TEAM: U17

DATUM: 16.08.

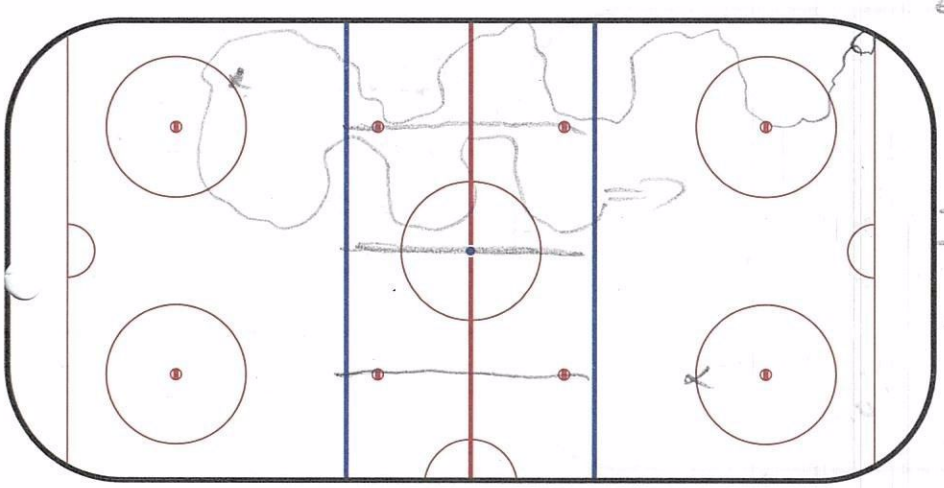
TRAINER: Markus

TRAININGSPLAN

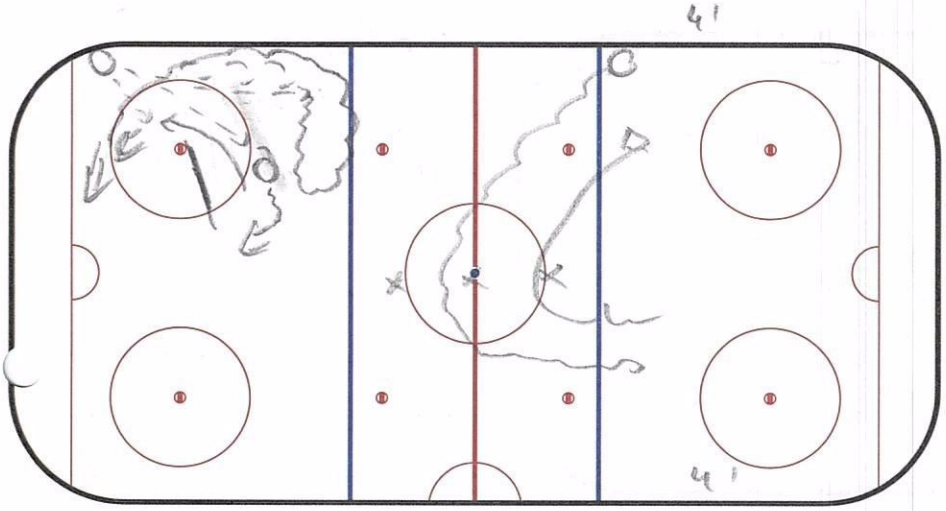
KT 18:45 - 20:30

21:20 - 22:20 ET

Jan Lukas Benni
Gabriel Tobi Malaya
Benno Dali
Kilian Patrick
Pascal Joshua
Engl. F. Emilia

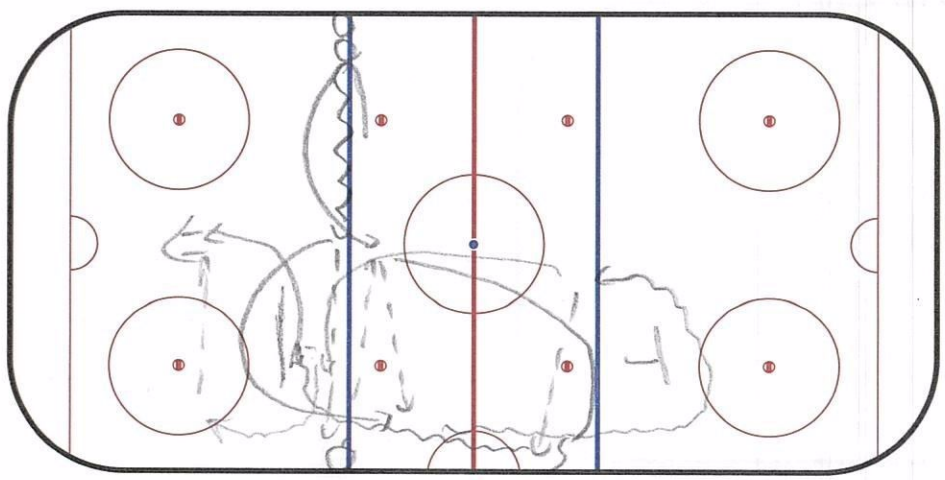


Stocktechnik +
Lauftechnik
- Übungen UW
- VH: Stöcke übungen
innerhalb Kreis
- Slalom Gabelung
- E- Kreis
- Rennen

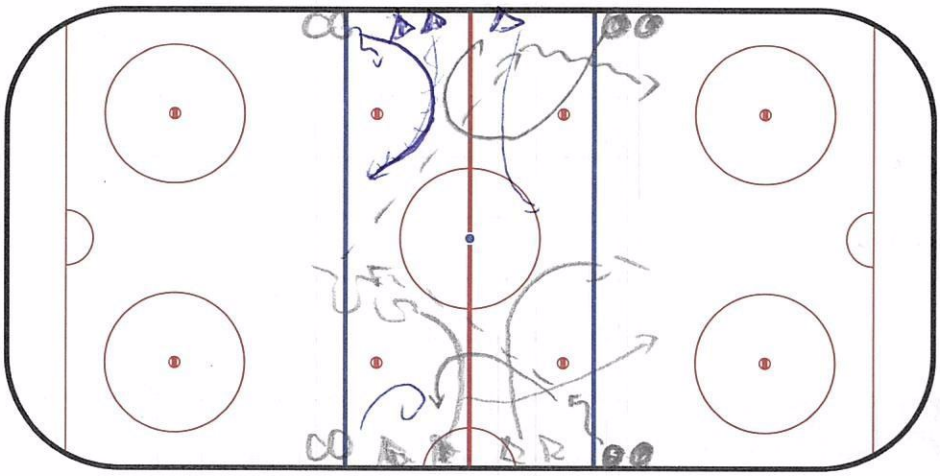


Pass ü
Schußübung 1-0

1-1 8



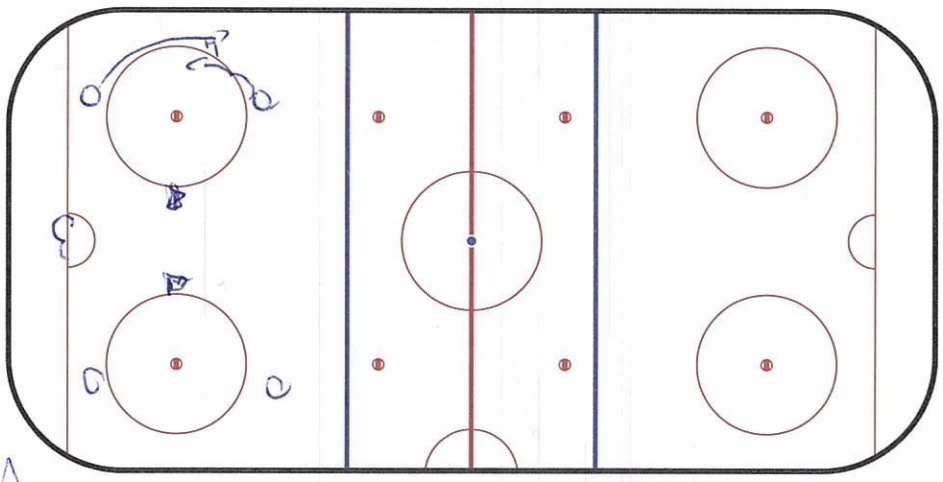
2-0 5-8 Min.
Regroup



2-1

Aufbau VT

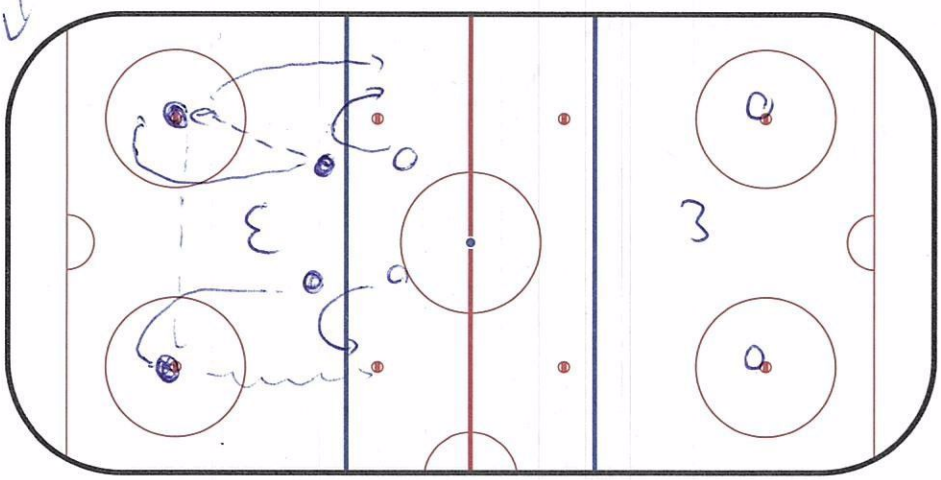
5-Reihen



4-2

Spiel

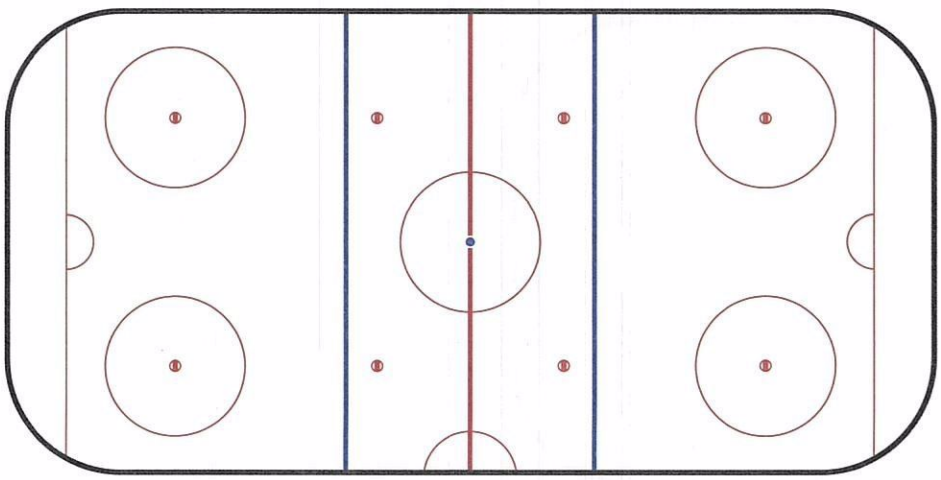
Kreuzen



2-2

Umschalt Spiel

Offensive - Defensive



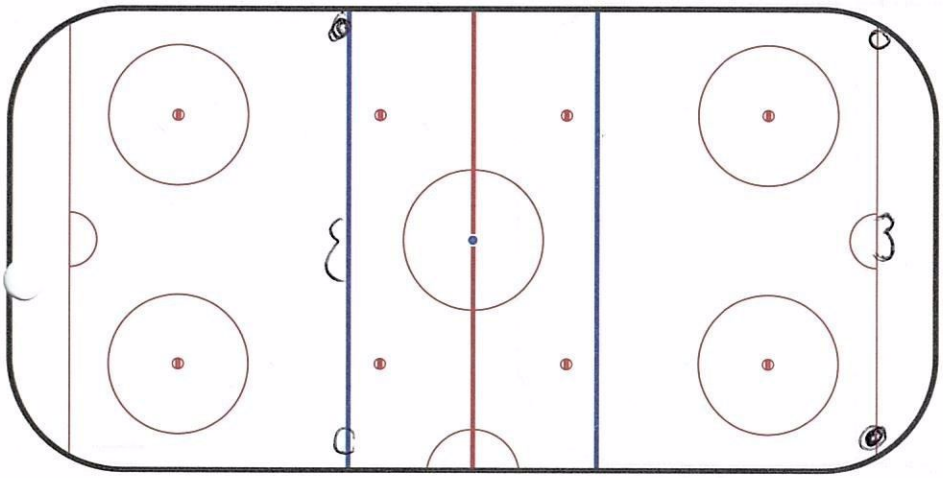
Pascal entschuldigt

TEAM: U17

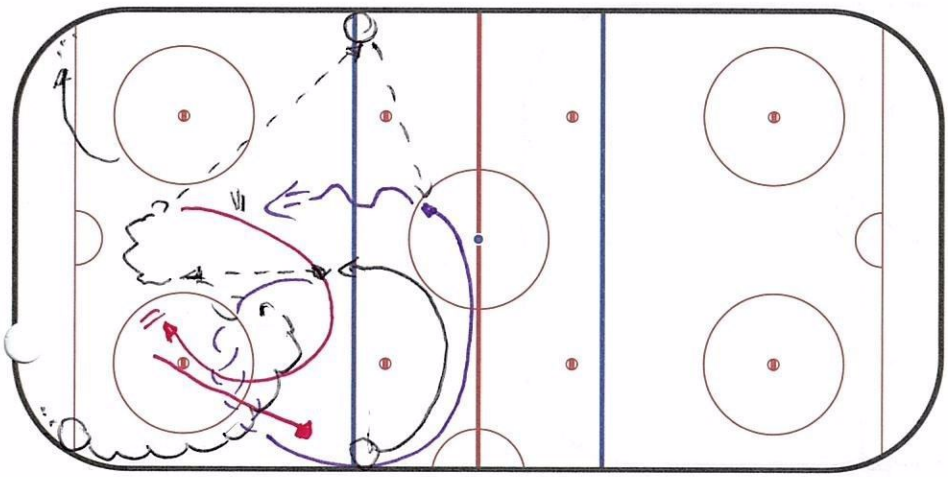
DATUM: 17.08.22

TRAINER: KT 1800 - 1940
2010 - 2110

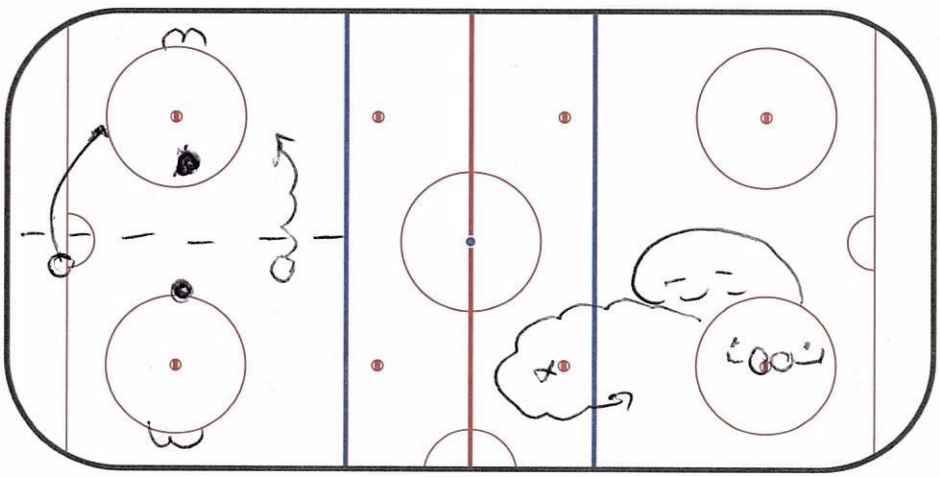
TRAININGSPLAN



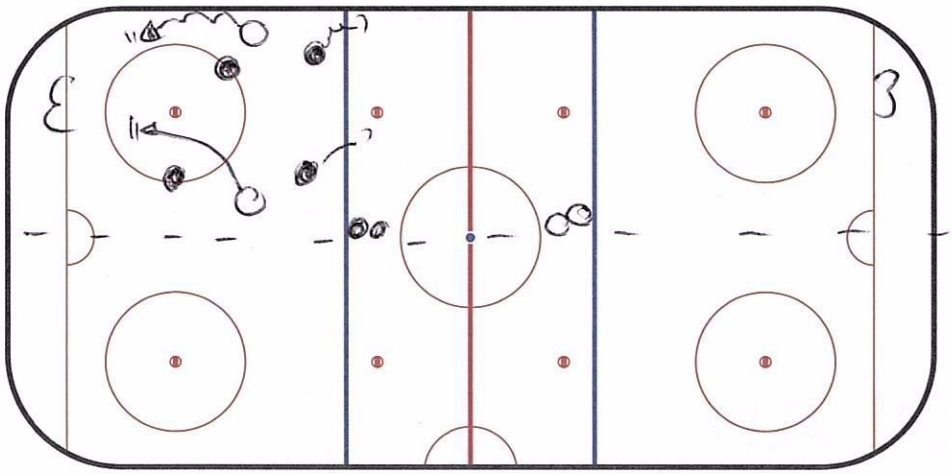
Warm up Spiel 3-3



Passübung

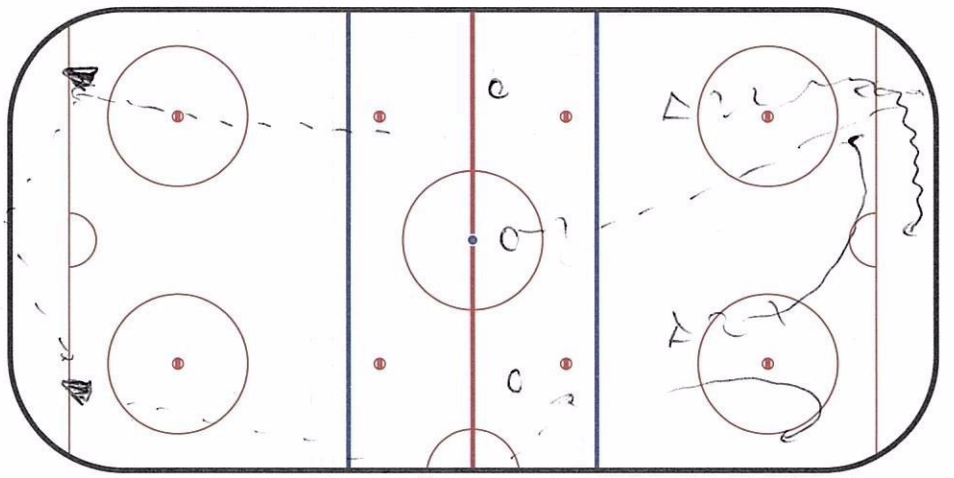


1 - 1

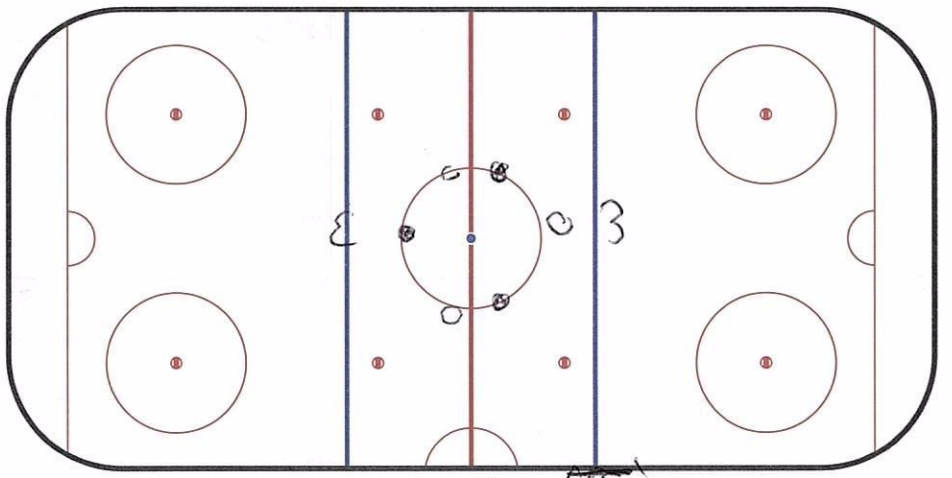


5-0 / 3-2 / 5-2

Regroup 3-2



3-1



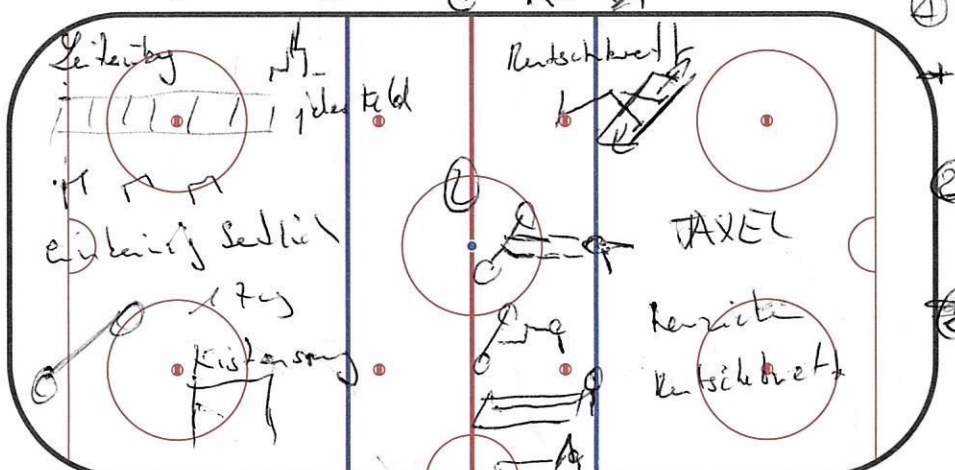
Kraftträning

2 Spieler zusammen

① Laglekar
Framåtknäböjar + Språngar
Gummiband lång

② enbenig knäböj
sidled Språng Tappa balans

③ Gummiband
enbenig



Rörlighet Test / Sprint / Kraftträning Patrik Ebs / Kilian / Benjamin / ~~Tobi~~?

TEAM: U17

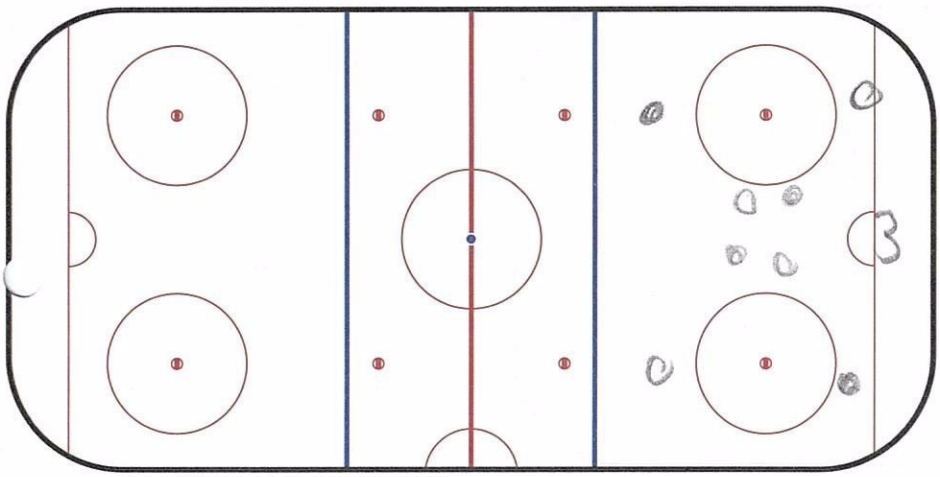
DATUM: 13.08

TRAINER: Markus

TT 18:30 - 19:40

ET 20:00 - 21:10

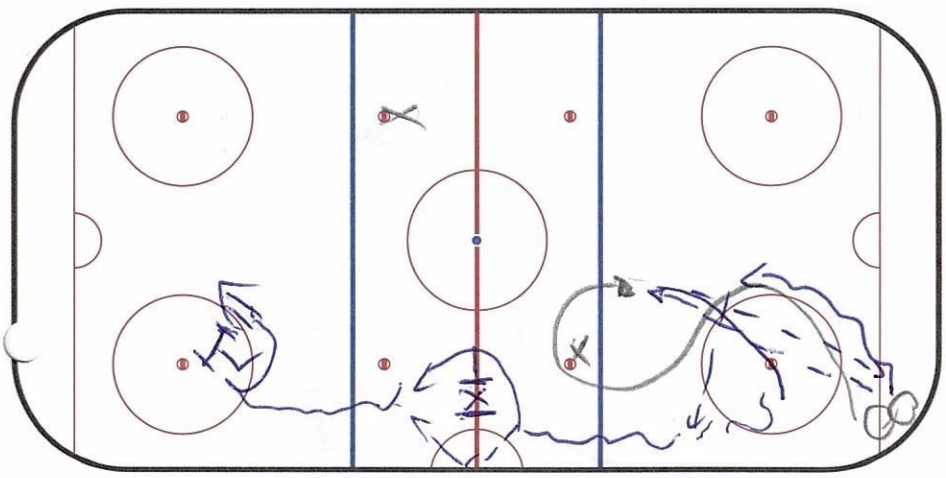
TRAININGSPLAN



Warm up Spiel

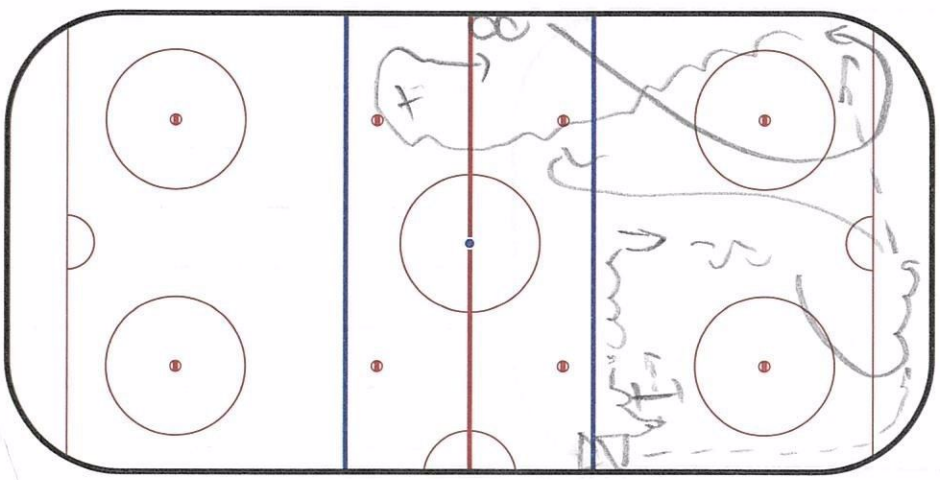
2-2

2 Joker

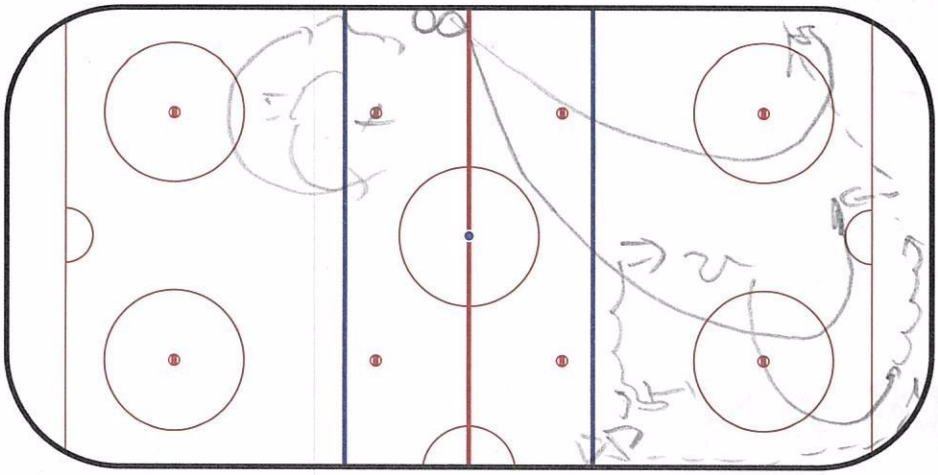


Passübung

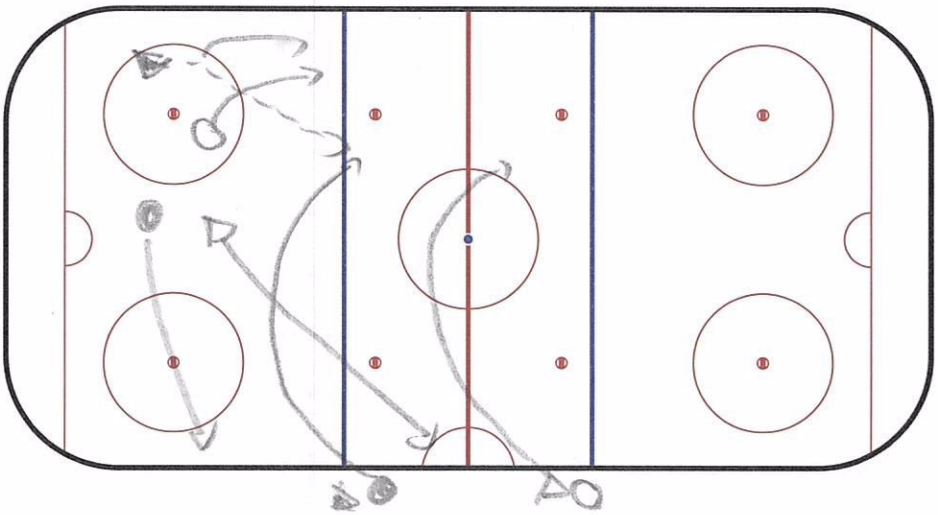
Bandenpass



1 vs 1

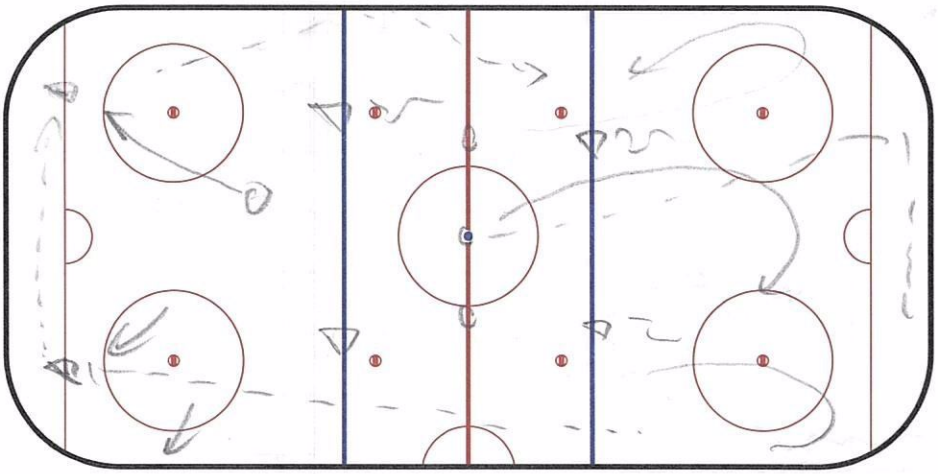


2-1



2-2

Umschaltspiel



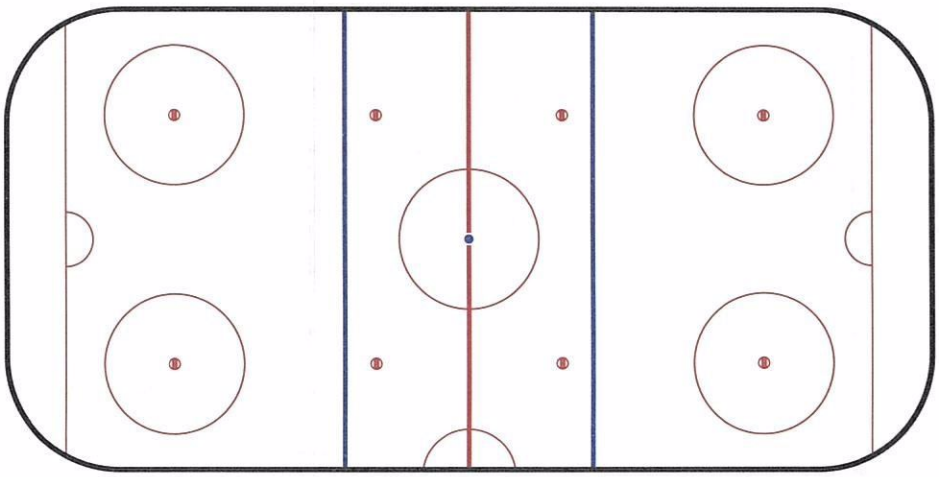
Aufbau

V

Regroup mittlere Zone

3-2

VT schiesst blaue Linie



5-5

TRAININGSPLAN

TEAM: U17

DATUM: 22.08.

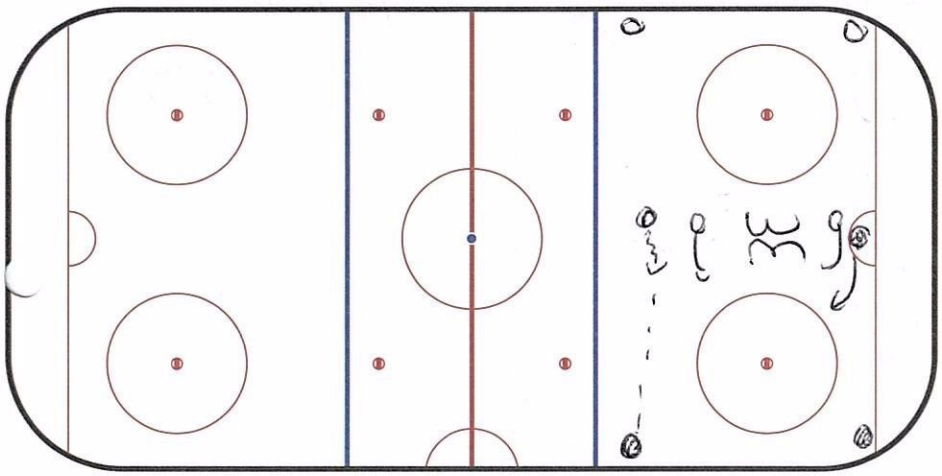
TRAINER:

TT: 1410 - 1440 Laufen + Sprint
KT: 1900 - 1945 Komplextraining (Kraft + Sprung)

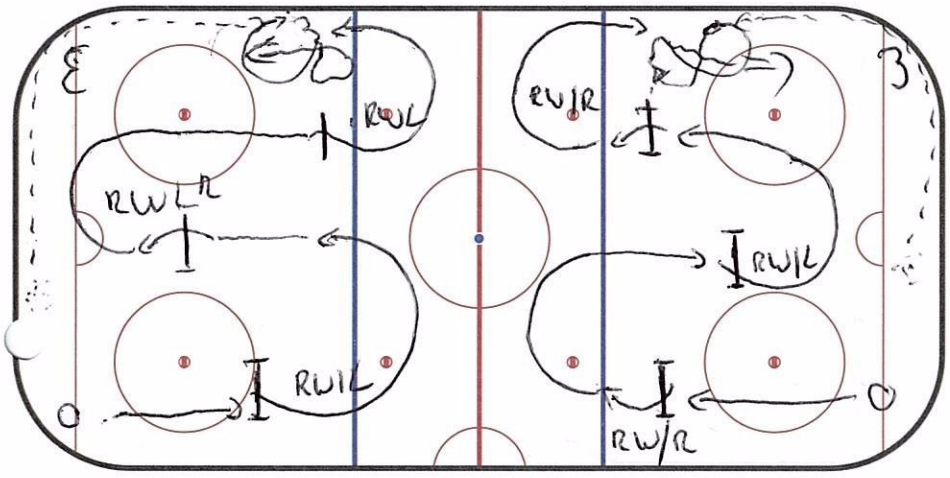
Warm up

Fanzi Lukas Bali
Gabriel Tobi Melvyn
Kilian Benno
Joshua Patrick Z

ET 1500 - 1600
ET 1710 - 1850

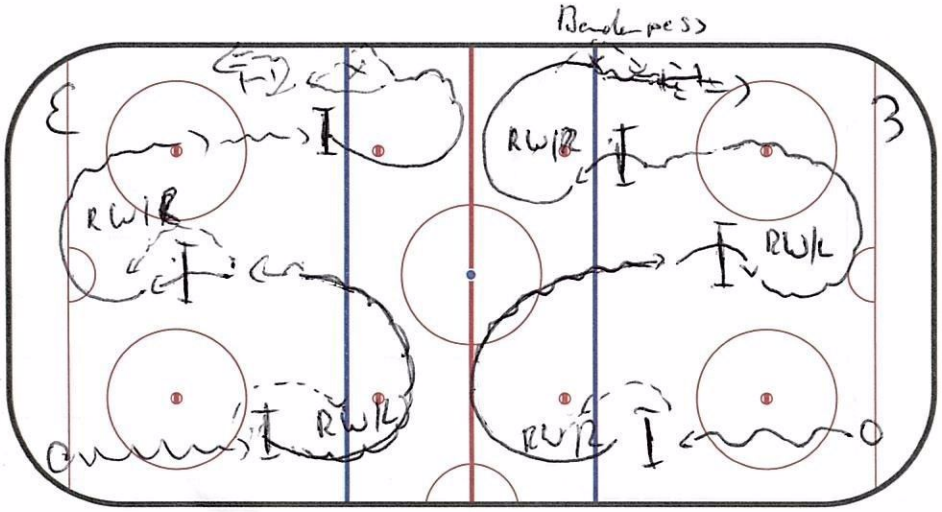


2-2 (2 offensive Zonen)
10'

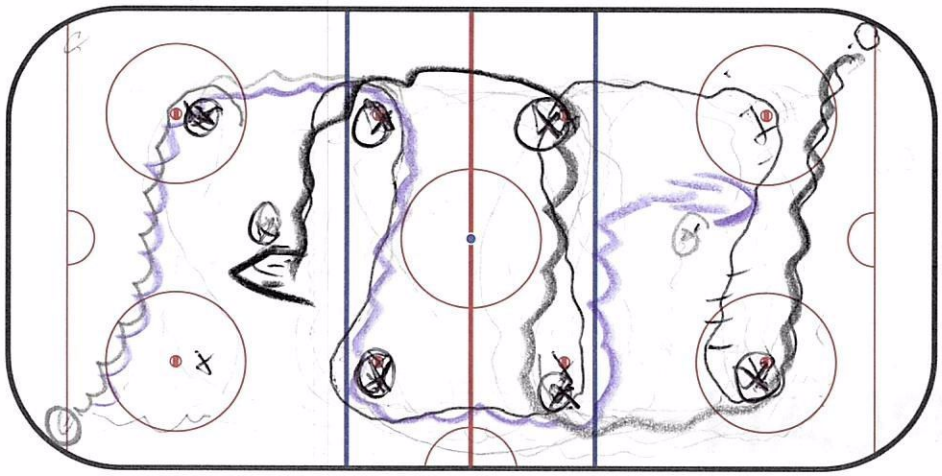


10'

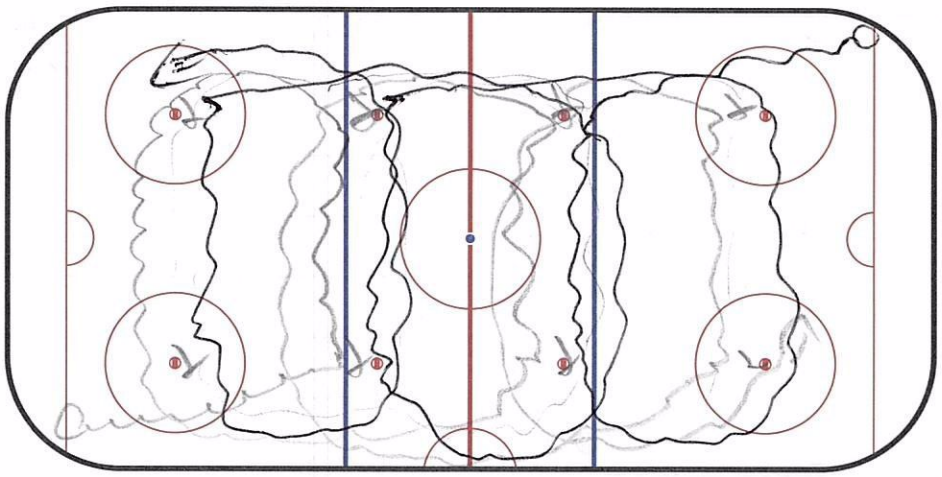
Laufstechnik
Bandenpass annehmen
Richtungswechsel Canadien Push
Schuss
VW springen Drehung auf RW Landung mit dem Aussenbein (Canadien) gleiten
10'



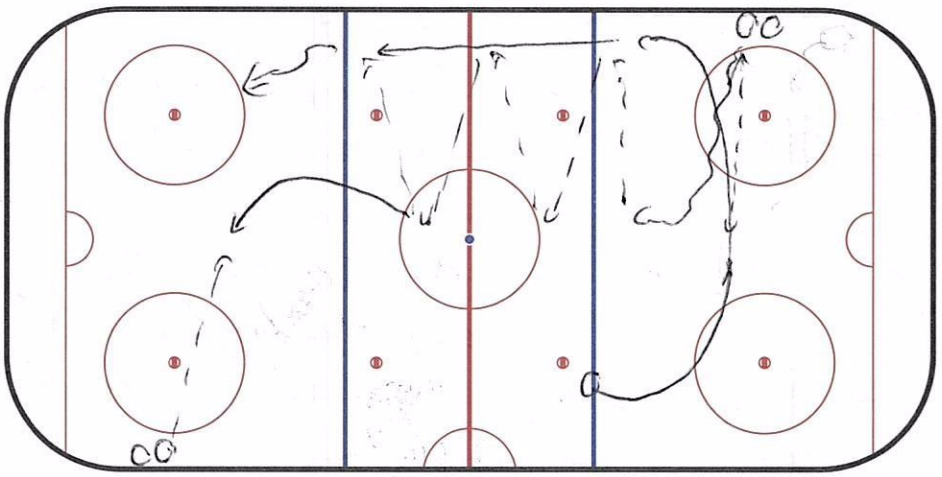
Lauf + Pucktäuschung - gleiten Innenkante
Bandenpass
durch das Hindernis spielen - Schuss



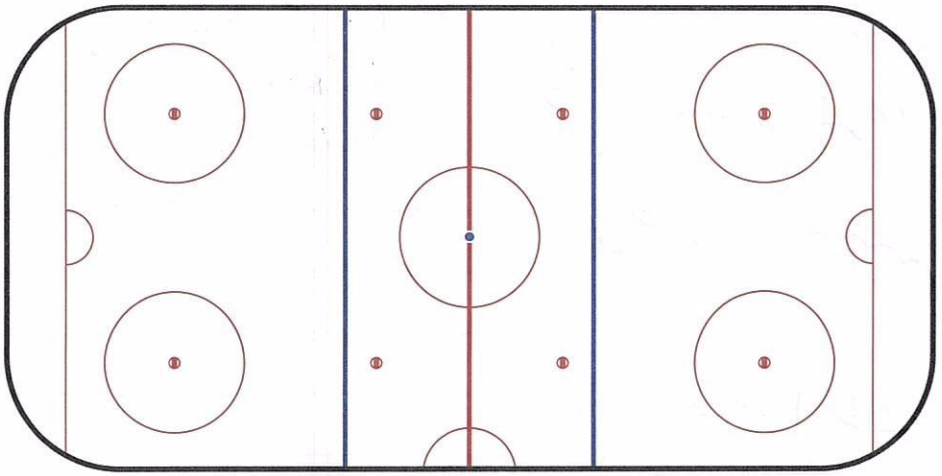
Lauf - Stocktechnik
VW - gleiten 5-8



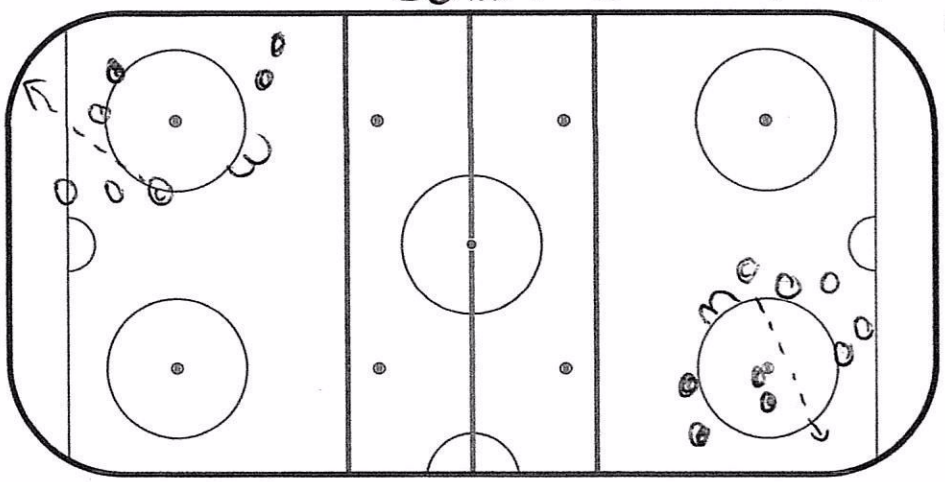
Laufteknik -
Gewichtverlagerung



Passübung 2-0

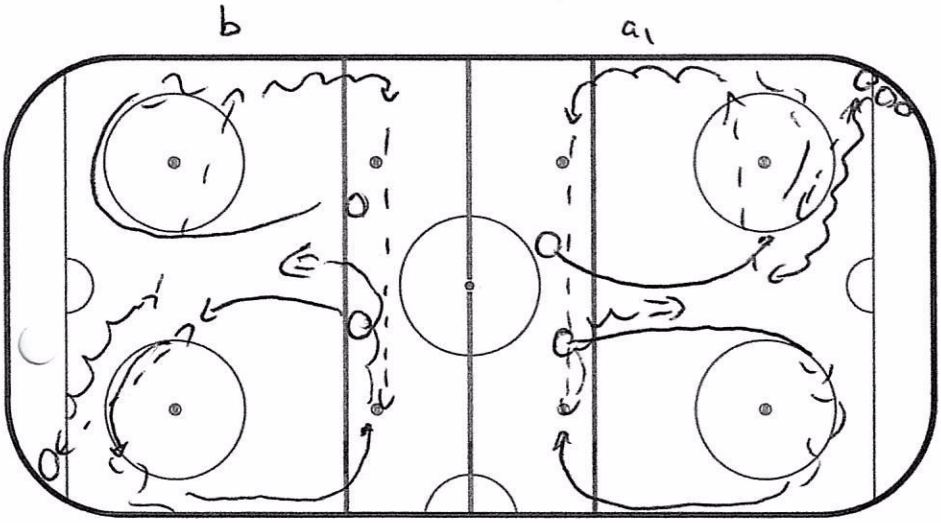


SONNTAG 21.08 09:30-10:30



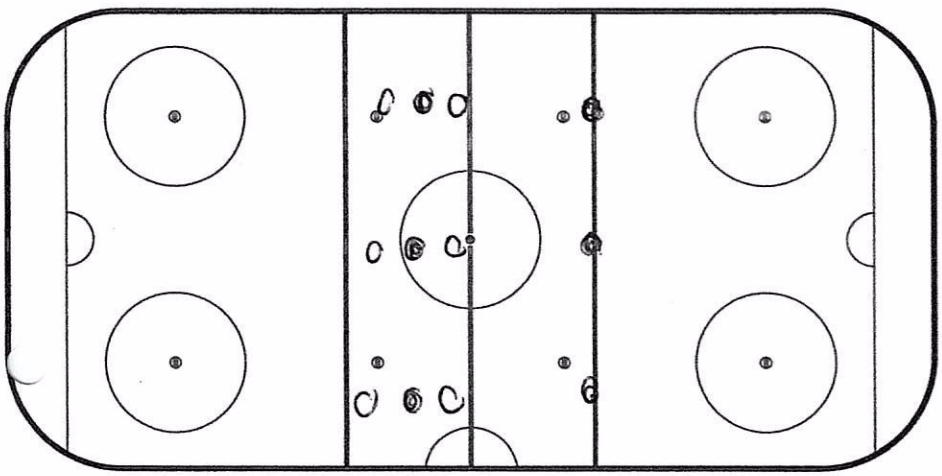
a1 1-1 5-8'

b 2-2 5-8'

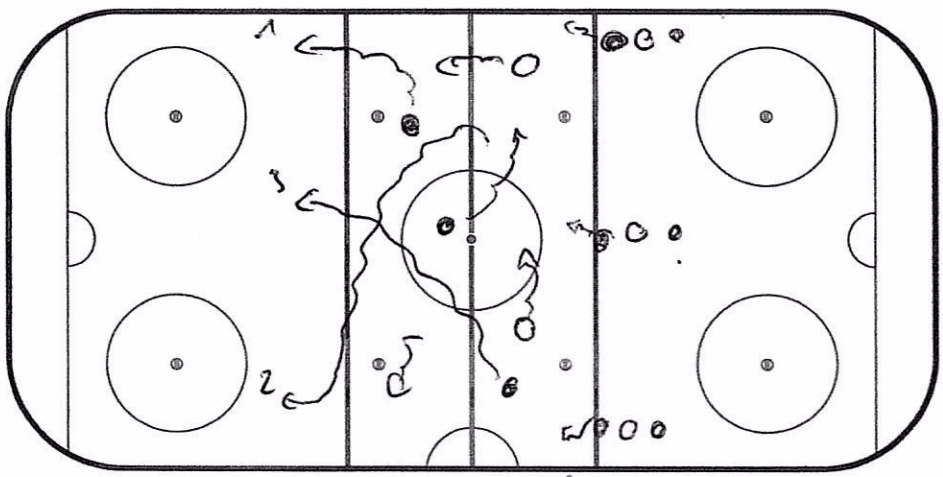


a1 Passübung 5-8
kurze Seite
Aufbau

b1 5-8
lange Seite
Aufbau



3-3 10'
Umschaltspiel
Offensive - Defensive



10'
Stocktechnik - Schuss
L - R - Mitte
Dribbling in der
Zentrale Zone

SPIEL Kleinfeld 3-3

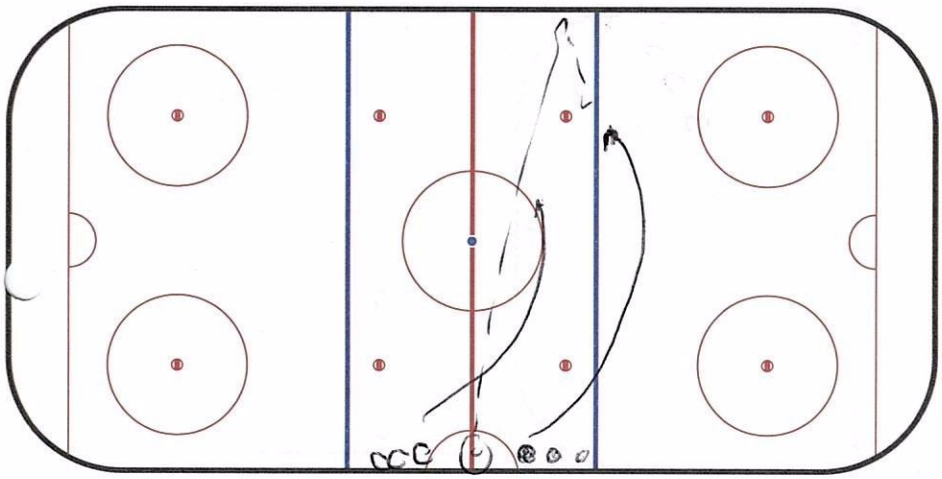
TEAM: U17

DATUM: 22.08

TRAINER:

17:00 – 18:30

TRAININGSPLAN

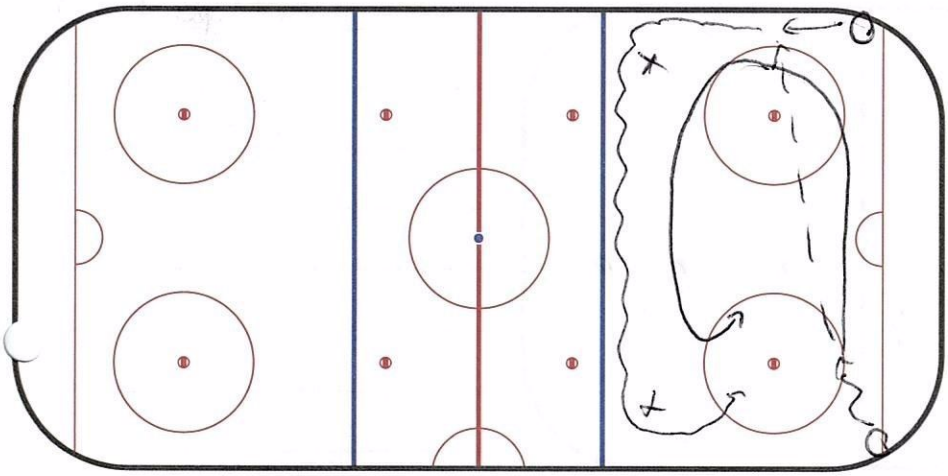


1-1 5-8 Min.

2-1

2-2

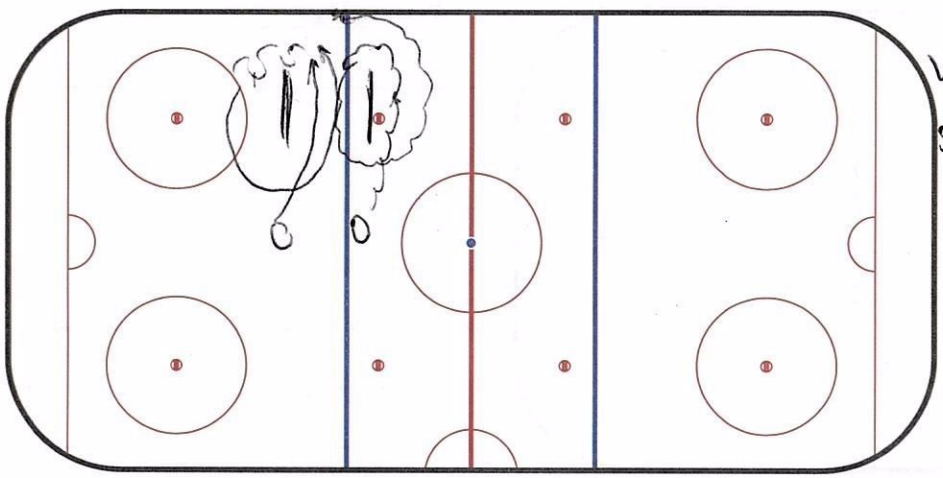
3-2



1-1 10 (5-5)

angle seitlich aufnehmen

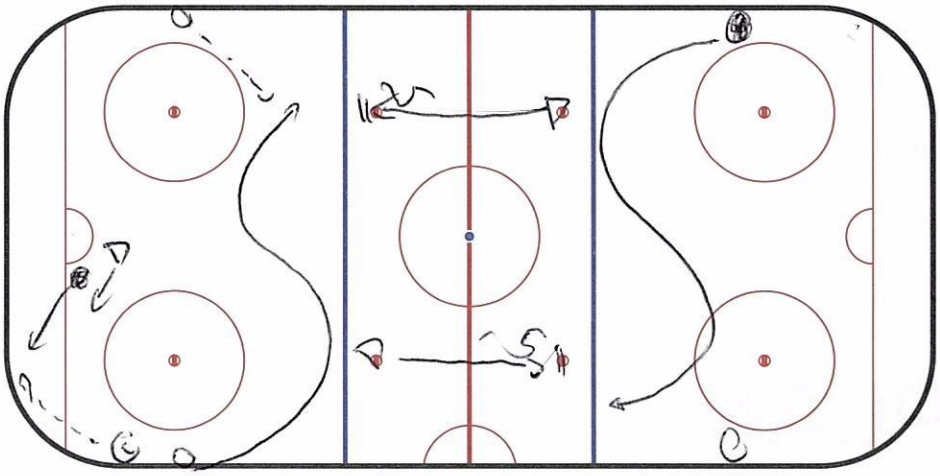
10 (5-5)



1-1 Schlittschuhlauf

VT UW - VW

ST VW

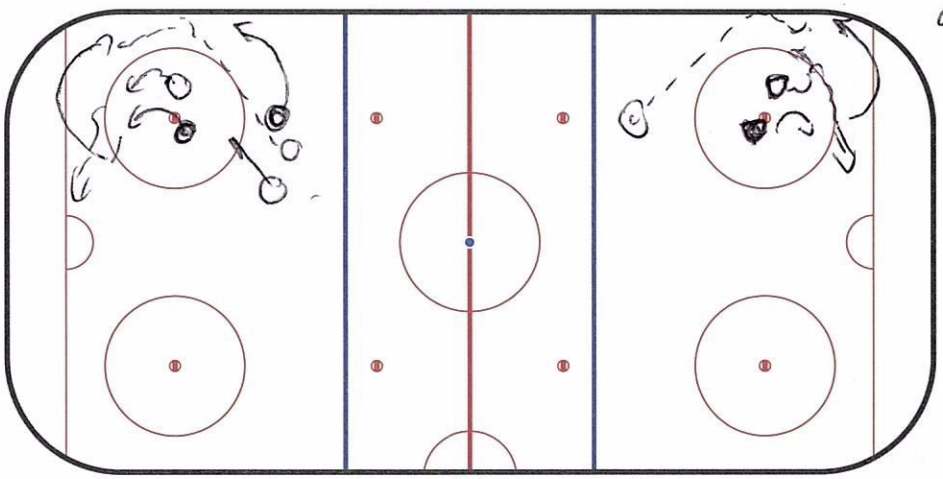


1-1 10 5-5

VT VW-VW

gerade aufnehmen

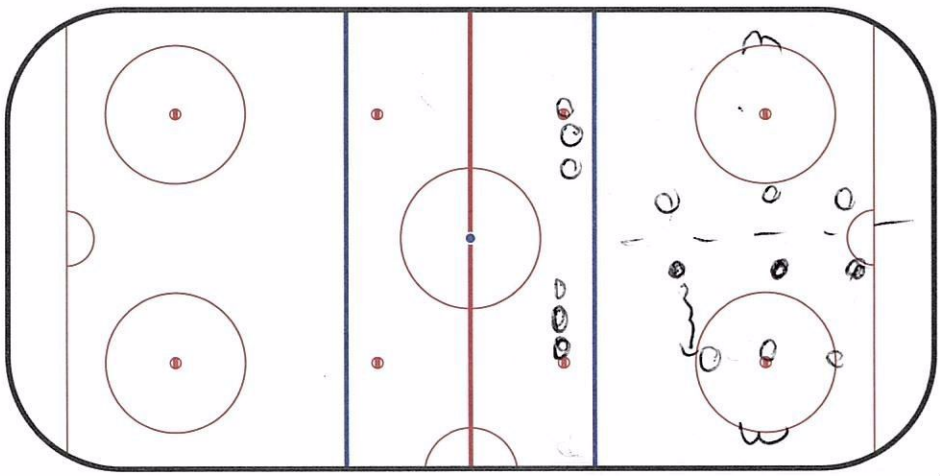
Mitte verteidigen



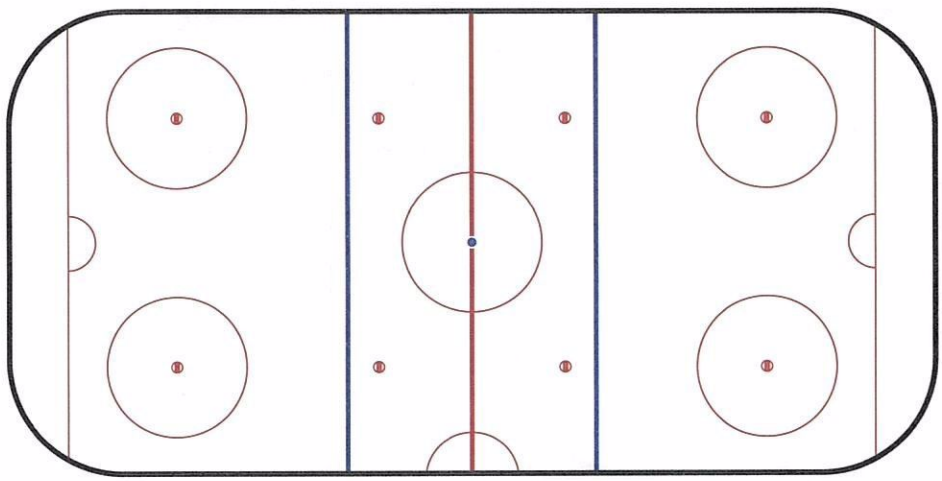
a 1-1 5' 15

b 2-2 5'

c 3-3 5'



Umschaltspiel 3-3



Ready

TEAM: U17

DATUM: 24.08.22

TRAINER:

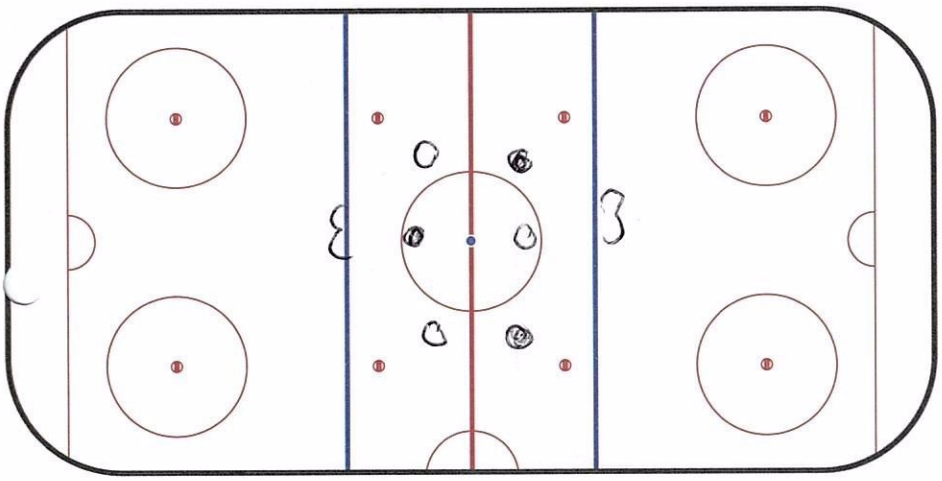
Patrick Lukas Reli
Gabriel Tobi Klaya

Kilian Benno
Diego Fiami

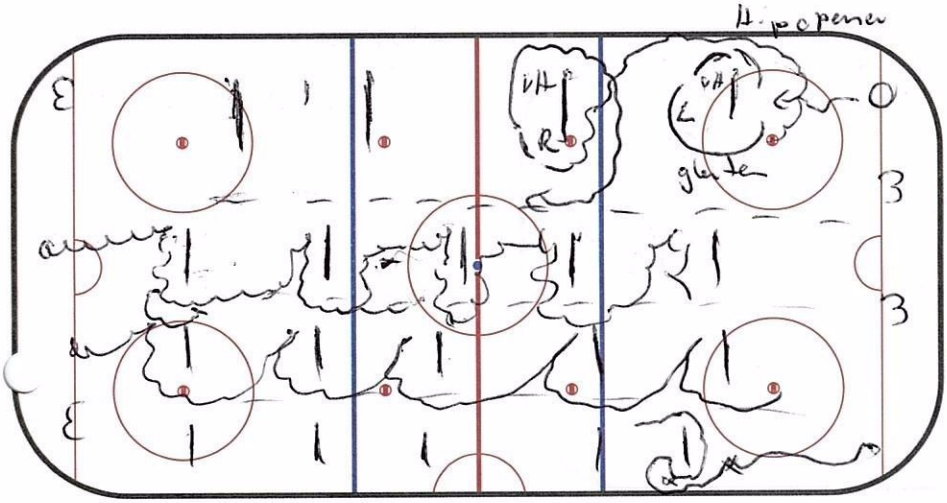
TT 14:20–14:50 Video 16:40–17:10
ET 15:20–16:20 ET 14:20–14:40 ET 15:50–16:10

TRAININGSPLAN

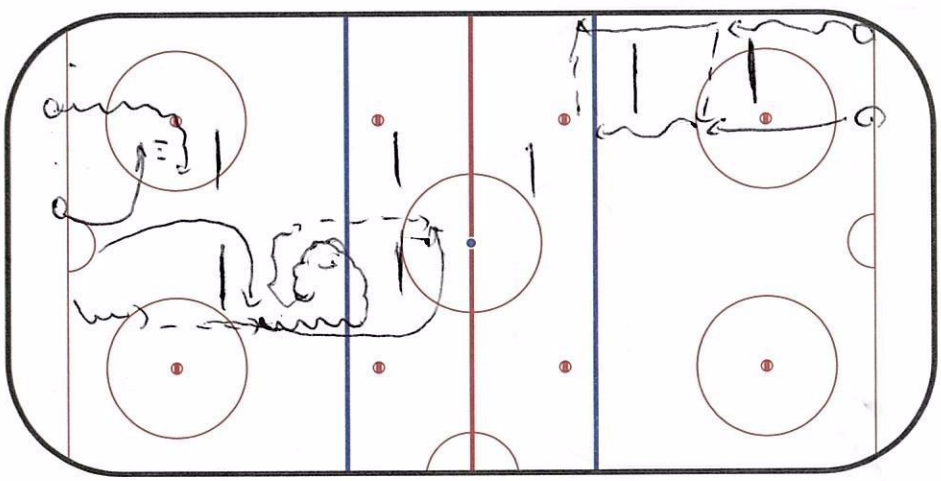
2ET Anwesend



Warm up Spiel
3-1 10'

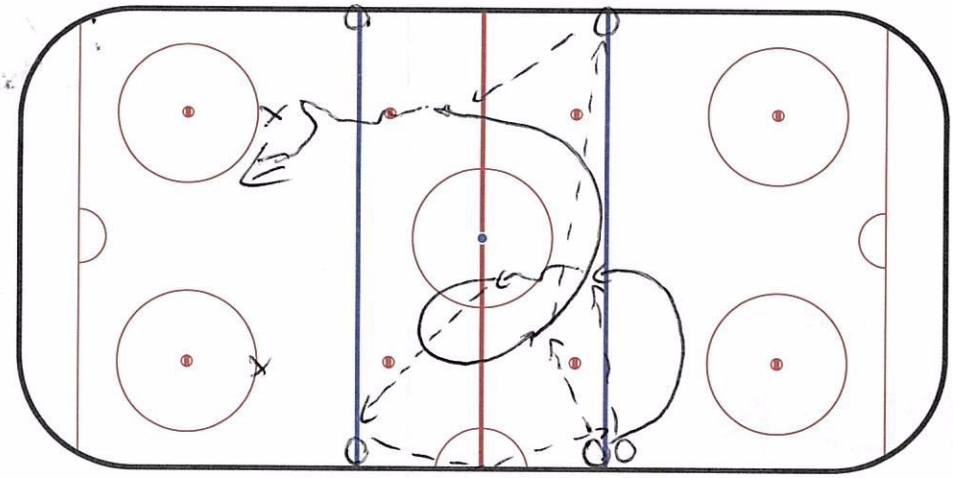


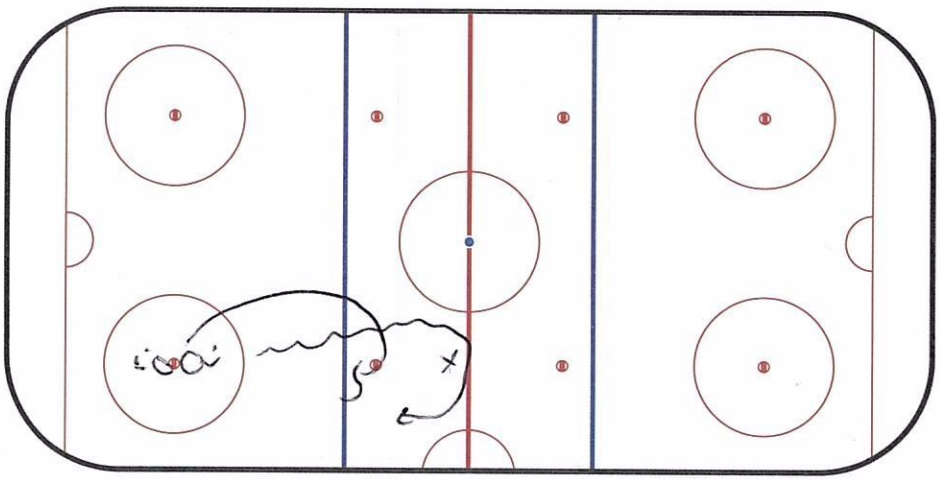
Stocktechnik
Dehnen
- Innenkante VH-VH
- VH-VH + Drehung
- Fintenschuss Seitl
VH-RH / RH-VH
einhändig
- lange Hand



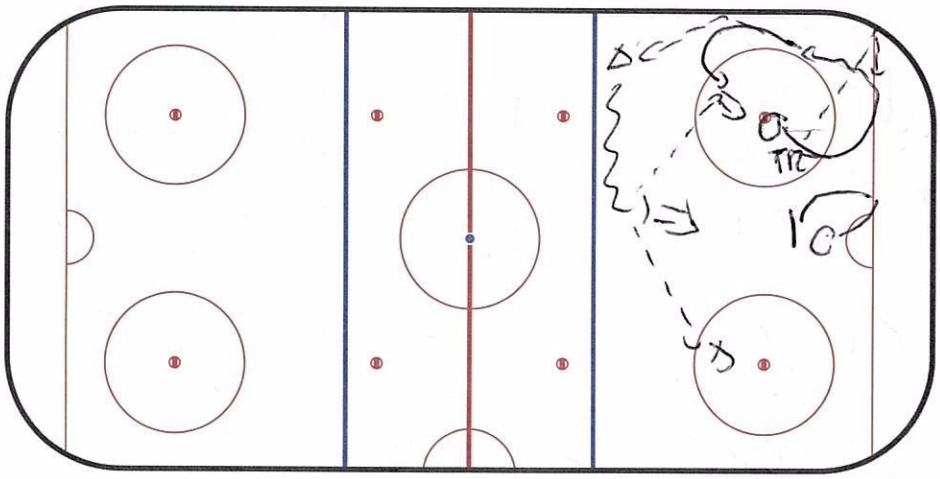
Passübung
- Nebeneinander
- kreuzen
- Steilpass

2 E-Bereich Passübung

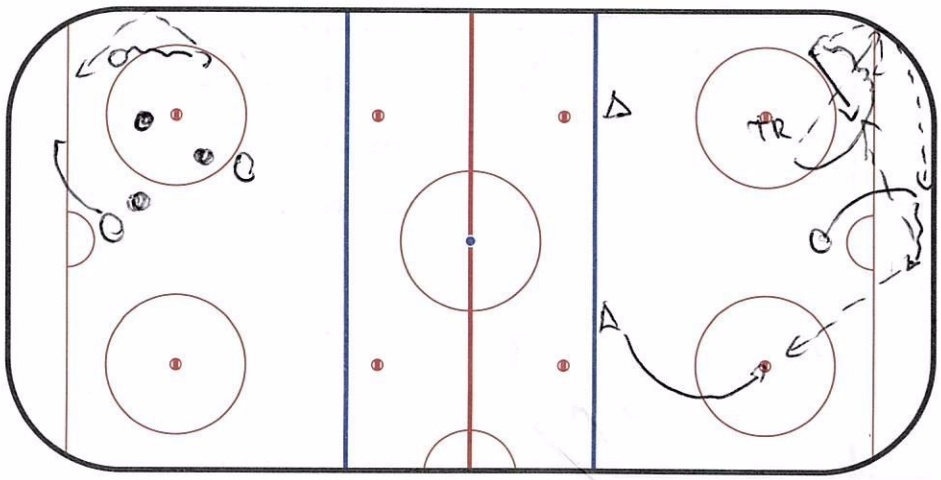




1 - 1



Aufgabe
in offensiven Drittel



3-3

Patrick T. Krank ganze WE | Joshua Th. | Jonas. |
Pascal ? | Franci | Emilie

U17

TEAM: 29.08.22

DATUM: KT 16:00-17:00

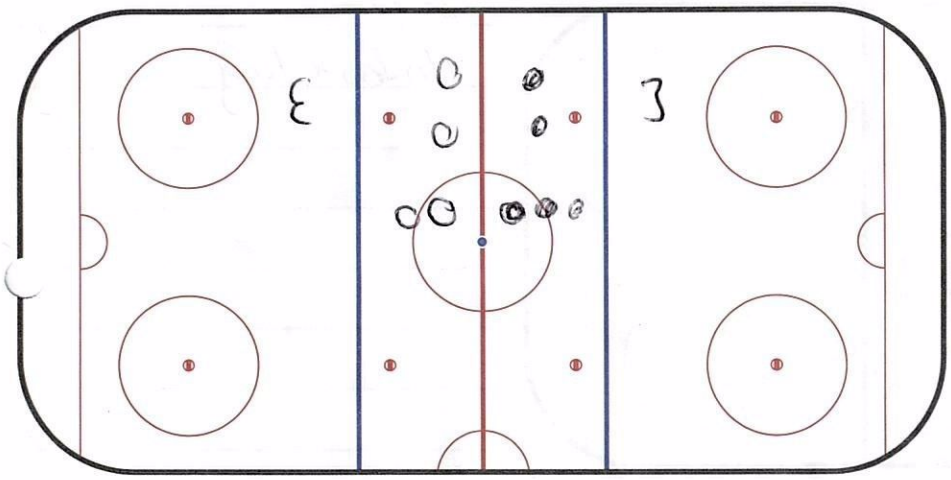
TRAINER: ET 17²⁰-18³⁰

warm up - Spiel mit Anreise - gerne
- Gummiband
- Oberkörper

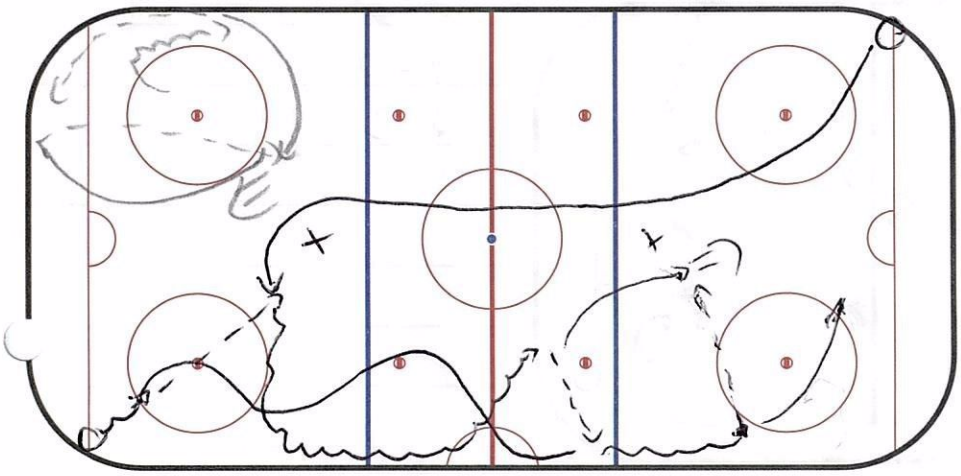
Lukas Tobi L
Gabriel Tobi N Nikolas
Ali

Kilian Benno
Pascal Patrick

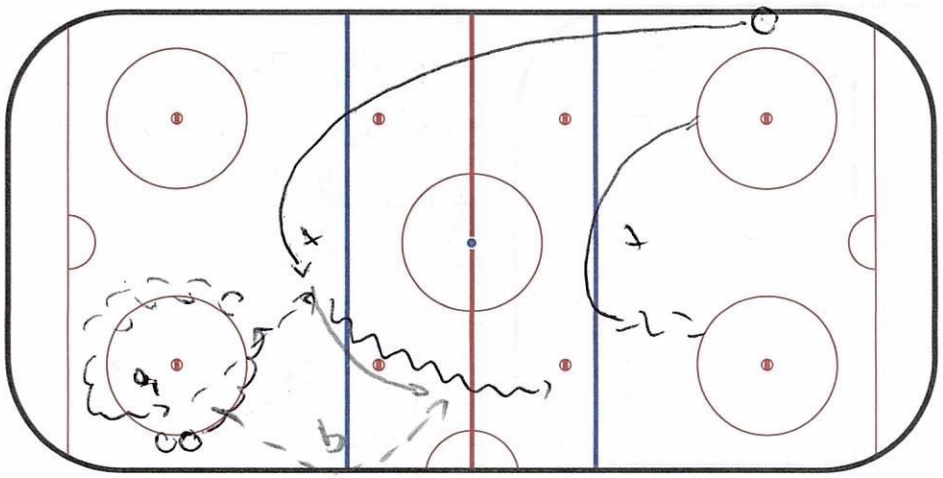
TRAININGSPLAN



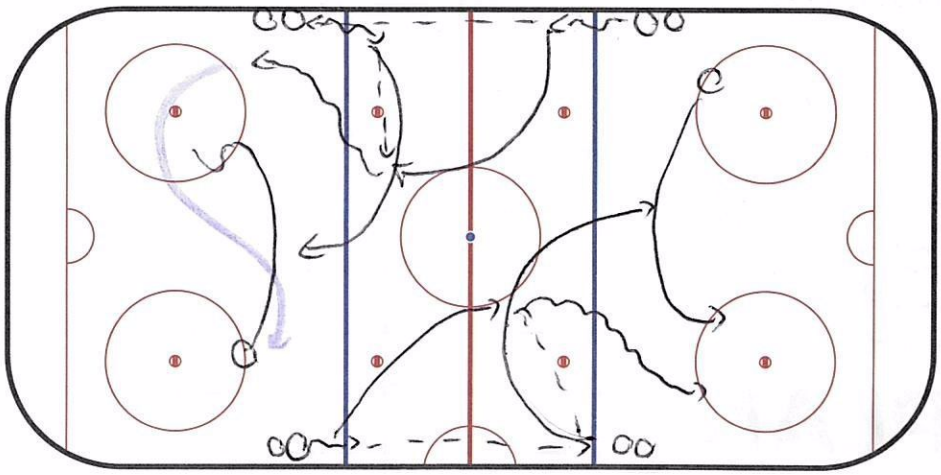
Warm up - Spiel



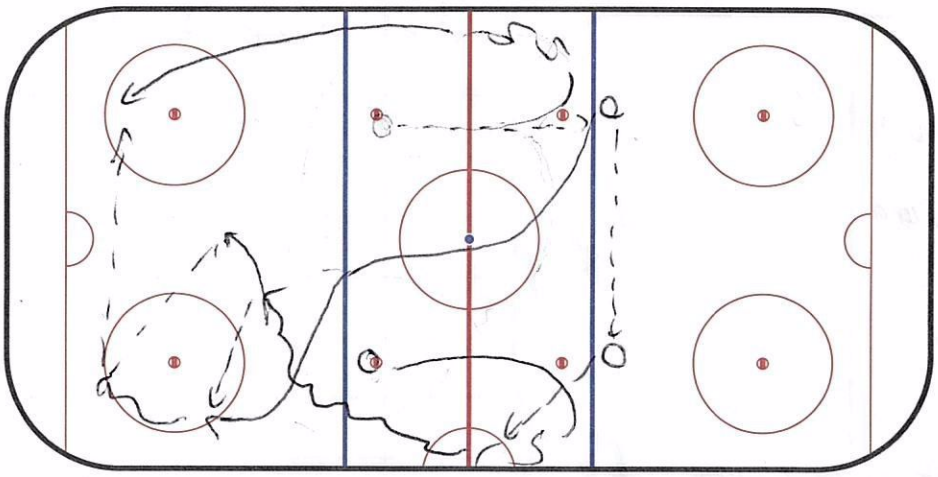
Passübung
2-0
a, pass an Stick
b, Gegner bogen
Rein



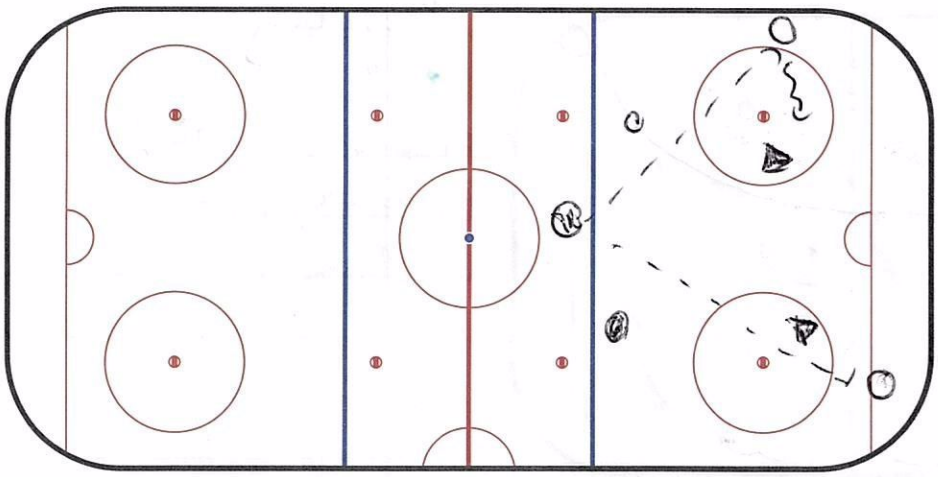
1-1
a Aufbau - Pass
b Bande pass



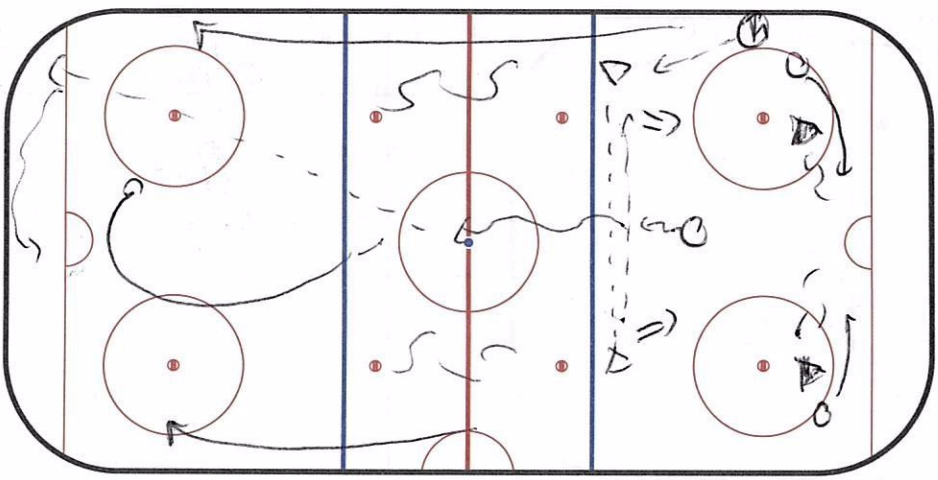
2-1
Unterstützung



3-0
Unterstützung



1-1
2-2
3-3



2-2
vor dem Tor
zum Schuss von VT
blaue Linie
Aufbau
- kurz
- hinters Tor VT-VT
- selber
3-2

