



TEAM: U9

DATUM: 9.8.21

TRAINER: Martin, Joc

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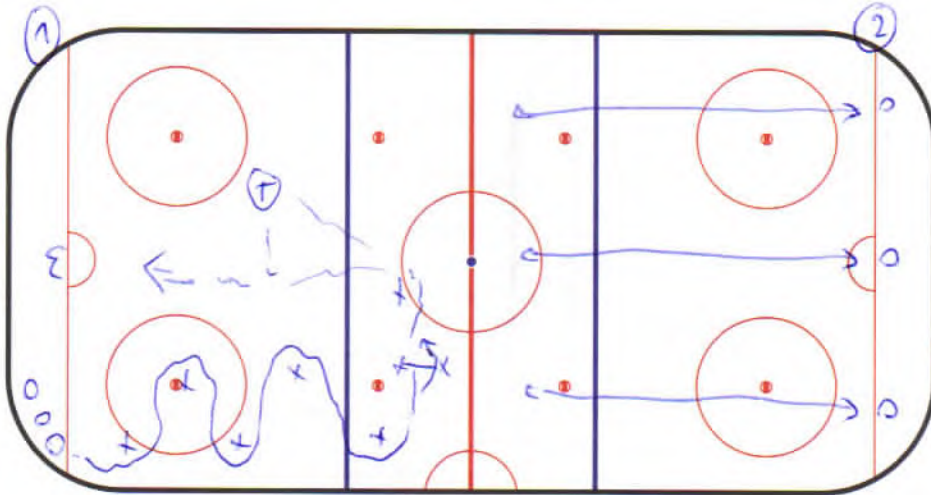
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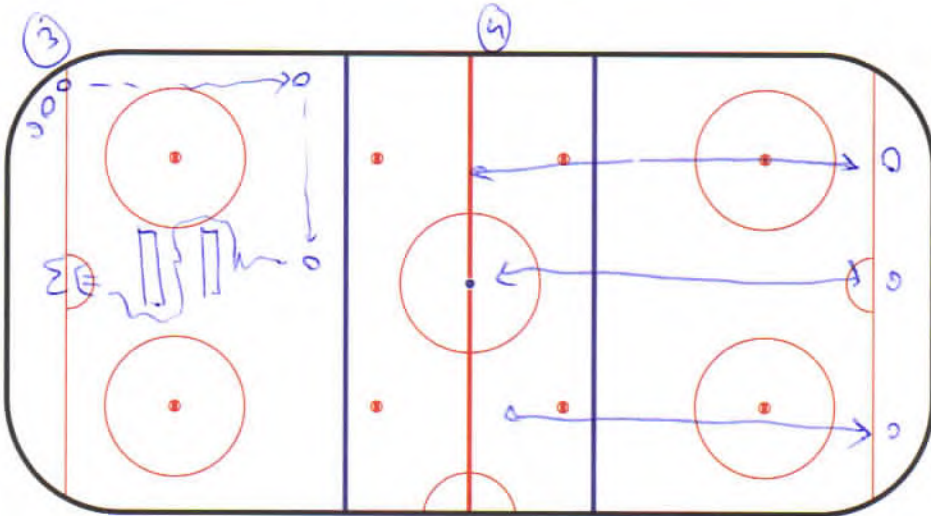
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# TRAININGSPLAN

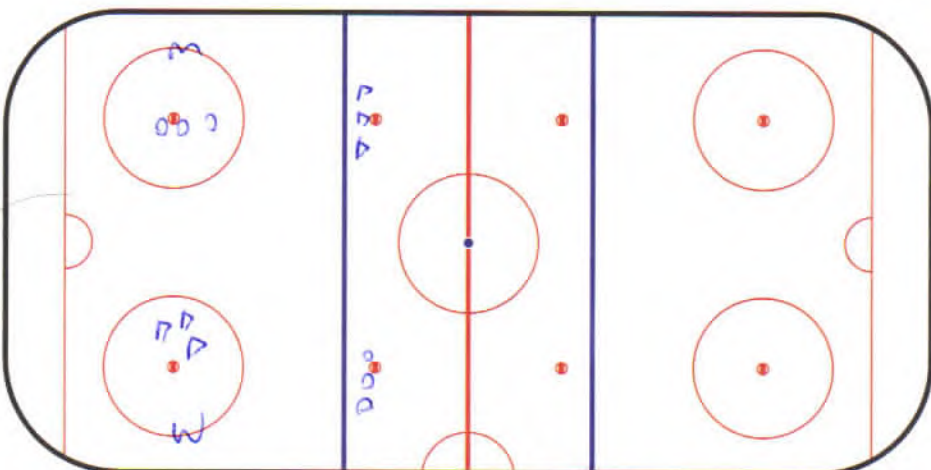


① Parcours Schießenkontrolle mit Pass

② Stahlgang ABC  
2x 10min  
1k+Ak



③ Passen und Folgen  
④ Strohhandlung ABC  
2x 10min



⑤ Spiel 3:3  
15min

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TEAM: U9 9:30-10:30

DATUM: 7.8.2021

TRAINER: Yuri, Joe

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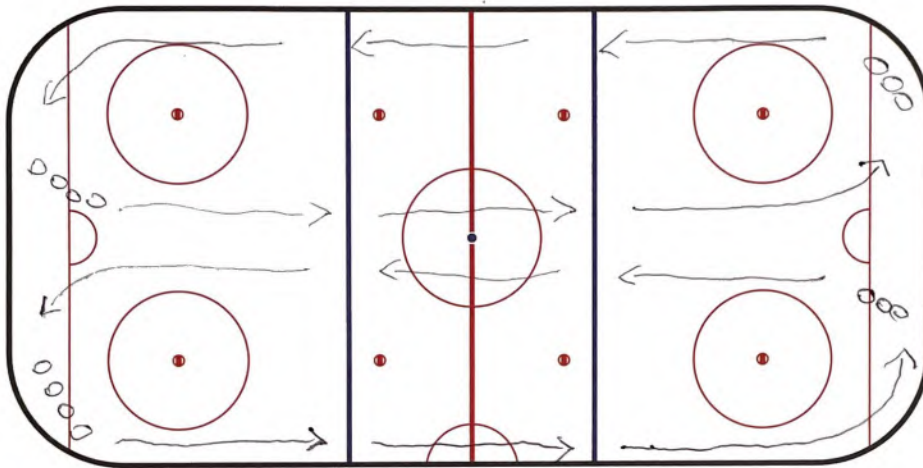
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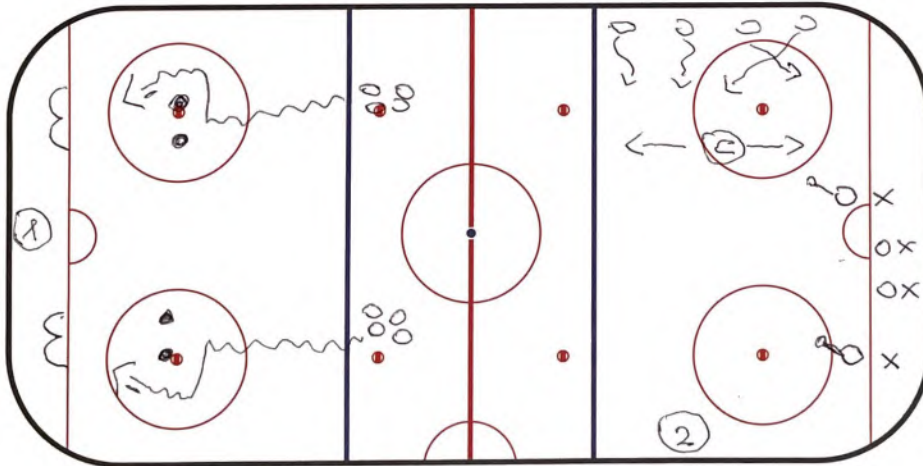
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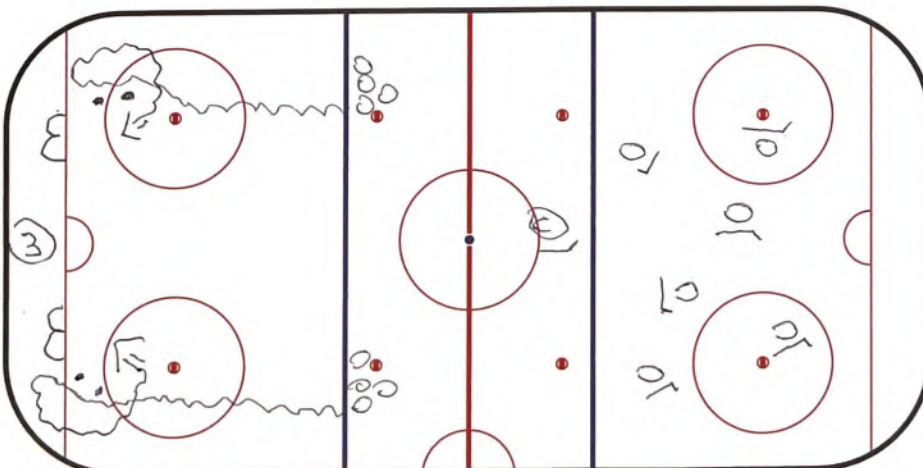
# TRAININGSPLAN



Aufwärmen TRAINER  
zeigt VOR → HÄNDE, SCHULTER,  
nach VOR bogen, drehung  
schläger auf schulter.  
5min



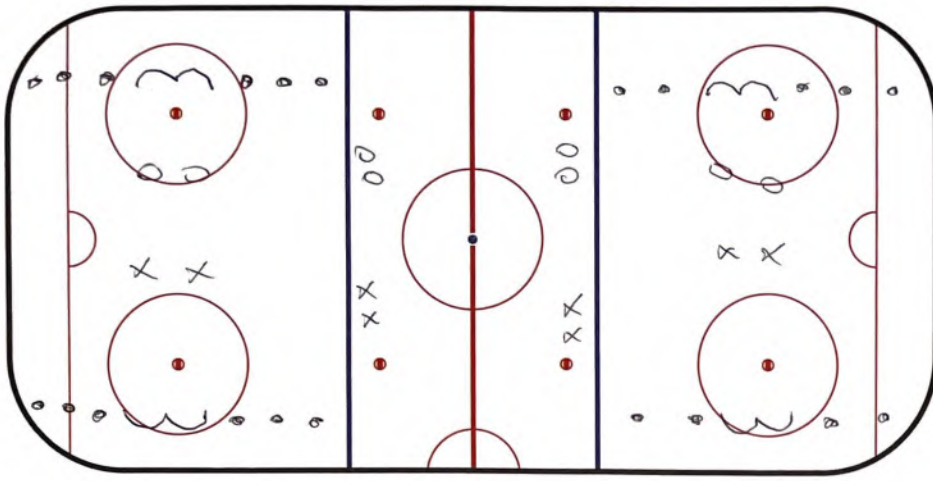
STATION 1: Schuss  
übung → PUCK KONTROLL  
Tauschung bei Pylonen  
Schuss  
10min



STATION 2: Fangen mit  
aufgaben → 1 SPIELER STARTET MIT  
RING → 2 PROBIERT RING WEG NEHMEN  
→ TRAINER GIBT VERSCHIEDENE  
START AUFGABEN ~~10min~~ 5min  
+ 5min fangen

STATION 3: Schussübung  
mit bogen im ecke  
10min

STATION 4: Technisch  
eisläufer sachen mit eigene  
schläger auf eis.  
10min



Spiel 2-2 im 2 oder 3 zonen  
Spieler dürfen nicht  
hinten tor spielen.  
 10min

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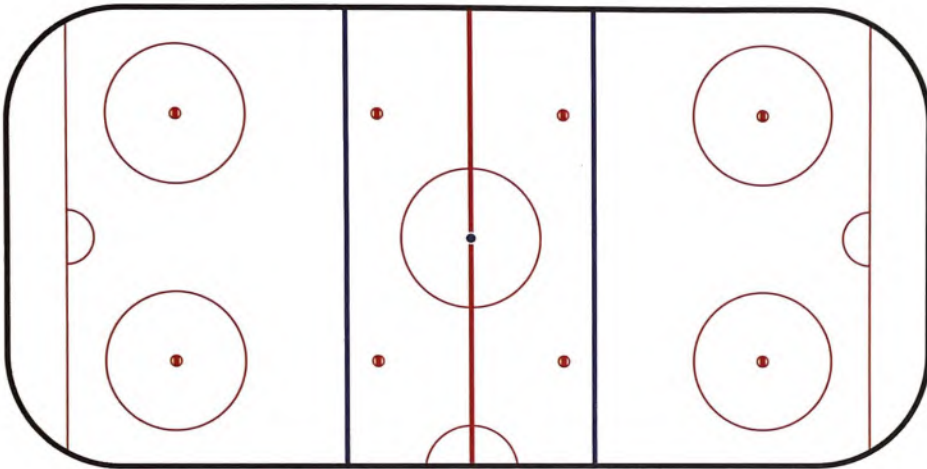
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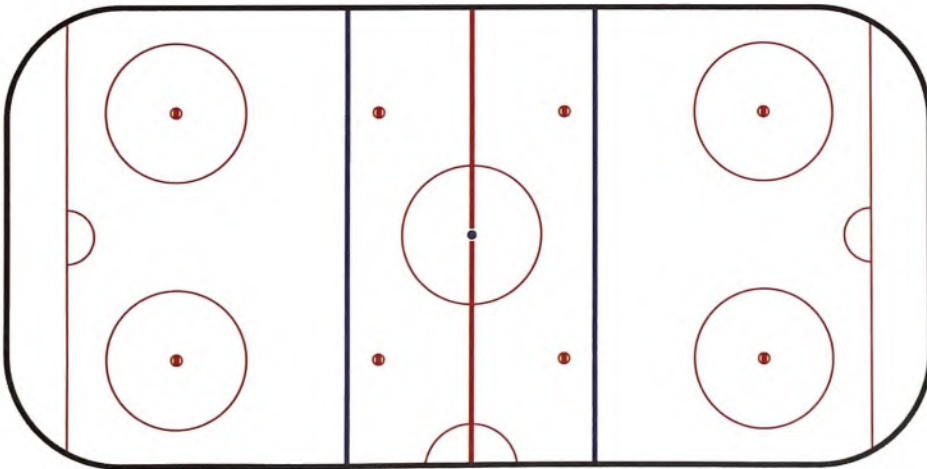
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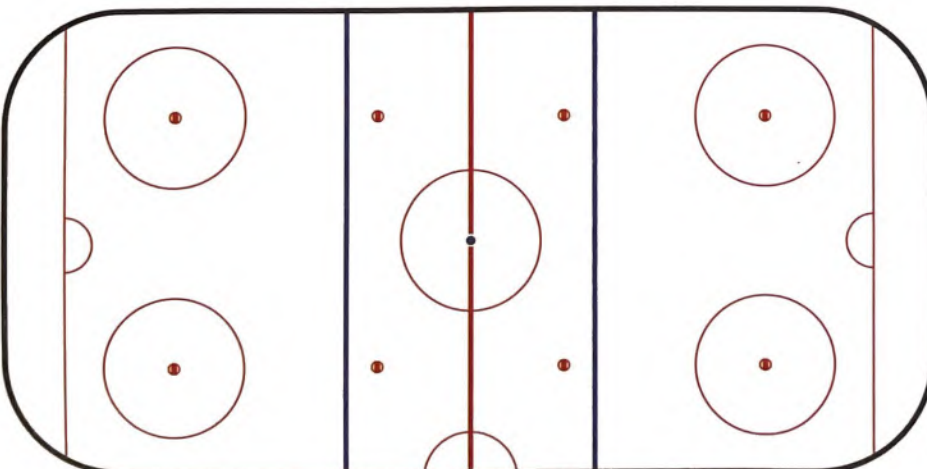
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TEAM: U9 9:30-10:30

DATUM: 10.8.2021

TRAINER: YURI, JOE

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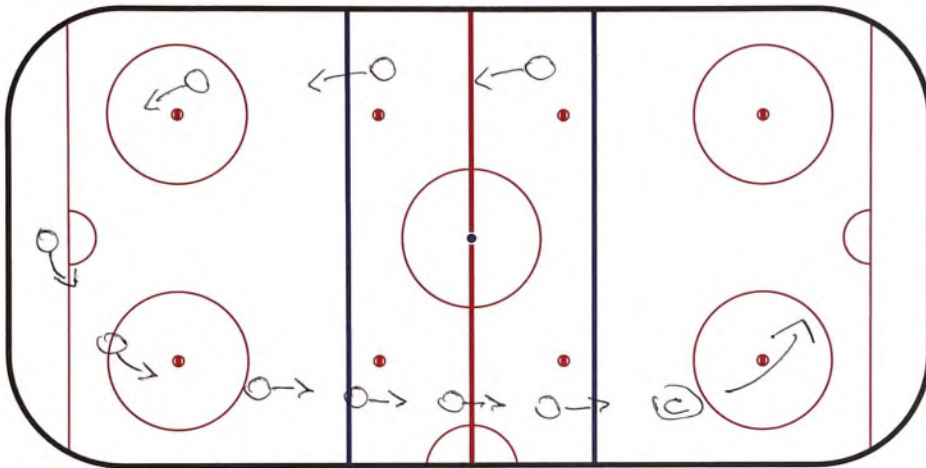
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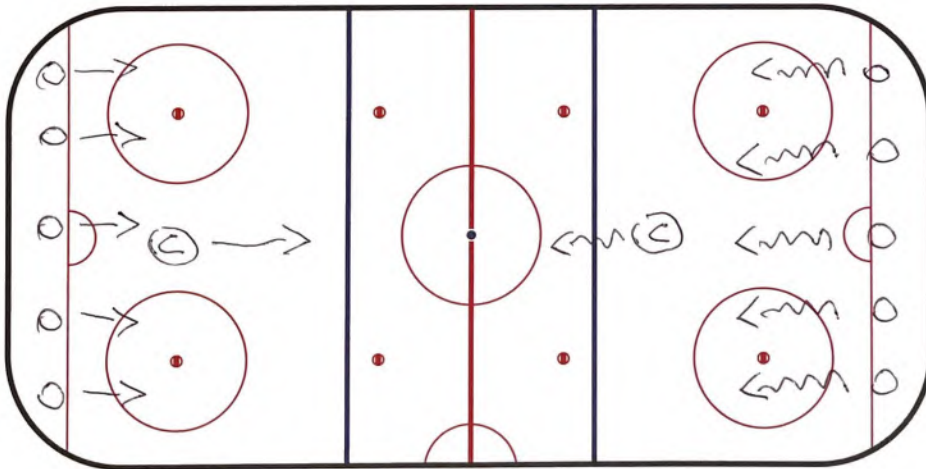
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# TRAININGSPLAN



Außerdem, Hände,  
Schulter, Beine,  
Drehungen,

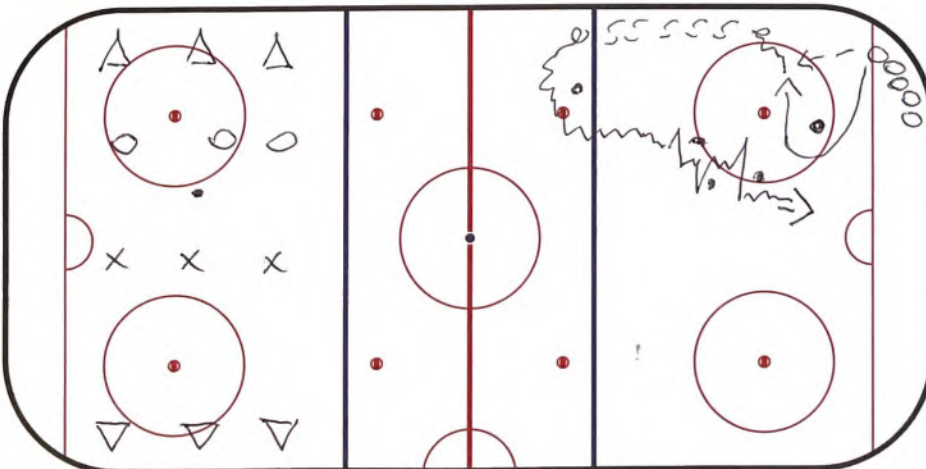
5-7 min



Eine Gruppe Eislaufen  
Andere Gruppe Stützwandlung 12 → 12

24 min

~~Handlung~~  
~~Handlung~~  
~~Handlung~~



Gruppe 1 Übung

Gruppe 2 Spiel

10-12 min

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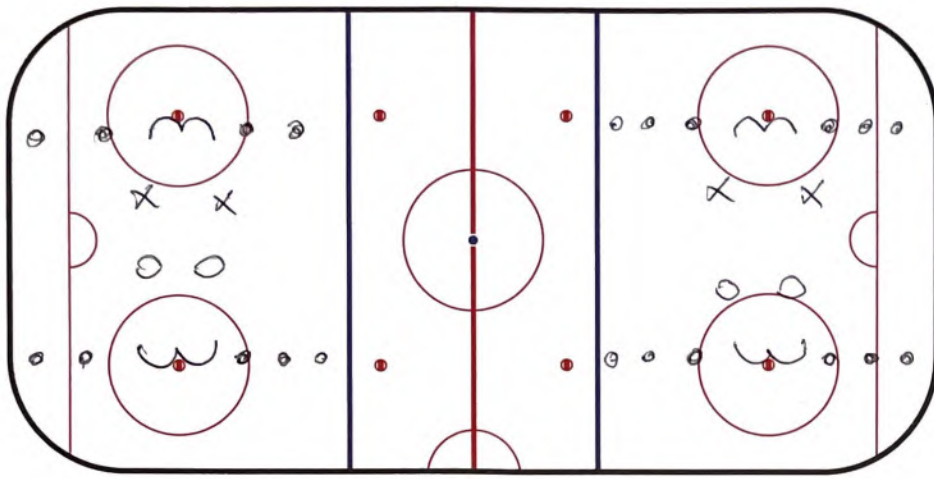
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Spiel im 2 zonen  
2-2 auf kleine PLATZ.  
 10 min

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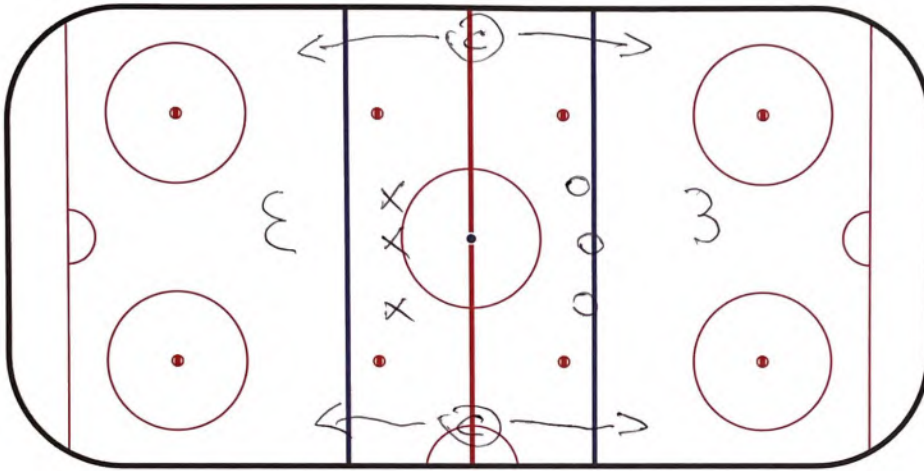
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Spiel 3-3 oder 2-2  
mit 2 JOKER TR. für  
jede TEAM.

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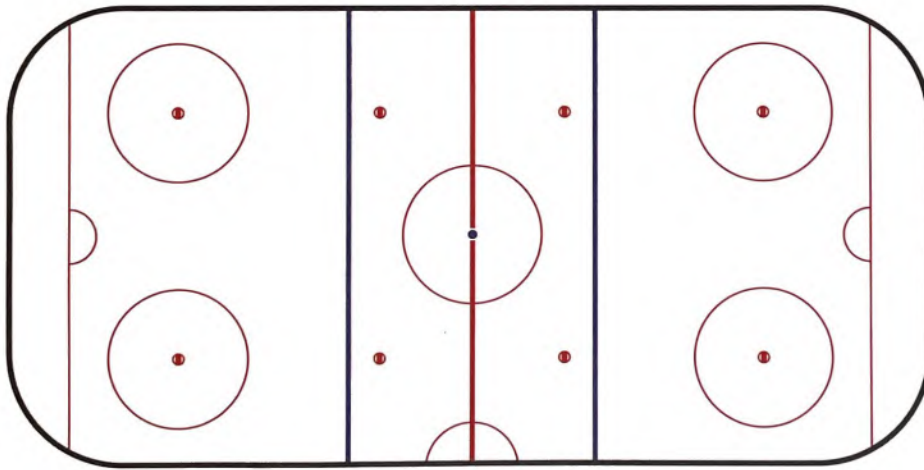
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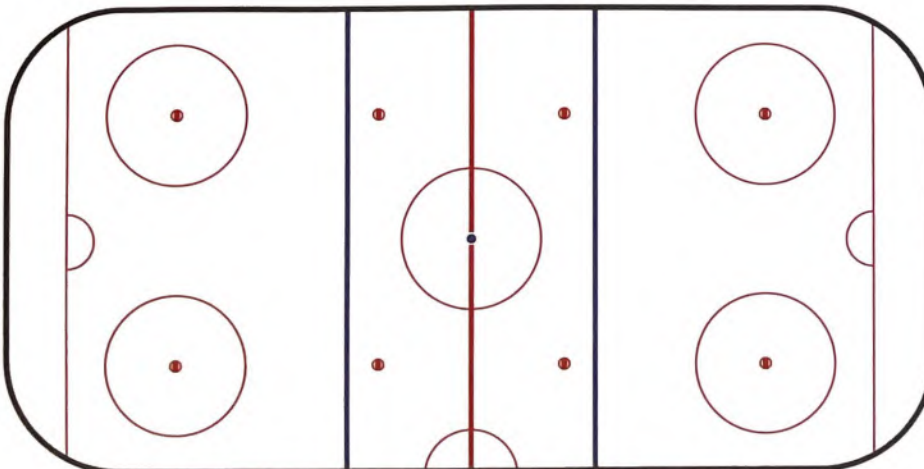
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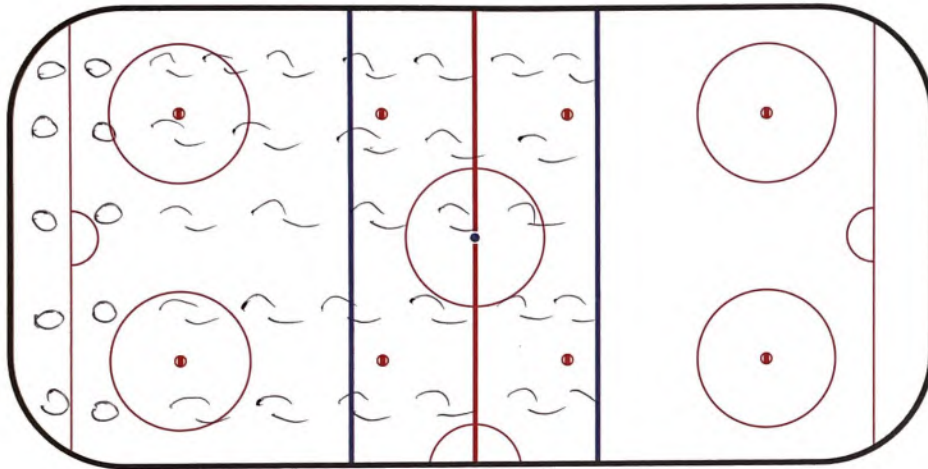


TEAM: U9 9:30-10:30

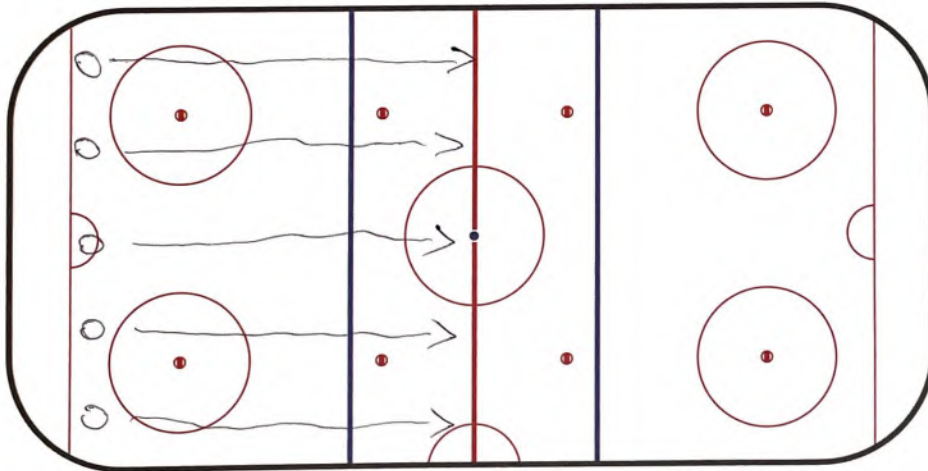
DATUM: 23.8.2021.

TRAINER: YURI, VITUS

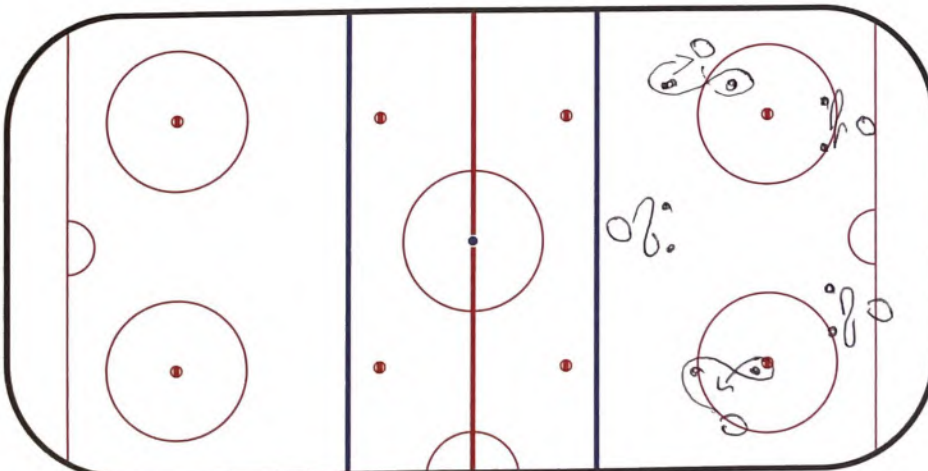
# TRAININGSPLAN



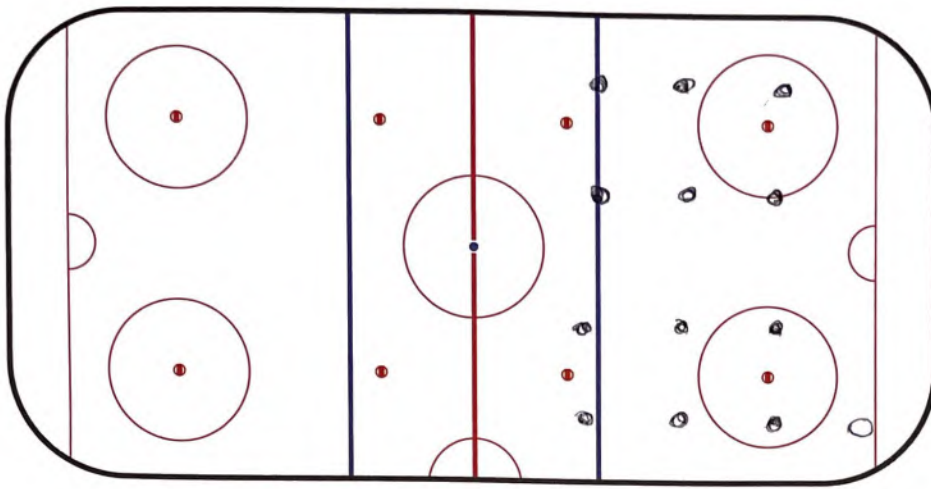
Aufwärmen Rücken  
eislaufen Kocurka  
vorne hinten.  
5-6 min



Station 1:  
Start seitlich mit  
drehung gleiten  
und bewegung sein  
nach vorne zurück.  
→ dann seitlich.  
6 min

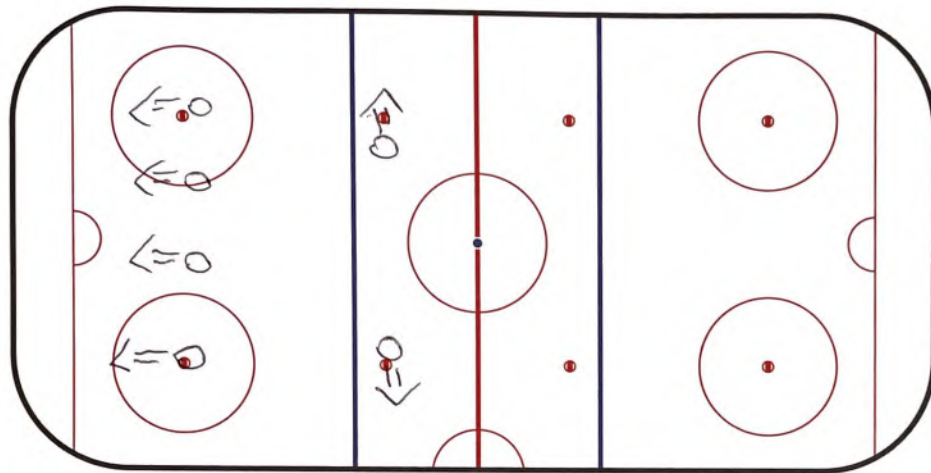


Station 2:  
Technik mit schräger  
achter. im stechen.

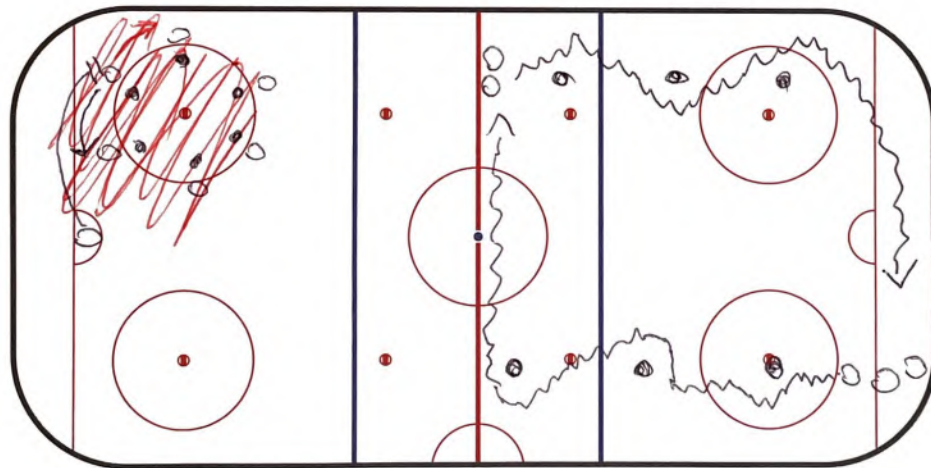


STATION 3:

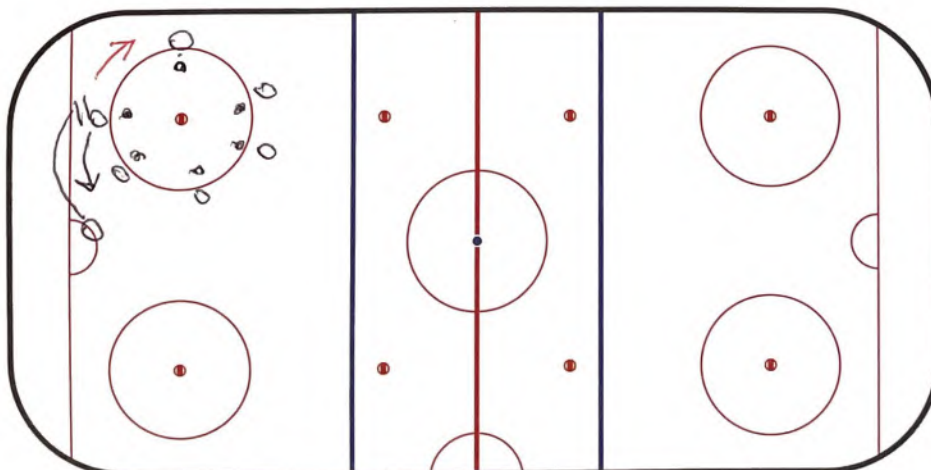
Kleichgewicht →  
 beweglichkeit →  
 Arbeiten mit fußball  
 mit Russe bei Hürchen.  
 6 min



STATION 4:  
 Schuss technick →  
 einlauf schuss



STATION 5: technick  
 mit schuäger →  
 lange drück gewicht  
 auf ein bein → lange  
 trick mit schleger auf  
 ein hand position kommt.  
 6 min



STATION 6: Beweglich-  
 keit spiel. → SPIELER  
 bewegt auf kreis →  
 greift eine von spieler  
 mit hand → BREMS  
 und LAUFT ANDERE RICHTUNG  
 ANDERE SPIELER LAUFT ANDERE RICHTUNG  
 WER ERSTE IM FENSTER KOMMT GEWINNT  
 6 min  
 +  
 Spiel 5-5 im zone



TEAM: U9, 10:40-11:40

DATUM: 25.8.2021.

TRAINER: YURI, VITUS

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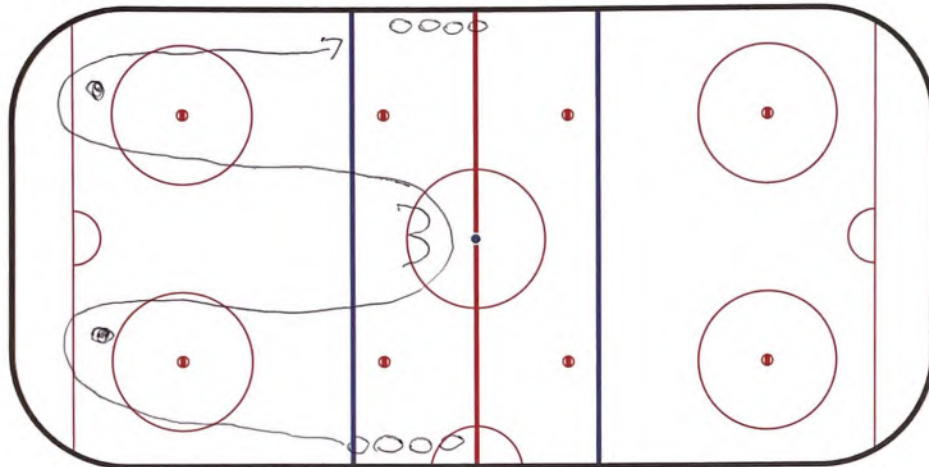
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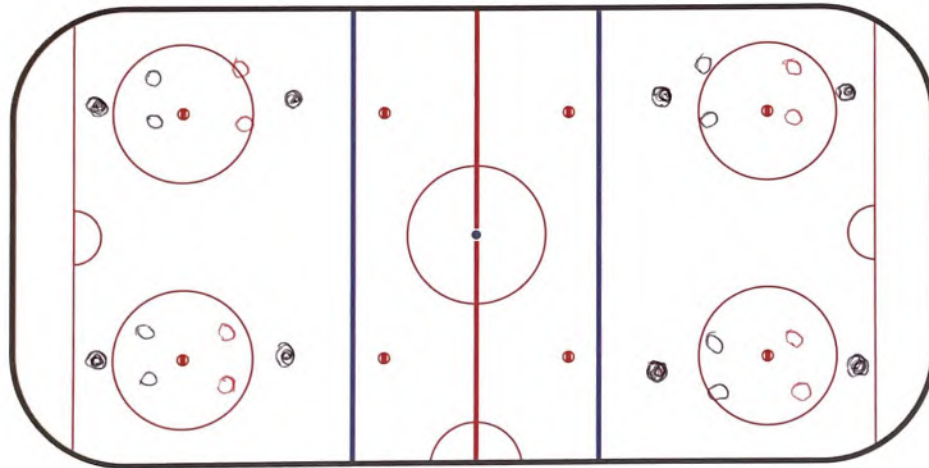
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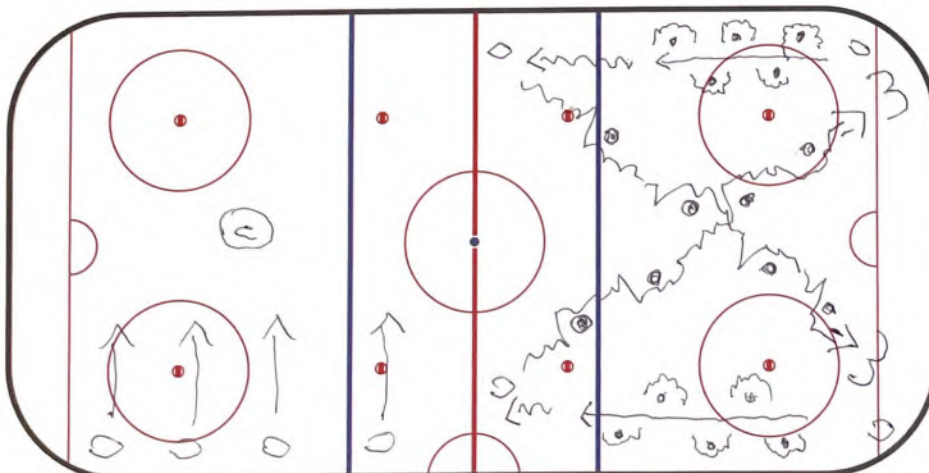
# TRAININGSPLAN



Eislaufen vorwärts  
Rückwärts,  
6min



Spiel 2-2 auf  
kleine PLATZ mit  
BALL ABER mit HÄNDE  
BALL am eis bewegen,  
3-9 min



STATION 1! eislaufen  
1) ein bein stoßen 2) 2 beine  
stoßen vorwärts, 3) 1 bein  
stoßen 2) zwei beine stossen  
Rückwärts, 10min

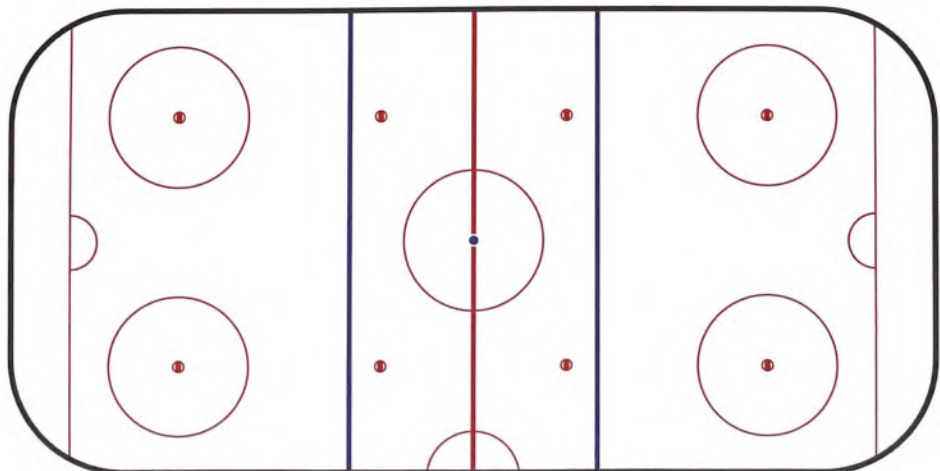
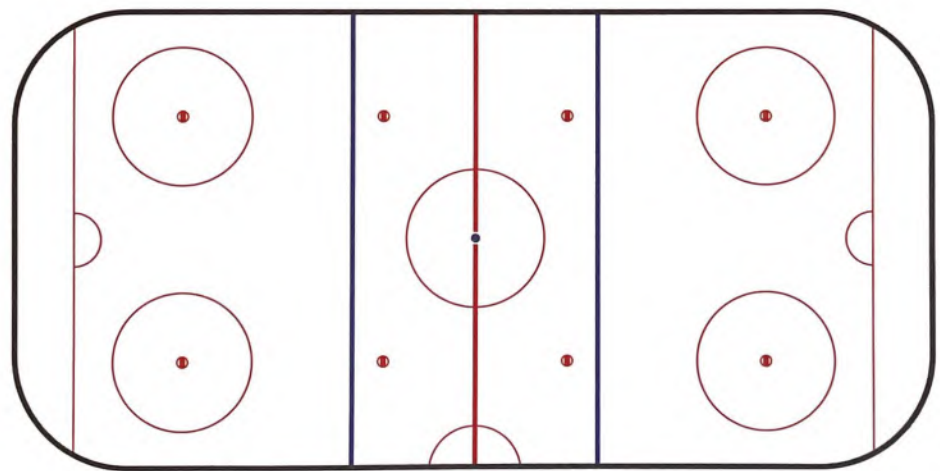
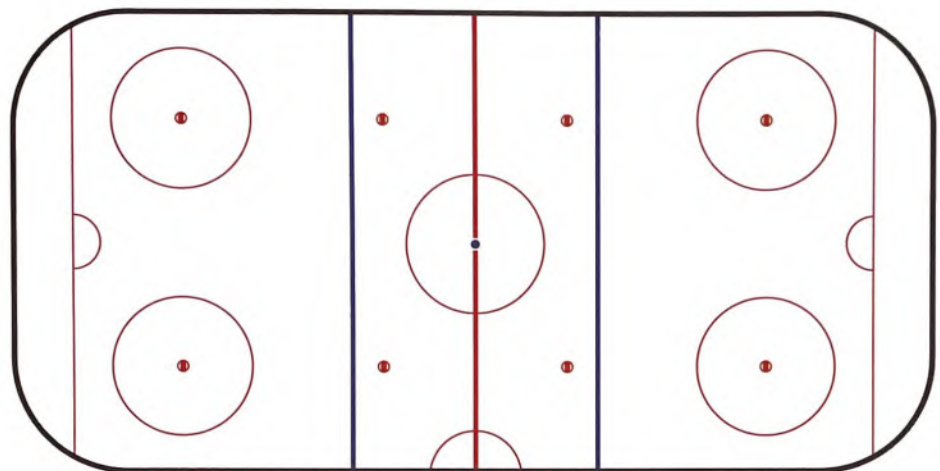
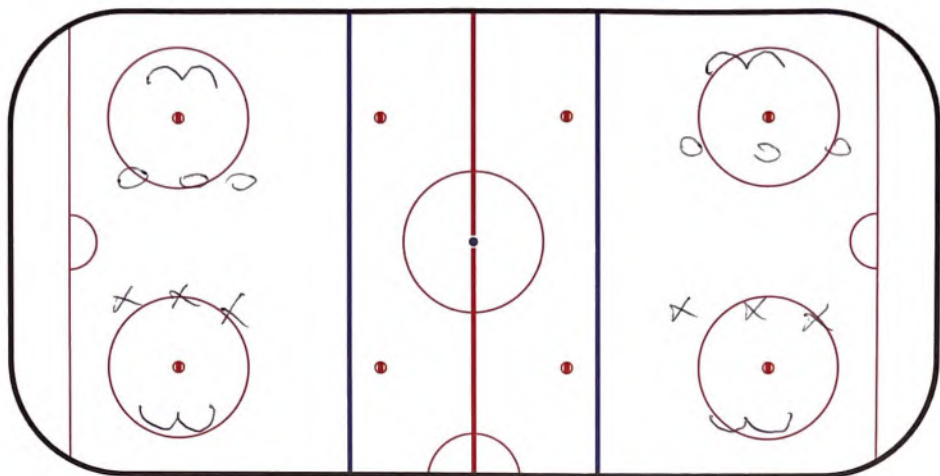
STATION 2: Stock  
Technik mit schuss  
10 min



Spiel im Zone

3-3

17 min



A series of horizontal lines for writing notes, corresponding to the four diagrams above.



TEAM: U9, 9:30-10:30

DATUM: 26.8.2021

TRAINER: YURI, MARTIN.

