

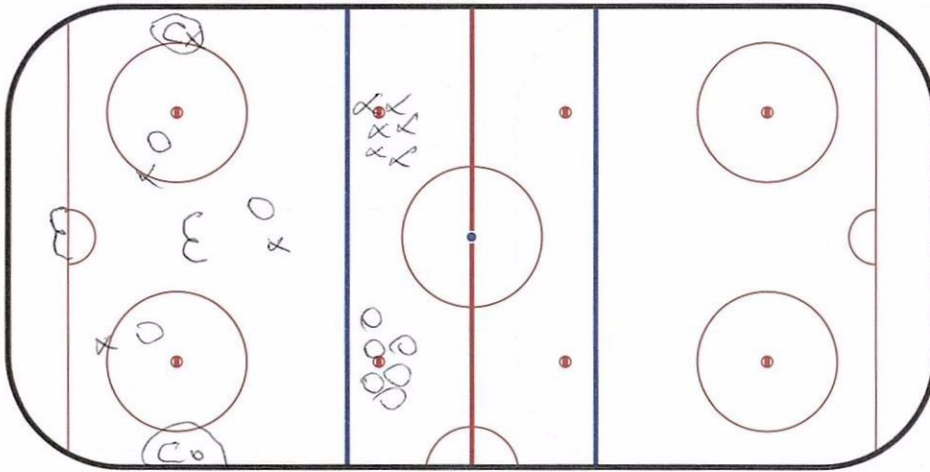


TEAM: U15. 16:40-17:40

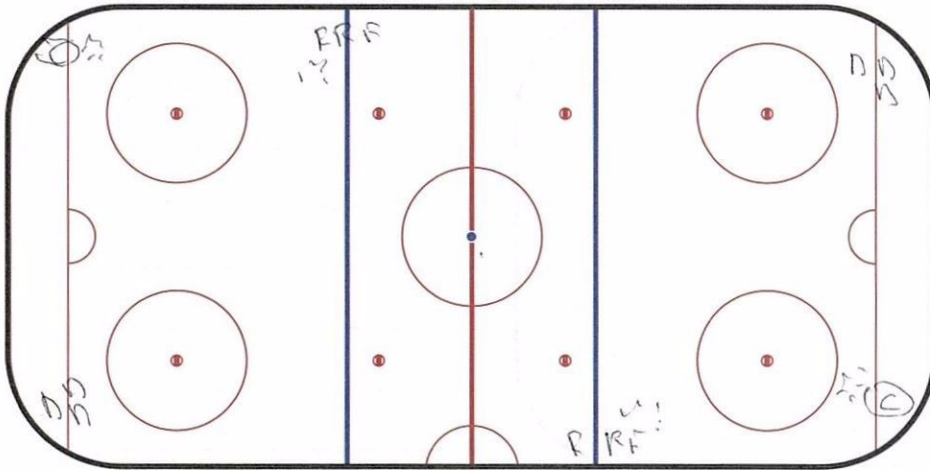
DATUM: 2.1.2023

TRAINER: YURI, MARTIN

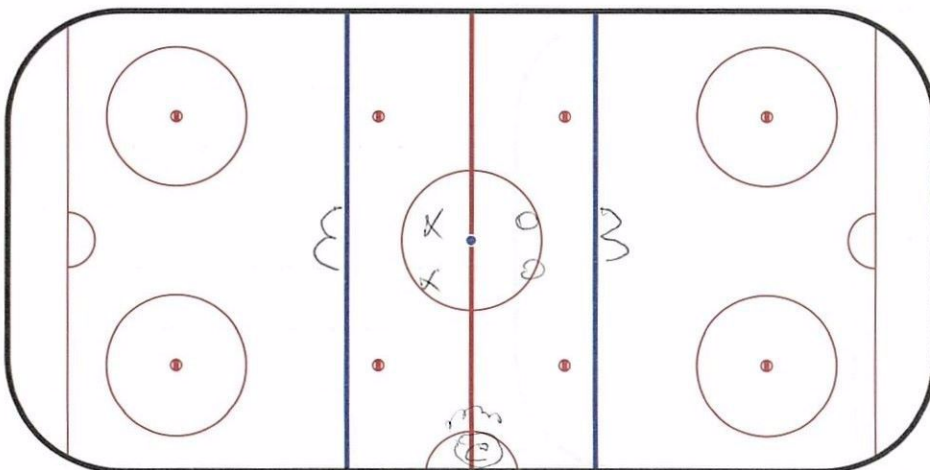
TRAININGSPLAN



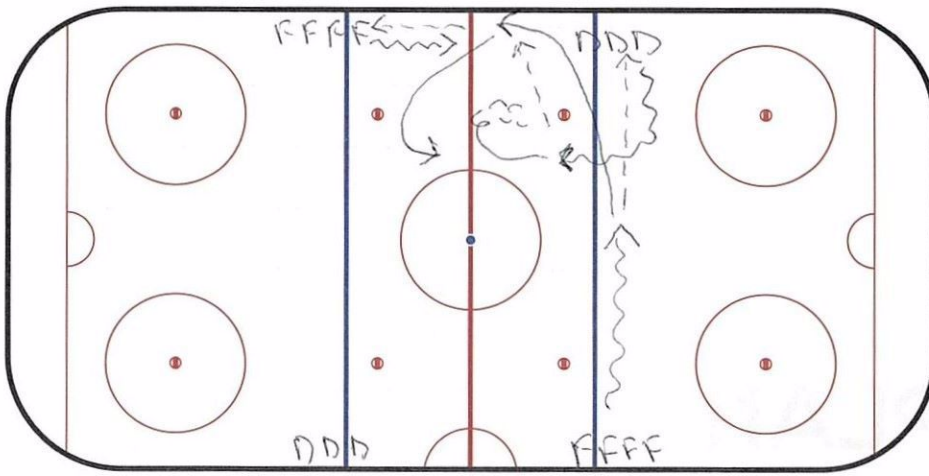
Aufwärmen Spiel
3-3 mit TR. Joker
für sein Team.
10 min



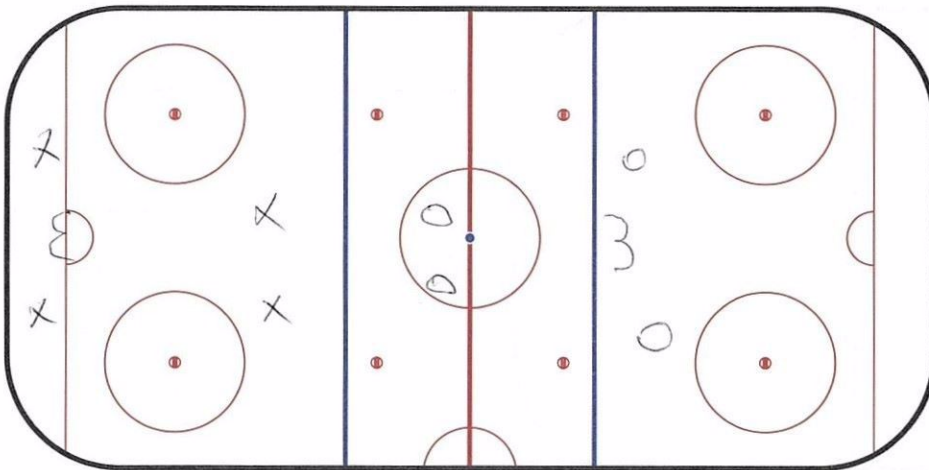
1-0 → F-D zusammen
Arbeit + PASS von TR
und schuss von D
→ F Arbeit vor TOR
10 min



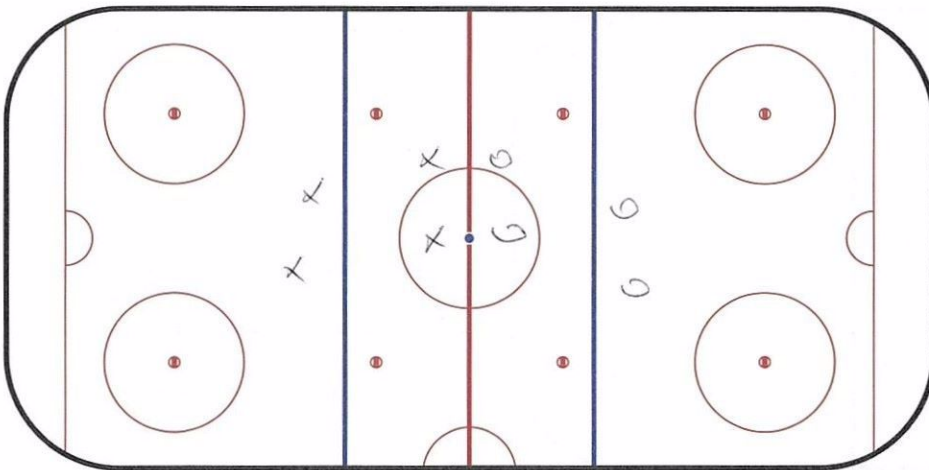
2-2 mitte ohne
Joker
10 min



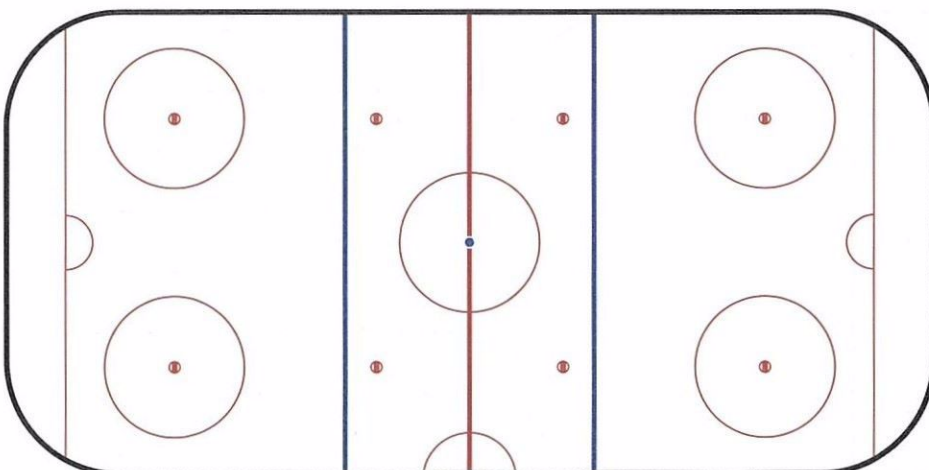
2-1 nach Pass von
D und schnell umschu-
tzen von mitte
10-12 min



Spiel 2-2 + 2
Spieler hinten
vor → nach Pass
ein Spieler geht
Rein → 3-2.
12 min



Spiel ganze
eis 4-4.
12 min



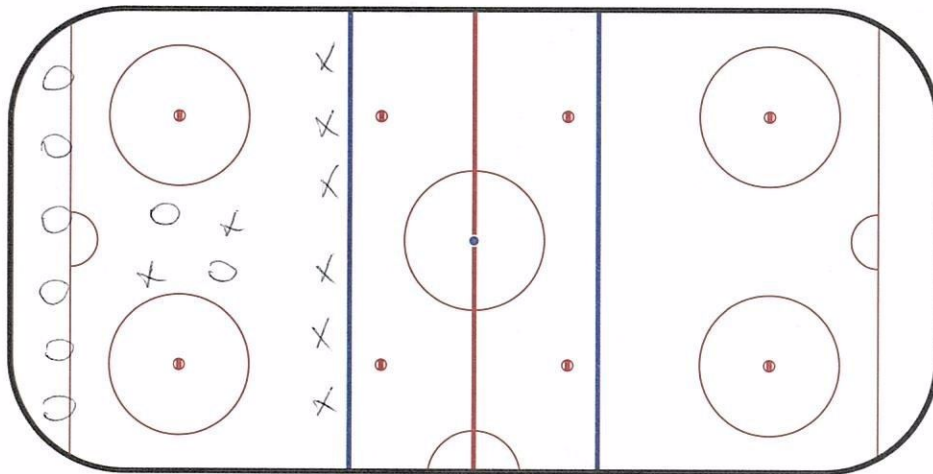


TEAM: U15, 11:30-12:40

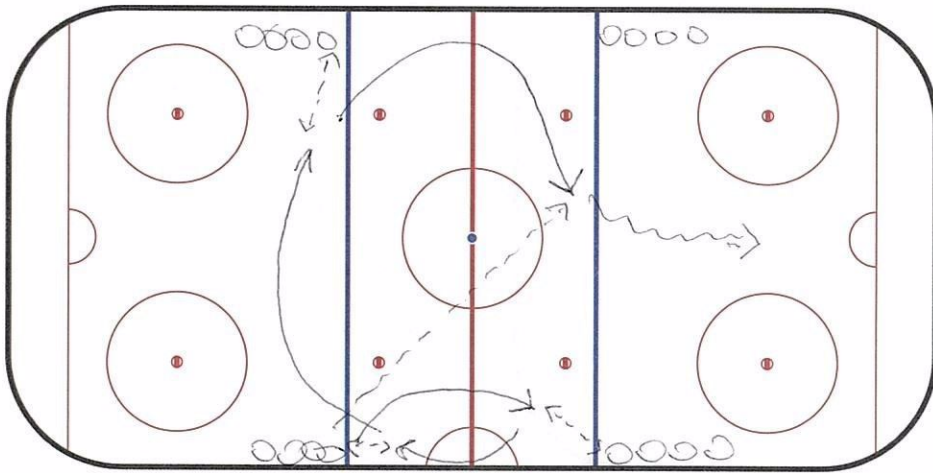
DATUM: 3.1.2023.

TRAINER: YURI, MARTIN.

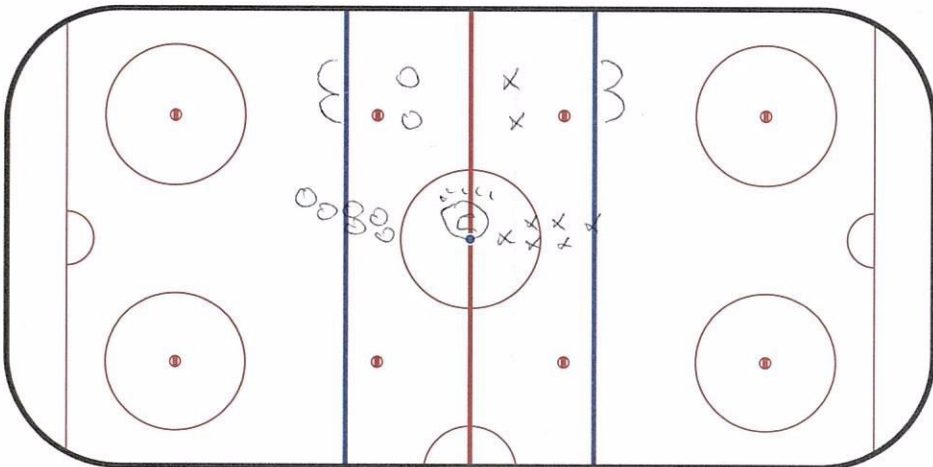
TRAININGSPLAN



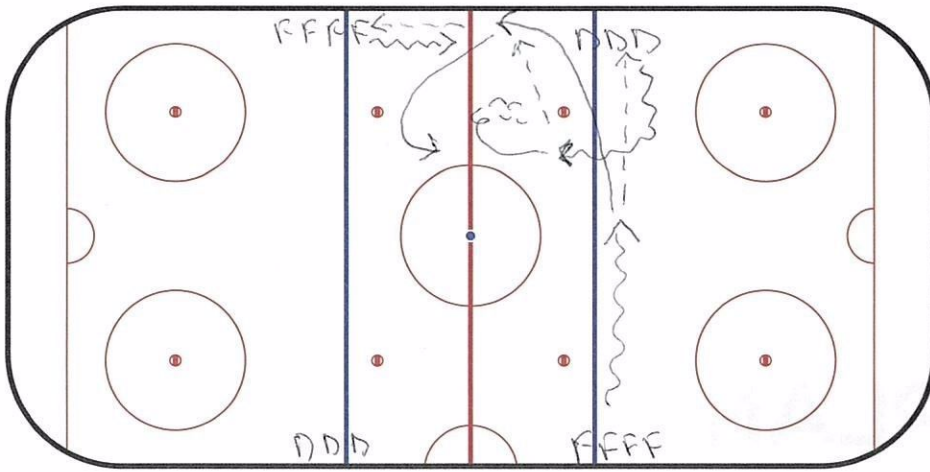
Aufwärmen 2-2
mit Pässen zum
eigene Gruppe.
10min



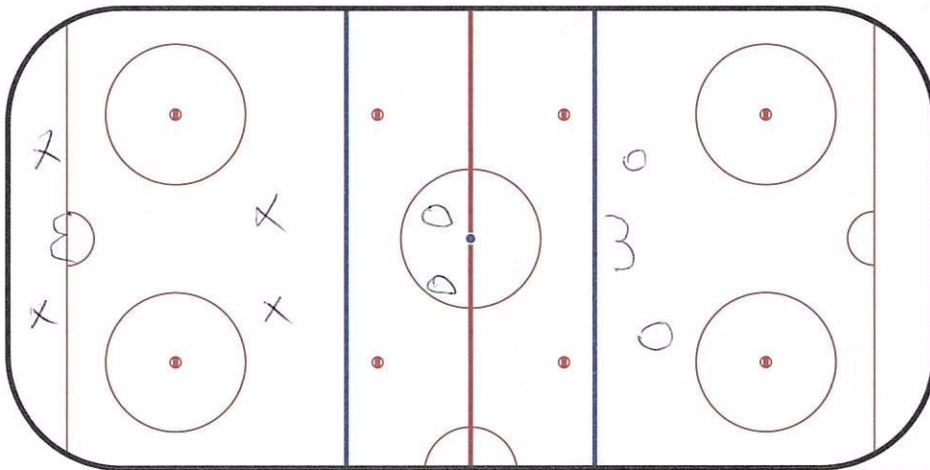
1-0 → 7 Pässe
10min



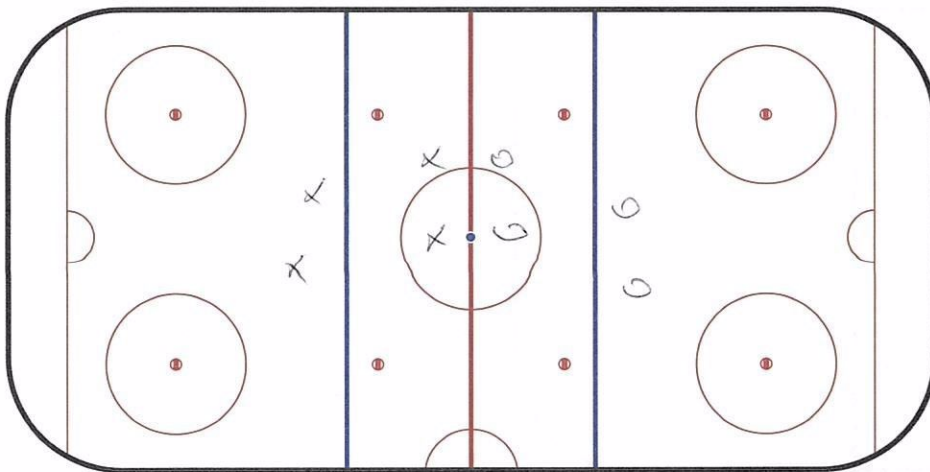
Spiel auf kleine
Platz 2-2.
10min



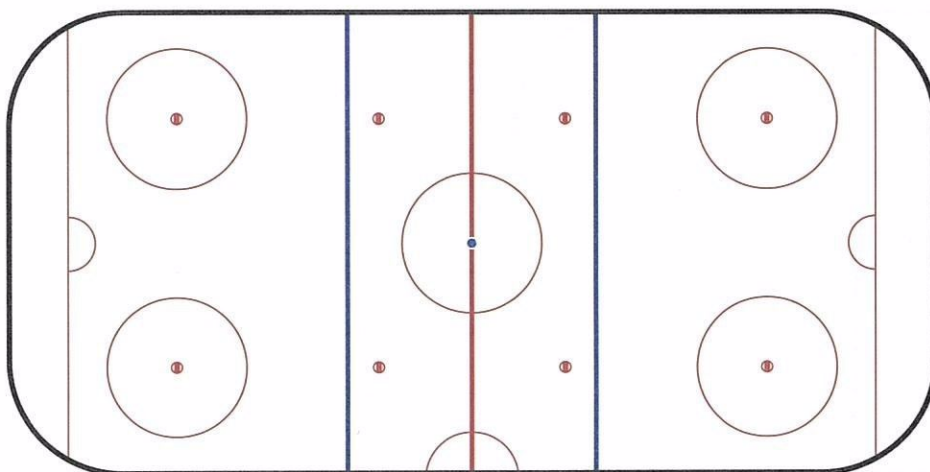
2-1 nach PASS von
D und schnell umsch
len von mitte
10-12 min



Spiel 2-2 + 2
Spieler hinten
TOR → nach Pass
ein Spieler geht
Rein → 3-2.
12 min



Spiel ganze
eis 4-4,
12 min



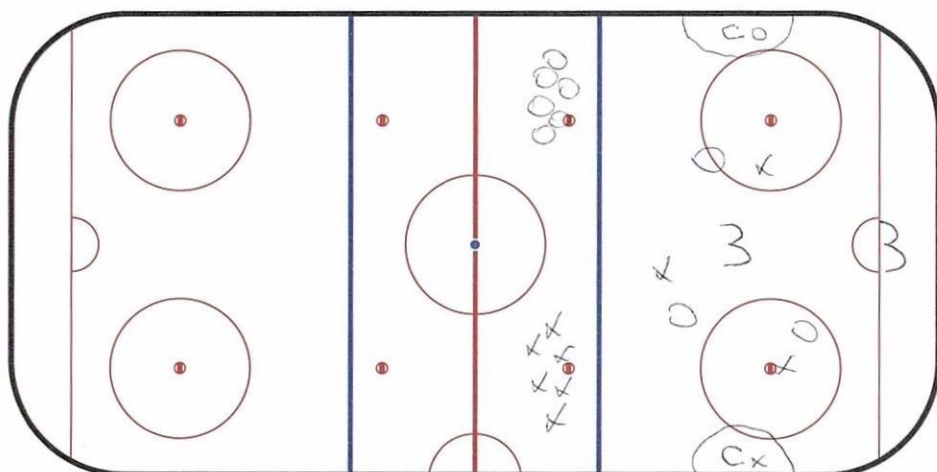


TEAM: U15, 12:50-13:50

DATUM: 4.1.2023.

