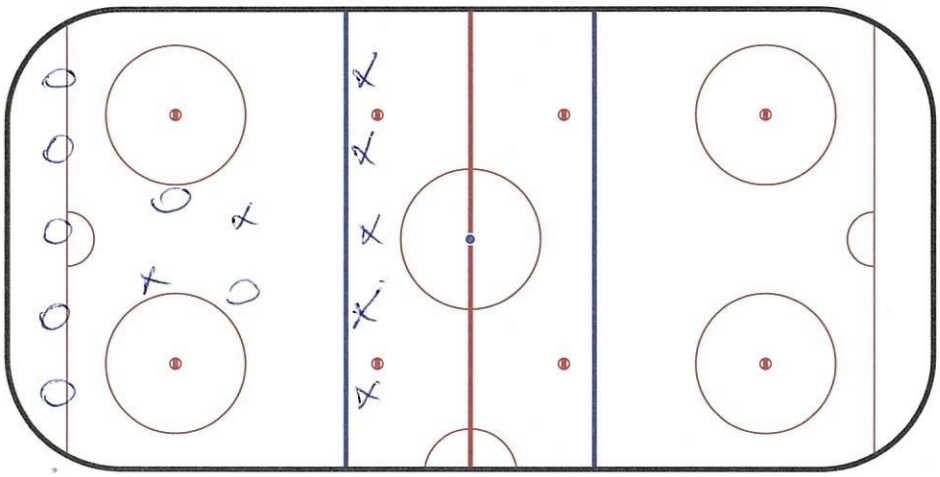
TEAM: U13, 16:00-17:00

DATUM: 21.8.2023.

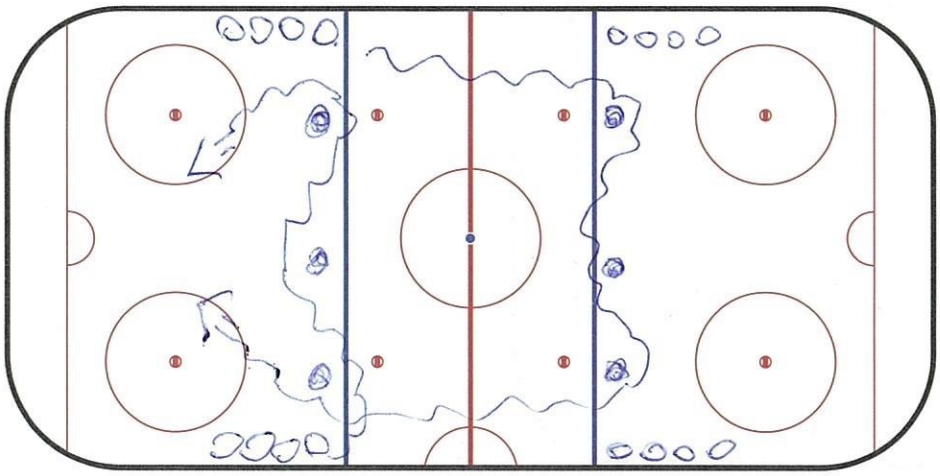
TRAINER: YURI, JÜRGEN

TRAININGSPLAN



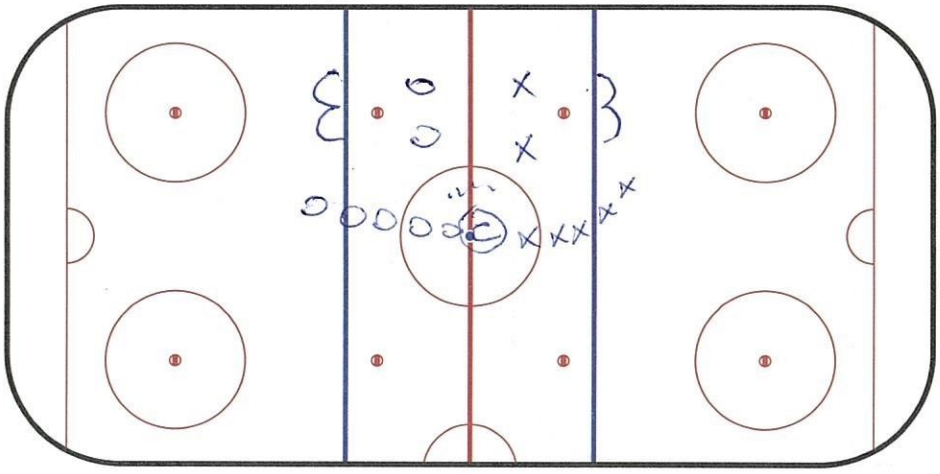
Spiel 2-2 mit PASSEN zum eigene GRUPPE

10 min



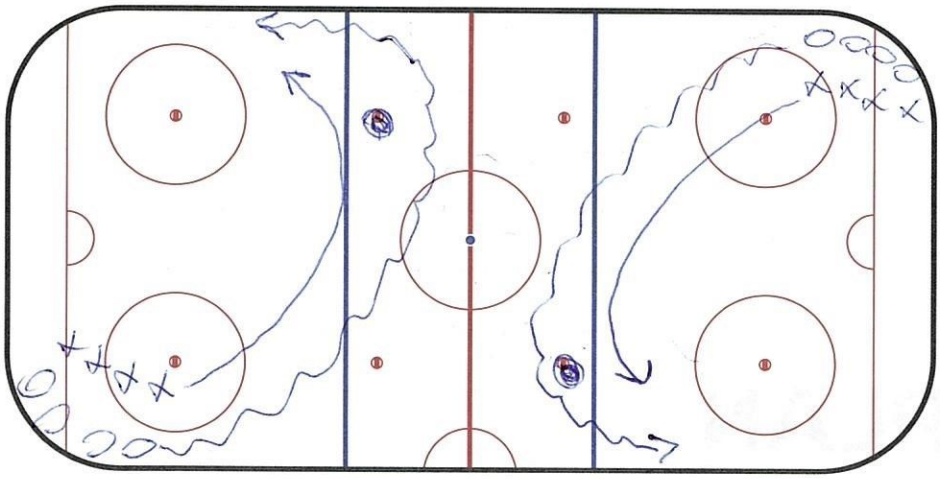
1-0 KURZE SEITE LANGE SEITE.

10 min

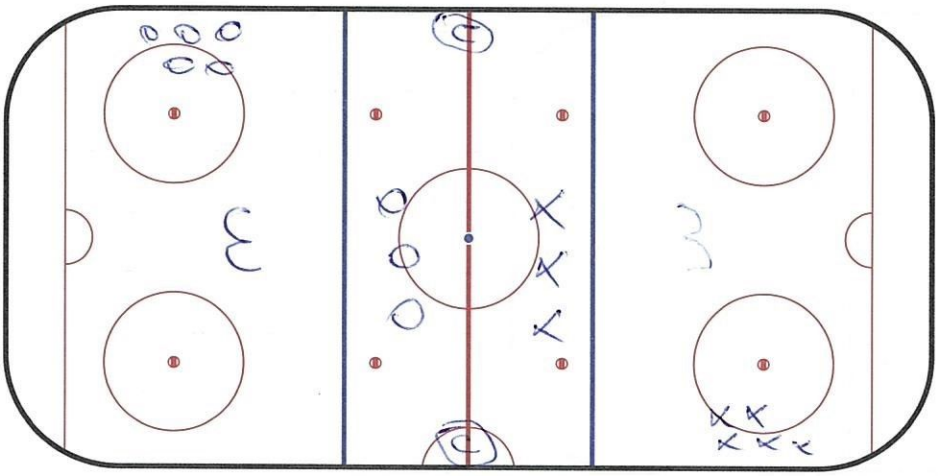


SPIEL 2-2 KLEINE PLATZ.

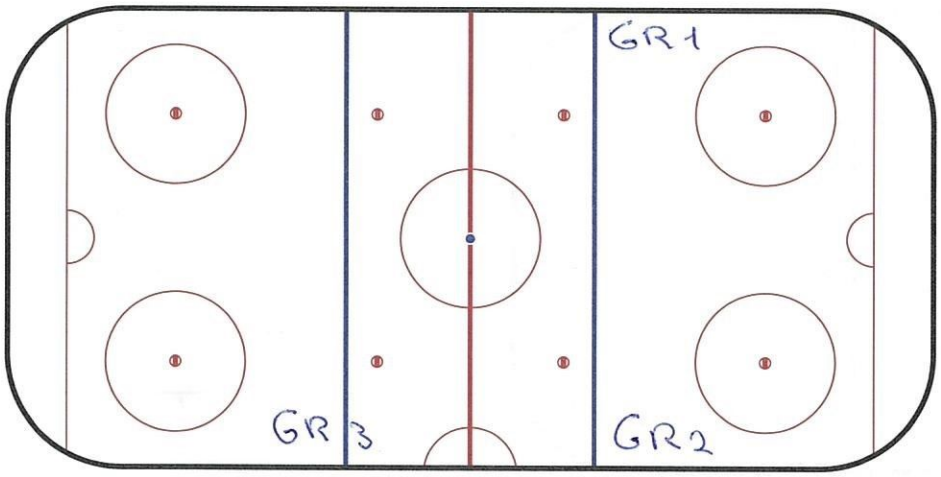
10 min



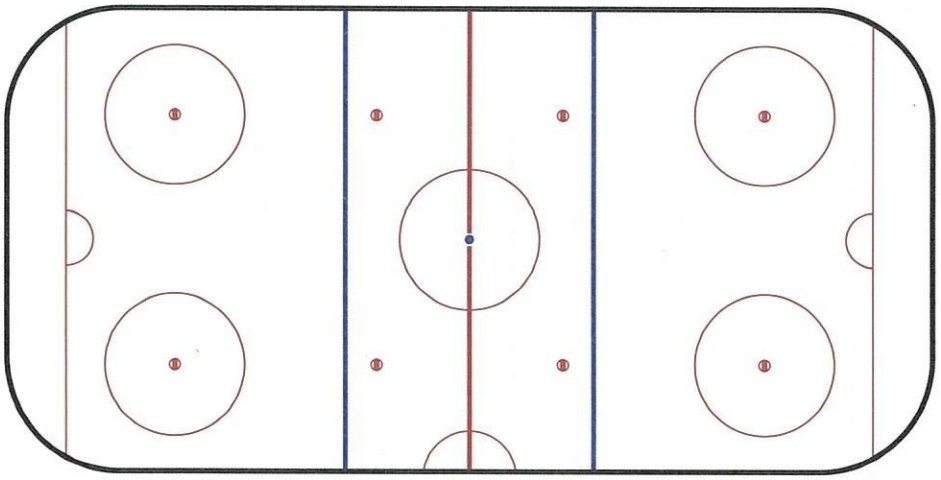
1-1 im 2 zonen
10 min



Spiel 40 x 30
3-3 → 2 TR. JOKER
für beide Team
12 min



3 GR → 2 Runde
→ 2 Runde.

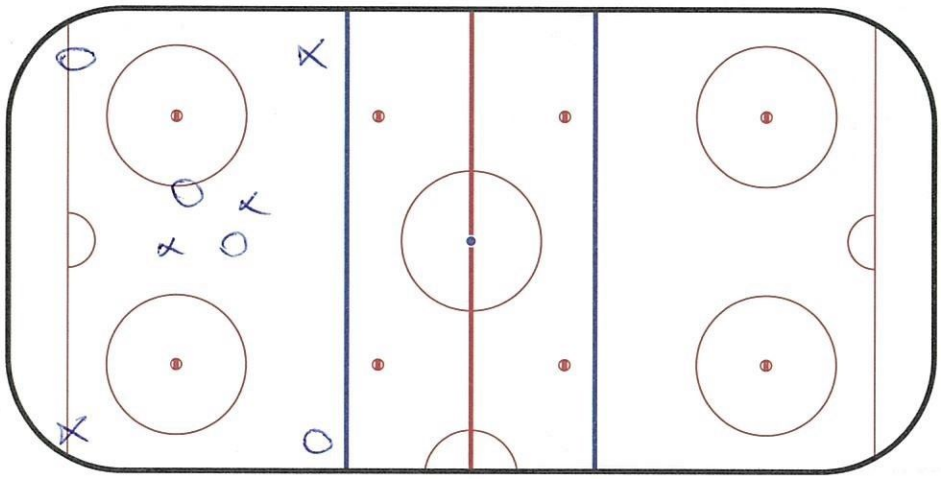


TEAM: U13, 16:00-17:00

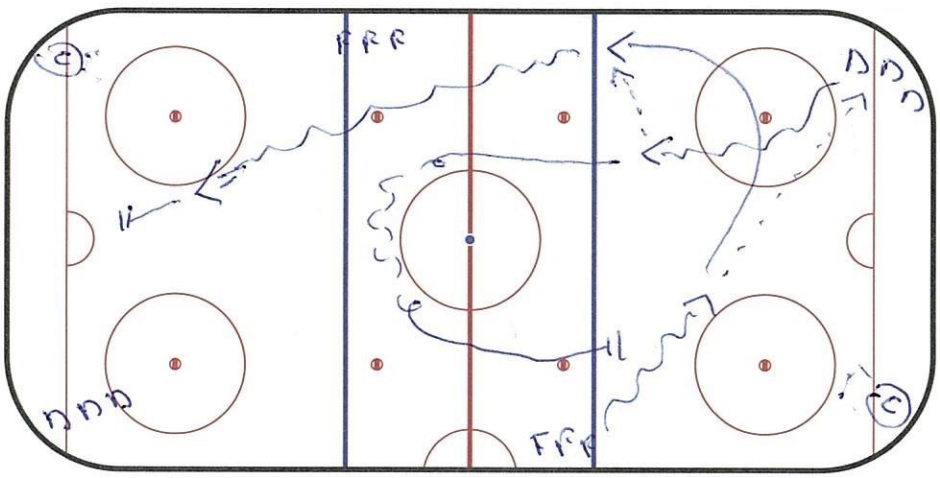
DATUM: 23.8.2023.

TRAINER: Yuri, Jürgen.

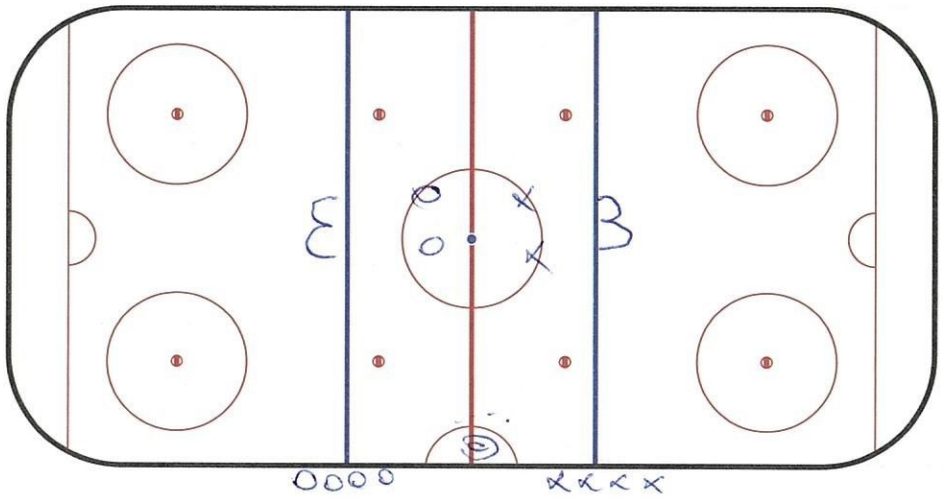
TRAININGSPLAN



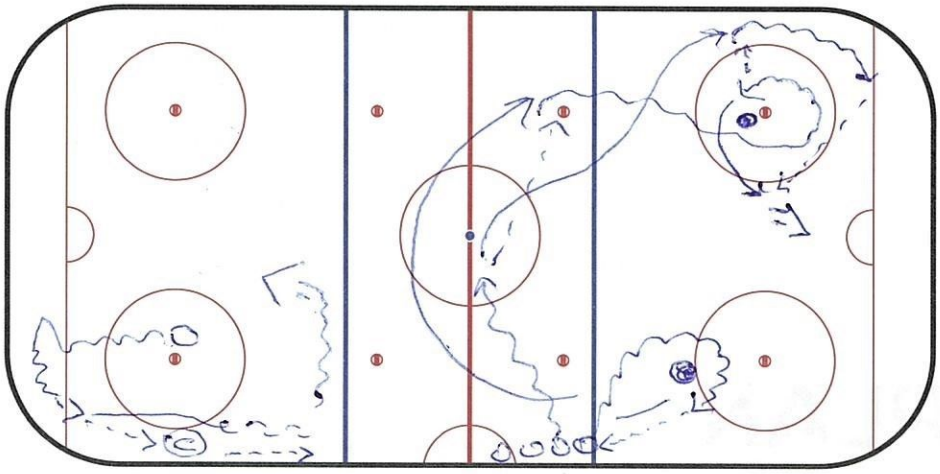
Spiel 2-2 mit 2 diagonal Joker.
10 min



1-0 F-D zusammen Arbeit
10 min



Spiel 2-2 ohne Joker.
10 min



F - eine Zone

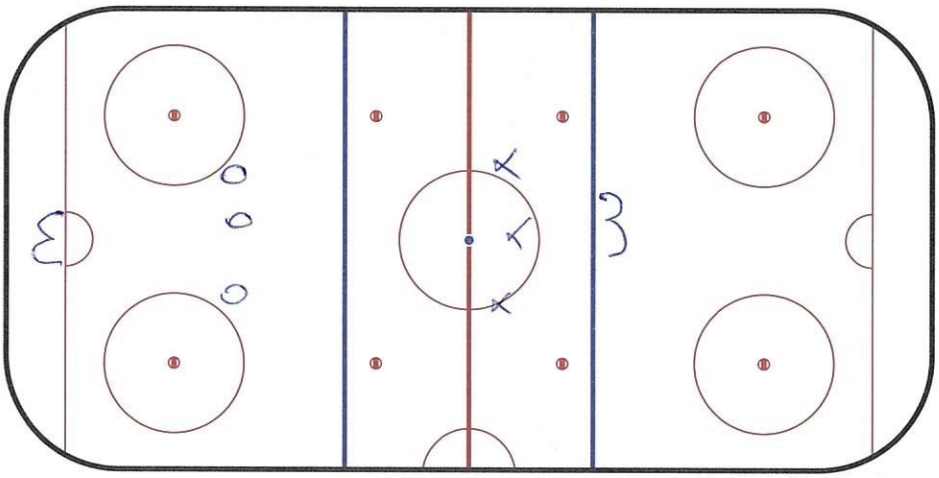
2-0 min kreisen

7 x 7 -> 15 min

D - Andere Zone

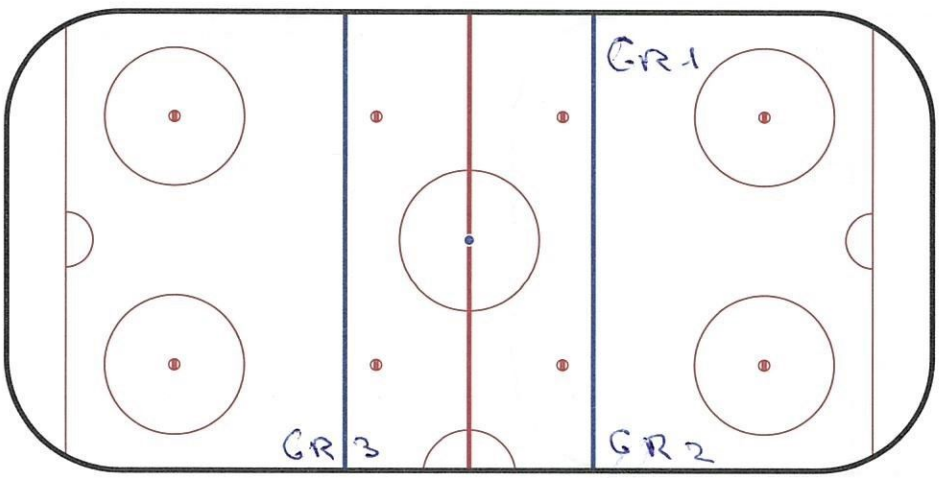
Spiel unten -> Spiel oben.

7 x 7 -> 15



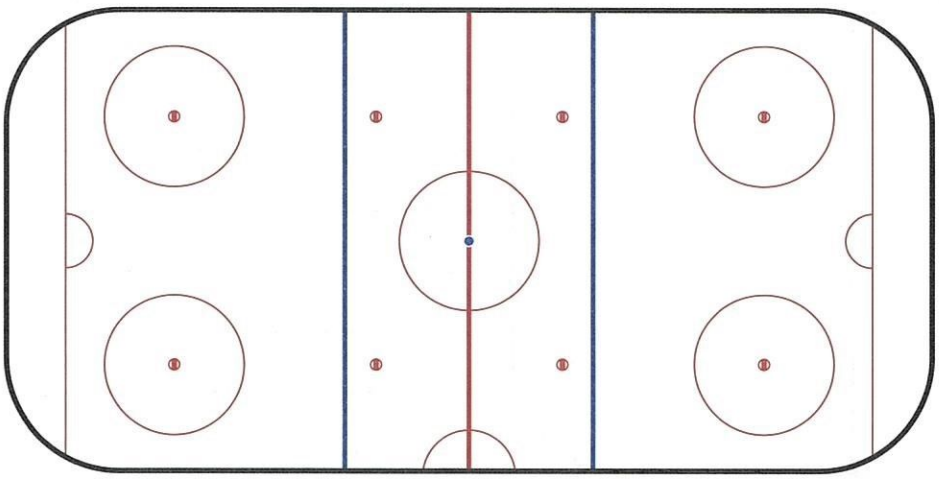
Spiel 3-3 mit offsides.

10 min



GR 1, GR 2, GR 3 ->

-> 2 Rund -> 2 Rund

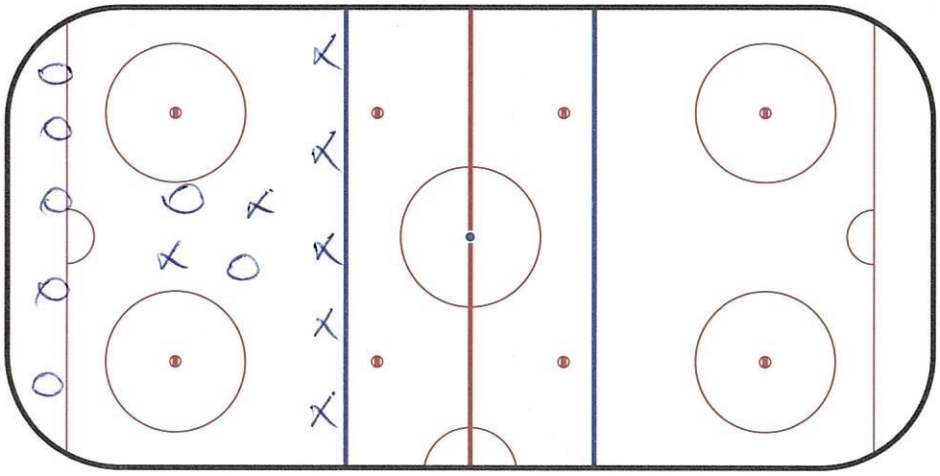


TEAM: U13, 15:00-16:00

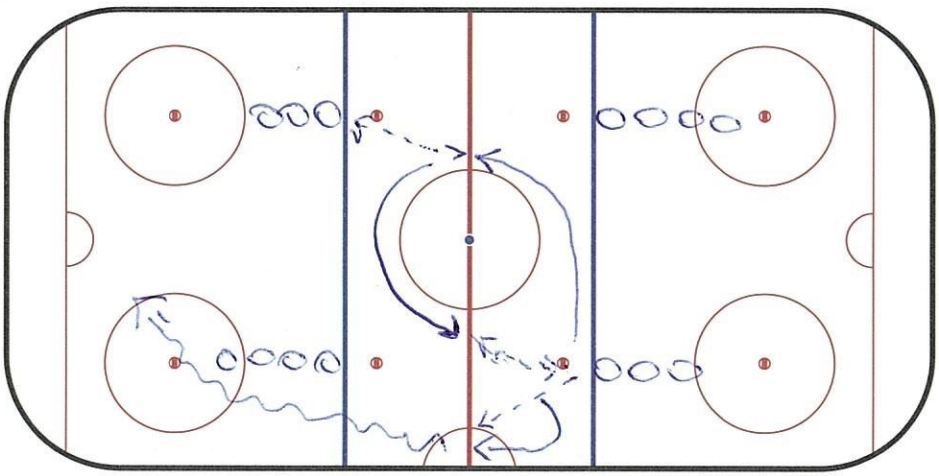
DATUM: 28.8.2023.

TRAINER: Yuri

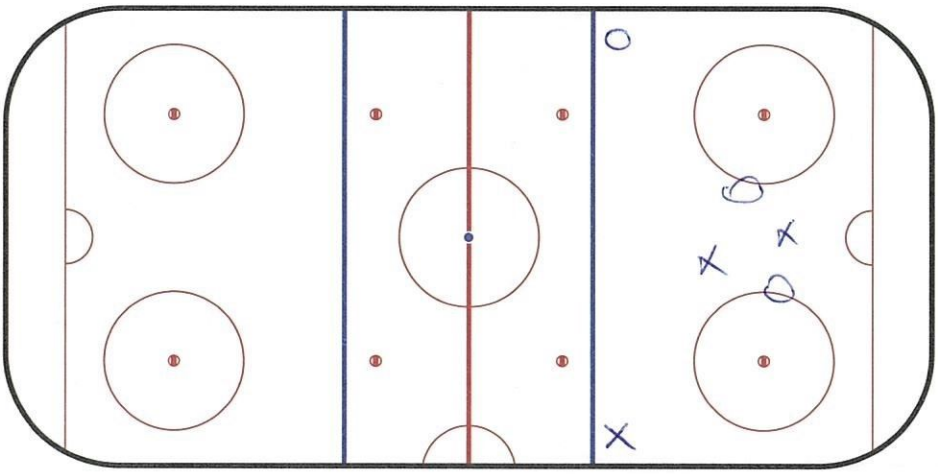
TRAININGSPLAN



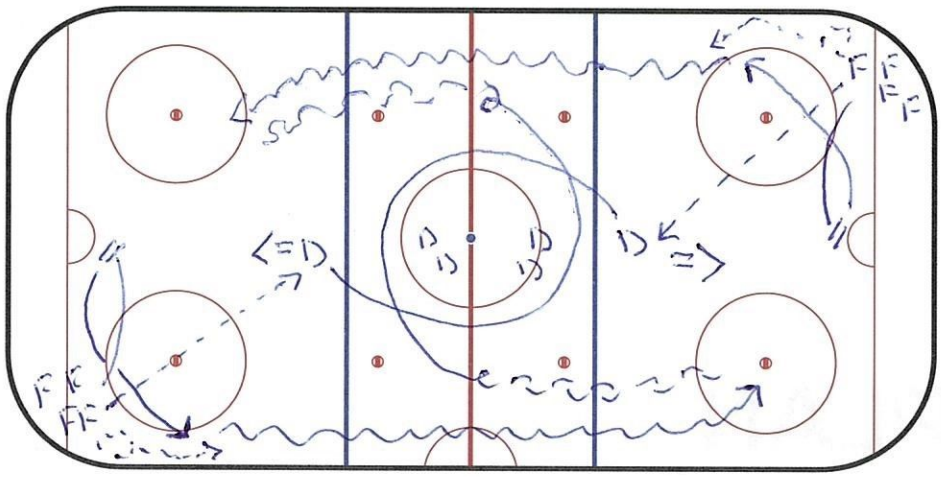
Spiel 2-2 mit Passen zum eigene Gruppe.
10 min



1-0 doppel Pass
10 min

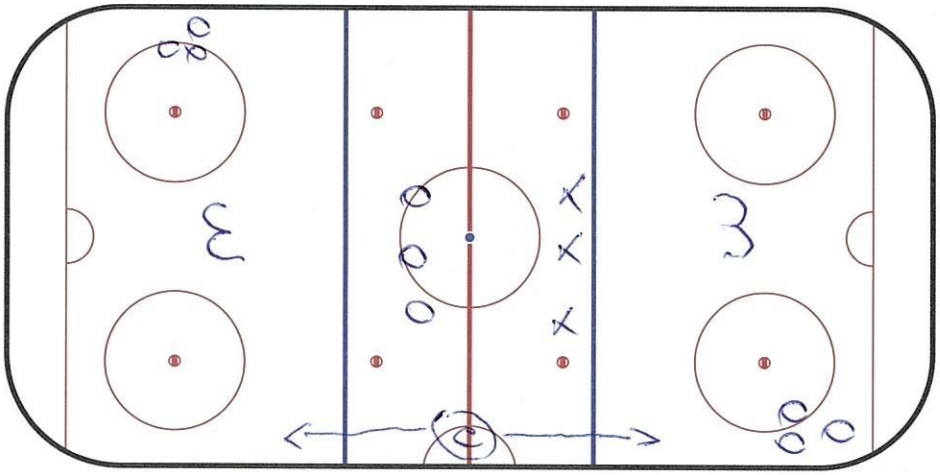


Spiel 2-2+1
Joker oben → Joker geht rein ~~wenn~~ wenn sein Team Puck hat.
10 min



1-1 nach Pass von F -> und Schuss von D

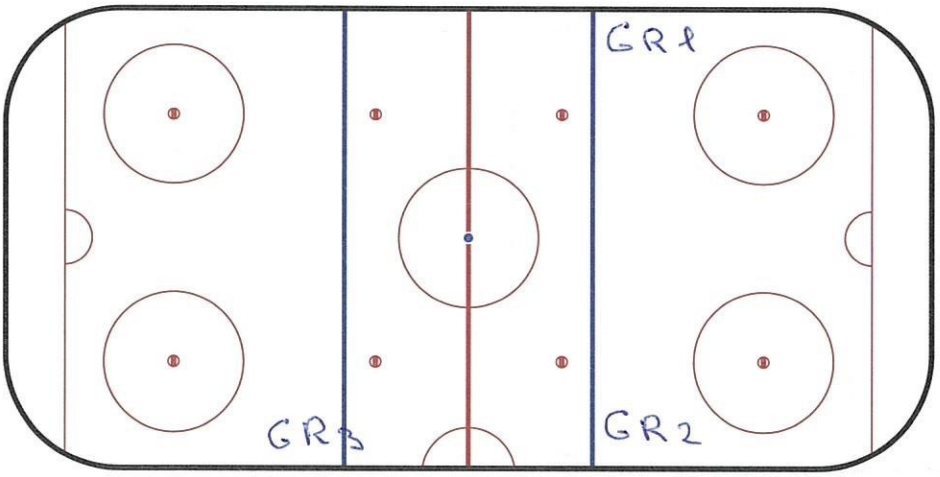
12 min



Spiel 40x30 3-3

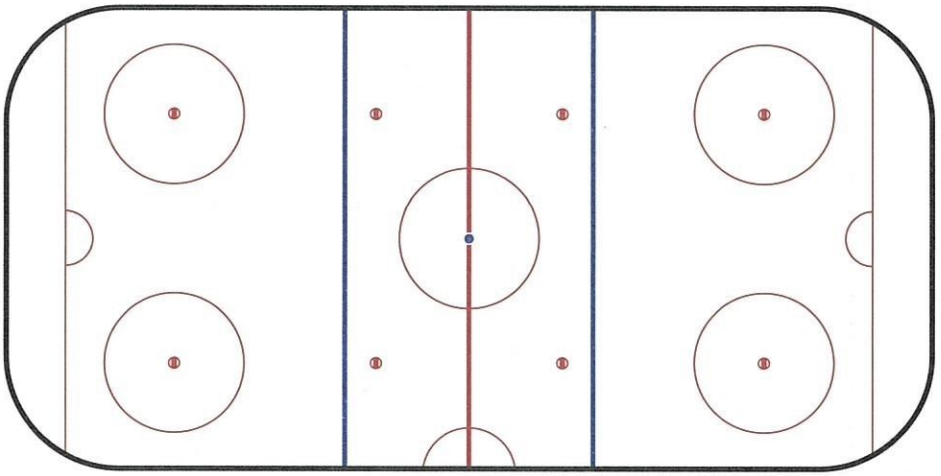
© Joker für beide Team

12 min



3 GR -> 2 Runde ->

-> 2 Runde

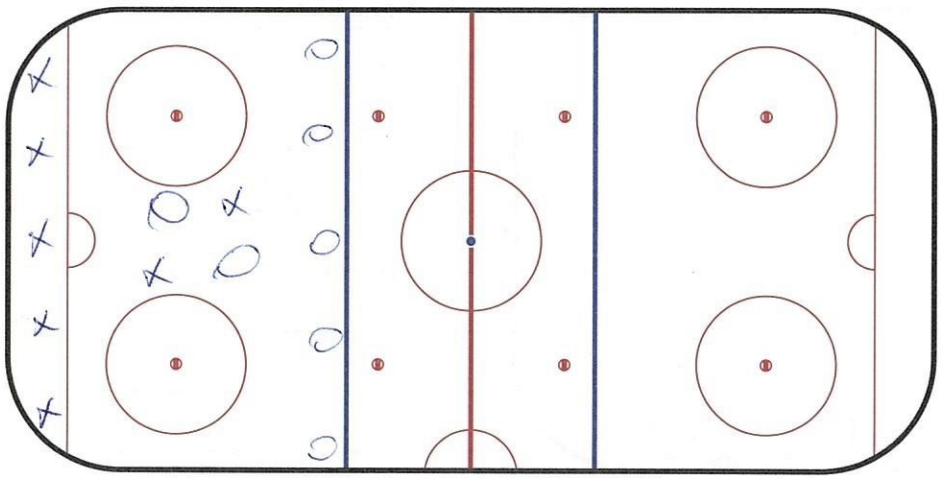


TEAM: U13 16:10-17:10

DATUM: 29.8.2023.

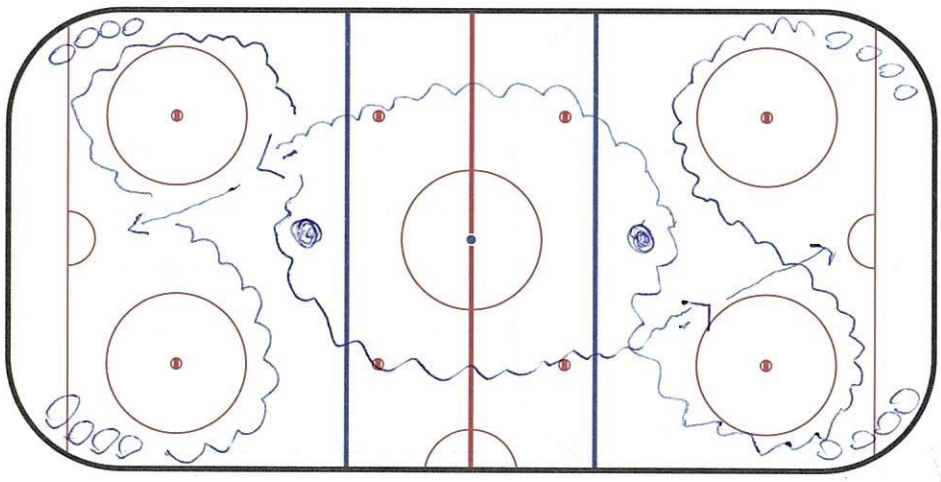
TRAINER: YURI.

TRAININGSPLAN



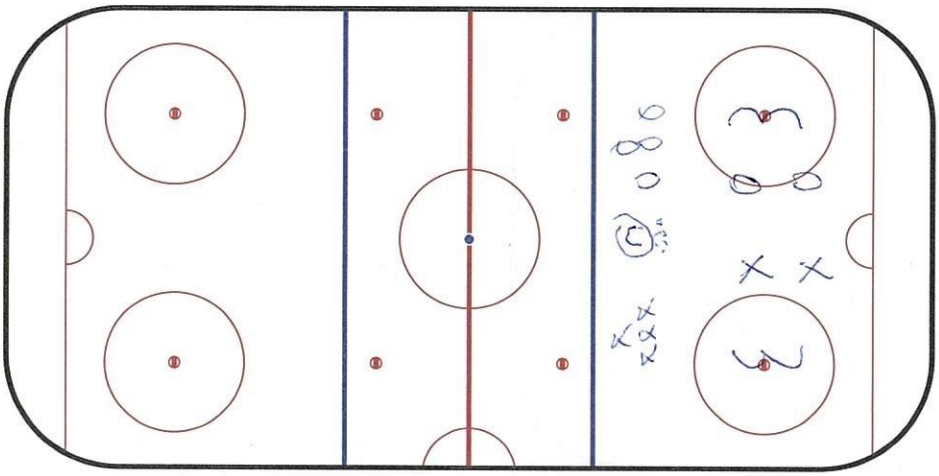
Spiel 2-2 mit PASSen zum eigene gruppe.

10 min



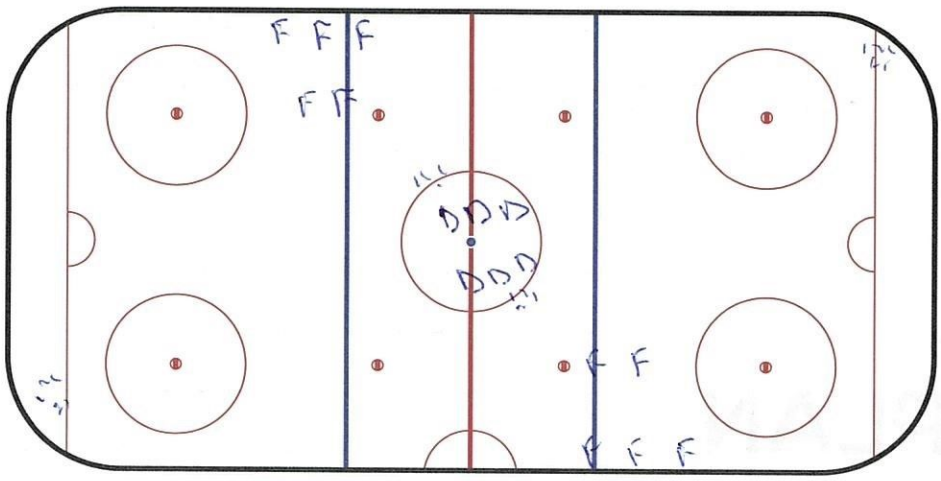
1-0 mit übersetzen und richtung wechs

10 min

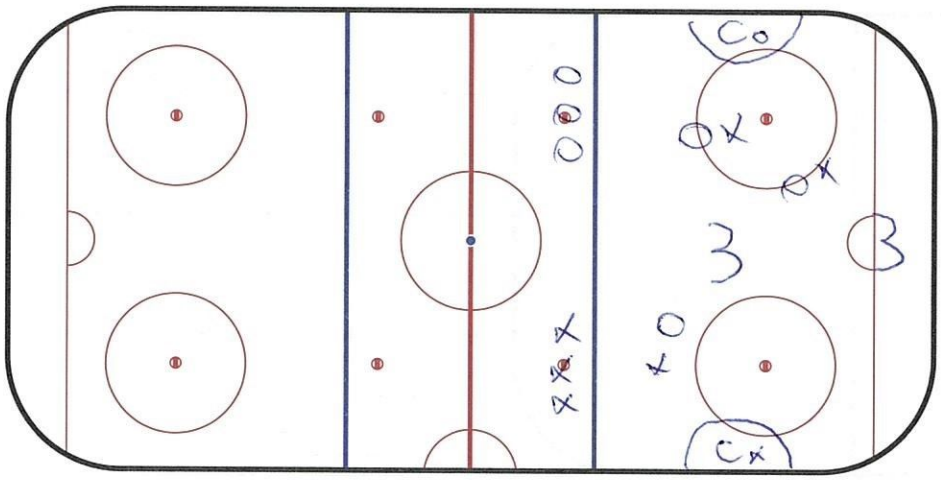


Spiel 2-2 kl. platz

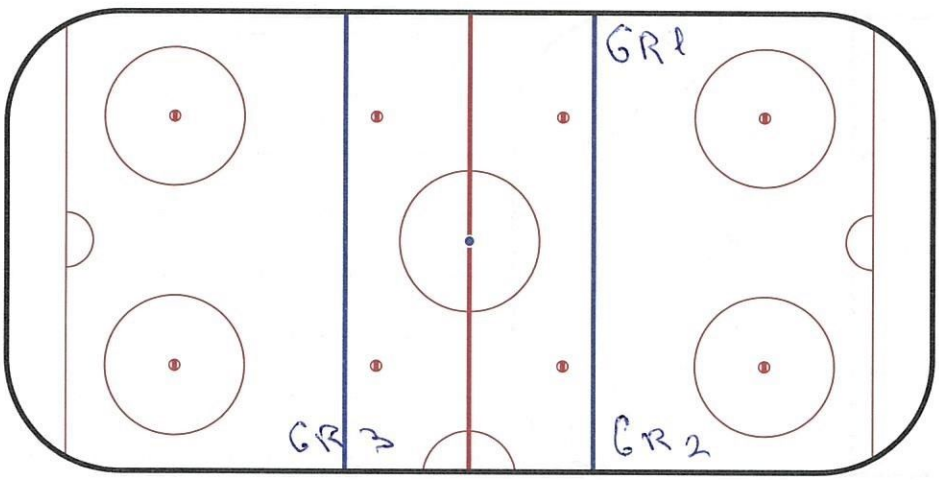
10 min



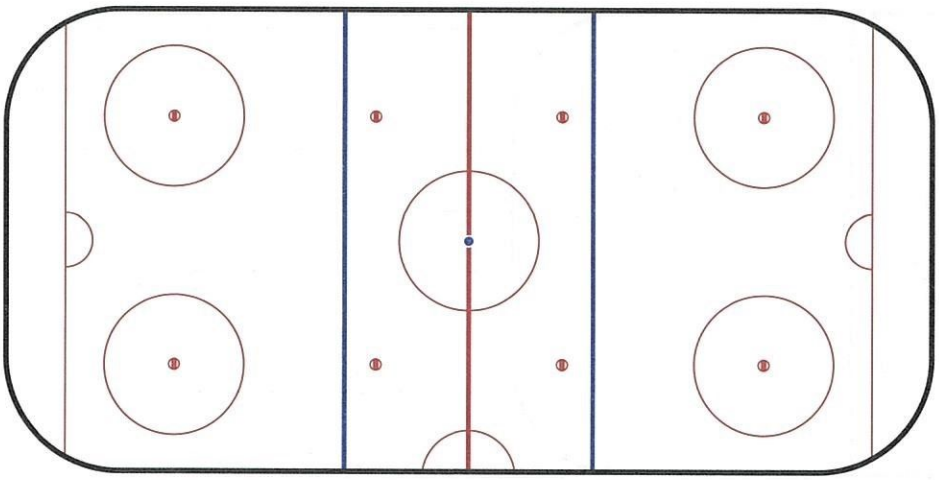
2-1 → 2 mal → mitte → ecke.
10-12 min



Spiel 3-3 → TR spielt für sein Team → beide Tore.
10 min



3 GR → 2 R. → 2 R.



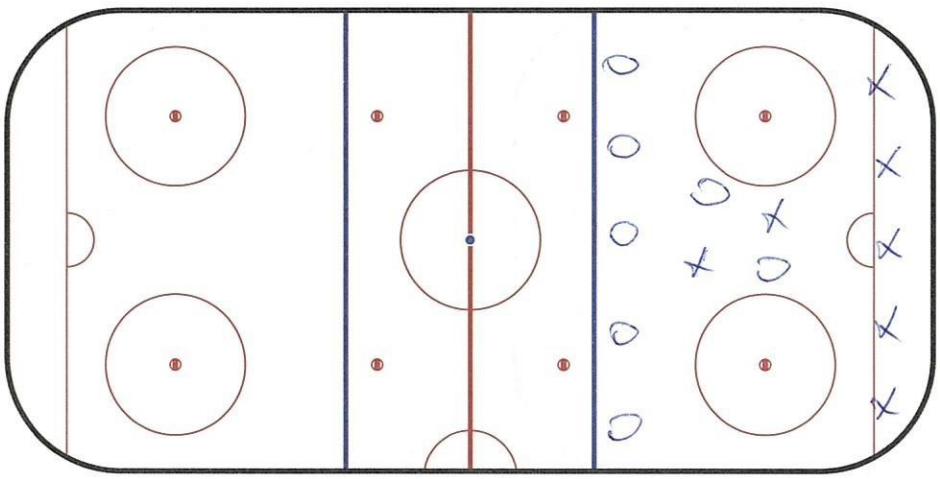
E.H.C. KLOSTERSEE

TEAM: U13, 16:10 - 17:10

DATUM: 31.8.2023

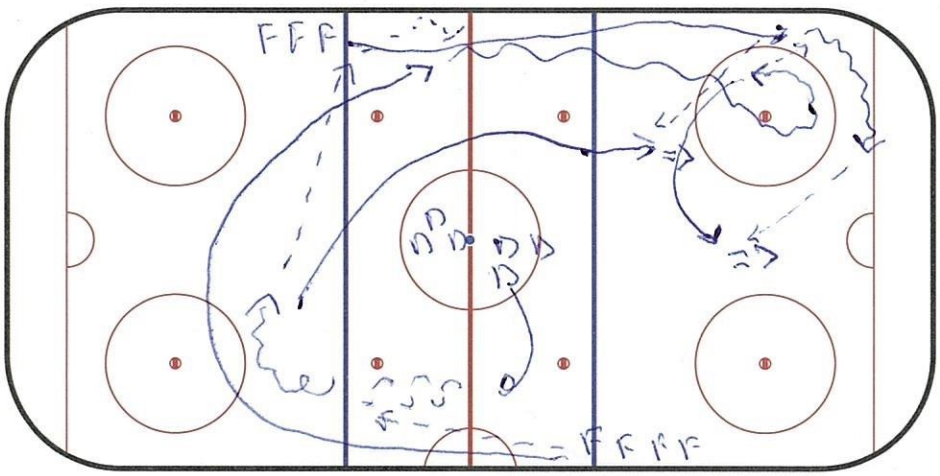
TRAINER: Yuri, Jürgen,

TRAININGSPLAN



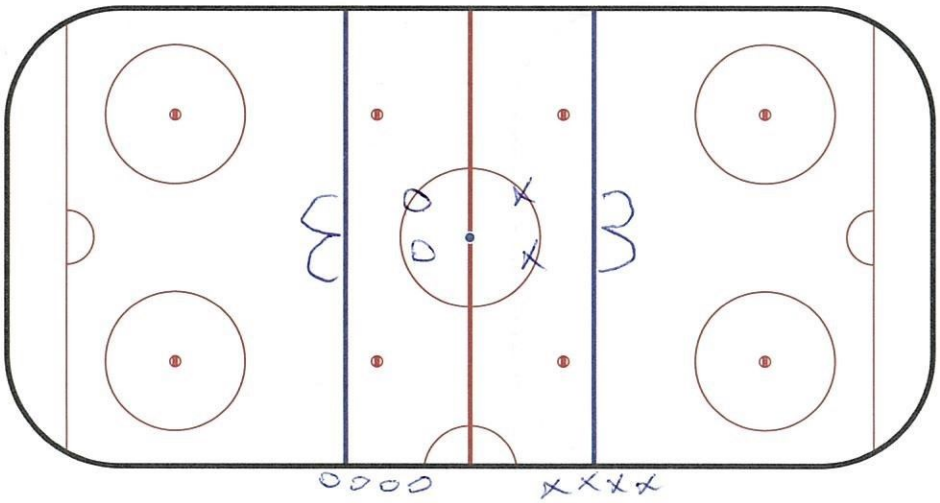
Spiel 2-2 mit Passen zum eigene Gruppe

10 min



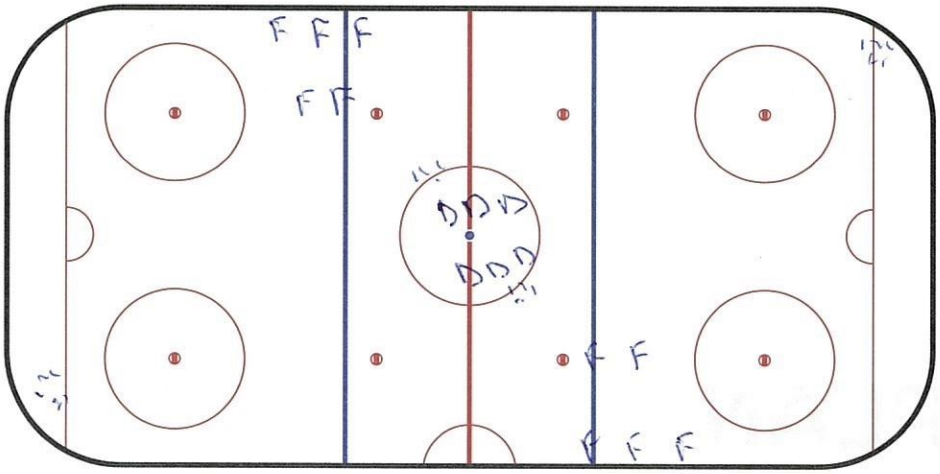
2-0 → F-D Arbeit Freizeit,

6 x 6 → 2 min

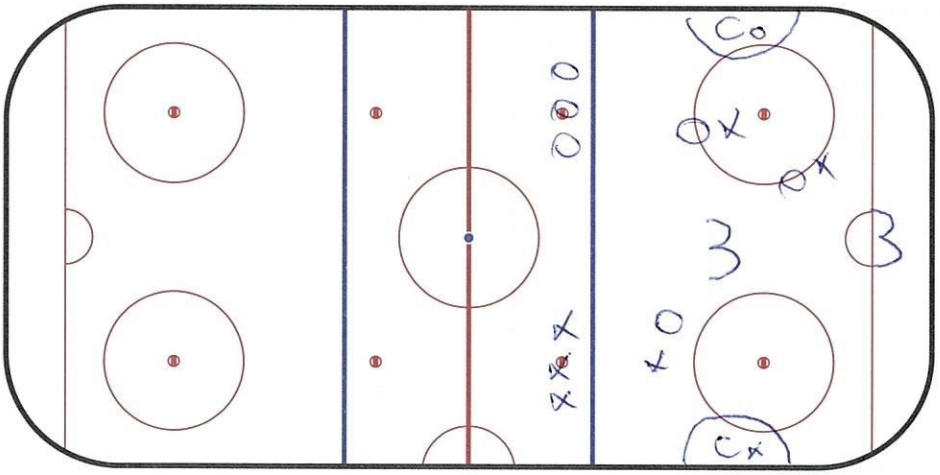


Spiel 2-2 mitte

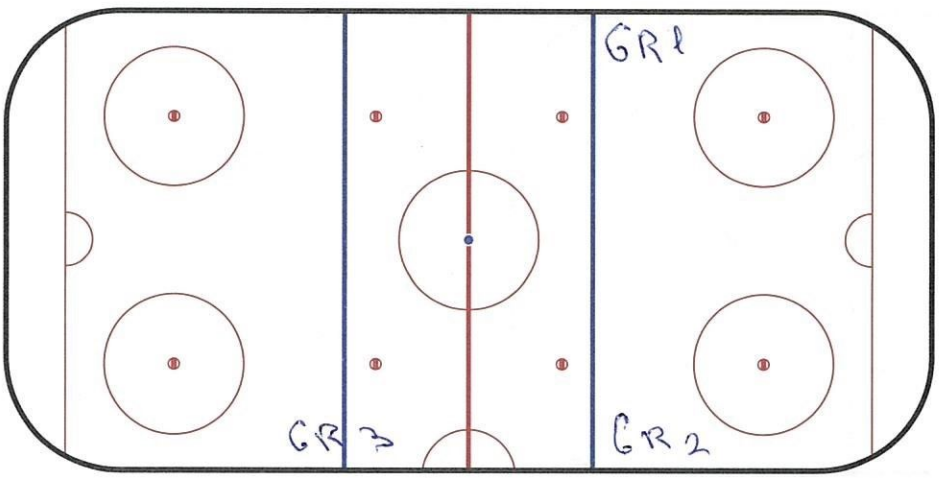
10 min



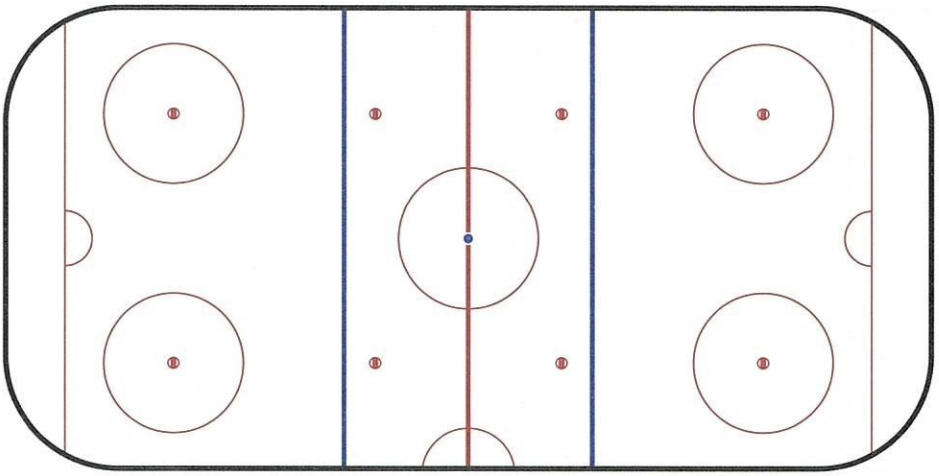
2-1 → 2 MAL → mitte → ecke.
10-12 min



SPIEL 3-3 → TR SPIELT FÜR sein TEAM → beide TORE.
10 min



3 GR → 2 R. → 2 R.

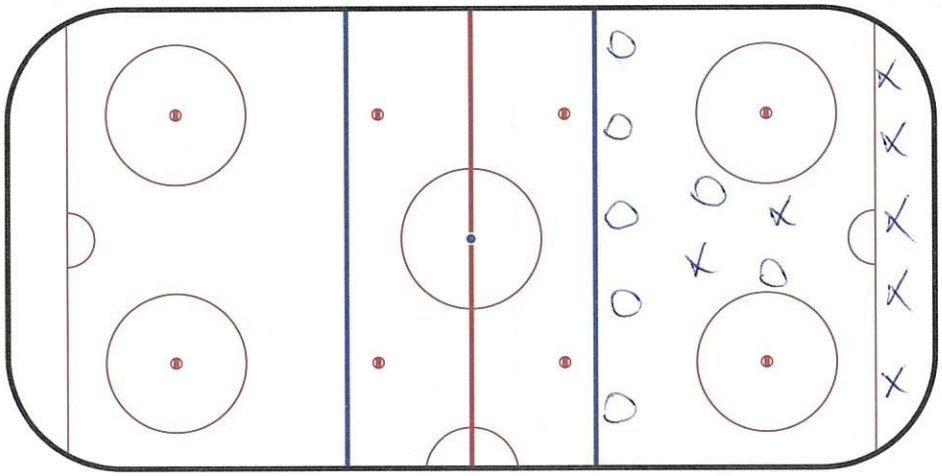


TEAM: U13. 10:40 - 12:00

DATUM: 1.9.2023.

