14:40-15:30 eislaufentechnik

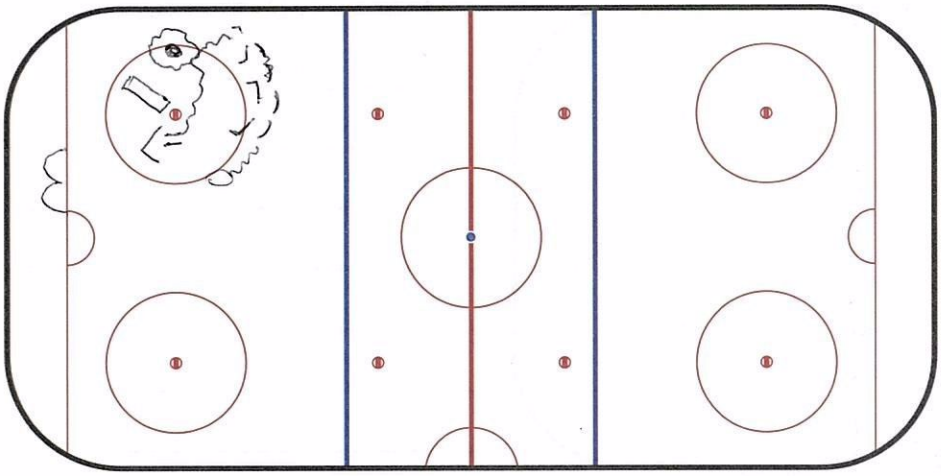
TEAM: CAMP U15

DATUM: 16.8.2022.

TRAINER:

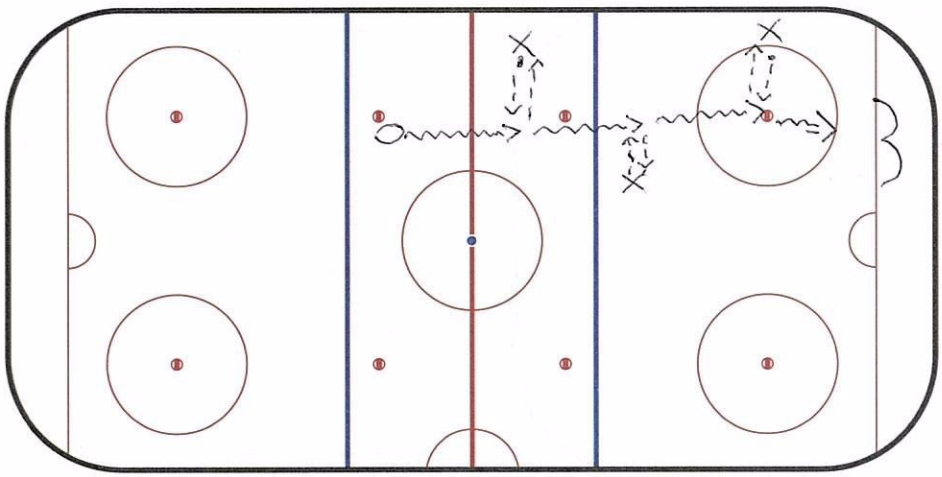
17:00-18:00 STATION.

TRAININGSPLAN



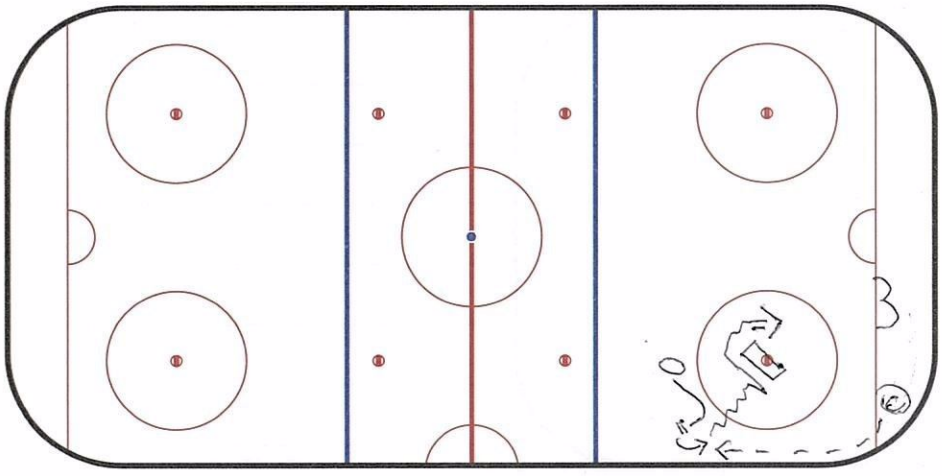
ST 1: SPIEL SITUATION KÖRPER VON HINTEN NACH VORNE BRINGEN UND PUCK ABTEKUNG MIT FUSS. → AUS CANADIA RAUS KOM UND SCHUSS. (GYXOHEH)

10 min



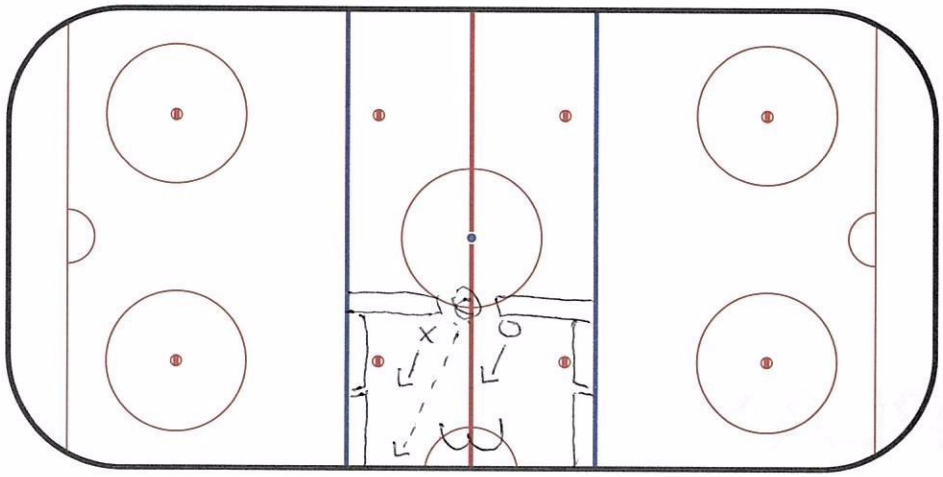
ST 2: 3 MAL DOPPEL PÄSSE MIT 2 PUCK

10 min



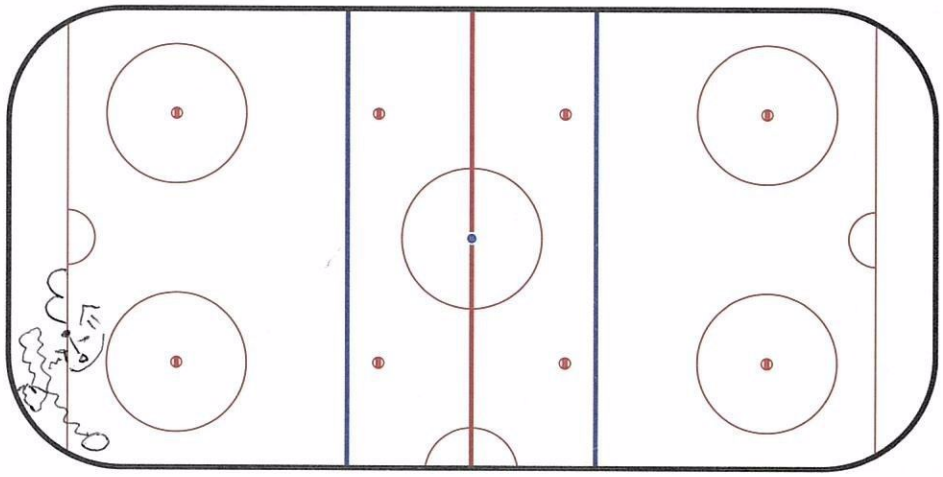
ST 3: SPIEL SITUATION BEI BANDE PUCK ANNAME MIT RICHTUNG WECHSEL UND ZUG ZUM TOR.

10 min



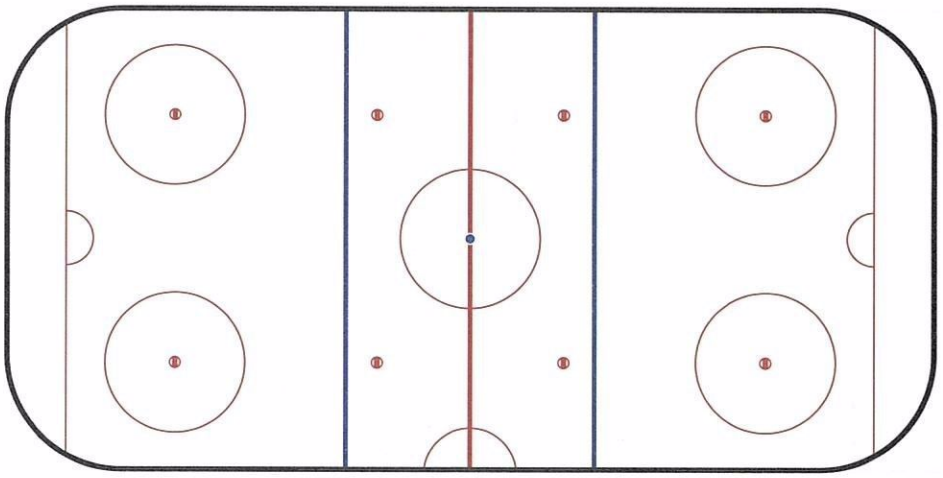
ST 4: Spiel 1-1 auf kleine Platz.

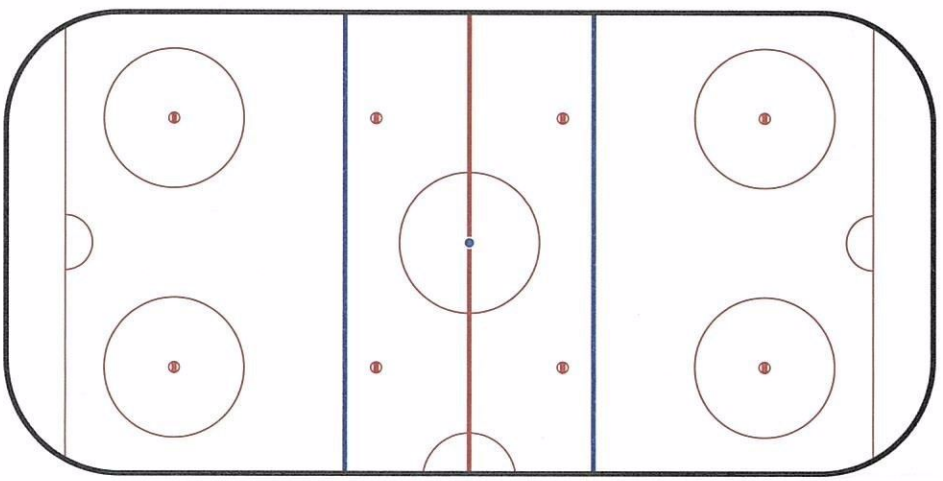
10 min



ST 5: Spiel situation aus ecke mit 2 Canadia und Rückhand Abschluss ohne mischen

10 min



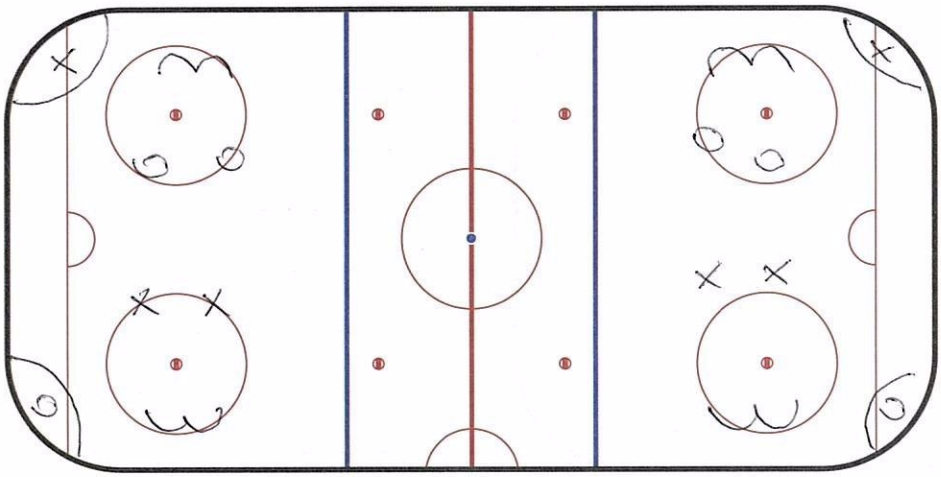


TEAM: CAMPU15

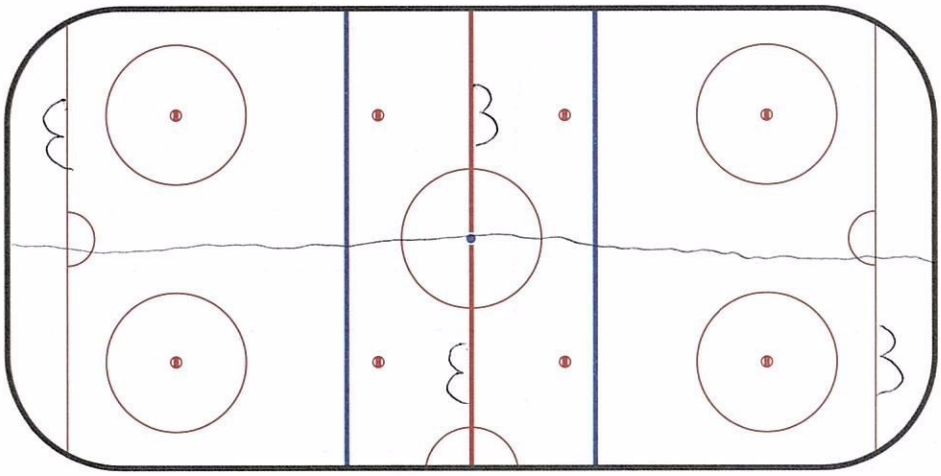
DATUM: 16.8.22. 19:10-20:00

TRAINER:

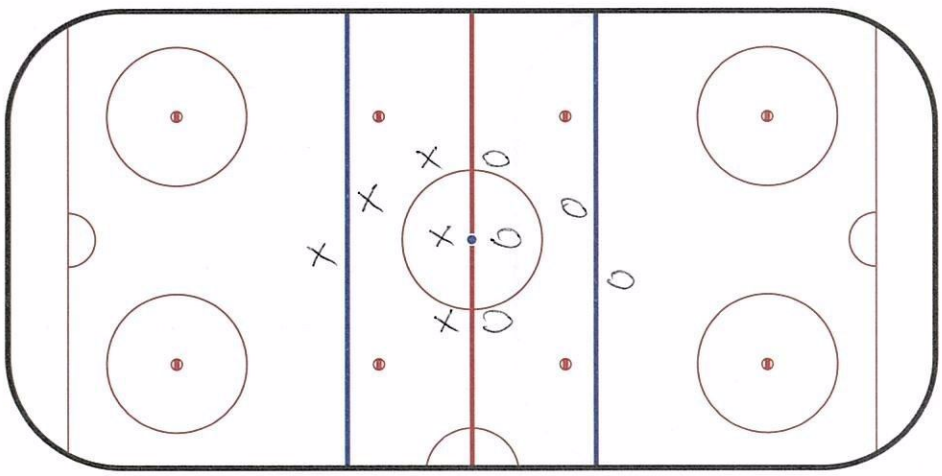
TRAININGSPLAN



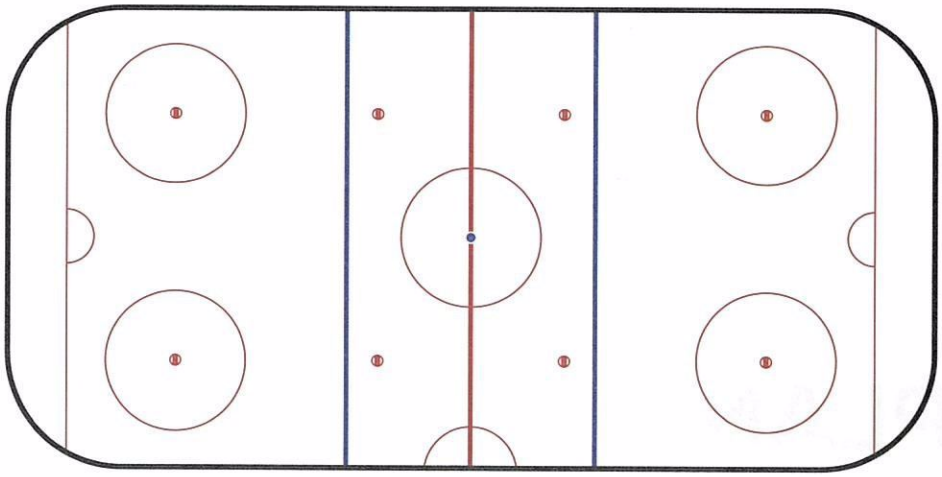
Spiel im 2 Zonen
2-2 oder 3-3
mit 1 Joker pro
Team
13 min

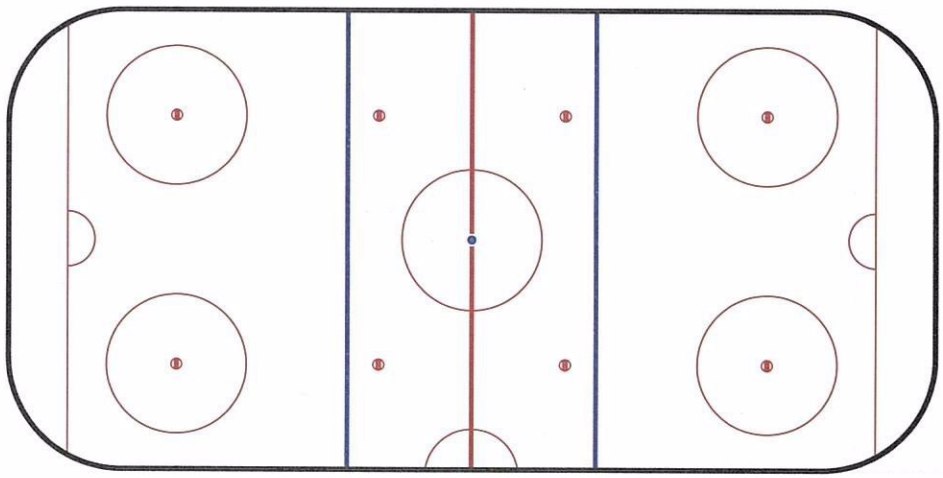


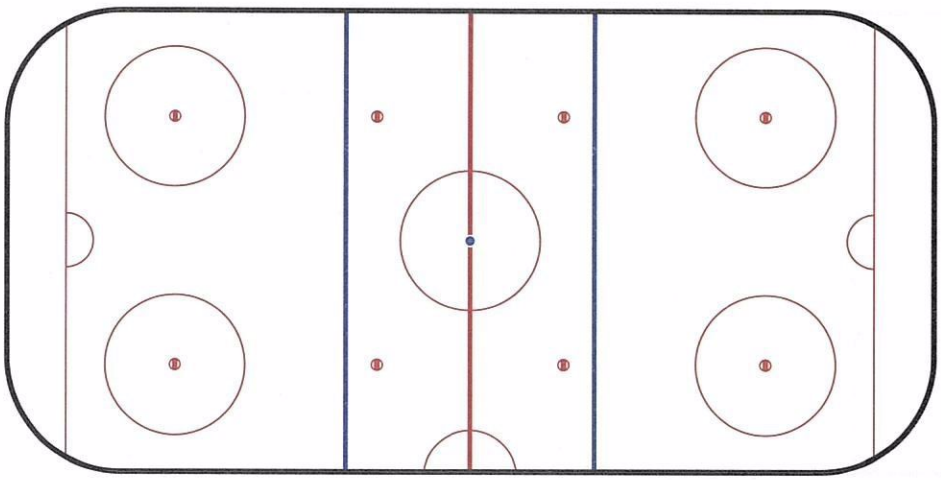
Spiel auf 2 Hälften
bis Rote Linie,
13 min

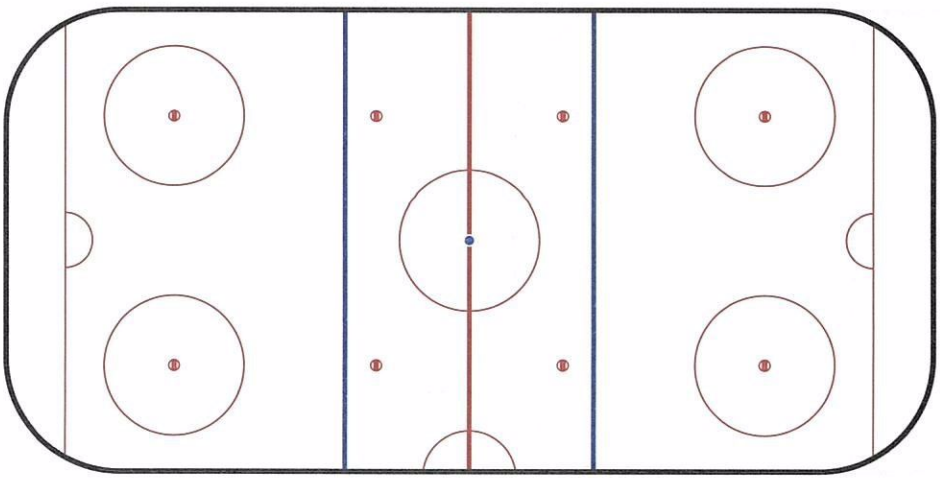


Spiel 5-5 ganze Eis
17 min









E.H.C. KLOSTERSEE

TEAM: 17.8.2022.

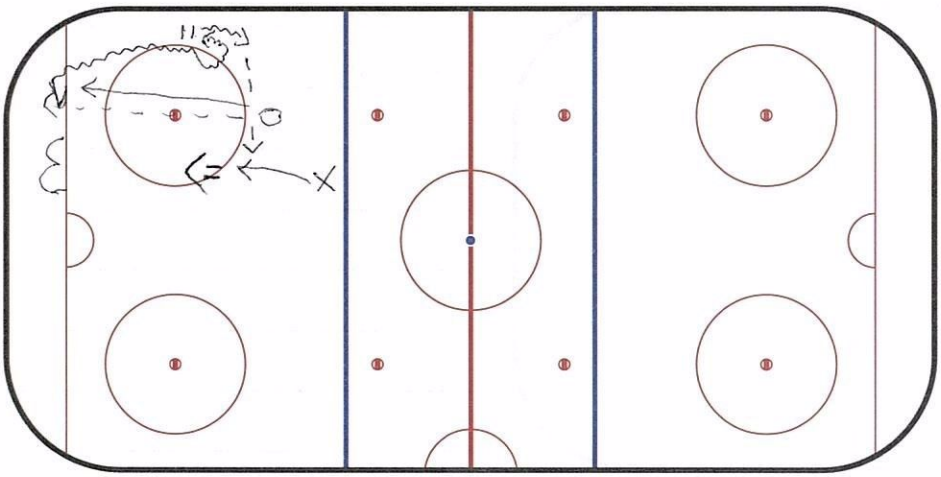
DATUM:

TRAINER:

TRAININGSPLAN

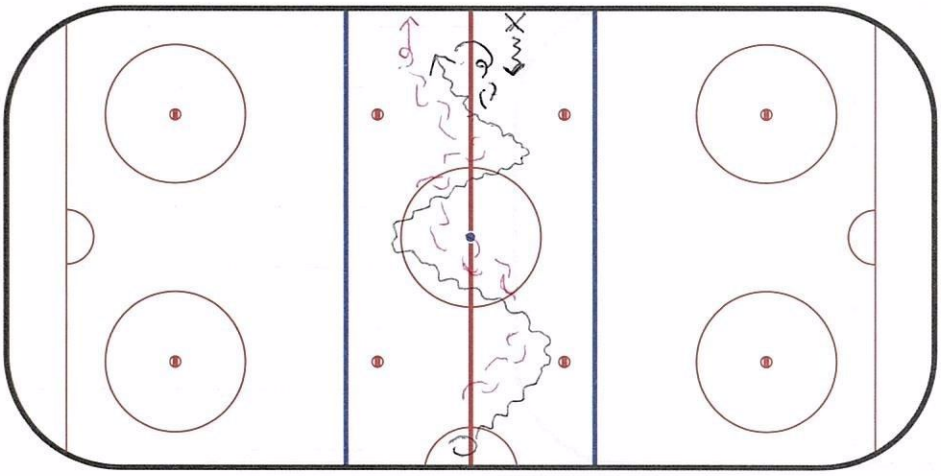
14:40 - 15:30 eislaufen technik

17:00 - 18:00 Station



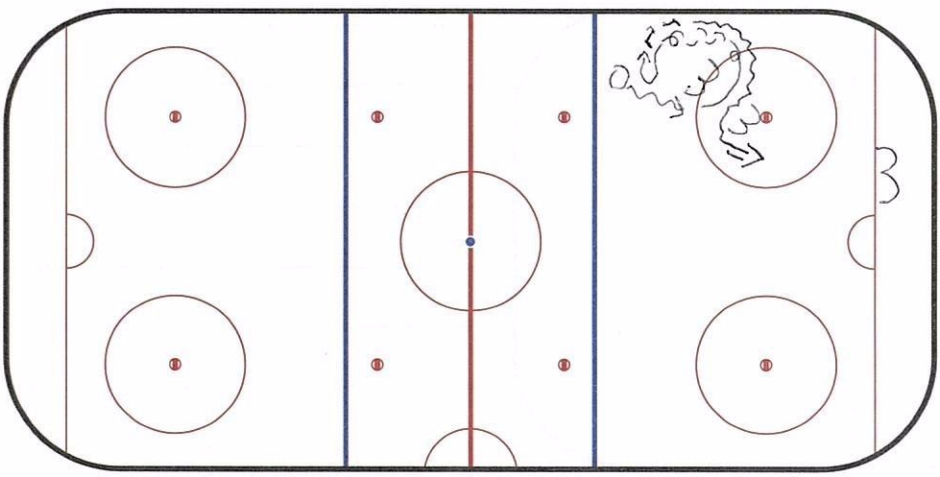
ST 1: ~~Passing~~ Spiel situation -> raus aus ecke und entscheidung bei mitte bande -> pass zum partner mit teiming zusammen arbeit. (raum gewinn)

10min

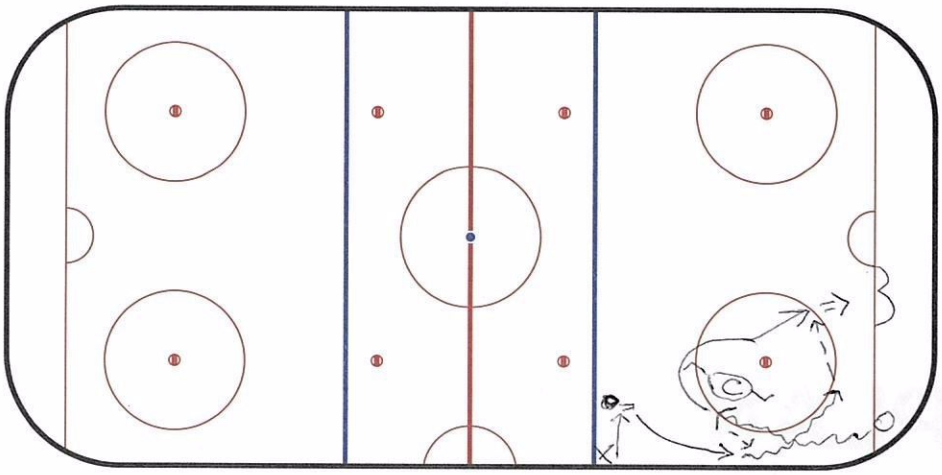


ST 2: Slalom 1-1 passiv -> D kontrolier bewegung von F (schleger ahten) -> wer war F dann automatisch geht als D.

10min

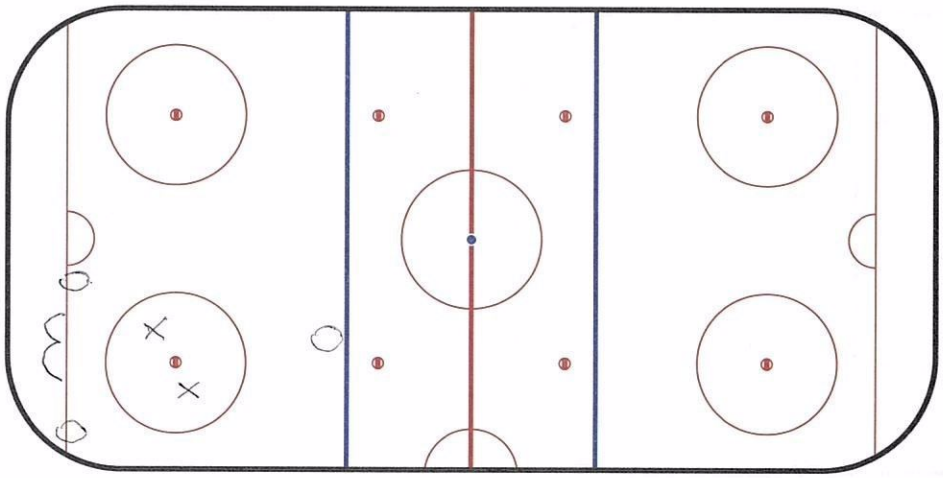


ST 3: Spiel situation bei blau linie -> vorwer rückwerts bewegunge mit canadia und emetierte seite wechsel mit tor abschauss.



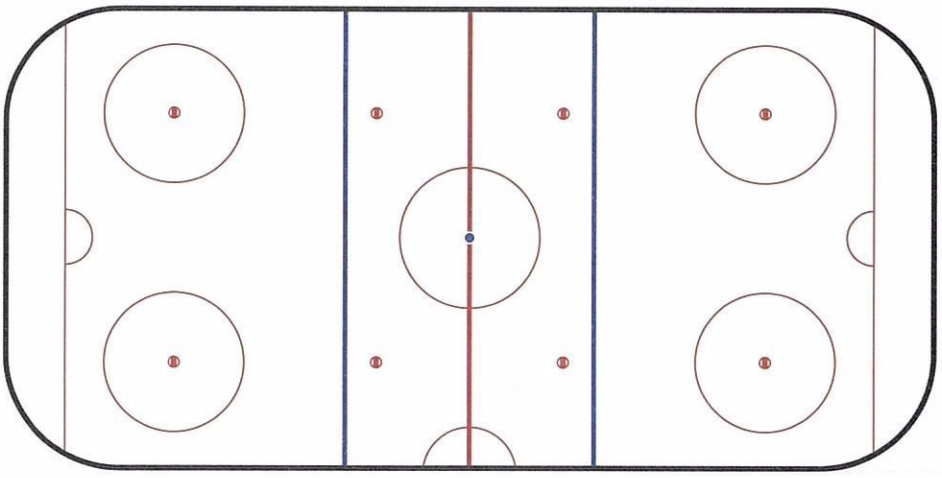
St 4: 2 Spieler Arbeite
zusammen ein von unte
ein von oben → Kreuz
Spiel Situation F → D mit
Teiming und Pass mit
Schuss.

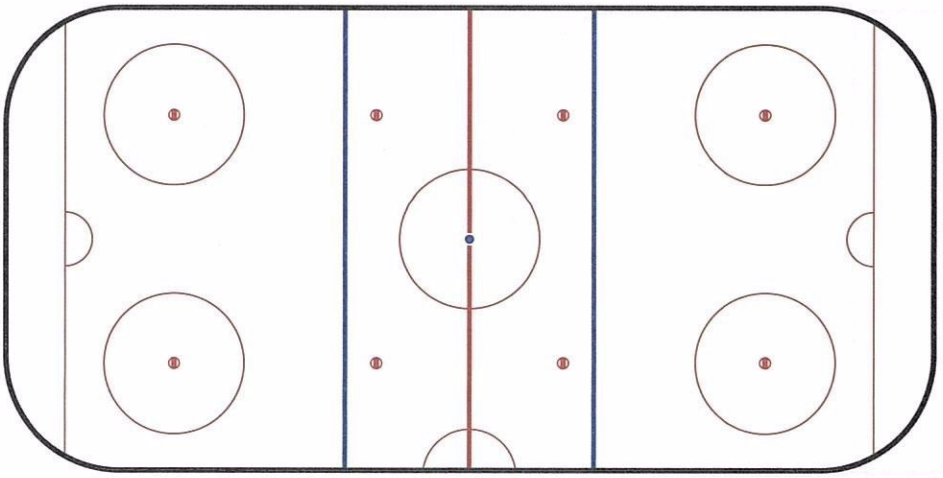
10 min



St 5: Spiel 3-2
Überzahl.

10 min



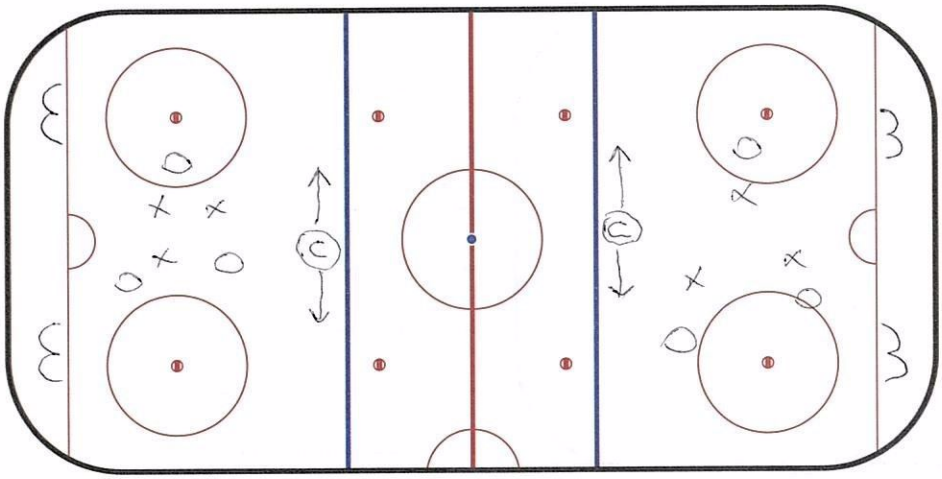


TEAM: U15 CAMP

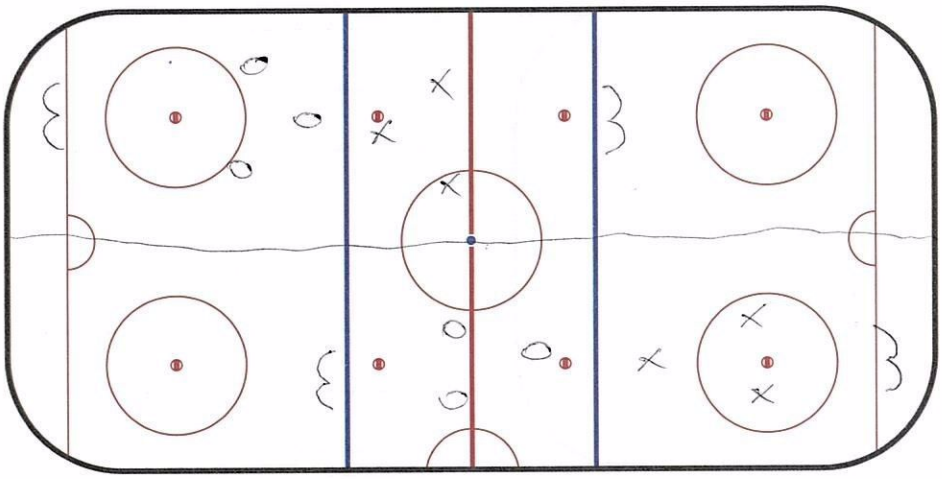
DATUM: 17.8.2022, 19:10-20:00

TRAINER:

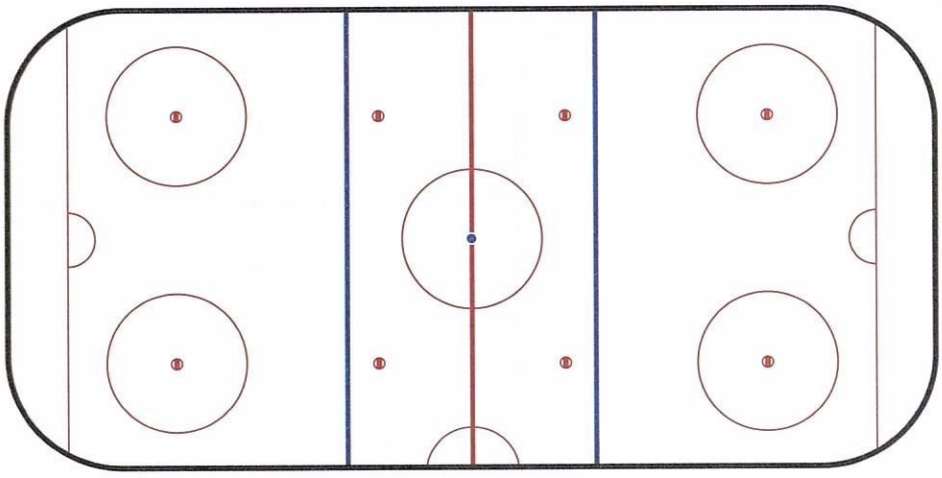
TRAININGSPLAN

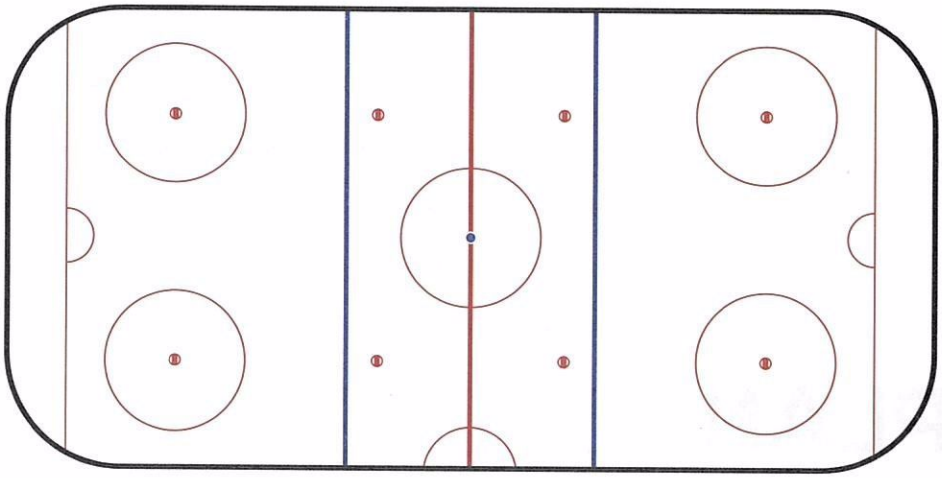


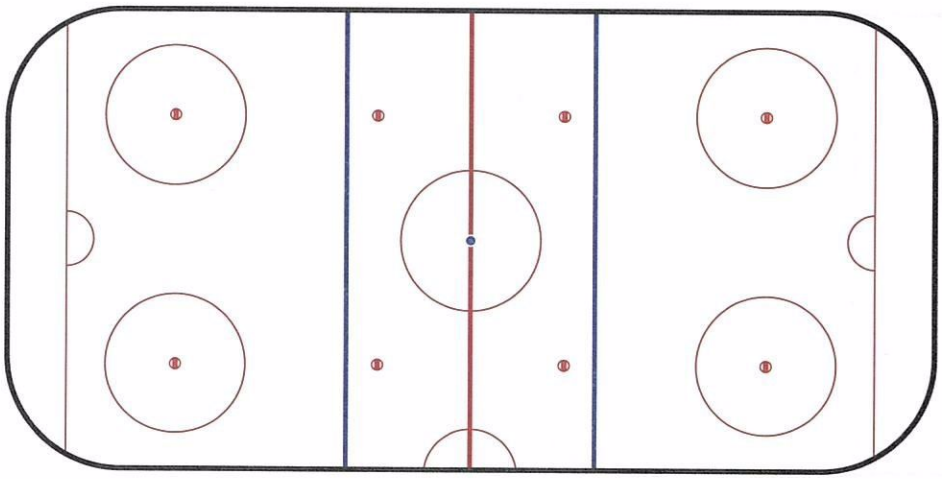
Spiel 3-3 mit
© JOKER FÜR beide
TEAM → TORE ZÄHLEN
im beide TOR,
13 min

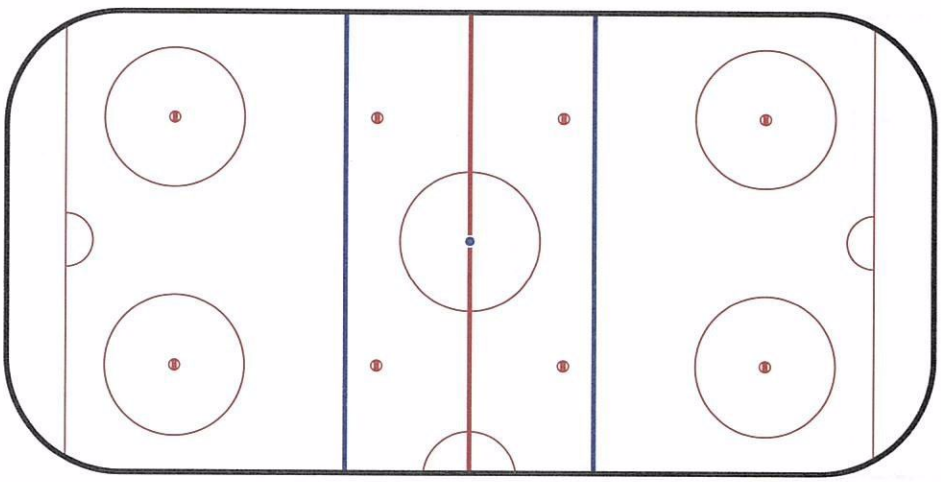


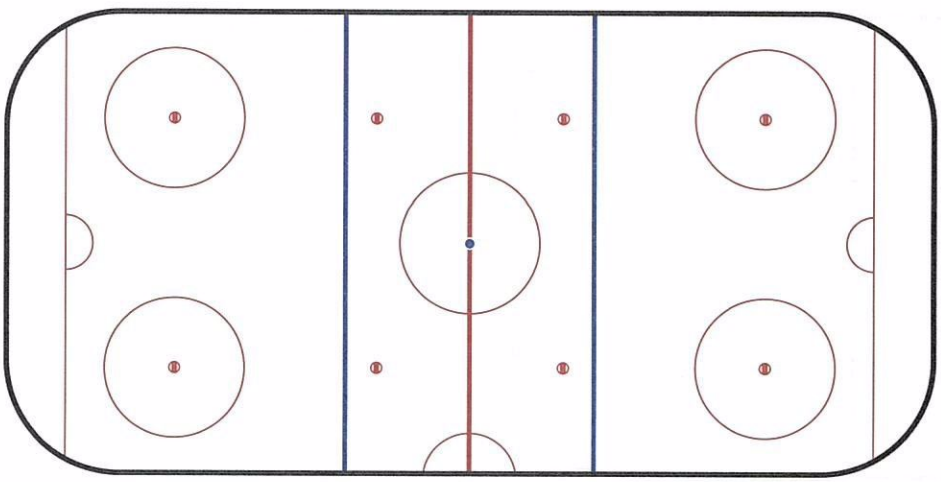
Spiel 3-3 AUF 2
HELFTE → BLAU LINIE
AUF SEIT,
13 min











E.H.C. KLOSTERSEE

TEAM: U15 CAMP

DATUM: 18.8.2022.

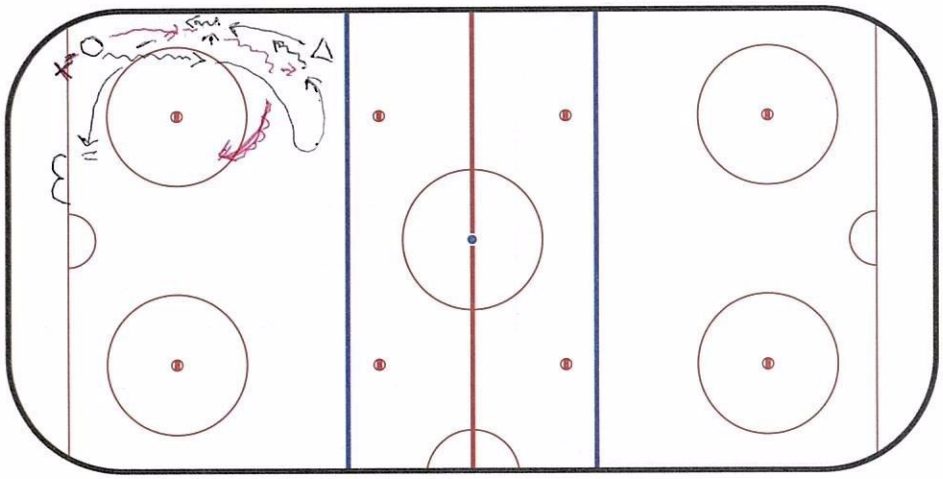
TRAINER: YURI + 4 HELFER

14:40 - 15:30 EISLAUF TECHNIK

17:00 - 18:00 STATION

19:10 - 20:00 SPIEL.

TRAININGSPLAN

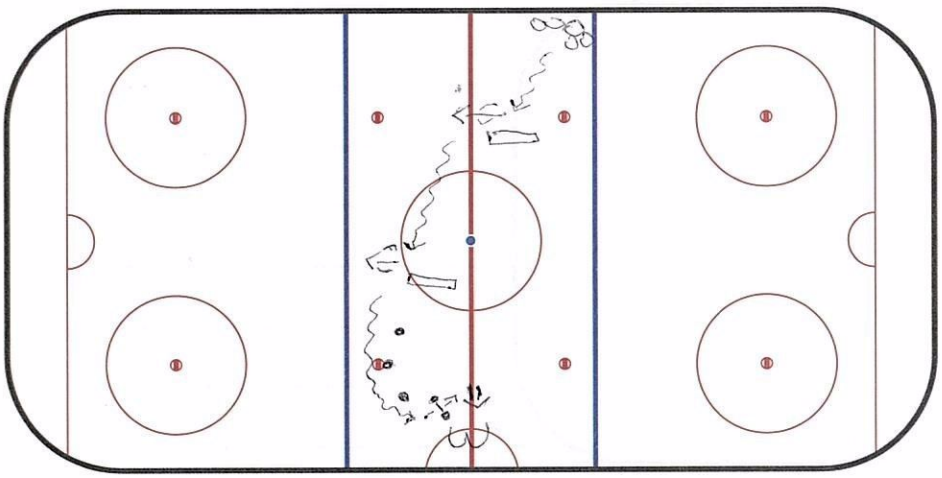


ST 1: SPIEL SITUATION

IM ECKE KREUZEN ZU 3.

MIT ABSCHUSS.

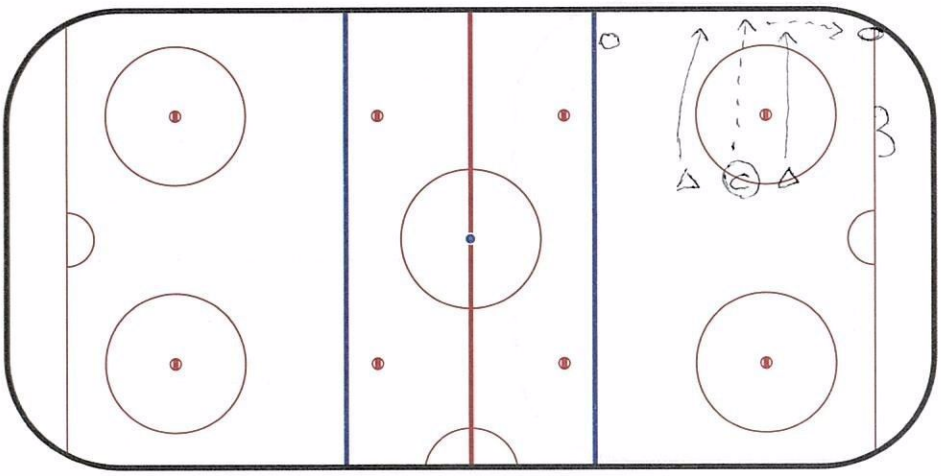
10 min



ST 2: ZWEI TECHNISCHE ELEMENTEN A) EMETATION SCHUSS UND SEITLICH RAUS KOMM.

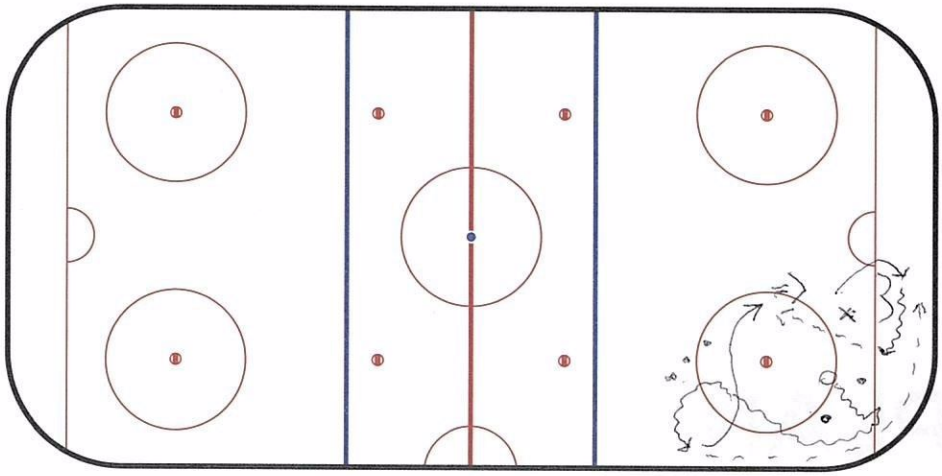
B) VOR TOR PUCK UNTEN SCHLÄGER BRINGEN UND GLEICH SCHUSS

10 min

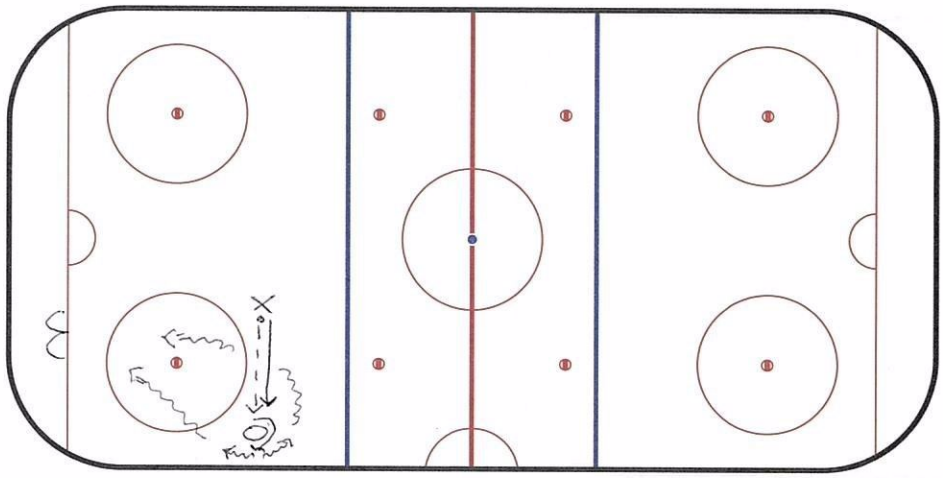


ST 3: SPIEL 1-1 MIT 2 JOKER EIN UNTEN EIN OBEN.

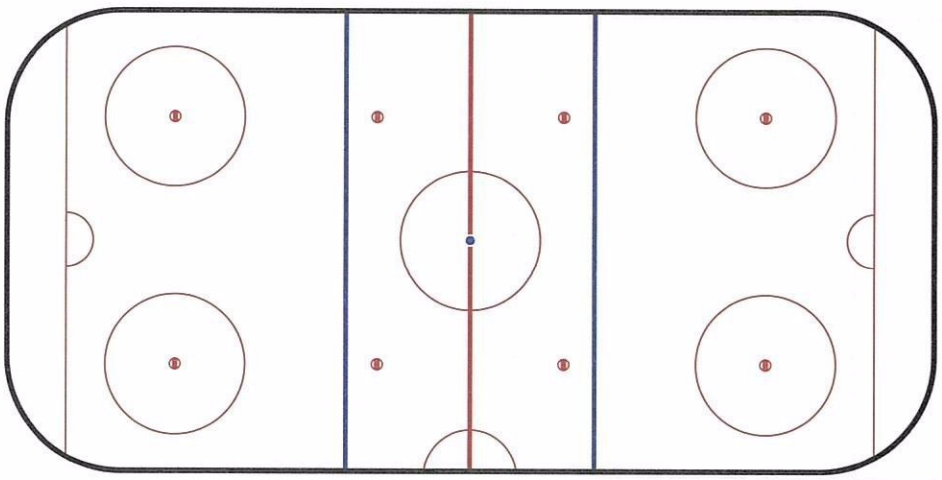
10 min

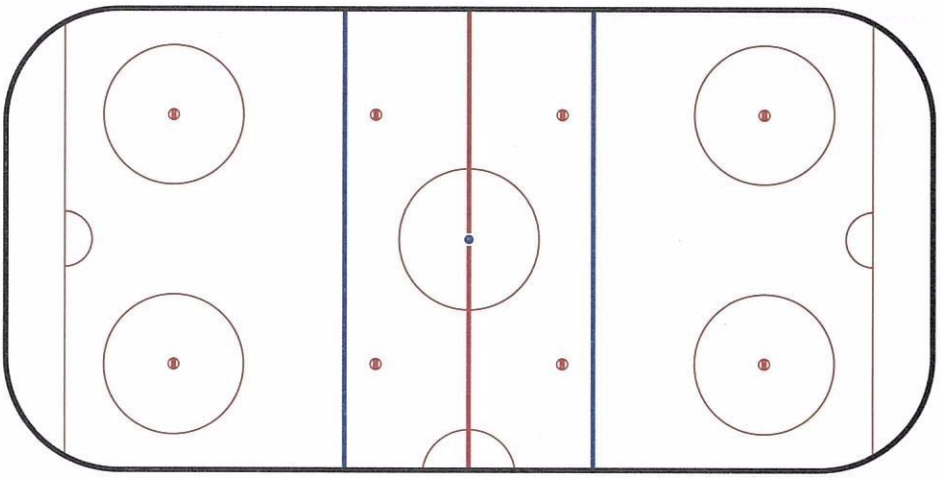


STATION 4:
SPIEL SITUATION im
ECKE → PUCK HINTEN
VOR BRINGEN ZUM PARTNER.
10min



ST 5: SPIEL SITUATION
PUCK ABTEKUNG bei HANDLE
→ RÜCKEN NUTZEN und
TEIMING von GEGNER bei
sein SCHWUNG.
10min



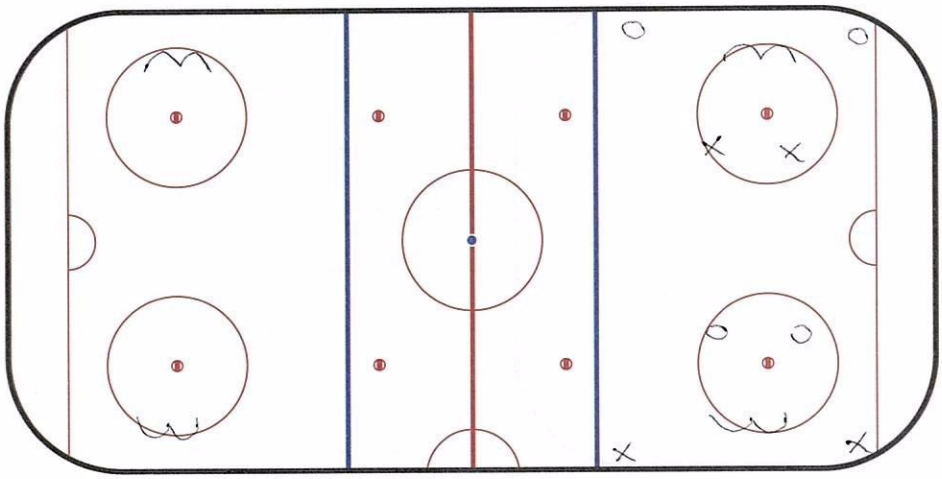


TEAM: U15 CAMP

DATUM: 18.8.2022, 19:10-20:00 SPIEL

TRAINER: YORI + 1 HELFER

TRAININGSPLAN

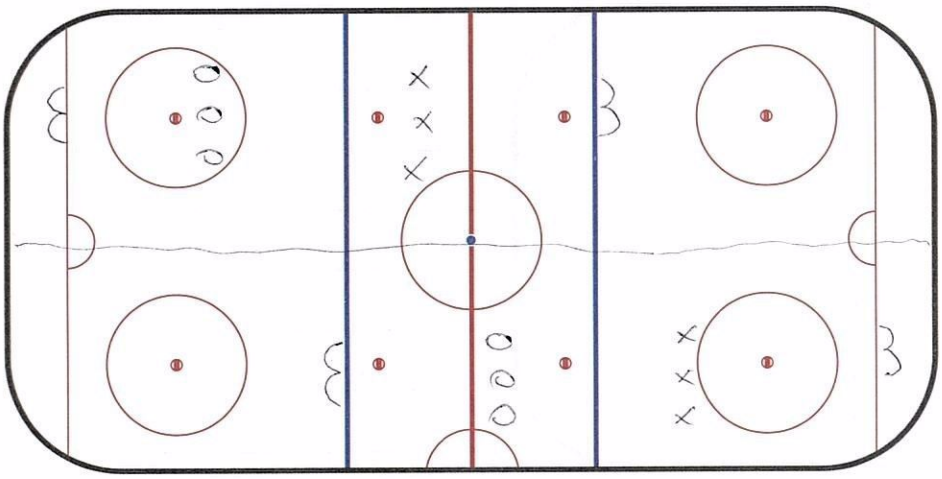


SPIEL 2-2 MIT 2 JOKER

HINTEN TOR -> MAX 2 PASS

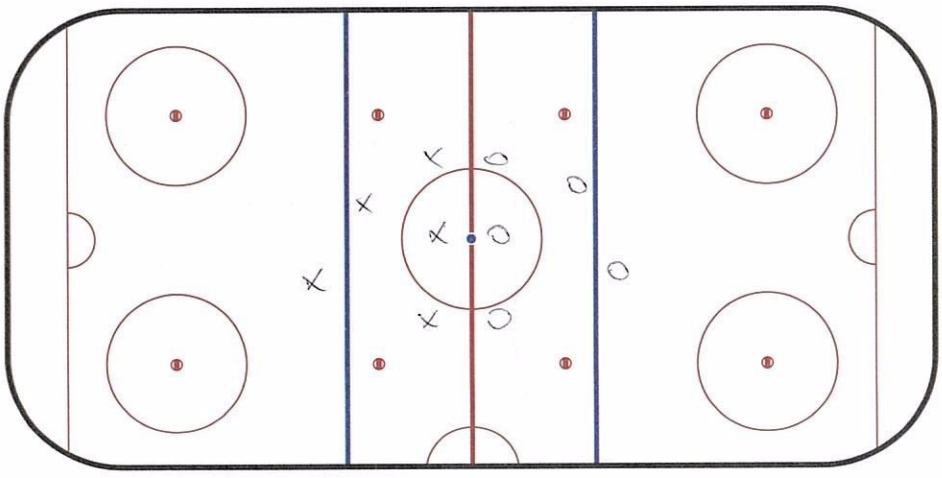
HINTEN TOR.

13 MIN



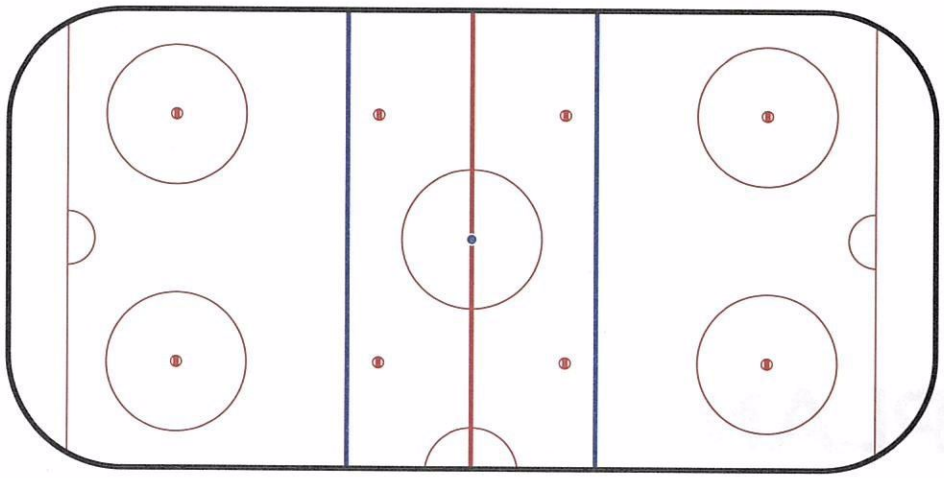
SPIEL 3-3 MIT AUF SEID

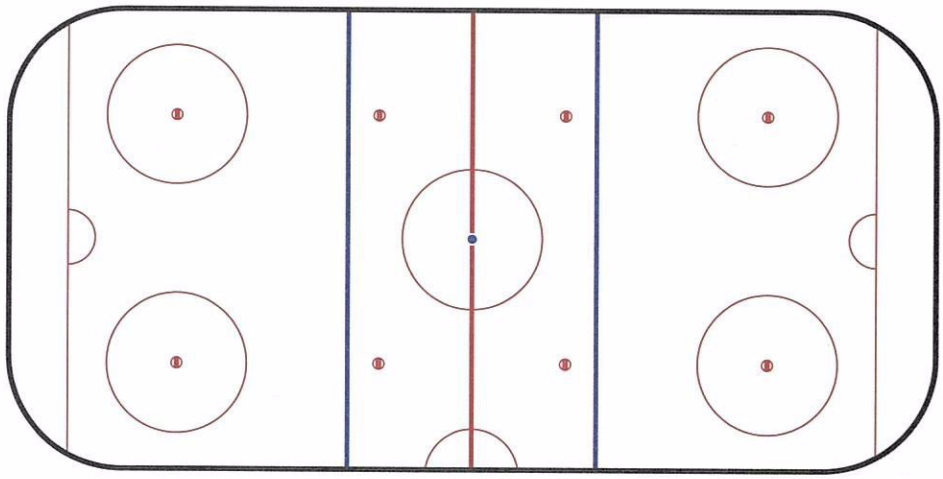
13 MIN

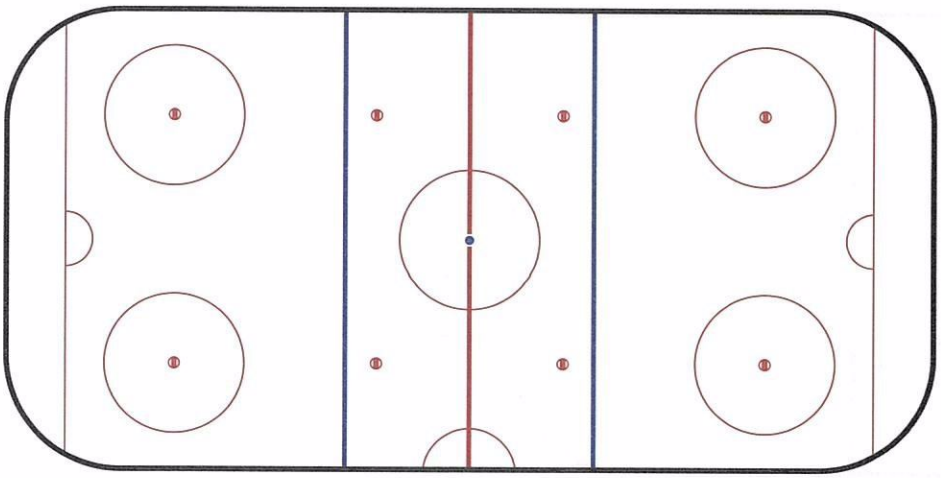


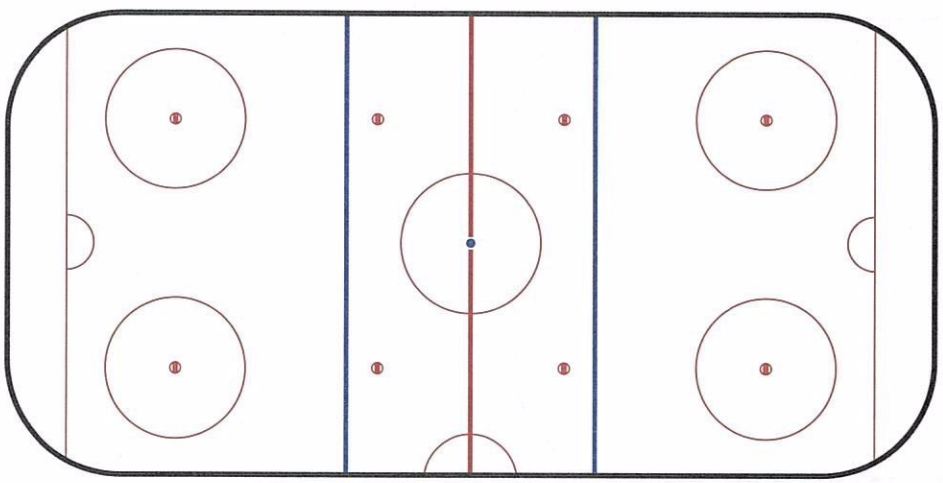
SPIEL 5-5

17 MIN









TEAM: U15 CAMP

DATUM: 19.8.2022.

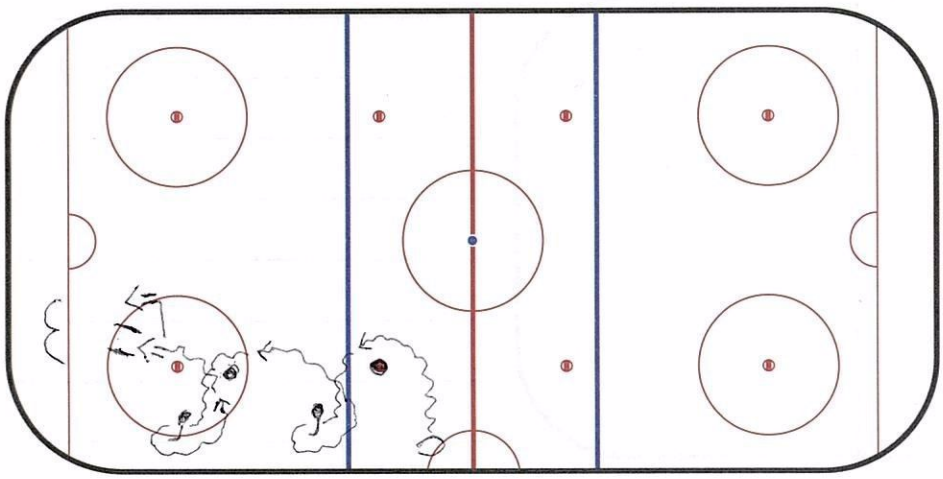
TRAINER: YURI + 4 HELFER

TRAININGSPLAN

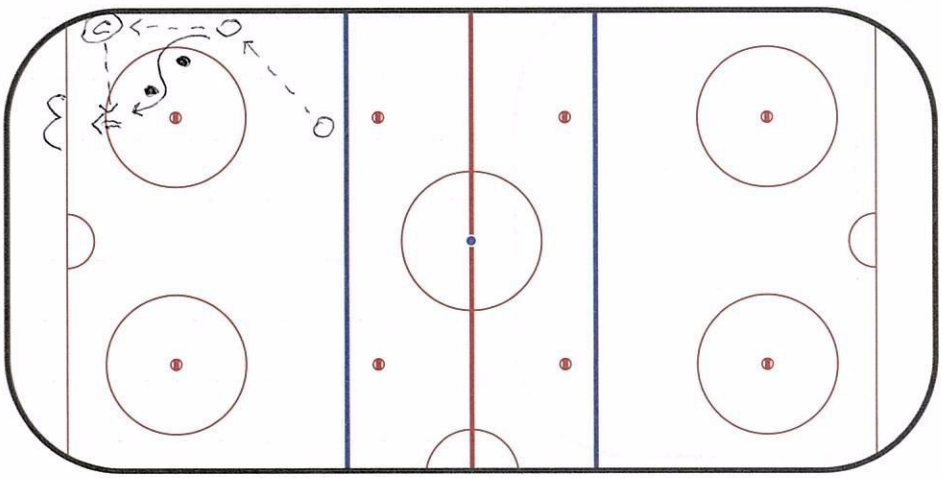
14:40 - 15:30 EISLAUFEN + TECHNIK

17:00 - 18:00 STATION

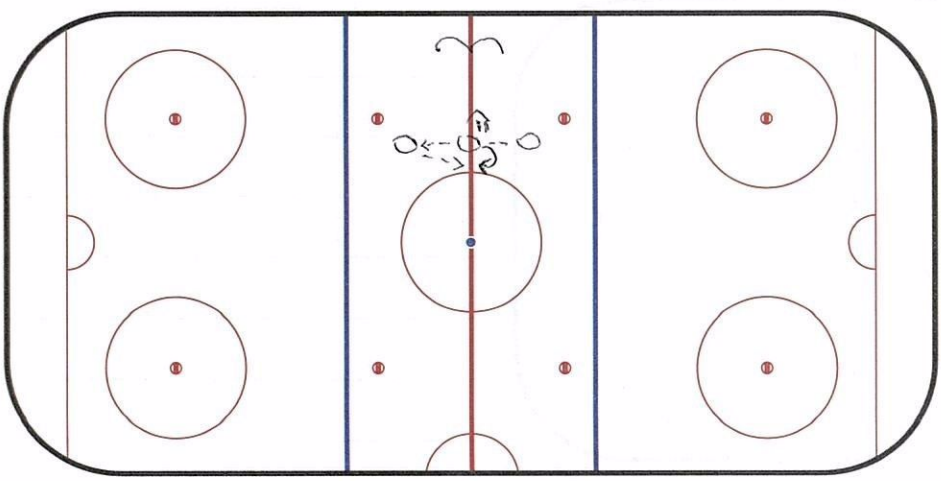
19:10 - 20:00 SPIEL



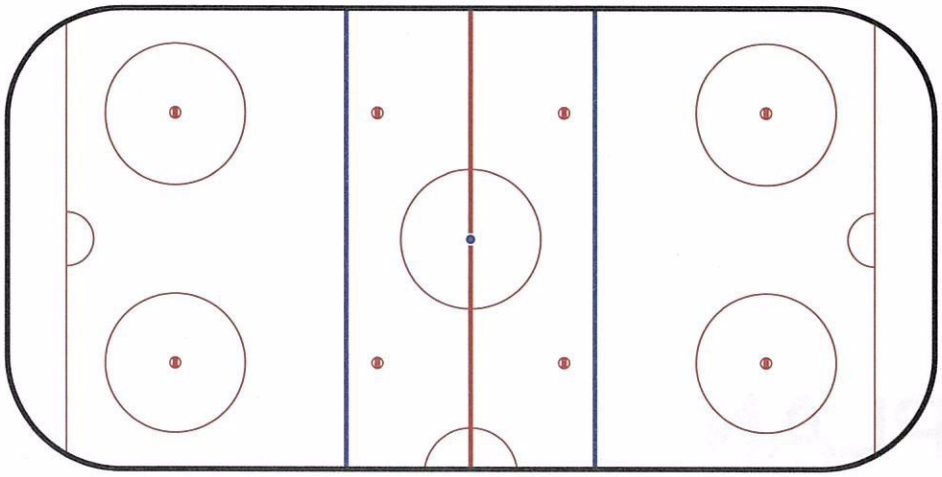
STATION 1:
PUCK KONTROL MIT ELEMENT ZWISCHEN SCHLÄGER MIT SOFORT CANADIA → 2 VAR. SCHÜSS
10 min

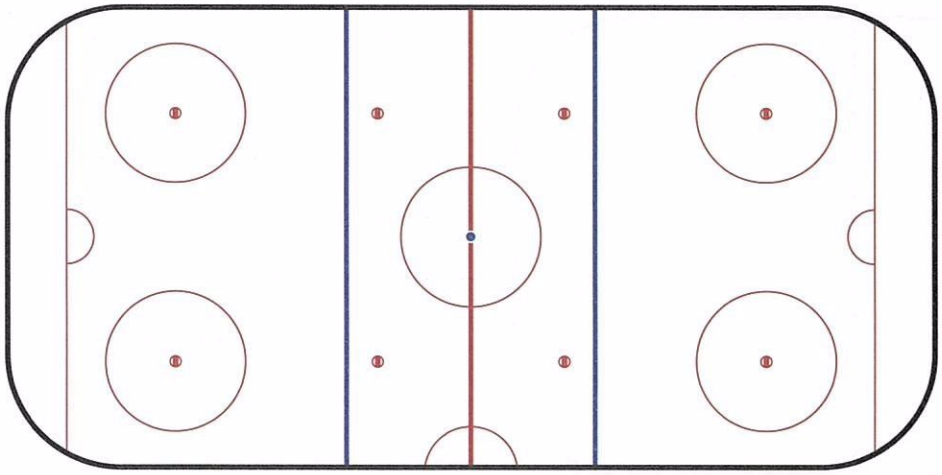


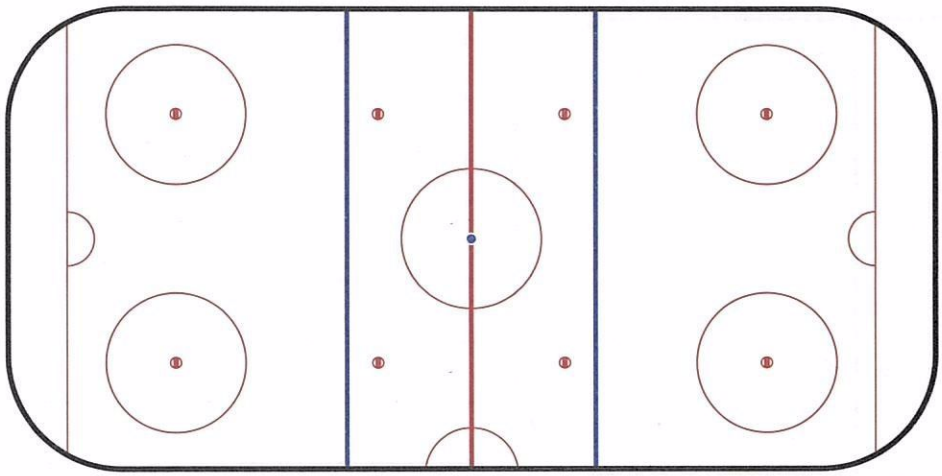
ST 2: DIREKT SCHÜSS → SITUATION VON MITTE BANDE.
10 min

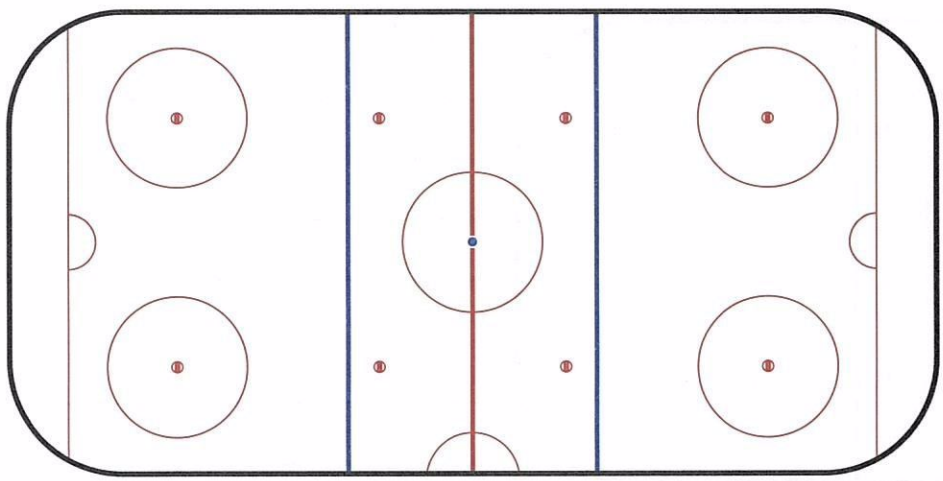


ST 3: DIREKT SCHÜSS MIT DREHUNG.
10 min









14:40 - 15:30 eislaufen technik

17:00 - 18:00 STATION

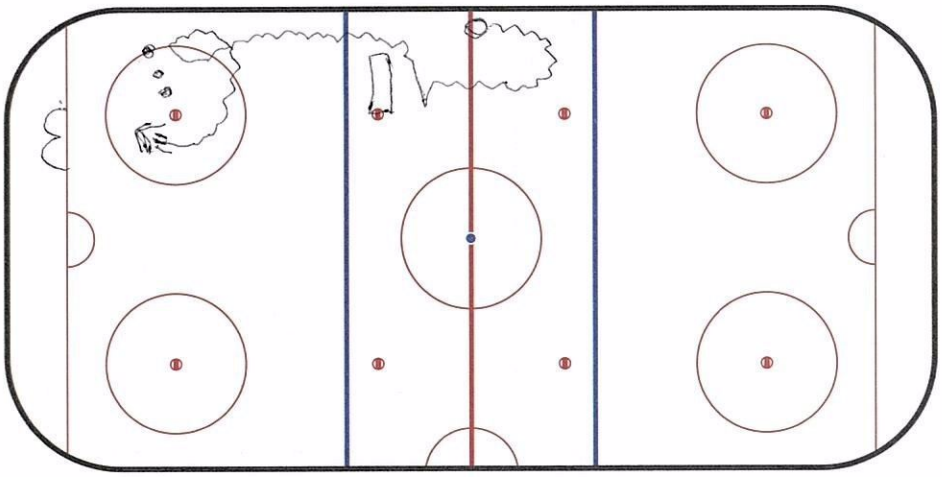
19:10 - 20:00 SPIEL

TEAM: U15. CAMP.

DATUM: 20.8.2022.

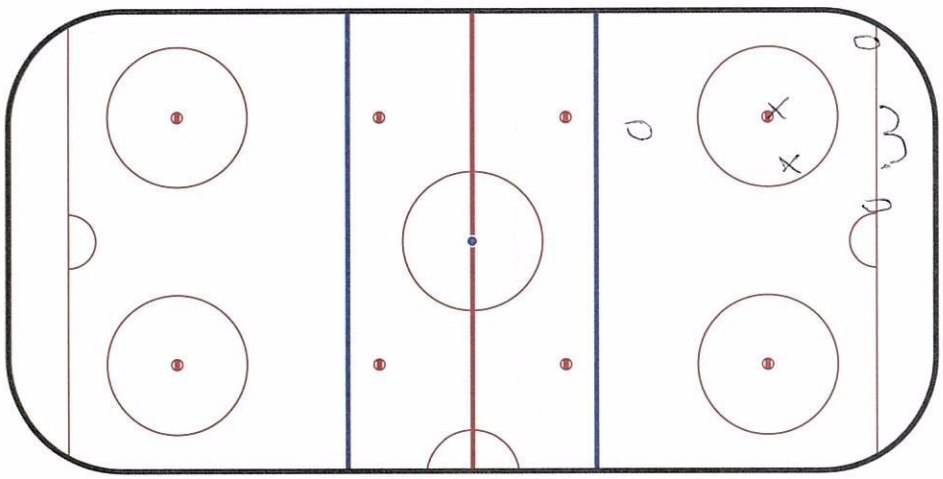
TRAINER: YURI + 4 HELFER

TRAININGSPLAN



ST 1:

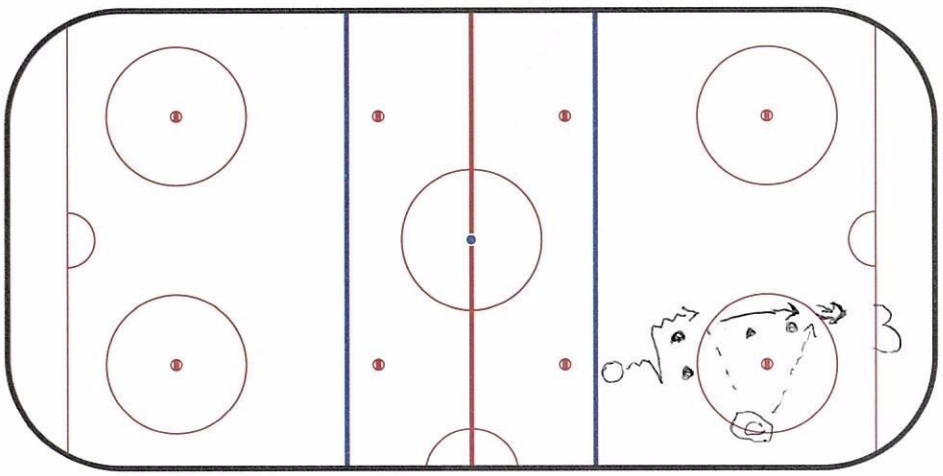
SPIEL SITUATION -> AUSEN PUCK IM ZONE BRINGEN -> SCHNELL RICHTUNG WECHSEL MIT ÜBERSETZEN -> SCHÜSS IM ÜBERSETZEN BEWEGUNG MIT AUSSEN BEIN 10 MIN



ST 2:

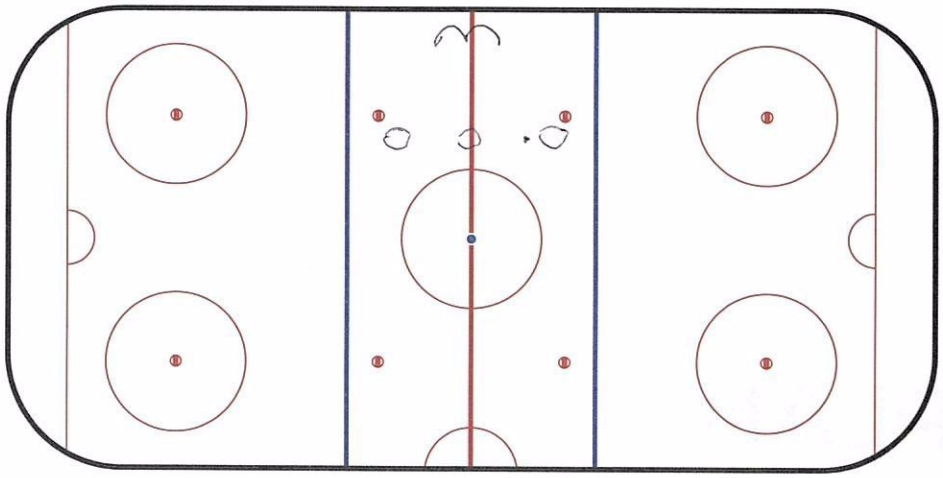
SPIEL 3 - 2 AUF NL PLATZ

10 min



ST 3:

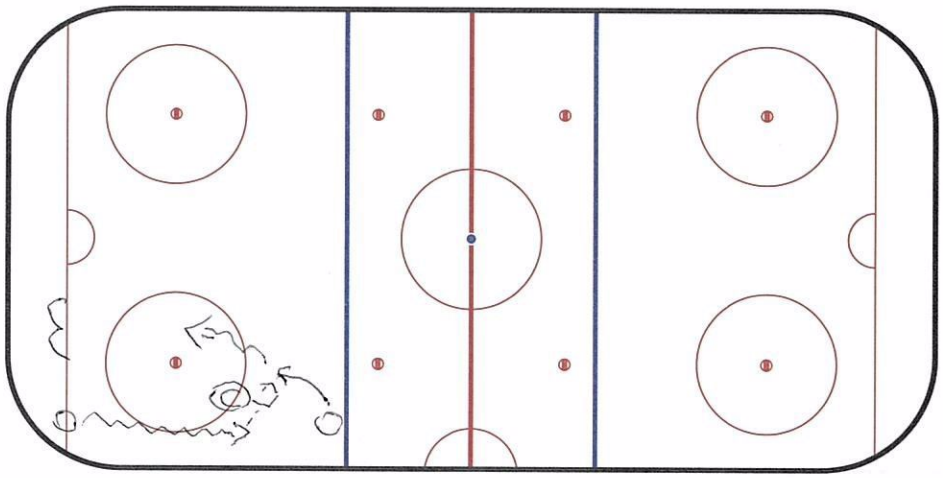
SCHÜSS OHNE MISCHUNG IM BEWEGU MIT PASS



ST 4:

DIREKT SCHÜSS

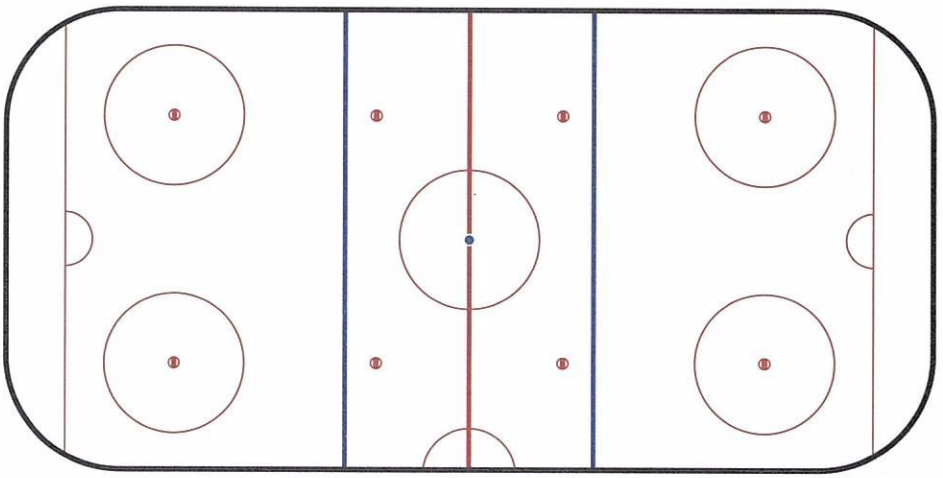
10 min

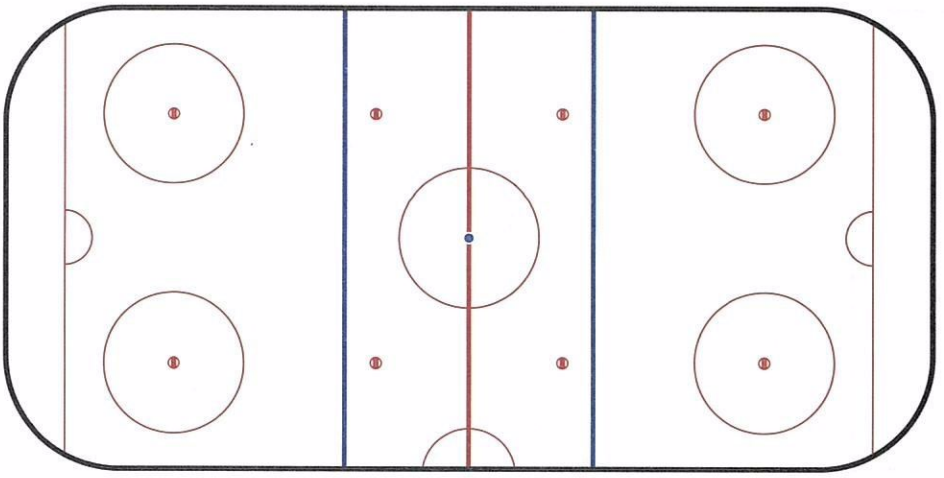


ST 5:

SPIEL SITUATION → 2 SPIELER ARBEITEN → EIN STÜRMER EIN VERTEIDIGER → TEIMING MIT PASS UND REIN IM ZONE KOMMEN.

10 min



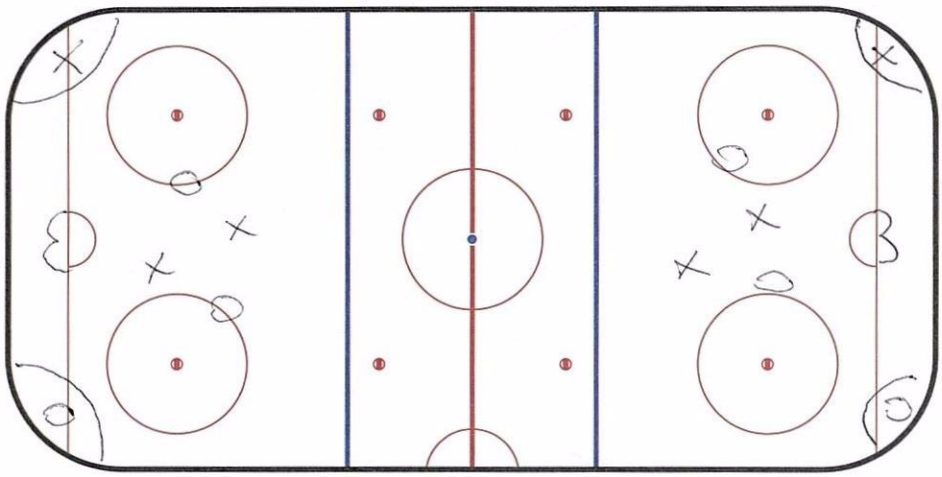


TEAM: U15 CAMP

DATUM: 20.8.2022. 19:10-20:00

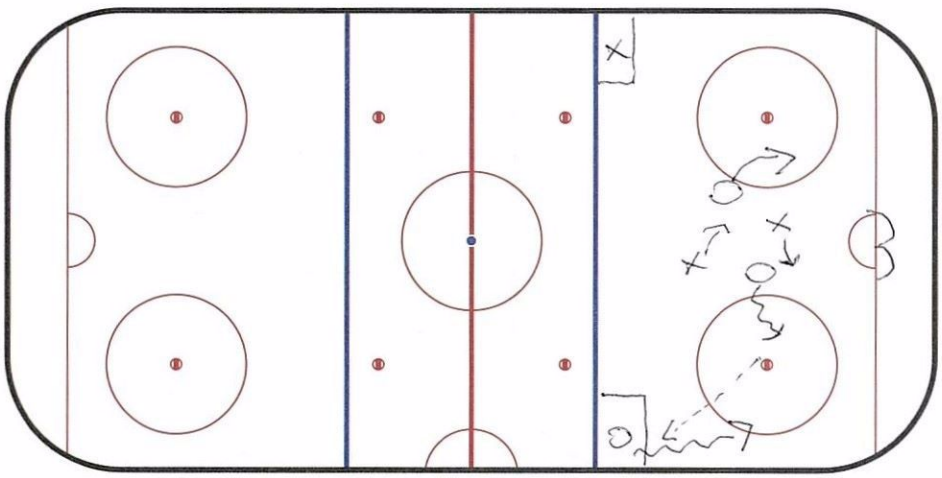
TRAINER: Yuri + Helfer

TRAININGSPLAN



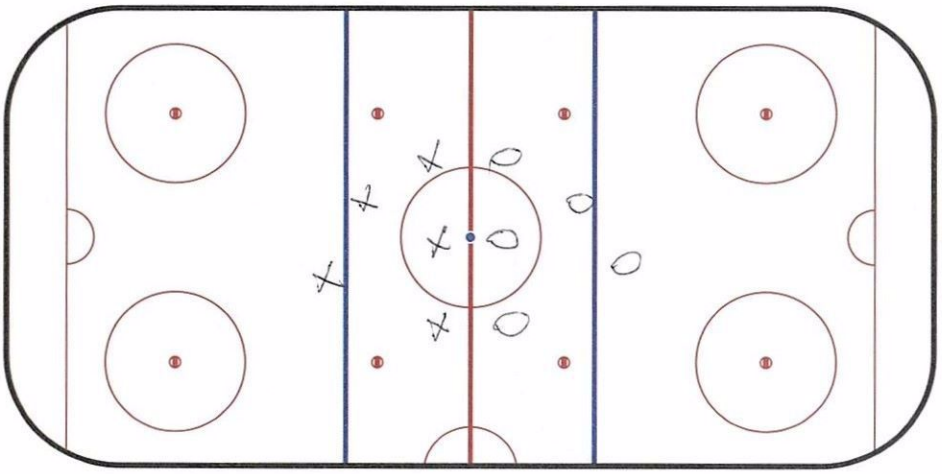
Spiel 2-2 mit 1 Joker in die Ecke für Passen

13 min



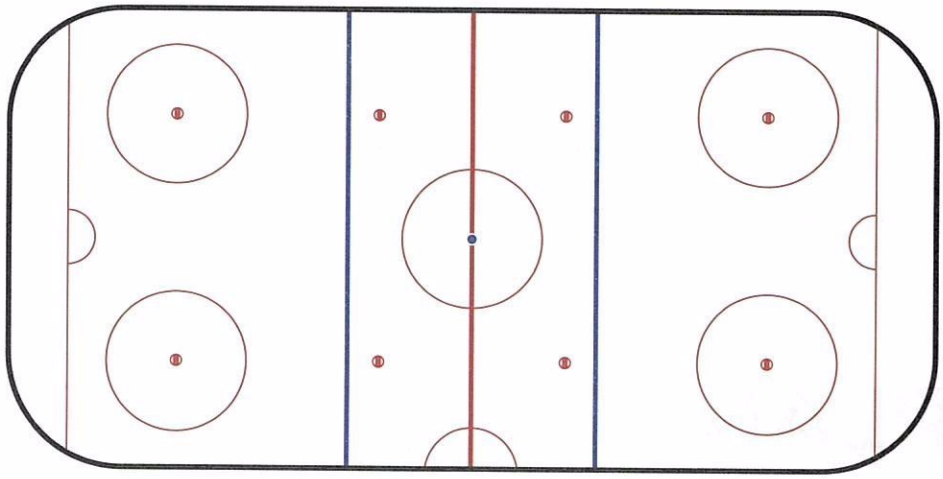
Spiel 2-2 mit 1 Joker oben pro Team → Joker geht rein wenn sein Team Puck hat, → Automatisch 3-2.