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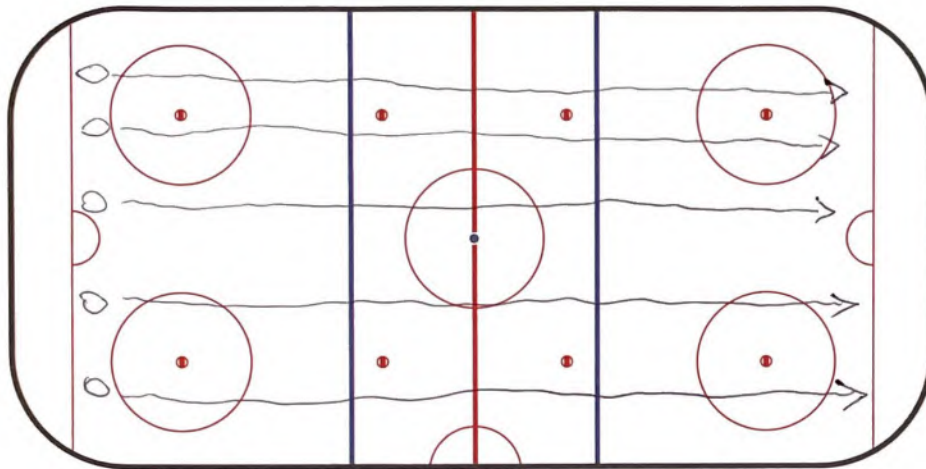
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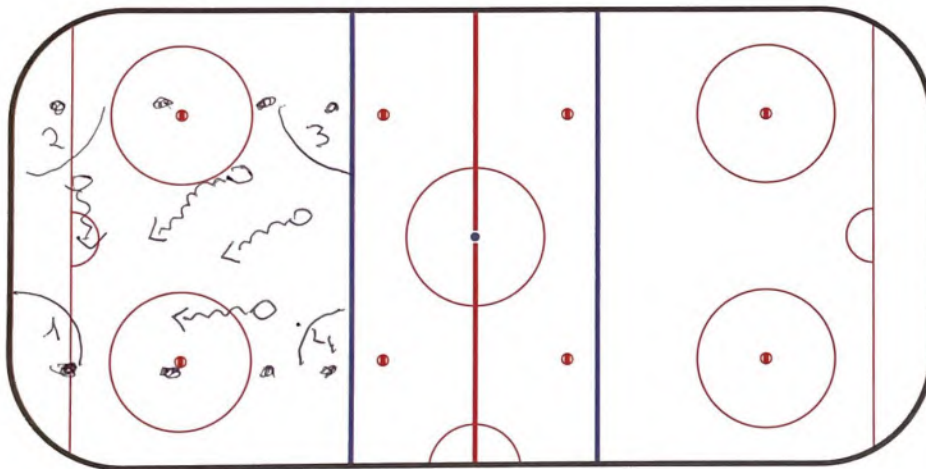
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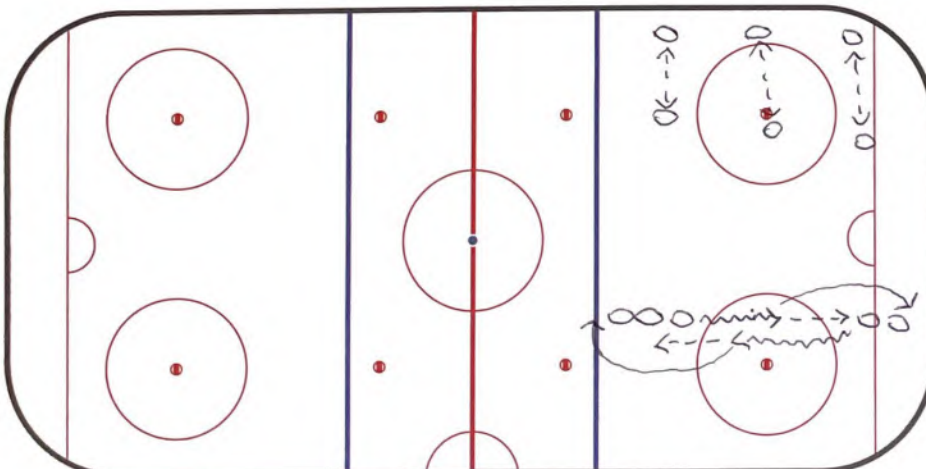
# TRAININGSPLAN



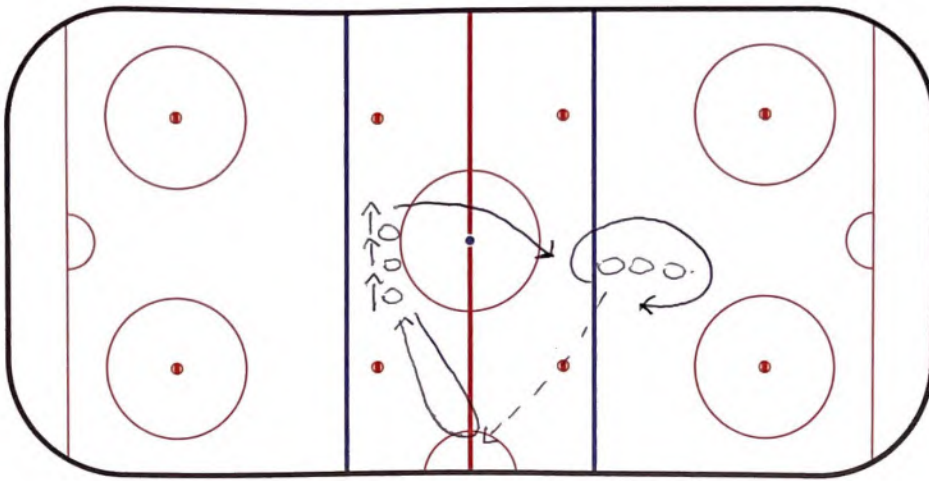
Eislaufen POHARUKU  
mit innen KANTE → dazu  
dann kommt AUßEN KANTE  
7min



Station 1: Stock  
Technik. → KOORDINATION  
→ beweglichkeit → schnelle  
REAKTION. SPIELER bewegen  
sich mit PUCK im verschiedene  
Richtungen, TRAINER SAGT  
nummer und SPIELER müssen  
schnell REAGIEREN und mit PUCK  
zum diese nummer fahren.  
9min

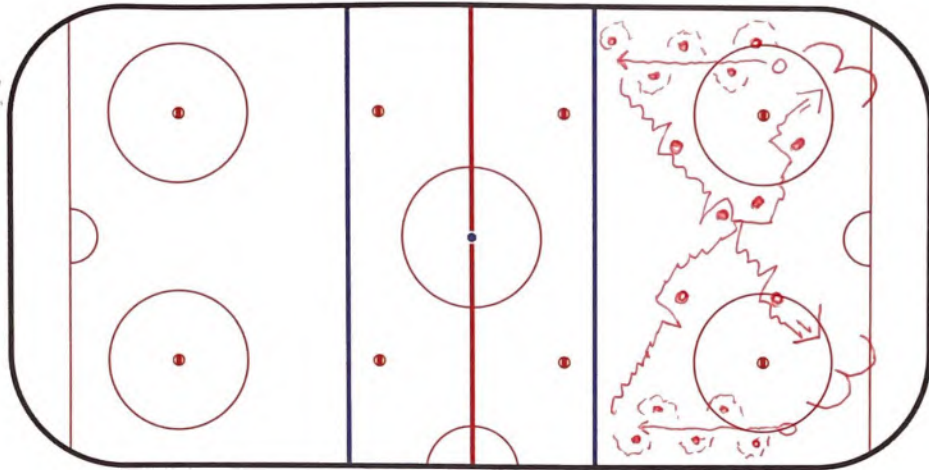


Station 2: Passen  
LERNEN im stein gerade  
und seitlich. → Passen  
im LERNEN in bewegung.  
9min

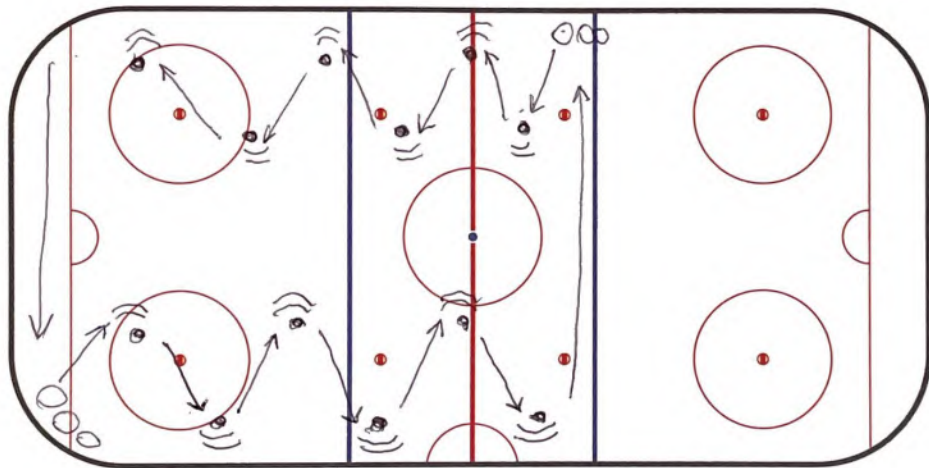


STATION 3: Beweglich-  
keit Spiel, → ein Team  
schießt mit Fußball weg  
und fängt Runde laufen über  
seine Gruppe, Runde wird gezählt  
→ zweite Team Holt schnell  
Ball und lässt bei jede in Linie  
durch Beine und letzte Spieler  
bringt Ball zurück, dann Gruppen  
wechseln, gewinnt Team mit  
meistens Runden.  
9min

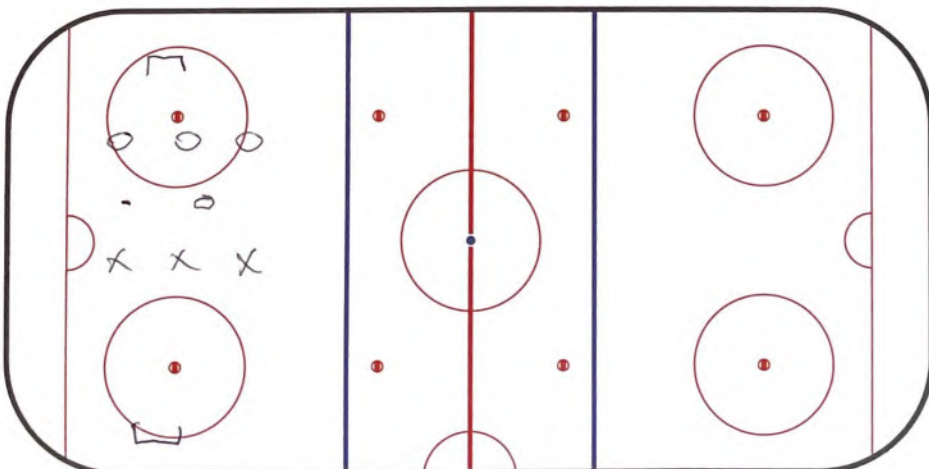
↓  
 oder



Puck KONTROL mit  
Schuss auf TOR.  
9min



STATION 4:  
Eislaufen → Lernen  
hogen richtig machen  
beide Beine am Eis.  
9min



Spiel: 3-3 oder 4-4  
mit Puck und Ring  
gleichzeitig → bei Ring  
schläger schnell umdrehen,  
Spieler müssen schnell  
reagieren,  
15min

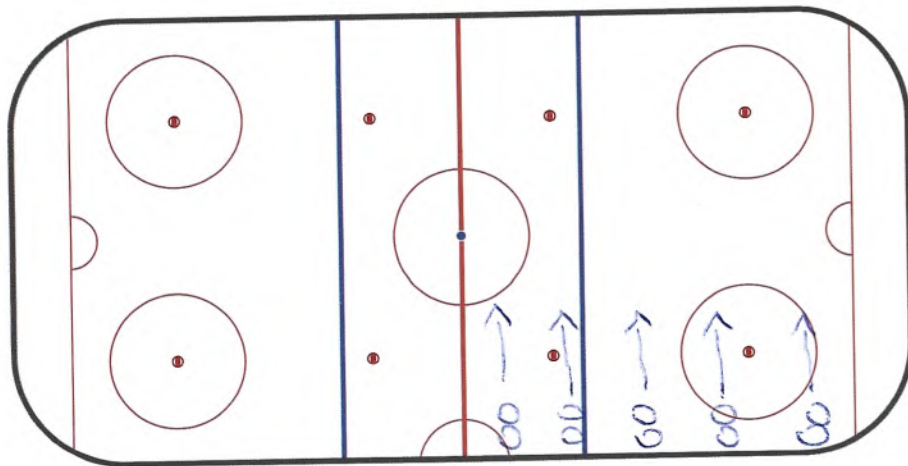


TEAM: U9, 15:10 - 16:10

DATUM: 14.9.2021

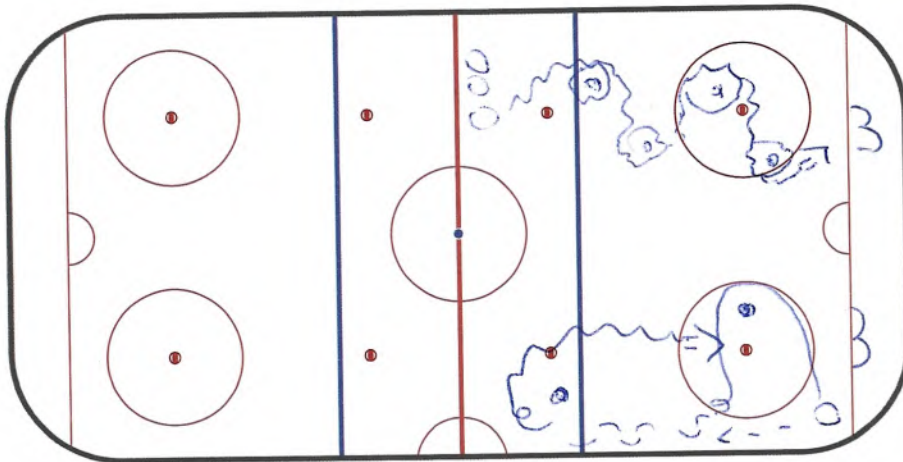
TRAINER: Yuri Joe

# TRAININGSPLAN



Aufwärmen eislaufen  
beide reine An- & R  
Schnelle SLALOM VORWERTZ  
RÜCKWERTZ.

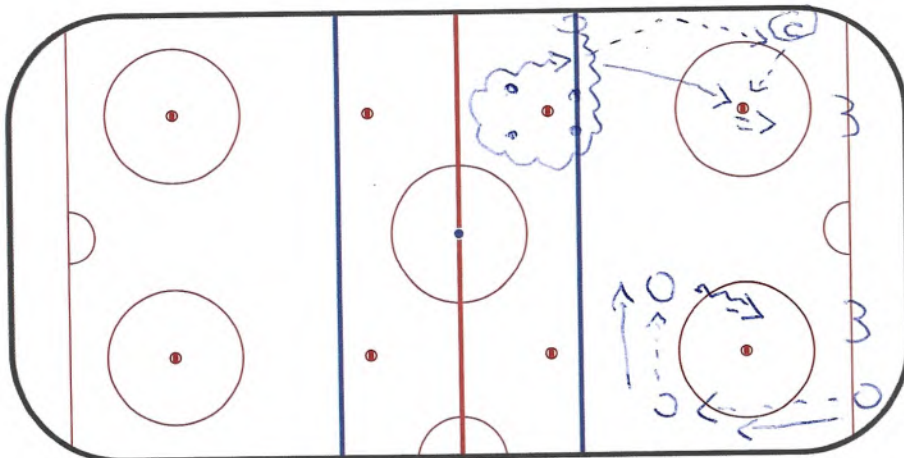
5-7 min



STATION 1:

Puck KONTROLL

8 min



STATION 2:

PASSEN → VOR-RÜCK.

Puck KONTR → SCHUSS

8 min

STATION 3:

Übersetzen → PASSEN →

SCHUSS 8 min

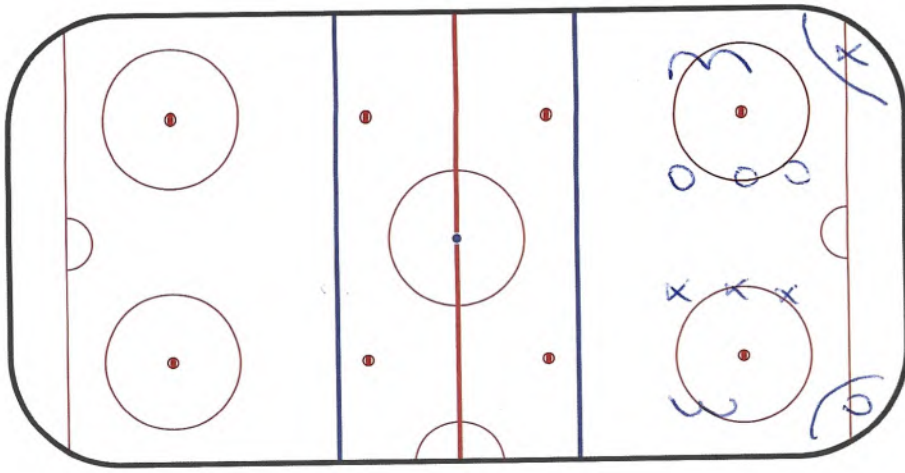
STATION 4:

PASSEN → SPRINT →

SCHUSS.

8 min

Spiel 3-3 mit 10min



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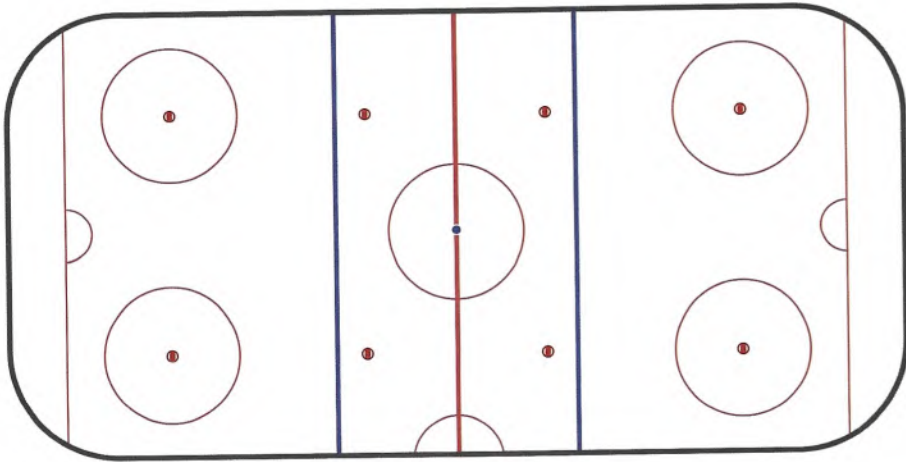
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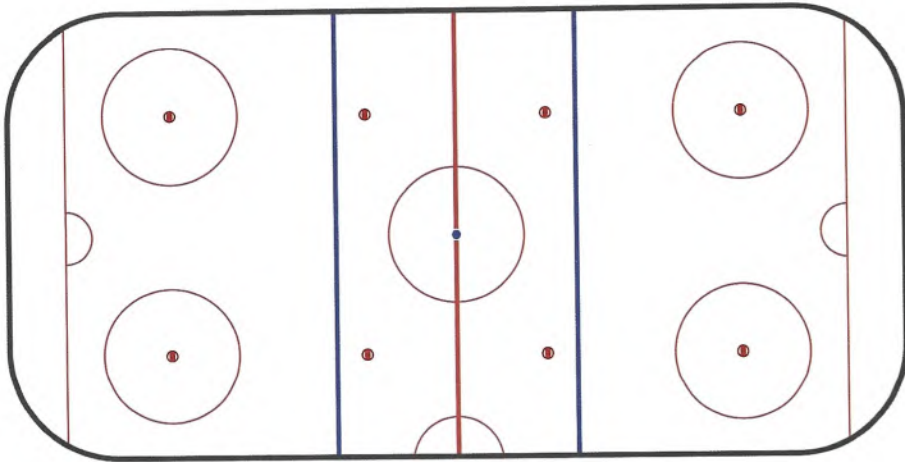
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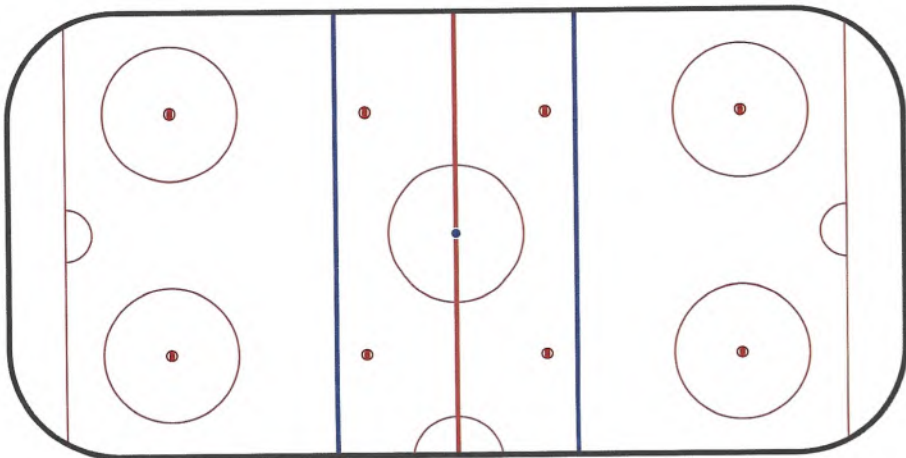
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TEAM: U9, 9:30-10:30

DATUM: 30.8.2021.

TRAINER: YURI, VITUS.

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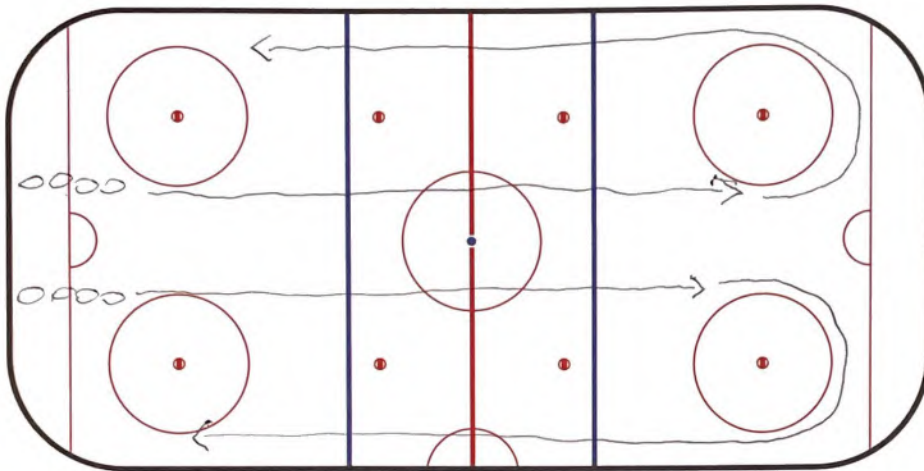
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# TRAININGSPLAN

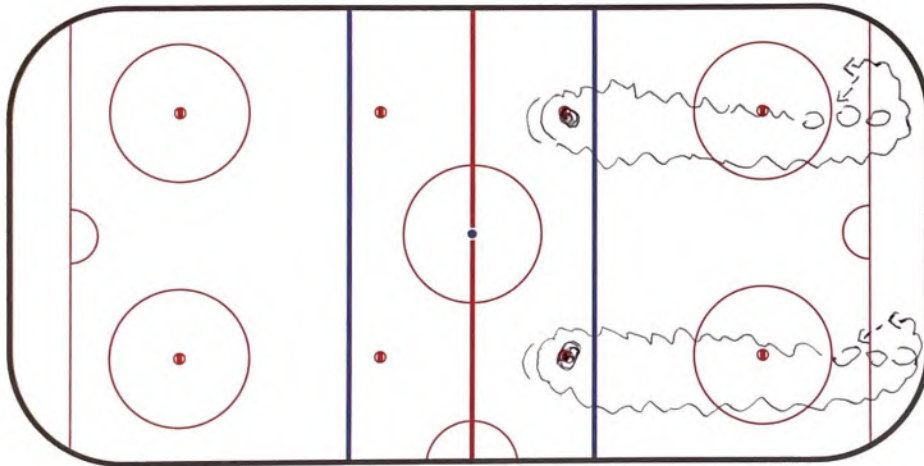


## EISLAUFEN RÜCKWÄRTS

- gleiten in position

- beide beine am eis

5-7 min



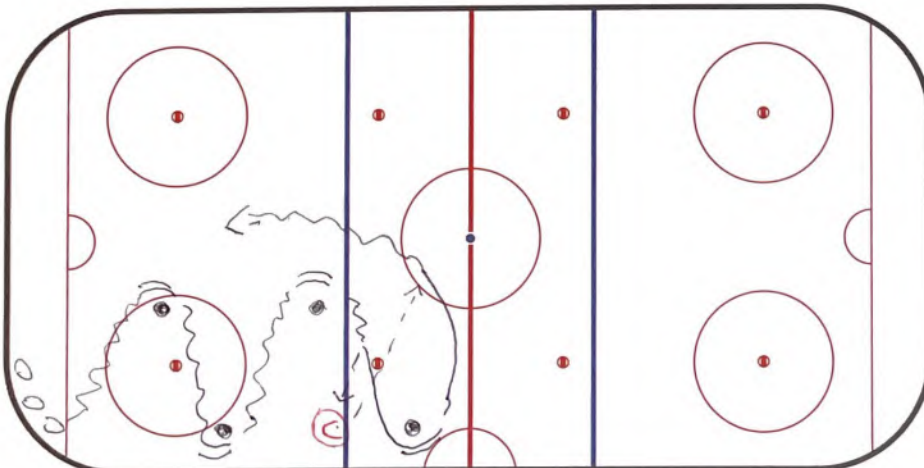
## STATION 1! PUCK KONTROLLE KURZ-

- ~~kurz~~ seitlich -> nach

letzte bogen PASS ZUM

PARTNER

7 min



## STATION 2!

### EISLAUFEN MIT PUCK

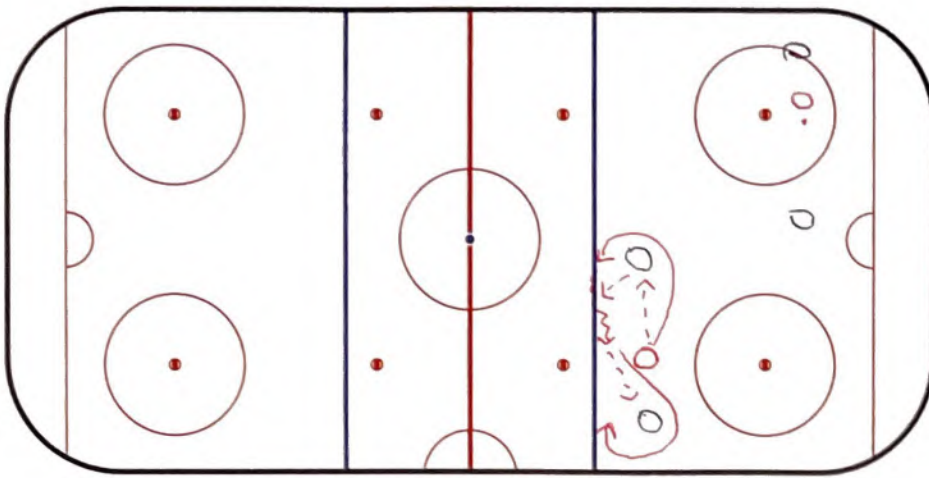
LERNEBEN Bogen machen ->

-> Richtige Körperstellung

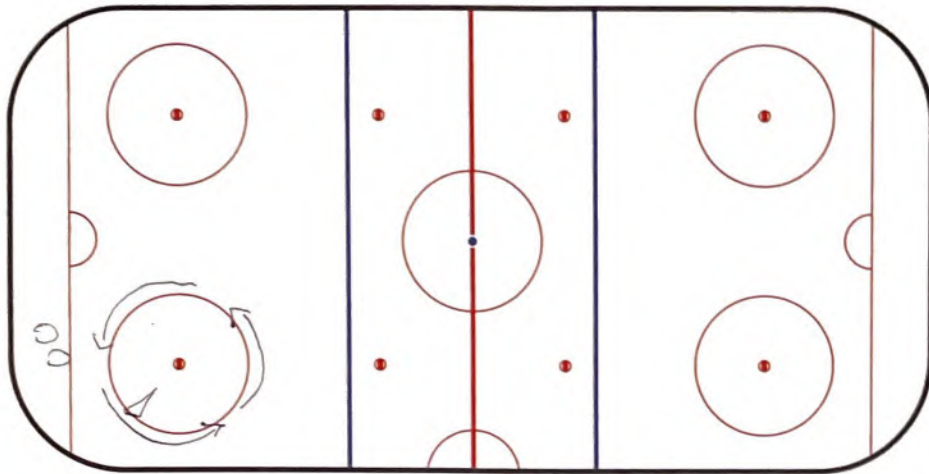
PUCK VOR SPIELER -> Abdeckung

-> Schläger in 2 Hände.

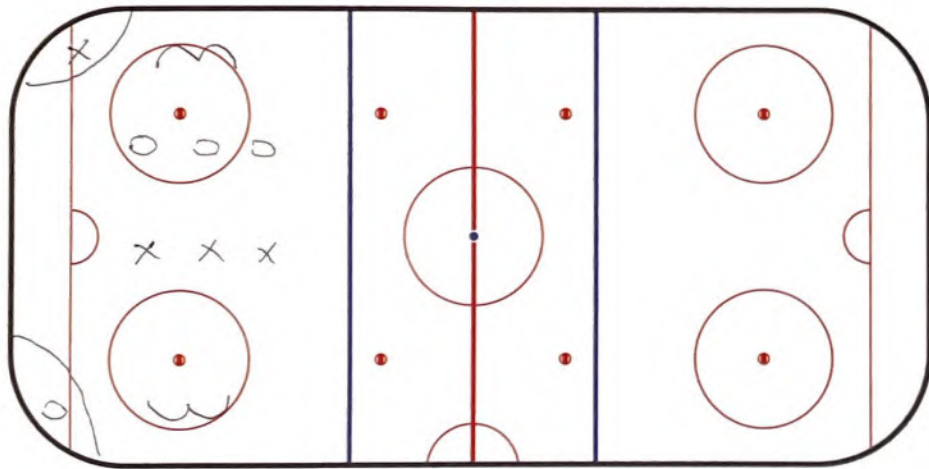
7 min



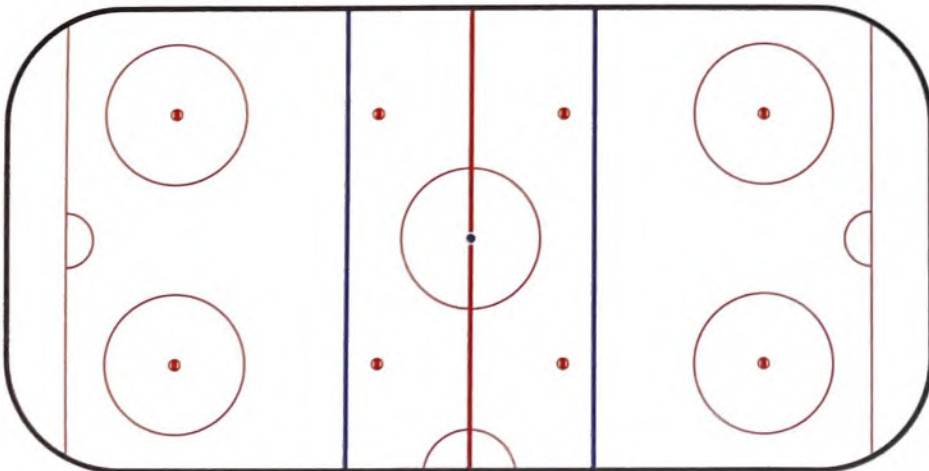
STATION 3: PAssen  
 lernen im bewegung  
 ahler zu driff  
 7 min



STATION 4: Lernen  
 bogen machen mit  
 grosse pilon -> pilon  
 halten mit beide  
 hände -> in die mitte  
 schwenen,  
 7 min



Spiel 2-2 -> 3-3  
 mit helfer in die  
 ecke,  
 15-20 min





TEAM: U9 9:30-10:30

DATUM: 1.9.2021

TRAINER: YURI, VITUS

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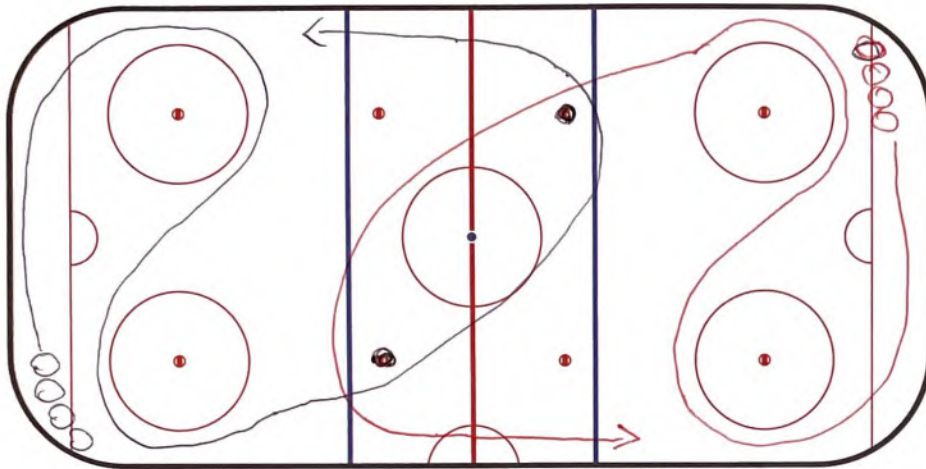
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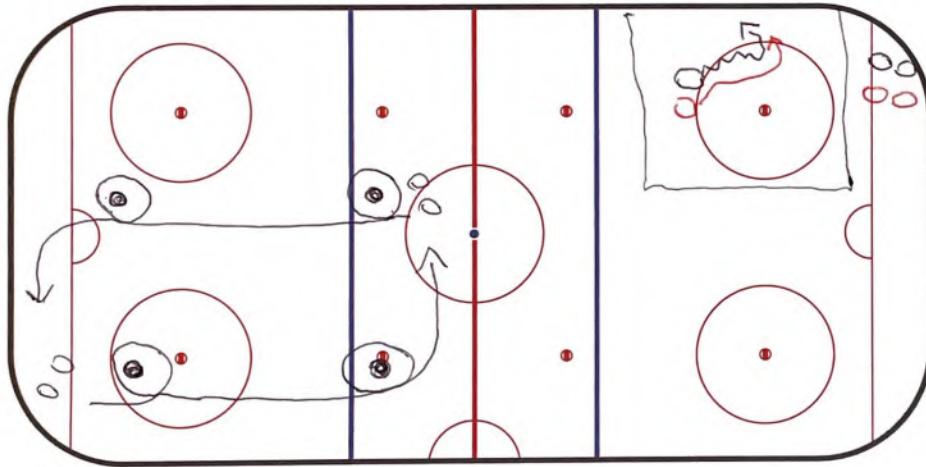
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# TRAININGSPLAN



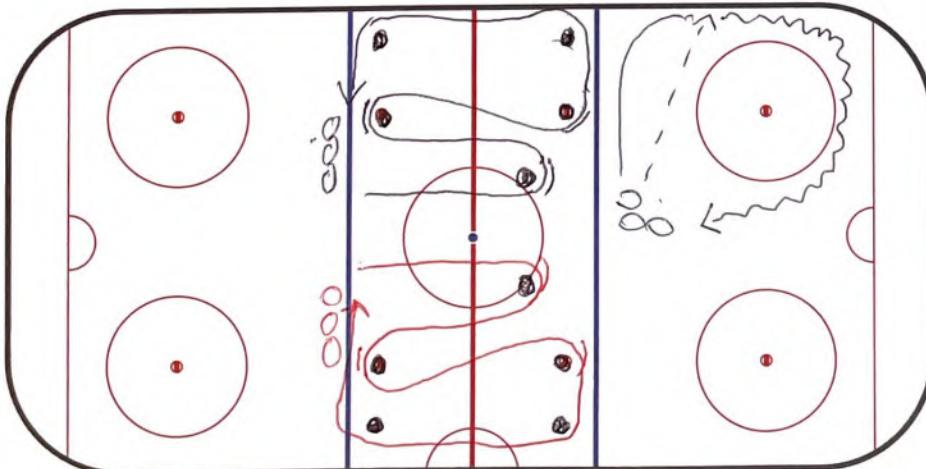
Eislaufen lange  
Schritte -> ganz gestreckte  
bein

5-7 min



STATION 1: Puck Kontrolle  
mit Abteufung 30sek Wechsel  
7 min

STATION 2: Beweglichkeit  
Koordination -> Puck  
Kontrolle mit Schübe  
7 min



STATION 3: Lernen  
Puck holen von Bande ->  
-> und Puck Kontrolle im  
Bewegung.  
7 min

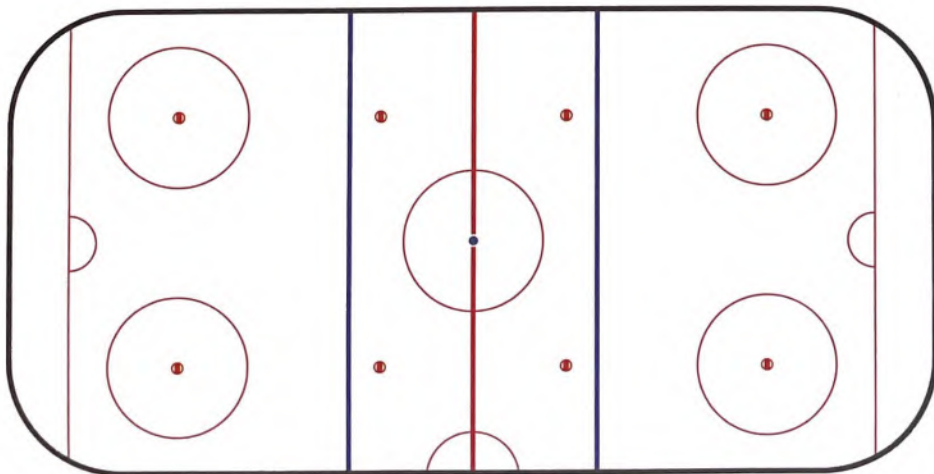
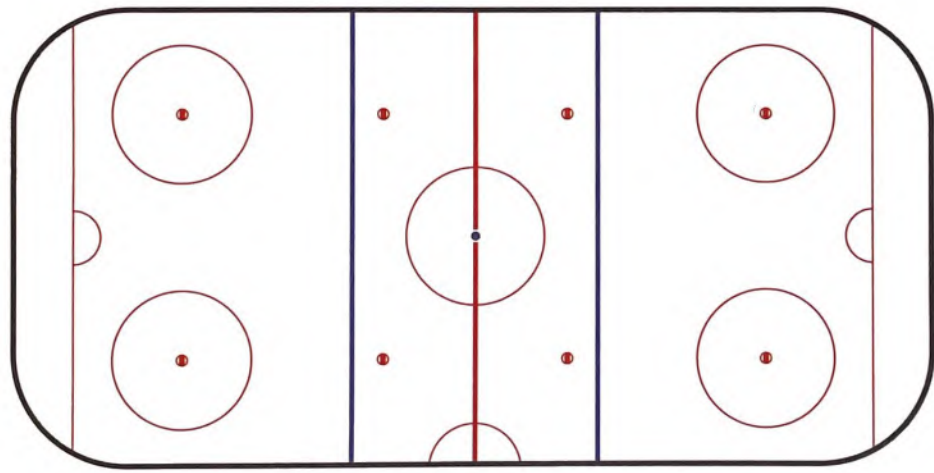
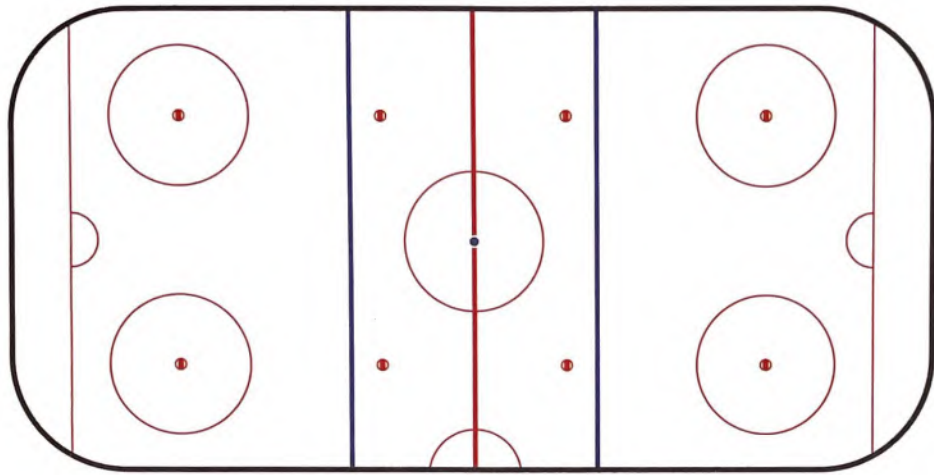
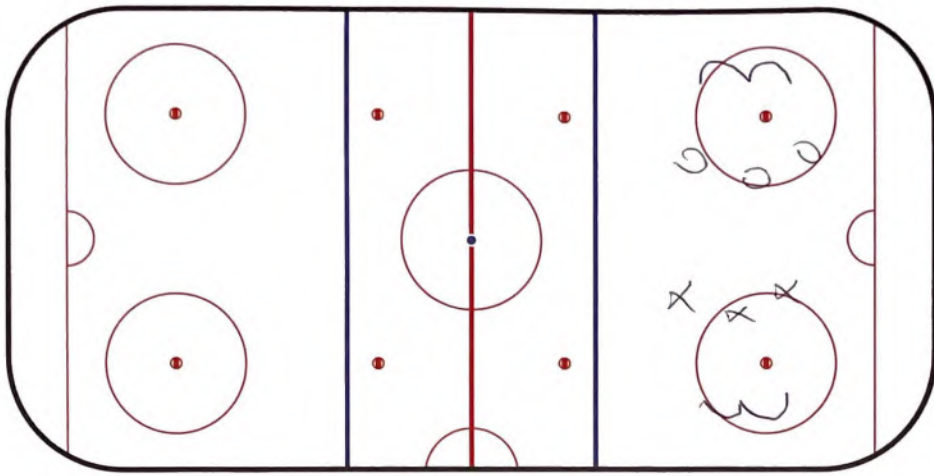
~~STATION 4:~~ STATION 4:  
Stafel -> im PAAR laufen  
auf bestimmte Trajektori.  
7 min



Spiel 3-3 ->

TOR zählt in beide  
Tore.

15min



A series of horizontal lines for writing notes, corresponding to the four diagrams above.

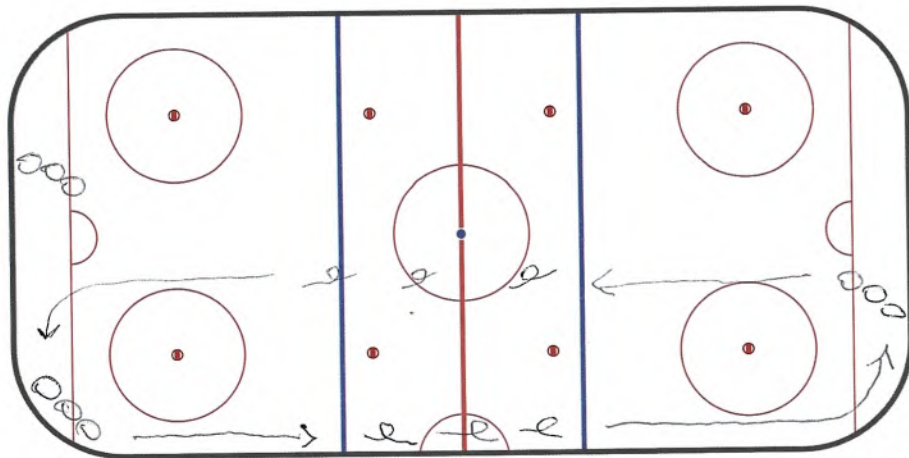


TEAM: U9, 11:10-12:10

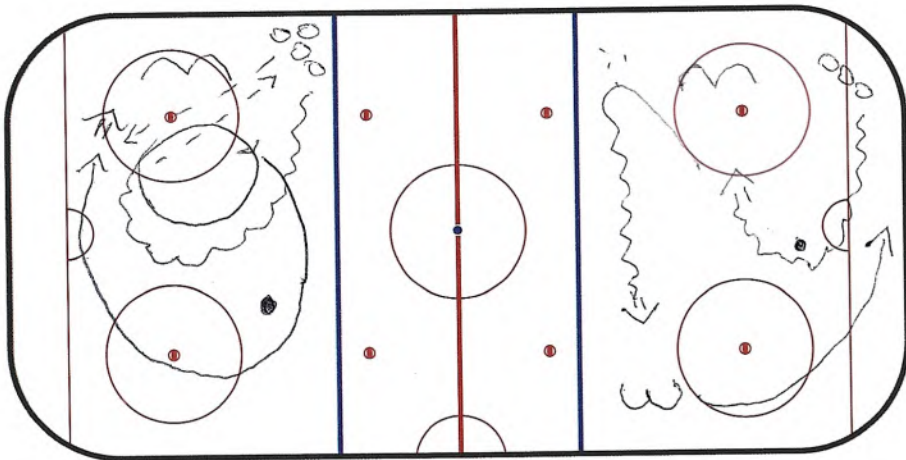
DATUM: 8.9.2021. - 9.9.2021 → 14:20-15:20

TRAINER: YURI, RAFI.

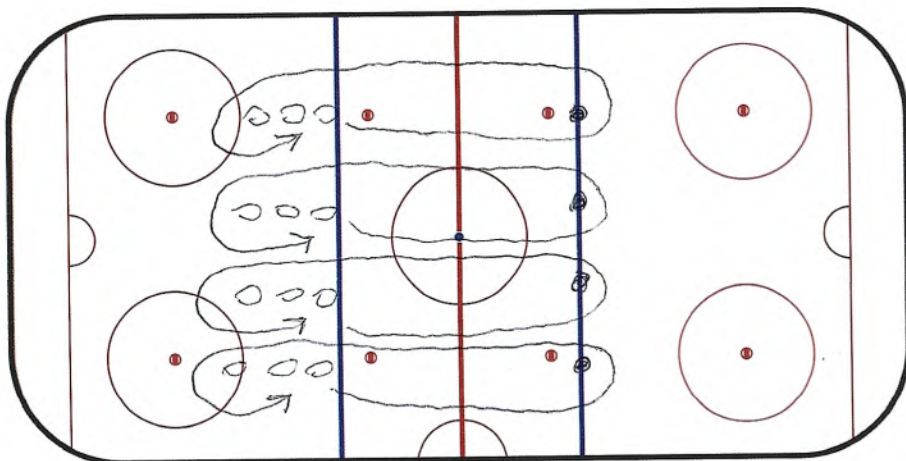
# TRAININGSPLAN



Aufwärmen  
EISLAUFEN → drehungen  
180°-360° beide beine  
Am Eis  
5-7 min

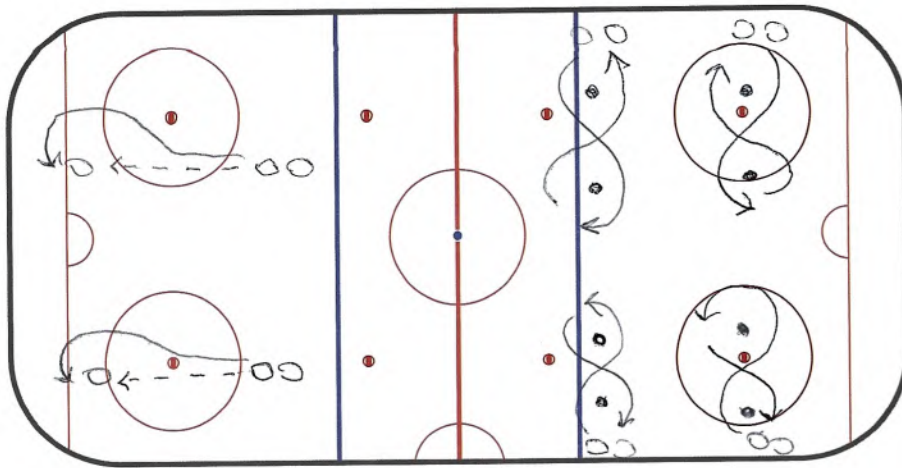


STATION 1: Schusse →  
→ 2 schusse mit puck  
von bande holen.  
8 min



STATION 2: Technische  
element mit schläger →  
frei laufen → Annahme → schuss  
8 min

STATION 3:  
STAFFEL mit 1 schläger  
PRO TEAM  
8 min



STATION 4:

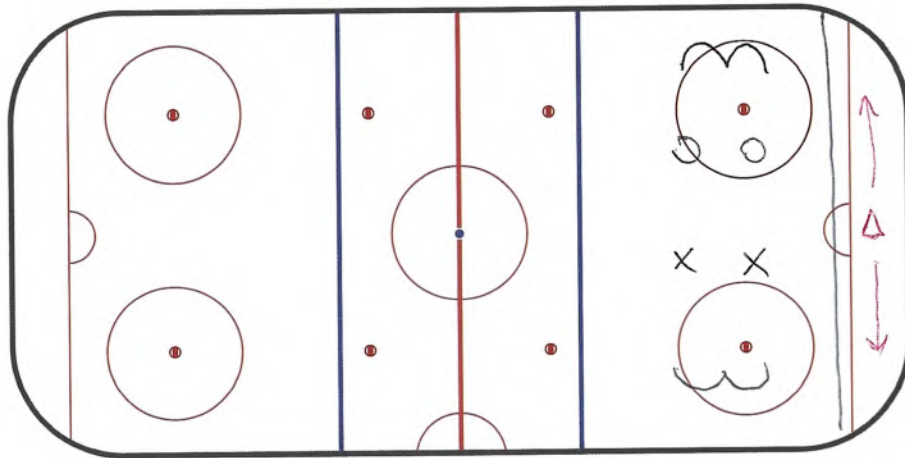
gleichgewicht → gleiten  
mit ihren KANTE,

8 min

STATION 5: PAssen →

→ Annahme, → PASS und

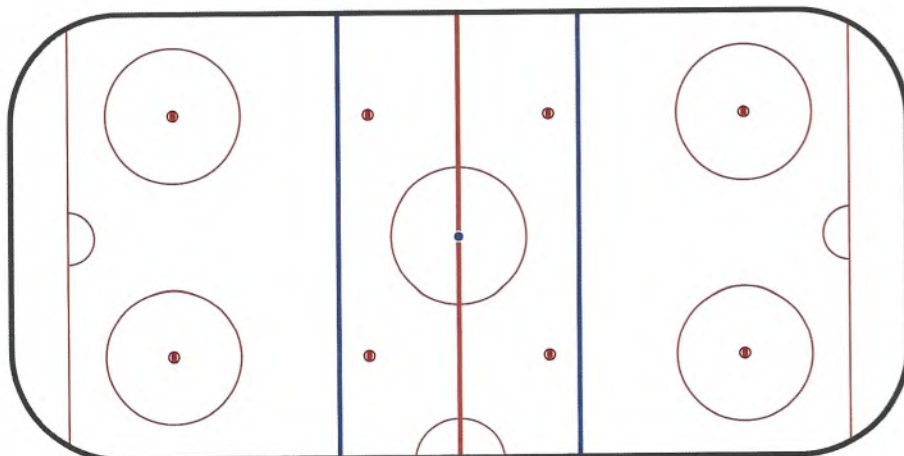
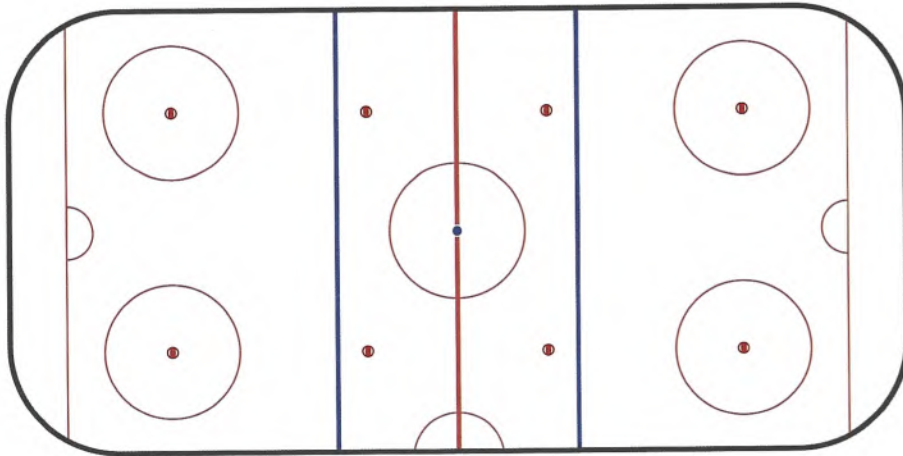
SPRINT. 8 min



Spiel 2-2 mit

HELPER.