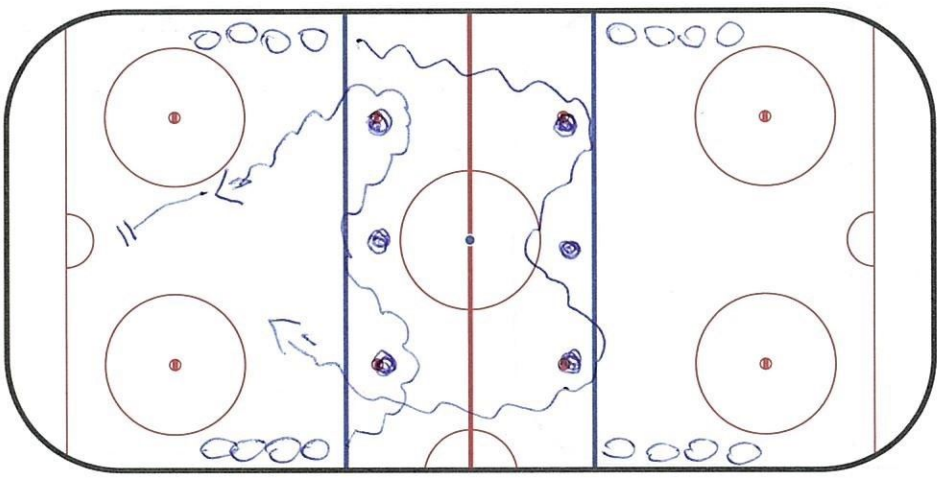
TRAINER: YURI.

TRAININGSPLAN



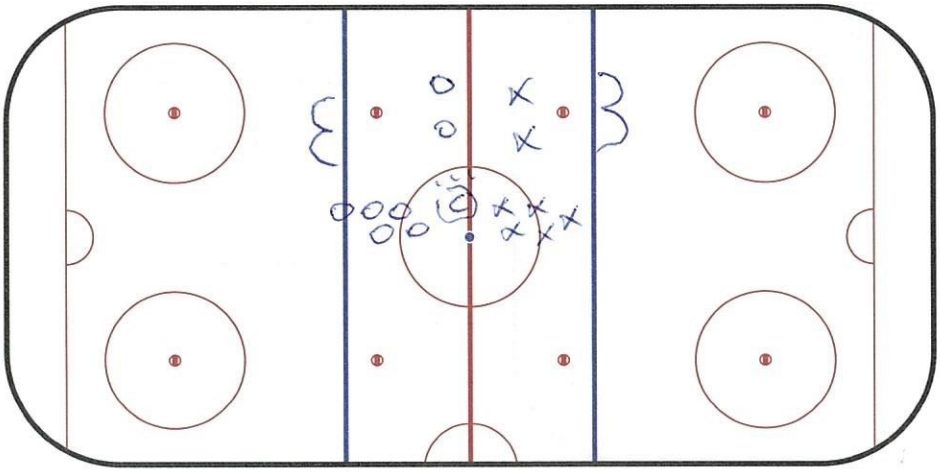
Spiel 2-2 mit PASSEN zum eigene GRUPPE

10min



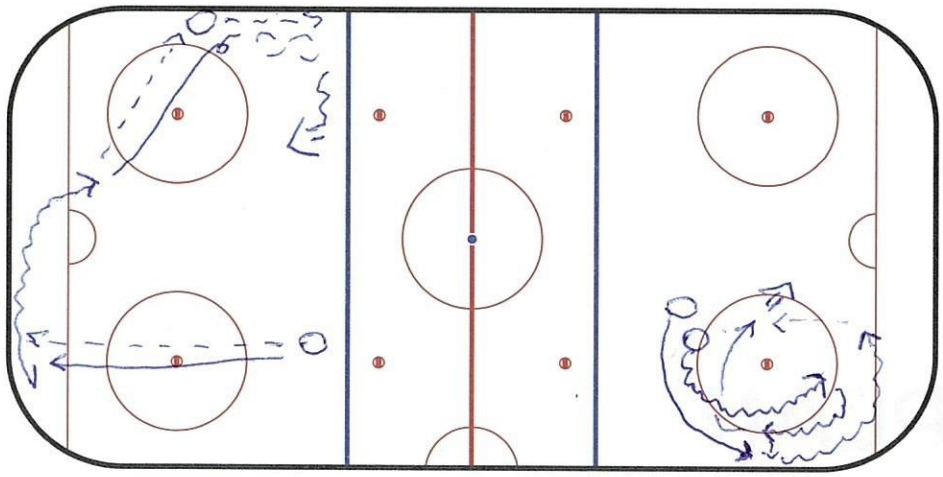
1-0 KURZE SEITE LANGE SEITE.

10min

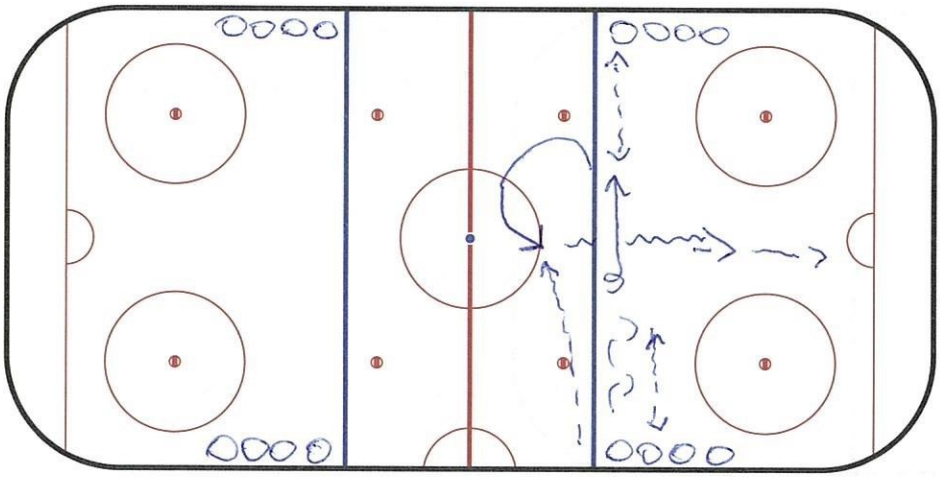


SPIEL 2-2 KL. PLATZ

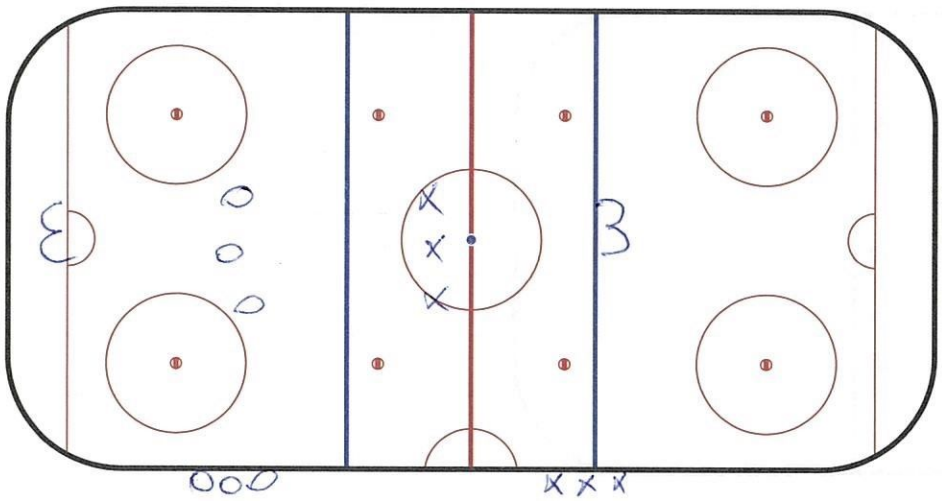
10min



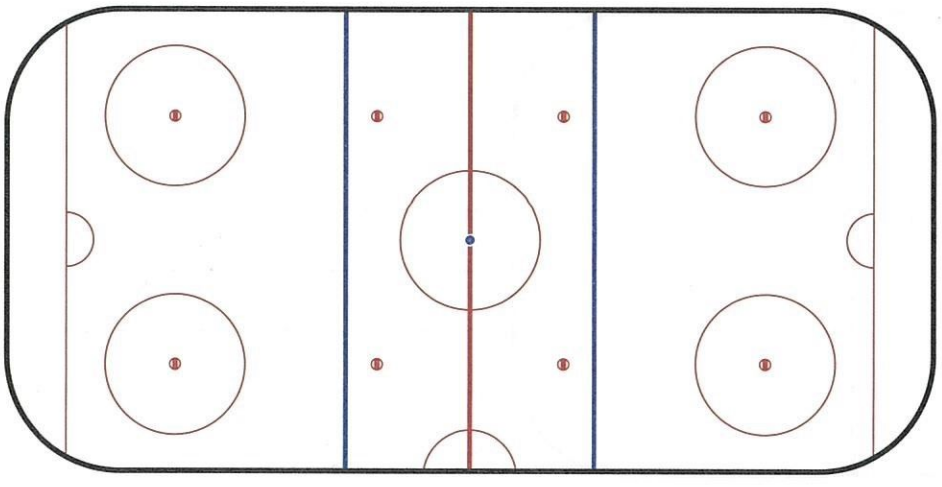
F - eine Seite
D - andere Seite
15 min



PASS schuss Übung
2 zonen.
10 min



Spiel 3-3 mit
blau linie offside
15 min



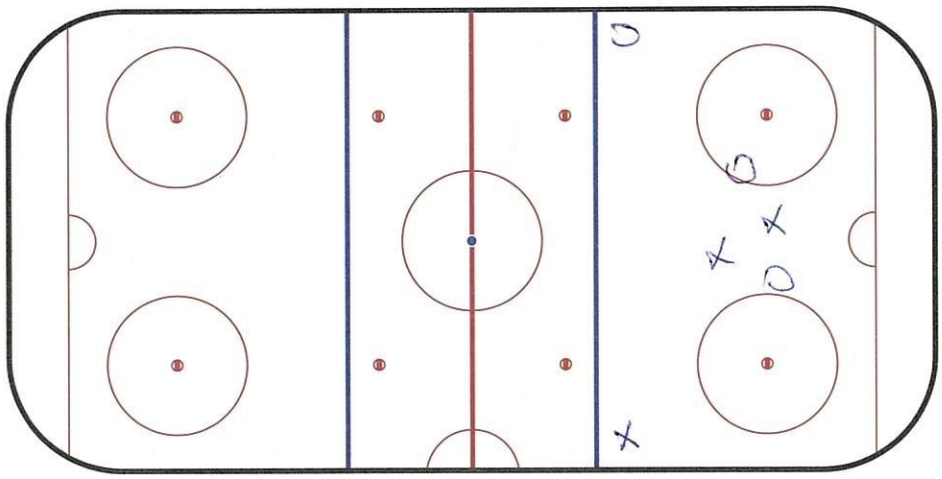
3 GR. -> 2R -> 2R

TEAM: U13, 16:00-17:00

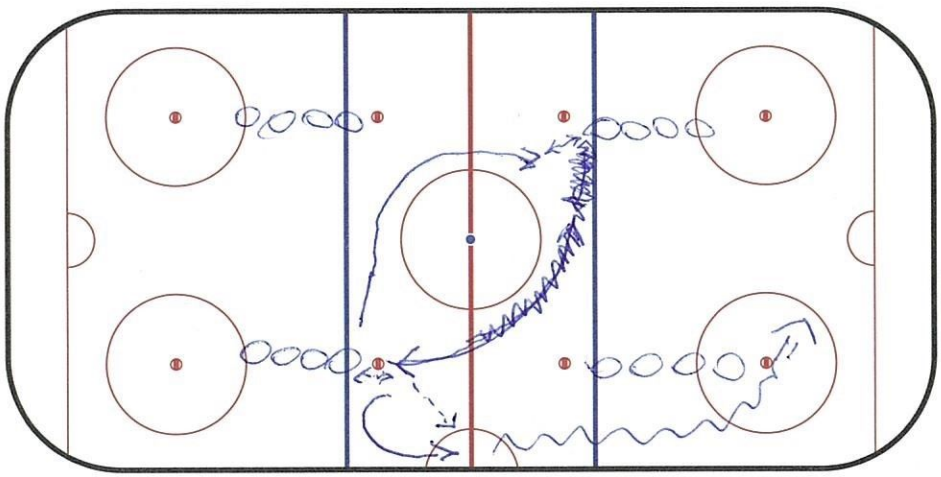
DATUM: 4.9.2023

TRAINER: Yuri, Jürgen

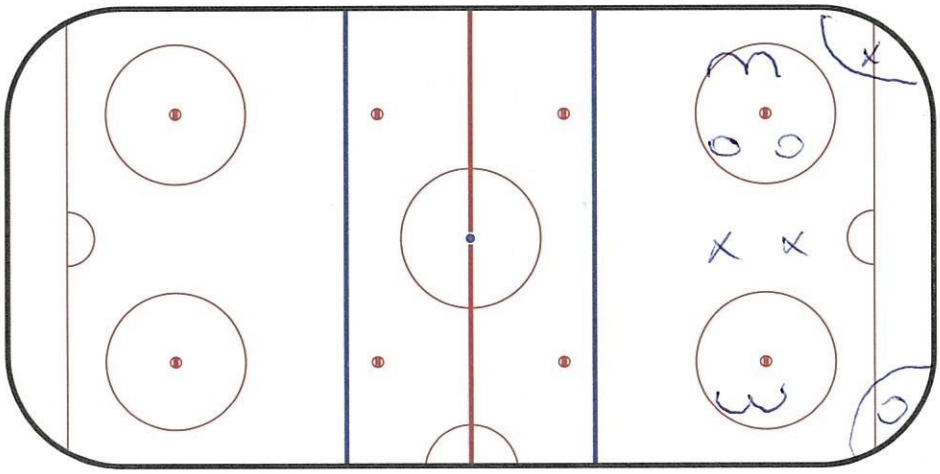
TRAININGSPLAN



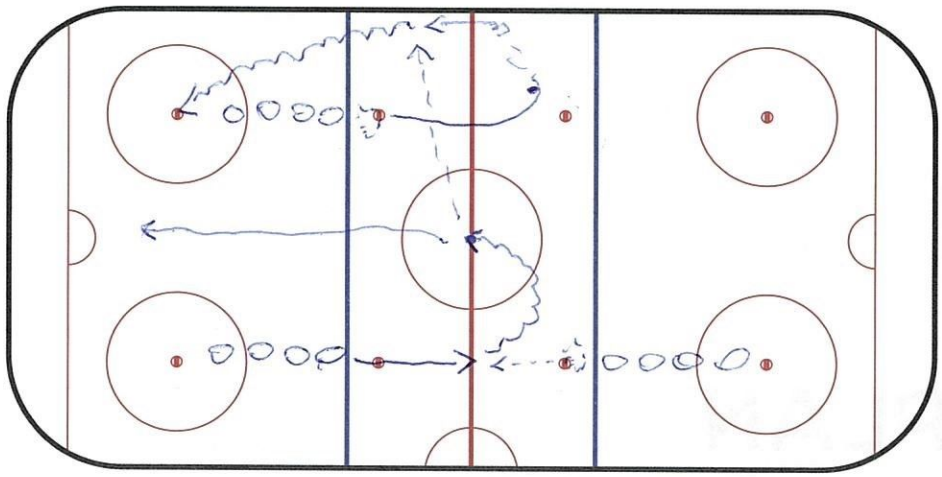
Spiel im Zone
2-2 mit 1 Joker
PRO Team -> Joker
geht rein wenn sein
Team Puck hat.
10 min



1-0 doppel Pass
10 min

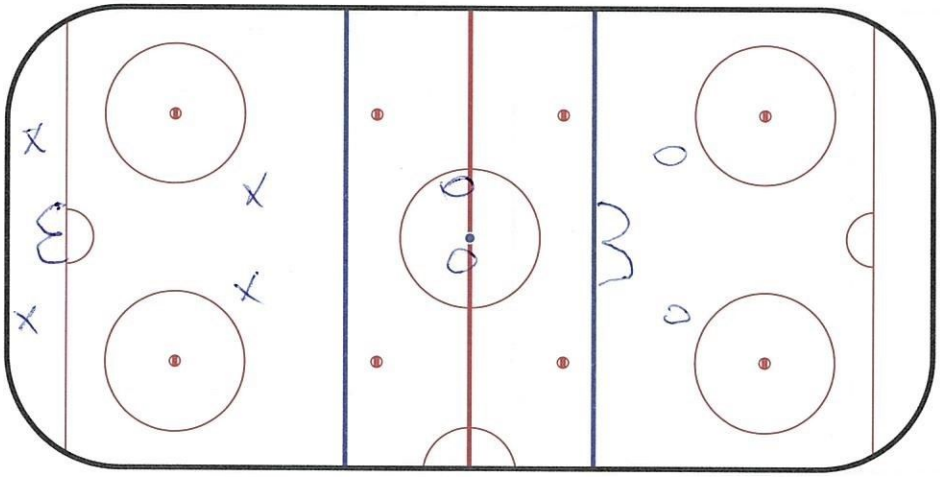


Spiel 2-2 im
zone Joker in die
ecke.
10 min



2-0 -> schnell umschalten in die mitte

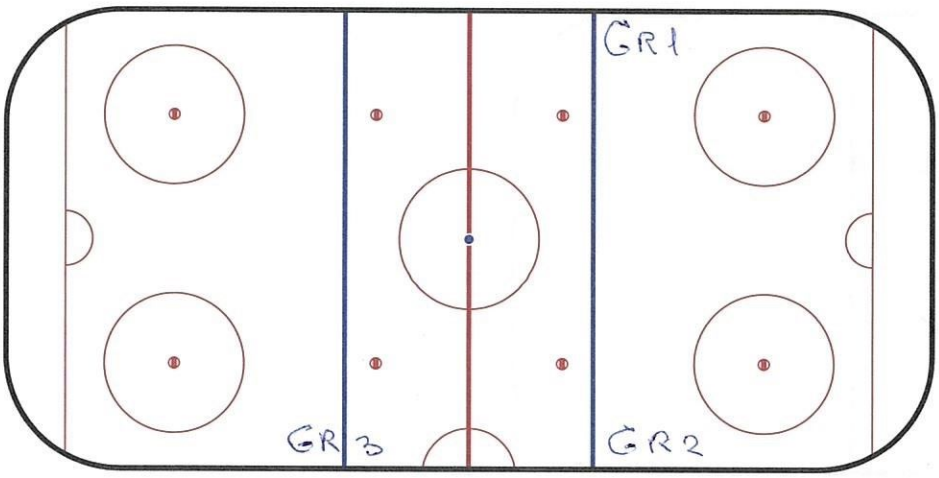
10 min



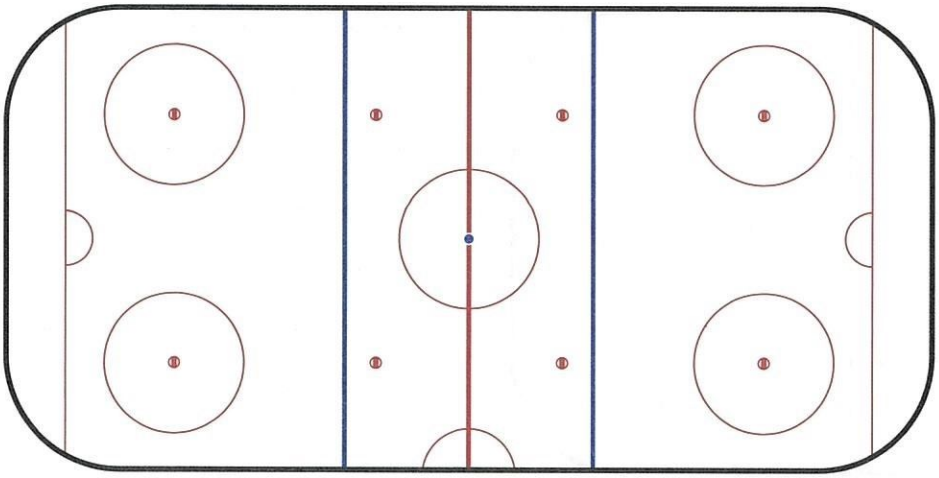
SPIEL 2-2 + 2

JOKER HINTEN eigene TOR -> 1 JOKER geht REIN NACH PASS HINTEN TOR -> AUTOMATISCH 3-2 -> mit BLAU AUFSEIN FÜR beide TEAM.

15 min



3 GR -> 2R -> 2R

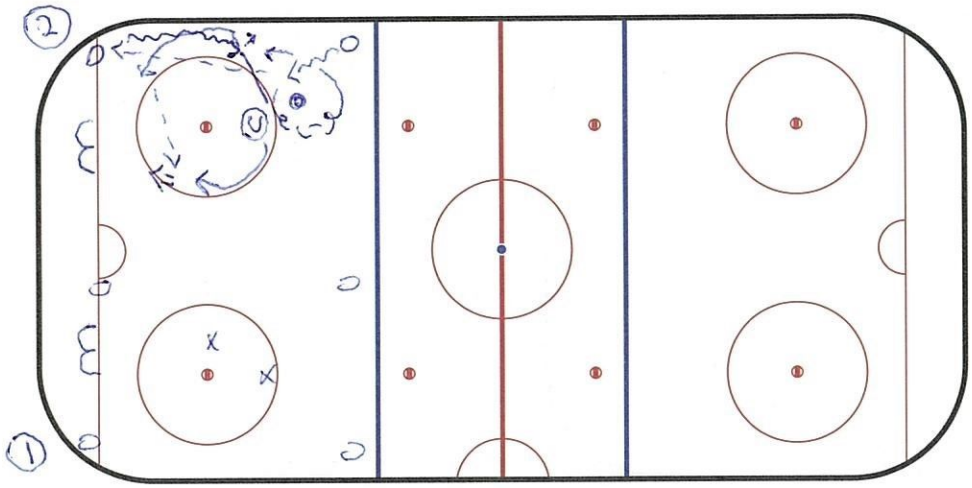


TEAM: U13 - U15 -> 16:00 - 17:00

DATUM: 5.9.2023.

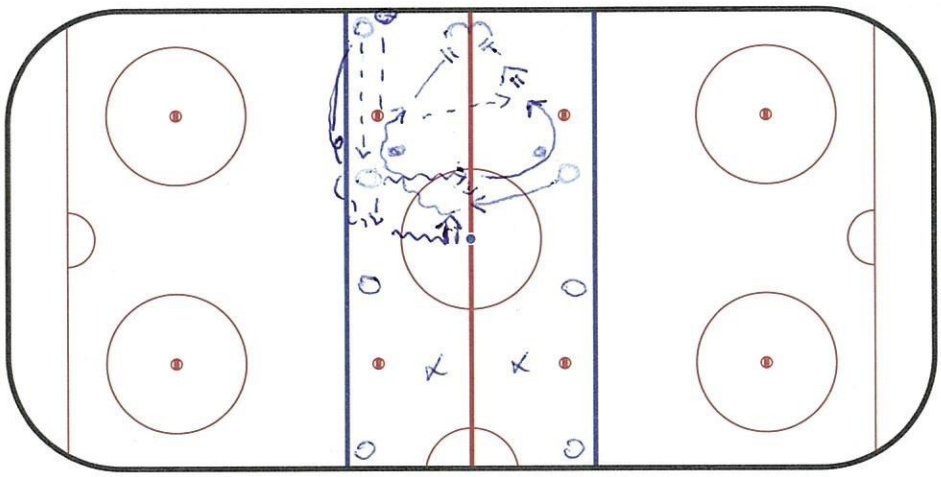
TRAINER: YURI, JÖRG, MARC, MAREK.

TRAININGSPLAN



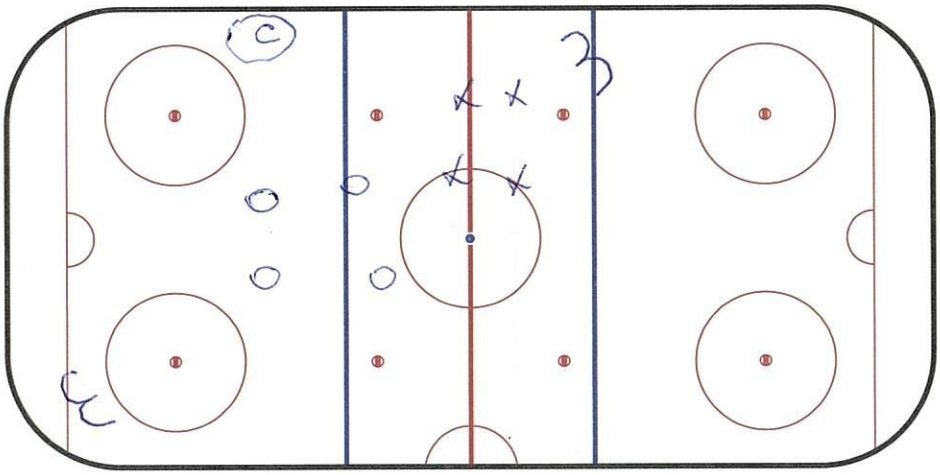
ST 1: Überzahl 4-2.
10 min

ST 2: 2-0 -> START von oben mit flip pass -> kreisen bei band
10 min

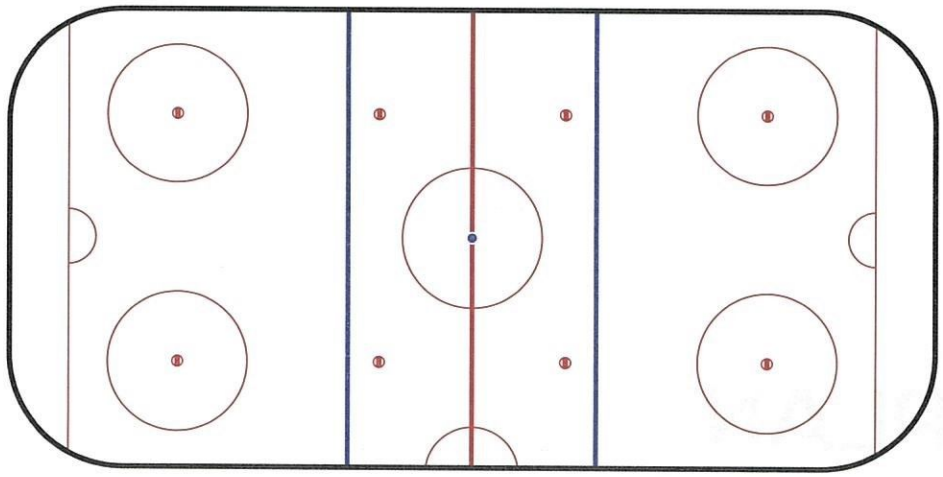


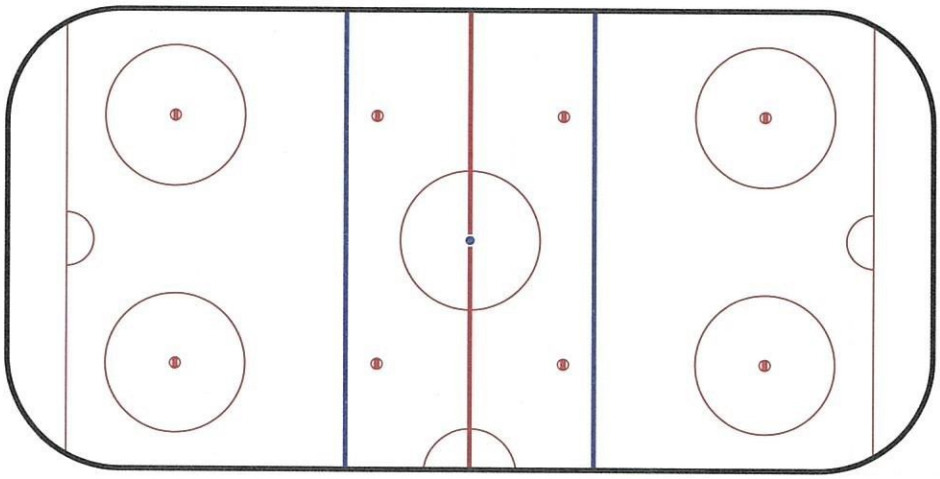
ST 3: 2-0 mit kreisen + verschieden variation schuss von oben und arbeit vor tor
10 min

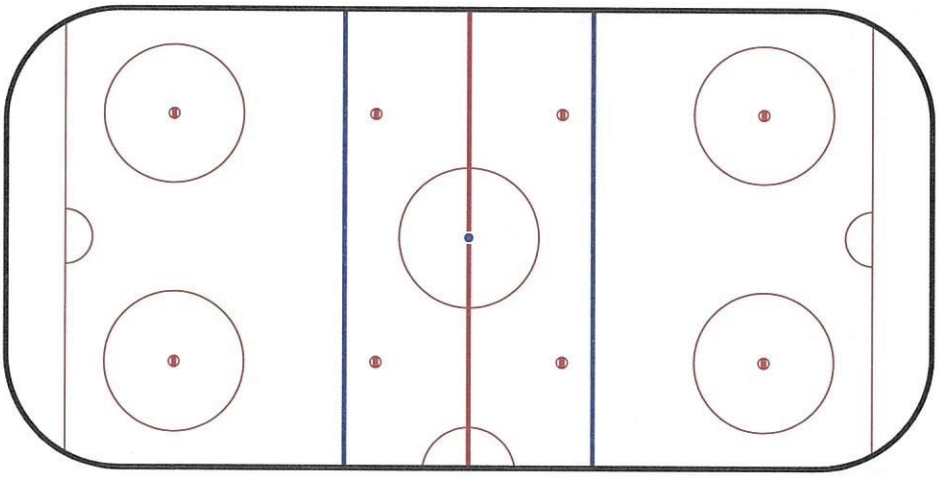
ST 4: Spiel 4:2 Überzahl ohne tor mit flip pass.
10 min

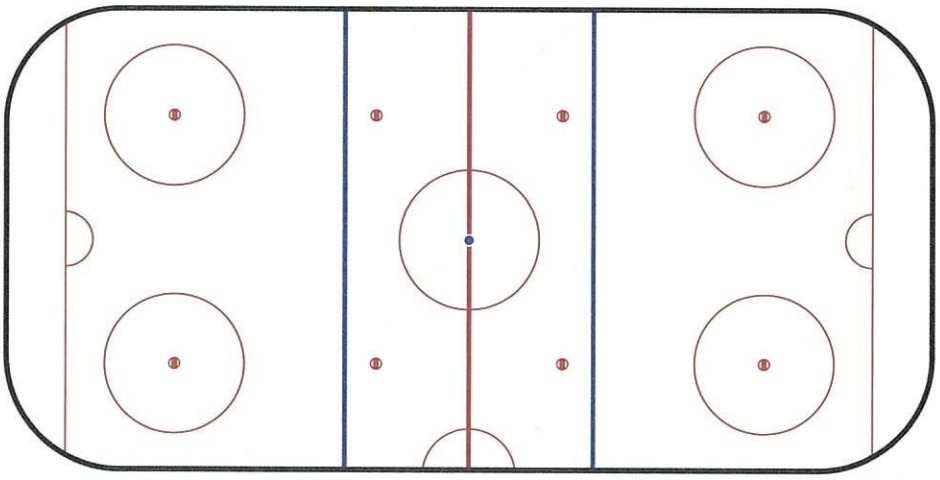


Spiel 4-4 (C) joker für beide
15 min









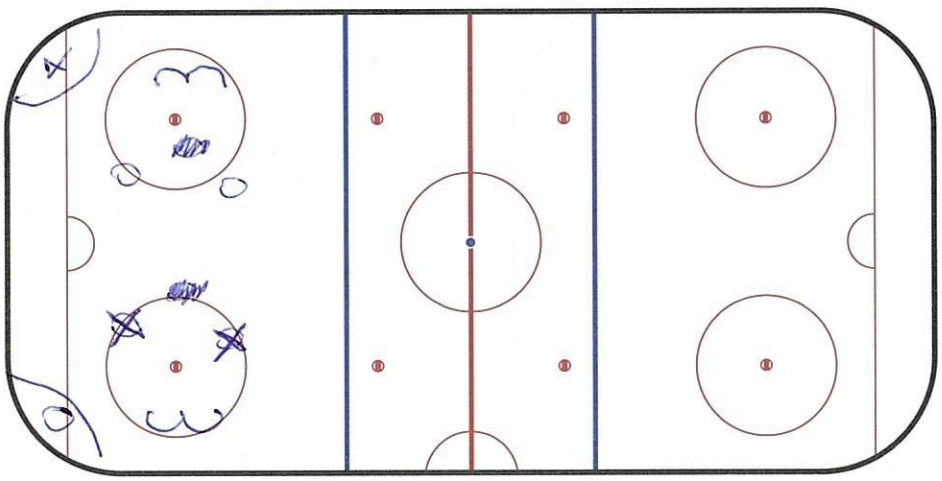
E.H.C. KLOSTERSEE

TEAM: U13, 15:50 - 16:50

DATUM: 6.9.2023

TRAINER: YURI

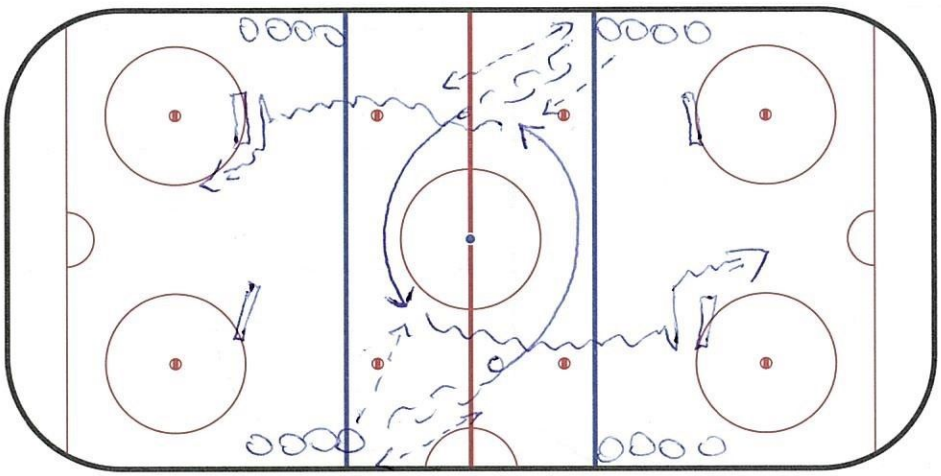
TRAININGSPLAN



Aufwärmen

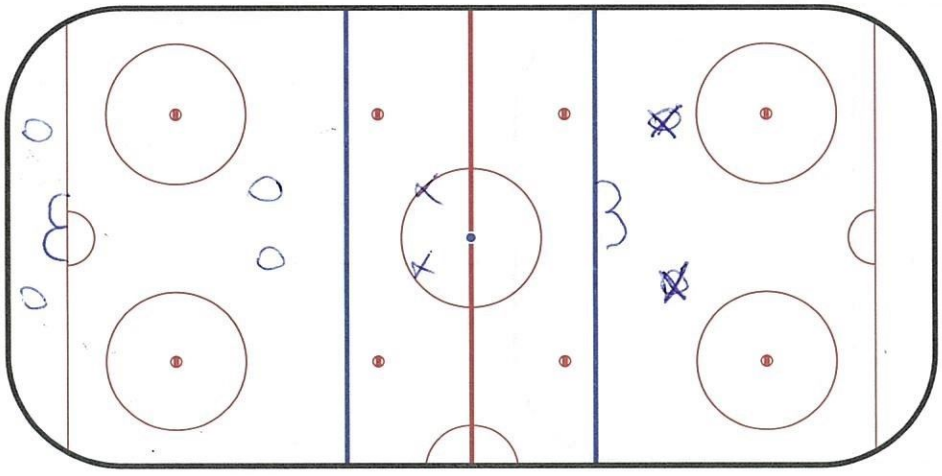
~~2-2~~ mit Joker im Ecke.

10 min



1-0 doppel Pass + Pass Annahme

10 min

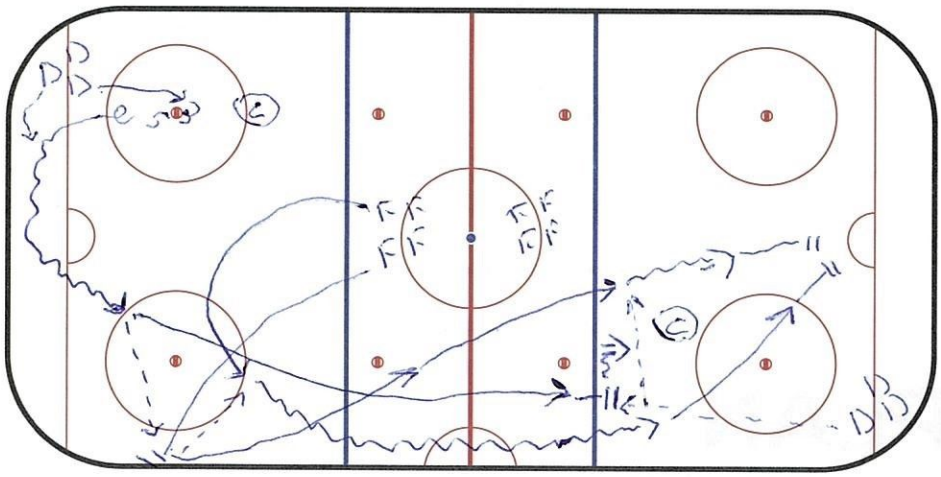


Spiel 2-2 + 2

→ Automatisch

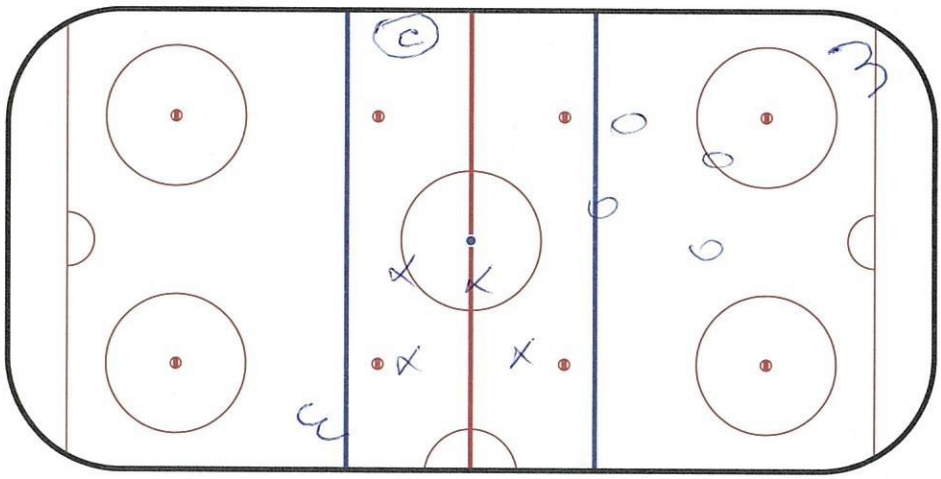
3-2 → ohne Wechsel

13 min



2-0 nach Pass von D

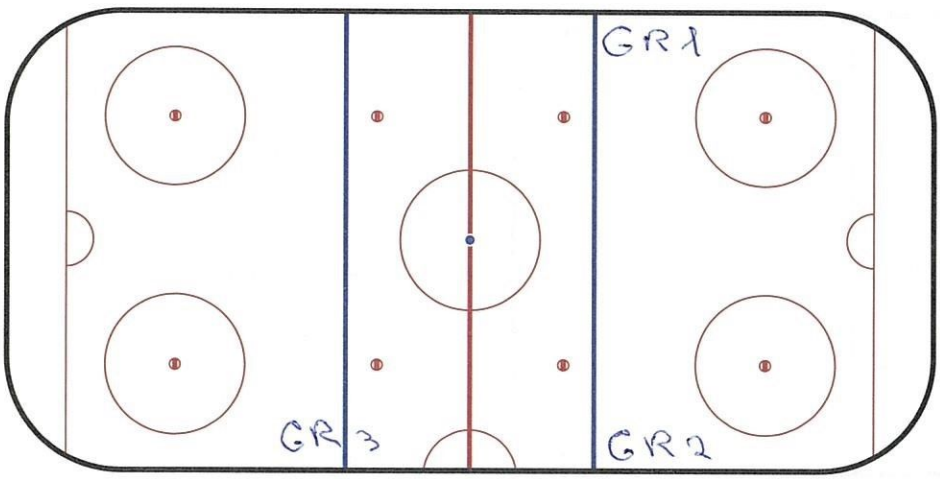
12-13 min



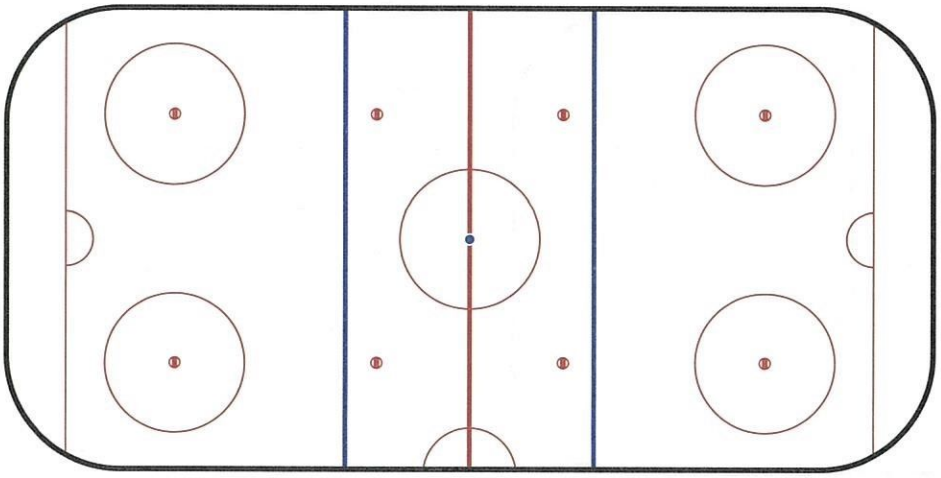
Spiel 4-4 →

→ TR Joker für beide

10 min



3 GR → 2 R → 2 R

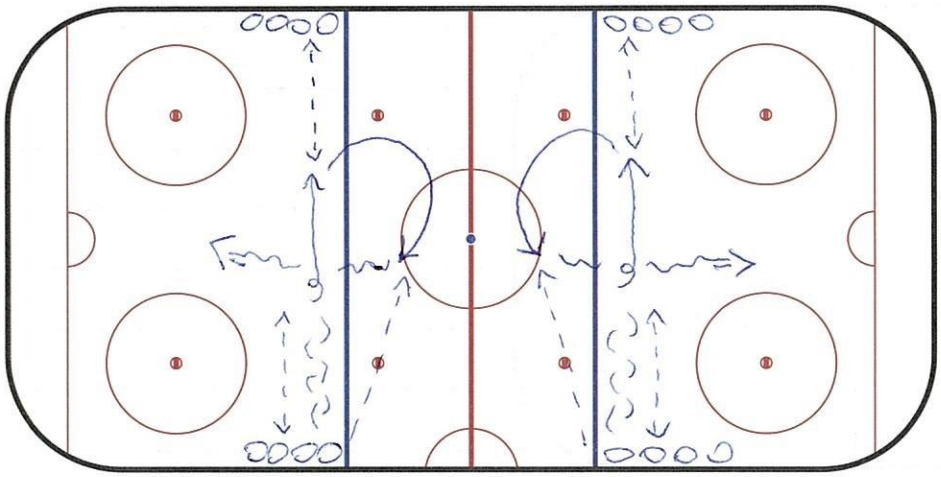


TEAM: U13, 15:45 - 16:40

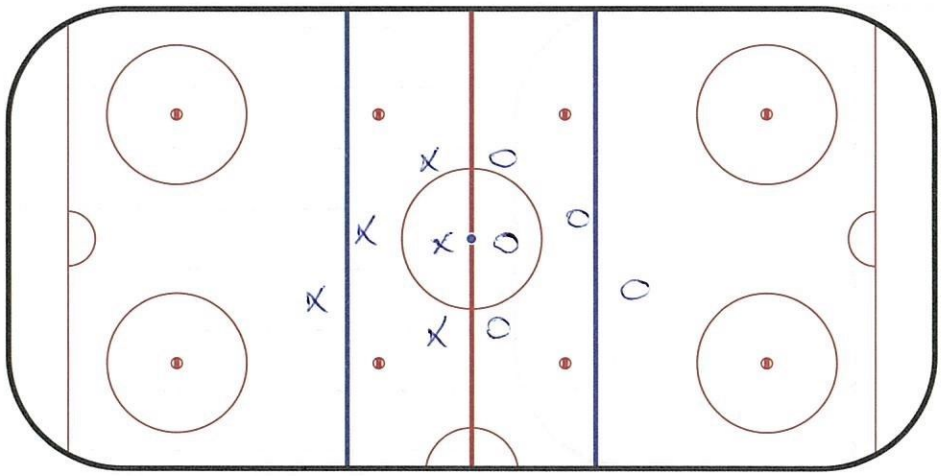
DATUM: 7.9.2023.