Gabriel krank
1ET ausgefallen

14[illegible]- 15[illegible] TT
16[illegible]- 1645 Video

Lukas Tobi L
Bahi Tobi N Melvyn

Felix Nemo
Patrick Joshua
Pascal Emilia

E.H.C. KLOSTERSEE

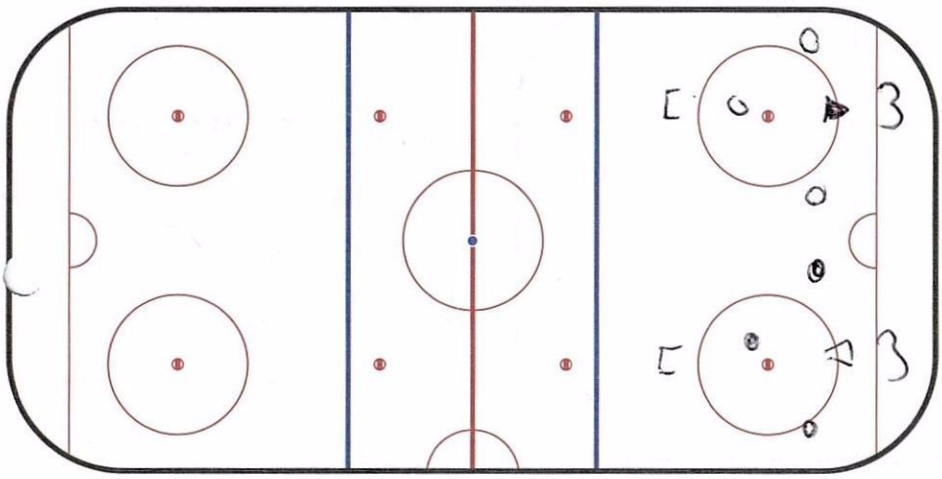
TEAM: U17 ~~U15~~

DATUM: ~~31~~.08.22

TRAINER: Markus

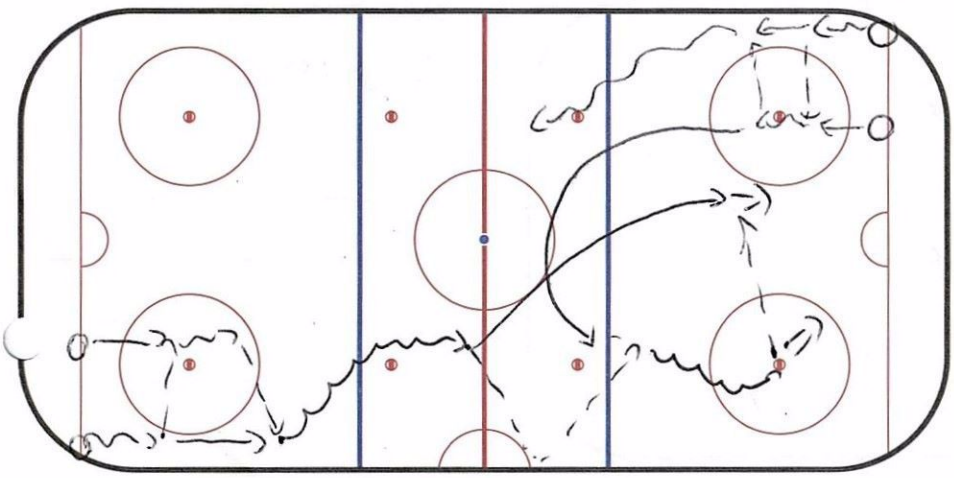
TT 14[illegible]- 145 6 mm b.
ET 15[illegible]- 16[illegible] Spring
Video 1640

TRAININGSPLAN

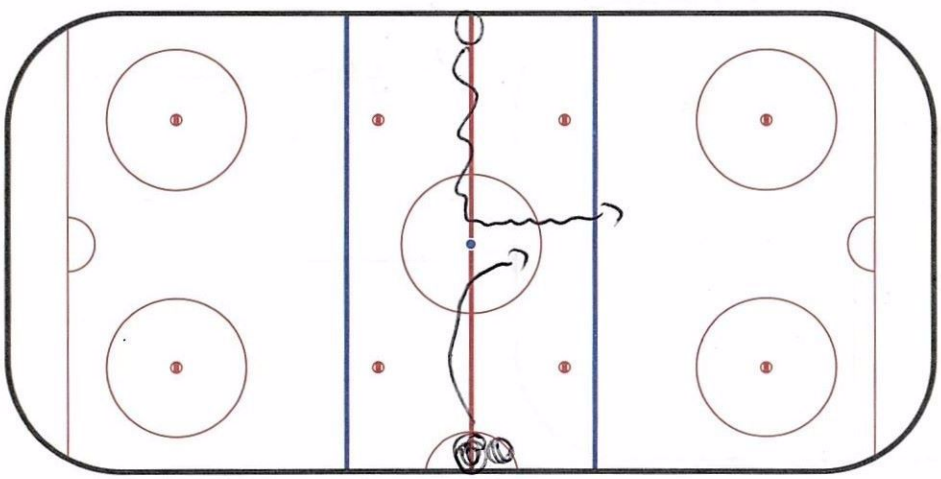


① Warm up Spiel

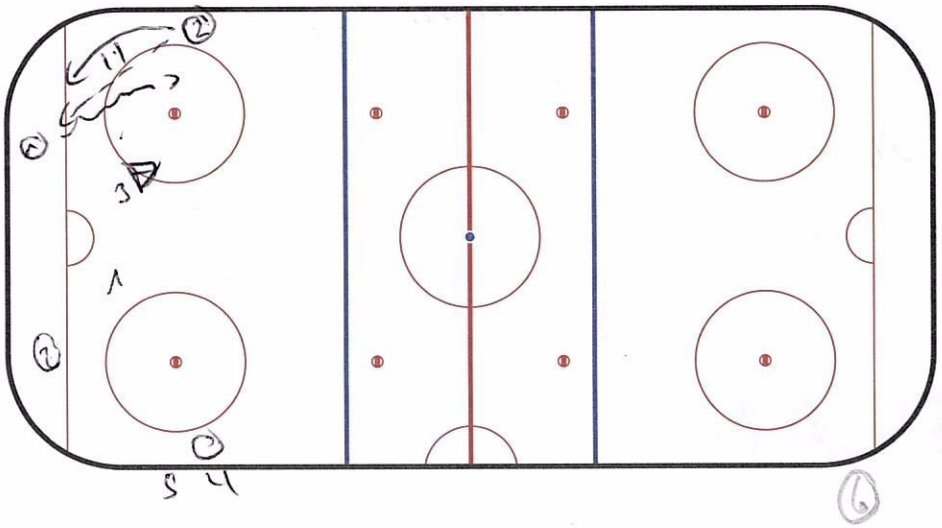
3-1



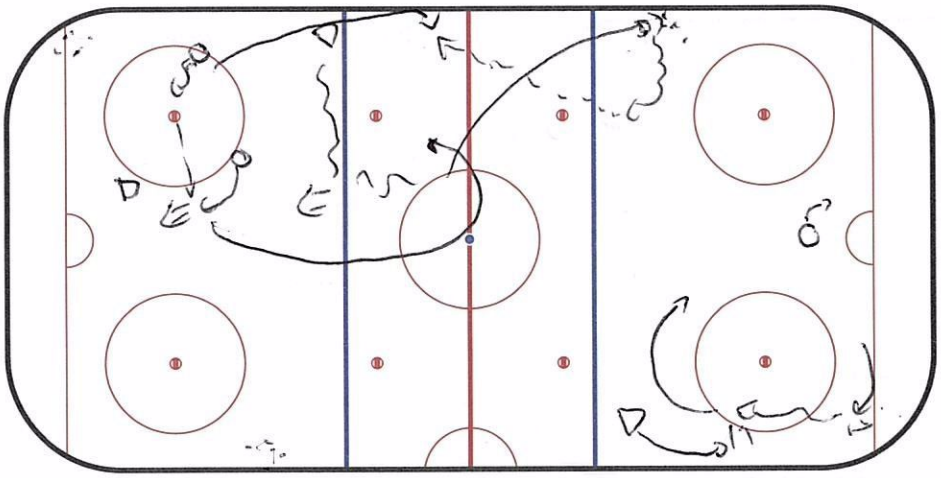
② Passübung 2-0
Bandenpass



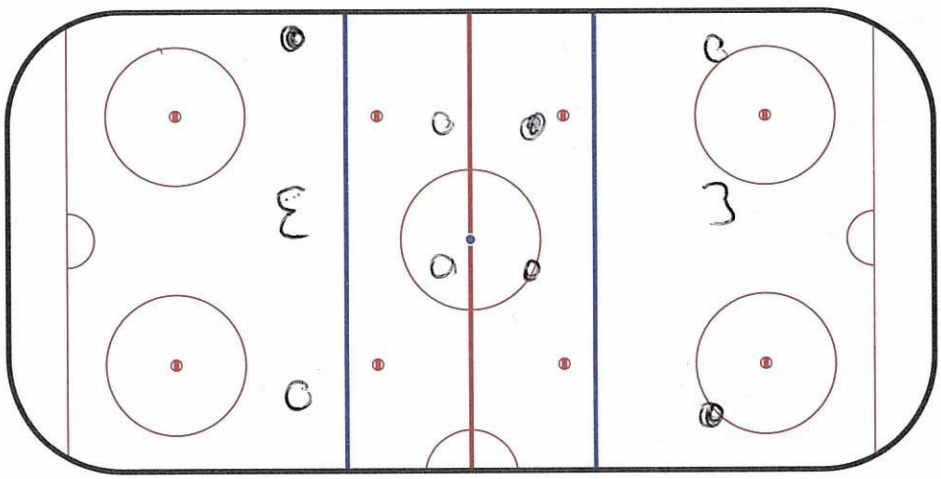
④ 1-1
Wettbewerb
je Tor ein Punkt



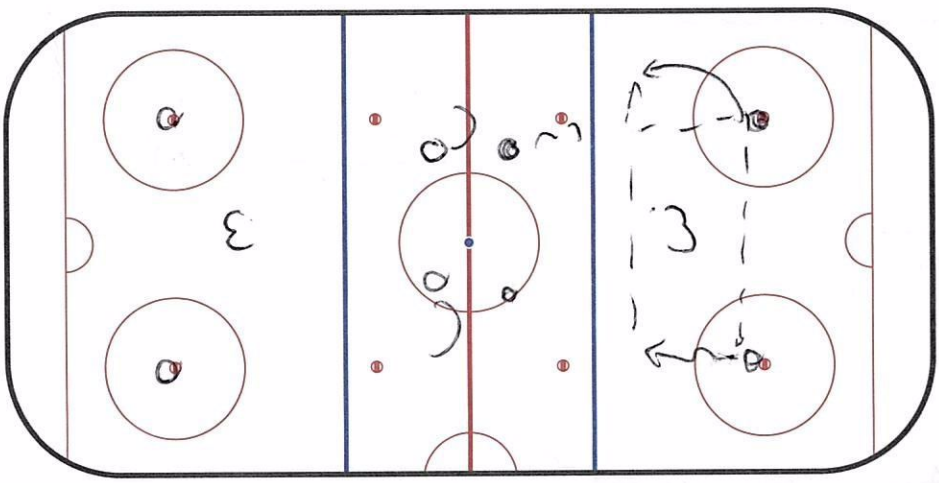
2-1
aus der Ecke
VT 3
ST1 wird dann VT
ST2 beginnt mit ST4



2-1 VT schuss
blaue Linie
Aufbau - Regeln
3-1
kreuzen mit VT



2-2
2 Joker



3-2
Aufbau

Gabriel Kvart

E.H.C. KLOSTERSEE

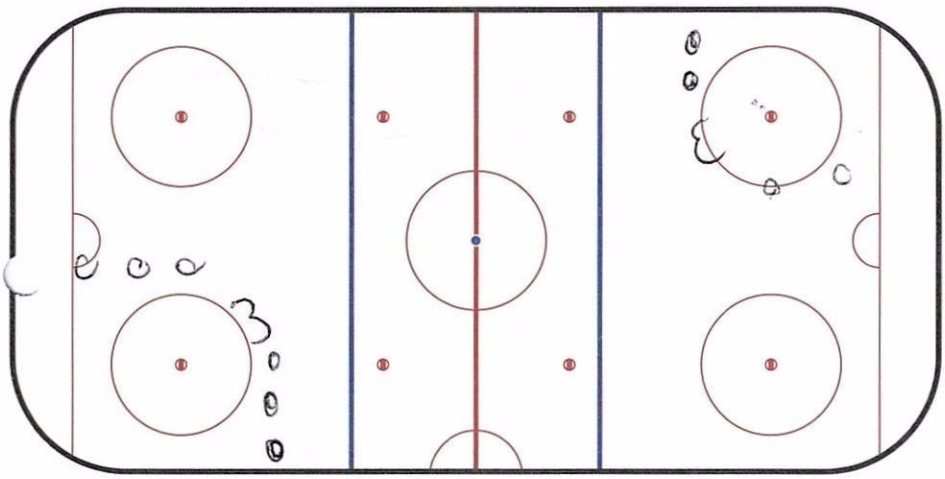
TEAM: U17

DATUM: 01.09.22

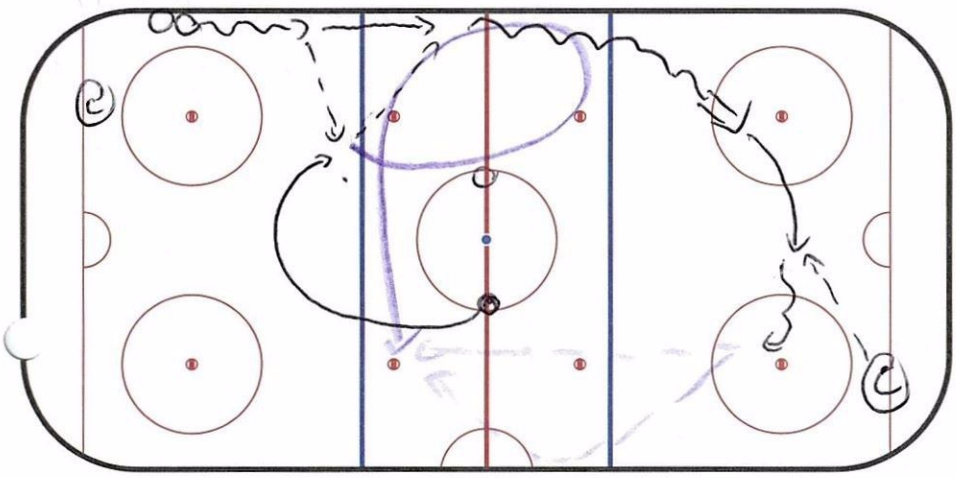
TRAINER: Markus, Mark
TT 1410 - 1450
ET 1510 - 1820
~~KT 1850 - 1945~~

Dalt Lukas Benno Tobi
Gabriel Joshua Patrik Emilie
Robin Nathalie

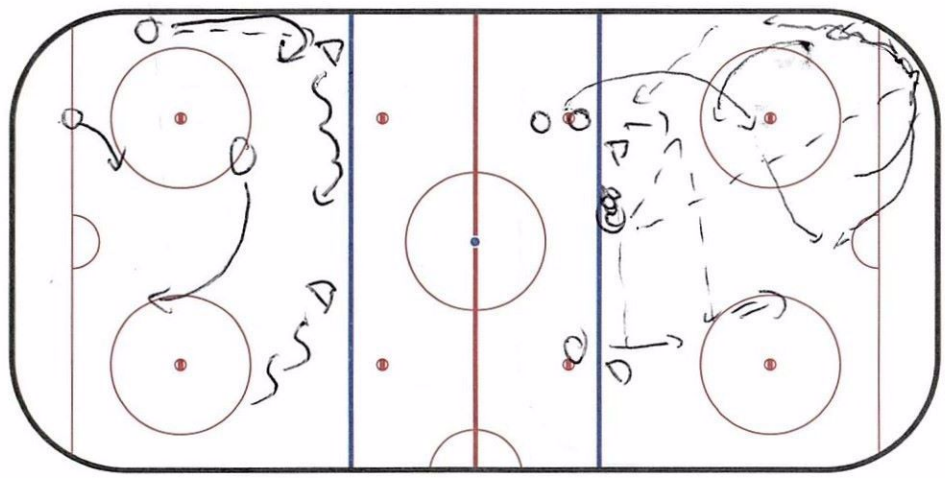
TRAININGSPLAN



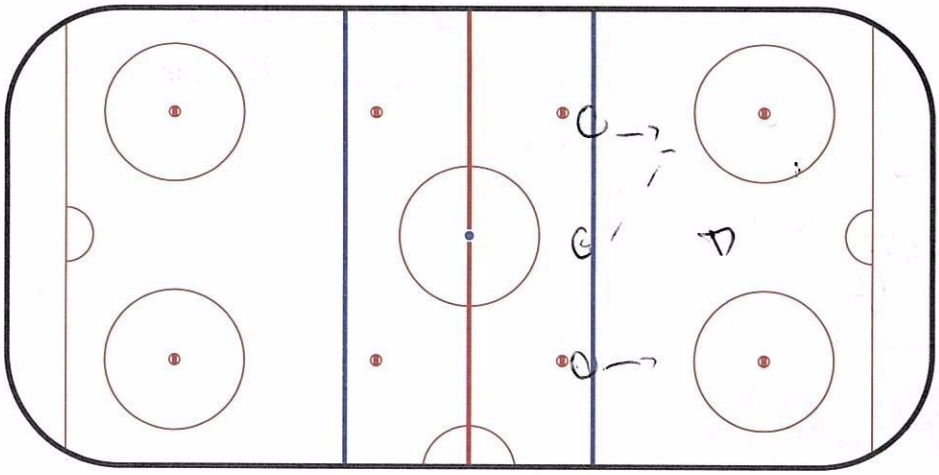
Warm up Spiel 1-1



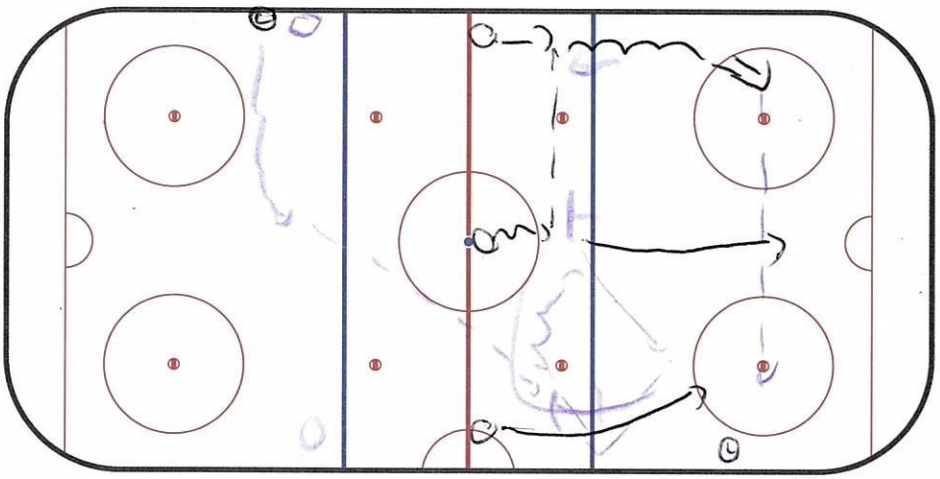
1 - e
Steilpass
Bandenpass



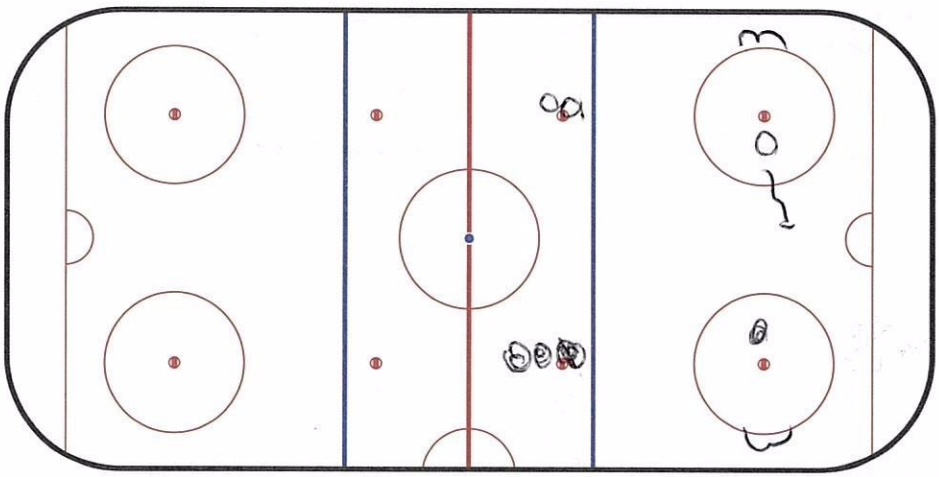
Besprechung - Video (4)
4 OPTIONEN
Slot
Up to D
Spread
Rotation



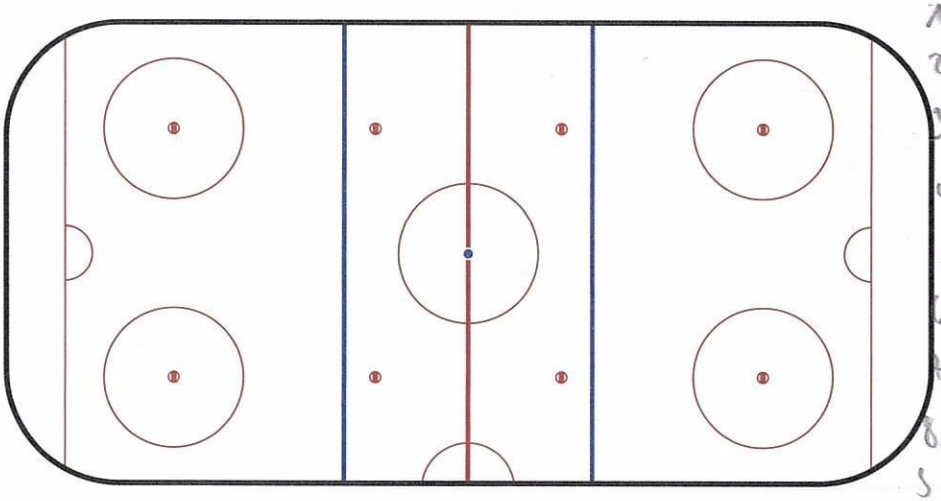
a) das gleiche mit 1 VT
b) 2 VT



3 - 0
a) Zug zum Tor
b) zur Mitte



Vancouver Battle
1-1 / 2-2 / 3-3



1 18.09. EHC - Geretsried 17:30
2 24.09. EVR - EHC 12:00
3 1.10 TSVM - EHC 12:15
4 7.10 Bayreuth - EHC 20:00
5 15.10 EHC - Erding 11:00
6 22.10 EHC - Kempten 12:00
7 05.11 Riessersee - EHC 13:00
8 12.11 Peiting - EHC 11:55
9 20.11. Ottobrunn - EHC 19:45
10 26.11 EHC - [illegible] 17:00

TEAM: U17

DATUM: 02.09.22

TRAINER: Markus

1750-1850

Lukas Tobi L

Gabriel Tobi N Mahlzahn?

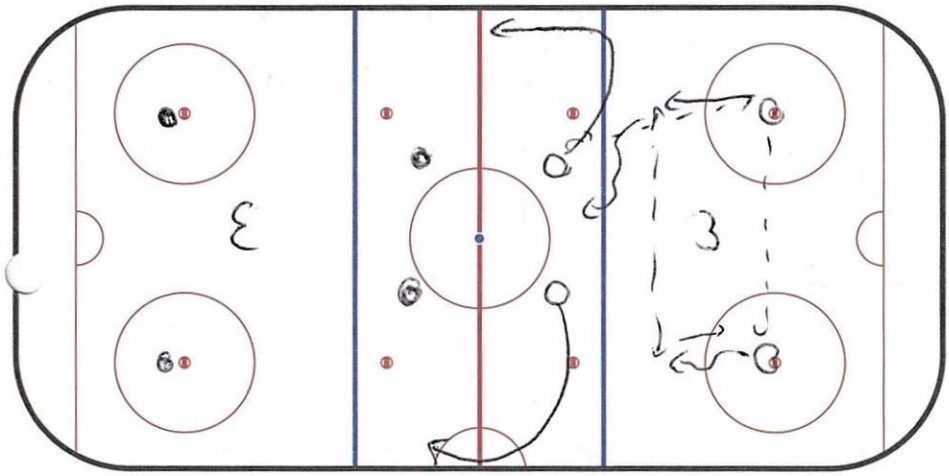
Bahl

Kilian Benno

Joshua Patrick

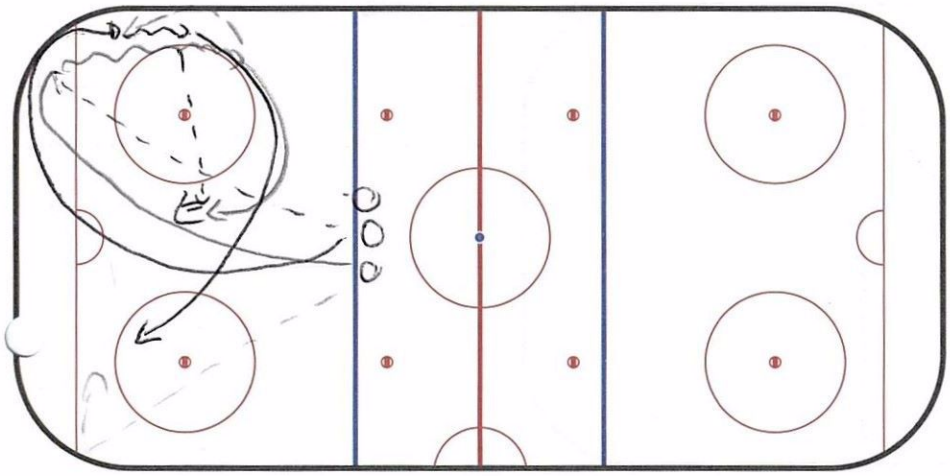
Emilia Patrick t.

TRAININGSPLAN



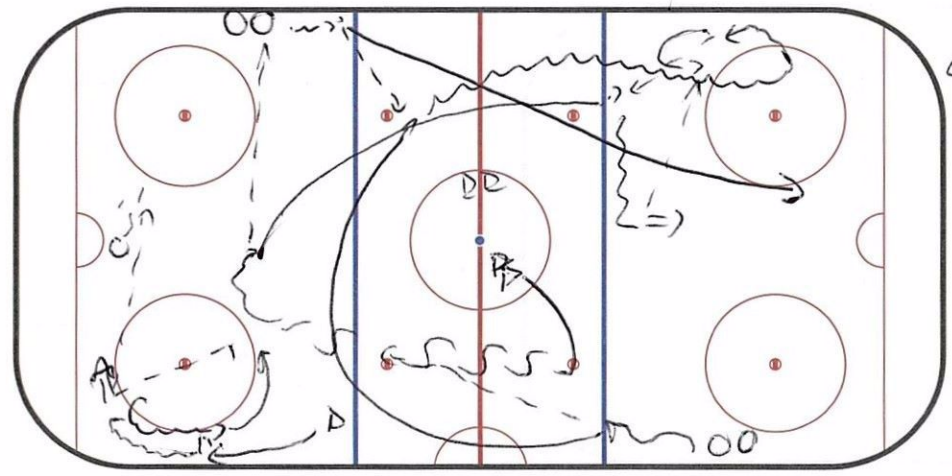
3-2

beim Puckverlust kommen 2 neue defensive SP rein hinten Tor stehen 2 VT Aufbau VT - VT pass zurück



1-0

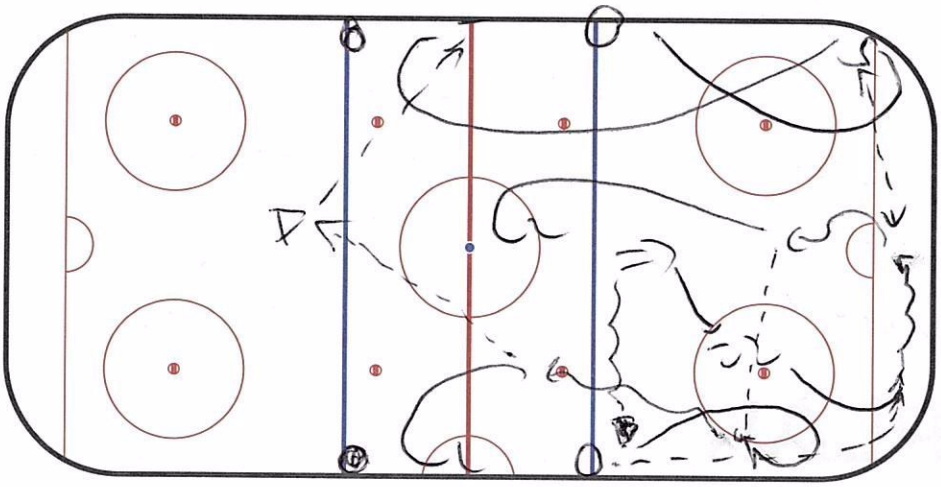
Rotation mit Bandenpass



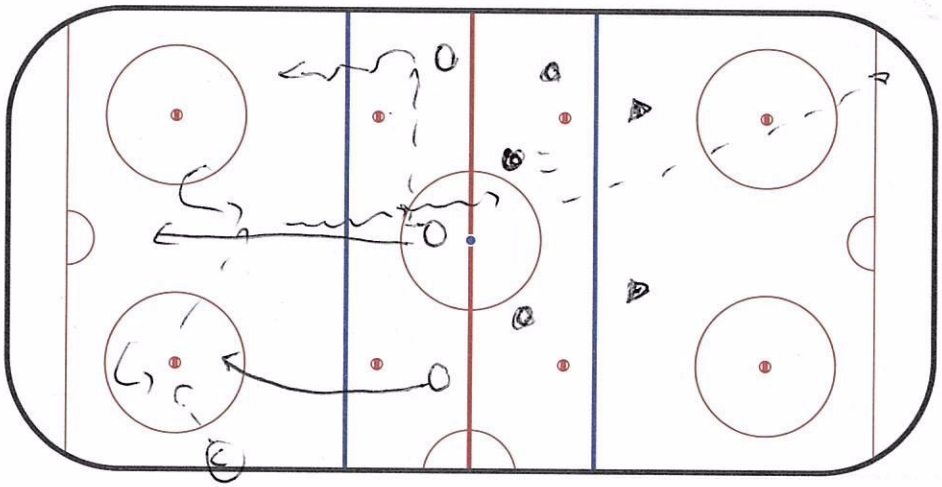
2-0 +VT

a. Cretzy bogen - Unterstützung VT pass zu VT

b kurz mit VT

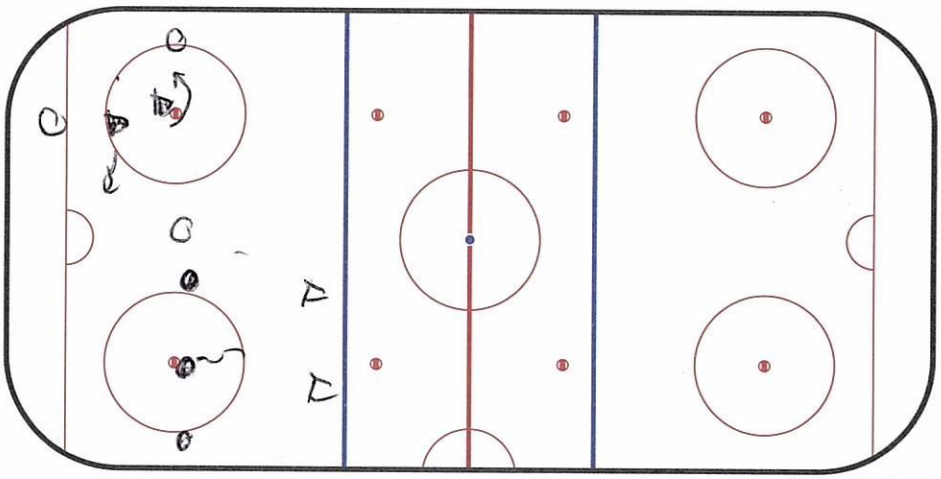


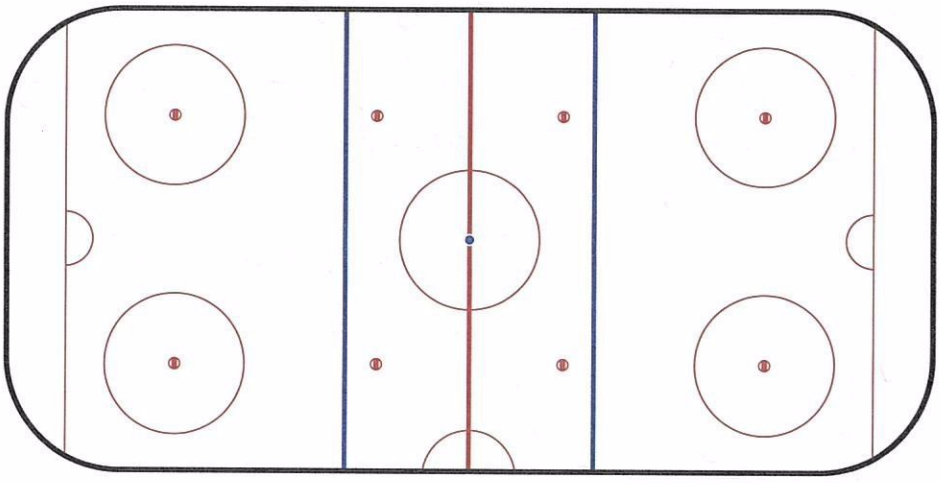
2-1
Aufbau
Doppelpass m.i. ST-VT



Forecheck
Fortlaufend

3-2 auf Tore
5-5





E.H.C. KLOSTERSEE

TEAM: U12

DATUM: 05.08.21

TRAINER: Markus, Mark

KT 16.00 - 17.00

ET 17.20 - 18.50

Luka ~~Tobi~~

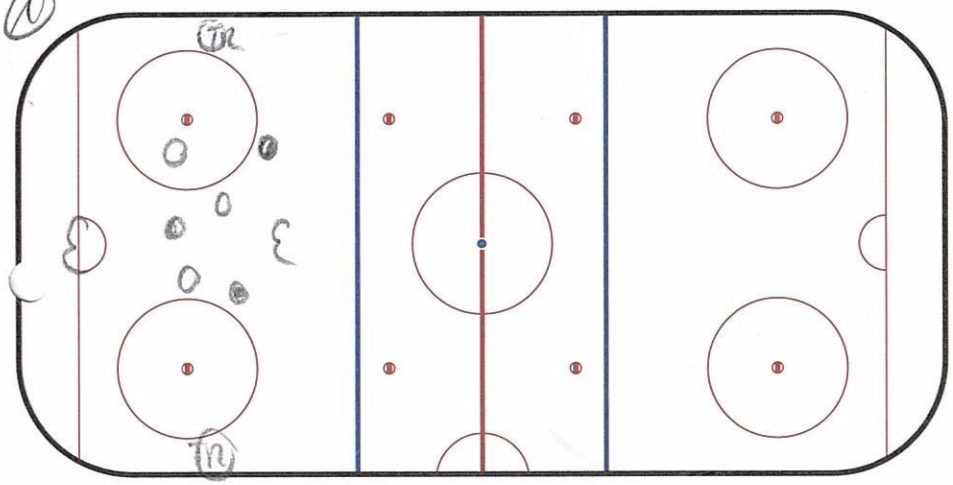
Bali Tobi N Melayna

Kilian Patrick E

Patrick K Emilia

TRAININGSPLAN

a)

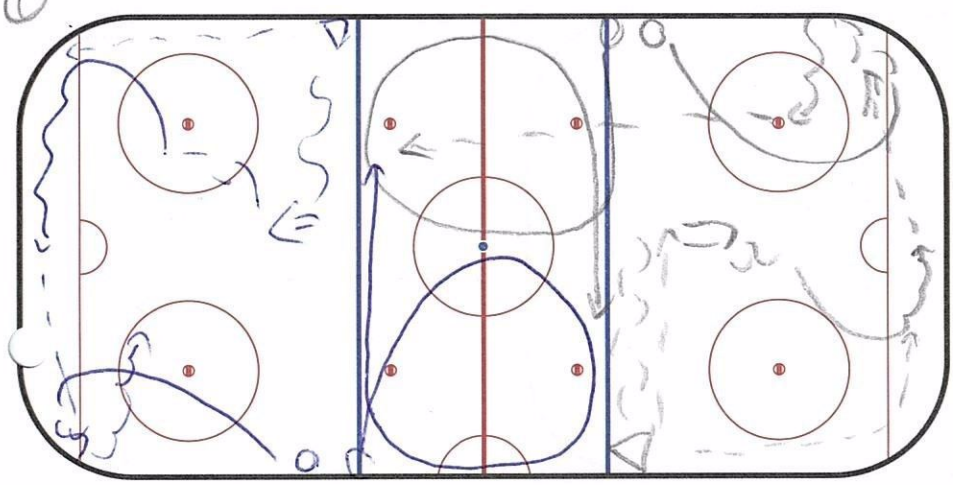


Warm up Spiel

3-3

auf 2 Tore

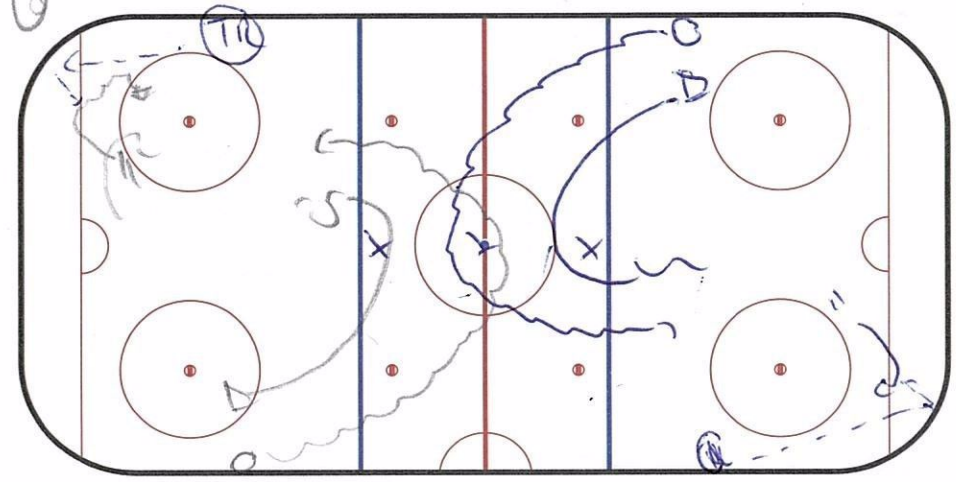
b)



1-0 Aufbau

Stilpass

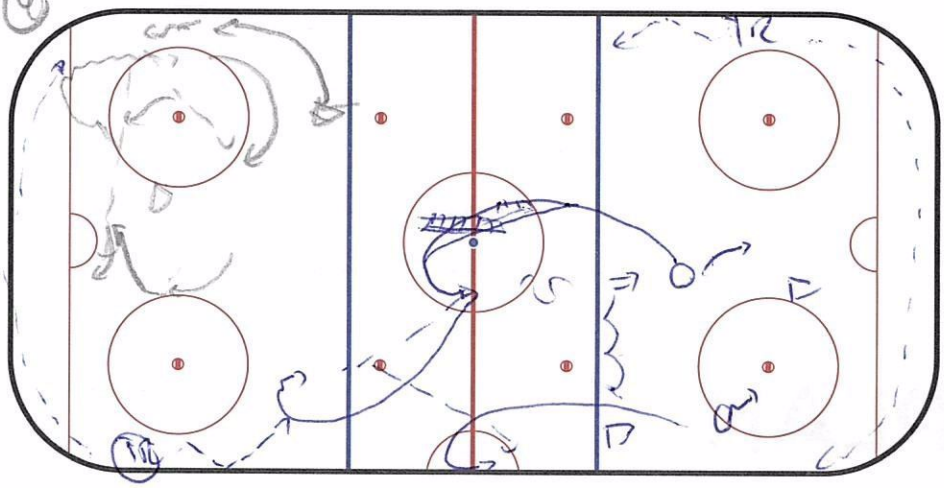
c)



1-1 2x

aus der Ecke

④



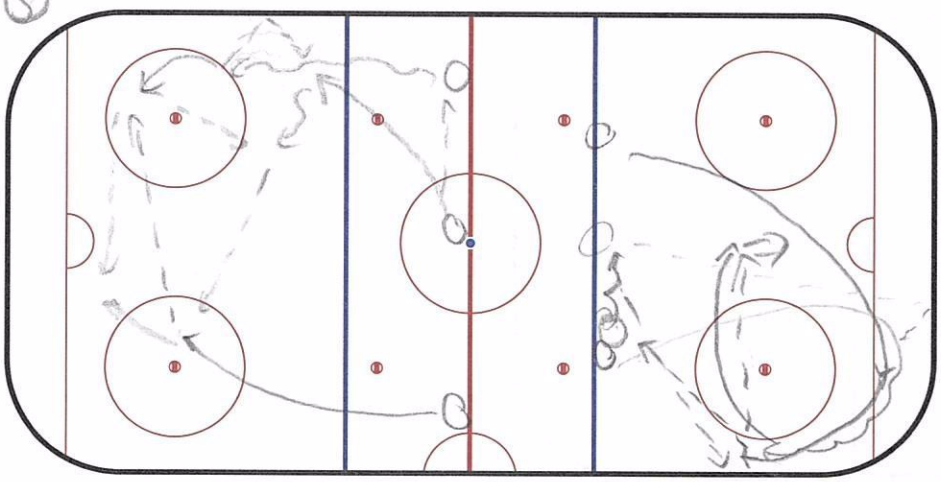
2-↗ Schuss VT Aufbau

3.↗

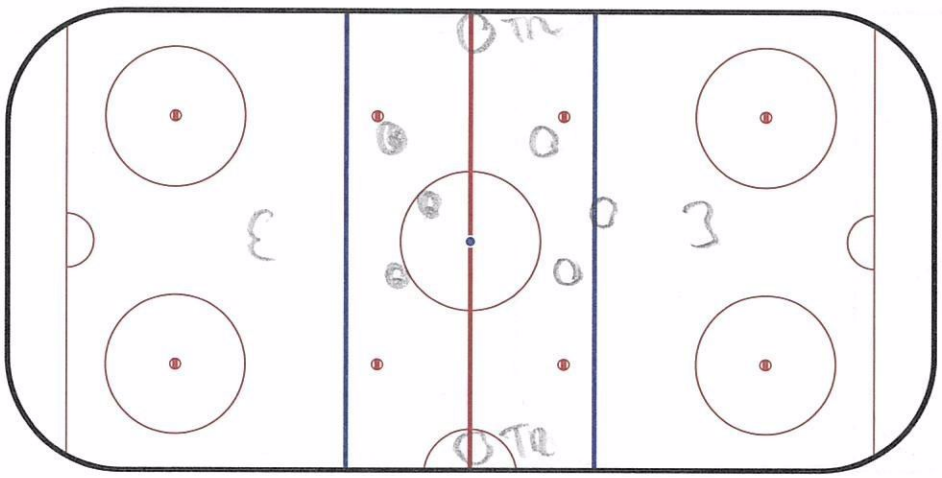
aus der Ecke

kreuzen mit VT

⑤

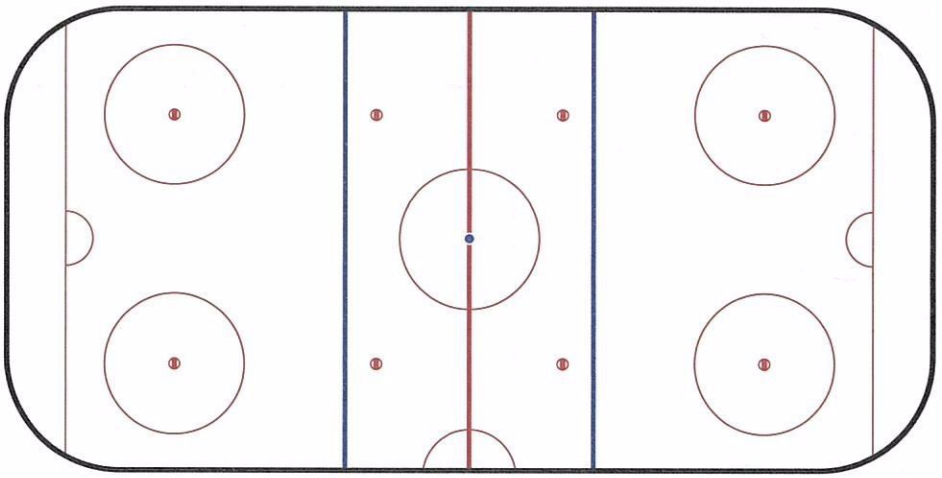


Passübung



3-3

TR Joker



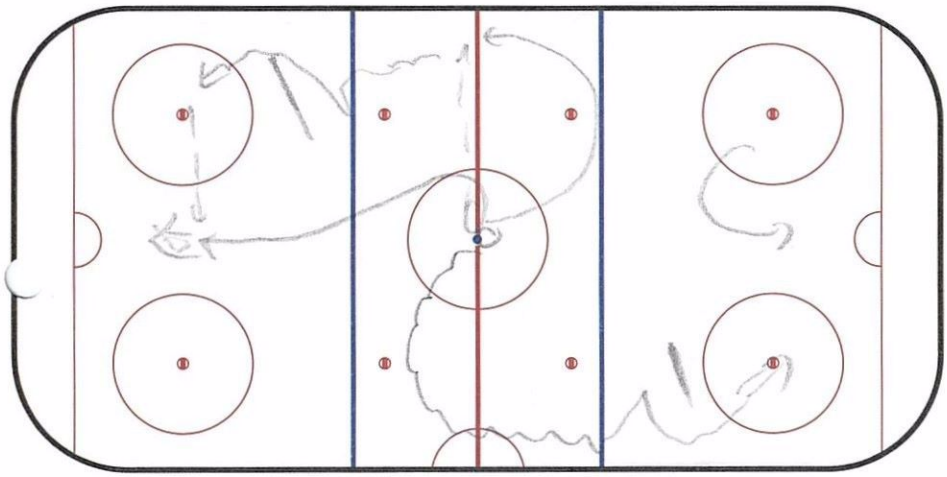
E·H·C· KLOSTERSEE

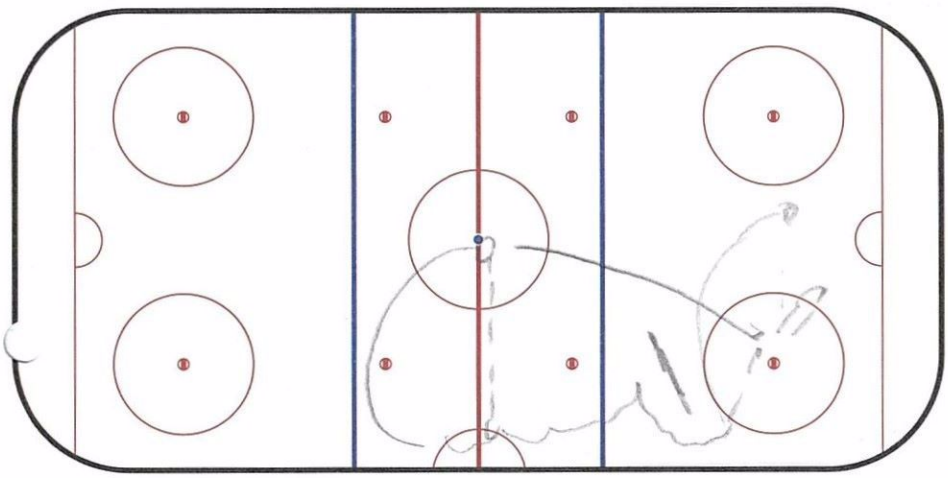
TEAM: U17

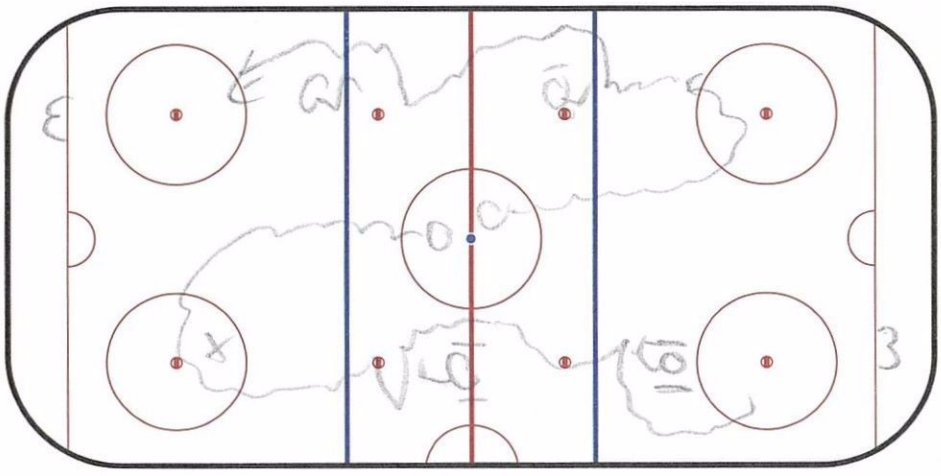
DATUM: 7.05.

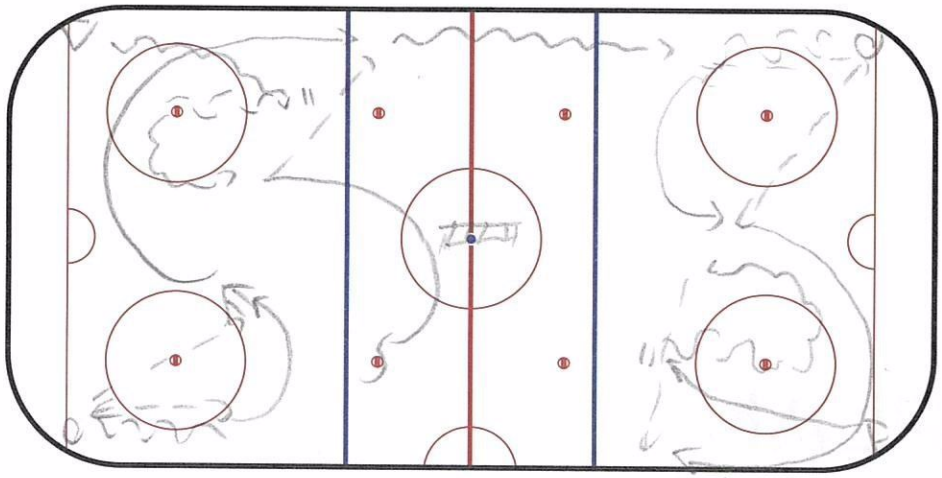
TRAINER: 1240-1840

TRAININGSPLAN

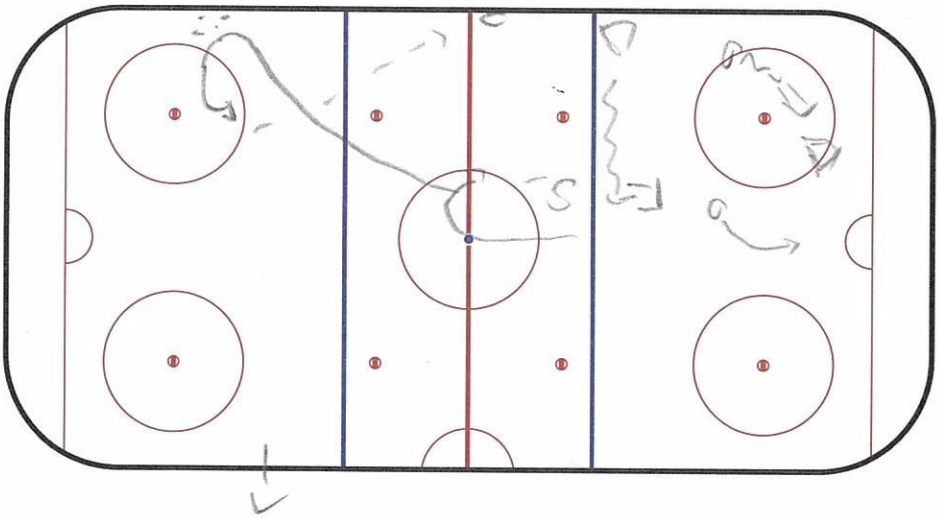




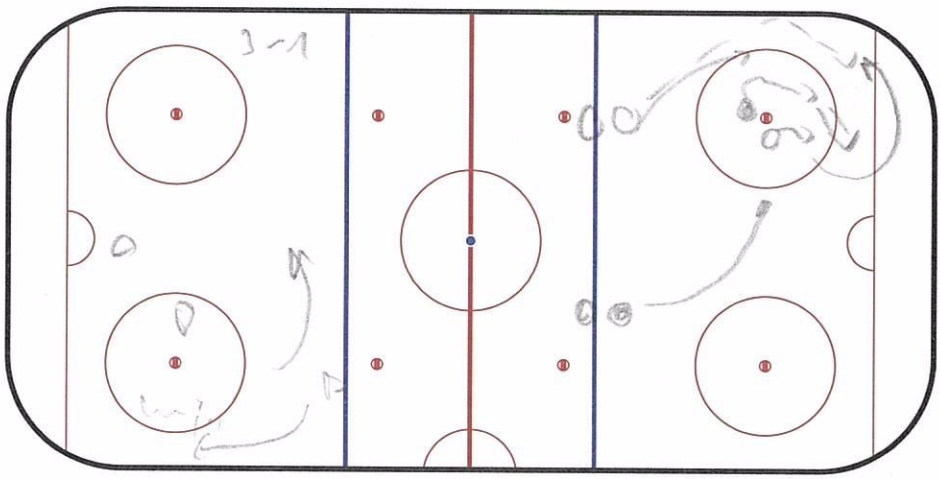




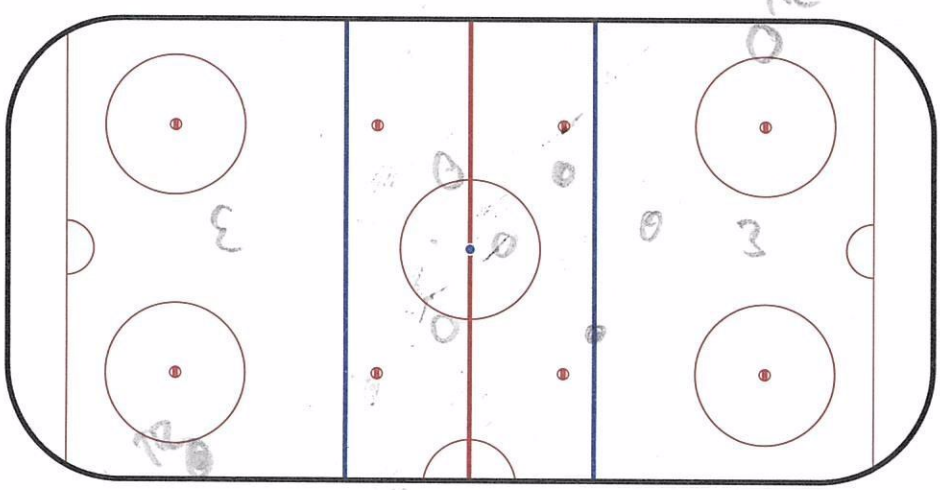
1-1



2-1



1-1
2-2
3-3



3-3 ללא שוער

E.H.C. KLOSTERSEE

TEAM: U17

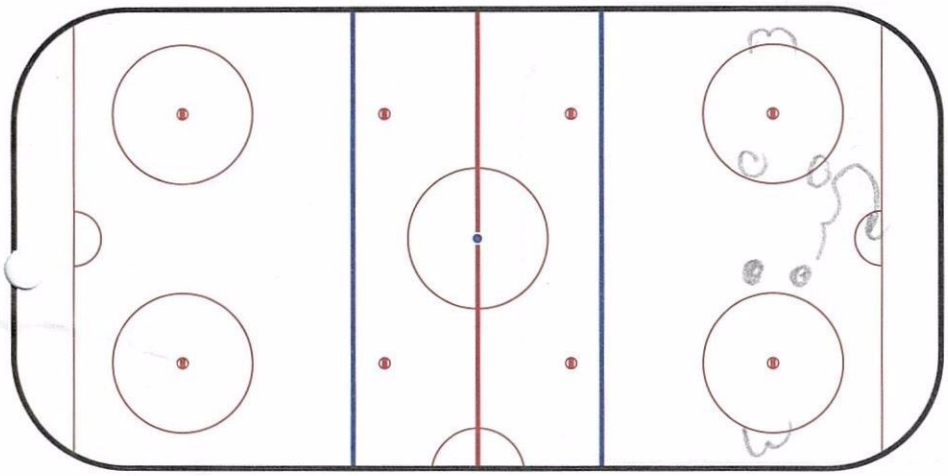
DATUM: 08.03.2022

TRAINER: Markus

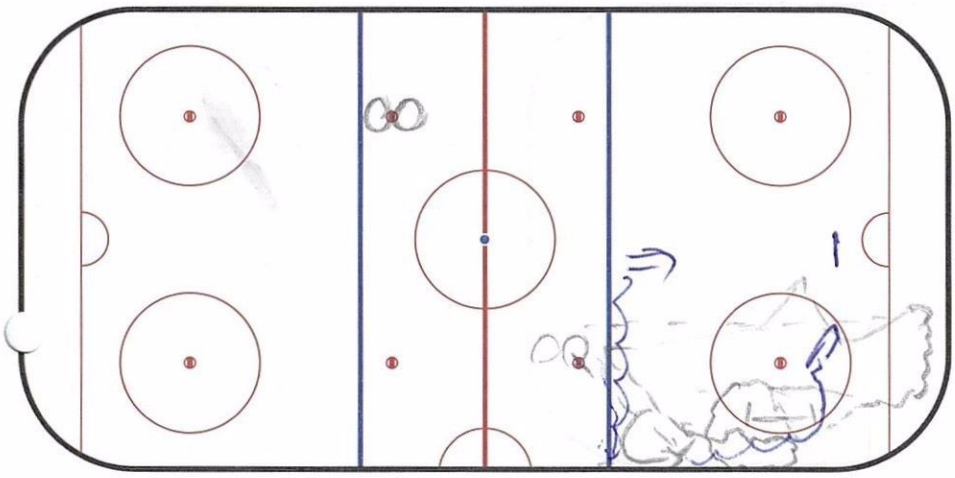
ET 13:40 – 15:10

Jan Beli Tobi L
Patrick Tobi N Markus
Joshua
Joshua Patrick

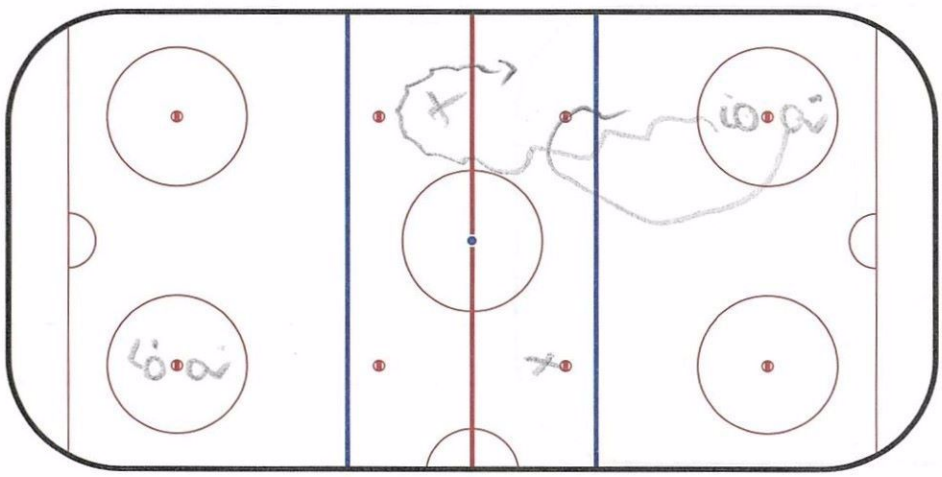
TRAININGSPLAN



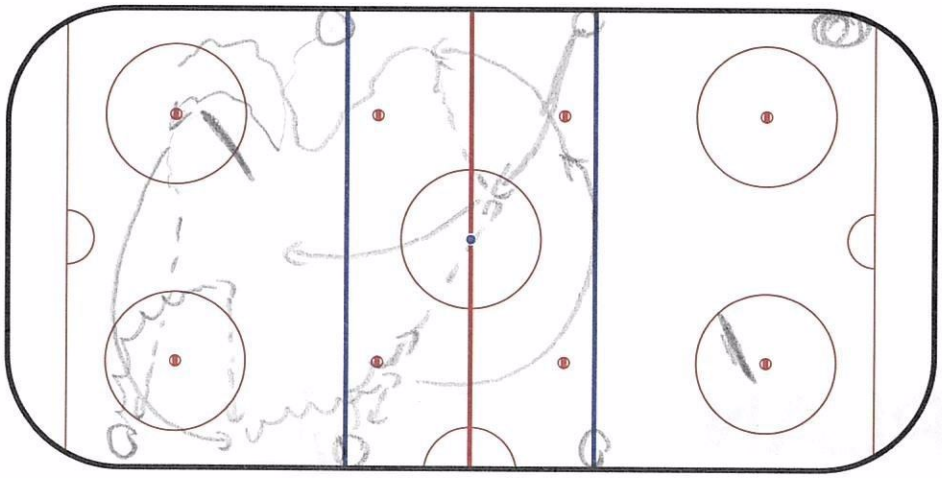
2-2 auf beide Tore



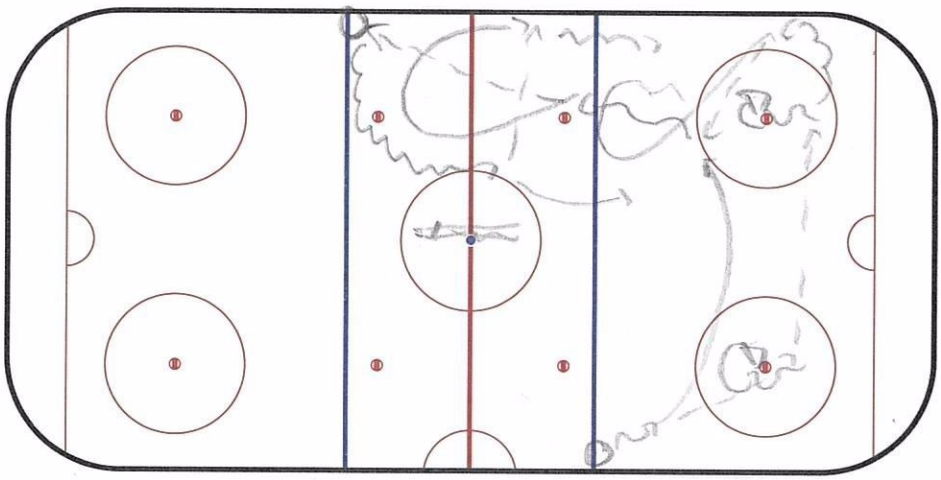
Puck management
Puck kontrolle vor der Blaue Linie
Passübung



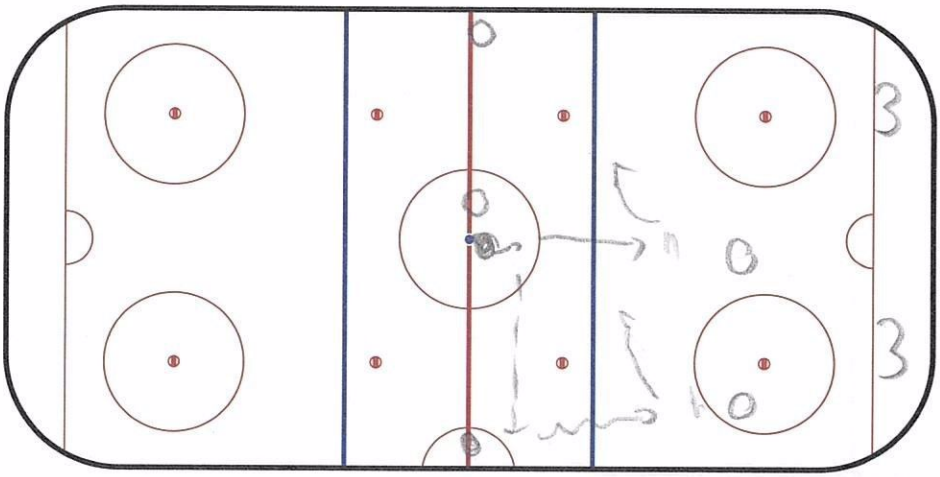
1-1
Gemma OFFENSIVE
Vorne Abschluss



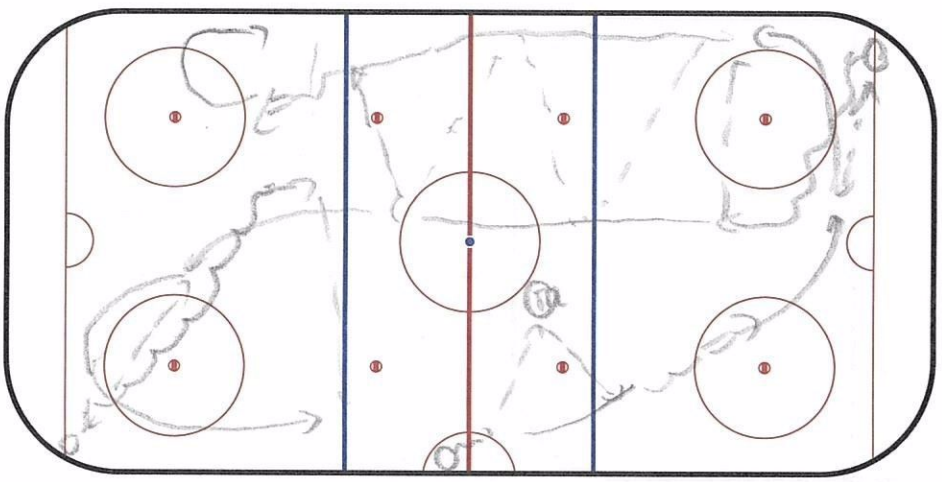
Passing 2-0
Finte



2-1



Umschaltspiel 2-2
OFFENSIVE
DEFFENSIVE



1-0 (2-0) 3-0

SPIEL 2-1 Gruppen

TEAM: U17

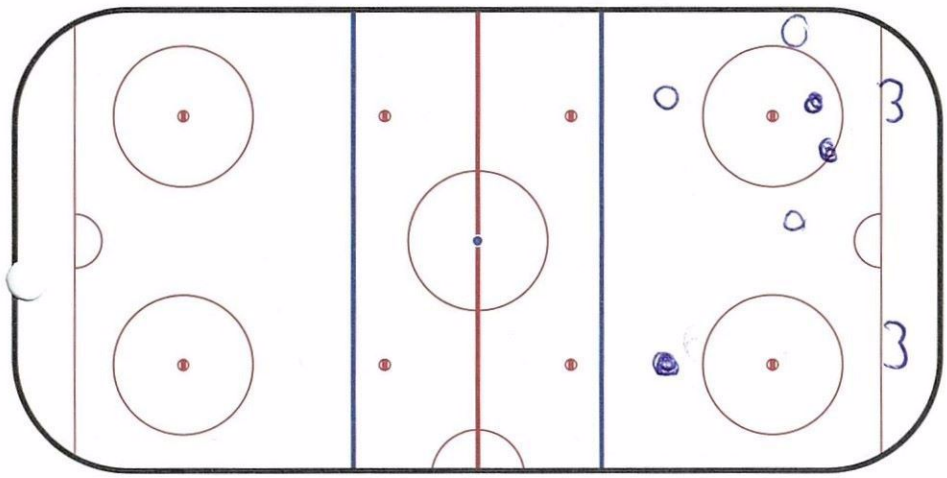
DATUM: 09.08.2022

TRAINER: Markus

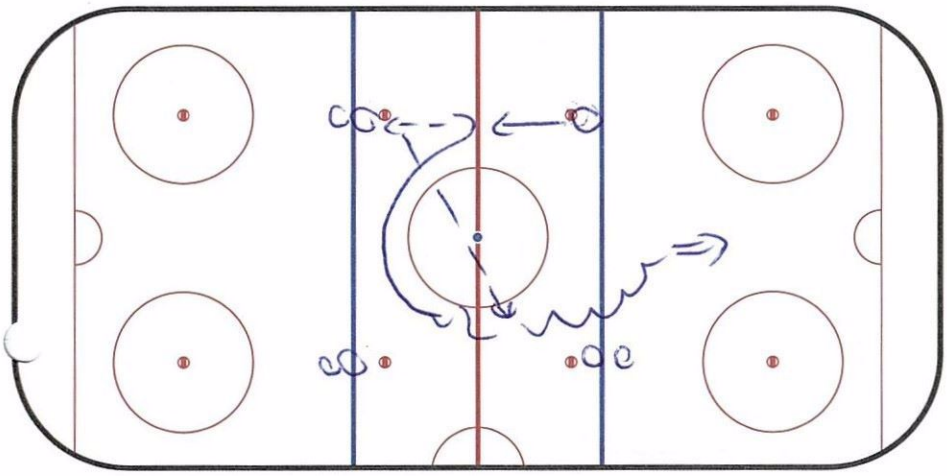
Jan Lukas Tobi L
Denni Tobi V Nelly
Patrick Nali

Kilian Joshua
Joshua Patrick

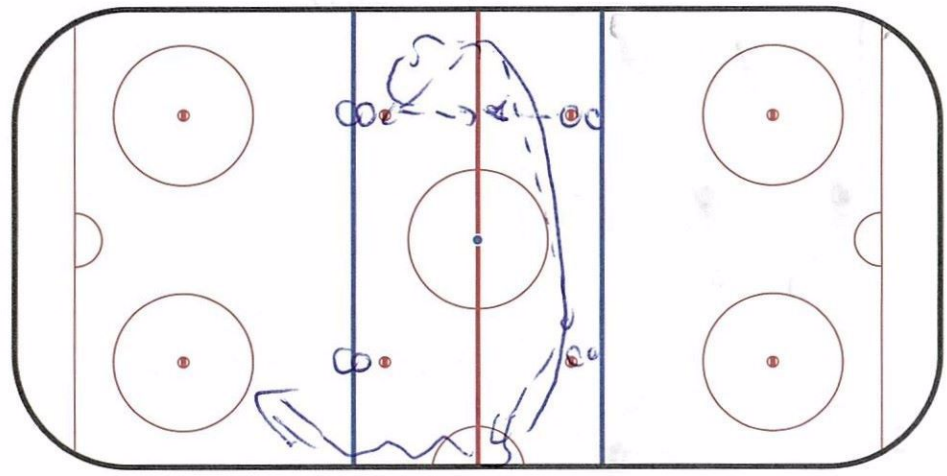
TRAININGSPLAN



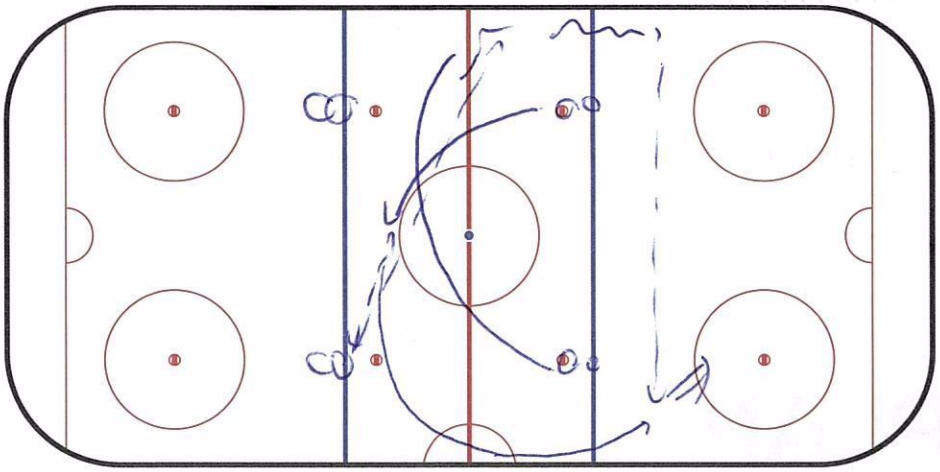
Umschaltspiel 3-2
Warm up - Spiel



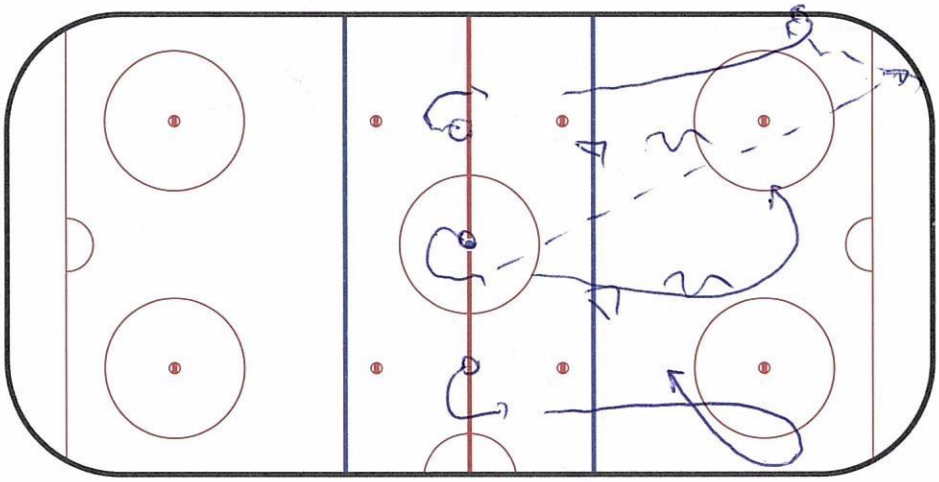
Passübung



2-2 Gretzky

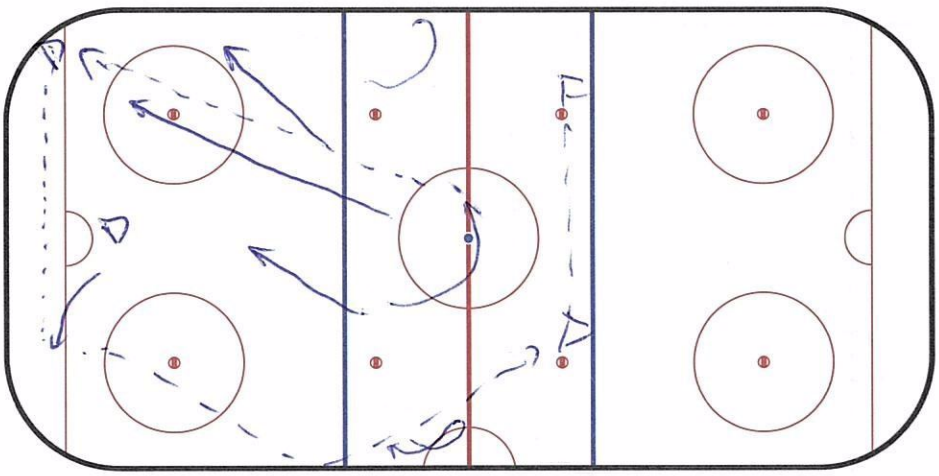


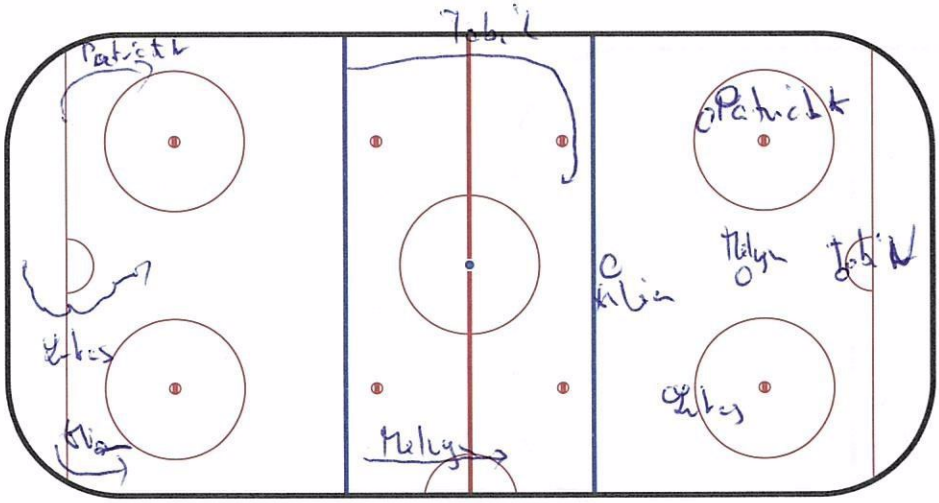
2-0



Aufbau
VC
Gegenp

3-2
VT schuss von der
blauen Linie





Übersicht

Denno Tobi N ja
Josh Denni

E.H.C. KLOSTERSEE

TEAM: U17

DATUM: 12.03.2022

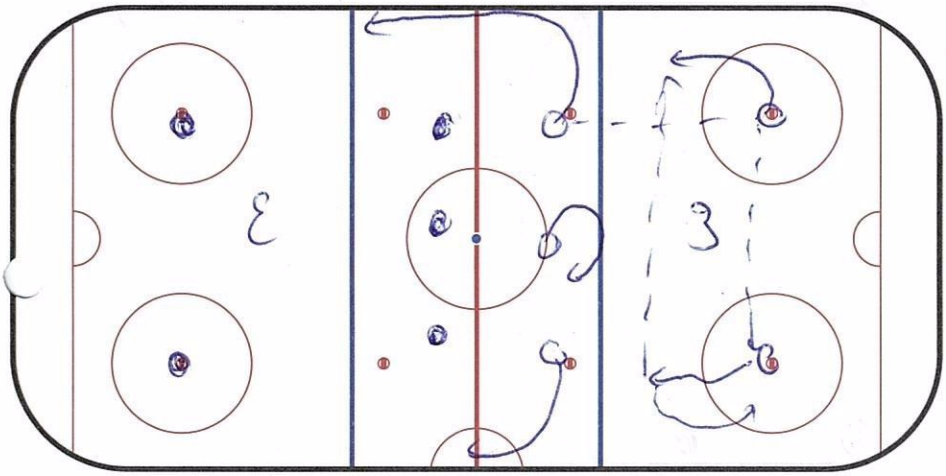
TRAINER: Markus, Marc

TT 16:30 - 17:15
ET 17:30 - 19:00
Cool down 19:00 - 19:30

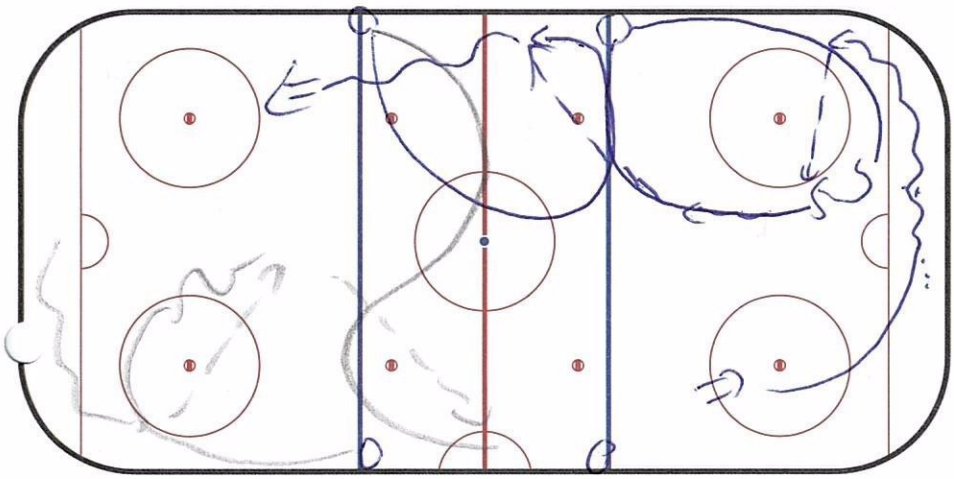
TRAININGSPLAN

Tobi Lukas Melvyn
Benni Tobi Jan
Gabriel Bodi Emil
Kilian Benno
Joshua Patrick
Franci Patrick

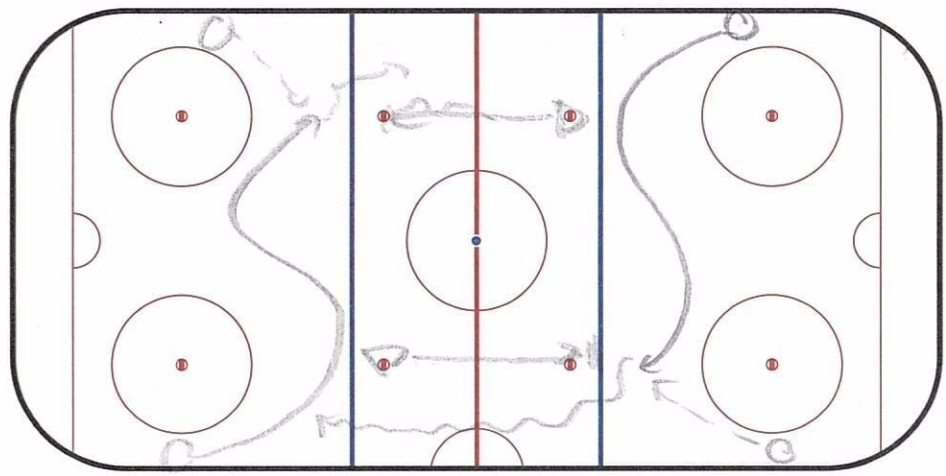
Reb. + U15 TW

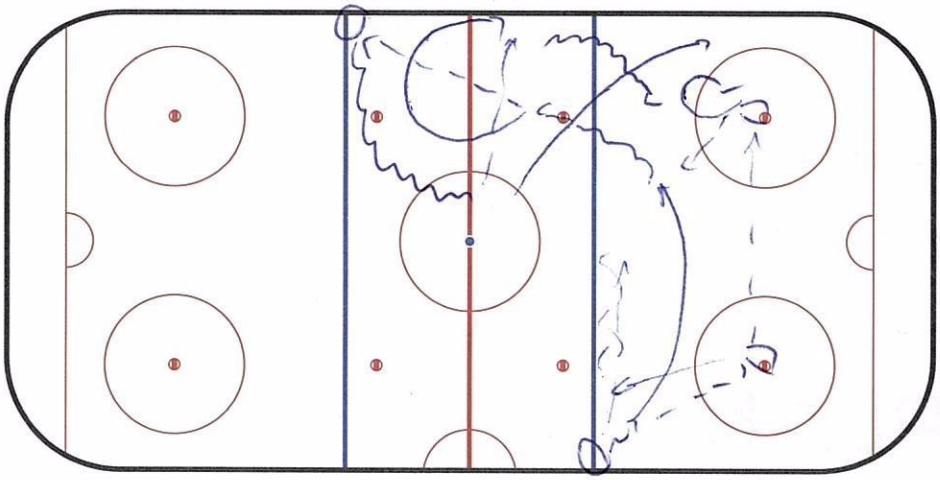


Warm up - Spiel
4 - 3
Auf/beim

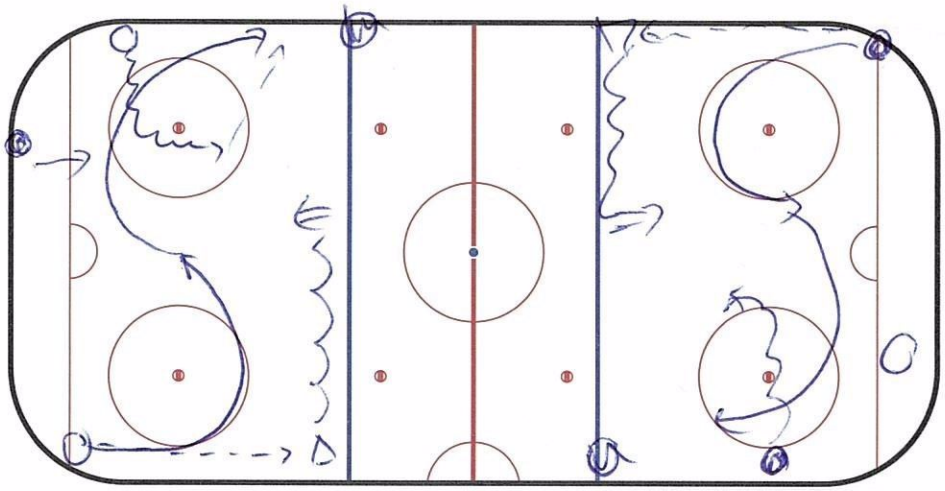


Passübung
a) kurze Seite vv - vv
b) lange Seite

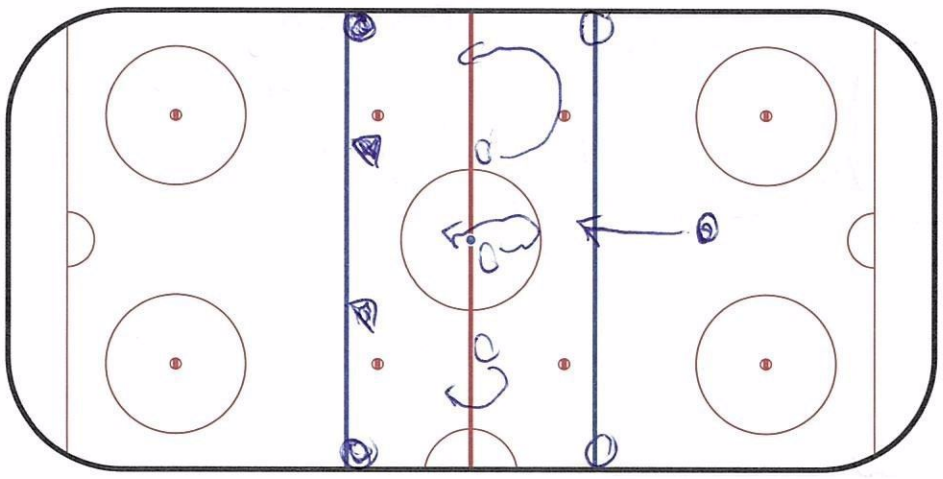




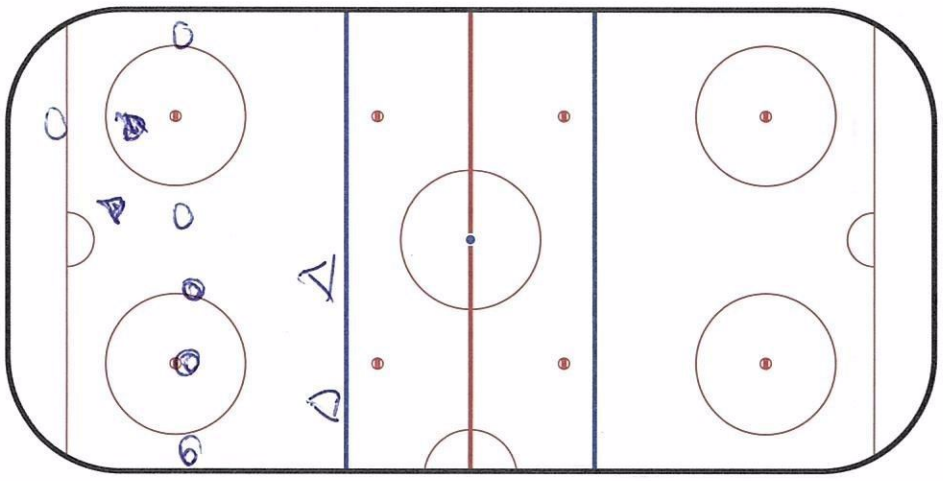
2-1 / Aufbau C
MT schuss von der
blauen Linie



2-1 (1BC)



3-2 (1BC)
Pässe Mann hoch DC



3-2 auf Signal
5-5

Tobi Lukas Melvyn
(Gabriel) TobiN Jan
Yannick Bolt Benni
↳ Patrickz
Kilian Benno
Joshua Patrickk
Emilia → Franzi

E.H.C. KLOSTERSEE

TEAM: U17

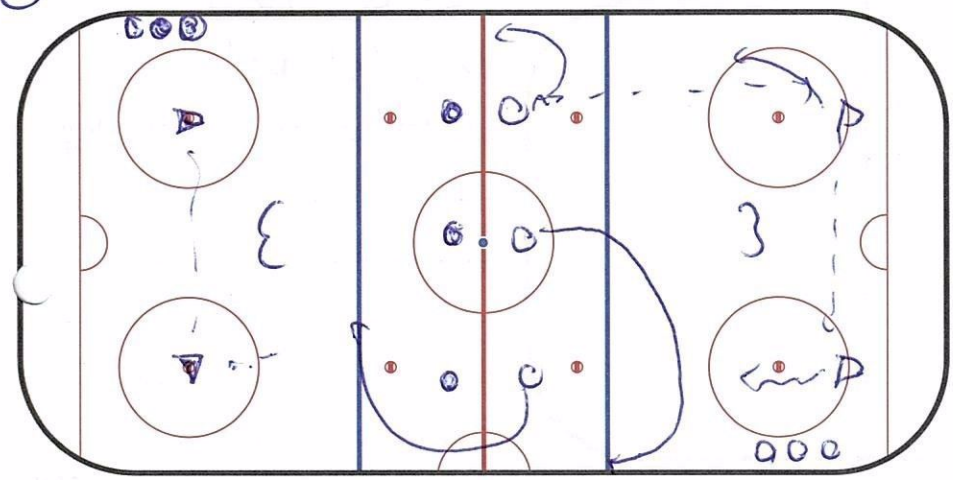
DATUM: 16.08.