10-12 min



Blank horizontal lines for notes.



TEAM: U9, 15:20-16:20

DATUM: 15.9.2021

TRAINER: YURI, JOE.

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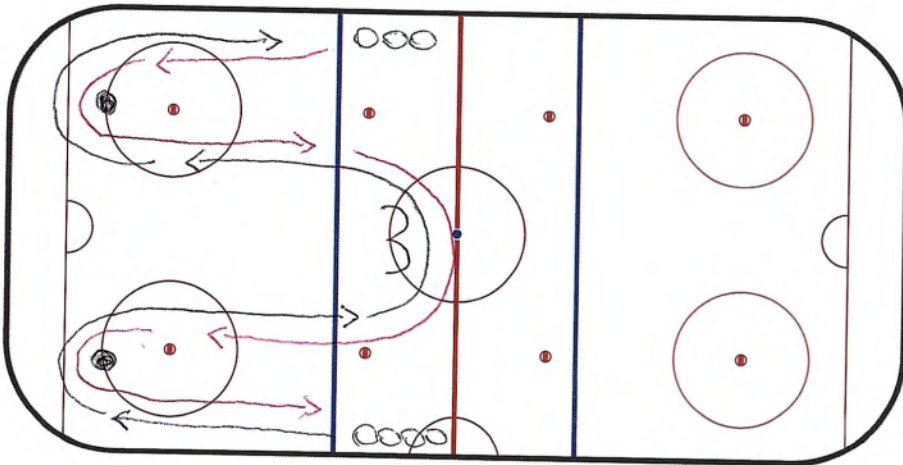
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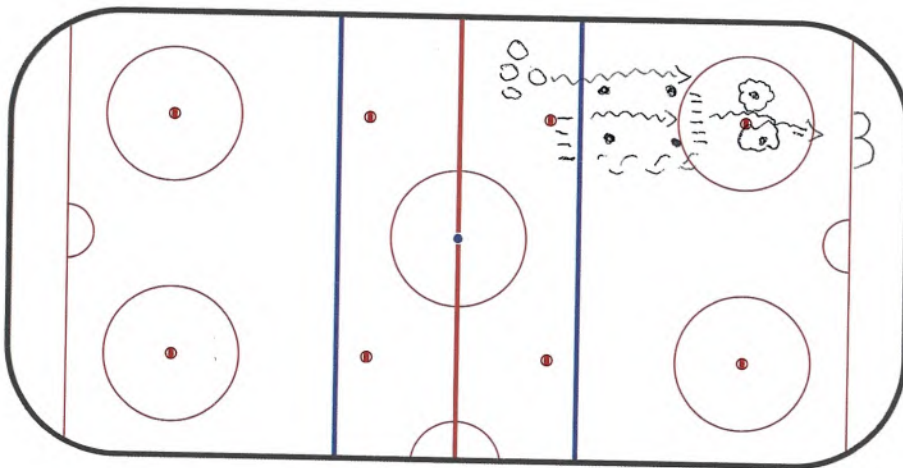
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# TRAININGSPLAN

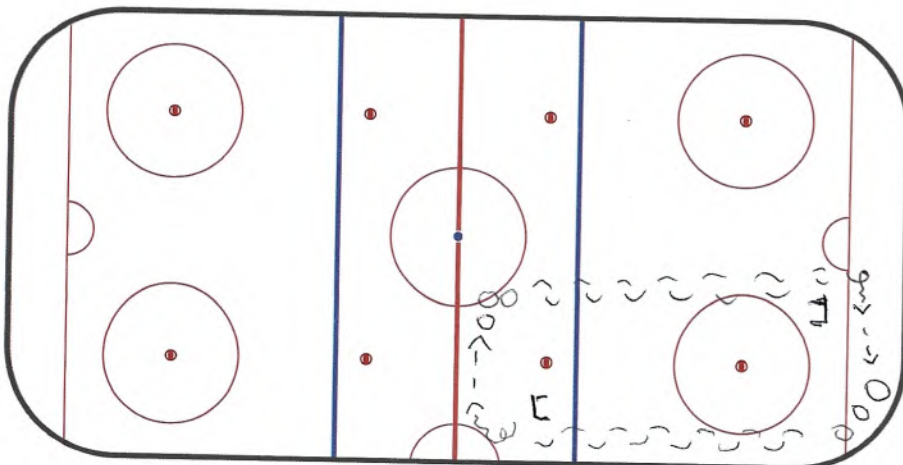


EISLAUFEN VORWÄRTZ  
→ VORWÄRTZ-RÜCKWÄRTZ  
~~WÄRTZ~~  
8 min  
+  
FußBALL 5min?

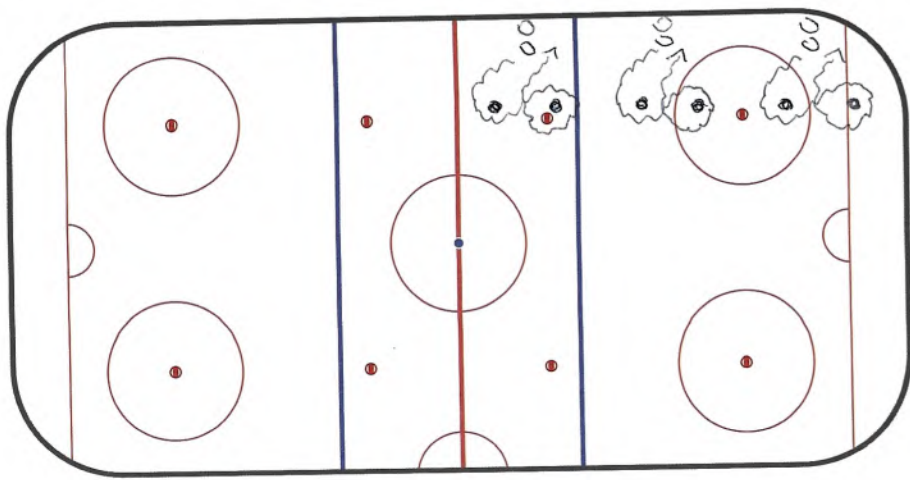


STATION 1: eislaufen  
elemente vorwärtz-seitlich  
rückwärtz → mit PUCK und  
SCHUSS AUFS TOR.  
8 min

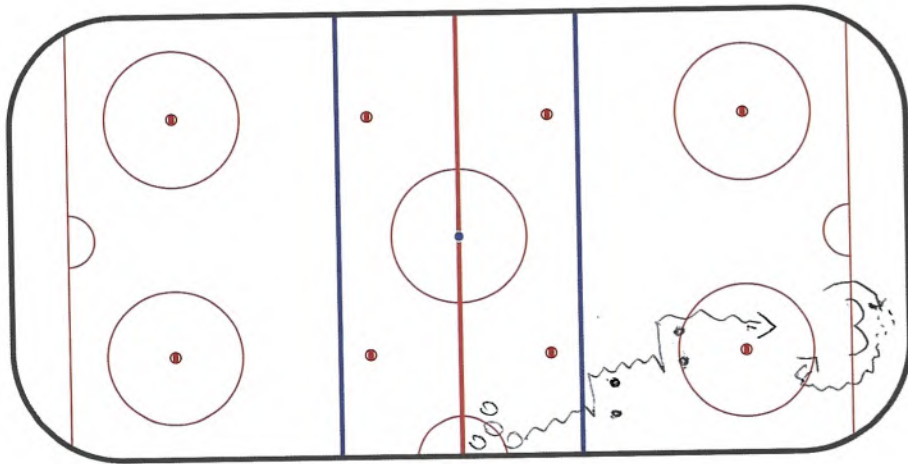
~~WÄRTZ~~



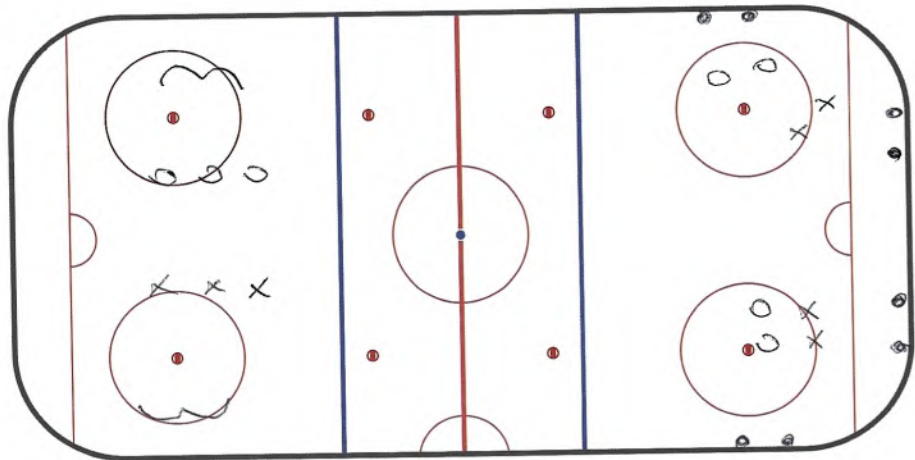
STATION 2: RÜCKWÄRTZ  
eislaufen mit PUCK  
und PASS,  
8 min



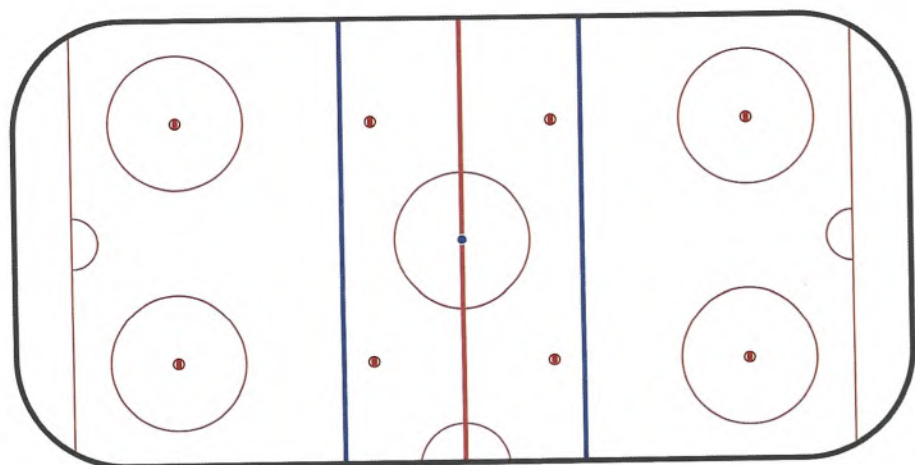
STATION 3:  
 PUCK KONTROLL →  
 AHTER FAHREN  
 8min



STATION 4:  
 PUCK KONTROLL →  
 Technische element mit  
 SCHLÄGER → SCHUSS → PUCK  
 HOLEN HINTEN TOR und zweite  
 schuss.  
 8min



Spiel auf kleine  
 PLATZ 22 6min  
 +  
 Spiel 3-3  
 10min





TEAM:

DATUM:

TRAINER:

UG

17.09.21

wieser

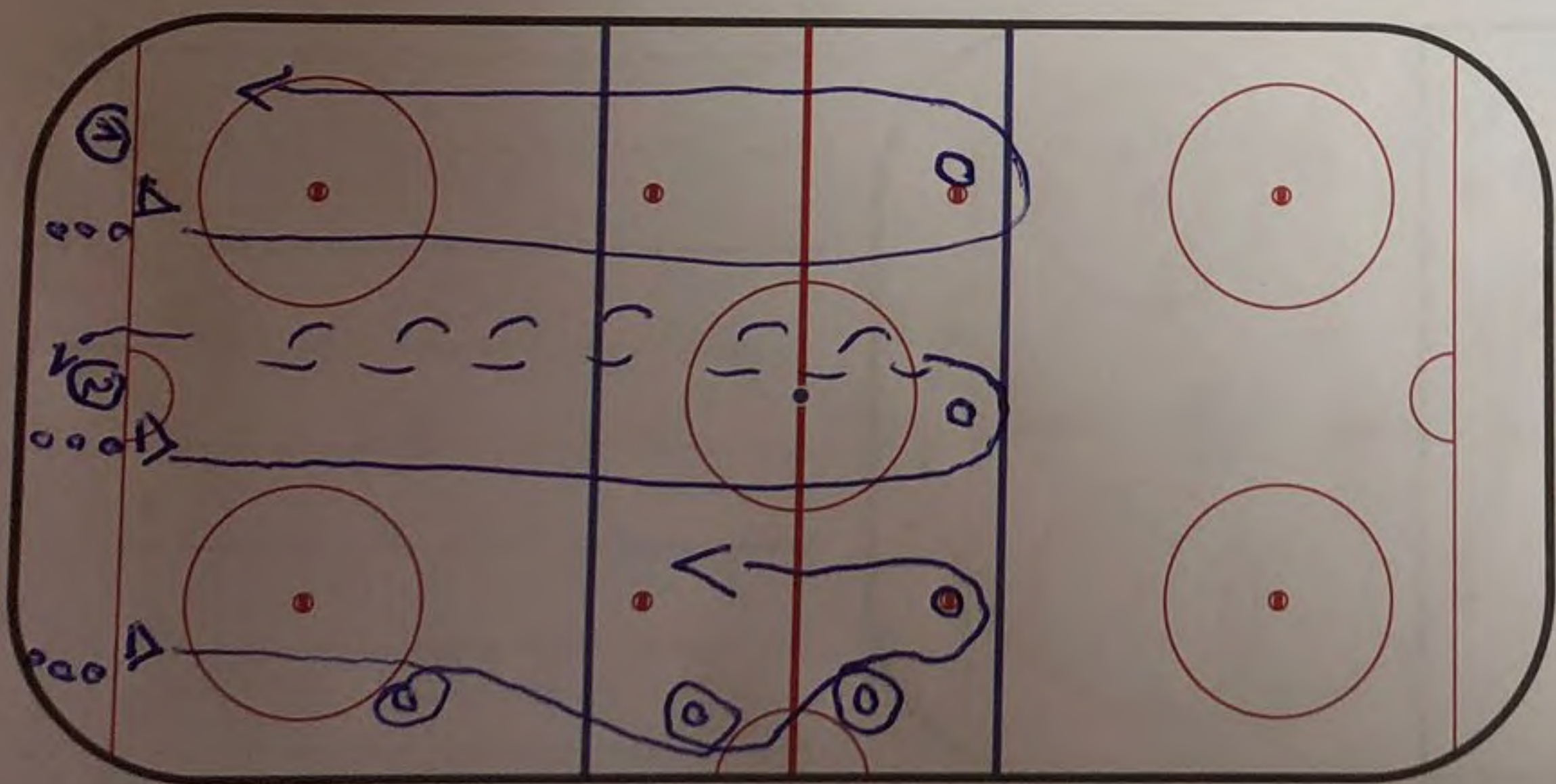
# TRAININGSPLAN



Spiel (10 min)

① Fangen

② Verstärken



① Übung (15 min)

① laufen (langer Schritt)

② Vorwärts - Rückwärts

③ Kreis laufen + Beschleunigen



② Übung (15 min)

① Stolo - laufen mit Stab  
u. Tor schuss

② Kreislauf mit Stäbe  
u. Hindernis

③ Spiel



TEAM: U9 15:10-16:10

DATUM: 21.9.2021.

TRAINER: YURI, Joe.

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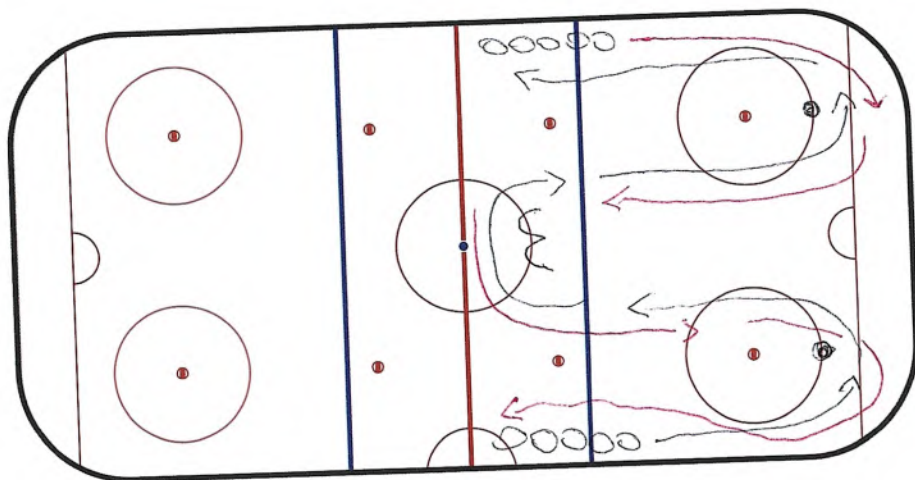
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# TRAININGSPLAN



Eislaufen vorwärts  
& und vor-Rückwärts.  
12 min

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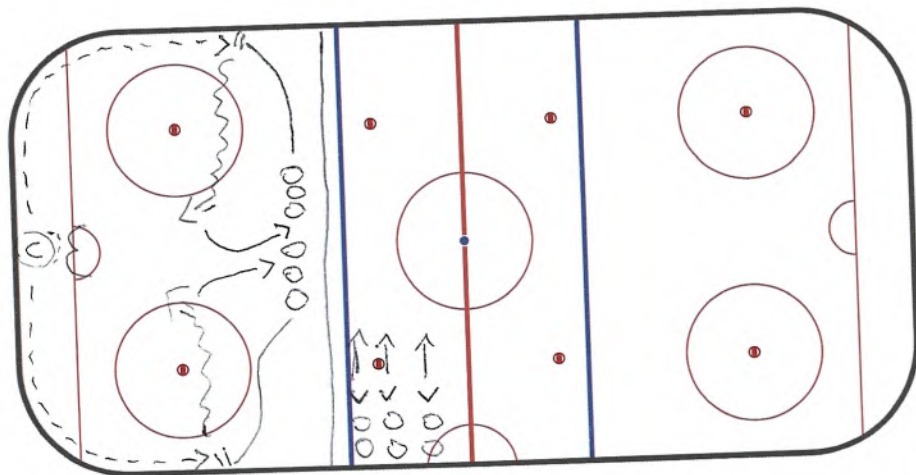
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ST 1: Schuss Übung  
mit element puck stoppen  
und holen bei Bande.  
8 min

ST 2: V-START mit bremsen  
→ Rückwärts start seitlich  
mit bremsen.  
8 min

Torpede Spaß Spiel  
→ Trainer schießt  
Torpedone und Spieler  
probieren vorbei laufen  
10 min

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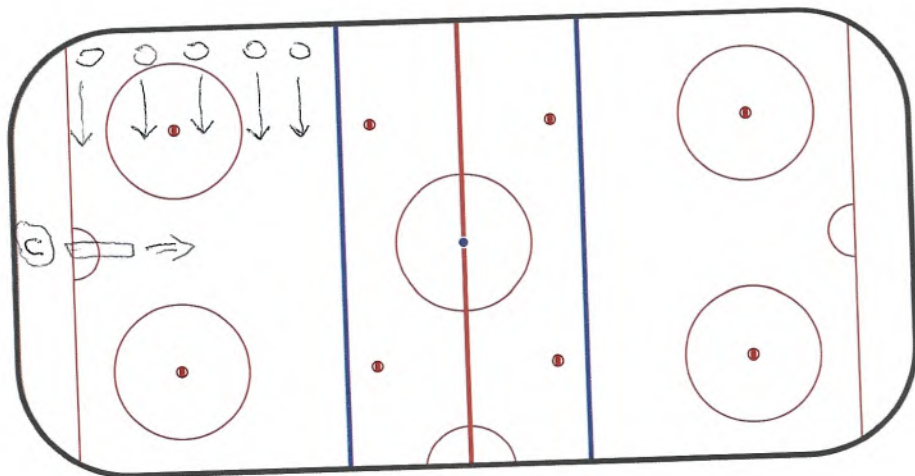
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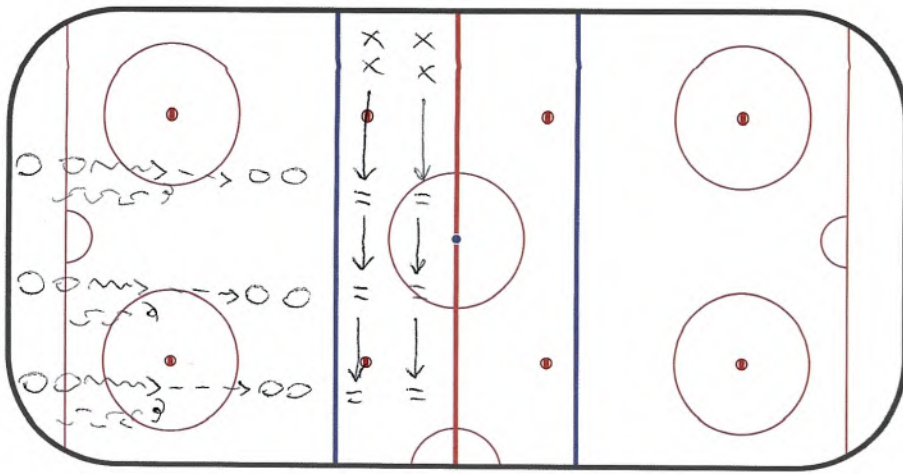
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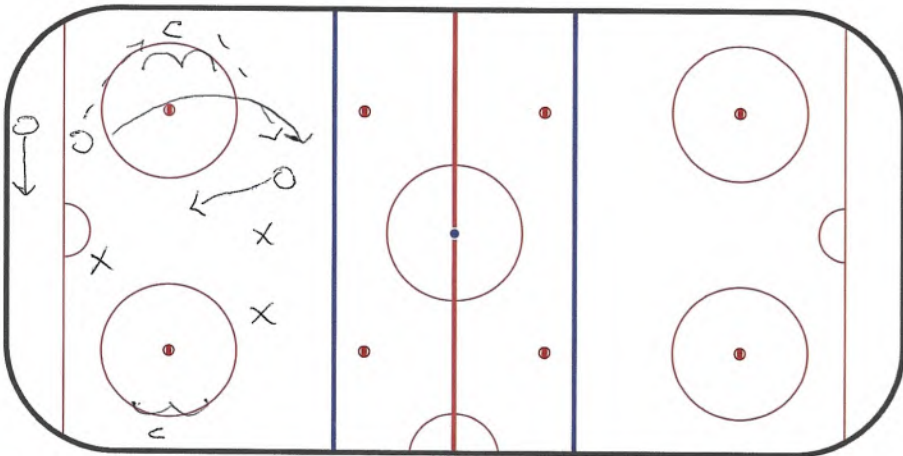
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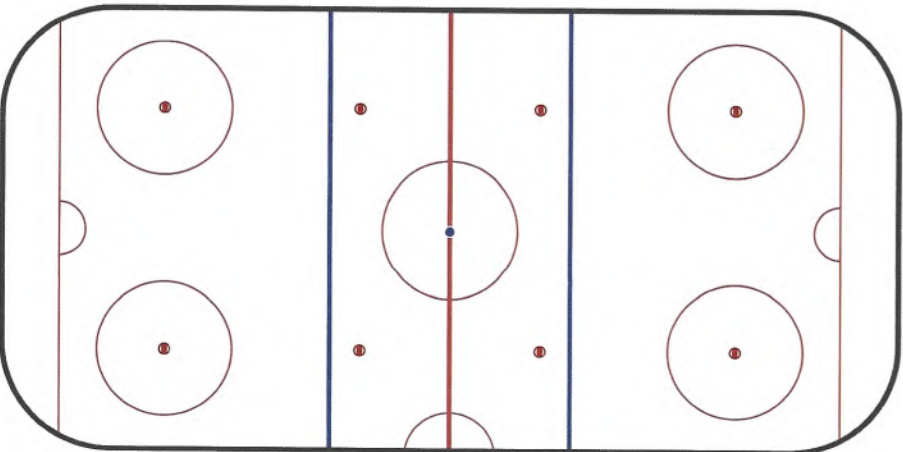
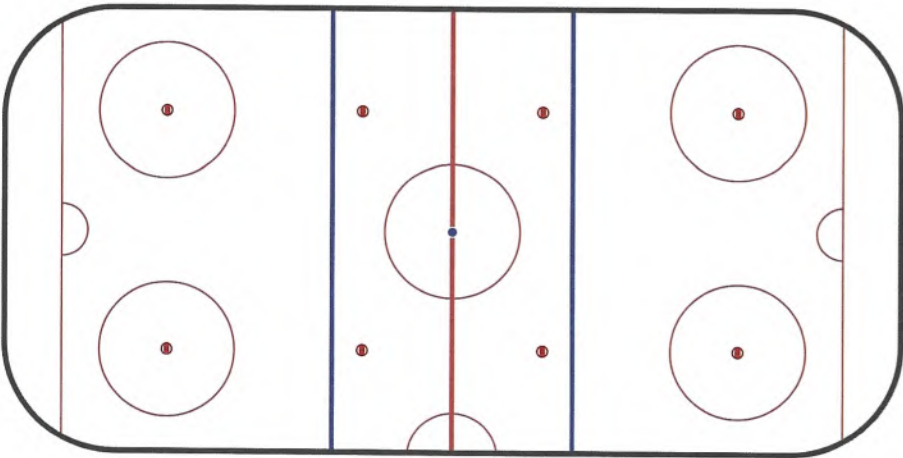


Eine Gruppe PAssen  
 im bewegung mit  
 rÜckwerts fahren zurück  
 8min

Andere gruppe LERNEN  
 bremsen.  
 3min



Spiel 3-3 mit ~~mit~~  
 immer start mitte  
 von hinten eigene tor,  
 15min



Blank lines for notes.



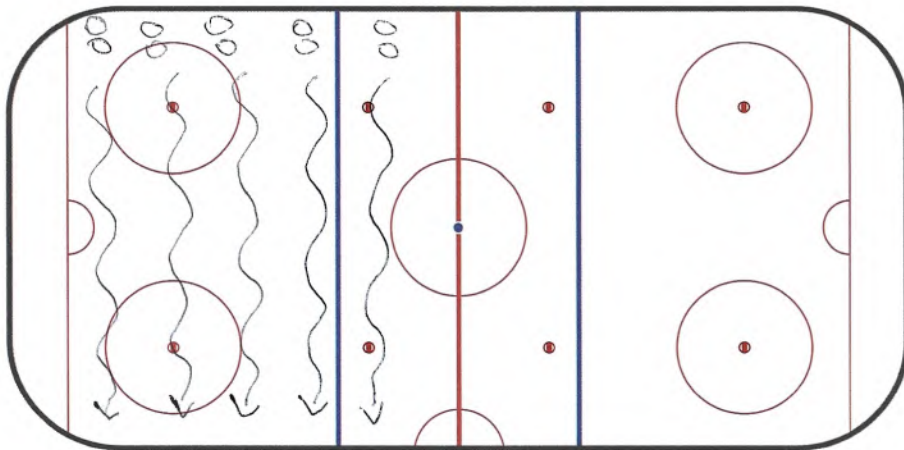


TEAM: U9, 15:20-16:20

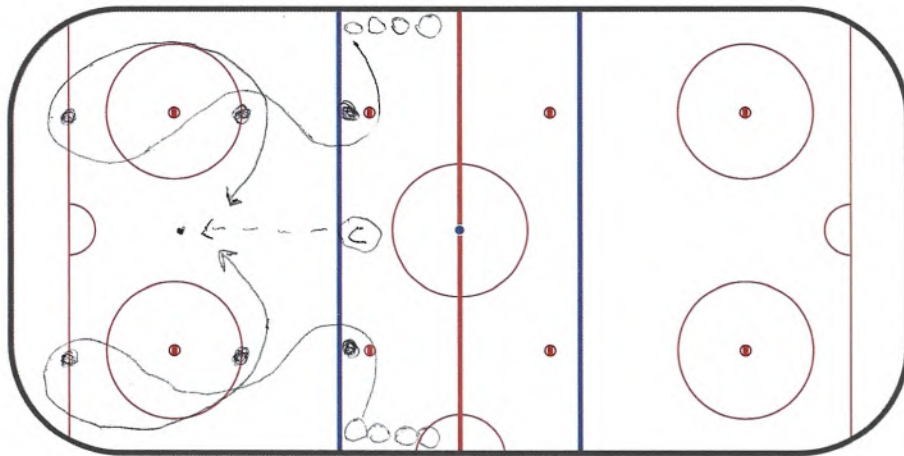
DATUM: 22.9.2021.

TRAINER: Yuri, Joe.

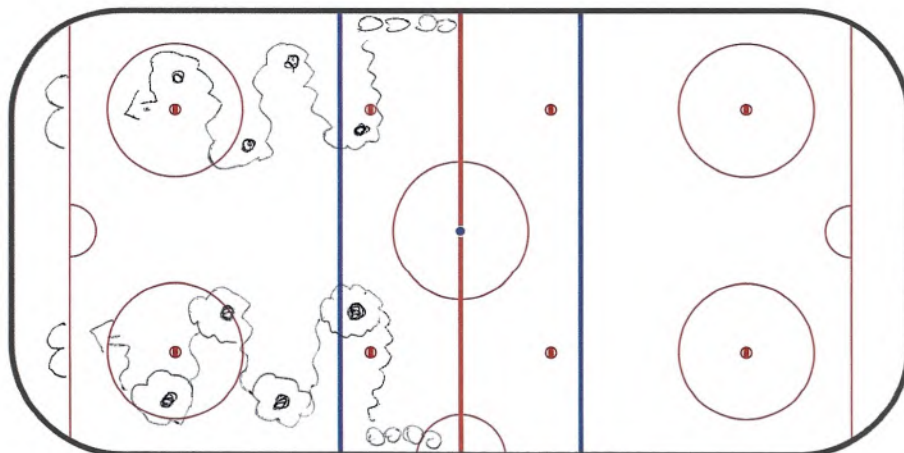
# TRAININGSPLAN



Aufwärmen eisläufen  
SLALOM mit Richtunge  
wechseln  
5-7 min



Spiel wer ist schneller  
2 min



ST 1: PUCK KONTROL  
mit schuss.  
2 min

ST 2: SLALOM mit  
schuss  
2 min





TEAM: U9, 15:10-16:10

DATUM: 28.9.2021.

TRAINER: YURI, Helfer.

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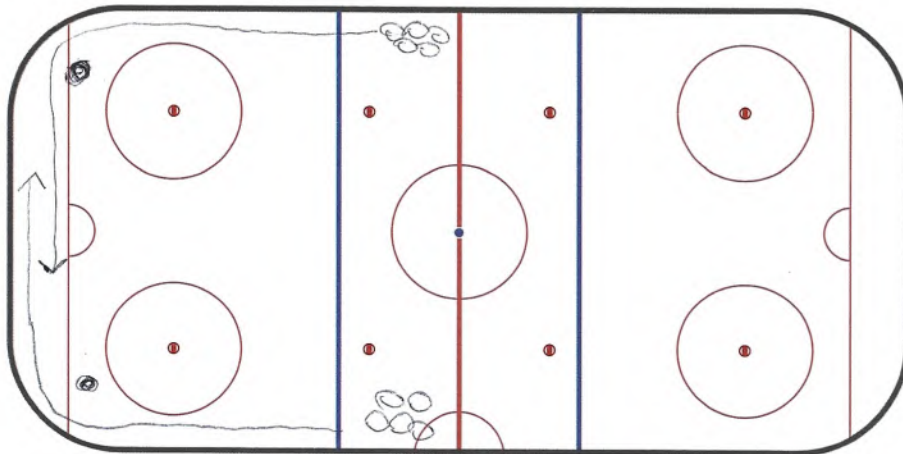
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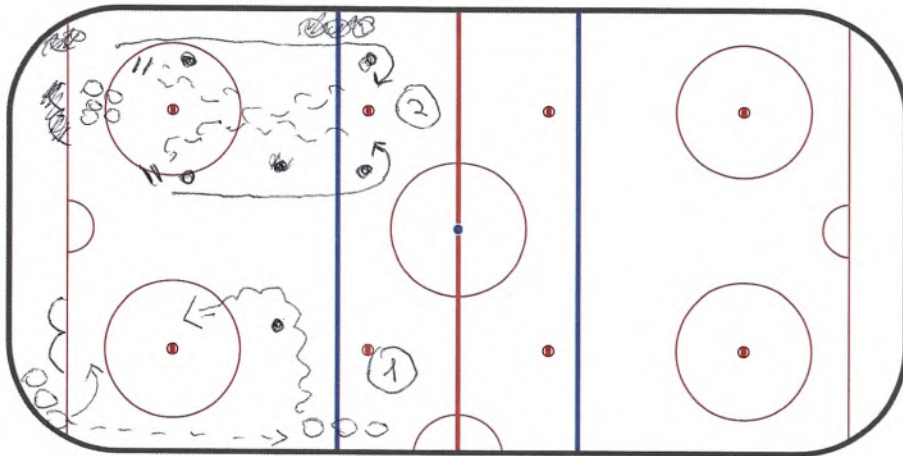
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# TRAININGSPLAN

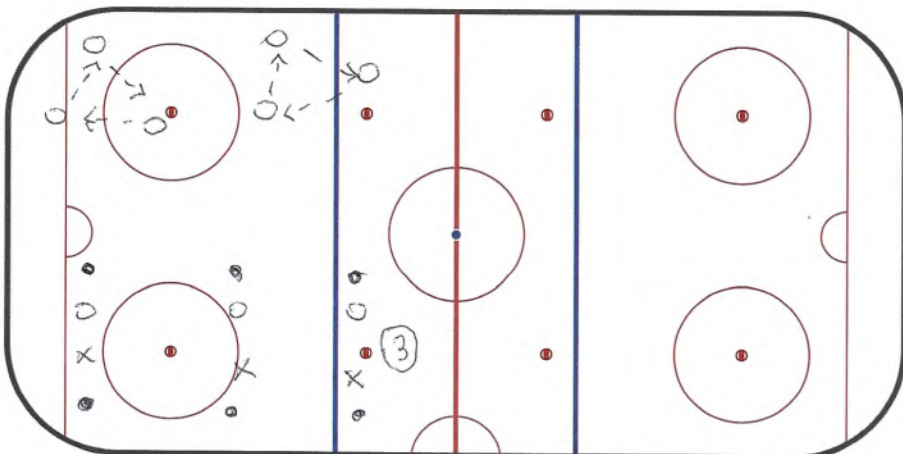


Aufwärmen eislaufen  
VORWERTZ LANGE schritte  
→ RÜCKWERTZ beide beine  
bleiben am eis.  
5-7 min



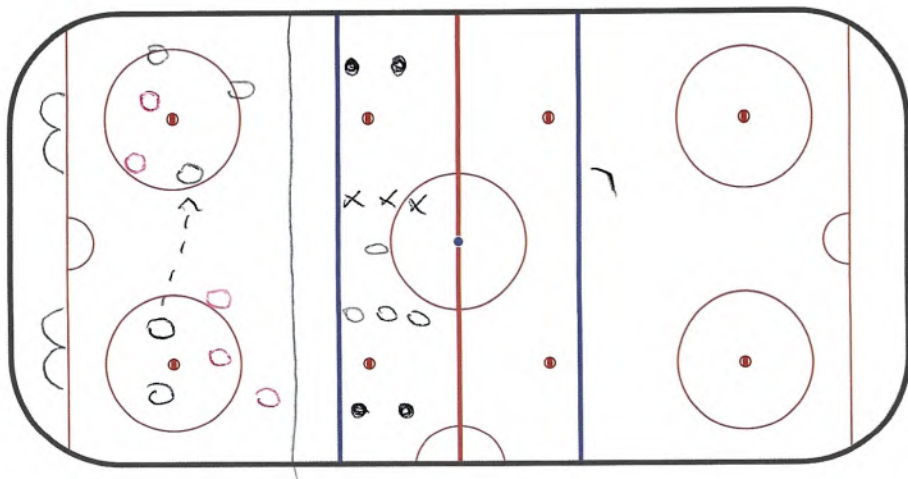
ST 1: PASS schuss  
übung  
7-8 min

ST 2: EISLAUFEN von  
VORWERTZ AUF RÜCKWERTZ.  
7-8 min



ST 3: SPIEL 1-1 mit  
Ring → Hinten jede spieler  
ist PILON ALS TOR,  
7-8 min

ST 4: PAssen technik  
zu 3.  
7-8 min



Spiel 3-2-3-2

eine Gruppe

Andere Gruppe spielt

3-3 mit Ring.

15 min

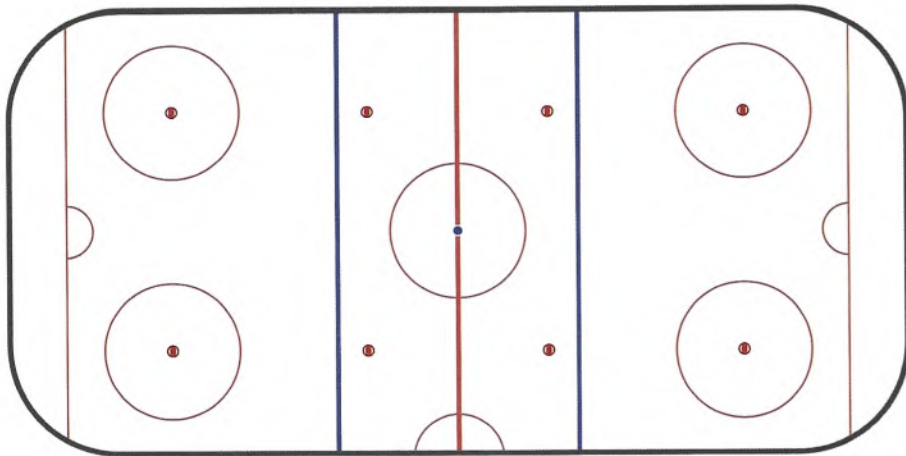
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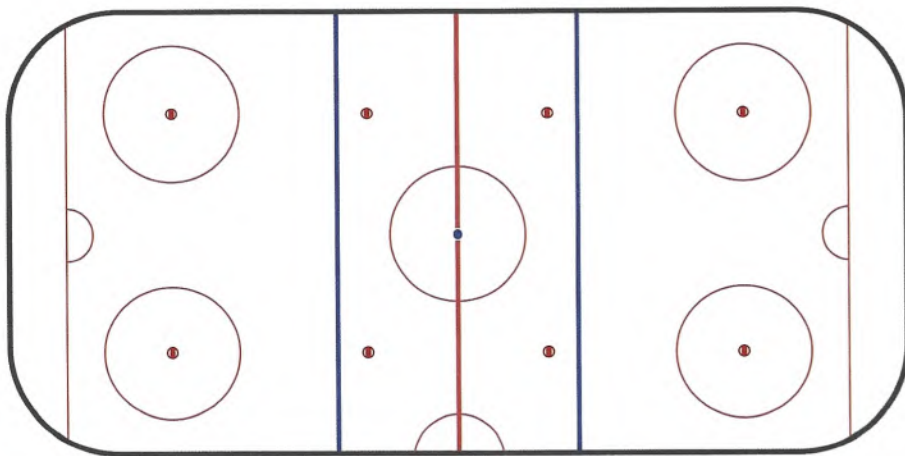
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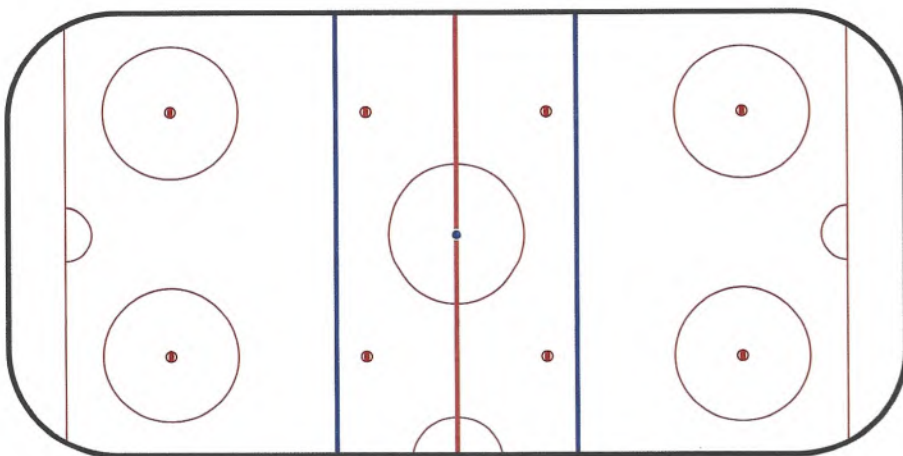
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TEAM: U9, 15:20-16:20

DATUM: 29.9.2021.

TRAINER: YURI, JOE.

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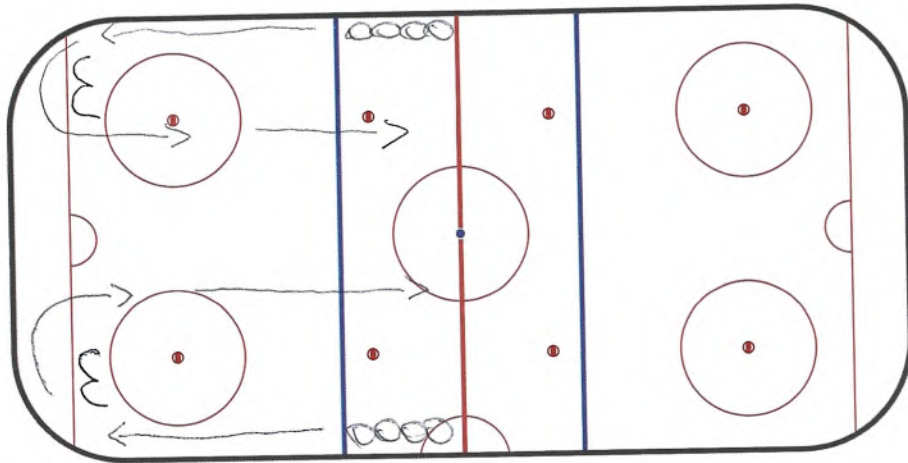
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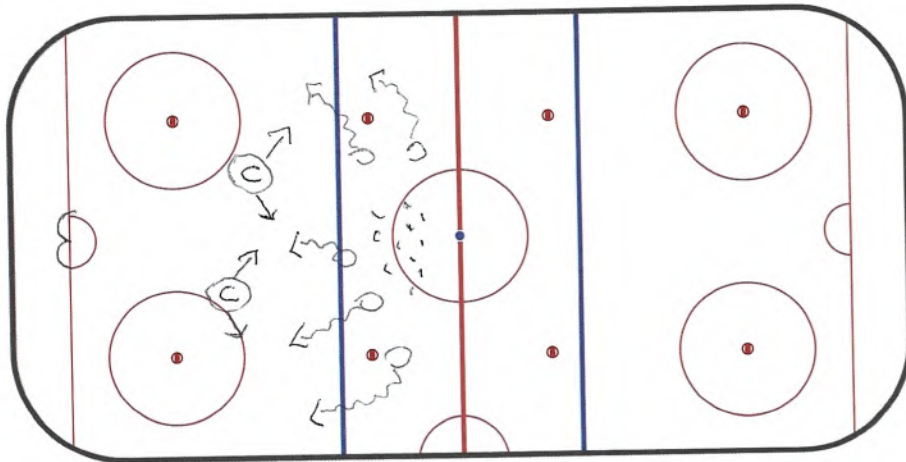
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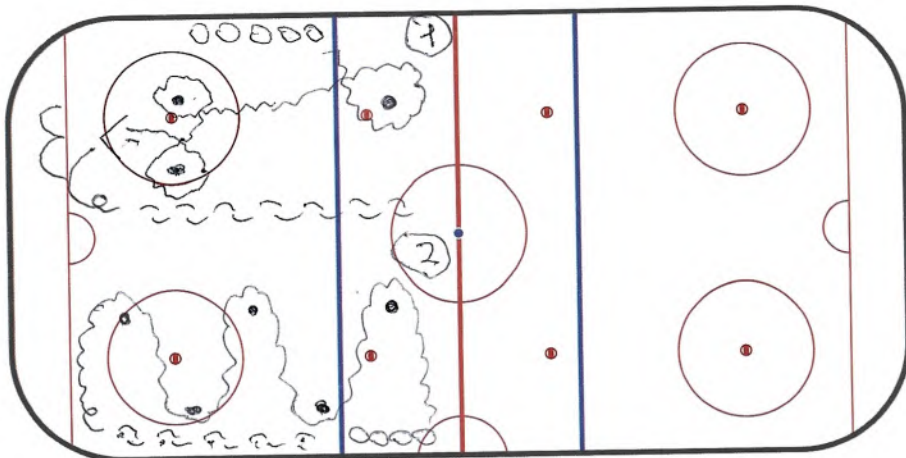
# TRAININGSPLAN



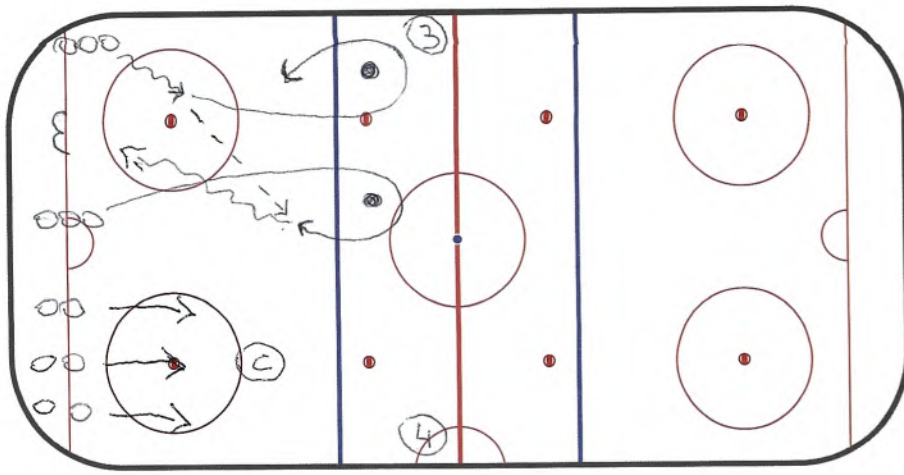
EISLAUFEN AUFWARMEN  
nach vorne gehen auf  
linie und schläger  
~~zum~~ unten beim ziehen.  
7min



SPIEL ARBEITEN →  
SPIELER MÜSSEN PUCK  
HOLEN AUS MITTE UND  
INTOR BRINGEN → TR  
PROBIEREN PUCK WEG GEBEN  
→ WENN PUCK WEG IST SPIELER  
HOLT NEUE.  
8min



ST 1: PUCK KONTROLL  
SEITLICH → KURZE BOGEN  
→ SCHUSS → ZURÜCK  
PUCKWERZ  
8min  
ST 2: PUCK KONTROLL  
8min



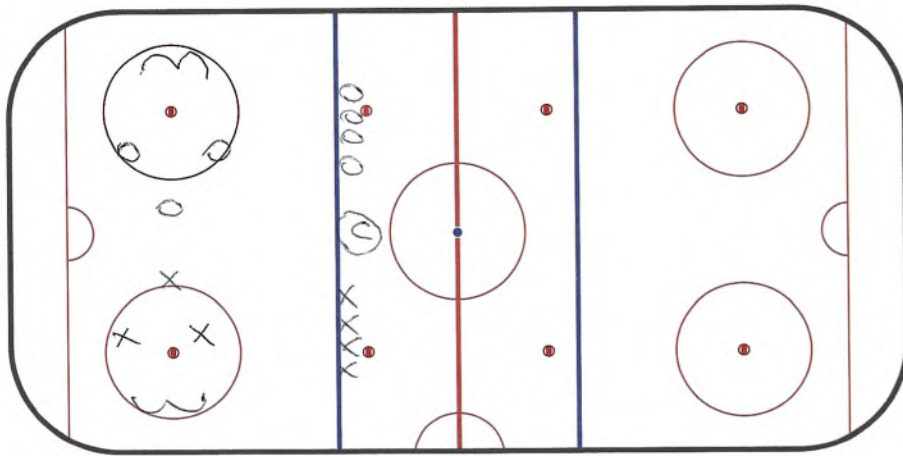
St 3: Schussübung

nach PASS.