TRAINER: YURI, MARTIN

TRAININGSPLAN

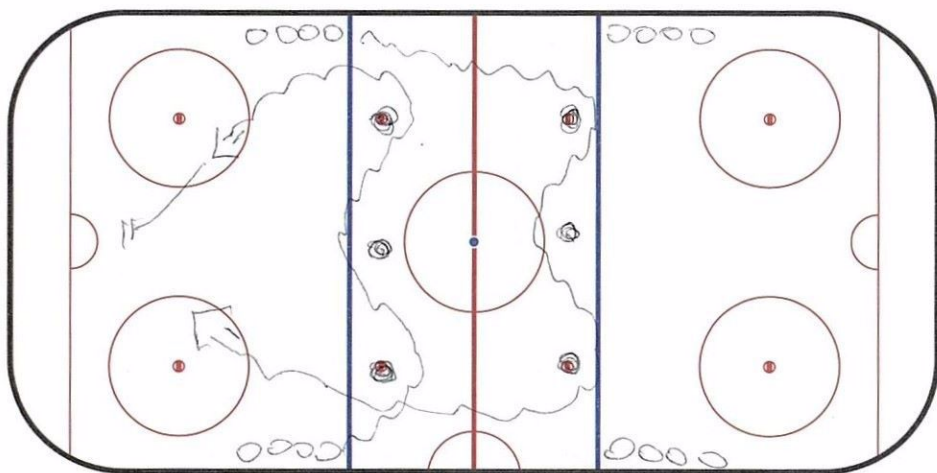


Aufwarmen Spiel

3-3 → TR Joker

für sein Team,

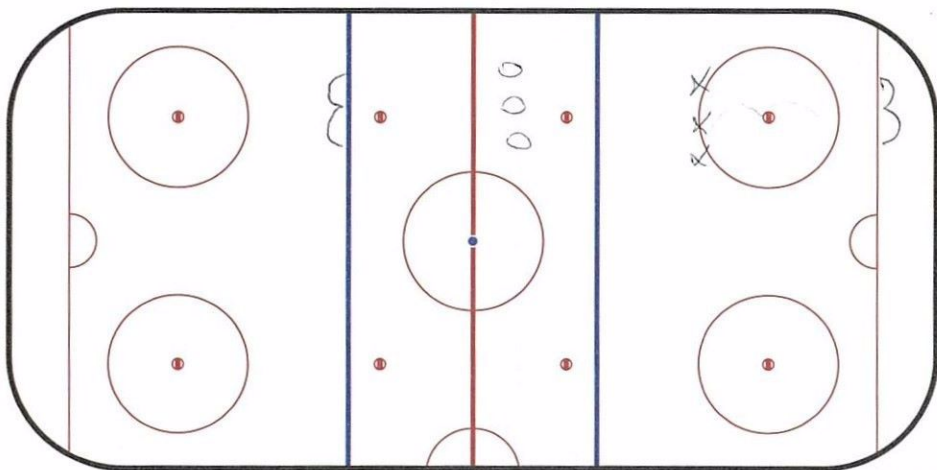
10min



1-0 kurze weg →

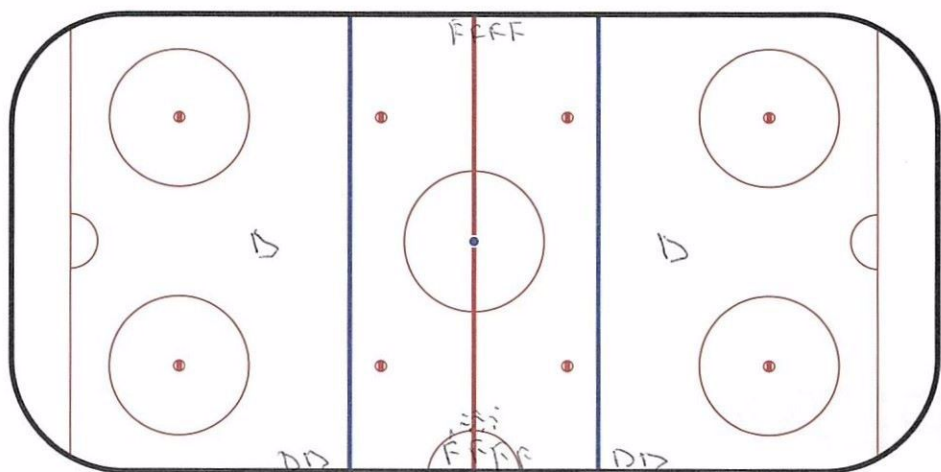
lange weg

10min

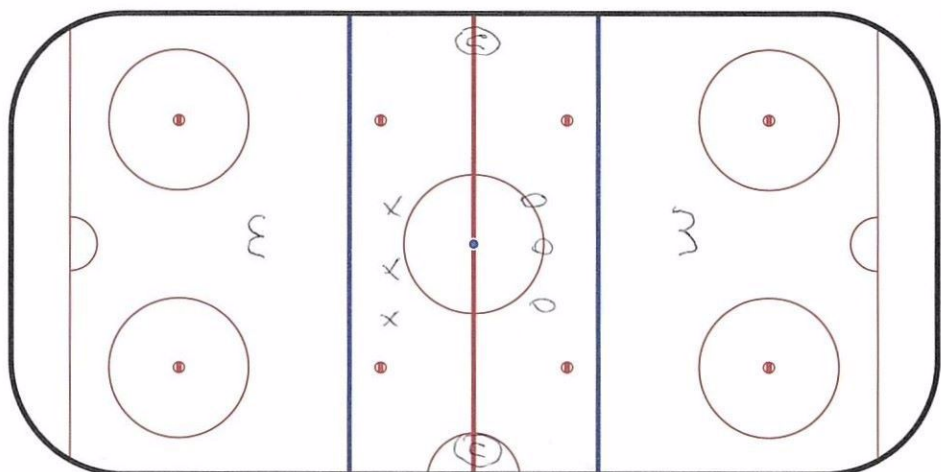


Spiel 3-3 blau bis

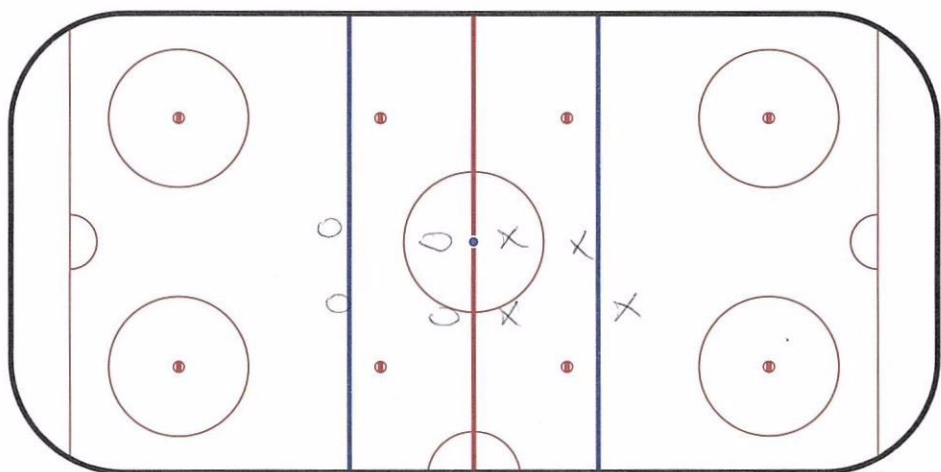
ROT → halbe eis (kurze
Pässe) 10min



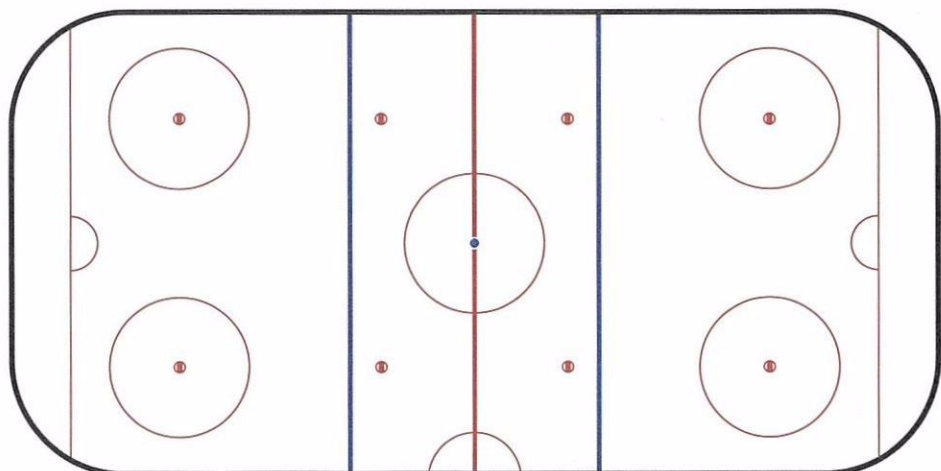
2-1 von mitte
10min



Spiel 40x30 ->
3-3 + 2 RR JOKER
8min



Spiel ganze eis
4-4
10min



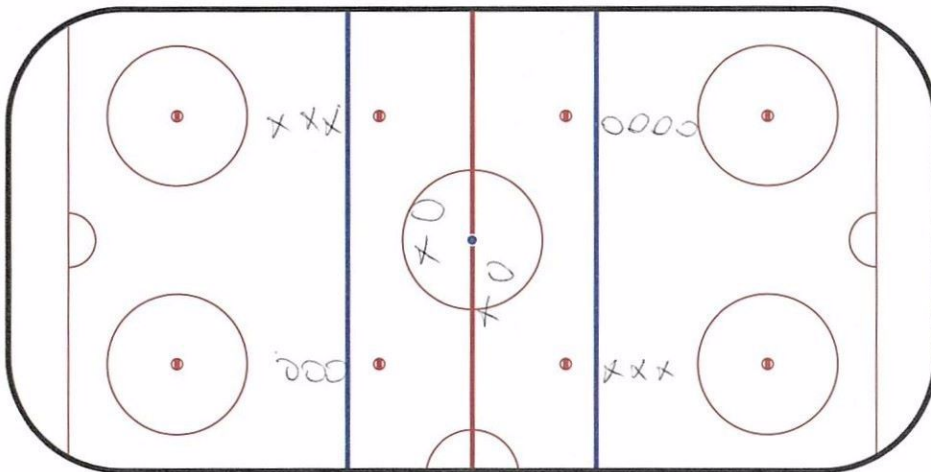


TEAM: U 15.12:50-13:50

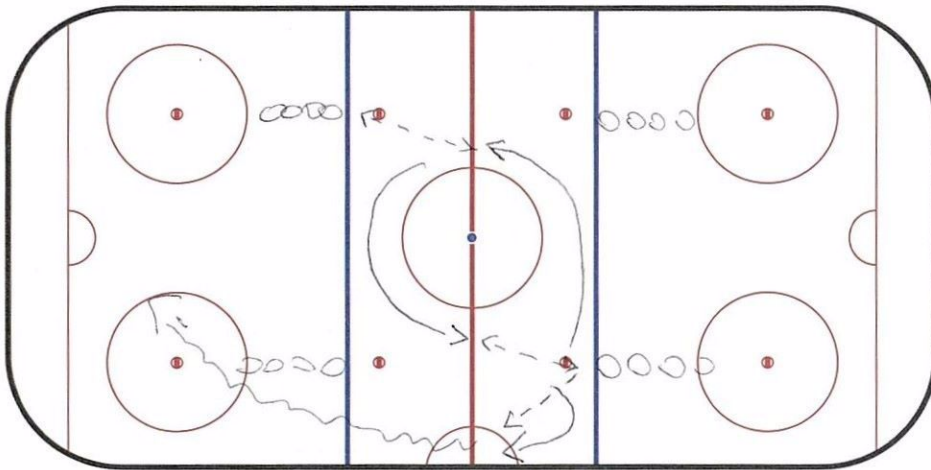
DATUM: 6.1.2023

TRAINER: YURI, MARTIN,

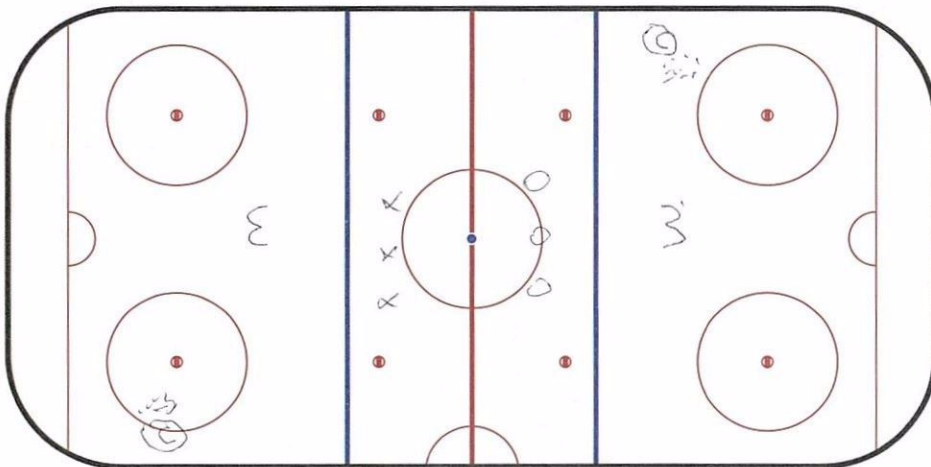
TRAININGSPLAN



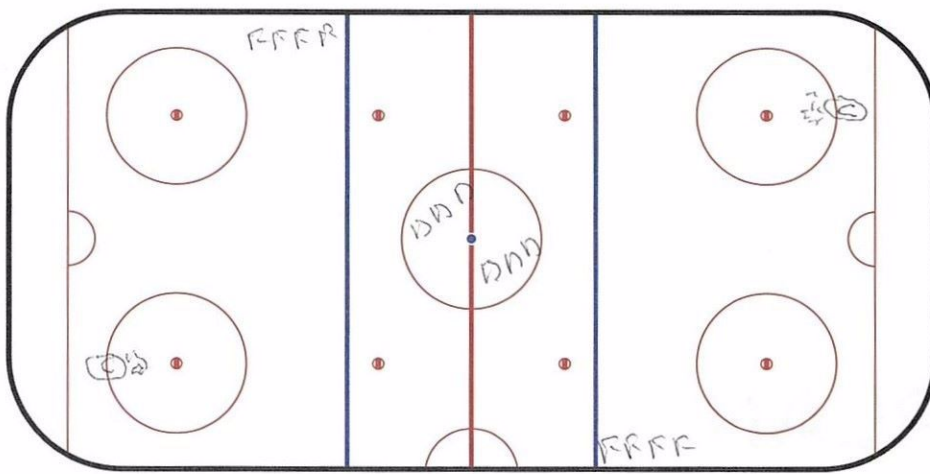
Spiel 2-2 mit
Passe diagonal,
10 min



1-0 → 5 Würze
Pässe.
10 min



Spiel 3-3 → 40 x 30
jede Team 2 chance.
6x6 → 12 min



2-0 + D → Zusammen
Arbeit

A) Kreuzen

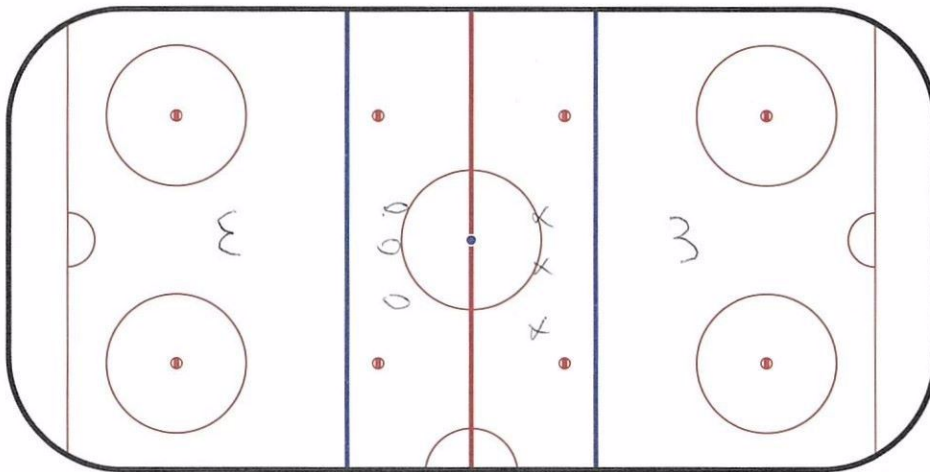
b) Spiel hinten vor

TR → Pass zum D →

Schuss → F arbeiten

vor Tor.

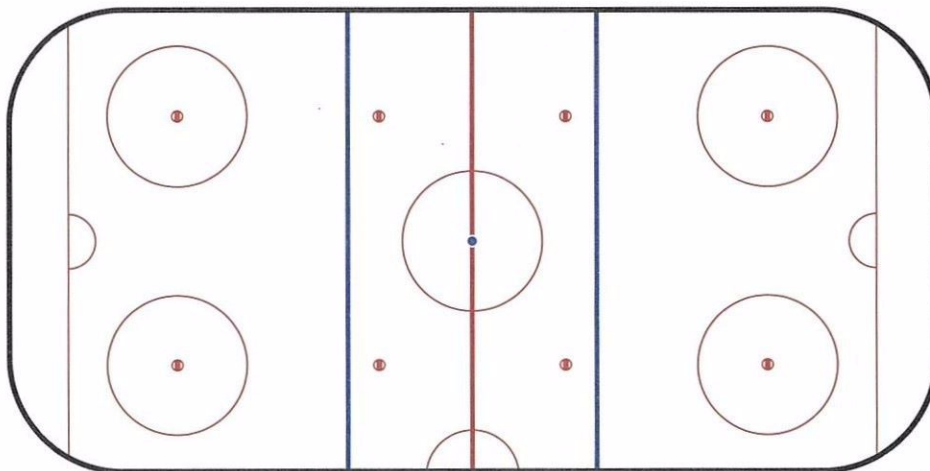
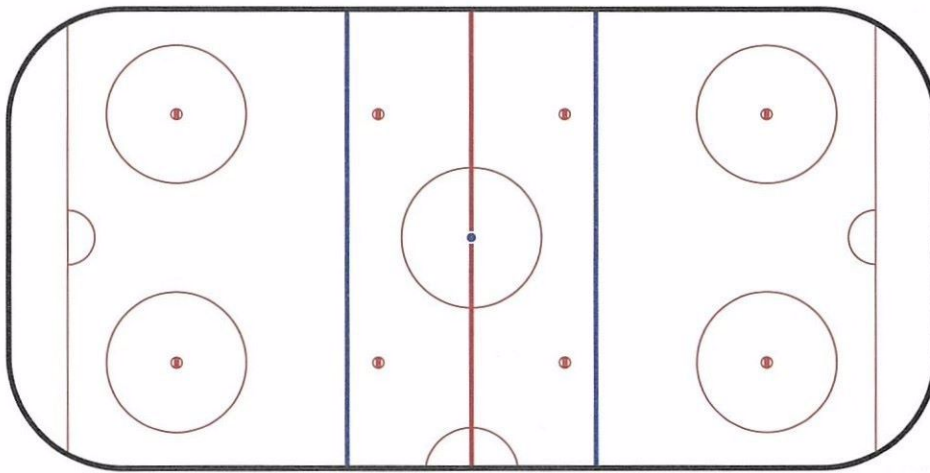
6 x 6 → 12 min



Spiel 40 x 30

3-3

13 min





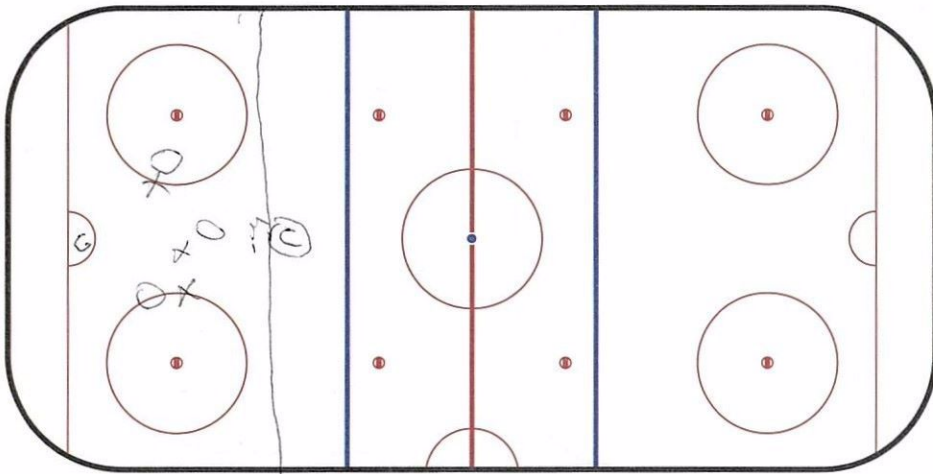
TEAM: U15. 16:20-17:20

DATUM: 9.1.2023 → wenig Spieler → individueller Training.

TRAINER: YURI, Helfer.

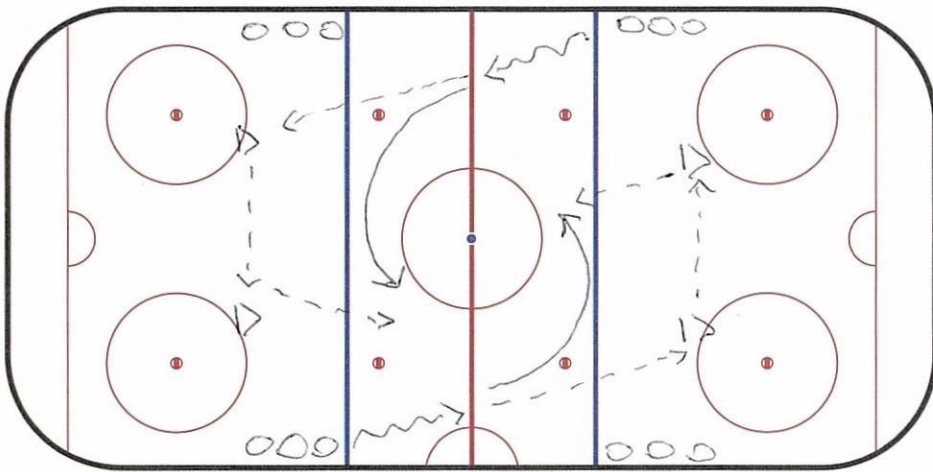
12.1.2023.

TRAININGSPLAN



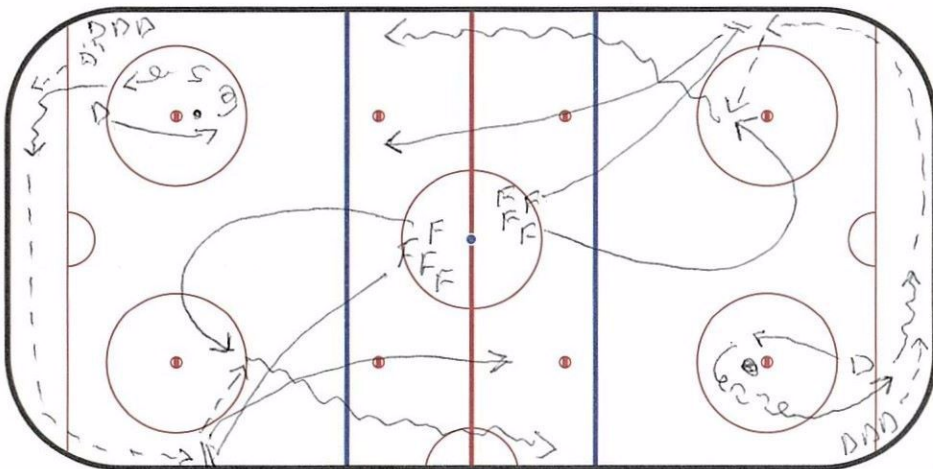
Aufwärmespiel
3-3 Auf HALB zone.

10min



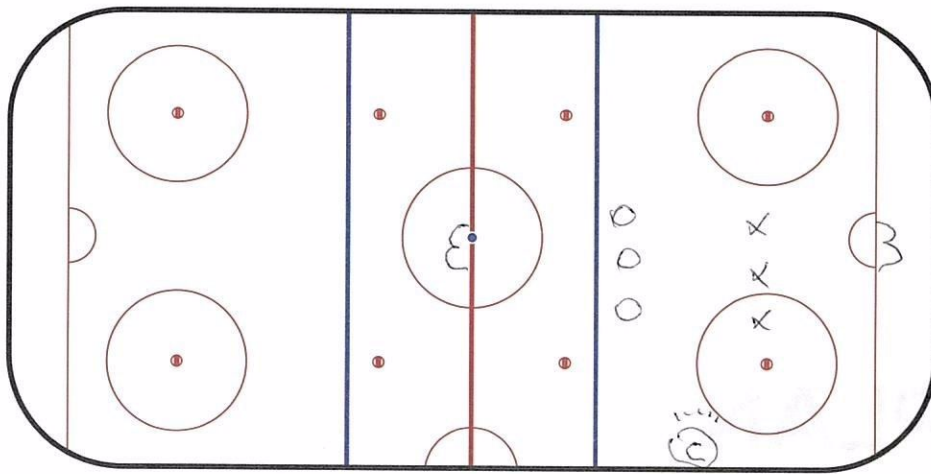
1-0 D zu D PASS

10min



2-0 → D schnell
bei hande spielen.