TRAINER: Markus, Mark

TT 1710 - 1730
ET 1750 - 1920 ?
1850

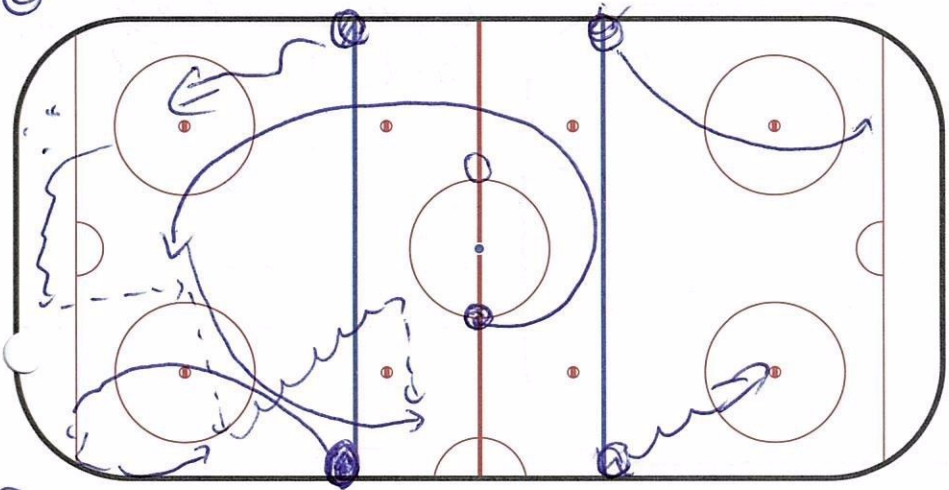
TRAININGSPLAN

1)



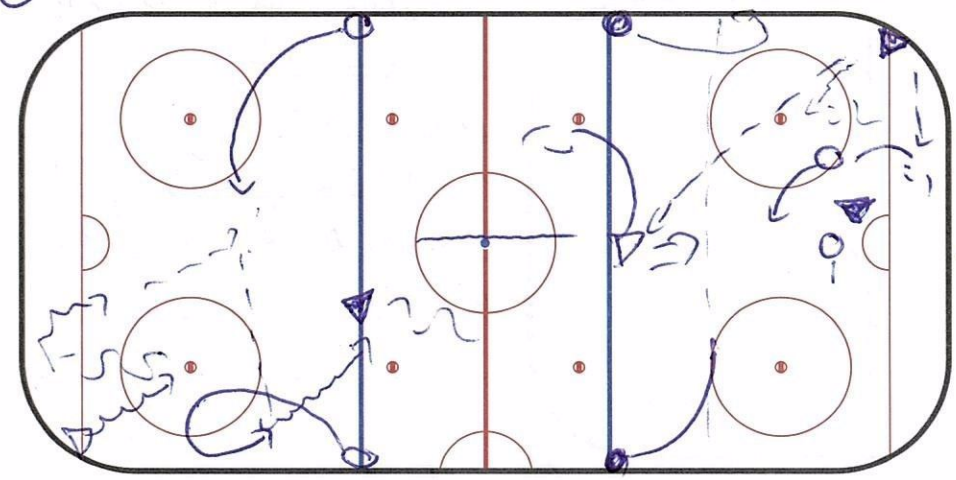
Warm up - Spiel 101
5-3
beim Puckverlust
OFFENSIVE gehen
raus
Reflexe werden offensiv
Aufbau

2)



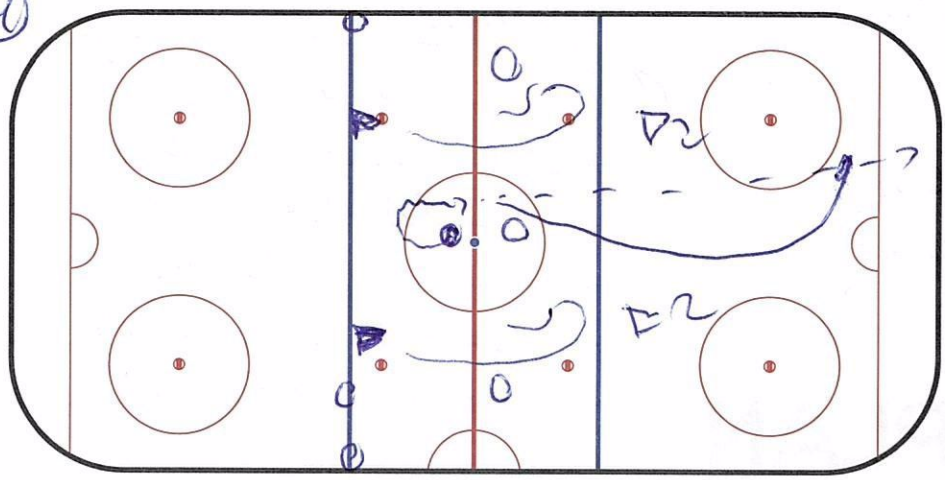
5/5 10
Passübung
1-0
Timing

3)



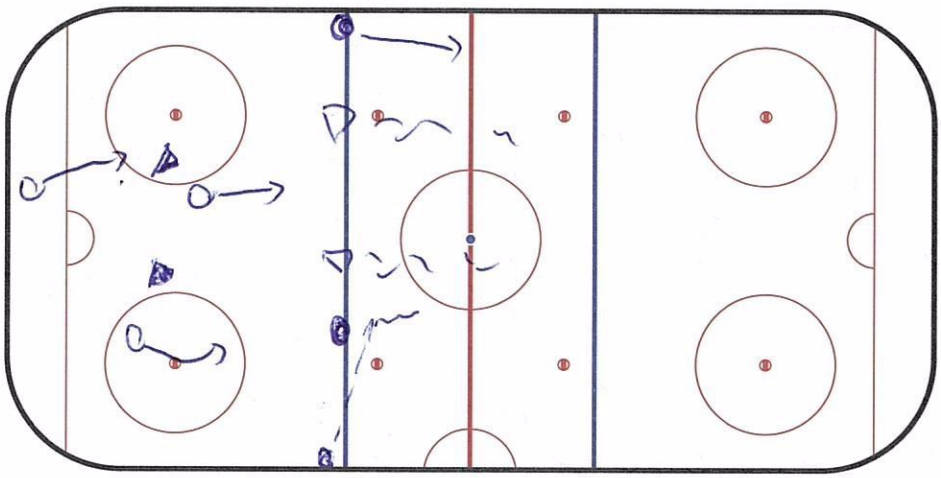
VT 14 8
3-1
Aufbau VT
, passen VT schuss
blaue Linie
, pass zur ST
2-1

④



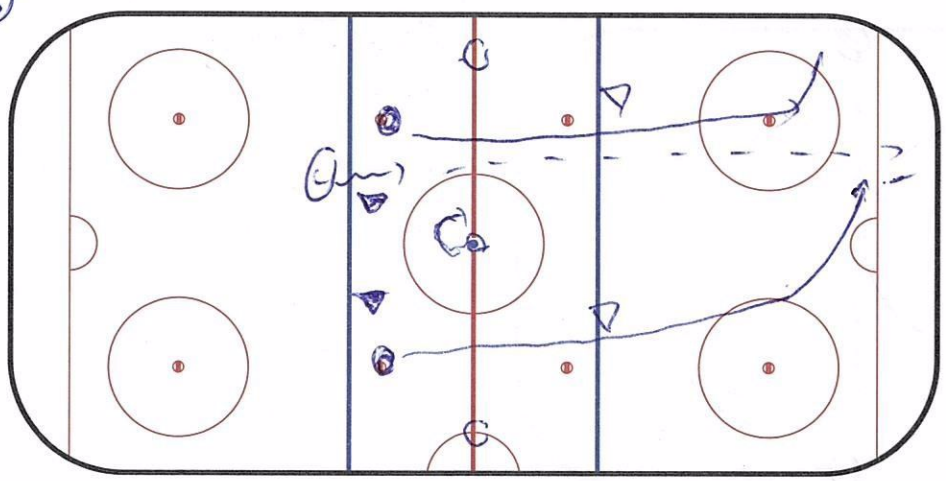
Aufbau 1 VC
5-2

VC geht raus

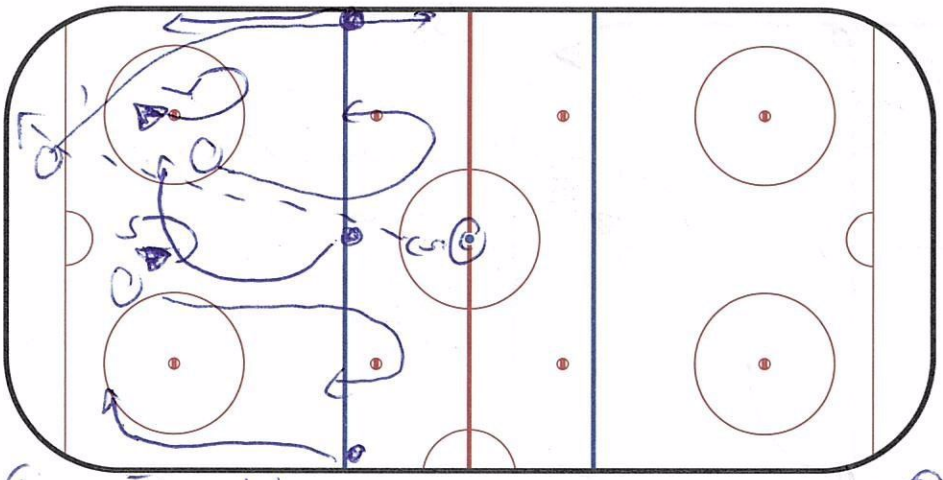


auf Signal
3-2 / 5-5
Umschaltspiel
Mittelzone verteidigen

⑤



Aufbau 2 VC
3-2 bzw. mit 4 VT Aufbau



Aufbau unter Druck
ST anbieten
Unterstützung
1 OFFENSIVE ST geht
raus die anderen 2 gehen
als VC

⑥ Überzahl

⑦ 5-5

TEAM: U17

DATUM: 18.08.22

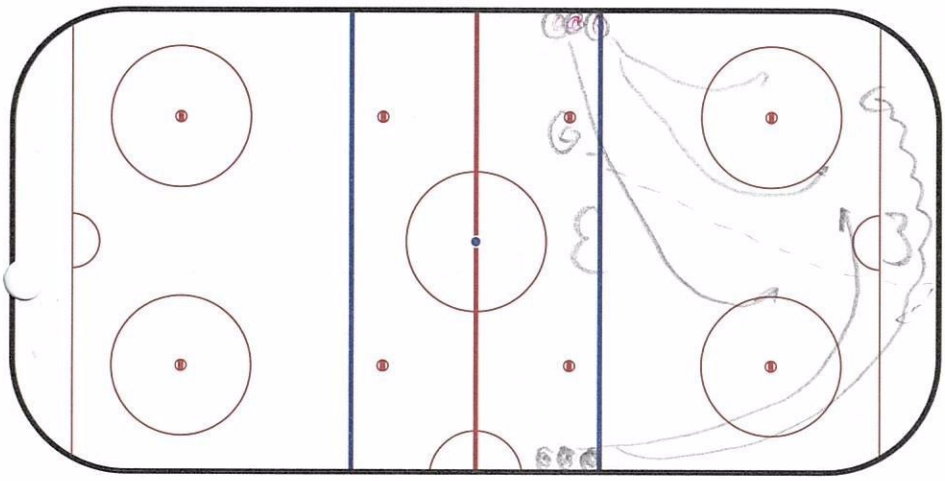
TRAINER: Mathias, Marc

TT 16:50–17:10
ET 17:30–18:30
KT 18:40–19:30

TRAININGSPLAN

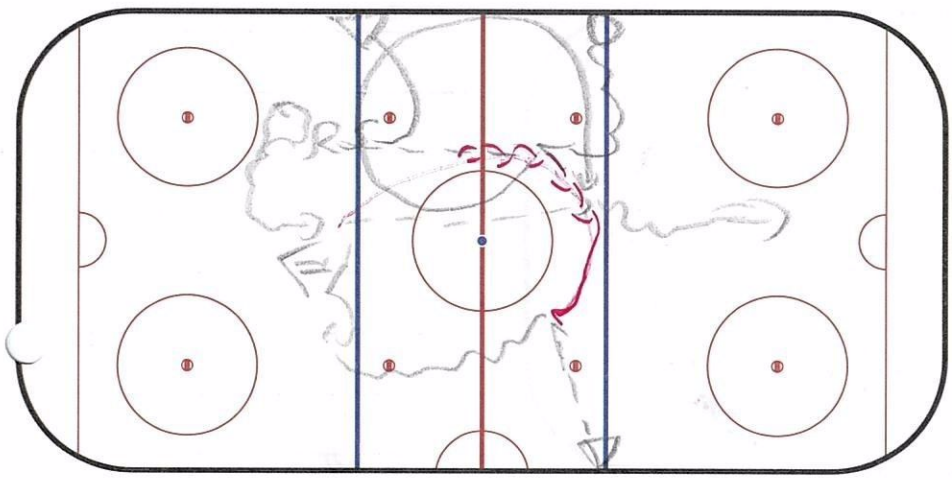
Tobi L Lukas Mathias
Gabriel Tobi N Jan
Patrick Reli Simi

Fabian Bruno
Joshua Patrick
Evans

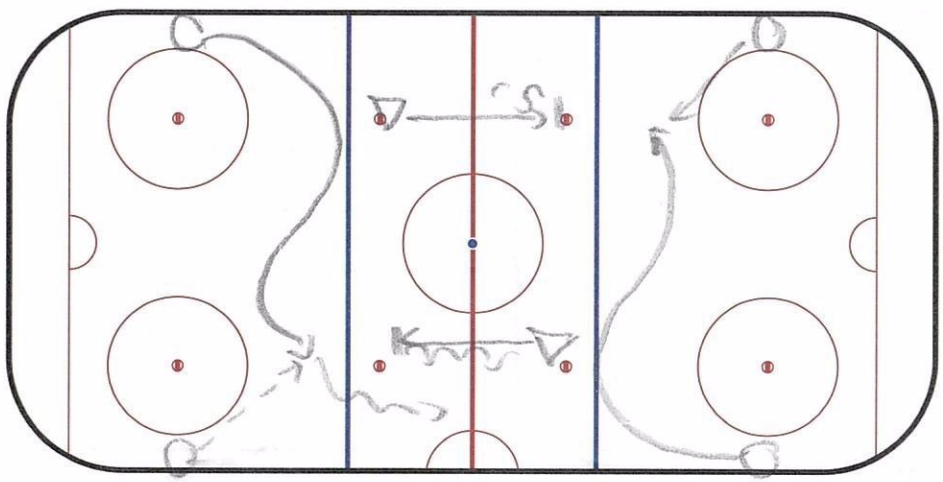


Die rote gruppe des Tor an die Farbe gegen wird SP des Tor an die blaue Linie

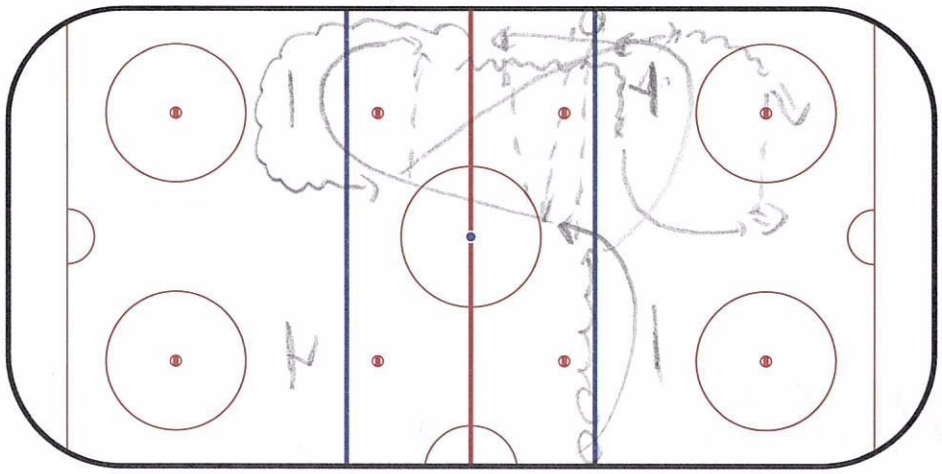
DER erste VL ist immer der SP der am nächsten an gegner mit Puck ist Richtung stemmen – Stick check



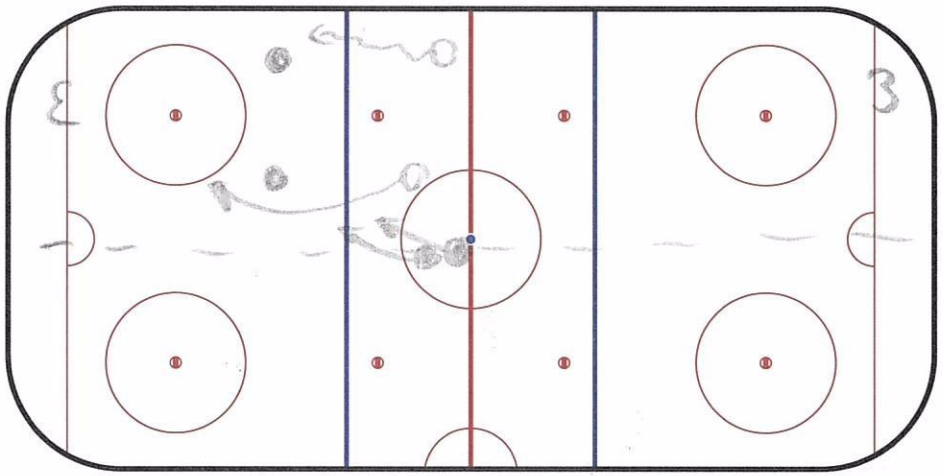
1–0
Aufbau pass VT
Stellpässe
VT schuss blaue Linie



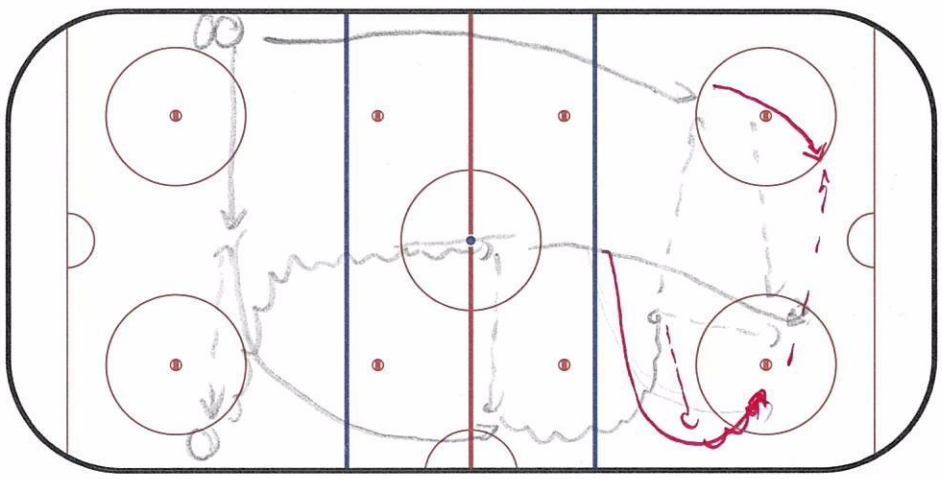
1–1



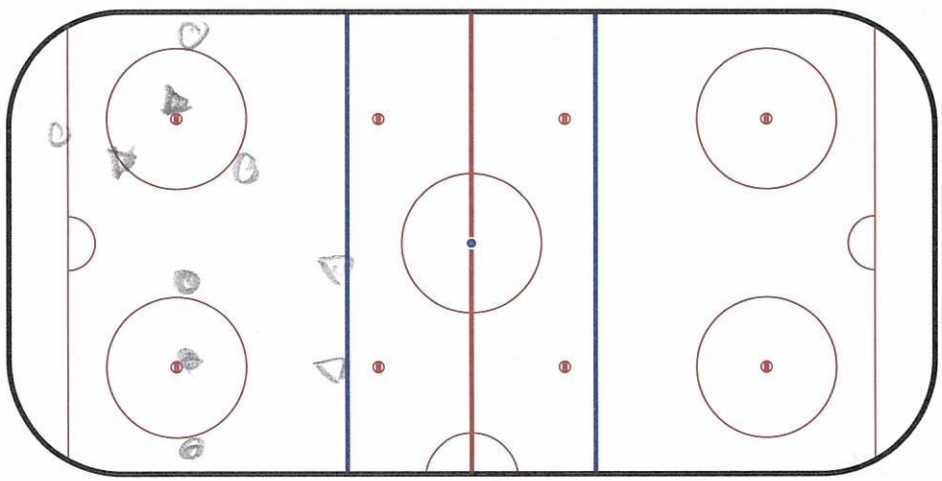
2-0



2-2 BL - Übung
Umschaltspiel



1-2-3



3-2 BL
5-5

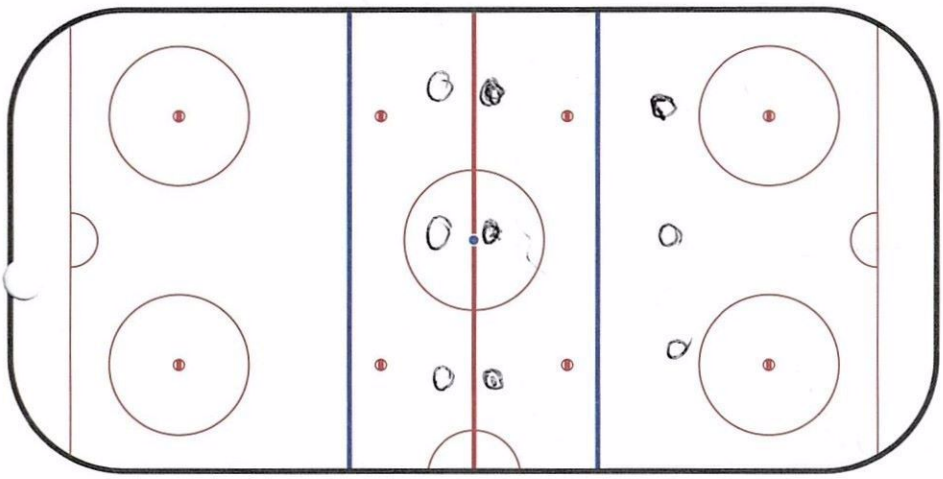
TEAM: U17

DATUM: 21.09.22

TRAINER: Naiko, Mark

17:40 - 18:40

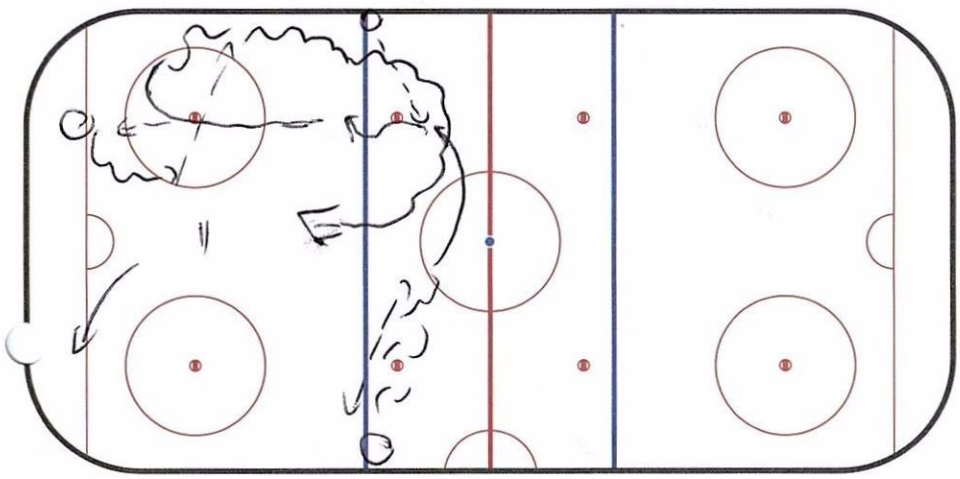
TRAININGSPLAN



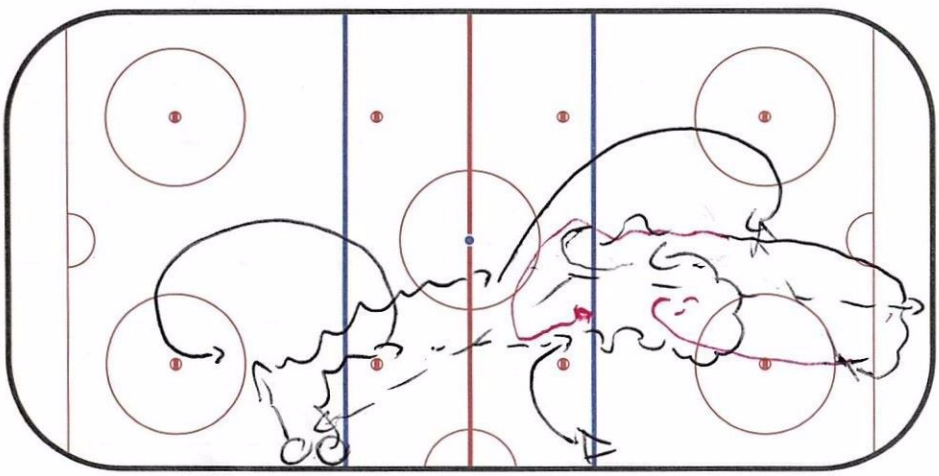
Warm up - Spiel

3-3

OFFENSIVE - DEFENSIVE

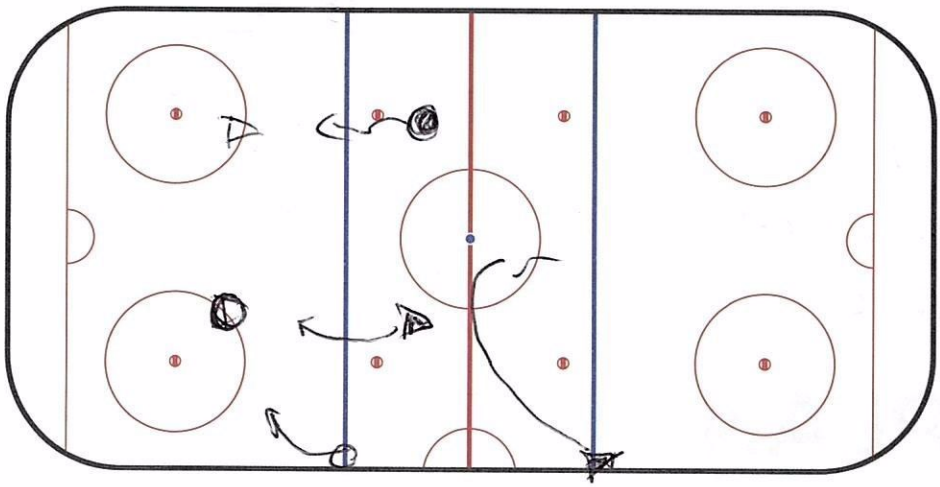


Passübung



1-1

A-Iban



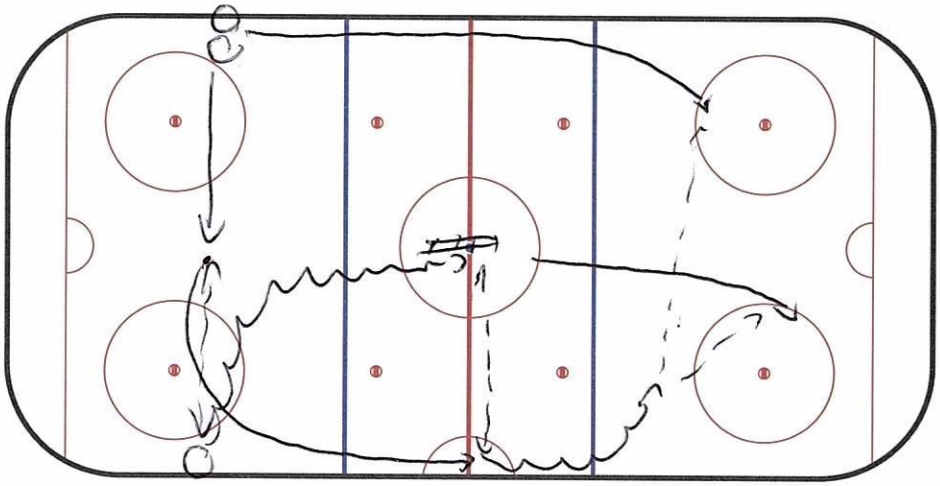
2-2

Umschaltspiel

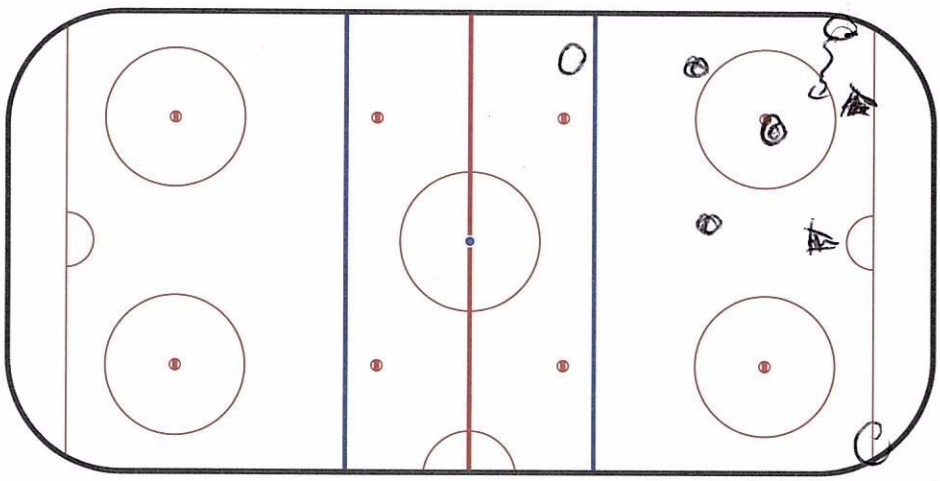
OFFENSIVE -

Defensive

Defensive - Offensive



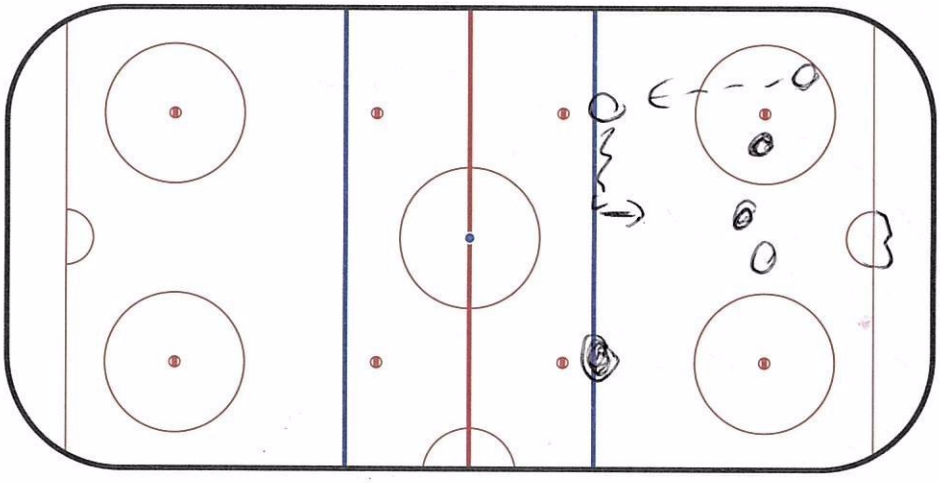
3-0



1-5

2-5

3-5



Spiel 3-2

E.H.C. KLOSTERSEE

TEAM: U 17

DATUM: 23.03.

TRAINER: Markus, Mark

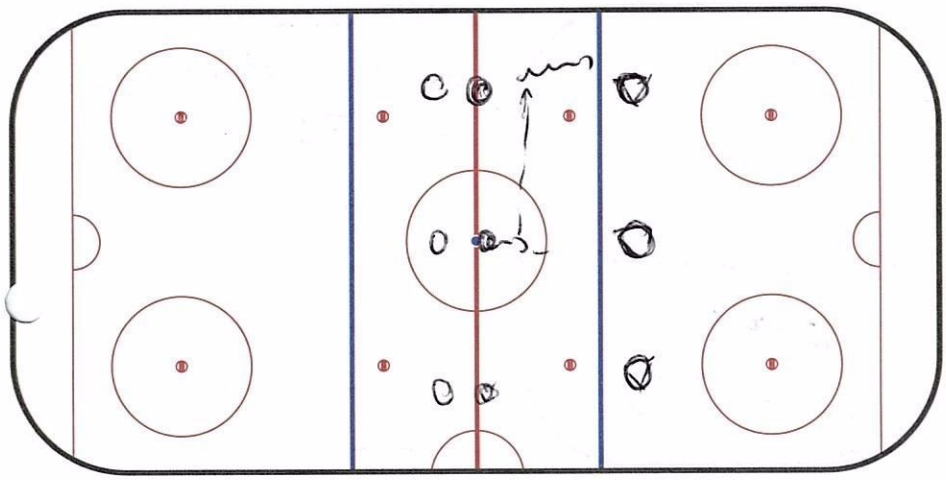
ET 17:50 - 19:00

Gebriel Melvyn
Beli Tobi N Benni

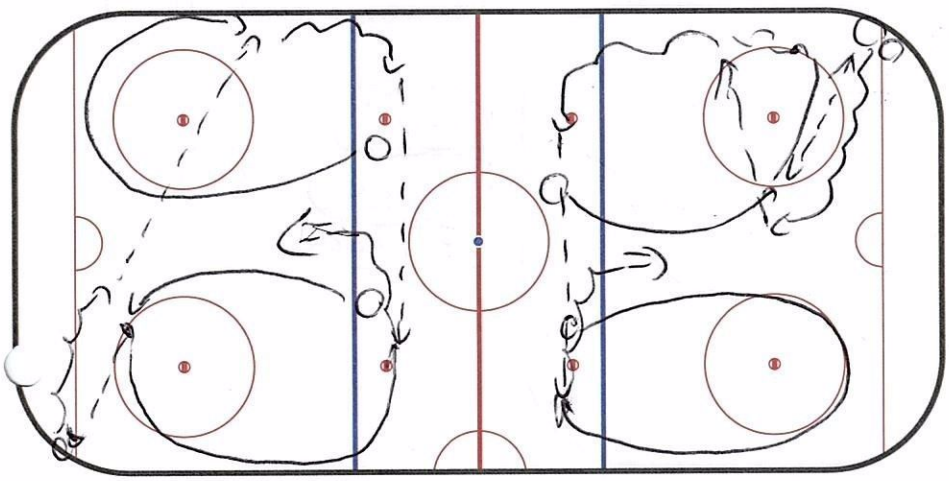
Patrick Z Benno
Patrick K Joshua

Krank: Lukas, Kilian, Jan, Tobi L, Franzi U15, Emilia Schule)

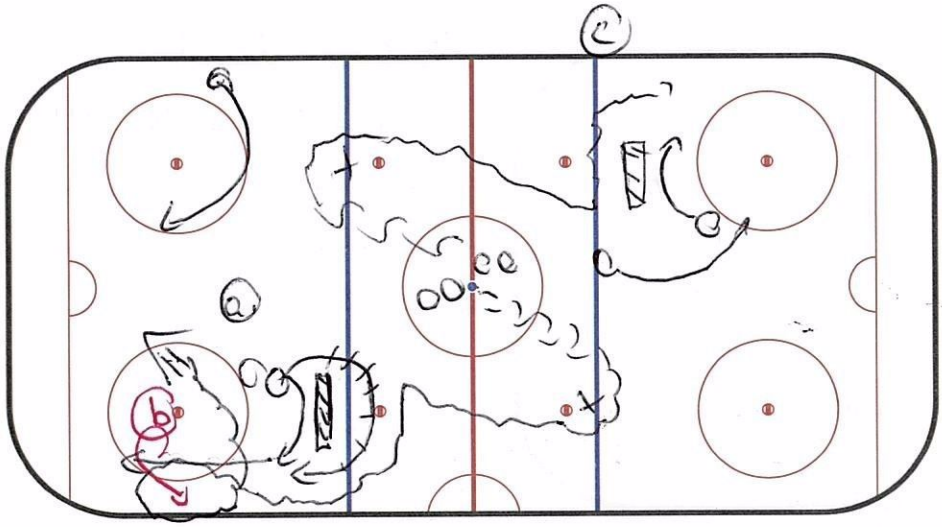
TRAININGSPLAN



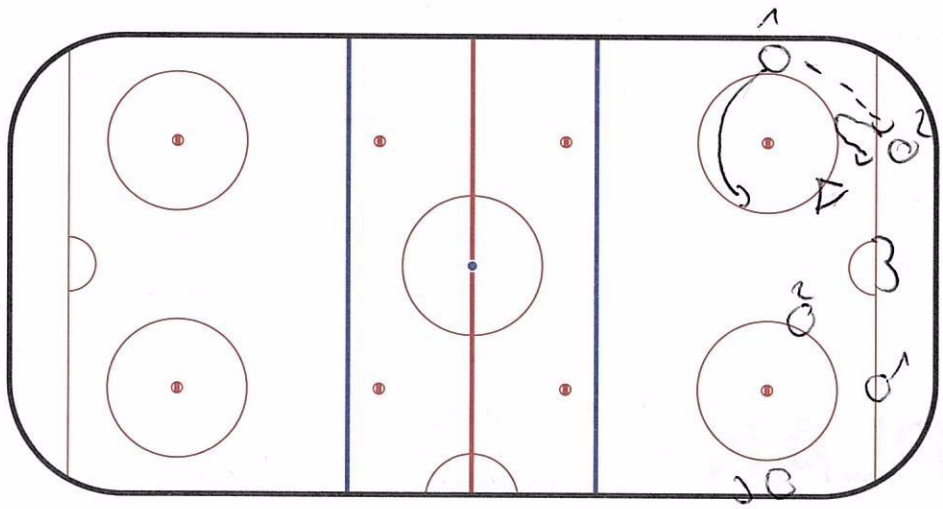
Warm up - Spiel 3-3



Passübung 1-0
- Kurze Seite
- lange Seite



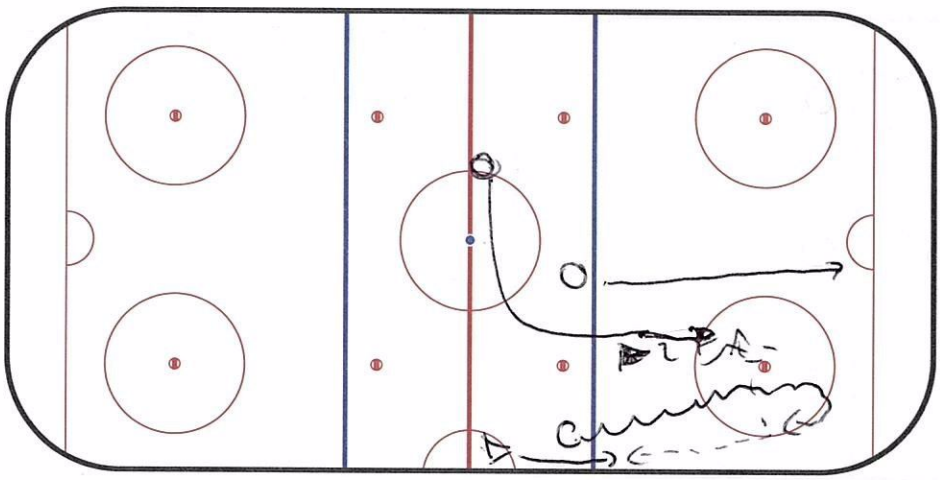
1-1
Seitlich aufnehmen
Gretzky Bogen - Puck
a) Defensive 1-1 Schuss aufs Tor
b) Defensive 1-1 Schuss aufs Tor
c) 2-1



2 - 1

aus der Ecke

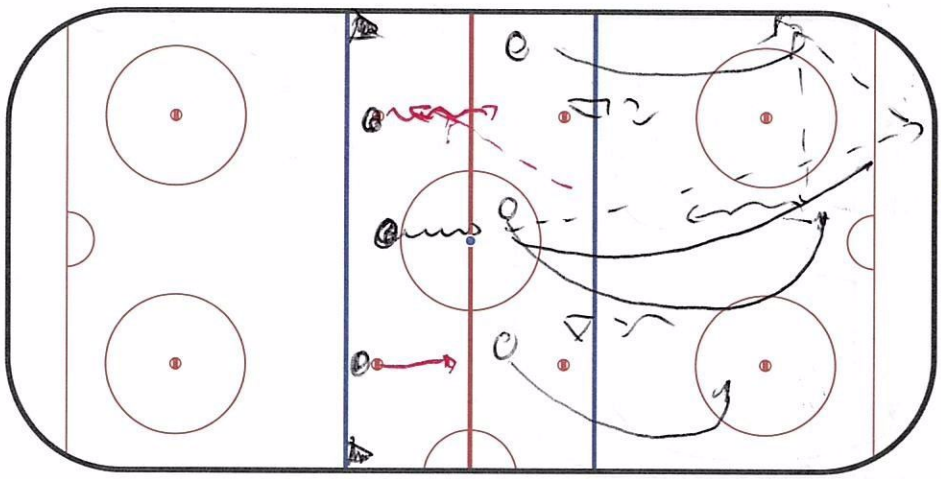
nach dem der SP zweimal OFFENSIVE wird dann Defensive



3 - 1

Rush Defence

into FJ

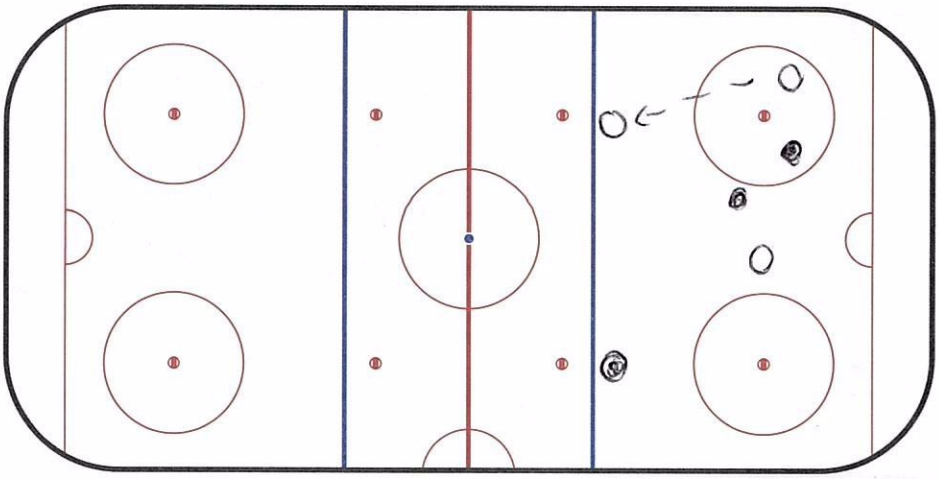


Regeln

Aufbau unter Druck

- 1 VC
- 2 VC
- 2 VC 5 - 5

FJ hoch



3 - 2 Spiel

immer ein Spieler hoch

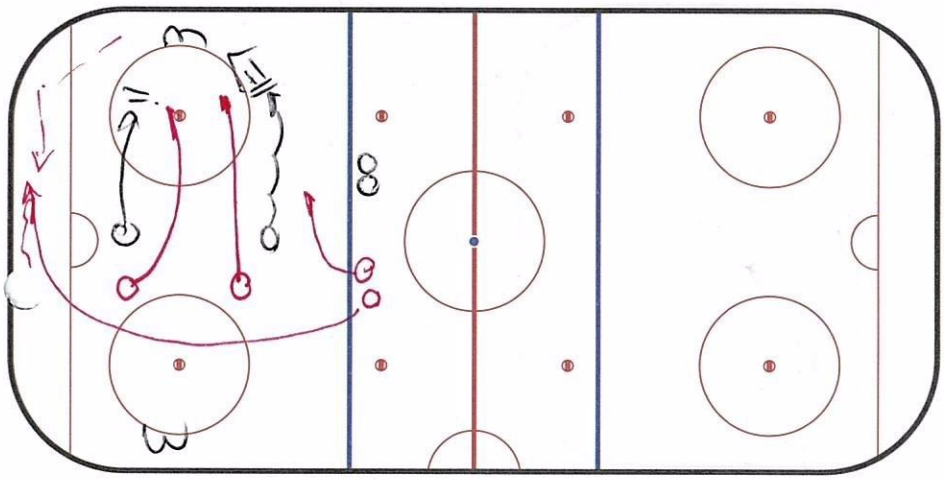
TEAM: U17
DATUM: 26.08.22
TRAINER: Markus
ET 1730 - 1830

TRAININGSPLAN

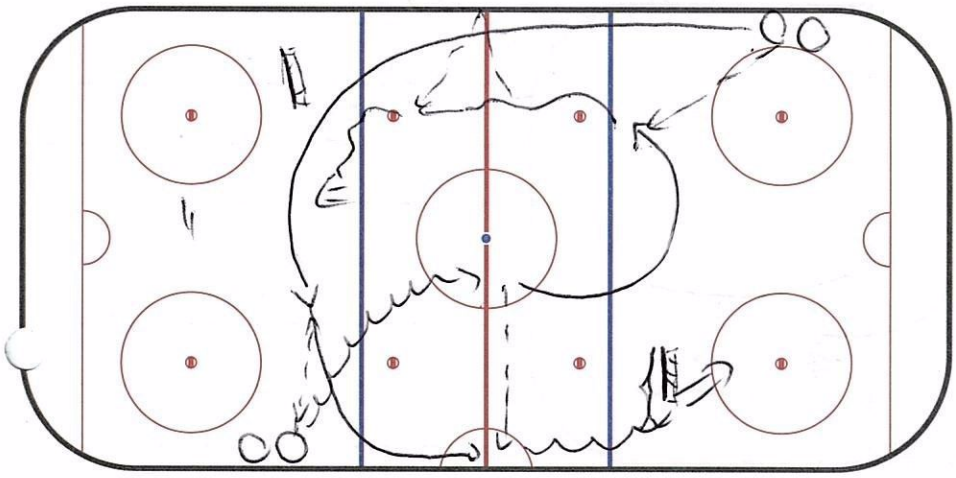
Jan Tobi Melvin
Gabriel Ziegler P.

Kilian? Benno
Joshua Patrick K
Franz?

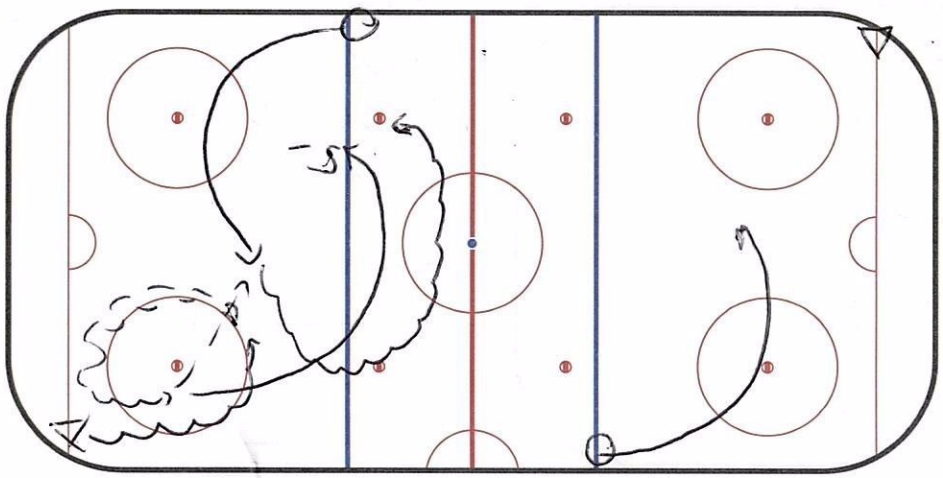
Benni, Lukas, Tobi L, Balit



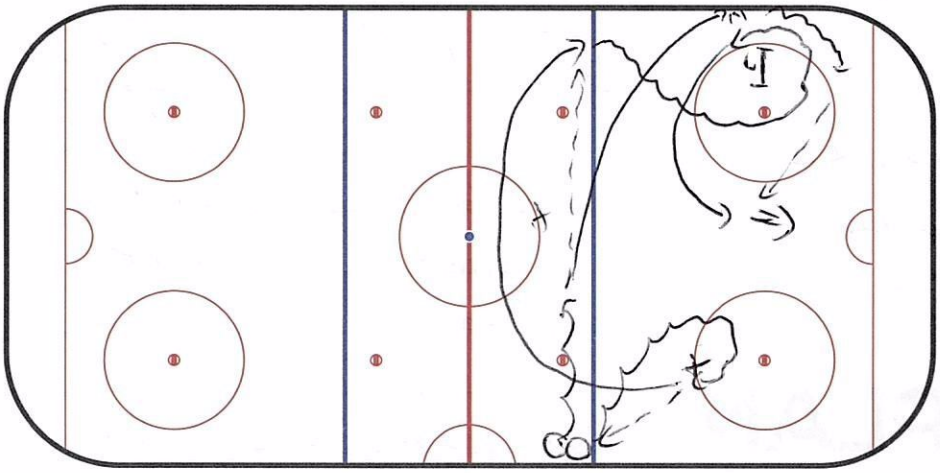
Warm up Spiel 2-2
BC
Transition
pushback



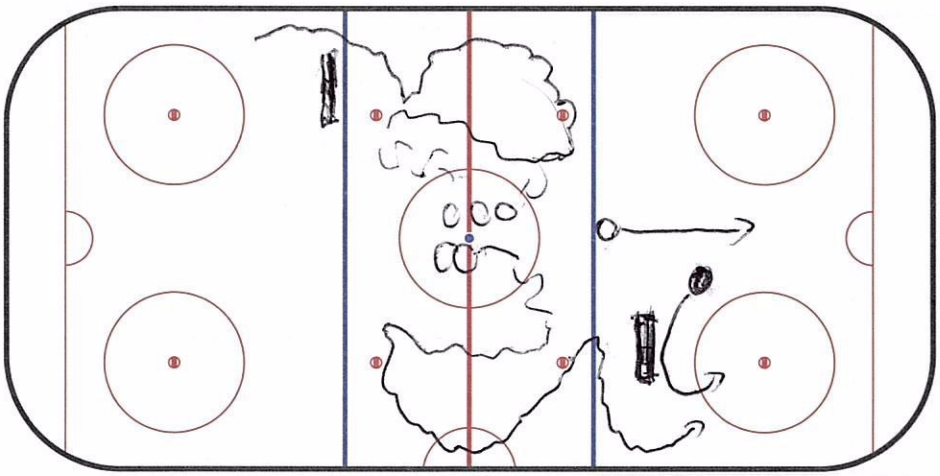
Passübung 1-0



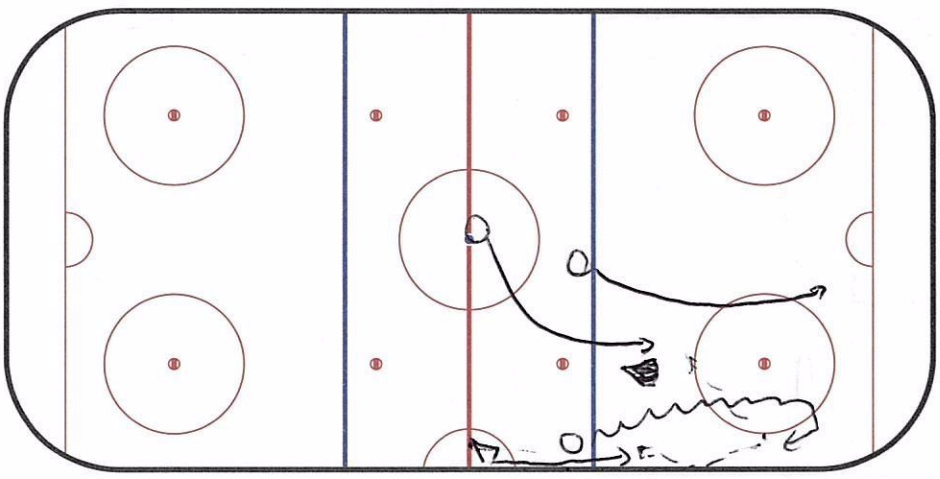
1-1
Aufbau
Gap
den ST nach auf
drängen - Mitte schützen



2-0



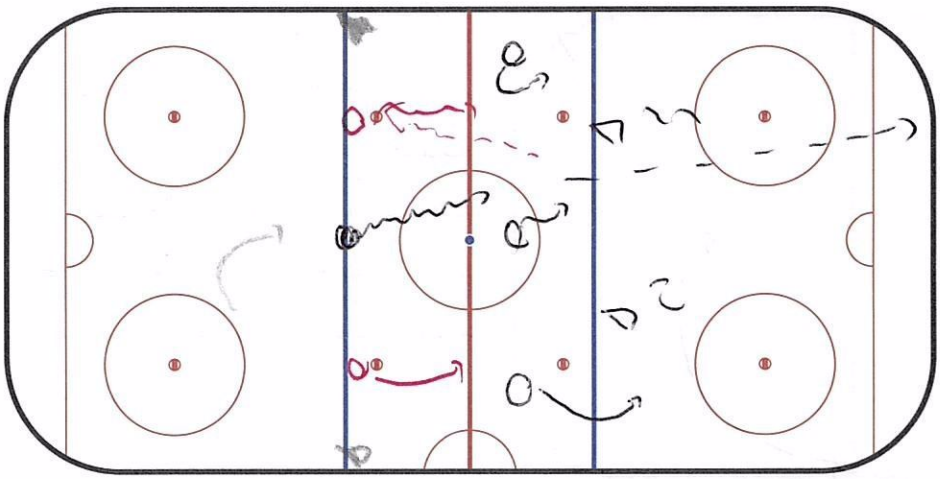
2-1



3-1

Rush

in 1. FB



1 UL

2 UL

2 UL 5-5

FB Rock

E.H.C. KLOSTERSEE

TEAM: U17

DATUM: 28.03.

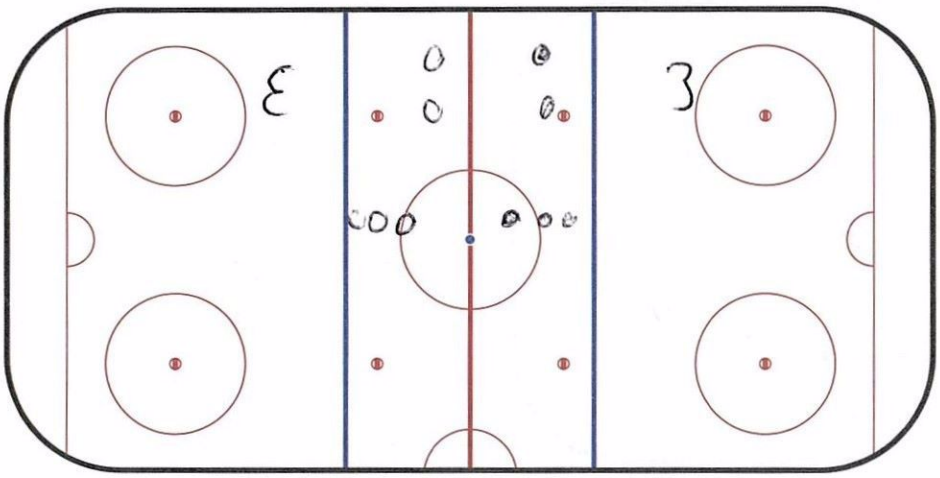
TRAINER: Markus, Frank

ET 17:40 - 18:40

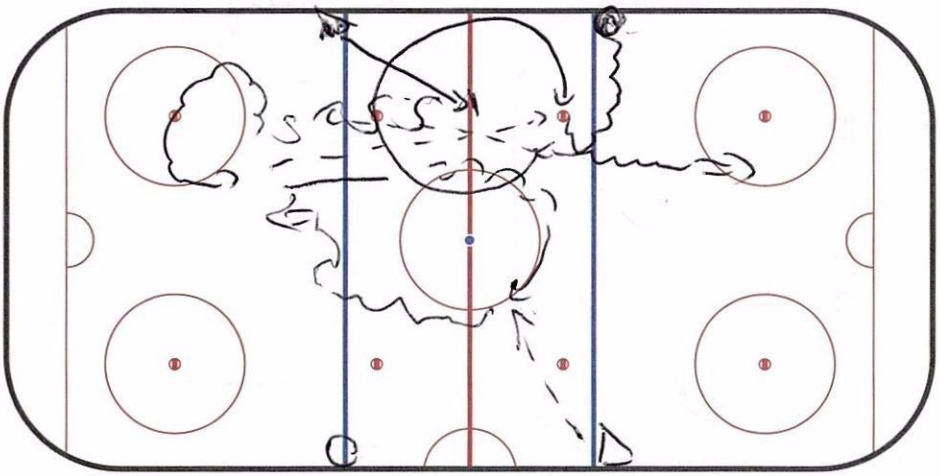
Gabriel Lukas Emil
Patrick T Tob. N Jan

Kalle Benno
~~Patrick~~ Patrick K
~~Emil~~ Frau

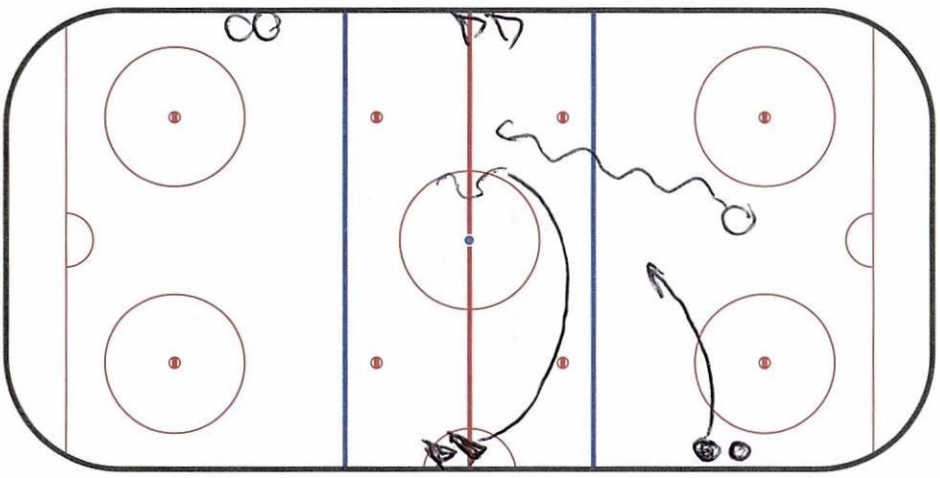
TRAININGSPLAN



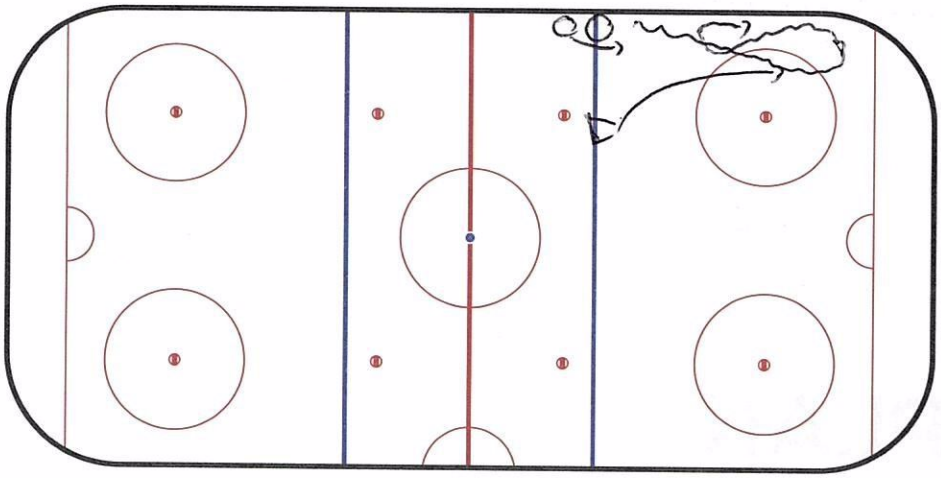
Warm up Spiel
2-2



Schuss - Passübung



Switchback Duell
1-1 - 1-2 (OC)



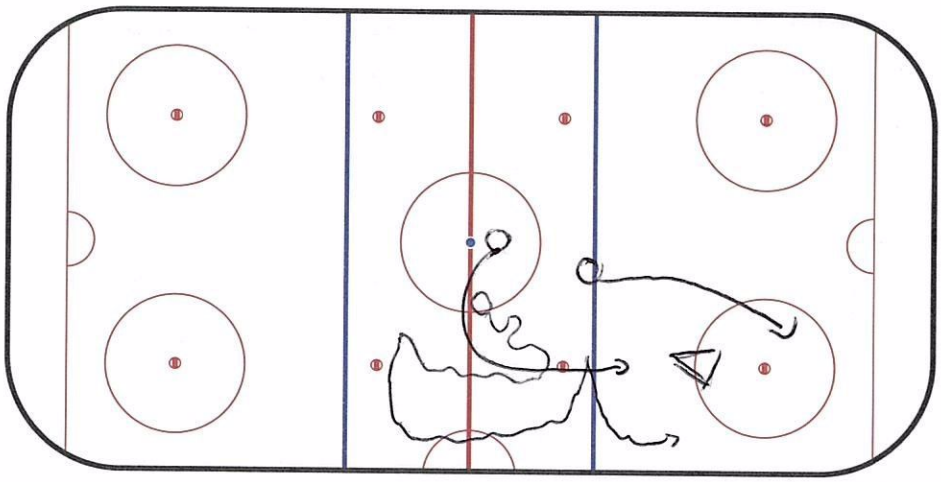
2-1

am Anfang 1-1

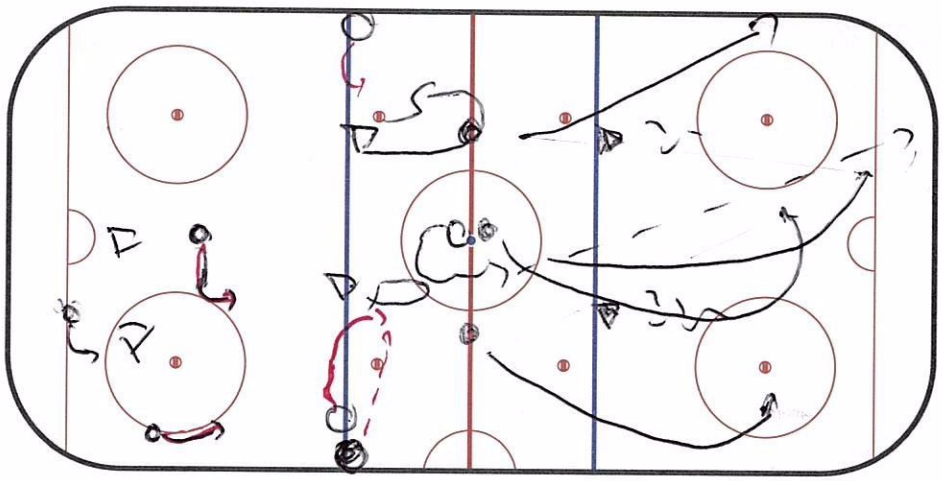
VT passiv

auf Signal kommt ein neue ST dazu 2-1

VT aktiv



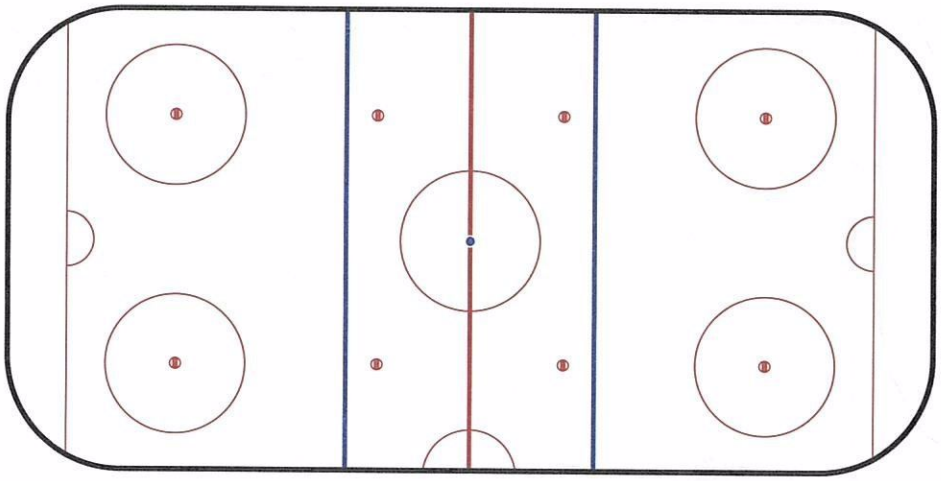
3-1



5-2 1VL

3-2 auf Signal

bzw 5-5



TEAM: U17

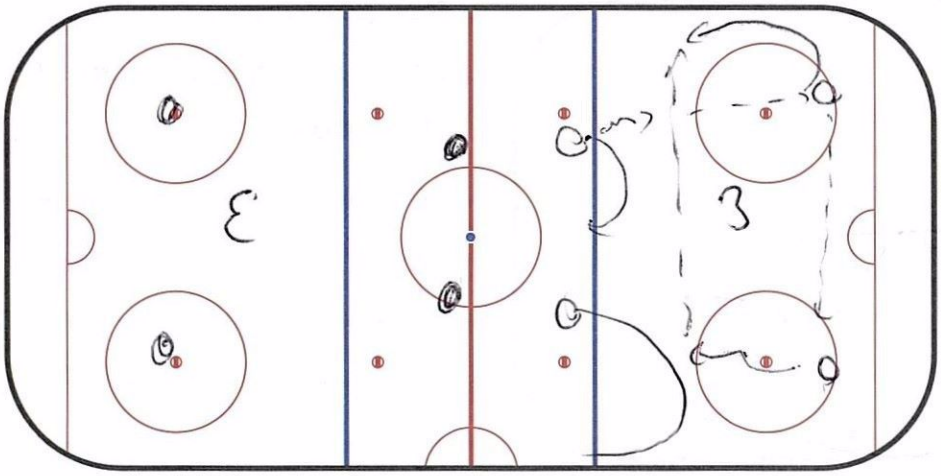
DATUM: 30.09.22

TRAINER: Markus, Mark

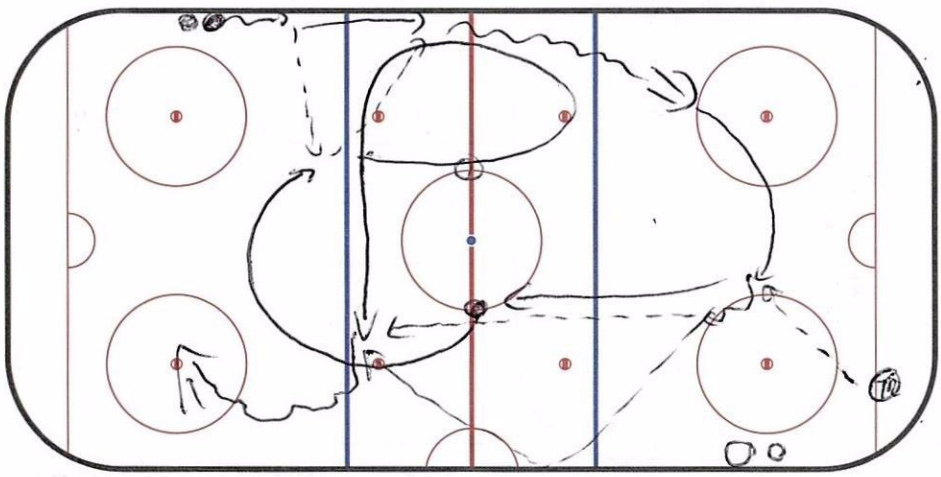
Tobi Lukas ~~Nelson~~
~~Yannick~~ TobiN Jan
Gabriel Benni

Kilian Benno
Joshua Patrick
Patrick Emilie

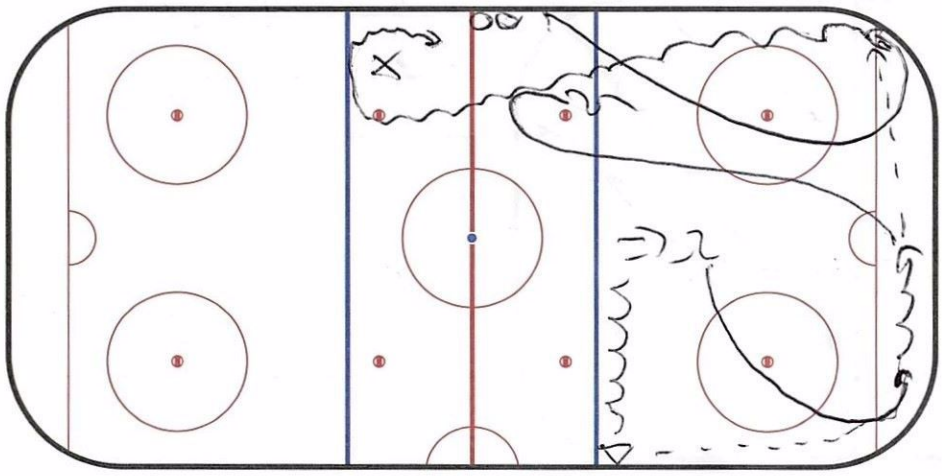
TRAININGSPLAN



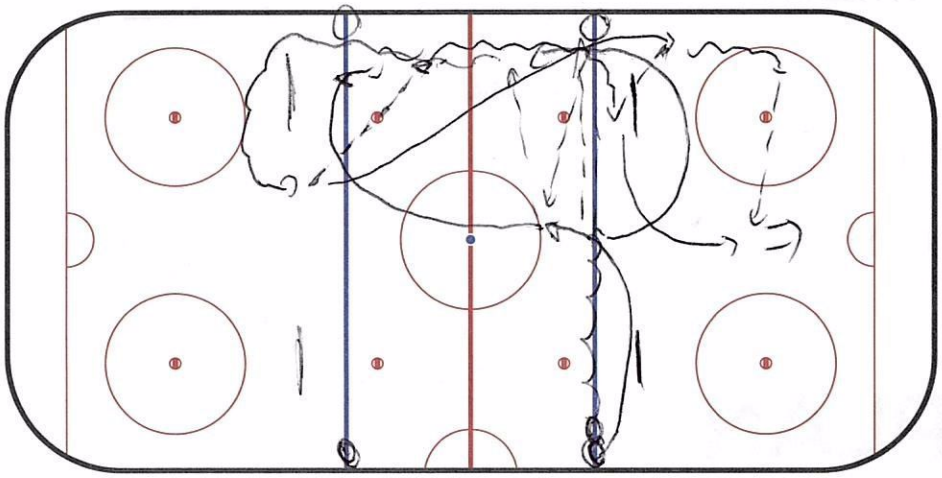
3-2
Warm up Spiel
Aufbau



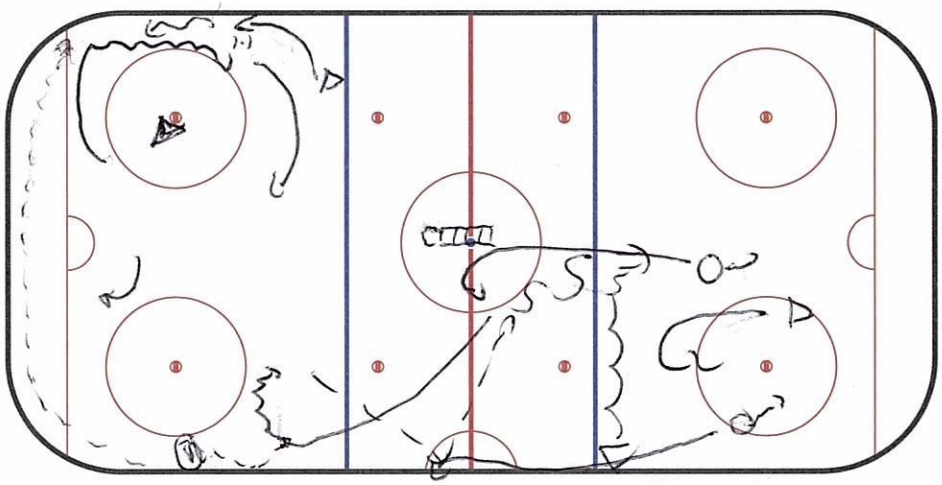
1-0
Steilpass
Bandenpass



1-1

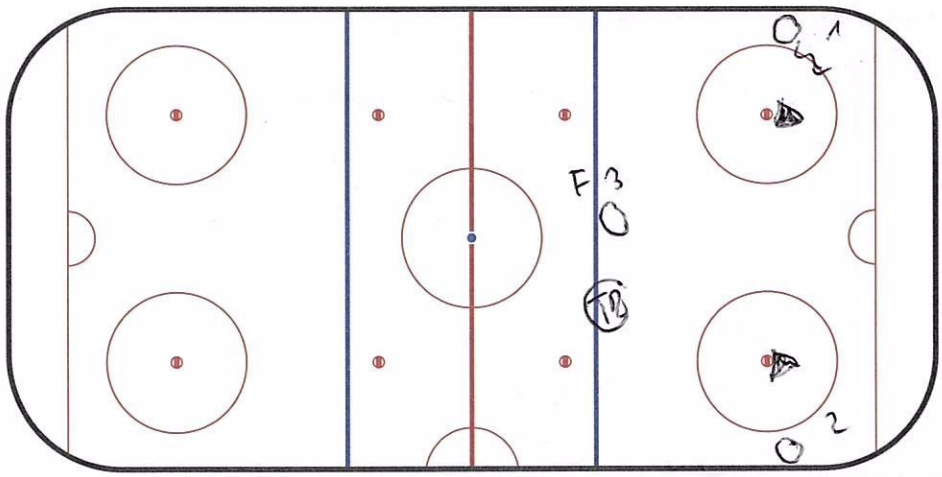


2-0



2-1

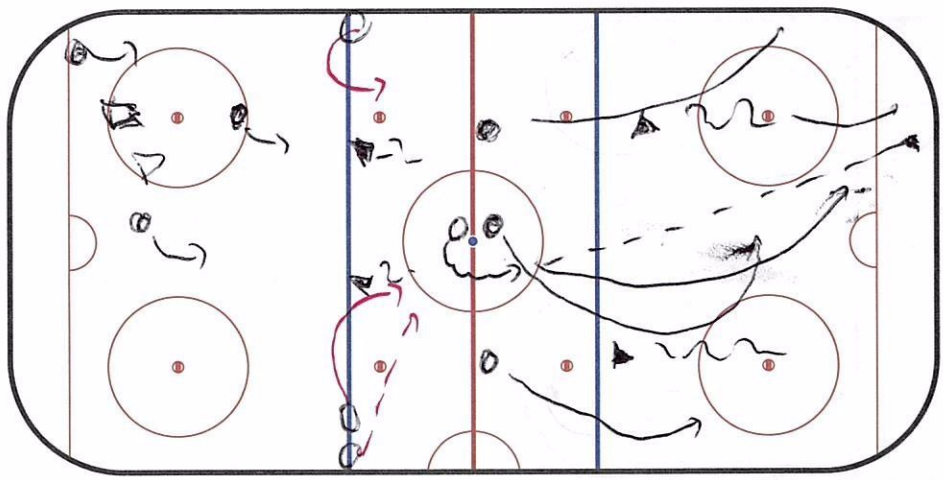
3-1 mit VT kreuzen Aufbau



1-1

2-2

3-2 Puck vom TR



5-2 1VC Aufbau

3-2 auf Signal

5-5

E.H.C. KLOSTERSEE

TEAM: U17

DATUM: 03.10.22

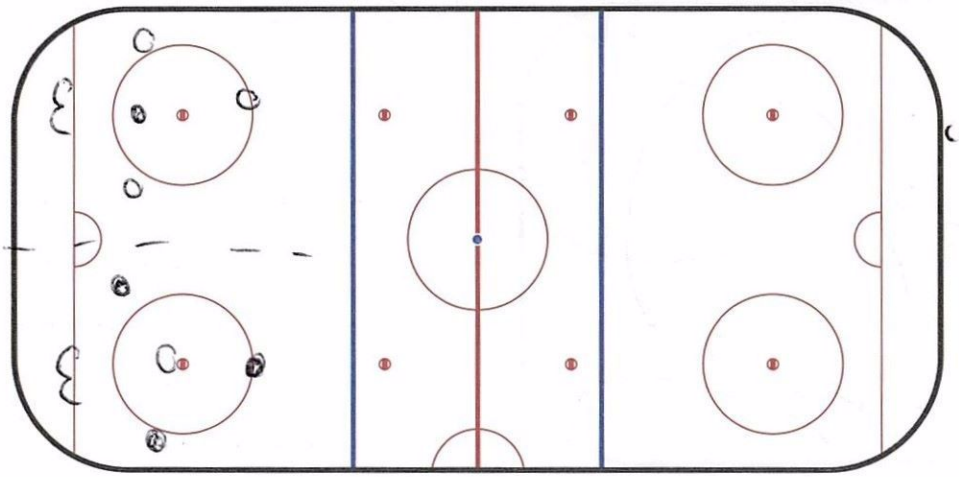
TRAINER: Markus, Mark

TT 16^{50} - 17^{10}
ET 17^{20} - 18^{30}
KT 18^{40} - 19^{30}

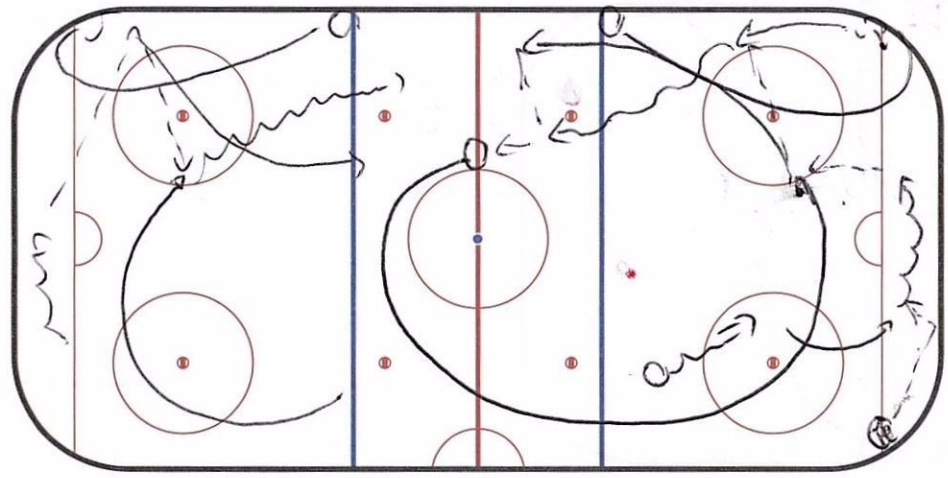
TRAININGSPLAN

Gabriel Lukas Nelaya
Yannick Tobi N. Jan
Dalit Denni

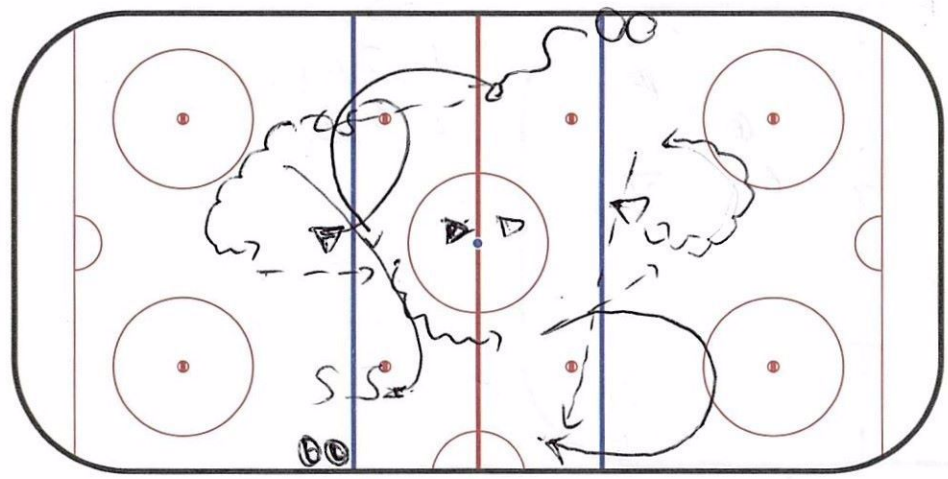
Kilian Benne
Joshua Kennell P.
Ivani Zeglar D.
Absage Tobi L. Emilia