8min

St 4: Eislaufen  
übungen

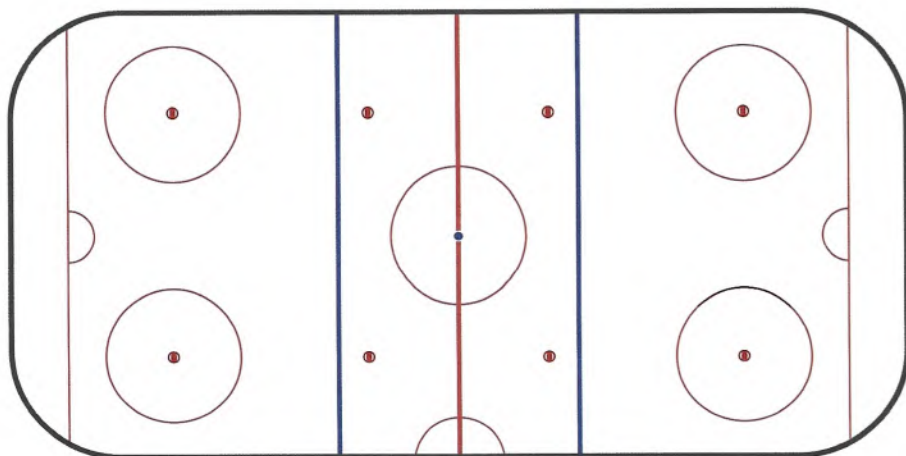
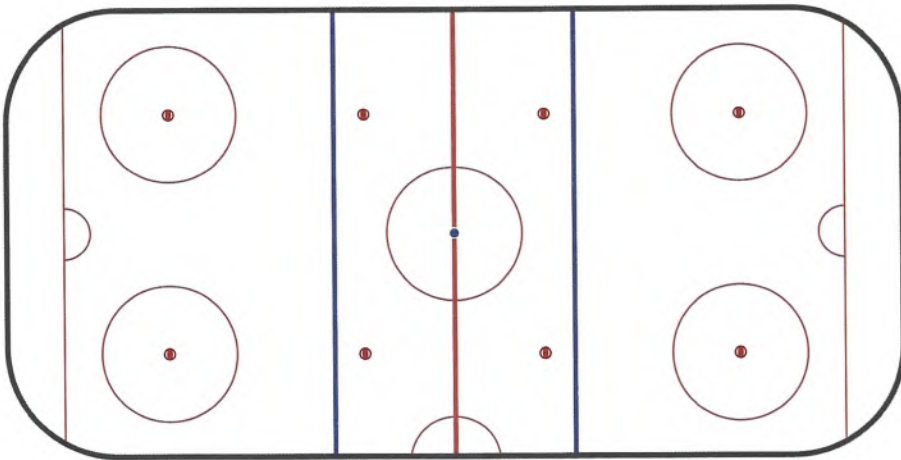
8min



Spiel 3-3 oder 4-4

mit Aufgaben von  
TRAINER.

10min





TEAM: U9, 15:10-16:10

DATUM: 5.10.2021.

TRAINER: YURI, CORI, FLO

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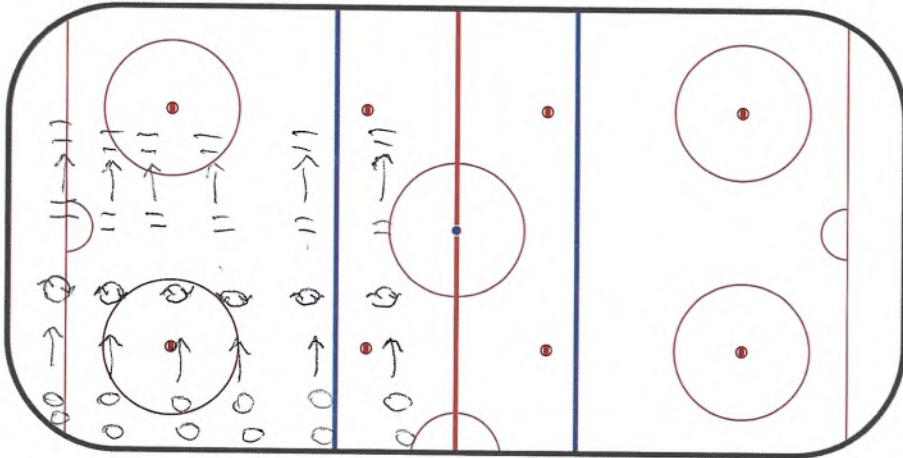
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# TRAININGSPLAN



## EISLAUFEN

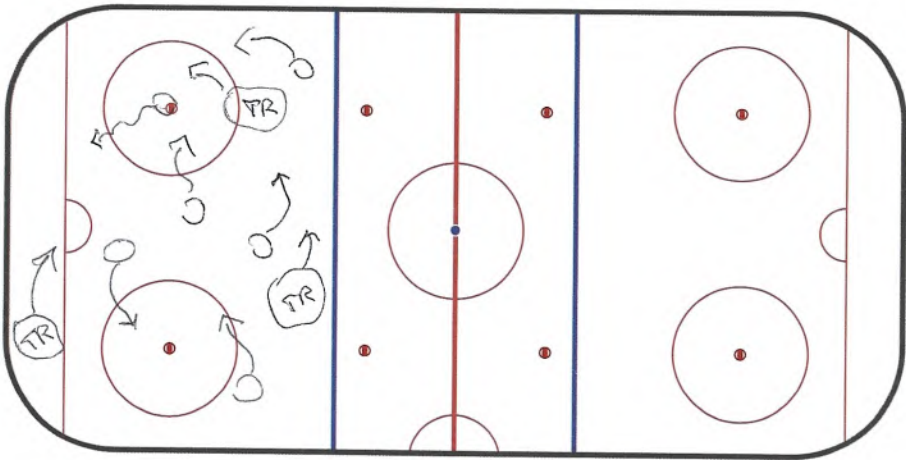
- beide beine um eis 180°-360° drehung
  - seitlich gleiten
- 15 min

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## Ohne schläger fangen

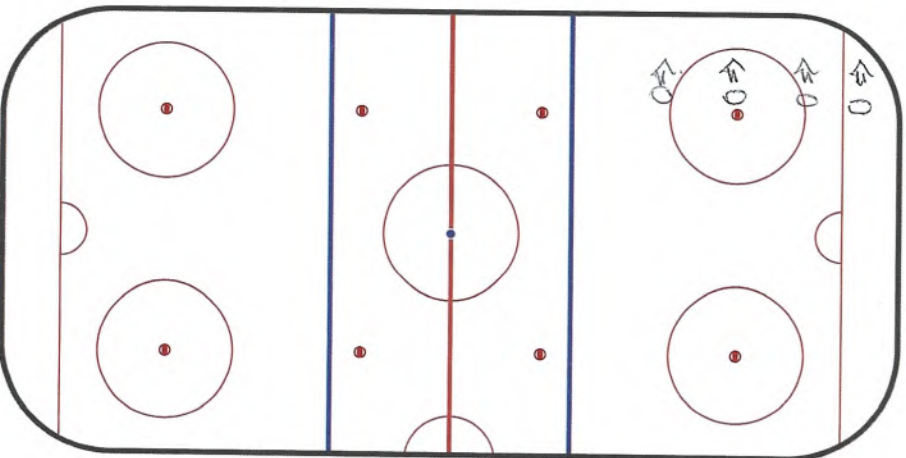
- hände nach vorne strecken wenn du gefangen wirst → unten hände fahren bei befreien
- 7 min

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## Station 1: schuss

- technik → position
  - körper → beine → schläger
- atmen.

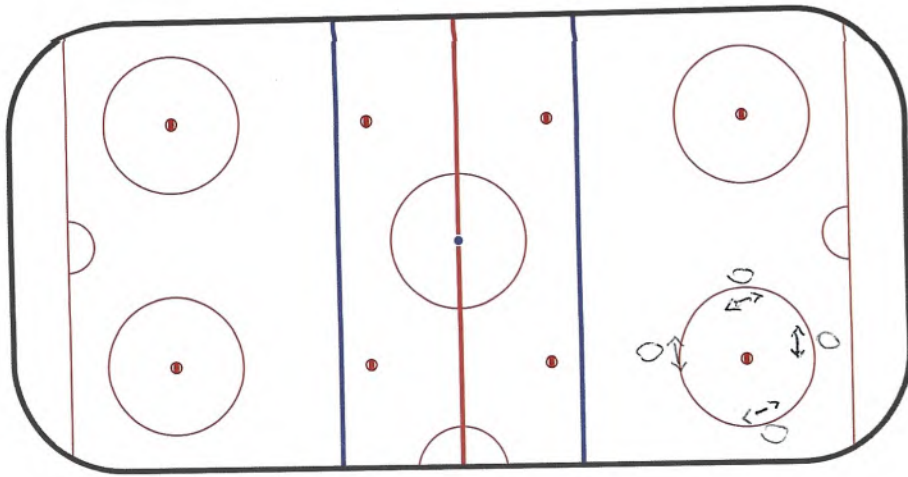
7 min

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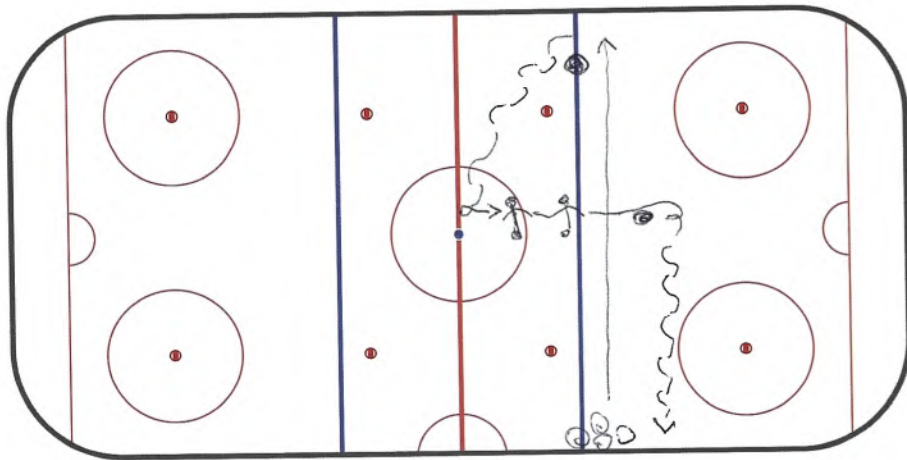
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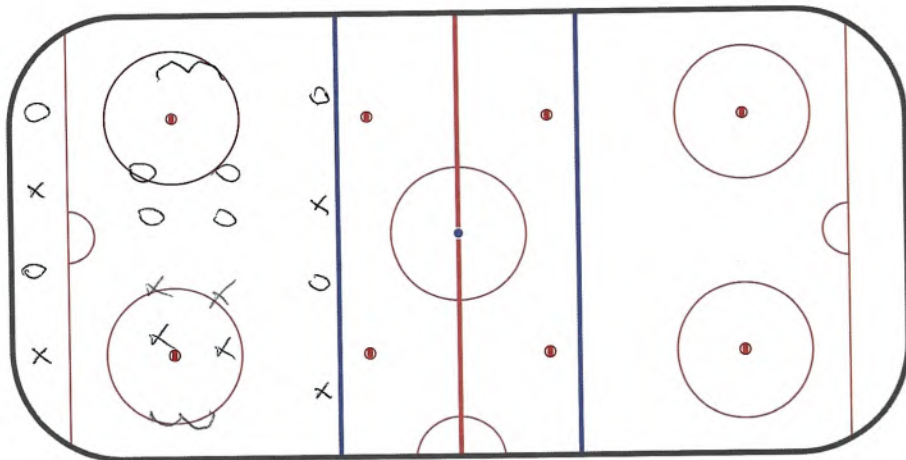
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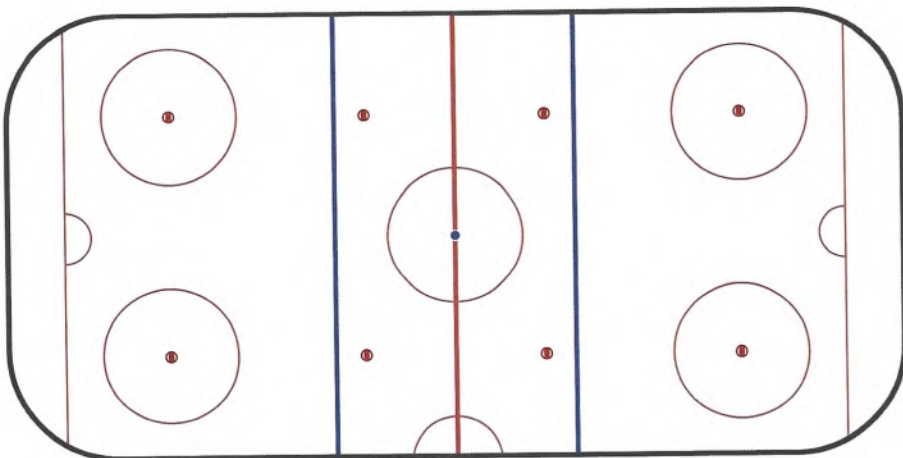
STATION 2:  
 technische elementen  
 schräger PUCK → KURZ  
 mitte weit.  
 7min



STATION 3:  
 Eislaufen mit  
 Aufgaben  
 7min



Spiel 4-4 mit  
 Helfer  
 15min







TEAM: U 9, 15:10-16:10

DATUM: 11.10.2021.

TRAINER: Yuri, Joe

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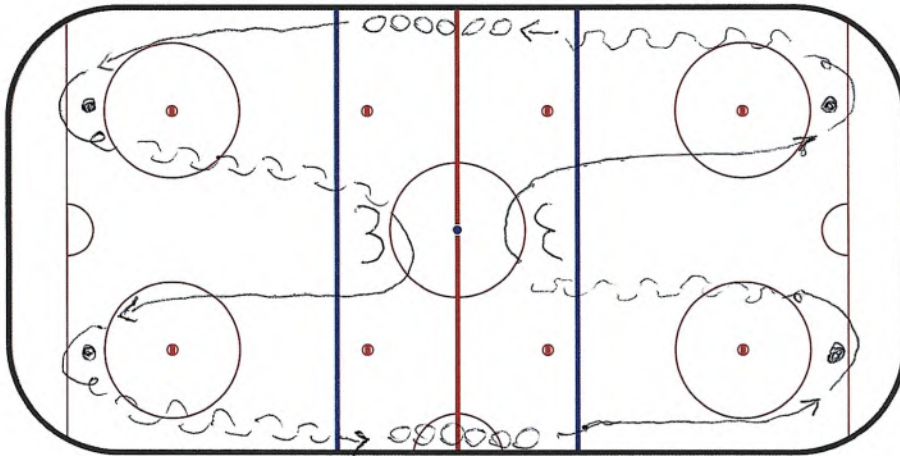
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# TRAININGSPLAN



Eislaufen lange wege

VORWERTZ-RÜCKWERTZ.

10-12min

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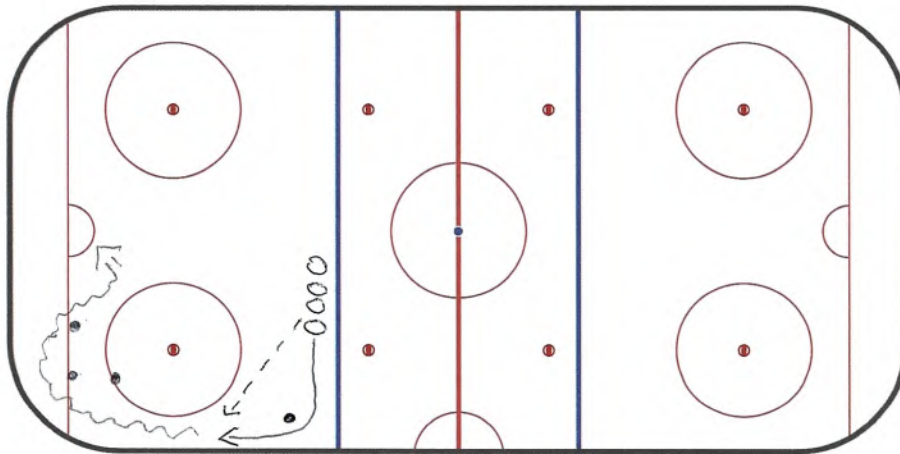
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STATION 1: Puck

KONTROLL MIT PASS

und schuss ~~schuss~~

~~gabe~~ 10min

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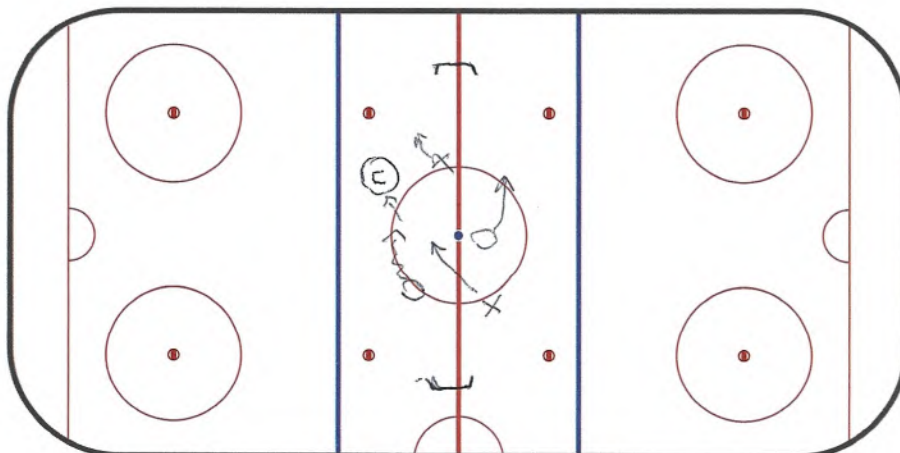
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STATION 2: SPIEL 2-2

mit viel PAssen -> (1)

SPIELT FÜR TEAM MIT PUCK

10min

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TEAM: U9, 15:10-16:10

DATUM: 19.10.2021.

TRAINER: YURI, FLO.

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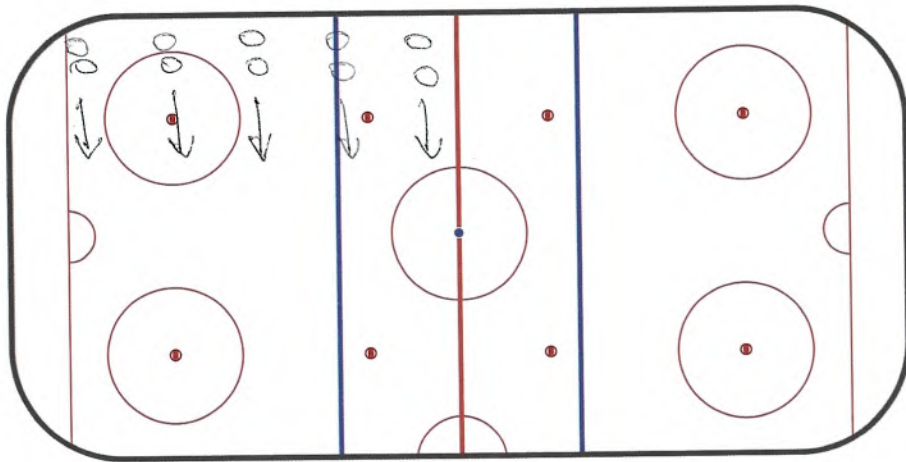
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# TRAININGSPLAN



Eislaufen technick  
gleichgewicht,  
12min

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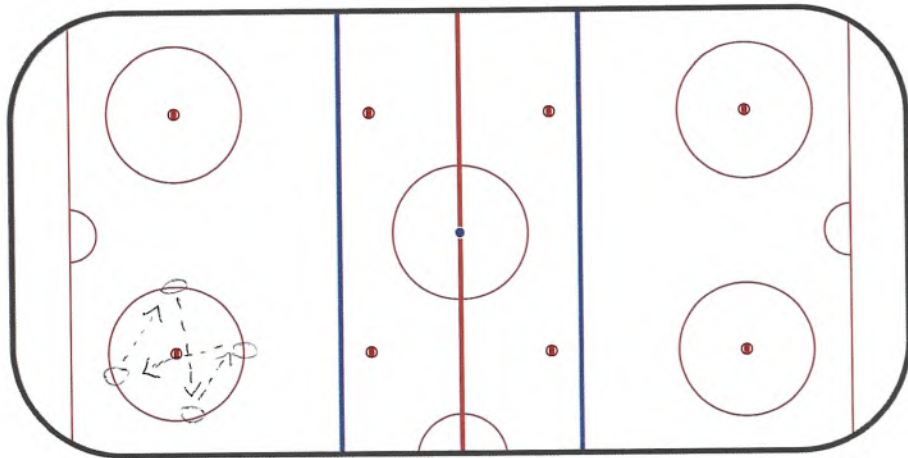
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STATION 1: PASS  
technick im bully area  
8min

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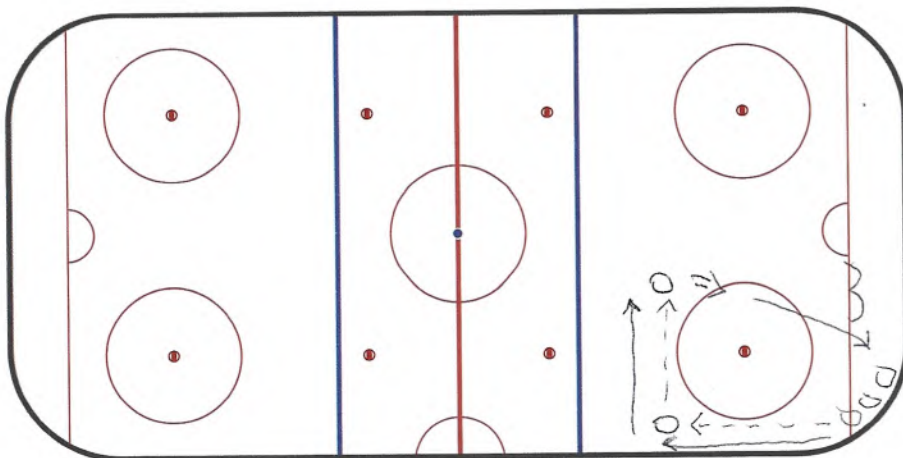
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STATION 2: PAssen  
Schiessen mit SPRINT  
nach PASS,  
8min

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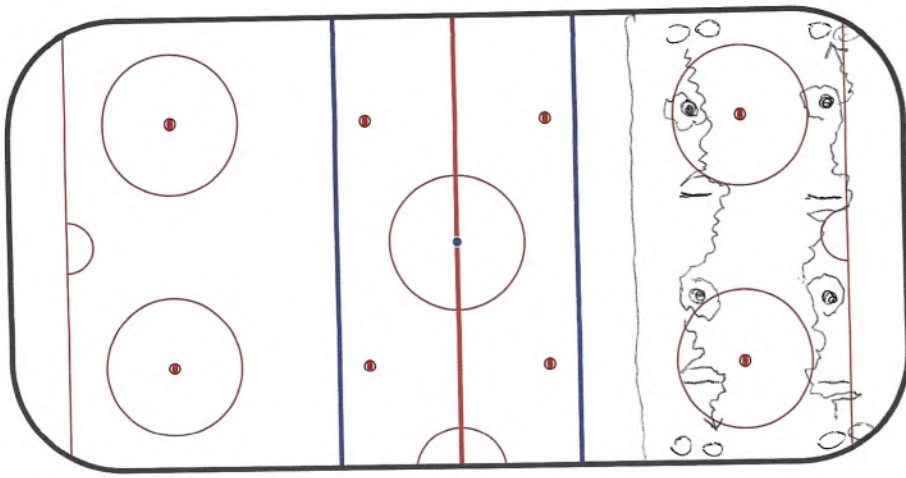
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STATION 3: Technische  
 elementen mit  
 Schläger mit Ring im  
 Bewegung,  
 8min

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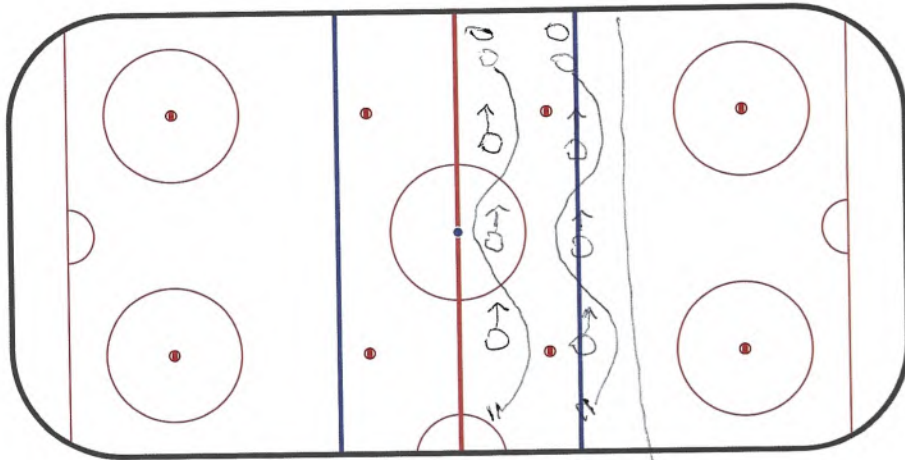
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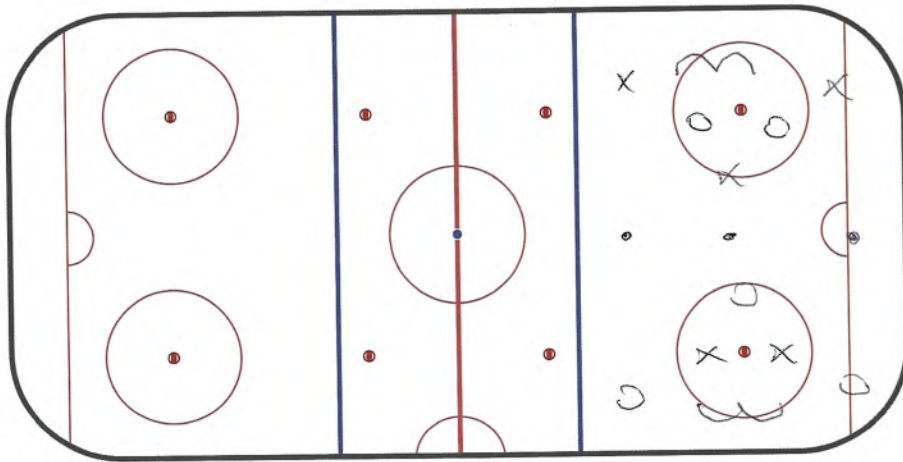
STATION 4:  
 Eislaufen vorwärts  
 element SLALOM,  
 Kolonne läuft zum  
 Spieler welche muss  
 SLALOM laufen  
 8min

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Spiel 5-5 im  
 zone geteilte auf  
 helfte,  
 12min

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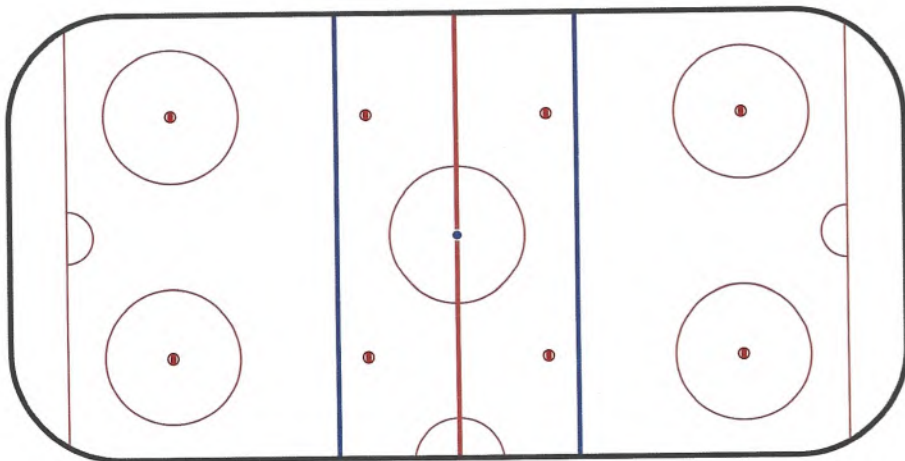
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TEAM: U 9. 15:10-16:10

DATUM: 26.10.2021,

TRAINER: YURI.

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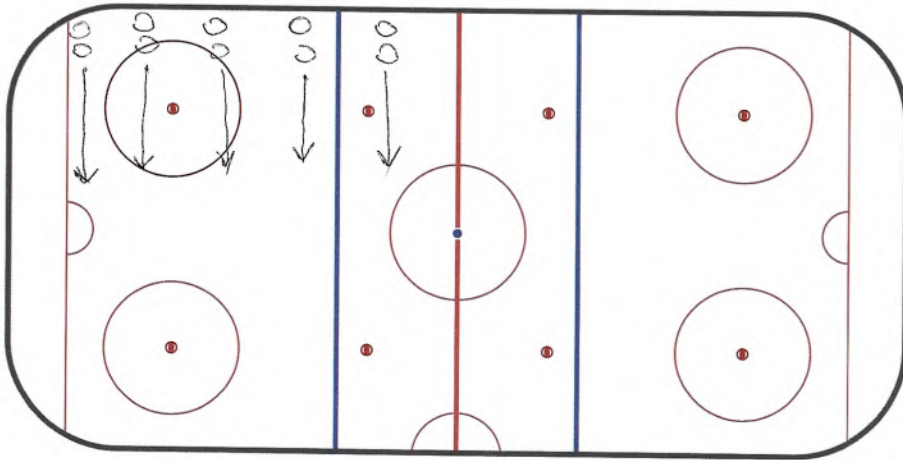
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# TRAININGSPLAN



Aufwärmen eislaufen  
mit lange schritte, schläger  
mit 2 hände über kopf.  
5-7 min

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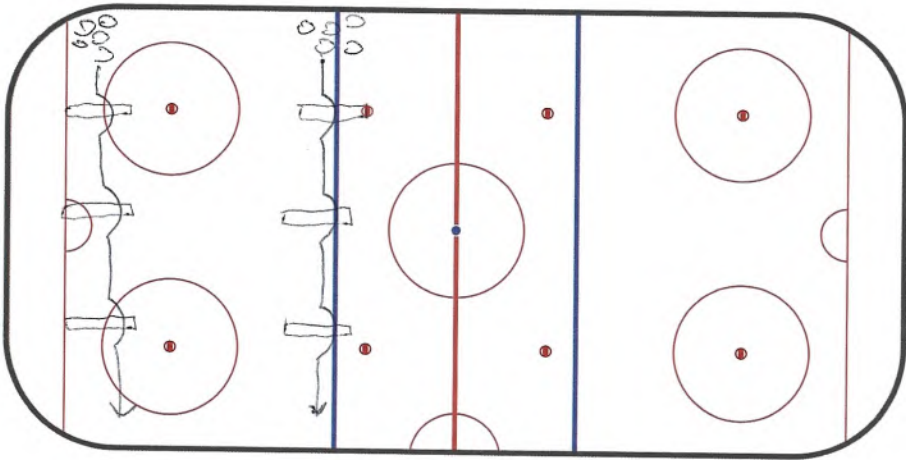
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Eislauf technick ->  
-> eislaufen und springen  
mit 2 beine über polster.  
7 min

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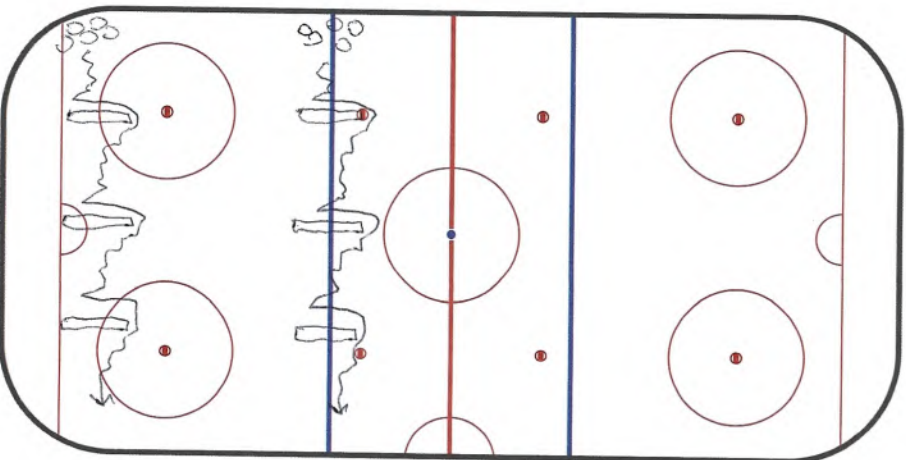
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Technisch element mit  
schläger und puck händeln  
7 min

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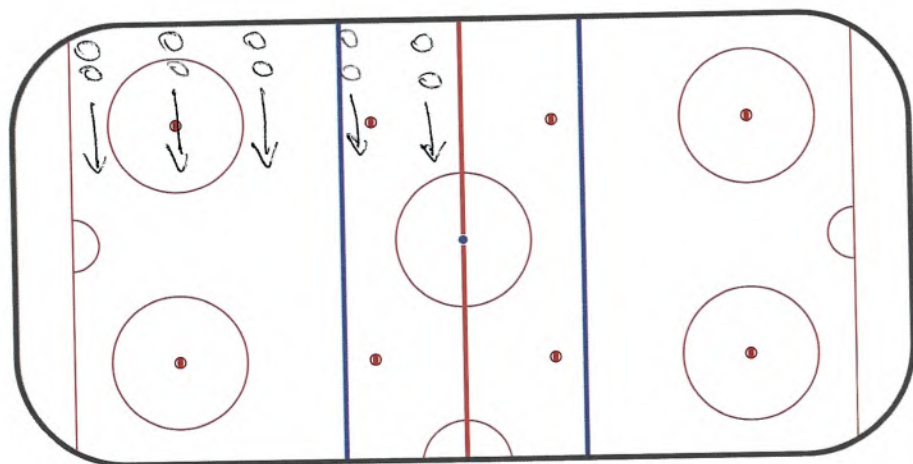


TEAM: U9, 11:30-12:30

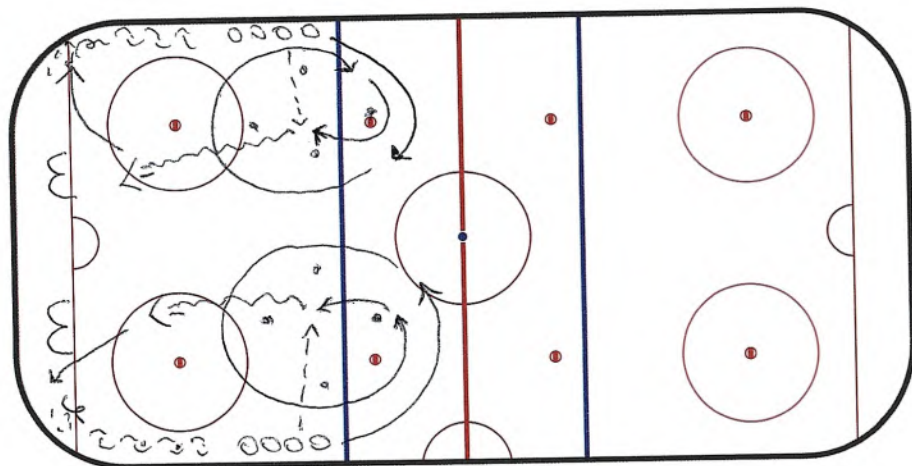
DATUM: 2.11.2021.

TRAINER: YURI

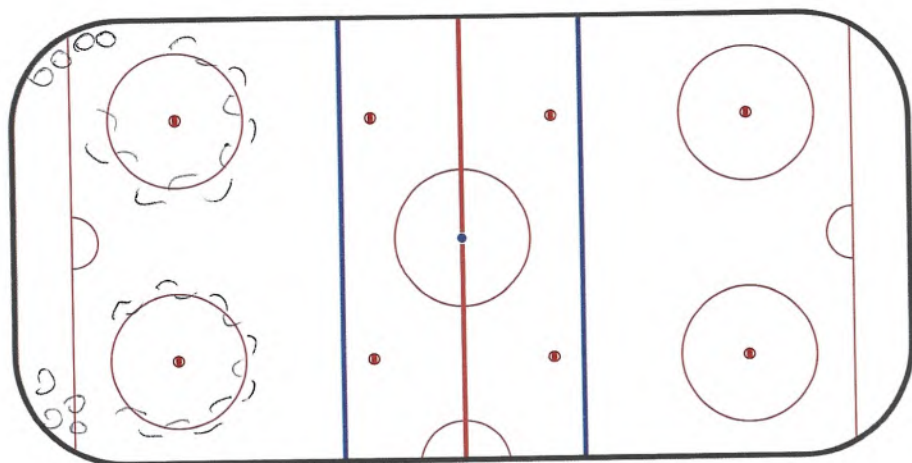
# TRAININGSPLAN



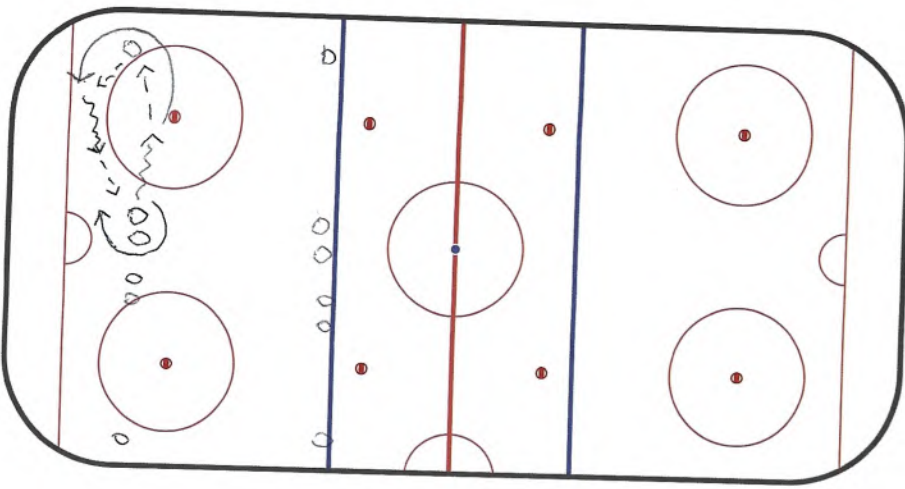
Eislaufen LANGE  
SCHRITTE HÄNDE  
GESTRECKT NACH VOR  
SCHLÄGER HALTEN KURZ,  
10 min



1) Schuss Übung mit  
PAssen -> Übersetzen ->  
und nach schuss puck  
Holen und Rückwertz,  
6x6 -> 12 min



2) Rückwertz eislaufen  
Stossen mit Außen  
bein  
6x6 -> 12 min



PASSEN ZU DRITT  
LERNEN VOR-RÜCK WAND  
 10 min

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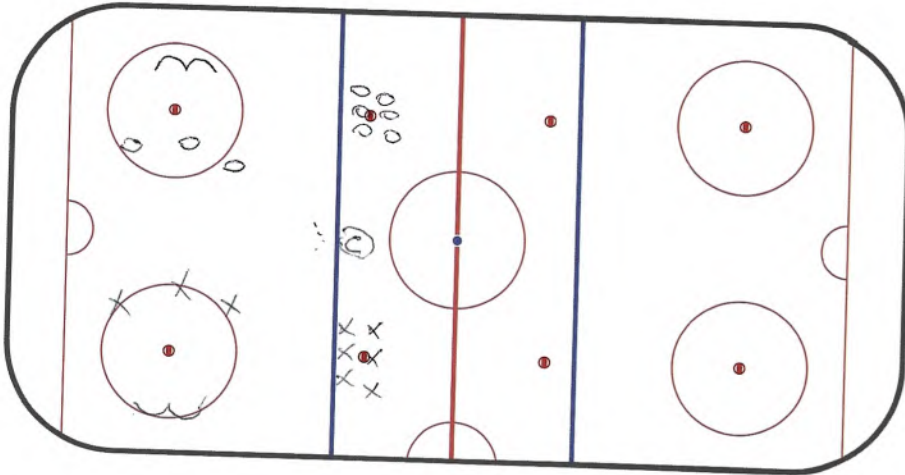
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Spiel 3-3 mit  
Aufgaben von TRAINER  
-> RÜCKWERTZ Fahren etc.  
 10 min

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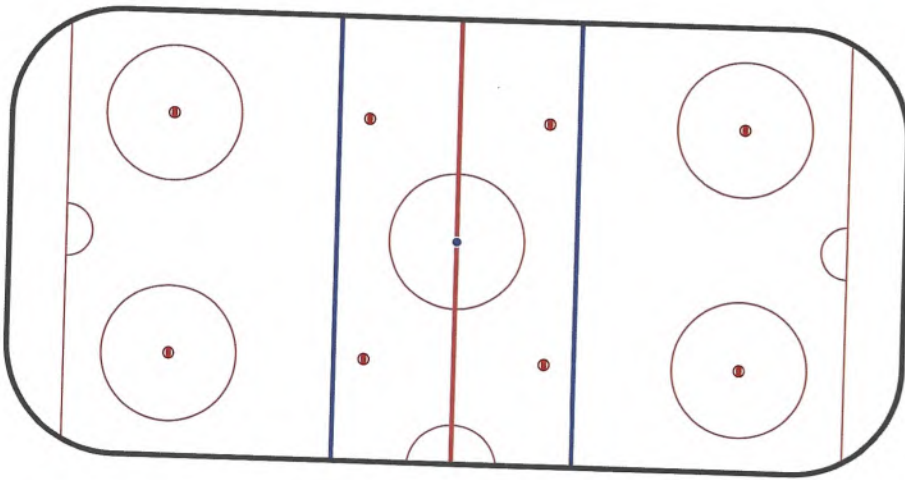
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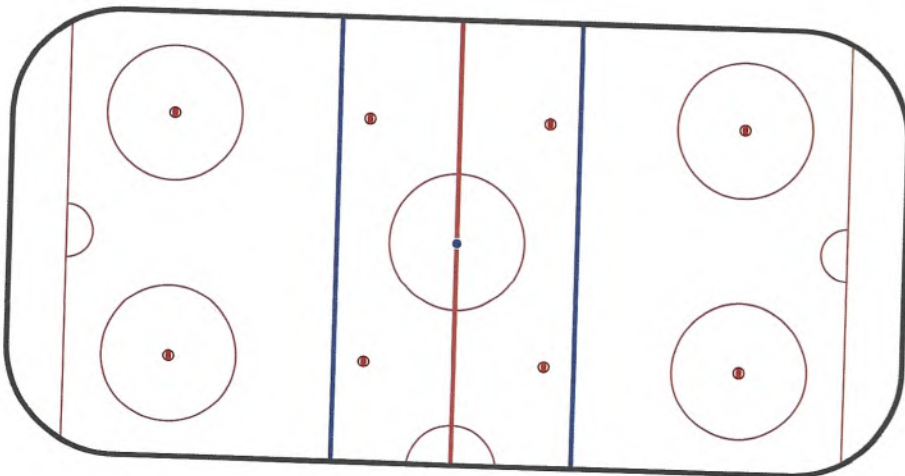
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TEAM: U9, 15:10-16:10

DATUM: 9.11.2021.

TRAINER: YURI

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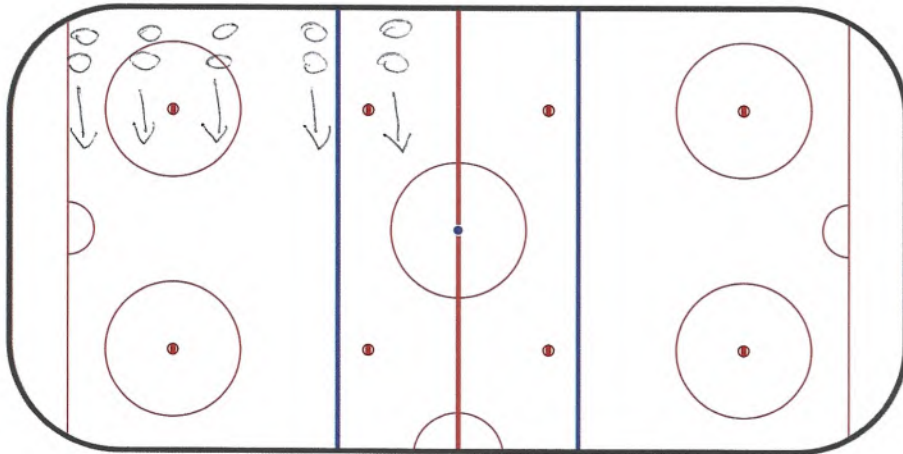
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# TRAININGSPLAN



EISLAUFEN Technik,  
15 min

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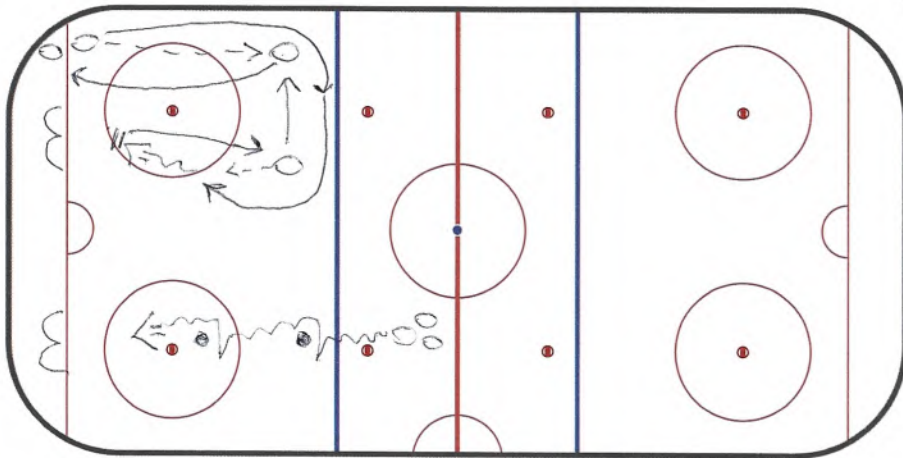
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1) PUCK KONTROLLE MIT  
ELEMENTE LINKS-RECHTS  
3 min

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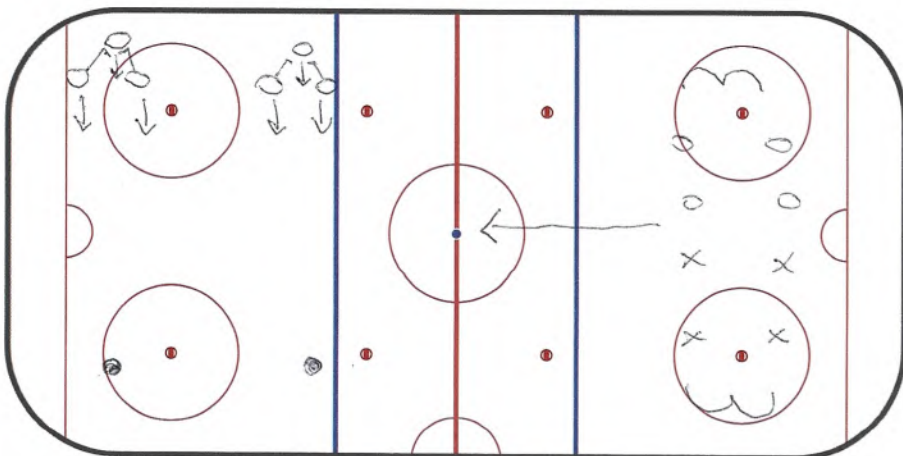
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3) EIS STAFFEL KOLLEKTIV  
3 min  
+  
SPIEL 4-4 IM  
ZONE (ERSTE 5 MIN  
SPIELER HALTEN SCHÜGER  
AM ANDERE RICHTUNG.)  
12 min

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TEAM: U9, 15:20-16:20

DATUM: 10.11.2021.

TRAINER: YURI

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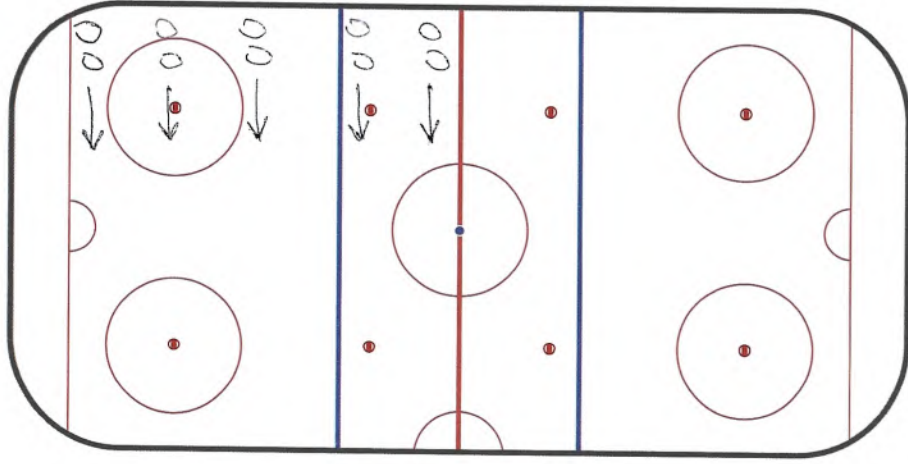
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# TRAININGSPLAN



Eislaufen technik  
15 min

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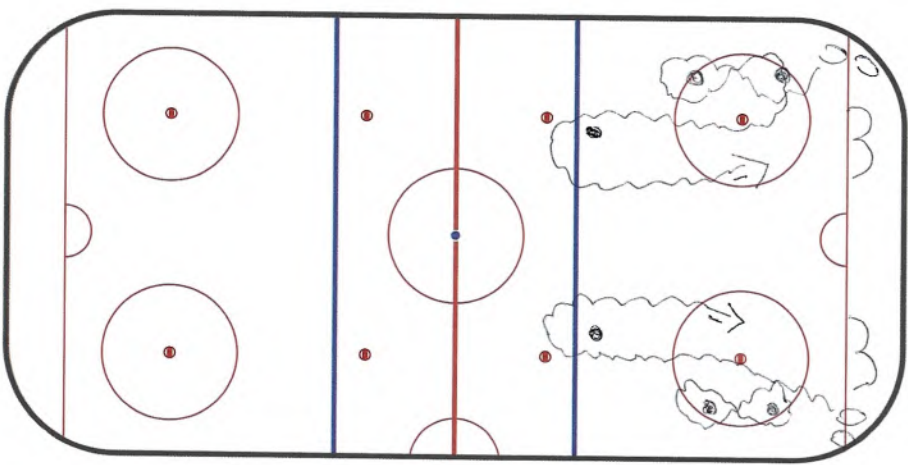
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1) Schuss Übung  
6x6 12 min

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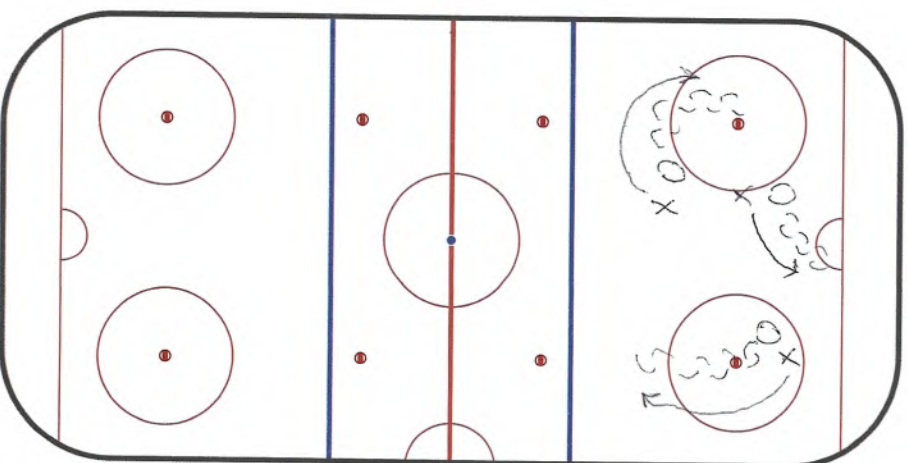
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Eislaufen → fangen  
→ ein spieler rückwärts  
andere vorwärts fängt  
und muss mit kopf  
körper berühren.  
5-6 min

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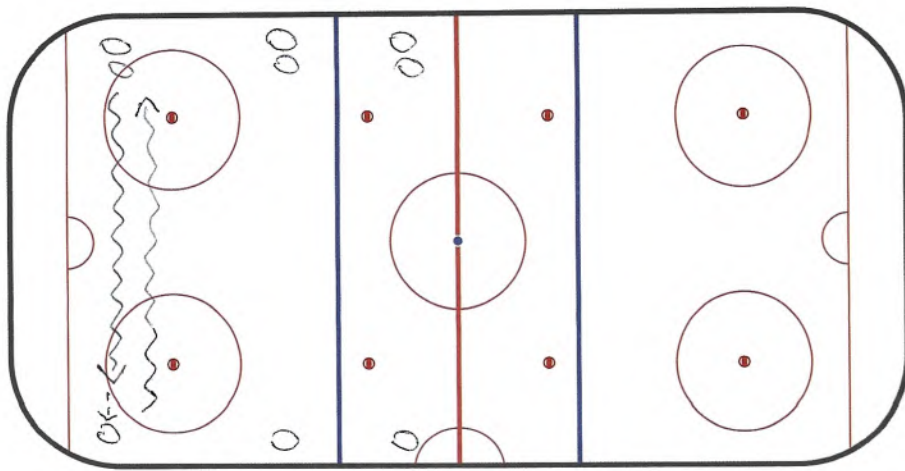
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Puck control ohne  
mischen Puck führen.

