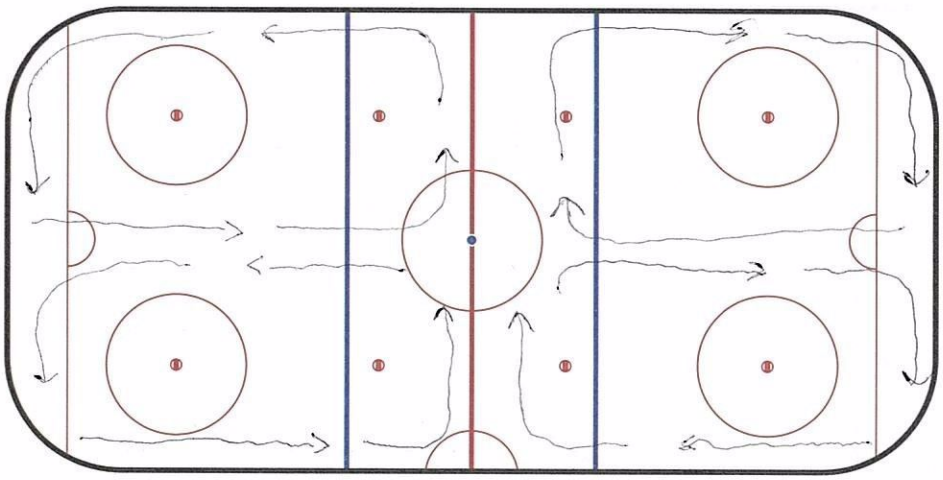
TEAM: U9.

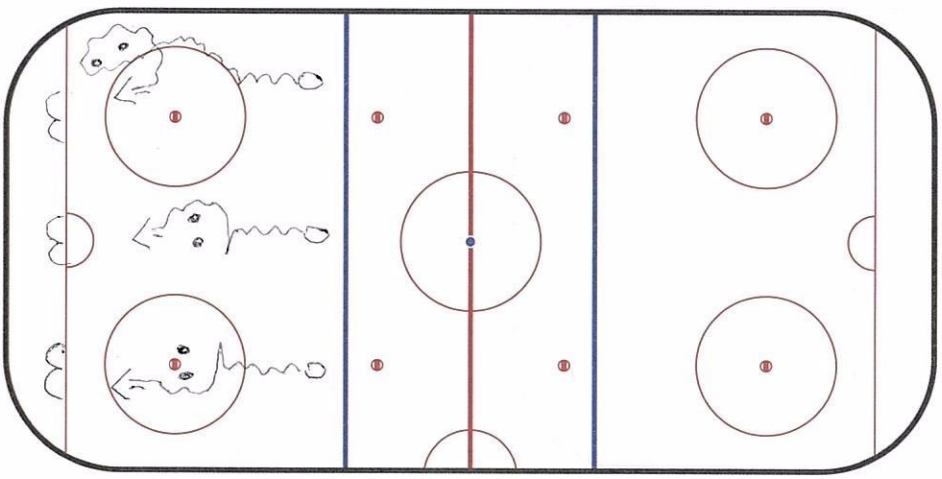
DATUM: 22.8.2022. 11:40-12:40

TRAINER: Yuri + Helfer

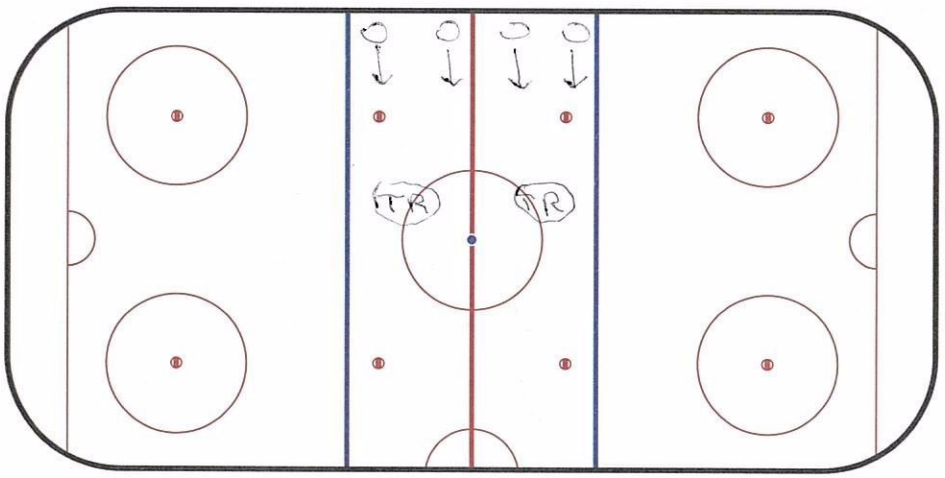
TRAININGSPLAN



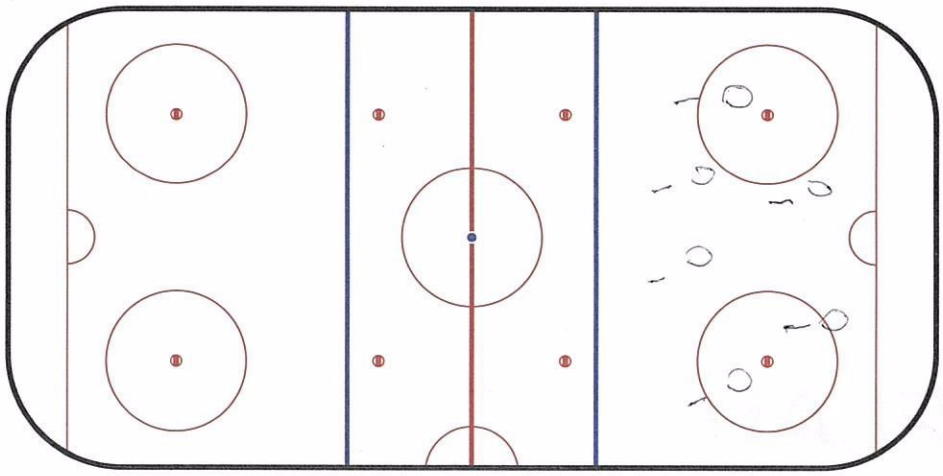
Aufwermen mit schläger im bewegung schlegere im gestrekte Hand drechen, körper drechen, schleger auf schulter und drechen.
5-7 min



1) Stock technick im bewegung
12 min

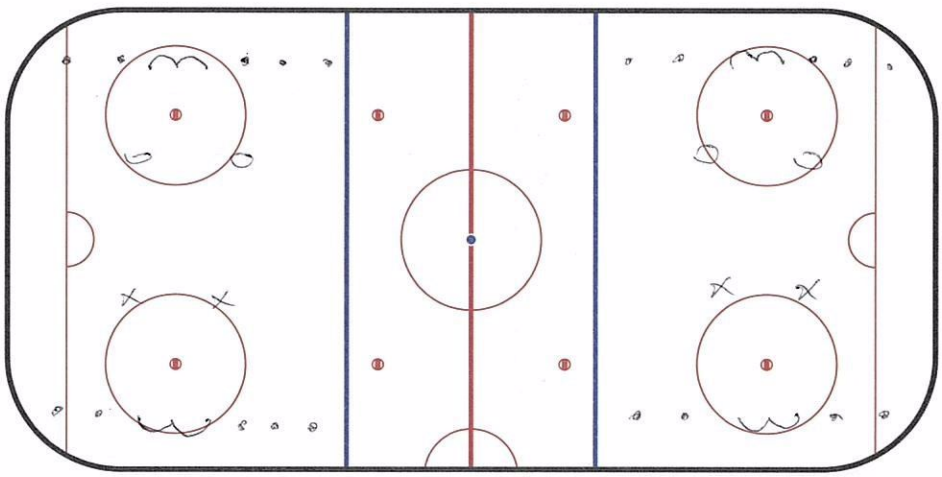


2) A) Spiel → Trainer fangen spielen bei laufen von bande zu bande. B) erste Reie spieler mit Stock und Ring starten zweite Reie fangt und probier Ring weg nehmen
12 min



St 3: Übunge auf gleichgewicht mit eislauftechnick element mit eigene schleger am eis.

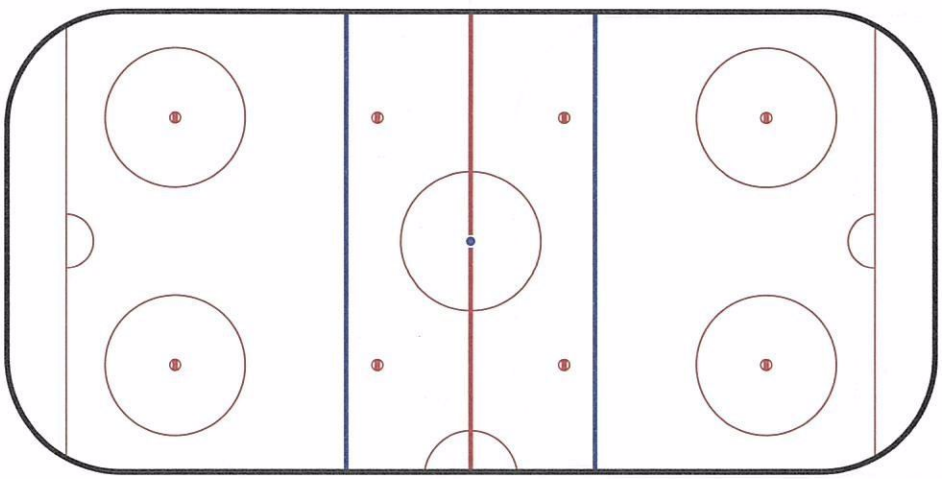
Xmin

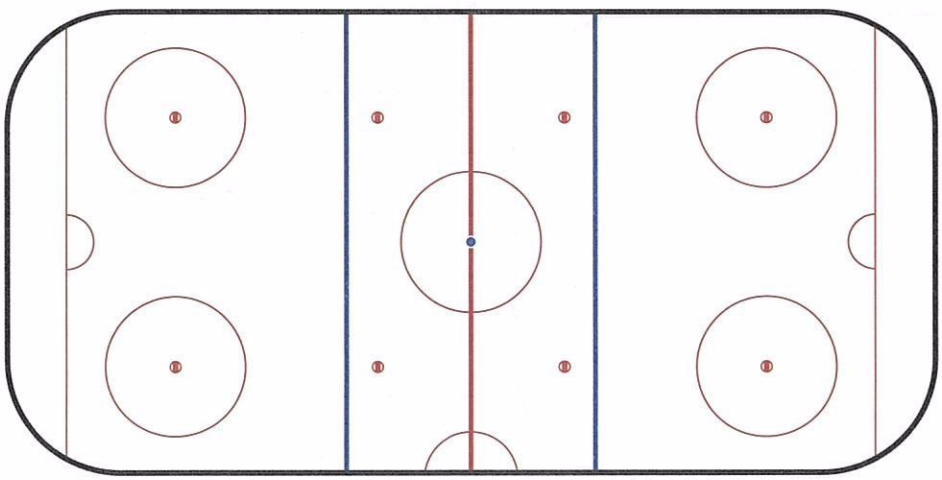


Spiel 2-2

Spieler dürfen nicht Hintentor spielen.

Xmin



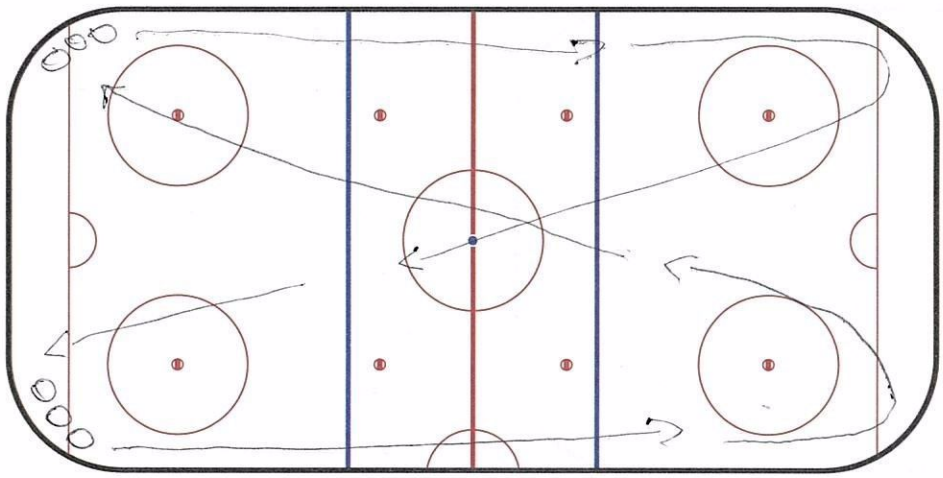


TEAM: U9, 10:40-11:40

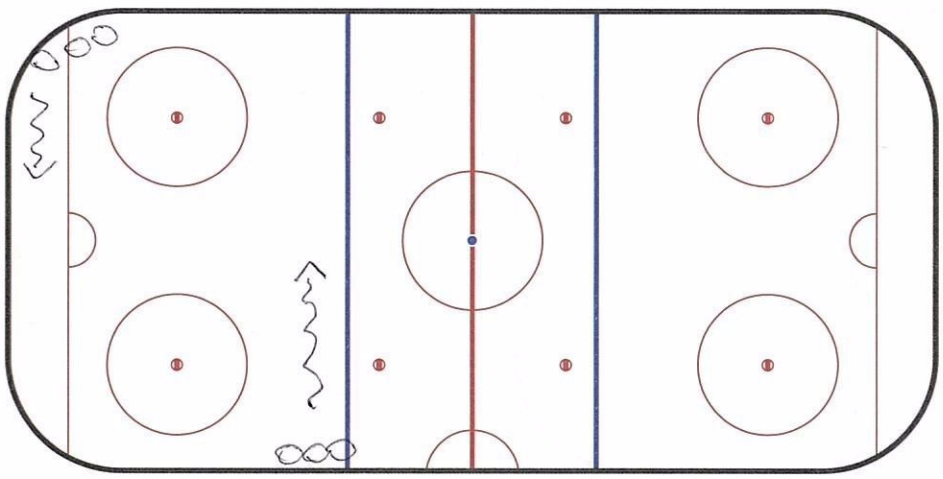
DATUM: 24.8.2022.
25.8.2022.

TRAINER: YURI, Dome.

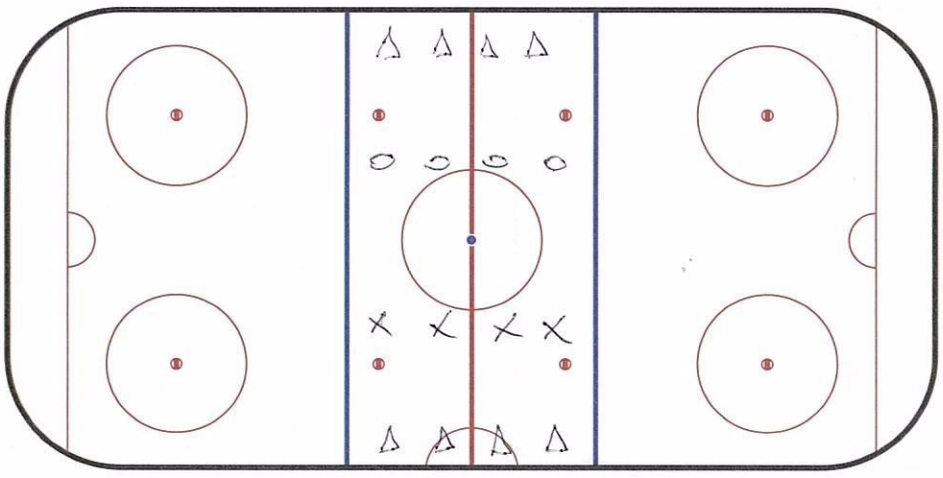
TRAININGSPLAN



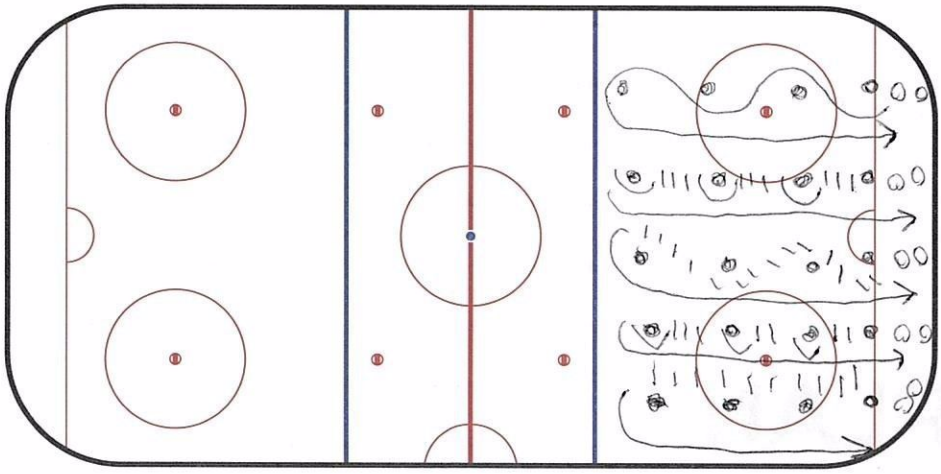
Aufwermen mit schläger im bewegung.
5-7 min



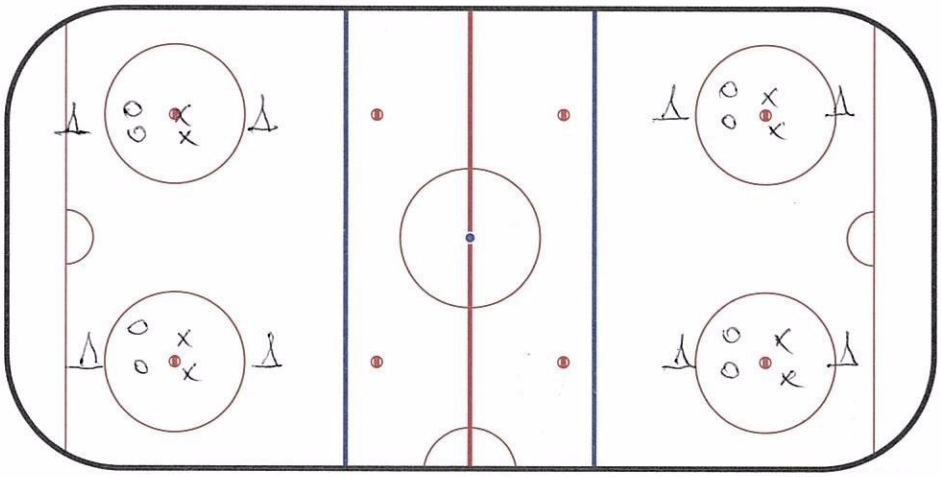
Technik mit schläger
Kurze dribling im bewe
gung vor körper -> mit
ein Hand vorhand, rückhan
-> seitlich.
12 min



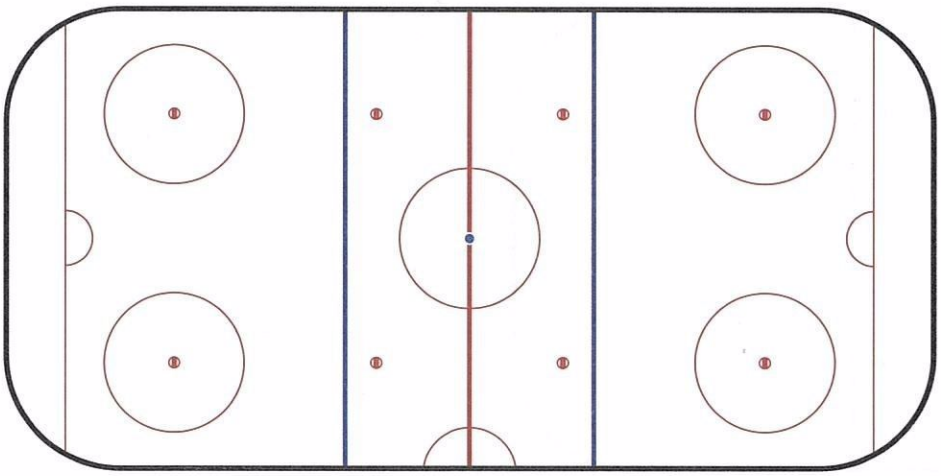
Spiel 4-4 -> Aufgabe
mit Ring alle hütchen
von gegner treffen
12 min

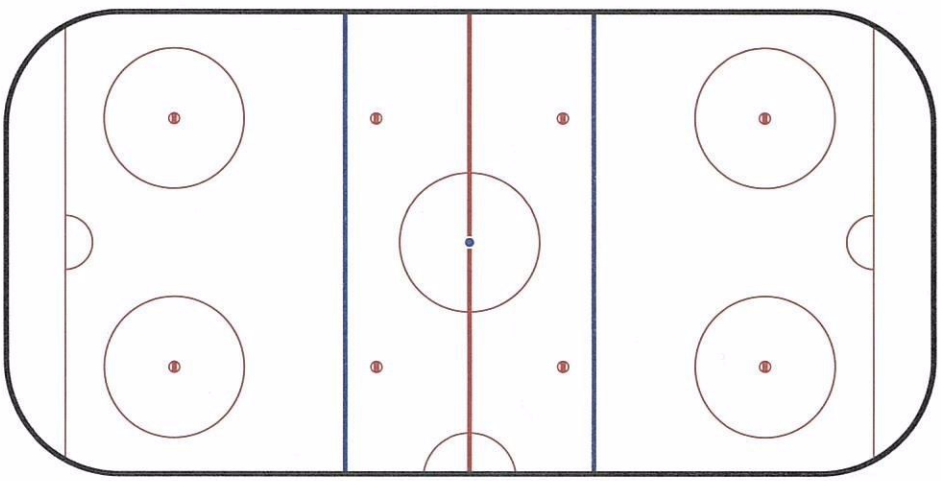


Eislaufen und Gleichgewicht.
seitlich übersetzen
seitlich über Hütchen
seitlich mit Richtung wechsel
seitlich mit Sprung über Hütchen, → Eislauf mit Richtung wechsel.
12min



Spiel 2-2 mit Ring → Pilonen Stator → Spieler muss Pilon treffen.
10min



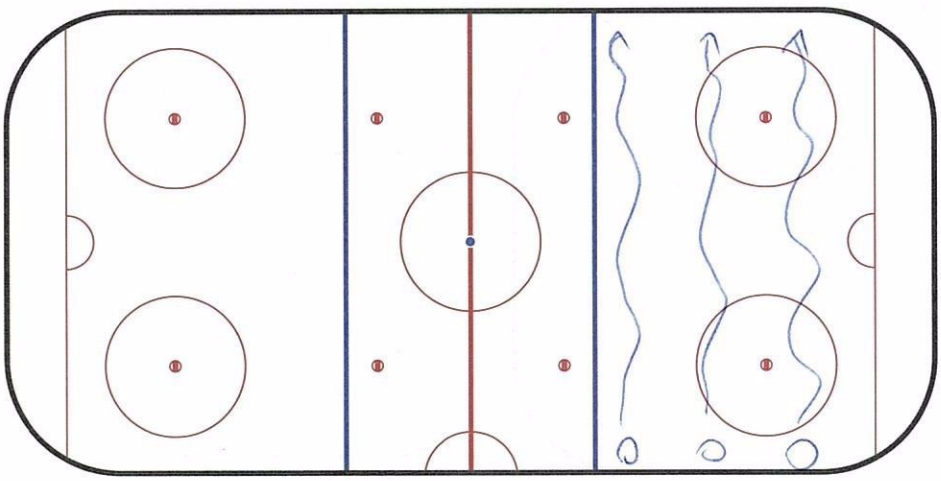


TEAM: U9

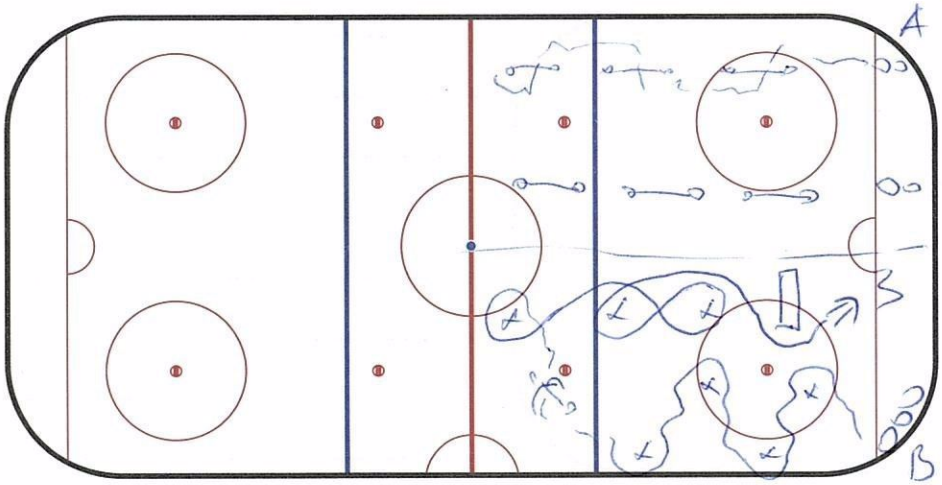
DATUM: 30.8.22

TRAINER: Martin, Simmy

TRAININGSPLAN



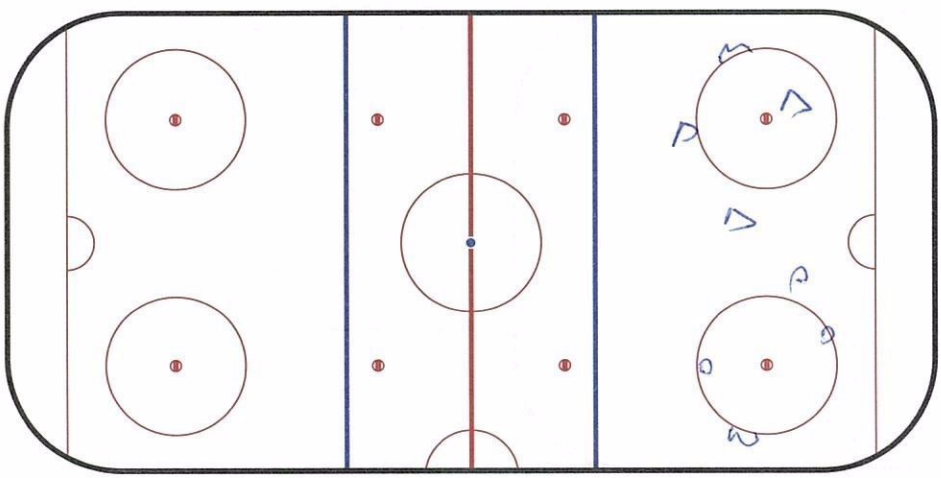
1. Lauf ABC
   1 Tmin



2.
A. Stickhandling

B. Parcour

2 × 10 min



3. Spiel
   2:2 (3:3)

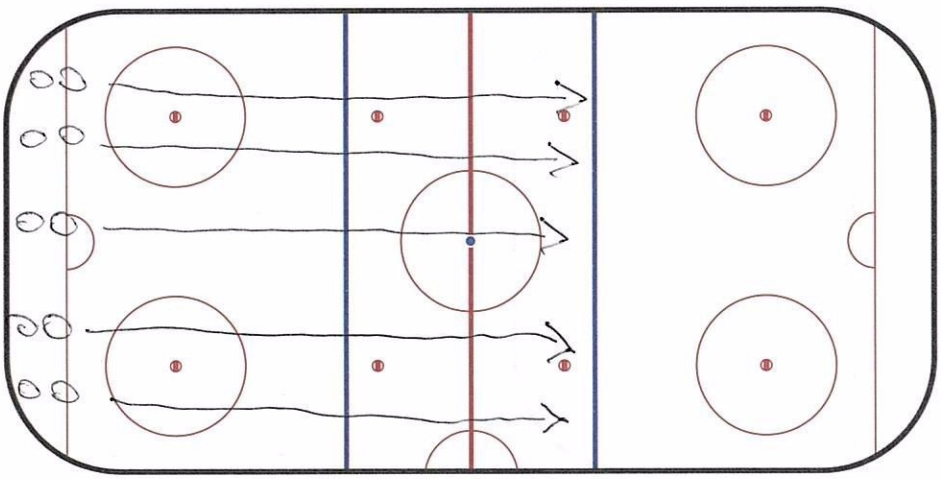
   15 min

TEAM: U7U9 9:30-10:30

DATUM: 30.8.2022. 31.8. → U9 10:40-11:40

TRAINER: YURI + Helfer

TRAININGSPLAN



Aufwermen

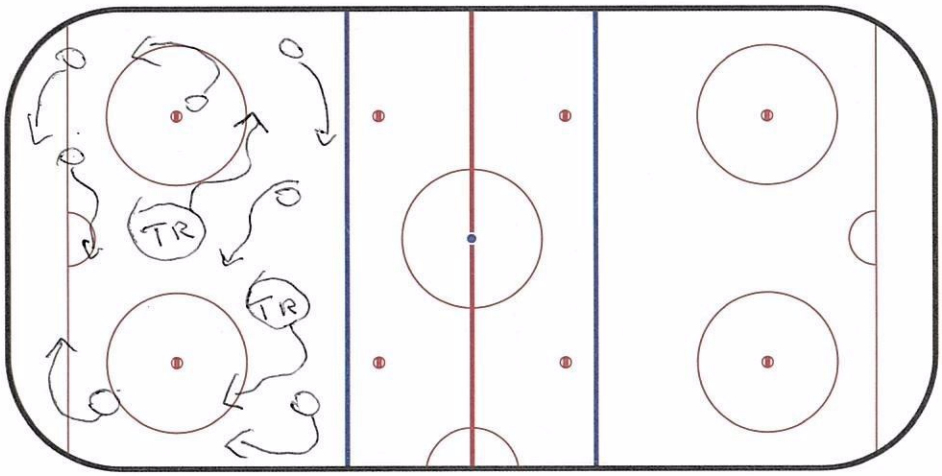
Linke bein stoßen und gleiten vorverz

Rechte bein gleich.

Linke bein und rückwer gleiten

gleich Rechte.

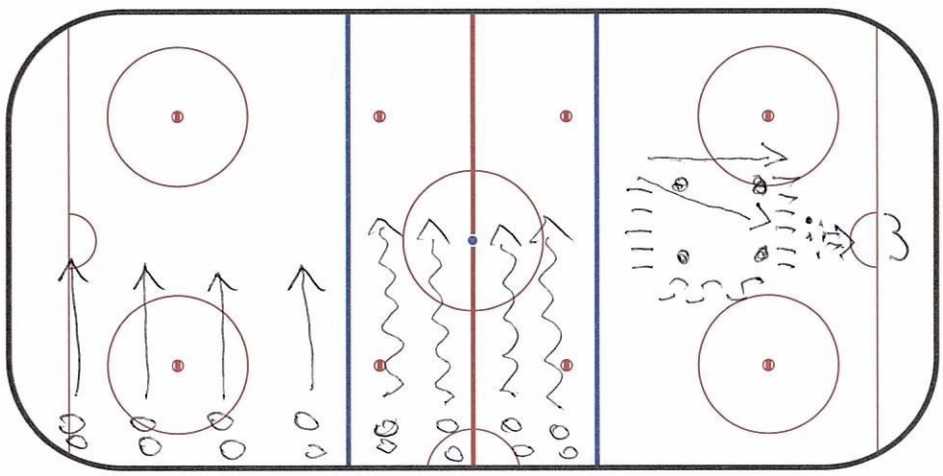
7min



Bewegung spiel

Polizei und banditen

8min



1) Eislaufen ~~Tec~~

10 min.

2) Technische eleme nten mit schläger.

10 min

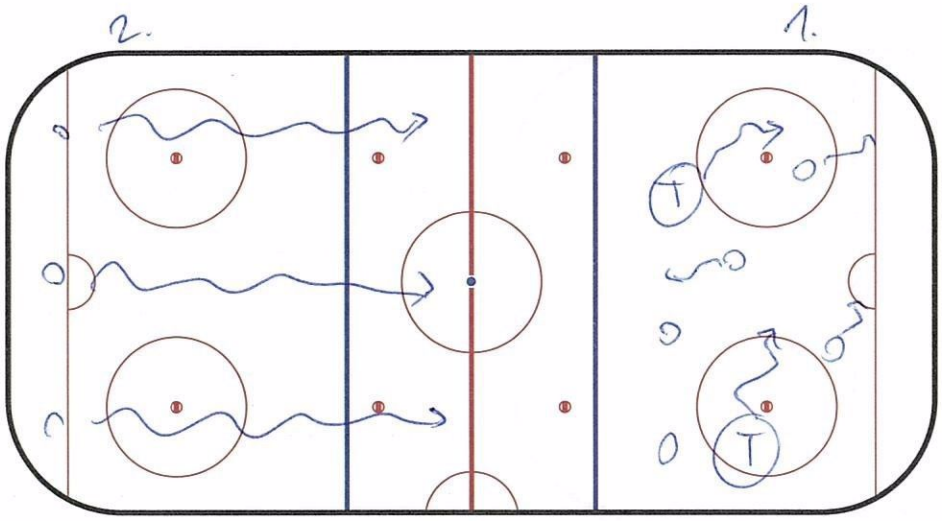
3) Technika eislaufen mit schuss

TEAM: U9

DATUM: 1.9.22.

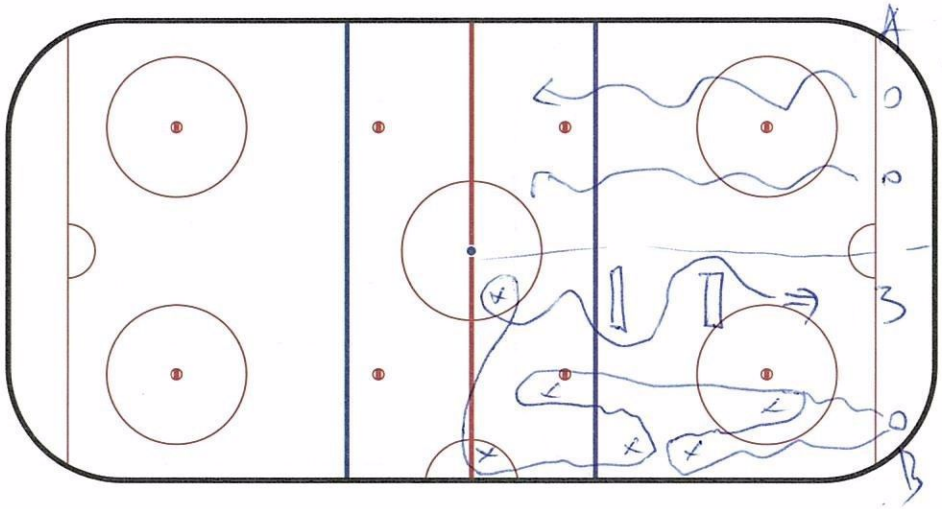
TRAINER: Martin, Vince

TRAININGSPLAN

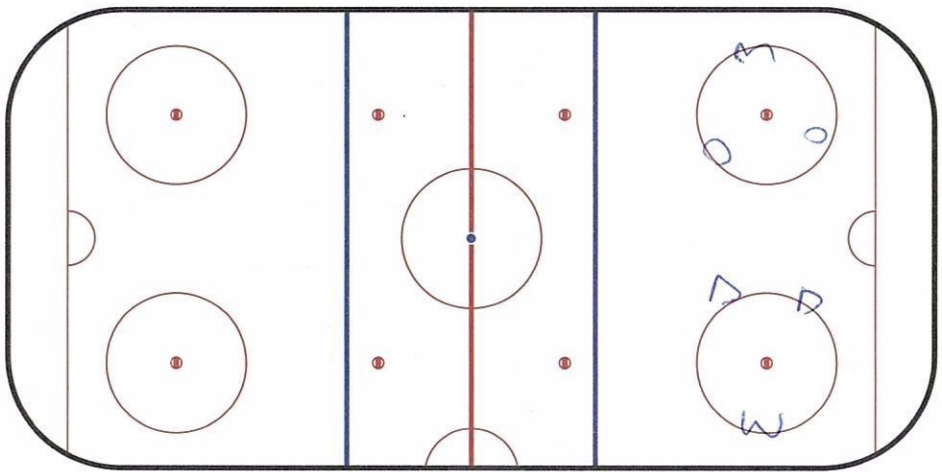


1. Spiel
"Star Wars"
T fängt Spieler mit Schläger
8 ~~10~~ min

2. Lauf ABC
10 min
Stickhandling

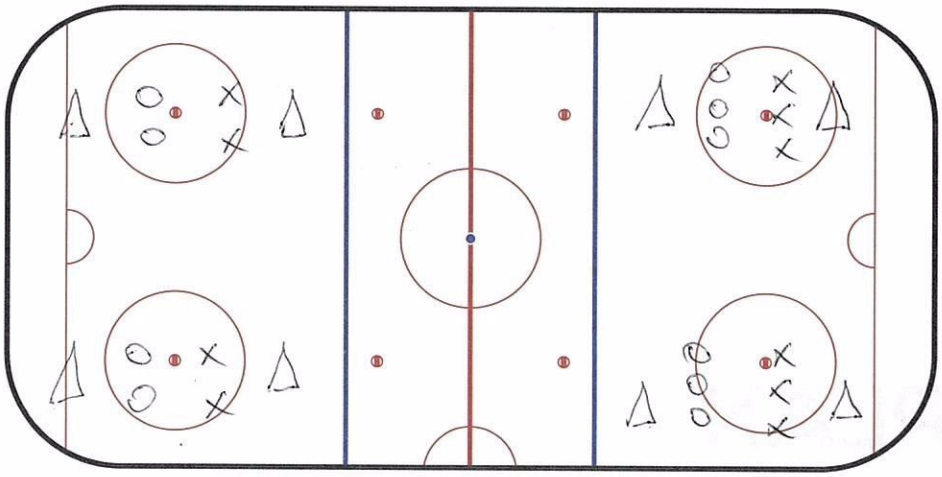


3. A ~~Lauf~~ ABC
B Parcour mit Scheibe
2 x 10 min



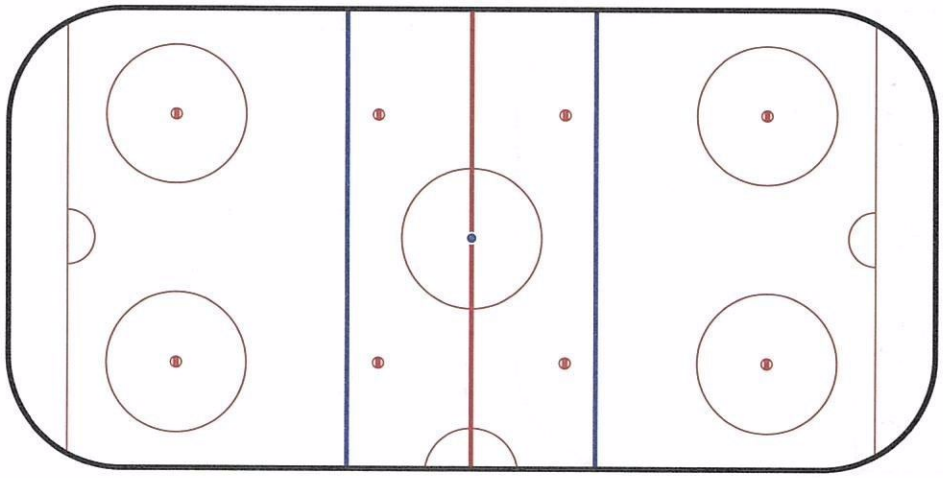
4. Spiel
2:2 / 3:3

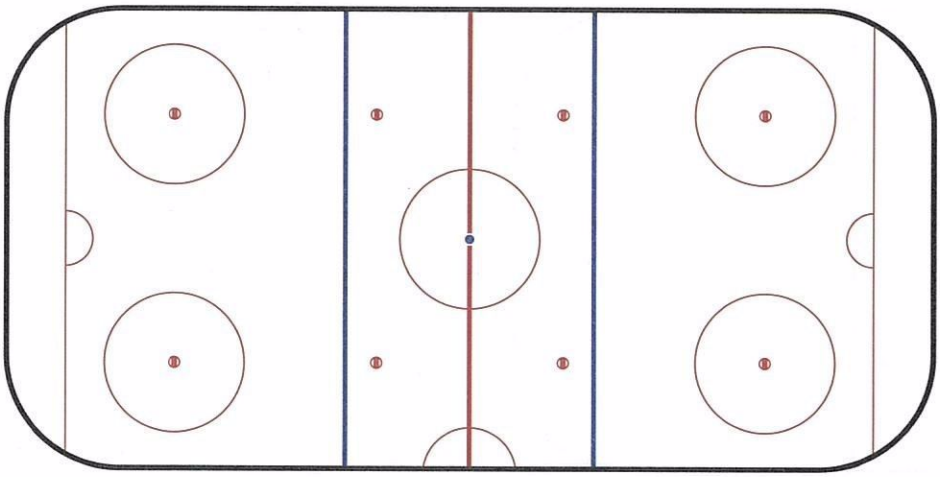
erst mit Ring
dann Scheibe
2 x 5 min

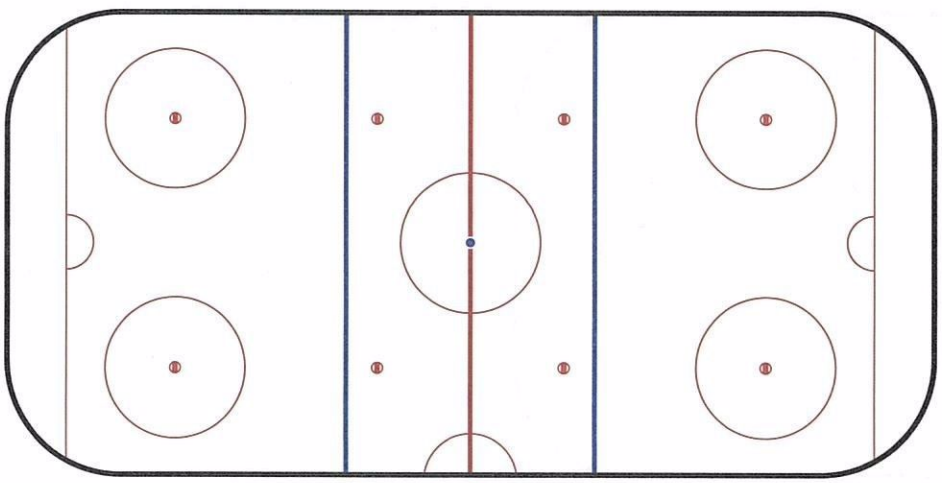


Spiel 3-3 Hürden als Tor, oder 2-2.

12min





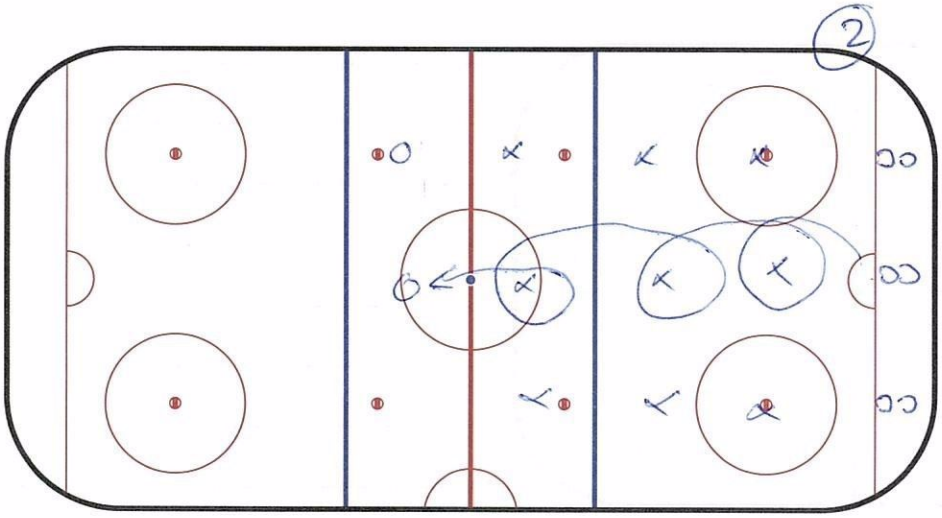


TEAM: U9

DATUM: 5.9.22

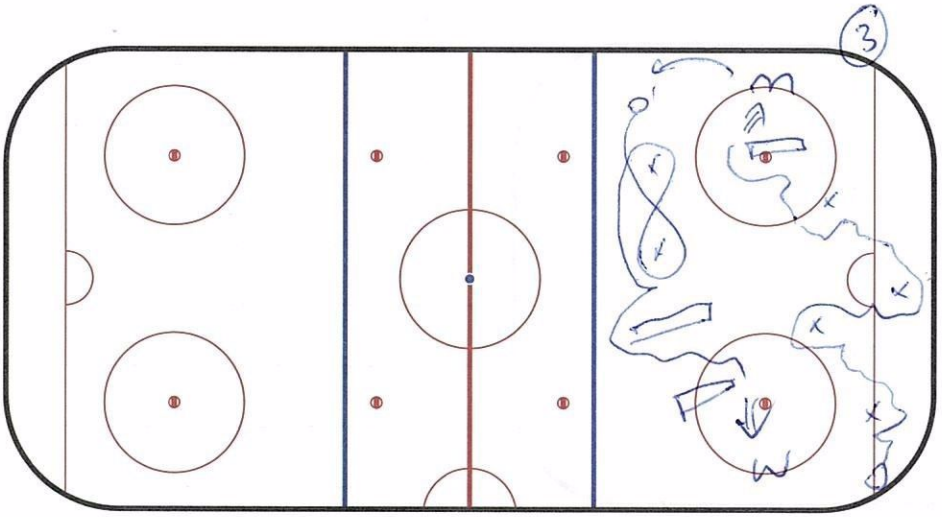
TRAINER: Martin, Vincent

TRAININGSPLAN



1. Spiel Bälle sammeln tot gegen Glas
8min

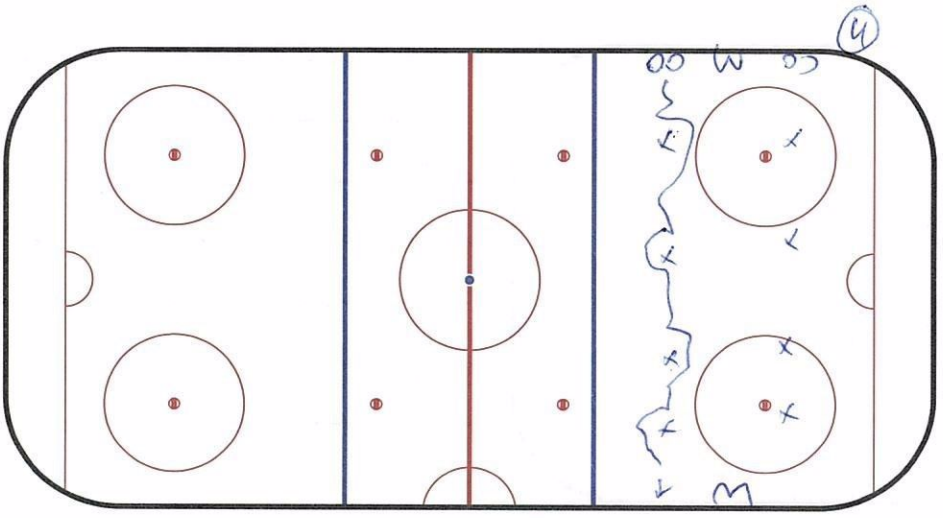
2. Laufen dem Scheibe
ABC
10min



3. Parcour
erst vw/ vw-rw
10min

4. Stickhandling
10min

5. Spiel 2:2/3:3
15min

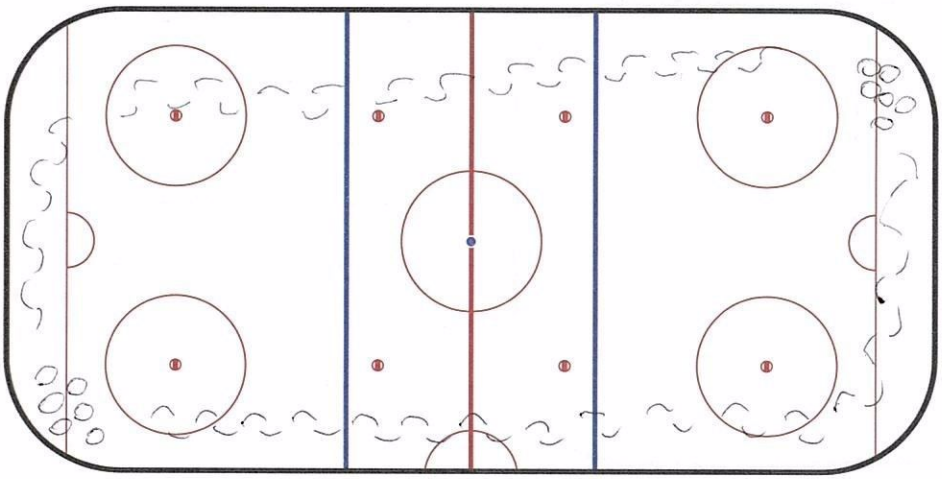


TEAM: U9, 13:50 - 14:50

DATUM: 6.9.2022.