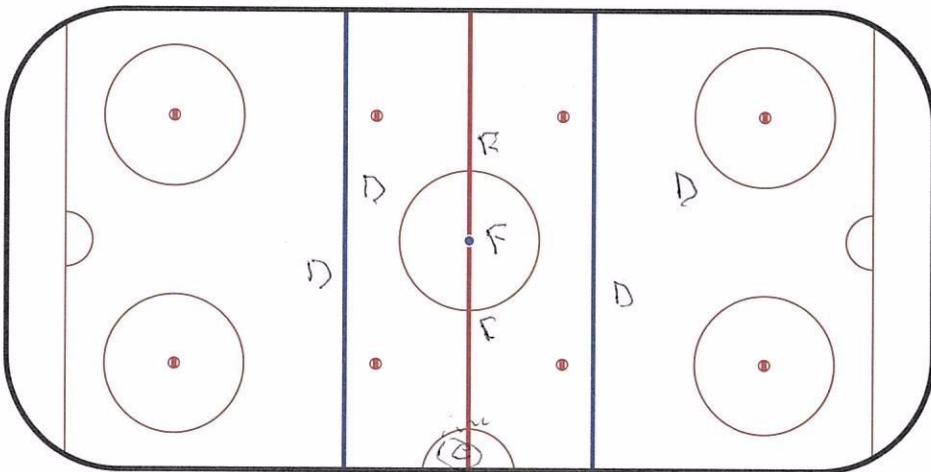
10min



Spiel 3-3 ROT bis

ROT

8 min



3-2 → 3 mal + 2 D

10 min

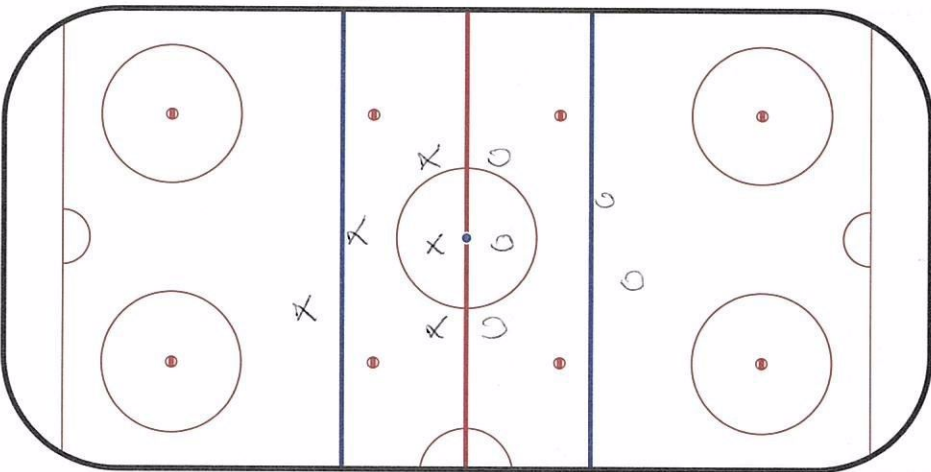
oder

1-1 → 3-2 → 5-5

mit zurück arbeiten

→ 13-F kompakt

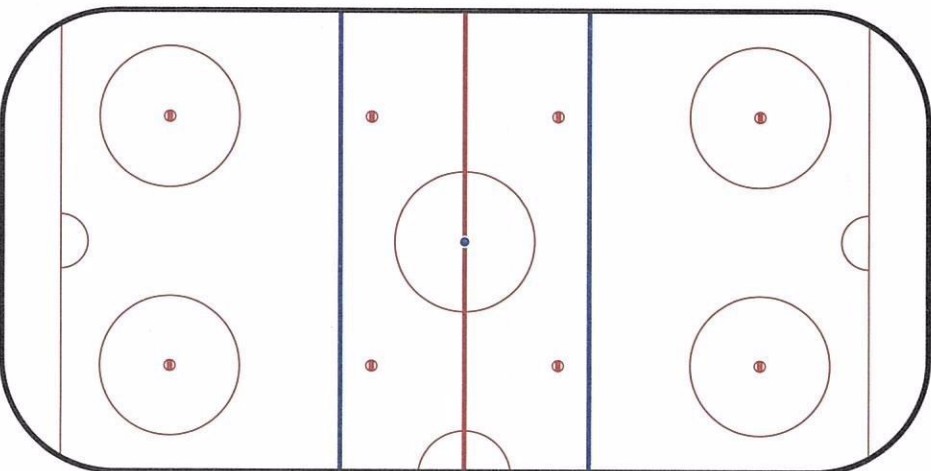
bleiben, keine große
Fenster!



Spiel ganze Eis

5-5 mit 4/4/4

10 min



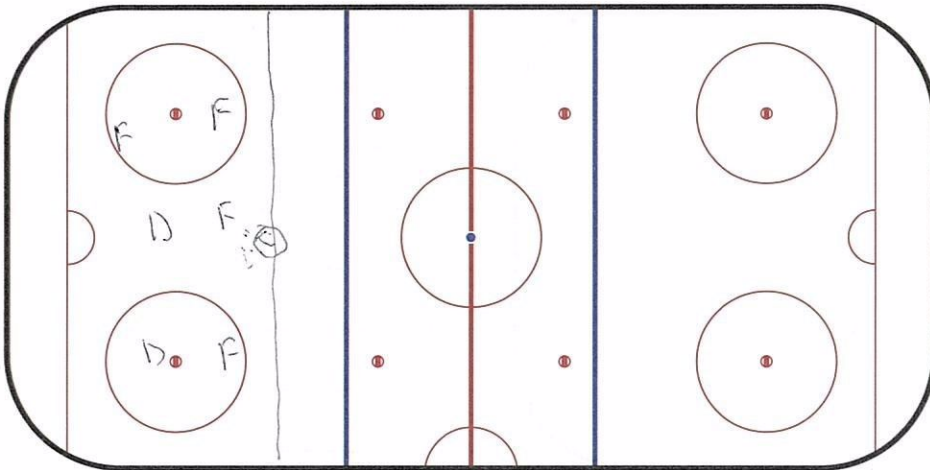


TEAM: U15, 16:40-17:40

DATUM: 13.1.2023.

TRAINER: YURI

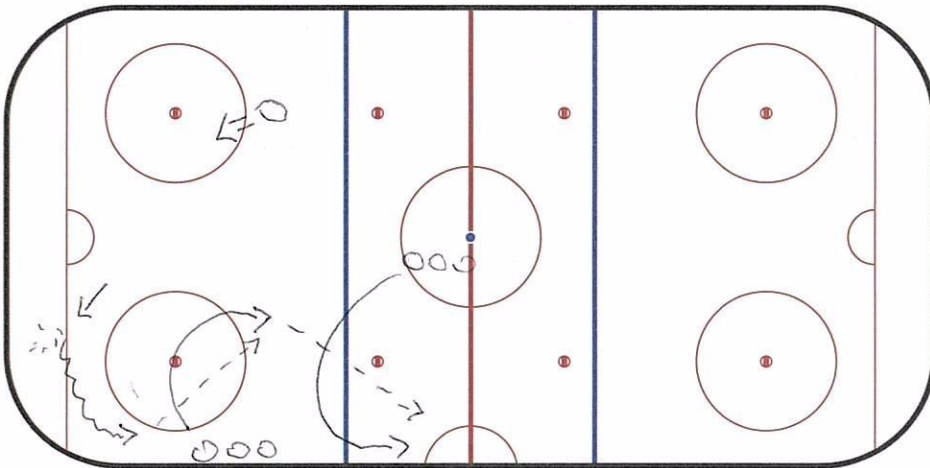
TRAININGSPLAN



Spiel 3-3 →

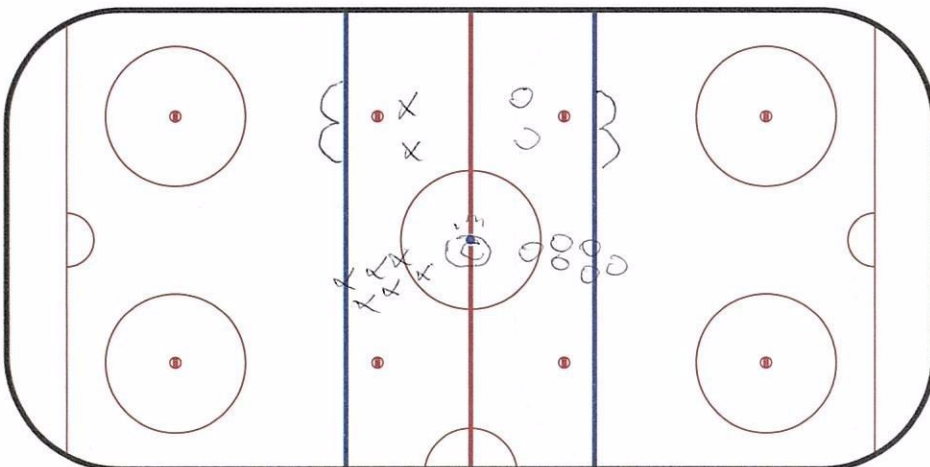
3F - 2D 1F

10-12 min



1-0 → schuss, pack
holen → 2 spieler anstre
mit reining

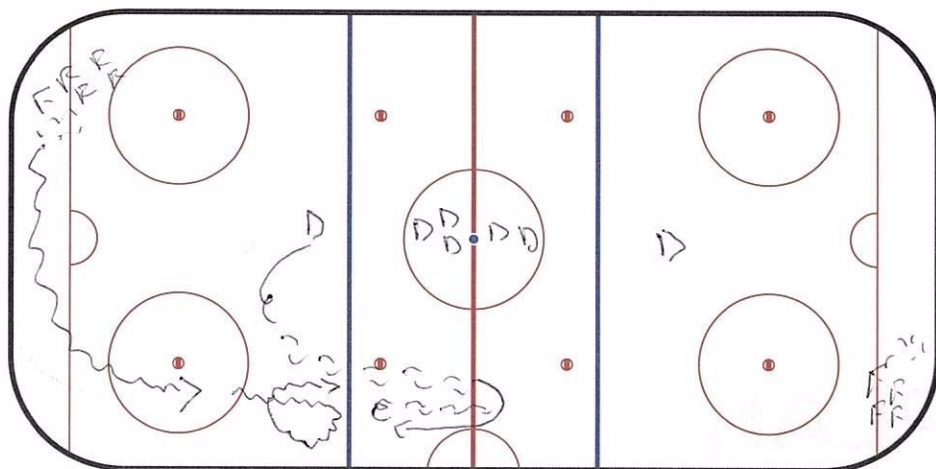
10 min



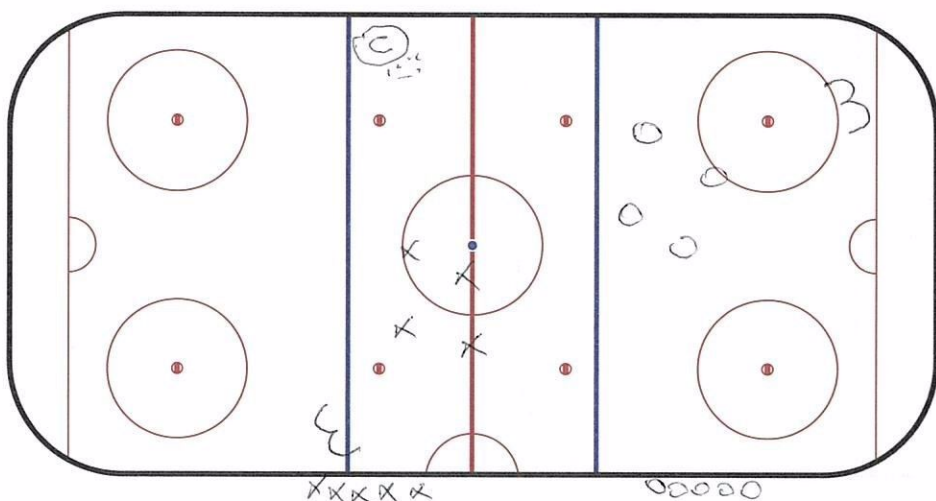
Spiel 2-2 kleine

PLATZ

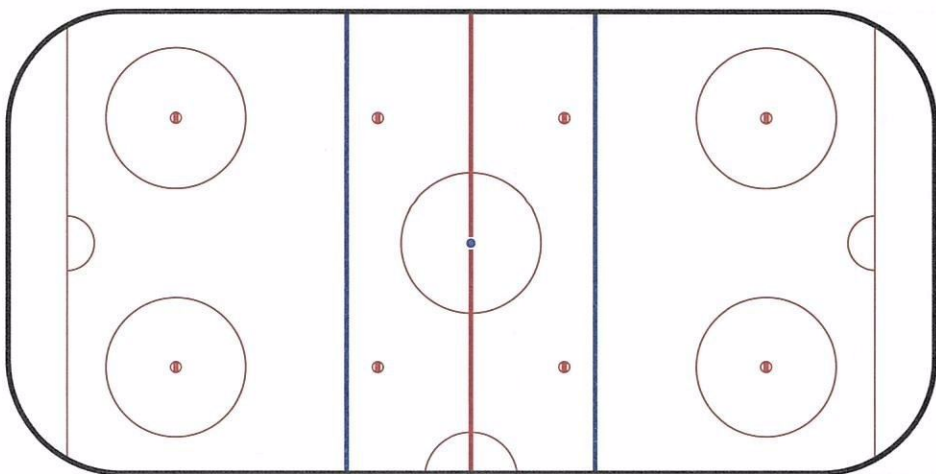
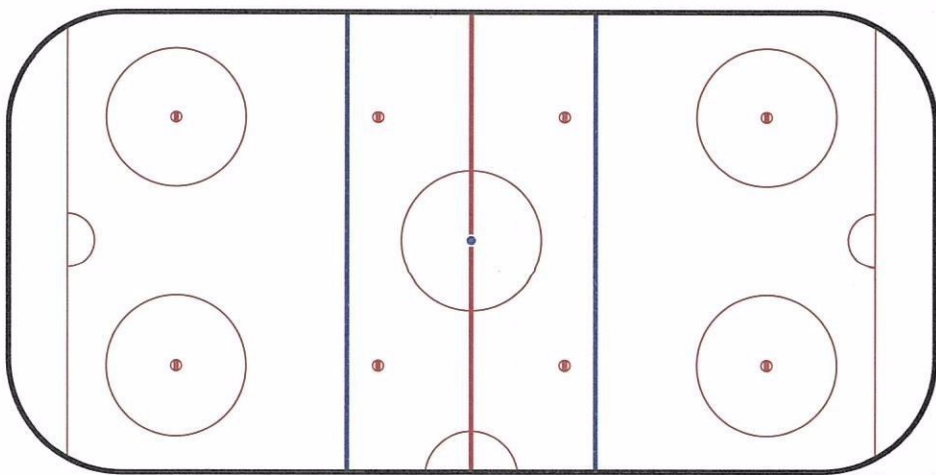
8 min



1-1 → nach ruff
 von trainer spielen
 macht es wach →
 → verteidiger immer
 distanz achten →
 keine grosse fenster.
 6x6 → 12



Spiel 4-4 mit
 tr joker.
 15min



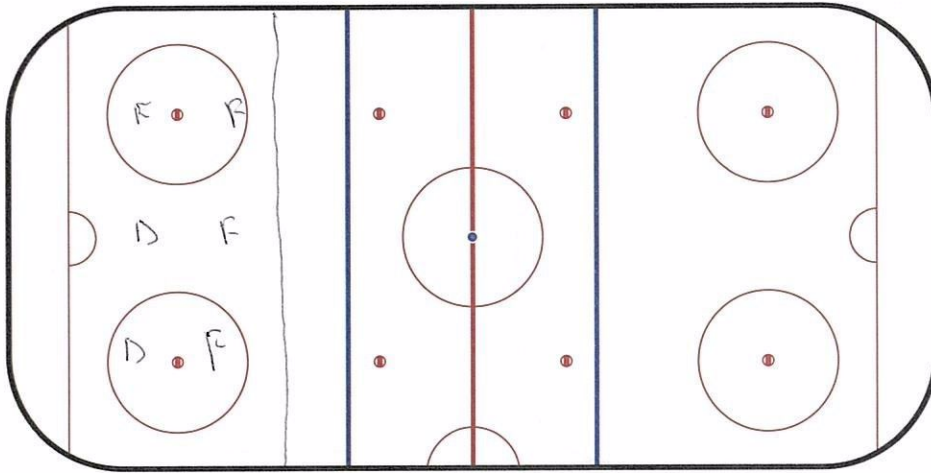


TEAM: U15, 16:20-17:20 → 16:40-17:40

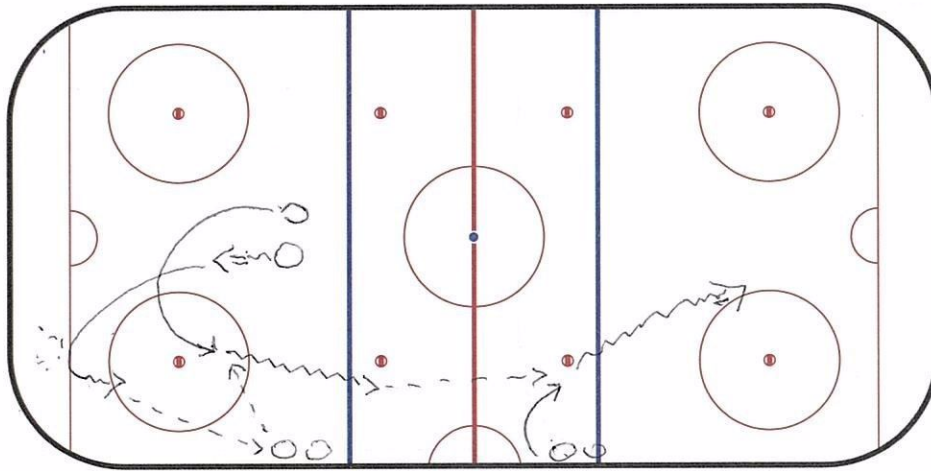
DATUM: 16.1.2022, → 19.1.2022,

TRAINER: Yuri

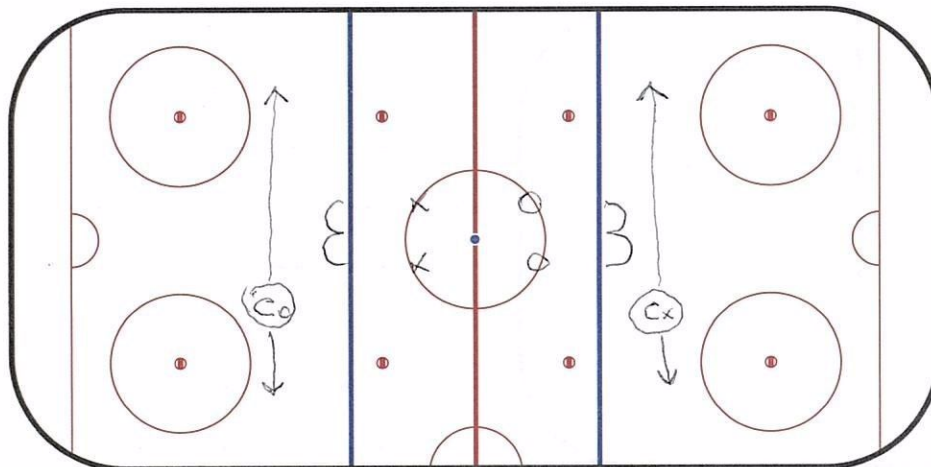
TRAININGSPLAN



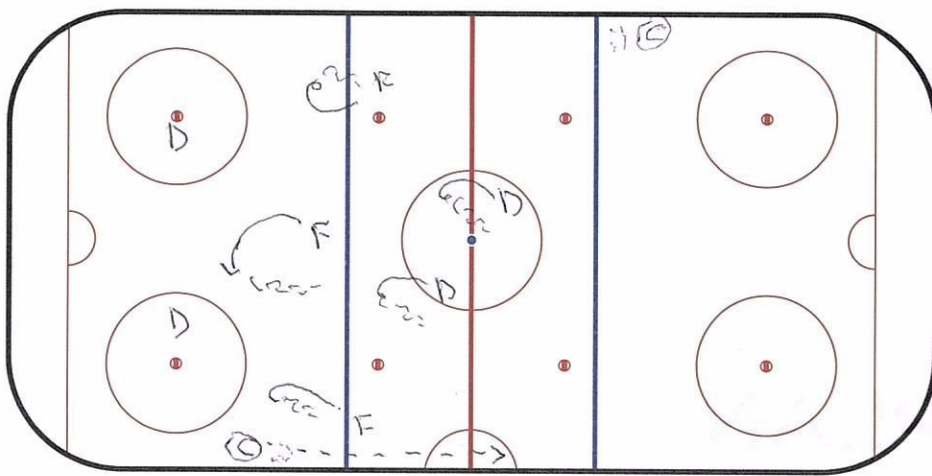
Aufwärmen 3F →
→ 2D 1F
12 min



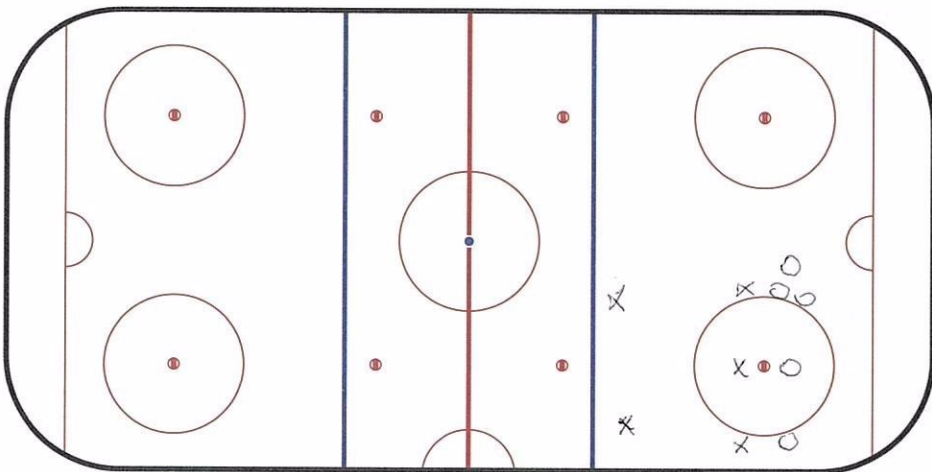
1-0 → 8 Spieler
im Arbeit.
10 min



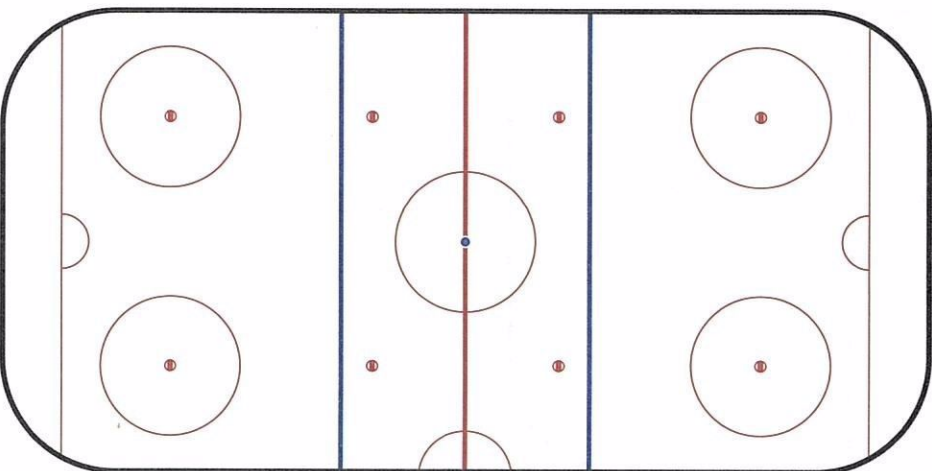
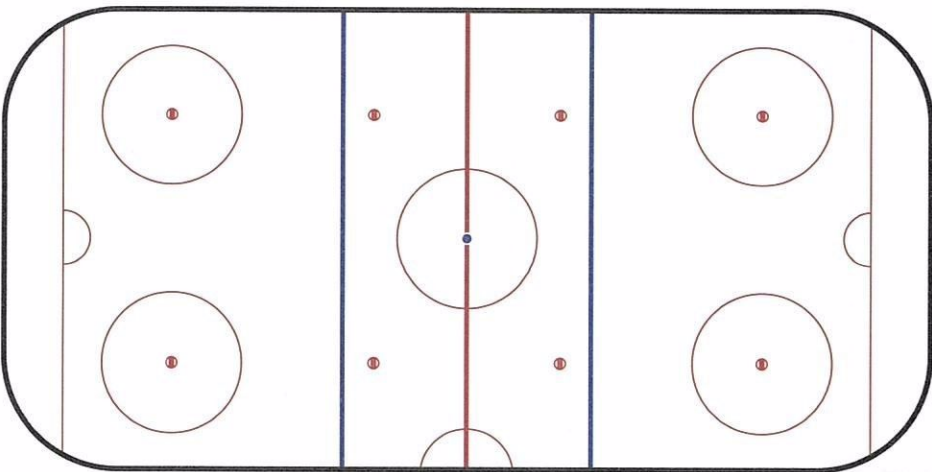
2-2 → TR. offensiv
Joker,
10 min
oder
40x30 → 3-3
wenn 2 TR am els
sind
10 min