8min

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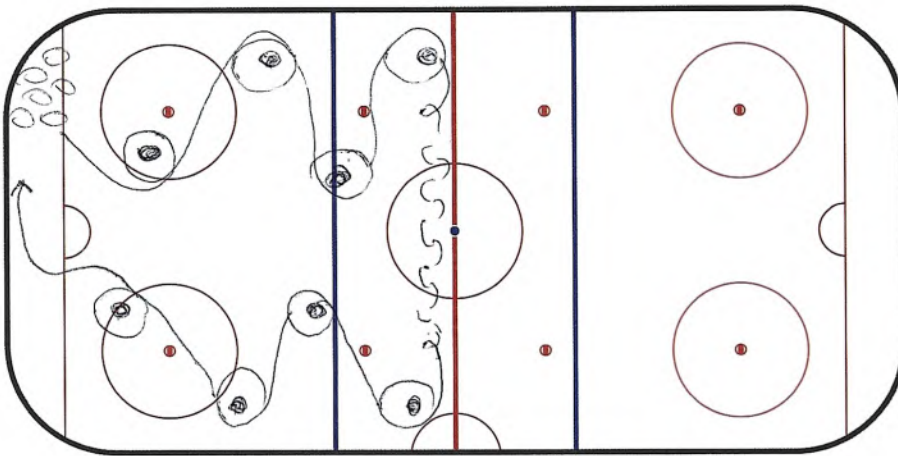
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Eislaufen bogen →  
→ beide beine am eis

8min

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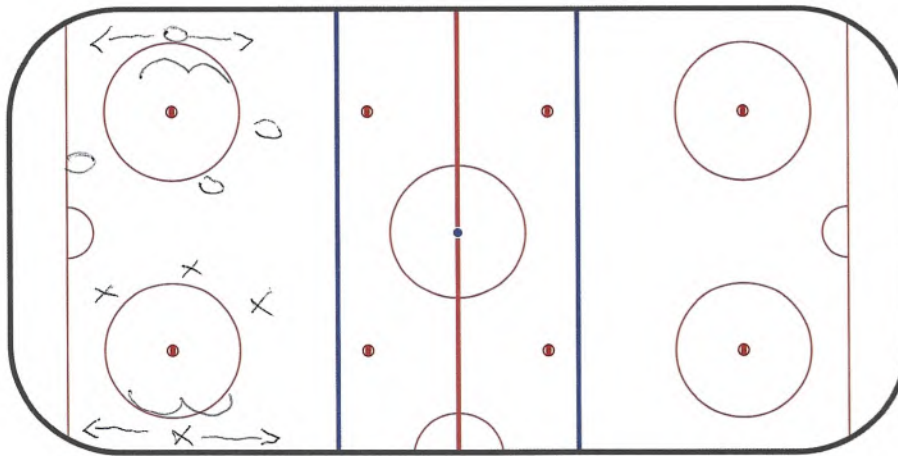
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Spiel 3-3 → ATAKE  
immer anfangen von  
hinten TOR.

10min

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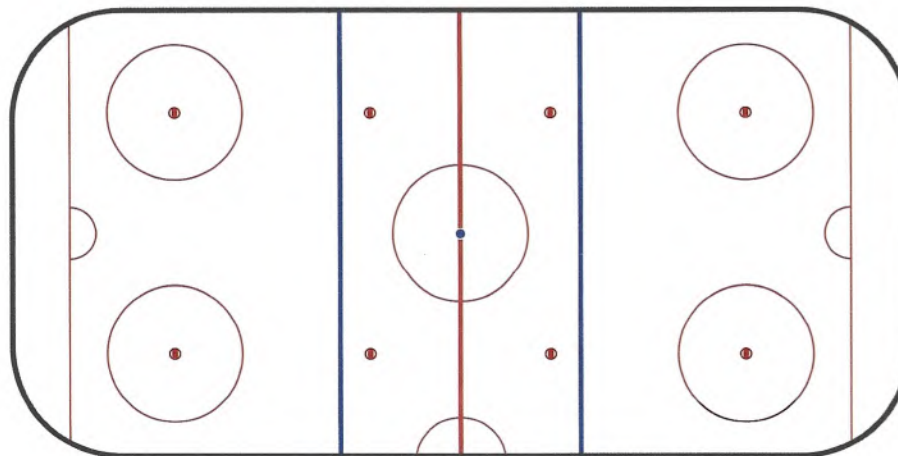
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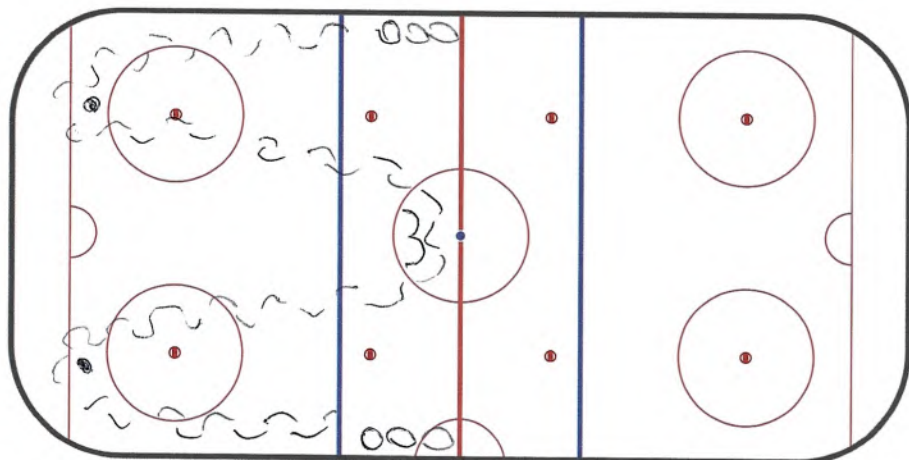


TEAM: V9. 15:10-16:10 - 15:20-16:20

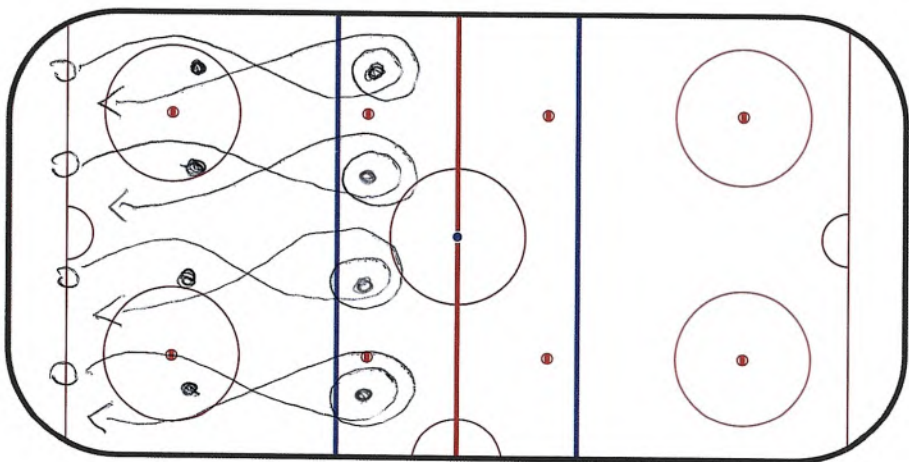
DATUM: 16.11.2021, 17.11.

TRAINER: Yuri

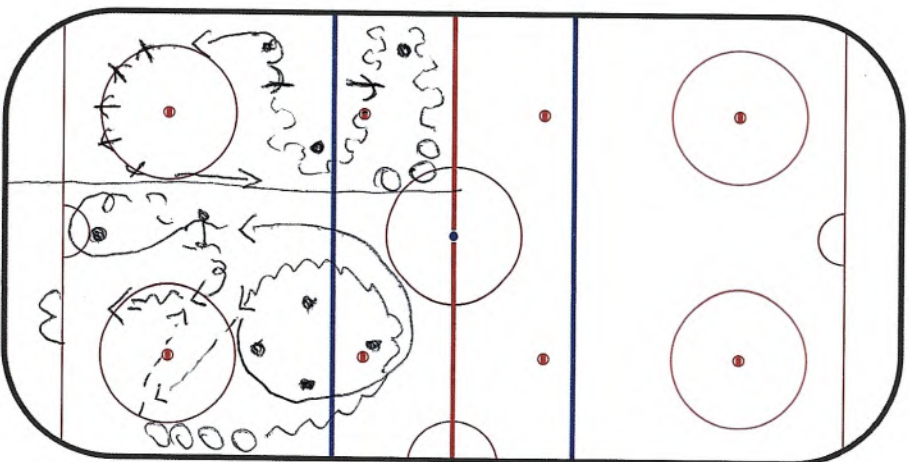
# TRAININGSPLAN



Eislaufen Rückwerts,  
15min



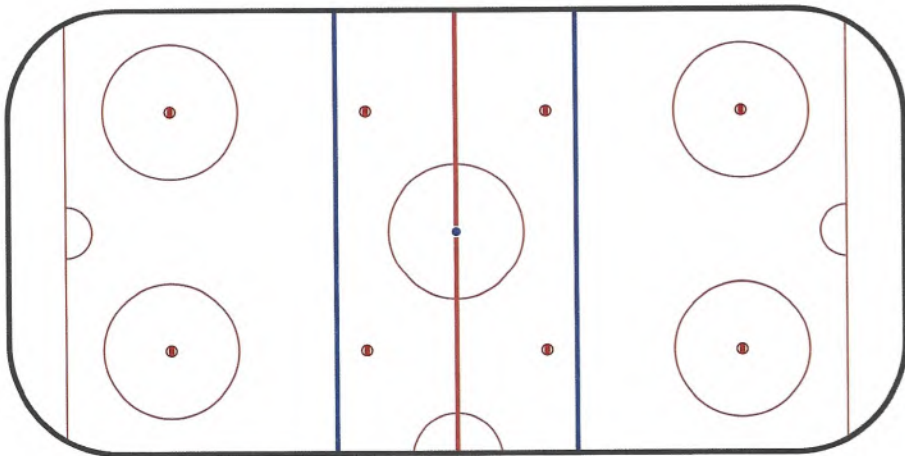
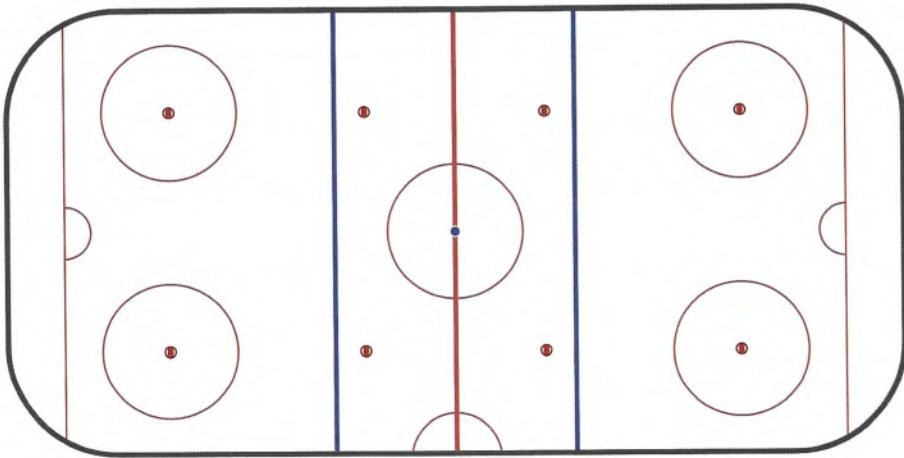
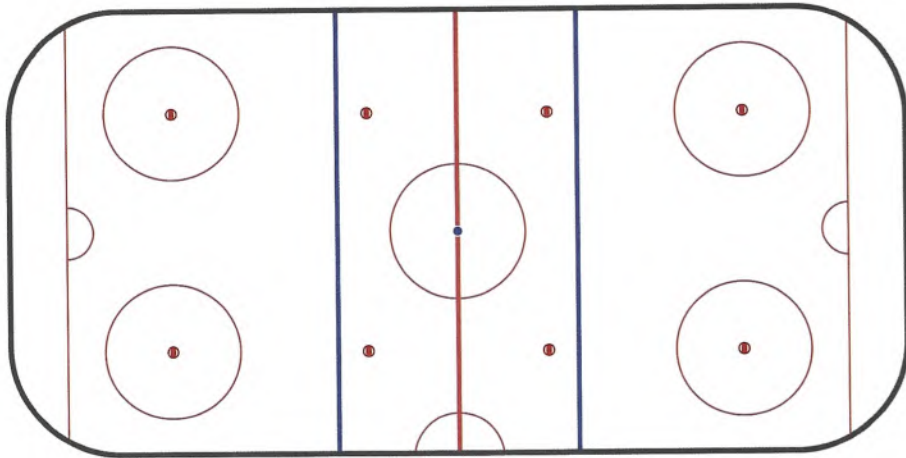
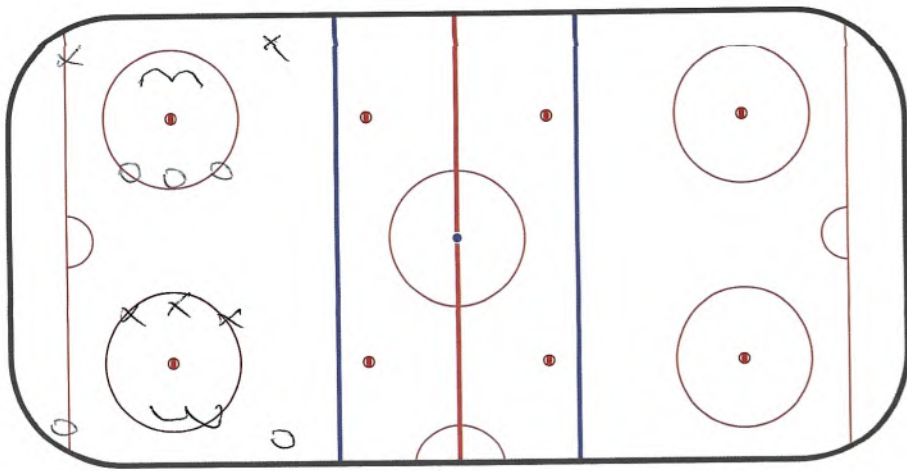
Eislaufen → bogen  
arbeiten mit Außen  
bein.  
9min



1) Puck CONTROL →  
→ PAssen → schuss.  
9min

2) Eislaufen mit  
aufgaben.  
9min

Spiel 3-3 mit  
Hilfe hinten TOR  
12min



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TEAM: U9, 15:10-16:10

DATUM: 23.11.2021.

TRAINER: YURF, VITUS?

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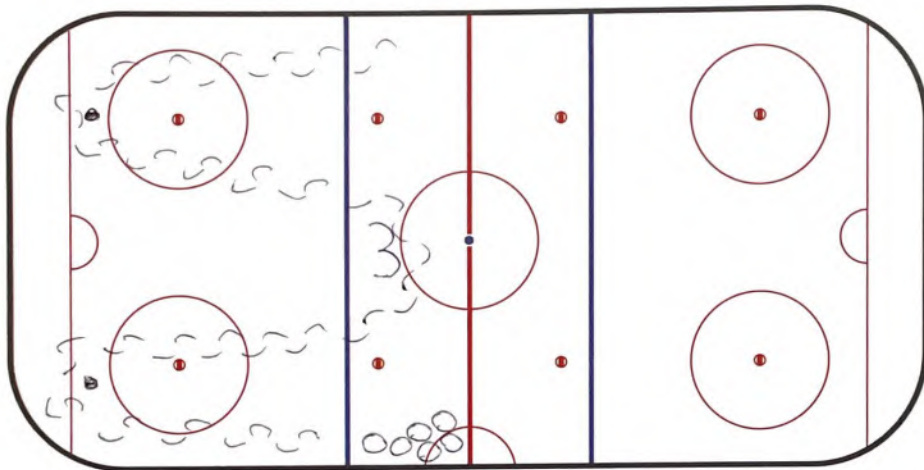
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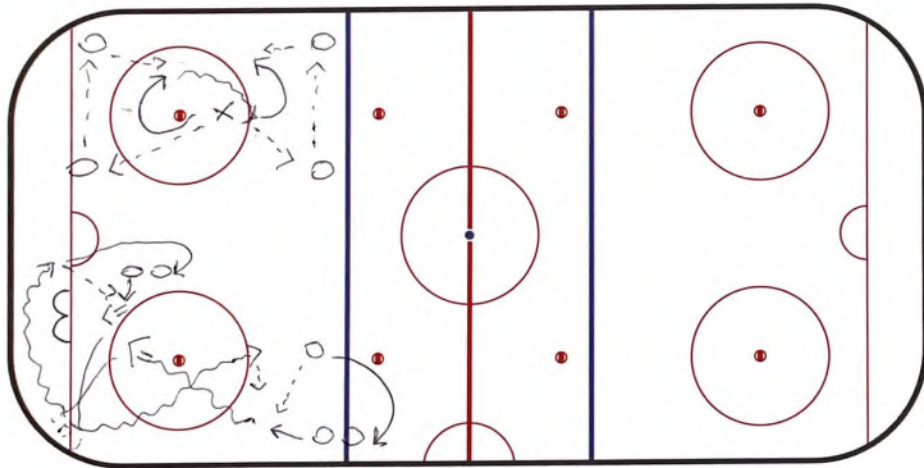
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# TRAININGSPLAN

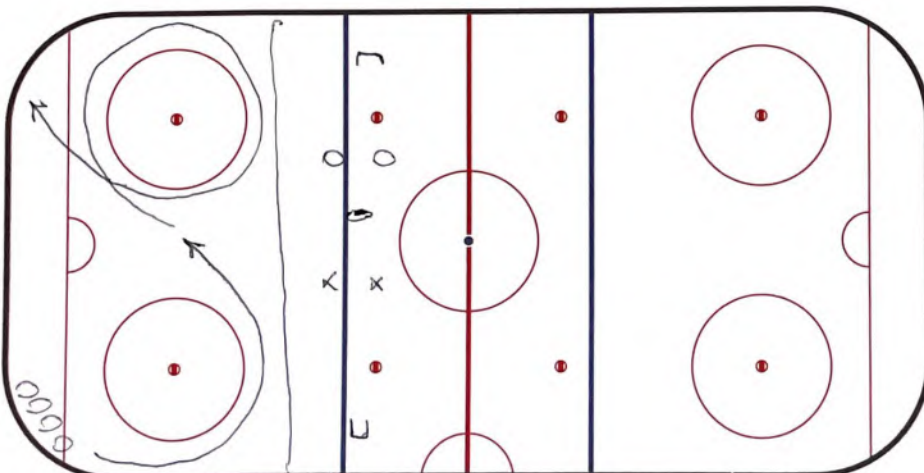


EISLAUFEN RÜCKWERTZ  
beide beine bleiben  
Am eis.  
15min



STATION 1: Schuss  
übung mit PAssen.  
8min

STATION 2: PAssen  
8min



STATION 3: Übersetzen  
7min

STATION 4: Spiel mit  
Ring kleine TORE 2-2.  
7min

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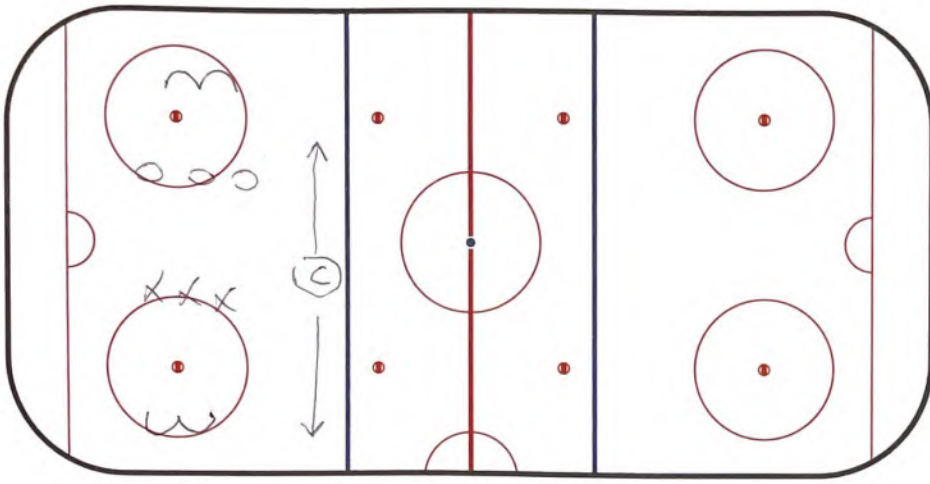
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Spiel 3-3 TR Jover

10min



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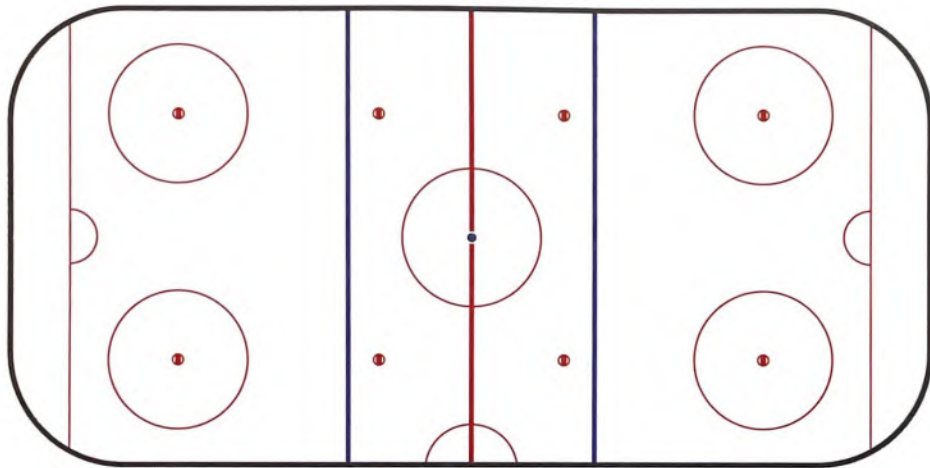
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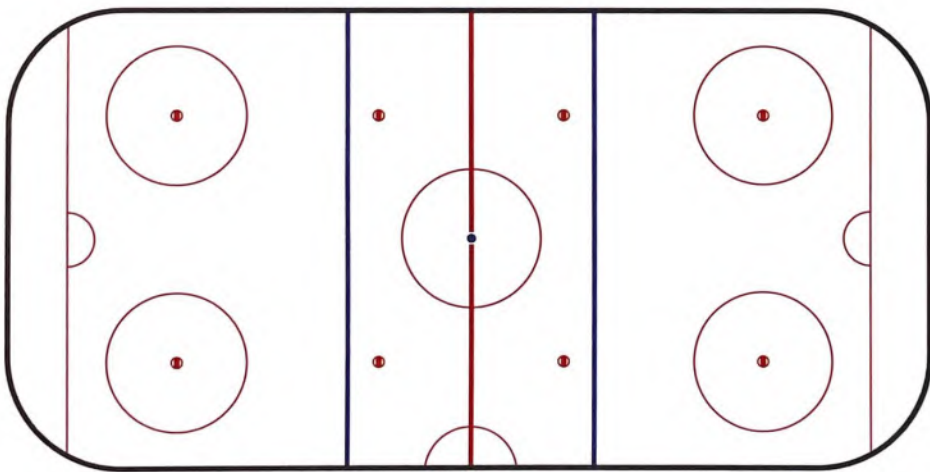
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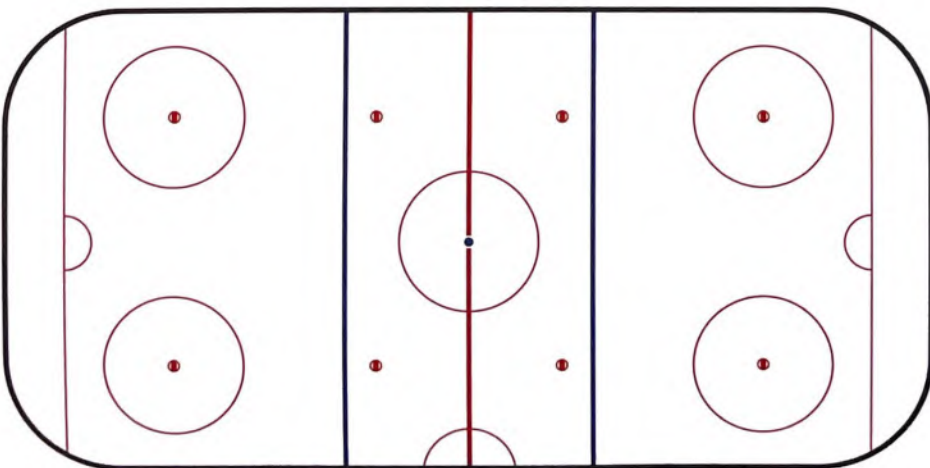
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TEAM: U9, 15:10-16:10

DATUM: 30.11.2021.

TRAINER: YURI, CORI

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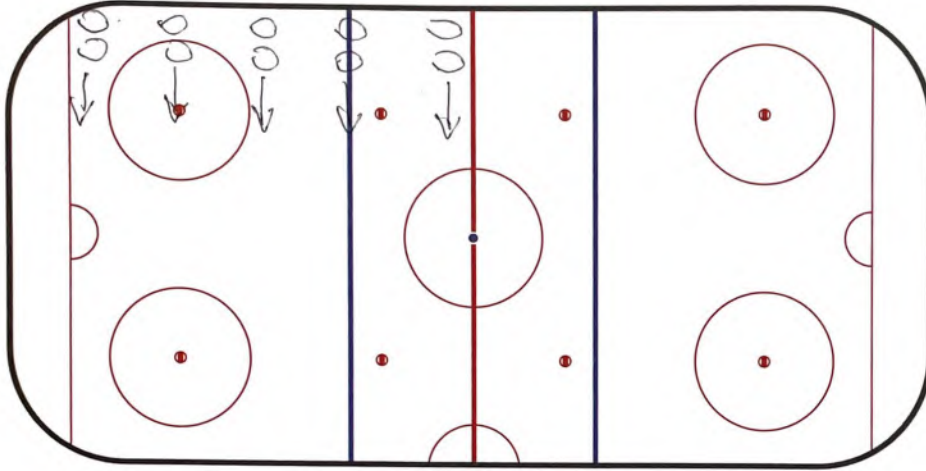
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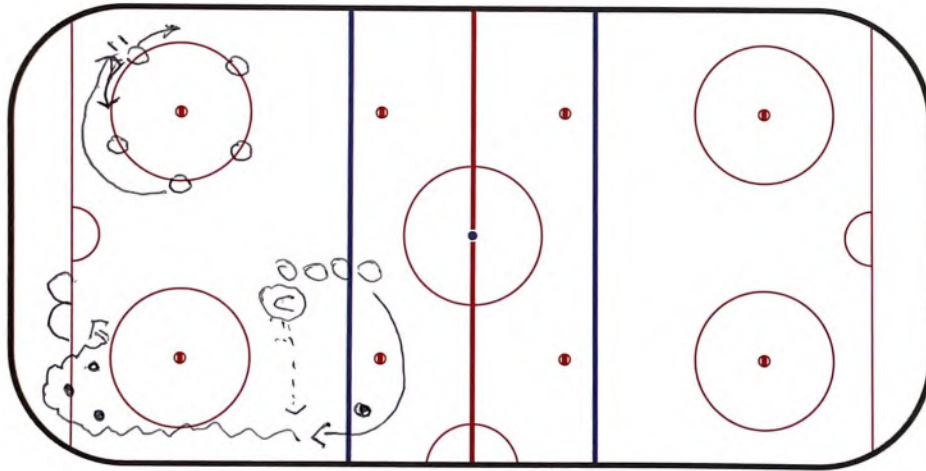
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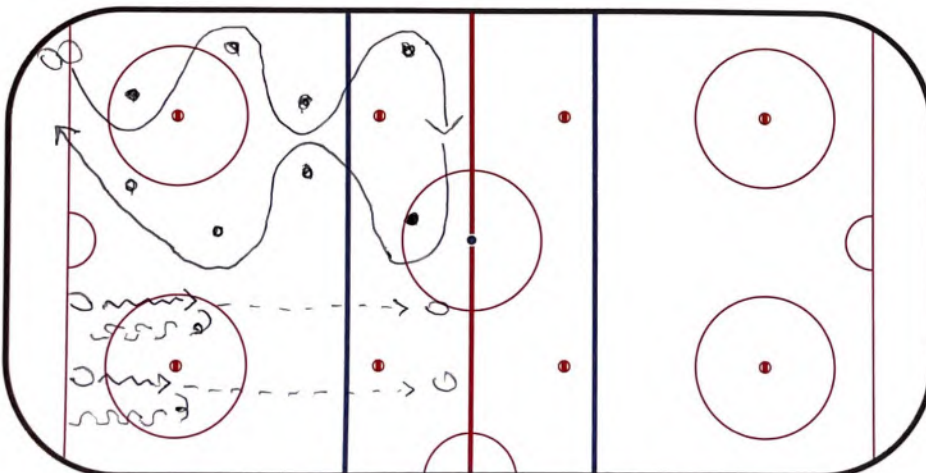
# TRAININGSPLAN



EISLAUFEN 3 STÖßE  
mit ein fuß.  
15min



1) individueller Technik  
8 min  
2) Spiel -> schnelligkeit  
8 min



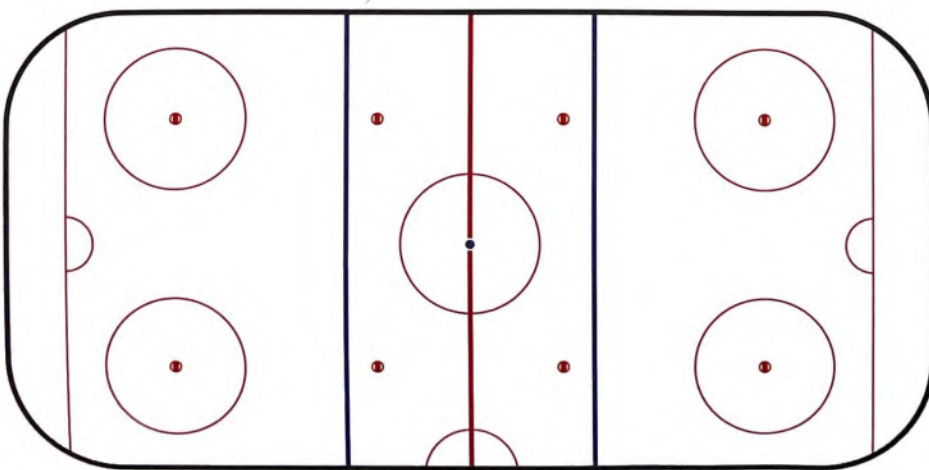
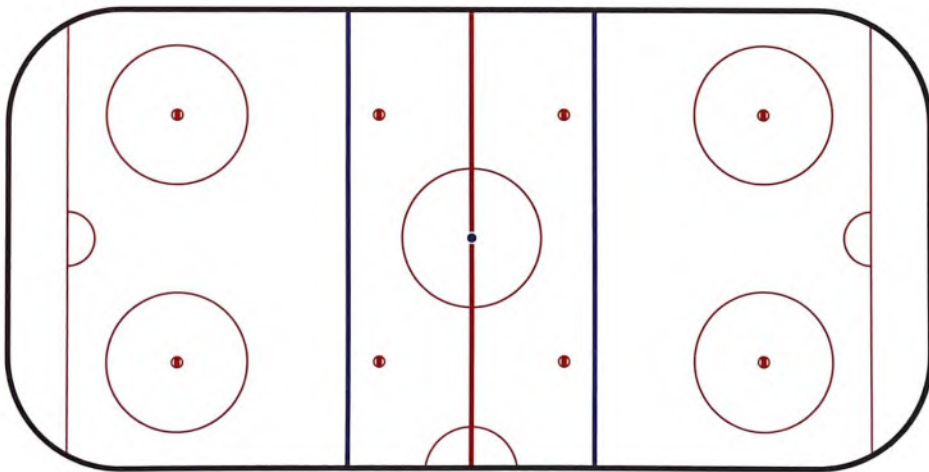
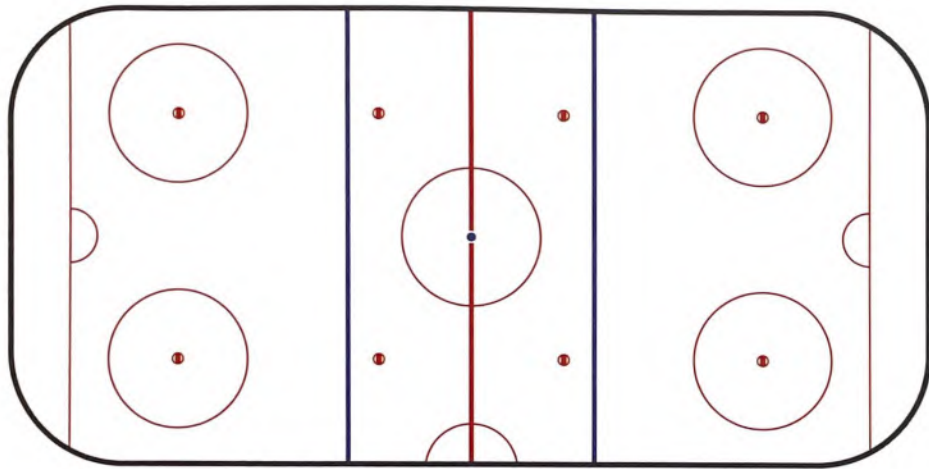
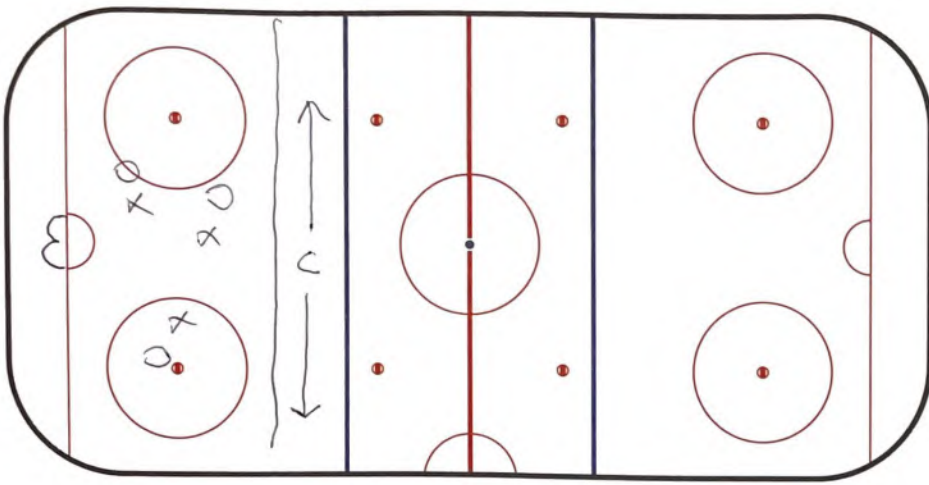
3) START mit PUCK ->  
-> LANGE PASS -> RÜCKWERZ  
ZURÜCK.  
8 min  
4) ~~WAS~~ EISLAUFEN  
bogen  
8 min



Spiel 3-3 -> 4-4

TR JOKER FÜR TEAM  
MIT PUCK.

10-12 min



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TEAM: U9, 15:10-16:10

DATUM: 7.12.2021

TRAINER: YURI, CORI

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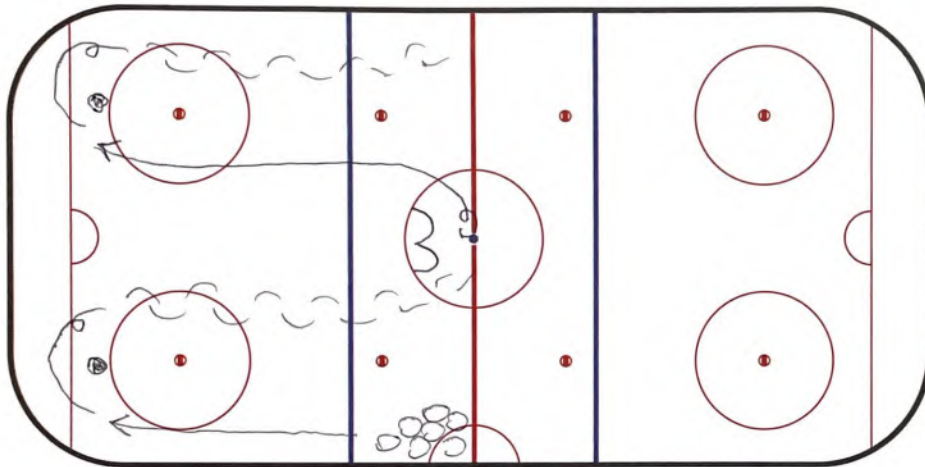
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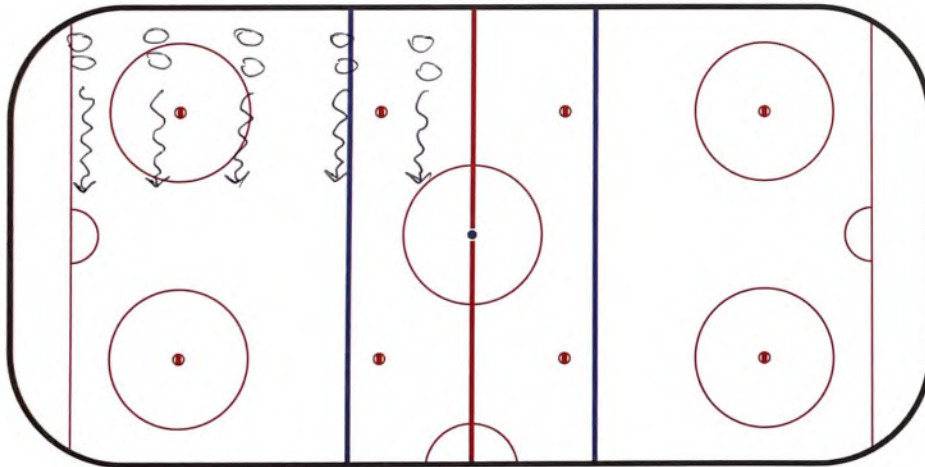
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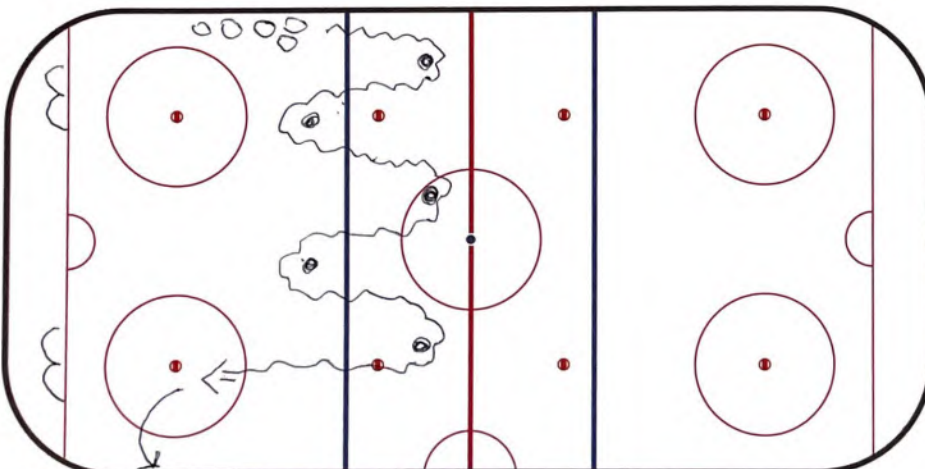
# TRAININGSPLAN



Eislaufen vorwärts-  
rückwärts.  
12 min



Puck kontrol.  
15 min



Puck kontrol im  
bewegung mit eislaufen  
element innen  
kante bogen -> mit  
schuss auf tor.  
12 min

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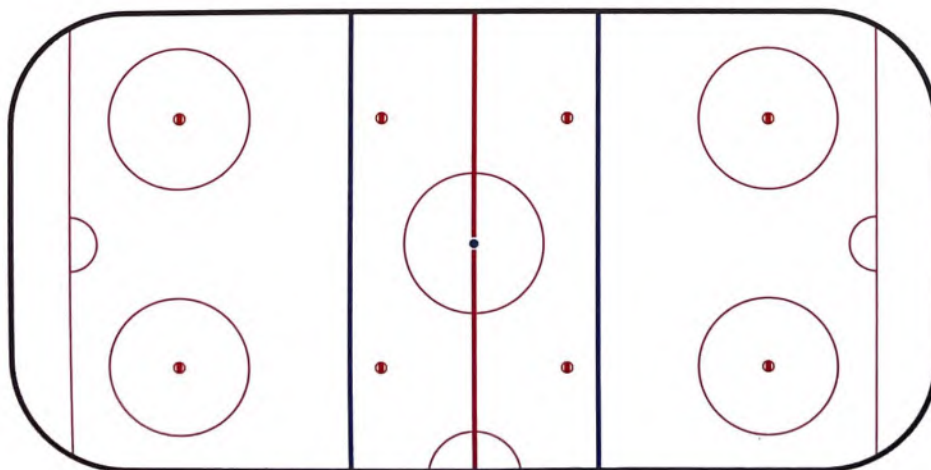
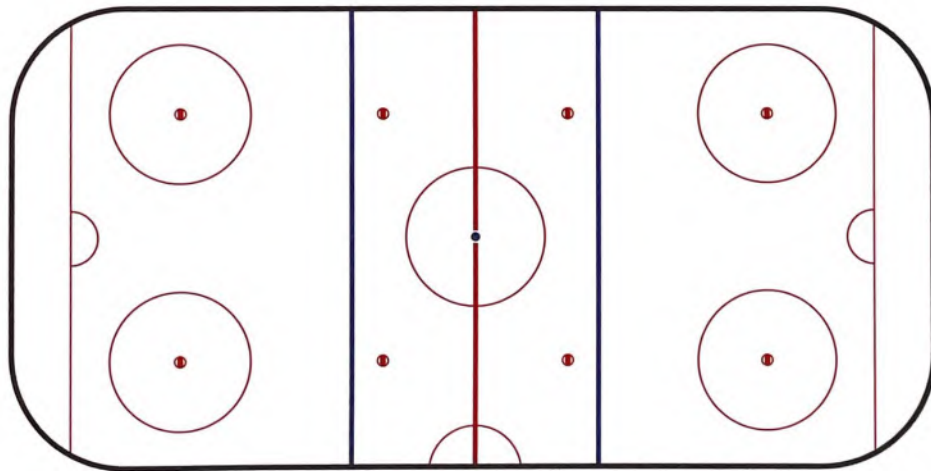
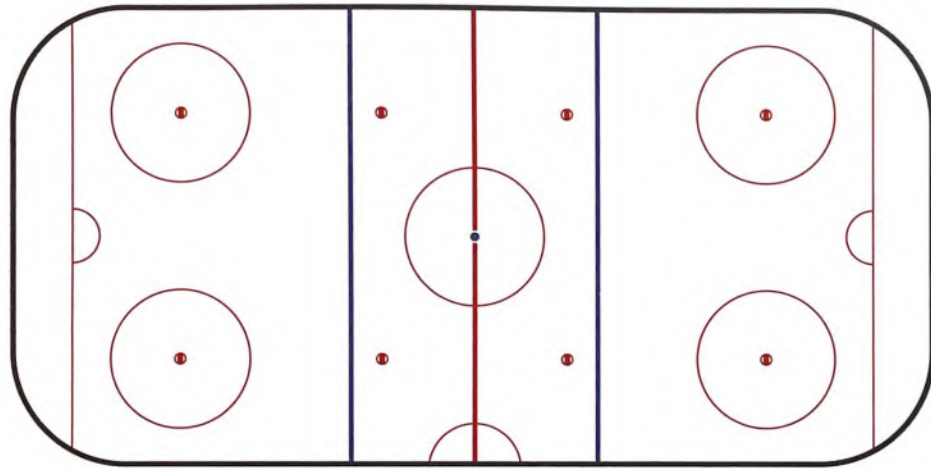
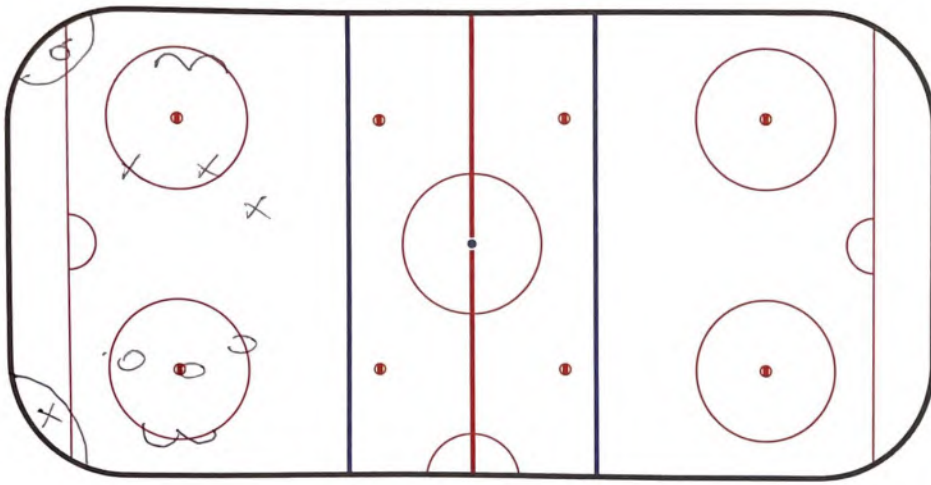
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Spiel 3-3 mit  
Halber in die ecke.  
15min



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TEAM: U9

DATUM: 14.12.2021.