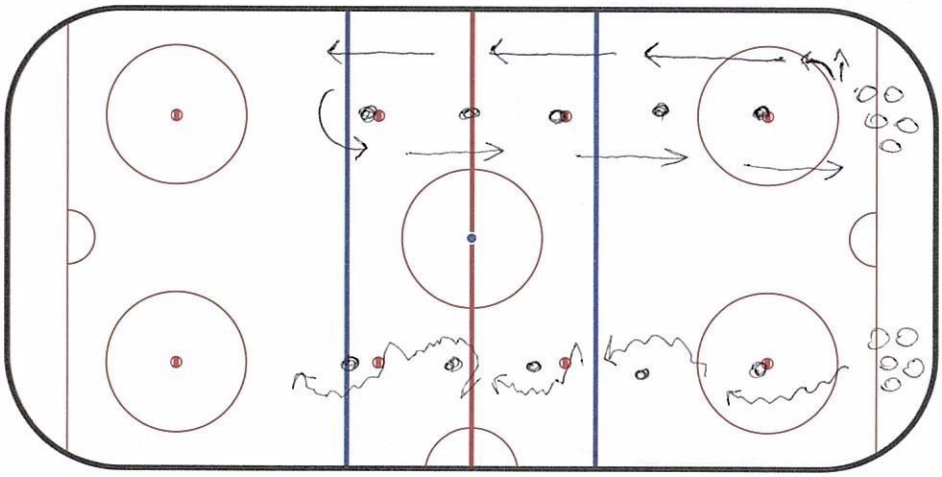
TRAINER: Yuri, eddy

TRAININGSPLAN



Aufwermen Rückwerts Lauf vorne kreuzen

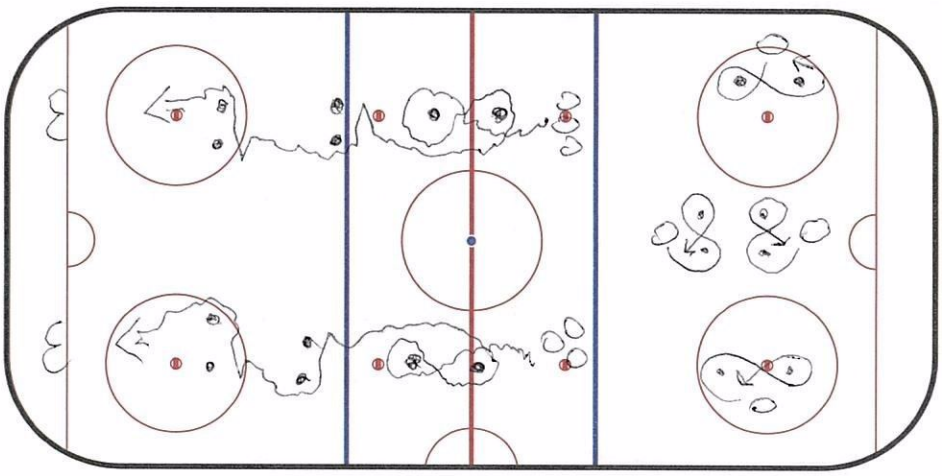
6-7min



1) Eislaufen element start seitlich → nach start im eine richtung mit linke bein seitlich schwingen bei zurück fahrt mit rechte gleichgewicht halten,

2) Eislaufen und ball mit beine slalom kontrolieren.

7x7 14min



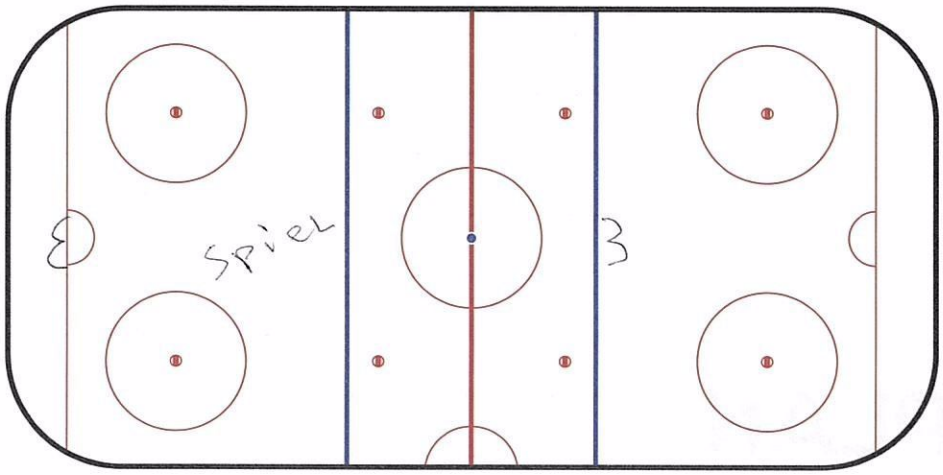
1) Puck kontrol im stechen achter. → Achten auf untere hand muss locker am schleger rutschen.

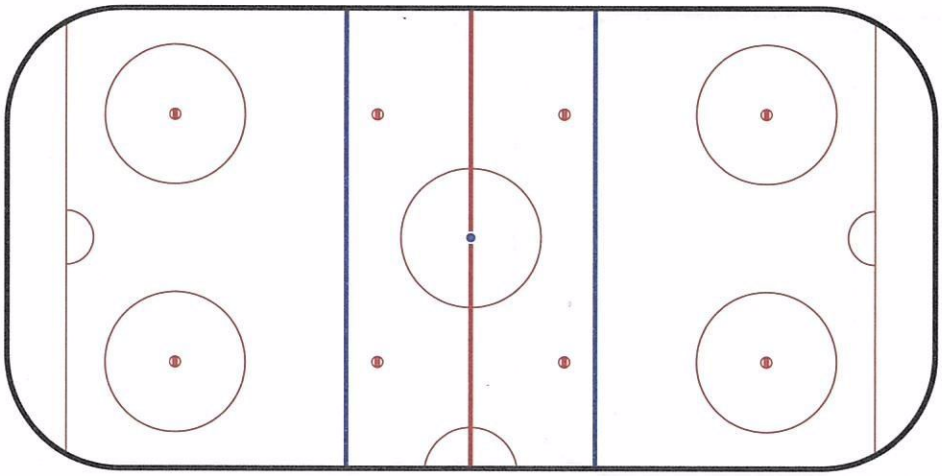
2) Puck kontrol im beweg mit schuss

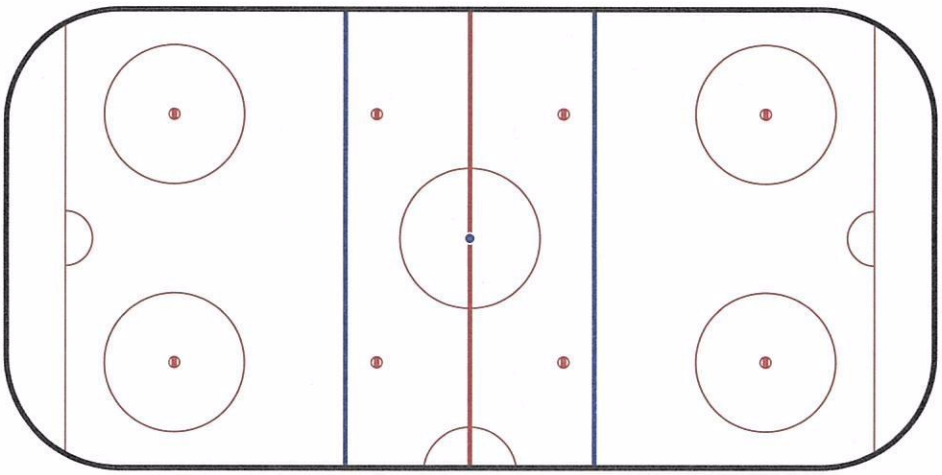
7x7 → 14min

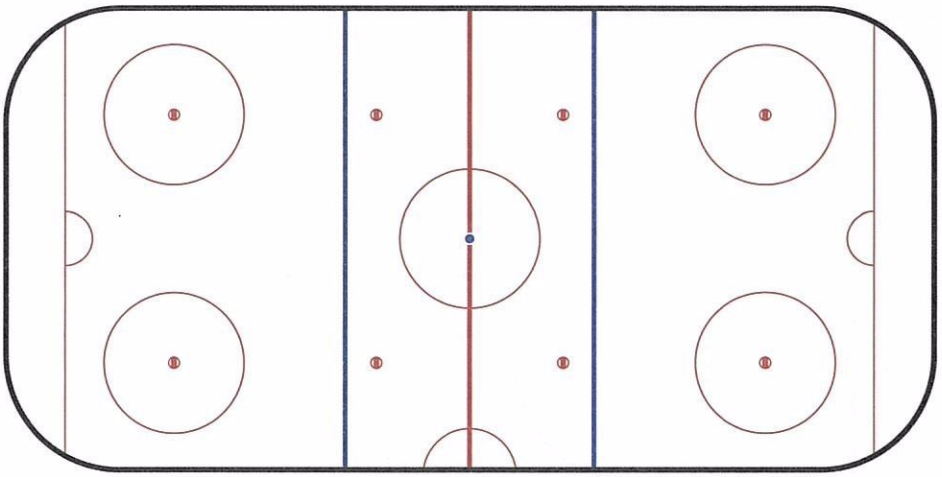
Spiel 5-5 oder 3-3

15 min







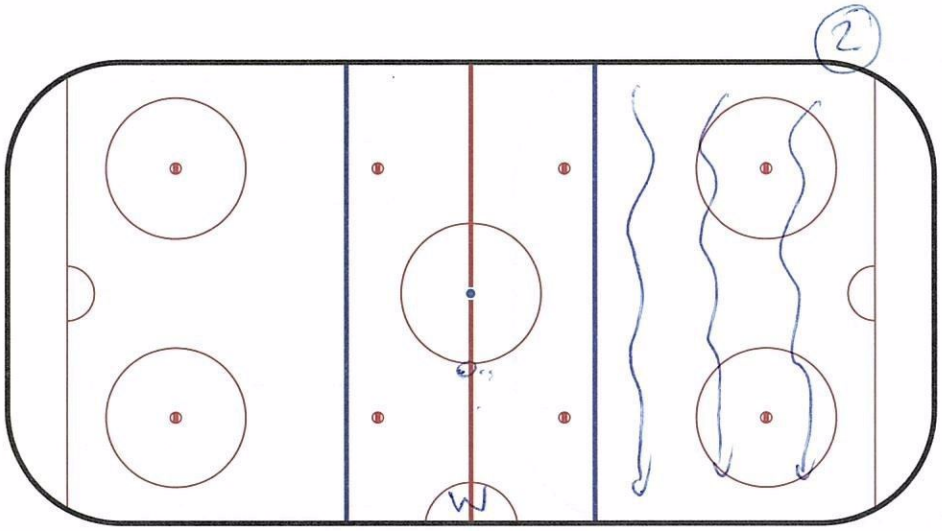


TEAM: U9

DATUM: 8.9.22

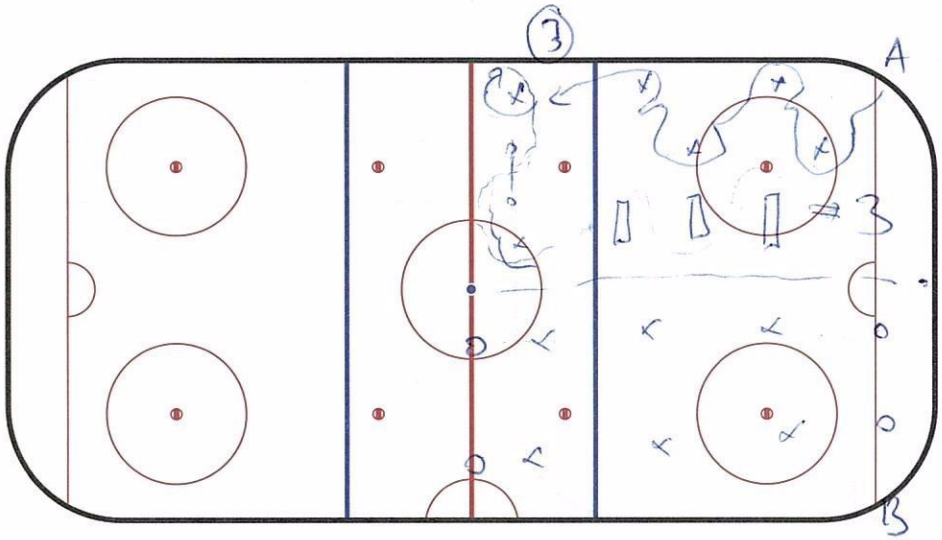
TRAINER: Martin, Edi

TRAININGSPLAN



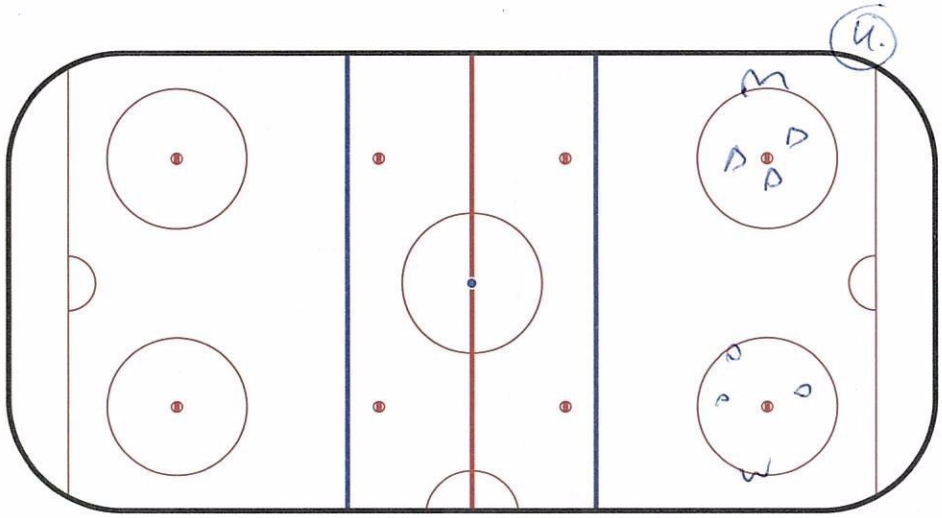
1. Spiel "Stay Wars"
10 min

2. Laufen
10 min



3. ~~Spiel~~ A Parcour
B Stickhandling
2 x 10 min

4. Spiel
15 min



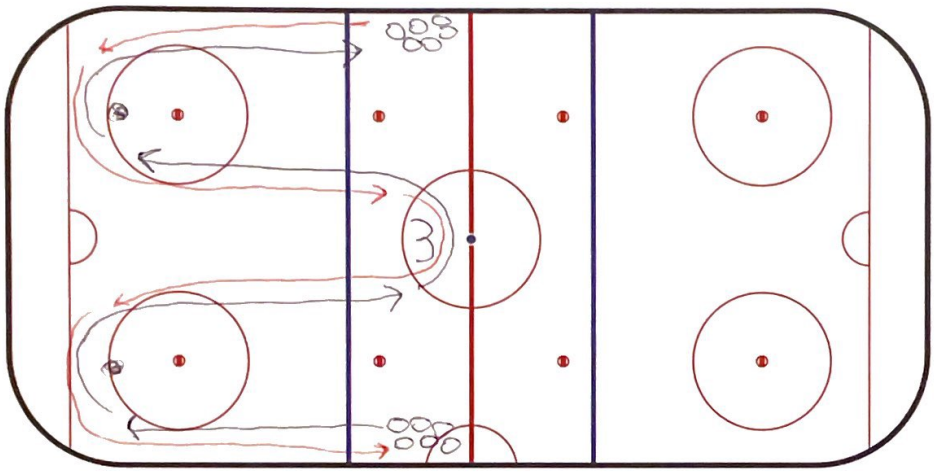
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TEAM: U9. 15:10-16:10

DATUM: 13.9.2022.

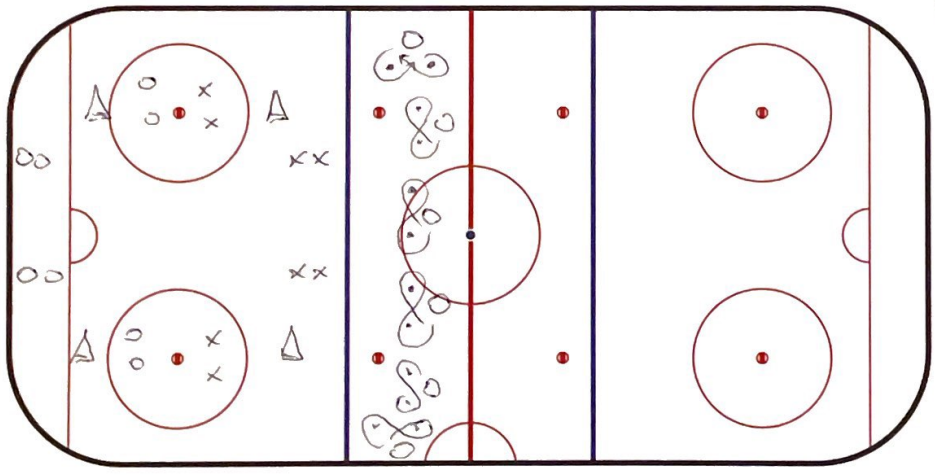
TRAINER: Yuri, Eddy

TRAININGSPLAN



Aufwermen -> eislaufen vorwer -> eislaufen rückwerz -> lange schritte, richtige körper haltung.

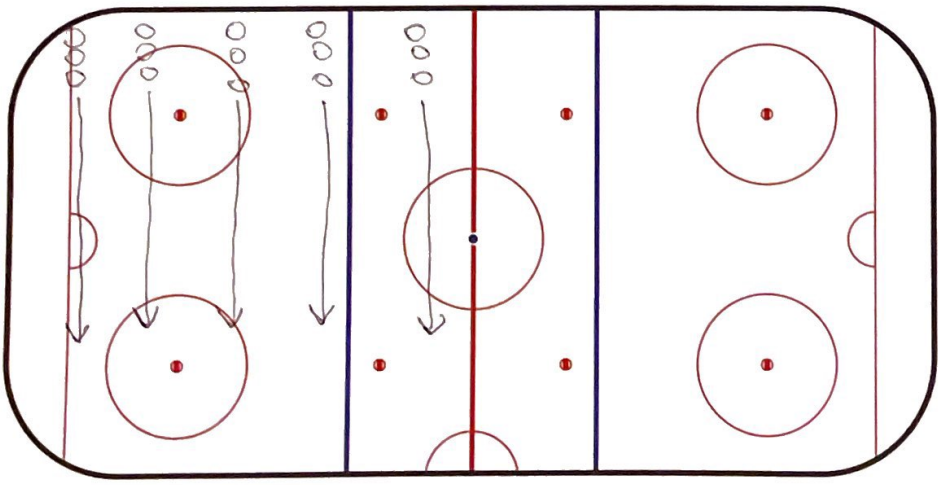
7 min



1) Spiel 2-2 mit ball -> ball mit hände am eis schieben (2 gruppen)

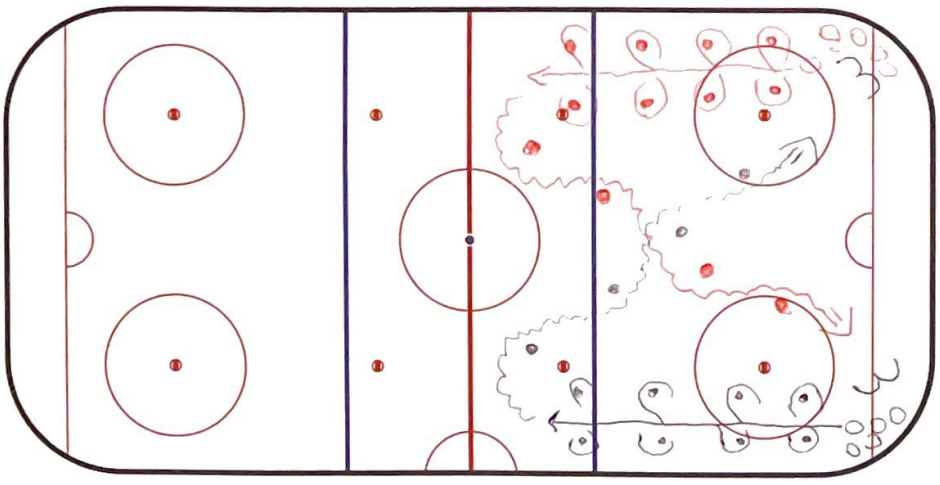
2) stock technick im stehen achter

7x7 -> 14 min



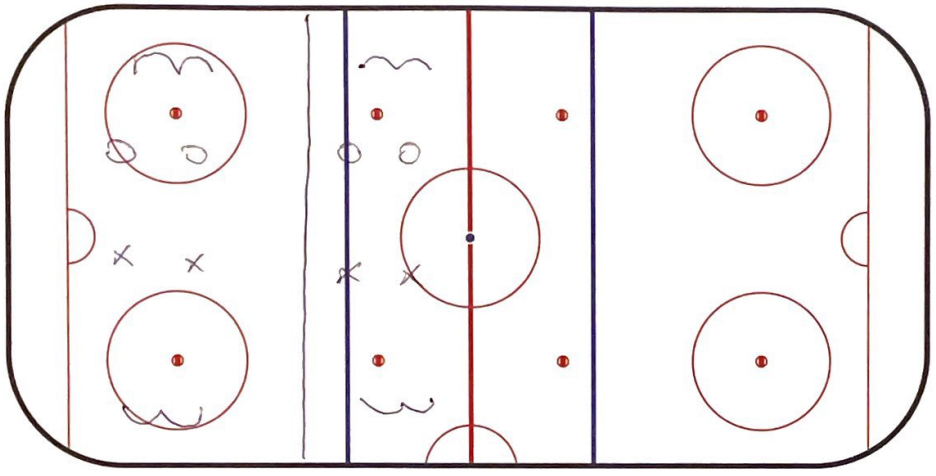
Eislaufen -> mit ein bein stoßen vorwerz dann rückwerz -> beide beine stoßen vorwerz dann rückwerz -> schläger halten mit gestreckte hände oben.

10 min



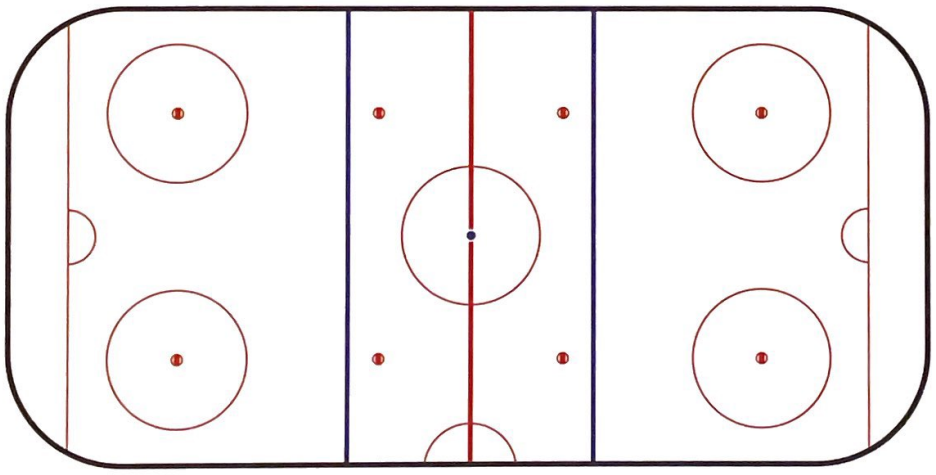
Puck kontrol i bewegung von beiden seiten mit schuss auf tor.

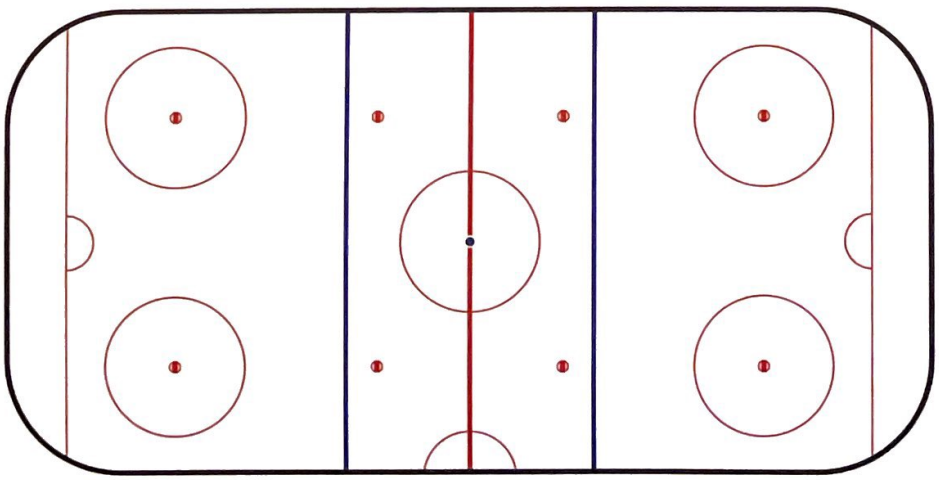
10min



Spiel 2-2 in 2 helften

12min



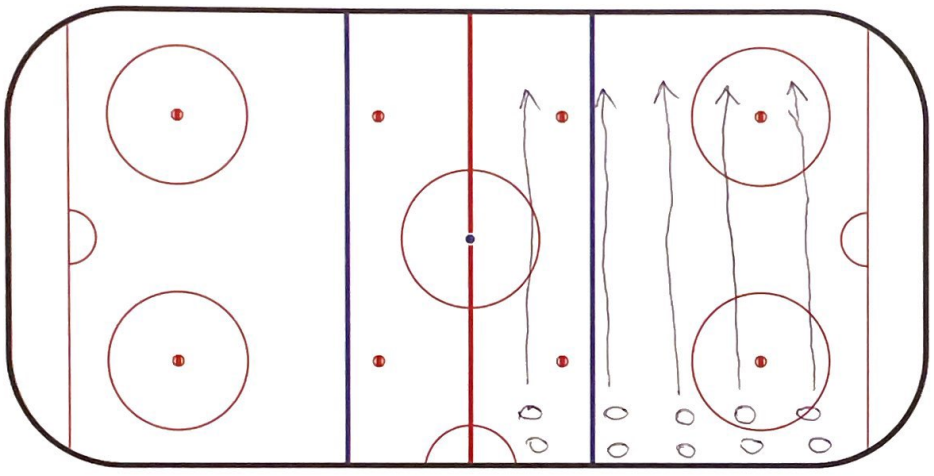


TEAM: U9, 15:30-16:30

DATUM: 15.9.2022

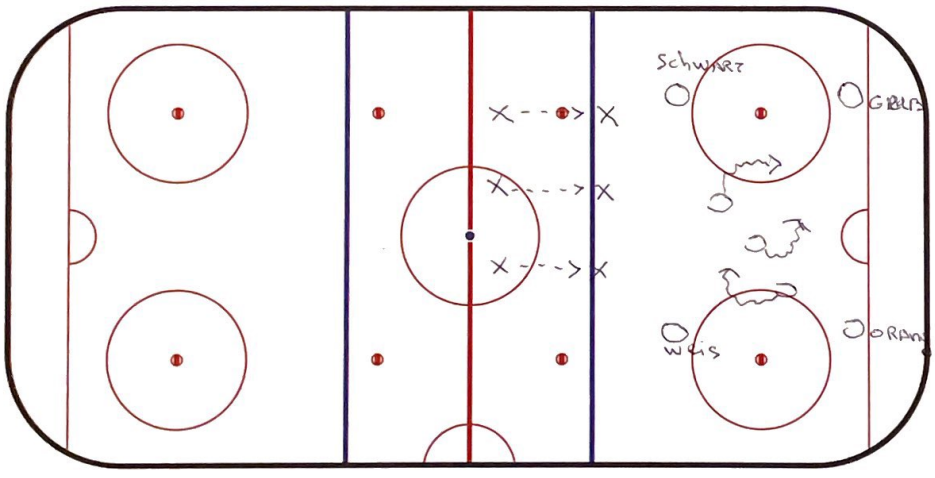
TRAINER: Yuri, Edi

TRAININGSPLAN



Eislaufen innen aussen kante

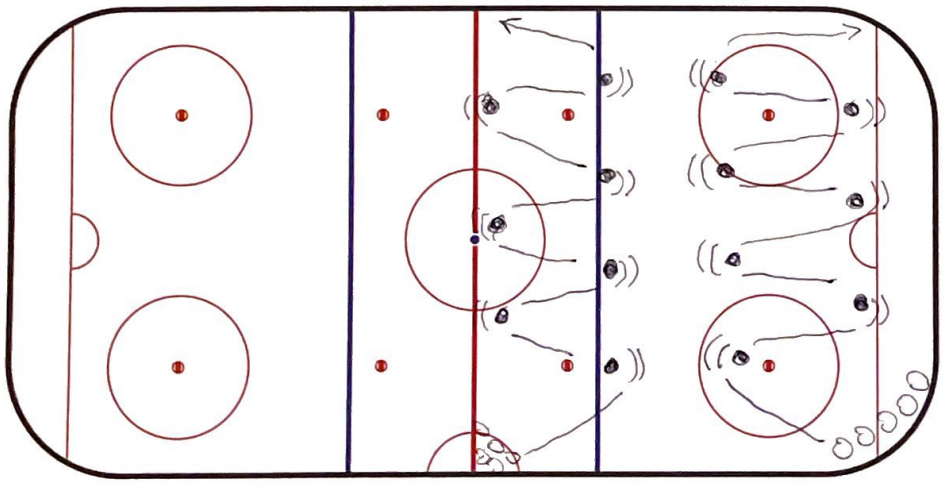
10min



1) Puck kontroll im bewegung → bei TR signal auf Farbe von Hütchen spieler bewegen mit puck in diese richtung

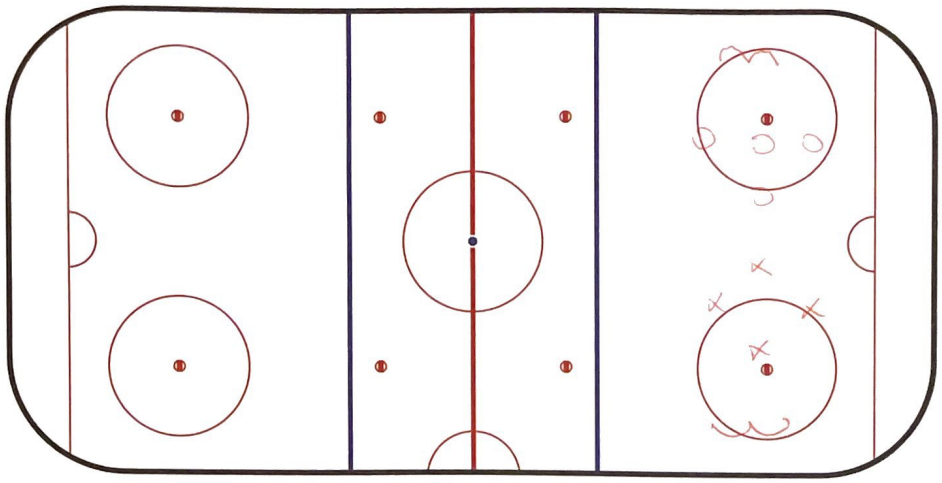
10min

2) Passen im stechen seitlich und gerade.
10min



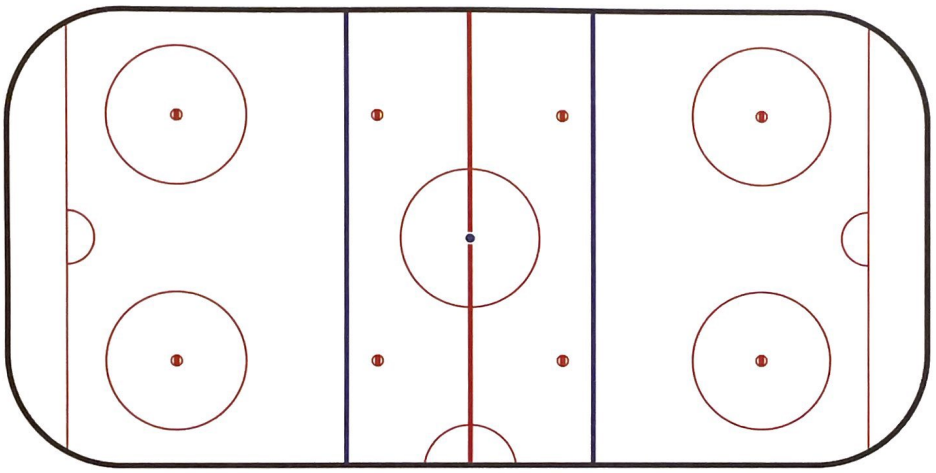
Eislaufen bogen lernen beide beine am eis.

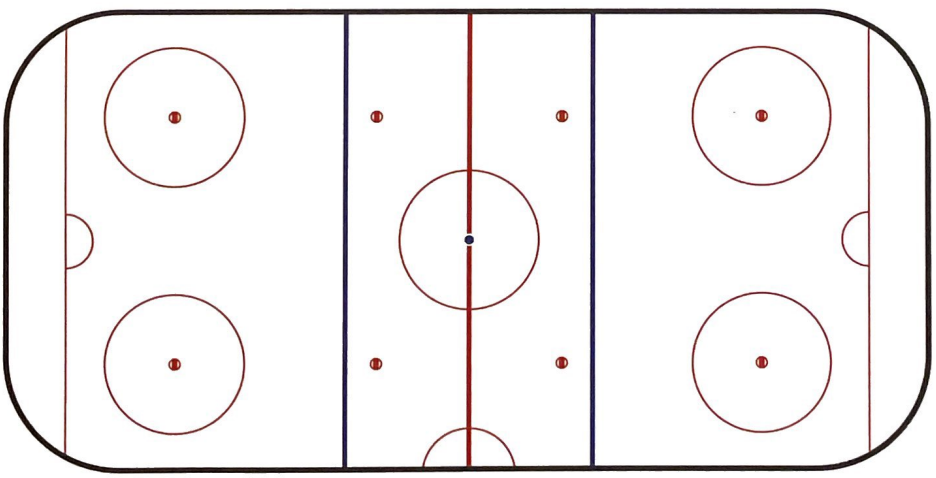
10min

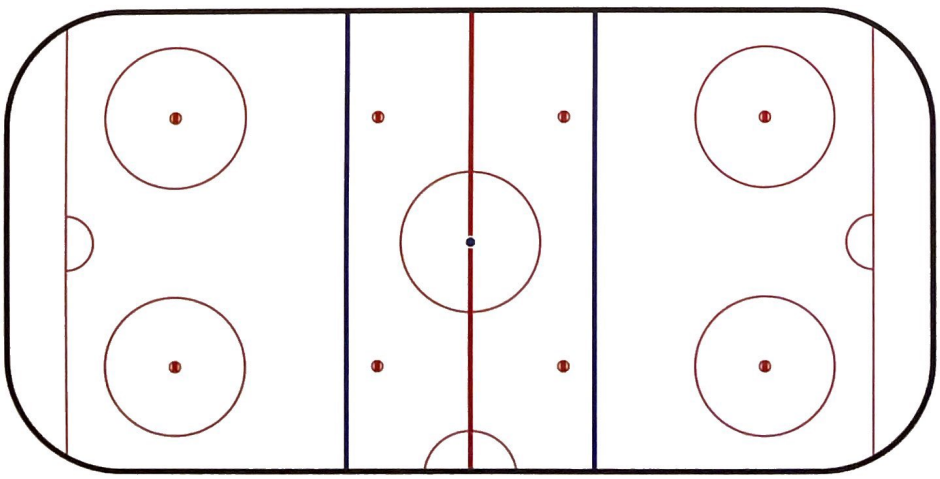


Spiel 4-4 mit Puck und Ring gleichzeitig → man kann mit Ring nur mit getrette Schläger spielen → Koordination Aufmerksamkeit.

12 min





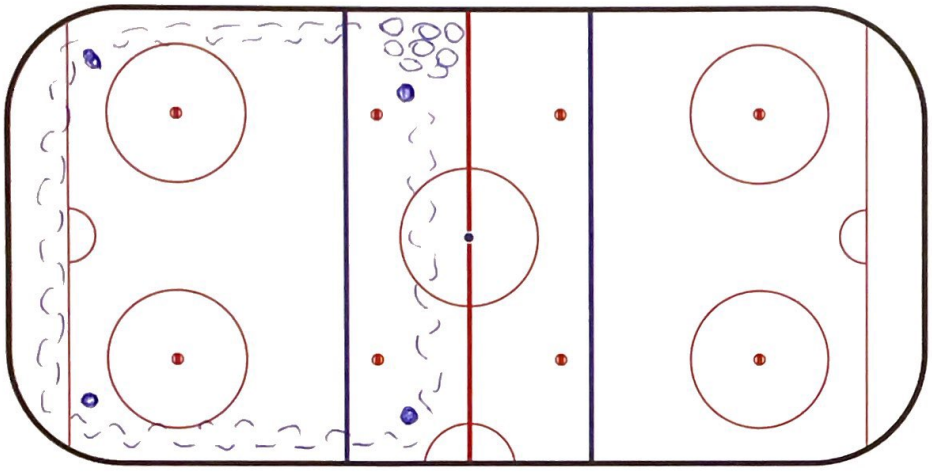


TEAM: U9, 15:10-16:10

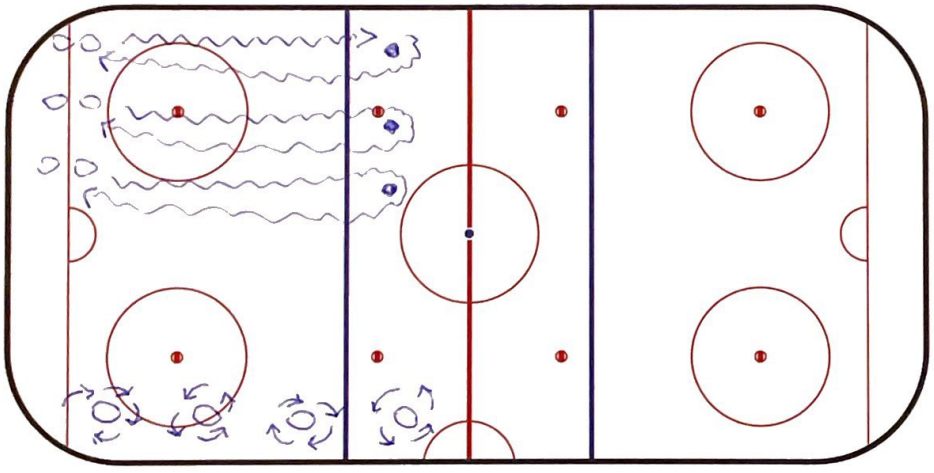
DATUM: 20.9.2022, ~~19.9.22~~

TRAINER: YURI, ~~MARKUS~~ MARKUS, YURI, Edi

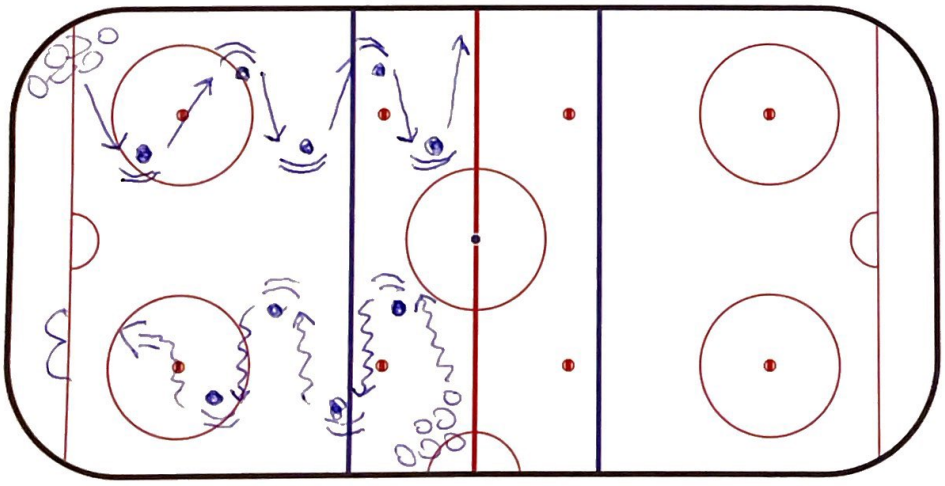
TRAININGSPLAN



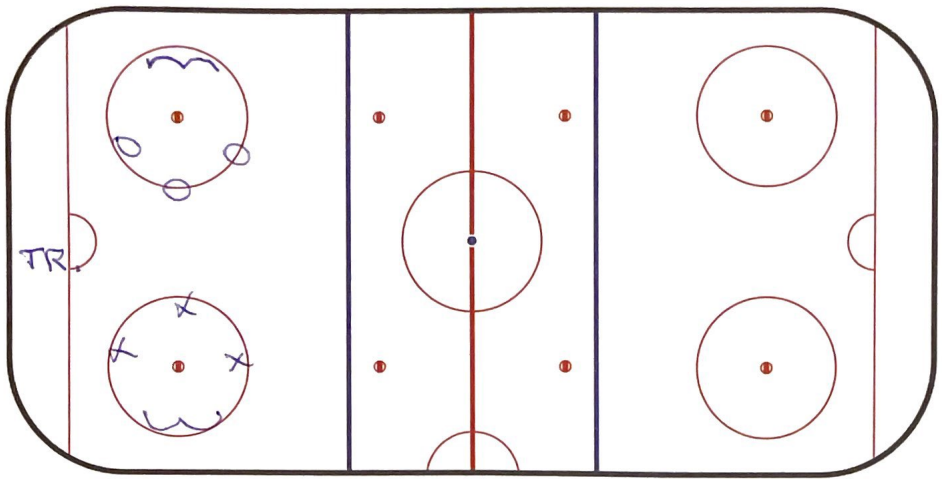
Eislaufen Rückwerz
beide beine bleiben
am eis
8min



1) Puck kontrol im
bewegung kurz-lang
8min
2) Puck kontrol im
stehen mit körper
drechung -> 21. passen.
8min

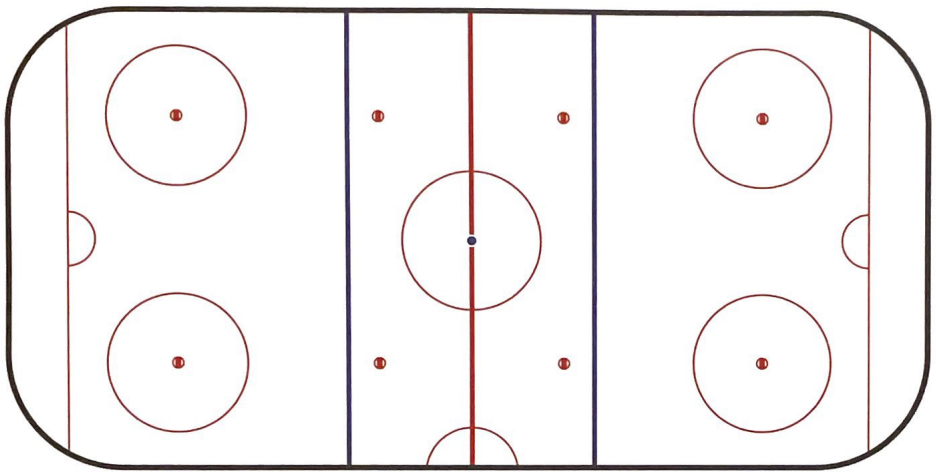


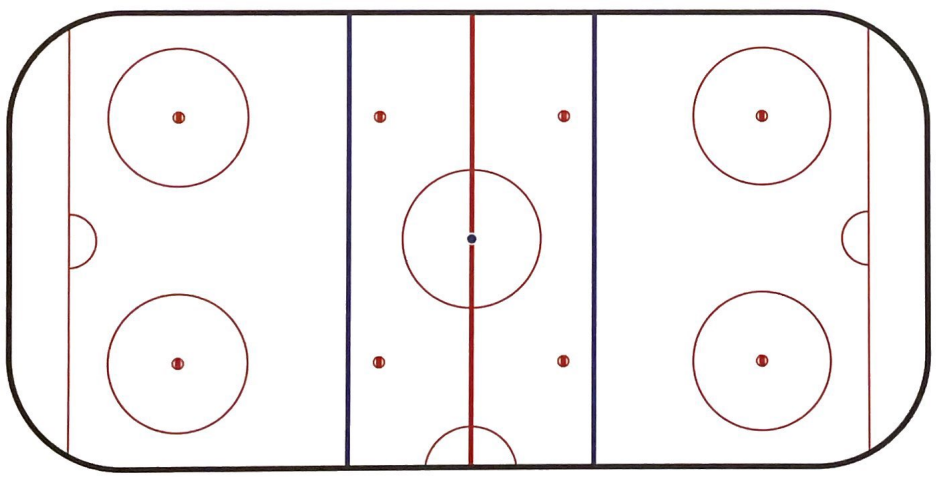
3) Eislaufen bogen
links und rechts lernen
beide beine bleiben
Am eis
8min
4) Eislaufen mit puck
Auch bogen lernen mit
Schuss auf tor
8min

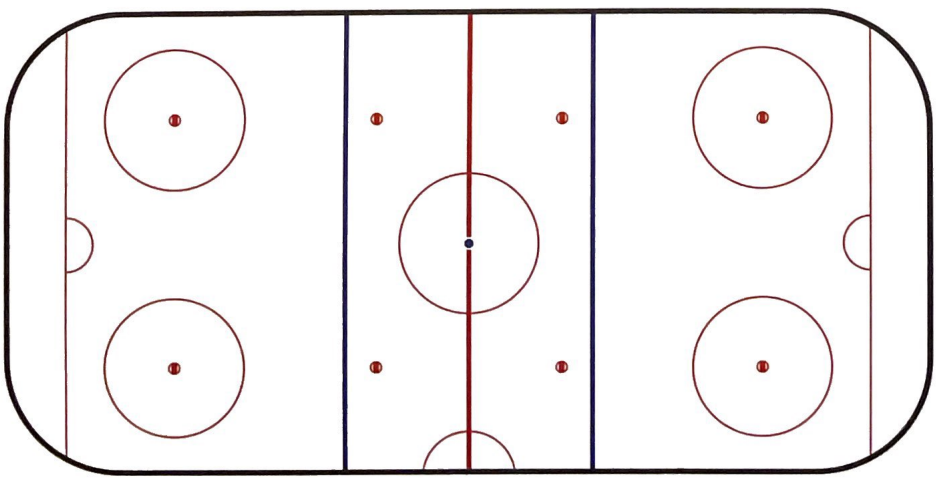


Spiel 3-3 mit Pass zum TR. als Helfer.

13 min





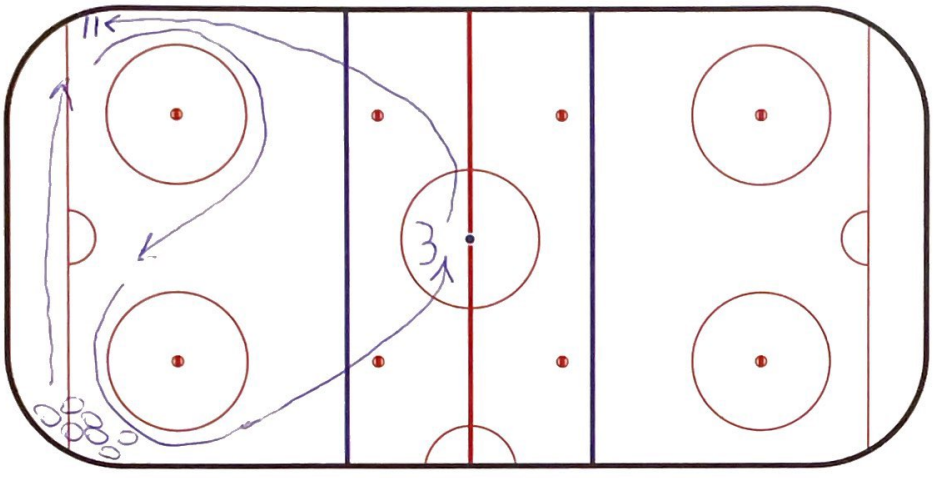


TEAM: U9, 15:30-16:30

DATUM: 22.9.2022

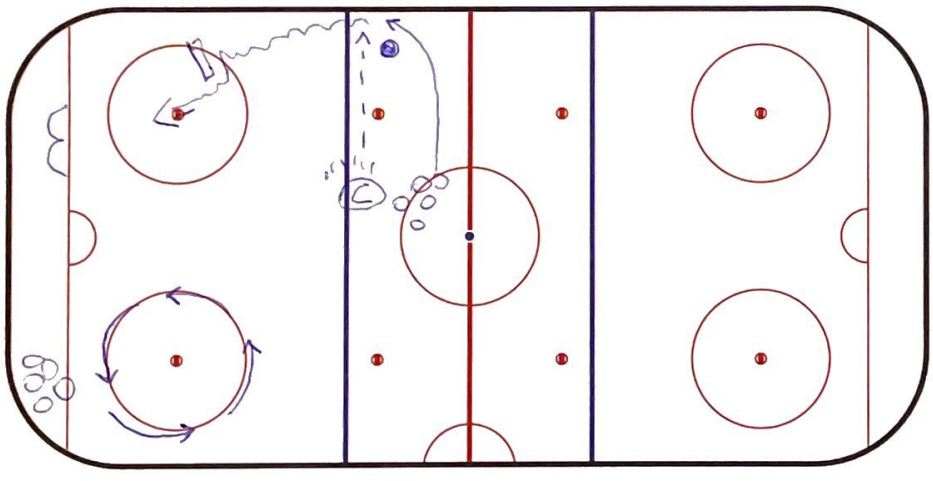
TRAINER: Yuri, Edi

TRAININGSPLAN



Eislaufen Lange Schritte Achten auf ganze Bein Strecken.

8min

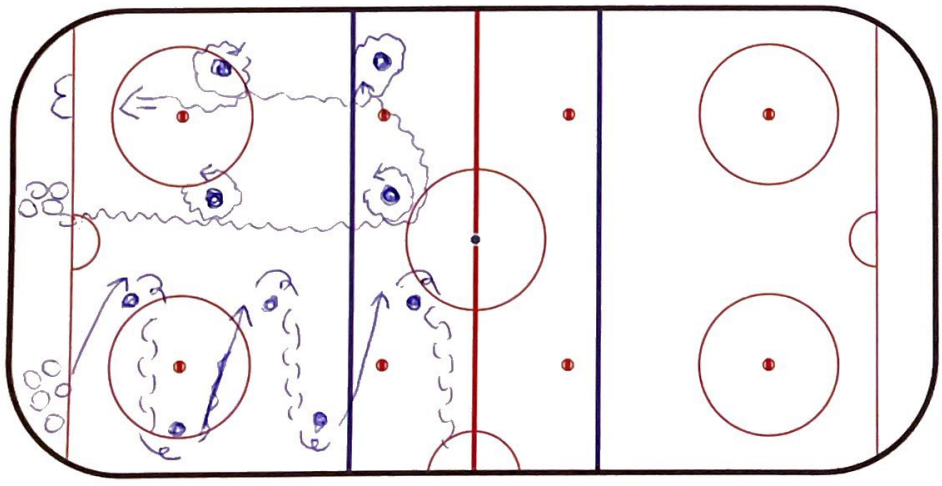


1) Eislaufen übersetzen

8min

2) Lehrnen Puck holen bei Bande → Schuss auf Tor.

8min



3) Puckkontrol mit Element bogen → Schüss auf Tor.

