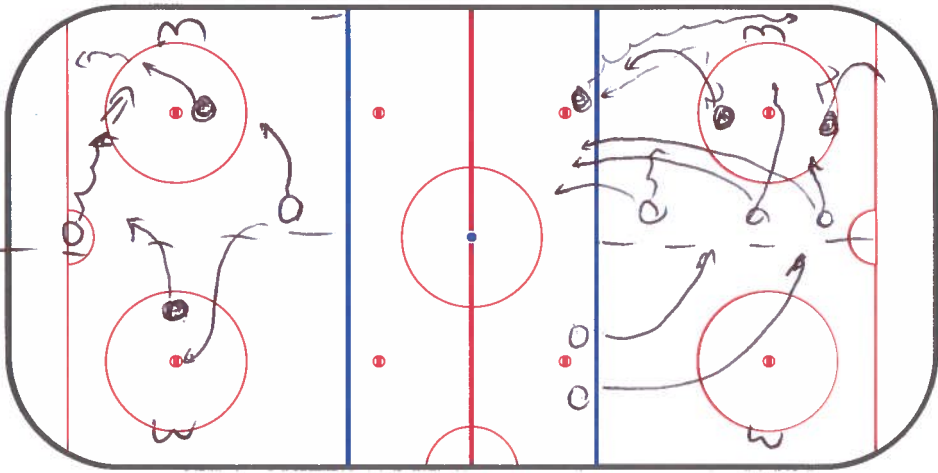
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Kleinfeldspiel

2-1 Umschaltspiel

3-2 (Anfänger)

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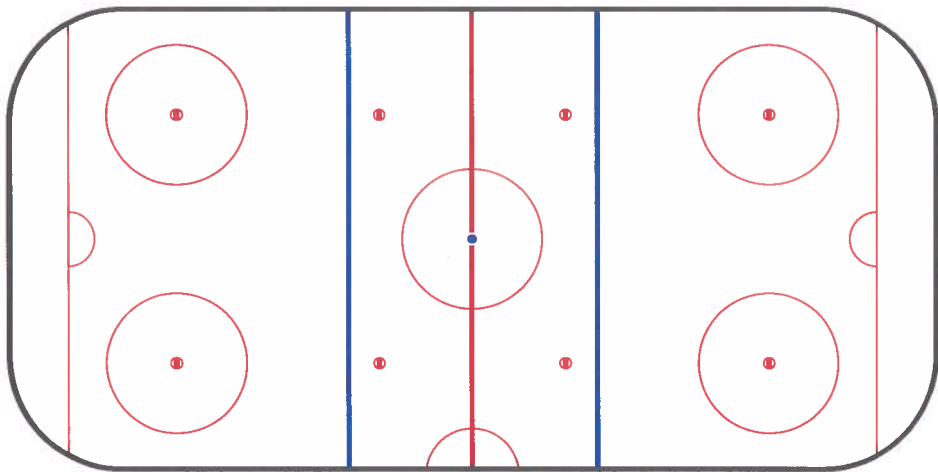
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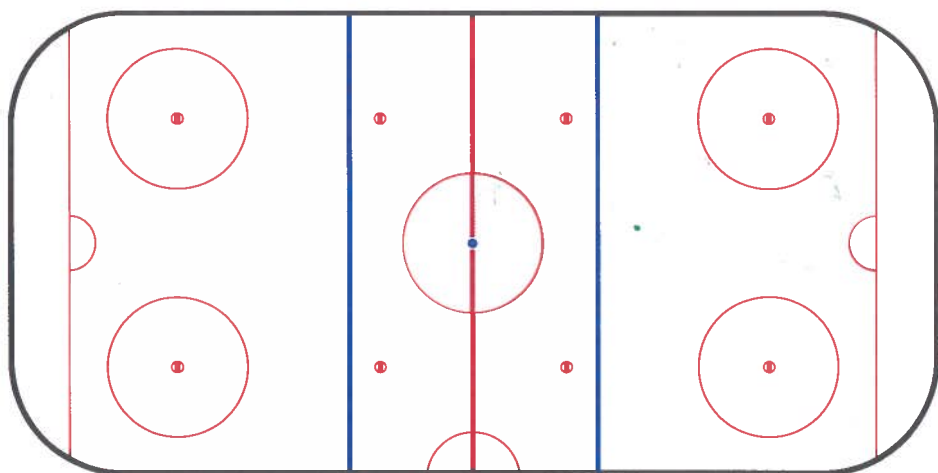
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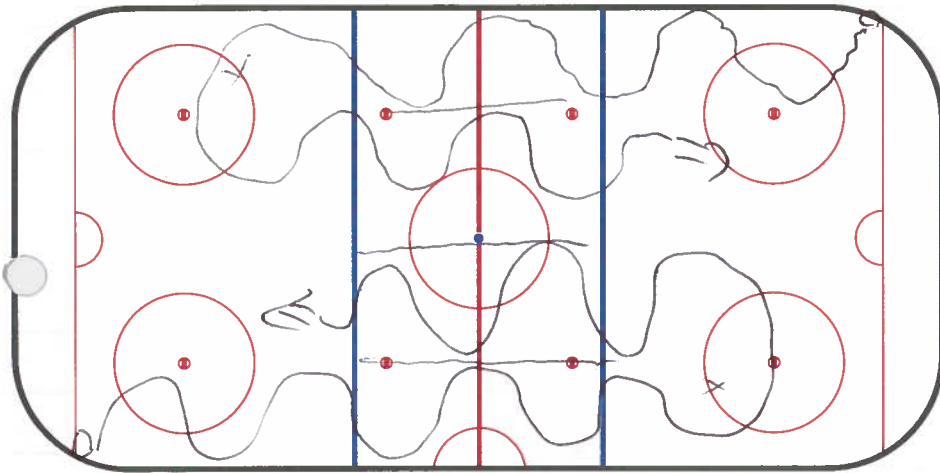
TEAM: U17

DATUM: 08.10.21  
ET 17:50 - 18:50

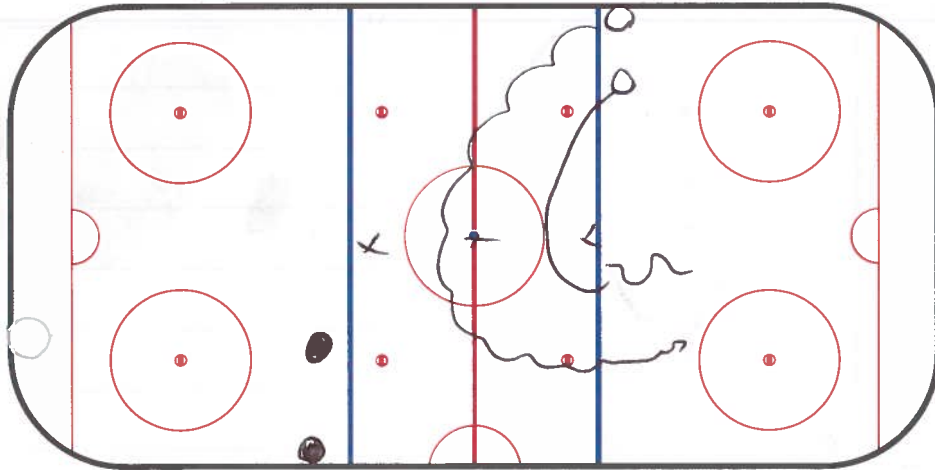
TRAINER: KT 18:00 - 19:45

Flu	TEO	Helvyn
Simon	Gebriel	Samuel
David		Emilia
Jones	Pahiké	
Pahiké	Kilian	

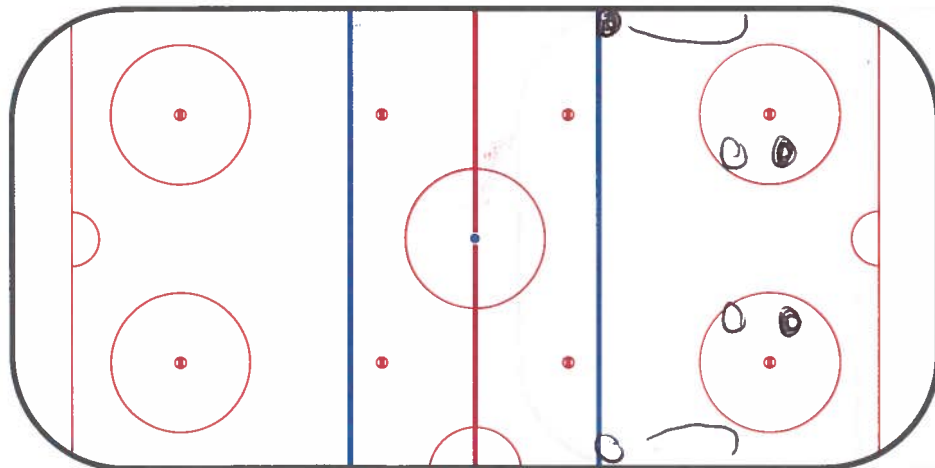
# TRAININGSPLAN



Sticktechnik

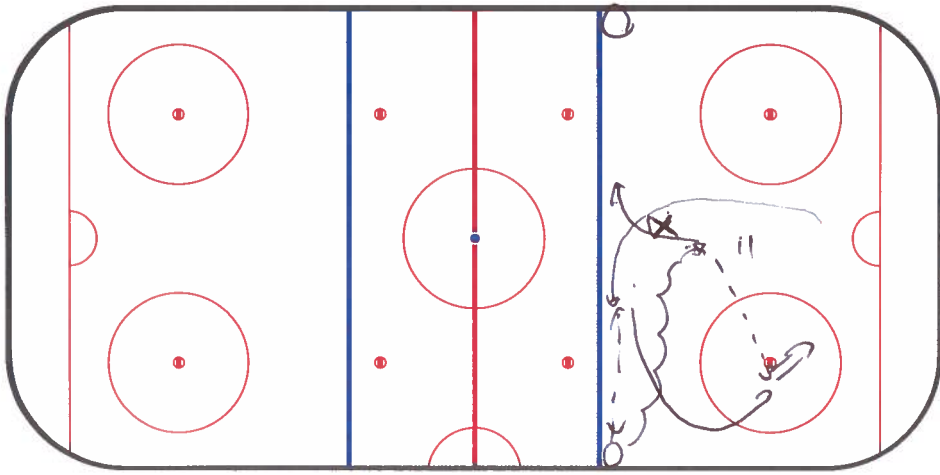


1-1



2-2

OFFENSIVE -  
Defensive  
im schallspiel



Passübung

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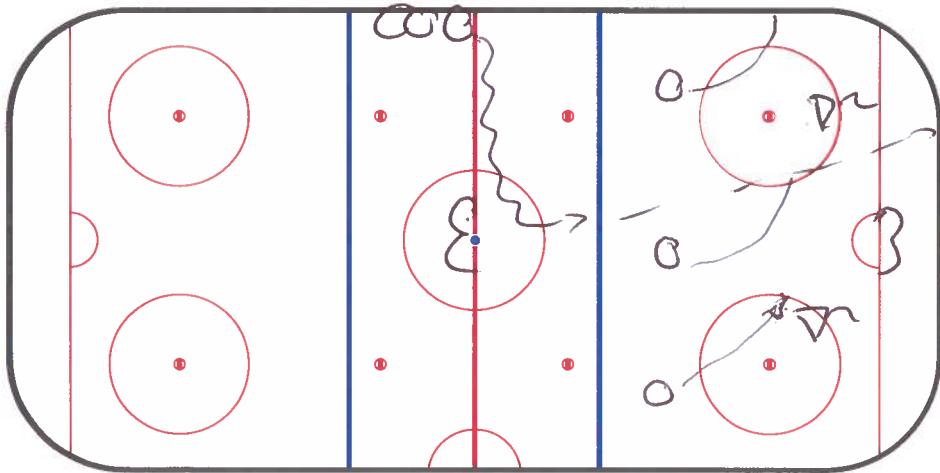
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Aufbau 1VC  
2VC

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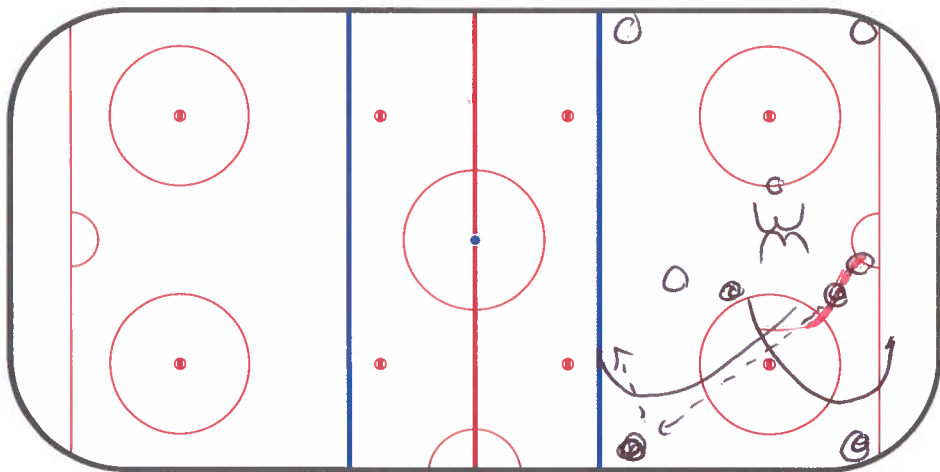
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Aufbau 2-2

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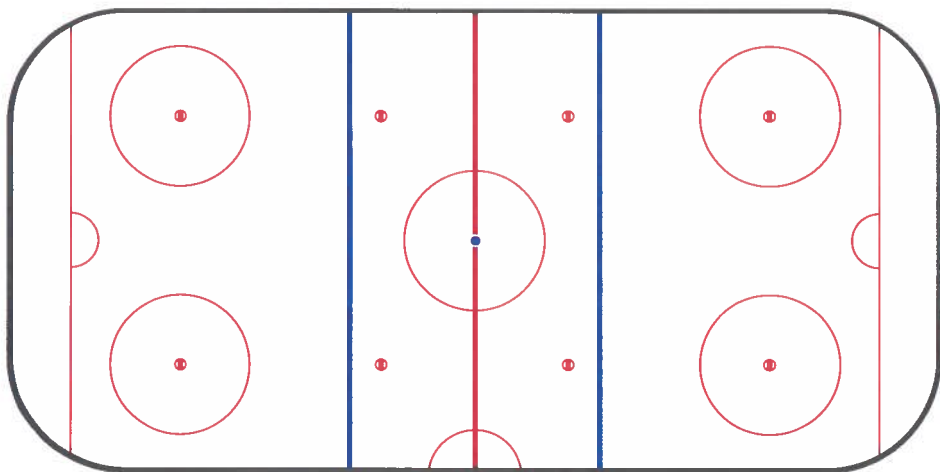
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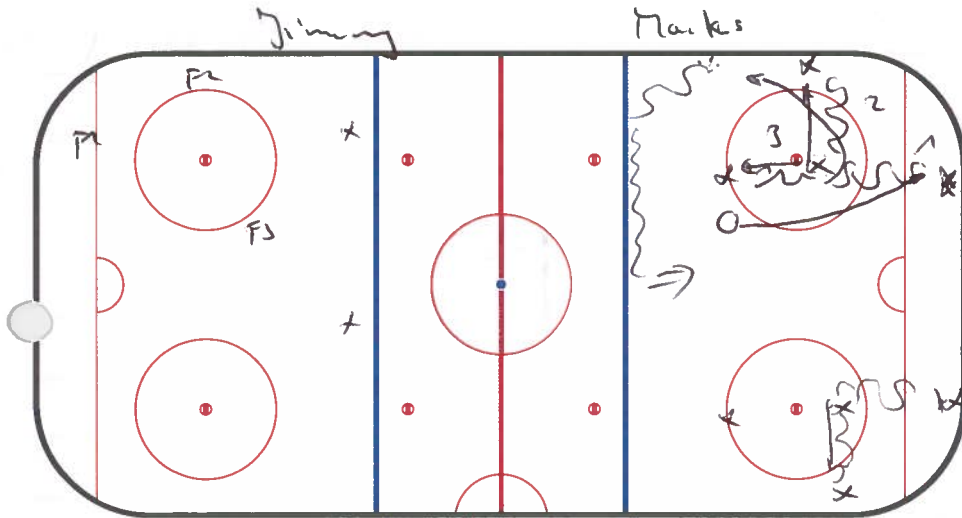
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TEAM: U17/ET/17<sup>30</sup>-18<sup>30</sup>  
 KT 18<sup>40</sup>-19<sup>15</sup>  
 DATUM: 11.10.21  
 TRAINER: Markus / Jimmy

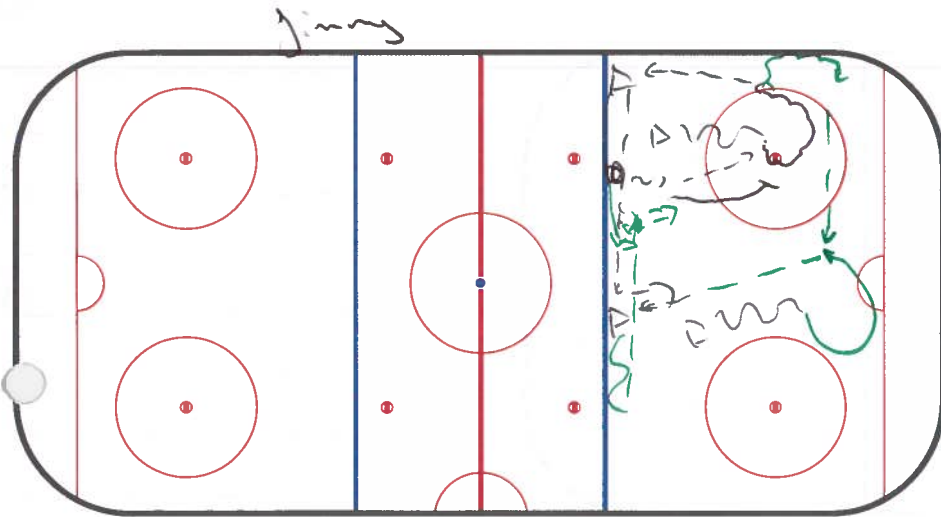
Fl.	TEC	Belwys
Gabriel	Luks	Benni
Benne		Simon
Jens	Zigle P.	
Klein	Kennel P.	
Emilia	Joshua	

# TRAININGSPLAN



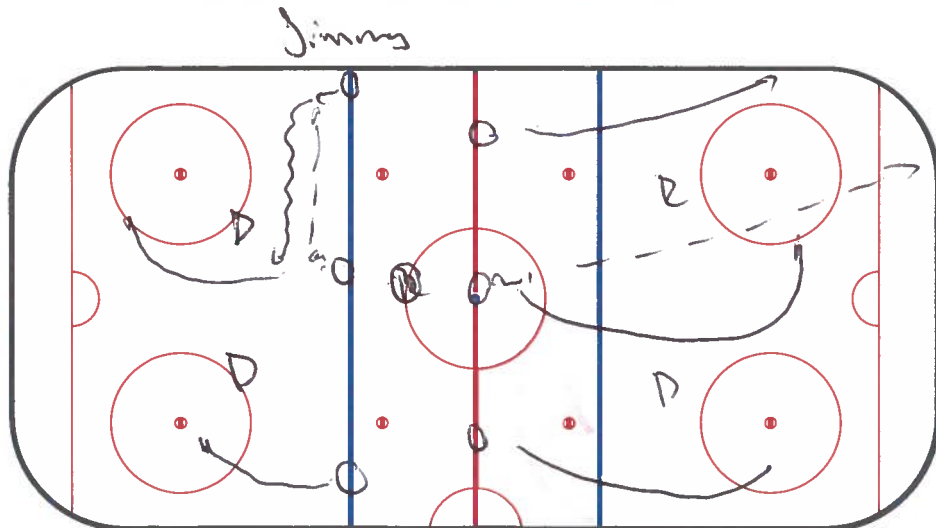
ST F1 / F2 / F3 10  
 Rotation

VT agility skate

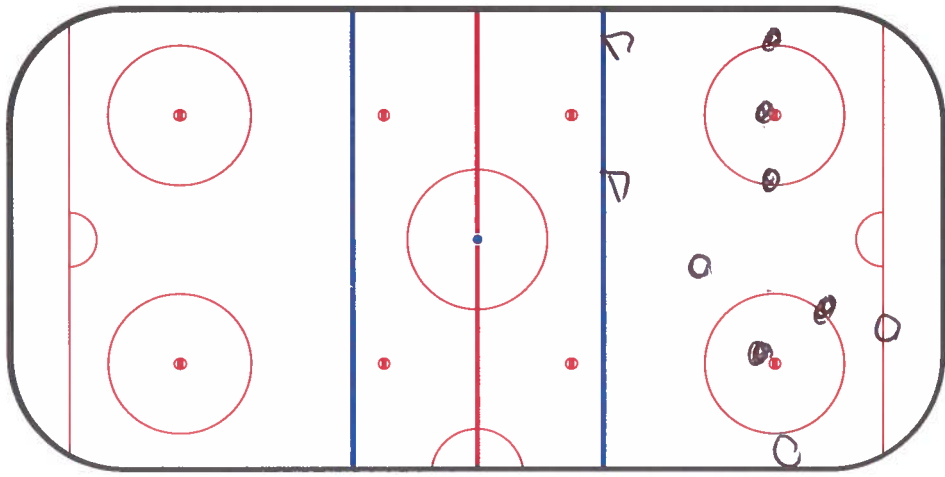


ST Rotation 10

VT Puckkontroll Dc  
 Richtungswechsel  
 a. zur Mitte nach außen  
 zur Mitte nach außen  
 macht Puck besser  
 Richtungswechsel pass in VT

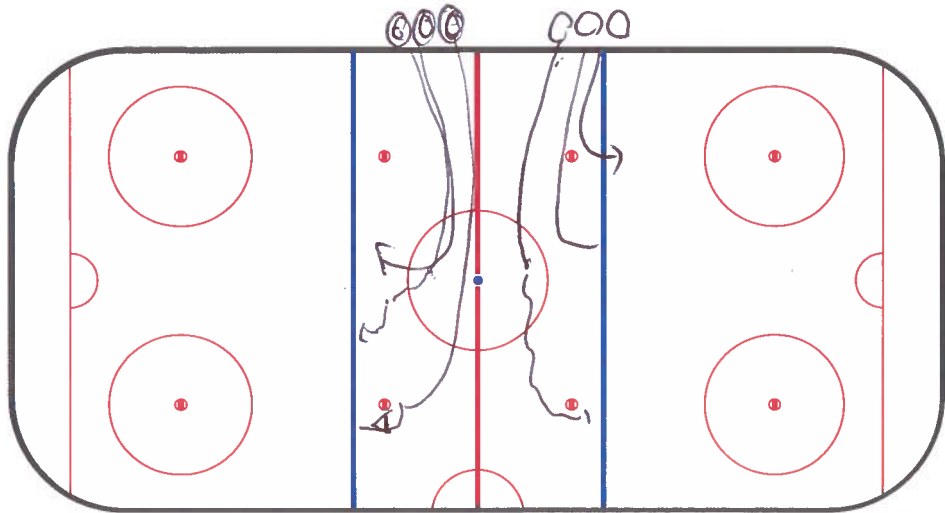


a. 3-2  
 b. 3-2  
 Angriff +  
 Regroup



3-2

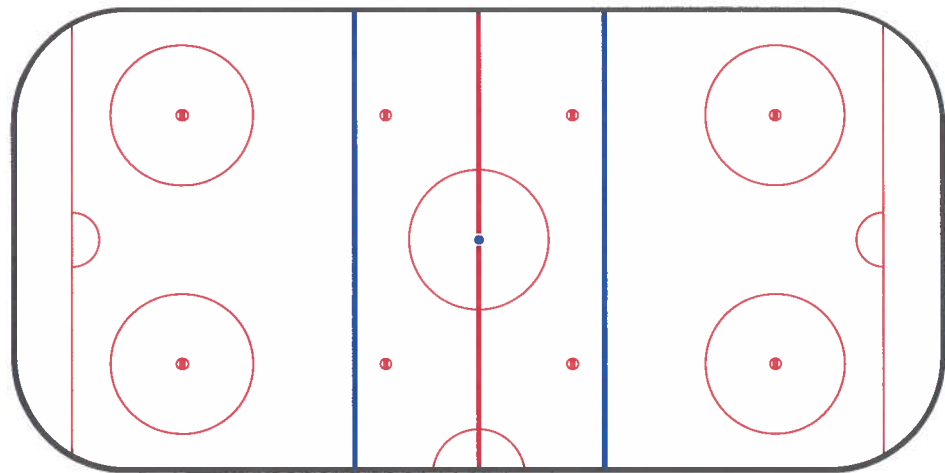
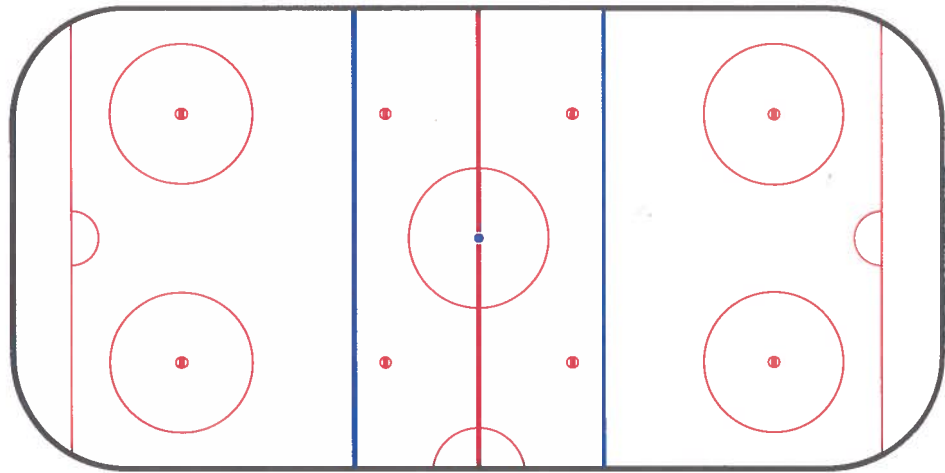
5-5



Wettkampf / Spiel

3-0

3-3





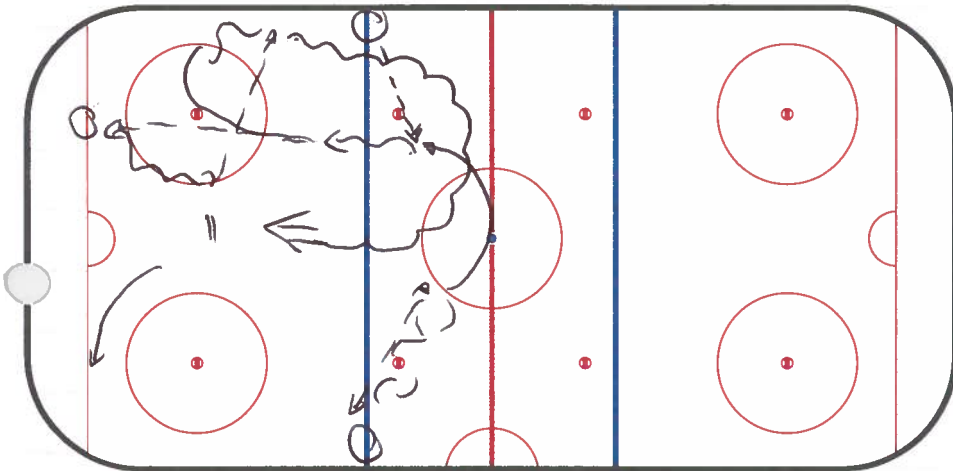
TEAM: U17 1740-1840

DATUM:

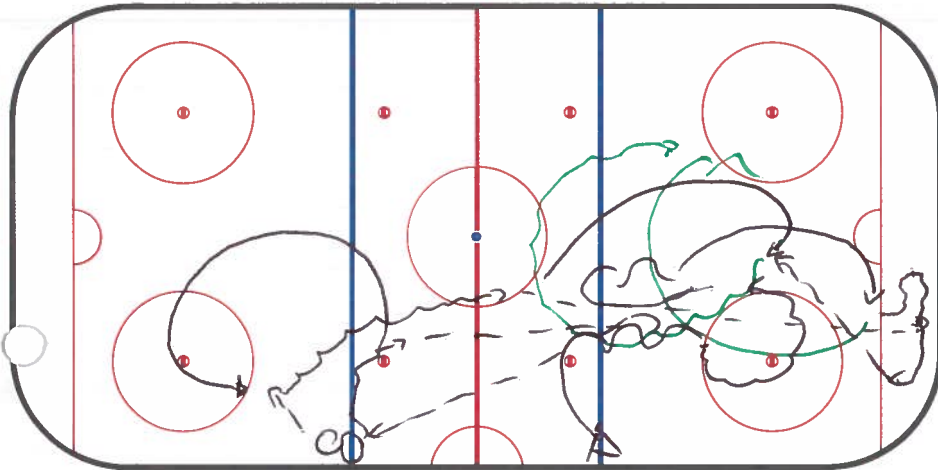
TRAINER:

Flo	Olli	Melvin
Simon	Jukas	Tobi
Samuel?		
<del>Patrick</del>	Benno	
Patrick K	Emilia	

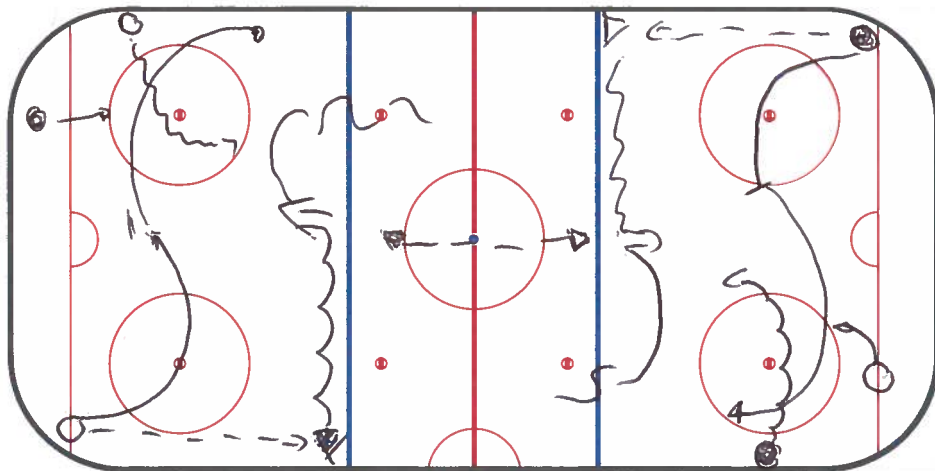
# TRAININGSPLAN



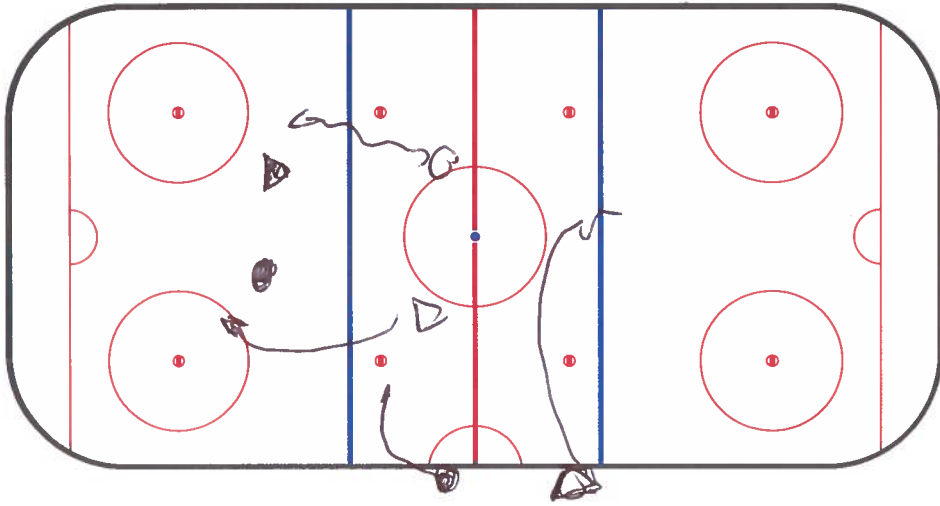
Passübung  
UW-VW



~ ~ ~

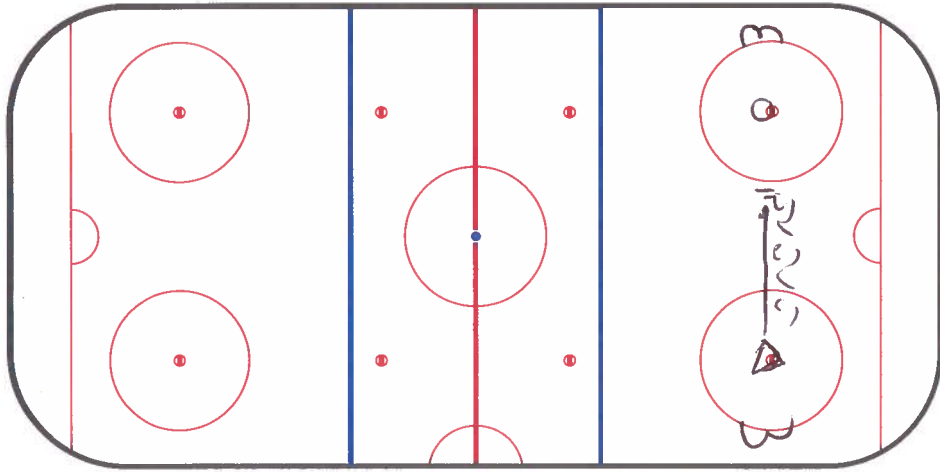


2-1 (ABC)

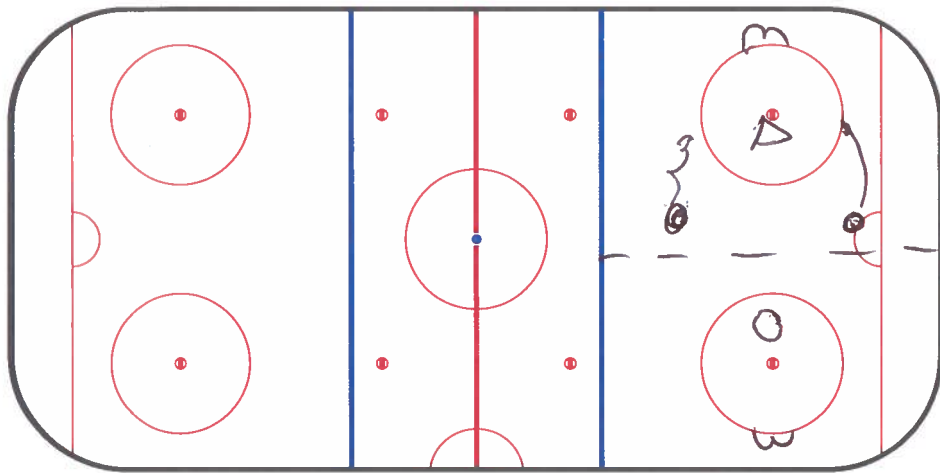


2-2

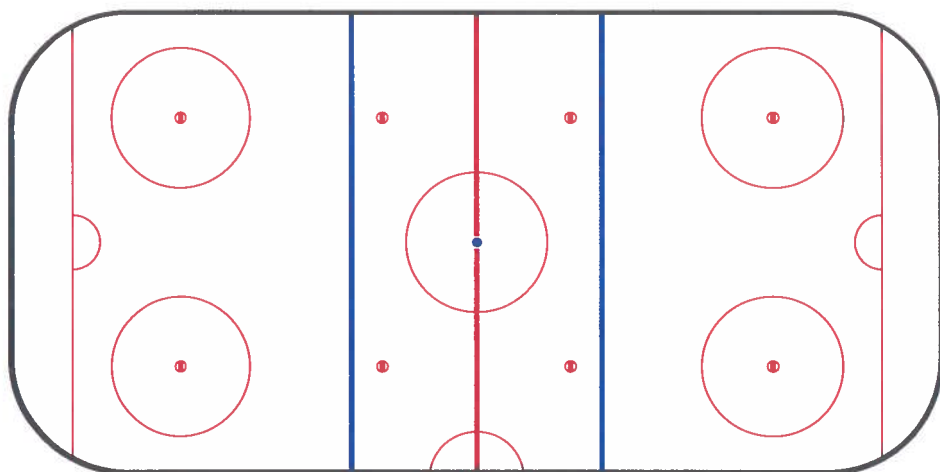
Überschleifmanöver!



2-1



2-1







TEAM: U17

DATUM: 15.10.21

TRAINER: Markes, Jimmy  
17<sup>50</sup> - 18<sup>50</sup>

TFO Helge

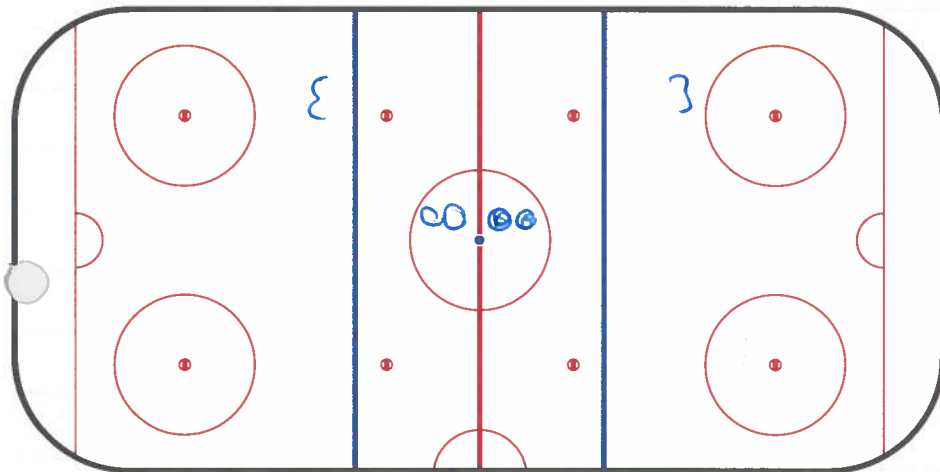
Antes Samuel

Emilie

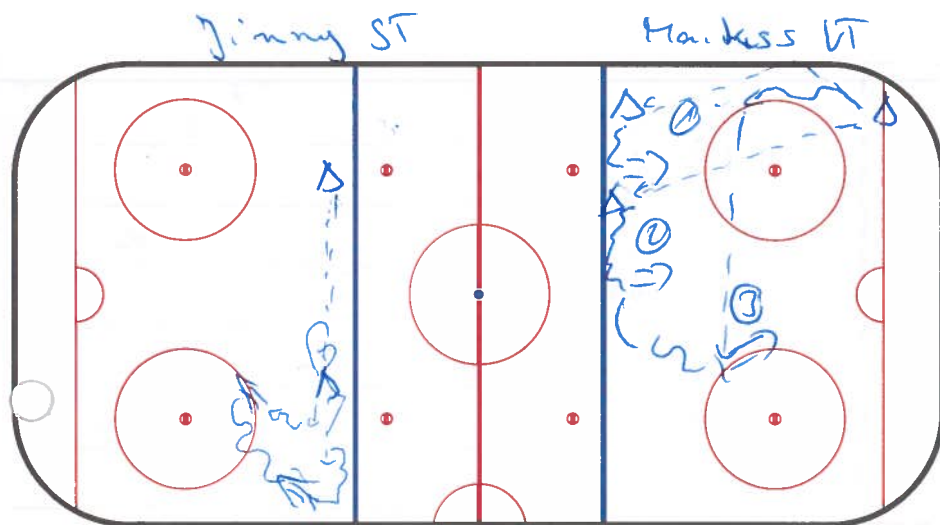
Jonas Zigh P

Kilian Knoll P.

# TRAININGSPLAN



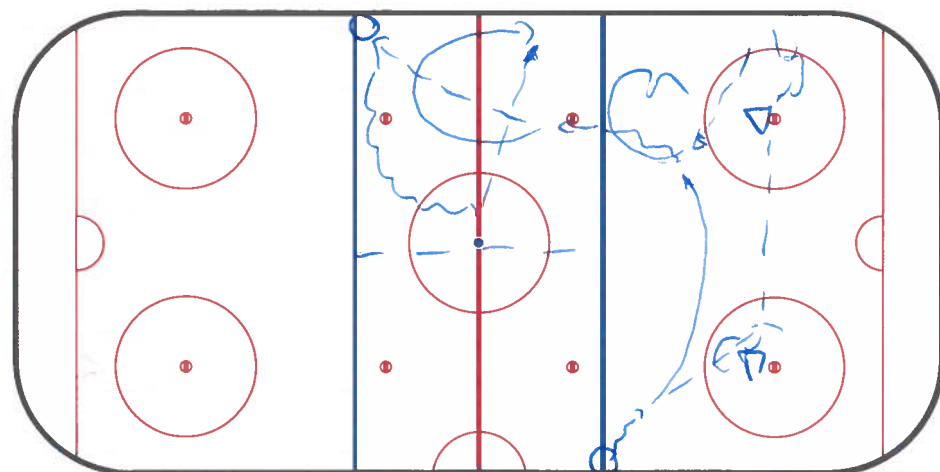
Warm up Spiel 2-2



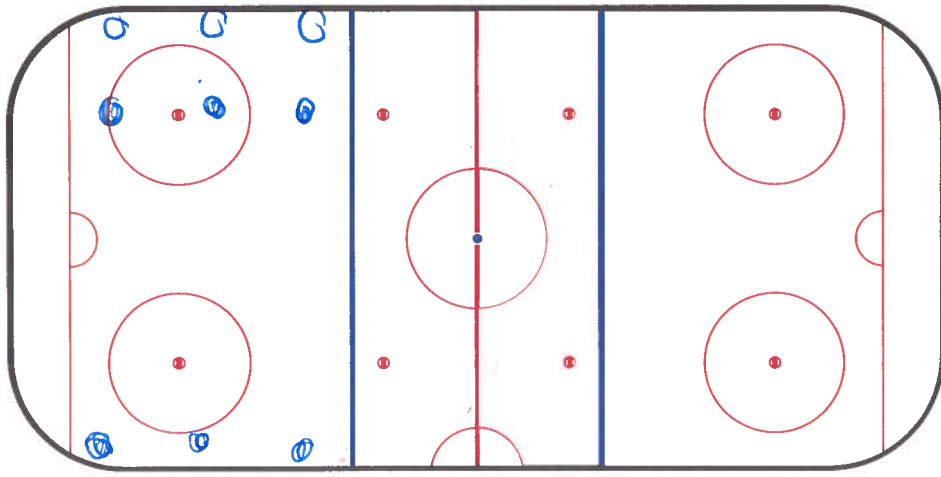
ST 1-2-3 3-2

VT 2-3 Schüsse

Pass u. Schüsse  
in der Bewegung  
w-w



2-1



3-3

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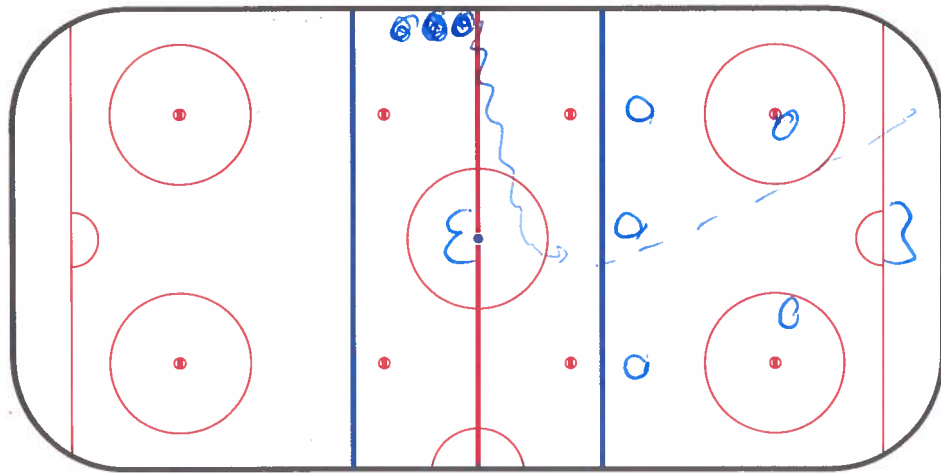
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VC 1  
VC 2

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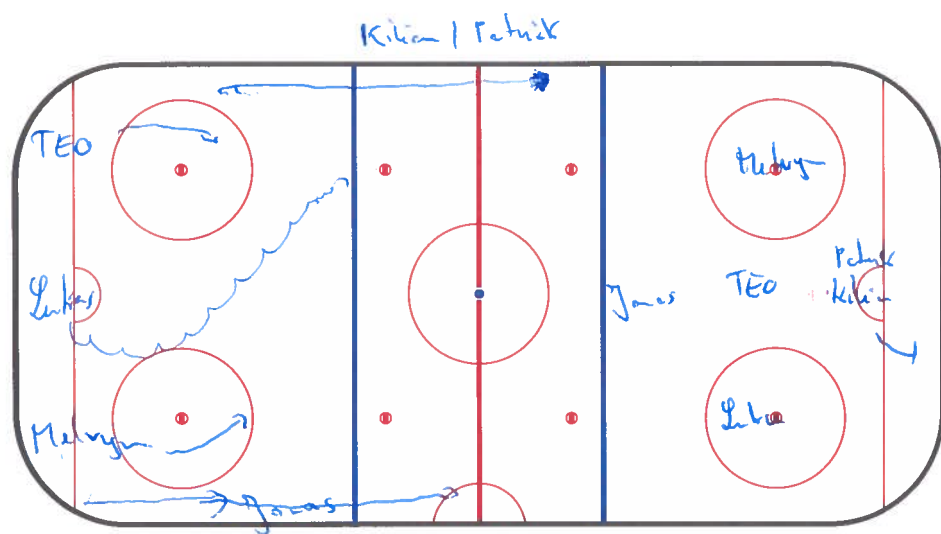
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Kilian / Patrick

U2

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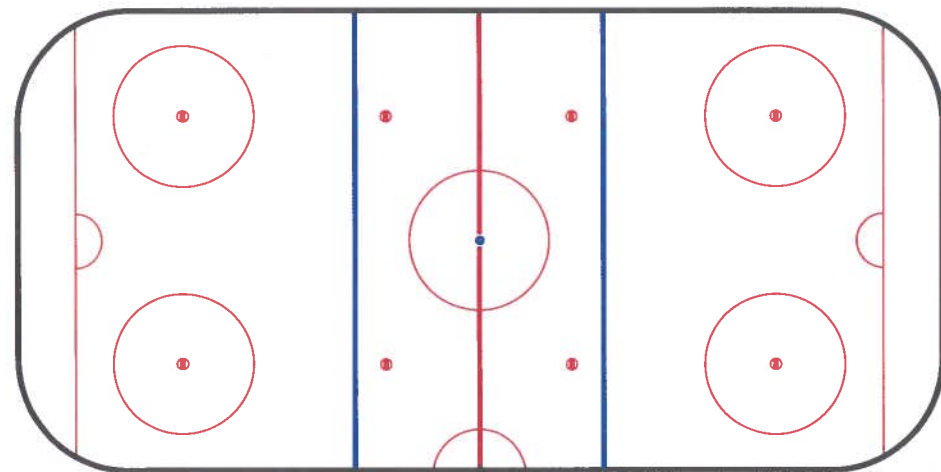
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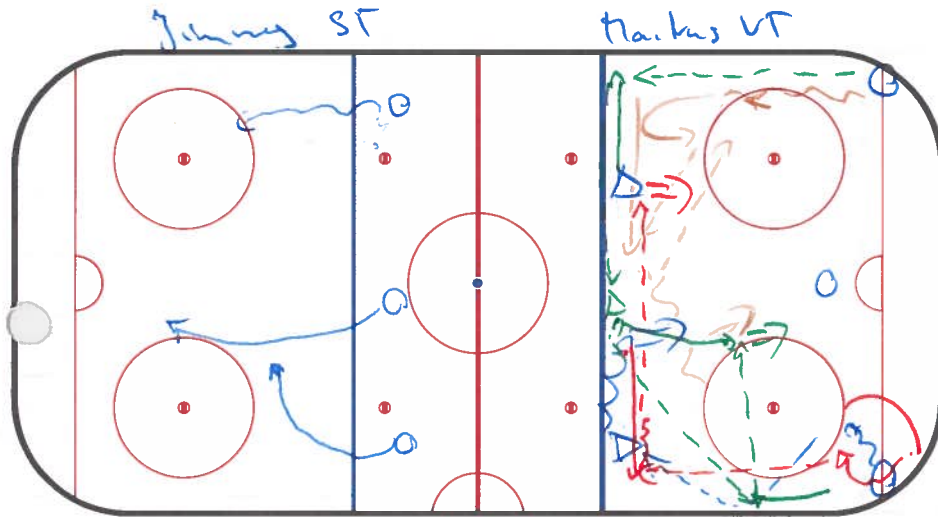


TEAM: U17 ET 1740-1840  
 KT 1850-1870  
 DATUM: 13.10.2021  
 TRAINER: Markus, Jimmy

Flo	Tec	Yuliyu
Staniel	Lehras	Tabi
Sinan	<del>El</del>	T

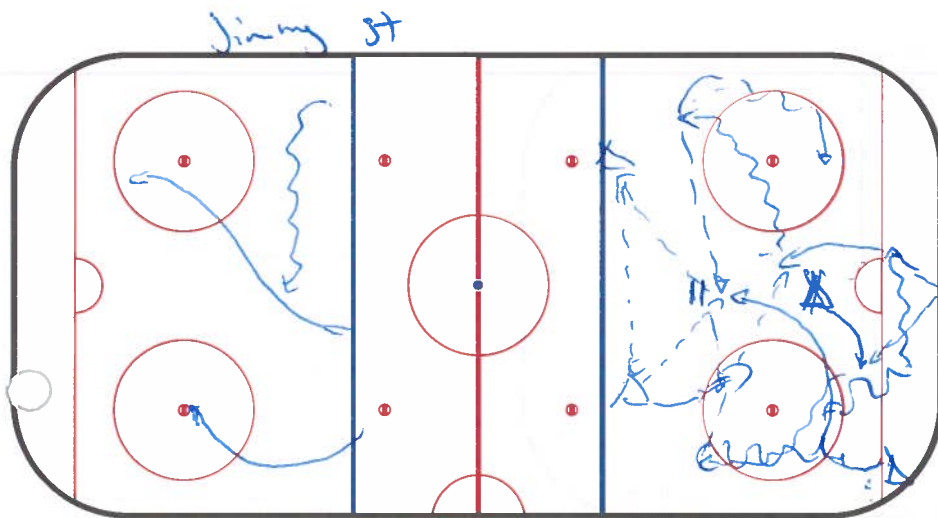
Zigler P.	Benna
Kilian	Kerndl P.

# TRAININGSPLAN

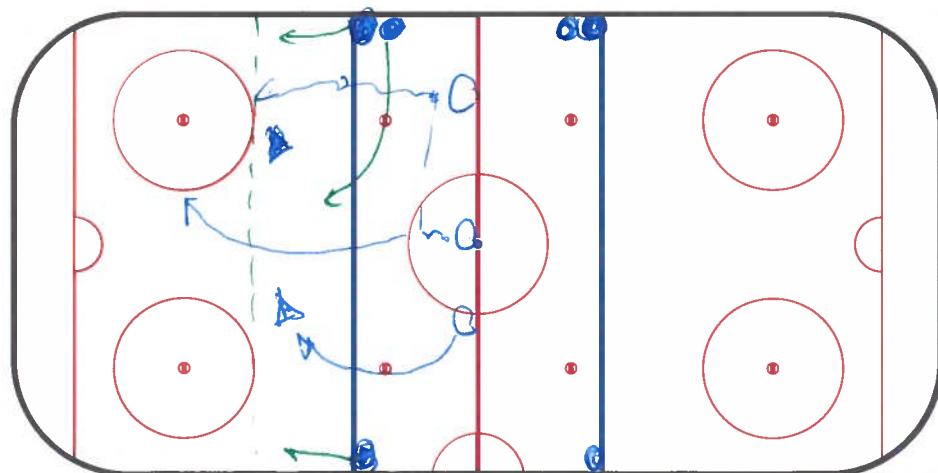


10'  
 ST 1-2-3 Prinzipien

VT blaue Linie  
 4 Schüsse

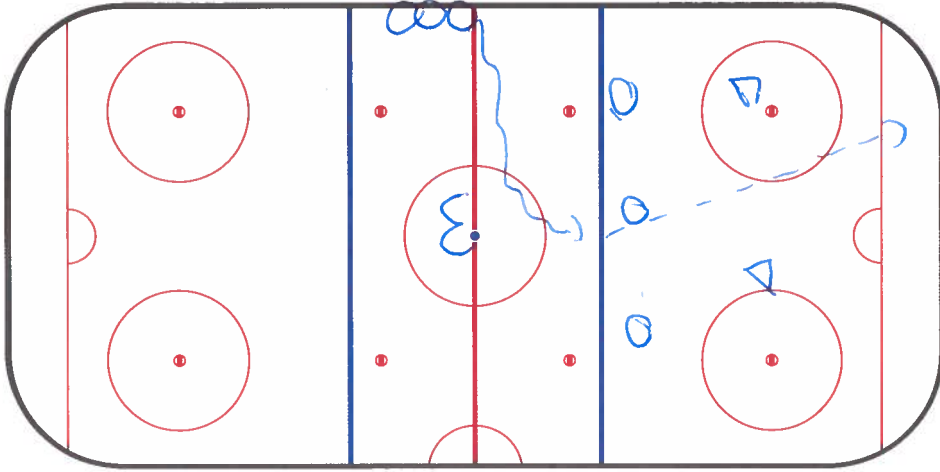


10'  
 Puckführung Reverse + V  
 - tiefe Position  
 - Kommunikation zwischen VT  
 - Unterstützung und Timing  
 - Acute Pässe Tape to Tape

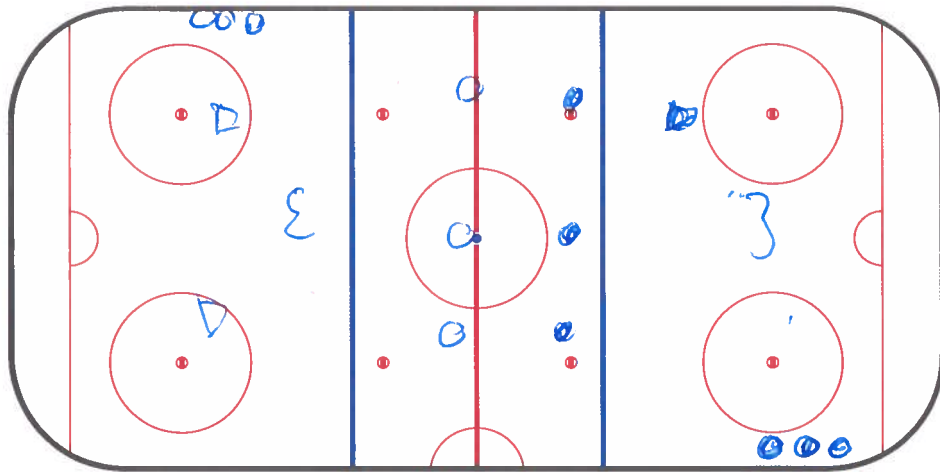
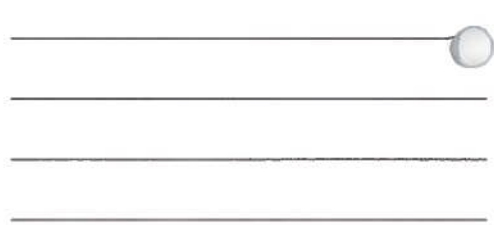
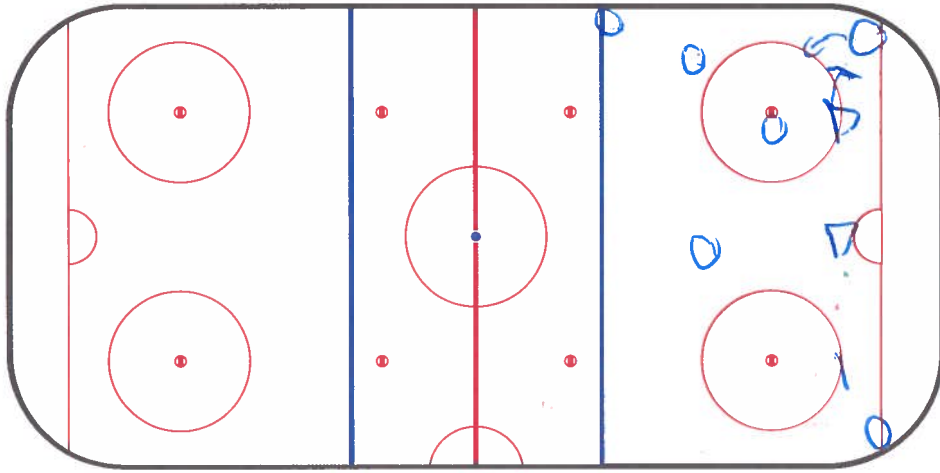


10'  
 a, 3-2  
 b, 3-2 (ABC)

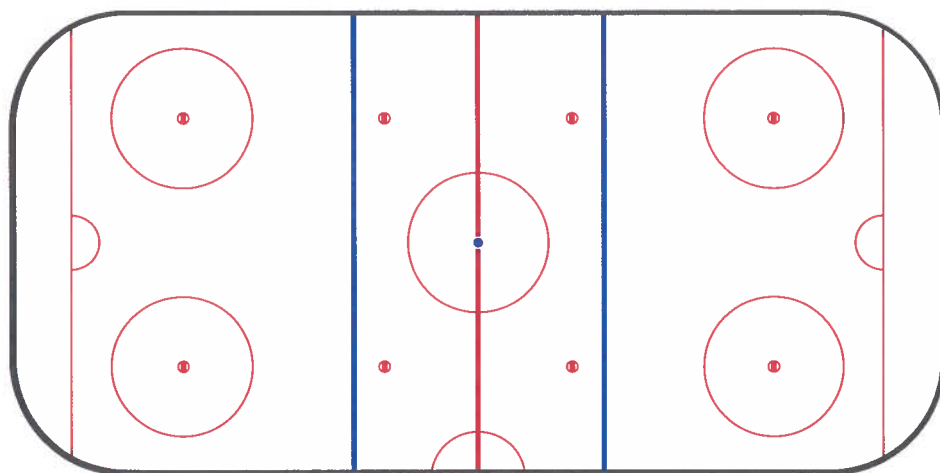
Aufbau 1VC 5-8  
2VC



5-8  
1-5  
2-5  
3-5  
5-5



4-3

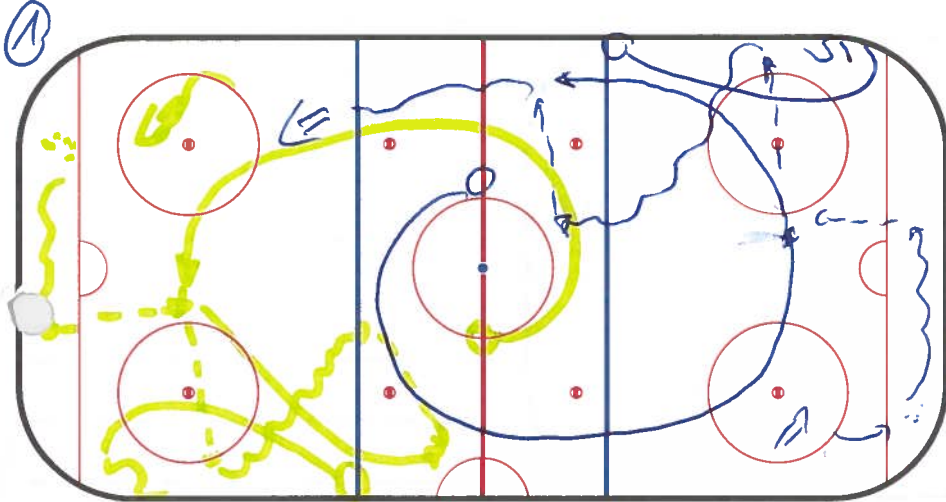




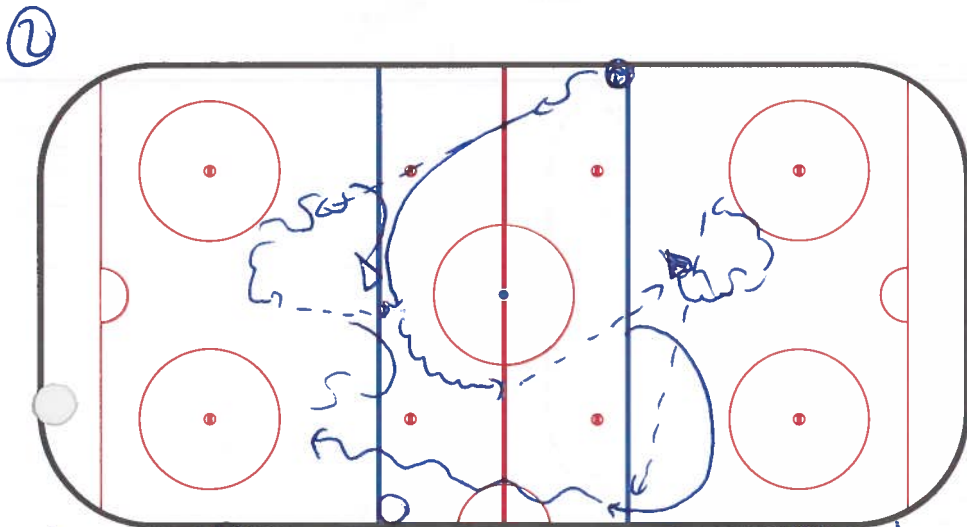
017  
TEAM: 18/10 21  
DATUM: 1730-1830  
1840-1915  
TRAINER: Markus, Jimmy

Samuel Oll. → Helge  
Jones → TEC & Jh P.  
Georg Lukas Sami  
Klic Pablr  
Simone Benno  
Julia