§ 1-4 Auf Position
mit Pfeiff → 2 mal,
kompakt bleiben →
Schnelle umschalten
und 3-2 + 2 D kommen
mit → Pass von TP,
zu D → Schuss → Stürmer
arbeiten vor Tor
12 min



5-5 ganze eis mit
verschiedene Bully
varianten,
13 min



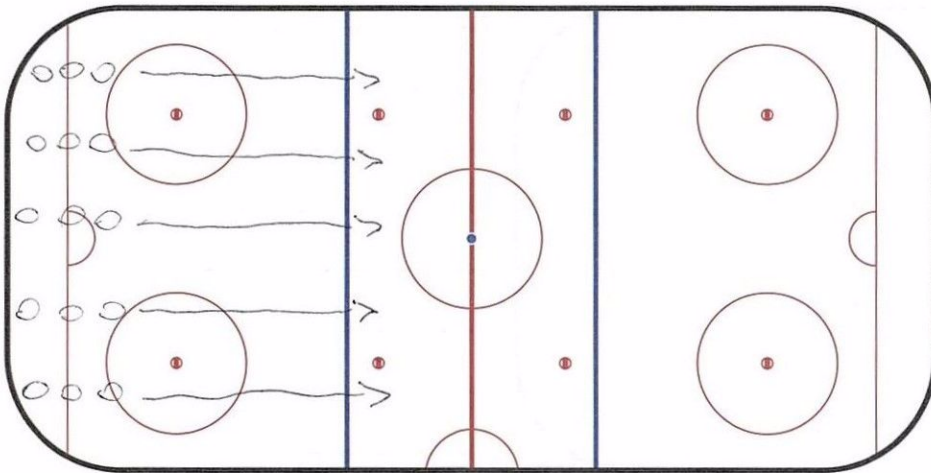


TEAM: U15-17. 18:40-19:40

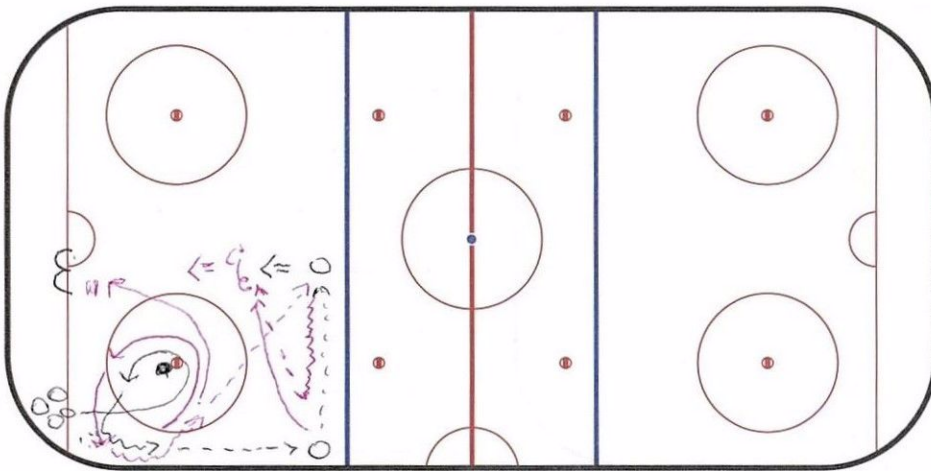
DATUM: 17.1.2023

TRAINER: YURI, MARTIN, MARKUS

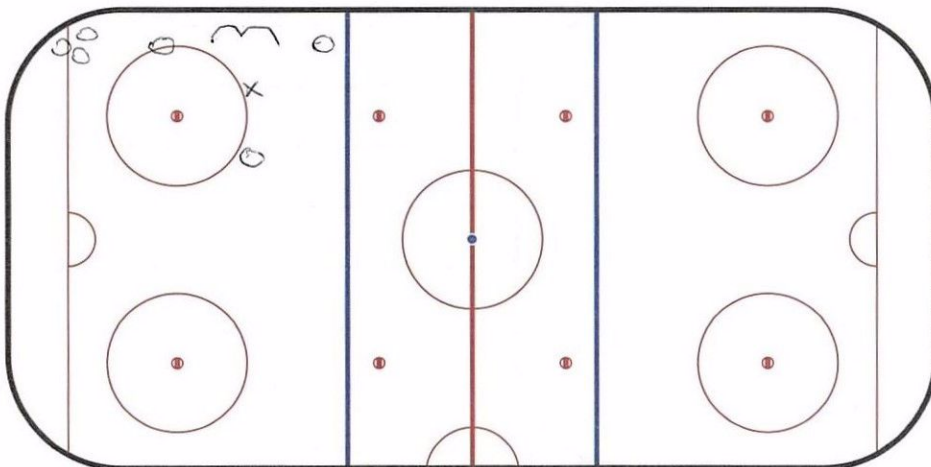
TRAININGSPLAN



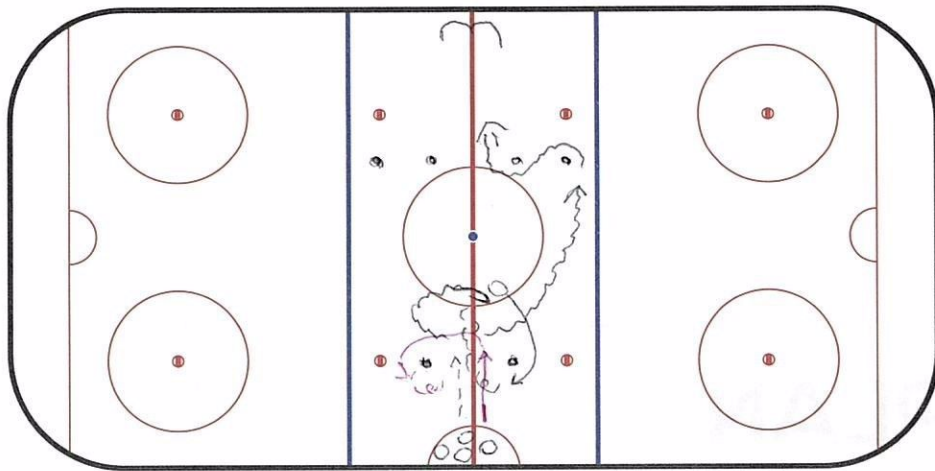
EISLAUFEN → Puck
KONTROL → MARTIN
15-20 min



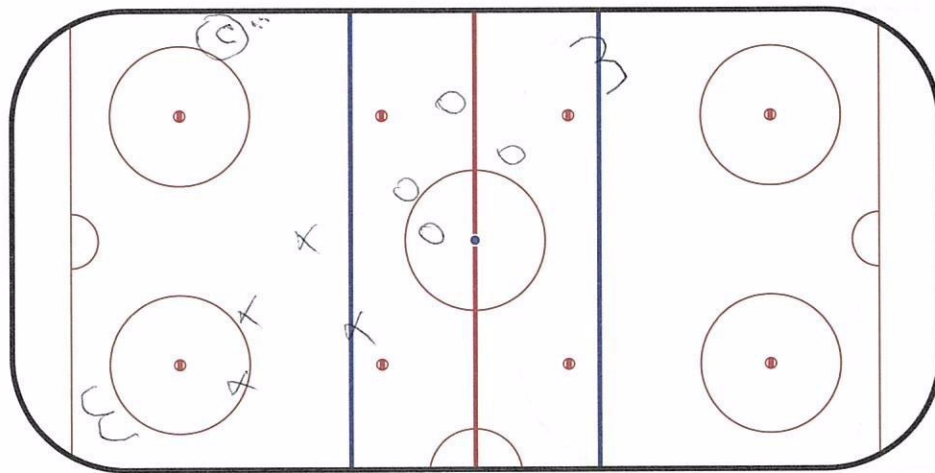
Station 1: Schuss
Übung → mit Passen
3 Spieler zusammen
Arbeit,
8 min



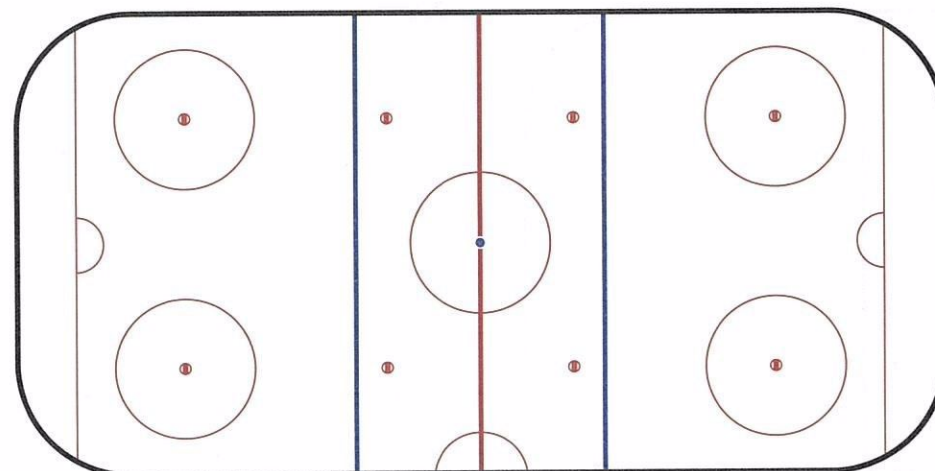
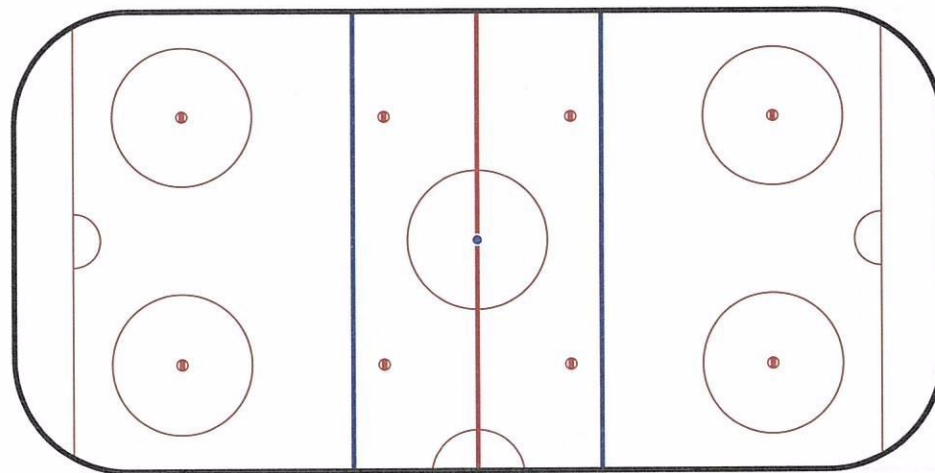
Station 2: Spiel 3-1
→ Puck laufen lassen
8 min



Station 3: Verteidigung
 Übung → ruck kontrolliert
 unten drück ruckwärts
 → reinschauen und raus
 kommen → Schuss von
 linke oder rechte Seite
 2 min



Spiel 4-4 → TR
 10 min



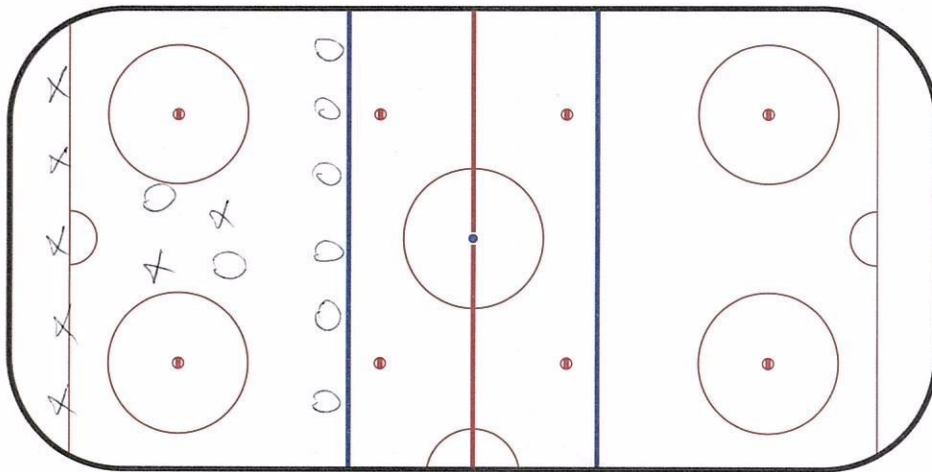


TEAM: U15, 16:40-17:40

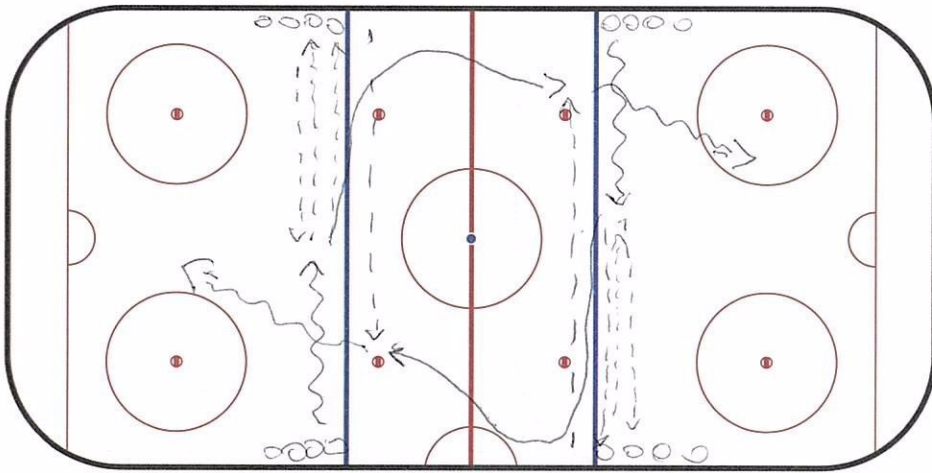
DATUM: 20.1.2022,

TRAINER: Yuri

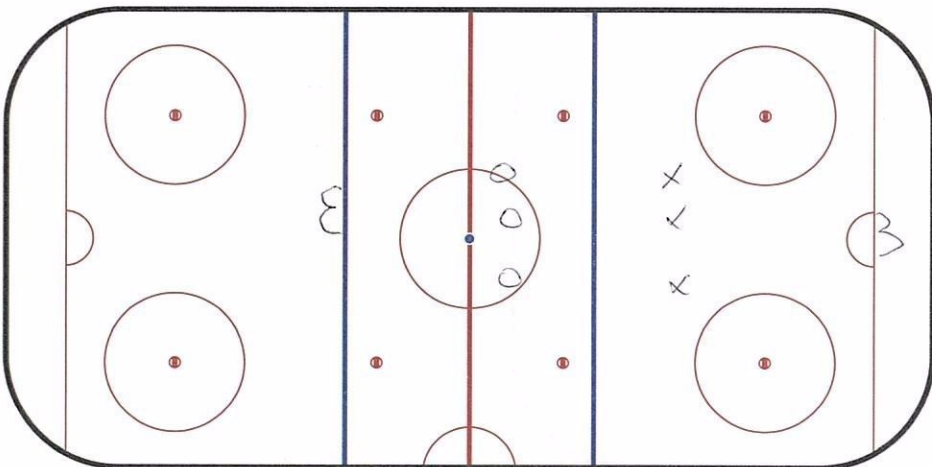
TRAININGSPLAN



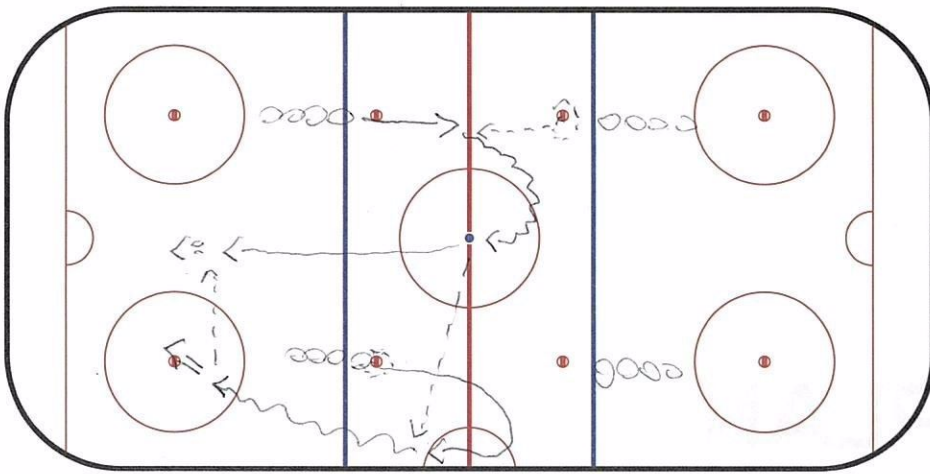
Aufwärmen
2-2 mit PAssen
zum eigene gruppe
10min



1-0 mit doppel pass
und lange pass
10min

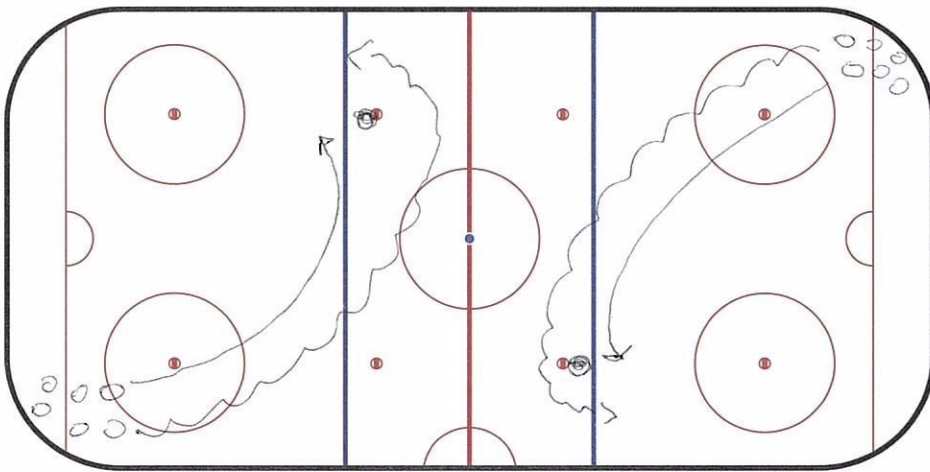


Spiel 3-3 blau linie
bis rot. -> ohne offseir
8-10min



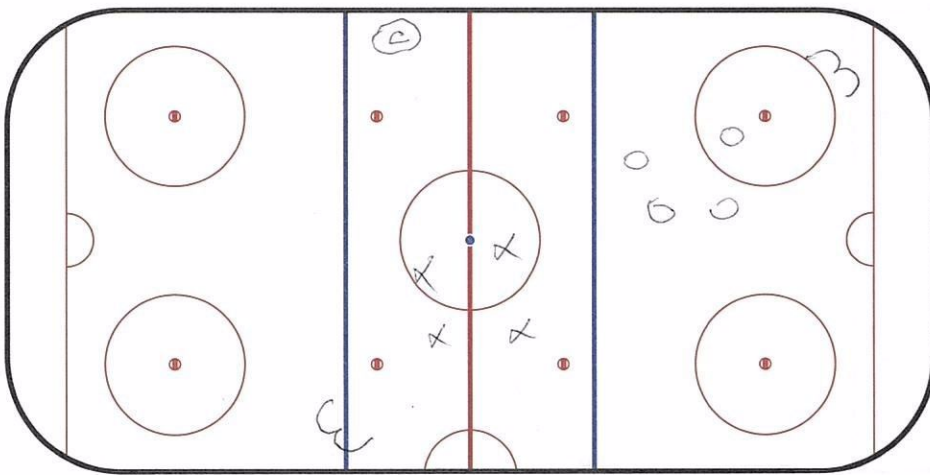
2-0 mit Pass nach
Außen.

6-8 min



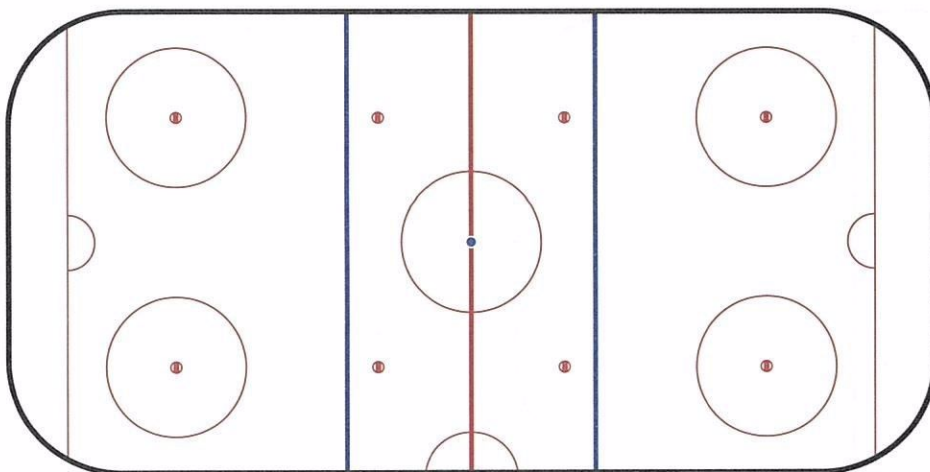
1-1 im 2 Zonen
gute Feinung.

6-8 min



Spiel 4-4 mit TR
Torwart.