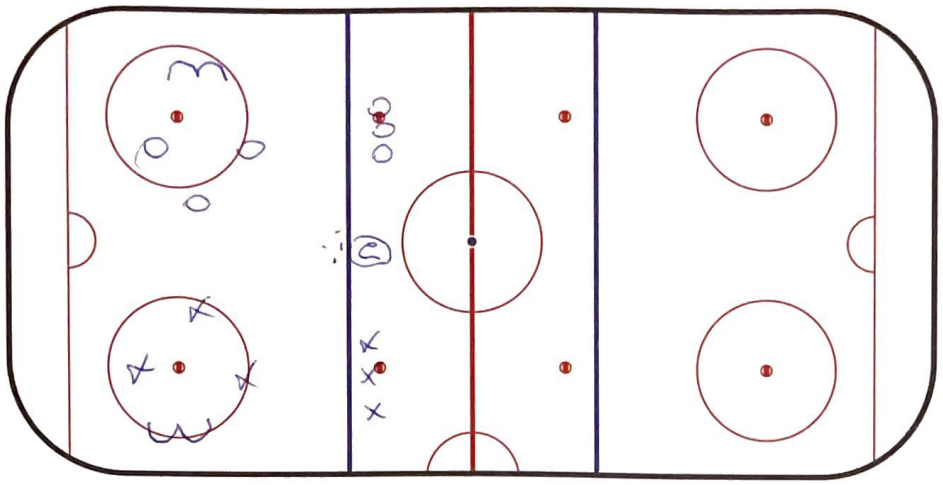
8min

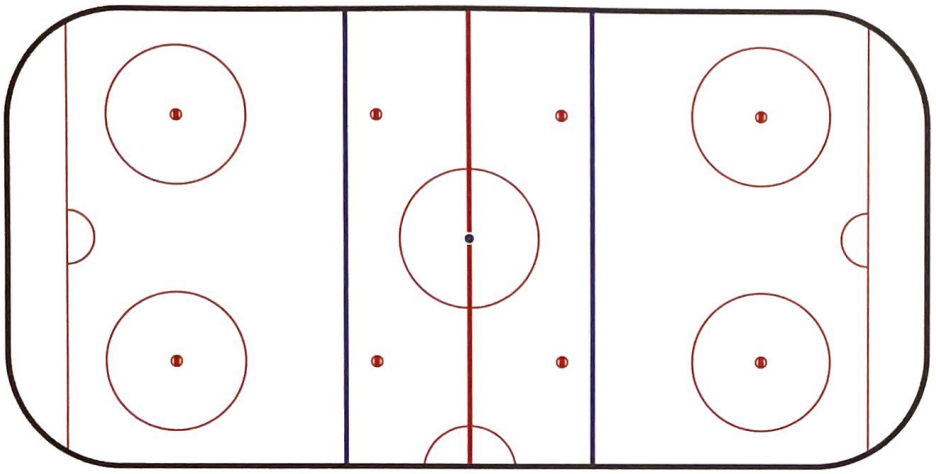
4) Eislaufen Vorwerz- -Rückwerz,

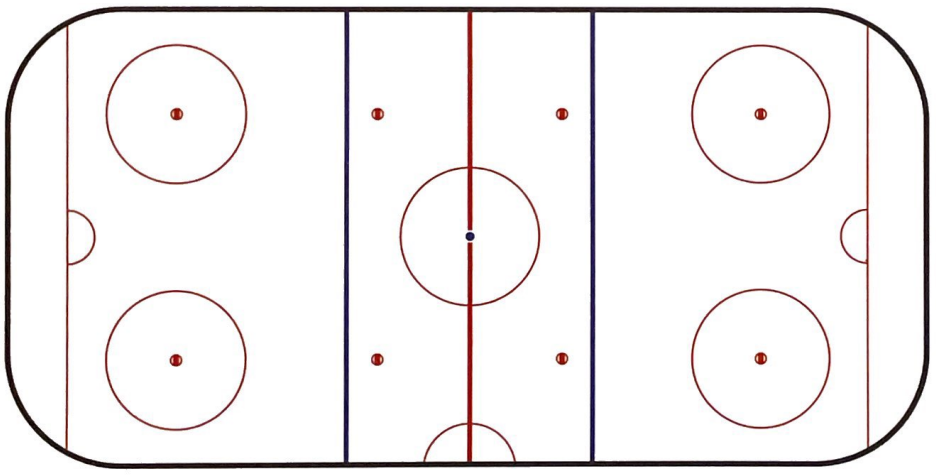
8min

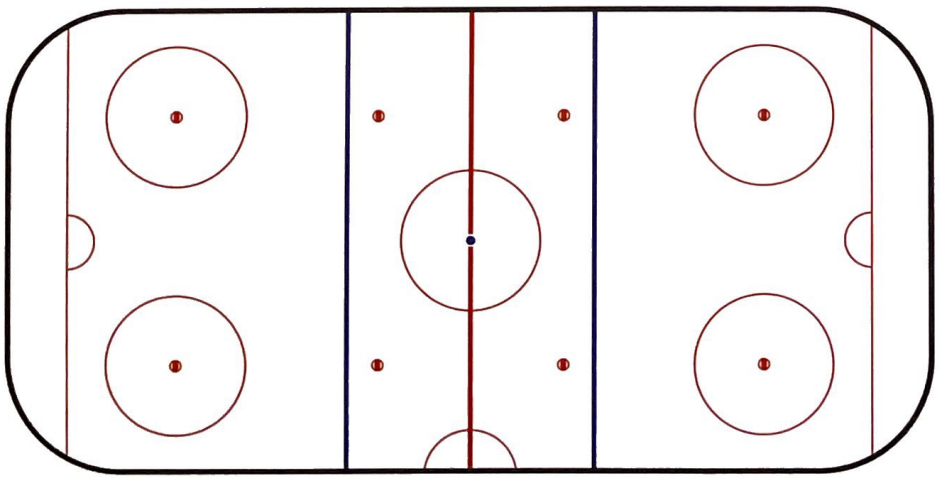
Spiel 3-3

15 min







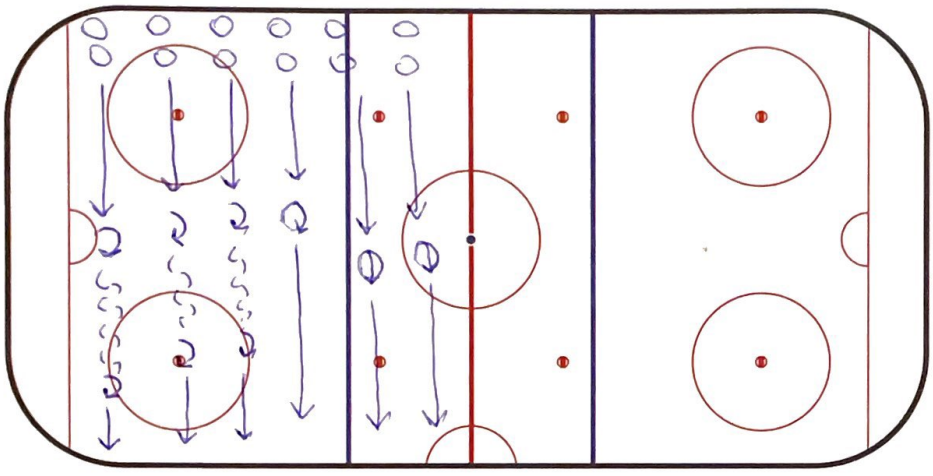


TEAM: U9. 15:10-16:10,

DATUM: 27.9.2022. ~~28.9.15:20-16:20~~

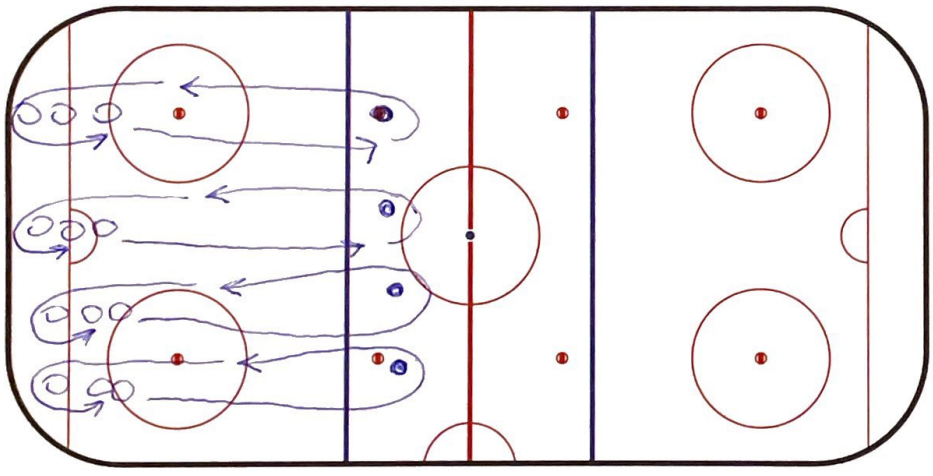
TRAINER: Yuri, Helfer

TRAININGSPLAN



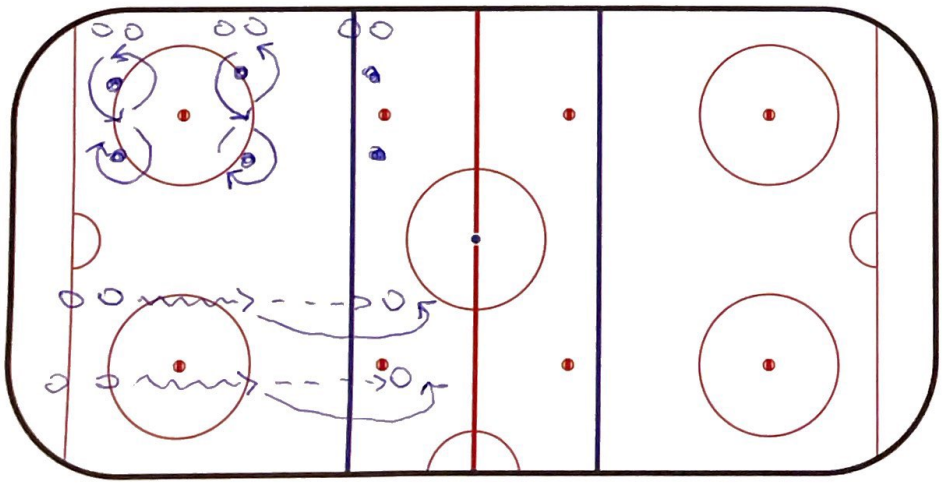
Eislaufen -> beide beine bleiben am eis drehung 180° 360°

10min



Staffel mit 4 Team -> Spieler läuft mit ein schleger bis Hütchen und zurück -> über sein Team und gibt schläger zum nächste Spieler.

~~8~~ 8min

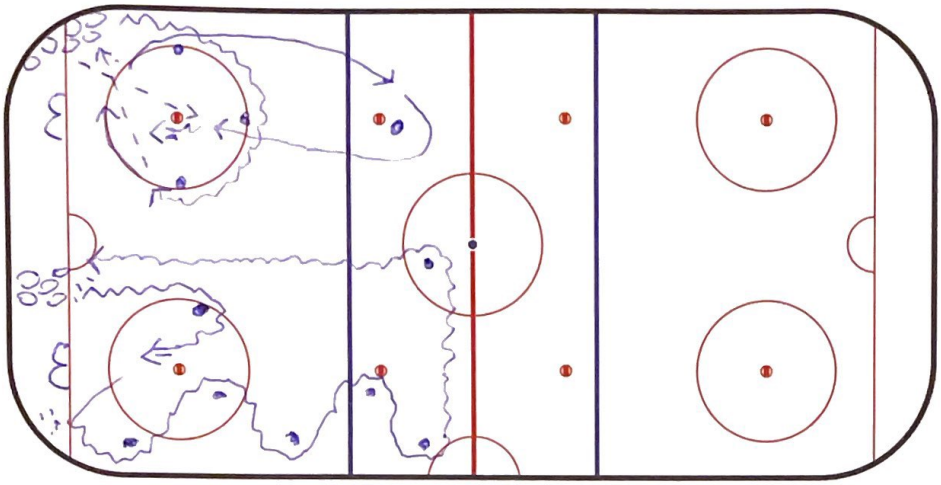


1) Passen in bewegung

8min

2) innen kante eislaufen mit ein bein

8min

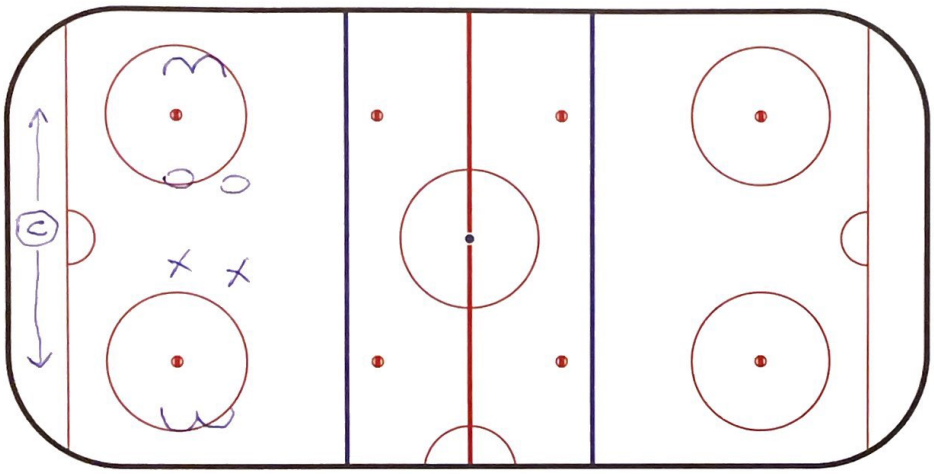


3) Schuss übung mit PUCK KONTROLL SLALOM

8 min

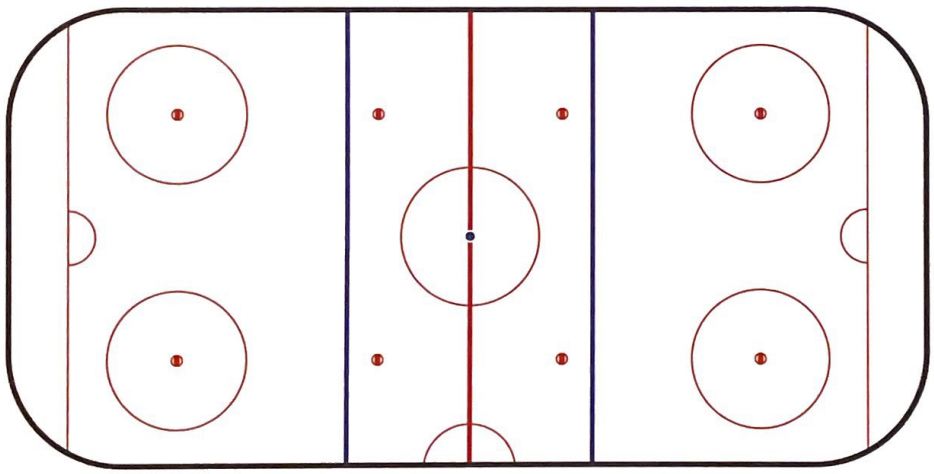
2) Schüss übung nach PASSen

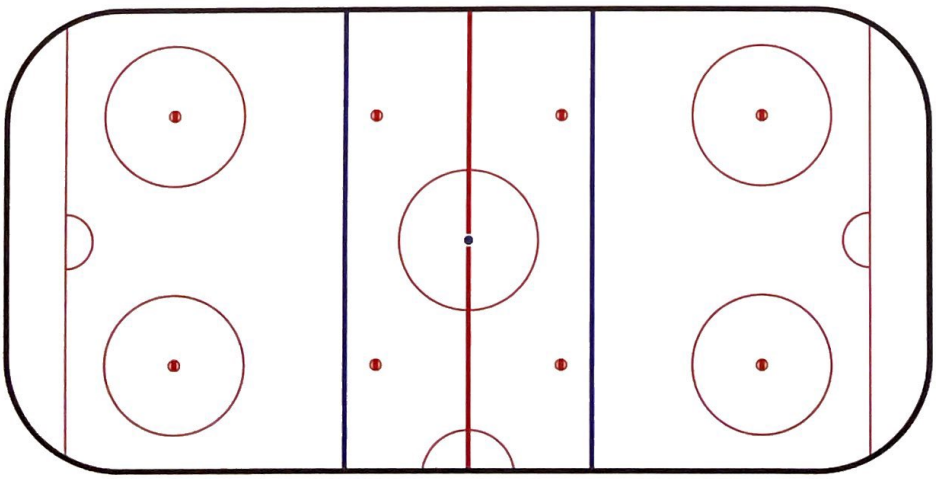
8 min



Spiel 2-2 mit TR HELFER.

10 min





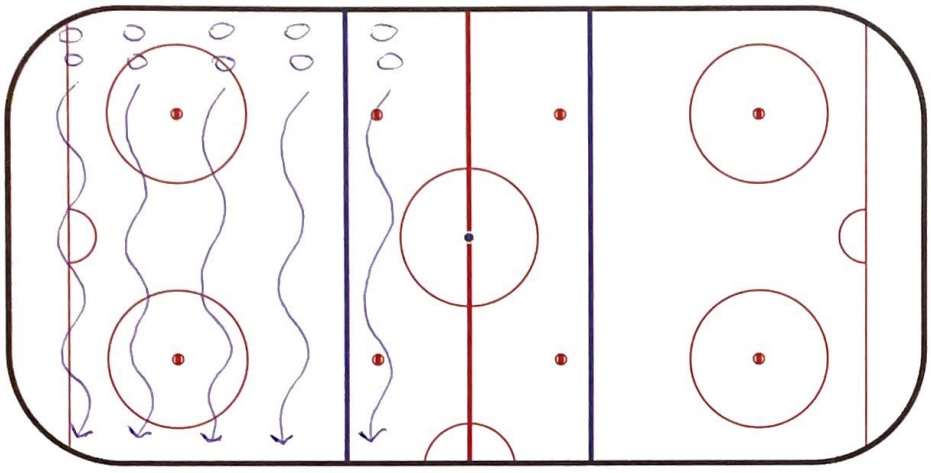
E.H.C. KLOSTERSEE

TEAM: U9, 15:30-16:30

DATUM: 29.9.2022.

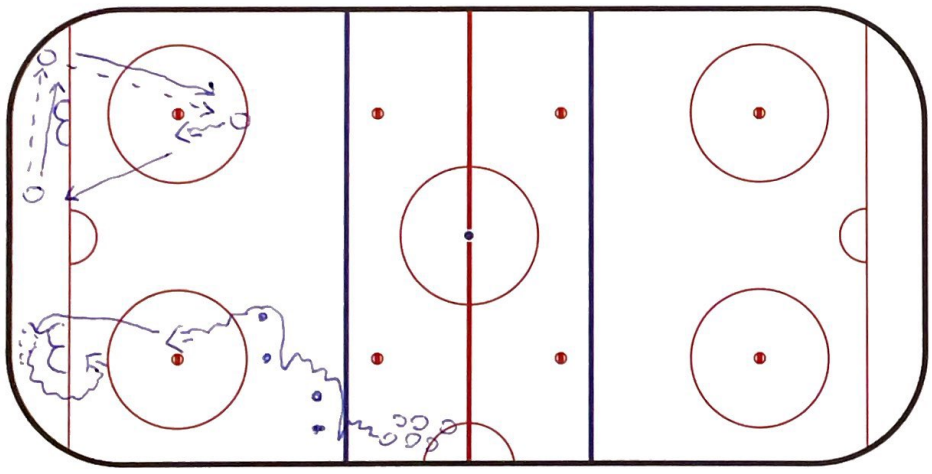
TRAINER: Yuri, Edi

TRAININGSPLAN



Eislaufen vorwerz dann rückwerz -> beide beine am eis bewegung slalom.

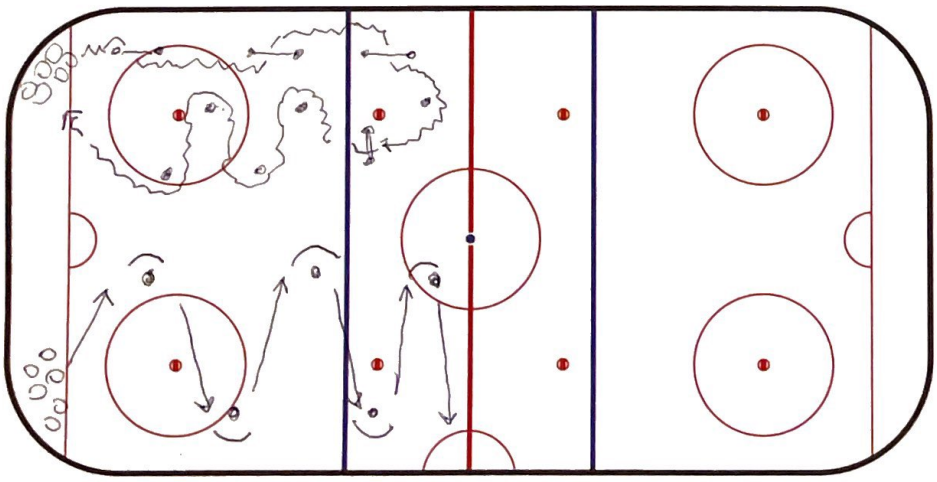
8min



1) Puck kontroll kurz-lang -> schuss -> puck holen hinten tor und zweite schuss rückhand.

8min

2) Pass und annahme und schuss -> nach pass spieler sprintet zur nächste position. 8min.



3) Puck kontrol im bewegung

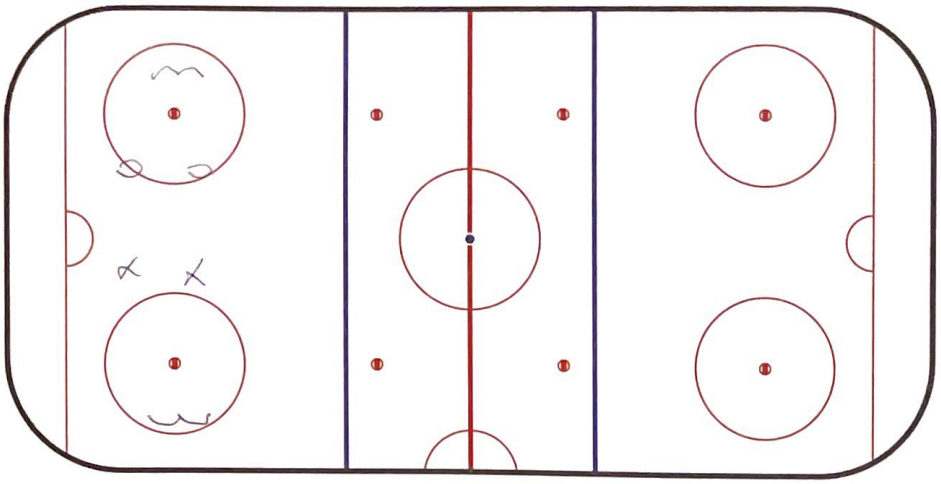
8min

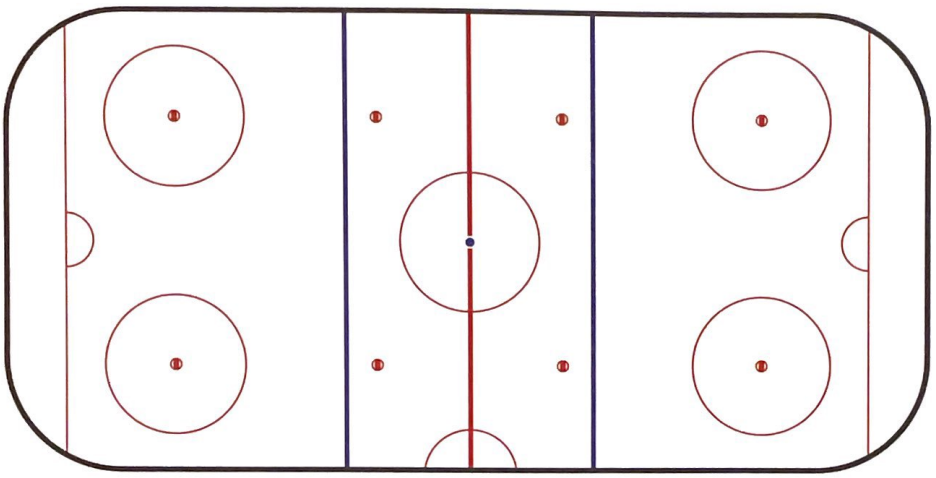
4) Eislaufen aussenkante

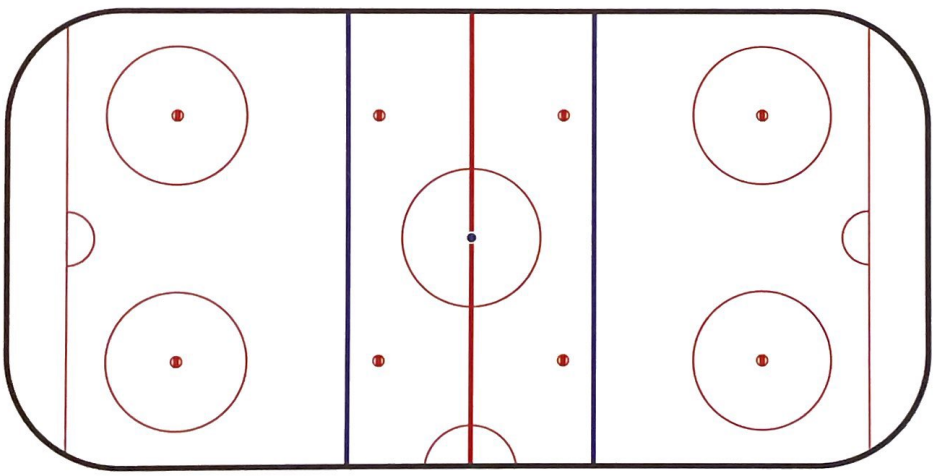
8min

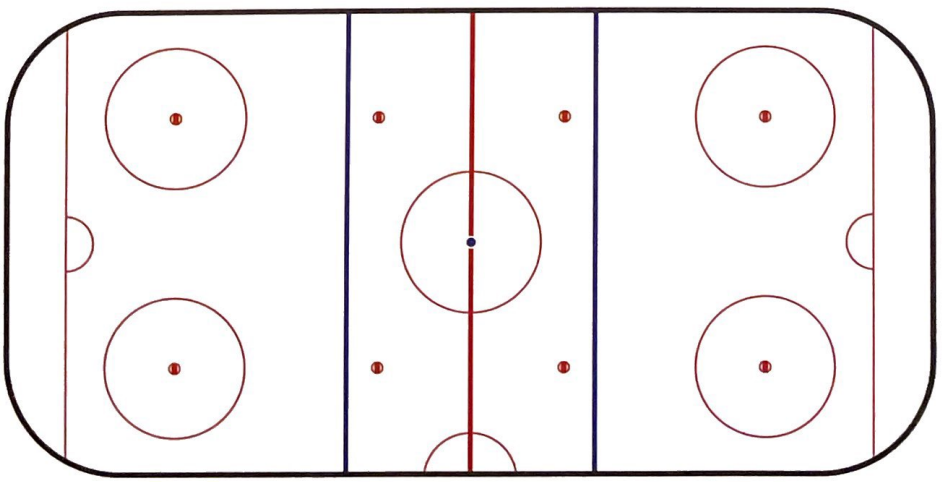
Spiel 2-2

15min







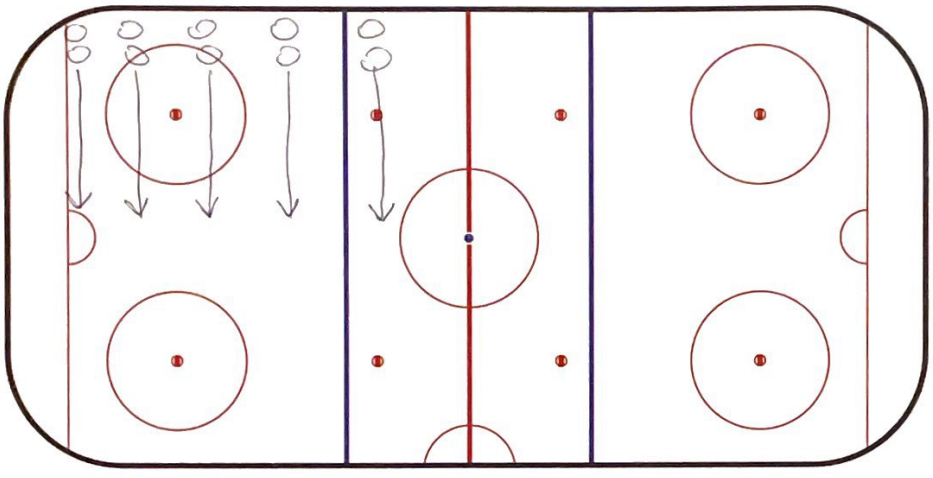


TEAM: U9, 15:10-16:10

DATUM: 4.10.2022 -> 5.10. ~~15:20-16:20~~

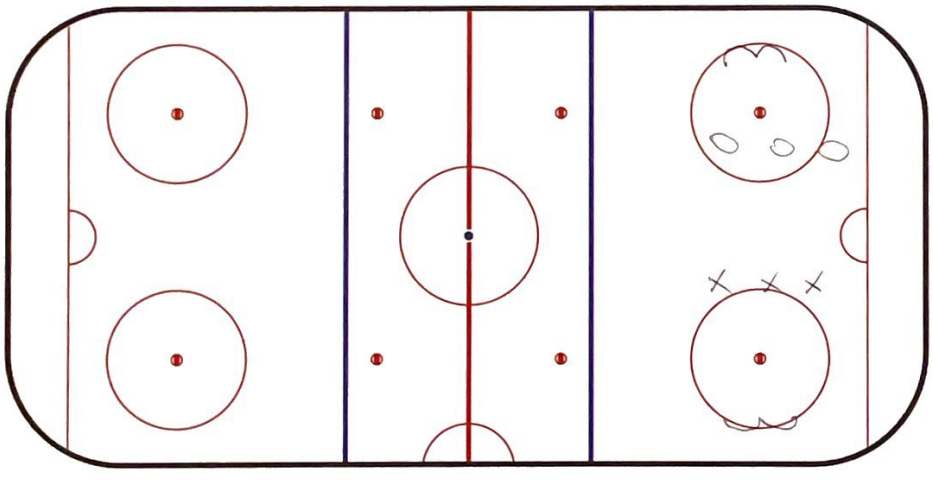
TRAINER: Yuri, Edi

TRAININGSPLAN



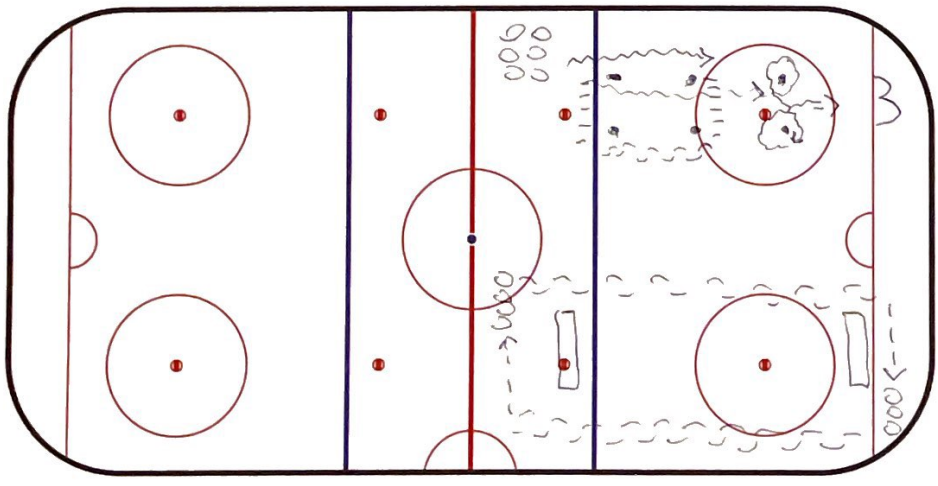
Einlaufen V-Start und auf ein Bein gleiten -> Balance.

5min



Spiel 3-3 Fussball -> Balance Akten.

5min

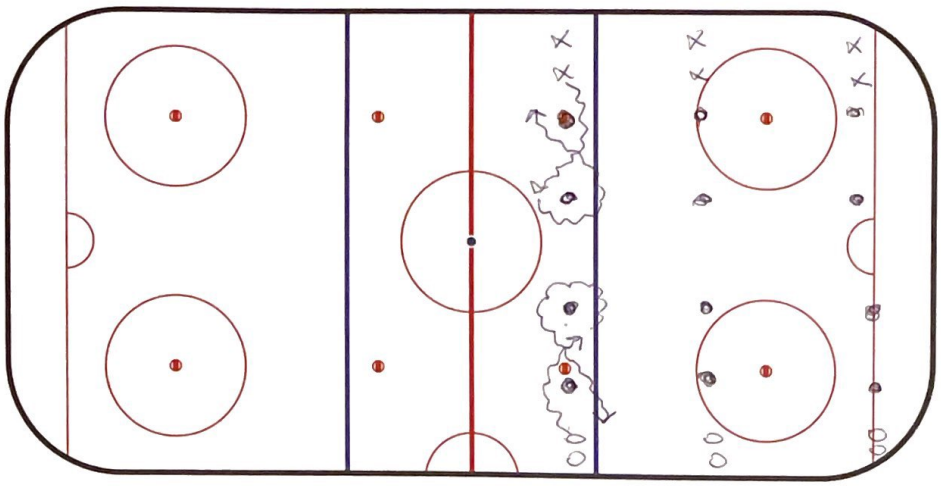


1) Puck Kontrol mit Aufgaben -> Schuss auf Tor.

8min

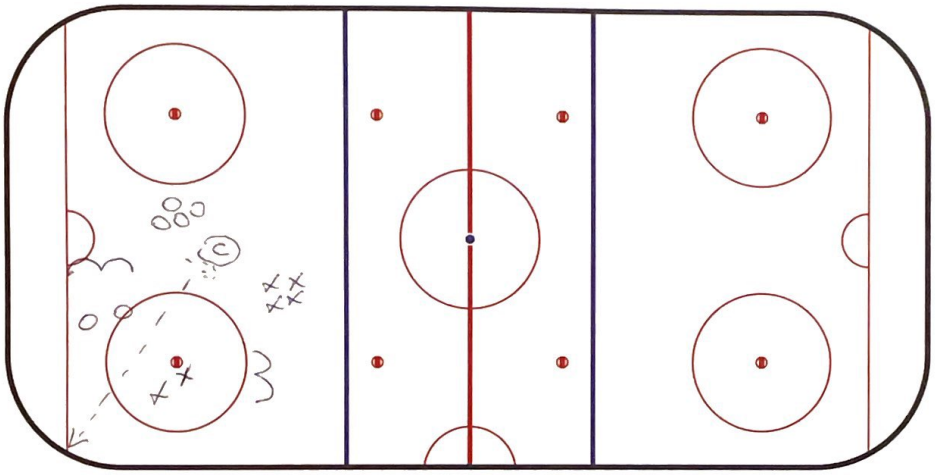
2) Puck Kontrol Rückwärts mit Pass

8min



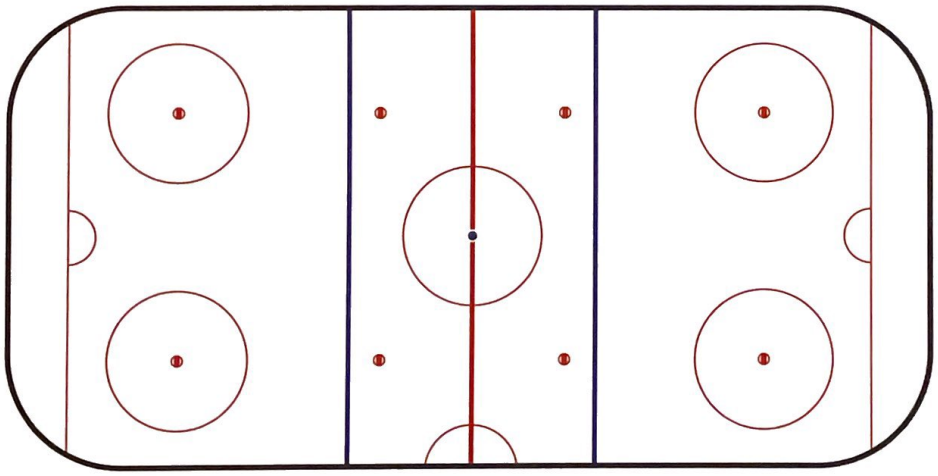
3) im zwei gruppen gleiche übung → ahter eislaufen m. rück.

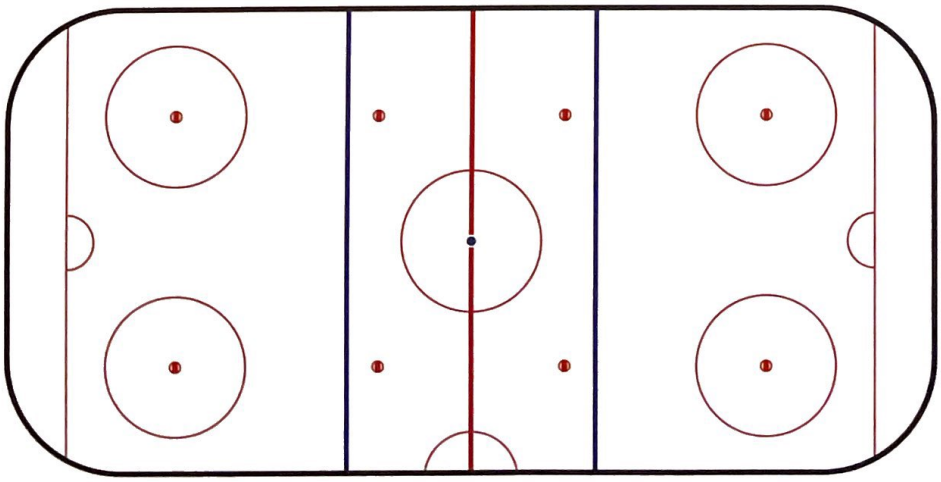
8 min



Spiel 2-2 auf kl. platz

12 min



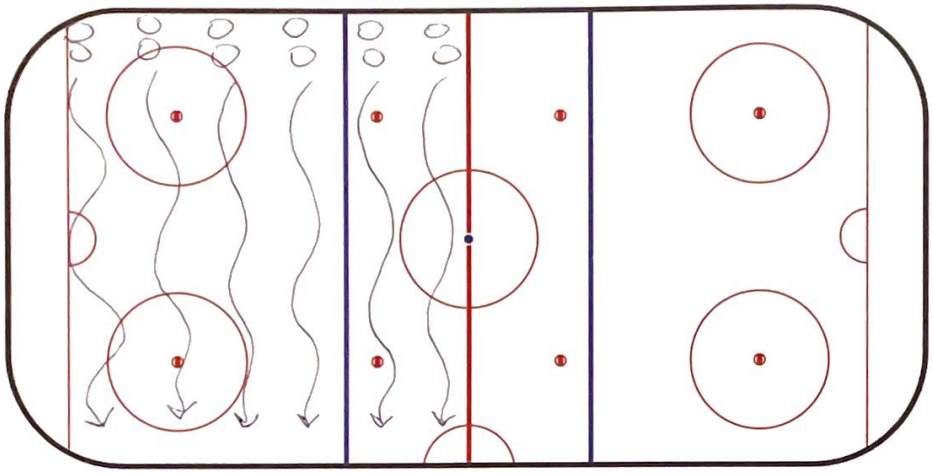


TEAM: U9, 15:30-16:30

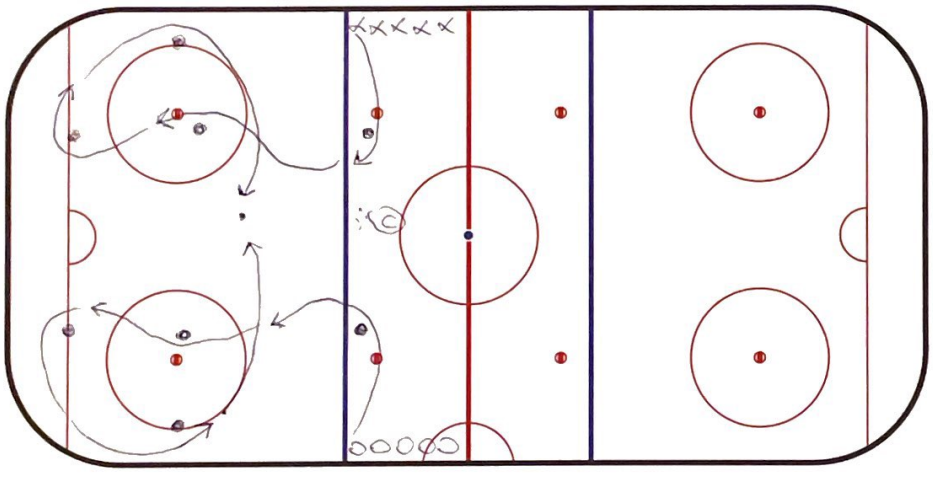
DATUM: 6.10.2022.

TRAINER: Yuri, Edi

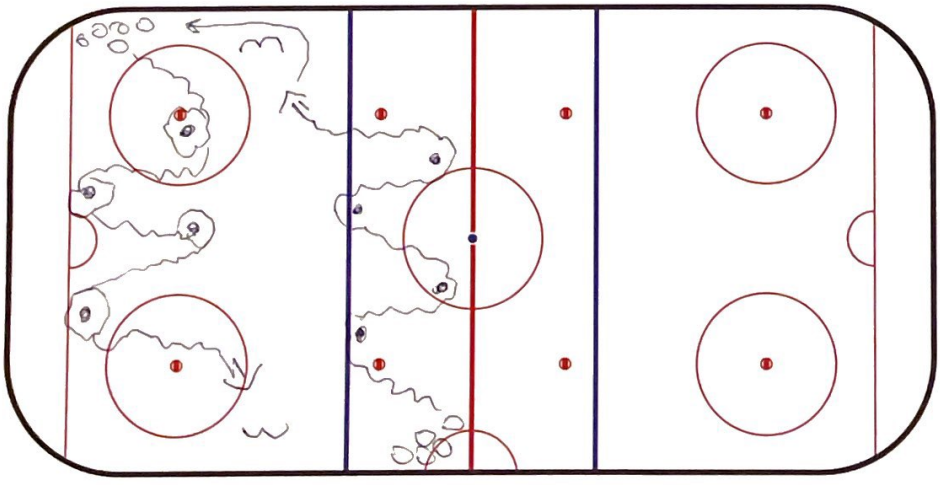
TRAININGSPLAN



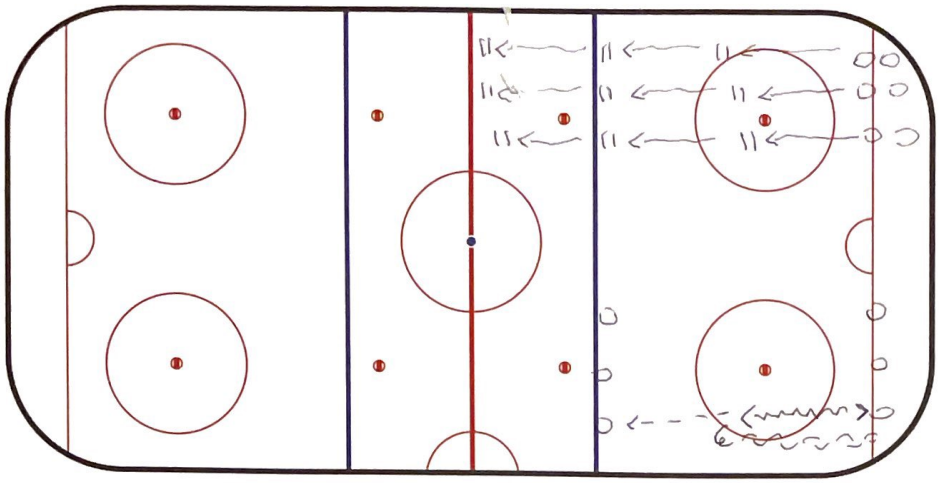
Eislaufen Slalom übersetzen.
8min



1) Spiel wer schneller mit schuss. 7min



2) Puck kontrol mit schuss auf tor (halbe bogen, ganze bogen)
7min

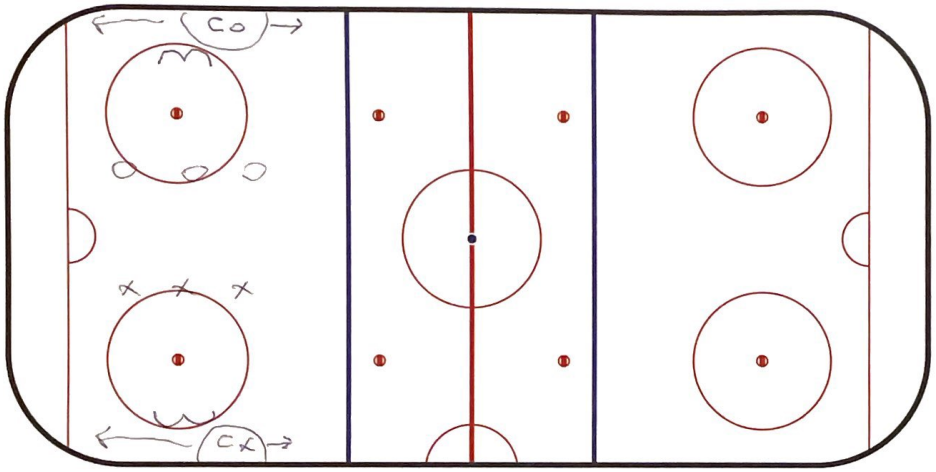


3) Seitliche START mit bremzen beide beine

7min

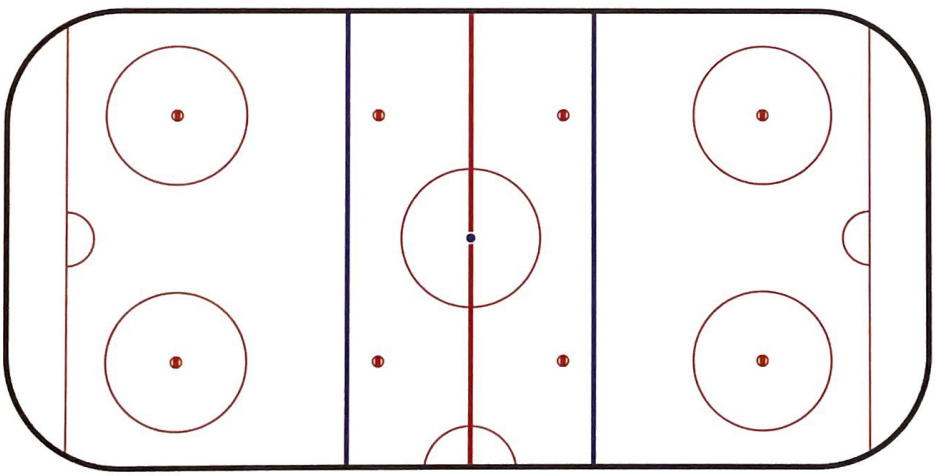
4) V-START mit PUCK und PASS im bewegung → ZURÜCK RÜCKWÄRTS.

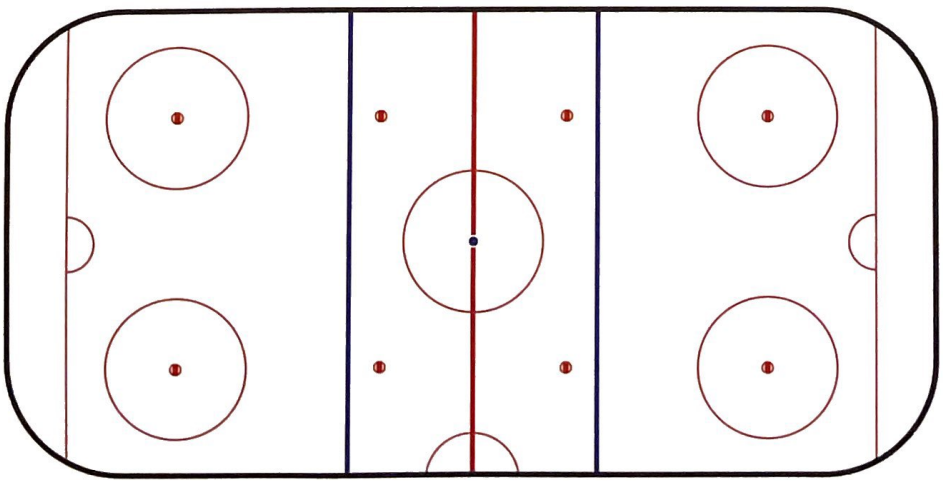
7min



Spiel 3-3 mit PASSEN zum TRAINER HINTEN eigene TOR und ANBIETEN

12min





TRAININGSPLAN

TRAINER: EH

TEAM: U9

DATUM: 09.10.2012

ZEITPLAN:



Schlägen zeigt immer zum Bully-Punkt

(1.) Bully-Kreise fahren, Aussenkante bleibt auf Eis
2x Seide Seite (insg. 4 x)

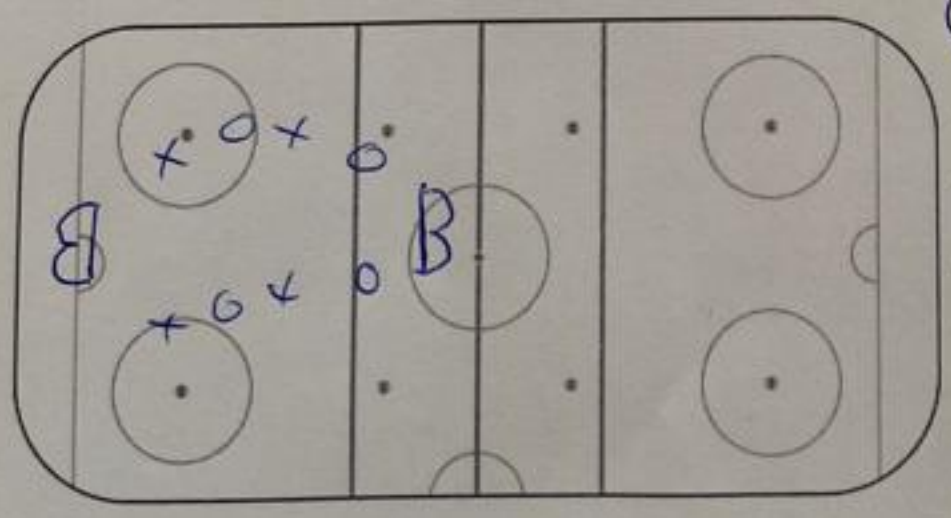
(2.) s.o., aber mit Übersetzen in ~~kleinen~~ verkleinerten Bully Kreis (insg. 4x)

(3.) s.o., mit Scheibe



(4.) Passübung im Stand
2 Mann gegenüber
Schläger blatt zeigen / genau passen

(5.) Mit Scheibe loslaufen, Hälfte der Strecke Pass zum Gegenüber .....