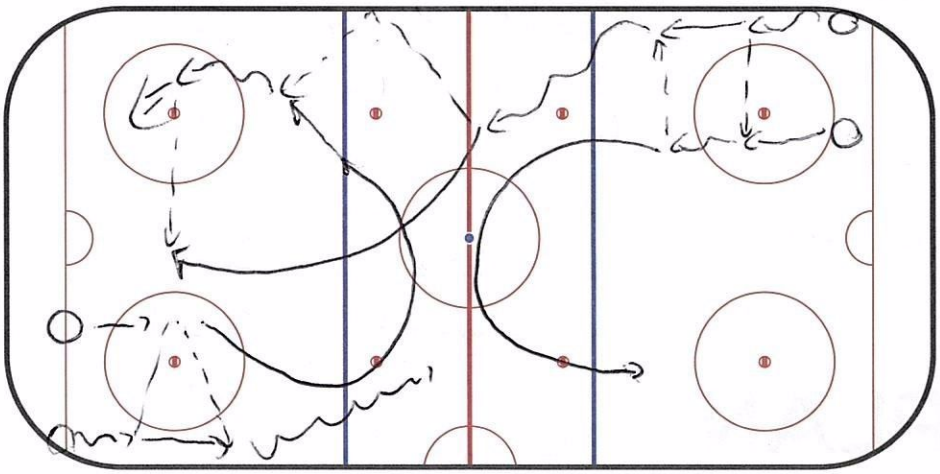
Warm up - Spiel
3-1
ca. 3 Pässe zum Torabschluss
Wettbewerb



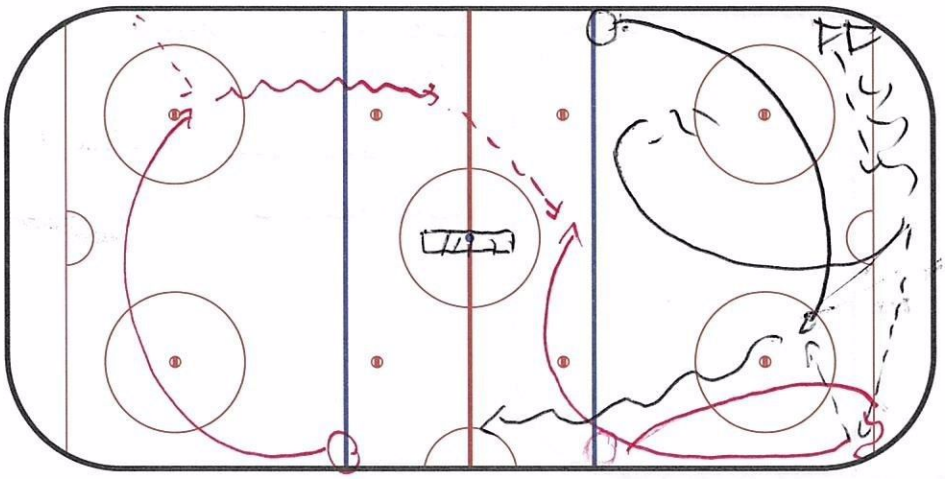
Passübung 1-0
a) pass mit Mitte
b) pass nach Außen



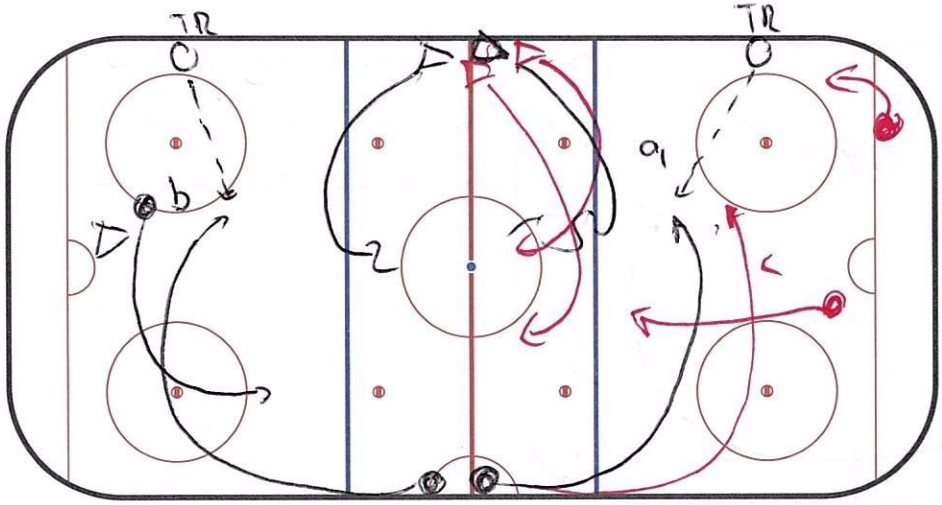
1-1



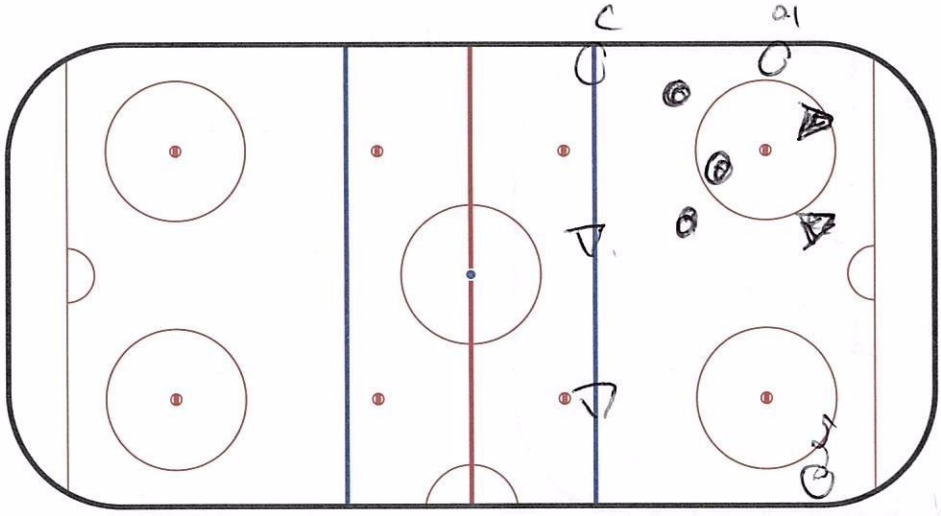
2-0
Bandenpass
ins Drittel



2-1



a, 1-1
b, 2-1
c, 3-2



5-5
1-5 a1
2-5 b1

E.H.C. KLOSTERSEE

TEAM: U17

DATUM: 5.10

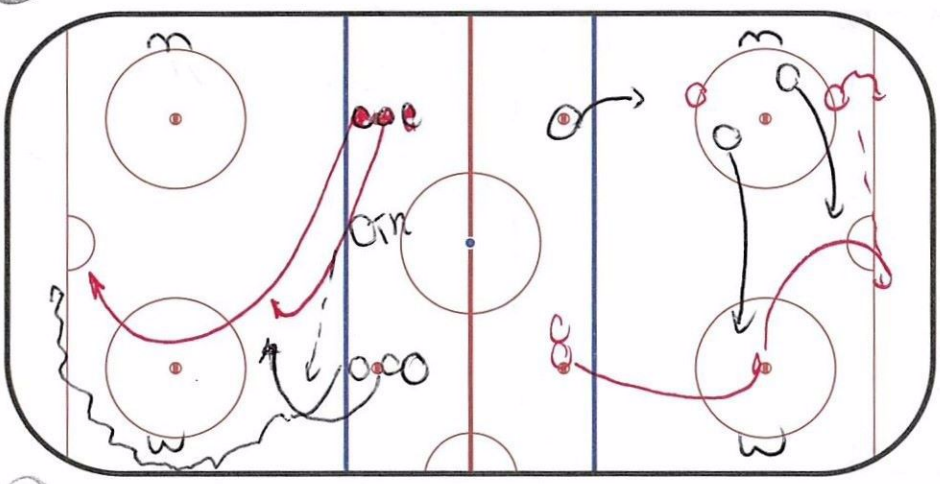
TRAINER: Markus, Mark

TT 1705 - 1720
ET 1740 - 1900
RT 1910 - 1930

Gabriel Lukas Mateusz
Benni Tobi N Jan
Bali Zeyko P.
Kilian Benno
Joshua Patrick K.
Franz:

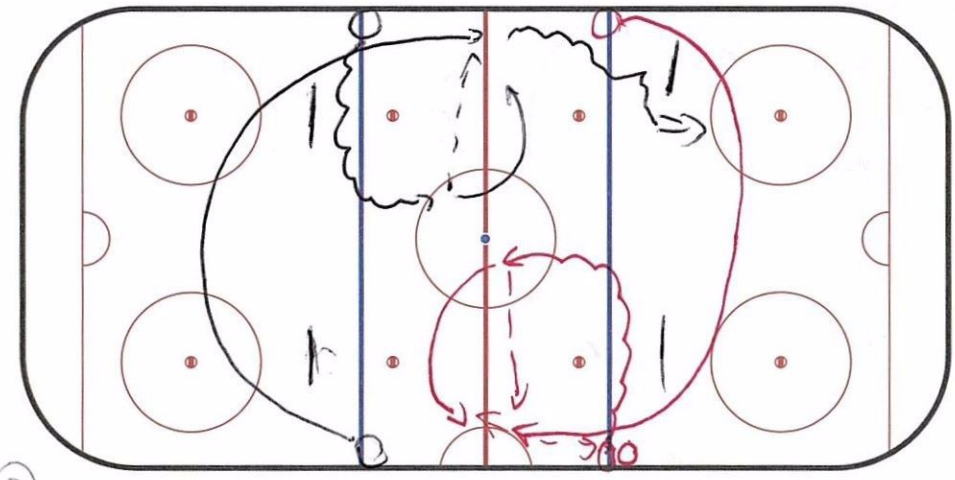
TRAININGSPLAN

(1)



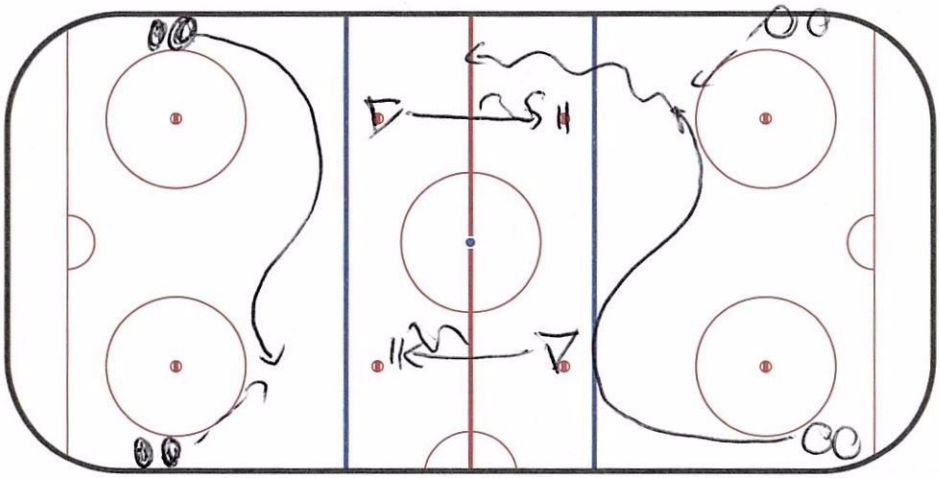
Warm up - Spiel
2-2 + 1 SP ei. Defensiver bleibt hinten
3-2
3-3

(2)

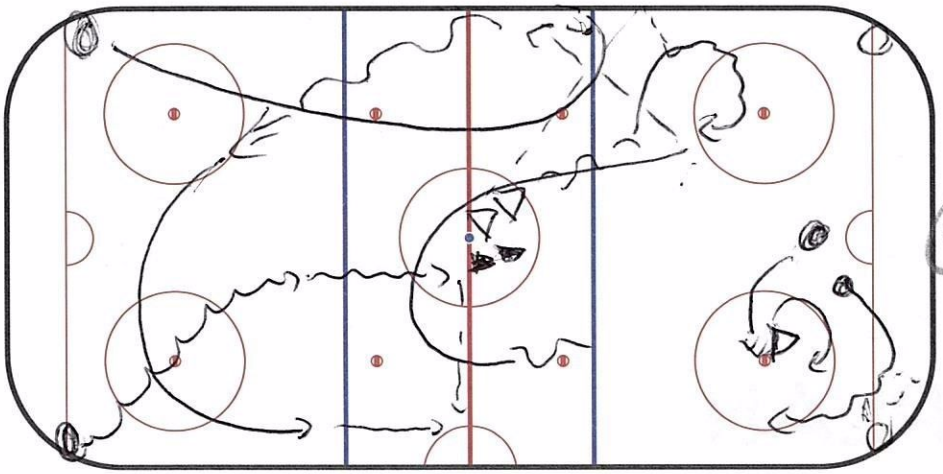


Passübung

(3)



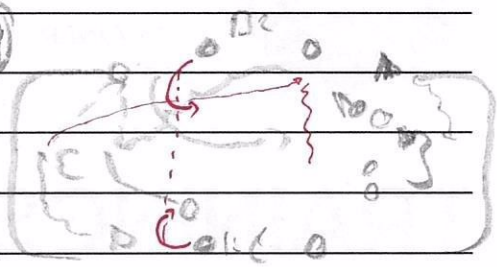
1-1



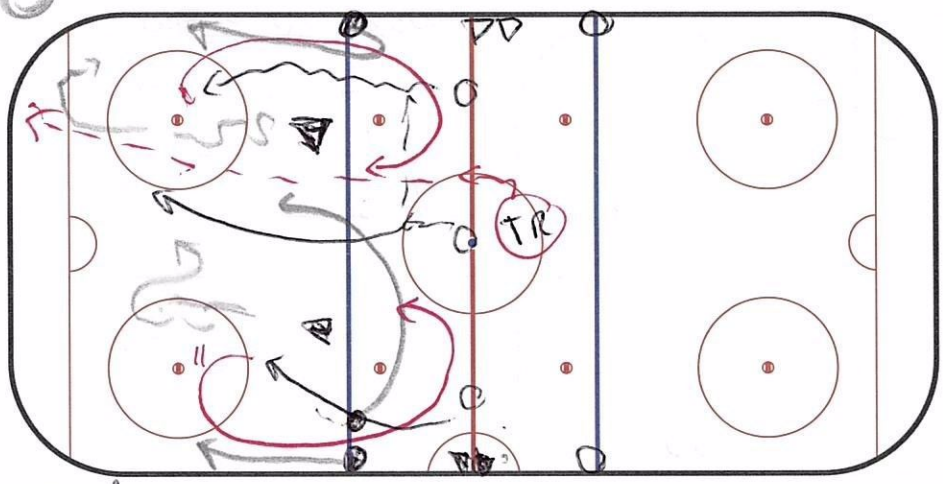
2-1

2-1 aus der Ecke

4)



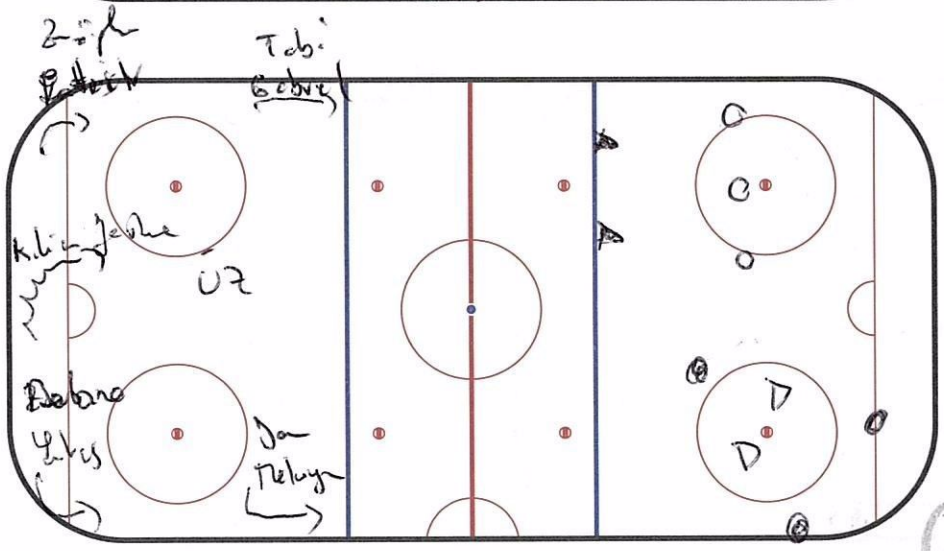
5)



3-2

Aufbau 2VZ

6)

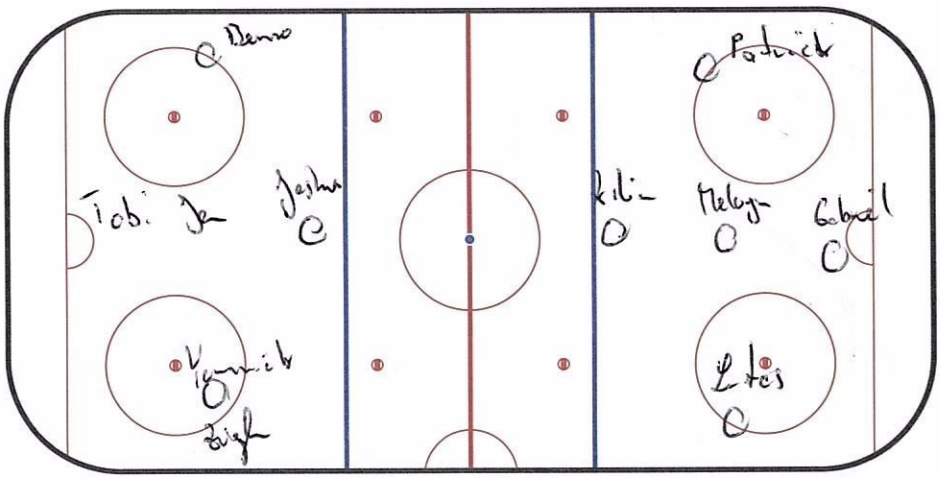


3-2

auf Signal

5-5

7)



UZ

TEAM: U17

DATUM: 10.10.22

TRAINER: Marc

TT 16⁵⁰ - 17¹⁰
ET 17³⁰ - 18³⁰
KT 18⁴⁰ - 19³⁰

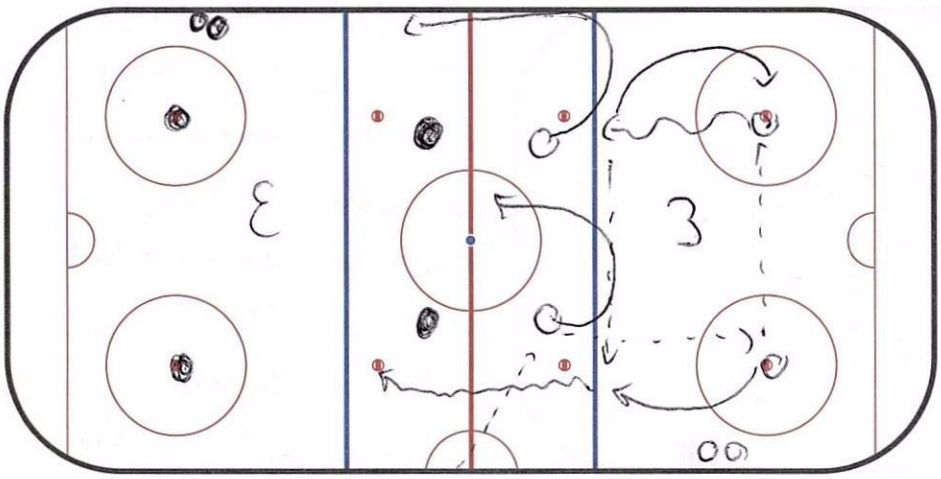
TRAININGSPLAN

Gabriel Balt Melvyn
Benni Tobi N Jan
Patrick Ziglar U15? Franci

Kilian Benno
Joshua Patrick K.

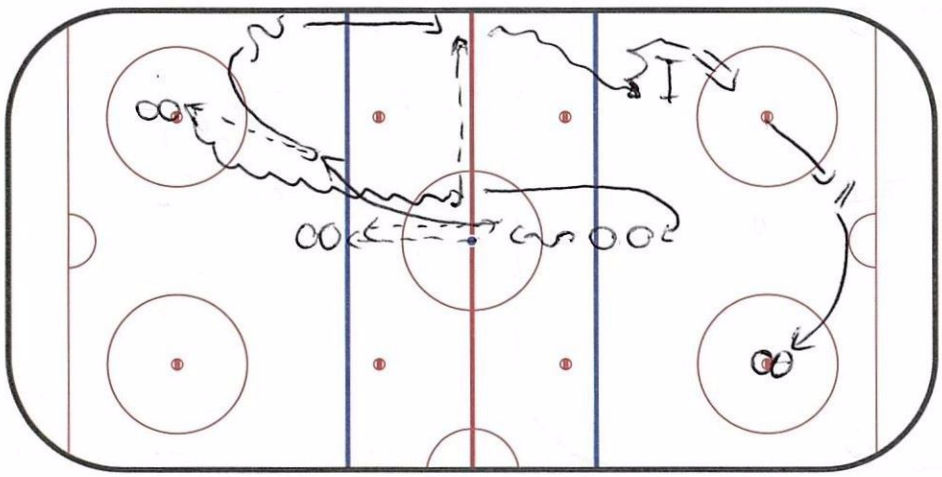
Absage: Lukas, Emilia, Tobi L.

19¼⁰ Uhr: zusätzlich U20 Kilian, Gabriel, Melvyn, Kerndl 8!



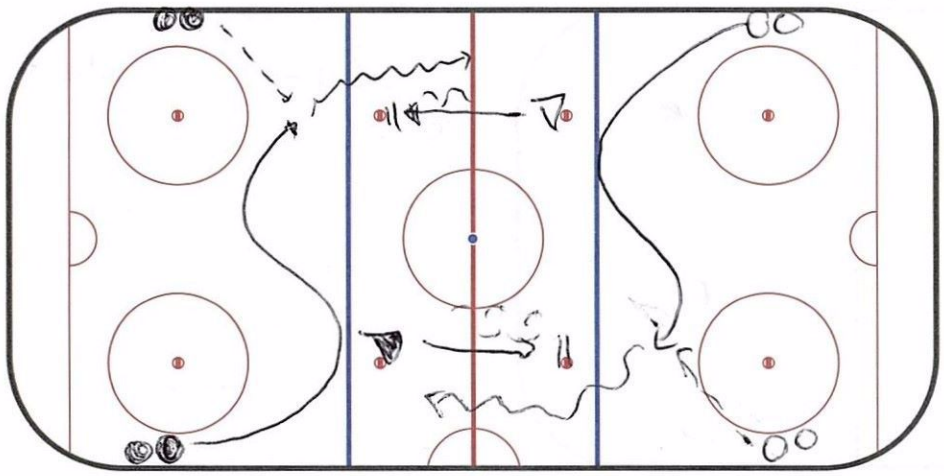
3-2 Aufbau
beim Puckverlust
kommen 2 neue
defensive SP rein

4/4 8'

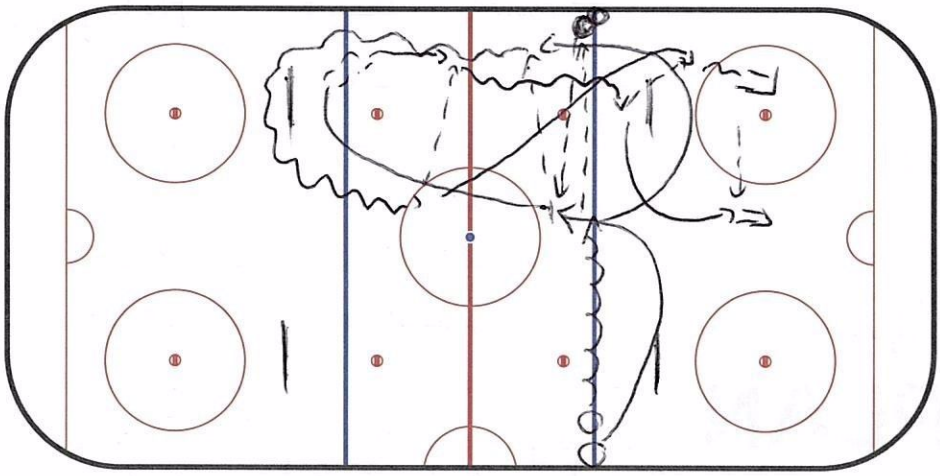


Passübung
1 Puck in der Mitte
Doppelpässe
Aufbau Doppelpass
VW-VW SPEED-Tempo
Querpass bei der roten Linie
Finte

8!

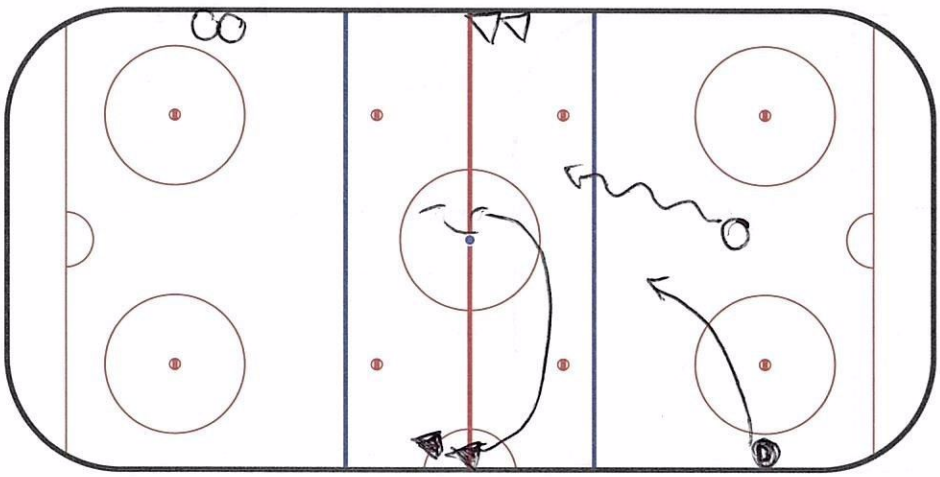


1-1
VT VW - VW



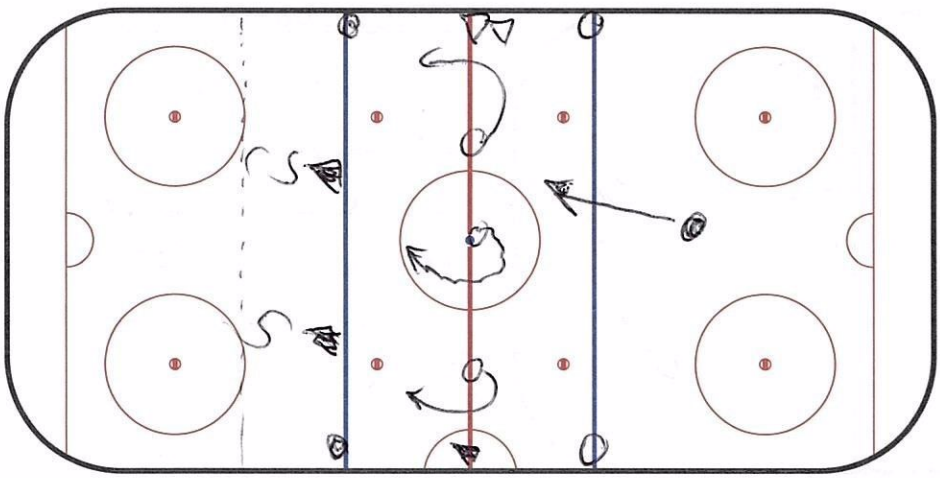
2-0

8'



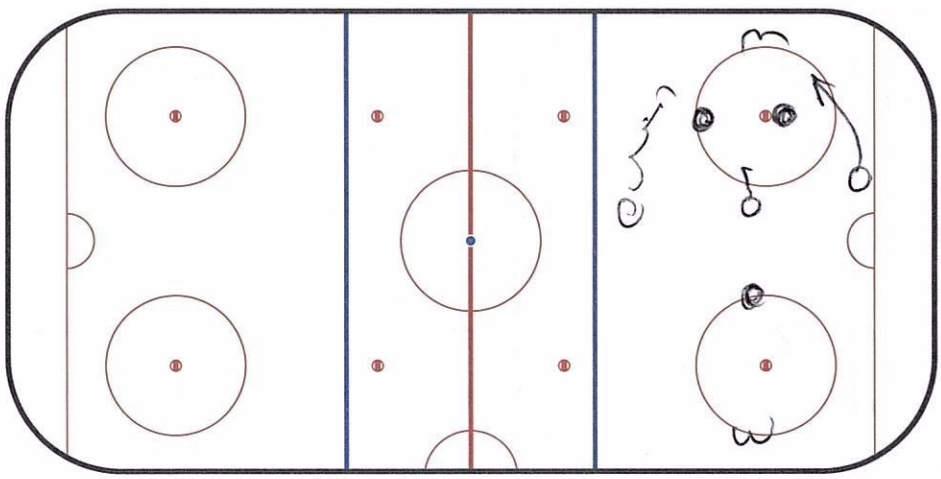
Switchback Drill
1-1 1-2 (BC)
ab der blauen Linie
geht der BC rein
gute Zusammenarbeit
VT mit BC
der BC spielt
dann 1-1 in die
andere Richtung

8'



3-2 (1 BC)
letzter Mann F3
BC

8'



3-2
ein defensive SP bleibt
hock

E.H.C. KLOSTERSEE

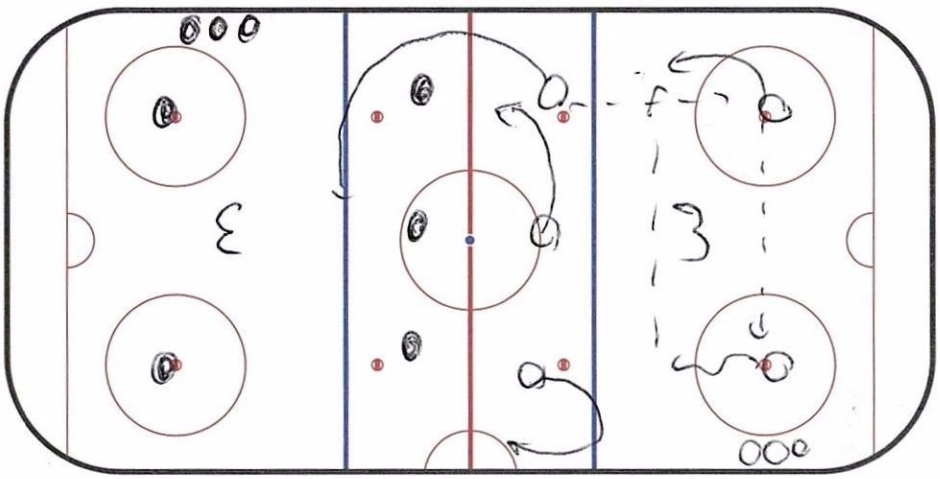
TEAM: U17

DATUM: 14.10.22

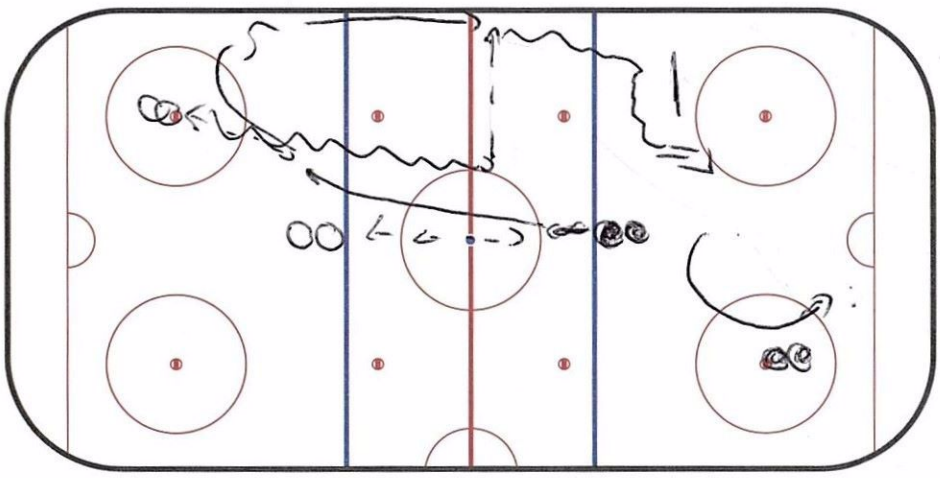
TRAINER: Markus, Marc

IT 1715 - 1730
ET 1750 - 1850
Video 1945 - 1930

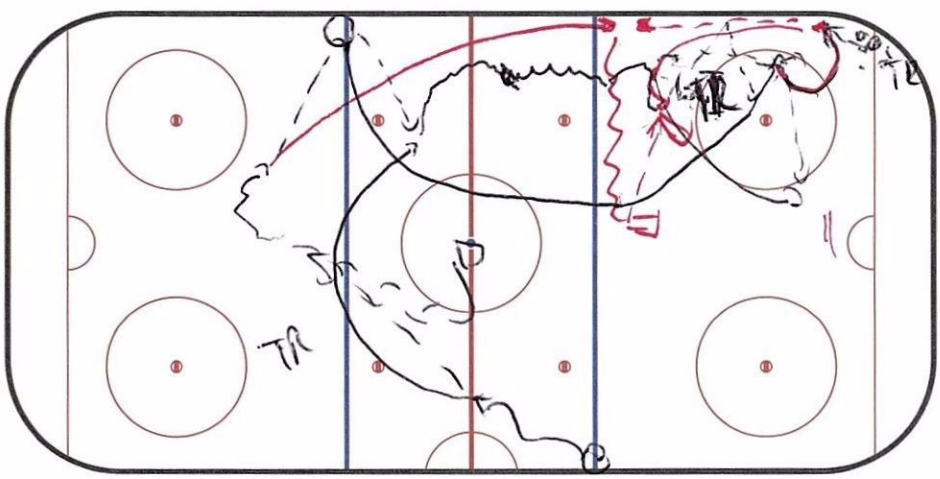
TRAININGSPLAN



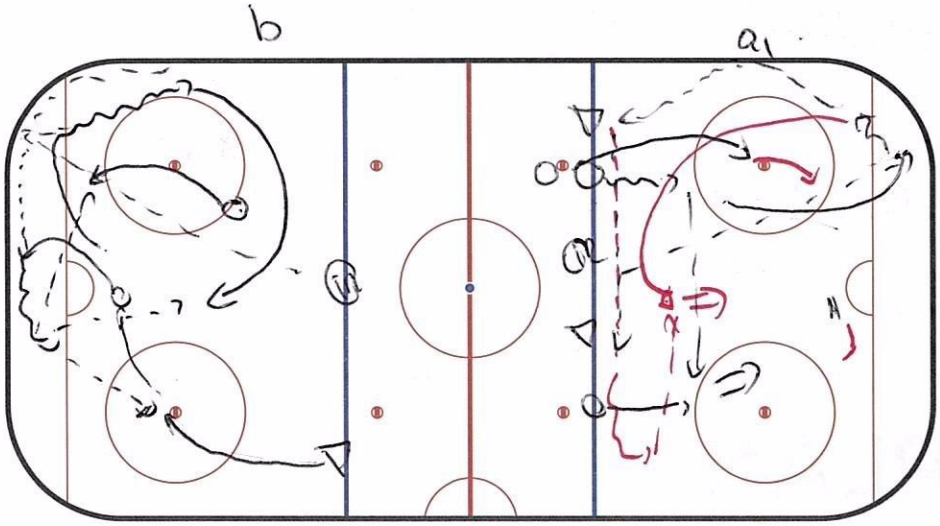
Warm up - Spiel
4 - 3



1 - 0
Passübung SPEED
Finte

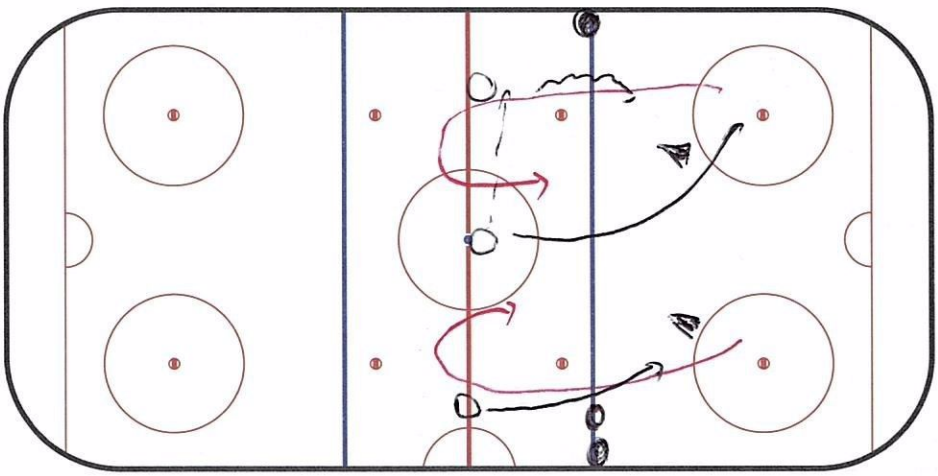


Aufbau
2 - 0
pass in VT
Schuss blaue Linie
oder pass zurück zum
ST



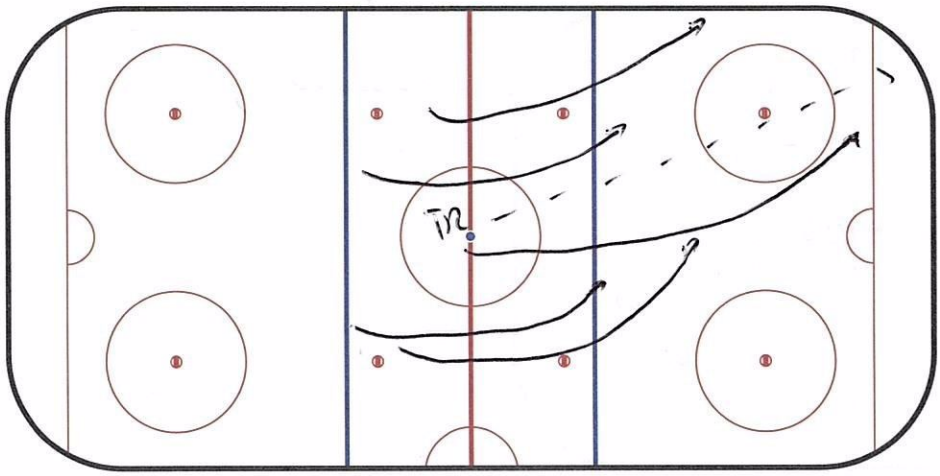
a1 D-D

b Corner

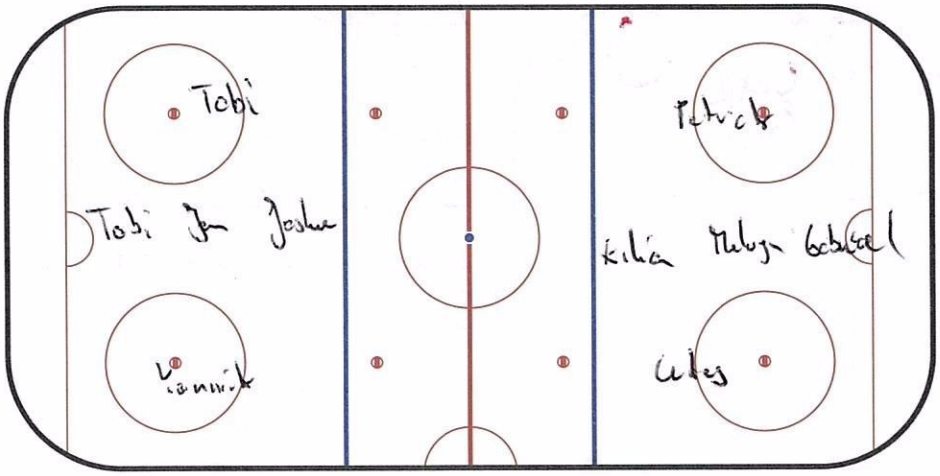


3-2 / 5-2
Aufbau 2 VC

5-5



Überzahl



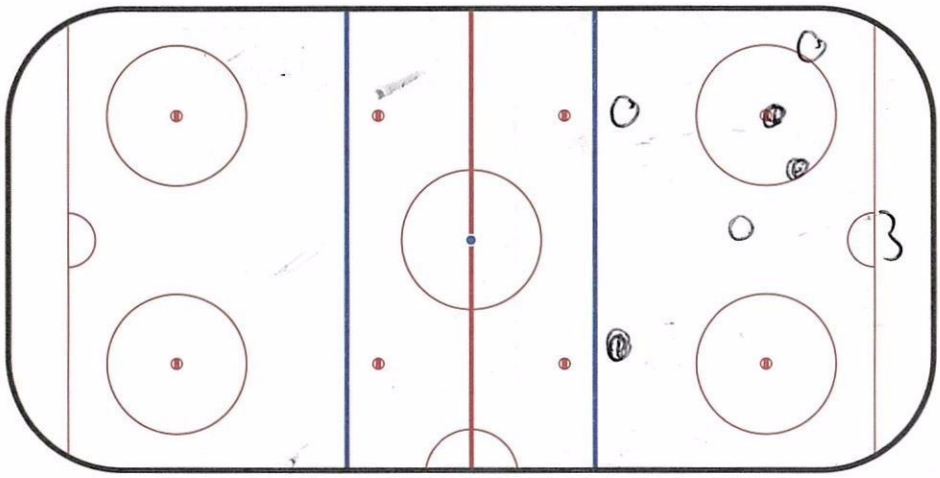
TEAM: U15

DATUM: 14.10

TRAINER: Markus

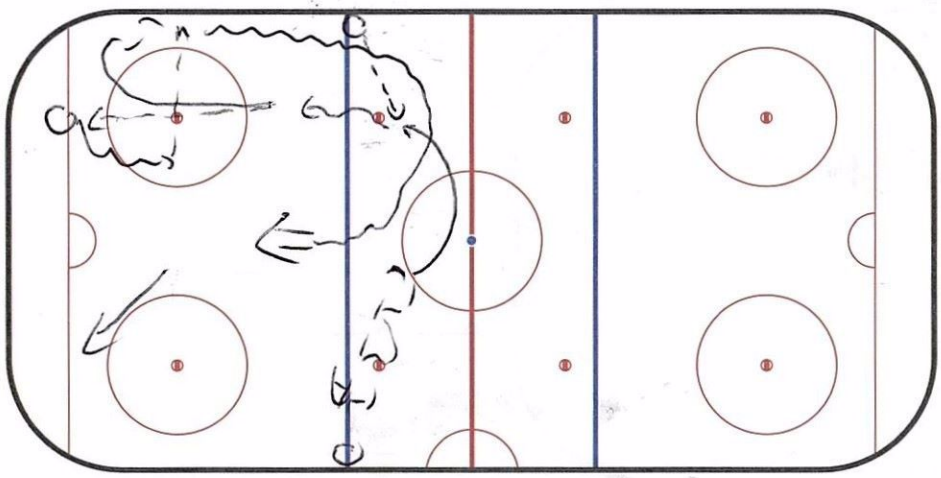
ET 16 40 - 17 40

TRAININGSPLAN

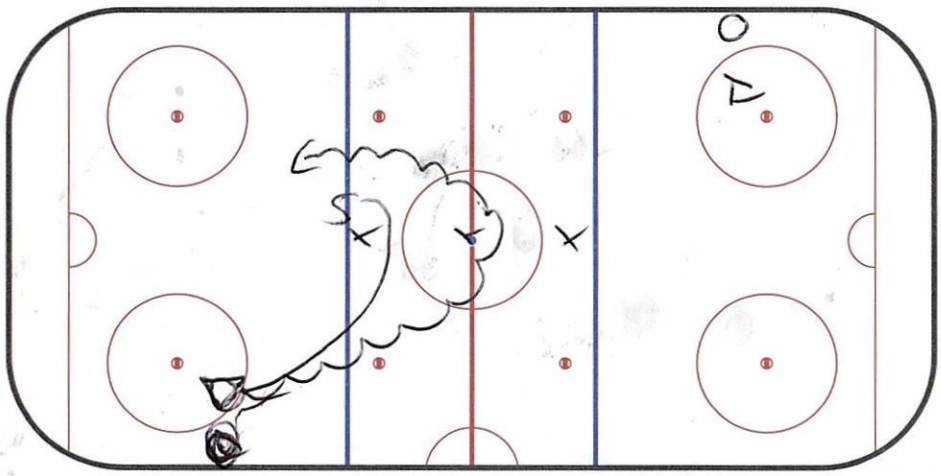


Warm up - Seil

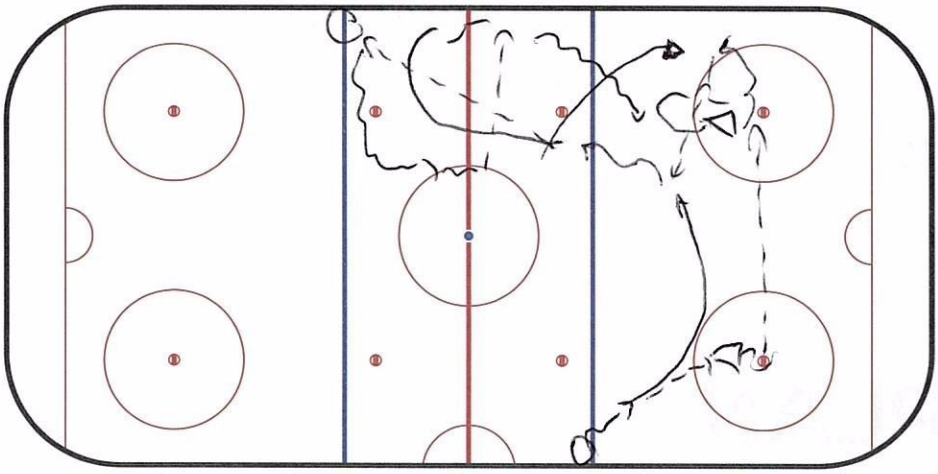
3-2



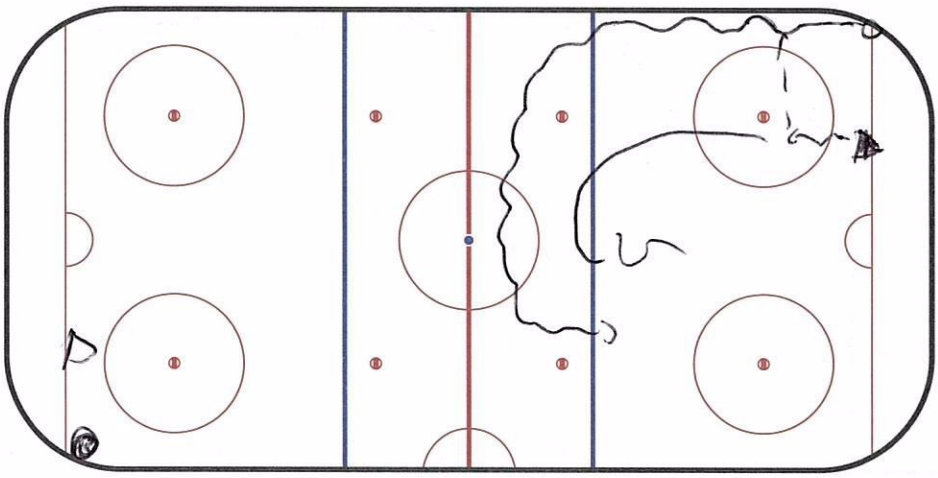
Passübung



1-1

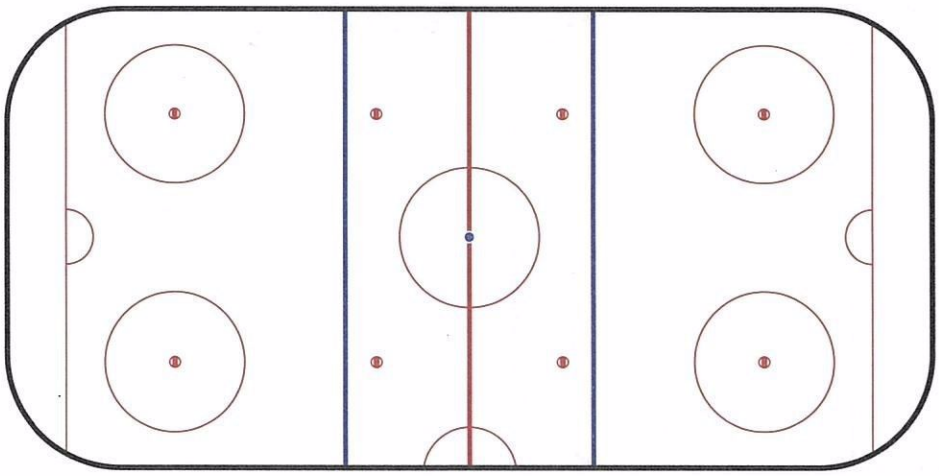


2-1

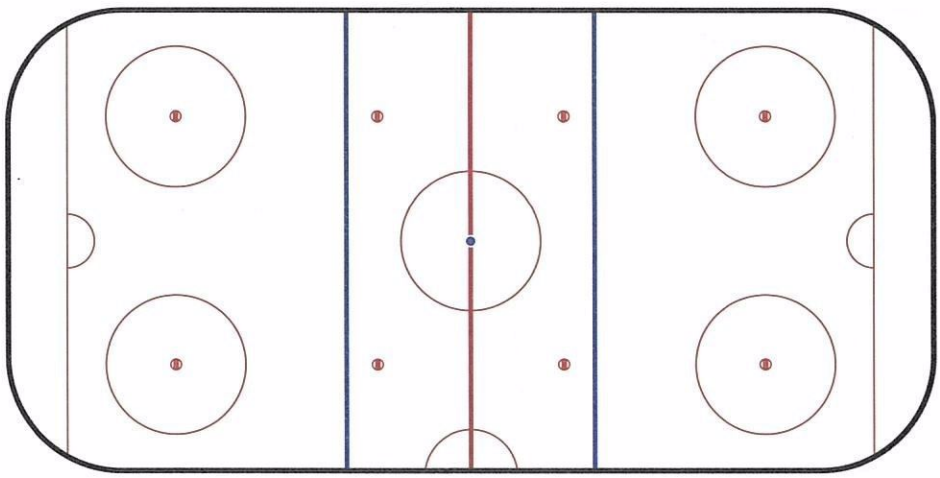


2-2

Umschaltspiel



3-3



E.H.C. KLOSTERSEE

TEAM: U17

DATUM: 17.10.22

TRAINER: Markus, Mark

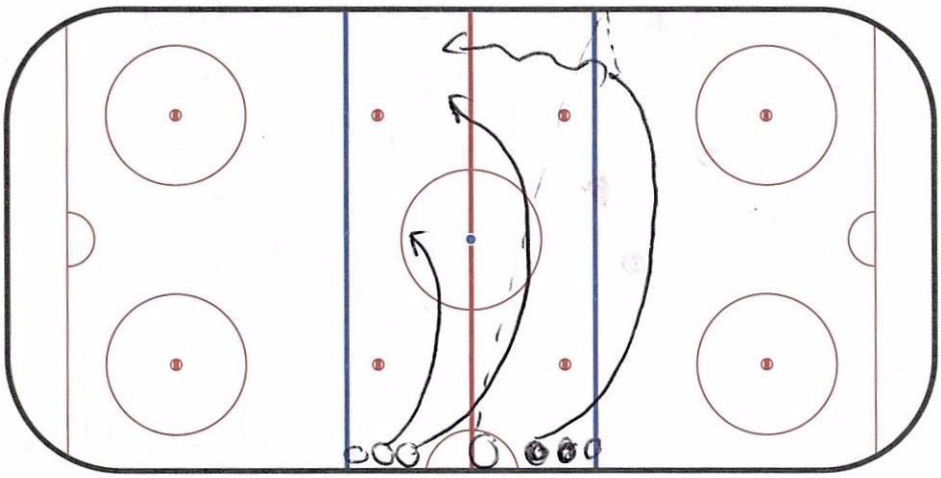
TT 16:30 - 17:15
ET 17:30 - 18:30
KT 19:45 - 19:30

TRAININGSPLAN

Gabriel Lukas Melvyn
Jannick Benni Tobi N Jan
Patrick Robin

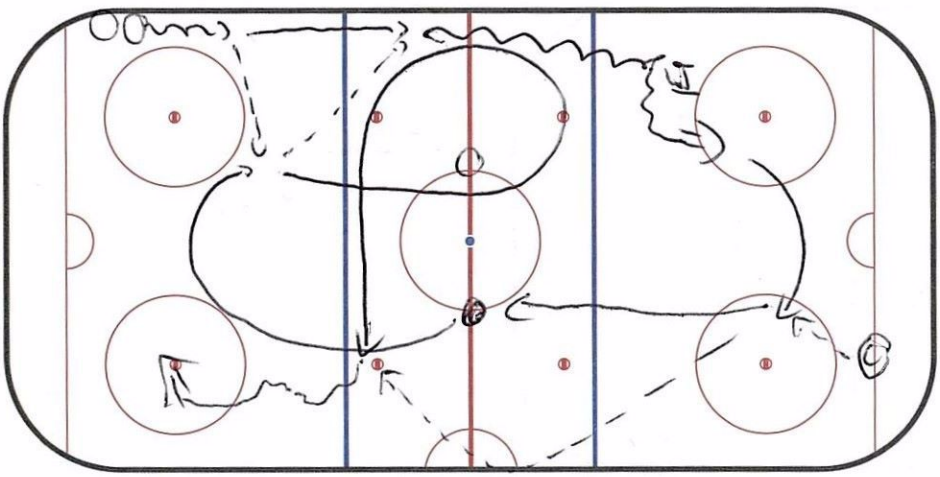
Klien Benno
Jeshua Patrick K
Emilia

5 8



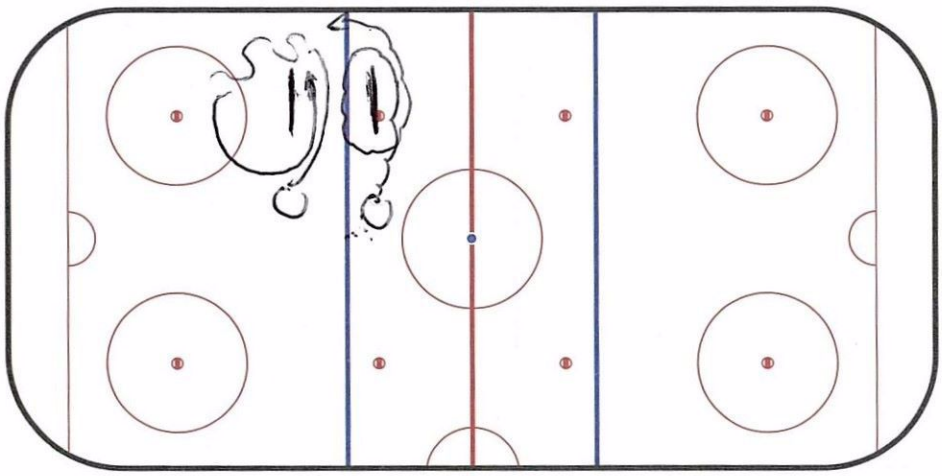
1 - 2 Warm up - Spiel
1 - 1 Unterschiedliche
3 - 2 Anzahl von SP
Wettbewerb

5 - 8



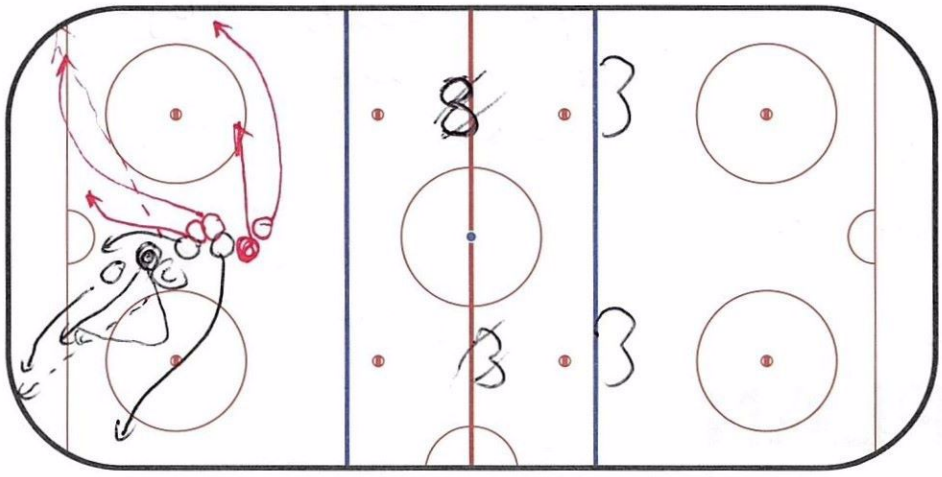
1 - 0
Steilpässe

10/5-5



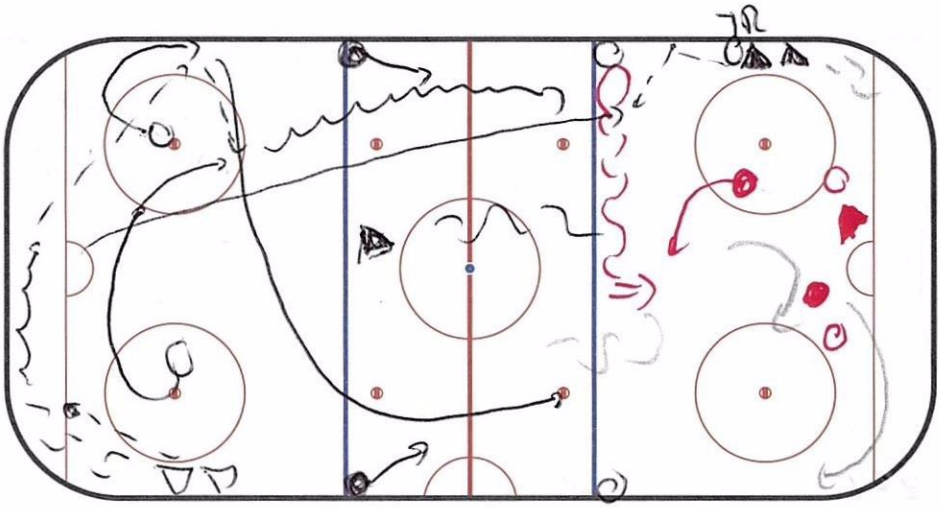
1 - 1
Schattenlauf

10 515

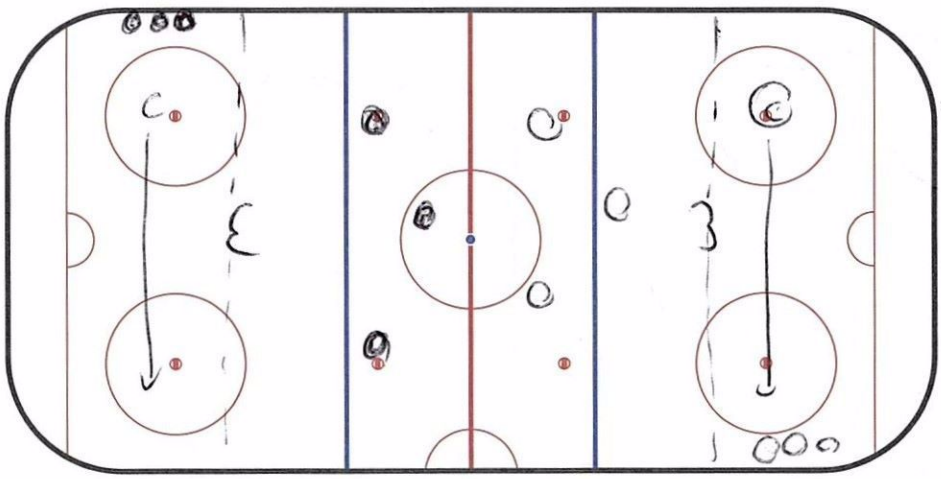


Aufbau unter Druck
3 - 1

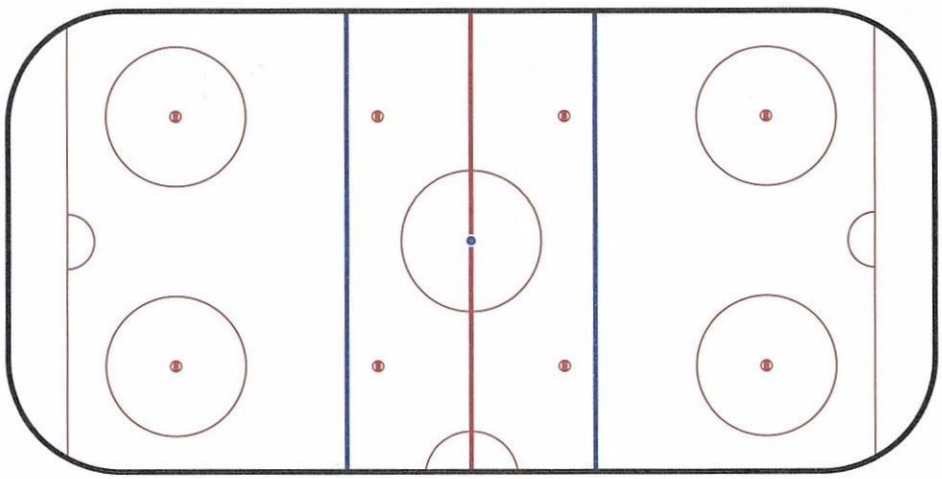
Wettkampf



2-1 (2 BC)
ab der blauen Linie
2 BC
VT geht mit
bekommt vom TR
neue Scheibe
3-3
auf Signal des TR
beginnt die Übung von
Ven.



3-3
TR Joker



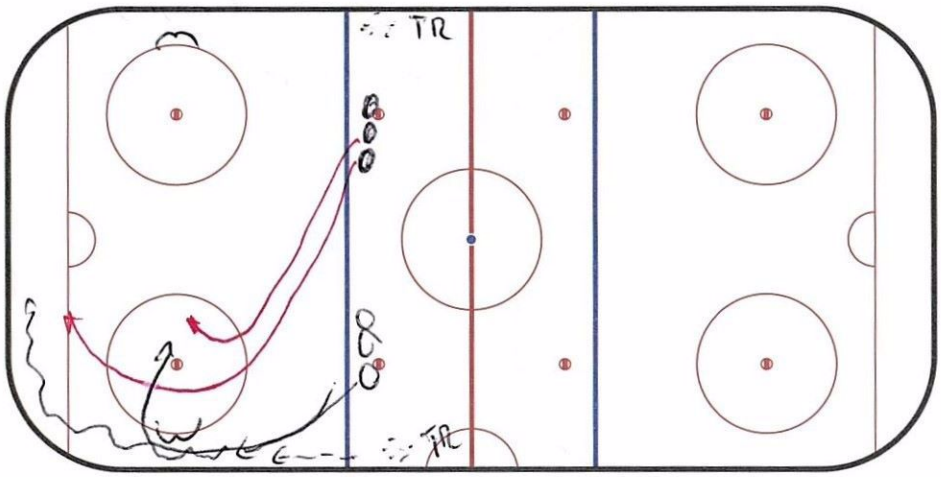
39

E.H.C. KLOSTERSEE

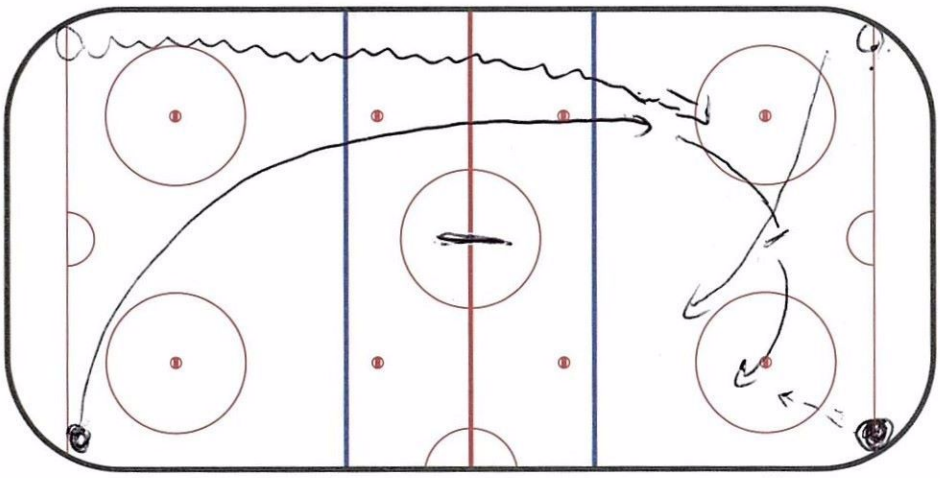
TEAM: U17
DATUM: 18.10.22
TRAINER: TT 1705 - 1720
ET 1740 - 1840
KT 1850 - 1930

Gabriel Carlos Nikolas
Denni Tobi Jan
~~Patrick~~ Patrik
Kilian Benno
Zyla P. Kandl P.

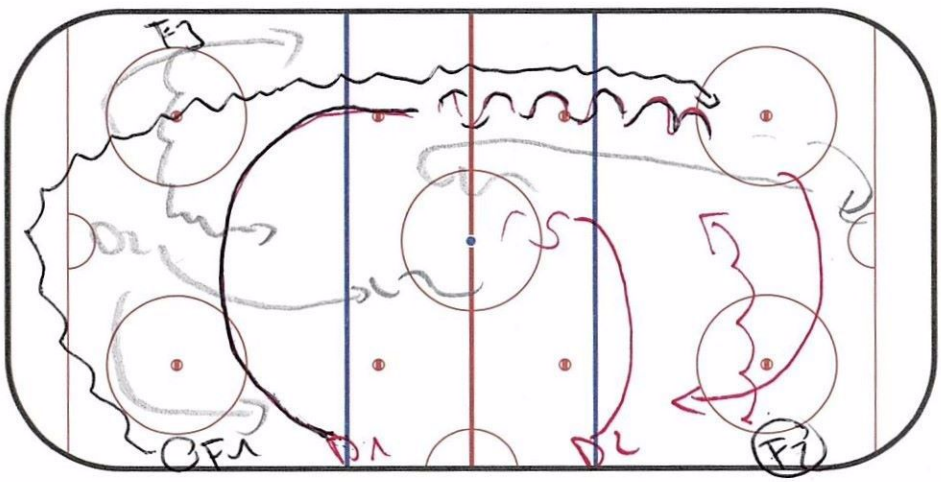
TRAININGSPLAN



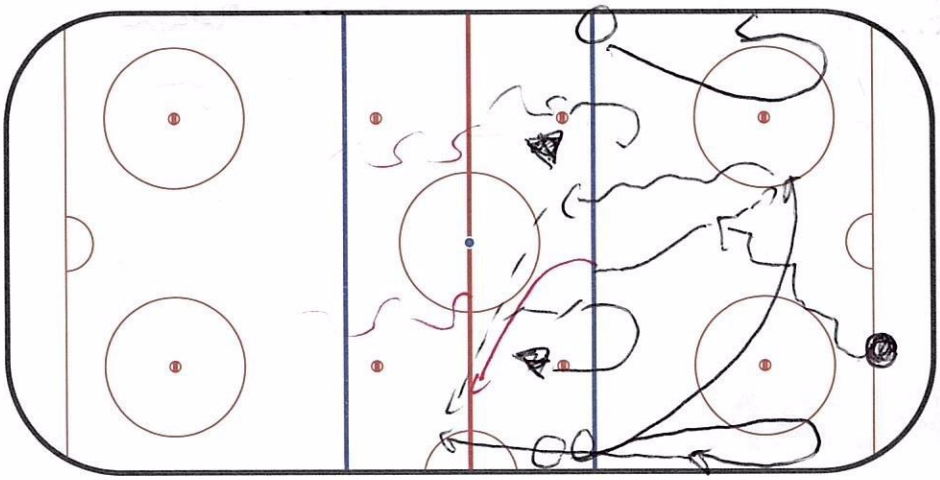
Warm up Spiel 2-2
Aufnehmen - seitlich

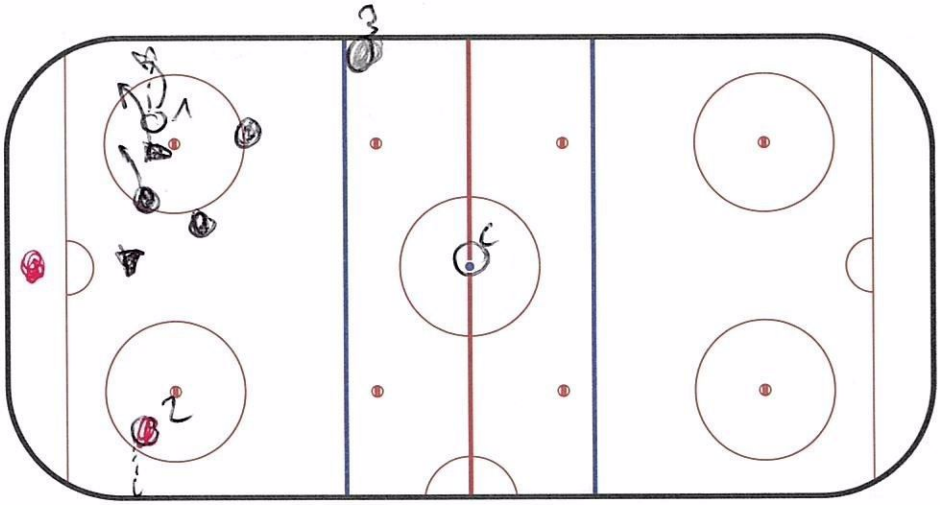


1-0 BC

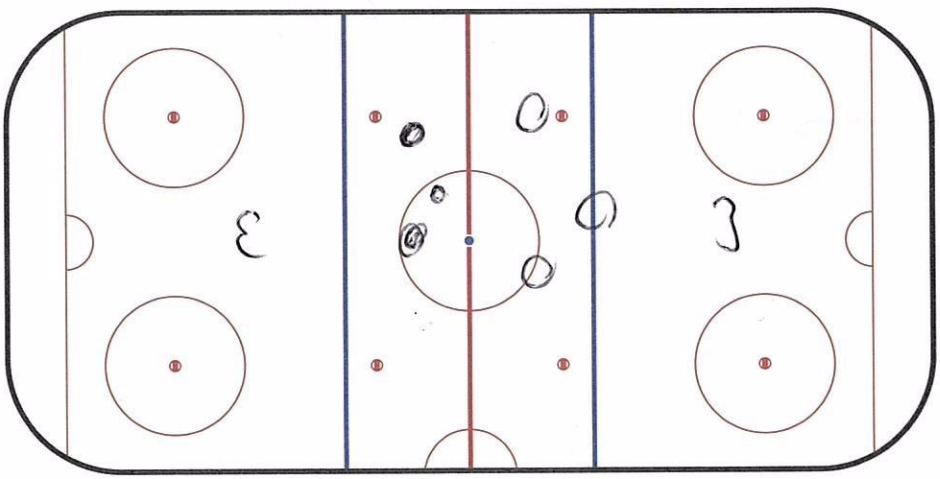


1-1
2-1
3-2

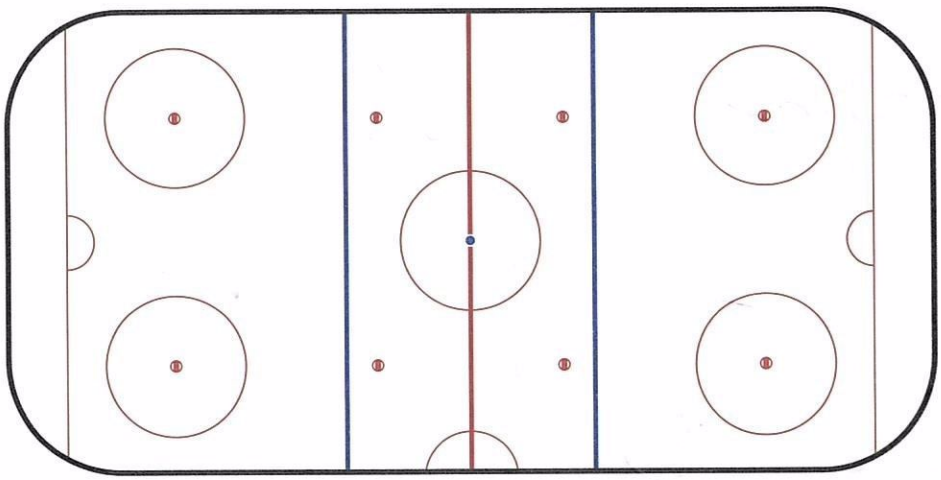




1, 2, 5 Coven
Regroup



Spiel
3-3



TEAM: U17

DATUM: 21.10.21

TRAINER: Markus, Mark

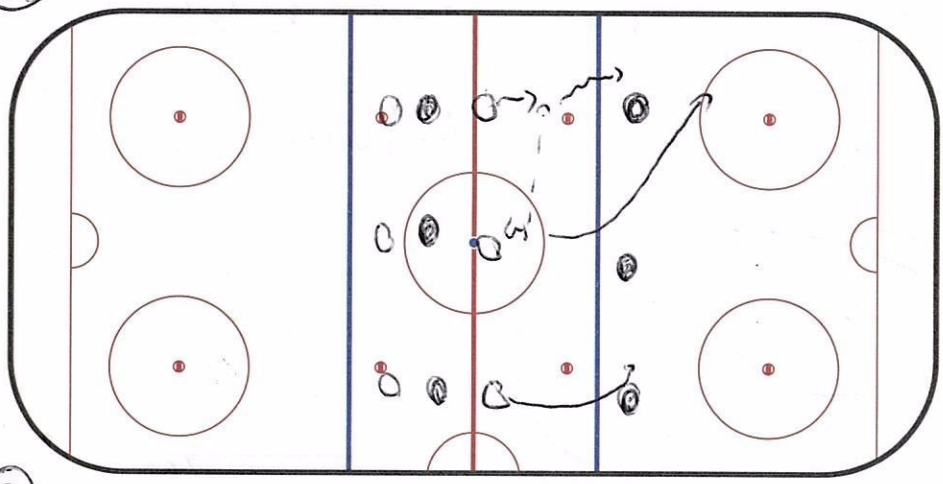
TRAININGSPLAN

Gabriel Lukas Melvyn
Yannick Tabi N Jan
Patrickz. ~~Emilia~~
Kilia Benni
Jashua Patrick K

Kwak: Tabi L, Benno, Bebi J

5-8'

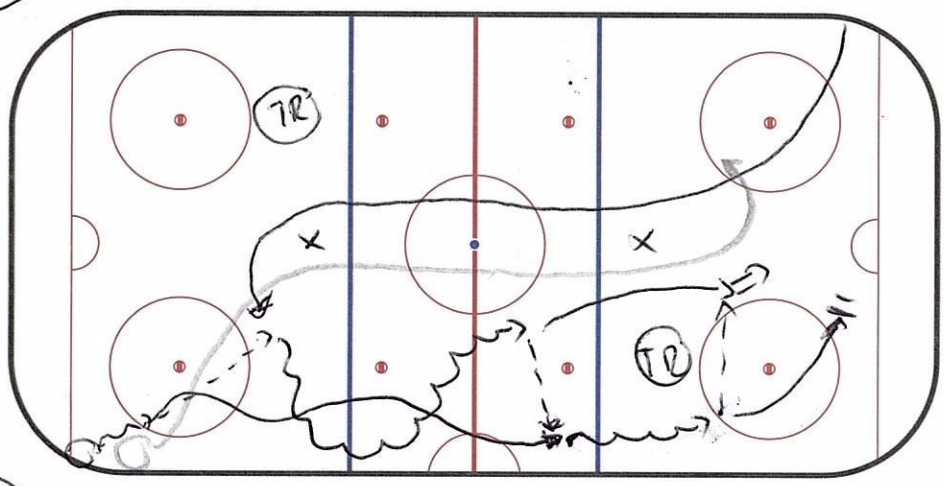
1



3-3 Warm-up-Spiel
OFFENSIVE - Defensive

3 | 3 | 6

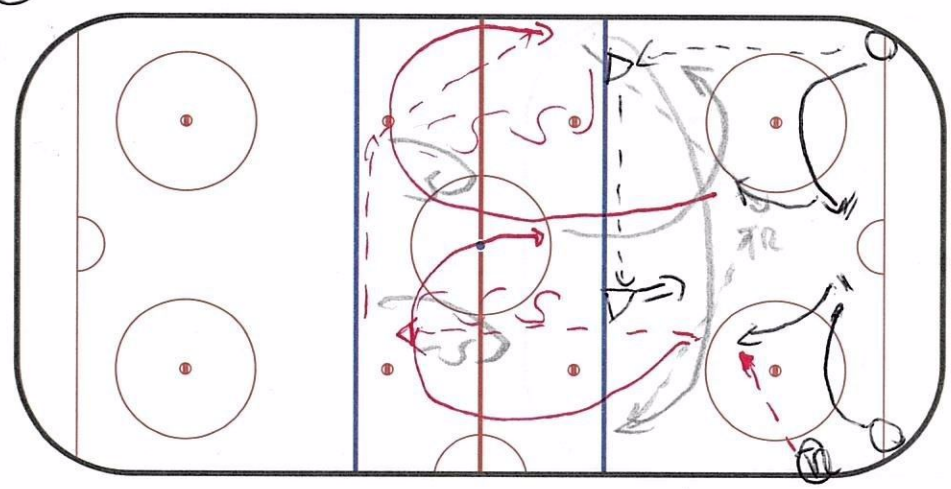
2



Passübung 2-0

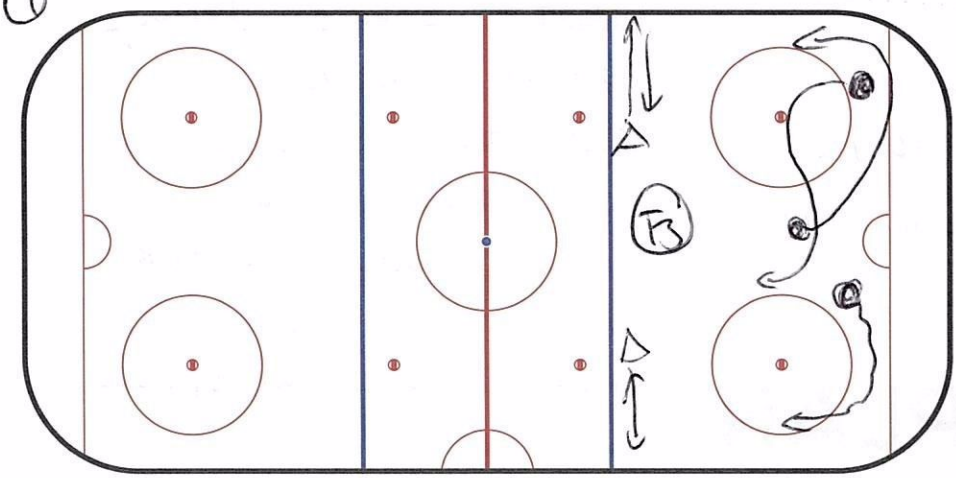
3 | 3 | 6

3



2-2
regroup
VT gap controll

④



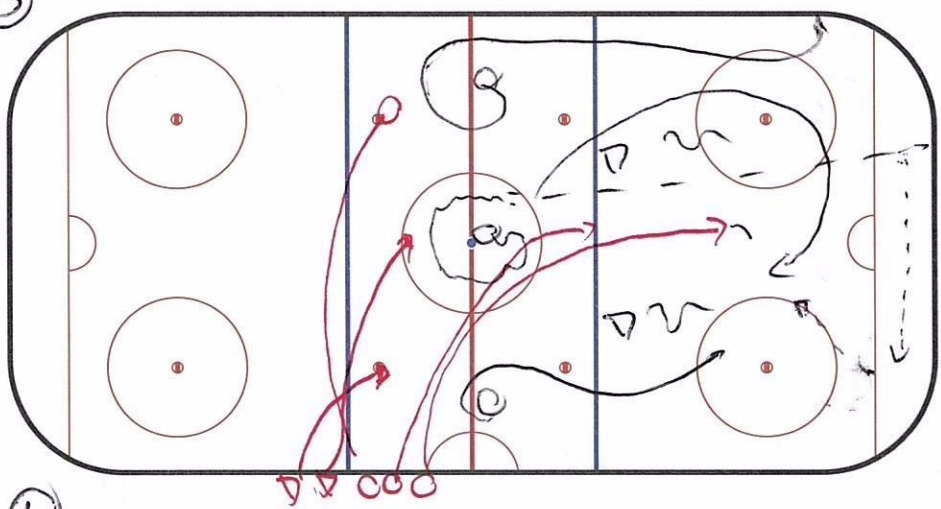
3-3

VT mit FB

Zusammenarbeit

10'