# TRAININGSPLAN

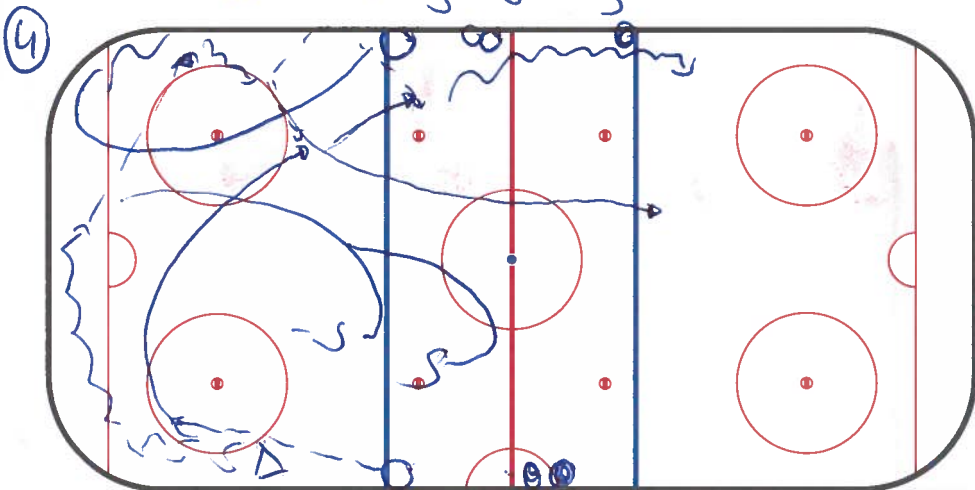


Passing

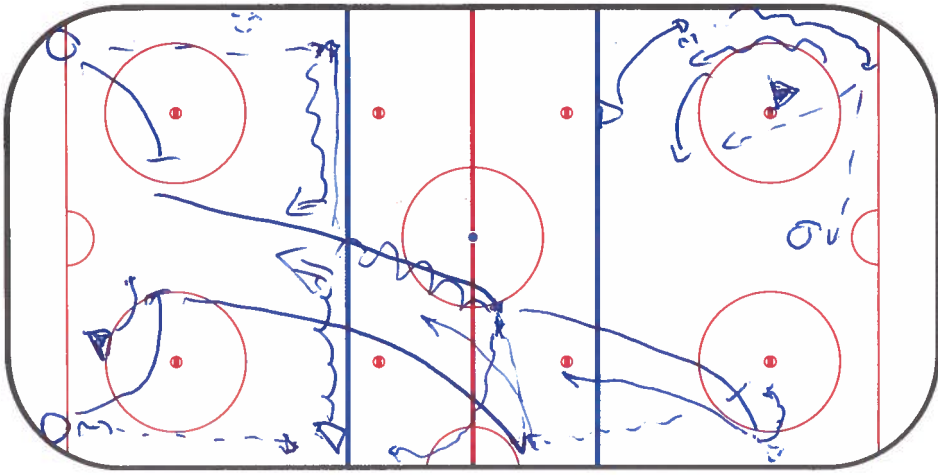


1-1

③ Übung Jimmy im Breakout



2-1

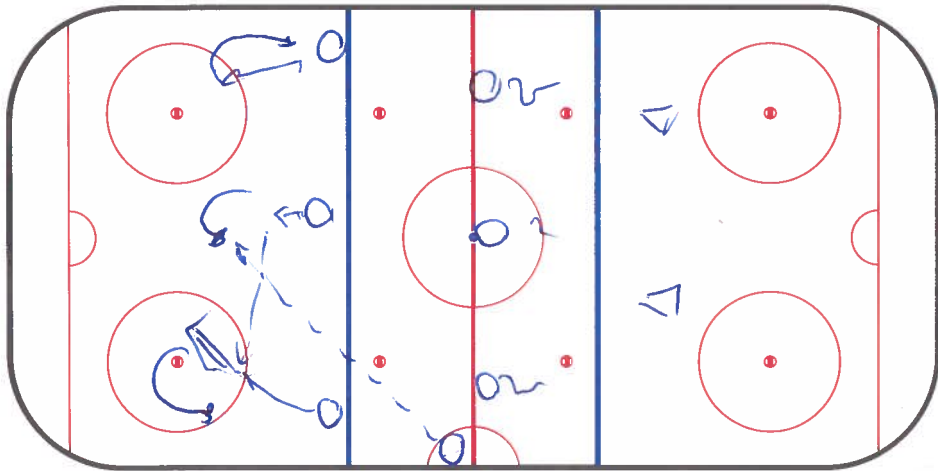


1-1

2-1

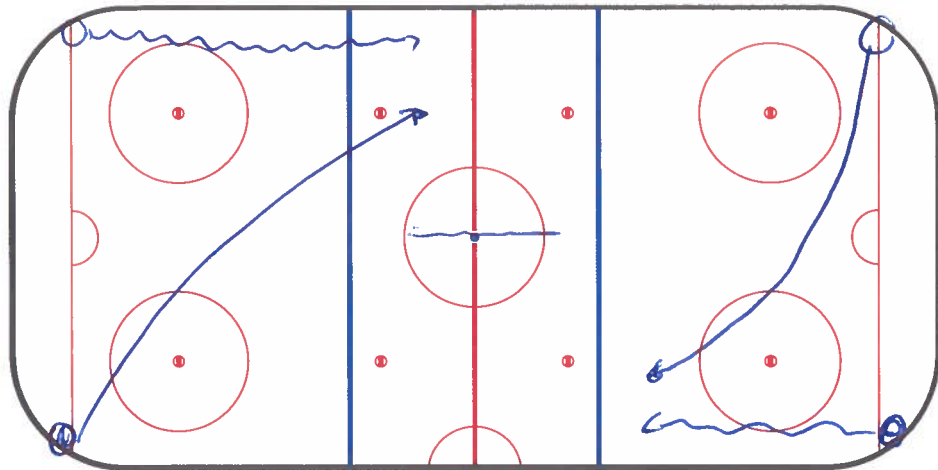
3-1 2x

aus der Ecke

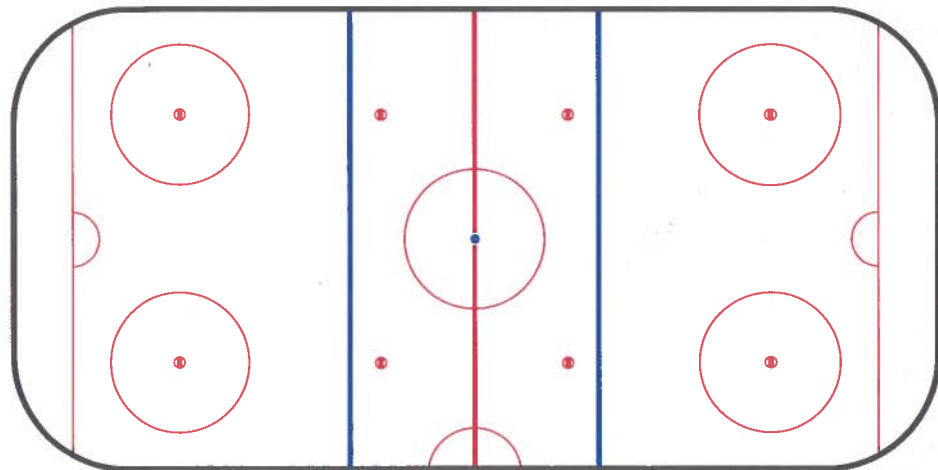


2vc

2/2ban



BC 1-9





TEAM: U17

DATUM: 22.10.21

TRAINER: Markus, Jimmy  
1750 - 1850

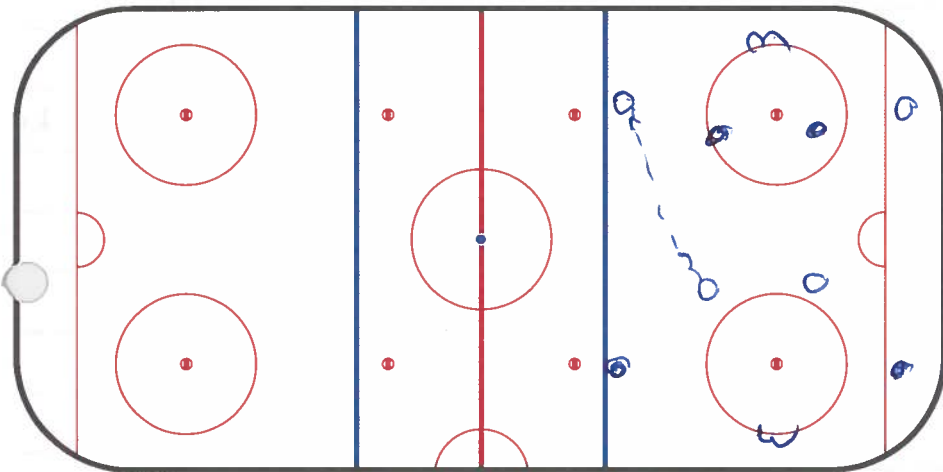
Flc TEO Melvyh

Gebiet ↔ Simon Samuel

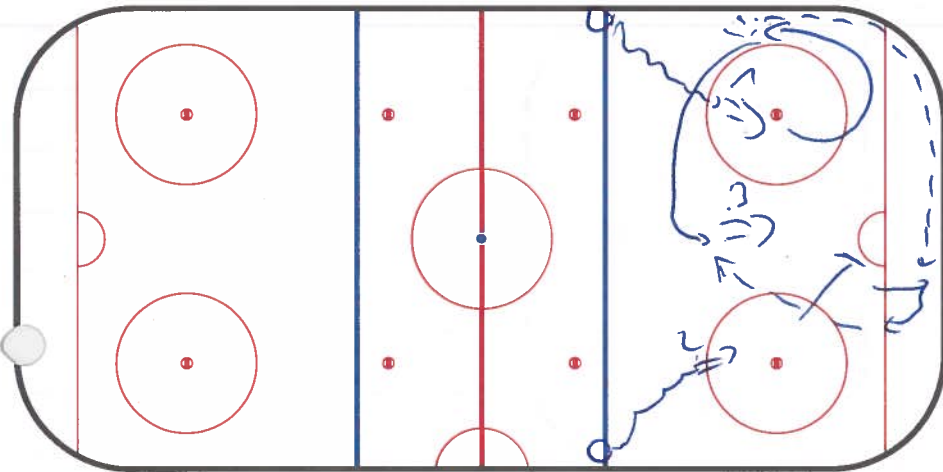
Janas Petrick Z

Kilian Petrick K

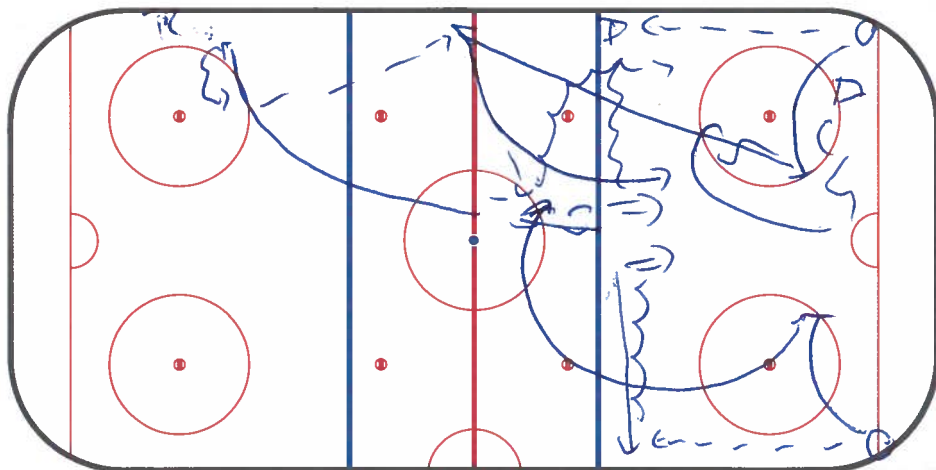
# TRAININGSPLAN



Warm up game  
22 2 Jahre



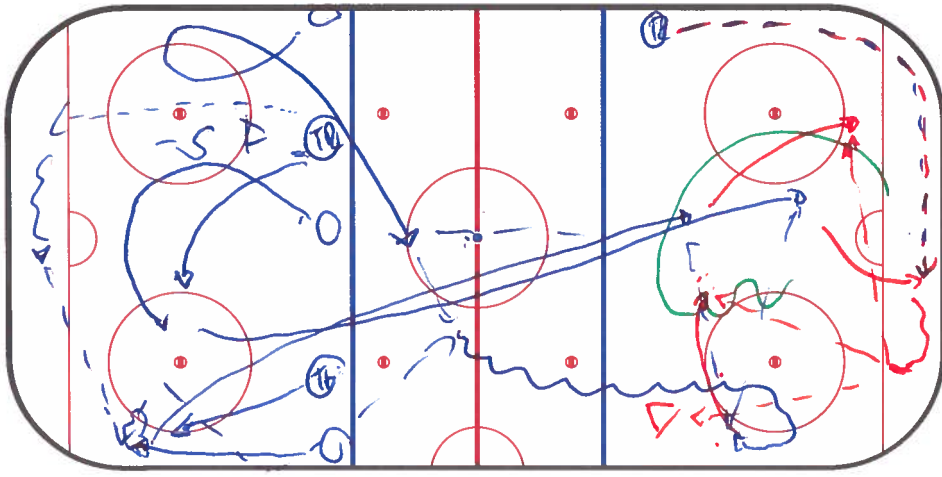
Passübung - Bande RHM



VT schuss blaue Linie 2x  
1-1

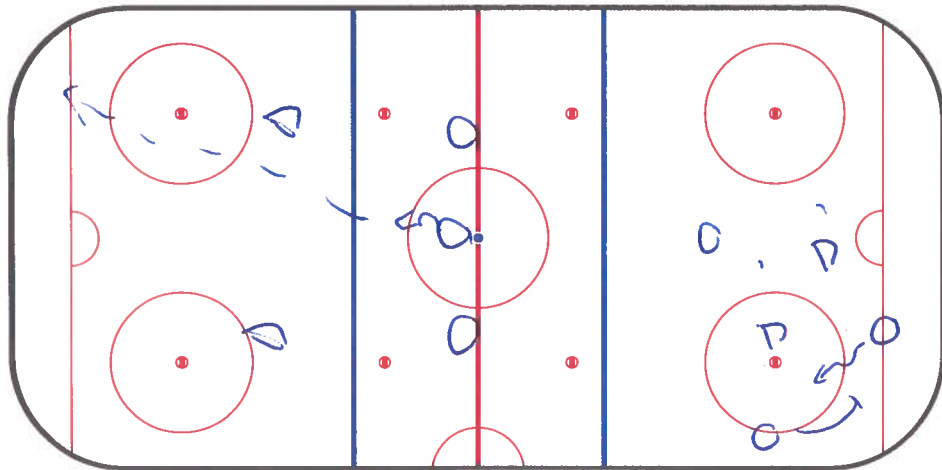
2-1

2-1 Kreuzer nicht VT



Aufbau unter Druck  
3-1

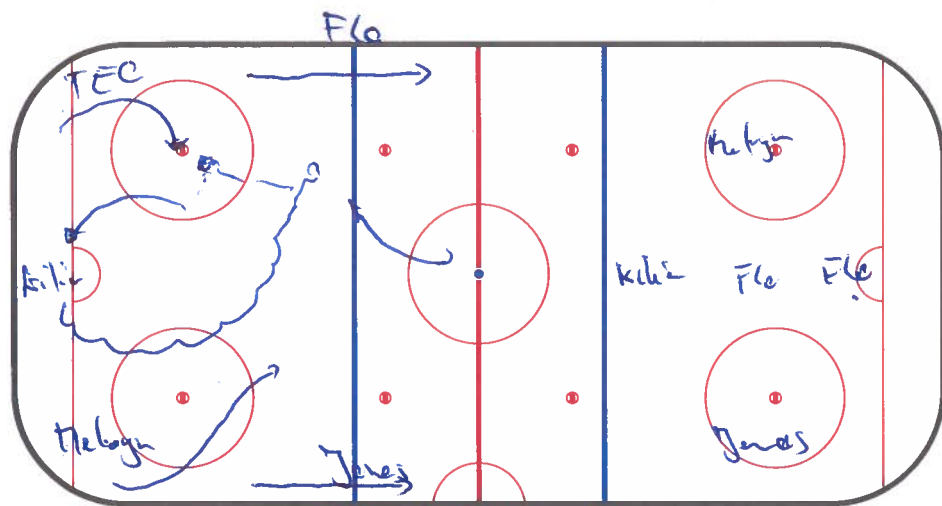
4-1 Rinn.



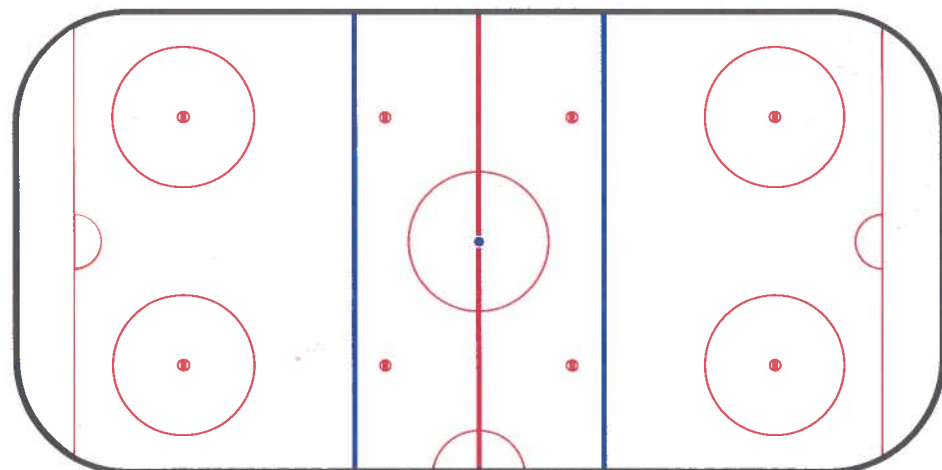
3-2 Aufbau

3-2 aus der Ecke  
auf Signal

5-5



Überecht

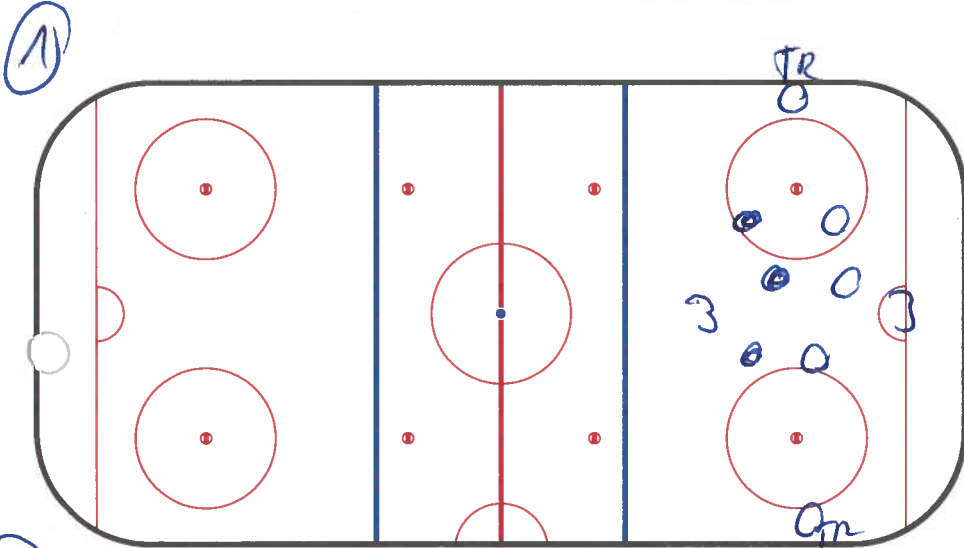




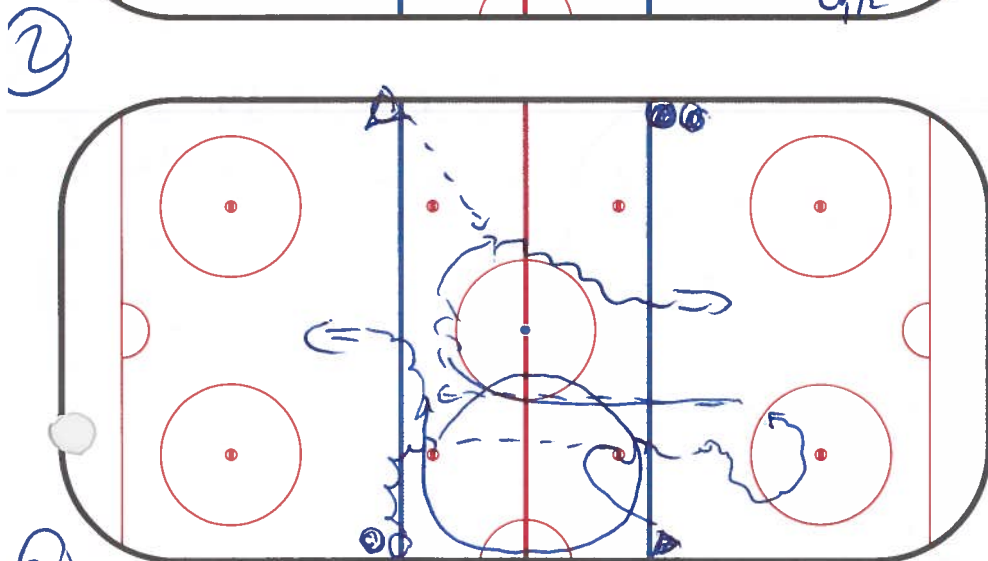


TEAM: U17  
 DATUM: 20.10.21  
 TRAINER: Markus, Jimmy  
 17h0 - 18h0

# TRAININGSPLAN



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

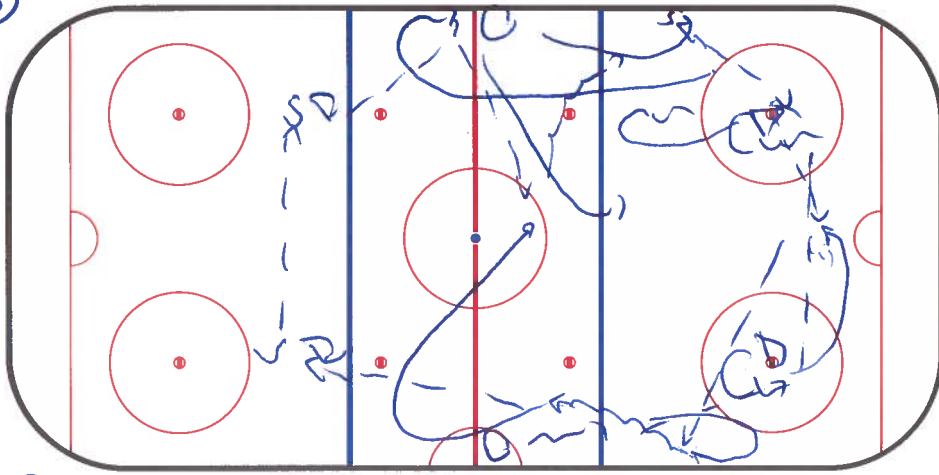


5-8  
 Passspiel ST-UT  
 UT-ST  
 Jimmy



10  
 a) Aufbau unter Druck  
 Canada: 20 Punkte  
 b) Double pass  
 c) reverse

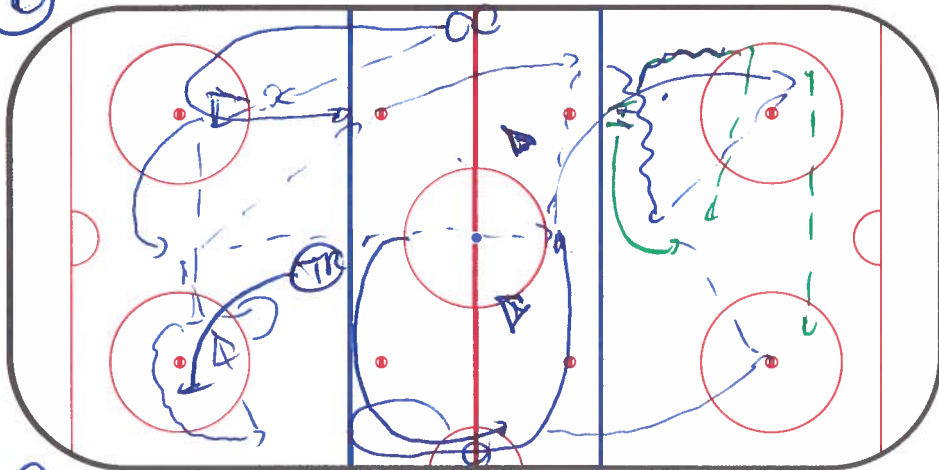
5



2-1

5-8

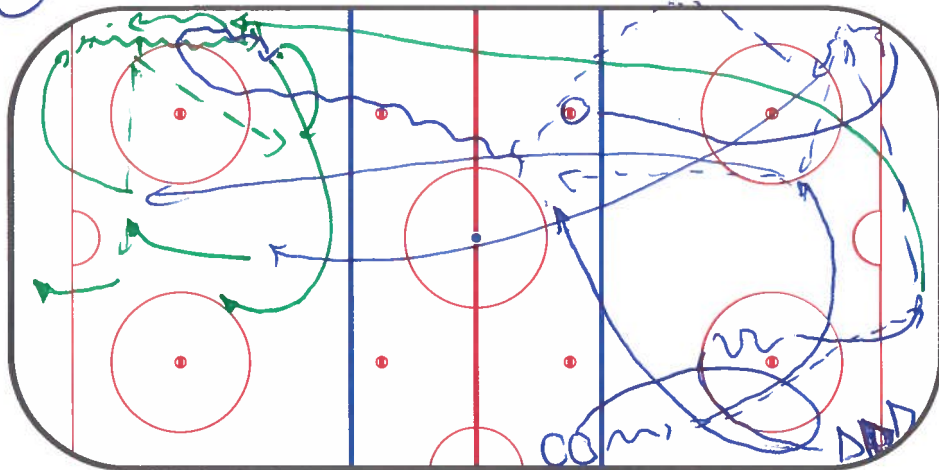
6



3-2

5-8

7

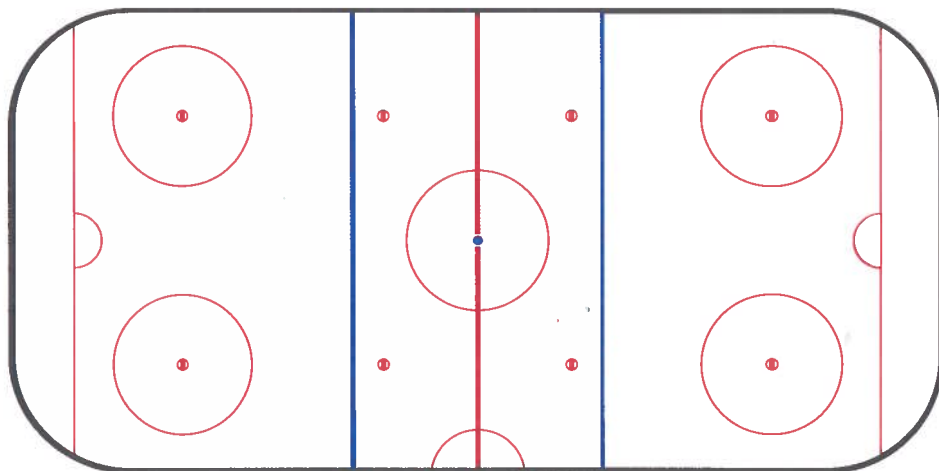


3-0

5-8  
Aufbau  
über die Bande

4-0

Kreuzen  
ST-VT



STIEL 5-5



TEAM: U17  
DATUM: 25.10.21

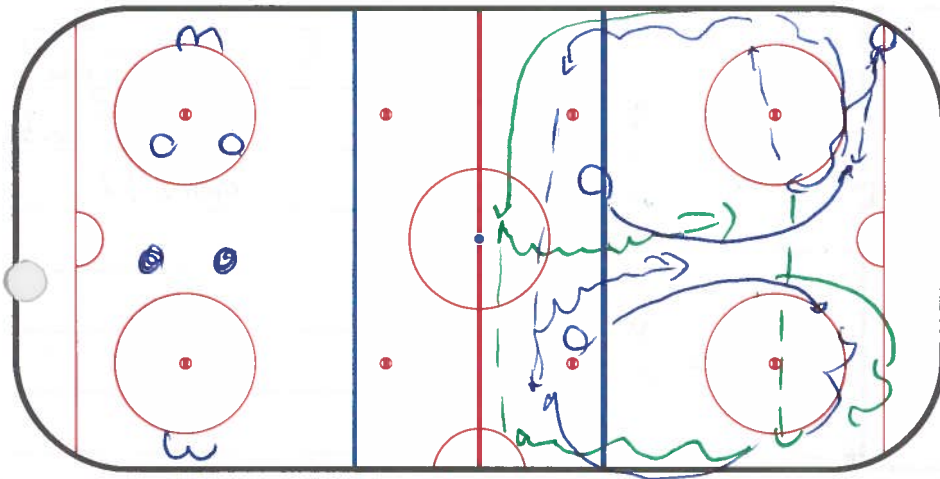
TRAINER: Markus, Jimmy

ET 17<sup>30</sup> - 18<sup>30</sup>  
KT 18<sup>40</sup> - 19<sup>15</sup>

St.in'	TEO	Malvin
Gabriel	Lukas	Samuel
Simon	Benno	Benni

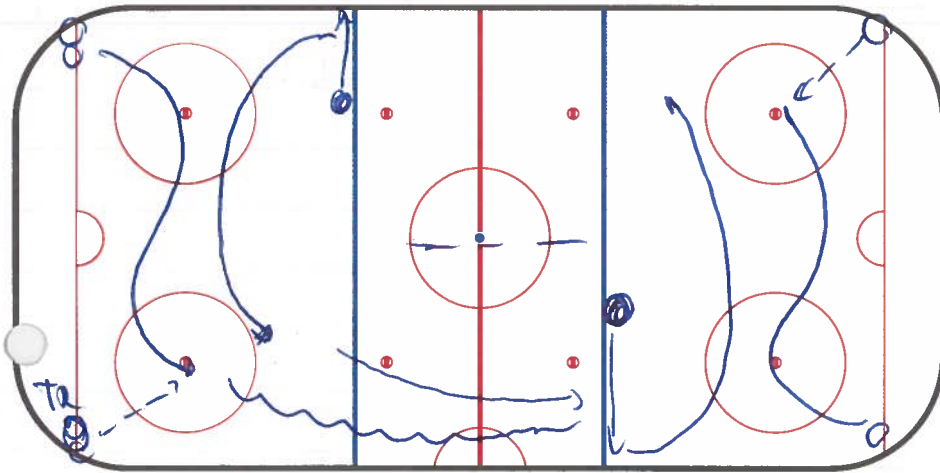
Jonas	Patrick Z.
Kilian	Patrick K.
Emilie	Josha

# TRAININGSPLAN

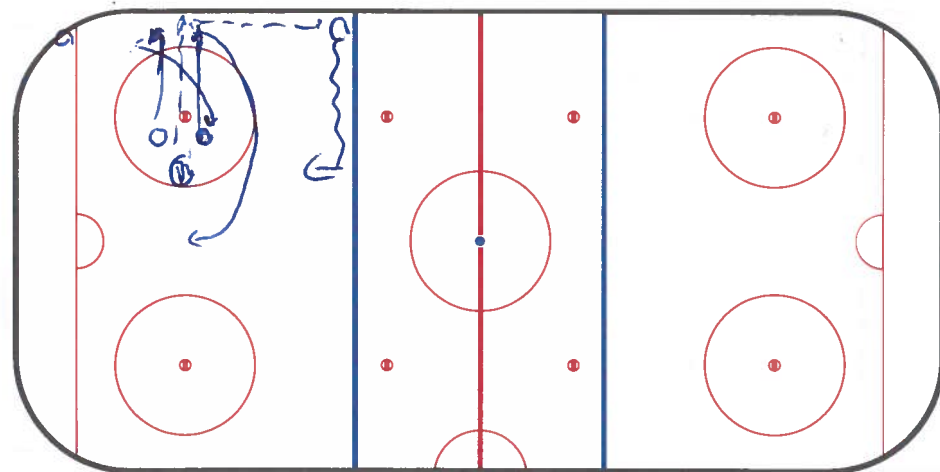


① 2-2 auf beide Teile 5-8

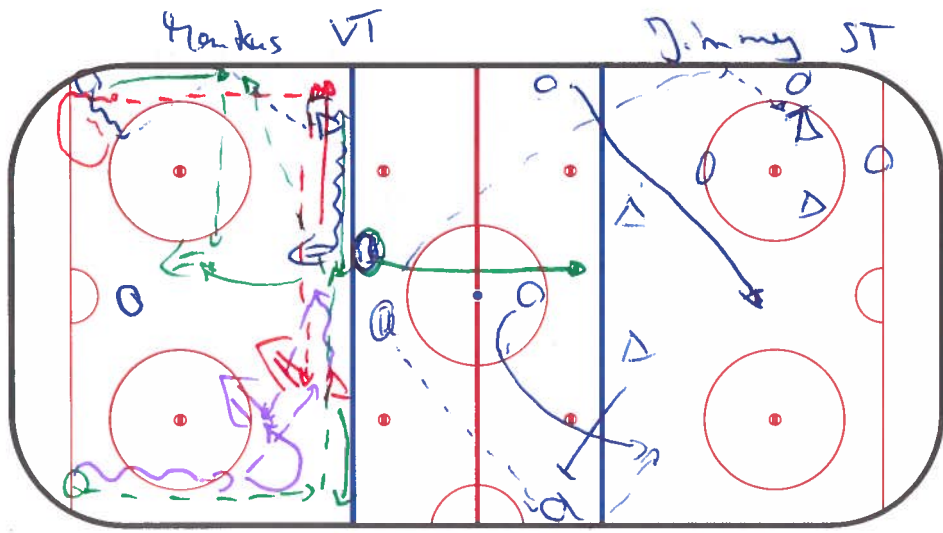
② Passübung 10  
a, kurze Seite  
b, lange Seite



Anfänger 5-8

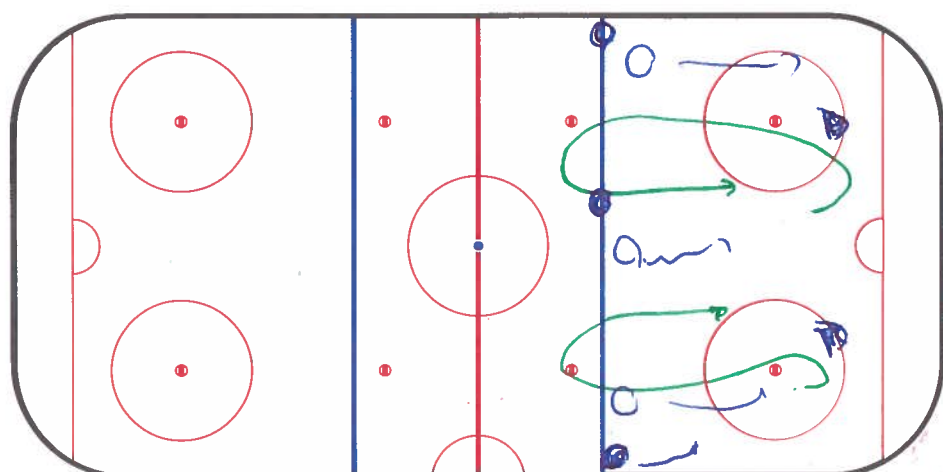


1-1 5-8

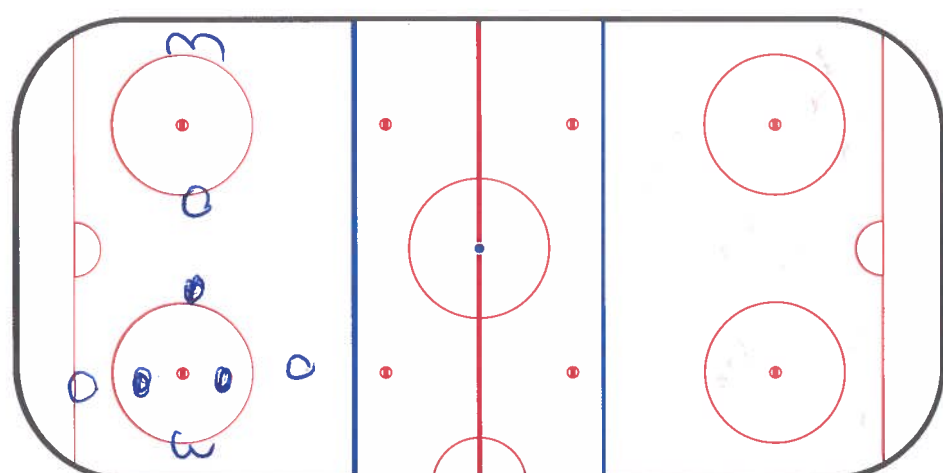


a. 3-2 10  
aus der Ecke 2-2  
Anstufung

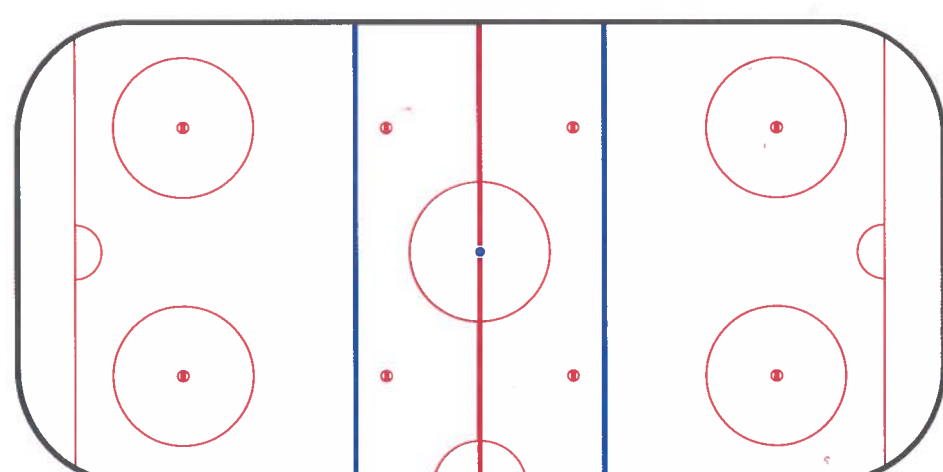
b mit BC 3-3  
VT 4 Schüsse  
Pass - Schussüb



3-2 2 VL  
+ VT 4x2 auf Signal  
neue Scheibe  
vom TR



3-3 ein SP hoch  
Rotation





TEAM: U17

DATUM: 27.10.21

TRAINER: Markus, Jimmy

ET 1740-1840  
TT 1850-1920

Fló

Olí

Melby

Benno

TEO

Gebrüel

Utes

Tobi

Kilwin

Pchick

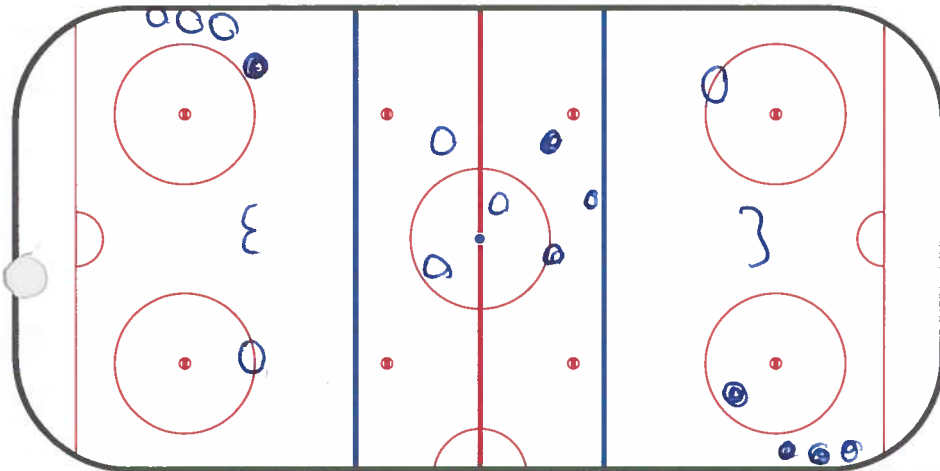
Somuel

Benni

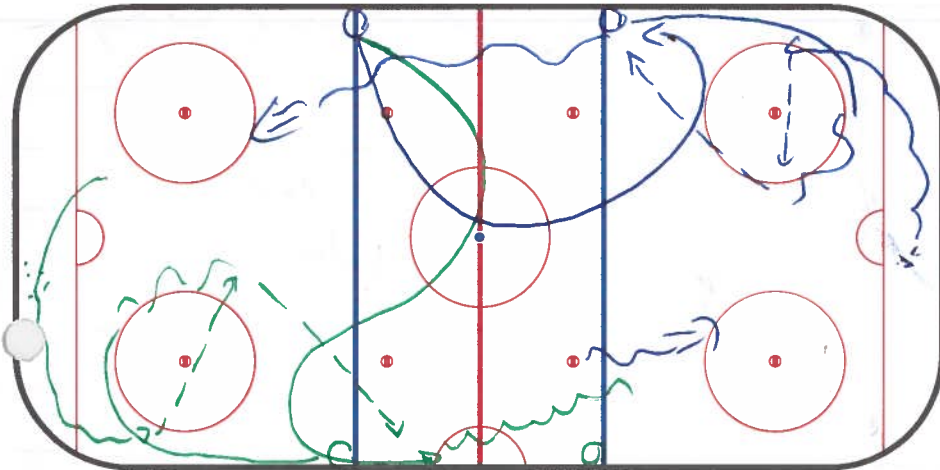
Simone?

Joshua

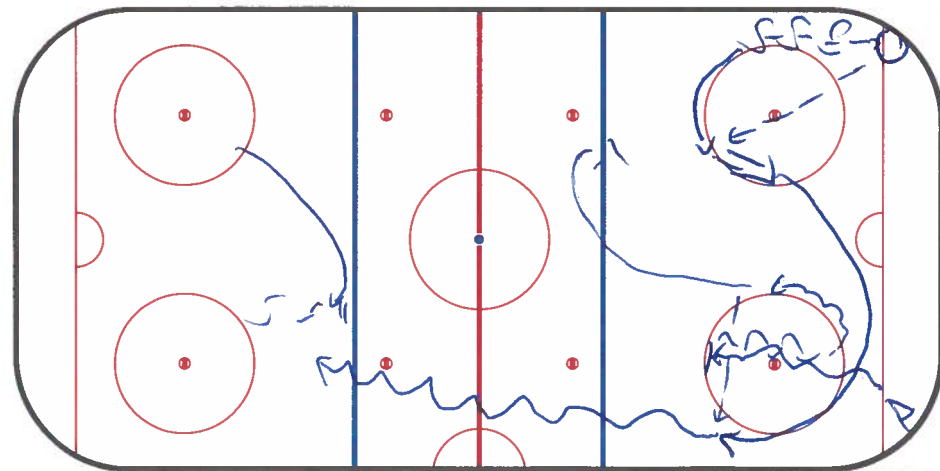
# TRAININGSPLAN



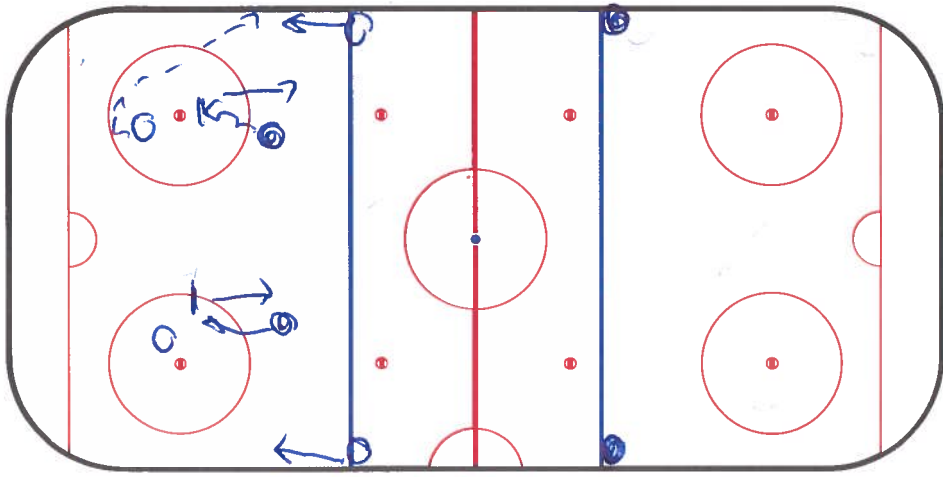
3-3 (2 Jaka)  
Warm up - SPIEL



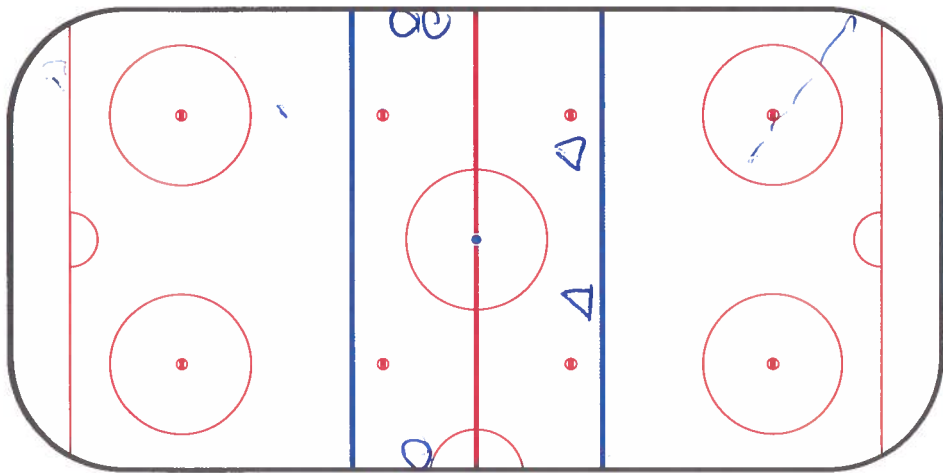
Passübung  
a, kurze Seite  
b, lange Seite



1-1



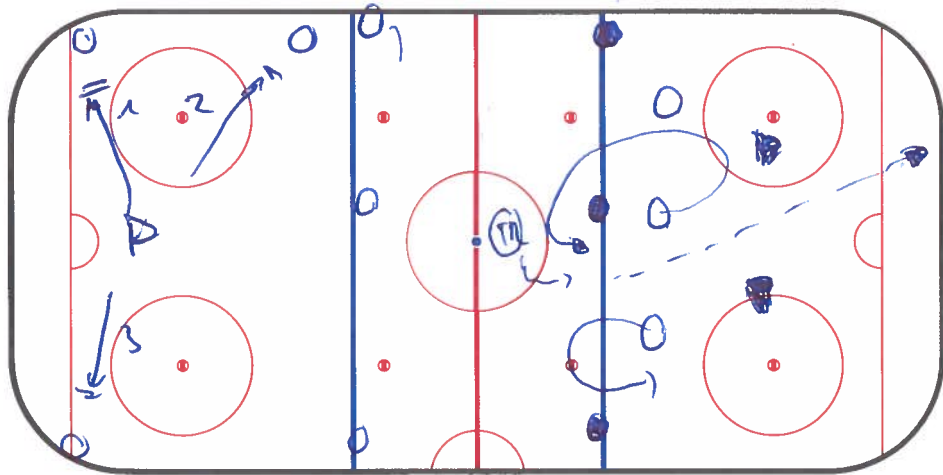
2-2 (BC)



Jimmy ST (BC)

1-2

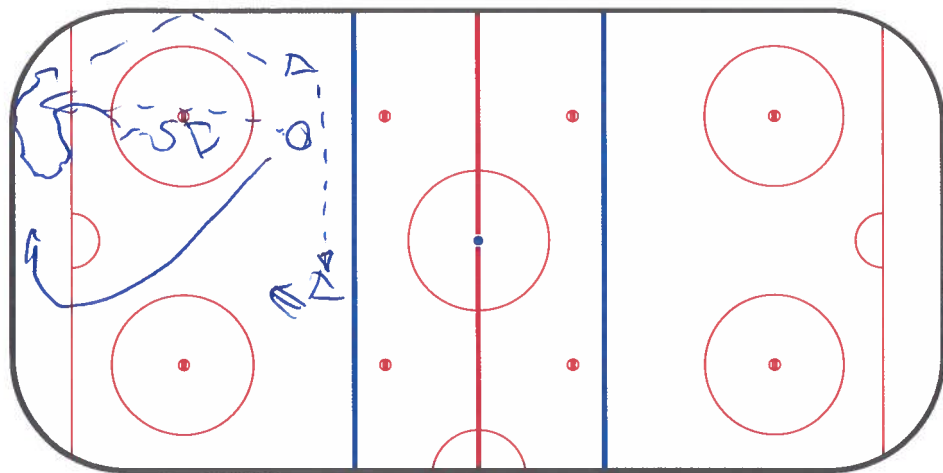
3-2



3-2 (2VC)

VT 1-1

anfuehren



VT



TEAM: U17

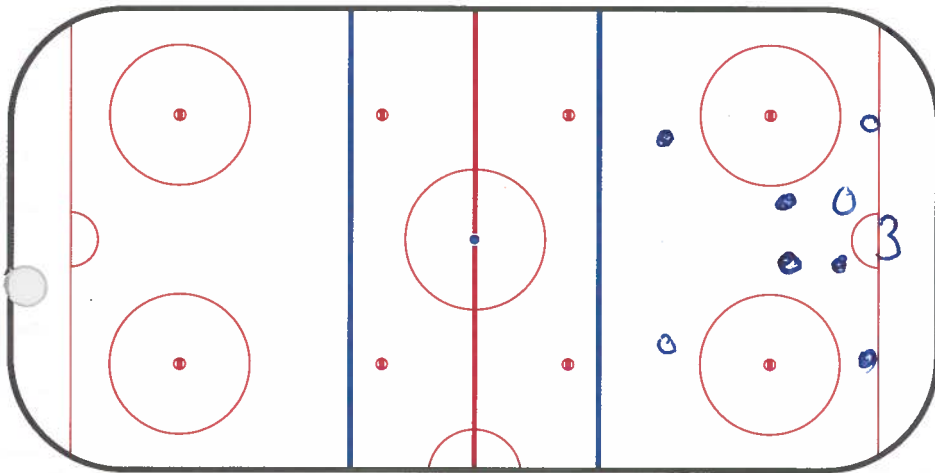
DATUM: 29.10.21

TRAINER: Markus, Jimmy  
17<sup>er</sup> - 1850

# TRAININGSPLAN

Warmup - Game 5-8

2-2 2 Jeter



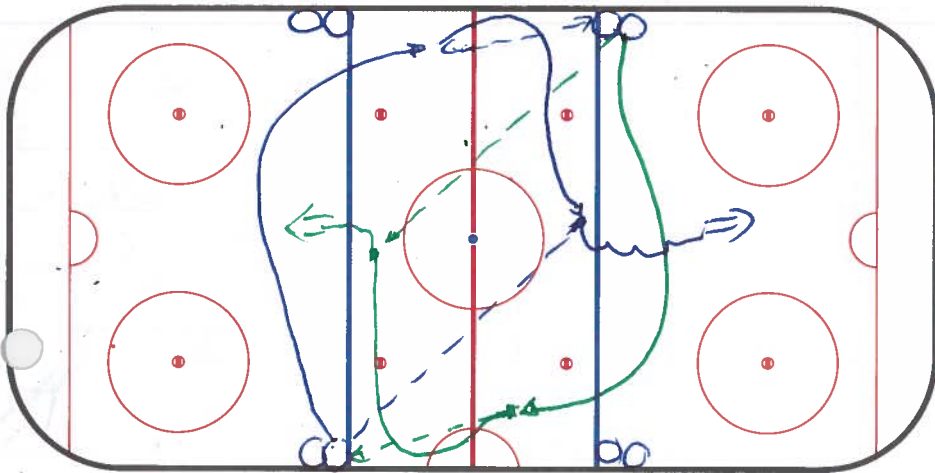
Passübung 1-0 5-8

Doppelpass

'blaue Linie' zur Mitte

- Timing

- bank Pässe

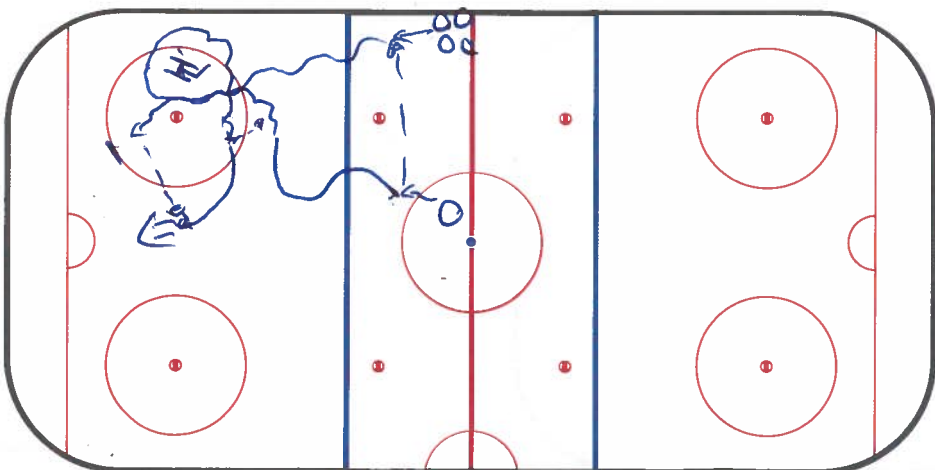


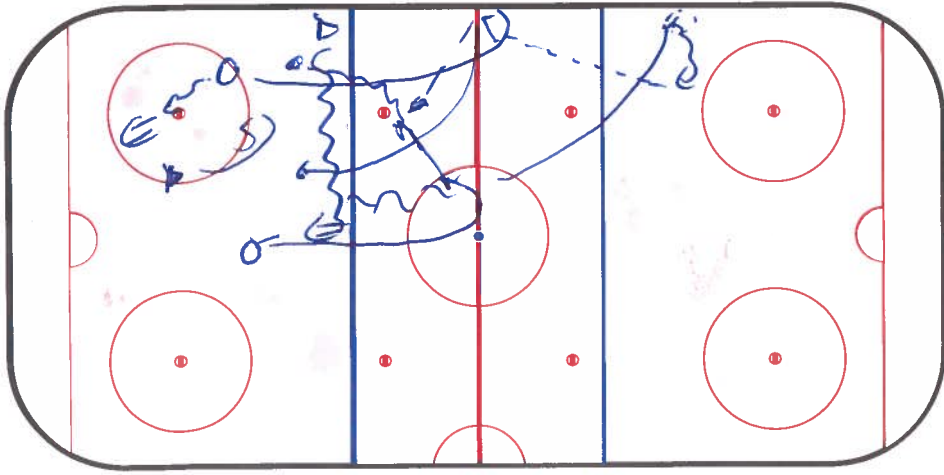
5-8

2-0 Zonenübung

- mit Kreuzen

- Timing



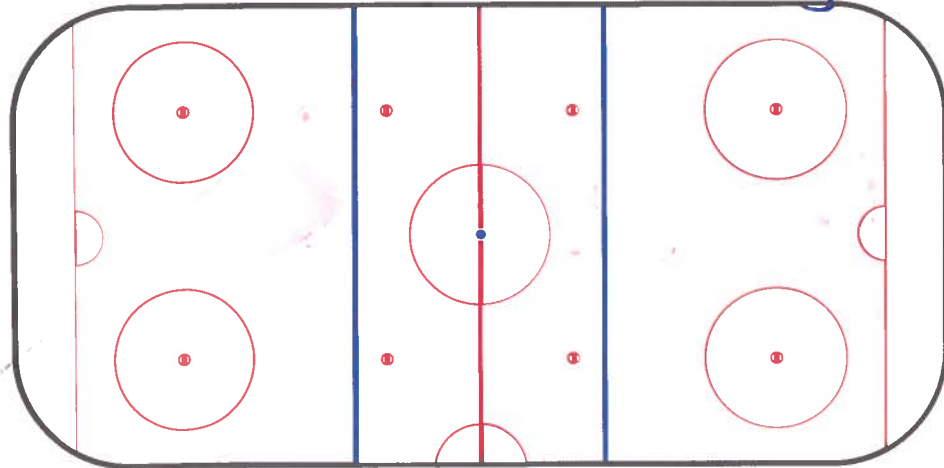


2-1

5-8

Aufbau Regroup

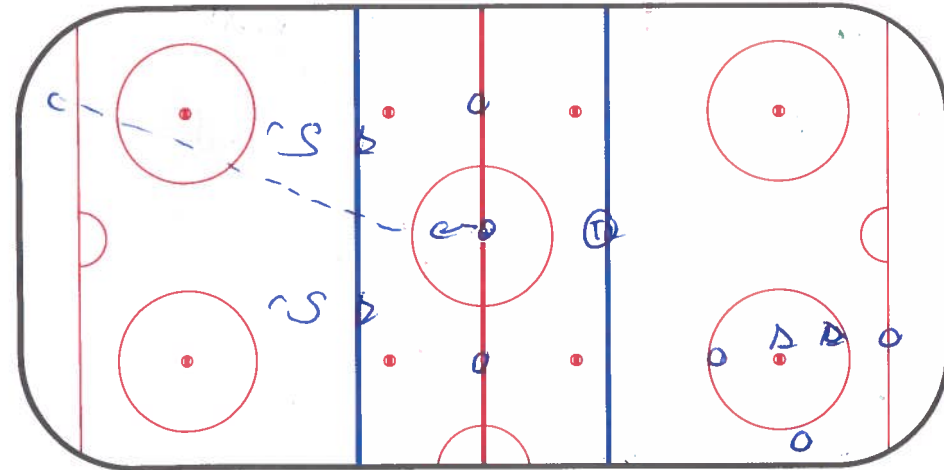
3-1



Jimmy

3-2

10 bis 15

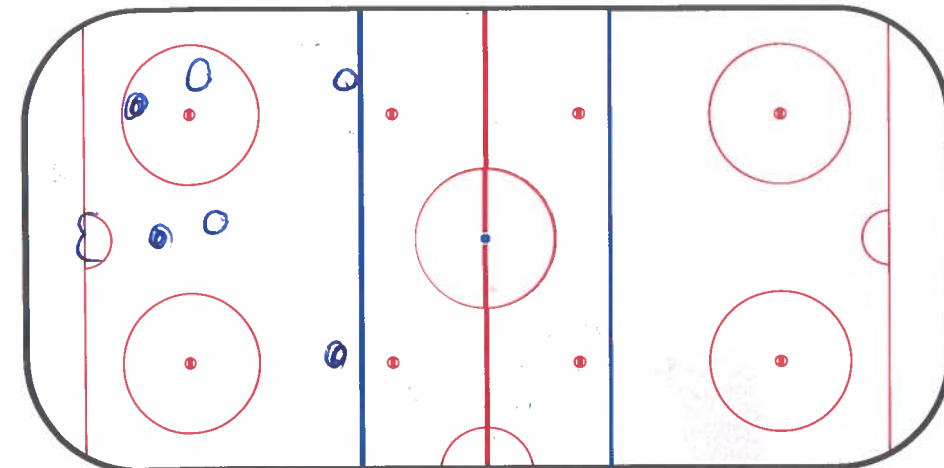


Aufbau 3-2

5-8

Regroup

3-2 aus der Ecke auf Signal 5-5



Überzahl

5-8

5-4

Aufbau

Zum Schluss

Spiel 3-2

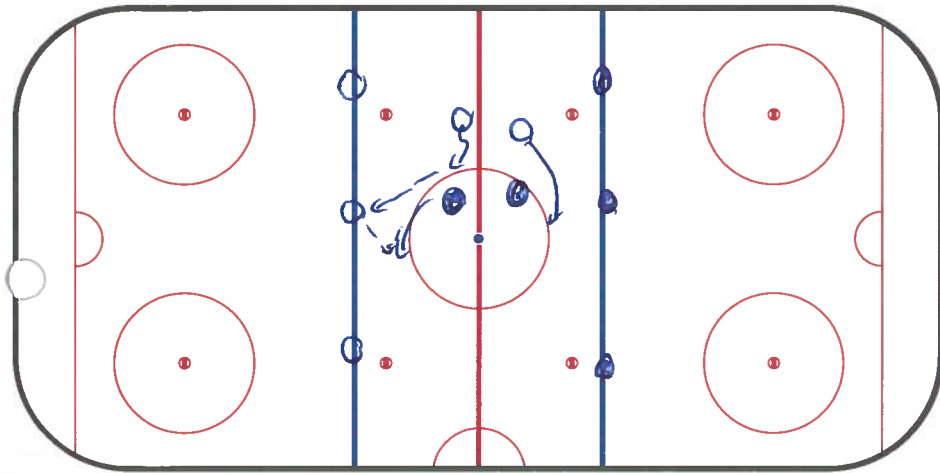




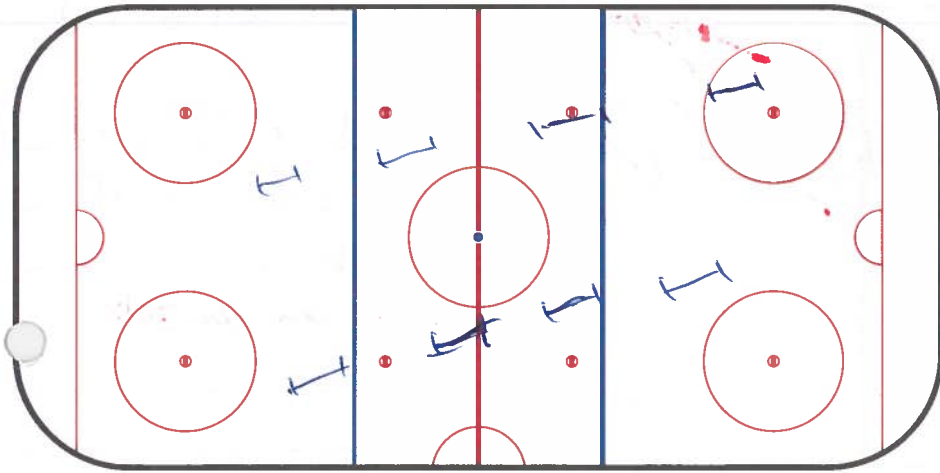
TEAM: U17  
 DATUM: 01.11.21  
 TRAINER: Markus, Jimmy  
 KT 17:15 - 17:50  
 ET 18:10 - 19:10

Flo ↔ Samuel Rebyen  
 James Patrick Z?  
 Gebriel Lukas Benni  
 Kilian Patrick K  
 Benno Emilia

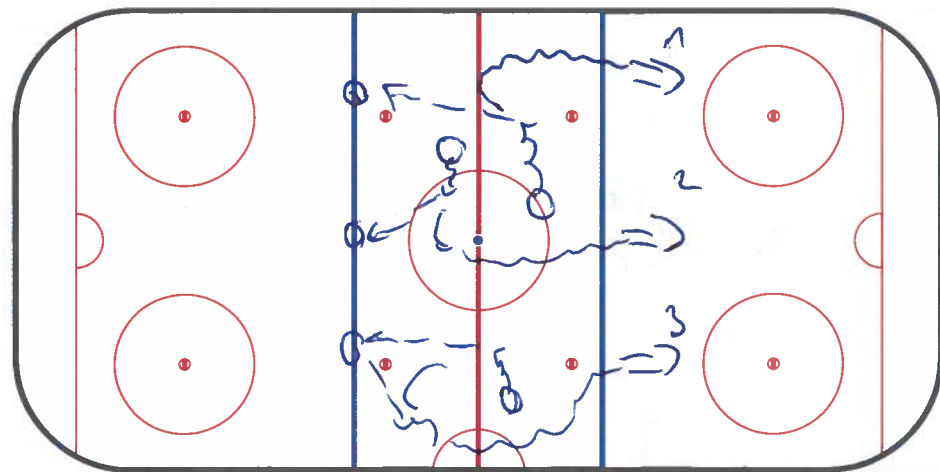
# TRAININGSPLAN



Warmup Spiel 2-2  
 bewegliche Bande 5-8 min

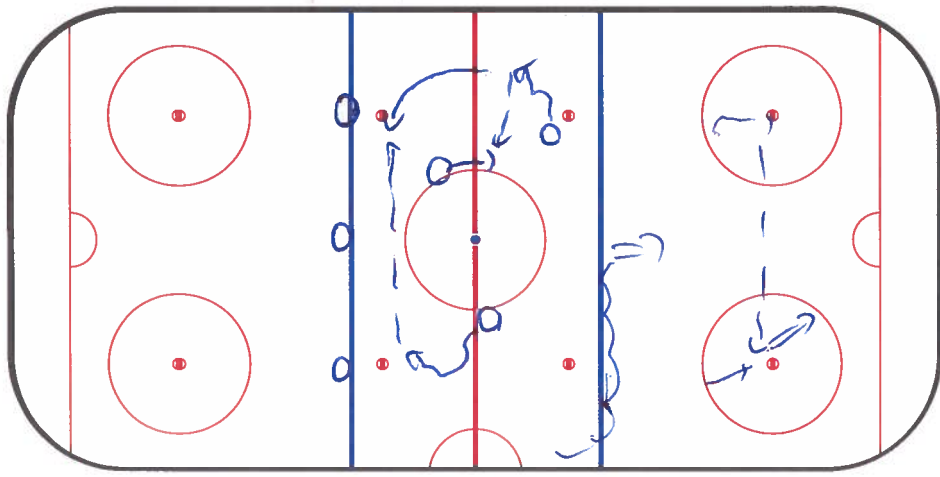


Stoßtechnik 10'  
 - Finte  
 seitlich 2.  
 Pullin vorne  
 seitlich  
 rH seitlich  
 rH vorne