(6.) Spiel 4 vs 4 auf beiden Seite Joker

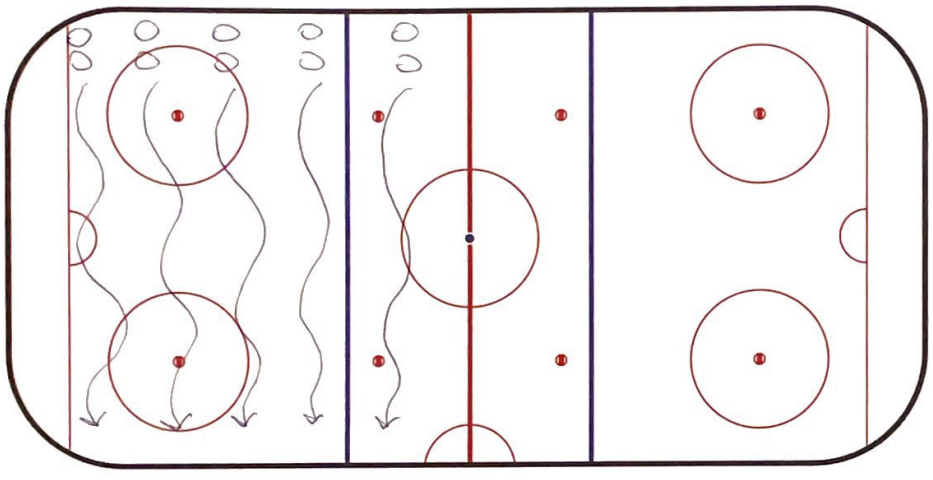
E.H.C. KLOSTERSEE

TEAM: U9, 15:10-16:10

DATUM: 11.10.2022, 12.10.2022, 15:20-16:20

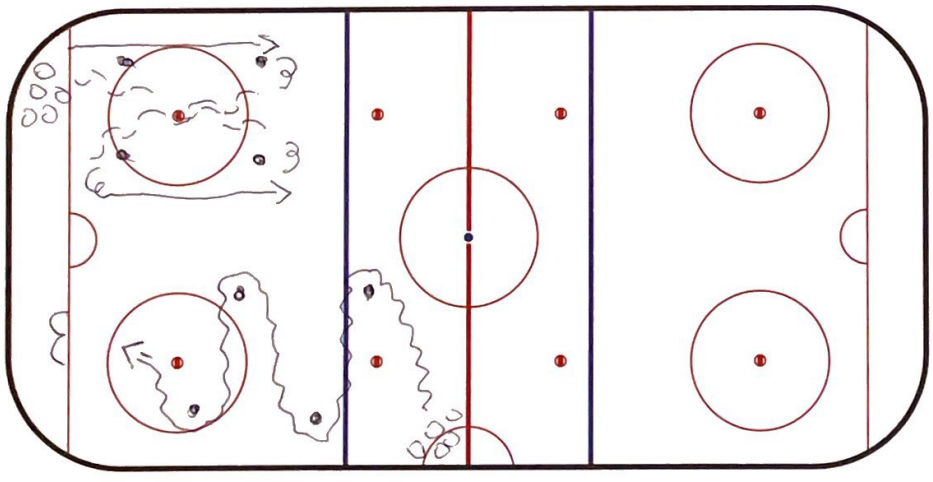
TRAINER: Yuri

TRAININGSPLAN



Eislaufen übersetzen

8min

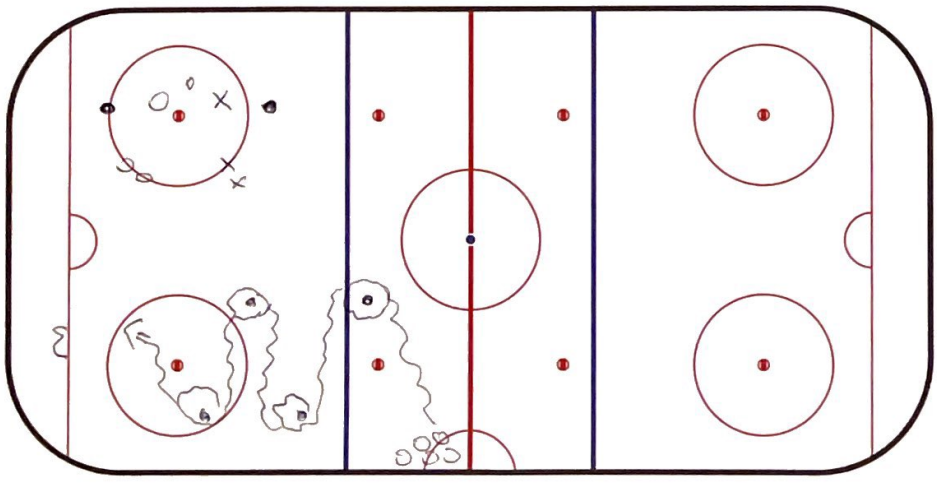


1) Vorwärz auf Rückwärts umsetzen

8min

2) Slalom Puck kontroll mit schuss

8min

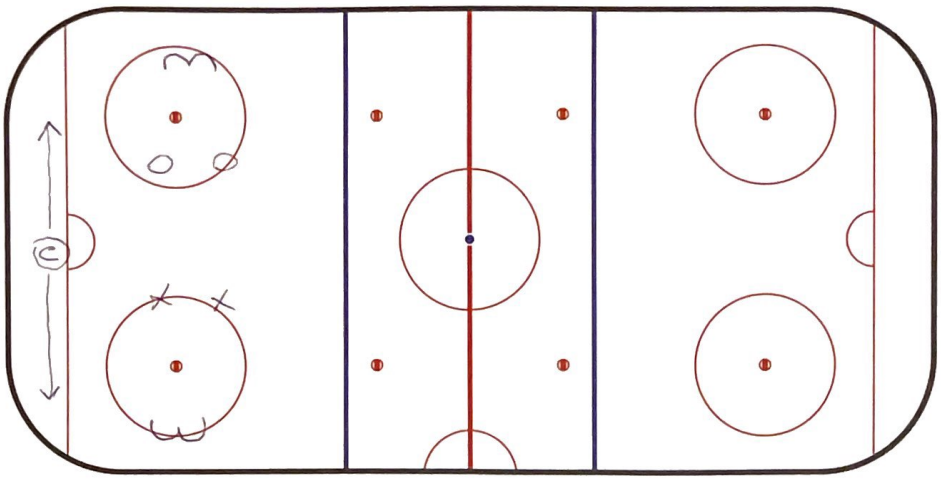


3) Spiel 1-1 mit Ring -> Mützchen als Tor

8min

4) Ganze bogen curvidia mit schuss

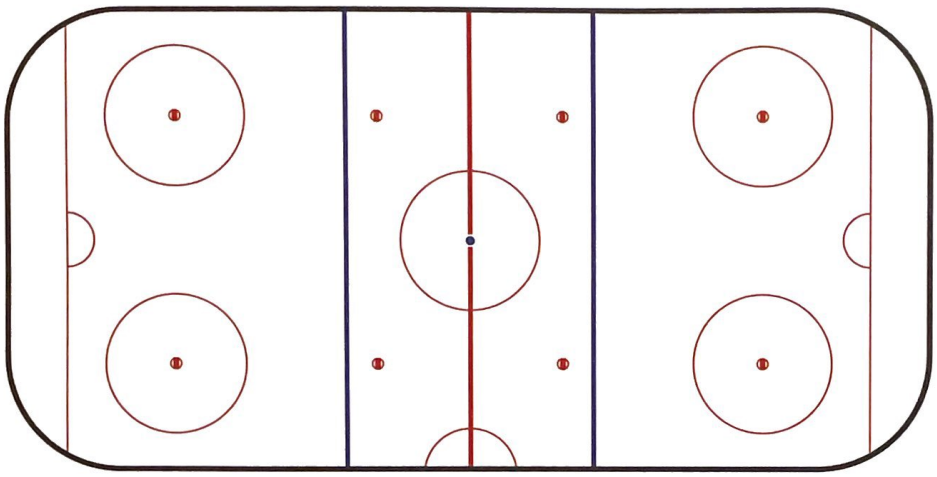
8min

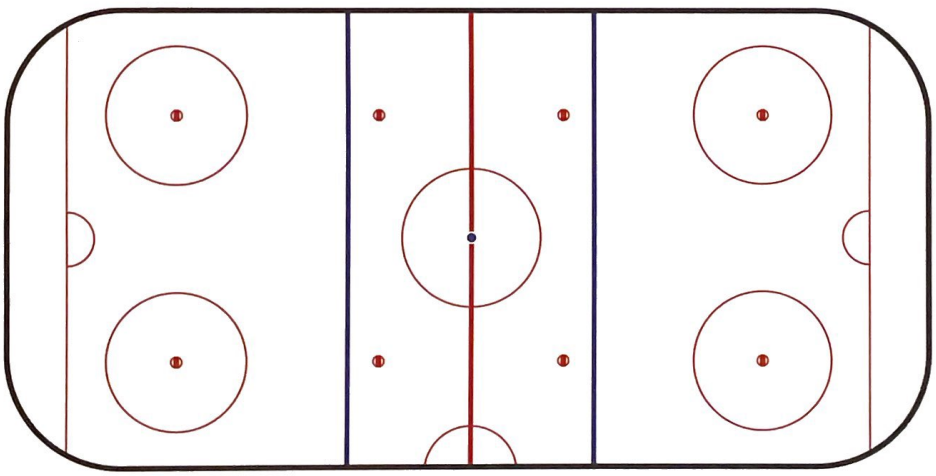


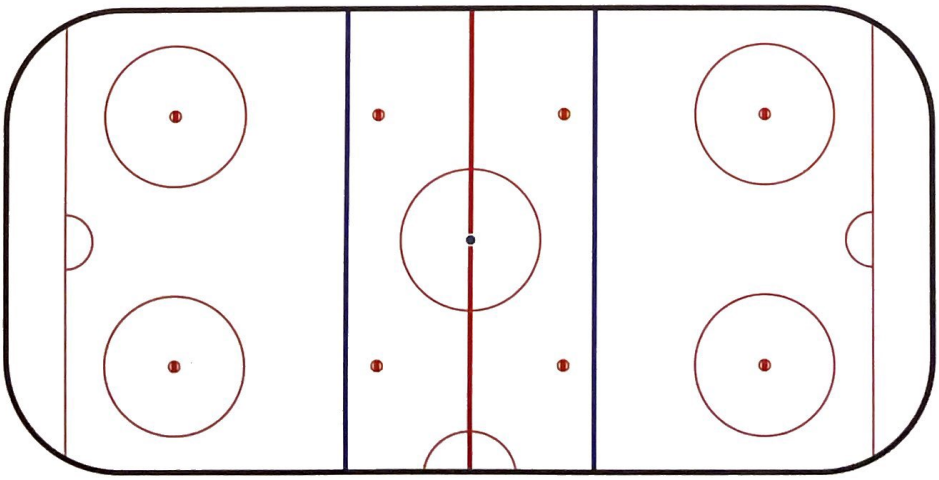
Spiel 2-2 mit

JOKER.

15 min





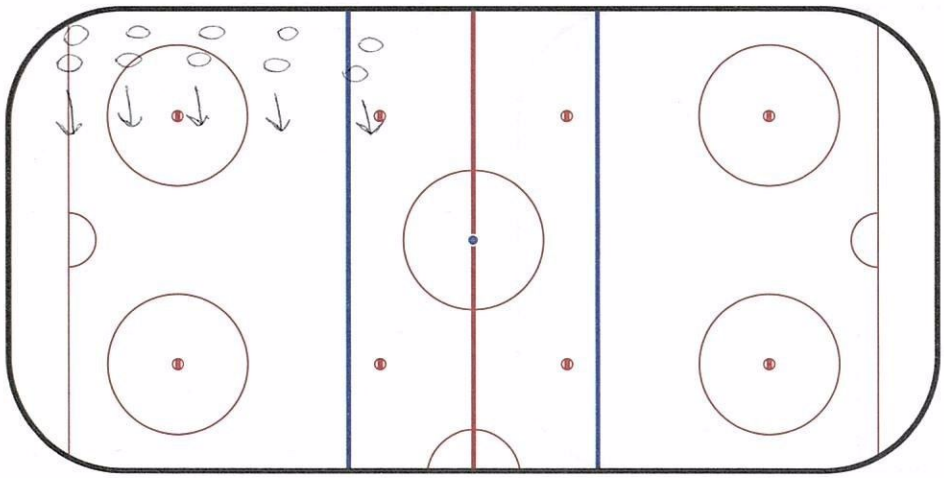


TEAM: U9, 15:10-16:10

DATUM: 18.10.2022. 19.10.2022. 15:20 -16:20

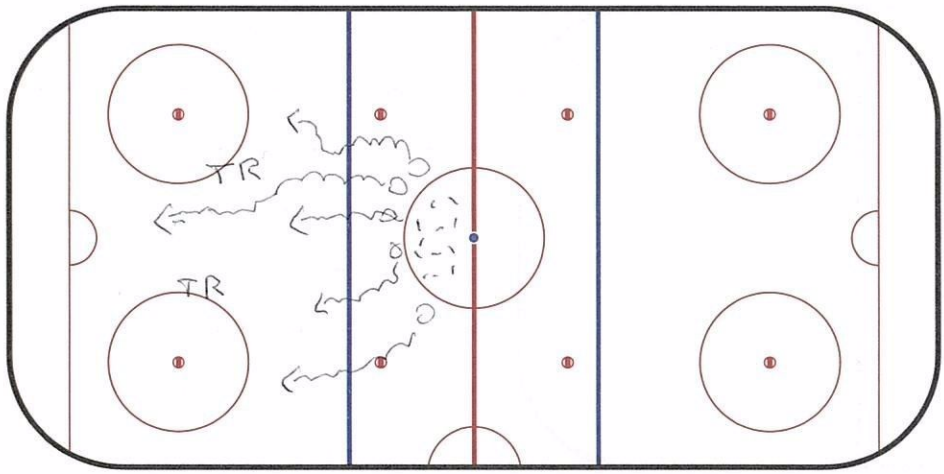
TRAINER: Yuri, Helfer?

TRAININGSPLAN



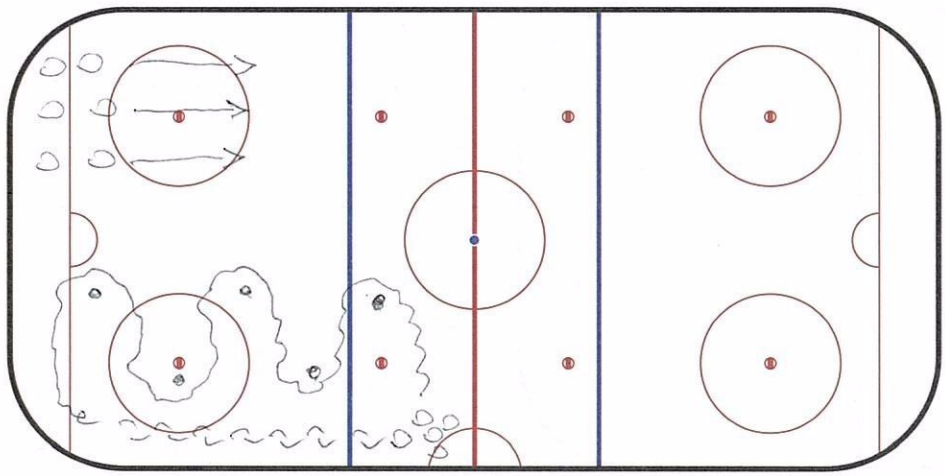
Eislaufen -> Bein mit Abwechseln nach vorne bringen -> -> Schläger unten bein ziehen.

10min



Spiel mit Puck kontrolle -> Spieler holen Puck von mitte und probiere vor zumachen -> TR nehmen Puck weg -> dann Spieler muss neue Puck holen.

6min

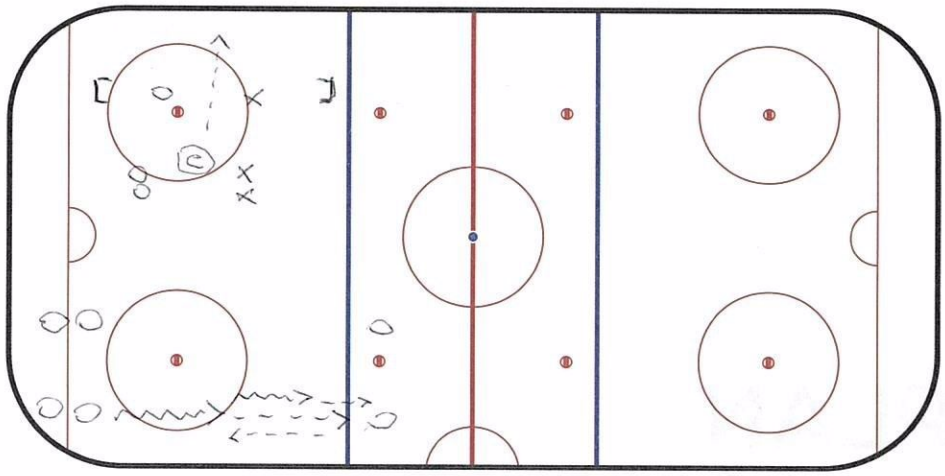


1) Puck kontrol vorwer. und Ruckwerz.

7min

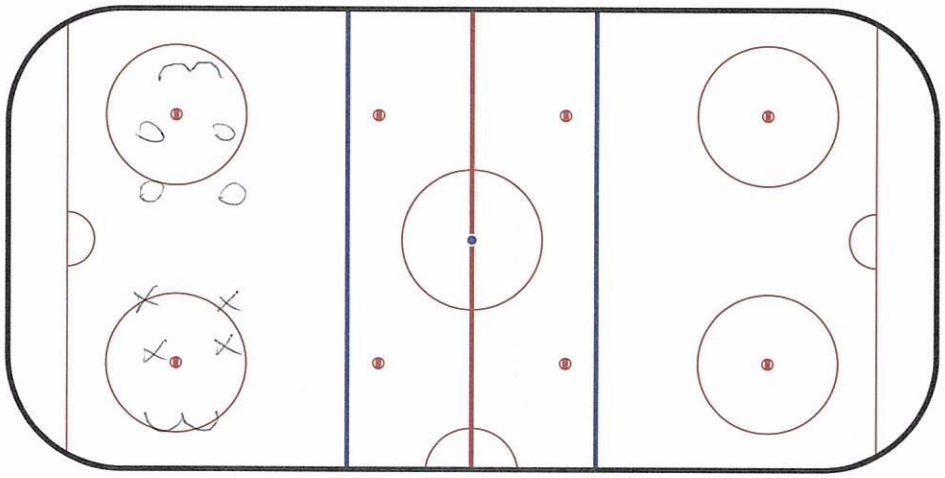
2) eislaufen lange schritte

7min

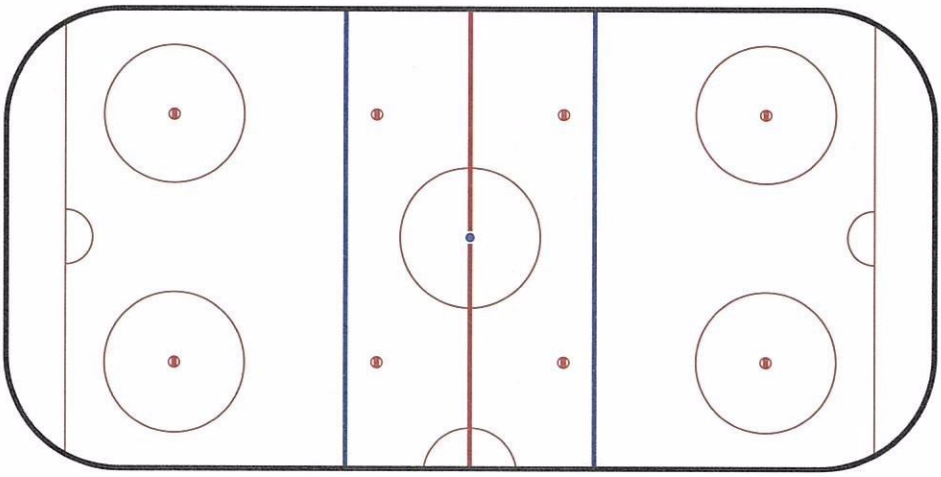


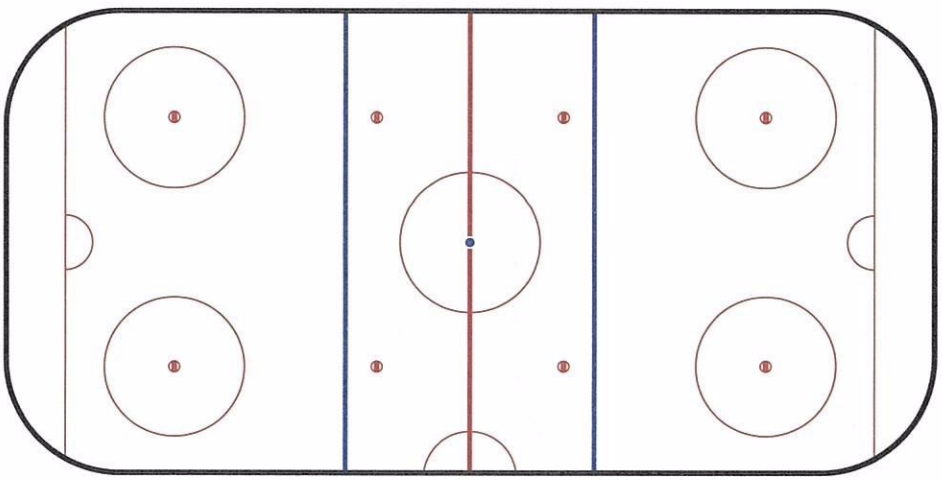
3) Spiel 1-1 mit
PUCK → kleine TORE
7min

4) mittere PASS →
→ KURZE PASS
7min



Spiel 4-4 mit
Aufgaben.
10 min



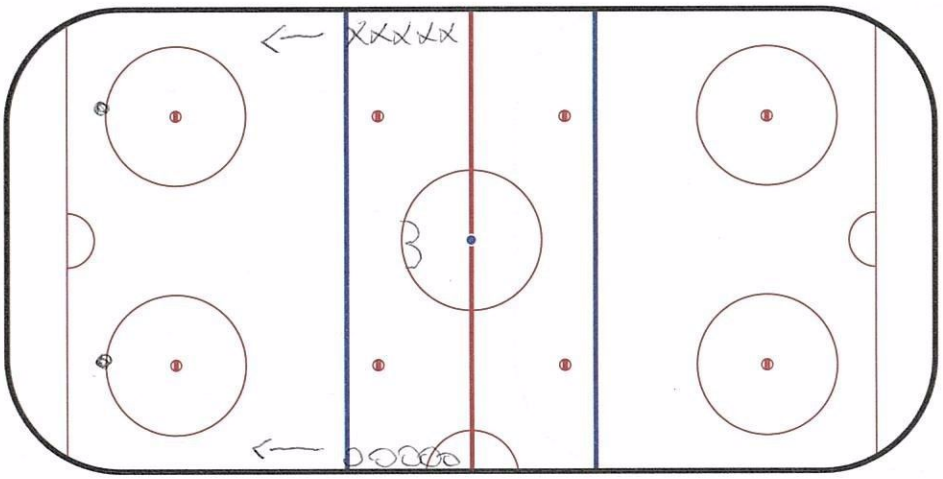


TEAM: U9 15:30-16:30

DATUM: 20.10.2022.

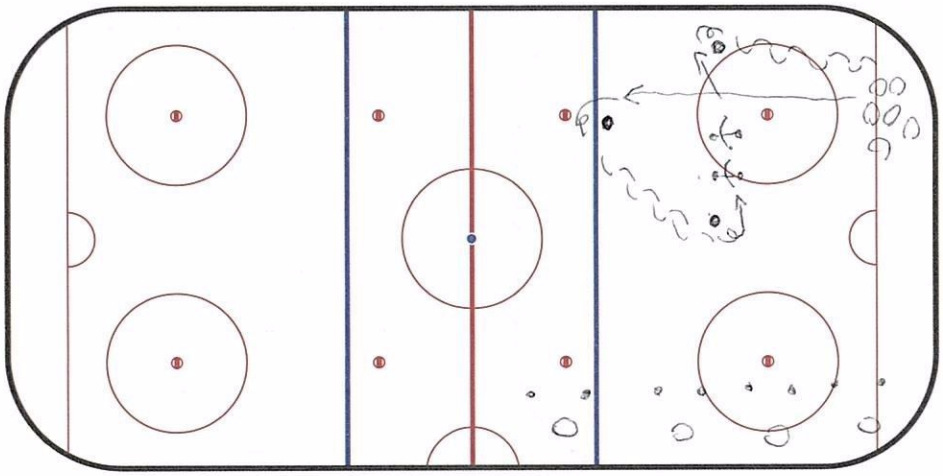
TRAINER: Yuri, edi

TRAININGSPLAN



Eislaufen ~~xxx~~ zwei beine am eis mit drehungen 180° 360°

10min

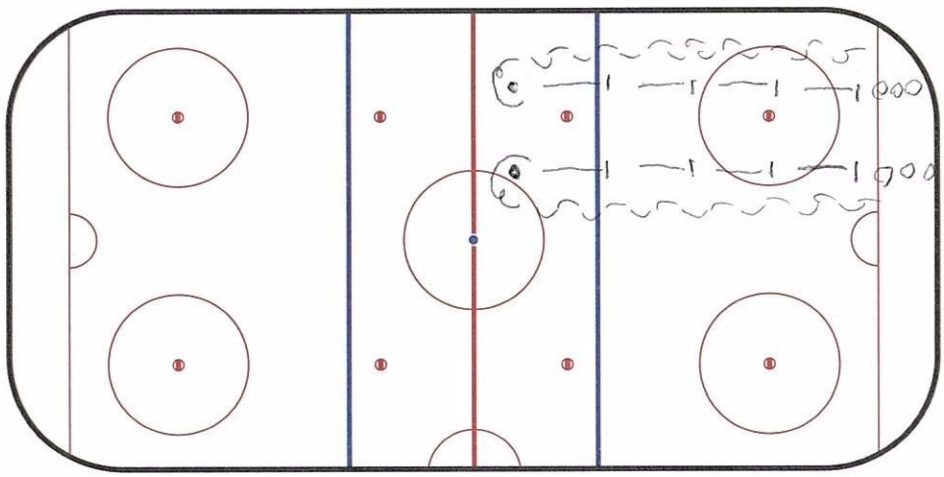


1) Eislaufen mit Aufgabe

8min

2) Puck kontrol im stehen kurze, lang.

8min

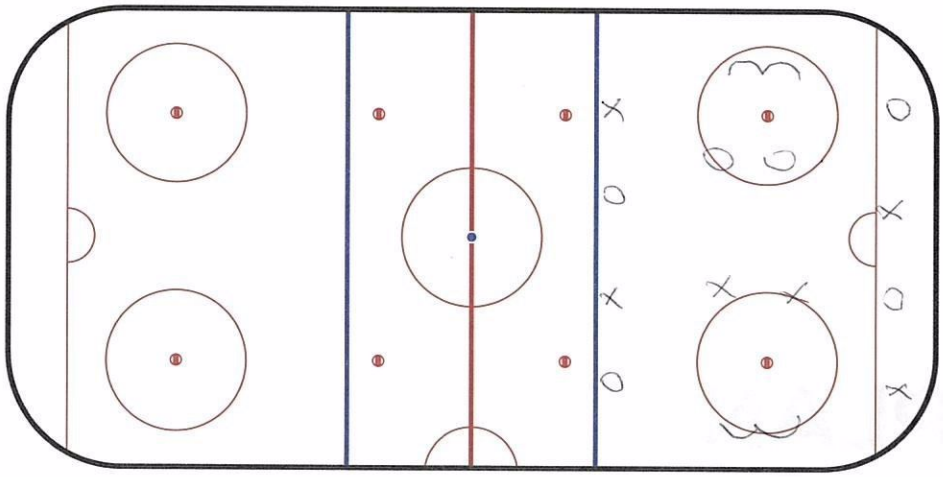


3) Eislaufen im paar gesicht zu gesicht -> mit ein bein stossen -> zurück rückwerz.

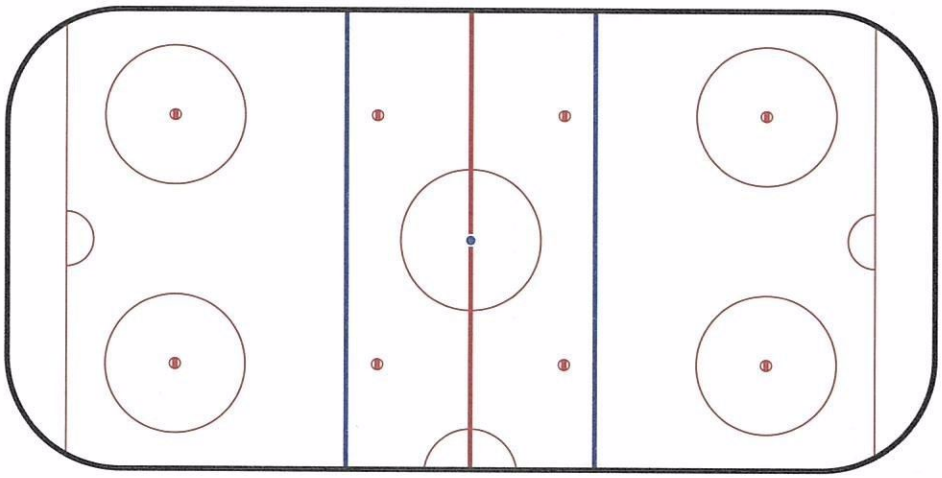
8min

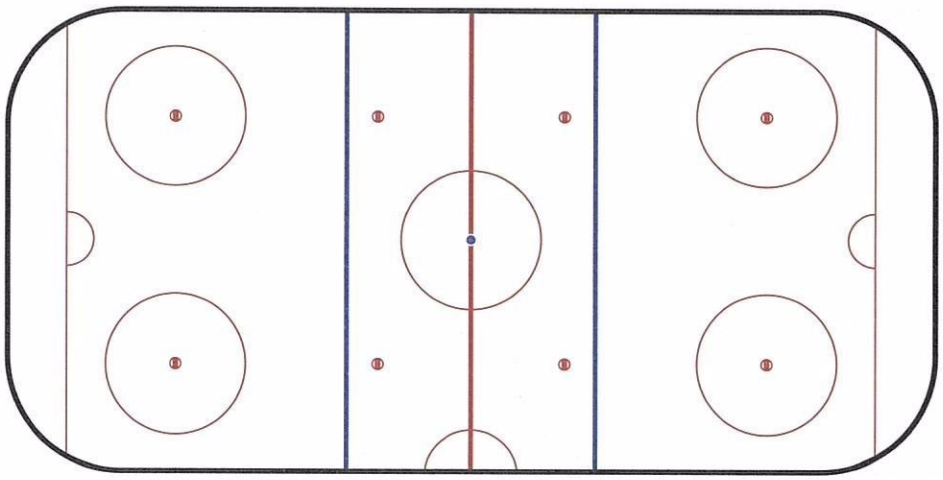
4) Schüss üben im stechen -> technische elementen,

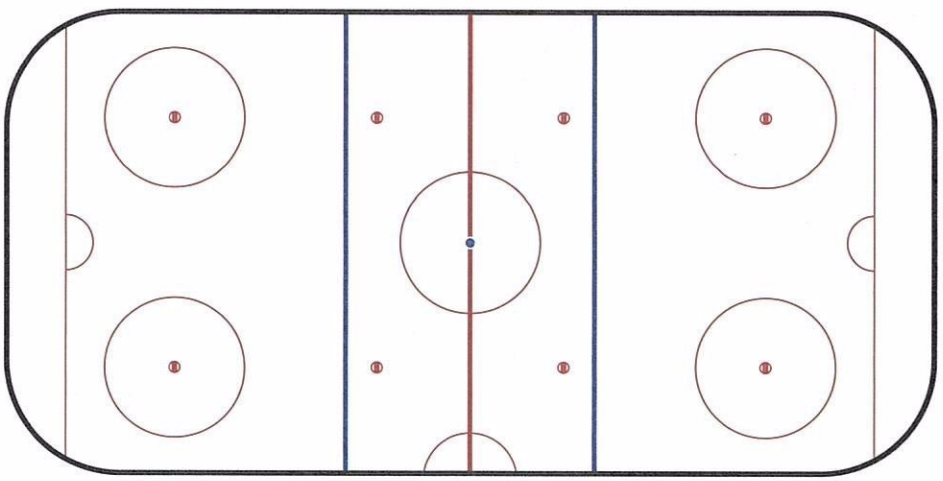
8min



Spiel 2-2 oder 3-3
mit Spieler als Helfer
12 min
Wenn weniger Spieler
da ist, dann TR Joker
für beide Team.





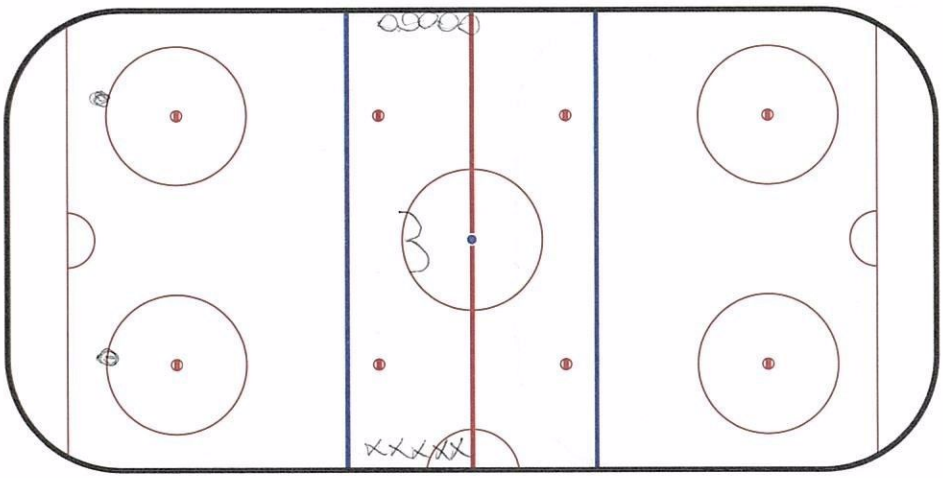


TEAM: U9. 15:10 - 16:10

DATUM: 25.10.2022. 26.10.2022.

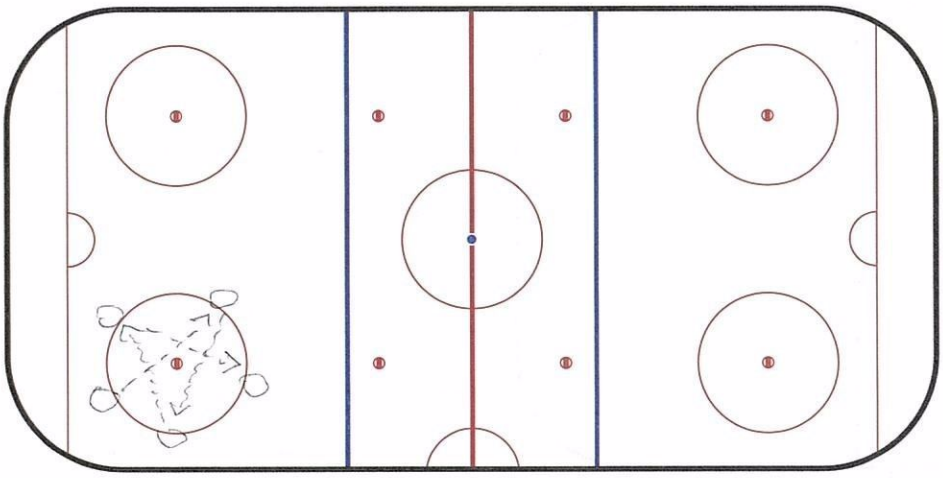
TRAINER: Yuri, Helfer.

TRAININGSPLAN



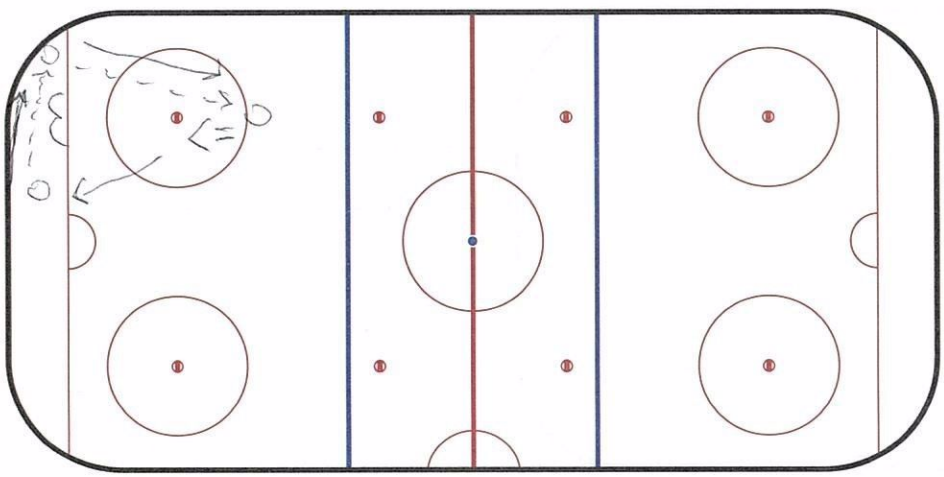
Eislaufen -> drüber Schläger steigen -> auf eine Kufe gehen

10 min



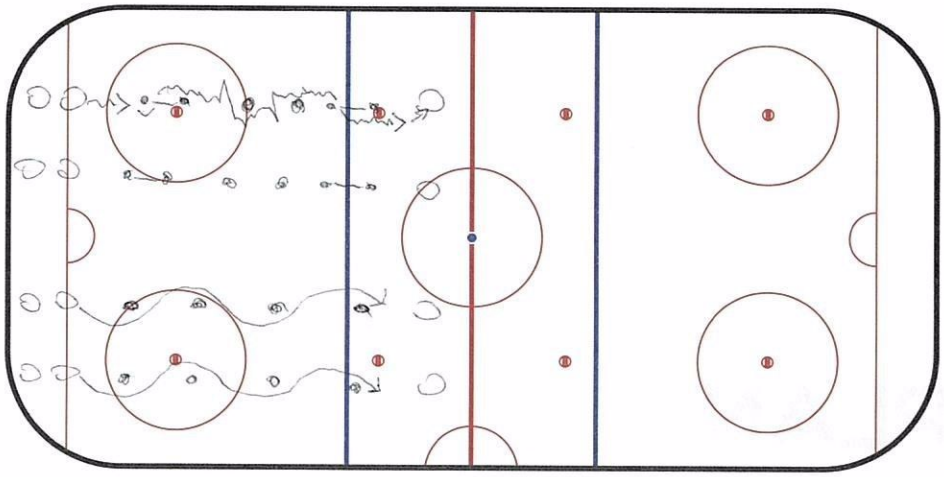
1) Passen und Annahme lernen im stehen.

8 min



2) Pass - schüss Übung mit Sprint

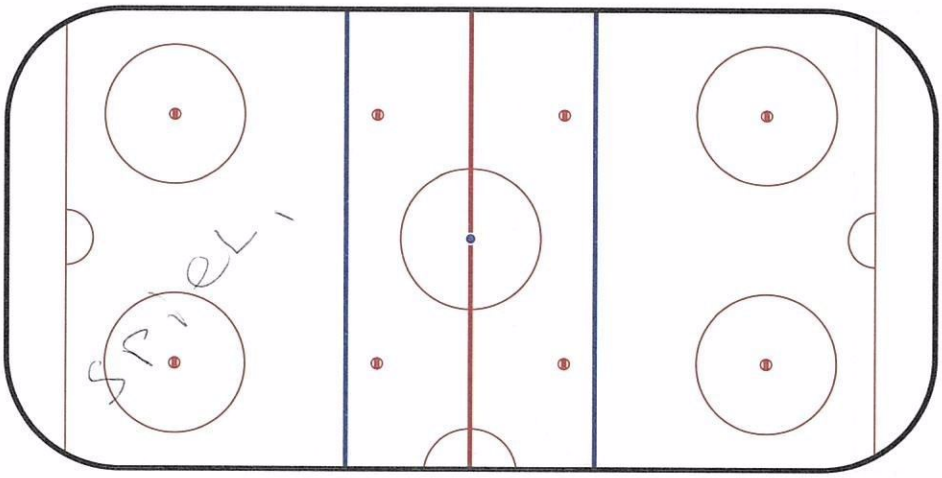
8 min



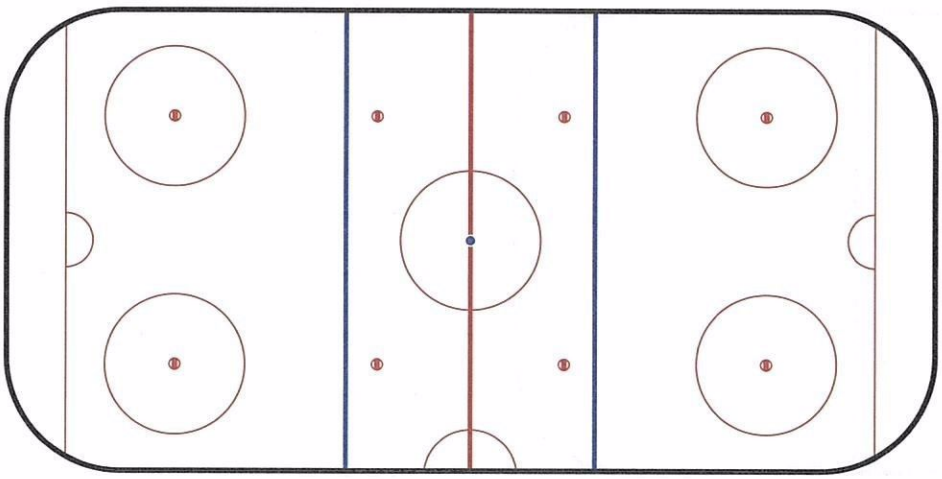
3) PUCK KONTROLL

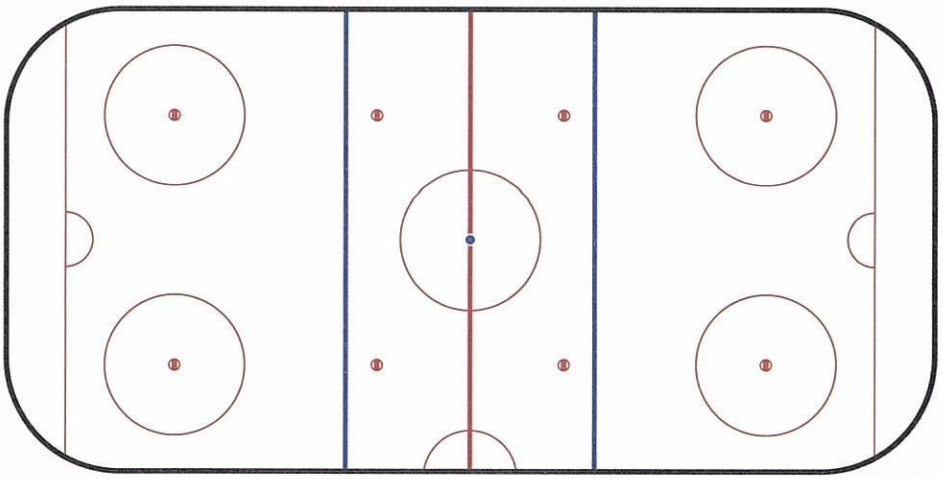
8 min

4) EISLAUFEN MIT TEMPO SLALOM (über sitzen) 8 min



Spiel



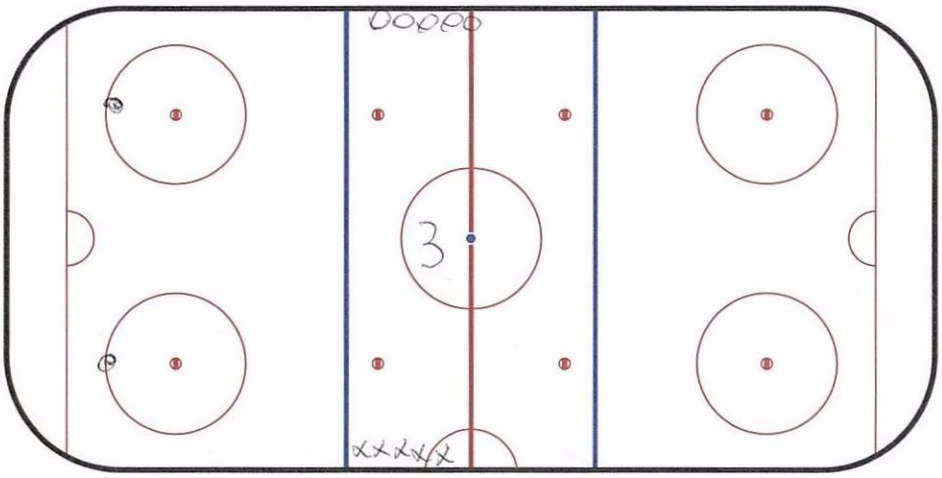


TEAM: 27.10.2022.

DATUM: U9. 15:30-16:30

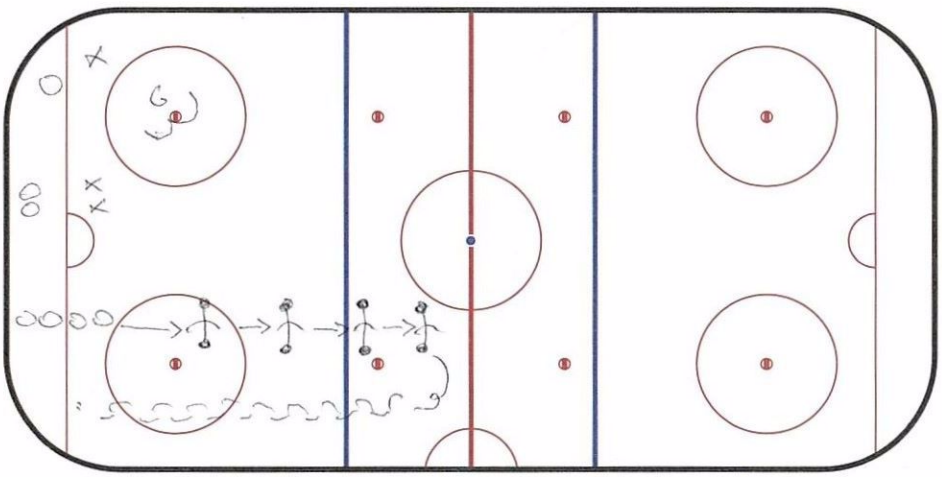
TRAINER: Yuri, edi

TRAININGSPLAN



Eislaufen lange schritte -> schläger oben in beide hände breit,

5 min

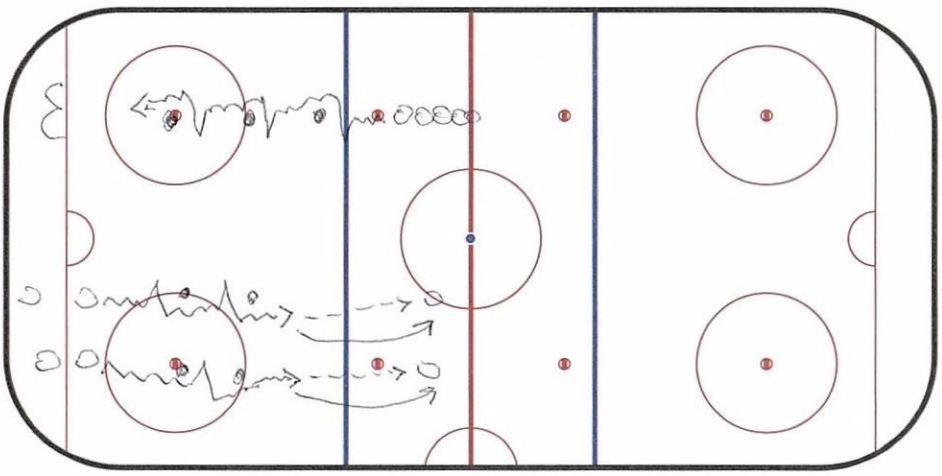


1) Eislaufen mit sprünge und ~~zurück~~ zurück rückwerts.