⑤

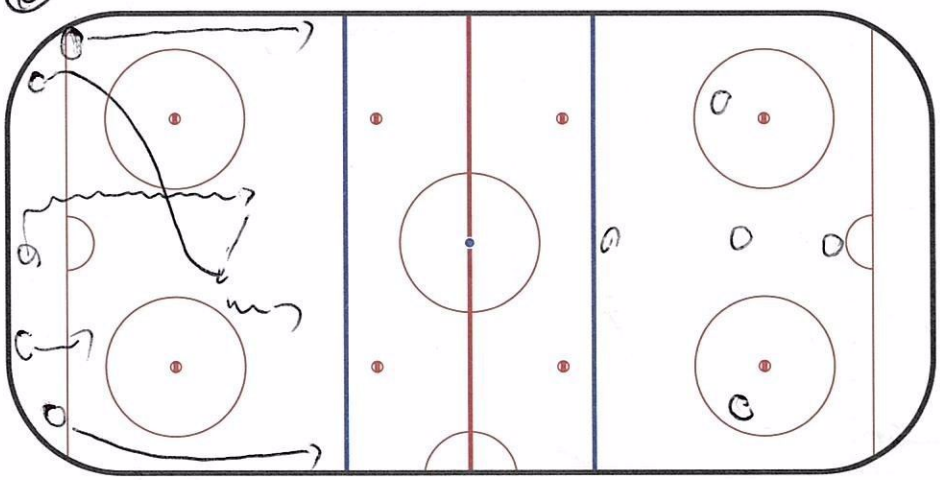


1-1-1 VC

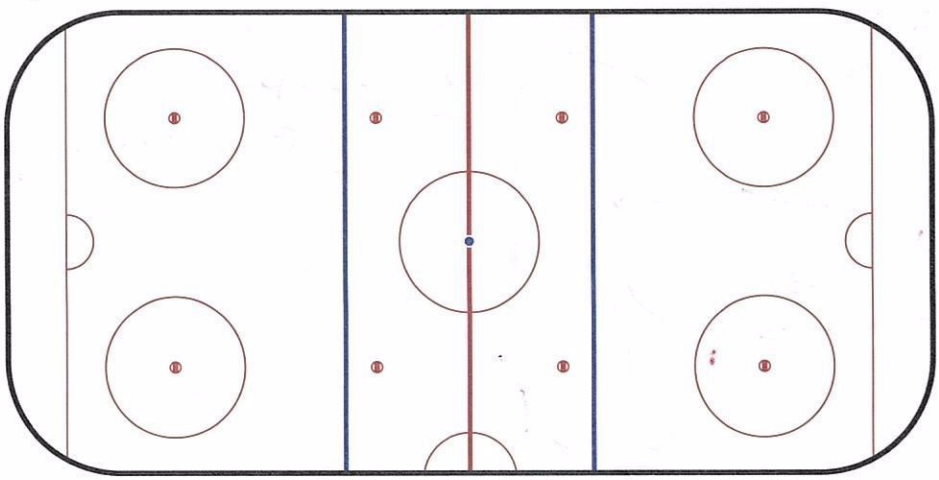
Aufbau

10'

⑥



ÜZ 5-4 + Aufbau



E.H.C. KLOSTERSEE

TEAM: U17

DATUM: 26.10.22

TRAINER: Markus, Marc

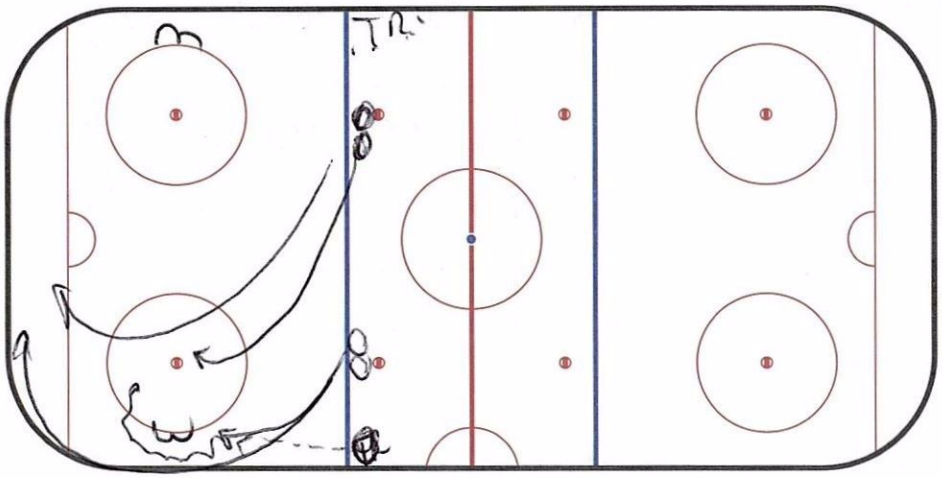
VT 17:05 - 17:25
ET 17:40 - 18:40
KT 18:50 - 19:40

TRAININGSPLAN

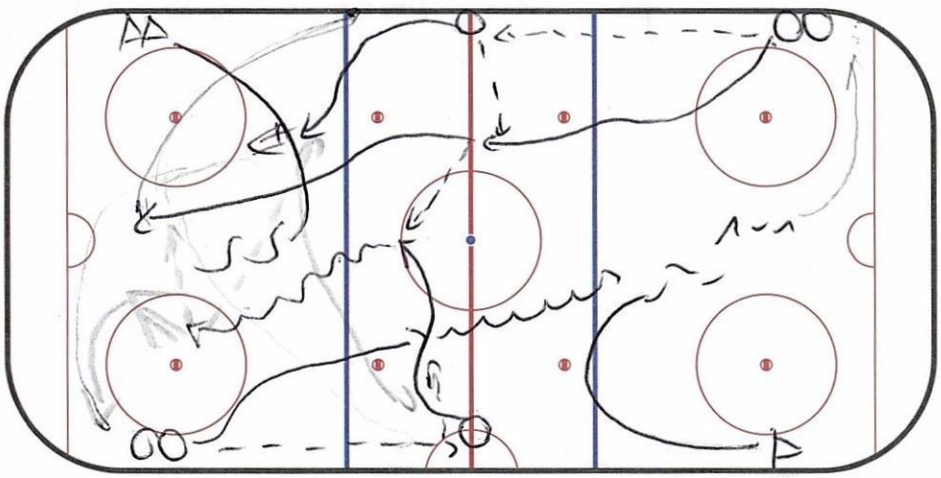
Gabriel Benni Yuliya
Patrick T Tobi N Jan

Kilian Emilia
Joshua Patrick K

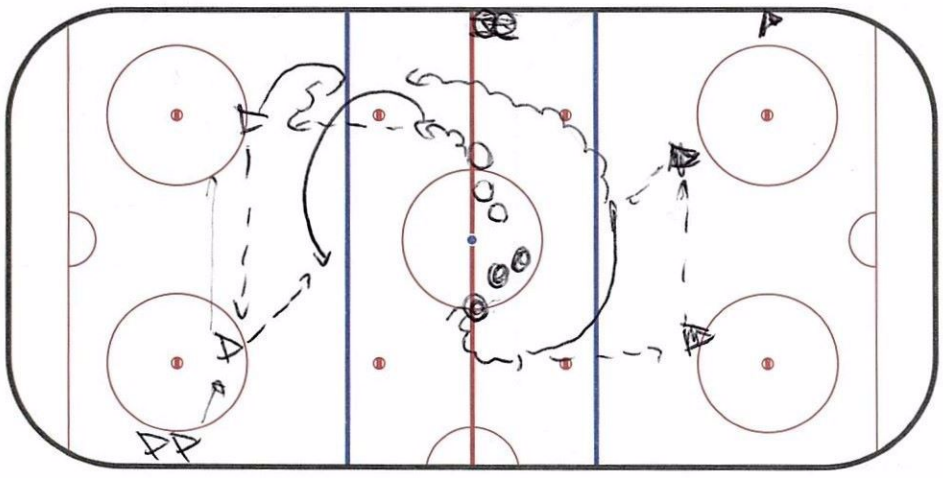
Dahid, Tobi L, Lukas, Benno
Franzi



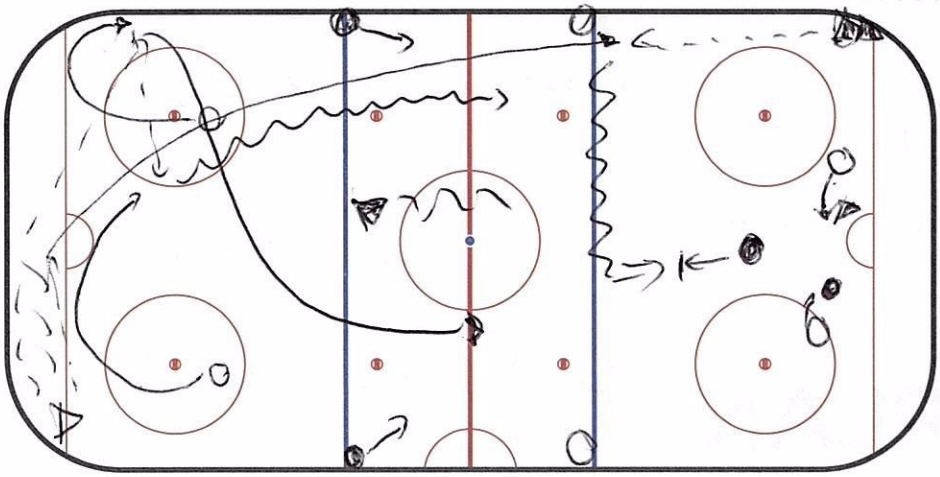
2-2 Warm up - Spiel



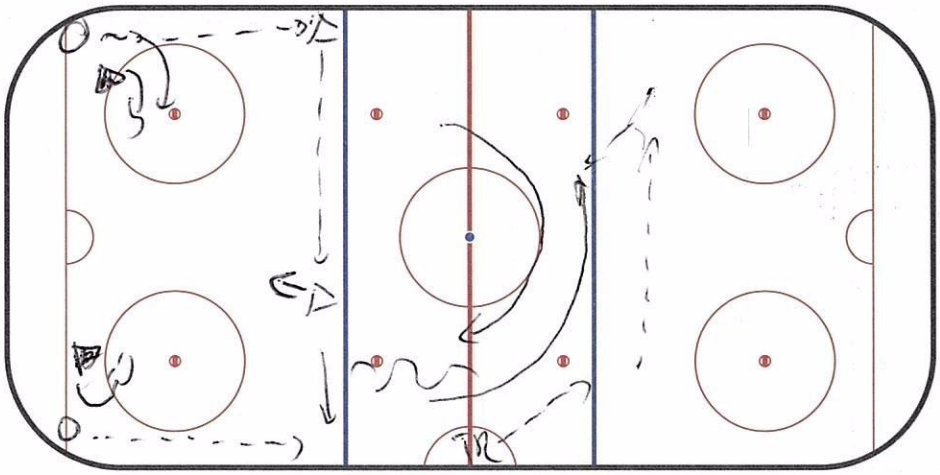
3-3 Passübung
1-1



1-1 Abschluss
Schlagkontrolle
Aufnehmen

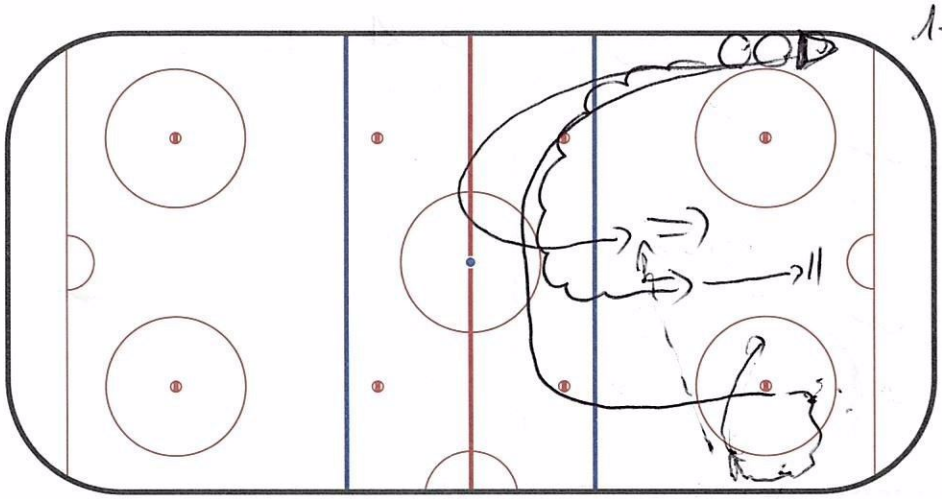


2-1 2BC

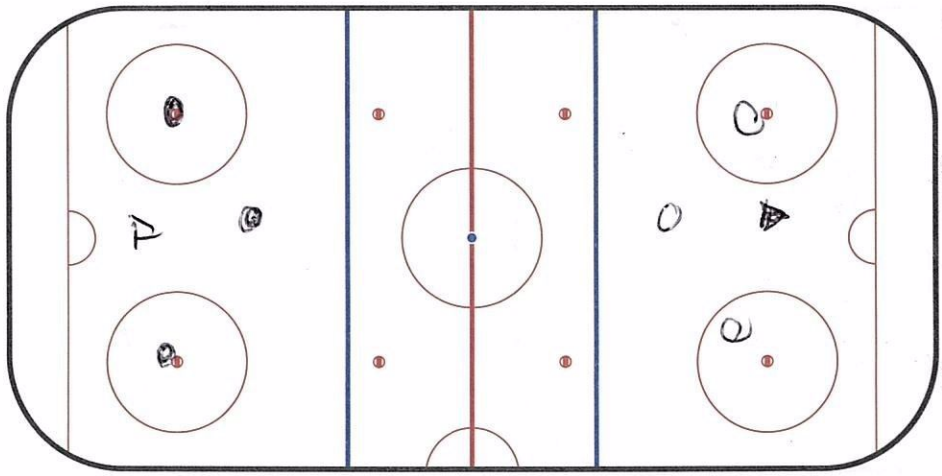


Dex out 1-1
2-2

Regroup 2-2
Aufbau



1-0 / 3-0 Schussübung



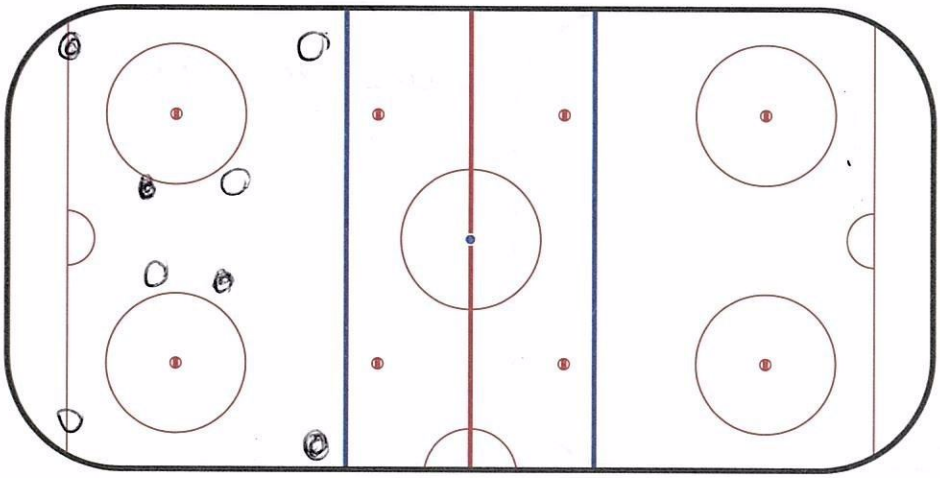
3-1 Ballbesitz
nach Zeit (30 Sek.)
Meiste Tore erzielt

TEAM: U11
DATUM: 28.10.21
TRAINER: Markus, Neue
ET 1750 - 1850

TRAININGSPLAN

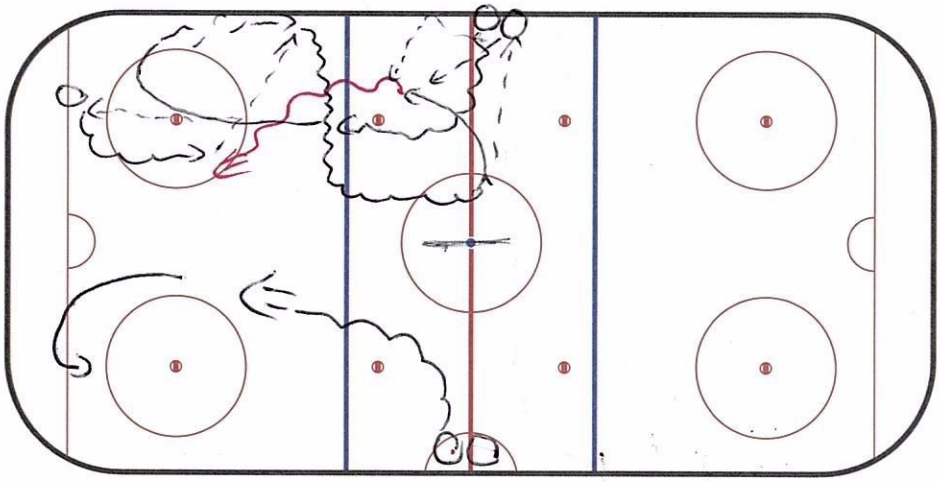
Denni Tobi L Melvyn
Patrick Z Tobi N Jan
Kilian
Joshua

5'



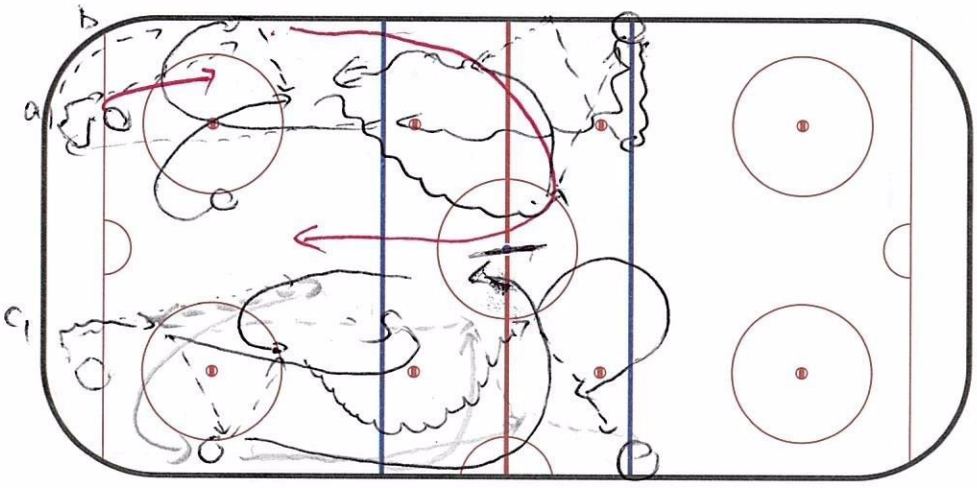
Warm up - Skeel
2-2 2 Jeker

8'



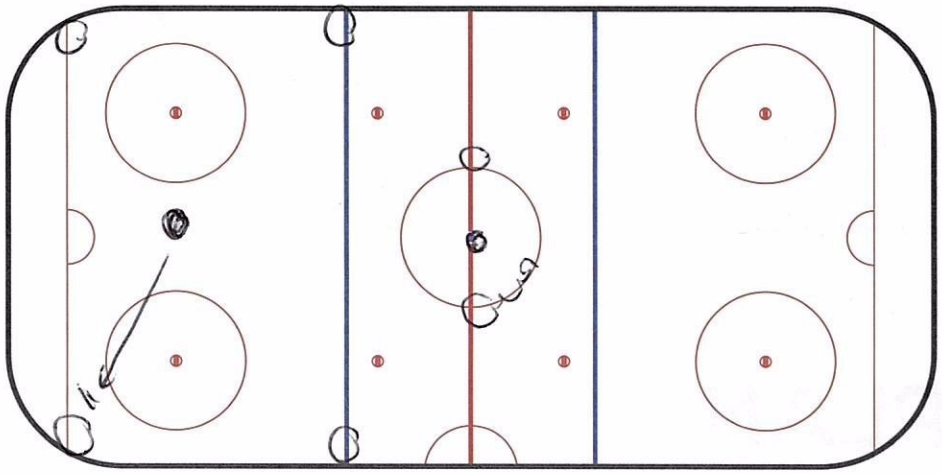
Passübung - Aufbau
1-0

10'



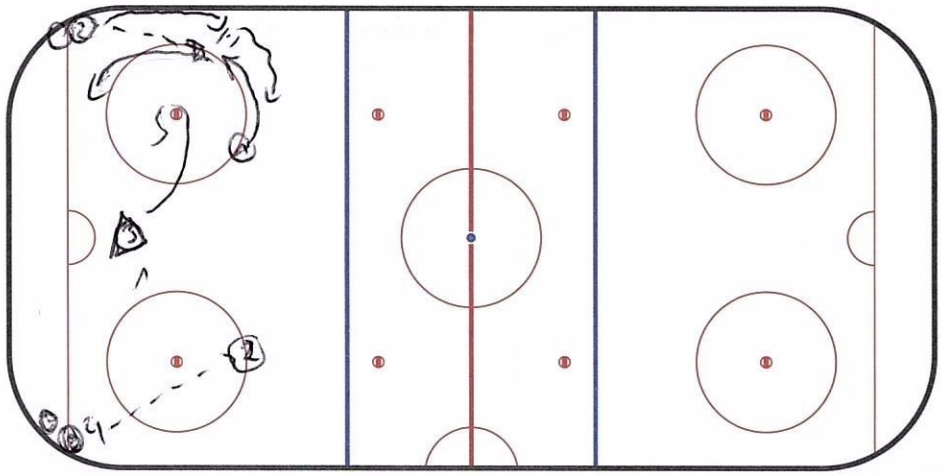
2-0
a, Cap to Cap 3'
b, Rim 3'
c, 2-1 3'
d, 2-1 Swing

4-6'



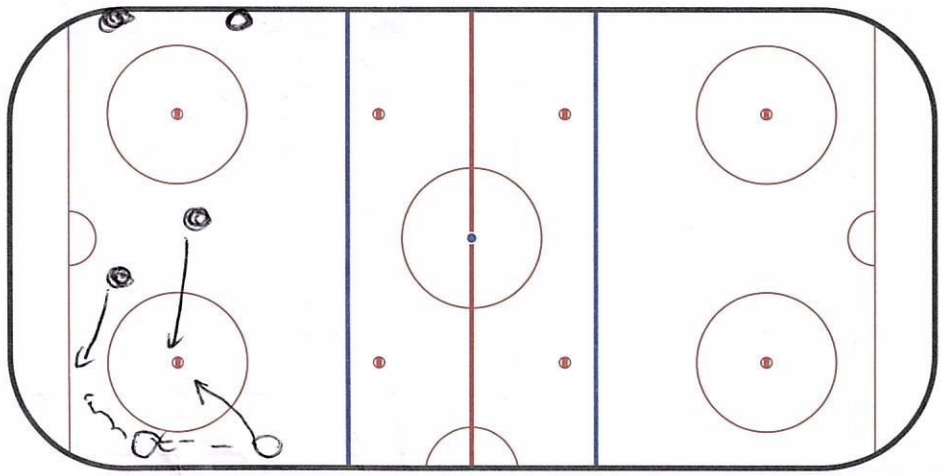
4 x 1-1
in der Hälfte 2-1
im Bullykreis

5-8



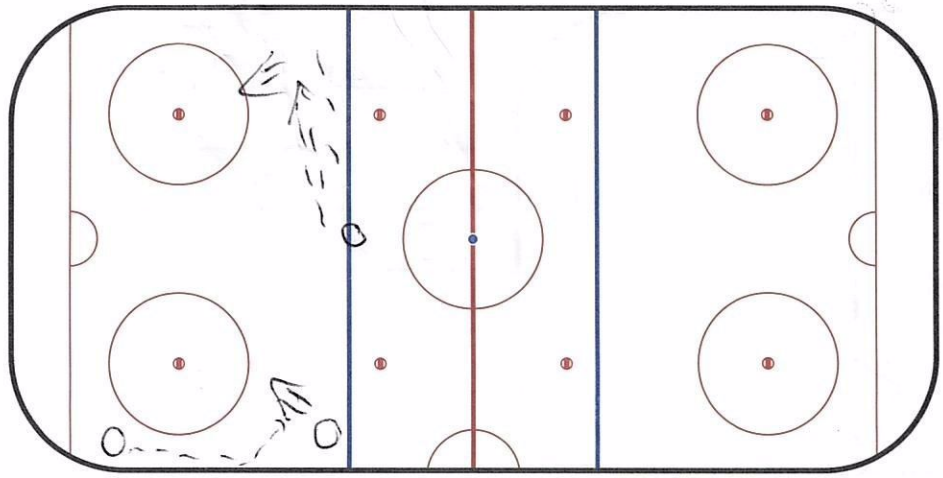
2-1
aus der Ecke

8'



2-2
Spiel

5'



One-timer
Direktschüsse

U17

TEAM: 31.10.22

DATUM: KT 1655-1750

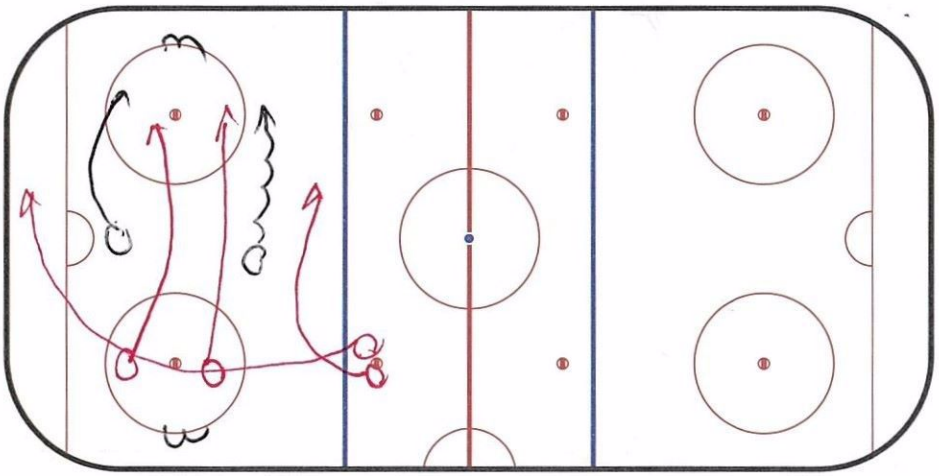
TRAINER: ET 1820-1930

TRAININGSPLAN

Gabriel Lukas Nelyn
Benni Tobi N Jan
Patrick L Beli ?

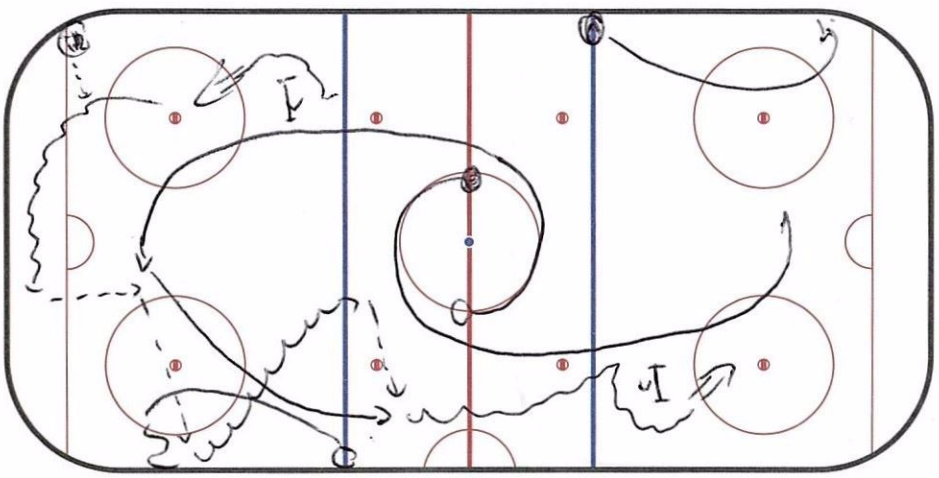
Kilian Benno
Joshua Patrick K
Absage Frani ? Emilia
Absage Tobi L

581



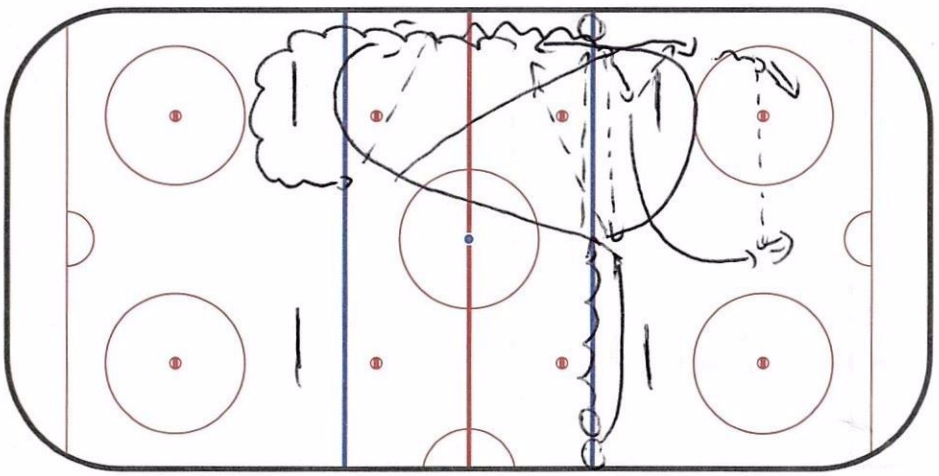
2-2
Warm up Spiel
BC
Transition

3/8 6



Lauf - Passing
1-0

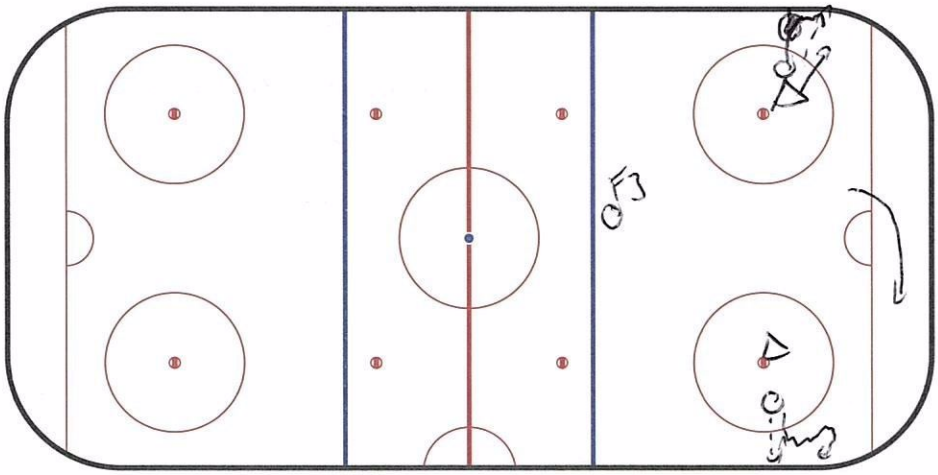
3136



2-0
Kreuze



3-1 / 1-1 5-8'

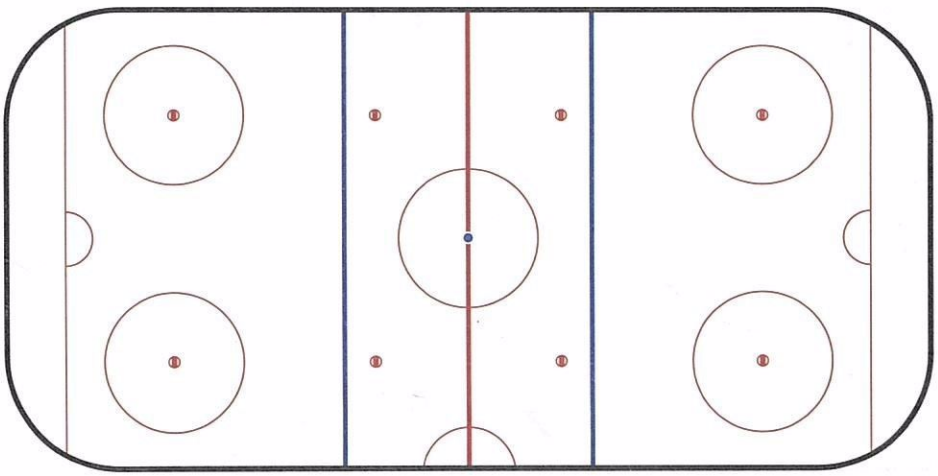


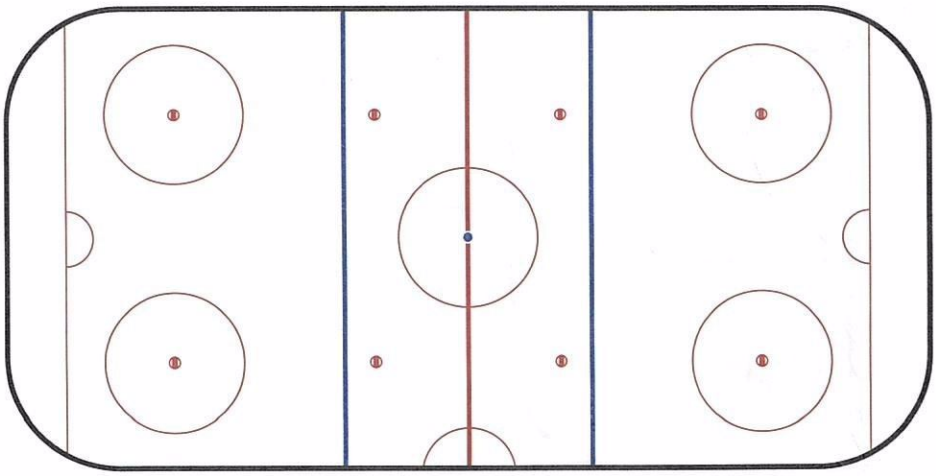
5-8'

1-1

2-2

3-2





E.H.C. KLOSTERSEE

TEAM: U17

DATUM: 1.M.2022

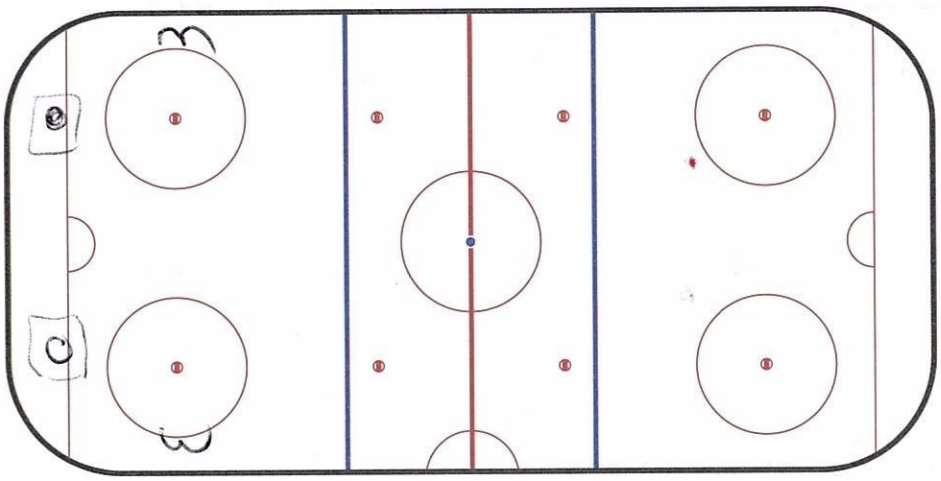
TRAINER: Markus, Mark
TT 1805 - 1825
ET 1840 - 1940
Video 2000-2010

TRAININGSPLAN

Gabriel Jakes Melvyn
Fabian Tobi Jan
Daliot Benno Patrick

Kilian Benno
Joshua Patrick K
Fremi

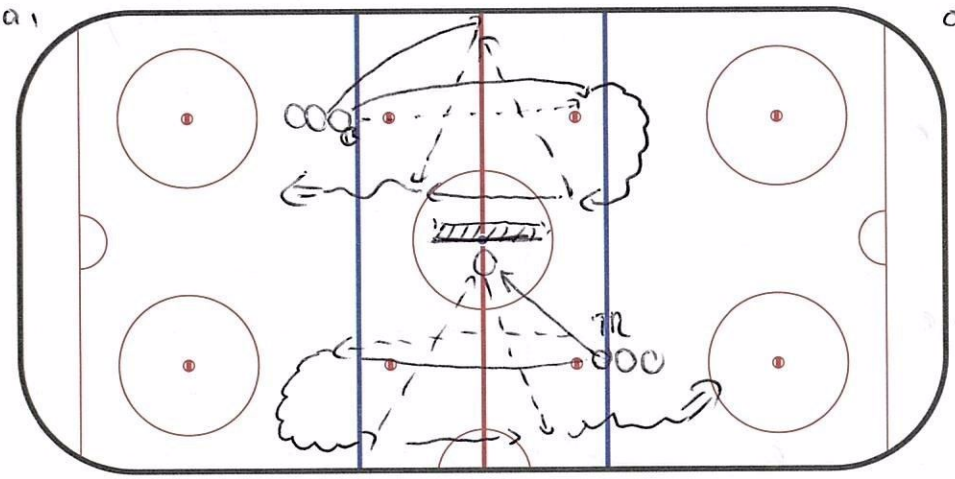
5-8



Warm up Spiel
2-2 1 Joker

3/3

a)

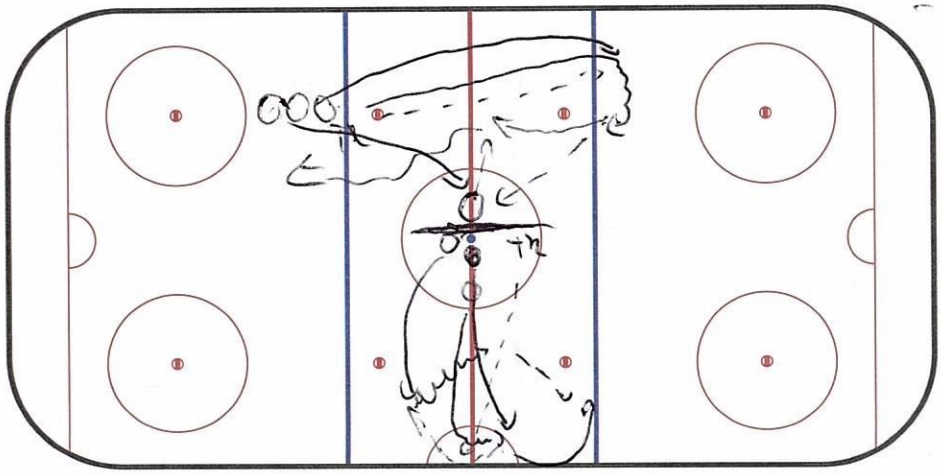


a) Pass - i Puckkontrolle 6
Schulterblick
Füße in Bewegung
VA - RH Pass

3/3 6

b) Pressure - Druck
1st + Puckkontrolle
Fake - Pass

b



- SP Zuruf SPIELER
Pass unter Druck
Bande - Mitte - wo steht A

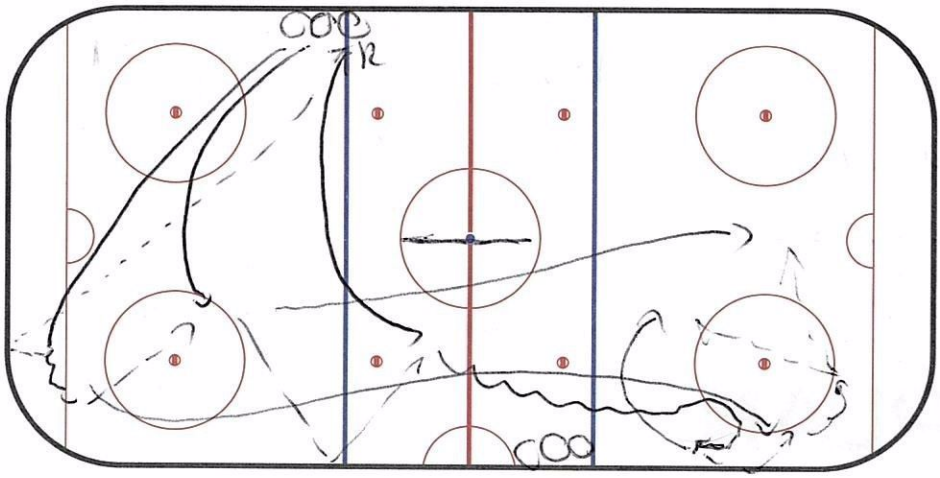
3/3 6

c) 2-1 in die Mitte
Torabschluss

3/3 6

d) 2-1 Torabschluss

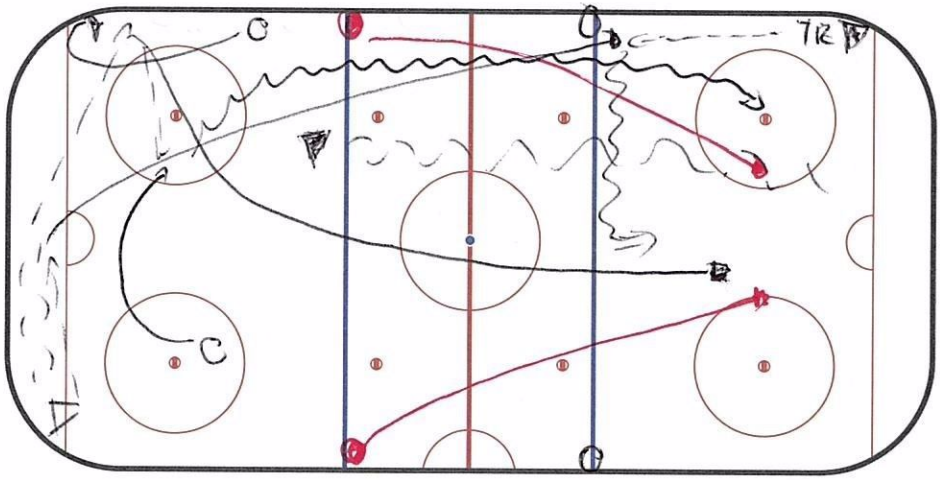
30/31



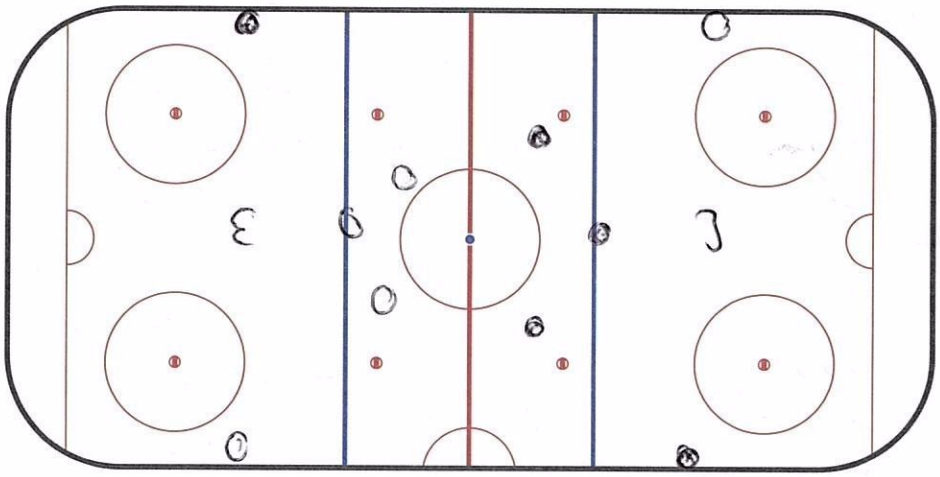
Aufbau

Pass - Zuruf

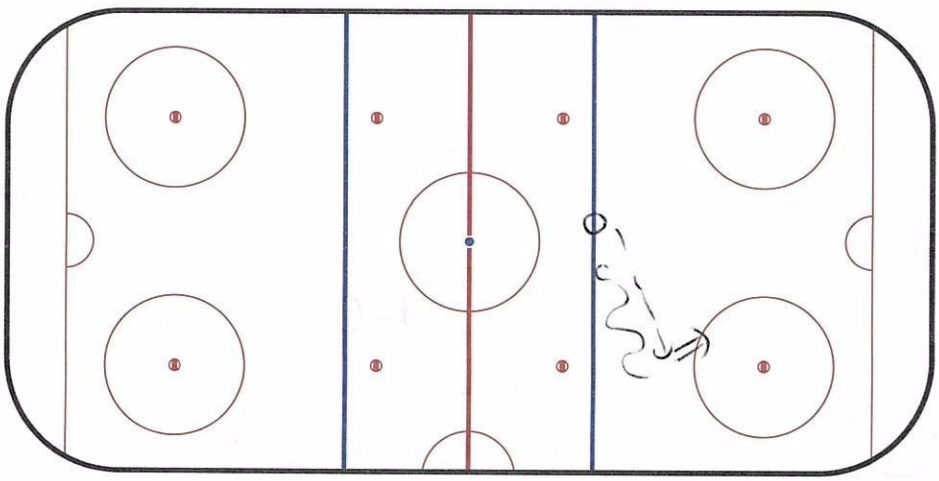
Mitte - Bande



2-1 (2 DC)



3-3 (2 Joker)



One - Timer

U17

TEAM: 02.11.22

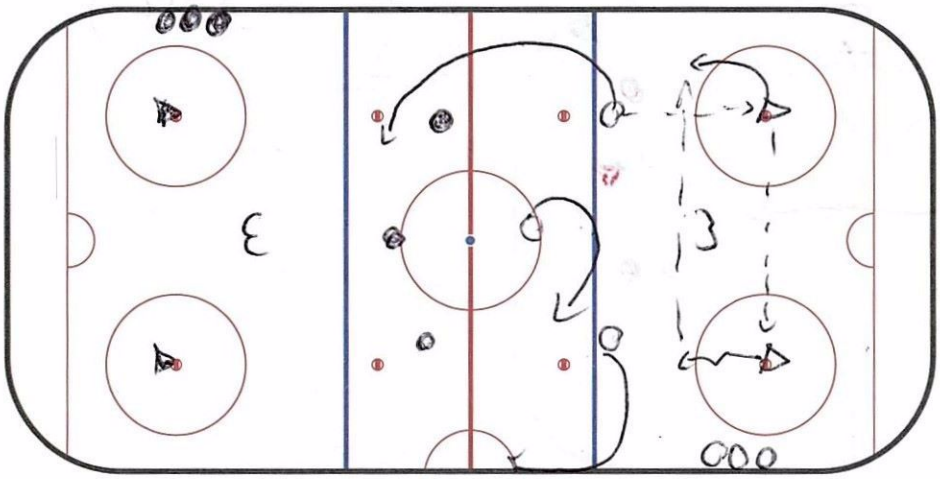
DATUM: Markus, Mark

TRAINER: ET 17:05 - 17:25
ET 17:50 - 18:50
KT 19:00 - 19:30

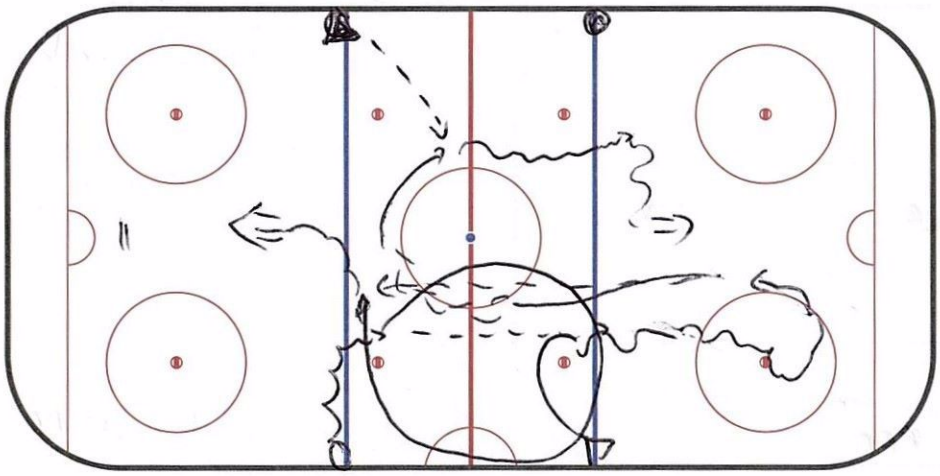
TRAININGSPLAN

Gabriel Lukas Yeloya
Tobi L Tobi V Jan
Benno Benni

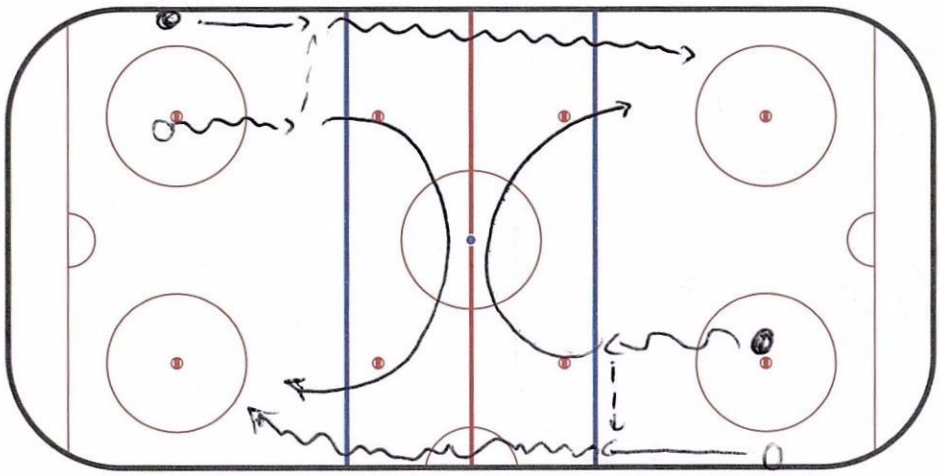
Kilia Yannick
Joshua Patrick K
Patrick Z. Franci



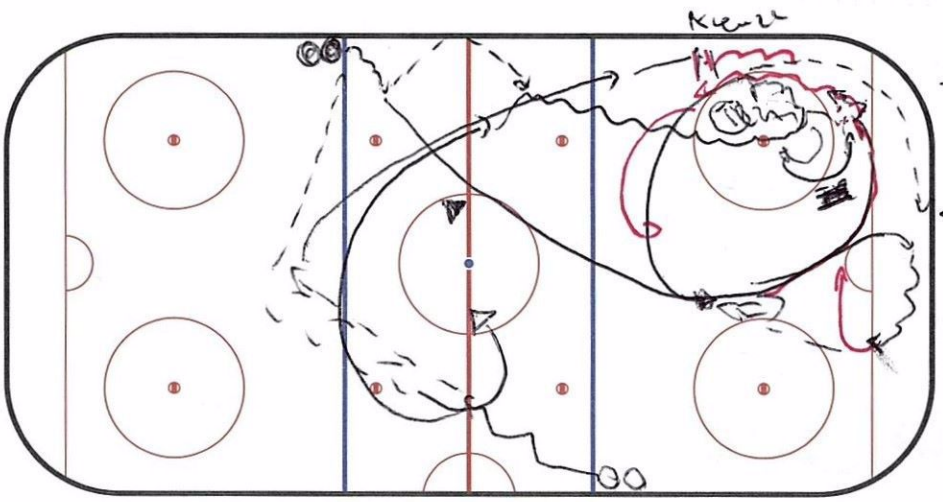
Warm up Spiel
4-3 / Abschen



Passübung m. + UT

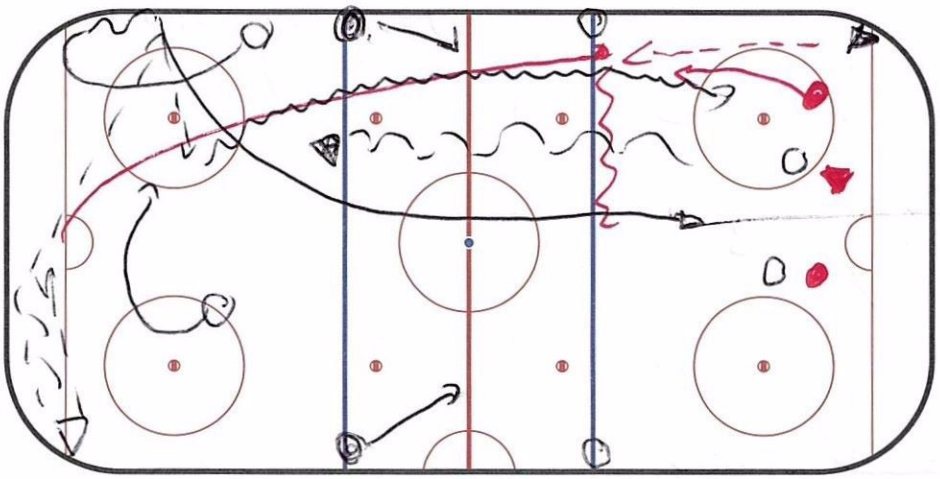


1-1
Seitlich anfahren



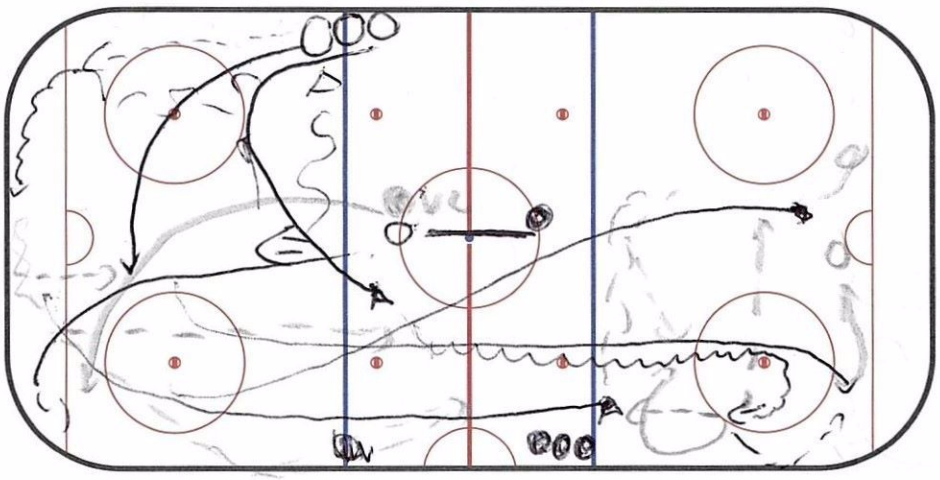
2.0

- Comeback – PIM
- Pass zum FB hoch
- Kreuzen mit VT 3-0



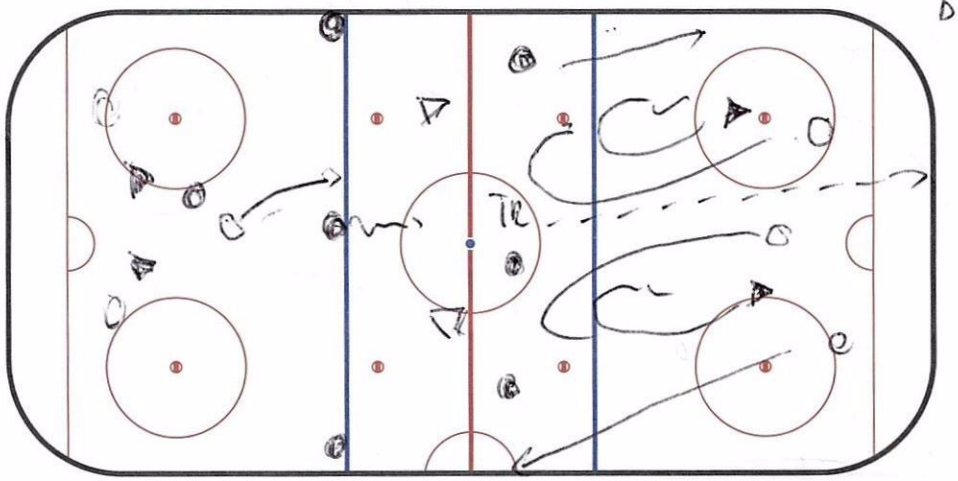
2-1 (2BC)

3-3



4-0 Anlaufen im Drittel

a. 3-3 letzter SP BC



b 5-5 2VC

E.H.C. KLOSTERSEE

TEAM: U17

DATUM: 04.11.22

TRAINER: Markus, Mario

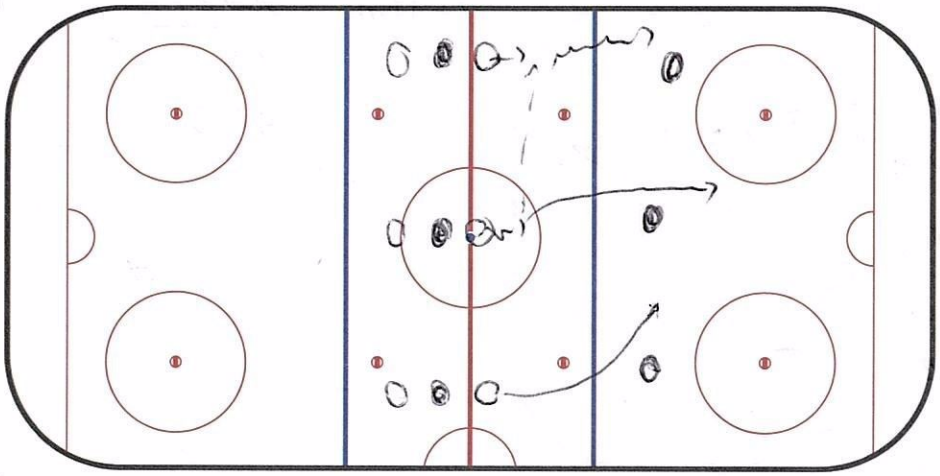
TT 17:10 - 17:35
ET 18:00 - 18:10

TRAININGSPLAN

gib Gabriel Lukas Julian
gib Patrick Tobi V Jan
Josef U15 Benno Tobi L
Exc. P.
gib Kilian Paul; U15
gib Joshua Patrick
viel Benni Hannah

58'

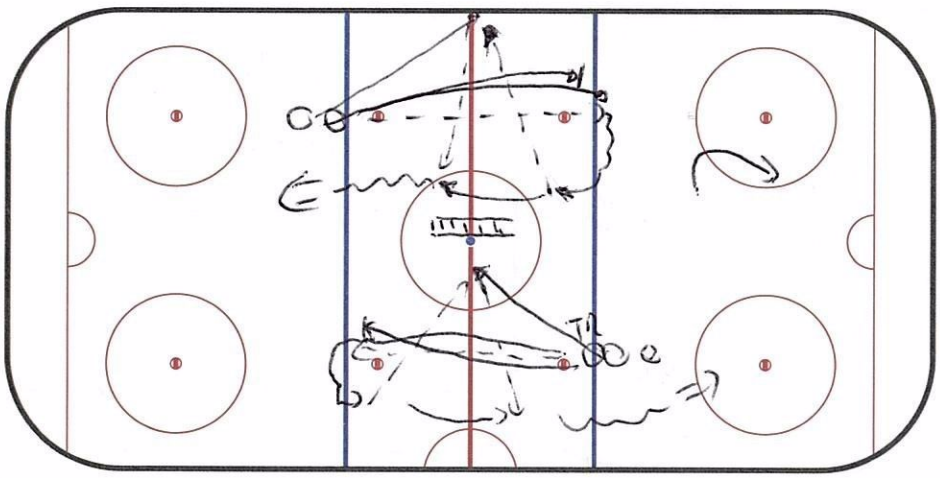
1



3 3 Warm-up Spiel
OFFENSIVE -
Defensive -
Umschaltspiel
jede seine Mann

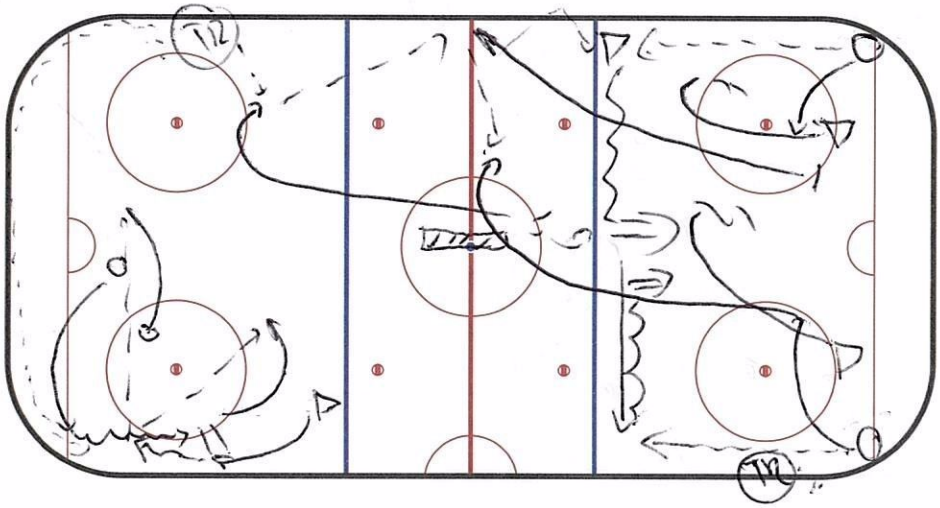
313 6'

2



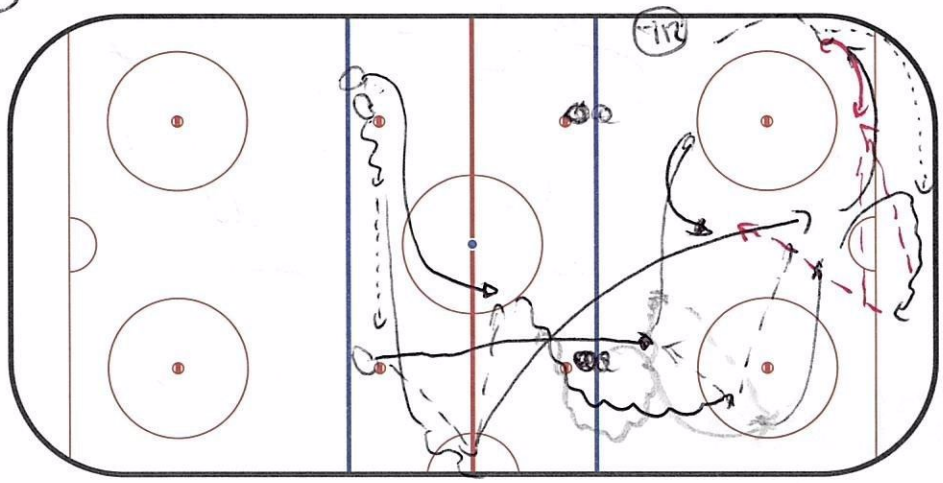
Passübung mit Druck
Unterstützung Zweier
1 SP geht auf Nachschuss

3



1-1 2-2 vor dem Tor
3-2 Aufbau 4148

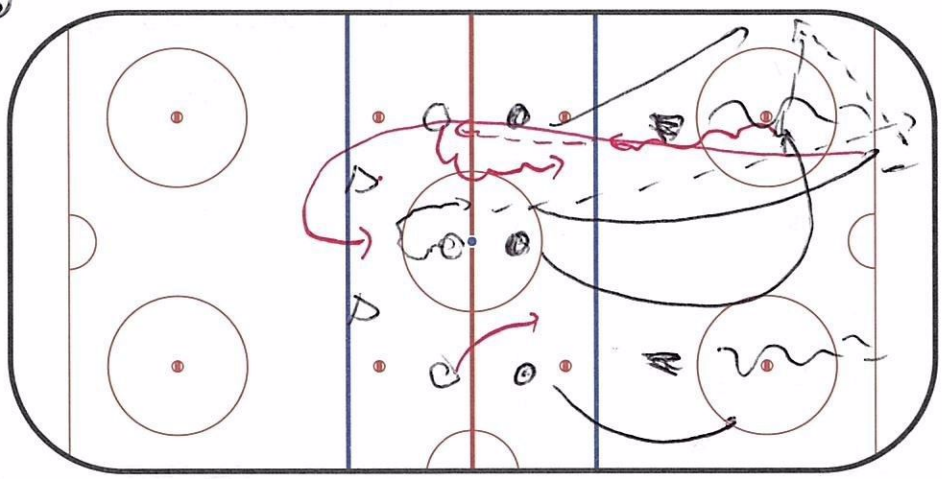
(4)



3-0

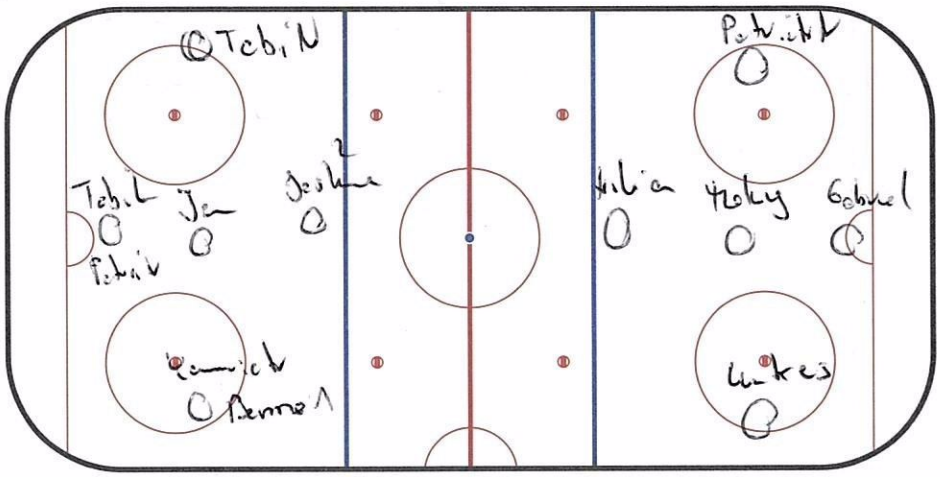
- kreuze
- RIM pass hinter Tor

(5)

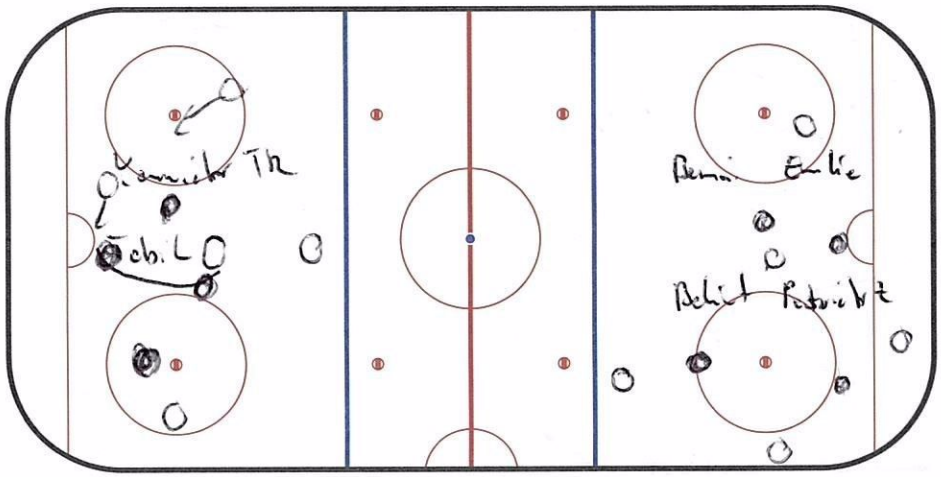


Aufbau 1VC
2VC
5-5

(6) 20 Min



U2
- im Drittel
- Aufbau



U2

TEAM: U11

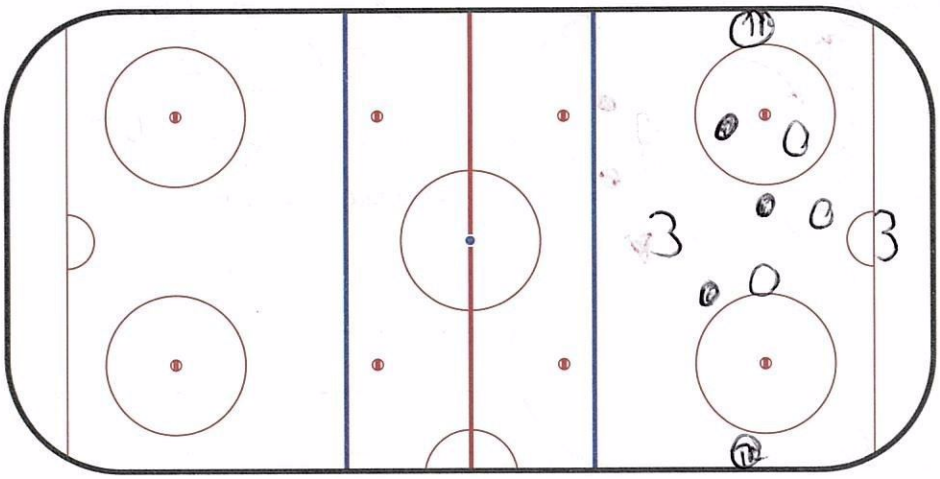
DATUM: 07.11.2017

TRAINER: Markus, Marc

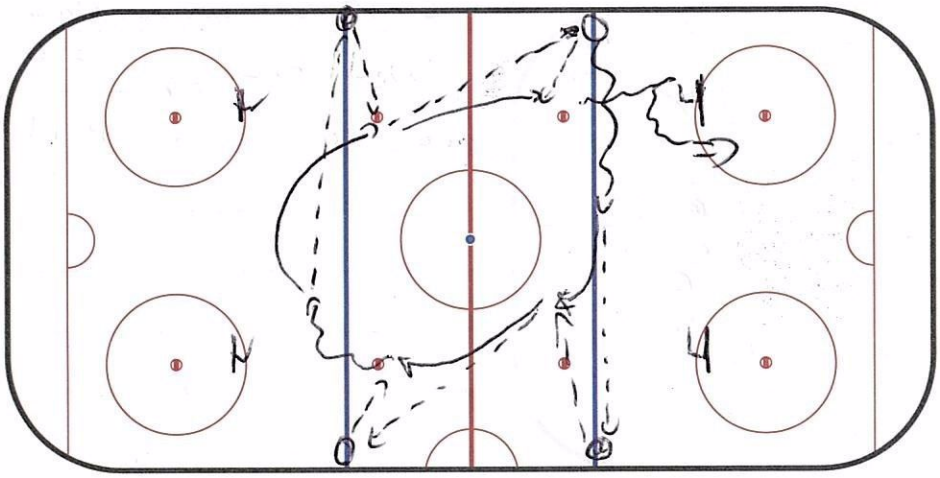
Gabriel Lukas Philipp
~~Andreas~~ Tobi N Je
Robin Patrick Benni

Kilian Emil's
Joshua Patrick
Arno

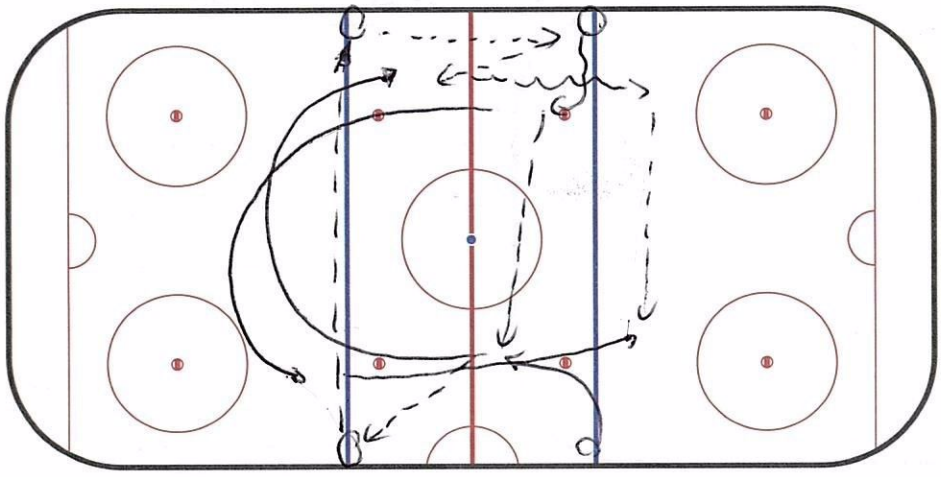
TRAININGSPLAN



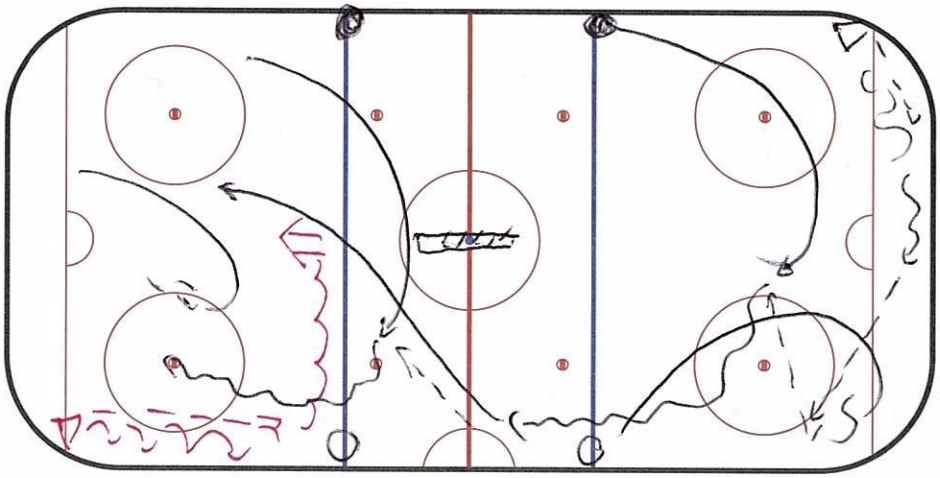
Warm up Spiel
3-3
auf zwei Tore



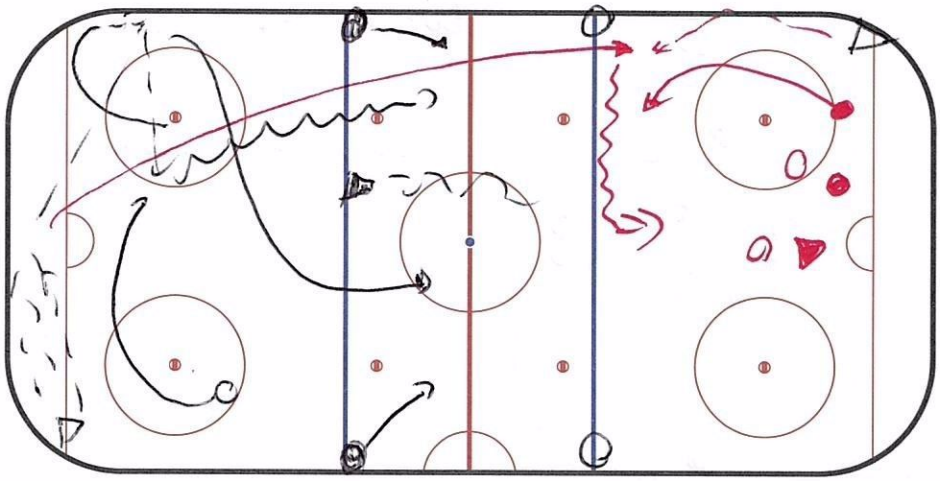
Passübung
4 Pässe



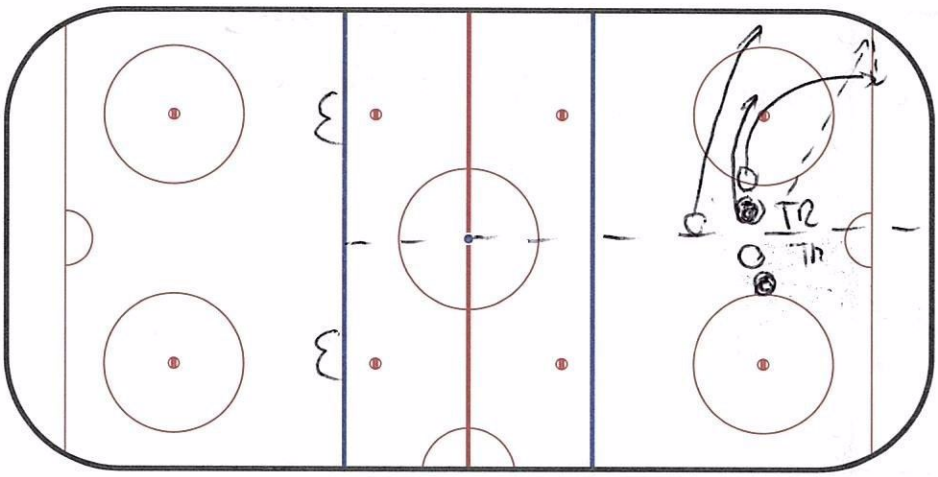
Passübung
2-0



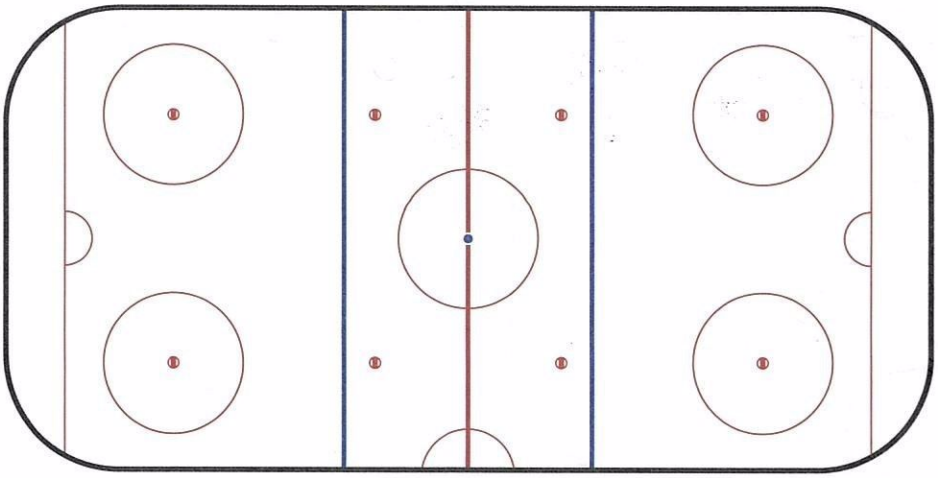
- 2 - 1 Aufbau
- Schuss von VT blaue Linie



2 - 1 Aufbau
+ 2 BC 2 - 1
Schuss von VT
blaue Linie



3 - 1 bis zur blauen Linie
3 - 0
Wettkampf
pro Tor einen Punkt



5 - 5 Spiel

TEAM: U17

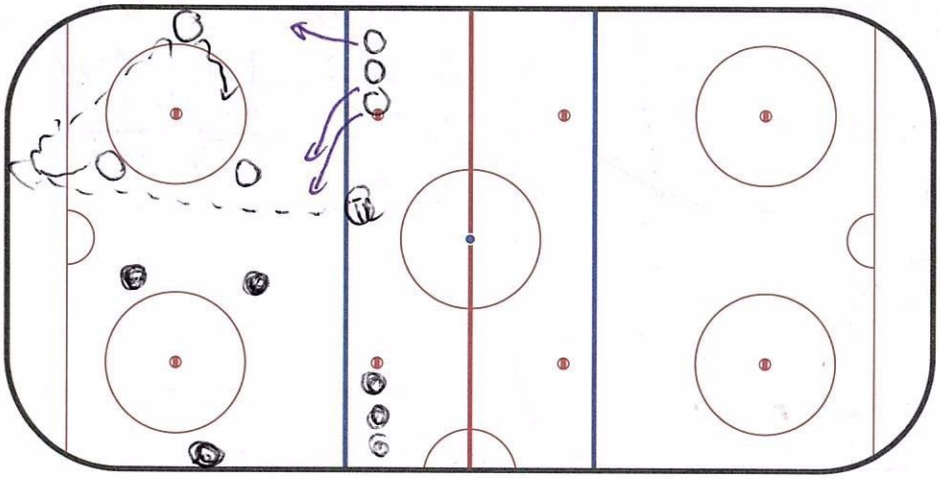
DATUM: 09.11.2022

TRAINER: Markus, Marc

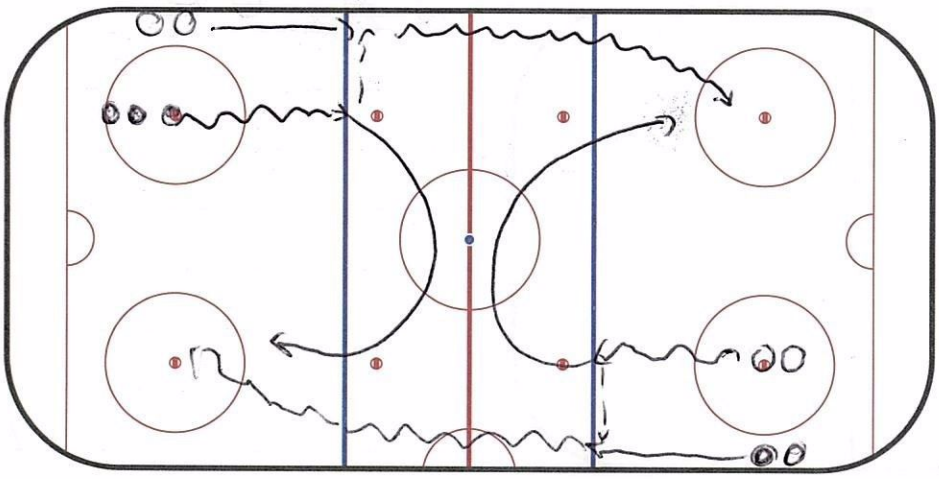
Gabriel Lukas Malyo
U15 Tobi V Jan
Zieglr U15 Balint

Kilian Emilie
Joshua P. Kandl
U15

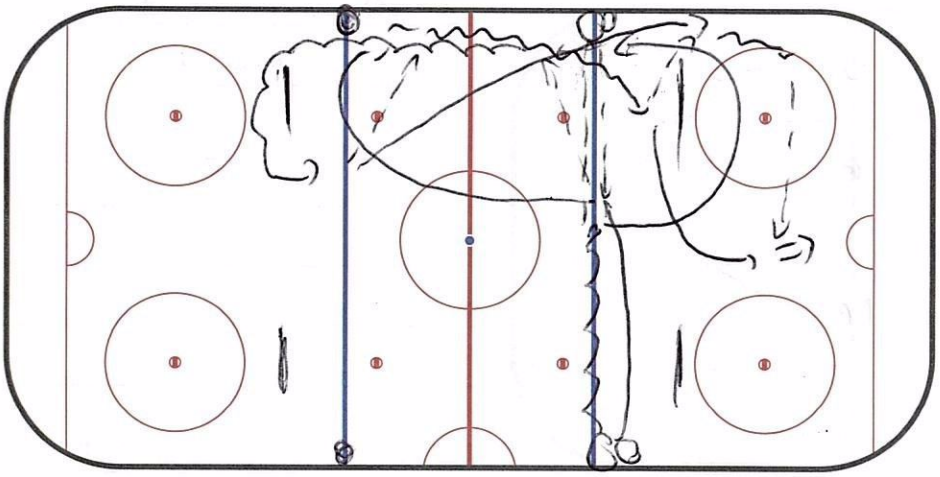
TRAININGSPLAN



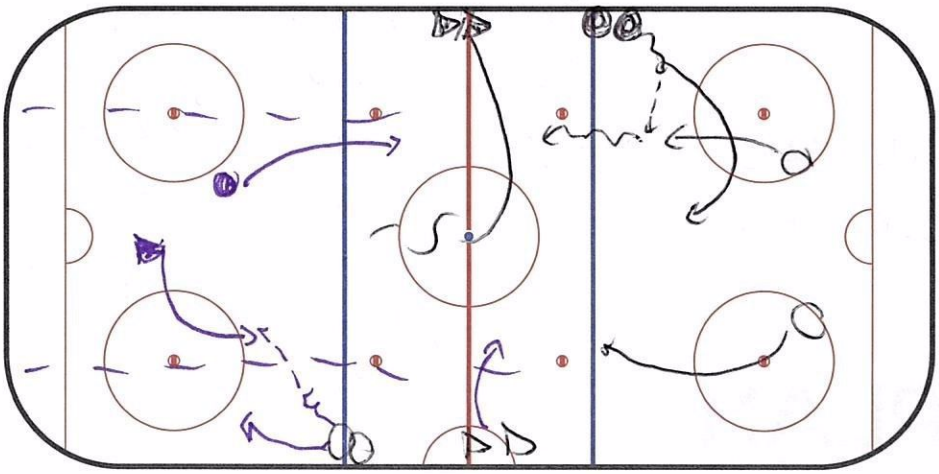
Warm up - Spiel
3-2
Umschaltspiel
Defensive - Offensive
wenn die Defensive SP
den Puck passen werden
sie dann offensive
die Offensive beim Rückkehr-
last gehen wenns es kommen
drei neen Spieler!