TRAINER: YURI

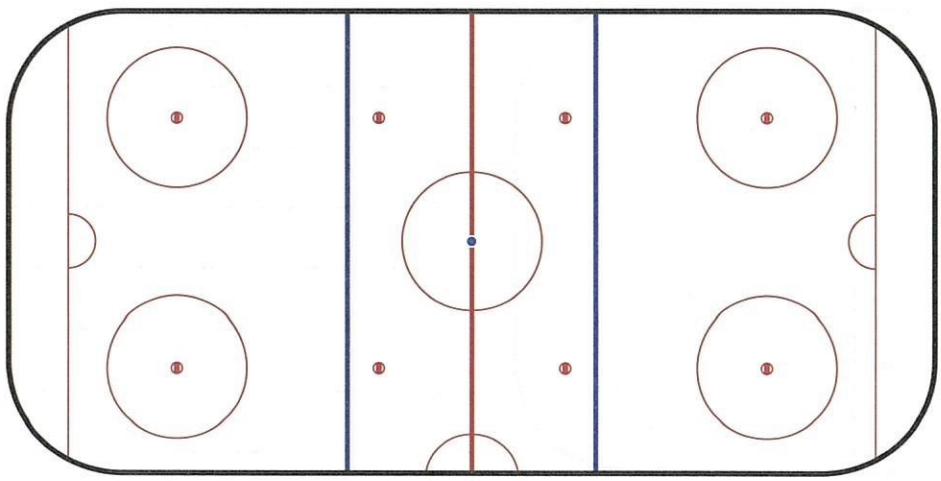
TRAININGSPLAN

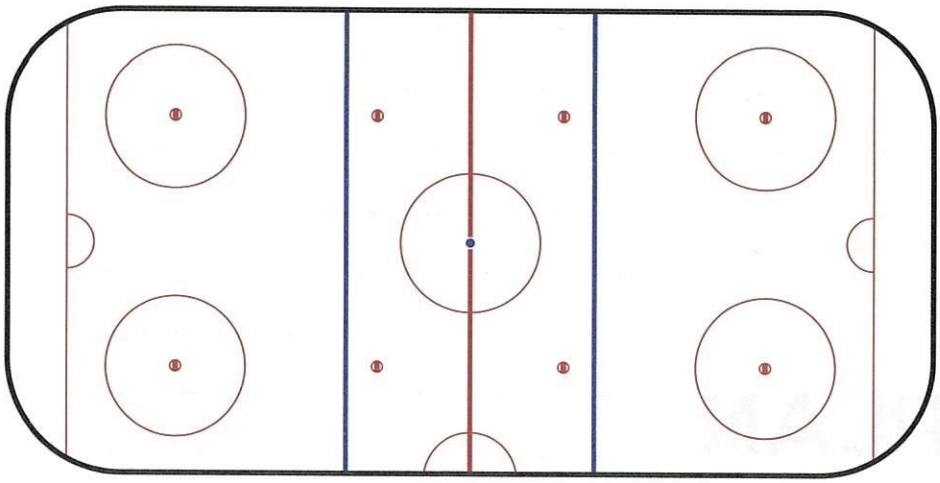


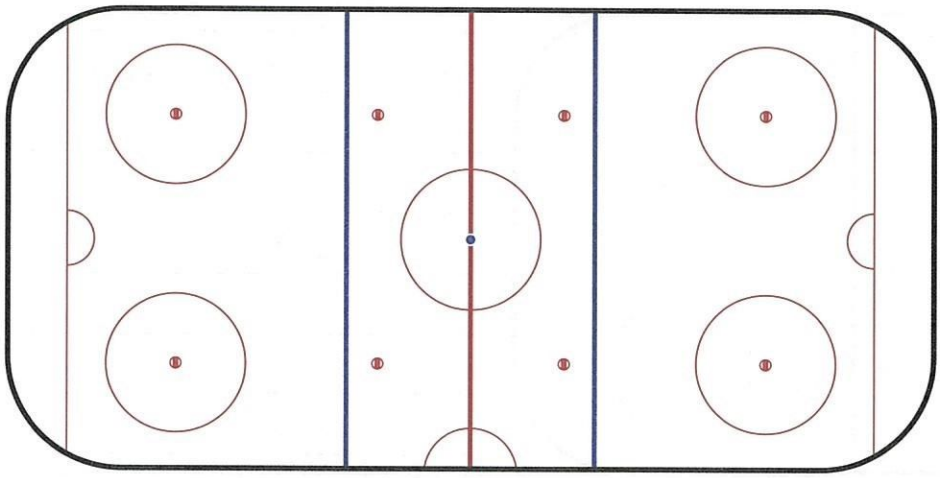
Aufwermen im 2 zonen 10 min

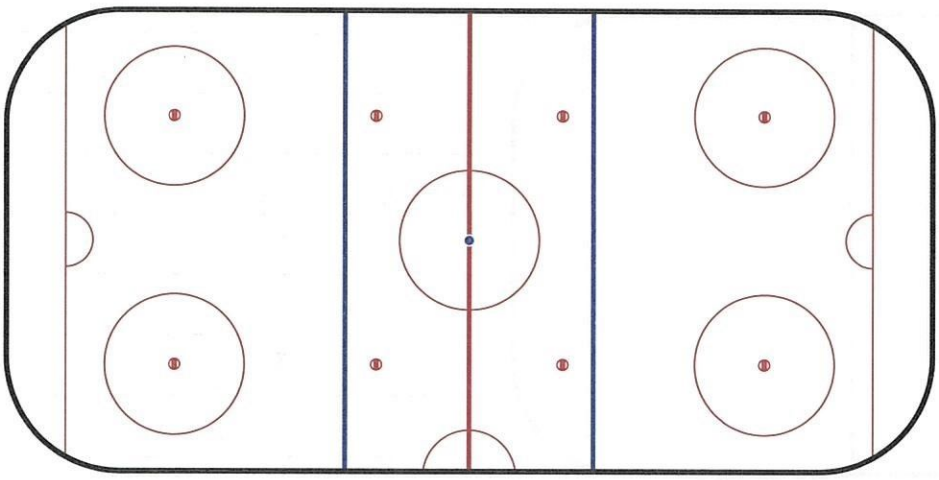


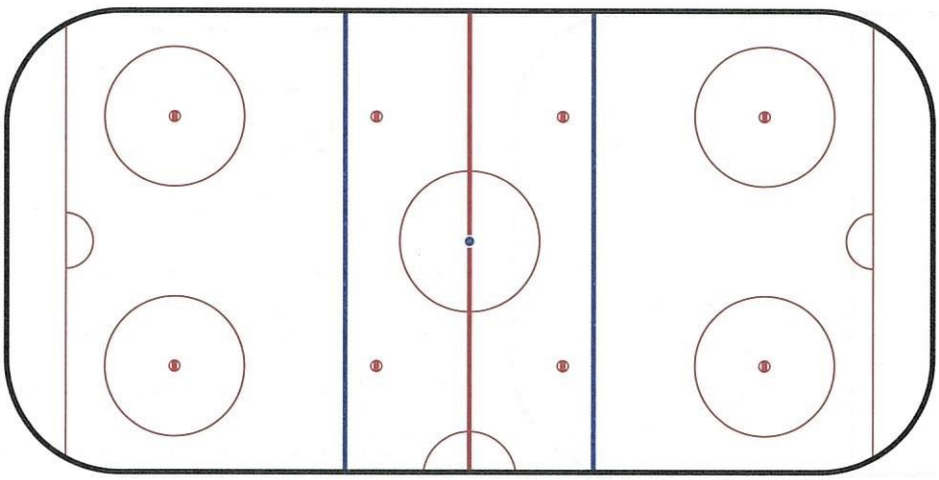
Spiel 5-5 ganze eis mit bully









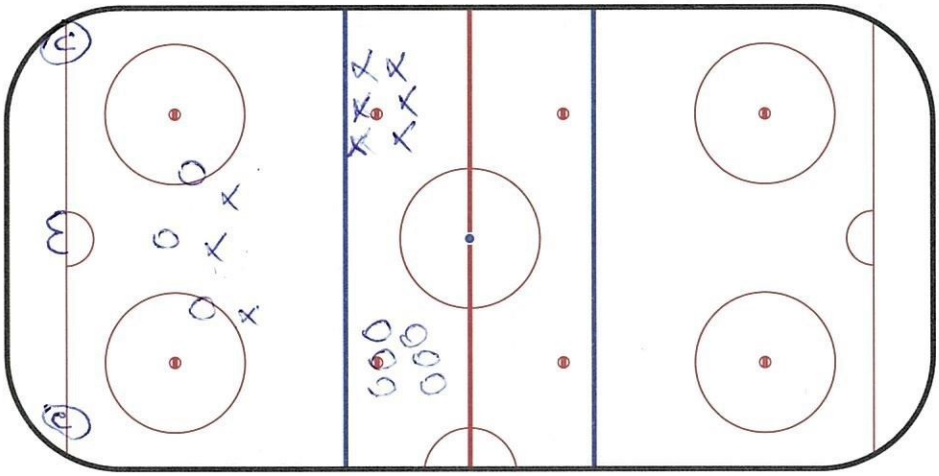


TEAM: U13, 16:30-17:30

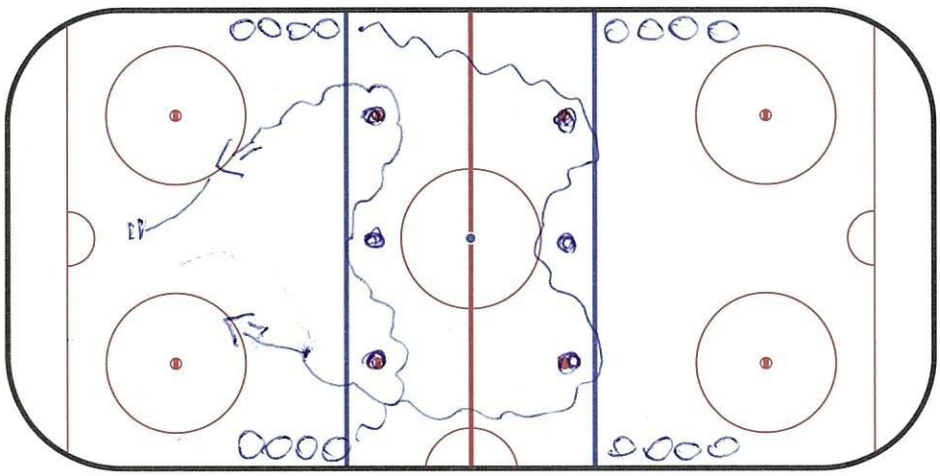
DATUM: 13.9.2021

TRAINER: YURI, JÜRG.

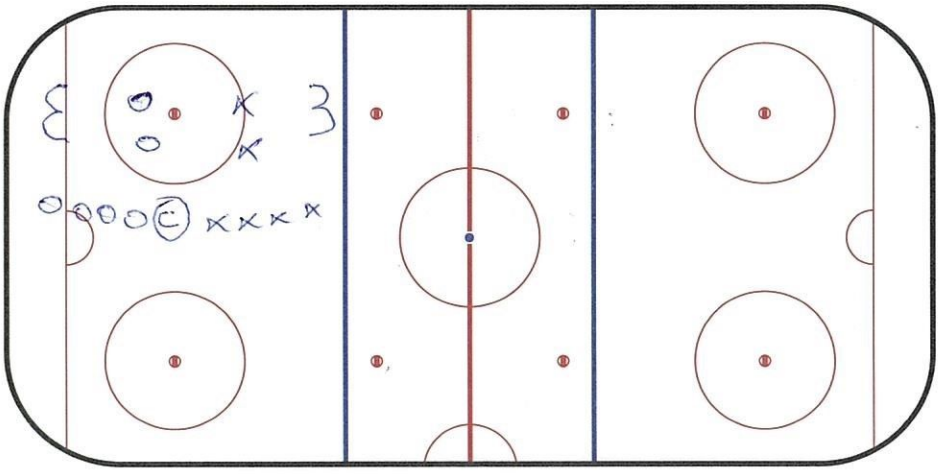
TRAININGSPLAN



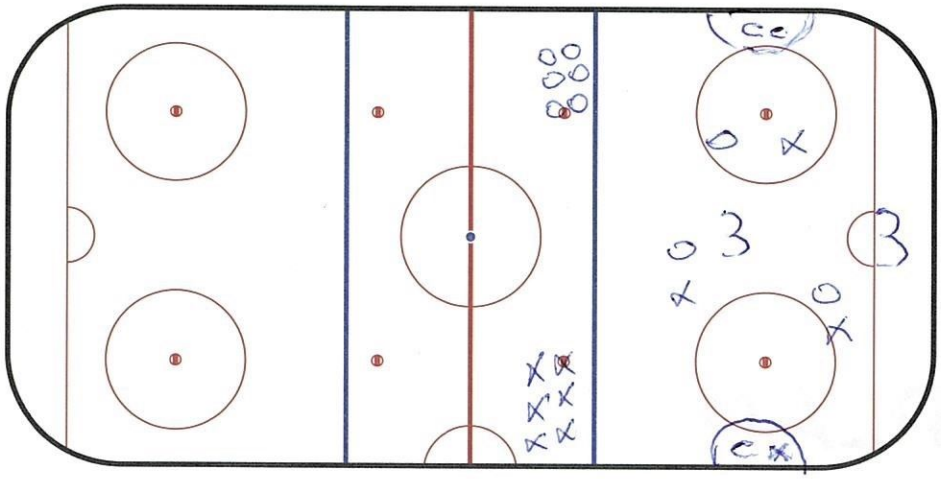
Aufwermen
Spiel 3-3 → 2 TR
im ecke JOKER FÜR
beide team → focus
jede sein man
12 min



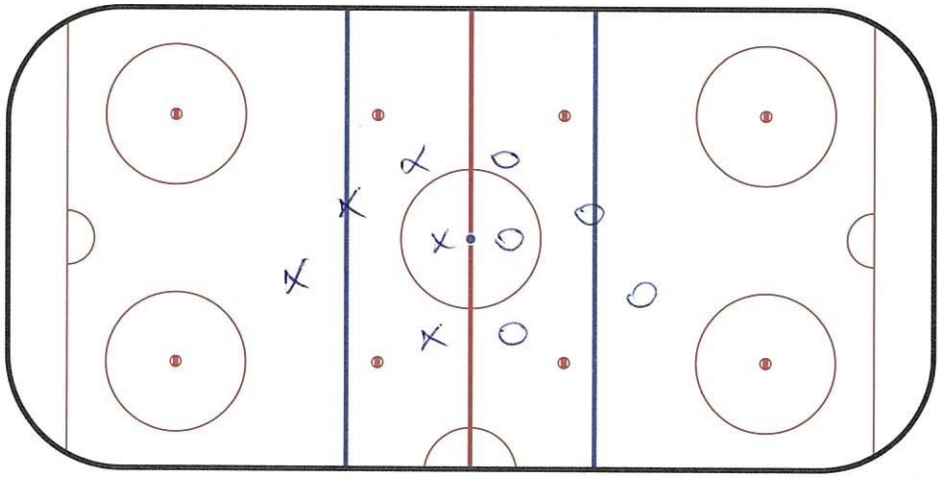
1-0 KURZE SEITE
LANGE SEIT → ARBEIT
VOR TOR nachschuss
10 min



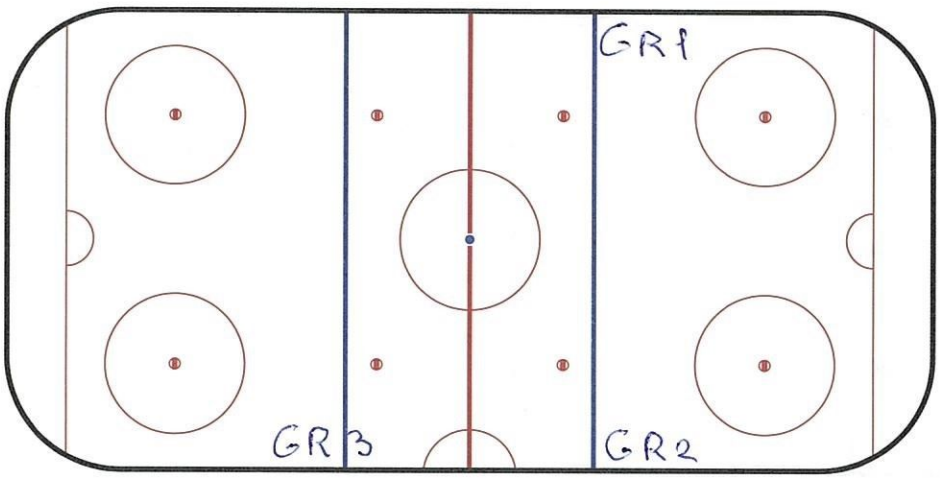
Spiel 2-2
10 min



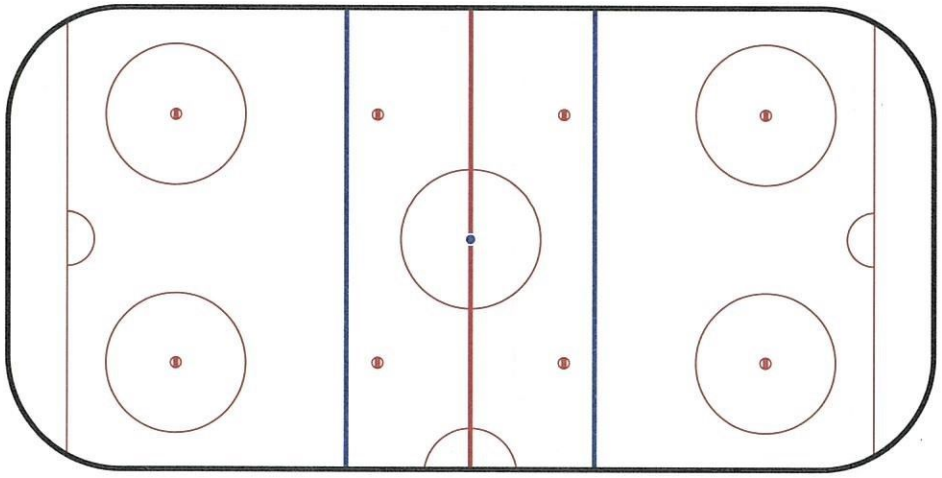
Spiel im Zone
3-3 → TR JOKER
für sein Team
10min



Spiel 5-5 ganze
eis mit BULLY
10min



3 gR → 2R - 2R

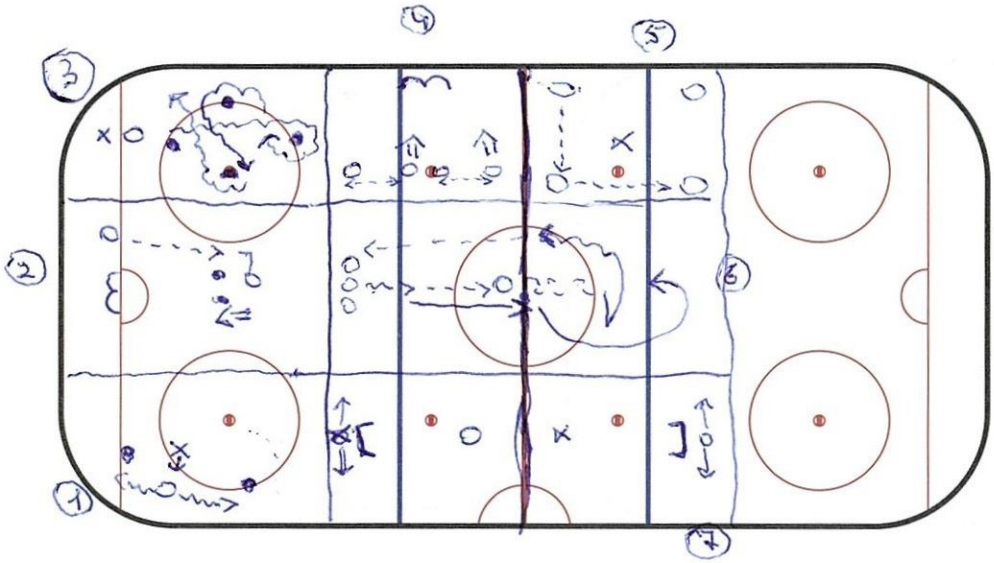


TEAM: U13-15. 16:20-17:20

DATUM: 12.9.2023.

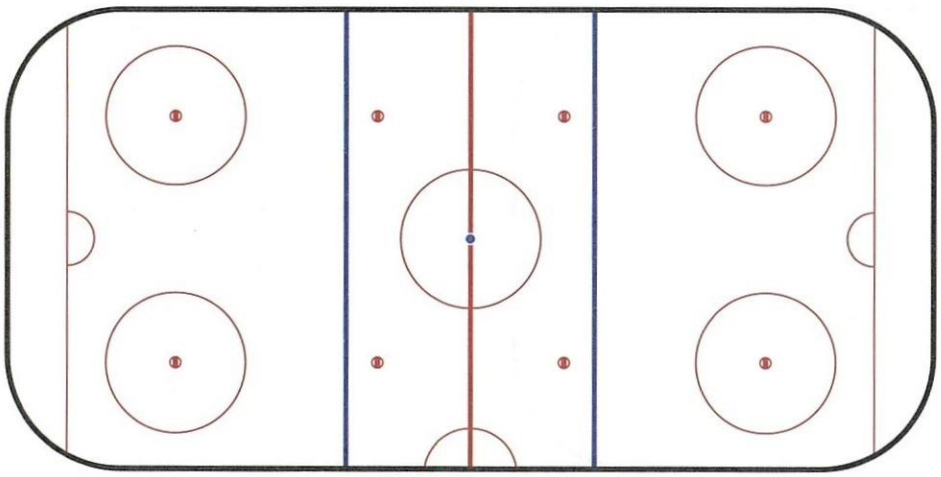
TRAINER: YURI, JÜRG, MARC, MAREK.

TRAININGSPLAN



ST 1: 1-1 PASSIVE DRUCK -> PUCK ABDECKUNG -> RÜCKEN NUTZEN -> NACH 8 SEK RAUS NEHMEN AUS ECKE, 7-8 min

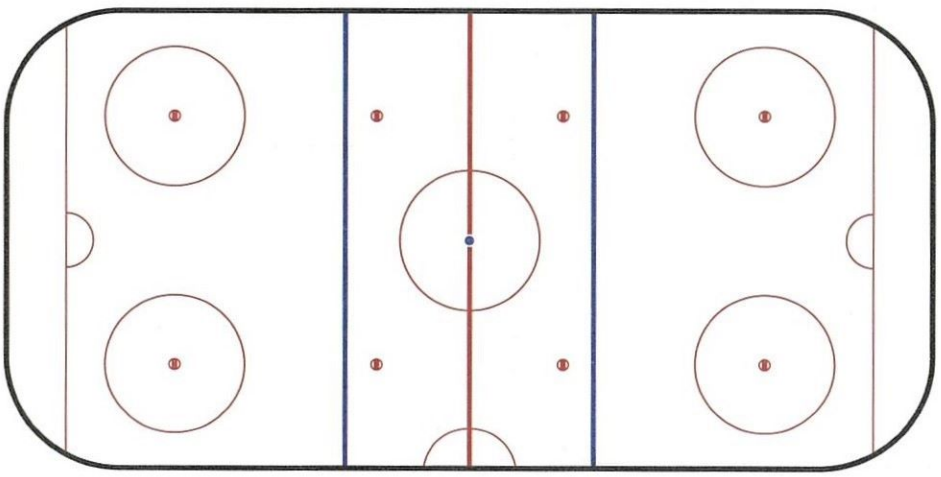
ST 2: SCHUSS ÜBUNG -> PUCK ANNAHME AUF RUCKHAND, SCHNELL BRING' AUF VORHAND -> SCHUSS 7-8 min



ST 3: PUCK KONTROL -> -> CANADIA. (ZU 2) 7-8 min

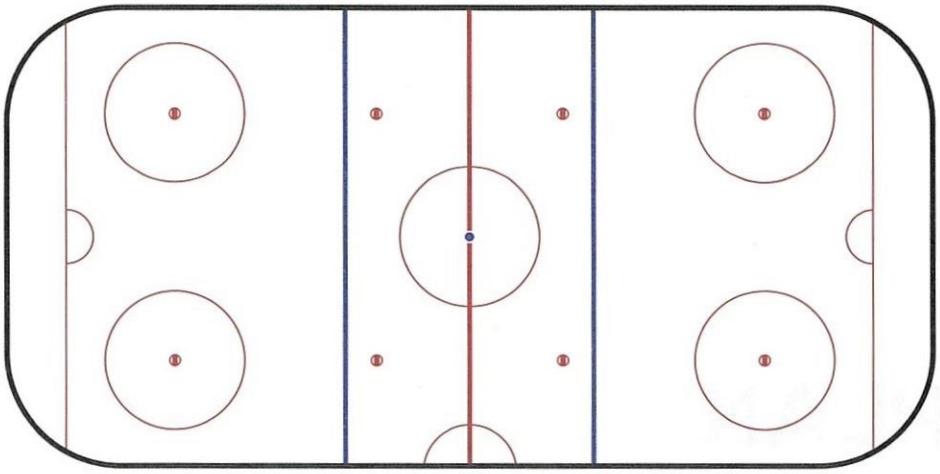
ST 4: DIREKT SCHUSS 7-8 min

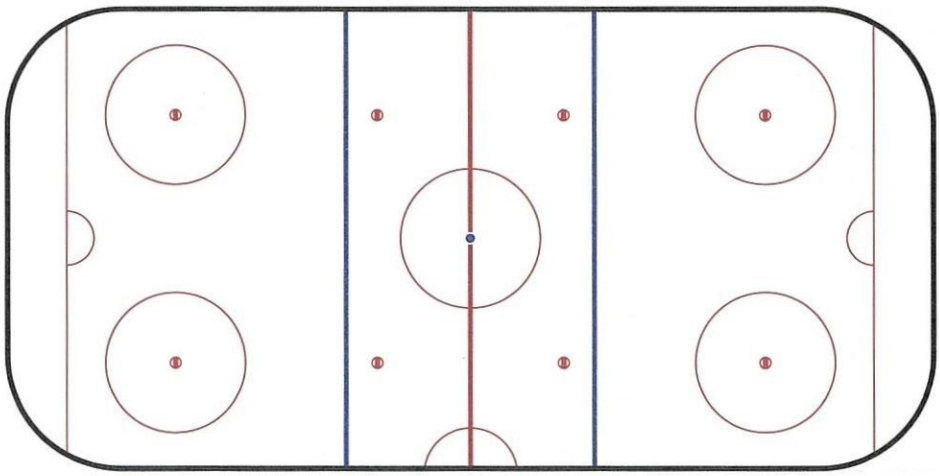
ST 5: SPIEL 4-1 BENUTZEN FLIPP PASS 7-8 min

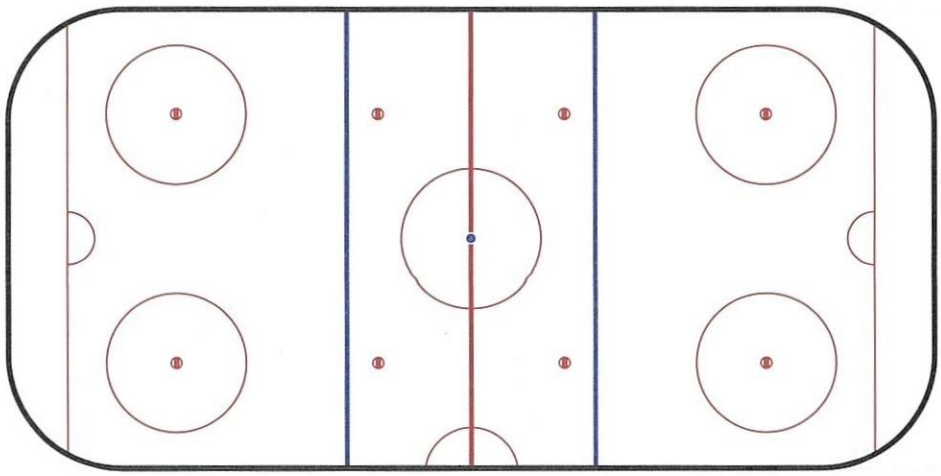


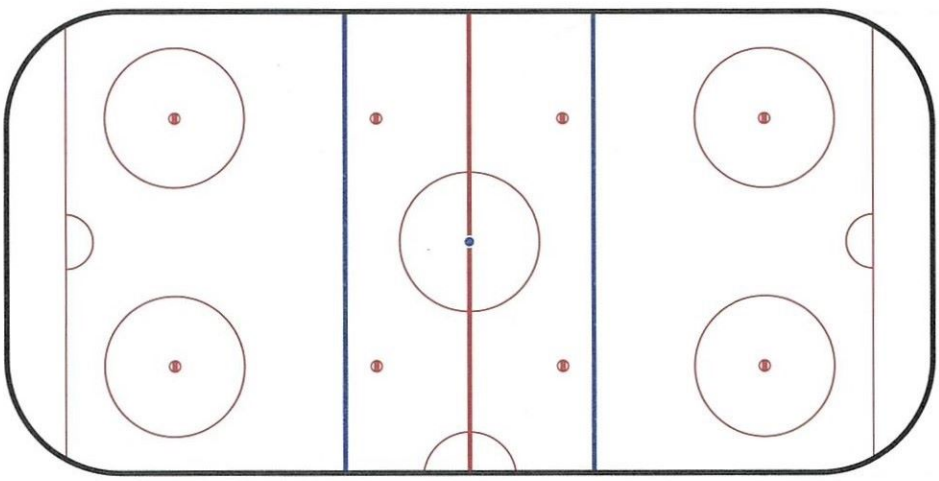
ST 6: NACH PASS UND PASSIVE DRÜCK, RÜCKWERZ TEUSCHUNG -> RAUS NEHMEN VORWERZ UND PASS, 7-8 min

ST 7: SPIEL 1-1 AUF KLEINE TORE MIT EIN OFFENSIV JOKER HINTEN TOR 7-8 min







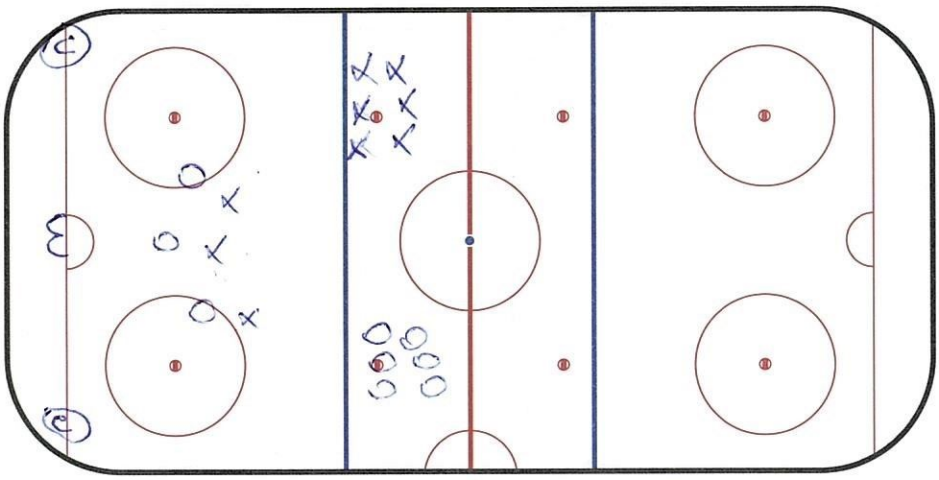


TEAM: U13, 16:30-17:30

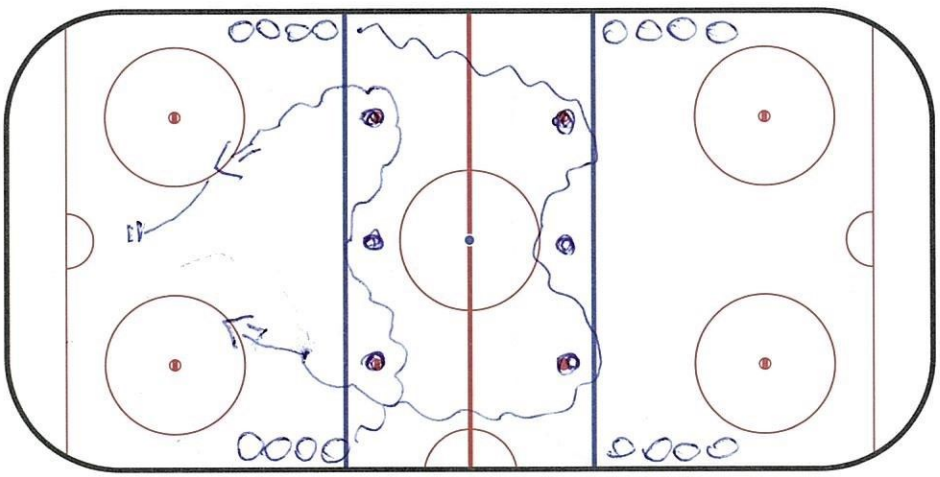
DATUM: 13.9.2024

TRAINER: YURI, JÜRG.

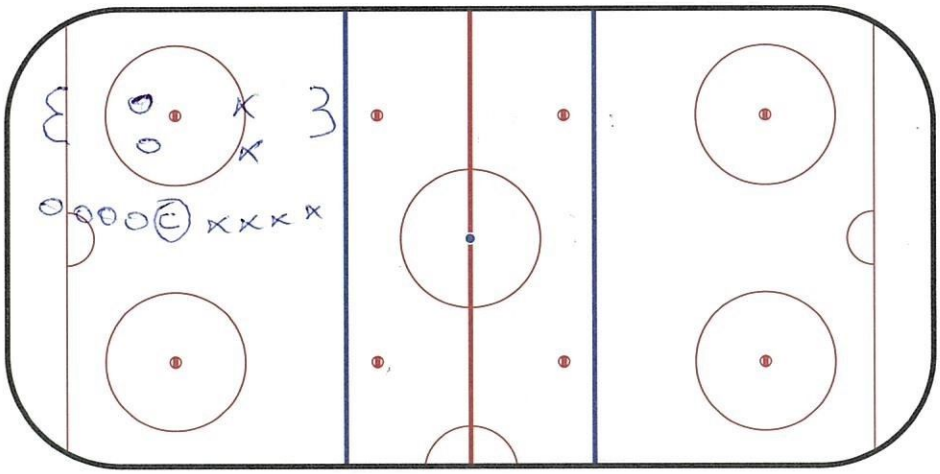
TRAININGSPLAN



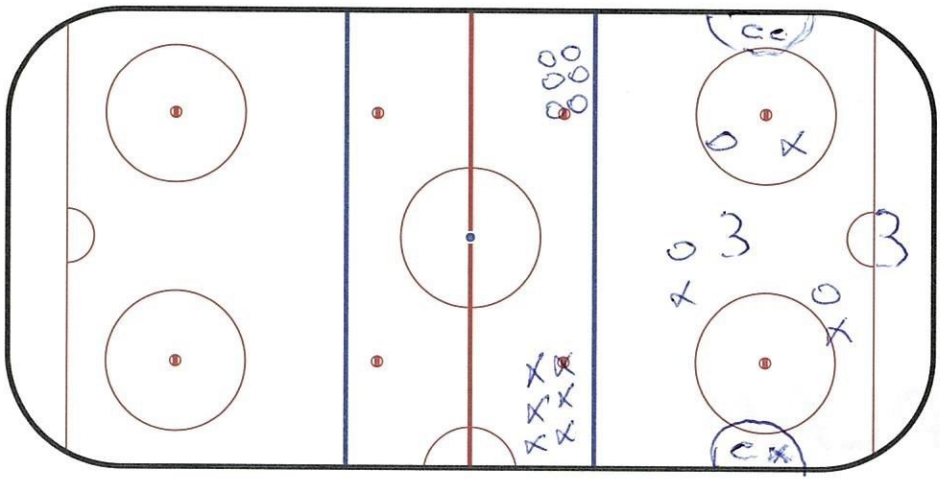
Aufwermen
Spiel 3-3 → 2 TR
im ecke JOKER FÜR
beide team → focus
jede sein man
12 min



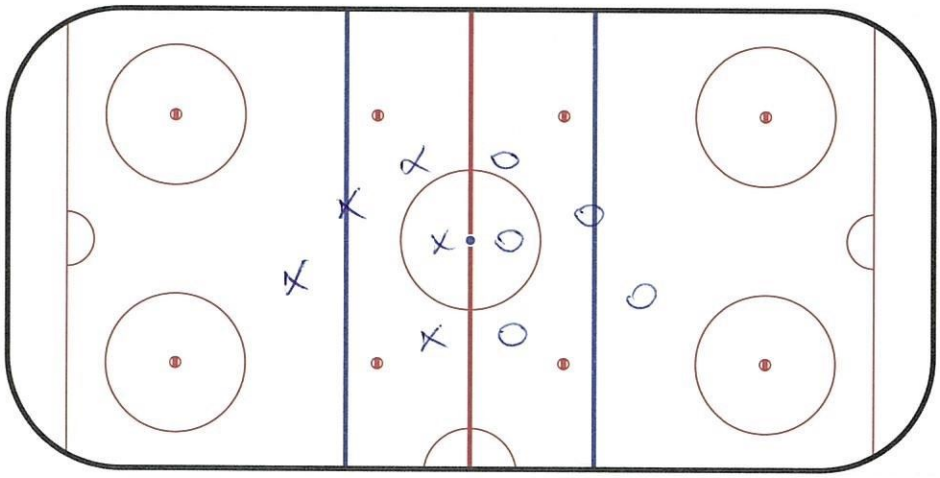
1-0 KURZE SEITE
LANGE SEIT → ARBEIT
VOR TOR nachschuss
10 min



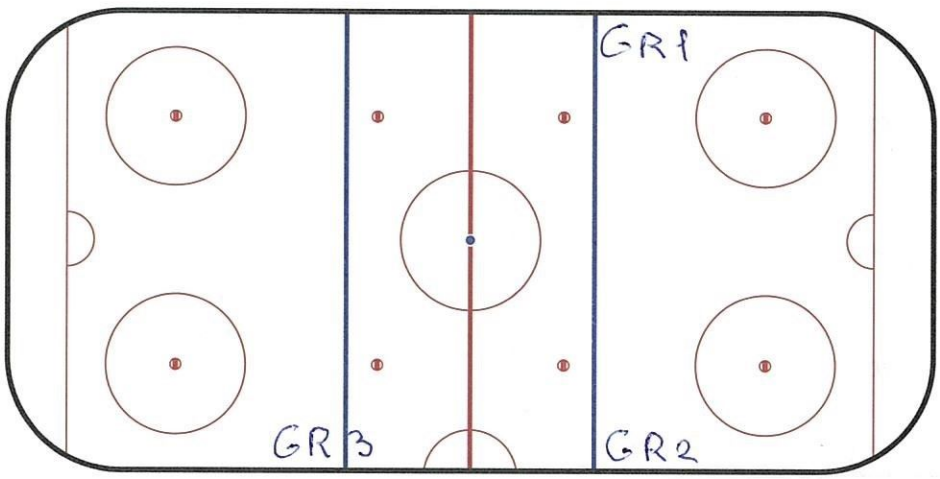
Spiel 2-2
10 min



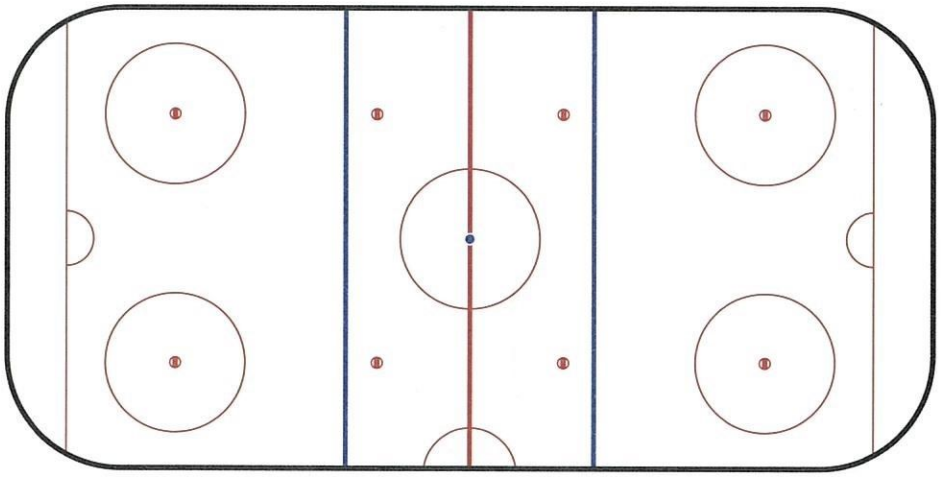
Spiel im Zone
3-3 → TR Joker
für sein Team
10 min



Spiel 5-5 ganze
Eis mit Bully
10 min



3 gR → 2R - 2R

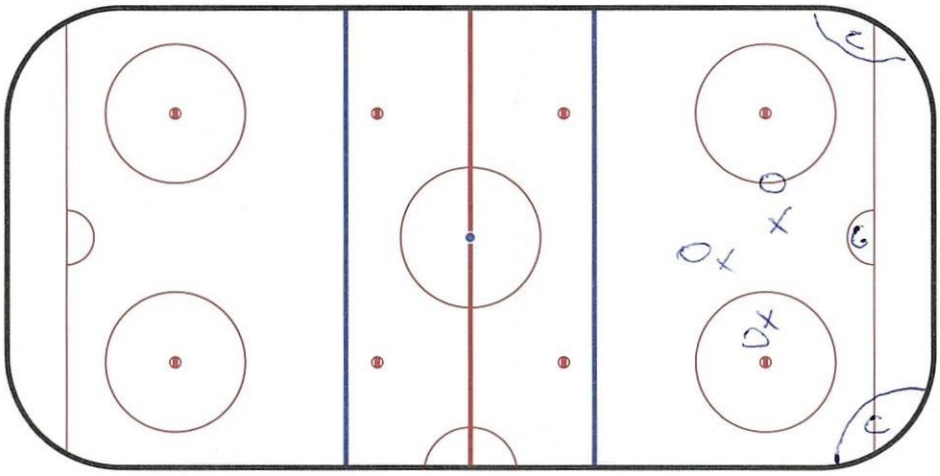


TEAM: U13, 15:30-16:30

DATUM: 15.9.2023

TRAINER: Yuri, Jürg.

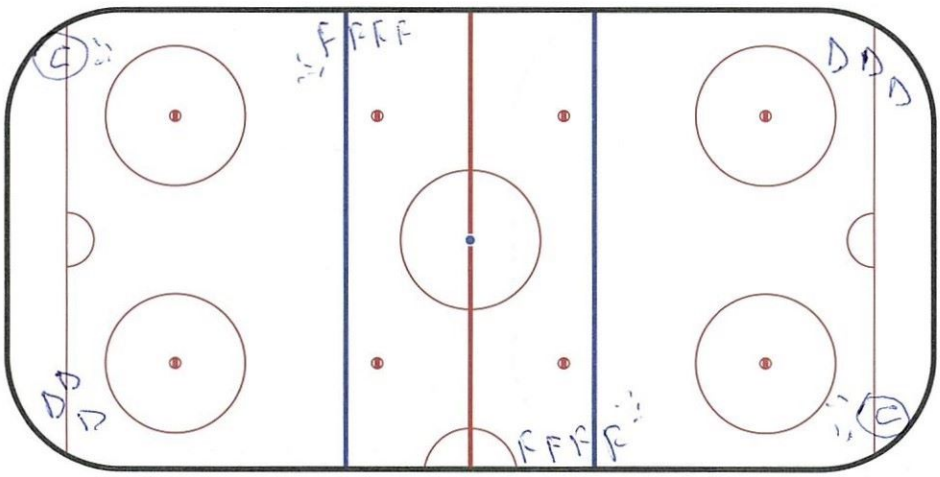
TRAININGSPLAN



Spiel 3-3 → 2 TR

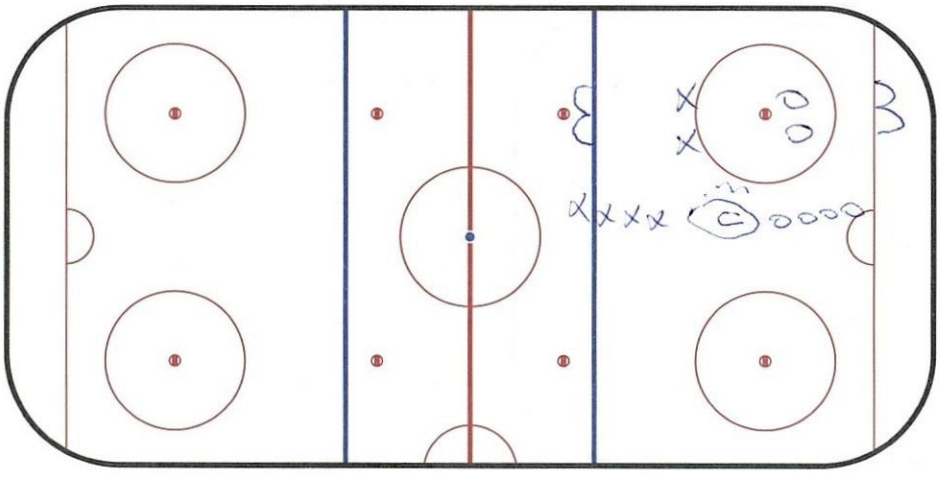
Joker unten.