Pass u. Schussübung 5 min

# Passübung 2 Pucks



\_\_\_\_\_

\_\_\_\_\_

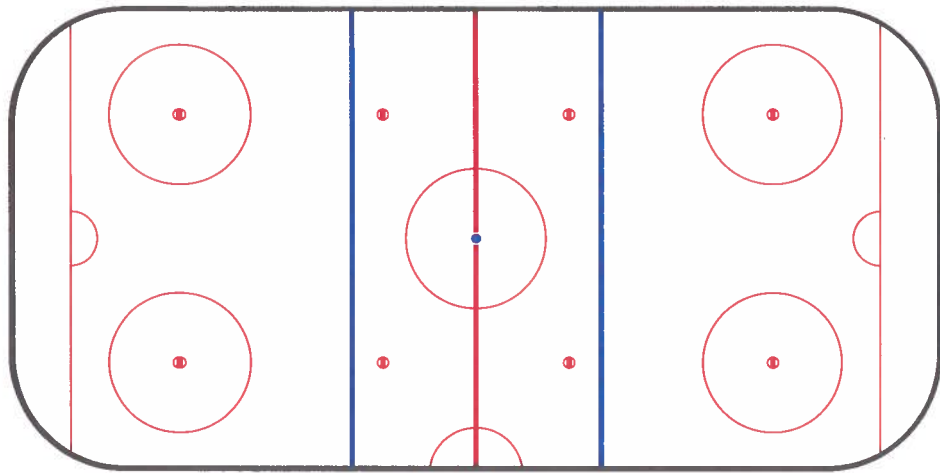
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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Übung - Ritt-Übung



\_\_\_\_\_

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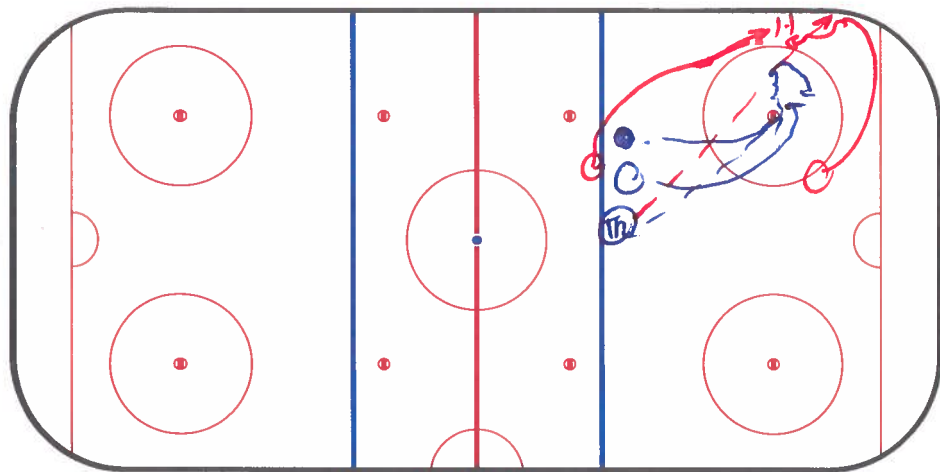
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Übung 3-1 / 3-2 aus der Ecke



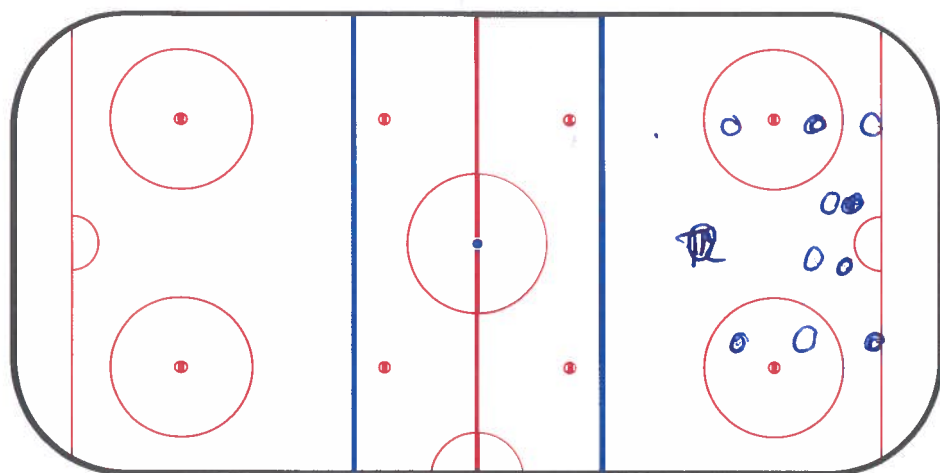
• 1-1 auf Signal  
dann Defensiver SP  
wird offensive  
**2-1 aus der Ecke**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Spuel 2-2



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

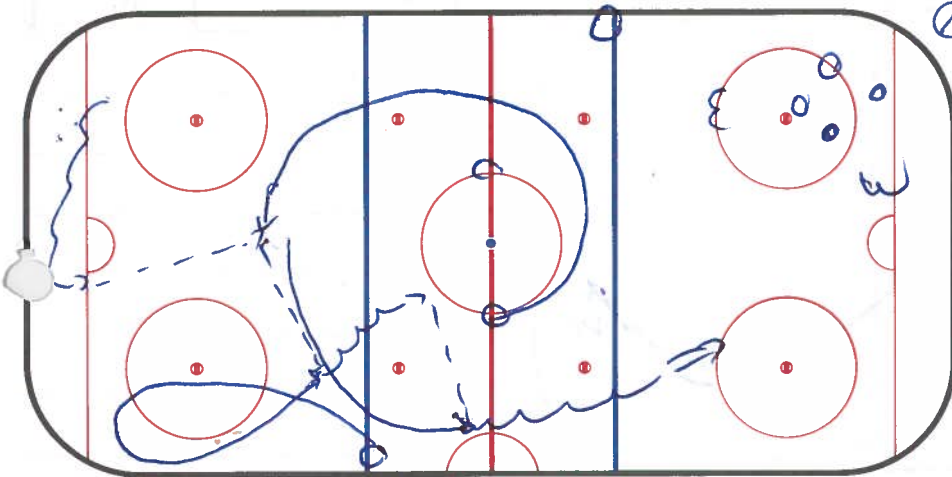
\_\_\_\_\_



TEAM: U17  
DATUM: 03.11.2021  
TRAINER: Markus

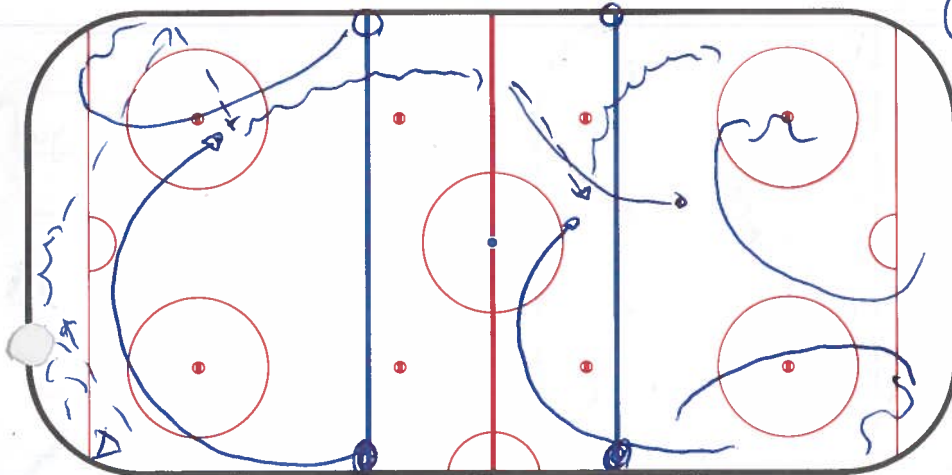
Flo	Ol'	Meloge
Jones		Patrick Z.
Gabriel	Lukas	Tob.
Kilian		Patrick K
Simon	Denni	Samuel
Bernd		Emilie

# TRAININGSPLAN



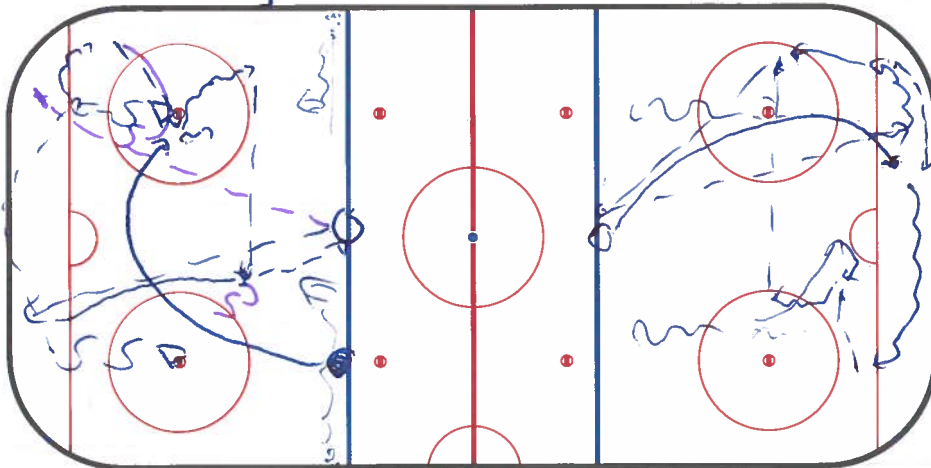
① Warmup spiel 51  
2-2

② Passübung 5-8  
Timing



③ 2-1 Aufbau 5-8'

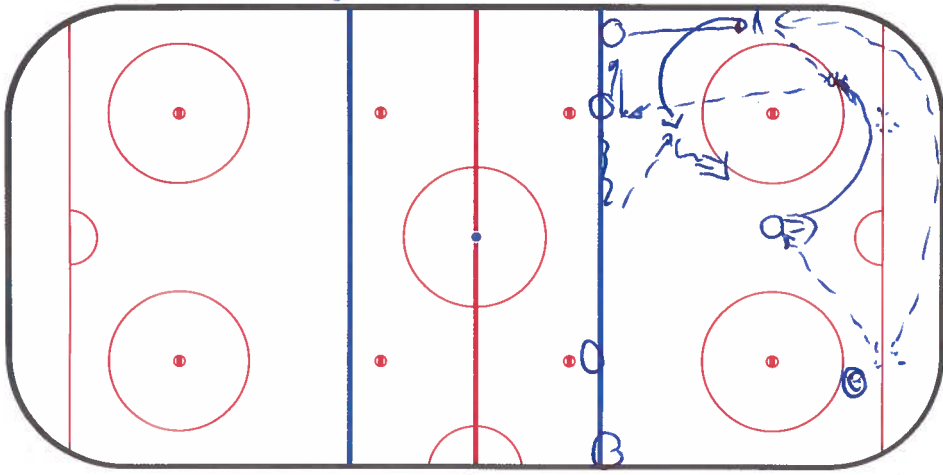
VT - Übung



10'  
a VT pass (Goal) VT  
b Reverse zum Center

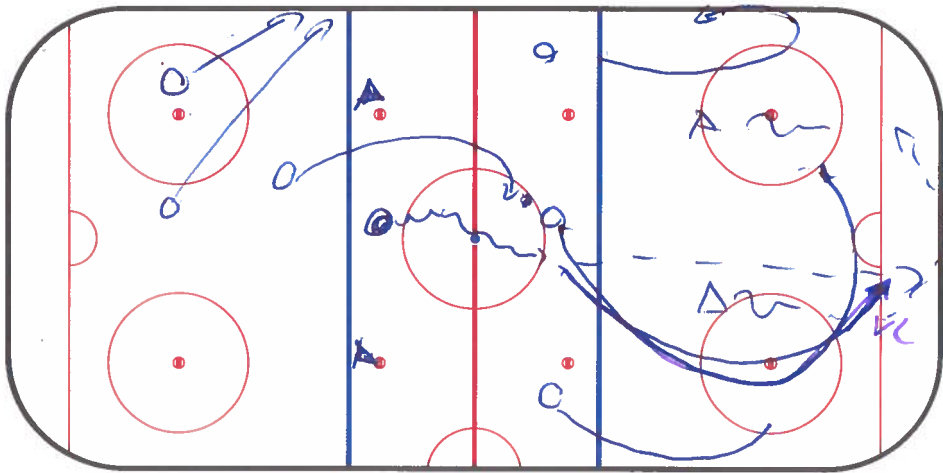
ST-Übung / RHM

101

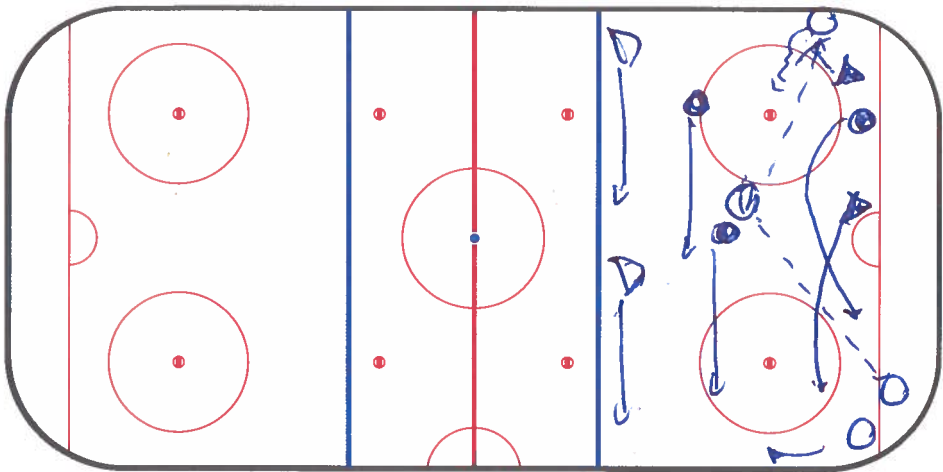


3-2 (AVC) 3-3 (ABC)

101



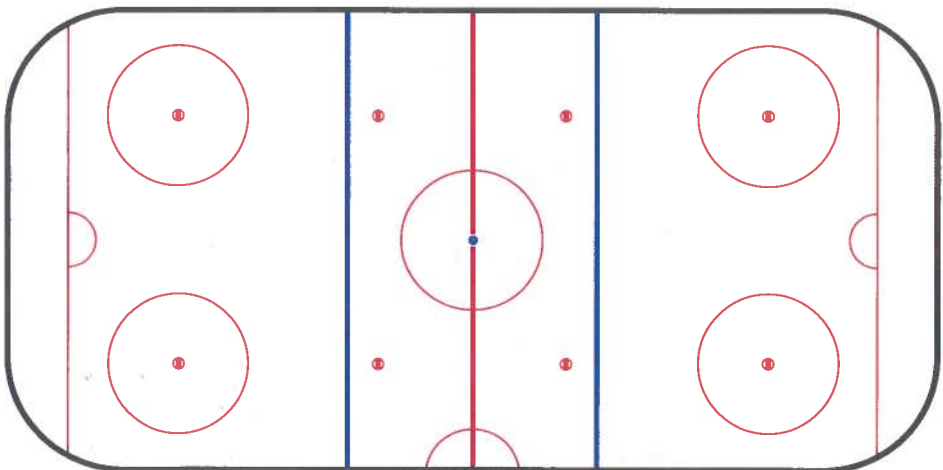
Aufbau unter Druck  
VT pass VT



1-5

2-5

3-5 / 5-5 auf Signal



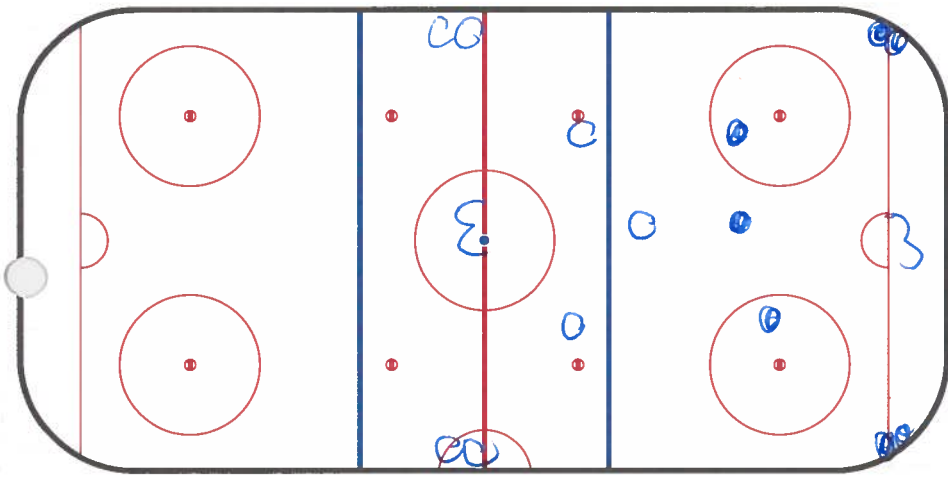
EV Ravensburg  
 David Walter, Teilhofer, Passavelar, Jass Schuchert  
 TW Wien Nico 05  
 Kon Daniel, Witz Philip 05



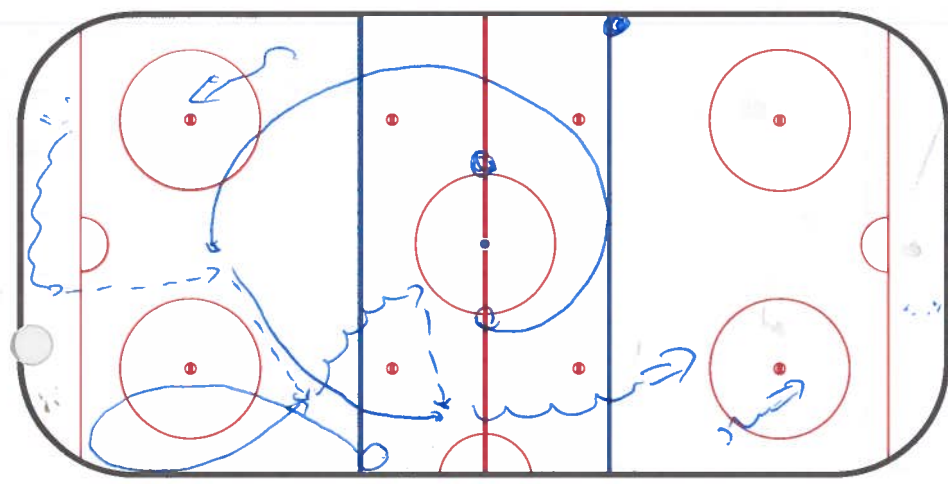
TEAM: U17  
 DATUM: 15.11.21  
 TRAINER: Markus, Jimmy  
 1730-1830

Tobi? Olli Meloy  
 Gabriel Lukas Jan?  
 Samuel  
 Joshua Kathia  
 Patrick Emili  
 Yasee / Tobi

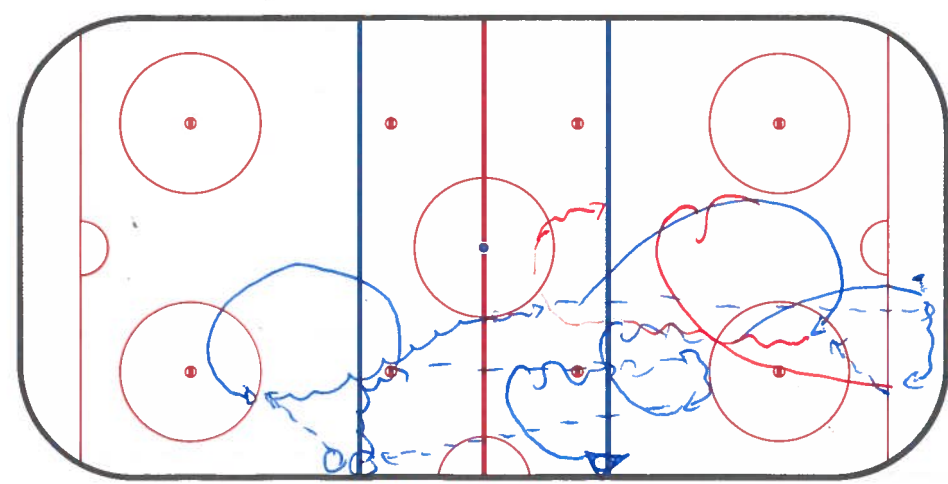
Mittwoch Aufgaben Wheel / Reverse / Quickup  
**TRAININGSPLAN**



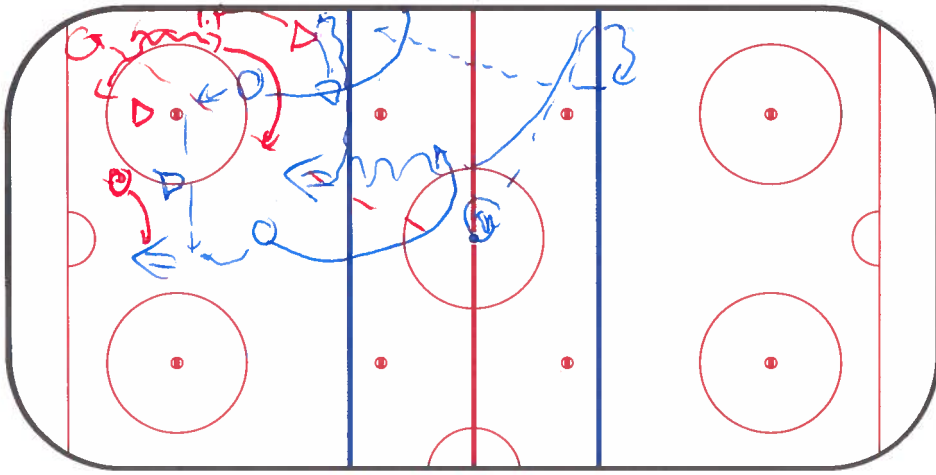
51  
 Warm up 3-3  
 2 Defensive Jokers



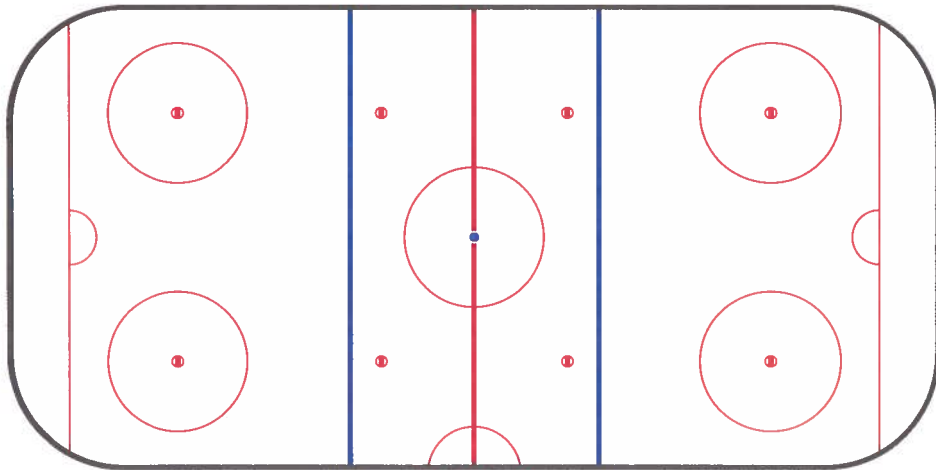
8'  
 1-0 (4/4)  
 Passübung / Aufbau



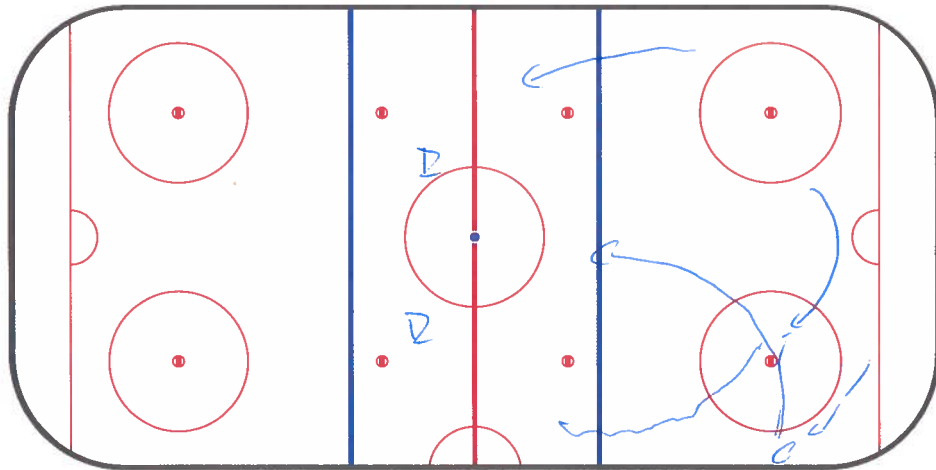
8'  
 1-1 (4/4)  
 VT Aufbau



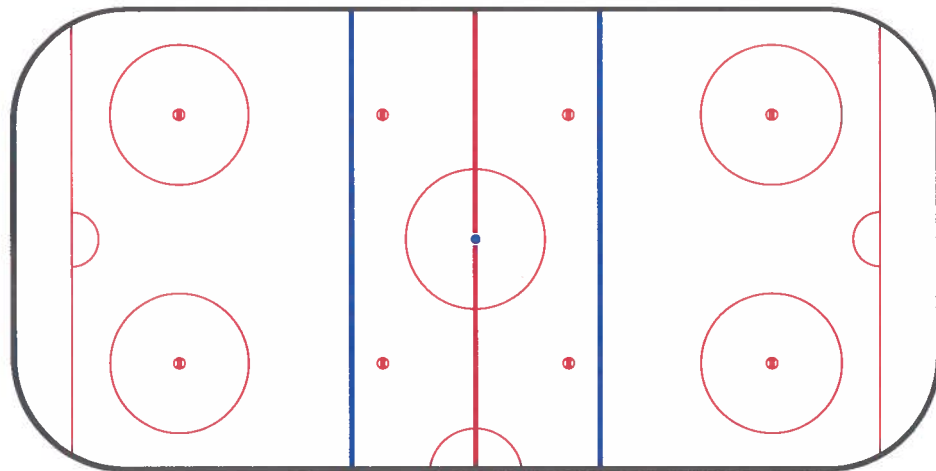
2-1  
 Aufbau  
 3-1 + VT  
 aus der Ecke 3-1 + VT



Jimmy  
 3-2  
 mittel Drive  
 SPEED  
 Angriff offensive  
 Line rush for



Aufbau 3-2  
 b, mit VT 3-2

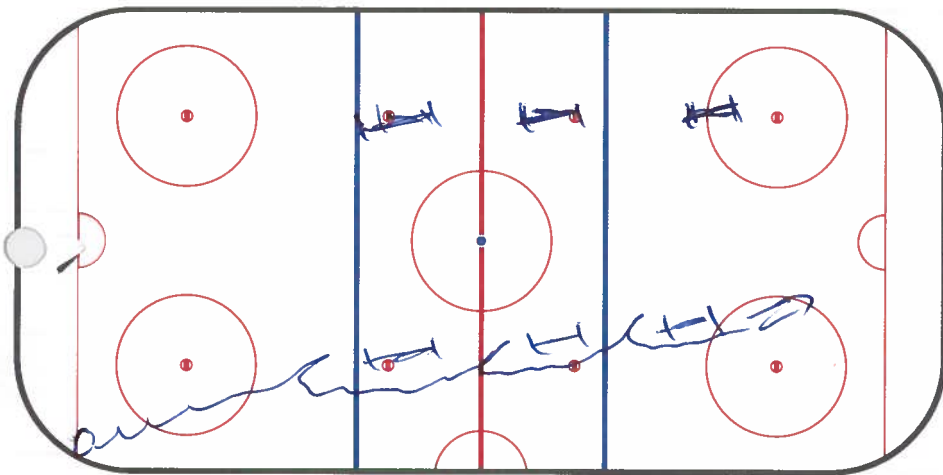




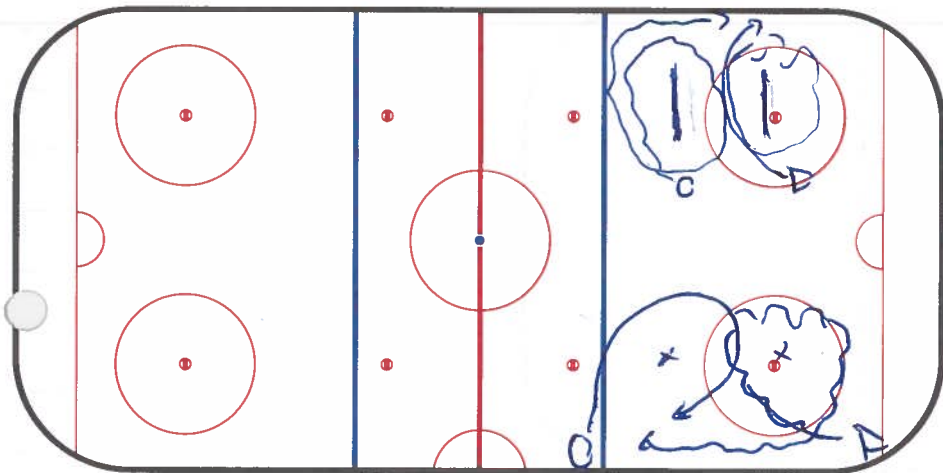
TEAM: U17  
 DATUM: 22.11.21  
 TRAINER: Markus, Jimmy  
 17:30 - 18:10

Samuel Gabriel Melvin  
 Simon Oli' Denn'  
 Patrick Z Pascal  
 Kilian Patrick K  
~~Benn~~? Joshua

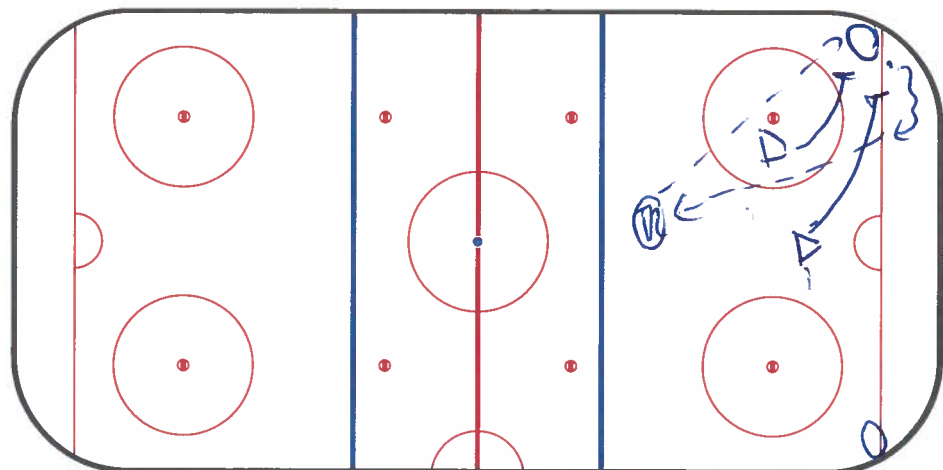
# TRAININGSPLAN



10 Passübung  
 1-1 seitlich aufprehen  
 1-1 1-2  
 Stecktechnik  
 - R/I in  
 - Pul in out  
 - seitlich  
 - Tauschung nach vorne  
 mit R/H herziehen

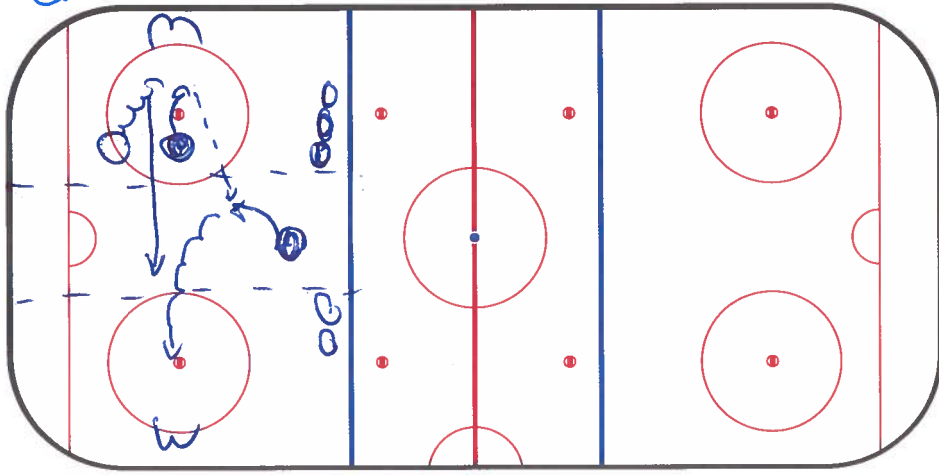


1-1



1-1 (1-2)  
 Abwechslung

④



1-1 BC

Zug zum Tor

Abschluss suchen

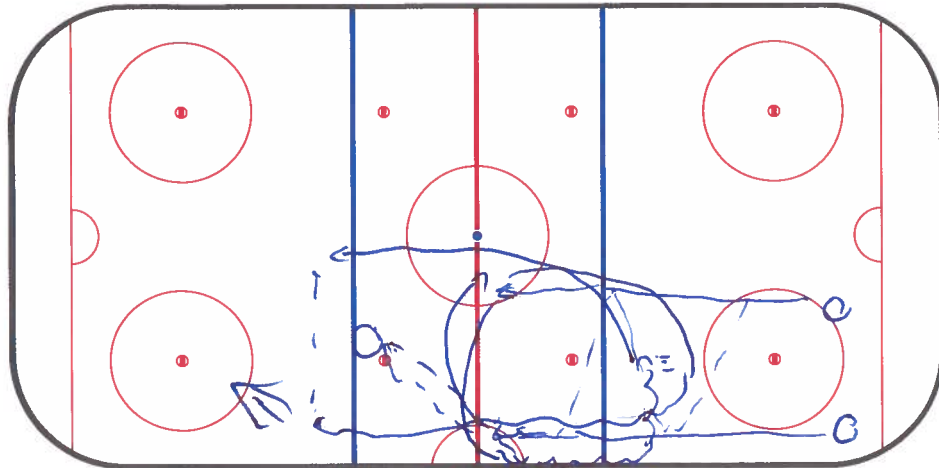
Schnelle BC

Schläge auf den Eis

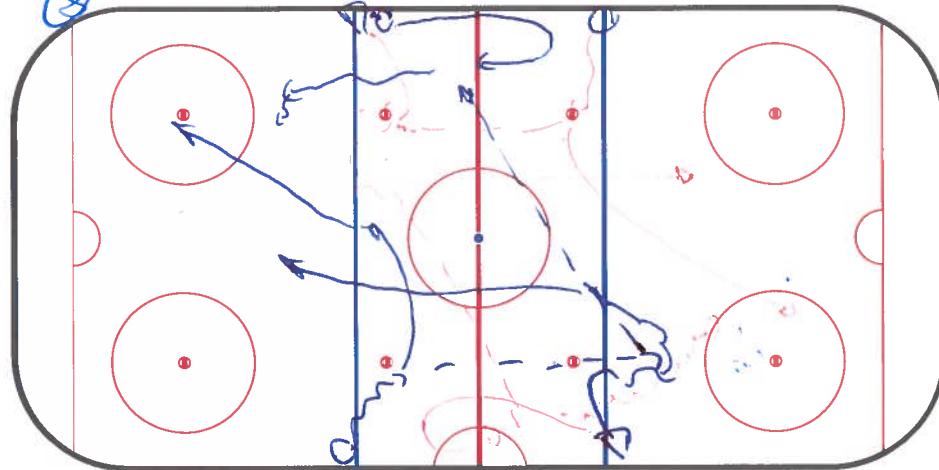
Push back

2-0

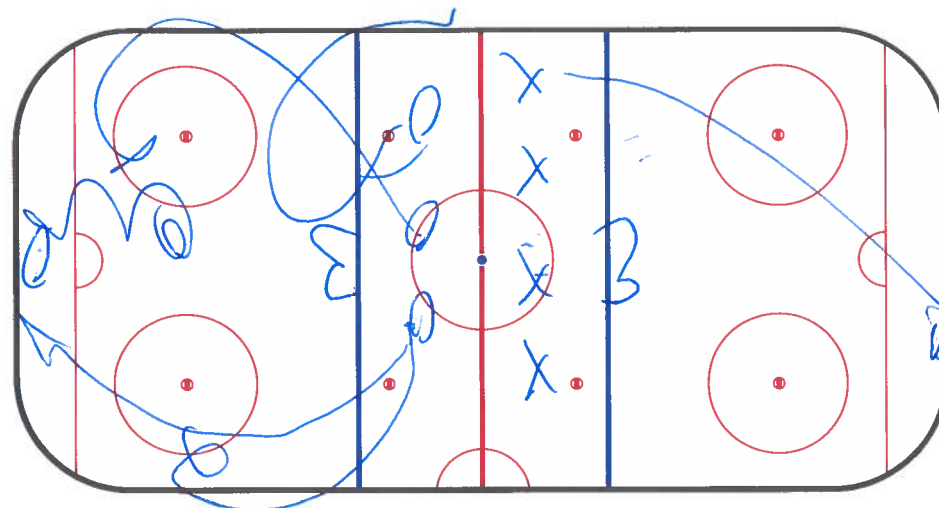
Passübung



⑤



3-0







TEAM: U17  
DATUM: 22.11.21  
TRAINER: Markus, Jimmy

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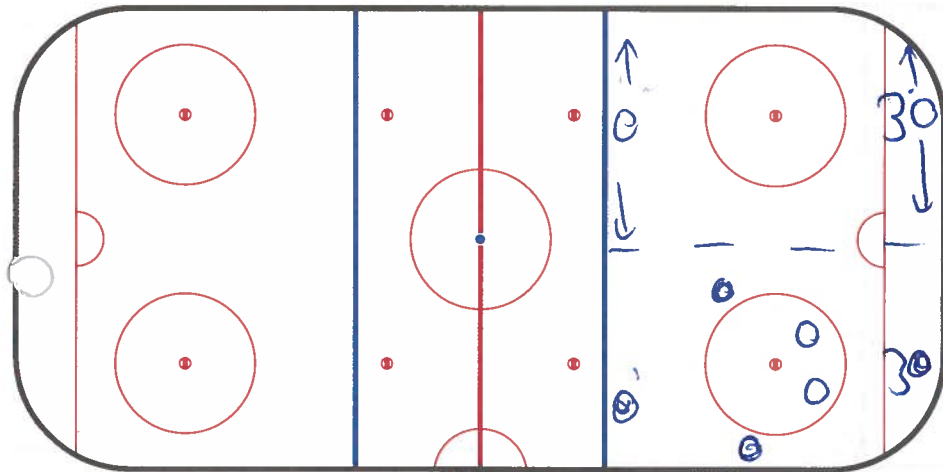
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# TRAININGSPLAN



Warm up Spiel

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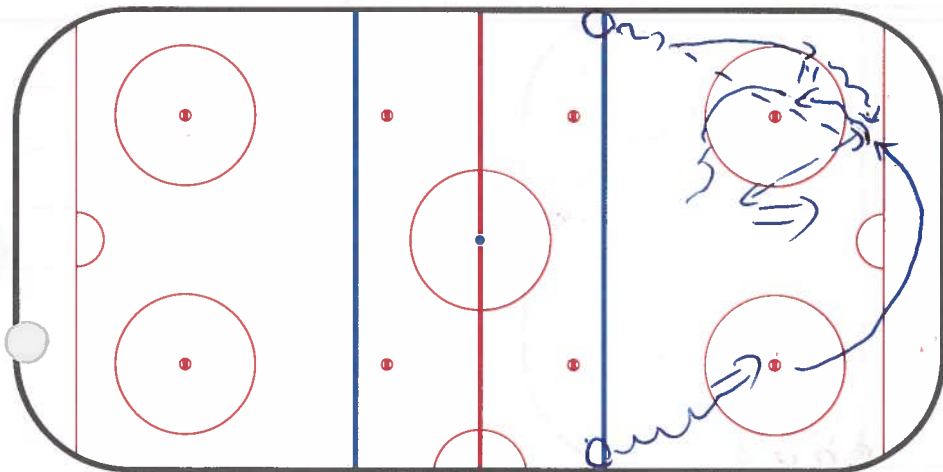
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Passübung / Krane

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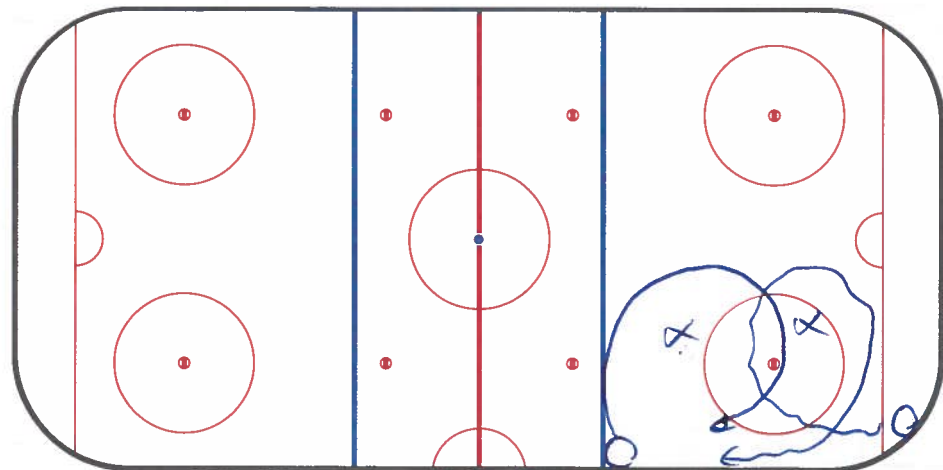
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1-1  
seitlich aufnehmen

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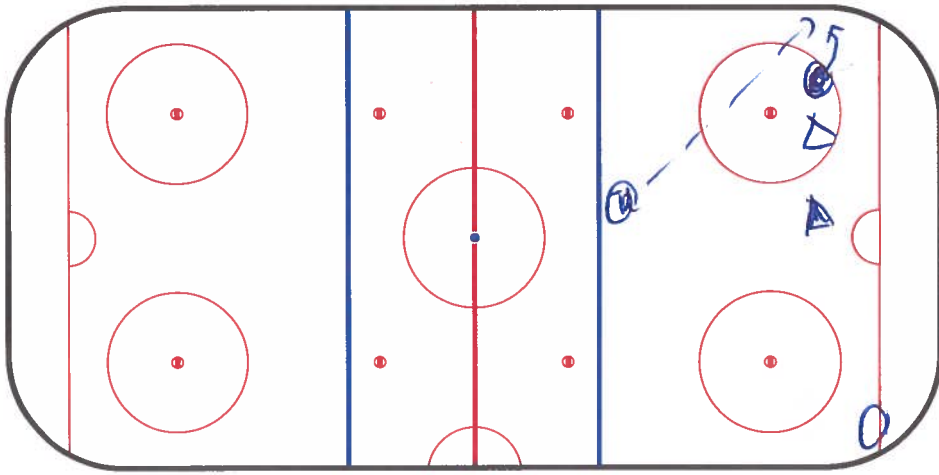
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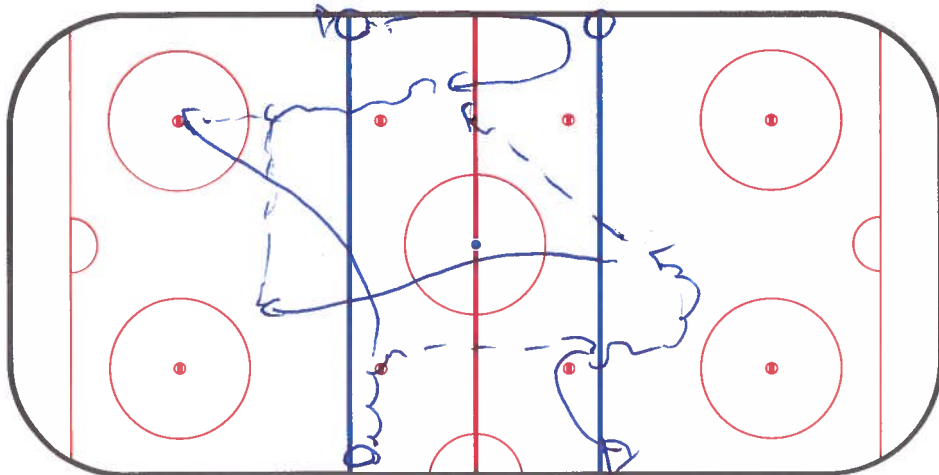
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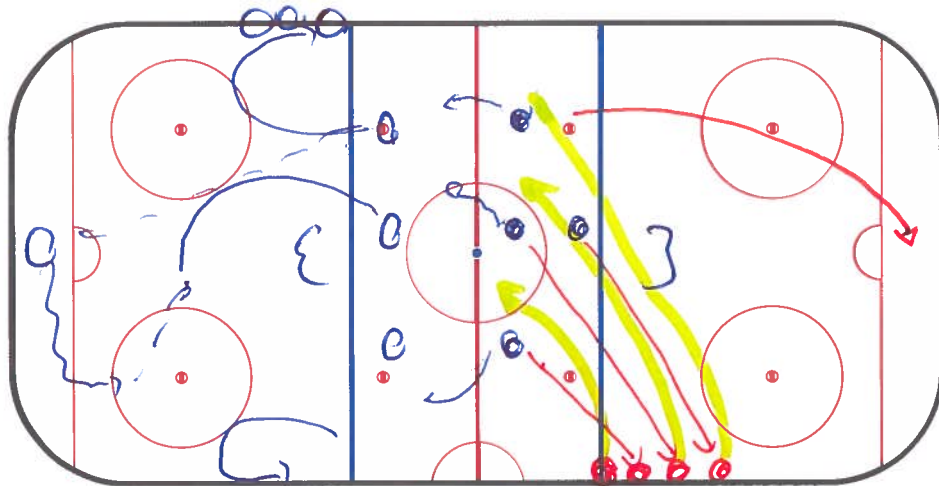
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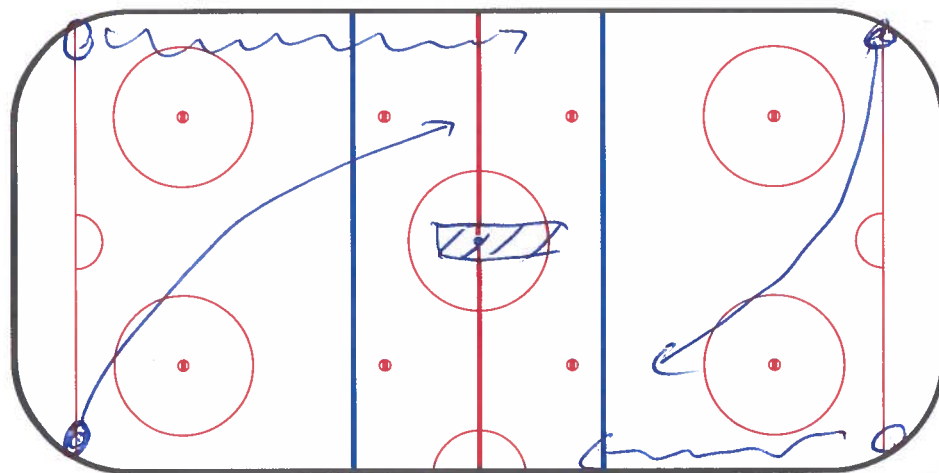
1-1 (1-2)  
 aufnehmen aus  
 der Ecke



3-0



4-3  
 Aufbau  
 Umschaltspiel  
 schnell anbieten  
 Zug zum Tor



1-0 BL



U17

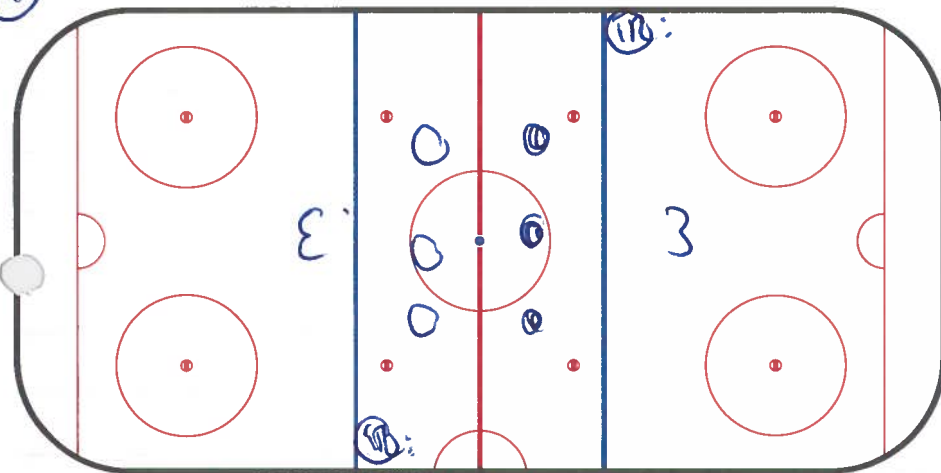
TEAM: 26.11.21

DATUM: ET 17<sup>50</sup>-18<sup>50</sup>

TRAINER: Markus / Jimmy

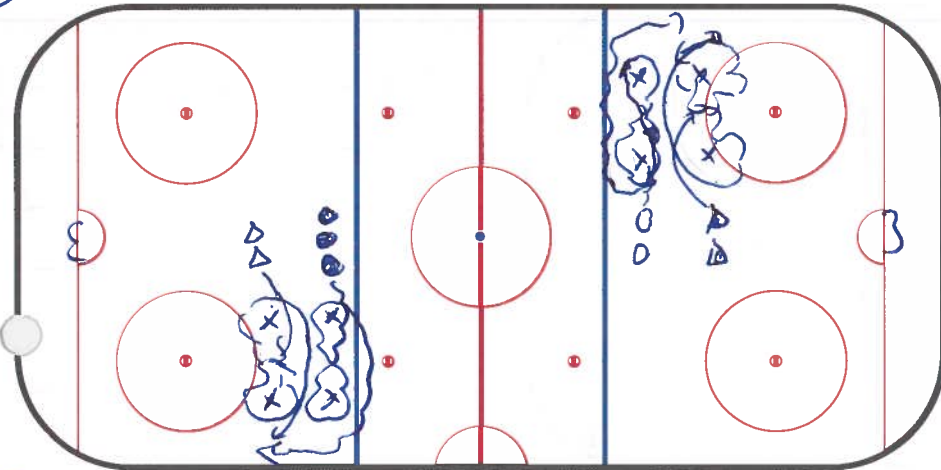
# TRAININGSPLAN

①



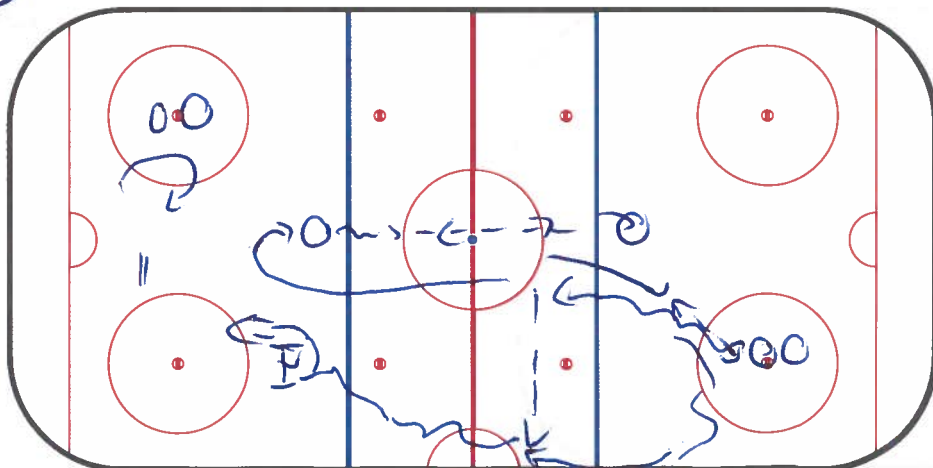
Warm up game 58  
3-3  
Joker TR defensive

③



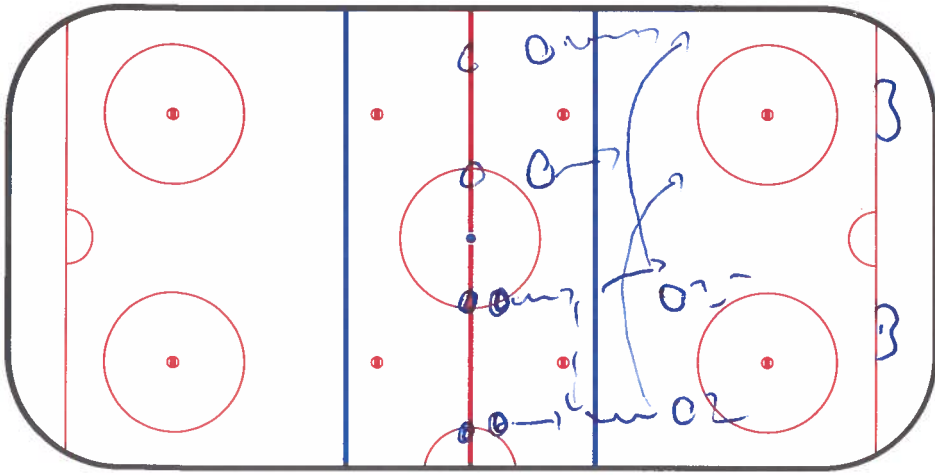
5/5 10'  
1-1 Abwehrzone  
VT u. ST (mit Rück)  
stark gleichzeitig  
VT vw-vw mit Blick  
zum Gegner mit Rück  
Dann wird 1-1  
auf das Tor gespielt

②



Passübung 5-8

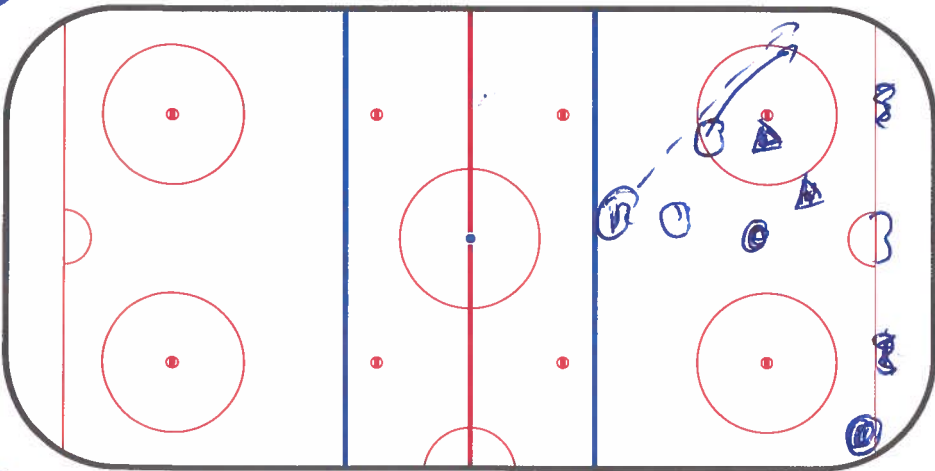
4



5-8  
2-2 Transition

2 offensive SP starten gegen  
 2 defensive SP  
 Nach Pfiff schalten alle SP  
 um auf defensive  
 Anschaltseite

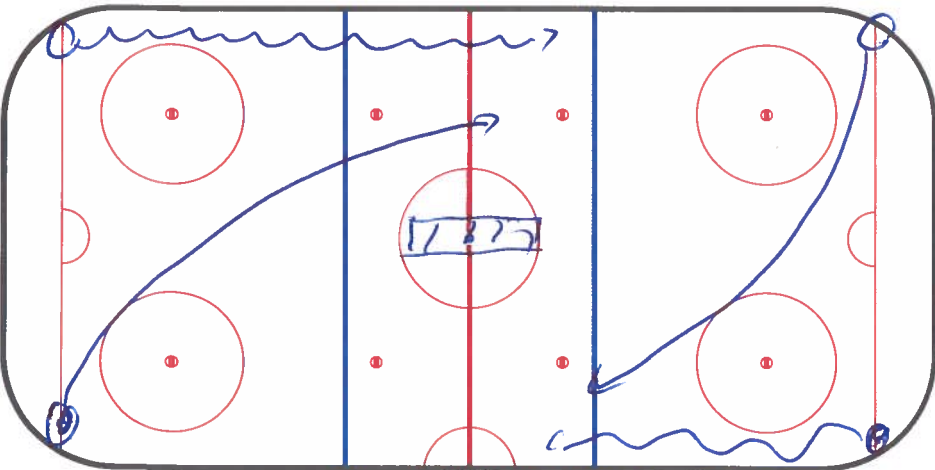
5



2-3

10'

7

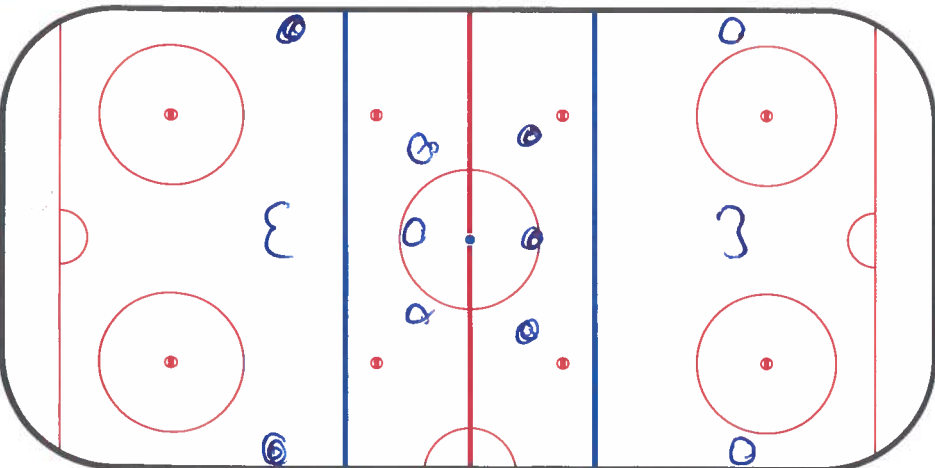


BC

5'

1-0

6



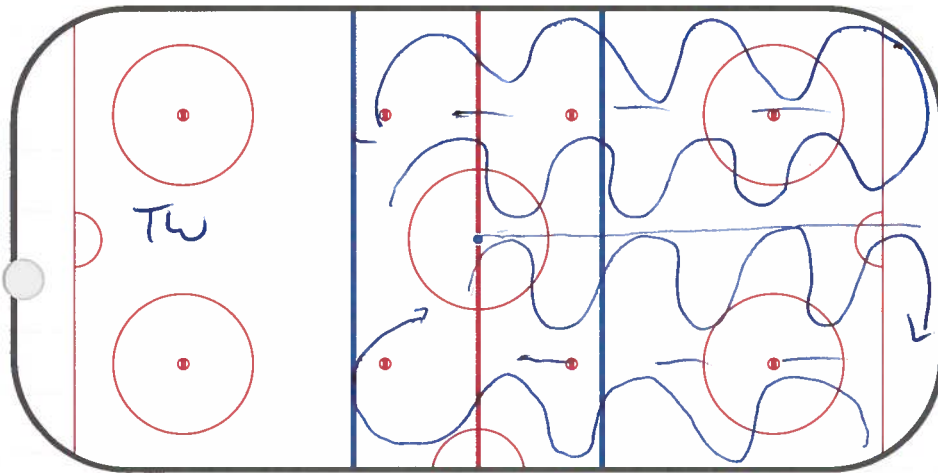
3-3 2 offensive Jokers



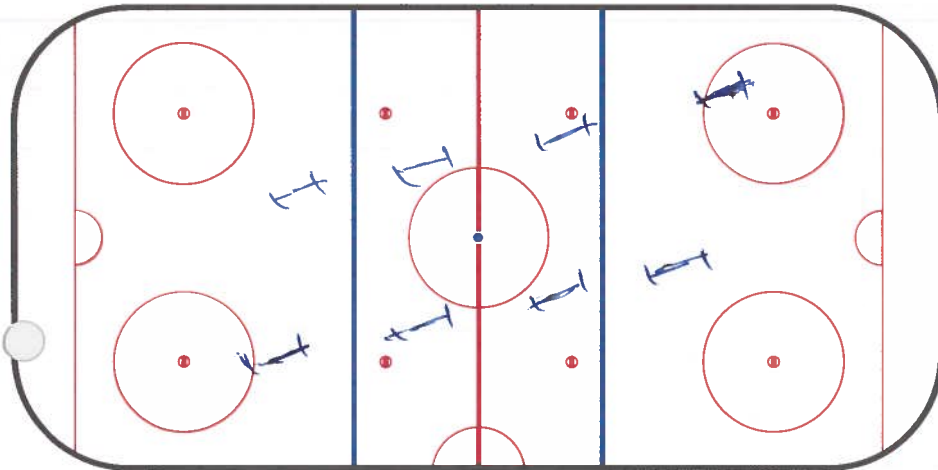
TEAM: U17  
 DATUM: 29.11.21  
 TRAINER: Markus, Jimmy  
 Marc TH

Samuel	Gabriel	Kelvin
Stini	Lukas	Benni
Simon		Benna Patrick
	Jonas	Pascal
	Kilian	Patrick K
	Emilie	Patrick E.
		Joshua