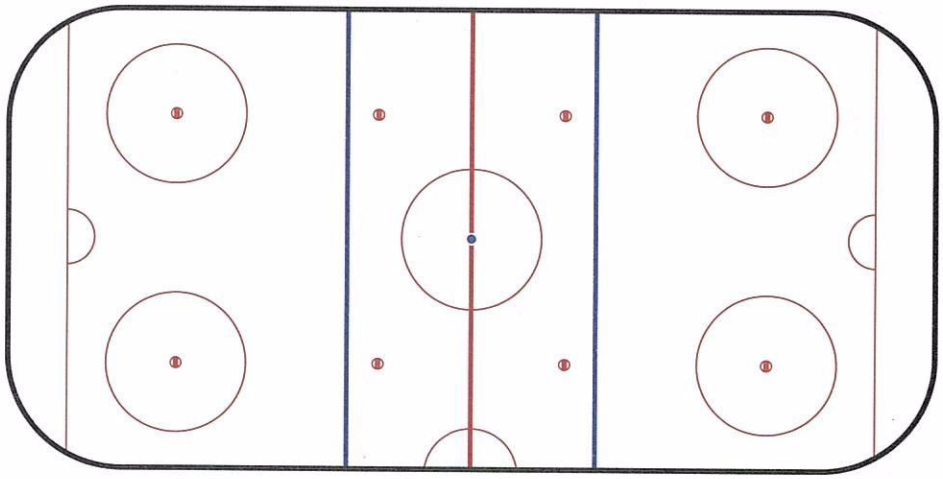
13 min

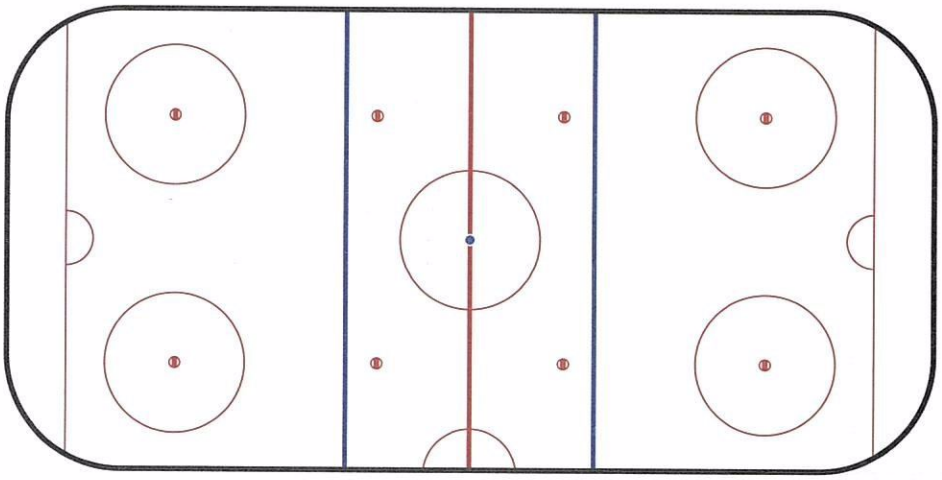


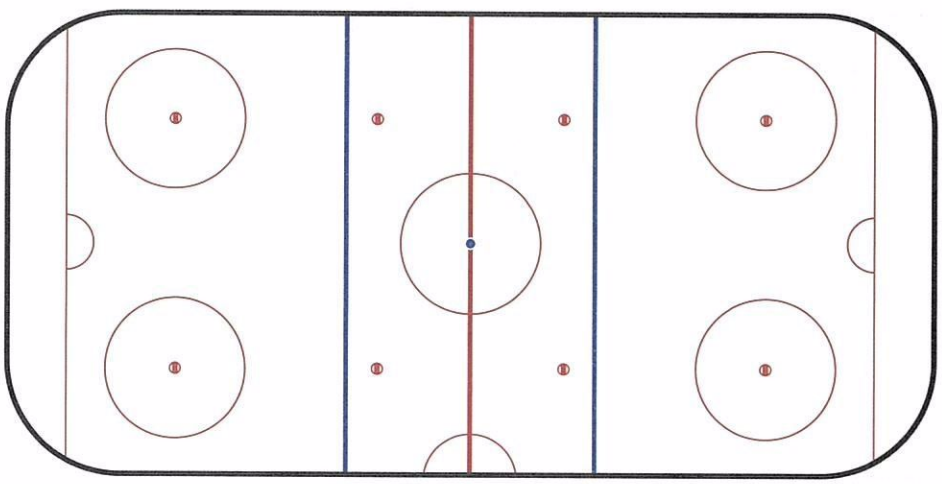
Spiel 5-5

17 min







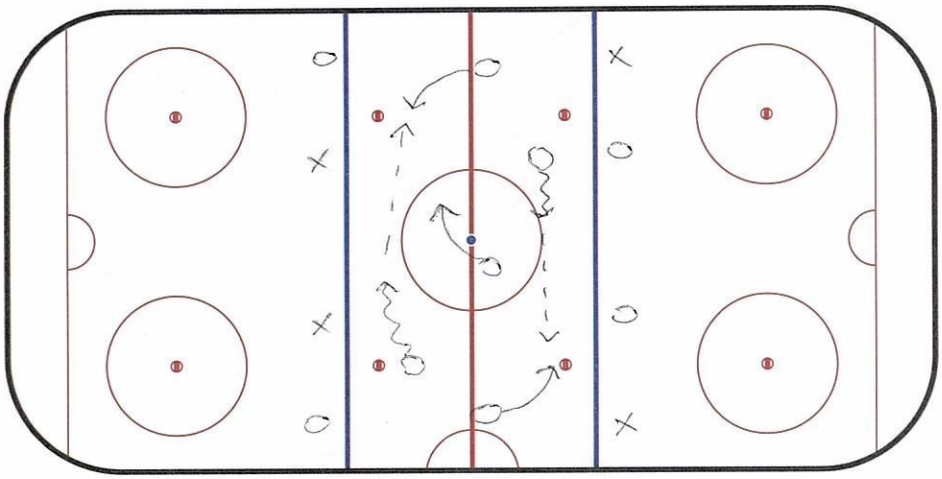


TEAM: U15

DATUM: 22.8.2022. 16:10 - 17:10

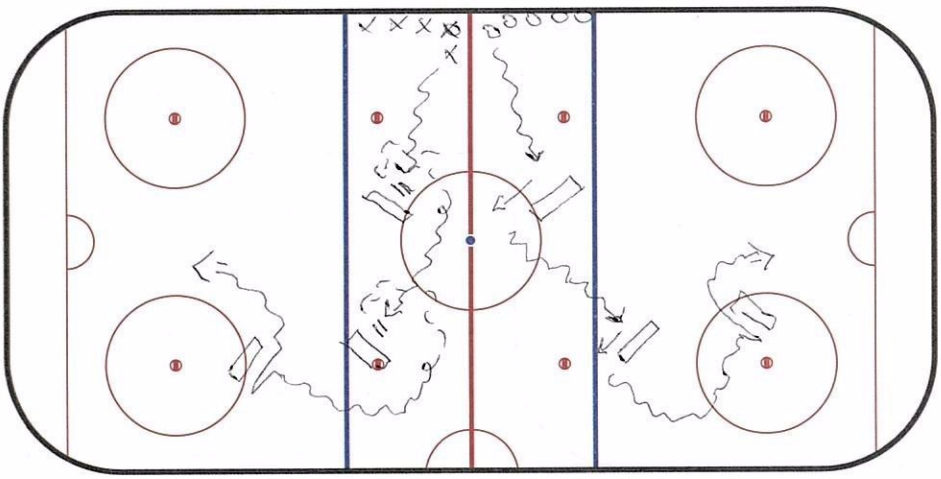
TRAINER: YURI, MARTIN

TRAININGSPLAN

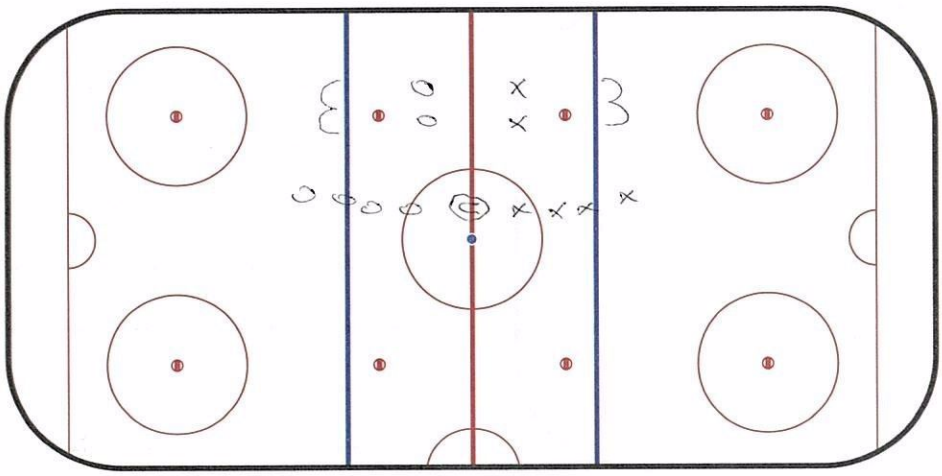


Aufwermen zu 5 mit 2puck mit passen im mitte zone 8min

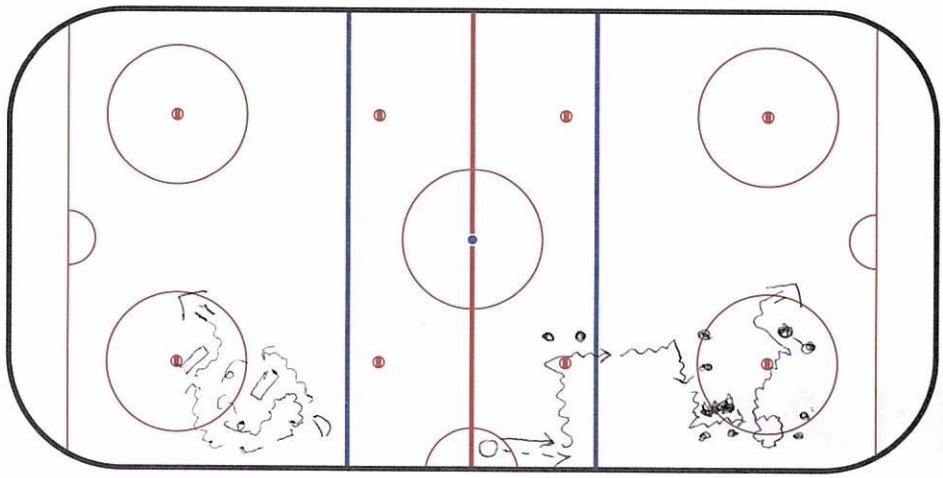
G - Aufwermen mit Martin



1-0 von mitte in zwei seiten → zwei technische elementen mit schuss 6x6 12min

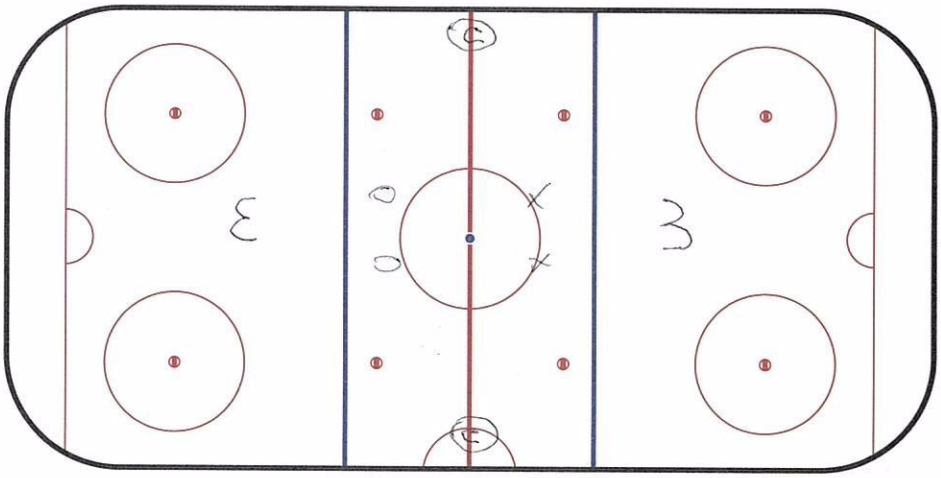


Spiel 2-2 auf kleine platz. 10 min

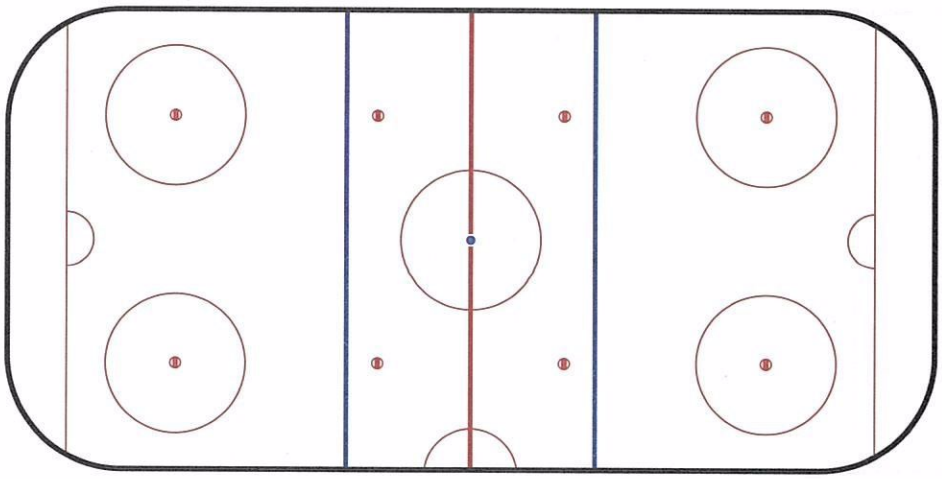


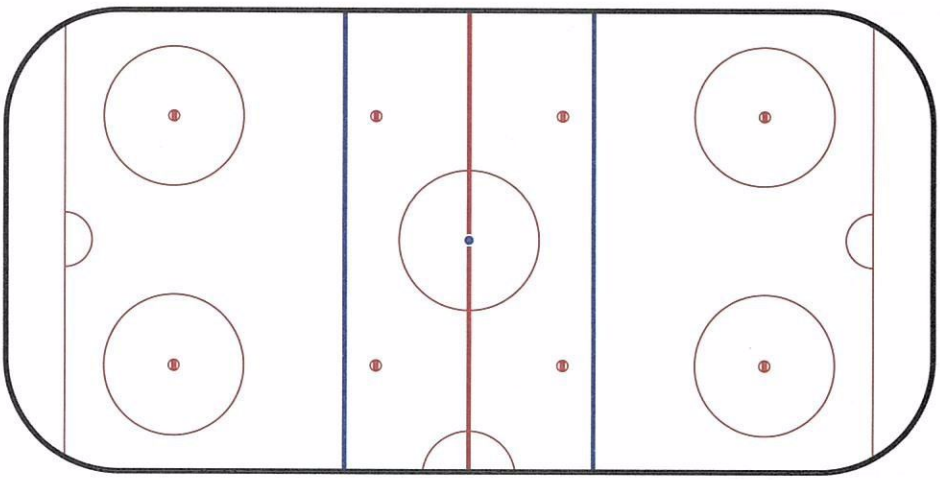
F - eine Seite → Spiel Situation aus mitte 7x7 14min

D - Andere zone Spiel Situation auf blau linie 7x7 14min



Spiel 40x30
2-2 → 3-3 mit 2 Joker von (E)
12min



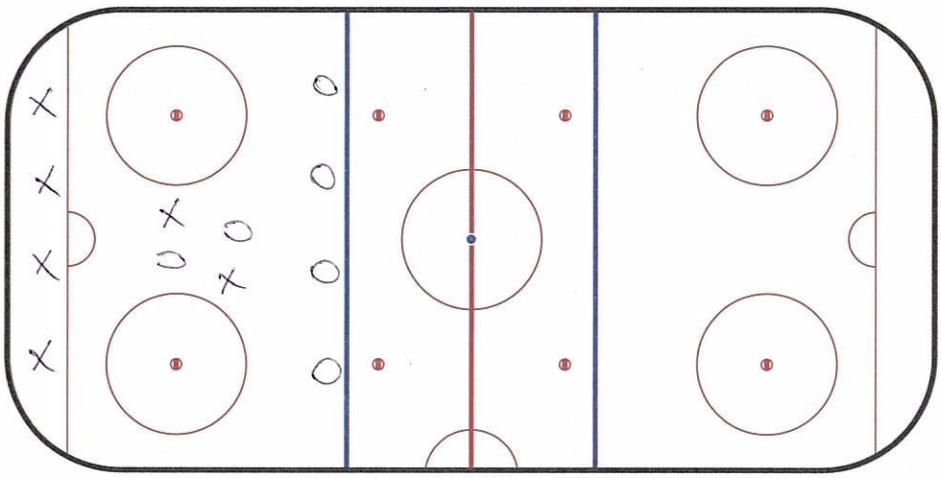


TEAM: U15. 10:40-12:00

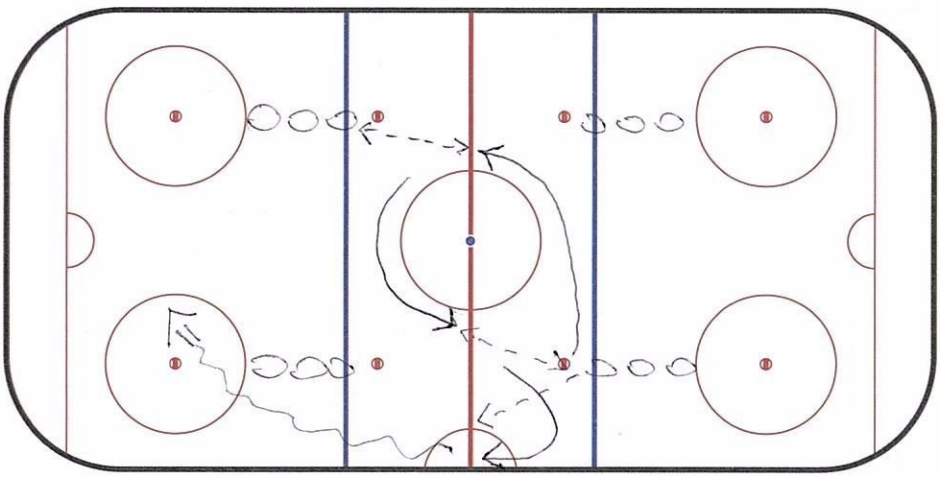
DATUM: 23.8.2022.

TRAINER: YURI, MARTIN.

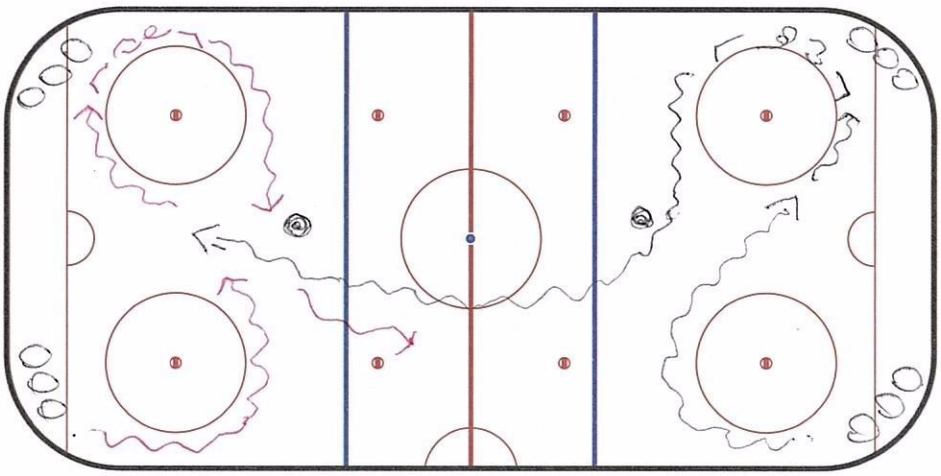
TRAININGSPLAN



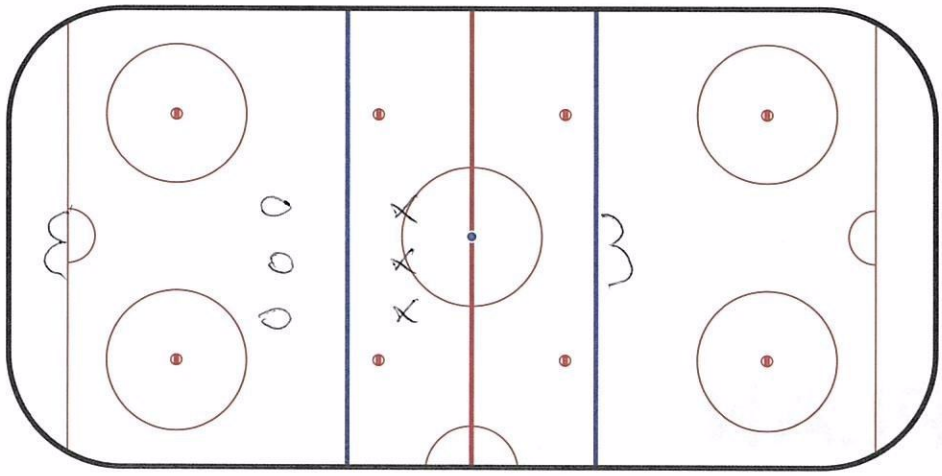
Aufwermen 2-2
mit PASSEN ZUM
eigene GRUPPE
10min
G-mit MARTIN.



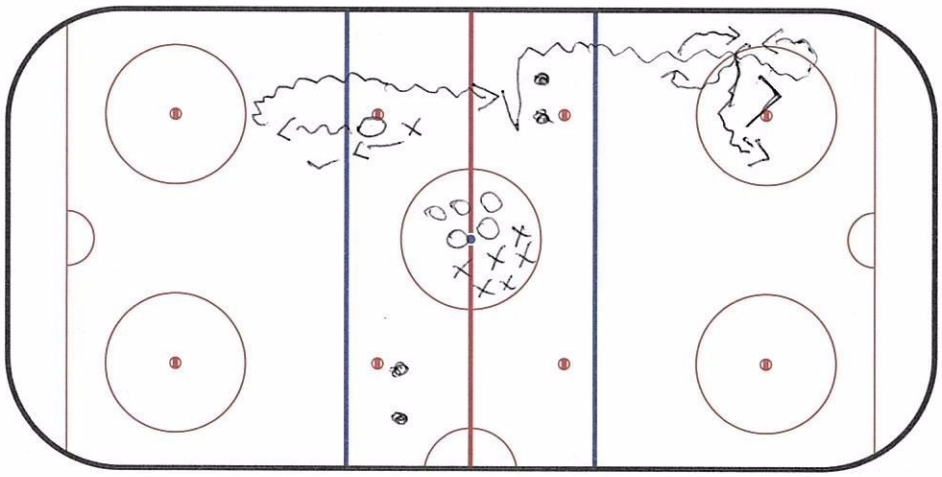
1-0 mit doppel pas
7min



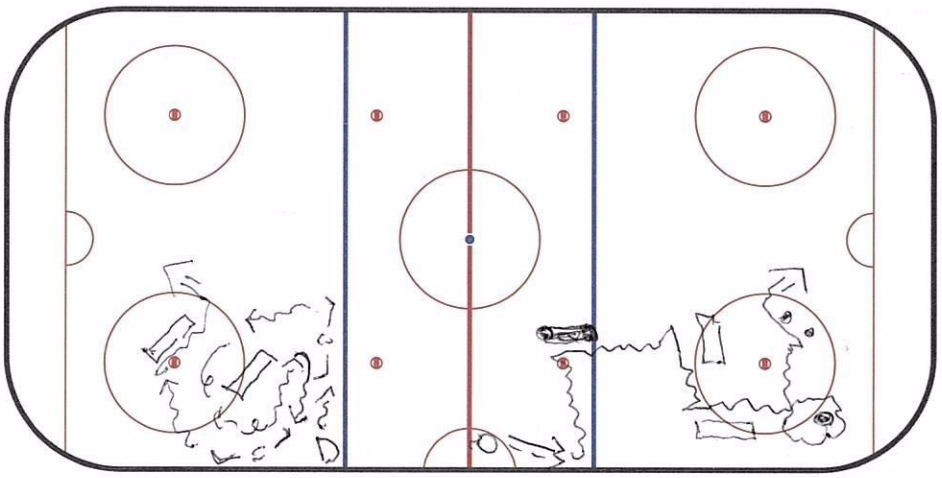
1-0 Lange weg
mit drechung elemen
und in die mitte
ziehen.
7min



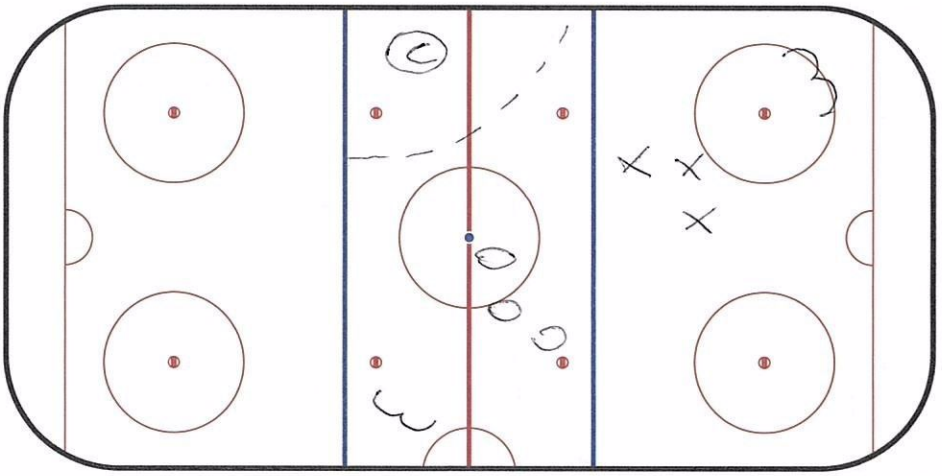
Spiel 3-3 mit eine blau als aufsetz
10min



1-0 Spiel situation raus aus drück kommen von linke oder rechte seite -> puck aussen im zone bringen und aus ecke raus kommen. 6x6 -> 12min



F - eine zone
D - andere zone
gleiche übunge von gestern
7x7 -> 14min



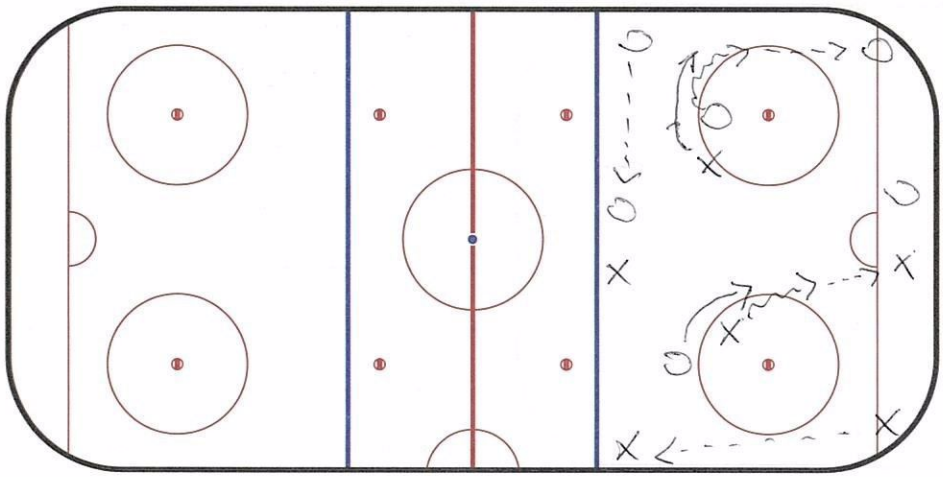
Spiel 3-3 mit
(C) joker.
12min

TEAM: U15, 10:40 - 12:00

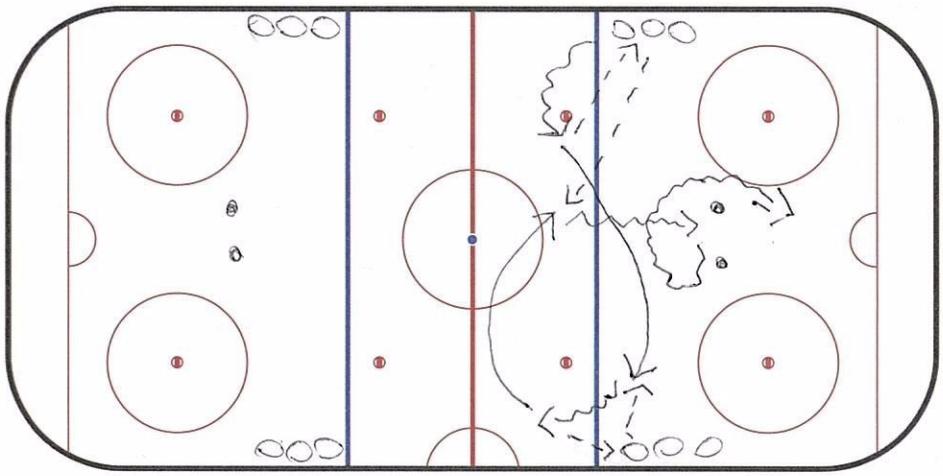
DATUM: 25.8.2022.

TRAINER: YURI, MARTIN

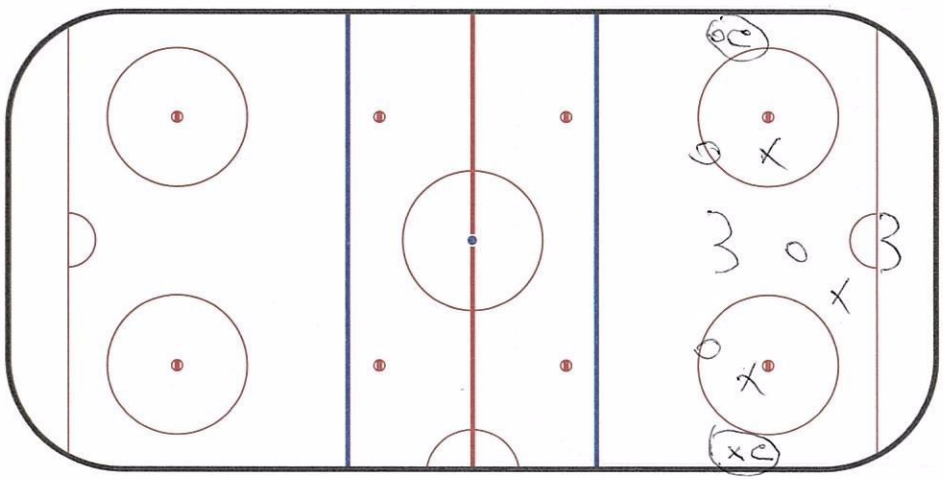
TRAININGSPLAN



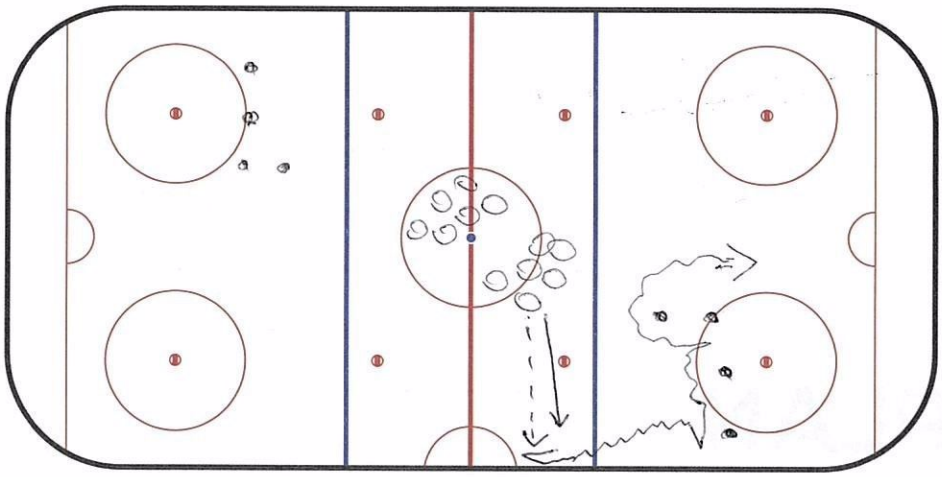
Aufwärmen 2 PUCK
FAKTIV & PASSIV
→ Überblick
10 min



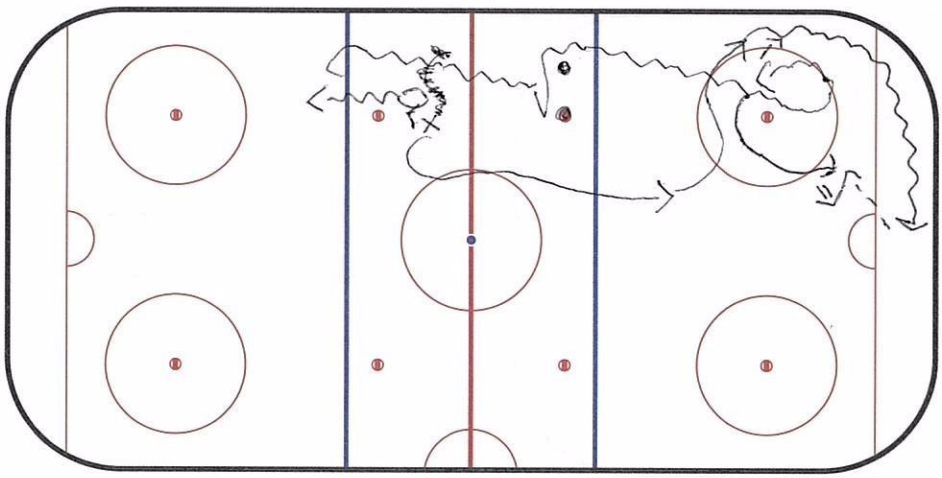
1-0 mit Tempo
wechsel und Richtu
wechsel
8 min



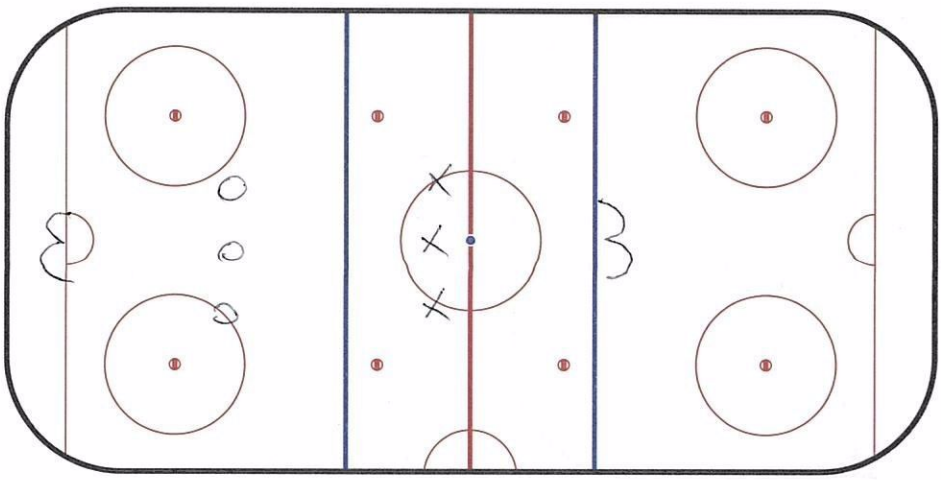
~~Accccccccc~~
Spiel 3-3 mit
TR JOKER FÜR sein
Team.
10 min



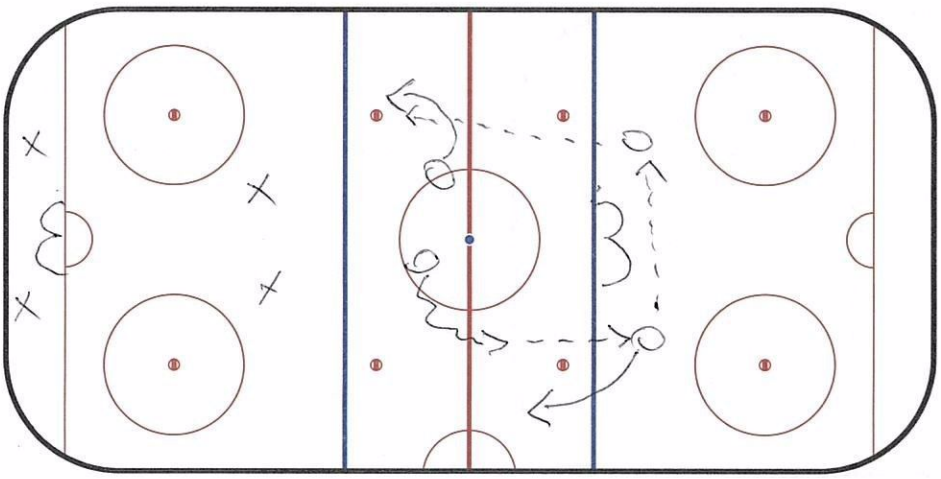
1-0 mit Richtung wechsel in die mitte → schulter kurzen und 1 Bein
10 min



1-0 Spiel situation
2-0
→ aus druck raus komme von mitte zone → im zone kreuzen und pass auf kurze posten.
6 x 6 → 12 min



Spiel 3-3 mit blau auf seit
12 min



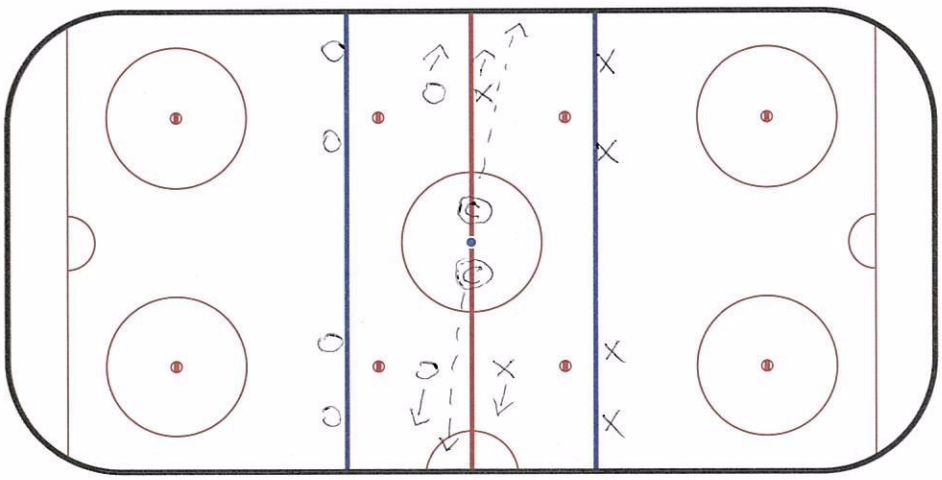
Spiel 2-2 + 2 spieler hinten tor
→ nach pass hinten tor spieler geht rein und automatisch 3-2. (blau auf seit)
12 min

TEAM: U15. 16:10-17:10

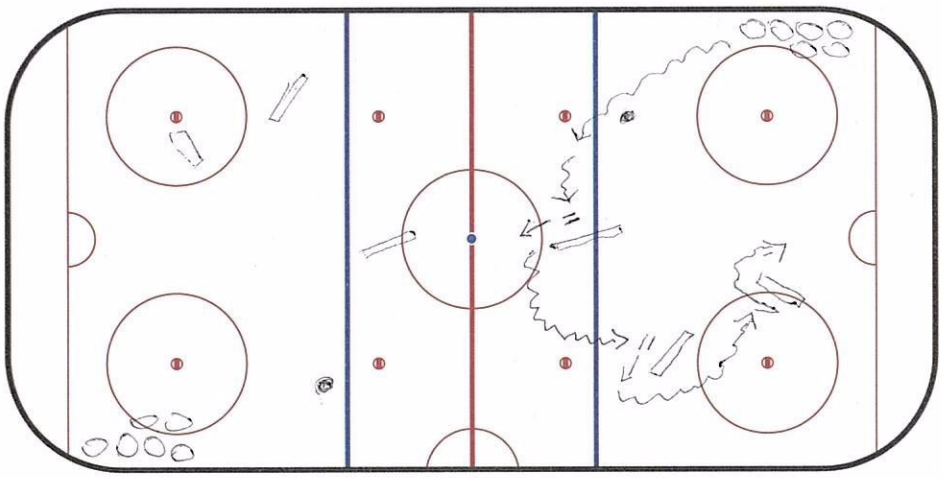
DATUM: 29.8.2022. -> 30.8. -> 10:40-12:00

TRAINER: YURI, MARTIN.

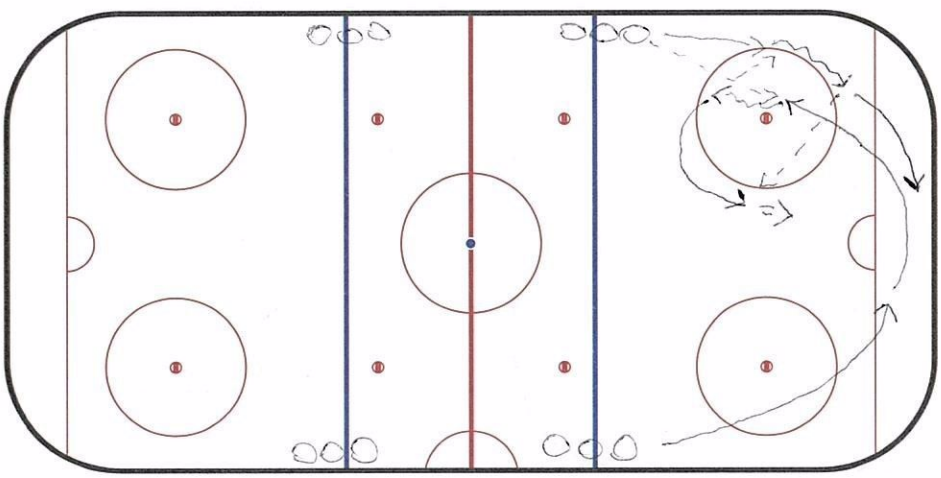
TRAININGSPLAN



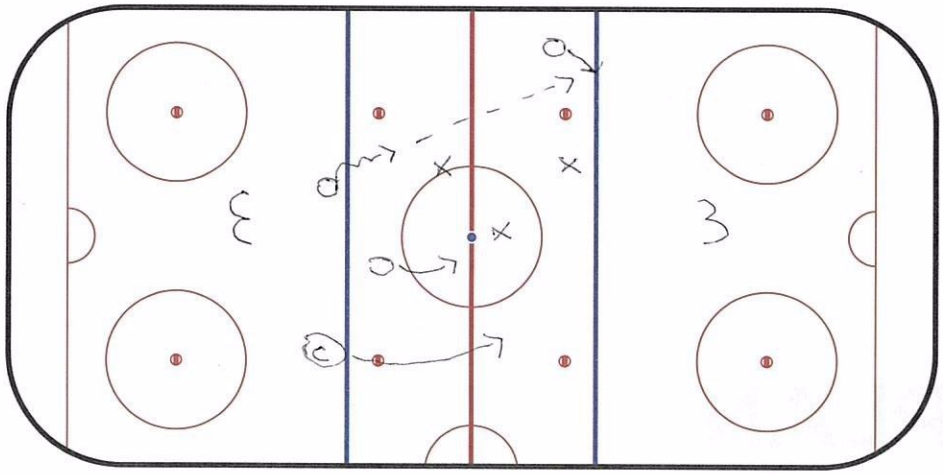
Aufwermen. ->
-> 1-1 mit passen zum eigene gruppe
(2 seiten)
8min



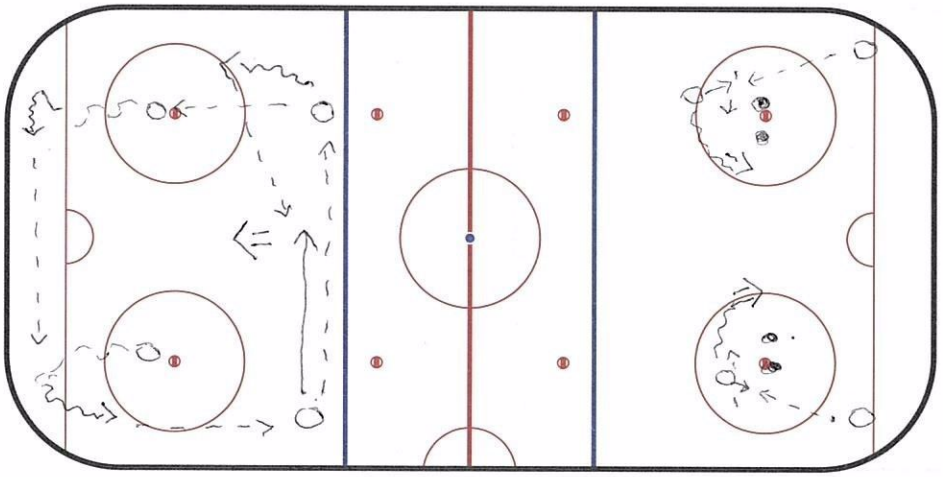
1-0 spiel situatio im eingang zone ->
-> bein nutzen aussen kante bei bremsen und raus kommen.
10 min



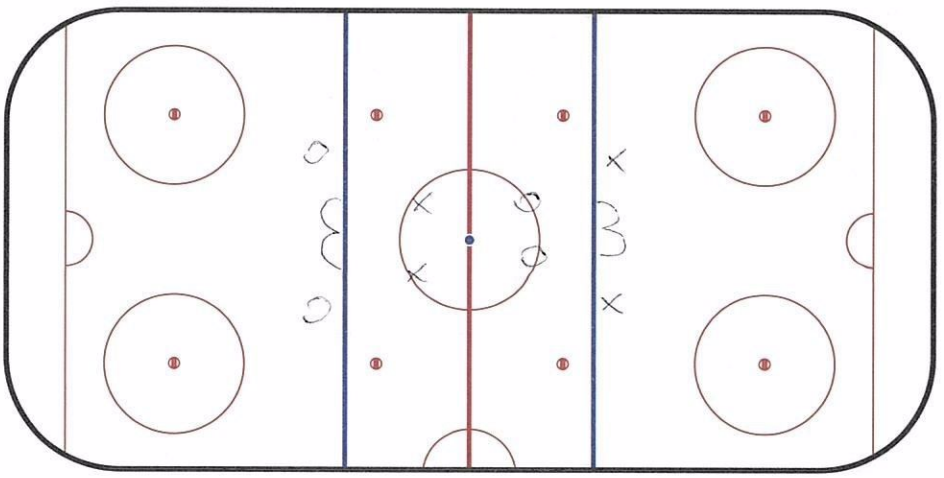
2-0 mit vorlezan
6min
oder
direkt schuss wenn wenig leute sind.



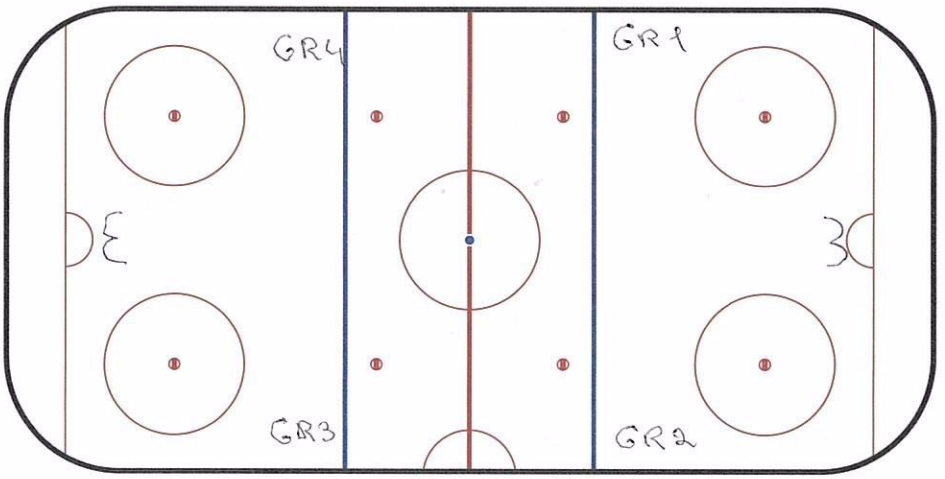
Spiel 40x30 ->
3-3 -> (E) spielt für
Team mit Puck ->
automatisch 4-3
8min



F - eine Seite ->
Puck Annahme zwischen
beine mit Rückhand
und schnelle schüss
10min
D - andere Seite ->
Pässe hinten Tor ->
Pässe blau Linie ->
schüss von blau
10min



Spiel 2-2 mitte zone
mit 2 joker hinten
Tor -> bessere Arbeit
von eigene Tor man mit
man -> schläger unten
kontrolle von unten nach
oben.
8min



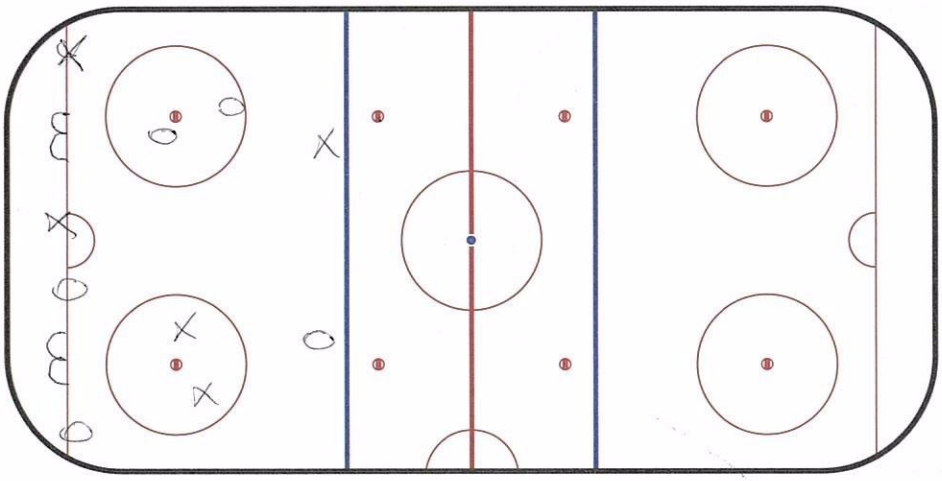
4 GR -> 2 Runde -> 2 Runde
+
30.8. -> Spiel Situation
Übung mit Drechung
Pass. 10min
↓
Spiel 2-2 ohne joker
10min

TEAM: U15, 10:40-12:00

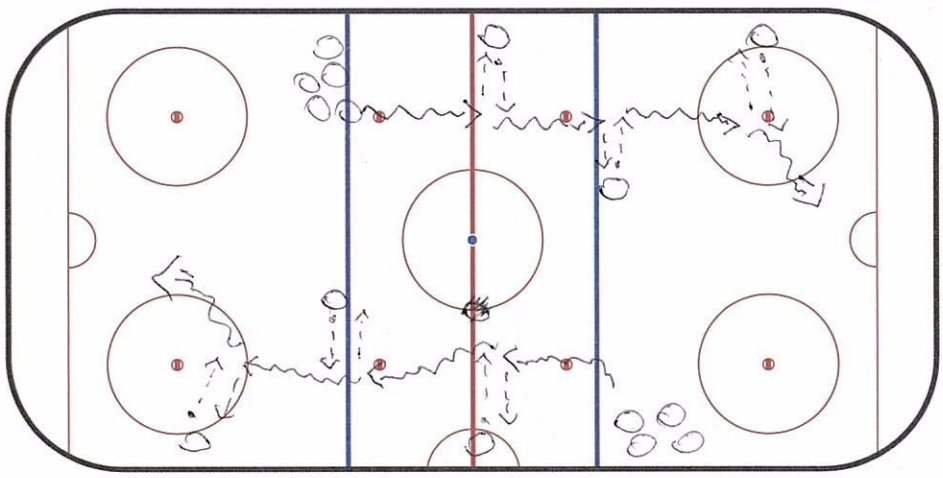
DATUM: 31.8.2022.

TRAINER: YURI, MARTIN

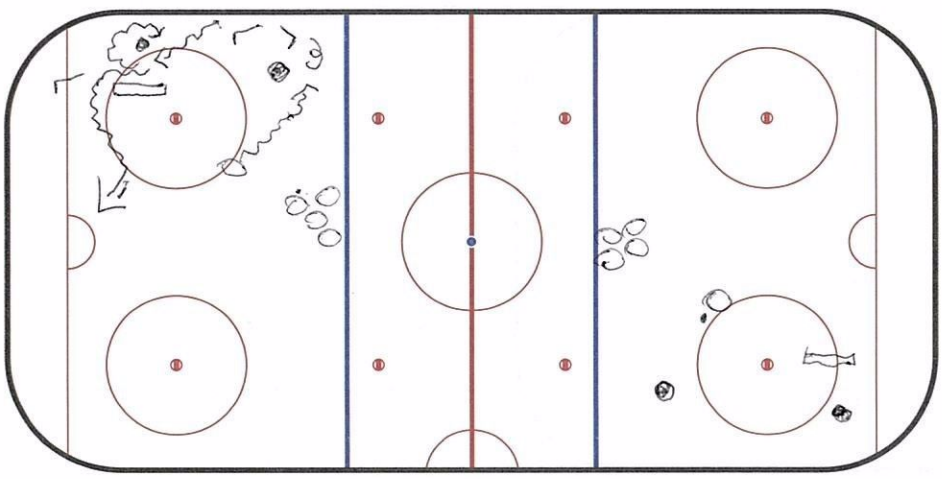
TRAININGSPLAN



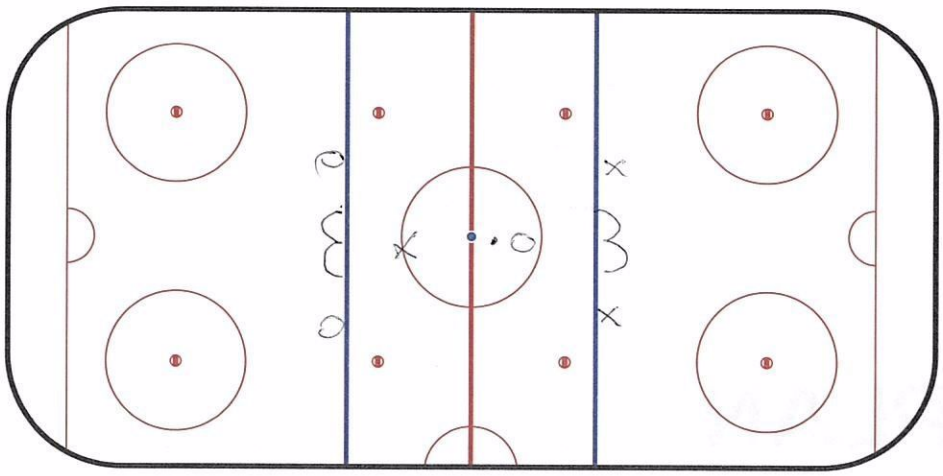
Aufwermen
3-2 -> 3-2,
10min



Puck kontrol ->
-> zwei puck ->
Pässe rückhand
vorhand gleizeitig
6x6 -> 12min

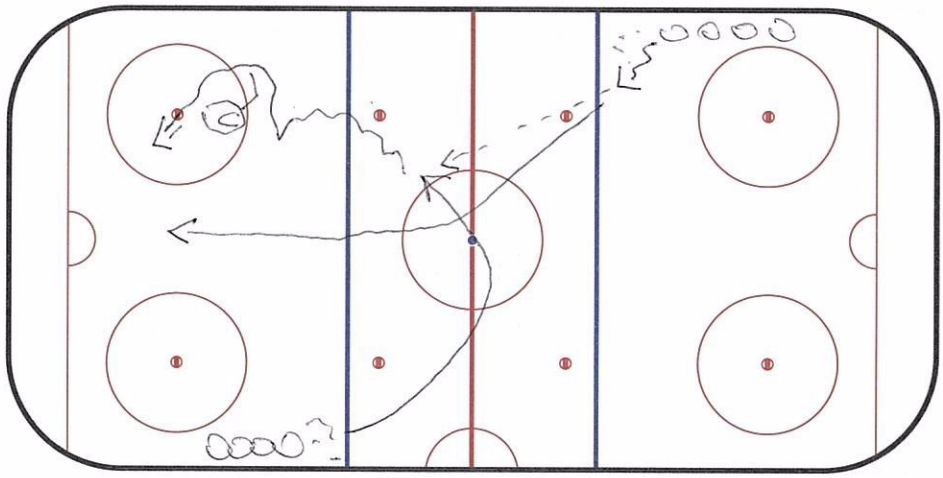


Spiel situation
Aus ecke,
6x6 -> 12min



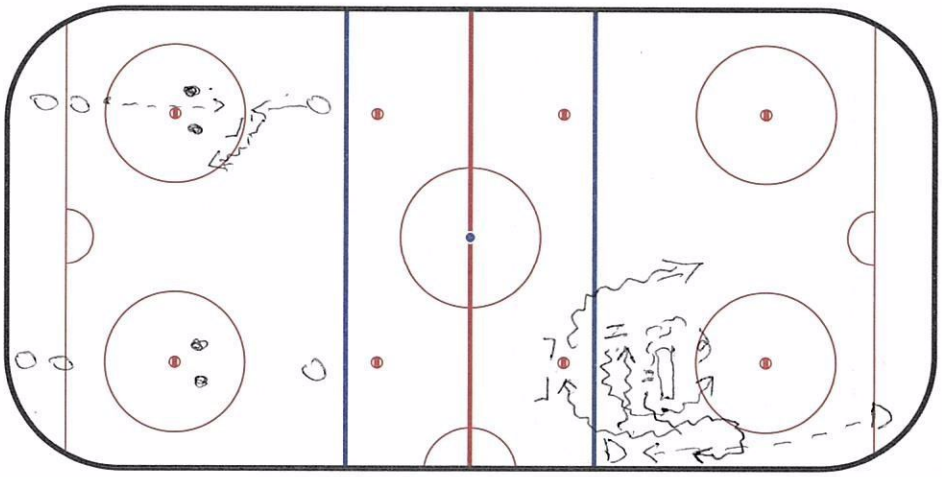
Spiel 3-1 -> 3-1

10 min



2-0 -> SITUATION ZURÜCK ARBEITEN und zum NACHSCHUSS gehen.

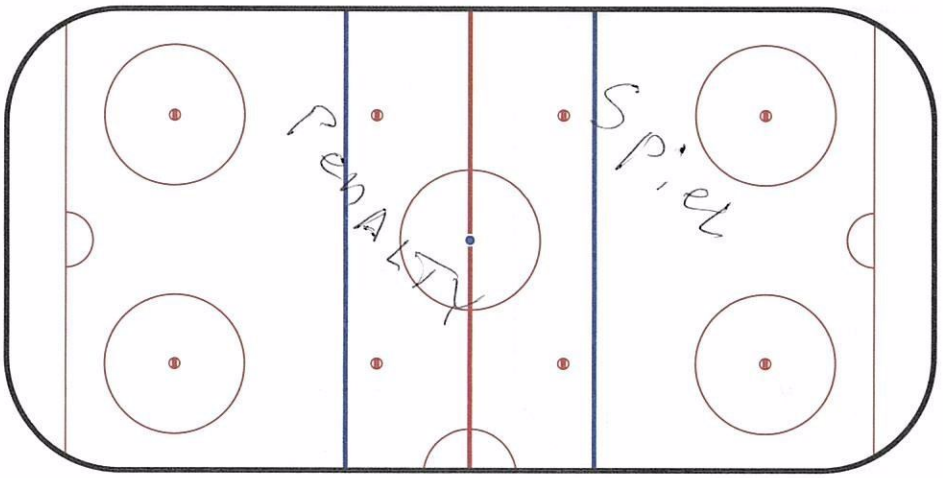
4x4 -> 8



F-schüss mit Richtung wechsel Puck zwischen beine und schuss. 10 min

D-SPIEL SITUATION bei ~~K~~ BLAU LINIE

10 min



SPIEL AUSSUCHEN

SPIELER 8 min

-> 8 min PENALTY

wenn GOALY DA sind

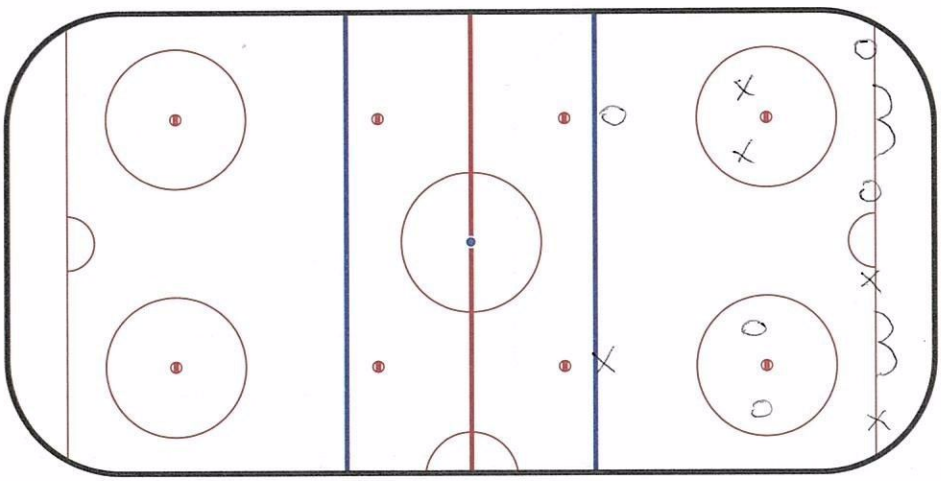
E.H.C. KLOSTERSEE

TEAM: U15, 16:40-17:40

DATUM: 2.9.2022.

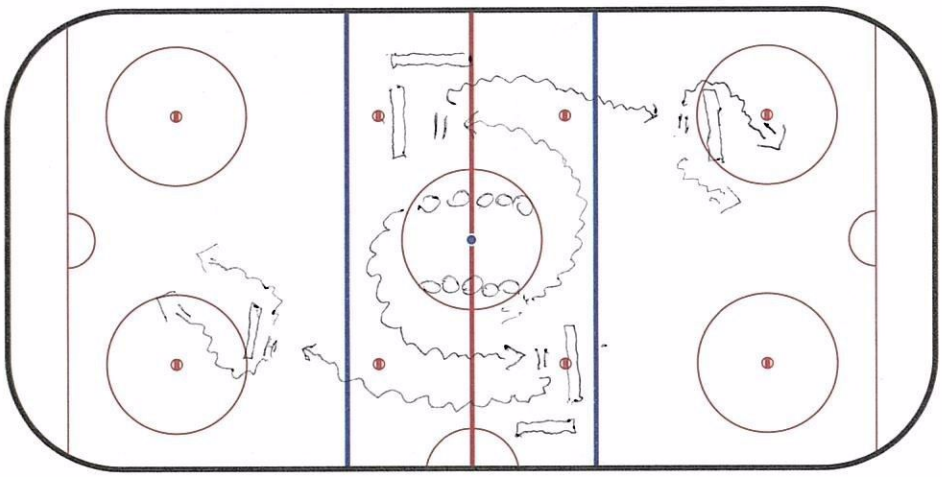
TRAINER: YURI.

TRAININGSPLAN



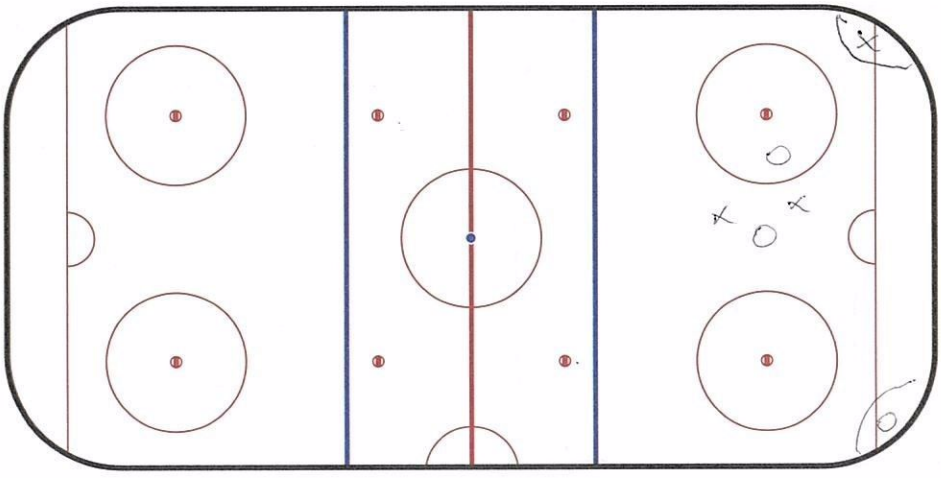
Aufwermen 3-2, 3-2

10min



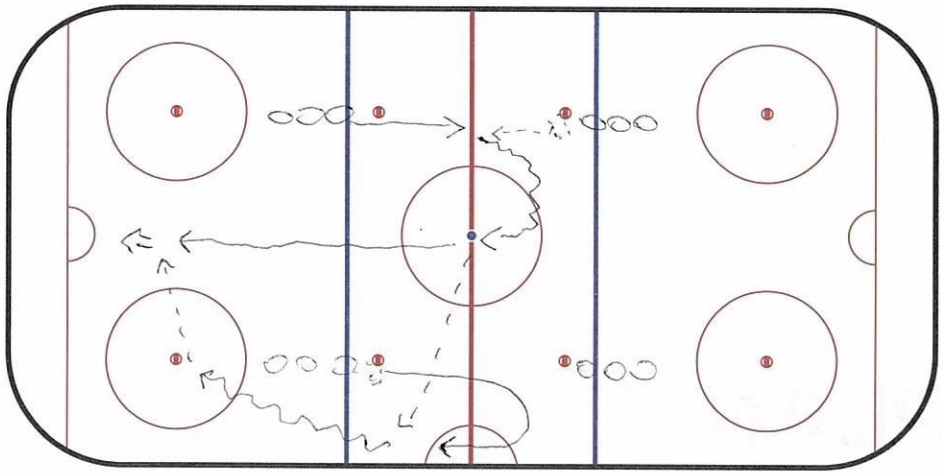
1-0 PUCK KONTROL mit Richtung wechsel im mitte zone.

10min



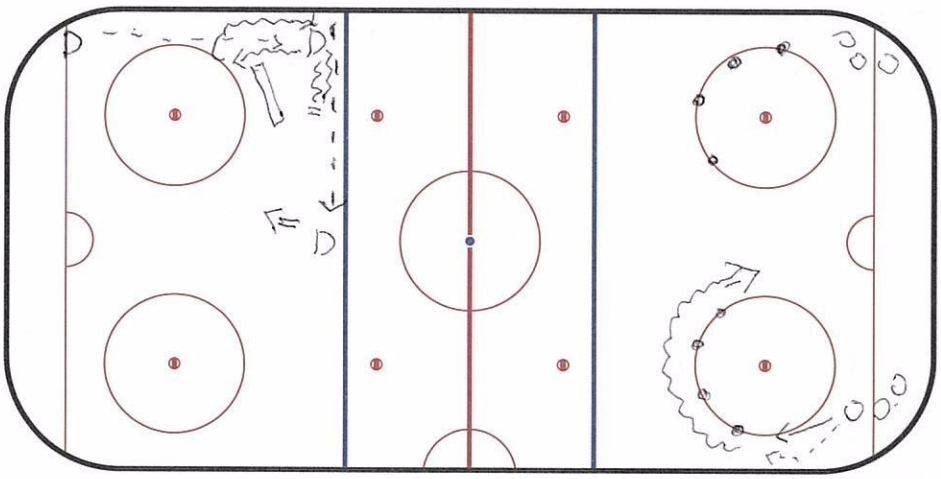
2-2 mit 2 JOKER UNTEN im ecke FÜR PASSEN → VOR TOR jede sein MANN

10min



2-0 mit zug zum TOR

8min



F-schüss VORHand-

RÜCKHAnd -> TEMPO

mit übersetzen ->

VORHAnd schüss machen

Auf übersetzung bein.

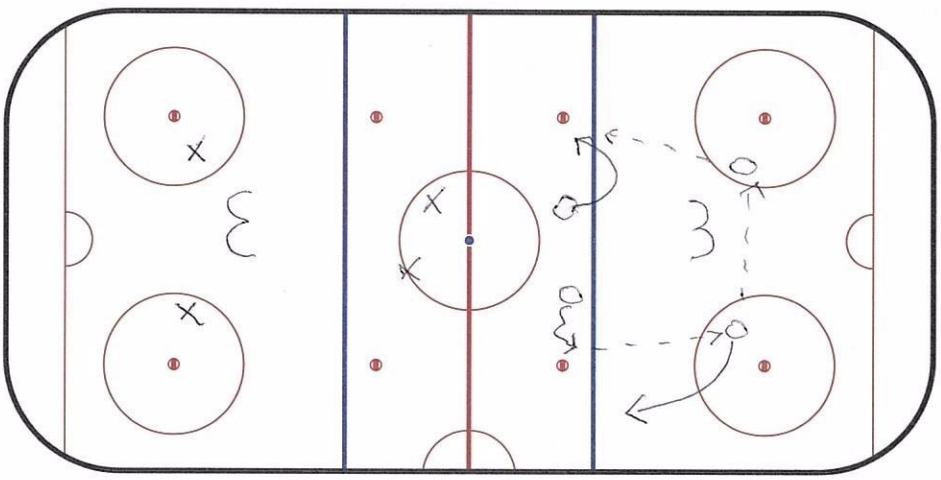
10min

1) - PASS von unten TEUSCHE

bei BLAU mit CANADIA und

PASS zu ANDERE D bei ~~BAN~~ BLAU

Linie und schuss 10min



Spiel 40-30 -> 2-2+

2 JOKER HINTEN eigene

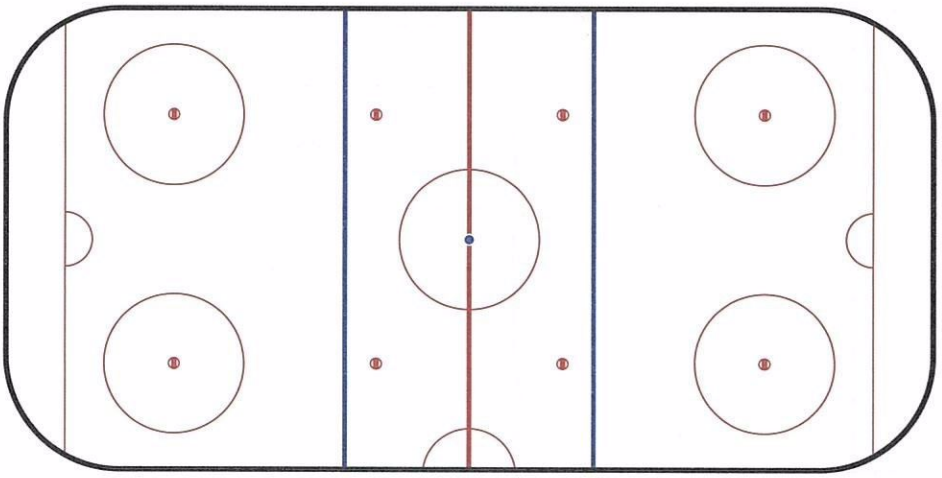
TOR -> NACH PASS HINTEN

TOR SPIELER geht rein

-> AUTOMATISCH SITUATION

3-2.

10min

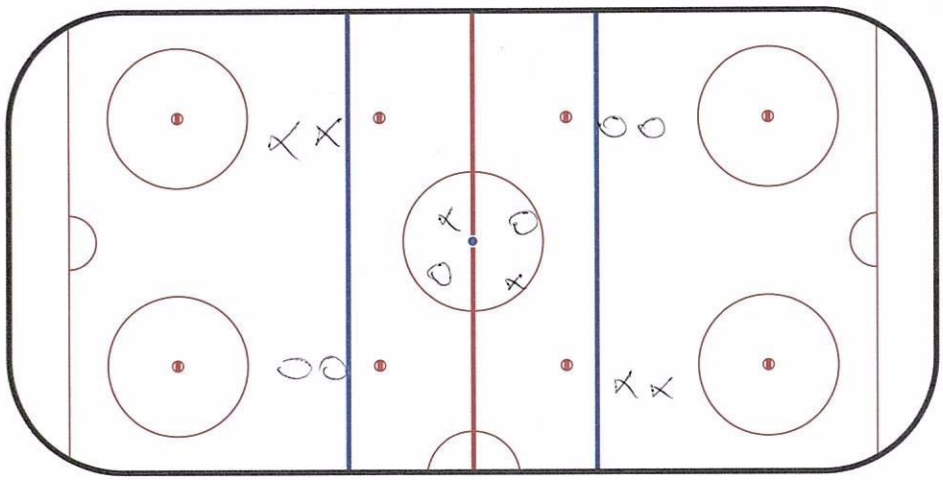


TEAM: U15. 16:10-17:10, TT. 17:20-17:50

DATUM: 5.9.2022.

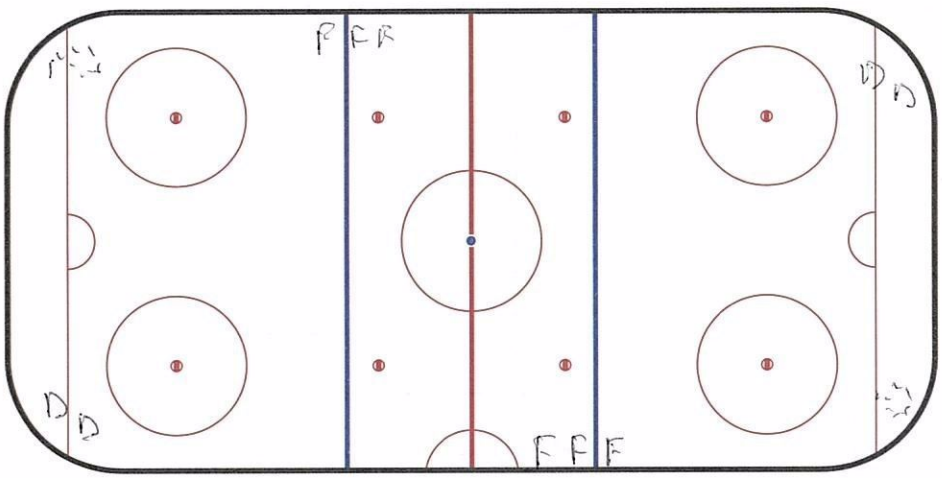
TRAINER: Yuri

TRAININGSPLAN



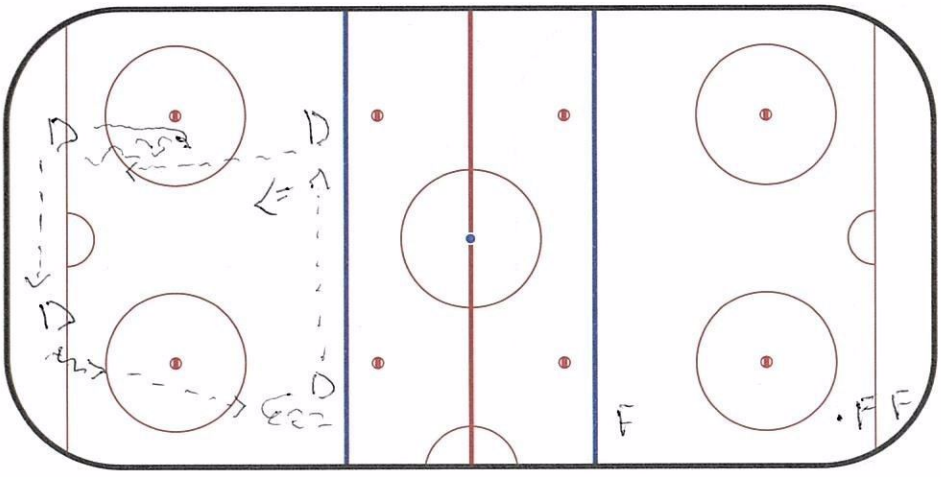
Aufwärmen 2-2 mit 2 Diagonale Joker.

10min



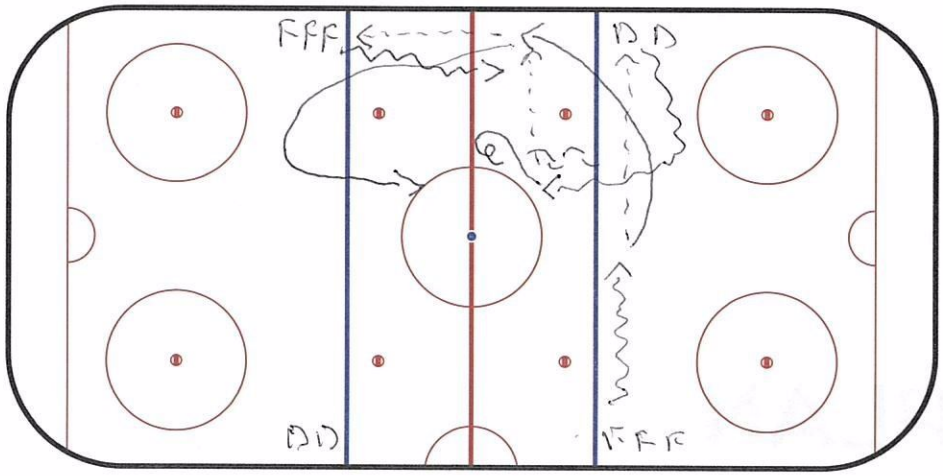
1-0 F-D zusammen Arbeit.

8min



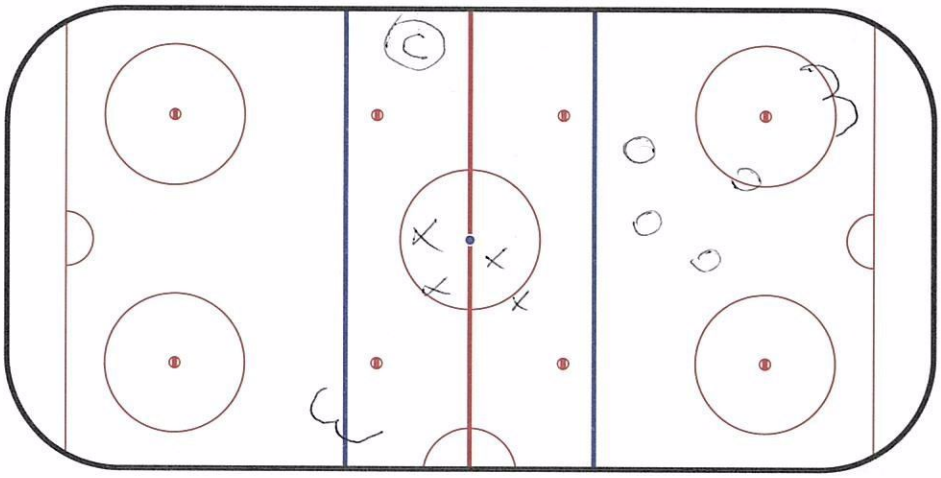
F- eine Zone kreuzen, D- passen unten reining -> passen blau linie mit schuss.

10min



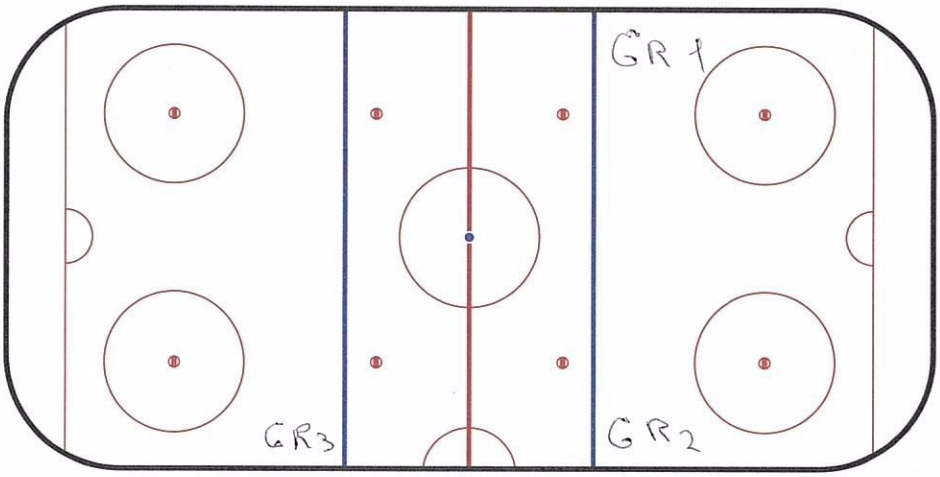
2-1 mit PASSen zum D

6 x 6 -> 12 min



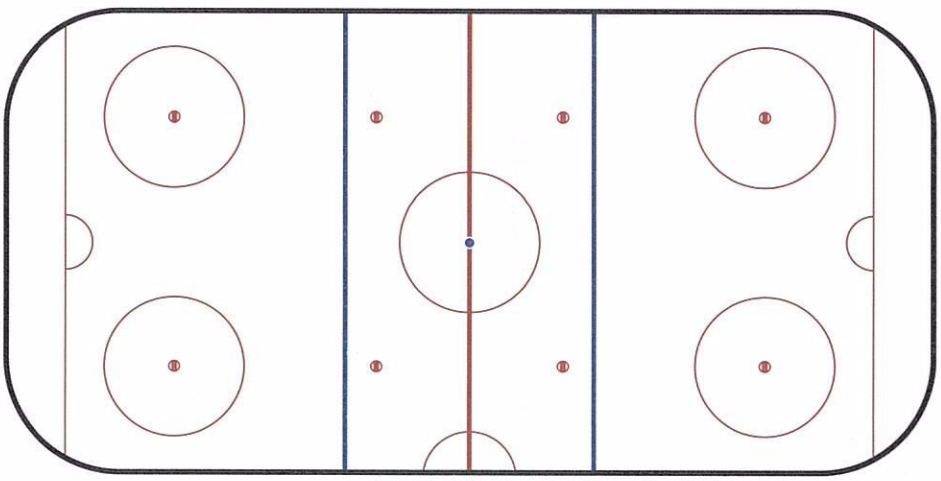
Spiel 4-4 mit (C) JOKER.

12 min



2 Runden -> 2 Runden

3 GRUPPEN.

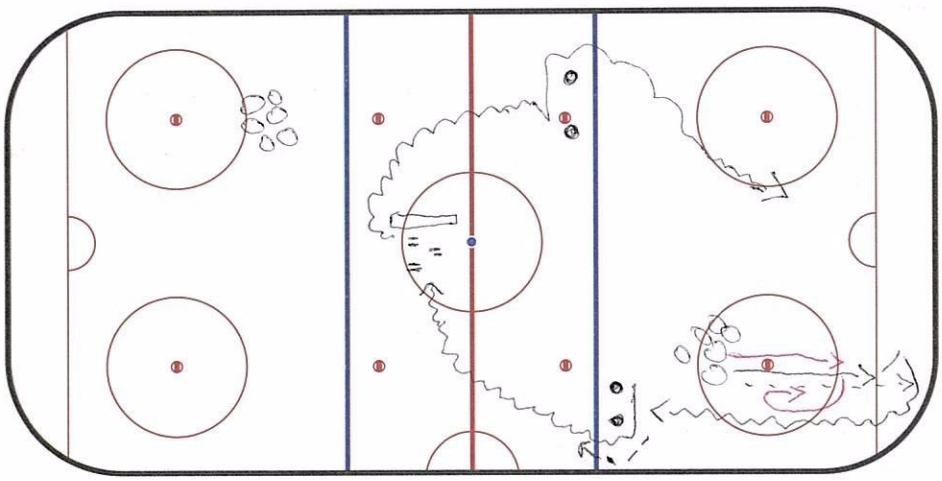


TEAM: U15. 12:20 - 13:40

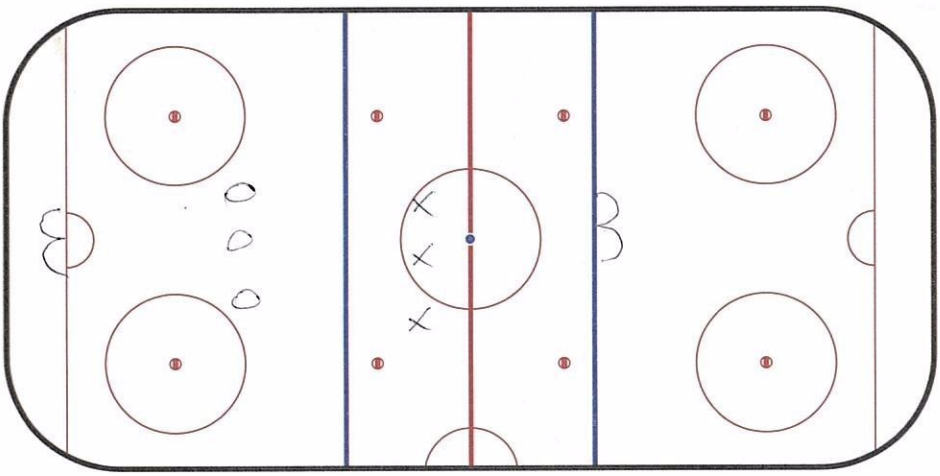
DATUM: 6.9.2022.
8.9.2022.

TRAINER: YURI, MARTIN.

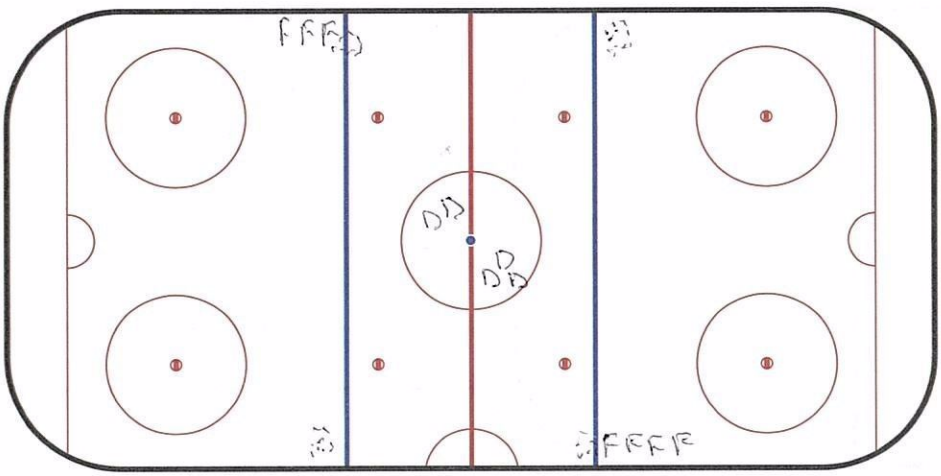
TRAININGSPLAN



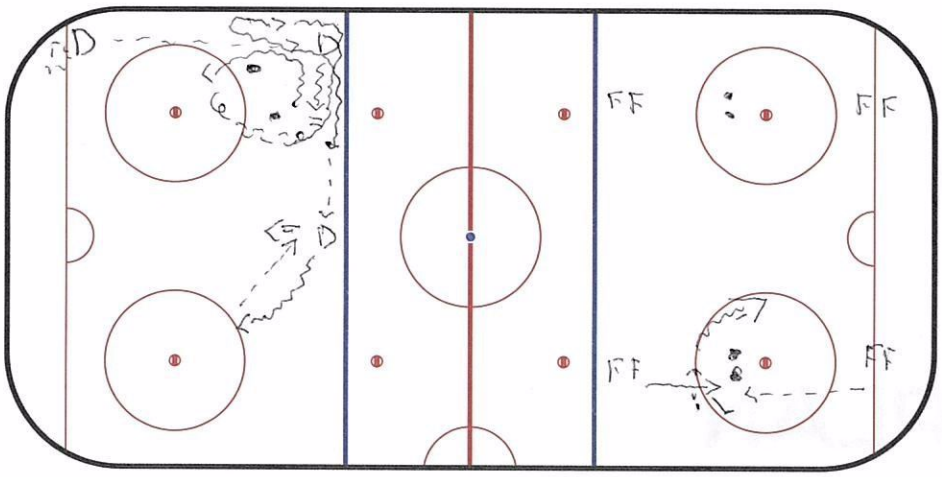
Aufwermen aus ecke kommen unter passive druck -> technisch elementen mitte zone und schuss auf tor.
10min



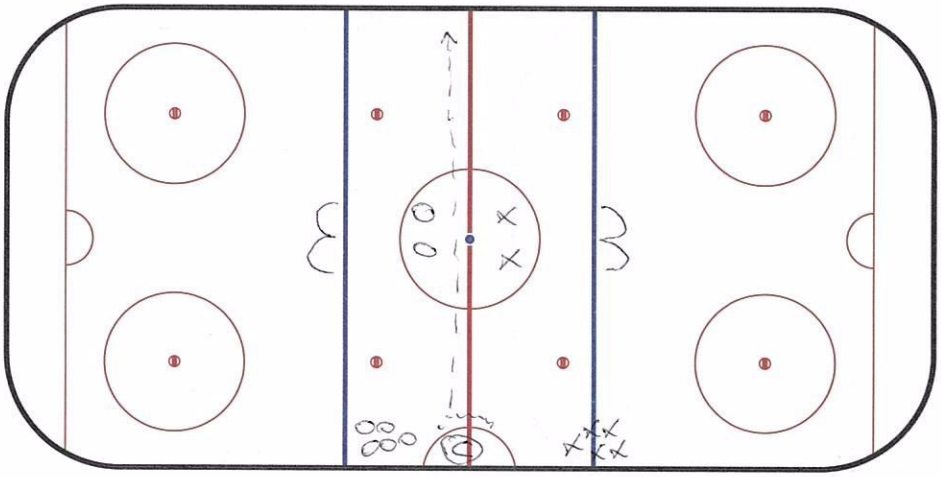
Spiel 3-3 mit eine blau linie für aufseit.
10 min



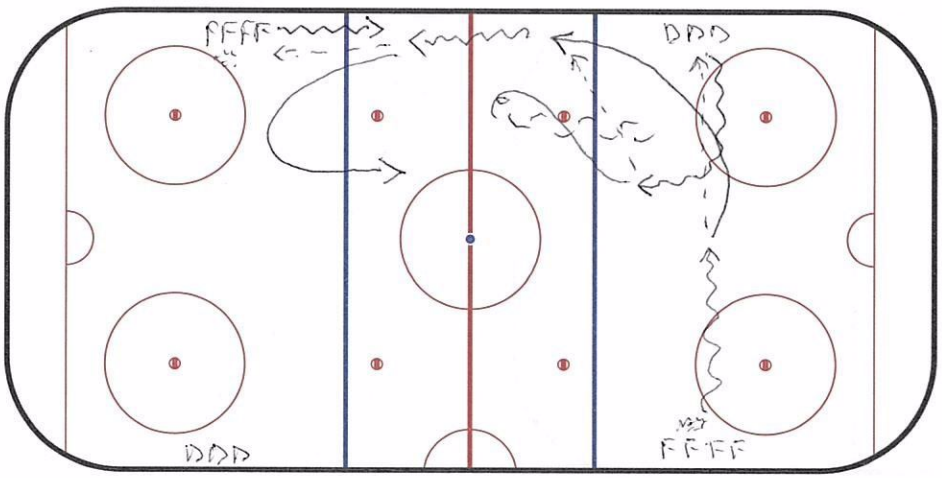
2-0+D zusammen Arbeit -> F-kreuzen D-schuss von blau -> stürmer arbeiten vom tor.
12min



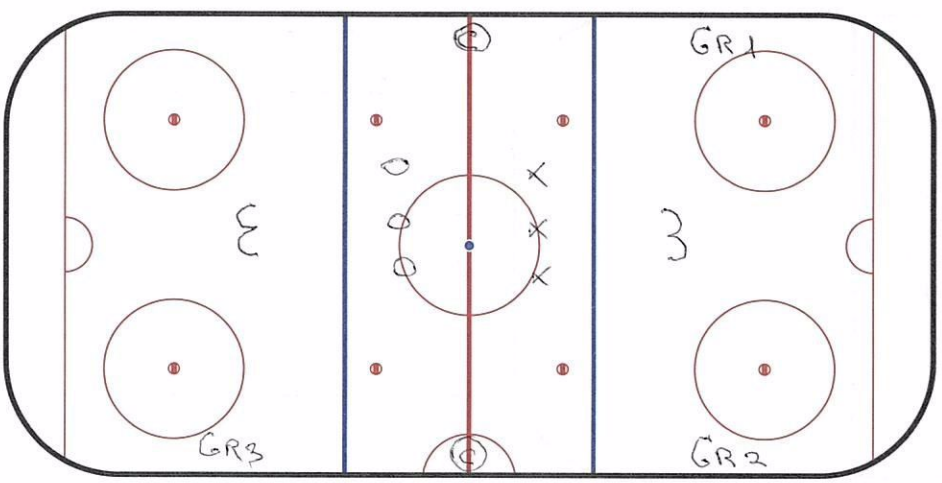
F - eine zone →
→ schuss übung →
PUCK nach PASS auf anderer
seite bringen vorhand,
RÜCKHand zwischen beine.
D-ARbeit bei blau
Linie.
10min



Spiel 2-2 mitte
8min



2-1 von gestern.
10min



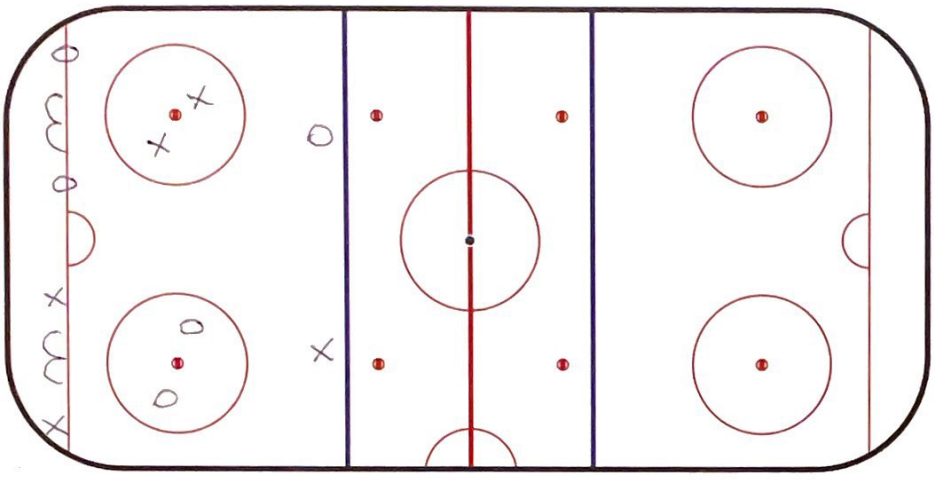
Spiel 3-3 → 40x30
mit 2 JOKER TR.
13min
+
2Runde → 2Runde →
3GR.

TEAM: U15, 16:40-17:40

DATUM: 9.9.2022.

TRAINER: Yuri, Martin.

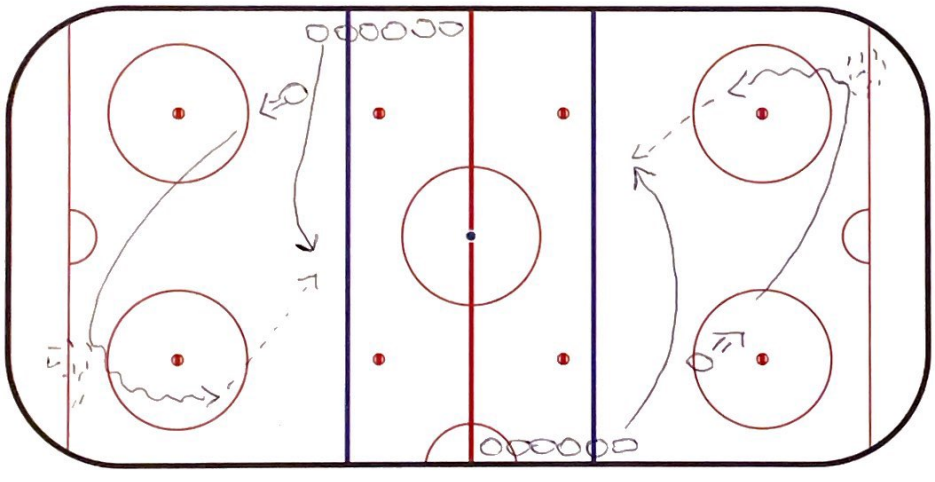
TRAININGSPLAN



Aufwermen Spiel

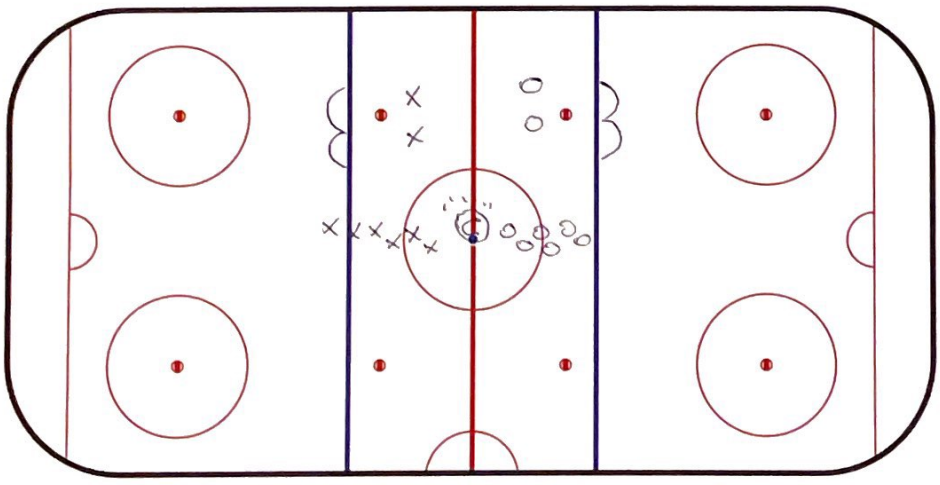
3-2 -> 3-2.