13 min





TEAM: U15, 16:20-17:20

DATUM: 23.1.2023

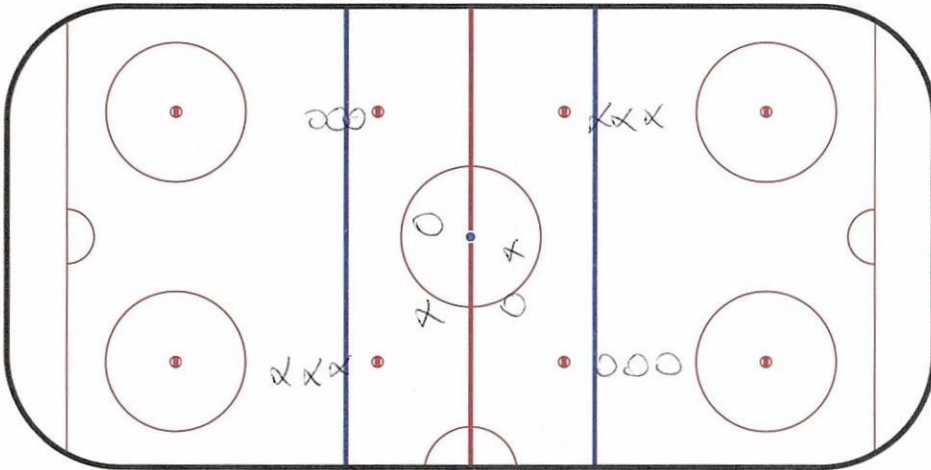
TRAINER: YURI

26.1.2023

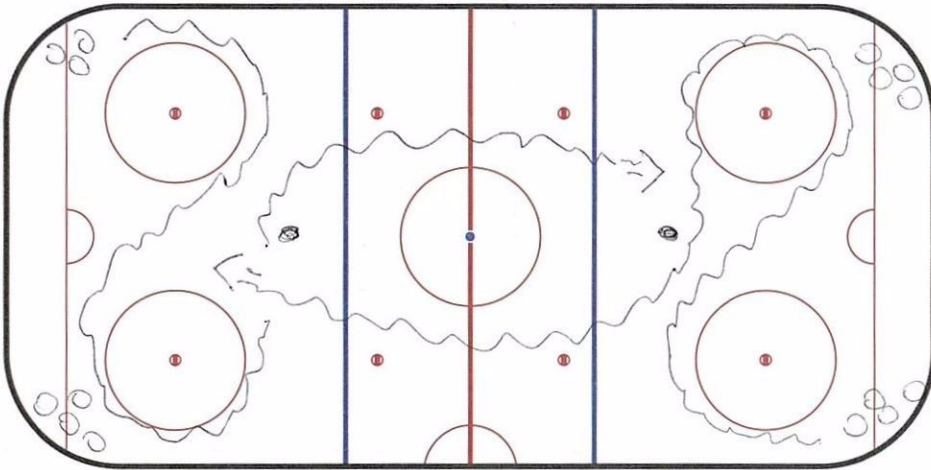
16:40-17:40

→ Anderer TR. PLAN war
verwendet zu wenig Leute
gewesen

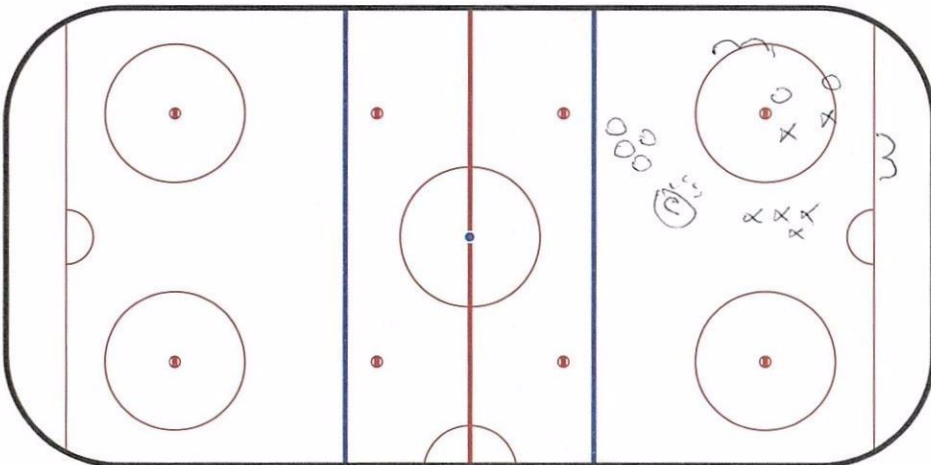
TRAININGSPLAN



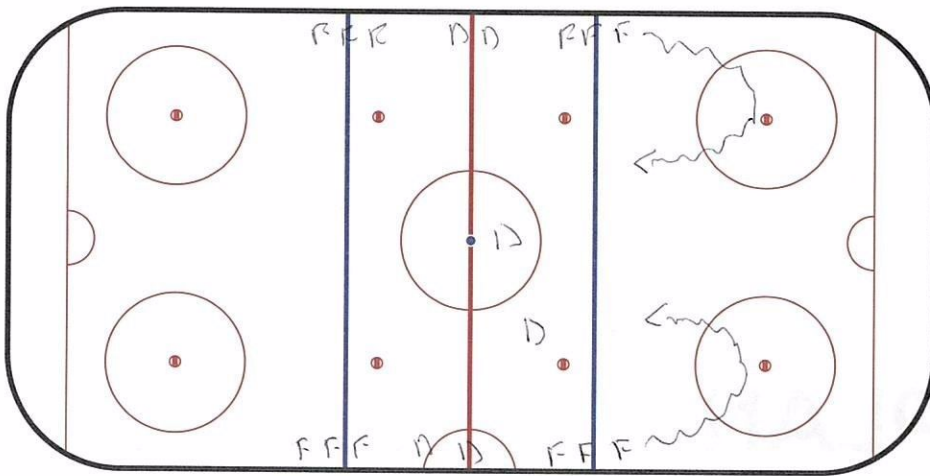
Aufwärmen Spiel
2-2 im mitte mit
2 diagonal JOKER
10min



1-0 puck kontrol
mit übersetzen
10min



2-2 kleine PLATZ
10min



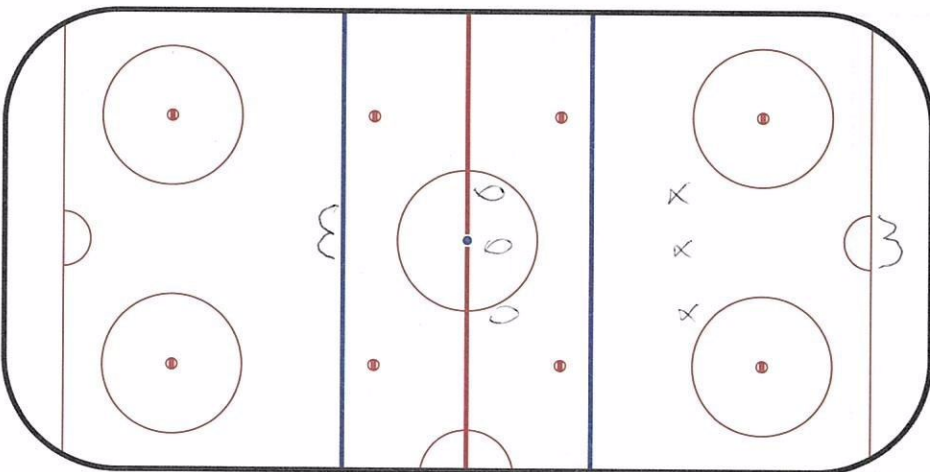
2-2 ganze eis
1 puck

10 min

oder STÜRMER
eine zone ->

verteidiger Andere
zone.

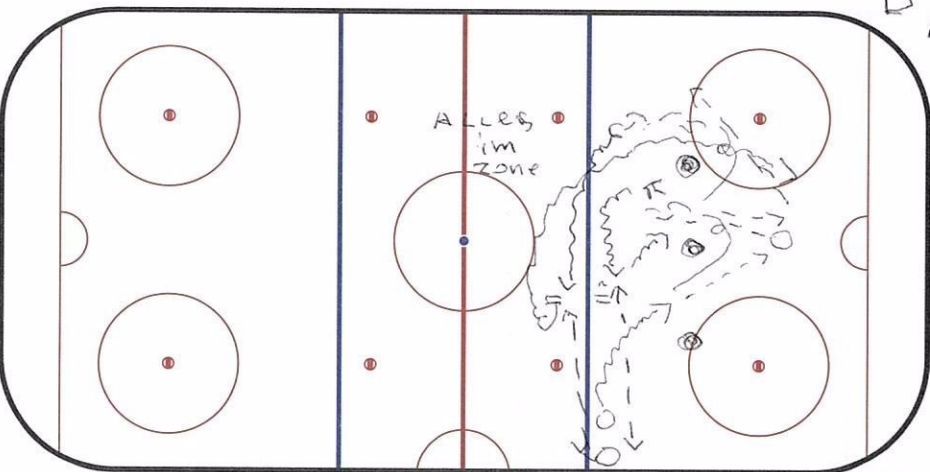
7x7 15 min



Spiel 3-3

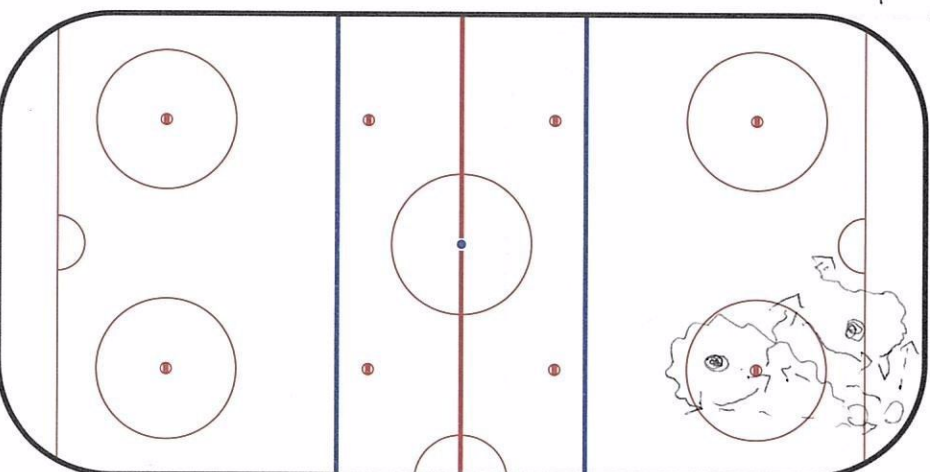
blau bis rot ohne
soker, (blau off sein)

15 min



D

F



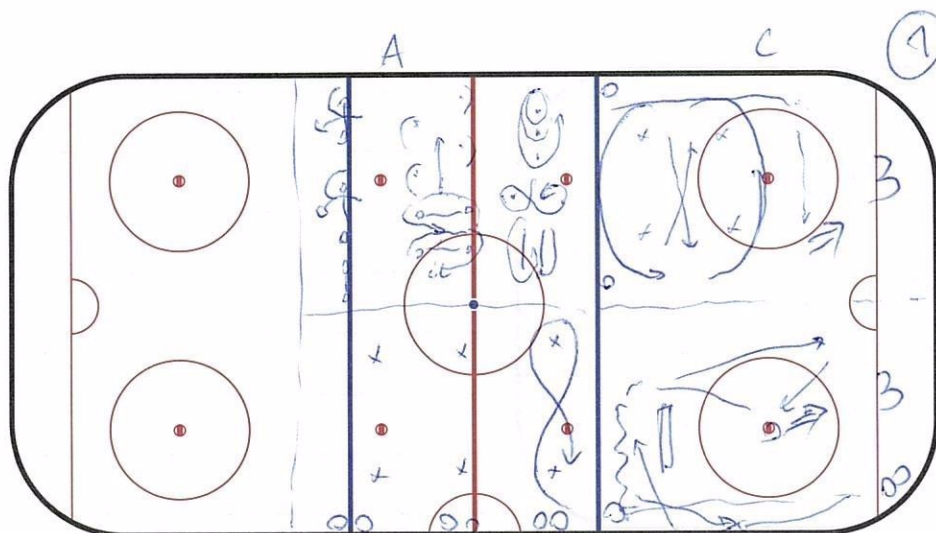


TEAM: U15/U17

DATUM: 24.1.23

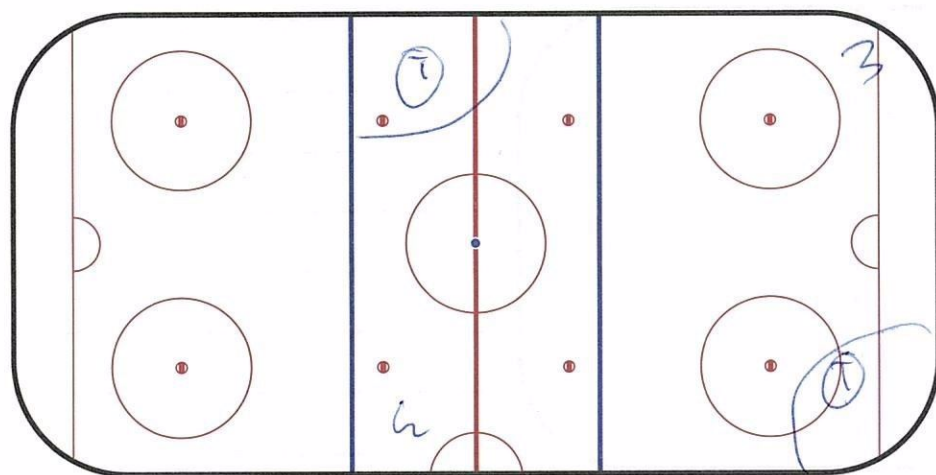
TRAINER: Markus, Yoni, Markus

TRAININGSPLAN



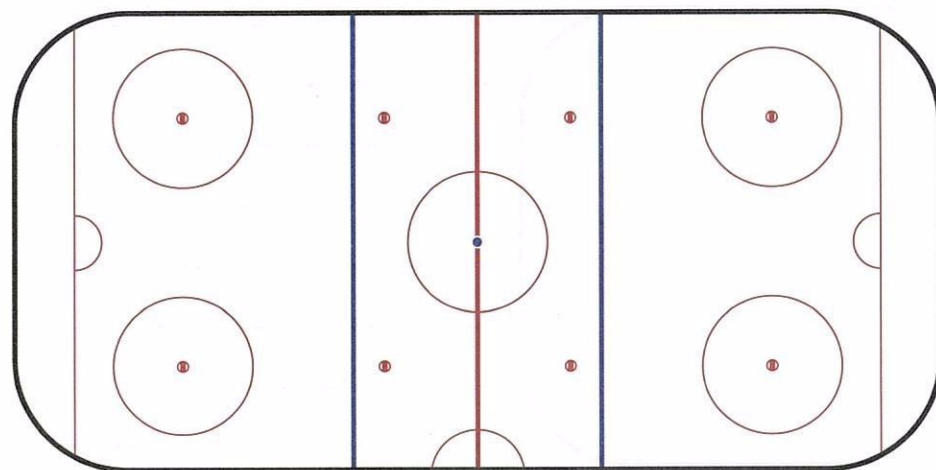
- ①
- A Stickhandling
 - B Skating 1k/Ak
 - C Passing 2:0
 - D Pass (Doppelpass)
Bewegung zur Mitte
2. Doppelpass

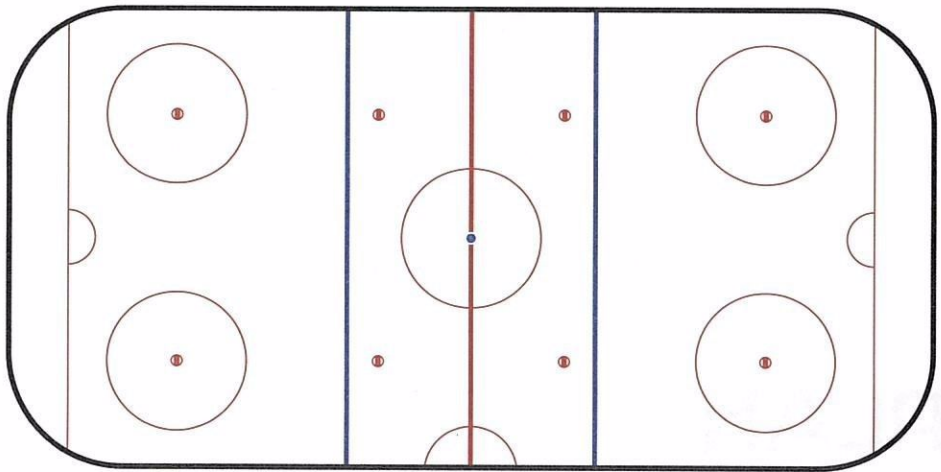
4x8min

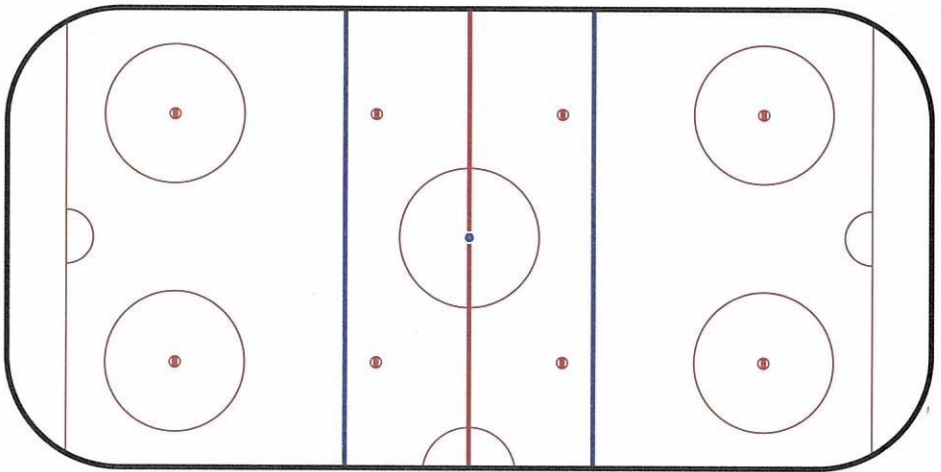


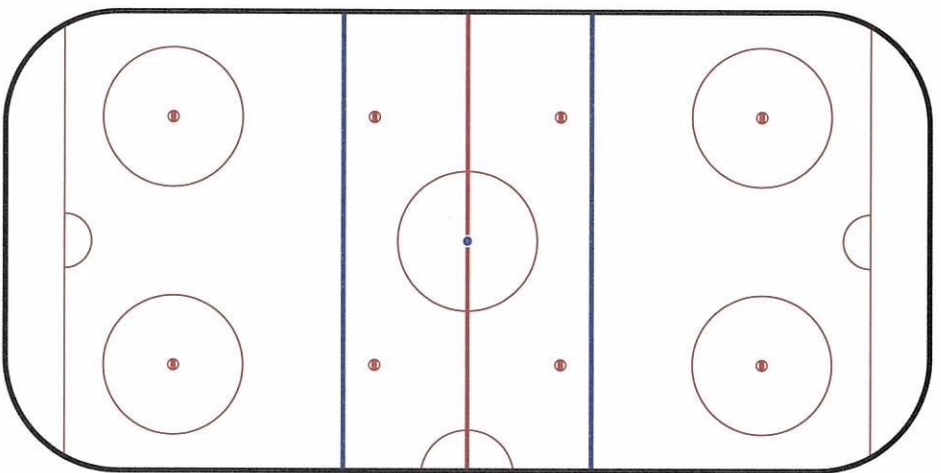
Spiel 3:3/4:4
mit Iker

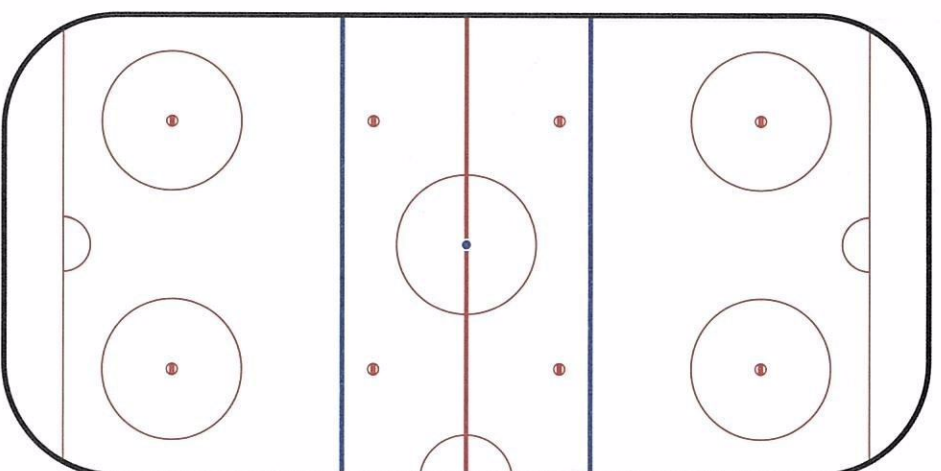
15min











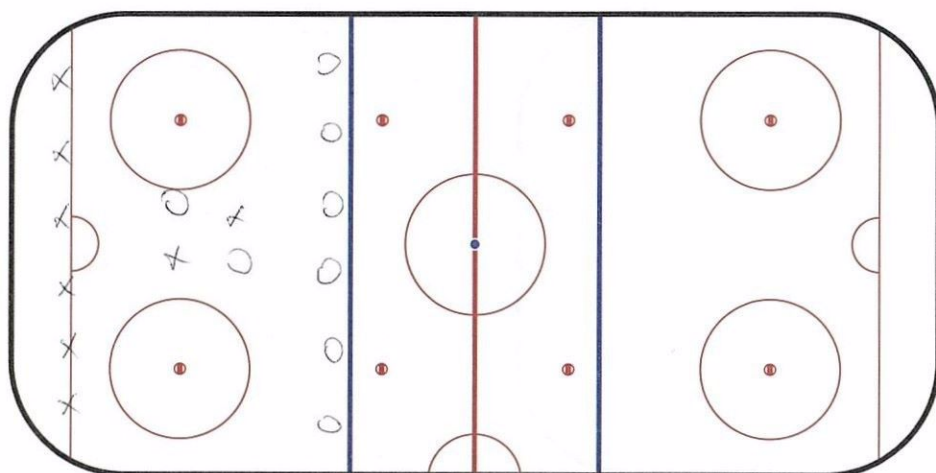


TEAM: U15, 16:40-17:40

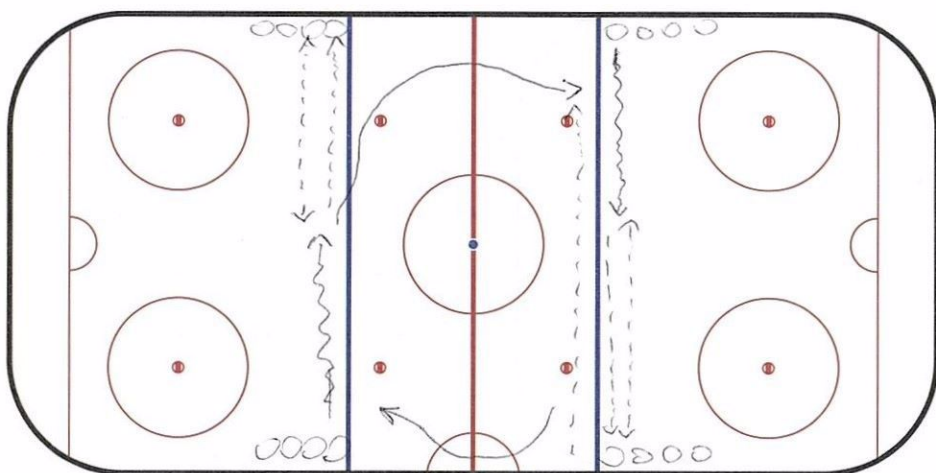
DATUM: 27.1.2023,

TRAINER: YURI.

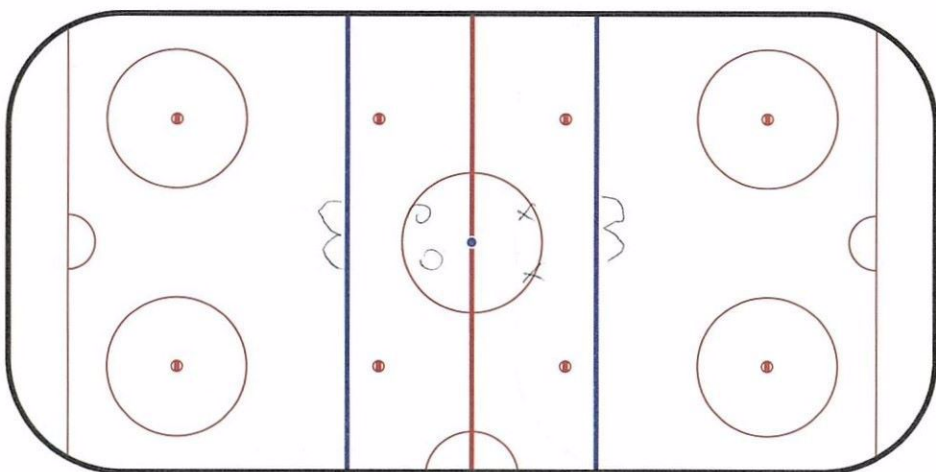
TRAININGSPLAN



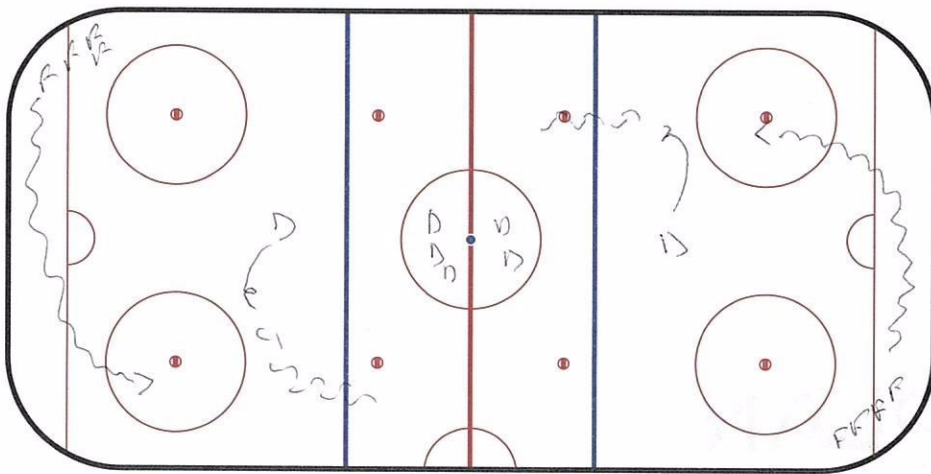
Aufwärmespiel
2-2 mit Passen zum
eigene Gruppe.
10min



1-0 mit doppel pass
und lange pass.
10min



2-2 mitte zone
10min

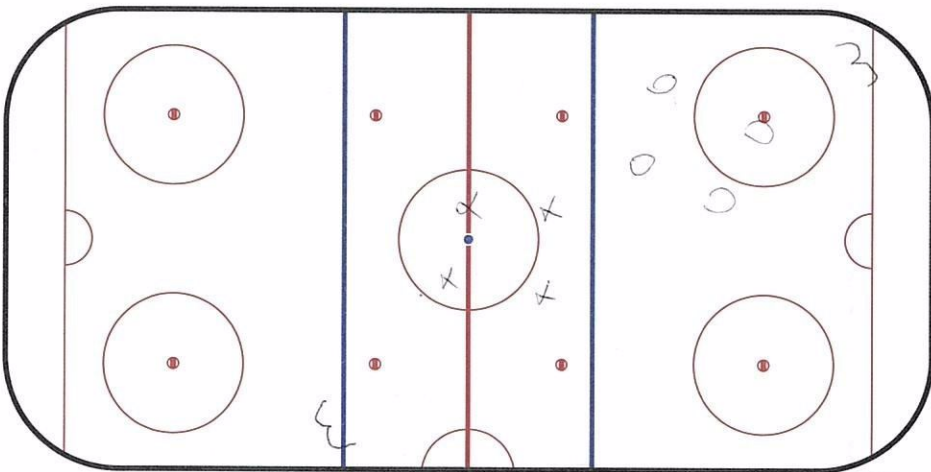


1-1 ~~Stürmer~~ RFP
 Stürmer macht
 Canada → Verteid:
 ger teilung mit
 distanz.