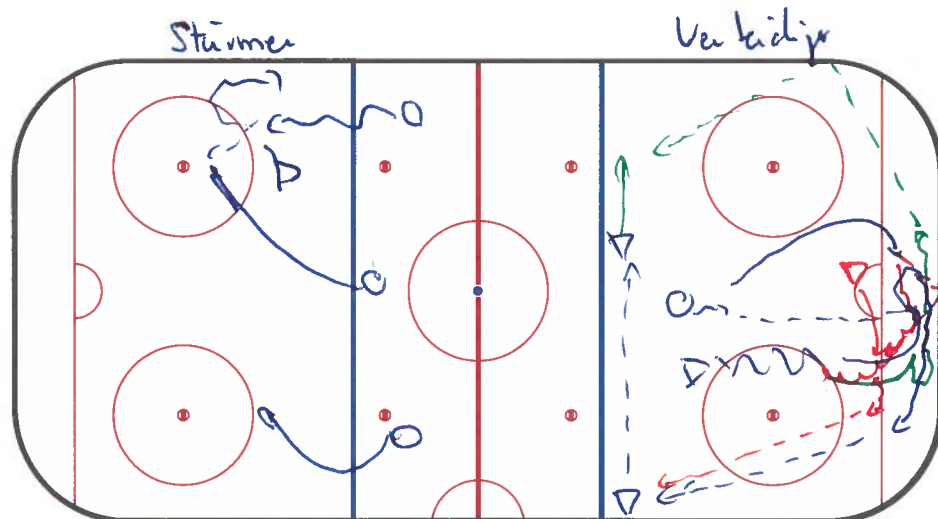
# TRAININGSPLAN



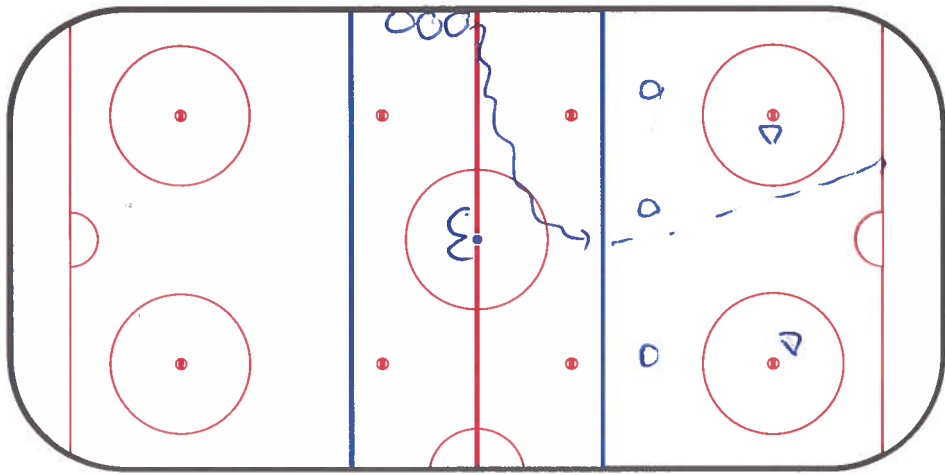
Laufübungen 10'  
 Innenkante Außenkante  
 W-vw  
 Innenkante re-li-re-li  
 die drei inner-Außen  
 vw übersetzen



Stoßtechnik 10'  
 Toe drag vorne  
 seitlich  
 finte seitlich



ST offensive 15'  
 eisdance ins gegnerische  
 Drittel kontrollieren  
 VT Aufbau unter Druck  
 a, Canadianer im Bande  
 b, Bandenpass  
 c, reverse

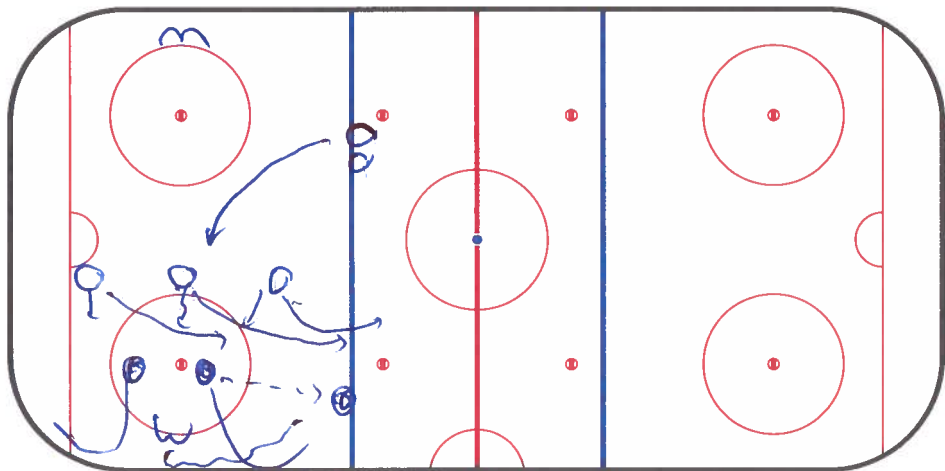


1VC

15'

2VC

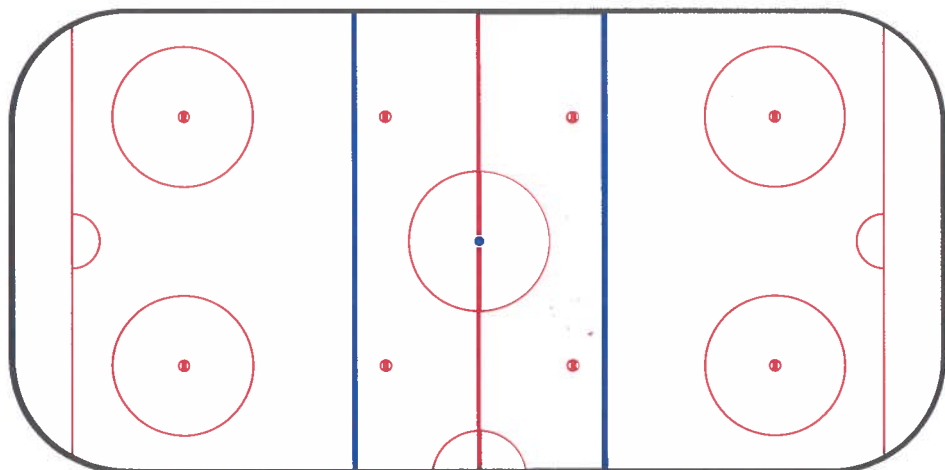
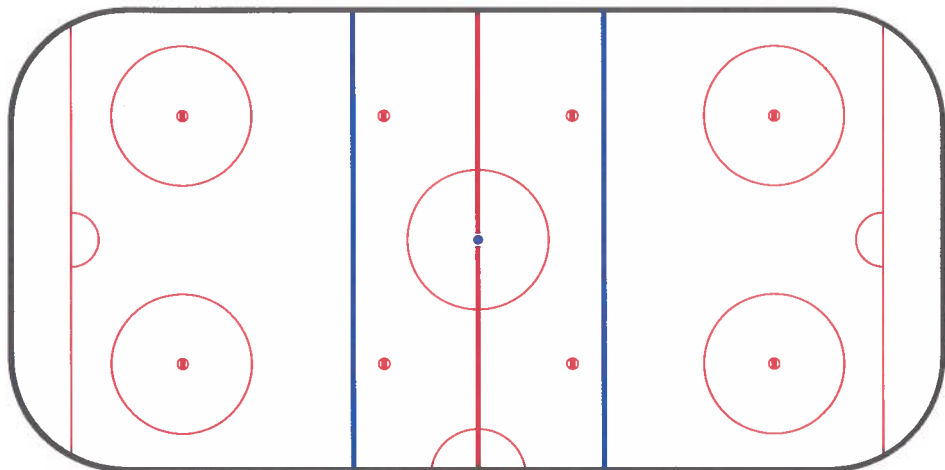
Aufbau unter Druck



3-2

10'

Aufbau immer ein defensive SR geht an





TEAM: U17  
DATUM: 1.12.2021  
TRAINER: Markus  
ET 1740 - 1840

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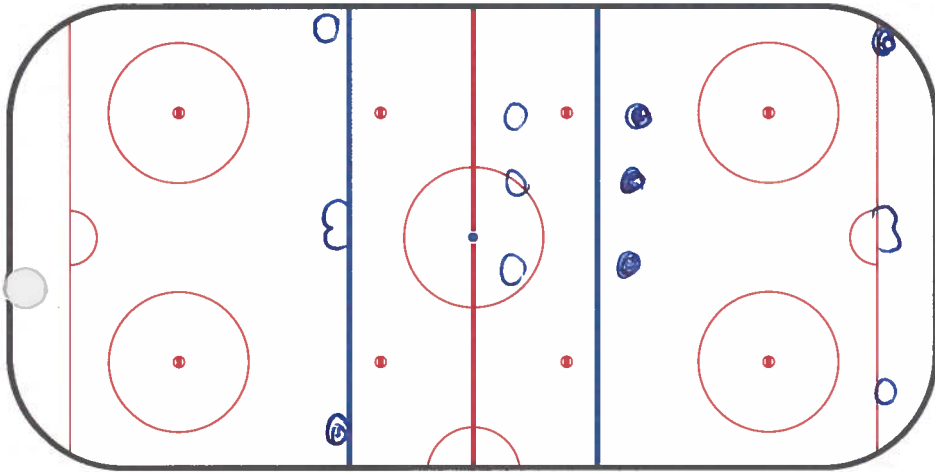
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# TRAININGSPLAN



Warm up Spiel  
3-3 + Joker

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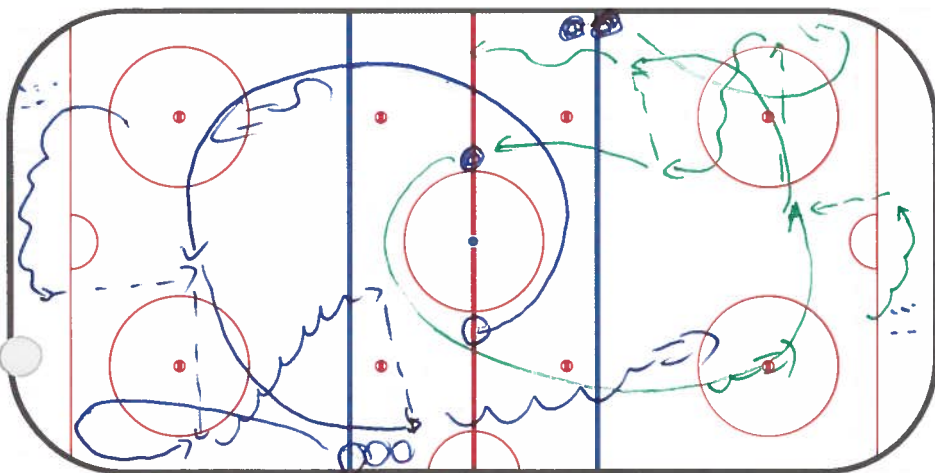
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Passübung 1-0  
Timing

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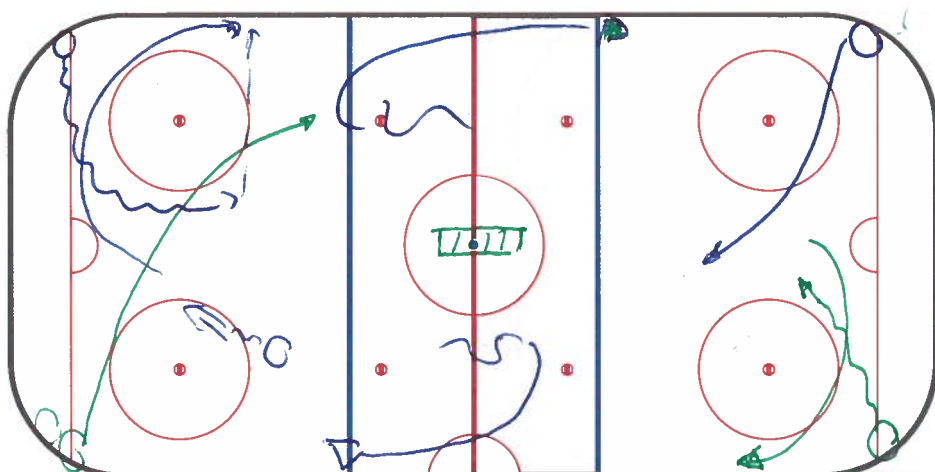
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2-1 (ABC)

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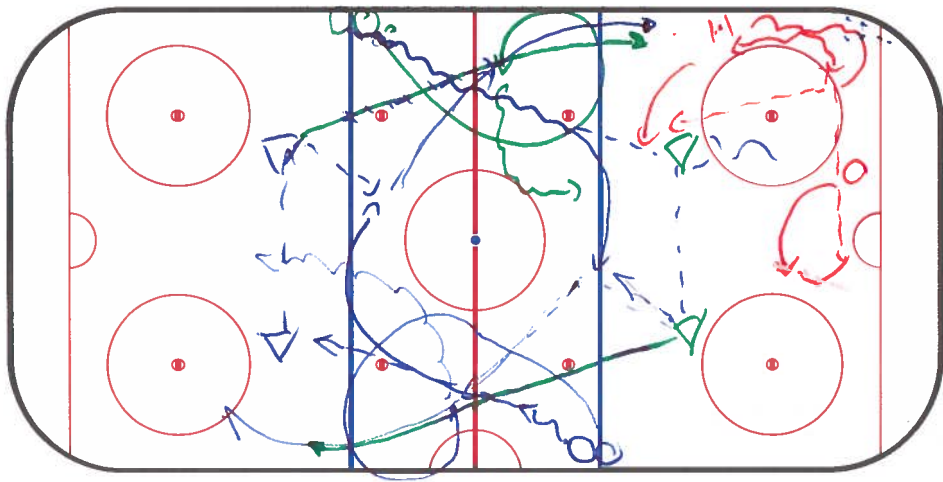
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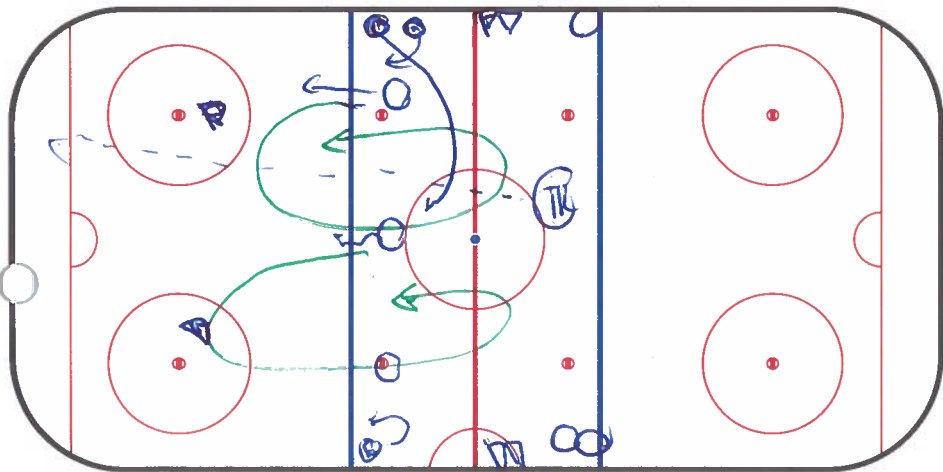
VT - VT Aufbau

quick up

High Cycle mit VT

2-1

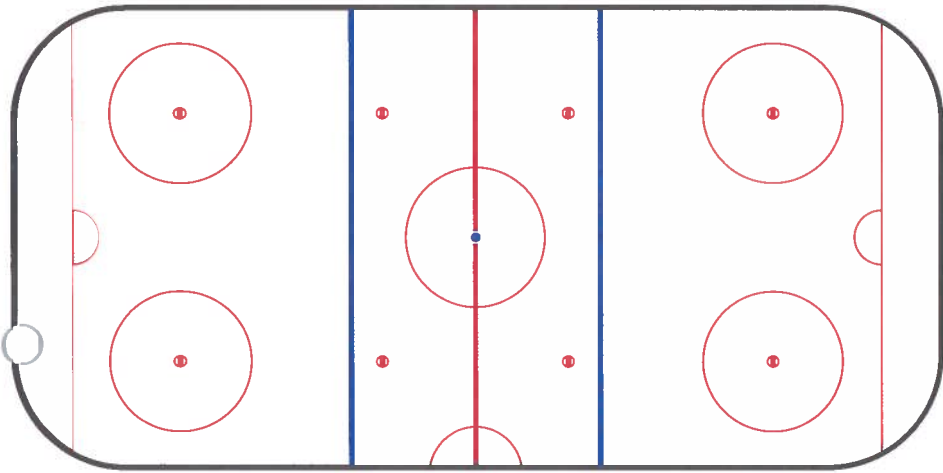
3-1



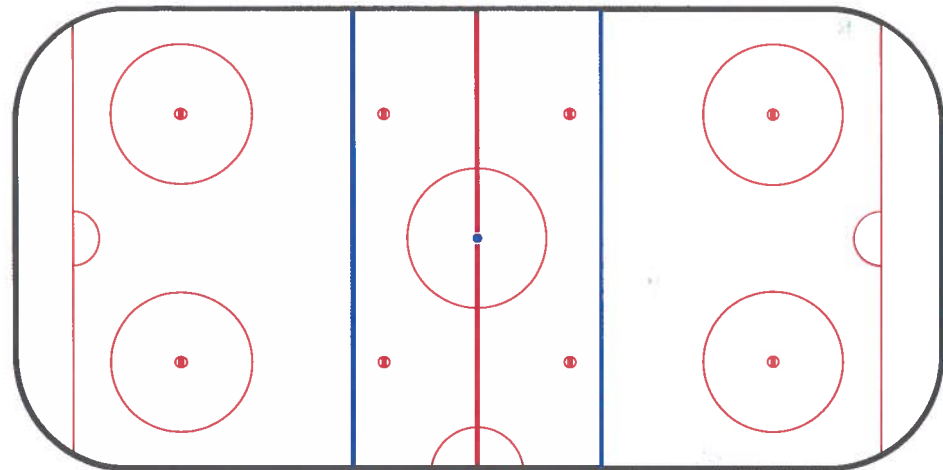
ZUC

Aufbau

1-1-2



5-5



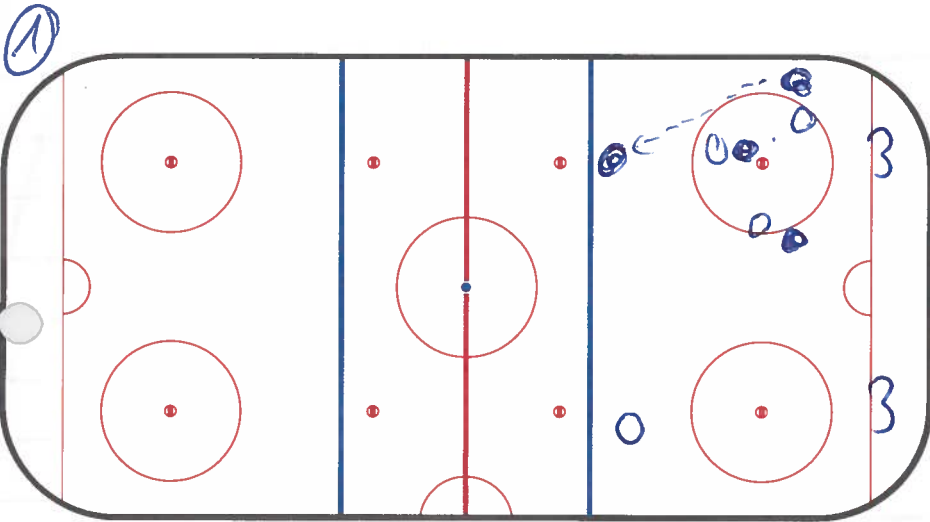




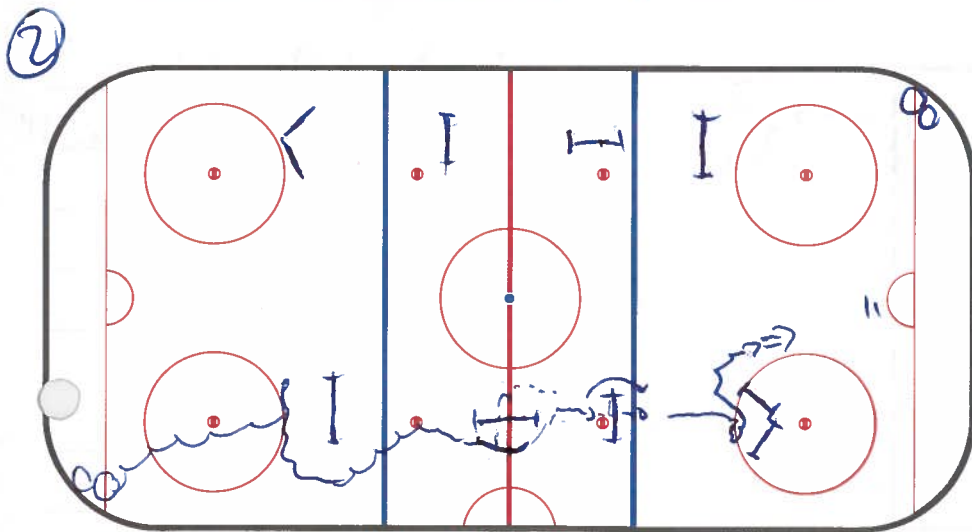
TEAM: U17  
 DATUM: 3.12.21  
 TRAINER: Markus  
 17<sup>50</sup> - 18<sup>50</sup>

Samuel Gabriel Melnyk  
 St. L. Lukas Simon  
 Jonas Patrick E  
 Patrick K. Kilia  
 Emilia

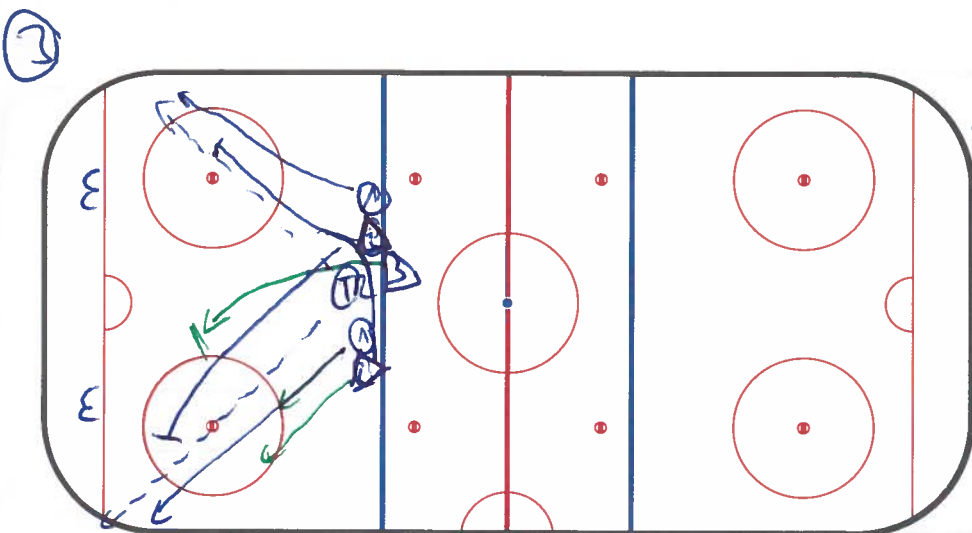
# TRAININGSPLAN



Warmup 10'  
 3-3 1 Taker

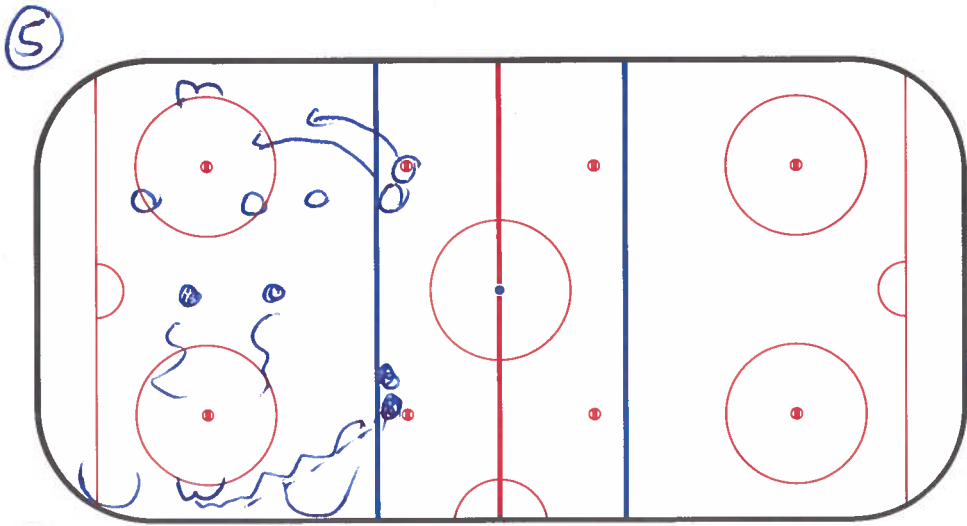


Sticktechnik 10'

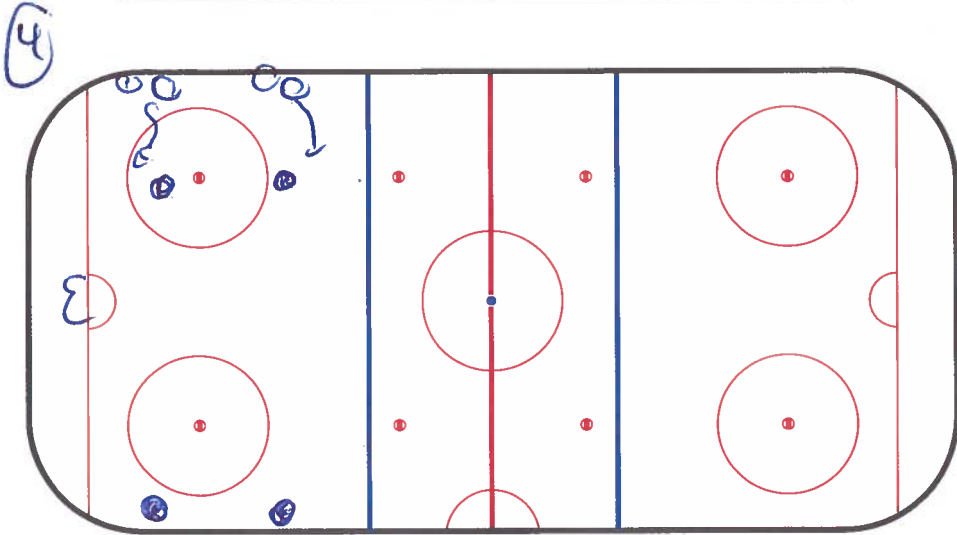


1-1 aus der Ecke  
 a) SP1 läuft in die eigene Ecke offensiv gegen SP2

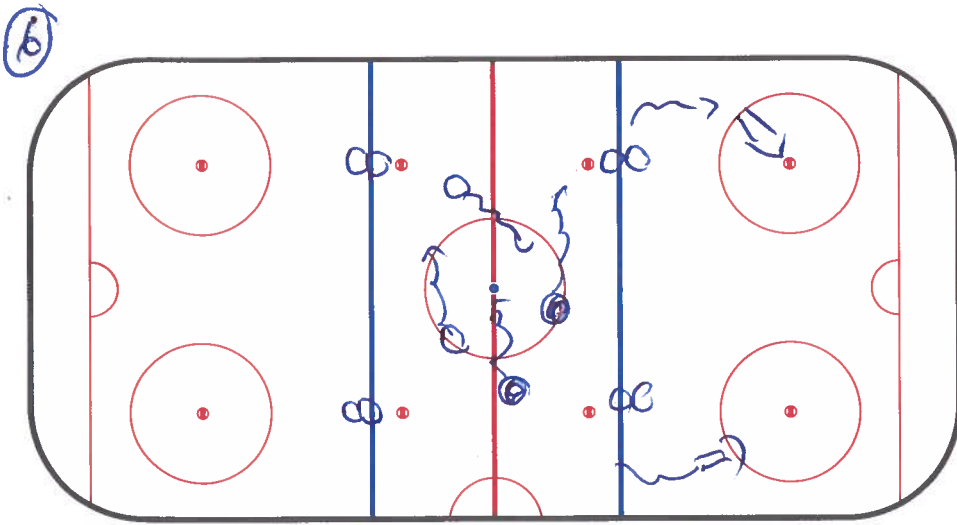
b) SP1 u. 2 laufen in die eigene Ecke u. suchen offensive  
 SP3 läuft in die entgegenseitige Ecke u. verteidigt



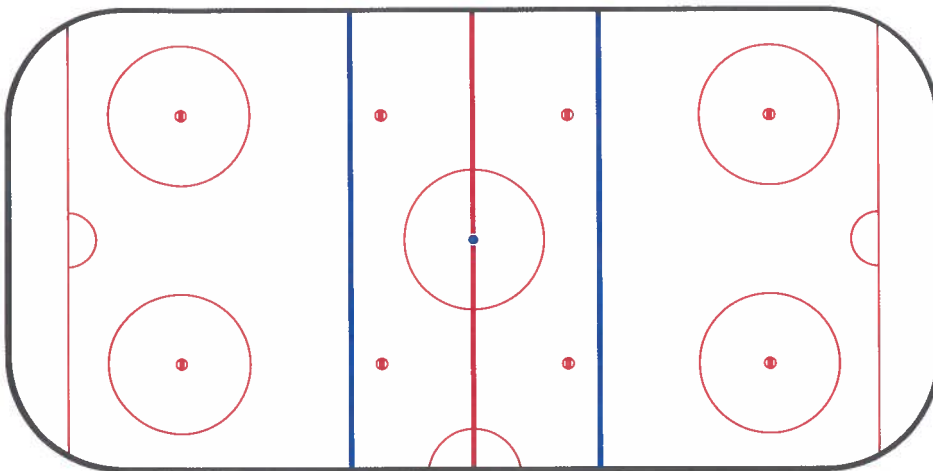
3-2  
 Defensivie passen zum  
 SP an der blauen Linie  
 Aufbau  
 offensiv SP gehen raus  
 2 neue defensiv kommen  
 rein



2-2  
 Offensiv - defensiv



- Stecktechnik Chaos  
 - Passen zu den außen SP  
 - 2-0





TEAM: U17 1400 1840

DATUM: 10.11.2011

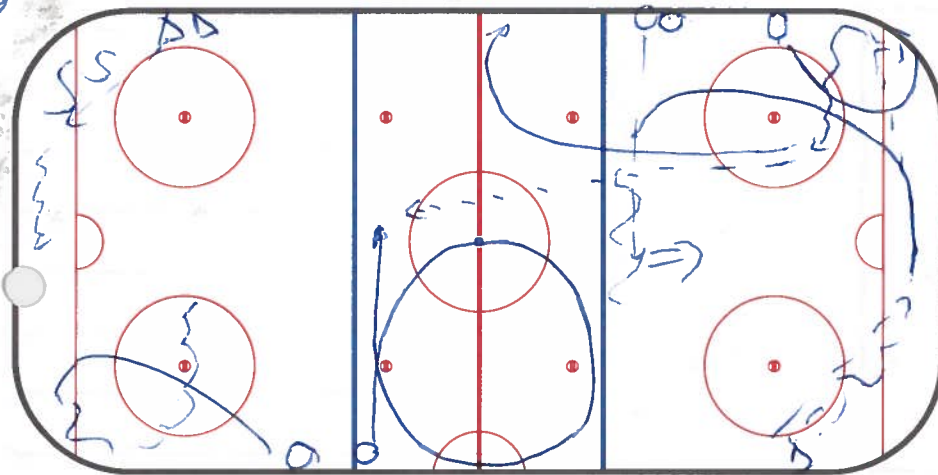
TRAINER: Markus, Johnny

Tobi: Olli, Melvin  
Gabriel Lukas Benni

Emilia Joshua  
Kilian Patrick K

# TRAININGSPLAN

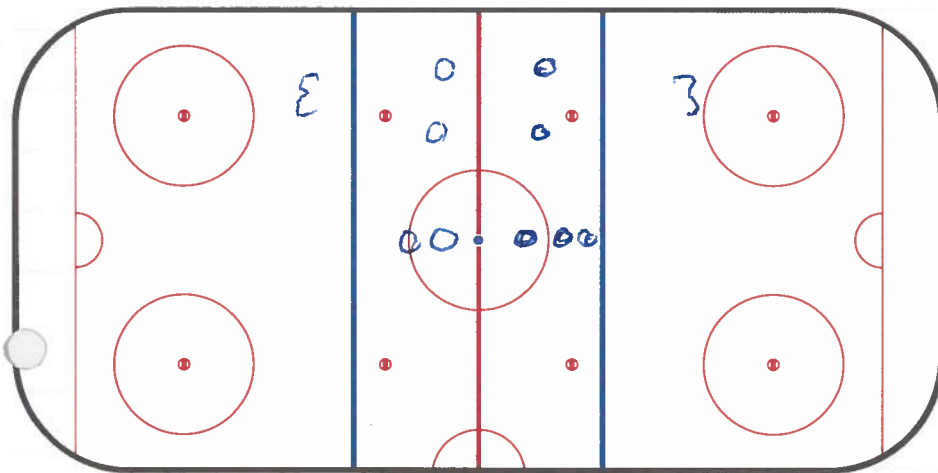
②



5-8

Passübung / Skilpass  
Anbau  
Blau Linie Schuss

①

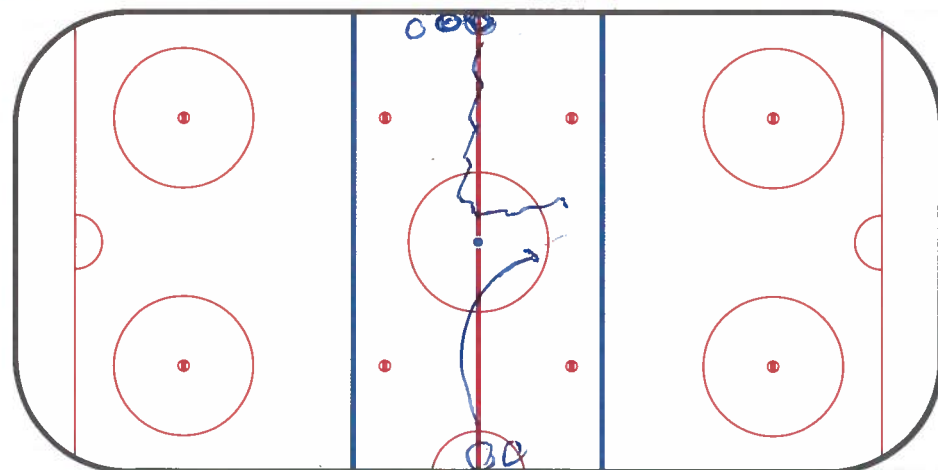


5-8

2-2

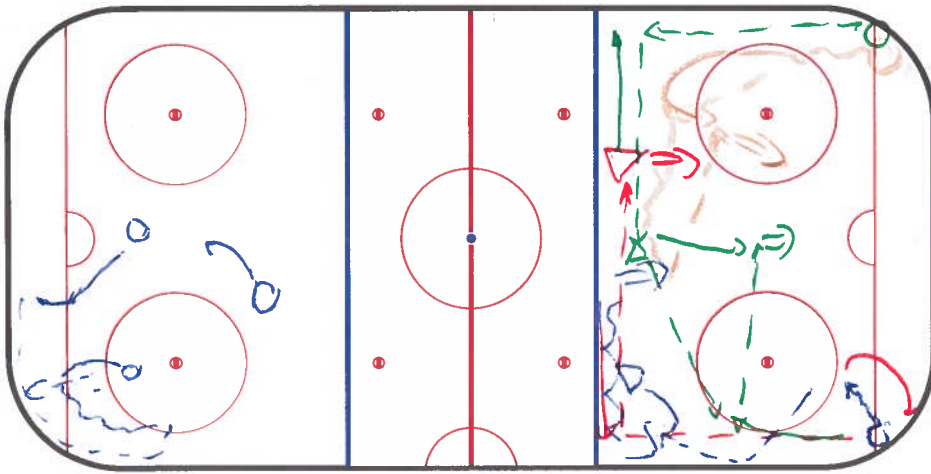
Warm up Spiel

③



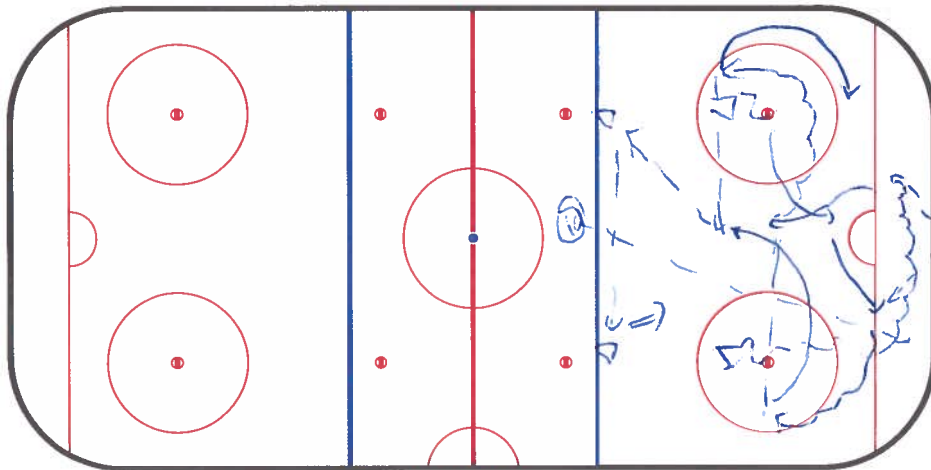
5-8

1-1  
Wettbewerb

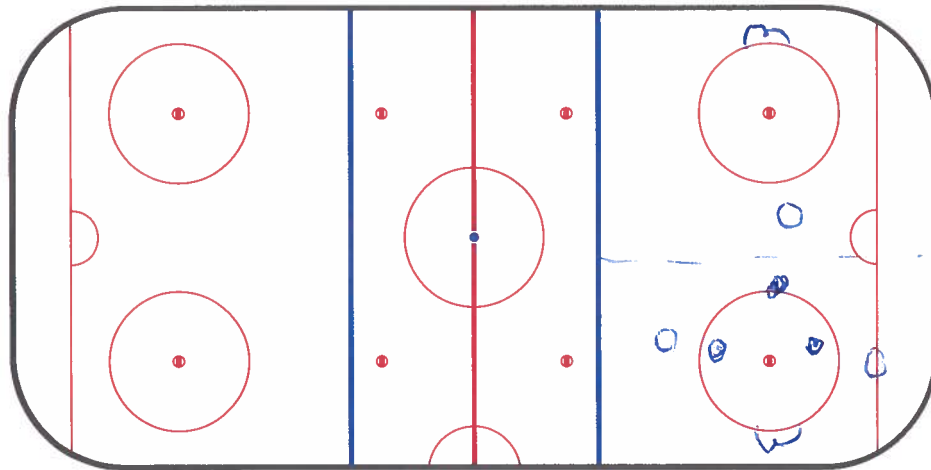


ST Jimmy  
Reaktion ST

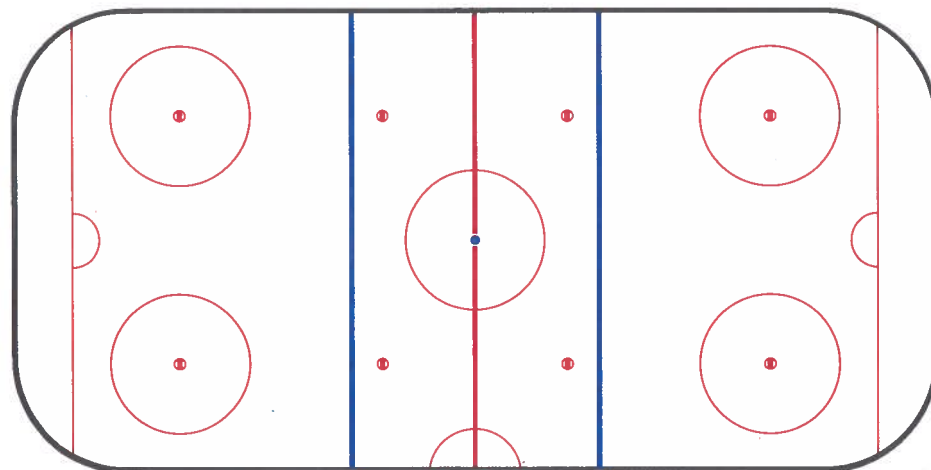
VT Markus  
blau Linie 4 Schüsse



A/Bau  
- reverse



3-3 ASP heck





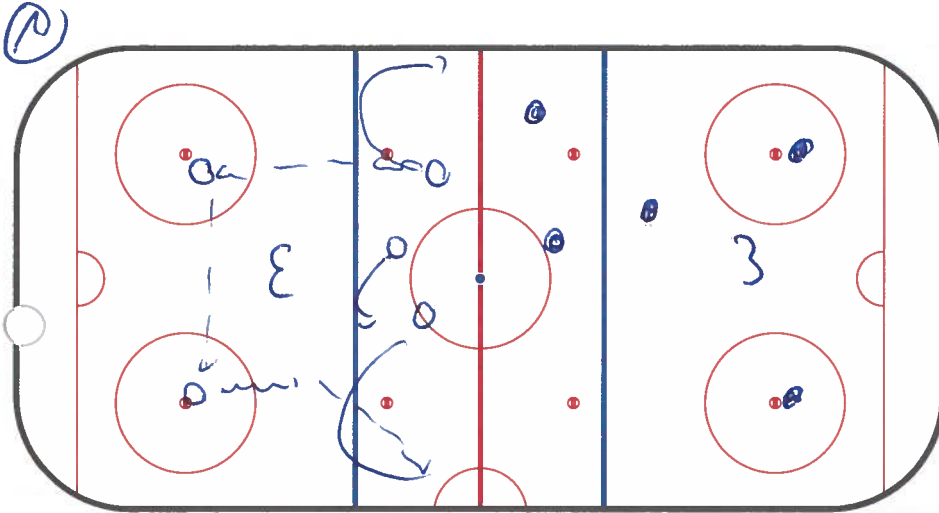
TEAM: U17  
 DATUM: 12.11.2021  
 1750-1850  
 TRAINER: Markus, Jimmy

~~Tobi~~ ~~Olli~~ ~~Melvin~~  
~~Gebrü~~ ~~Lukas~~ ~~TEO~~  
~~Soma~~ ~~J~~

~~Kiba~~ ~~Andreas~~  
~~Patrick~~ ~~Joscha~~  
~~Emilia~~

Robin / Tobi

# TRAININGSPLAN

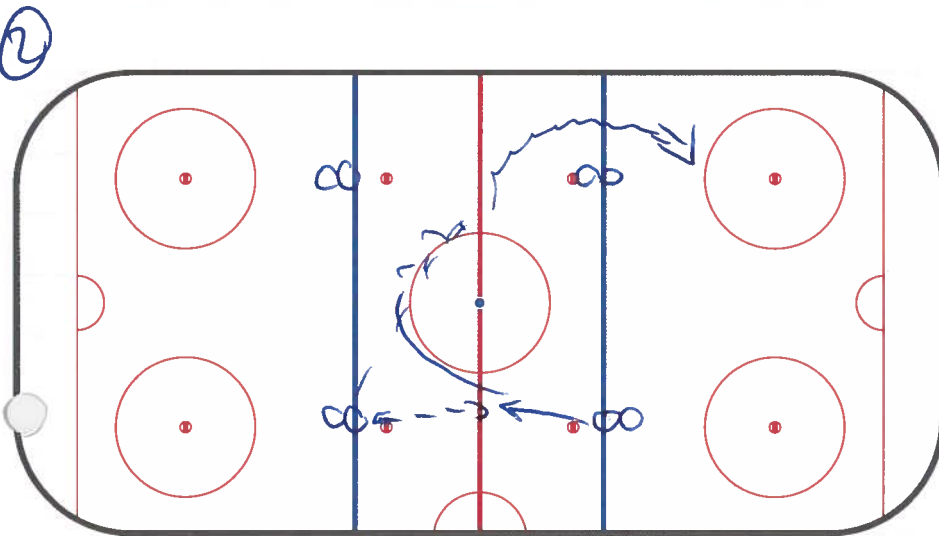


Warm up Spiel  
 4-3

Außen Defensive-  
 offensive

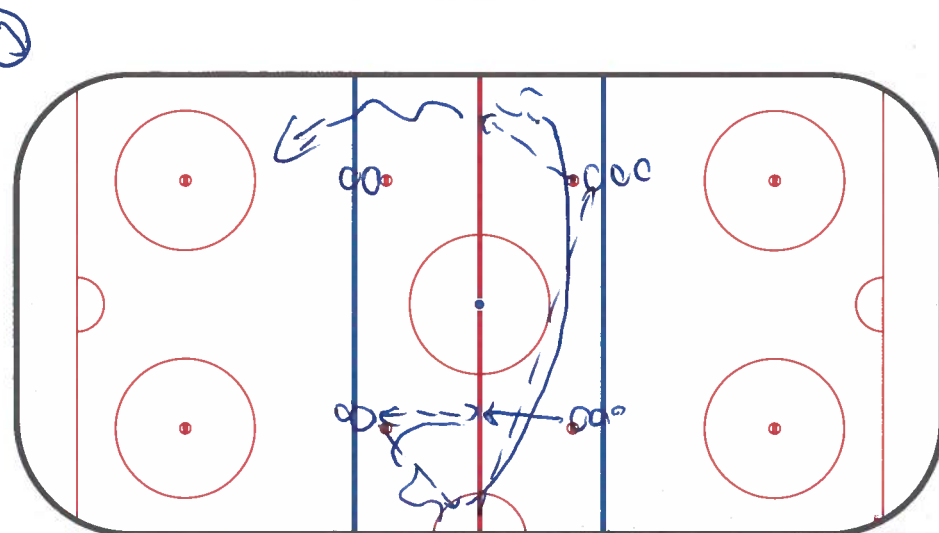
OFFENSIVE geht  
 raus 3 neue SP kommen

101



Passübung  
 im Mitte

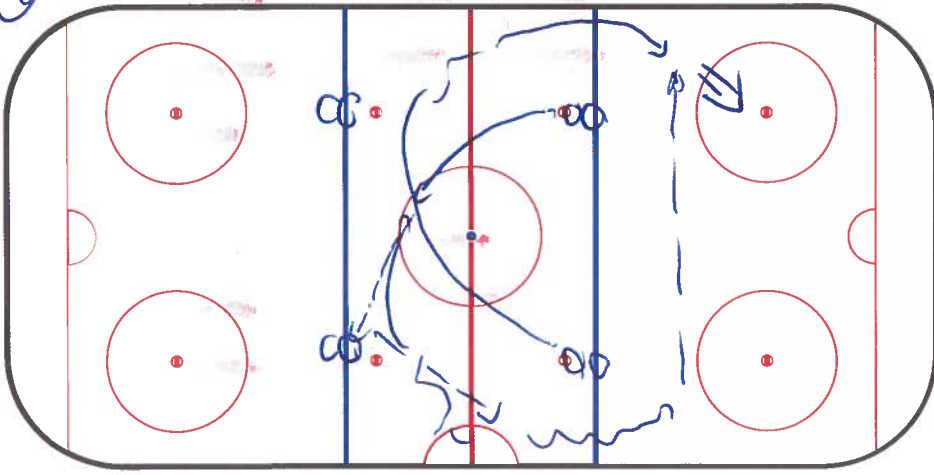
51



Passübung  
 nach Außen

51

4



2-0

5'

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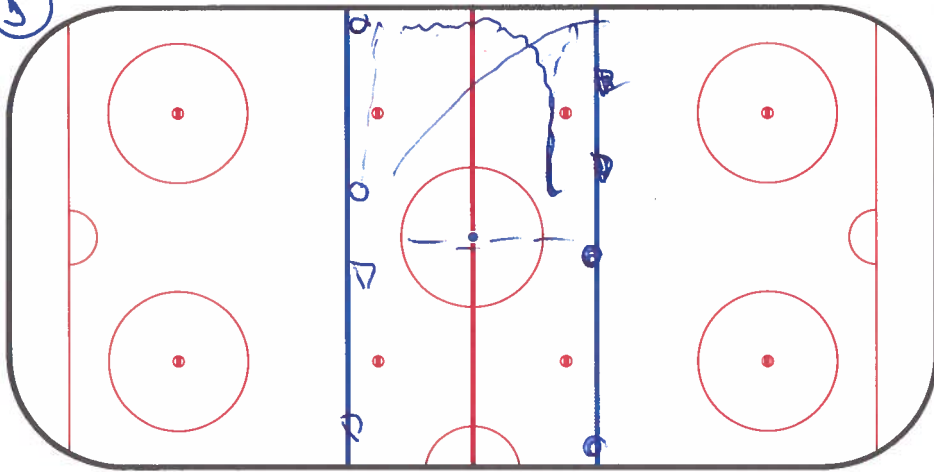
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5



2-2

5-8

Kreuz

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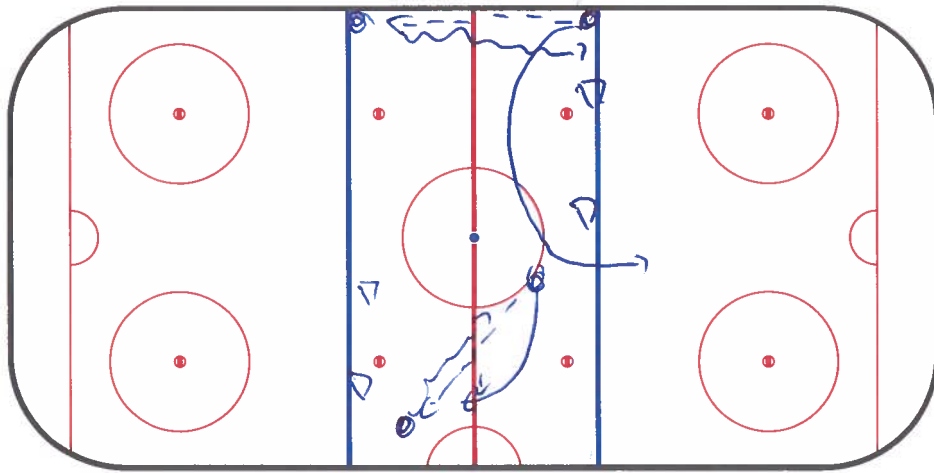
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verschiedene Variationen  
Unterstützen

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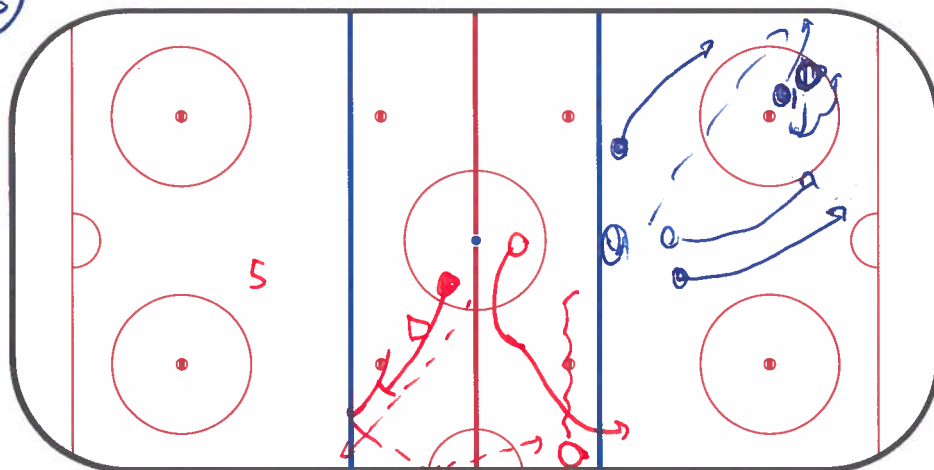
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6



Jung 3-2

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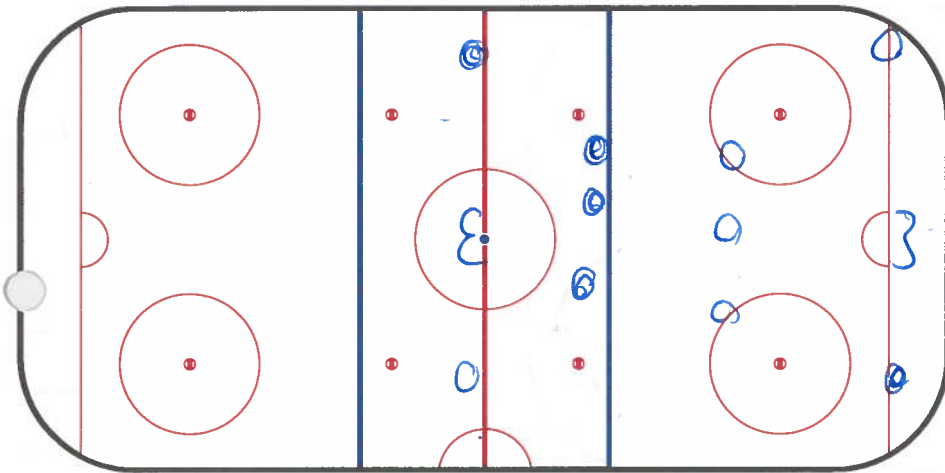
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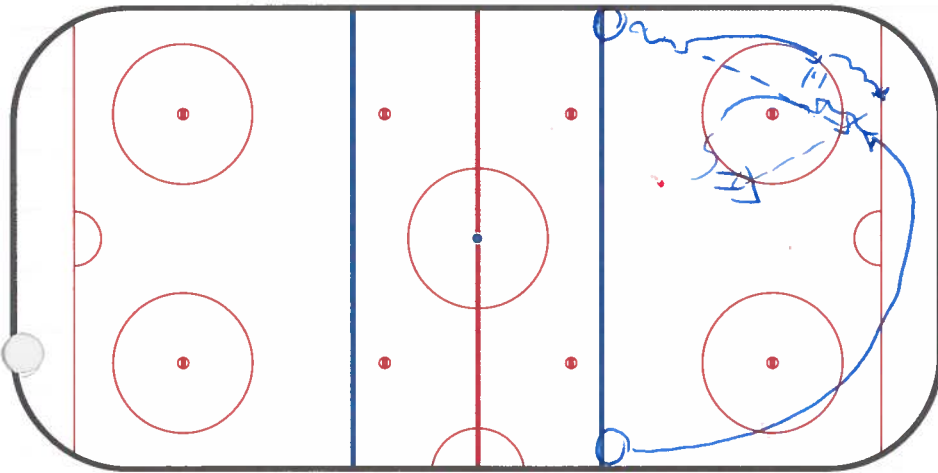
TEAM: U17  
DATUM: 17.11.21  
TRAINER: Markus, Johnny  
1740-1840

Sabriel Olli Helmut  
TEO Joshua  
Gabriel Lukas Tobi  
Patrick Kilian  
Simon Piller  
Pascal Zeyher P.

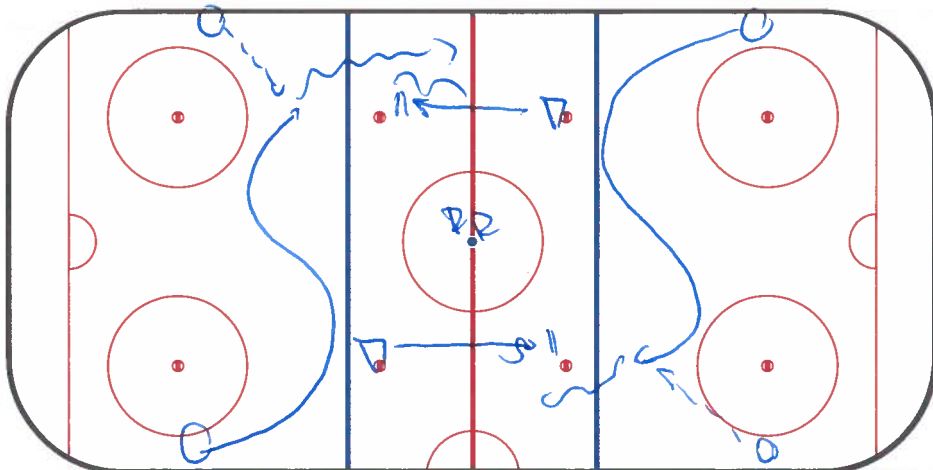
# TRAININGSPLAN



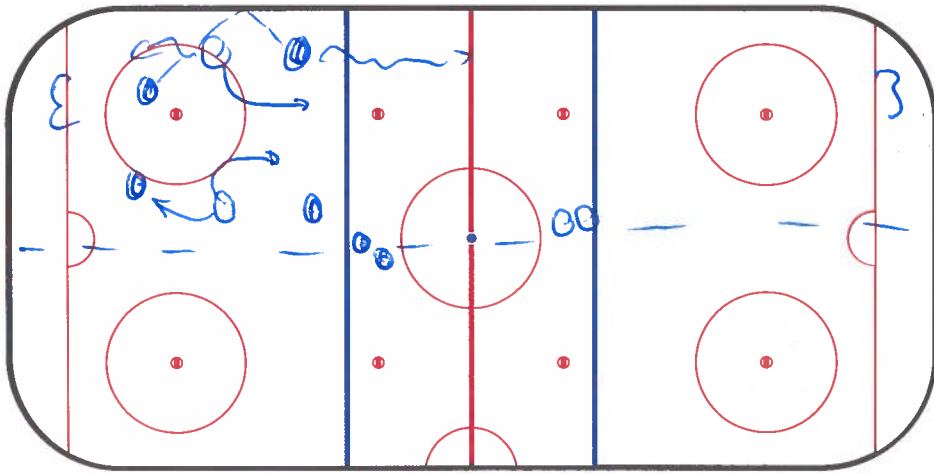
Warm up Spiel  
3-3 5'  
2 Joker



Schussübung 5'  
Doppelpass

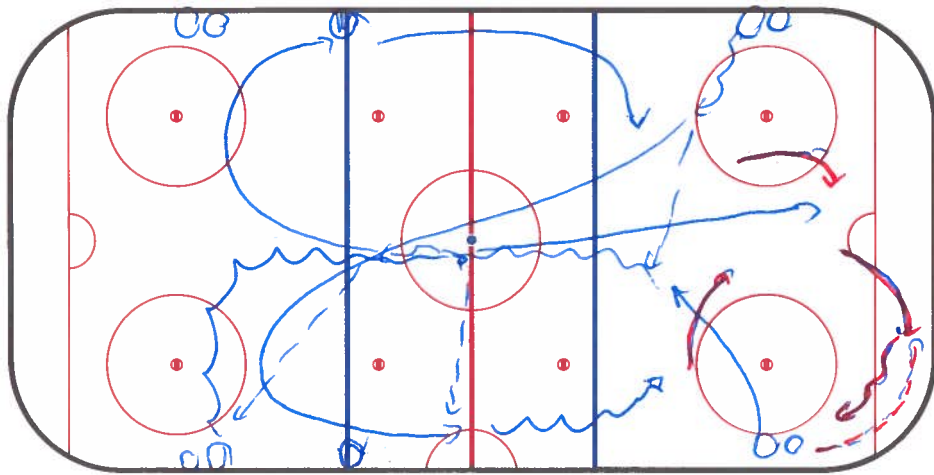


1-1 5-8



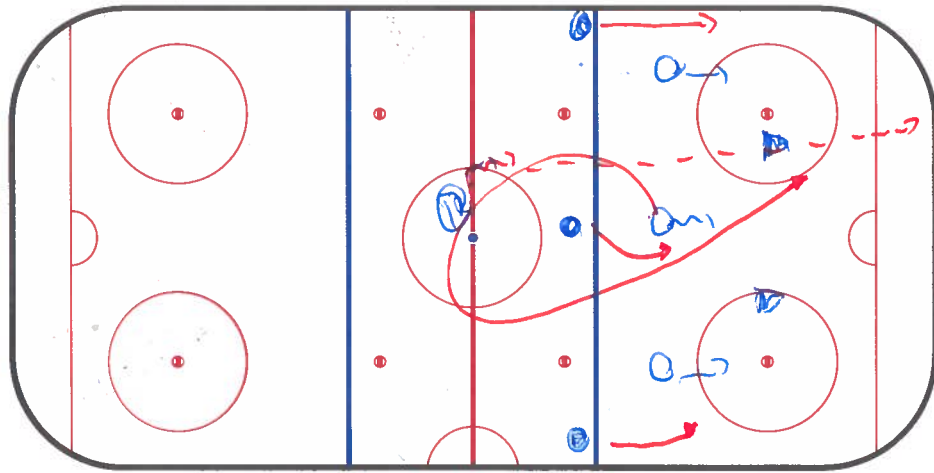
2-0 2-2  
Transition

Umschaltspiel



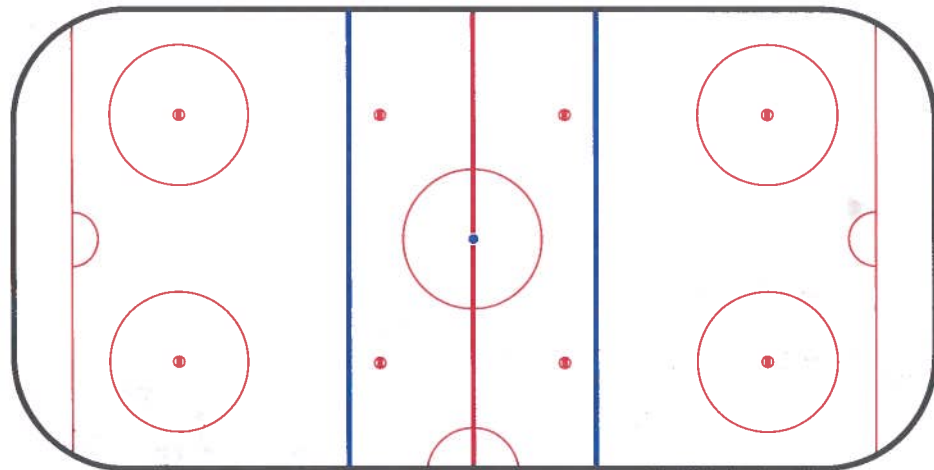
1-2-3

Rotation aus der Ecke



mit zehnter 4-2  
3-2

Aufbau MVL







TEAM: U17  
DATUM: 13.11.21  
TRAINER: Martin Jöhning  
17:50 - 18:50

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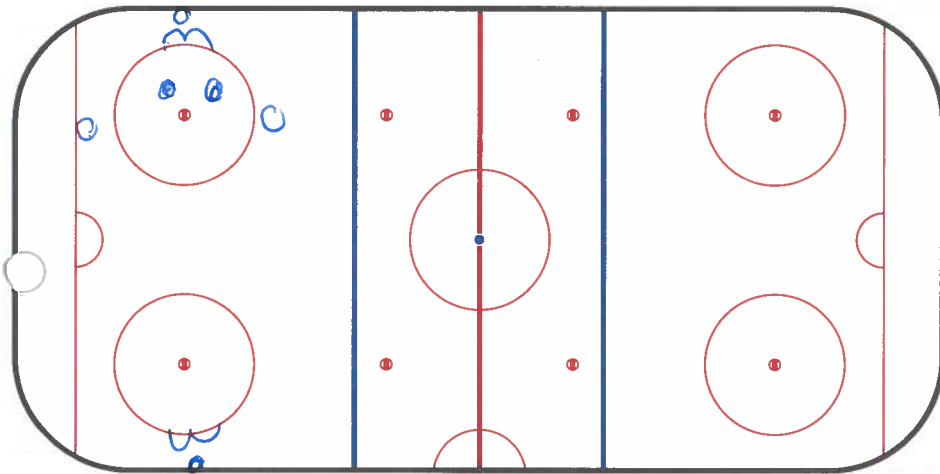
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# TRAININGSPLAN



Warm up - Spiel  
2-2 1 Joker  
hinten Tor

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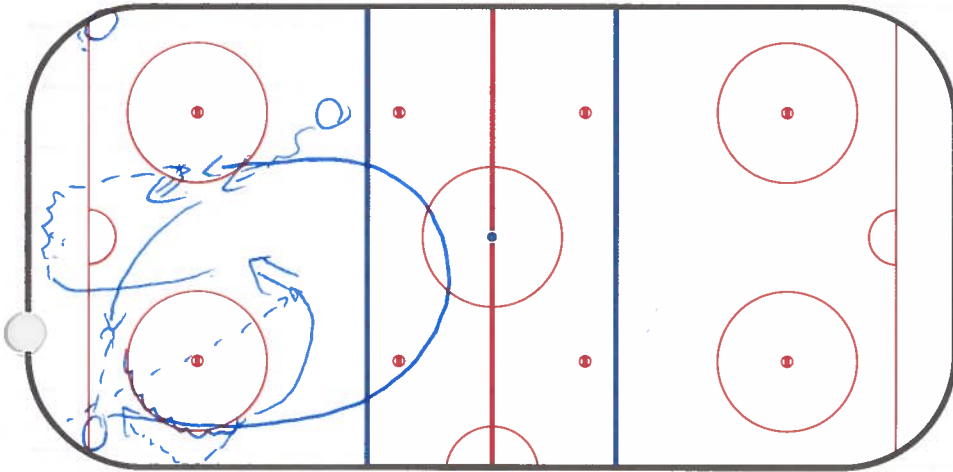
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Passübung