8 min

2) Spiel 1-1 im ecke

8 min



3) Puck kontrol mit schuss

8 min

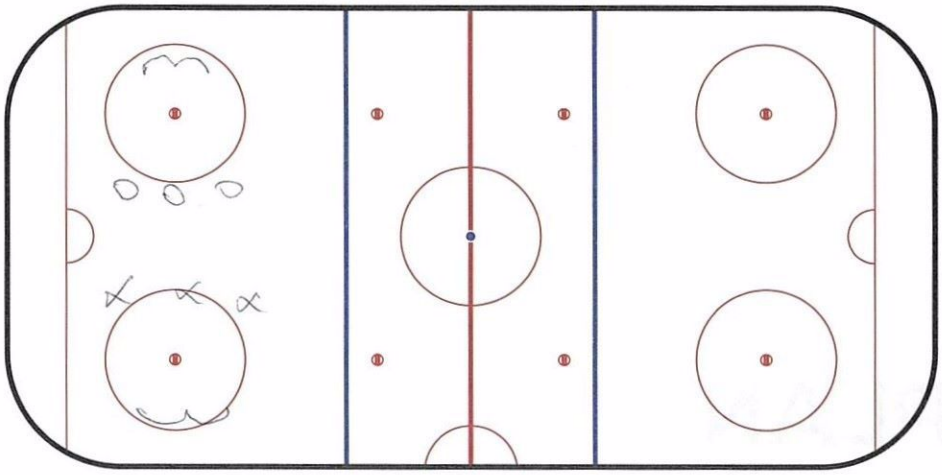
4) Passen im bewegung

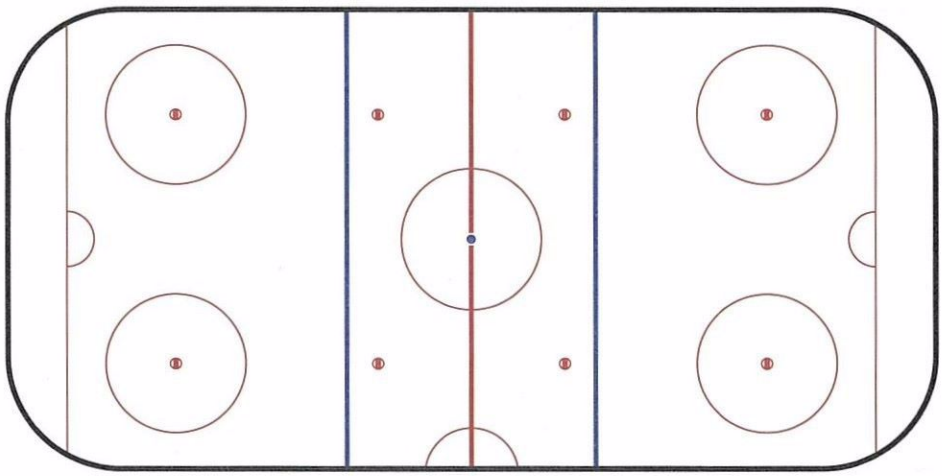
8 min

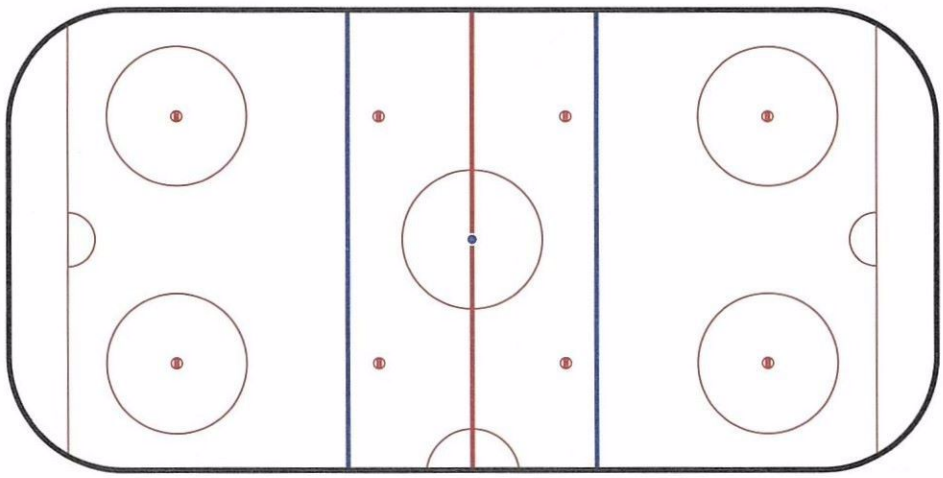
(oder übersteen im kreis)

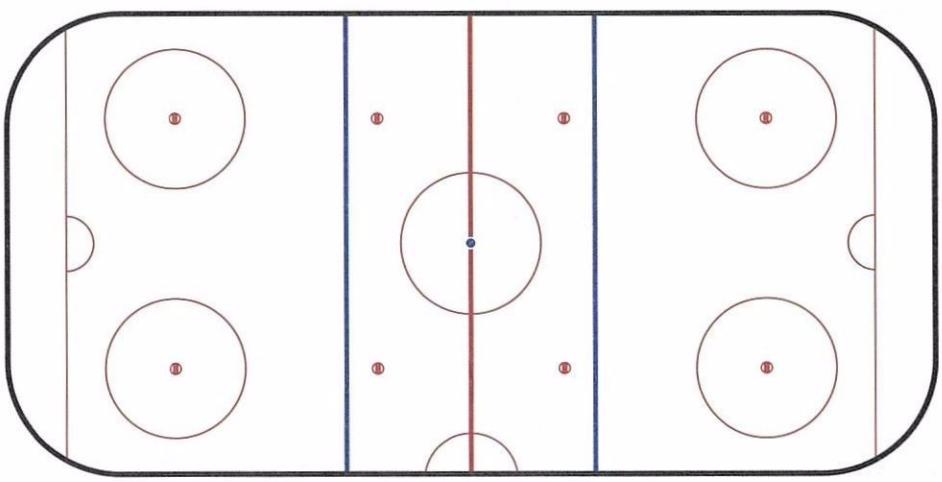
Spiel 3-3

15 min







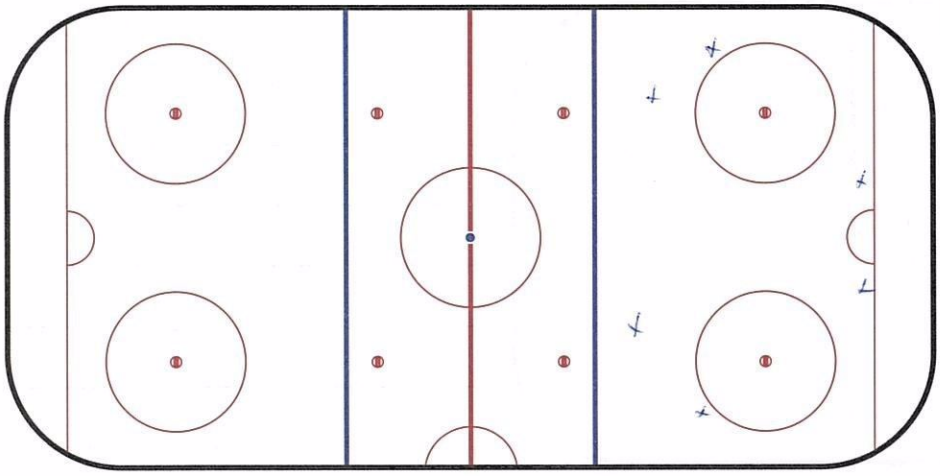


TEAM: U9

DATUM: 31.10.22

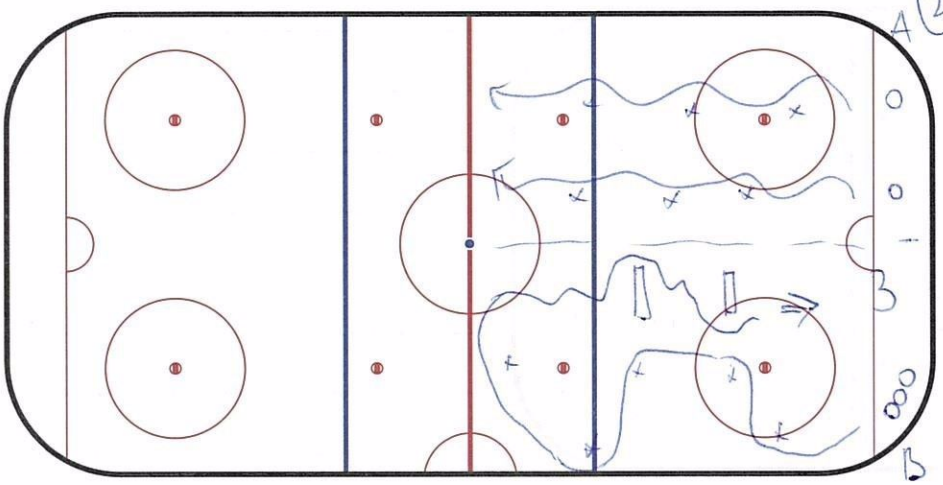
TRAINER: Martin, Edi

TRAININGSPLAN



① Spiel: Pass durch die Reifen 3 Pkt, Lauf 1P

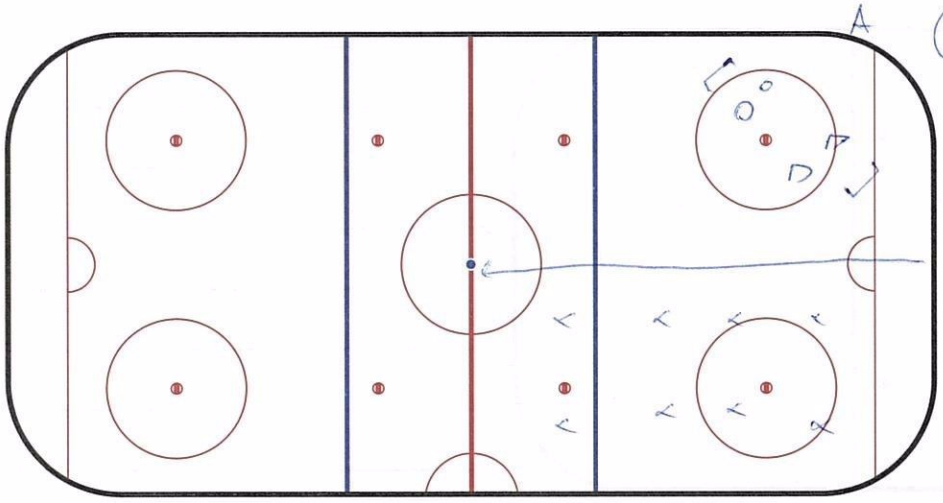
5 min



② A Skating

B Parcour

2 × 10 min



③ A Spiel 2:2 kleiner Pass

B Stickhandling

2 × 10 min

④ Spiel

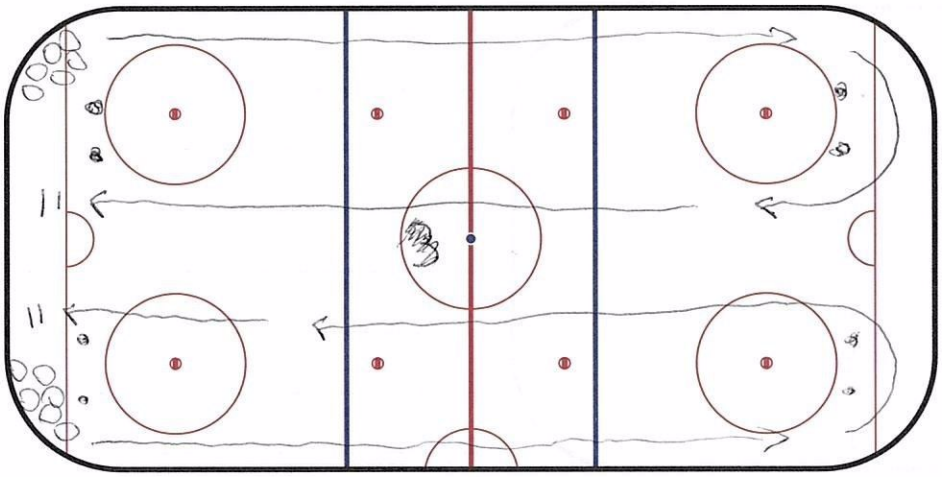
10 min

TEAM: U9, 12:50-13:50

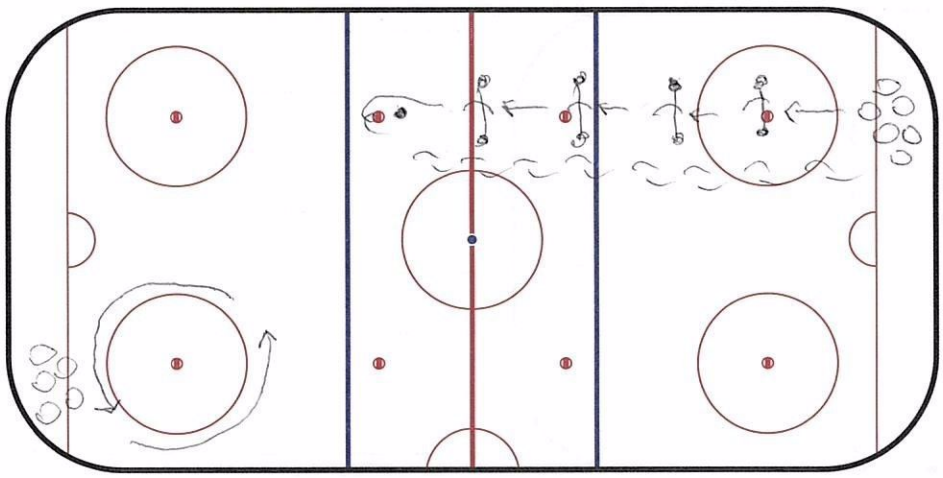
DATUM: 2.11.2022.

TRAINER: YURI, MARKUS,

TRAININGSPLAN

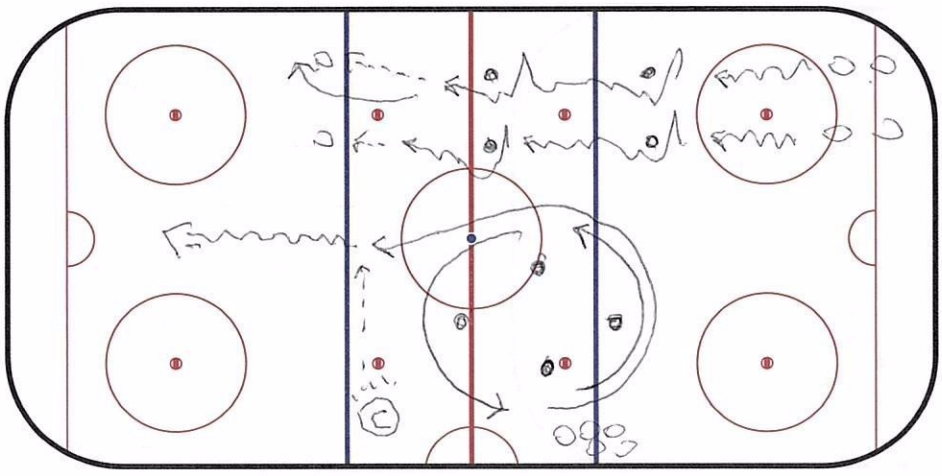


Eislaufen lange Schritte -> ganze Bein strecken -> Schläger über Kopf in beide Hände.
7min



1) Eislaufen mit Aufgaben.
8min

3) Übersetzen -> Schläger liegt auf Schulter und mit 2 Hände halten.
8min

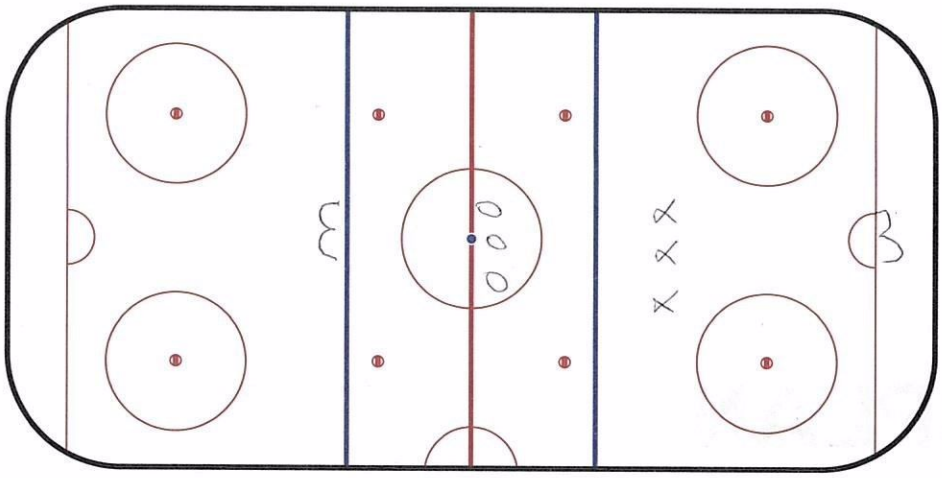


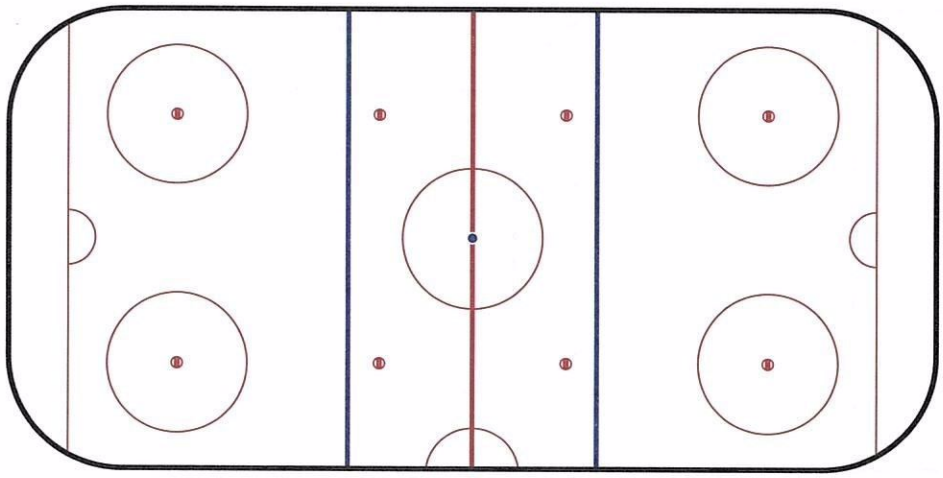
2) ~~Schuss~~ Übersetzen mit Schuss auf Tor nach Pass von TR.
8min

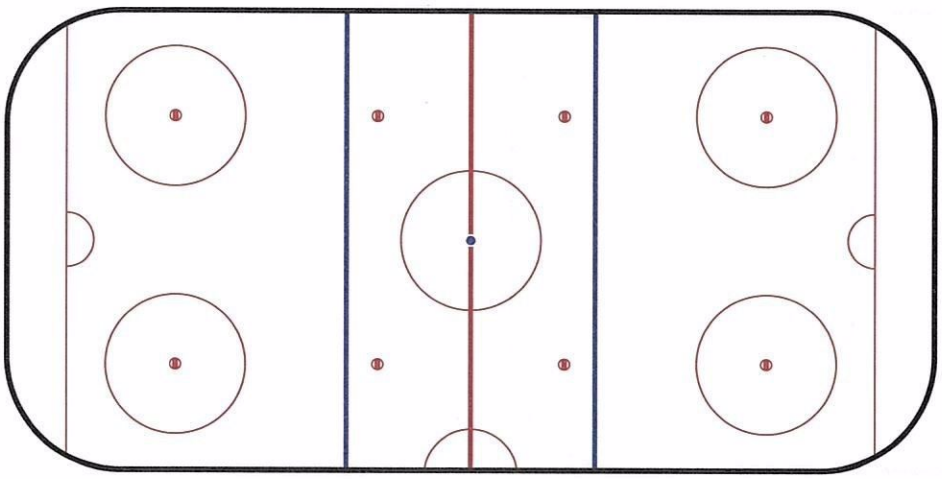
4) Passen in Bewegung
8min

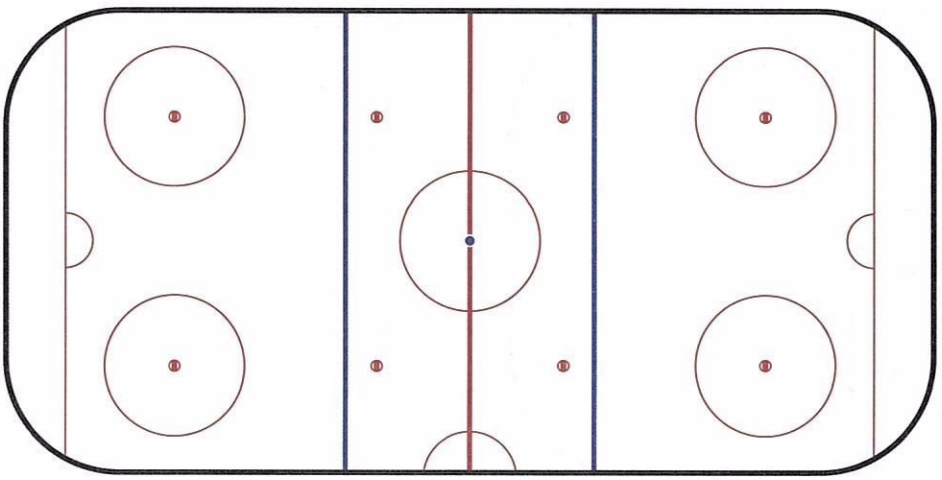
Spiel 3-3

13min







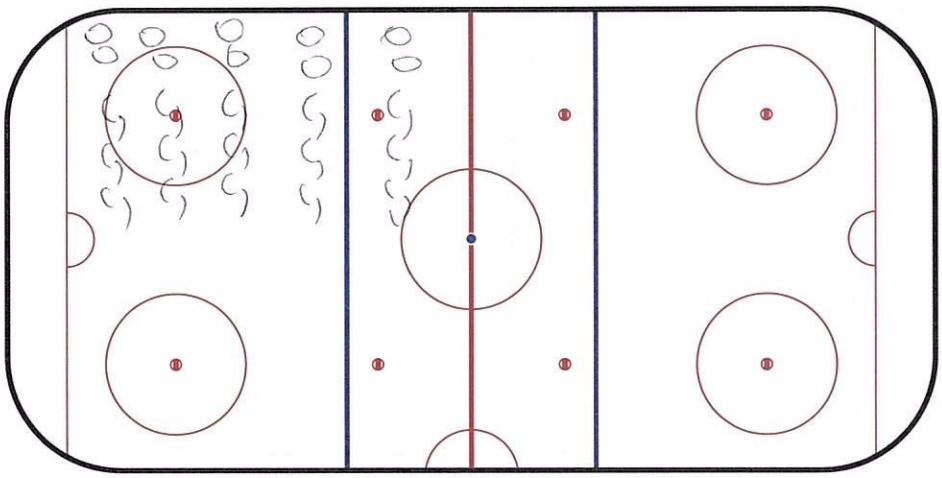


TEAM: U9, 15:40-16:40

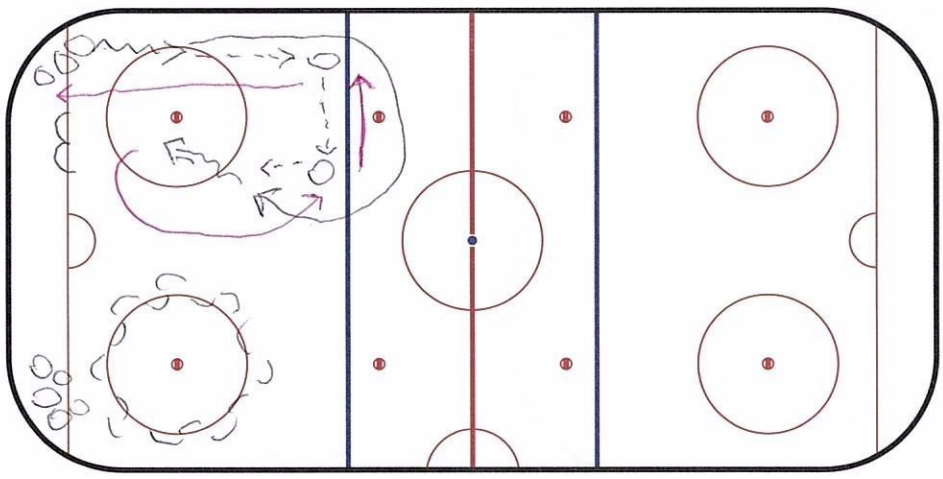
DATUM: 4.11.2022.

TRAINER: Yuri, Eddy

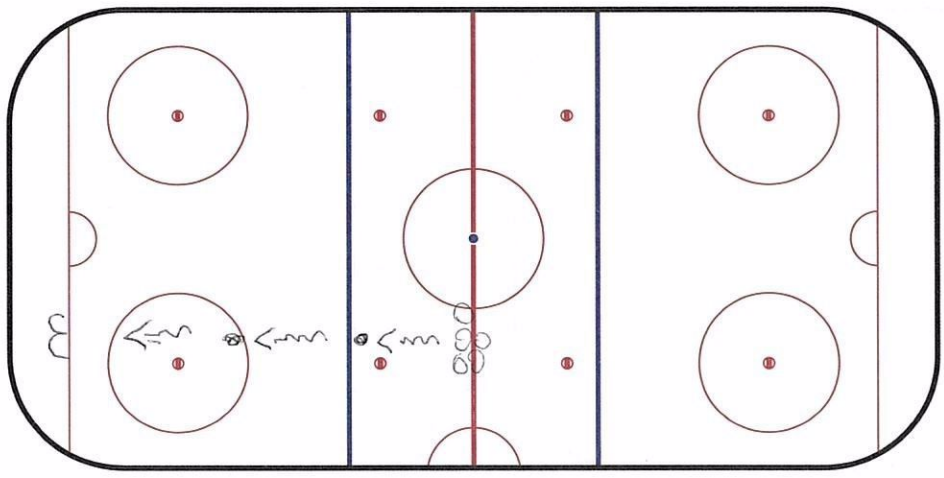
TRAININGSPLAN



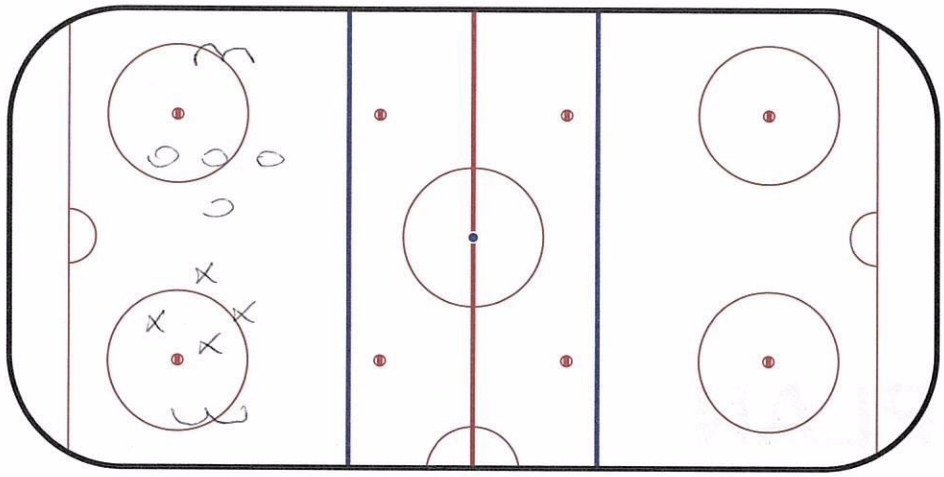
Eislaufen Rückwerts
übersetzen vorne
7-8 min

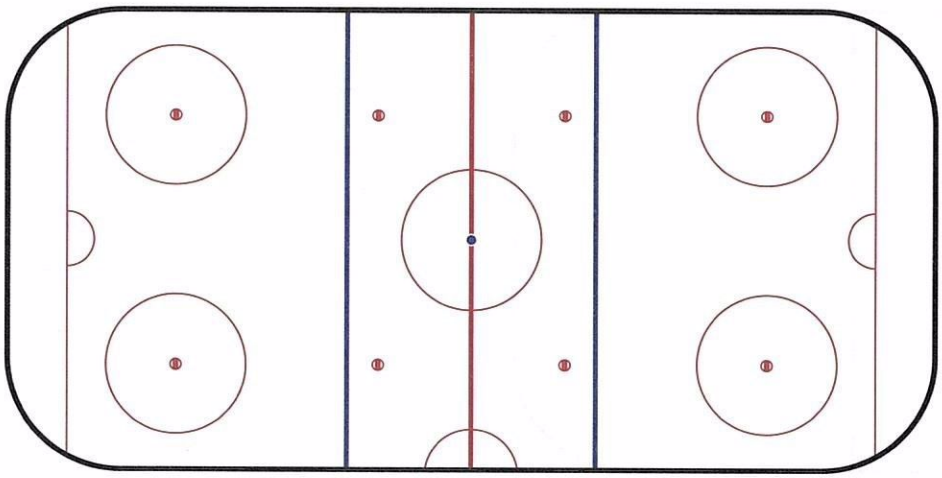


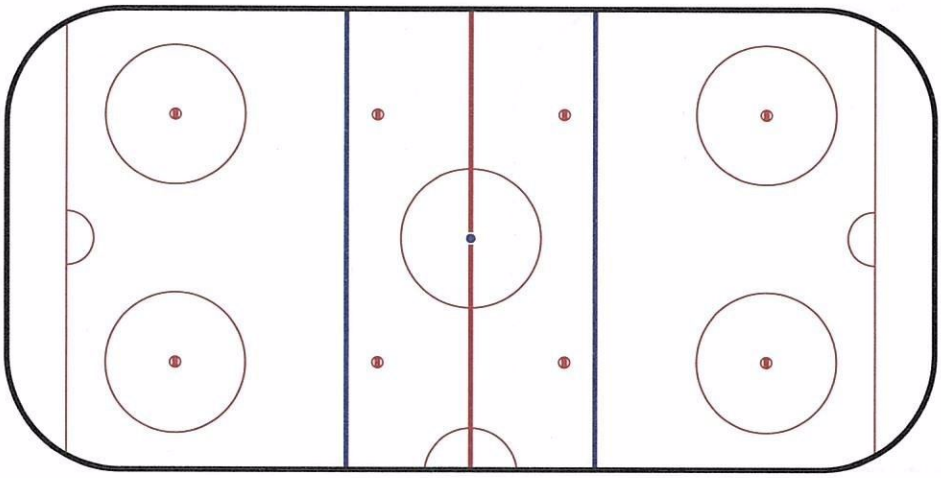
1) Passen mit Anbiete
-> Pass zurück bekomm
und schuss
8 min
2) Übersetzen Rück-
wärts.
8 min

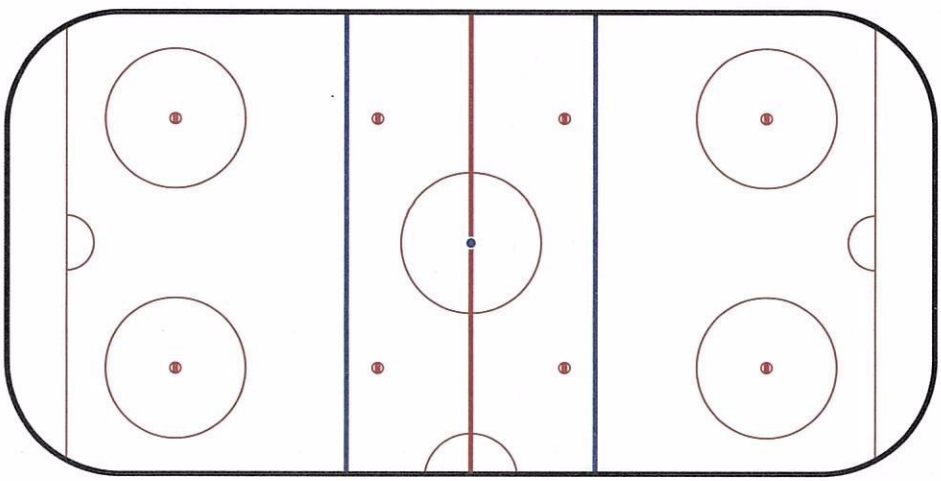


3) Puck kontrol -> element schleger schlitschuhe.
8 min
4) Puck kontrol im stehen, element schleger schlitschuhe.
8 min









Spiel 3-3 → 4-4

→ Spieler wechseln

eigene Schleger halten

auf andere Seite

→ dann wieder normal

spielen 6 min

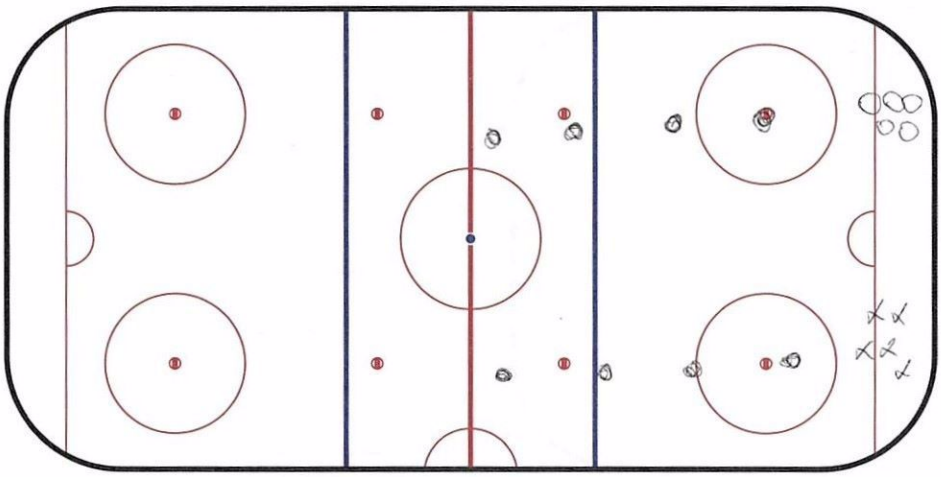
12 min

TEAM: U9, 15:10-16:10

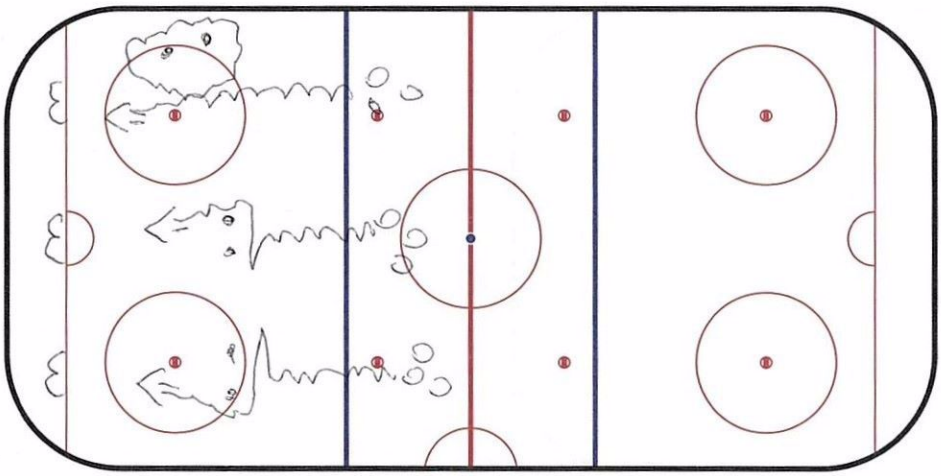
DATUM: 8.11.2022, 9.11.2022, 15:20-16:20

TRAINER: Yuri, Eddy.

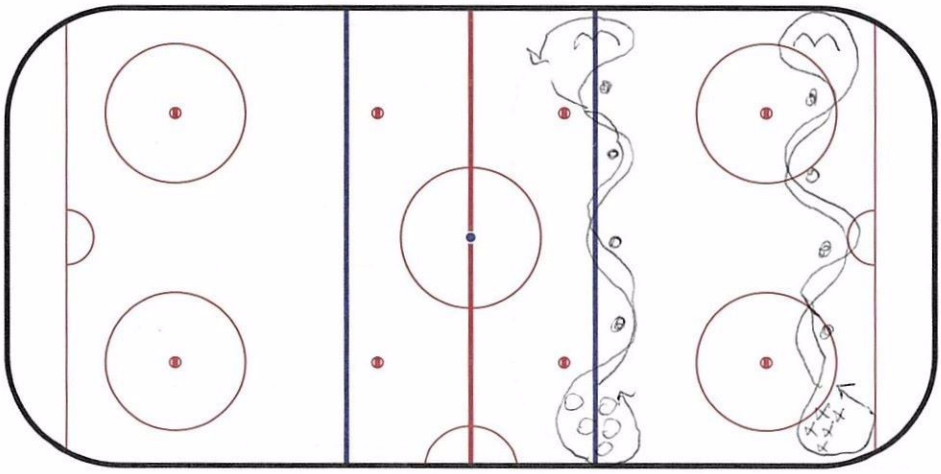
TRAININGSPLAN



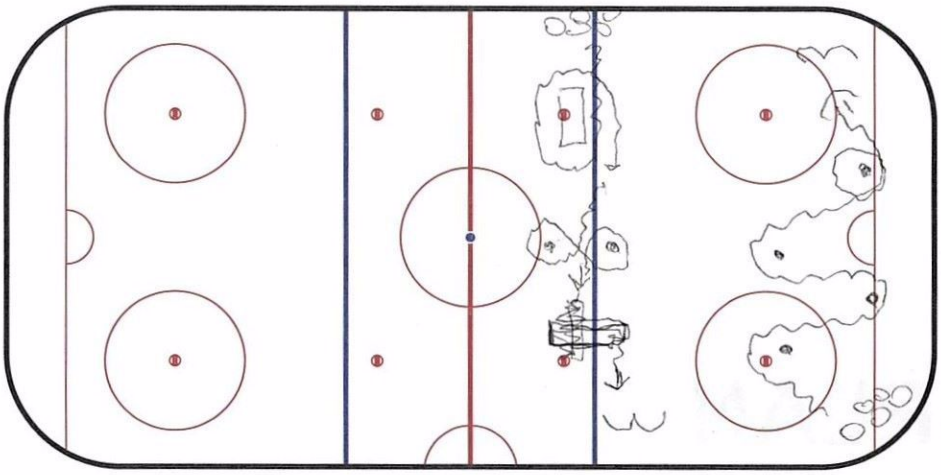
Eislaufen Technik
verschiedene Aufgaben
10min - 12min



1) Puck kontrol im
bewegung 3 variauten
mit schuss.
10min - 12min

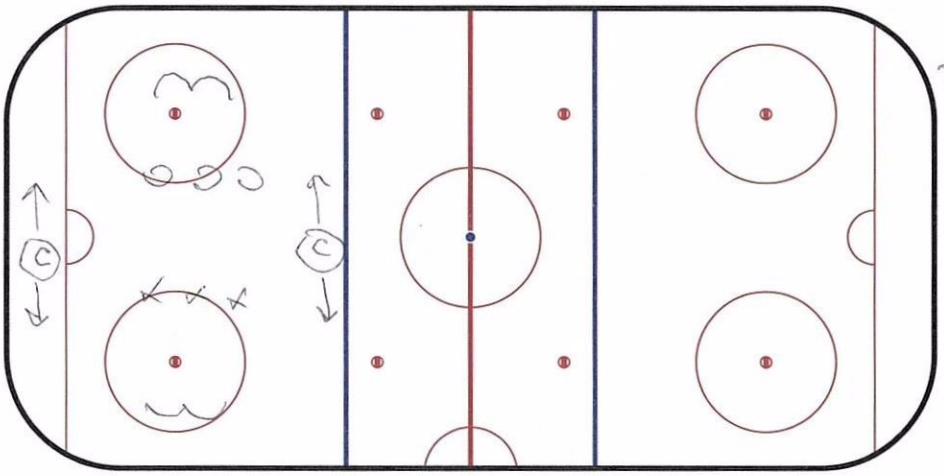


2) Stafel mit 1 schläger
übersetzen slalom.
5min



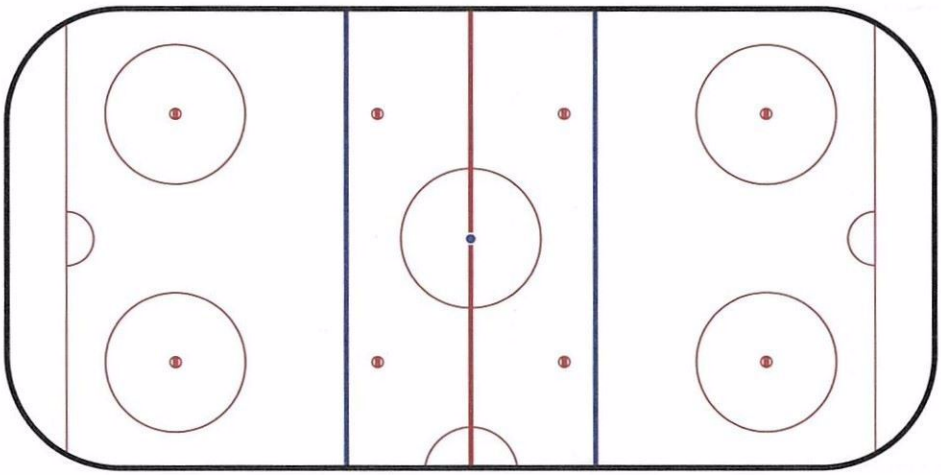
Puck kontrolle im bewegung mit technische elementen und schuss aufgabe.

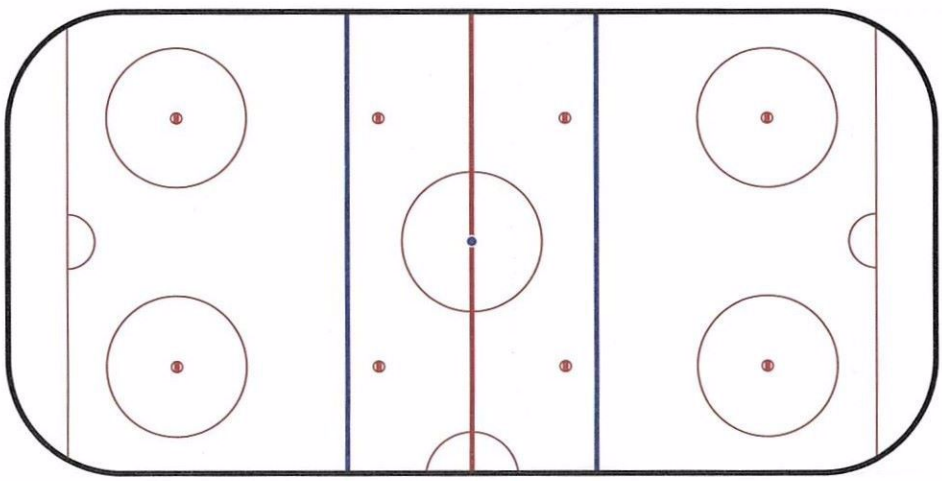
12 min



Spiel 3-3 mit 2 TR joker für beide team.

12-13 min



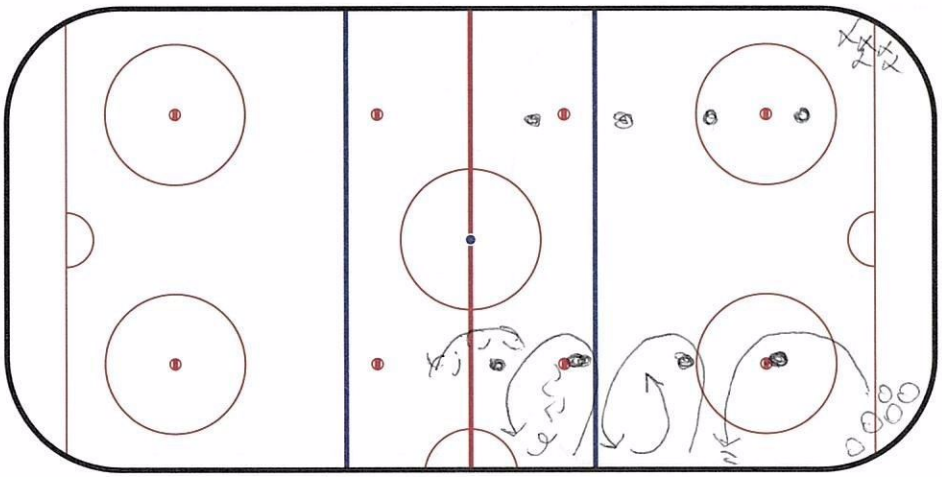


TEAM: U9. 15:30 - 16:30

DATUM: 10.11.2022.

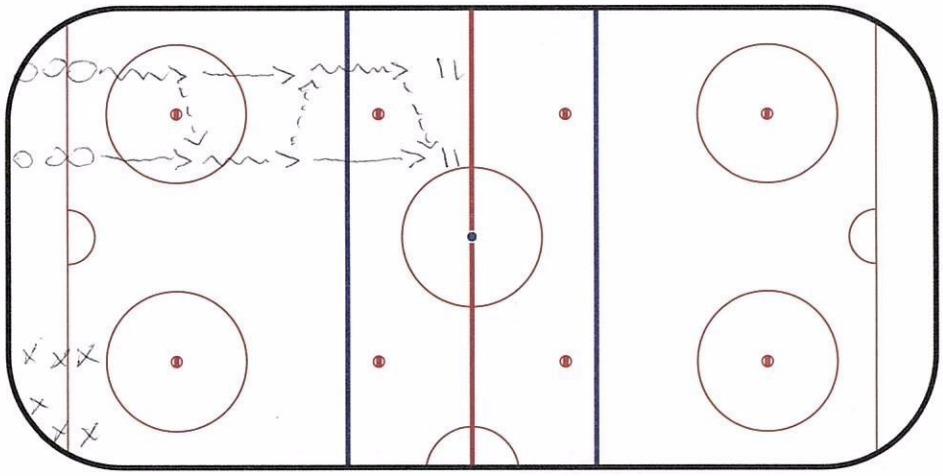
TRAINER: Yuri, eddy

TRAININGSPLAN



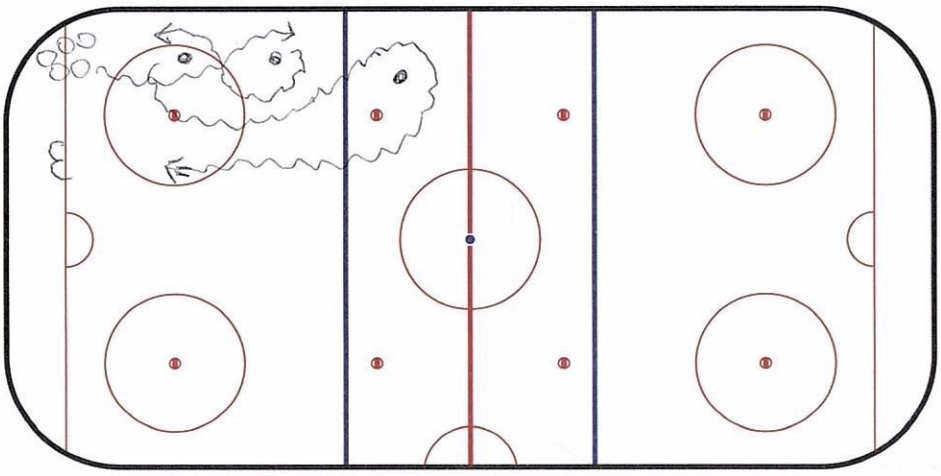
Eislaufen technische elementen.

12min



~~Passen~~ im 2 Gruppen passen im bewegung

8 min

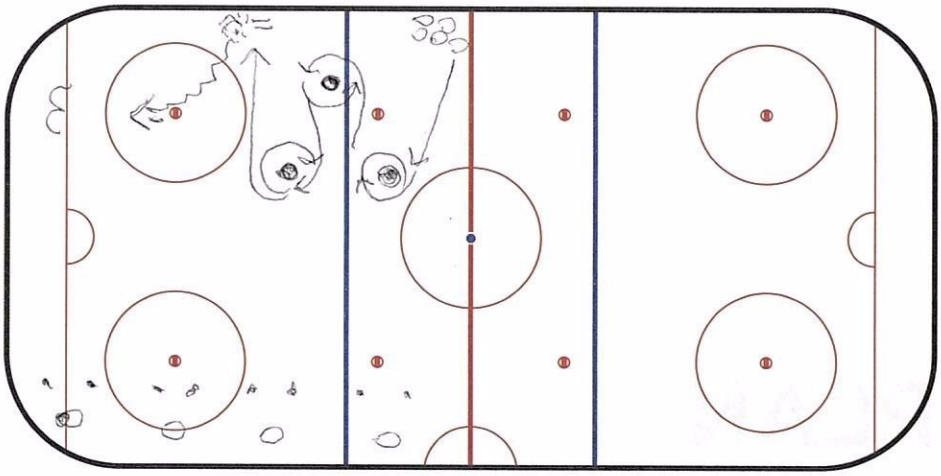


1) Schuss übung mit puck kontroll.

7min

2) Übersetzen 1 Runde vorwerts -> 1 Runde rückwerts.

7min

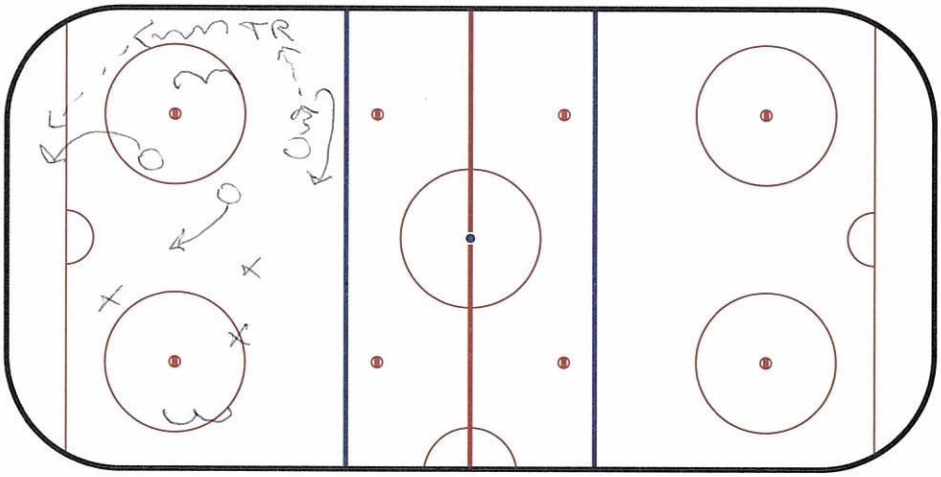


3) Puck kontrol im stehen -> kurze mischung -> lange mischung -> ahter mischung.

7min

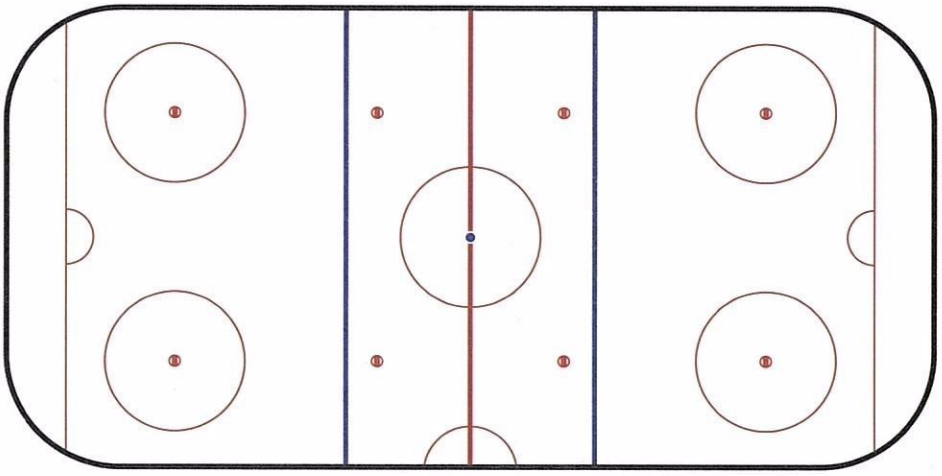
4) Eislaufen element carvadior -> bremsen bei bande, puck holen und schuss.

