



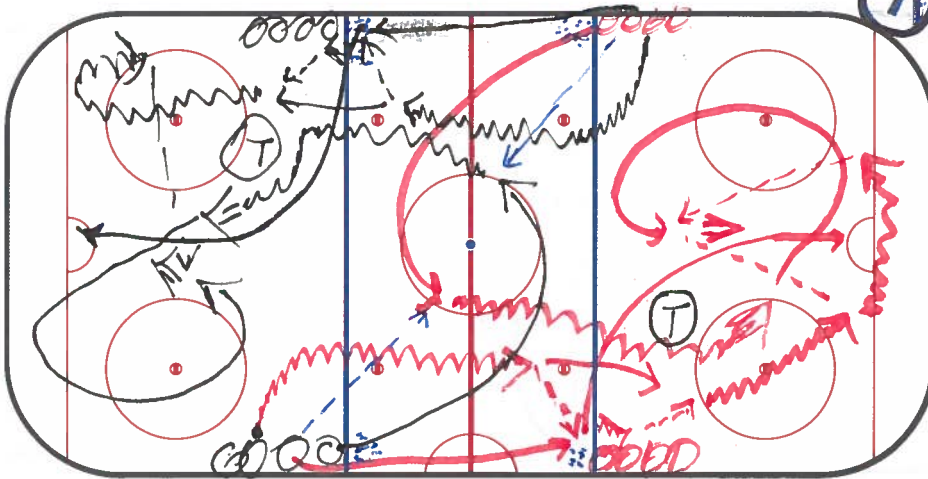
TEAM:

DATUM:

TRAINER:

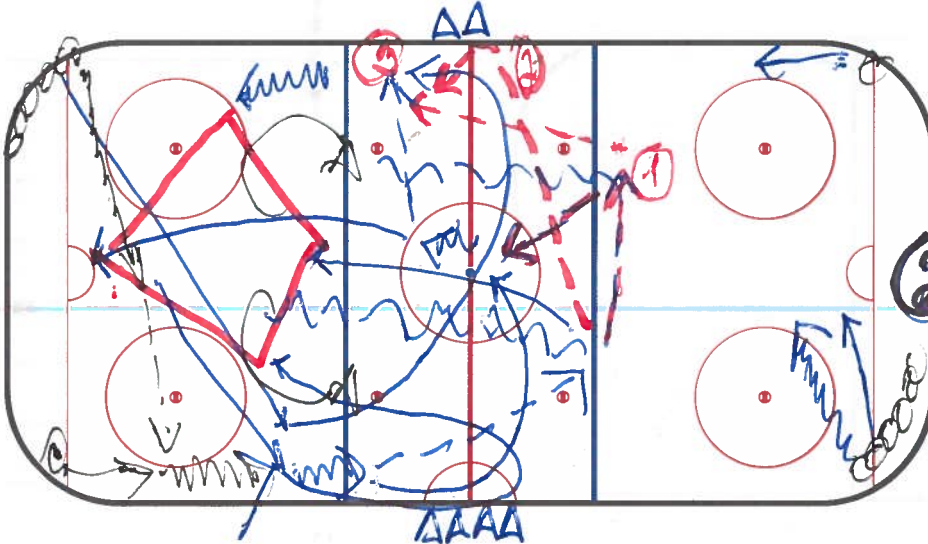
Fr. 18.11. 413

TRAININGSPLAN



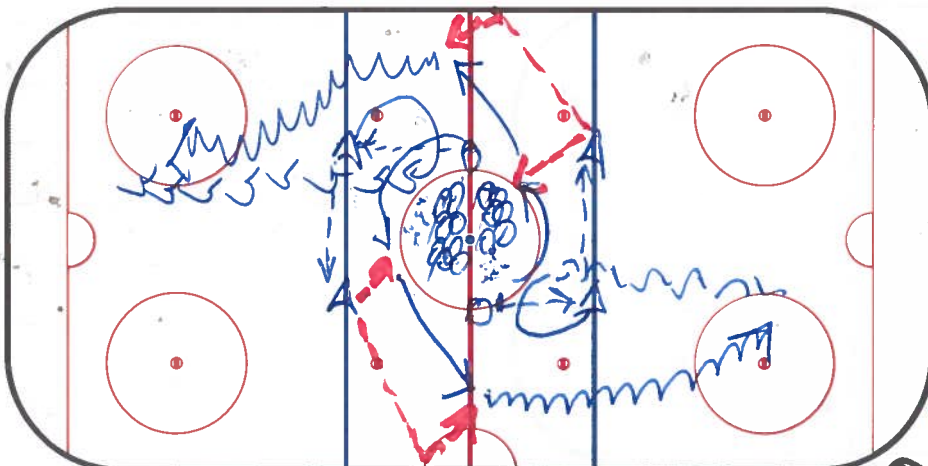
①

WARM-UP (2 SHOT)
1 SHOT F1 (PASS FROM OTHER SIDE) AFTER SHOT FIND "SOFT ICE"
F2 GET OFF BOARDS TO MIDDLE WITH PUCK, PASS TO F3, F3 WINS BLUE LINE AND PASSES TO "DOT DRIVER"
F2, F3 AFTER PASS IS NET DRIVER, F2 HAS OPTIONS + PASSES TO F1 IN SLOT (SOFT AREA)



②

2, 3 GET BACK
F1 PASSES ACROSS ICE TO F2, F3 SKATES WITH F1, F2 SKATES AT HALF SPEED, F1 + F3 WORK ON TRACKING, F1 AFTER PASS TAKE'S "HANDS AWAY" FROM F2, STEEL'S PUCK PASSES TO D1
D1 HAS MANY OPTIONS WE NEED "NET DRIVER"
D1 MOVE UP TO BLUE "TRIANGLE"



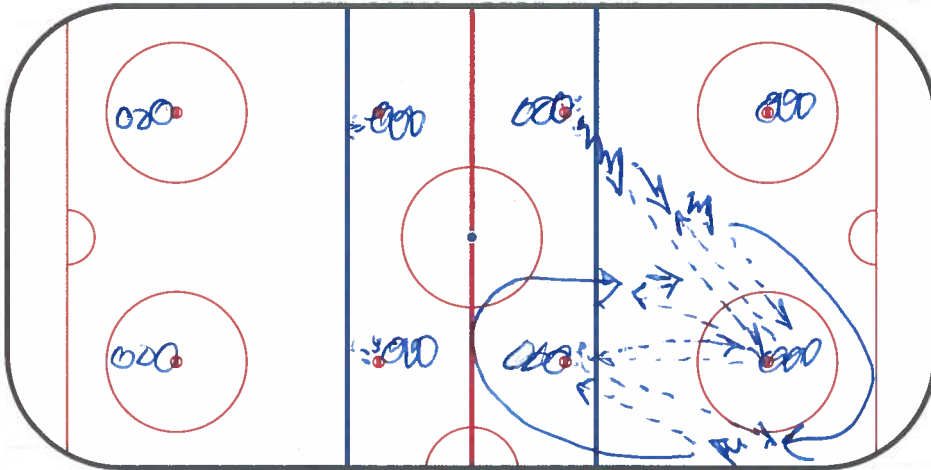
③ GAP UP N-2.



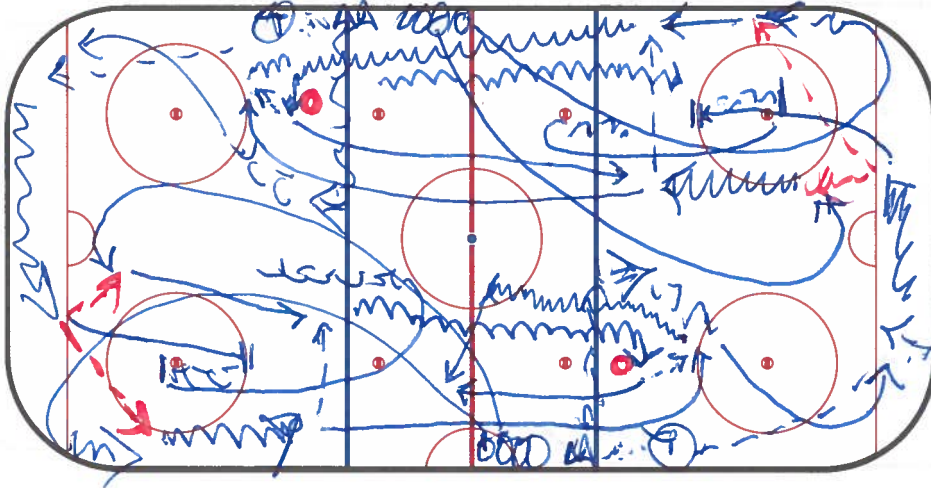
TEAM:
DATUM:
TRAINER:

M 16
11. 4/13

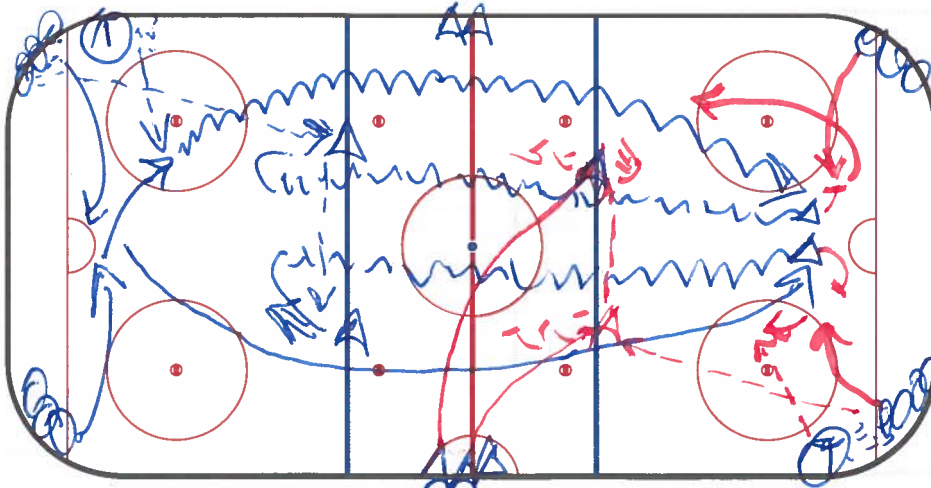
TRAININGSPLAN



1:0 PASS/W/SHOT



GAP CONTROL 2:1



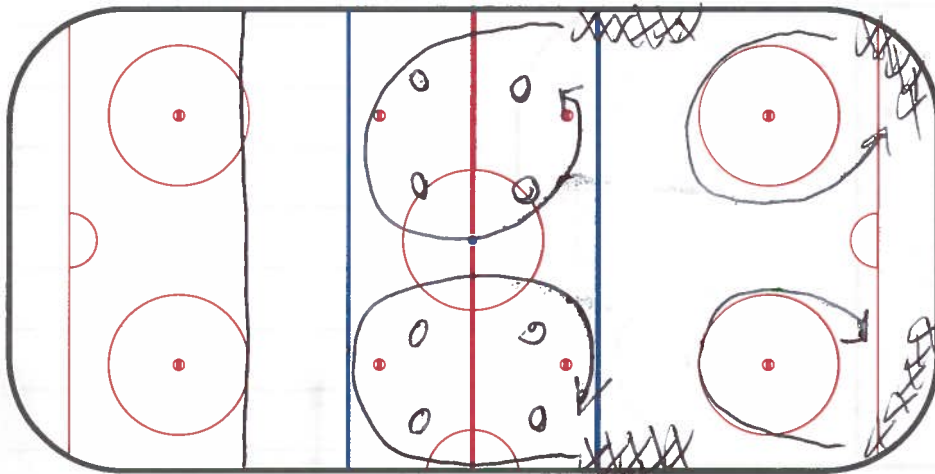
2:2 GAP UP/SEAL OUT



TEAM:
DATUM:
TRAINER:

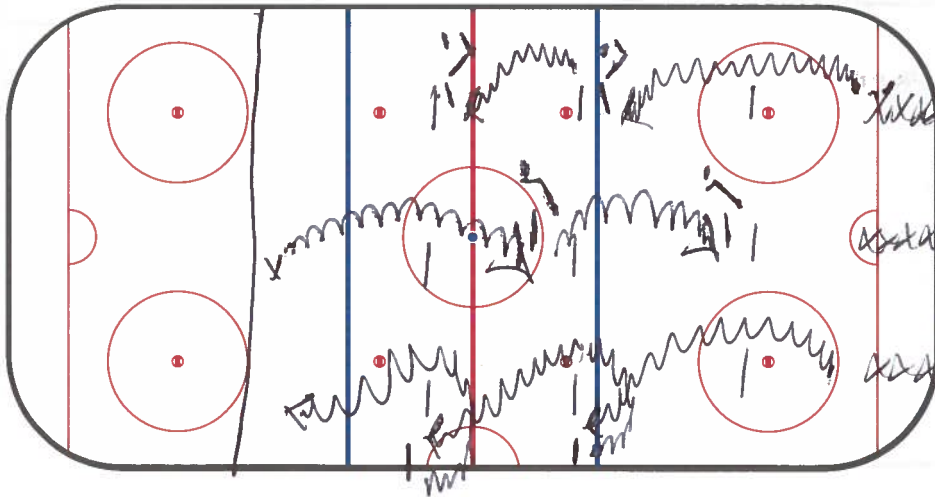
Di 15.11. 4/13

TRAININGSPLAN



SKATING WITHOUT PUCK
FORW - INTERSETTEN
- GIBERSETTEN
- HIP OPENED

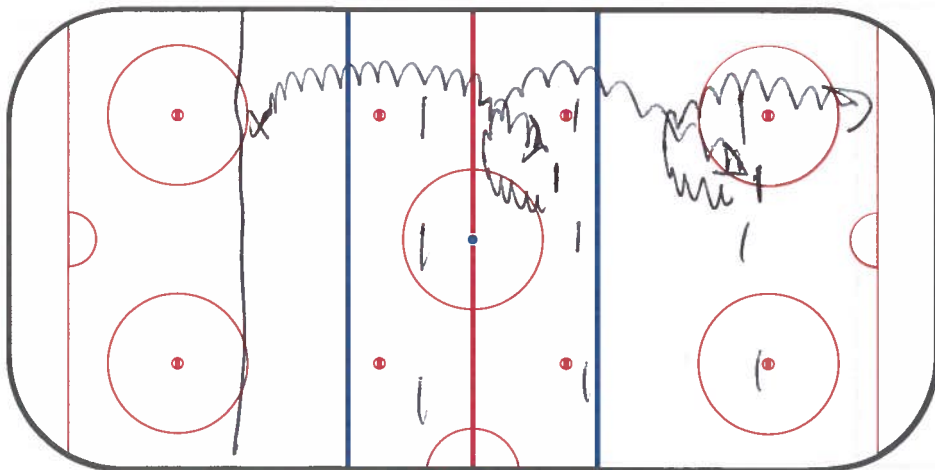
BACKWARDS
HIP OPENED - BACKWARDS



SKATING WITH PUCK
SLIDE WITH RIGHT SKATE

SLIDE WITH LEFT SKATE

SLIDE WITH LEFT SKATE
COME BACK AROUND
CROSSING OVER



SLIDE WITH RIGHT SKATE
COME BACK AROUND CROSSING OVER

SINGLE PUNCH

DOUBLE PUNCH

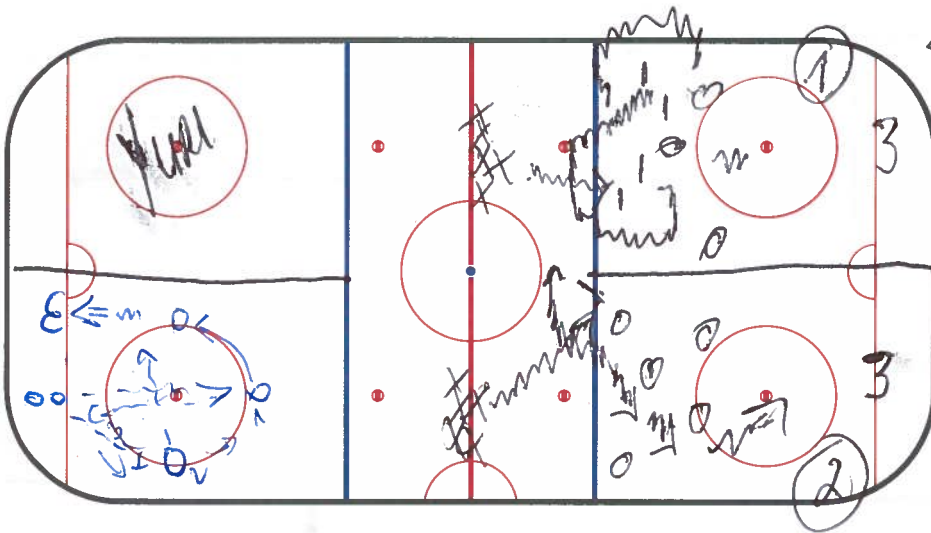
FAKE SHOT



TEAM:
DATUM:
TRAINER:

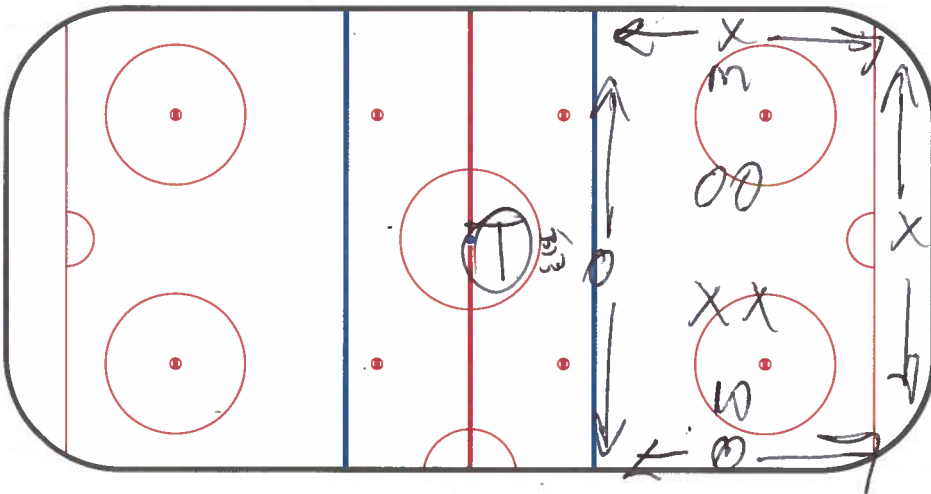
Mo. 14.11 413

TRAININGSPLAN

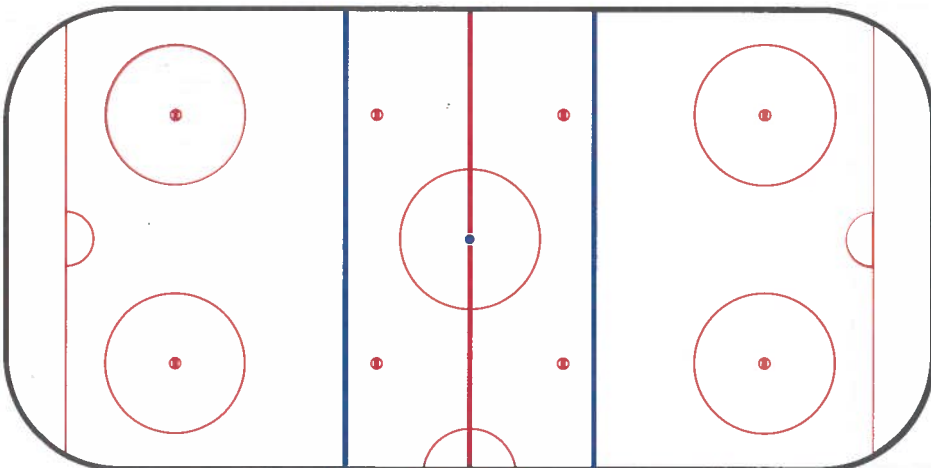


STATIONS TRAINING
SLIDE / SLIDE / TURN

SLIDE OUTSIDE EDGE



SPIEL "JOCKER"





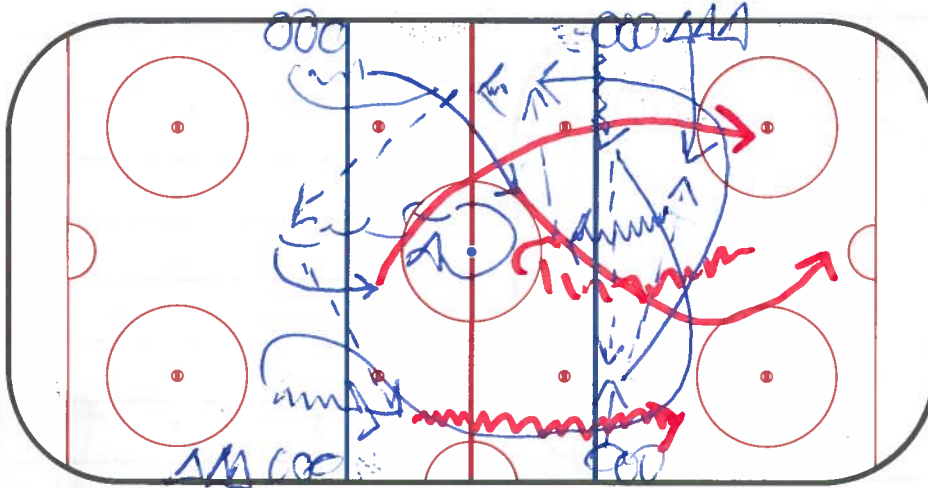
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DATUM:

TRAINER:

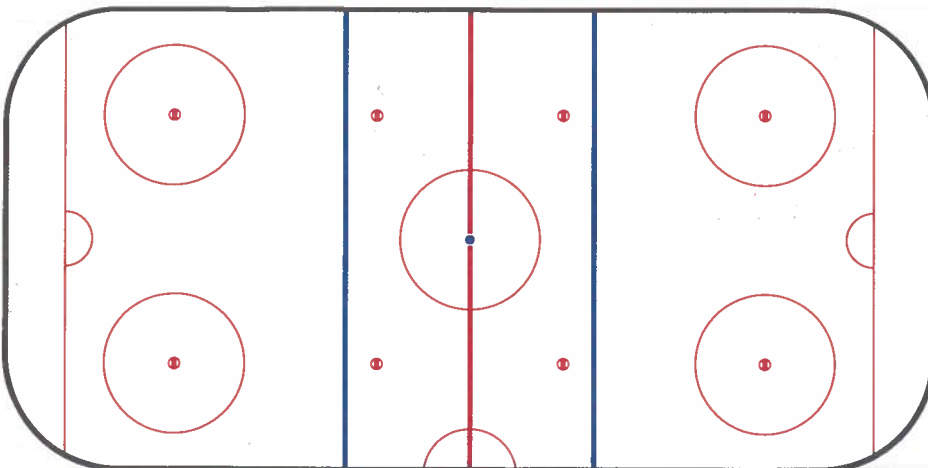
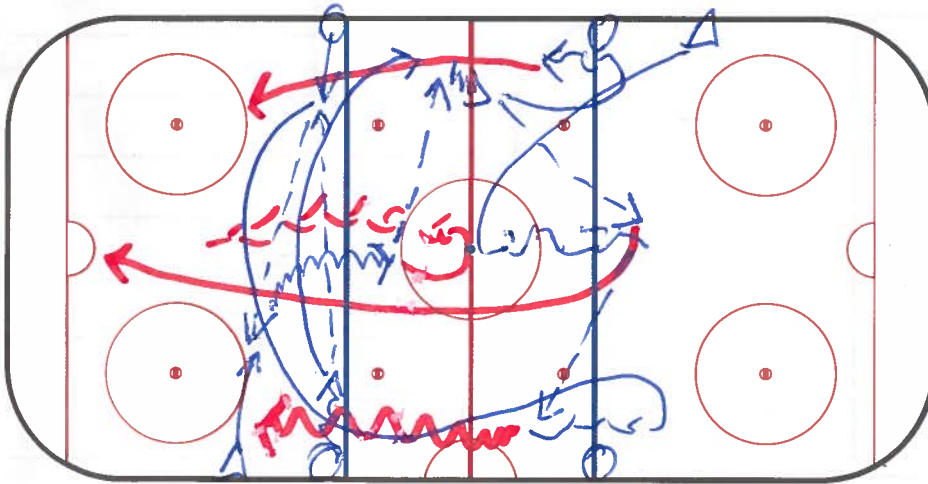
Fr. 11.11 413

TRAININGSPLAN



- 2:1 MIT VERT. 3:1
- REGROUP
- NET DRIVER
- DOT DRIVER
- VERT. "GAP UP"

VERT.



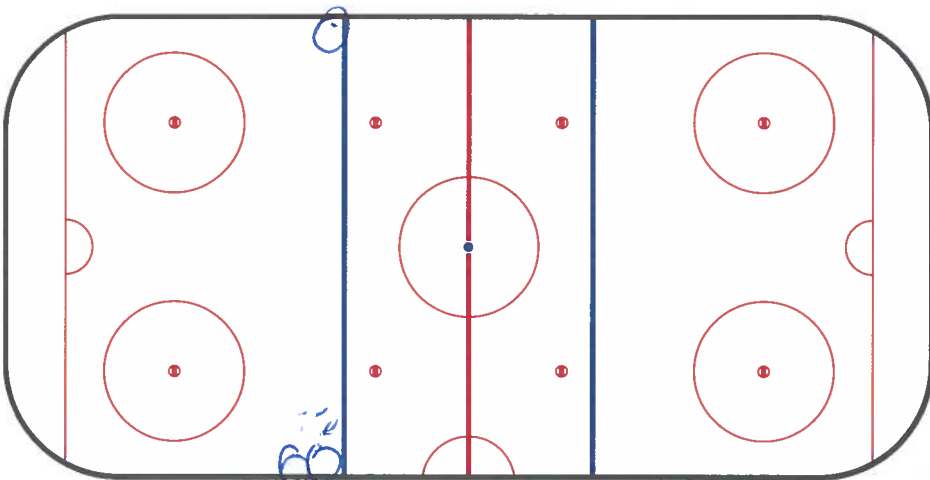
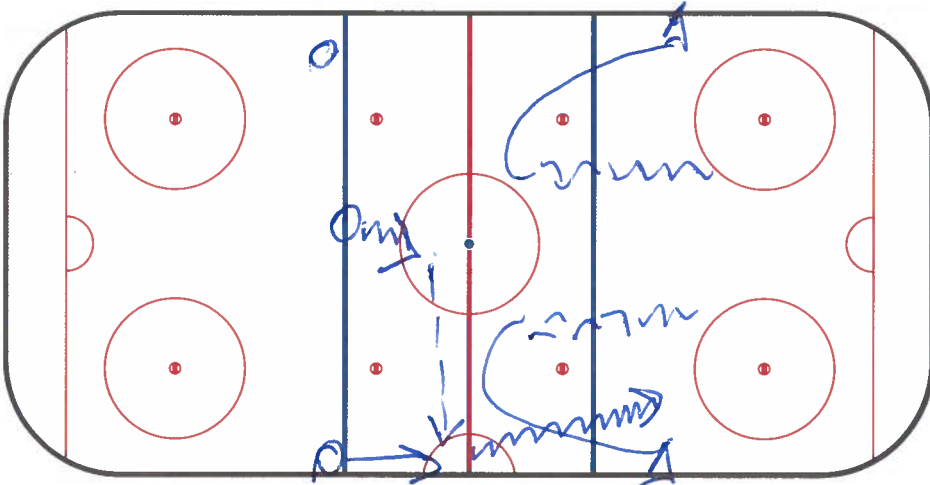
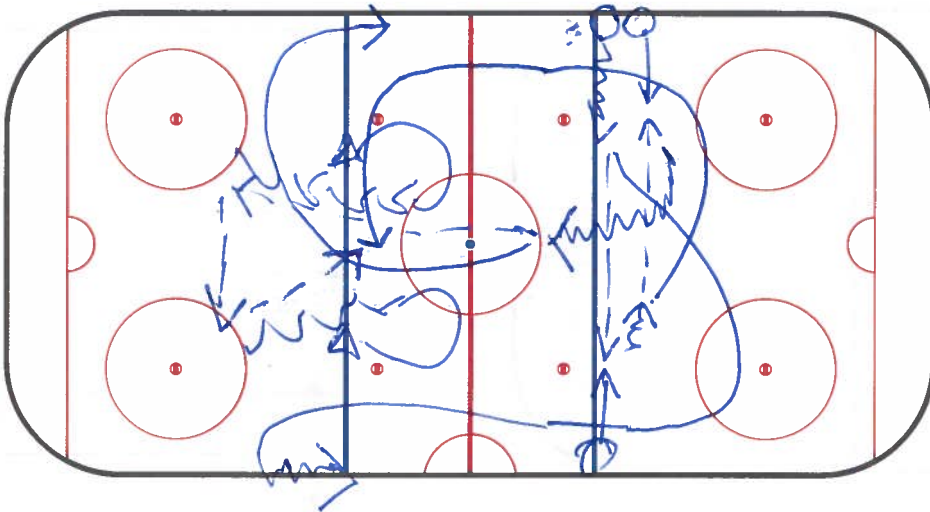


TEAM:
DATUM:
TRAINER:

Fr. 11.11.13

TRAININGSPLAN

5:2 REGROUP N.2





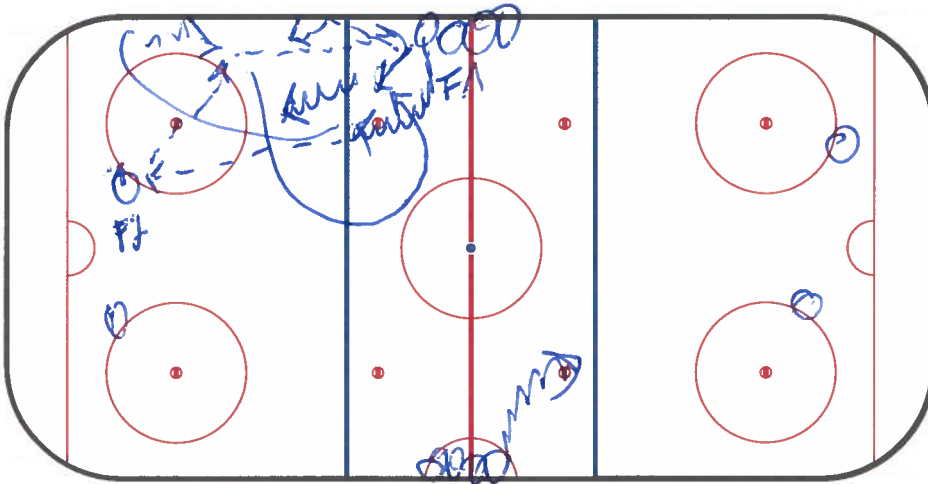
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DATUM:

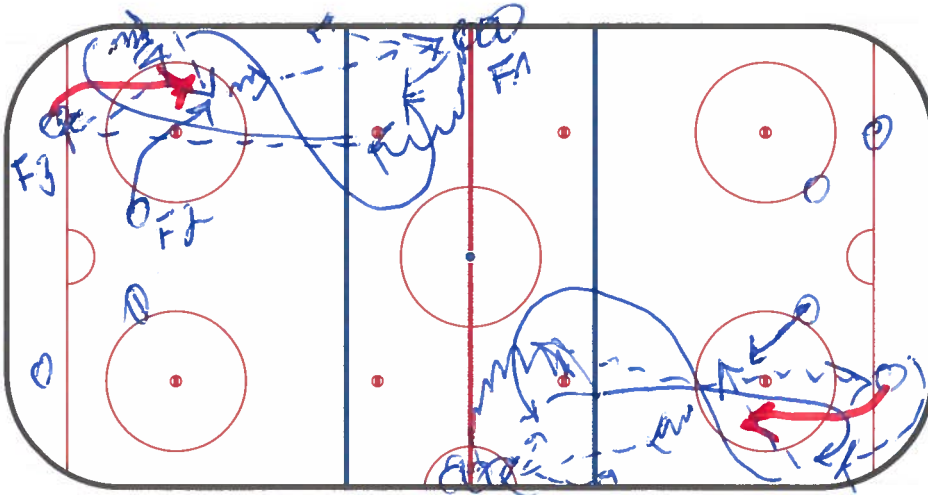
TRAINER:

Mi. 9.11 11/13

TRAININGSPLAN



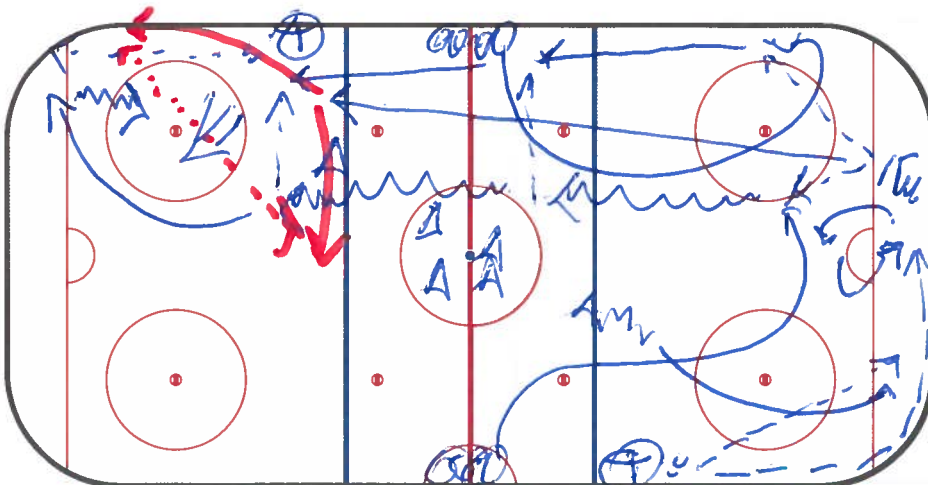
B/O PRINCIPLES
DIRECT PASS OR
BANDEN PASS



B/O PRINCIPLES

SUPPORT CENTER
WITH TRACKER (F3)

F3 CAN MAKE DIRECT
PASS OR "RIM"



2:1 B/O

1 PASS IN N.Z OR
INSIDE O.Z.

SHOT ON NET

1 PLAYER GETS "CHIPPED"

PICK IN CORNER

DEF. HAS 2 OPTIONS

SKATE DOWN WALL, DROP PASS
OR SLOPE TO MIDDLE ON BLUE



TEAM:

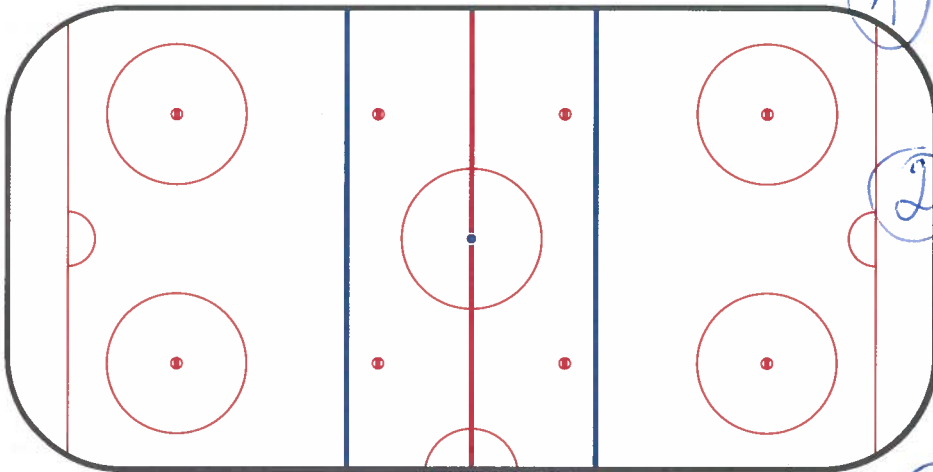
DATUM:

TRAINER:

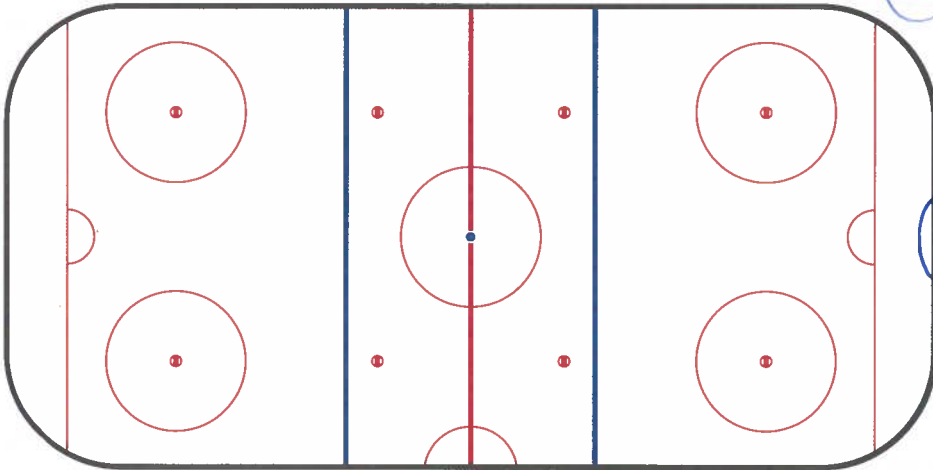
Di. 8.M. U13

SKATING

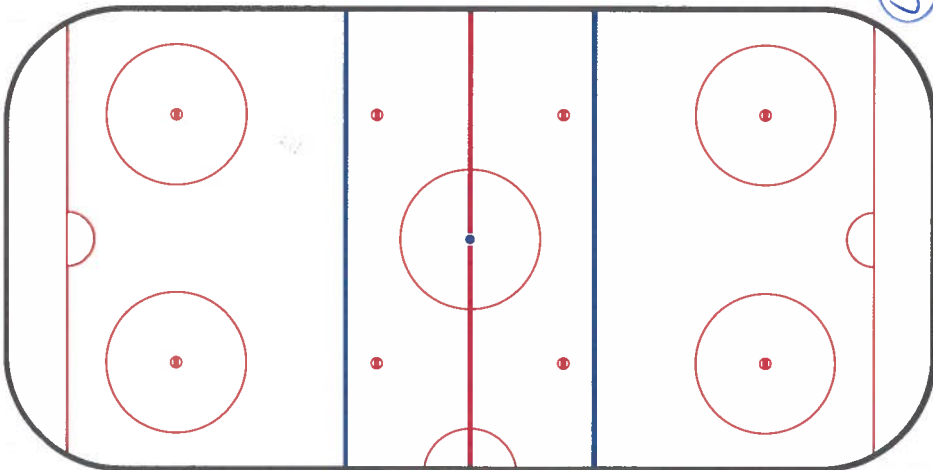
TRAININGSPLAN



① FORWARD OUTSIDE
3 TURN



② FORWARD OUTSIDE
3 TURN (2 STRIDES
BACKWARDS + THEN
OTHER SIDE



③ FORWARD OUTSIDE
3 TURN
"HIP OPENER"

④ FORWARD INSIDE
3 TURN
GLIDE BACKWARDS
ON O.E

⑤ DOUBLE 3 TURNS



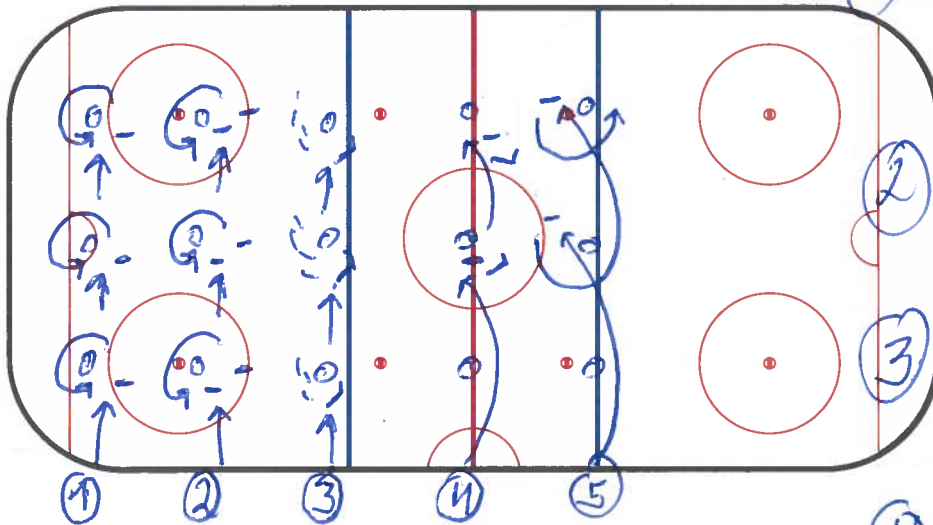
TEAM:

DATUM:

TRAINER:

D. 8.11. U13

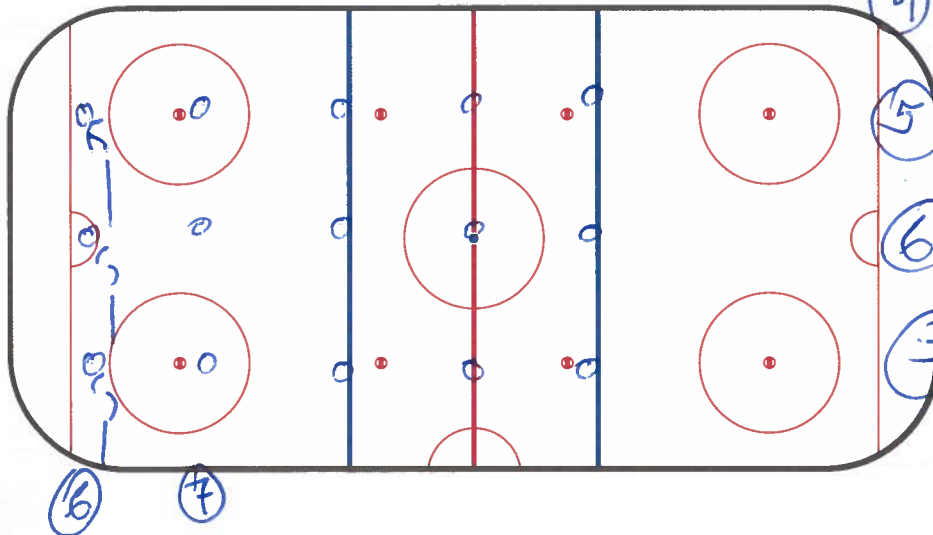
TRAININGSPLAN



① - SINGLE PUNCH "TAB"
GO AROUND TREE

② - DOUBLE PUNCH "SLIDE"
GO AROUND TREE

③ - FAKE SHOT, SLIDE BY
BACKWARDS



④ DELAY ACTION AT HIGH
SPEED

⑤ FIND THE SLIDE IN THE CUT

⑥ SLOW / FAST "MATT LAKE"

⑦ SLOW / FAST WITH CROSSOVER



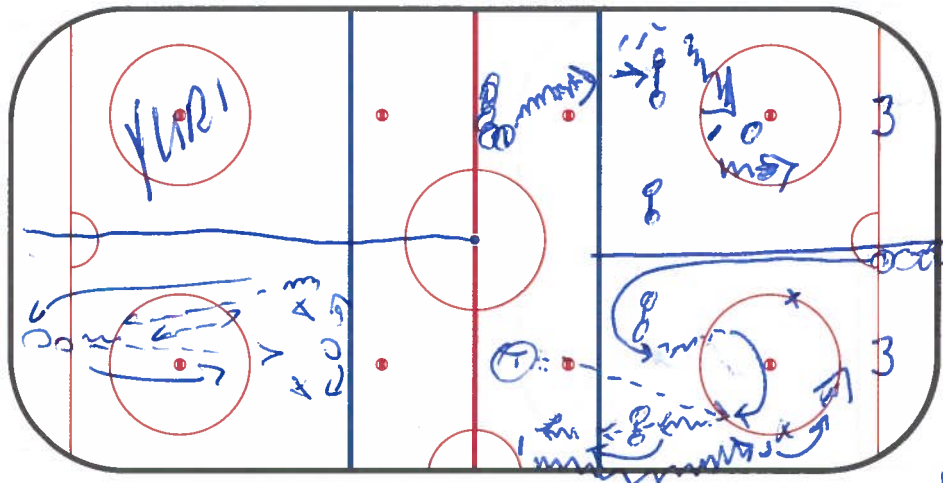
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DATUM:

TRAINER:

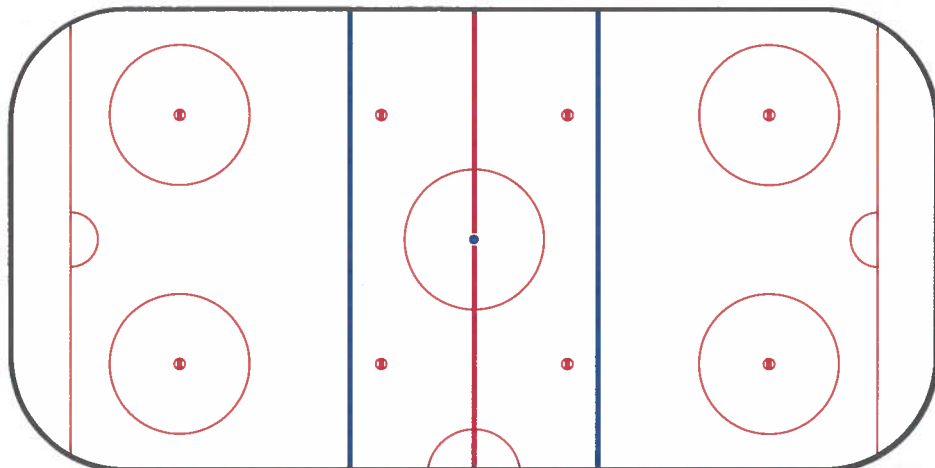
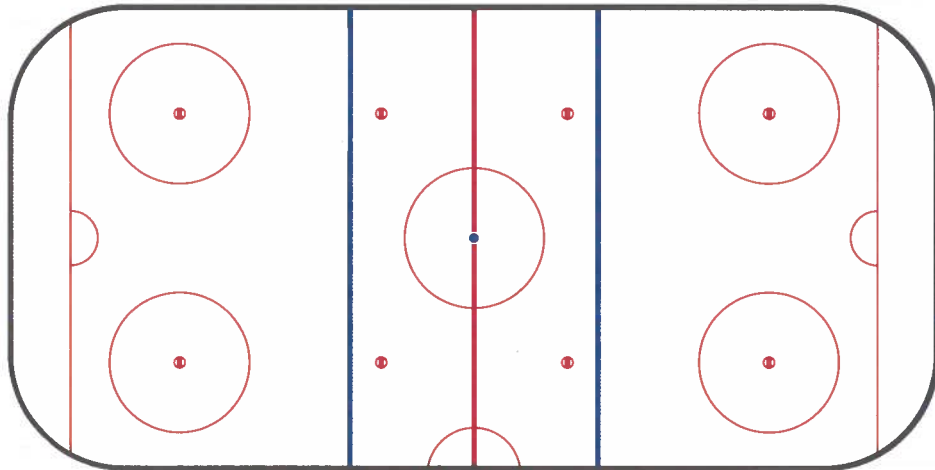
Mon 7.11 U13

TRAININGSPLAN



FAKE SHOT, TURN SIDEWAY:
BACK TO FORWARD
JAB STEP $\Rightarrow$ SHOT

GAP UP, RÜCKWÄRTS
SPIN, PASS VON ①
PUCK UNTER "HINDERNISS"
"SLIDE" HARD TO GOAL





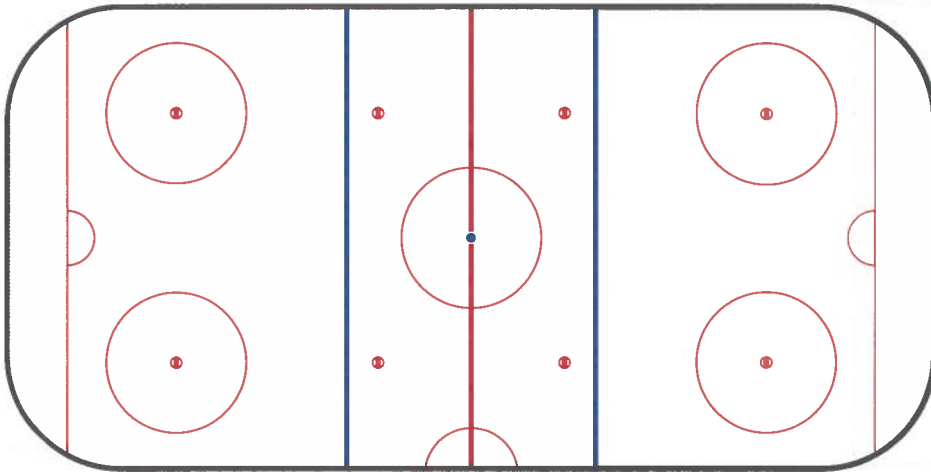
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DATUM:
TRAINER:

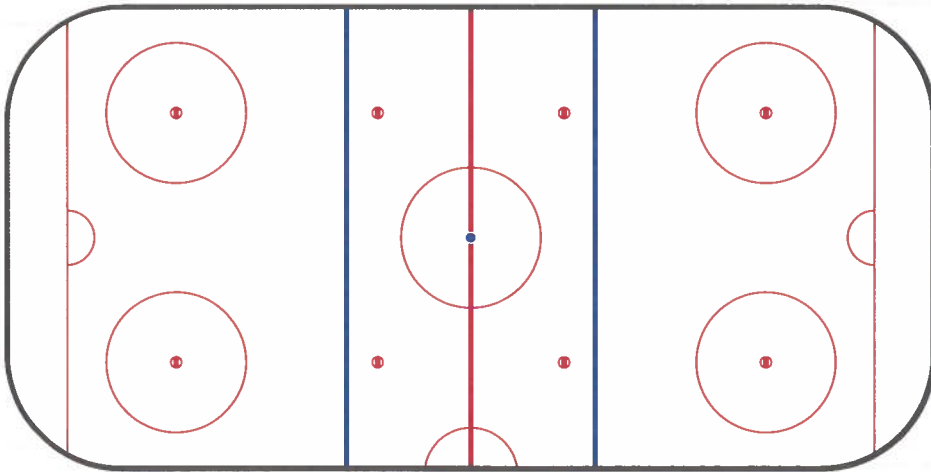
Fr. 4.11.13

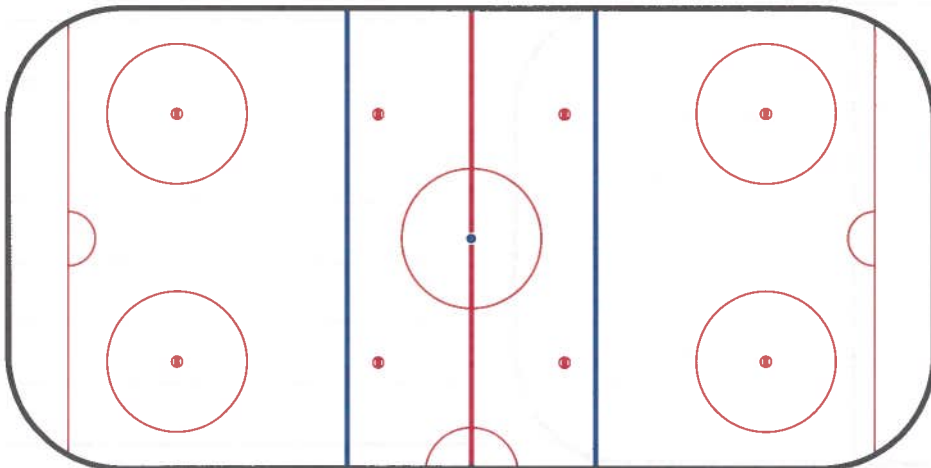
Training mit Heilbronn

"Spiel"

TRAININGSPLAN







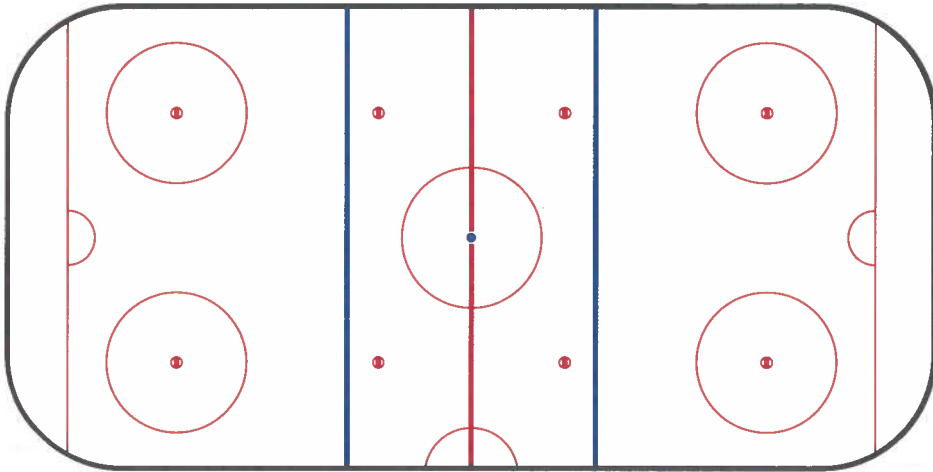


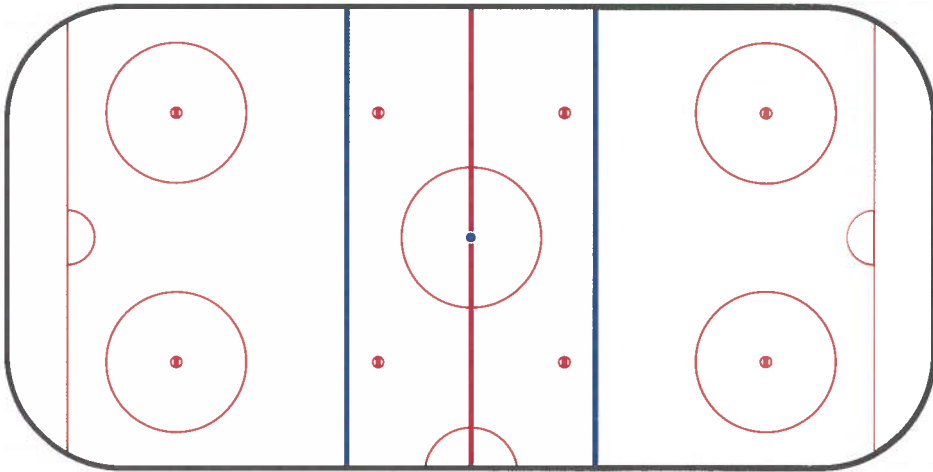
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DATUM:
TRAINER:

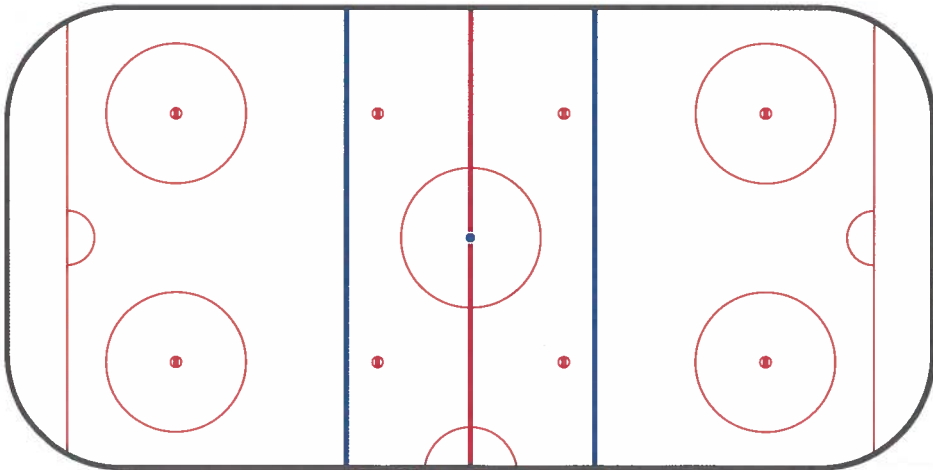
MI. 2.11. U13

TRAINING MIT HELIHOON

TRAININGSPLAN









TEAM:

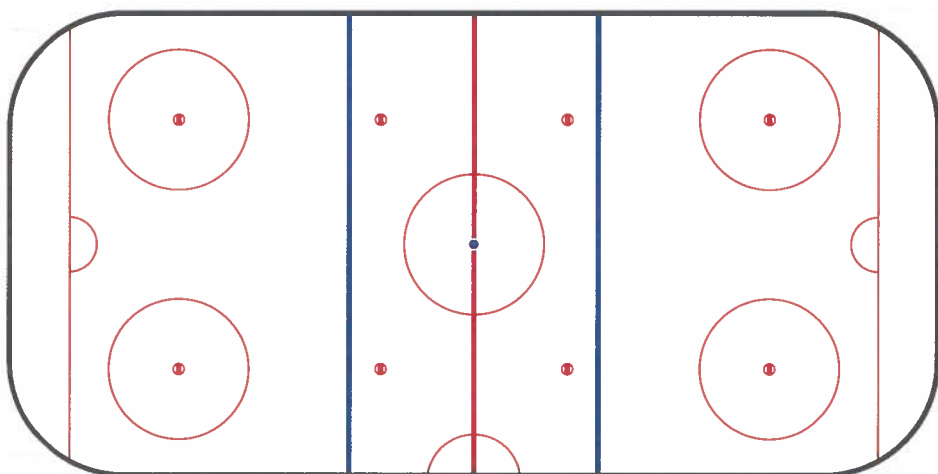
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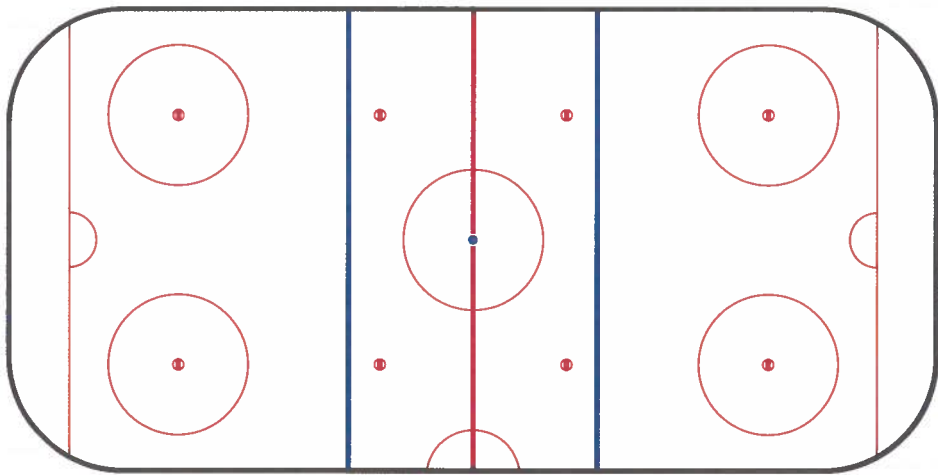
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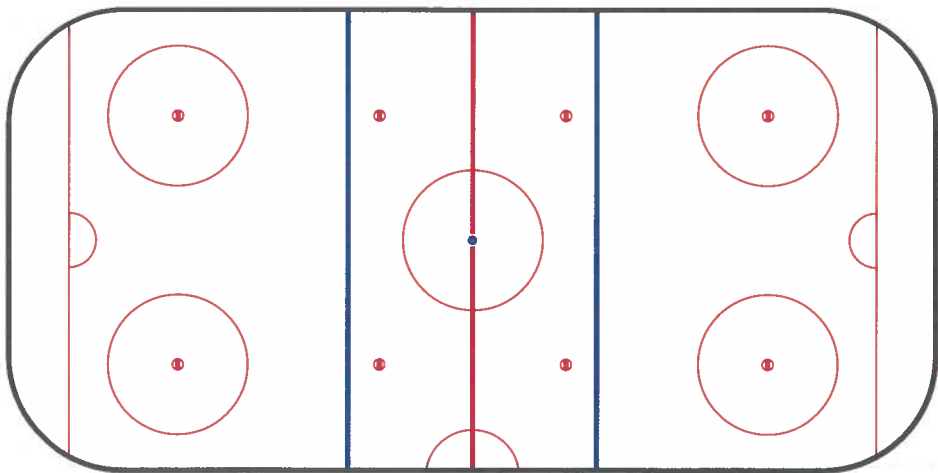
Do 3.11.13