12 min



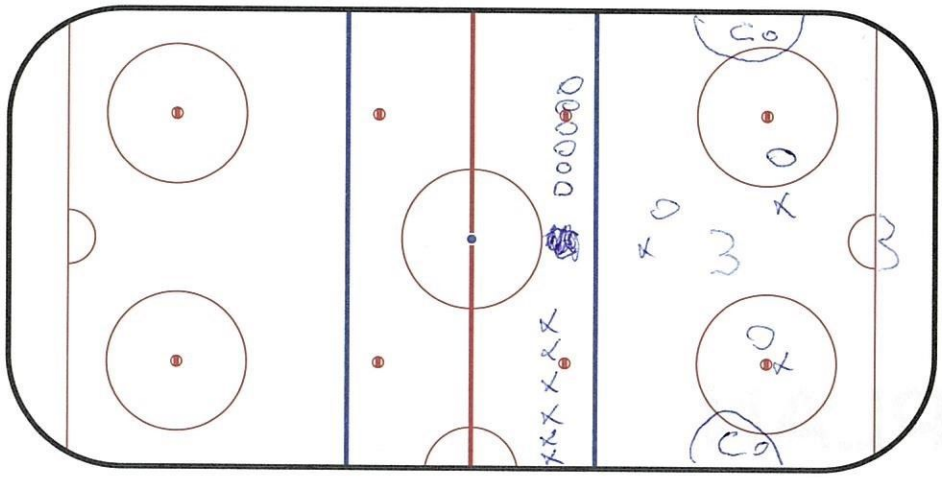
1-0 → F-D Arbeit

12 min

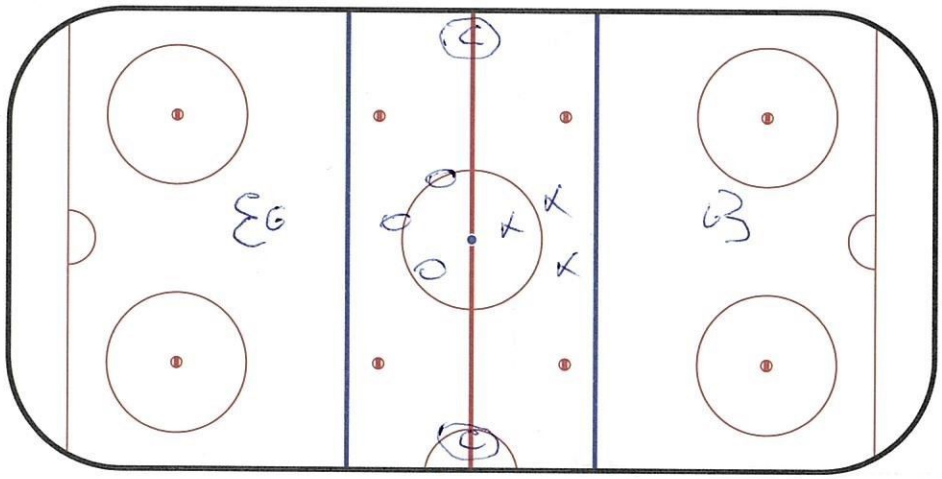


2-2 KL PLATZ

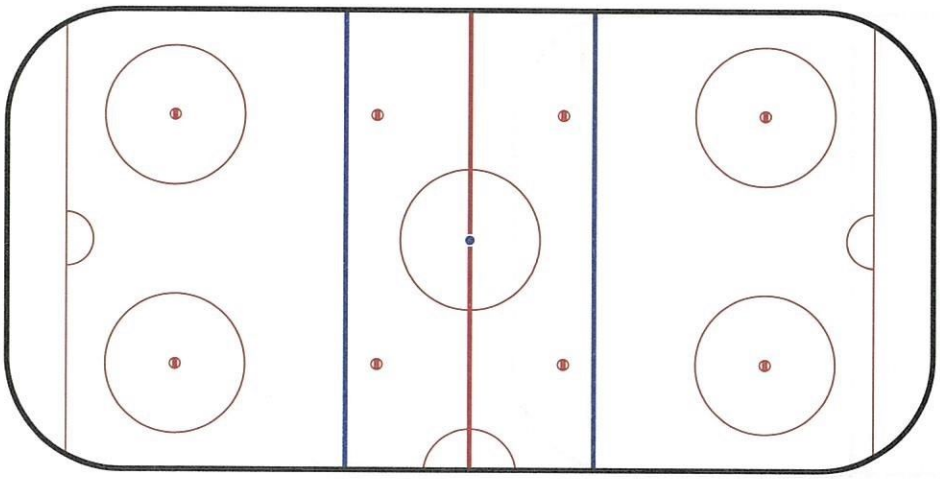
10 min

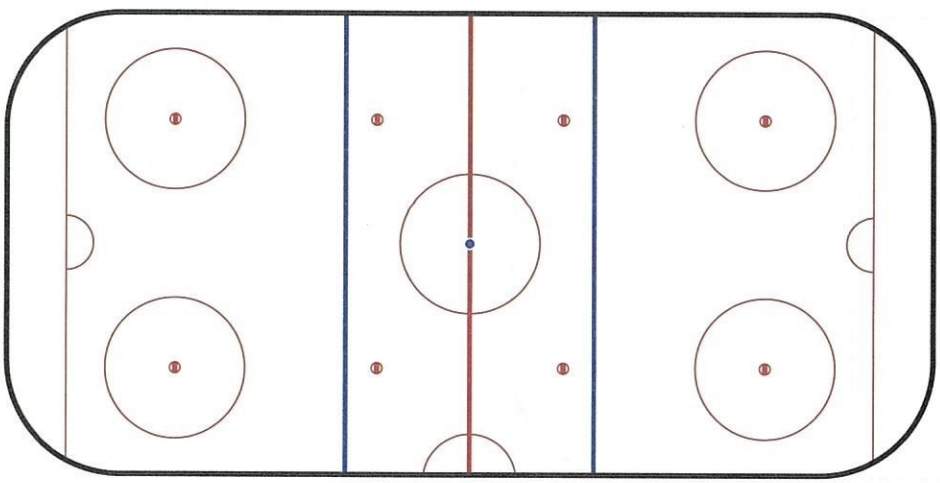


Spiel im Zone
3-3 → TR Joker
für sein Team
12 min



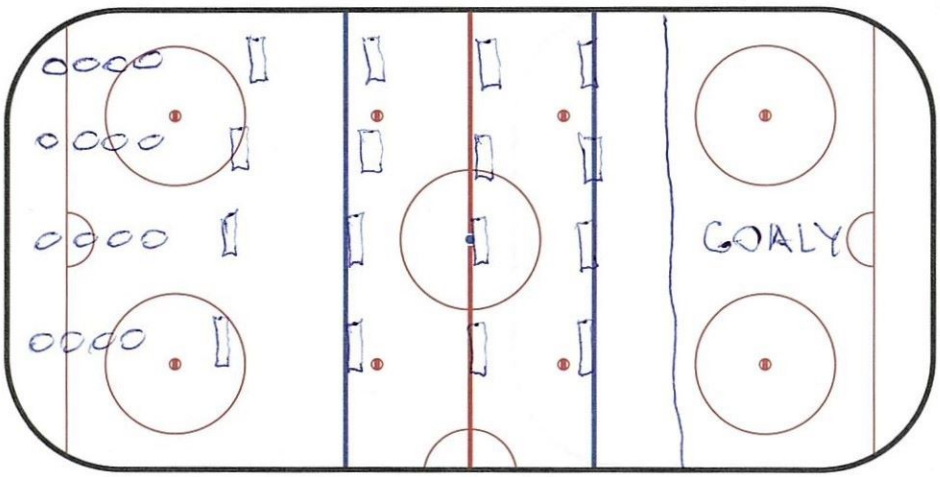
Spiel 40x30 →
3-3 → 2 TR Joker
für ~~beide~~ Team
12 min



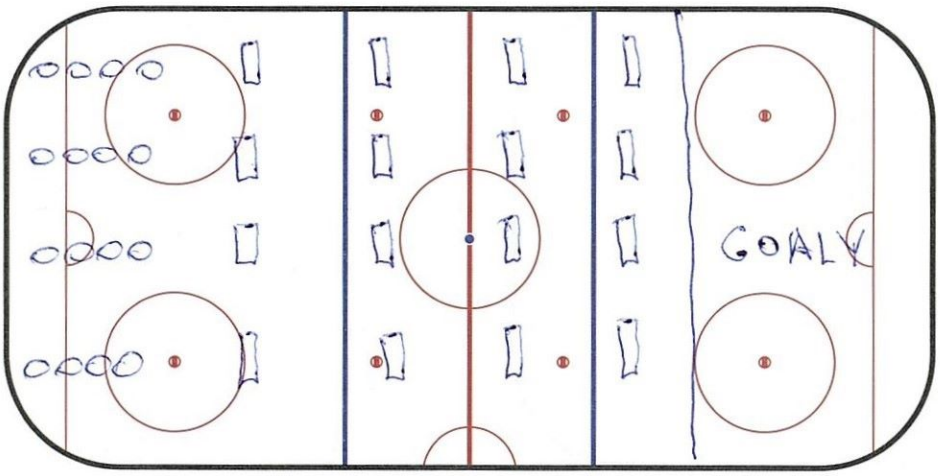


TEAM: U13 → 15:10 - 16:10
U15 → 16:20 - 17:20
DATUM: 13.9.2023
TRAINER: YURI

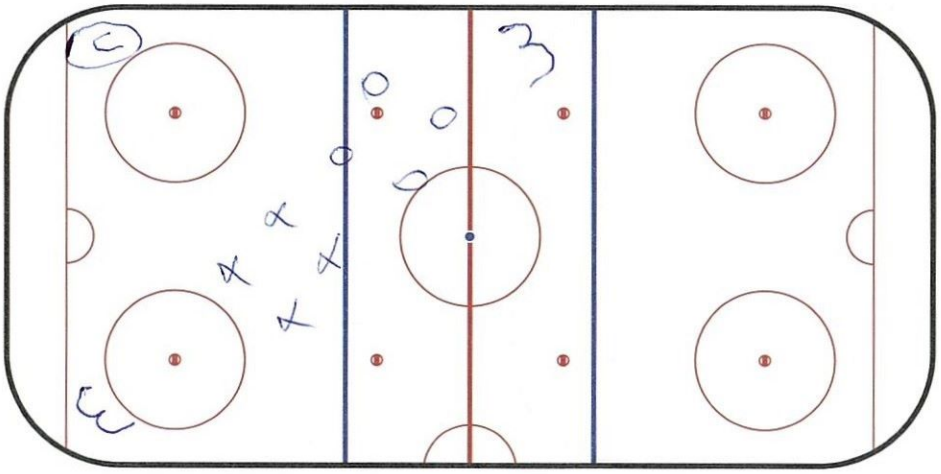
TRAININGSPLAN



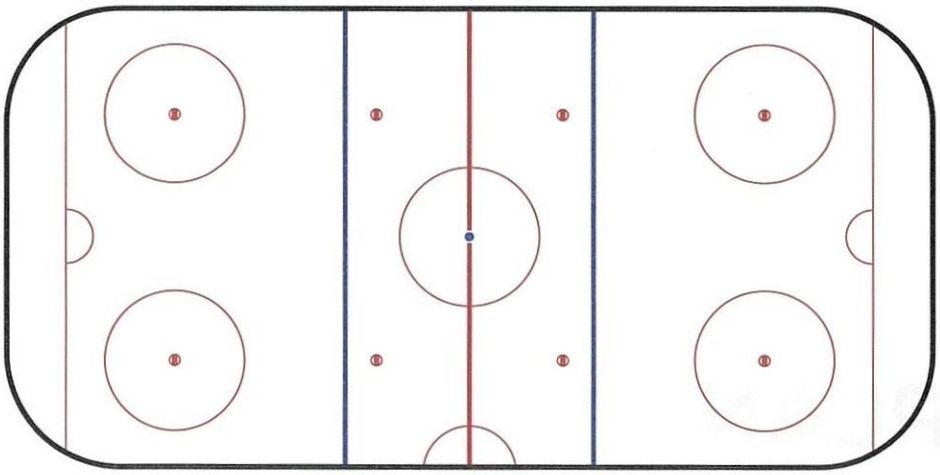
Eislaufen
20min

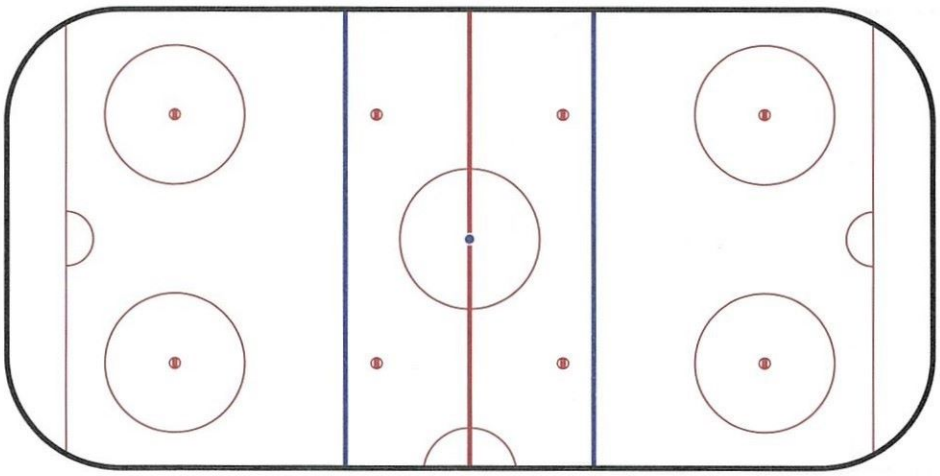


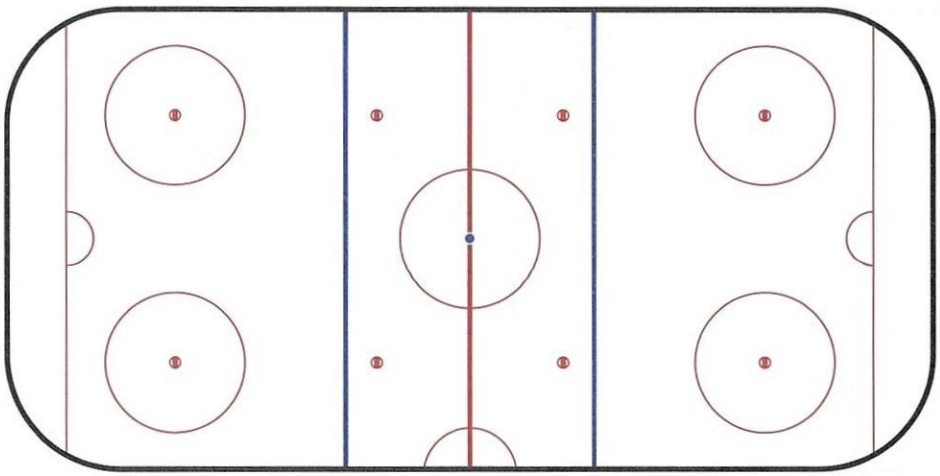
Puck kontrol
20min

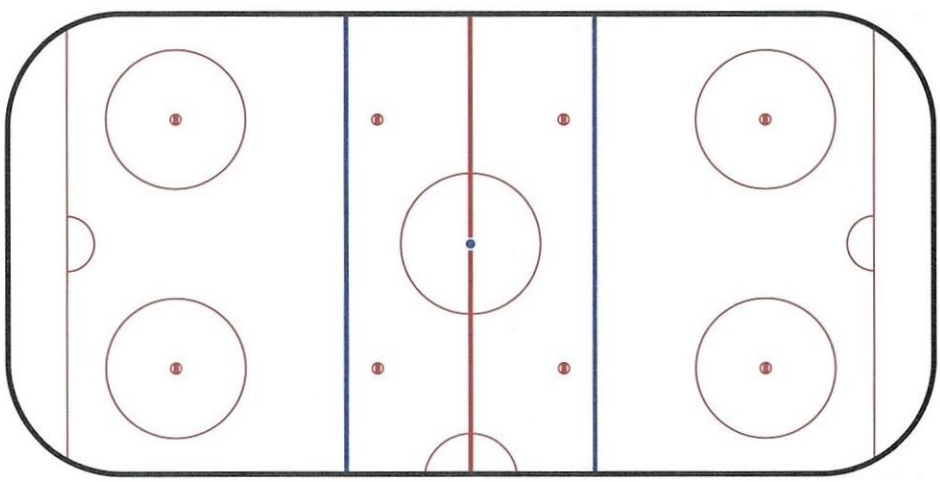


Spiel 4-4 TR Joker
15min







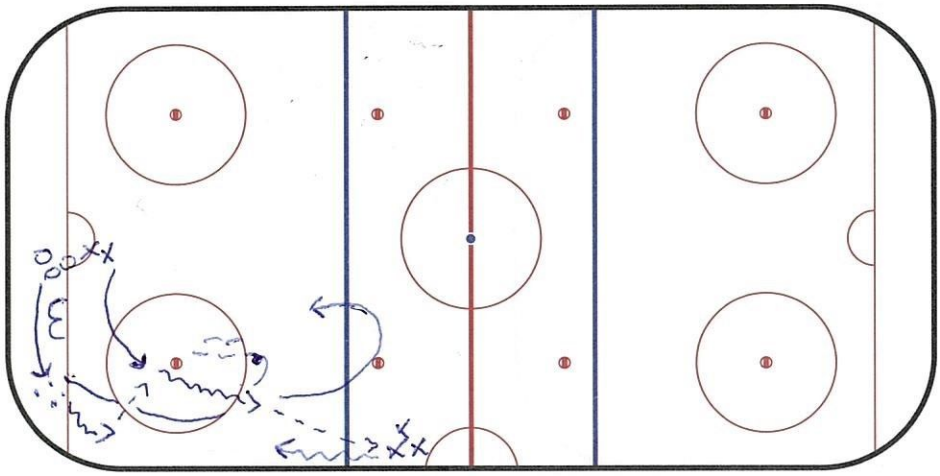


TEAM: U13-U15, 16:20-17:20

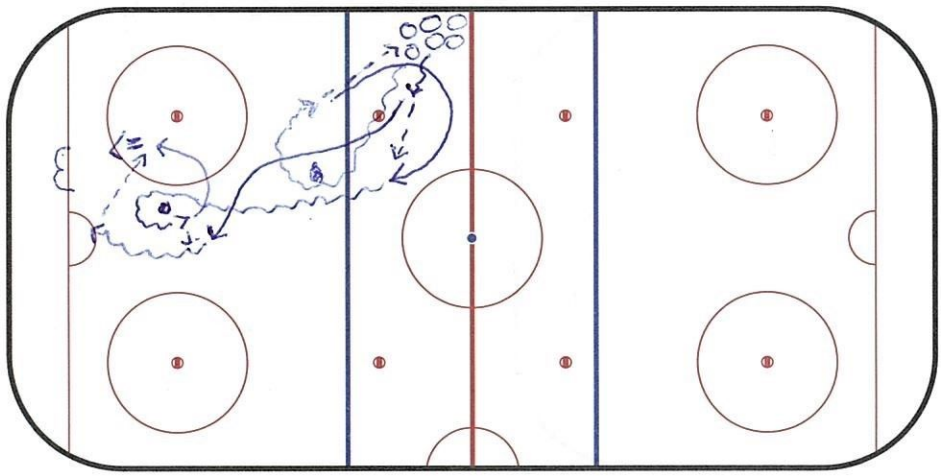
DATUM: 19.9.2023.

TRAINER: YURI, JÜRG. MAREK.

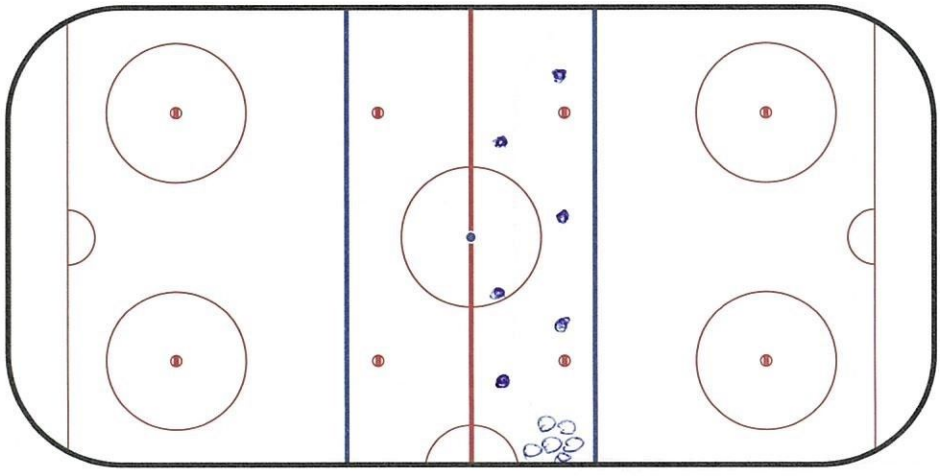
TRAININGSPLAN



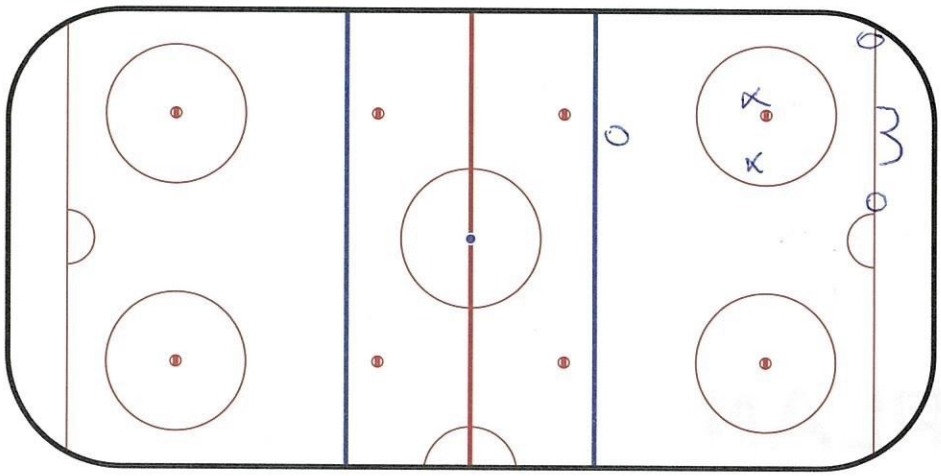
ST 1: 2-1 mit reiming
8min



ST 2: 2-0 nach PASS mit KREISEN.
8min

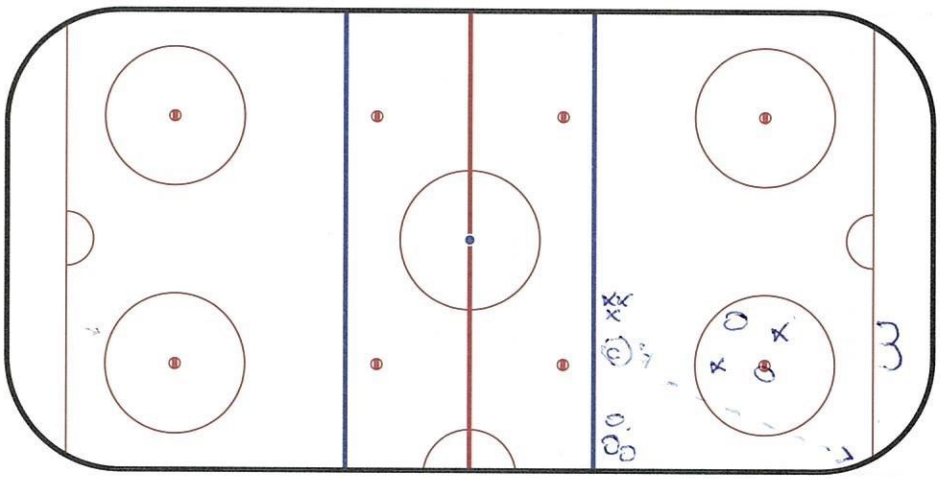


ST 3: PUCK KONTROLL VERSCHIEDENE VARIANTEN
8min



ST4: Spiel 3-2

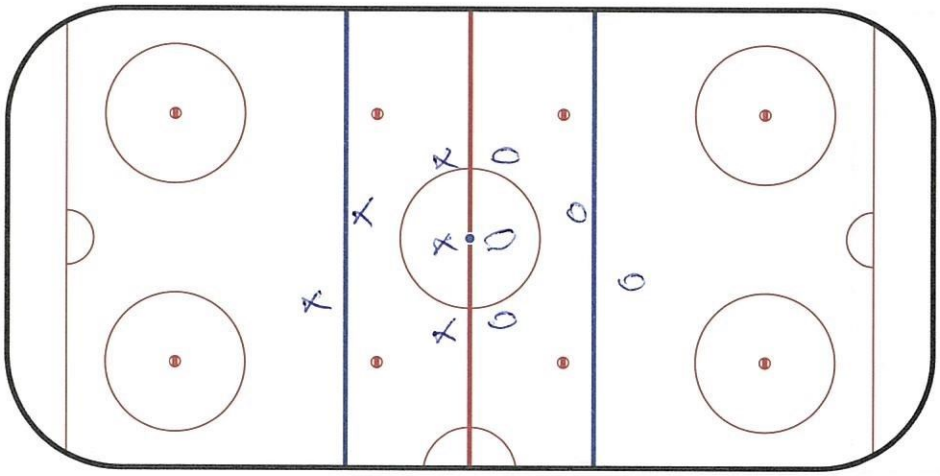
8 min



ST5: Spiel 2-2

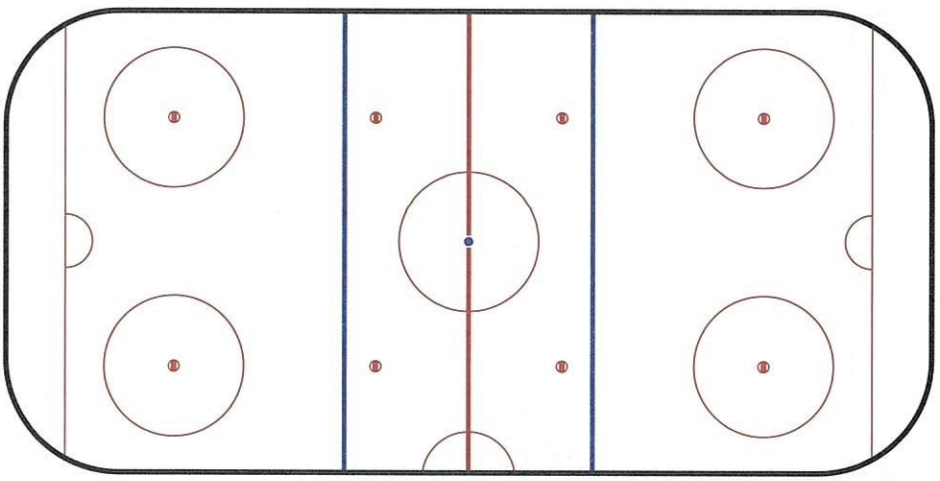
ohne Joker.

8 min



Spiel 5-5 ganze Eis.

15 min

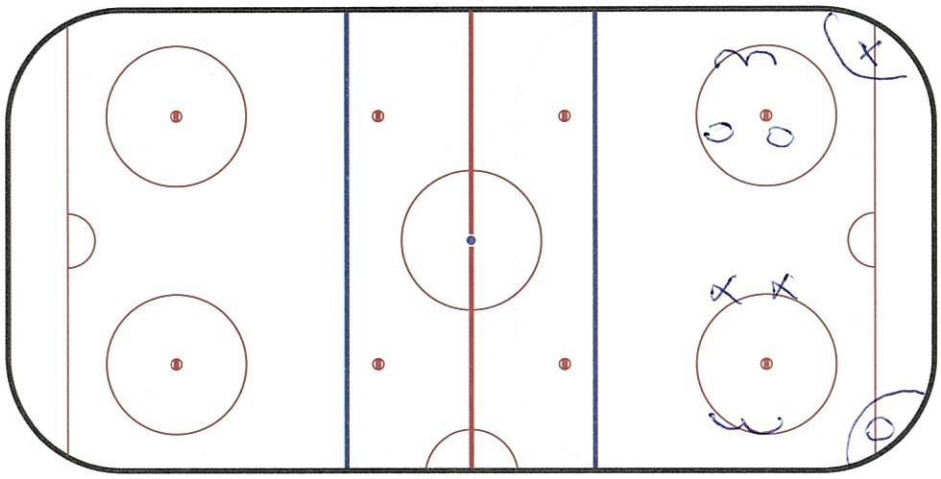


TEAM: U13. 15:30 - 16:30

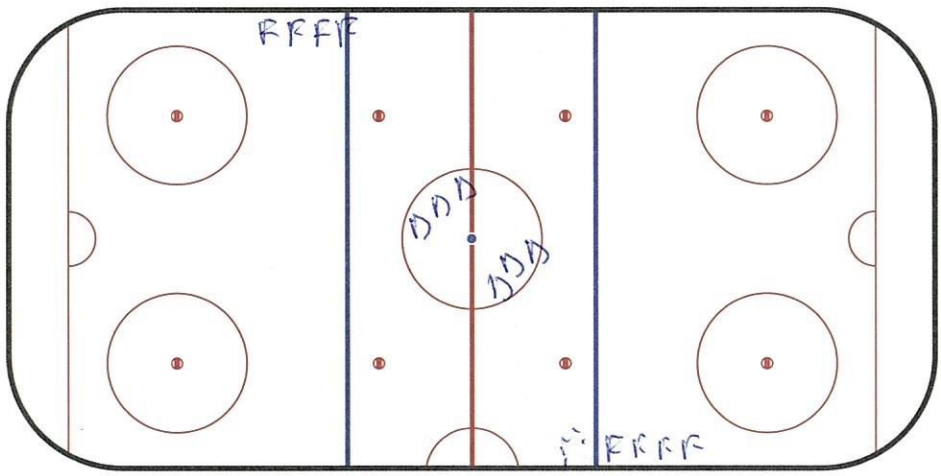
DATUM: 22.9.2023

TRAINER: YURI, JÜRG.

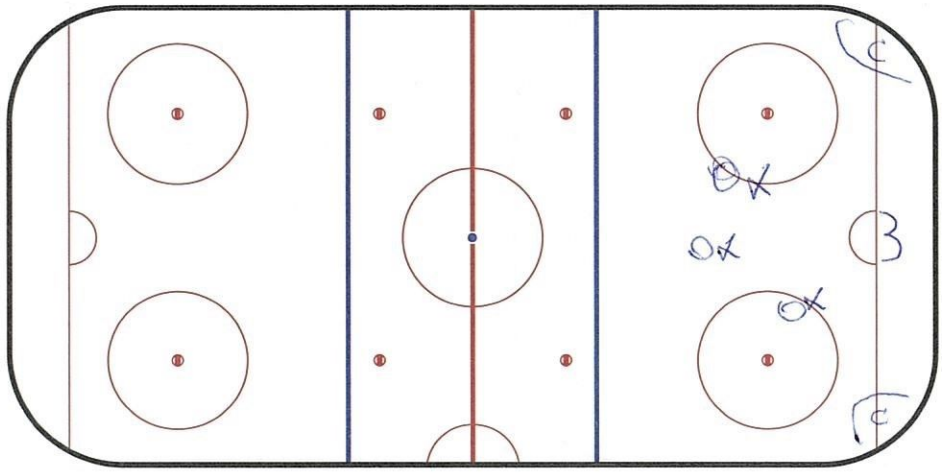
TRAININGSPLAN



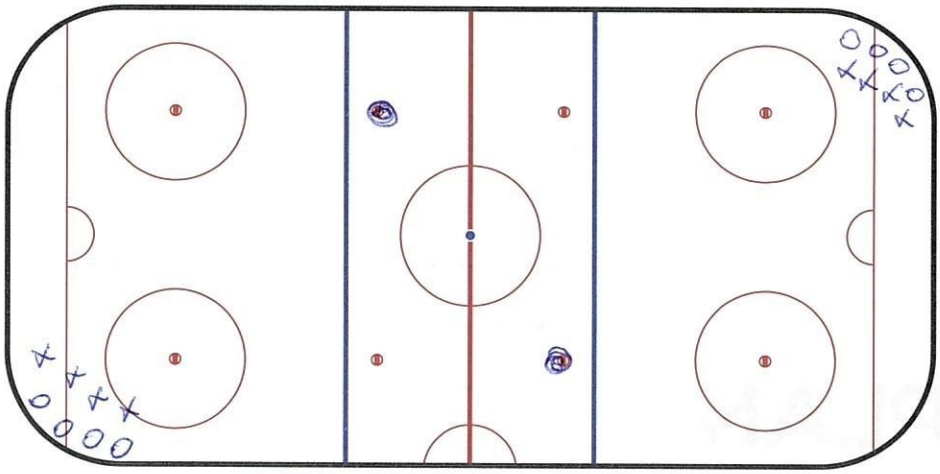
Aufwermen SPIEL
2-2 mit JOKER in die ecke
10-12 min



2-0+D -> 3 ecke.
12 min

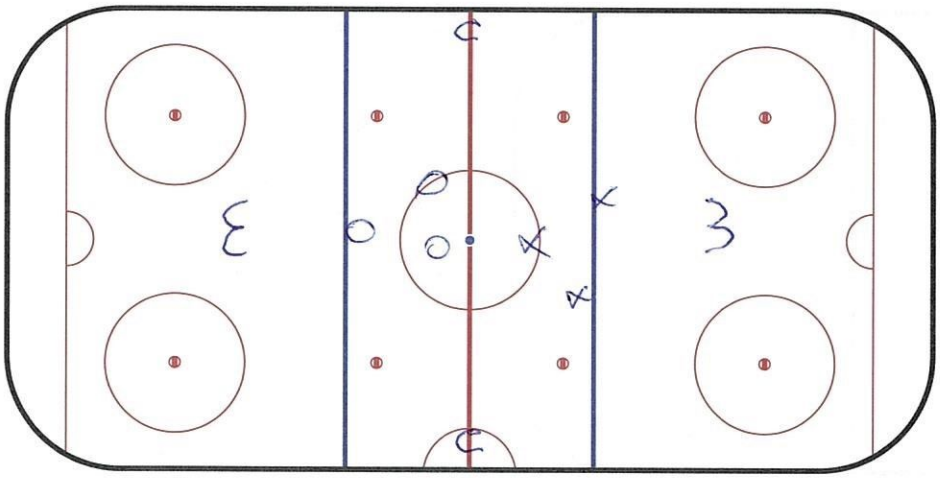


3-3 im zone
2 TR JOKER in die ecke -> jede hat sein man
10 min



1-1 im 2 zonen

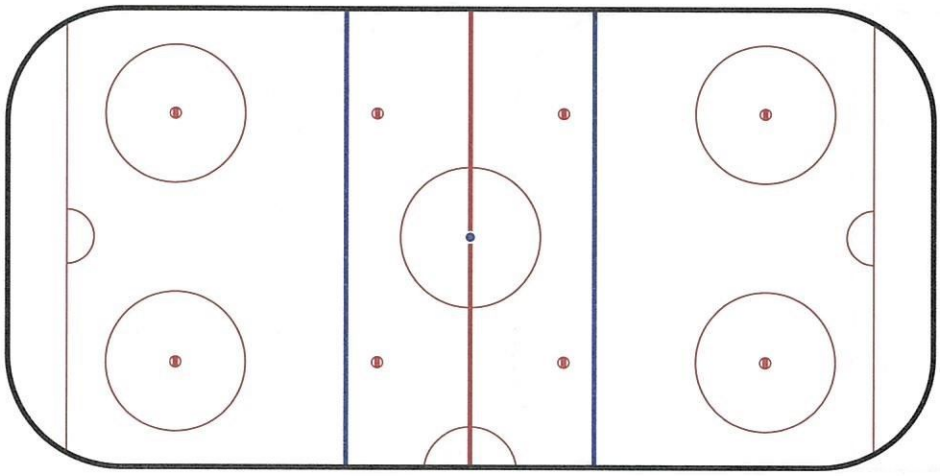
10 min

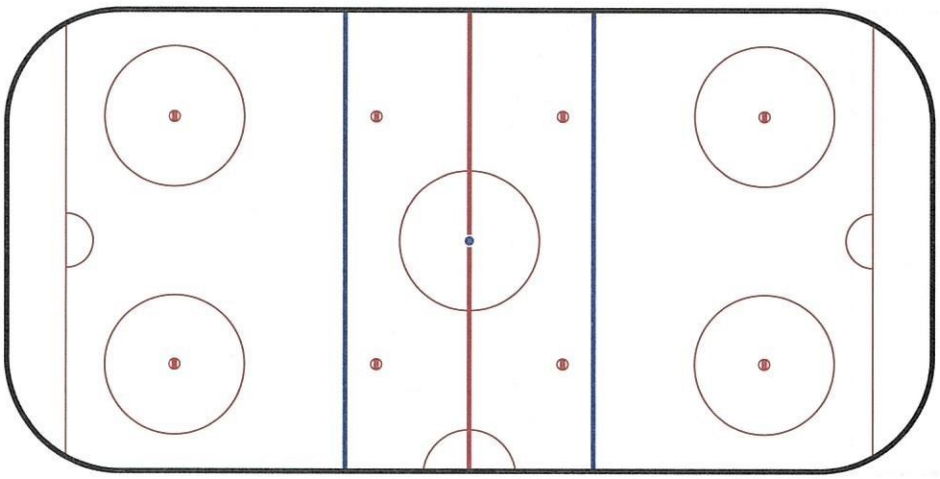


Spiel 40 x 30

-> 3-3 -> 2 TR JOKER.

13 min.



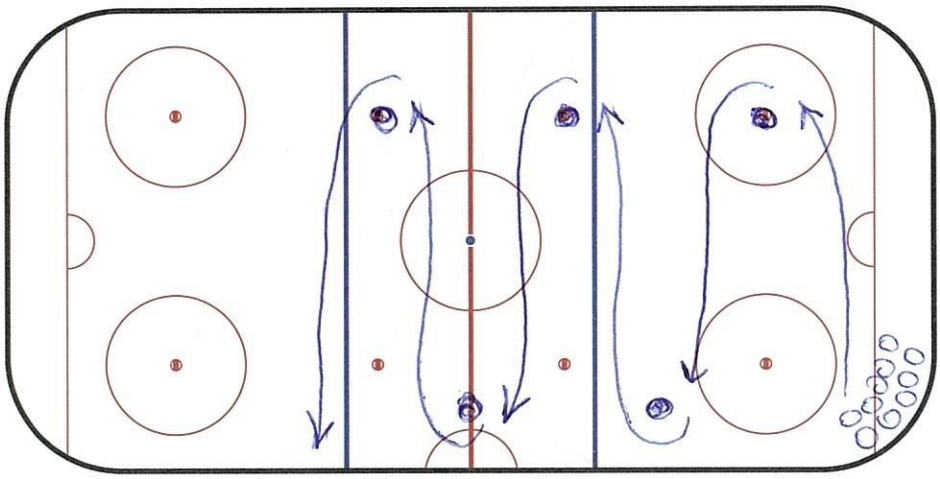


TEAM: U13-15, 15:10-16:10 -> ~~16:20-17:20~~

DATUM: 25.9.2023.

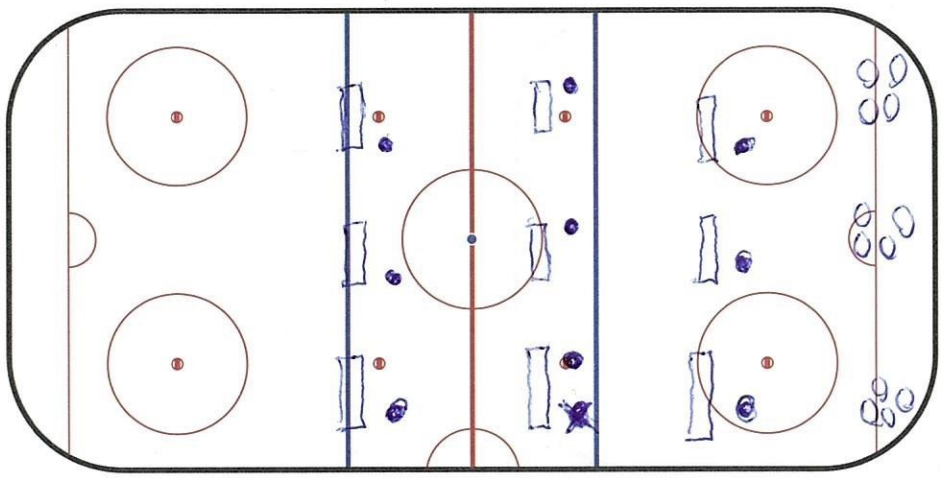
TRAINER: Yuri

TRAININGSPLAN



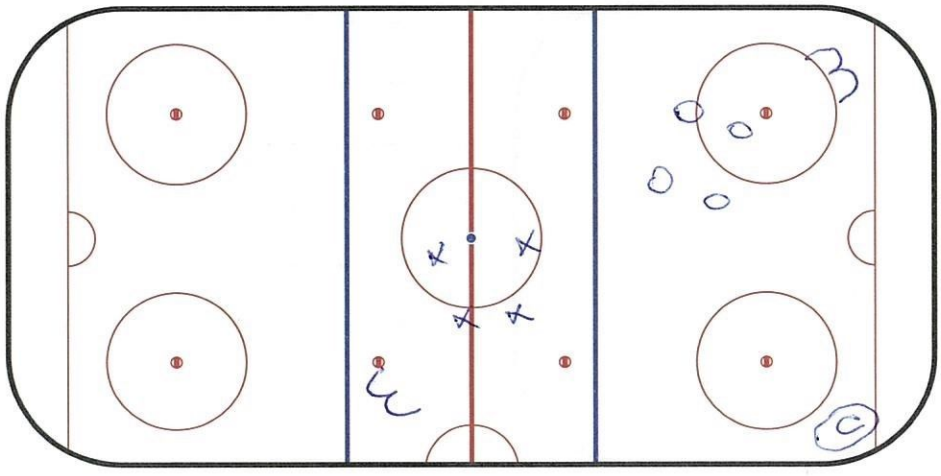
Eislaufen -> lange streke -> canadia, einbeinig, innen-Aussen kante, vor-rück drechungen. (zu 3)

20min



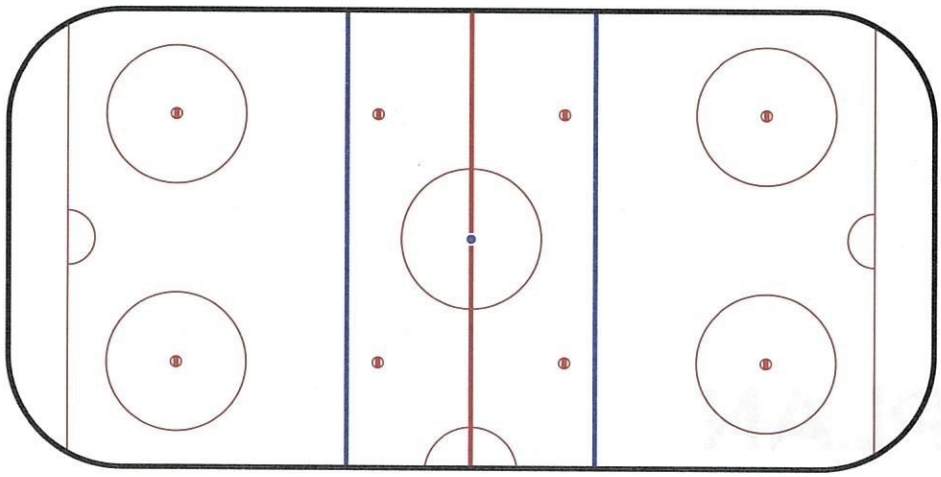
Puck kontrol -> mischung kurze und lange touchen

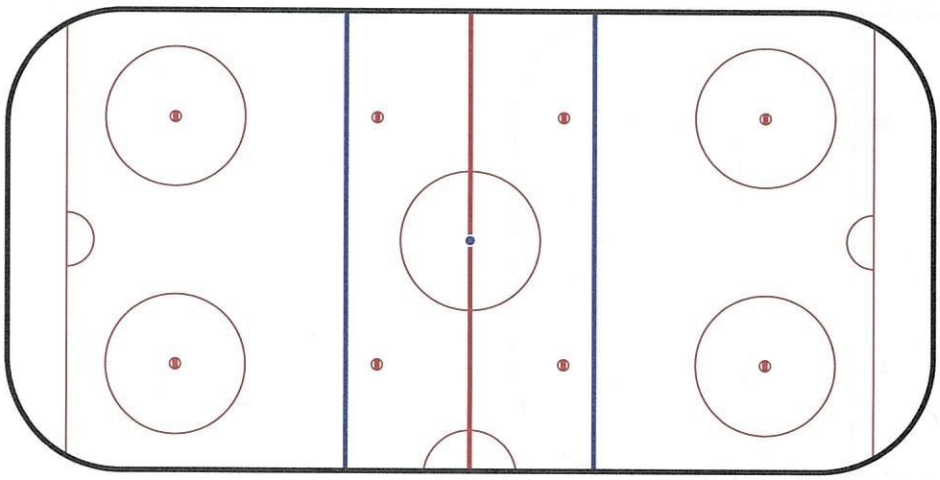
20min

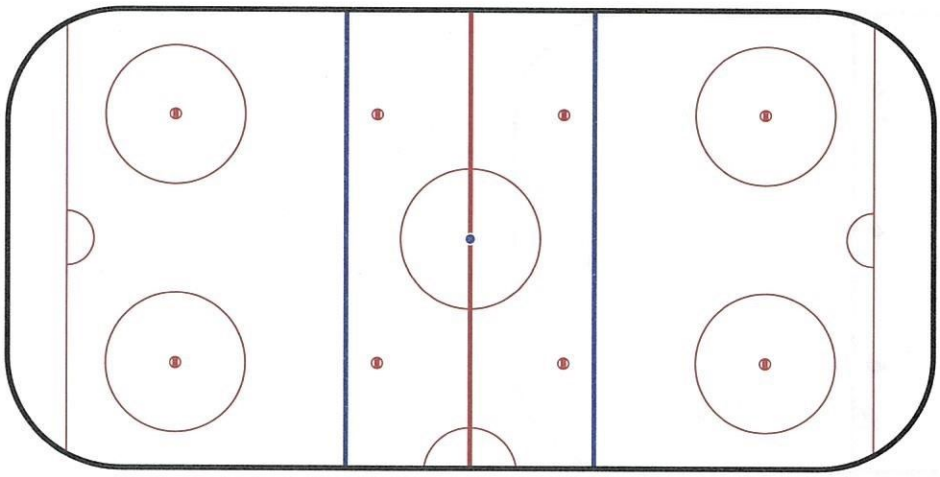


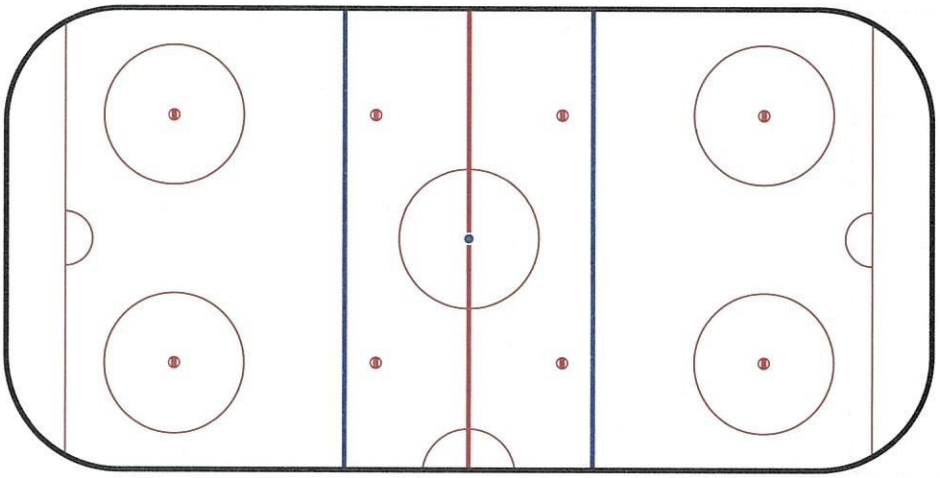
Spiel 4-4 -> TR Joker

15min







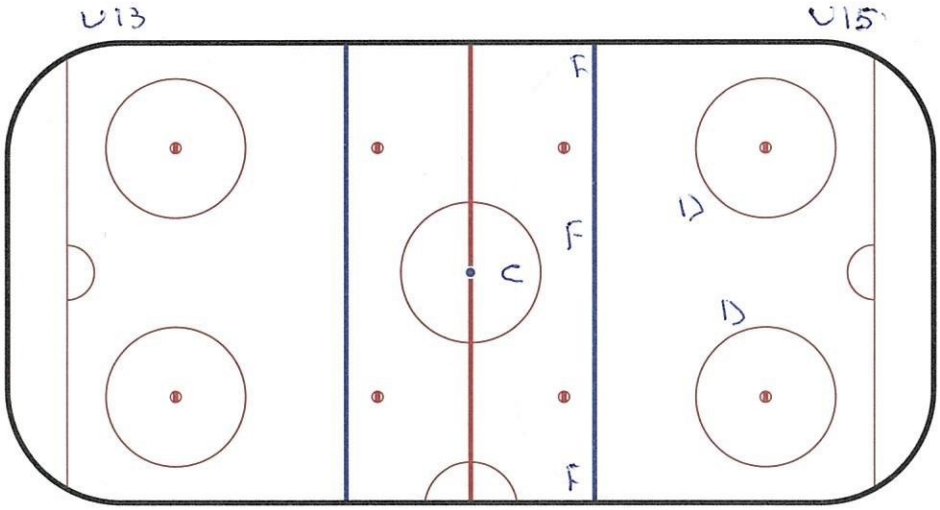


TEAM: U13-U15, 16:20-17:20

DATUM: 26.9.2023.