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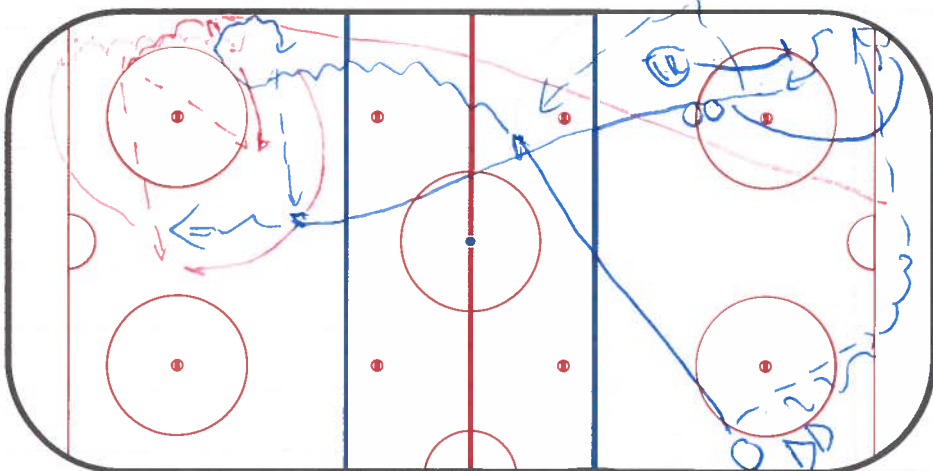
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Aufbau  
unter Druck

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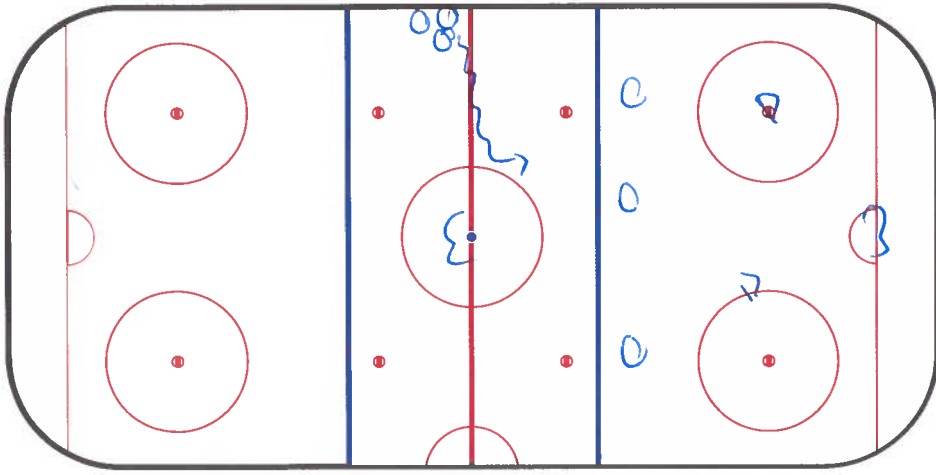
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1VL

2VL

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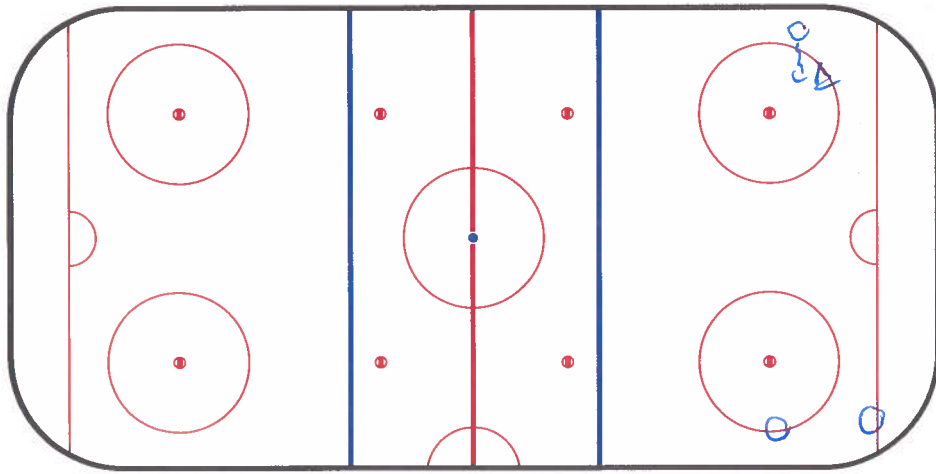
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1-5

2-5

3-5

5-5

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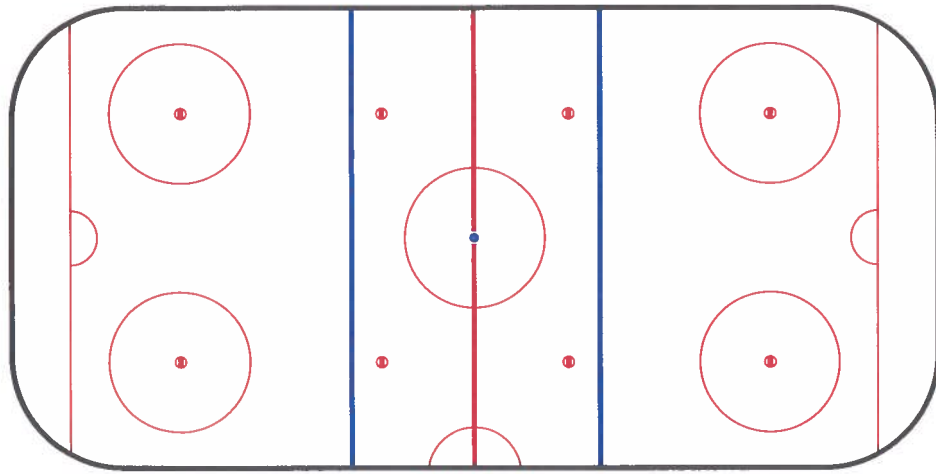
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VB

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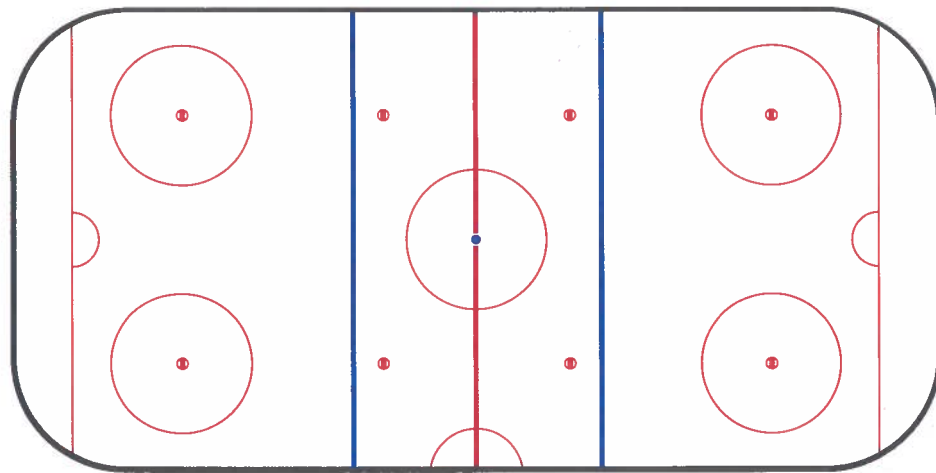
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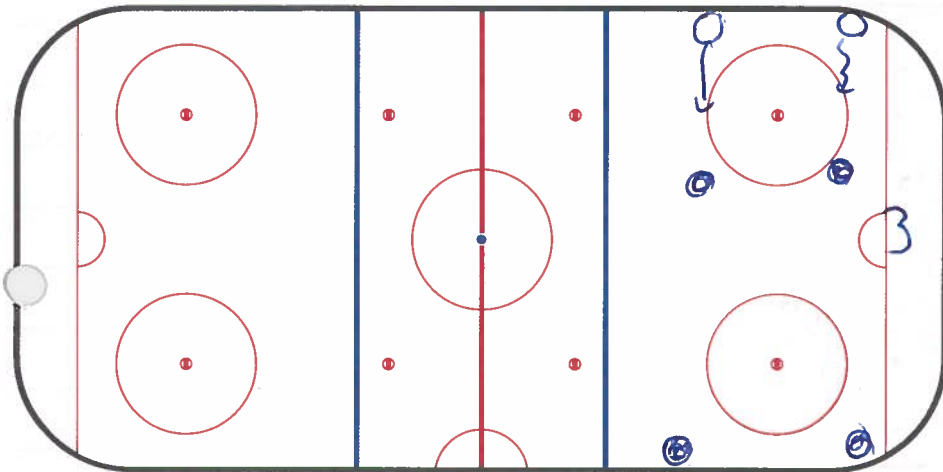


TEAM: U17  
DATUM: 06.11.21  
TRAINER: Markus  
16<sup>00</sup> - 17<sup>00</sup>

Samuel Stini Helge  
Gebriel Lukas Samuel  
Zigle P. Emika

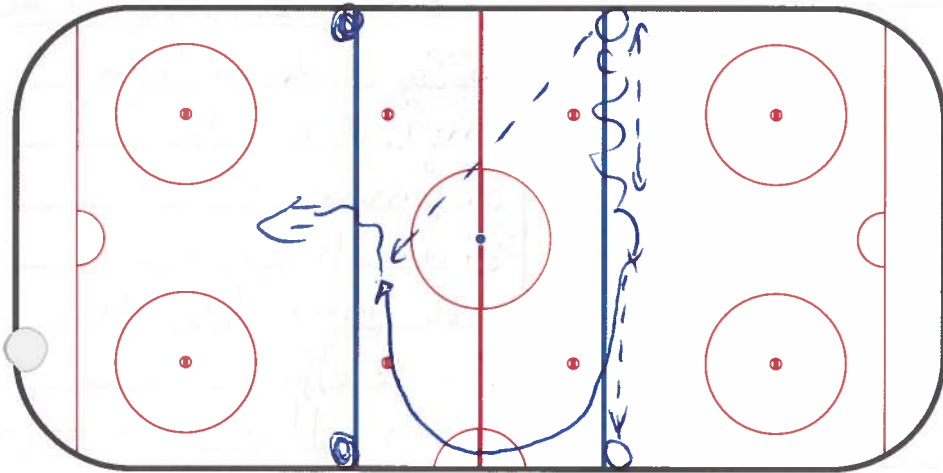
Jonas Pascal  
Kilian Patrick K.

# TRAININGSPLAN

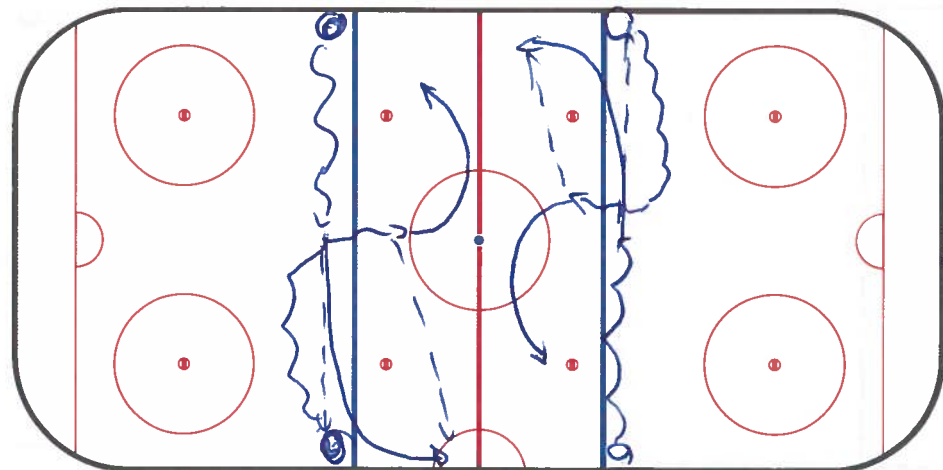


2-2 Camp  
Spiel

offensive - defensive  
Umschaltspiel

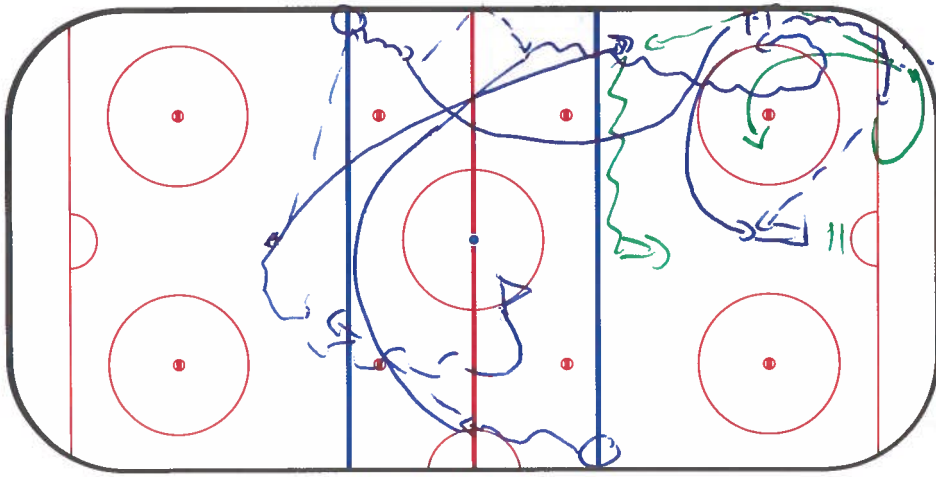


Passübung - Doppelpässe

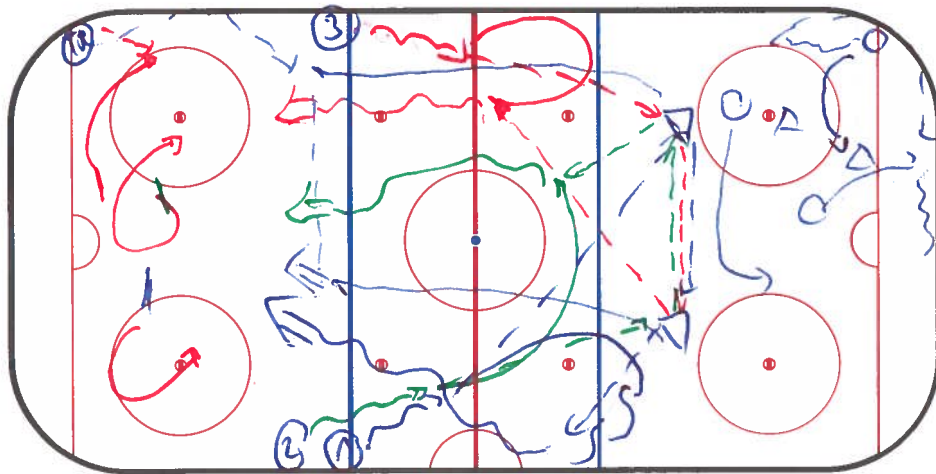


1-1

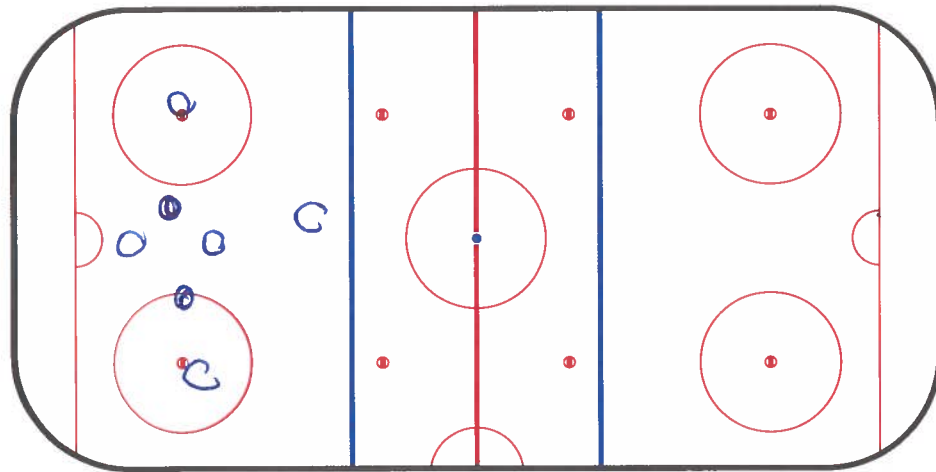
Timing  
- defensive SP nach dem  
- Pass + Richtungswechsel  
- aufnehmen



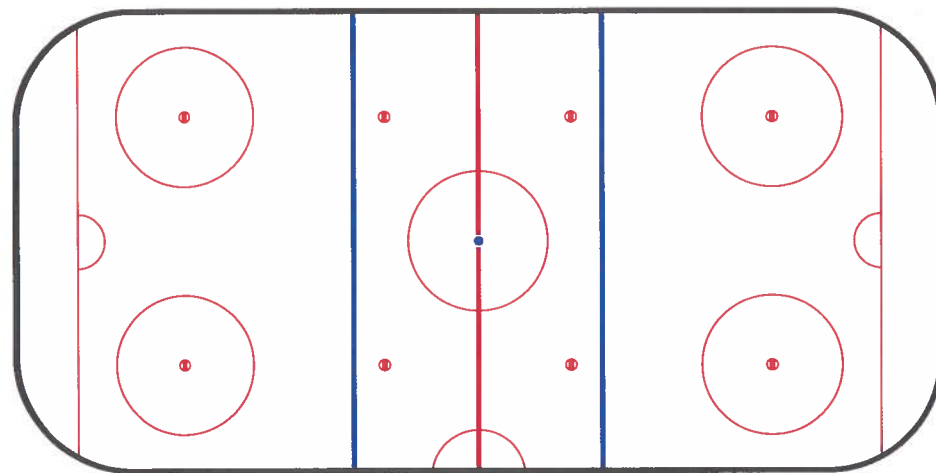
Aufbau VT  
 lange Seite  
 ST Kreuze  
 ST pass zu VT  
 VT blaue Linie schuss



Aufbau VT  
 Transition  
 VFT schuss blaue Linie  
 3-2 2x  
 3-2 aus der Ecke



5-2 Scoring Game  
 5-2 in der Endzone  
 eng vor dem Tor  
 defensiven ST sollen  
 druckvoll spielen  
 jede Mannschaft 1 Ki.  
 in der offensive jede  
 Mannschaft die mehrere  
 erziel gewinnt.  
 Beide in Bewegung helfen  
 gute Pässe & Abschluss

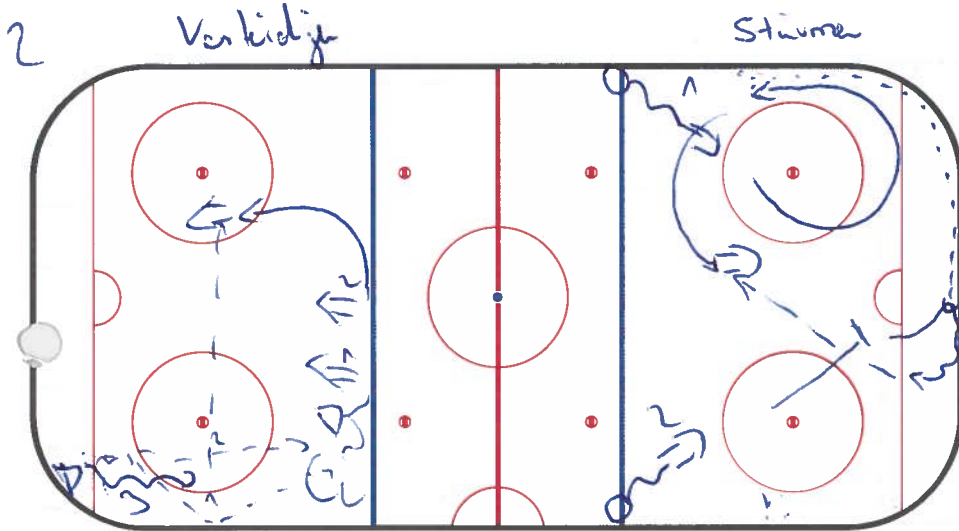




TEAM: U17  
 DATUM: 8.12.21  
 TRAINER: Markus  
 ET 1740 - 1840  
 TT 1850 - 1930

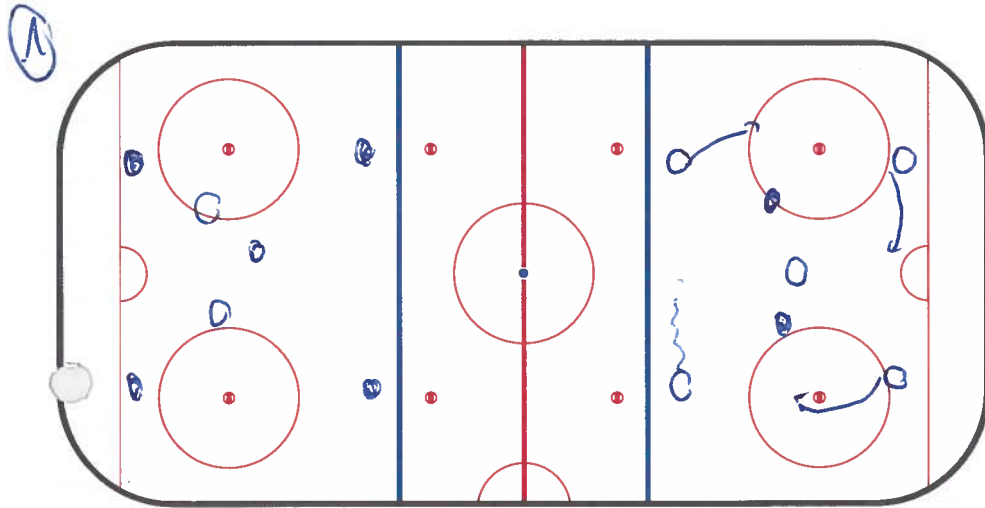
Stini	dl.	Keloge
Gabriel	Leke	Benni
Zingl P.	Tabi	Jan
Jonas	Pascal	
Ilia	Patrick K	
Josker	Emilie	

# TRAININGSPLAN



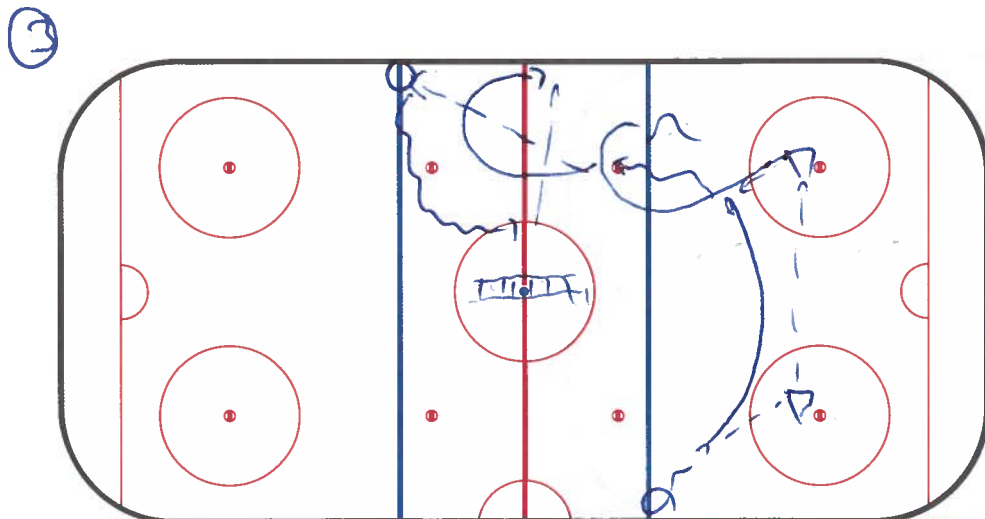
Schussübungen

5-8



5-2 Warm up - Spiel

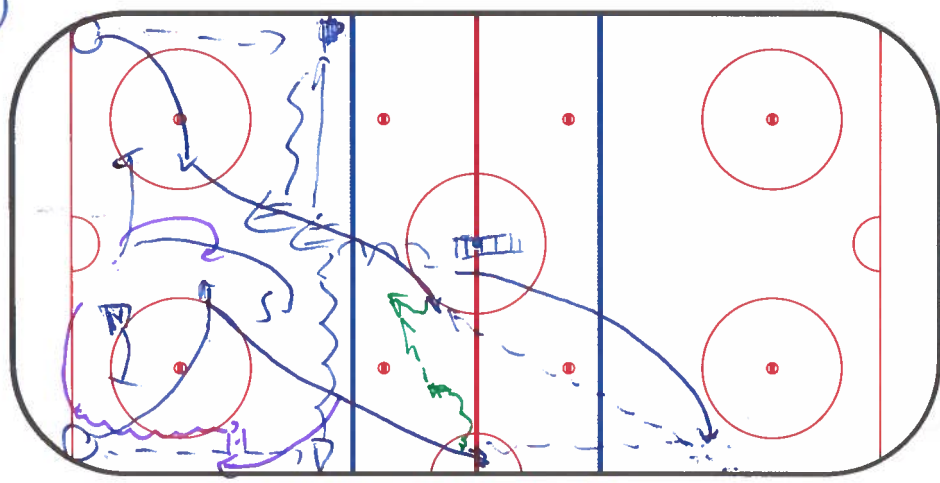
5-8



2-1

10  
5/5

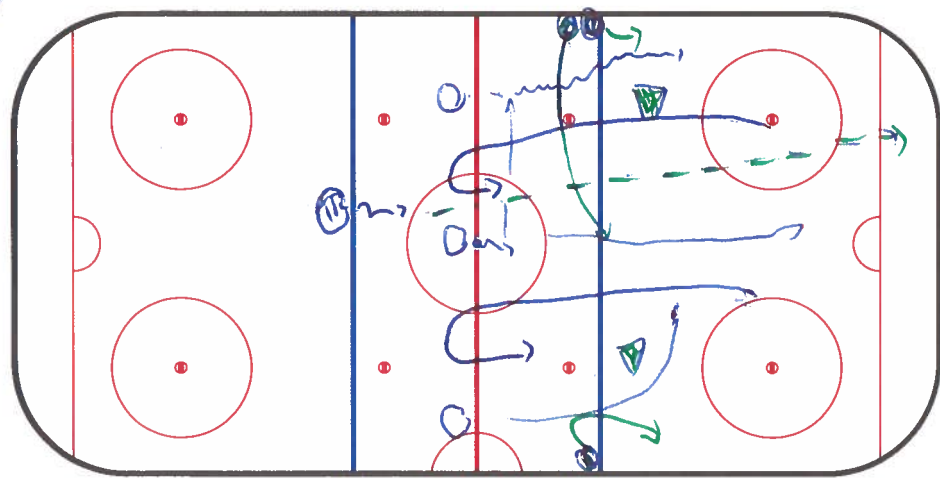
4



1-1 10' 515  
 2-1 aus der Ecke  
 pass um VT

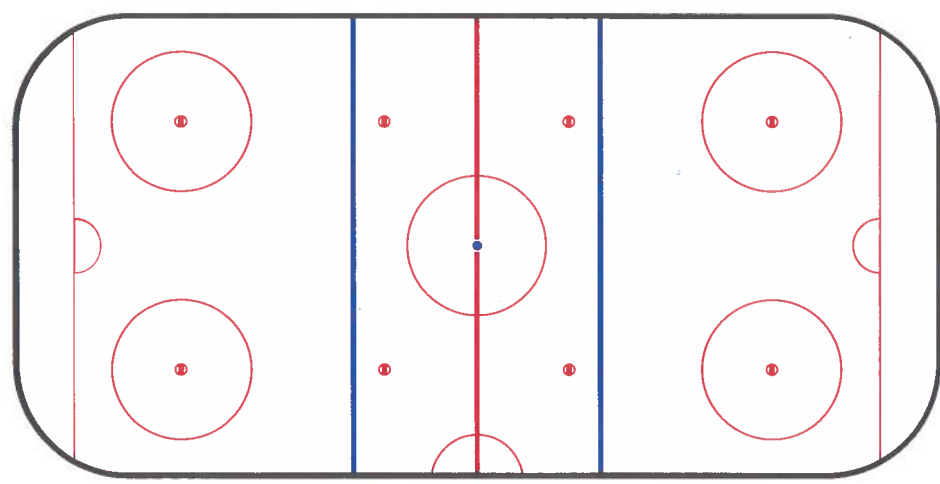
Aufbau 3-1  
 kurze ST-VT 2-1

5

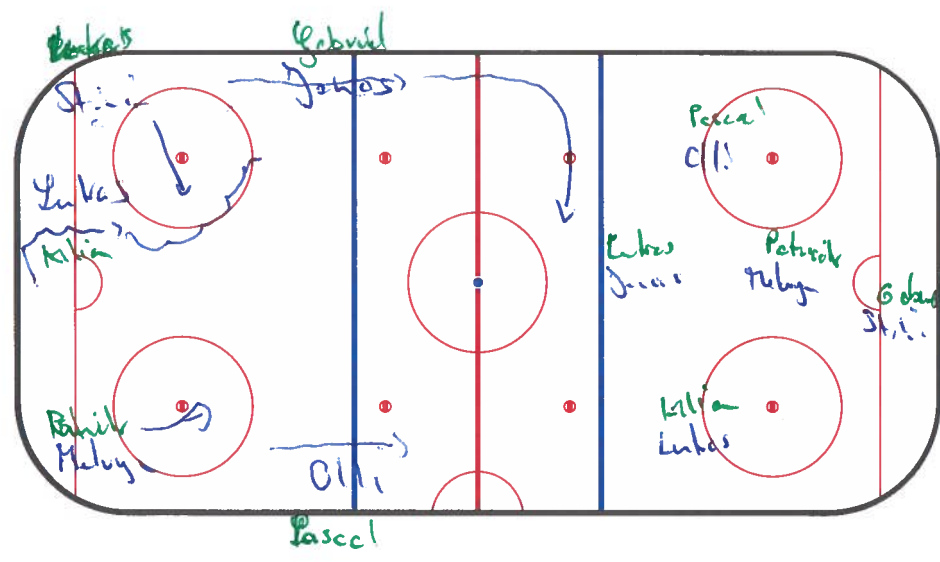


10'  
 Aufbau um den Durch  
 2VC

6



1-5 10'  
 2-5  
 3-5  
 5-5



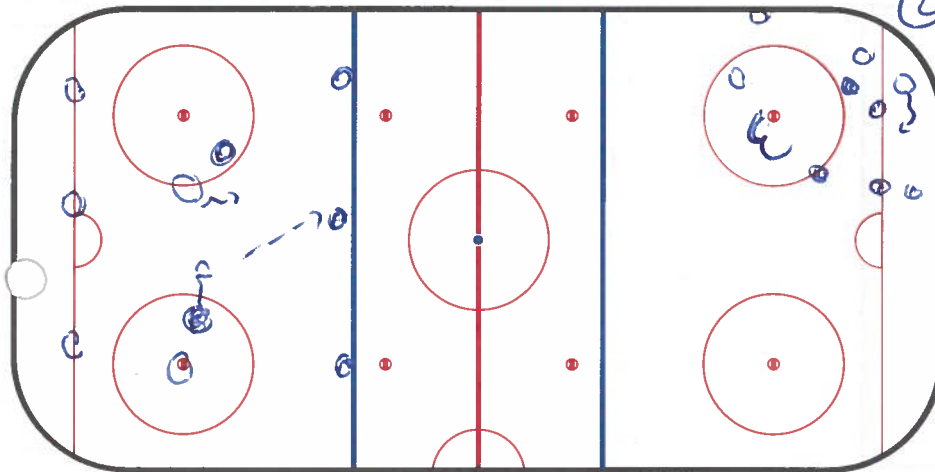
5-8  
 Überzahl



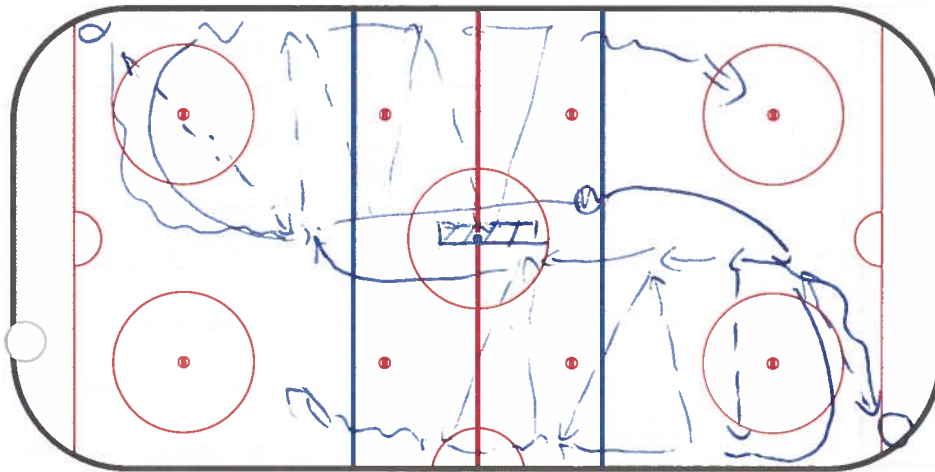
TEAM: U17  
DATUM: 13.12.21  
TRAINER: Markus, Jimmy

Bernd	Samuel	Matthias
Georg	Leke	Benni
Lige P.		Emilia
	Jaco	Pascal
	Kilian	Pehik
	Joshua	

# TRAININGSPLAN

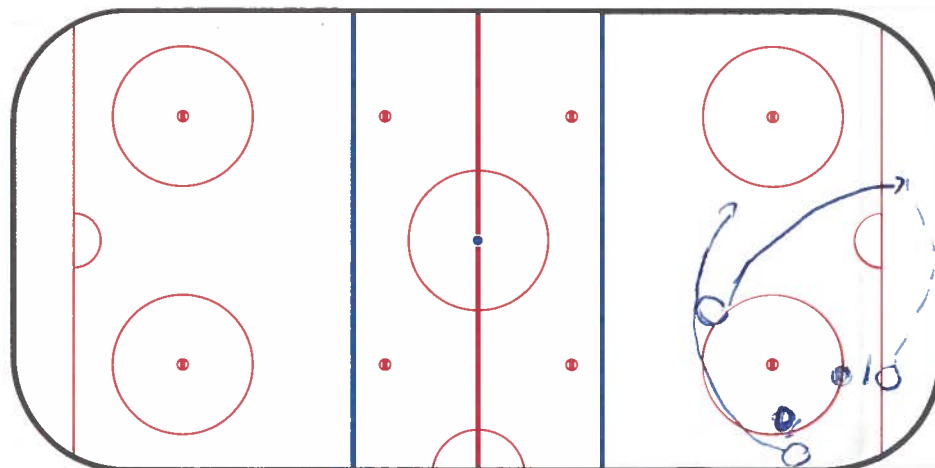


② Warm up Spiel  
2-2 aus der Ecke  
beide Mannschaften  
versuchen ein Tor zu  
erzielen

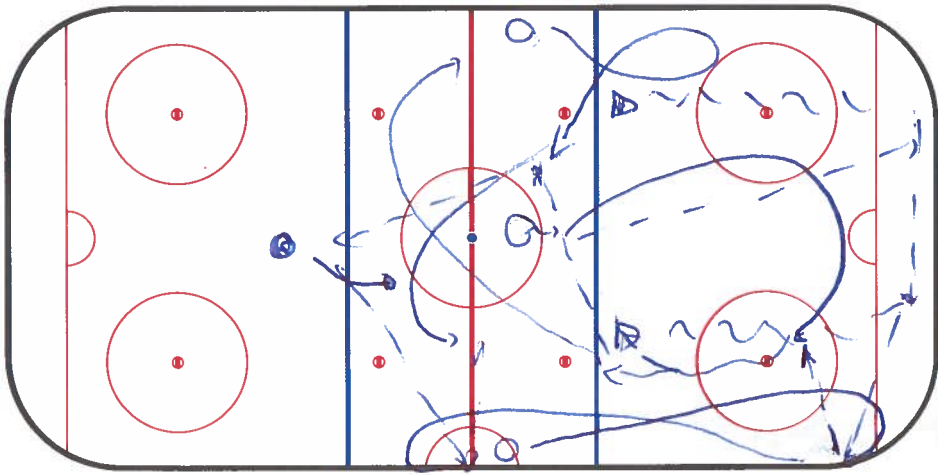


① 1-1  
bewegte Bälle  
70-120min

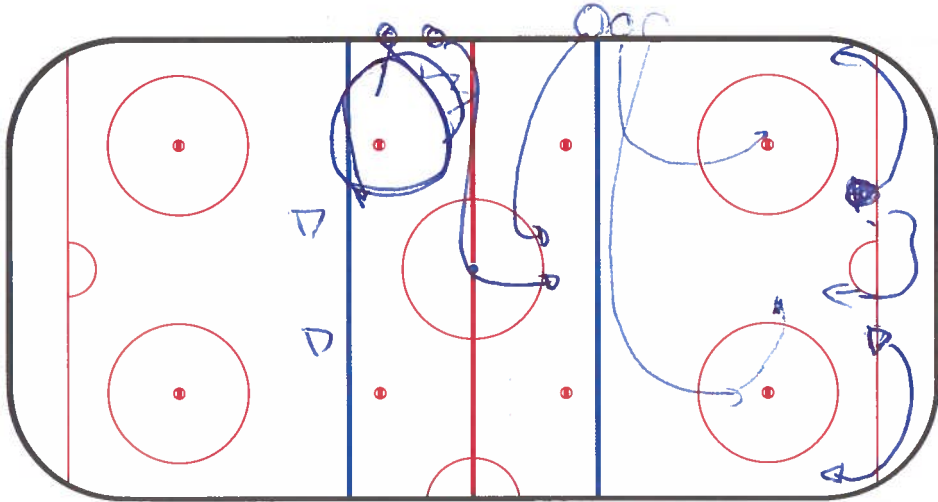
Passübung



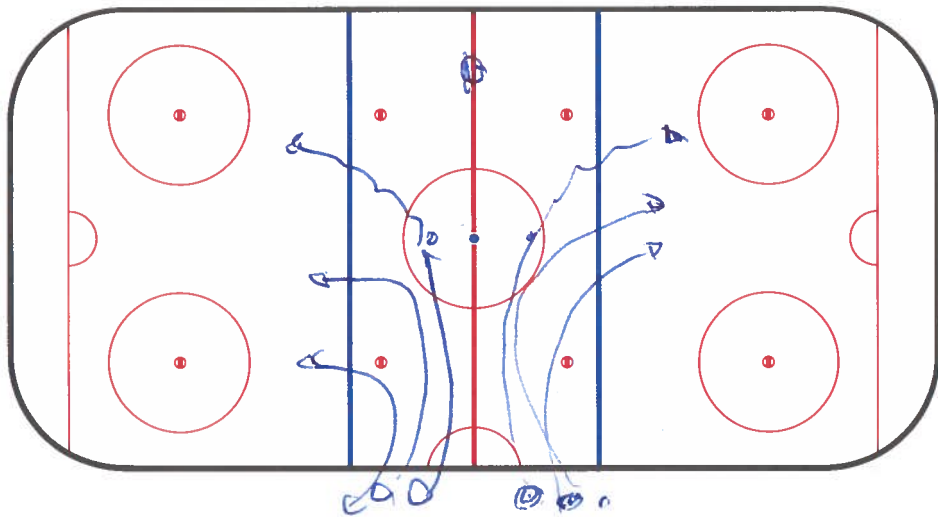
3-2  
Zerlegenwechsel



3-2 Aufbau  
 Regionen Mittlere Zone  
 3-2 + (DC) 3-3

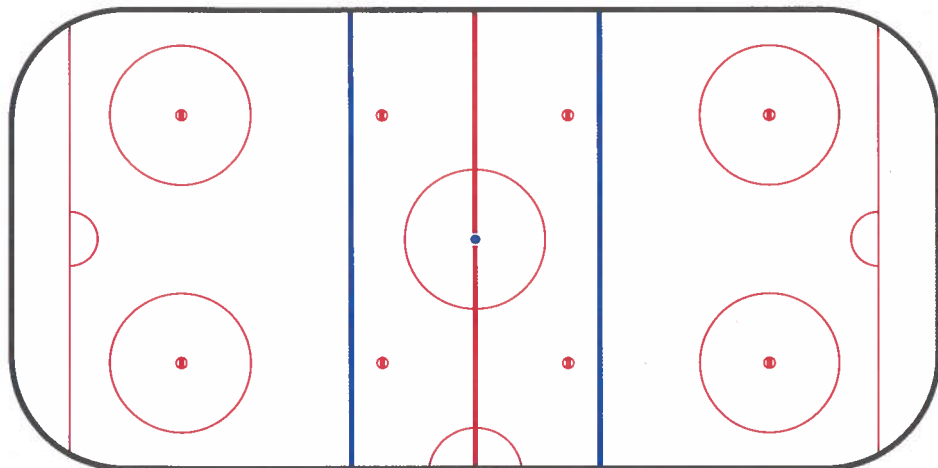


5-5 Wechsel 2SP  
 Offensiv gehen wenn  
 Aufbau



3-0  
 3-3

Wettkampf  
 jedes Tor einen Punkt



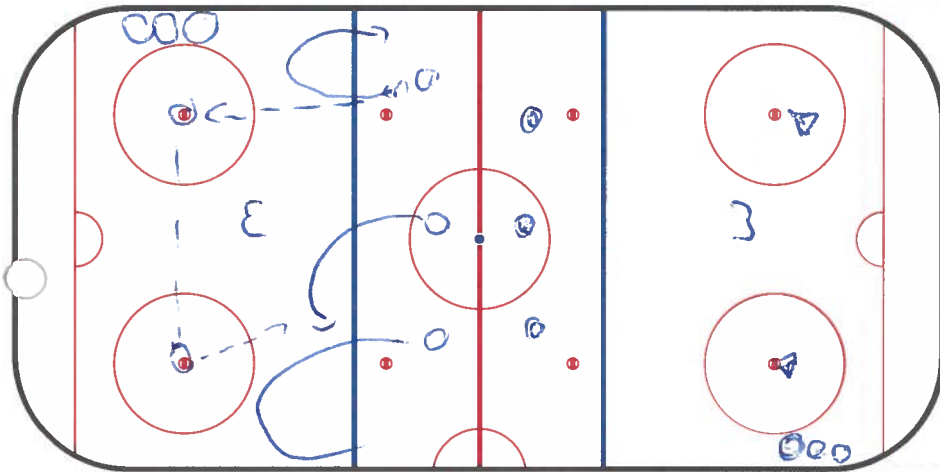




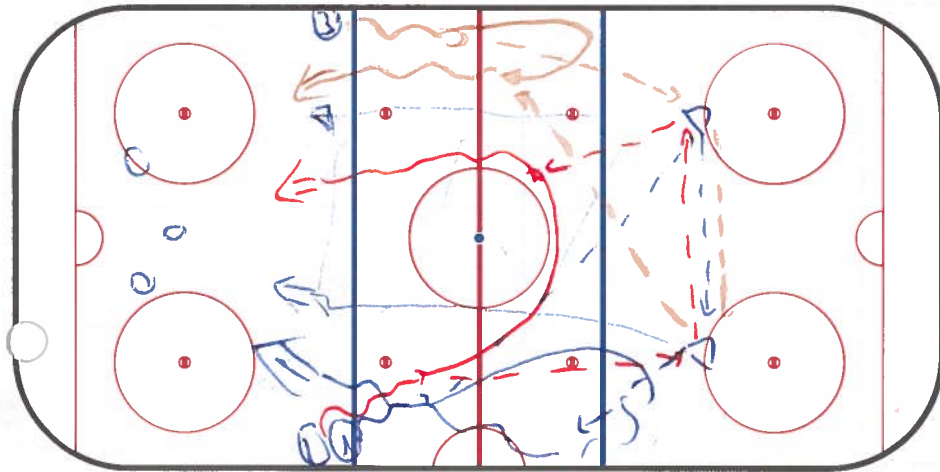
TEAM: U17  
 DATUM: 15.12.21  
 TRAINER: Markus, Jimmy  
 1940 1840

gk	Stini	Olli	Melvin
glb	Patrick	Lukas	Benni
glb	Samuel	Tob	Jon
gk	Zigler P	Banno	
	Jonas	Pascal	grat
	Kilian	Patrick	glt
	Emilia	Joshua	vet

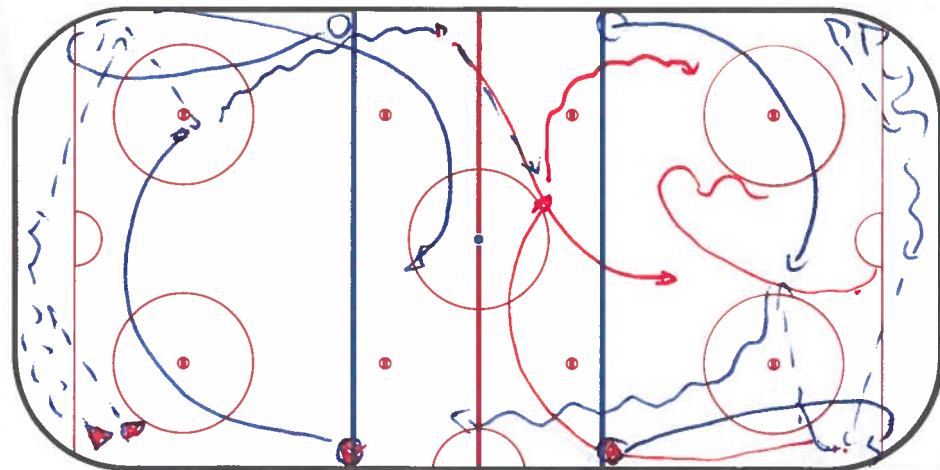
# TRAININGSPLAN



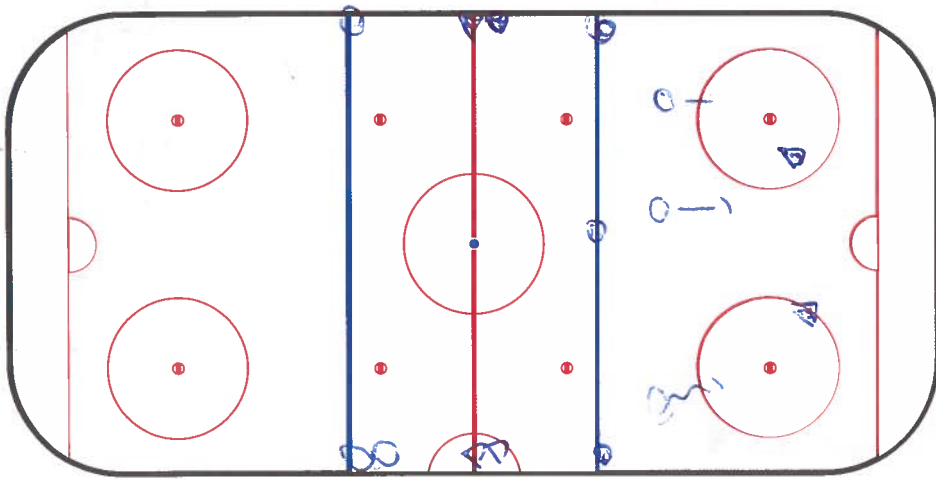
5-8  
 Warm up Spiel  
 4-3  
 Aufbau defensive  
 Offensive



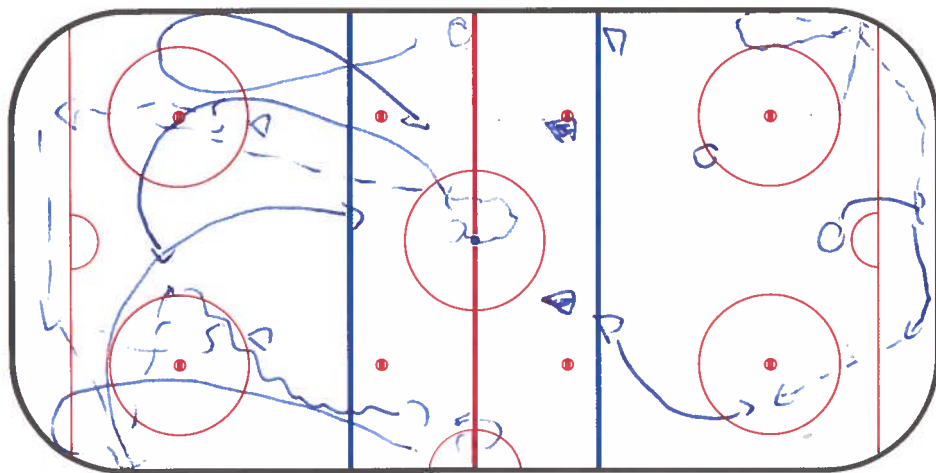
5-8 4/4  
 Transition  
 Passing  
 VT schlies blaue Linie



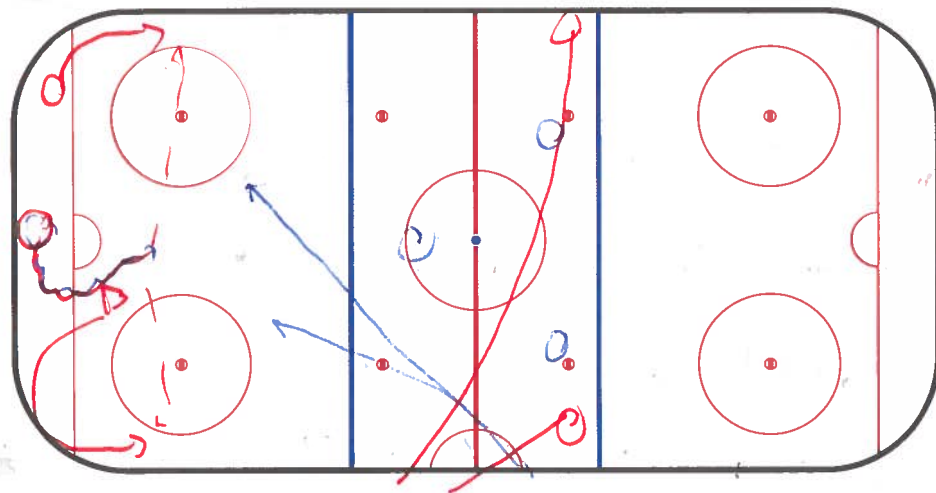
5-8 4/4  
 2-1  
 Aufbau



3-2 + (ABC) 5-01

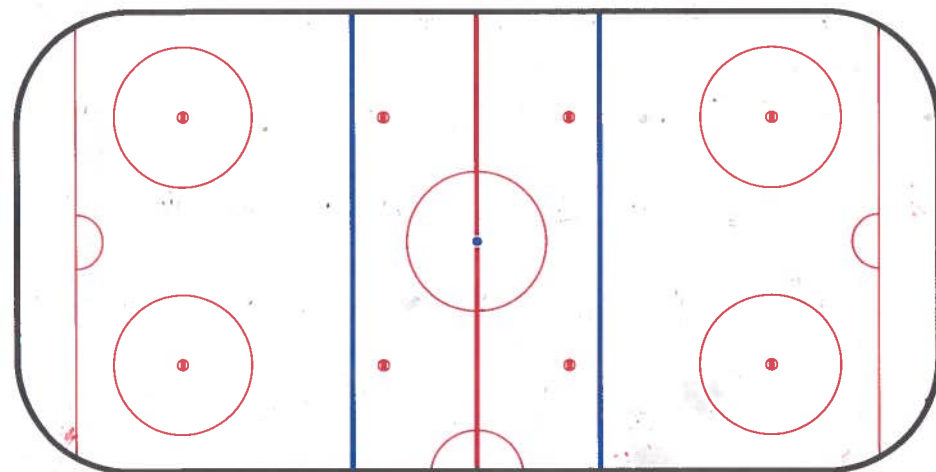


5-2 Aufbau 101  
 - links Tor VT VT  
 - selber  
 - vorne



2 Angriff aus der Ecke  
 wenn pass links Tor

5-5 808  
 Wechsel 2 Stürmer  
 VT + 1 ST bleiben  
 Aufbau oder  
 defensive ST  
 zentrale Zone





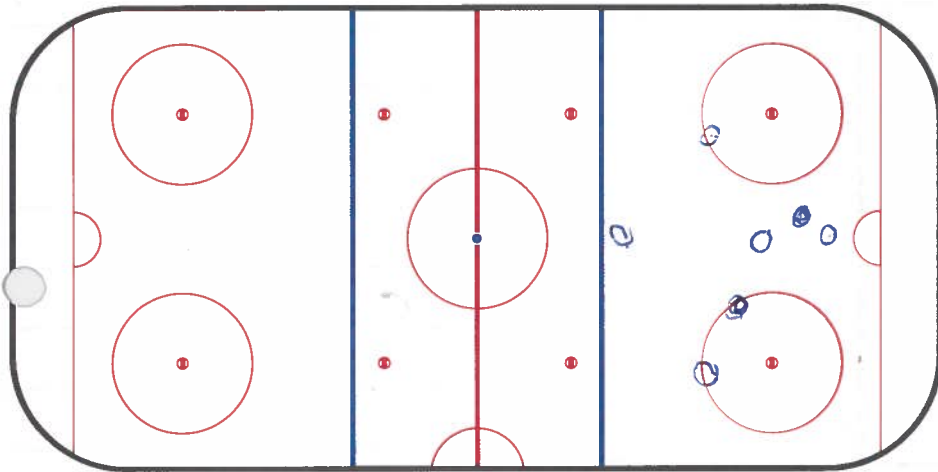
TEAM: U11

DATUM: 17. 12. 21

TRAINER: Markus, Jimmy  
1750-1850

Flo	Gil.	Malin
Gabriel	Lukas	Benn
Sebastian	Tobi	Jan
Jonas	Pascal	
Kilian	Peter	
Patrick	Emilia	

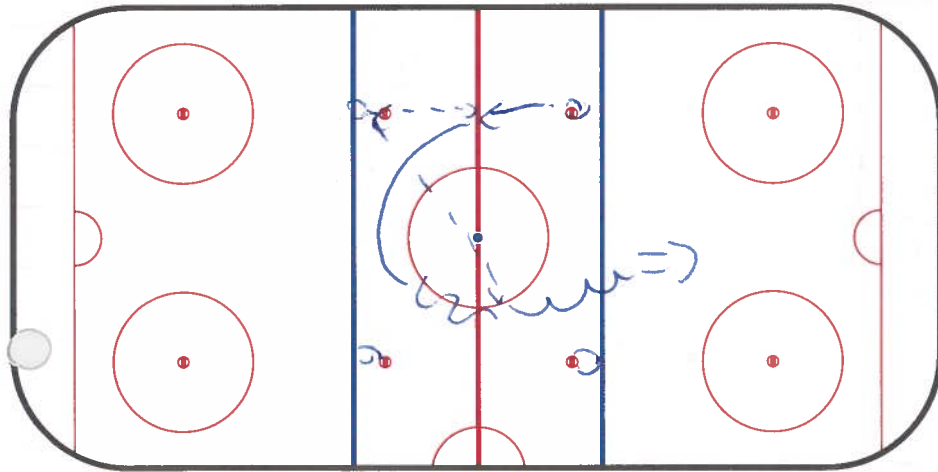
# TRAININGSPLAN



5-2

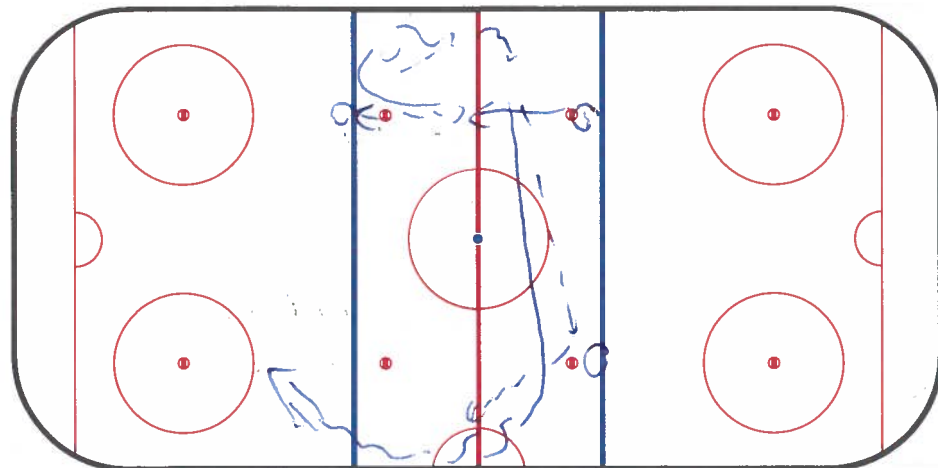
5-3'

Warm up - Spiel



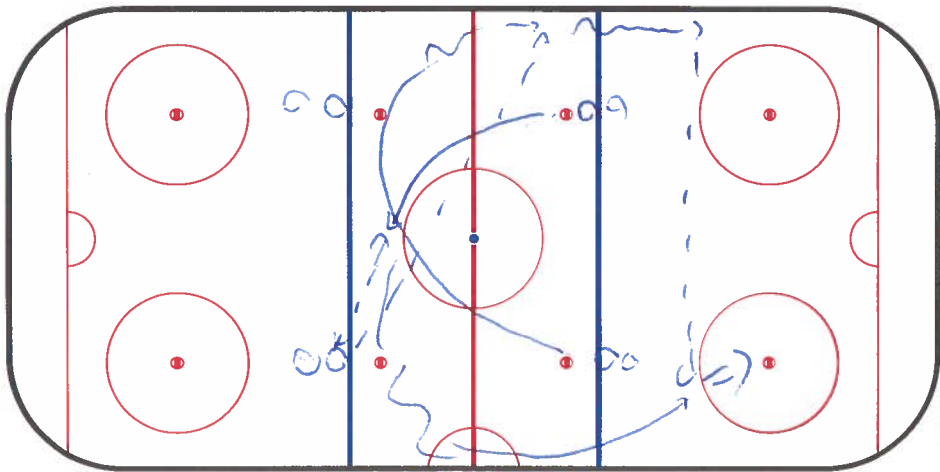
Passübung

4'



4'

16'



4'

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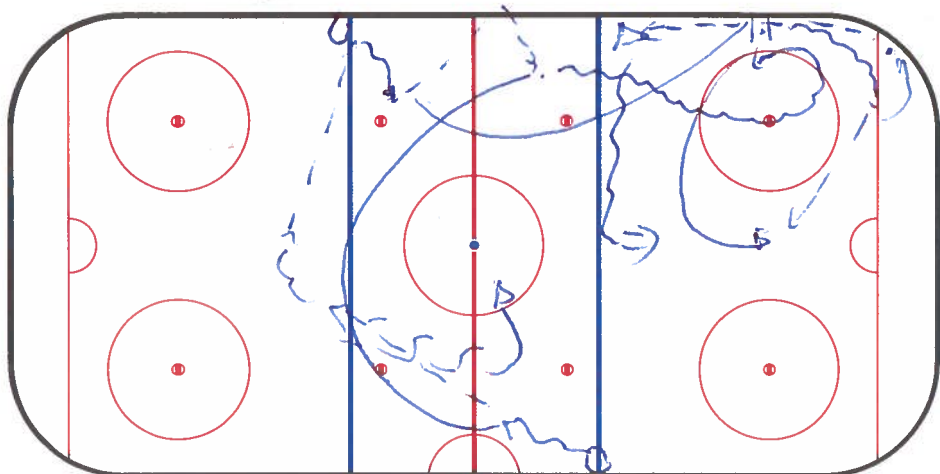
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20



4'4

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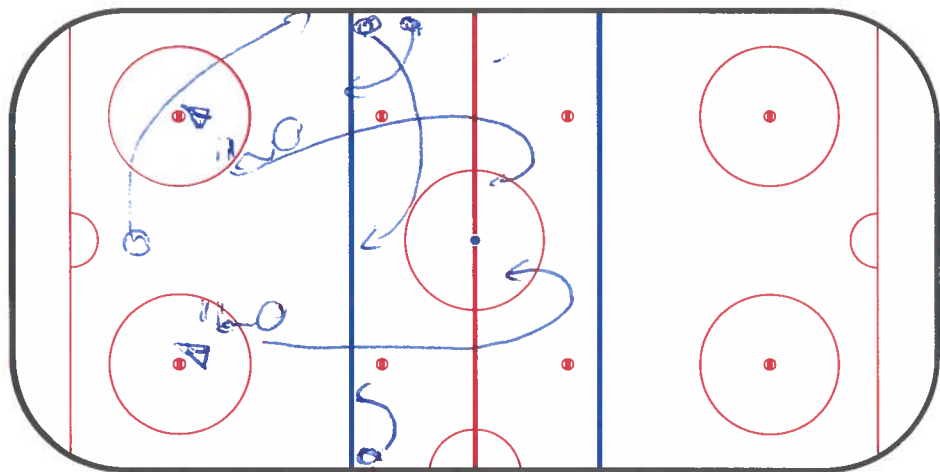
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30



2 VC

5-8'

Aufbau

+ 1 VT

3-2

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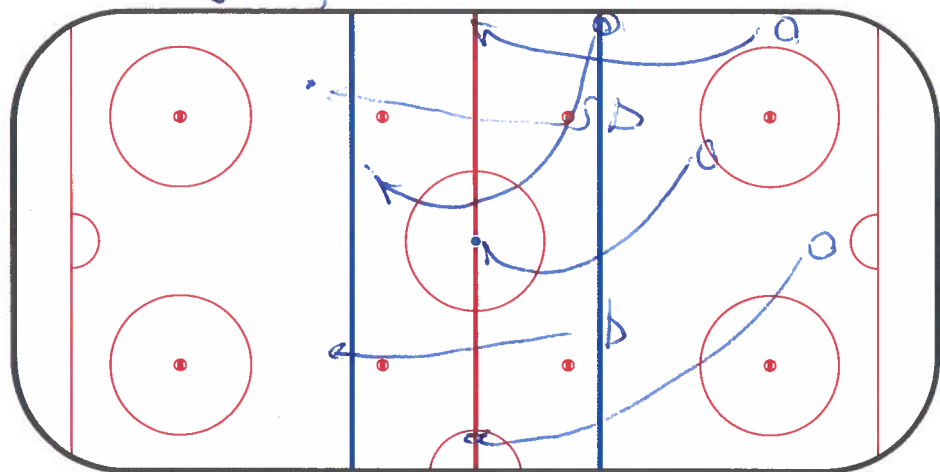
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40

Janney 10

überwahl 10



Regroup 1 VC

Aufbau Neutralzone

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Zum Schluss 10'