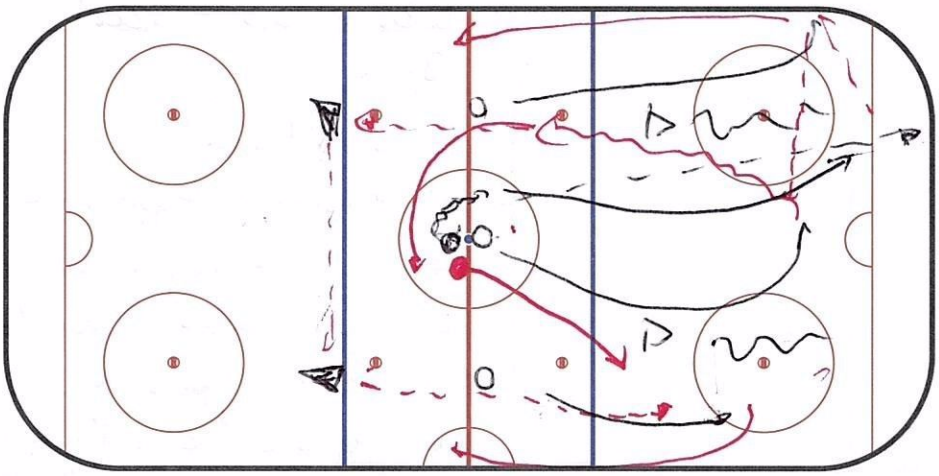
1-1 sätlich
aufnehmen



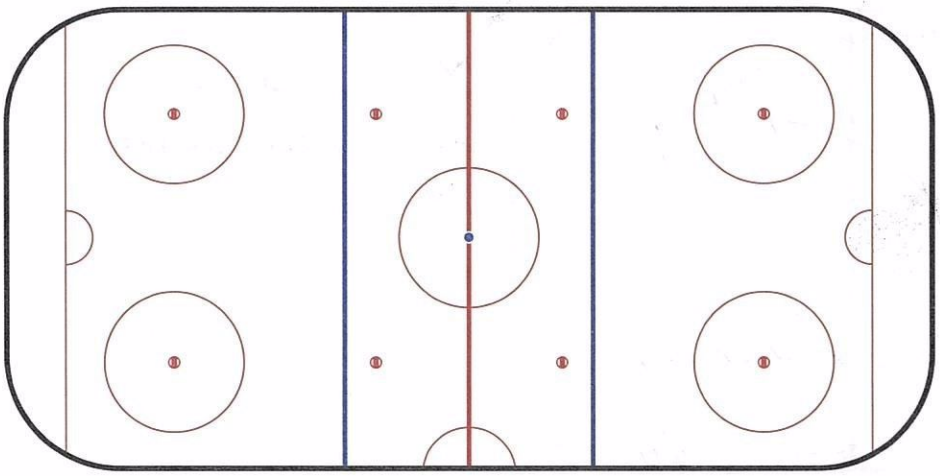
2-0
Pass - Kreuz üby



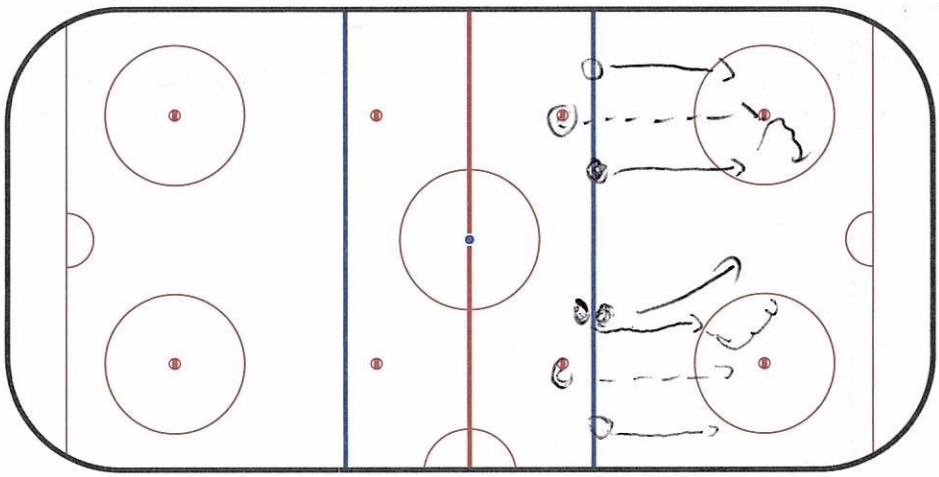
2 - 1
Transition Game
02
SpEED



Aufbau 1 VC
Aufbau N2 1 VC
5 - 3 ab Mittellinie
5 - 5



5 - 4 Ü 2



1 - 1
2 - 1 4 - 2
bis 3 - 3

TEAM: U17

DATUM: 11.11.2022

TRAINER: Markus, Marc

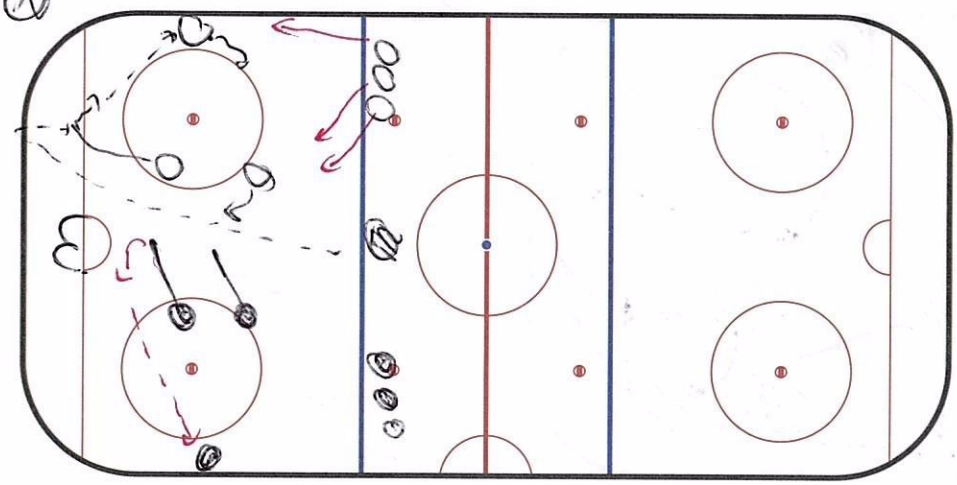
TT 17er - 17er
ET 17er - 18er
Video 13:00 - 15:45

TRAININGSPLAN

Tobi Lukas Nicky
Patrick Tobi Jan
Vincent Dennis Bebi-1/Eyke 1.
Jaron
Kilian Kristi
Joshua Patrick K
Emilio Yannick

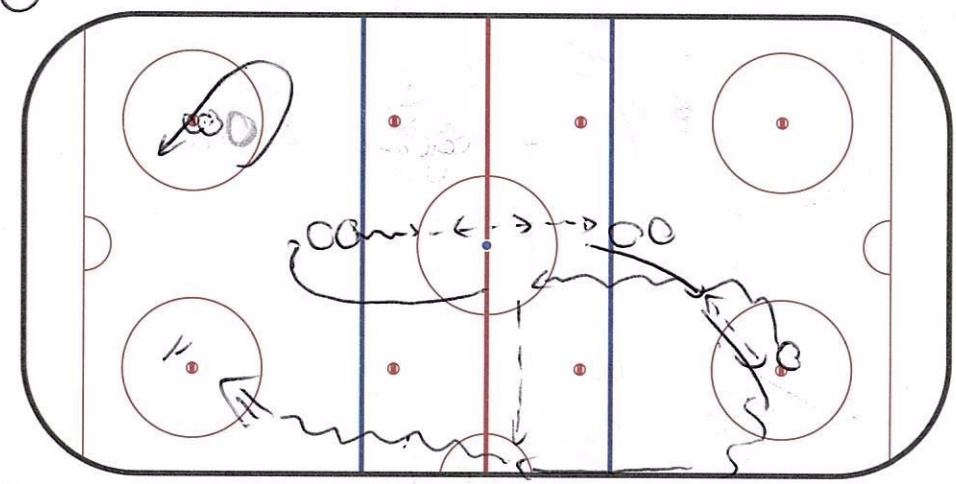
Kvark Gebriel, Benni

(1)



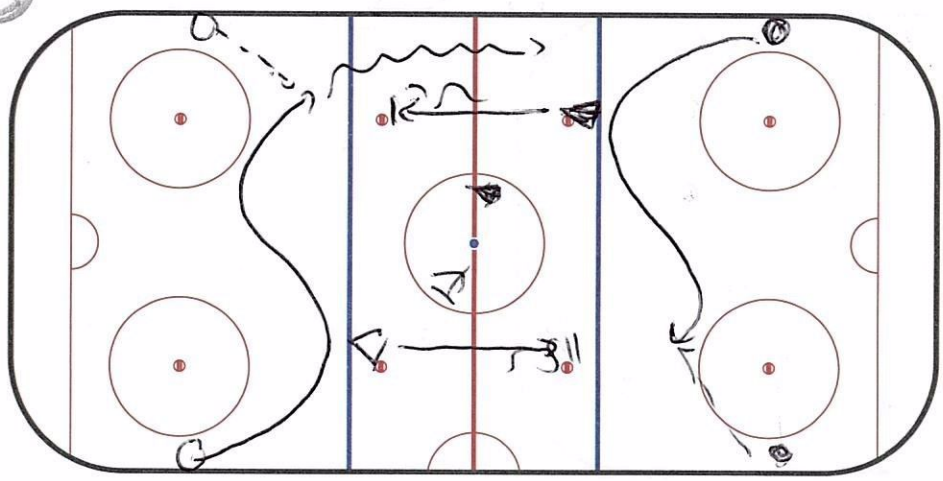
Warm up - Spiel
3-2
Umschaltspiel
Defensive - Offensive
Defensive SP beim
Rückgewinn pass zum
Joker werden dann
Offensive 3-2
Offensive SP Joker raus
neue SP kommen

(2)



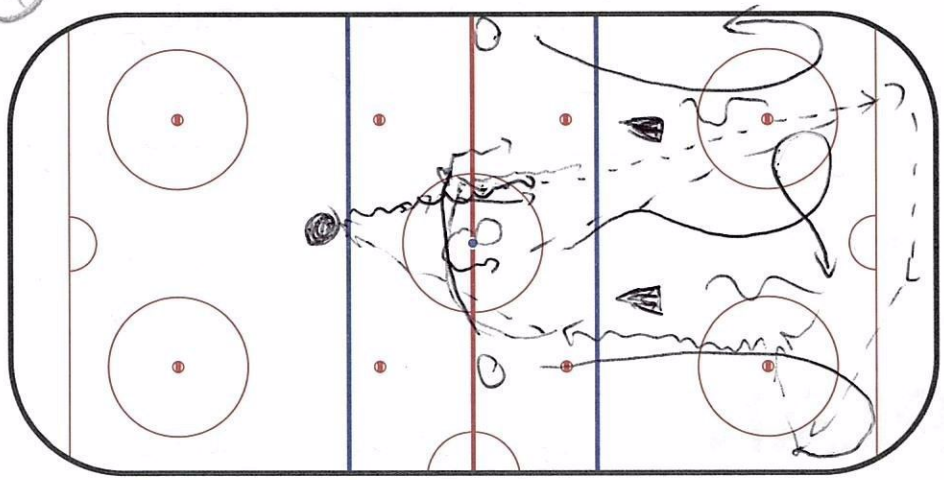
Possübung 1-0

(3)



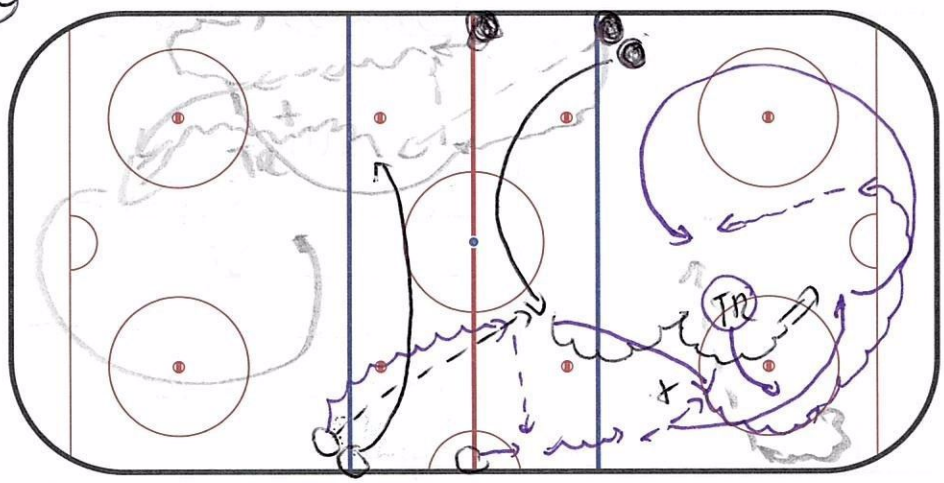
1-1
Nachnehmen

(4)



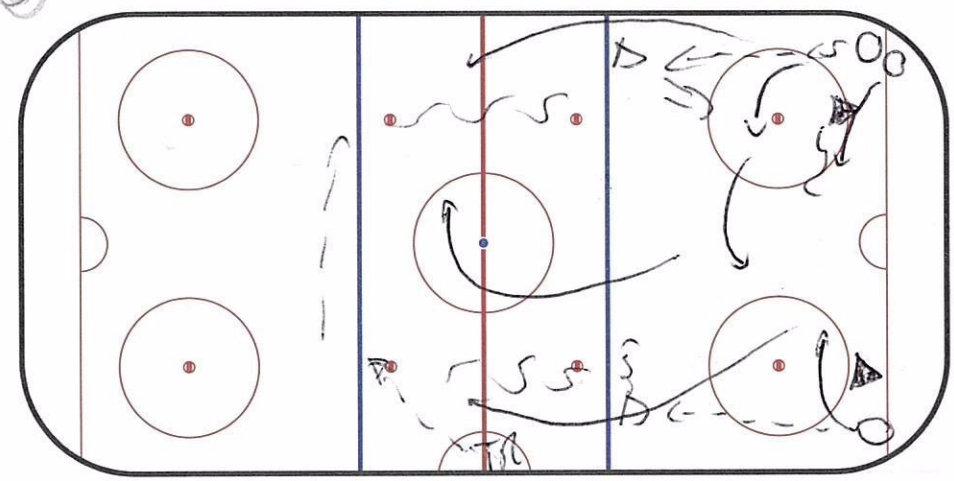
Aufbau
Regroup
3-2 (1DC)

(2)



Possibly

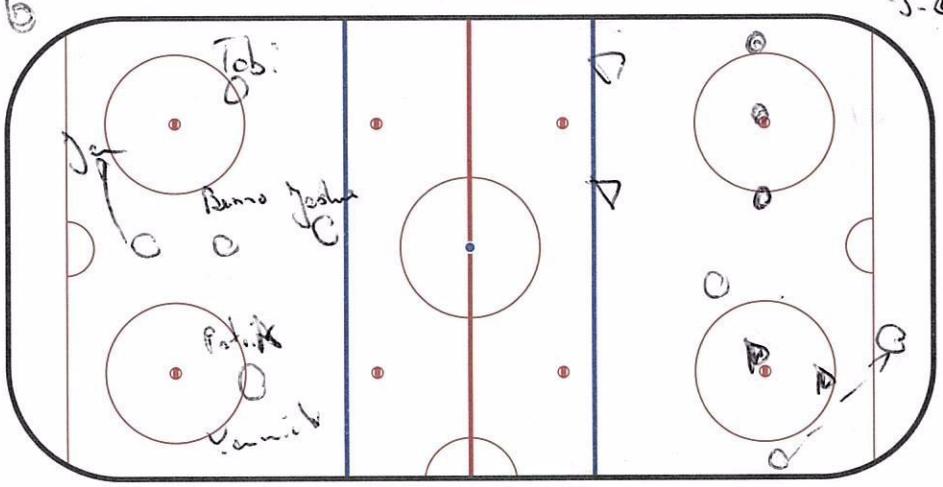
(5)



2-1
3-2
Regroup Aufbau

5-4
3-2-5-5

6



TEAM: U12

DATUM: 14.11.22

TRAINER: Markus, Mave

TT 165€ - 171€

ET 173€ - 183€

TRAININGSPLAN

Tobi L Gabriel Kreuzer

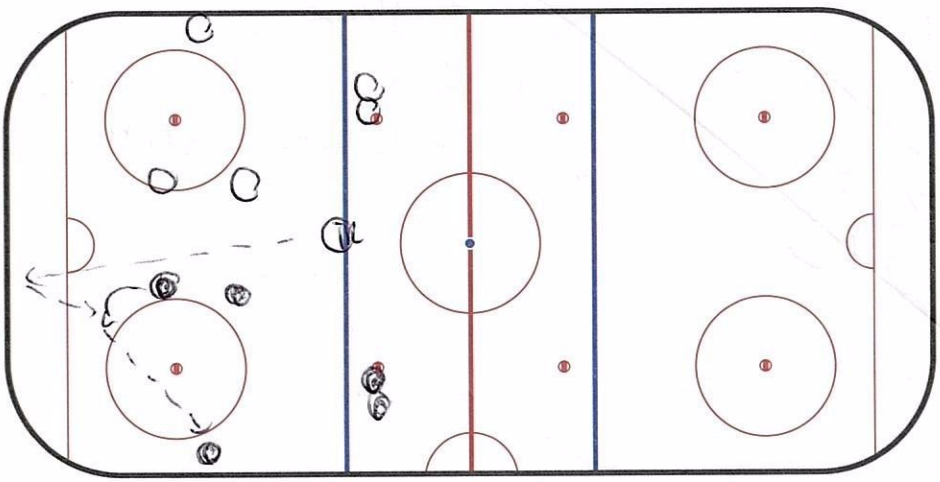
Tobi D Jan ?

Benni Benno Z. gute P.

Fremd: U15?

Joshua Kendl

Absage Kilian, Robin, Emilio

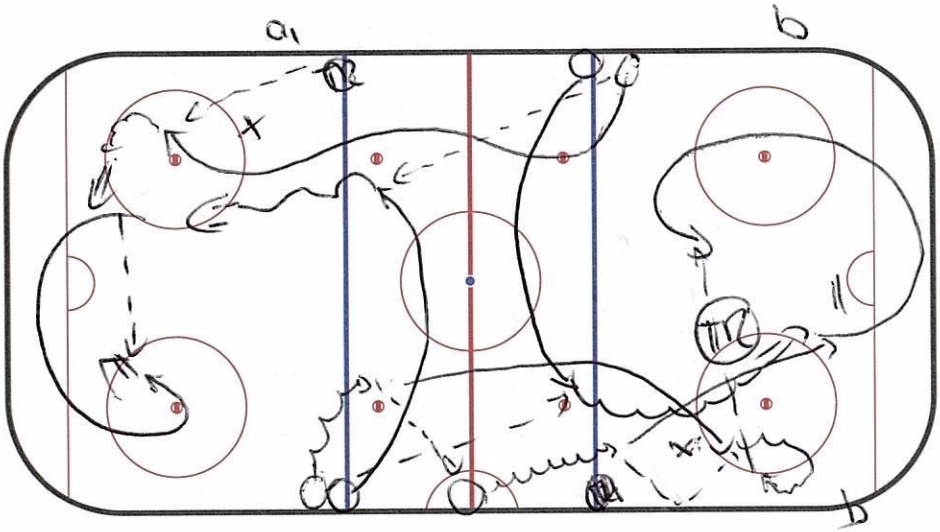


Warm-up Spiel

Umschaltspiel

Defensive - Offensive

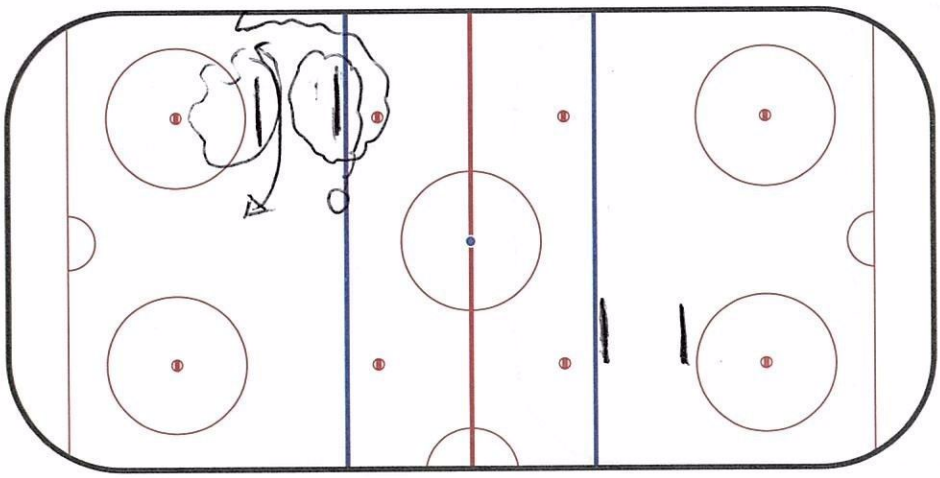
3-2



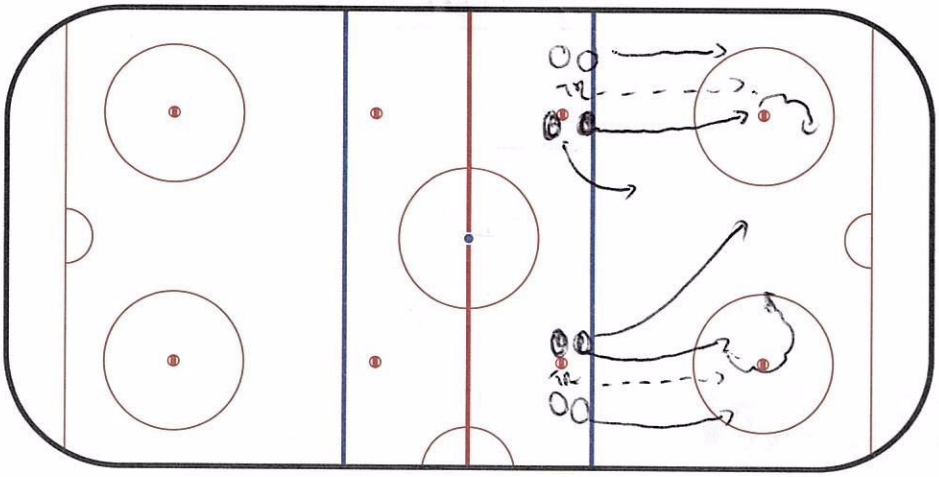
Pass & Schusstiefe

1-0 | 2-0

1-0 | 3-0



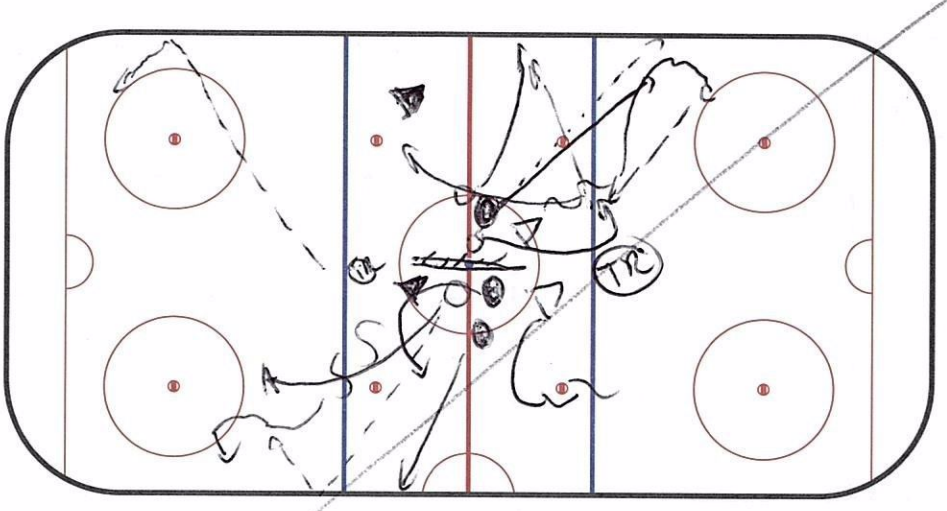
1-1 aufnehmen



1 – 1

2 – 1

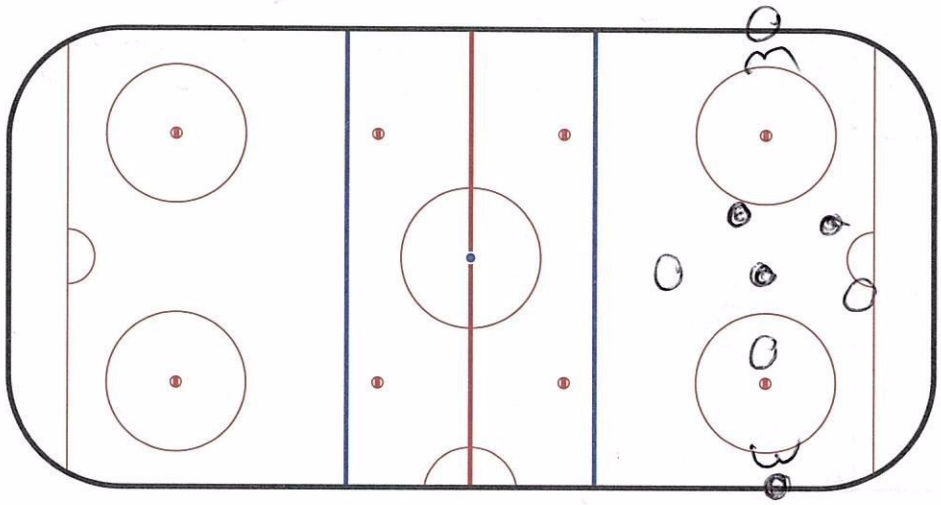
4 – 2 oder 3 – 3



Aufbau

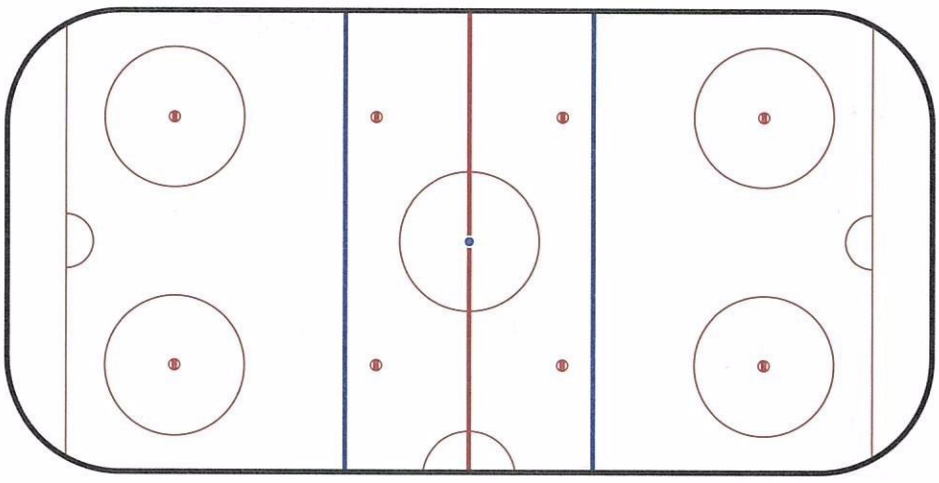
3 – 2

3 – 2 aus der Ecke



3 – 3

1 Jeke hinter Tor



E.H.C. KLOSTERSEE

TEAM: U17

DATUM: 16.11.22

TRAINER: Markus Mar

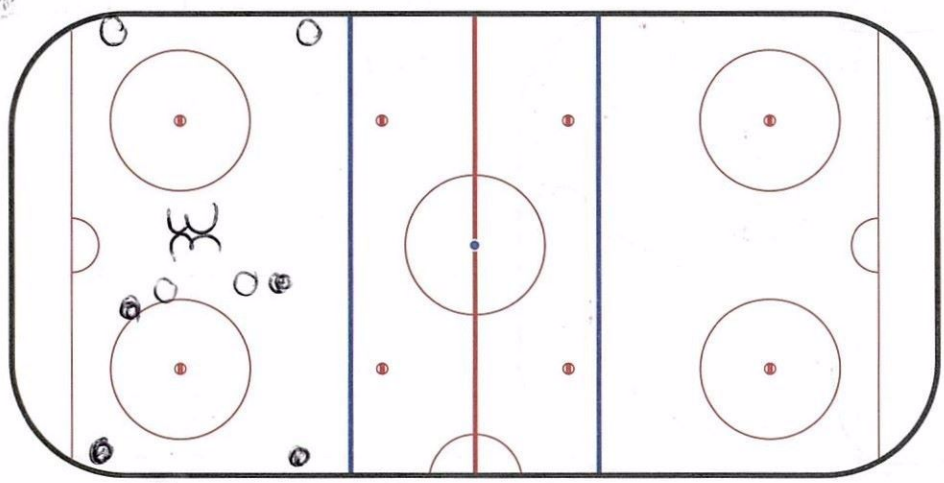
TRAININGSPLAN

Lukas Heluga
Tobi V Jan (krank)
Benno Patrick

Kilian Yannik
Joshua Patrick
Fiorri Benni
Emilia → ganze Zeit

5-8 M

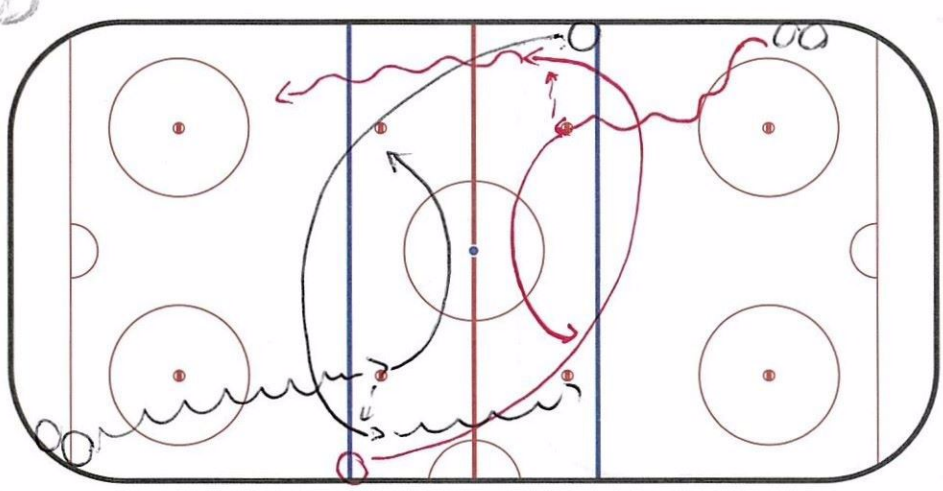
(1)



Warm up - Spiel
2-2 2 Joker - offensiv

4 M 8

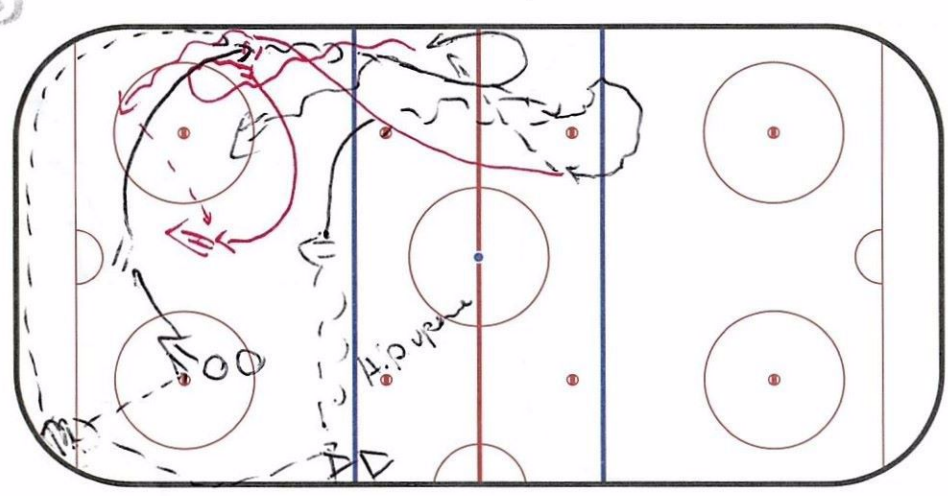
(2)



1-1
Seitlich aufnehmen

4 M 8

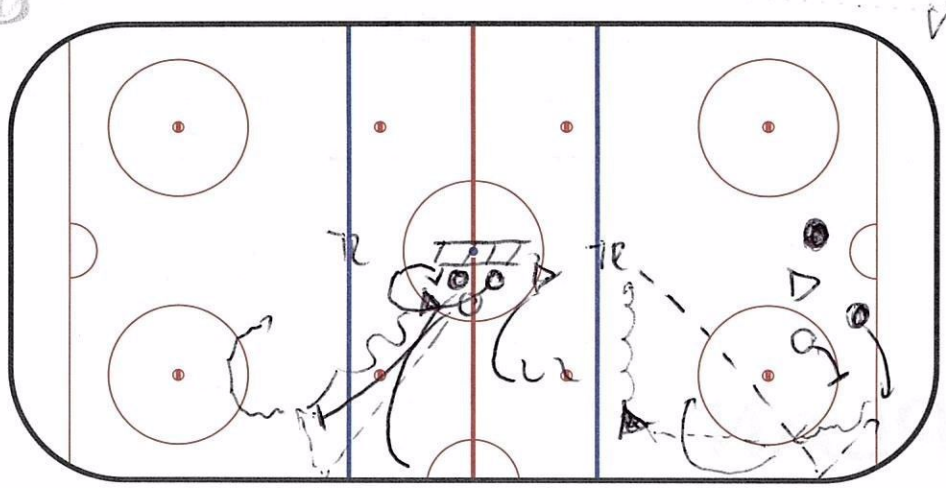
(3)



Transition OZP
2-0 Kreuzen

24

4

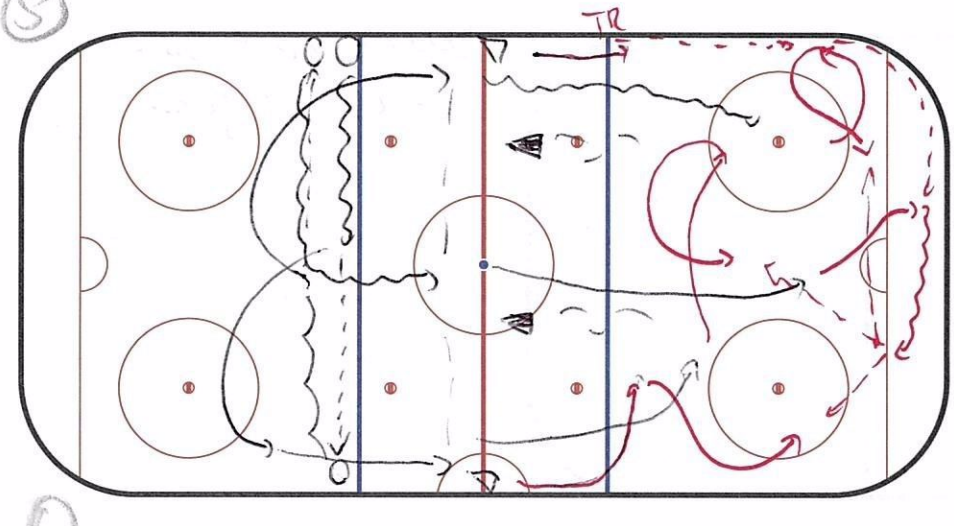


VT Aufbauen unter Druck

OZP

3 - 2 aus der Ecke

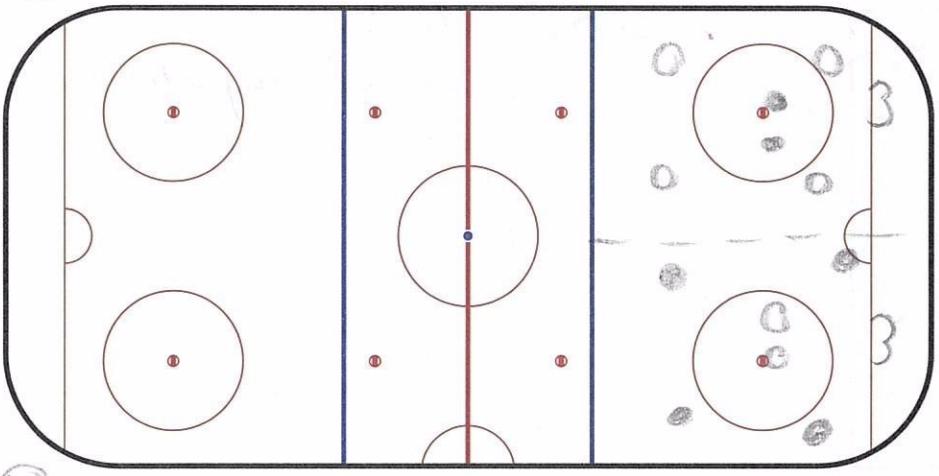
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3 - 2 1 - 2 - 3 Prinzip

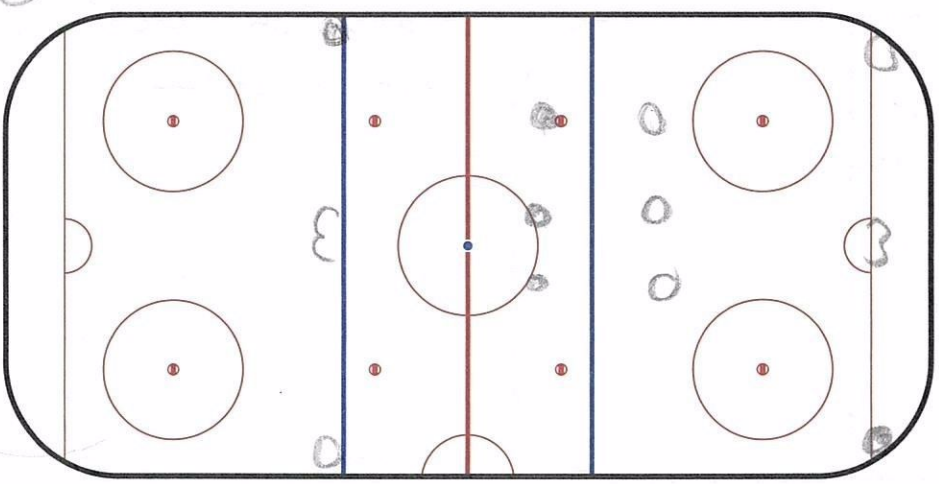
5 - 2

6



4 - 2

7



3 - 3 + 3 Joker

TEAM: U17

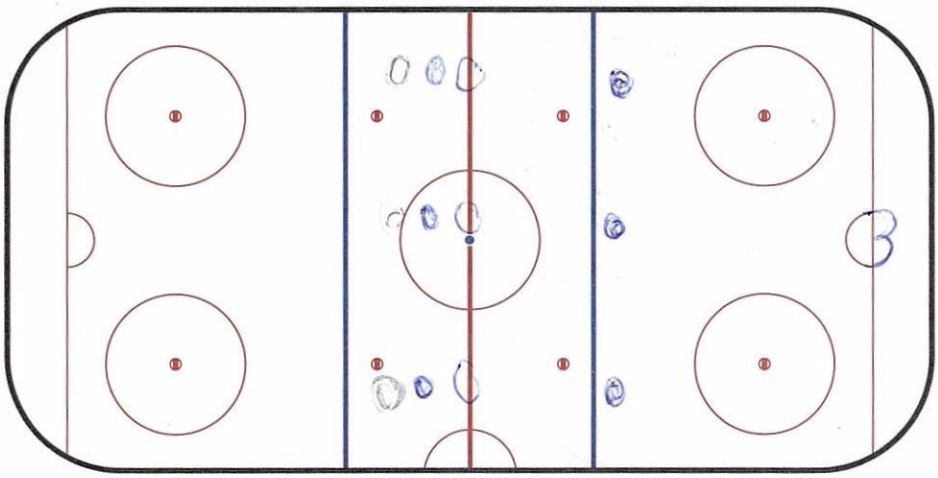
DATUM: 18.11.22

TRAINER: Markus

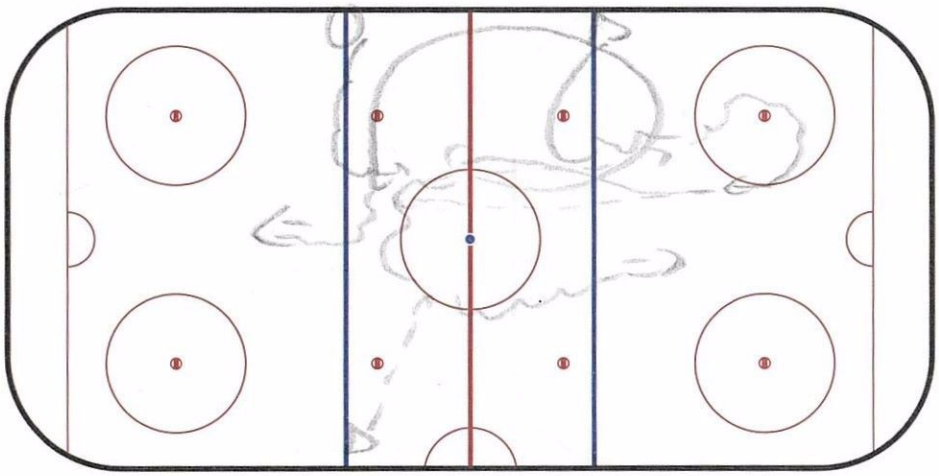
TRAININGSPLAN

Gabriel Lukas Philipp
U15? Tob. N Tobi L
Behdad Zygi P. ~~Ben~~
~~Ky. P~~

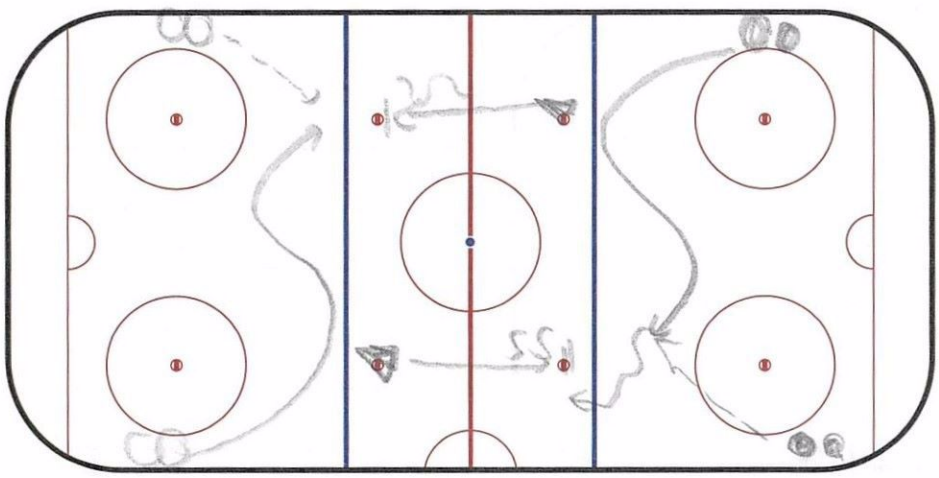
Kilian Anno ~~Konst.~~
Joshua Patrick
Franzi ~~Yannick~~
Ben.



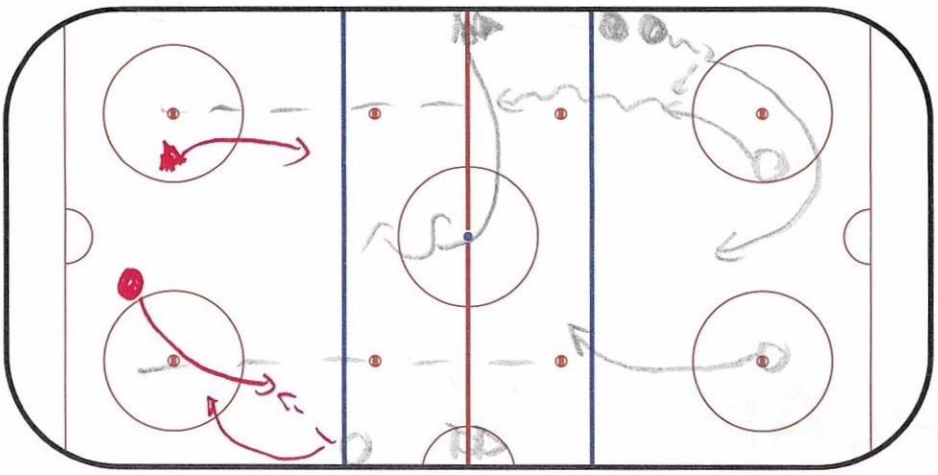
Warm up Spiel 5-8
3-3
Umschalt spiel



4 | 4
Passing



1-1 3 | 3

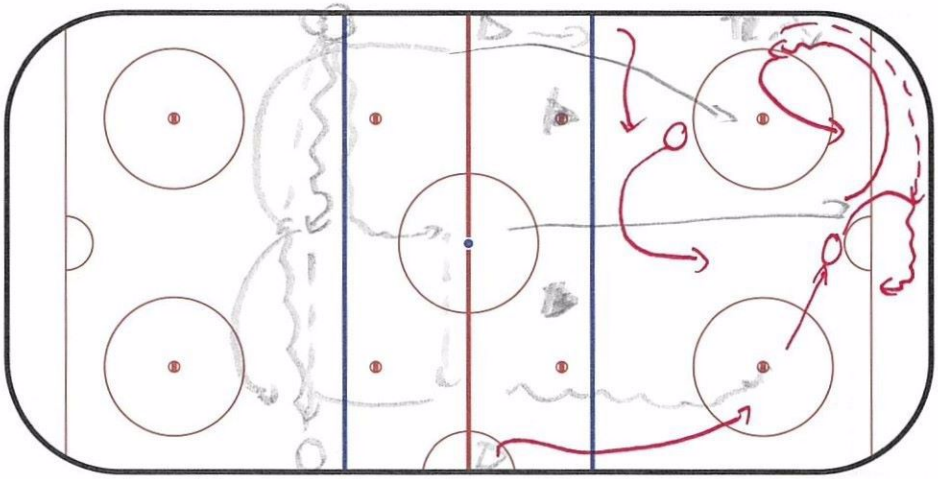


2-1

Transition Game

02

SPEED



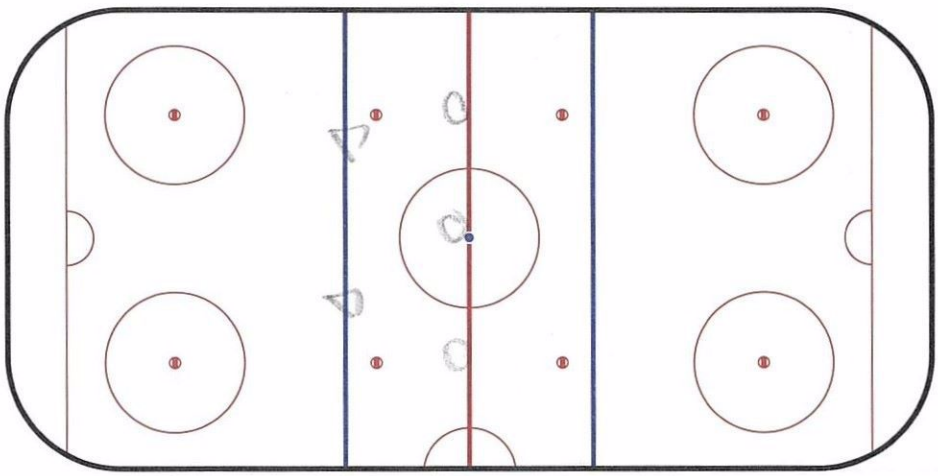
3-2 8

5-2

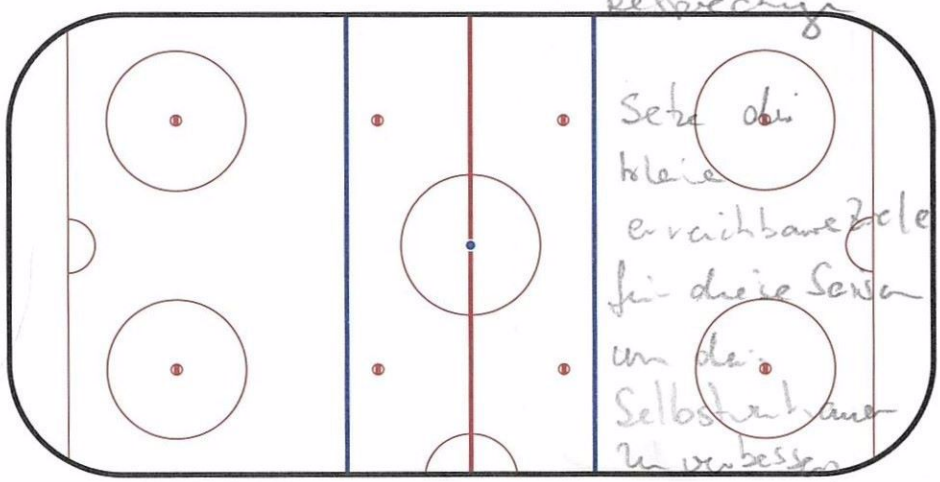
Aufbau 8'

1 VC

2 VC



- Besprechung 8



Setze dir kleine erreichbare Ziele für diese Saison um dein Selbstvertrauen zu verbessern

10

Ü2

Deine Bereitschaft einen Preis zu zahlen

Deine Fähigkeit, dich darauf hoff zu konzentrieren

dass du keine anderen in dich investierst

E.H.C. KLOSTERSEE

TEAM: U17

DATUM: 21.11.21

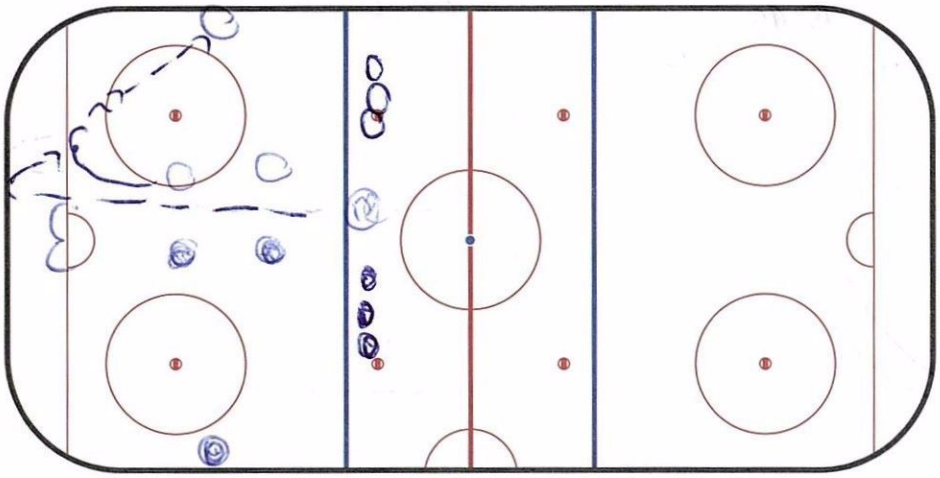
TRAINER: Markus, Hans

TT 16:50 - 17:10
ET 17:30 - 18:30
KT 18:40 - 19:30

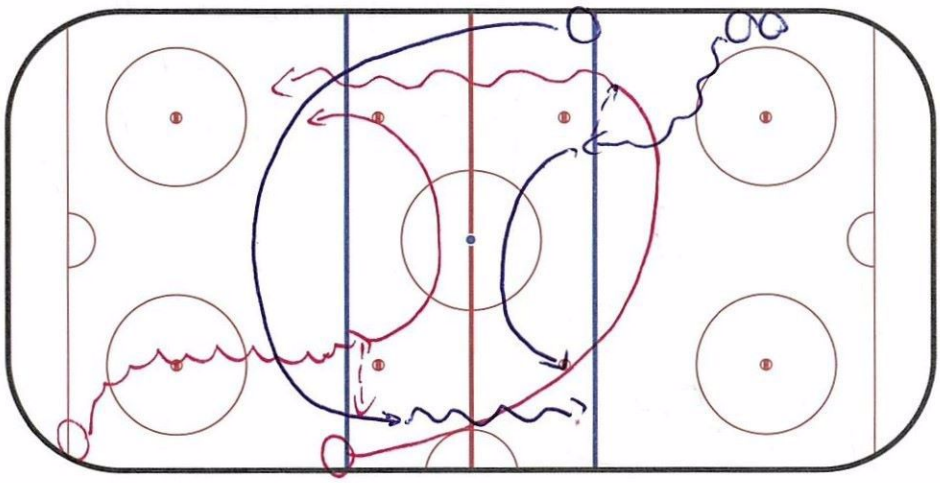
TRAININGSPLAN

Gabriel Lukas Nikolaus
Tobi L Tobi N Jan
Balint Ziegler P.
Kilian Benno
Benni Patrick K

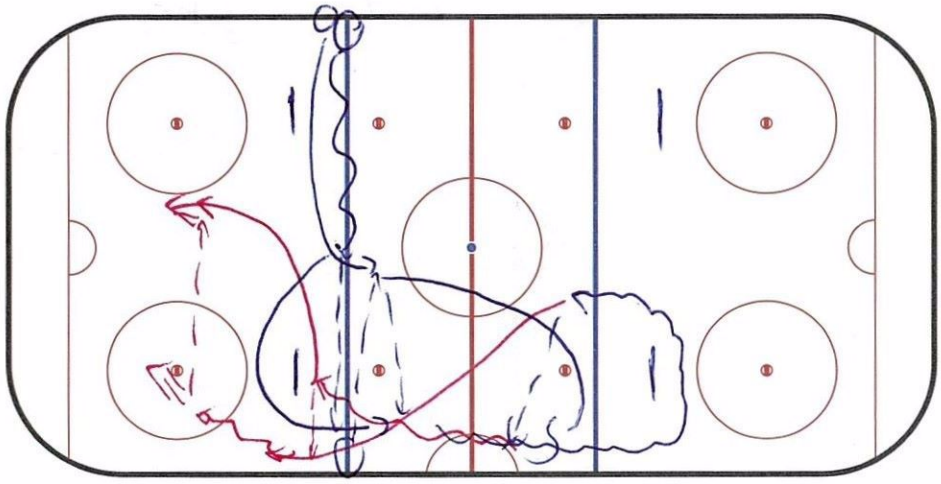
Ab Jakob, Emilio



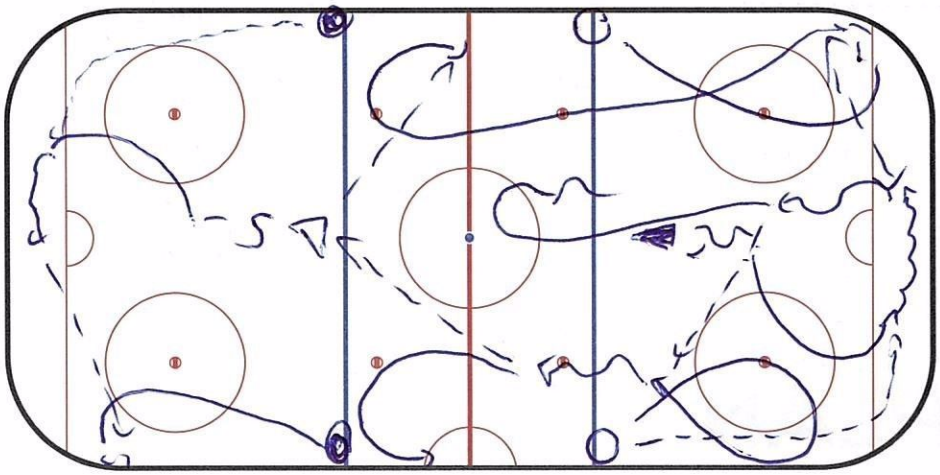
Warm up - Spiel
3-2



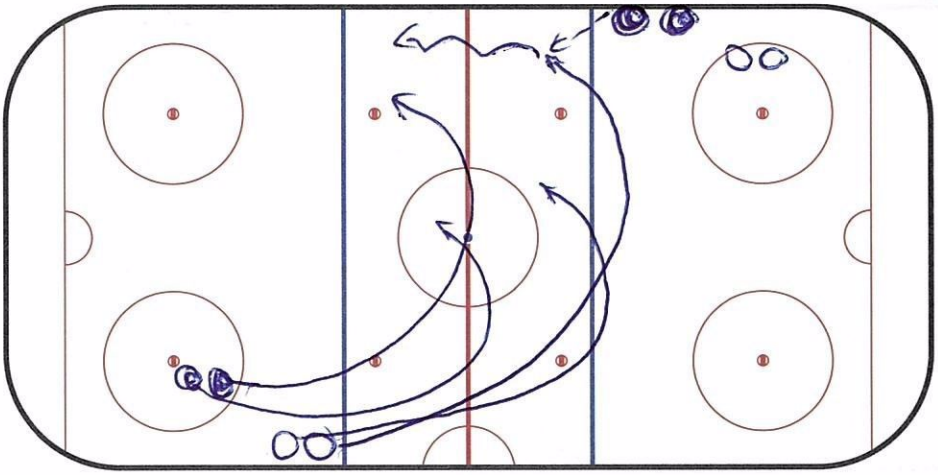
1-1
Sattlich aufnehmen



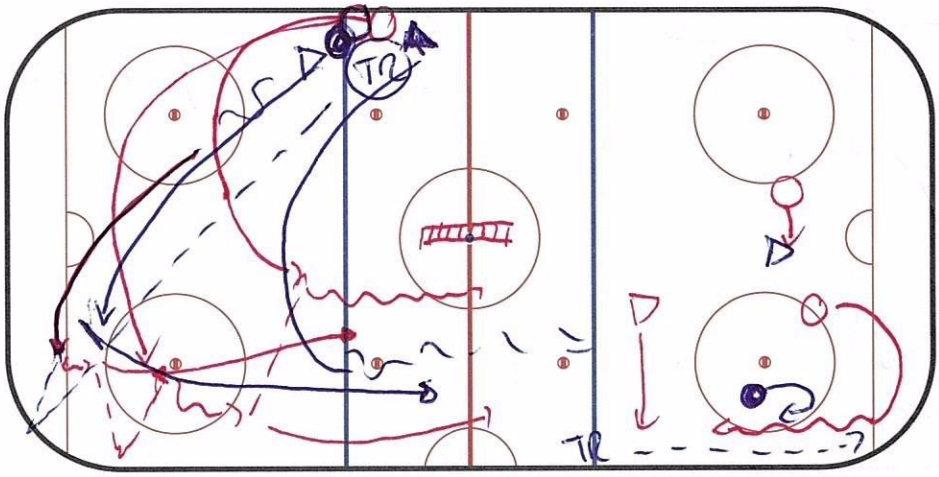
2-0



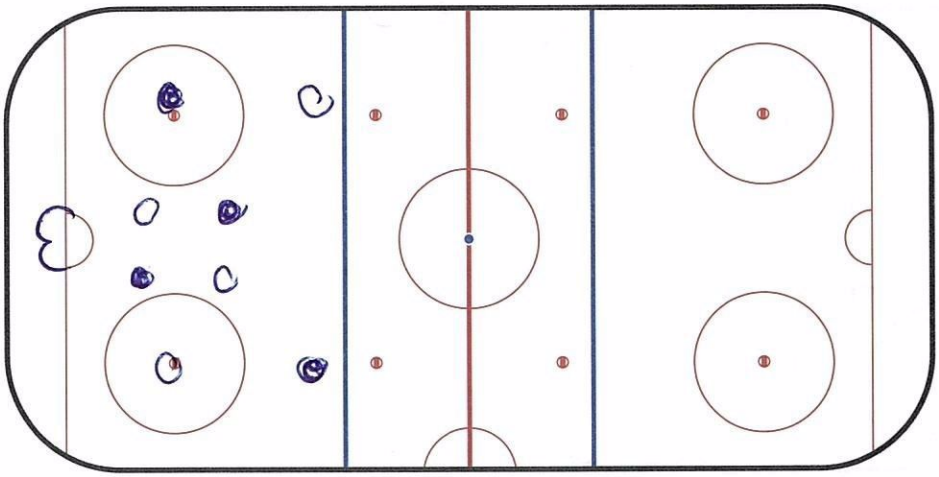
2-1
Aufbau
Regroup
Rush Drive off heels
feke the D Stick
slide pass file - ge



2-2



a) Aufbau unter Druck 3-2
b) 3-2 aus der Ecke mit VT



Spiel
2-2 2 Jeke

TEAM: U17

DATUM: 22.11.22

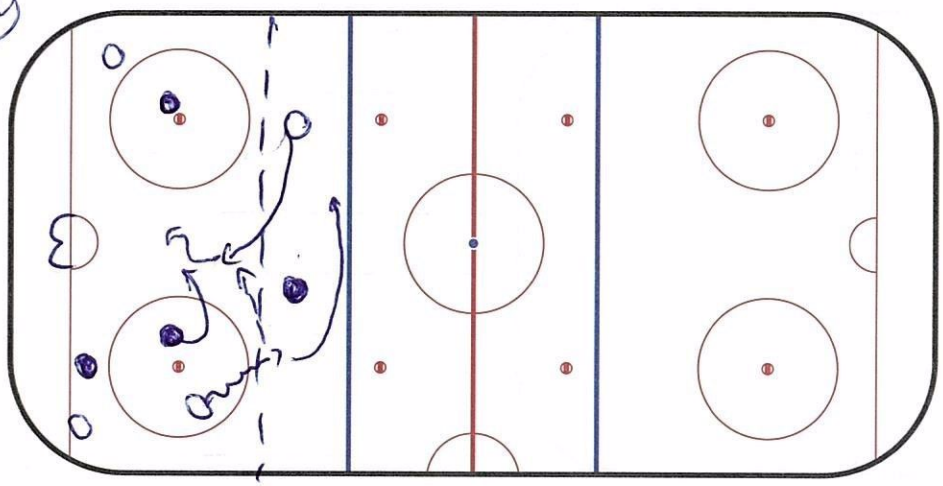
TRAINER: Markus

IT 1805 - 1820

ET 1840 - 1900

TRAININGSPLAN

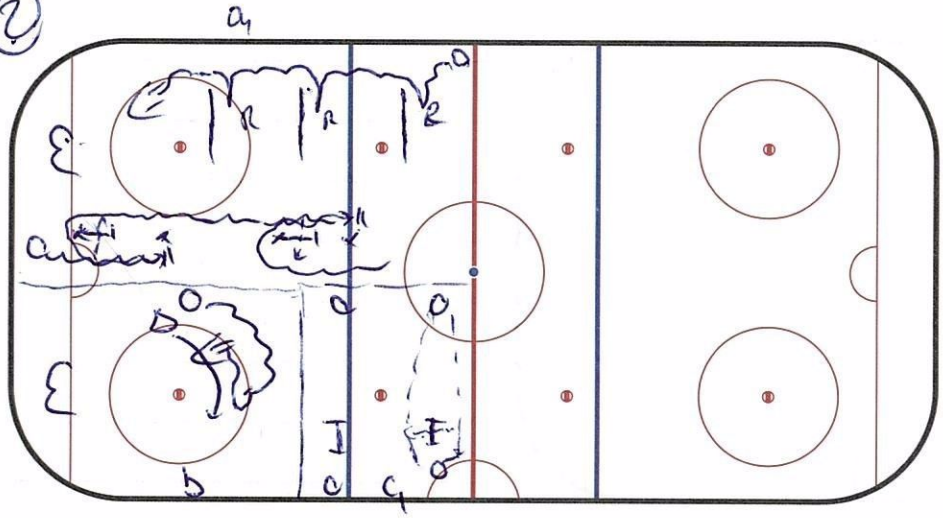
1



Warm up Spiel 02

NF 3-3 Exchange

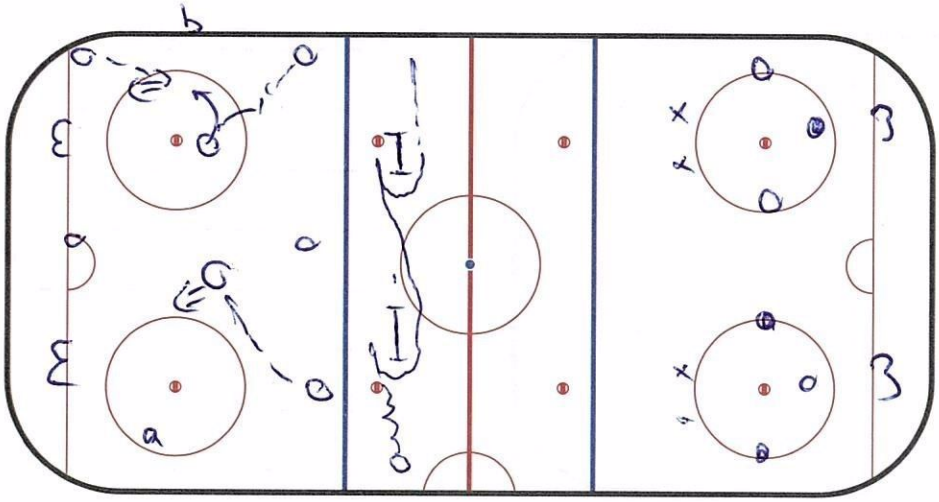
2



a, Stocktechnik

b, 1-1 Fink m. Kill.

c, Passübung



a, One t. Iner

b, 4 Schüsse

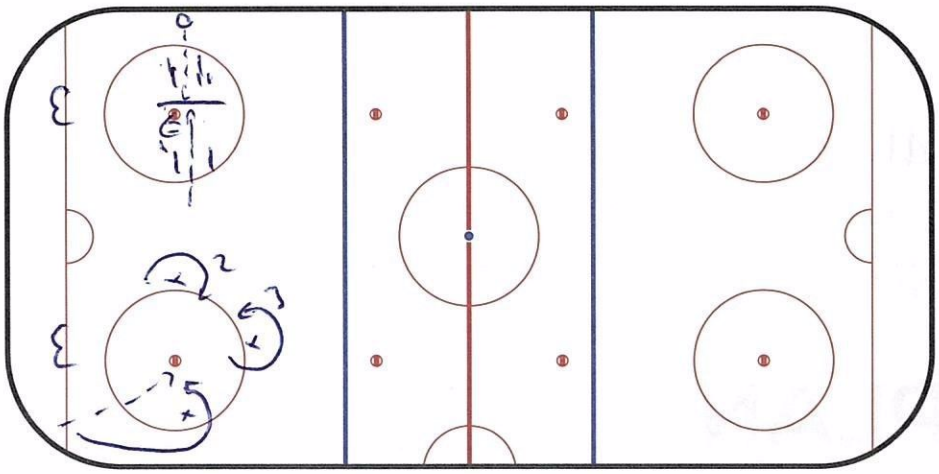
c, Stocktechnik

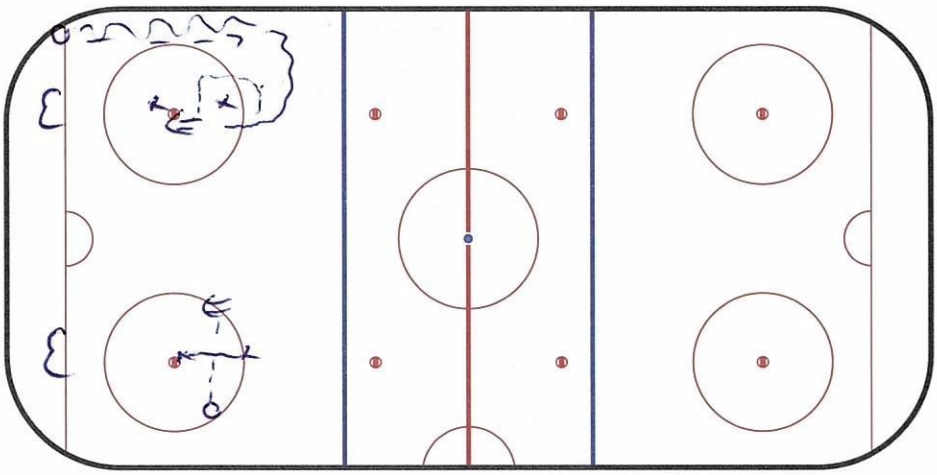
3 Spiel

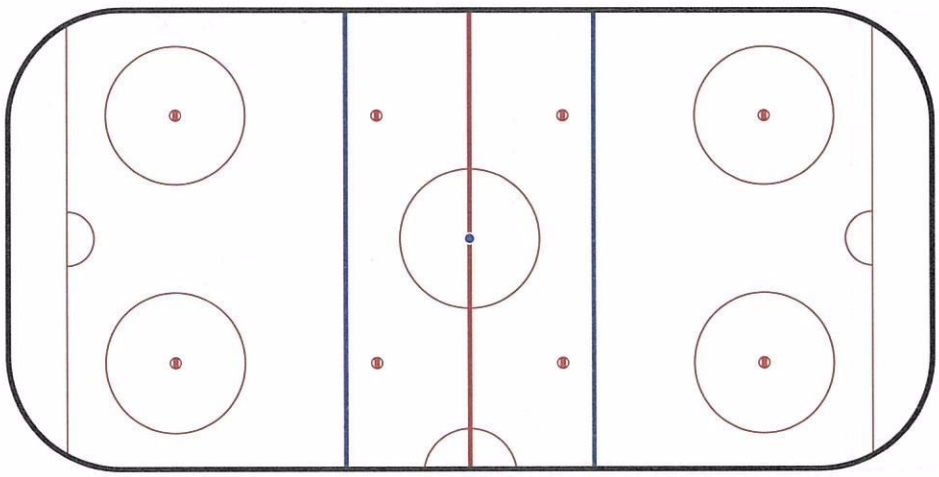
2-1

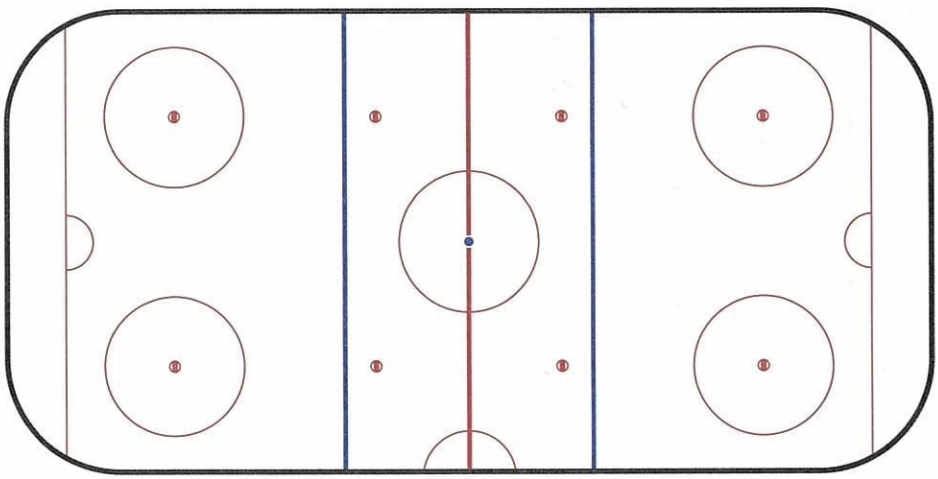
Wechsel-

U13









TEAM: U17

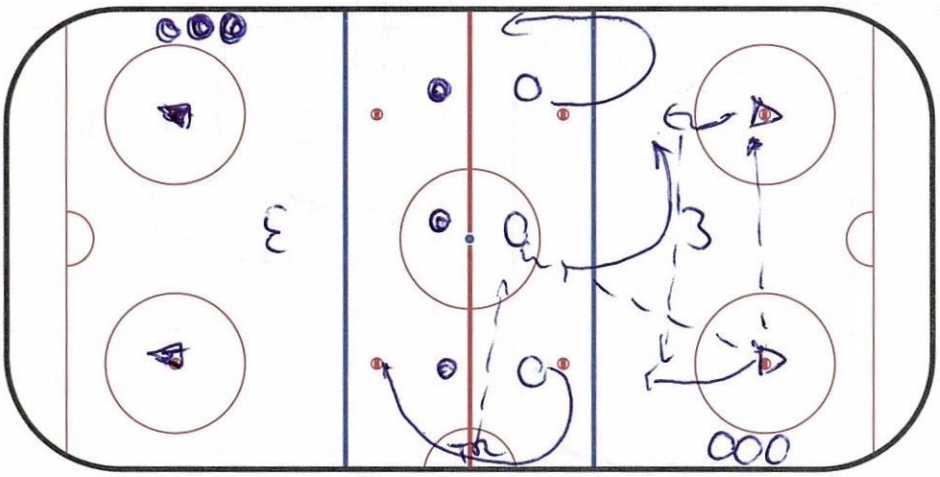
DATUM: 23.11.22

TRAINER: Hacks, Marc

TRAININGSPLAN

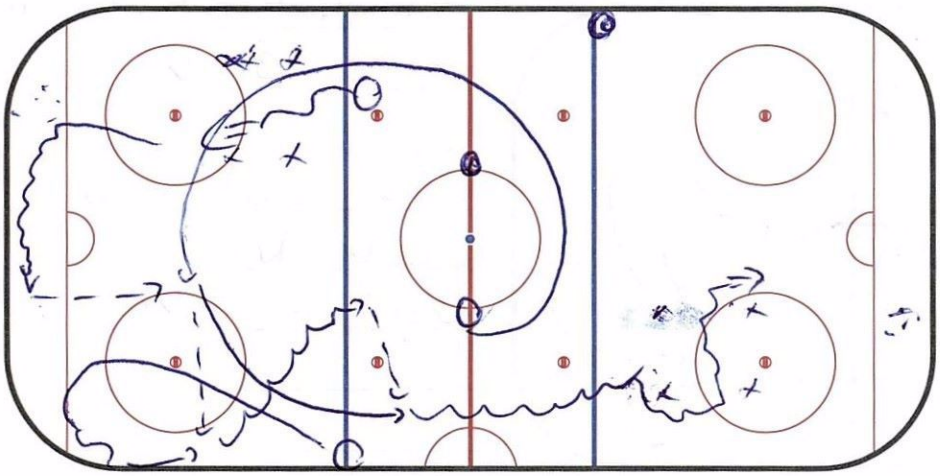
Gabriel Lukas Yulyan
Tobi Tobi V Jan
Joschi? Beka! (~~Patrick~~)
Lucas? Benni:
Kilian Benno
Joshua Patrick K
Patrick Z

6-8'



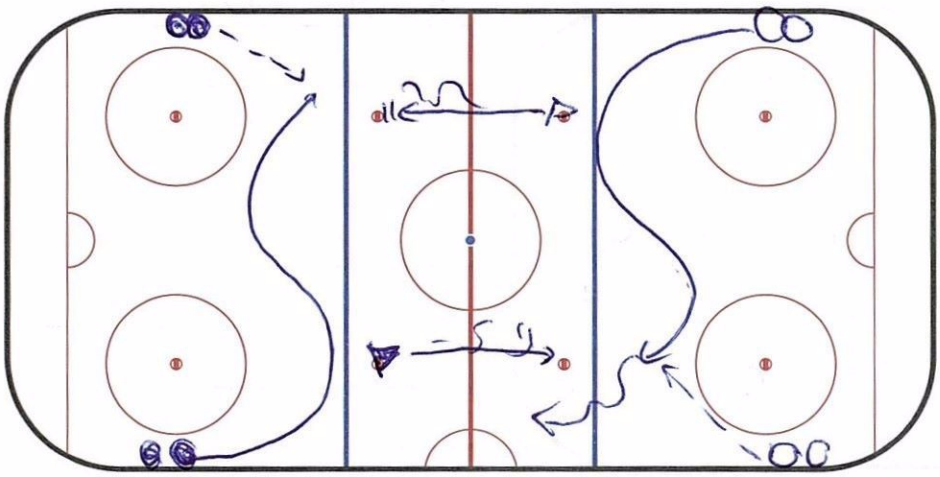
Warm up - Skeil
4-3 Aufbau

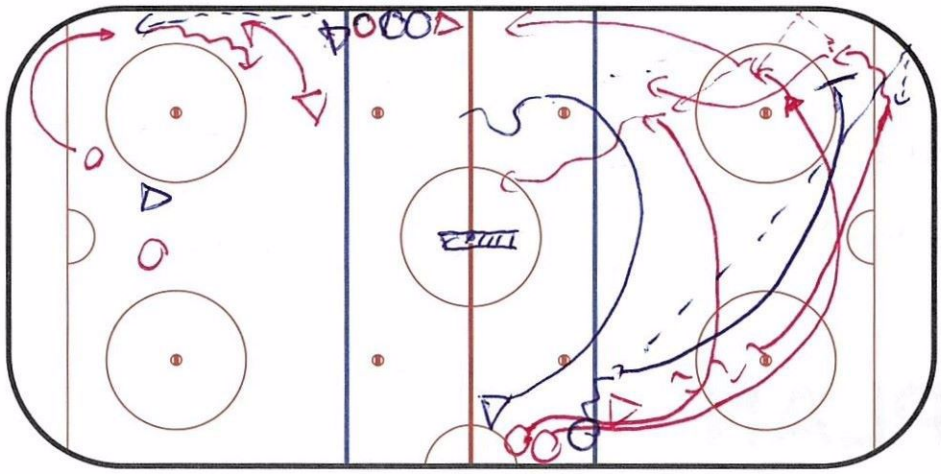
4 14 8'