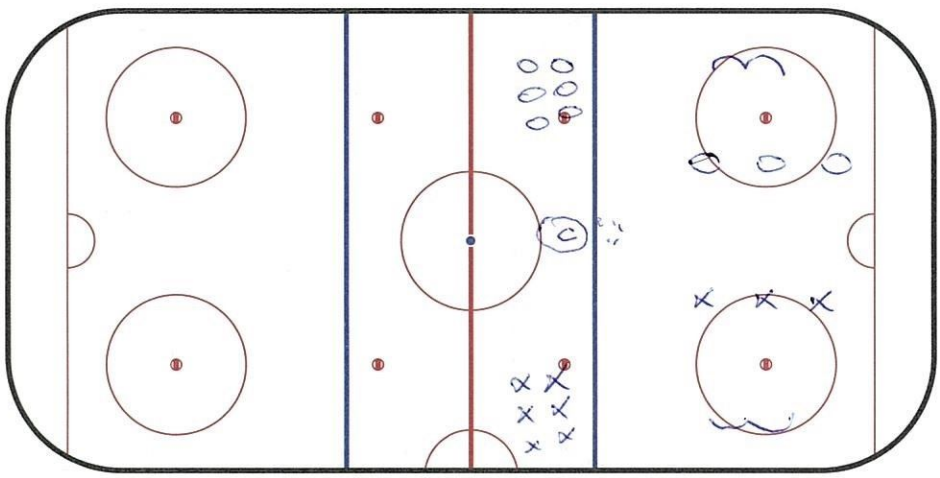
TRAINER: YURI, MAREK,

TRAININGSPLAN



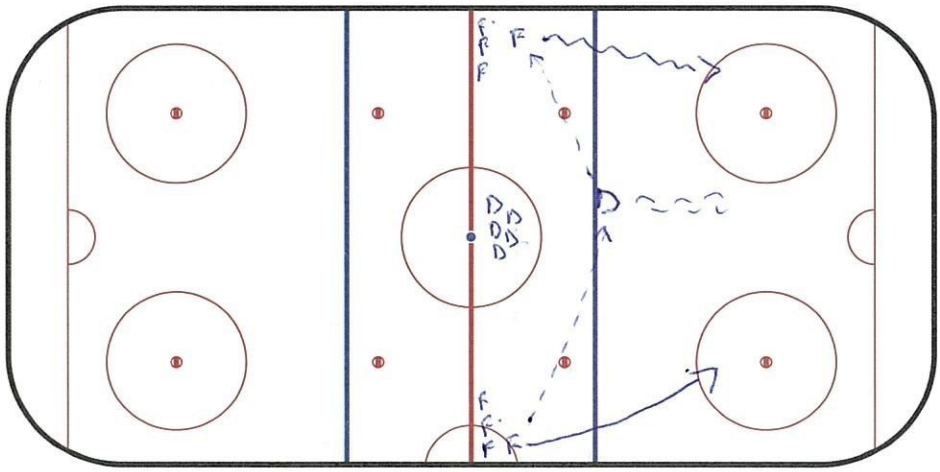
Aufbau ~~xxxxx~~ 3 mal mit Passen zum TR.

13 min



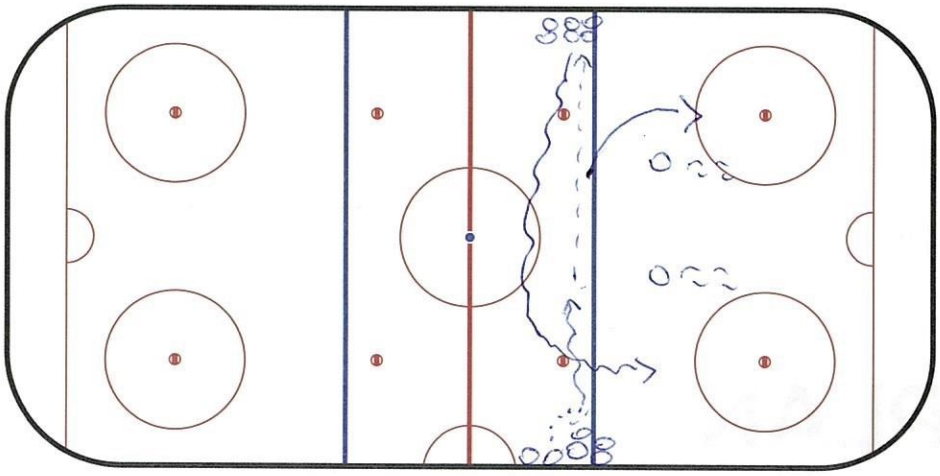
Spiel 3-3 ohne Joker.

13 min

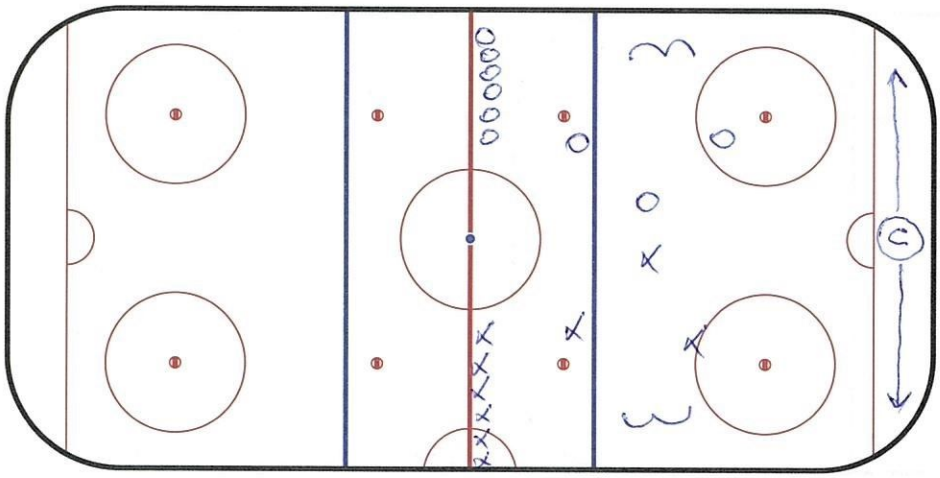


2-1 Standart aus Mitte → nach Pass zum D

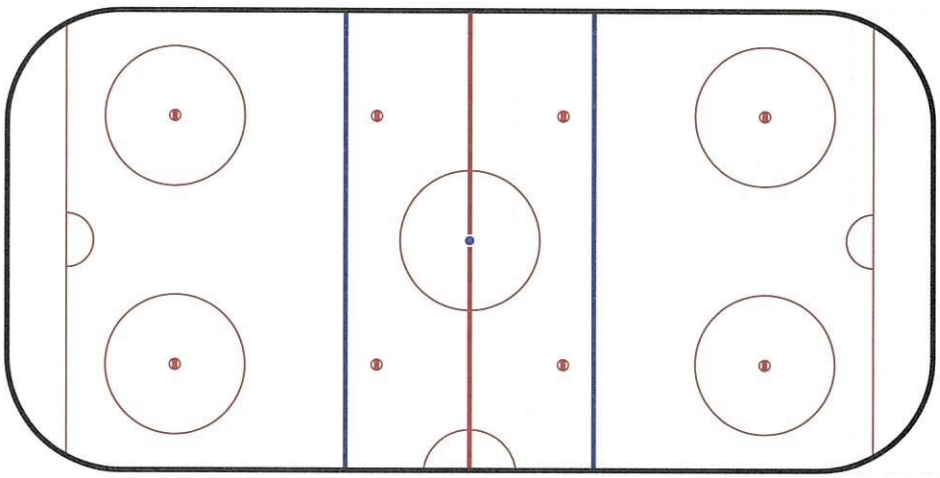
13 min

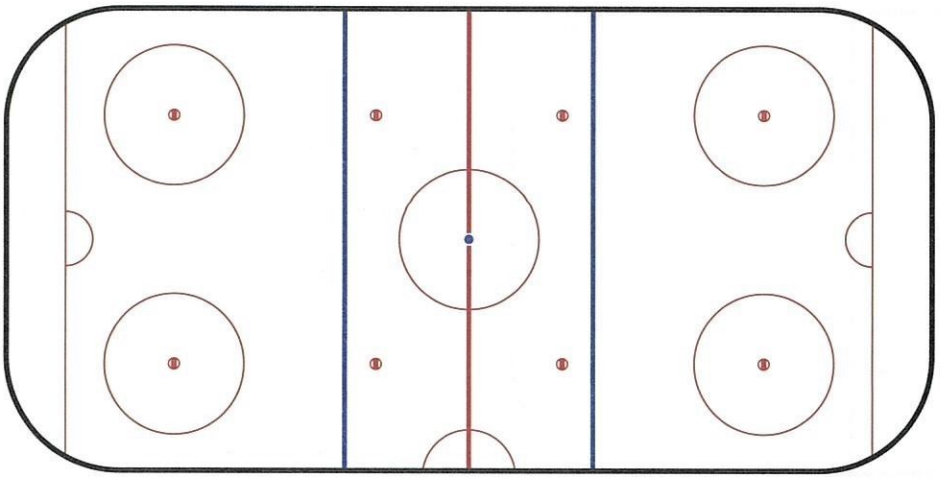


2-2 aus mitte →
wer war offensiv
spielt gleich bei nächs
paar devensiv
10 min



Spiel 3-3 →
mitte von hälfte zone
→ TR joker für
beide team,
10 min





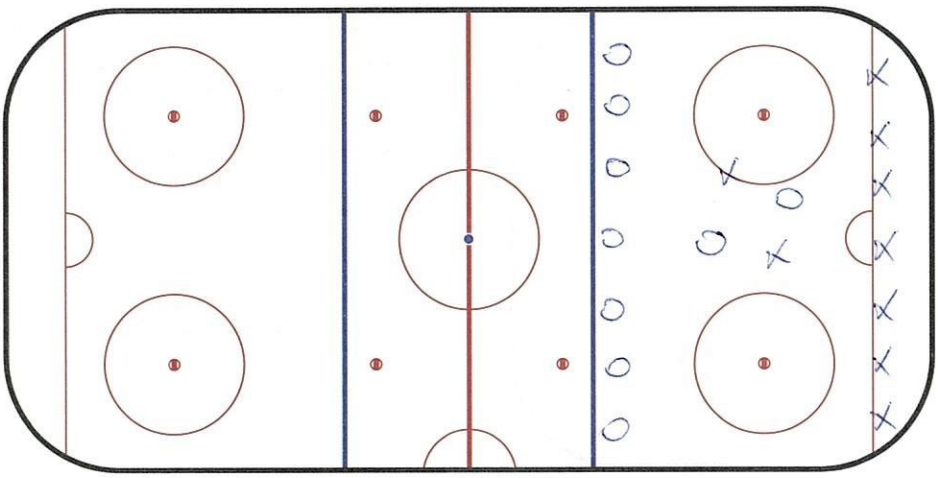
315 + 204

TEAM: U13, 16:40-17:40

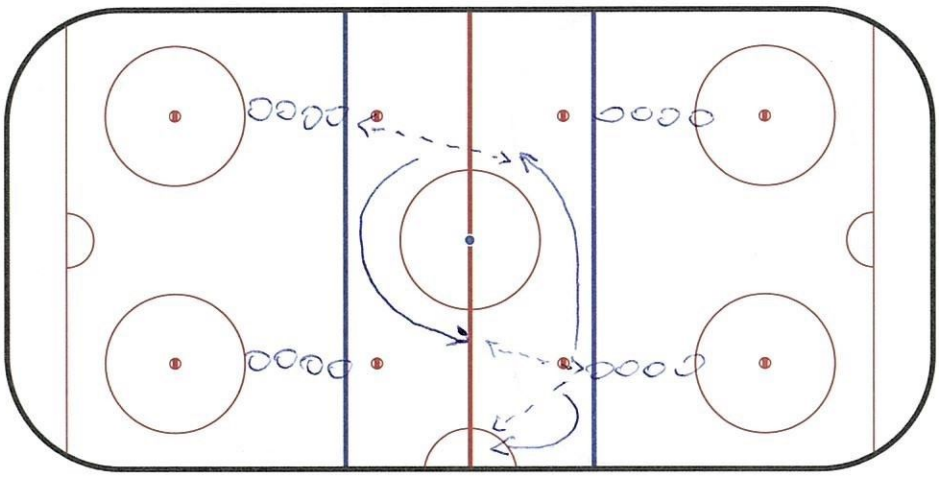
DATUM: 27,9,2023.

TRAINER: YURI, JURG.

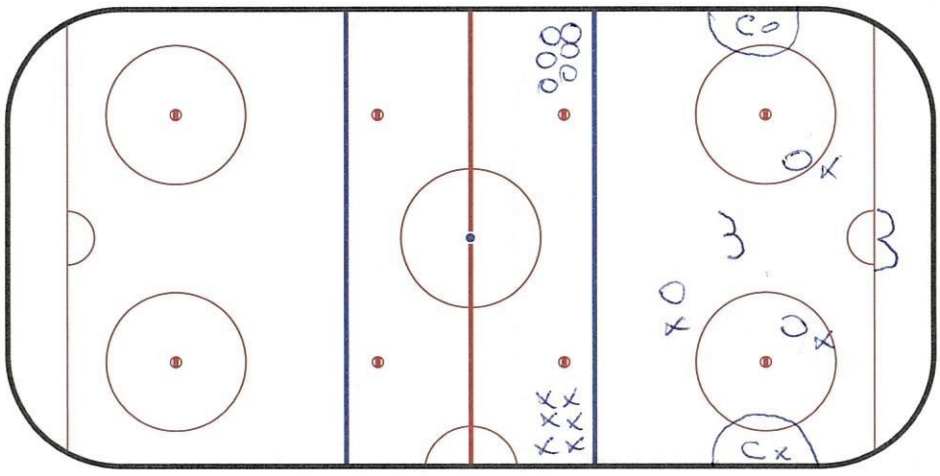
TRAININGSPLAN



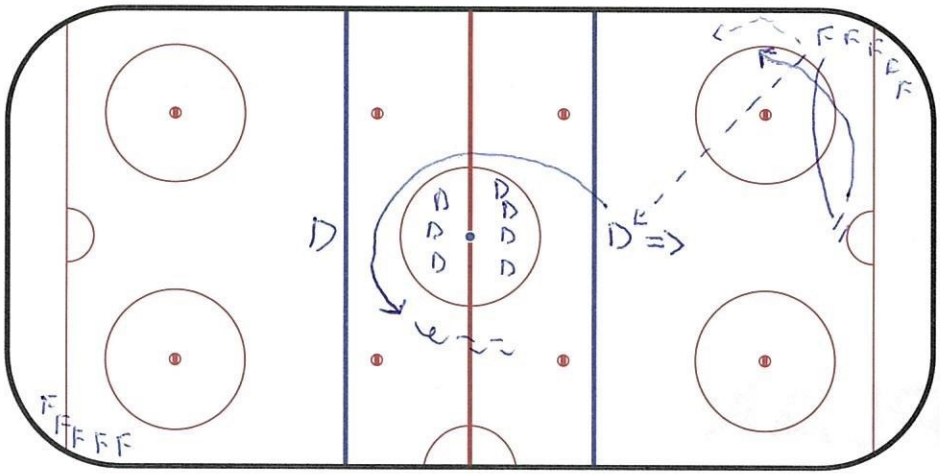
Spiel 2-2 mit PASSen zum eigene GRUPPE.
10min
(wenn zu viel SPIELER im 2 zonen)



1-0 doppel PASS
10min



Spiel im zone
3-3 -> 2 TR JOKER für sein TEAM.
10min

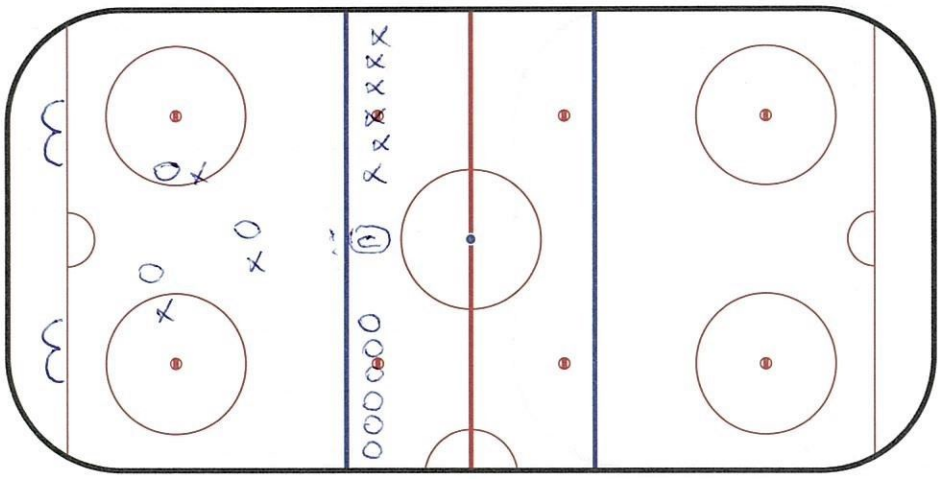

F
F
F
F
F
F
F
F
F
F
D
D
D

TEAM: U13, 15:30 - 16:30

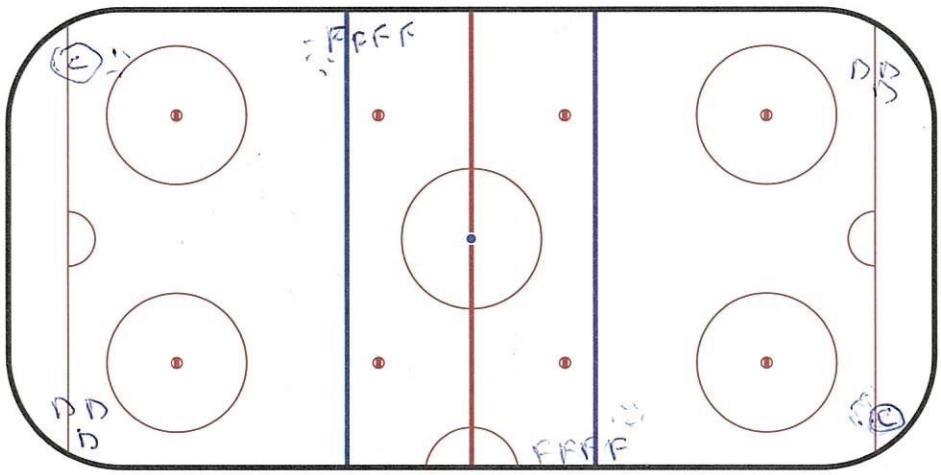
DATUM: 29.9.2023

TRAINER: YURI, JÜRG.

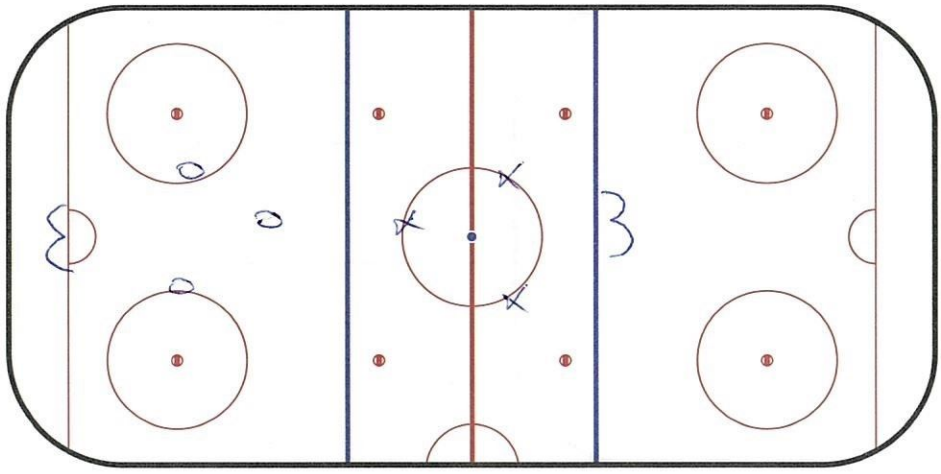
TRAININGSPLAN



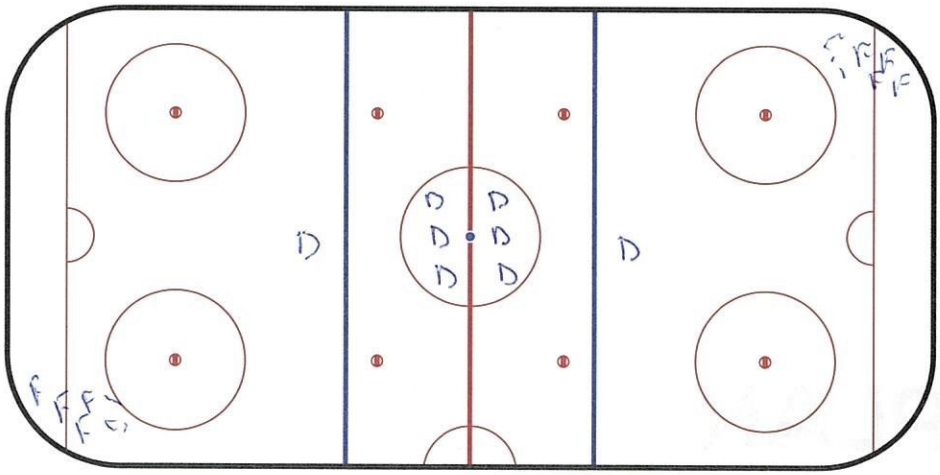
Spiel 3-3 →
TORE ZÄHLEN im beide TOR.
10 min



2-0, F-D ZUSAMMEN ARBEIT
10 min

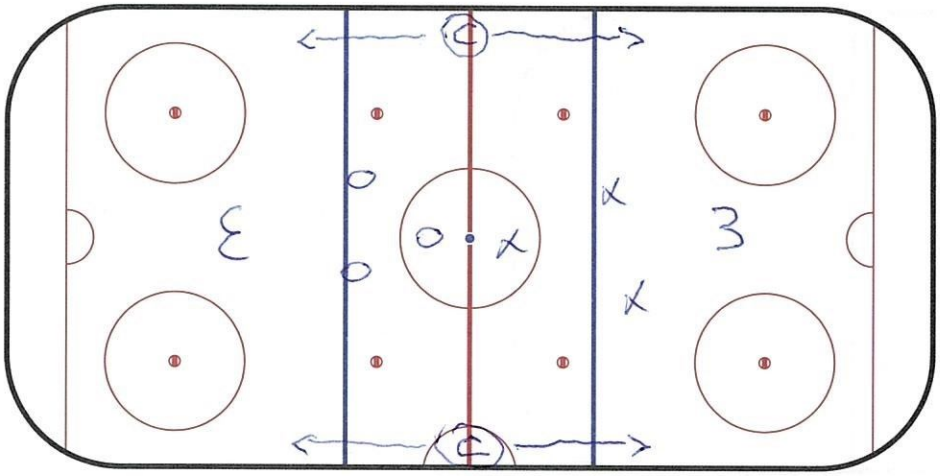


Spiel 3-3 mit BLAU LINIE
10 min



1-1 nach schuss von D

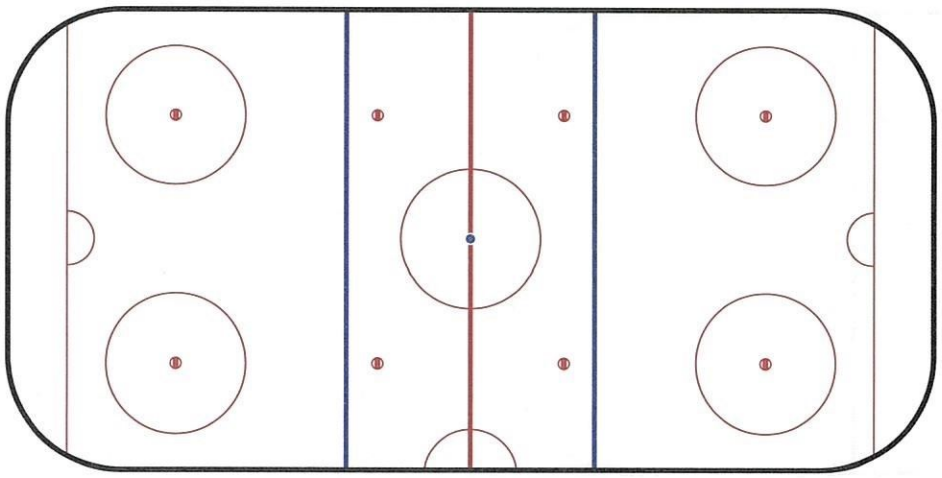
12 min

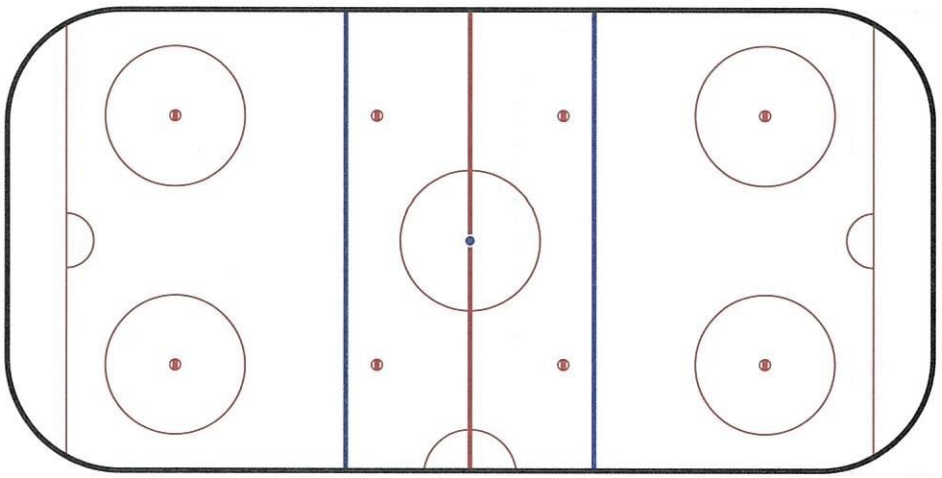


Spiel 4 0 x 3 0

-> 3-3 -> 2 PR JOKER

13 min



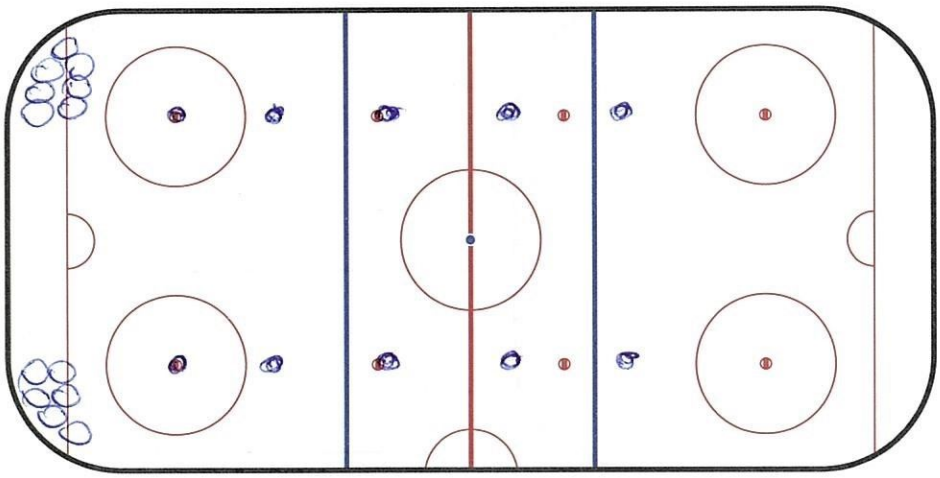


TEAM: U13-15 -> 15:10-16:10 ; 16:20-17:20

DATUM: 2.10.2023

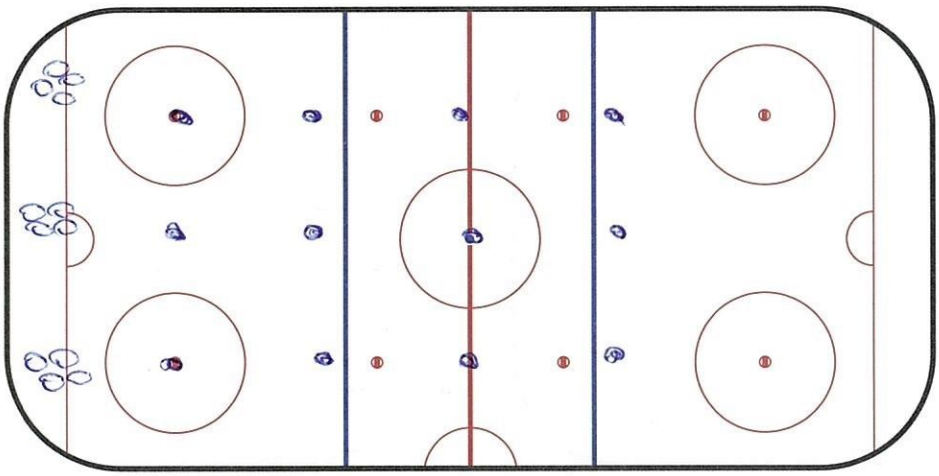
TRAINER: YURI

TRAININGSPLAN



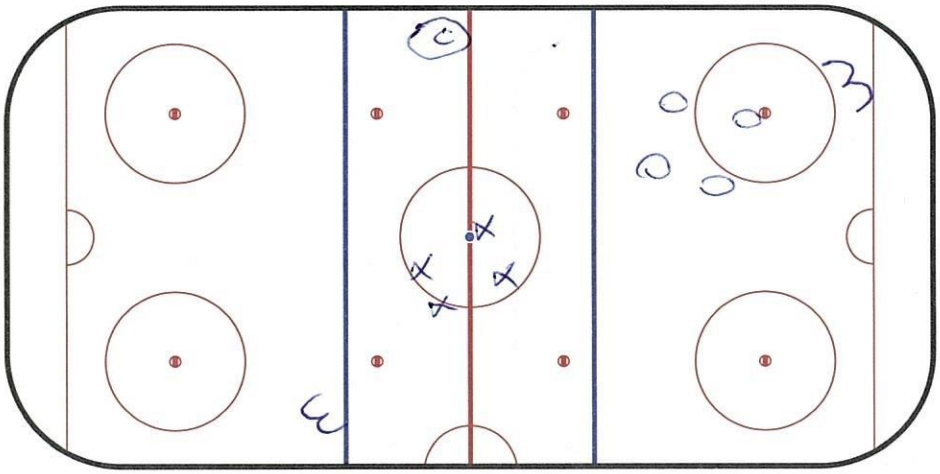
EISLAUFEN MIT TEMPO -> BREMSEN, CANADIA, ÜBERSETZEN VORWÄRTS-RÜCKWÄRTS -> DREHUNG -> OFFENE BEINE.

20 min



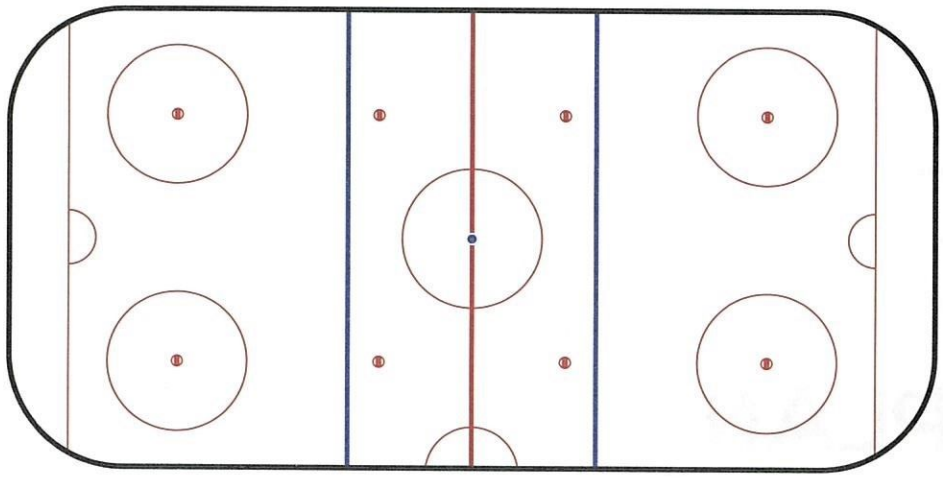
PUCK KONTROL VORHAND MIT TEUSCHUNG -> RÜCKHAND MIT TEUSCHUNG -> SPITZE -> SPITZE UND MIT BEIN RAUS -> DREHUNG 180° -> SCHUSS TEUSCHUNG UND SEITLICH RAUS -> SEITLICHE DECKUNG.

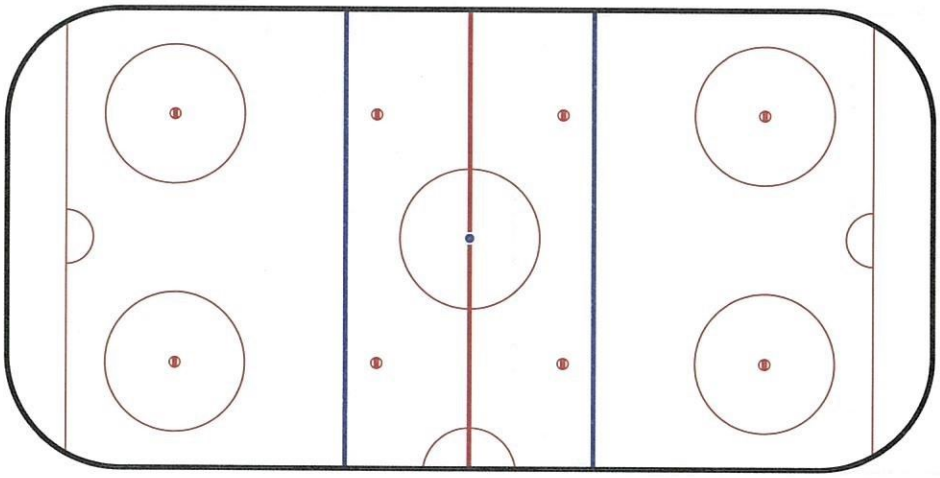
20 min

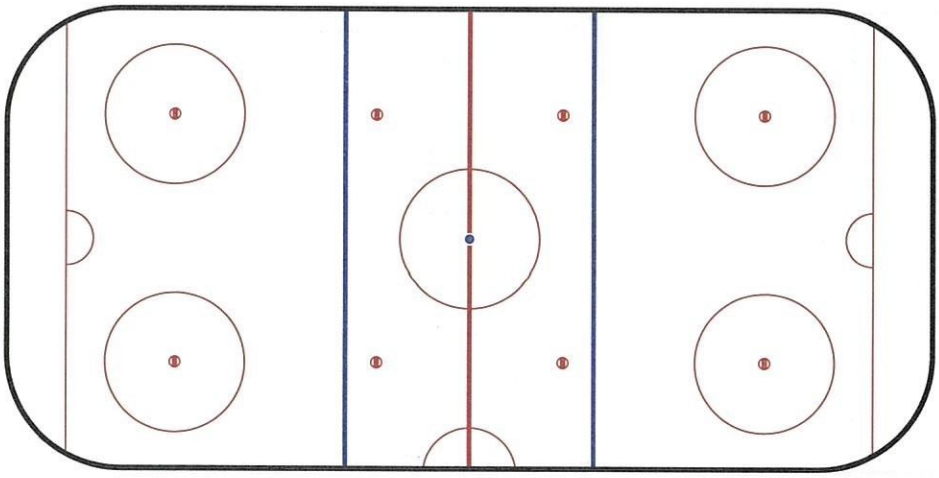


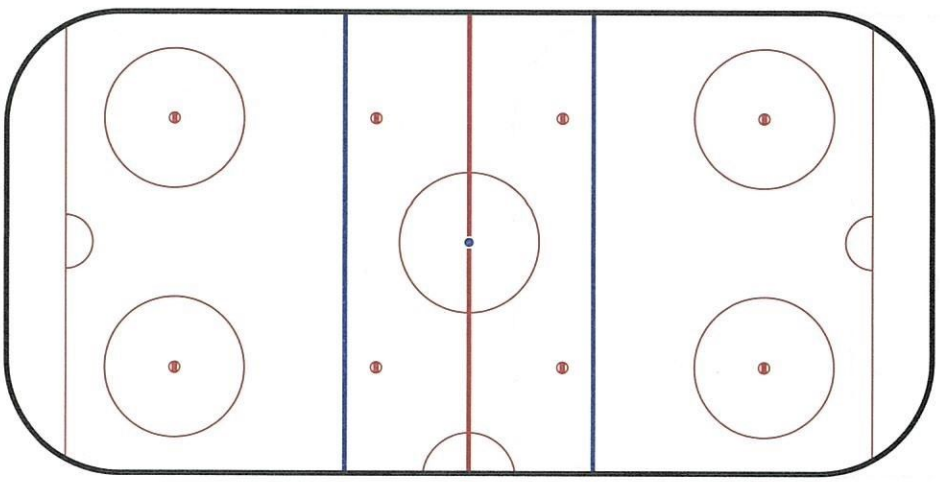
SPIEL 4-4 MIT JOKER

13 min







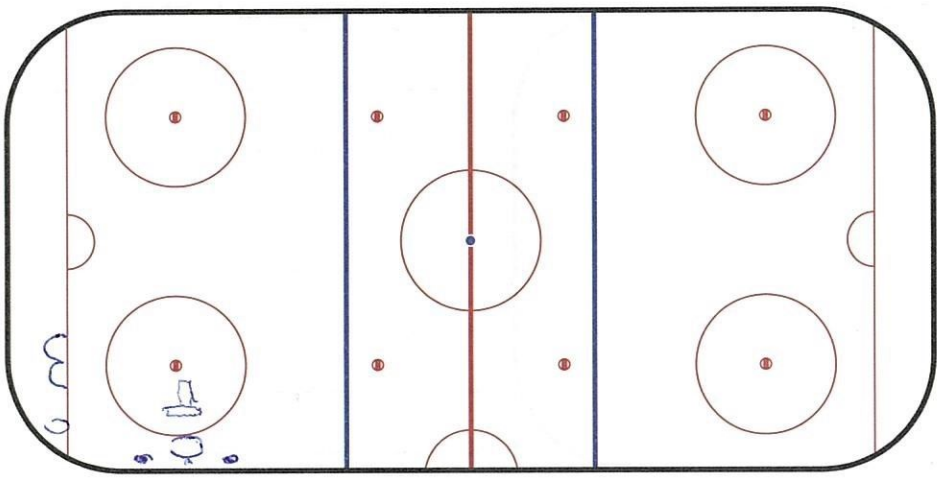


TEAM: U13-15, 16:20-17:20

DATUM: 3.10.2023

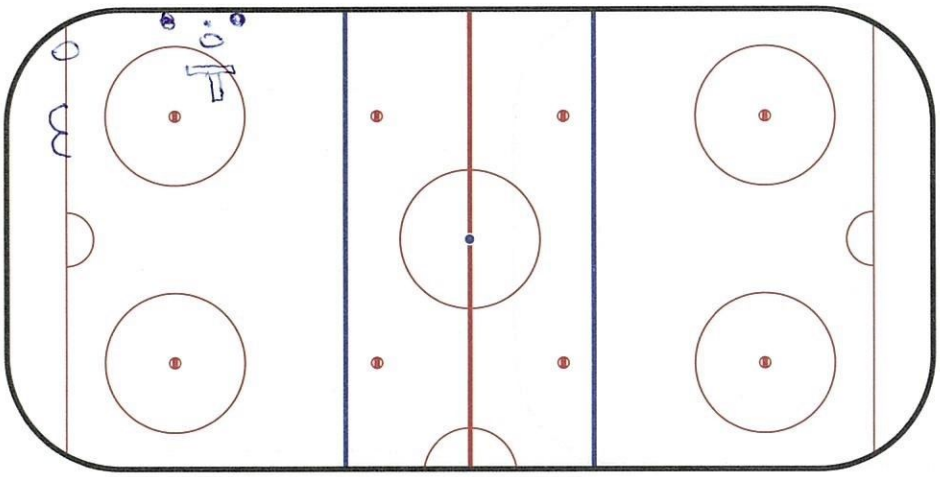
TRAINER: YURI, MAREK.

TRAININGSPLAN



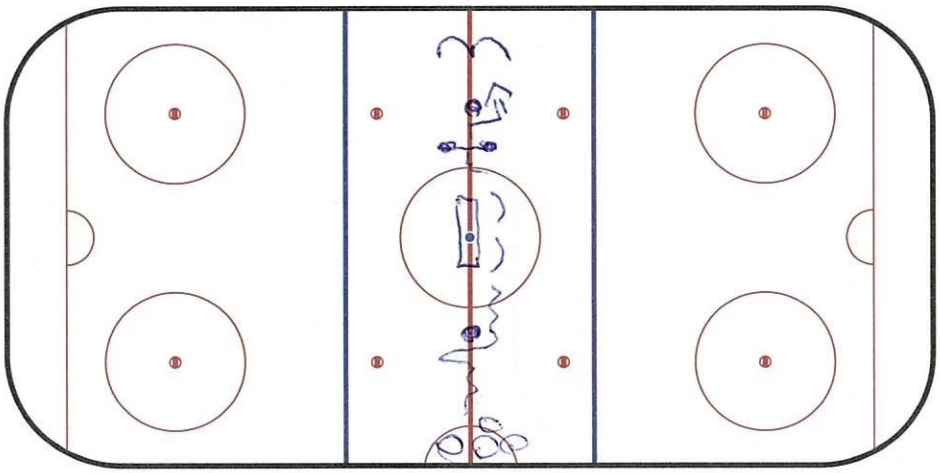
ST1: RAUS aus ecke nach doppel pass mit anbieten zum schuss

8 min



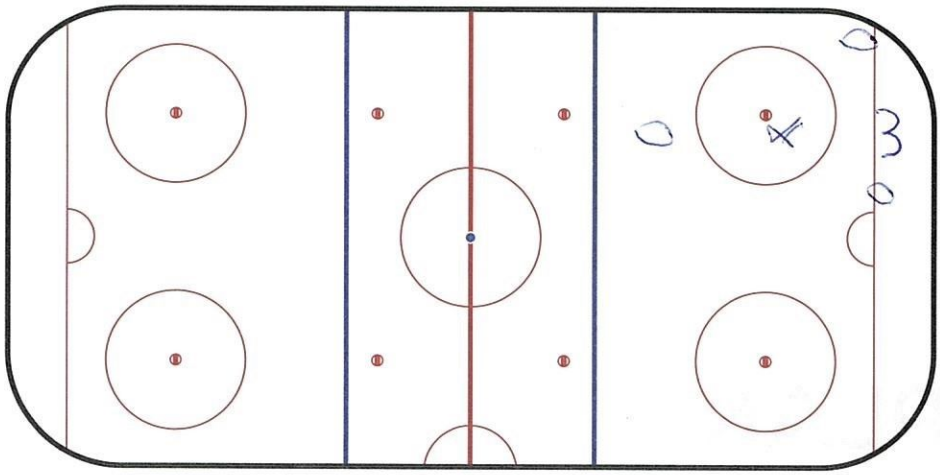
ST2: gleiche wie 1 nur von andere seite.

8 min

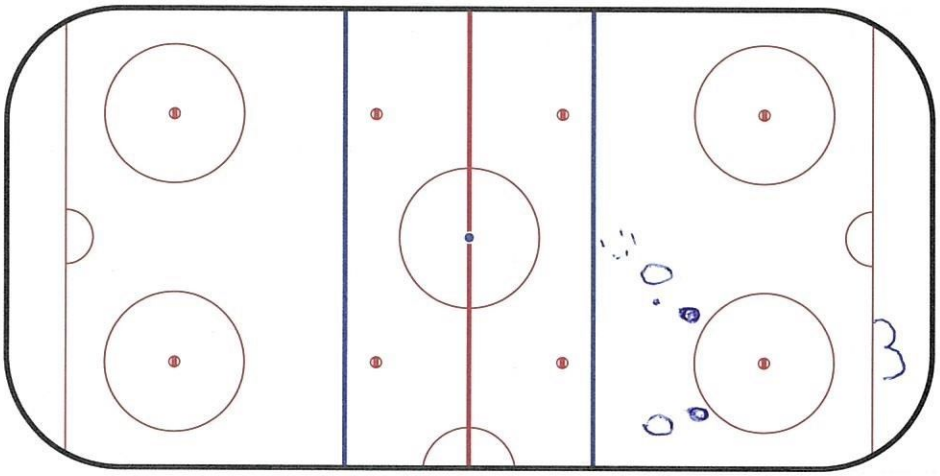


ST3: Puck kontrol mit seitliche abdeckung mit schuss.