Überwahl

Aufbau



TEAM: U17

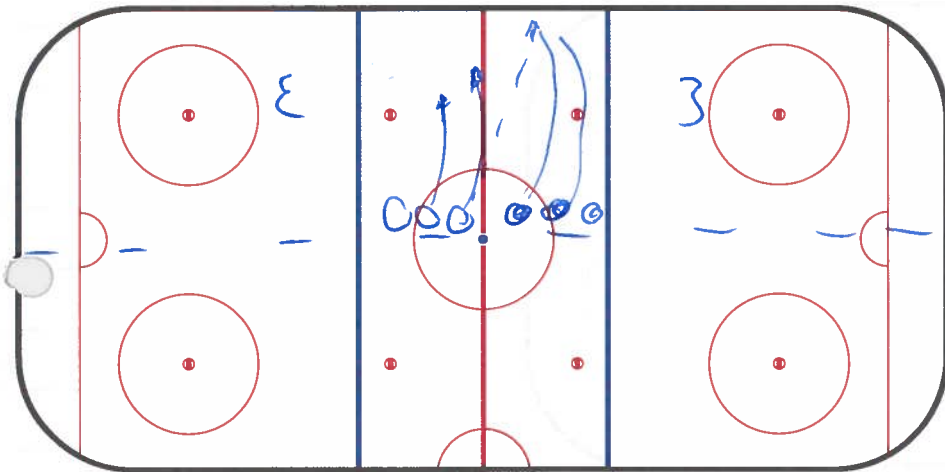
DATUM: 20.12.21

TRAINER: Markus Jimmy

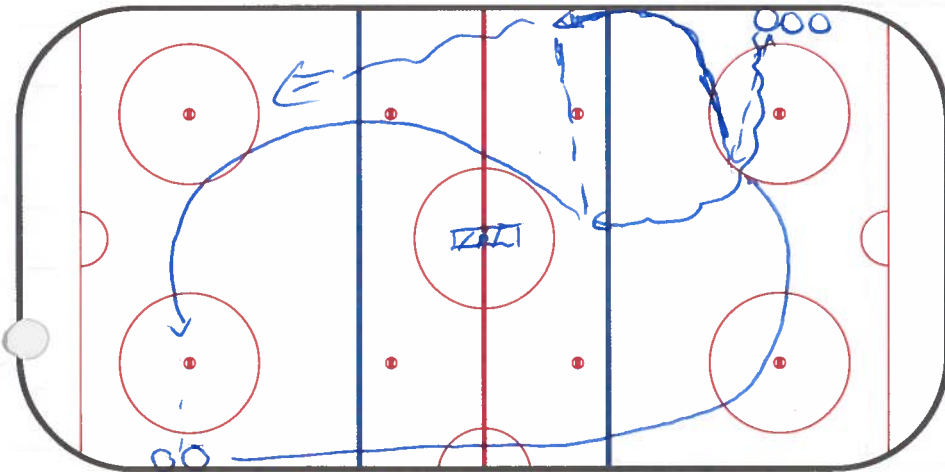
ET 17<sup>30</sup> - 18<sup>30</sup>

TT 18<sup>40</sup> - 19<sup>00</sup>

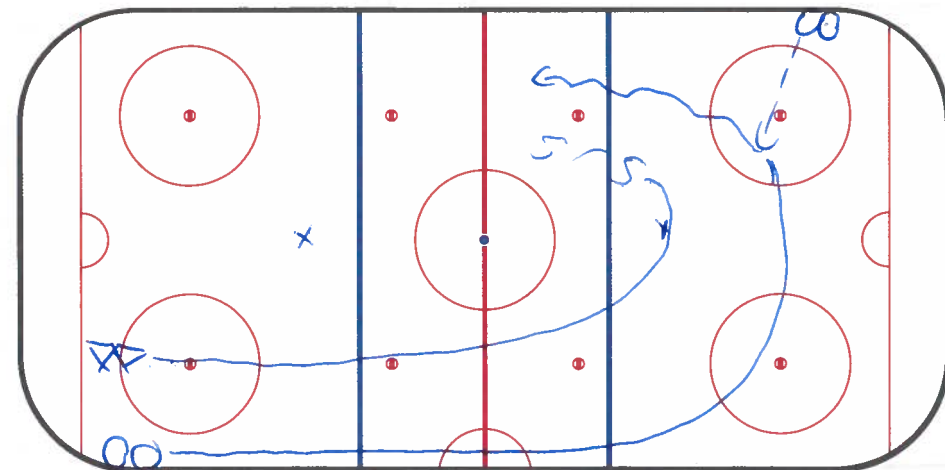
# TRAININGSPLAN



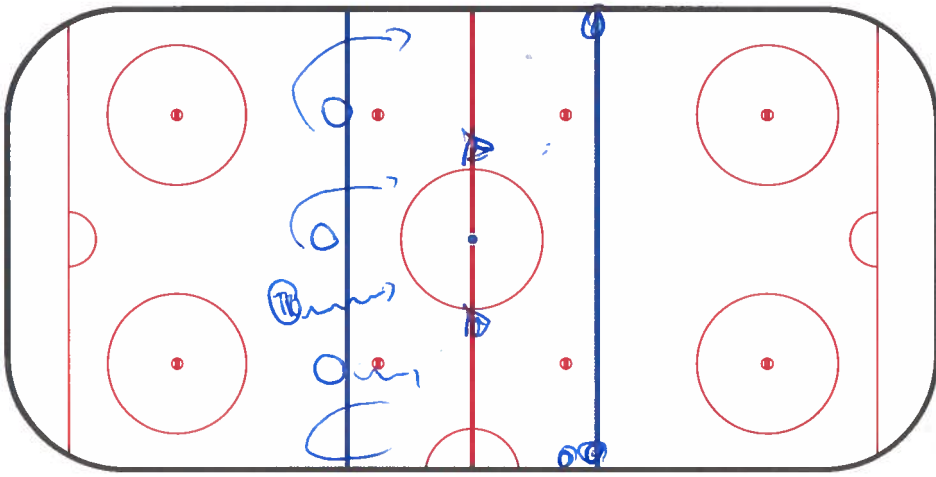
Warm up Spiel  
2-2



Passübung / Jimmy  
VT A/B/C



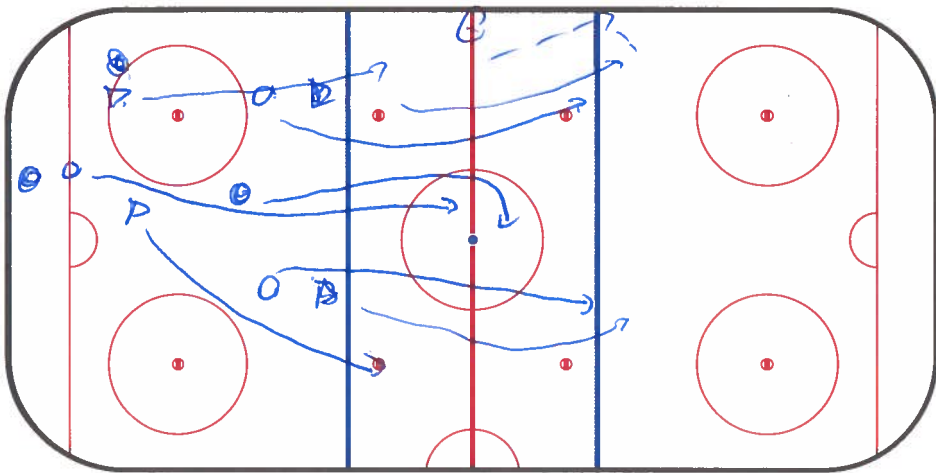
1-1



3-2

3-5 Außen

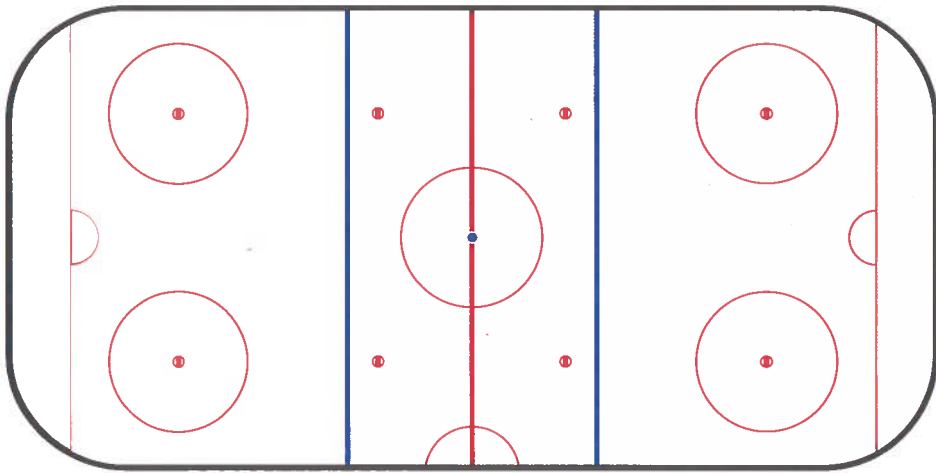
VC 2 Spieler



3-4  
3-5 Außen +

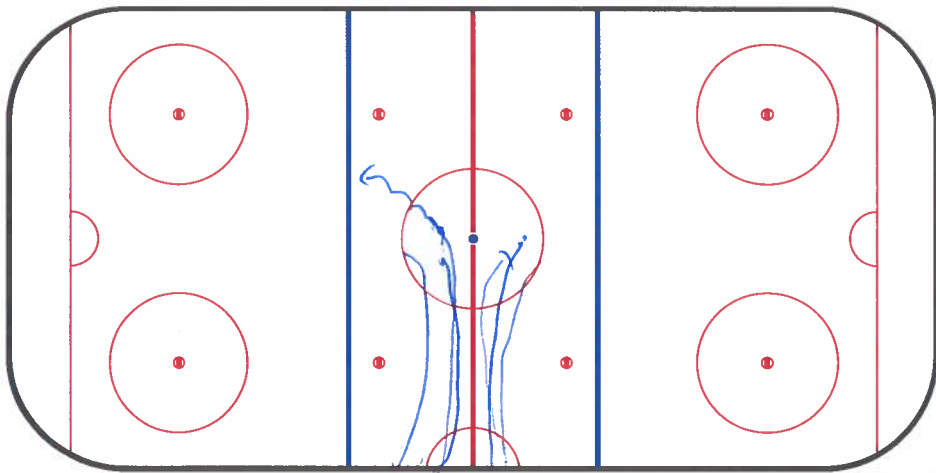
Regroup 5-5

VC 2 Spieler



Spiegel

5-5



Wettbewerb

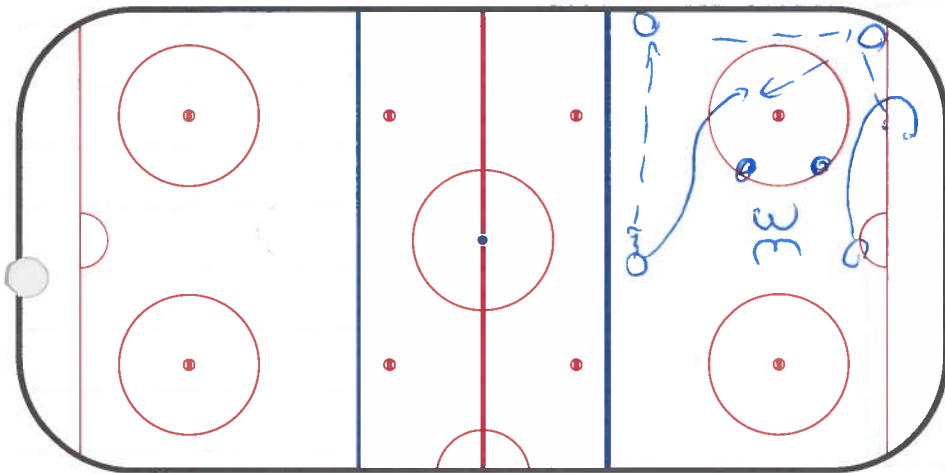
3-0

3-3



TEAM: U17  
DATUM: 22.12.21  
TRAINER: Markus  
ET 1740-1840  
KT 1850-1930

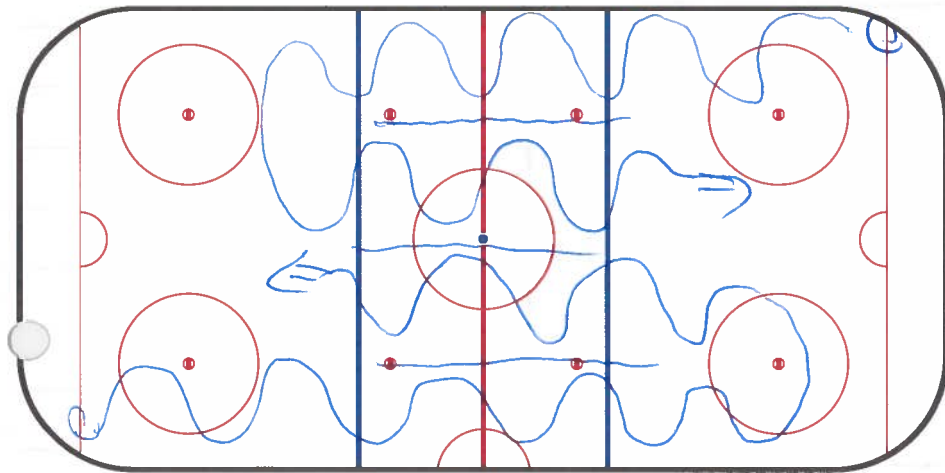
# TRAININGSPLAN



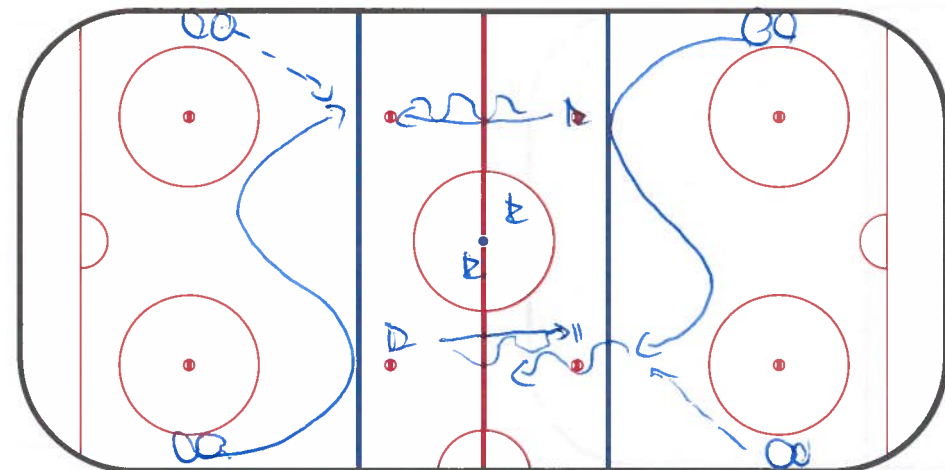
Warm up Spiel

2-2

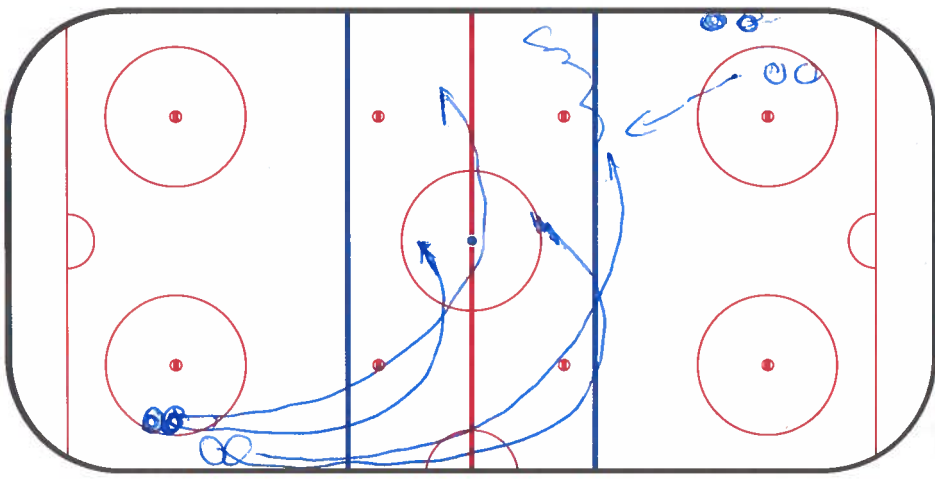
2 defensive Joker  
Aufbau



Lauf- u. Stocktechnik



1-1



2-2

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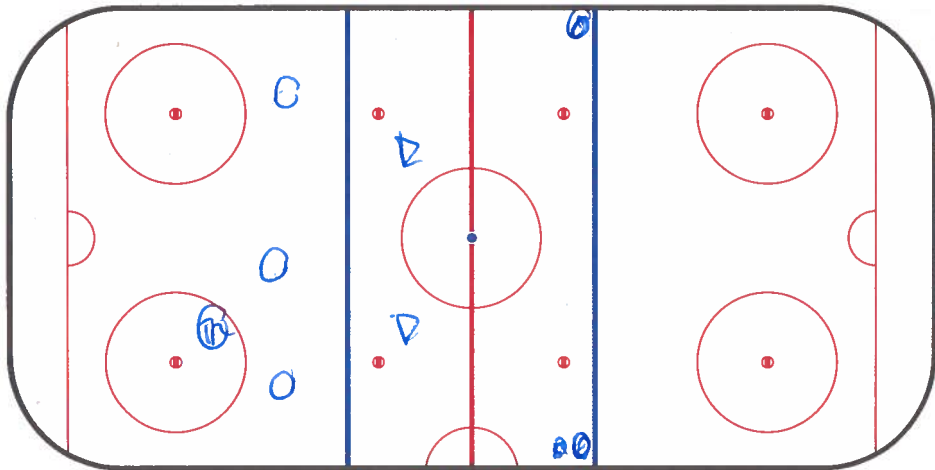
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3-2

3-5

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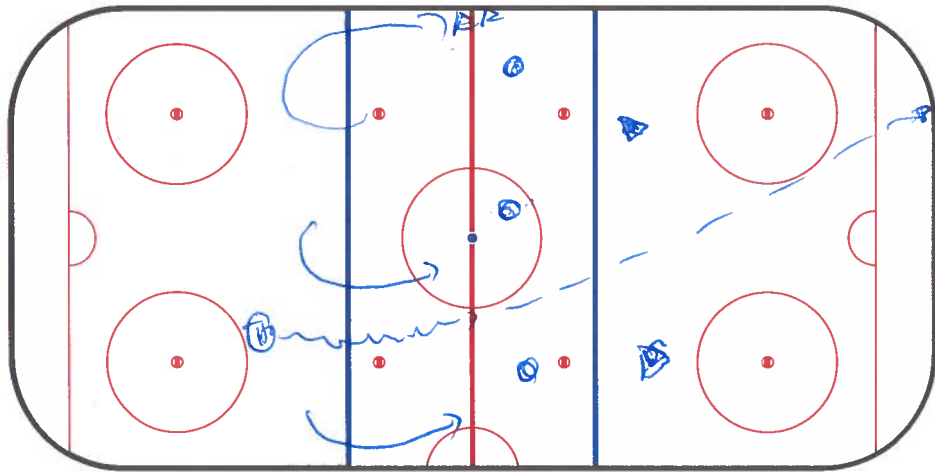
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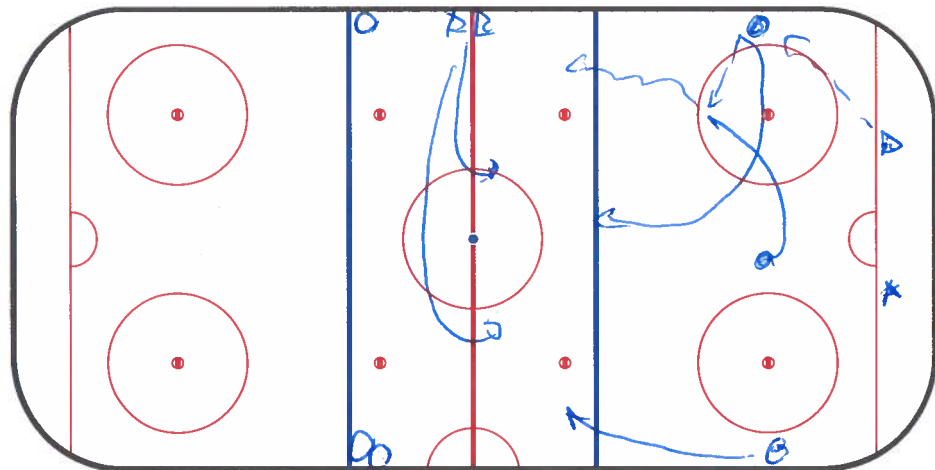
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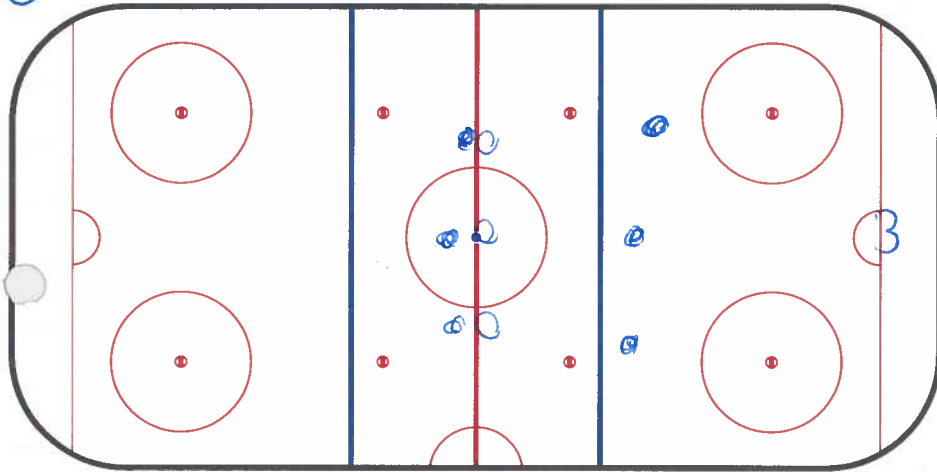


TEAM: U17  
DATUM: 27.12.21  
TRAINER: Marko Jany

Abgefragt Renne, Tob., Ebi.

# TRAININGSPLAN

1

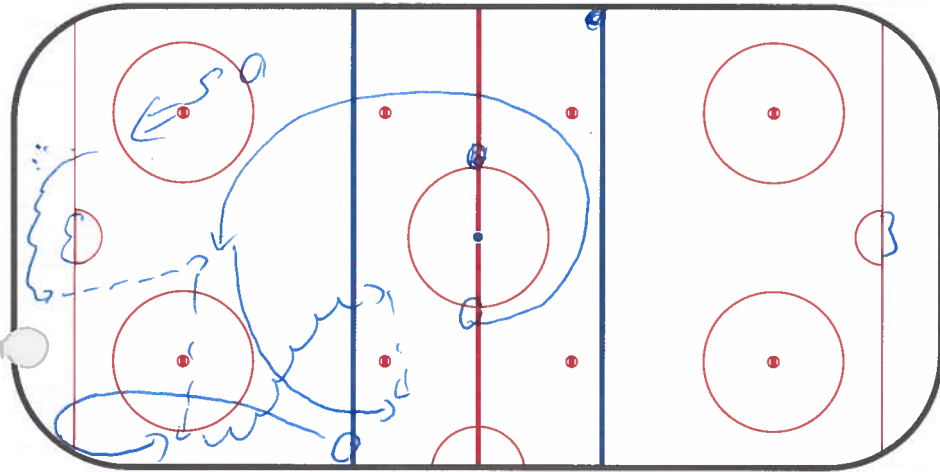


Warmup - Spiel

3-3

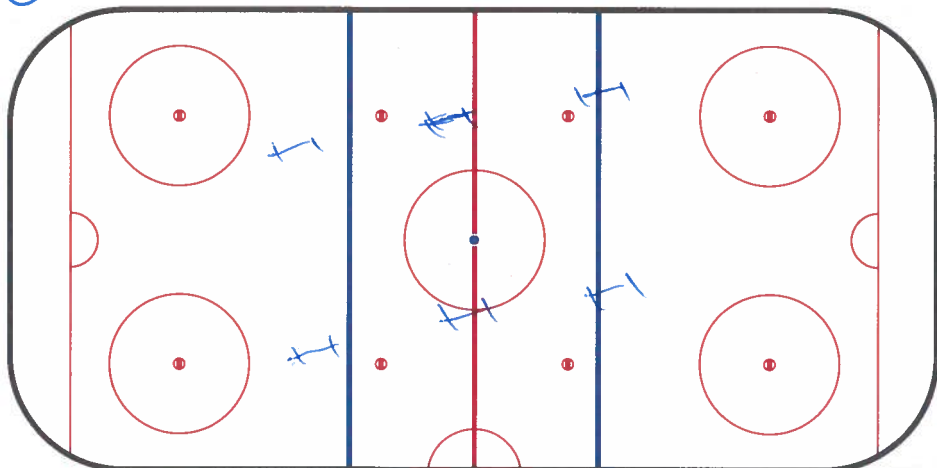
Umschaltspiel

2



Passübung

3

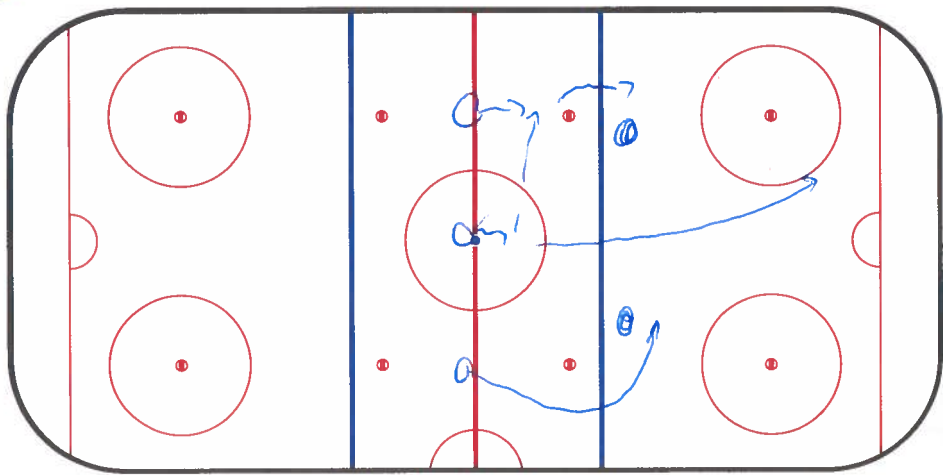


Stoßtechnik

Finke seitlich

Toe drag vorne - seitlich

3



3-2

ABC

3-3

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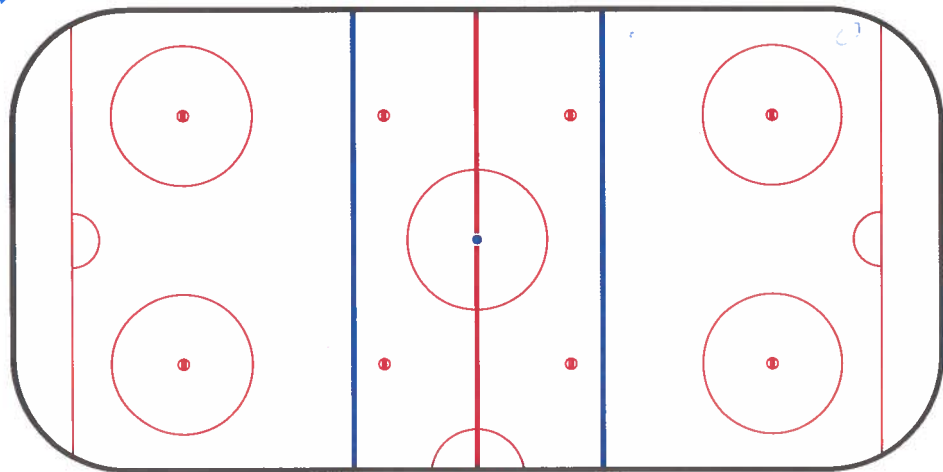
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4



SPIEL

5-5

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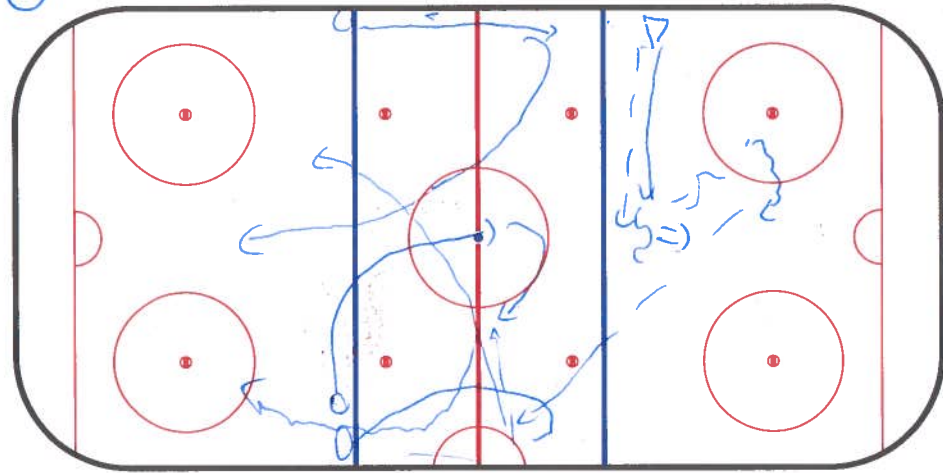
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5



Aufbau

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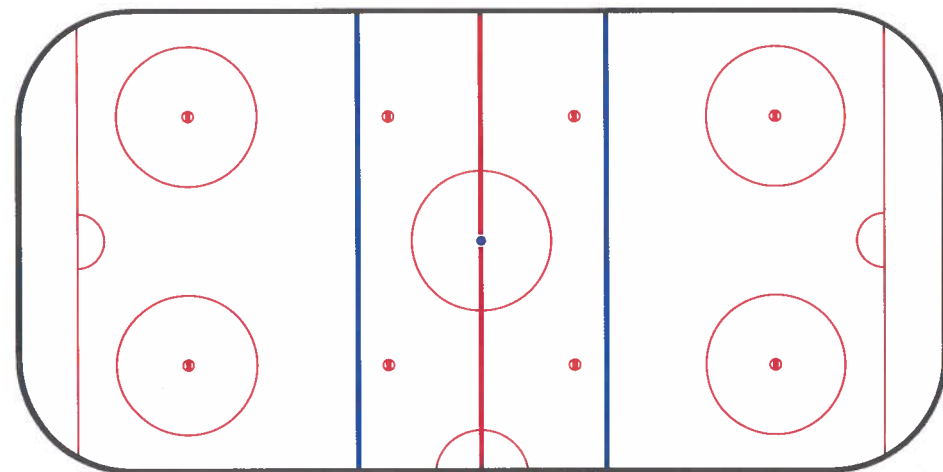
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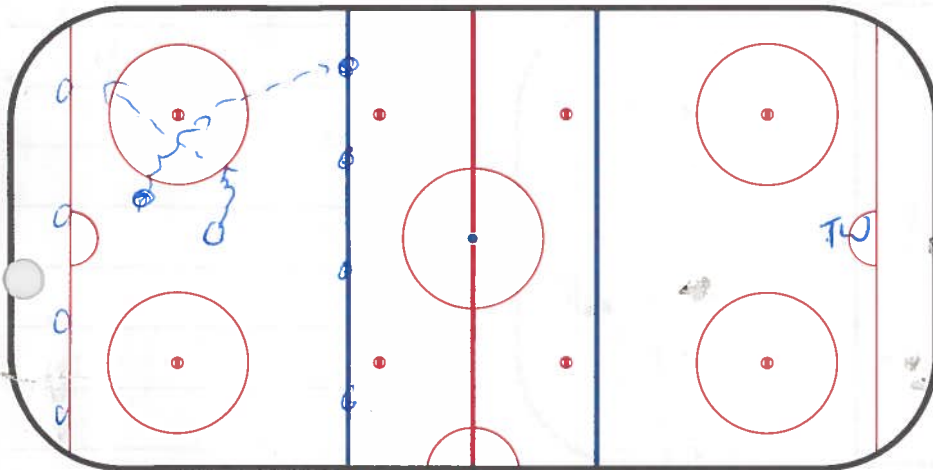
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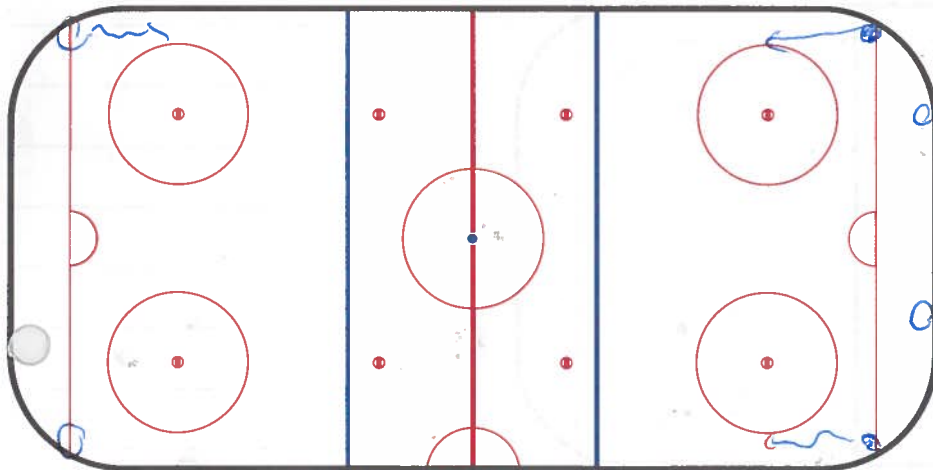
TEAM: U17  
DATUM: 28.12.21  
TRAINER: Markus, Jimmy

ET 1745 - 1840  
TT 1850 - 1920

# TRAININGSPLAN

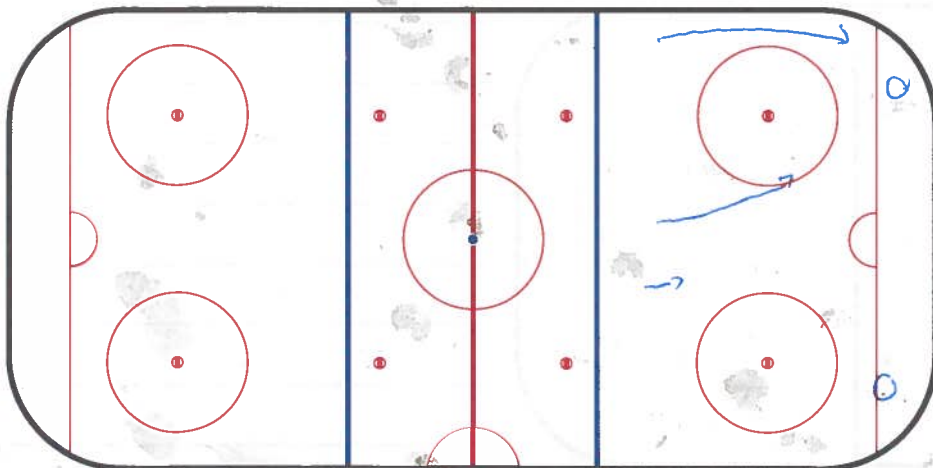


Passübung

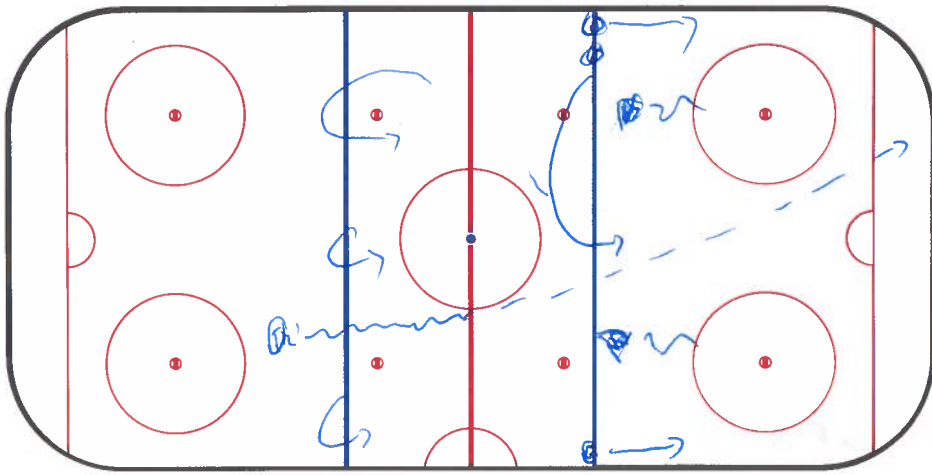


2-2 BC

Wan up - Spiel  
auf Signal  
starten die offensive SP  
u. die defensive SP  
an der Bande BC



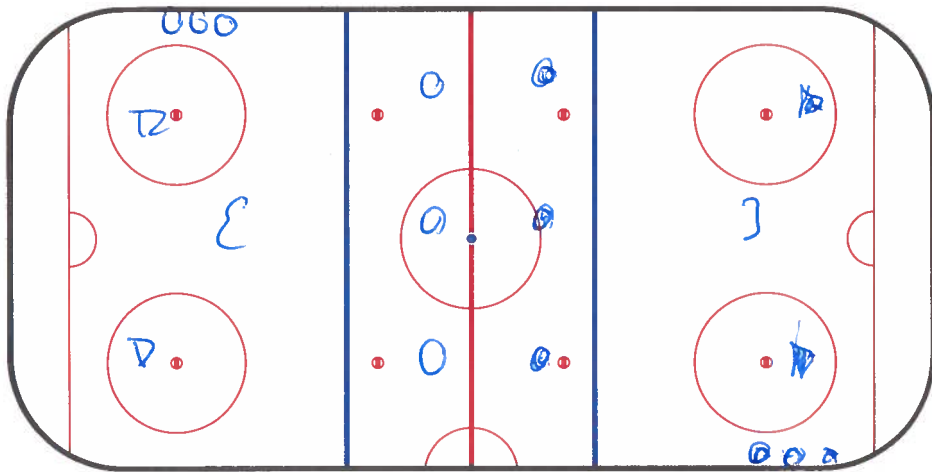
VC 2



3-2

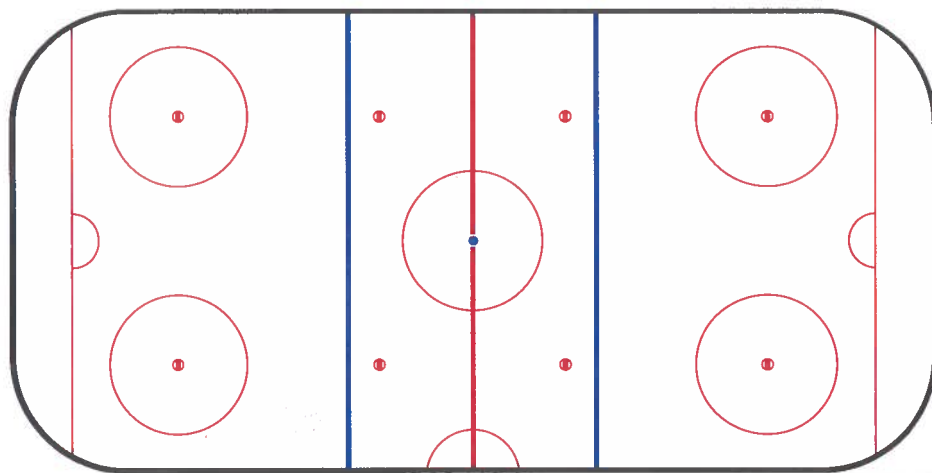
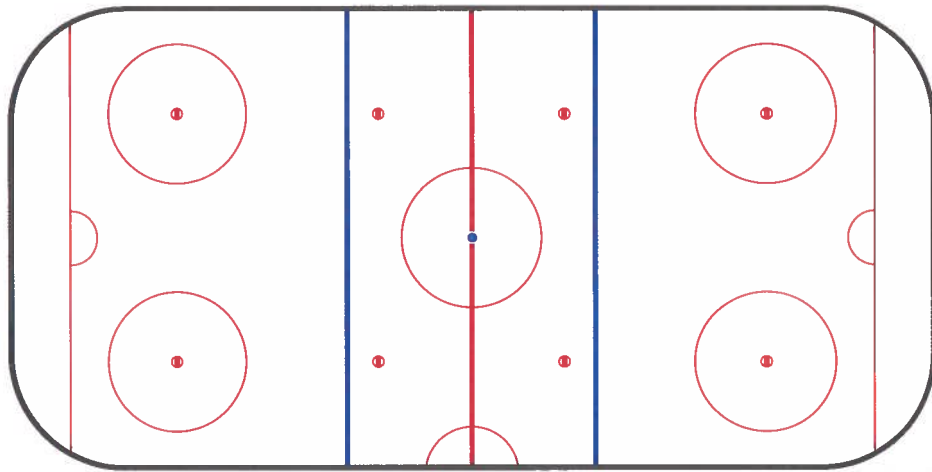
3-5 Unkeshitay

2VL



4-3

Δ/beam





TEAM: U17

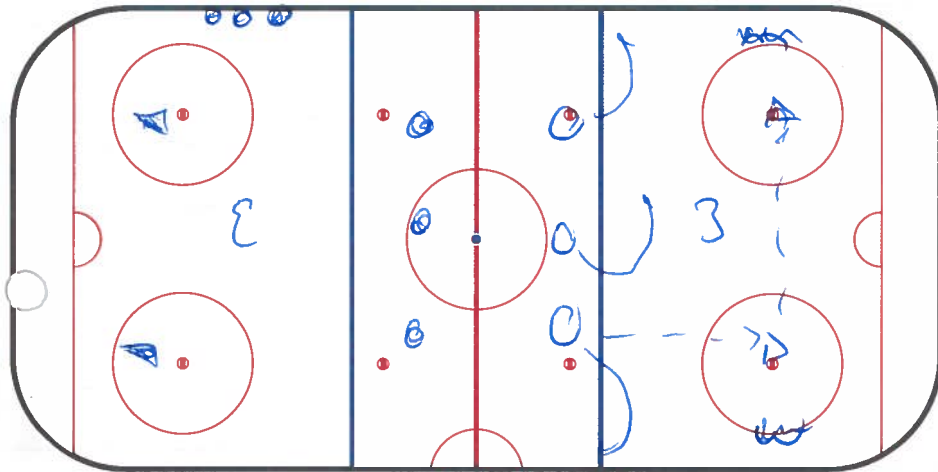
DATUM: 03.01.2022

TRAINER: Markus

ET 1820 - 1820

KT 1830 - 2015

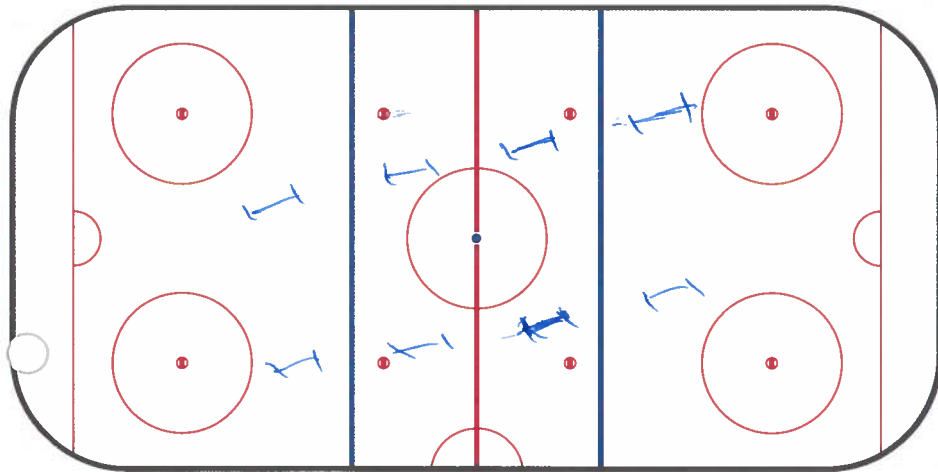
# TRAININGSPLAN



Klein-feld spiel

Warm up

4-3

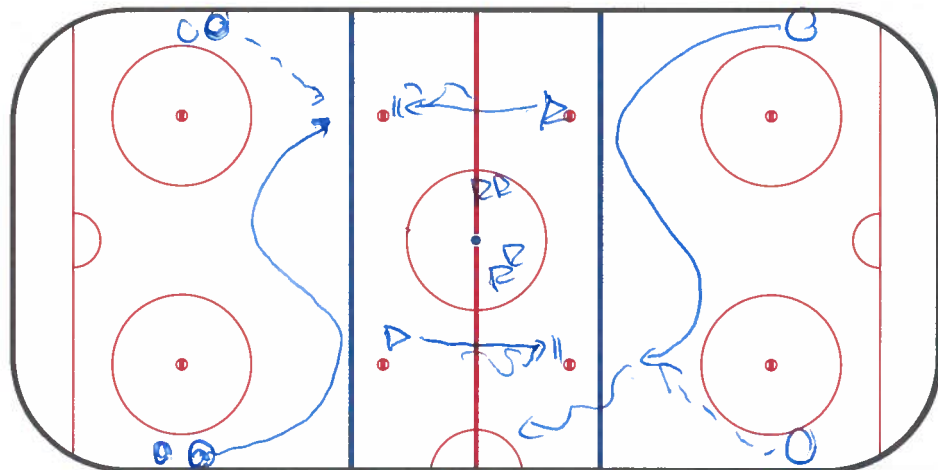


Stoßtechnik

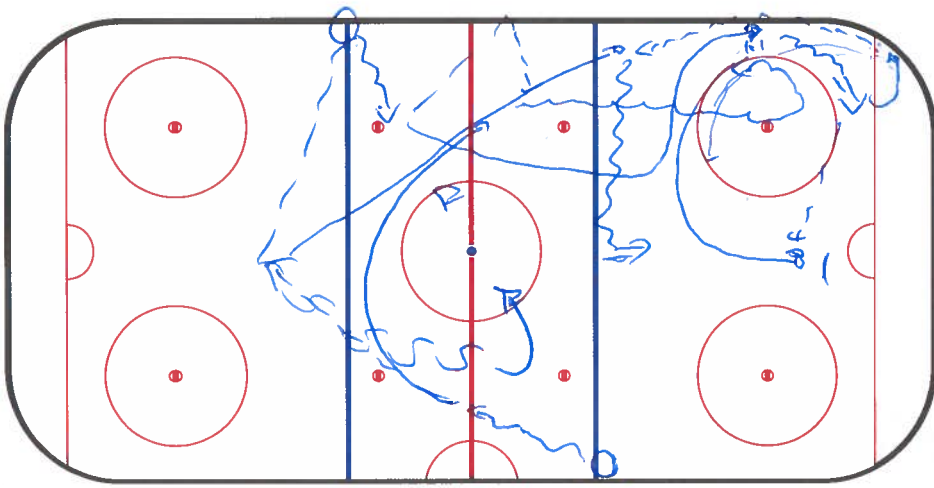
Finte

seitliche

Toe drag



1-1



2-1

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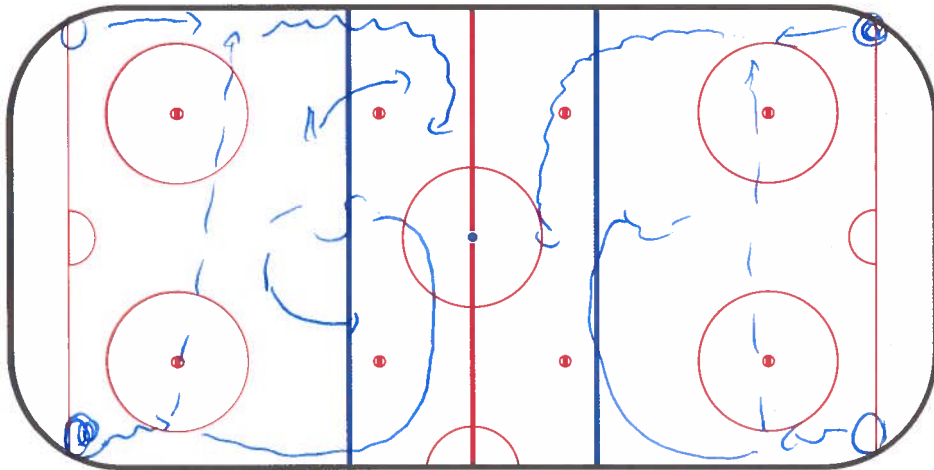
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2-2

OFFENSIVE - DEFENSIVE  
DEFENSIVE - OFFENSIVE

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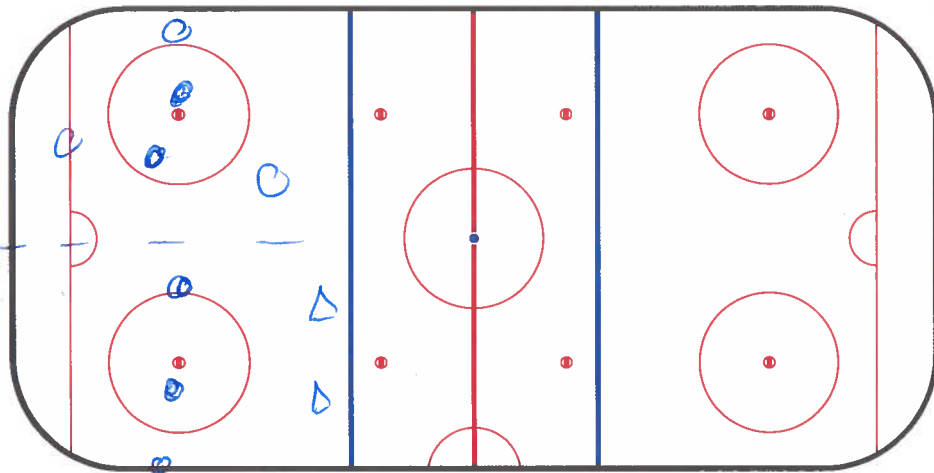
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3-2

5-5 on Signal

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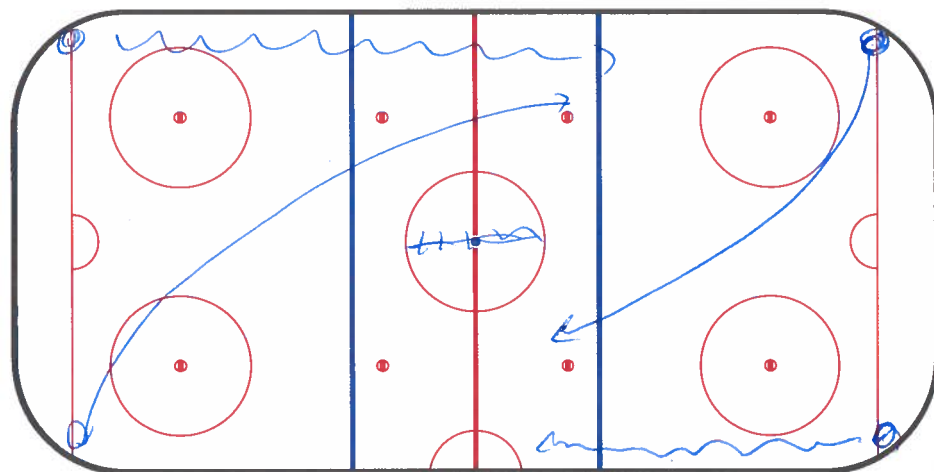
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1-0 (BC)

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TEAM: U17

DATUM: 04.01.2022

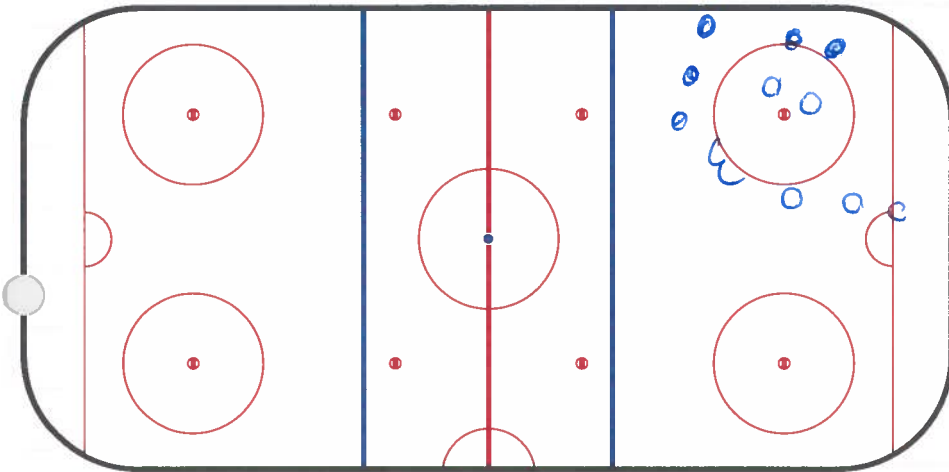
TRAINER: Markus, Jimmy

ET 1745 - 1840

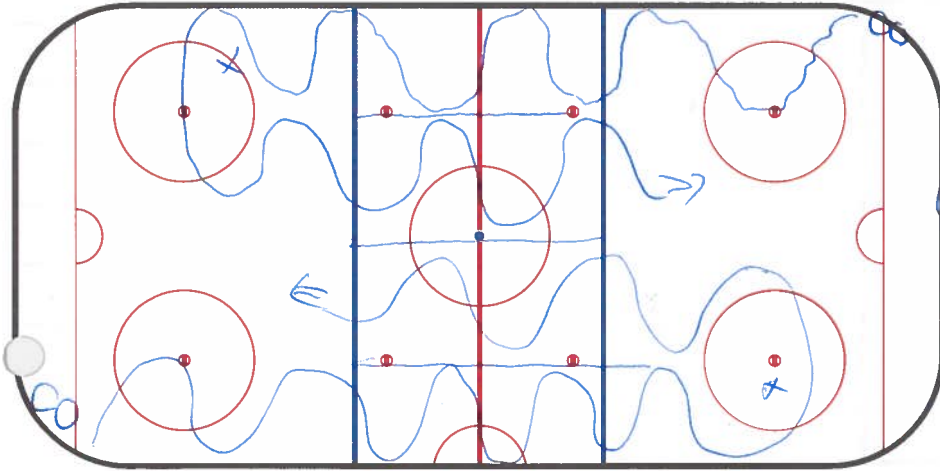
TT 1850 - 1820

Sabriel Stibi Melny  
Gabriel Lukas Tobi

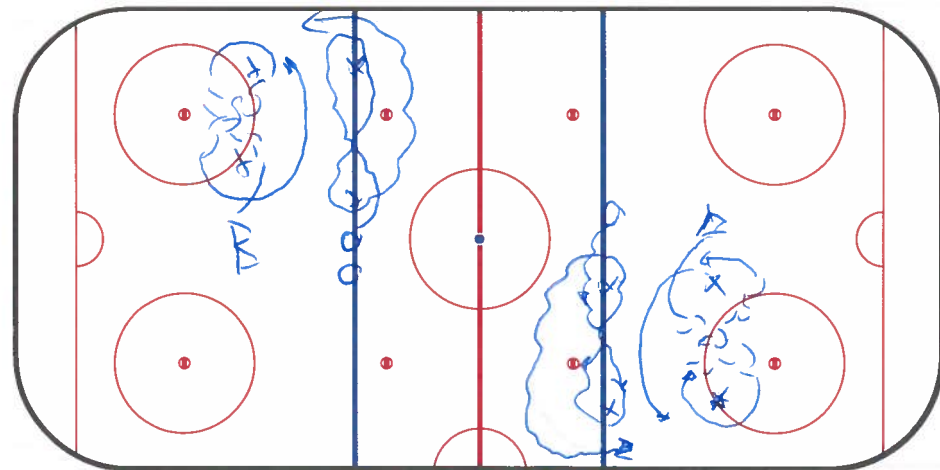
# TRAININGSPLAN



Learn up drill 5-8  
2-2

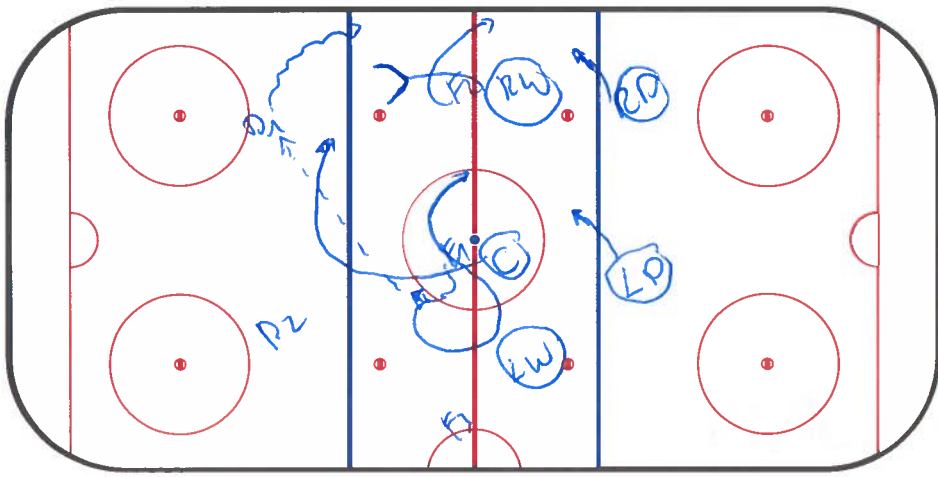


Sticktechnik  
- Fikle seitlich  
- Ice drag  
- 5-8 Innenkante / Außenkante  
- W übersetzen  
- Drehung  
- Innenkante mit Puckf.  
R<sup>1</sup> 1<sup>2</sup>  
R<sup>1</sup> 2<sup>1</sup> R<sup>2</sup>



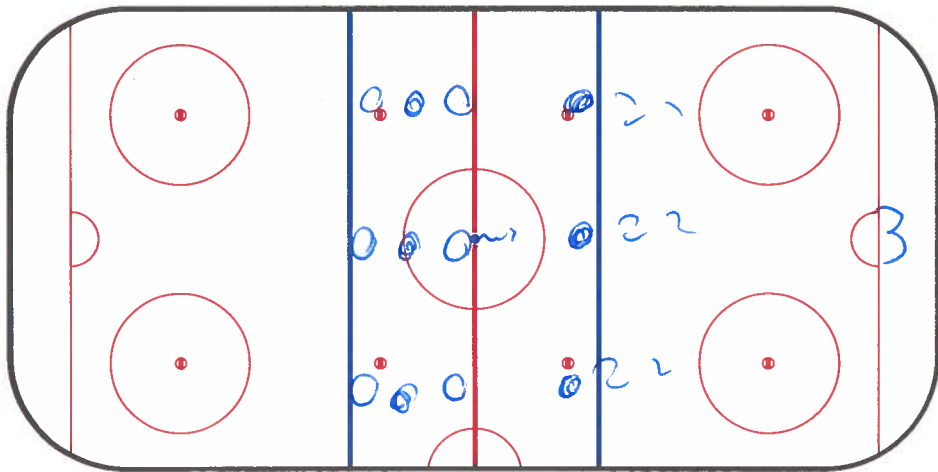
1-1  
seitlich aufnehmen

4/4 8'

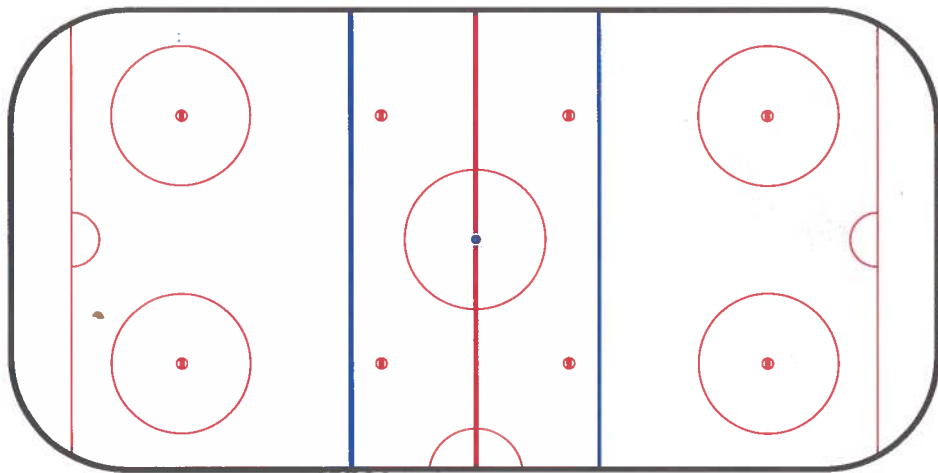


5-5 Neutrale Zone  
Forecheck

Regroup



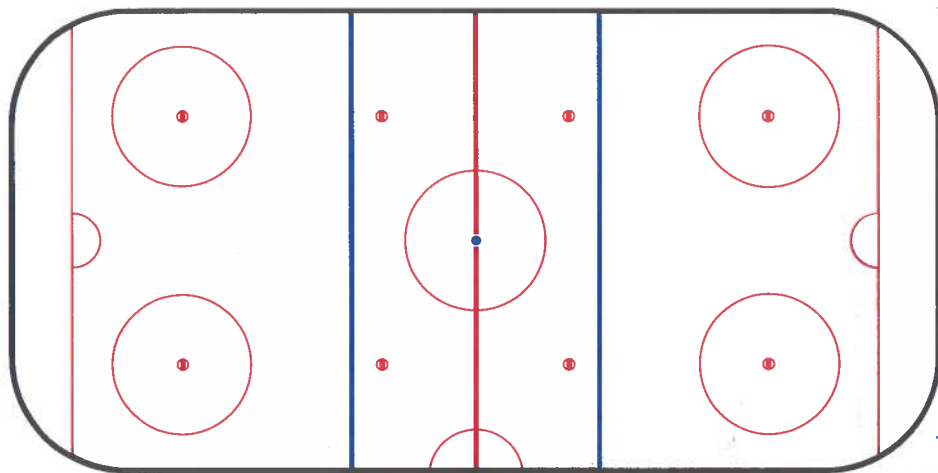
3-3 Offensive -  
Defensive



Mittwoch

- Aufbau erst VT alleine ohne Druck
- ST Bandpass
- Aufbau 1VC
- 2VC

- Überzahl



- Pannenspieg
- im Drittel 3-2 Zyklus
- von der Neutrale Zone einbringen
- ins gegnerische Drittel
- Überstützung
- + BL
- Überzahl
- Freispiel / Schussübung
- VT / ST





TEAM: U14

DATUM: 05.01.22

TRAINER: Markus, Jimmy  
ET 1850 - 1840  
TT 185

St.2: Olli? Malaya

Gebrüder Lukas Tobl

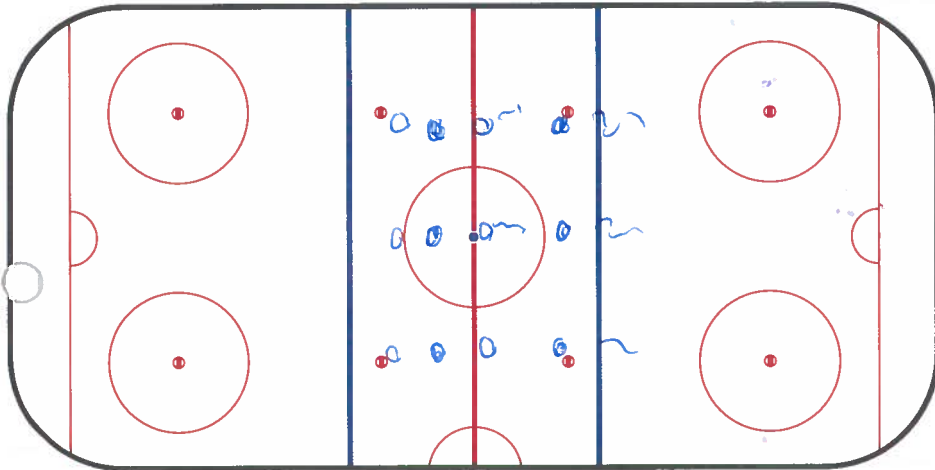
Samuel & Simon Denni

Jules Seri

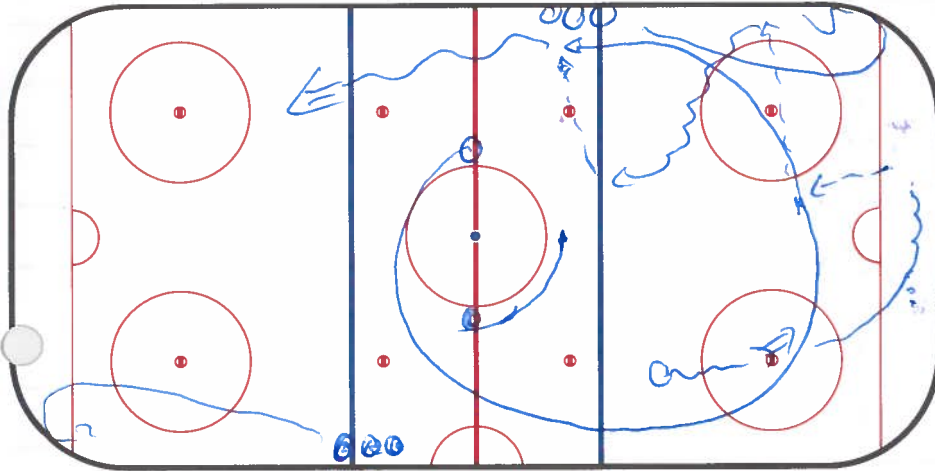
Patrick Kilian?