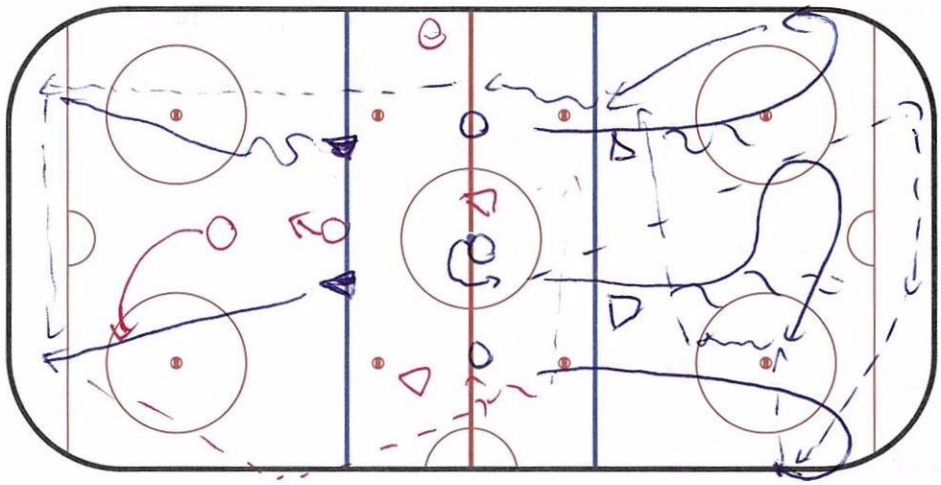
3 13 6

1-1

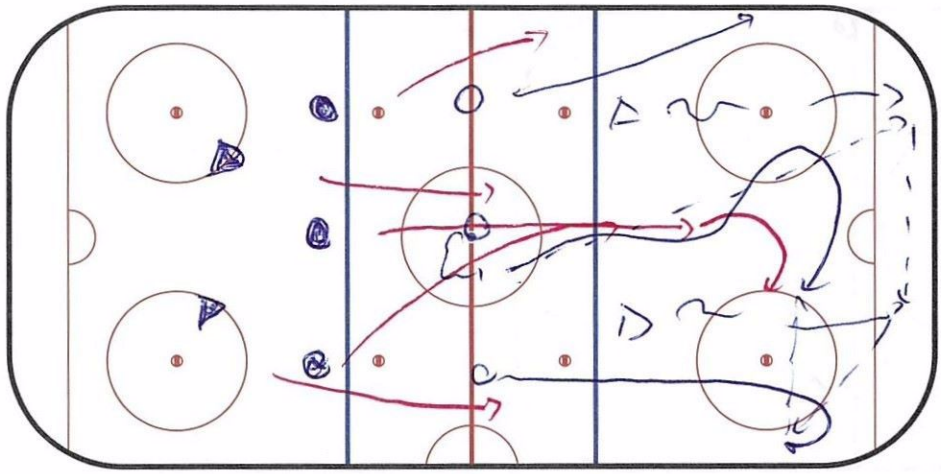




Aufbau unter Druck 3-2

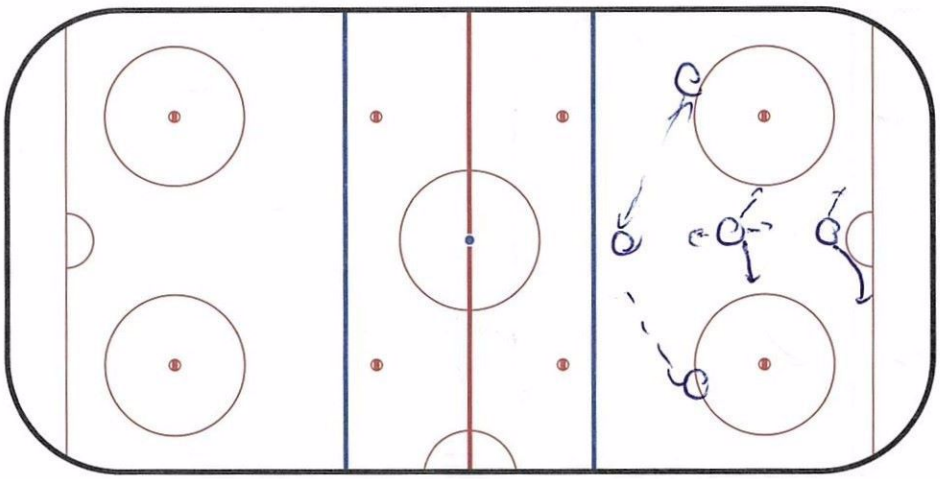


Aufbau 5-0
Scheibe tief
1-1-3 Aufstellung
Regroup 3-2
VT schuss blaue Linie



Kontrollierter Aufbau
1-1-3 VC

Im Spiel neue Scheibe V2
Regroup 2VC



5-4 U2

E.H.C. KLOSTERSEE

TEAM: U17

DATUM: 25.11.22

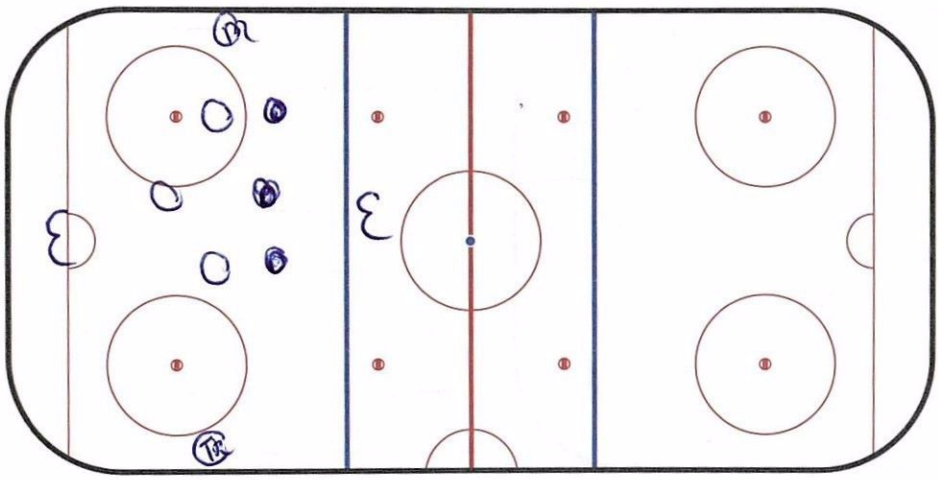
TRAINER: Markus, Hans

TRAININGSPLAN

Gabriel Lukas Helge
Josef Tobi N Jan
Tobi L Daluit

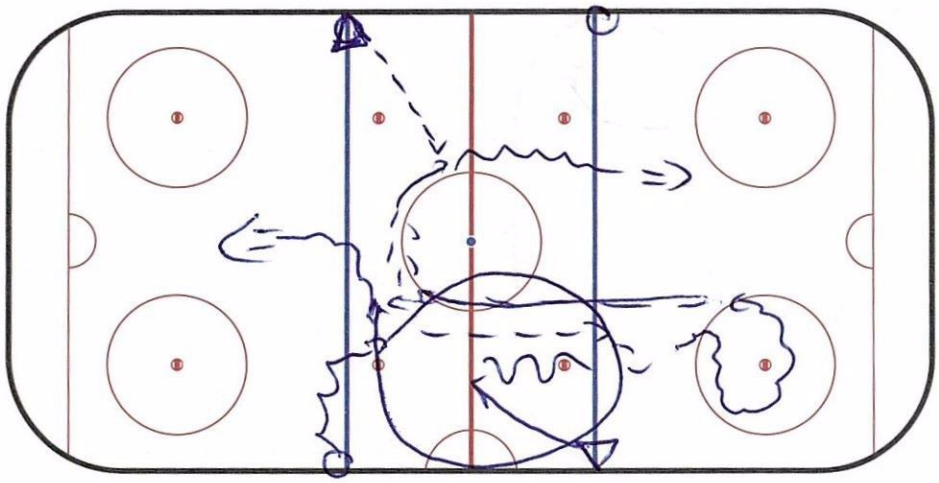
Kilian Benno
Joshua Patrick K
Benni Jannick

Germering (S) Holbeck Marc A
(J) Stodka Emil A



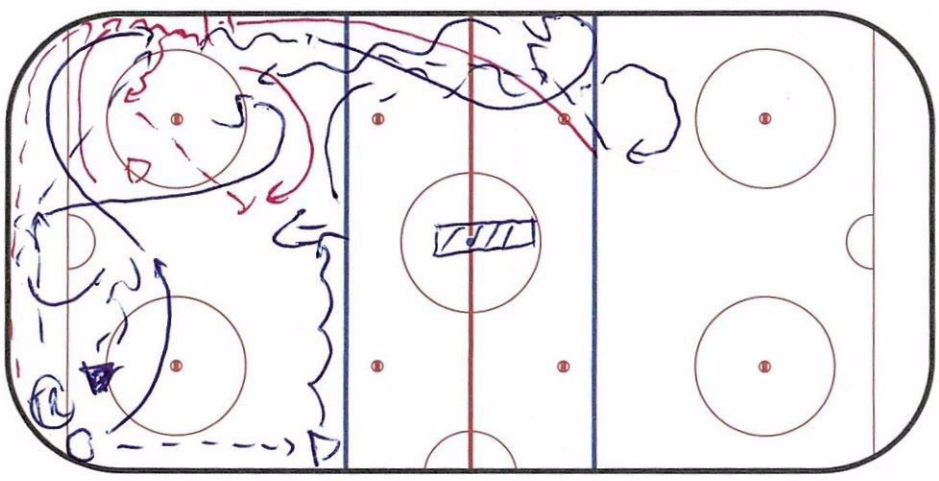
Warm up - Spiel 6
3-3 auf zwei Tore
Jeke TR

313



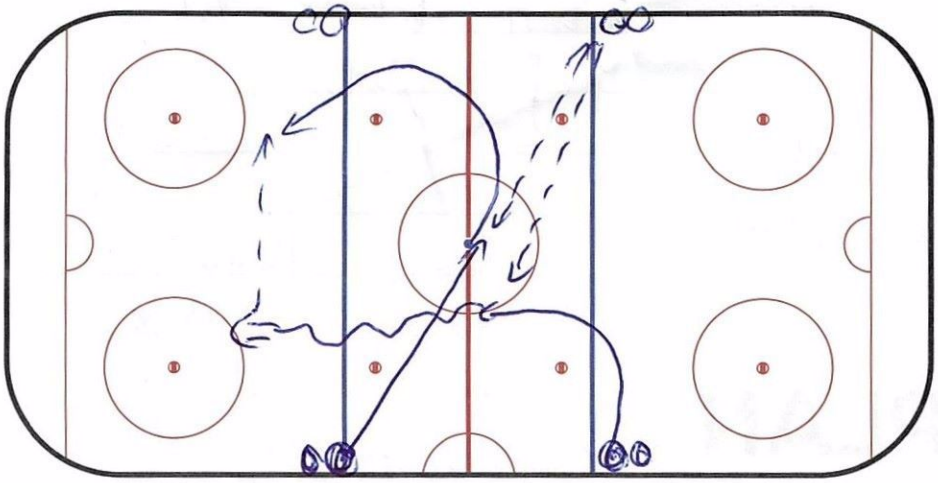
Passübung Aufbau

313

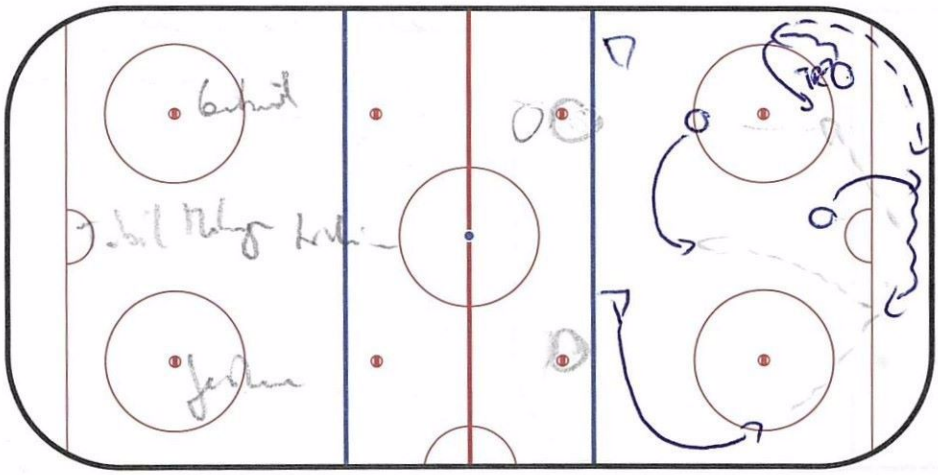


1-1
Regroup 1-1
2-1 Kreuzen ST-UT

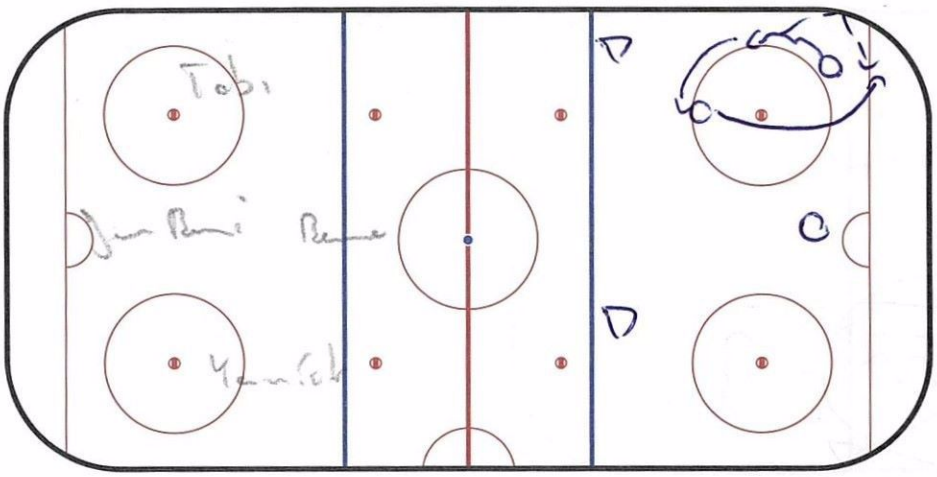
2-0



Rotation 3

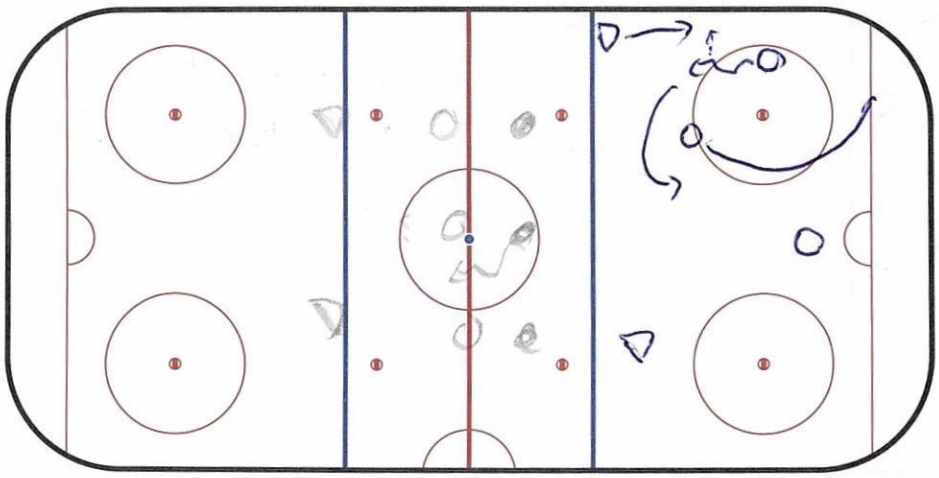


3



1 VL - 2 VL 1 on 1

3



TEAM: U17

DATUM: 30.11.22

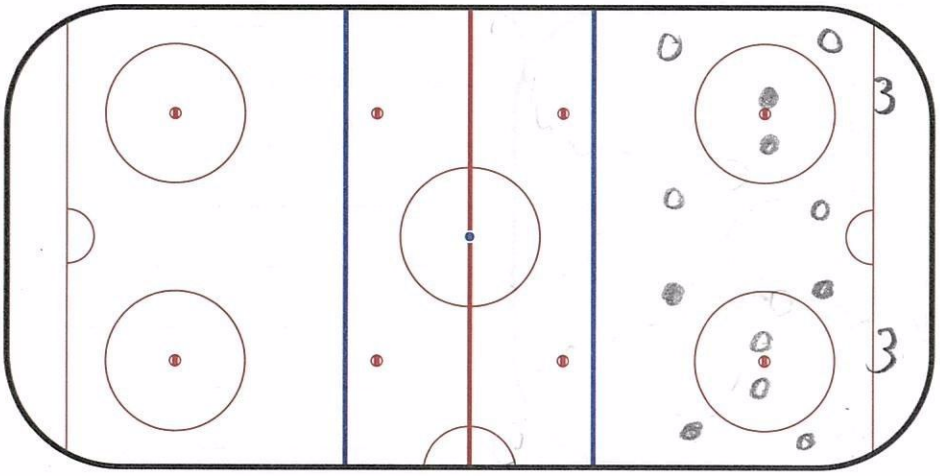
TRAINER: Markus

TT 1705 - 17:20
ET 1740 - 1840
KT 1850 - 1930

TRAININGSPLAN

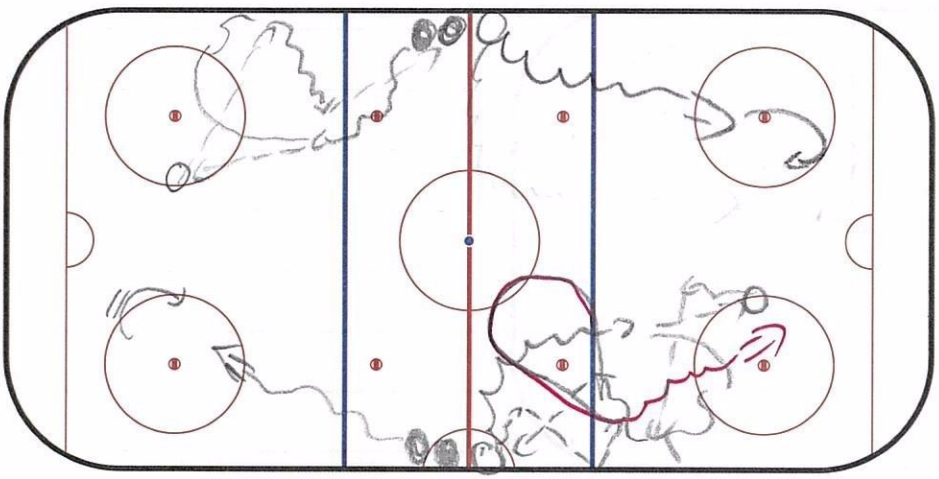
Patrick Lukas (Malyn)
Vincent Tobi Jan
Bellini

Joshua Zugh P.
Fabio (Bono)
Emilio



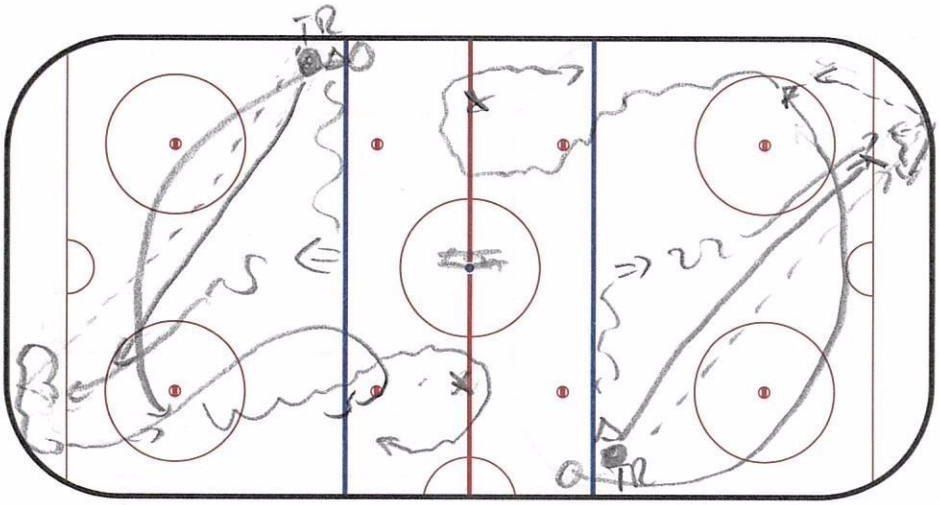
8'

Warm up
4-2



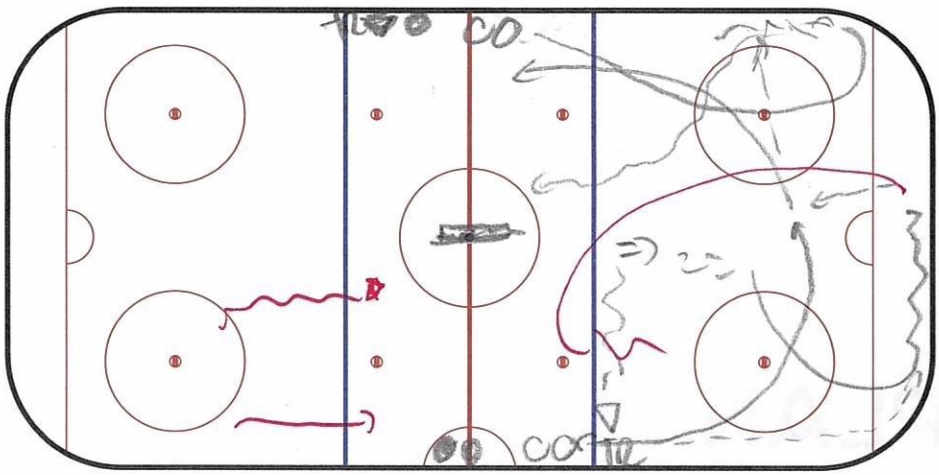
5'

Passübung
VW - VW ambiete



3'3

1-1
Aufbau und Druck



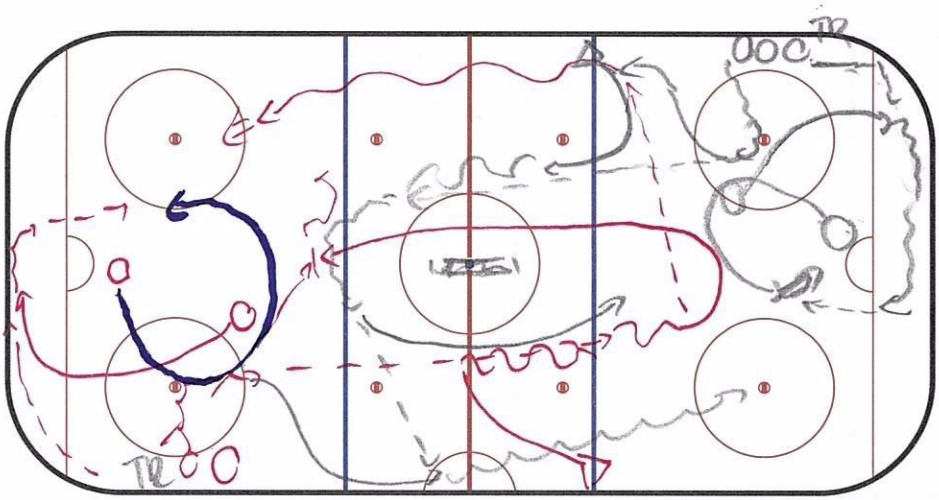
2-1

Aufbau

a, Aufb ST

b, Cash

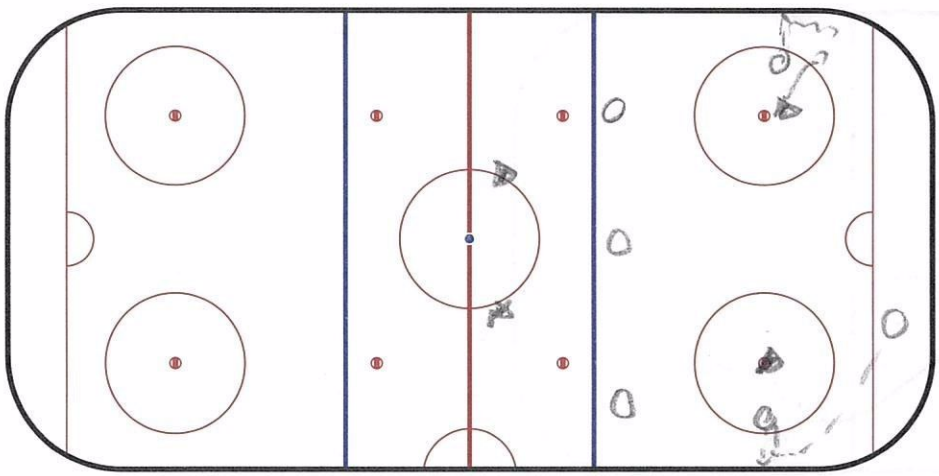
c, Rück



Passübung

Aufbau N2

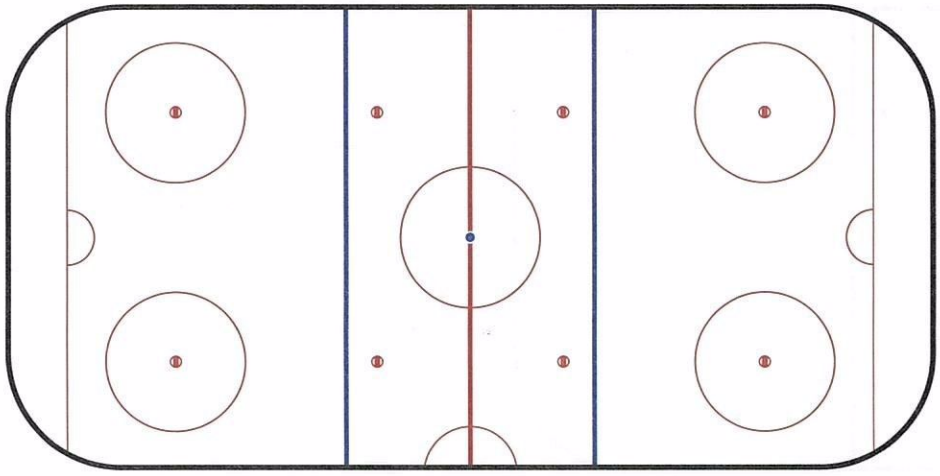
1-0



1-1

3-2

5-5



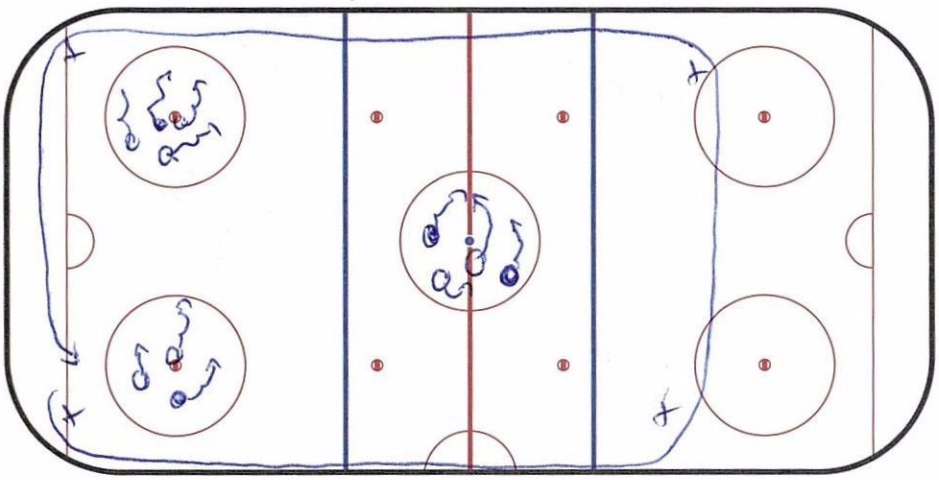
TEAM: U13

DATUM: 06.12.22

TRAINER: Markus

16⁰⁰-17⁴⁰

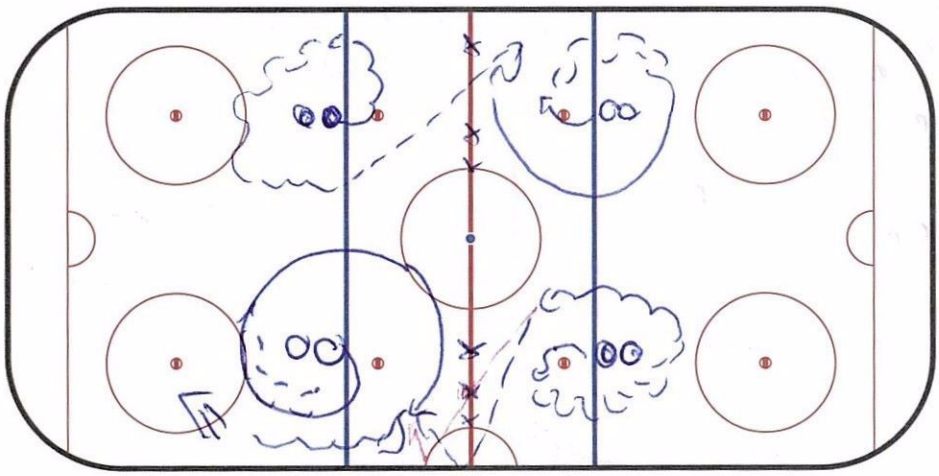
TRAININGSPLAN



Warm up - Spiel

Scheiben klauen

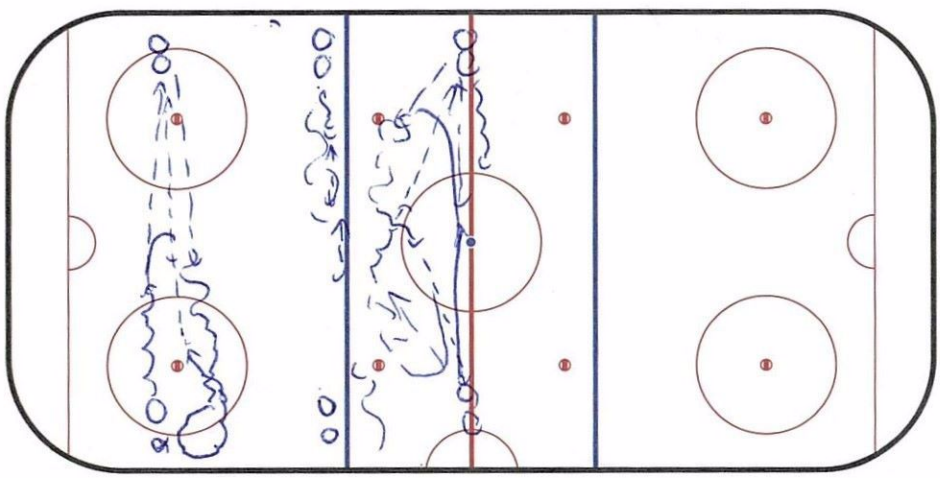
wer keine Scheibe mehr besitzt ist raus u. muß eine Runde schnell laufen



Passübung - Timing

VW - VW

VW - VW



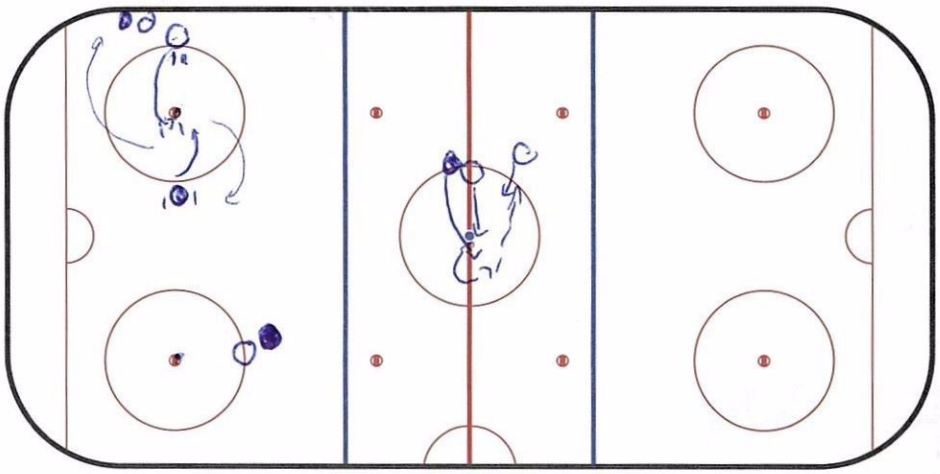
Passübung

VW - VW

" " achten

" " Täuschung

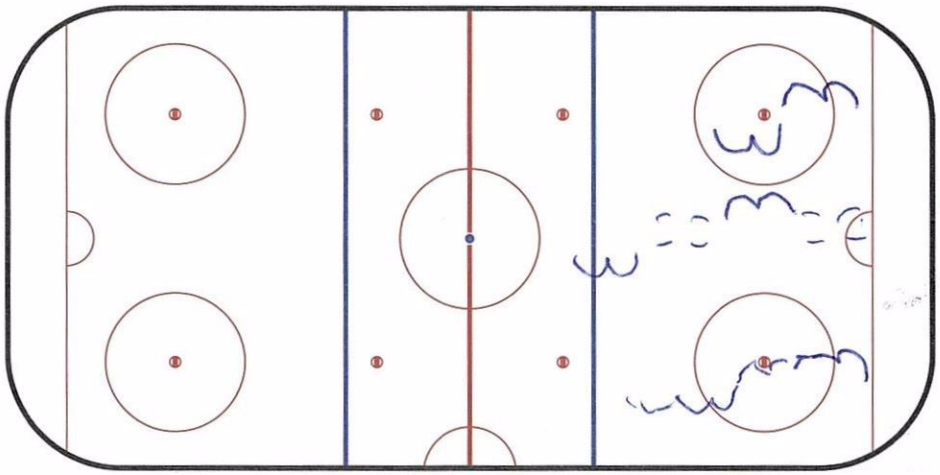
1-1



a, Pucksichten mit seinem Körper gegenüber

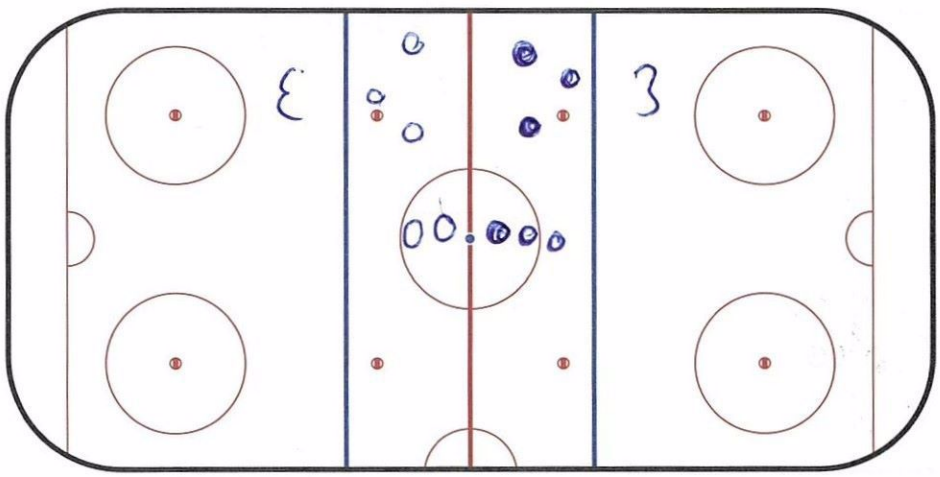
b, Druck von hinten

c, 2-1 im Kreis



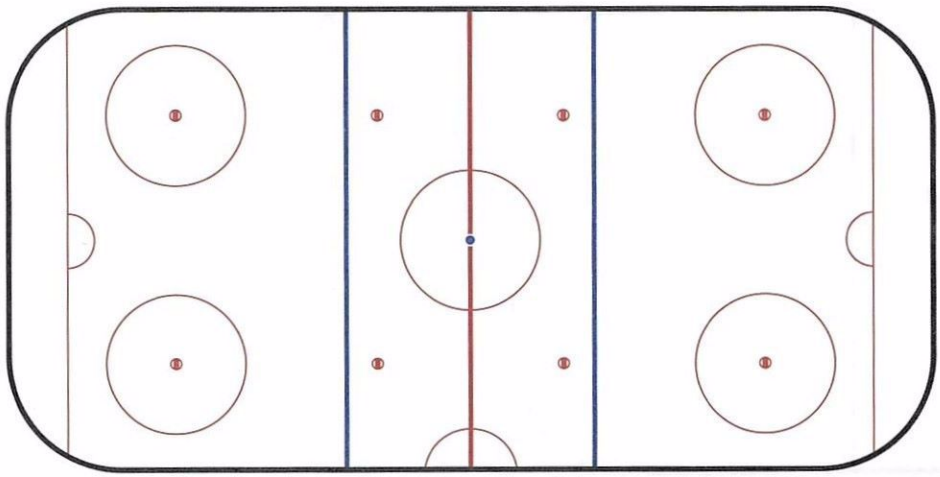
Laufübung

- die 3 Außen - Innen
- rückwärts 3
- rückwärts einbeinig 3
- Hüpfen 3



3-3

Kleinfeld



TEAM: U17

DATUM: 03.12.22

TRAINER: Markus

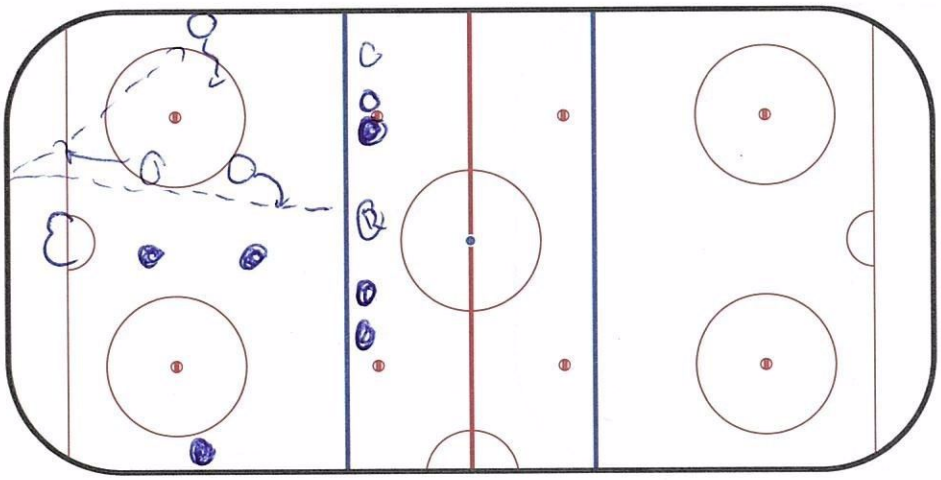
TP 16:00
TT 16:05 - 16:40
ET 16:40 - 17:40

TRAININGSPLAN

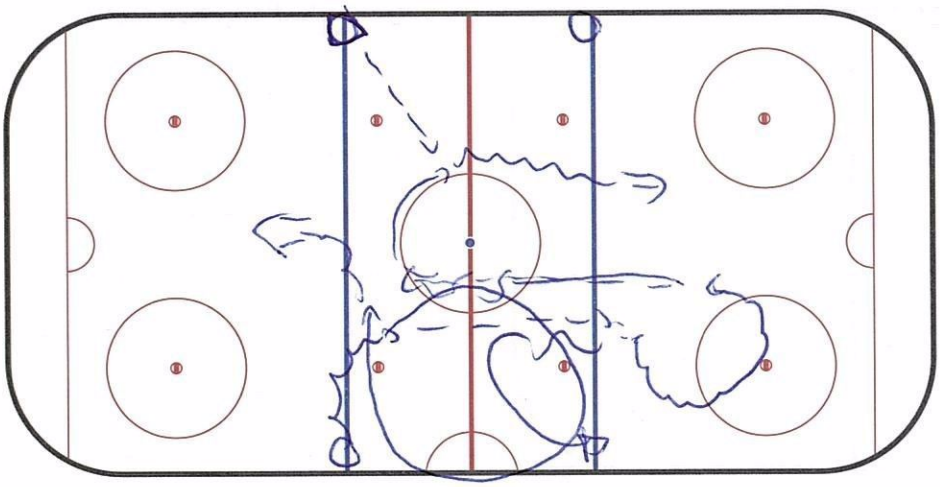
Fadi Lukas Melayna
~~Benny~~ Tobi Jan
~~Gabriel~~ ~~Patrick~~
Gabriel

~~Patrick~~
~~Joshua~~
Joshua
Kilia

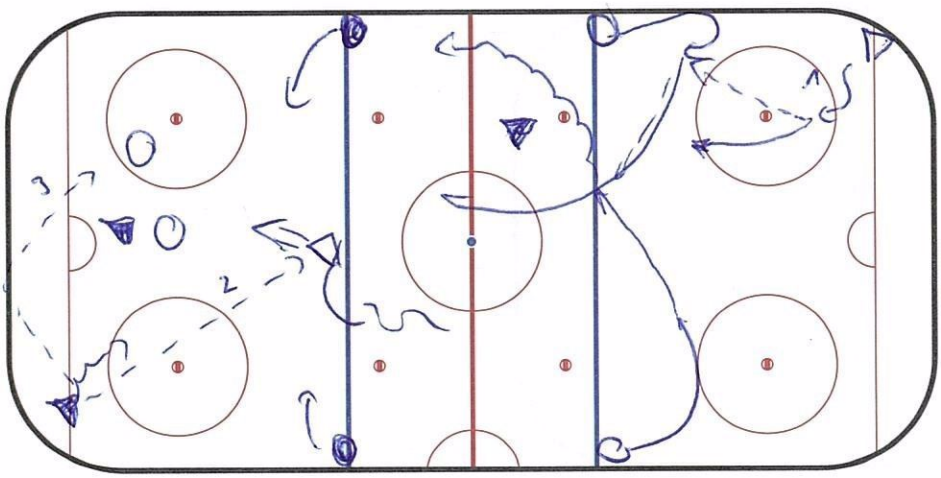
Jeffrey
~~Patrick~~
Yannick
Emilia



3-2

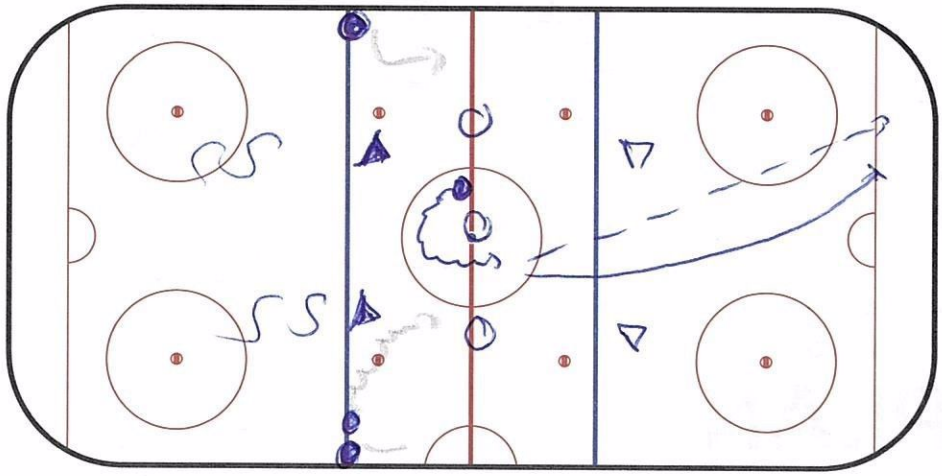


Passübung

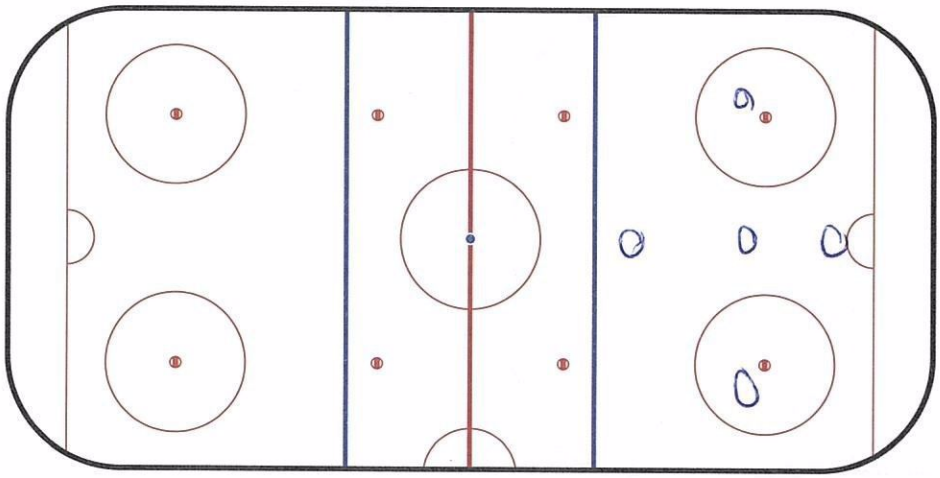


3-1

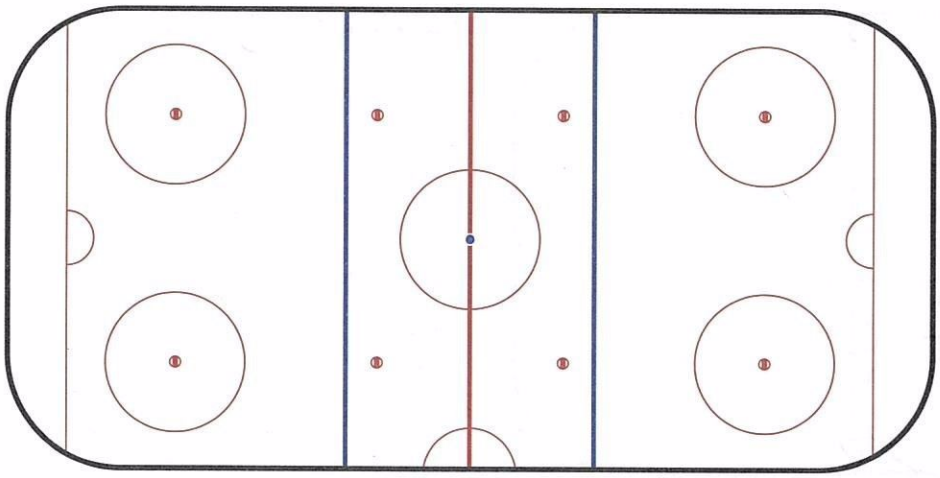
1 Aufbau
2 VT schuss blau, Lilé
3 pass links Ter 2-1
eng
auf Signal
beginnt Übung von neu



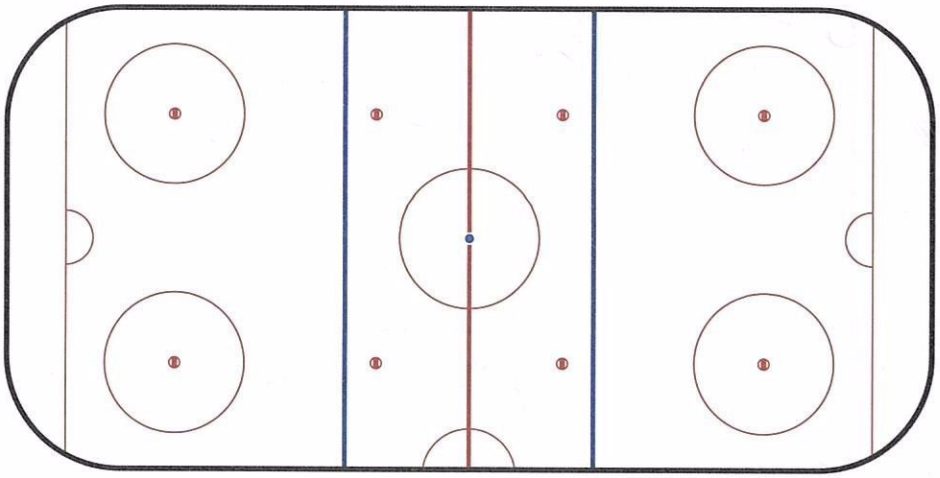
Aufbau
5-2
auf Signal
3-2 bzw. 5-5



Ü2



5-5 Bullysituation



E.H.C. KLOSTERSEE

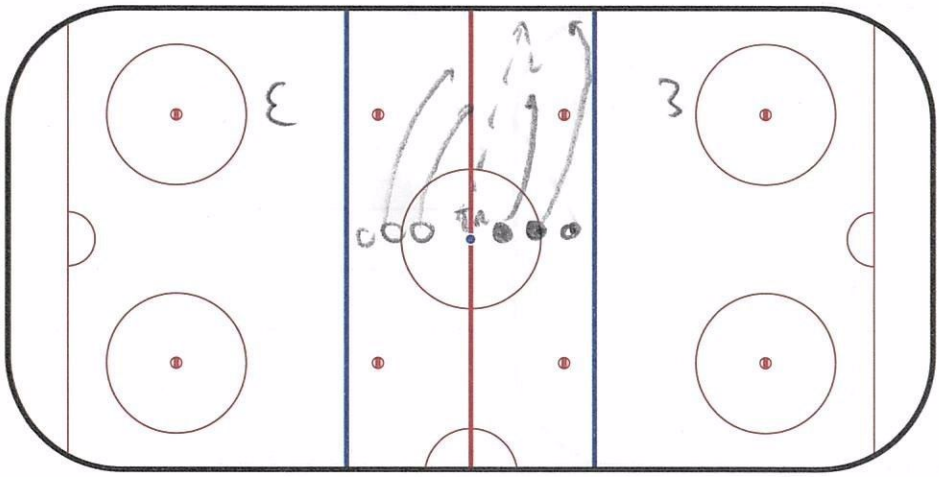
TEAM: U17

DATUM: 05.12.22

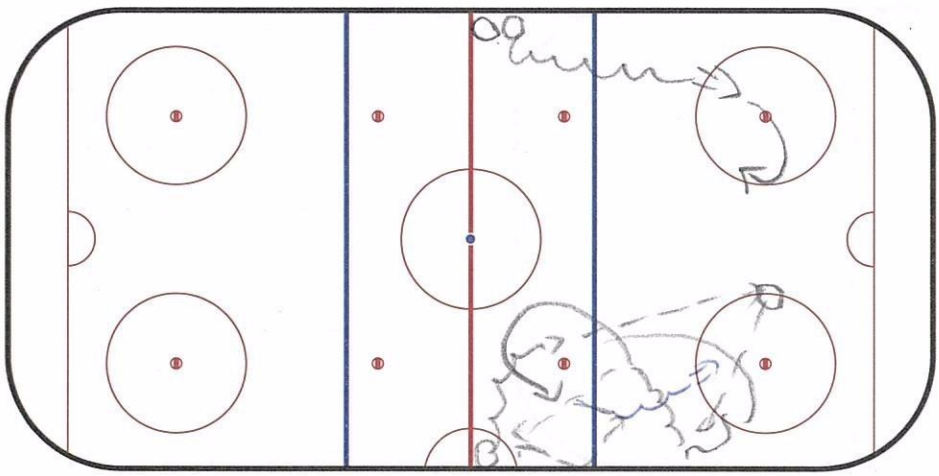
TRAINER: Mack-Stars

Fred: Lukas Malyn
Gabriel Tobi Jan
Ben (Benni) Zeph P.
Kilian Benno
Joshua Patrick M

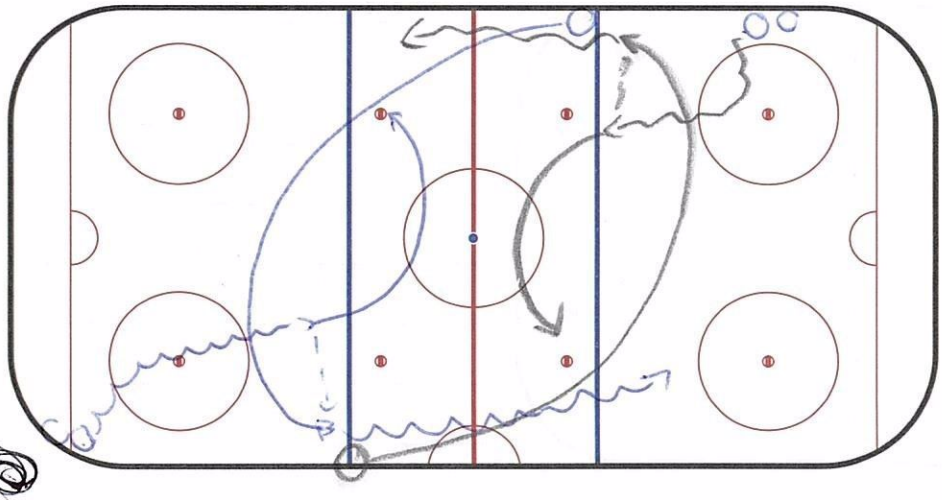
TRAININGSPLAN



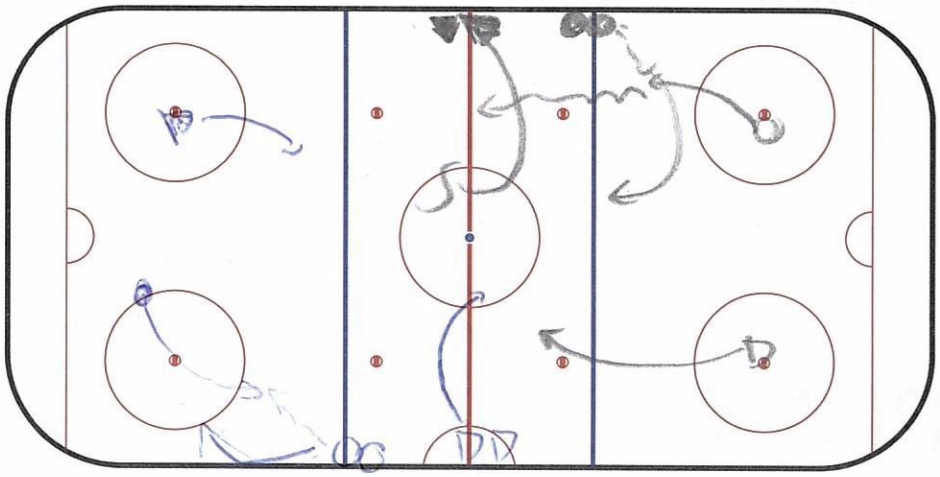
warm up - Spiel
2-2



Passing

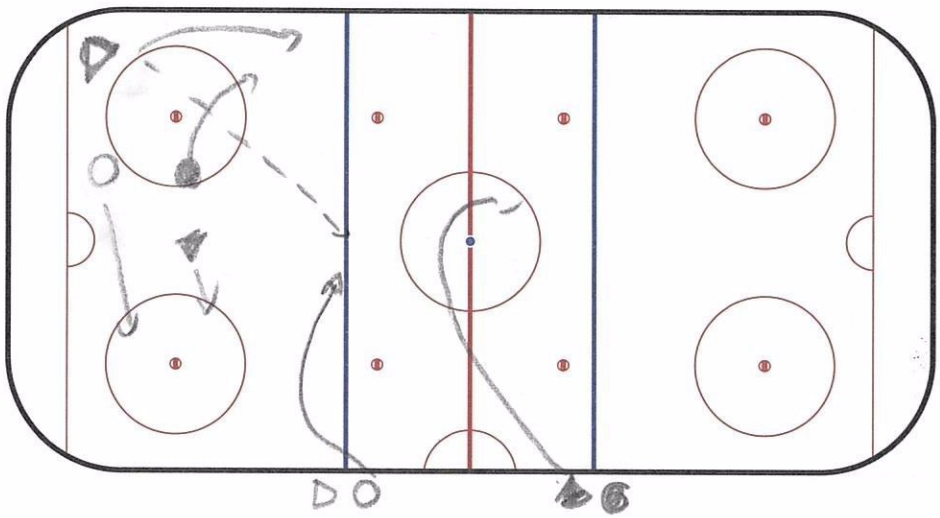


1-1
seitlich aufnehmen



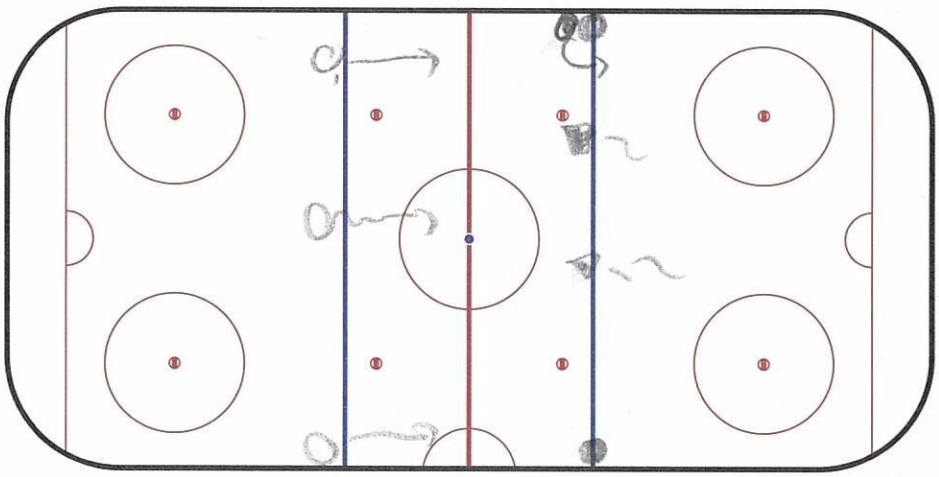
2-1

Transition Game



2-2

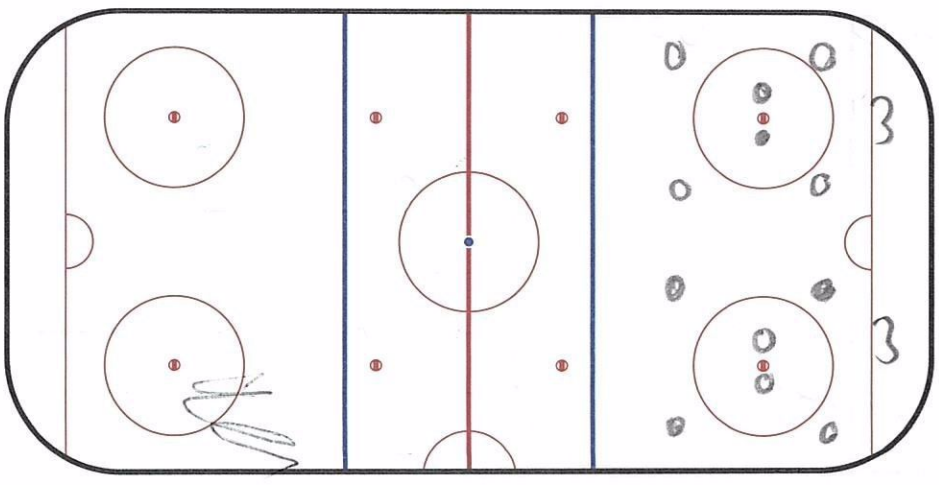
Umschaltspiel



3-2

ab der blauen Linie

ABC 3-3



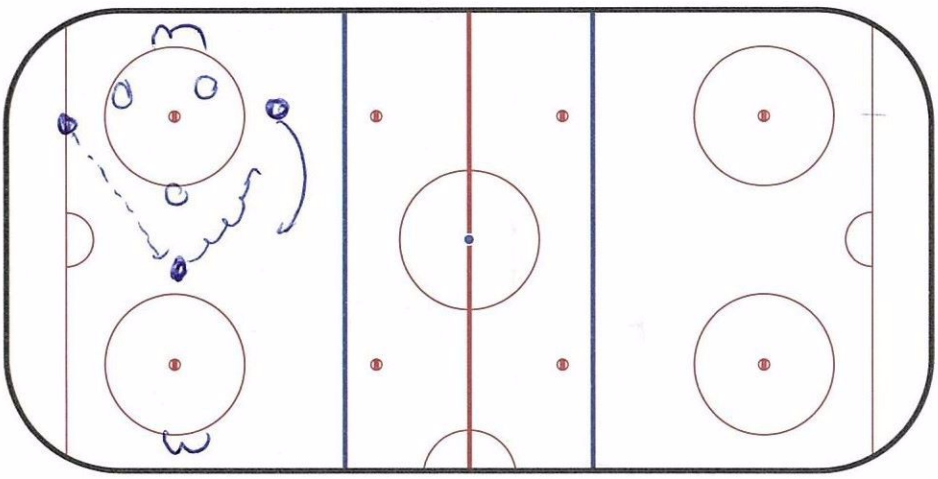
4-2

TEAM: U17

DATUM: 07.12.22

TRAINER: Markus, Marc

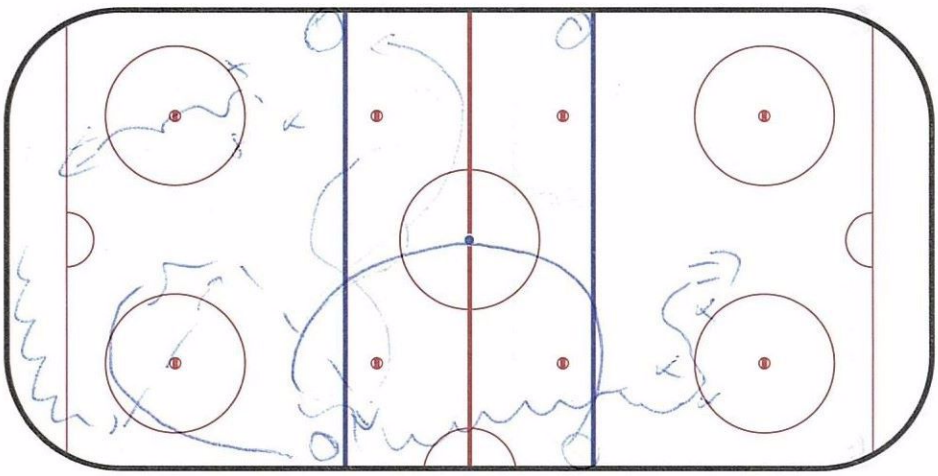
TRAININGSPLAN



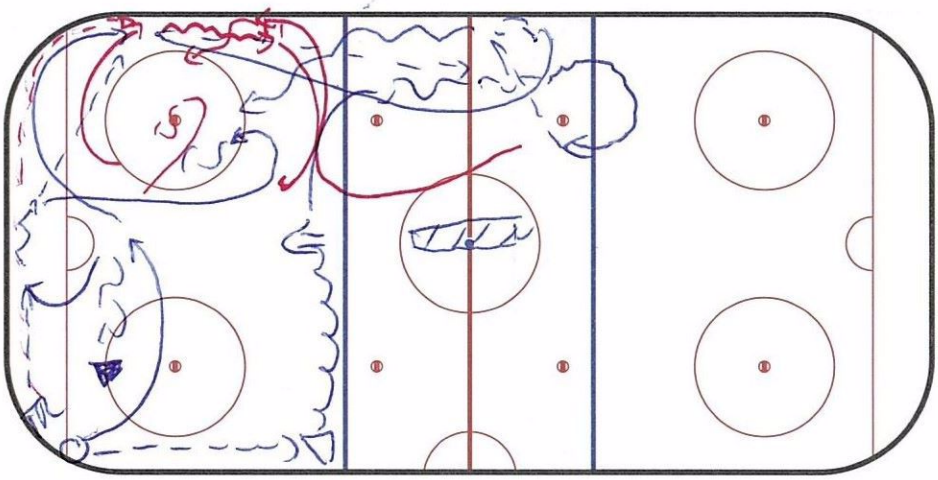
Warm up Spiel

3-3

ein SP bleibt hoch



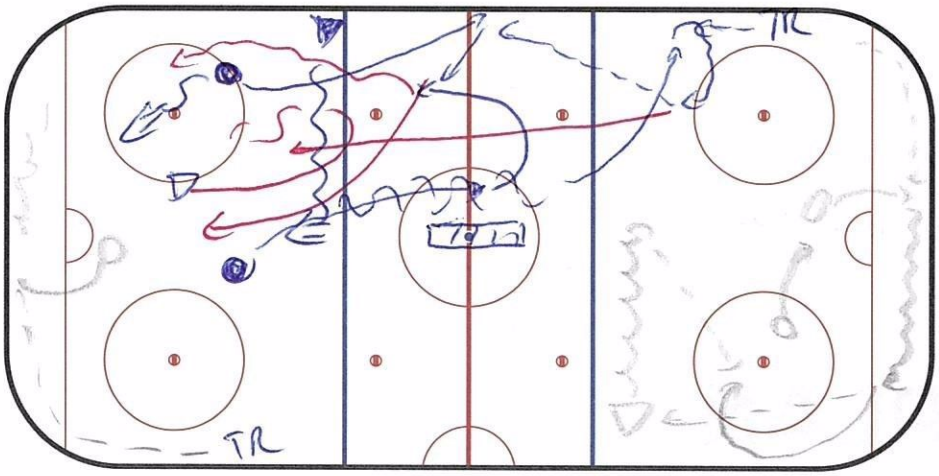
Passübung



1-1

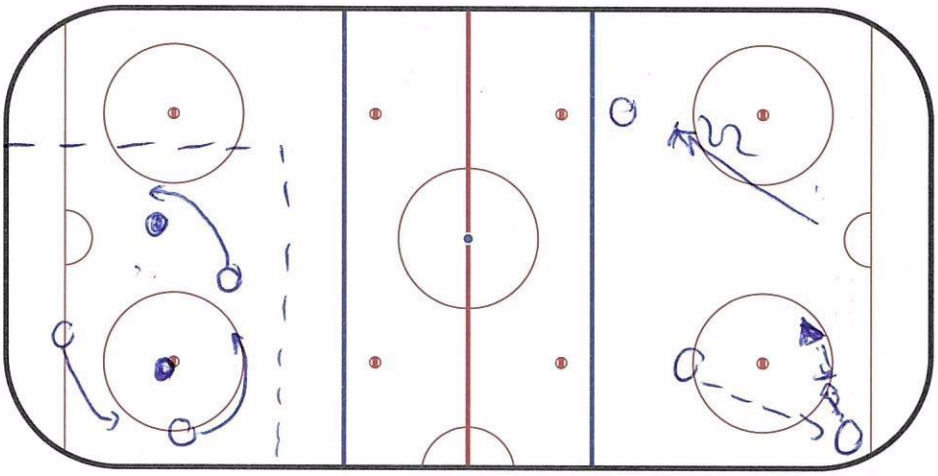
Regroup

2-1 Kreuzen ST-VT



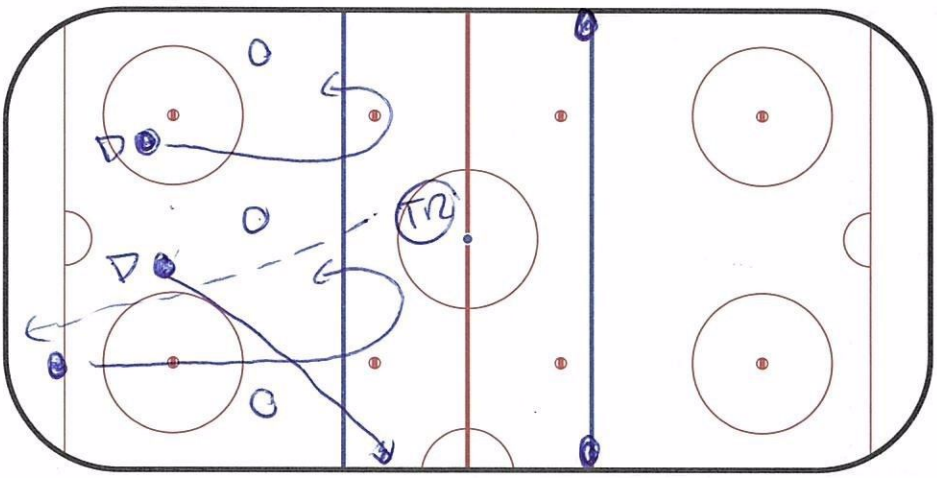
2-1

3-1

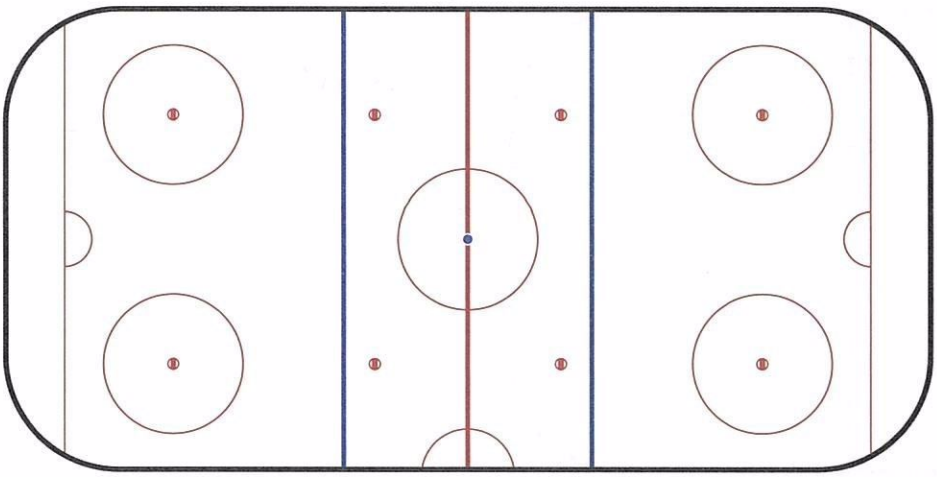


3-2

1-1 2x



3-2 2vL



TEAM: U17

DATUM: 12.12.22

TRAINER: Markus/Steve

TT 16:50 - 17:10

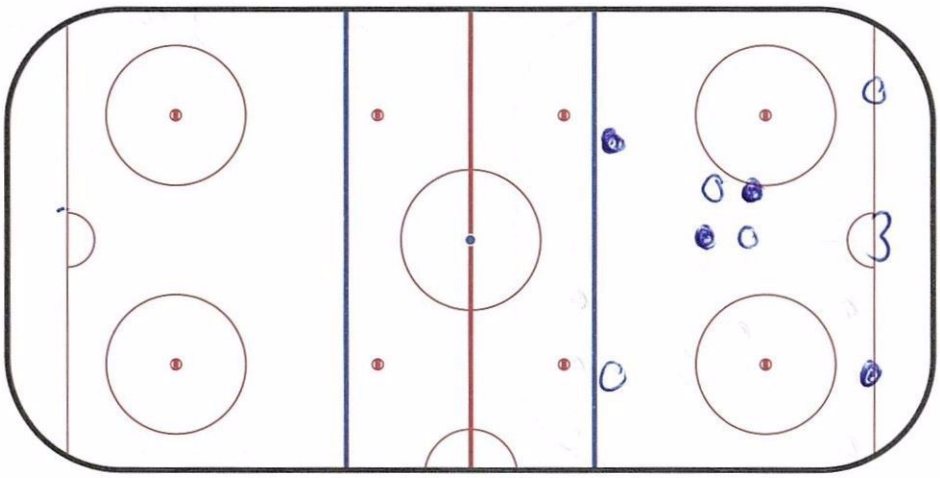
ET 17:30 - 18:30

KT 18:40 - 18:30

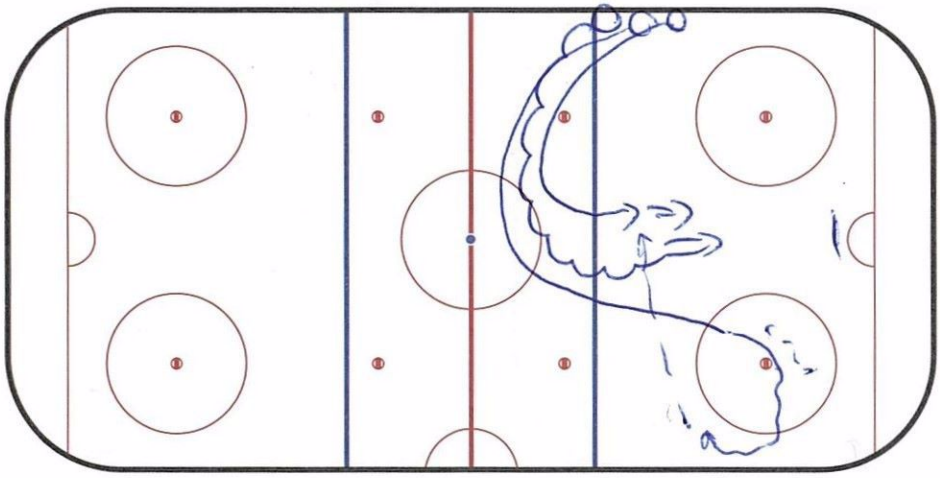
TRAININGSPLAN

Fedi, Lukas, Nelayn
Gabriel, Tobi N, Benni,
Balint
Kilian, Benno
Ziegler P.

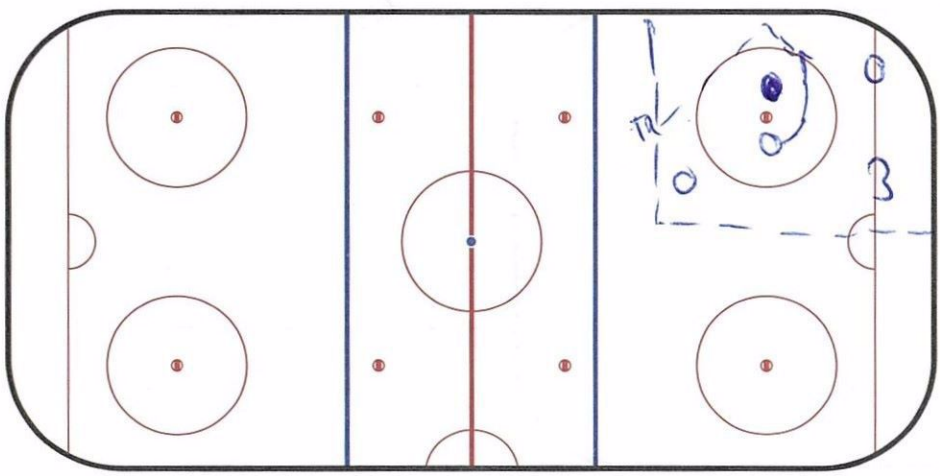
Abwesend: Joshua, Emilie, Lukas, Tobi K
Verletzt: Patrick K, Jan



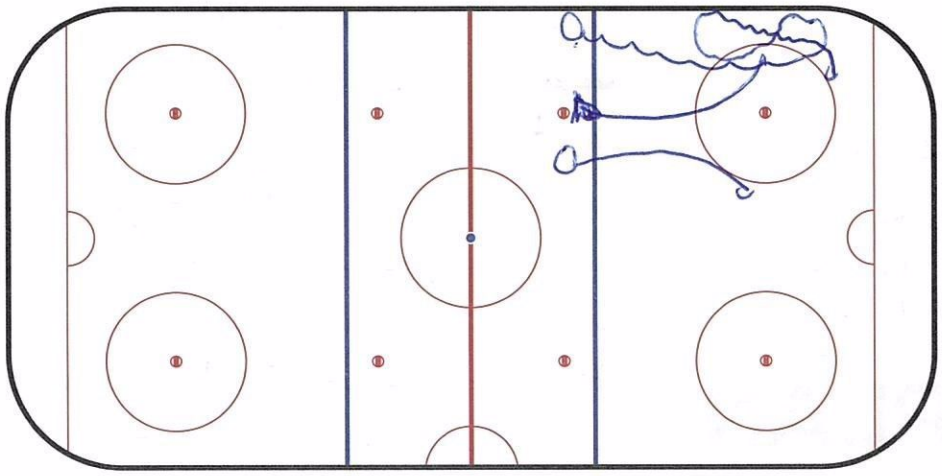
Warm up - Skeel
2-2
2 Joker



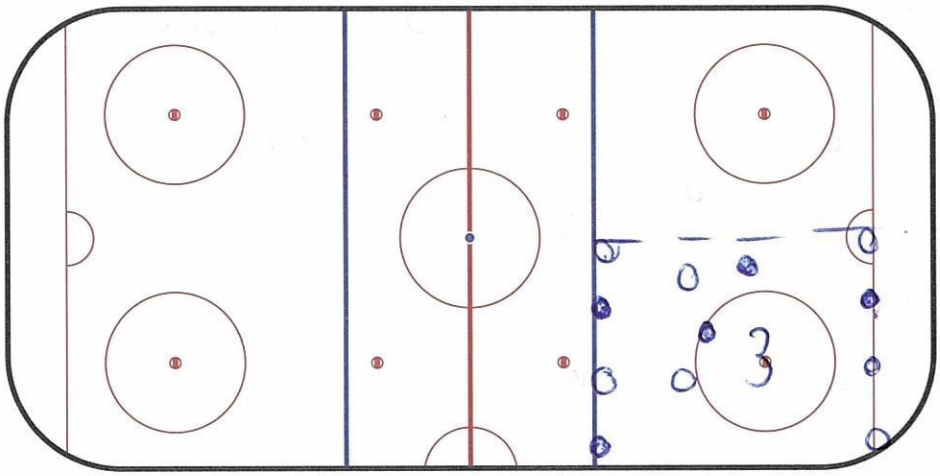
Pass u. Schussübung



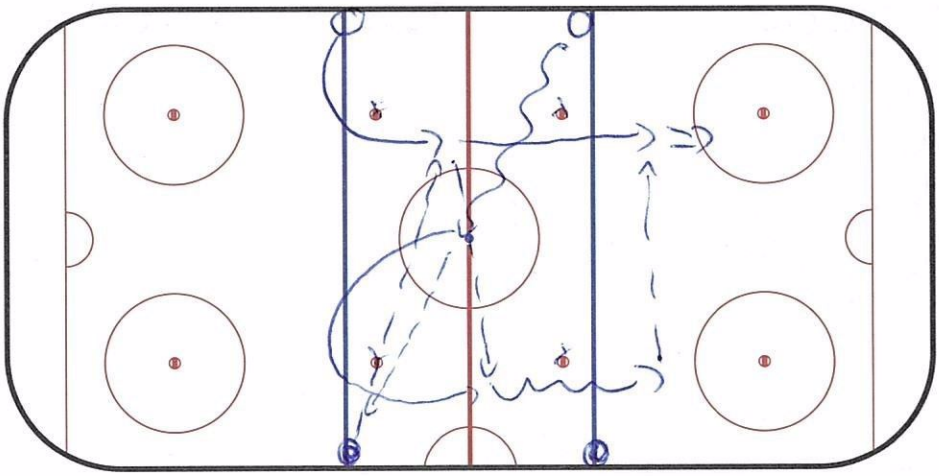
1-1 2 Joker



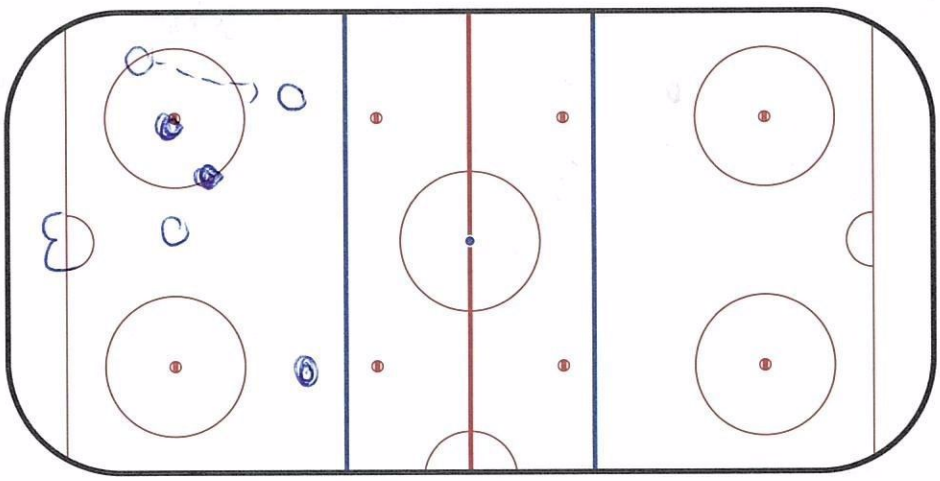
2-1
auf Signal



2-2 4 Tore



2-0



3-2

15:10-16:10 / 16:10-17:10

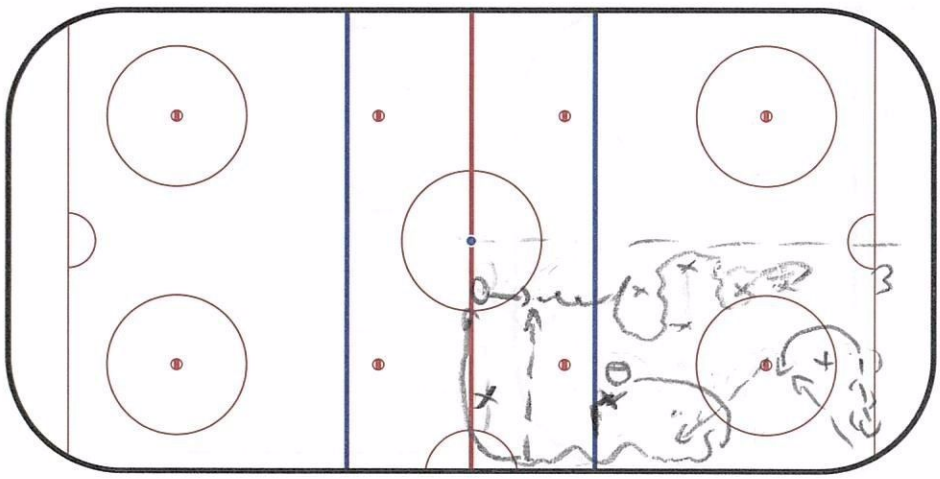
TEAM: U11 U13

DATUM: 13.12.22

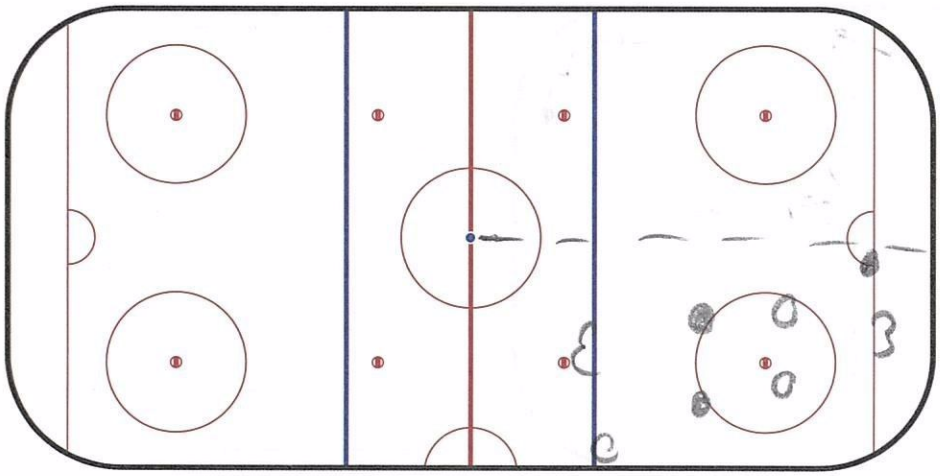
TRAINER: Mathias

TRAININGSPLAN

U11

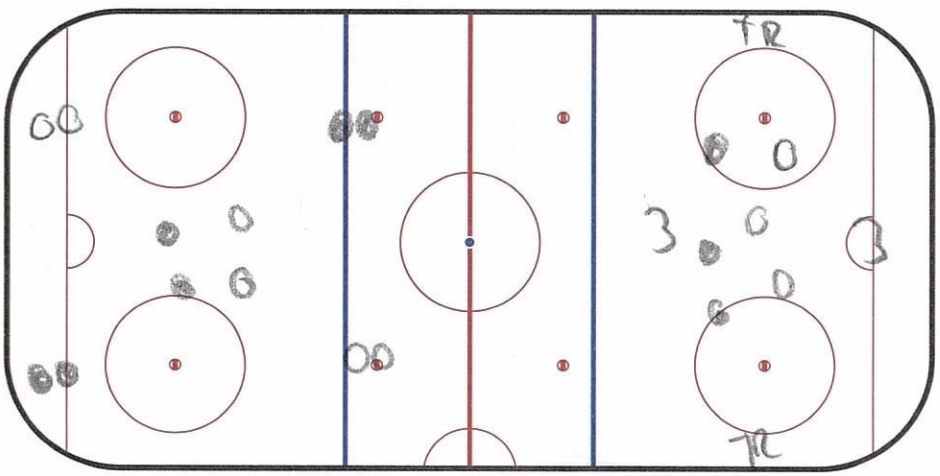


Passübung + Stocktechnik

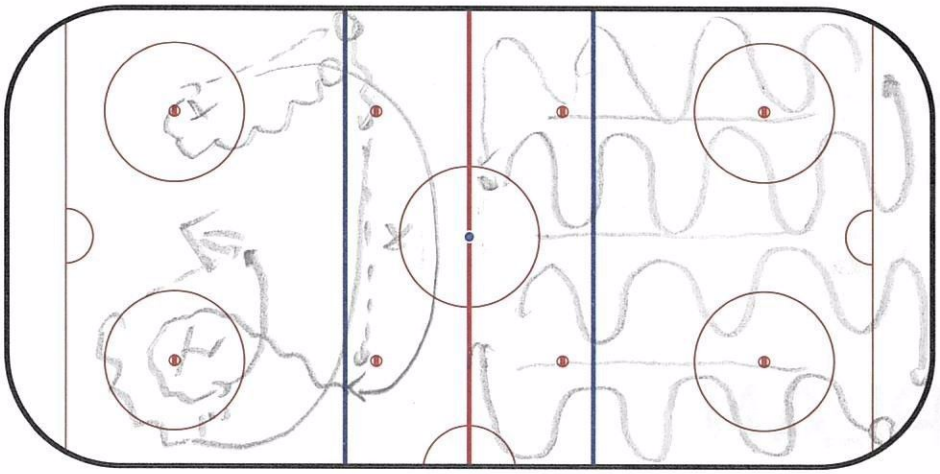


2-2 1 Joker

U13



3-3 mit TW
2-2 ohne TW
2 Joker

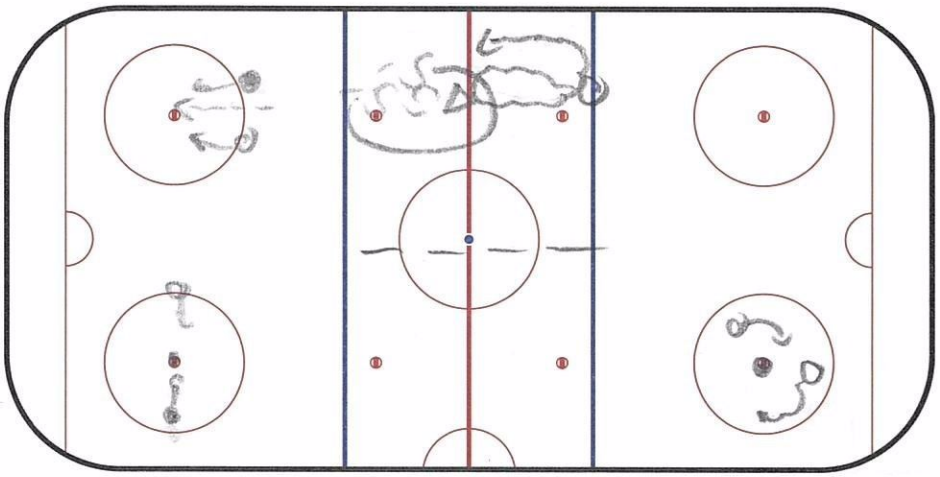


Passübung

ohne TW

Technik

- Laufübung
- Stocktechnik



1-1

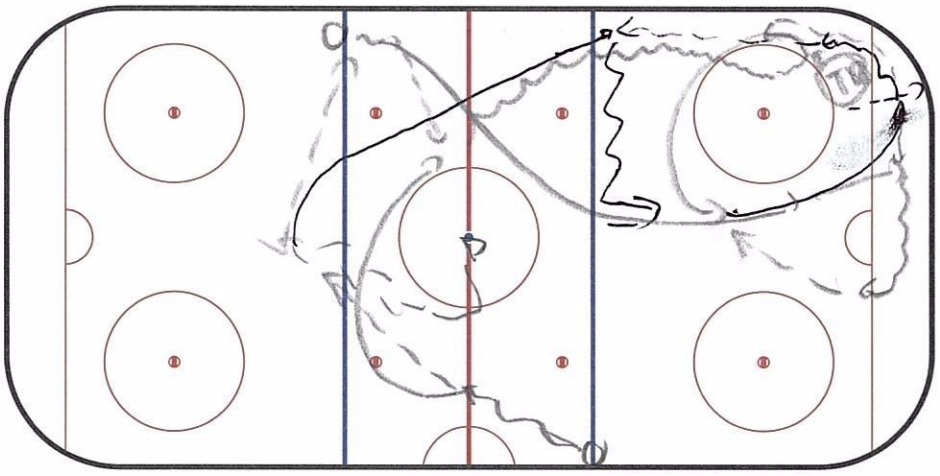
ohne TW

Bullykreis 1-1

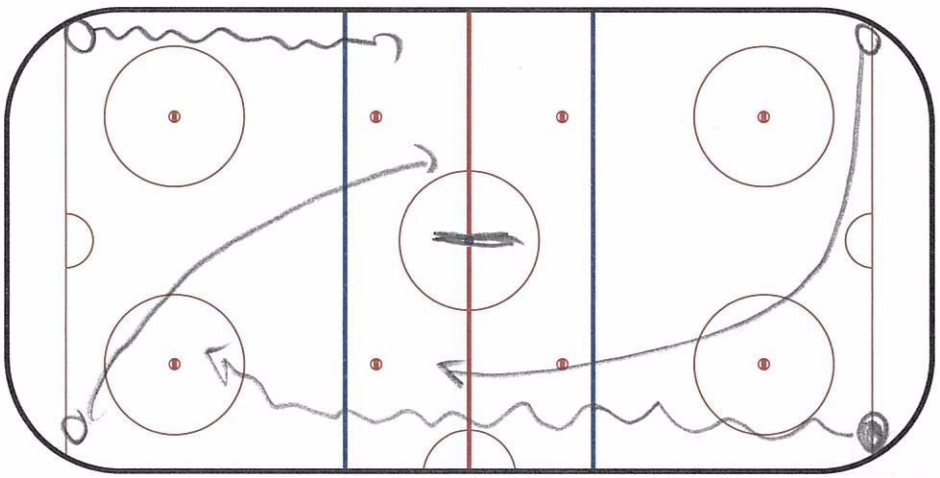
Ecke

seitlich

2-1



Passübung mit VT



1-1

Wettkampf BL

zum Schluss

Spiel

TEAM: U17

DATUM: 14.12.22

TRAINER: Markus, Marc

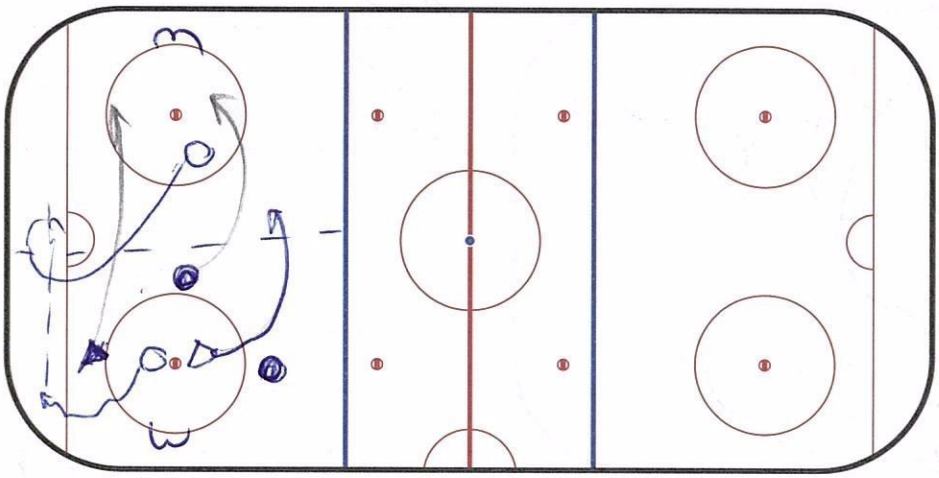
TT 17:05 - 17:20
ET 17:40 - 18:40
KT 18:50 - 19:30

TRAININGSPLAN

Tedi Lukas Malwyn
Gabriel Tobi N Jan
Denni Zsolt P
Dalit

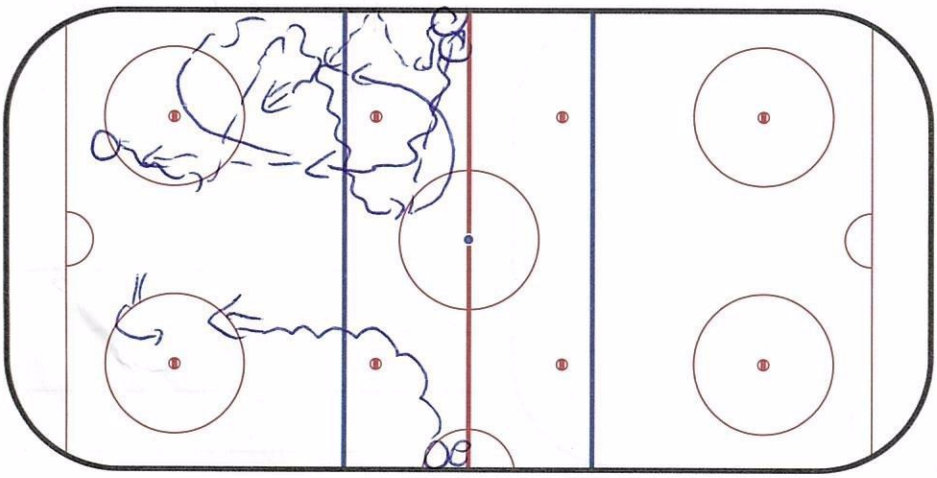
Kilian Denno
Yannik Joshua
Emilie Franzi

5-8?