10min



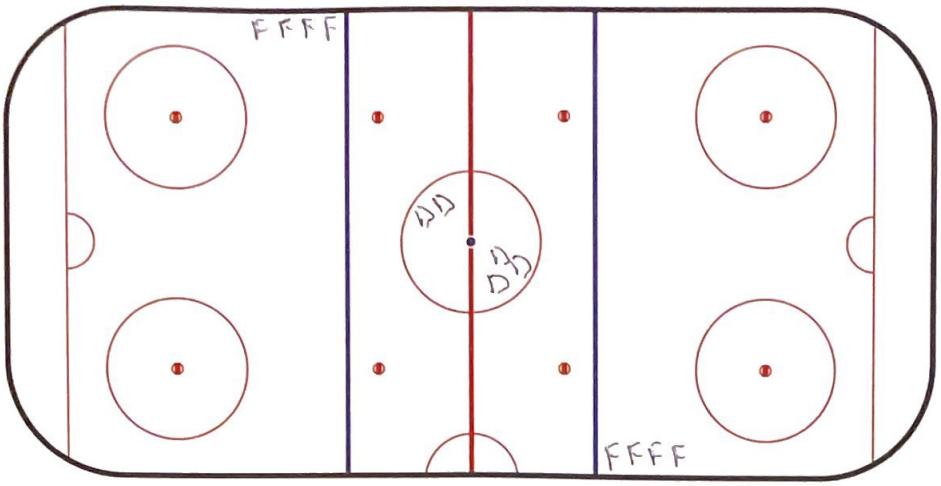
1-0 mit Teiming

5-6min



Spiel 2-2 auf kleine Platz

8min



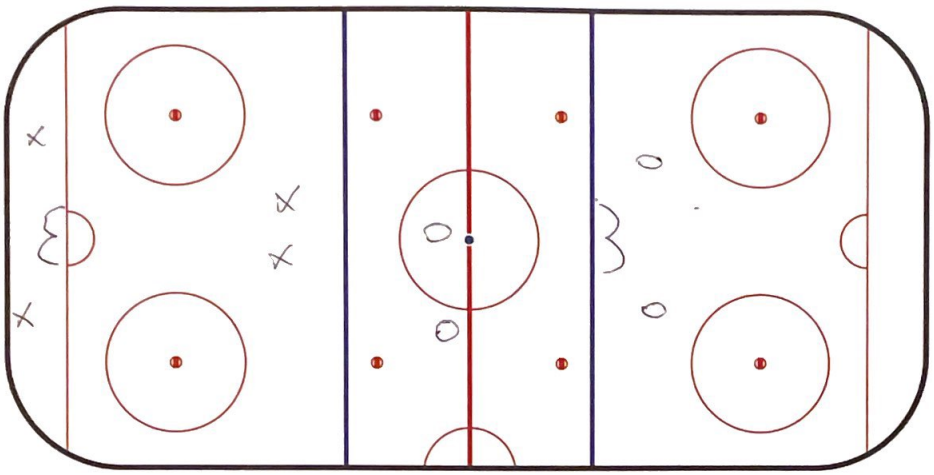
2-0 F-D ZUSAMMEN ARBEIT

A) KREUZEN

B) SPIEL HINTEN TOR

SPIELER MIT PUCK SCHAUT UND ENTSCHEIDET SITUATION

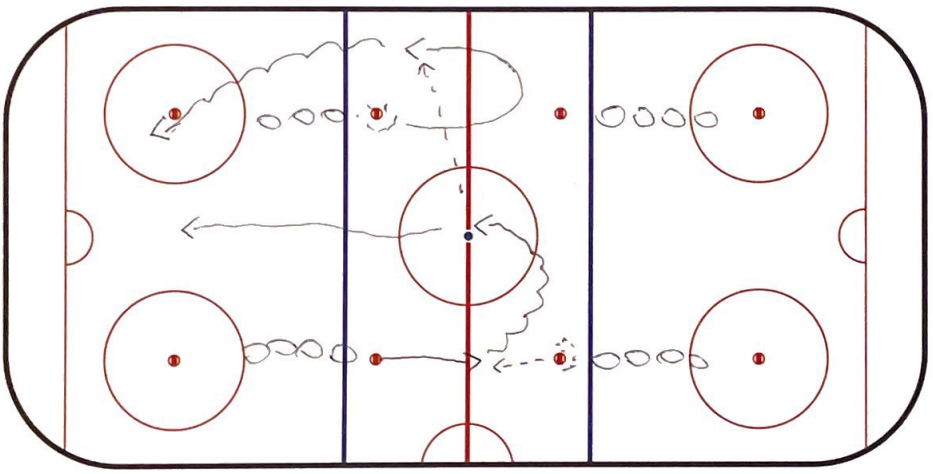
10 min



SPIEL 2-2 + 2 JOKER

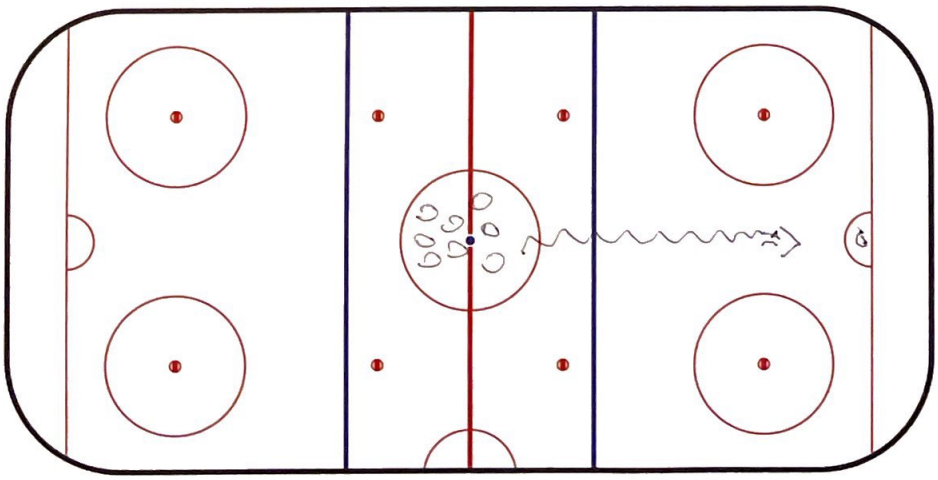
-> NACH PASS 1 JOKER GEHT REIN, -> 3-2.

10 min



2-0 SCHUSS ÜBUNG MIT SPIEL SITUATION VON MITTE.

7 min



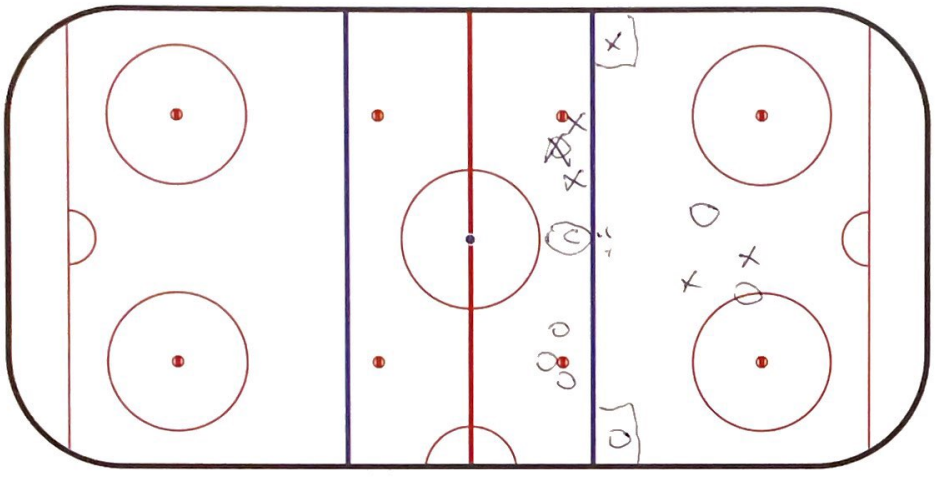
PENALTY REST VON ZEIT.

TEAM: U15, 16:20-17:20

DATUM: 12.9.2022.

TRAINER: YURI, MARKUS.

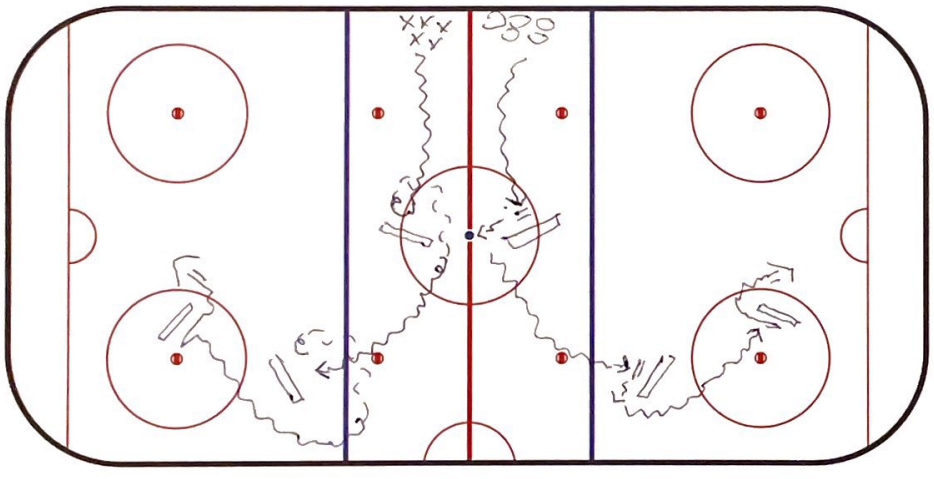
TRAININGSPLAN



Aufwermen Spiel

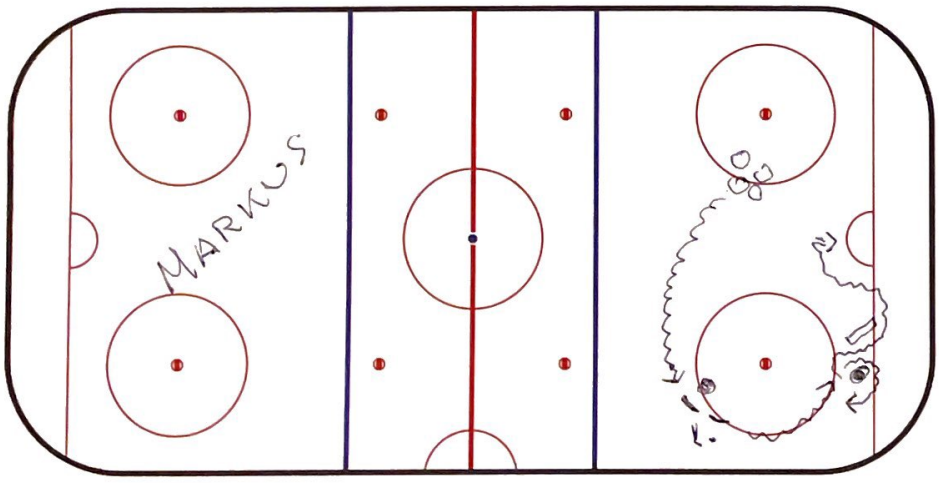
2-2 + 1 Joker oben pro Team -> Joker geht rein wenn sein Team puck hat. -> Situation 3-2.

10 min



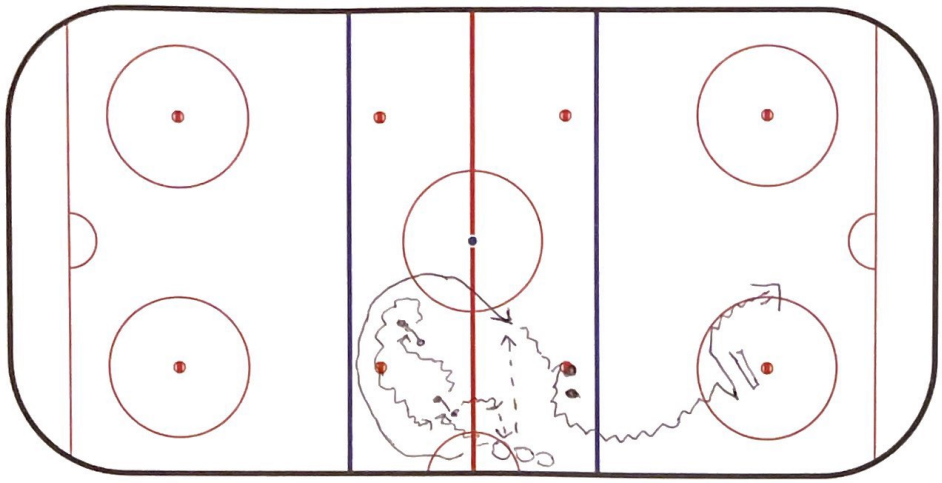
Schüssübung mit 2 Spiel elemente

10 min



F - eine seite -> Spiel Situation -> puck tief in zone bringen und aus ecke raus kommen. 6x6 -> 12min

D - andere zone mit MARKUS. oben -> unten situatione. 6x6 -> 12



F - Spiel Situation

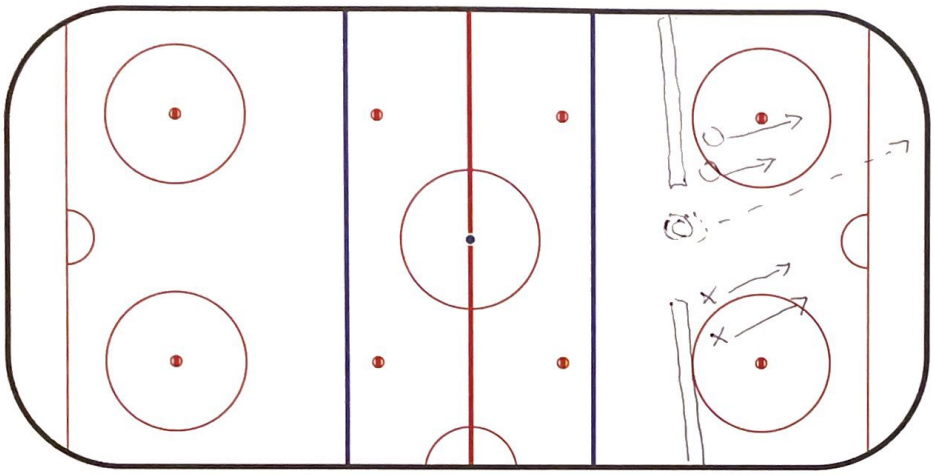
aus Mitte Zone

5 x 5 -> 10 min

D - mit Markus ->

Situation oben -> unten.

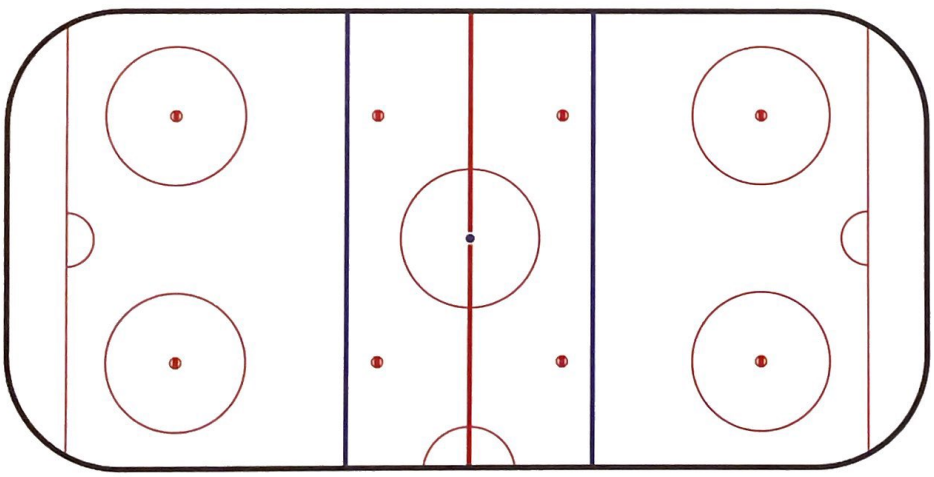
5 x 5 -> 10 min

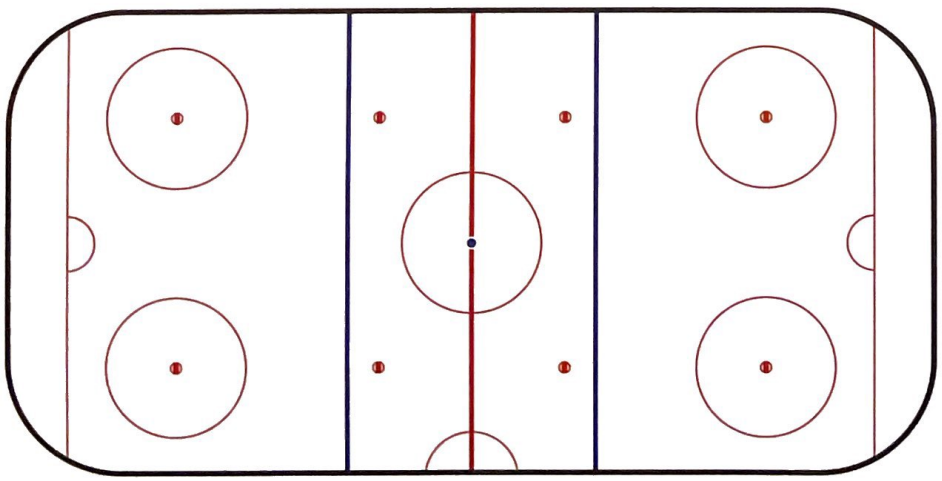


Spiel 2-2 unten im

Zone.

12 min



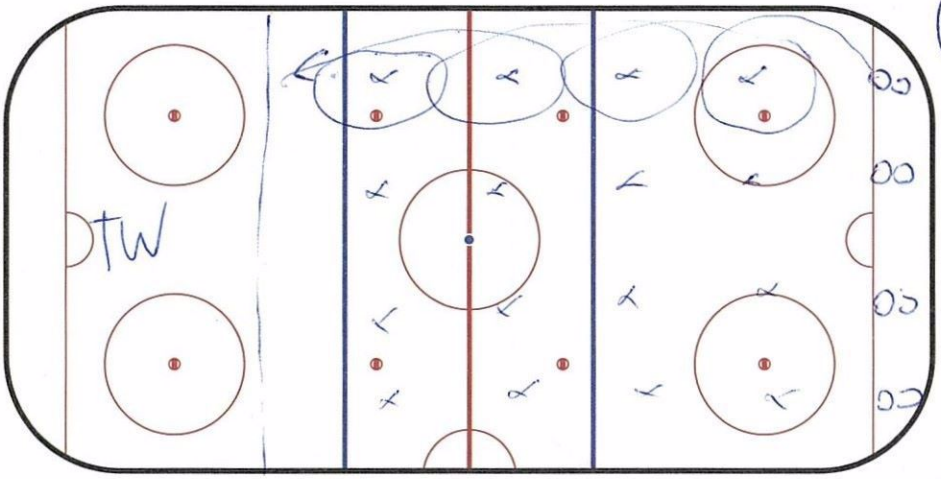


TEAM: U15/U17

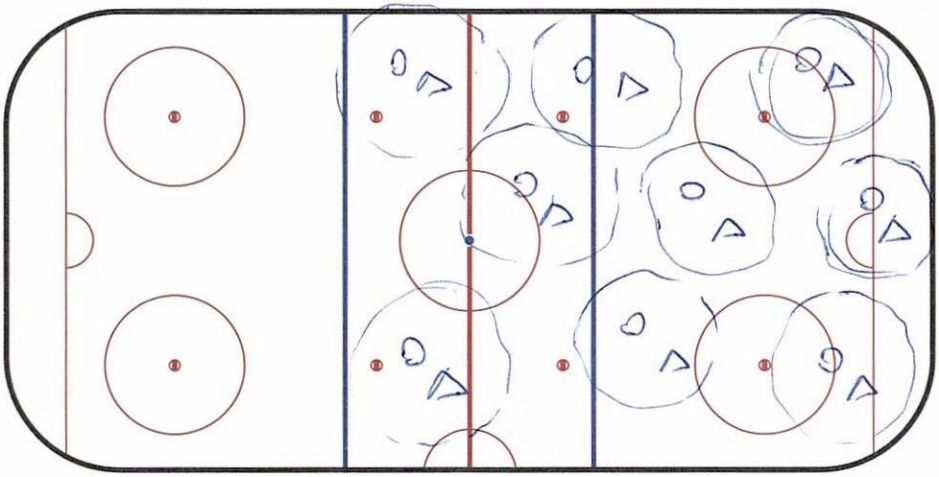
DATUM: 13.9.22

TRAINER: Yuri, Martin

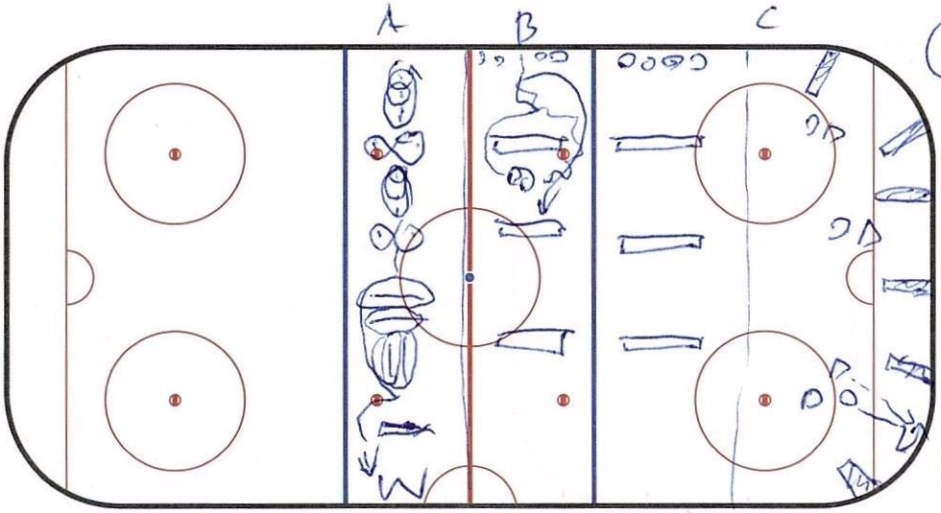
TRAININGSPLAN



(1) kanadier, Antreuse
Hip-opener, PP
IK/AK
VW/RW, reverse
IK, reverse
15 min



(2)
1:1 erst passiv, dann aktiv
8 min



(3) A Stickhandling
B RW laufen mit Scheibe
C Fake an der Bande
3x 8 min

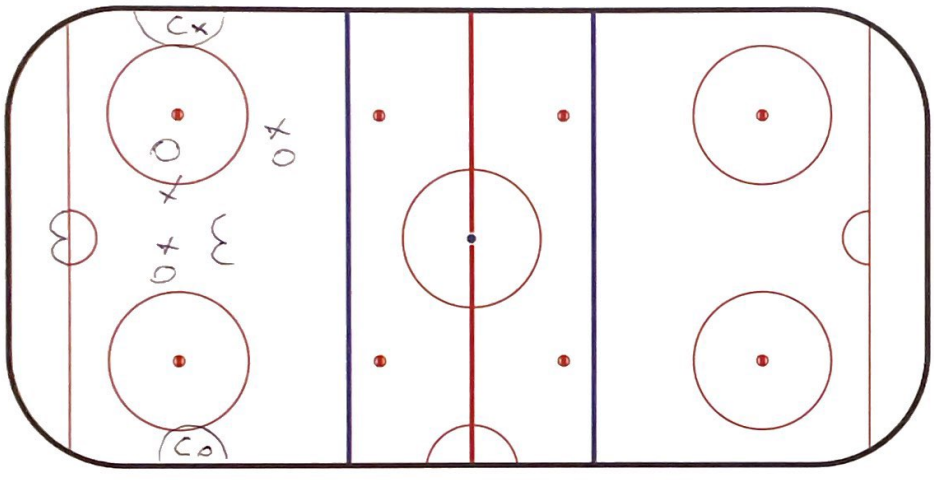
(4) optional Spiel quer (18)
3:3
Boden Goals 3:3

TEAM: U15, 16:40-17:40

DATUM: 15.9.2022.

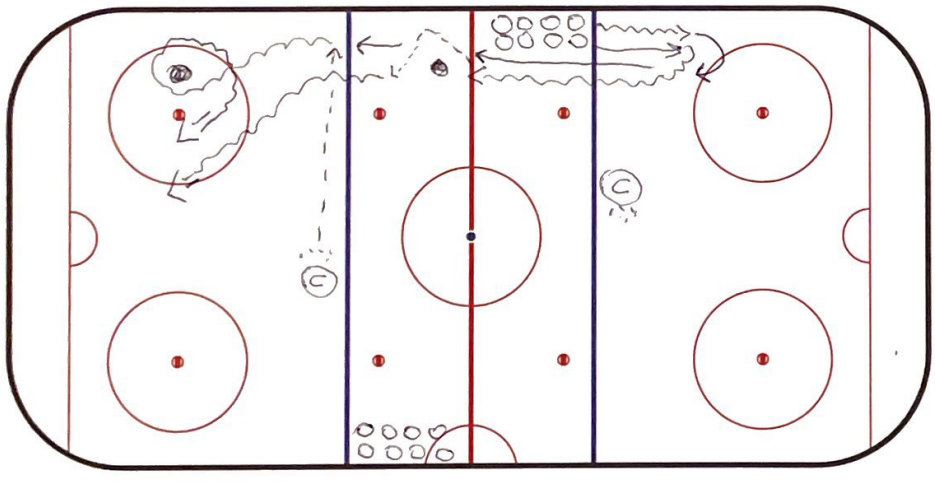
TRAINER: YURI, MARTIN.

TRAININGSPLAN



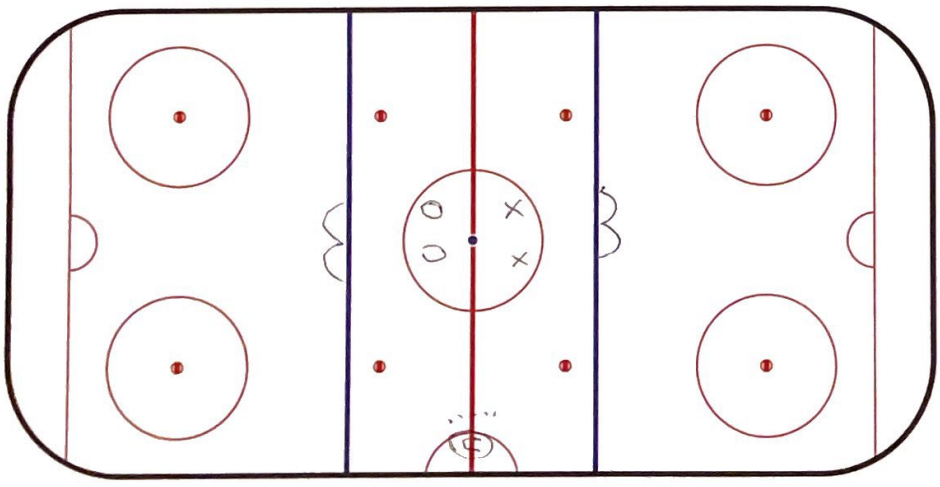
Aufwermen im zone 3-3 -> TR JOKER FÜR sein Team.

10 min



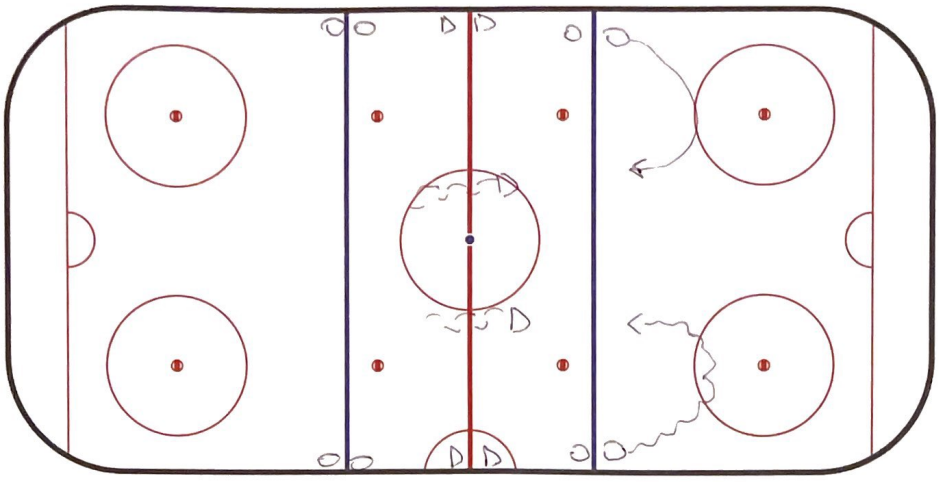
1-0 zu zweit -> PUCK weg nehmen mit schlager hoch bringen.

10 min

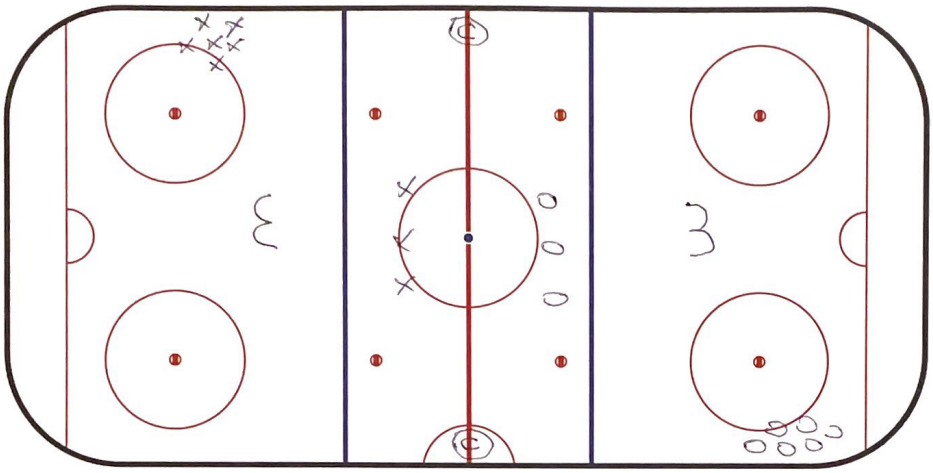


Spiel 2-2 mitte zone ohne joker.

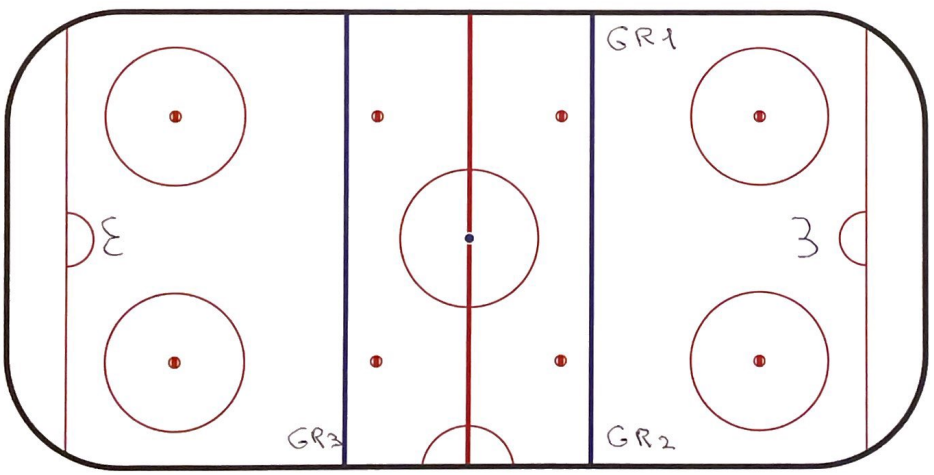
10 min



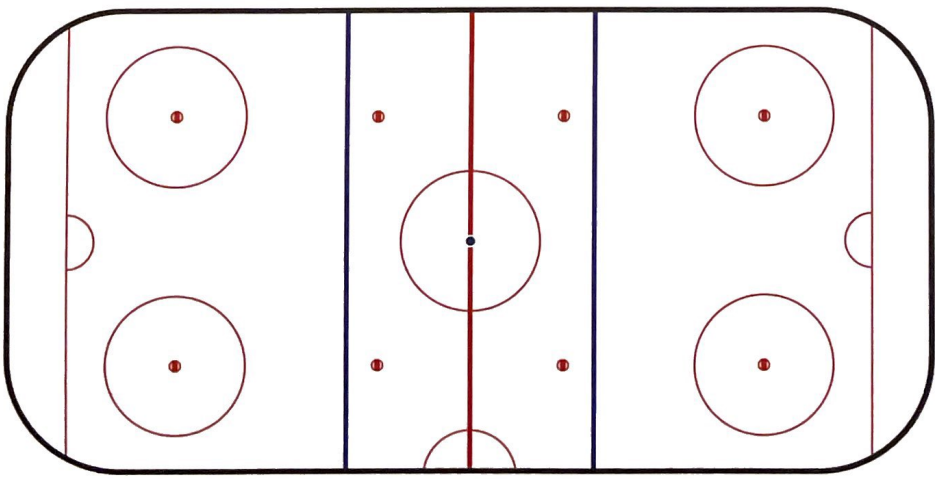
2-2 ganze eis 1 Puck.
8-10 min



Spiel 40 x 30 →
→ 3-3 mit 2 + R Joker.
13 min



2 Runde - 2 Runde
3 GR.

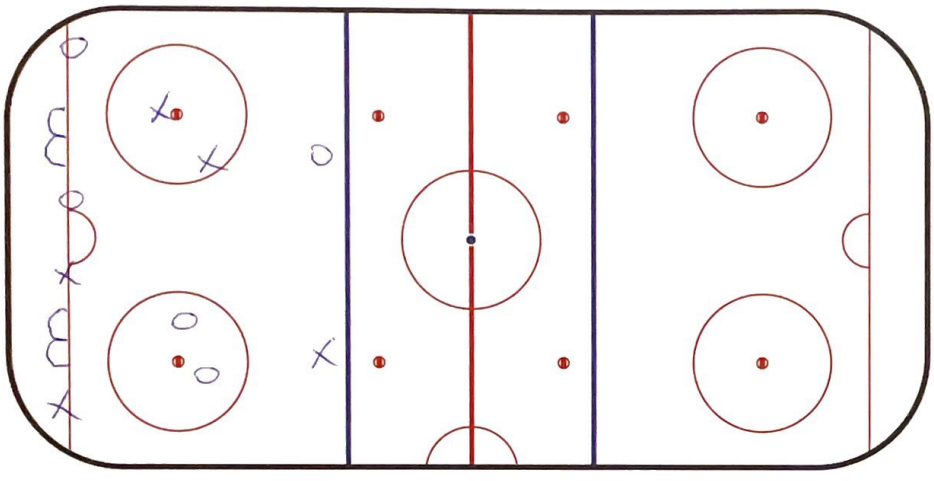


TEAM: U15, 16:40 - 17:40

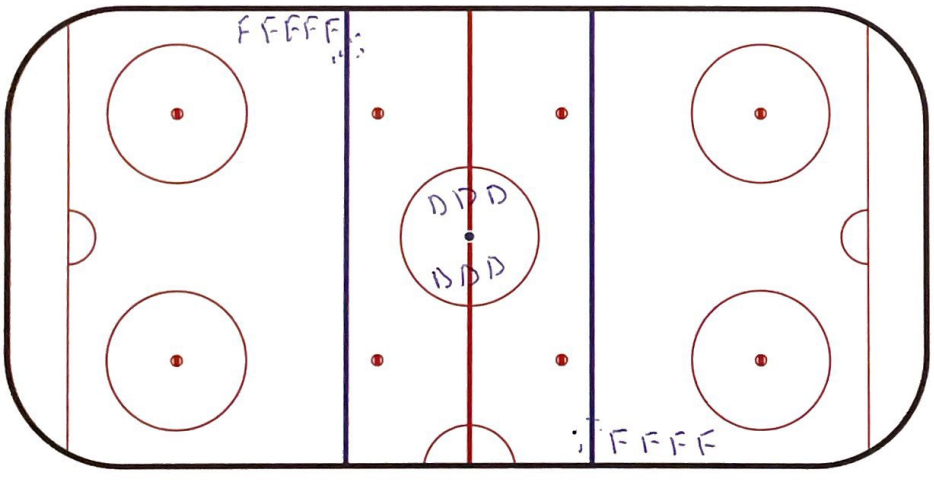
DATUM: 16.9.2022.

TRAINER: Yuri

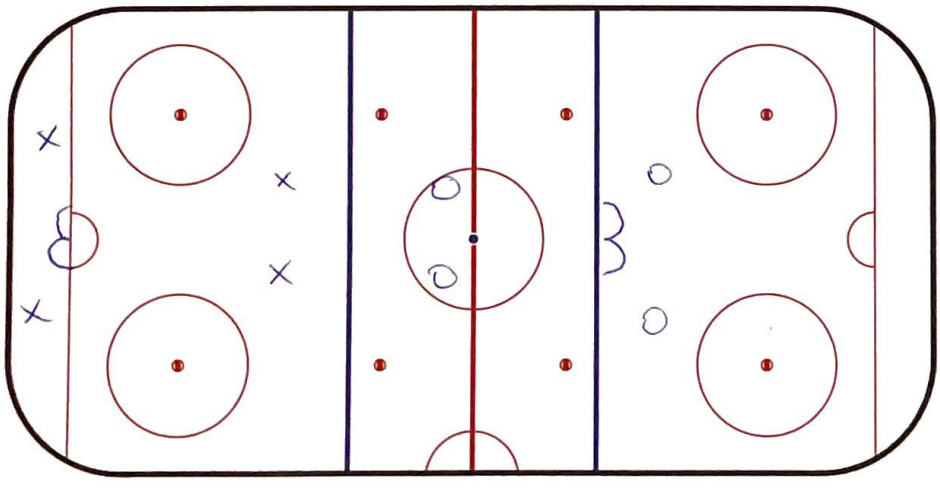
TRAININGSPLAN



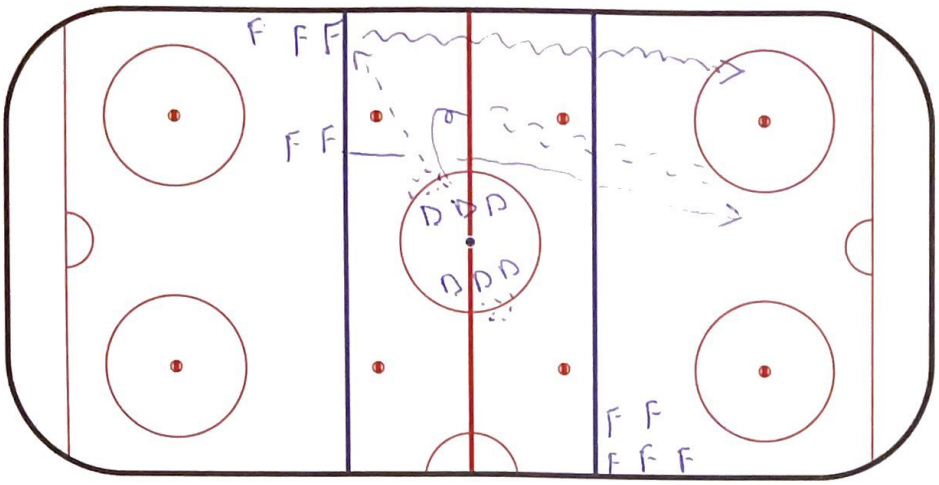
Aufwermen Spiel
3-2 -> 3-2,
10min



F-D zusammen
Arbeit -> 2-0+D
-> im Zone 3 eck
halten
10min

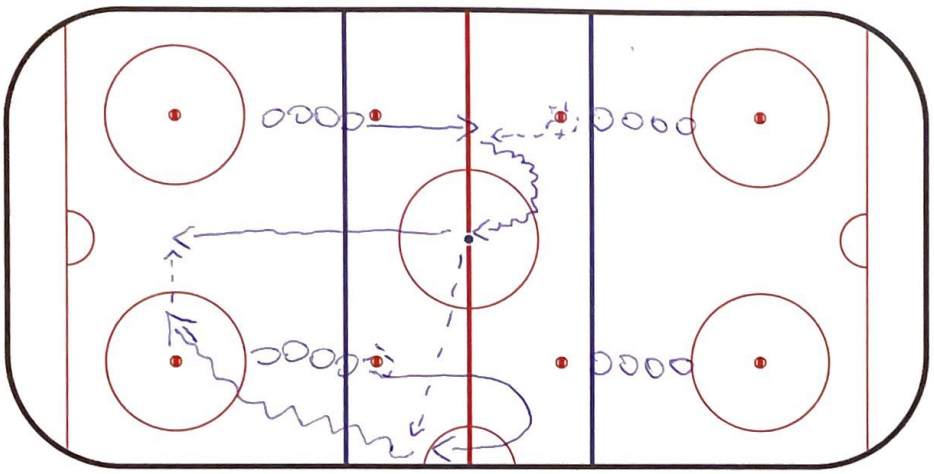


Spiel 2-2+2 Joker
hinten Tor -> nach
Pass hinten Tor Joker
geht rein -> 3-2 ->
blau linie off seit für
beide Team.
10min



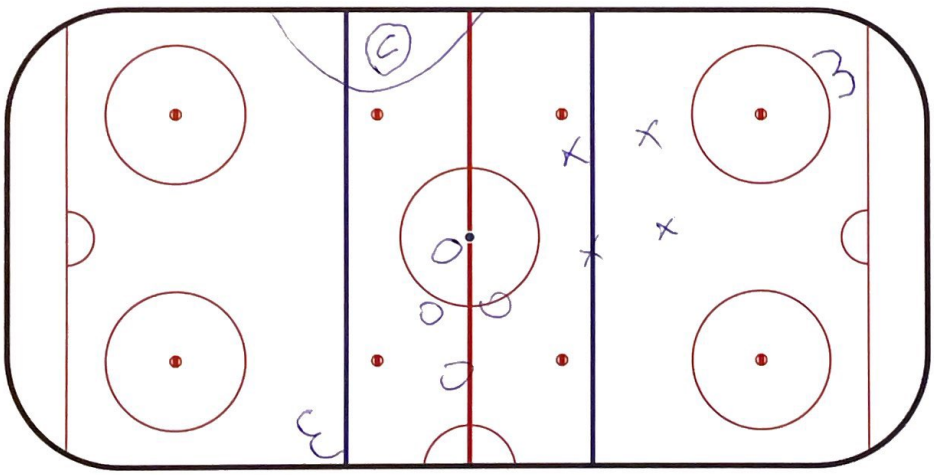
2-1 AUS MITTE

8 min



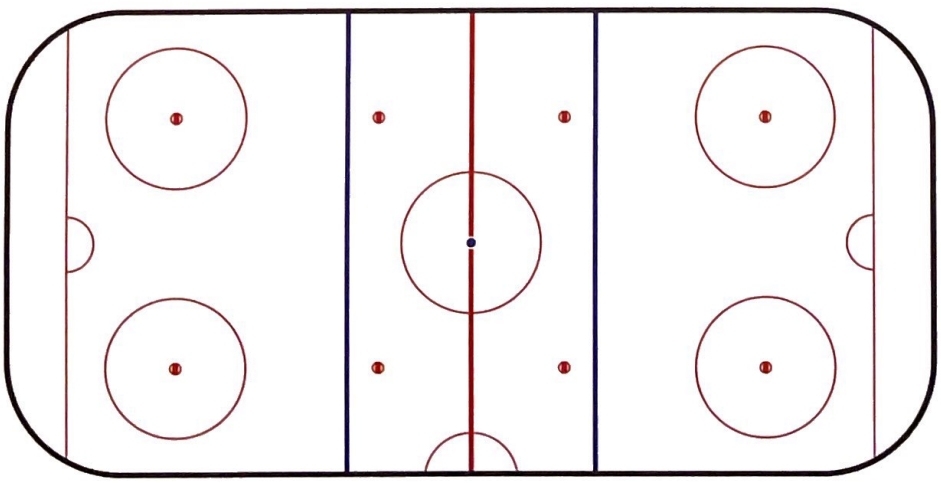
2-0 CKA Schuss Übung → nach Pass von mitte Aussen im Zone kommen, breite nutzen → Spieler nach Pass sprint zum Tor durch mitte.

5x5 10 min



Spiel 4-4 mit TR als Joker.

10 min

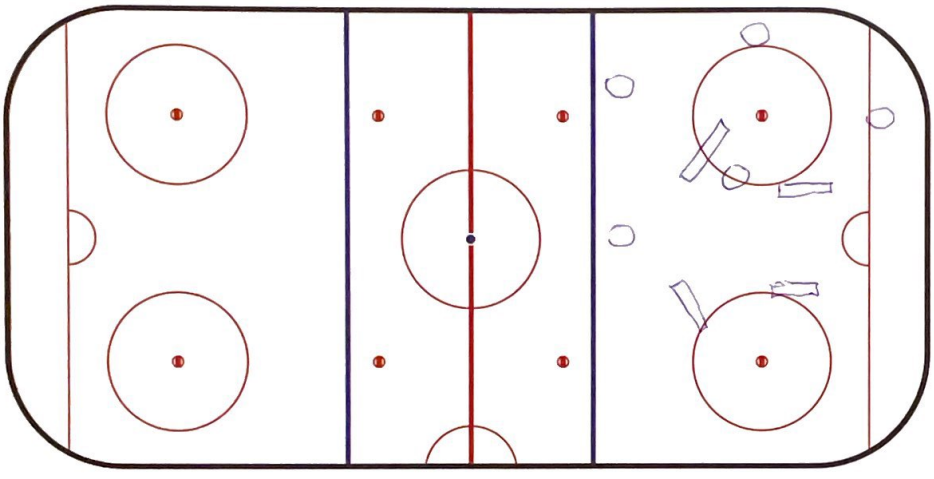


TEAM: U15. 16:20 - 17:20

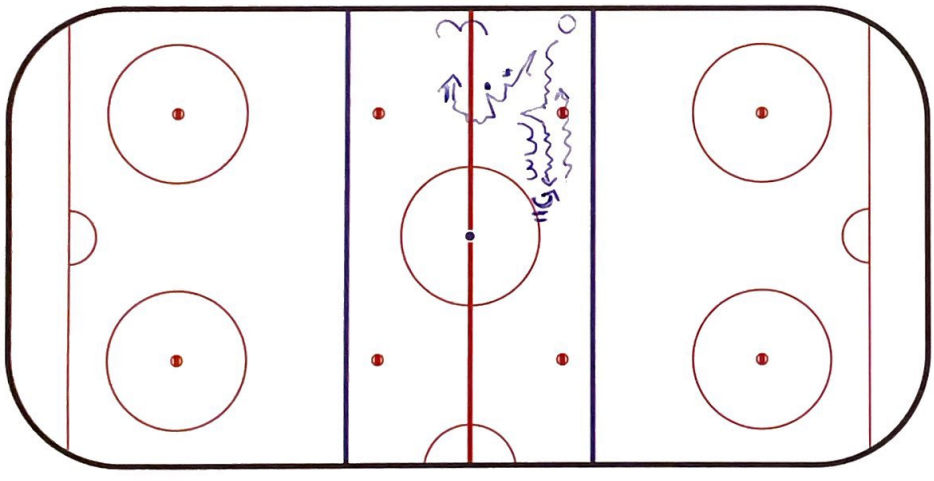
DATUM: 19.9.2022.

TRAINER: YURI, MARKUS, Bobby

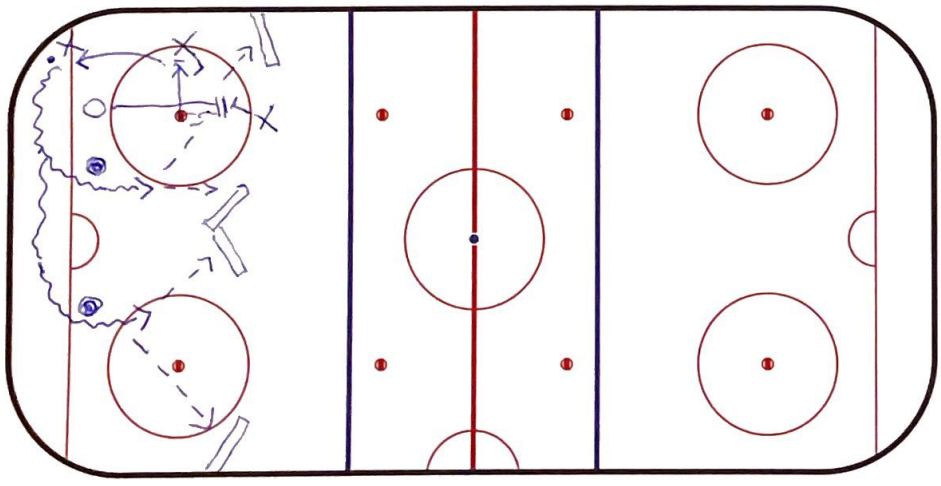
TRAININGSPLAN



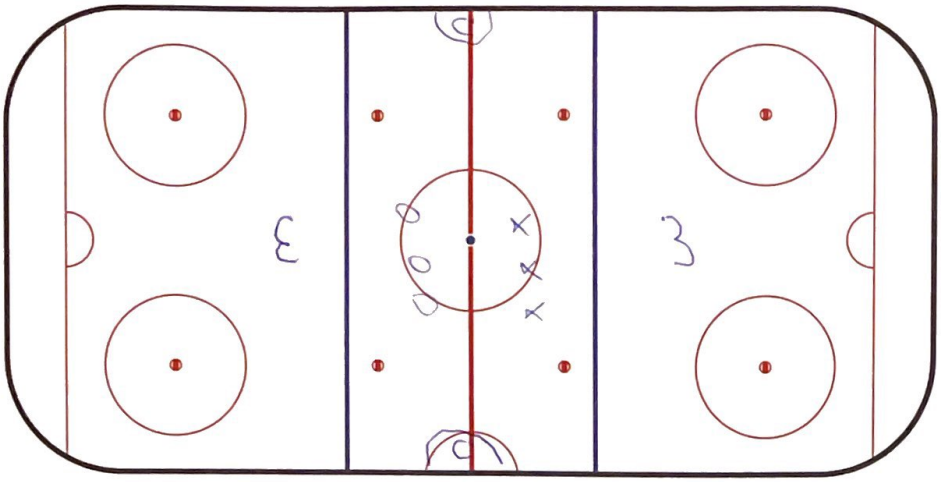
YURI → ÜBERZAHL.
15 min



BOB → SCHUSS ÜBUNG
SPIEL FOR SITUATION.
7×7 → 15 min



MARKUS → DEFENSIV
ZONE ARBEIT + AUFBAU
MIT ERSTE ~~PASS~~ PASS.
7×7 15 min

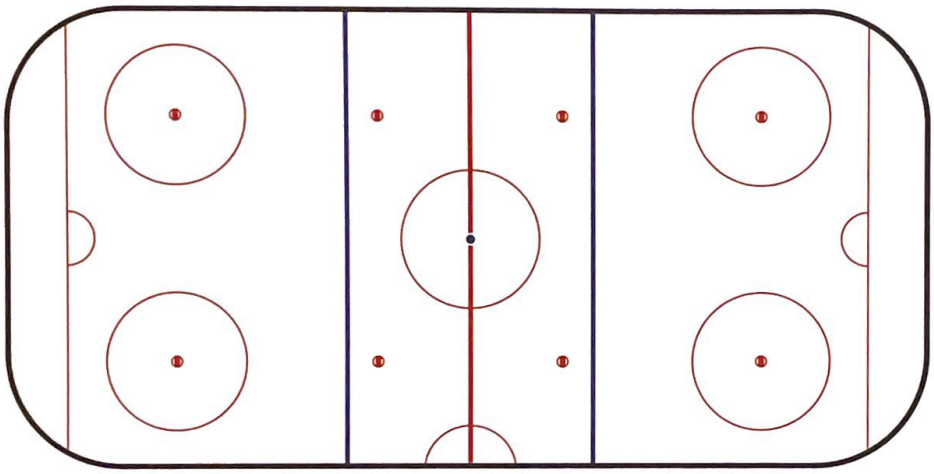


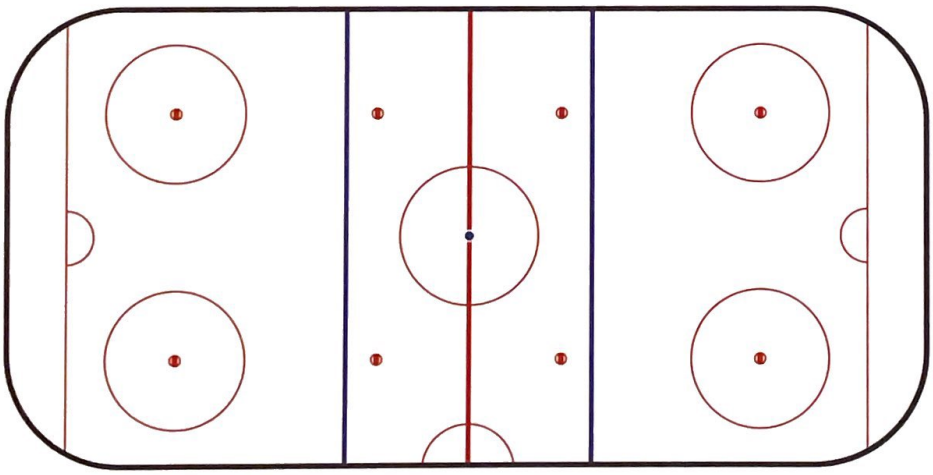
Spiel 40x30 -> 3-3

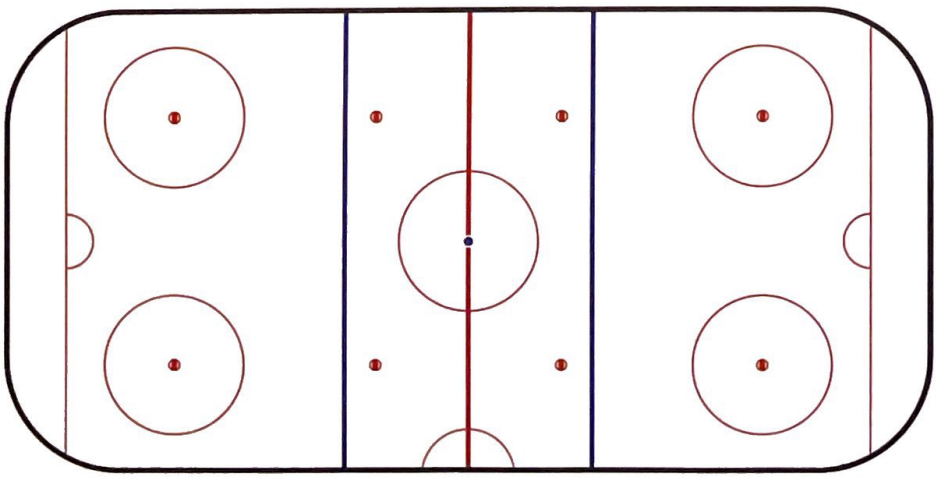
2TR Joker. -> oder

PP-PK im Zone?

10min

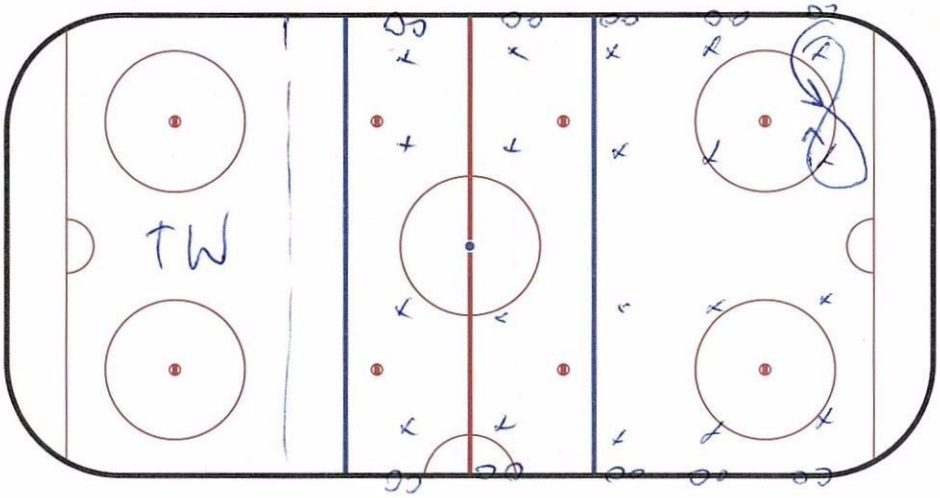






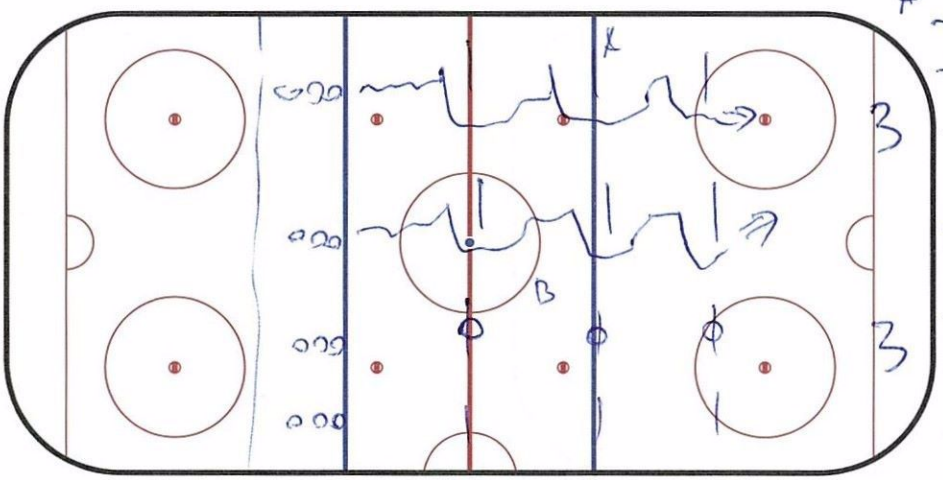
TEAM: U15/U17
DATUM: 20.9.22
TRAINER: Martin, Yuri, Markus

TRAININGSPLAN



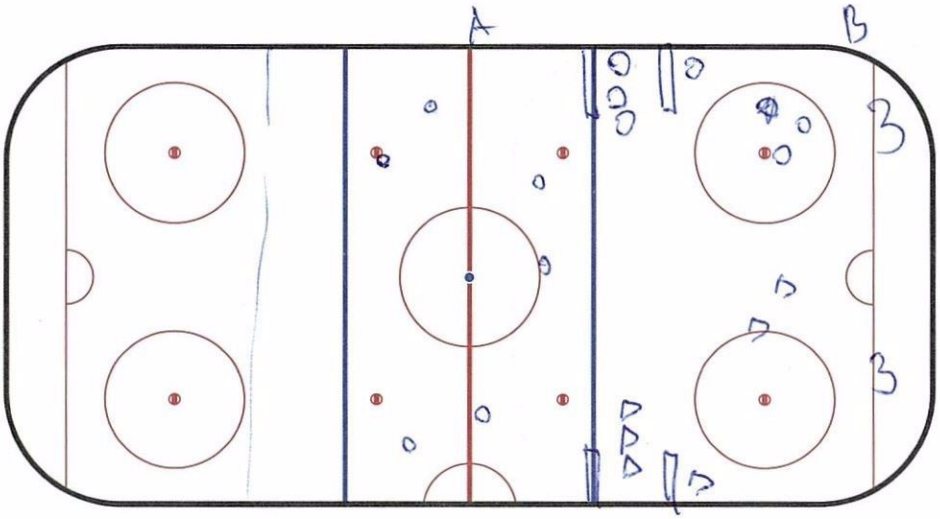
① Skating
Ik/Ak, Hip Open,
RW Reverse, 3er Drehung Ik/Ak

15 min



A - Fake Links / Rechts 2x10min
- Toe Drag - Zurück / Vor
- Ik Anbremsen Li/Re

B mit Gegner
- um den Schlüsse Li/Re
- Toe Drag
- Zurück vor 20 min



Spiel 2x7 min
A Buffalo Gates
B 2:2 + Joker

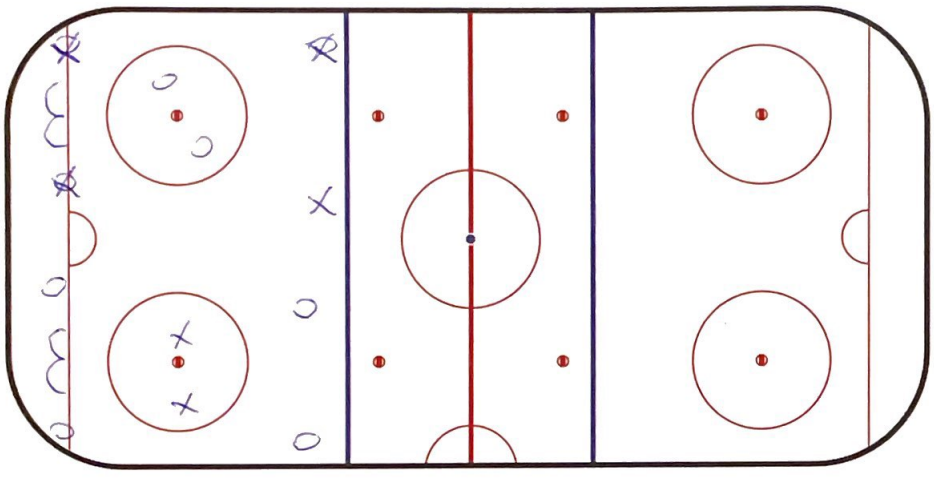
20 min

TEAM: U15, 16:40-17:40

DATUM: 22.9.2022.

TRAINER: YURI, MARTIN.

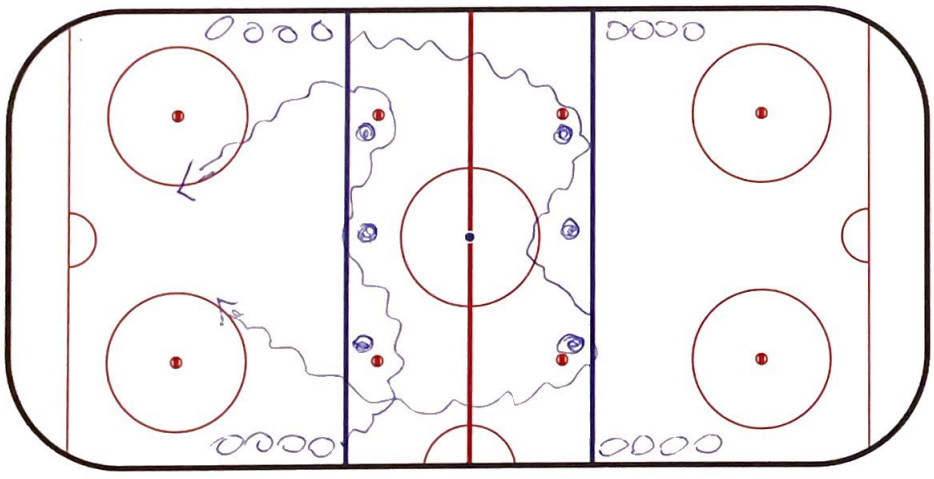
TRAININGSPLAN



Aufwermen Spiel

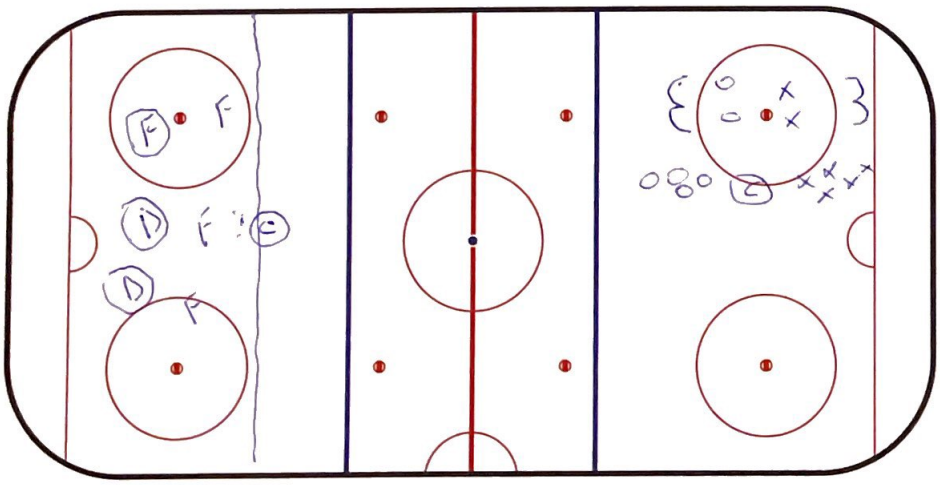
4-2 -> 4-2 Überzahl.

10 min



1-0 übersetzen mit Tempo -> kurze Seite, lange Seite.

8 min



Spiel 2-2 kleine Platz.

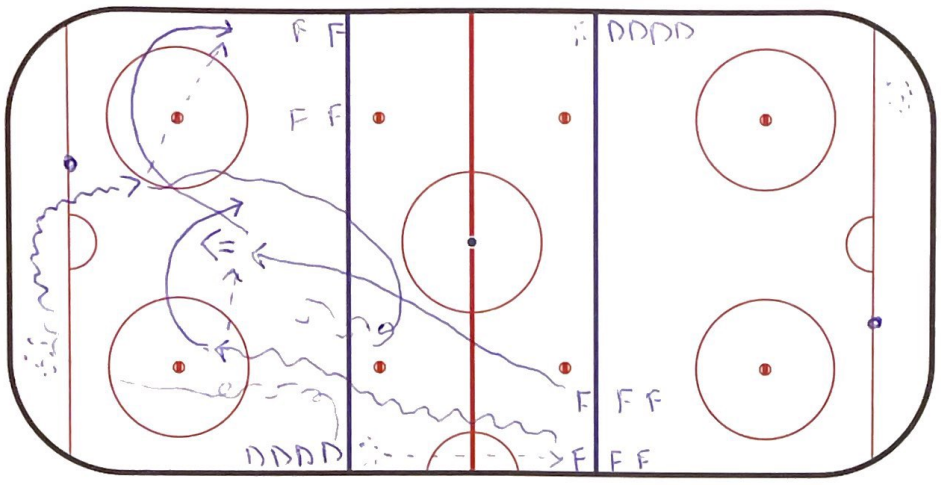
10 min

oder

Spiel 3-3 im Zone

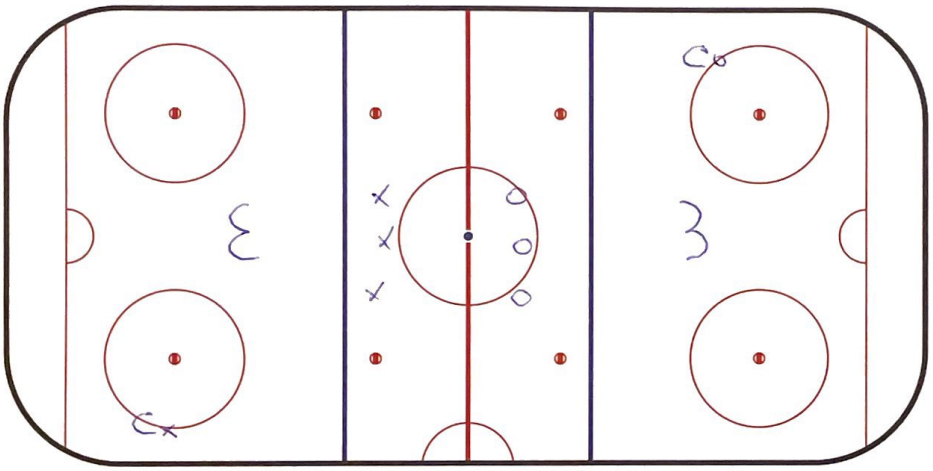
3F gegen 2D und 1F

10-12 min



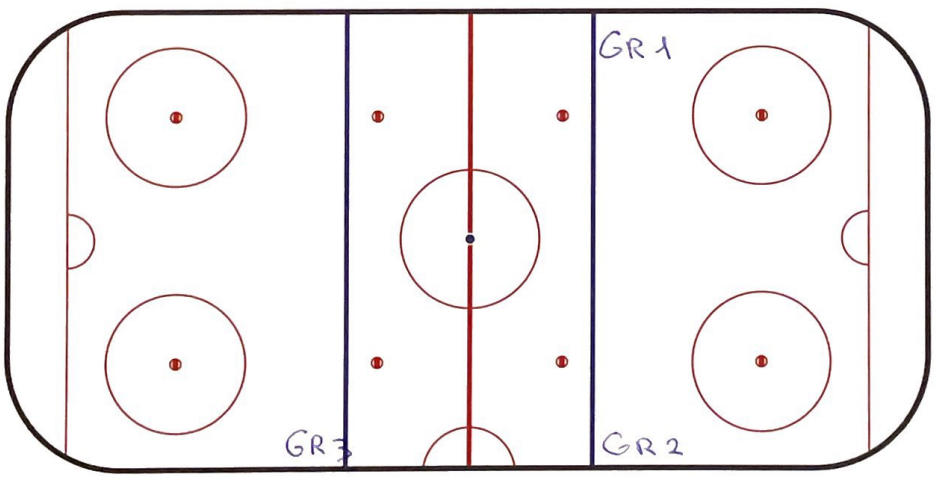
2-1 nach schuss und Aufbau.

10 12 min

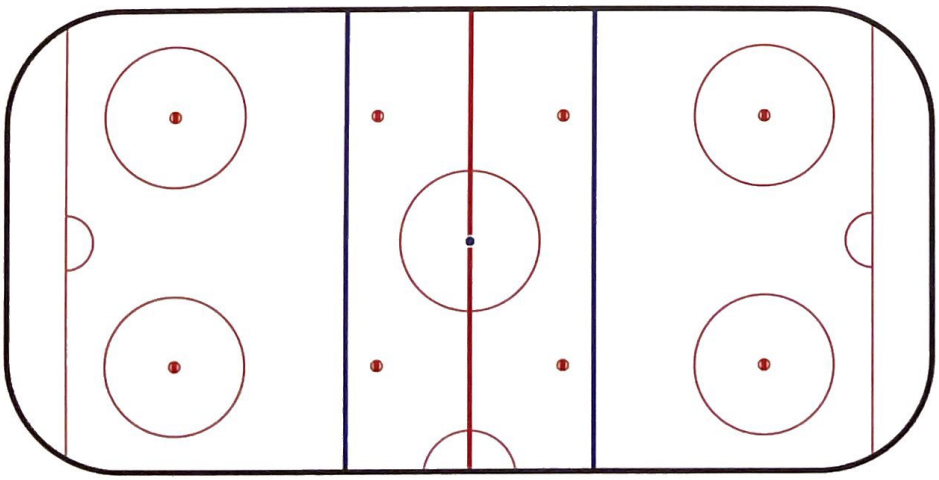


Spiel 3-3 jede Team hat 2 chanze.

10 min



2 Runde - 2 Runde → 3 GR.

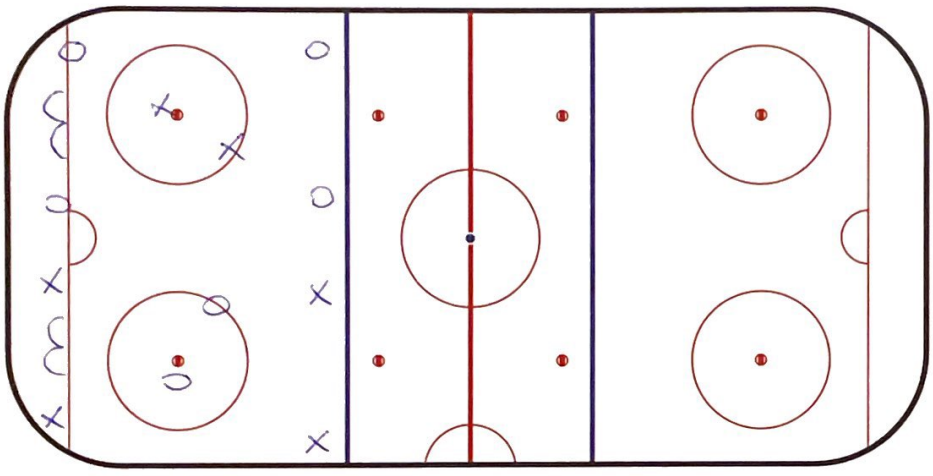


TEAM: U15, 16:20-17:20

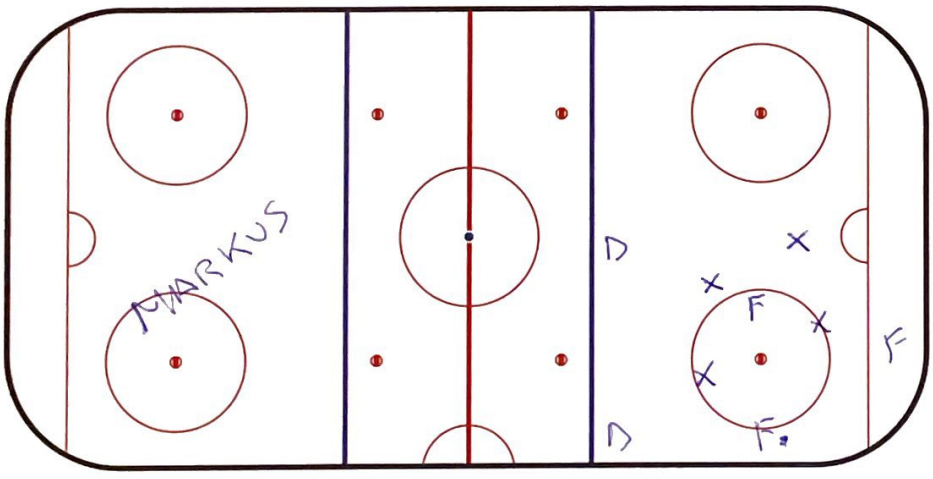
DATUM: 26.9.2022.

TRAINER: YURI, MARKUS.

TRAININGSPLAN

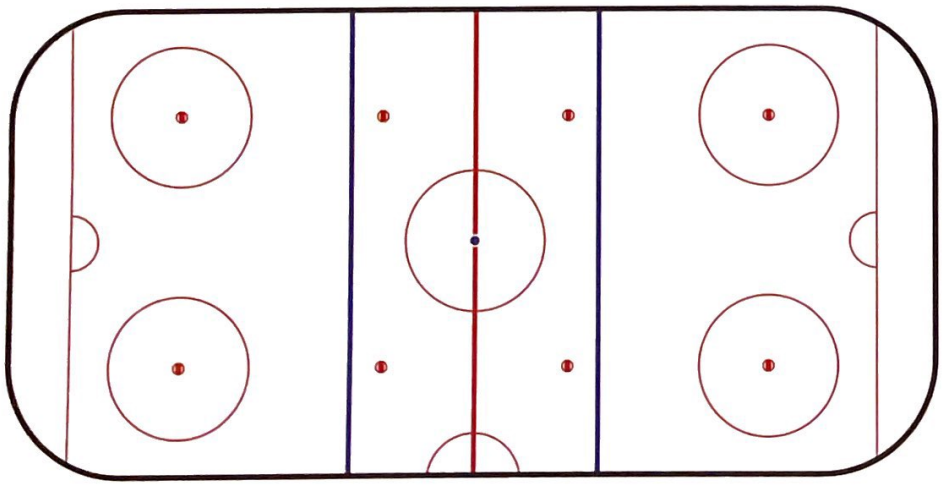


Spiel 4-2 -> 4-2
10 min



eine zone PP-PK ->
nach 15min wird
gewechselt -> 3 mal.

Andere zone F-D
zusammen Arbeit
Überzahl Übung
MARKUS. -> nach 15min
wechsel, 3 mal.

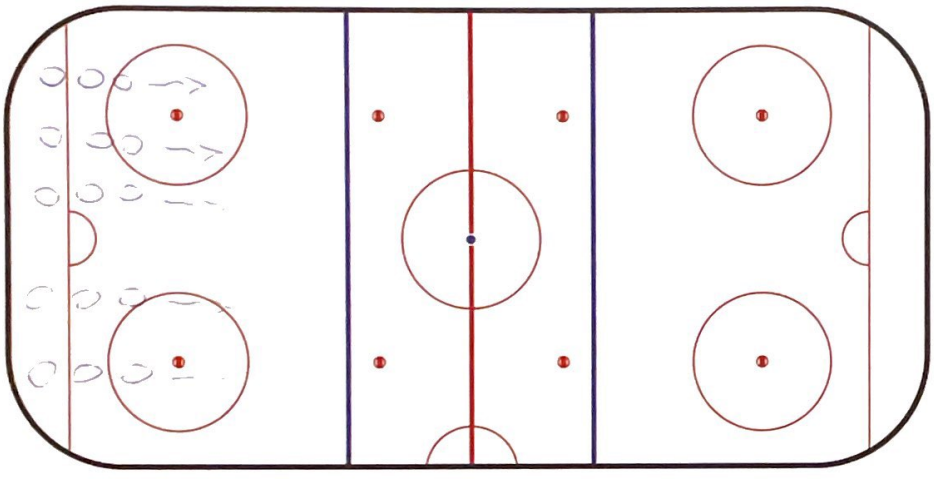


TEAM: U15, 18:40 - 19:40

DATUM: 27.9.2022.

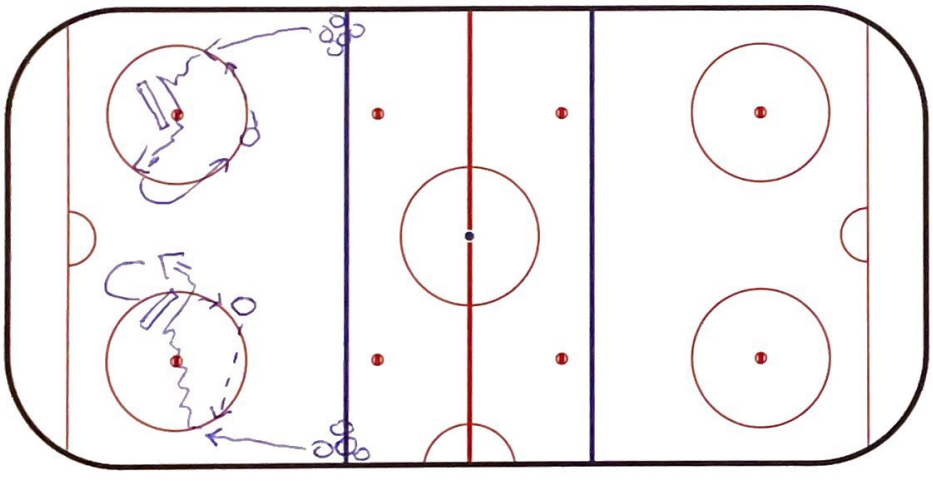
TRAINER: YURI, MARKUS.

TRAININGSPLAN



EISLAUFEN → MARKUS

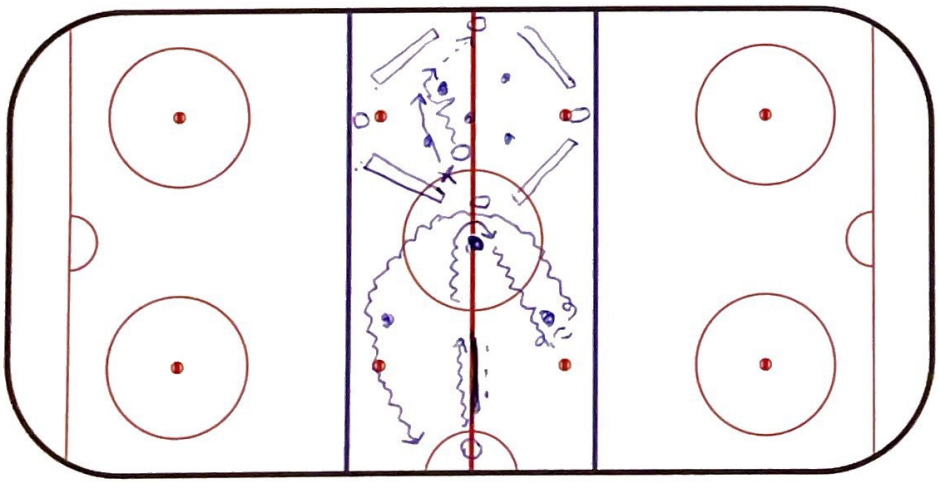
15 min



1) PUCK ANNAHME

2) MIT EISSCHUHE

7 min → 7 min



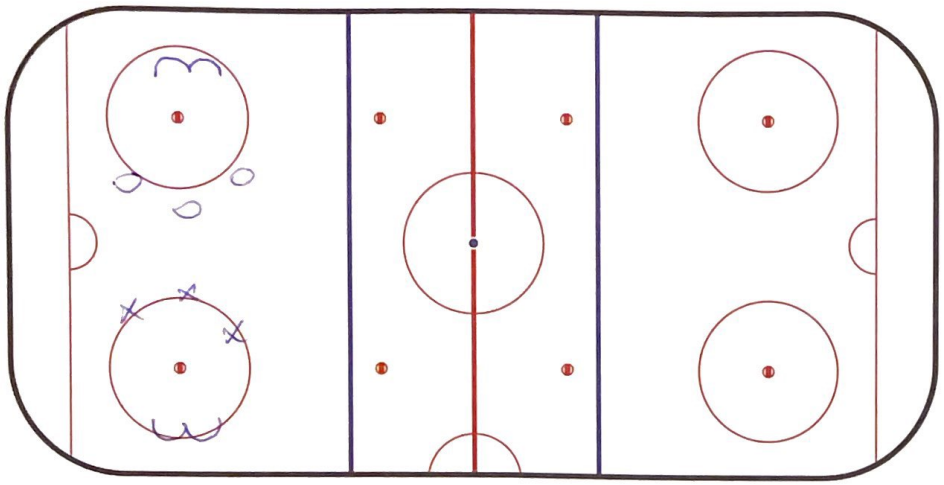
3) PUCK KONTROLL MIT PASSIVES STÖRUNG →

→ MIT PASSEN

7 min

4) STICKHANDLING MIT SEIL UND PUCK KONTROL IM BEWEGUNG MIT TEMPO

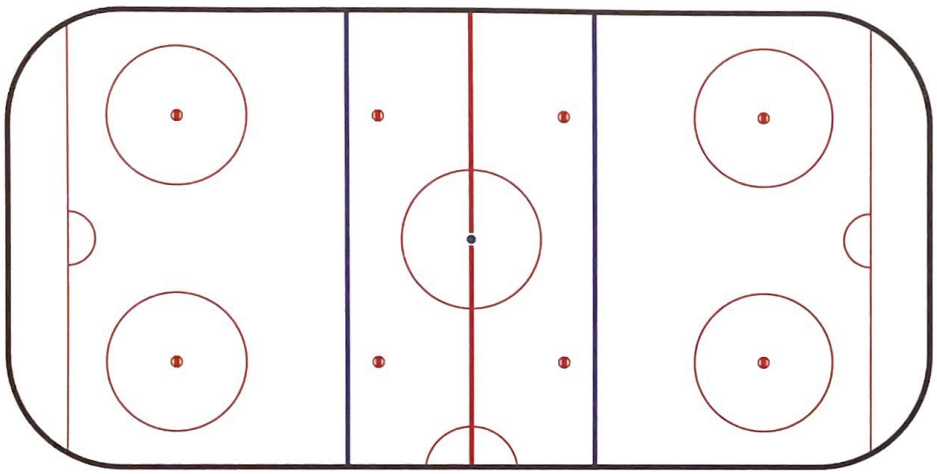
7 min

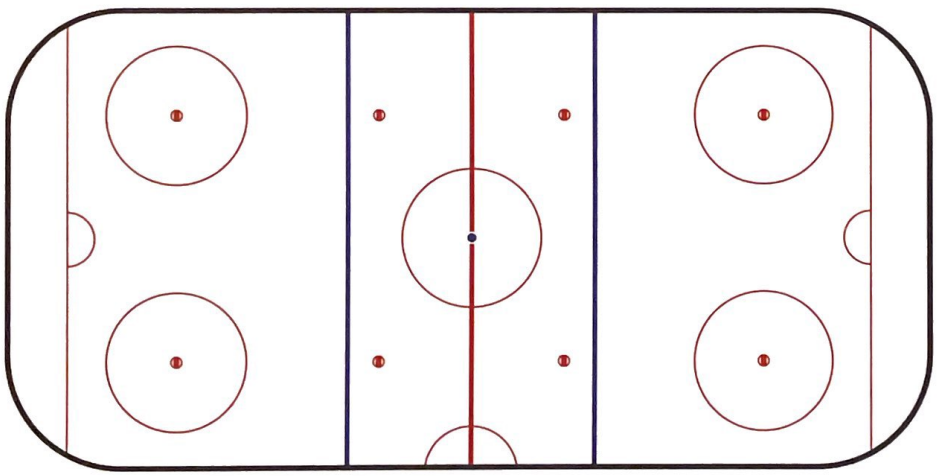


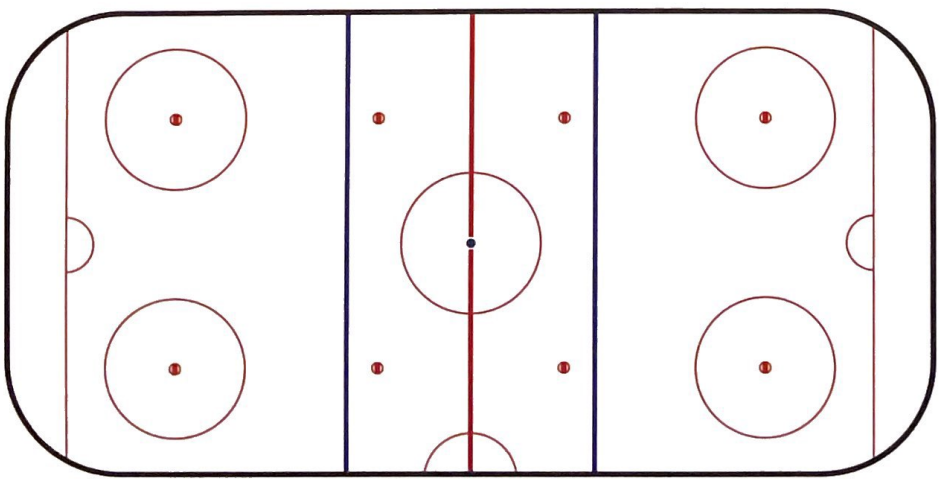
Spiel im Zone

3-3

12 min





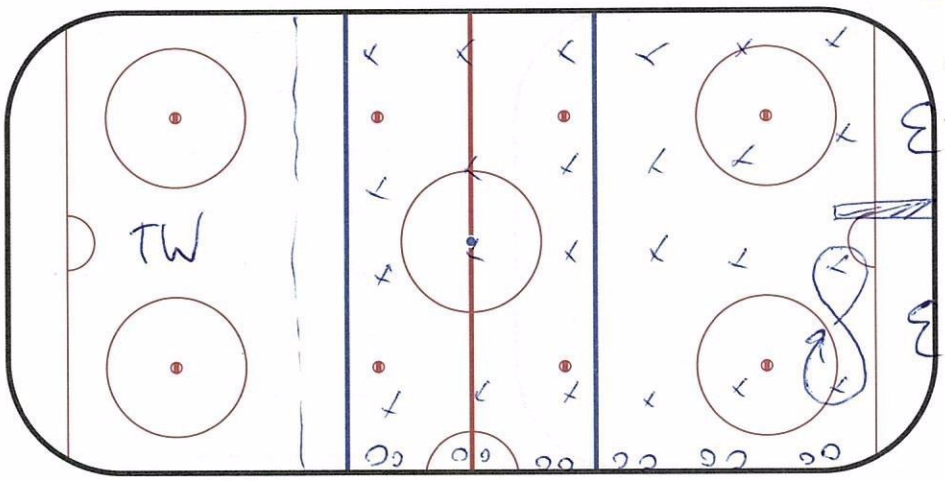


TEAM: U15/U17

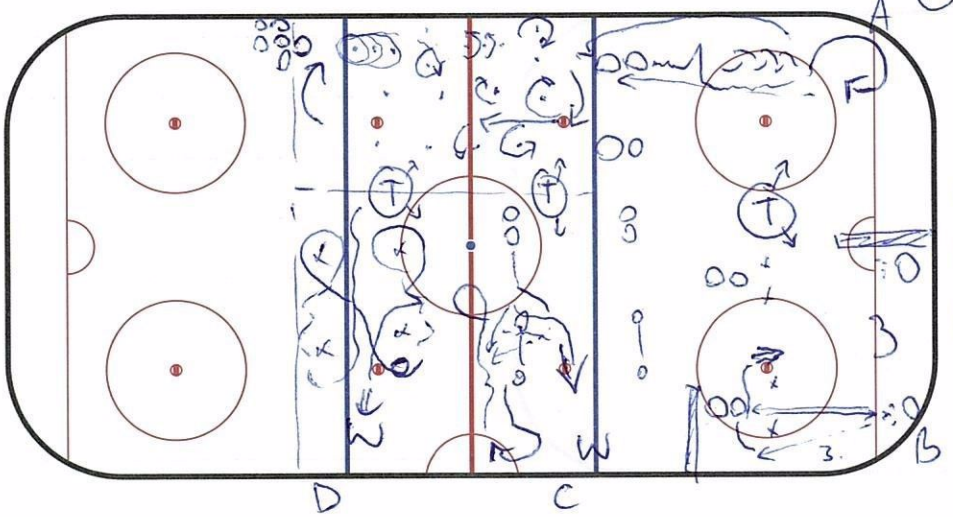
DATUM: ~~27.~~ 9.22

TRAINER: Martin, Yari, Markus

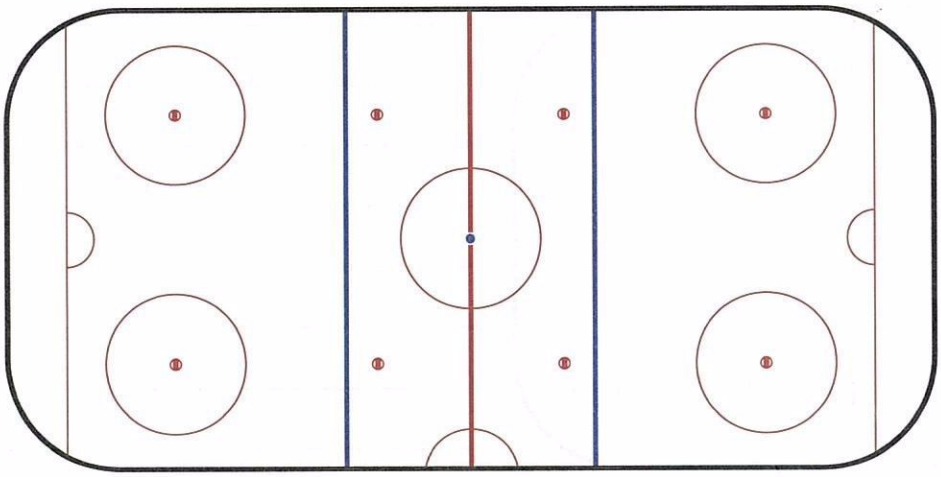
TRAININGSPLAN



① Skating 15 min
- 1k (+ kniel)
- Ak (+ kniel)
- Hip Opener
- RW Reverse
- 3er Innenbein / Außenbein



② 5x7 min
A 1:1 passiv
B Schuss mit Doppelpass 3x
C Fake an der Bande
D Transition Cent. FW/RW
E Toe Drag "Weiche Hände"



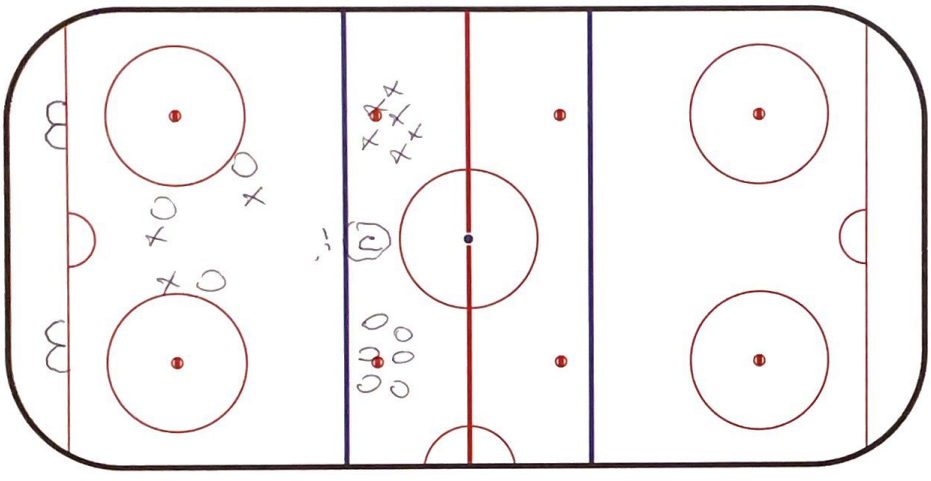
E.H.C. KLOSTERSEE

TEAM: U15. 16:40-17:40

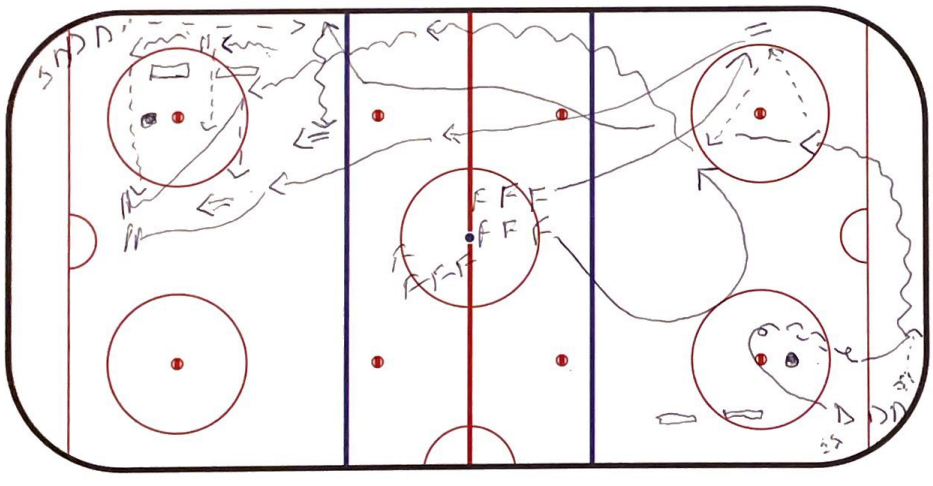
DATUM: 29.9.2022.

TRAINER: YURI, MARTIN

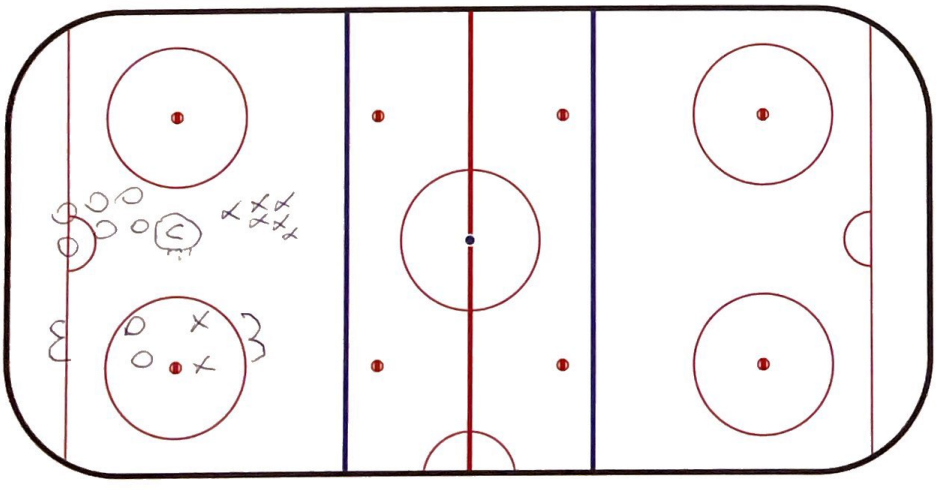
TRAININGSPLAN



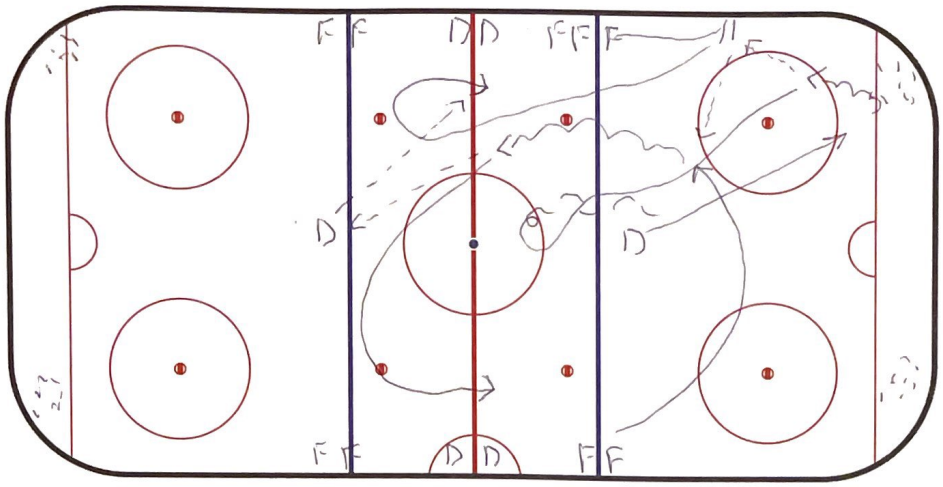
Spiel 3-3 TOR
zehlt im beide TORE.
10 min



2-0 mit AUFBAU
von D und nach
VOR TOR ARBEITEN
10 min

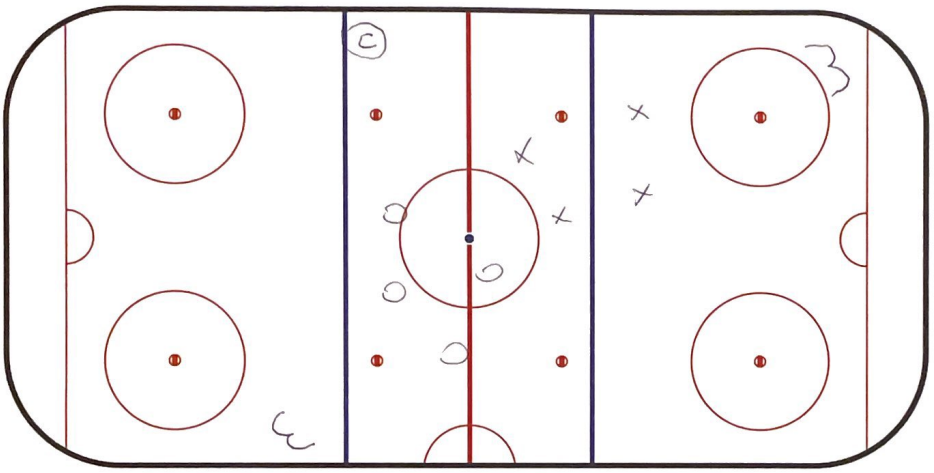


2-2 kleine PLATZ
10 min



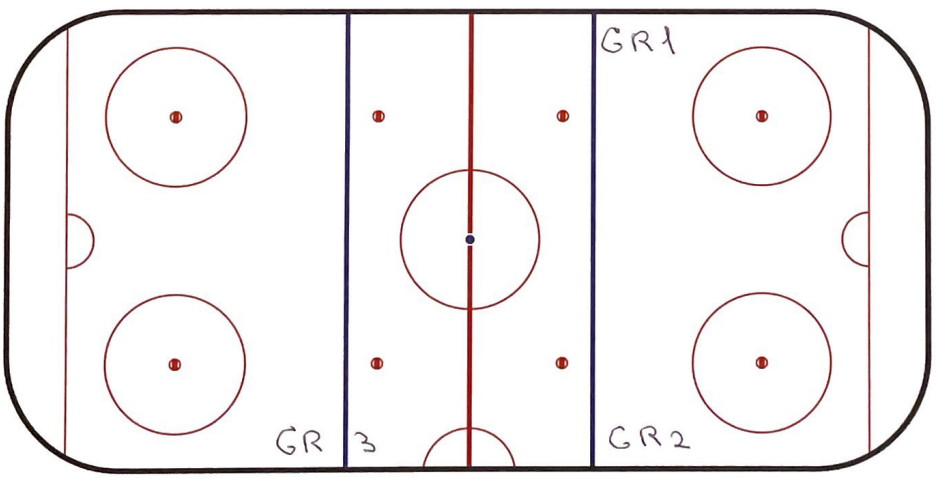
2-1 mit Aufbau und Passen zum D.