Felix P Emilia

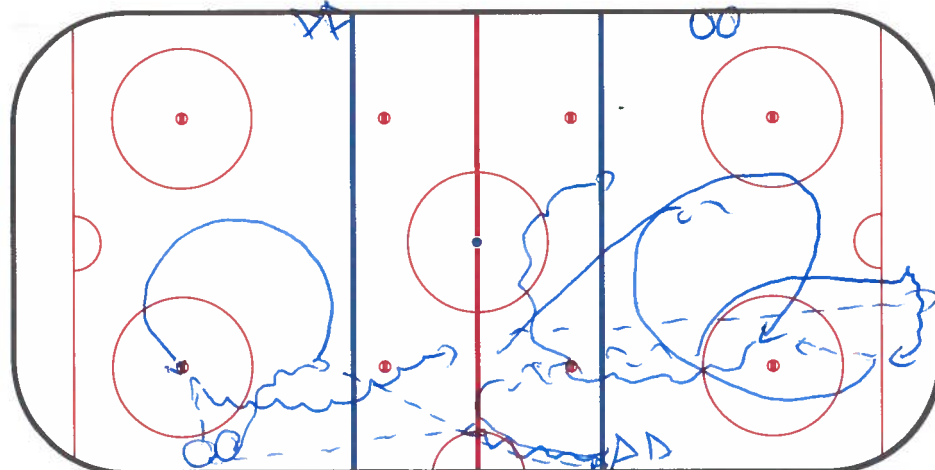
# TRAININGSPLAN



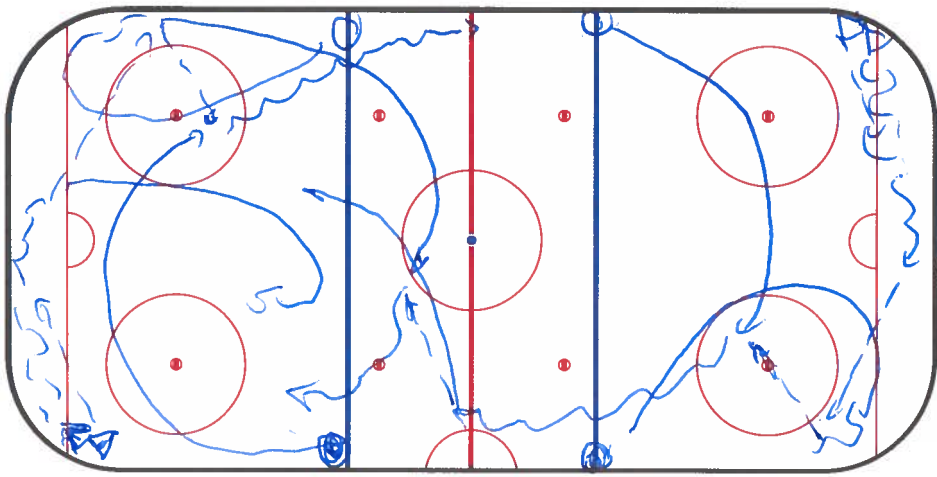
Warm up Spiel  
3-3



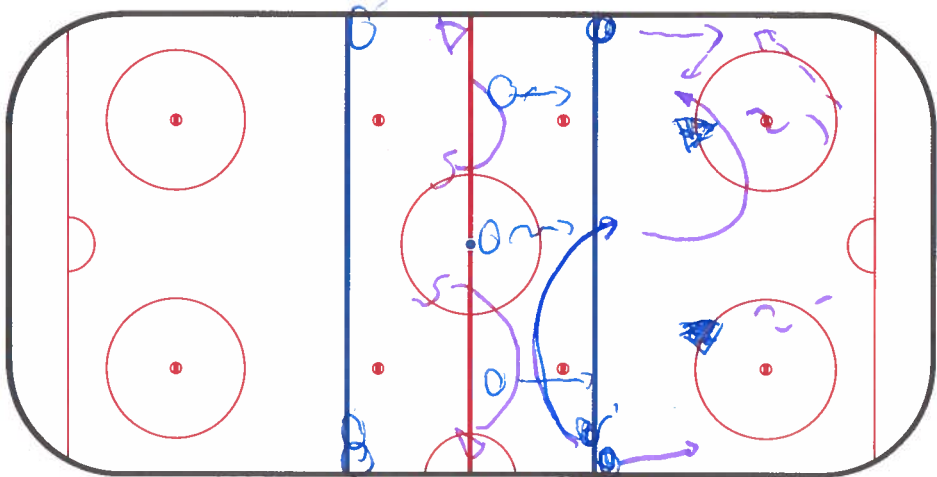
1-0 Passübung



1-1

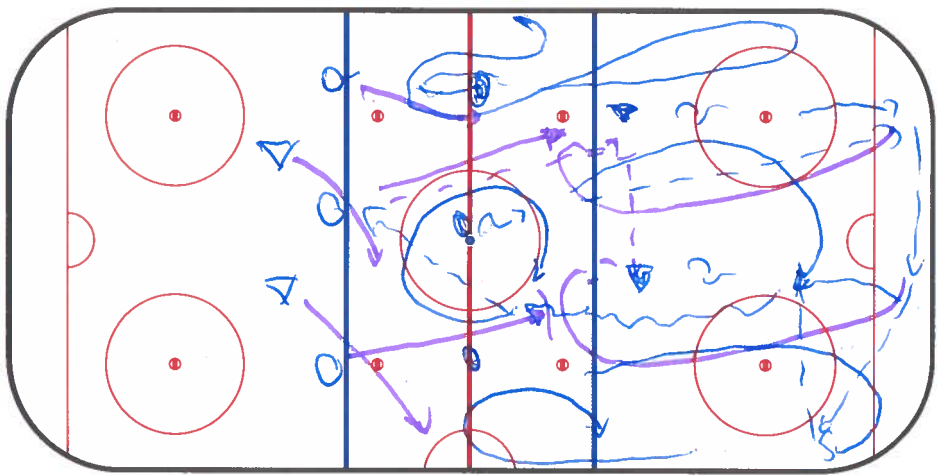


2-1

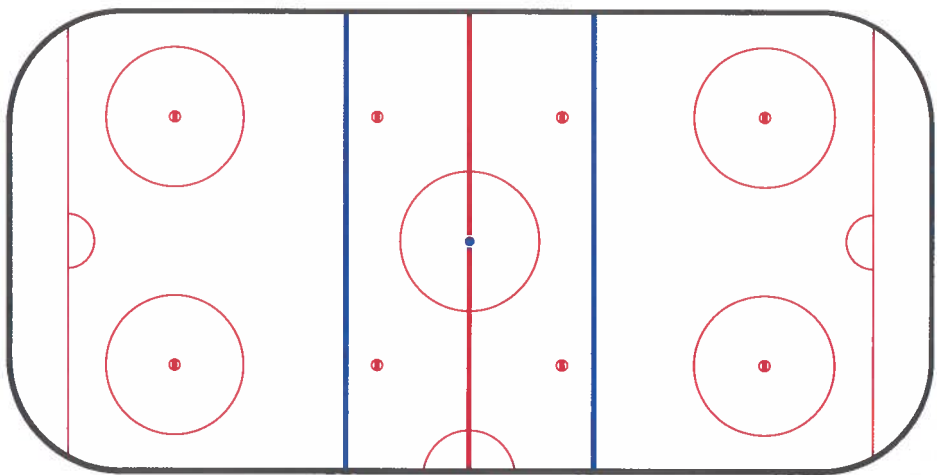


3-2 1BC

Aufbau letzter Mann  
 OFFENSIVE  
 Defensiv  
 BC



Neutrale Zone VC  
 VT - VT



5-4 Überzahl

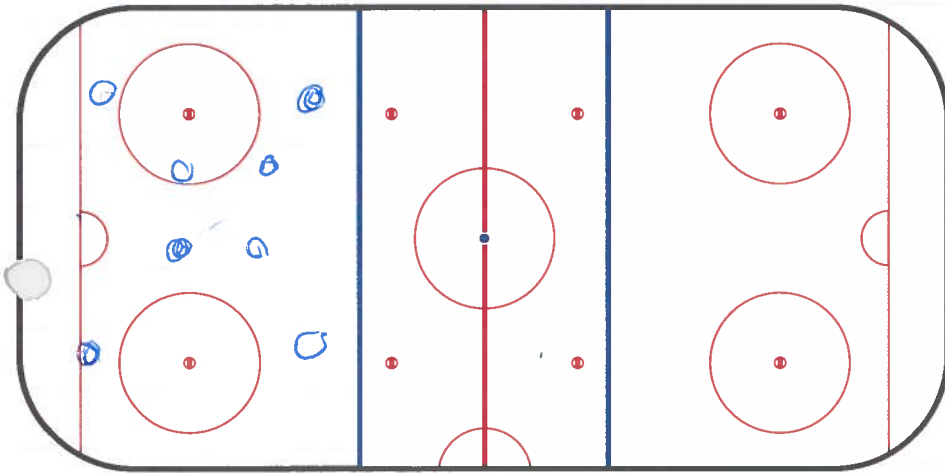


TEAM: U17  
 DATUM: 6.01.22  
 TRAINER: Markus, Jimmy  
 16<sup>35</sup> - 17<sup>30</sup>

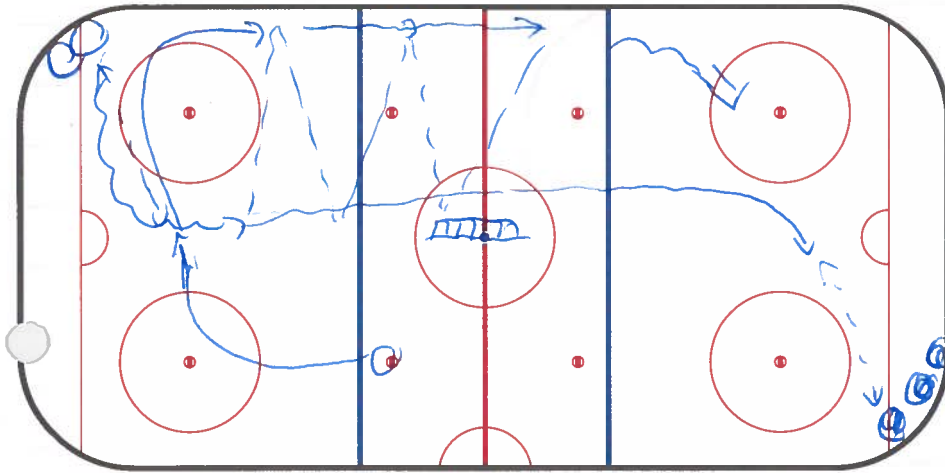
Sören	Stu:	Melvin
Gebrüder	Lukas	Tobi
	Sevi	Simon?
James	Patrick 2	
Patrick	Kilian	
Emilie		

Pescu / 1E0

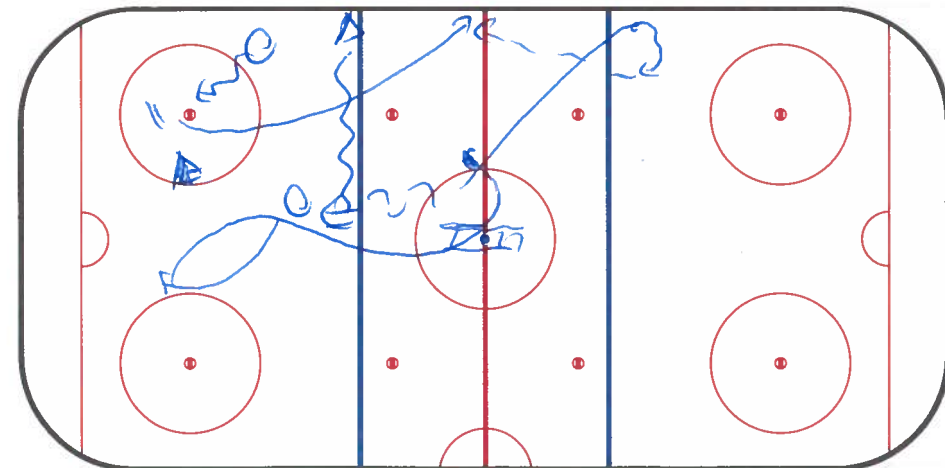
# TRAININGSPLAN



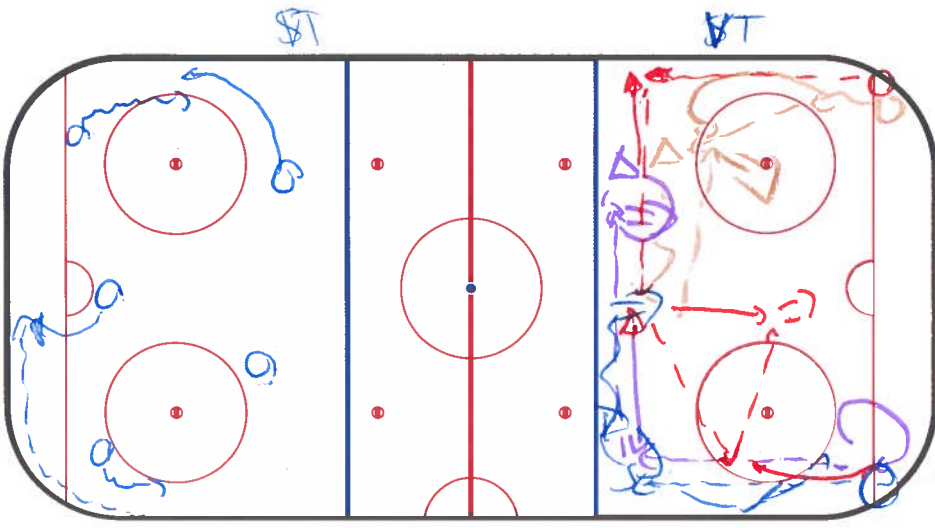
2-2 2 Joker  
 Warm up Spiel



Passübung 10



2-1  
 Aufbau Transition  
 3-1




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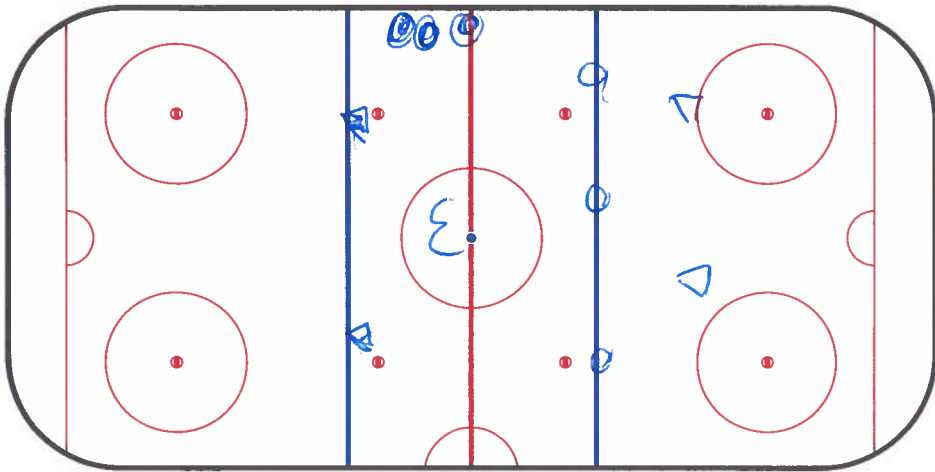
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1 VC  
2 VC

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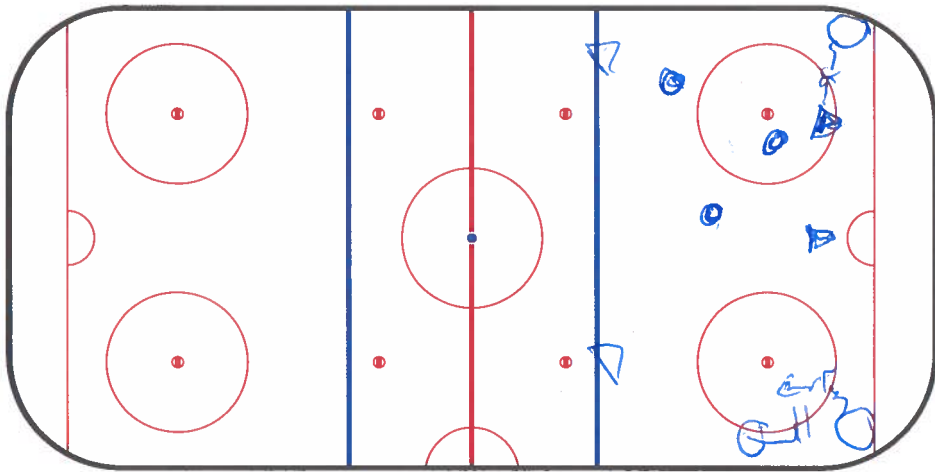
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1-5  
2-5  
3-5  
5-5

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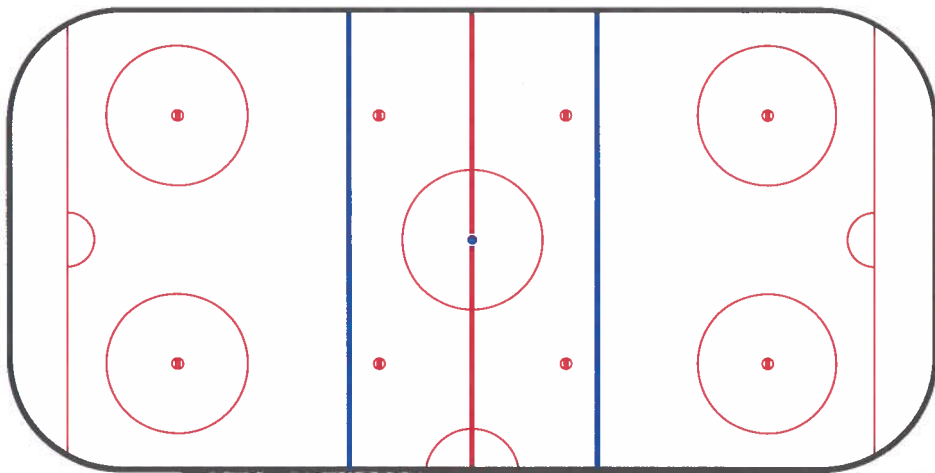
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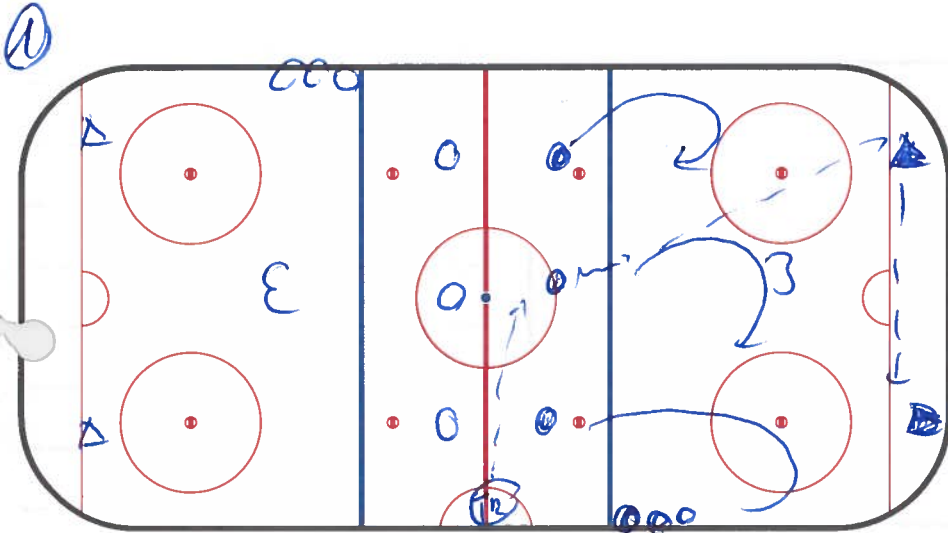
TEAM: U17

DATUM: 12.1.22

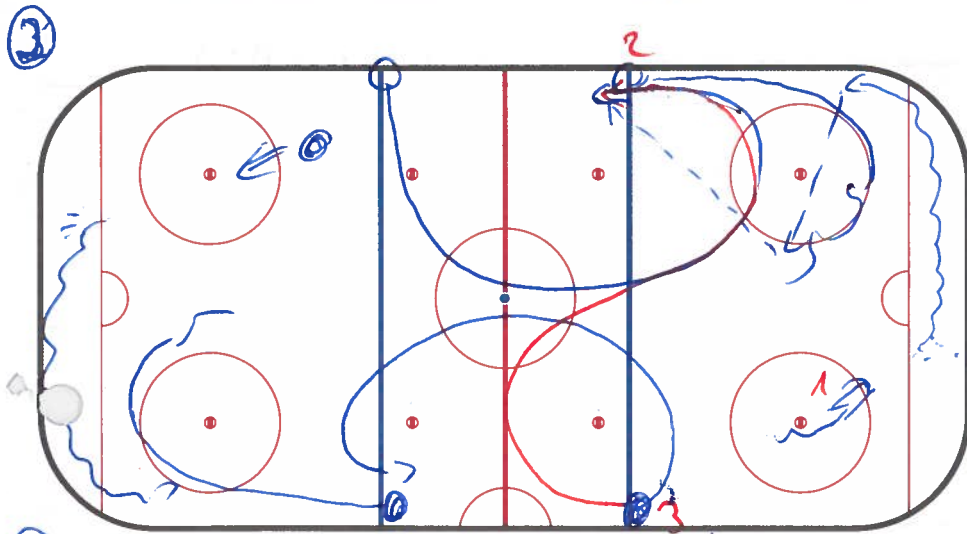
TRAINER: Markus, Jimmy

Alli	TEO	Malay
Gabriel	Yker	Tobi
Samuel	Tobi	Simon
Benno		Jan
Jonas	Pascal	
Patrick	Kilian	
Emilia	Joshua	
Patrick E.	absagt / krank	

# TRAININGSPLAN



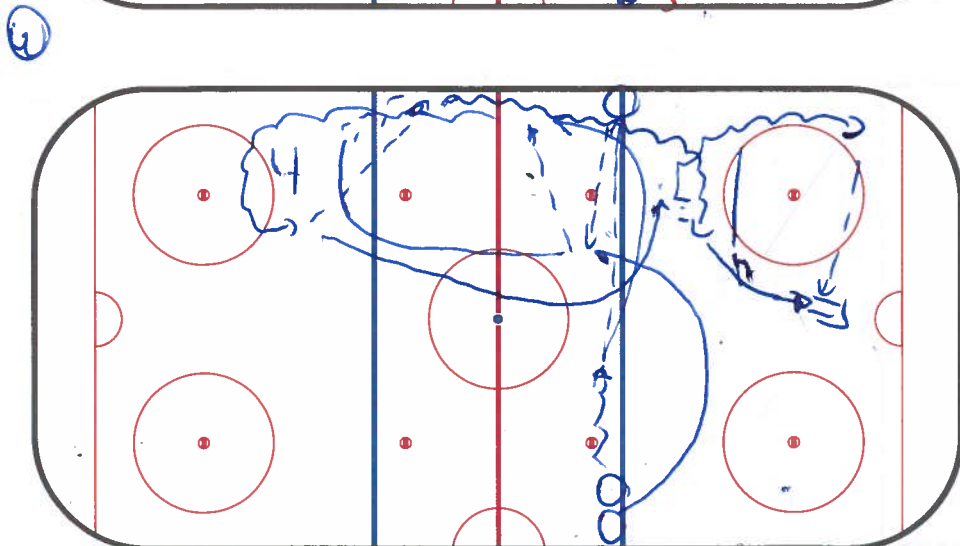
Warm up - Spiel  
4-3



1-0

Passübung Timing

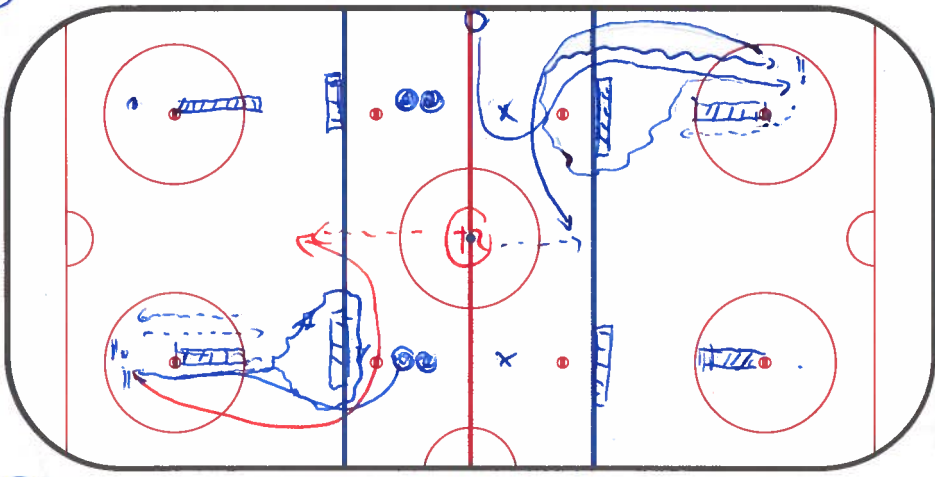
by anderen Seite SP3



2-0

Double Regroup

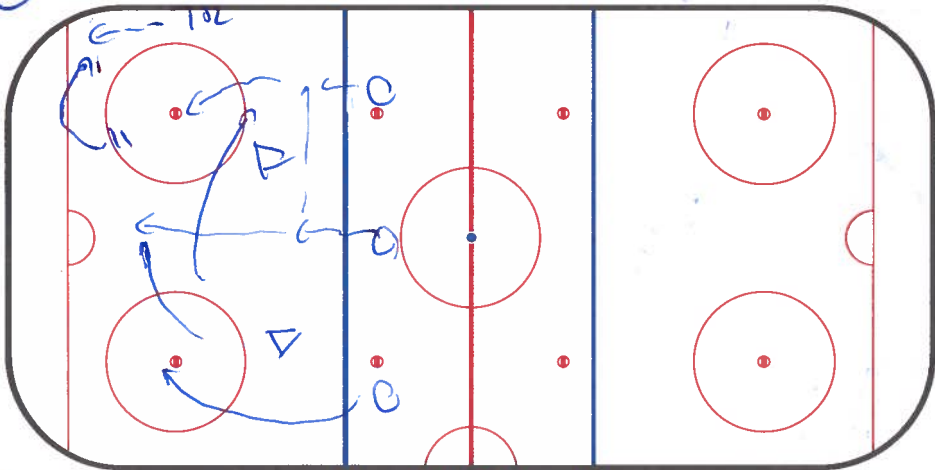
4



A-1

race drills

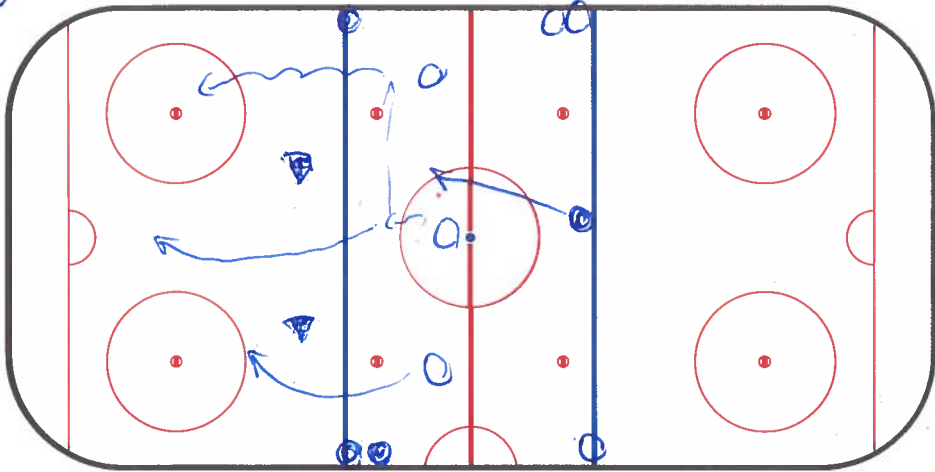
5



3-2

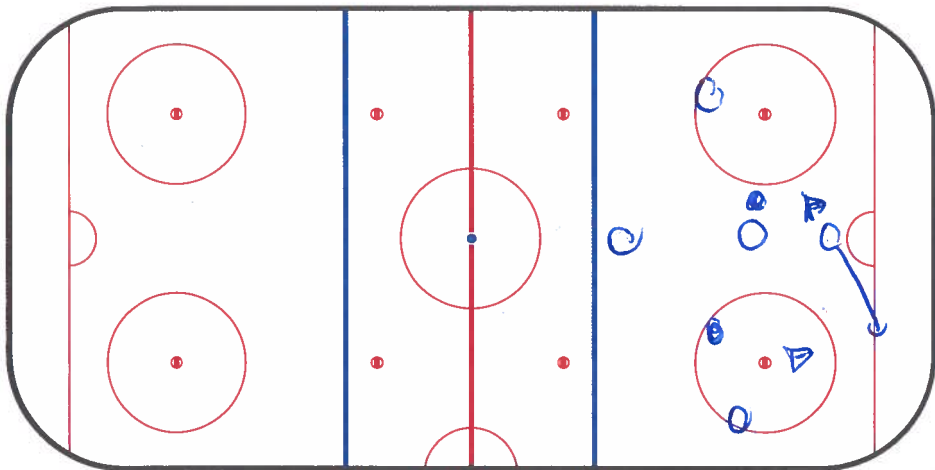
2x

6



3-2 (100)

FJ zurück arbeiten mit VT



Überzahl 5-4

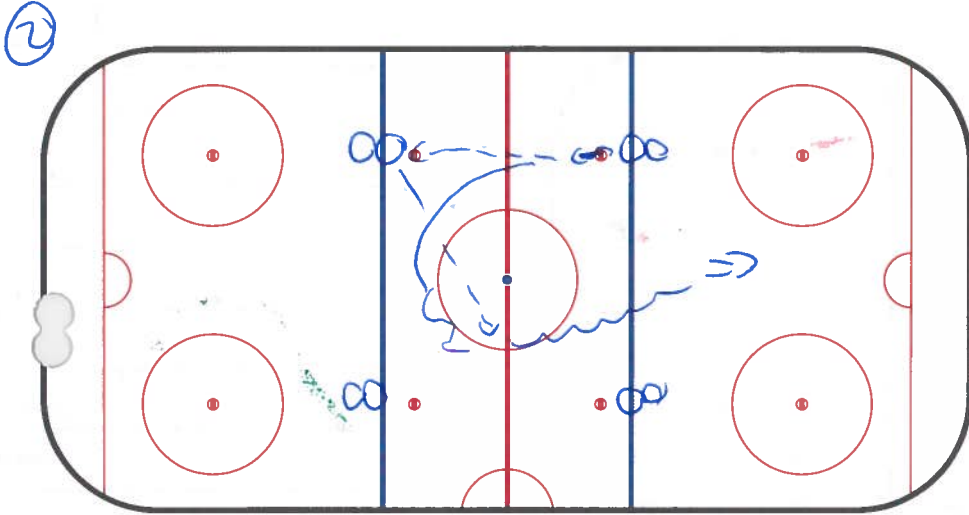
im Drittel spiel



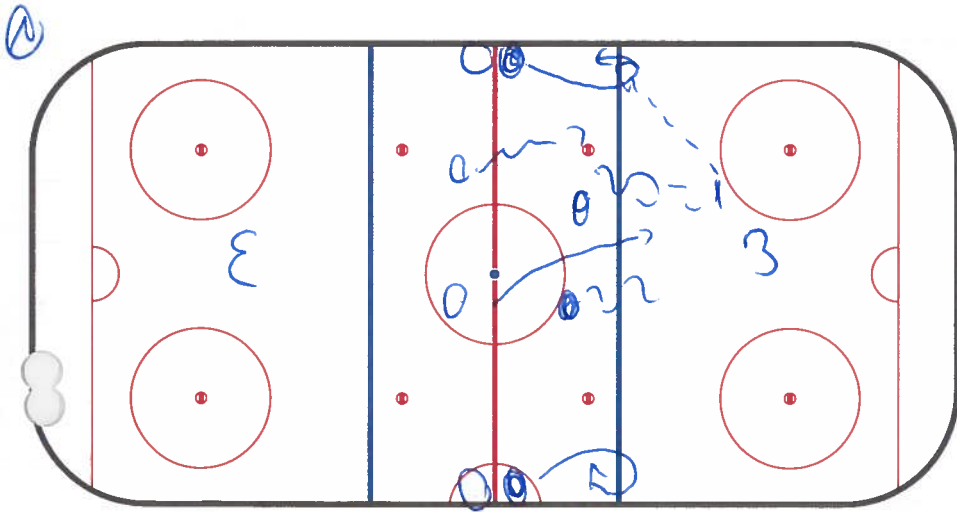
TEAM: U17  
 DATUM: 14.01.2022  
 TRAINER: Markus Jimmy  
 ET 1710-1850  
 Video 1910

elli	Teo	Kelvin
Gabriel	Lukas	Tabi
Jan	Tabi	Benn!
<del>Sam</del>		
	James	Pascal
	Kolja	Patrick
	Emilia	Sina

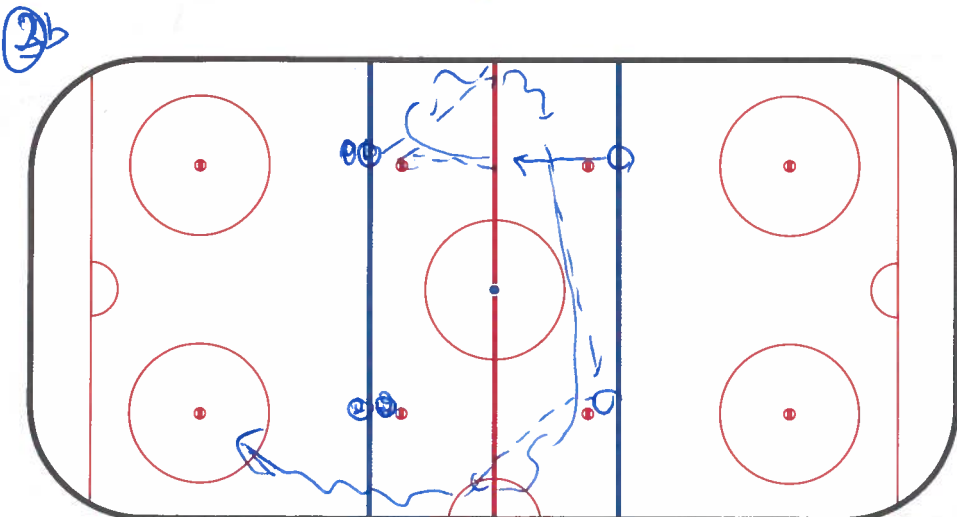
# TRAININGSPLAN

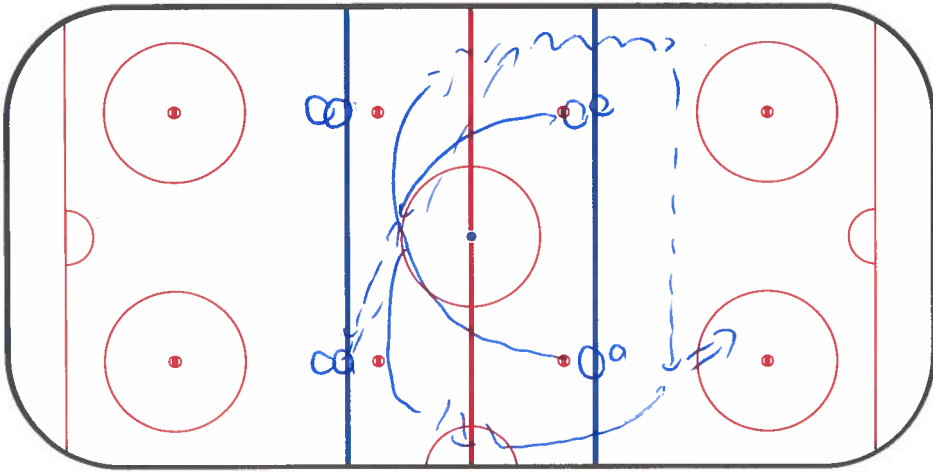


- ① Spiel 5-81  
 ② Passübung 1-0 101  
 a, vertikal  
 b, nach Außen  
 c, 2-0



2-2 (2BC)





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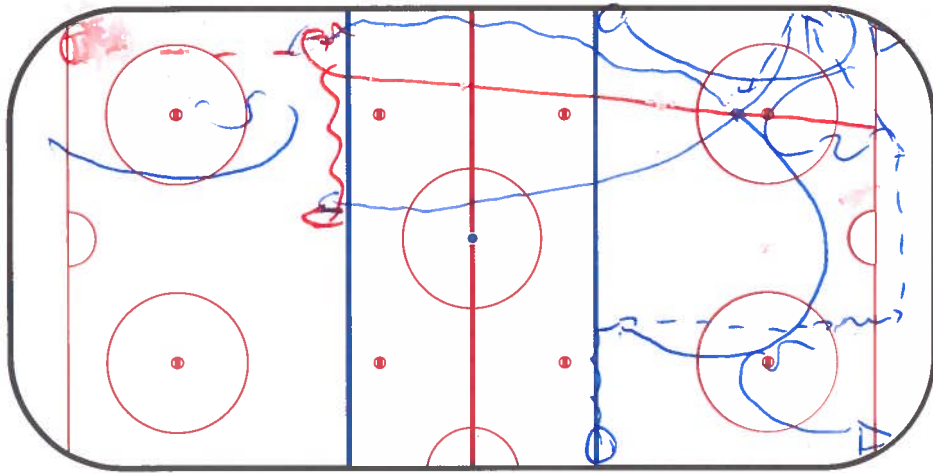
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2-1                      5-8

VT geht mit - Schuss

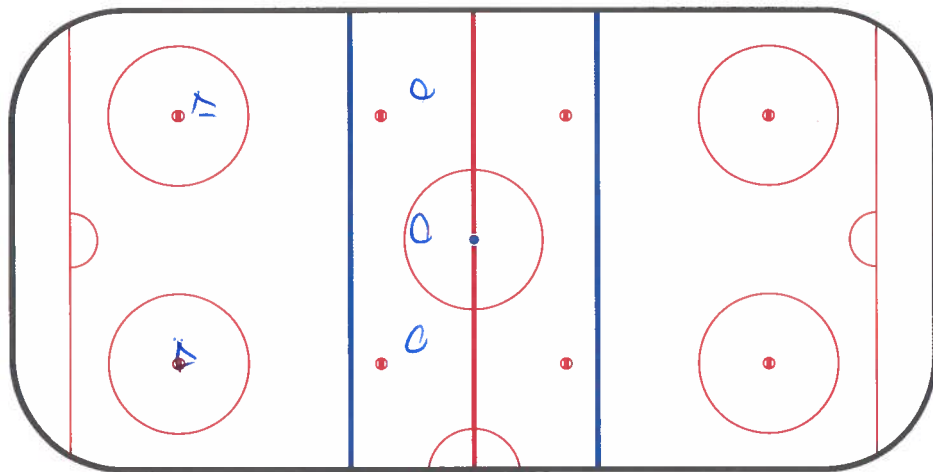
blaue Linie / pass vom TK

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5-8

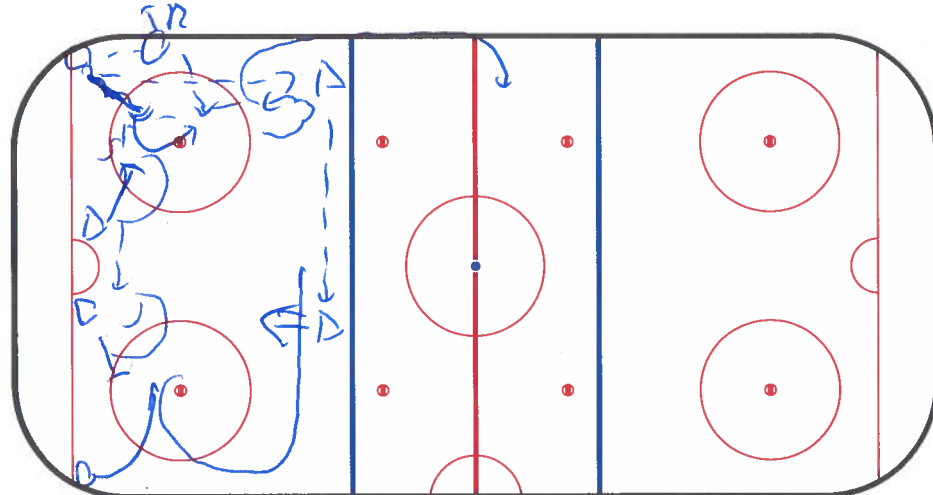
3-2 (ABC)

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2-2                      5-8

Regroup

\_\_\_\_\_

\_\_\_\_\_

o 5-5

o 5-4

\_\_\_\_\_

\_\_\_\_\_

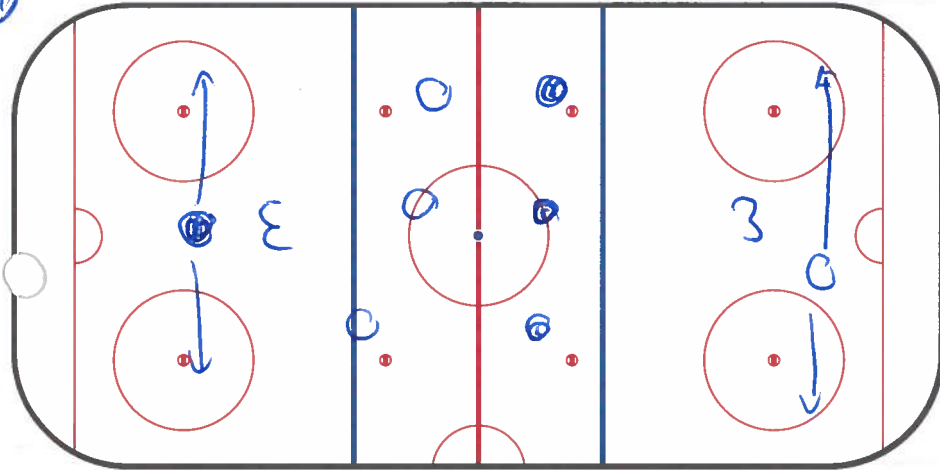




TEAM: U17  
DATUM: 17.01.22  
TRAINER: Markus, Jimmy  
ET 17<sup>30</sup> - 18<sup>30</sup>  
KT 18<sup>40</sup> - 19<sup>15</sup>

# TRAININGSPLAN

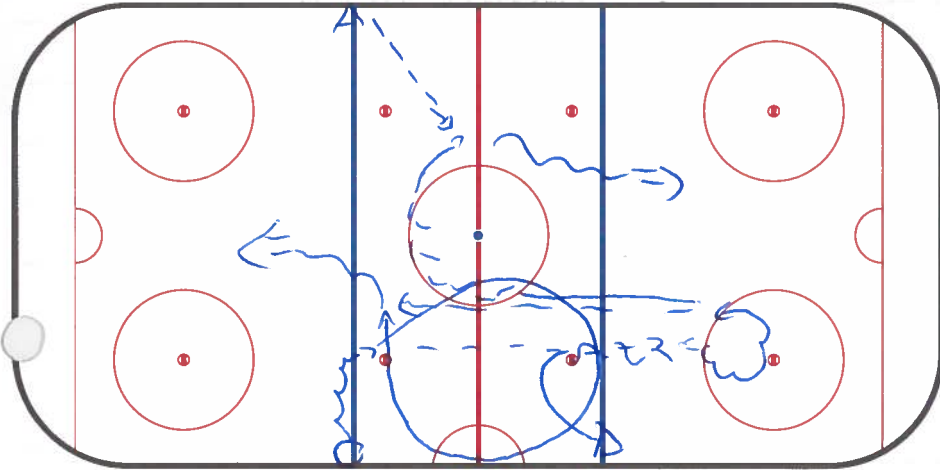
①



3-3

1. OFFENSIVE Joker  
hinter Tor

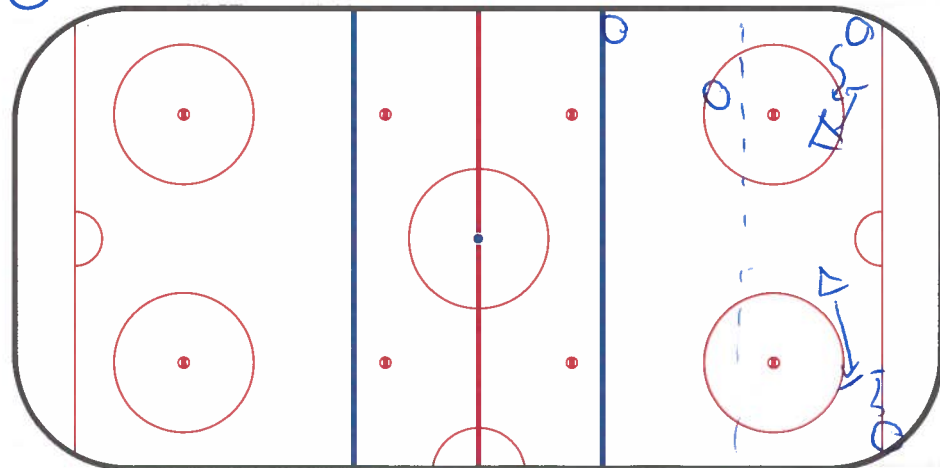
②



1-0

Aufbau VT  
VT vw-vw um  
den Mittlen Dullykreis  
Schuss von der blauen  
Linie

⑤



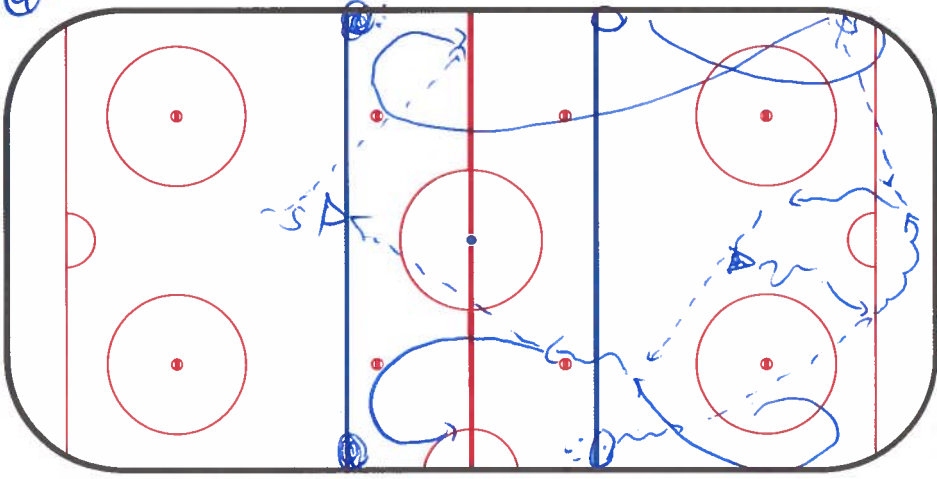
1-1

aus der Ecke

2-2

3-3

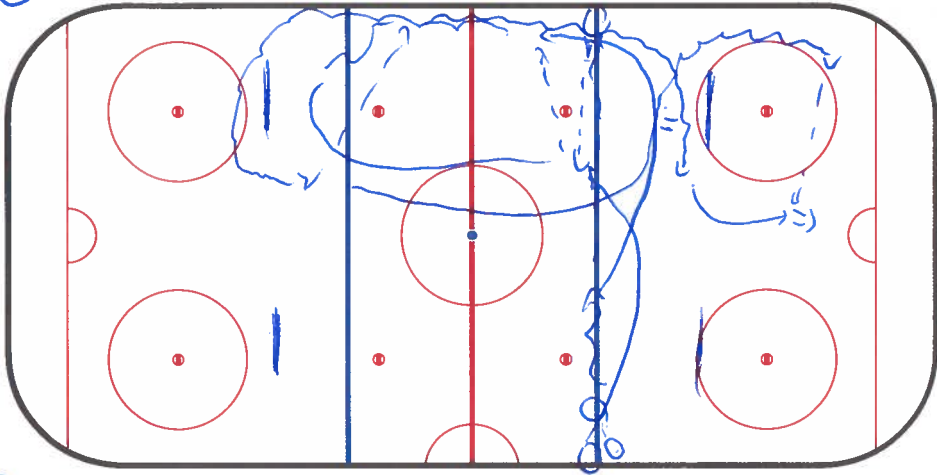
4



2-1

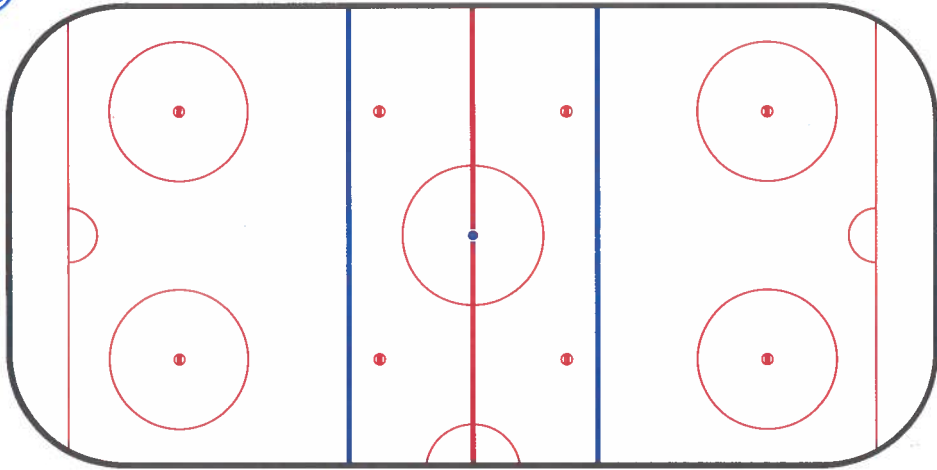
Aufbau / Regroup  
VT immer in  
Bewegung

5

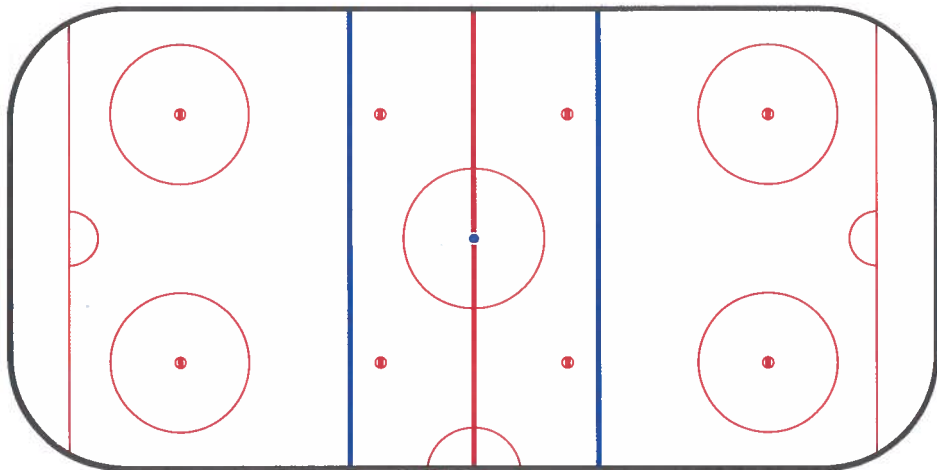


2-0

6



Jimmy





TEAM: U17

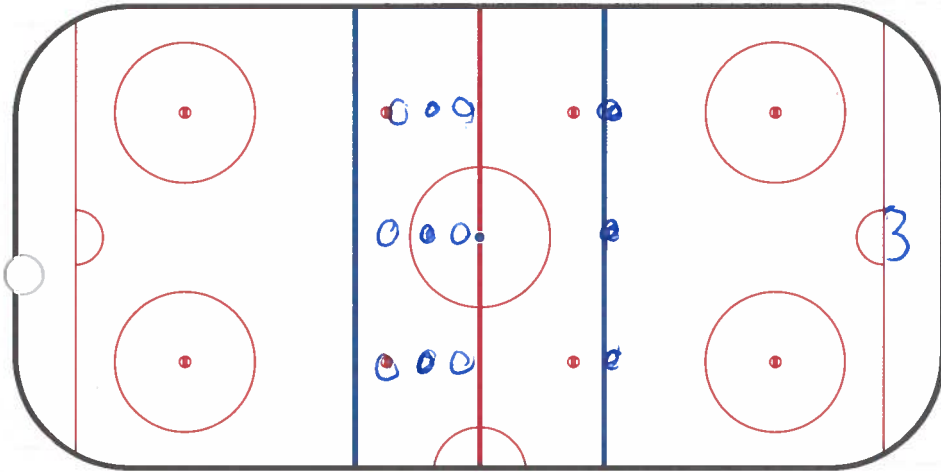
DATUM: 18.01, 2022

TRAINER: Markus, Jimmy

Jan	Olli	Yelwyn
Gabriel	Lukas	<del>Ben</del> Tobin
Benno	Benno	Simon
Johes	Pascal	
Kilian	Patrick	
Emilia?	Joshua	

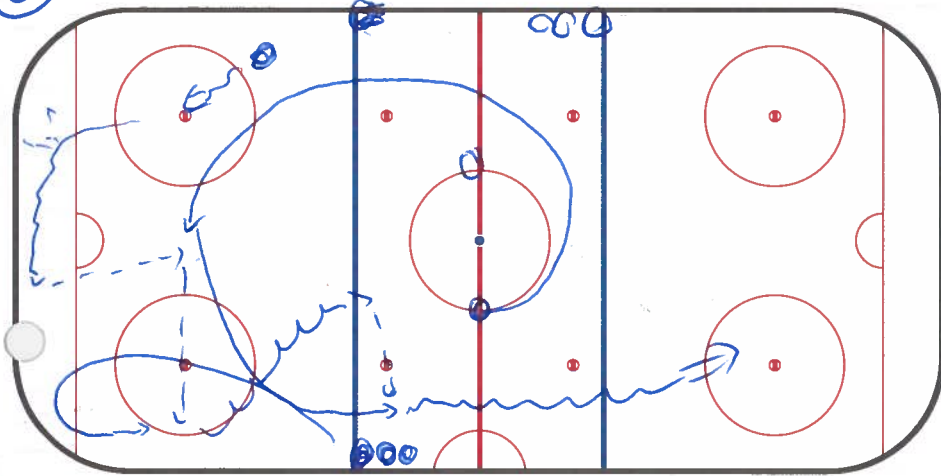
# TRAININGSPLAN

①



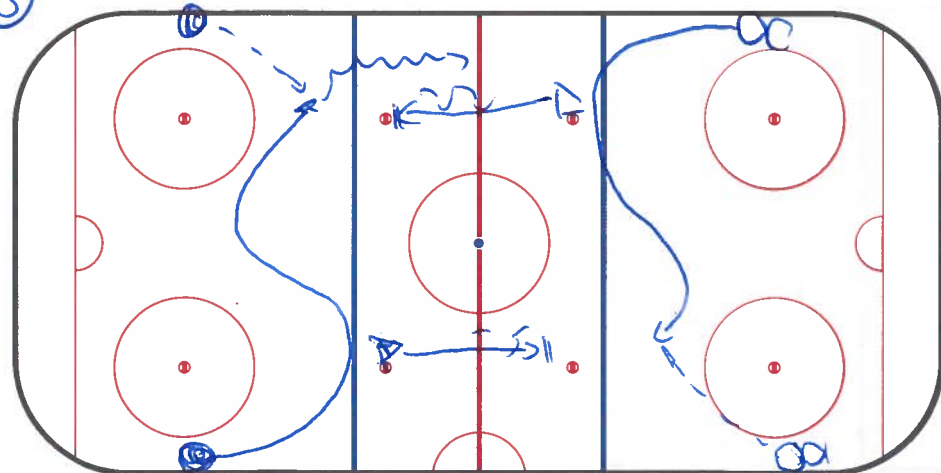
Warm up Spiel  
3-3

②



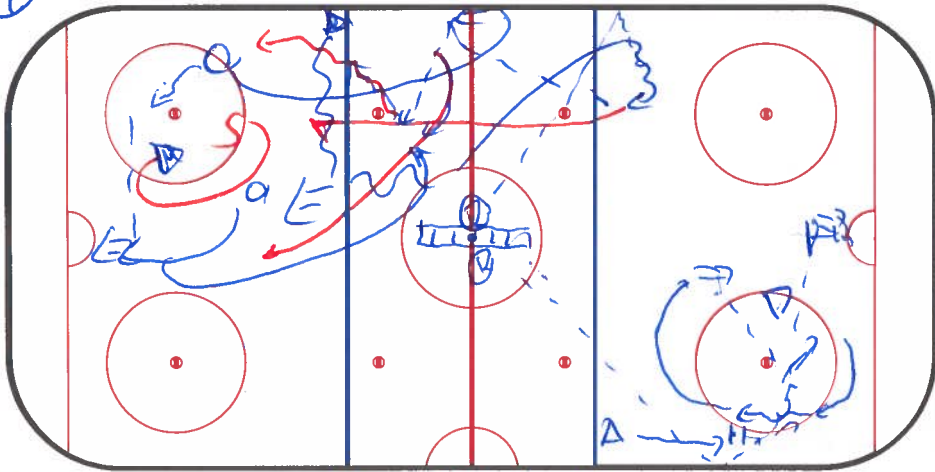
Passübung 1-0  
Timing

③



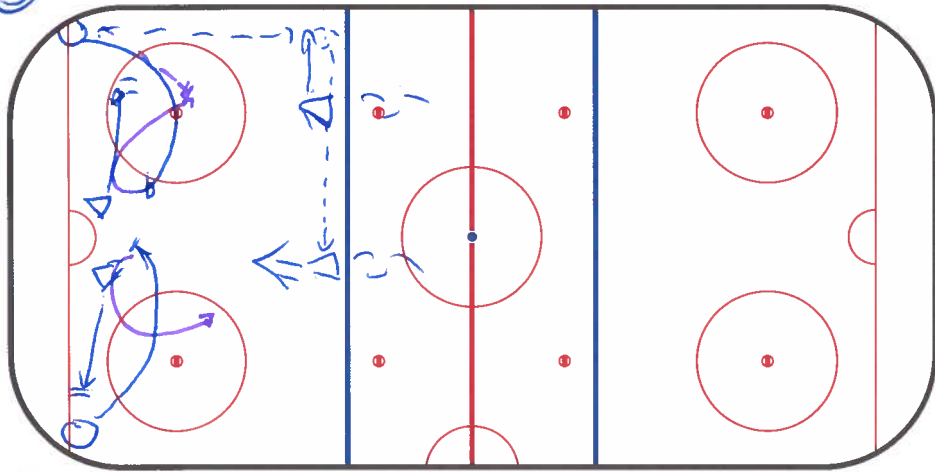
1-1

4



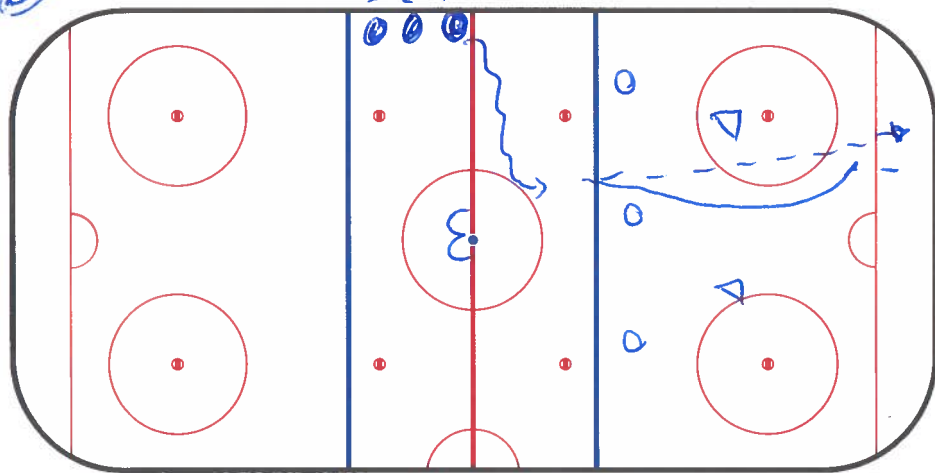
- 2-1 / Schuss VT  
 - Außen - Regroup 2-1  
 - aus der Ecke  
 Kreuze mit VT

5



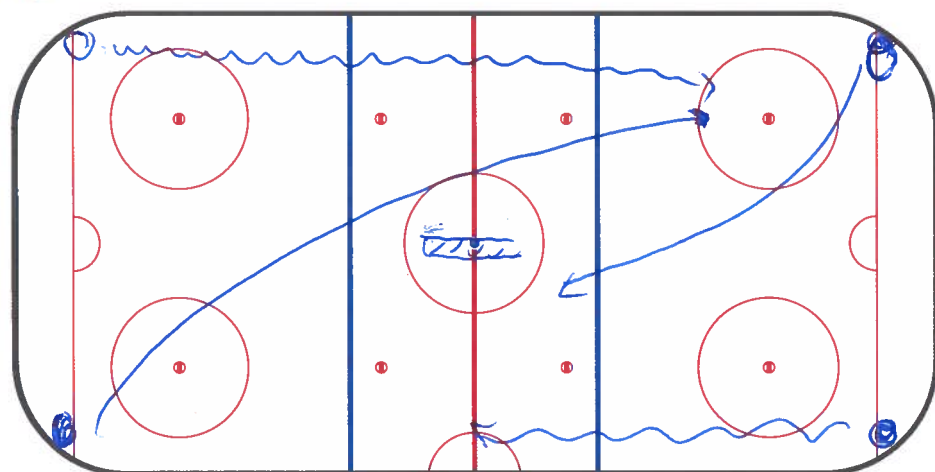
2-2

6



1VC  
 2VC (SP2+SP3)

7



1-0 (ABC) 5'