TRAINER: YURI, CORI

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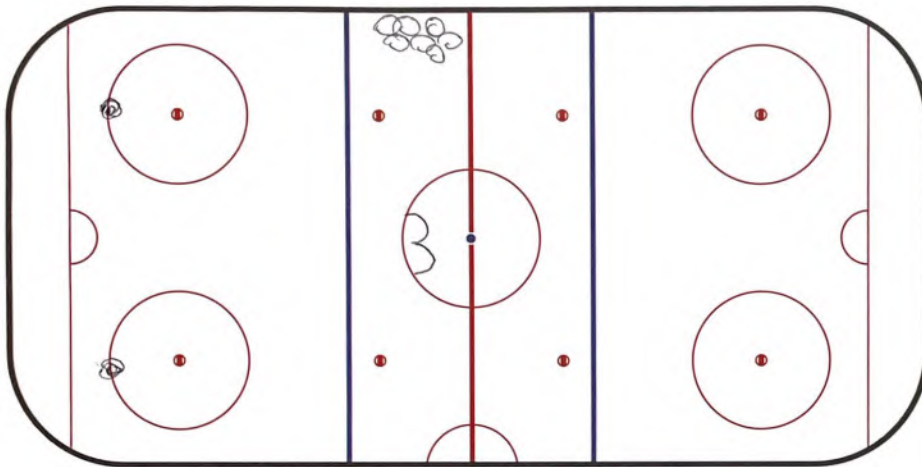
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# TRAININGSPLAN



EISLAUFEN mit  
Aufgaben.  
13min

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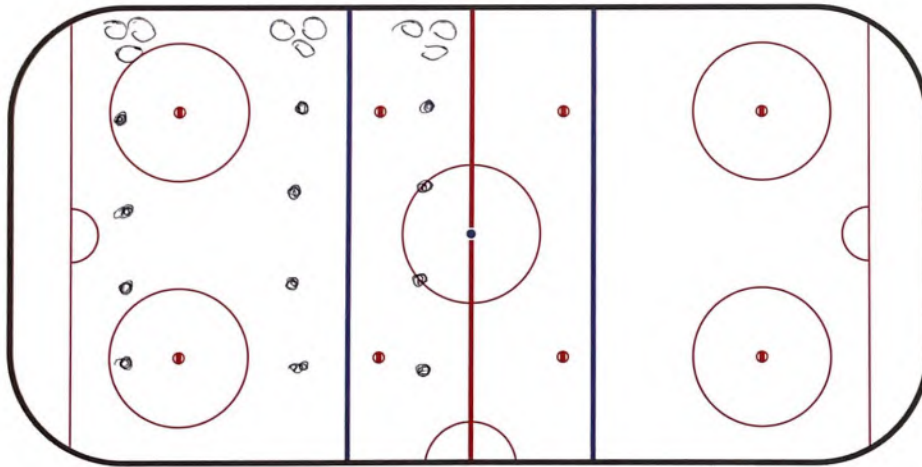
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Puck KONTROLL  
übungen.  
15min

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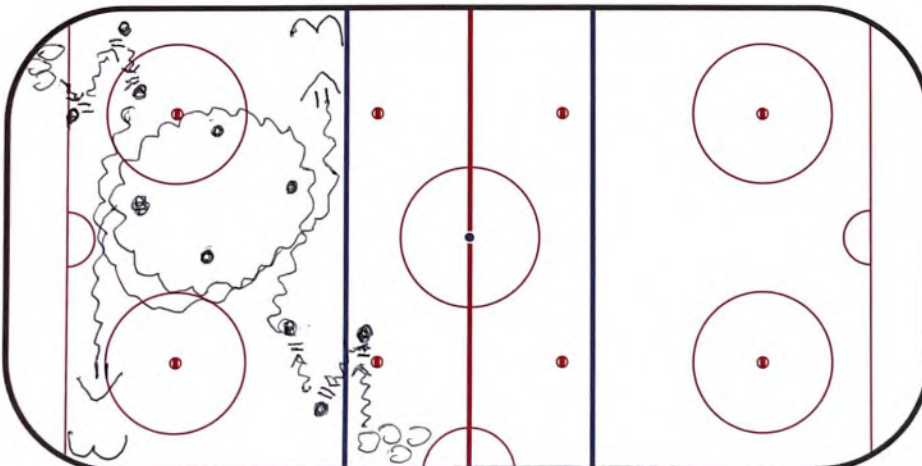
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Puck KONTROLL mit  
schuss  
12min

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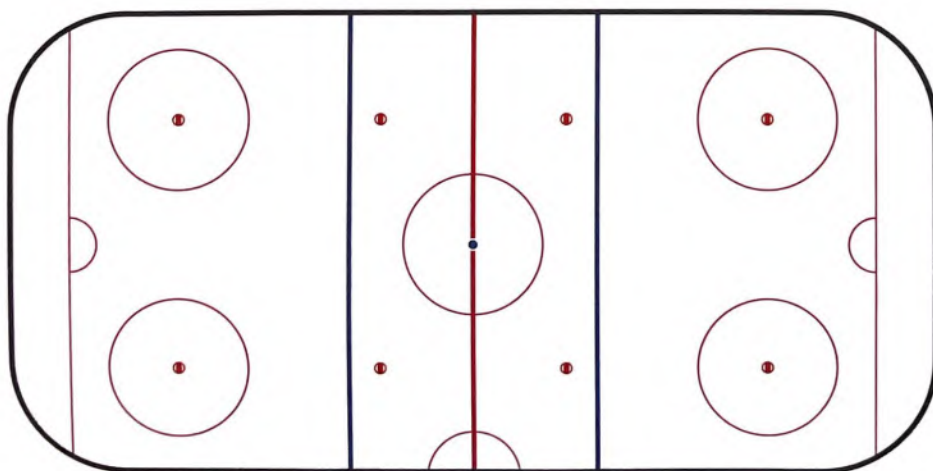
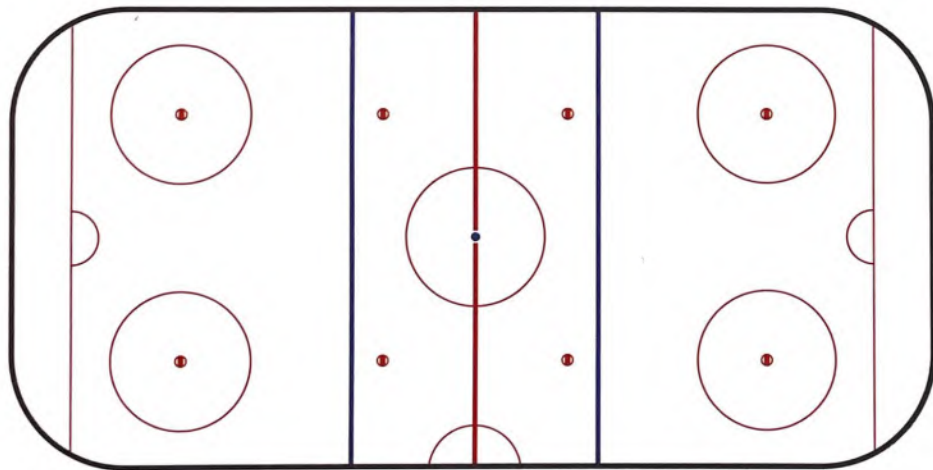
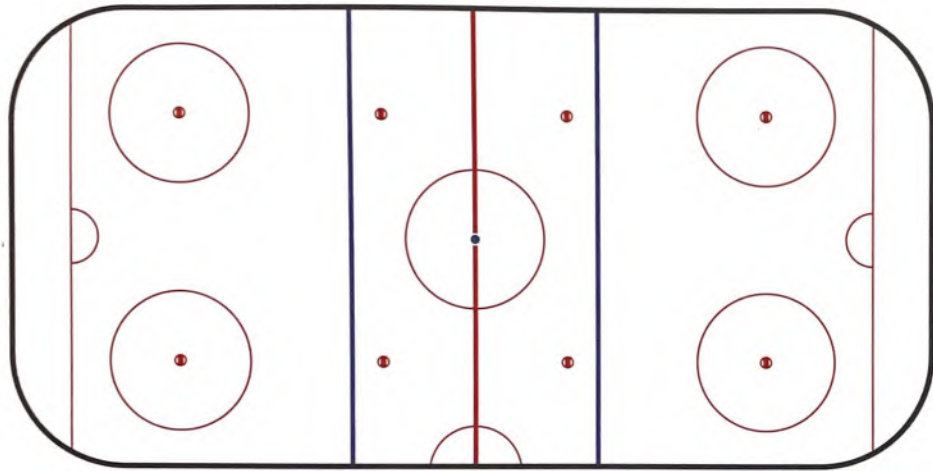
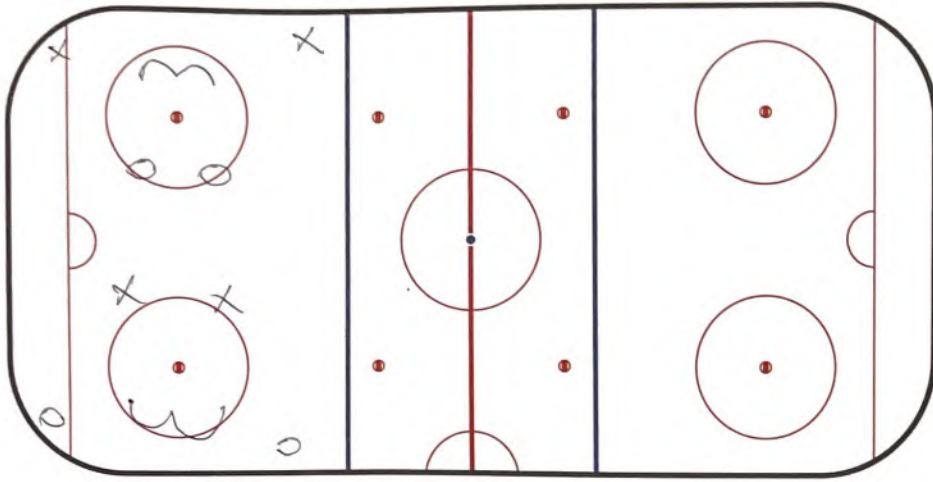
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Spiel 2-2 mit  
2 Helfer

15 min



A series of horizontal lines for writing notes, consisting of 15 lines in total, arranged in four groups of four lines each, with one extra line at the bottom.



TEAM: U9 15:10-16:10

DATUM: 11.1.2022.

TRAINER: YURI, CORI

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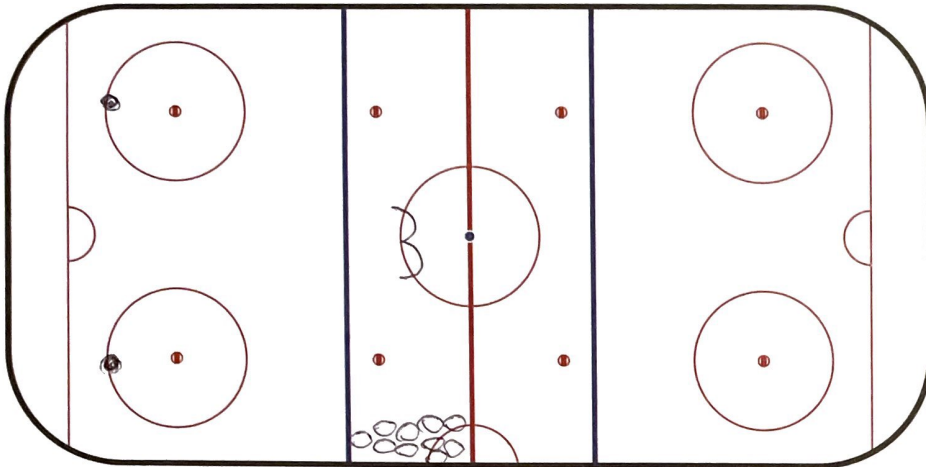
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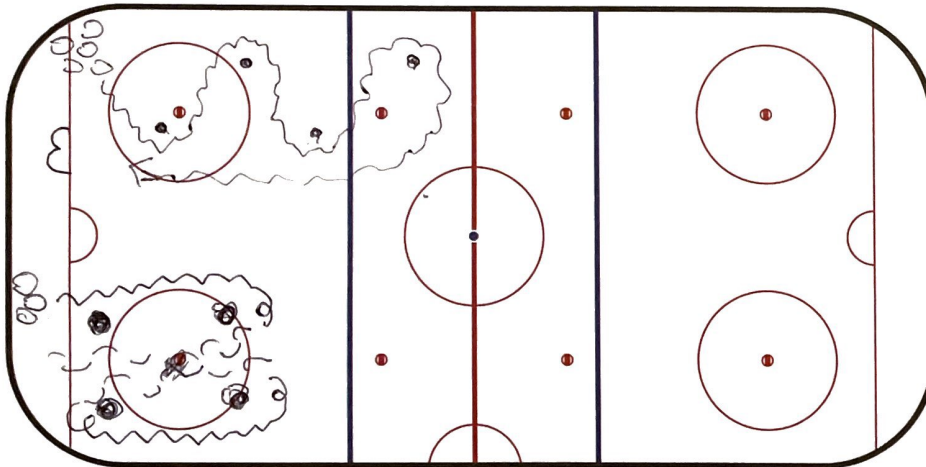
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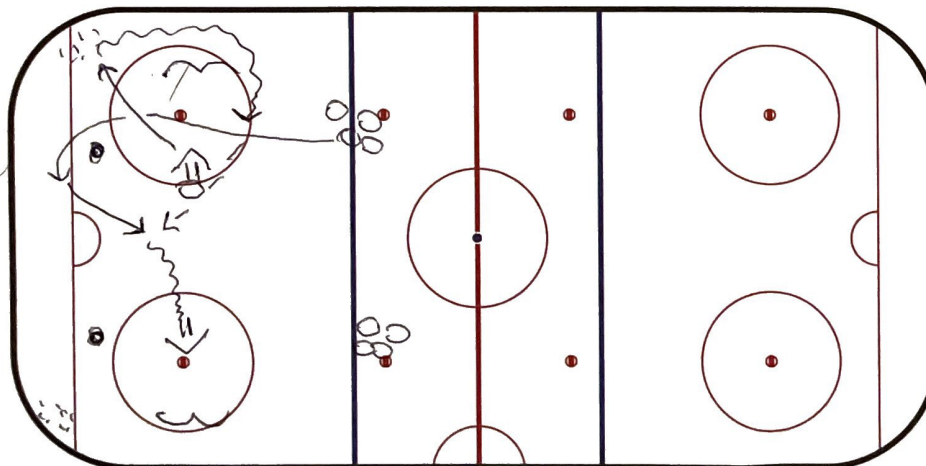
# TRAININGSPLAN



Eislaufen mit  
Aufgaben.  
10-15min



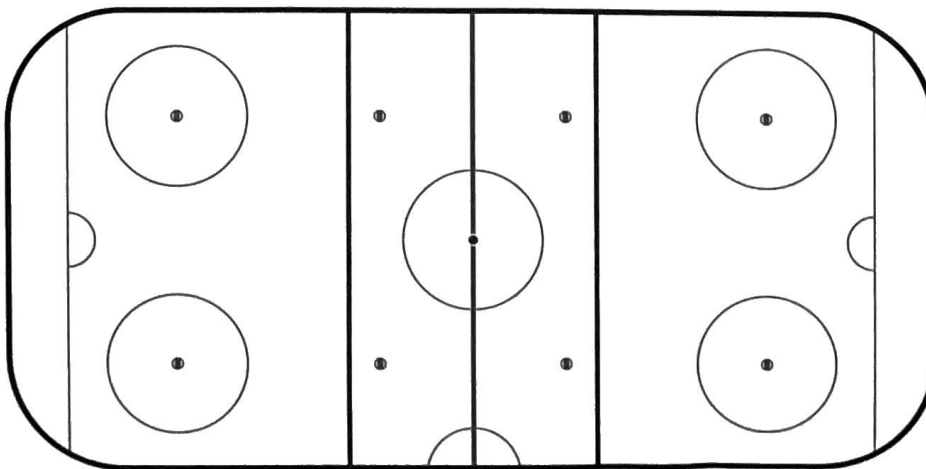
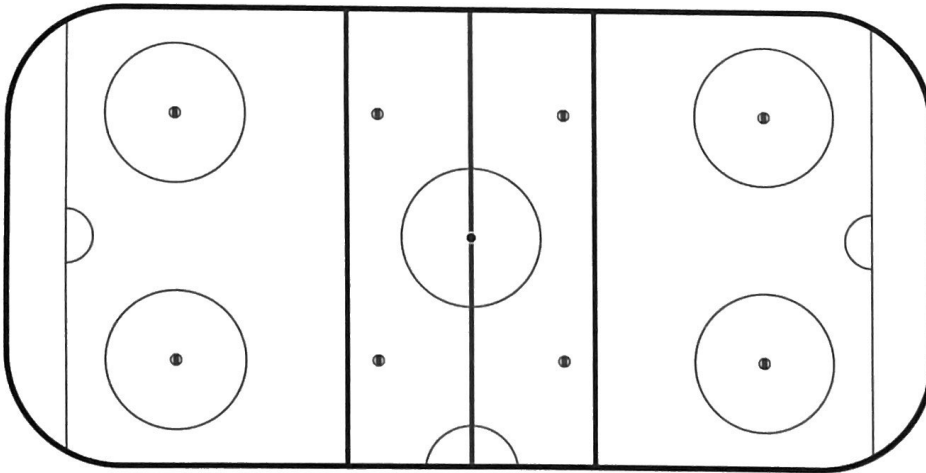
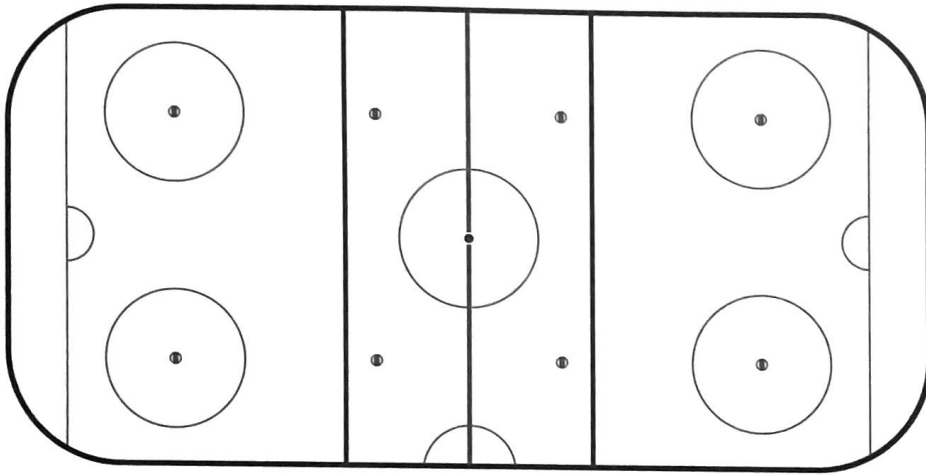
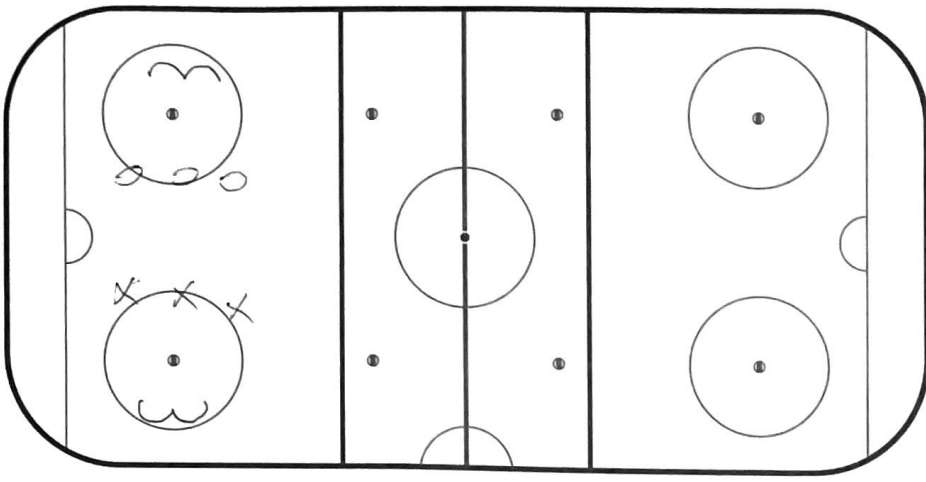
- 1: Eislaufen mit  
~~Puck~~ PUCK KONTROL  
VORWERZ RÜCKWERZ.  
3min



1-0 PASS schuss  
übung.  
12min

Spiel 3-3

13 min



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TEAM: U9. 15:10 - 16:10

DATUM: 18.1.2022.

TRAINER: YURI

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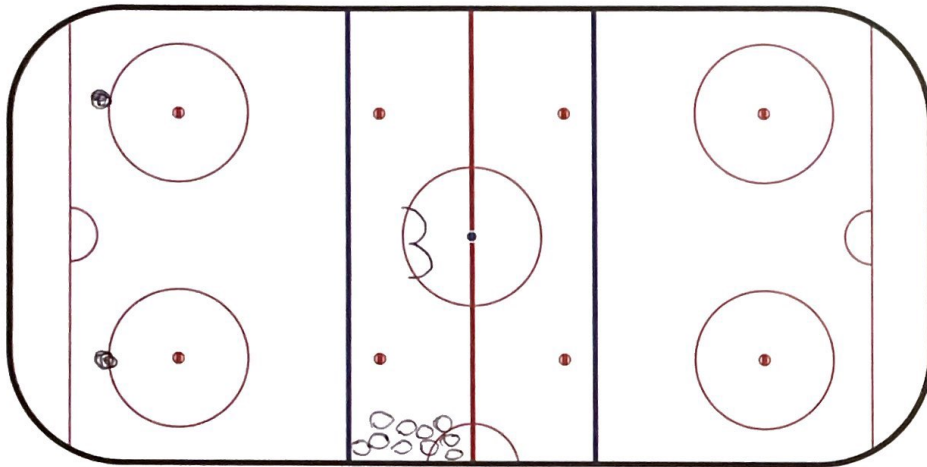
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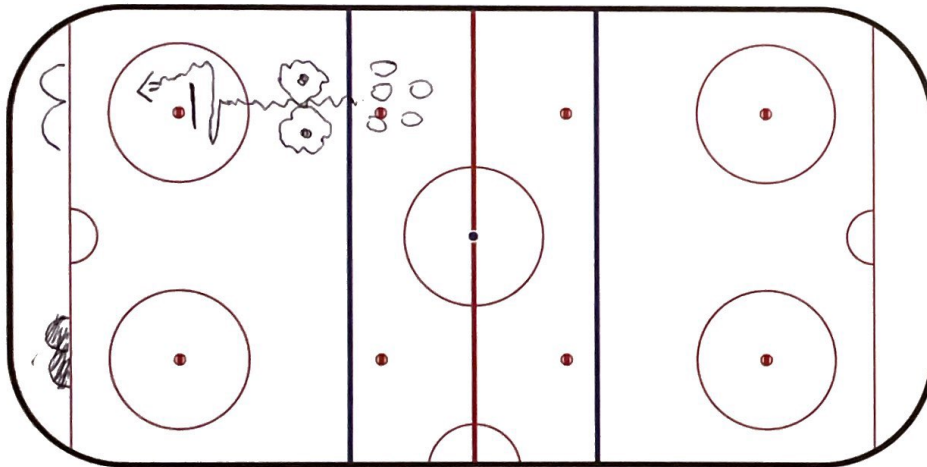
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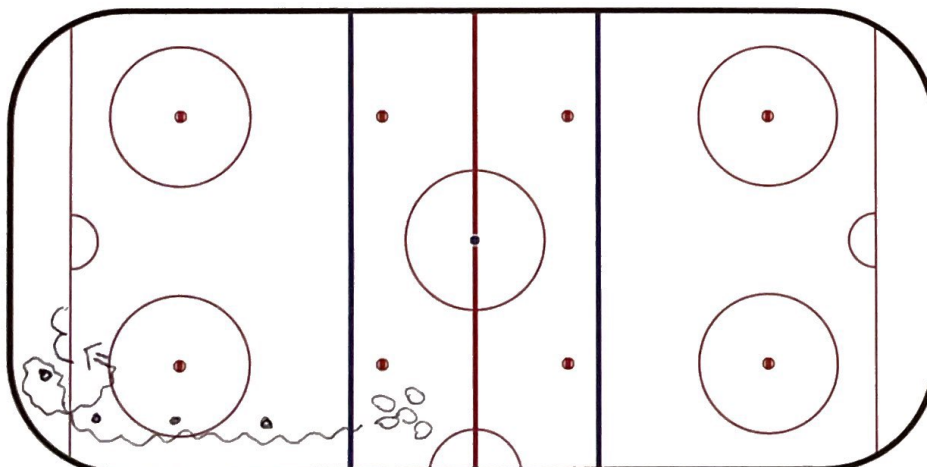
# TRAININGSPLAN



EISLAUFEN mit  
Aufgaben.  
15min



Schuss Übung mit  
technische elemente  
L-R weitrads  
9min



Puck CONTROL mit  
mit drehung und  
schoss,  
9min

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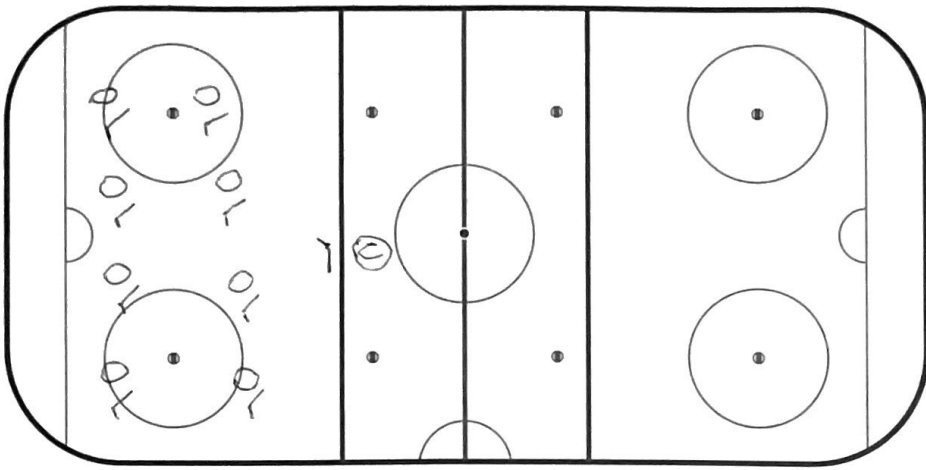
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EISLAUF ELEMENTEN  
mit schleger auf eis,  
 9min

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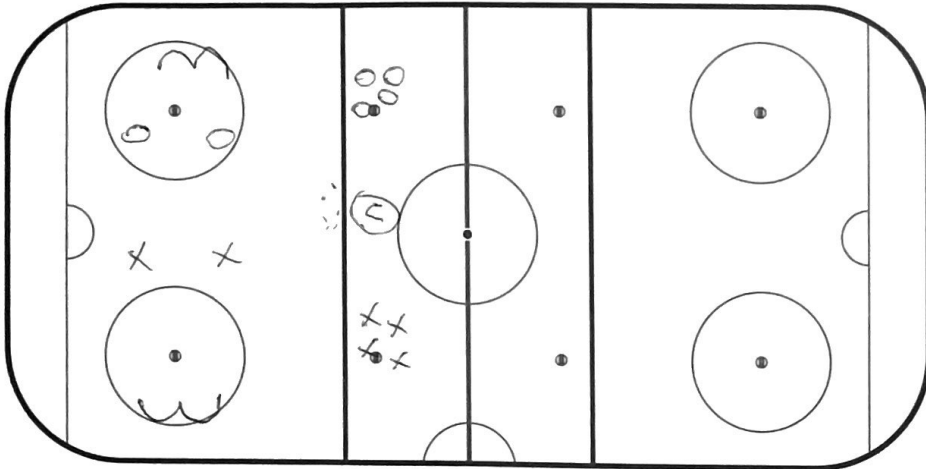
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Spiel 2-2 -> 3-3  
 12min

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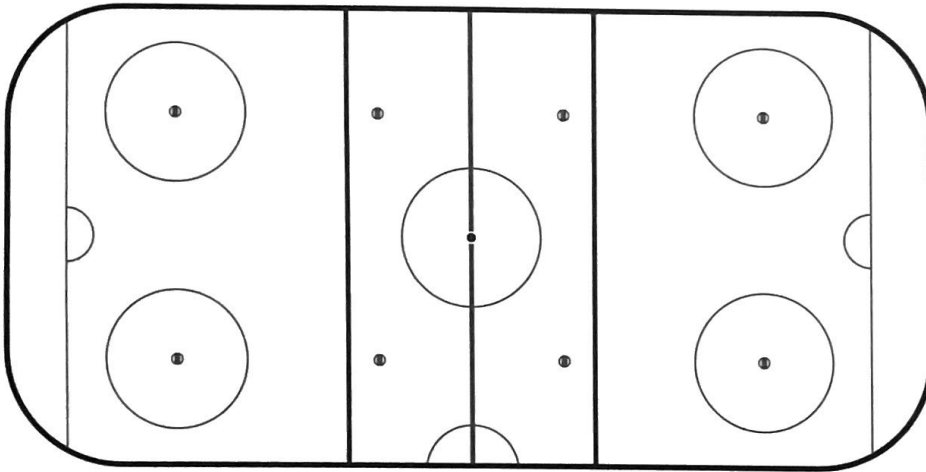
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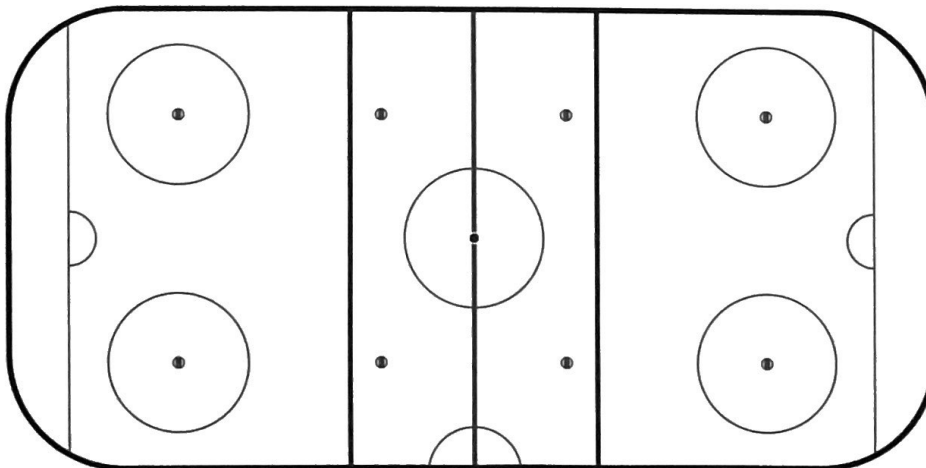
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TEAM: U9 15:10 - 16:10

DATUM: 25.1.2022.

TRAINER: YURI

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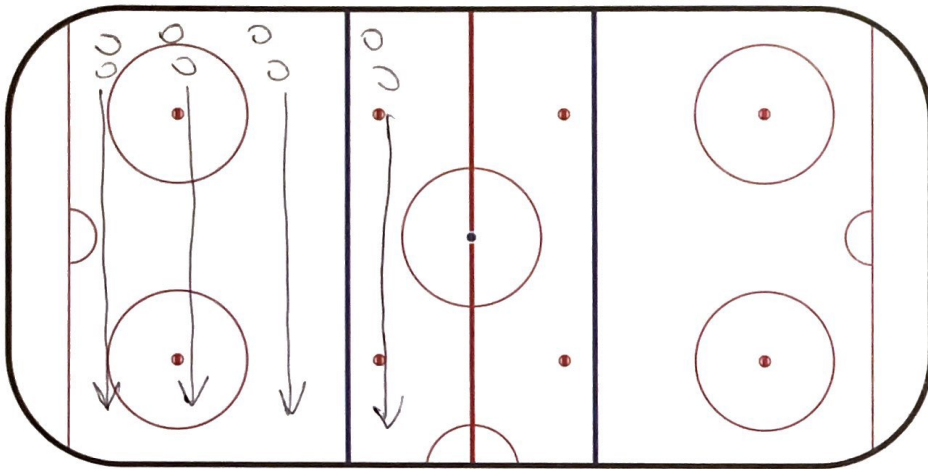
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# TRAININGSPLAN



Eislaufen Technik  
15 min

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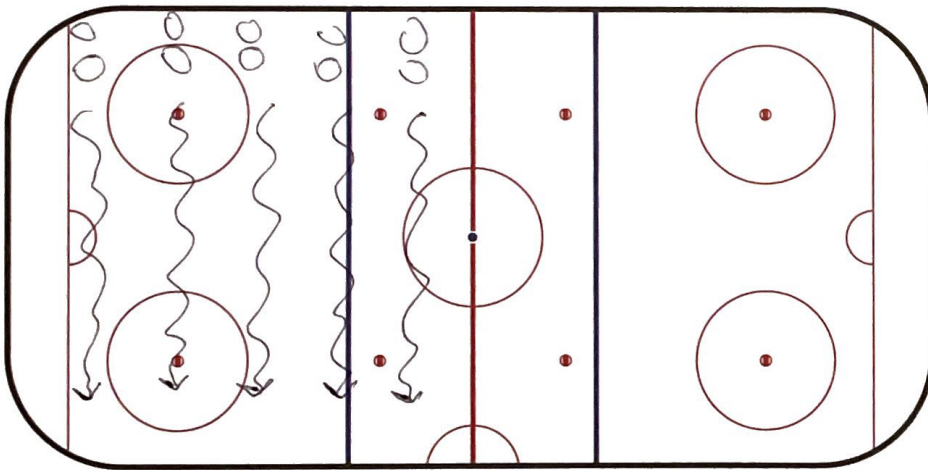
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Puck kontrol  
15 min

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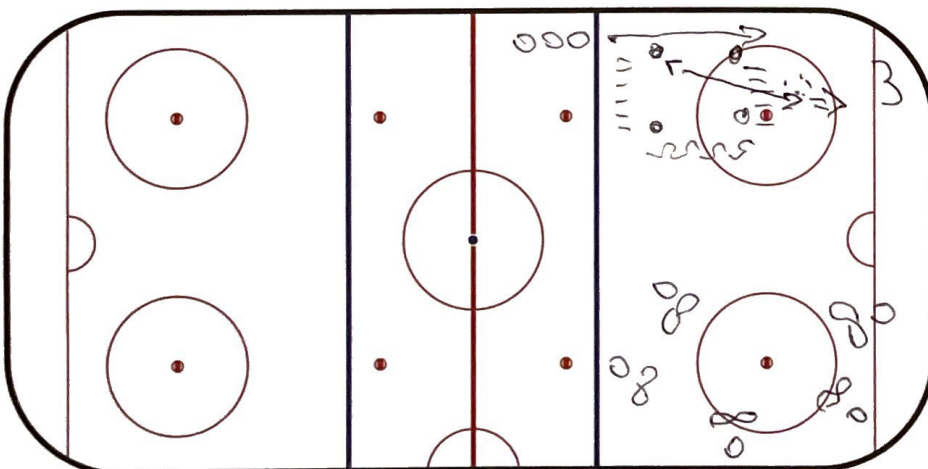
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ST 1: eislaufen  
VORWÄRTS SEITLICH RÜCKWÄRTS  
SEITLICH, V START → SCHUSS  
8 min

ST 2: Puck kontrol im  
stechen KURZE-LANGE  
Achter,  
8 min

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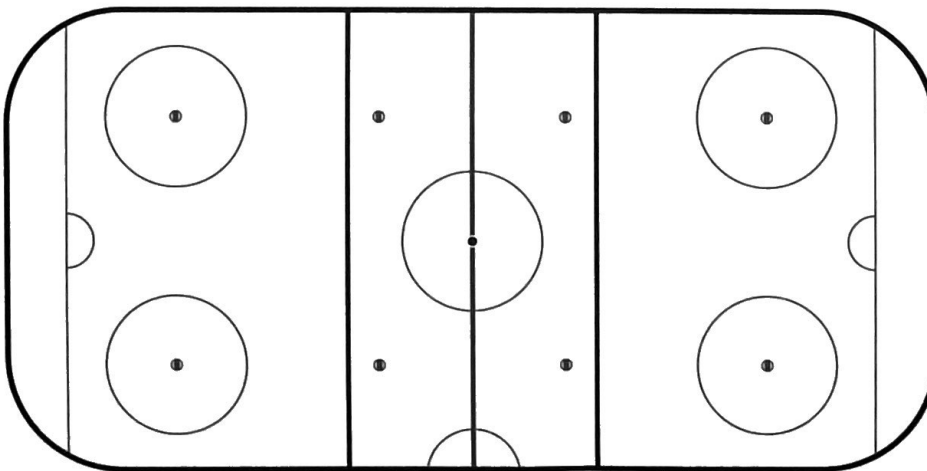
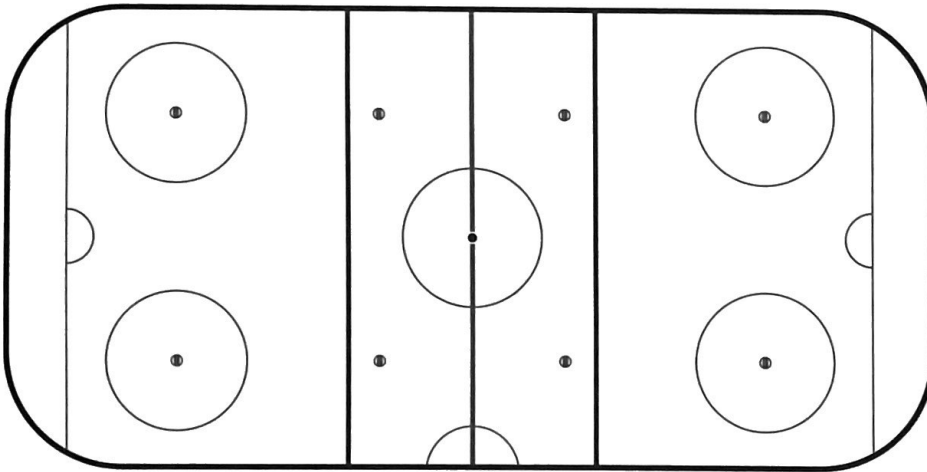
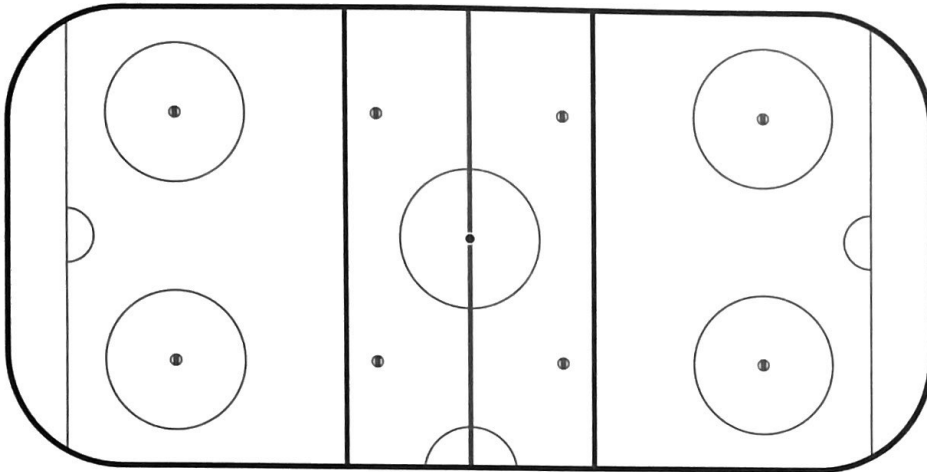
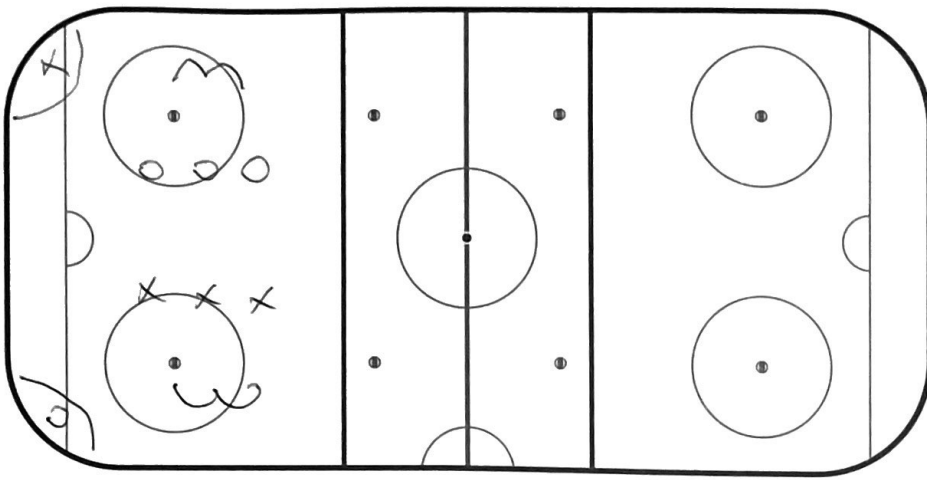
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Spiel im zone

3-3 mit Joker

12 min



A series of horizontal lines for writing notes, corresponding to the four diagrams above.



TEAM: U9, 15:10 - 16:10

DATUM: 1.2.2022.

TRAINER: YURI, CORI

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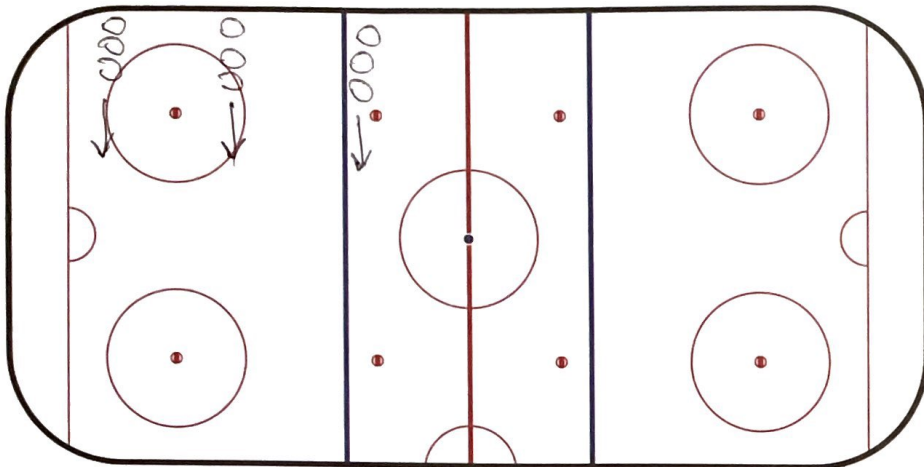
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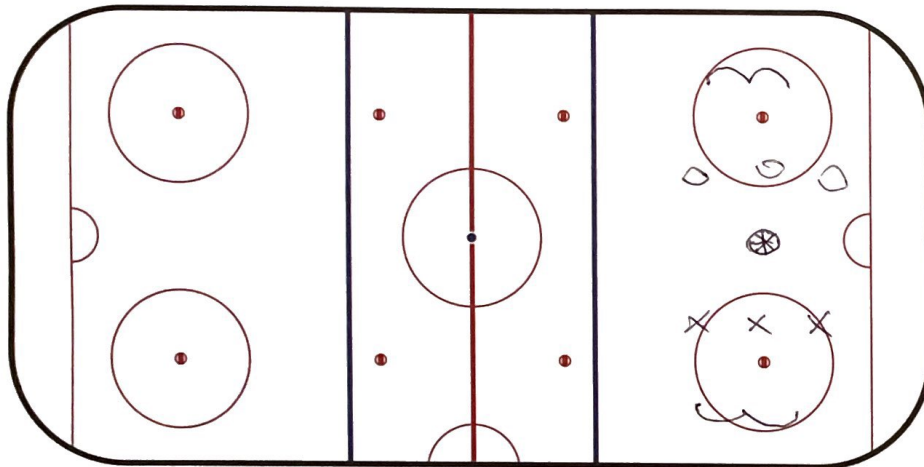
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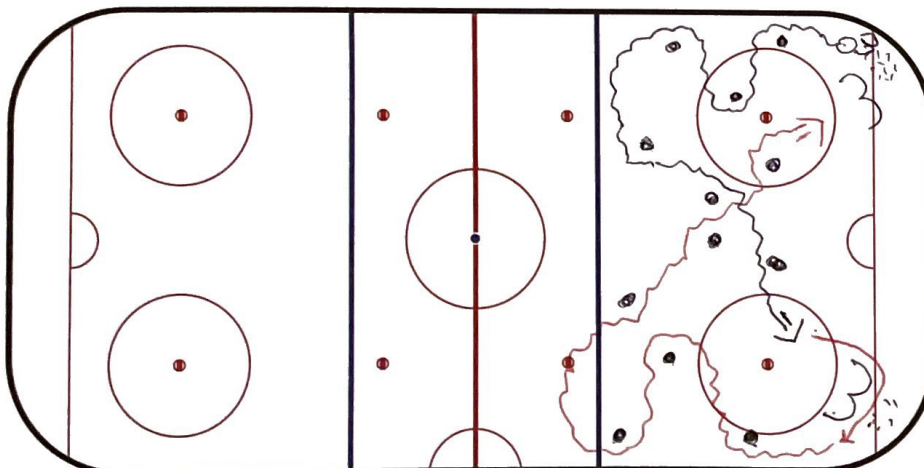
# TRAININGSPLAN



EISLAUFEN C KAT  
MIT EIN BEIN VORWERZ  
RÜCKWERZ → C KAT MIT  
ZWEI BEINE VOR-RÜCK.  
10 min



KLEINE SPIEL MIT  
BALL → BALL AM EIS  
MIT HÄNDE BEWEGEN.  
10 min



PUCK KONTROL MIT  
SCHUSS.  
10 min

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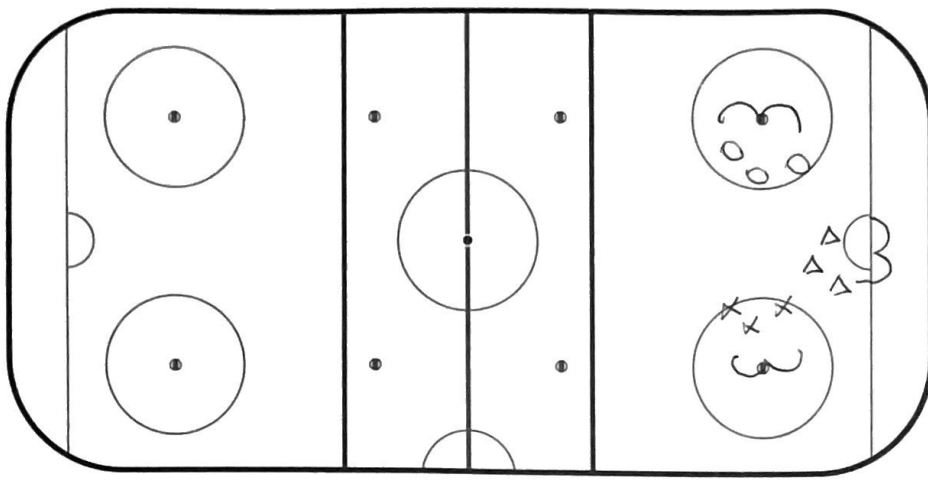
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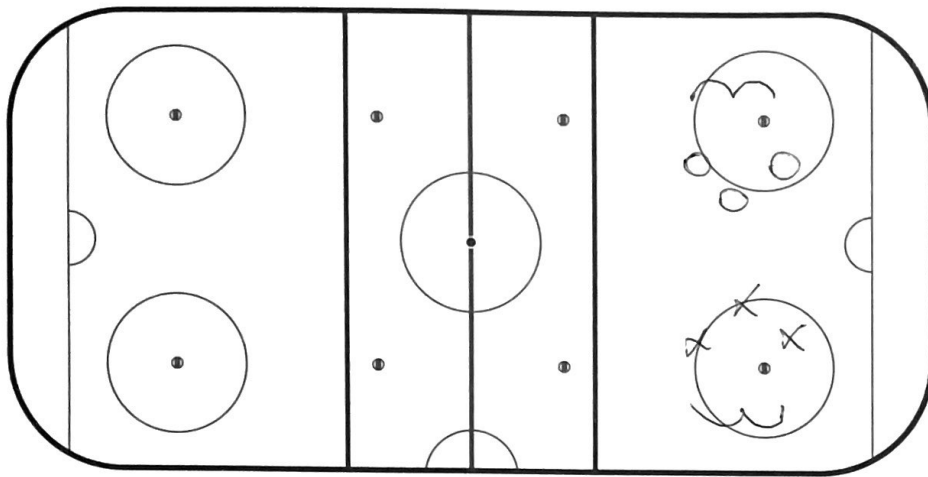
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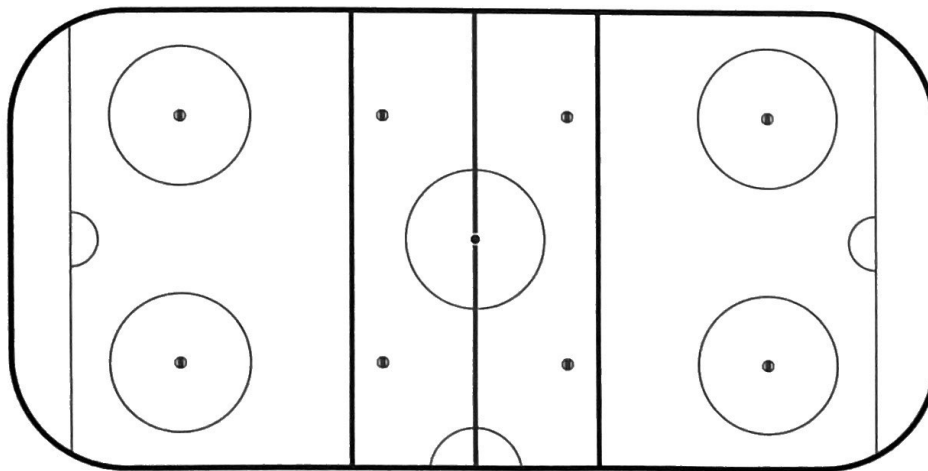
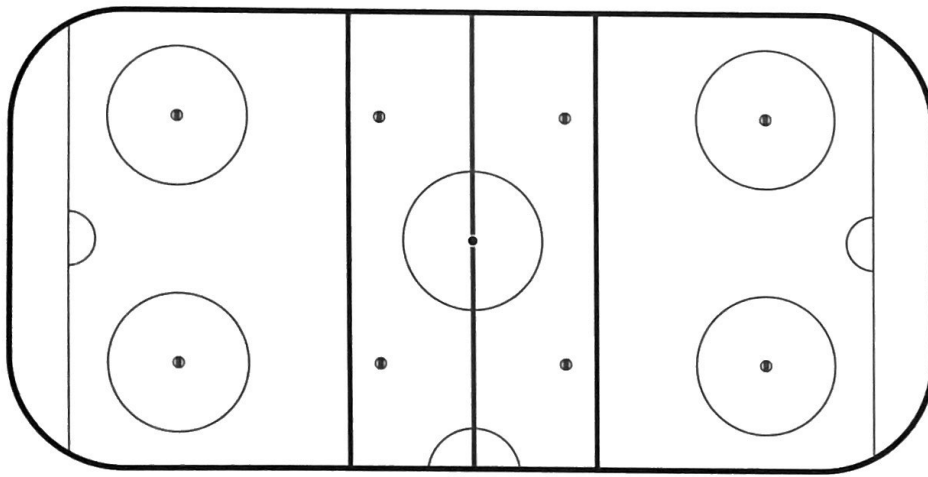
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Spiel 3-3 mit  
3 Tore -> Team  
verteidigt sein Tor  
und schießt Tore in  
andere zwei Tore.  
12 min



Spiel 3-3  
12 min



Blank writing lines for notes.