10 min

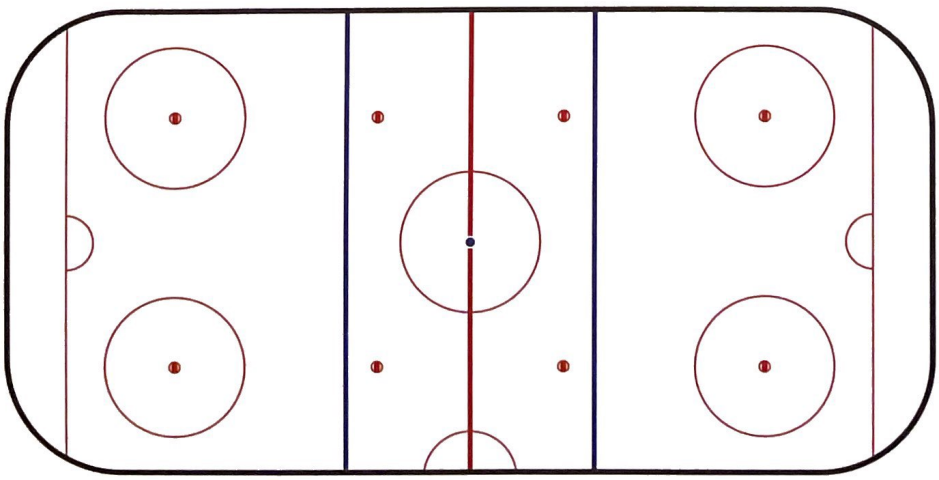


Spiel 4-4 mit C Joker für beide Team.

15 min



2 Runden → 2 Runden 3 Gruppe.

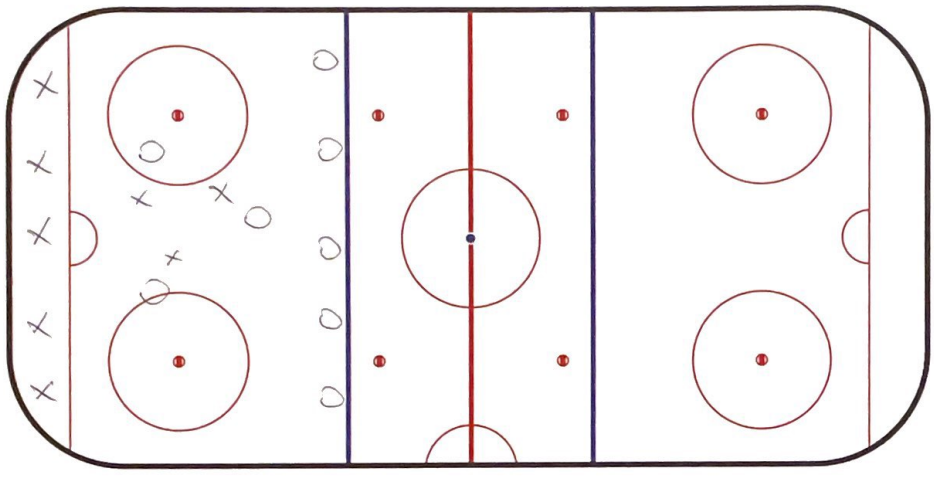


TEAM: U15. 30.9.2022.

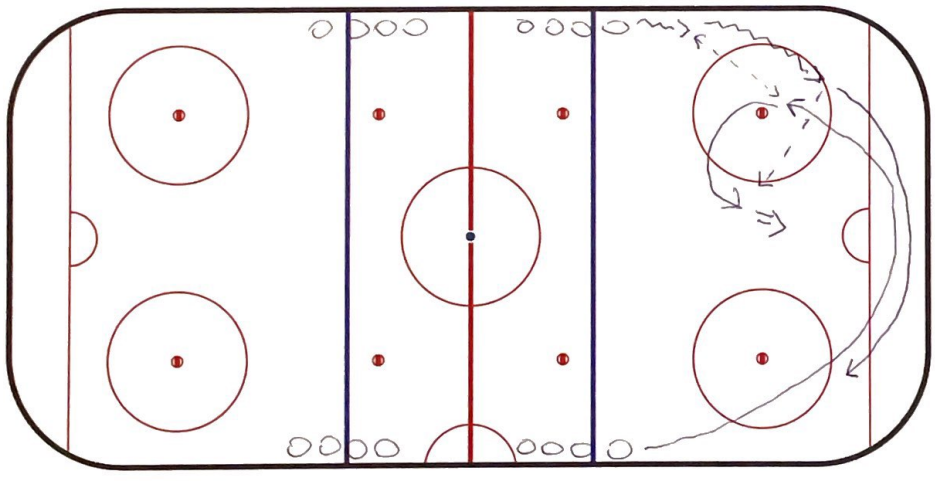
DATUM: 16:40 - 17:40

TRAINER: Yuri.

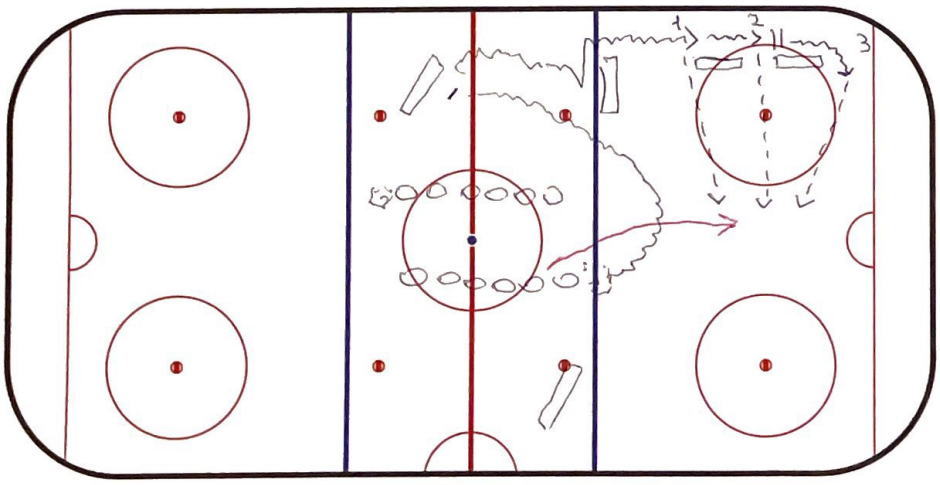
TRAININGSPLAN



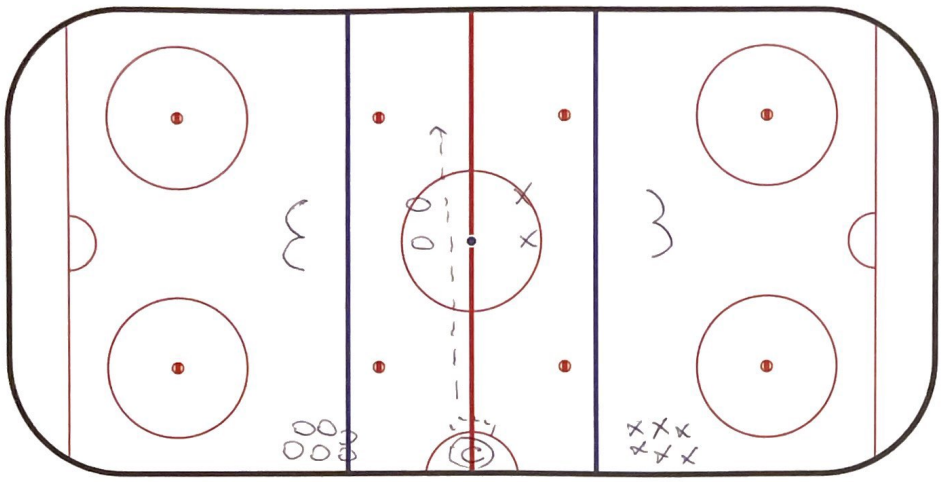
Aufwermen Spiel 3-3 mit PASSen zum eigene gruppe.
8min



1-0 von beiden seiten mit doppel PASS.
8min

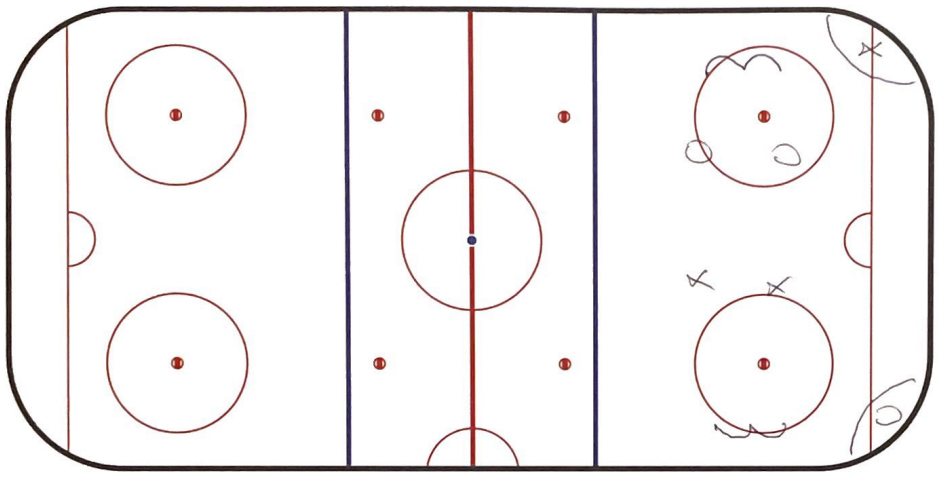


2-0 mit Richtung wechsel (verschidene PASS VAR) 8min



Spiel 2-2 ohne Joker, mitte

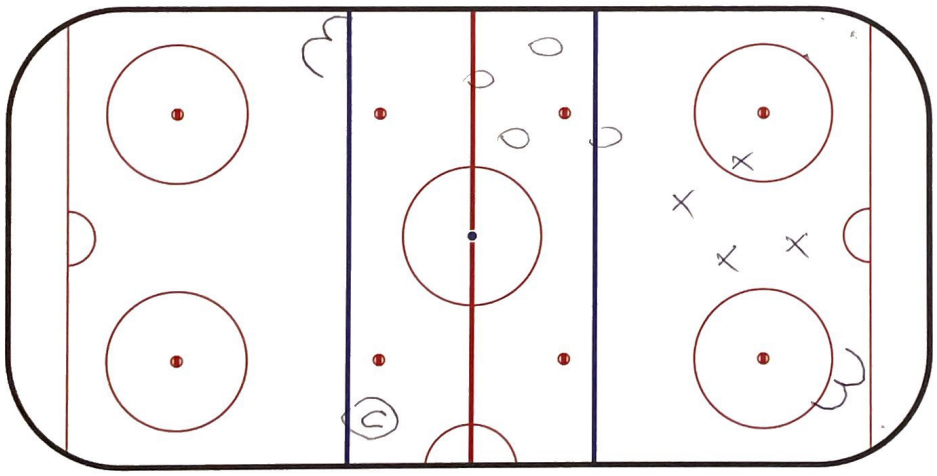
10 min



Spiel 2-2 mit Joker in die ecke

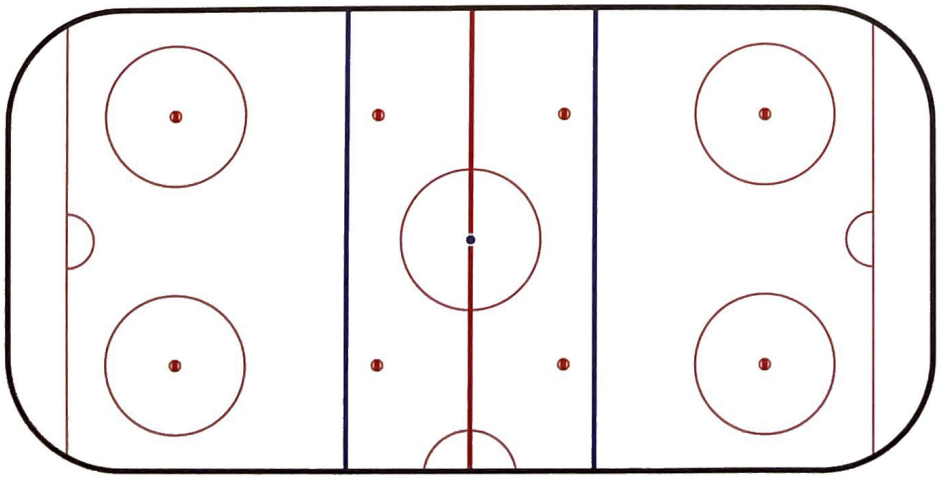
-> jede sein mann -> schleger unter kontrolle -> kreizen -> hinten tor anbieten.

8 min



Spiel 4-4 TR. Joker für beide teams.

10 min

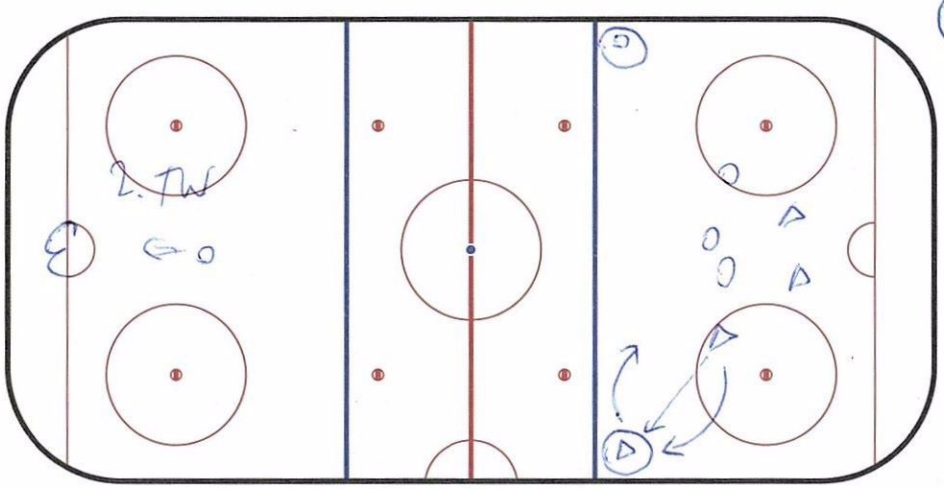


TEAM: U15

DATUM: 3.10.22

TRAINER: Martin, Yuri, Markus

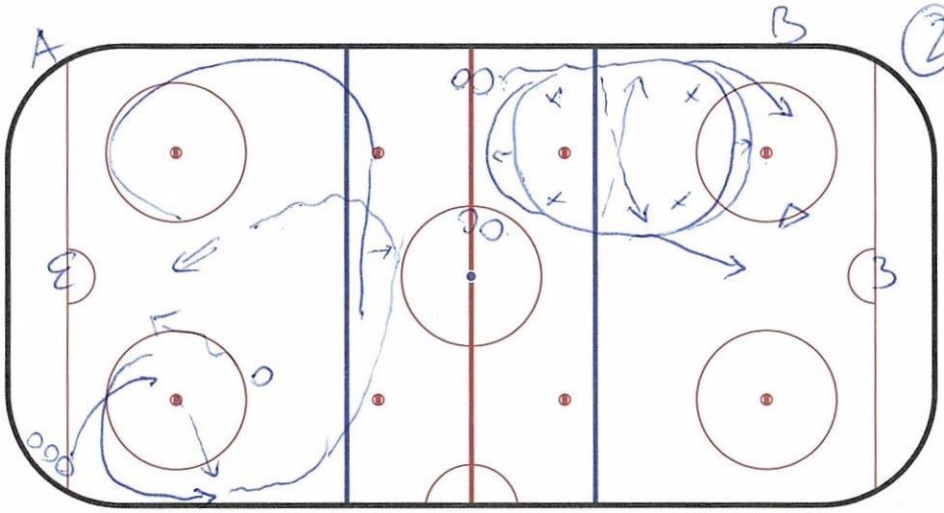
TRAININGSPLAN



① Spiel 3:3 + Joker*

*muss ersetzt werden

8 min



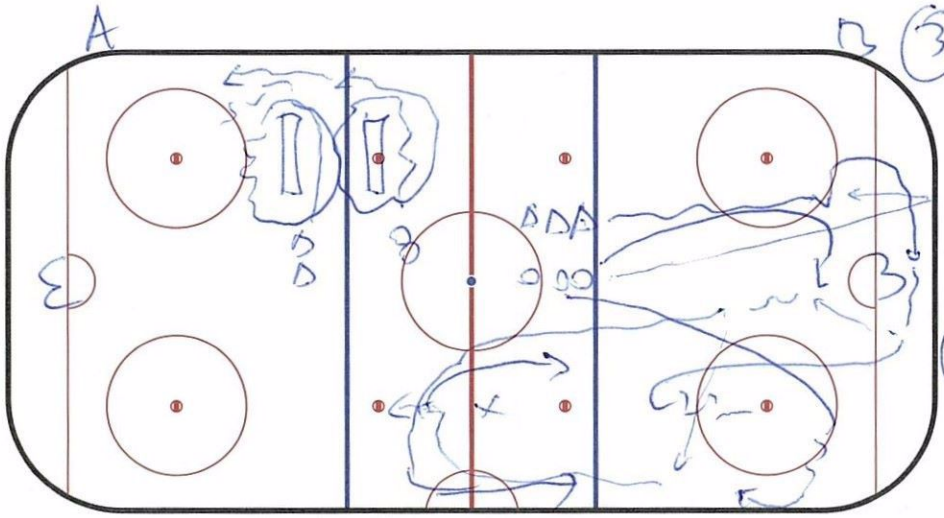
② Passen

A Passübung kurz/lang (Markus

B Passkreis

2:0 bzw. 2:1 passiv

2 × 10 min



③ Zweikampf / Breakout

A 1:1 Anwinkeln

B 2:1 mit Breakout

2 × 10 min

④ Spiel

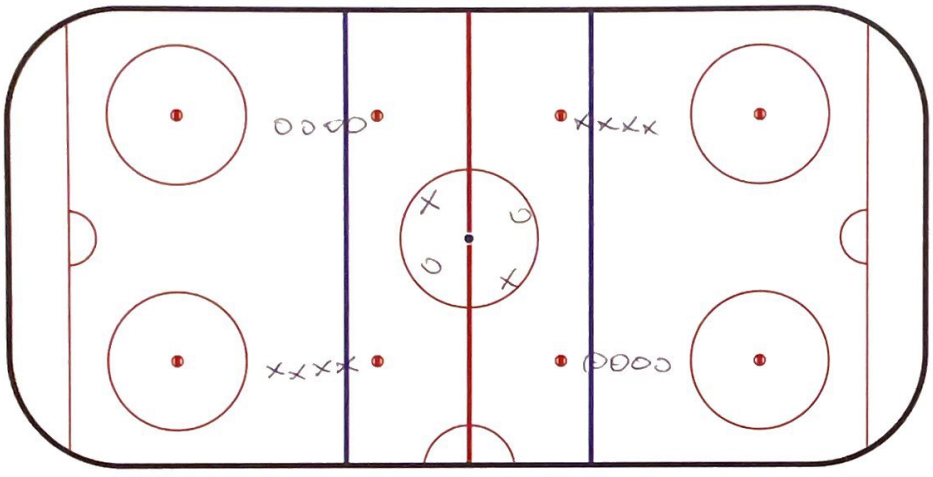
10 min

TEAM: U15, 16:40 - 17:40

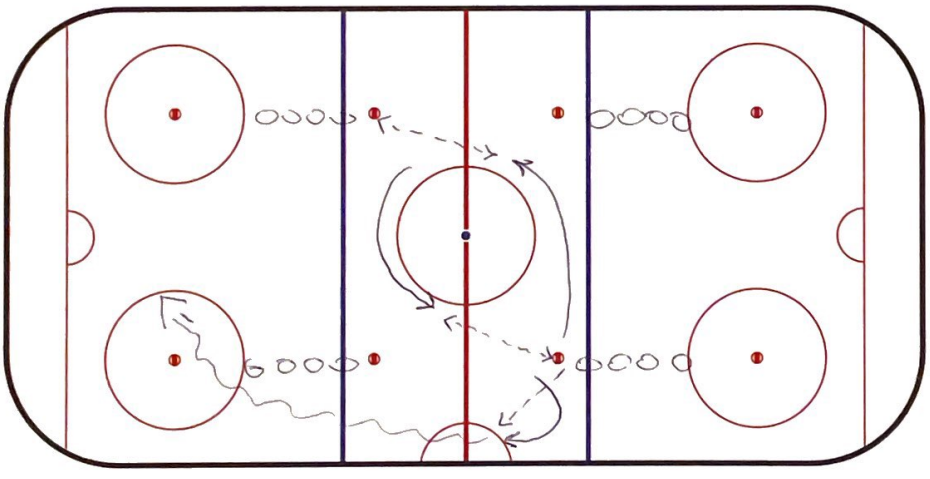
DATUM: 6.10.2022.

TRAINER: YURI, MARTIN.

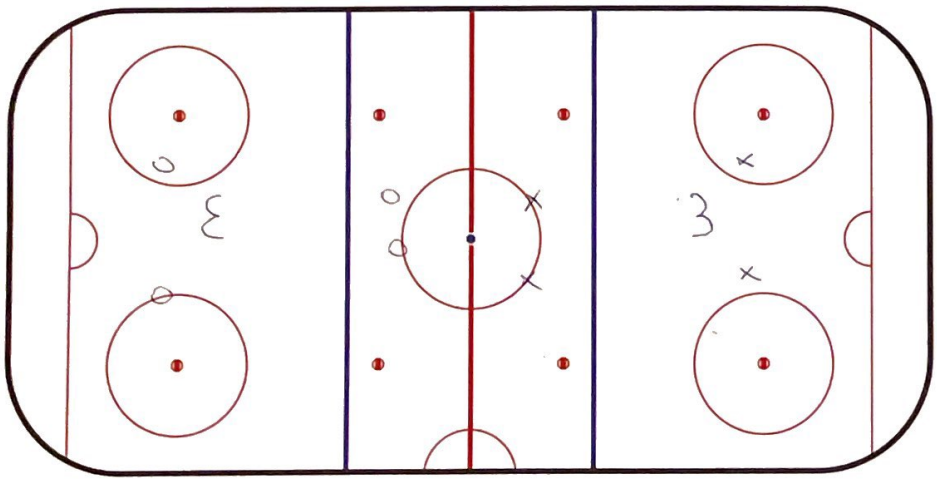
TRAININGSPLAN



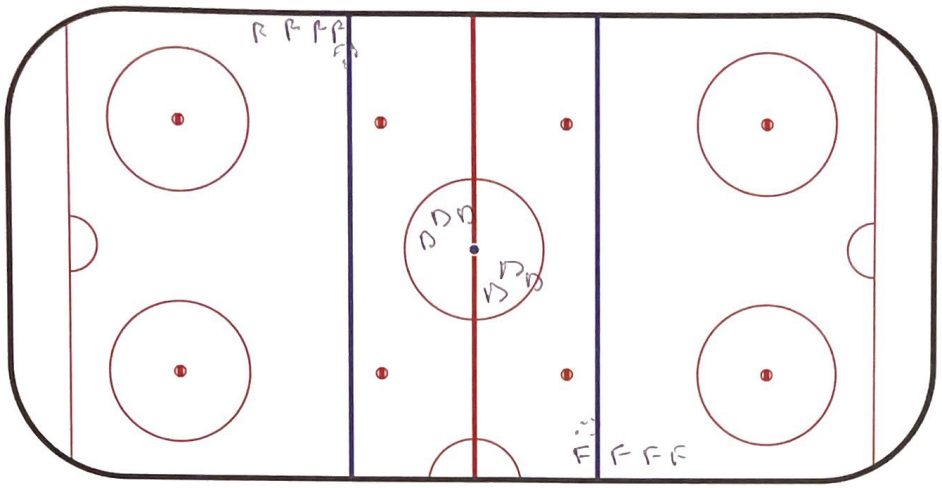
Aufwermen 2-2
mit PASSEN zum eigene gruppe.
8min



1-0 doppel PASS
8min



SPIEL 40-30 2-2
mit 2 SPIELER HINTEN FOR nach PASS ~~4~~ SPIELER geht REIN → SITUATION 3-2
10min



2-0 + 1

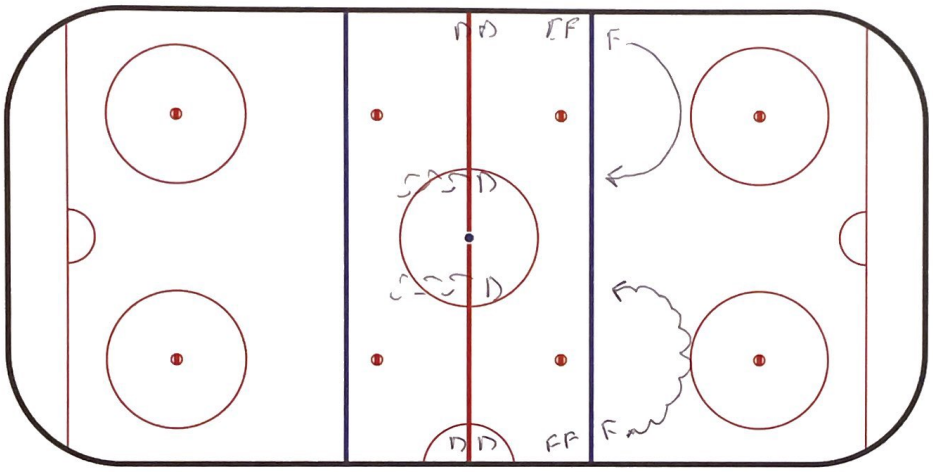
A) KREUZEN

B) PASS HINTEN TOR →

bei 2 VARIANTE KANN

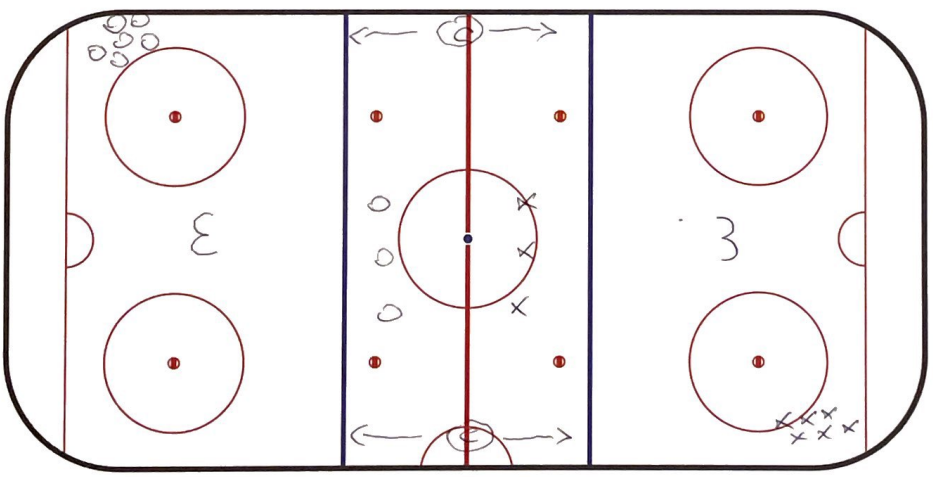
MAN VERTEIDIGER NUTZEN.

10 min



2-2 GANZE EIS 1 PUCK

8 - 10 min

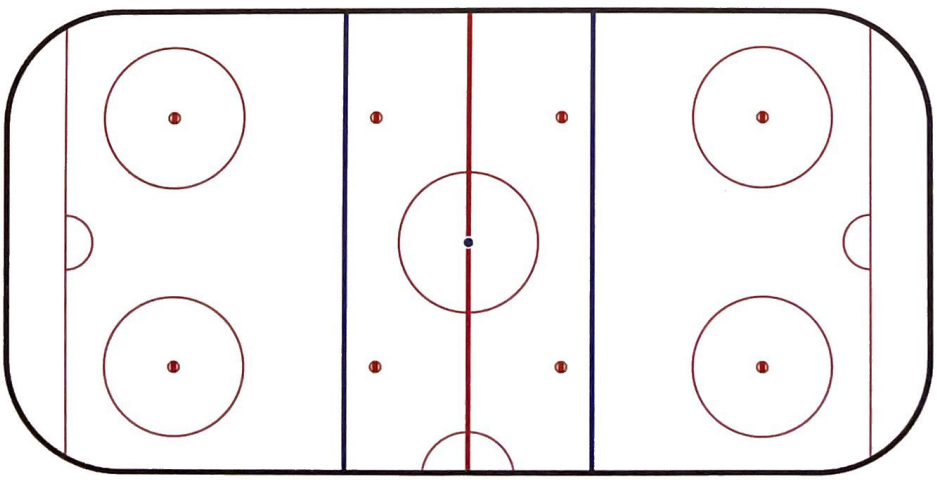


SPIEL 40-30 min

TR JOKER FÜR beide

TEAM

10 min

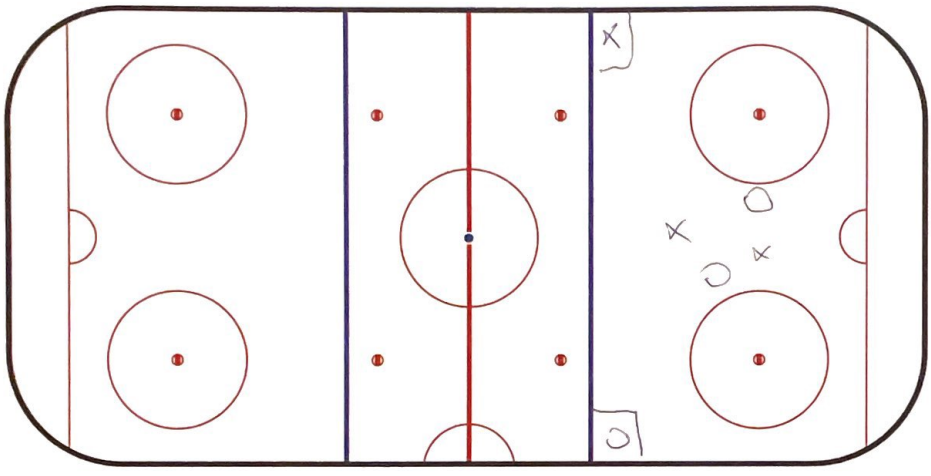


TEAM: U15. 16:40-17:40

DATUM: 7.10.2022.

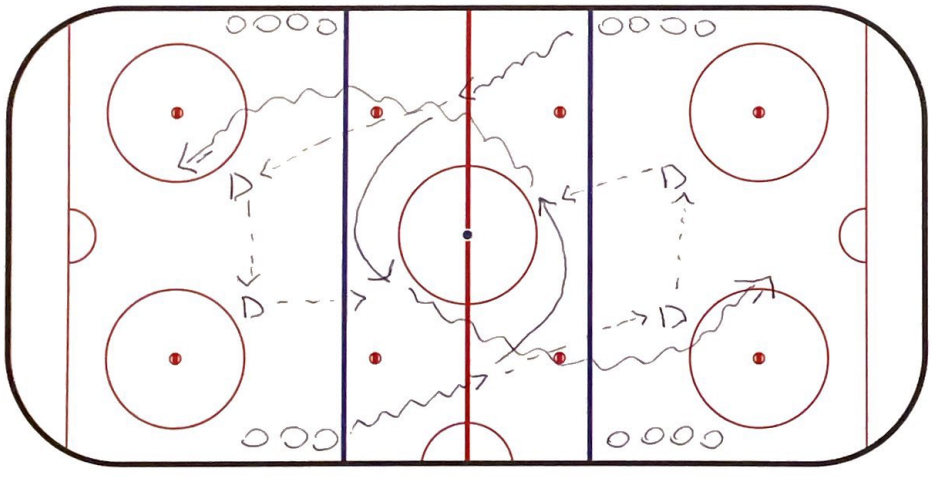
TRAINER: Yuri

TRAININGSPLAN



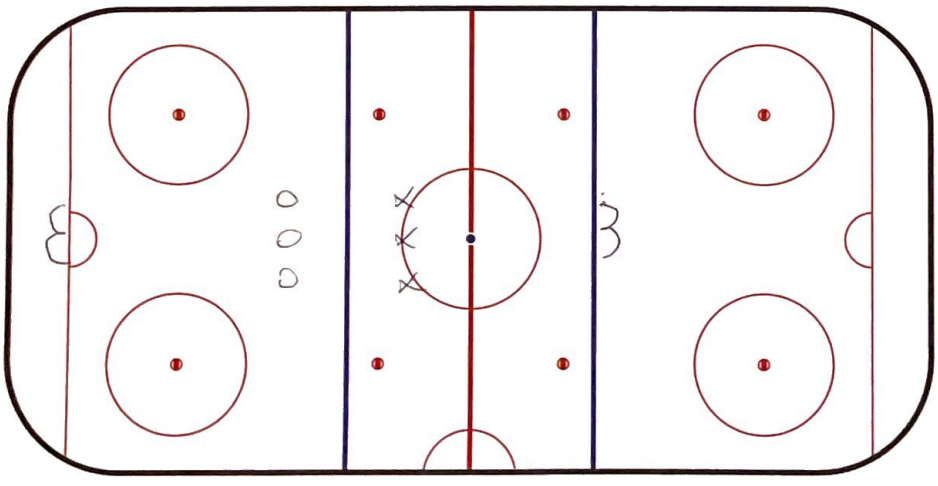
Spiel 2-2+ 1 Joker oben ~~bei~~ jede Team -> Joker geht rein wenn sein Team Puck hat -> 3-2.

10 min



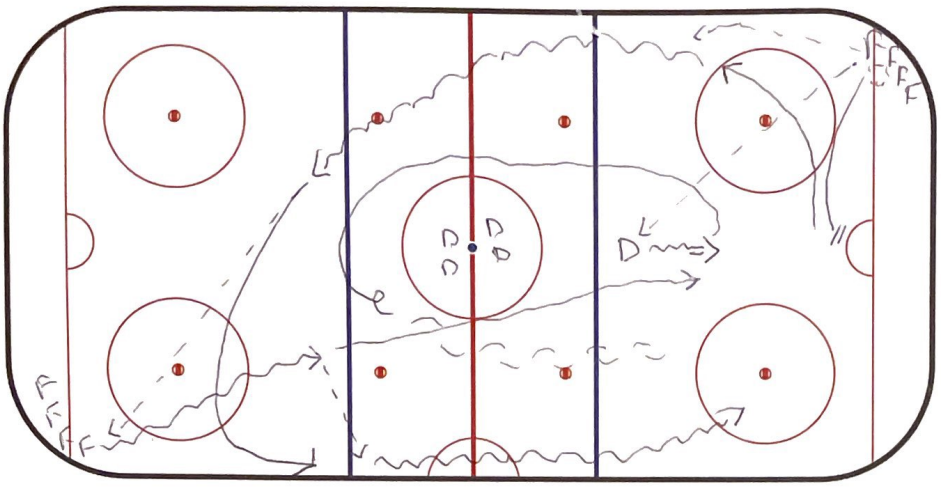
1-0 mit Passen zu D zu D.

8 min

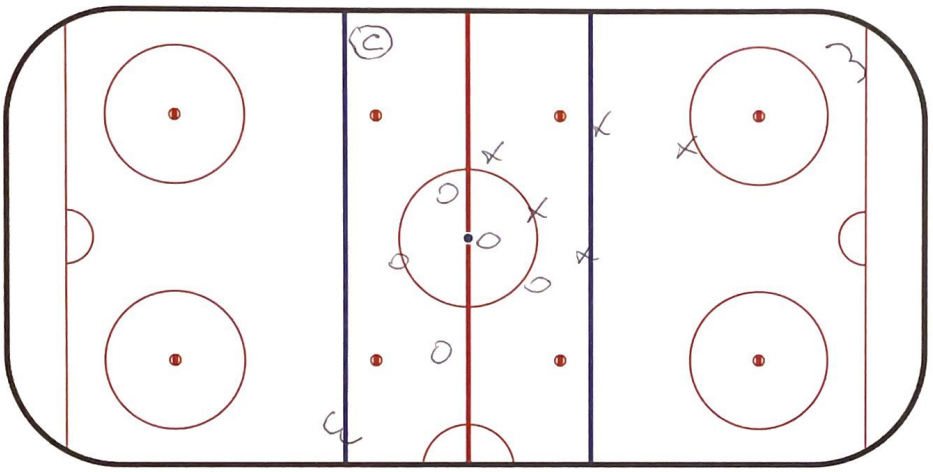


Spiel 3-3 mit eine blau Linie off side.

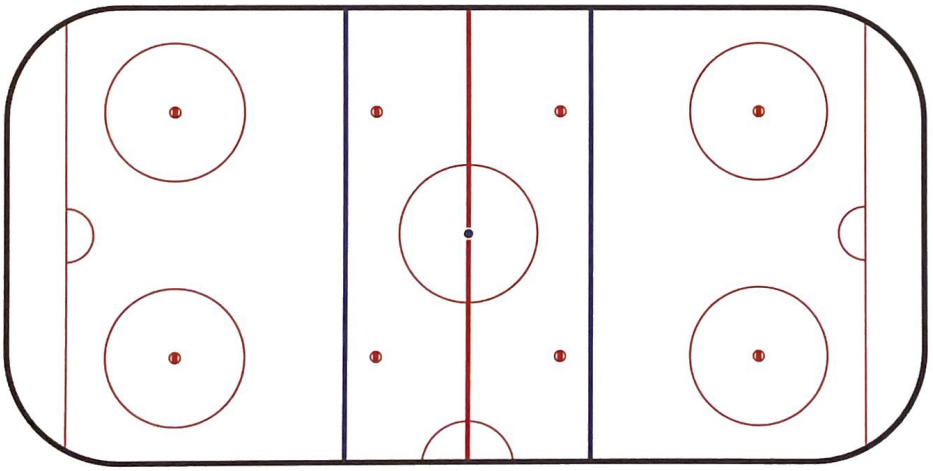
10 min

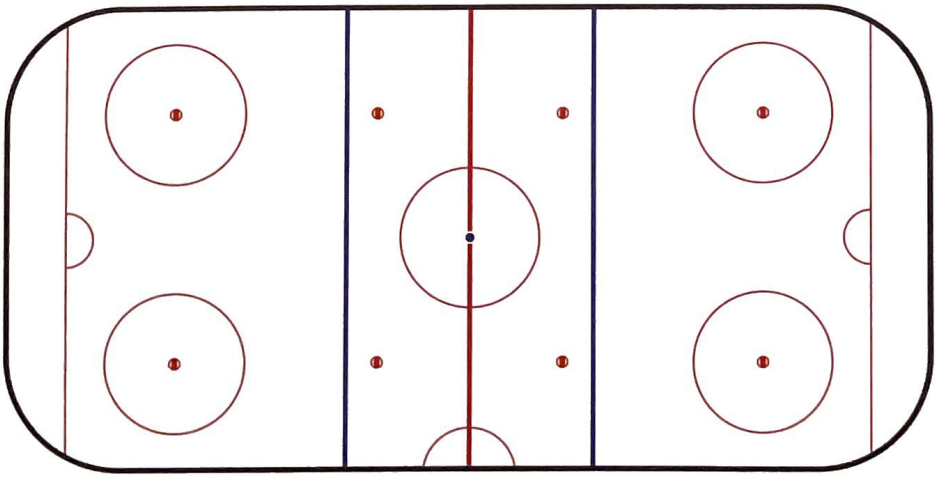


2-1 mit PASS zu D
→ Schuss → Arbeit von
TOR → F PUCK HOLEN
PASSEN zu anderer F →
→ ~~F~~ 2-1.
10 min
oder gleich nur 1-1



Spiel 5-5 oder 4-4
mit PASS zum TR.
15 min



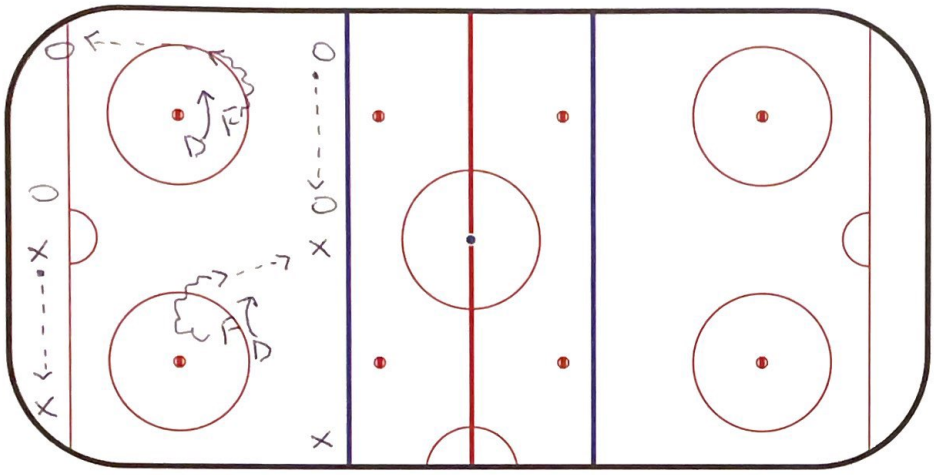


TEAM: U15. 16:20-17:20

DATUM: 10.10.2022.

TRAINER: Yuri, Martin.

TRAININGSPLAN

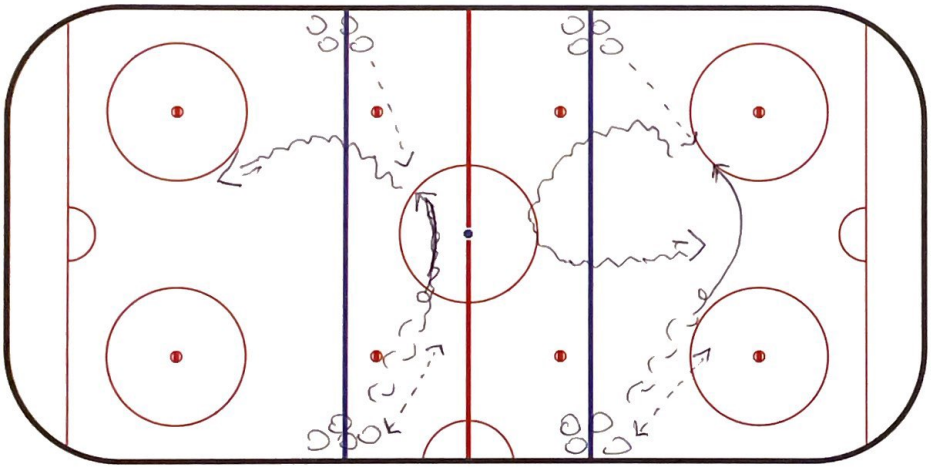


Aufwermen 4 spieler

4 eck 2 puck -> im mitte

F - aktiv -> D passiv

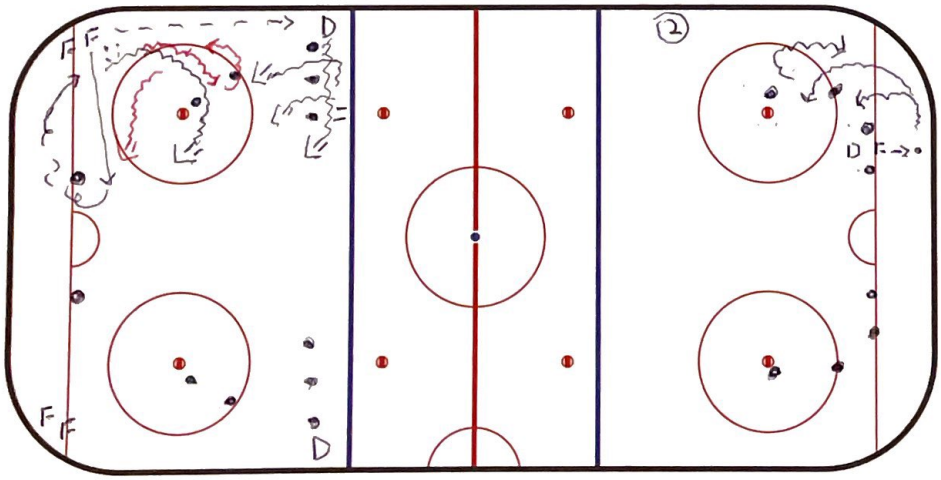
8 min



1-0 -> 2 seiten -> passen

5min oben -> 5min unten

10min



1) F-D übung im zone

8min

2) F-D übung (D -> Distanz lesen)

Andere zone 8 min

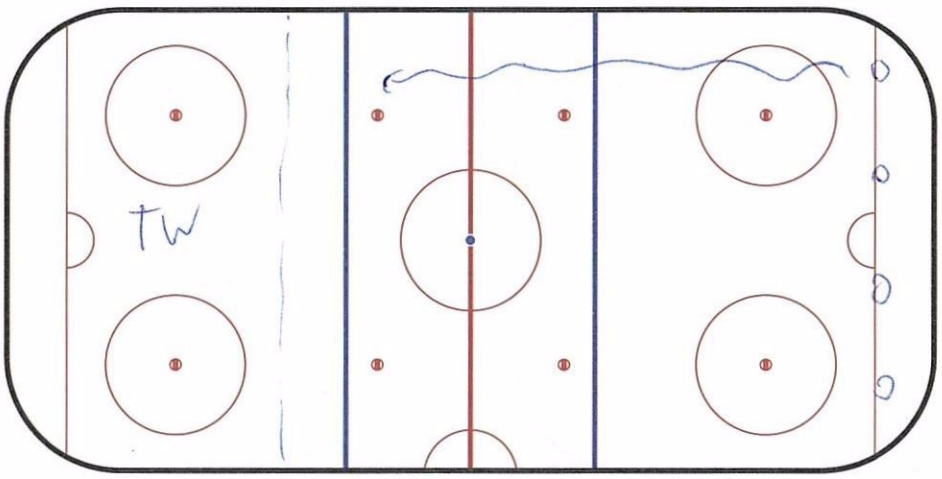
16min

TEAM: U15/U17

DATUM: 17.10.22

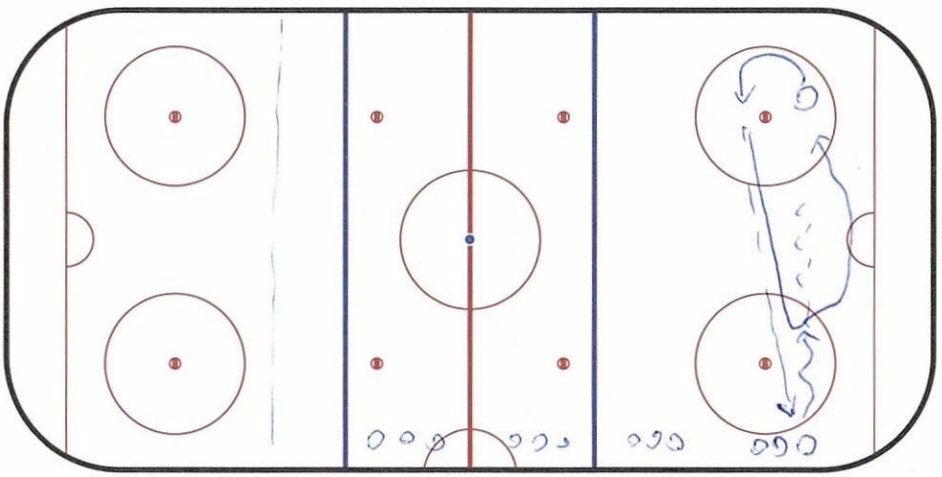
TRAINER: Yuri, Martin

TRAININGSPLAN



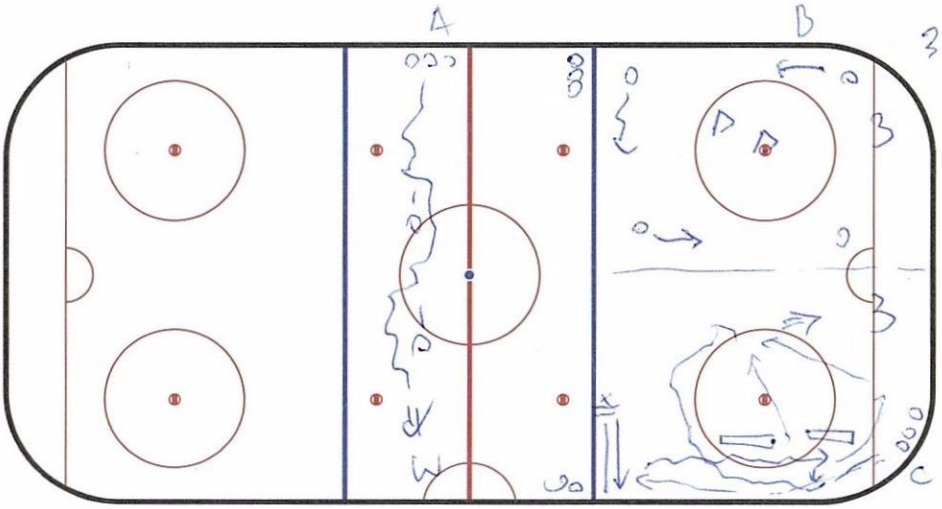
1 Laufen mit Scheibe
- Toe Drag
- Between the Legs
- Behind the Body
- D Walk

10 min



2. 1:1 passiv
wie oben nur mit Gegner

10 min

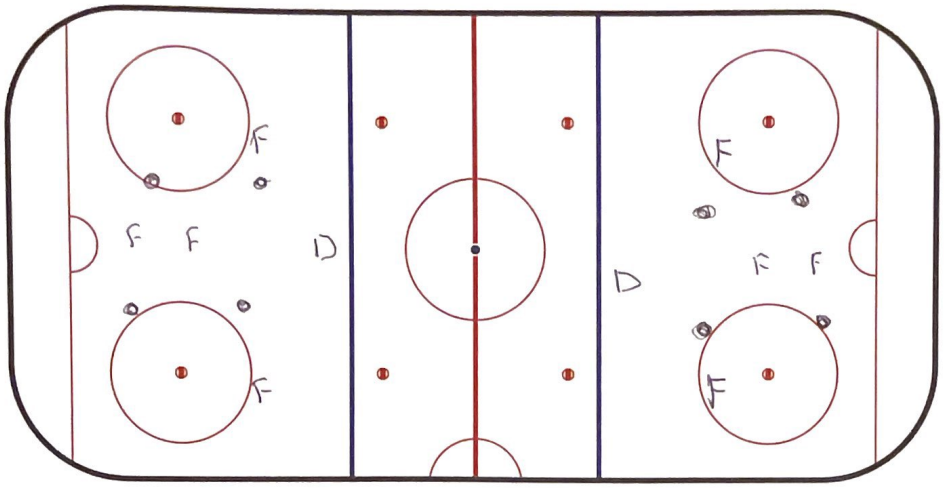


3. A Tales, Penalty
B 4:2 Drehen
C 2:0 Powerplay

3 x 8 min

4. Spiel 4:4

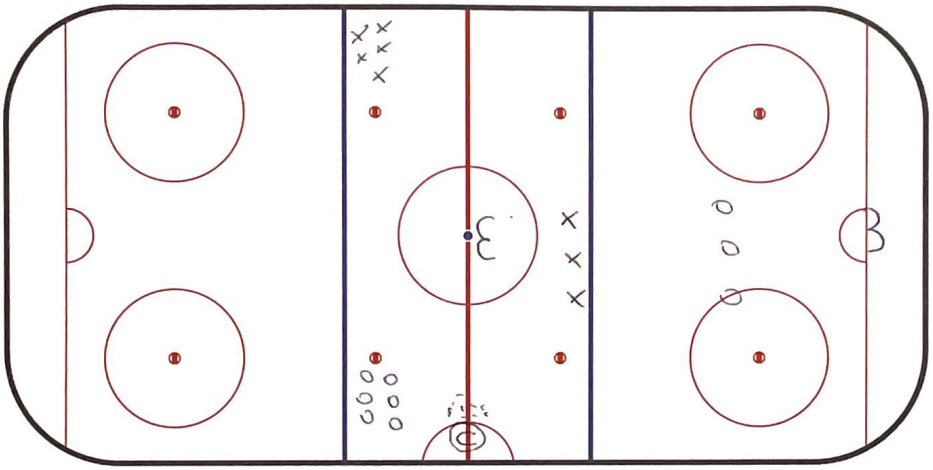
10 min



2 zonen Überzahl

14 min

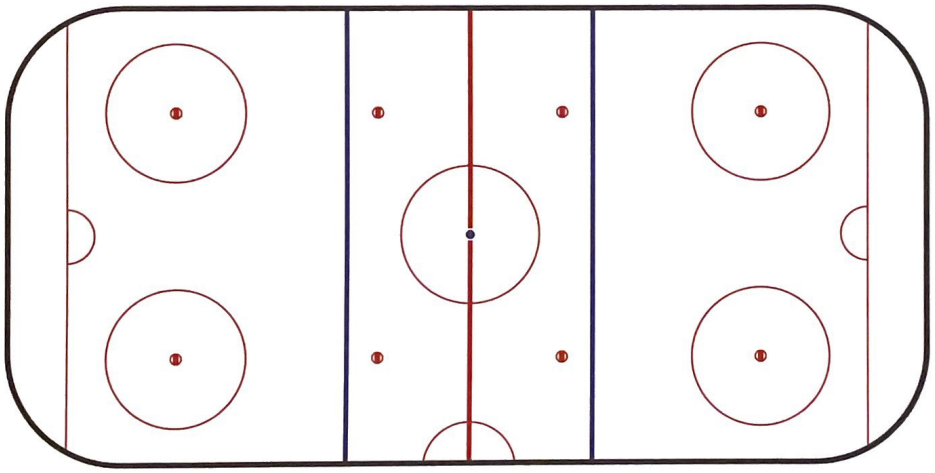
(PUCK KONTROL im mitte zone für paar spieler)

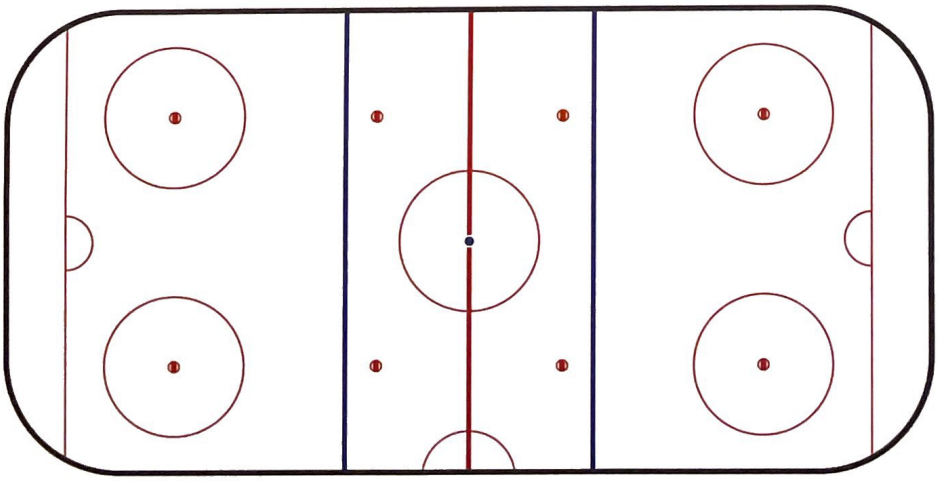


Spiel 3-3 ohne joker

-> jede sein man -> puck halten -> keine blinde pässe.

10 min



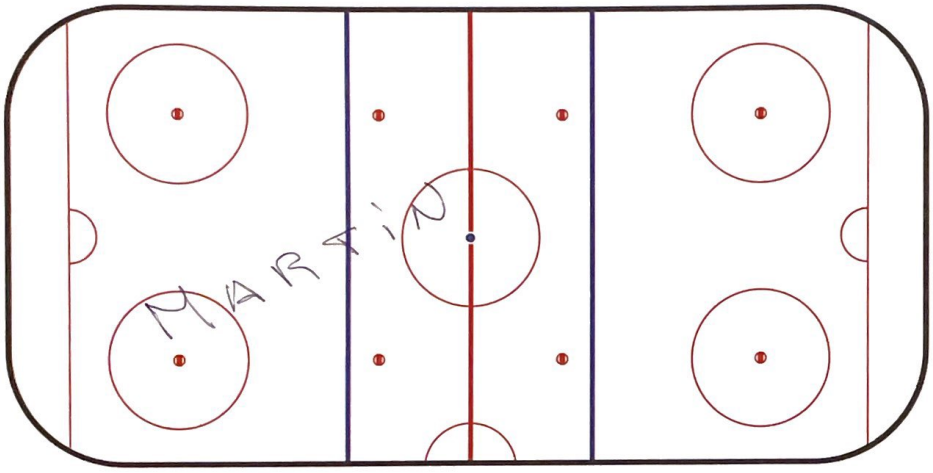


TEAM: U15, 18:40 - 19:40

DATUM: 11.10.2022.

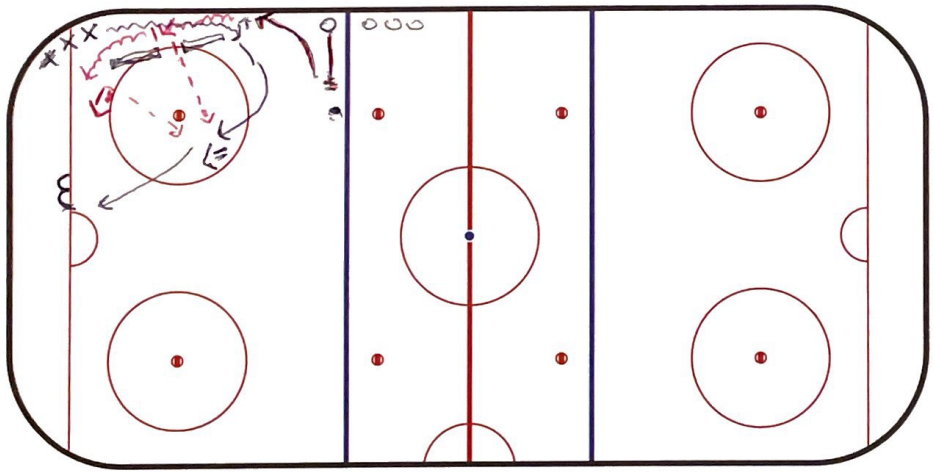
TRAINER: YURI, MARTIN

TRAININGSPLAN



Eislaufen mit Puck

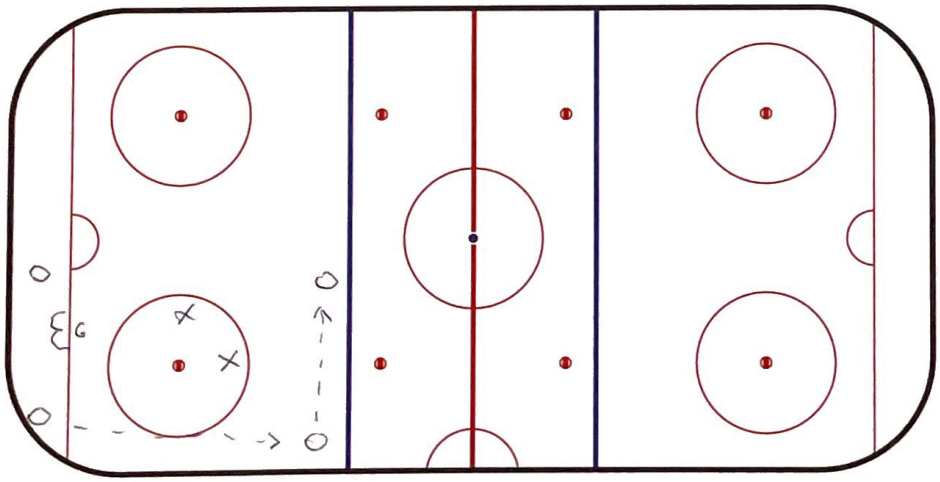
15min



1) Spielsituation

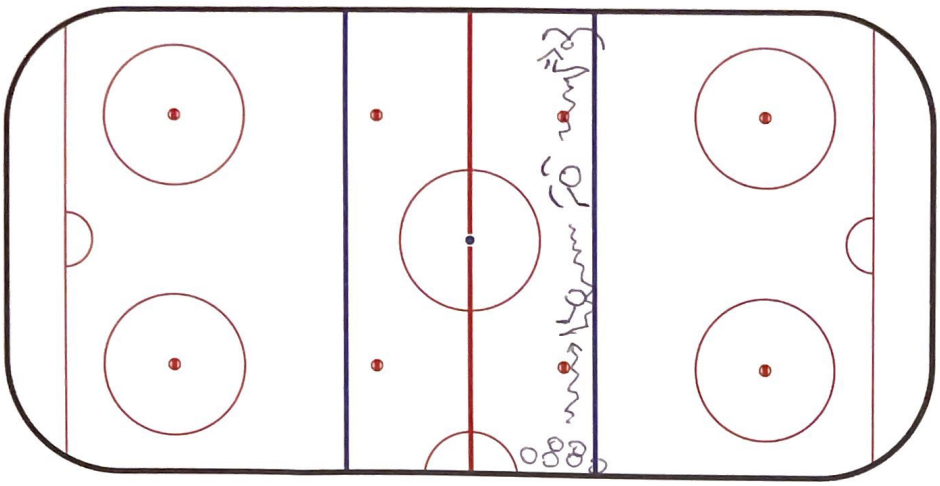
F-D Komunikation mit Kreuzen → und verschiedene Möglichkeiten bei passen.

8 min



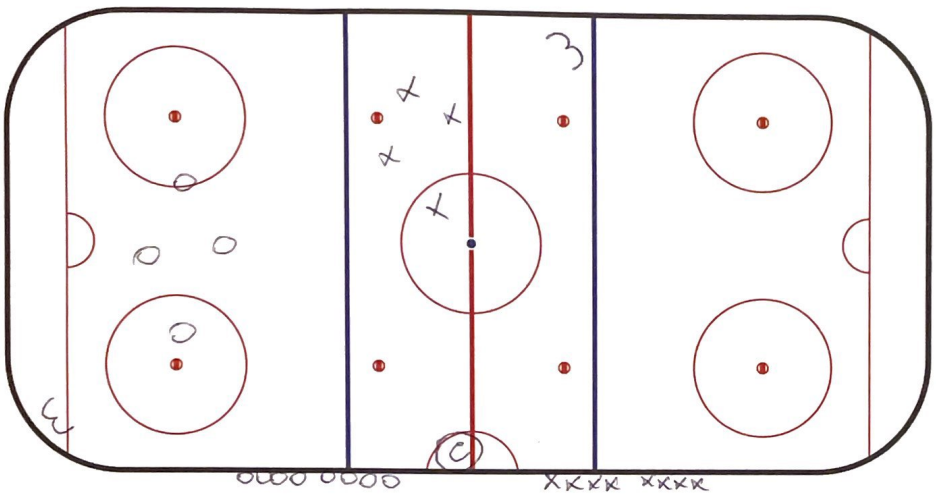
2) Spiel 4-2 Überzahl

8 min



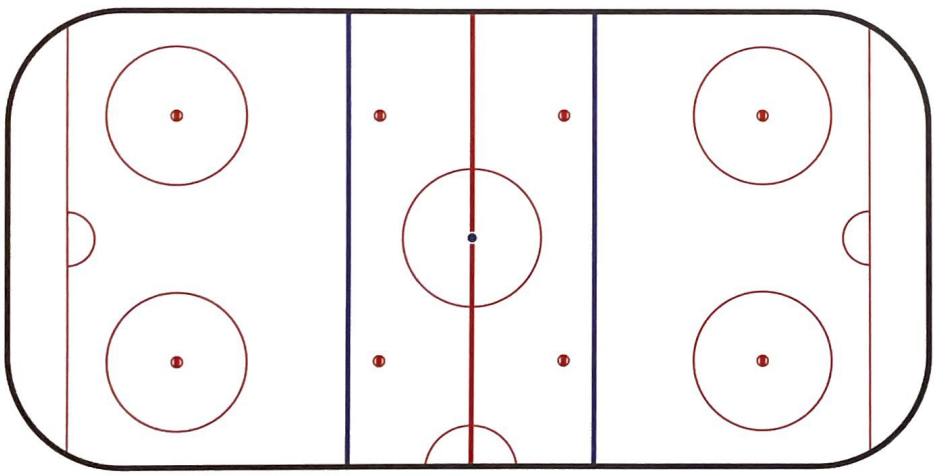
3) Puck Kontroll mit verschiedene Aufgaben -> und Abschluss Penalty lernen.

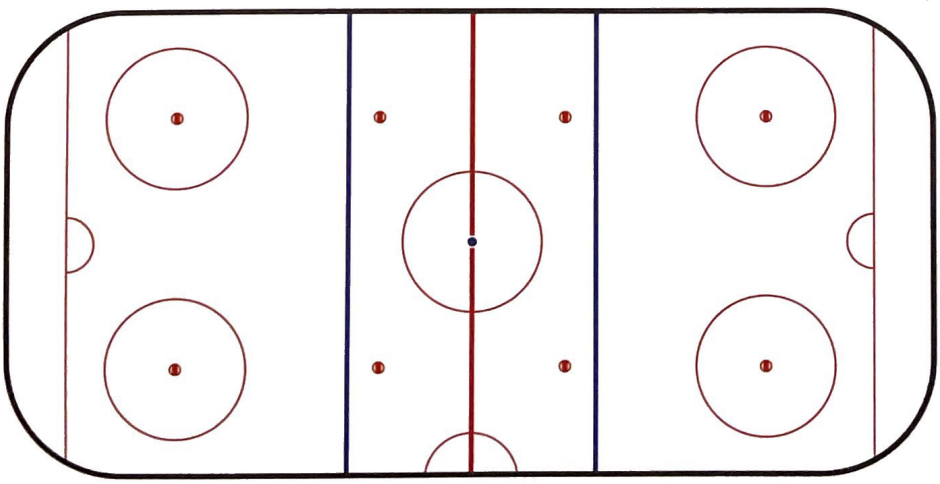
8 min



Spiel 4-4 mit TR Joker für beide Team.

15 min



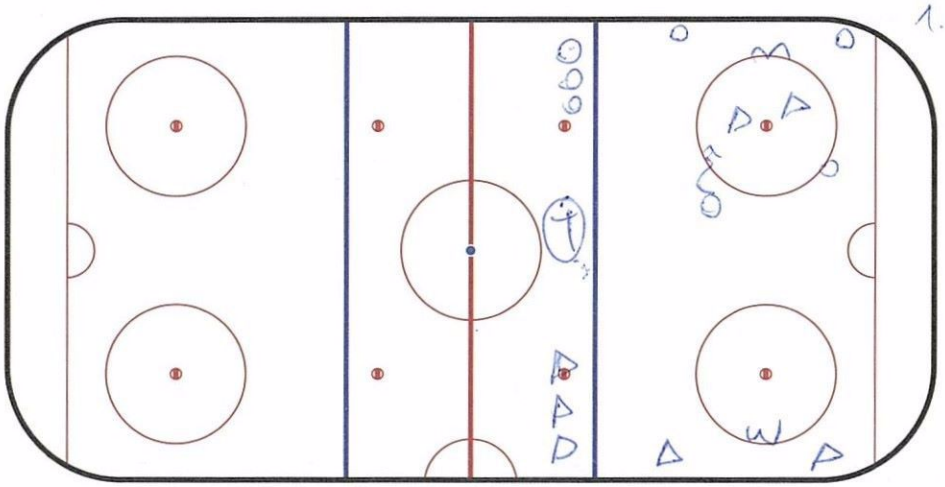


TEAM: U15

DATUM: 13.10.22

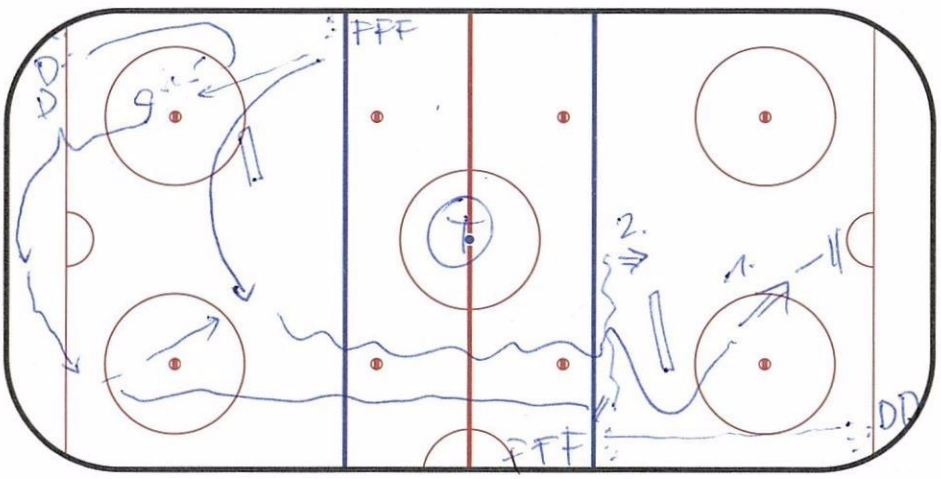
TRAINER: Martin

TRAININGSPLAN



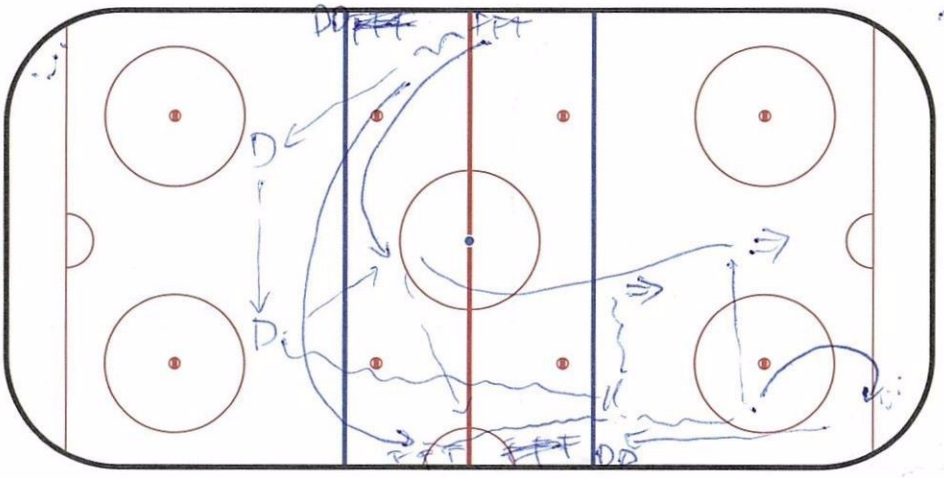
1. Spiel 2:2 + 2 offensiv Joker

8min



2- 1:0 + D Abschluss

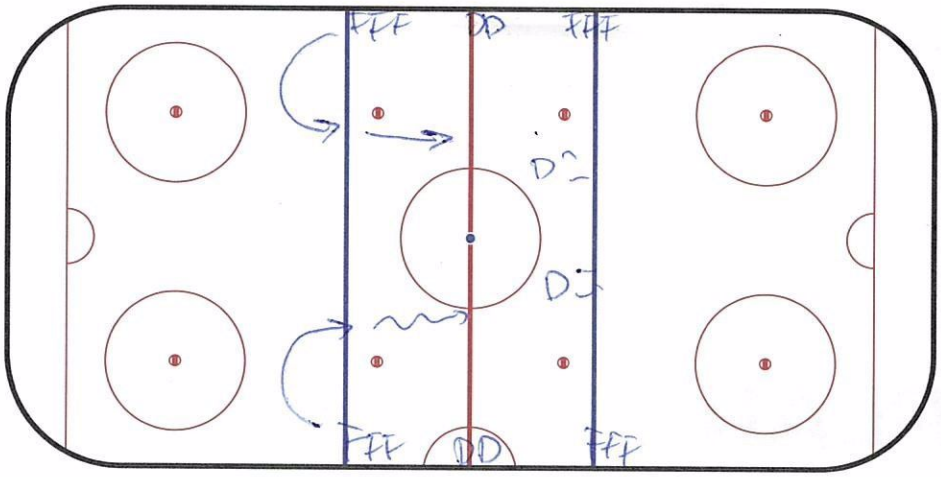
2 × 5 min



3 2:0 + D Schuss

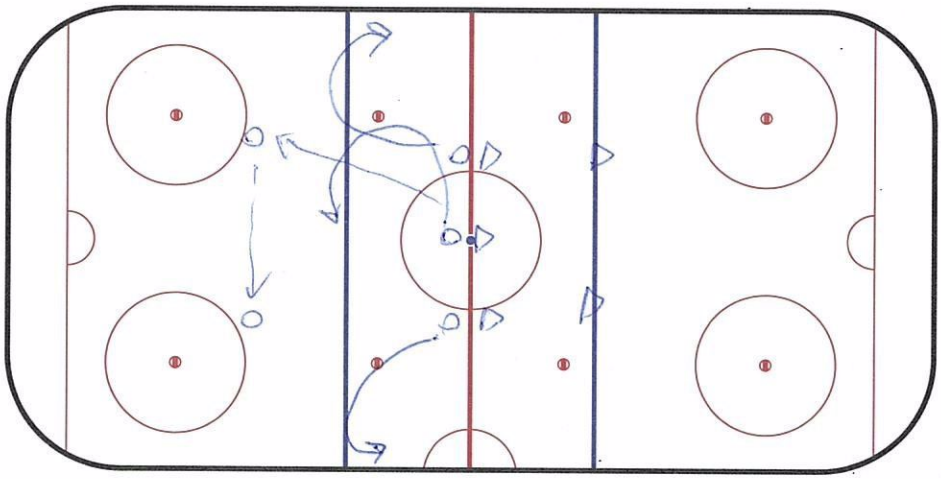
2. kreuzen

2 × 5 min



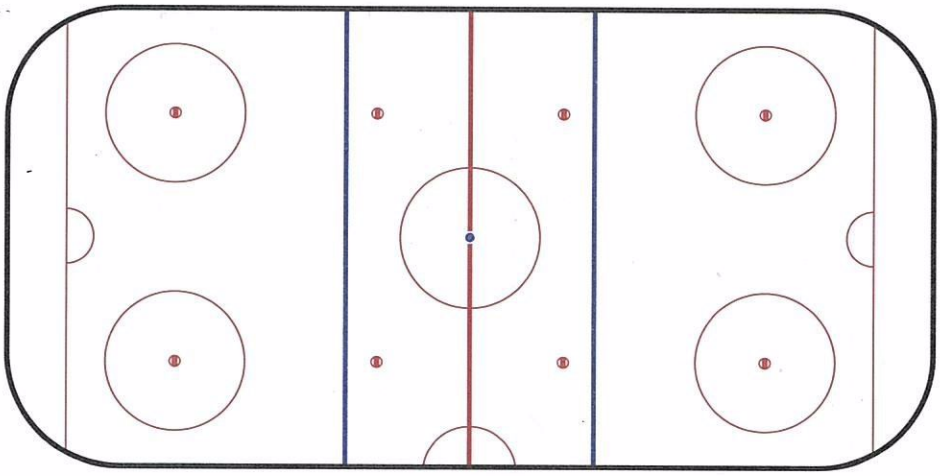
4. 2:2 Eine Scheibe

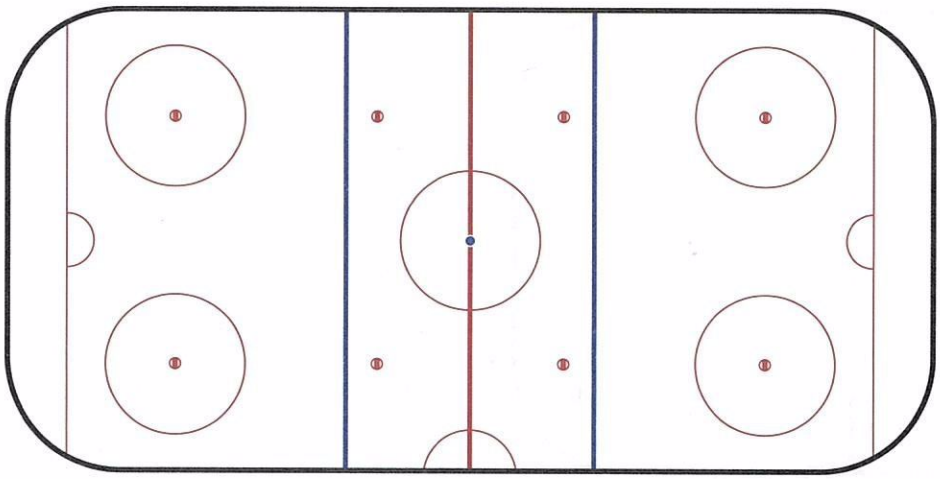
10 min



5. Spiel ~~5:5~~ 5:5
Start mit D-D Pass

15 min



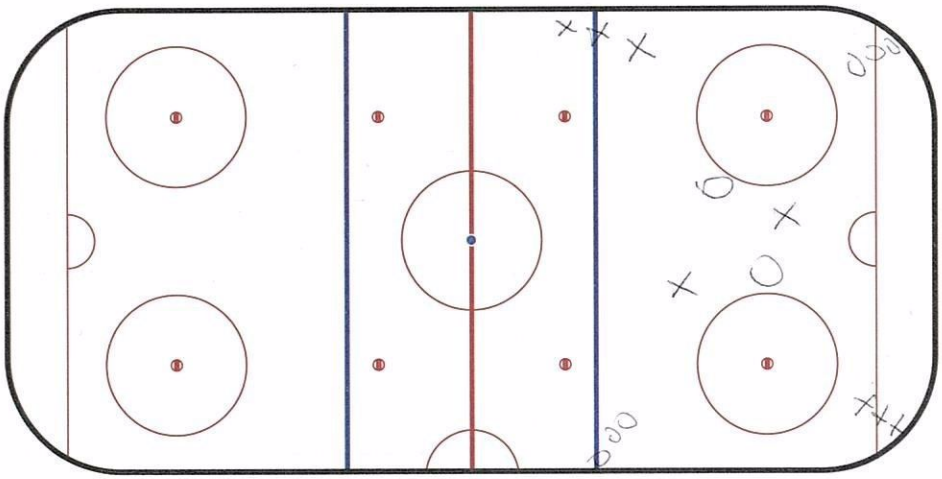


TEAM: U15. 16:20-17:20

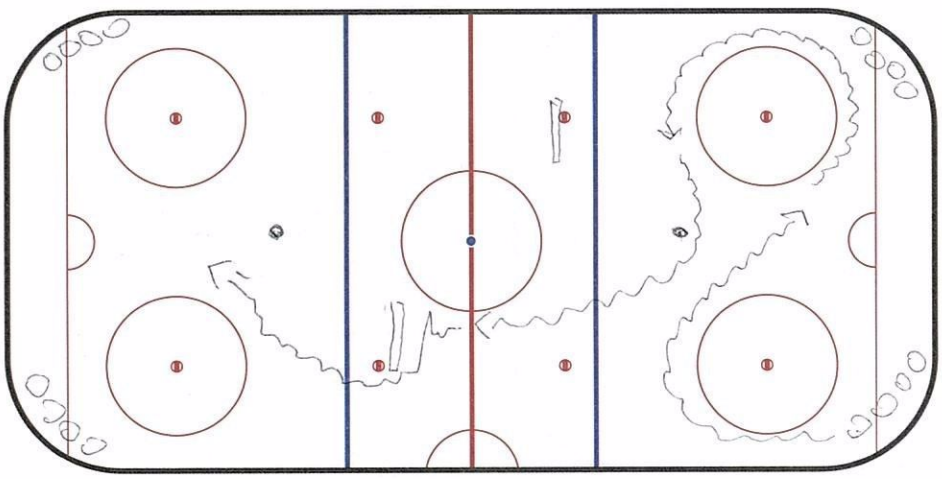
DATUM: 17.10.2022.

TRAINER: Yuri

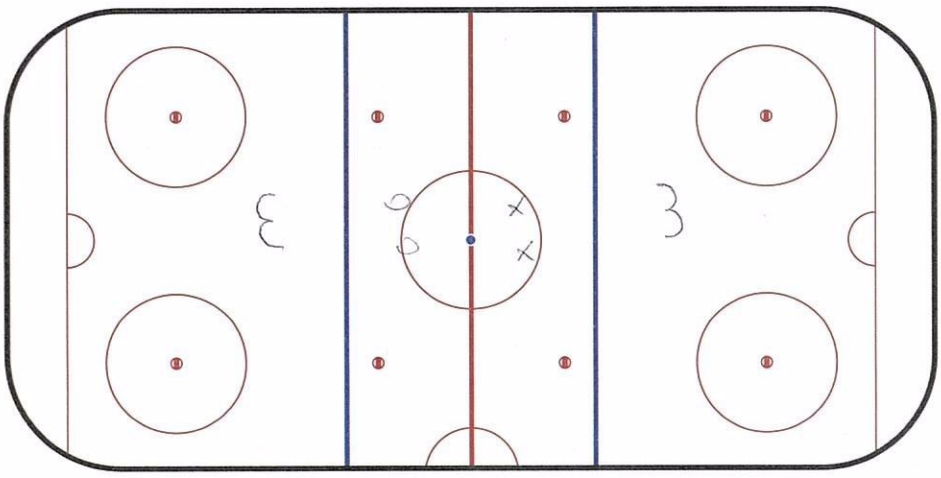
TRAININGSPLAN



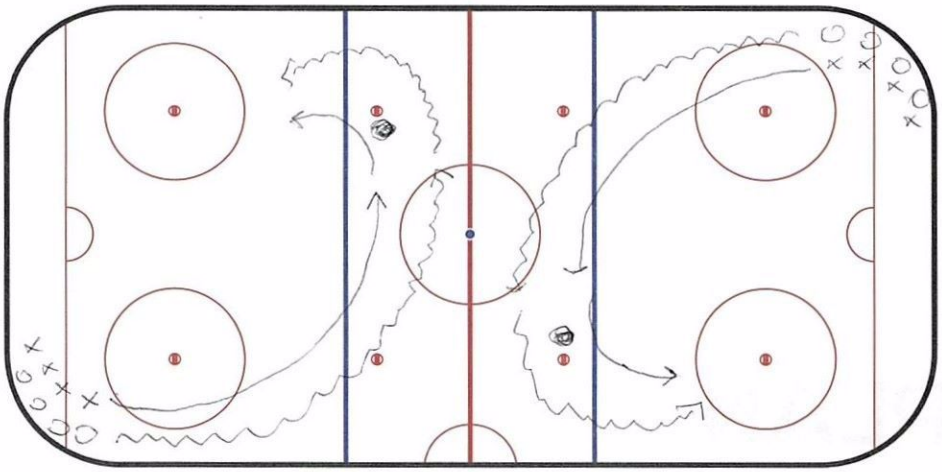
Aufwermen Spiel
2-2 mit 2 Joker
10min



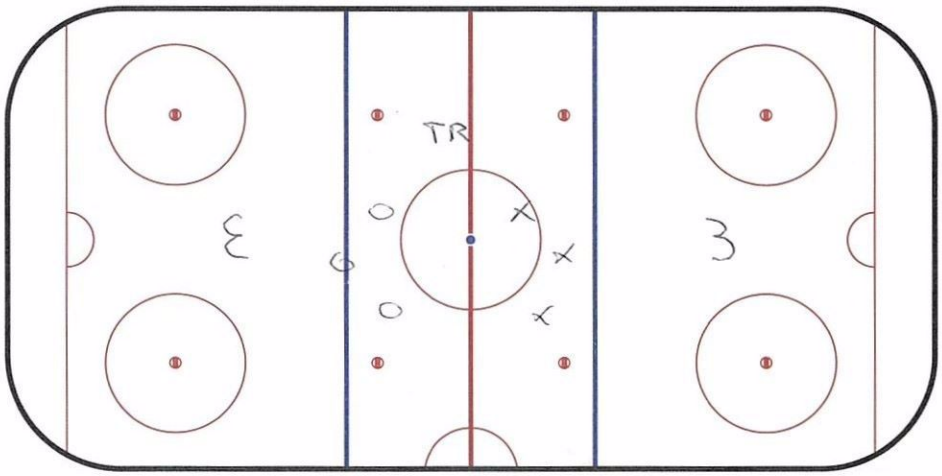
1-0 Puck kontrol
mit übersetzen (diagam
10min



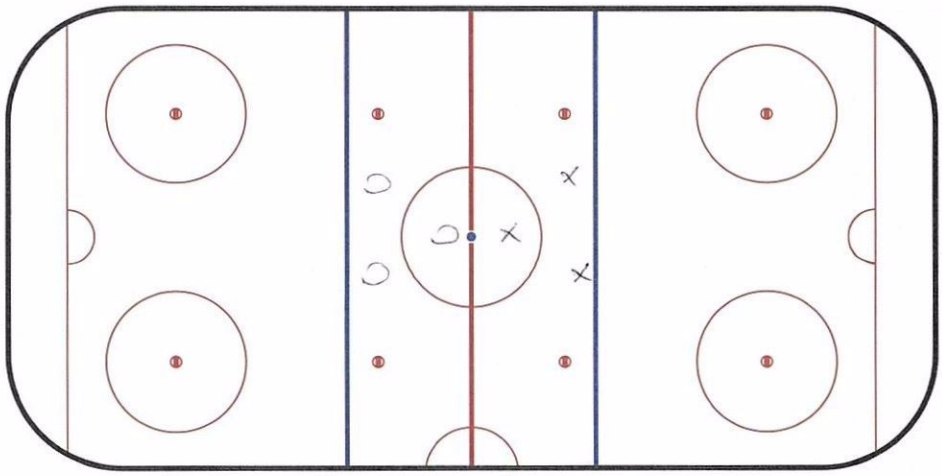
Spiel 2-2 ohne Joker
10min



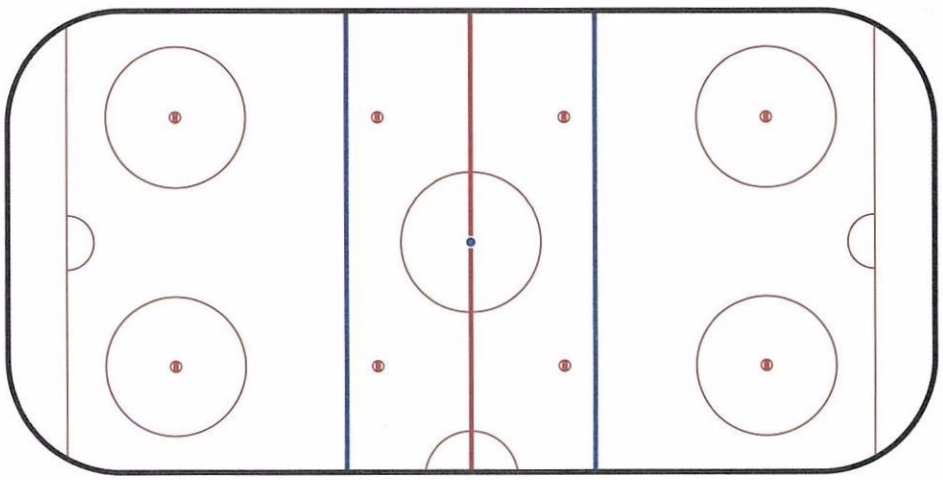
1-1 beide seite
distanz spüren ->
reining -> mitte halte
und zum bande bringe
10 min



Spiel 40-30 -> 3-3 ->
-> TR spielt für team
mit puck -> überzahl
4-3 nutzen.
10 min



Spiel 3-3 ganze eis
-> tor zählt wenn
alle 3 spieler drüber
gegnerische blau linie
sind.
10 min

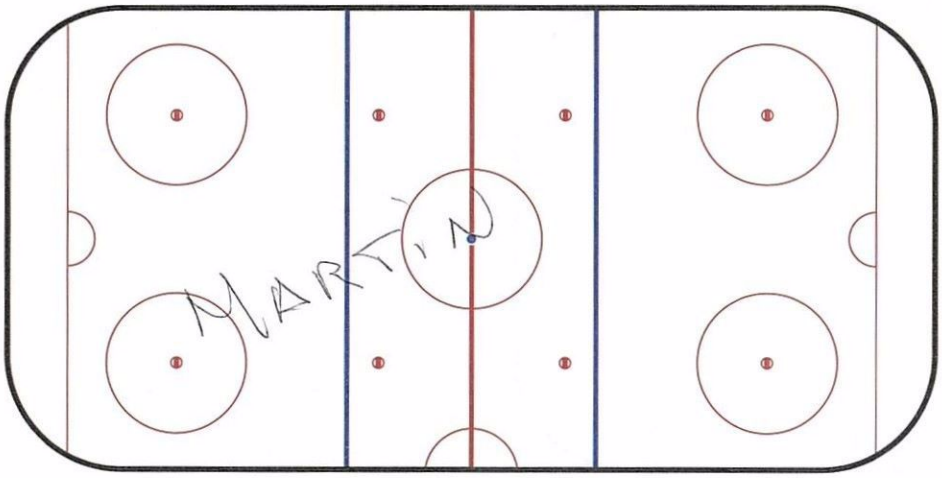


TEAM: U15, 18:40-19:40

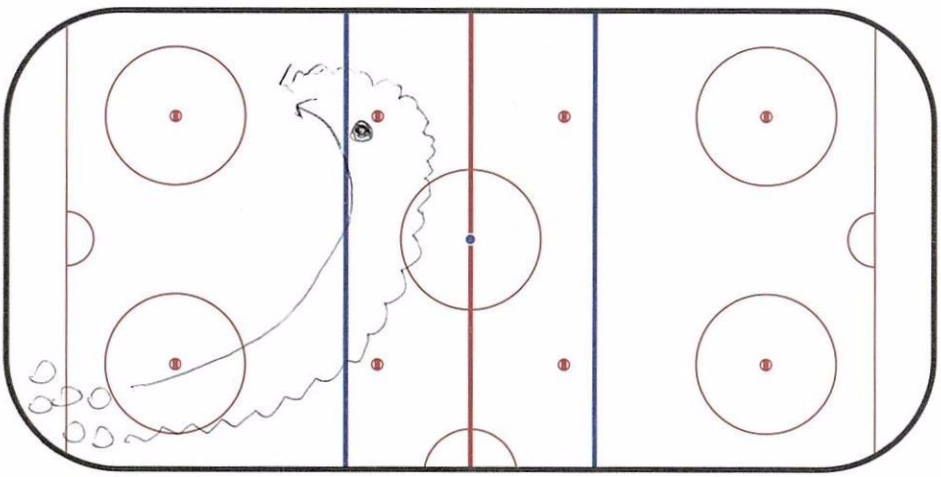
DATUM: 18.10.2022.