TRAINING MIT HELLBROUN

TRAININGSPLAN





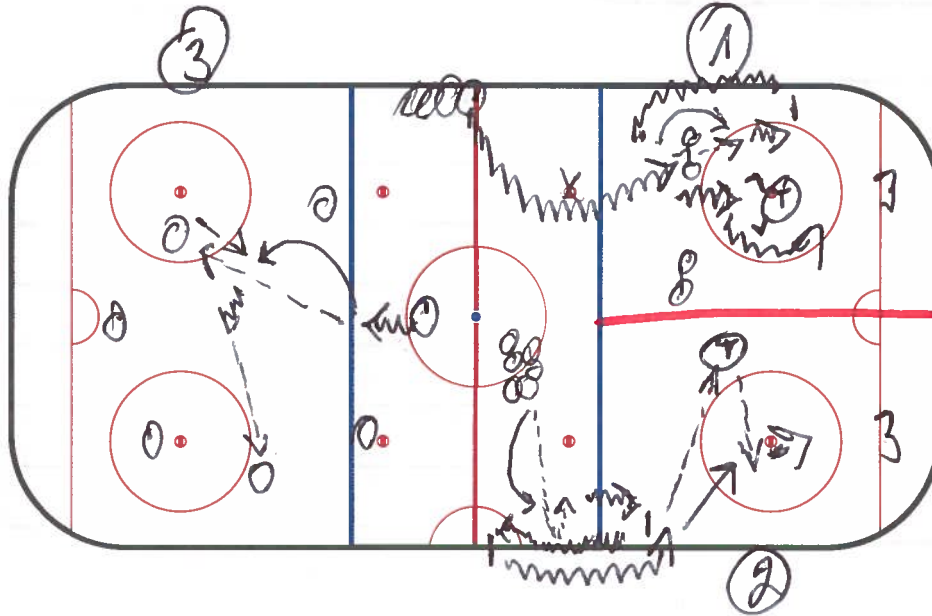




TEAM:
DATUM:
TRAINER:

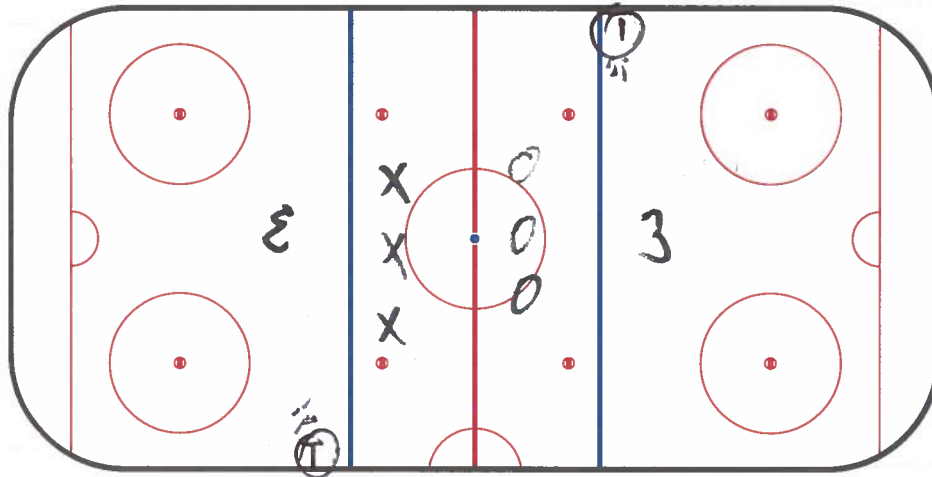
Mo. 31.10 U13

TRAININGSPLAN

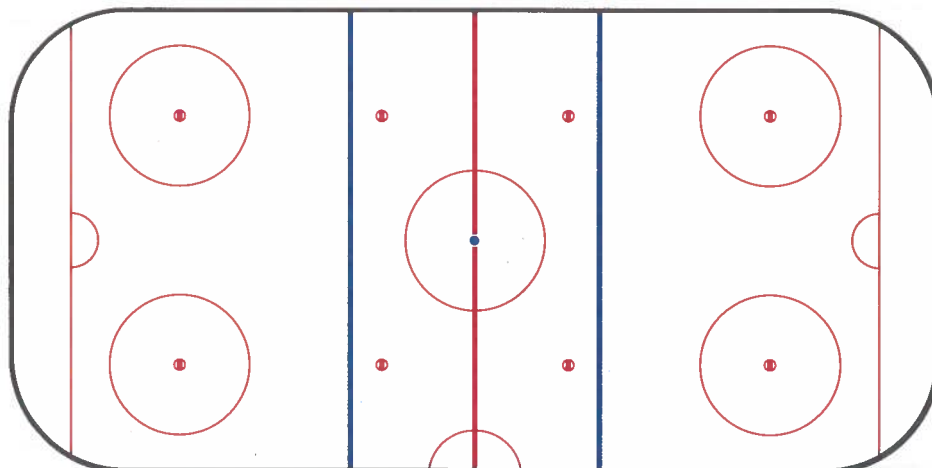


STATIONS TRAINING

- 1 SLIDE "PUNCH"
- 2 DELIBERATE CUT BACK PASS TO COACH
- 3 PASSEN "WORLD CIRCLE"



- 11 TRANSITION GAME
FROM DEF. TO OFF AS
QUICK AS POSSIBLE

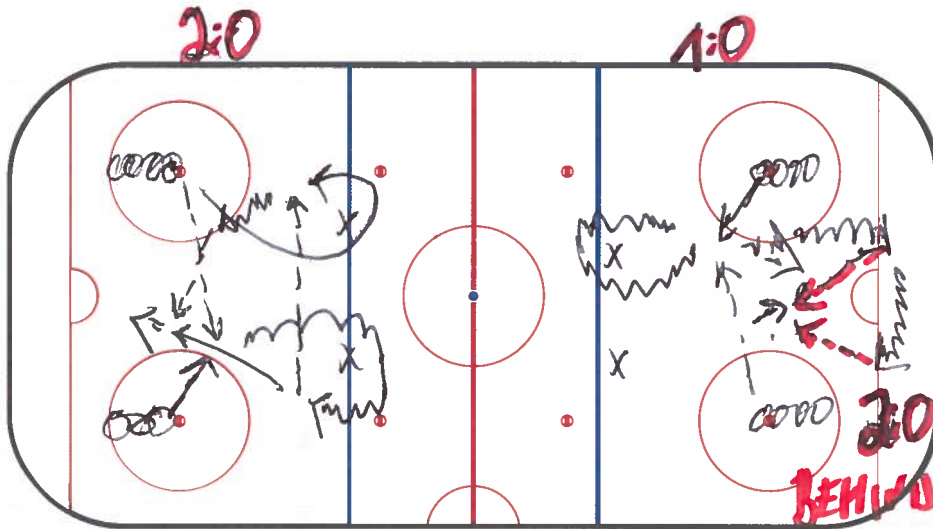




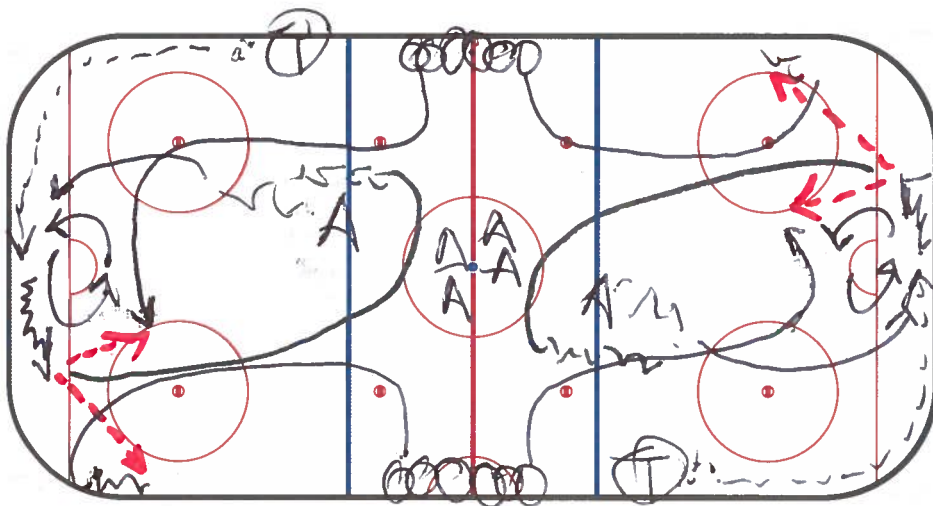
TEAM:
DATUM:
TRAINER:

Fr. 28.10. 4/13

TRAININGSPLAN

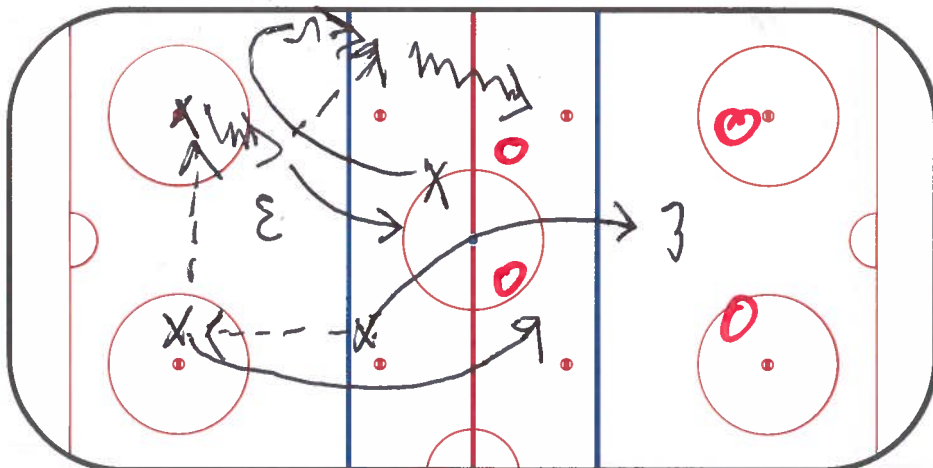


1:0 / 2:0 / 2:0
BEHIND NET



2:0

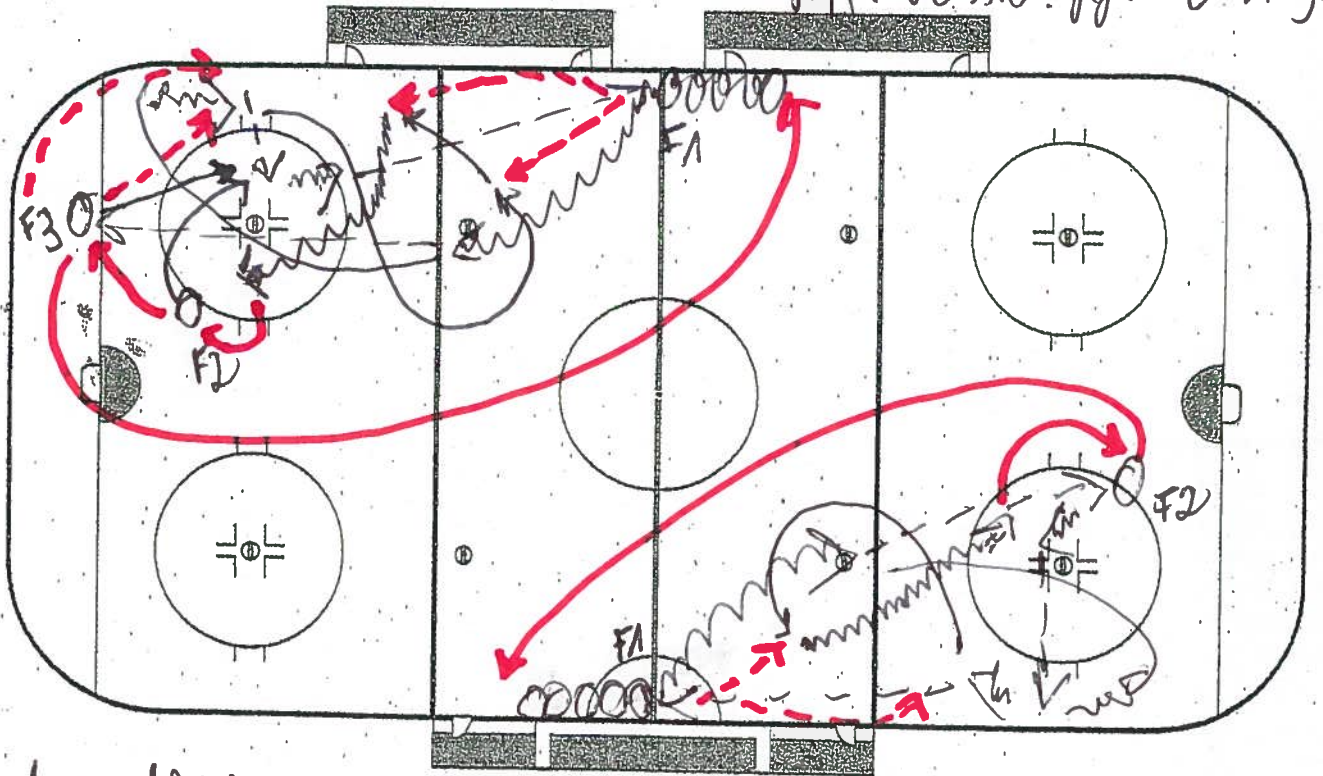
2:1 "GAP"



GAME

"NZ ACTIVATION"

M. 26.10.22 Cl 13



1

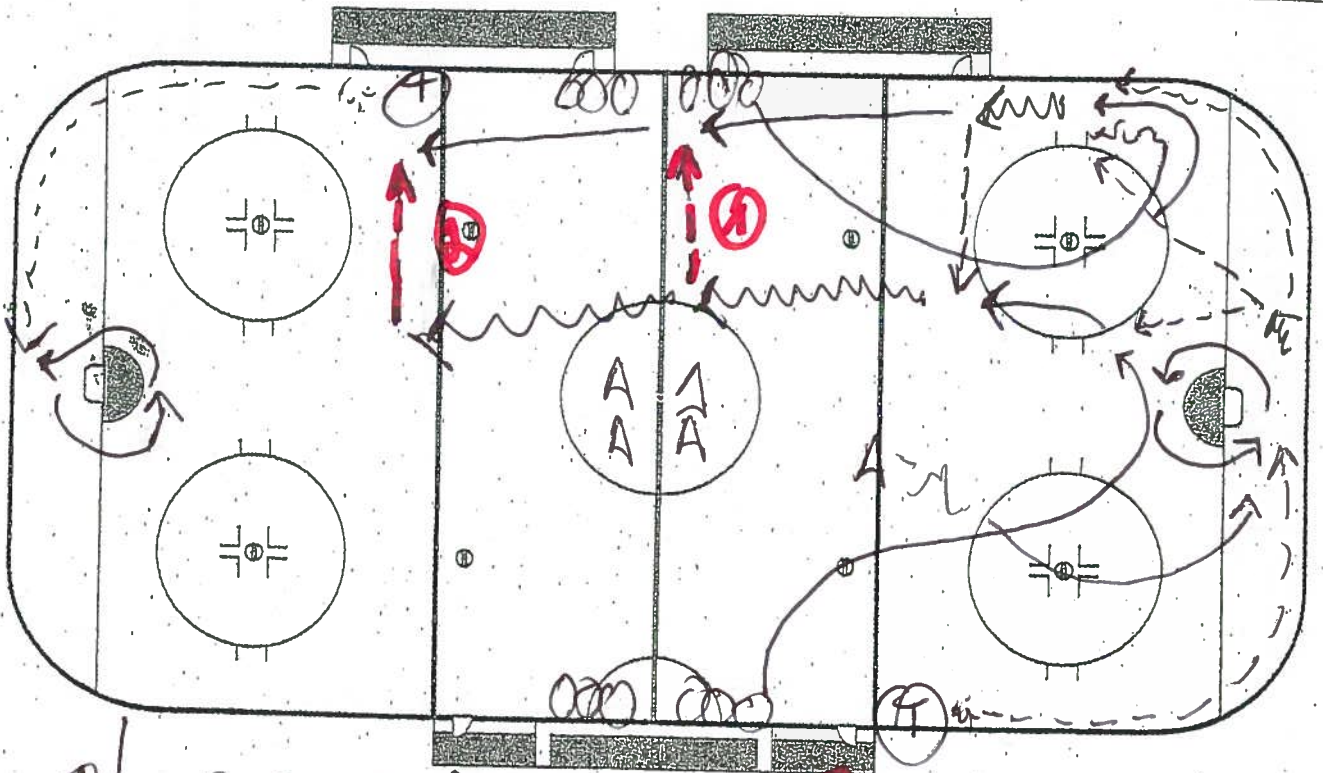
1:0 WARM-UP

F1 TO F2, F2 BACK OF LINE

2

1:0 WARM-UP WITH TRACKER

F1 TO F2, F2 TO F3
F3 BACK OF LINE



B/O 2:0

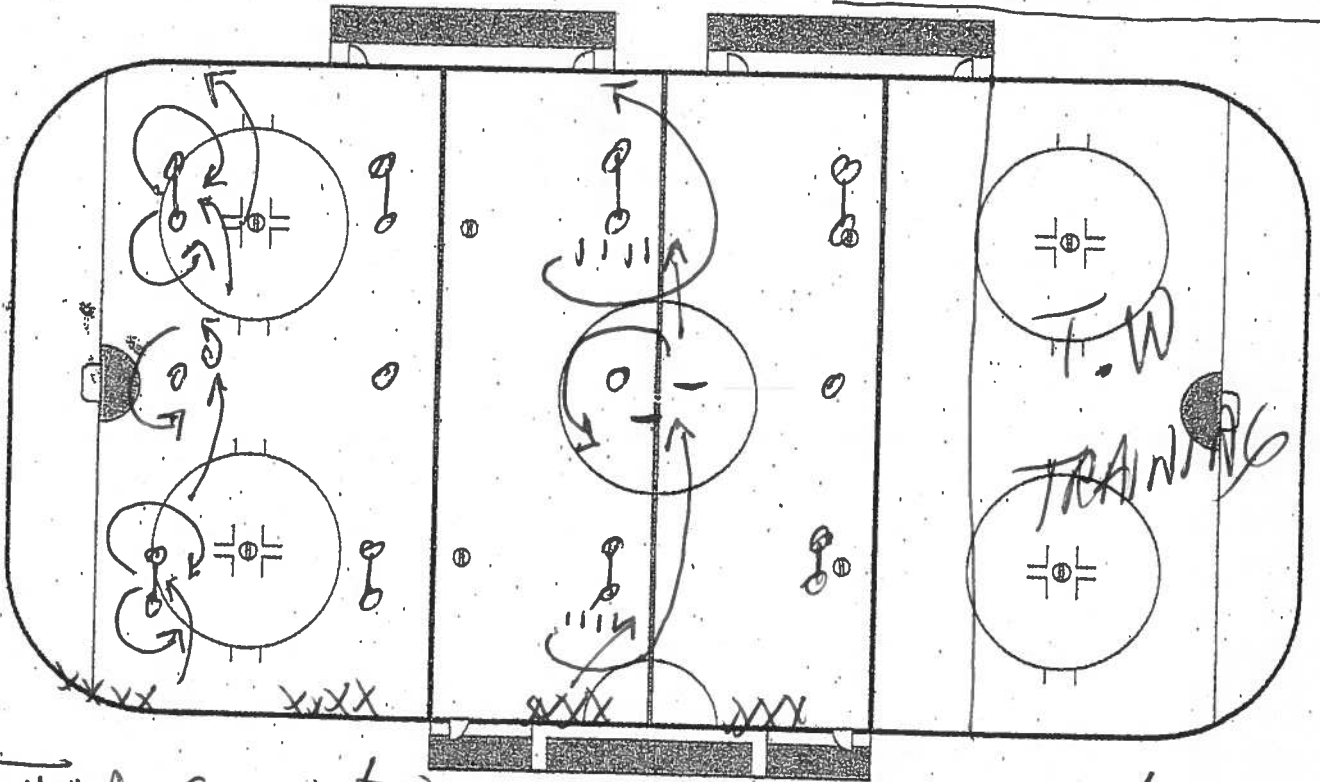
1
2
3

PASS TO WING
PASS TO CENTER
RIM

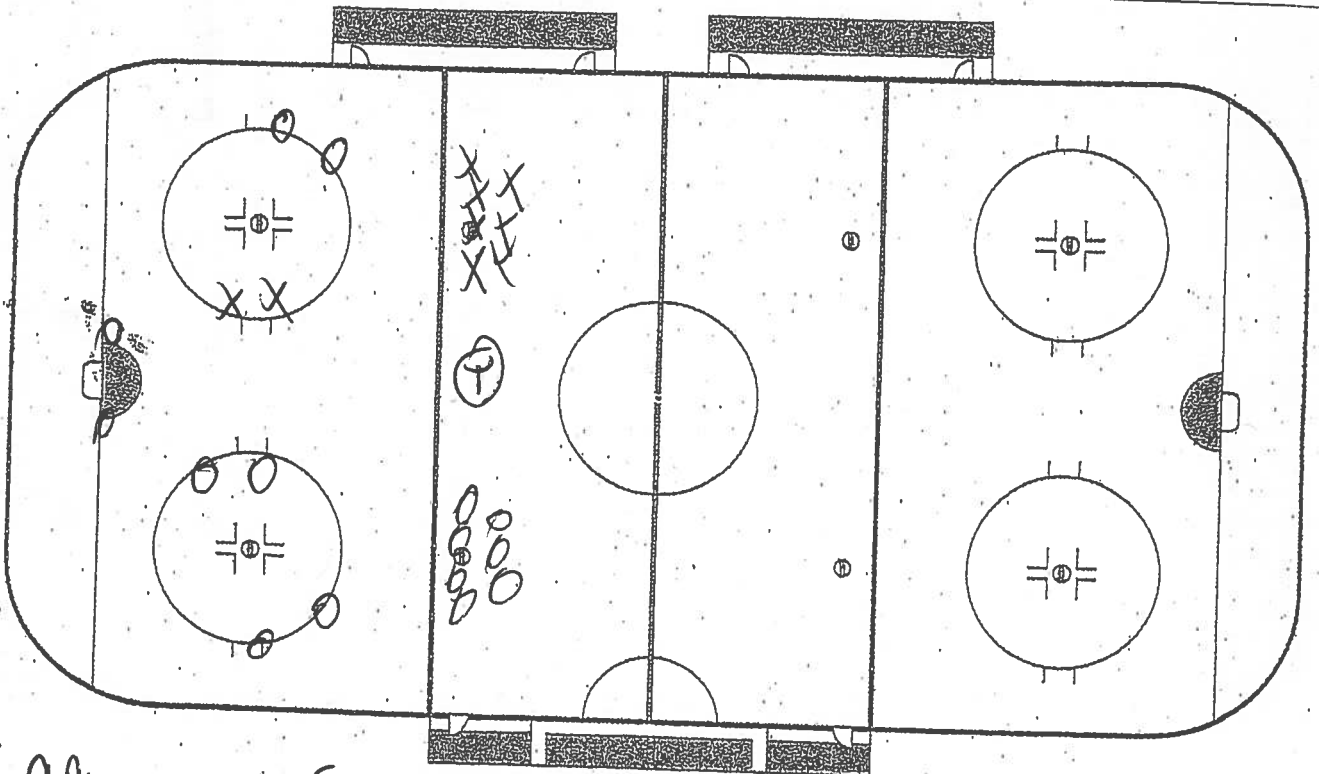
1
2

NZ KICK OUT
WIN BLUE LINE + KICK OUT

DI 25.10.22 U13



1. I.E. JUMP, GLIDE / TURN TO BCK, GLIDE JCK ON 1 SKATE / JUMP GLIDE
2. O.E. JUMP, GLIDE / FWD O.E. 3 TURN / O.E. JUMP GLIDE
3. SIDESTEPS, SPIN FWD / DOUBLE PUNCH, HIP OPEN / SIDESTEPS, SPIN FWD



CROSS ICE GAME

1. PASS THROUGH TO PARTNER
2. SKATE THROUGH



TRAININGSPLAN

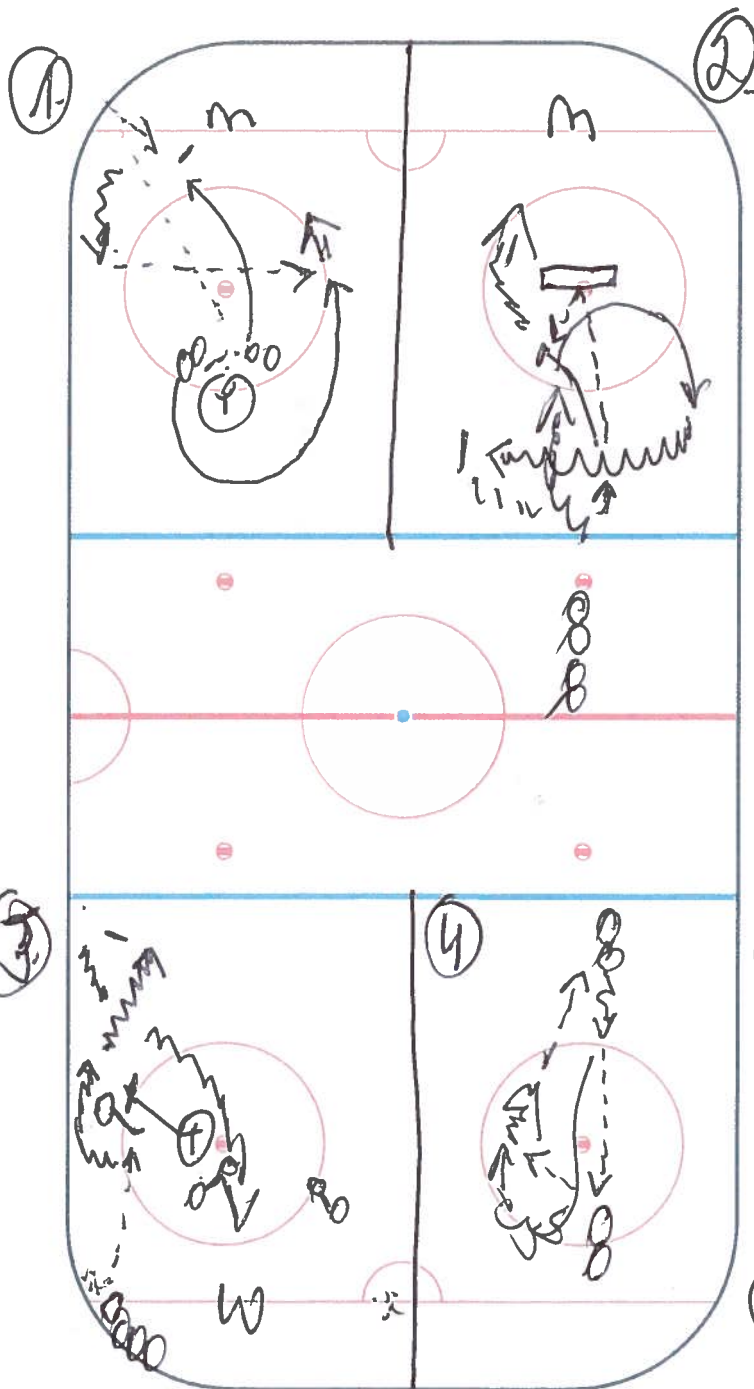
TRAINER:

TEAM: U13

DATUM: 24.10.21

ZEITPLAN:

STATIONS TRAINING



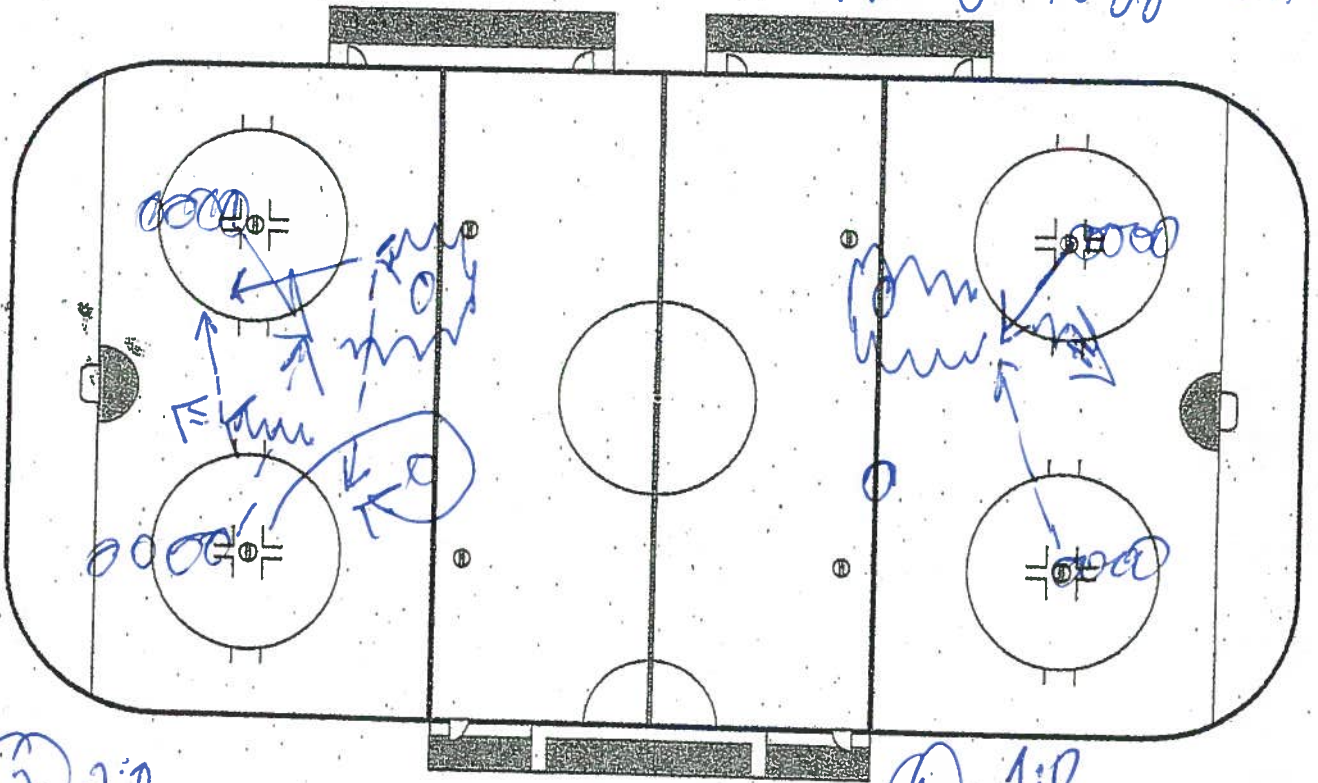
① PUNCH TURN (SLIDE)
PASS

② SPIN TO BACK ON 1 SKATE
GLIDE (BALANCE) AS FAR AS
POSSIBLE, SKATE FWD, STOP (SLIDE)
COME BACK TO MIDDLE, BACK, HIPS
OPEN, PASS TO "BUMPER" PICK
UP PUCK, CHANGE DIRECTION &
SHOT - BOTH SIDES