TEAM: U9, 15:10-16:10

DATUM: 8.2.2022.

TRAINER: YURI, Helfer.

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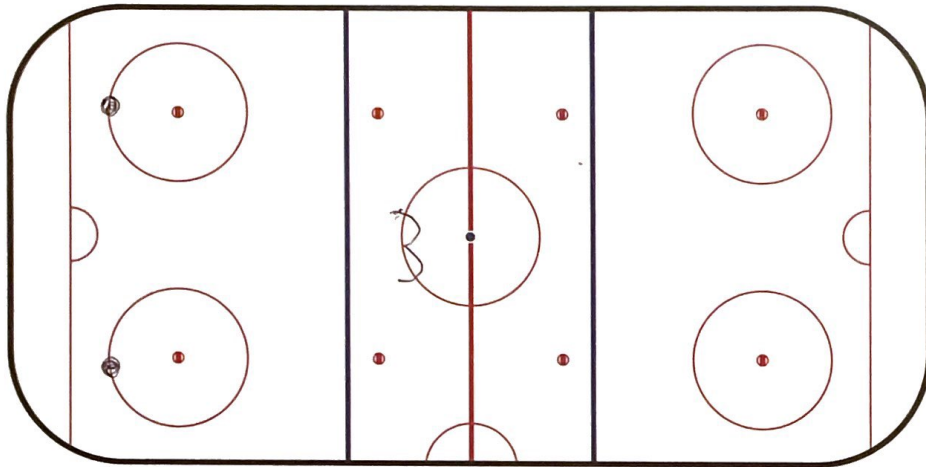
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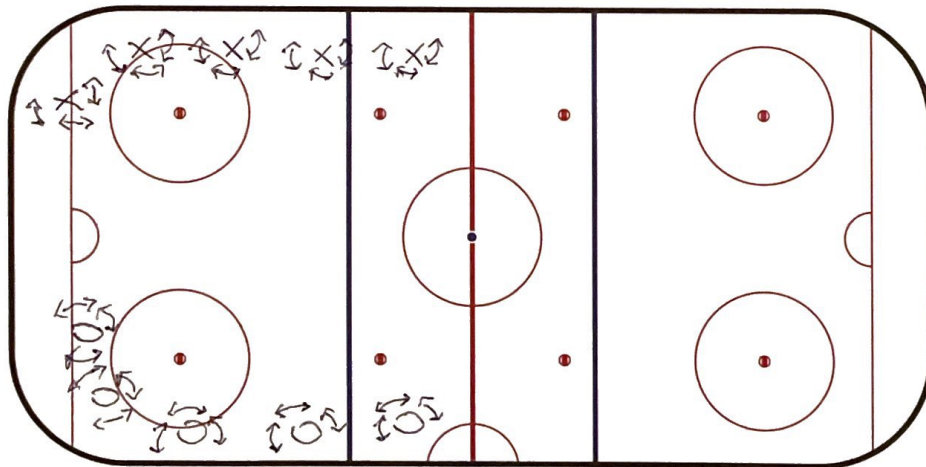
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# TRAININGSPLAN



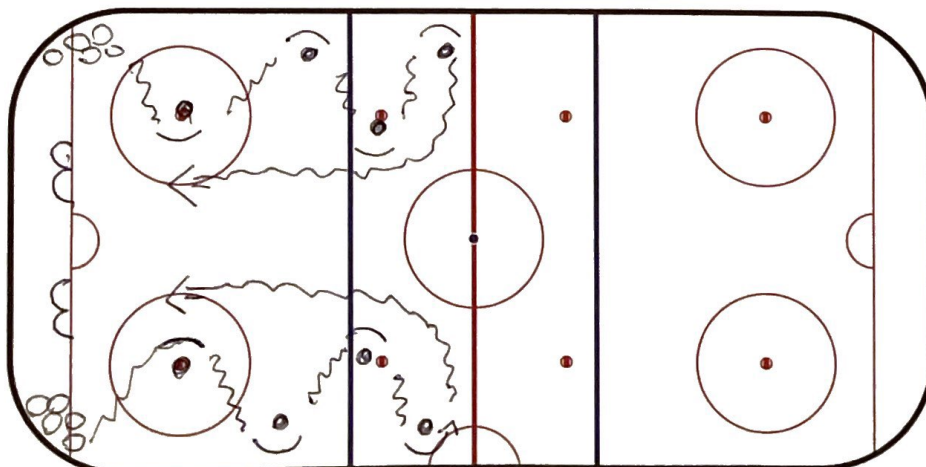
EISLAUFEN RÜCKWÄRTS  
beide beine am eis  
bleiben.

10min



PUCK KONTROLLE IN 2  
GRUPPEN IM STEHEN  
→ OBERE KÖRPER  
BEWEGUNG LINKS UND  
RECHTS.

10min



SCHUSS ÜBUNG MIT  
CANADIA ELEMENT →  
PUCK SEITLICH ABDECKUNG,  
2 SEITEN.

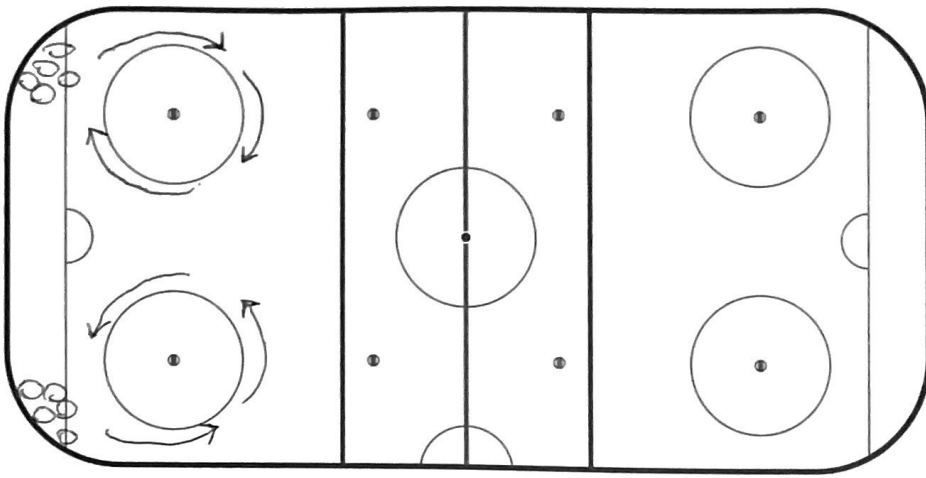
8 → 8 min → 16 min

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Übersetzen  
 vorwärts 2 Gruppen  
 10 min

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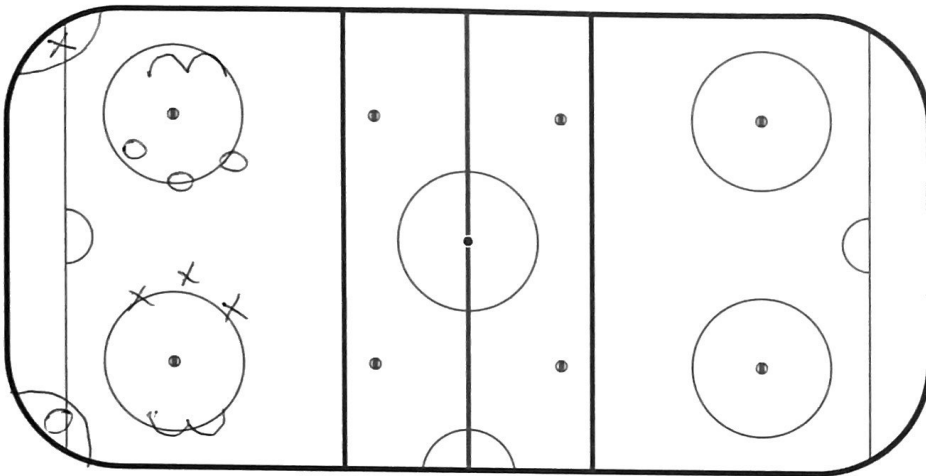
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Spiel 3-3 mit  
 JOKER im ecke.  
 13 min

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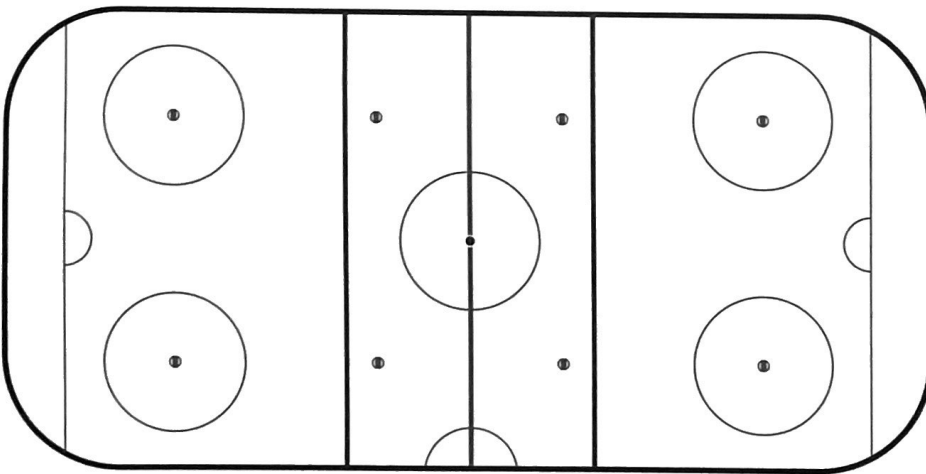
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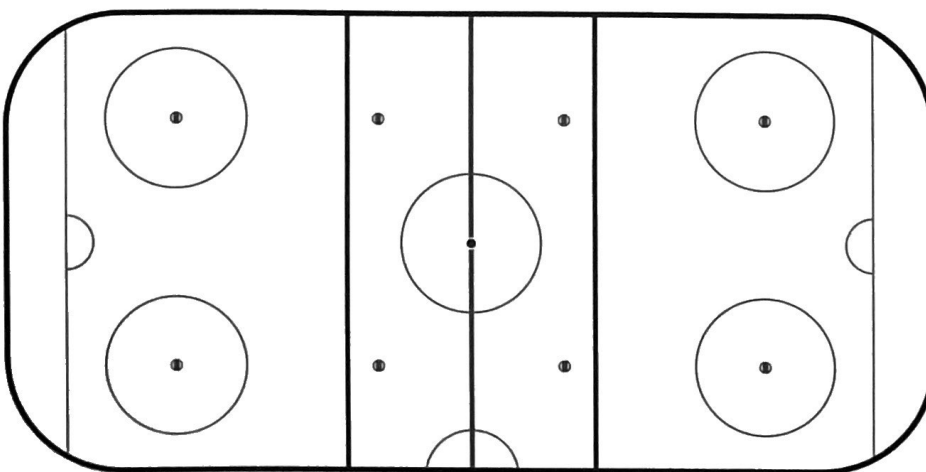
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TEAM: U9, 15:10-16:10

DATUM: 15.2.2022

TRAINER: YURI, CORI.

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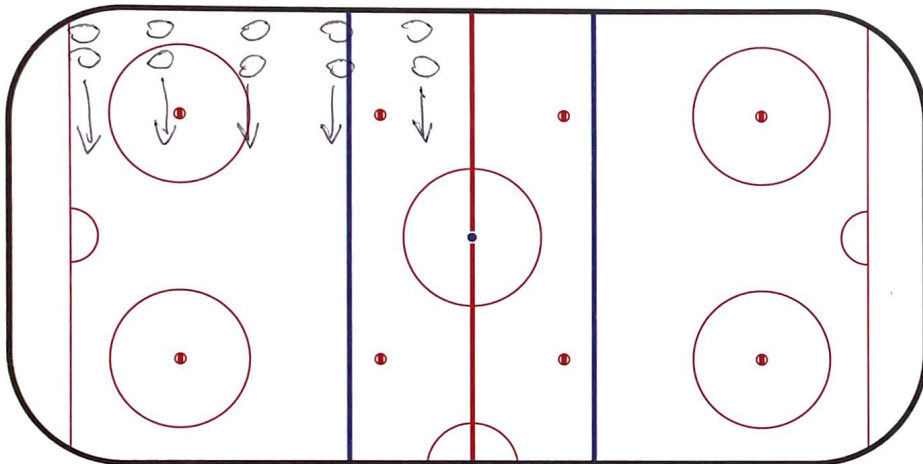
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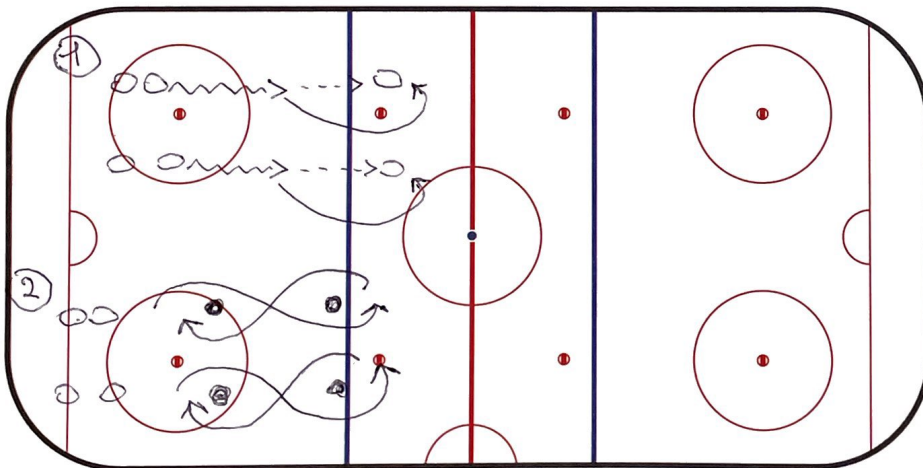
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# TRAININGSPLAN



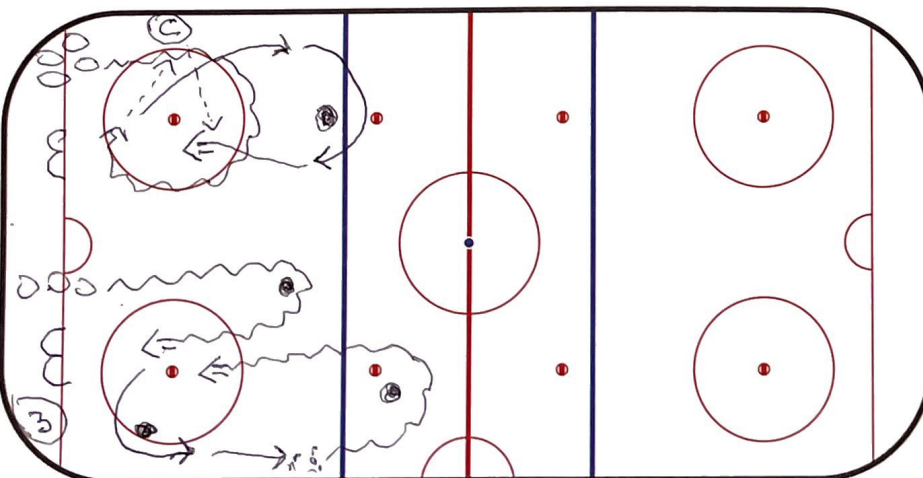
EISLAUFEN mit  
drehung 180° 360°  
beide ~~beine~~ beine  
Am eis.

10min



ST 1: PAssen im  
bewegung 2min

ST 2: Eislaufen  
bogen innen KANNE,  
8min

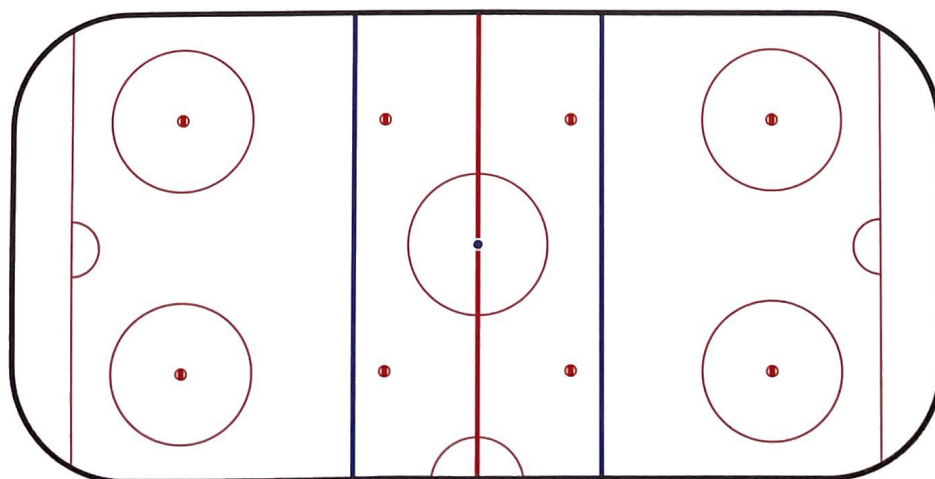
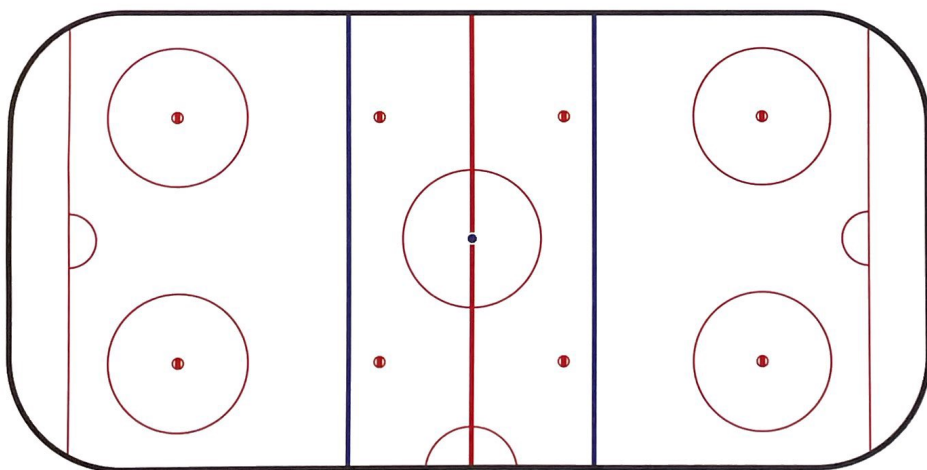
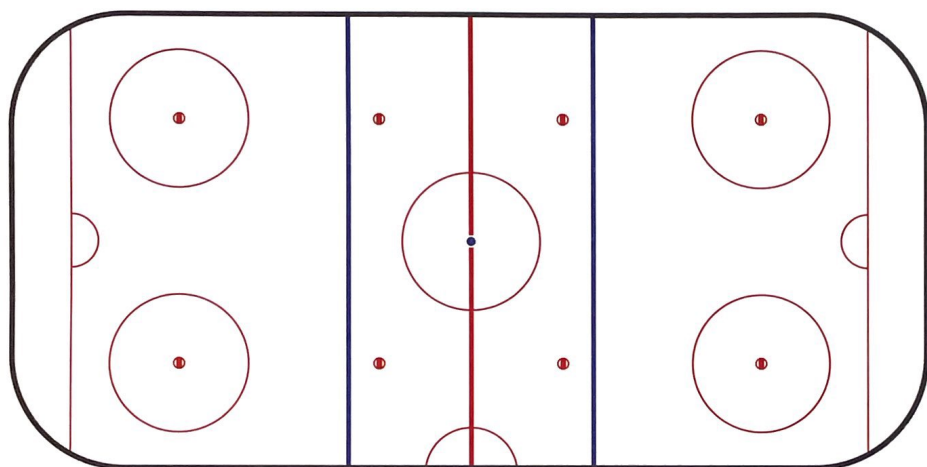
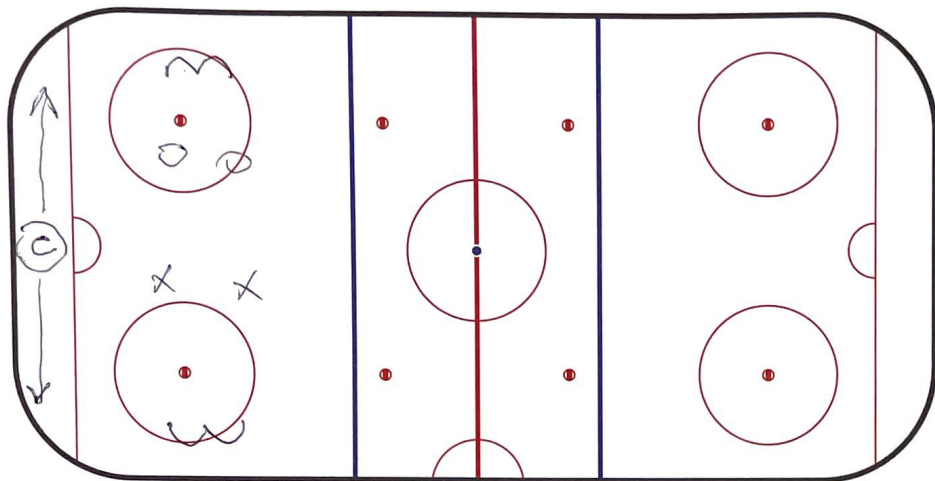


ST 3: Schuss Übung  
-> doppel schuss  
8min

ST 4: Schuss nach  
PASS VON TRAINER  
Anhaken im freie  
RAUM. 8min



Spiel 2-2 mit TR  
Joker auf white,  
13min



A series of horizontal lines for writing, corresponding to the four diagrams above.



TEAM: U9, 15:10-16:10

DATUM: 22.2.2022.

TRAINER: YURI

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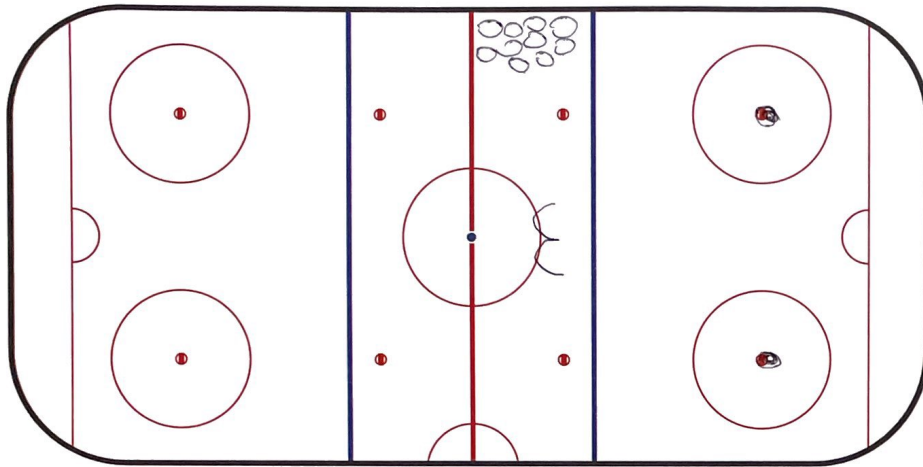
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# TRAININGSPLAN



Eislaufen Technik  
15min

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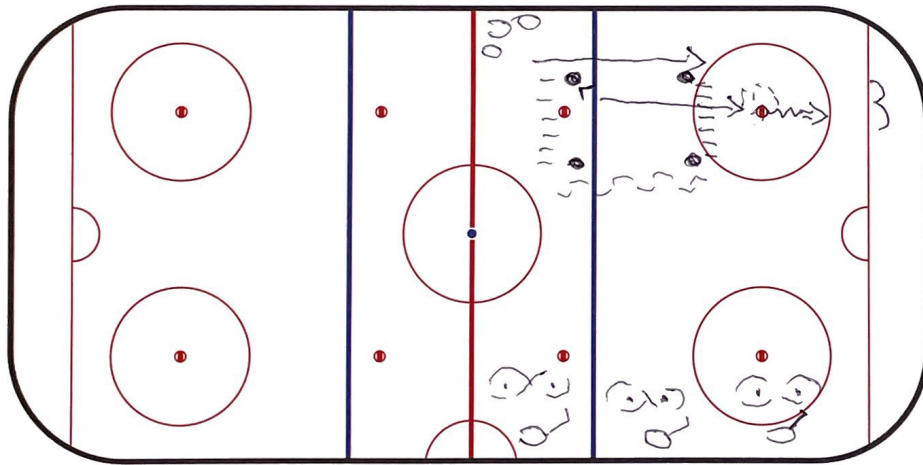
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① Eislaufen Vorwärts →  
→ seitlich → Rückwärts →  
→ seitlich → V-START →  
→ schuss ab TOR. 7min

② Stocktechnik im  
stehen 7min

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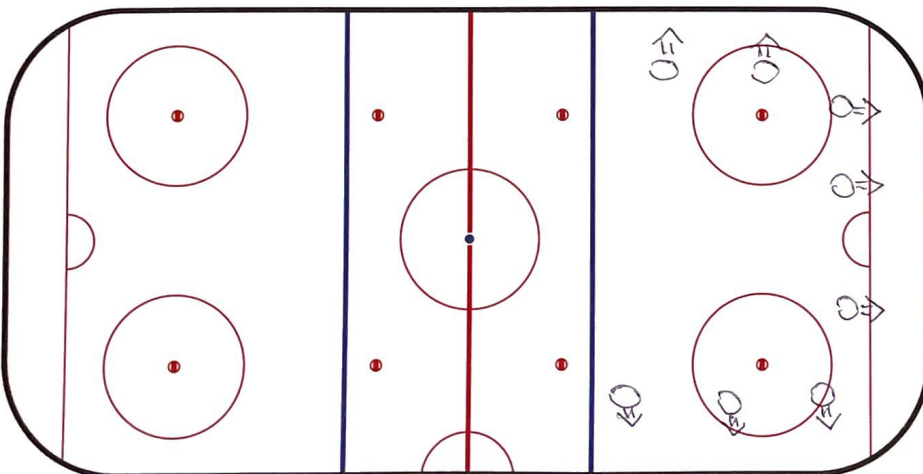
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③ Schuss Technik im  
stand. 7min

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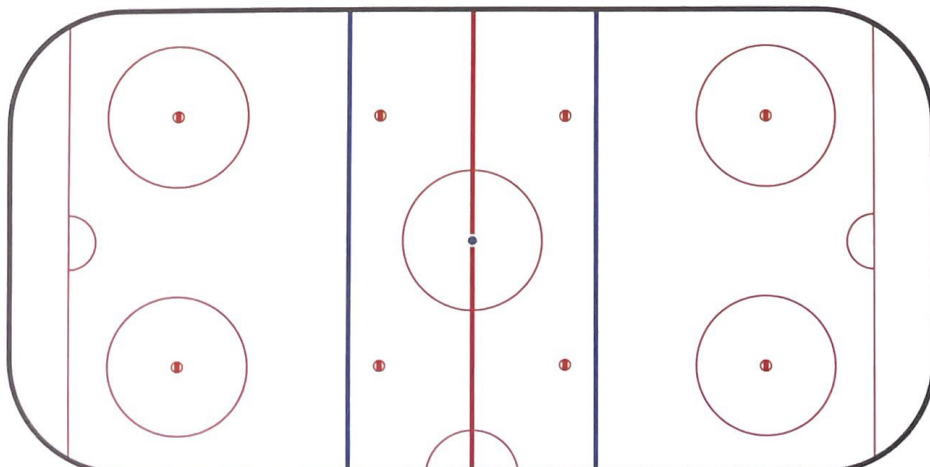
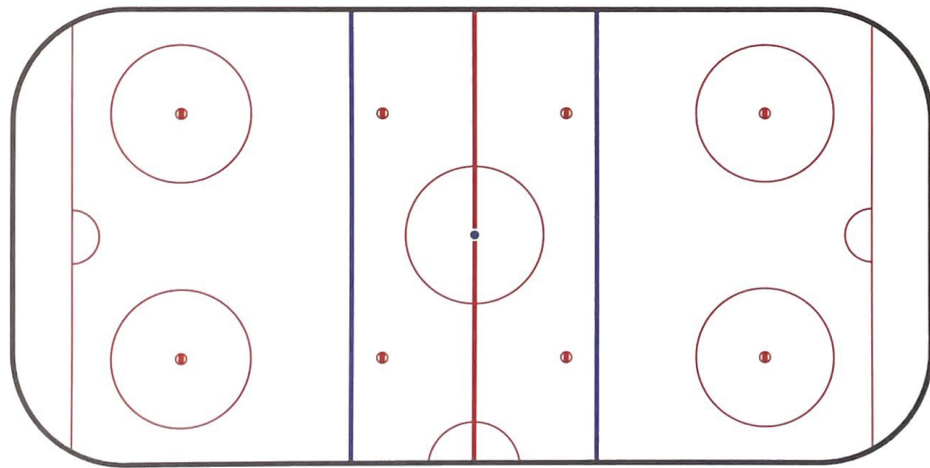
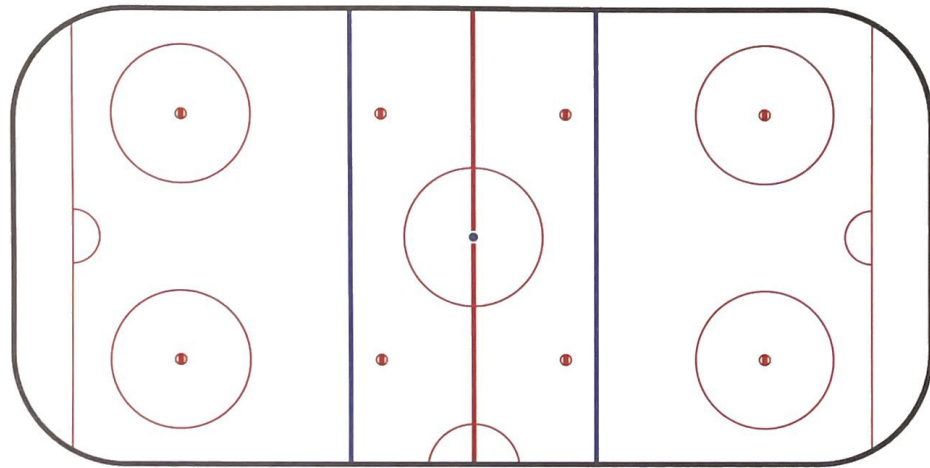
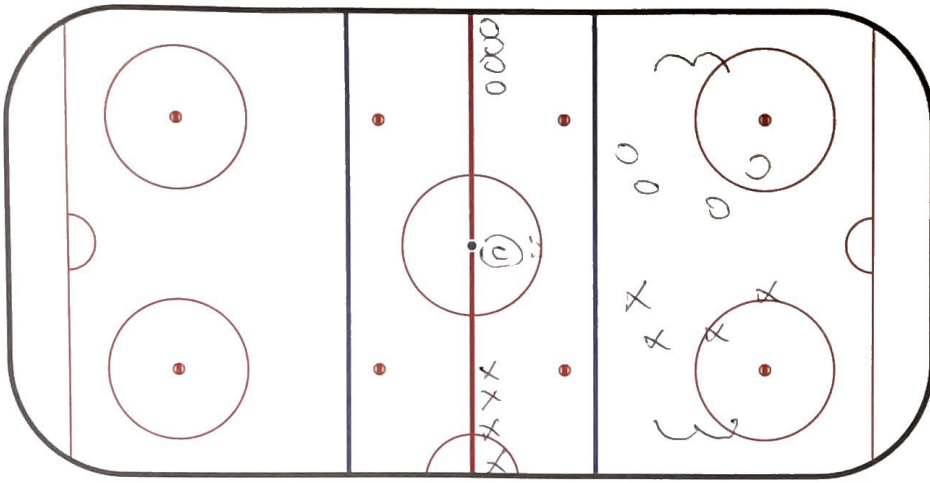
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Spiel 4-4 ohne

sover.

15min



A series of horizontal lines for writing, corresponding to the four diagrams above. The lines are evenly spaced and extend across the width of the page.



TEAM: U19, 15:10 - 16:10

DATUM: 8.3.2022.

TRAINER: YURI

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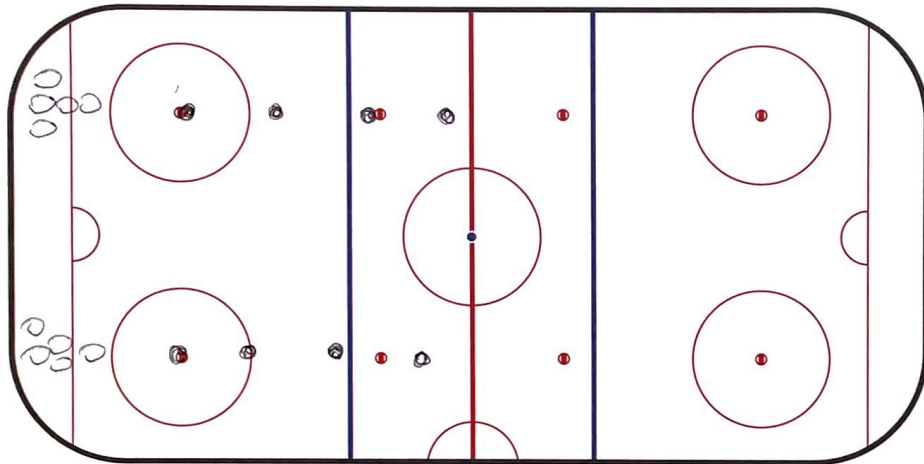
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# TRAININGSPLAN



EISLAUFEN 2 GRUPPEN  
15 min

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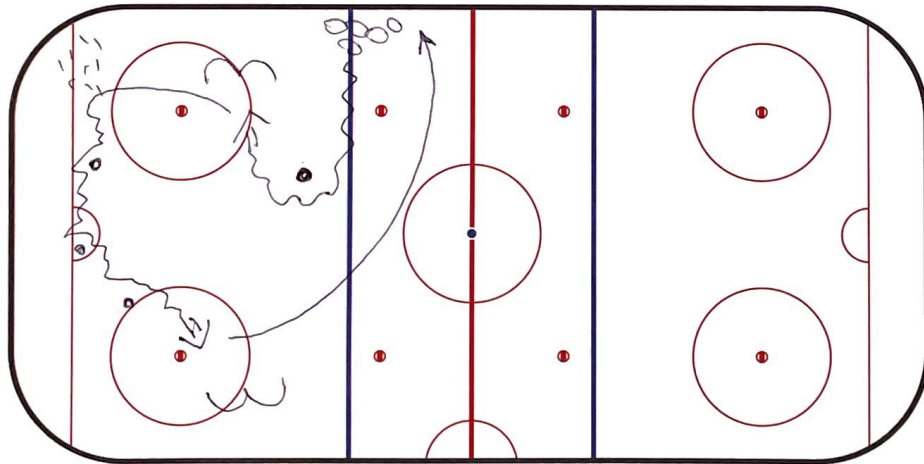
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① Schuss Übung  
8 min

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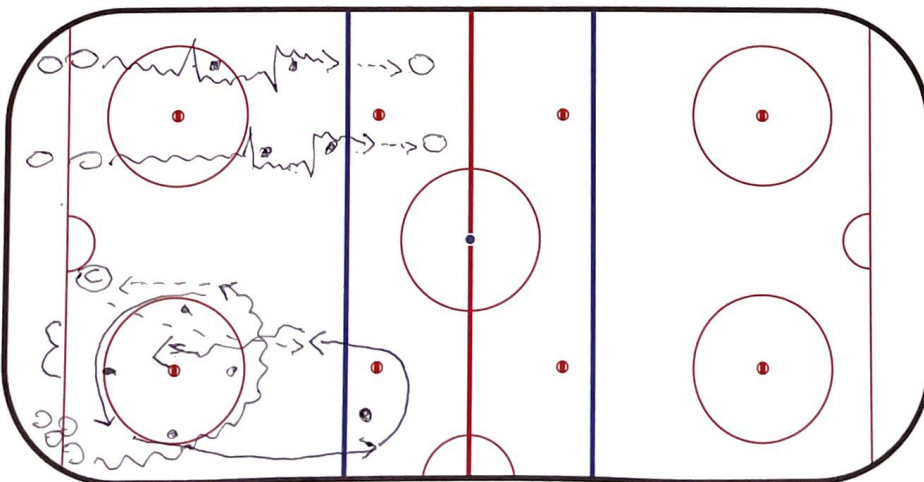
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② Übersetzen mit  
Puck -> PASS -> PASS  
Annahme -> Schuss  
8 min

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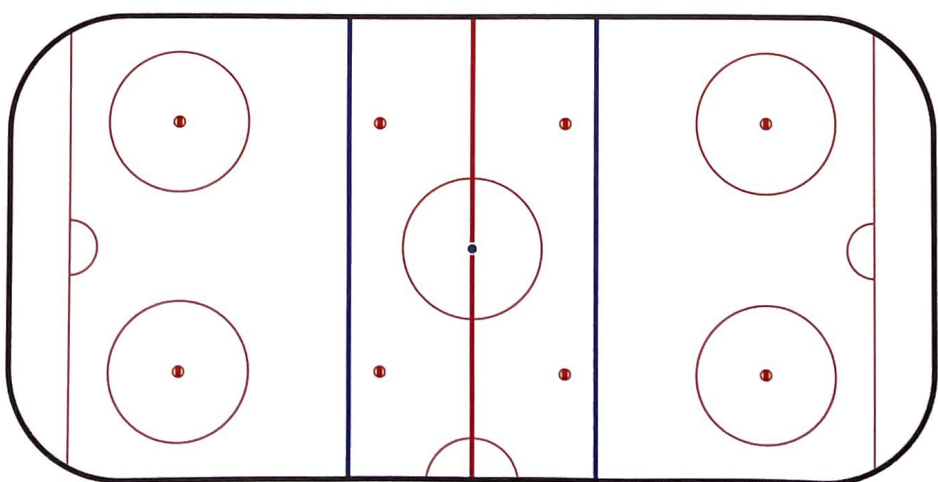
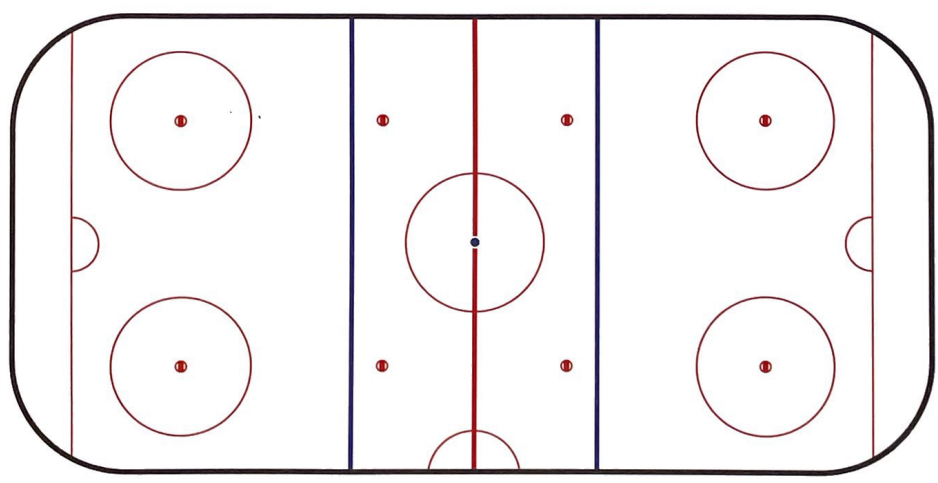
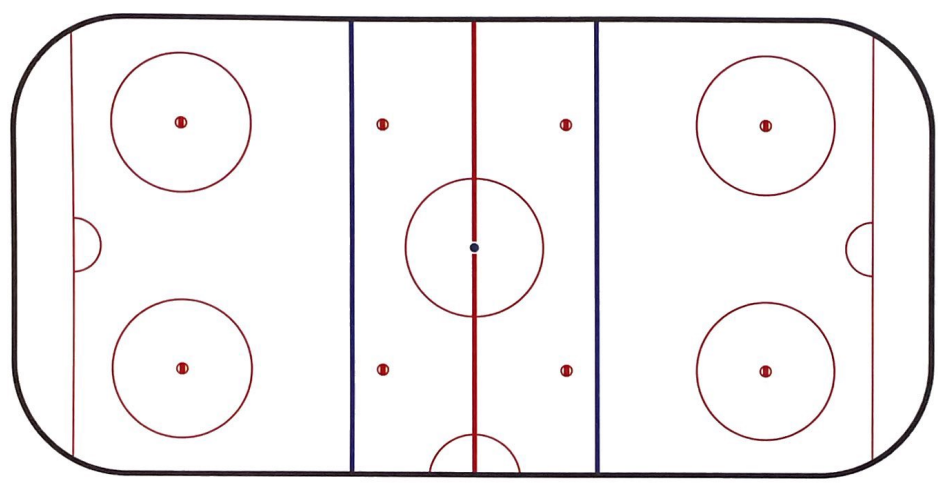
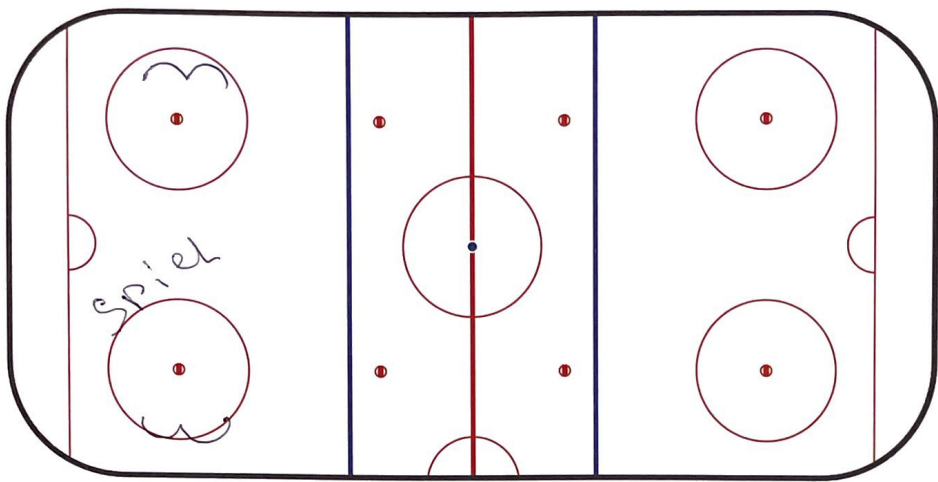
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③ Passen im bewegung  
mit technische element  
~~passing~~  
8 min

Spiel mit soccer  
und ohne soccer  
15 min



A series of horizontal lines for writing, corresponding to the four soccer field diagrams. Each diagram has a set of seven lines to its right, providing a space for notes or instructions.



TEAM: U9, 15:10-16:10

DATUM: 15.3.2022,

TRAINER: Yuri, Helfer?

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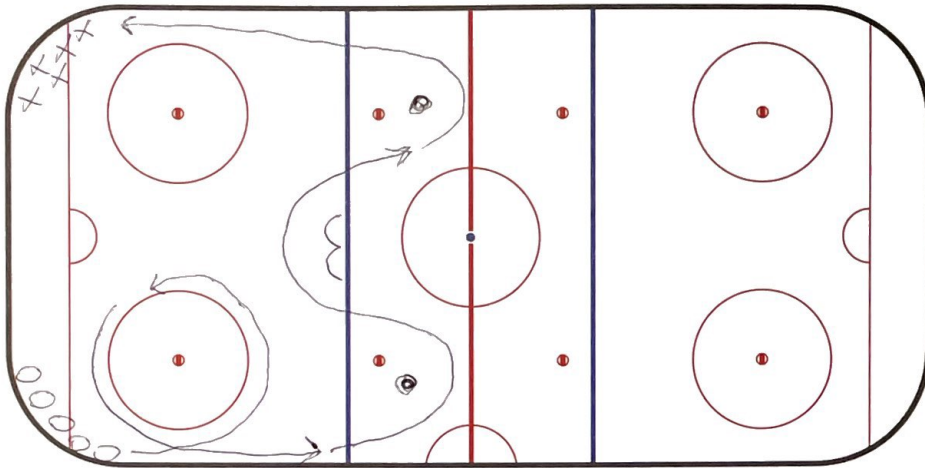
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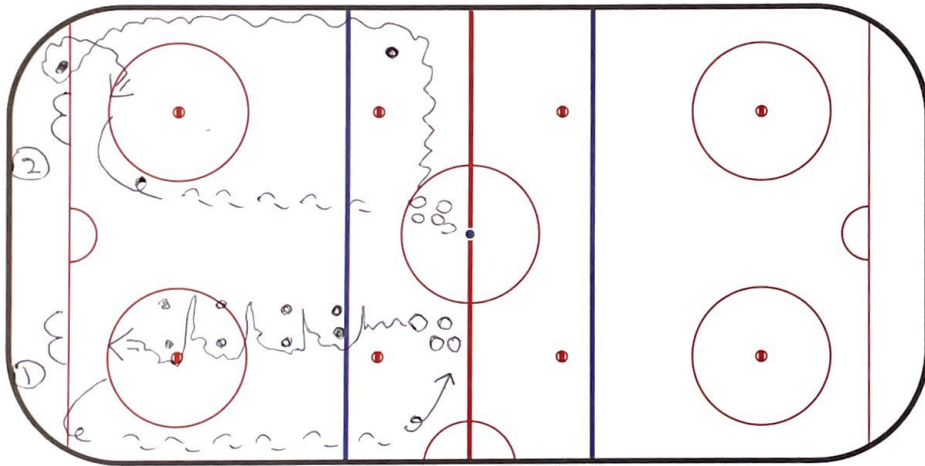
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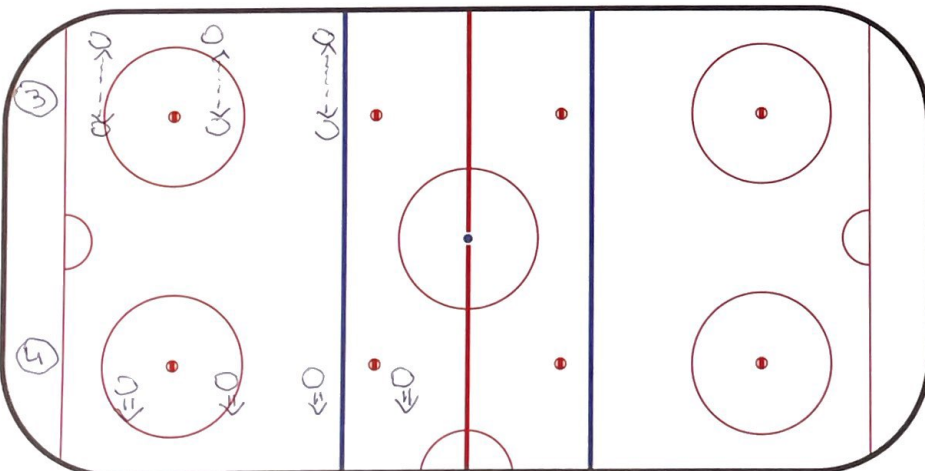
# TRAININGSPLAN



EISLAUFEN mit  
Aufgaben.  
15min



① PUCK KONTROLLE  
mit technische elemente  
mit schuss → zurück  
rückwerkz.  
7min



③ PAssen in PAAR  
7min

④ Schuss techniken  
7min

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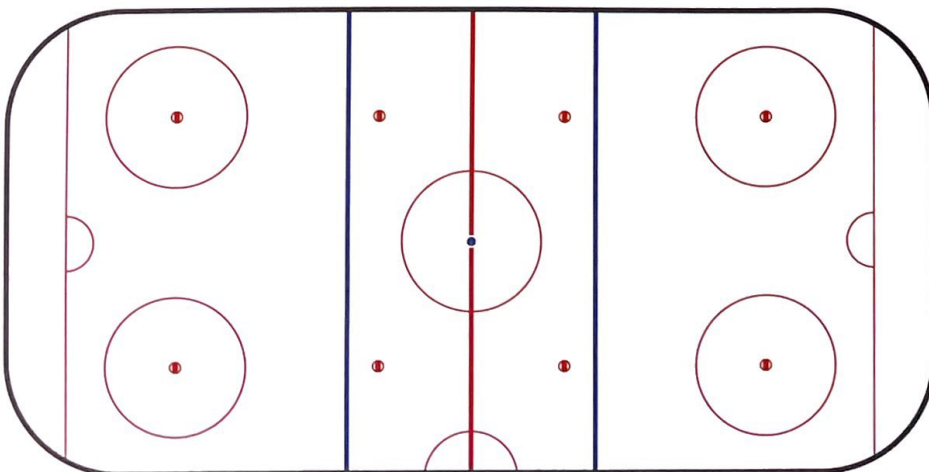
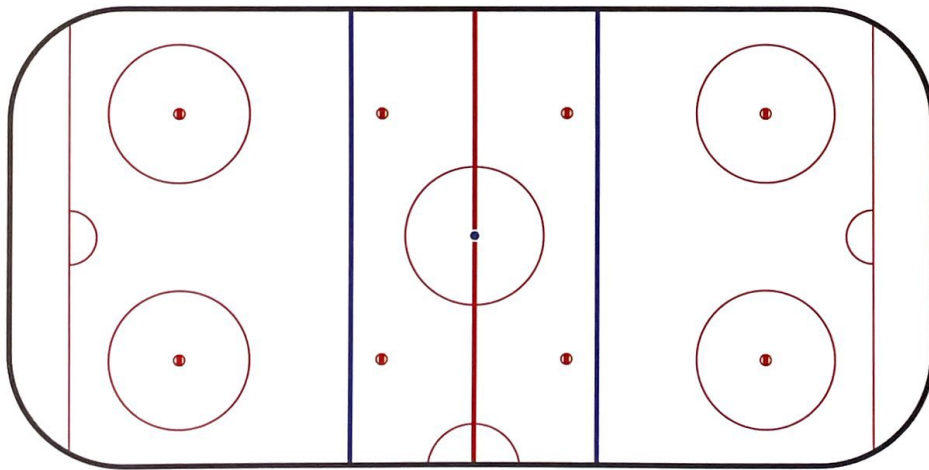
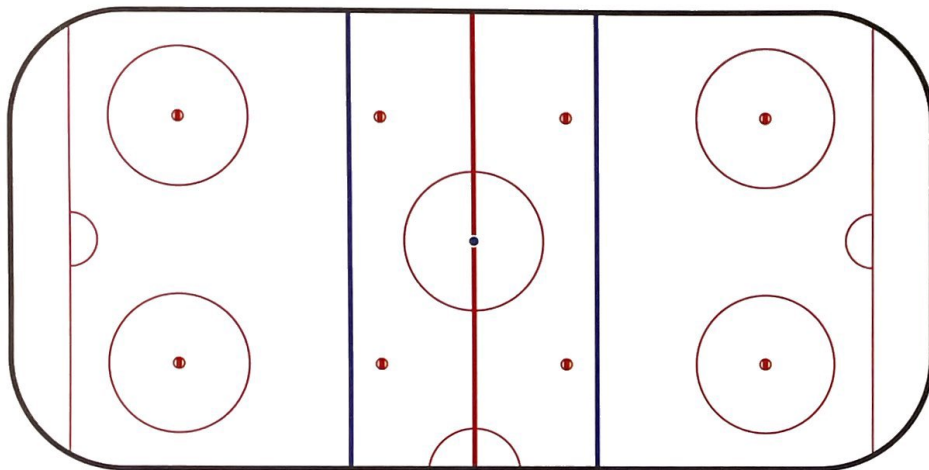
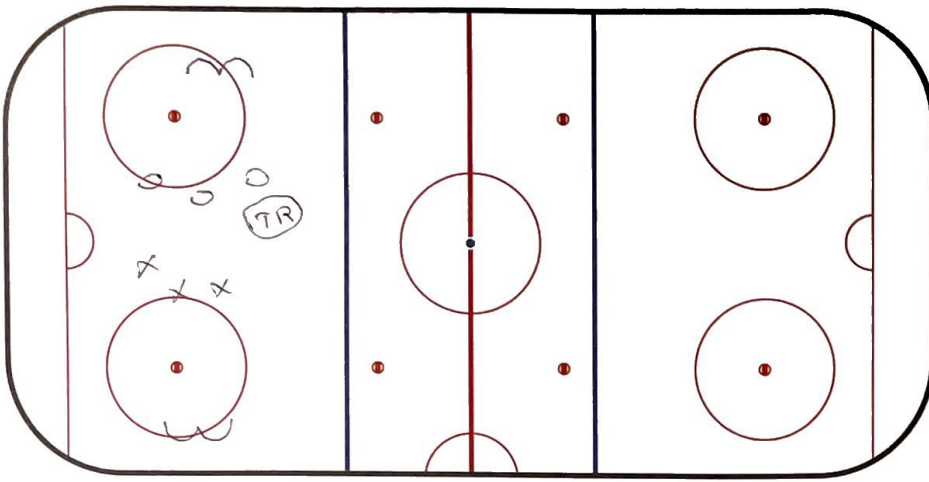
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Spiel 3-3 TR spielt

für Team mit Puck →

viele Pässe!