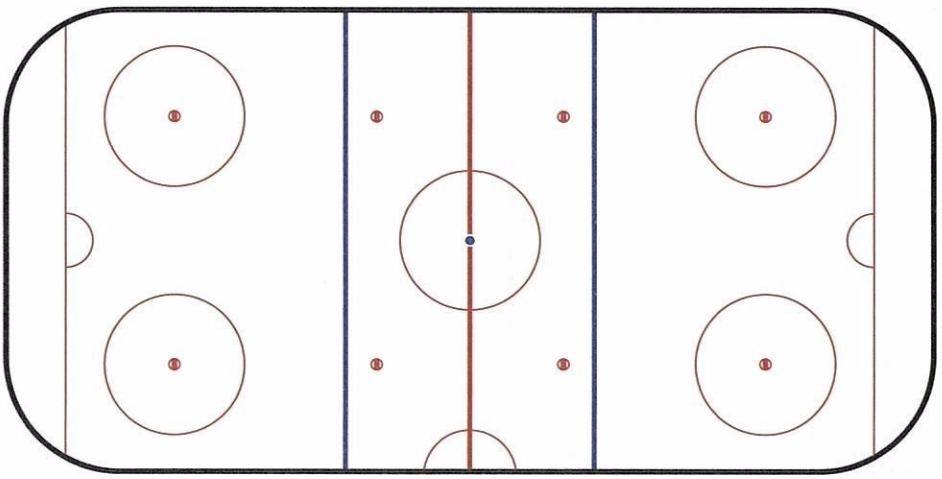
7min



Spiel 3-3 -> TR joker hinten eigene TOR -> pass zum TR und anbieten.

10min



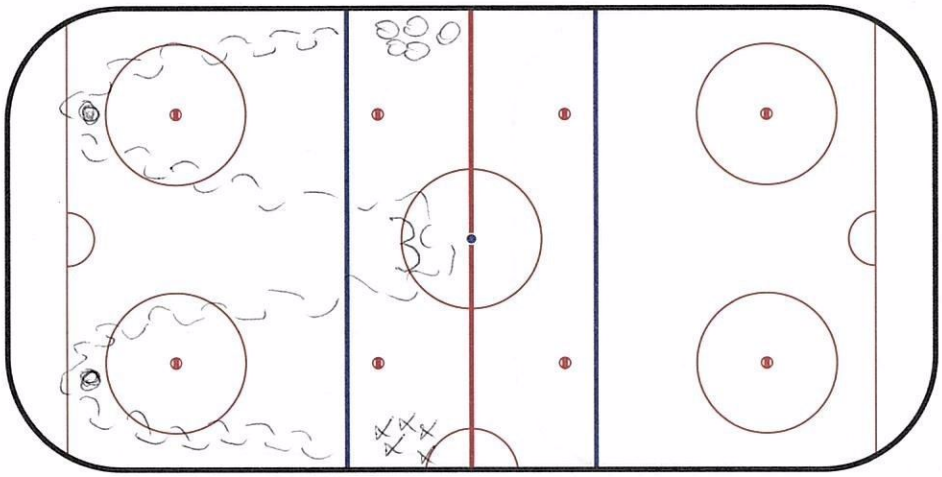


TEAM: U9, 15:10-16:10

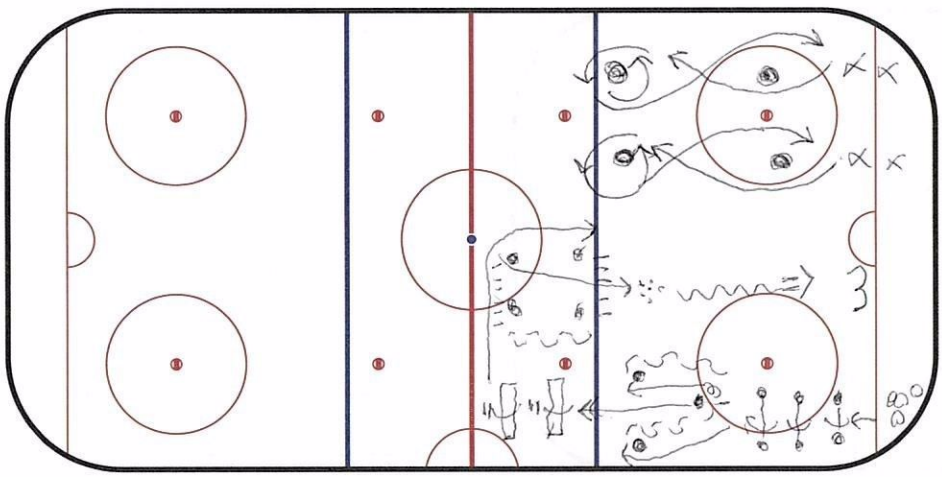
DATUM: 15.11.2022, 16.11.2022, 15:20-16:20

TRAINER: Yuri, Eddi

TRAININGSPLAN

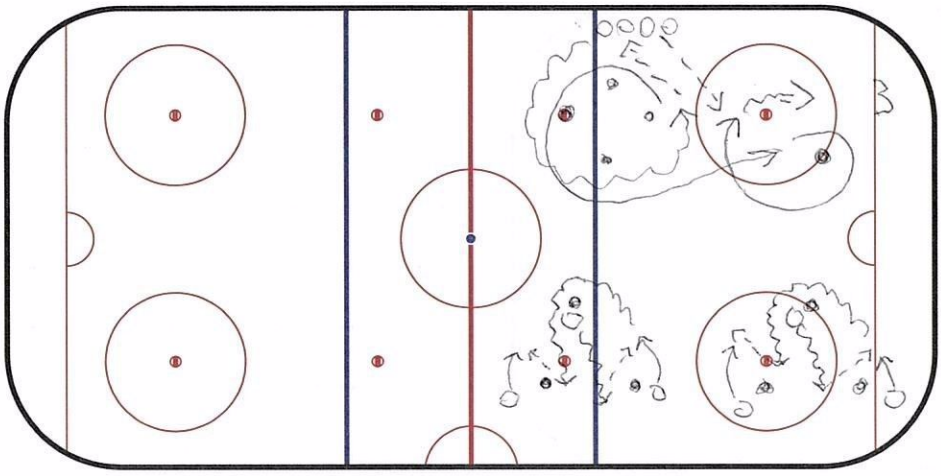


Eislaufen Rückwärts mit übersetzen.
12 min



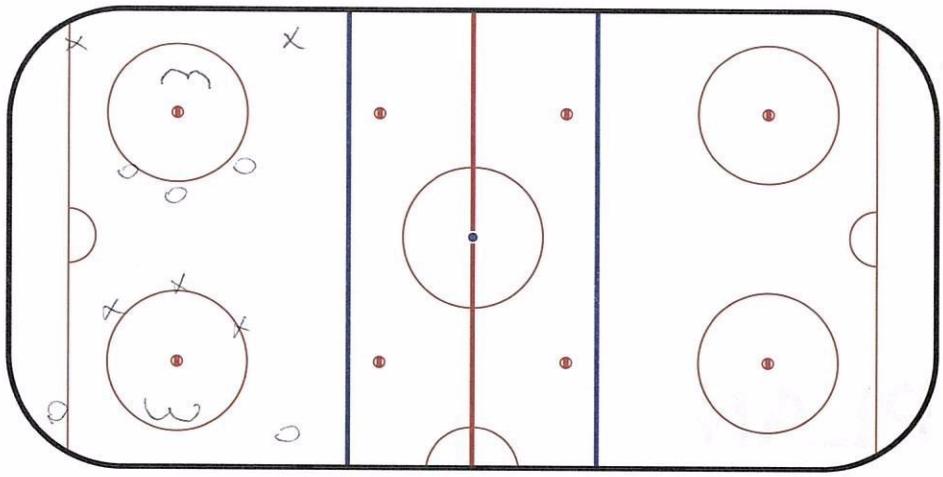
1) Eislaufen mit Aussen bein stoßen bei bogen.
8 min

2) Eislaufen mit Aufgaben
Springen, seitlich gehen, seitlich springen mit Bremse vorwärts-rückwärts fahren → → Puck holen → Schuss
8 min

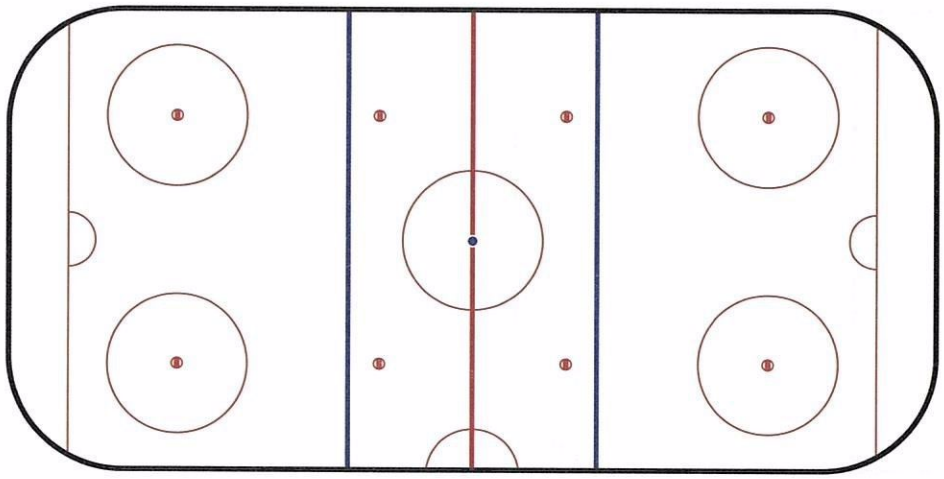


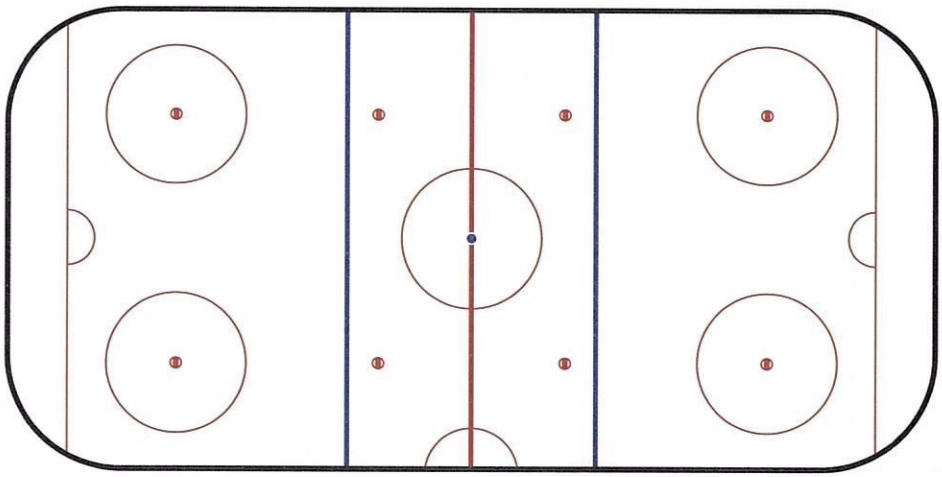
3) Schuss übung mit übersetzen → Passen → Pass Annahm → Schuss.
8 min

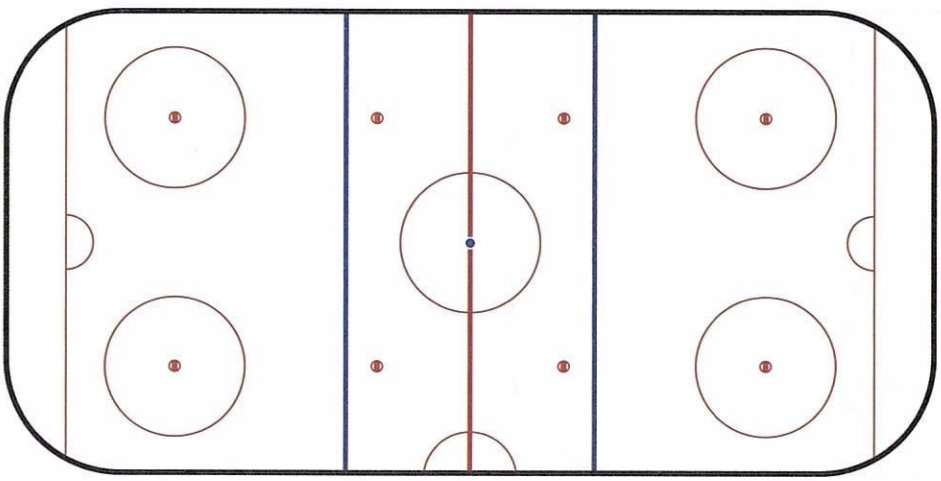
4) Passen; bessere Gruppe mit bewegung → Kinder wo nicht so weit im Stechen oder gerade fahren mit Pass
8 min



Spiel 3-3 mit
2 Joker hinten Tor.
12 min





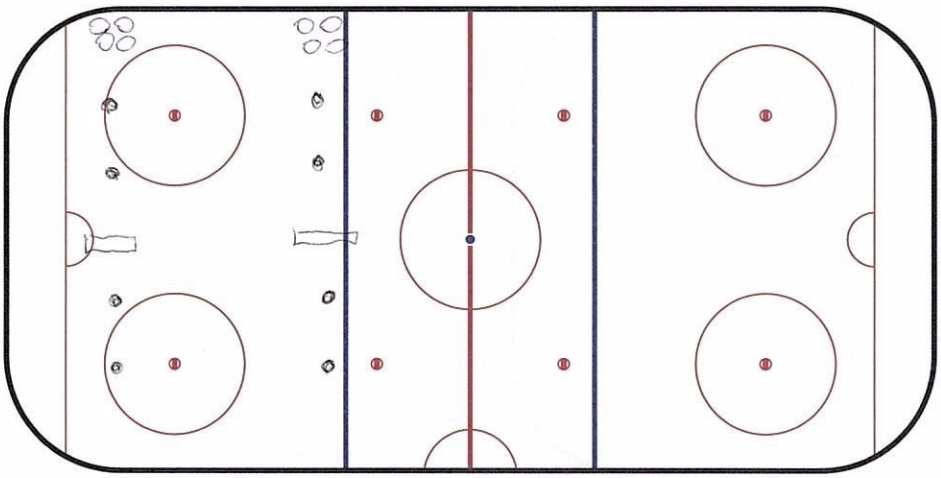


TEAM: U9, 15:30 - 16:30

DATUM: 17.~~10.~~11.2022.

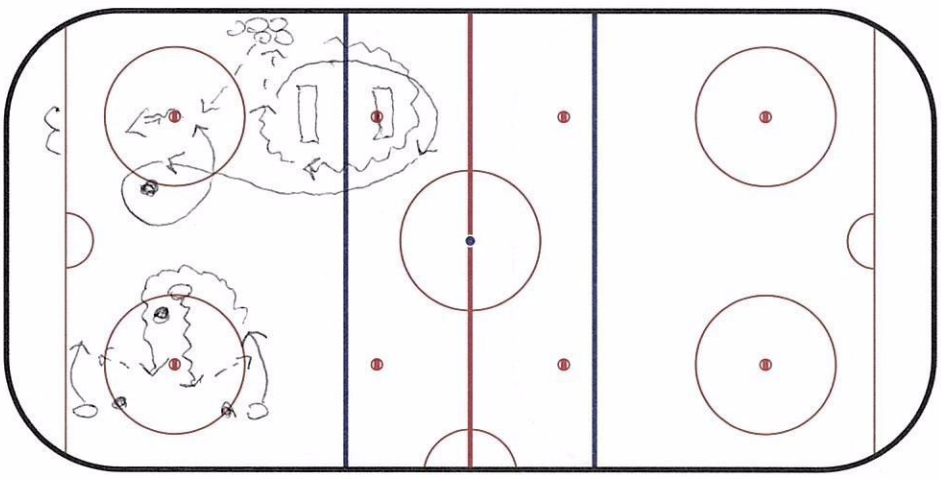
TRAINER: Yuri, Helfer.

TRAININGSPLAN



Eislaufen mit Aufgaben

13min

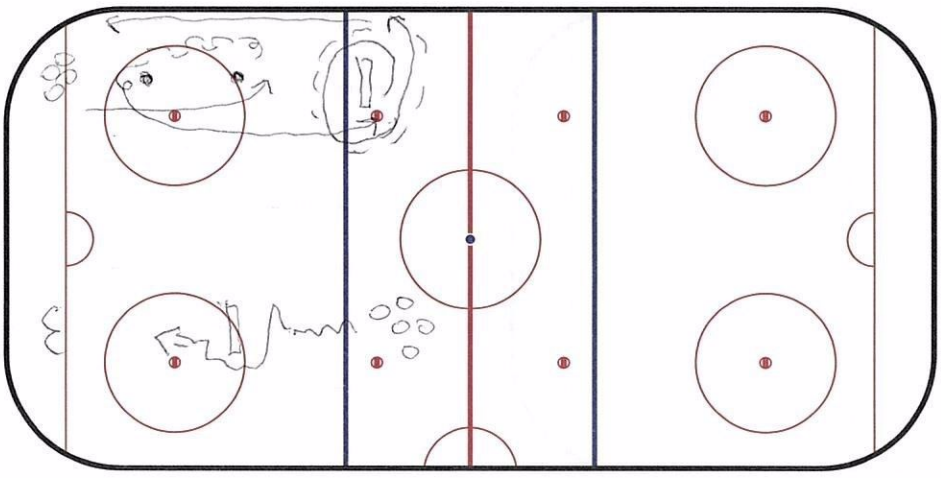


1) Schuss übung ->
übersetzen mit Puck ->
passen -> Pass annahme

8min

2) Pass übung zu 3 ->
-> Pass nach hinten.

8min

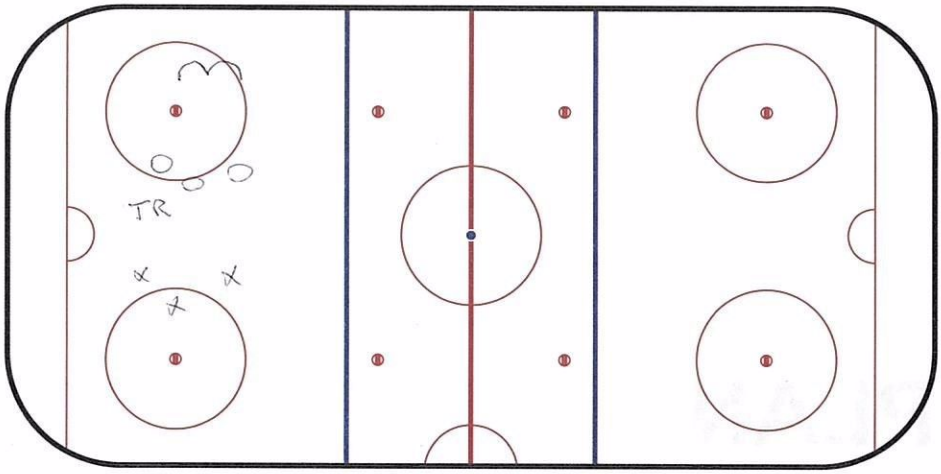


3) Eislaufen vor-Rückwärts
-> eislaufen stoppen mit
Außenbein

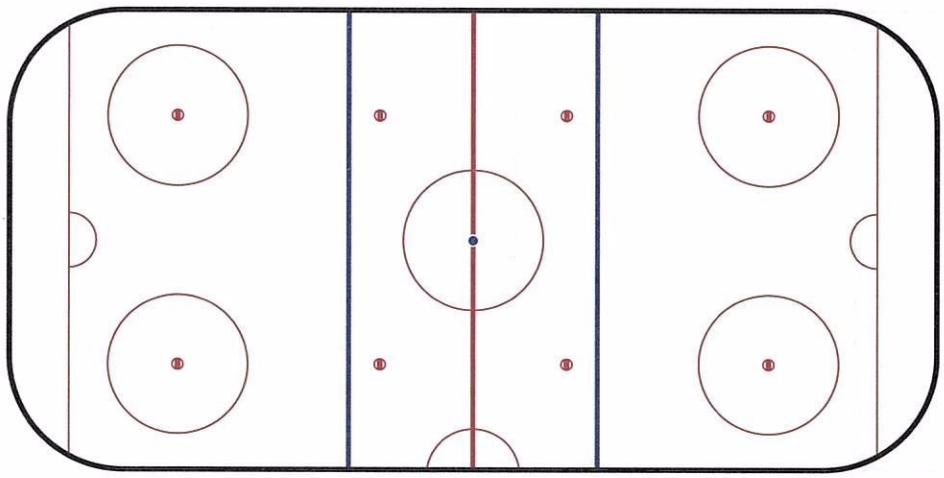
8min

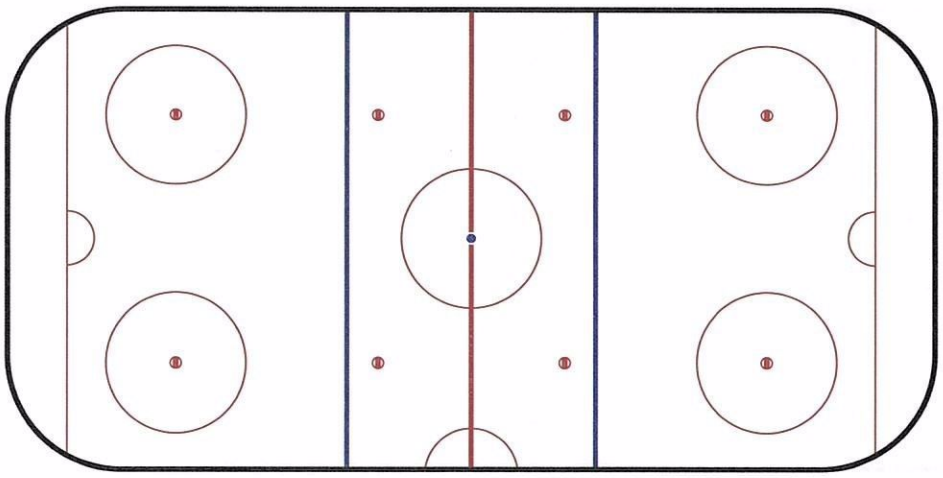
4) Schuss technik

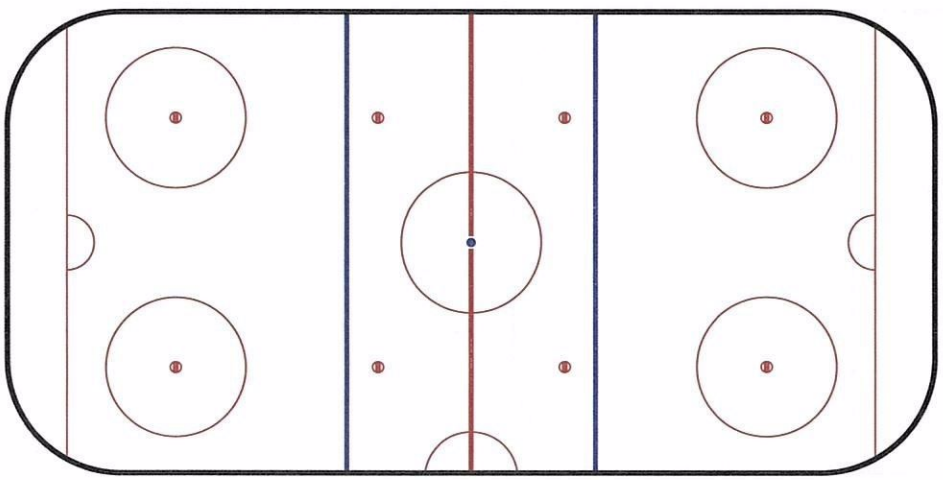
8min



Spiel 3-3 TR SPIELT
FÜR TEAM MIT PUCK
12 min





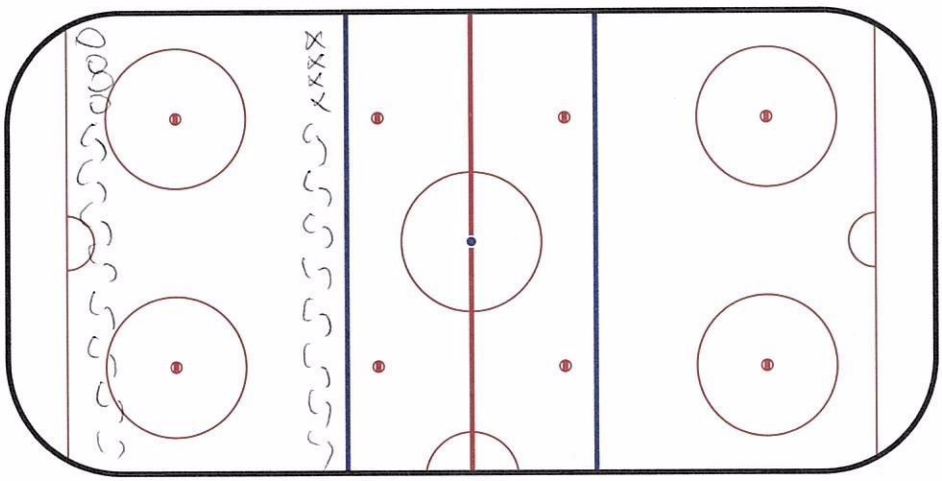


TEAM: U9, 15:10-16:10

DATUM: 22.11.2022, 23.11.2022, 15:20-16:20

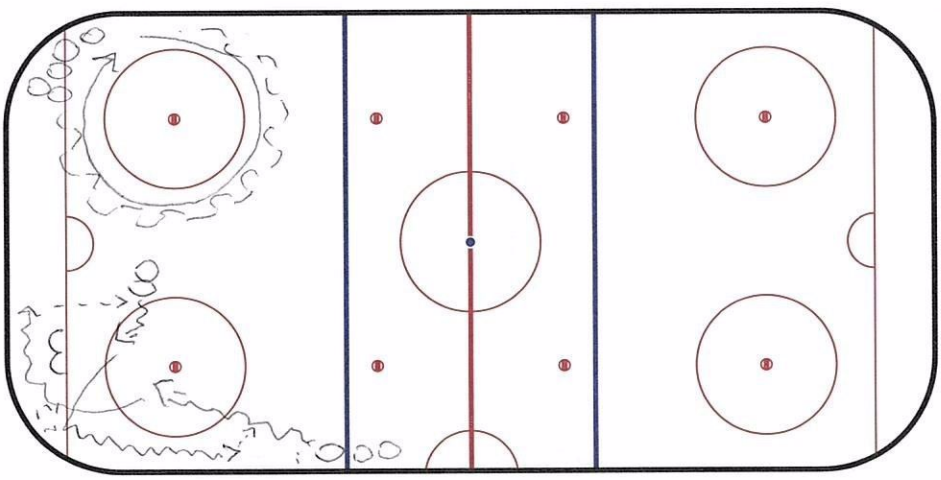
TRAINER: Yuri, Eddi

TRAININGSPLAN



Eislaufen Rückwärts beide beine Am eis

10 min

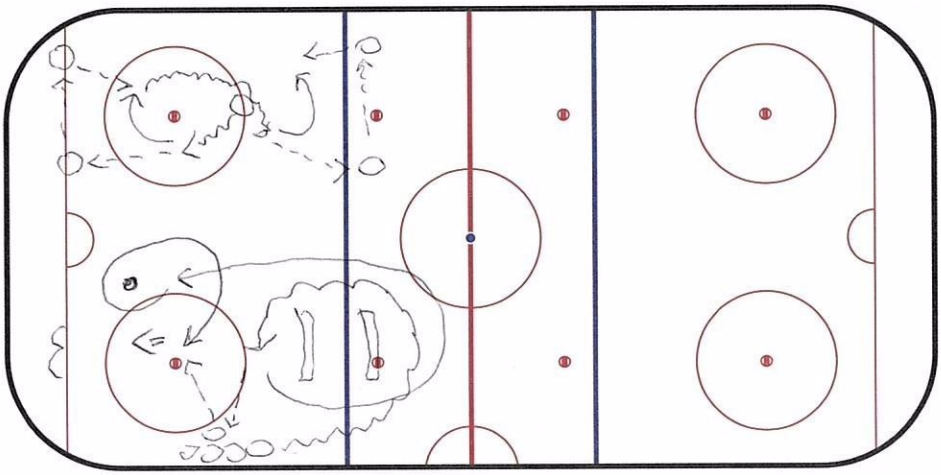


1) Schuss übung mit 2 Pässe.

8 min

2) Übersetzen 1 runde vorwärts -> 1 runde Rückwärts

8 min



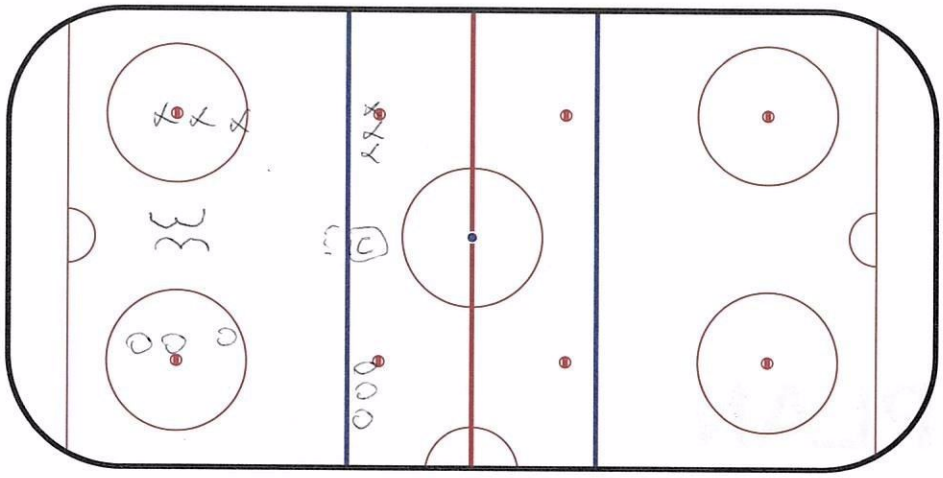
3) Schüss Pass übung mit übersetzen und mit canadia.

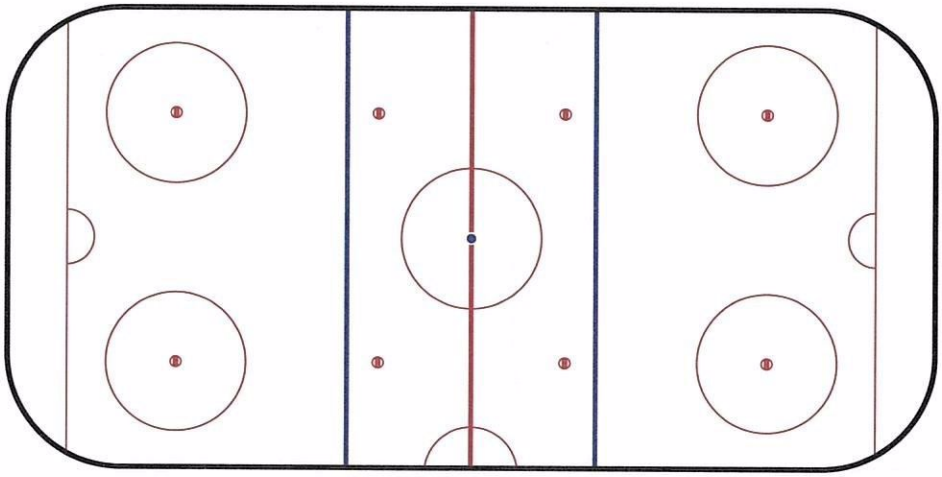
8 min

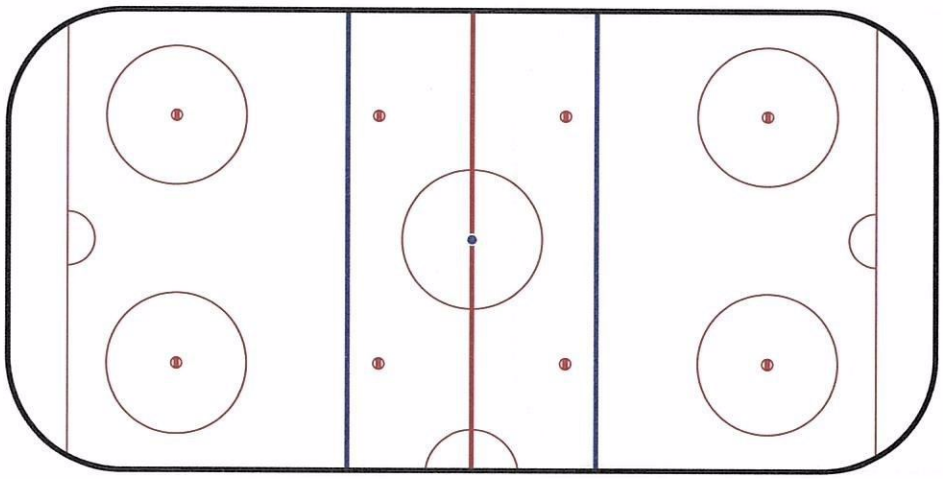
4) Pass übung (teilen mit gualter) 8 min

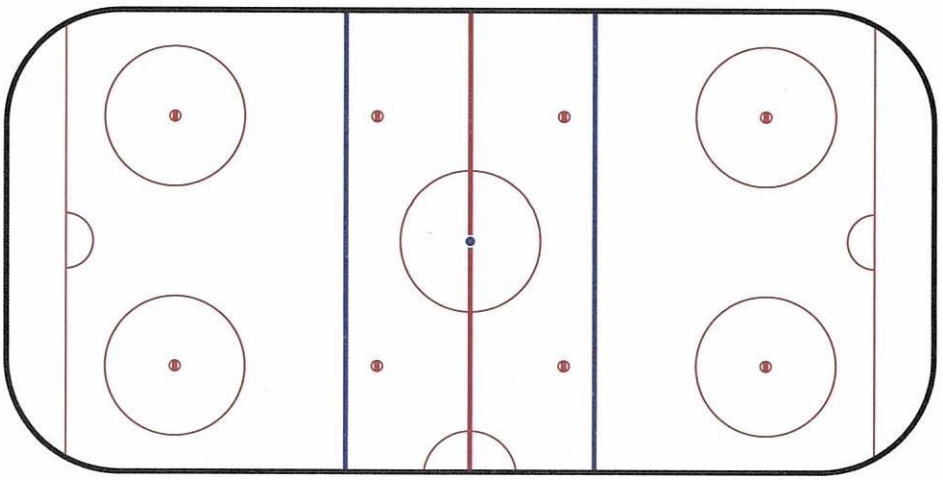
Spiel 3-3

13 min







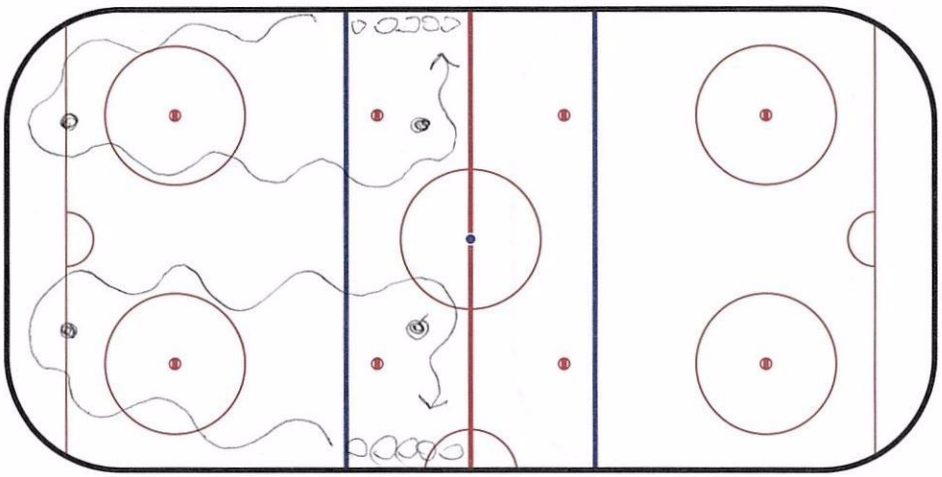


TEAM: U9, 15:10-16:10

DATUM: 29.11.2022, 30.11.2022, 14:30-15:20

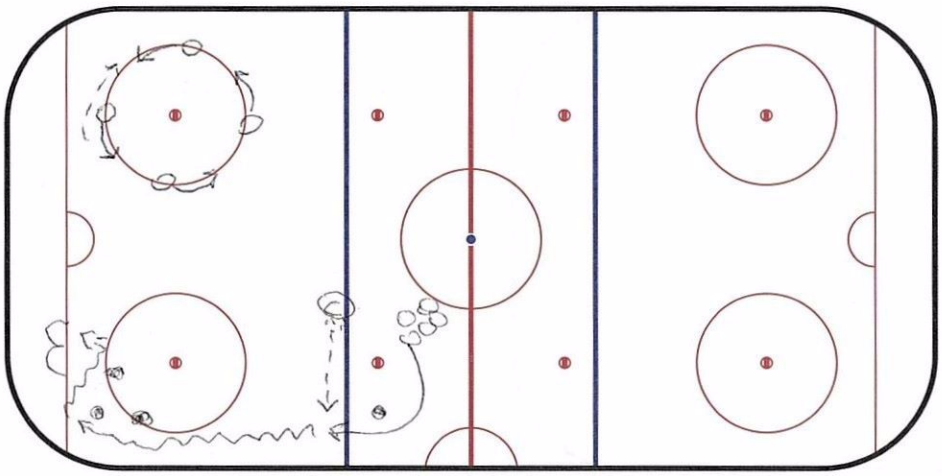
TRAINER: Yuri, Eddi

TRAININGSPLAN



Eislaufen Aufwermen ein bein innen.

7min

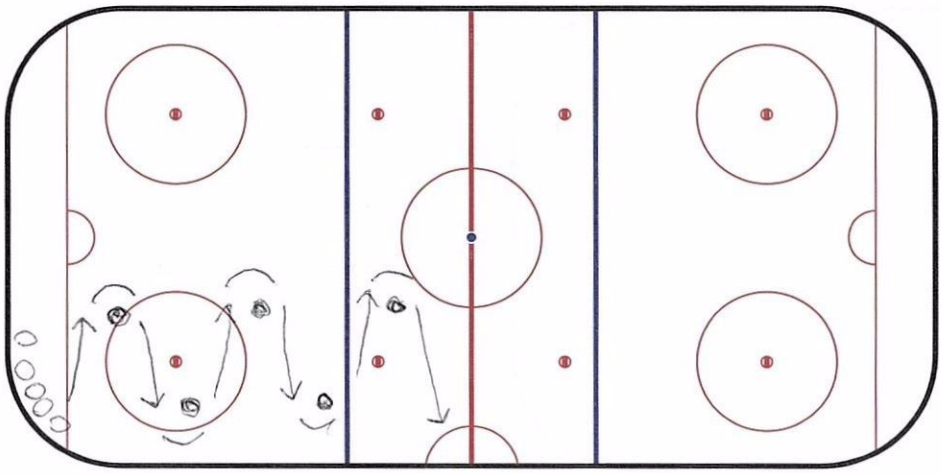


1) Pass schuss übung -> lernen weg zum to

9min

2) Passen nach Außen im bewegung um bully kreis,

9min

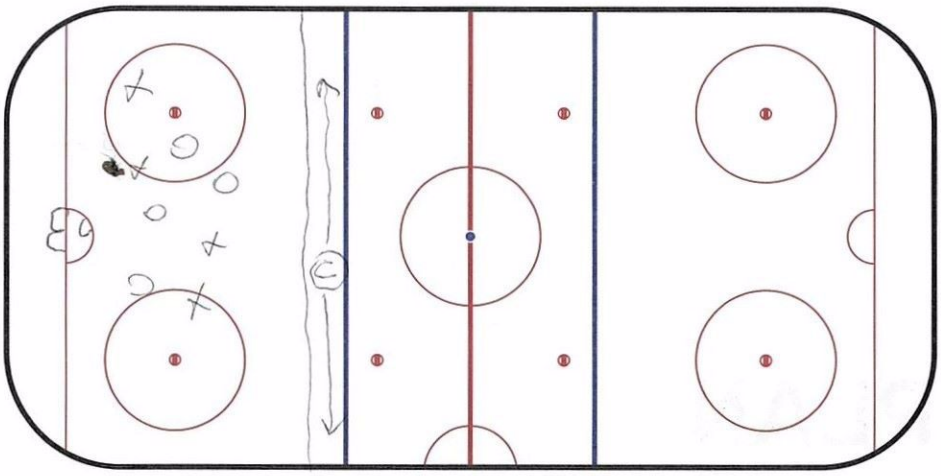


3) Eislaufen innen kante -> tief auf ein bein

9min

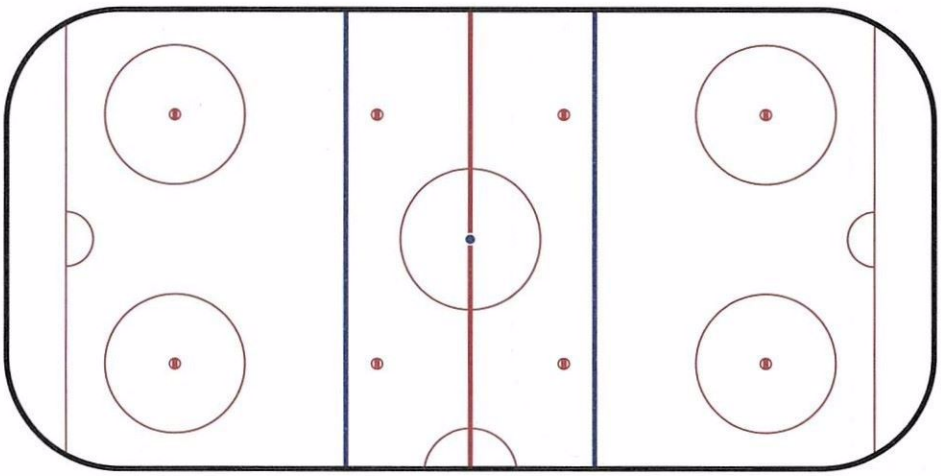
4) Passen -> V start mit puck, lange pass und zurück auf position rückwerz

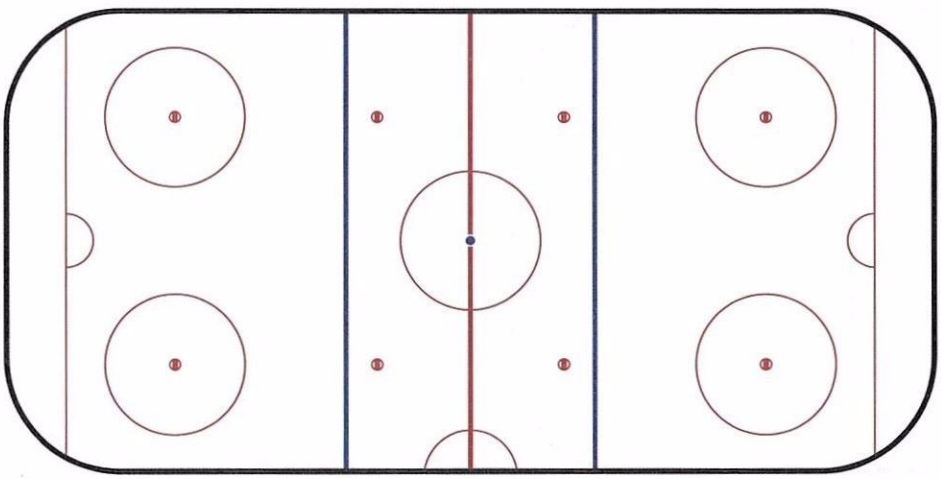
9min

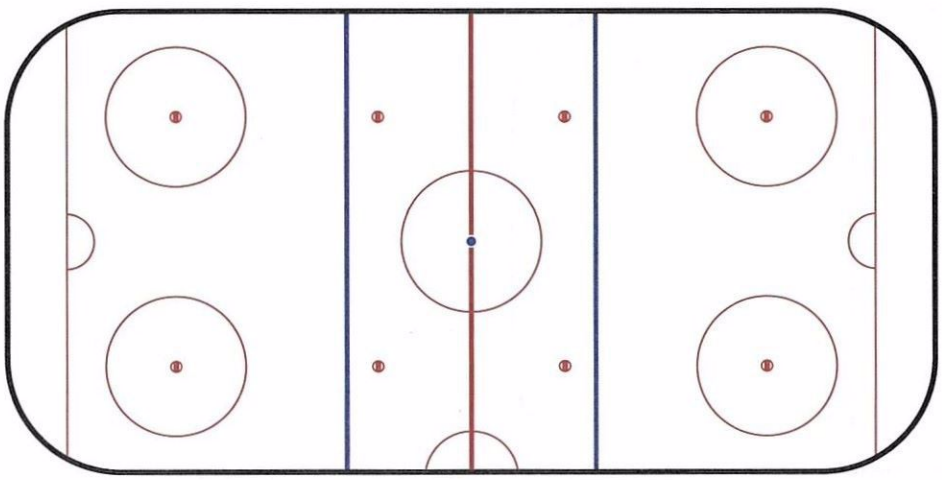


Spiel 4-4 →
auf ein TOR →
TR. JOKER für Team
mit PUCK → TOR zählt
nur nach trainer pass

13 min





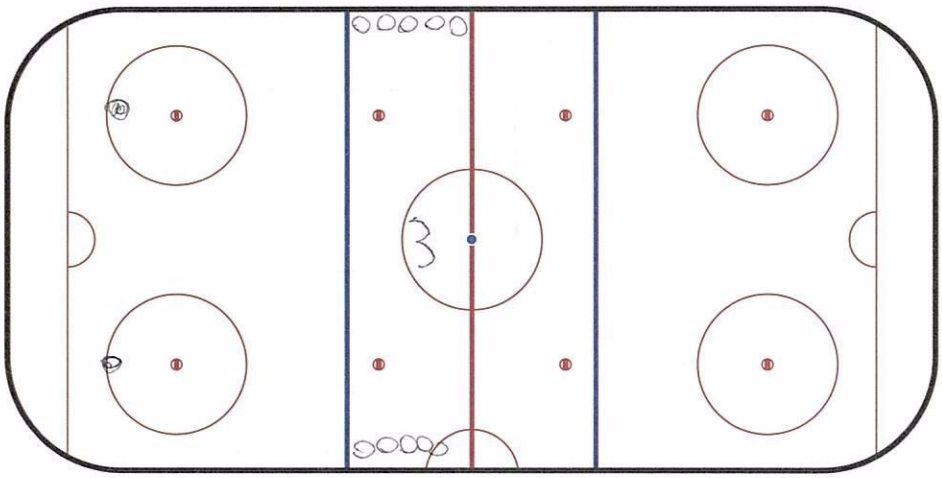


TEAM: U9, 15:10 - 16:10

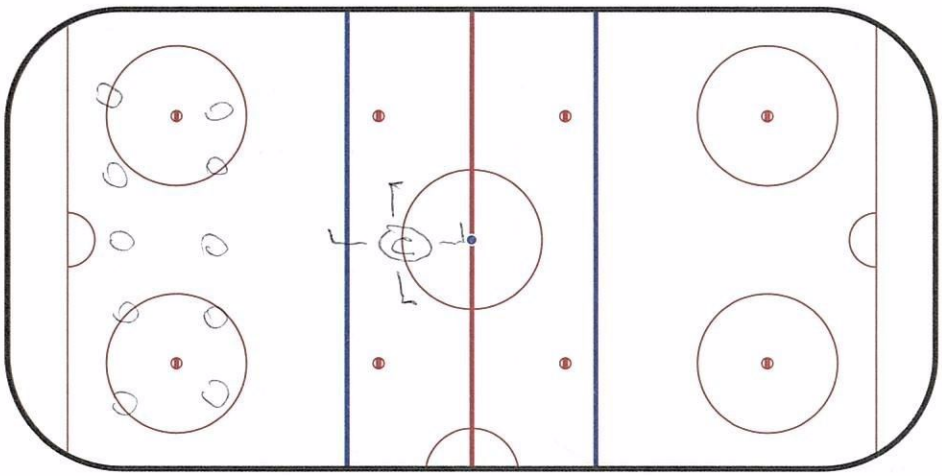
DATUM: 6.12.2022; ~~7.12.2022, 15:20 - 16:20~~

TRAINER: Yuri, Eddi

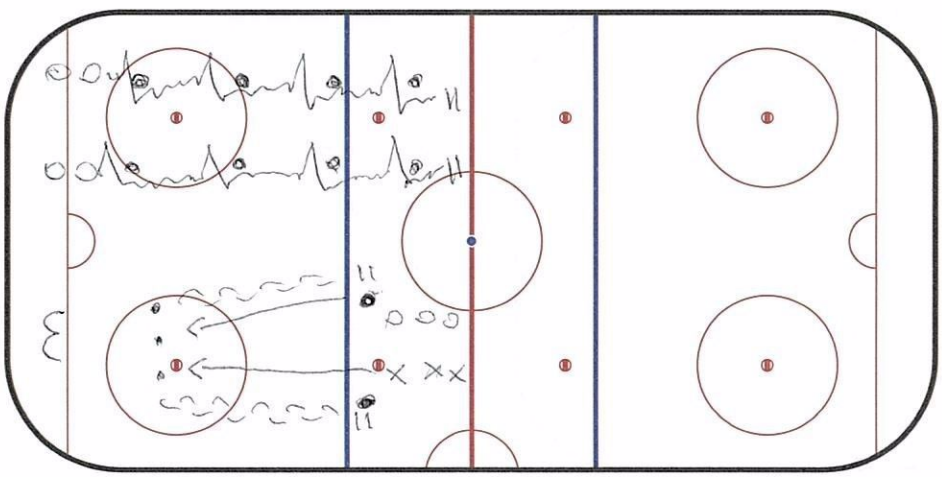
TRAININGSPLAN



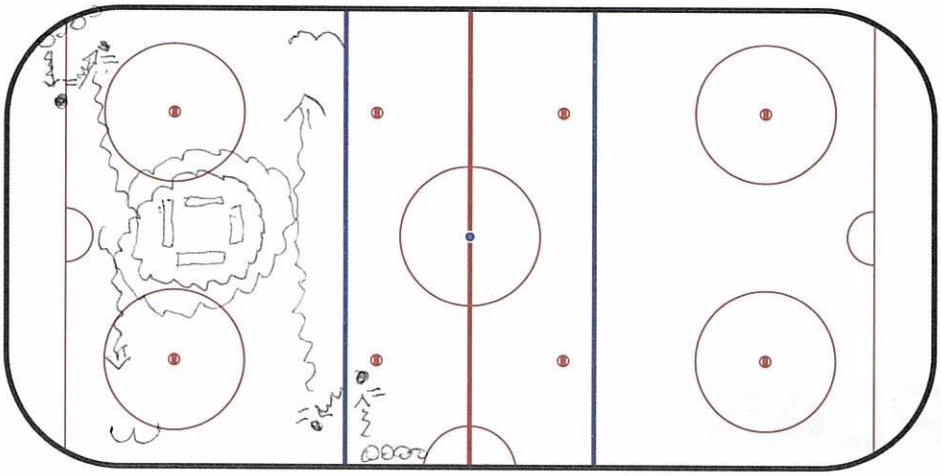
EISLAUFEN VORWÄRTS,
10 min



REAKTION AUF TRAINER SIGNAL MIT SCHLÄGER
5 min

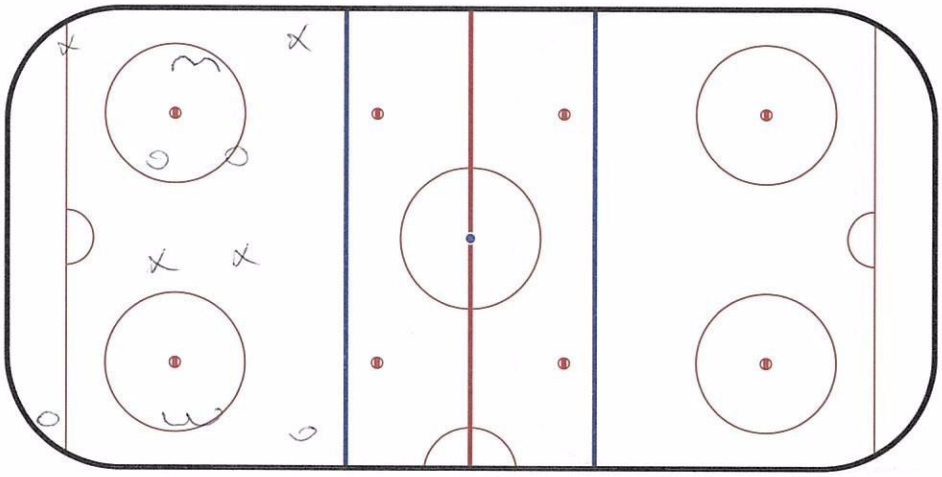


1) PUCK KONTROLL
9 min
2) SPIEL 1-1 -> -> 3 PUCK
9 min



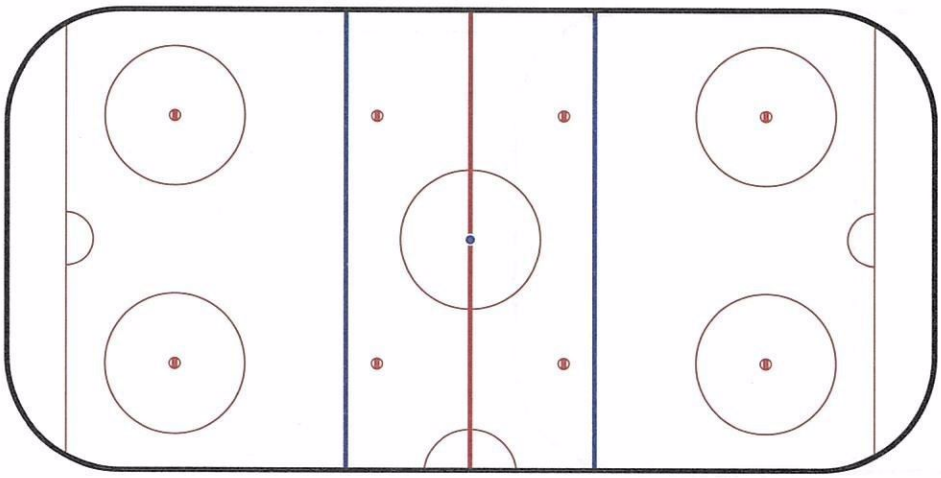
3) Puck kontroll mit bremsen und übersetzen.