③ PROTECT PUCK TO THE
WALL, SKATE, PUNCH
COME DOWNHILL WITH PUCK
WITH PUNCH TO GO AROUND
OBSTACLE, SHOT ON NET

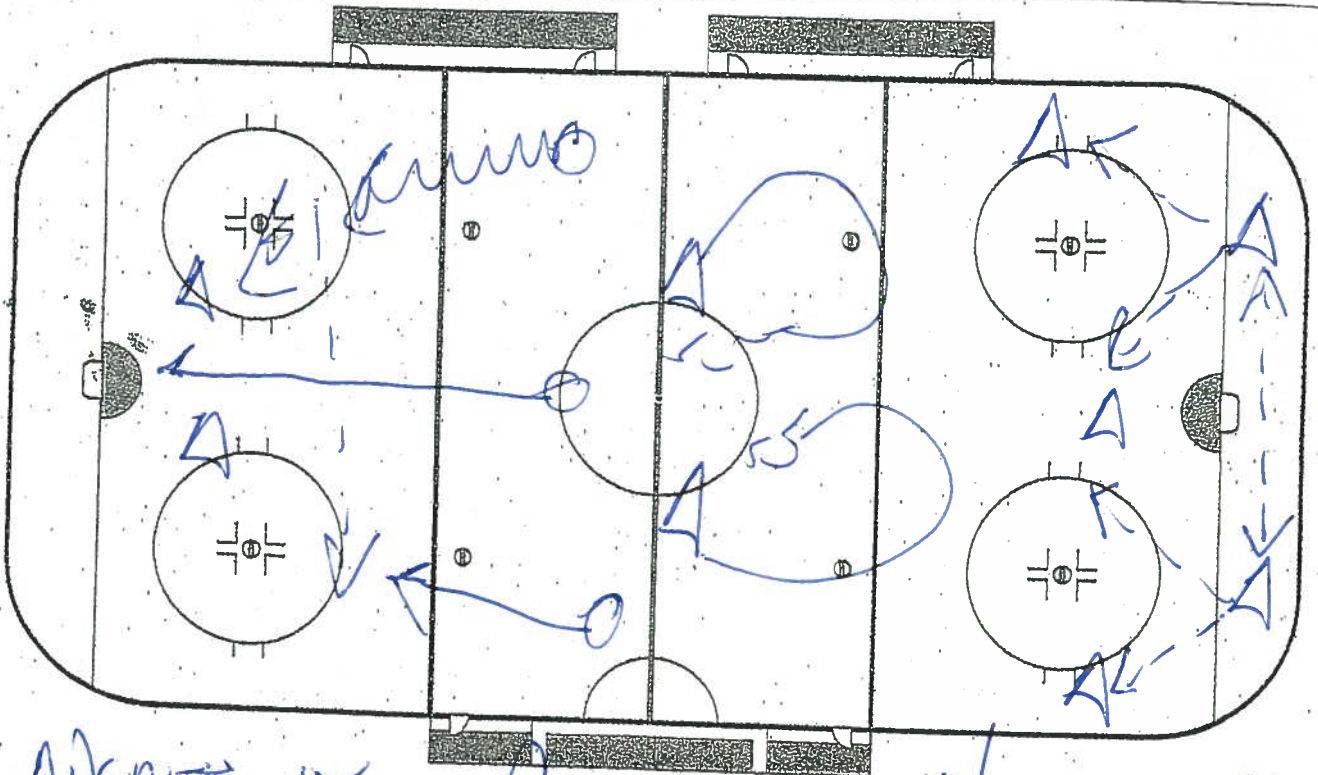
④ PASSEN

Fr. 21.10.22 U13



② 2:0
Sitz ON GOALIE
1 OR 2 PASSES

① 1:0
Sitz ON GOALIE



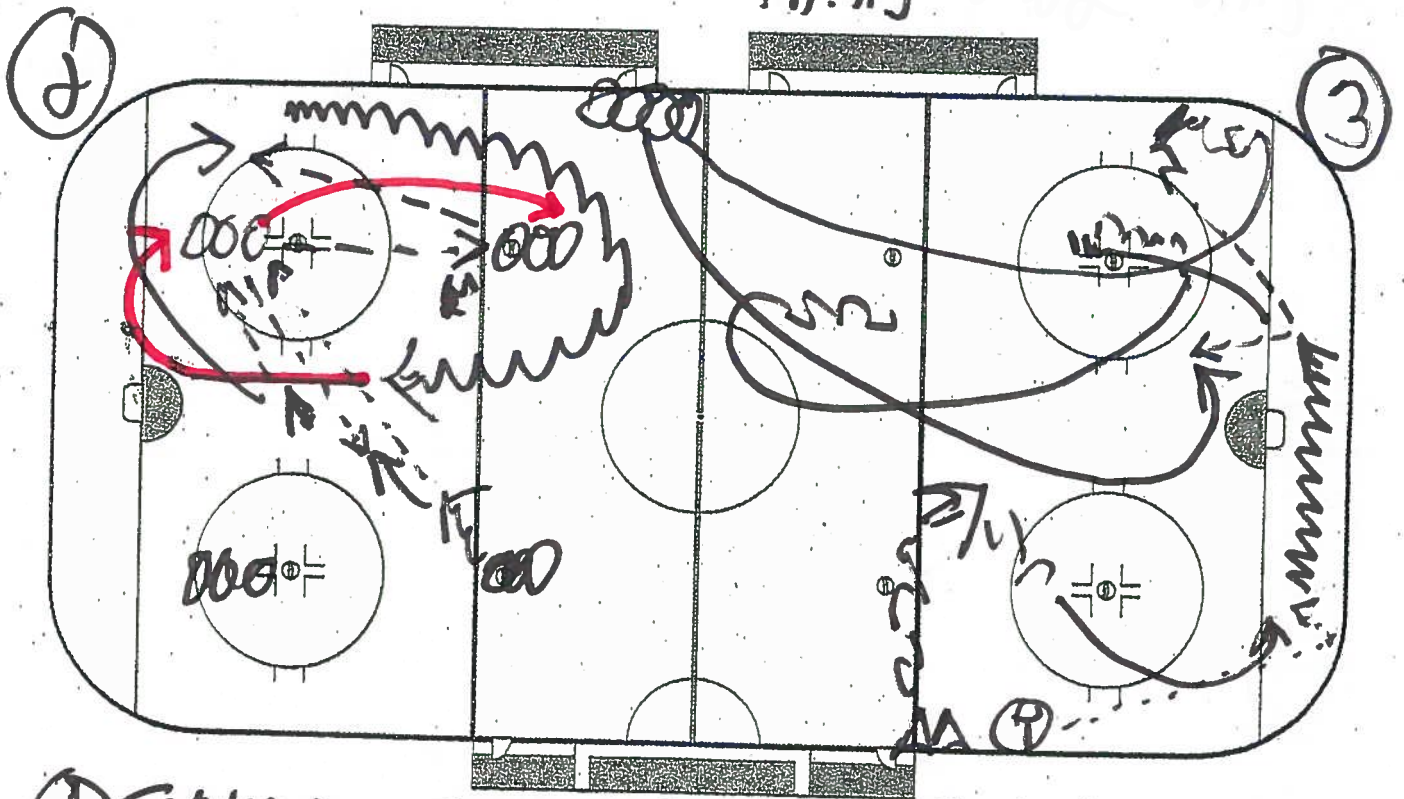
ANGRIFF - NEI
DRIVEN

REGROUP

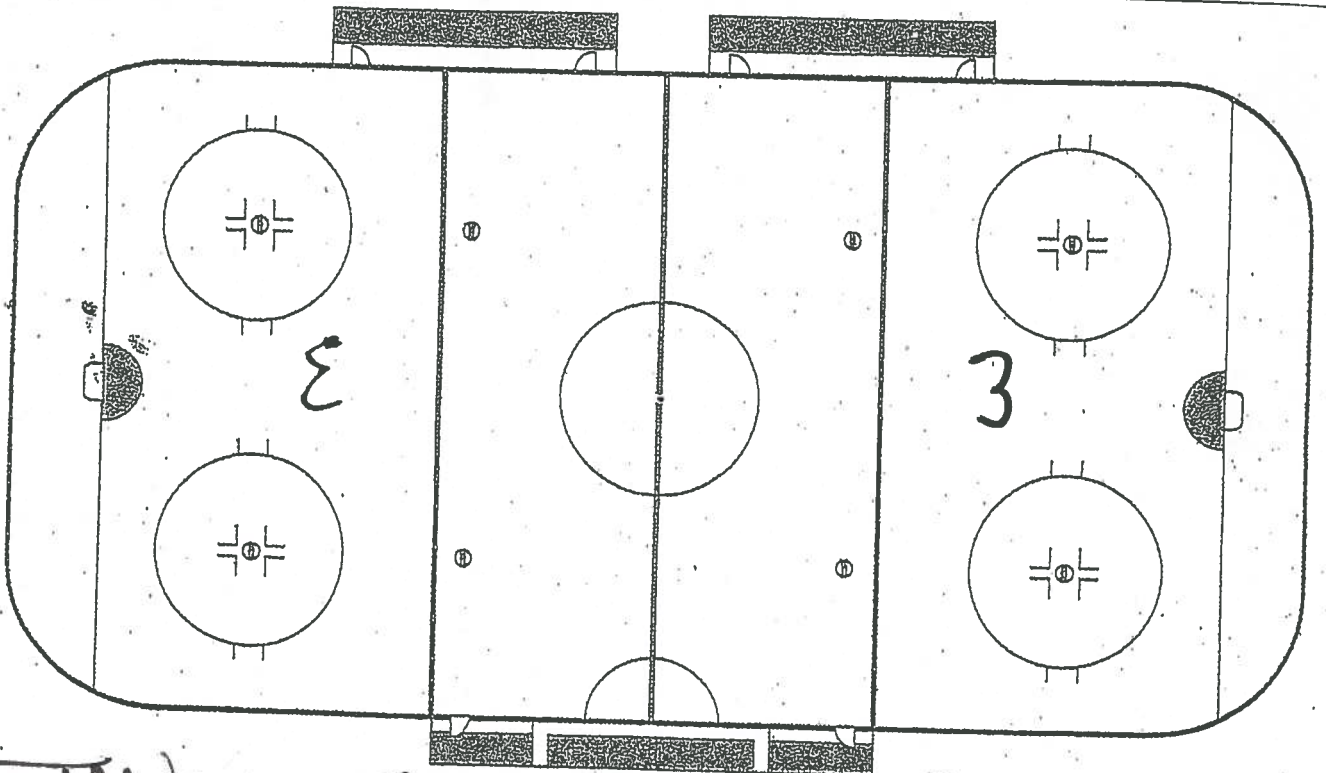
3:0 ← 5:2

① FORCHECK

MJ. 19



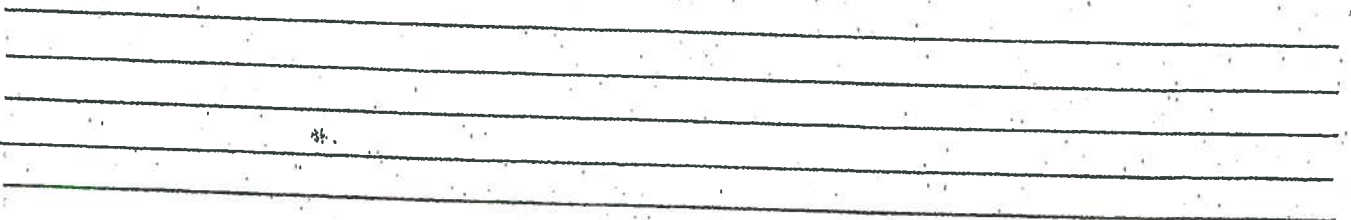
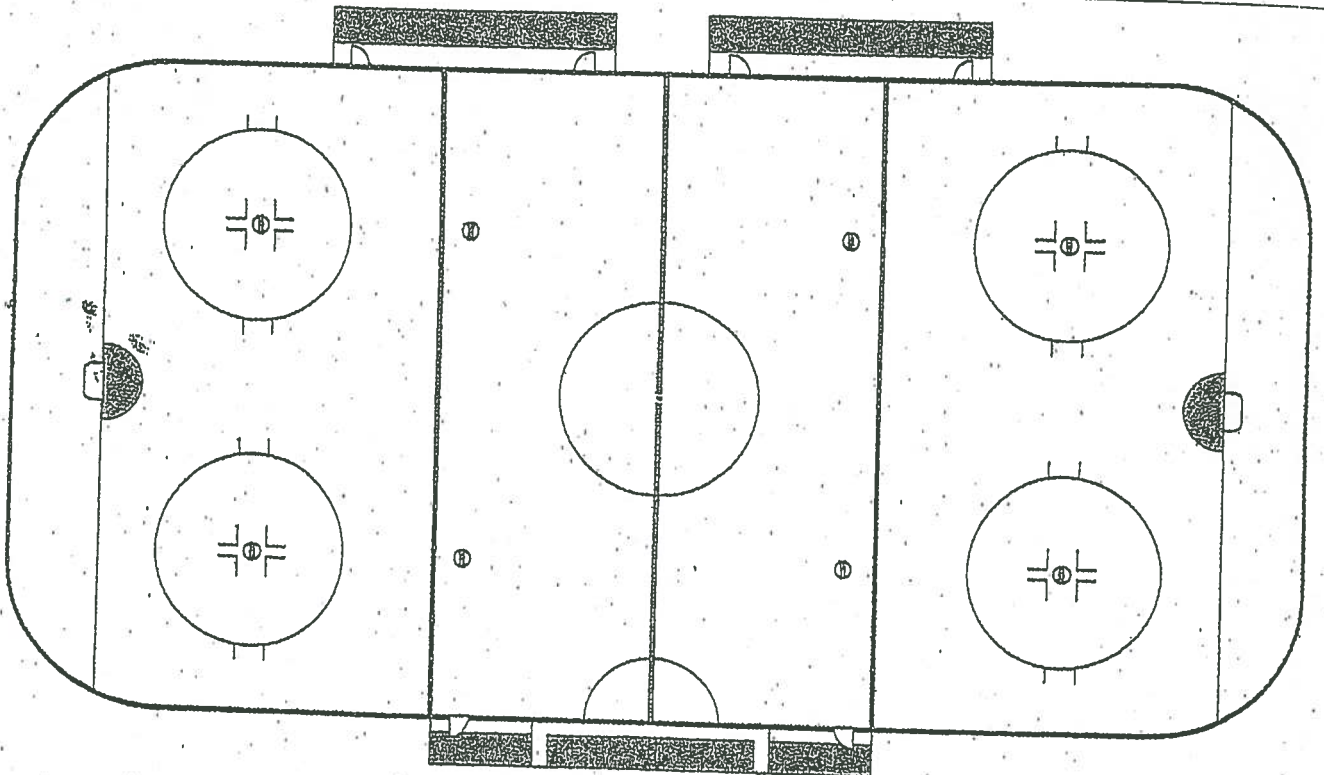
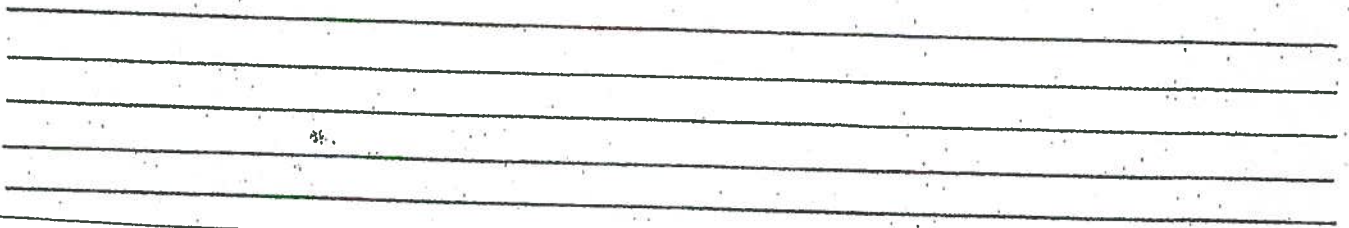
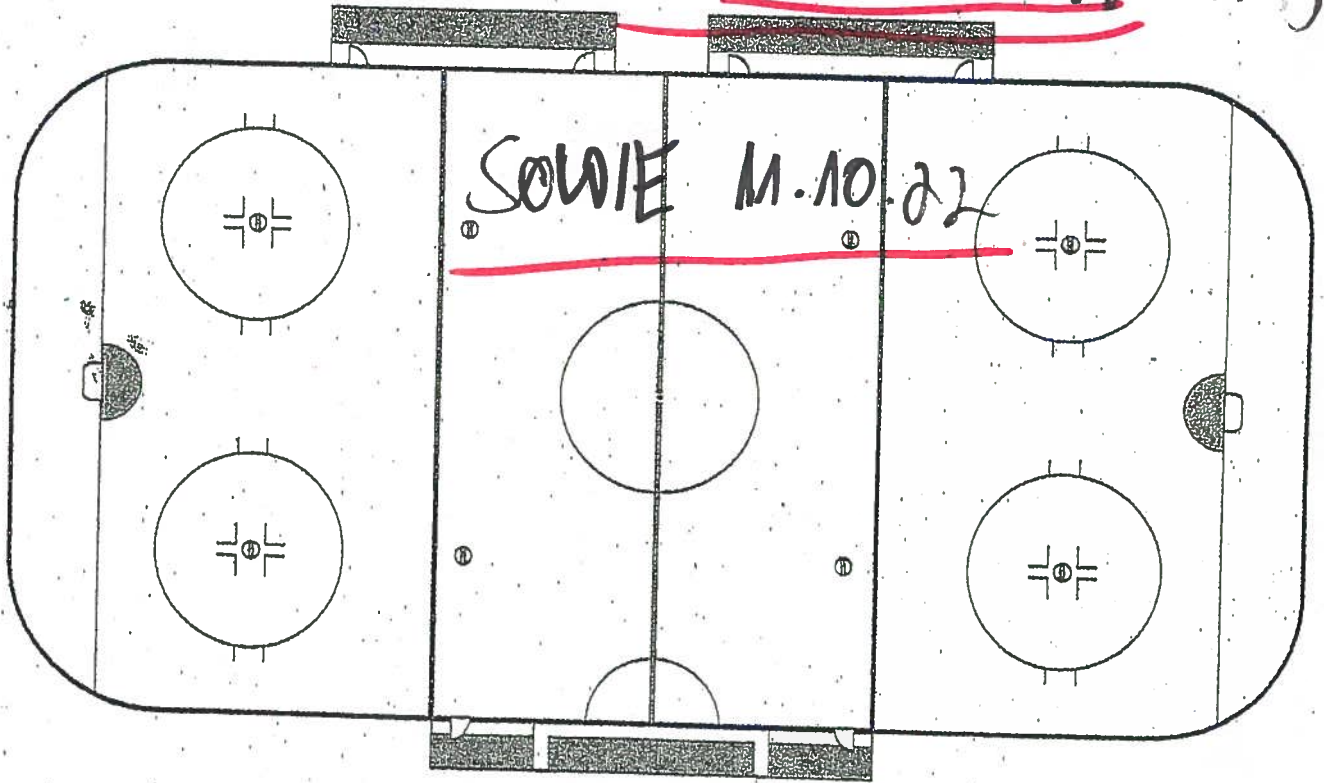
- ① STAKE MIT SCHREIBE ZWISCHEN BLAUEN LINIEN
- ② PASSEN => SCHUSS
- ③ 2:1 "GAP" SEITE SEITEN



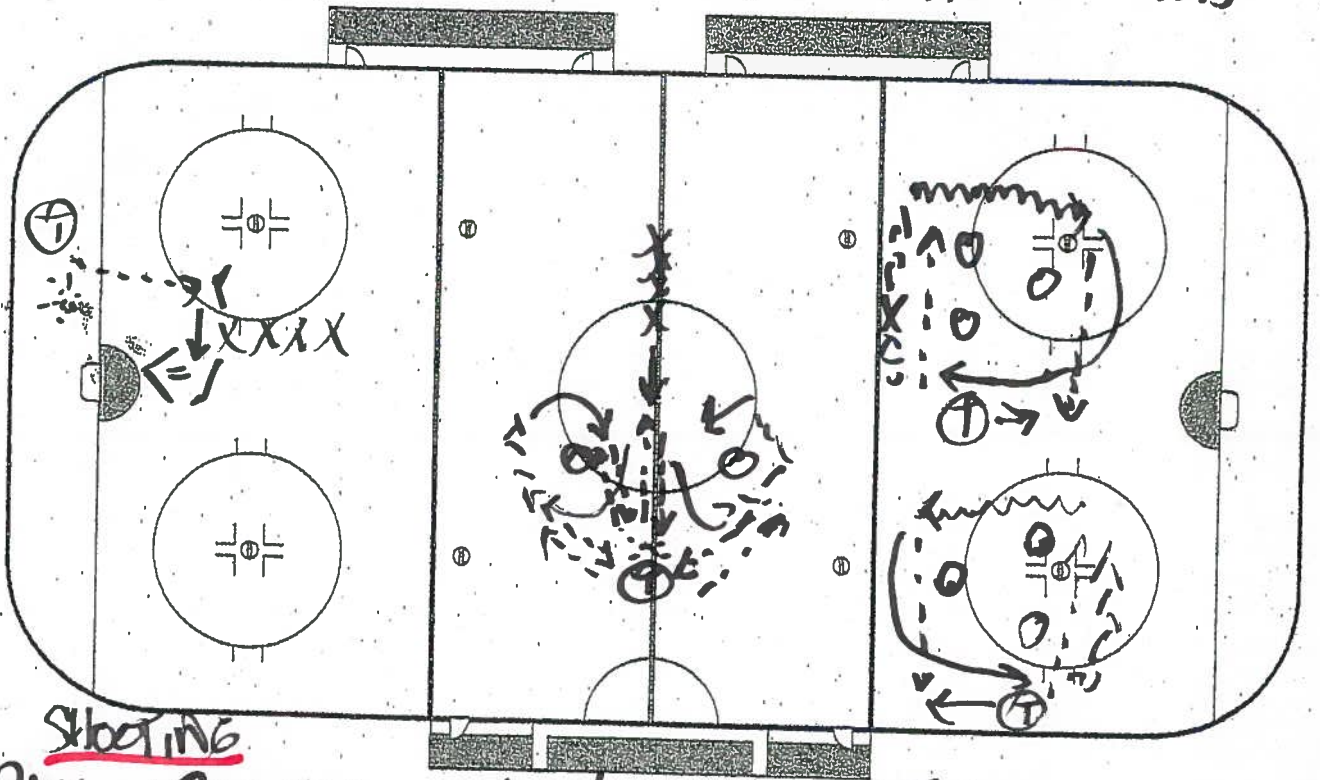
TRANSITION SPIEL, AS QUICK AS POSSIBLE

- ON GOAL, FREEZEN PUCK, BEHIND NET COACH BLOW'S WHISTLE + THE DEP. TEAM COMES IN TRANSITION WITH NEW PUCK FROM COACH "DOUBLE PITCH" CHANCE