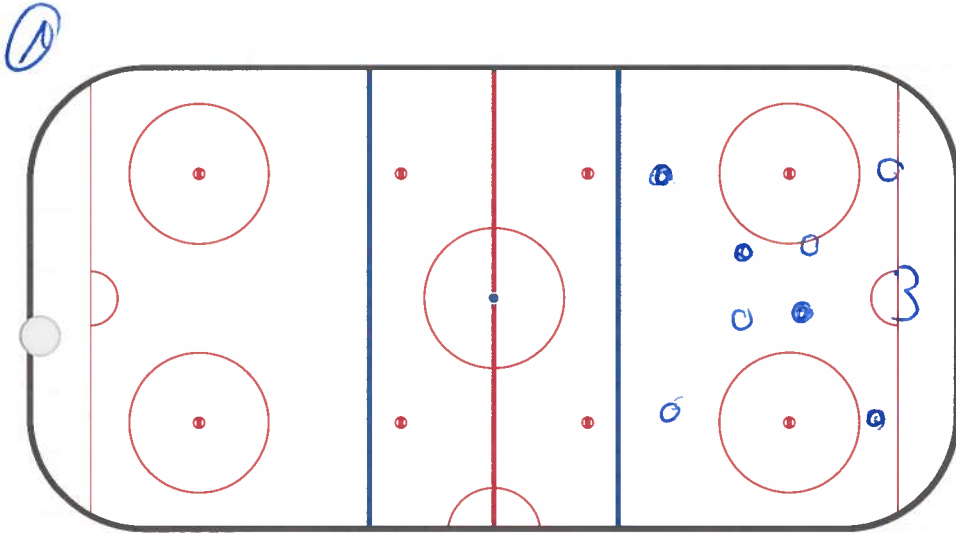


TEAM: U17  
DATUM: 21.01.2022  
TRAINER: Markus, Jimmy  
1750-1850

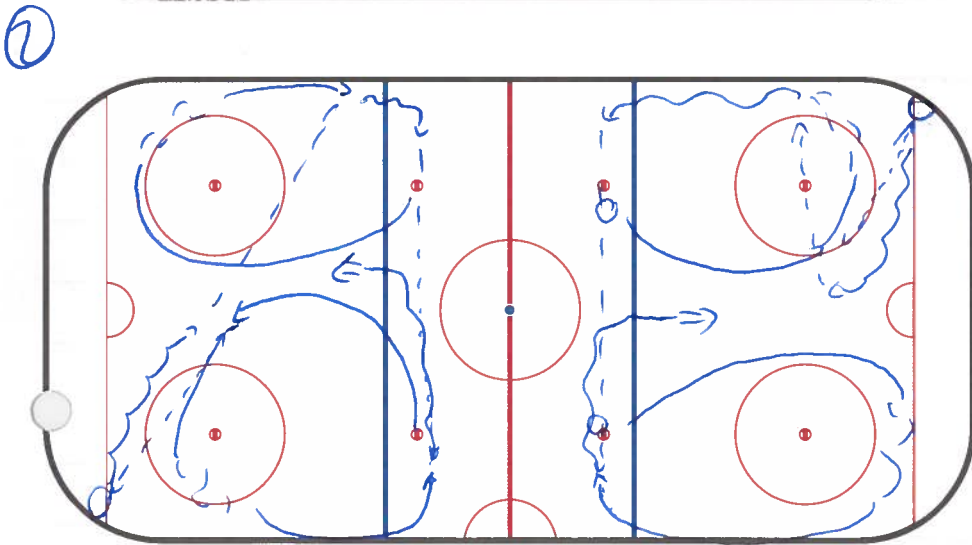
Simon Teo Helwyn  
Gabriel Emilia Tobit

Patrick Z. Jehos  
Kilian Patrick  
Emilia

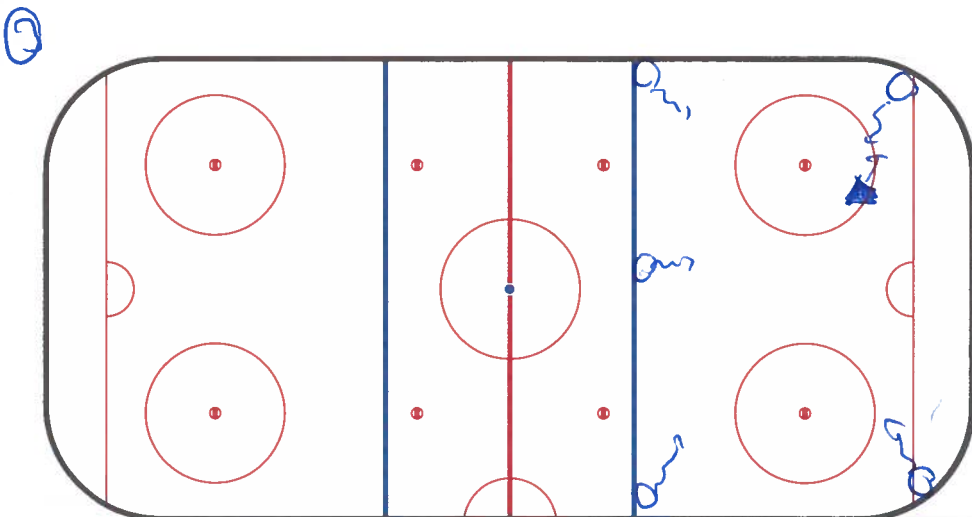
# TRAININGSPLAN



2-2  
2 Joker

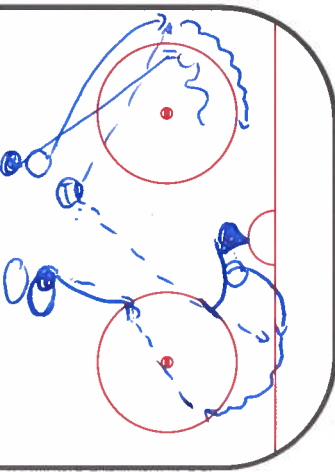
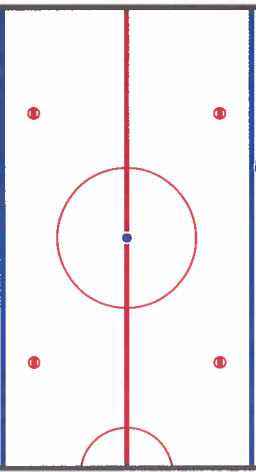
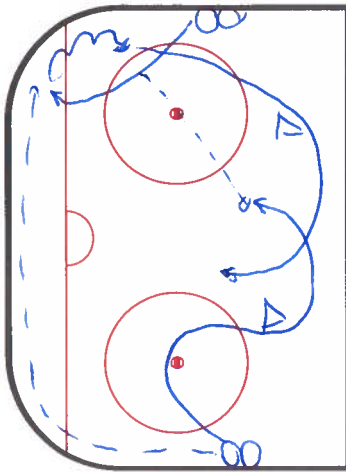


Passübung 1-0



1-1 5x

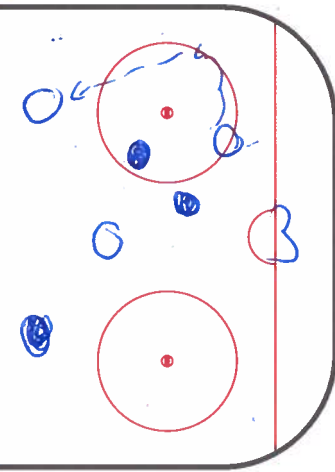
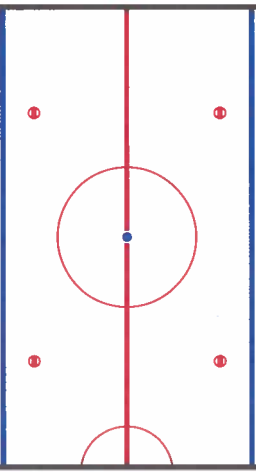
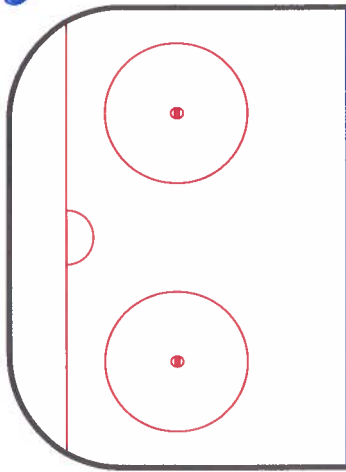
4



a 2-2 RIM

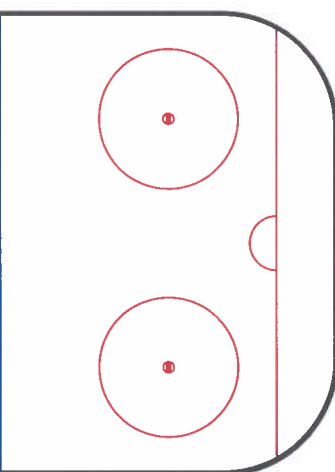
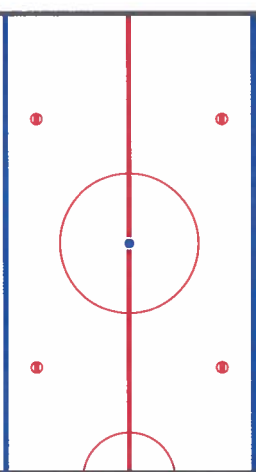
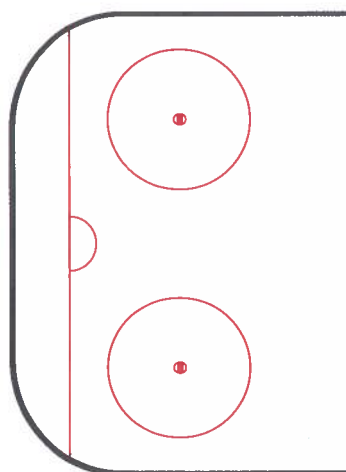
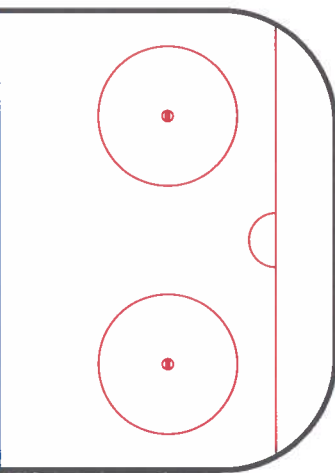
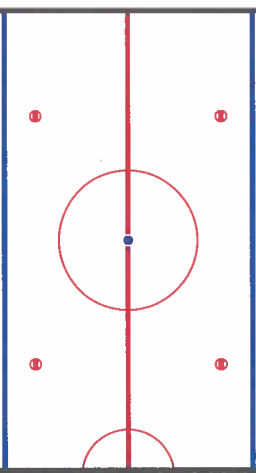
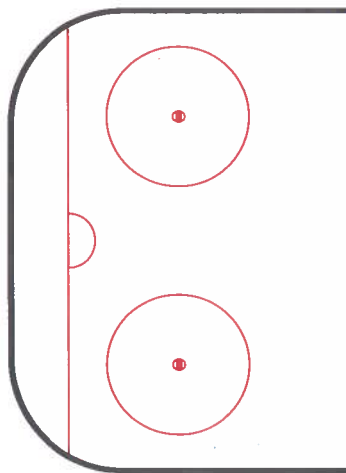
b 1-1  
2-1

5



3-2 Rotation

Speed

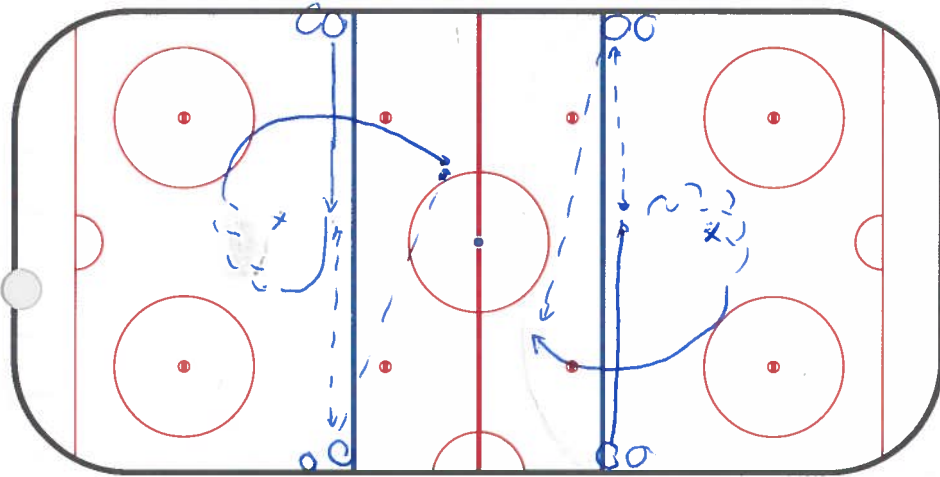




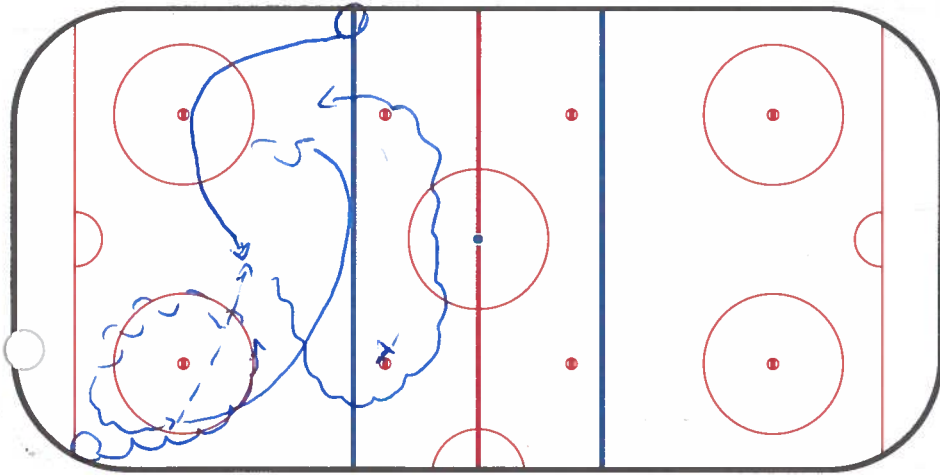
TEAM: U17  
DATUM: 22.01.2022  
TRAINER: Markus  
15<sup>30</sup> - 18<sup>00</sup>

Simon	Teo	Melvin
Gabriel	Lukas	Zyng P.
		Erika
	Jones	Pascal
	Kilian	Patrick

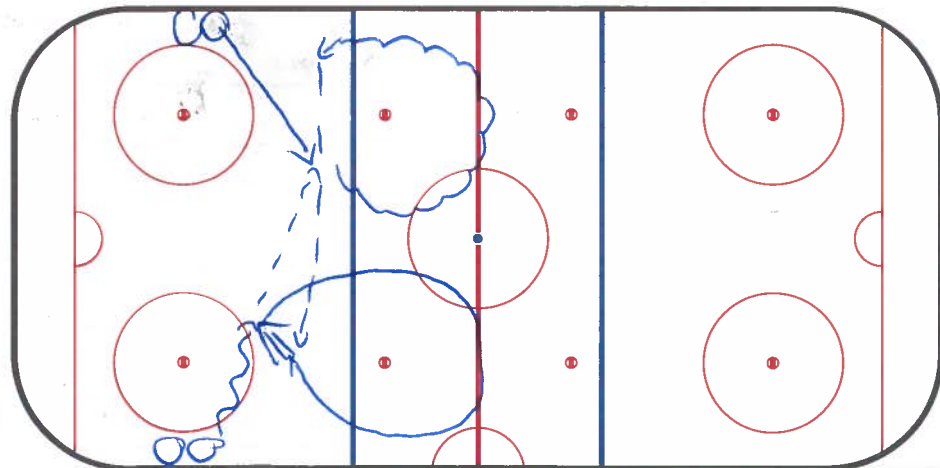
# TRAININGSPLAN



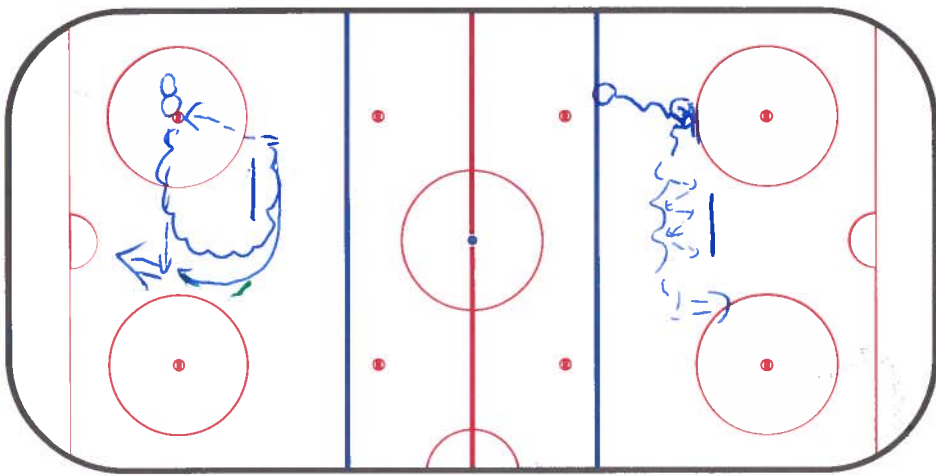
Passübung 1-0



Aufbau 1-1



Passübung 2-0




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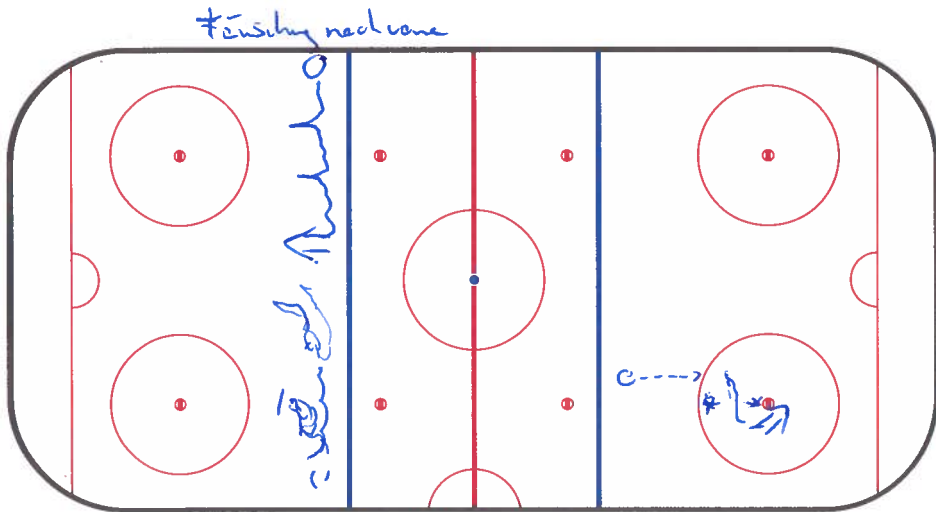
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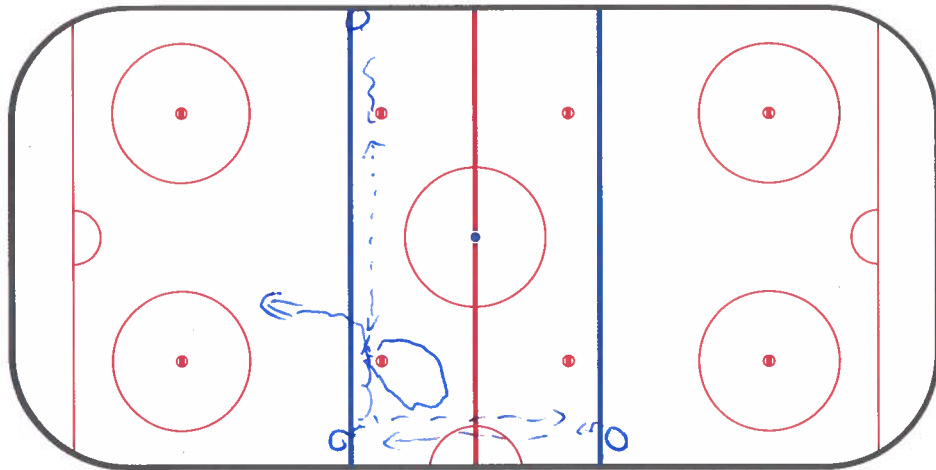
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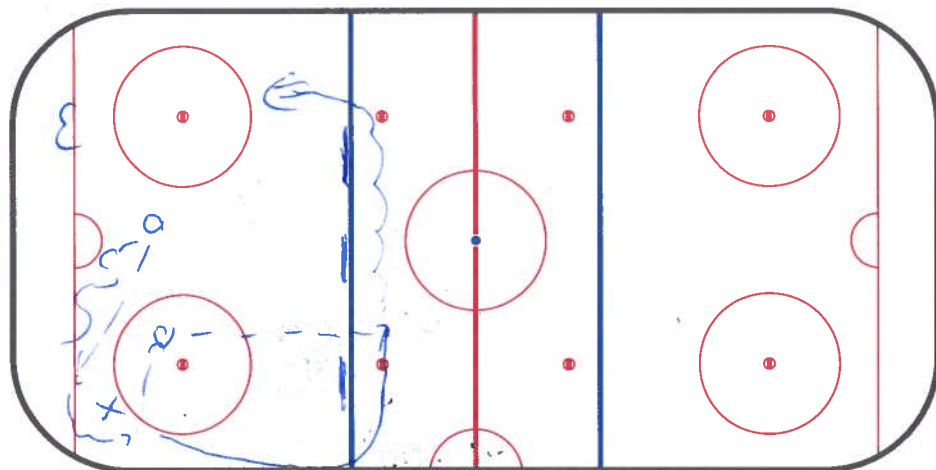
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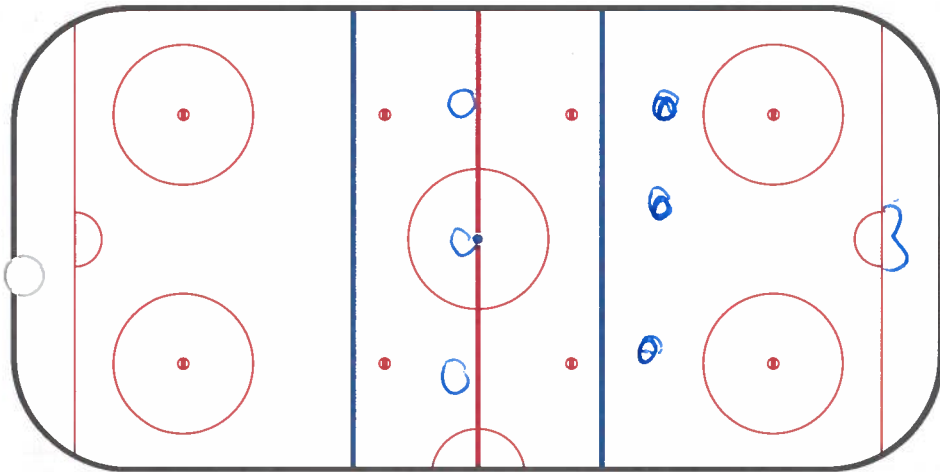




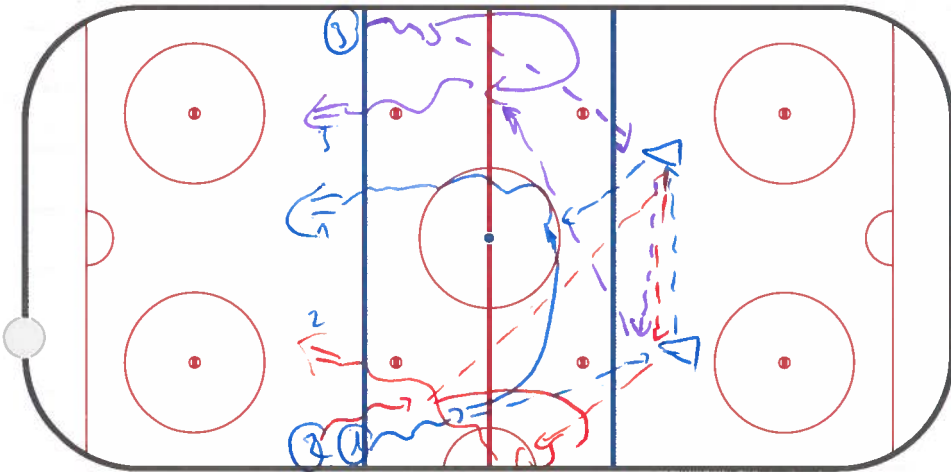
TEAM: U17  
DATUM: 26.01.22  
TRAINER: Markus

Jan TEOf Meloyu  
Gabriel Oli: ~~ST~~  
Samuel Tobi: Simon  
Janos Pascal  
Petrick & Emilia

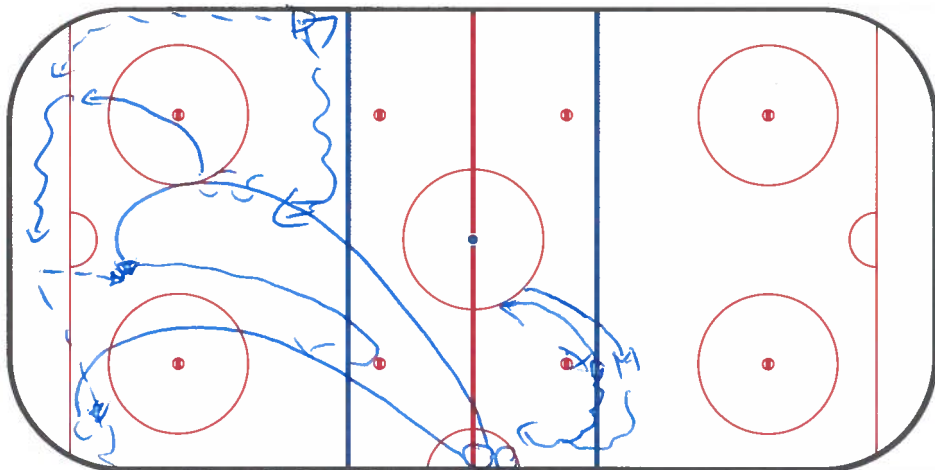
# TRAININGSPLAN



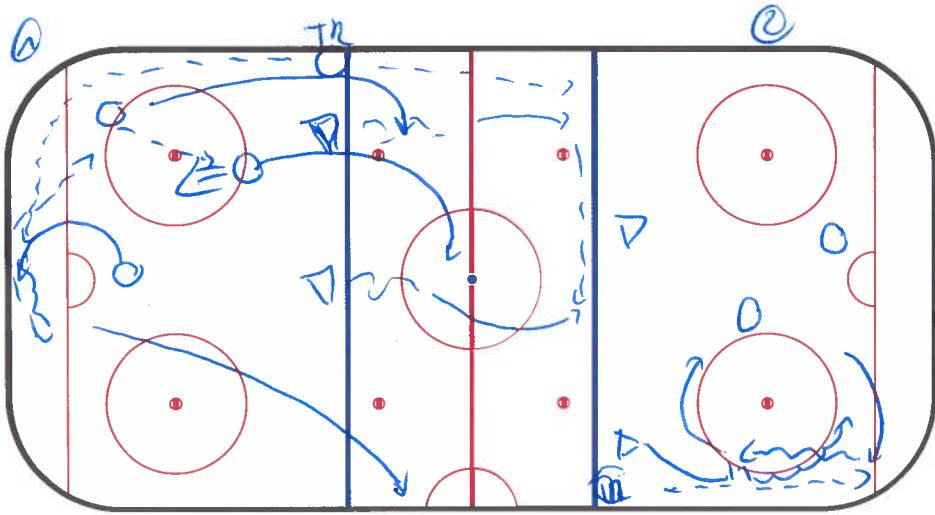
Warmup Spiel  
3-3  
OFFENSIVE - Defensiv  
Umschaltspiel



Transition  
Aufbau ST

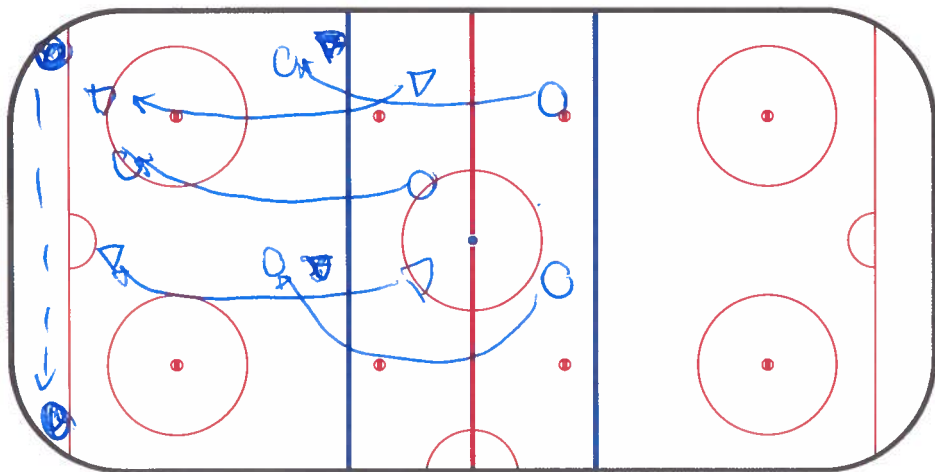


2-1

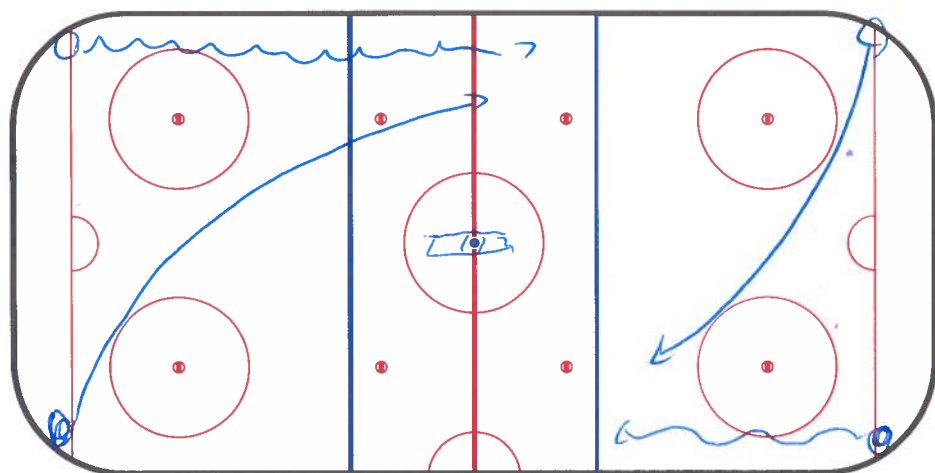


① OZ Play mit  
 Regroup UZ  
 OZ Schuss Slot  
 Regroup D-D up

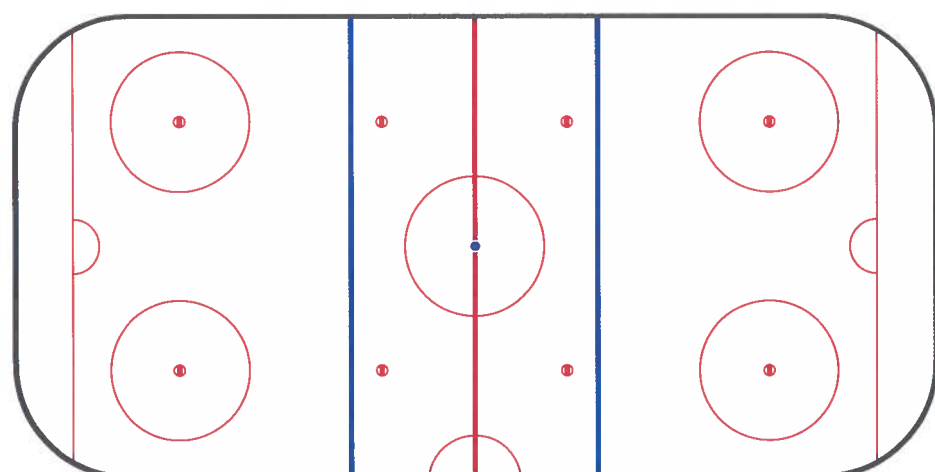
② aus der Ecke mit  
 VT kreuzen



Verschieben  
 dann 5-5  
 Position OZ



1-1  
 Wettbewerb





TEAM: U17  
DATUM: 28.01.  
TRAINER: Markus  
1750-1820

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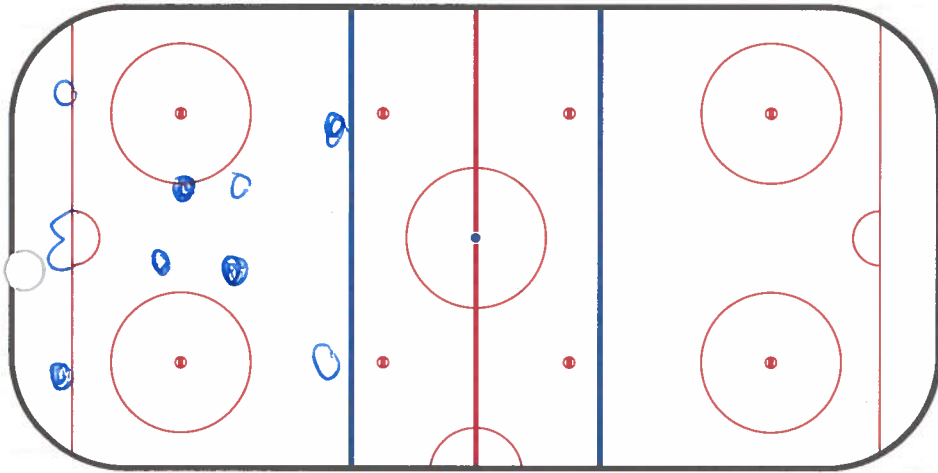
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# TRAININGSPLAN



Warm up - Spiel  
2-2 2 Jeken

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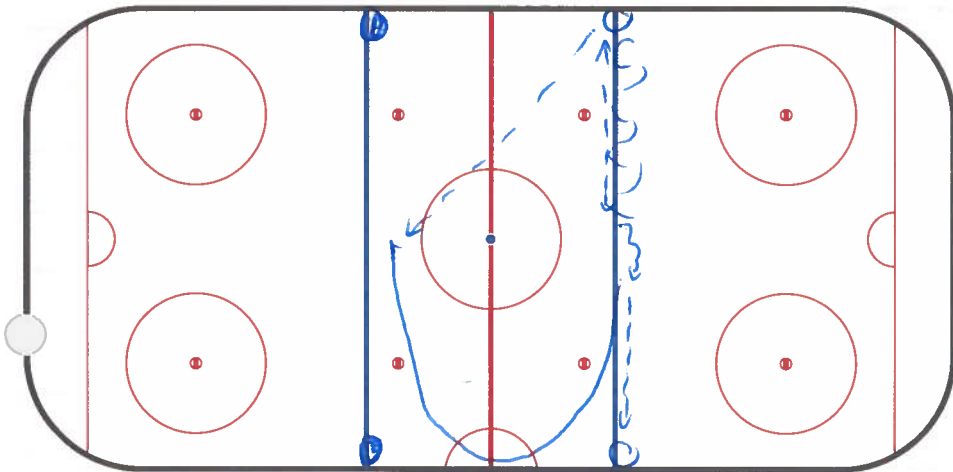
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Passübung - Doppelpässe

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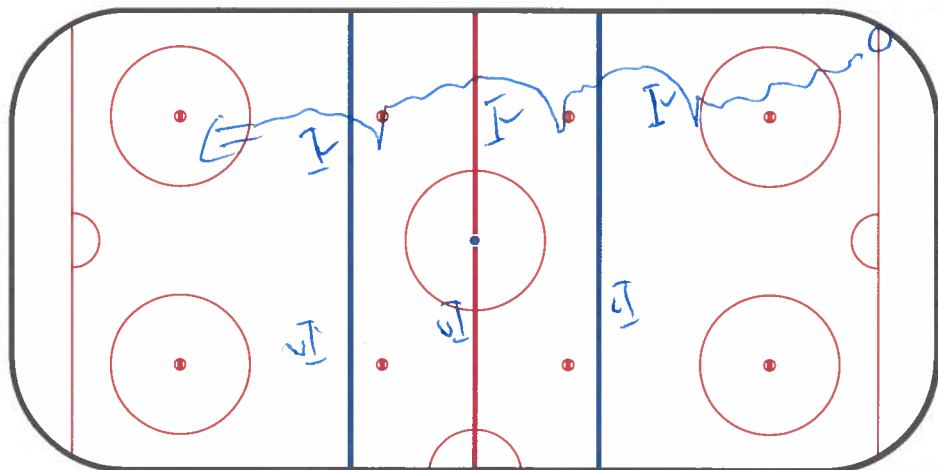
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Stochtechnik

- Toe drag
- nach vorne
- seitlich
- Ende seitlich

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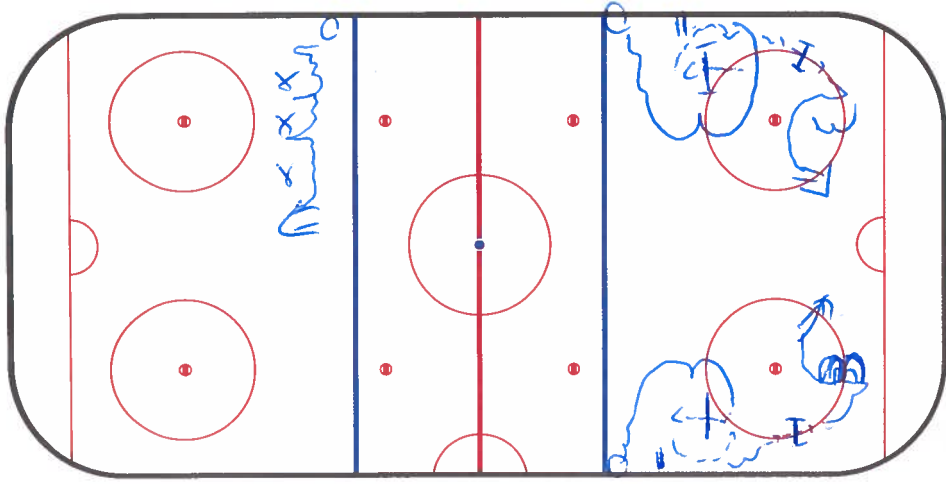
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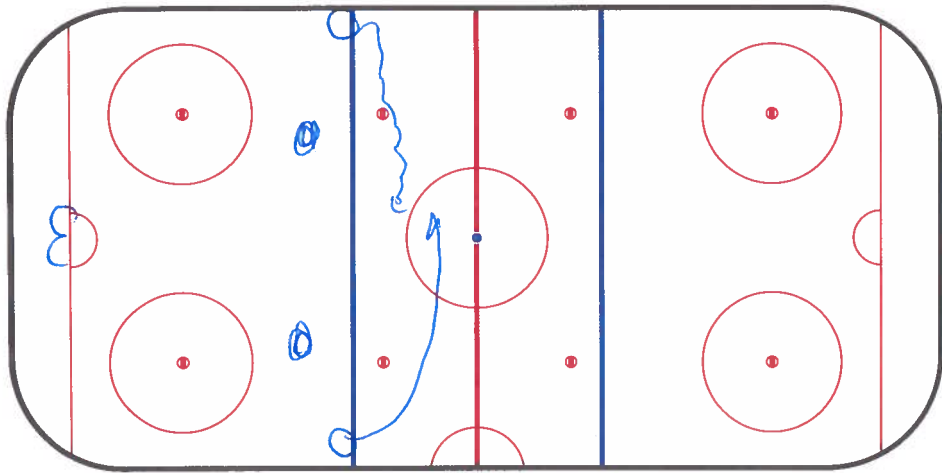
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2-2  
OFFENSIVE - Defensive

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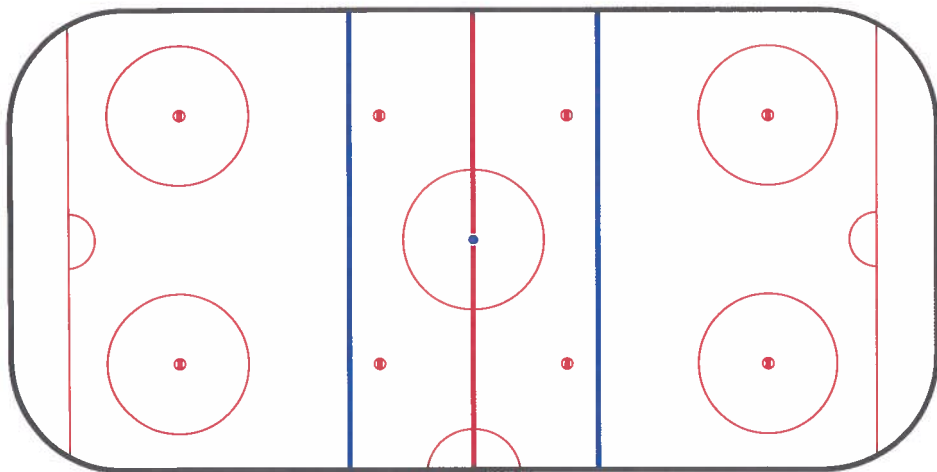
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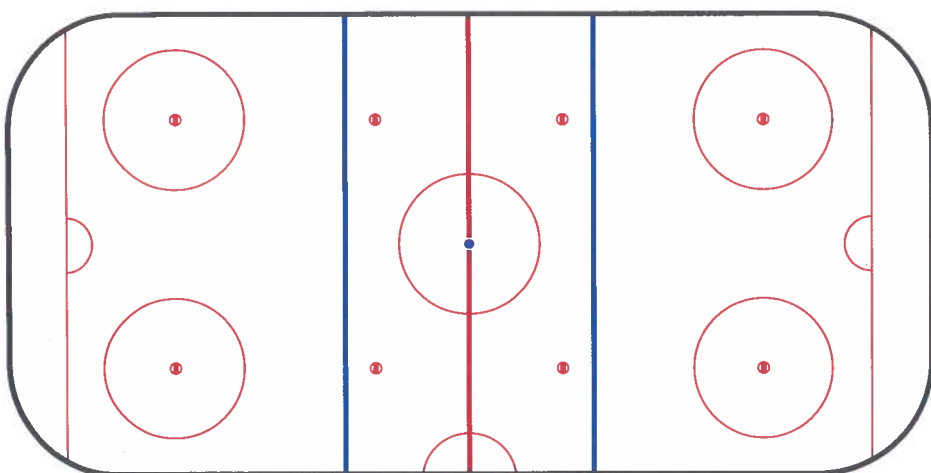
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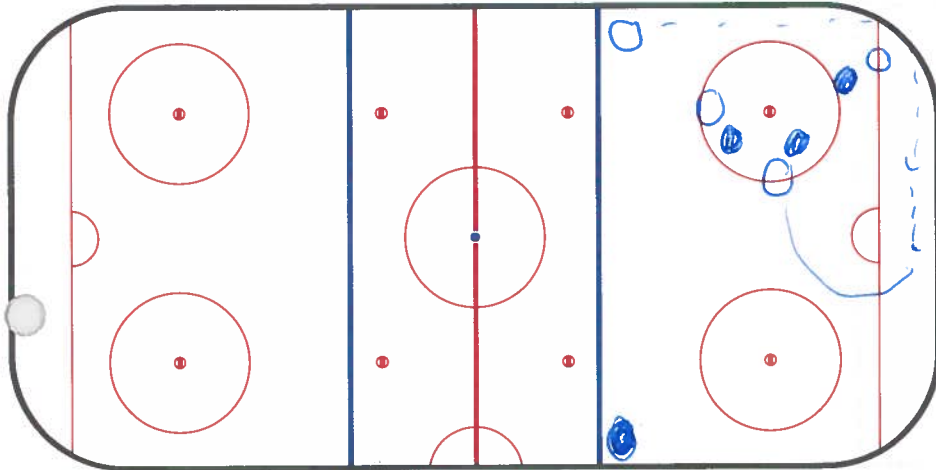
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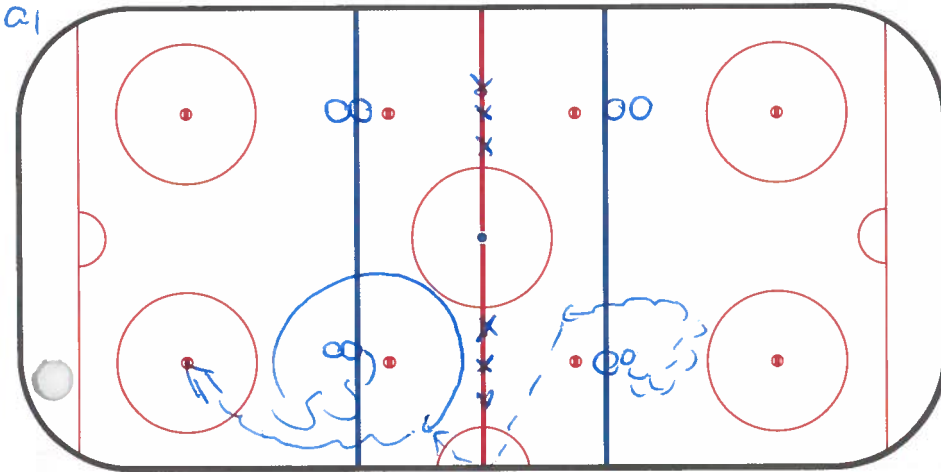
TEAM: U 17  
 DATUM: 24.01.2022  
 TRAINER: Markus (Jimmy)  
 1990 - 1890

Banno TEO Meluz  
 Gabriel Lukas ~~Tobias~~ Dennis  
 Joshua Simon  
 Jones Pascal  
 Kilia Patrick  
 Johannes P. Emilia  
 Abs. Tobin, Patrick

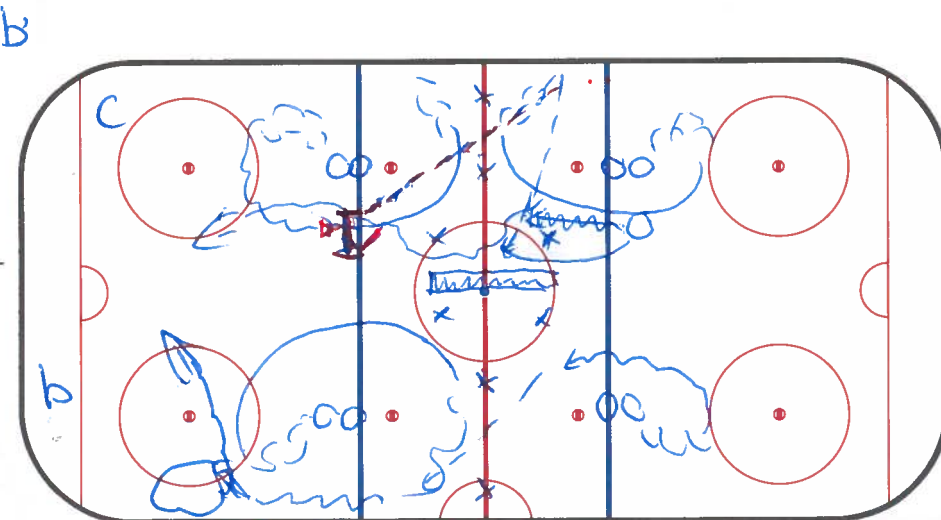
# TRAININGSPLAN

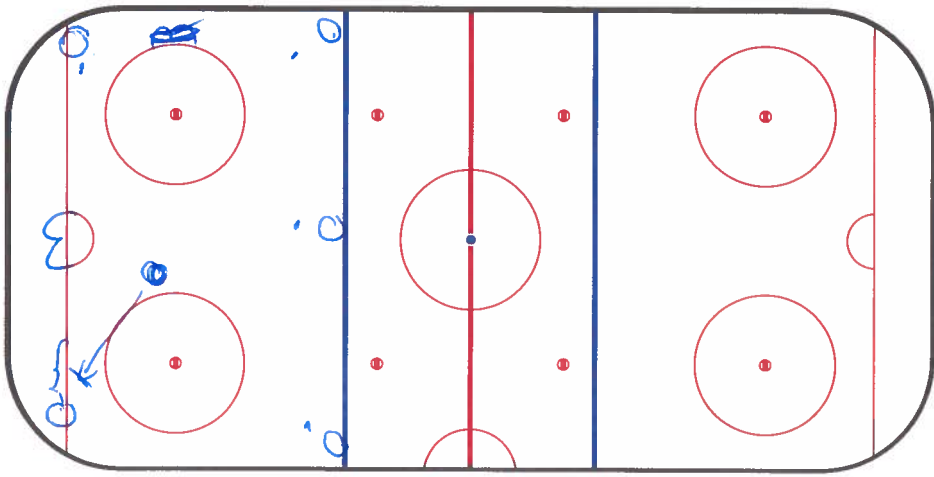


Warm up - Spiel  
 3-3 1 Spieler



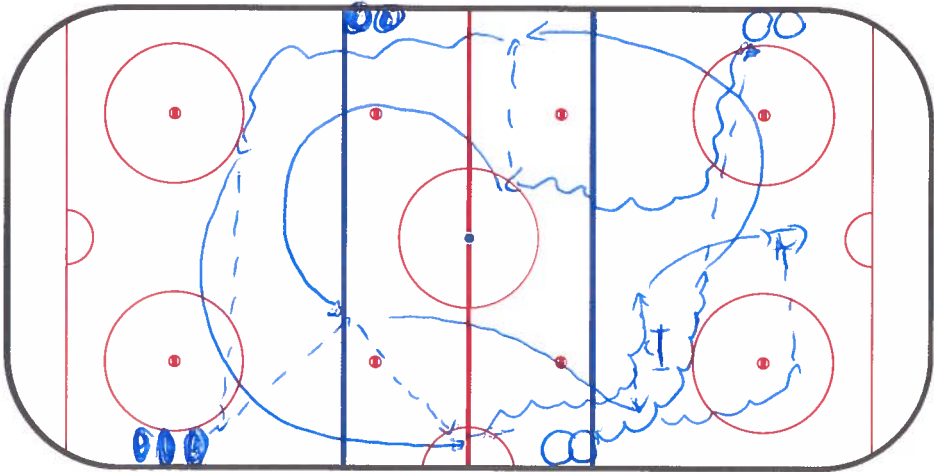
Passübung  
 a) Randpass  
 b) vw-vw anblick  
 c) pass zur mitte



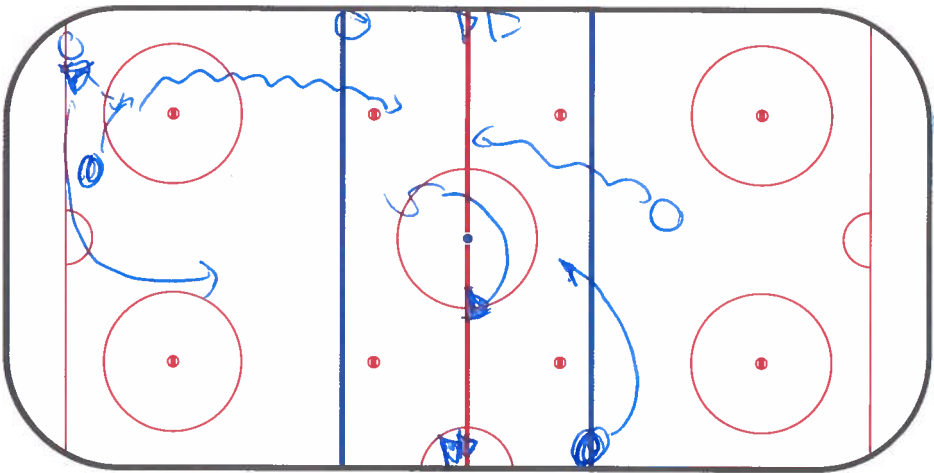


5x

1-1



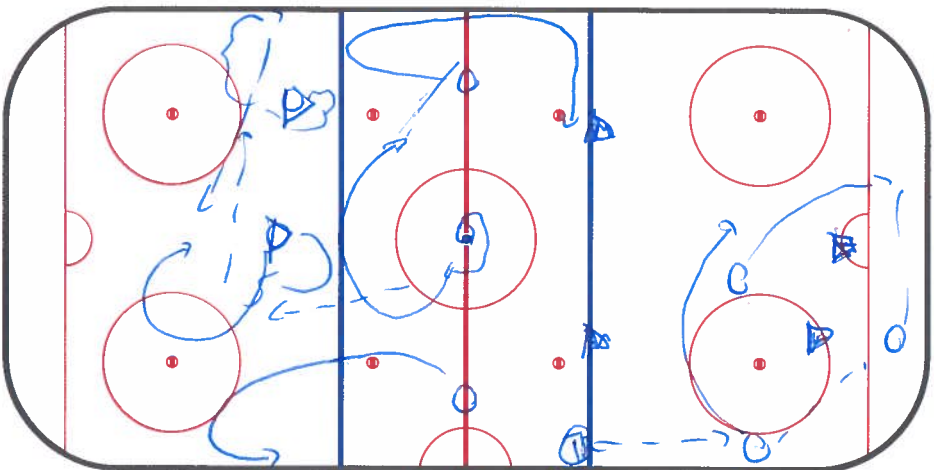
2-0



~~2-2~~ (2-2)

Zusammenarbeit

VT-ST



3-2 Außen

- aus der Ecke

- mit VT



TEAM: U17

DATUM: 31.01.2022

TRAINER: Markus, Jimmy

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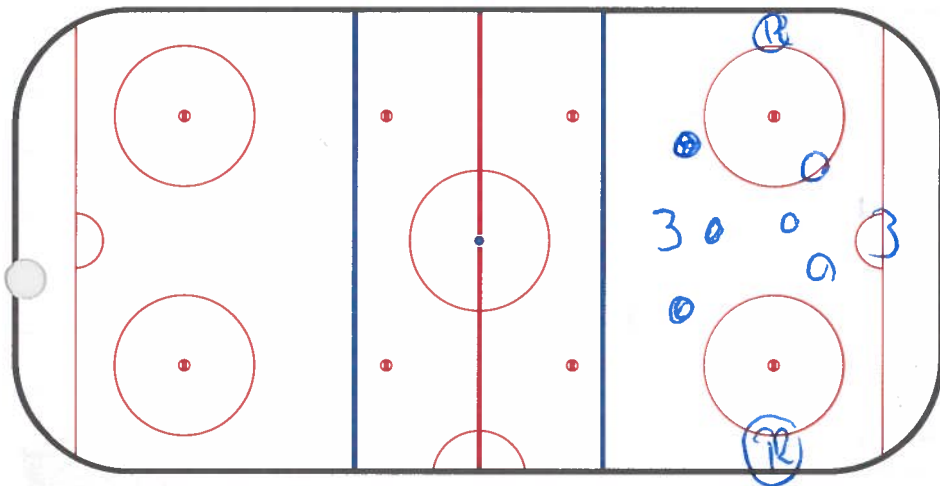
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# TRAININGSPLAN



3-3  
TR Joka

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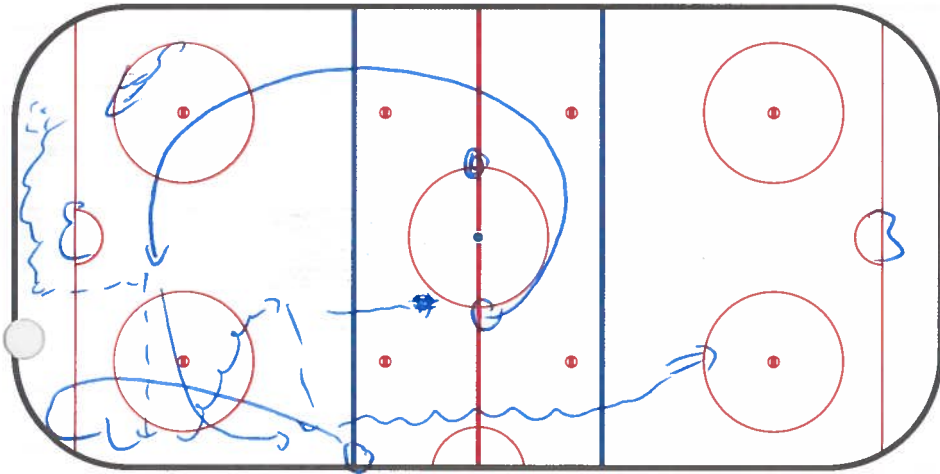
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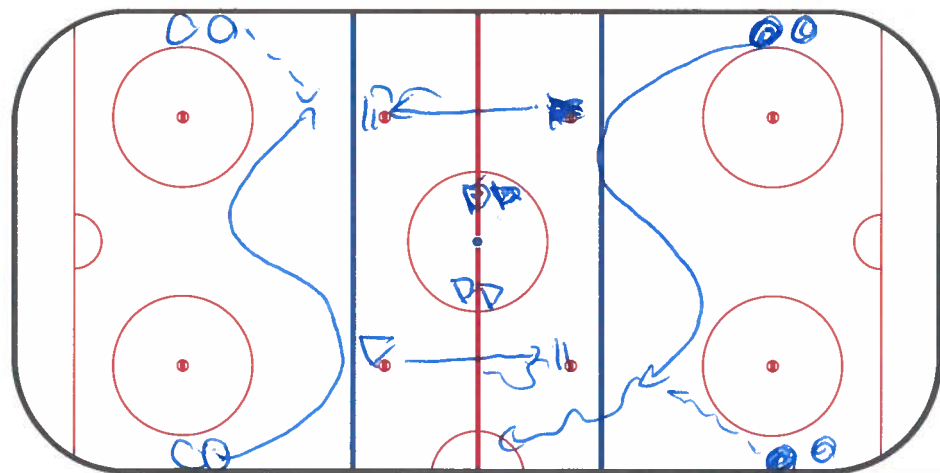
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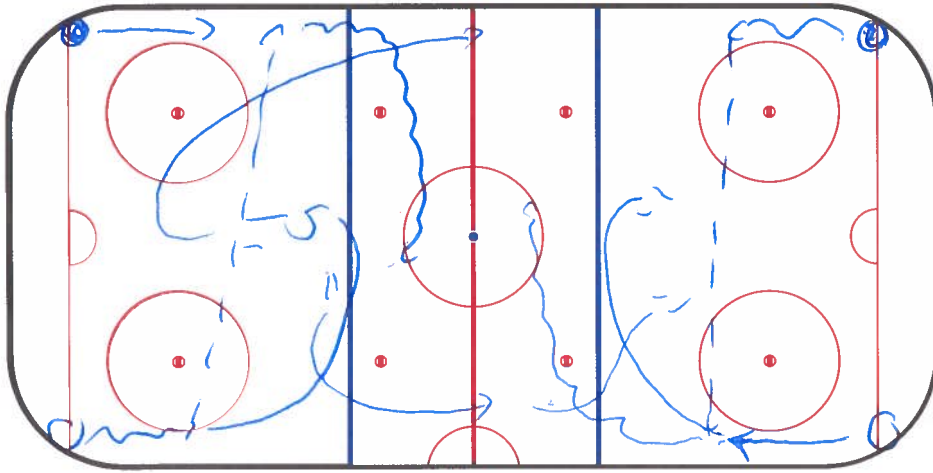
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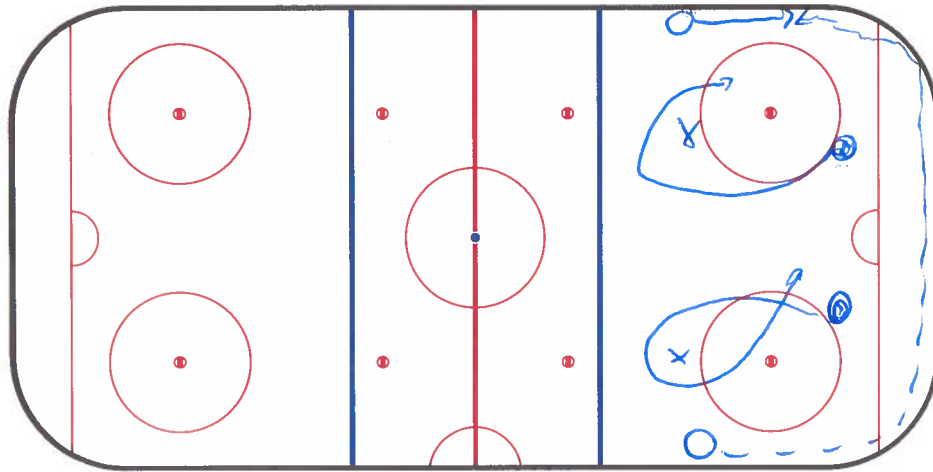


2-2

Umschaltspiel

Defensive OFFENSIVE

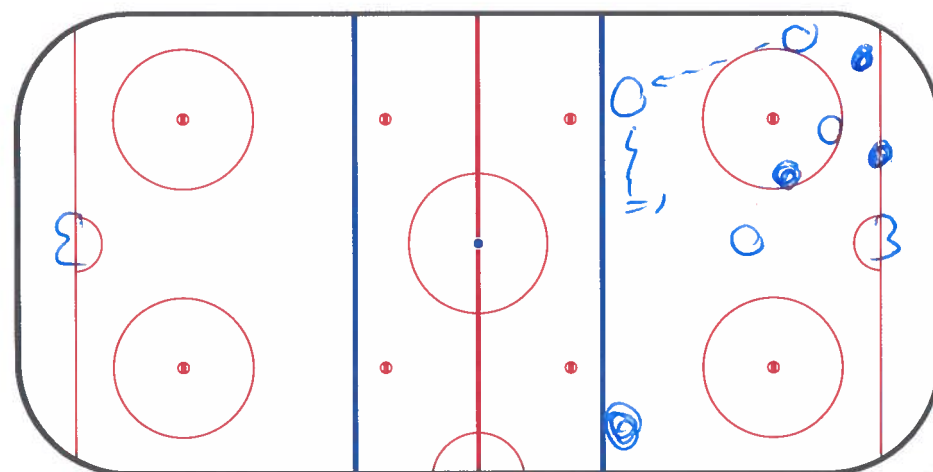
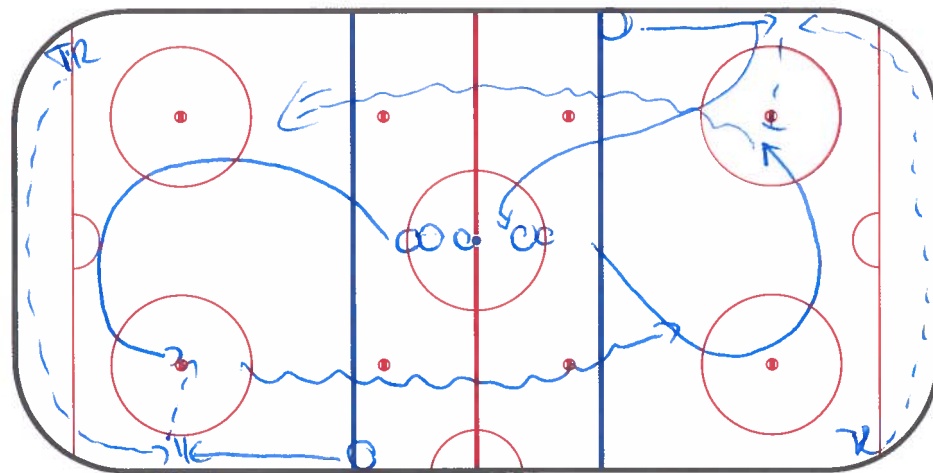
OFFENSIVE Defensive



Ein Johnny

Spiel

2-2



SPIEL

3-3 17er