15min



A series of horizontal lines for writing, corresponding to the four rink diagrams above.

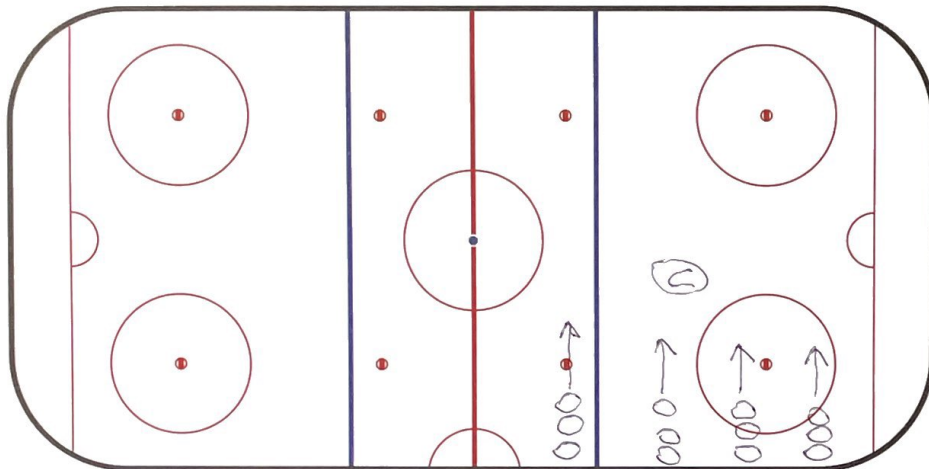


TEAM: U9, 15:20 - 16:20

DATUM: 16.3.2022.

TRAINER: YURI, Helfer?

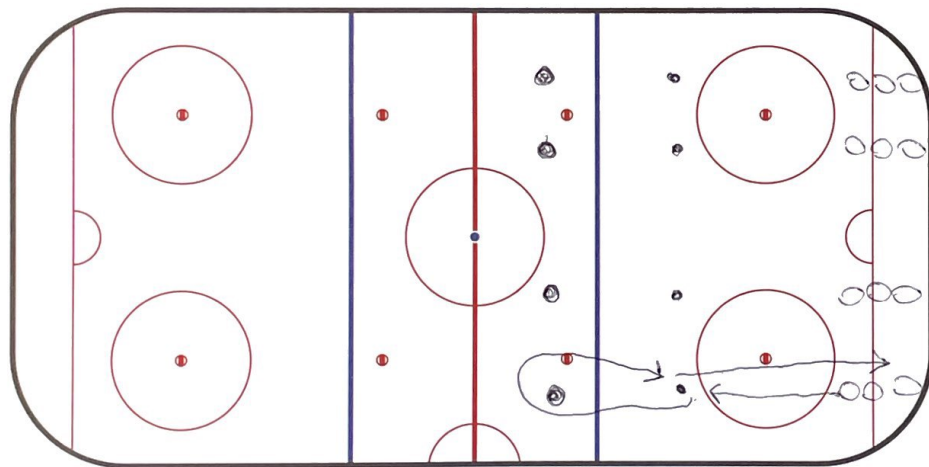
# TRAININGSPLAN



EISLAUFTECHNIK

4 GRUPPEN,

15min



EISLAUFEN ohne

SCHLÄGER → GLEICHGE-

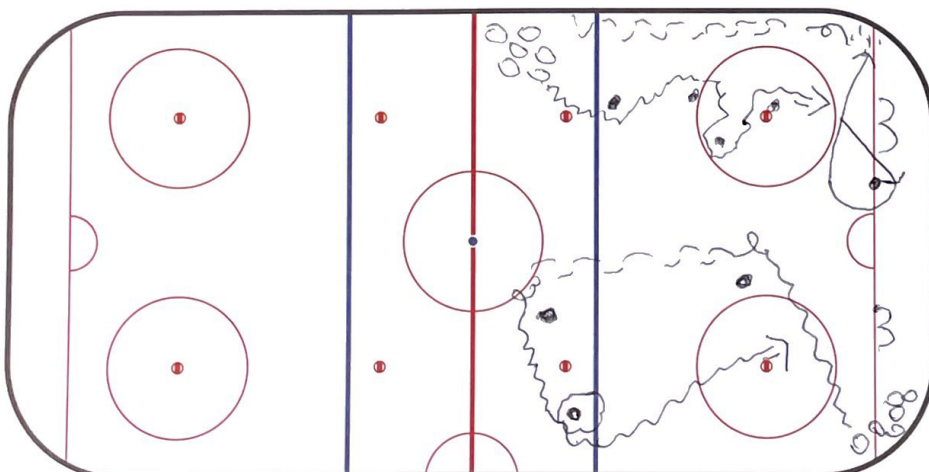
WICHT → AUF Knie gehen

PUCK VON EIS HOLEN und

nach bogen wieder

PUCK ZURÜCK LIEGEN,

10min



① PUCK KONTROL MIT

SCHUSS und CANADIA

und PUCK HOLEN AUS REKKE

und RUCKWERZ Fahren.

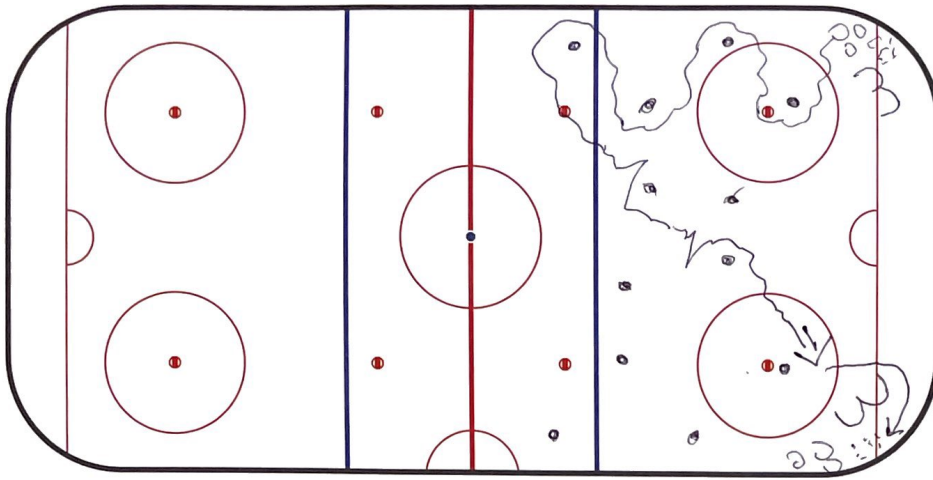
8min

② PUCK KONTROL VORWERZ

RUCKWERZ MIT SCHUSS

8min





④ Puck kontroll  
im bewegung mit  
schuss

8 min

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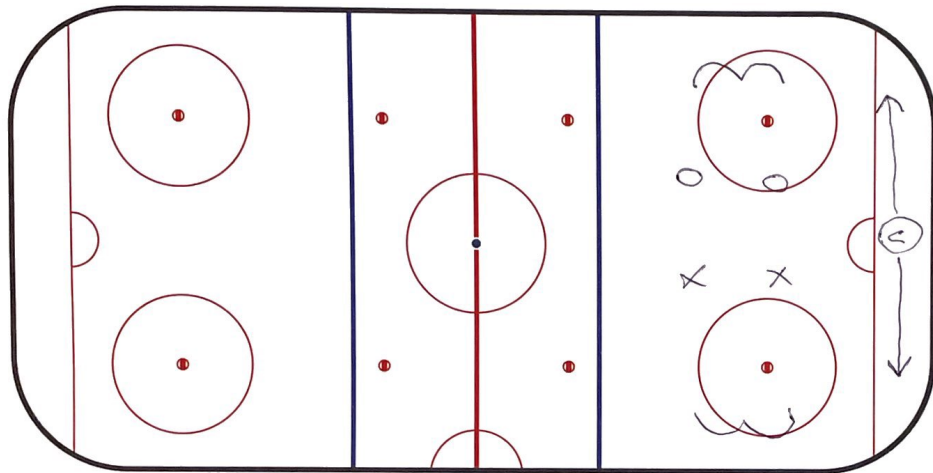
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Spiel im zone 2-2

~~8 min~~

mit PASS ZUM C

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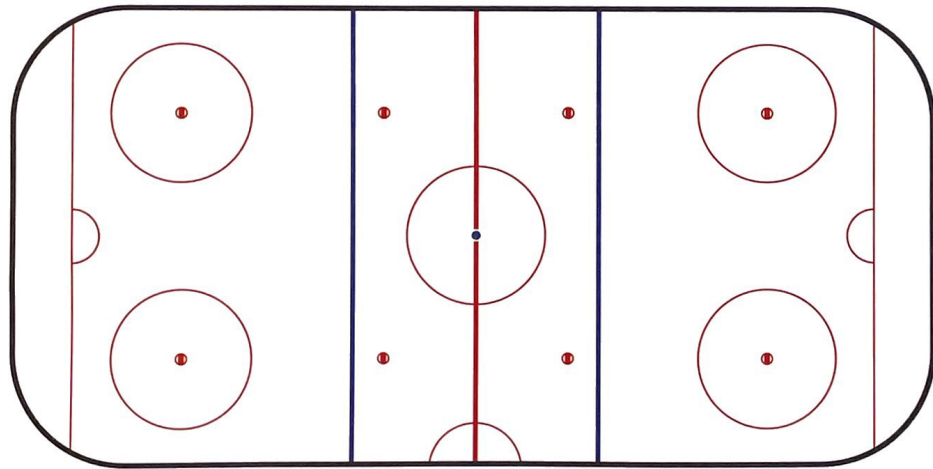
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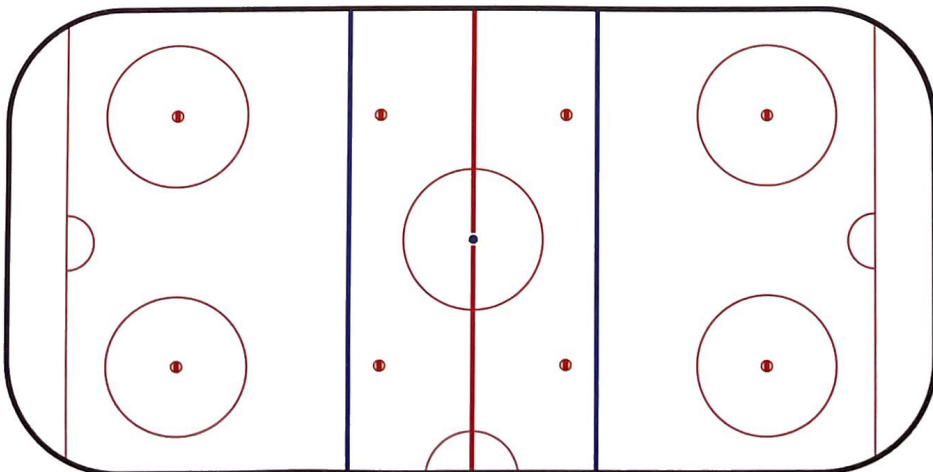
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TEAM: U9, 15:20-16:20

DATUM: 23.2.2022

TRAINER: YURI, CORI.

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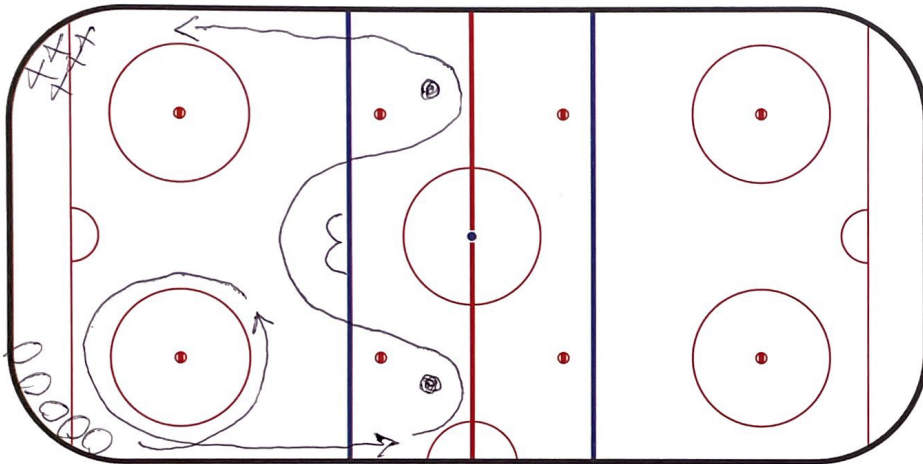
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# TRAININGSPLAN



~~Skate~~ Eislaufen  
15 min

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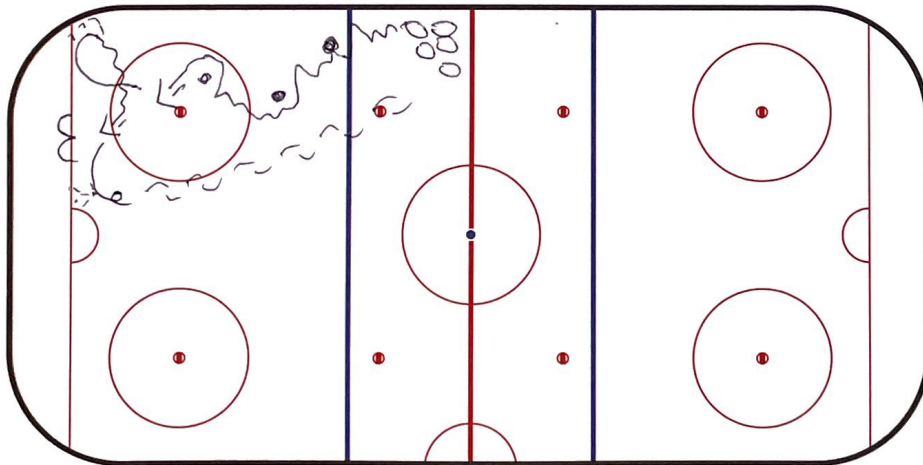
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① Puck CONTROL →  
Schuss → Puck holen  
2 schuss → Puck holen  
und ZURÜCK RUCKWERK,  
2 min

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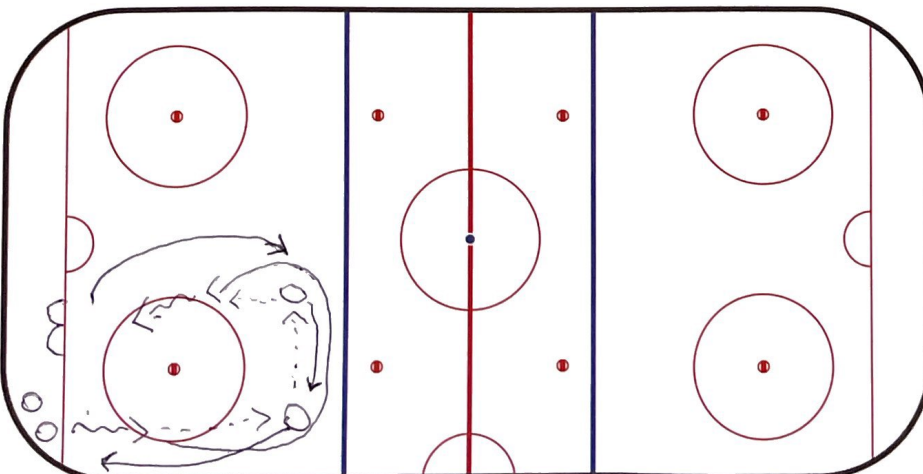
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② PAssen → SPRING →  
→ schuss technik.  
8 min

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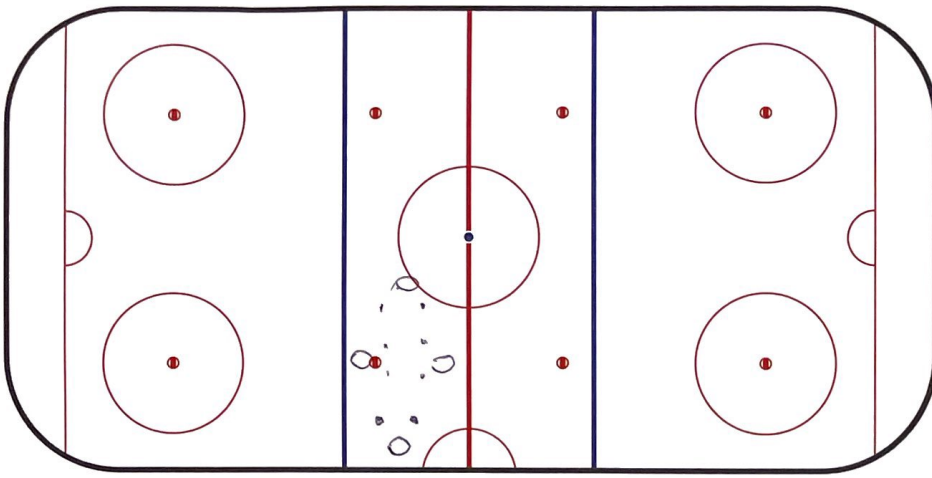
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Puck kontrol im  
stechen -> kurze ->  
lange -> achte,  
8 min

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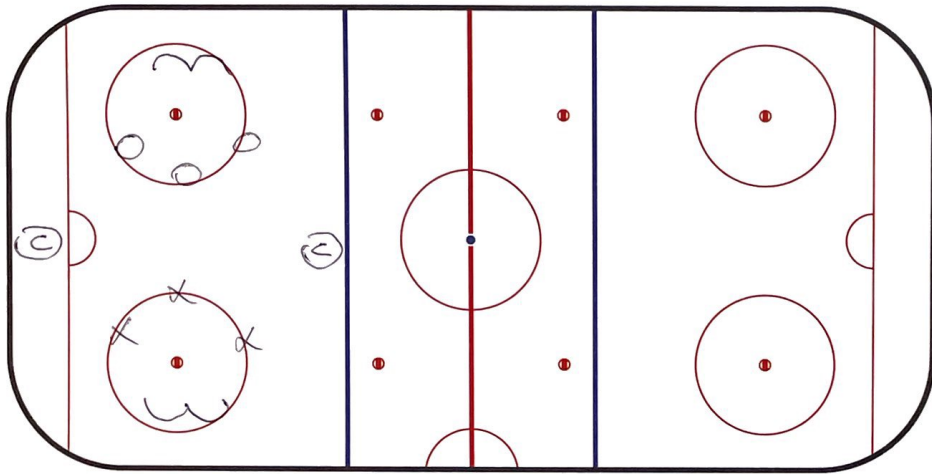
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Spiel 3-3 mit 2 torhüter  
7 min

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Spiel 3-3 ohne torhüter  
7 min

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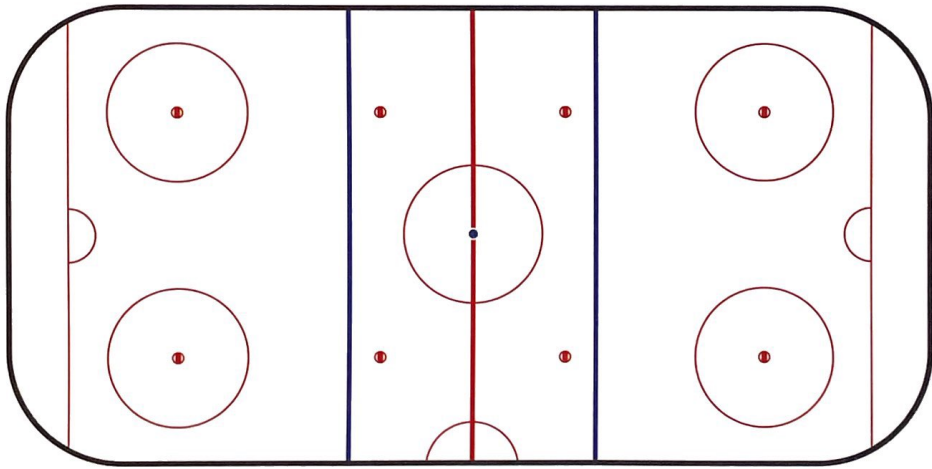
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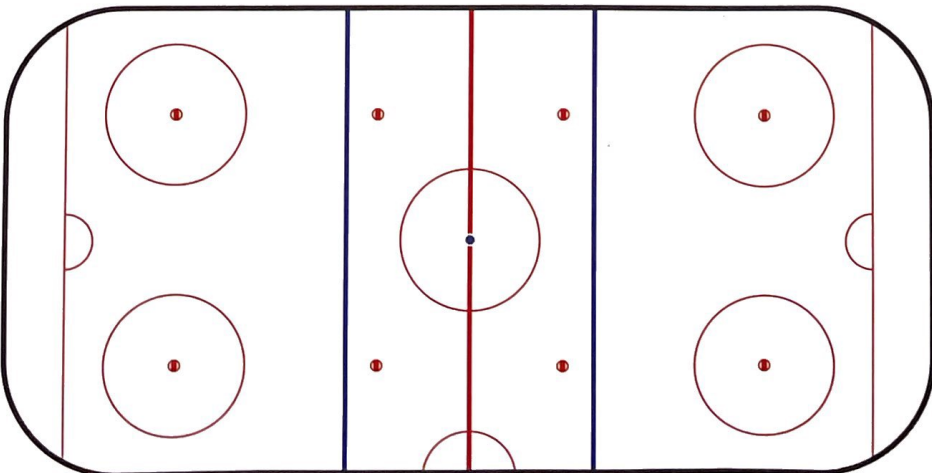
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TEAM: U9, 15:10-16:10

DATUM: 22.3.2022.

TRAINER: Yuri, Dome.

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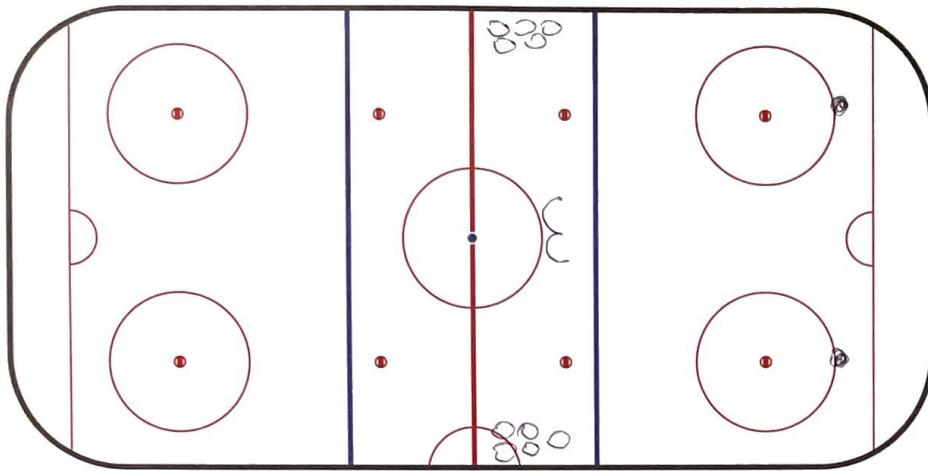
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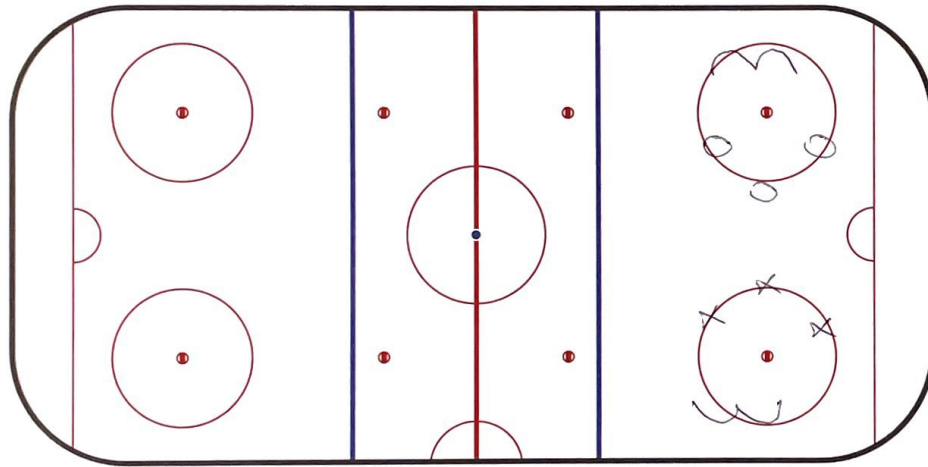
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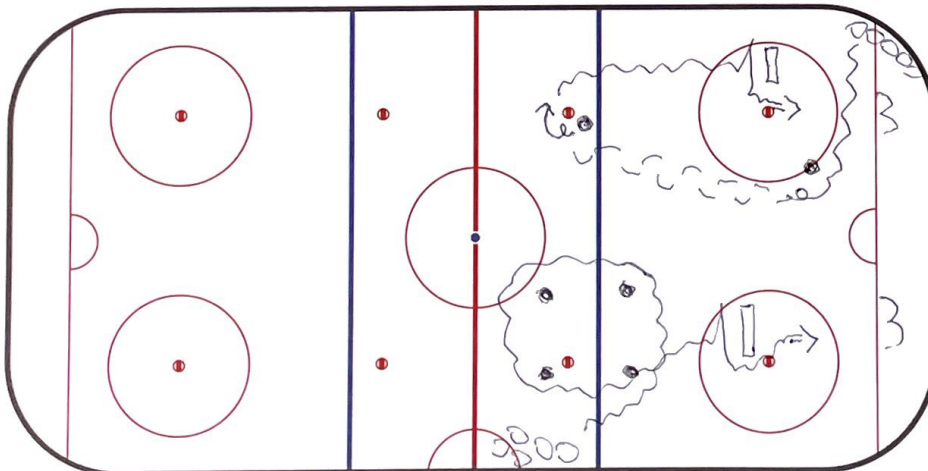
# TRAININGSPLAN



EISLAUFEN VORWERZ →  
VOR.RUCKWERZ → RUCKWERZ.  
15min



SPIEL HANDBALL 3-3  
10min



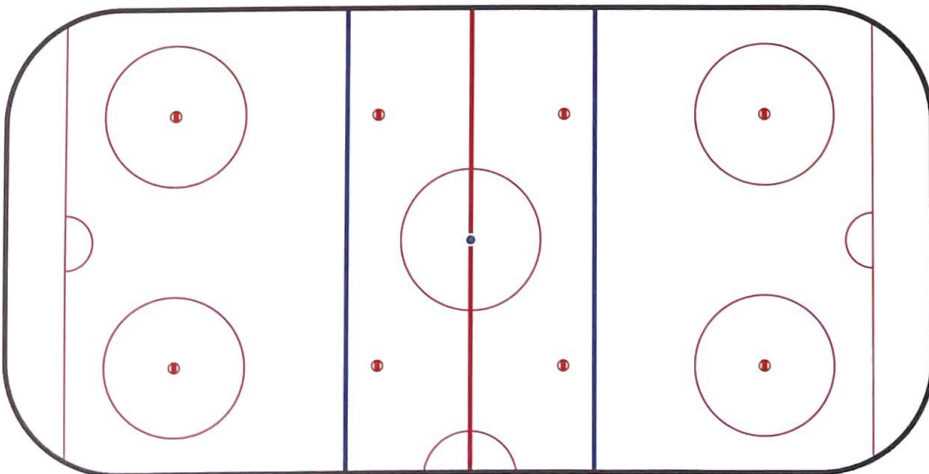
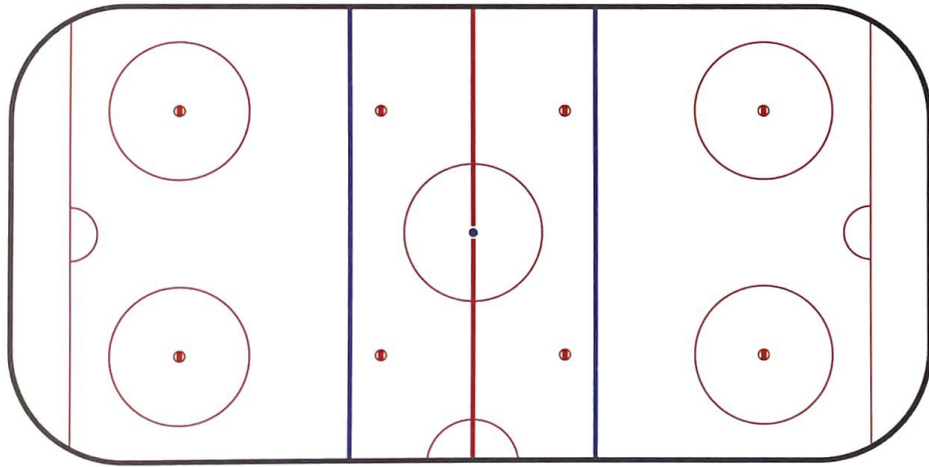
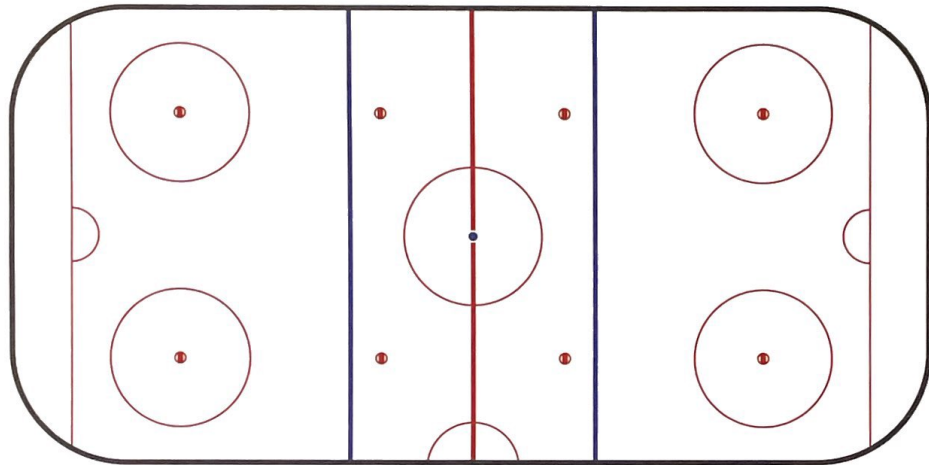
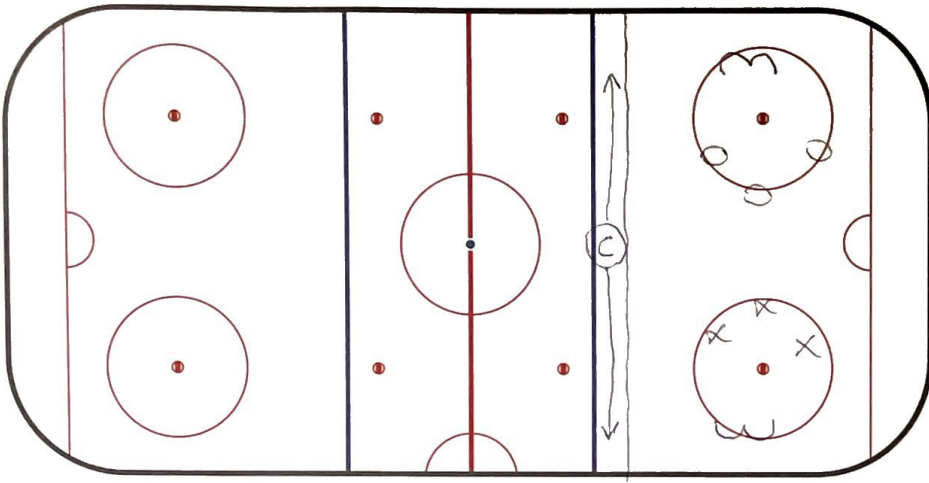
① ÜBERSETZUNG MIT  
PUCK → PUCK KONTROL  
→ SCHUSS 8min

② PUCK KONTROL VORWERZ →  
RÜCKWERZ MIT SCHUSS  
8min

Spiel 3-3 © ALS

Joker

15min



A series of horizontal lines for writing, consisting of 15 lines in total, arranged in four groups of four lines each, with one line separating the groups.



TEAM: U9. 15:10-16:10

DATUM: 29.3.2022.

TRAINER: YURI

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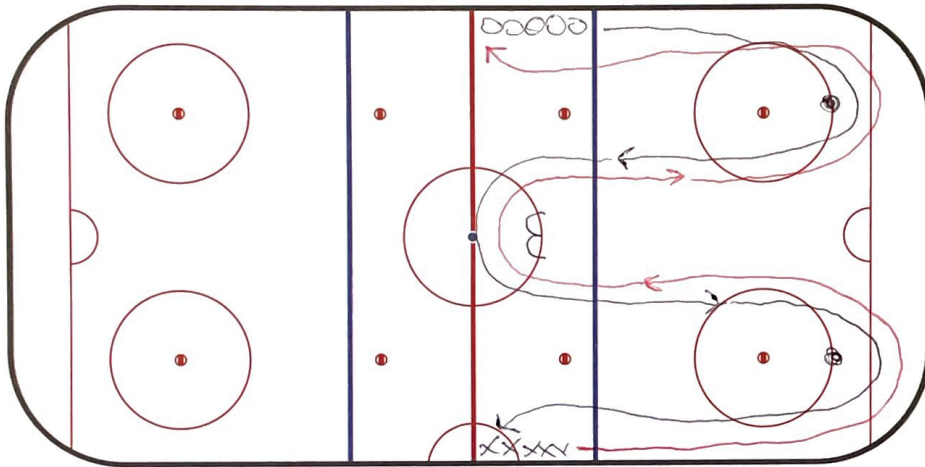
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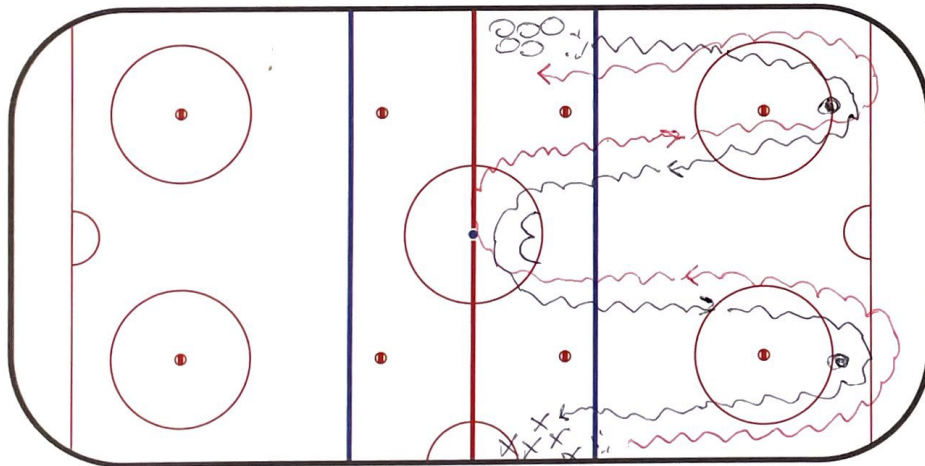
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# TRAININGSPLAN



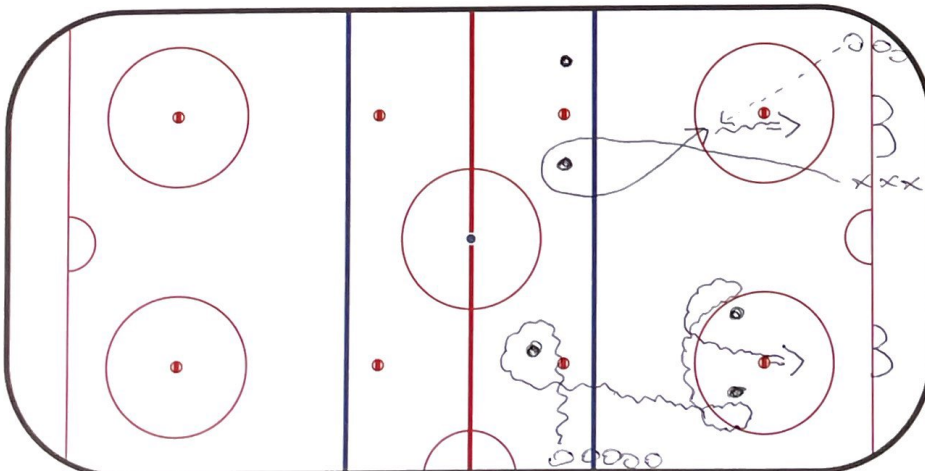
EISLAUFEN mit Tempo  
VORWERZ -> VORWERZ -  
- RÜCKWERZ.

10min



EISLAUFEN mit PUCK  
KONTROLL VORWERZ ->  
-> VORWERZ - RÜCKWERZ

10min

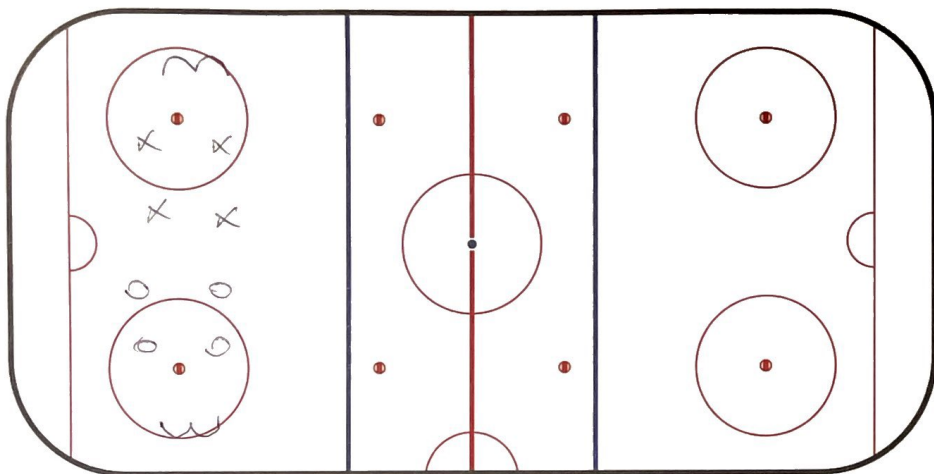


① PASS-schuss Übung  
10min

② PUCK KONTROLL mit  
element CANADIA.

10min

Spiel 4-4  
15min



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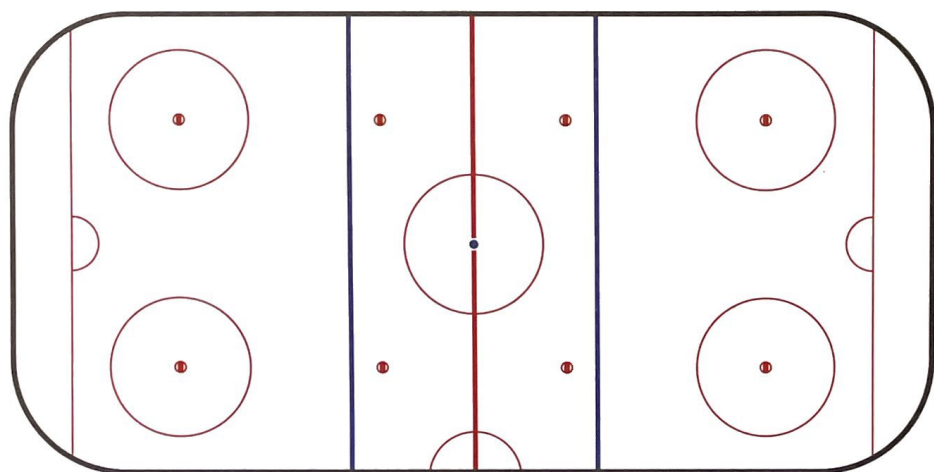
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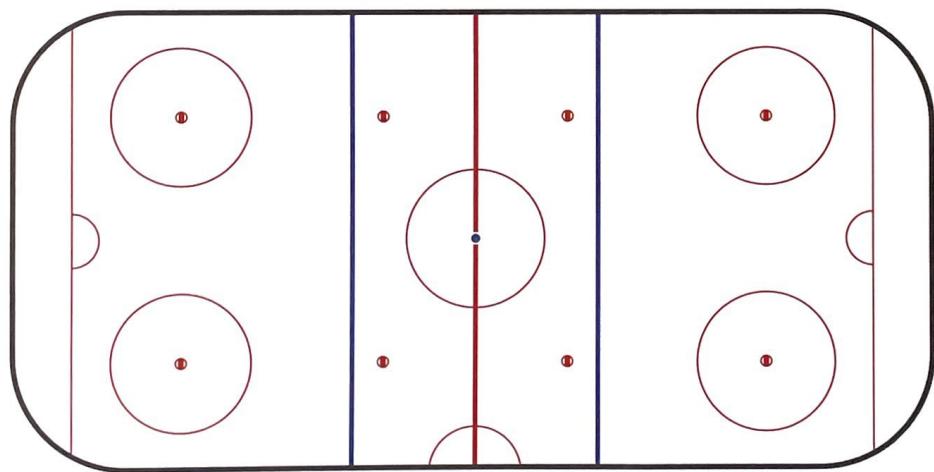
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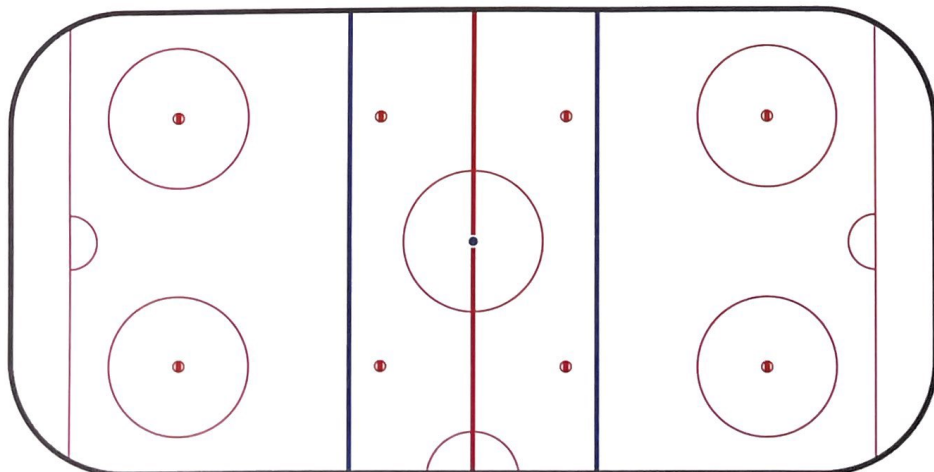
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TEAM: U9, 15:10-16:10

DATUM: 5.4.2022.

TRAINER: Yuri, Helfer?

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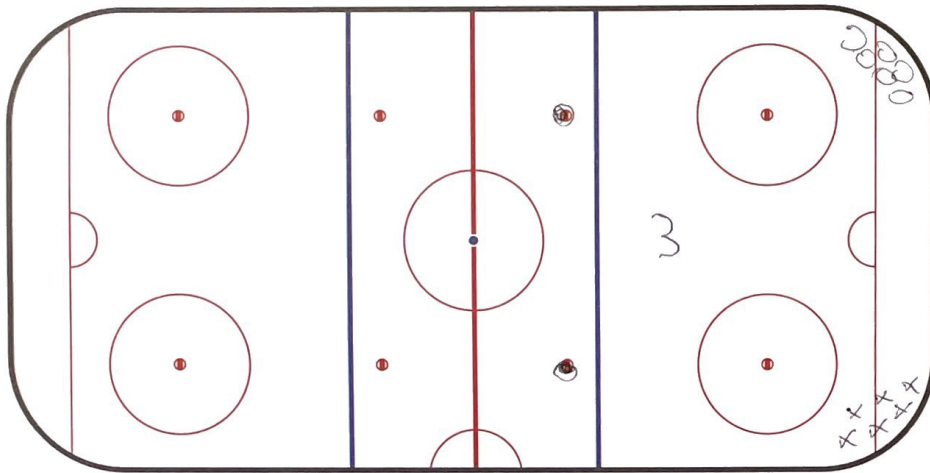
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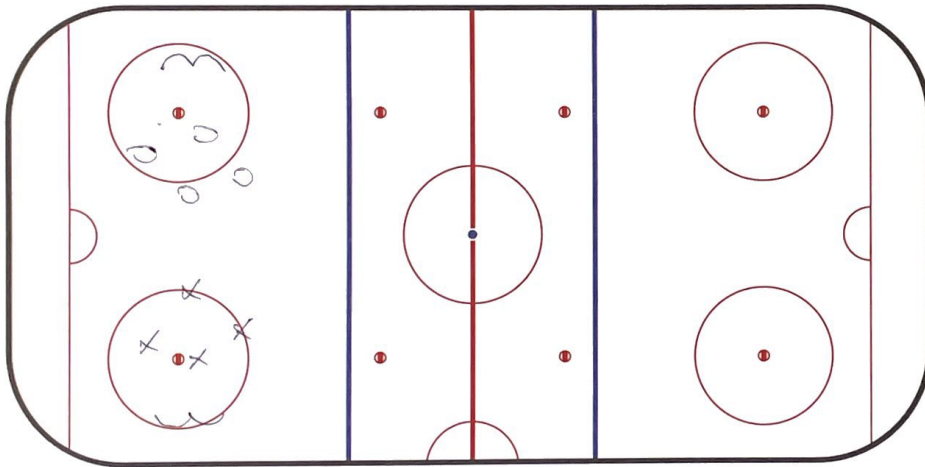
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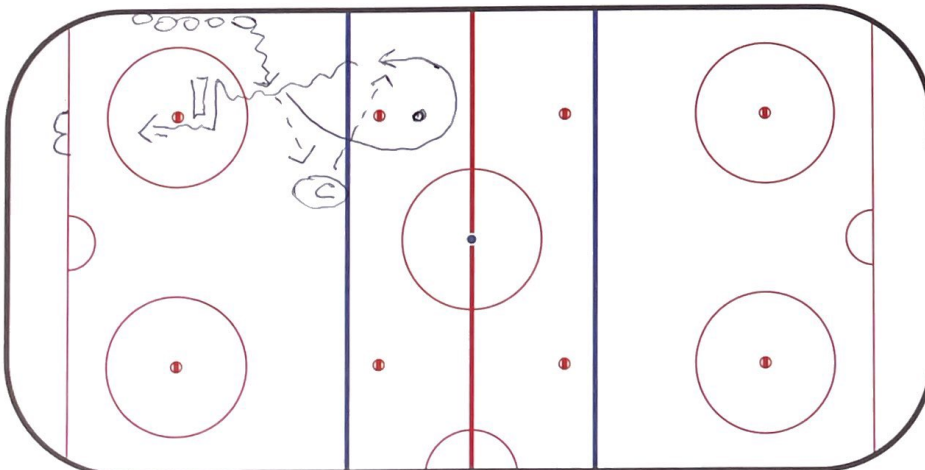
# TRAININGSPLAN



Eislaufen mit  
Aufgaben 2 Gruppen  
15min



Spiel Fußball 3-3  
4-4 8min



① Pass-schuss  
übung.  
8min

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