10min

oder

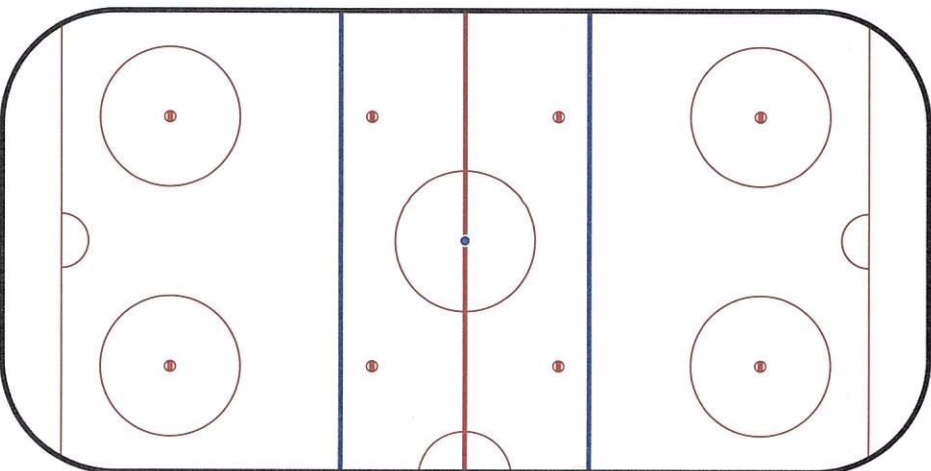
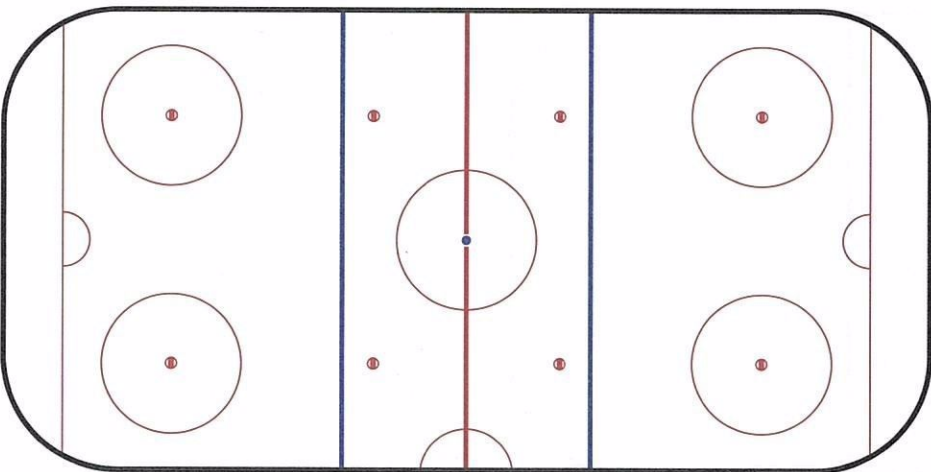
2-1 aus mitte



Spiel 1-1

TR Joker

15min



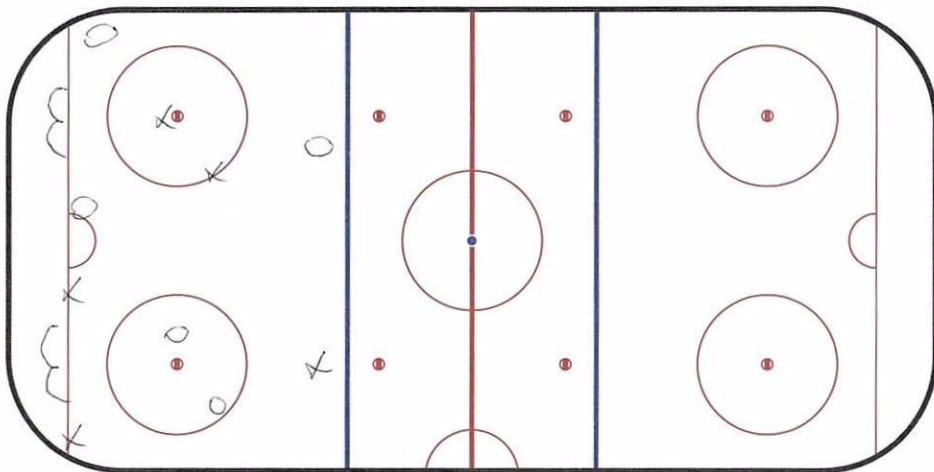


TEAM: U15, 16:20-17:20

DATUM: 30.1.2023

TRAINER: Yuri

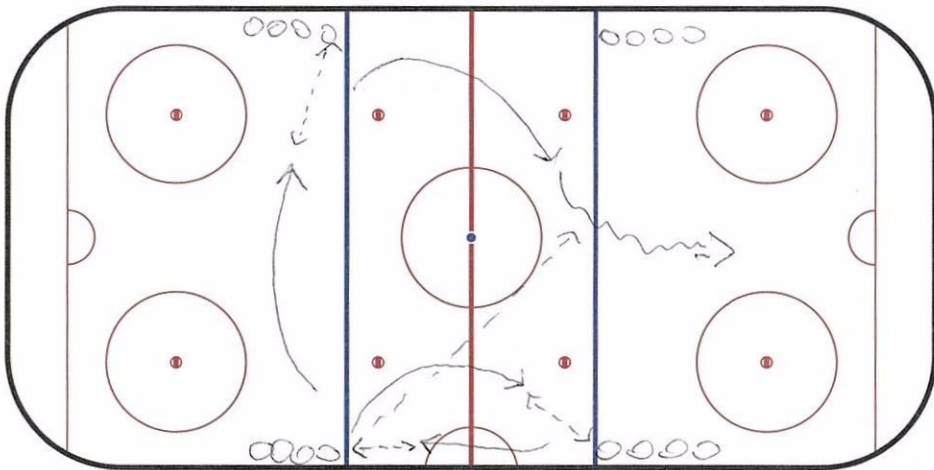
TRAININGSPLAN



Aufwarmen Spiel

3-2 → 3-2

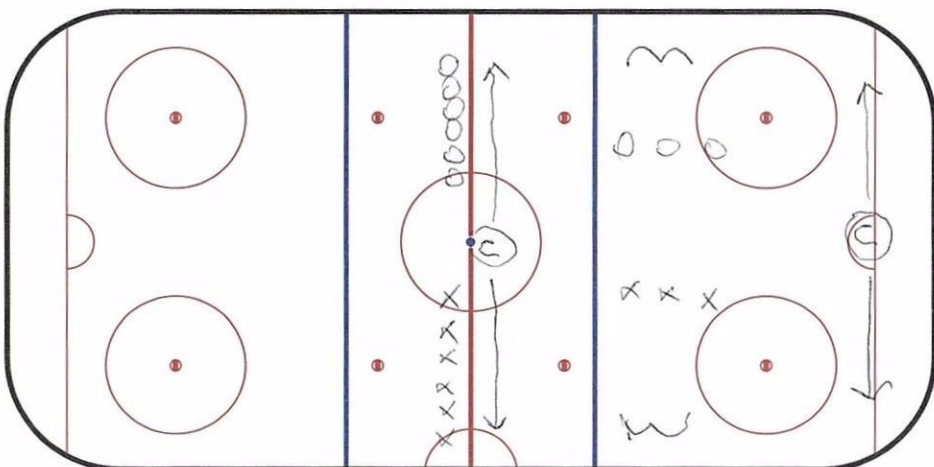
10 min



1-0 → 7 Pässe

→ Feinting

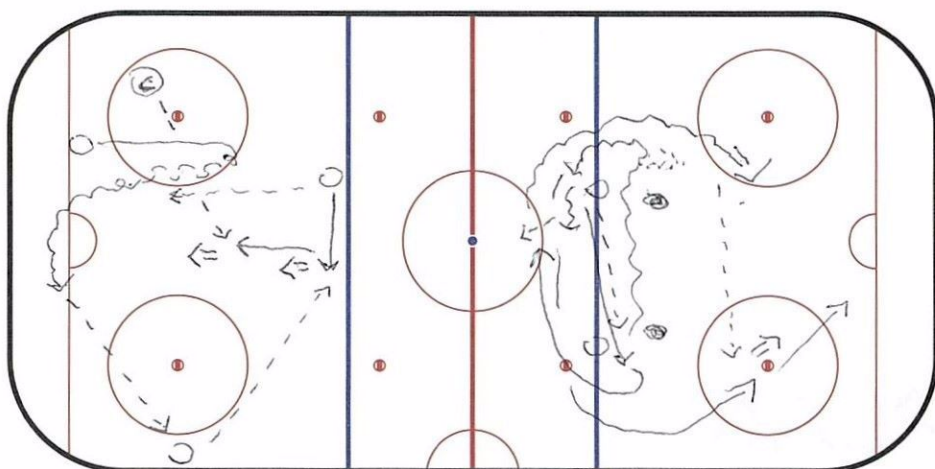
10 min



Spiel 3-3 corners

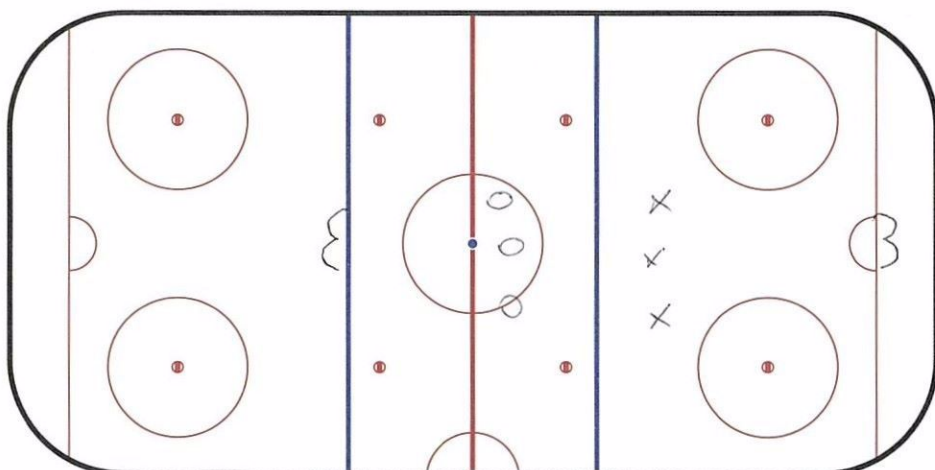
mit 2 TR Spieler

10 min

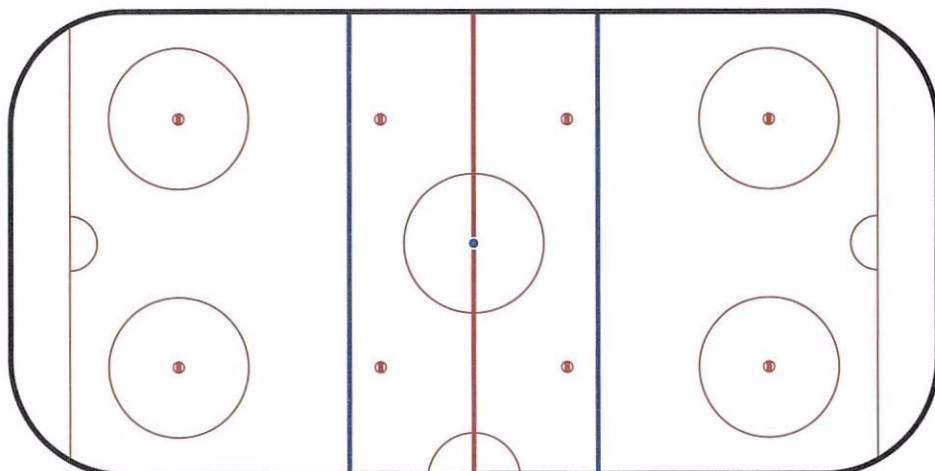
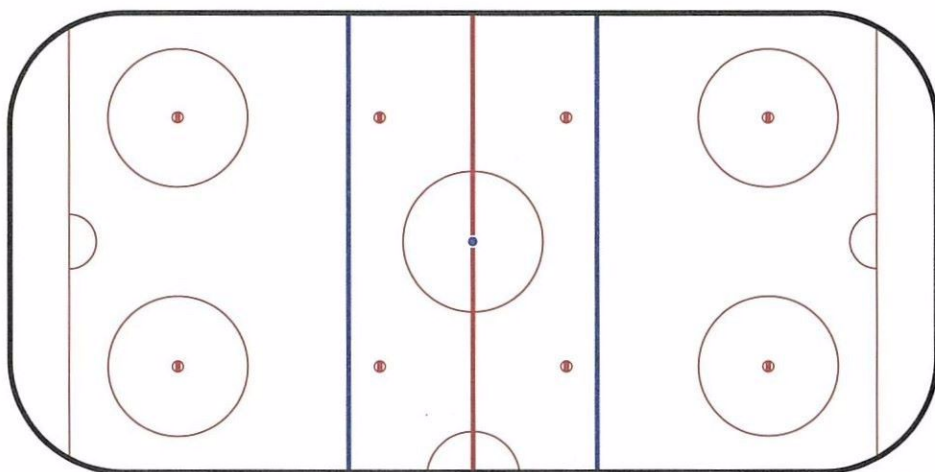


F $\rightarrow$ 2-O mit kreuze
 $\rightarrow$ schuss auf lange
fassen unten für nach
schuss oder riss für
direkt schuss.

D → Aufbau mit Pass
→ schuss von blau und
direkter schuss von mitte
zone, 15min



Spiel 3-3 mit
BLAU Linie
13 min



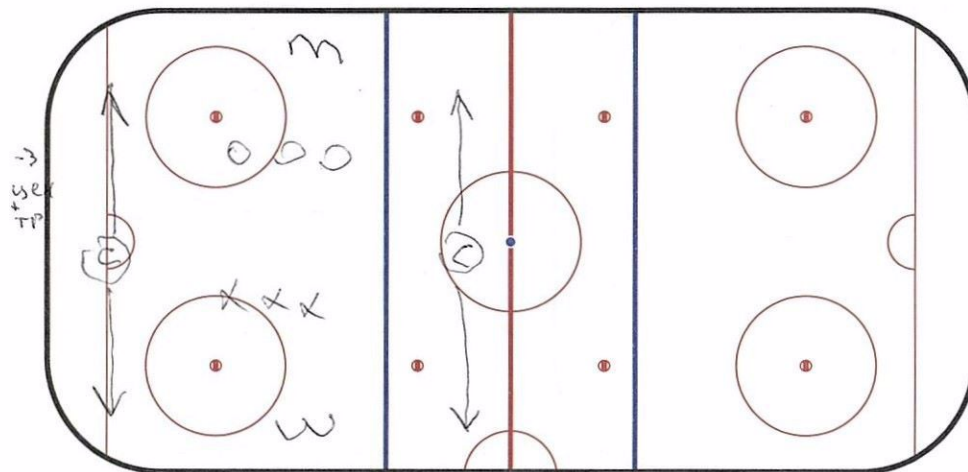


TEAM: U15, 16:40-17:40

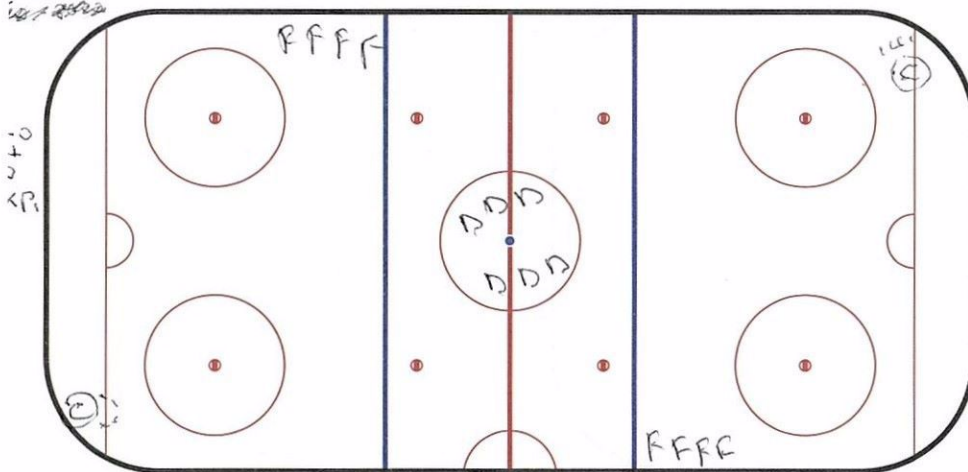
DATUM: 2.2.2023

TRAINER: YURI, MARTIN

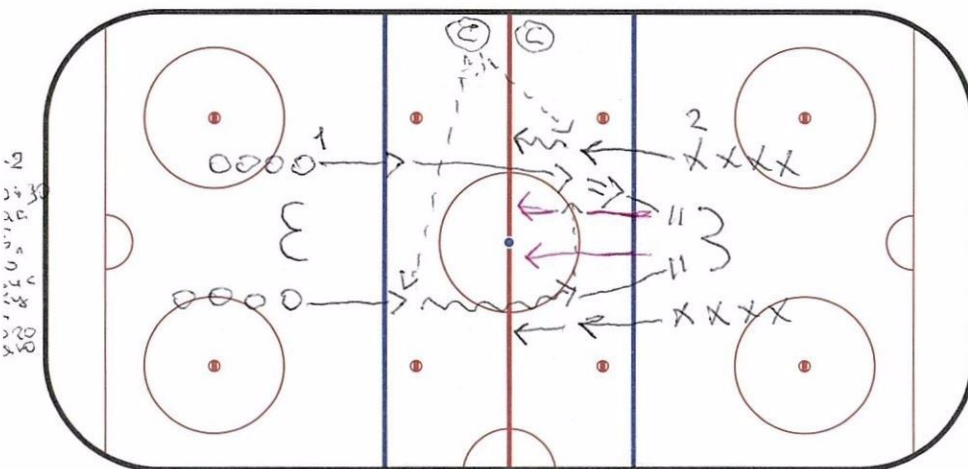
TRAININGSPLAN



Aufwärmen 3-3
mit 2 TR für beide
TEAM → viele Pässe
→ Puck laufen lassen
10 min

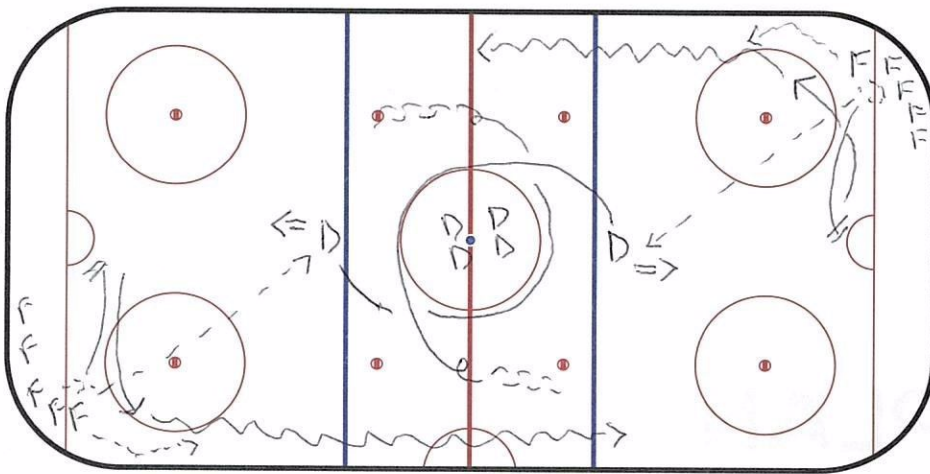


2-0+D → mit Schüsse
→ Stürmer kreuzen
10 min



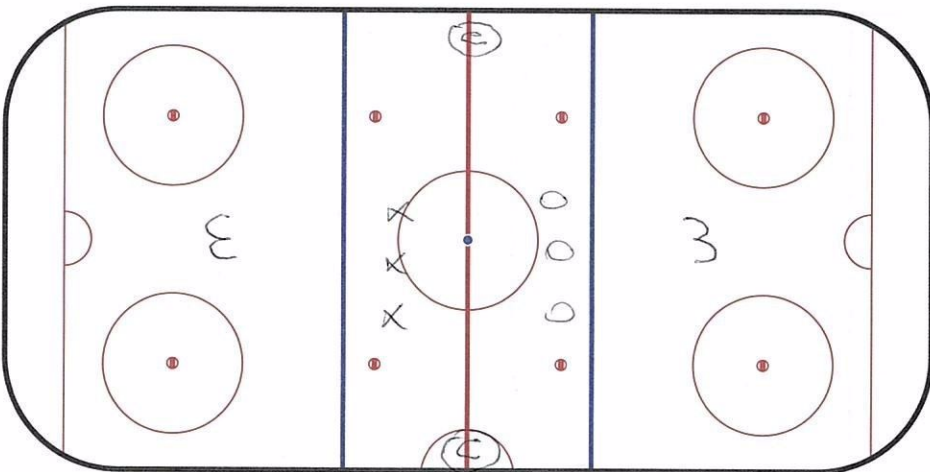
2-2 → 40x30
mit Pfliff und nach Pass
Von Trainer → 2 Stürmer
immer arbeiten
zurück.
10 min

1-1
POC

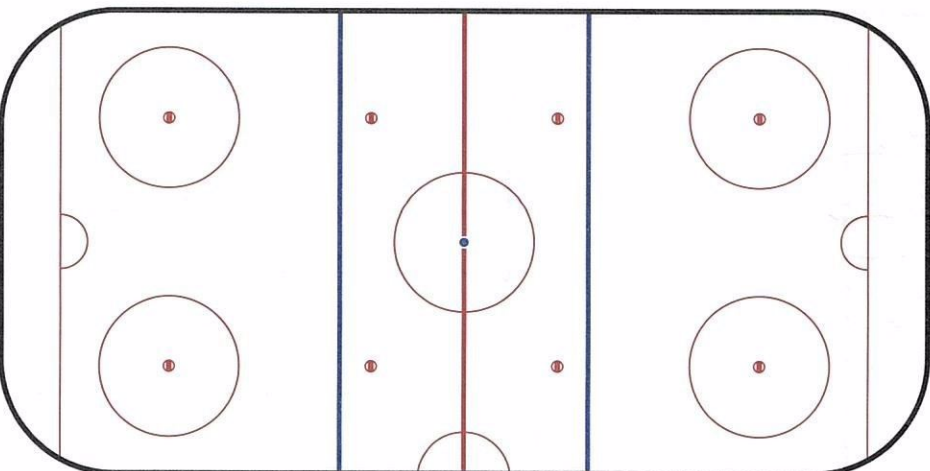
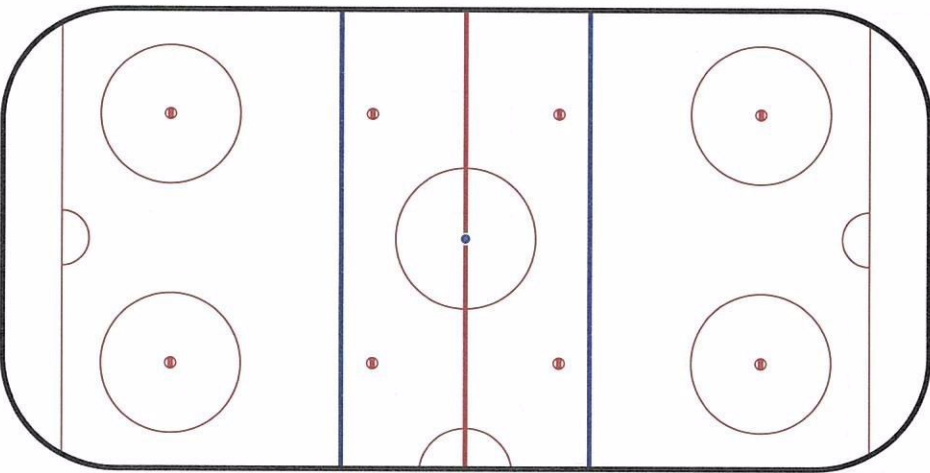


1-1 nach PASS zu
verteidiger und
arbeiten vor TOR
10 min

3-2
4-0
3-0
2 TP



Spiel 40x30
→ 2 TR locker für
beide Teams.
15 min





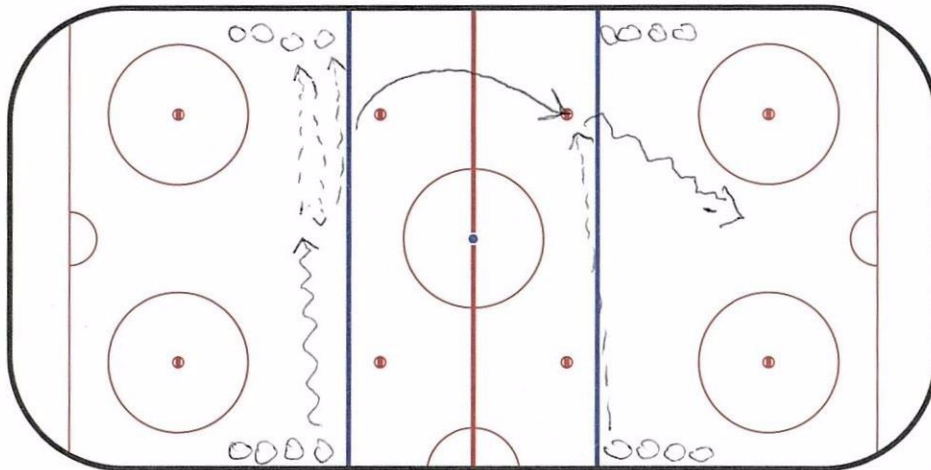
TEAM: U15, 16:40-17:40

DATUM: 3.2.2023.