TRAINER: Yuri, Martin

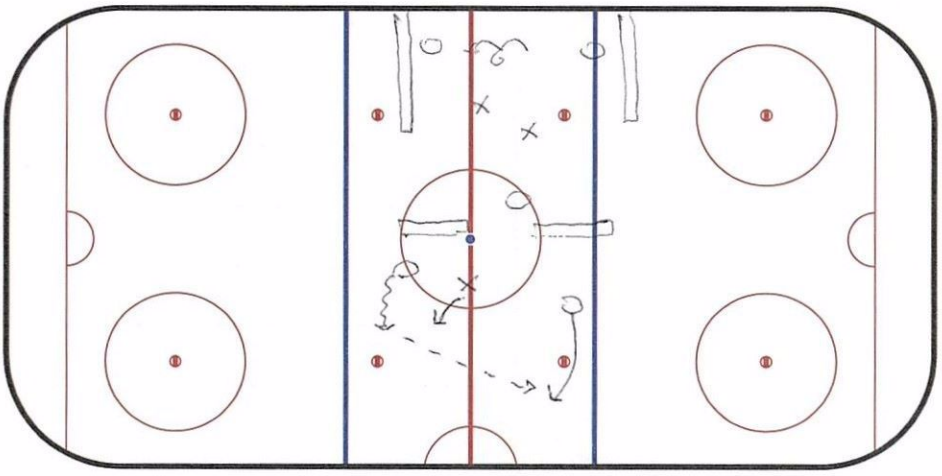
TRAININGSPLAN



Martin 3 Station
Puck Kontrol -> eislaufen
8x3 -> 24

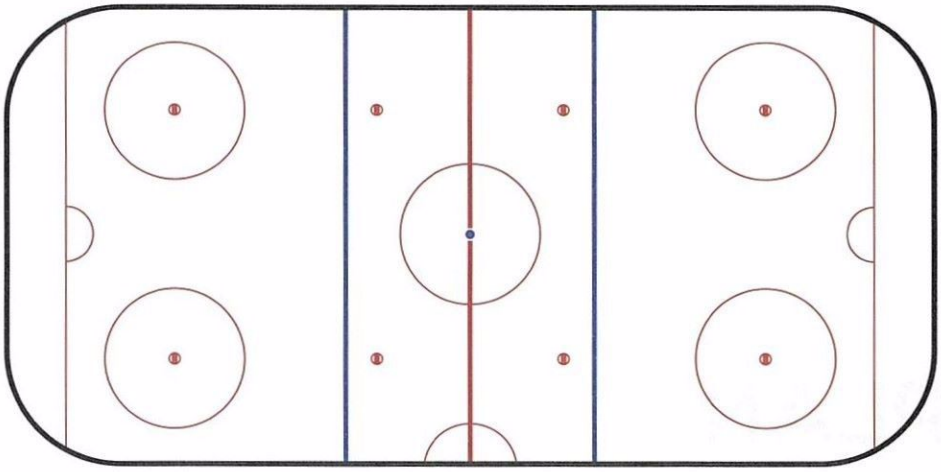


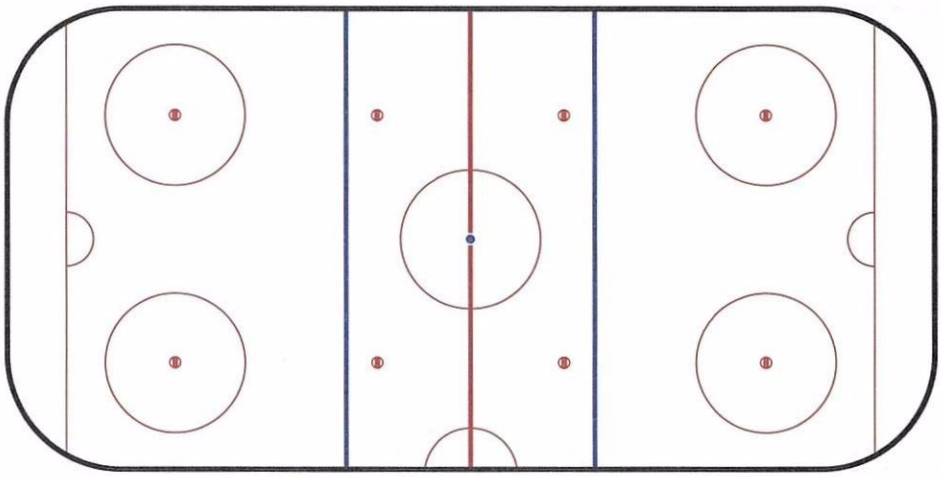
1) 1-1 -> Distanz -> Timing -> Körper Position -> Schläger Kontrolle.
9 min

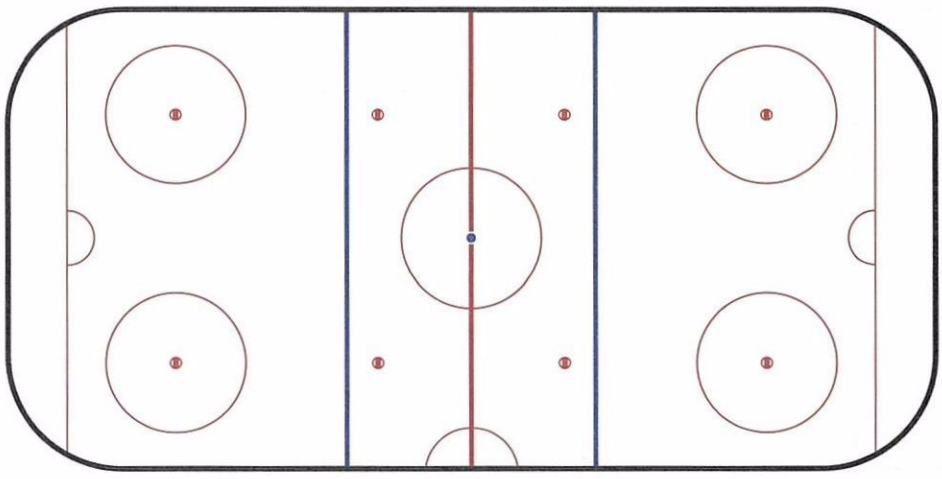


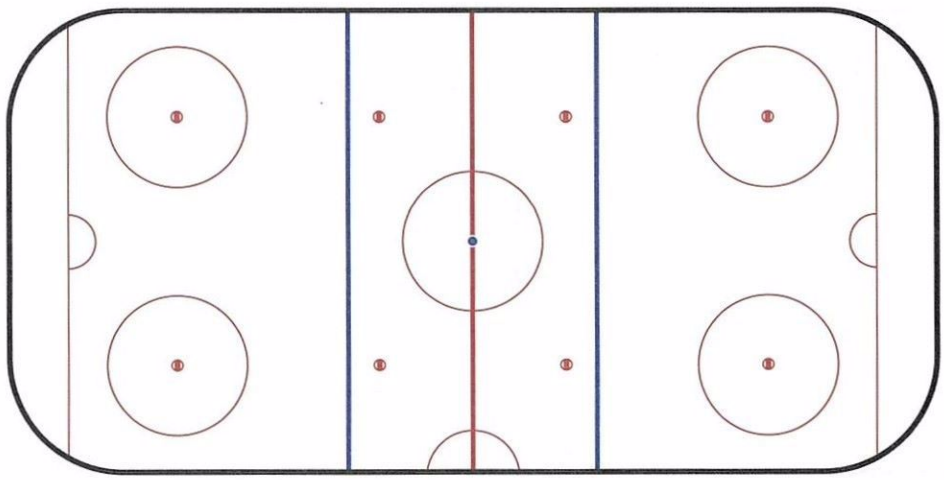
2) Spiel 3-2 Überzahl
9 min

3) Spiel 2-1 ohne Tore 4 Pässe -> 1 Punkt
9 min







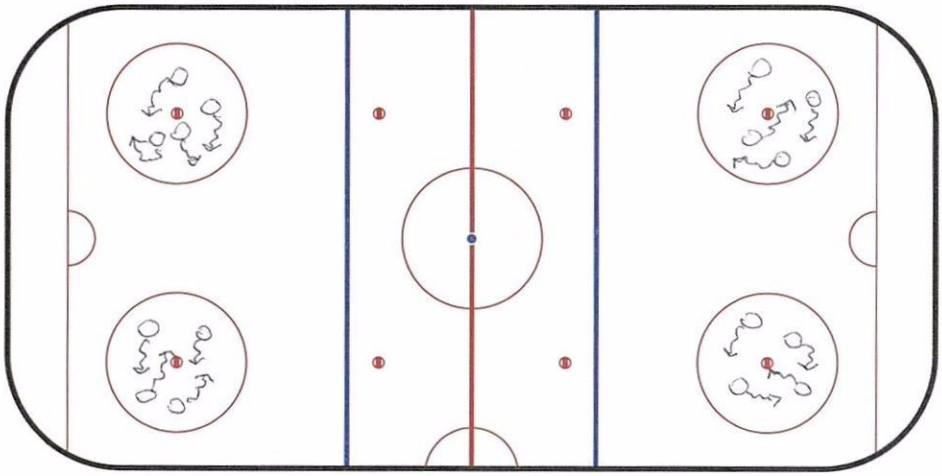


TEAM: U15, 16:40 - 17:40

DATUM: 20.10.2022.

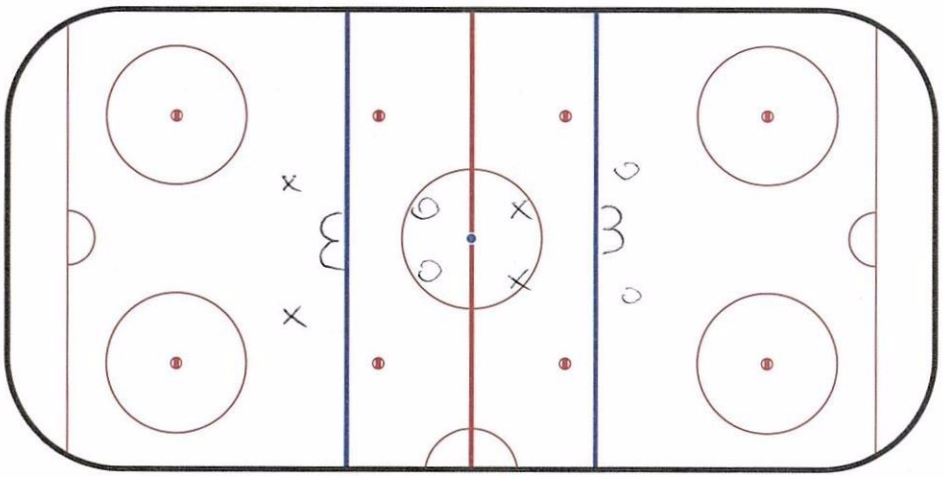
TRAINER: YURI, MARTIN.

TRAININGSPLAN



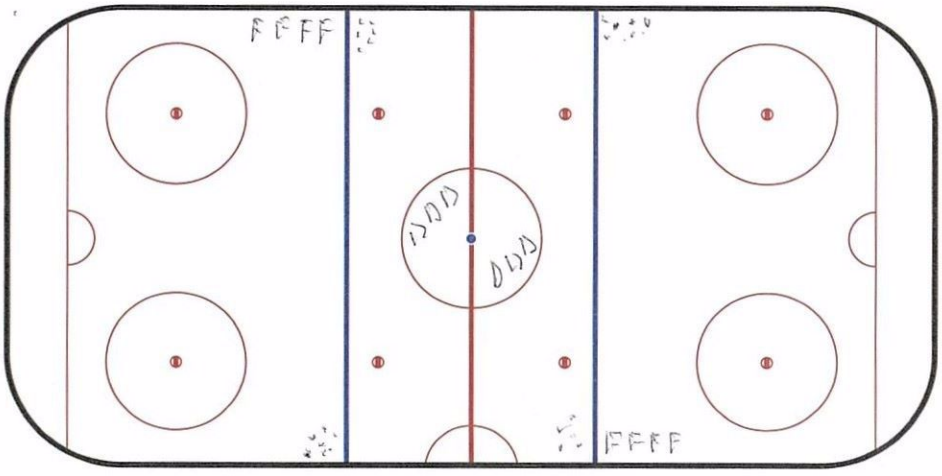
PUCK KONTROL im BULLY PUNKTE → nach BAUCH MUSKEL.

5 min



SPIEL 2-2 mit 2 offensiv JOKER.

10 min

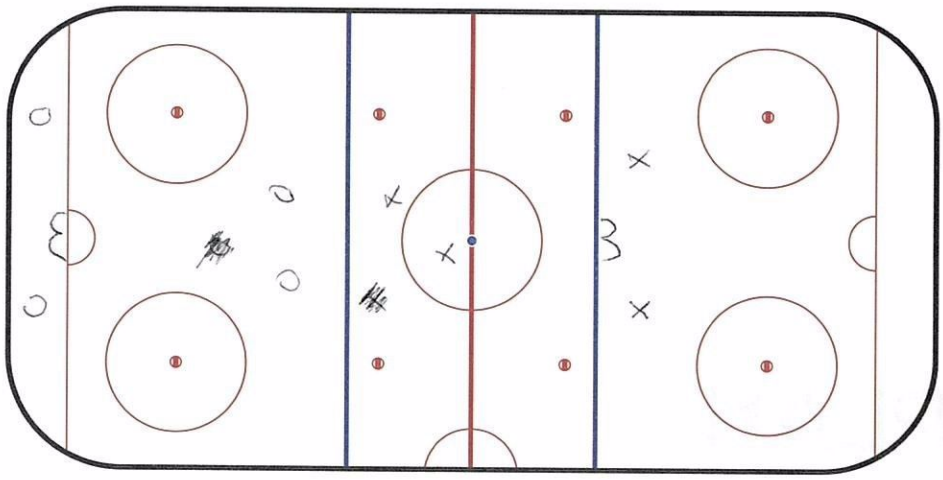


2-0 + D → schuss von BLAU.

A) F-KREUZEN

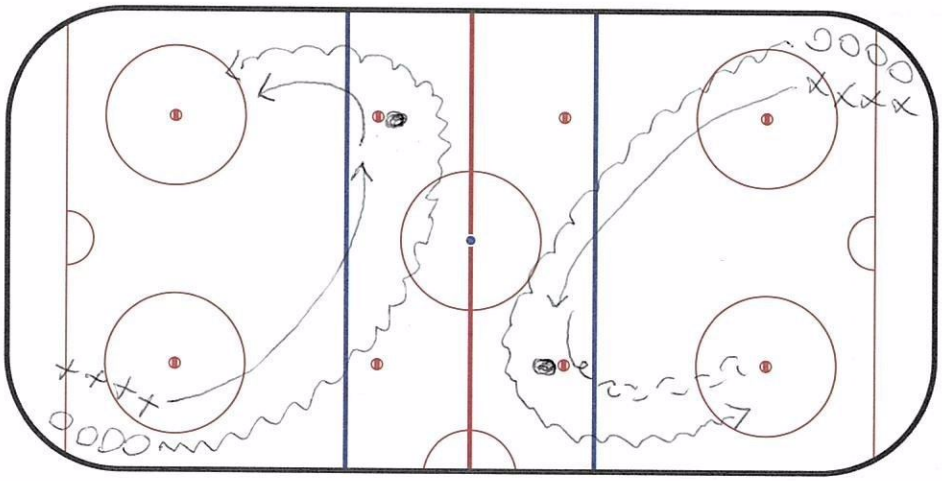
B) F-SPIEL HINTEM TOR

10 min



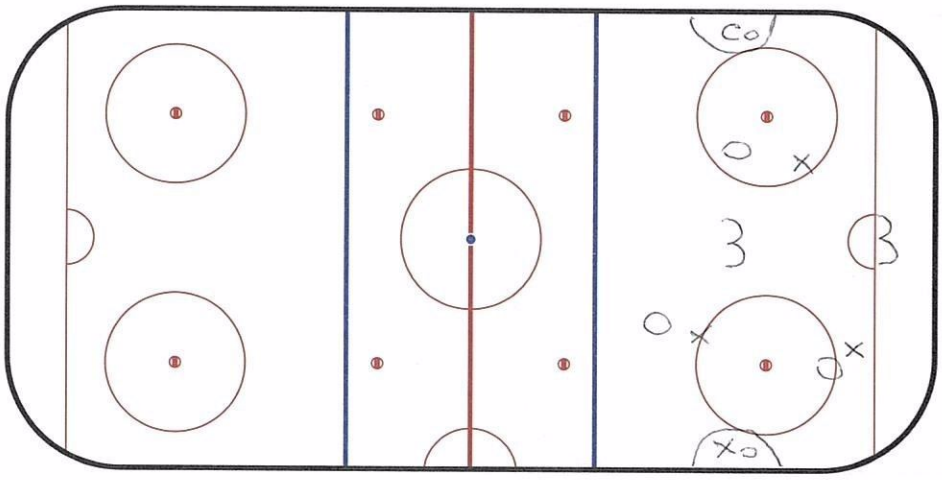
Spiel 2-2 mit 2 Joke
hinten tor -> nach pa
hinten tor ein joker
geht rein -> 3-2 situa
tion -> blaulinie off

10 min



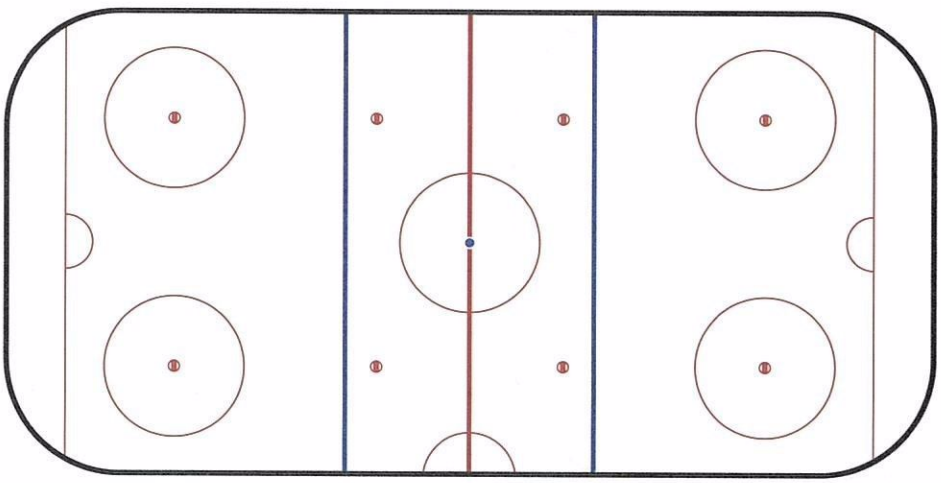
1-1 im 2zonen
-> Ahren auf Timing,
distanz und schläger.

10 min



Spiel im zone 3-3
TR. joker für sein
team.

12 min

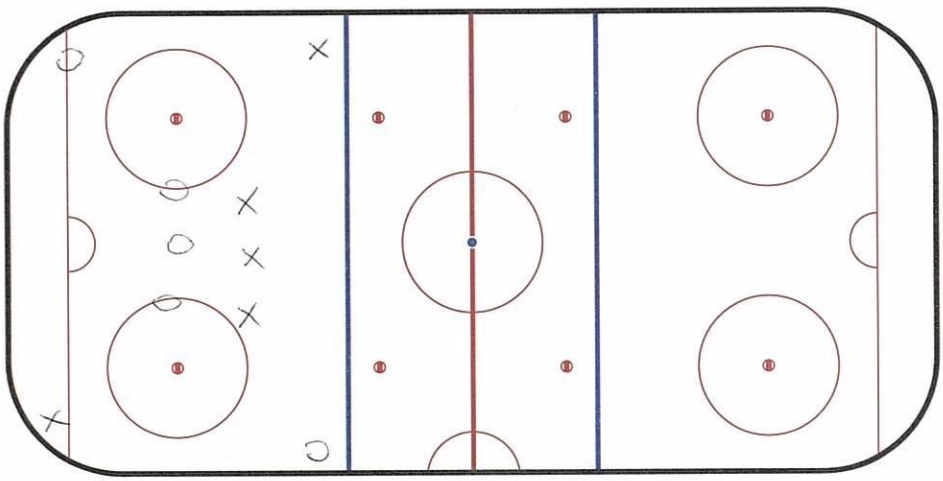


TEAM: U15, 16:40-17:40

DATUM: 21.10.2022.

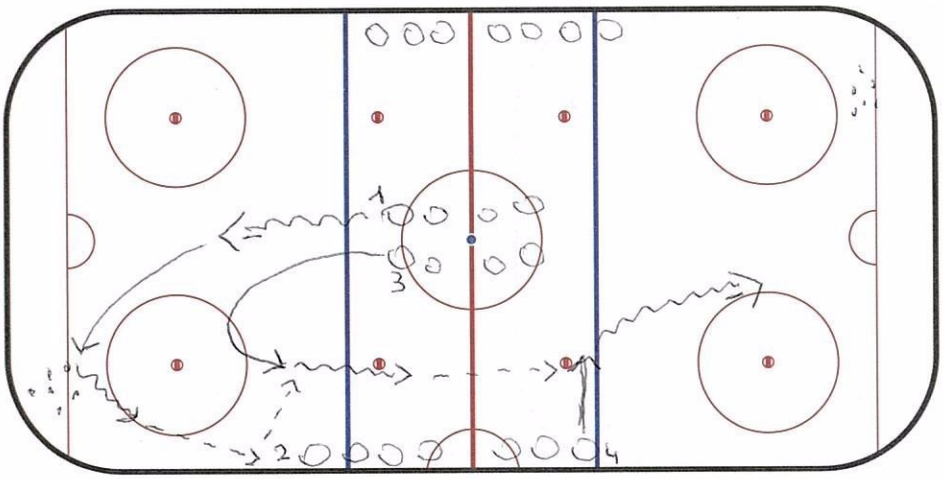
TRAINER: Yuri

TRAININGSPLAN



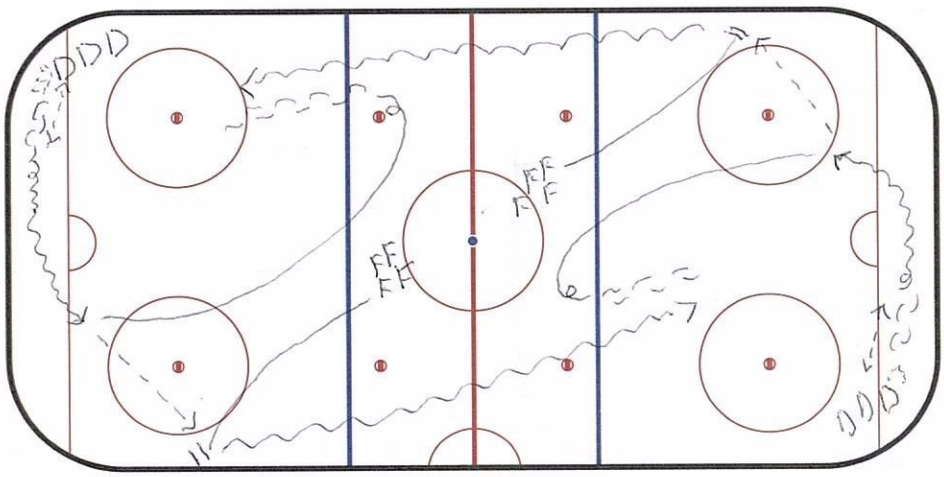
Spiel 3-3 mit ein Joker unten für Pass und ein Joker oben für schüss.

10min



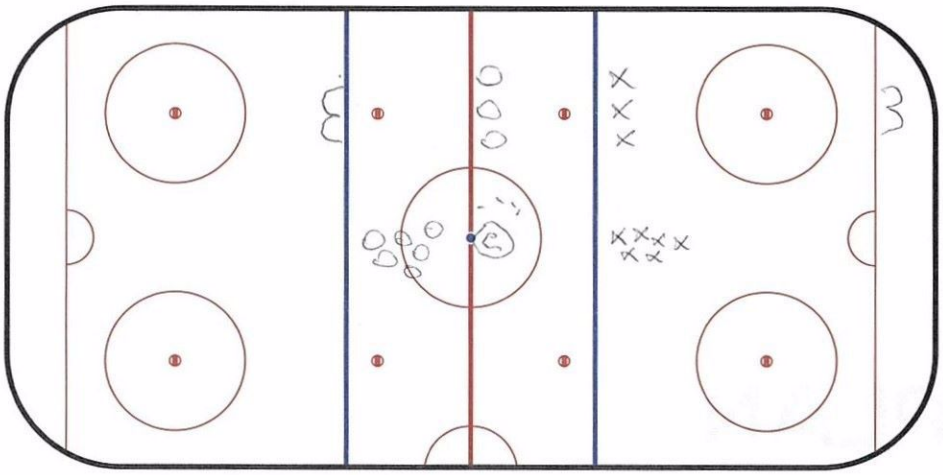
1-0 mit 4 Spieler.

10min

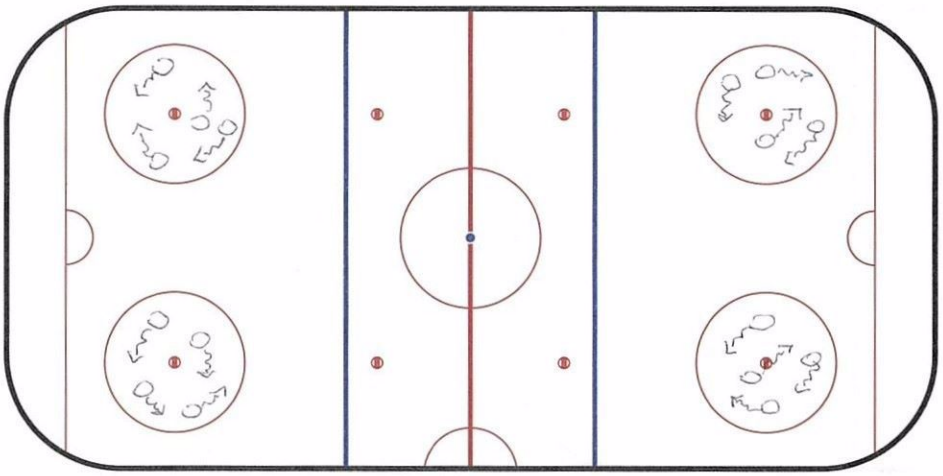


1-1 mit Pass auf mitte bande → D Abstand teinning ahten.

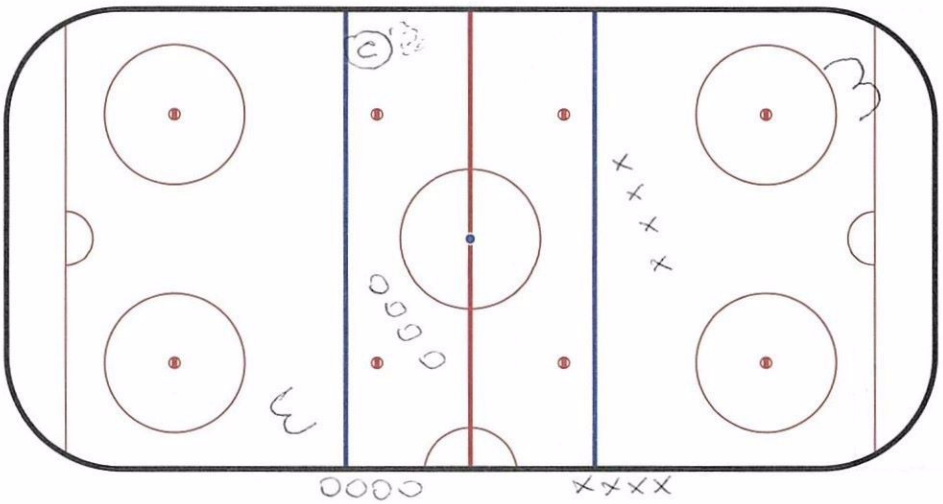
10-12 min



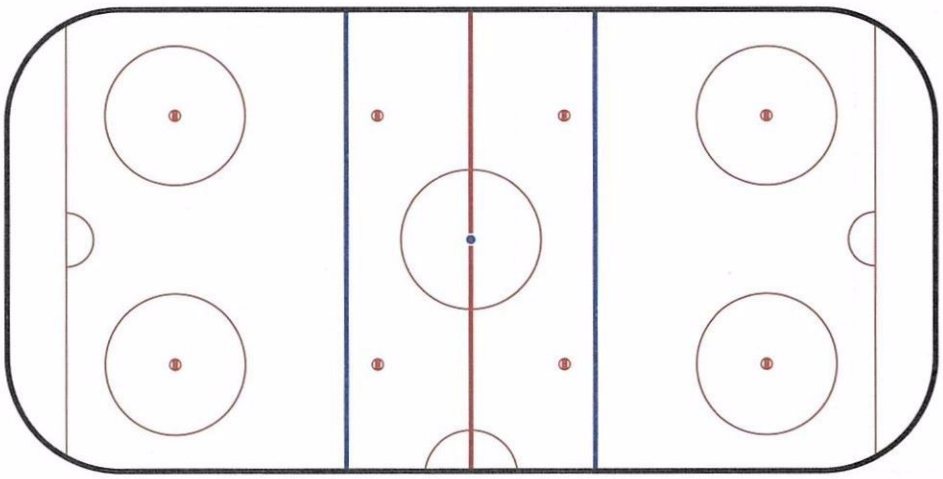
Spiel 3-3 auf
Halbe eis, blau bis Rc
10min



Puck kontrol im
bully kreis mit
bauch muskel
3min



Spiel 4-4 mit TR
Joker
12min

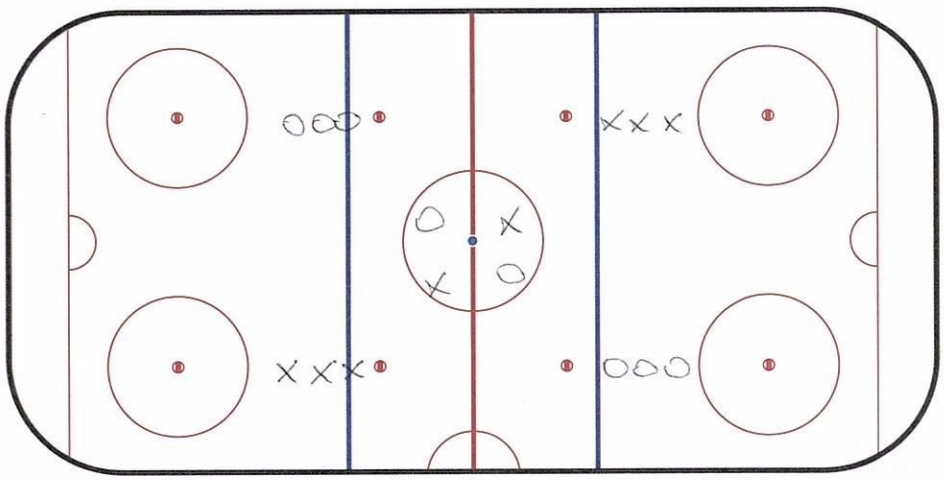


TEAM: U15, 17:30 - 18:30

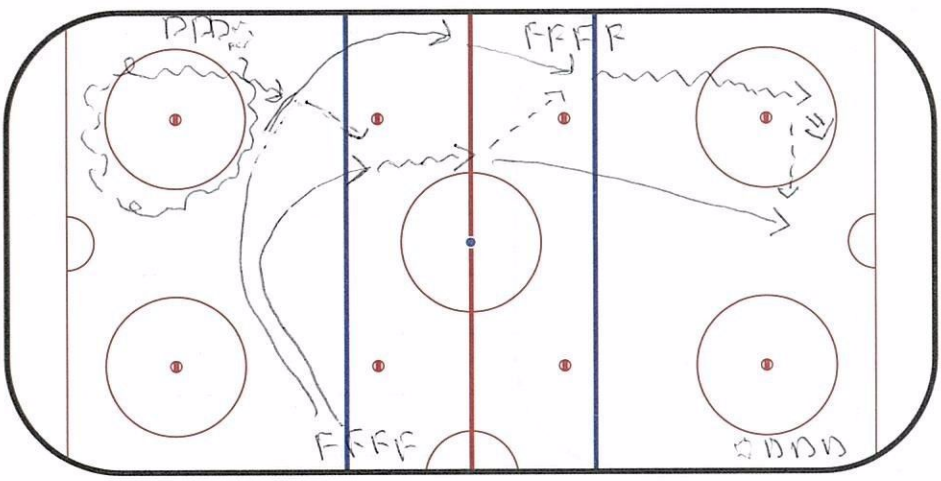
DATUM: 24.10.2022.

TRAINER: Yuri, Bobby?

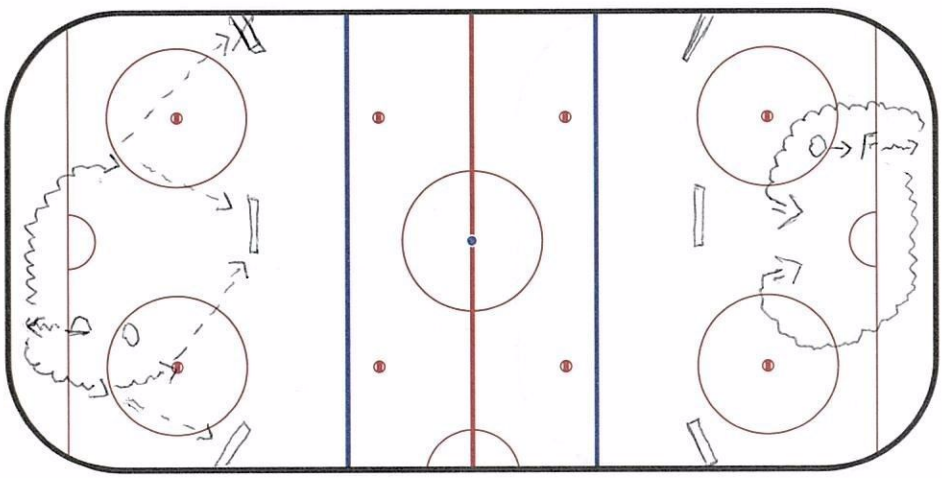
TRAININGSPLAN



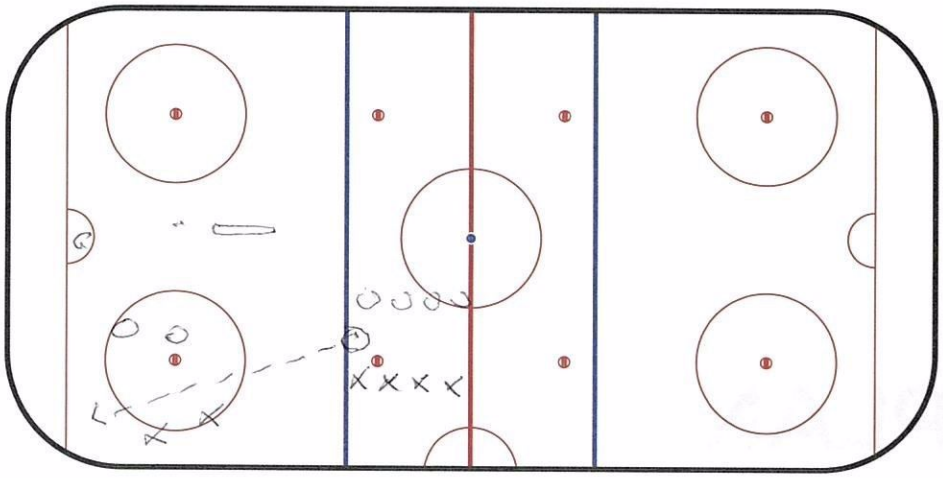
Spiel 2-2 mit 2 Joker
8min



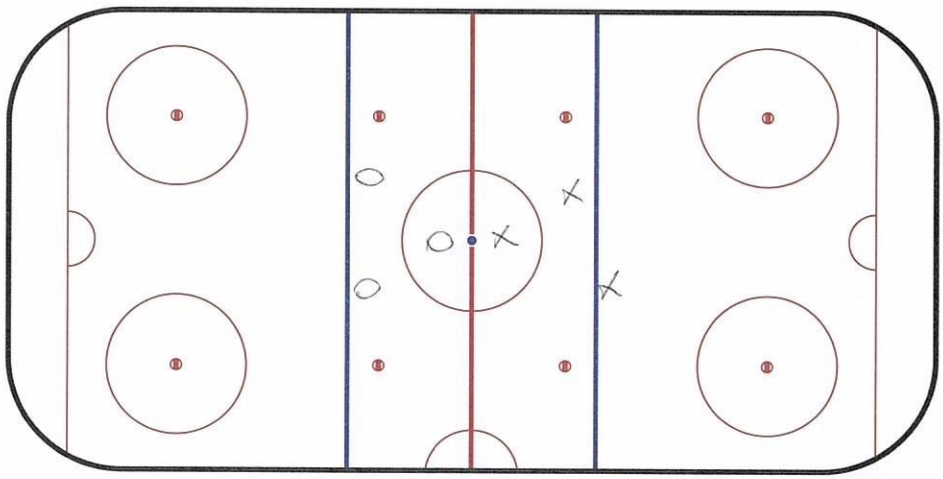
2-0 mit erste Pass von D. (F kreizen oder zum Tor) 10min



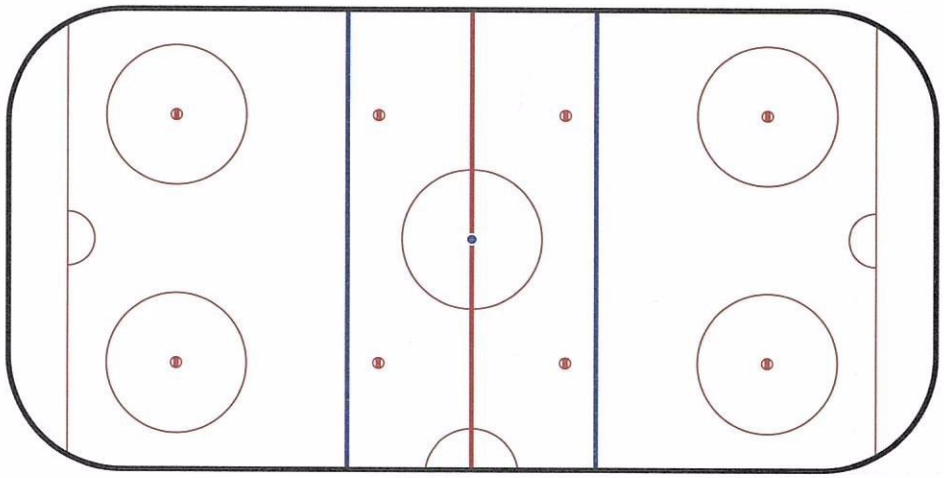
Im 2 zonen gleiche Übung → (F) RAUS AUS ecke bei drück → mitte eis nutzen und weg zum tor, (D) RAUS AUS ecke bei drück → kurze seite oder hinten tor und erste pass.
7x7 14min

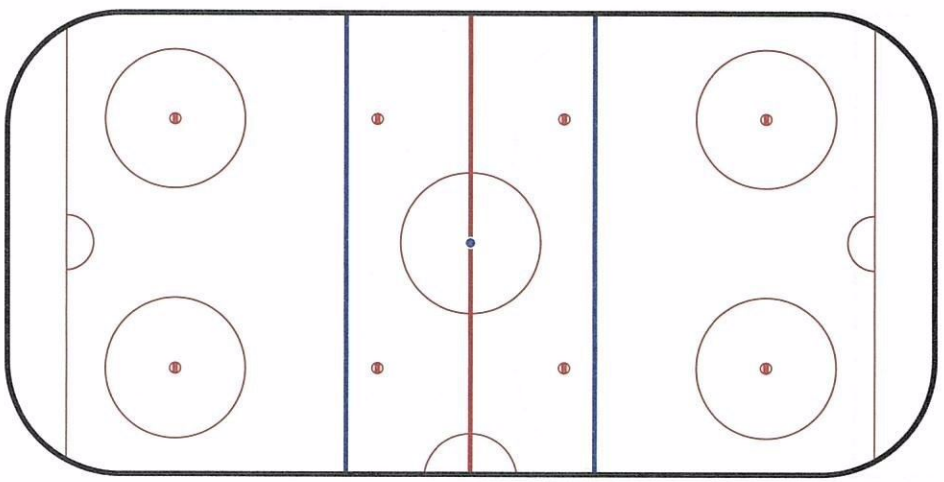


im beiden zonen
2-2 auf eine Helfte
6x6 → 12 min



Spiel 3-3 ganze
eis.
10 min



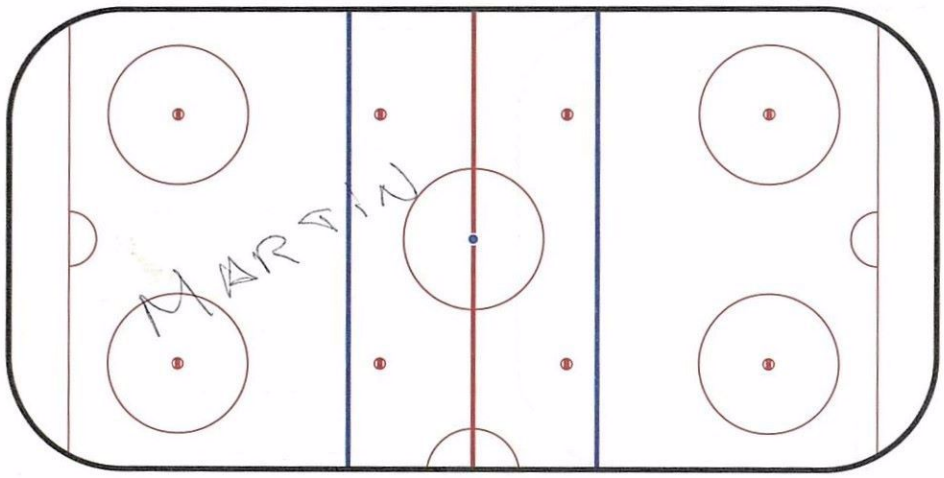


TEAM: U15, 18:40-19:40

DATUM: 25.10.2022.

TRAINER: YURI, MARTIN

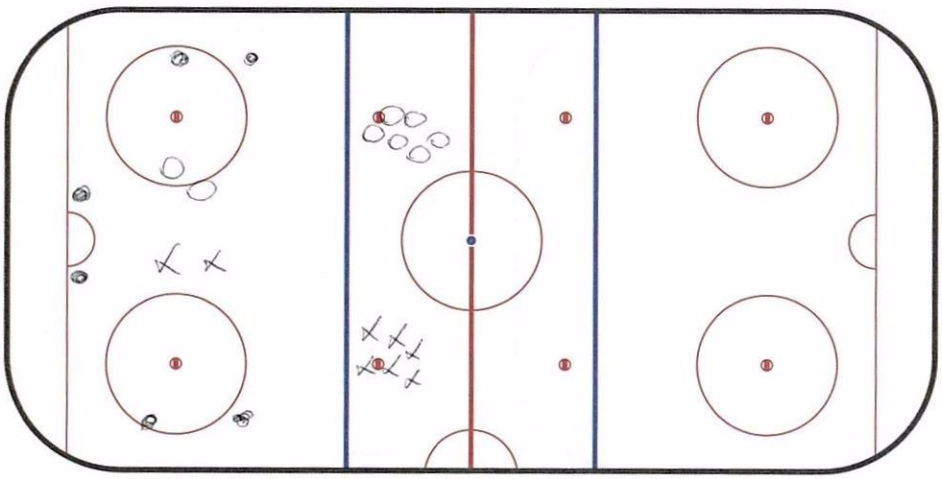
TRAININGSPLAN



EISLAUFEN → PUCK KONTROLL

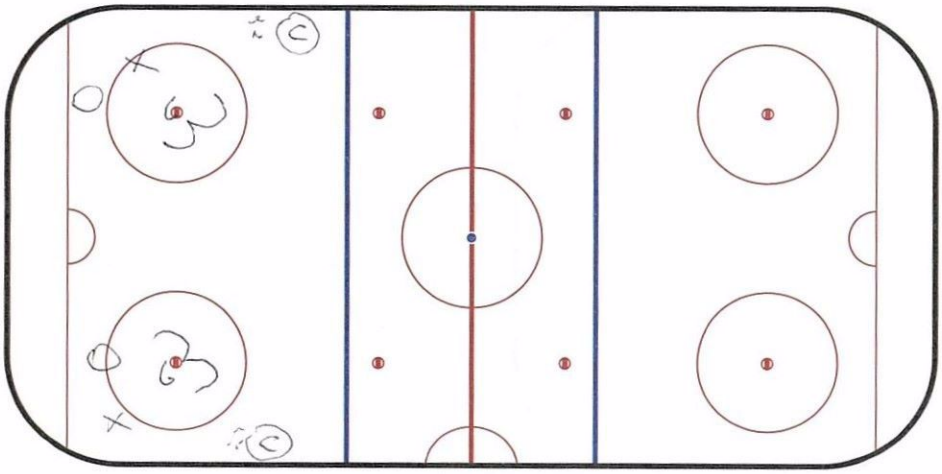
MARTIN

20 min



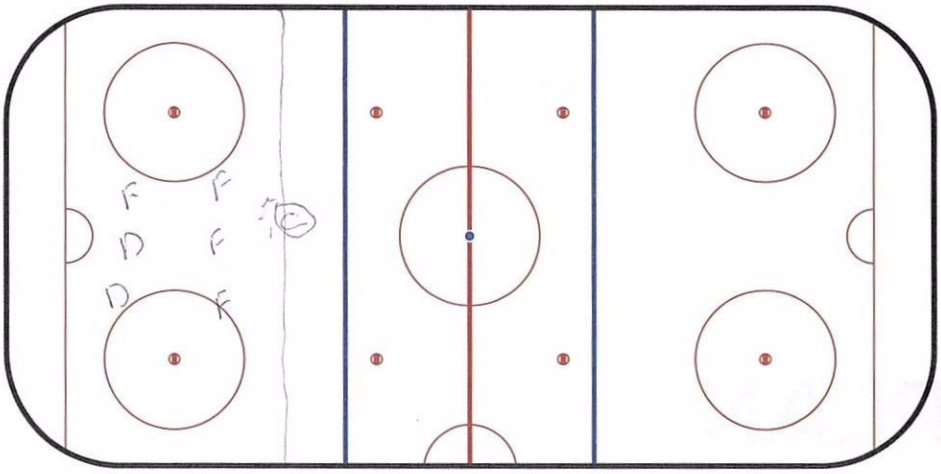
SPIEL 2-2 mit PASSEN im FENSTER

10 min



SPIEL 1-1 KLEINE PLATZ

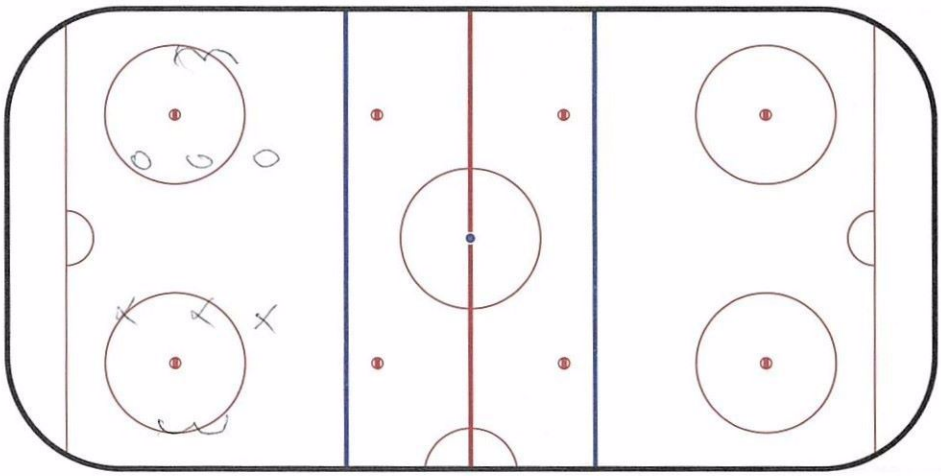
10 min



Spiel 3-3

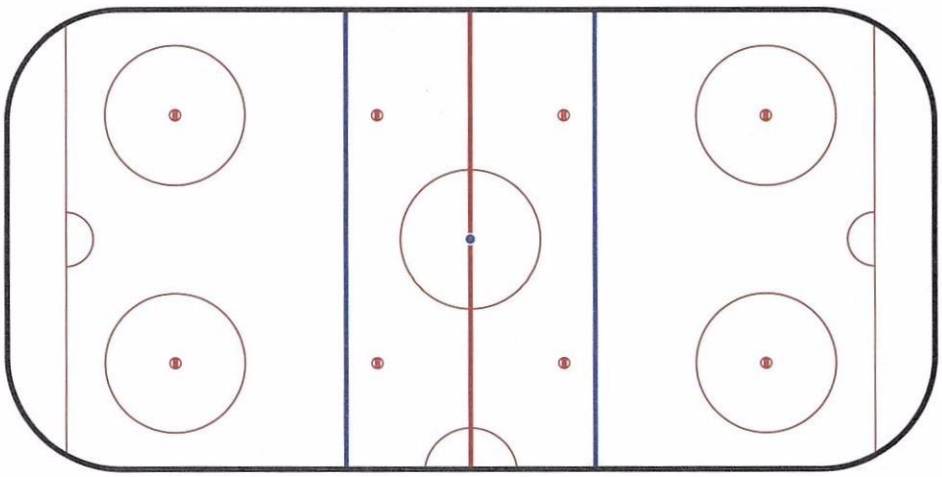
2D + 1F -> 3F

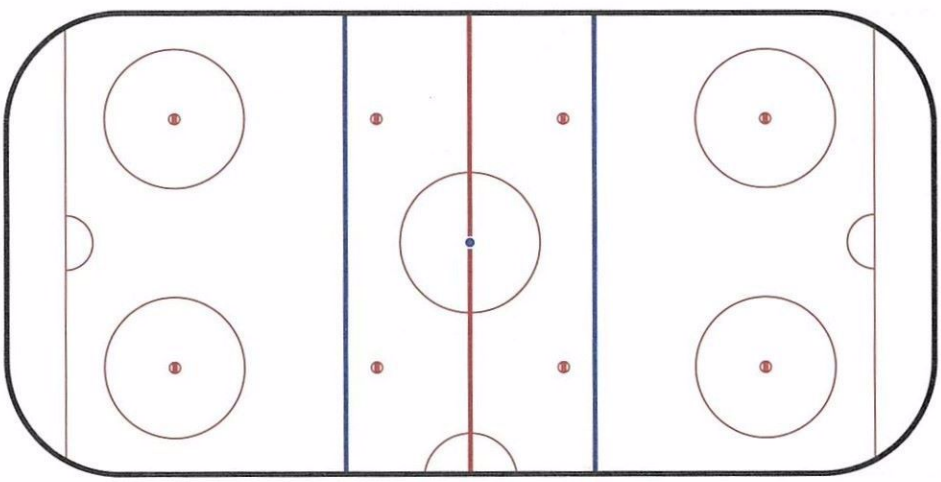
10 min



Spiel 3-3 ohne Joker.

10 min



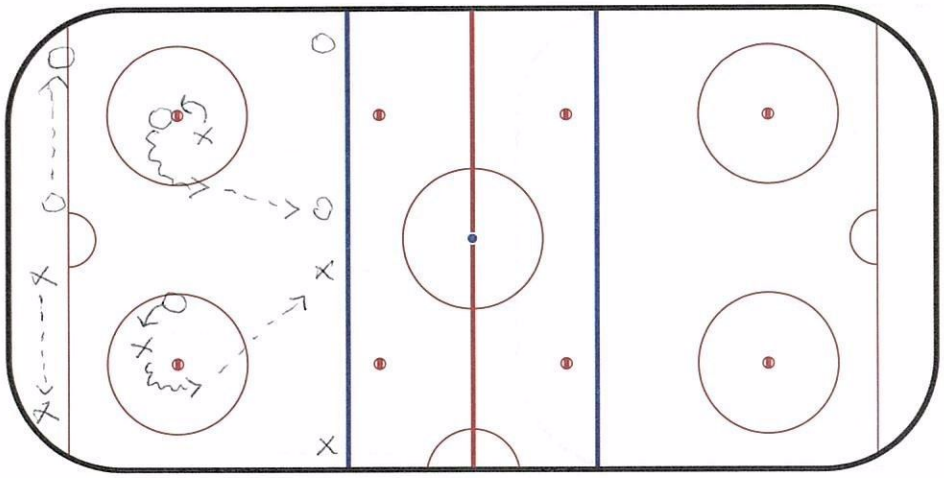


TEAM: U15. 16:40-17:40

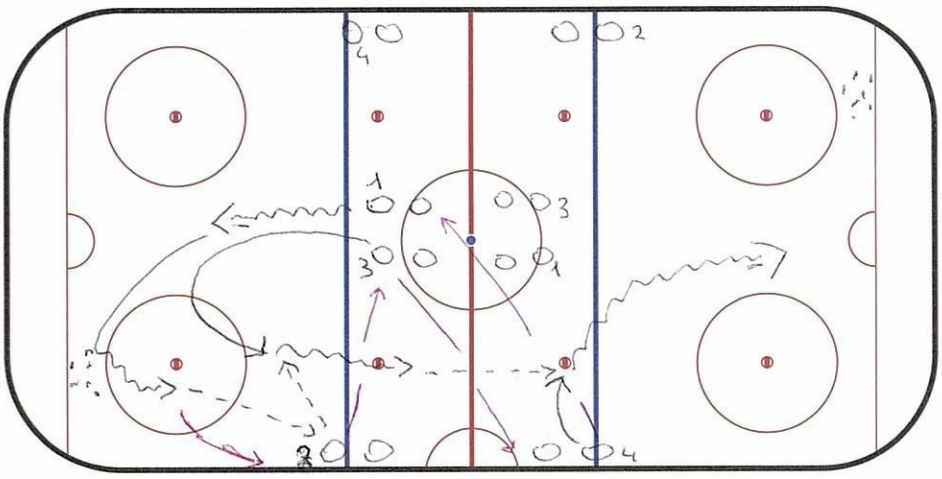
DATUM: 27.10.2022.

TRAINER: YURI, MARTIN

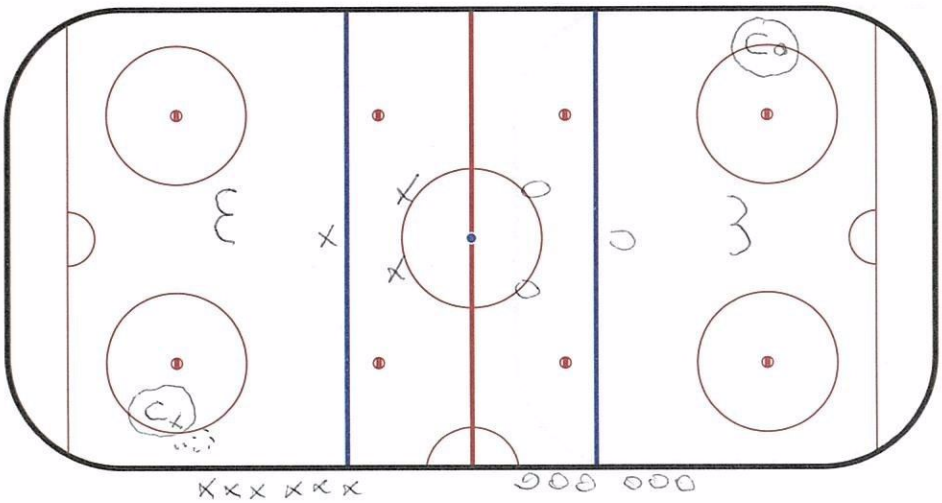
TRAININGSPLAN



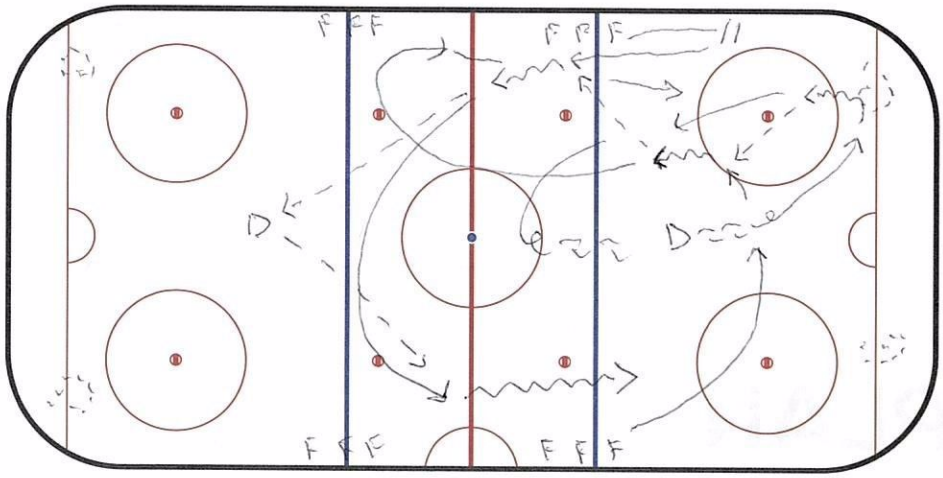
Aufwärmen 1F-1D
PASSIV + 4 SPIELER → 2 PUCK
8min



1-0 4 SPIELER im
bewegung.
10min

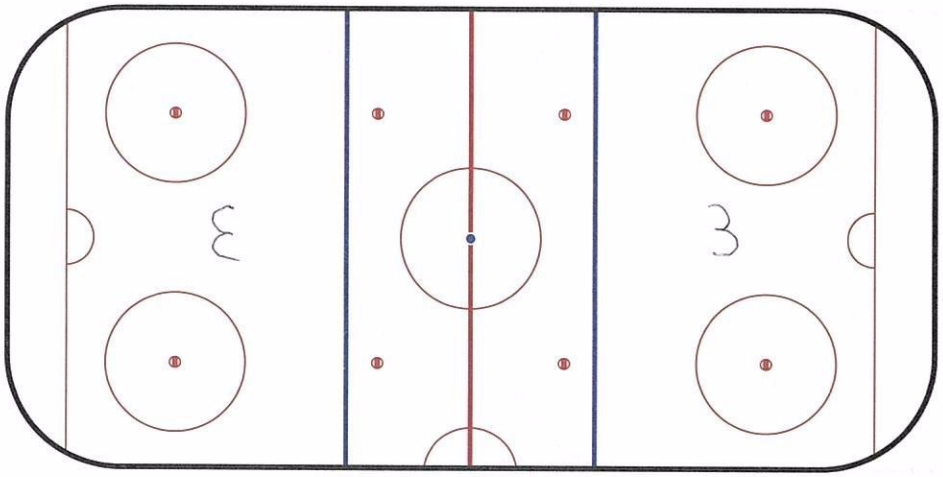


SPIEL 3-3 → 40-30
MIT 2 CHANCEN.
12 min



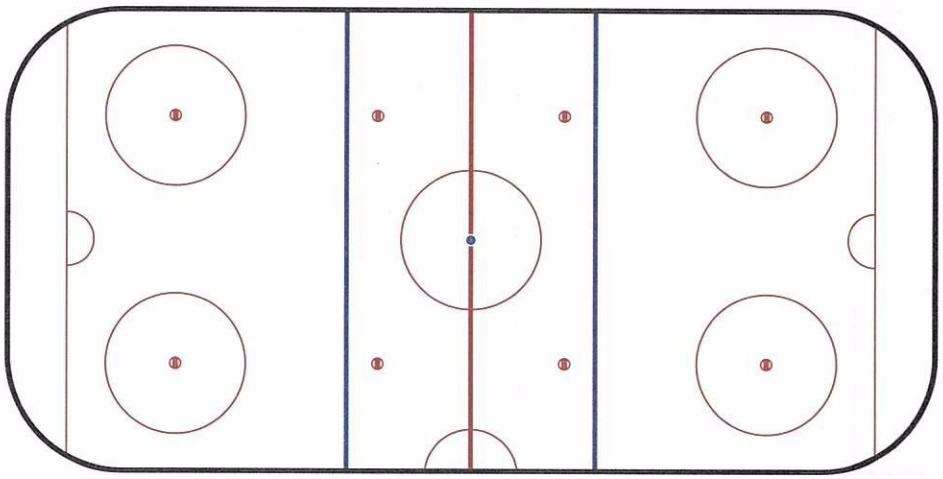
2-1 → D entscheid
welche ecke → PASS
kommt zum STÜRMER
im MITTE.

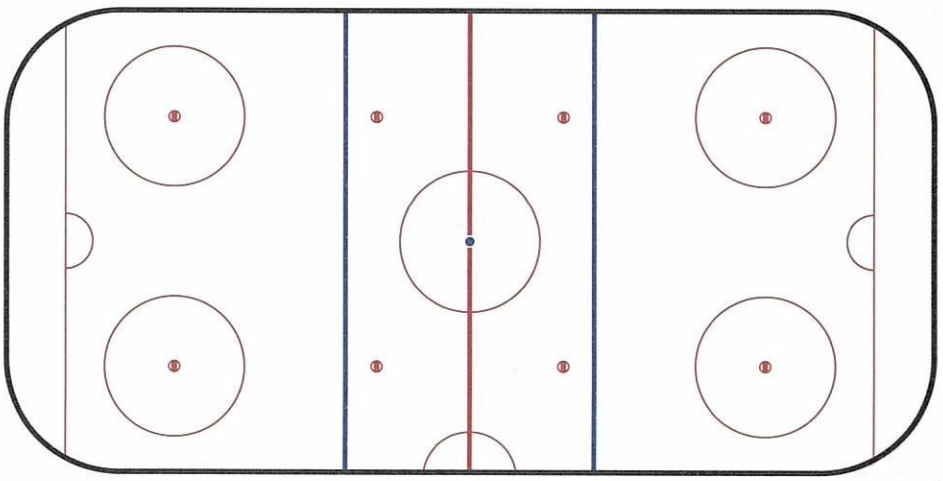
10min



Spiel 3-3 → 40×30
mit 2 TR ALS SOMER.

15min



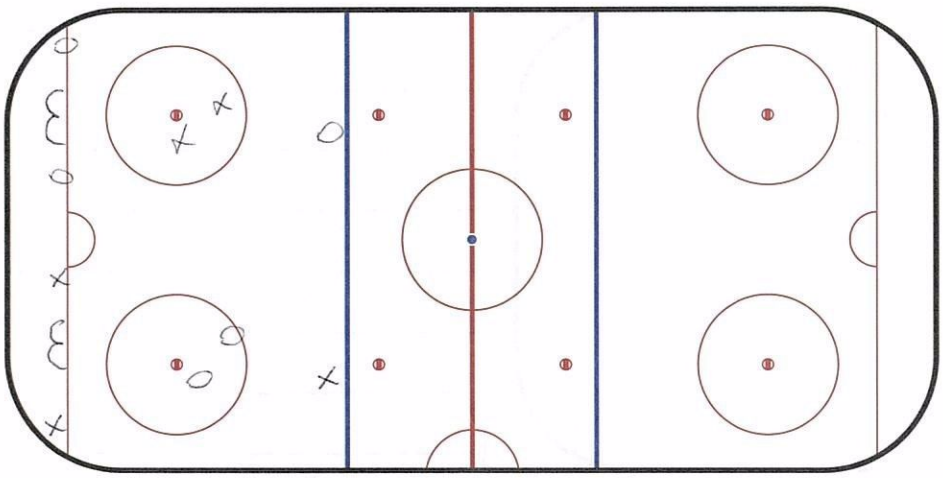


TEAM: U15. 16:40 - 17:40

DATUM: 28.10.2022.

TRAINER: Yuri.

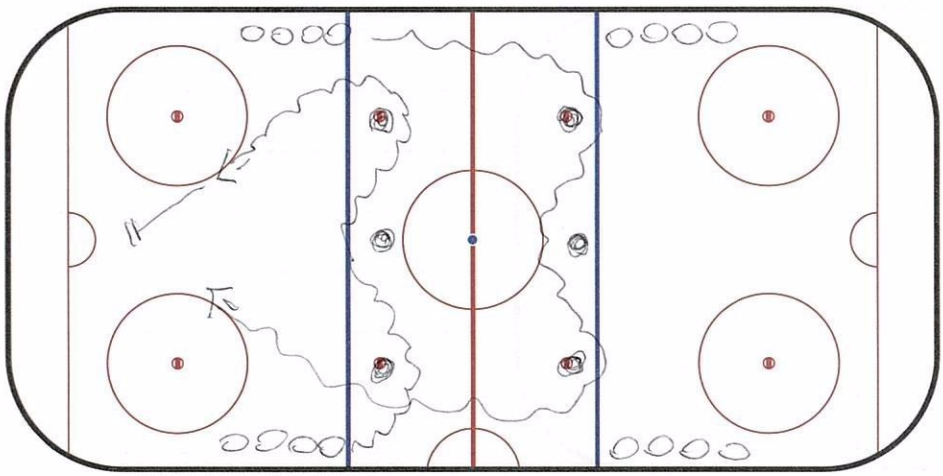
TRAININGSPLAN



Aufwärmer

3-2 -> 3-2

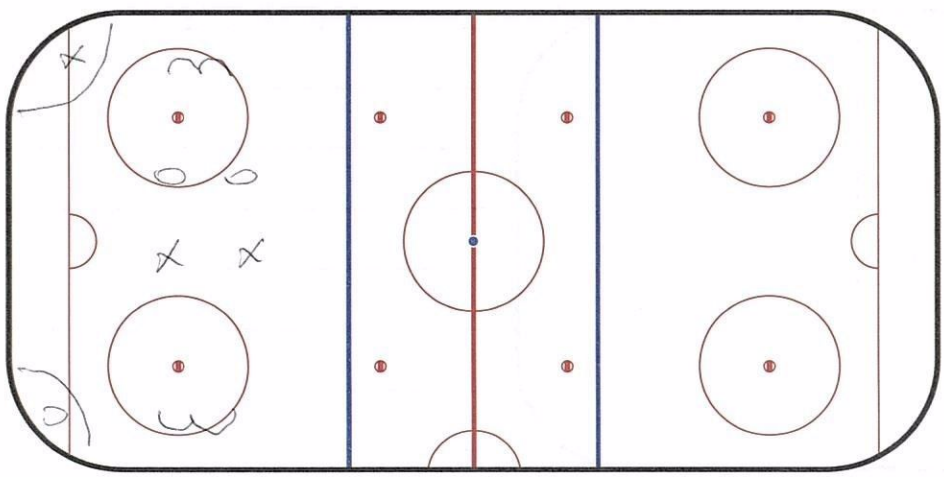
8min



1-0 kurze weg

lang weg

6-8min

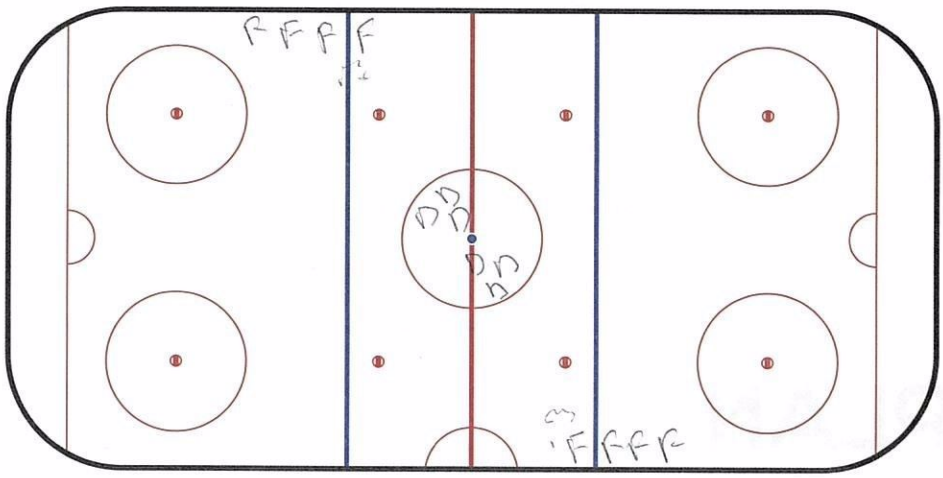


Spiel 2-2 mit

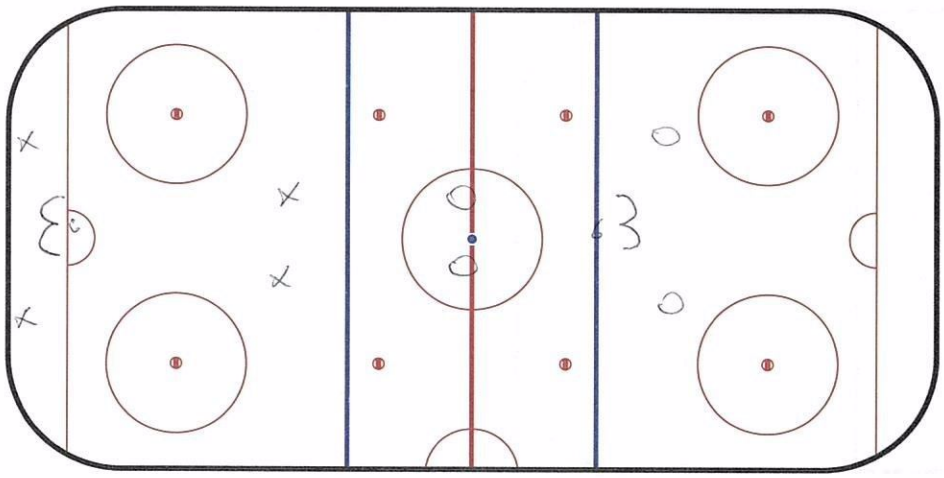
Joker in ecke ->

hinten tor nutzen.

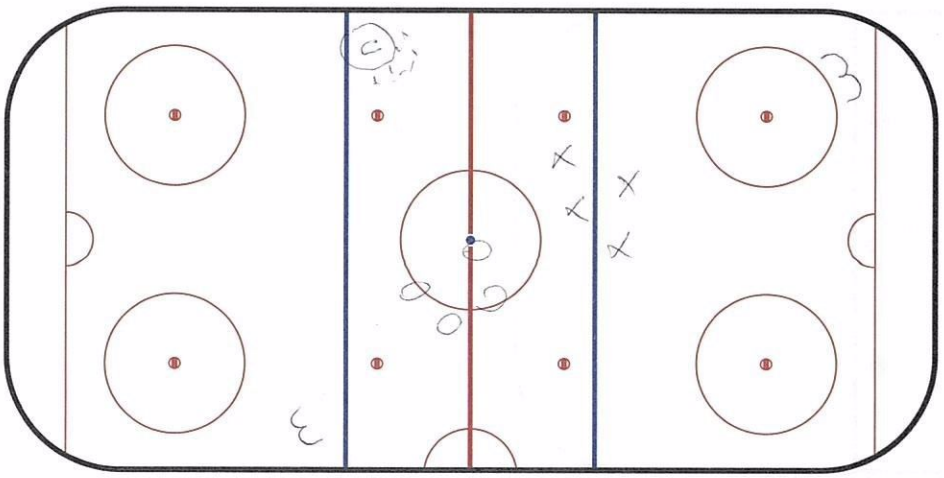
7min



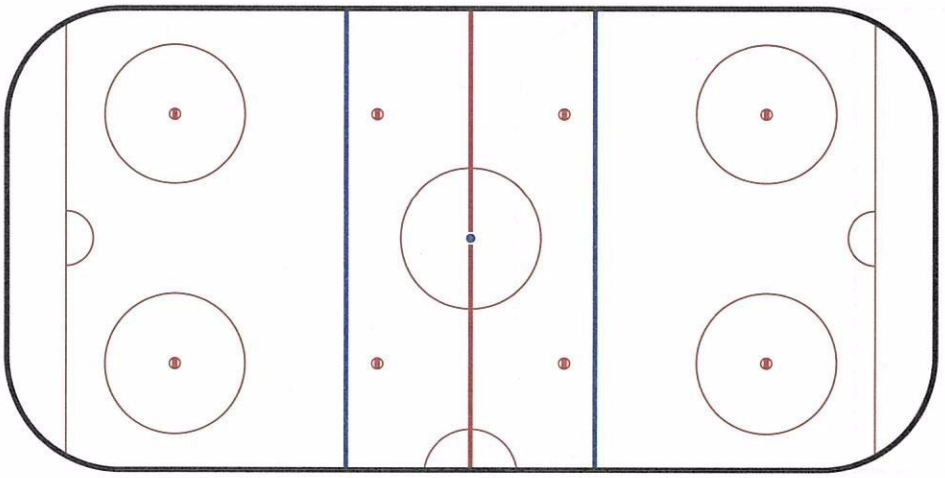
2-D + D
-> nach F canadian
D geht rein. -> schuss.
< PASS - oder spiel hinter
TOR.
10 min



Spiel 2-2 + 2 Hinter
TOR -> nach pass spiel
geht rein -> 3-2
situation -> blaue
Linie offsett für welche
team. ?
12 min
oder 3-3 gleich ohne
joker -> ?



Spiel 4-4 TR
JOKER
12 min



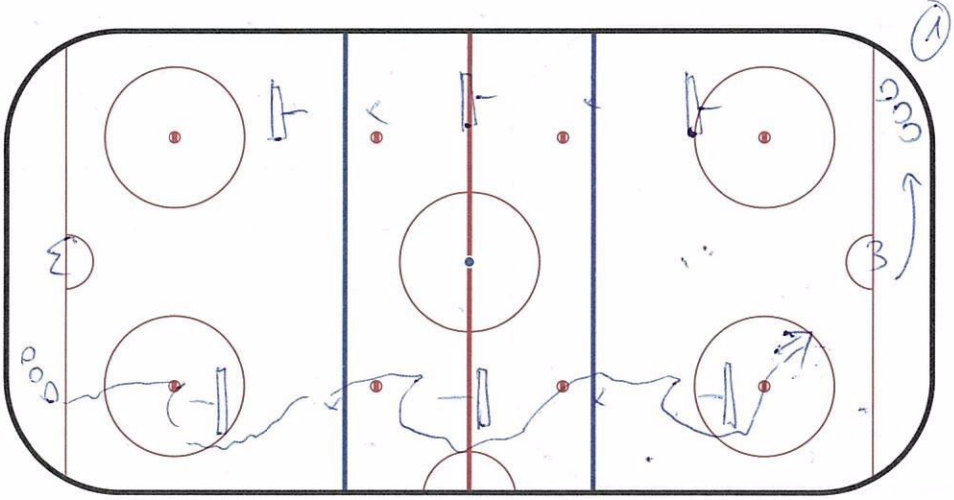
E.H.C. KLOSTERSEE

TEAM: U15

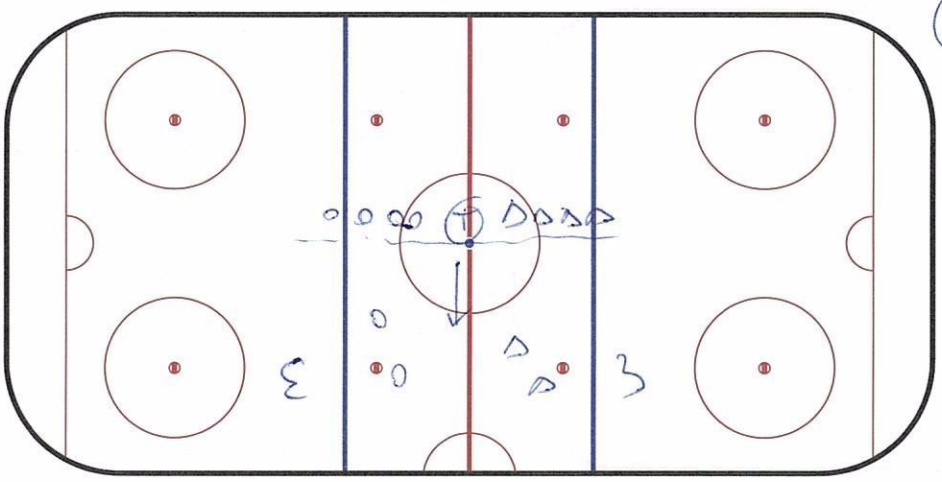
DATUM: 31.10.22

TRAINER: Martin

TRAININGSPLAN

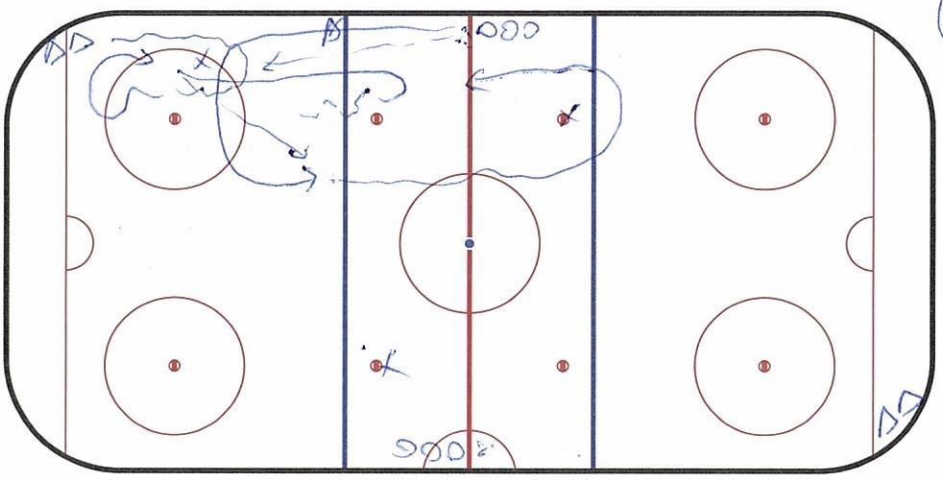


① 1:0 - Toe Drag
- Um den Schläger
+ Körpertäuschung!
~~Dribbling~~ 2 x 5 min

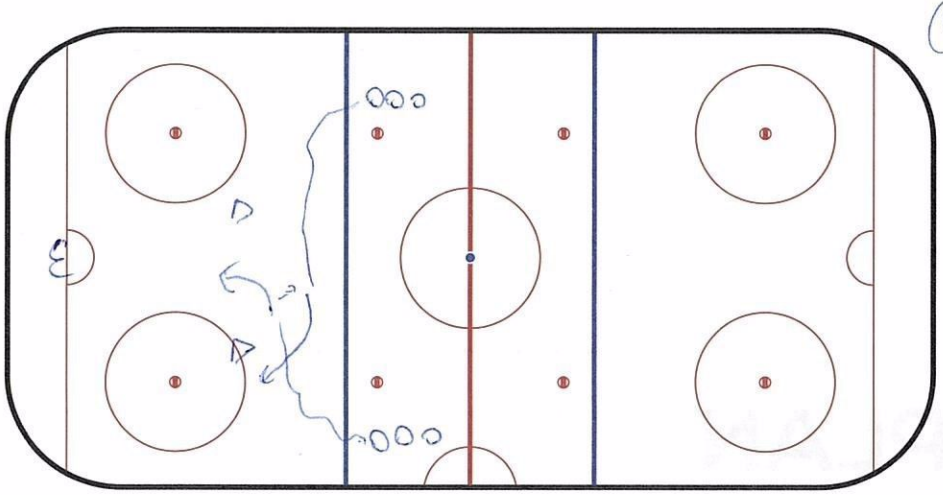


② 2:2 Small Area Game
Scoring!

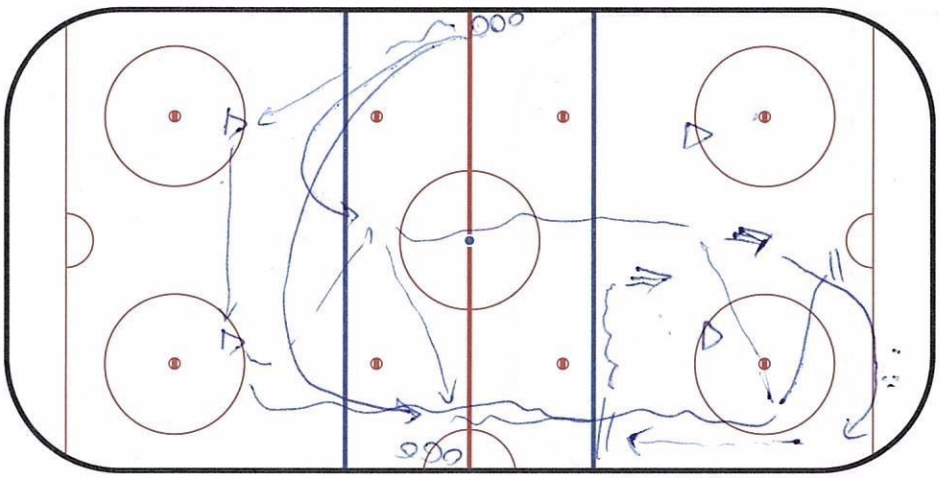
8 min



③ 1:1 mit Aufbaupass
2 x 5 min

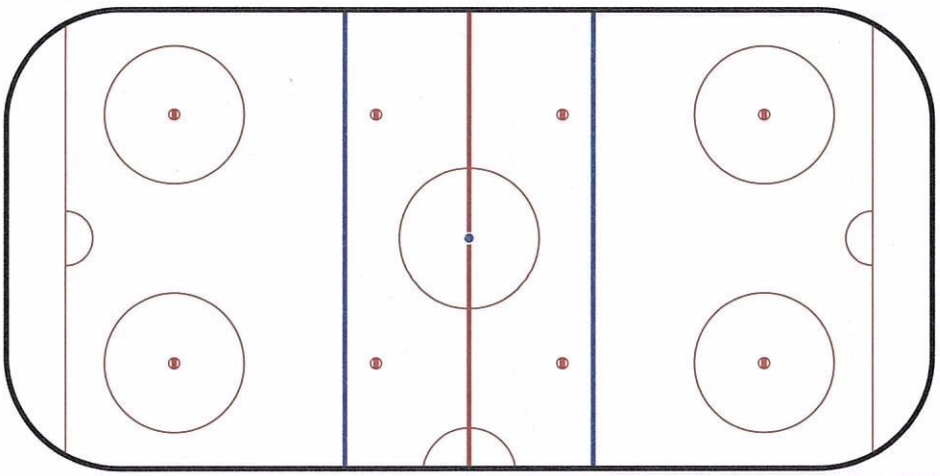


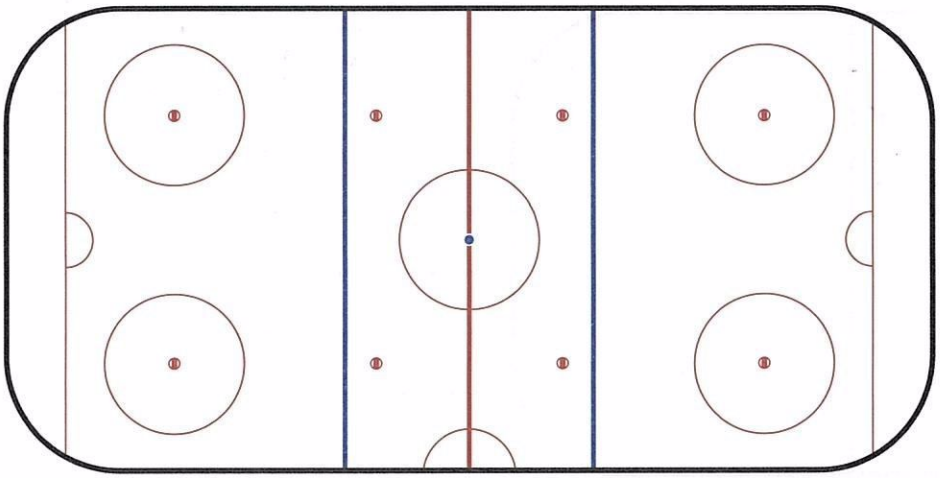
④ 2:2 ohne Pause
wenn D Scheibe gewinnt
→ Pass nach oben
F wird zu D
8min



⑤ Pässe: 2:0 + Pass zu D
mit 2. Schuß
8min

⑥ Spiel
5:5
oder 3:3 40×30



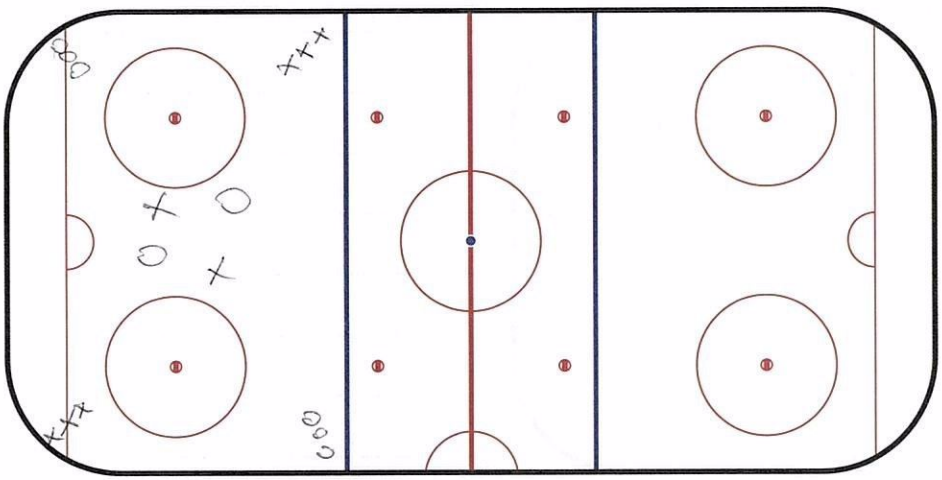


TEAM: U15. 16:40-17:40

DATUM: ~~2.11.2022~~ 2.11.2022

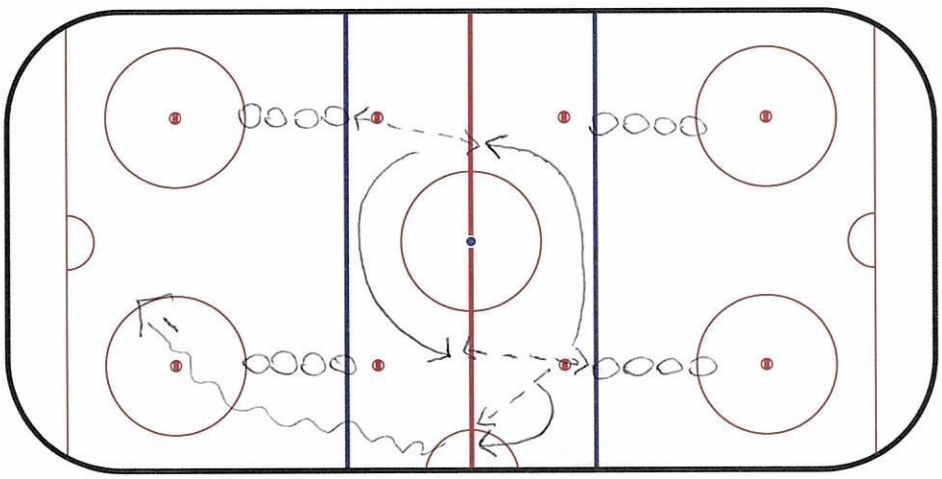
TRAINER: Yuri.

TRAININGSPLAN



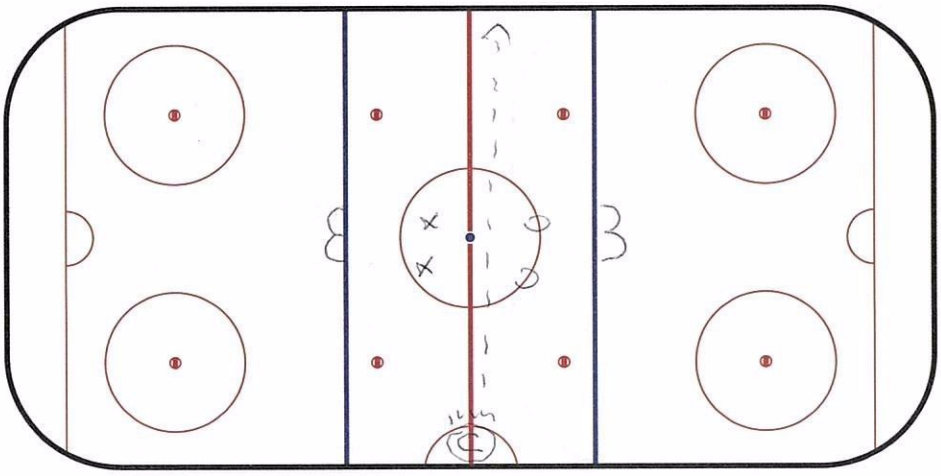
Spiel 2-2 mit PASSen zum eigene 2 JOKER diagonal.

8min



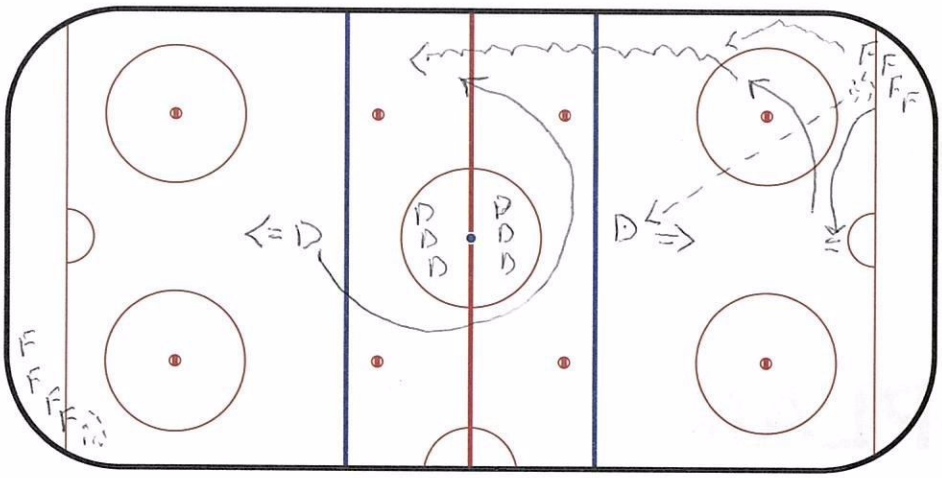
1-0 doppel PASS

6min



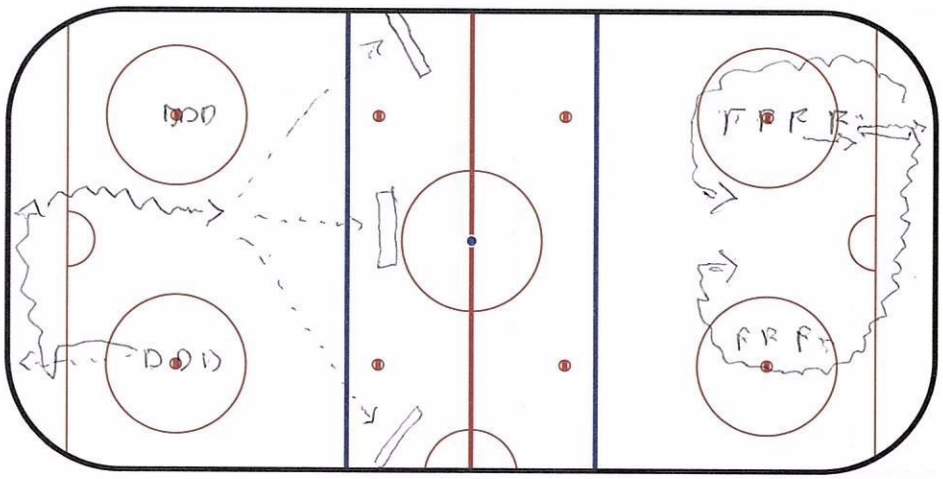
Spiel 2-2 ohne JOKER → BLAU bis BLAU.

10min



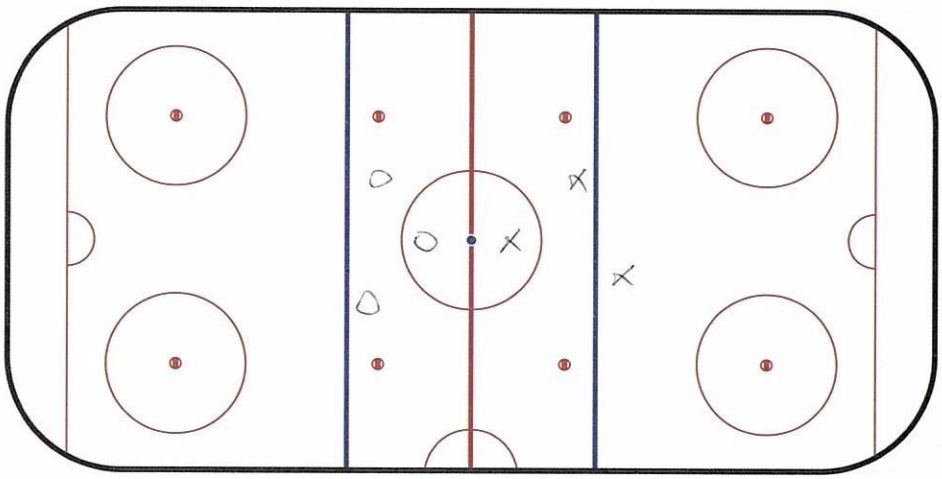
1-1 nach D schuss

10 min



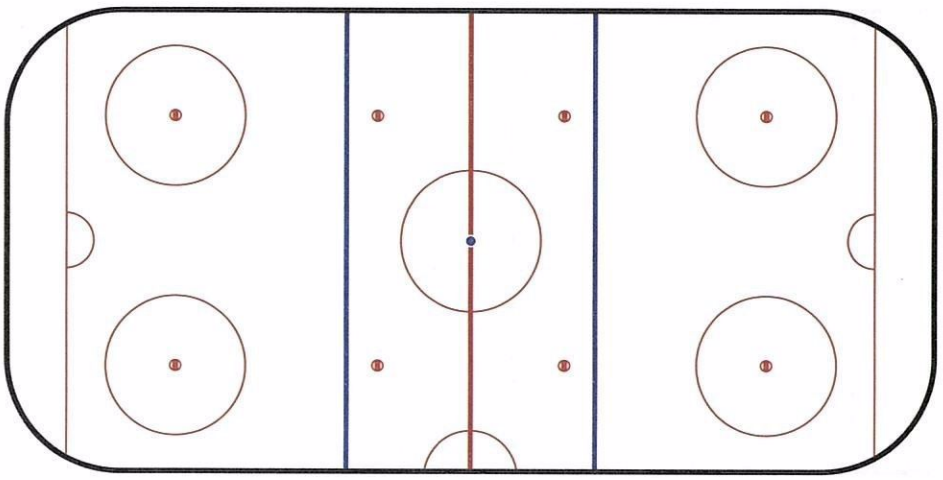
F - eine seite -> RAUS von bande kommen AUßen oder HINTEN TO -> mitte zone nutzen fi schüss. 12 min

D - RAUS AUS ~~ECKE~~ ecke KURZ oder HINTEN TOR -> bis BULLY KREISSE KOMM und möglichkeit zum PASSEN finden. 12 min



Spiel 3-3 ganze ei

12 min

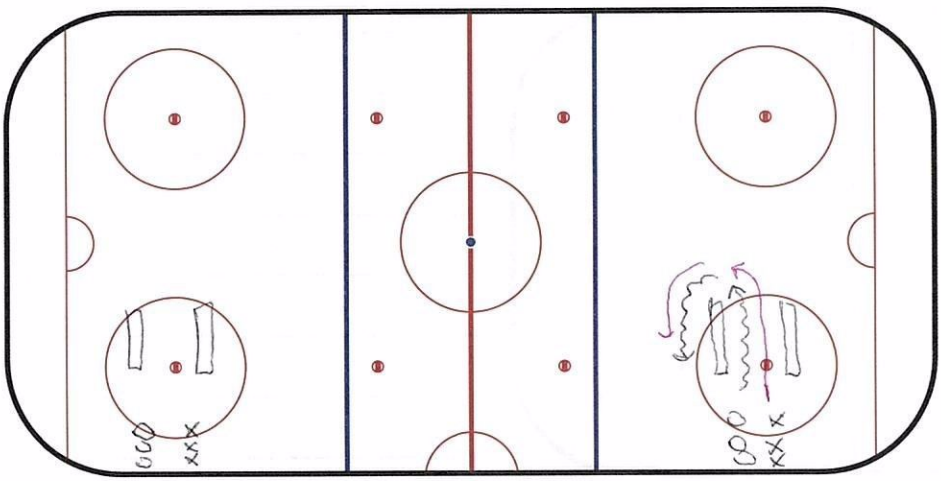


TEAM: U15. 16:40-17:40

DATUM: 3.11.2022.

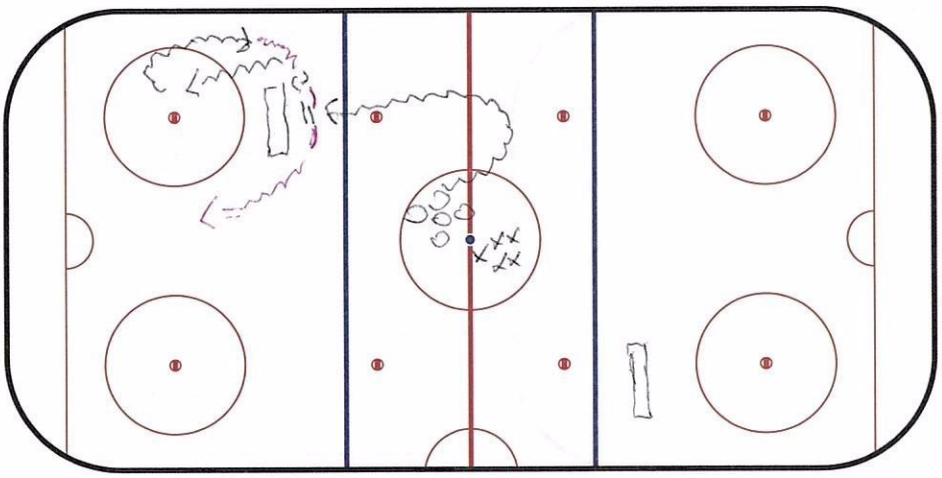
TRAINER: Yuri, Martin

TRAININGSPLAN



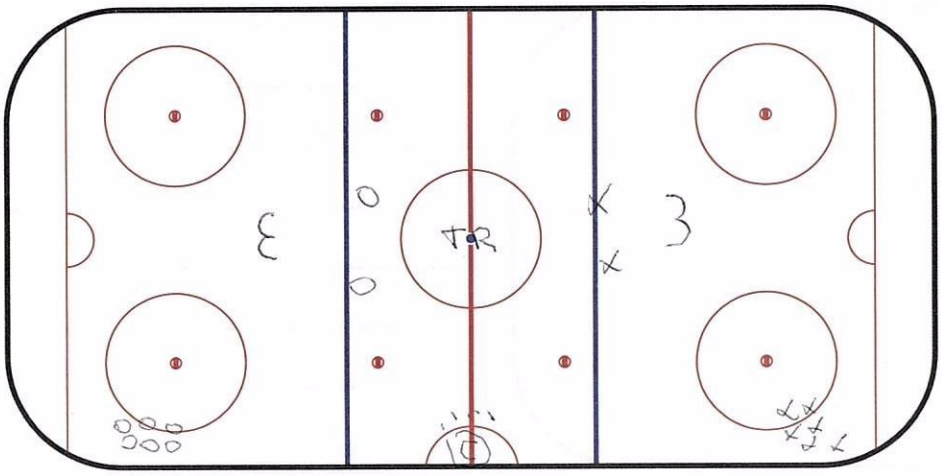
PUCK KONTROL UNTER DRÜCK mit ZUG AUF TOR.

8min



1-0 AUS mitte -> SPIEL SITUATION bei BLAU Linie und im ZONE -> PUCK KONTROLL -> PUCK ABTEKUNG

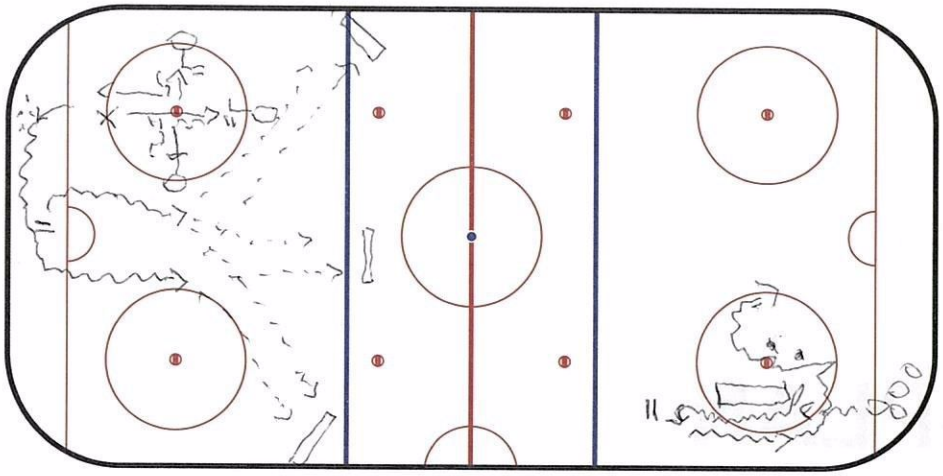
8min



SPIEL 2-2 40x30

(C) JOKER im mitte BULLY KREIS für beide TEAM.