Di. 18.10.22 413



Mo. 17.10 U13



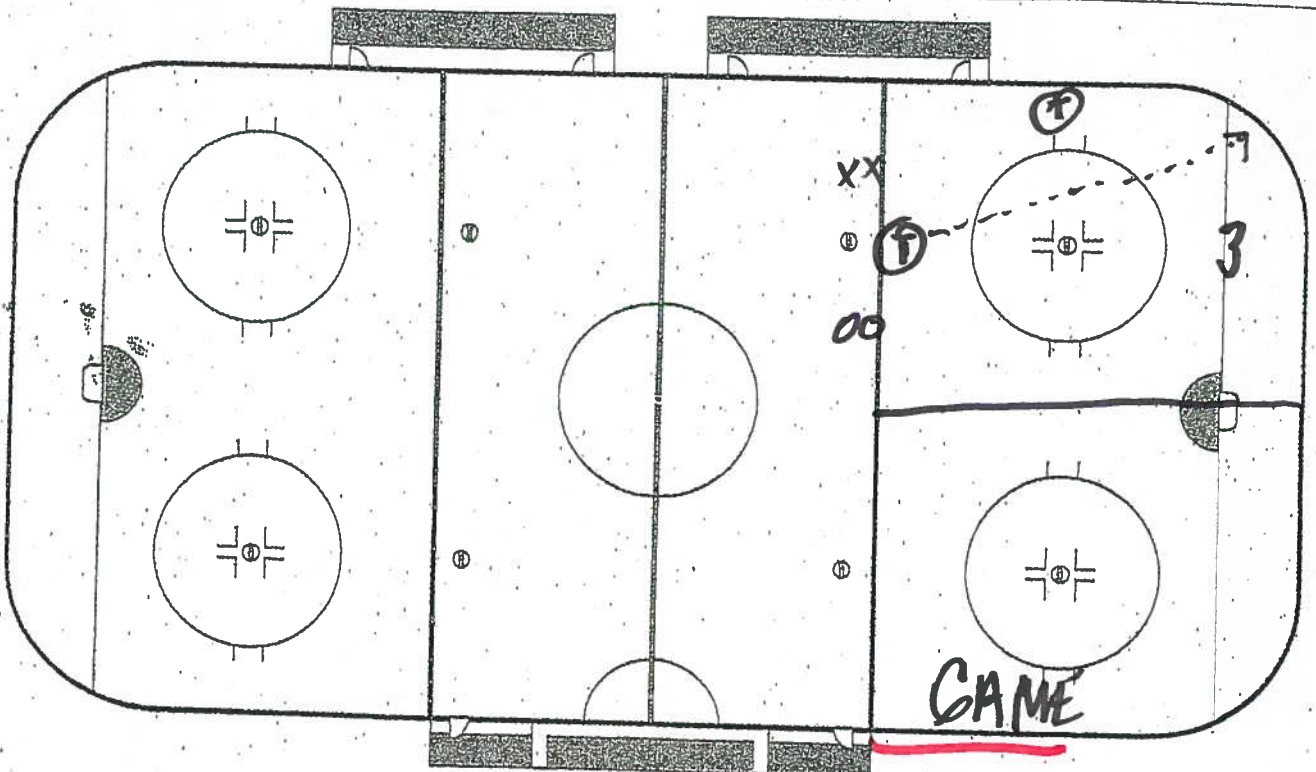
SHOOTING

- PASS ON BACKHAND
- TAKE TO FORWARDS
- SHOT
- SLIDE AFTER PASS

TWO/BLWO PASSEN

TRIANGLE DRILL

KEEP PUCK ON
FORWARDS - KEEP TIGHT
ON TUCKS - BOTH SIDE

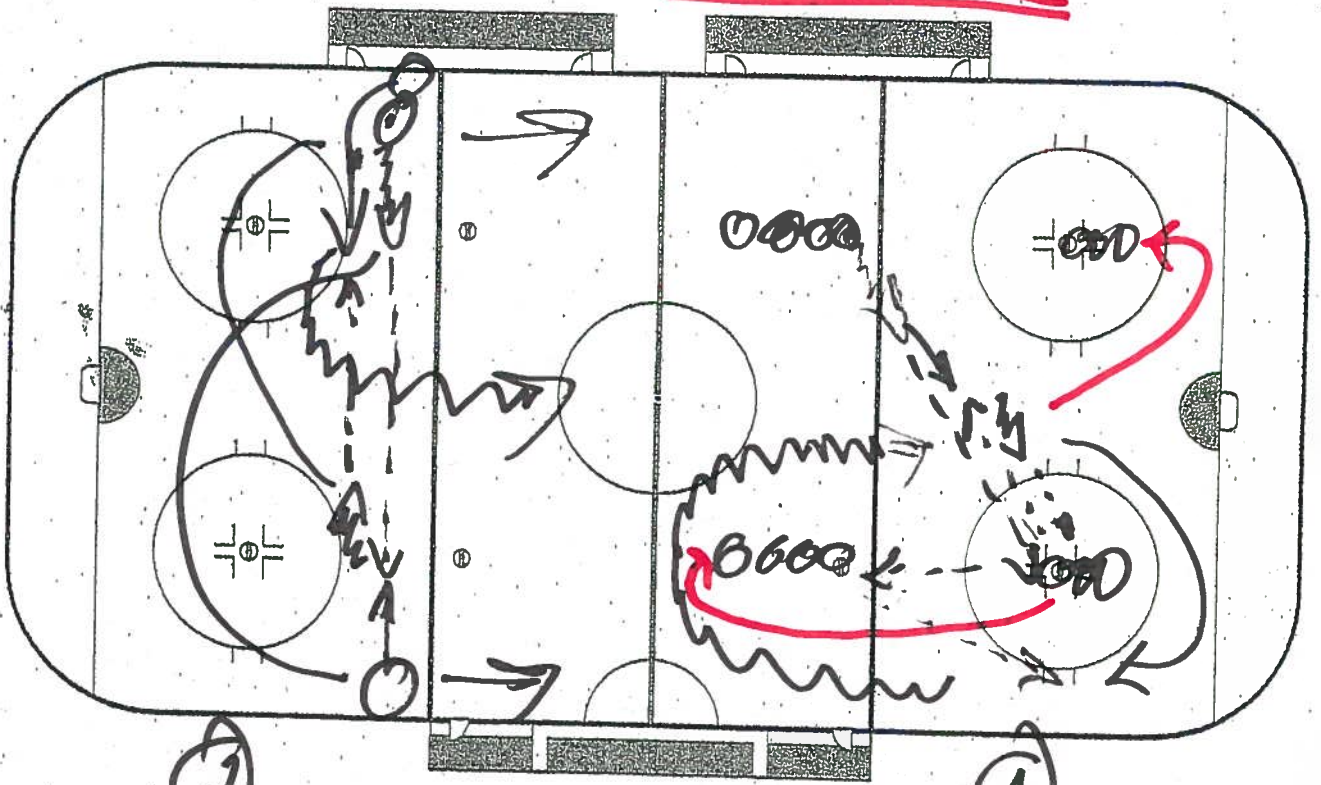


GAME

2 JOCKER (P)

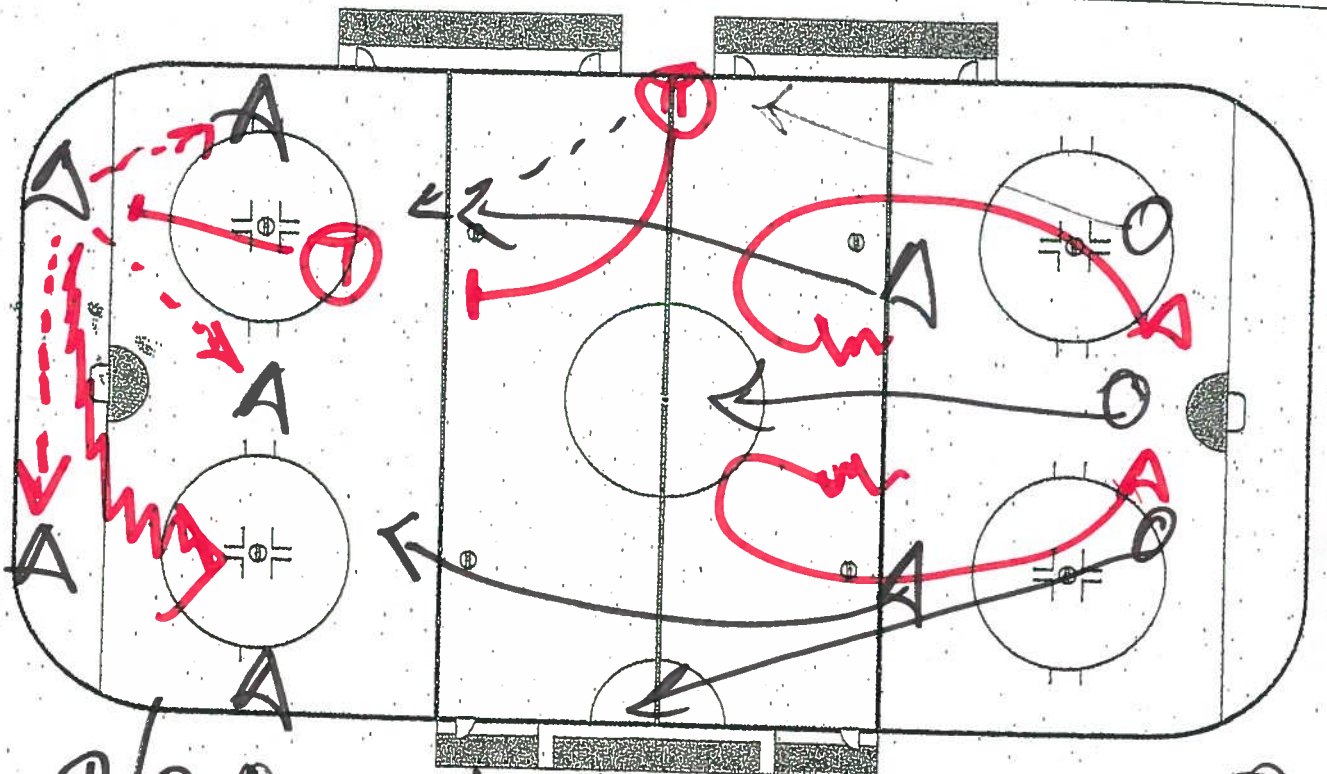
MUST MAKE PASS TO
JOCKER BEFORE SHOOTING
ON GOAL

FA. 1440 4/13



3:0

PASSEN



5:2

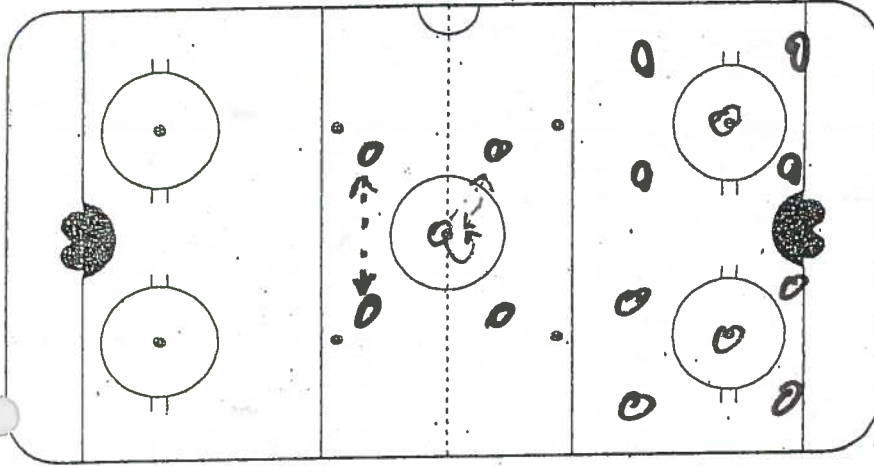
WHEEL FORCHACK



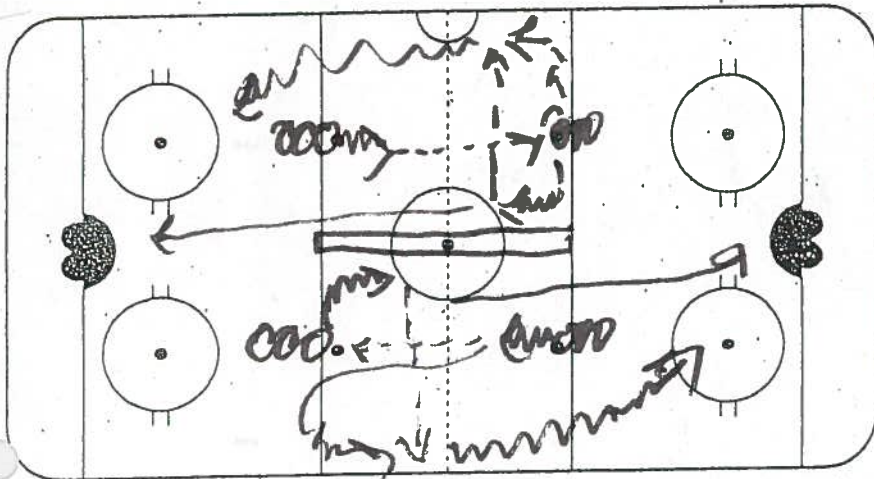
DEUTSCHER
EISHOCKEY-BUND E.V.

Betzenweg 34 · 81247 München

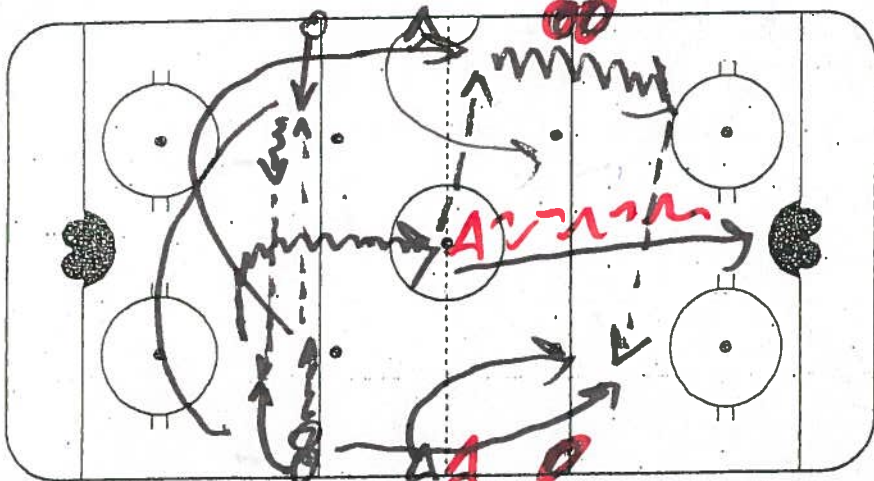
12.10.88 U13



PASSEN MIT
2 PUCKS (VERSCH.
FARBEN)



2:0



3:1 (5:1)

REGARD 5:2

VERT. GEHT MIT
BEI 3:1

BEI FERT. REGARD
MIT STUNDE 5:2



TEAM:

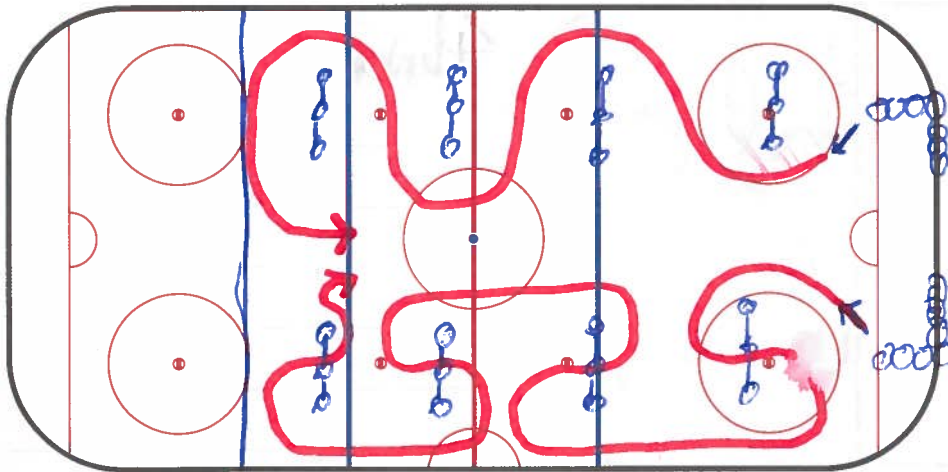
DATUM:

TRAINER:

M.10.22 413

SCHLITTSCHUHE v STÖCK
TECHNIK

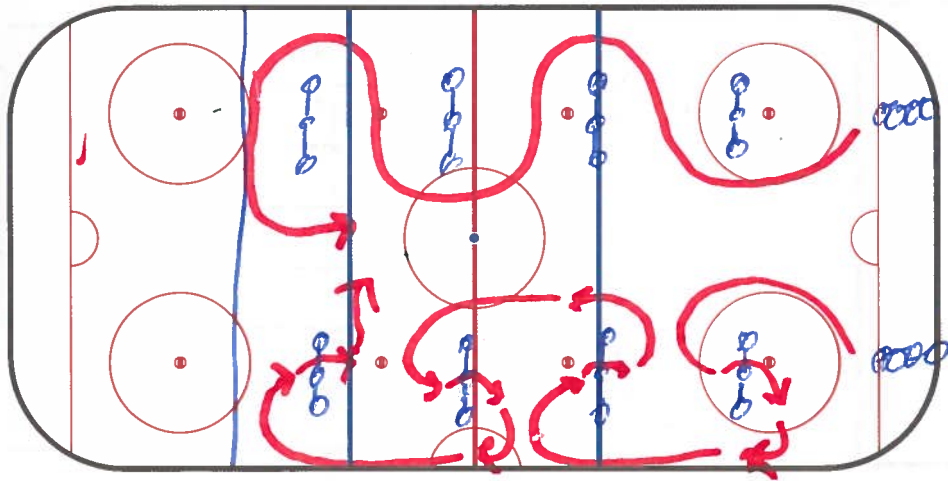
TRAININGSPLAN



INNEUKANTE

SHUFFLE COMING BACK
THROUGH MIDDLE

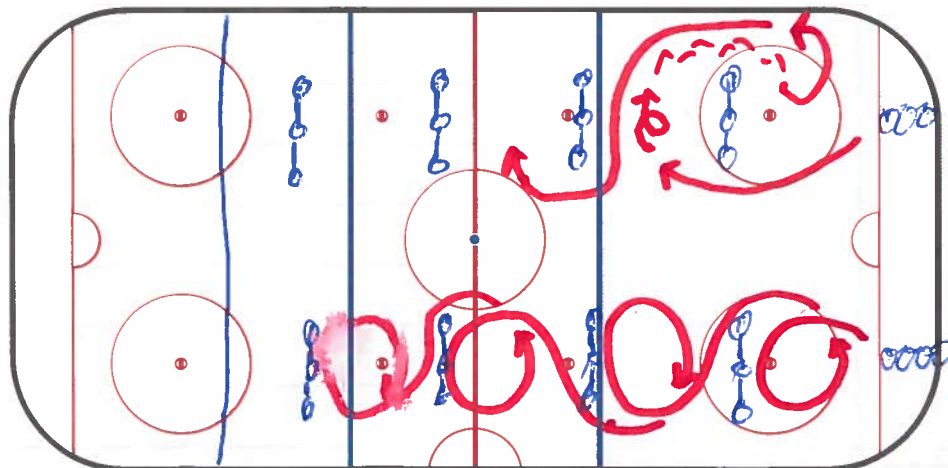
INNEUKANTE MIT SPRUNG



AUSSENKANTE

O.E JUMPS COMING
BACK

AUSSENKANTE MIT SPRUNG



KANTENWECHSEL

"POSTURE CONTROL"

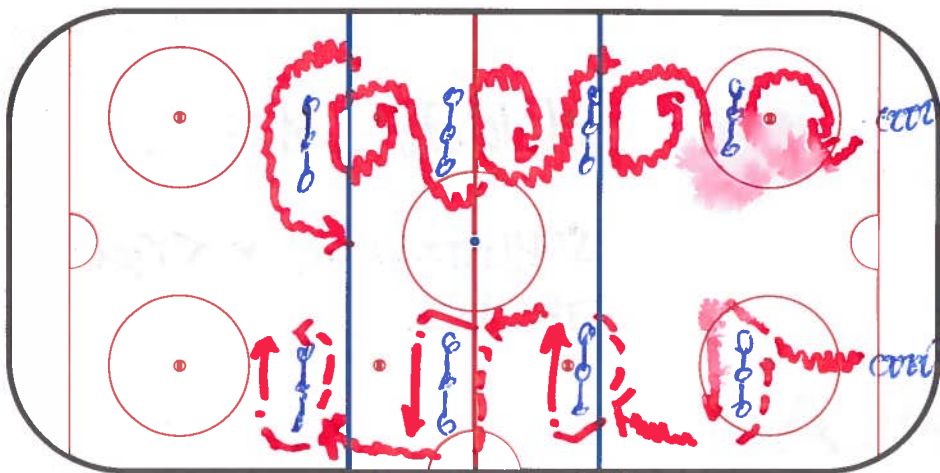
GLIDE + BALANCE

- SKATE BACKWARDS COMING

BÖGEN BACK

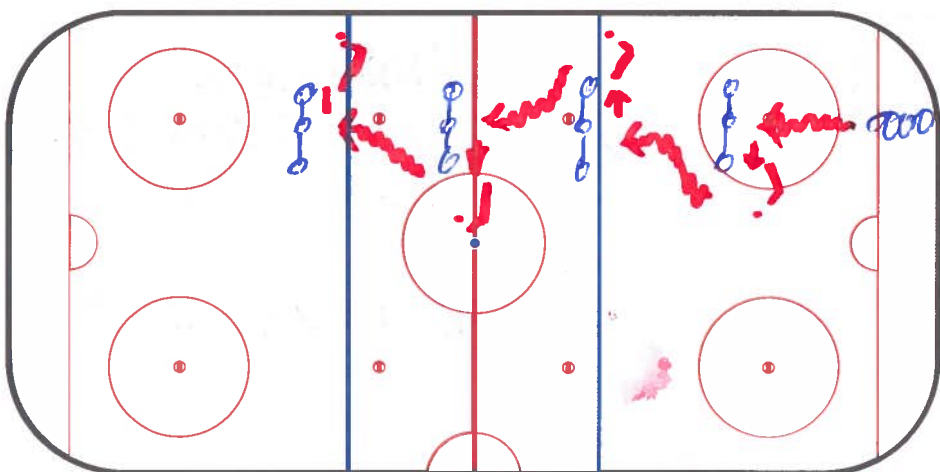
CROSSOVER

1x LEFT 1x RIGHT COMING

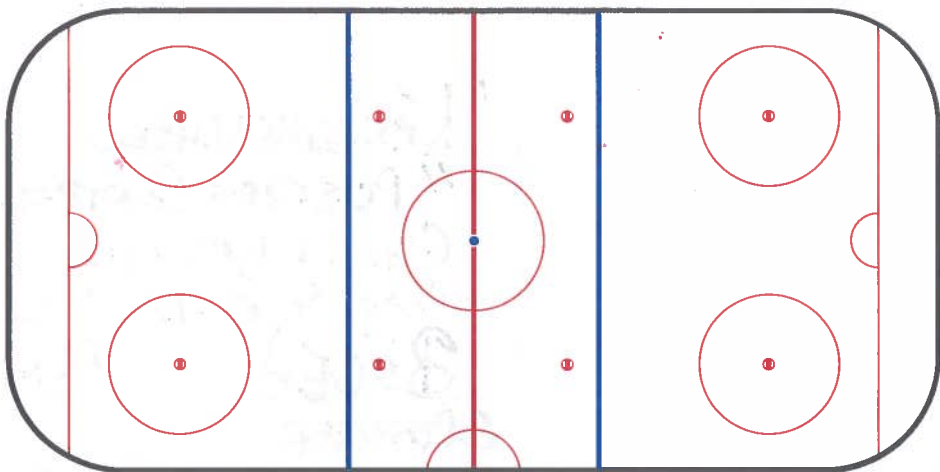
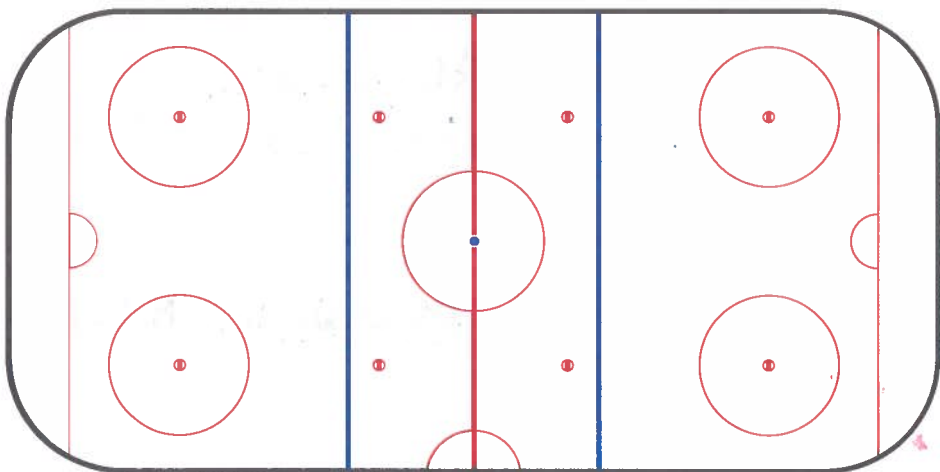


BOGEN MIT SCHEIBE

HIP OPENED MIT
SCHEIBE



PUNCH





TEAM:

DATUM:

TRAINER:

10.10.22 U13

STATION TRAINING

TRAININGSPLAN

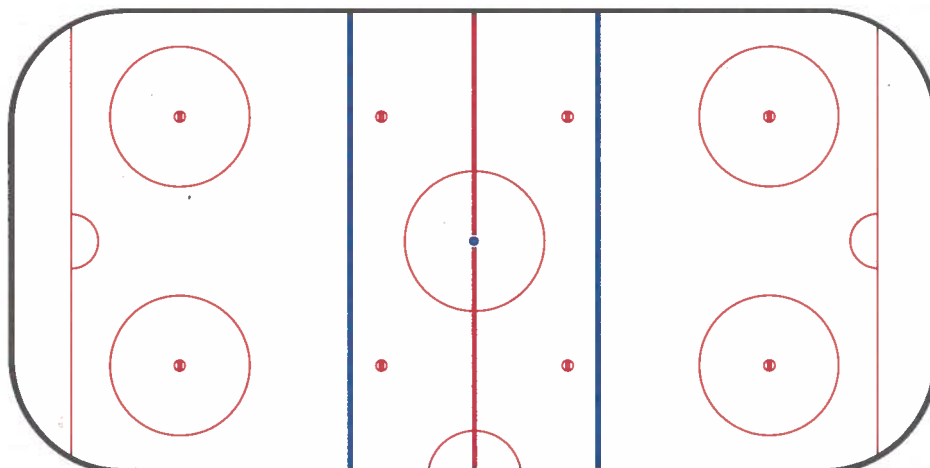
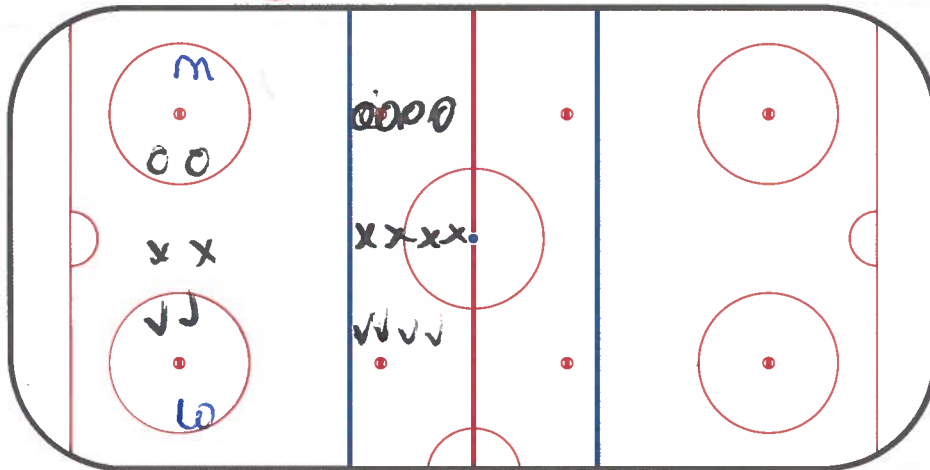


① PASSEN MIT TOR
SCHUSS "JAB S&B"

② PUCK "ABDECKEN"
PUNCH TURN "SLIDE"
TOR SCHUSS MIT
SLIDE

③ "CAP"

SPIEL 2+2+2





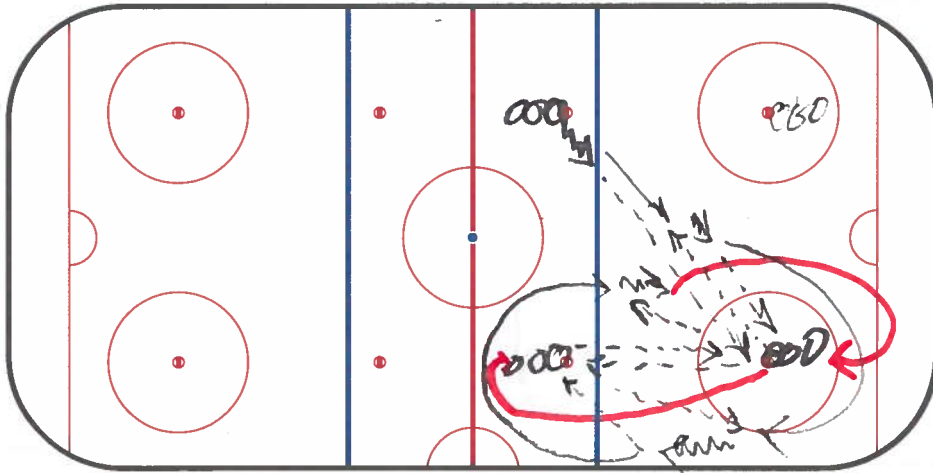
TEAM:

DATUM:

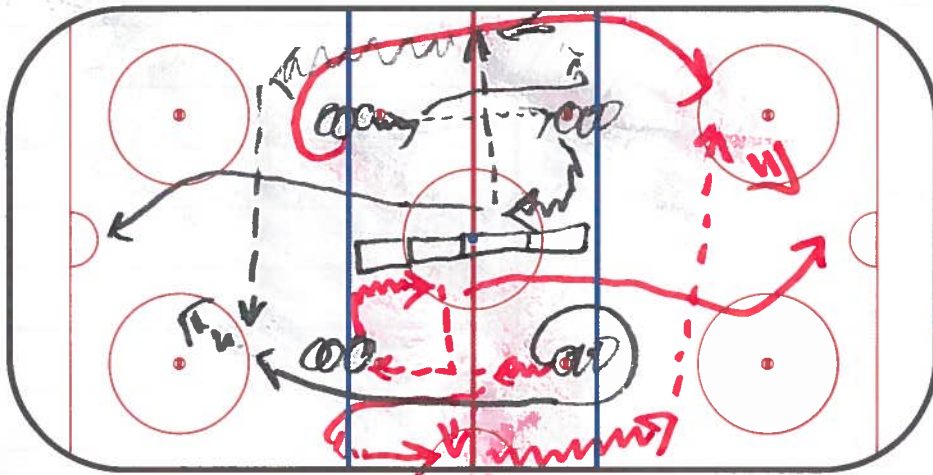
TRAINER:

7.10.22 413

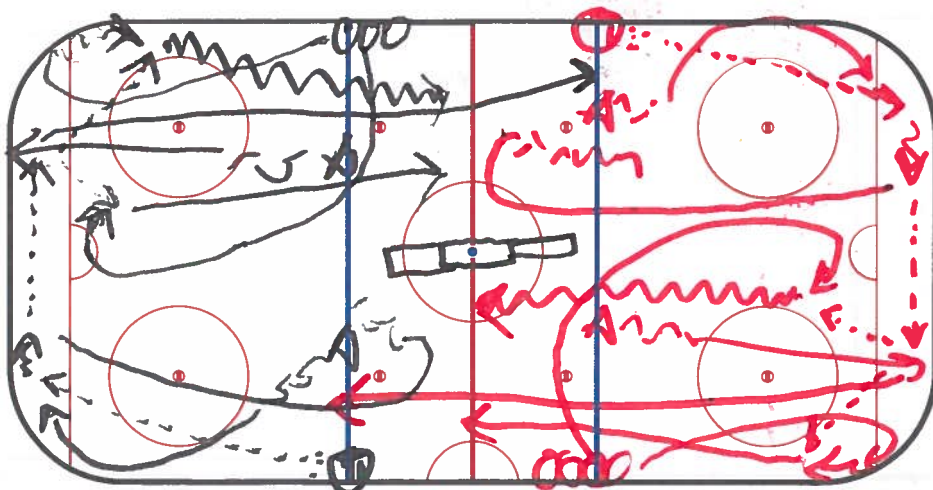
TRAININGSPLAN



PASSEN, 1:0



3:0

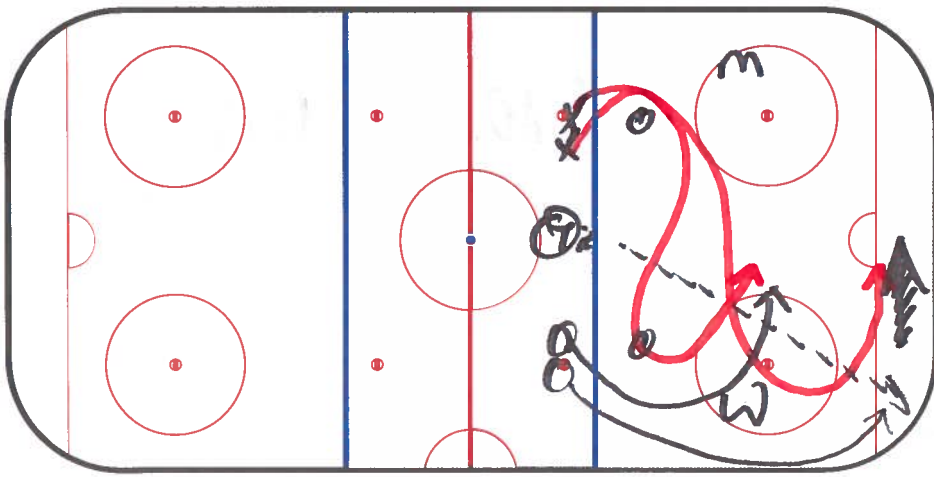


2:1 + DEF.