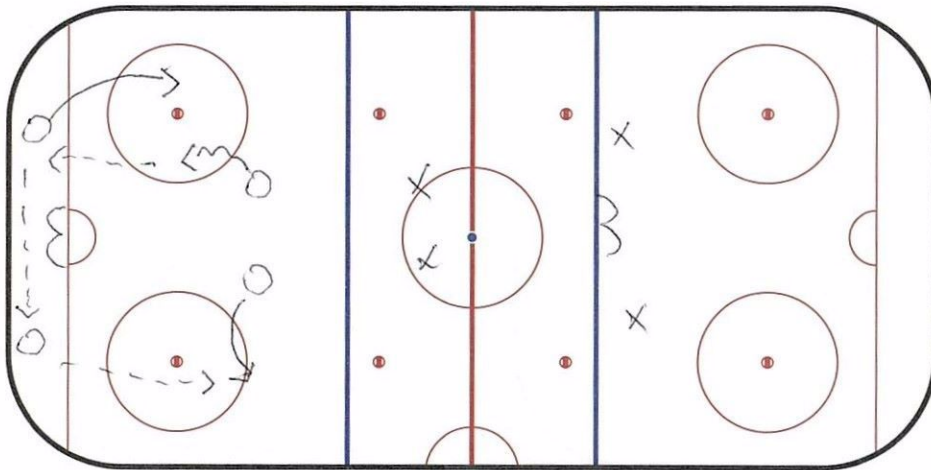
TRAINER: YURI

TRAININGSPLAN

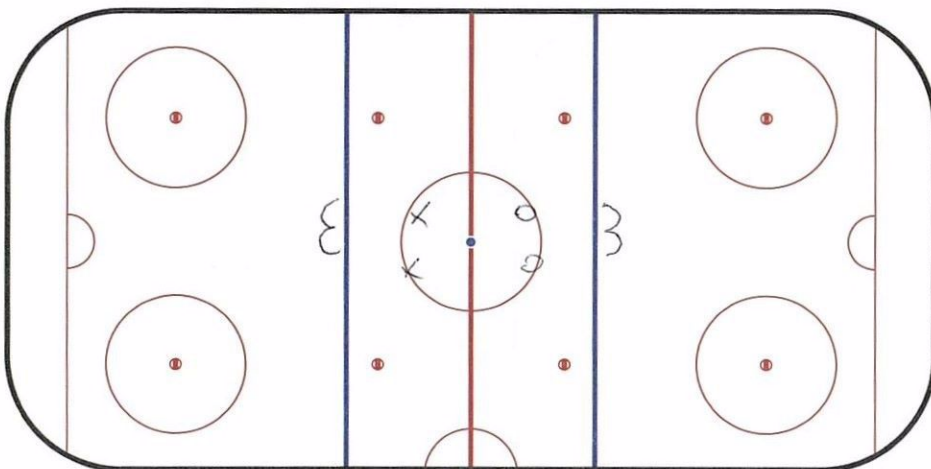
Aufwärmen → Spiel
Tag Training → Woche
ende kein Spiel.



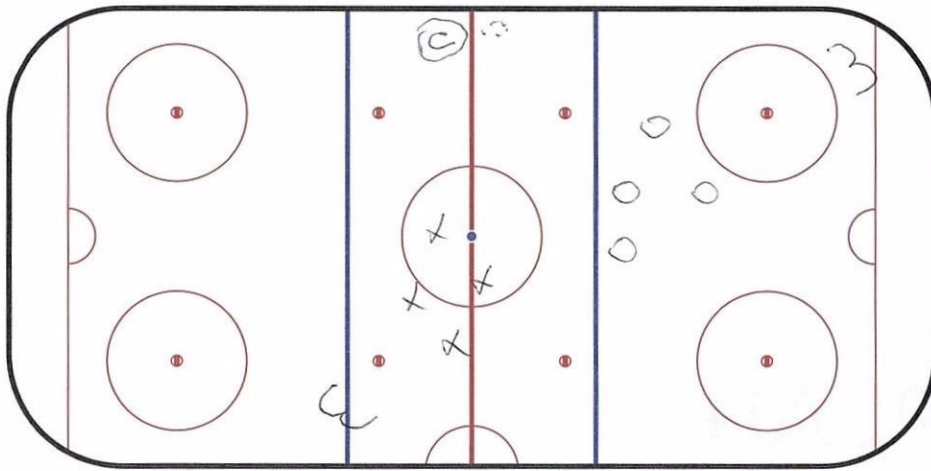
1-0 KURZE doppel
PASS → LANGE PASS.
2 min
(gleichzeitig von
beiden seiten.)



Spiel 2-2 + 2 Joker
Hinten TOR → nach
PASS Hinten TOR Joker
geht rein; Automatisch
3-2. 10 min



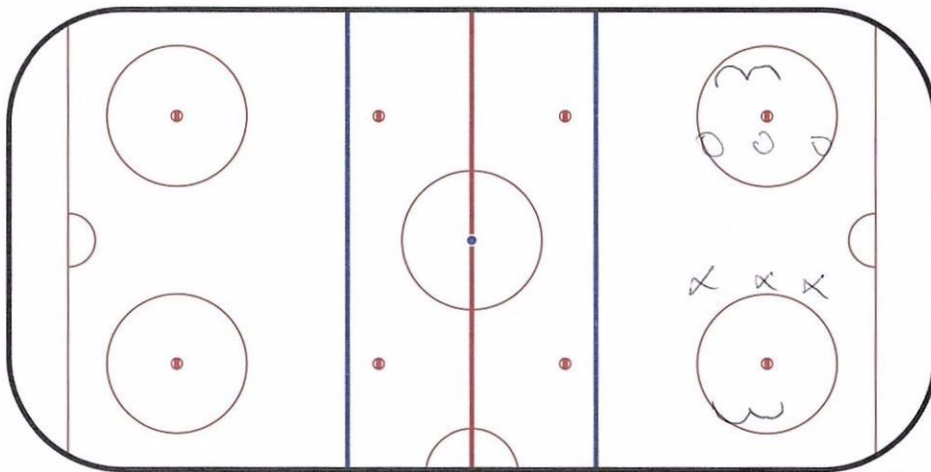
Spiel 2-2 mitte
ohne Joker.
10 min



Spiel 4-4 mit

TR JOKER.

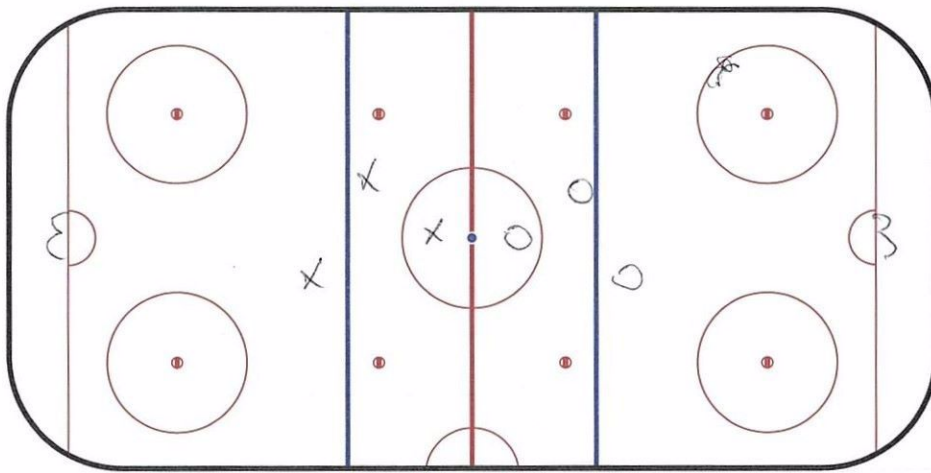
10 min



Spiel 3-3 im

zone

10 min



Spiel 3-3 ganze

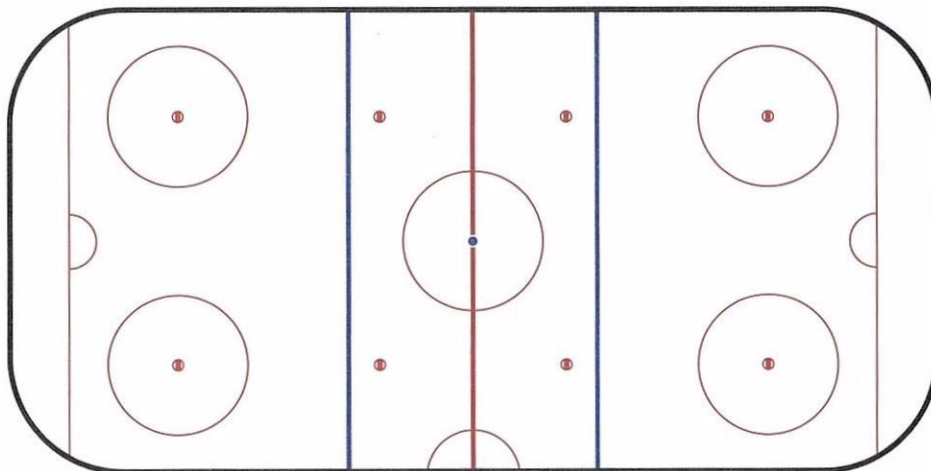
eis → TOR ZÄHLT

wenn ALLE SPIELER

hinten gegnerische

BLAU Linie sind.

10 min



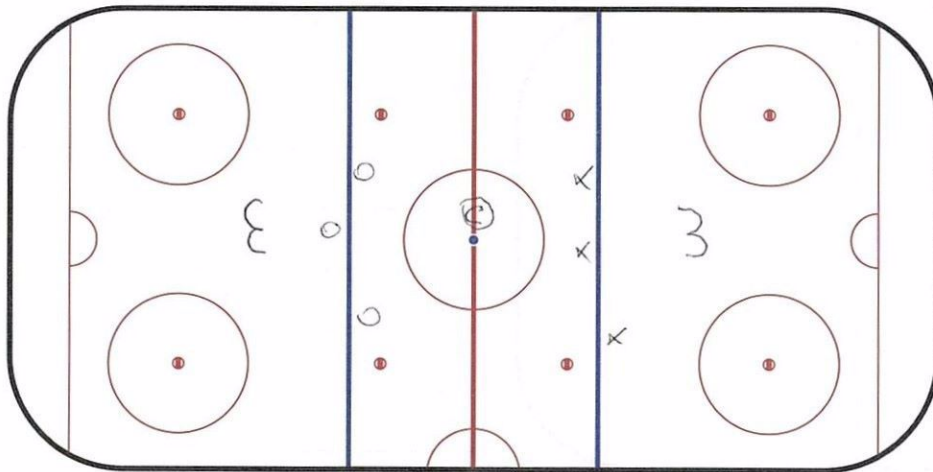


TEAM: U15. 16:20-17:20

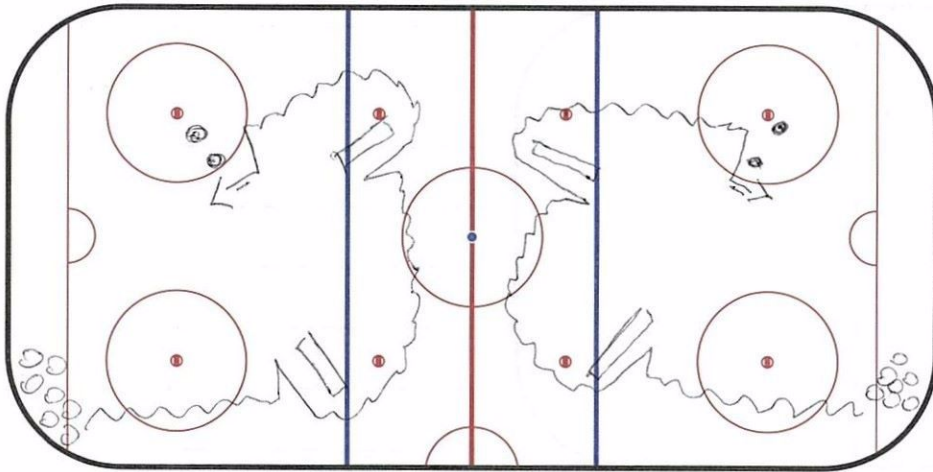
DATUM: 6.2.2023

TRAINER: YURI, MARKUS.

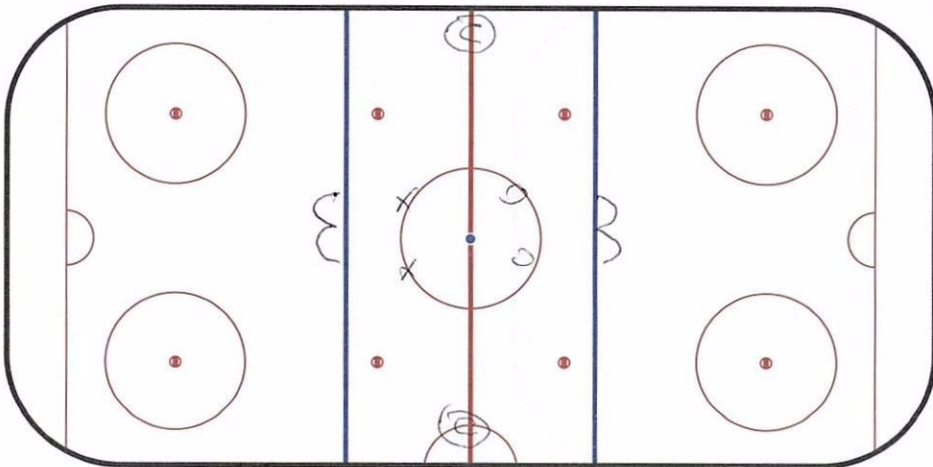
TRAININGSPLAN



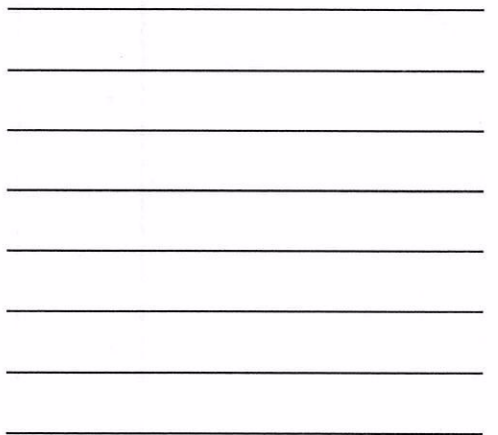
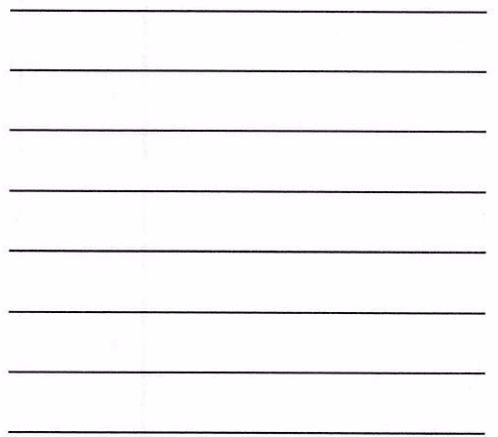
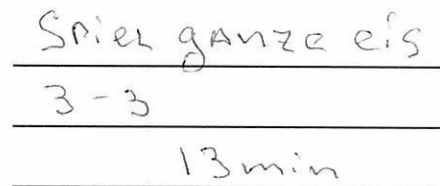
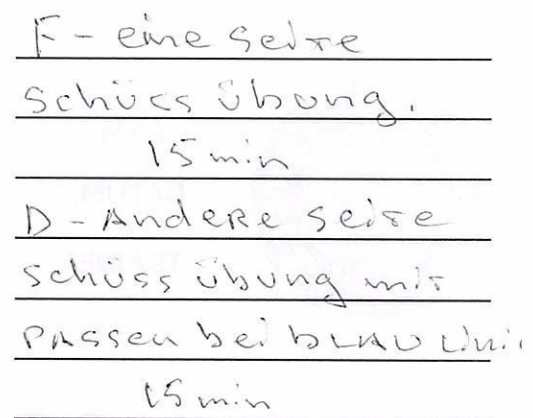
Aufwarmen Spiel
3-3 mit TR JOKER
im BULLY KREIS →
KÜRZE PÄSSE VERPASSEN.
10min



1-0 Auf beide
Helfte → Schwung,
Übersetzung → Länge
Tauschung.
10min



~~2-2 mit 2 TR JOKER~~
2-2 mit 2 TR JOKER
(KÜRZE PÄSSE) 10min



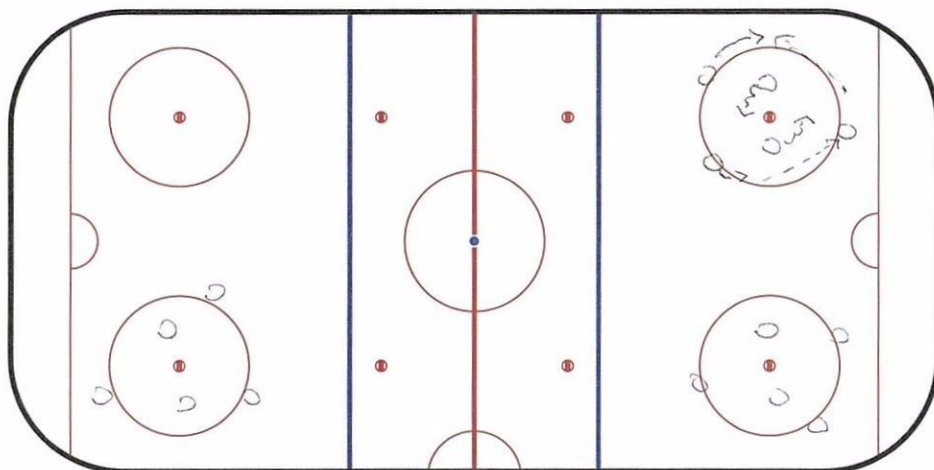


TEAM: U15, 17:40-18:40

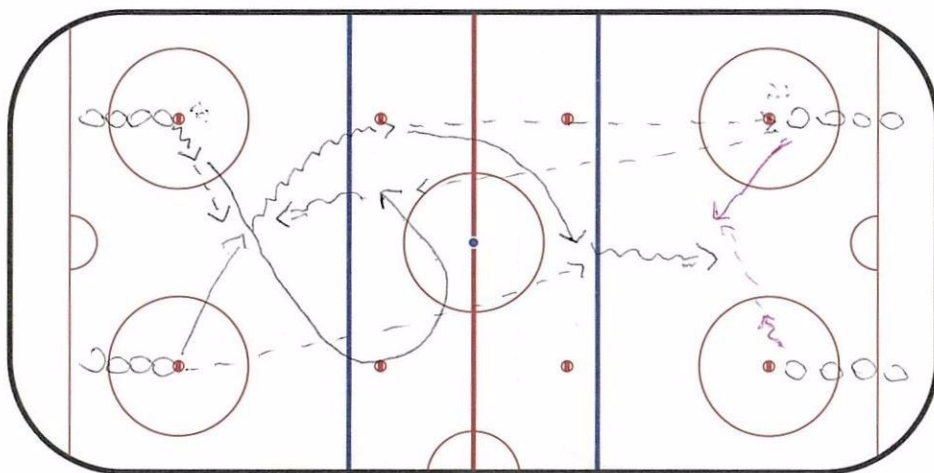
DATUM: 8.2.2023.

TRAINER: YURI.