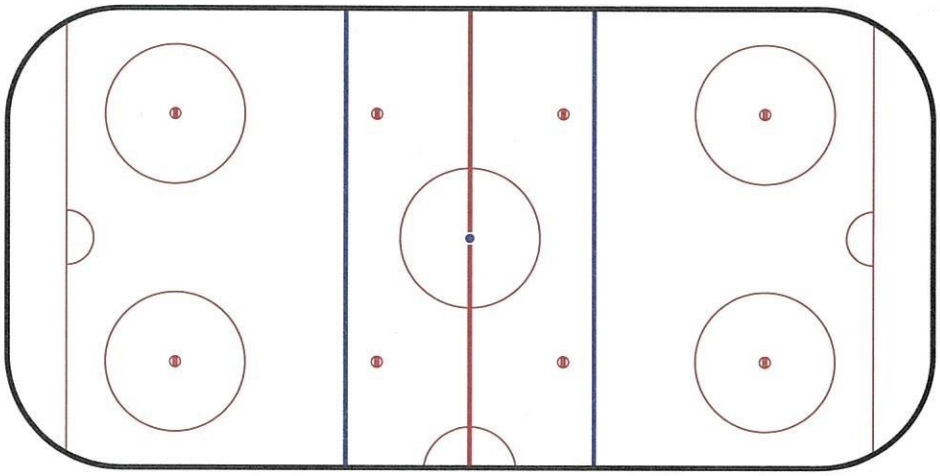
8 min

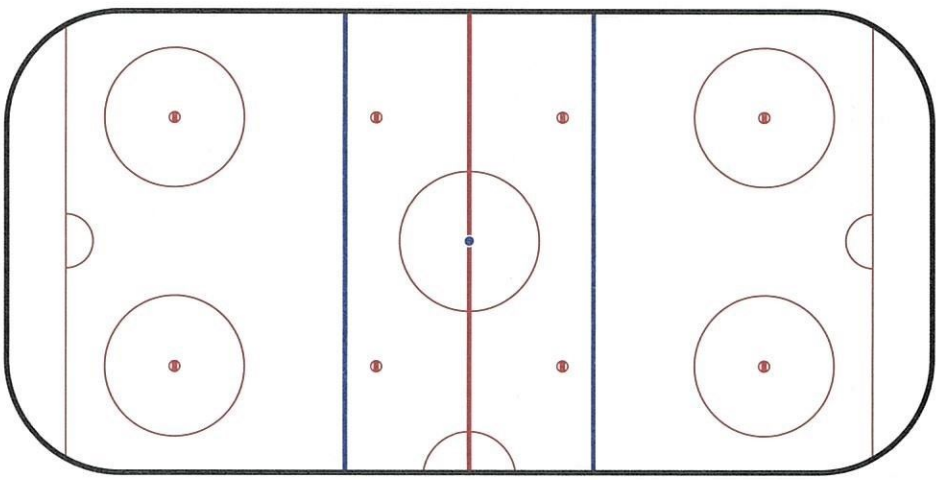


St 4: 3-1 mit Schuss Abschluss
8 min



St 5: schneller 2-0 mit direkt Schuss
8 min



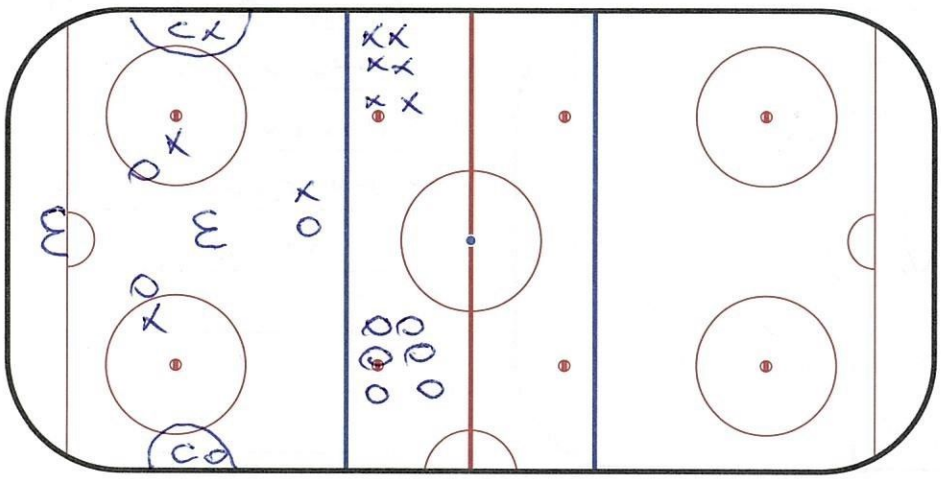


TEAM: U13, 16:40-17:40

DATUM: 4.10.2023

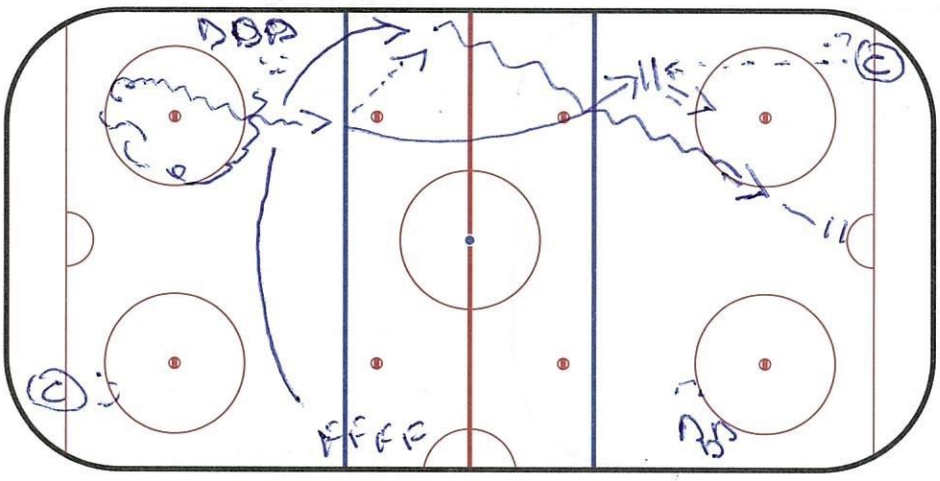
TRAINER: YURI, JÖRG

TRAININGSPLAN



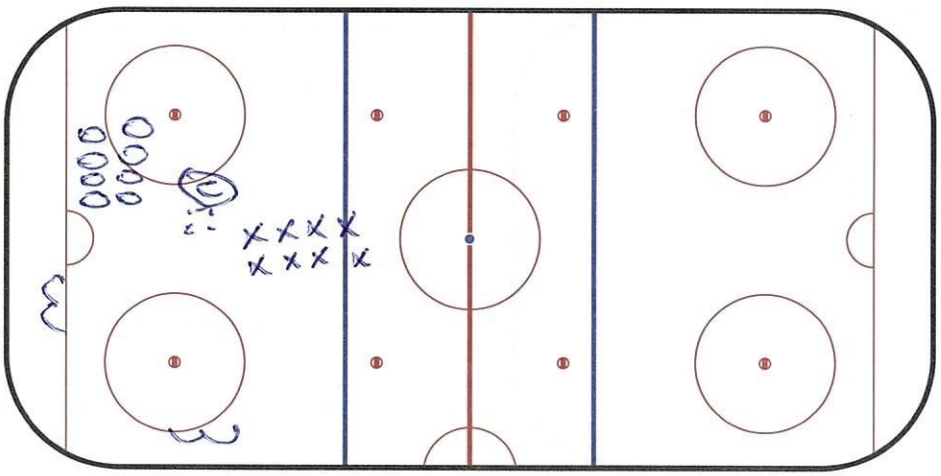
SPIEL 3-3 -> 2 TR JOKER FÜR SEIN TEAM -> JEDE SEIN MANN.

12 min



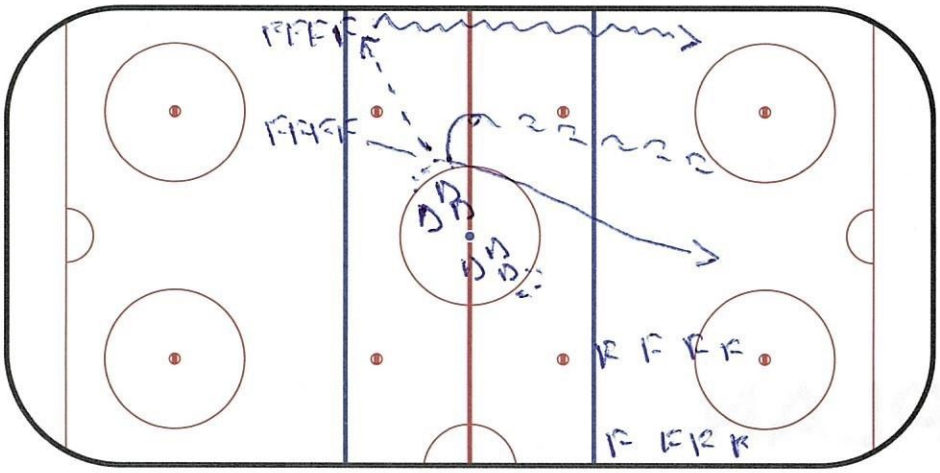
2-0 F-D ZUSAMMEN ARBEIT -> AUFBAU -> TEIMING -> VOR TOR ARBEIT NACH SCHUSS VON D.

12 min

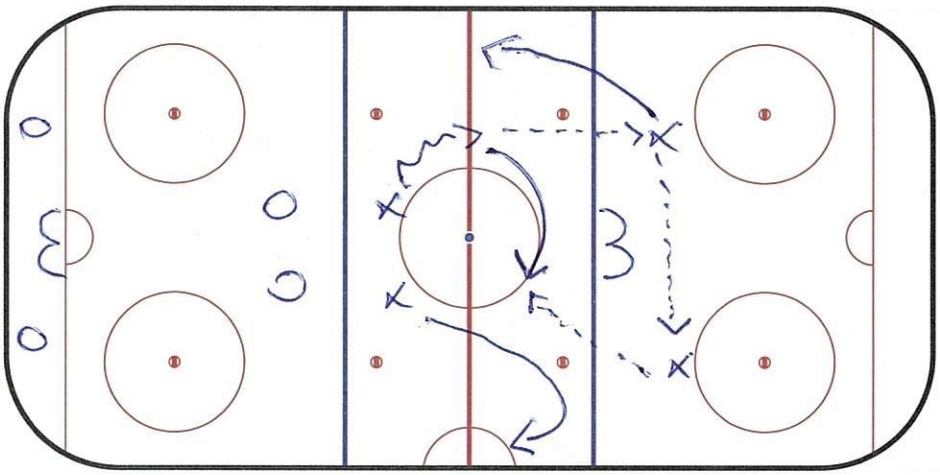


2-2 KL PLATZ -> VIEL SCHÜSSE -> SCHANZEN NUTZEN -> VOR TOR ARBEIT F-

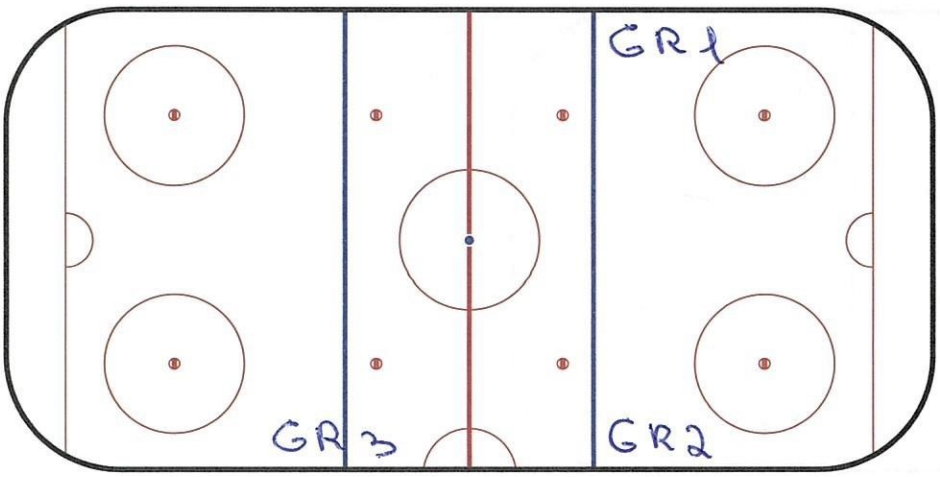
10 min



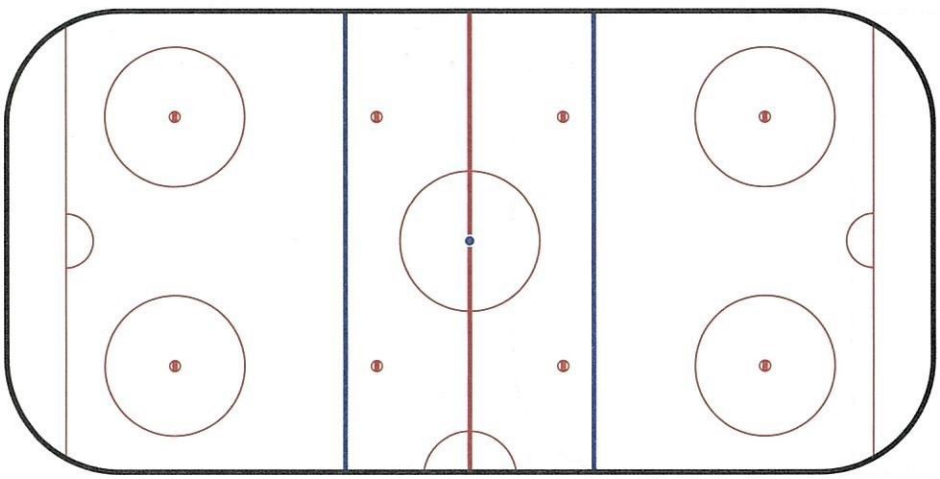
2-1 von mitte →
→ schnelle mitte
zone → im zone
pass entscheidung
treffen → D-aktiv
12 min



Spiel 2-2 + 2 hinter
TOR → noch pass
1 spieler geht rein
→ automatisch 3-2
10 min



3 gR → 2R - 2R

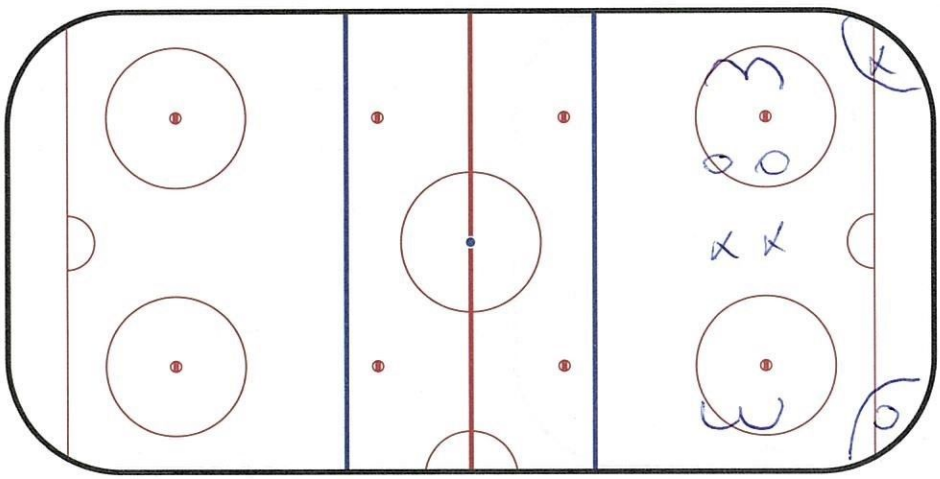


TEAM: U13, 15:30-16:30

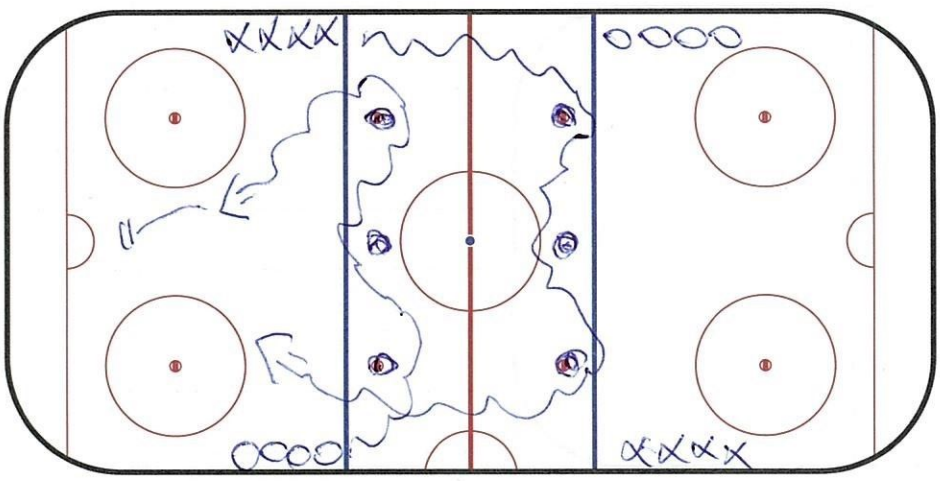
DATUM: 6.10.2023

TRAINER: JURI

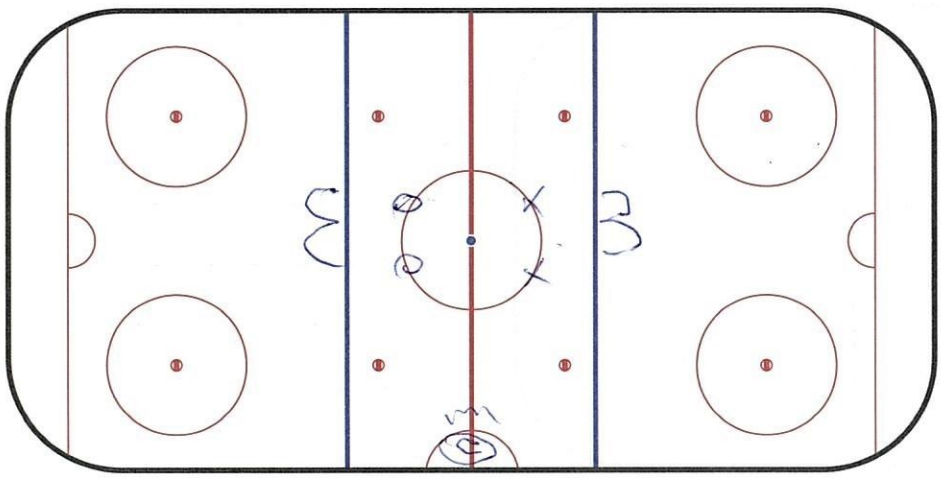
TRAININGSPLAN



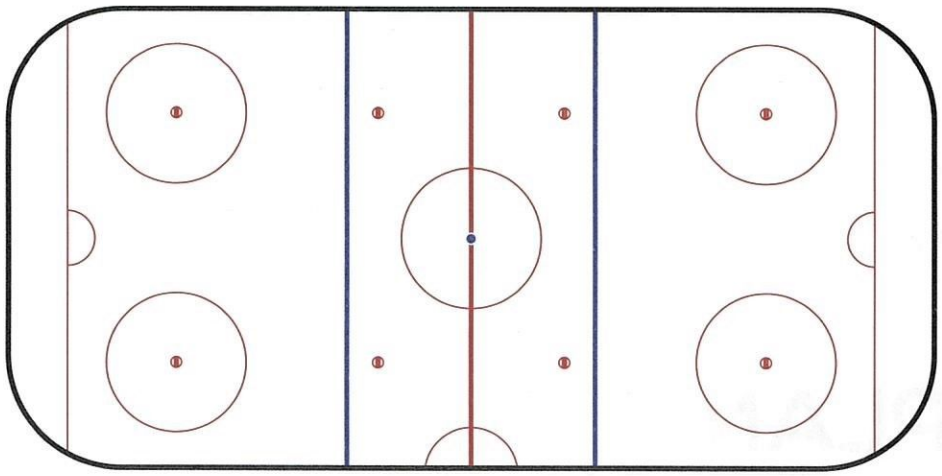
Spiel 2-2 mit Joker im ecke
12min

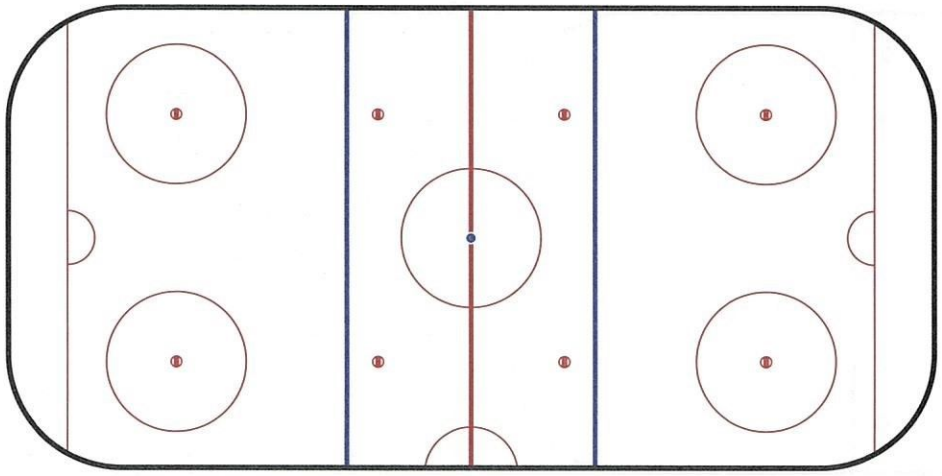


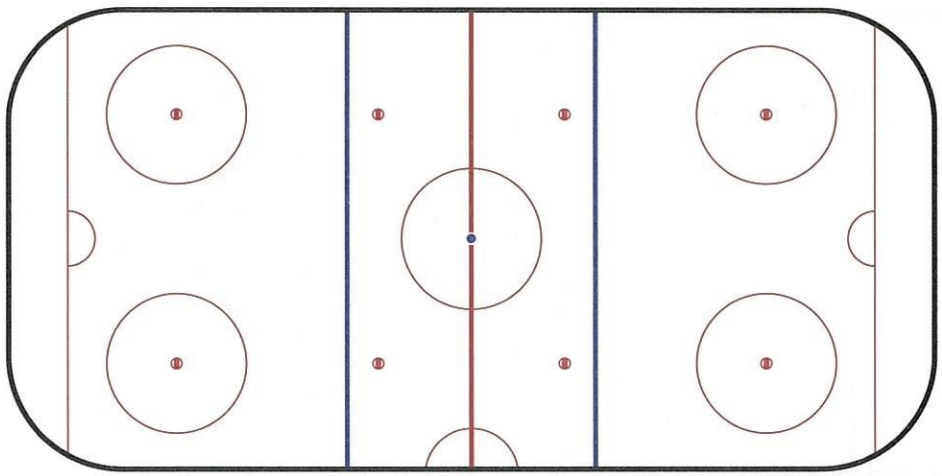
1-0 mit Tempo
-> Kurze-Lange Seite -> Weichschuss
10min

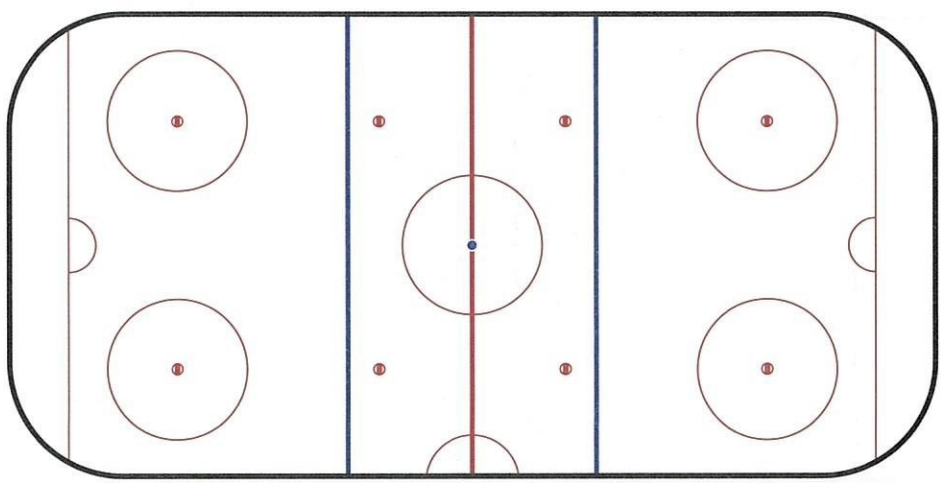


2-2 mitte
12min







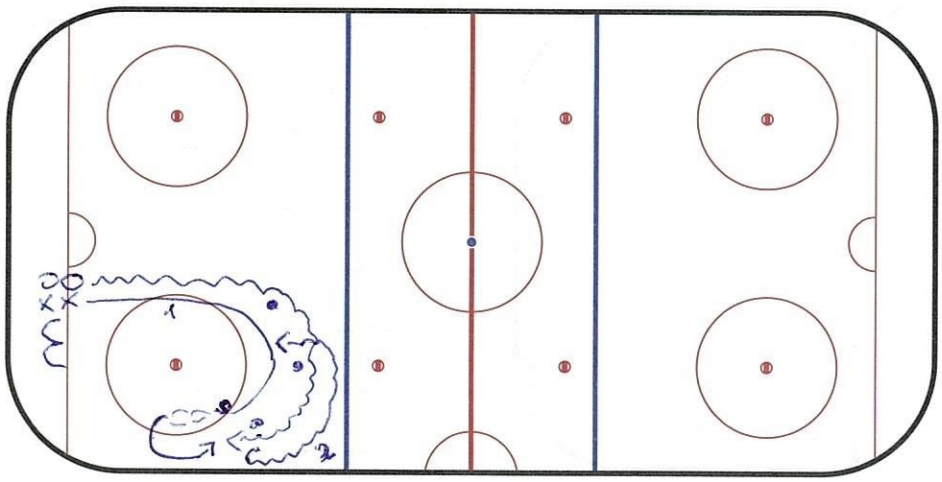


TEAM: U13 U15 -> 16:20 - 17:20

DATUM: 10.9.2023

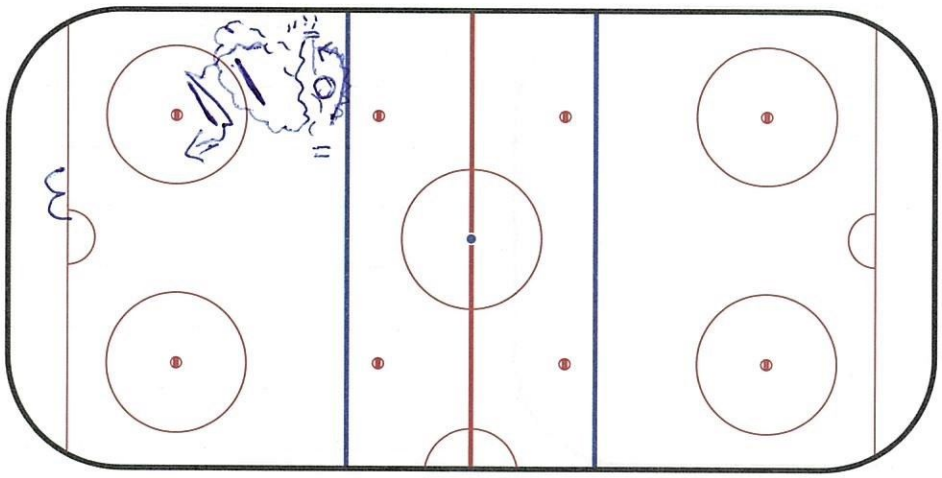
TRAINER: JURI, MAREK, MARC

TRAININGSPLAN



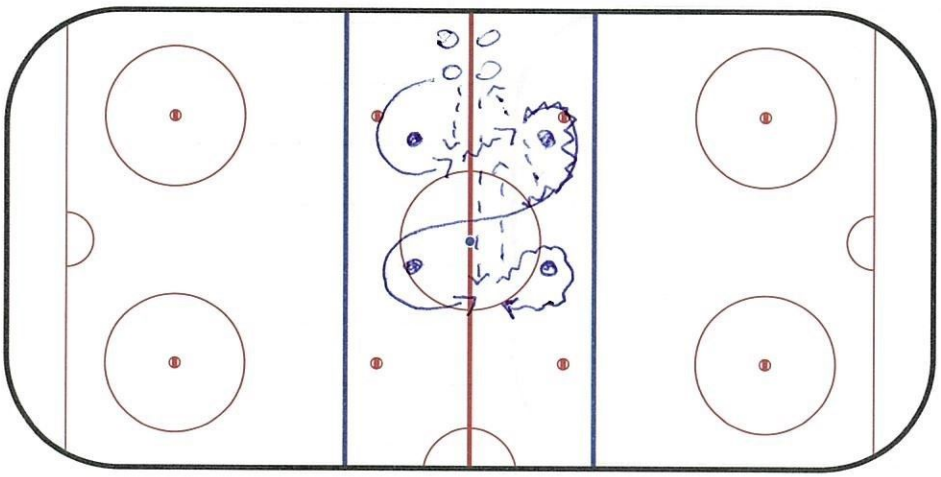
ST 1: 1-1 von seite oder option von F damit machen und von mitte kommen -> timing und abstand lesen.

8 min



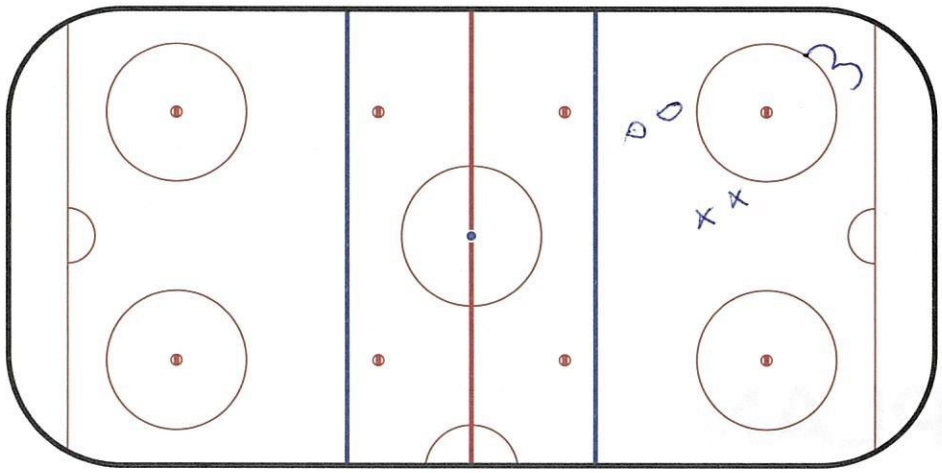
ST 2: Übung

8 min

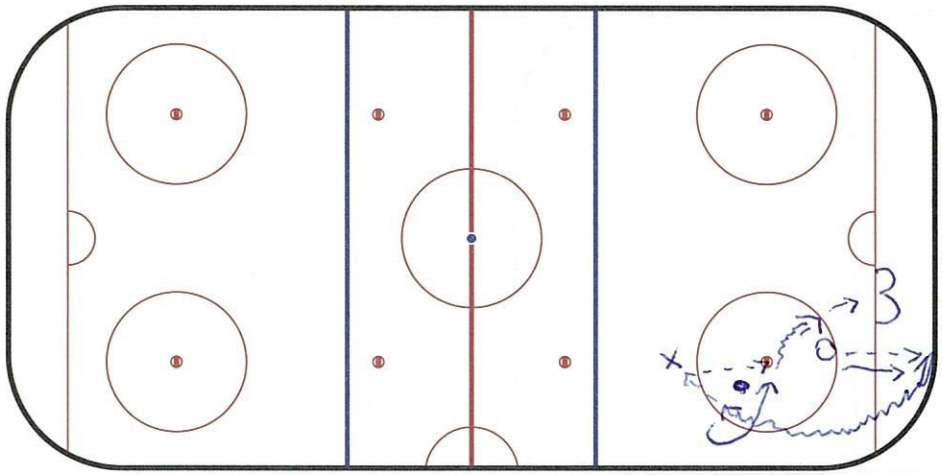


ST 3: Passen -> Annahme -> Vorhand -> Rückhand

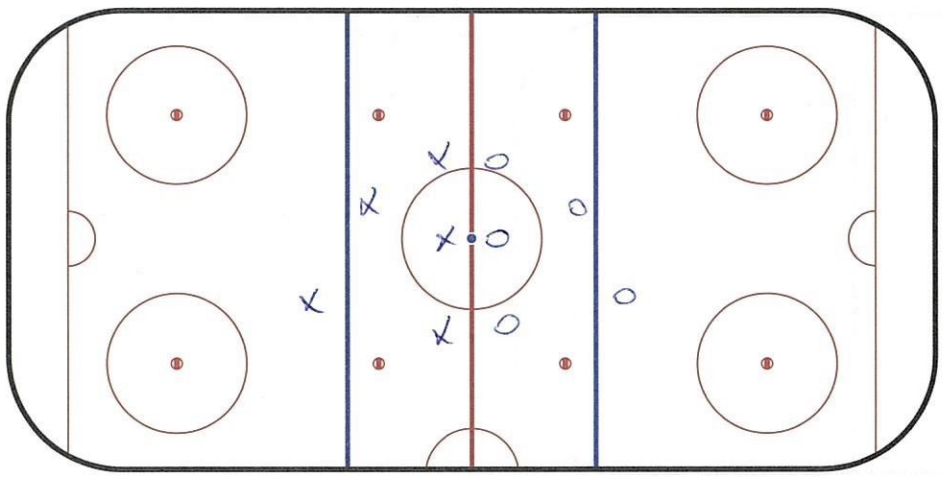
8 min



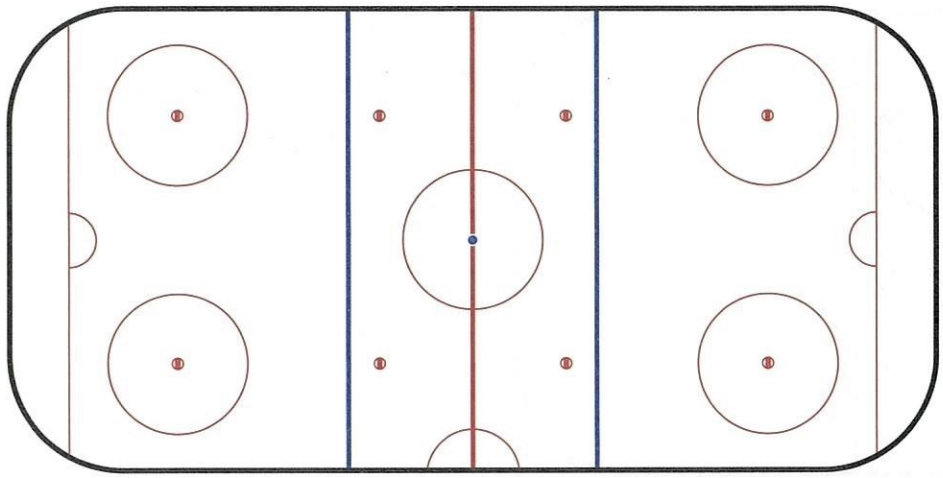
St 4: 2-2 kl. Platz
8 min



St 5: ~~Kleinfeld~~
F → Übung
8 min



Spiel ganzes Fs
5-5 mit Bully
15 min

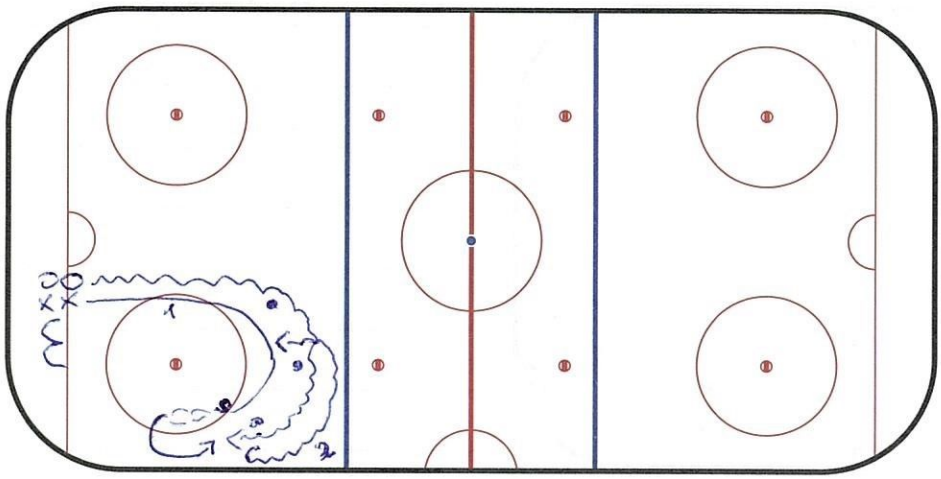


TEAM: U13 U15 → 16:20 - 17:20

DATUM: 10.9.2023

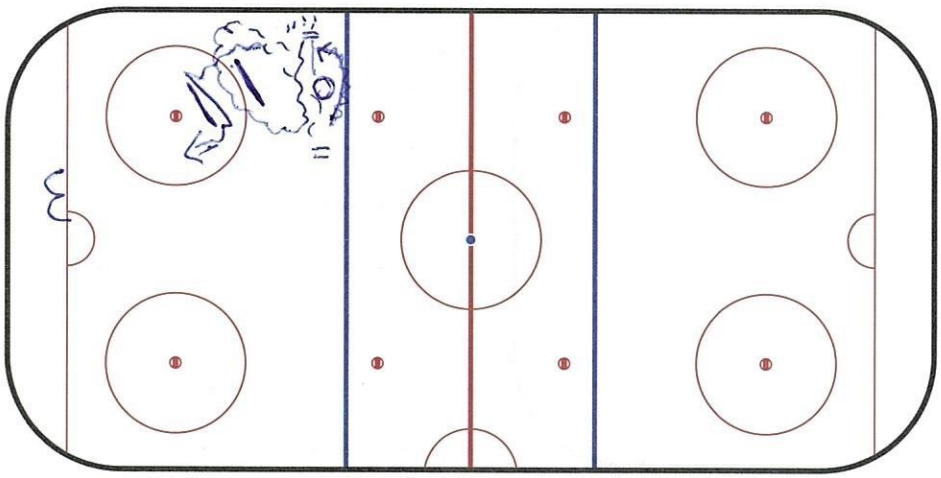
TRAINER: JURI, MAREK, MARC

TRAININGSPLAN



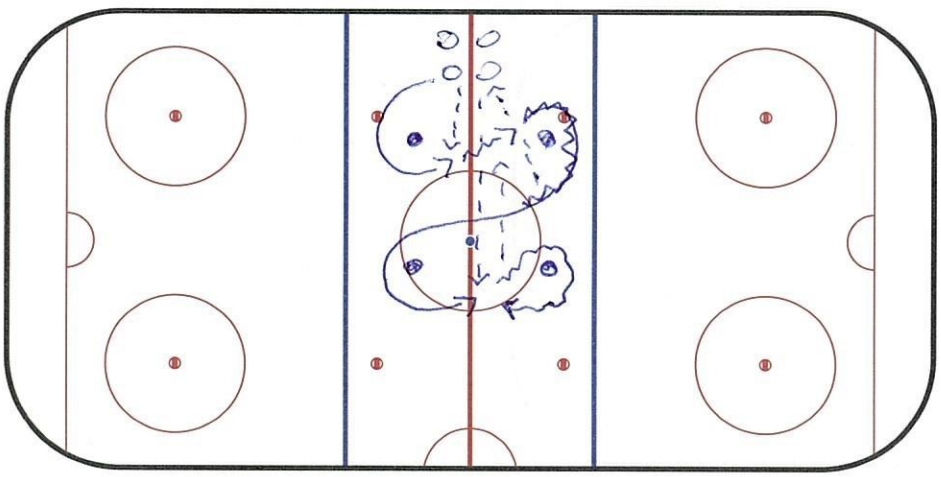
ST 1: 1-1 von seite oder option von F damit das machen und von mitte kommen → D reining und abstand lesen.

8 min



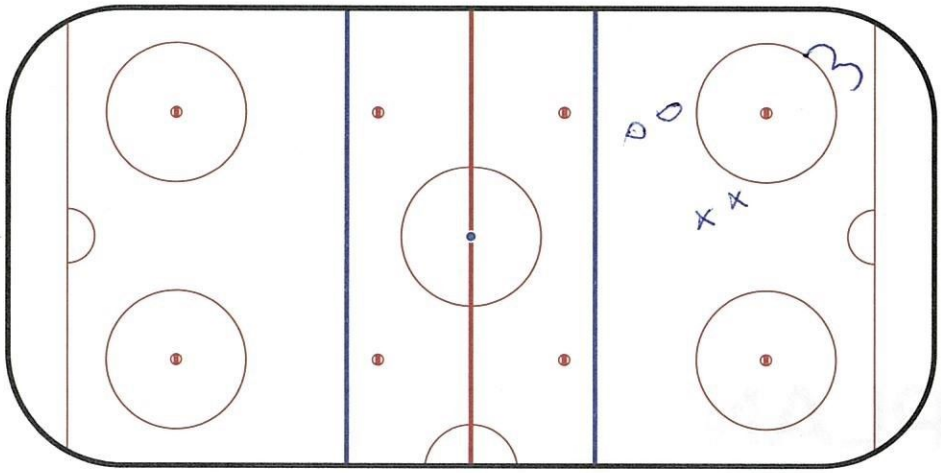
ST 2: D übung

8 min

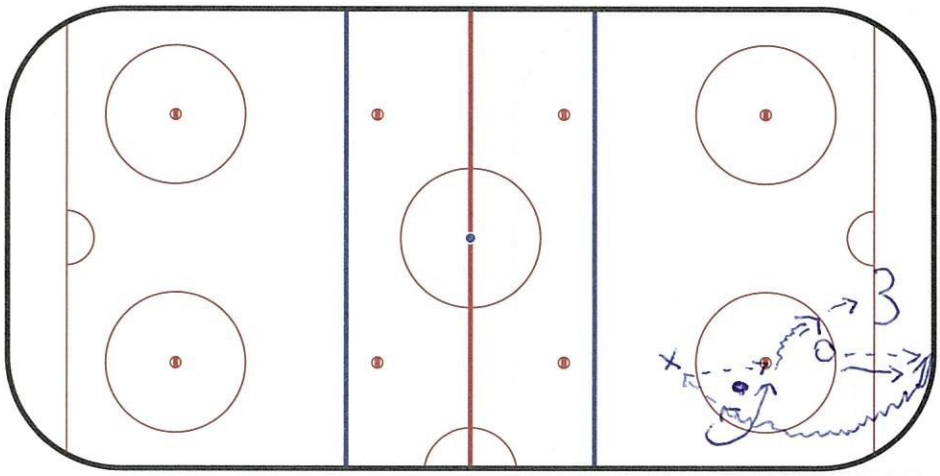


ST 3: PASSEN → Annahme → VORHAND → RÜCKHAND

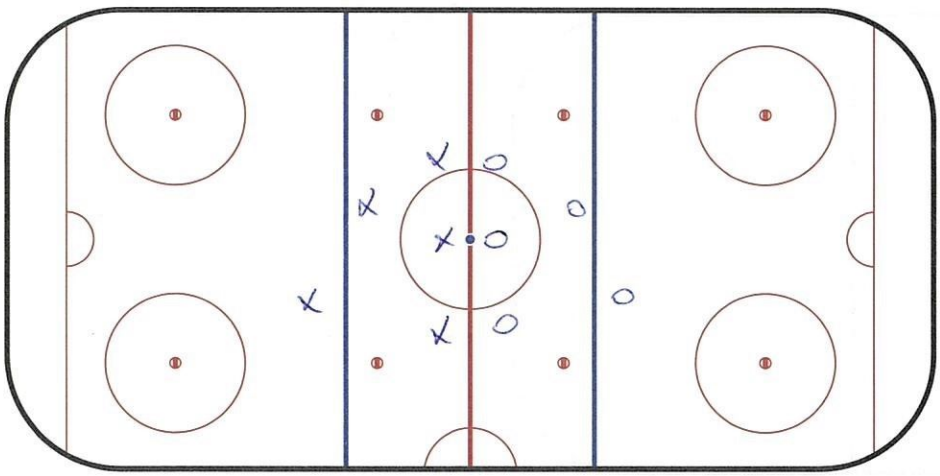
8 min



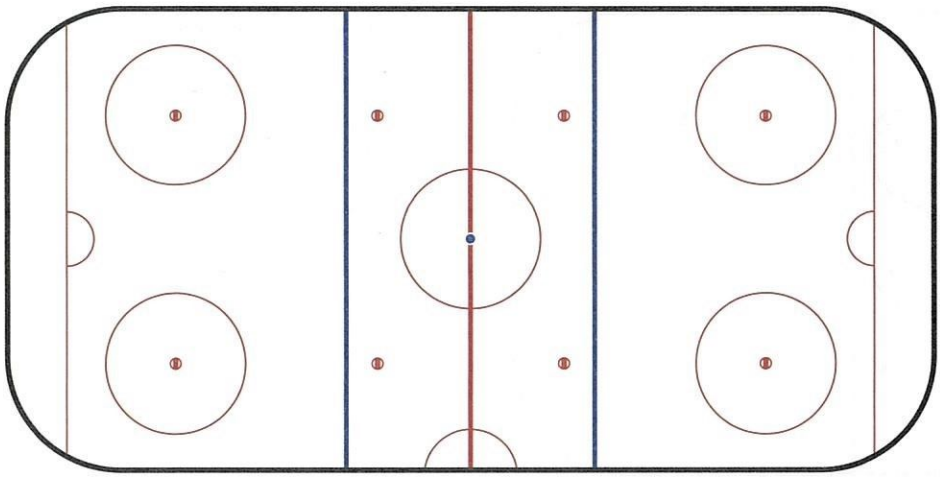
St4: 2-2 kl. Platz
8 min



St5: ~~Kleinfeld~~
F → Übung
8 min



Spiel ganzes Fs
5-5 mit Bully
15 min

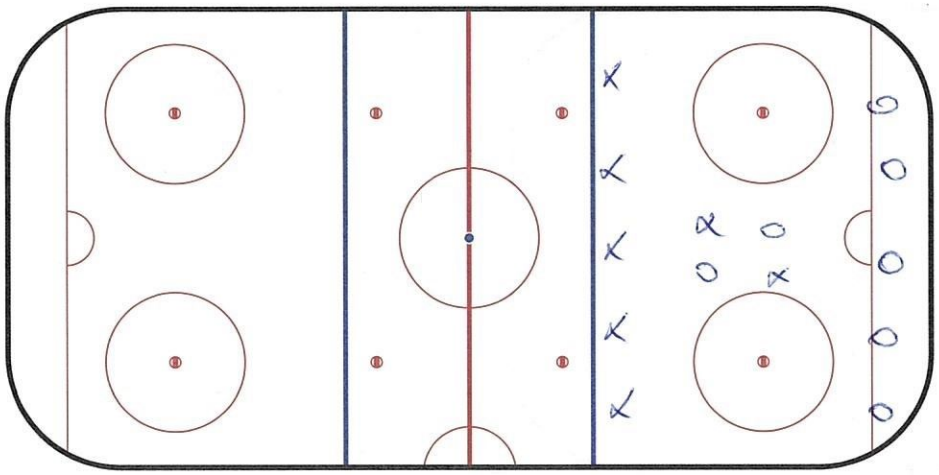


TEAM: U13. 16:30-17:30

DATUM: 10.10.2023

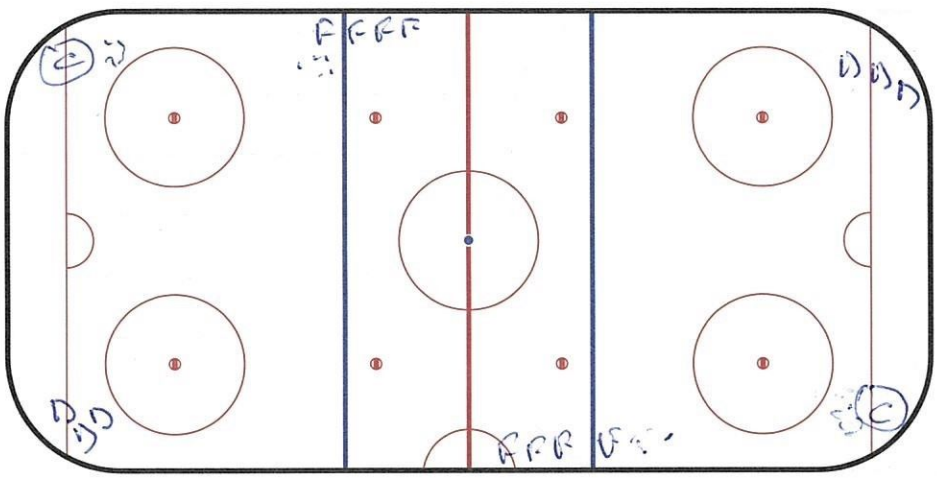
TRAINER: JURI, JÜRG

TRAININGSPLAN



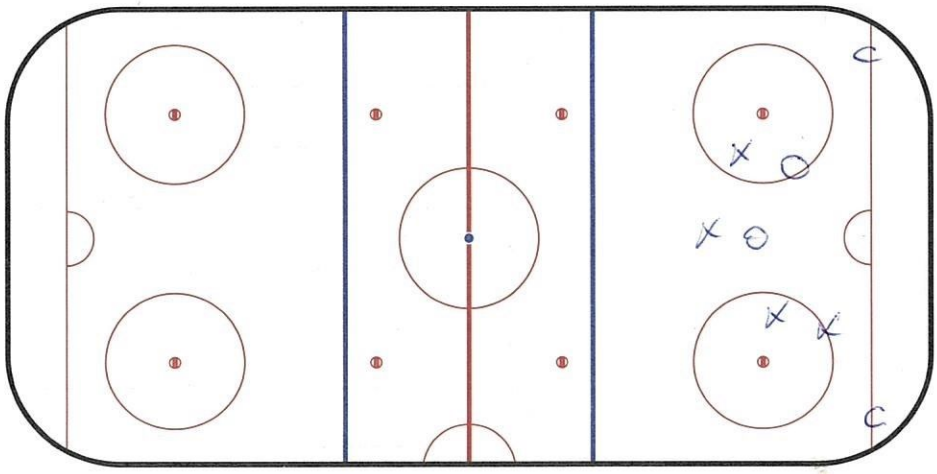
SPIEL 2-2 mit PASSE zum eigene GRUPPE

10 min



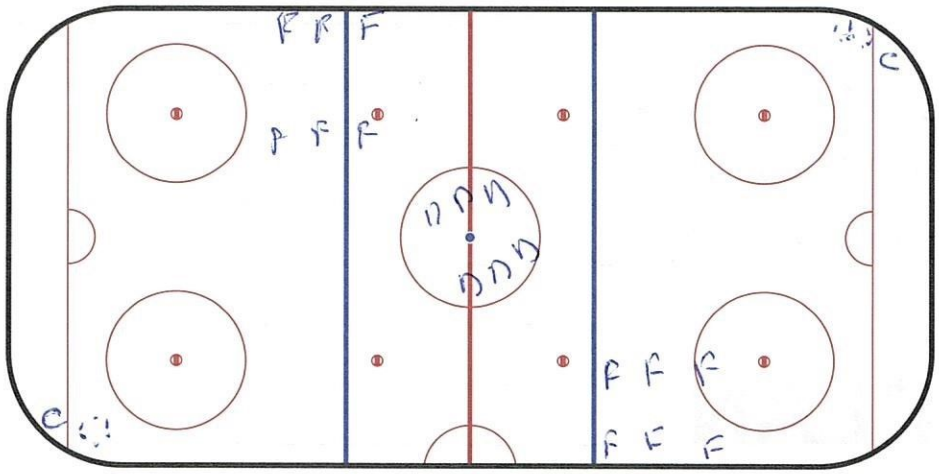
1-0 F-D ZUSAMMEARBEIT → PASS VON TR → SCHUSS NACH SCHUSS