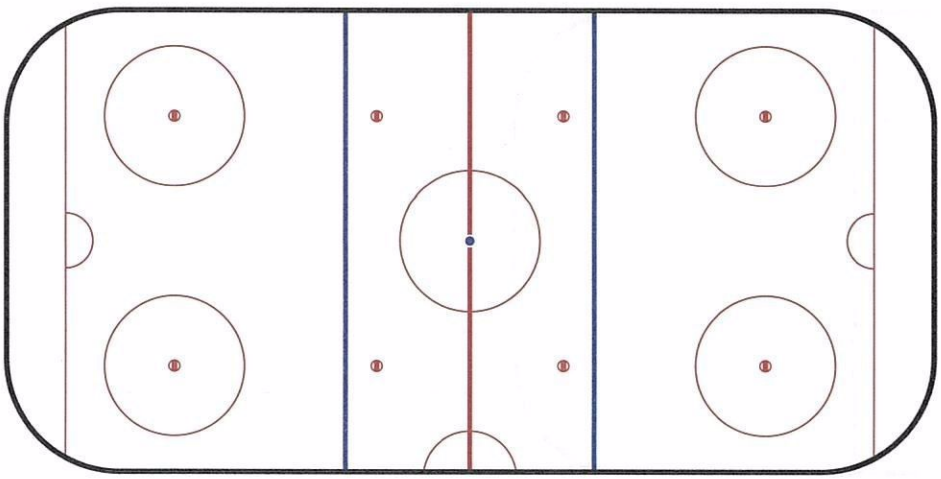
9 min



Spiel 2-2 mit 2 Helfer (oder TB)

13 min



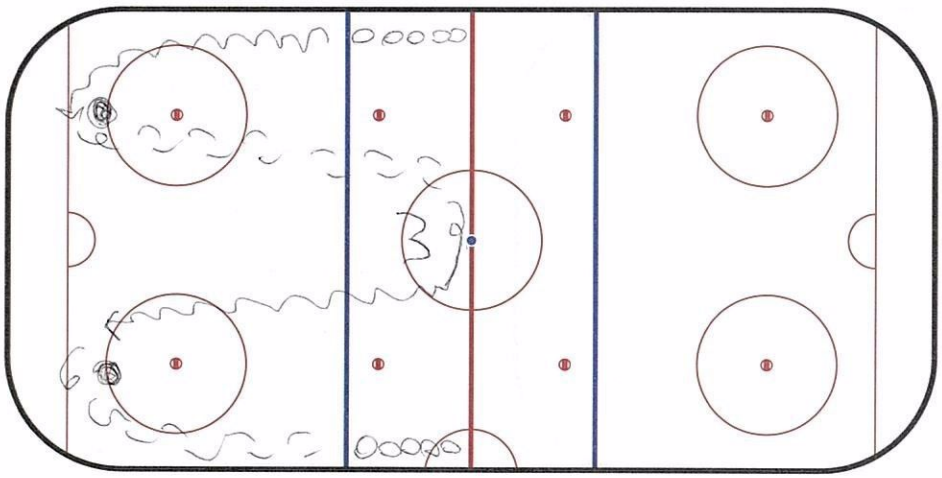


TEAM: U9, 15:10-16:10, 15:20-16:20

DATUM: 20.12.2022. 21.12.2022

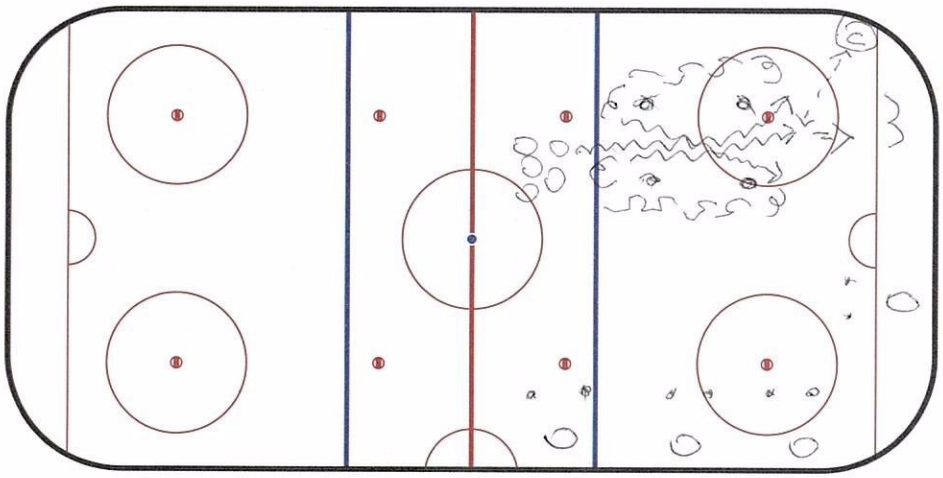
TRAINER: Yuri, Eddi

TRAININGSPLAN



Eislaufen mit Puck vorwärts-rückwärts

13 min

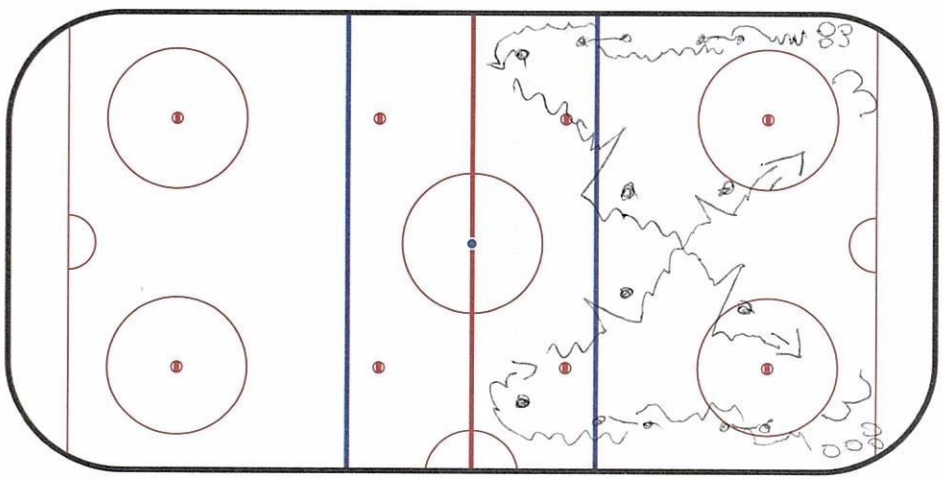


1) Eislaufen vor-rück mit Puck → Pass zum TR, Pass zurück → schüss

9 min

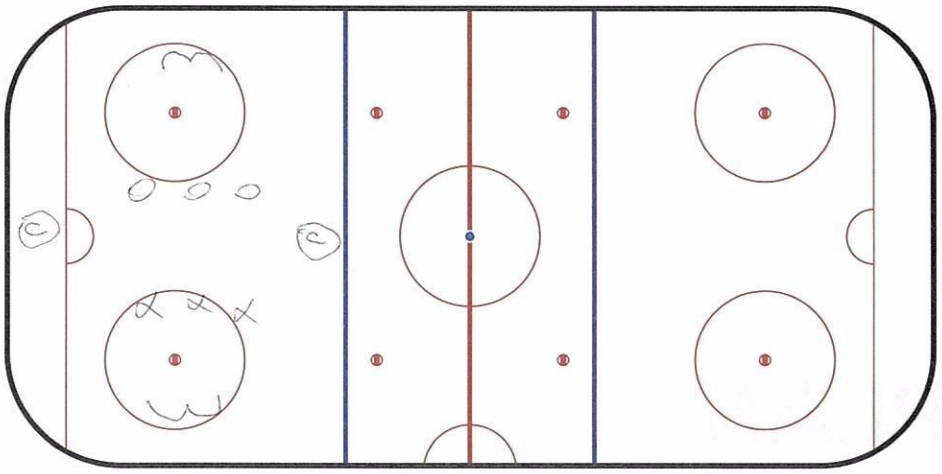
2) Puck kontrol im stechen

9 min

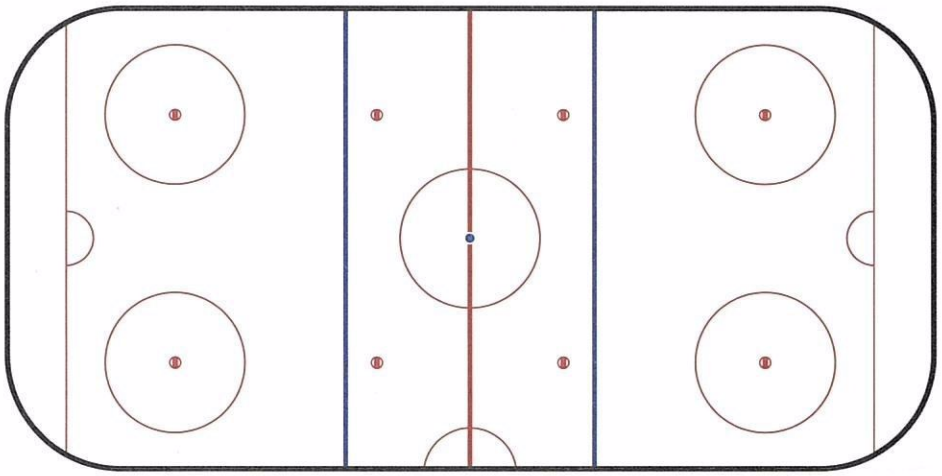


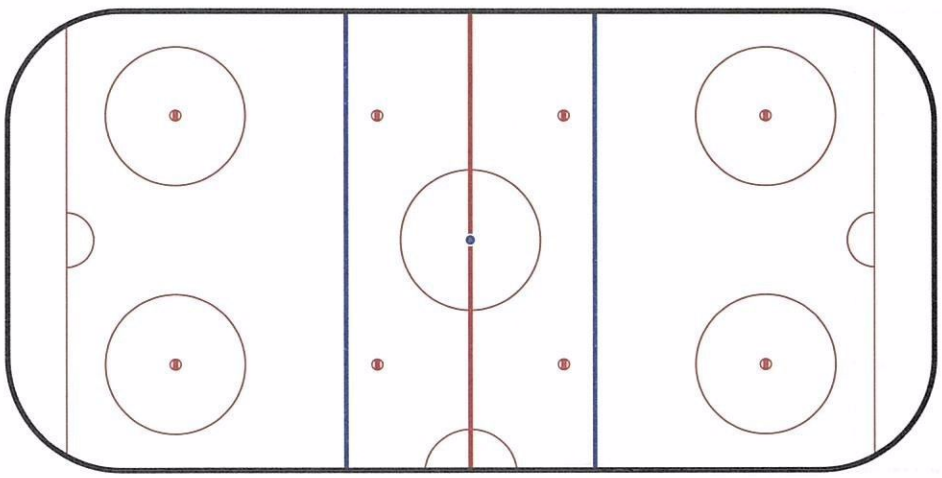
3) Puck kontroll karussel mit schuss auf Tor

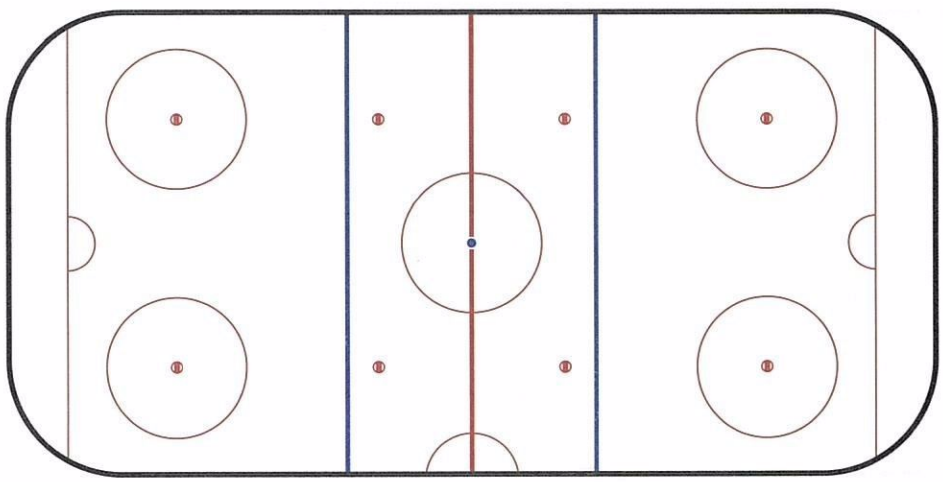
9 min



Spiel 3-3 mit
2 Tr. Joker,
13 min





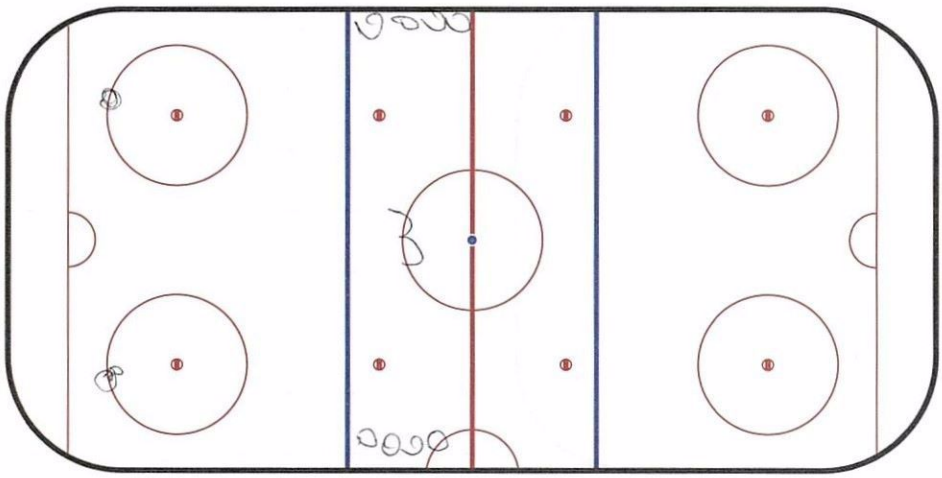


TEAM: U9, 11:40-12:40

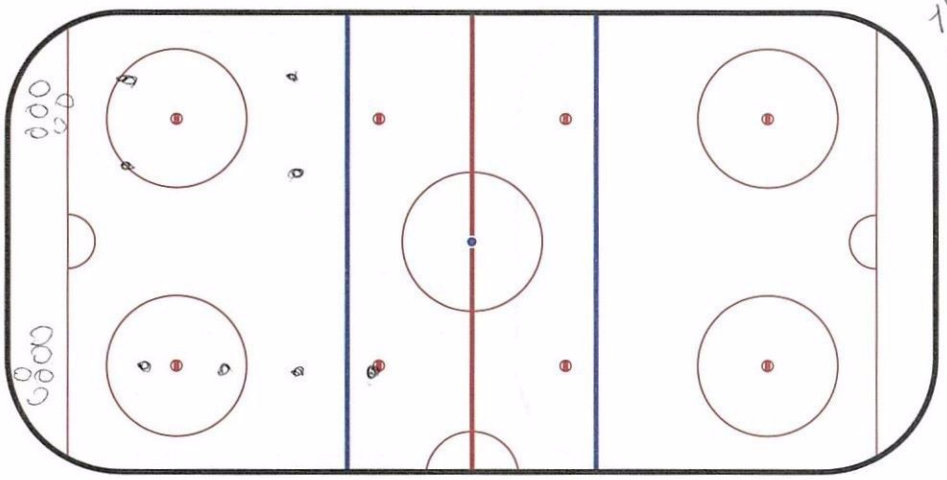
DATUM: 27.12.2022.

TRAINER: Yuri, Eddi

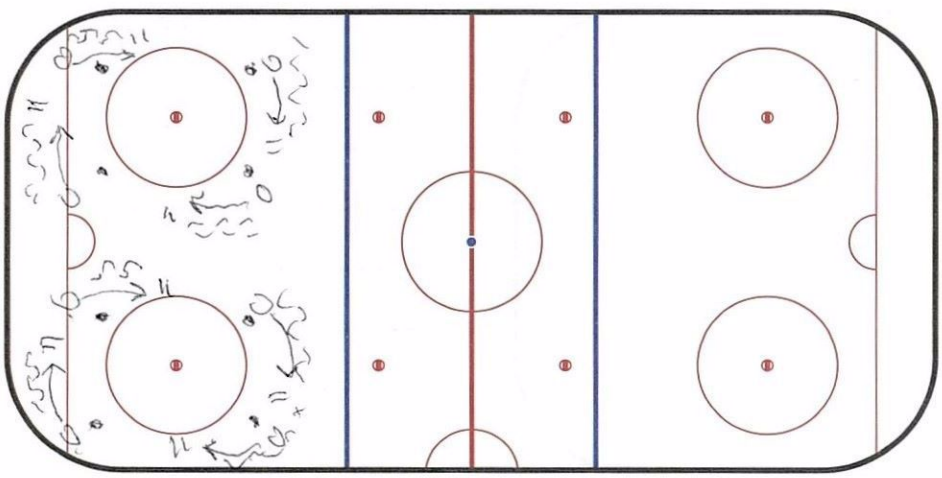
TRAININGSPLAN



Eislaufen vorwärts rückwärts.
15 min



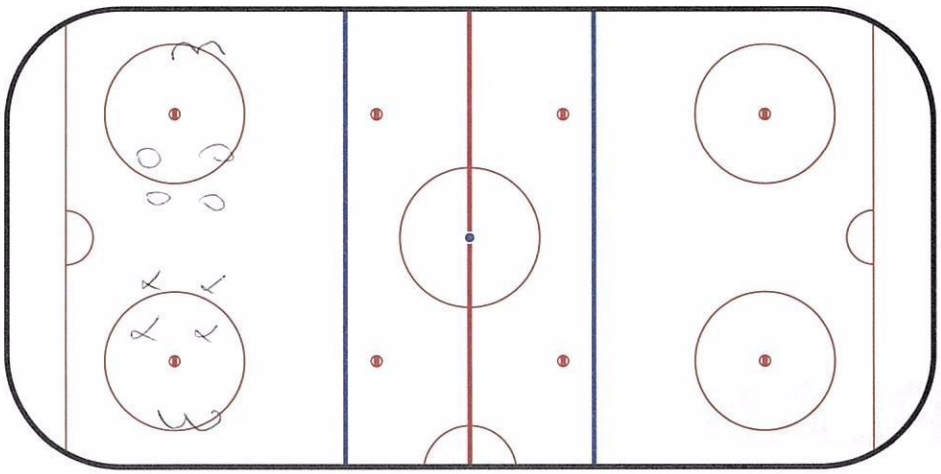
1) Eislauf Übung
vor Rück -> Rück vor
Umstellung -> Bremsen
Links - Rechts.
10 min
2) Puck kontrol
10 min

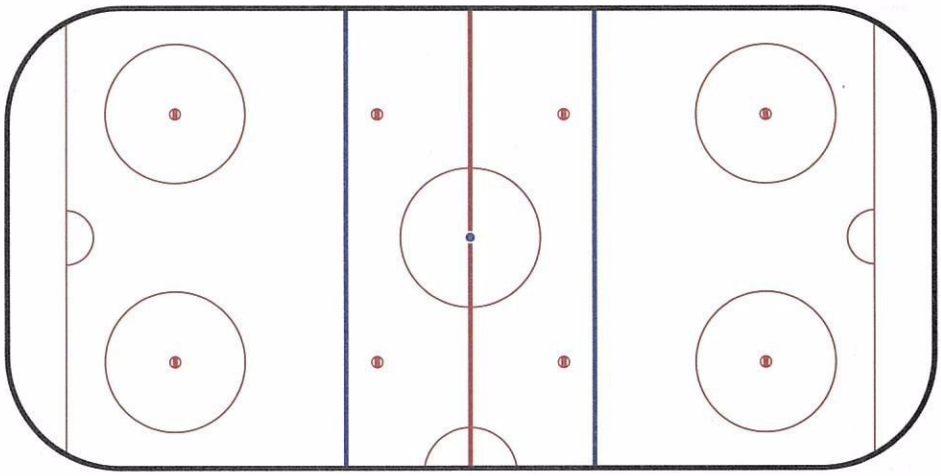


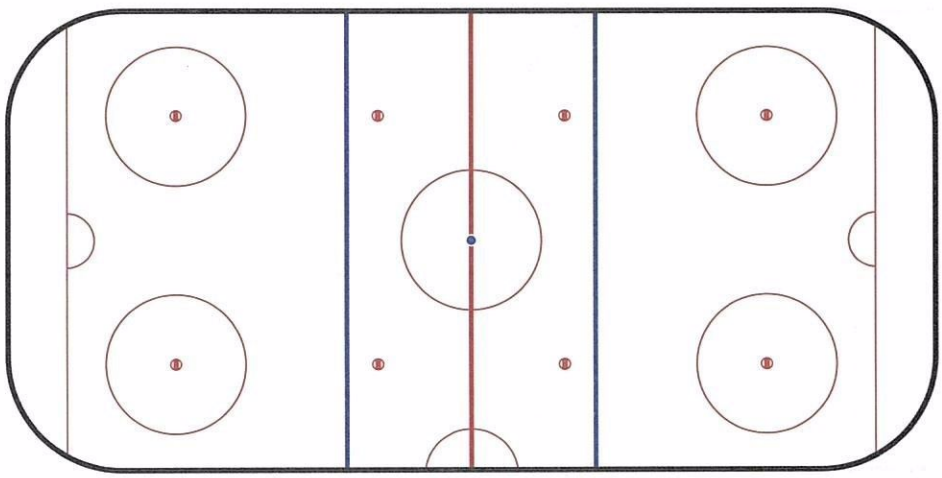
3) Spiel -> schnelligkeit
Reaktion
10 min

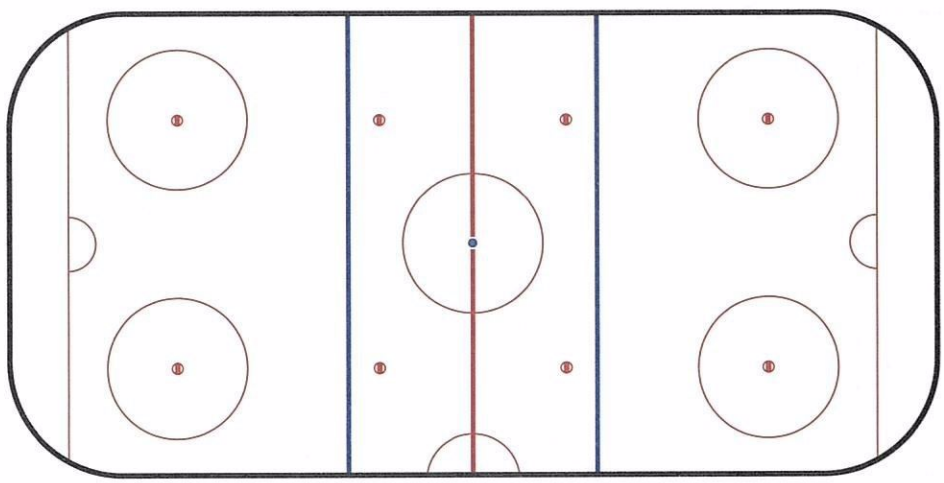
Spiel 4-4.

13 min







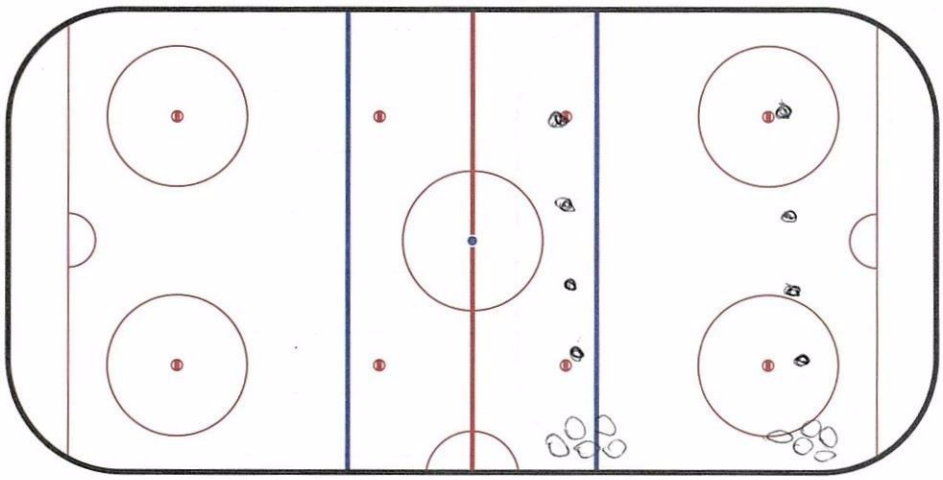


TEAM: U9, 15:10-16:10

DATUM: 10.1.2023, 11.1.2023, ~~15:20-16:20~~

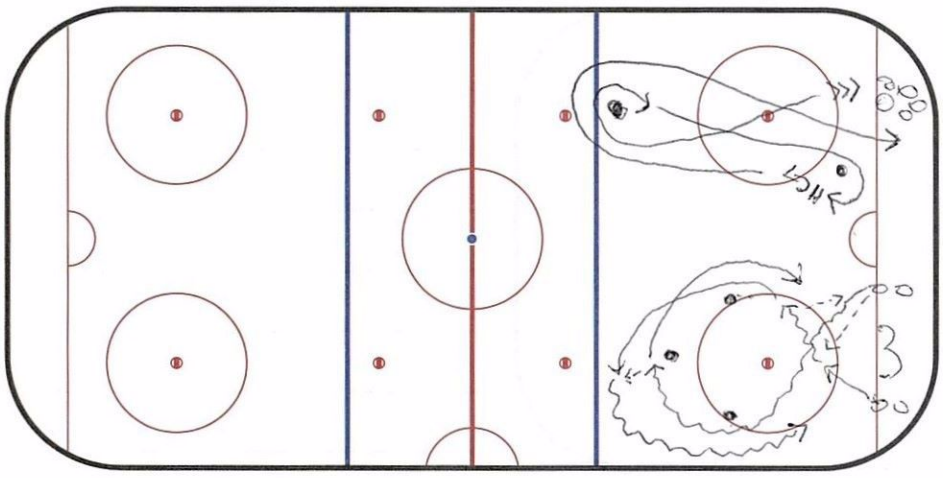
TRAINER: Yuri, Eddi

TRAININGSPLAN



Eislaufen mit Reifen

15min



1) Schüss übung

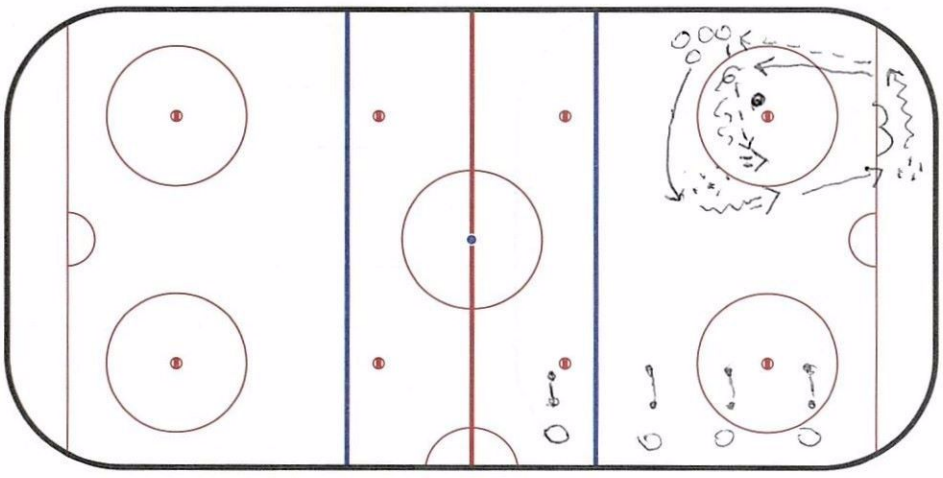
2-0

7min

2) V-START → bremsen ~~übung~~

beide beine → drehen

90°. 7min

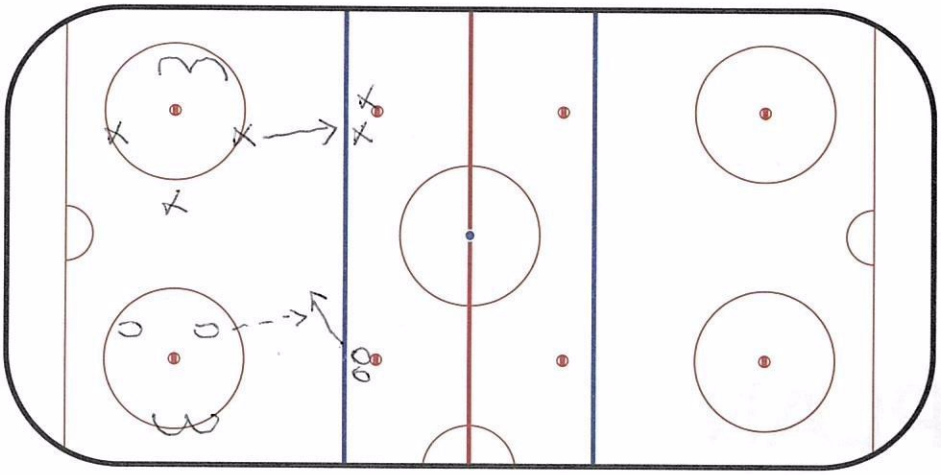


3) 2 schüsse in kontrolle

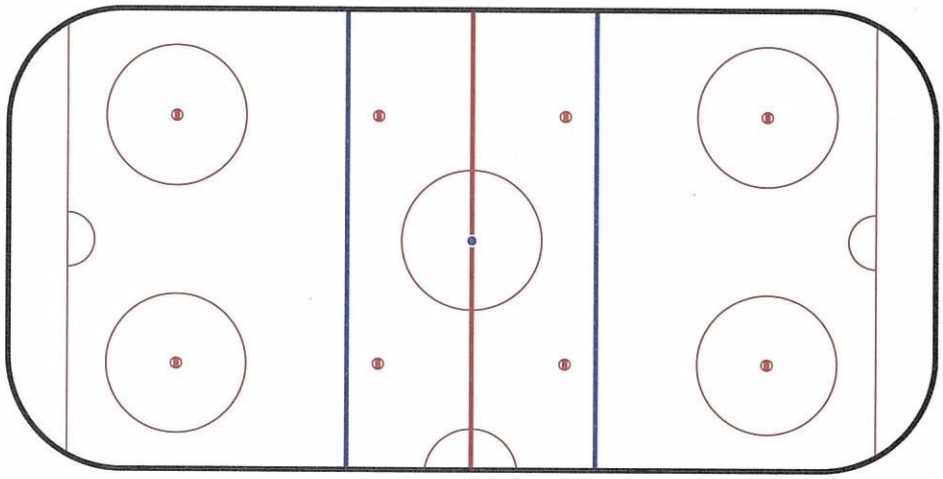
7min

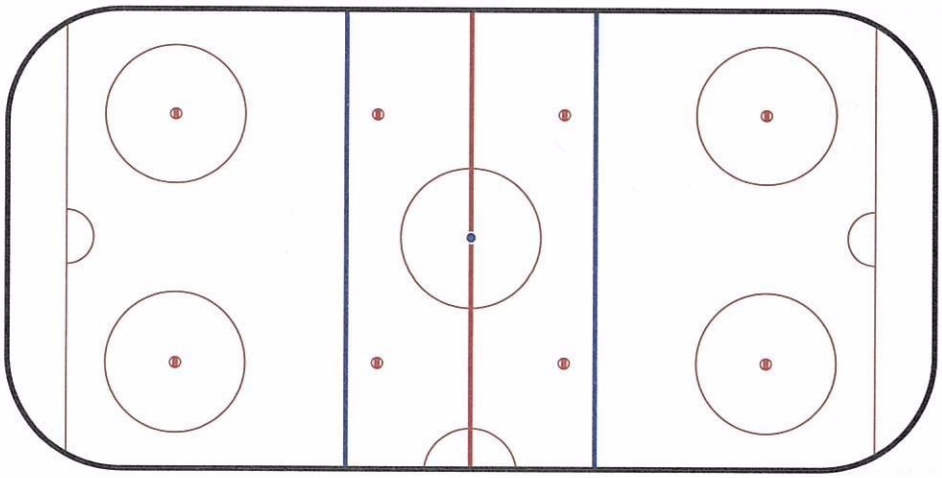
4) PUCK KONTROLL

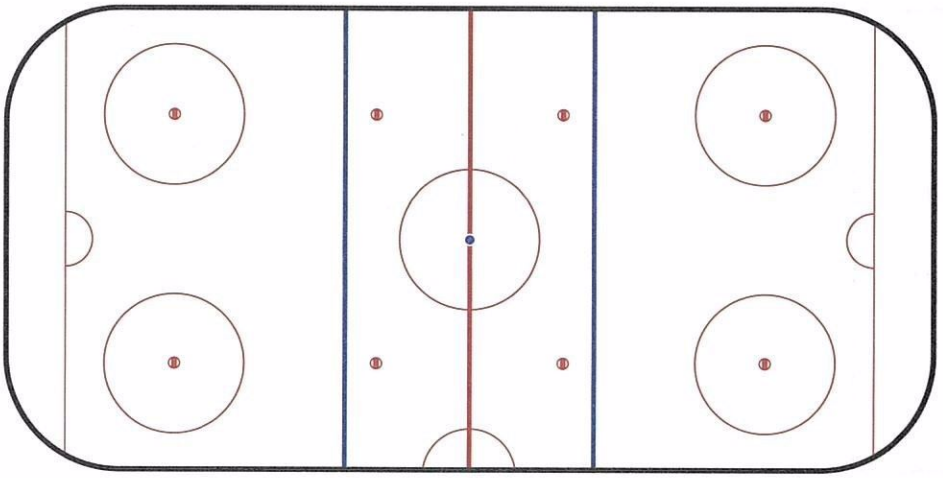
7min



Spiel 3-2 →
Pass zum eigene
Spieler → Andere
Spieler geht raus
1 3 min





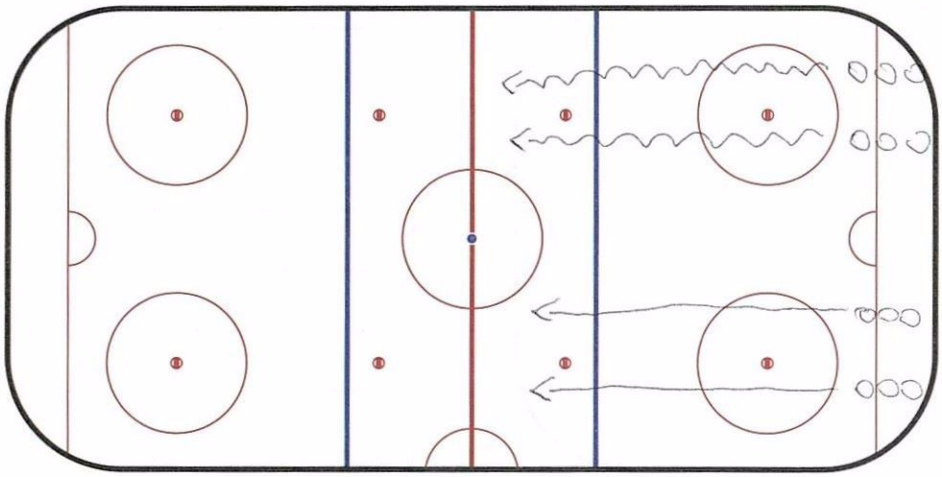


TEAM: U9, 15:10-16:10

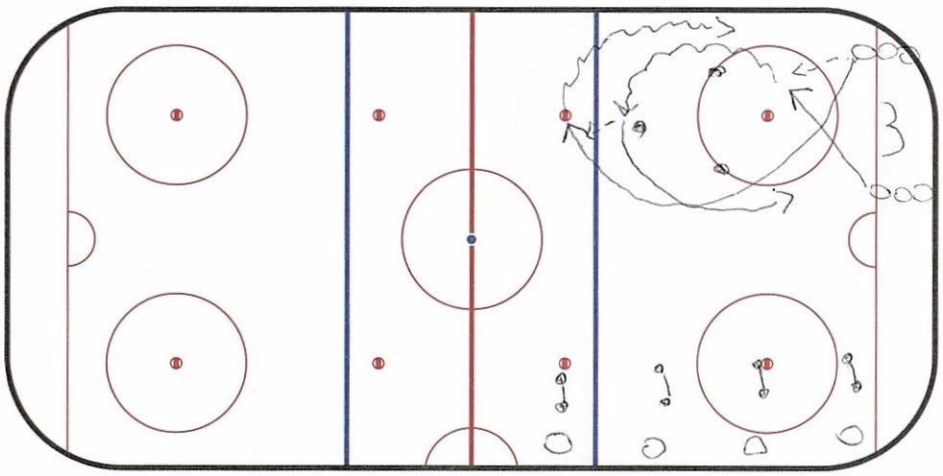
DATUM: 17,1,2023

TRAINER: Yuri, Dome.

TRAININGSPLAN

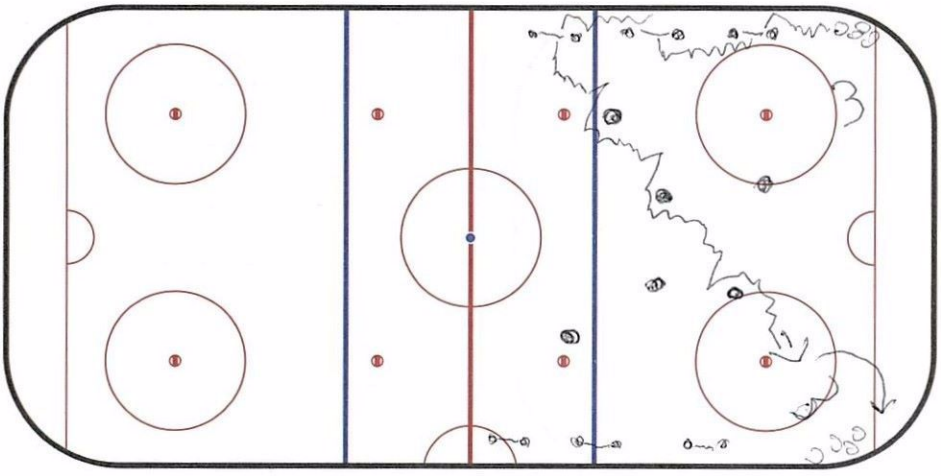


Eislaufen Techn.
Puck kontroll
Techn. (2 Gruppen)
10x10 -> 20

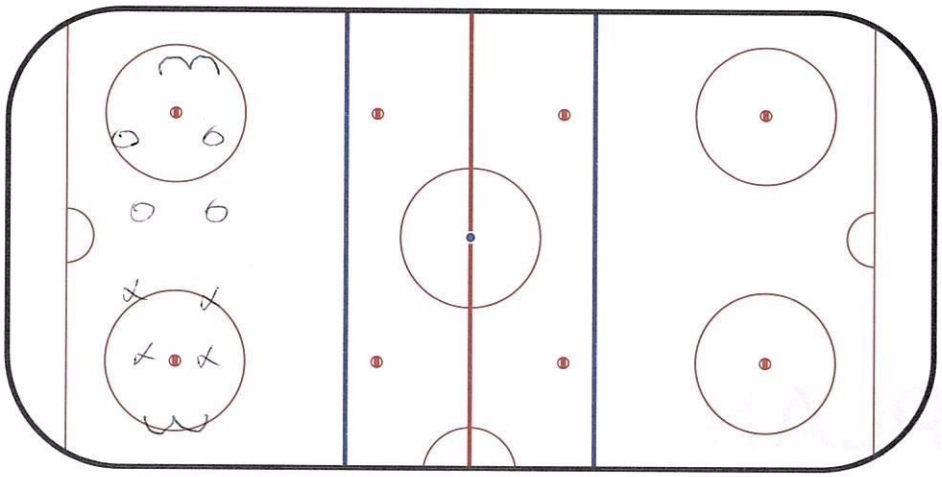


1) Schuss Übung
2-0 wiederholen
7min

2) Puck kontroll im
stechen
7min

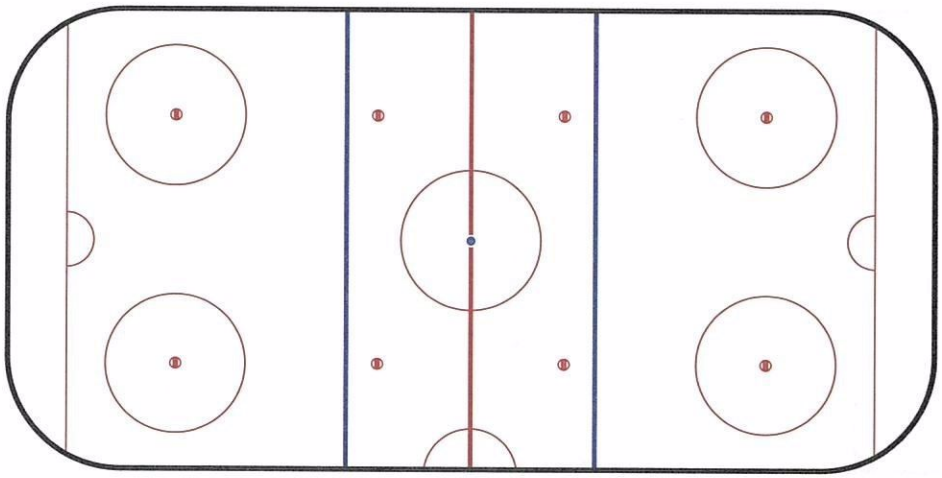


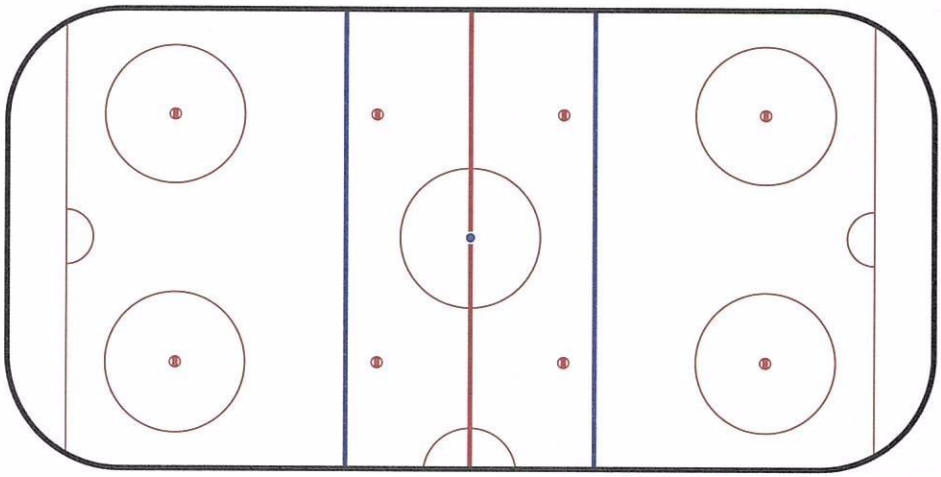
Puck kontrol im
bewegung mit
schuss
8min

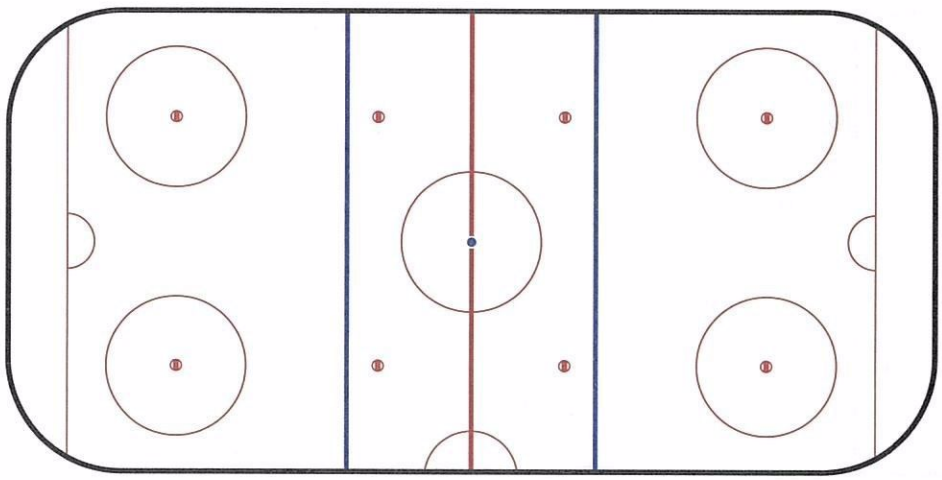


Spiel 4-4

13 min







TEAM: U9, 15:20-16:20 → 15:30-16:30

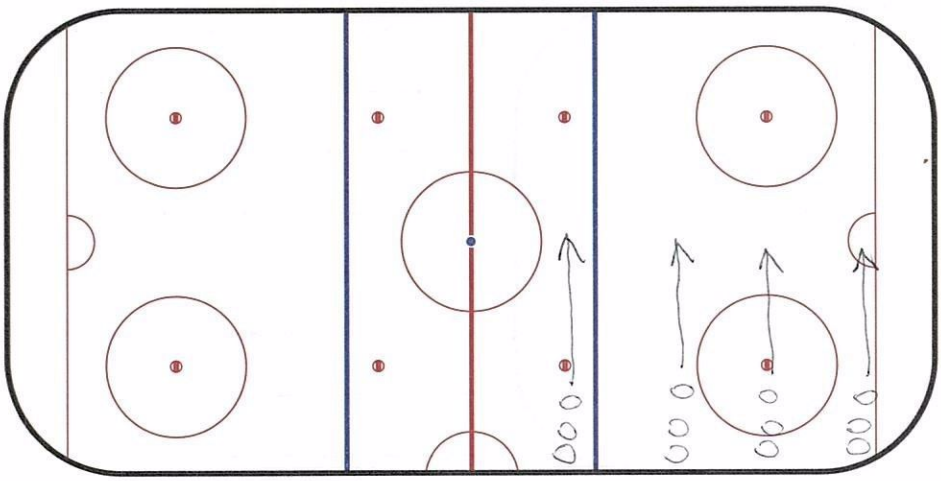
DATUM: 18.1.2023 → 19.1.2023

TRAINER: Yuri, Dome

↓

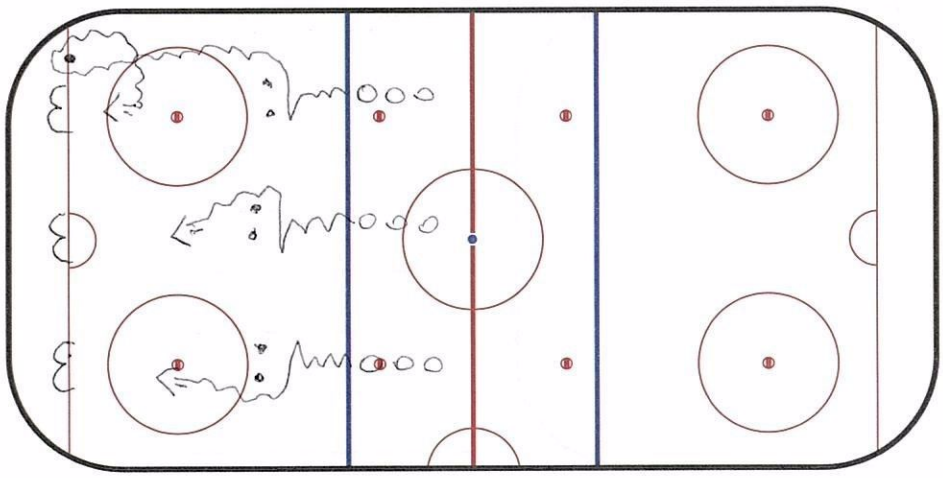
Jimmy

TRAININGSPLAN



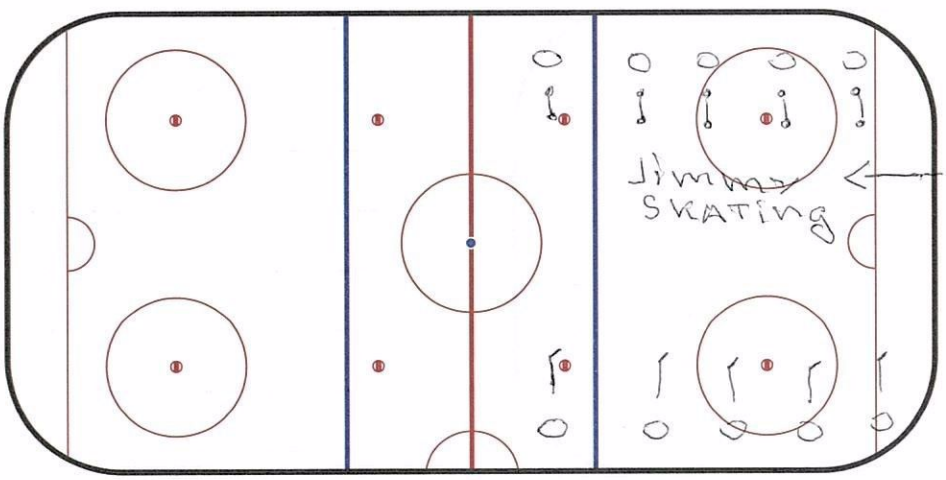
Eislaufen lange Schritte → ganze Bein gestreckt → Schläger halten im beide ~~Hände~~ gestreckte Hände vor Brust.