8min

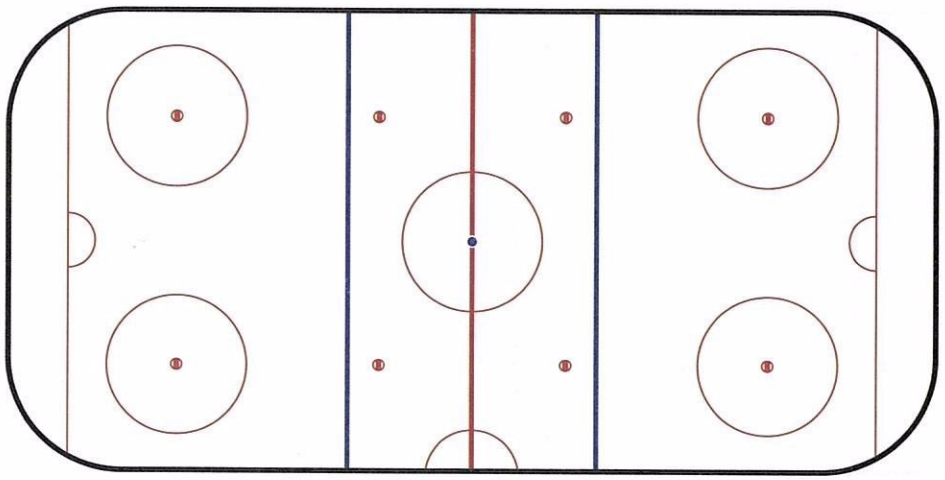


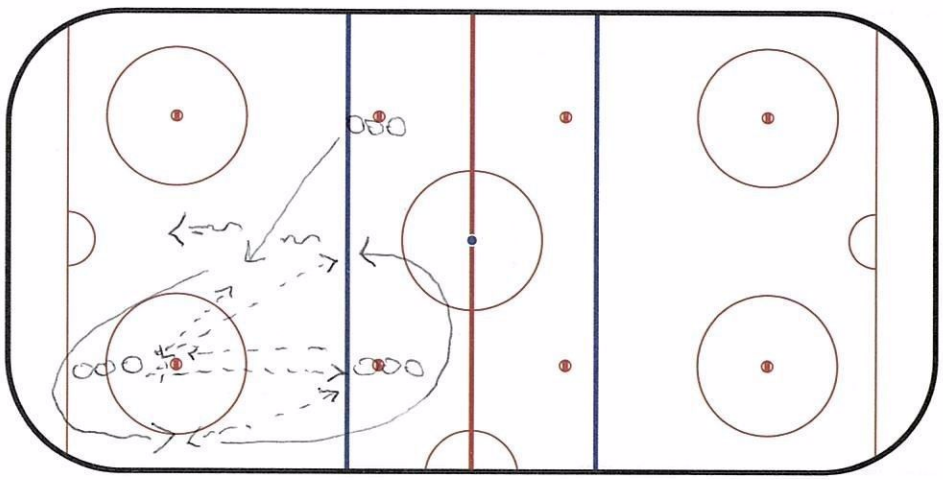
F-eine zone spiel situation mit drechun und ataxe zu tor.

6x6 -> 12 min

D-Spiel situation im eigene zone -> Aggress mit schläger arbeiten -> von hin tor raus kommen -> kann man auch hinten tor brem und von andere seite raus kommen. -> pass aktionen.

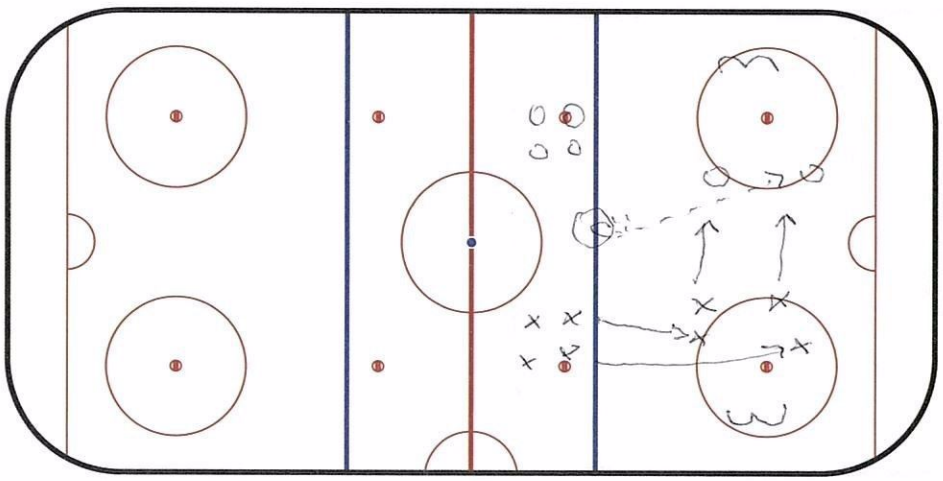
6x6 -> 12 min





Pass übung -> viele kürze pässe -> teiming ahten.

10min



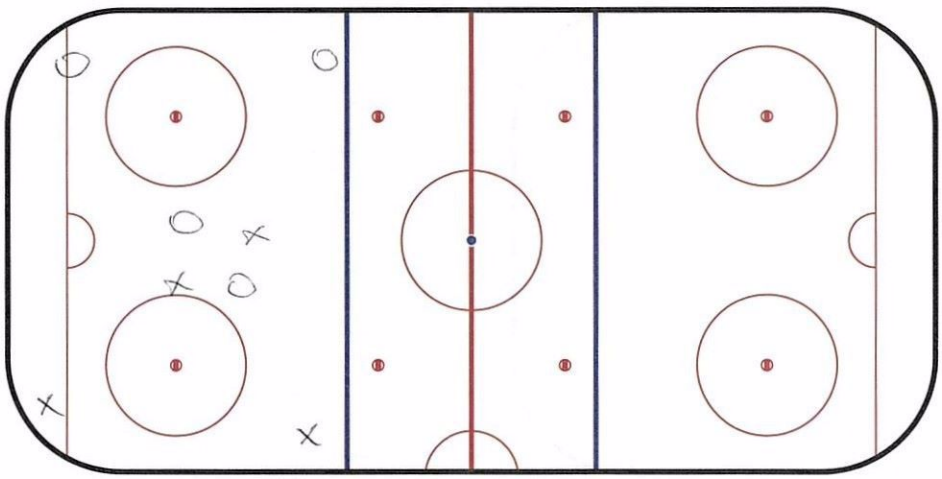
2-2 mit back check -> intensiv, + penalty?

TEAM: U15

DATUM: 4.11.2022.

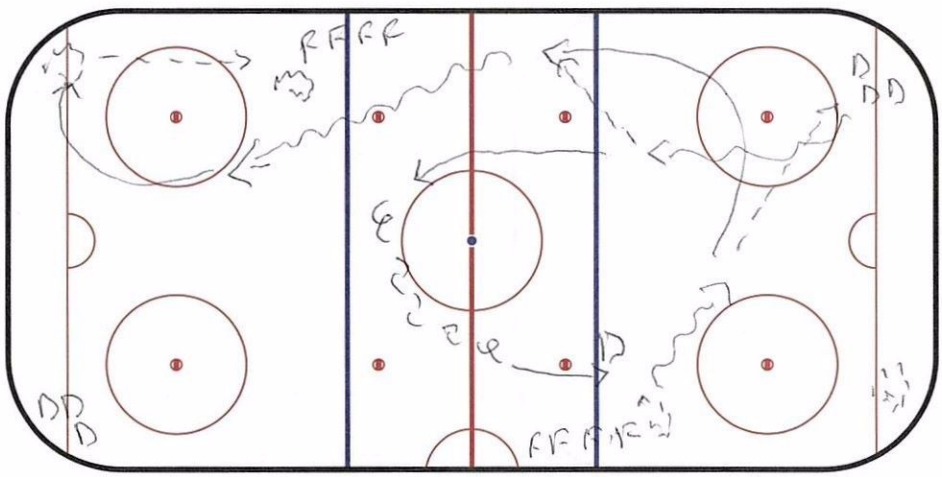
TRAINER: Yuri

TRAININGSPLAN



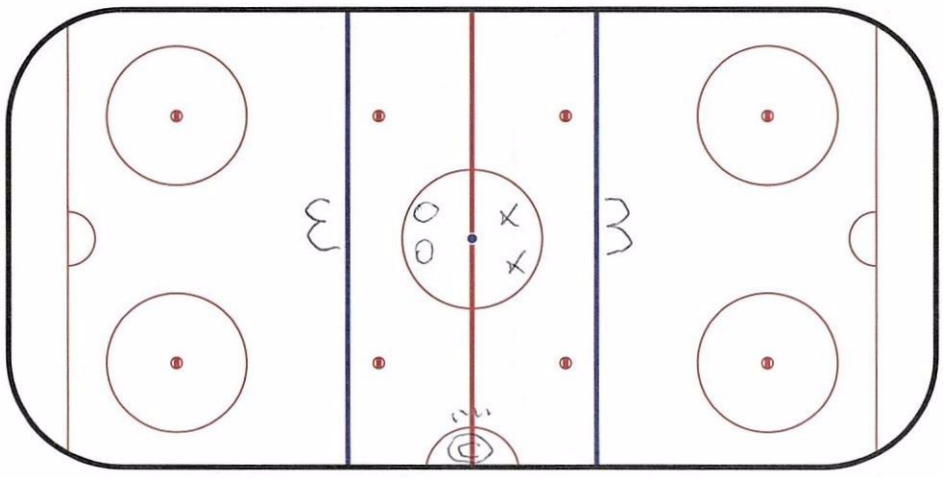
Aufwermen Spiel 2-2 mit 2 Joker pro Team -> 1 unten für Pass, 2 oben für Schuss.

8min



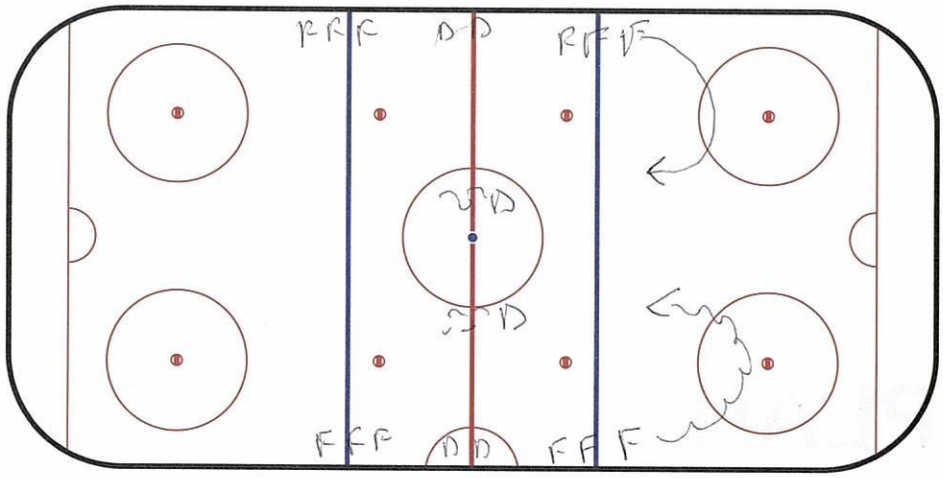
1-0 F-D zusammen Arbeit.

10min

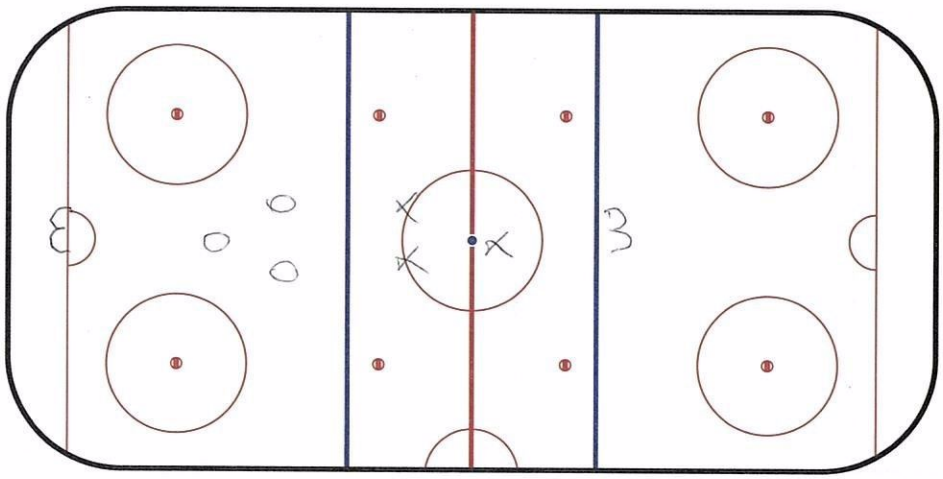


Spiel 2-2 mitte ohne Joker.

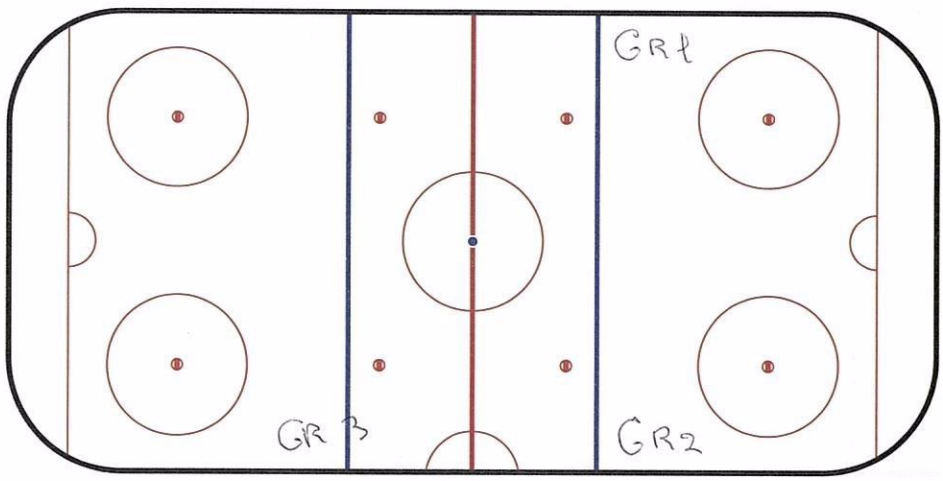
10min



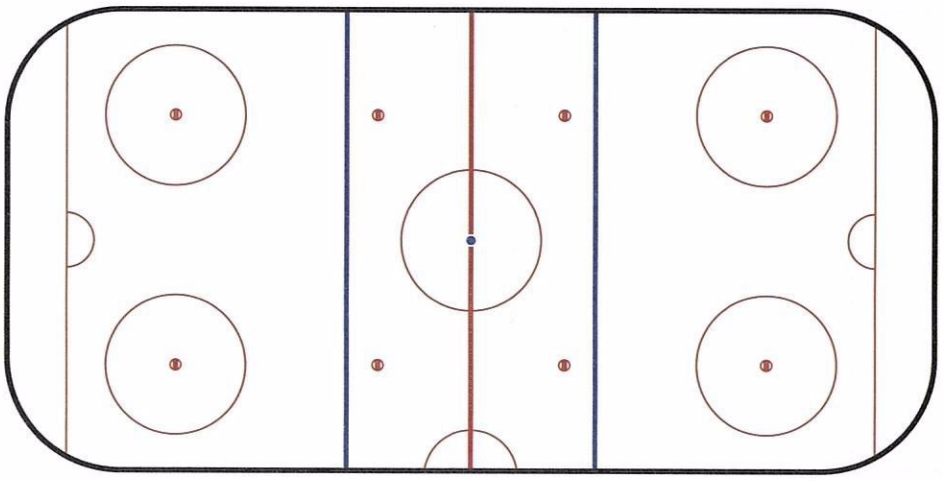
2-2 ganze e/s
1 puck.
10 min



Spiel 3-3 mit
eine blau als off
seid.
13 min



3 GR -> 2 Runde ->
-> 2 Runde

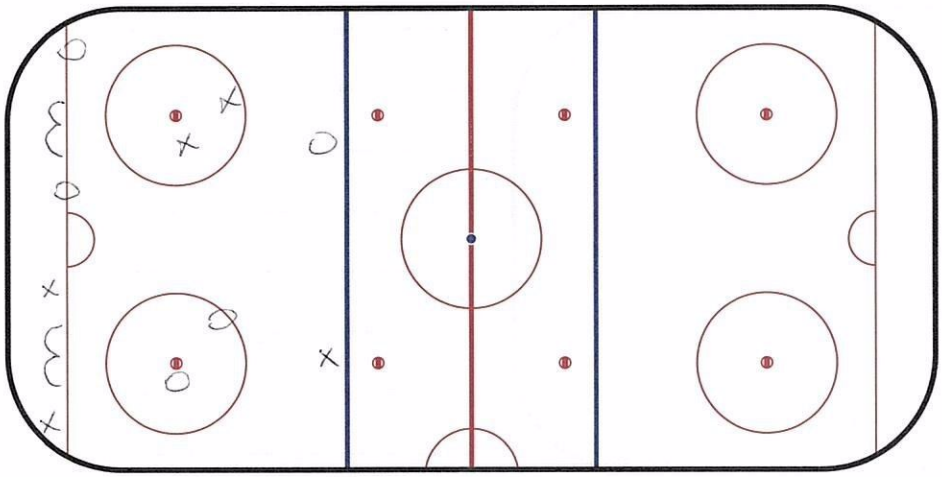


TEAM: U15, 16:20-17:20

DATUM: 7.11.2022.

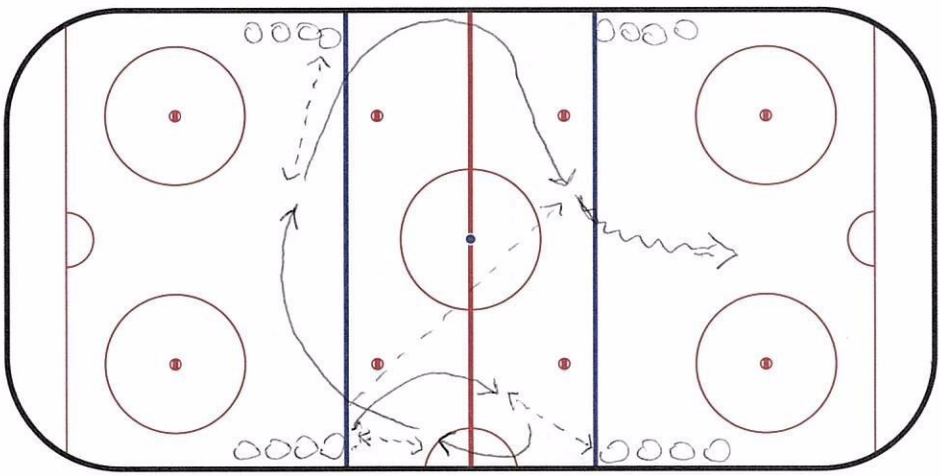
TRAINER: Yuri

TRAININGSPLAN



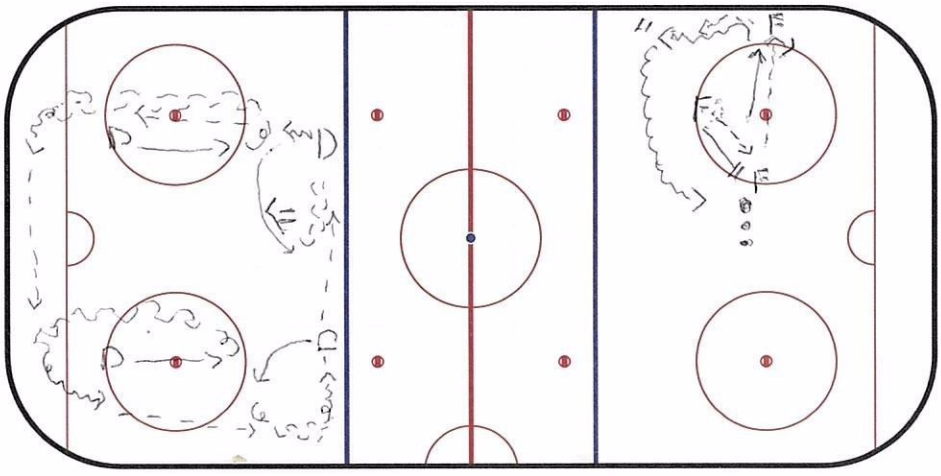
Spiel 3-2 -> 3-2

8 min



1-0 -> Teiming mit 3 doppel Pässe.

8 min

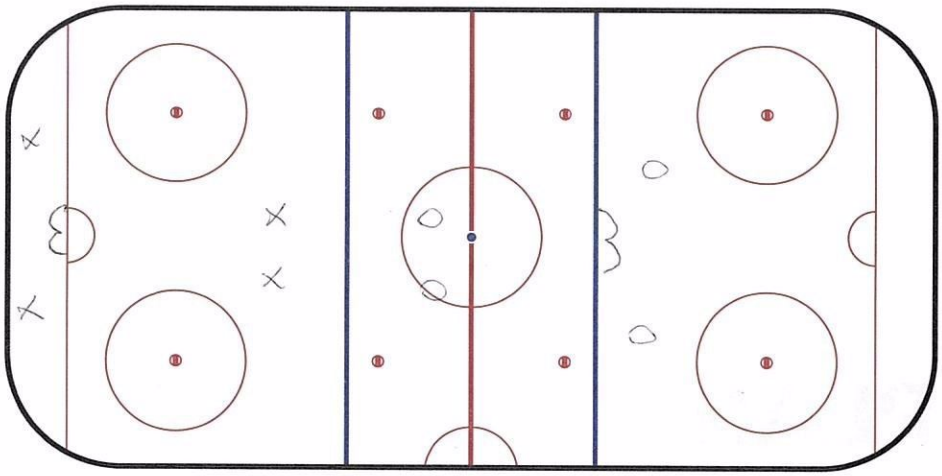


F -> eine Zone -> Spiel Situation -> schuss mit verschidene Variationen

10-12 min

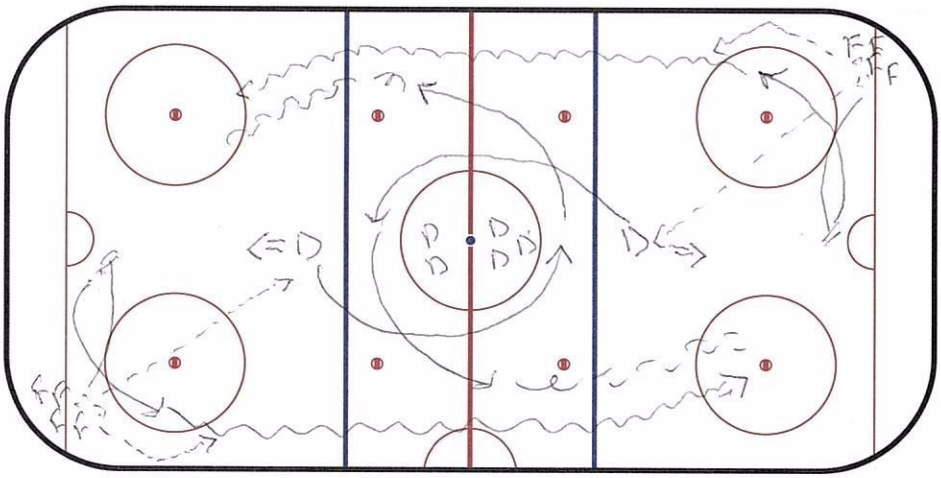
D -> zusammen Arbeiten Pässen hinten for -> Passen bei blau -> bewegu im Teiming -> schuss.

10-12 min



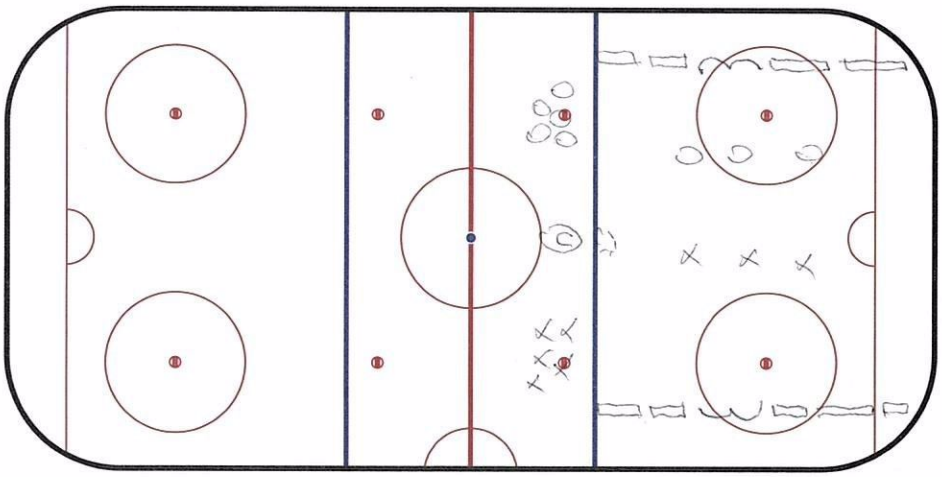
Spiel 2-2+2 hinten TOR → nach PASS eine geht Rein → 3-2.

10 min



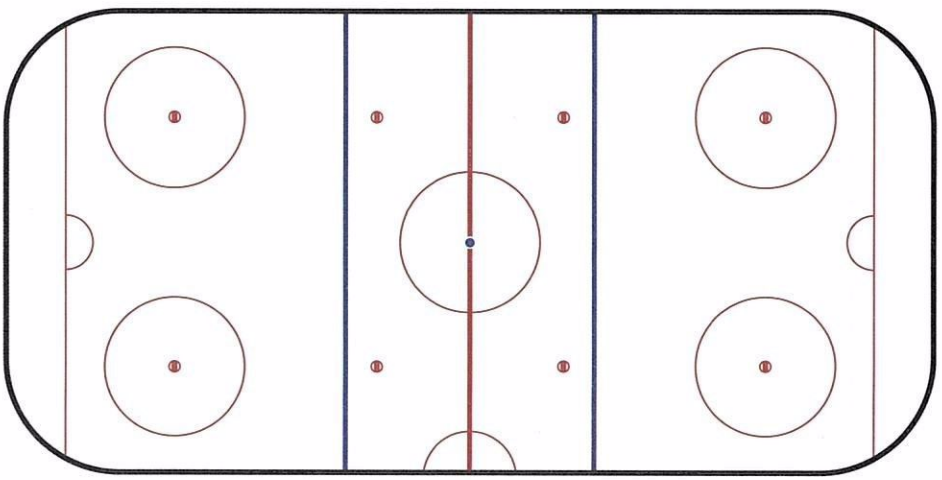
1-1 mit PASS zum D und ARBEIT VOR TOR

10-12 min



Spiel 3-3 im Zone → HINTEN TOR DARF MAN NICHT SPIELEN.

10 min

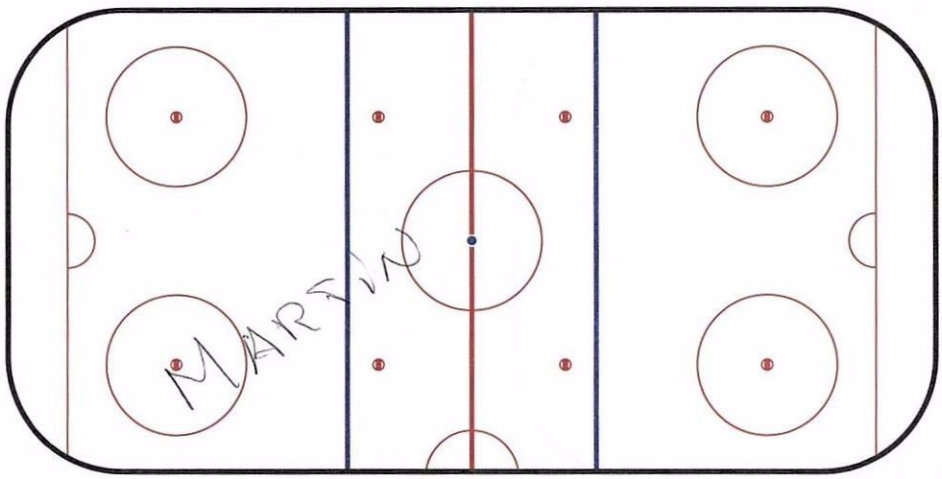


TEAM: U15-17 16:40-17:40

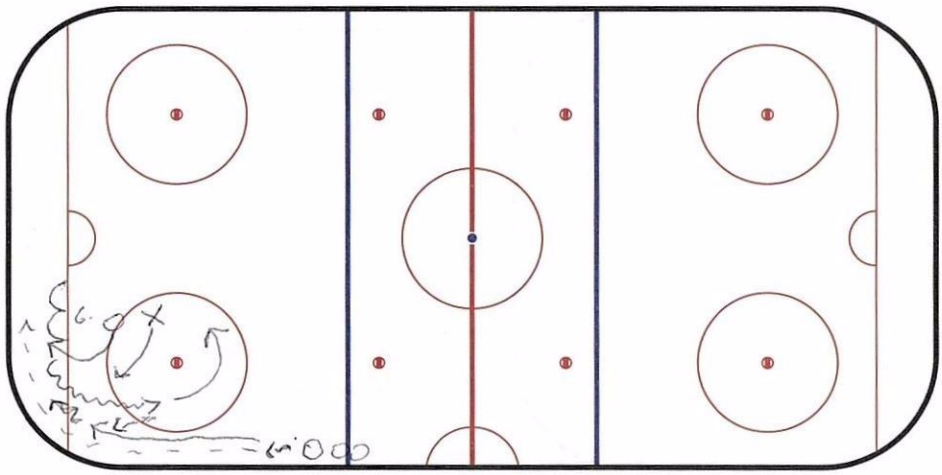
DATUM: 8.11.2022.

TRAINER: YURI, MARTIN, MARKUS

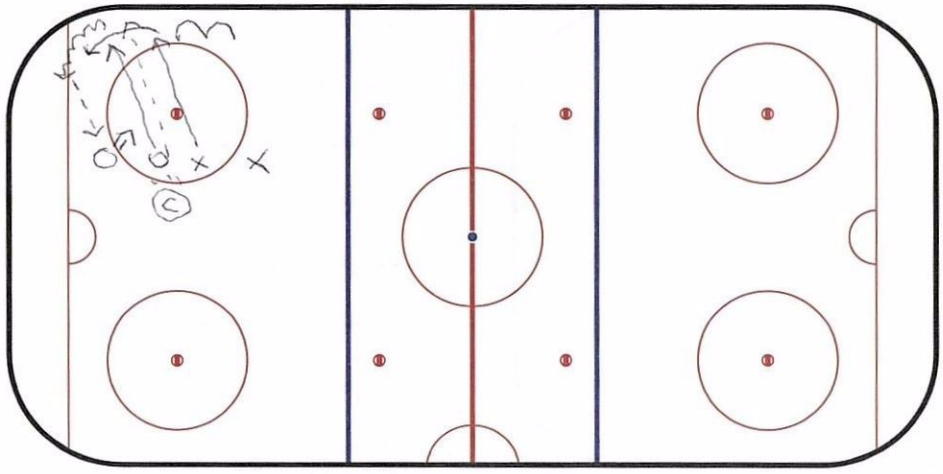
TRAININGSPLAN



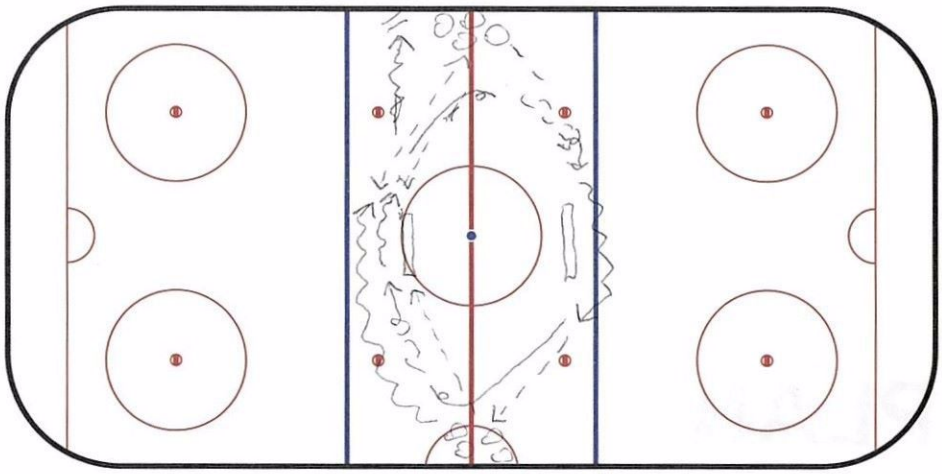
EISLAUFEN und PUCK KONTROLL mit MARTIN.
15-20 min



1) 2-1 SITUATION AUS ecke
8 min

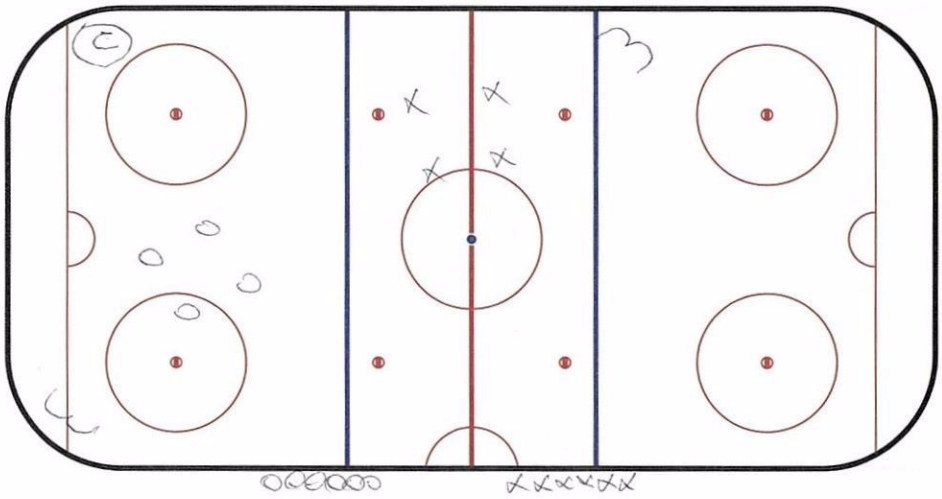


2) 1-1 SITUATION mit ein JOKER PRO TEAM FÜR SCHUSS.
8 min



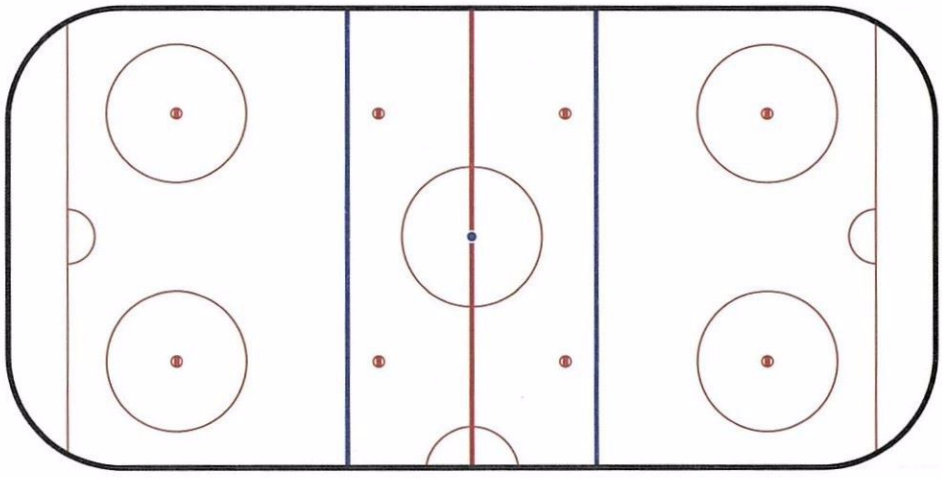
Pass übung im bewegung -> vor-rückdrechung mit vorher schauen. -> 1,5 Kreis

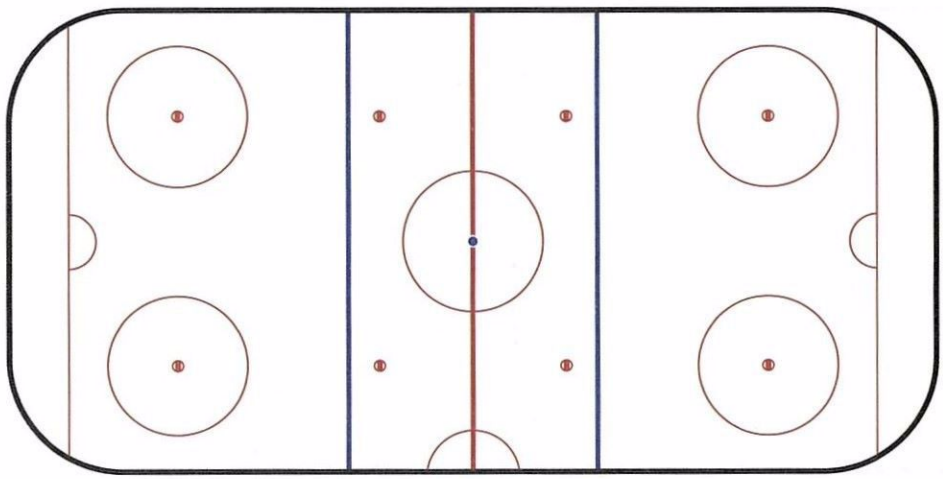
3 min



Spiel 4-4 -> TR Joker

12 min



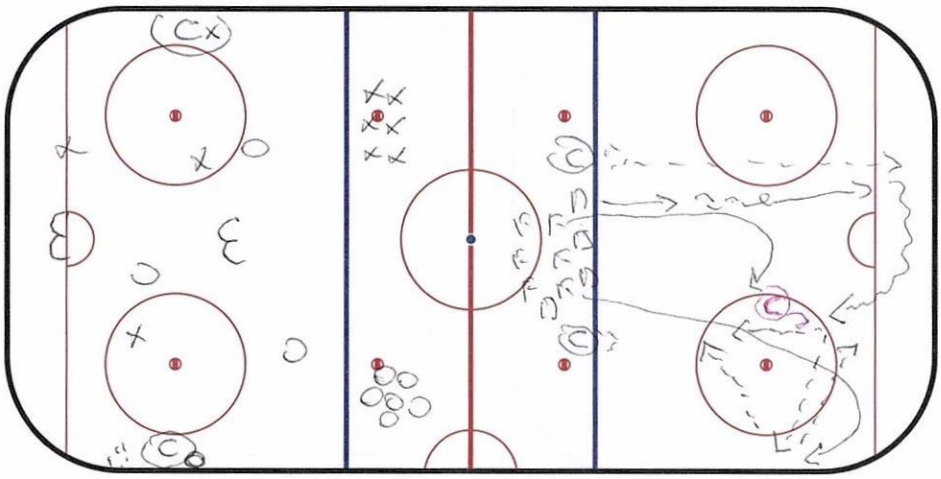


TEAM: U15. 16:40-17:40

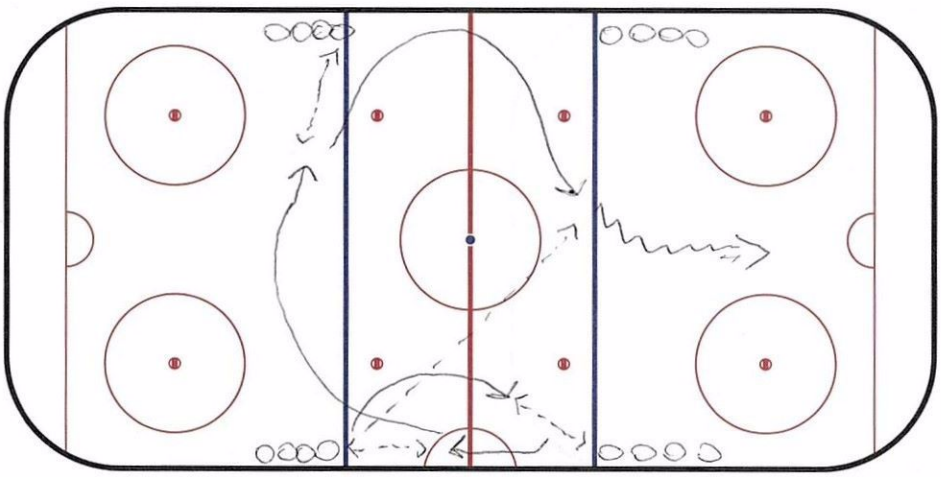
DATUM: 10.11.2022.

TRAINER: Yuri, Martin.

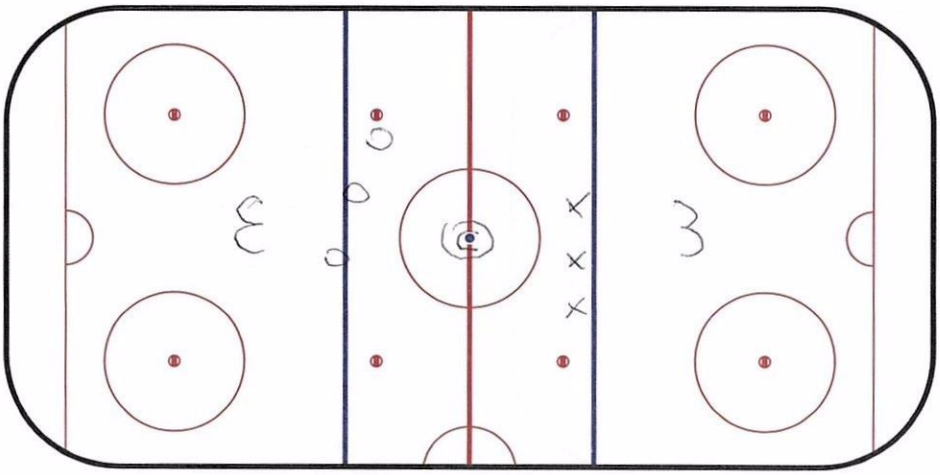
TRAININGSPLAN



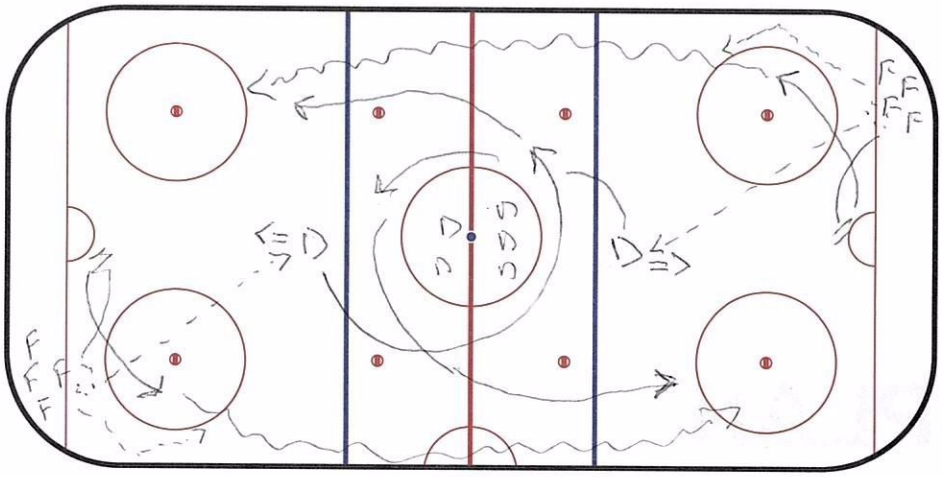
Aufwermen Spiel
3-3 -> TR. SPIELT FÜR
sein TEAM.
10 min
oder aufbau ->
1D - 2F -> KONVEIER
von Links und RECHTS.



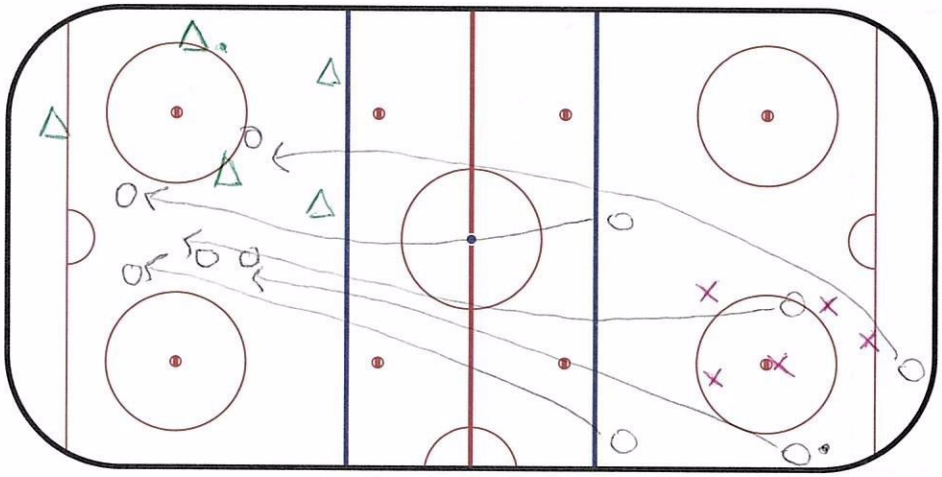
1-0 -> 3 doppel PÄsse
8 min



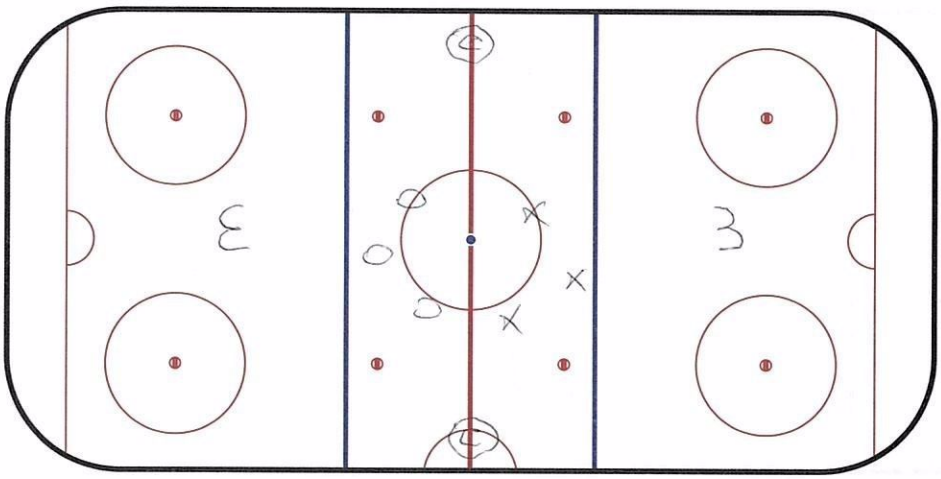
Spiel 40x30 ->
-> TR JOKER FÜR
beide TEAM KÜRZE
PÄSSE.
8 min



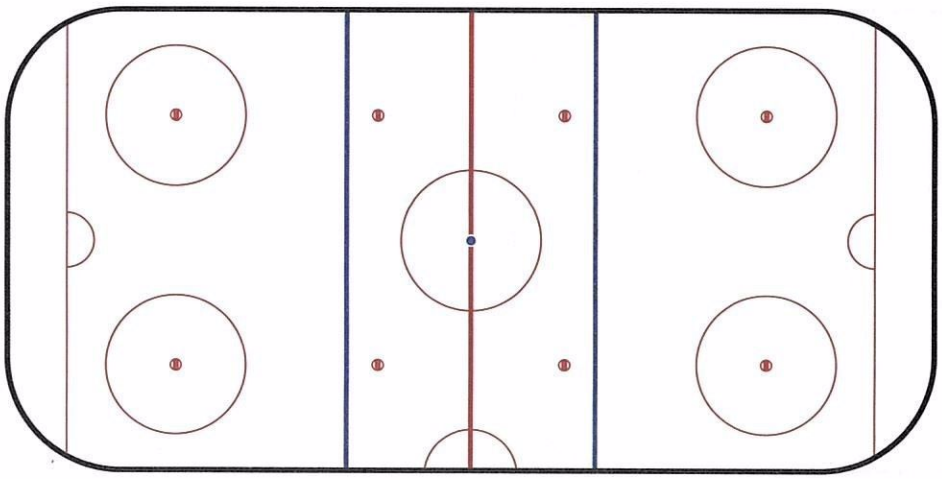
1-1 nach D schuss ->
-> F ARBEITET VOR TOR
-> D teiming im diffene
10 min



Spiel 5-5 im zone
nach pfiff offensiv
TEAM STARTET im
andere zone und
arbeitet als diveng.
10 min



Spiel 40 x 30
-> 3-3 -> 2 TR
Joker für beide
Team,
10 min

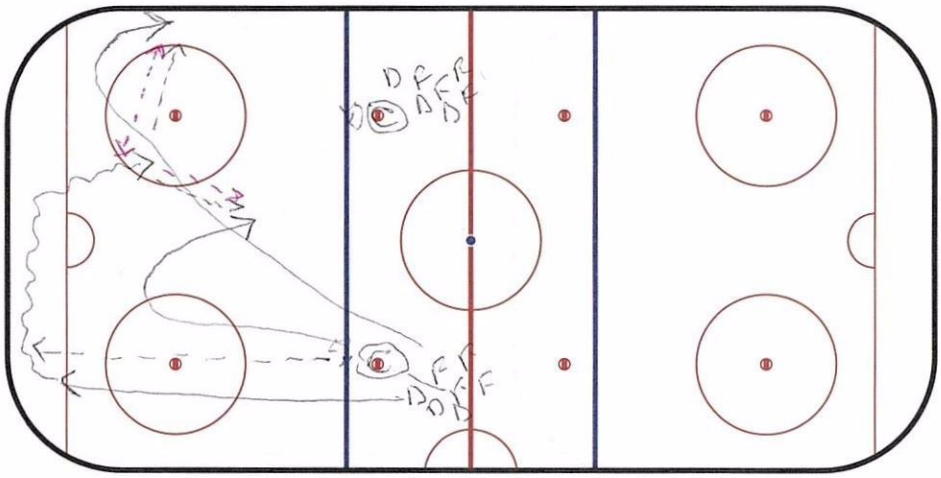


TEAM: 11.11.2022. U15.

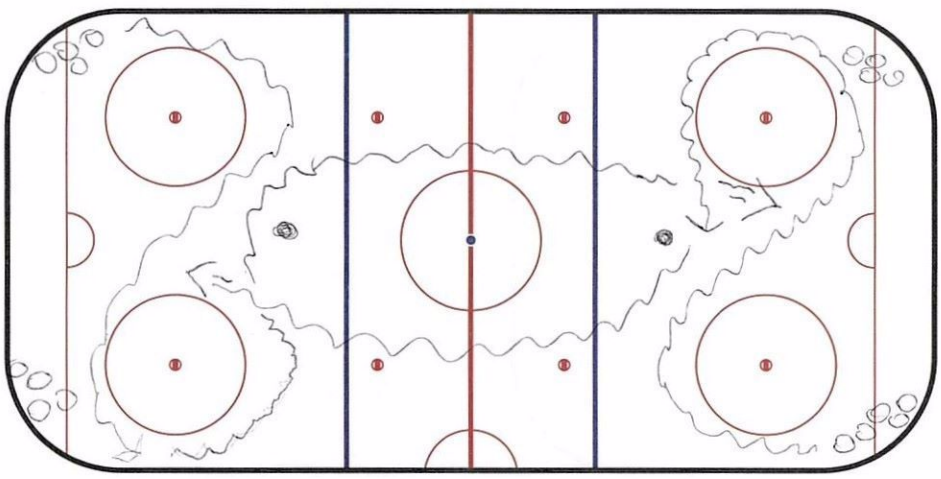
DATUM: 16:40-17:40

TRAINER: YURI, MARTIN.

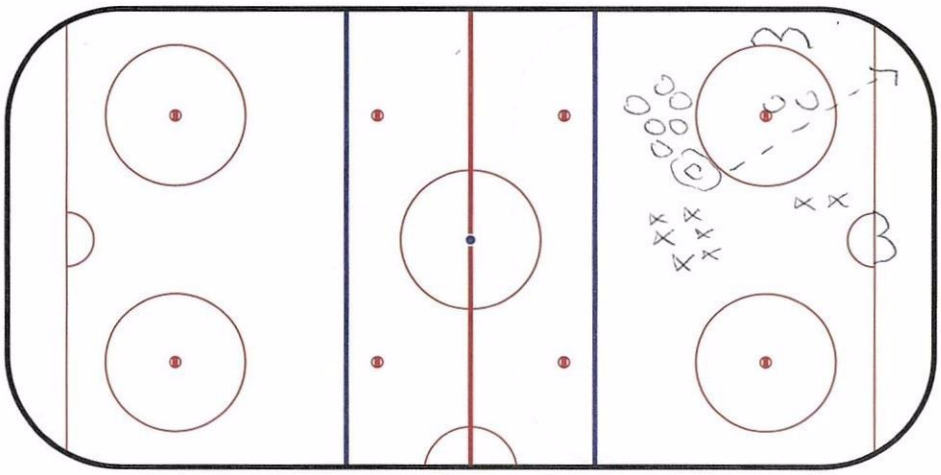
TRAININGSPLAN



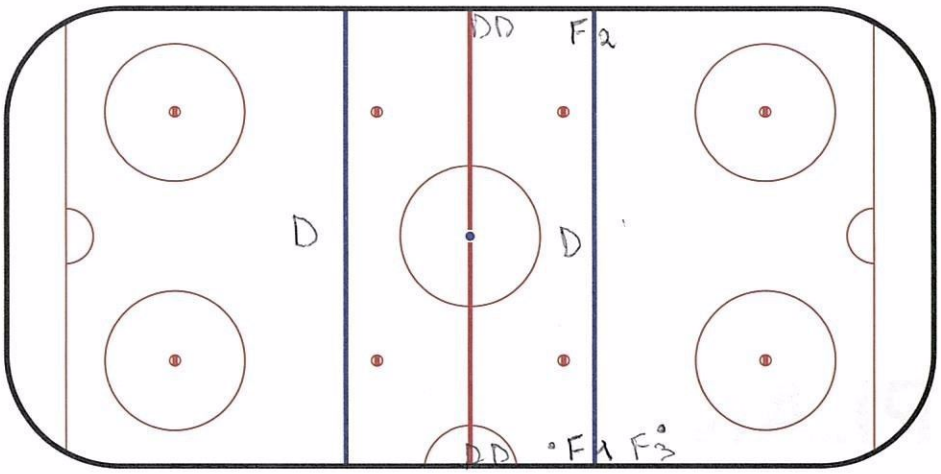
Aufwermen D+2F
Aufbau von beiden
seiten → PASS bande,
PASS mitte, PASS band
zurück und dann mitte
10min



1-0 mit puck überseren
→ bei 2 bully kreis offen
beine oder teuschen rück
vorwerz.
10min



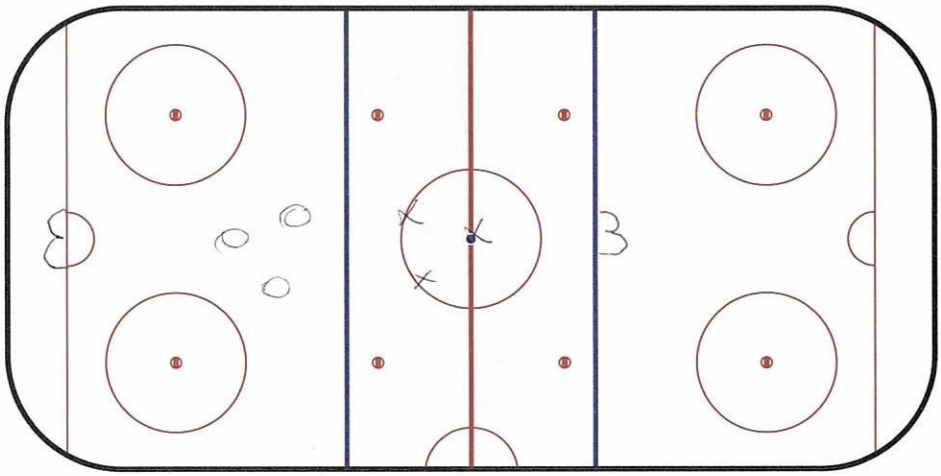
2-2 auf kleine
platz im ecke
10min



2-1 → 3-2

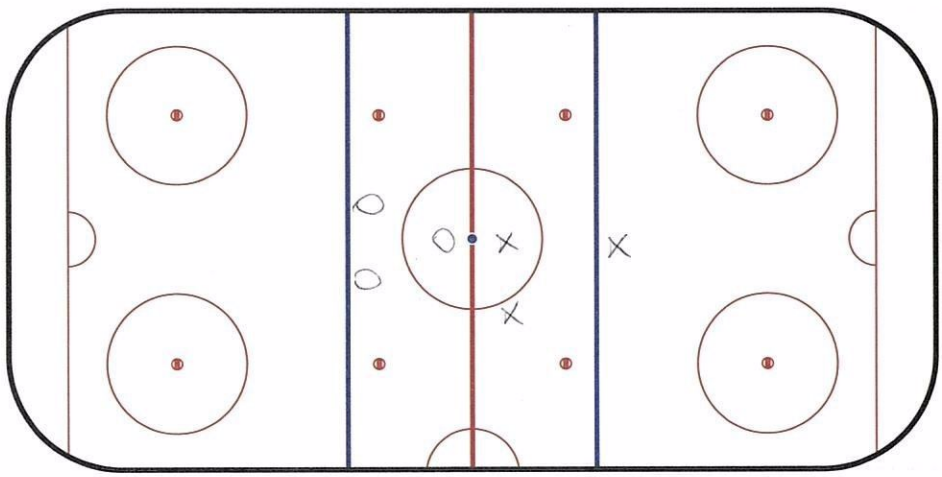
zwei ATAKE mit RAUSkommen AUS zone.

10 min



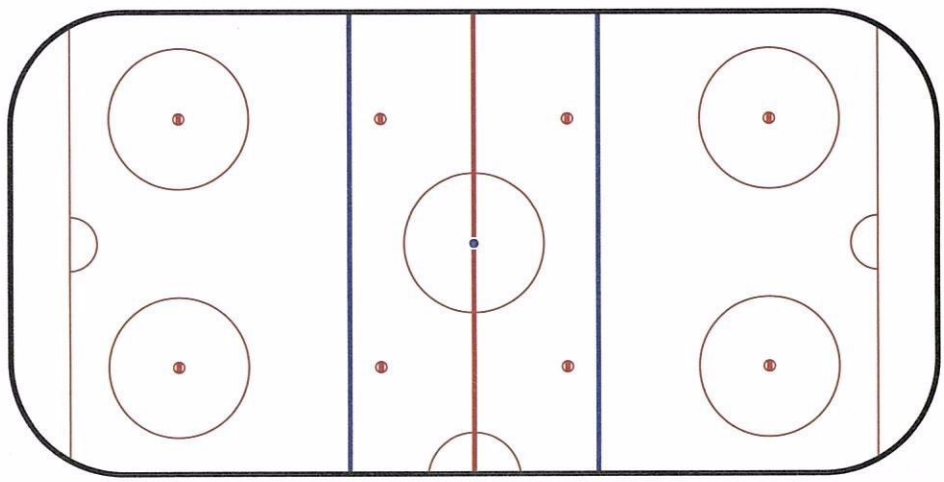
Spiel 3-3 mit eine blau als off seid 40×30.

8 min



Spiel 3-3 ganze eis.

10 min

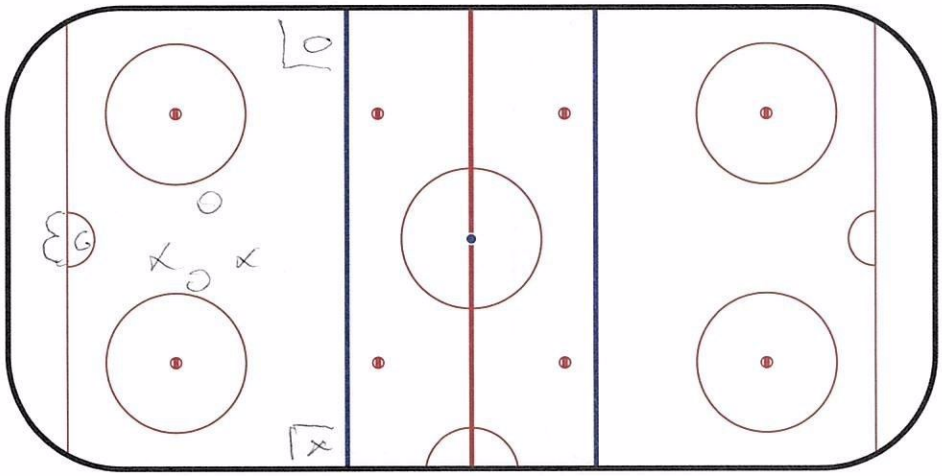


TEAM: U15.16:20-17:20

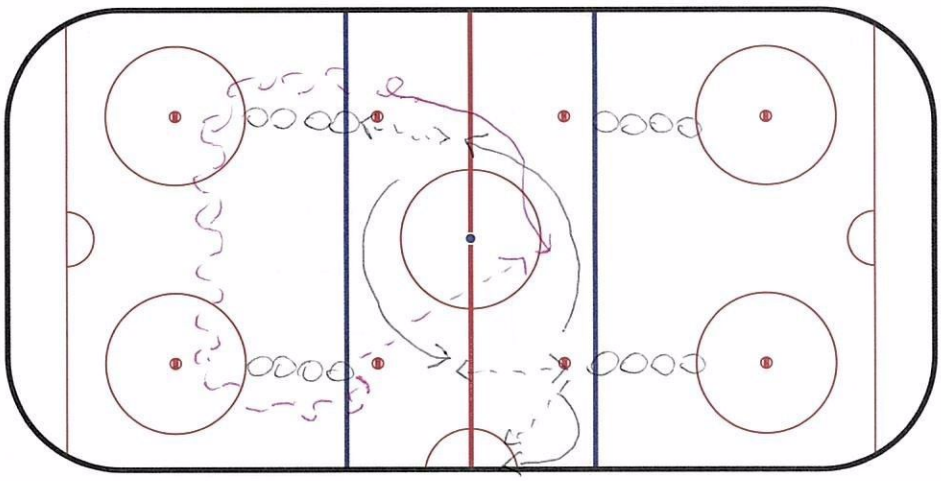
DATUM: 14.11.2022.

TRAINER: Yuri.

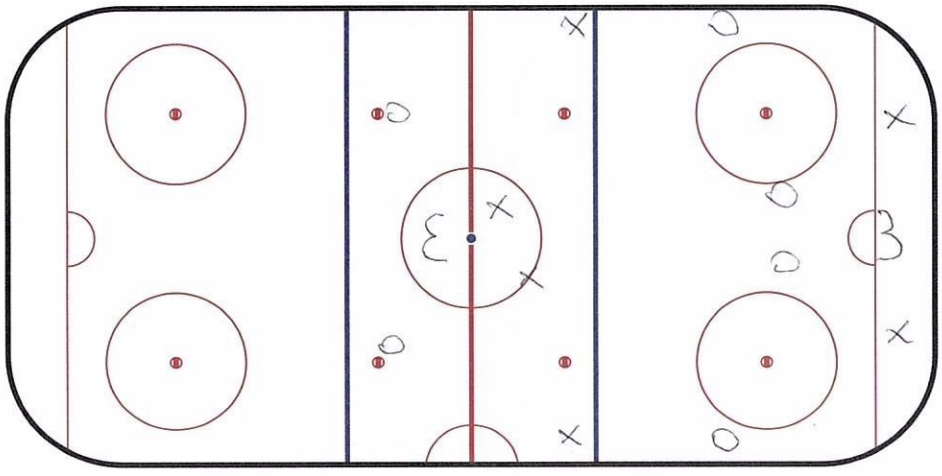
TRAININGSPLAN



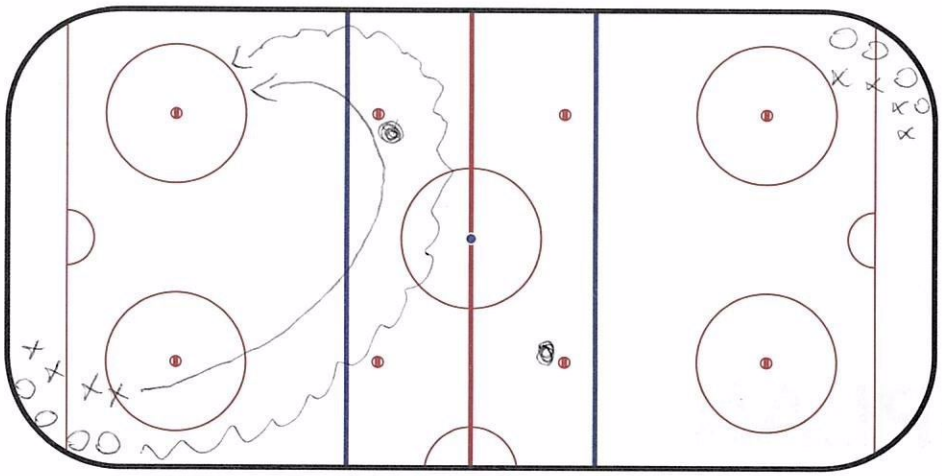
Aufwermen Spiel
2-2 -> Joker geht
Rein wenn sein Team
Puck hat.
10min



A) 1-0 -> 2 Doppel Pass
B) 1-0 -> Rückwerz Start
8min

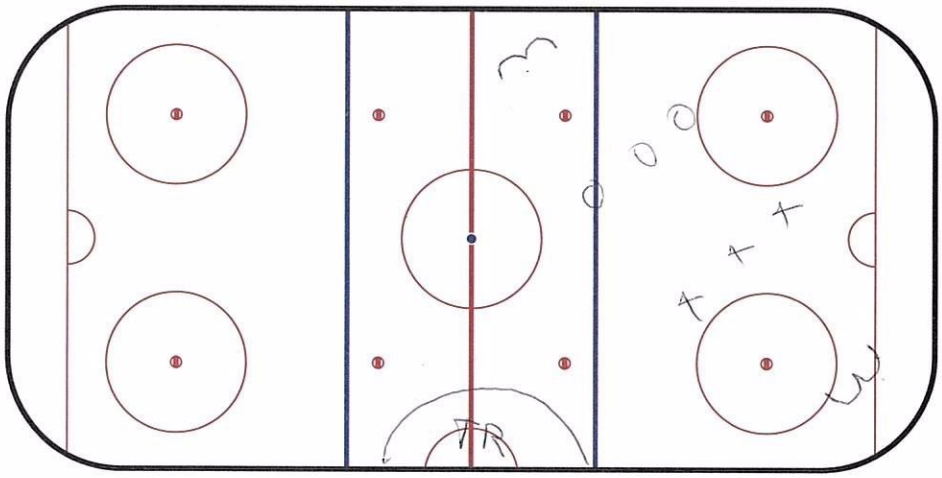


Spiel 2-2 mit
2 difens Joker und
2 offins Joker.
10min



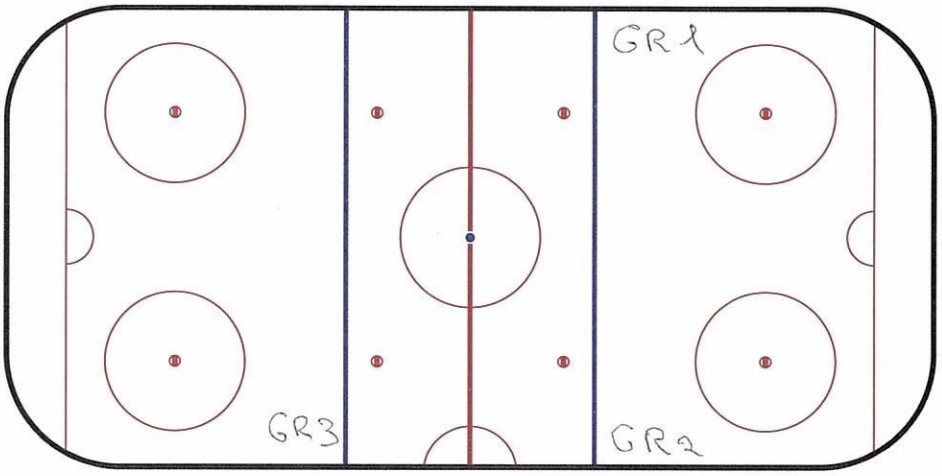
1-1 von beiden Seiten

10min



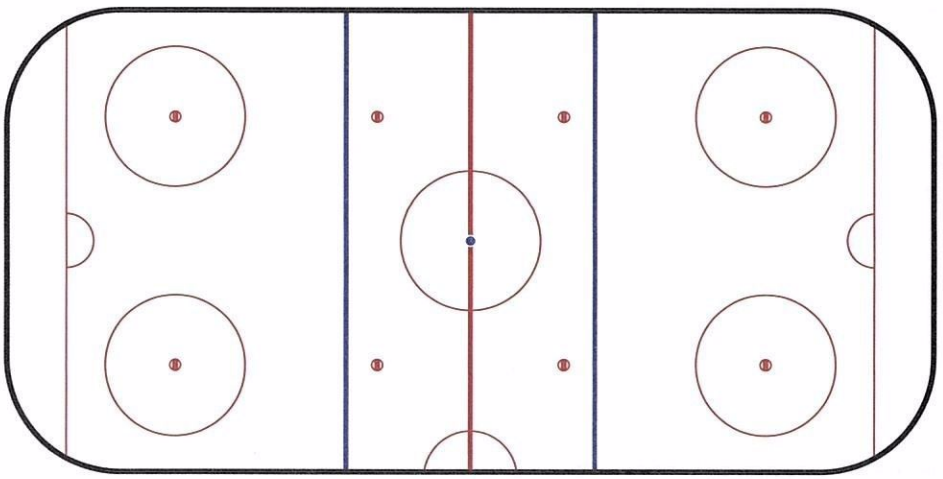
Spiel 3-3 TR Joker für beide Team.

13min



3 GR -> 2 Runde ->
2 Runde.

6min

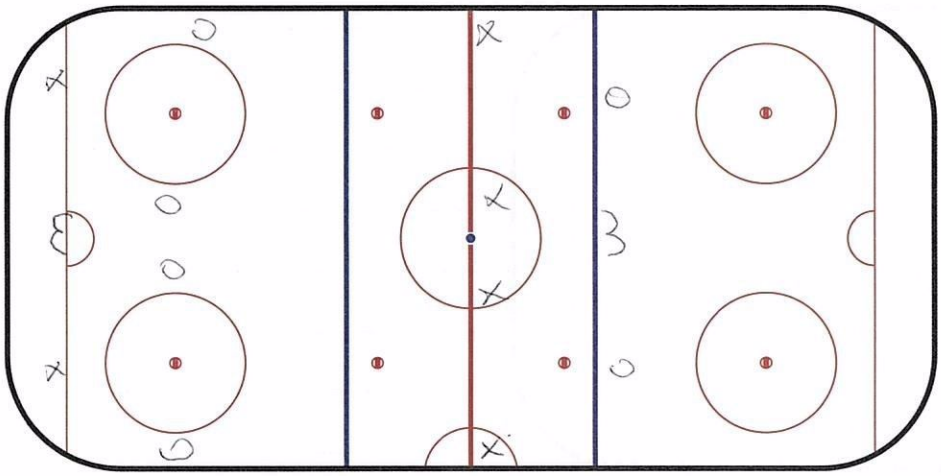


TEAM: U15 16:40-17:40

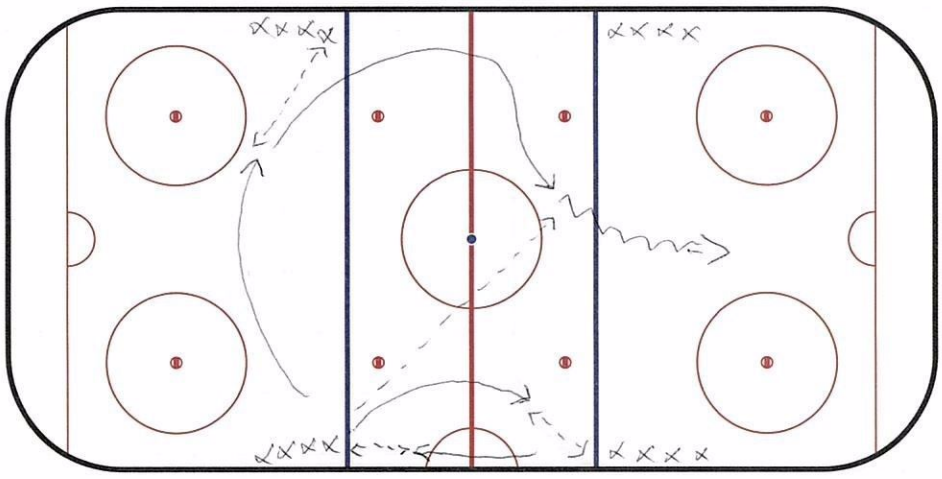
DATUM: 17.11.2022.

TRAINER: YURI, MARTIN.

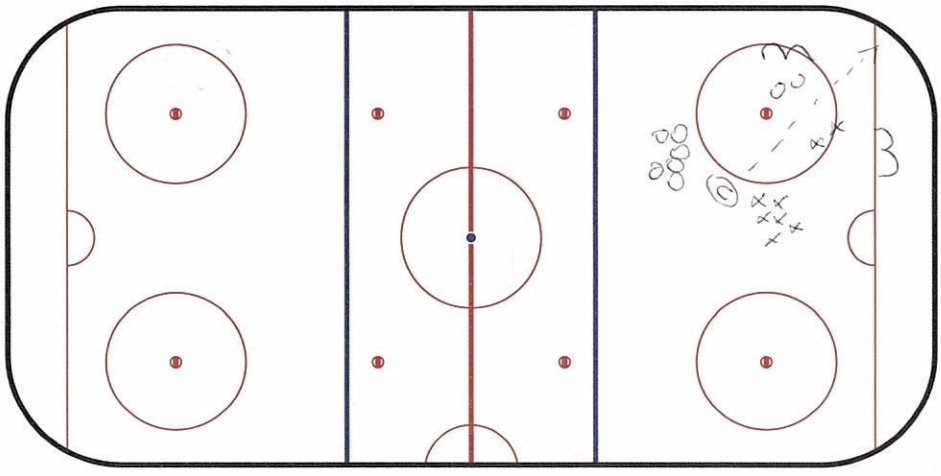
TRAININGSPLAN



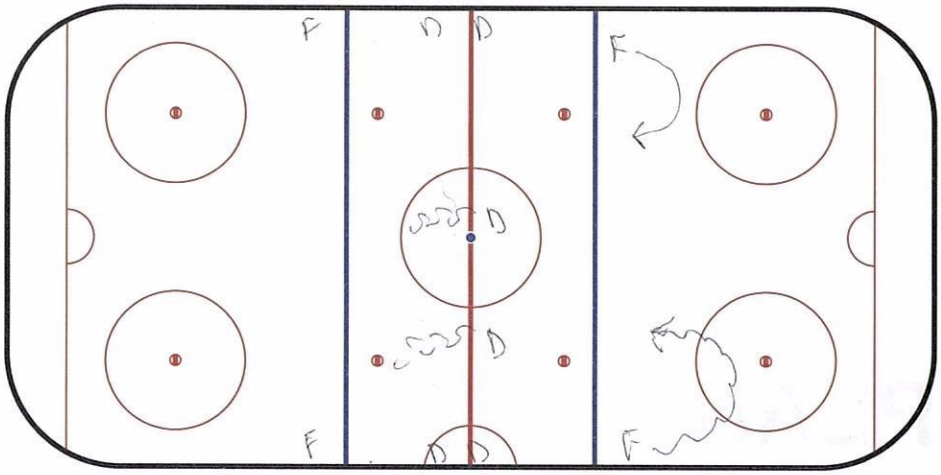
Aufwermen spiel
2-2 mit 4 joker.
10min



1-0 3doppel pass
8min



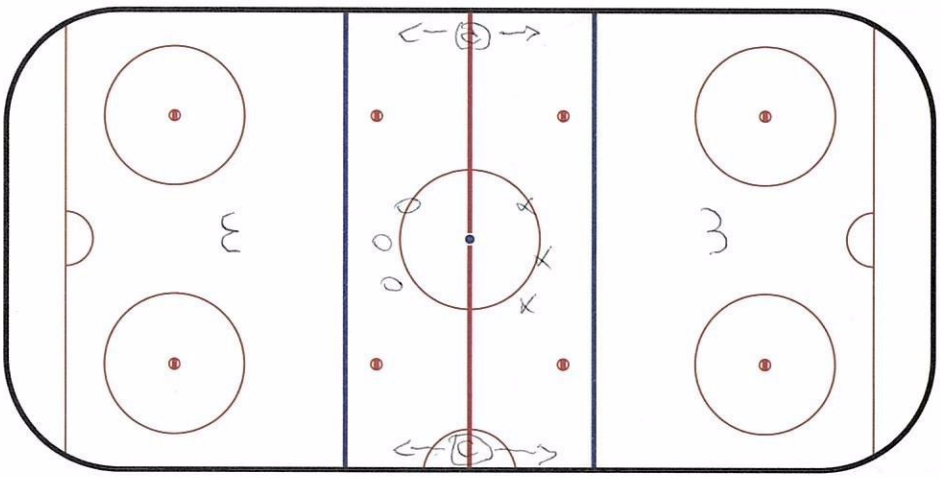
Spiel 2-2 kleine
platz
10min



2-2 ganze eis

1 puck.

8- 10min

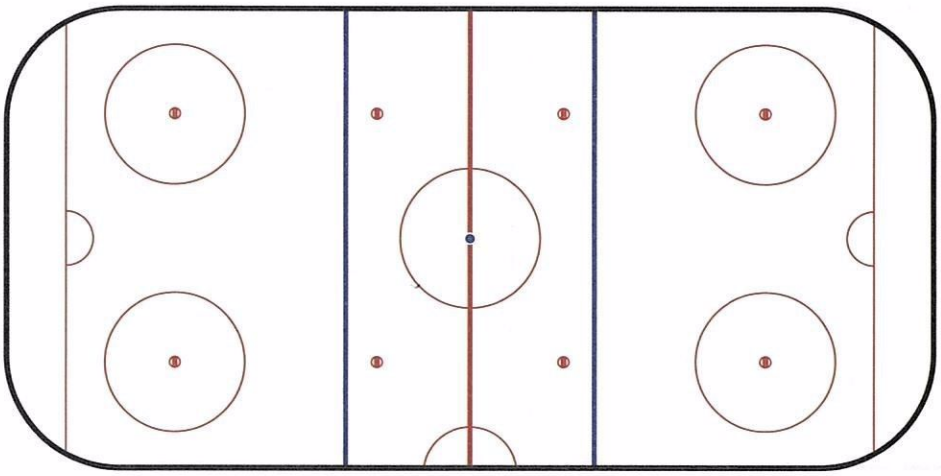


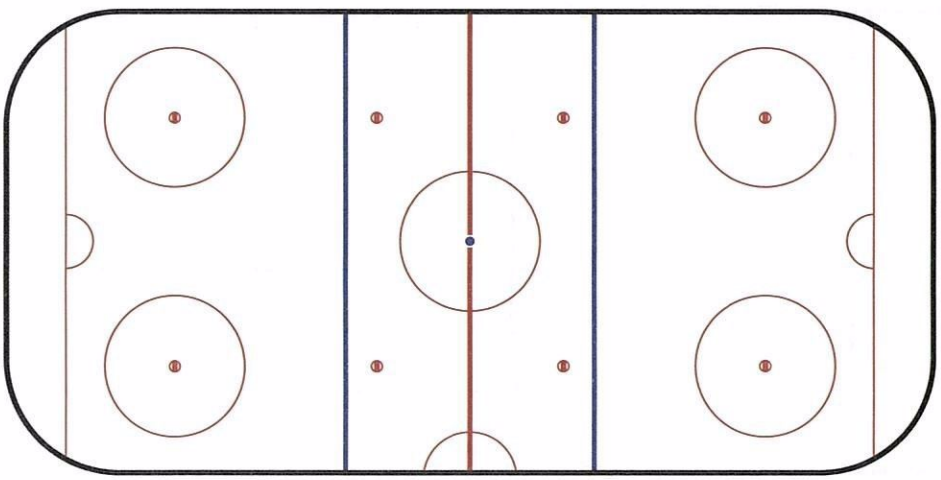
Spiel 40x30 ->

3-3 -> 2 TR joker

für beide Team.

13min



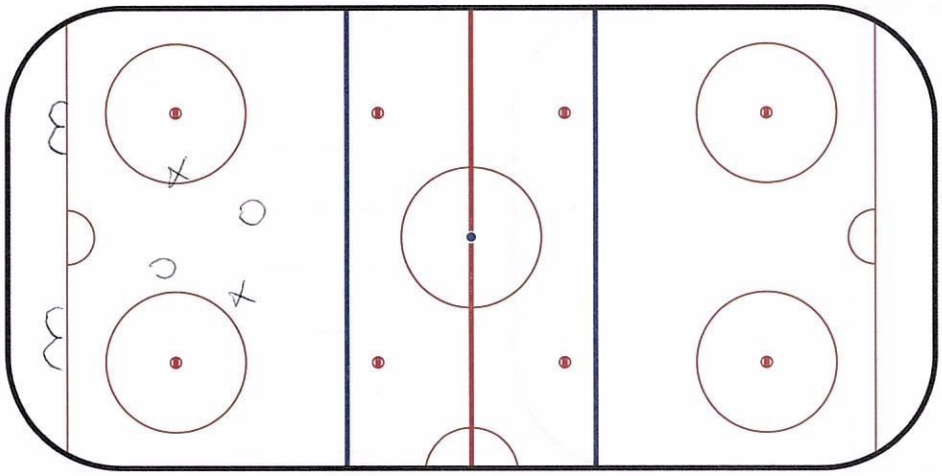


TEAM: U15. 16:40-17:40

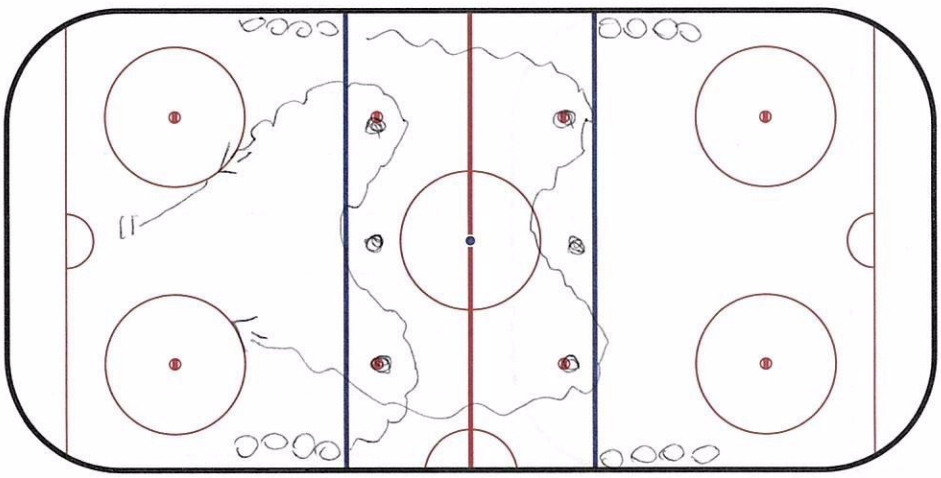
DATUM: 18.11.2022.

TRAINER: YURI

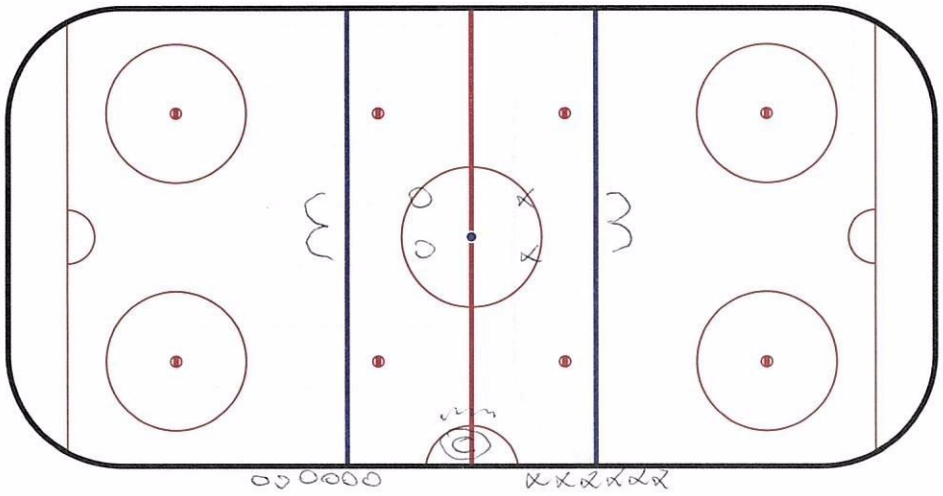
TRAININGSPLAN



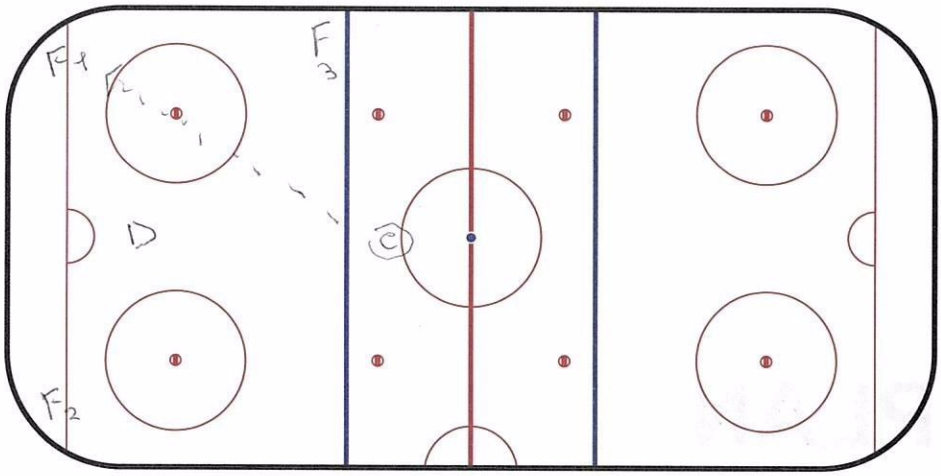
Spiel 3-3 TORE
zählen im beide TOR
10 min



1-0 kurze weg
lange weg.
8 min



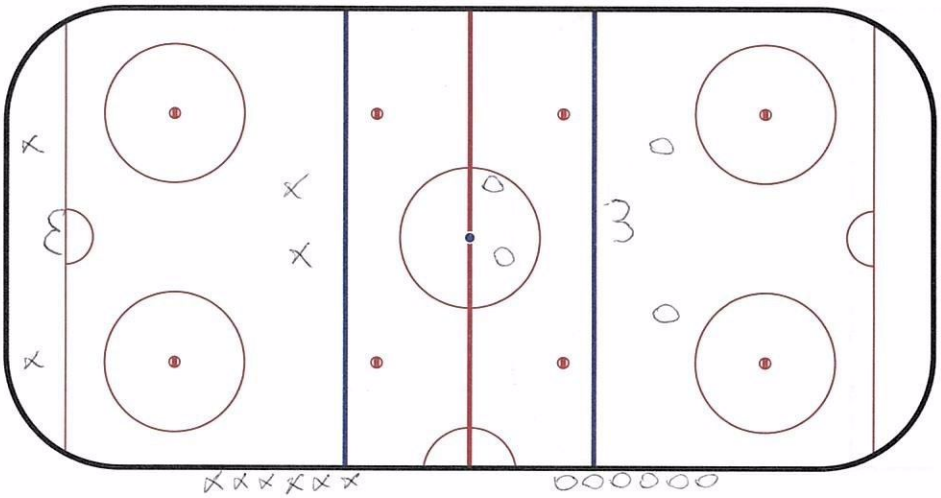
2-2 mitte ohne
joker.
10 min



1-1 -> 3F - 1D

-> schneller Umschaltung von D

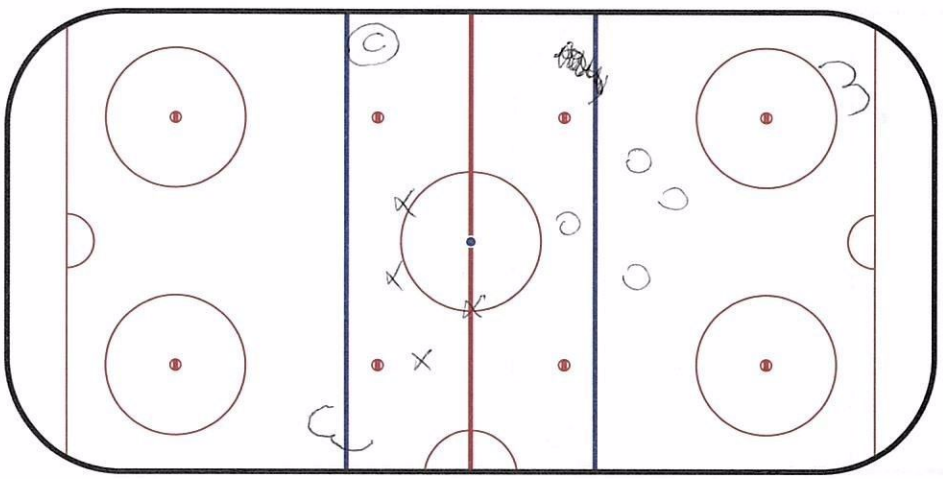
10 min



2-2+2 -> nach Pass hinten Tor Spieler gehen rein ->

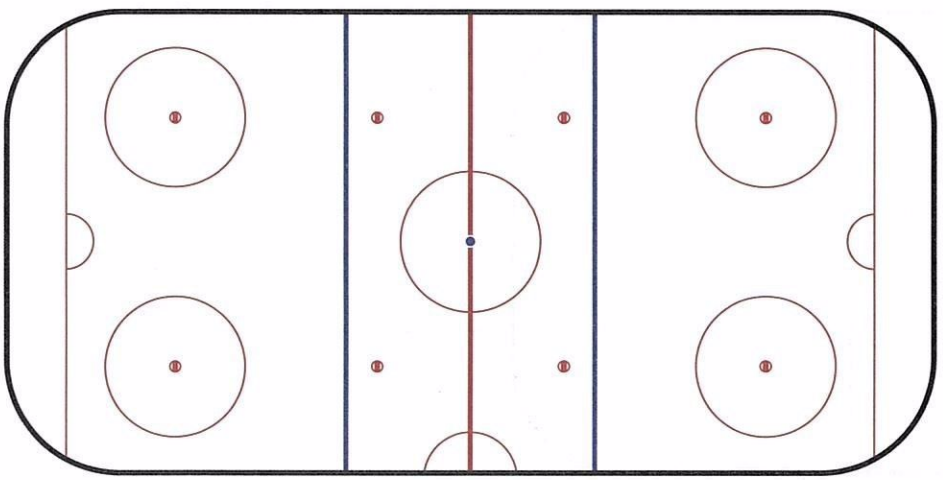
-> Situation 3-2.

10 min



Spiel 4-4 + Joker

10 min

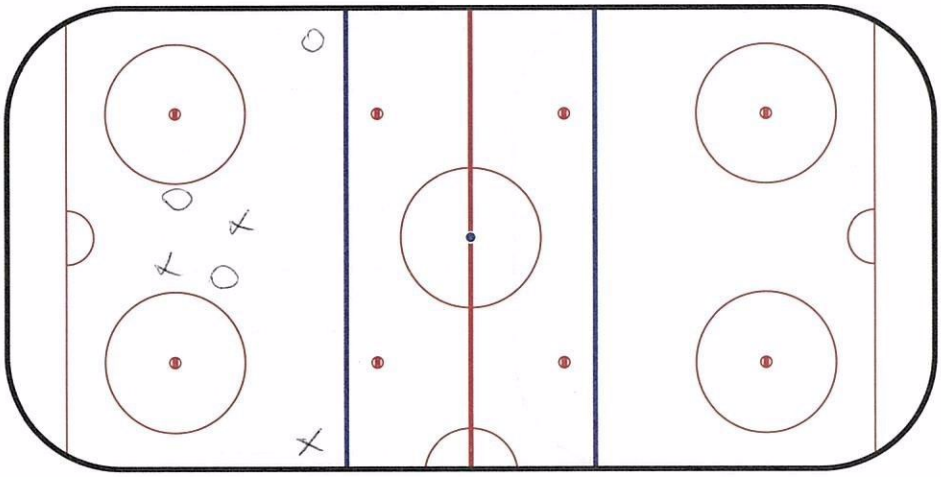


TEAM: U15. 16:20-17:20

DATUM: 21.11.2022.