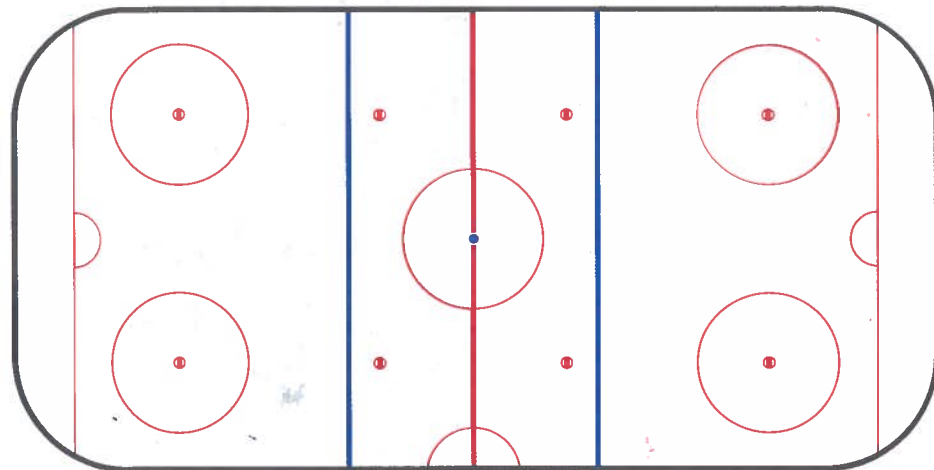
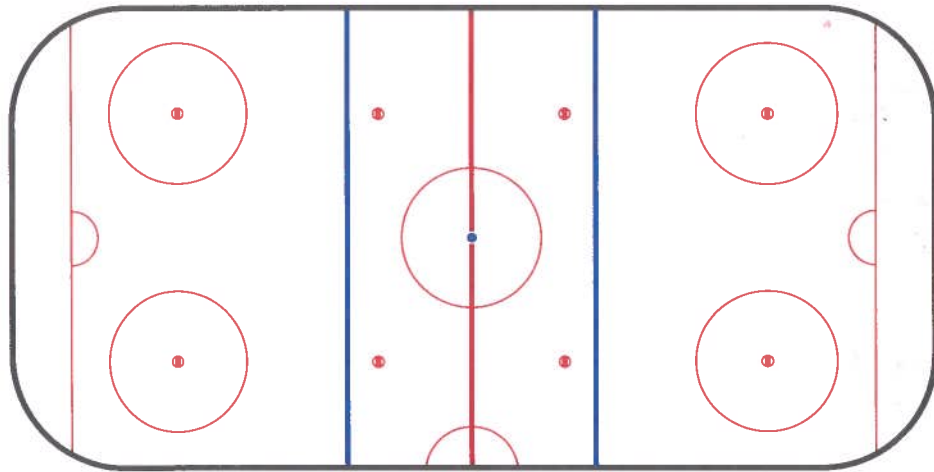
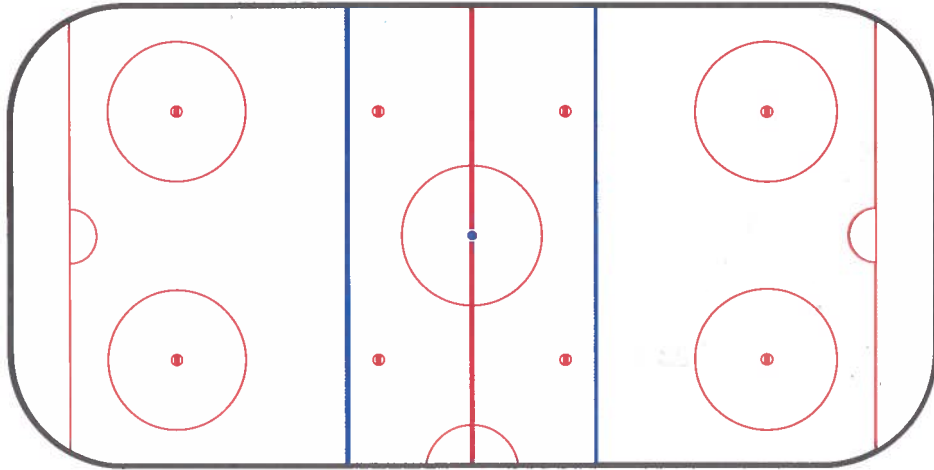
- D-D-LP-W-C

- DEF. WHO MADE 1ST PASS → CAP UP 2:1 COMING BACK

- OFF. 'D' GETS PASS FRONT



GAP UP 2:2





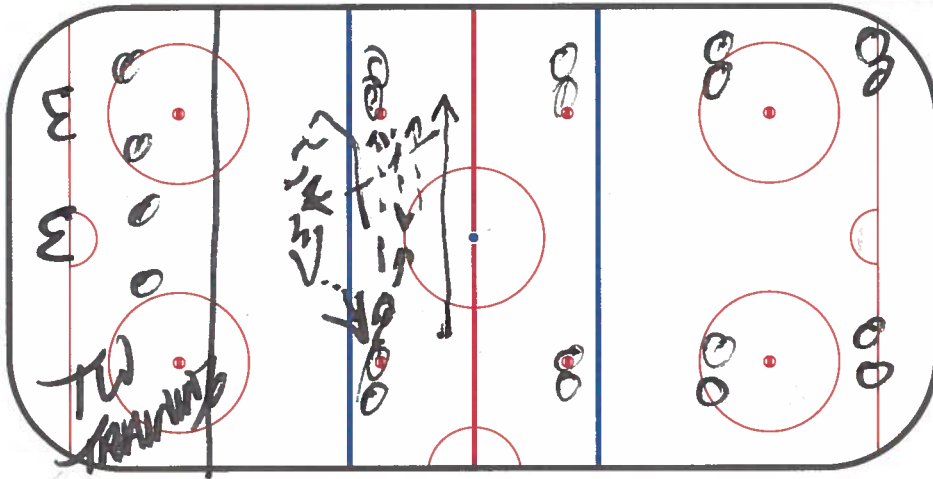
TEAM:

DATUM:

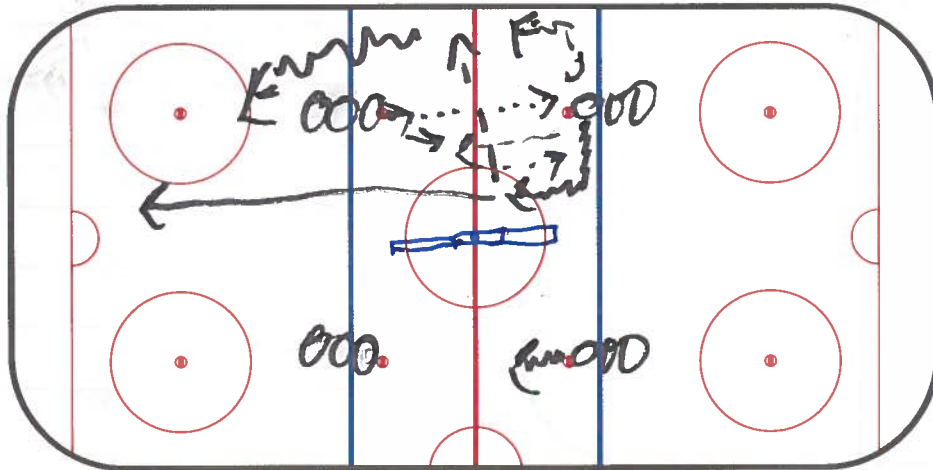
TRAINER:

5.10.22 413

TRAININGSPLAN

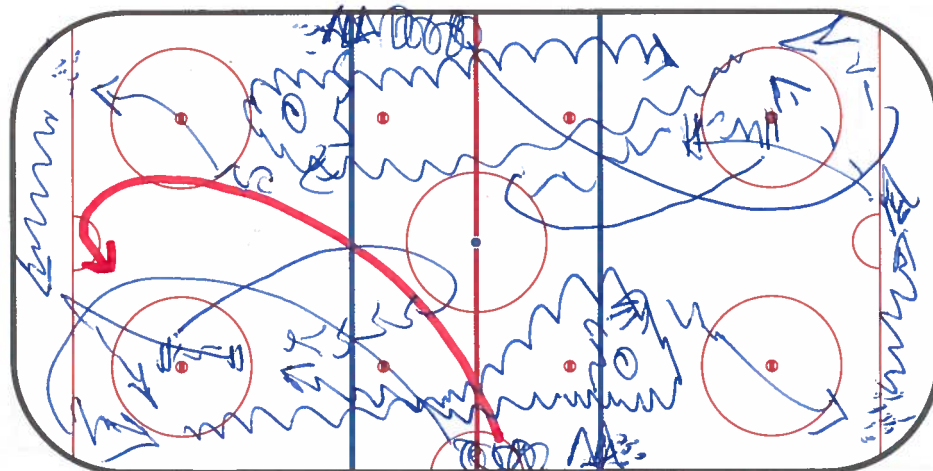


PASSEN



PASSEN - SCHIESSEN

NET DRIVER



1:1 // 2:1

'GAP'



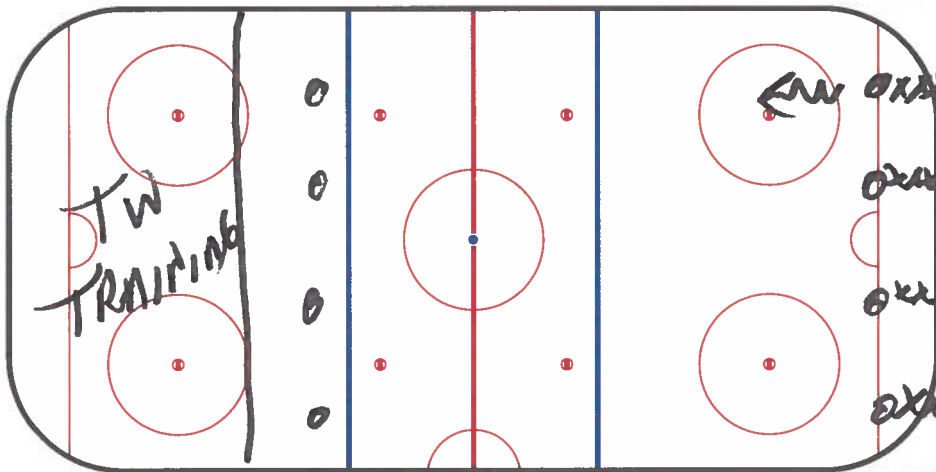
TEAM:

DATUM:

TRAINER:

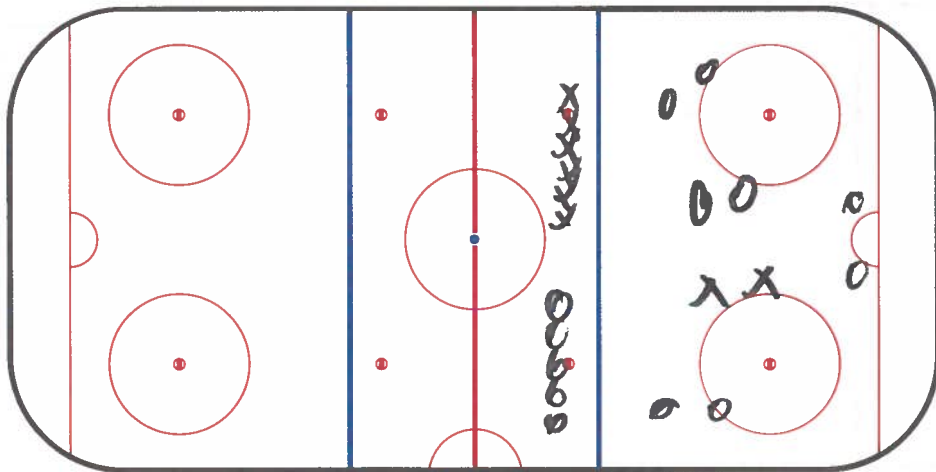
DI. 4.10.12 613

TRAININGSPLAN

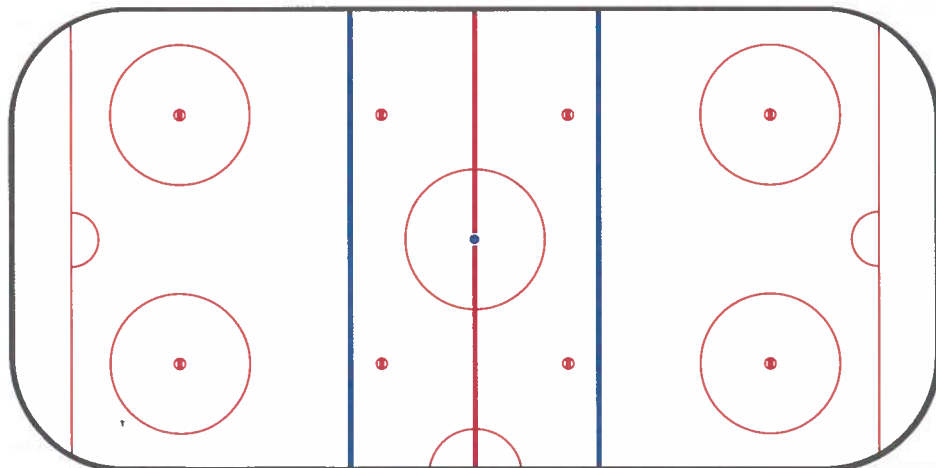


SKATING +

STICK TECHNIK



GAME





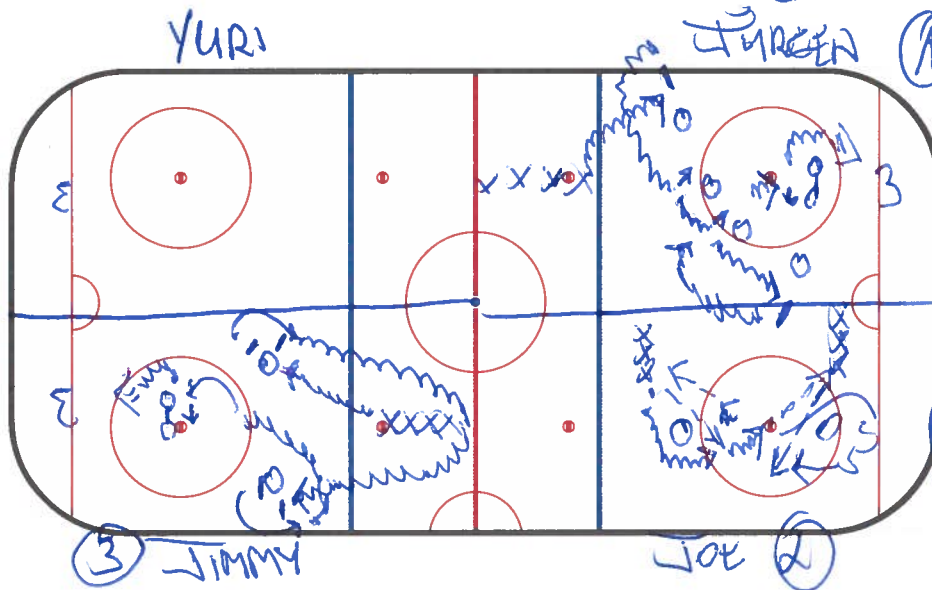
TEAM:

DATUM:

TRAINER:

Mo. 3.10.22 413

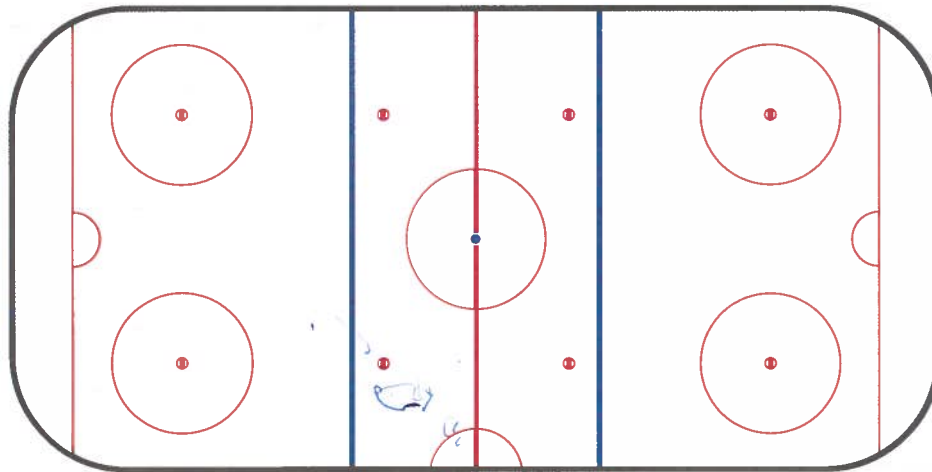
TRAININGSPLAN ①



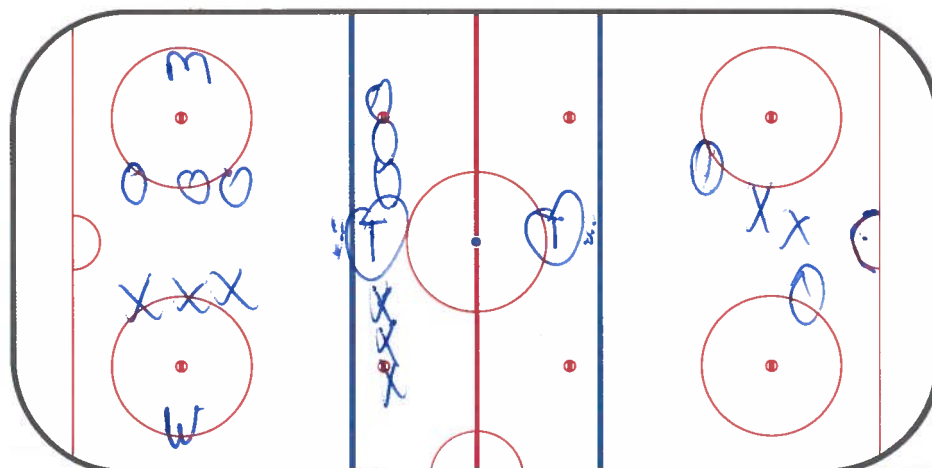
① SLIDE LEFT,
2x FAKE,
SLIDE RIGHT
TEMPO FAKE AT
OBSTACLE = SHOT

② FWD - BWD - PASSEN

③ SLIDE, SLIDE, TURN
FAKE, SHOT



④ T JOKER GAMES



WHEN YOU STEAL THE
PUCK OPPONENT, BEFORE
YOU CAN SCORE YOU
MUST PASS TO THE
JOKER ON BLUE LINE



TEAM:

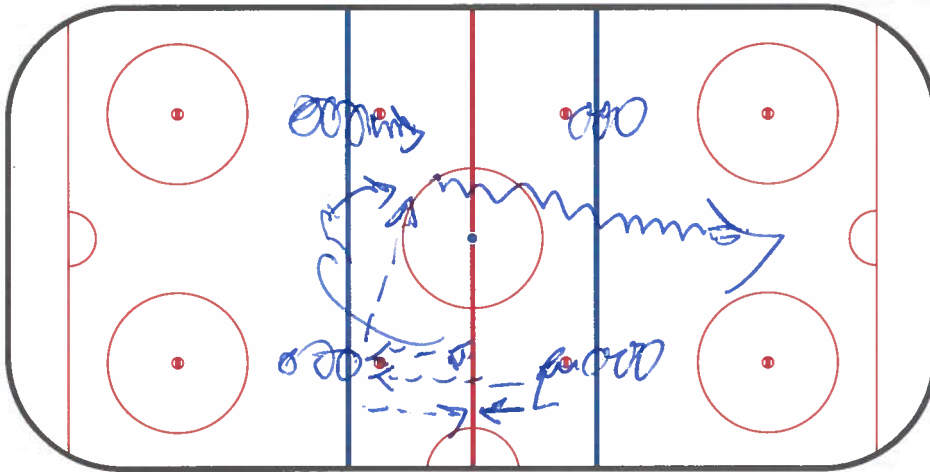
DATUM:

TRAINER:

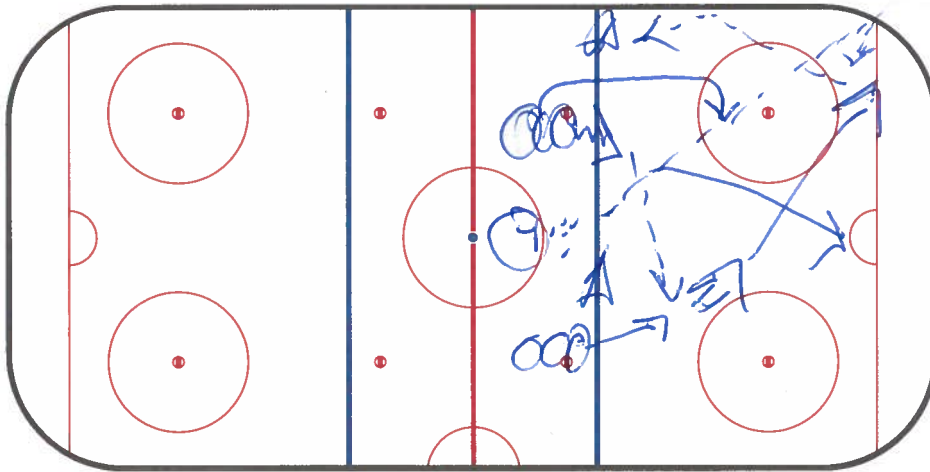
Fr. 30.9.22 U13

TRAININGSPLAN

Passen Warm-up

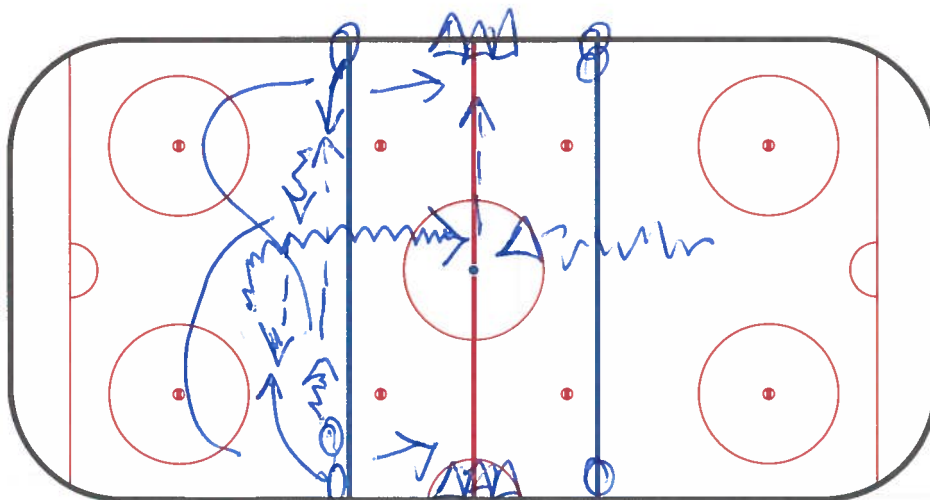


Low to High



ENTRIES

3:1 WITH
REGROUP





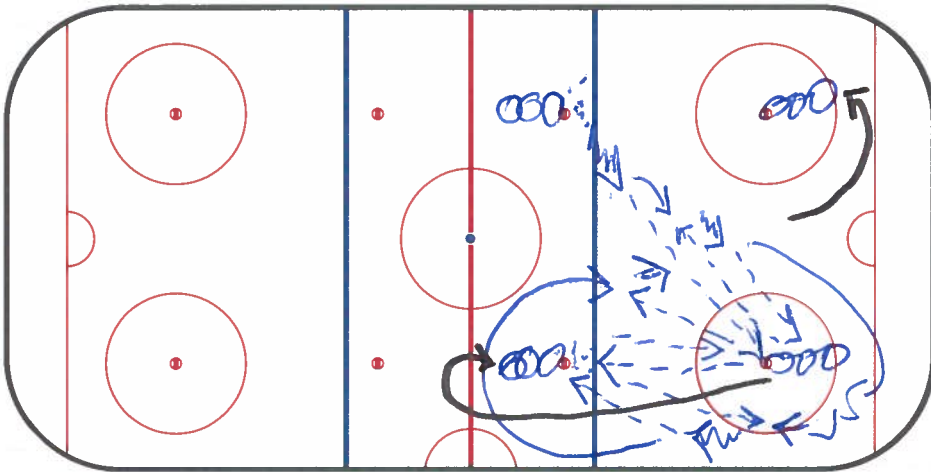
TEAM:

DATUM:

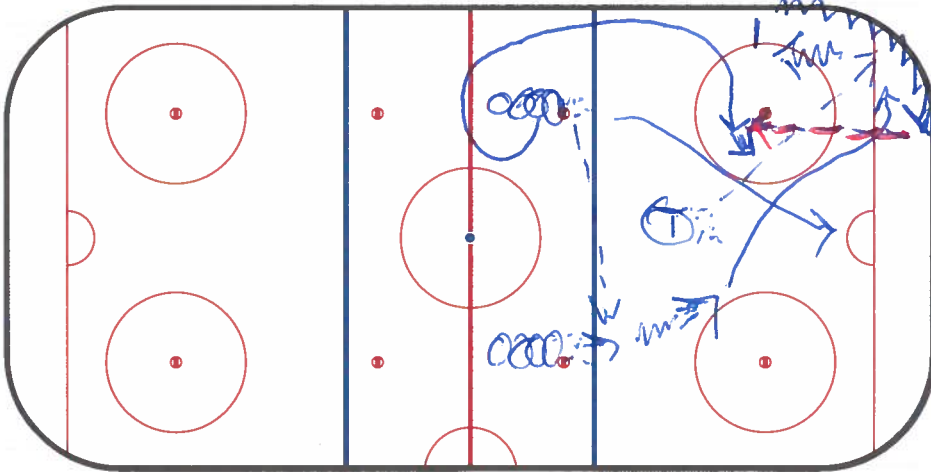
TRAINER:

Mi 28.9.22 U13

TRAININGSPLAN

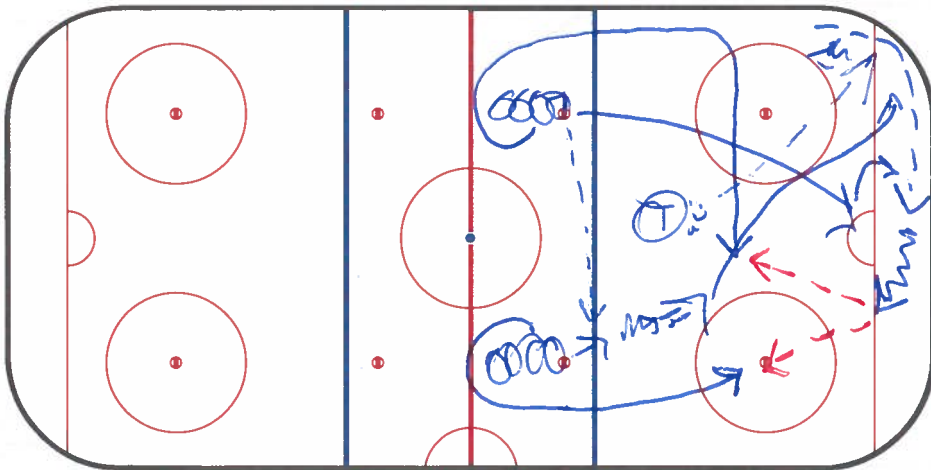


PASSEN 8x (PASSES)



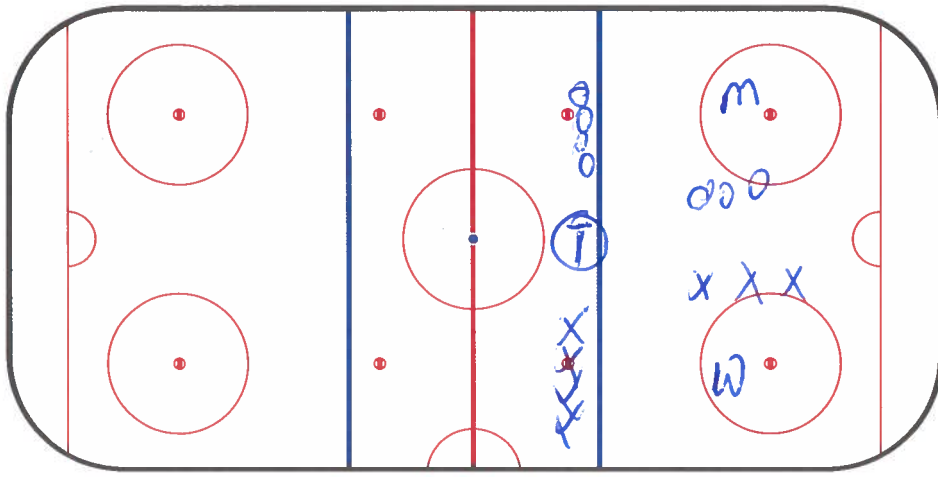
DOT OFFENSE

- F3 (SOFT AREA)
- GO FOR REBOUNDS

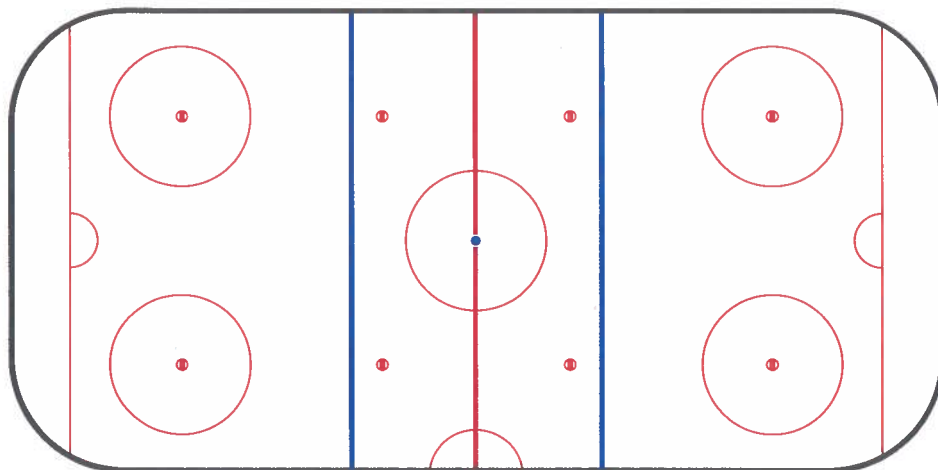
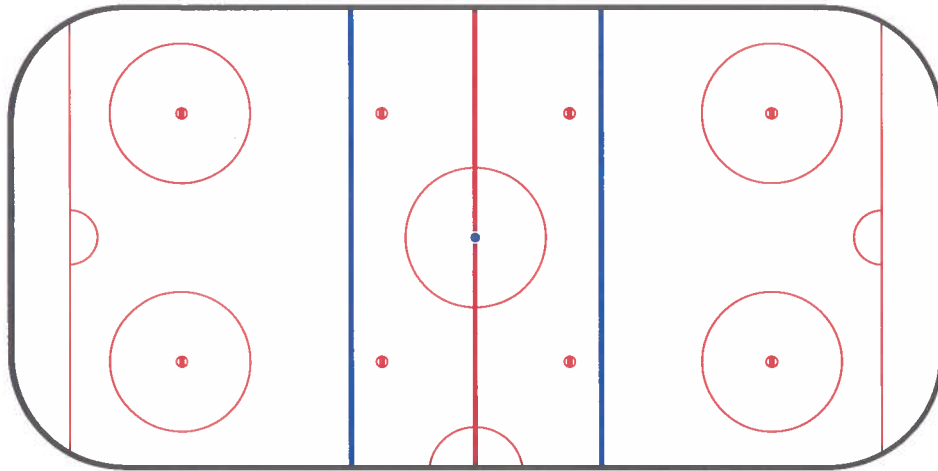
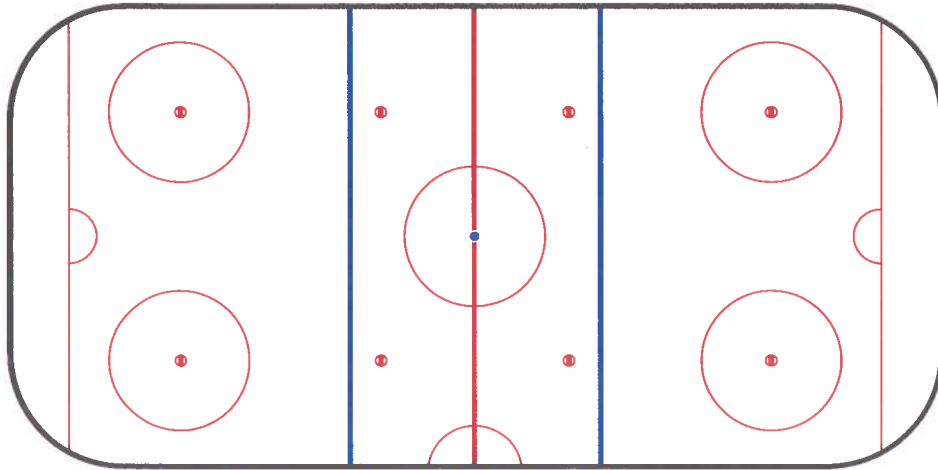