12 min



3-3 mit 2 TR im ecke

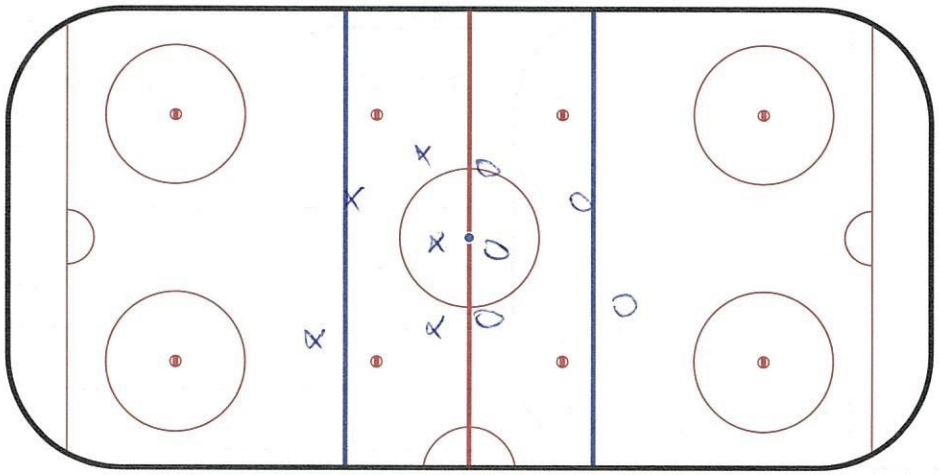
12 min



2-1 -> 2 MAL ->

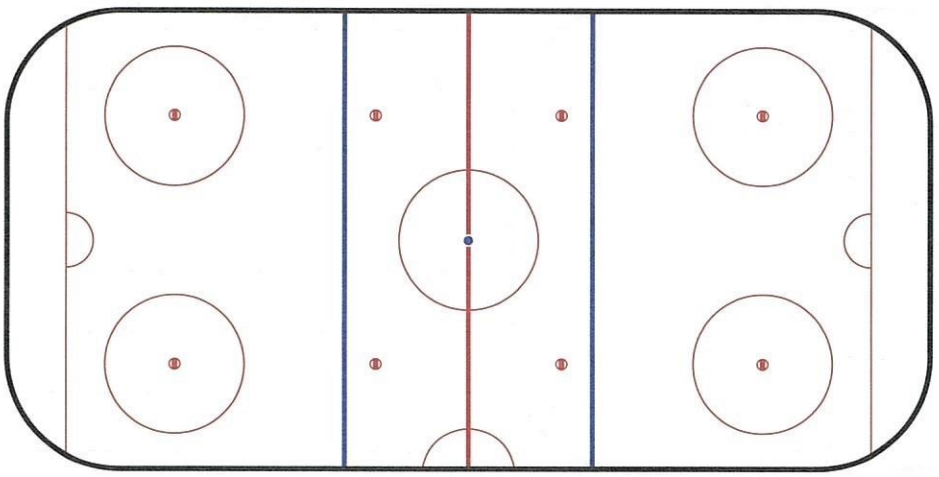
-> STANDART + ECKE

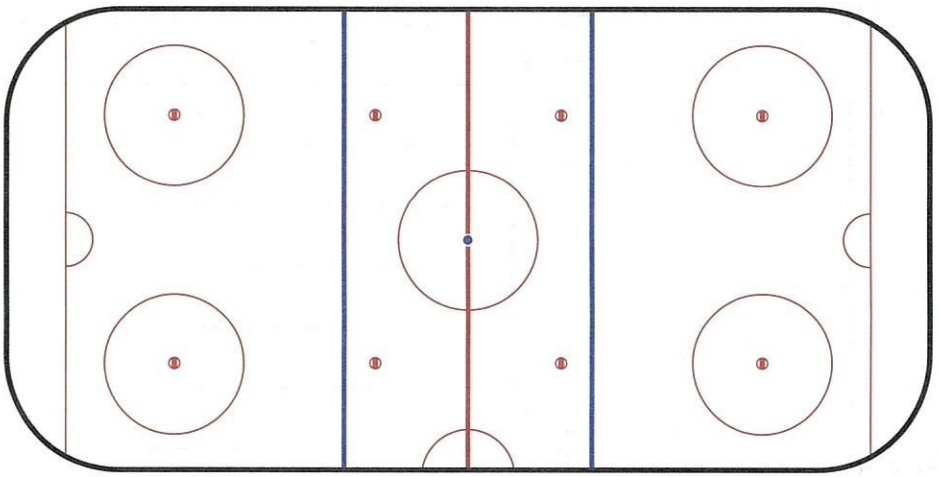
12 min



SPIEL 5-5 GANZES

MIT BULLY



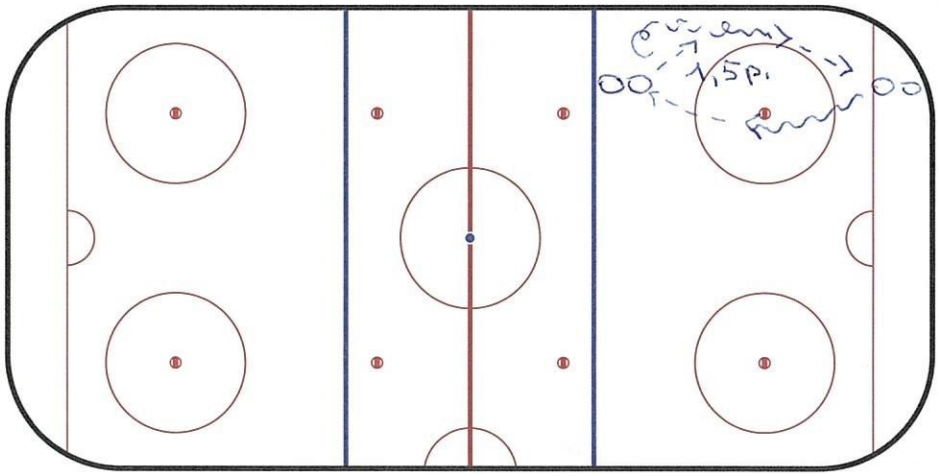


TEAM: U13U15 -> 16:20 ~~17:20~~ -> 17:30 ~~18:30~~

DATUM: 16.10.2023

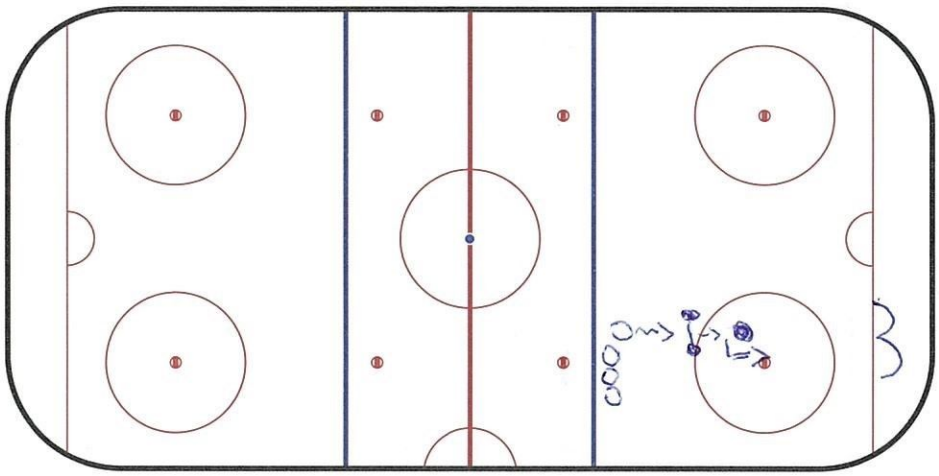
TRAINER: JURI

TRAININGSPLAN



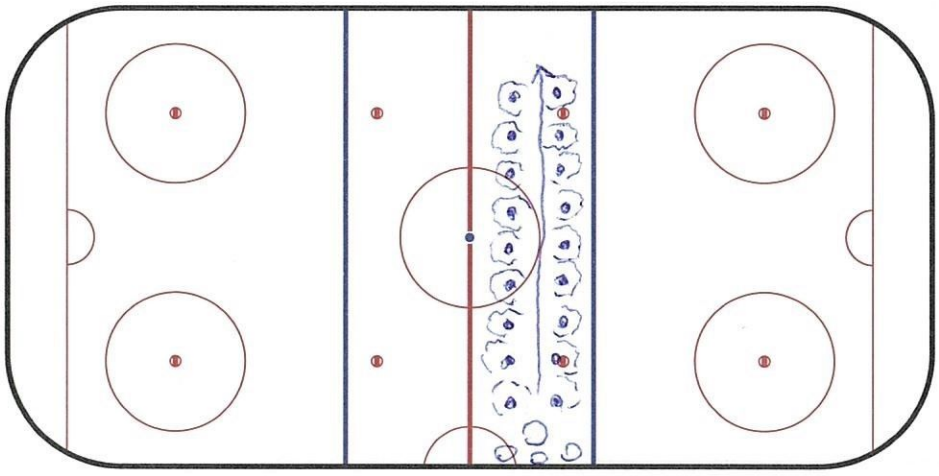
1) Passen im Bewegung

8 min



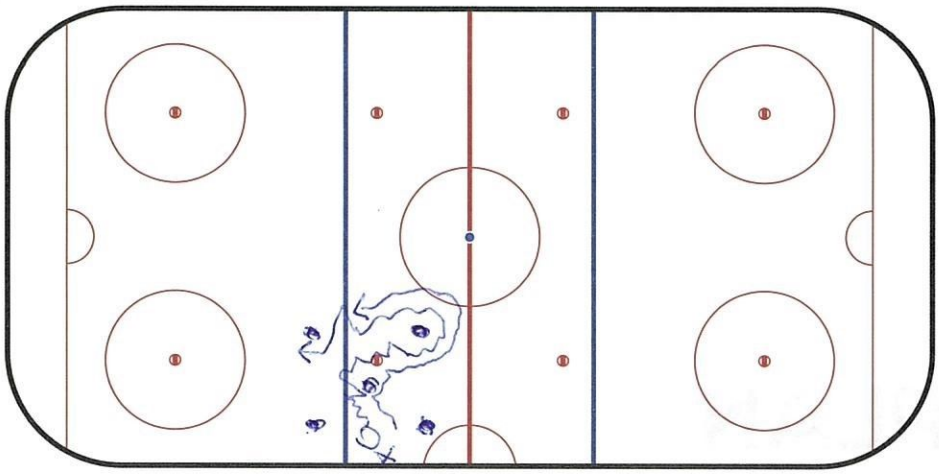
2) Schuss technik

8 min

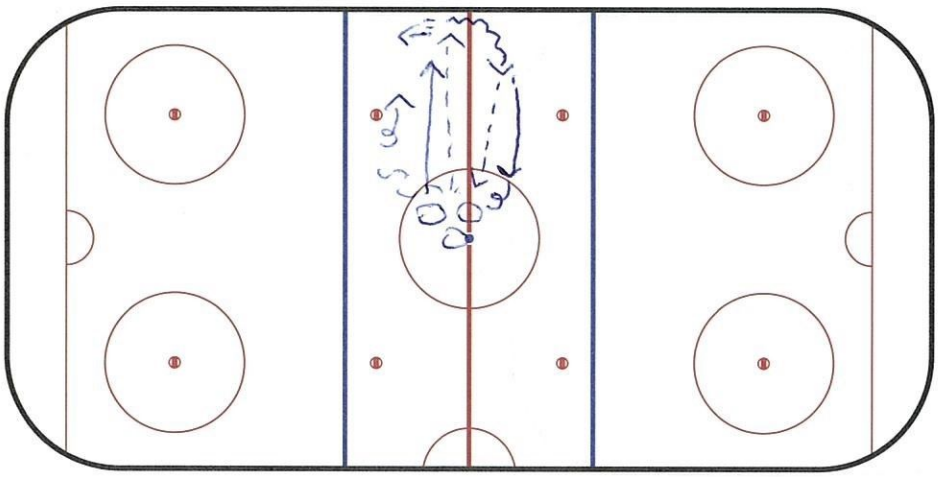


3) Stickhändling

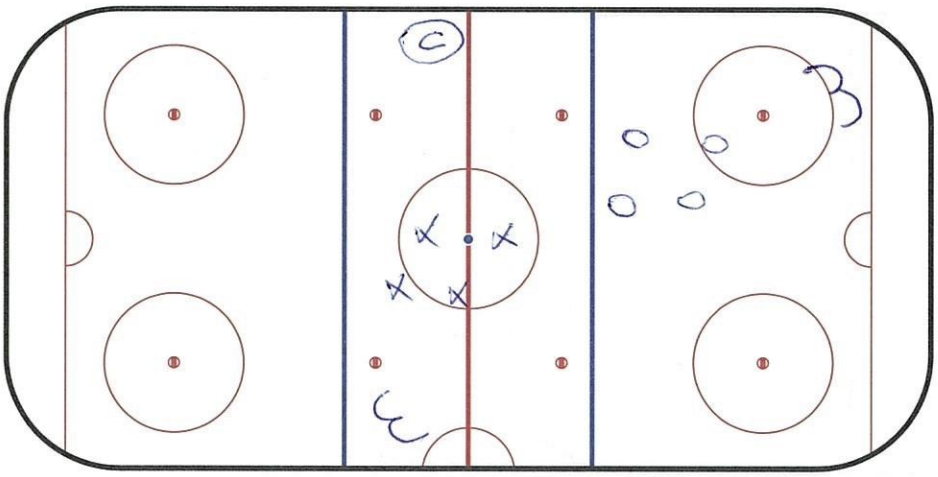
8 min



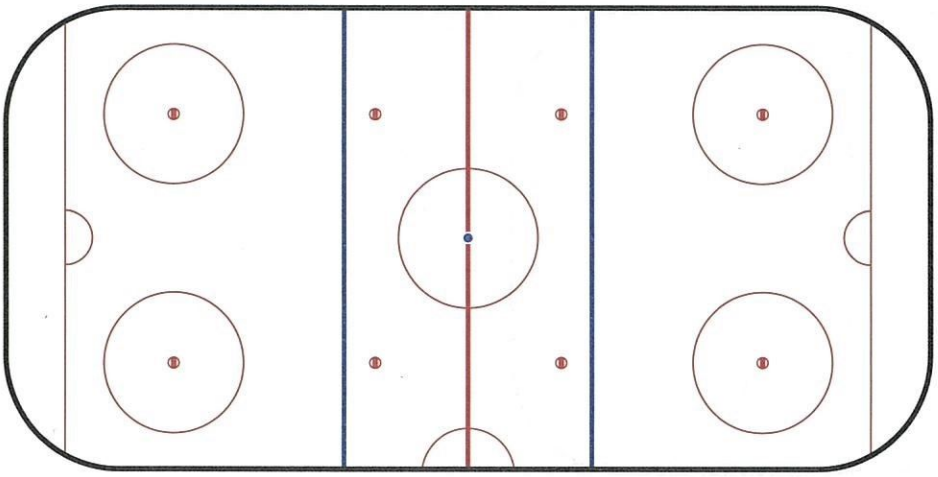
4) Puck kontroll im bewegung -> 2 Spieler passive Störung hinten.
8min



5) Eislauf Übung -> raus von bande mit bremsen teuschung. -> 2mal jede.
8min



Spiel 4-4 TR -> -> Joker
13min



TEAM: U13, 16:40-17:40 20.10.2023, 15:30-16:30

DATUM: 18.10.2023 →

TRAINER: JURI, JÜRG.

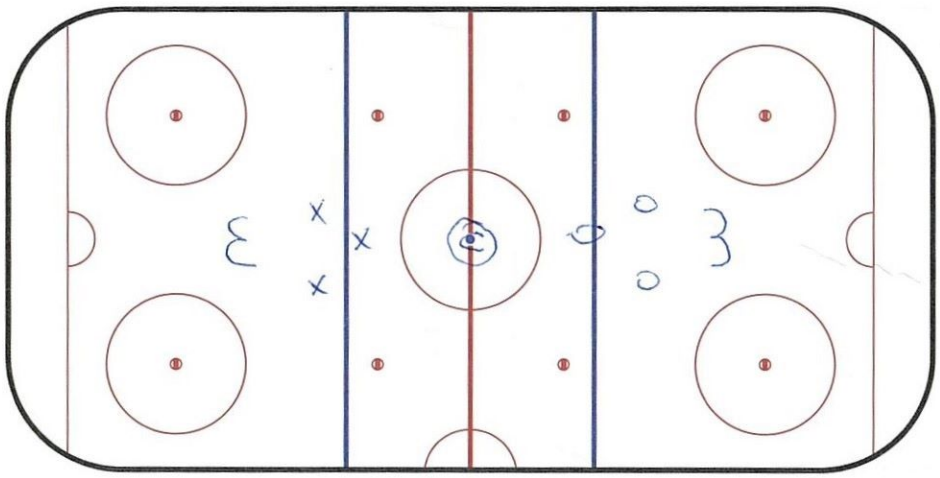
Wiederholung Training

+

Start 3-3 → Spiel

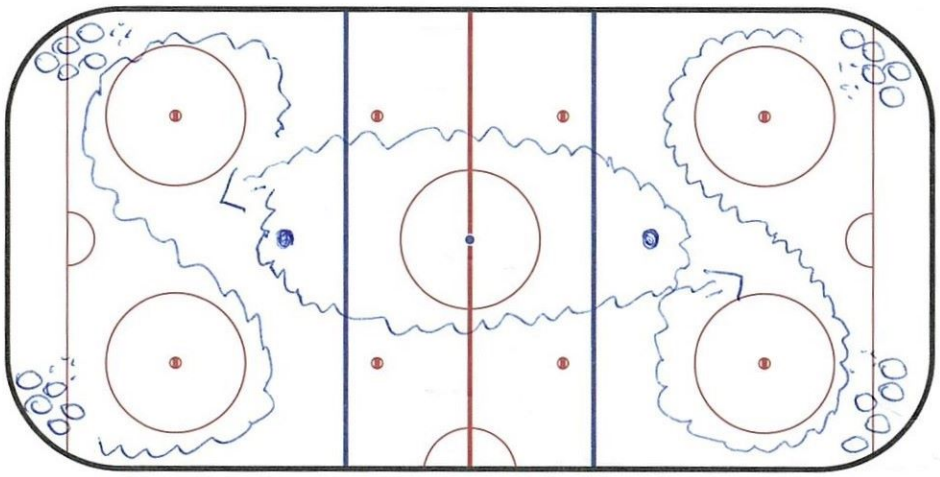
40x30 mit 2 Joker TR

TRAININGSPLAN



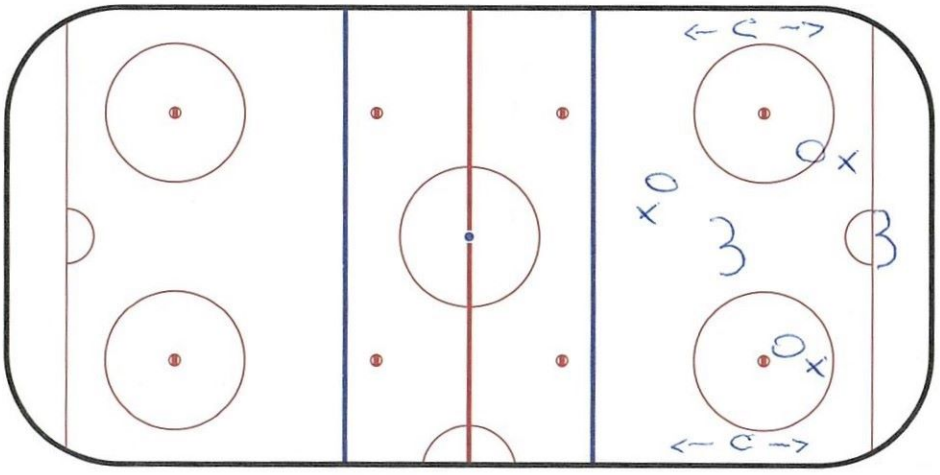
Spiel mit TR Joker für kürze Pässe → Puck laufen lassen. (3-3)

12 min



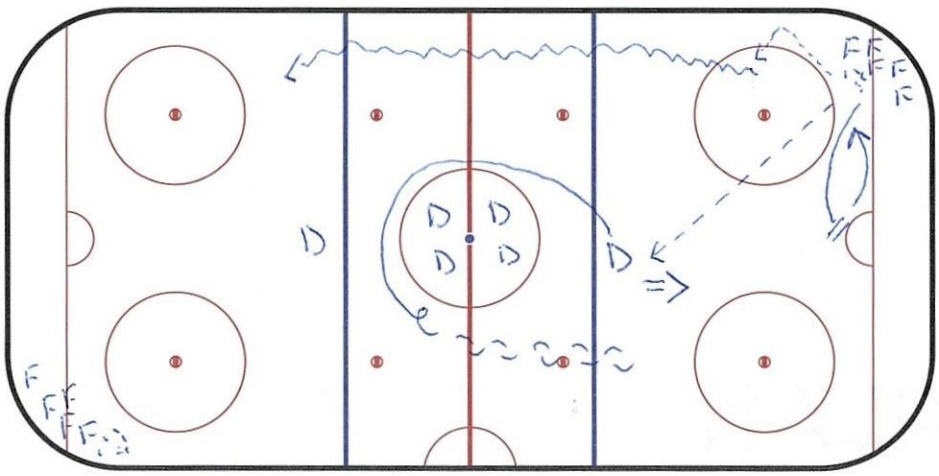
1-0 mit Tempo → → übersetzen bei Bully Kreise → ~~Bully~~

10 min



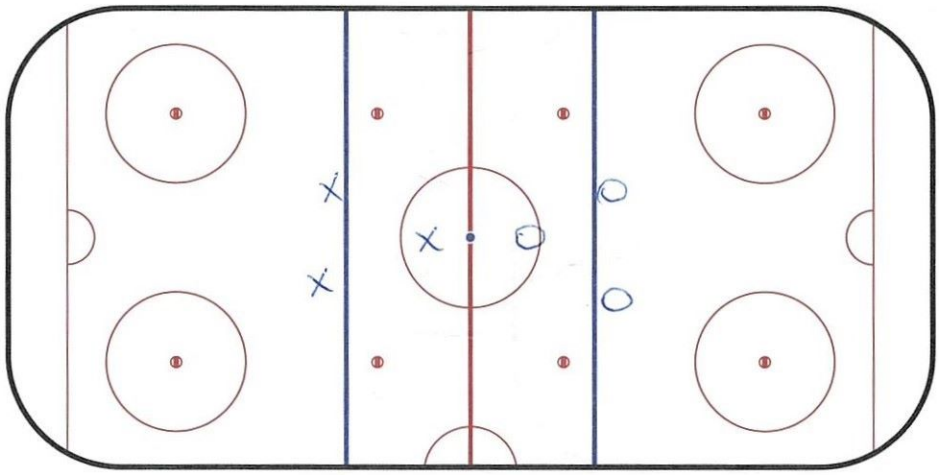
Spiel 3-3 im Zone → jede sein Mann → schnelle umschalten → TR Joker für beide Team.

12 min



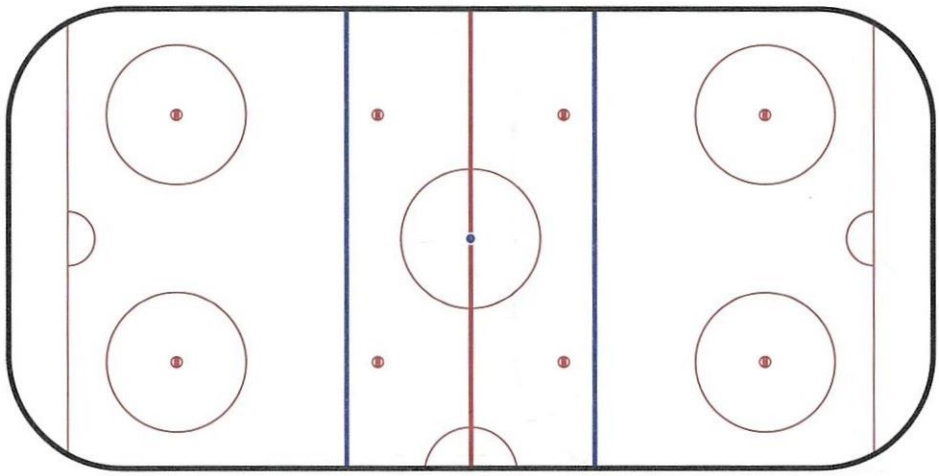
1-1 nach schuss von D -> D - schnelle umschaltung nach schuss -> KÖRPER schauen -> schläger AKTIV.

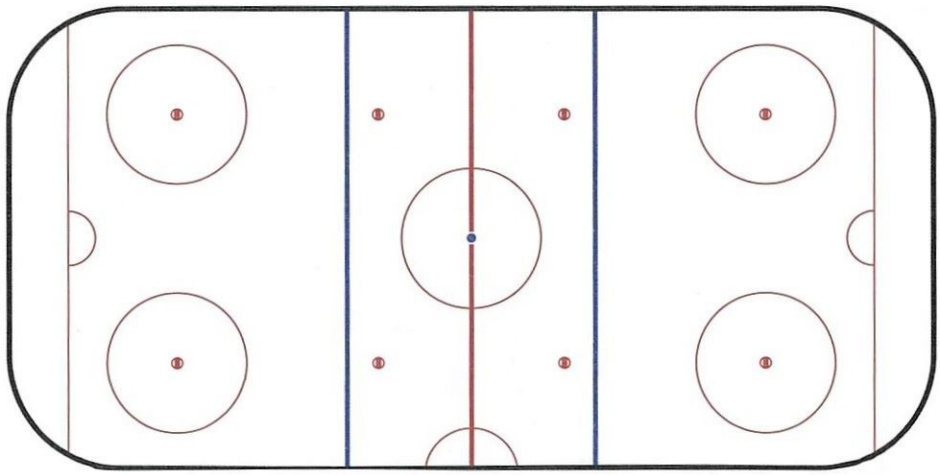
12 min



Spiel ganze eis 3-3 -> TEMPO!

10 min



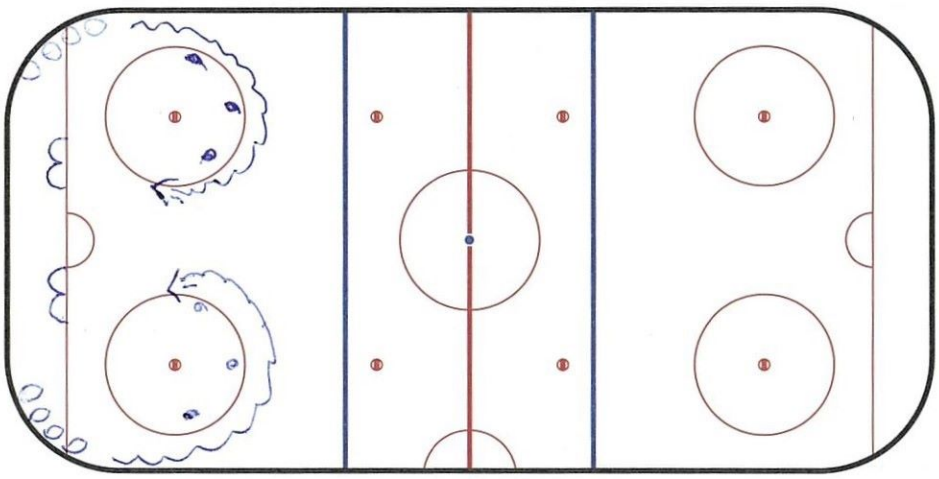


TEAM: U13-U15 -> 15:10 - 16:10
16:20 - 17:20

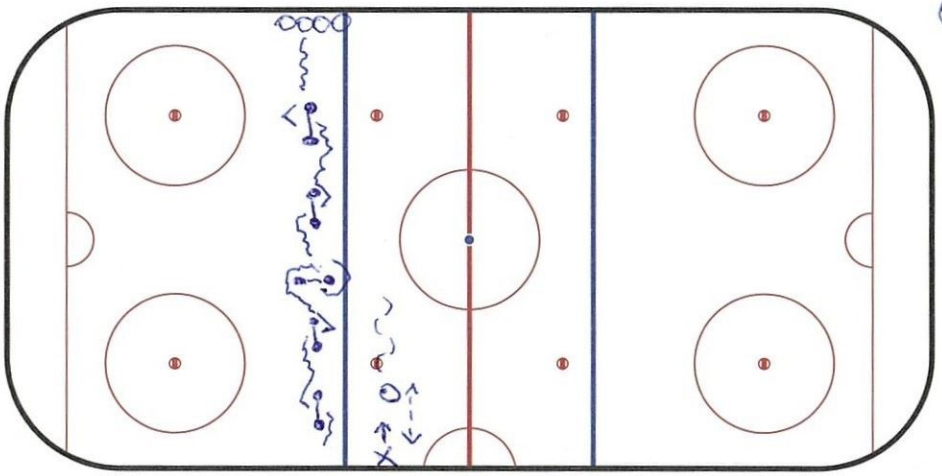
DATUM: 23.10.2023.

TRAINER: Yuri, Joe.

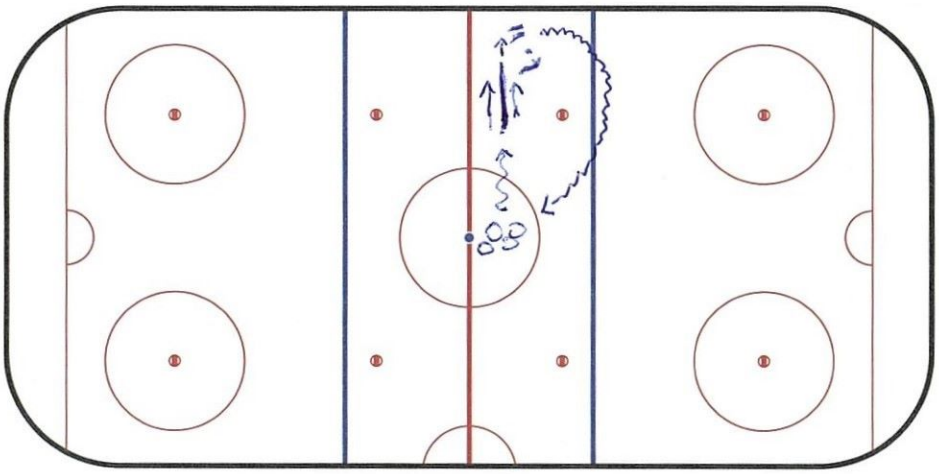
TRAININGSPLAN



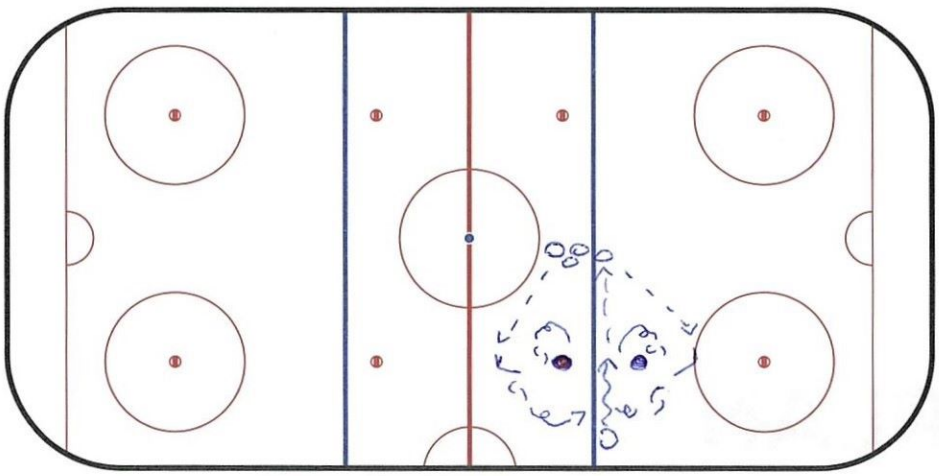
(1)-(2) -> schuss bei Übersetzung (vor-rück Hand) 8 min - 8 min



(3) Puck kontroll -> pass vor-rück bewegung 8 min



(4) Puck abgabe im bewegung mit richtung wechsel und übersetzung 8 min

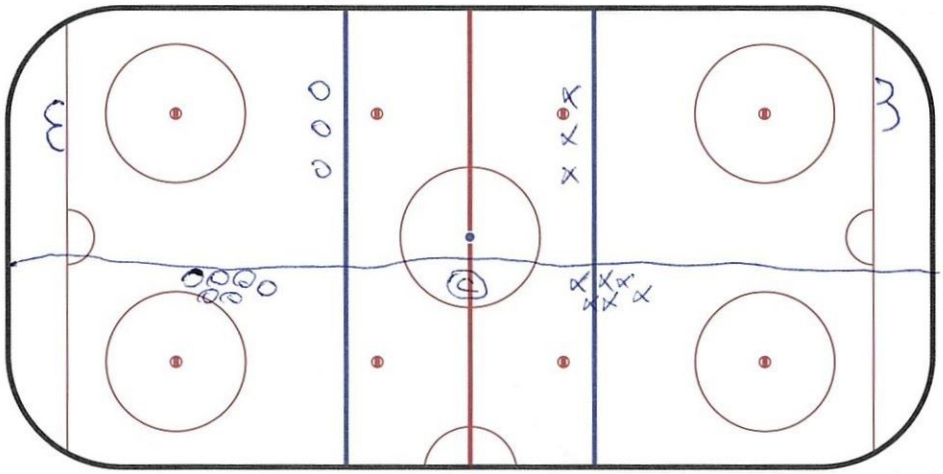


⑤ Passen im Bewegung

Vorwärz-Rückwärz →

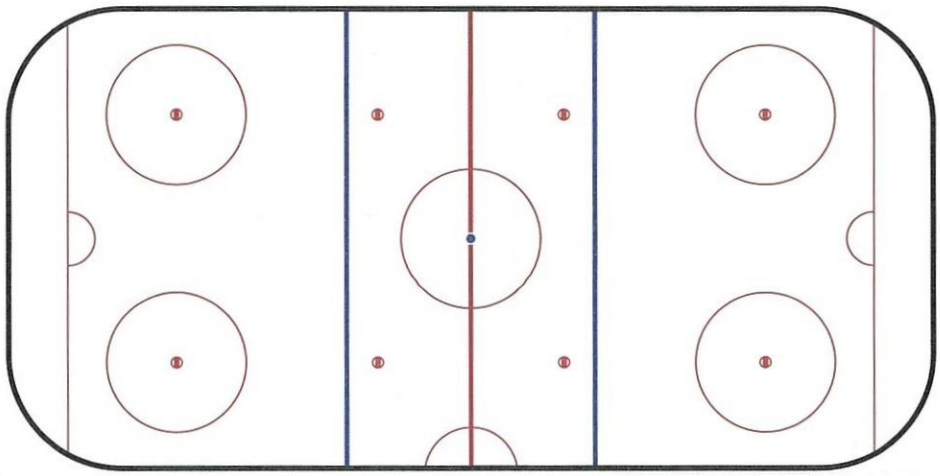
Annahme vor-Rückhand

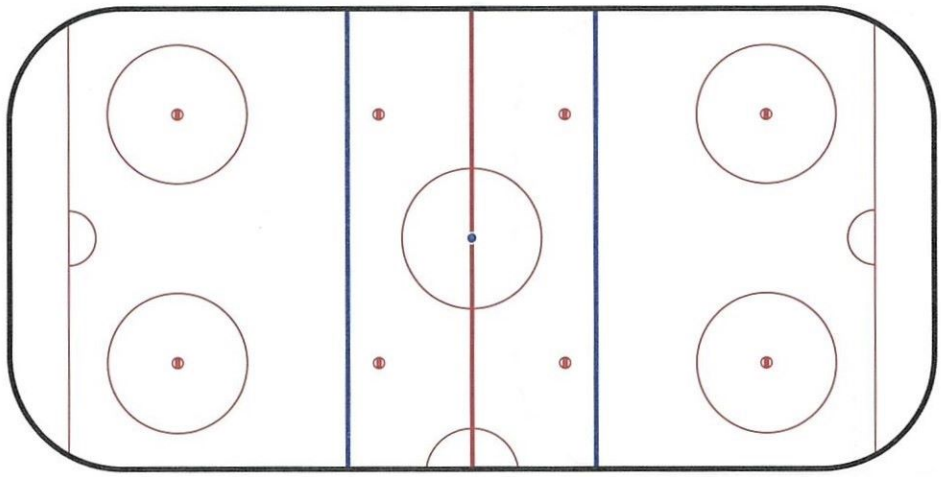
8min



Spiel 3-3 Halb eis

13min





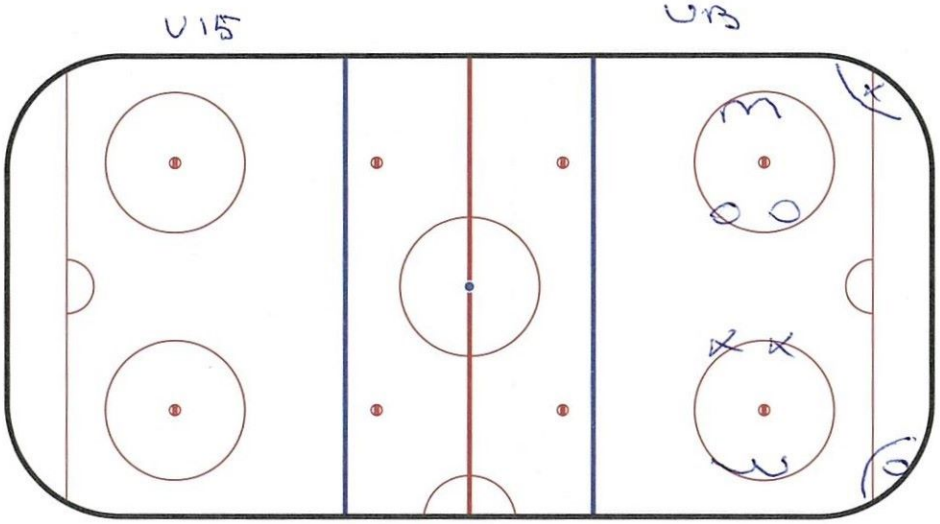
TEAM: U13-U15, 16:20 - 17:20

DATUM: 24.10.2023

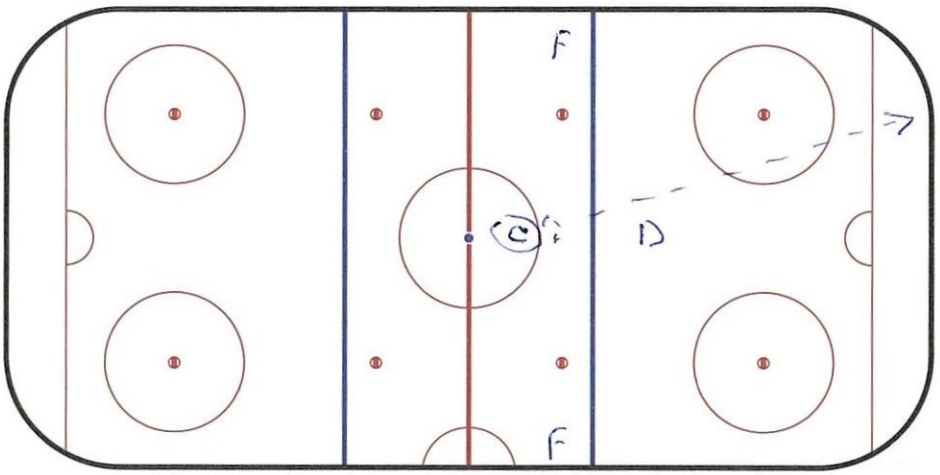
TRAINER: YURI, MAREK, MARC.