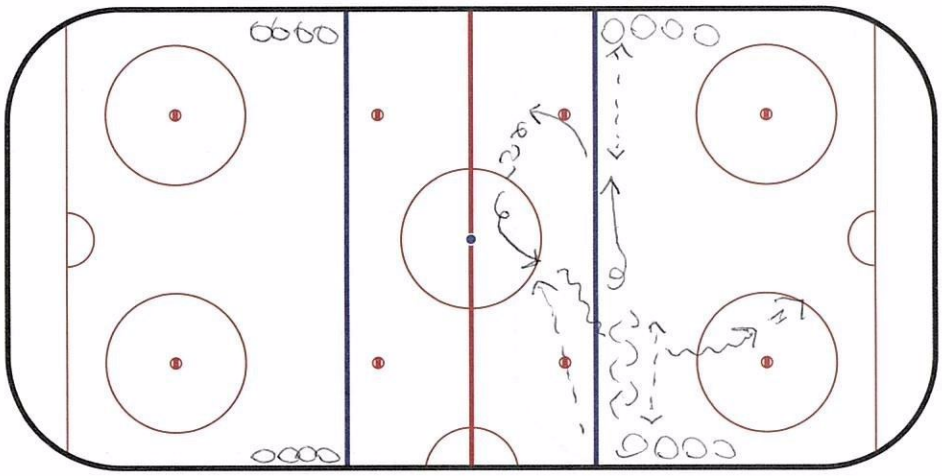
TRAINER: YURI

TRAININGSPLAN

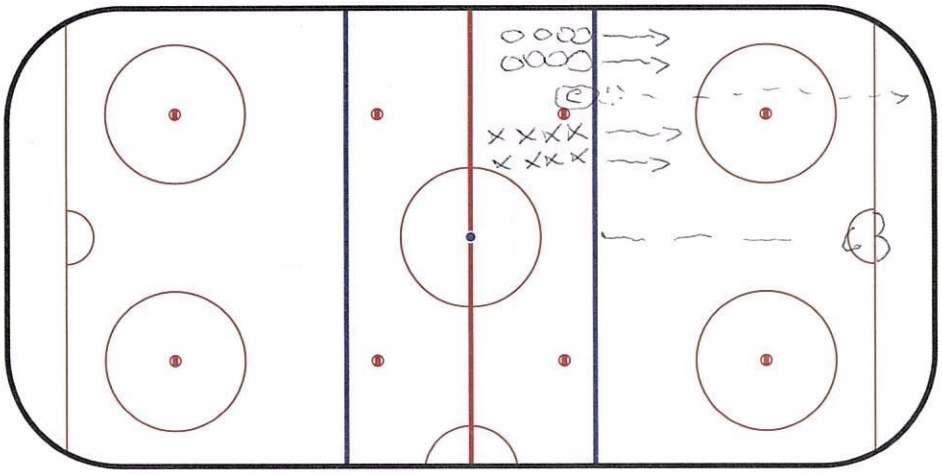


Spiel 2-2 mit ein JOKER PRO TEAM -> JOKER geht rein wenn sein TEAM PUCK HAT. -> SITUATION 3-2

10 min

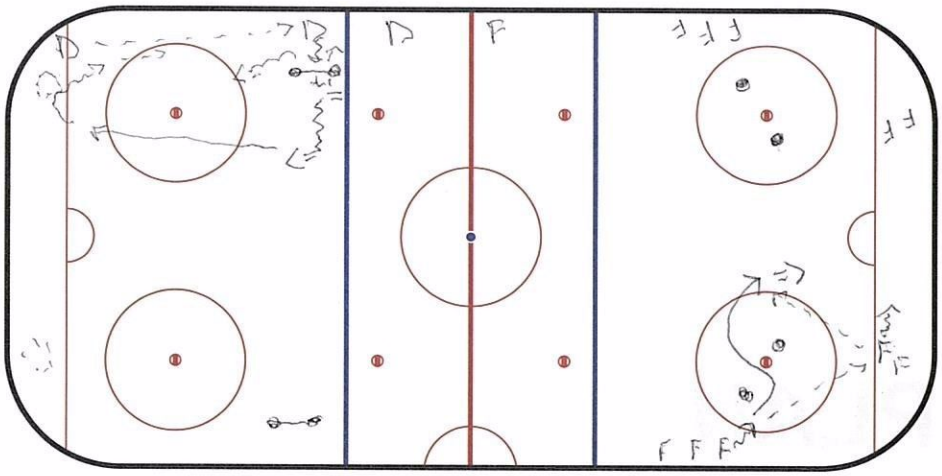


1-0 ~~Kreis~~ im beiden zonen. (AUSSEN seite nutzen) 2min



2-2 AUF HALBE ZONE

6×6 -> 12min

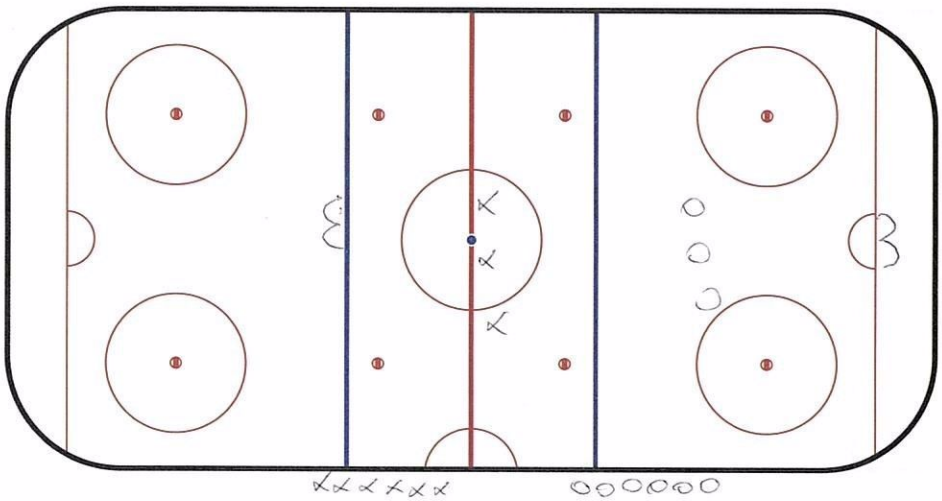


F - eine seite schüss übung

10 - 12 min

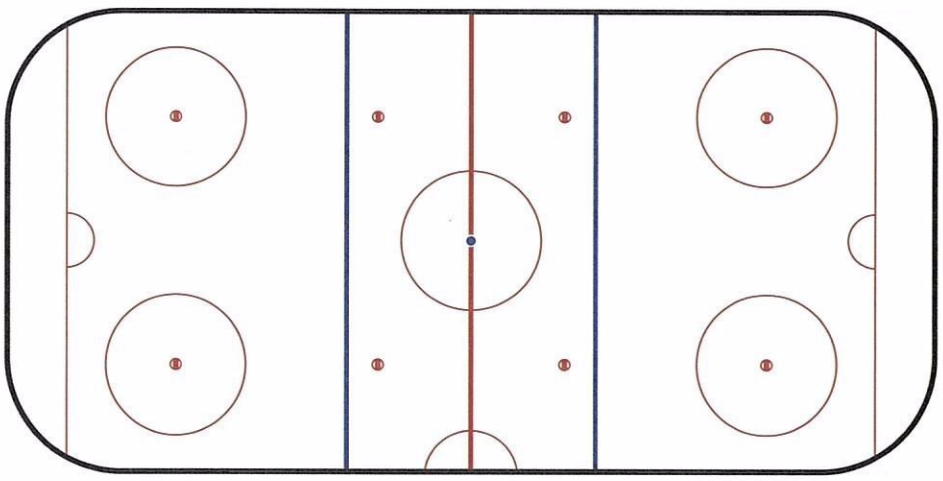
D - Andere seite → Pass → blau linie entscheidung

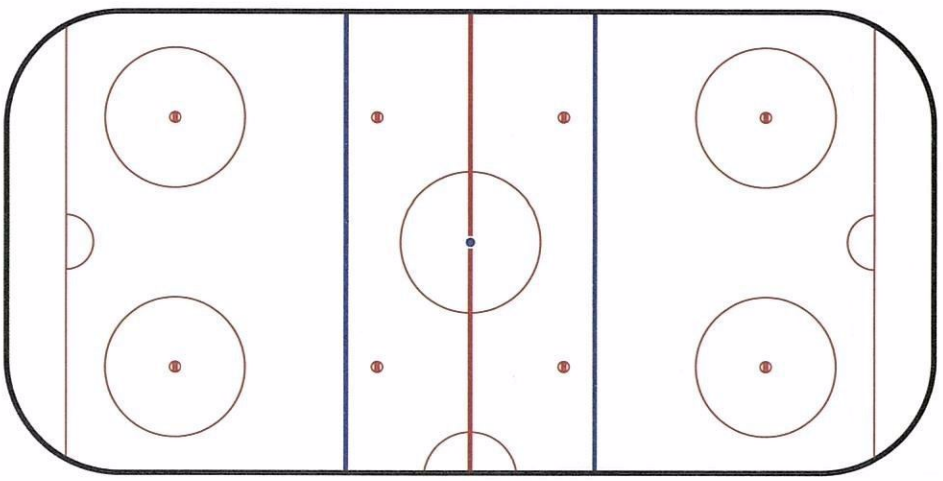
10 - 12 min



Spiel 3-3 mit blau Linie.

13 min



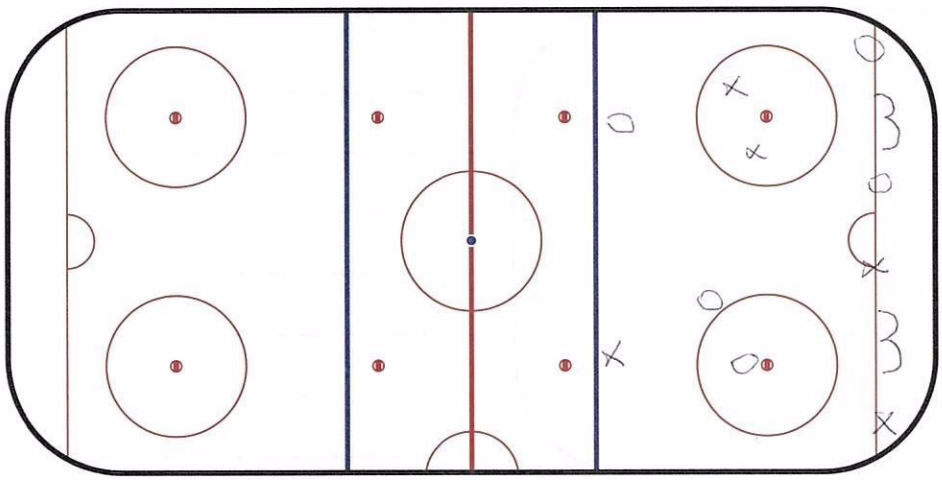


TEAM: U15, 18:40-19:40

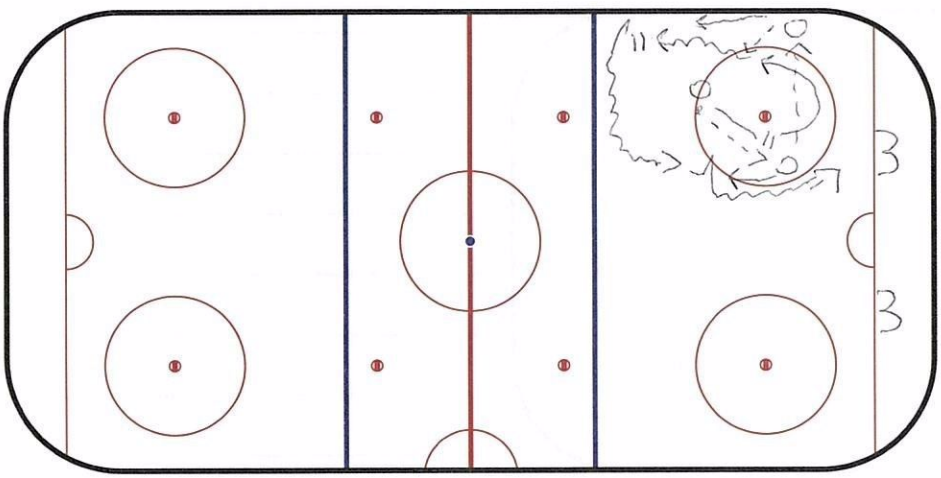
DATUM: 22.11.2022.

TRAINER: Yuri, Helfer?

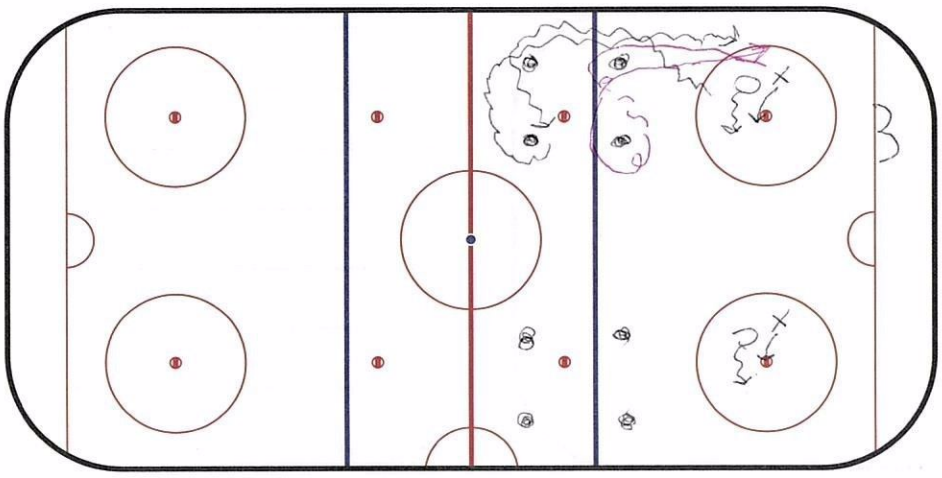
TRAININGSPLAN



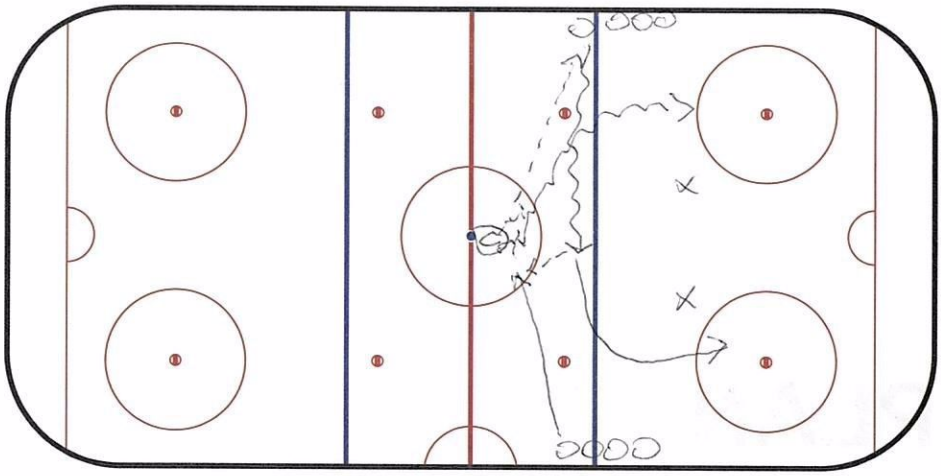
Spiel 3-2 -> 3-2
Überzahl.
10 min



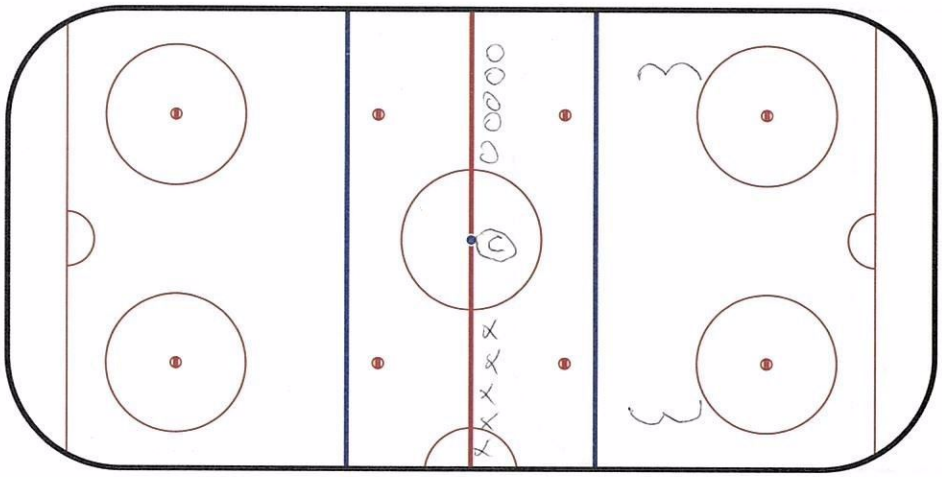
1) Spielsituation
Übung auf beide
Hälfte mit 3 Aufgabe
drinnen. -> ~~1 auf 1~~ auf
beiden Hälften.
8-9 min



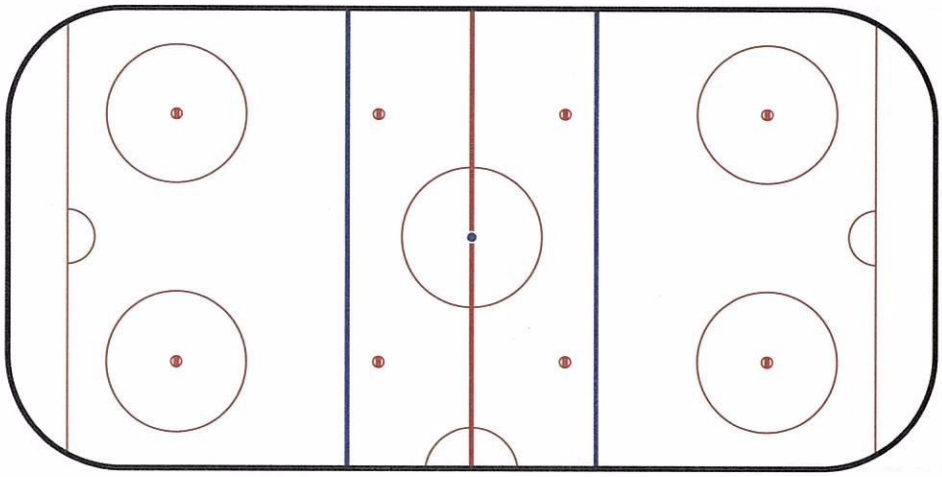
2) 1-1 auf beide
Hälfte -> A) im Bully
Kreis passiv B) auf
Bully Kreis auf und
1-1
8-9 min

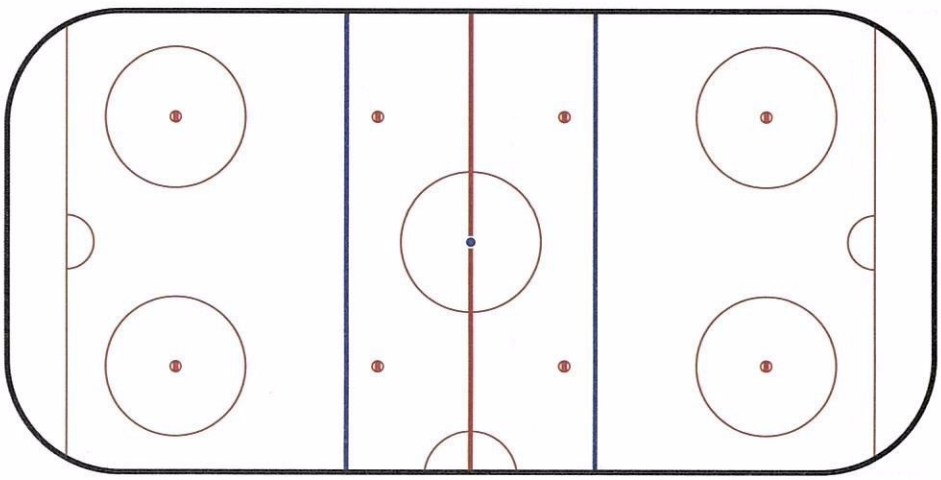


2-2 AUS MITTE ->
PASS VON TRAINER ->
NACH ATTAKE OFFENSIV
SPIELER, SPIELEN DIFEN
8-9 min



SPIEL
13 min



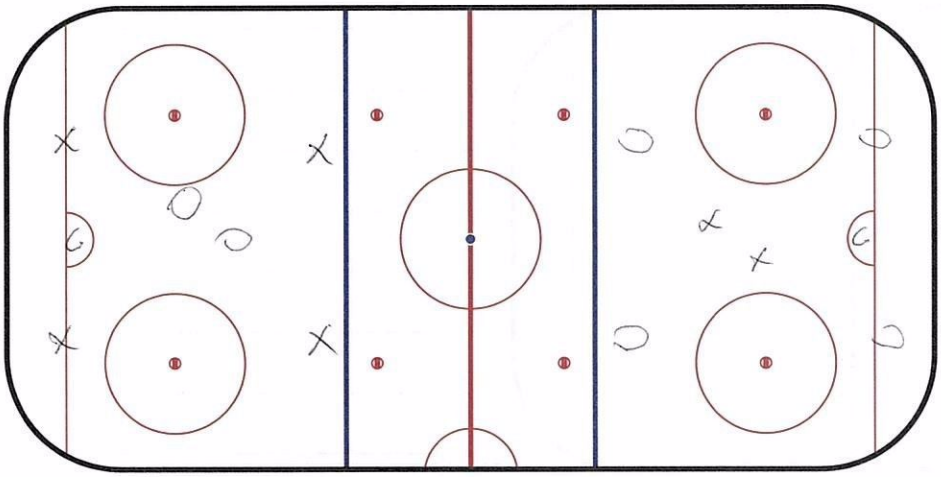


TEAM: U15. 16:40 - 17:40

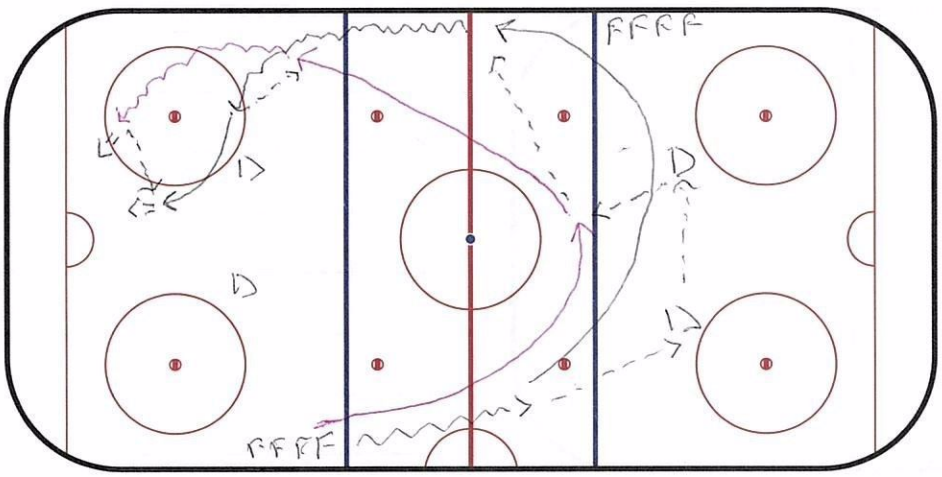
DATUM: 24.11.2022, -> ~~25.11.2022.~~

TRAINER: YURI, MARTIN,

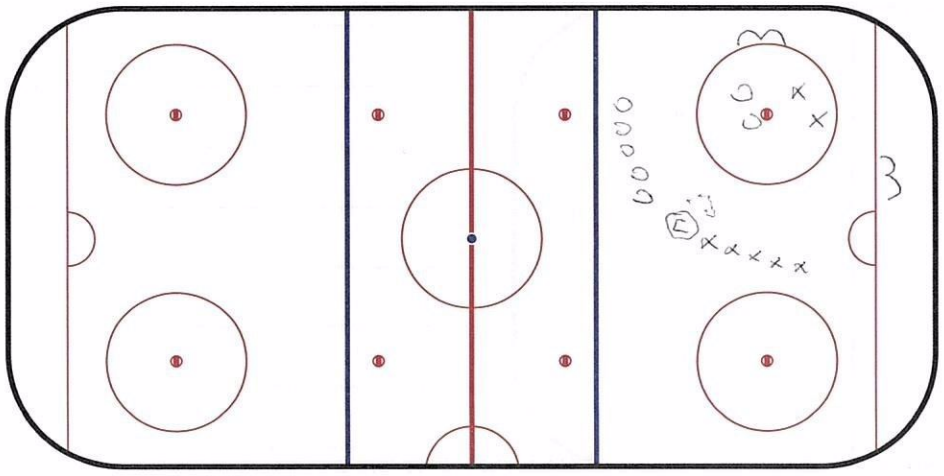
TRAININGSPLAN



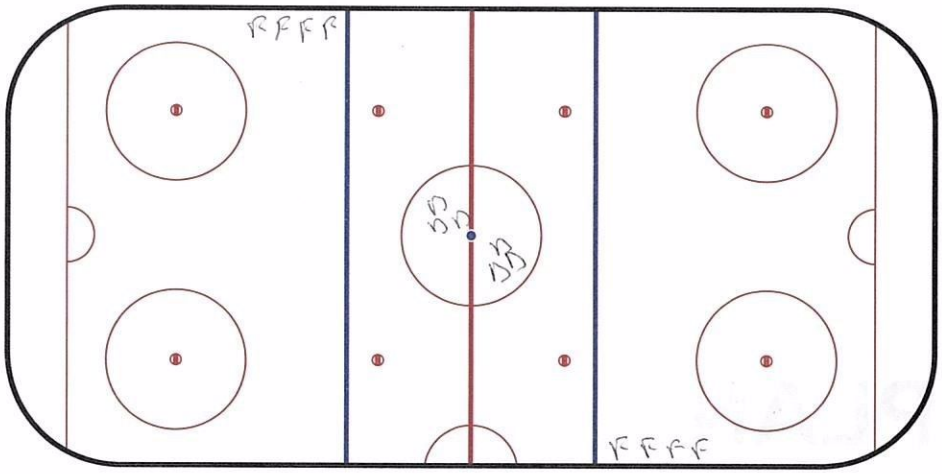
Im 2 Zonen 4-2 ->
-> 4-2.
10 min



2F - 2D -> 2 - 0
A) KREISEN
B) AUßEN -> mittlere
zug zum TOR.
10 min



2 - 2 KLEINE PLATZ
8 min

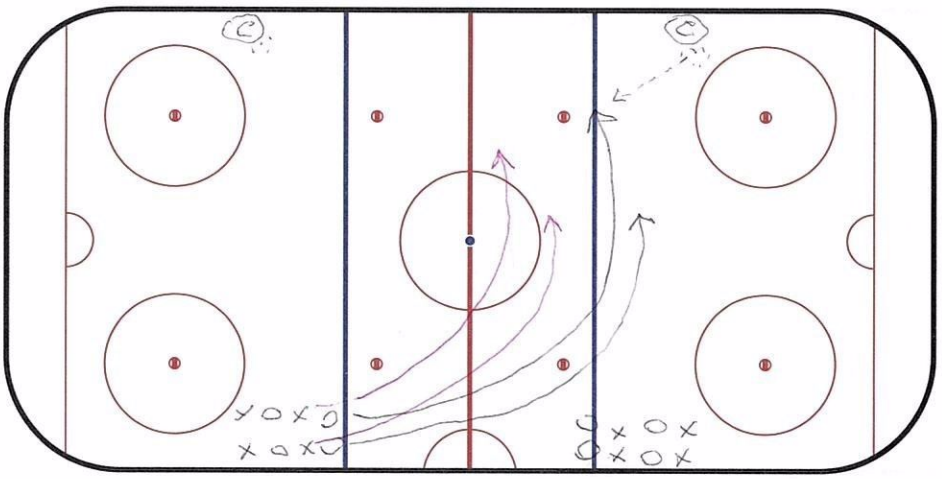


2F → 1D

A) KREUZEN

B) HINTER TOR

3min



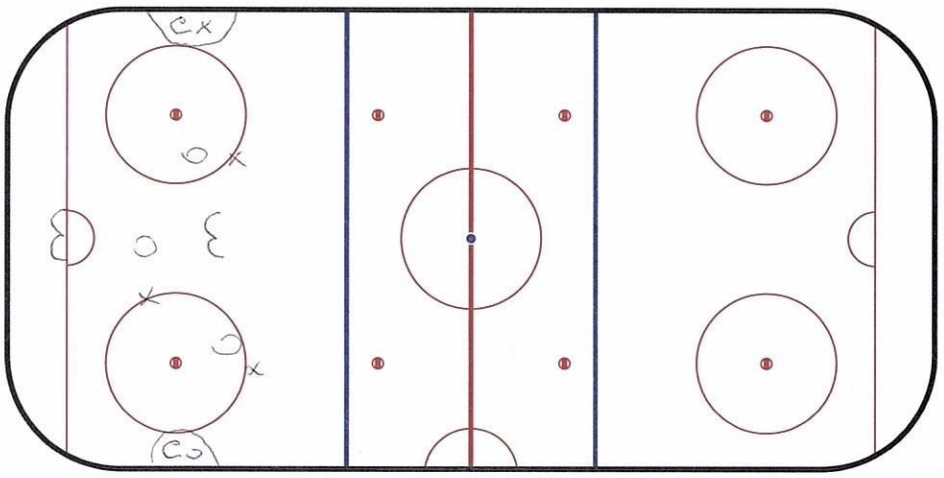
2-2 mit PASS von TRAINER.

3min

↓

Oder 2-1 → 3-1 →

→ 2D FÜR ~~PASS~~ AUFBAU PASS.



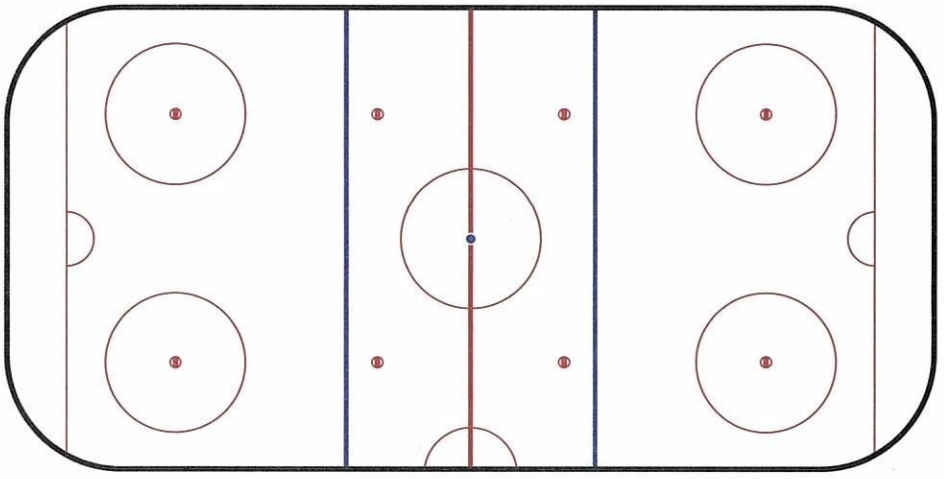
Spiel im zone 3-3

TR JOKER FÜR sein TEAM.

10min

↓

Oder 3-3 ganze eis

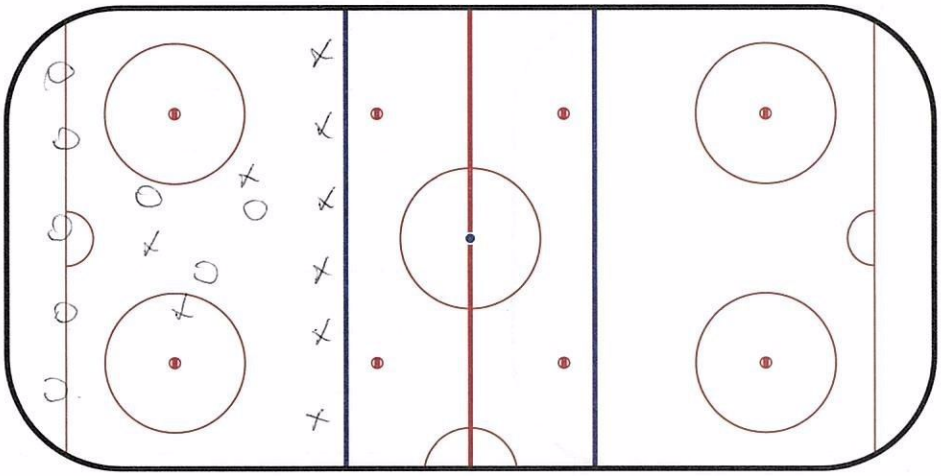


TEAM: U15, 16; 20 - 17:20

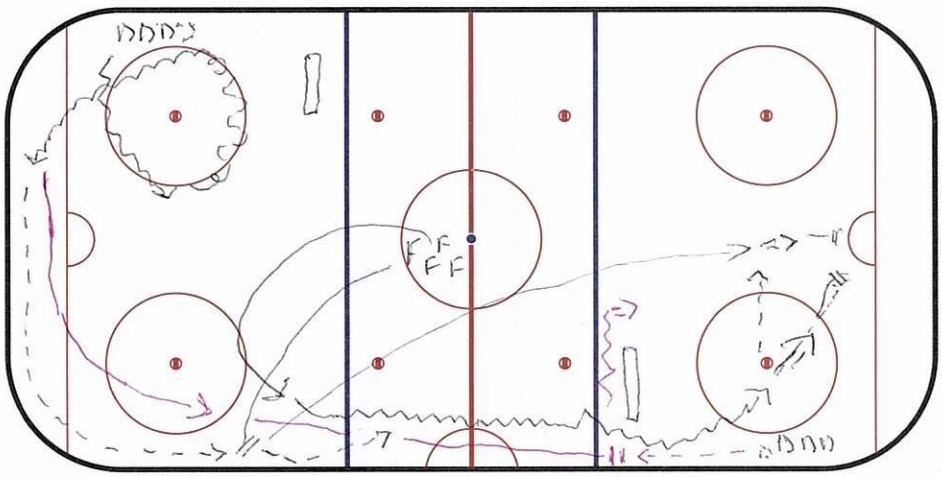
DATUM: 28.11.2022.

TRAINER: YURI

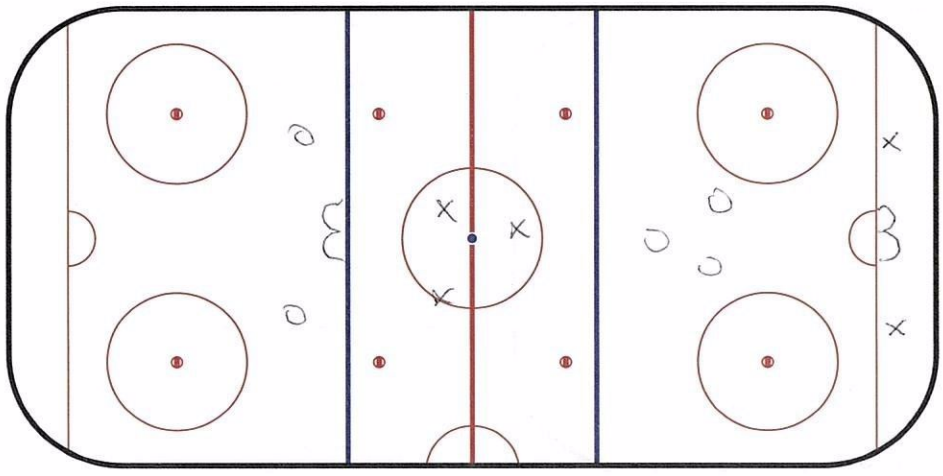
TRAININGSPLAN



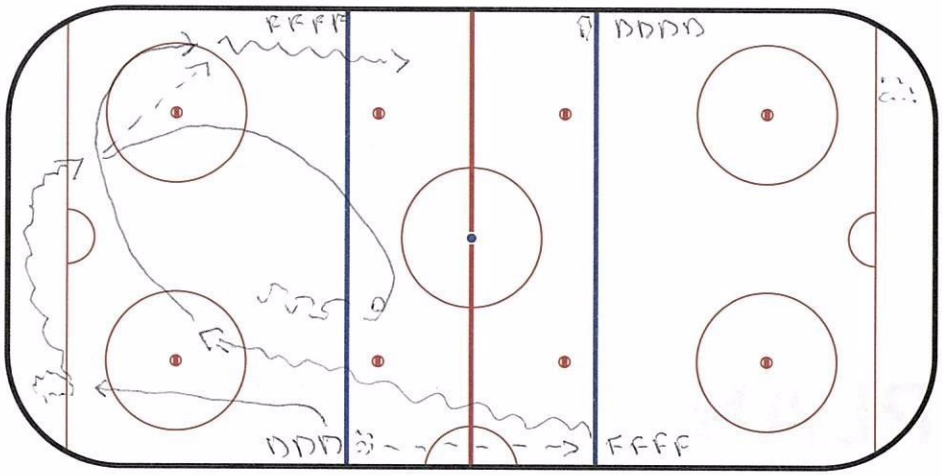
Aufwermen 3-3
mit PASSen zum eigene
GRUPPE.
8 min



2-0 mit PASS von D
HART bei BANDE →
besser bei bande arbeit
→ ARBEIT von TOR nach
1:1-schuss.
10 min

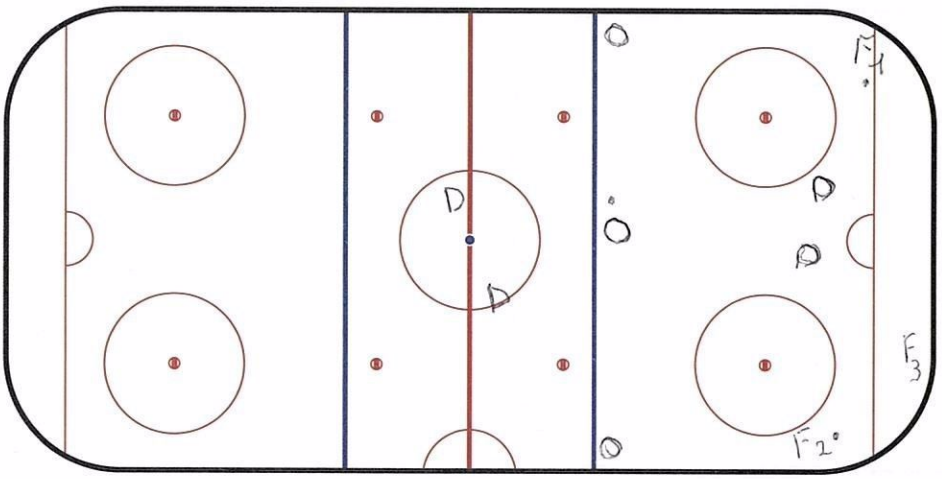


Spiel 3-3 mit 2 JOKE
offensiv hinten TOR.
10 min



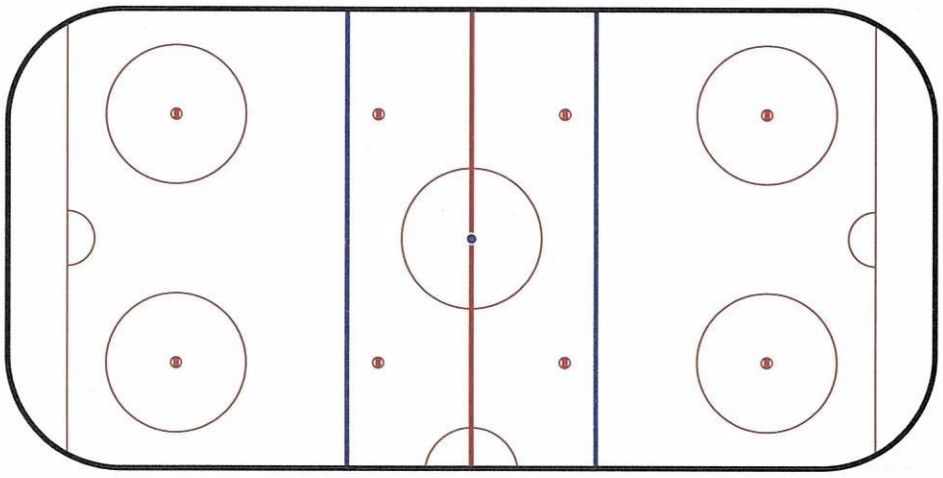
1-1 → PASS von D zum F → F schuss und Arbeiten → D puck holen gute erste pass.

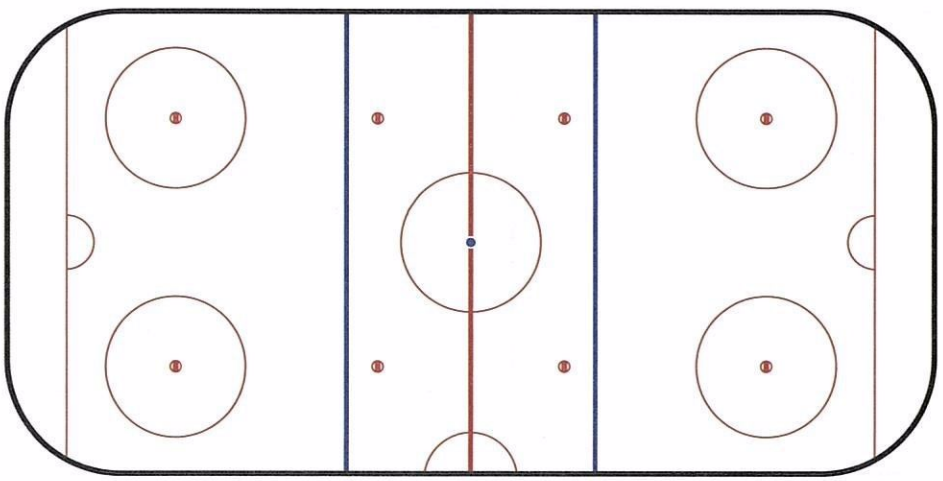
6x6 → 12 min



1-1 → 3-2 → 5-5 mit zurück Arbeiten

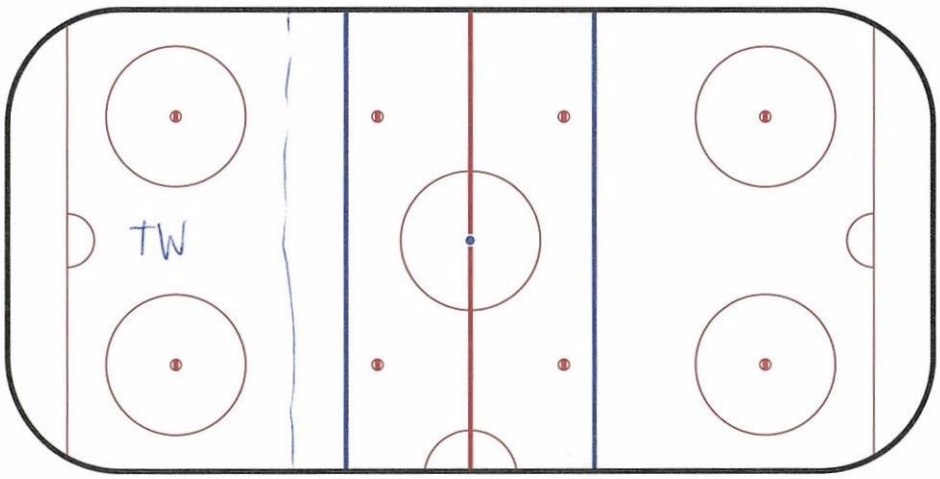
13 min.





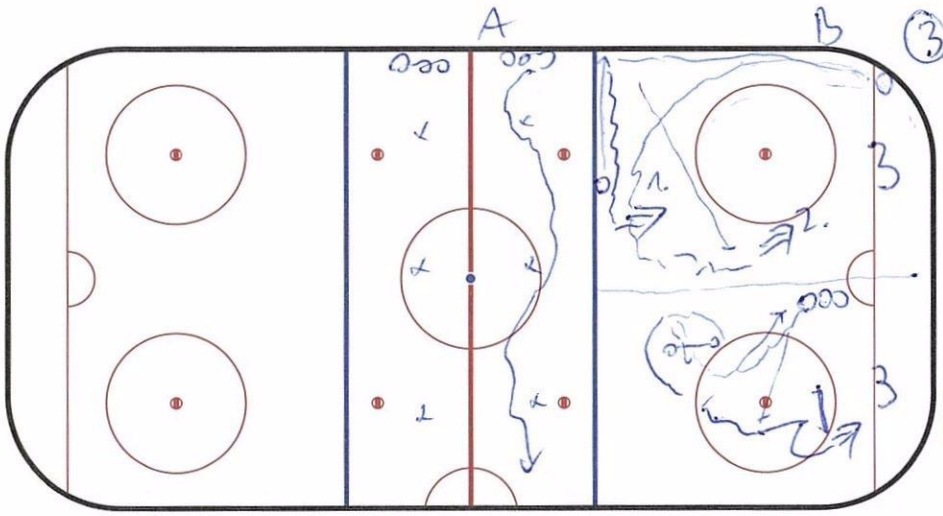
TEAM: U15/U17
DATUM: 29.11.22
TRAINER: Martin, Yuri, Markus

TRAININGSPLAN



1. Skating - Ik/Ak rw
- Ein Bein - Ik/Ak rw
- Ein Bein - 3er Drehung
Innen/Außen
10 min

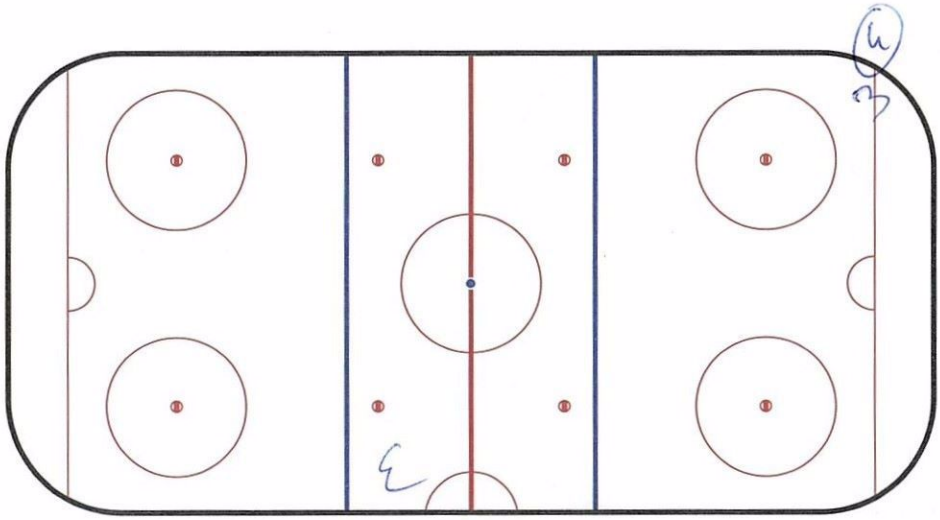
2. Passbahnen
vorne, hinten, rw,
i.d. Skates, hinter Rücken,
2 Scheiben
10 min

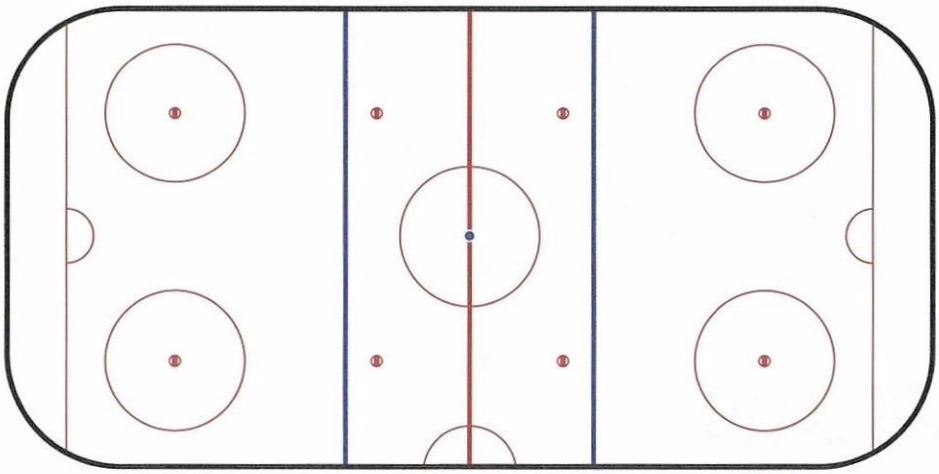


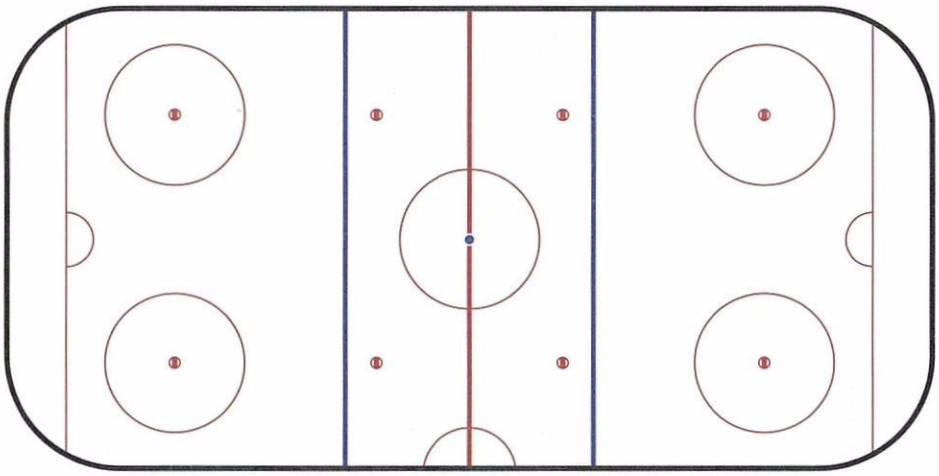
(3) A Stickhandling
B D-shot, dann F Shot
C Doppelpass, Darts yuk

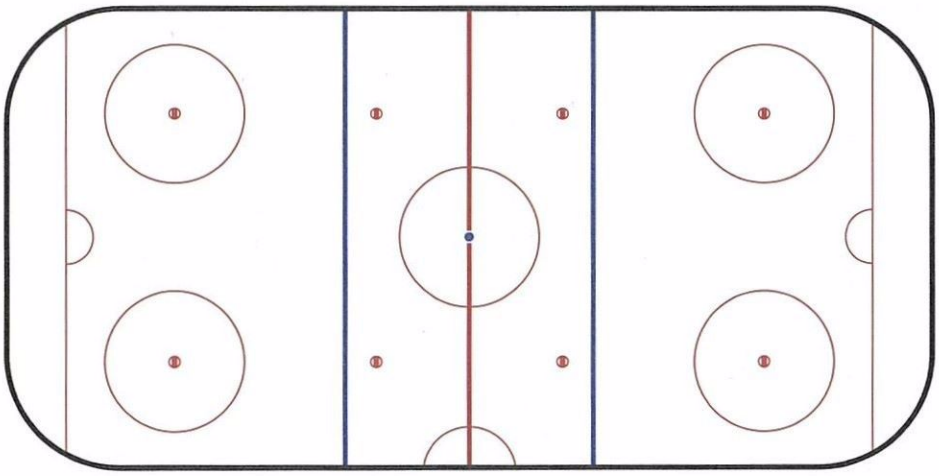
3 x 6 min

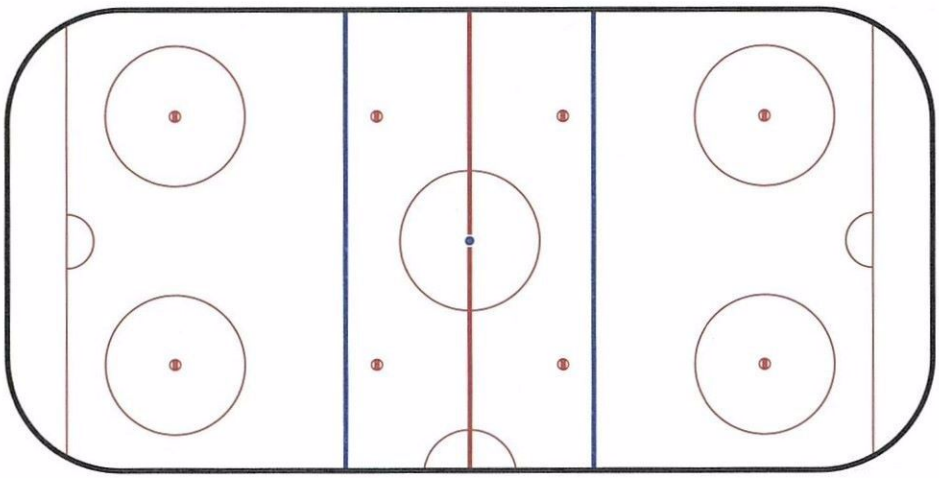
(4) Spiel
3:3 / 4:4









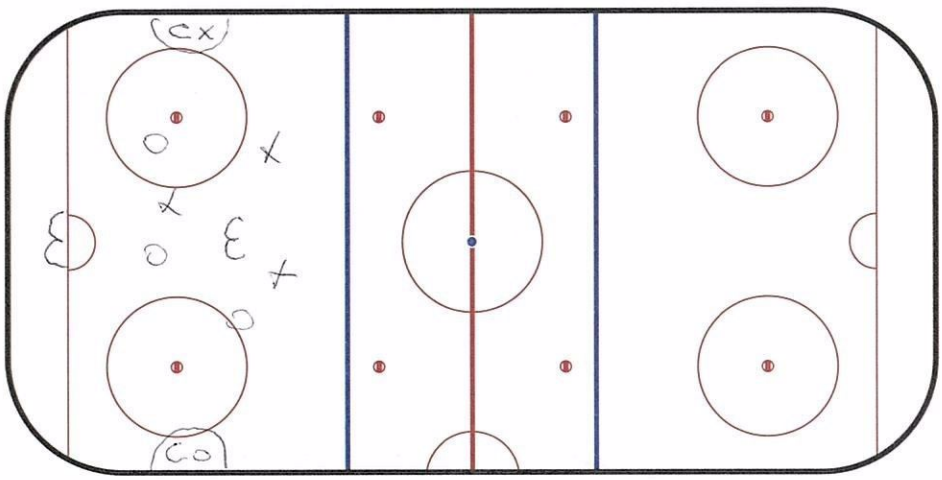


TEAM: U9 16:40-17:40

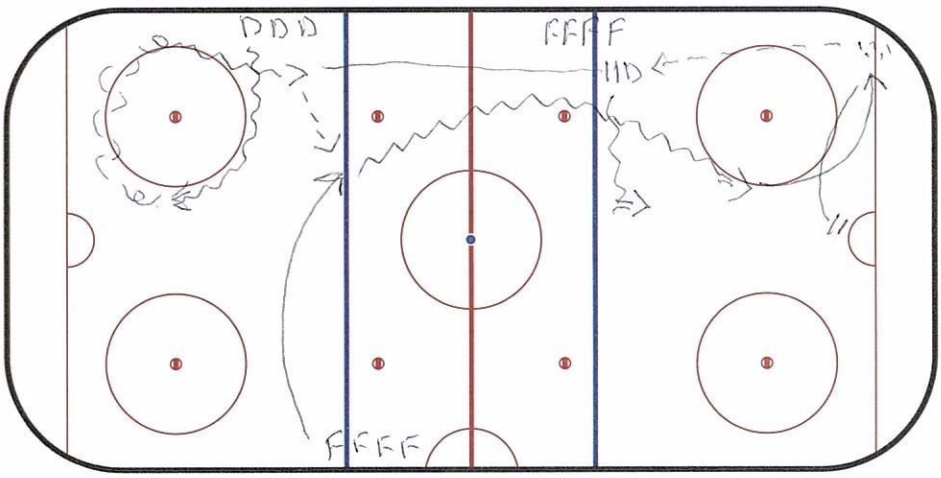
DATUM: [redacted] 1.12.2022

TRAINER: YURI, MARTIN

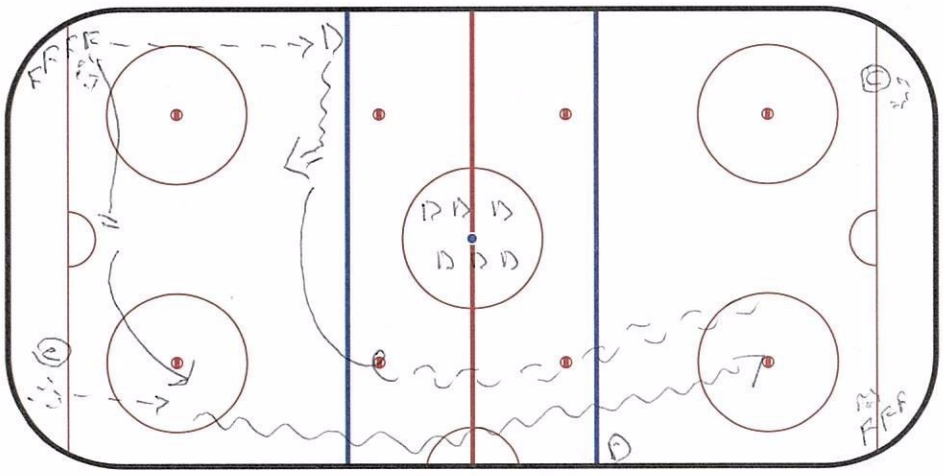
TRAININGSPLAN



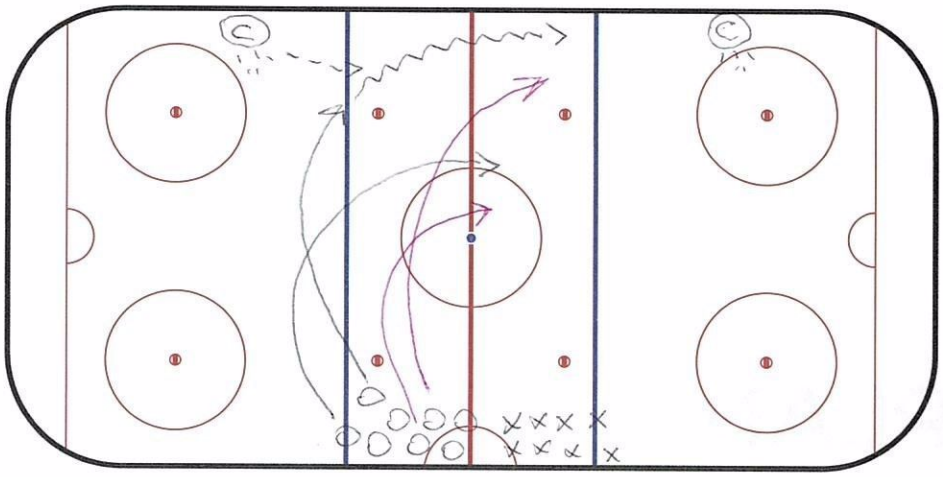
Aufwermen Spiel
3-3 mit TR JOKER
für sein TEAM.
10 min



1-0 D-F ZUSAMMEN
ARBEIT
10 min

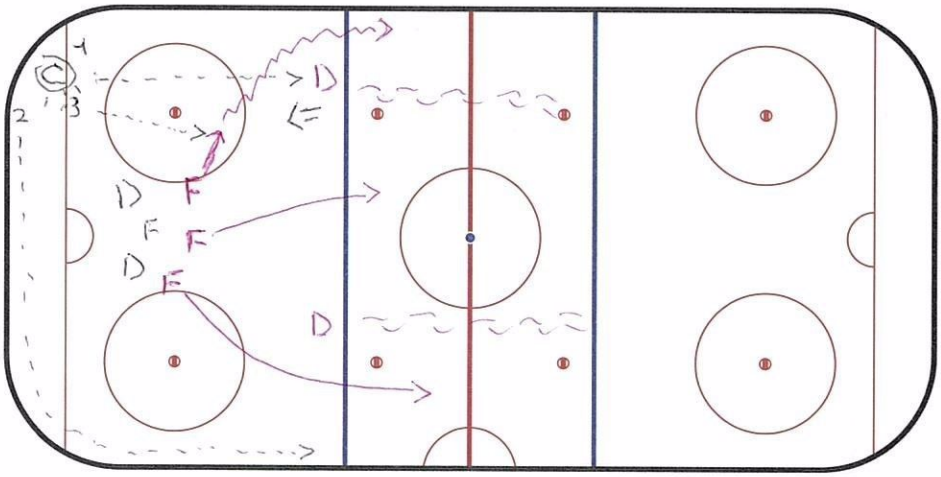


1-1 nach PASS von F
zu D -> D-schuss ->
F-ARBEIT VOR TOR.
10 min



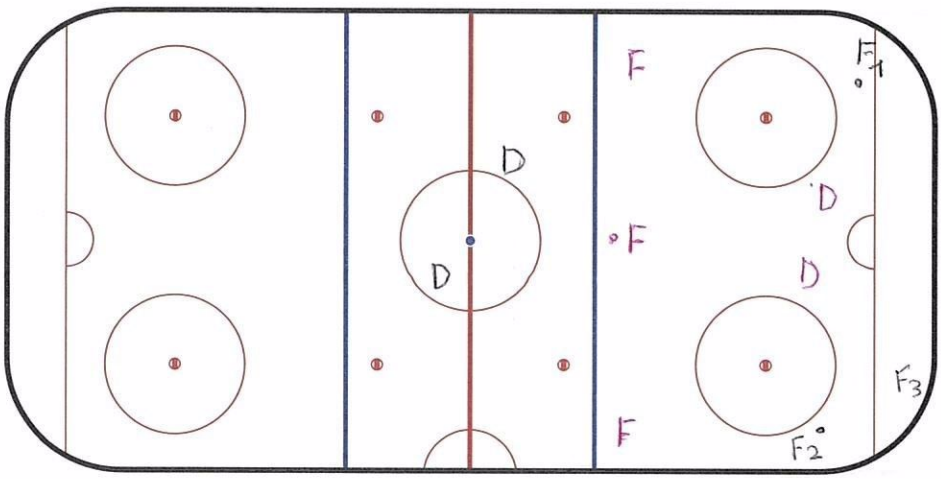
2-2 nach Pass von TR.

8-10 min



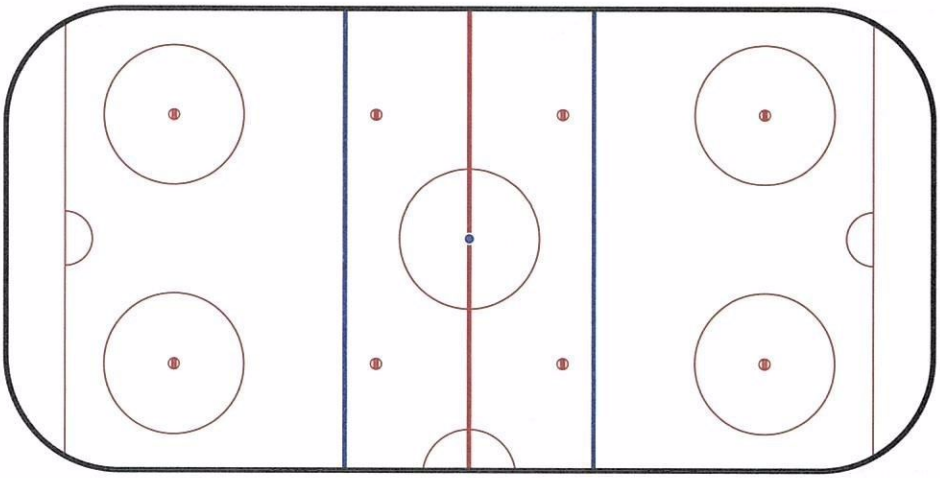
3-3 vor Tor nach Schuss von D → und 3-2 andere Richtung

10 min



1-1 → 3-2 → 5-5

10 min

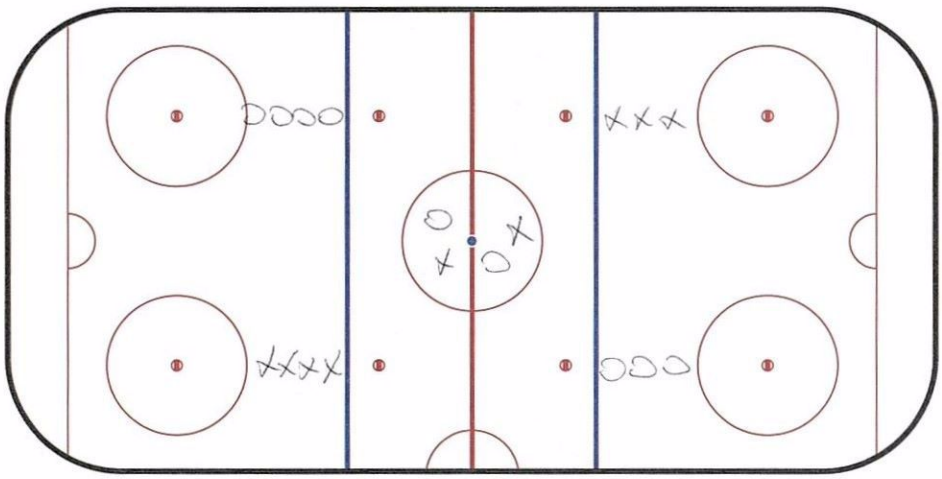


TEAM: U15, 16:40-17:40

DATUM: 2.12.2022 . 8.12.2022

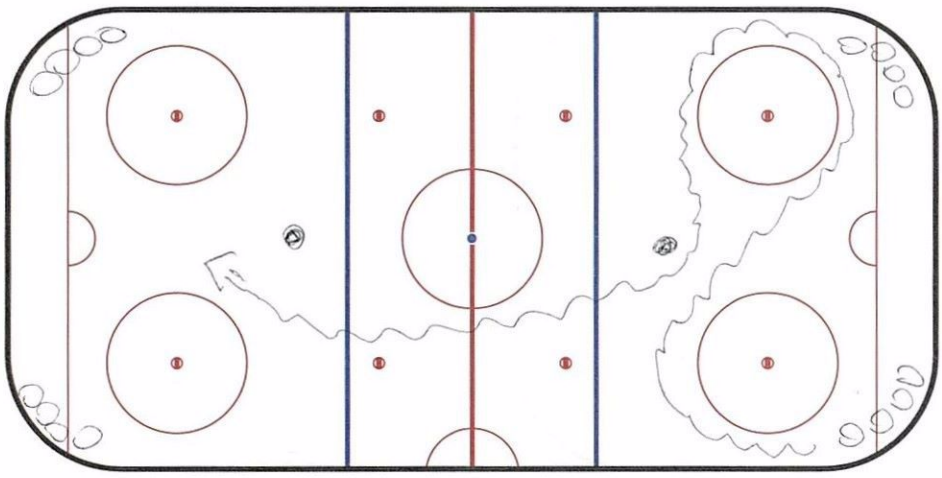
TRAINER: YURI.

TRAININGSPLAN



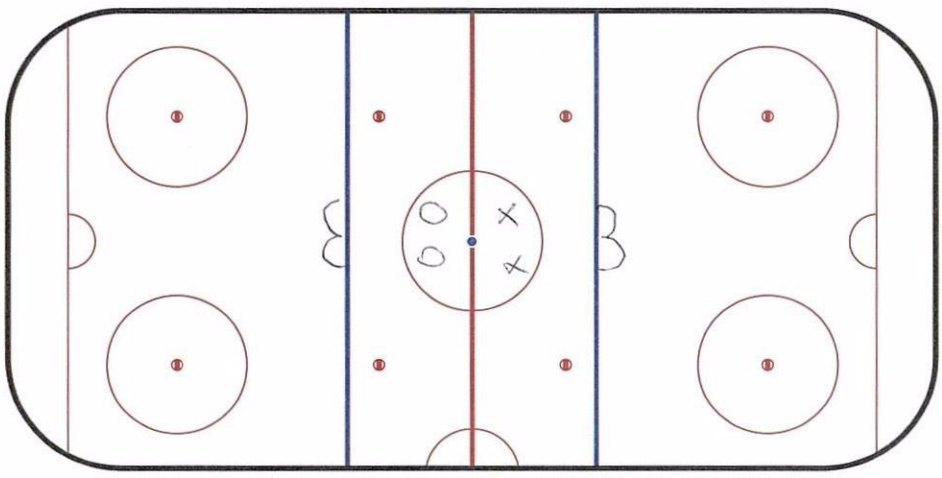
Spiel 2-2 mit 2 diagonale Tore

10 min



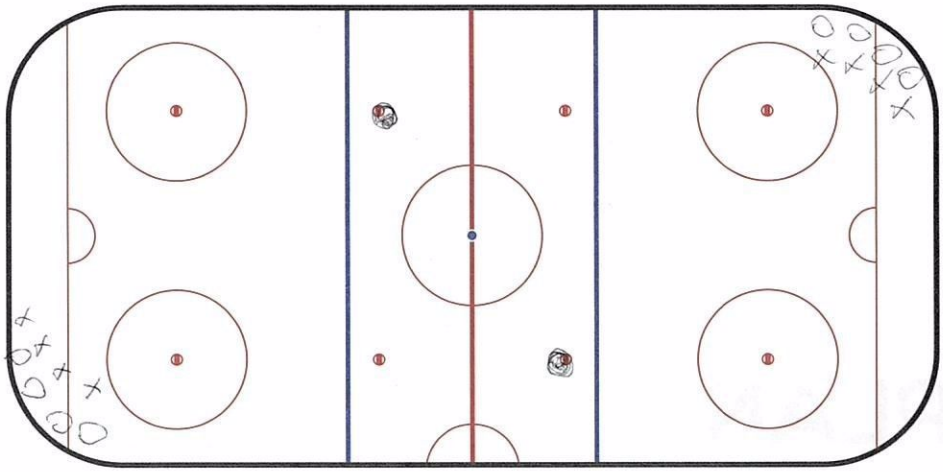
1-0 -> [illegible] mit Bully kreisen und überseizen mit zug zu mitte

10 min

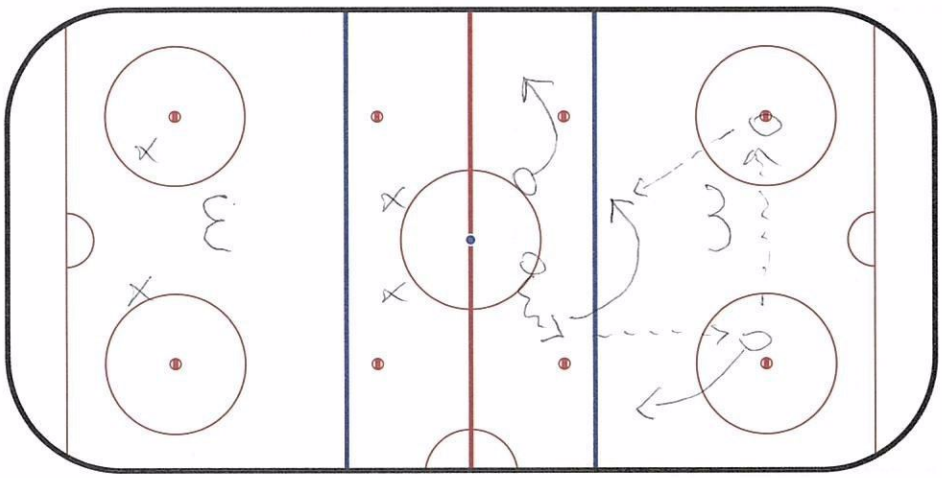


2-2 mitte kleine Platz.

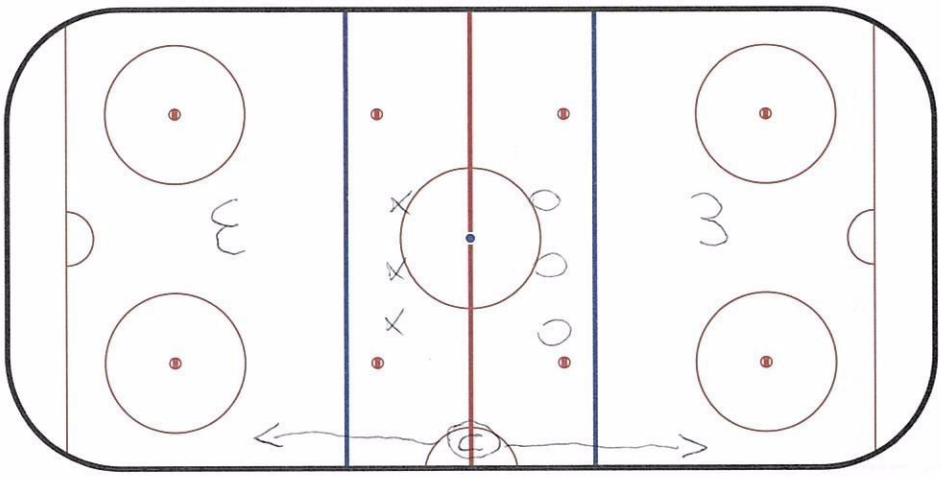
10 min



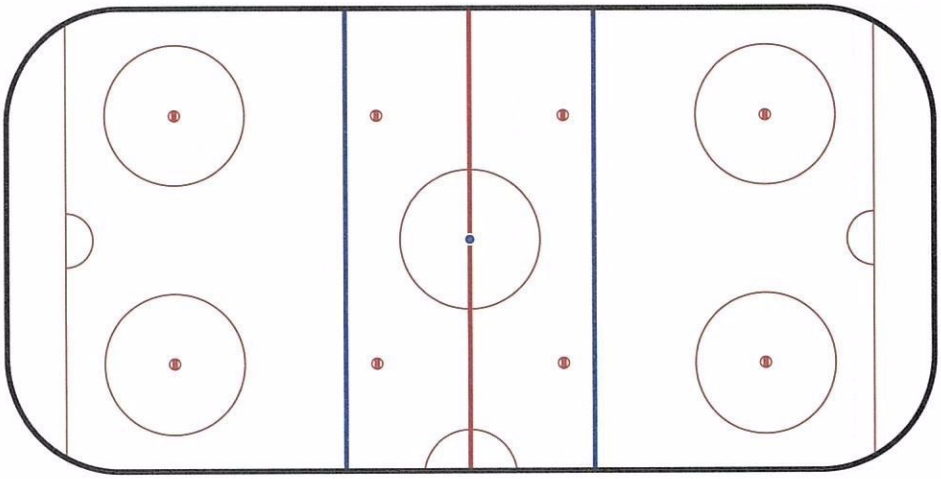
1-1 im zwei seiten
10min



2-2 + 2 JOKER HINTEN
eigene TOR -> nach
PASS HINTEN TOR
SPIELER gehen rein
10min



3-3 40x30 -> TR
JOKER FÜR beide
TEAM.
10min

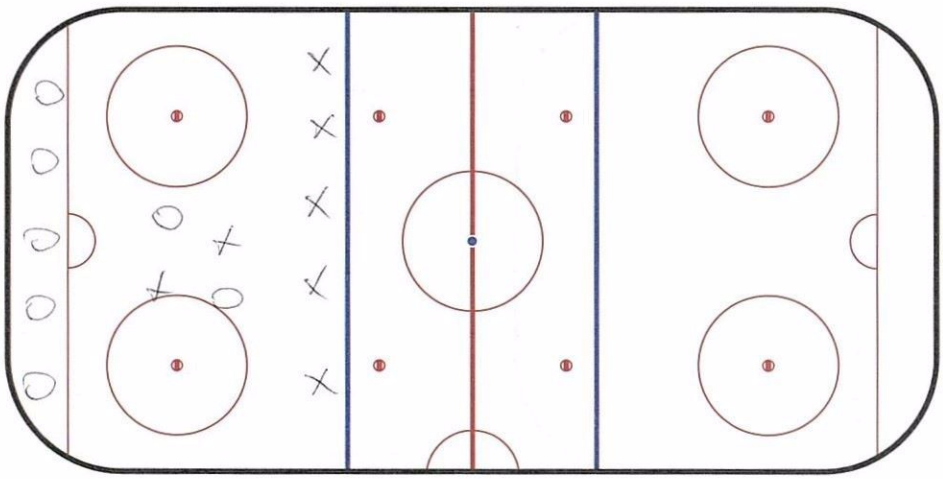


TEAM: U15, 15:20-16:20

DATUM: 5.12.2022.

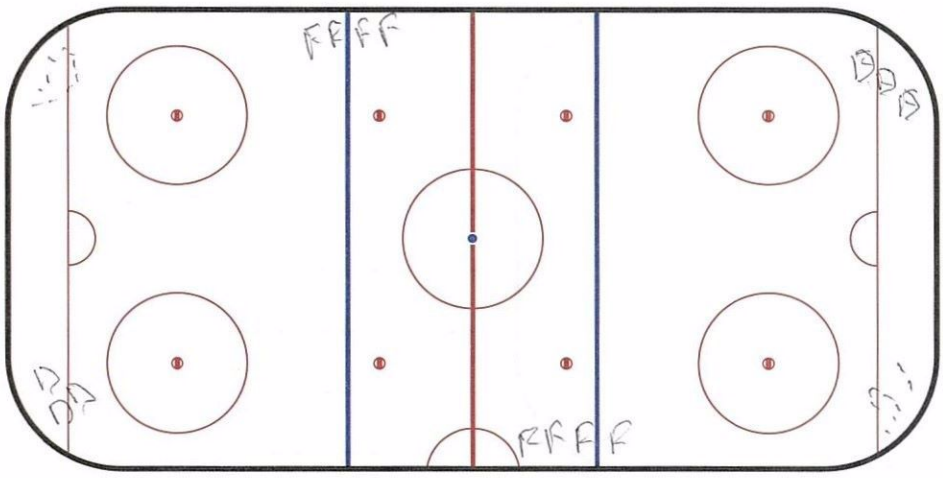
TRAINER: Yuri

TRAININGSPLAN



2-2 mit PASSen zum eigene GRUPPE.

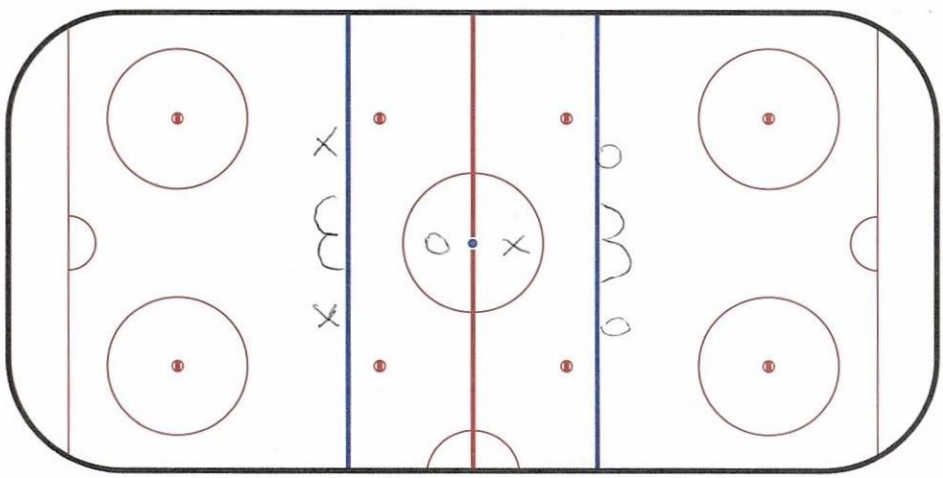
10



2-0 + 1D -> Bertyuk

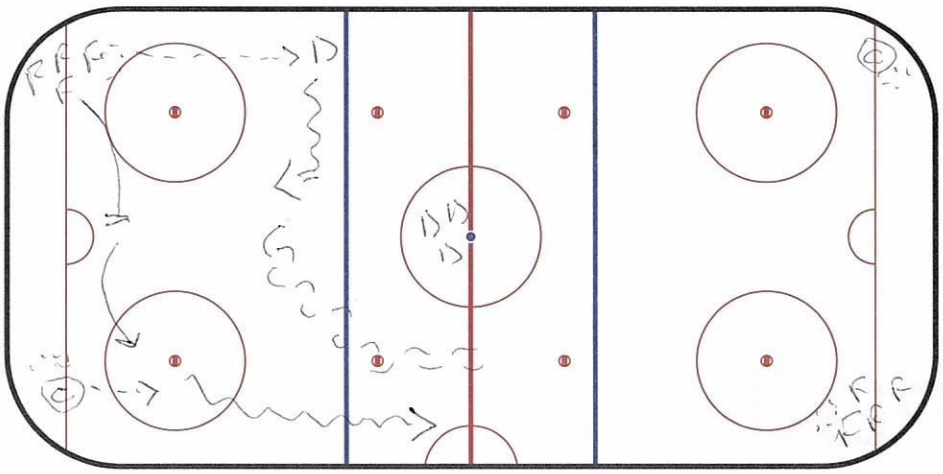
ARBEIT VOR TOR

10 min



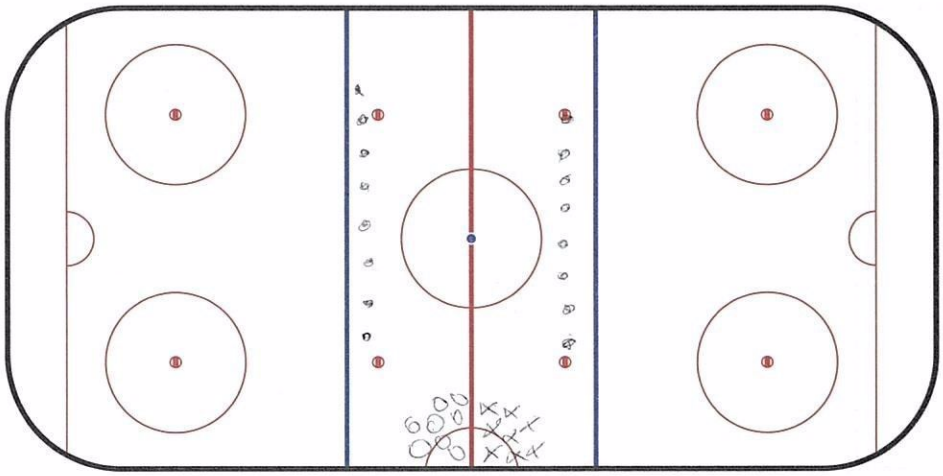
3-1 -> 3-1

10 min



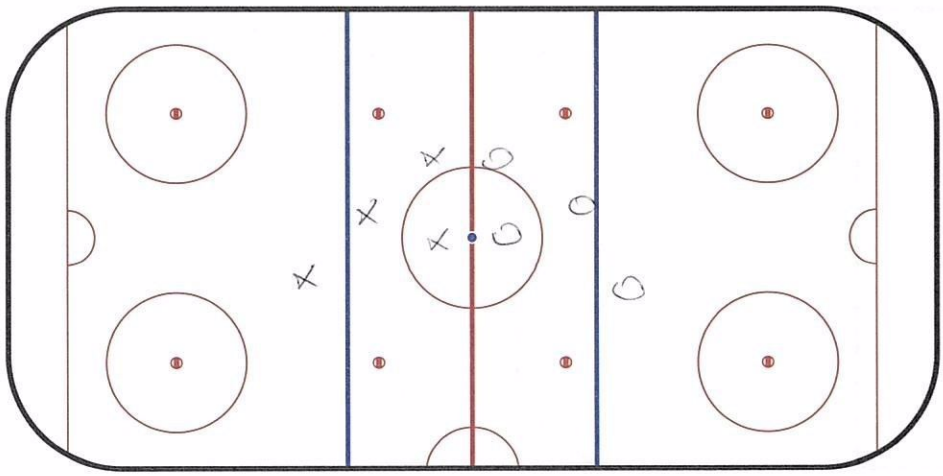
1-1 nach schuss von D

10 min



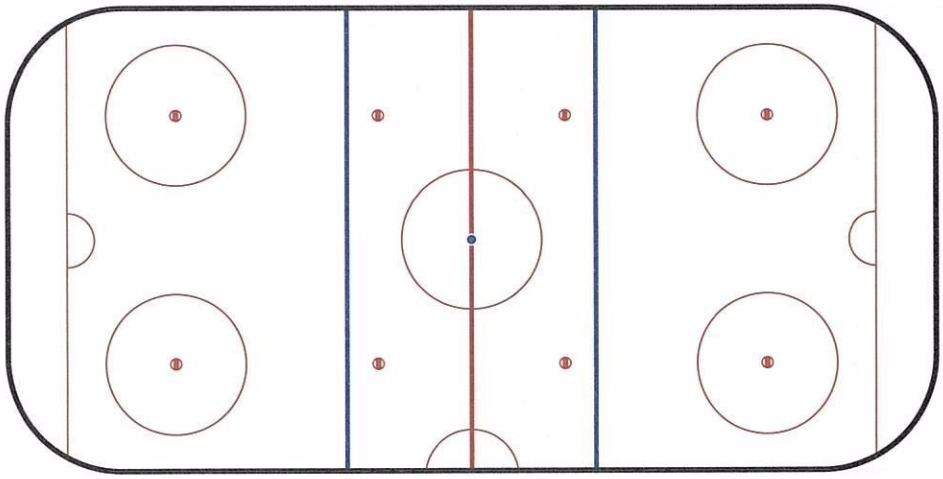
2 gruppen penalty 2mal.

6min



Spiel 4-4 ganze eis.

13min

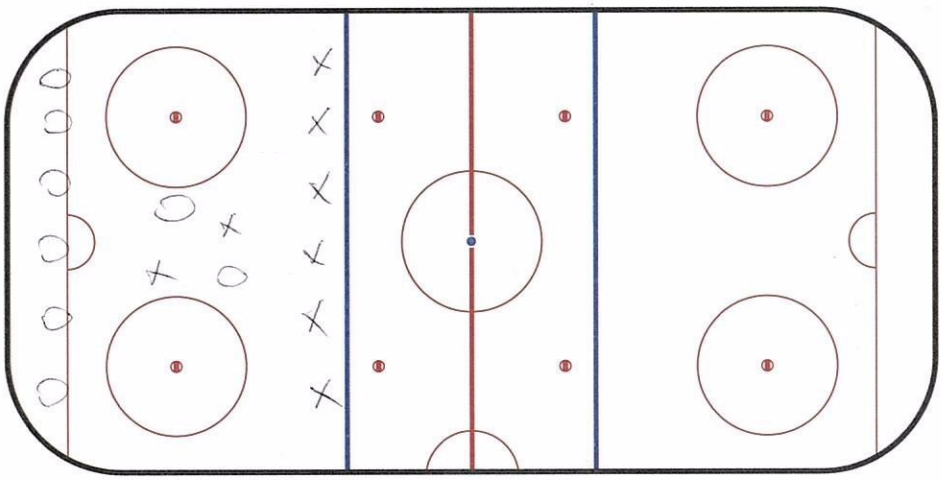


TEAM: U15, 17:50 - 18:50

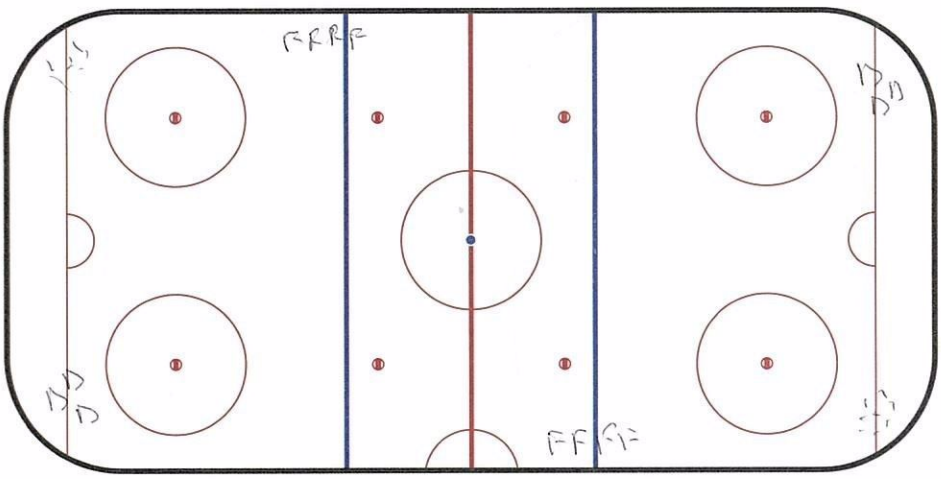
DATUM: 9.12.2022

TRAINER: Yuri

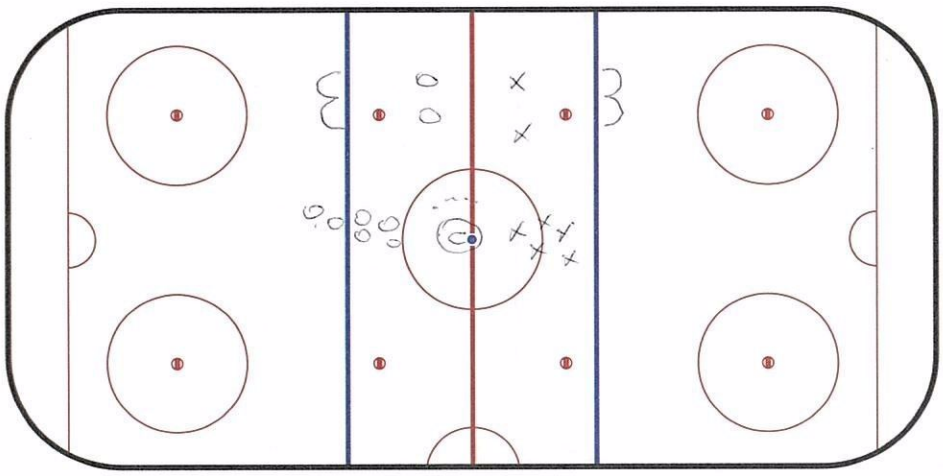
TRAININGSPLAN



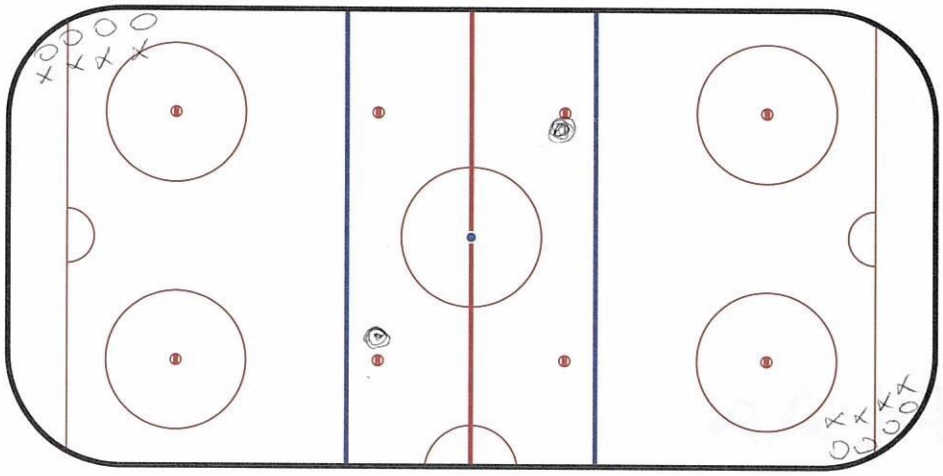
2-2 mit PASS zum eigene GRUPPE.
10 min



1-0 -> F-D ARBEIT
-> nach schuss
6-6 -> 12 min

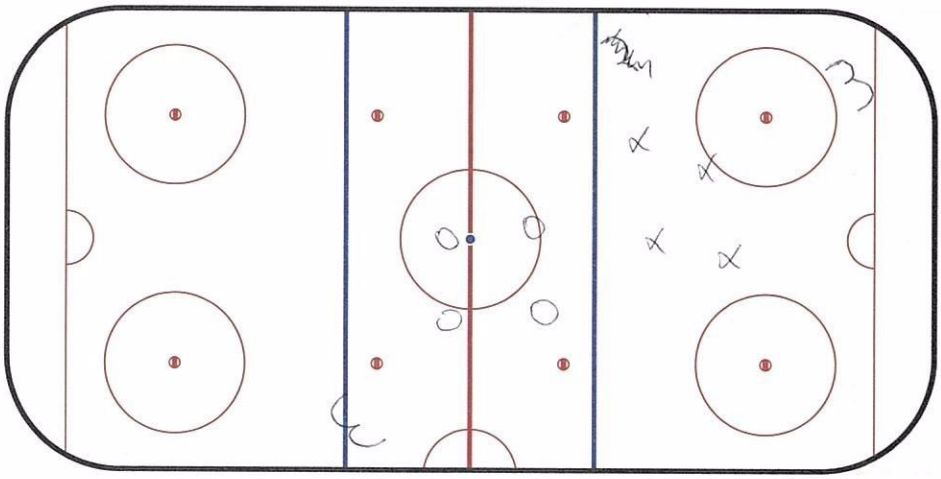


2-2 KL. PLATZ
10 min



1-1 → 2 Zonen

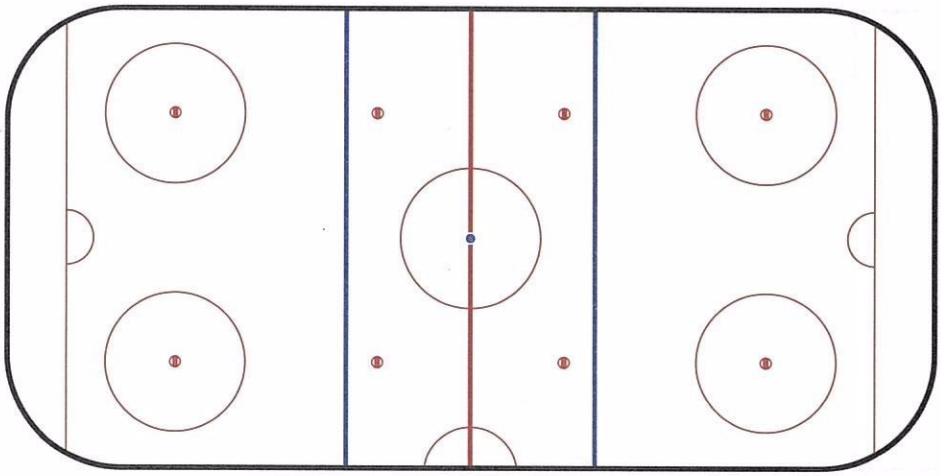
5-5 → 10 min

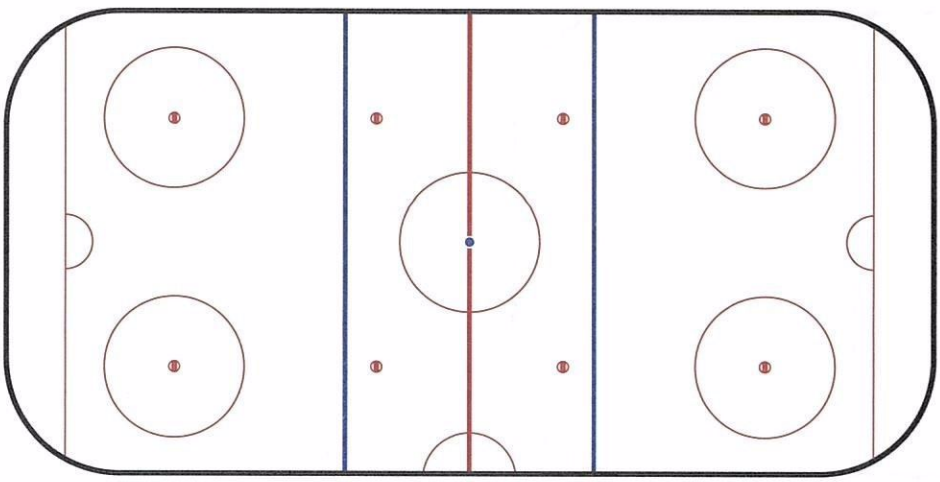


Spiel 4-4 →

→ TR Joker für beide

13 min





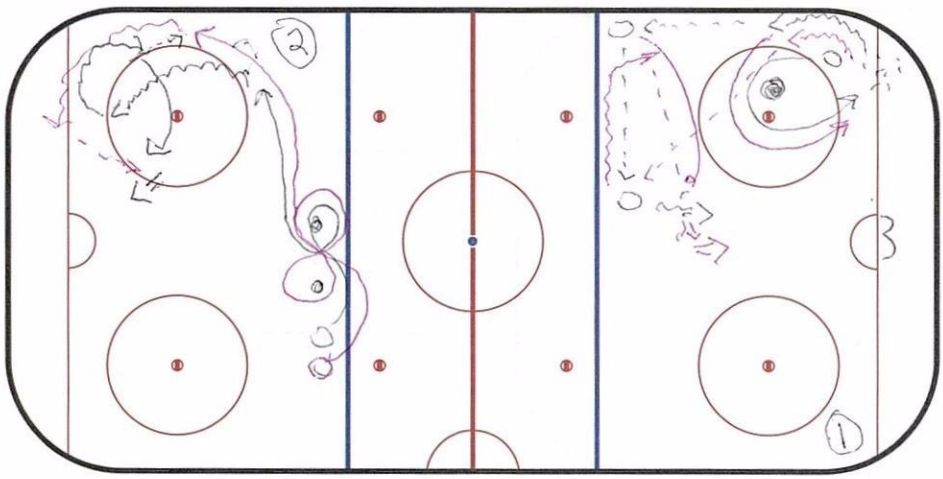
E.H.C. KLOSTERSEE

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

DATUM: 12.12.2022.

TRAINER: Yuri, Dome.

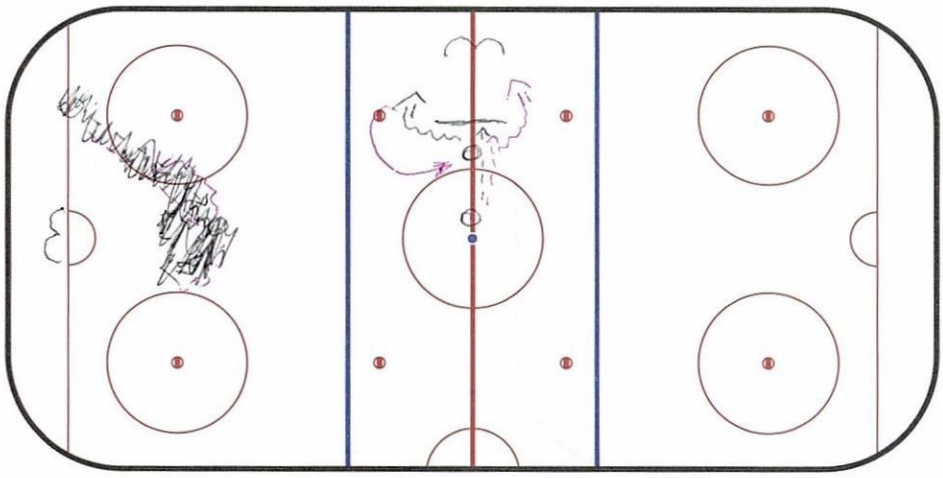
TRAININGSPLAN



① Spiel situation mit pass aus ecke nach oben -> 2 schuss variANten

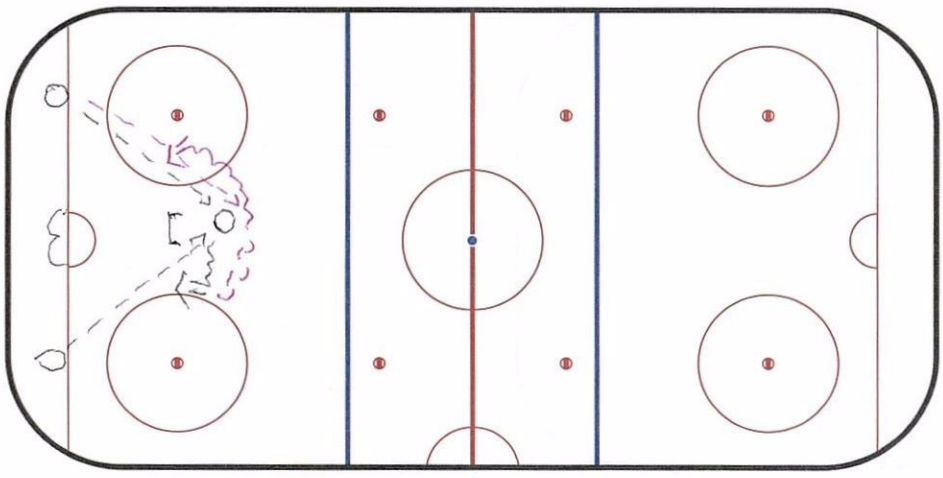
9 min

② U13



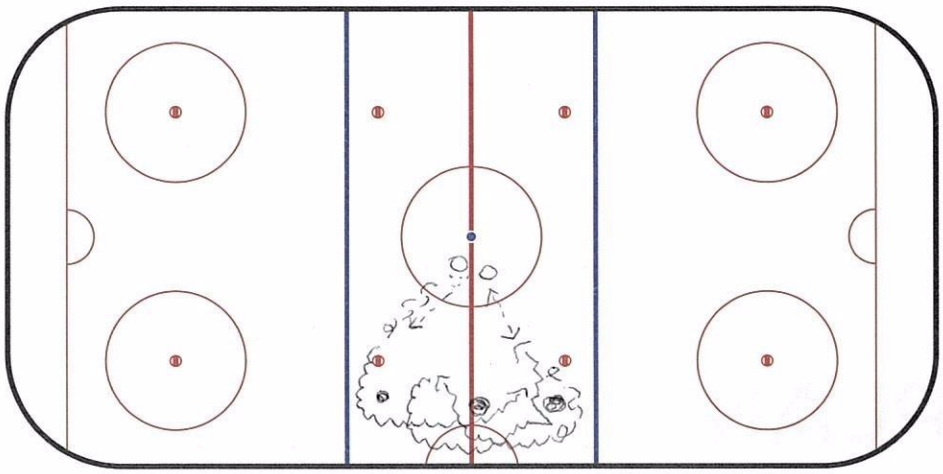
② Schuss nach pass zum brett und von brett aus bogen.