PASS BEHIND NET
NET PLAYER PICKS UP
DUCK AND PASSES TO
F3 IN SLOT, GO FOR
REBOUND

2 OPTION - DEF COMING
DOWNHILL TO "DOT"



CANIE 3:3 WITH
JOKER





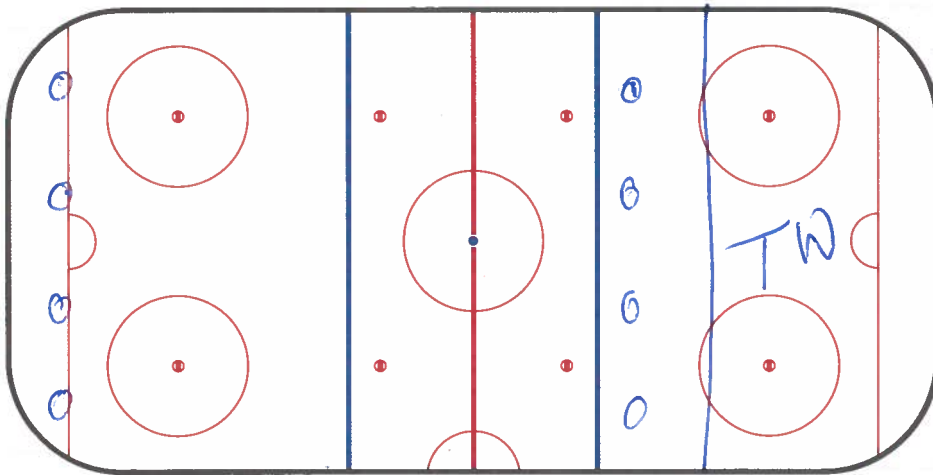
TEAM:

DATUM:

TRAINER:

D1 27.9.22 U13

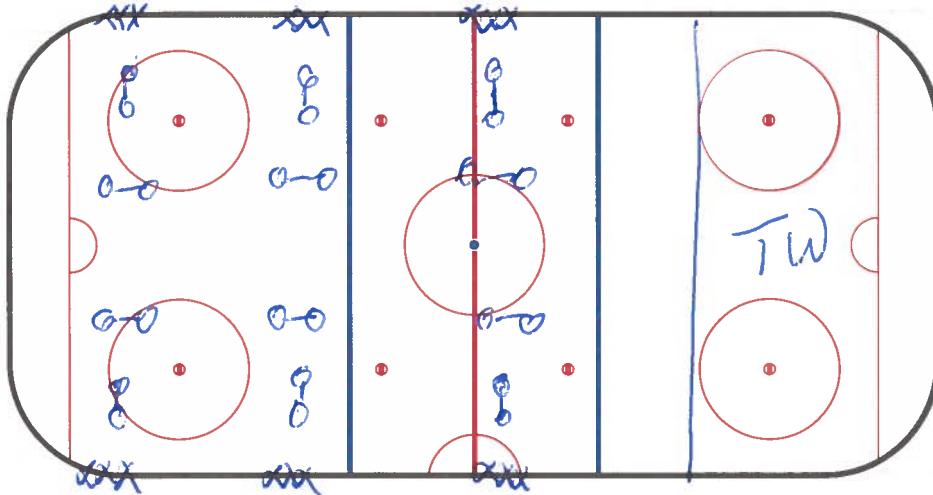
TRAININGSPLAN



SKATING
INSIDE EDGE
OUTSIDE EDGE

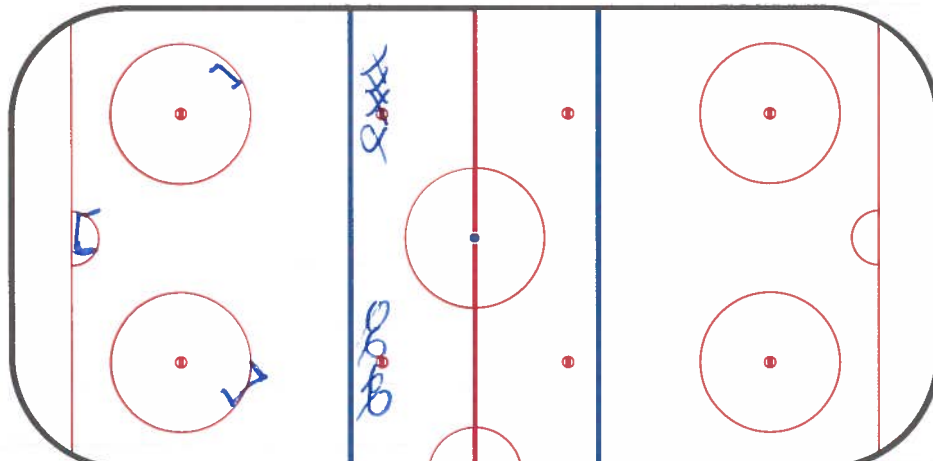
- FORWARD OUTSIDE
3 TURN

- FORWARD OUTSIDE
3 TURN WITH BACKWARD
VARIATION



- SAME AS ABOVE
I.E / OK ON 1 STAGE

STICK HANDLING



GAME



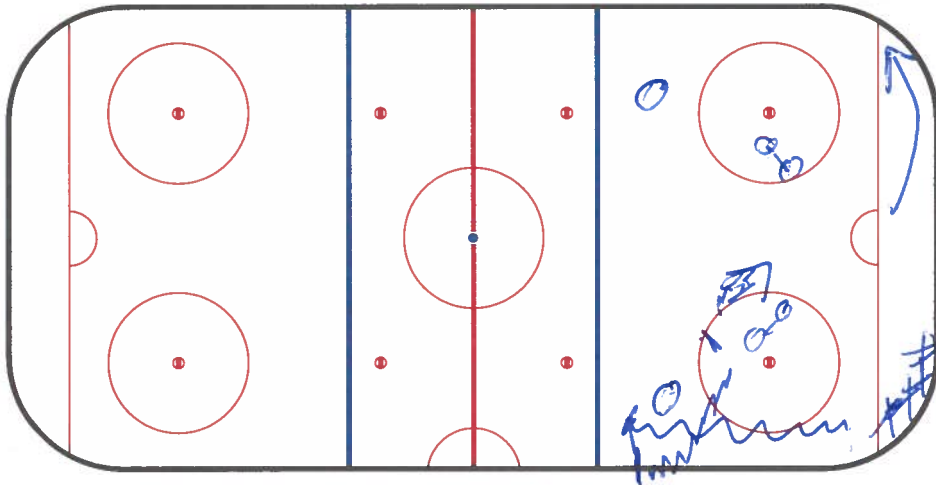
TEAM:

DATUM:

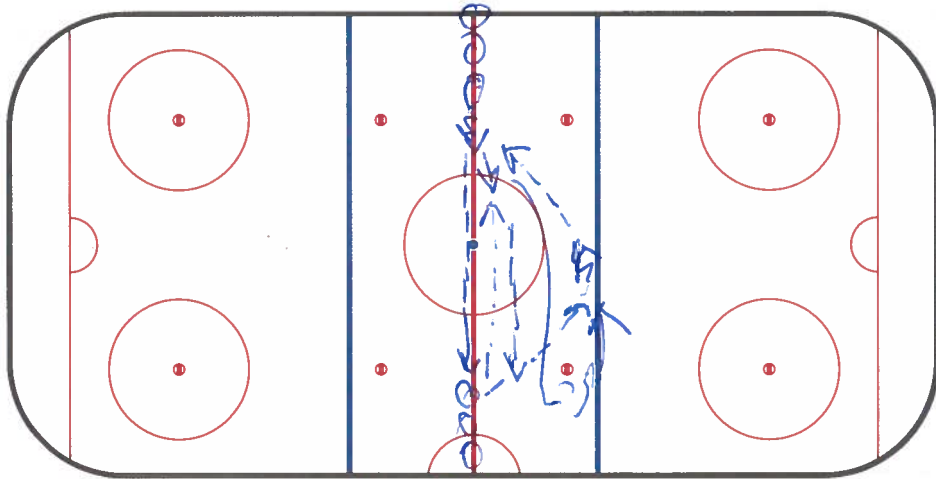
TRAINER:

Mo 26.9.22 4 13

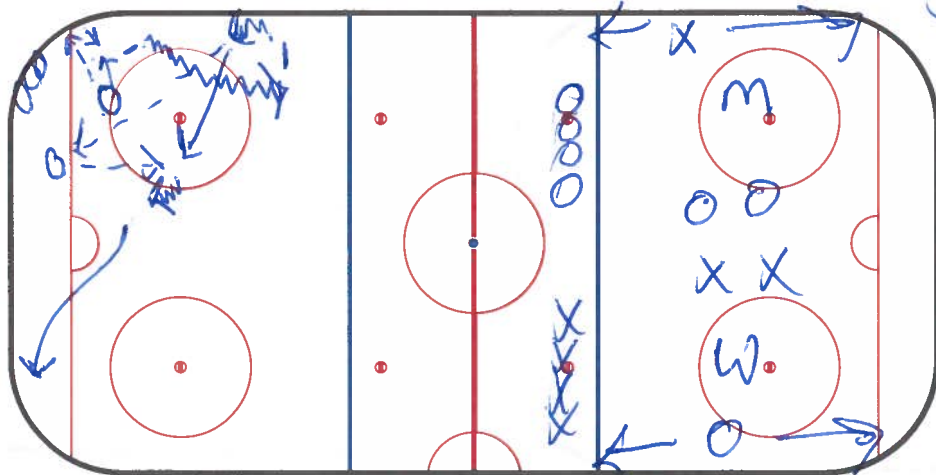
TRAININGSPLAN



SLIDE "JAB STEP"



PASSEN



"JAB"

GAMESPIEL



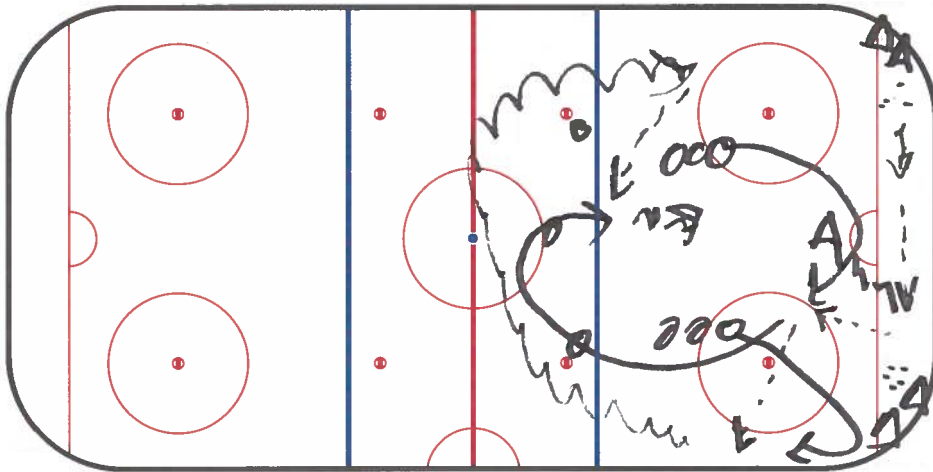
TEAM:

DATUM:

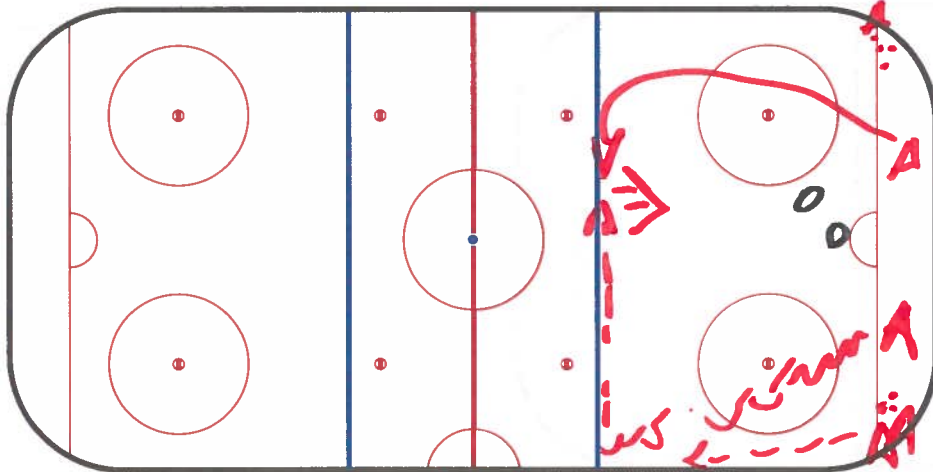
TRAINER:

FRI. 23.9.22 413

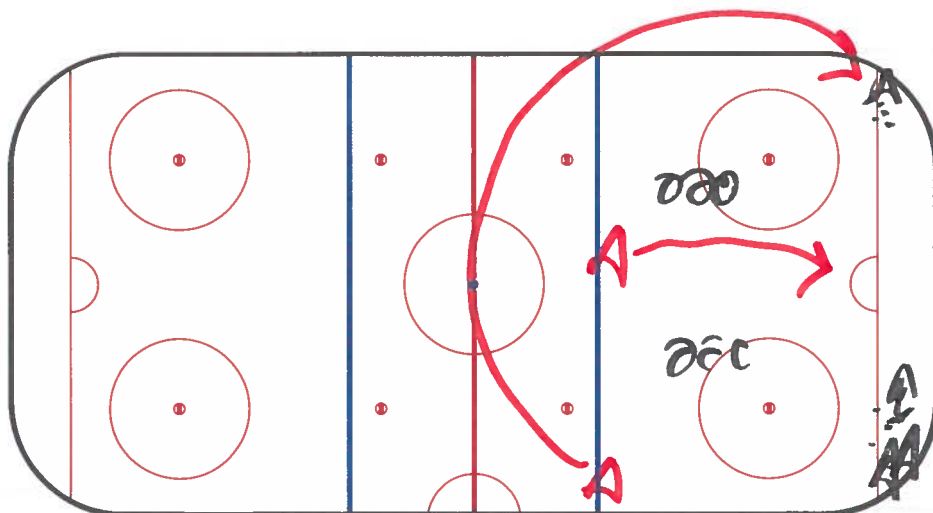
TRAININGSPLAN



D-D - UP TO MS



D-D BLUE LINE
PASS - SHOT



NEW START

DEF WHO SHOT
FROM BLUE LINE
GOES TO FRONT OF
NET FOR NEW START
FROM OTHER SIDE

TOPW. CHANGE SIDES



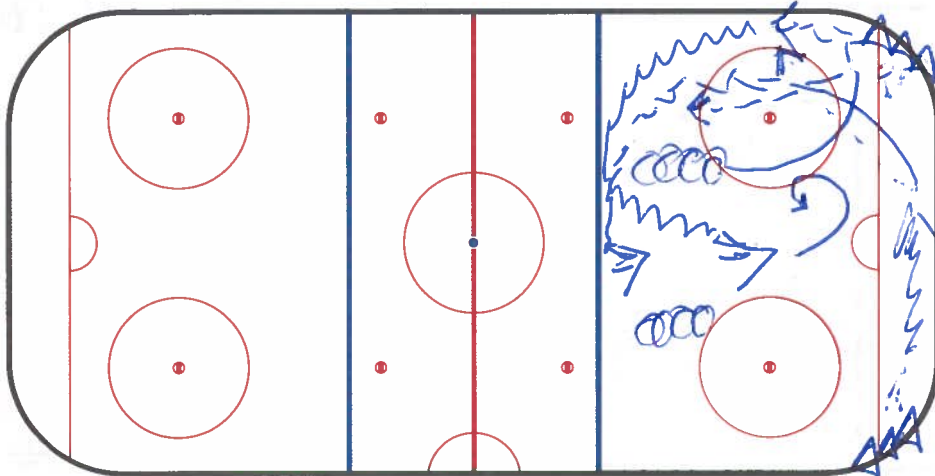
TEAM:

DATUM:

TRAINER:

MIT. 21.9.22 11

TRAININGSPLAN

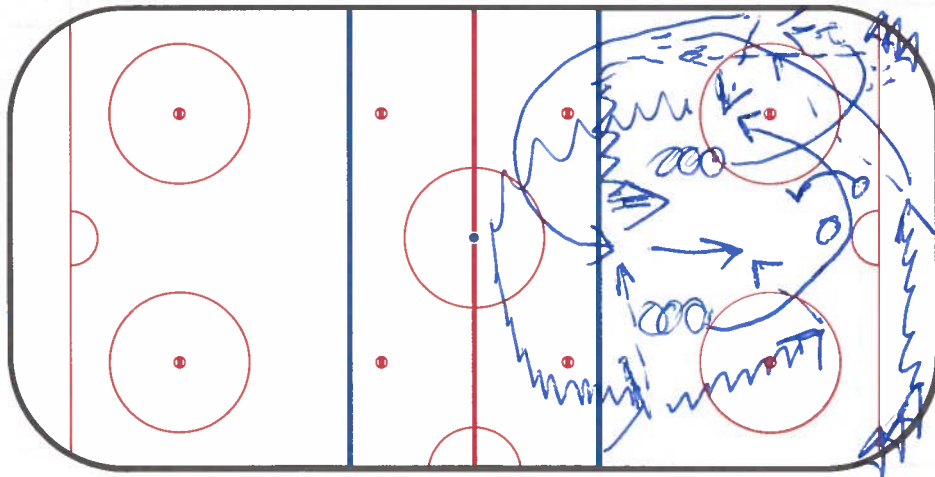


WARM-UP B/D

1:0

VERT. SHOT FROM
BLUE LINE

SWITCH SIDES



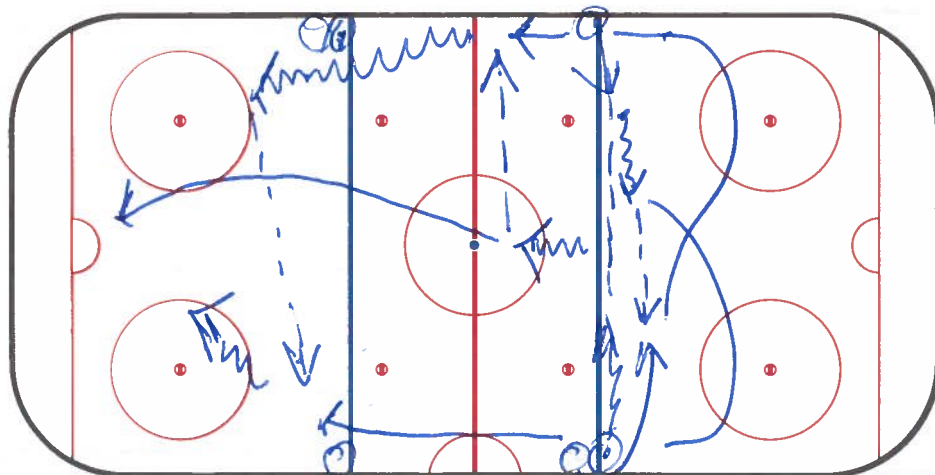
2:0

- CENTER THROUGH THE
PAINT

- 2 OPTIONS

- DEF. SHOT FROM BLUE

ZONE ENTRIES



- KICK-OUT

- NET DRIVE

- PASS 2U F3



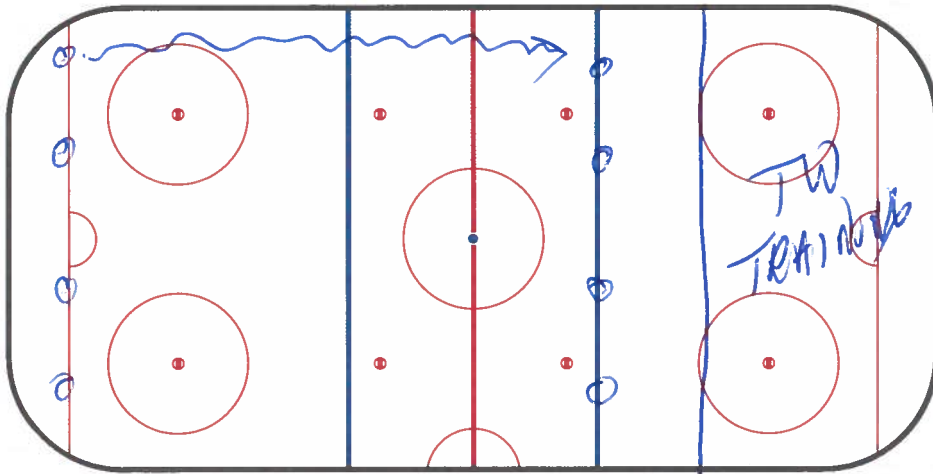
TEAM:

DATUM:

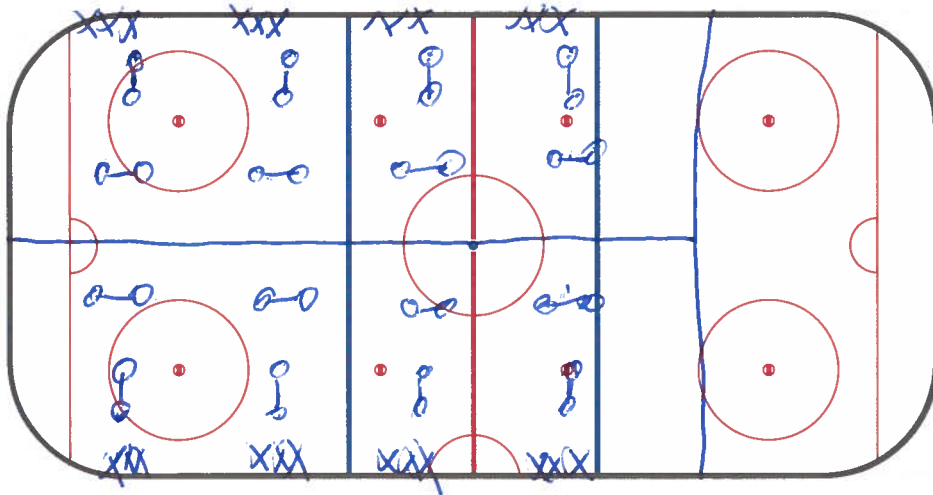
TRAINER:

DIENSTAG 20.9.22 U13

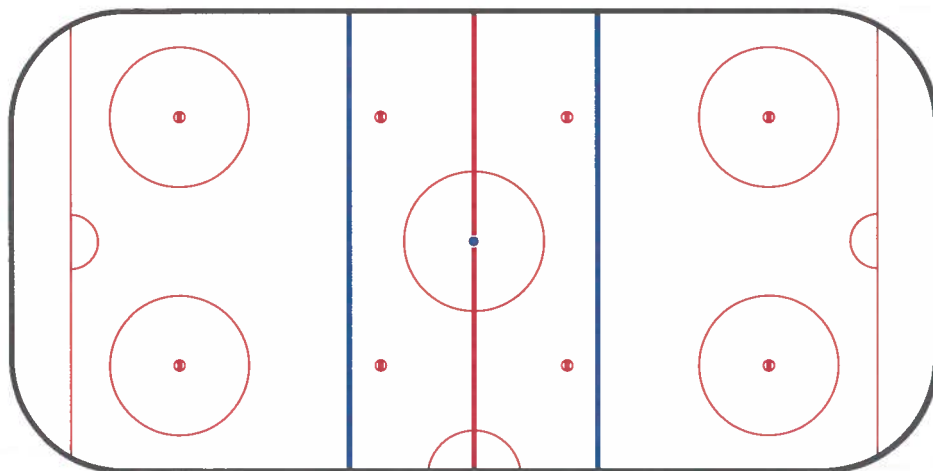
TRAININGSPLAN



SKATING



TECHNIK





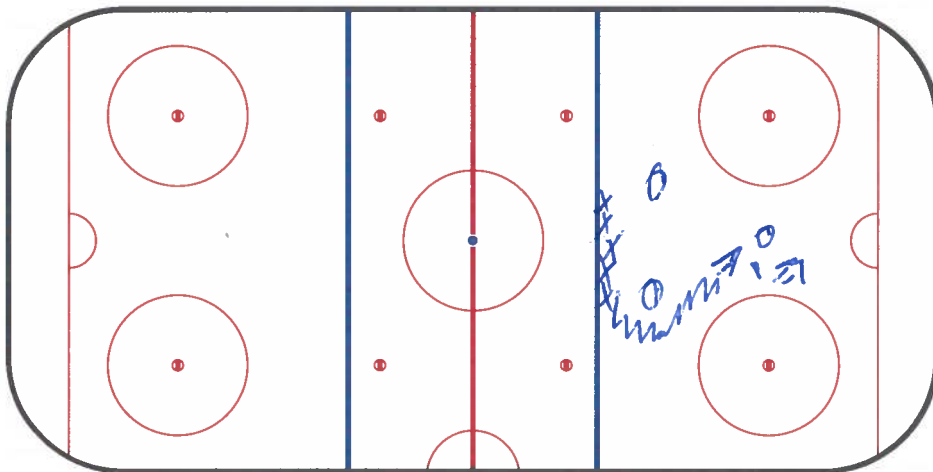
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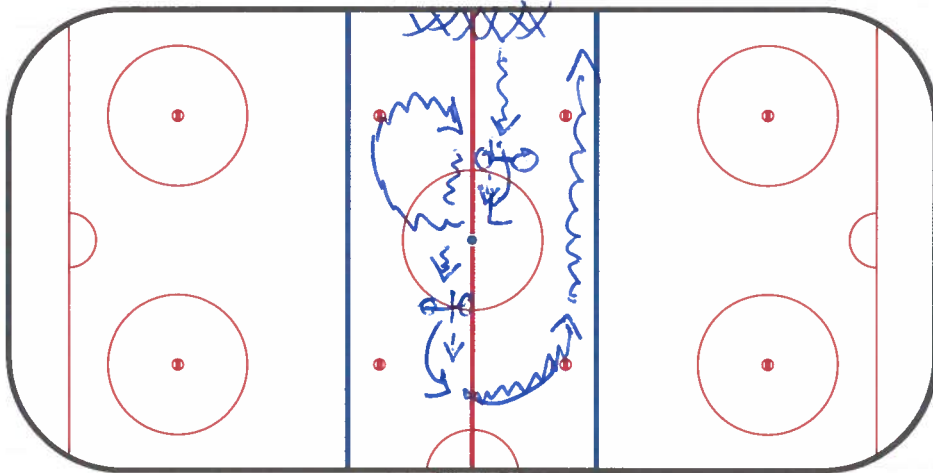
TRAINER:

Mon. 19.9.22 413

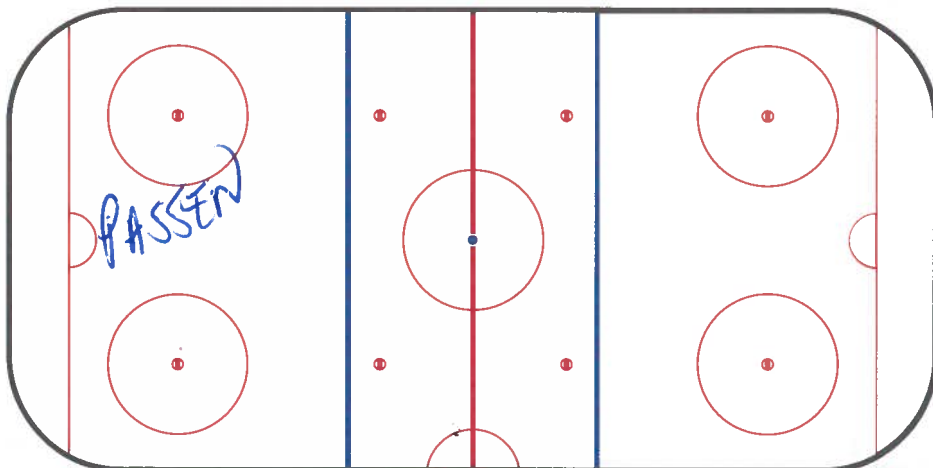
TRAININGSPLAN



OUTSIDE EDGE (TAB
STEP) TO GO OTHER
WAY



JUMP OVER
LAND WITH OUTSIDE
EDGE OF OTHER FOOT.
FIND THE GLOVE.
WITH / WITHOUT PUCK



PASSEN



TEAM:

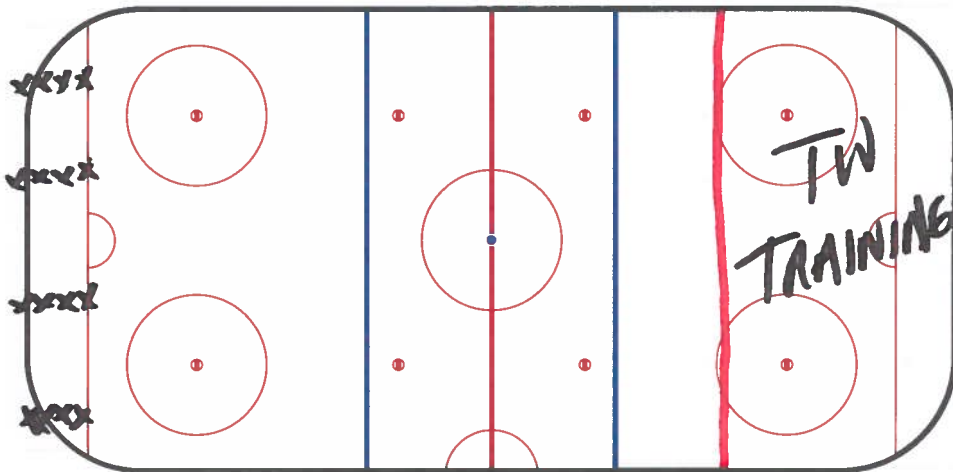
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TRAINER:

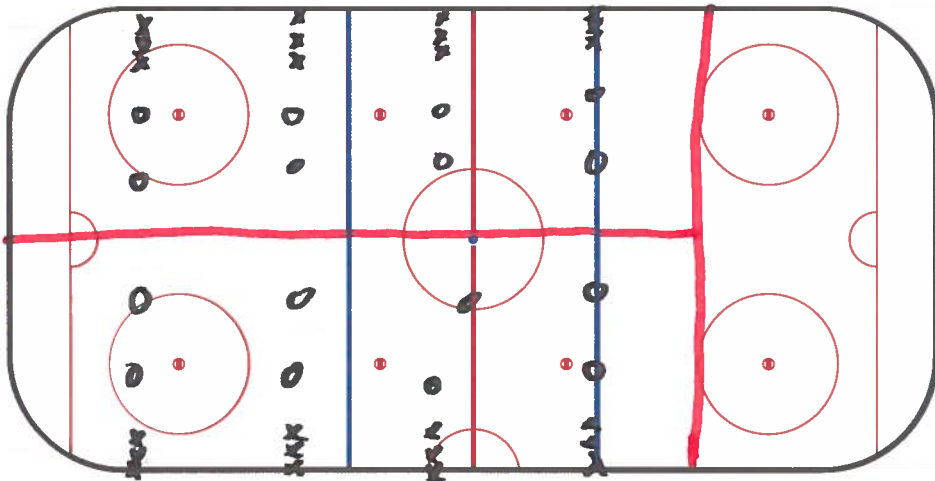
U13
13.9.20

QUINLAN, MAREK, JOE

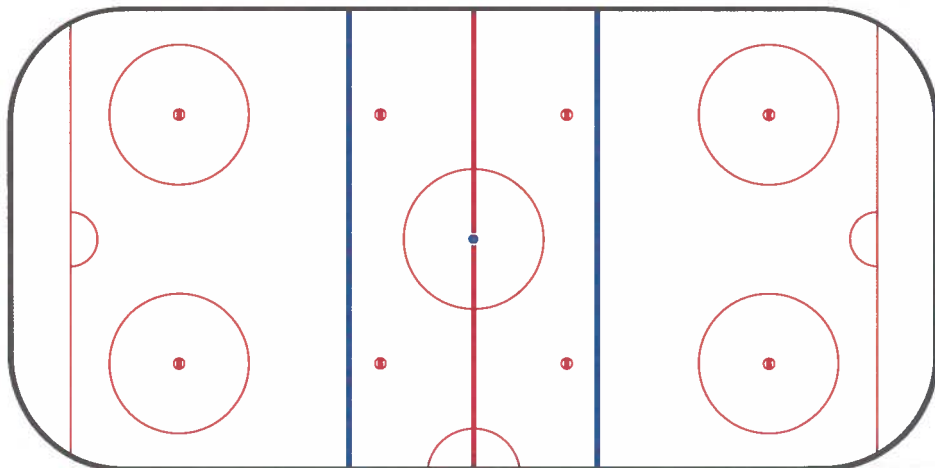
TRAININGSPLAN



SKATING



STOCK TECHNIK





TEAM:

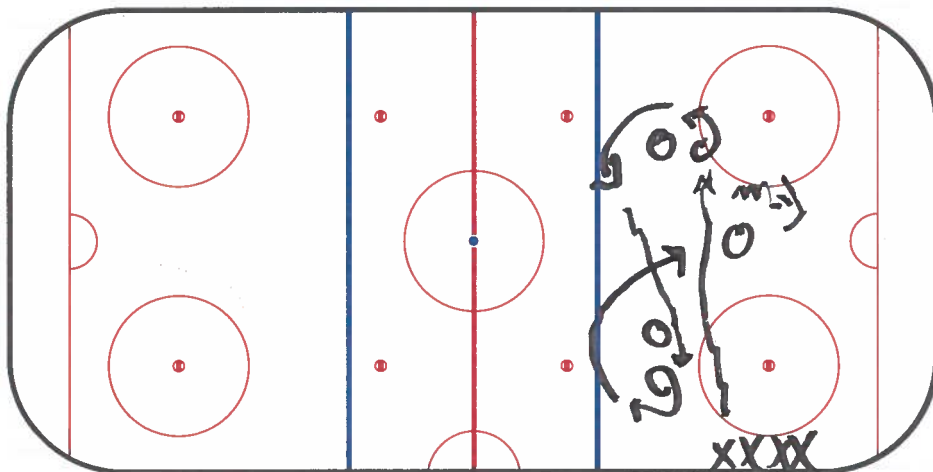
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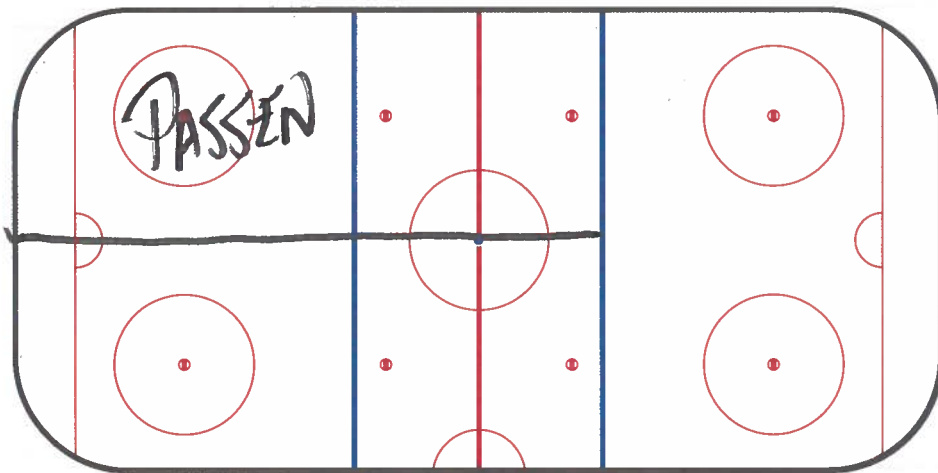
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12.9.22

QUINLAN, YURI, JOE

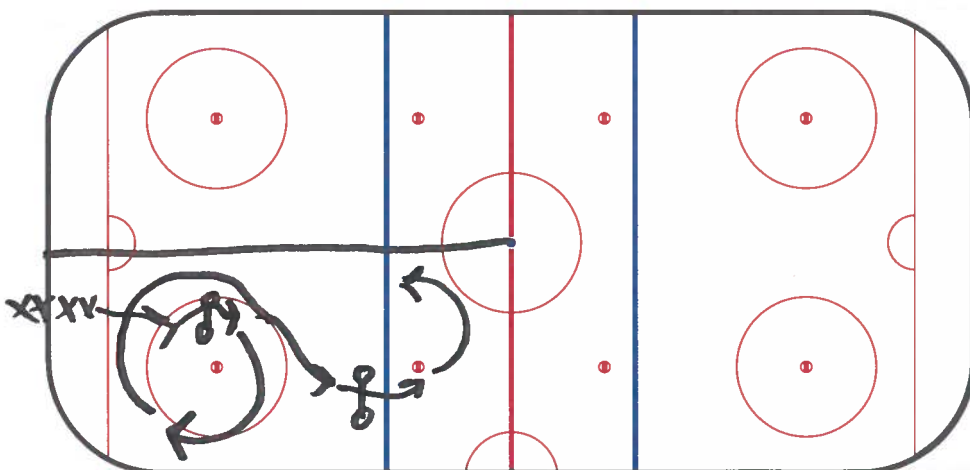
TRAININGSPLAN



BACKWARD SLIDE
ON 1 FOOT, INSIDE
EDGE - FAKE, SHOT



PASSEN



JUMP + LAND
ON INSIDE EDGE,
GLIDE



TEAM:

U13

DATUM:

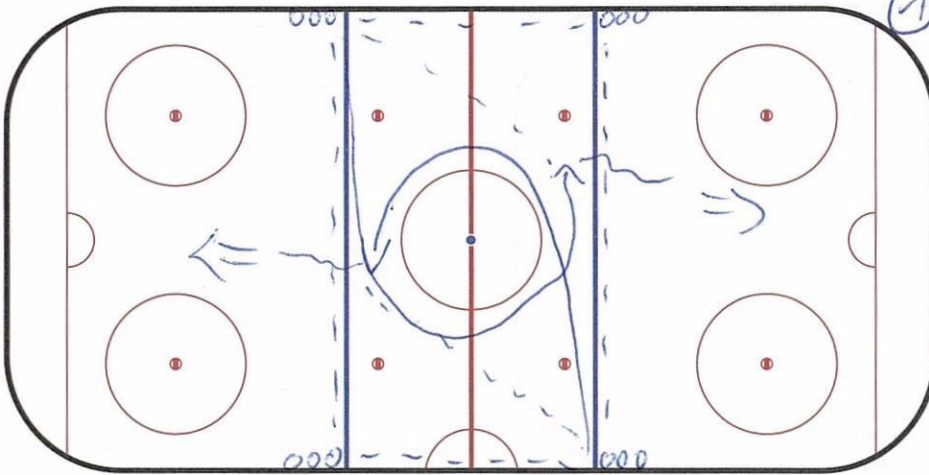
9.9.22

TRAINER:

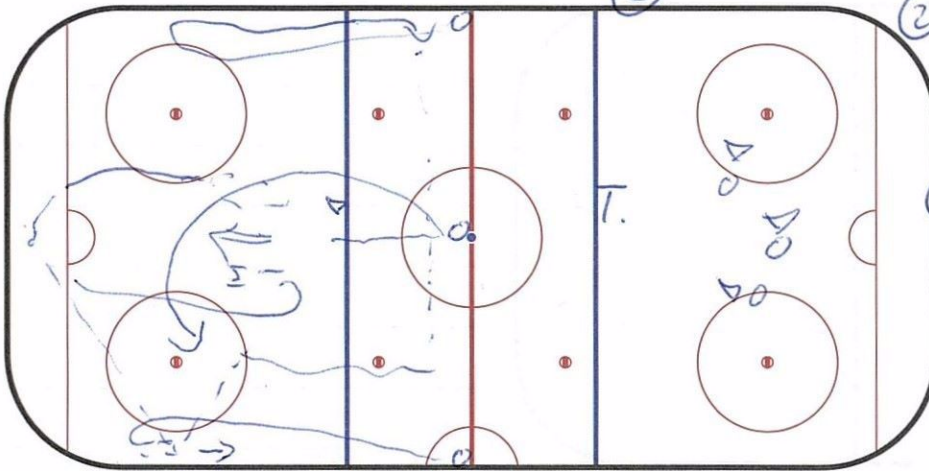
Jünger
Mario

Warm up office 15Min

TRAININGSPLAN

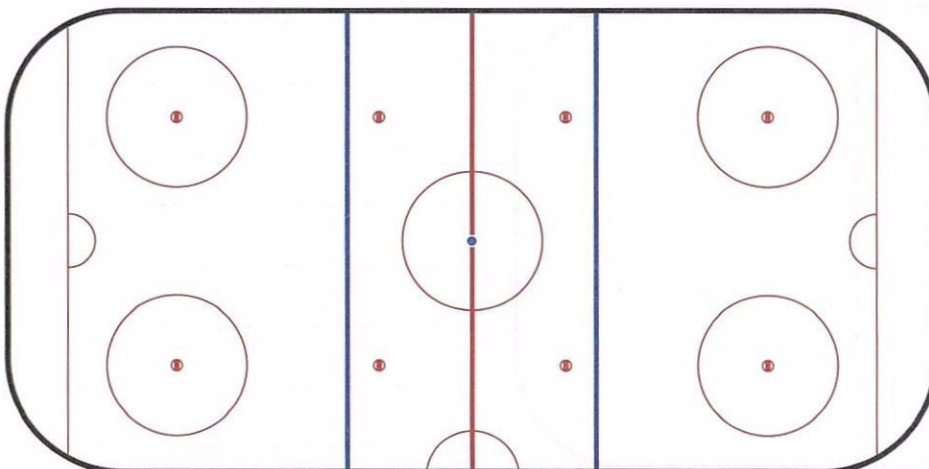


① 1/0 genaue Pässe 10Min



② 3/3 mit Joker 10Min

③ 3/1 10Min



Spiel 5/5 30Min



TEAM:

V13

DATUM:

8.9.22

TRAINER:

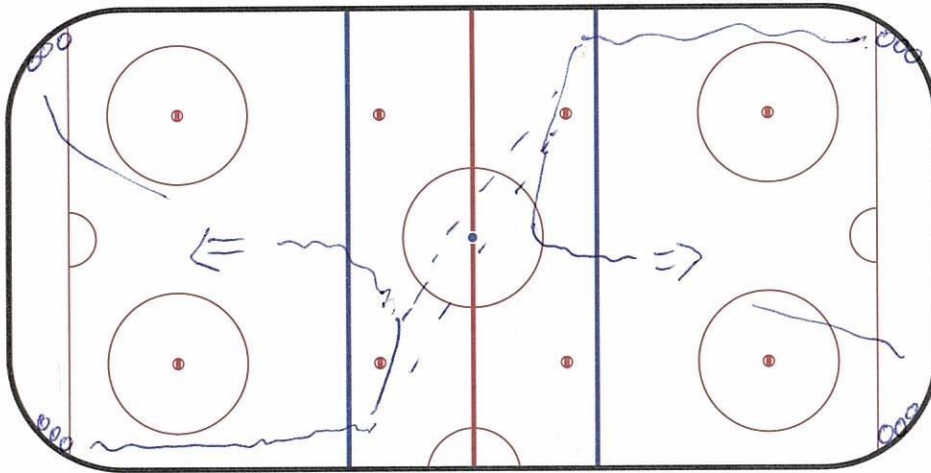
Jürgen

Warm up

15 Min

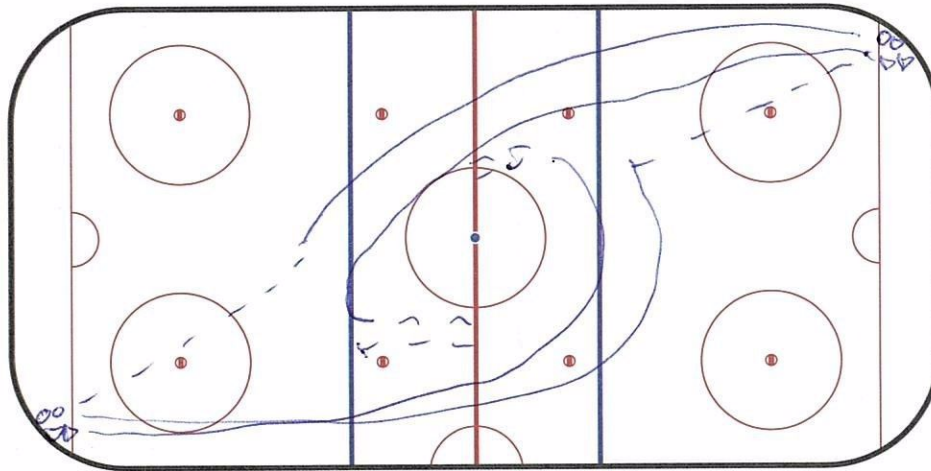
office

TRAININGSPLAN

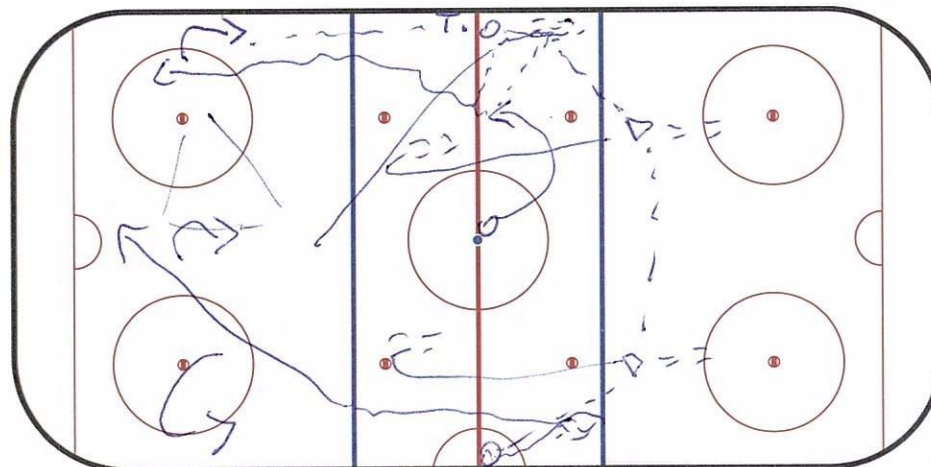


1/0

10 Min



1/1 Verteidiger 15 Min
Lücke schließen



3/0 / 3/2 15 Min

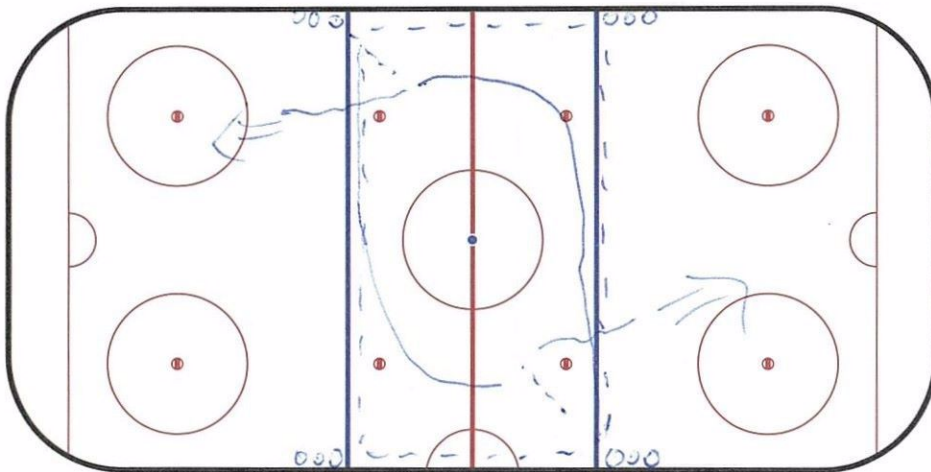
Spiel 5/5 20 Min



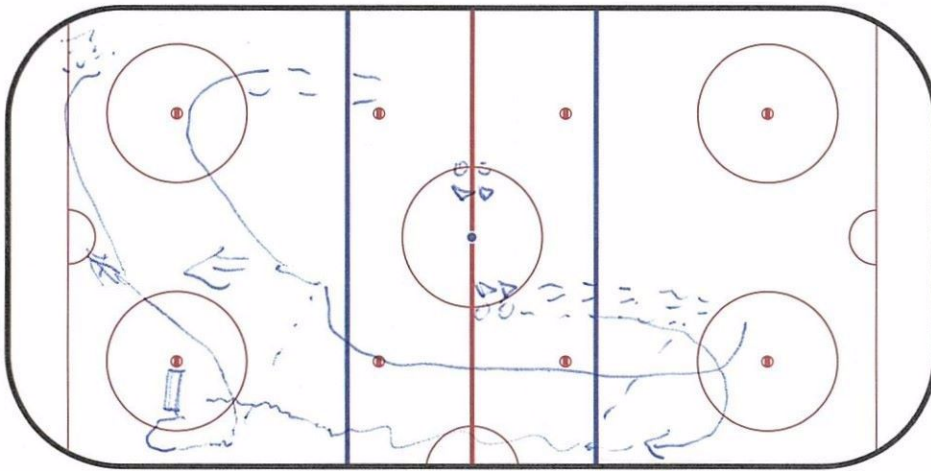
TEAM: U13
DATUM: 7.9.22
TRAINER: Jünger

Warm up 15 Min off ice

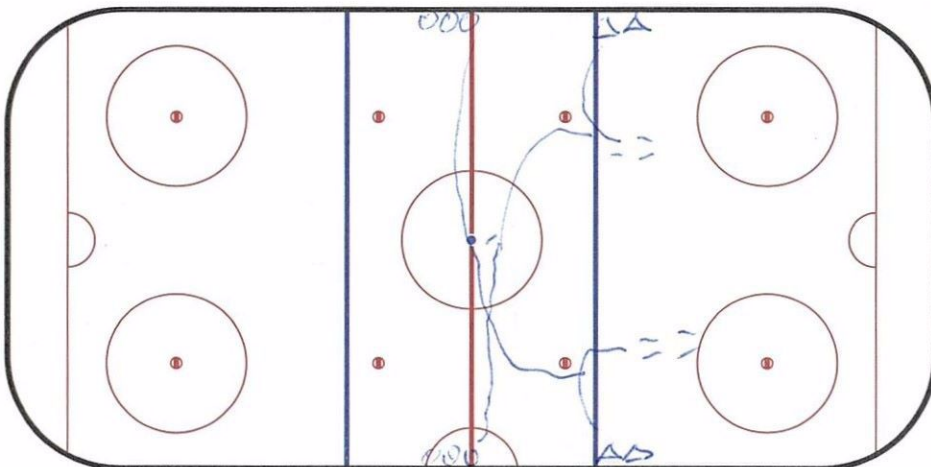
TRAININGSPLAN



1/0 Passen 10 Min



1/0 15 Min
1/1 Stürmer nach
außen Abdrängen



2/2 15 Min

Spiel 5/5

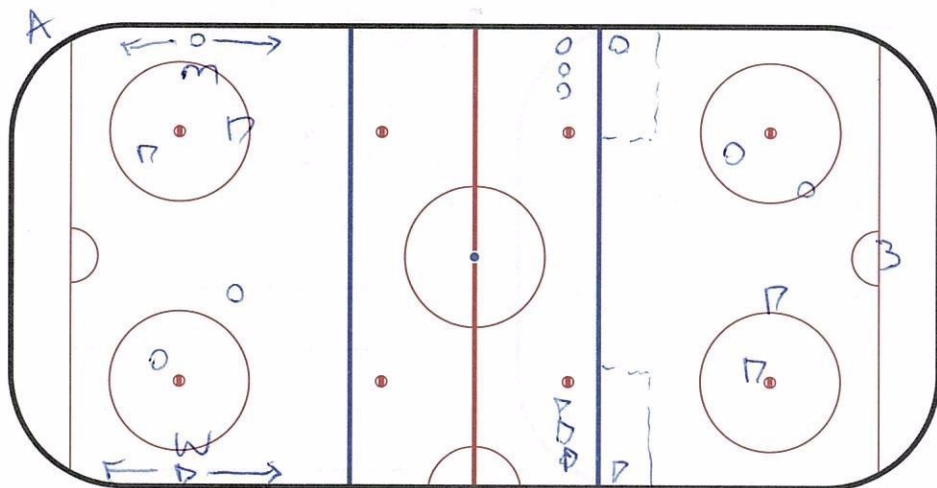


TEAM: U13

DATUM: 6.9.22

TRAINER: Martin, Bobby

TRAININGSPLAN

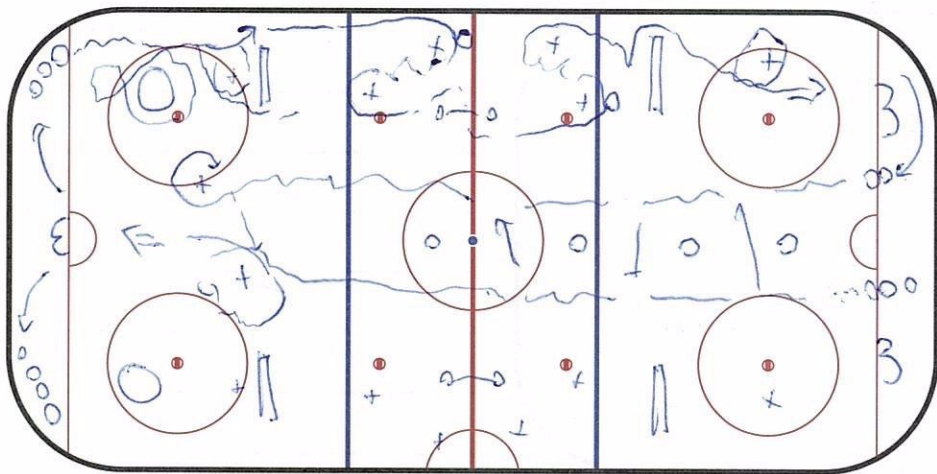


① Spiel

A 2:2 mit offensiv Joker

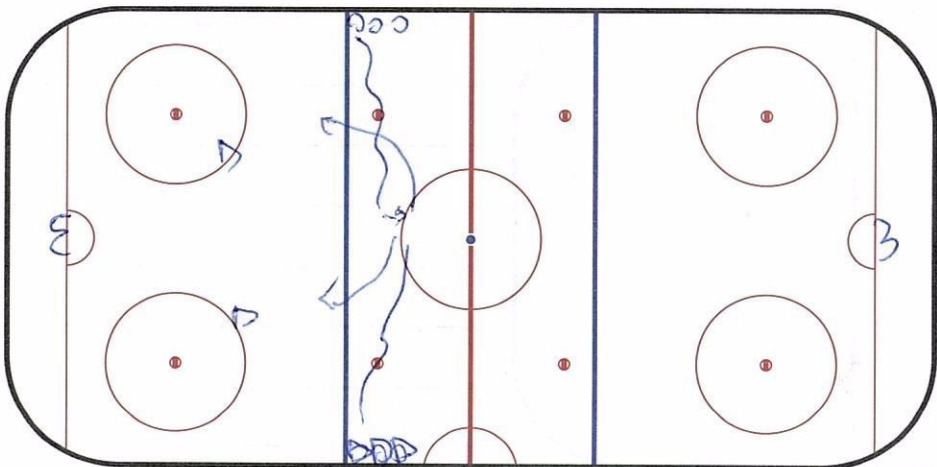
B 2:2 mit Joker

10 min



② 1:0 / 2:0 Warmup

10 min

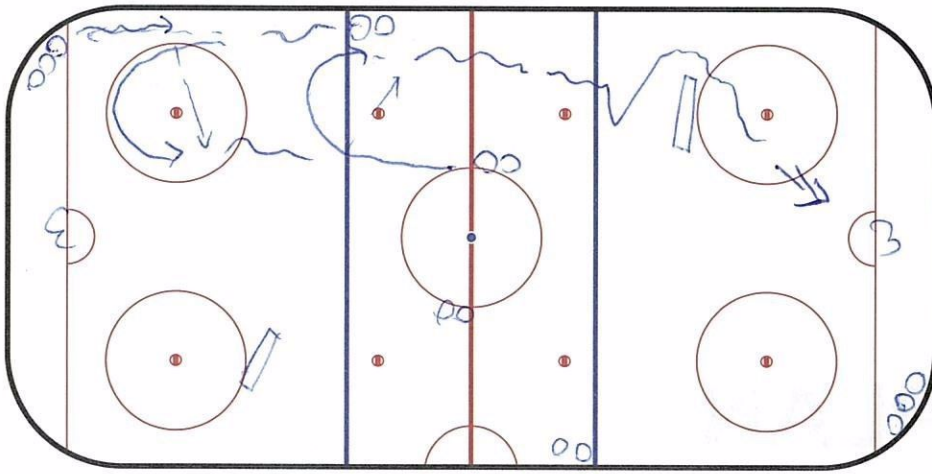


③ 2:2 mit Aufbau pass

F wird nach Pass

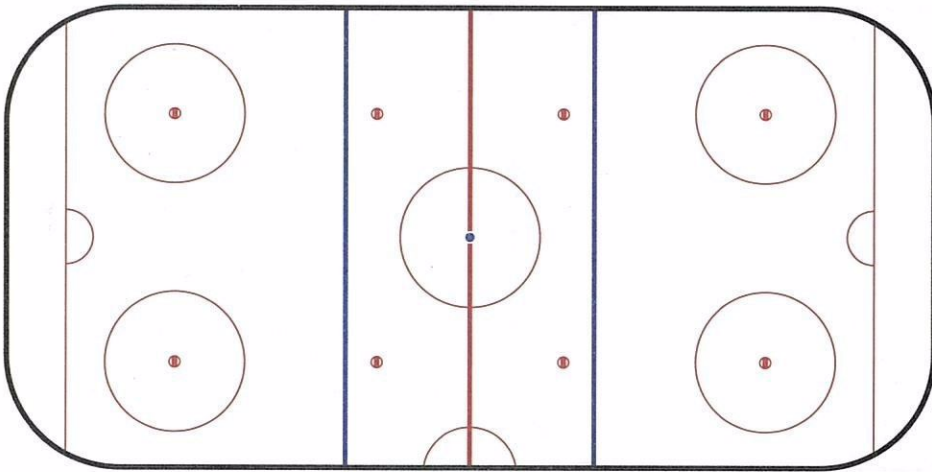
zu D

10 min



4) Passstafette / Timing
offene Zufahrt

10 min



5) Spiel 5:5

10-15 min