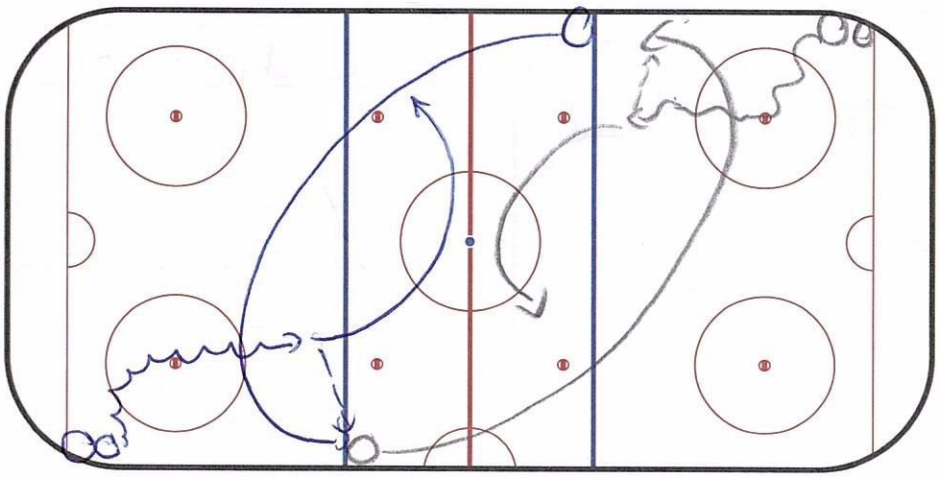
3-2
Quick Strike Game

41

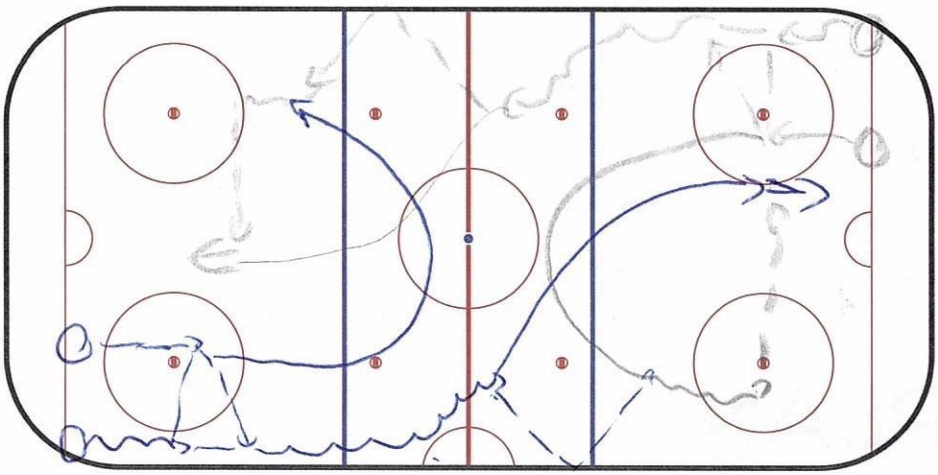


Passübung
UW - VW anbieten

3 | 3 6'



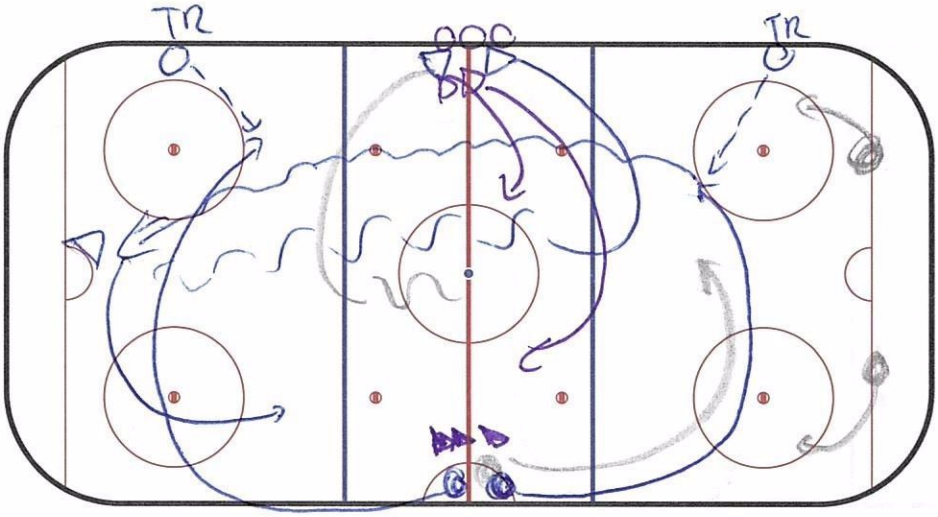
1-1
Seitlich aufnehmen



2-0

Bandenpass

6-8'

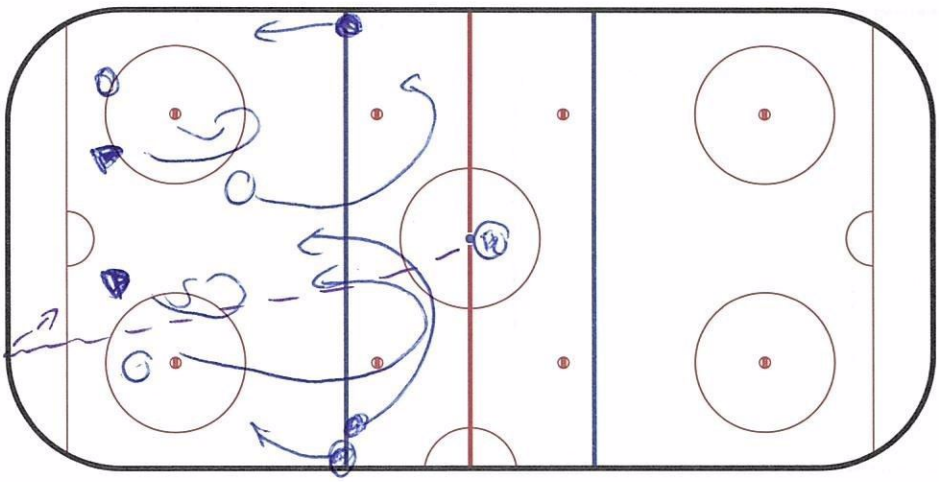


1-1

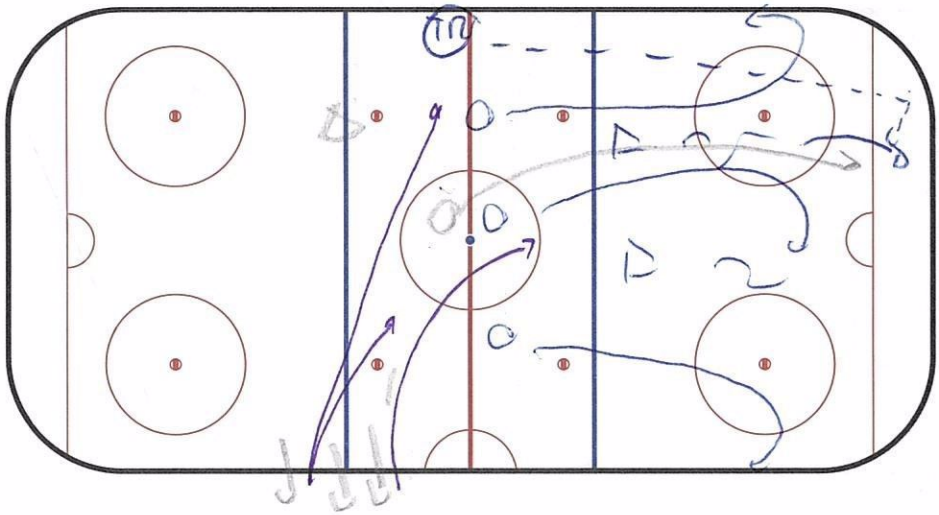
2-1

3-2

6-8'



Aufbau 3-2 2VC



5-5

mit Wechsel

3

E.H.C. KLOSTERSEE

TEAM: U17

DATUM: 16.12.22

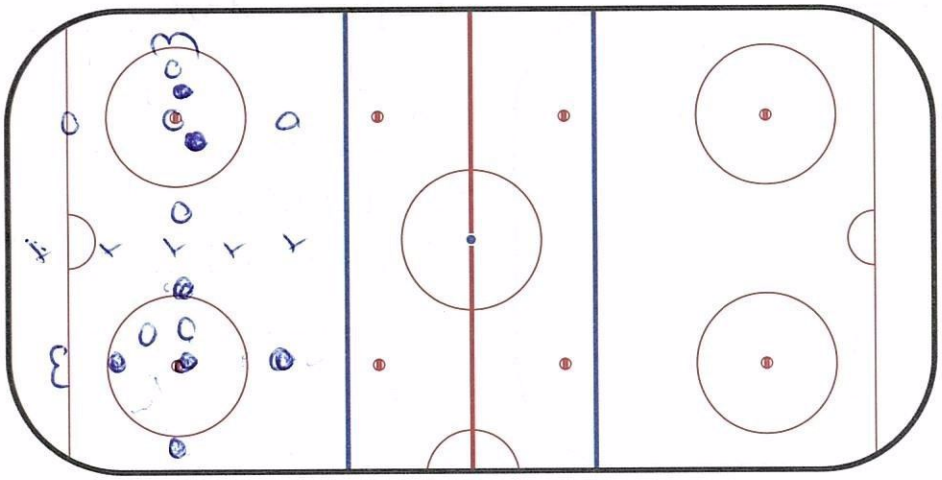
TRAINER: Markus, Max

TP 17:00
TT 17:05 - 17:25
ET 17:50 - 18:50
Video 13:00

TRAININGSPLAN

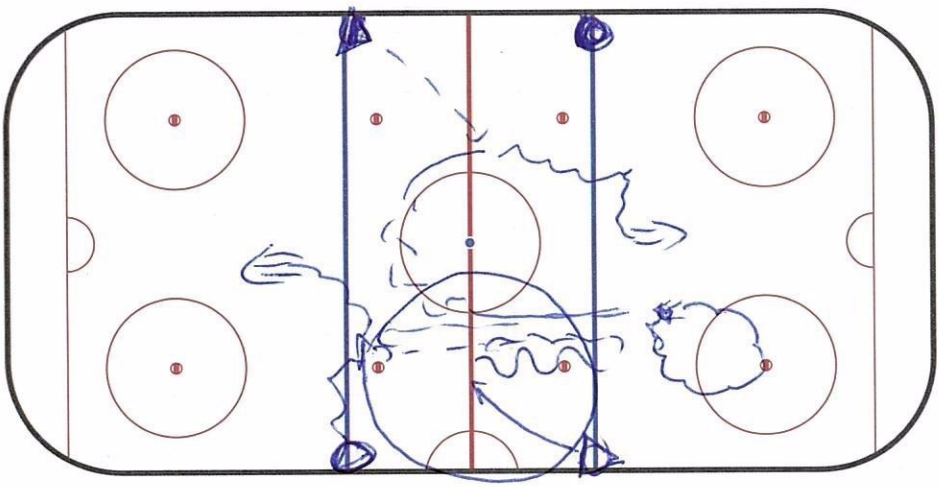
Fredi Cedres Helge
Tobi Jaschi N. Tobi N Jan (17)
Gabriel Balint 2 Jugler

Kilian Benne
Joshua Yannick
Benni

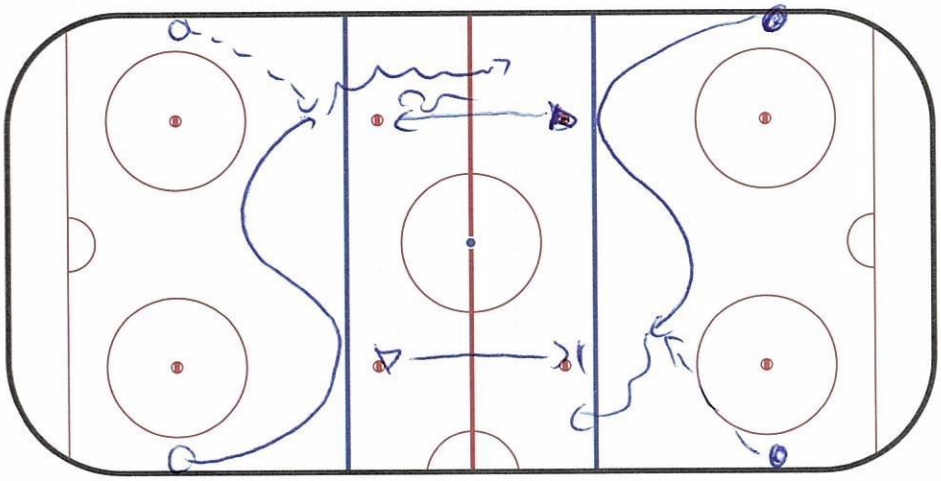


Warm up - Spiel
5-2

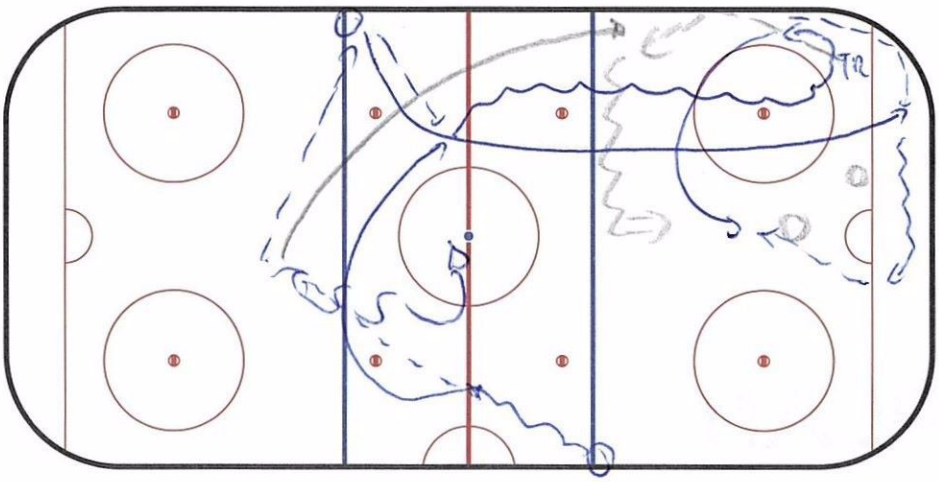
Kilian Benne
Luka Helge
Fredi
Joshua
Tobi Jan Yannick
Gabriel



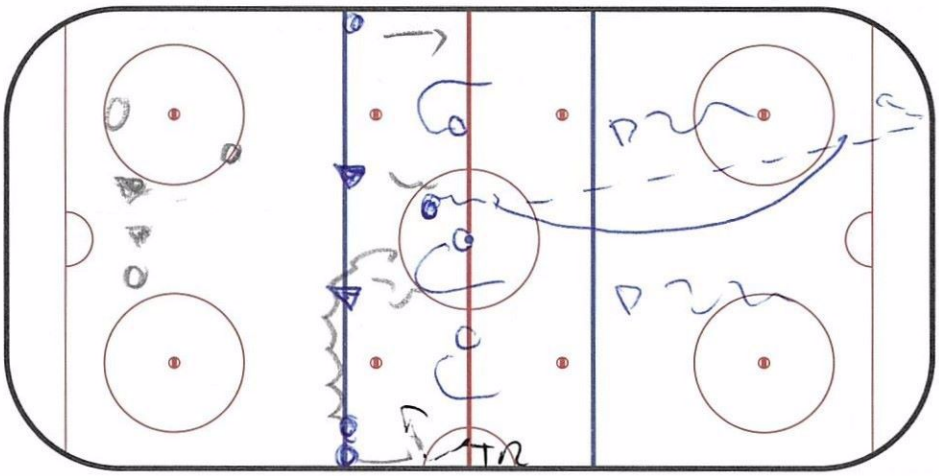
Passübung



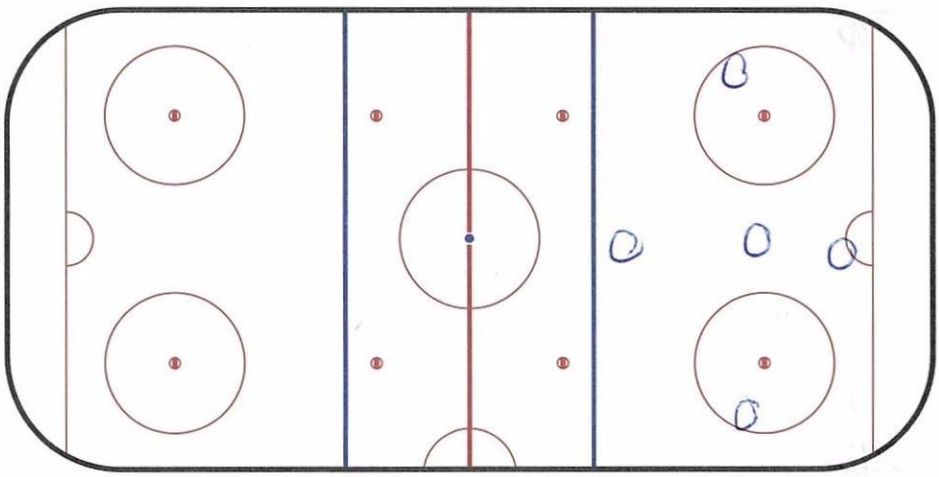
1-1



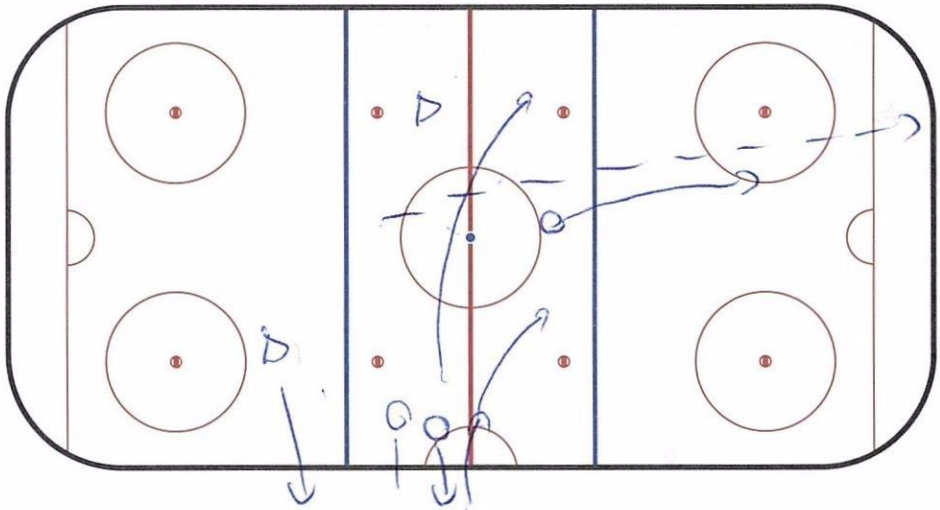
Pass -
Schusstibung
Aufbau NZ



Aufbau 1VC
5-2 auf Signal
3-2 bis 5-5
- auf weite Signal
Rückzug auf den NZ



UZ



5-5 Ballzirkulation
u. Wechselsituationen

TEAM: U14

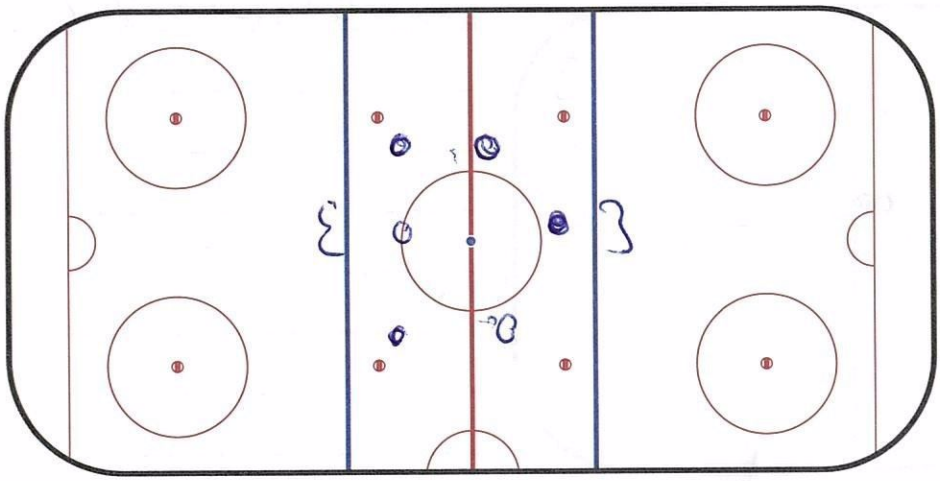
DATUM: 21.12.

TRAINER: Hacker, Klaus

TT 17:05 - 17:50

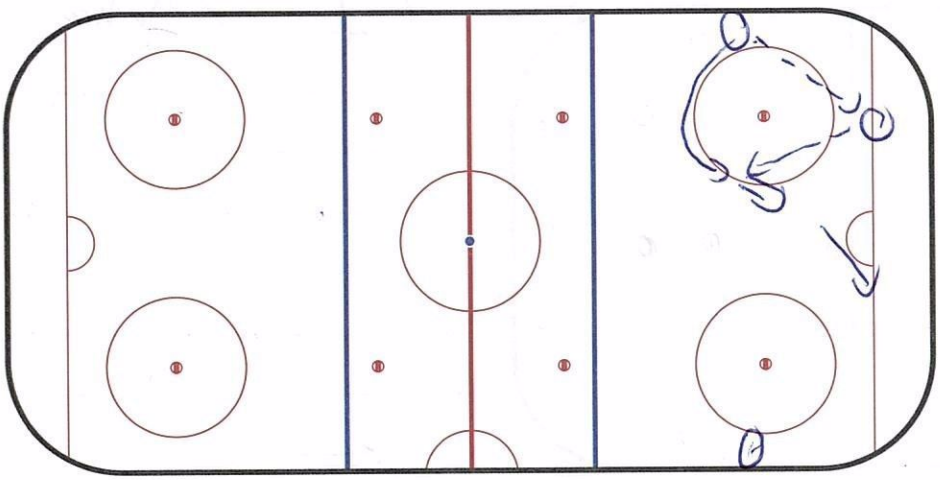
ET 17:40 - 18:40

TRAININGSPLAN

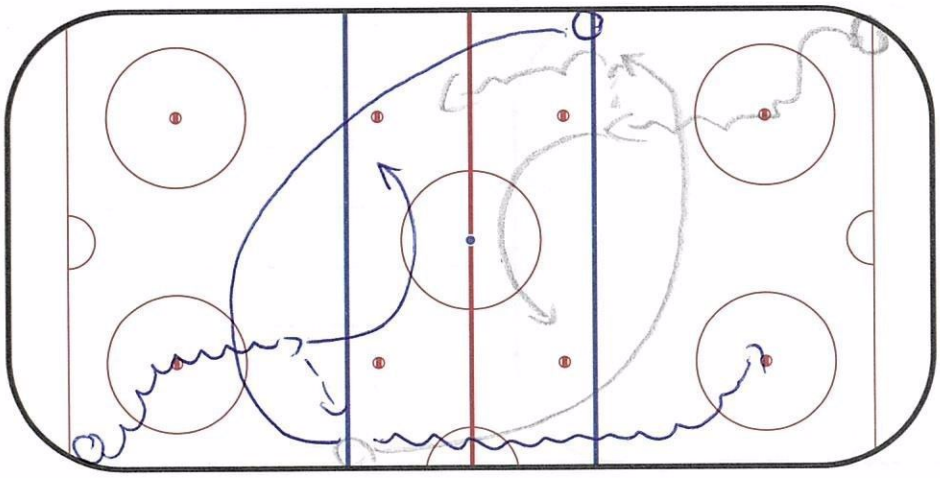


Aufwärm - Spiel

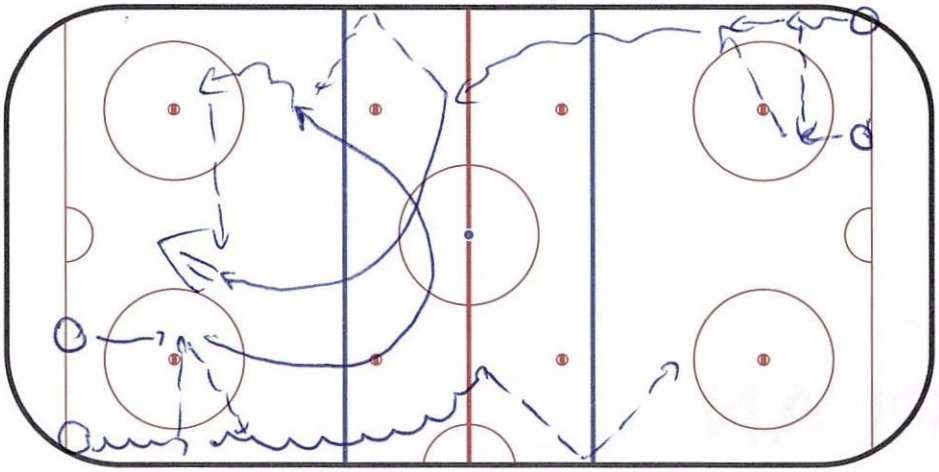
3-3



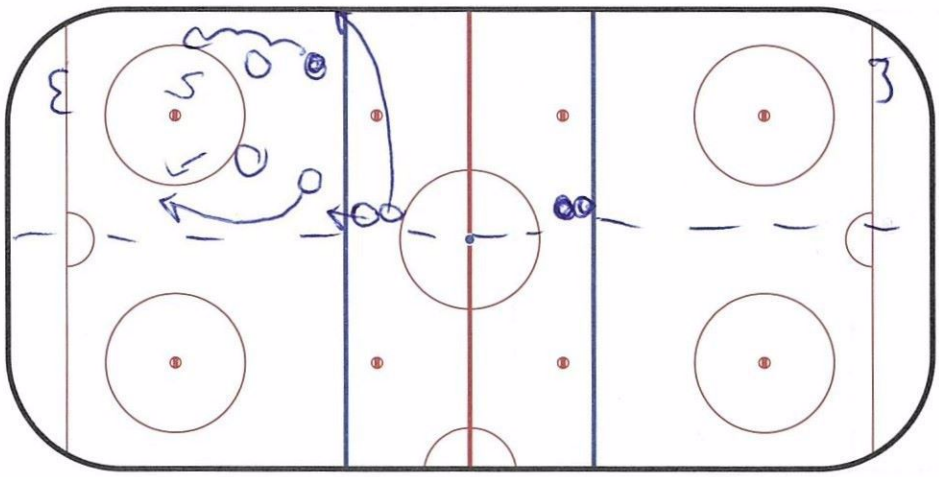
Passübung 1-0



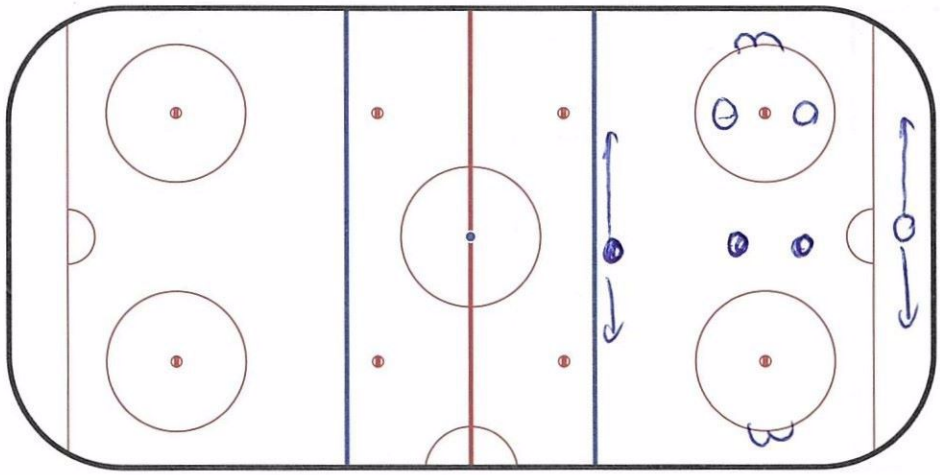
1-1



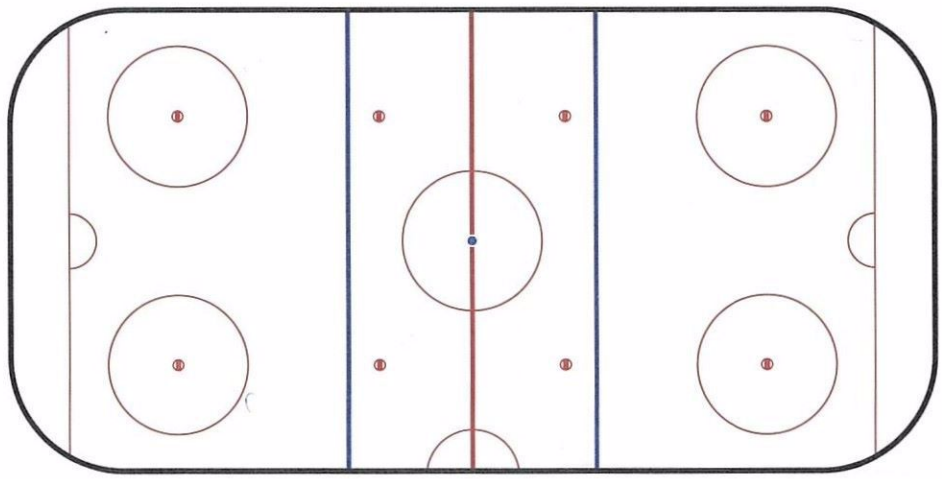
2-0



Omschakelspel 2-2



2-2 1 Joker



TEAM: U17

DATUM: 23.12.22

TRAINER: Markus, Mark

17:50 – 18:50

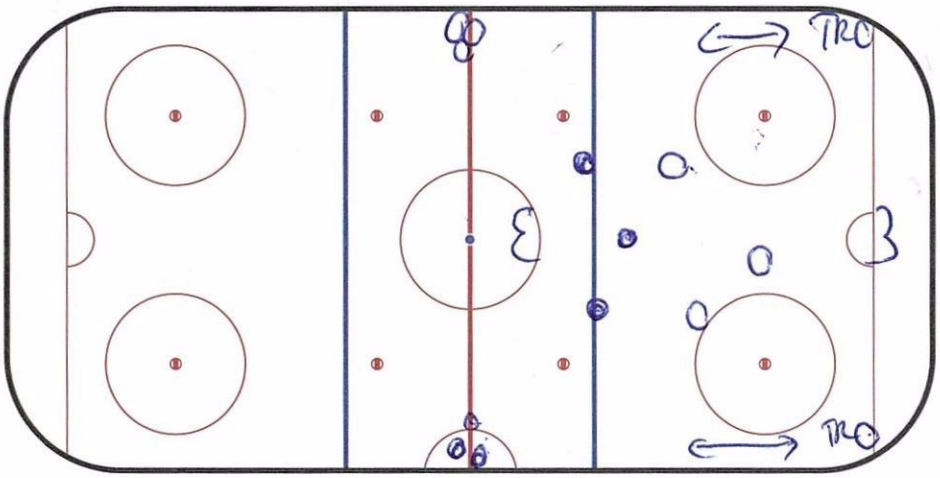
Gabriel Fadi 4 Tore

Babit Eyleb ~~?~~

~~Elia~~ Benno Joshua Benni

Yannick Olli Franzi

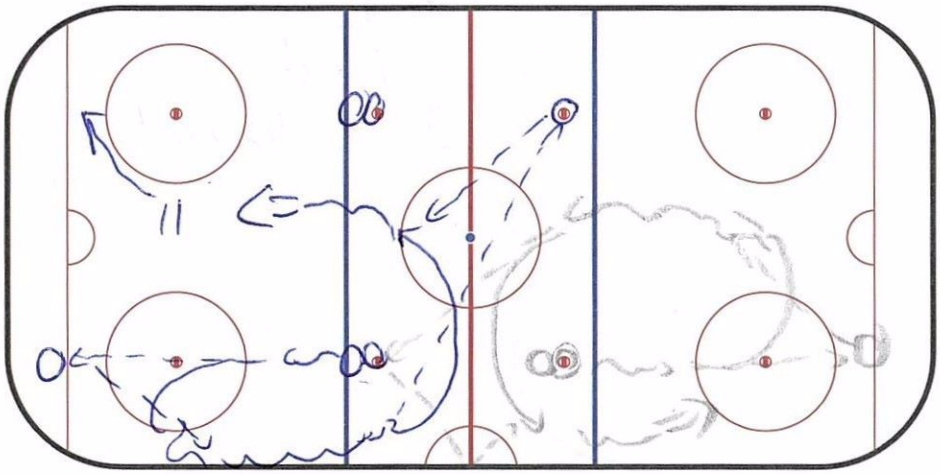
TRAININGSPLAN



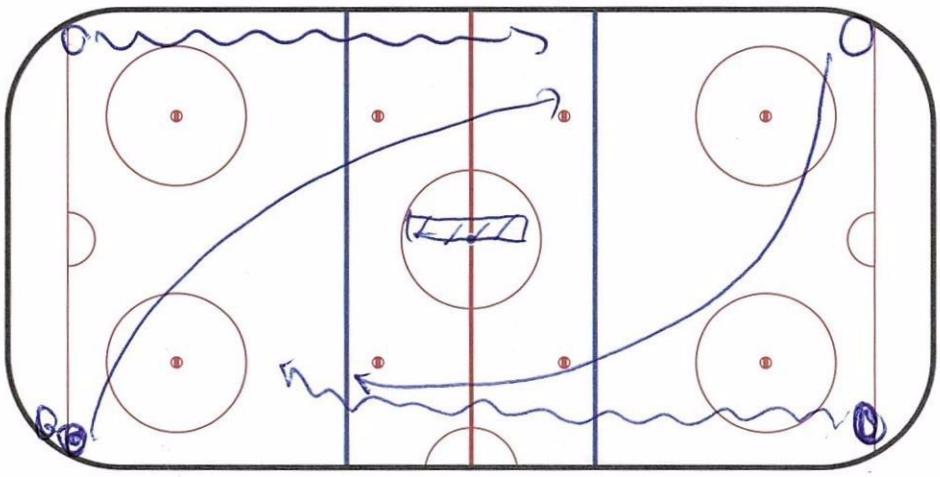
Warm up – Spiel

3-3 TR beide

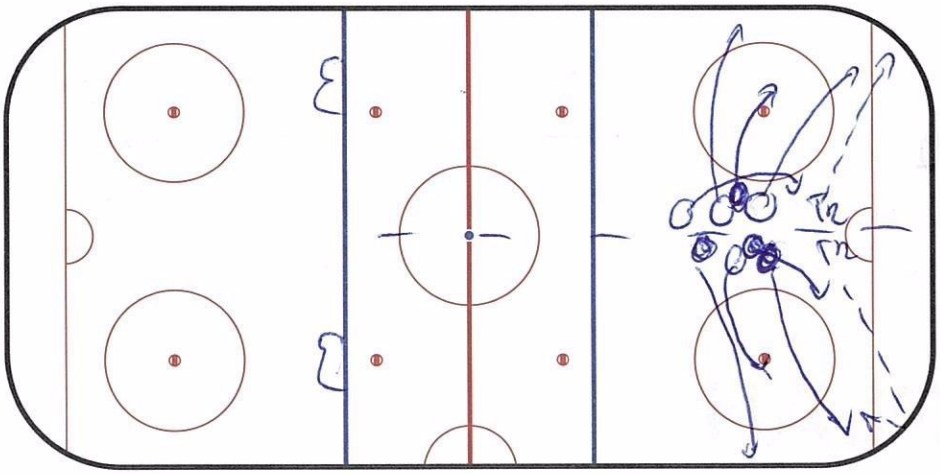
Joker



Passübung

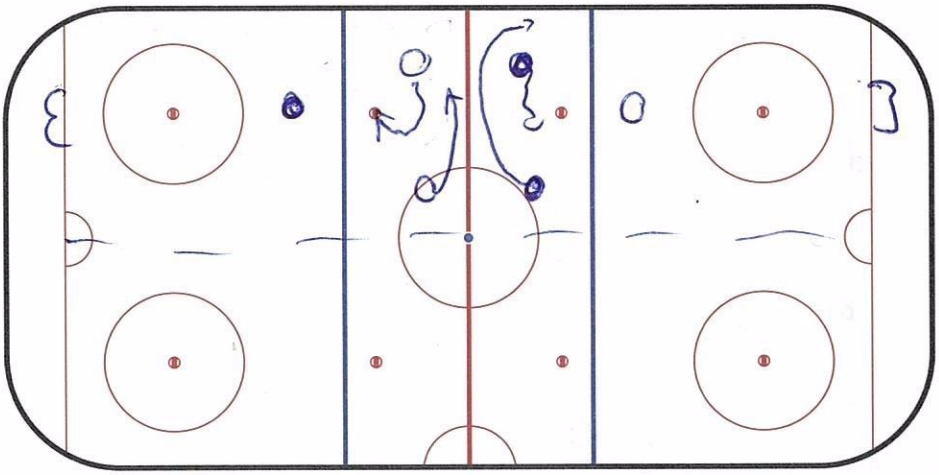


1-1

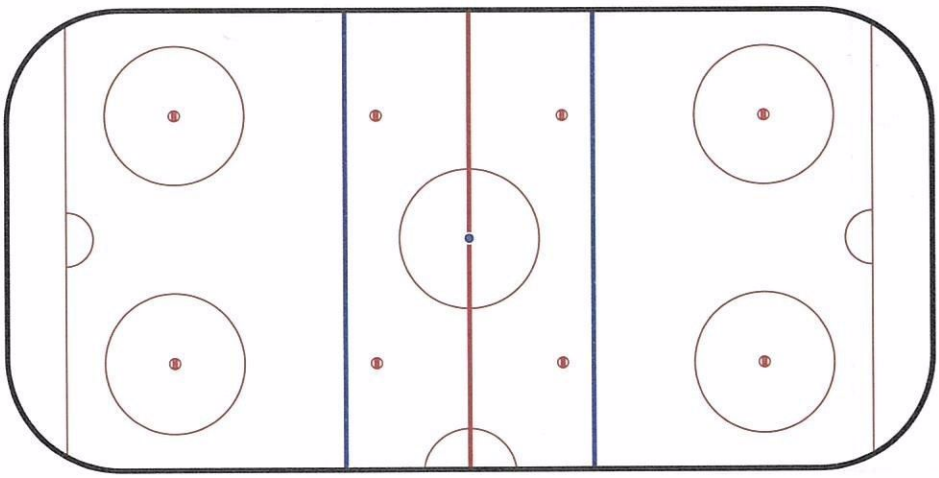


3-1

bis zur blauen Linie wer als erste ein Tor schiesst



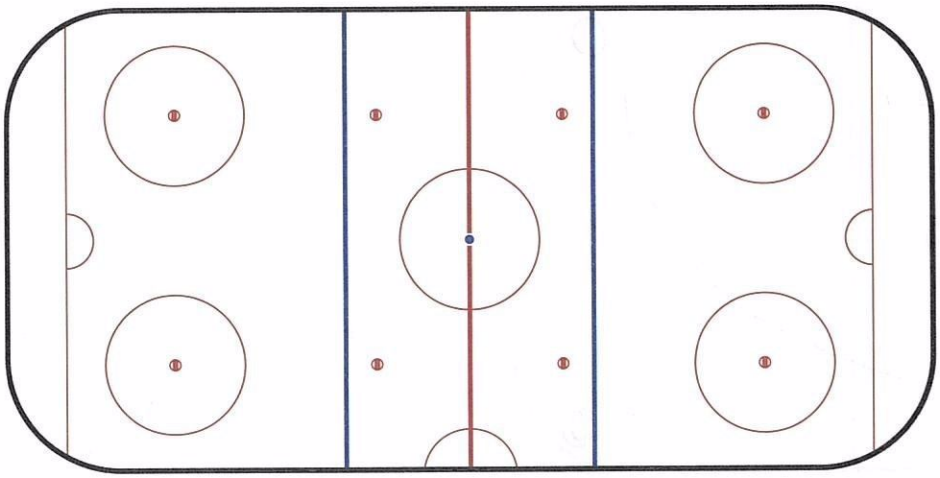
2-1 auf Signal dann 3-3



3-3

Großfeld

fliegender Wechsel



U-12

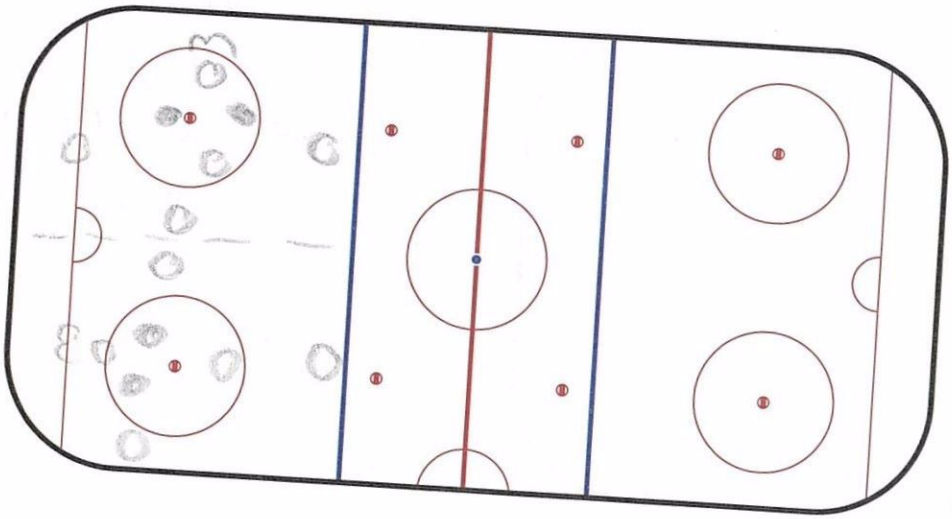
TEAM:

DATUM: 27.12.21

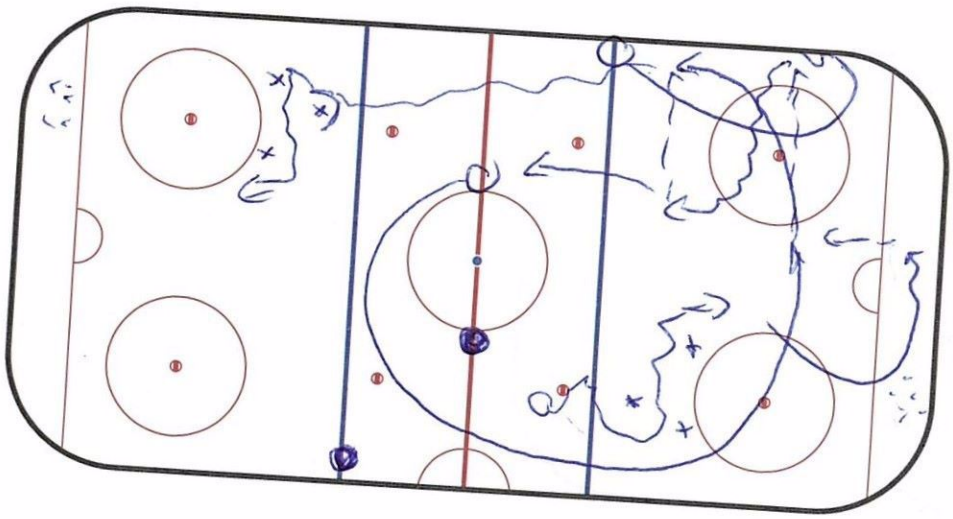
TRAINER: TT 15:05 - 15:10
ET 15:10 - 16:50
Video
ET 15:10 - 15:40

Fab Lukas Philipp
Kilian Benno Gabriel
Emilia
Tobi L Tobi U Jan
Joshua Yannick
Nemo Felix Zyla

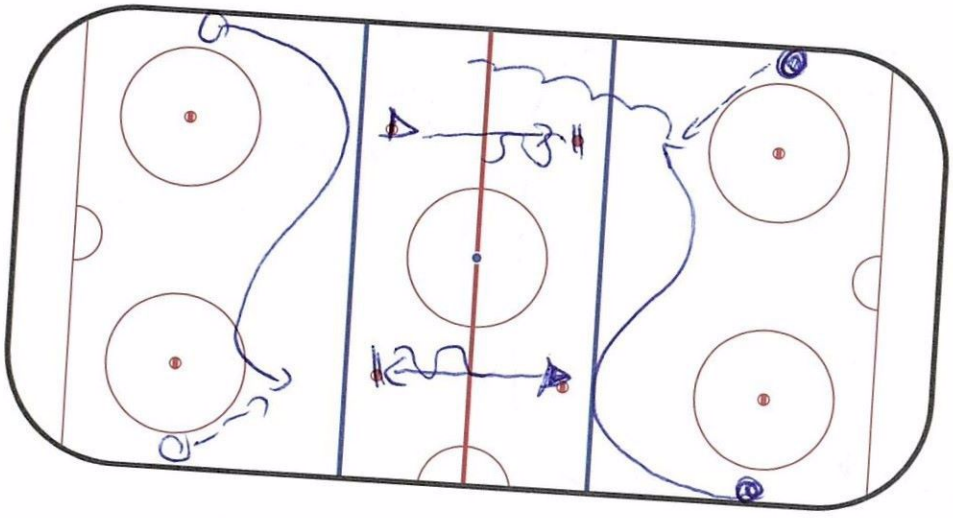
TRAININGSPLAN



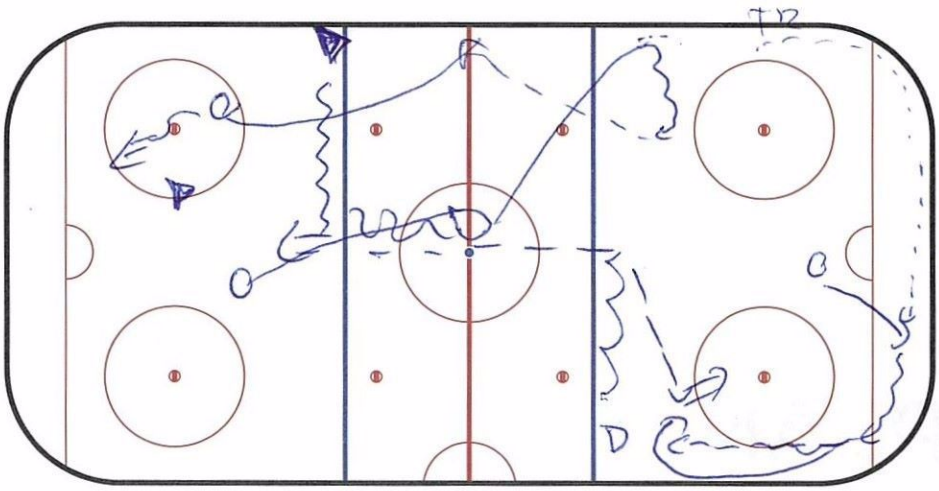
Warm up - Spiel
5-2



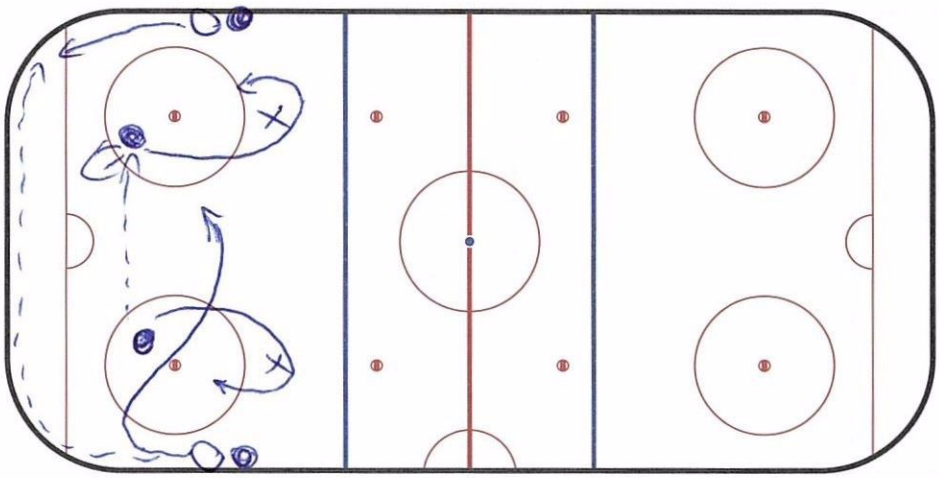
Passübung



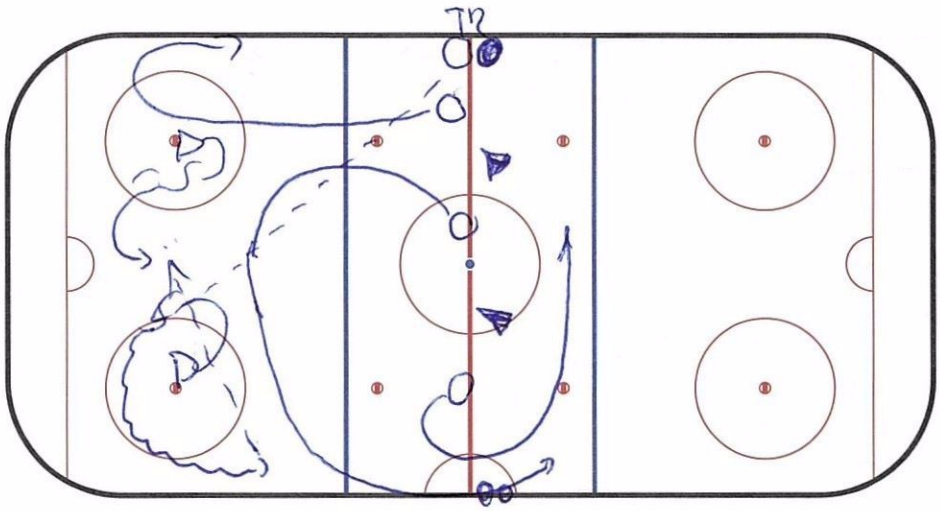
1-1



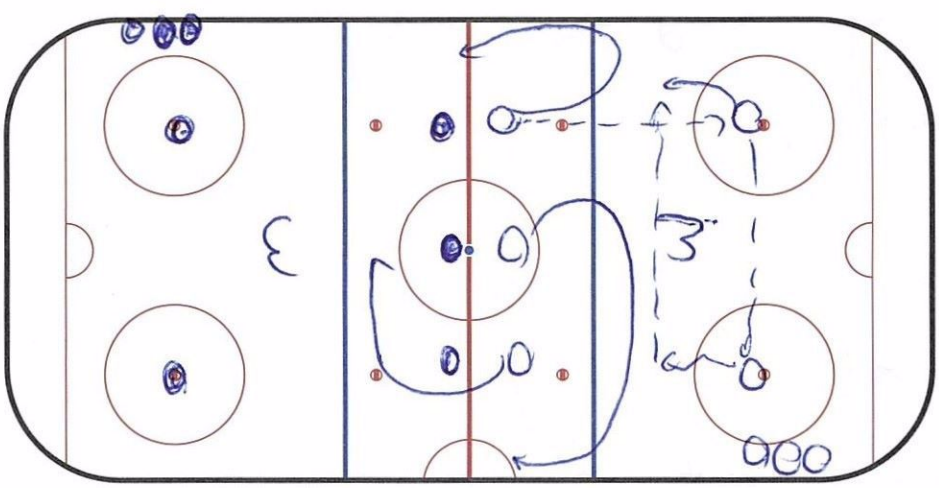
2-1 3-1
Aufbau
Rim



2-2 Rim
Umschaltspiel
OFFENSIVE - DEFENSIVE



3-2 Aufbau



4-3
Aufbau beim
Rückgewinn

E.H.C. KLOSTERSEE

TEAM: U14

DATUM: 27.11.22

TRAINER: Markus, Marc

18:00 - 19:30

TRAININGSPLAN

Carlos Jan H Fesch.

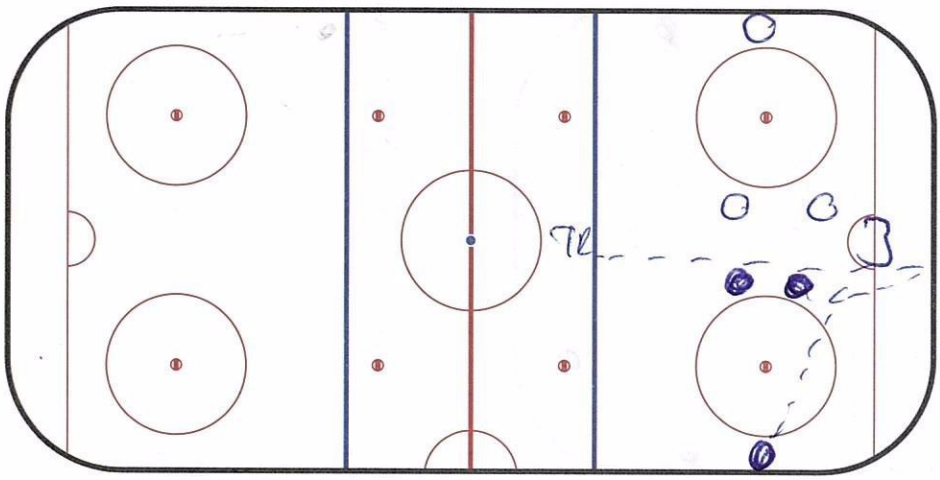
Nelay/Kilian

Gabriel

Tobin Simon Yannick

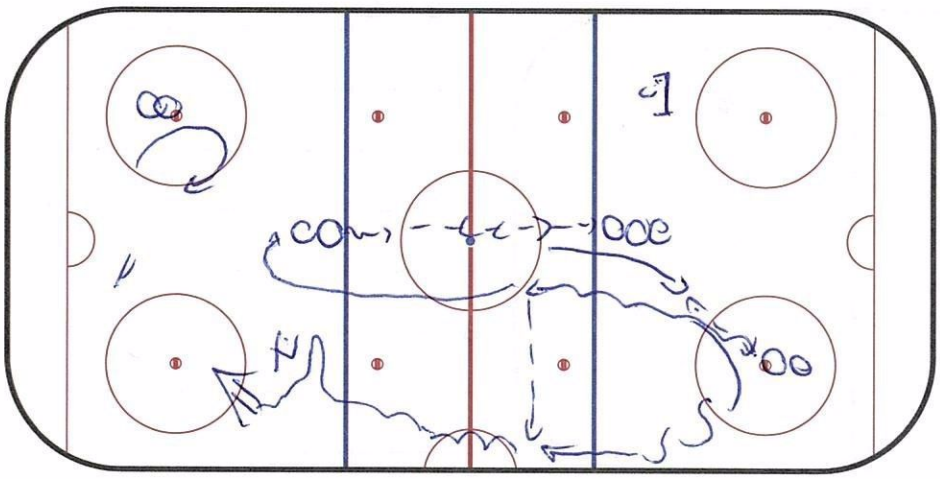
Jan

Felix

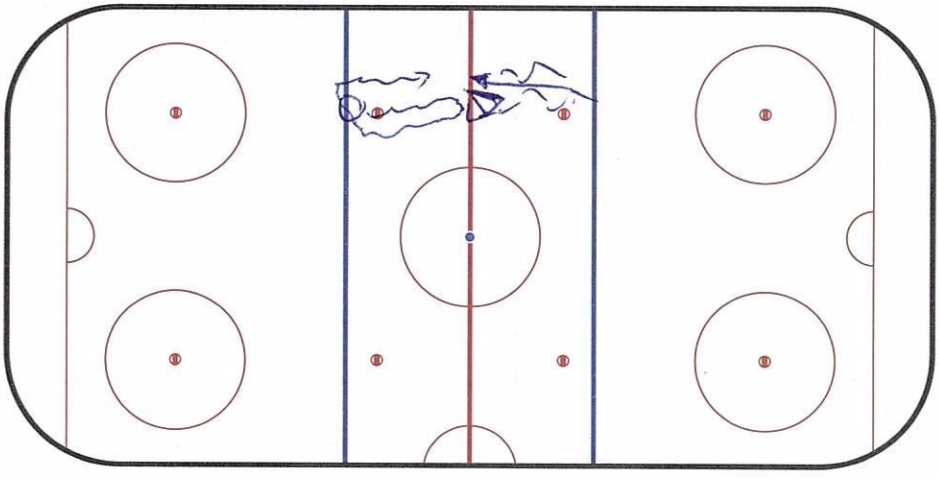


Warm up Spiel

3-2

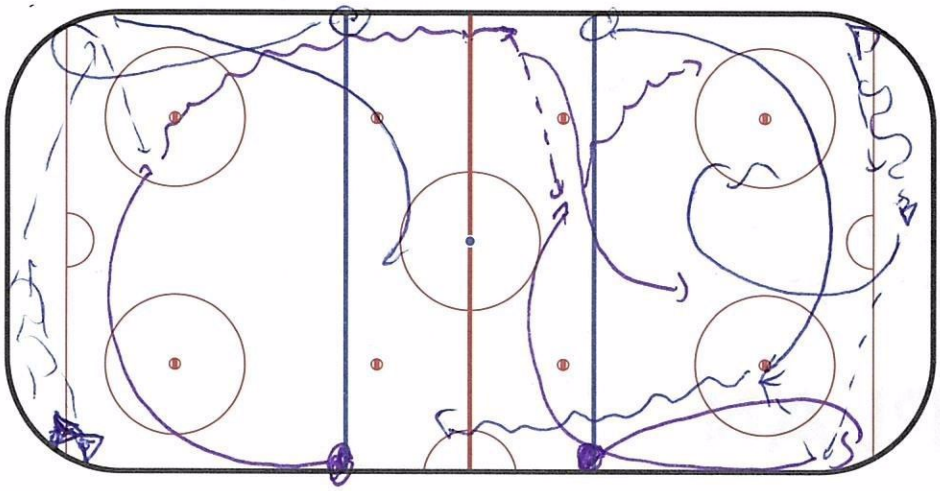


Passübung 1-0

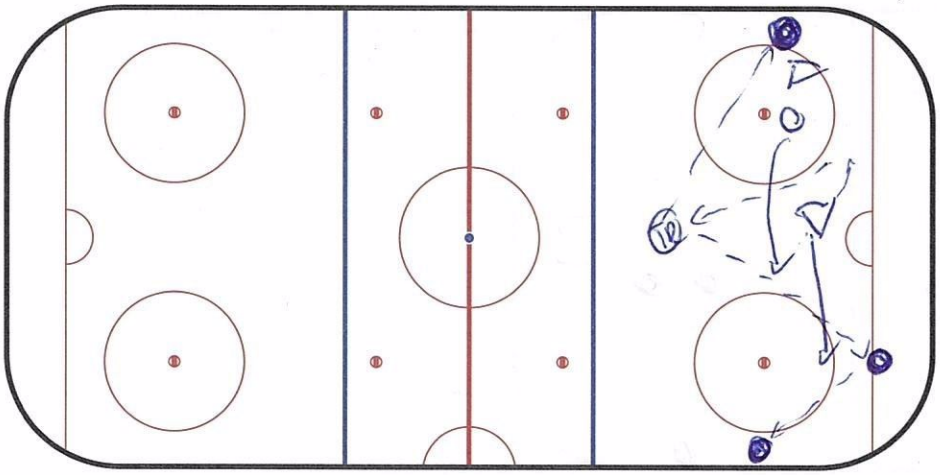


1-1

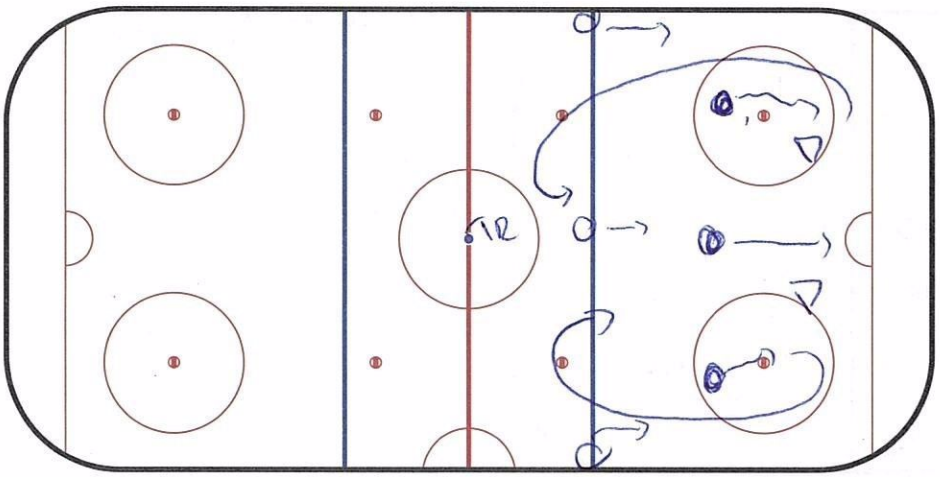
Cop - Control



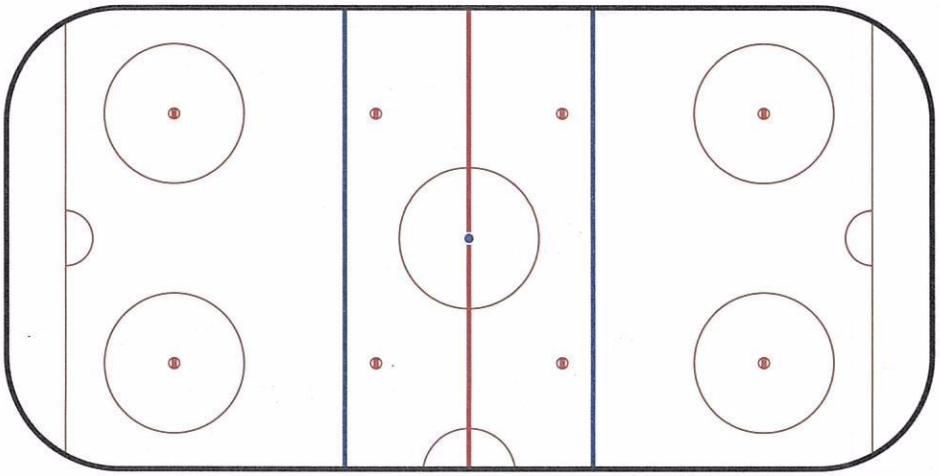
2-1
Aufbau



1-3
2-3
3-3



Aufbau 2VC
3-2



5-5 Bullysituationen

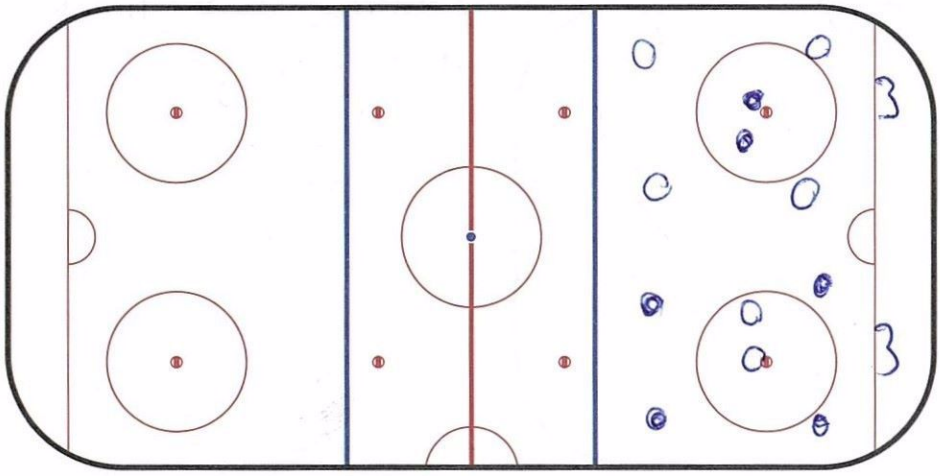
E.H.C. KLOSTERSEE

TEAM: U14

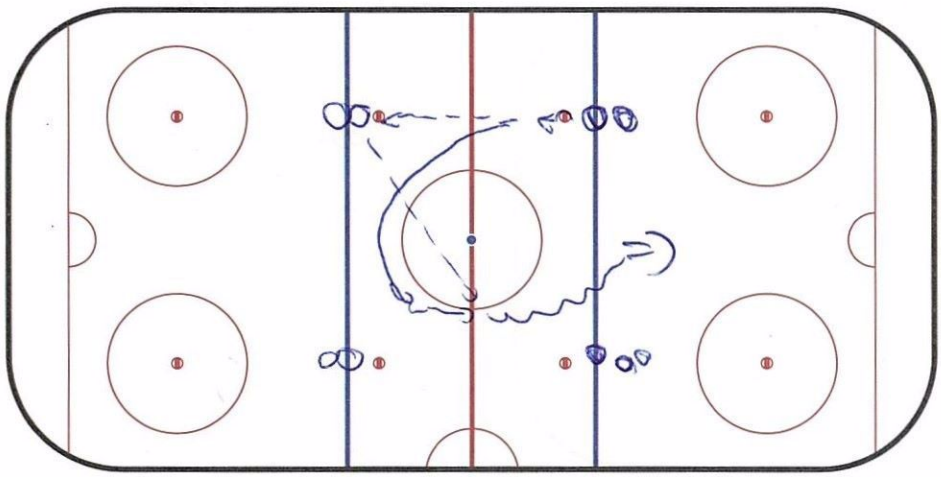
DATUM: 20.12.

TRAINER: ET 8:05 - 08:15
ET 8:20 08:30

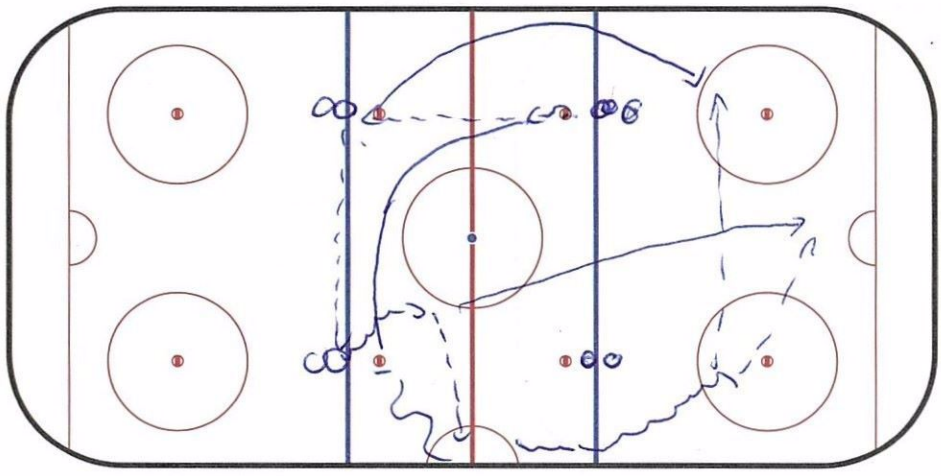
TRAININGSPLAN



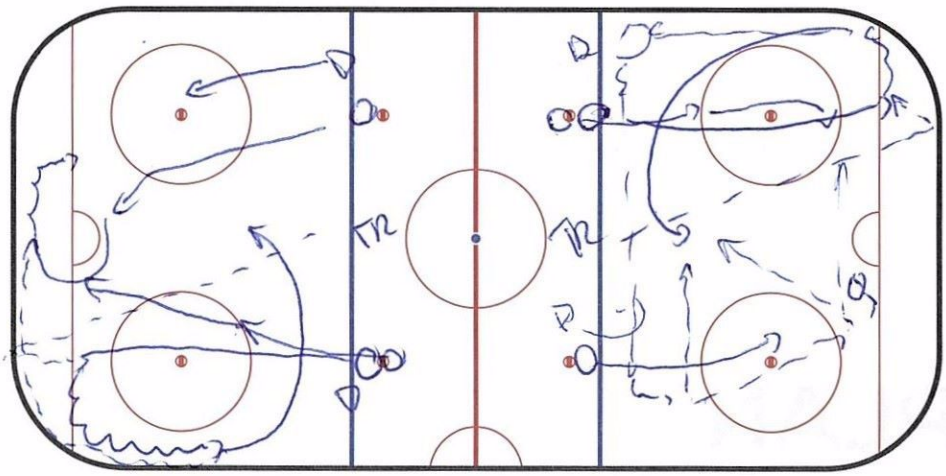
Warm up - Spiel
4-2



Passübung 1-0

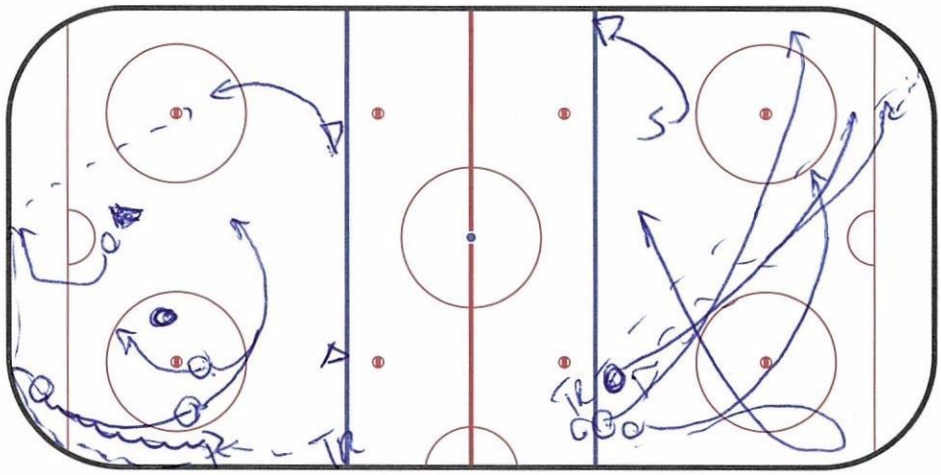


Passübung 3-0



02 Übung

pass in VT

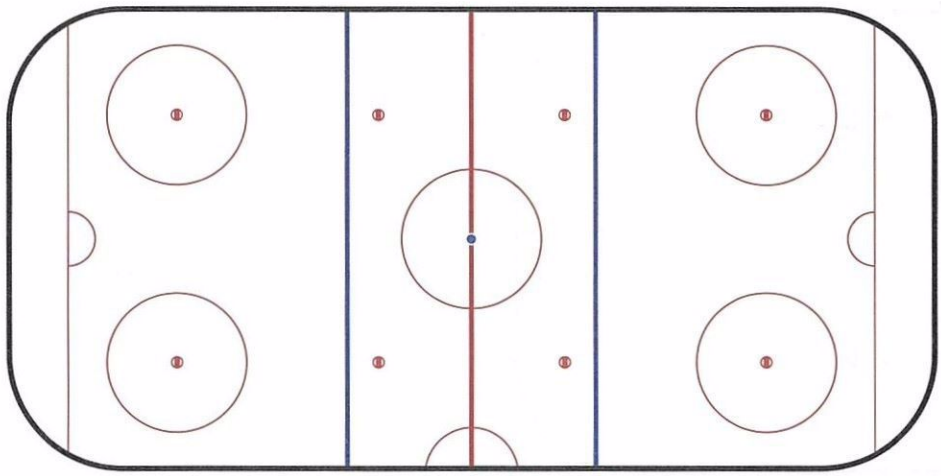


Aufbau unter Druck

Unterstützung

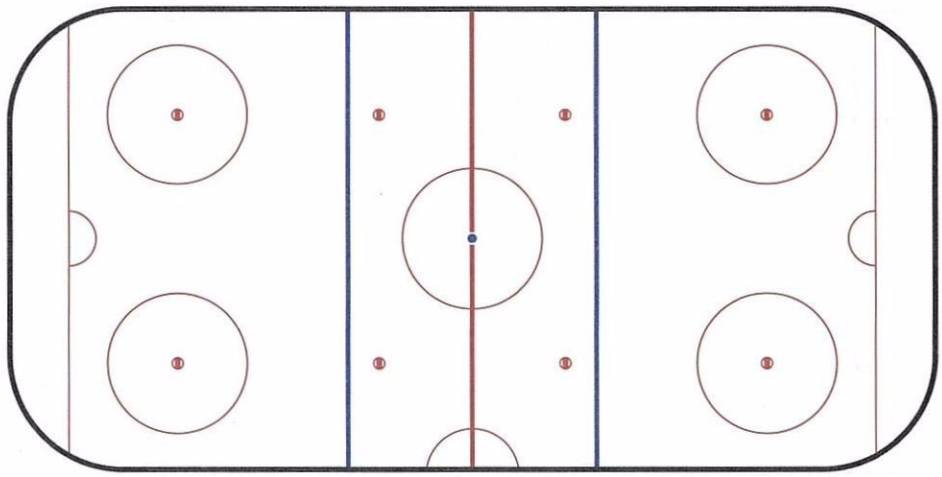
3 - 1

5 - 2 02 in Drittel



5-4 Ü2

Aufbau



5-5