9 min

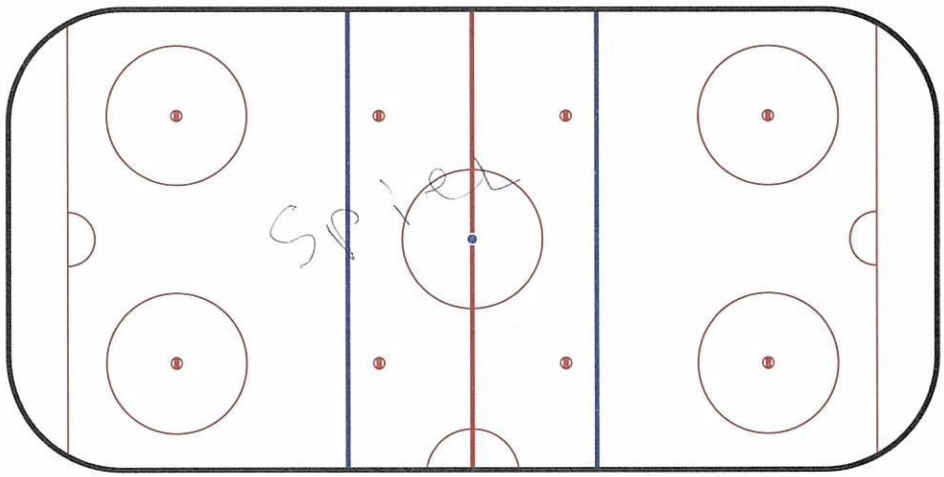


③ 3 schüsse nach pass aus ecke.

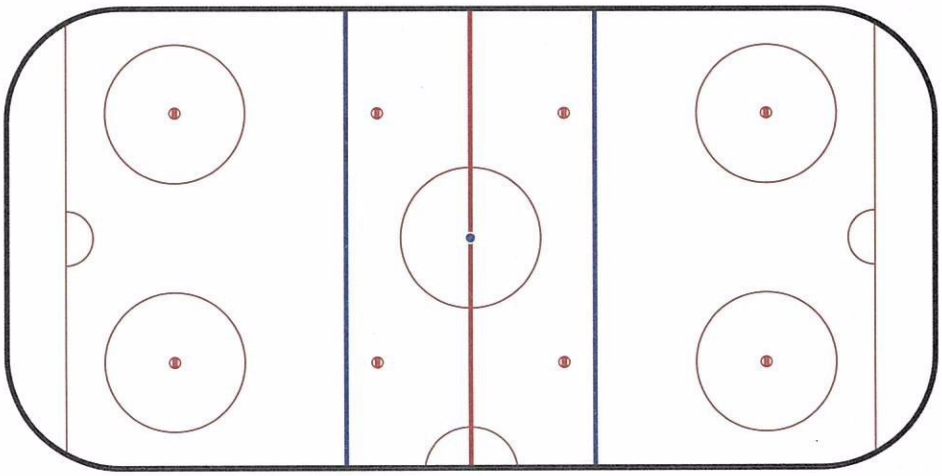
9 min

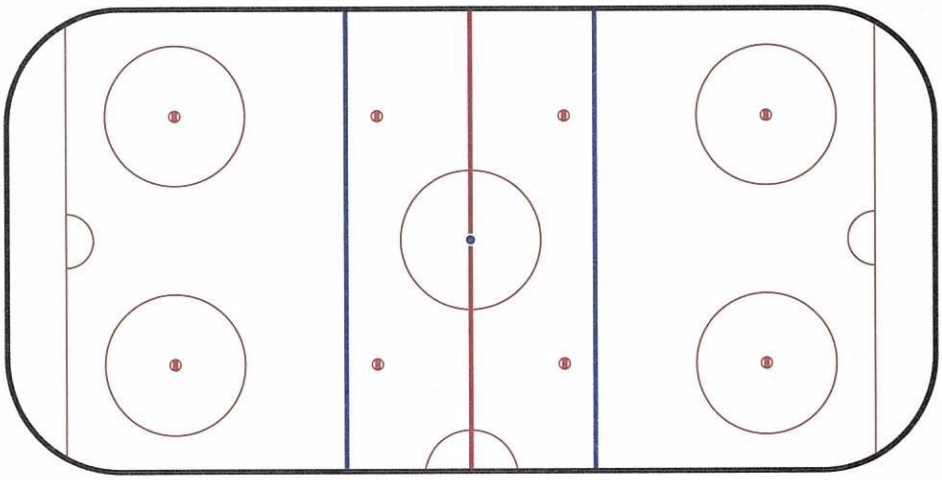


Eislaufen - Pass übung
→ Puck kontroll +
Technische Elementen
9min



Spiel ganze eis 3-3
13min
oder 40x30 mit
2 joker.



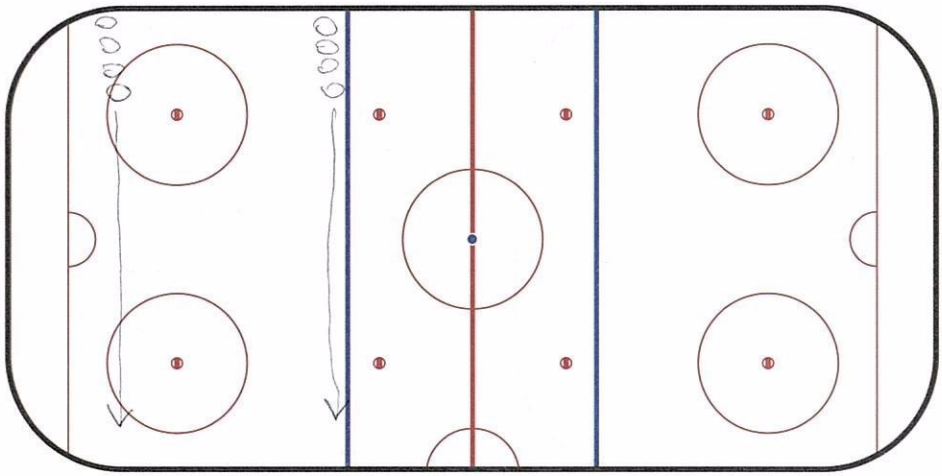


TEAM: U9, 15:10-16:10

DATUM: 13.12.2022.

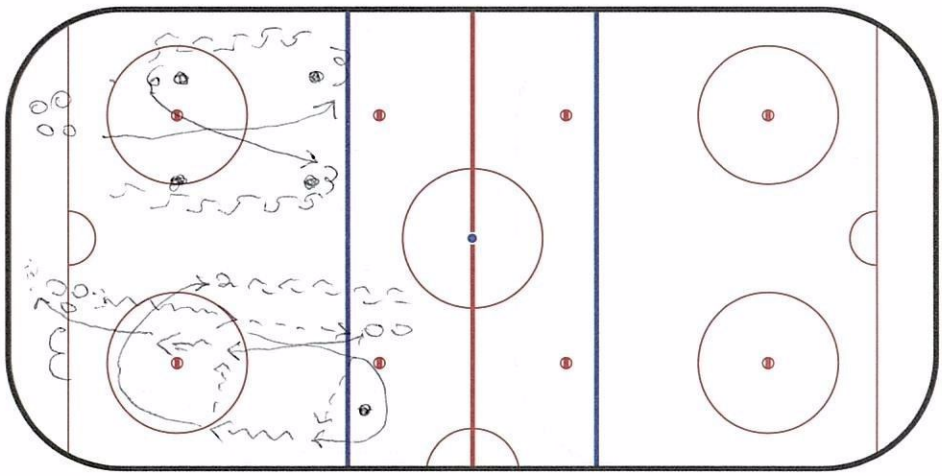
TRAINER: Yuri, Edi

TRAININGSPLAN



Eislaufen → technische elementen.

15min

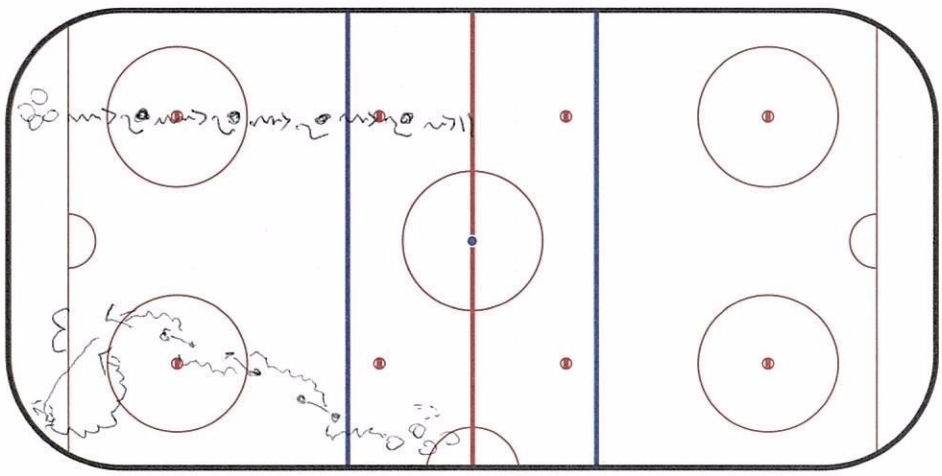


① Pass-schuss Übung

8min

② Eislaufen vor-rück.

8min

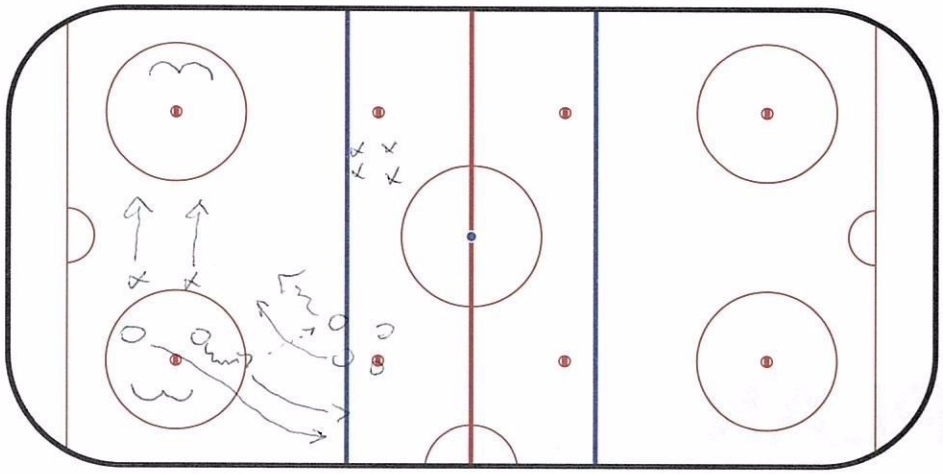


③ 2 schüsse → puck kontroll technik

8min

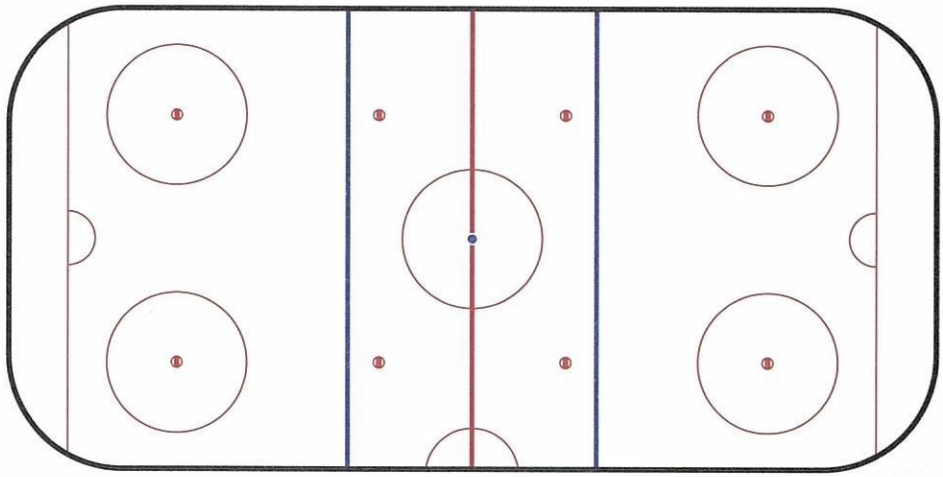
④ Technische elemente mit schläger.

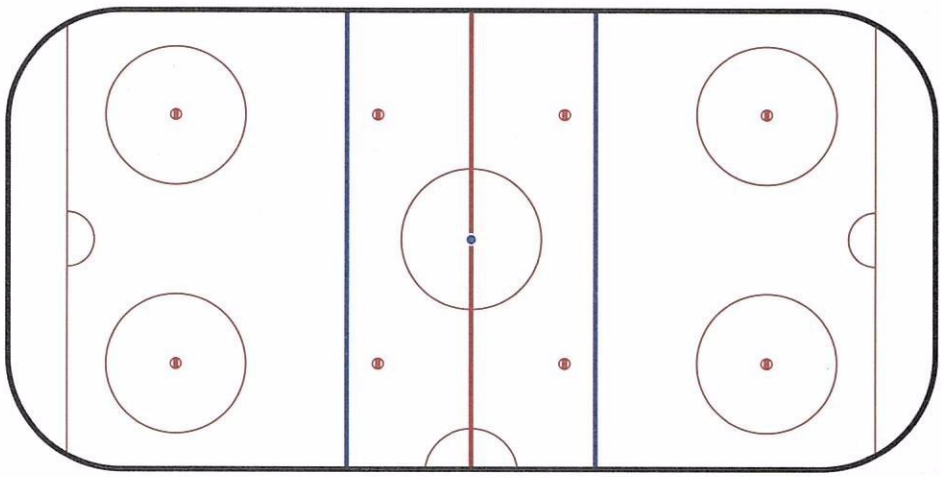
8min

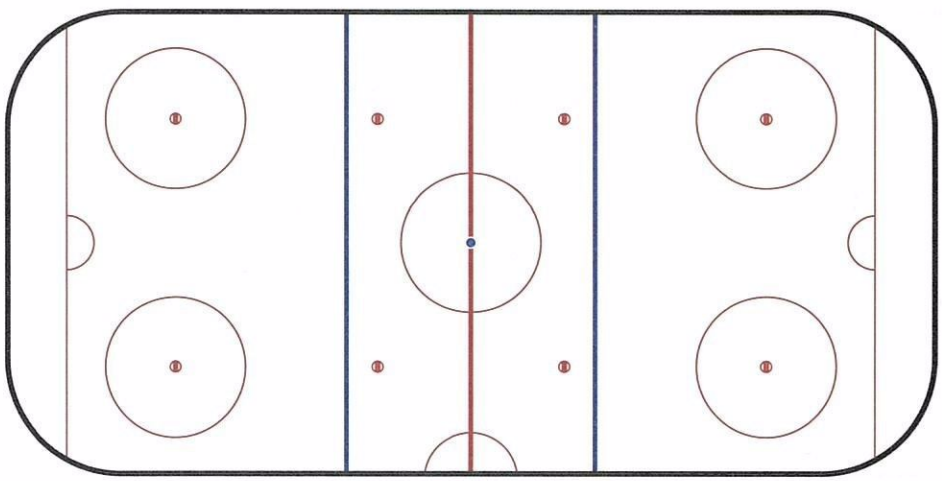


Spiel 2-2 mit Aufgaben

12 min





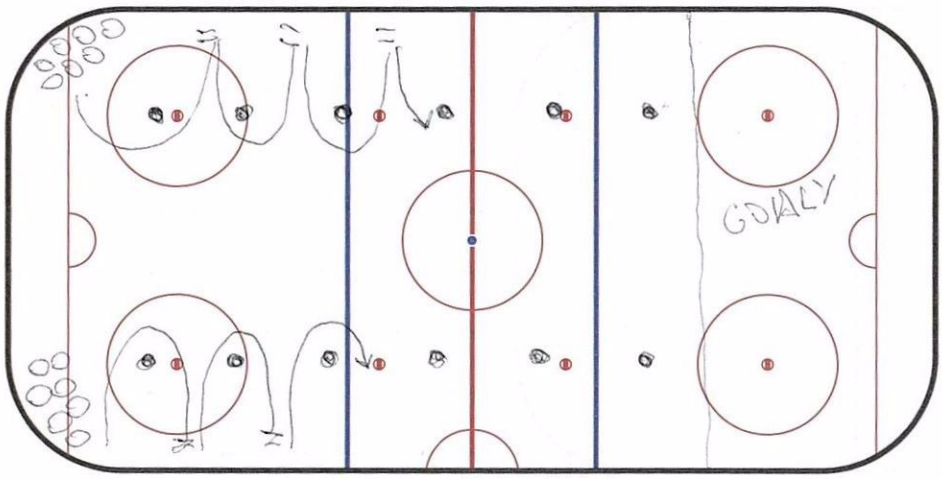


TEAM: U15U17. 18:40-19:40

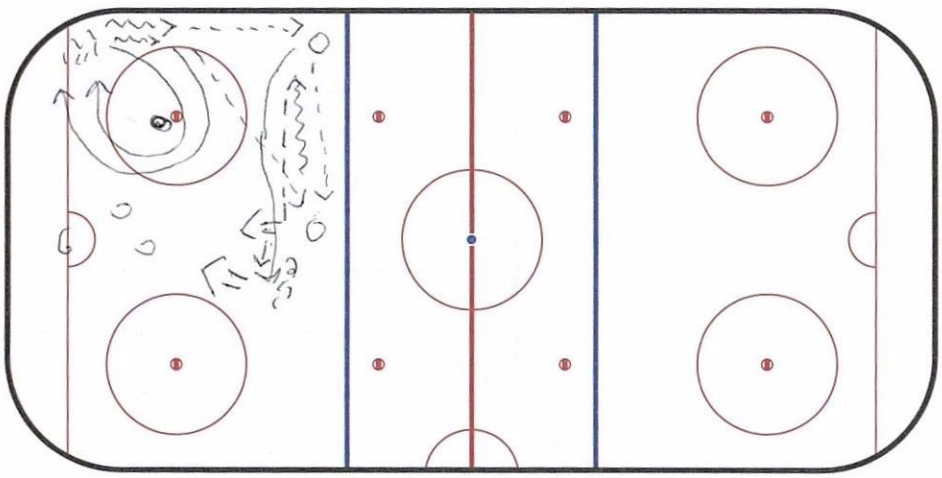
DATUM: 13.12.2022.

TRAINER: YURI, MARTIN, MARKUS.

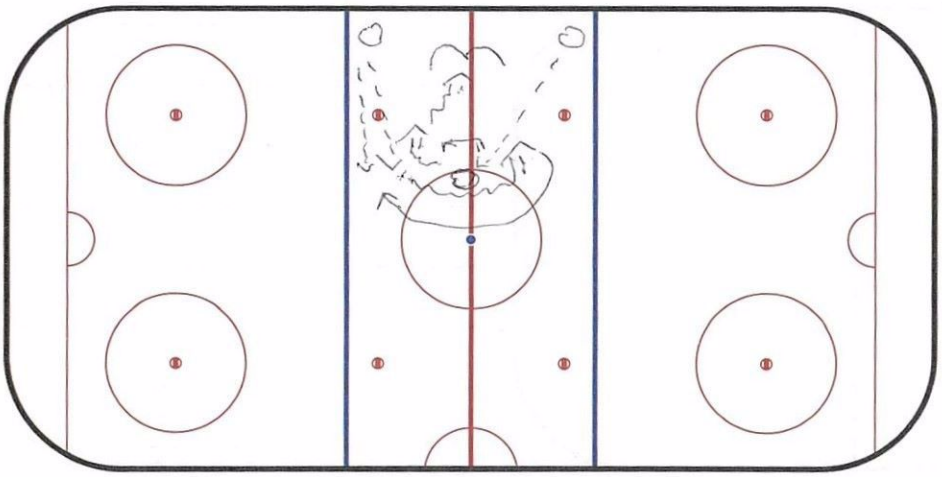
TRAININGSPLAN



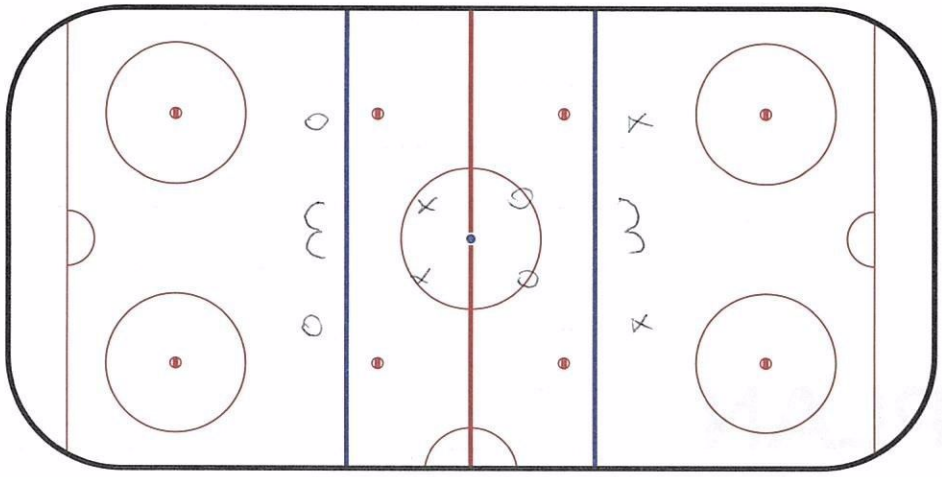
Eislaufen im 2 gruppen.
15-20min



(1) Schüss übung mit passen und position wechseln bei blau -> 2 spieler arbeiten vor tor.
9min



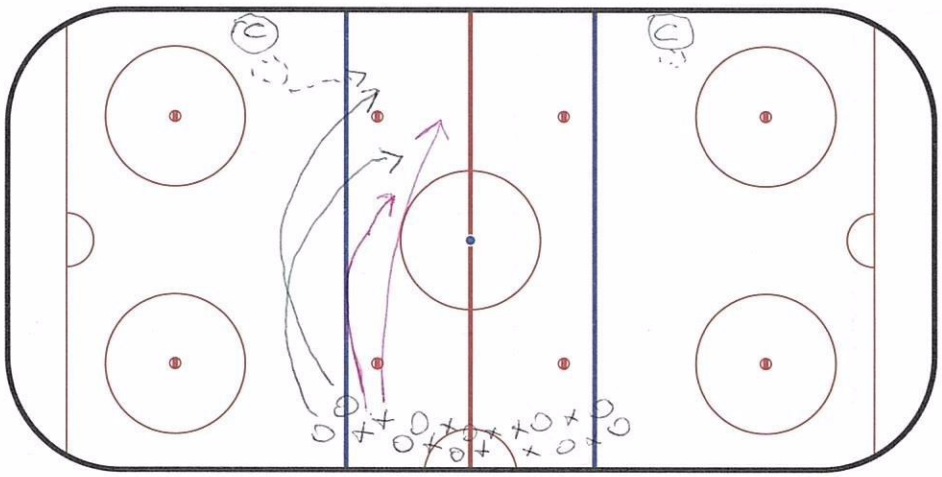
(2) Schüss übung ->
-> 2 schüsse und 1 penalty. (3 pässe)
9min



2-2 + 2 offensiv

JOKER.

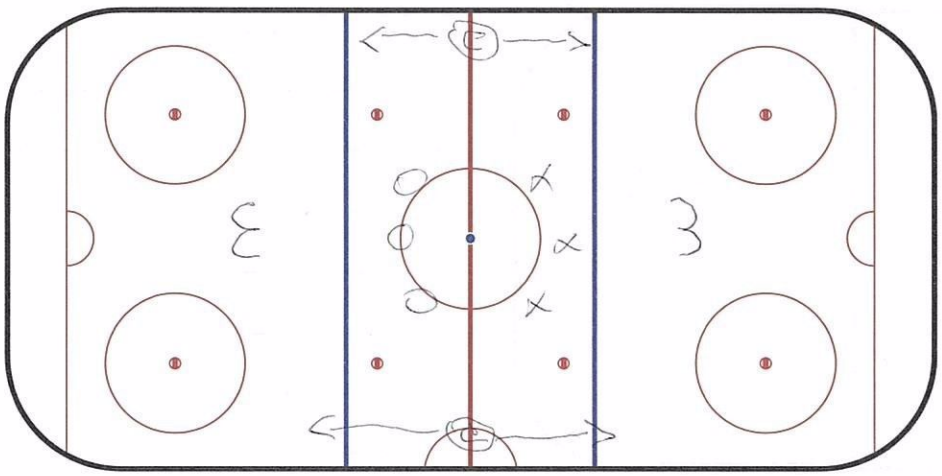
10 min



2-2 nach PASS von

TRAINER

8- 10 min

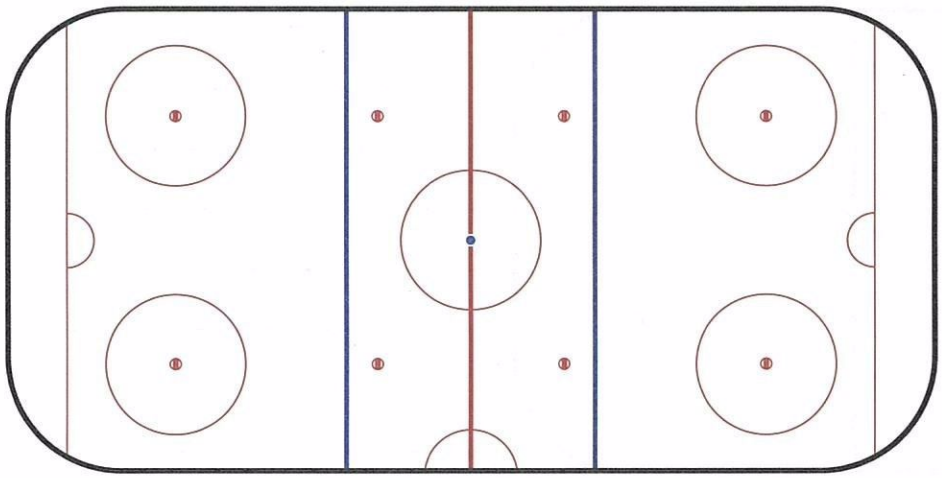


SPIEL 40x30 → 3-3

2 TR JOKER FÜR BEID

TEAM.

10 min

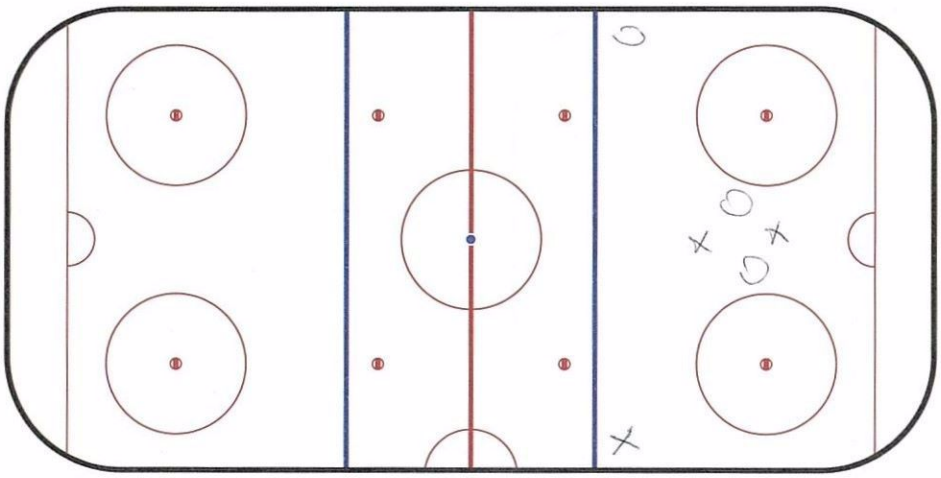


TEAM: U15, 16:40 - 17:40

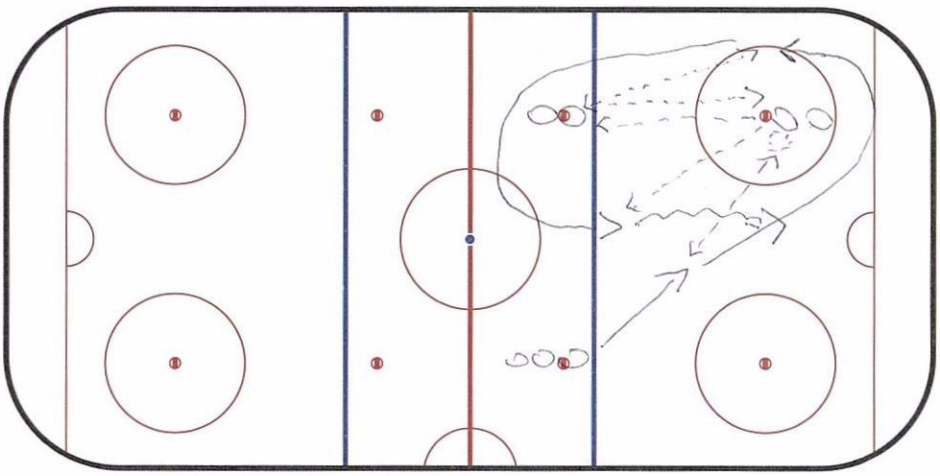
DATUM: 15.12.2022.

TRAINER: YURI, MARTIN

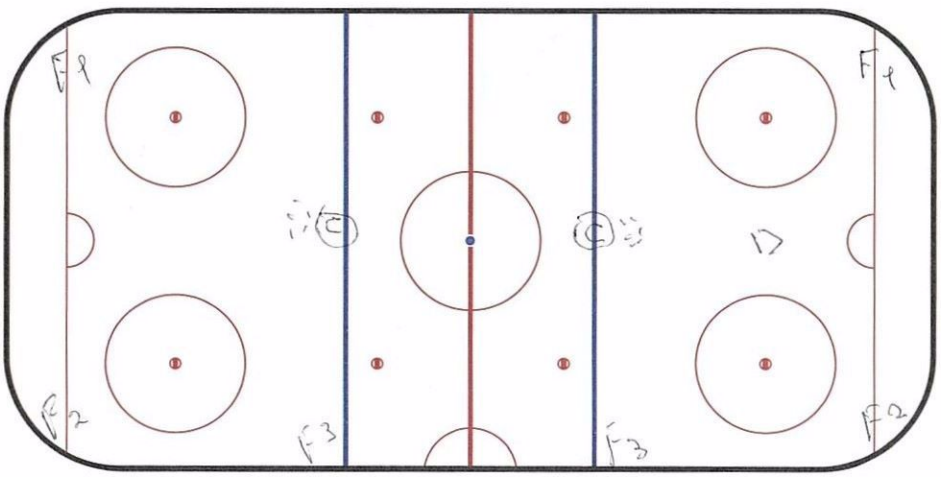
TRAININGSPLAN



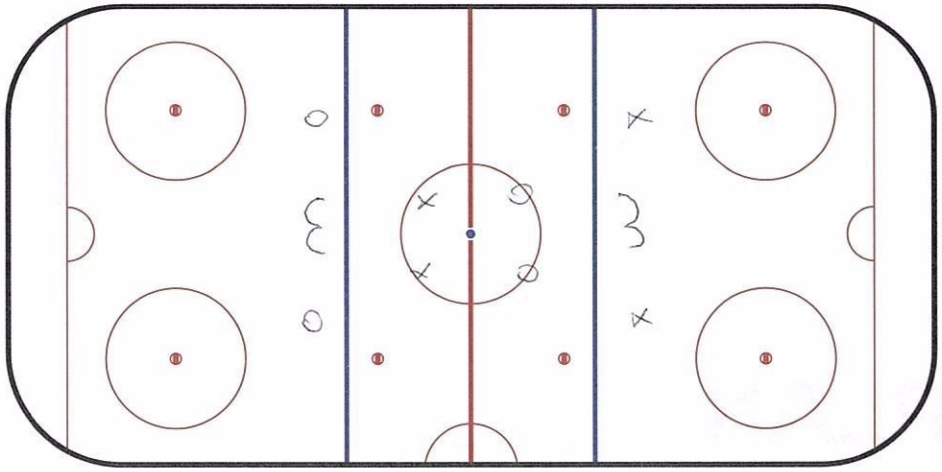
Spiel 2-2 + Joker
→ Joker geht rein wenn sein Team Puck hat.
10 min



1-0 im 2 zonen
7 Pässe.
5 x 5 → 10 min



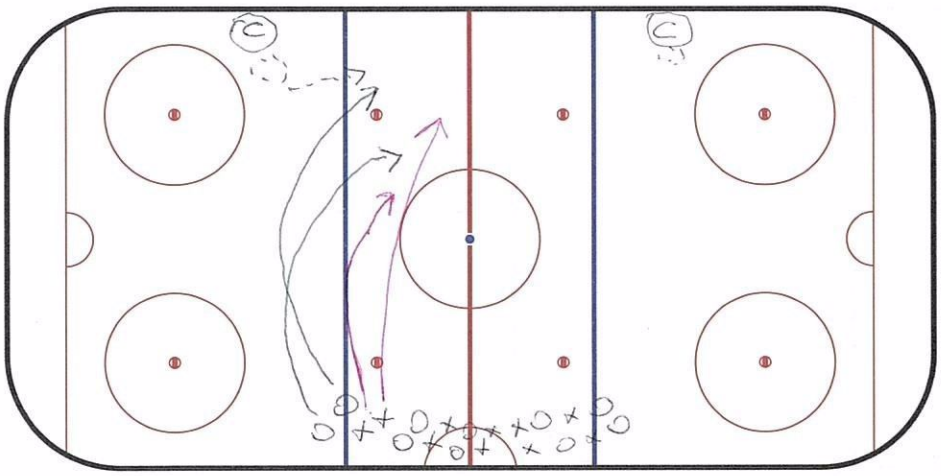
1-1 im 2 zonen
2 von unten;
1 von oben.
10 min



2-2 + 2 offensiv

JOKER.

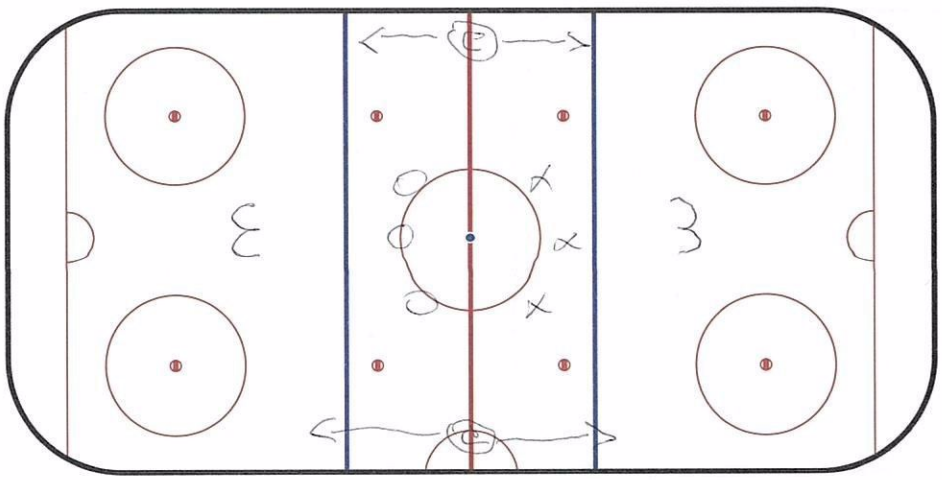
10 min



2-2 nach PASS von

TRAINER

8 - 10 min

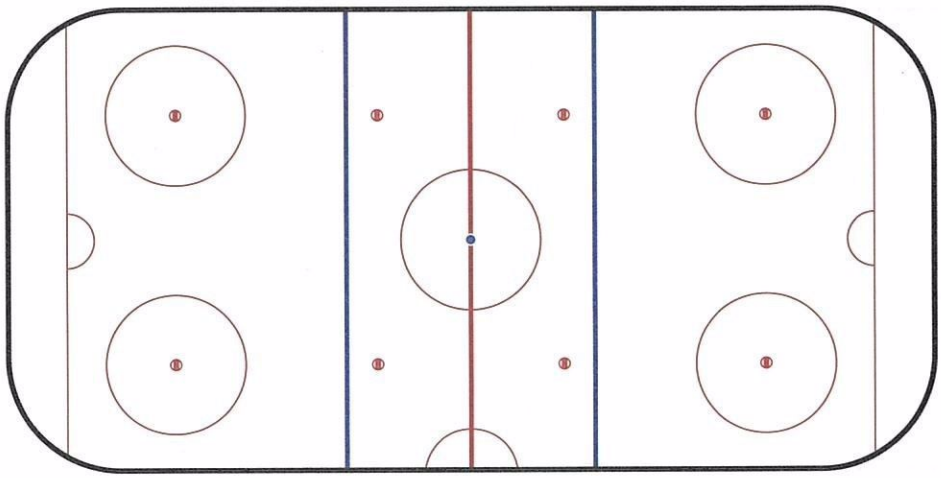


SPIEL 40x30 -> 3-3,

2 TR JOKER FÜR BEIDE

TEAM.

10 min

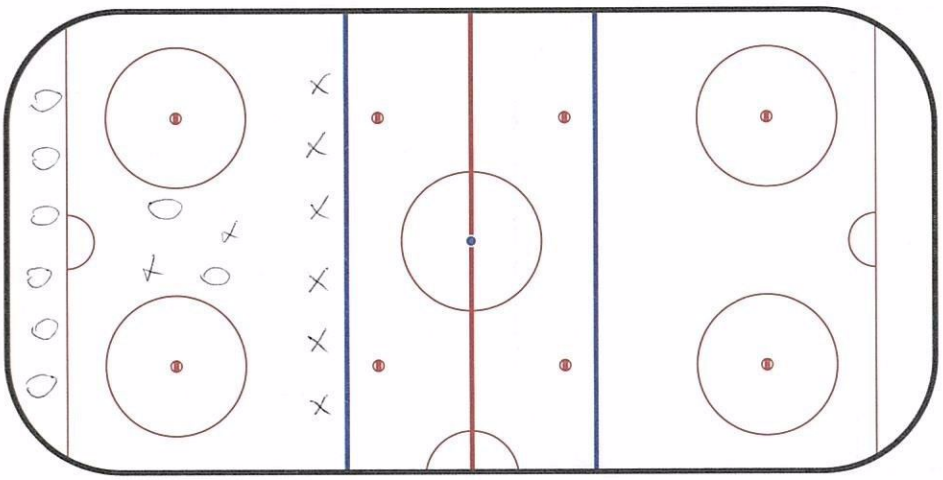


TEAM: U15, 16:40-17:40

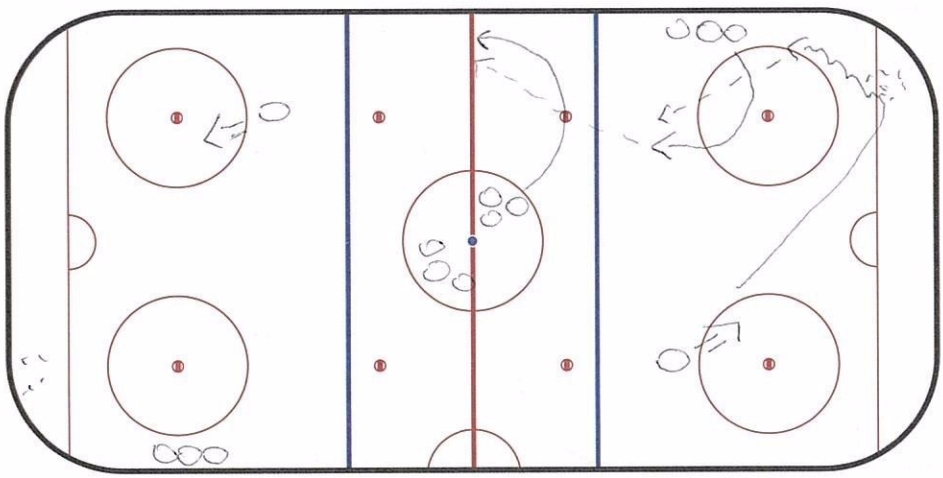
DATUM: 16.12.2022

TRAINER: Yuri.

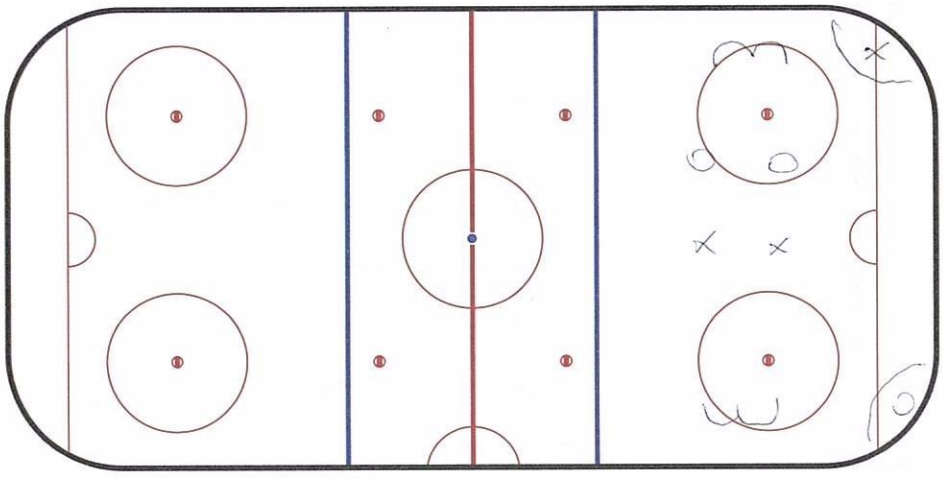
TRAININGSPLAN



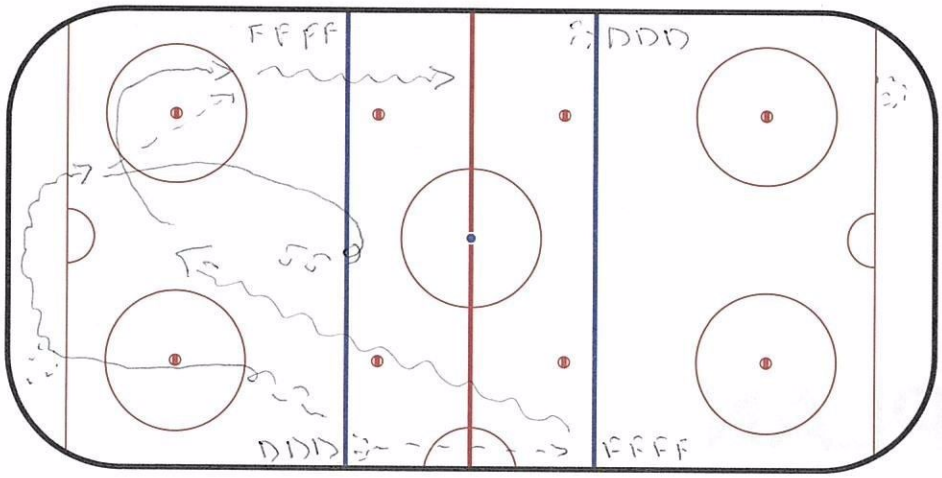
Aufwärmen 2-2 mit PASSEN zum eigene GRUPPE.
10min



1-0 → KARUSEL nach schuss 2 AUFBAU PASSE.
10min

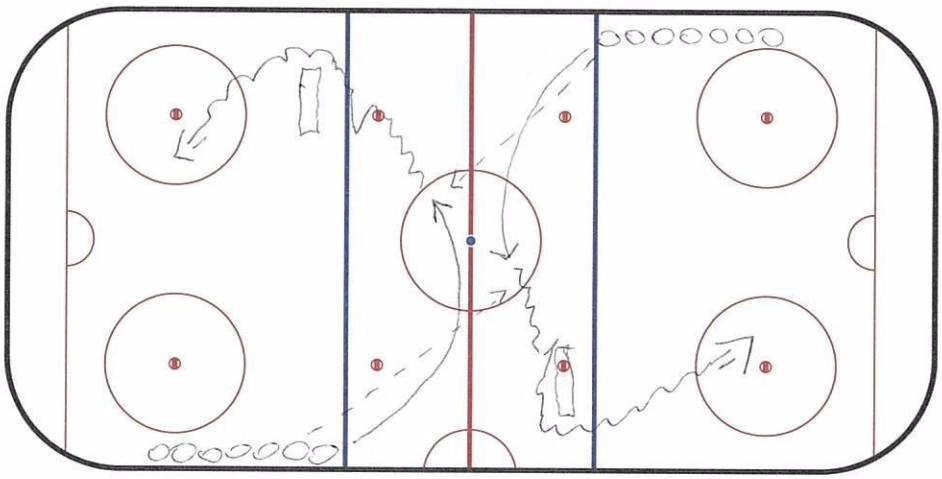


Spiel 2-2 mit JOKER in der ecke
10min



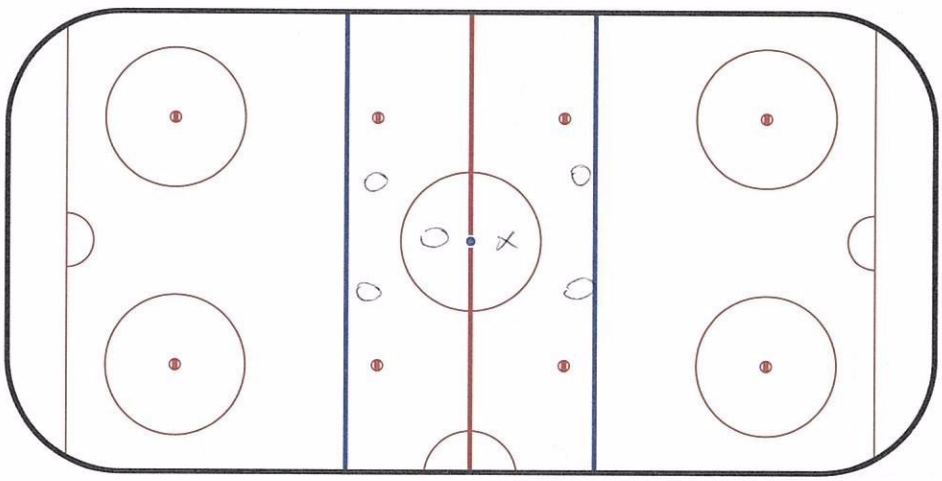
1-1 nach pass von D -> schuss -> aufbau und 1-1 von andere seite.

10 min



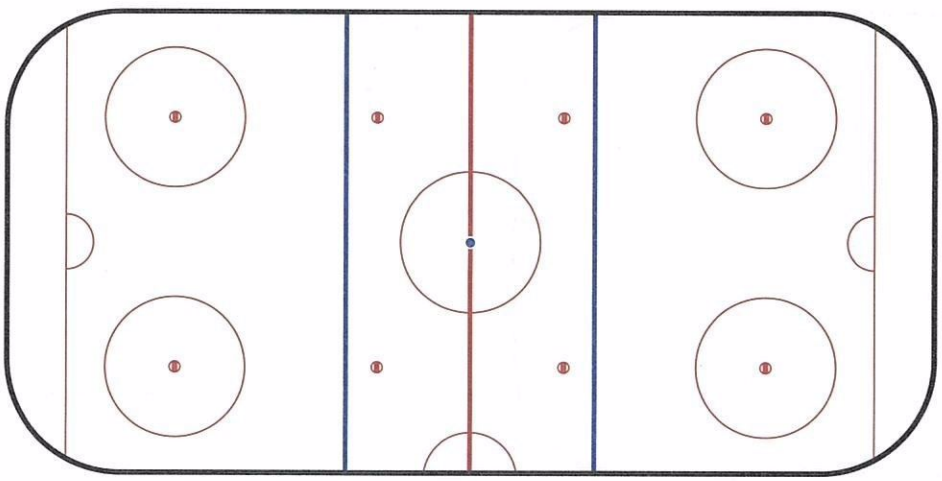
Schuss übung -> Außen im zone kommen -> schuss von seite

6-7 min



Spiel 3-3 ganze eis,

13 min



TEAM: U15, 16:20-17:20 . 18:40-19:40

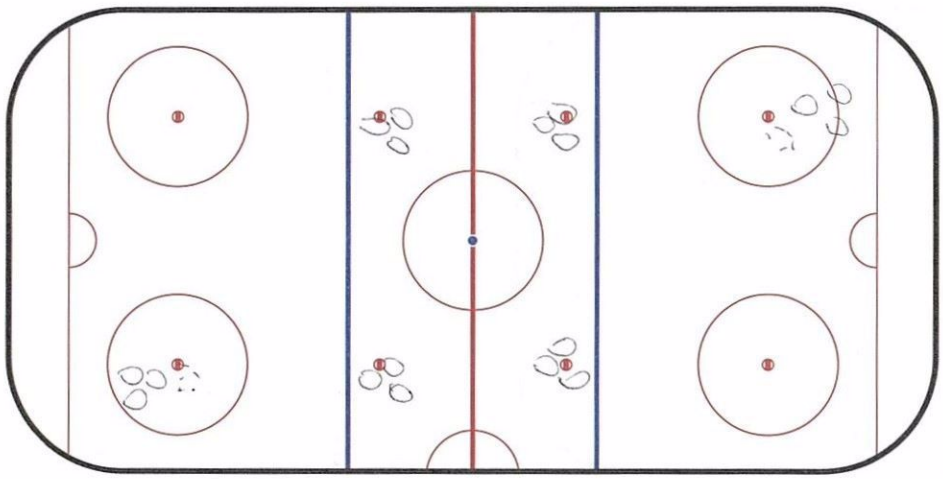
DATUM: 19.12.2022 . 20.12.2022

TRAINER: YURI

(VIEL KRANKE SPIELER) MAX 11 LEUTE.

SPIEL TAG + PENALTY ZUM SCHLUSS.

TRAININGSPLAN



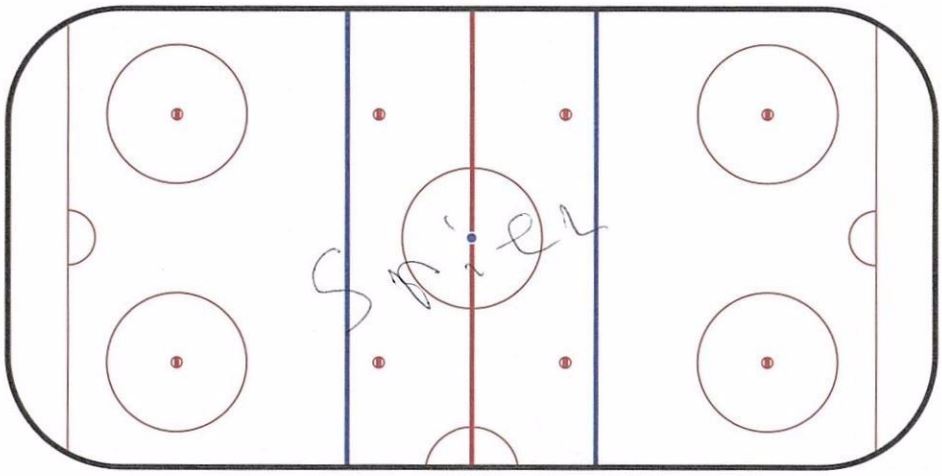
Aufwermen

Schüss übung.

im 2 zonen

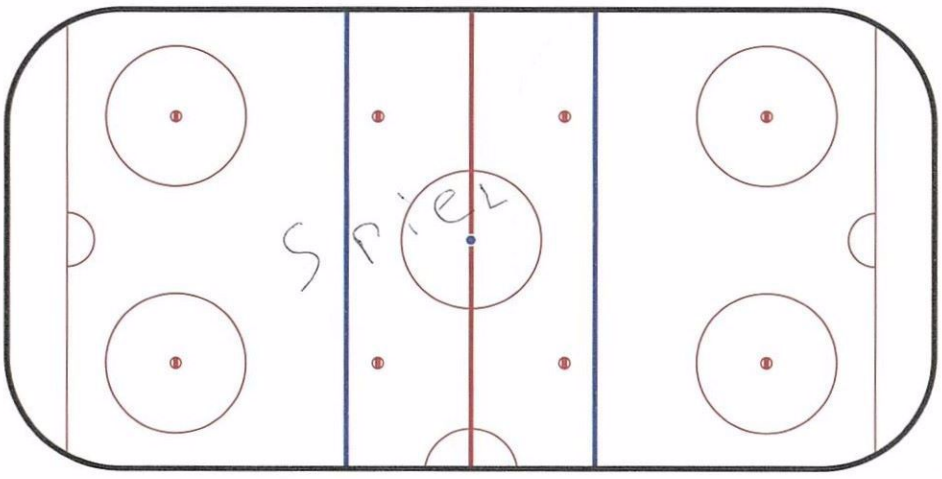
7 Pässe

10 min



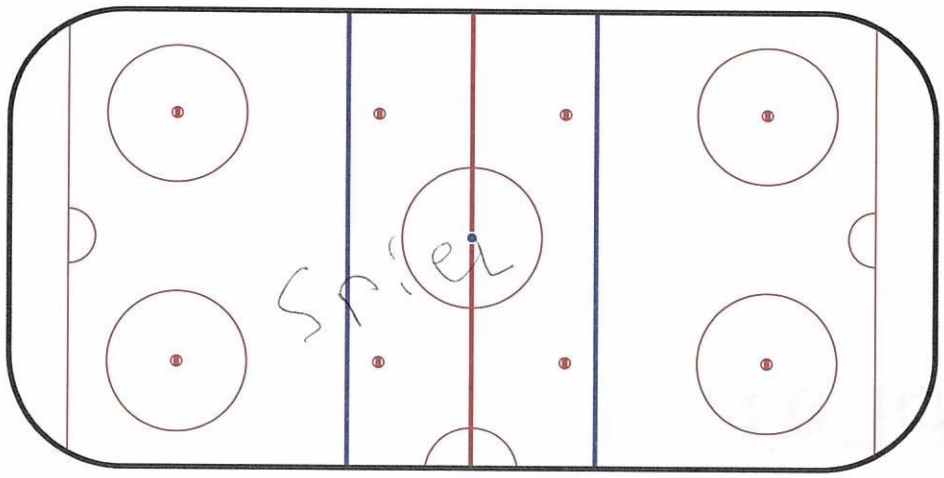
Spiel

12 min



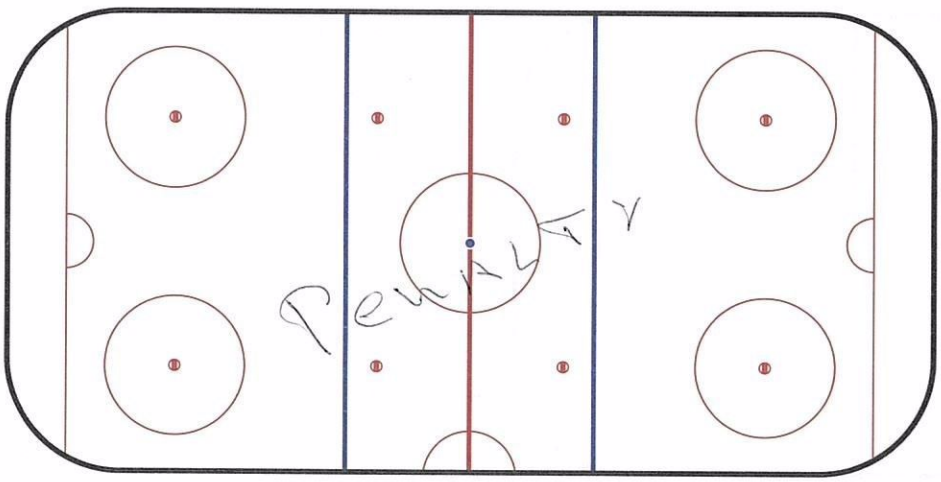
Spiel

12 min



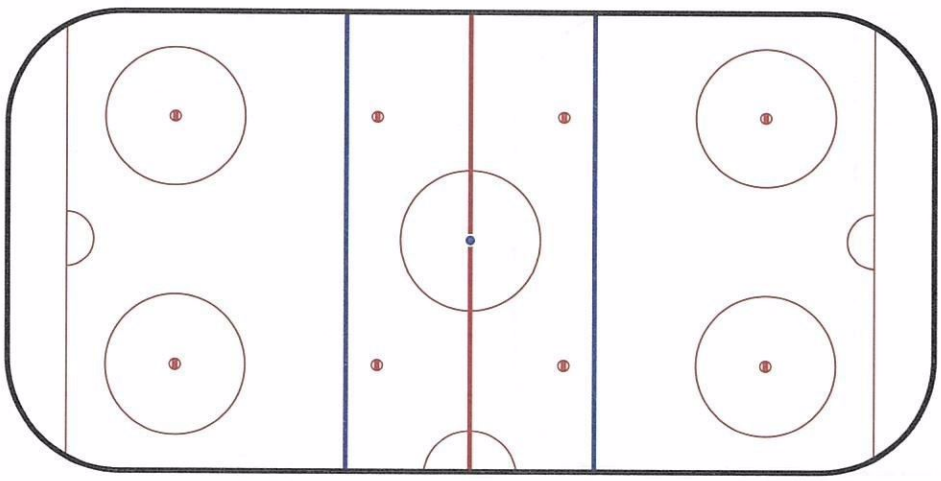
Spiel

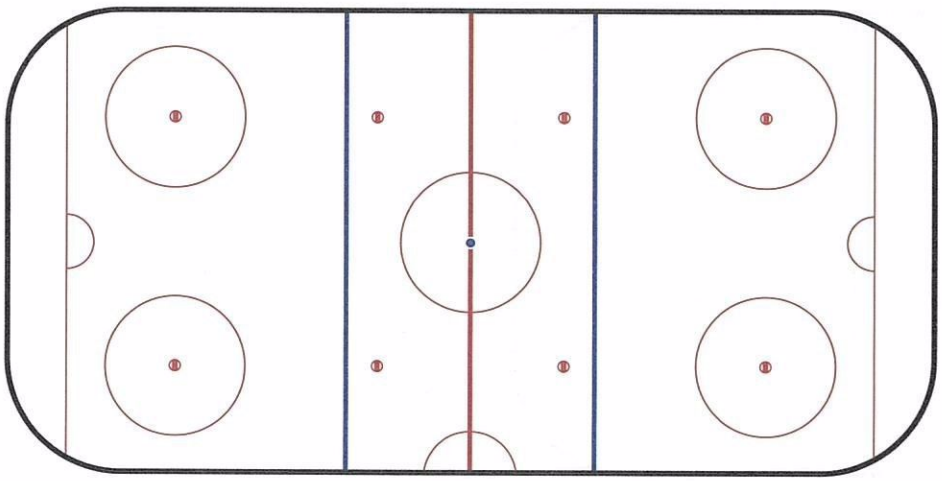
12 min



Penalty

10 min



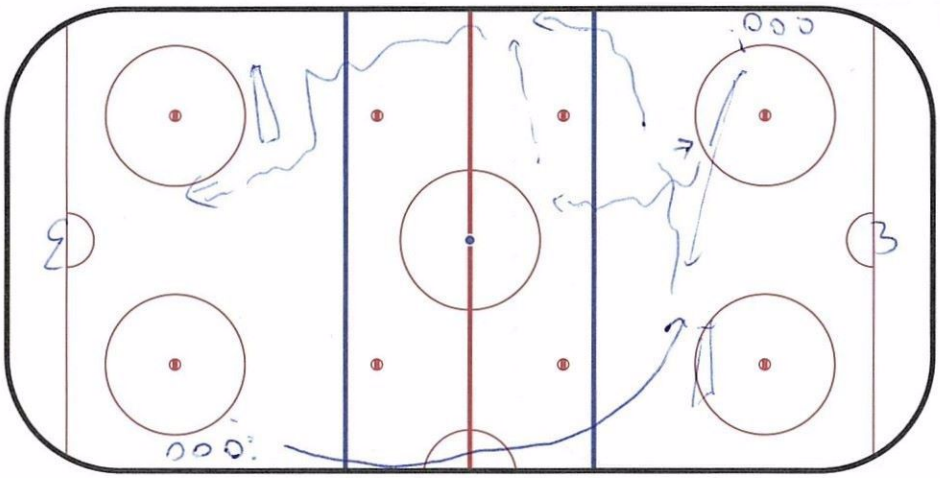


TEAM: U15

DATUM: 22.12.

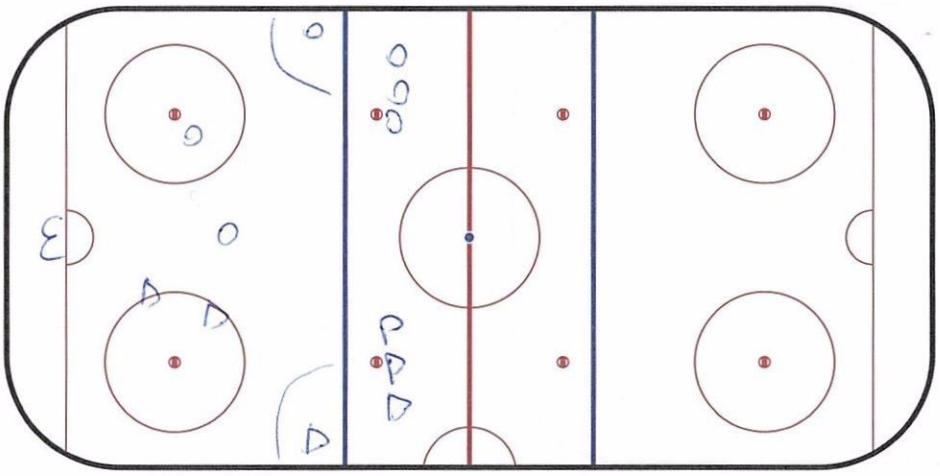
TRAINER: Martin

TRAININGSPLAN



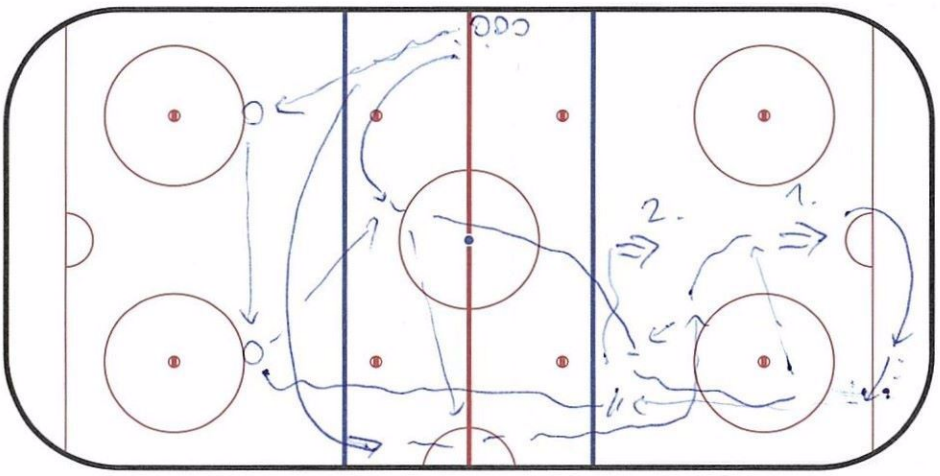
1:0

10 min



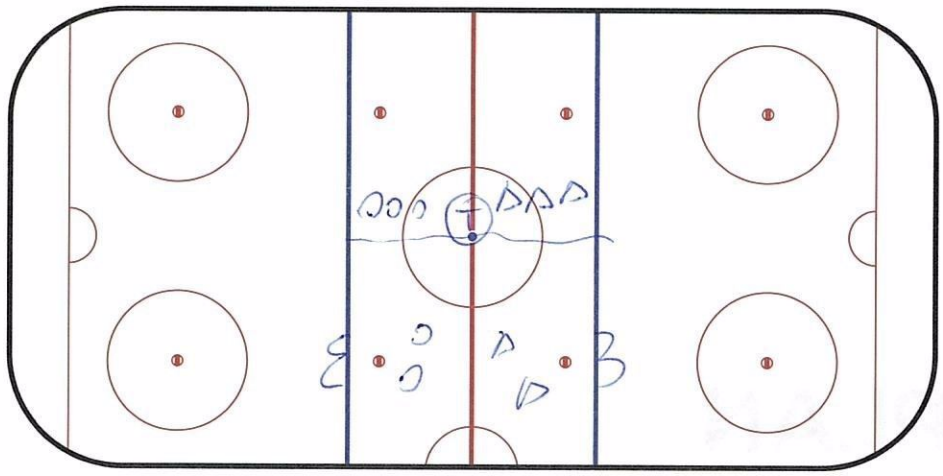
2:0 mit Satz zum aktivieren

10 min



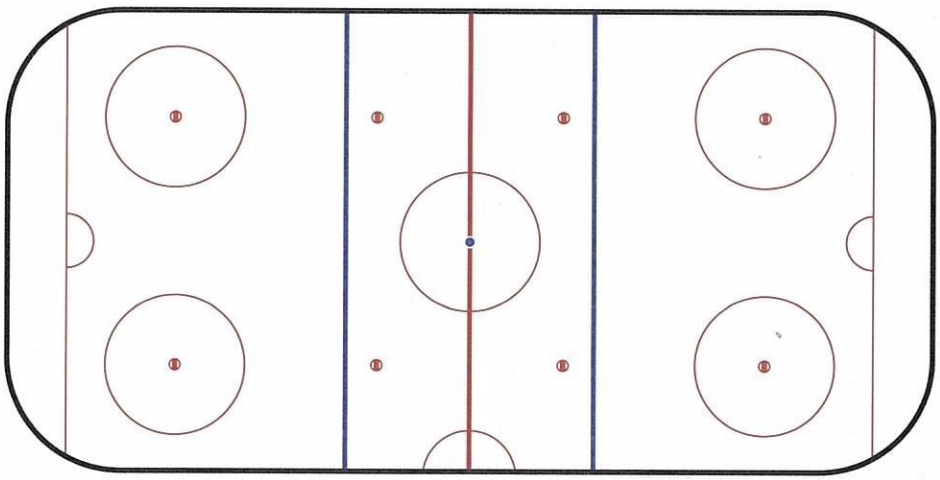
2:0 Pässe

10 min



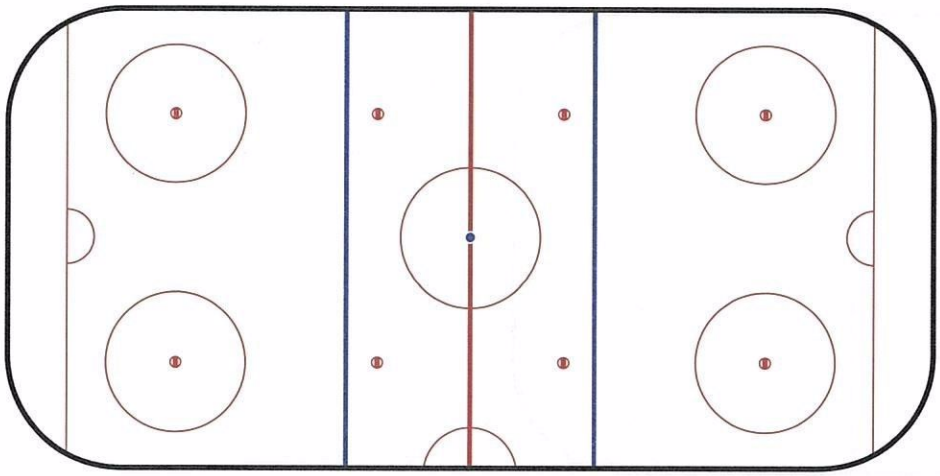
2:2 enge Bahn

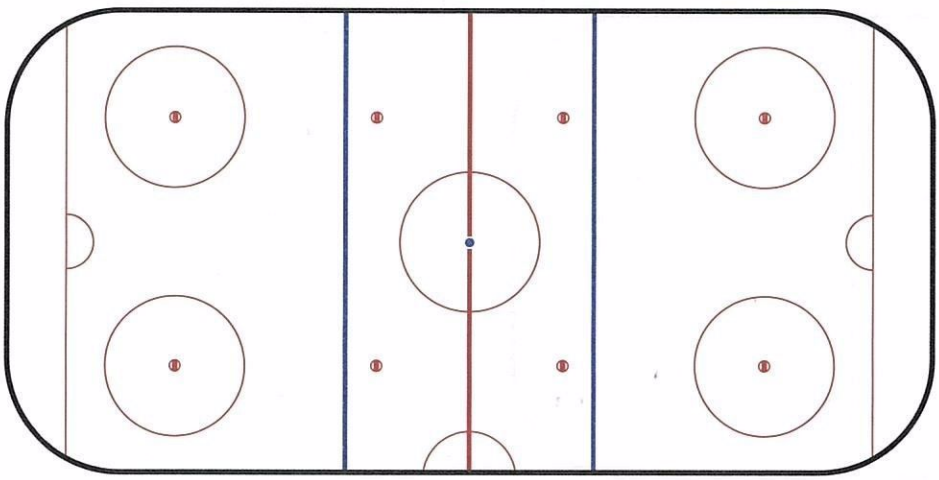
10 min



Spiel 5:5

15 min



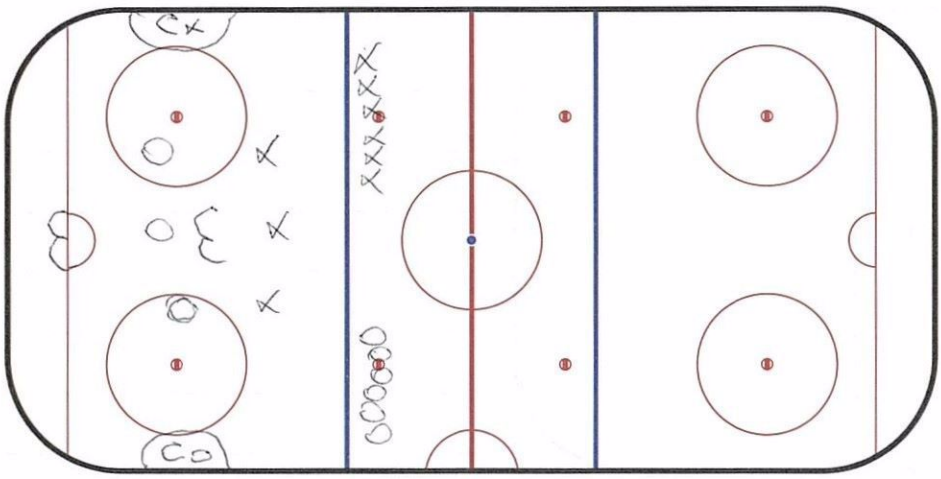


TEAM: U15, 10:15 - 11:30

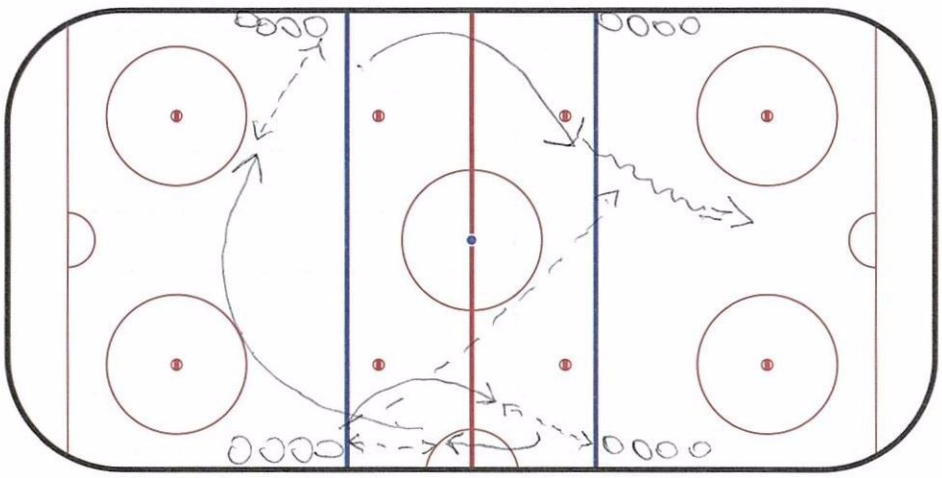
DATUM: 27.12.2022.

TRAINER: YURI, MARTIN

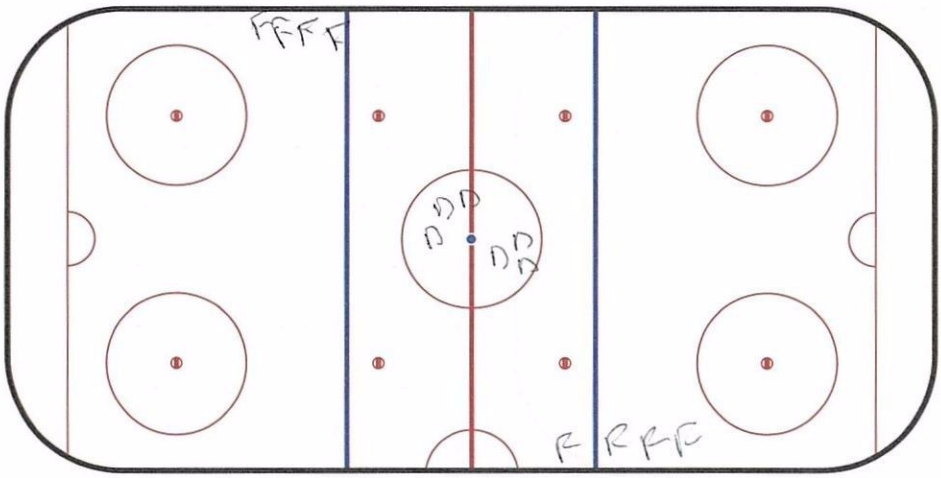
TRAININGSPLAN



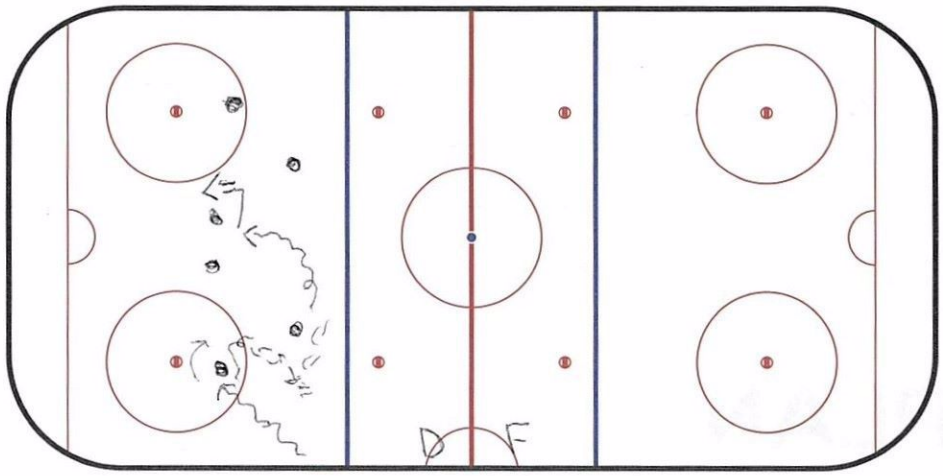
Aufwermen Spiel
3-3 mit 2TR Joker
für sein Team.
13 min



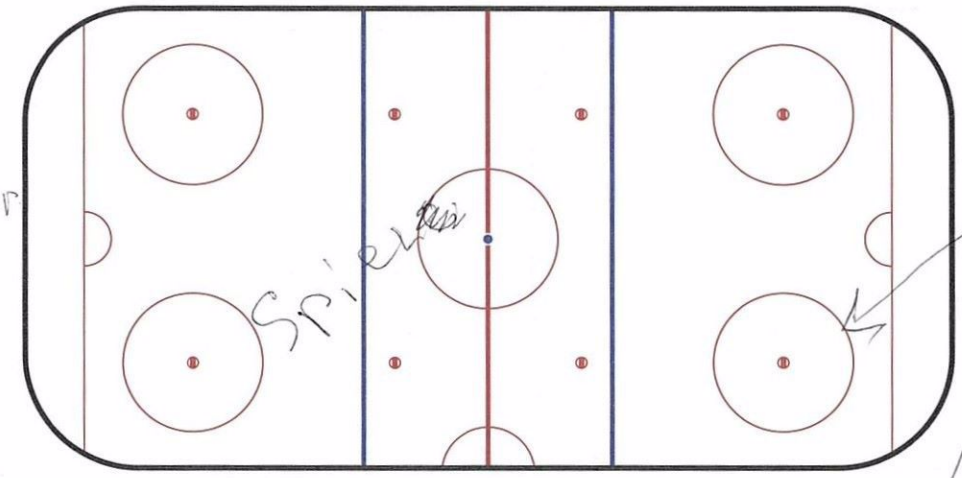
1-0 -> 7 Pässe,
10 min



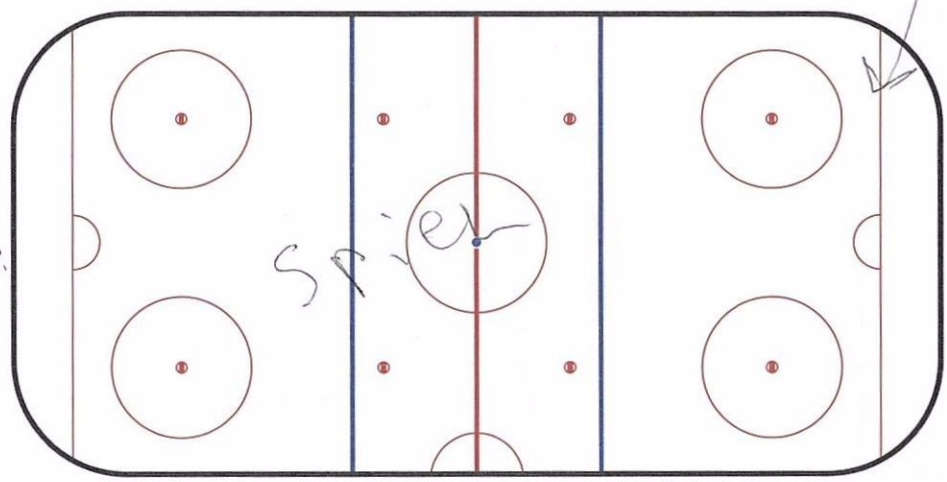
2-0 + D -> D kommt
mit drei ecke.
10 - 12 min



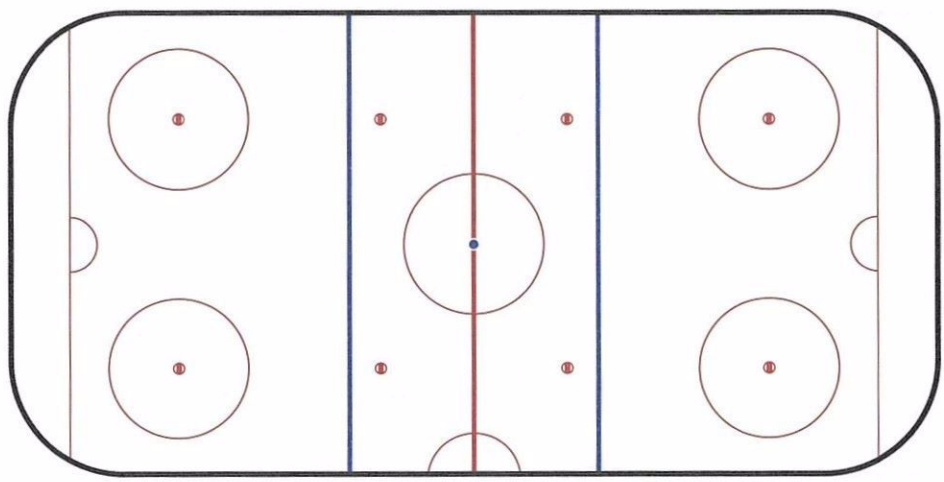
F-eine zone →
ecke ARBEIT PP
SITUATION MIT KREUZE
und PASSEN → MIT
abschluss
10-12 min



Spiel → SPIELER
dürfen entscheiden



14 min



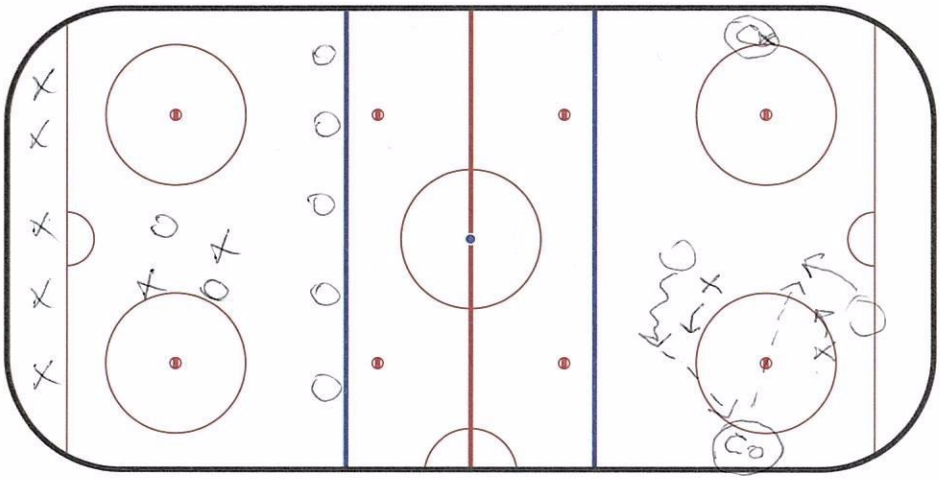
TEAM: U15, 18:00-19:00

DATUM: 28.12.2022. ~~29.12.2022. 16:50-17:50~~

TRAINER: YURI, MARTIN

8 SPIELER 2 GOALY

TRAININGSPLAN

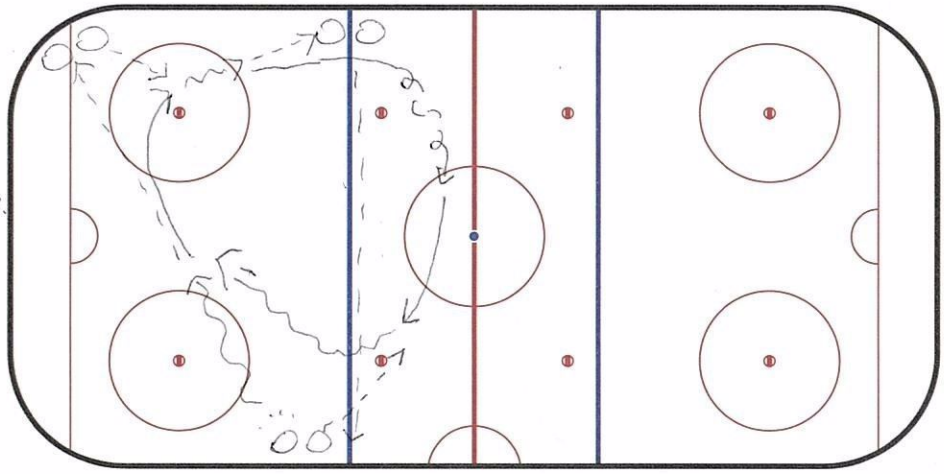


Spiel 2-2 mit Passen zum eigene Gruppe

10min

Oder 2-2 mit TR. Joker für sein Team -> ohne Tore -> schnelle Pässe.

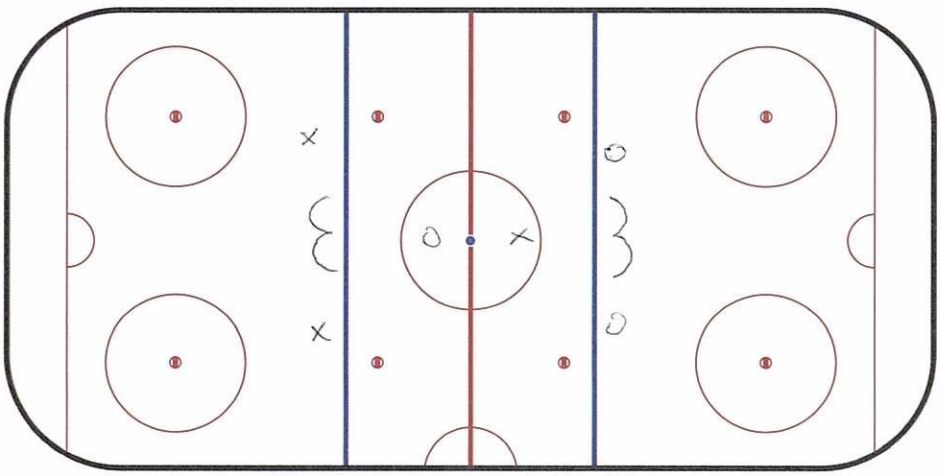
10min.



-0 Peyz.

1-0 im 2 Zonen

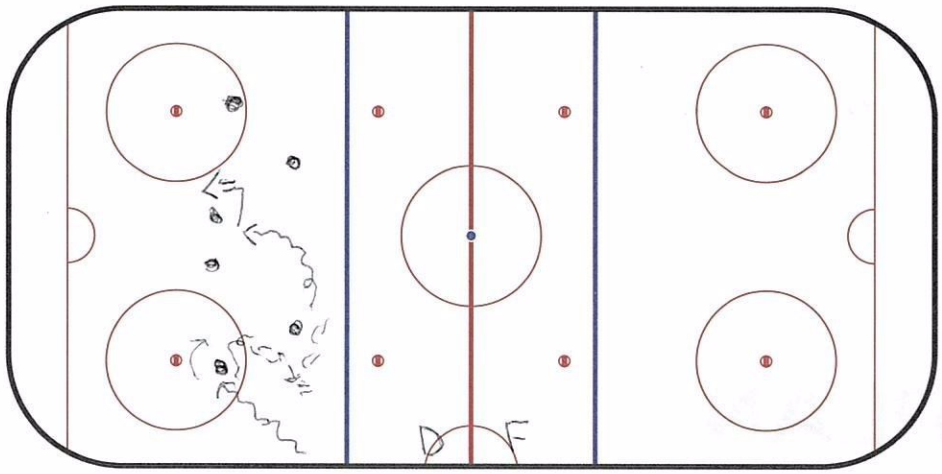
10-12 min



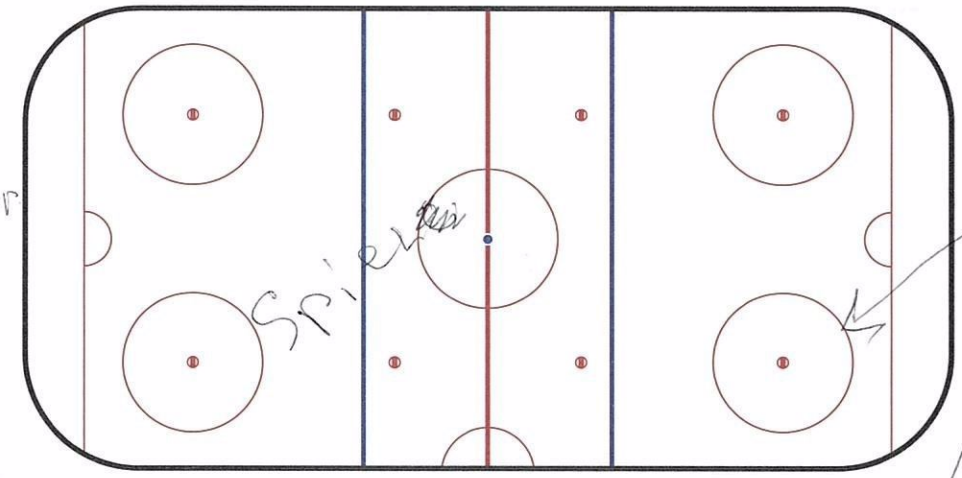
-1 -1

3-1 -> 3-1 im mitte Zone -> schnelle Pässe -> Abschluss

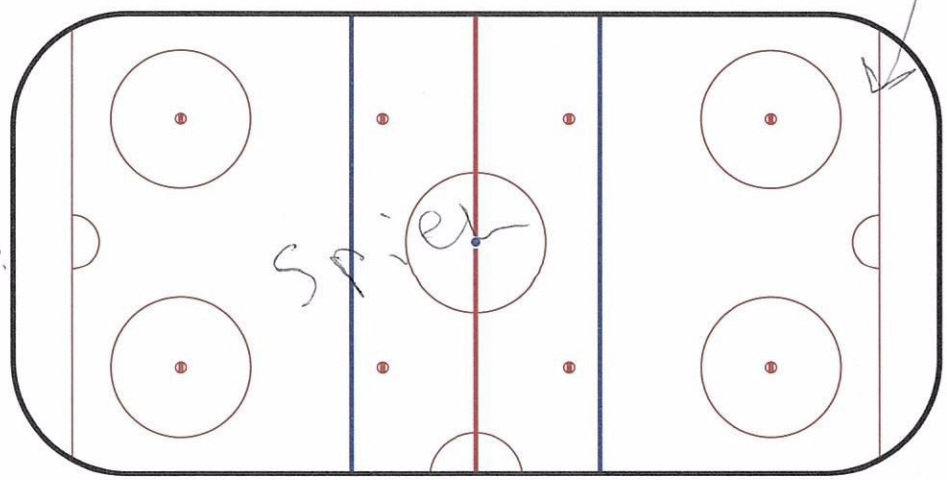
10min



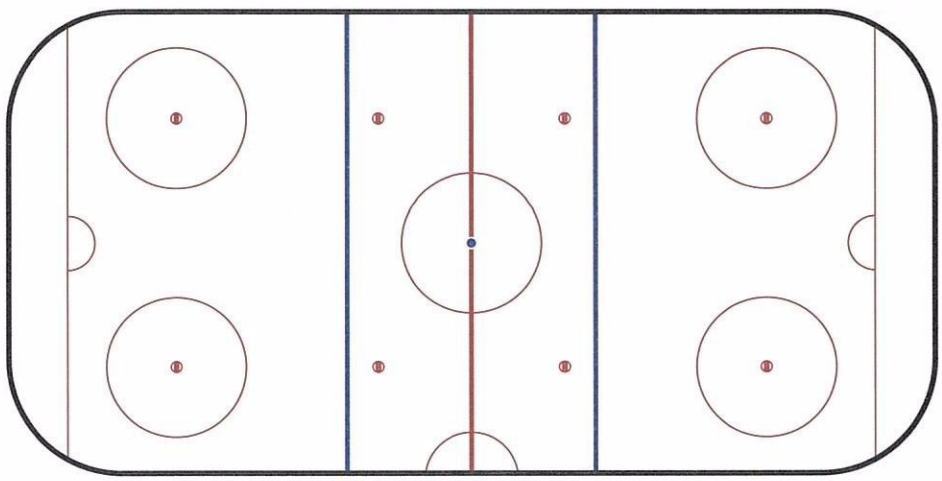
F-eine zone →
ecke ARBEIT PP
SITUATION mit KREUZEN
und PASSEN → mit
abschluss
10-12 min



Spiel → SPIELER
dürfen entscheiden



14 min

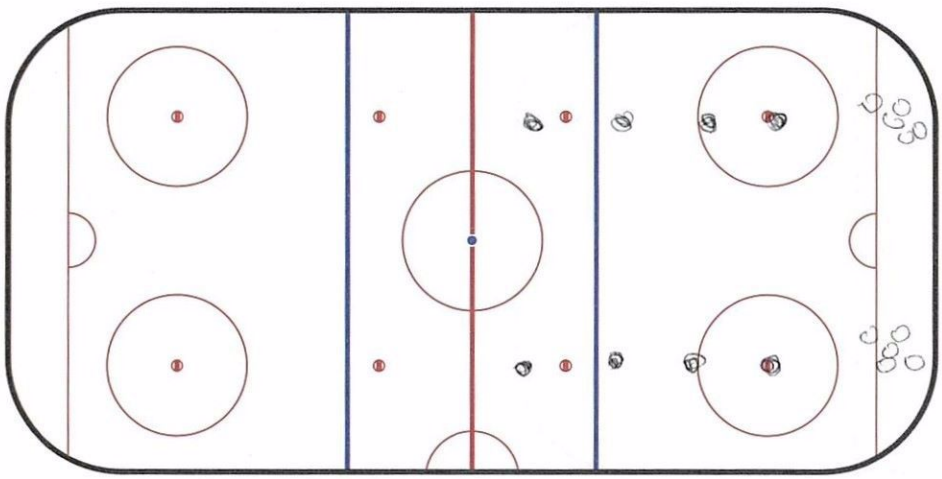


TEAM: U9 10:15-11:15

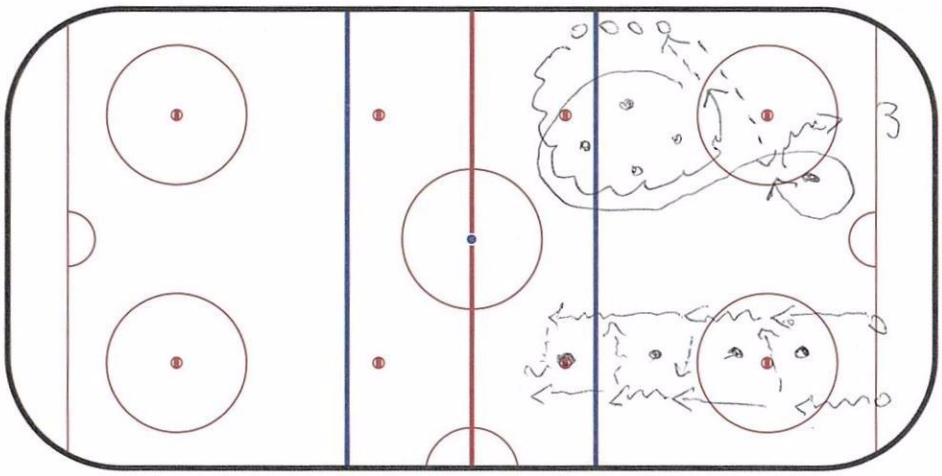
DATUM: 30.12.2022

TRAINER: Kuri, Helfer

TRAININGSPLAN

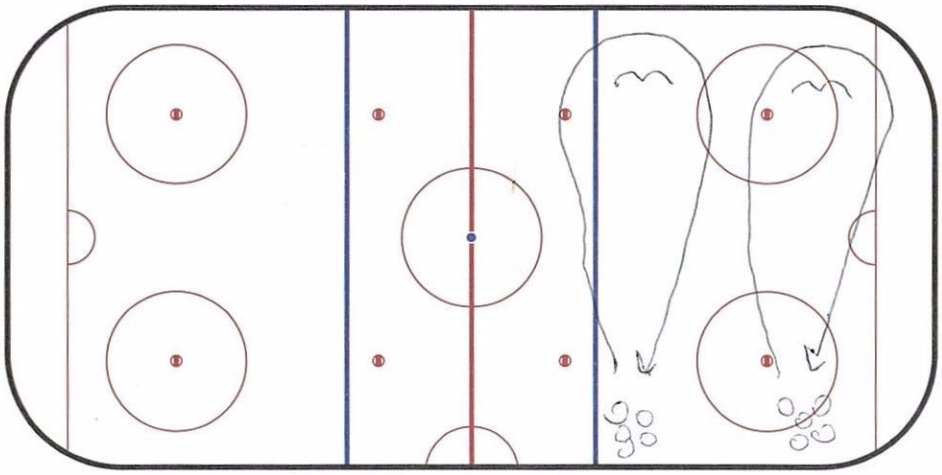


Eislaufen mit Aufgaben.
15 min



1) Schuss übung mit Passen und Kanadier.
10 min

2) Pass übung im bewegung
10



3) Stapfer
10 min

Spiel 3-3 mit TR SOKER.

13 min