13min



Puck kontrol 3 Varianten mit schuss auf tor.

6 x 6 x 6 → 18 min

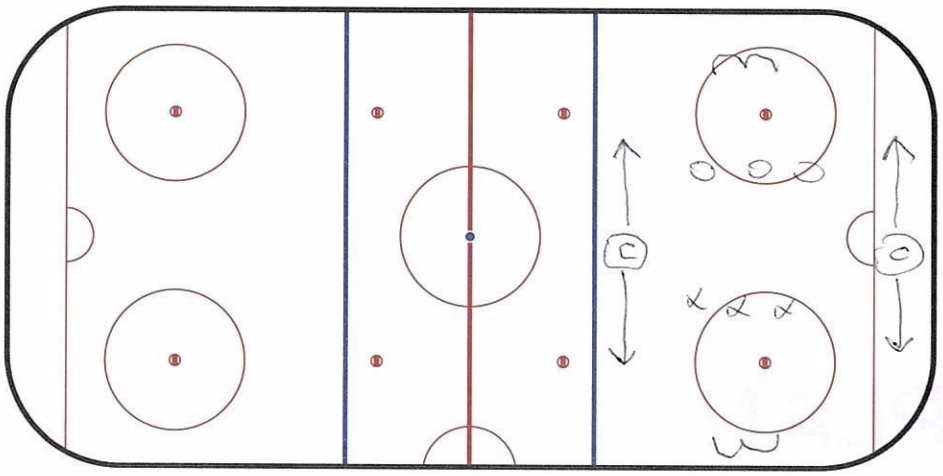


1) Eislauftechnick im stechen ohne Schläger → Schläger Liegt am eis.

6 min

2) Puck kontrol im grechen.

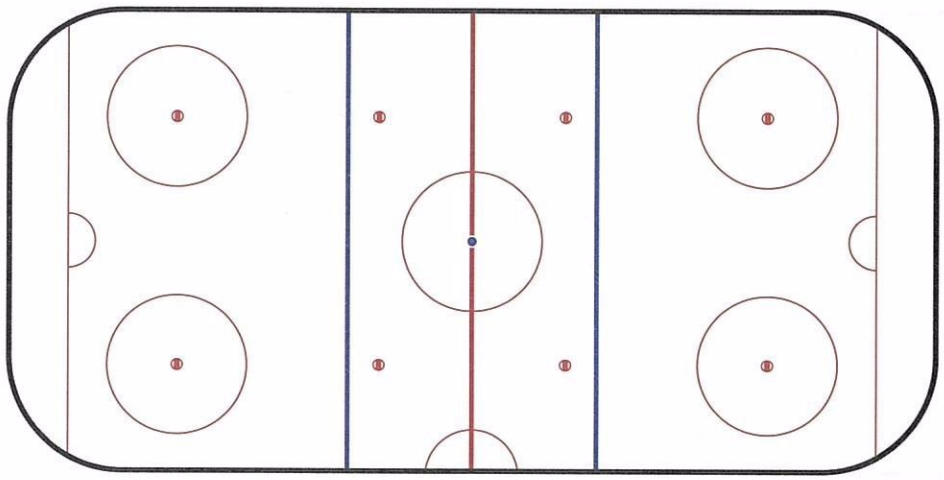
6 min

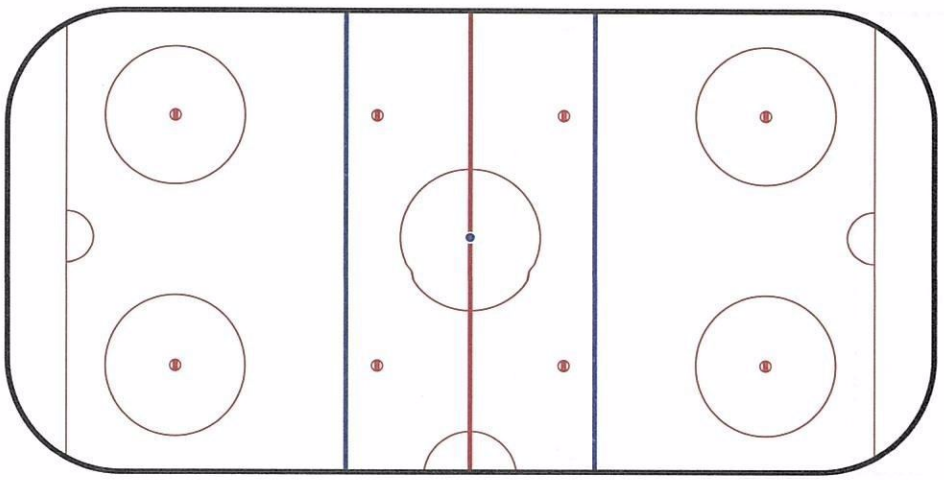


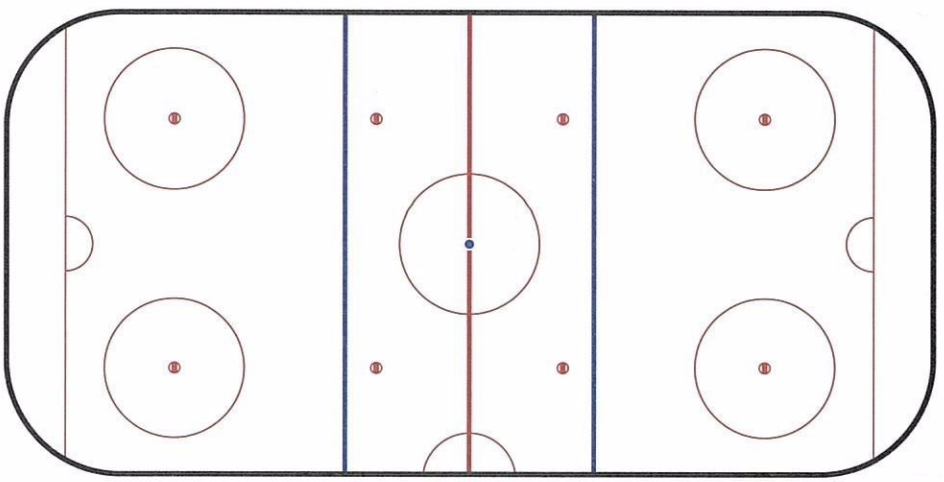
Spiel 3-3 -> 2TR

Joker für beide Team.

13 min





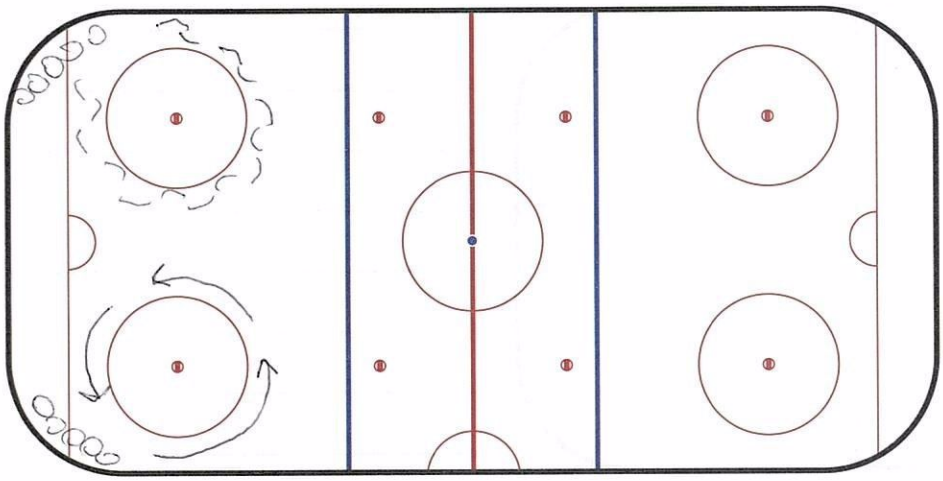


TEAM: U9, 15:10-16:10

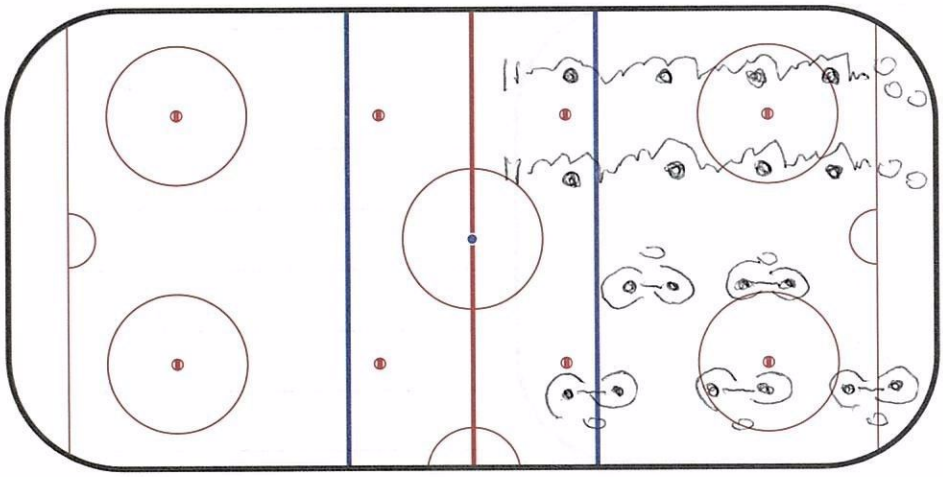
DATUM: 24.1.2023

TRAINER: Yuri, Eddi

TRAININGSPLAN

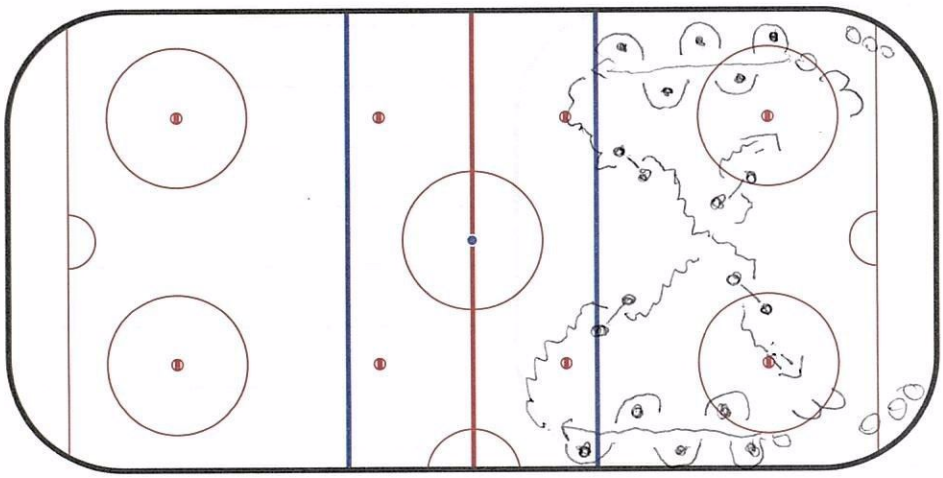


Eislaufen vorwer
Rückwerts ->
übersetzen bully
kreise.
12 min

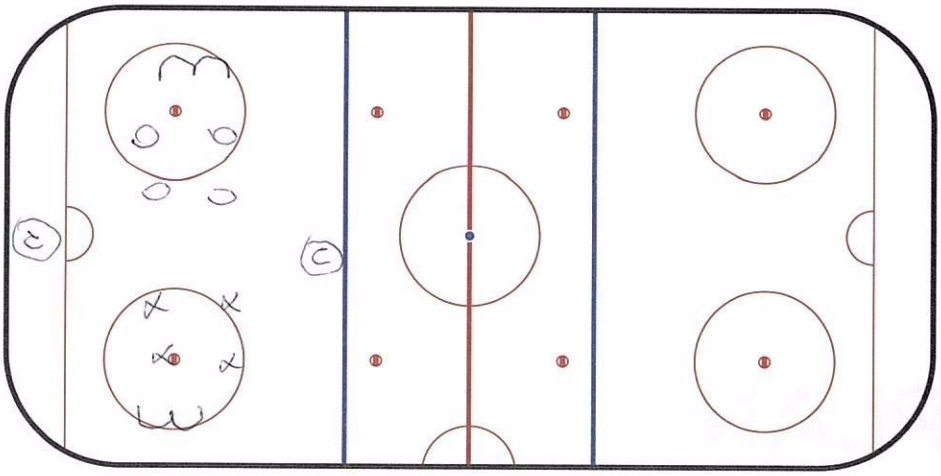


1) Puck kontrol
spitze Arbeiten
9 min

2) Puck kontrol
Achter im stechen
9 min



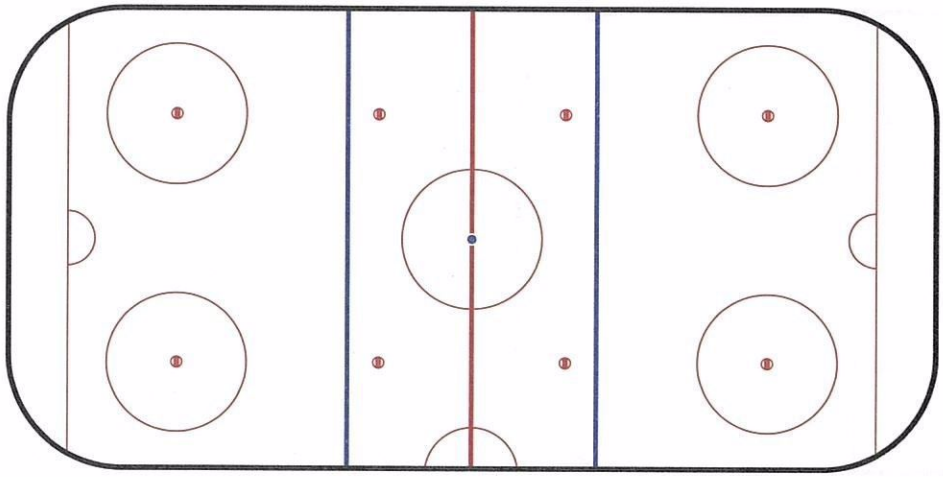
3) Puck kontrol
im bewegung ->
-> weiter Hände
bewegung -> mit schu
10 min

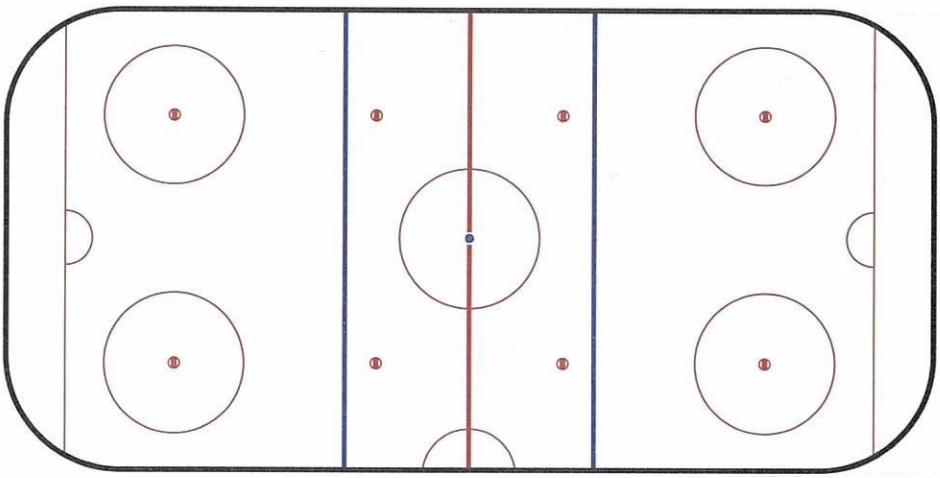


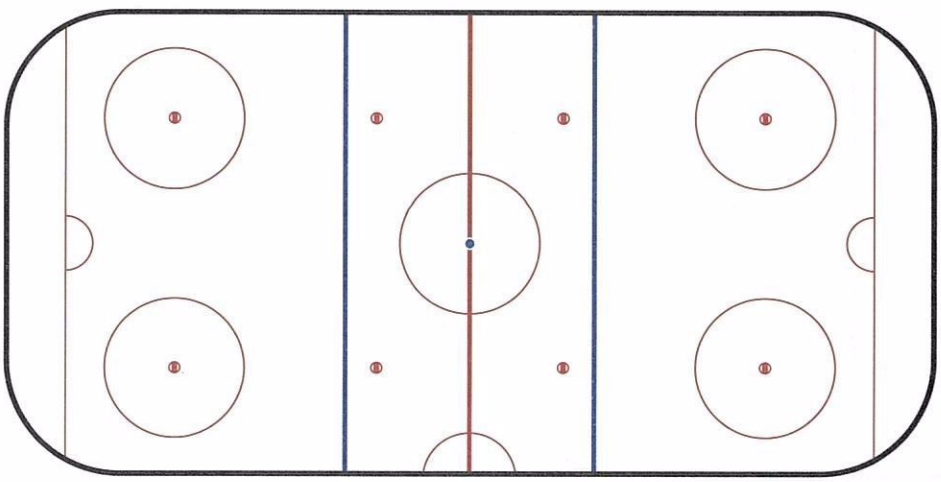
Spiel 4-4 →

→ [illegible] 2 Sonder

13 min





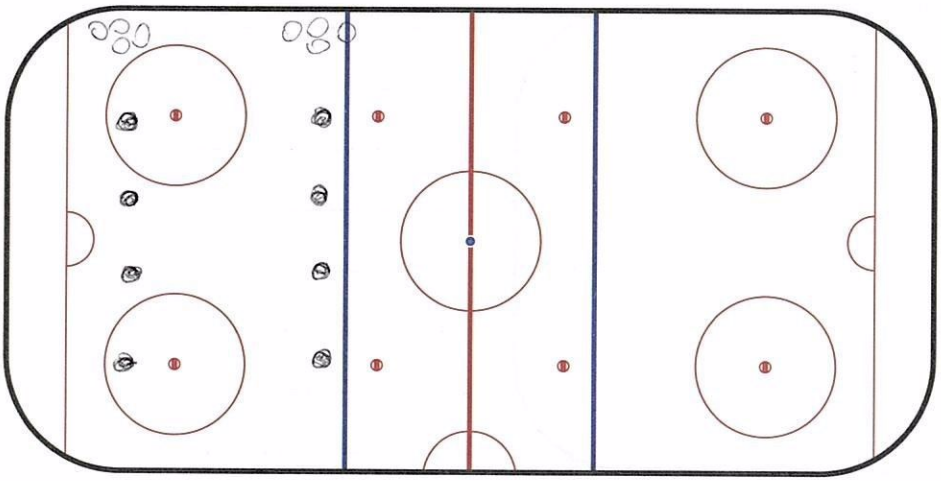


TEAM: ~~U9~~ U9, 15:10 - 16:10 -> HALBE GRUPPE bei U11
~~30 min~~

DATUM: 31.1.2023

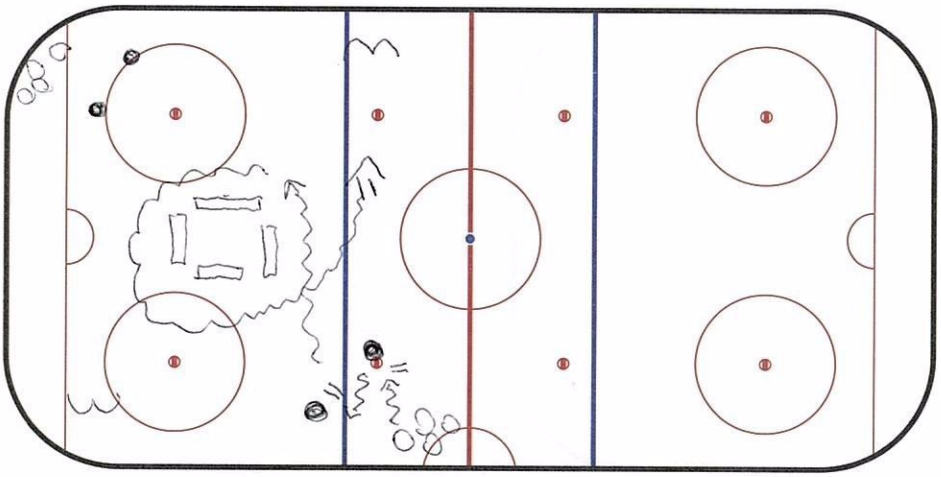
TRAINER: YURI, DOME.

TRAININGSPLAN

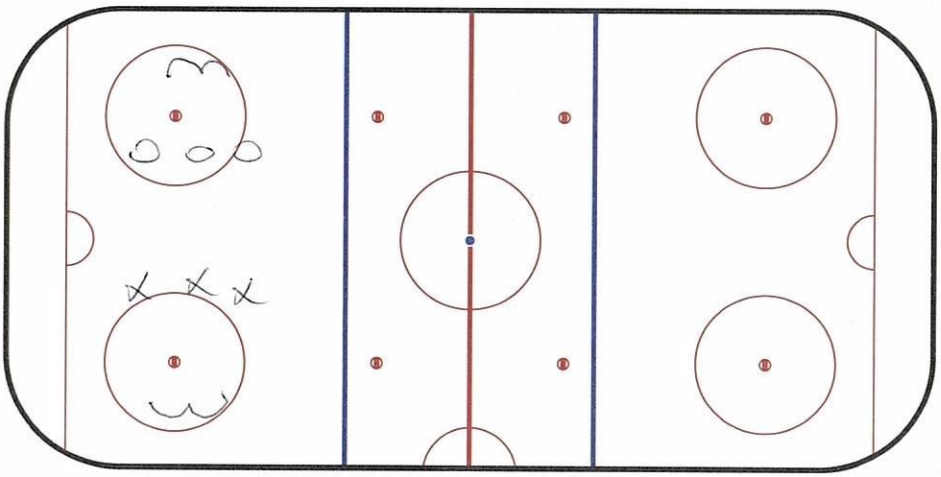


EISLAUFEN TECHNIK
15 min

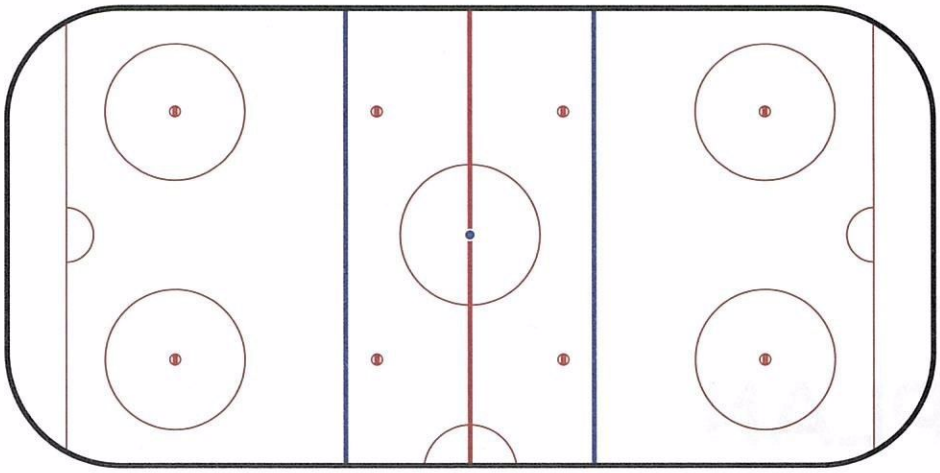
PUCK KONTROLL
15 min

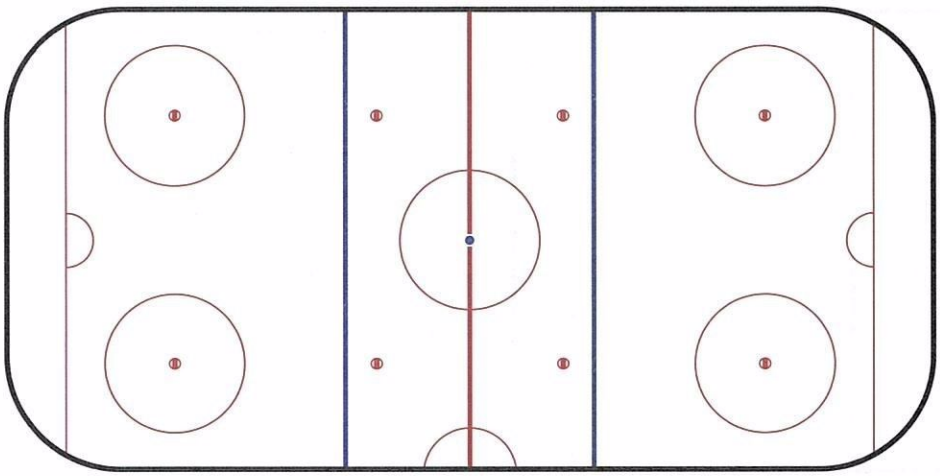


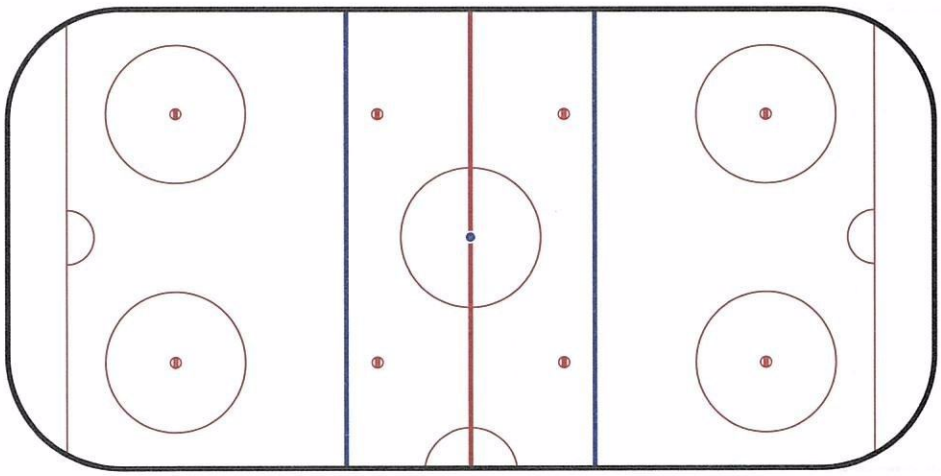
PUCK KONTROLL
MIT BREMSEN UND
ÜBERSETZEN UND
SCHUSS AUF TOR.
15 min

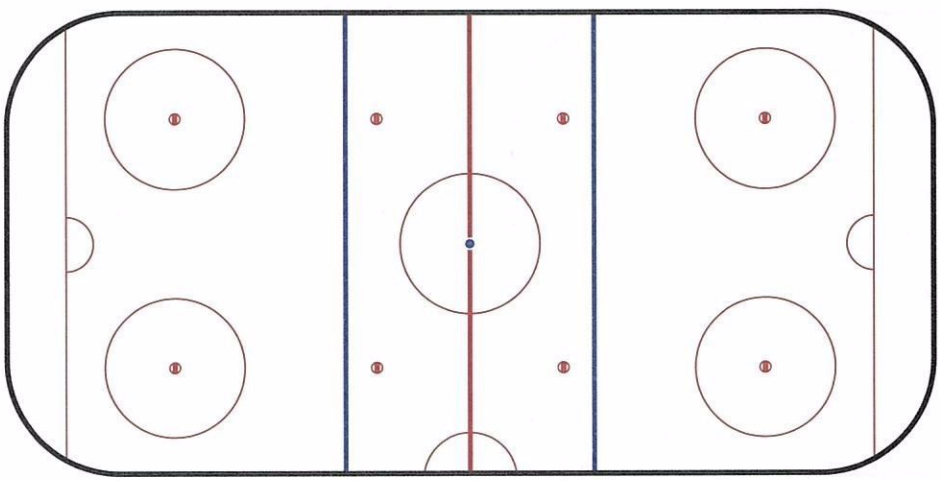


SPIEL 3-3 -> 4-4
13 min







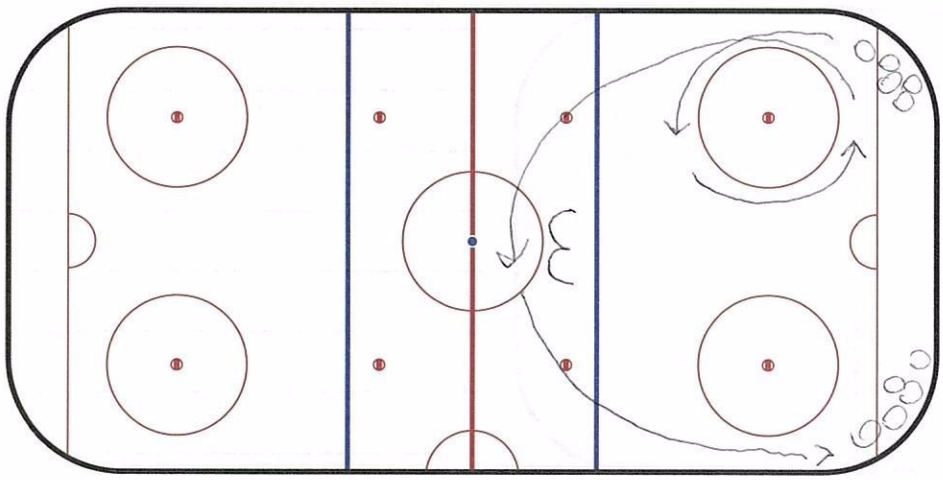


TEAM: U9, 15:20-16:20

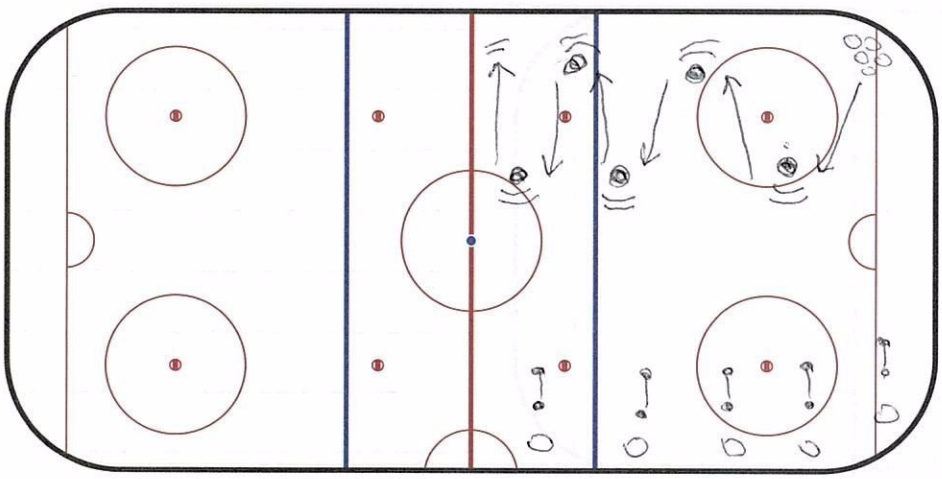
DATUM: 1.2.2023.

TRAINER: Yuri, Dome

TRAININGSPLAN

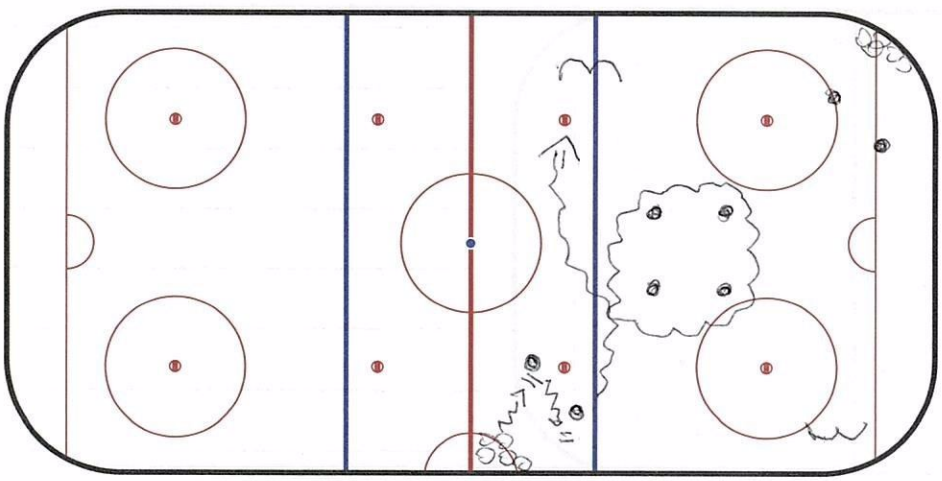


Eislaufen ->
übersetzen ->
vorwerz -> vorwerz
rückwerz, (gleich von
beide seite) 13 min



1) Eislaufen ->
candidis (wem formad
mitschuss) 8-9 min

2) Puck kontroll
im stehen.
8-9 min



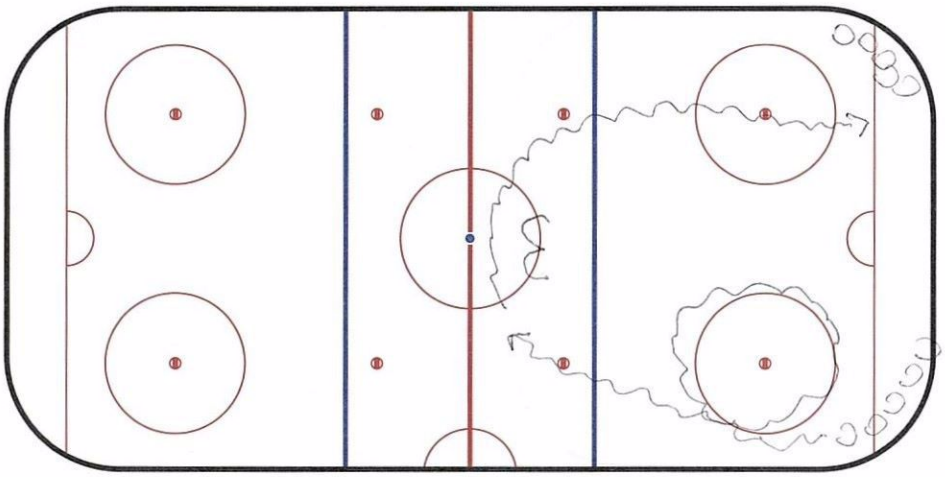
3) Schüss übung von
Di -> übersetzen
im andere richtung
~~xxx xxxxxx~~ 10 min

TEAM: U9, 15:20-16:20

DATUM: 7.2.2023.

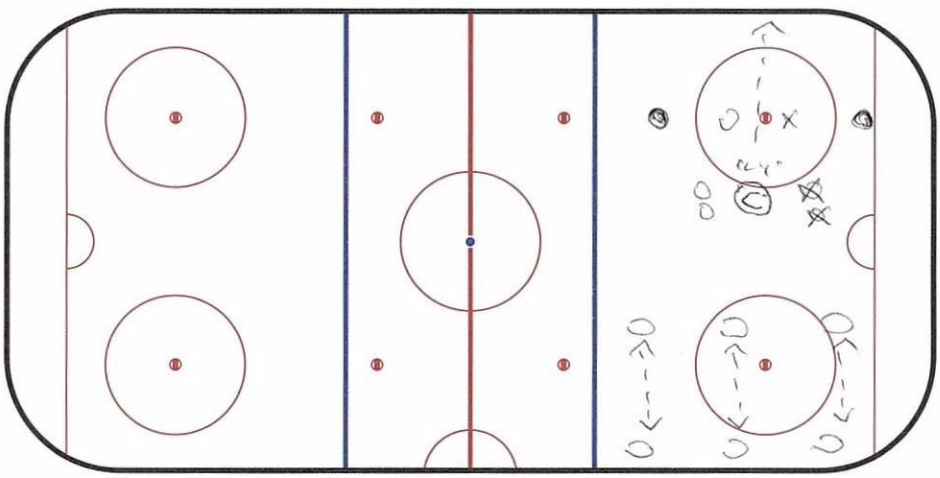
TRAINER: Yuri, Eddi

TRAININGSPLAN



Eislaufen übersetze mit Puck. (zu 2 beide seite)

15 min

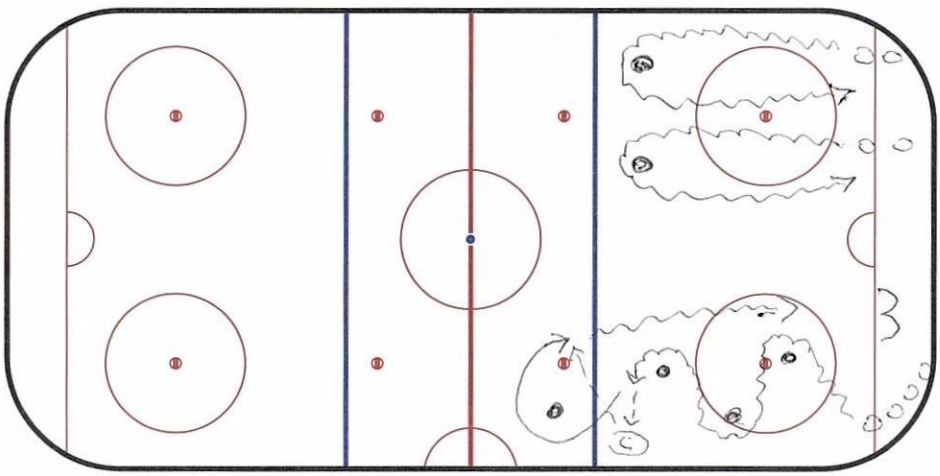


1) Passen im stehen.

7 min

2) Spiel 1-1

7 min



3) Puck kontrol im bewegung

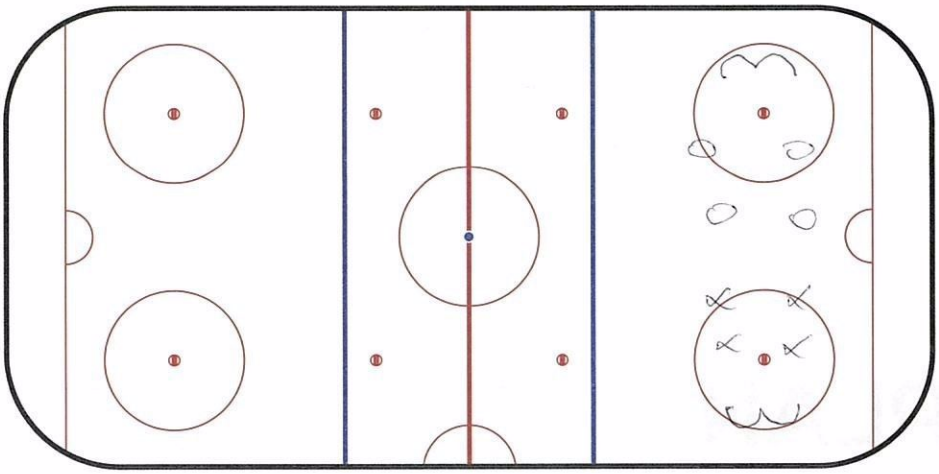
7 min

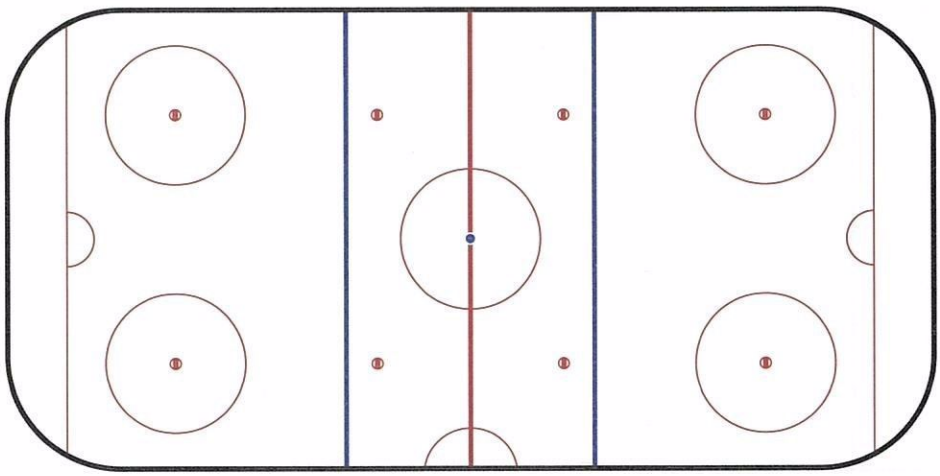
4) Puck kontrol mit schuss nach pass von TR.

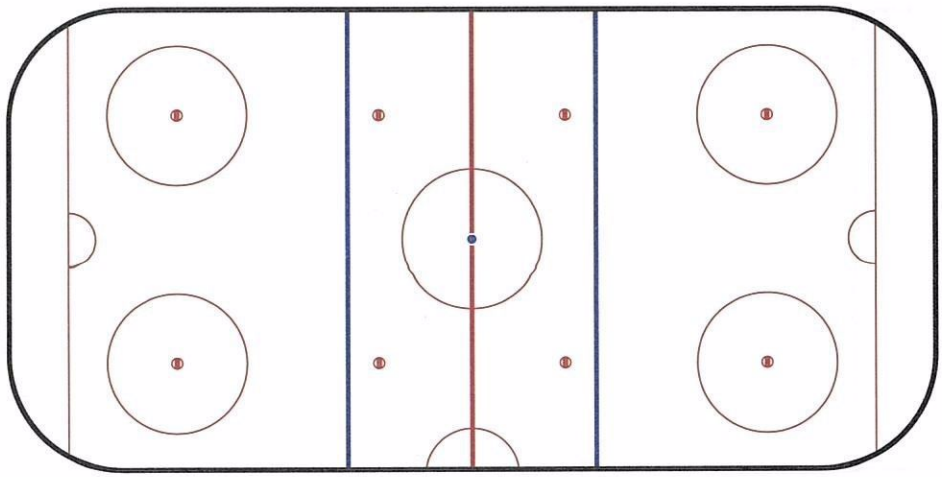
7 min

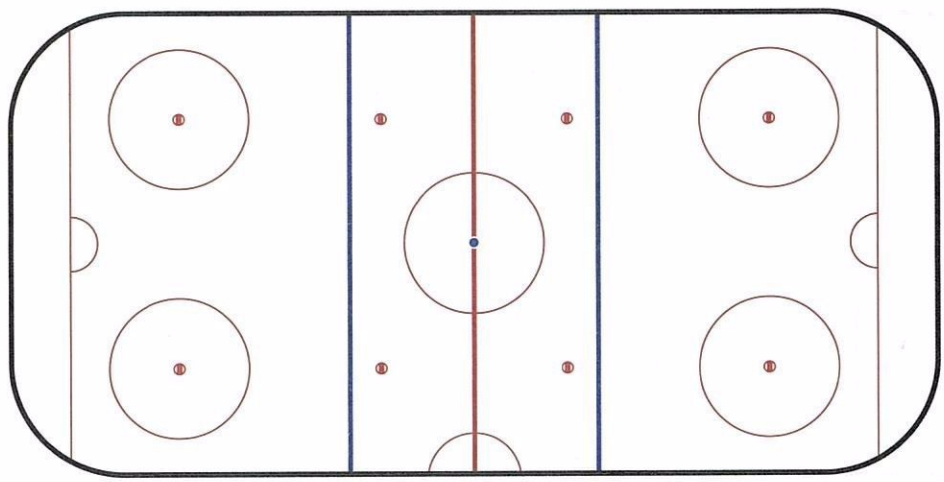
Spiel 4-4

13 min









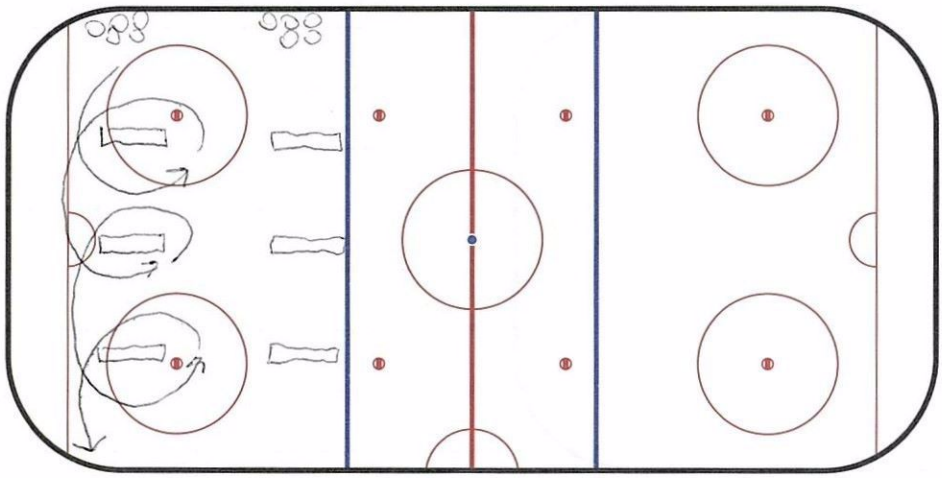
TEAM: U9, 15:10 - 16:10

DATUM: 14.2.2023

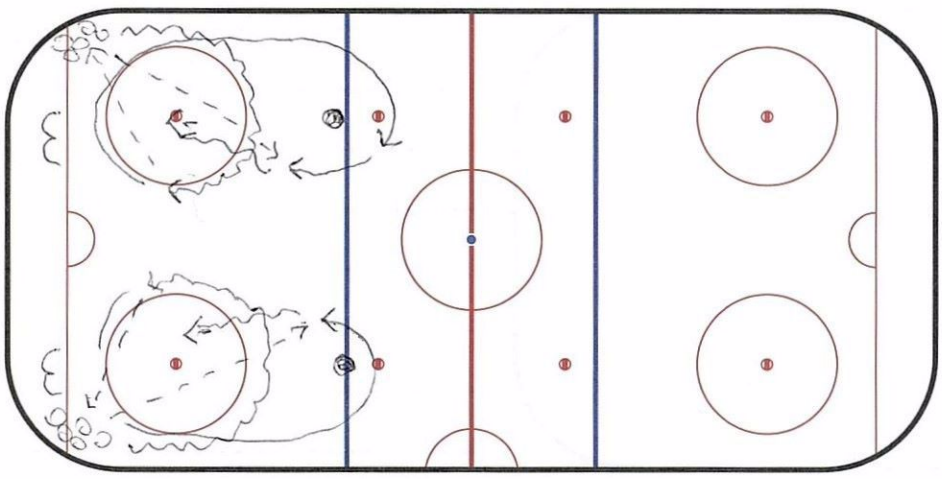
TRAINER: YURI

→ ältere Jahrgang 30 min bei U11.

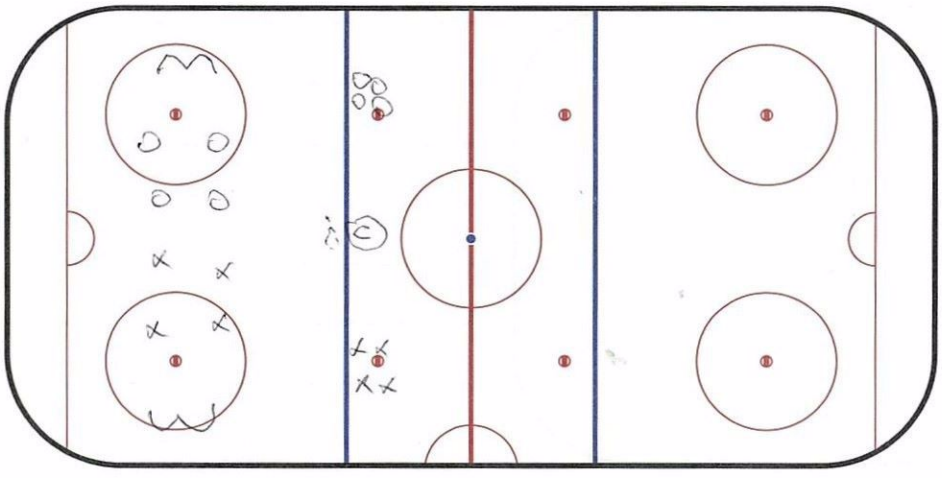
TRAININGSPLAN



Eislaufen → übersetzen → vorwärts → rückwärts, → vor-rück 20 min mit Pausen 30 min



Schüssübung mit übersetzen element → Pass geben → Pass annehmen, 3 × 8 → 16 min



Spiel 4-4

13 min