TRAININGSPLAN

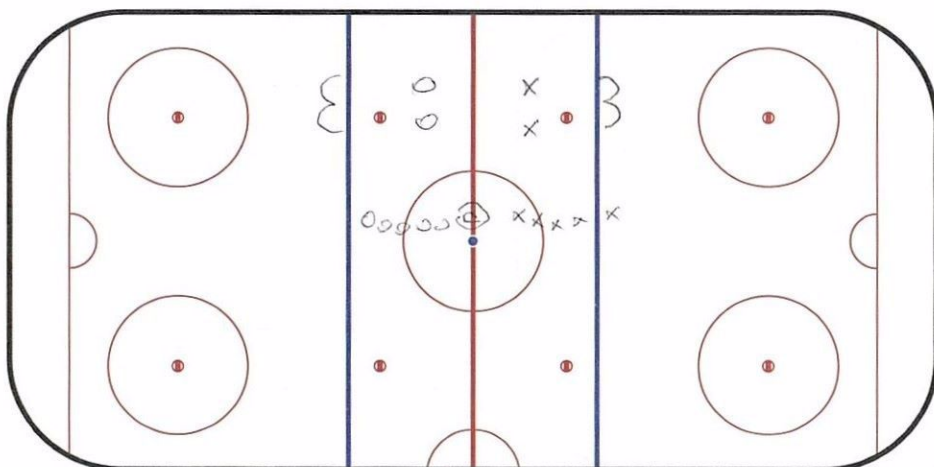


Aufwärmen im
Kreis → 2 Spieler
mit Puck im Bewe-
gung im Kreis →
3 Spieler passen,
10 min



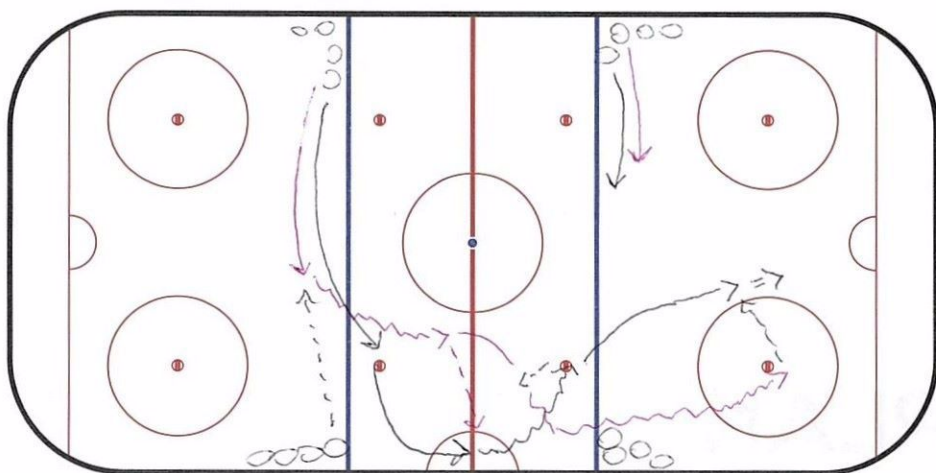
1-0 ~~alle Spieler~~

10 min



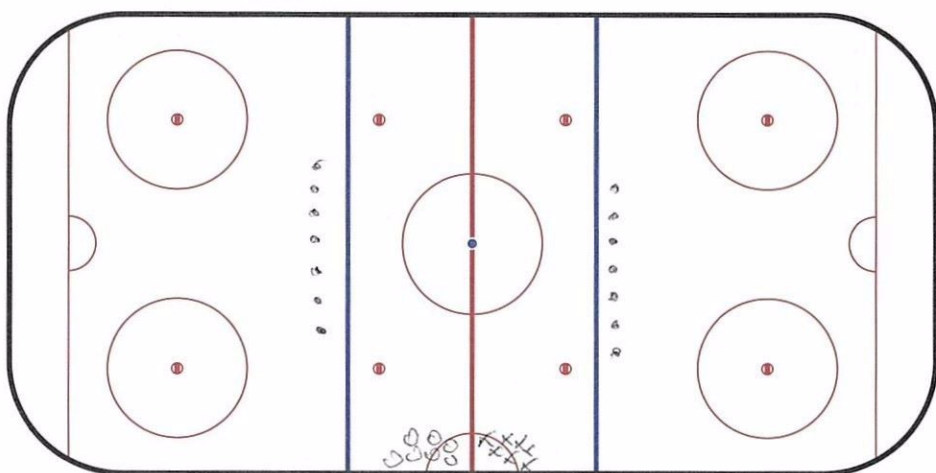
Spiel 2-2 Kleinfeld

10 min

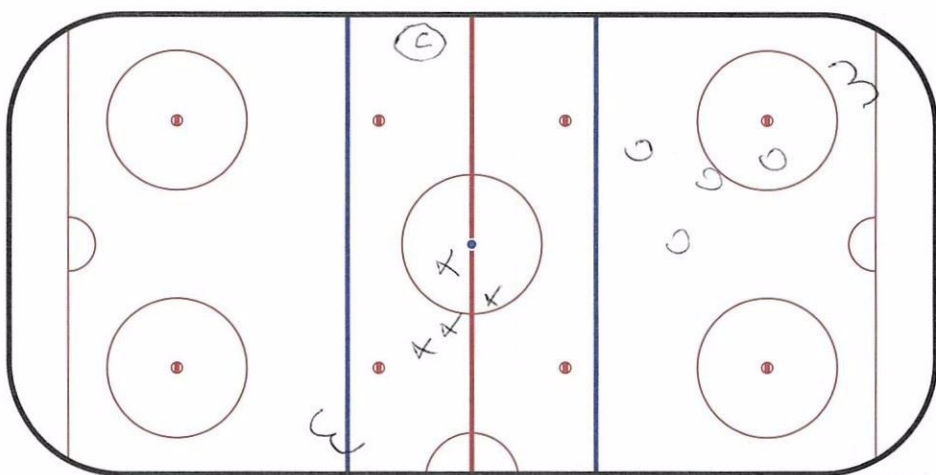


2-0 -> 2 PÄSSE, KREUZ

10 min

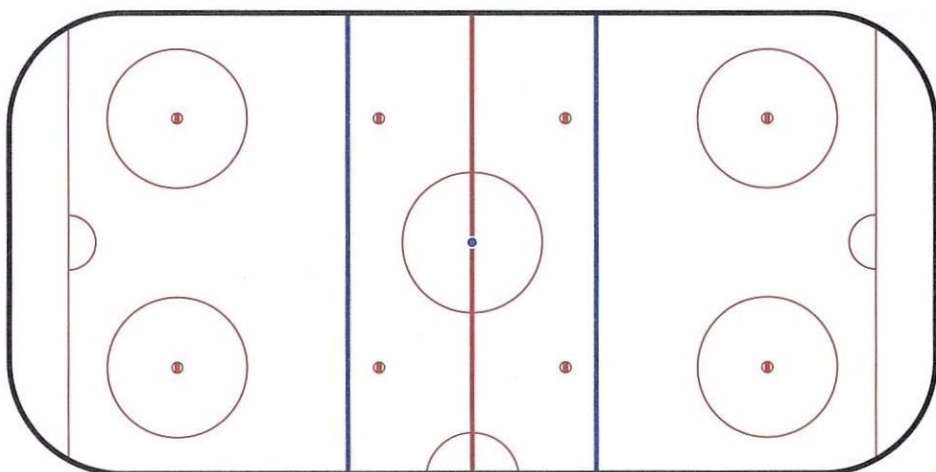


PENALTY 6 min



SPIEL 4-4 -> TRÜCKER

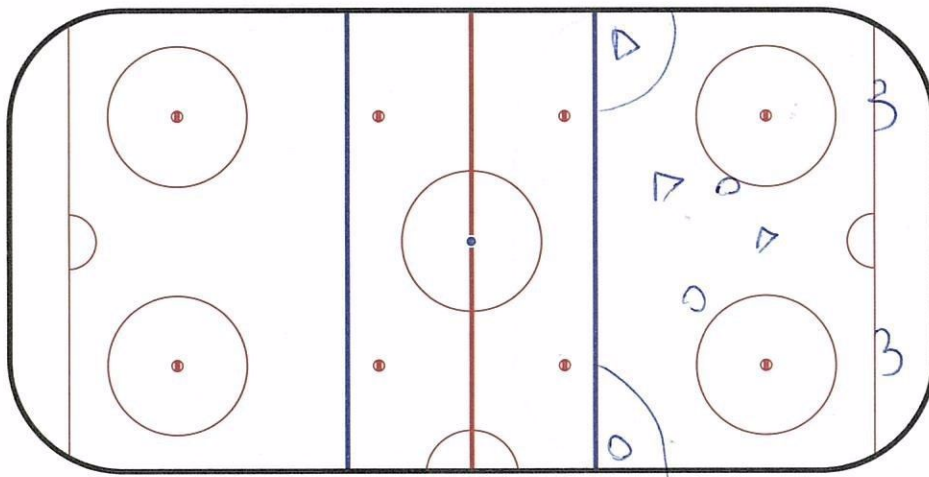
12 min



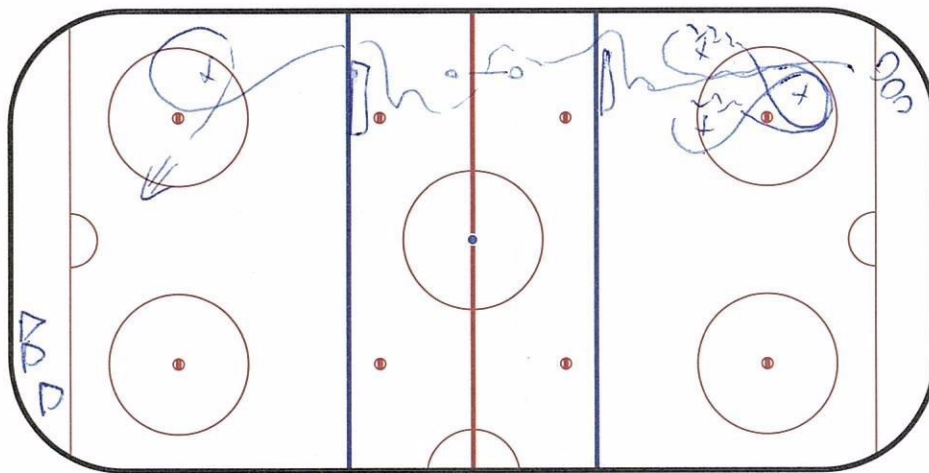


TEAM: *MS*
DATUM: *9.2.23*
TRAINER: *Marvin*

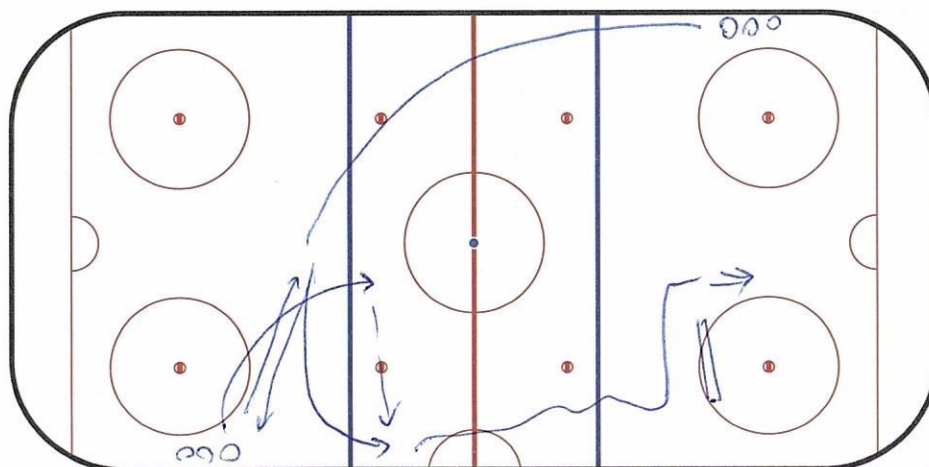
TRAININGSPLAN



① Spiel 2:2 + D Joke
8 min

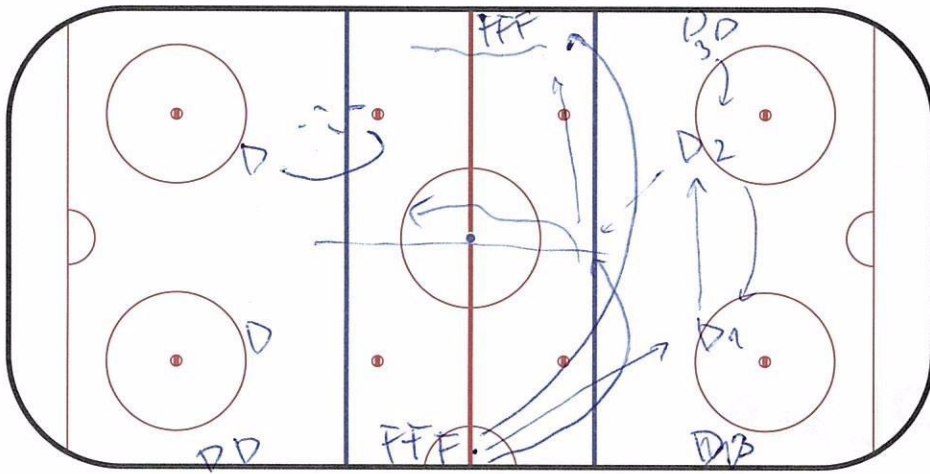


② Parcours-Technik
2 x 5 min

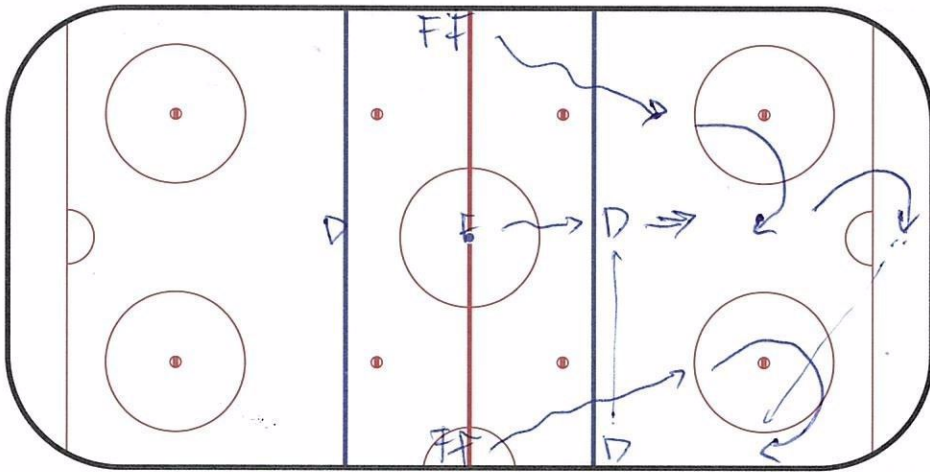


③ Karussell
1:0 down
2:0

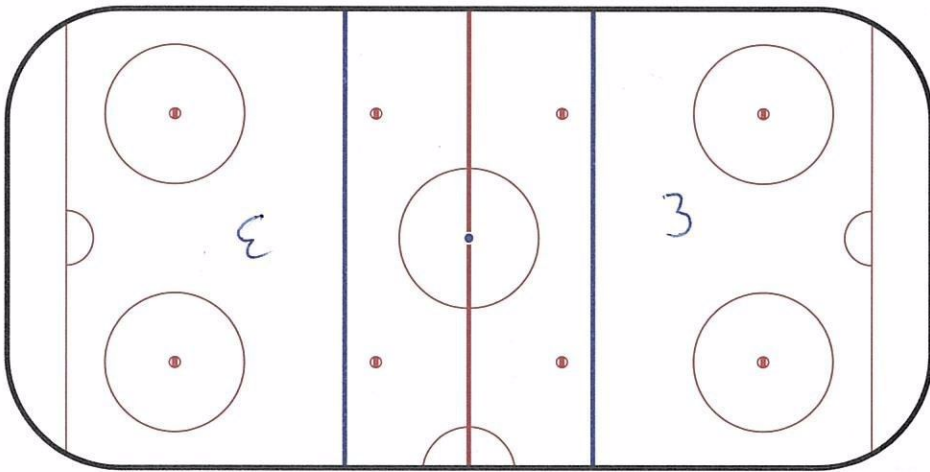
10 min



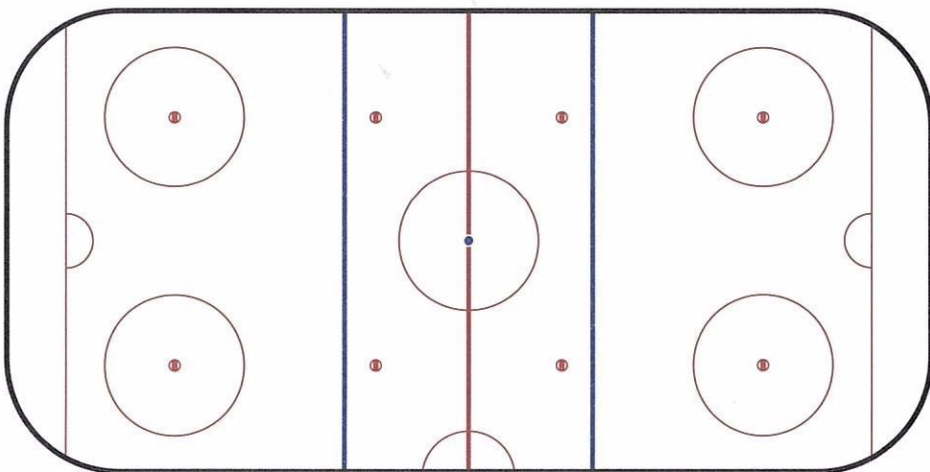
- ④ 2:1
mit D-D Pass
10min



- ⑤ 2:1 / 3:1



- ⑥ Spiel 40:30



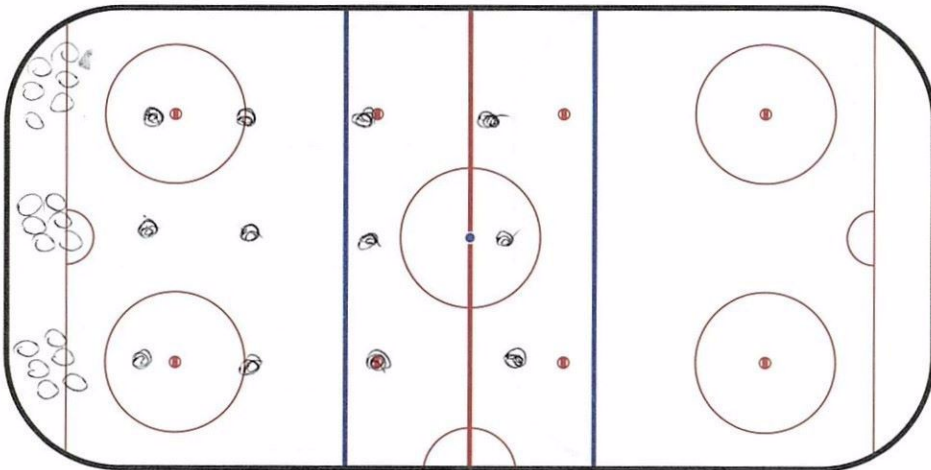


TEAM: U15-17, 18:40-19:40

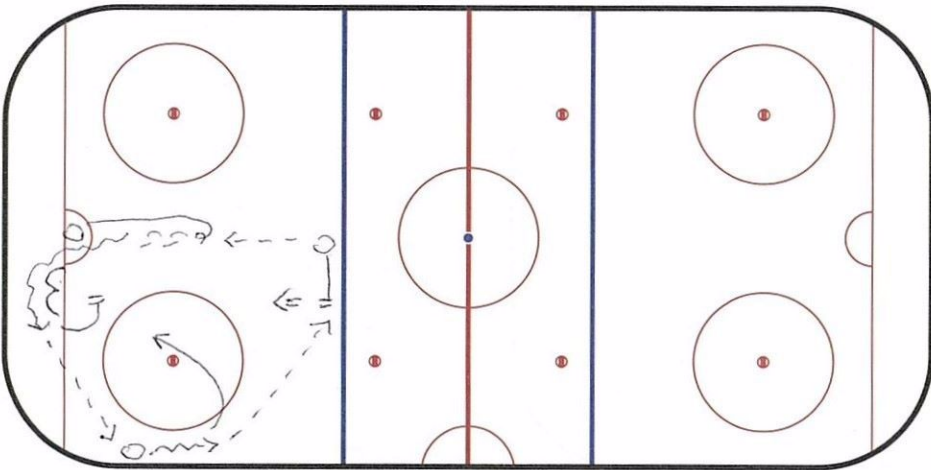
DATUM: 14.2.2023.

TRAINER: YURI, MARTIN, Helfer.

TRAININGSPLAN

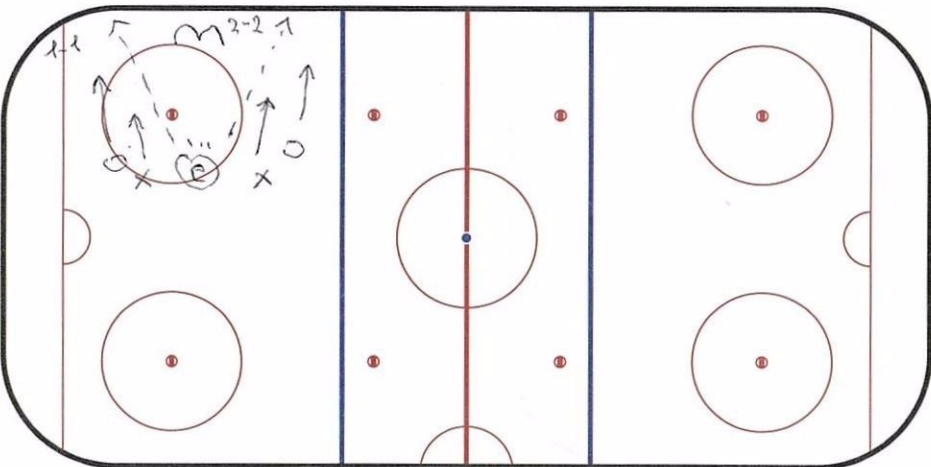


Eislaufen → Puck
Kontroll → MARTIN.
20min



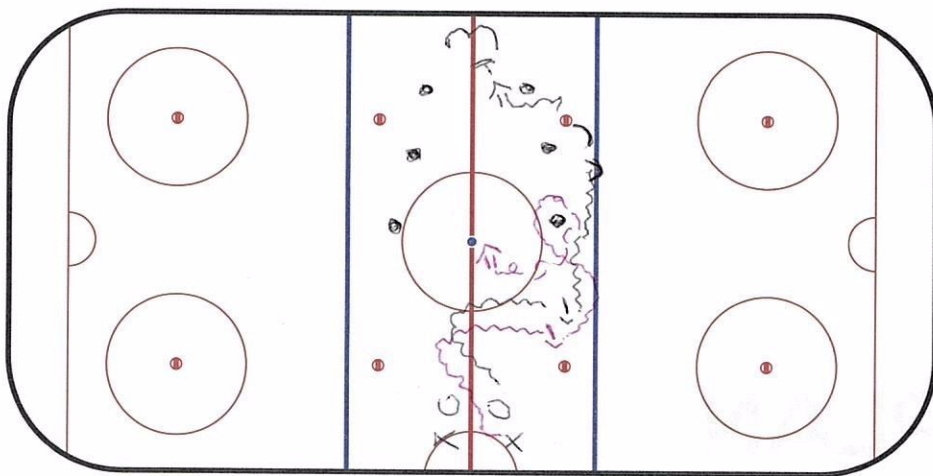
St 1 → Aufbau im
zone mit ERSTE PASS
von D, → schoss von
blau und arbeit vom
TOR.

8min



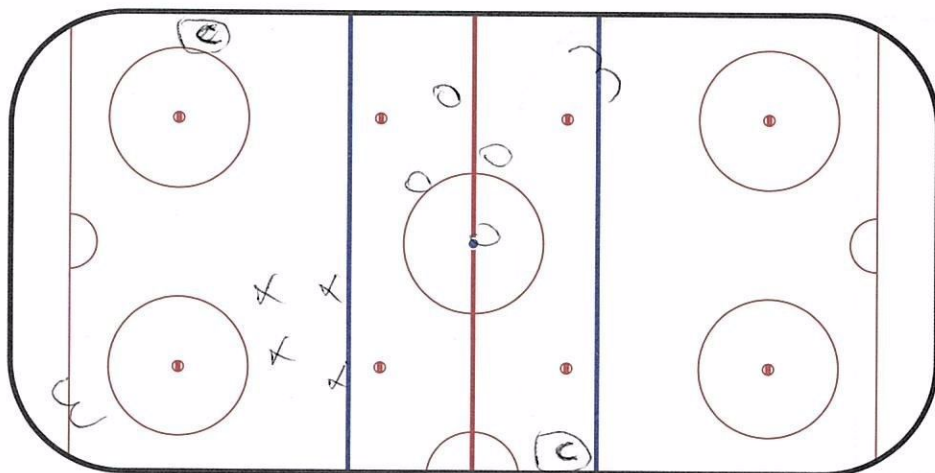
St 2: Spiel 1-1 im ecke
10sek → Puck von TR
im Andere ecke und
Spiel 2-2.

8min



5v3: Schuss Übung
mit Element mit
Zug zum TOR → und
Element mit schuss
von oben und F-ARBE
VOR TOR.

8min



Spiel 4-4 mit
1 oder 2 FR. JOKER.

12min