TRAININGSPLAN

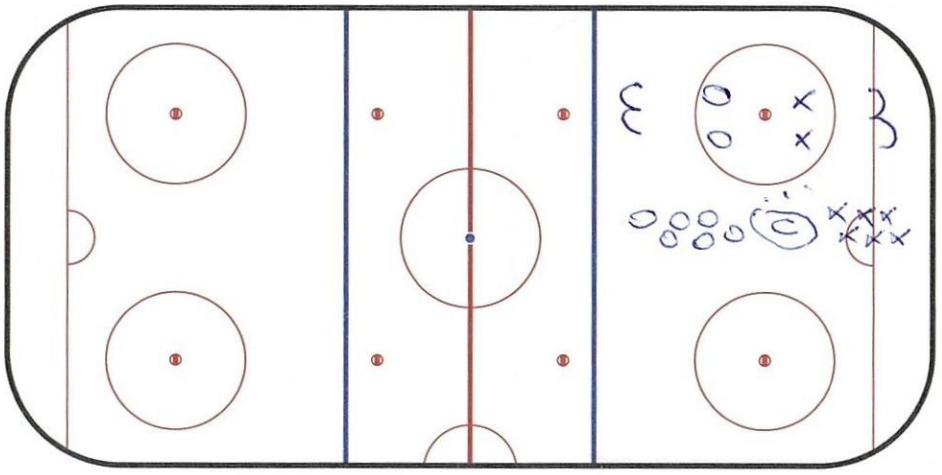
im 2 zonen geteilt



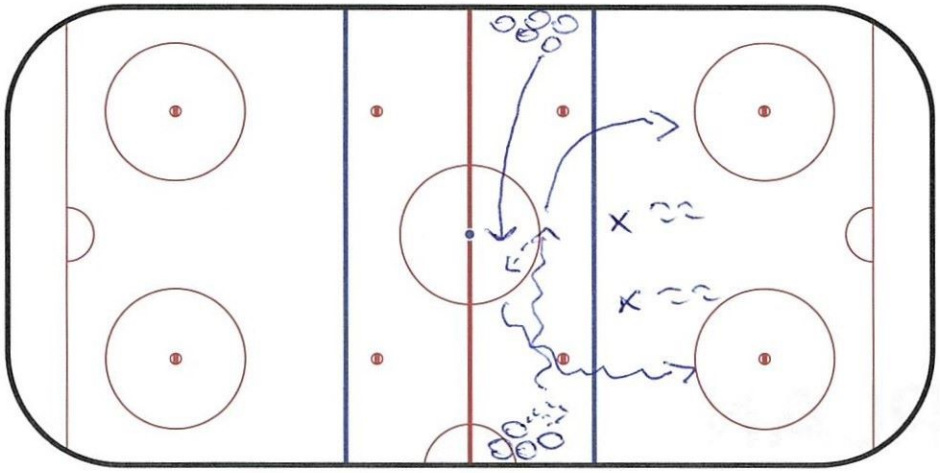
Spiel 2-2 mit Joker ecke, 12min



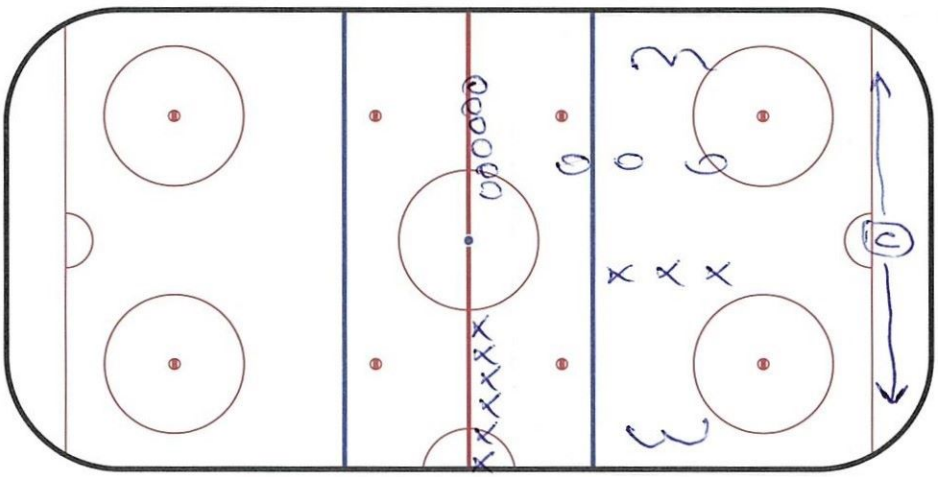
2-1 mit Aufbau 10 min



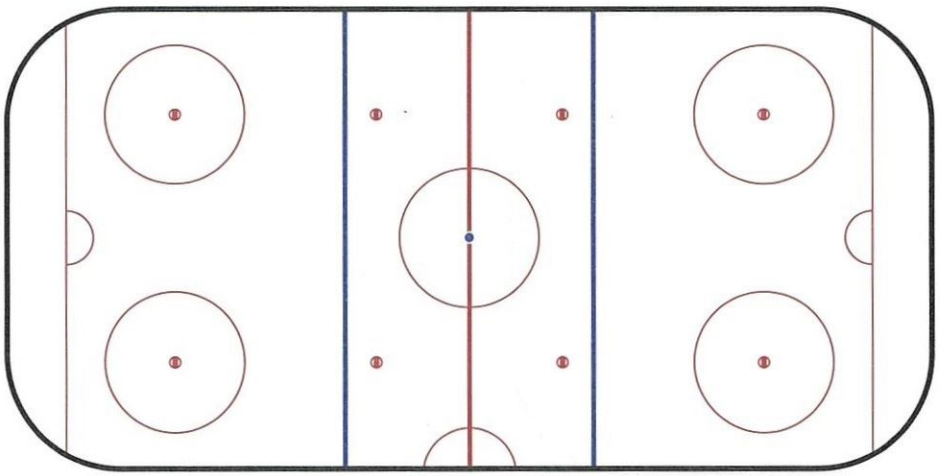
2-2 kl. Platz 10 min

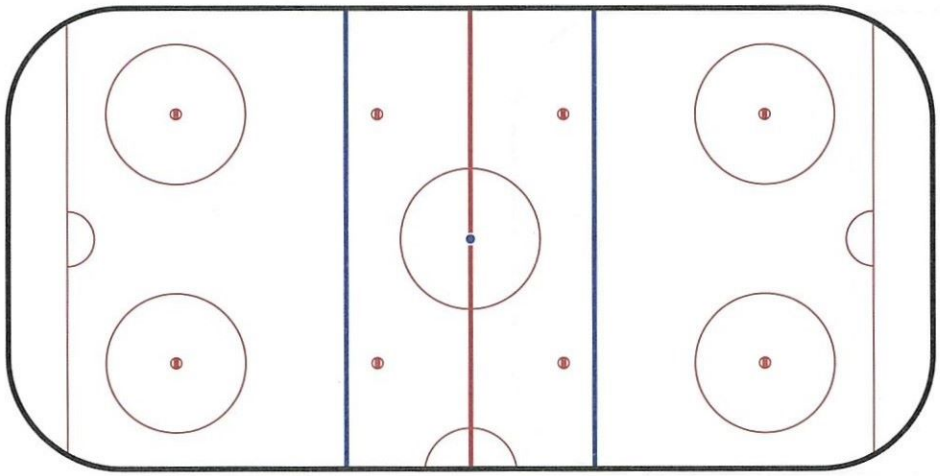


2-2 AUS mitte →
→ offensiv paar
startet nach attake
als Defensiv
12 min



Spiel 3-3 mitte
zone → FR Joker
für beide Team.
13 min



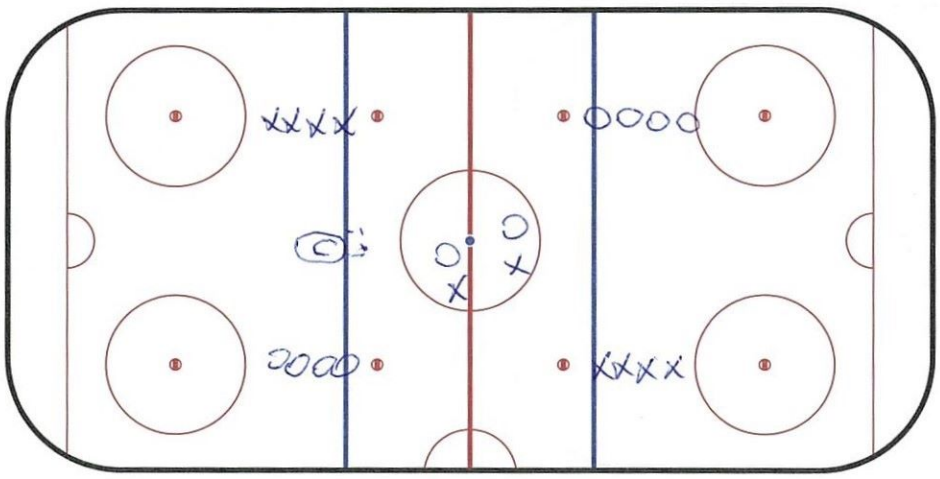


TEAM: U13, 16:40 - 17:40

DATUM: 25.10.2023

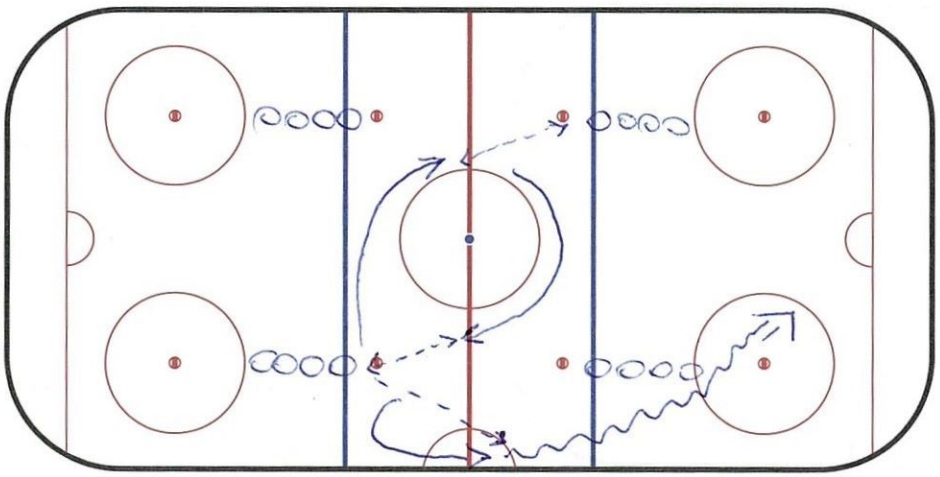
TRAINER: Yuri, Jürg,

TRAININGSPLAN



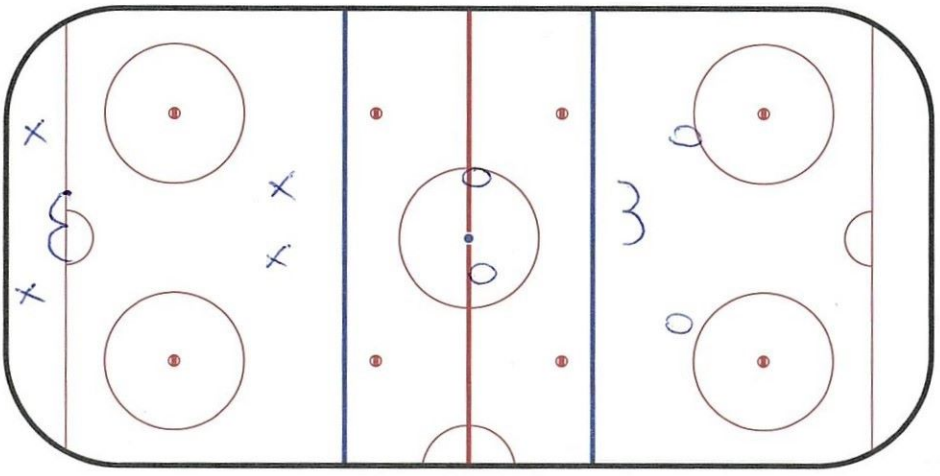
Spiel 2-2 mit Passen zum 2 Joker erste im Gruppe.

10 min



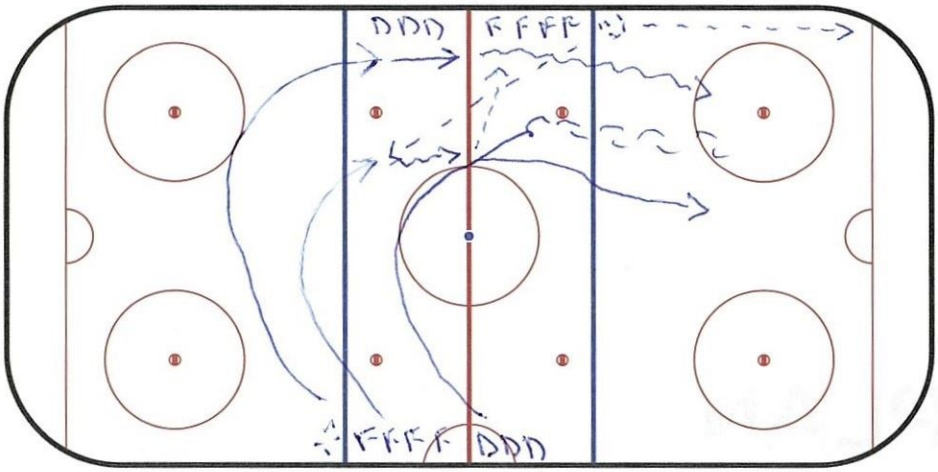
1-0 doppel Pass

10 min



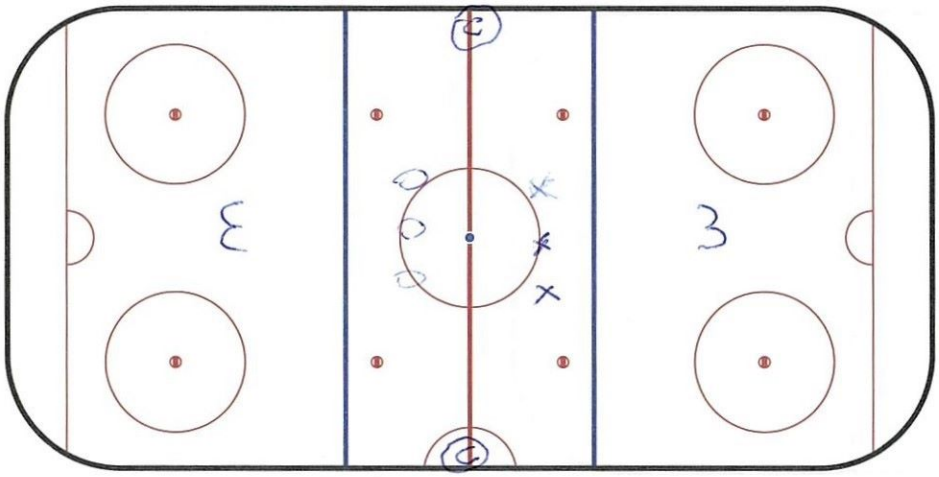
Spiel 2-2 + 2 Joker hinten Tor -> nach Pass Spieler geht rein -> 3-2

12 min



2 - 1 -> 2 MAL

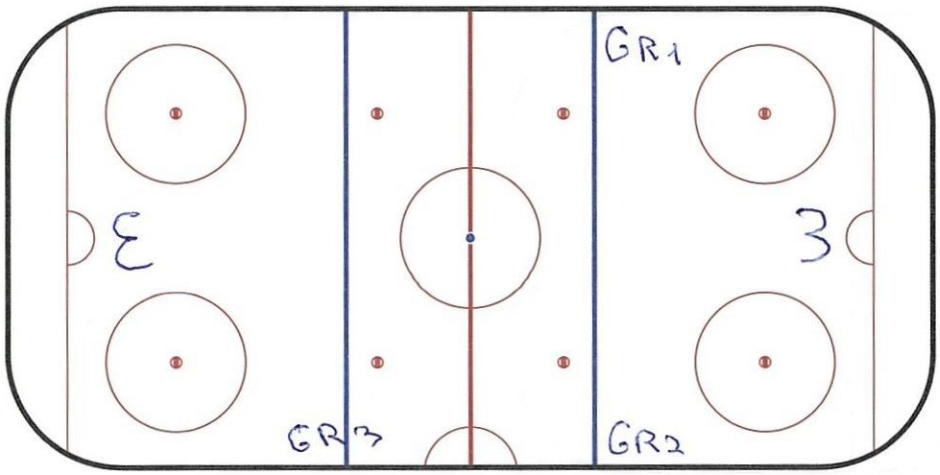
12 min



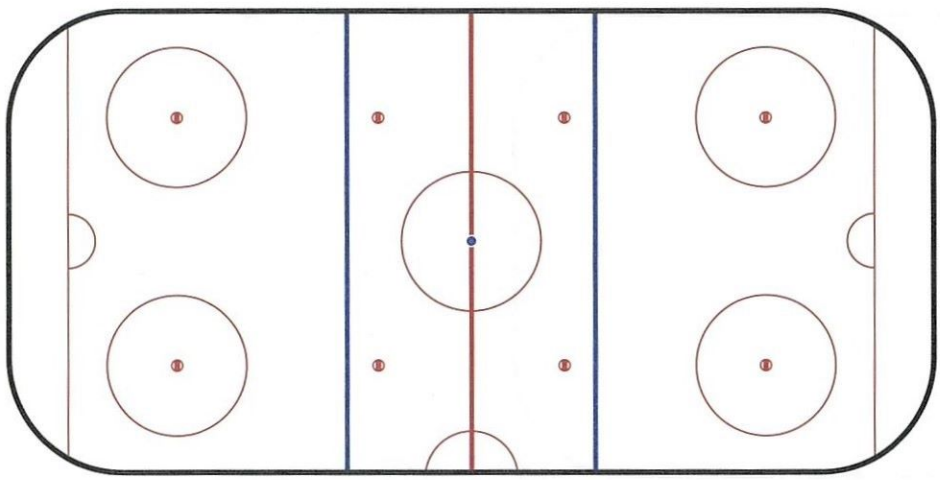
SPIEL 40 x 30 -> 3-3

mit 1TR JOKER

10 min



3 GR -> 2 R - 2 R

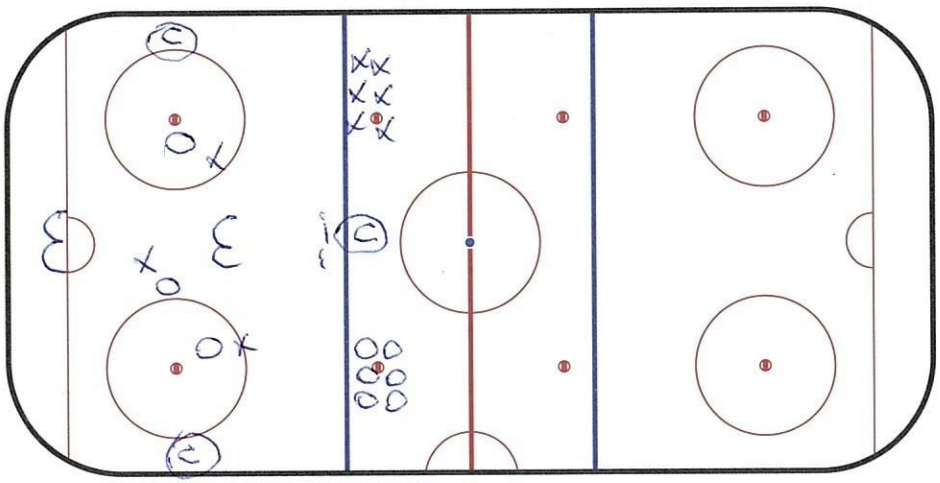


TEAM: U13, 15:30-16:30

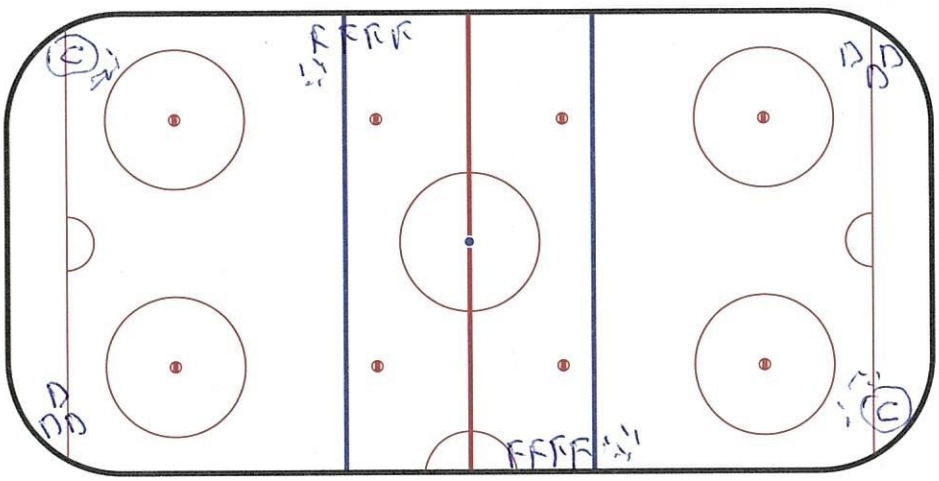
DATUM: 27.10.2023

TRAINER: Yuri, Jürg.

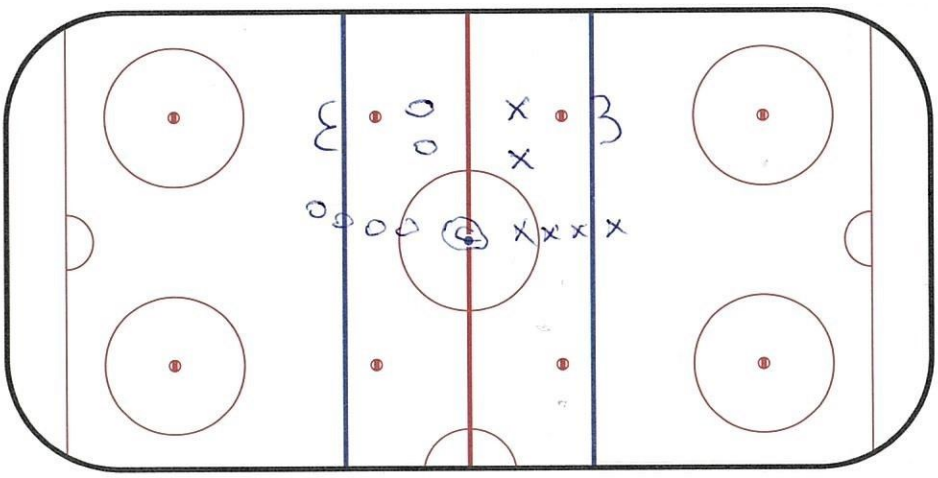
TRAININGSPLAN



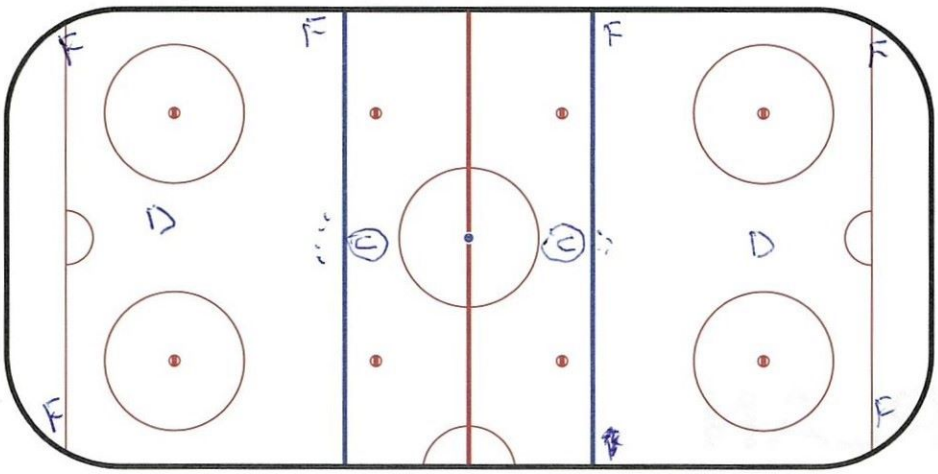
Spiel 3-3 mit 2 TR Joker. für Sek. Team 12min



1-0 F-D Aufbau -> Arbeit vor Tor 12 min



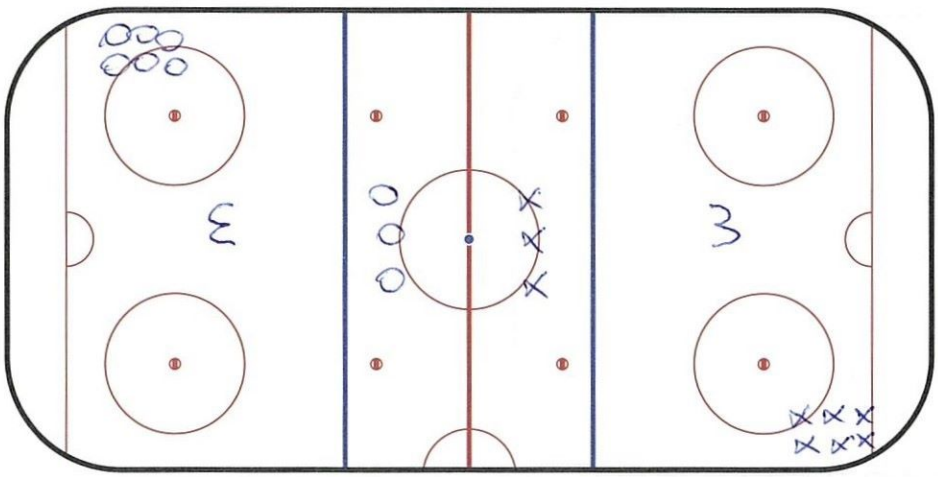
2-2 KL Platz 12 min



1-1 im 2 zonen

3F - 1D

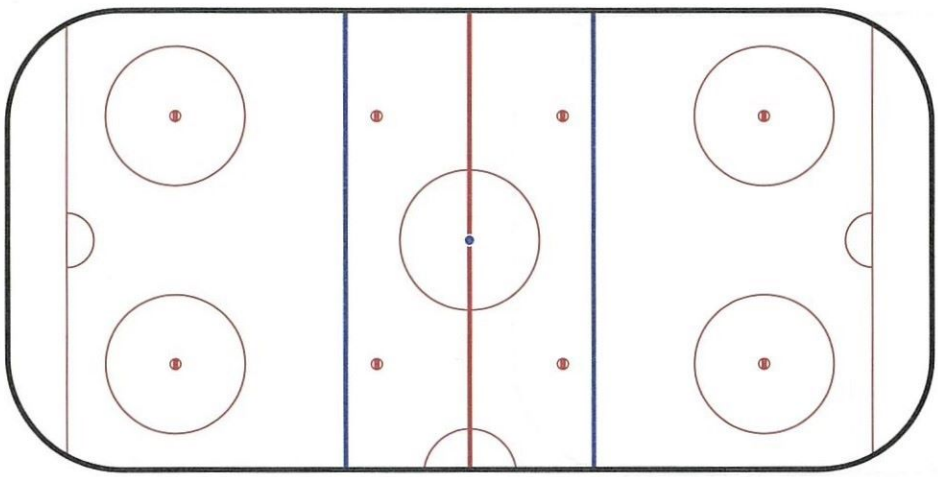
12min

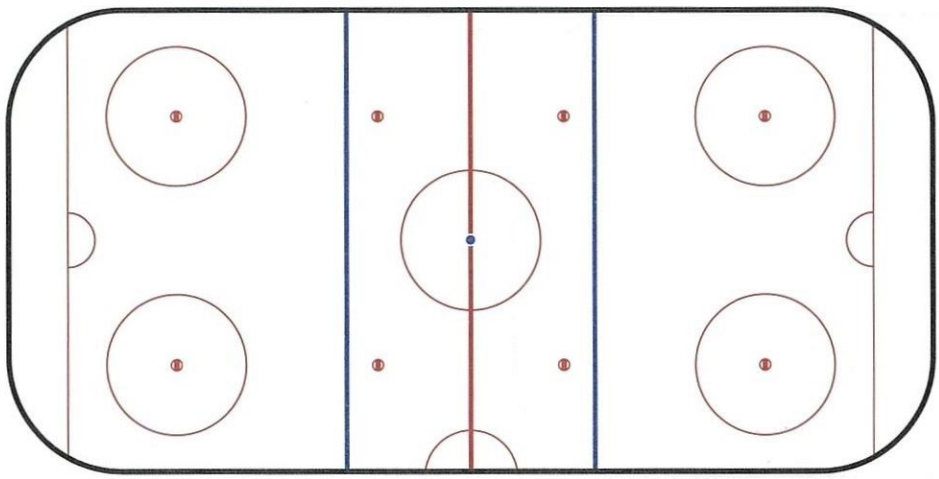


SPIEL 40x30

3·3 → 2 TR JOKER

10 min





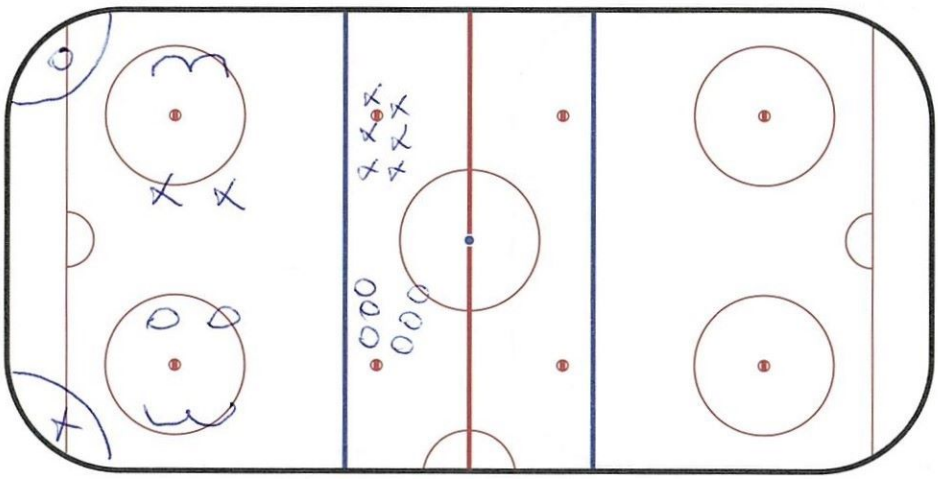
TEAM: U13, 11:10-12:10

DATUM: 3.11.2023.

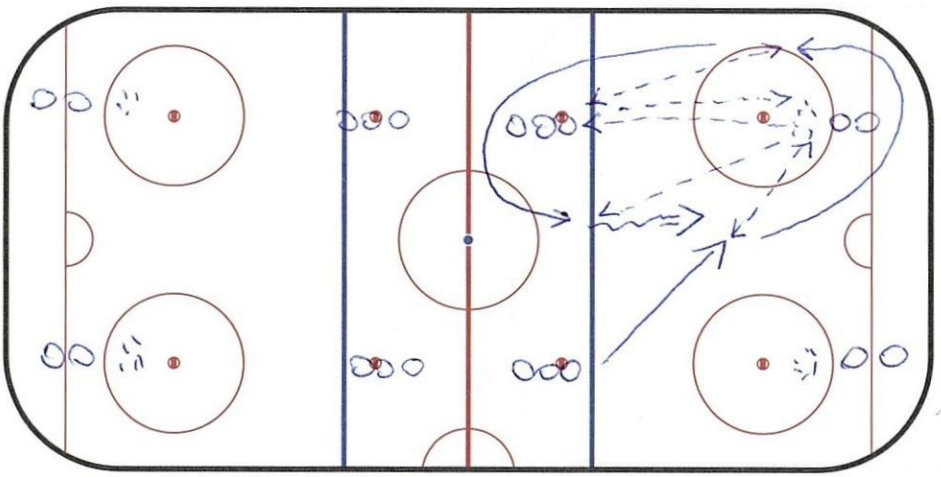
TRAINER: Yuri

Spiel Tag.

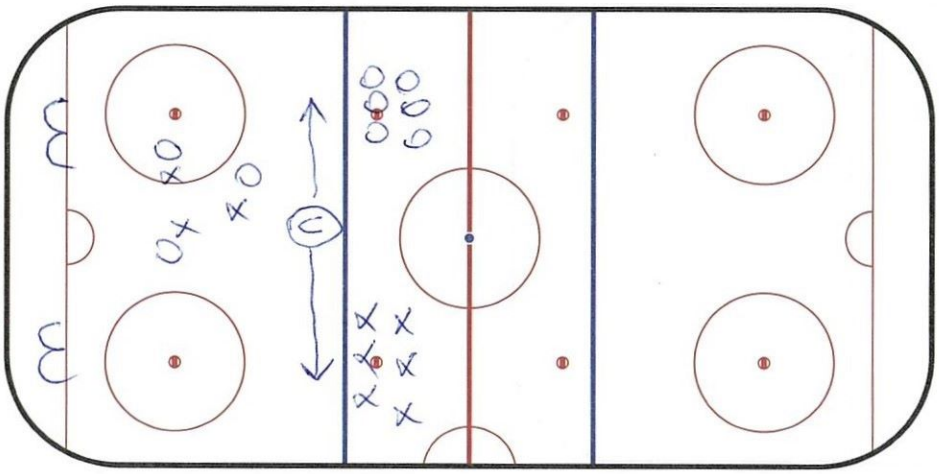
TRAININGSPLAN



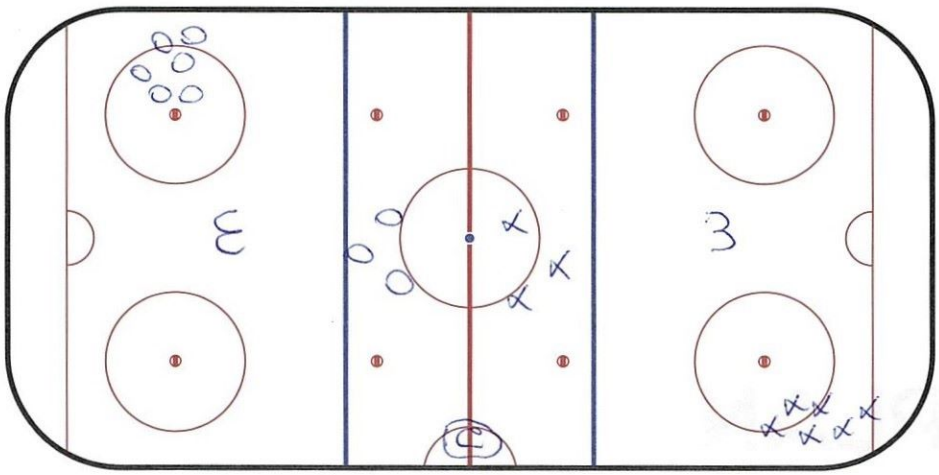
Spiel 2-2 mit Joker im ecke
13min



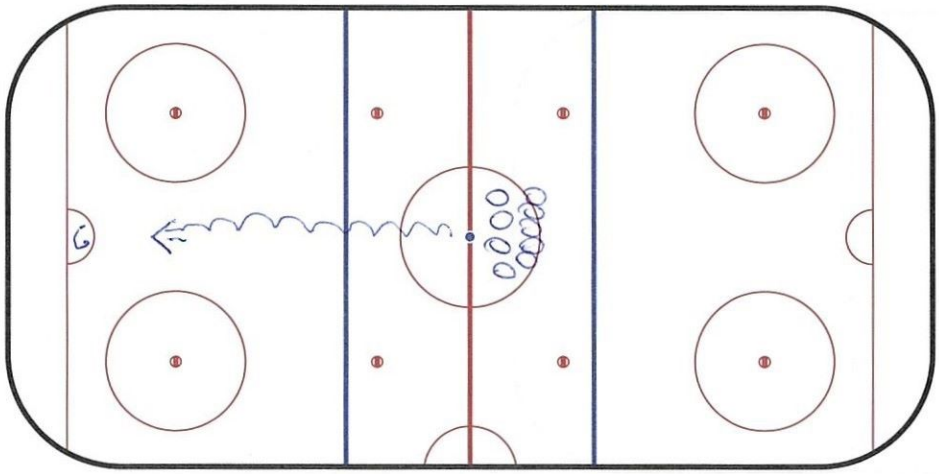
1-0 -> 2 zonen
10min



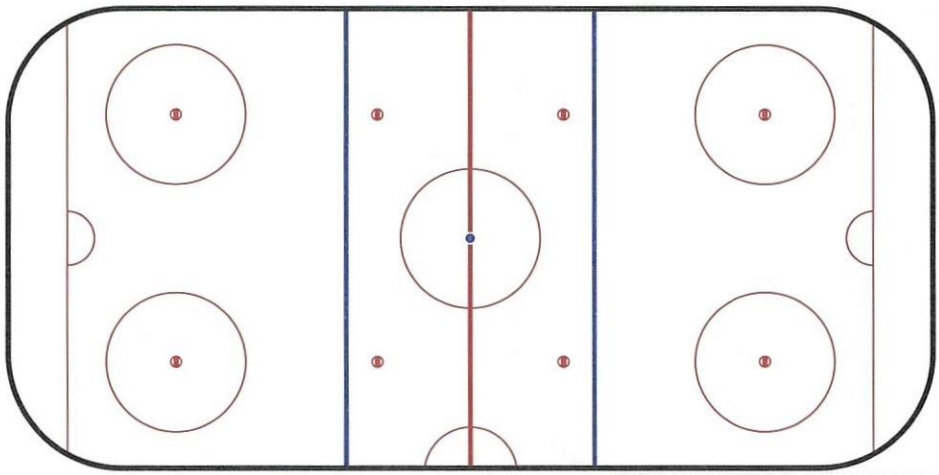
Spiel 3-3 mit TR Joker -> Tore zehlen im beide Tor
13min

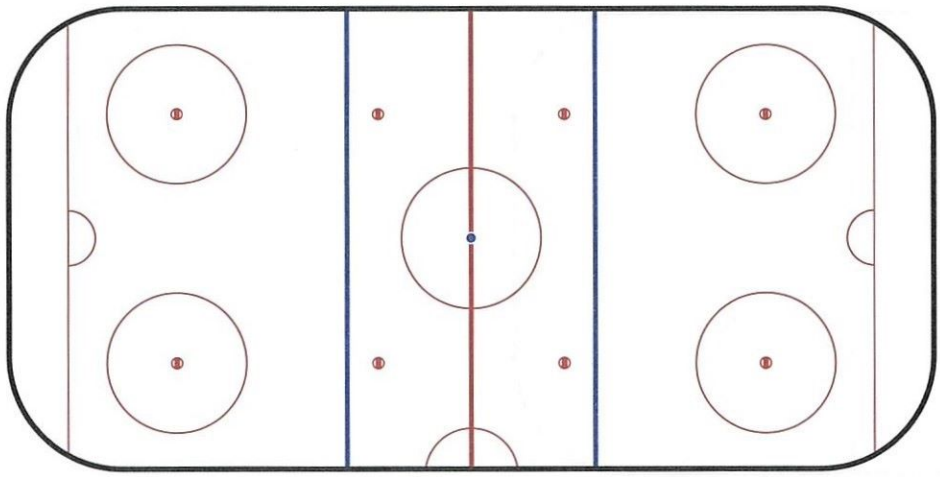


Spiel 3-3 →
→ 40 x 30, TR JOKER
13 min



PENALTY
8 min





E.H.C. KLOSTERSEE

TEAM: U13. 15:10-16:10 | U15. 16:20-17:20

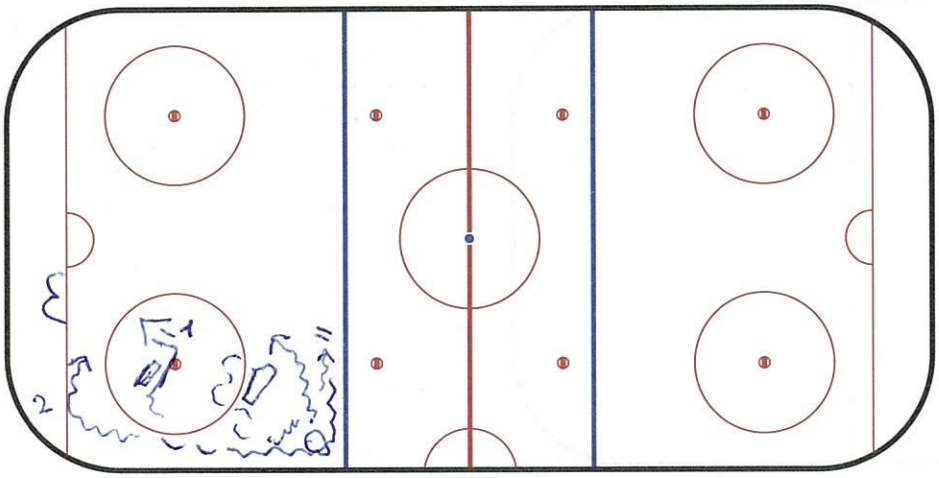
DATUM: 6.11.2023. | 6.11.2023

TRAINER: YURI. | YURI, JOE

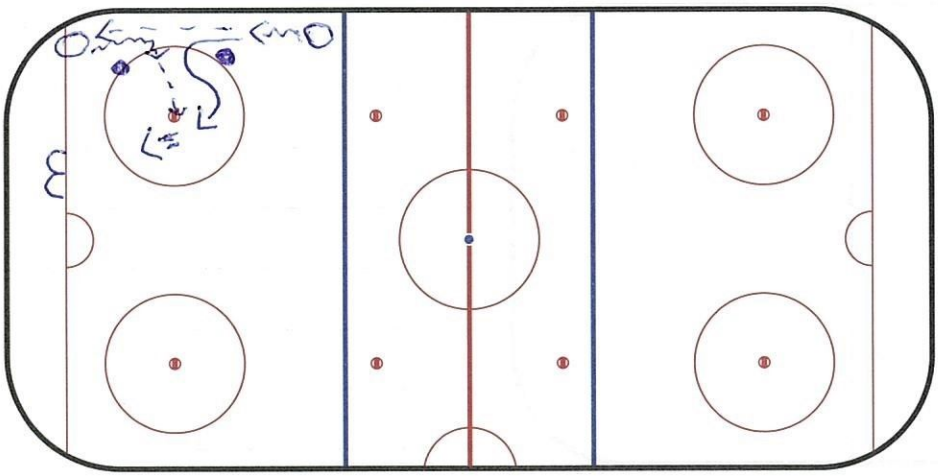
+

im zone F-D übunge

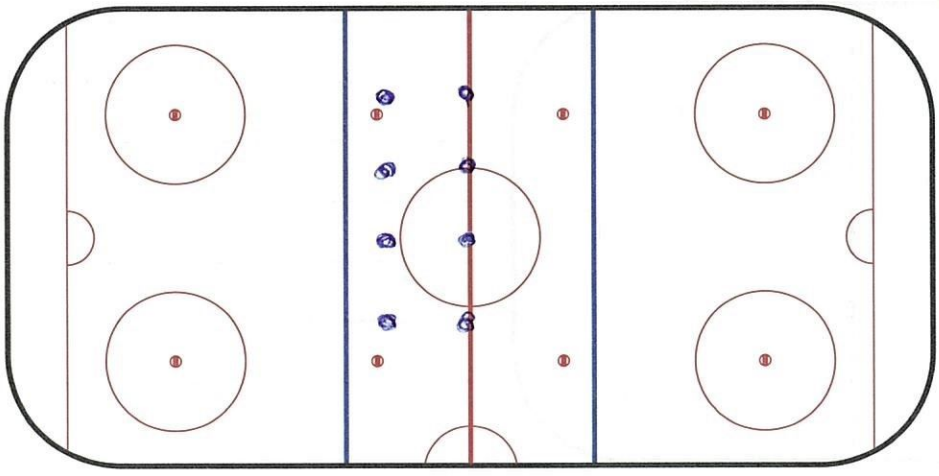
TRAININGSPLAN



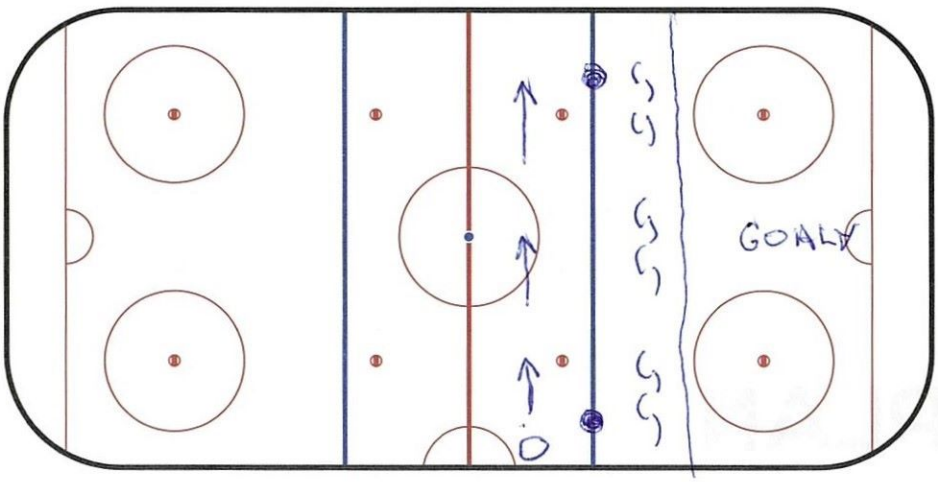
① SP. SITUATION, BL. LINIE.
8 min



② SP. SITUATION
PASS -> SCHUSS.
8 min

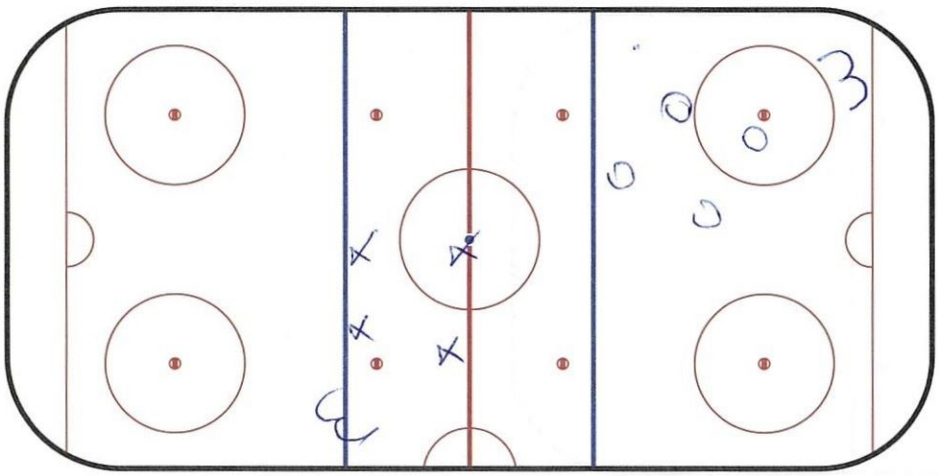


③ PUCK KONTROLL
L-R -> R-L -> 1-2.
8 min



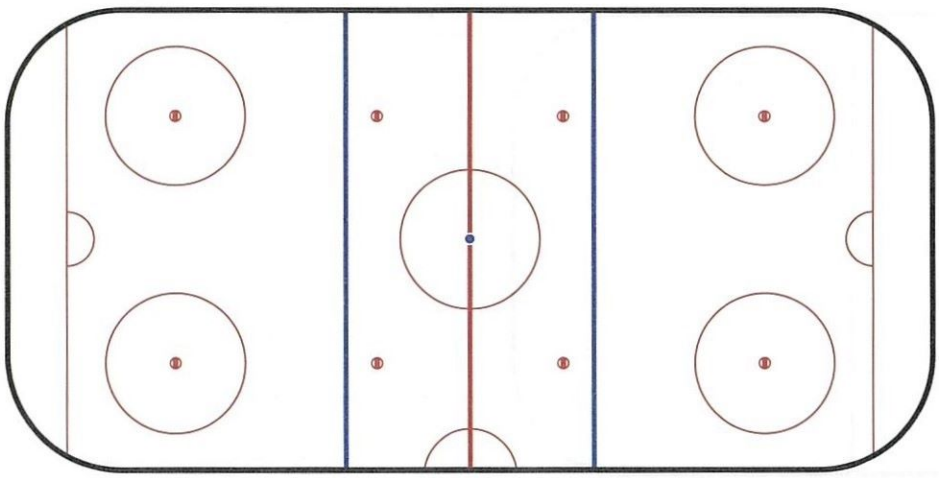
④ Eislaufen Technik → Schläger vor Brust → gestreckte Hände → vorwärts rückwärts.

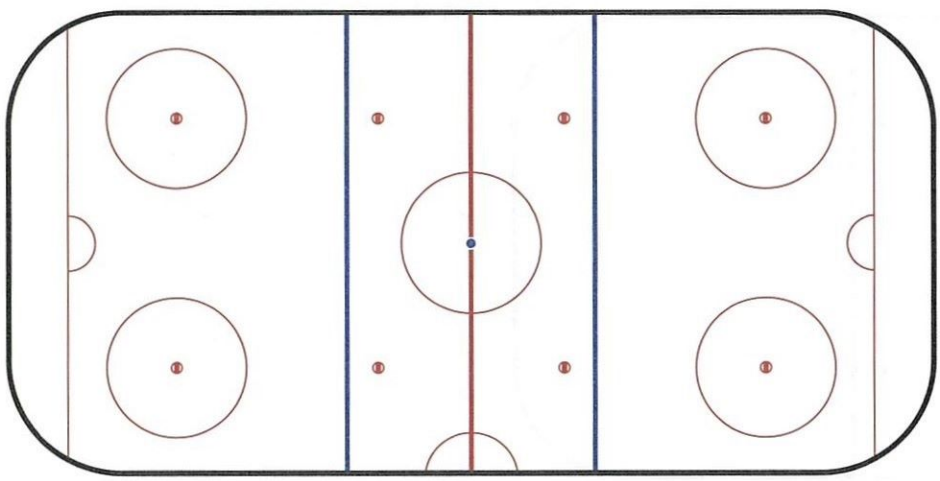
3 min



Spiel 4-4 mit TR Joker.

13 min



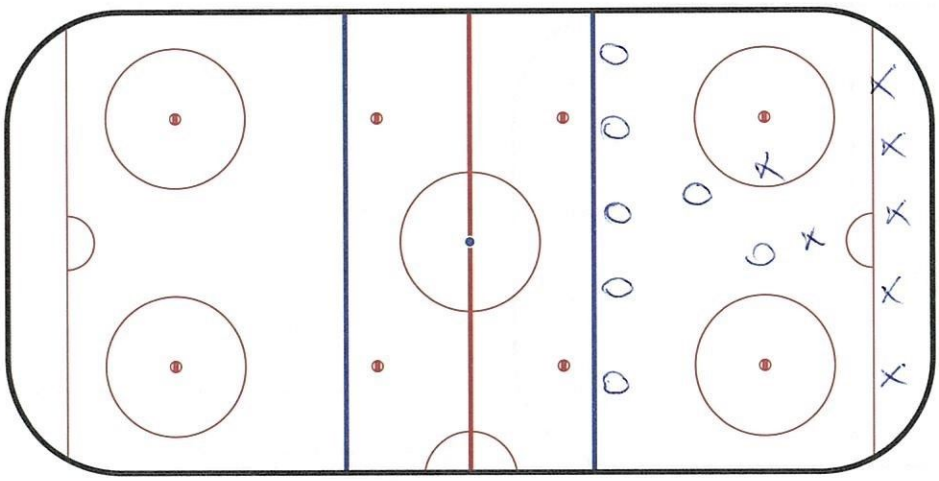


TEAM: U13U15, 16:20-17:20 → 2 zonen.

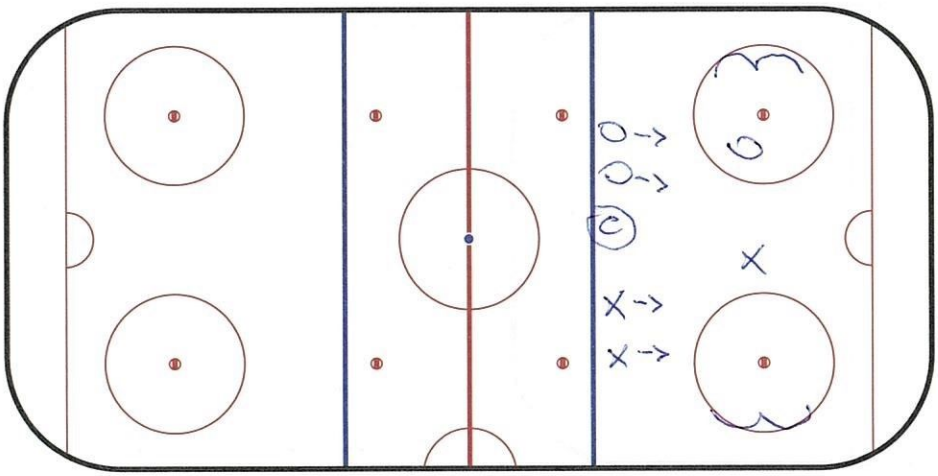
DATUM: 7.11.2023.

TRAINER: YURI, MAREK.

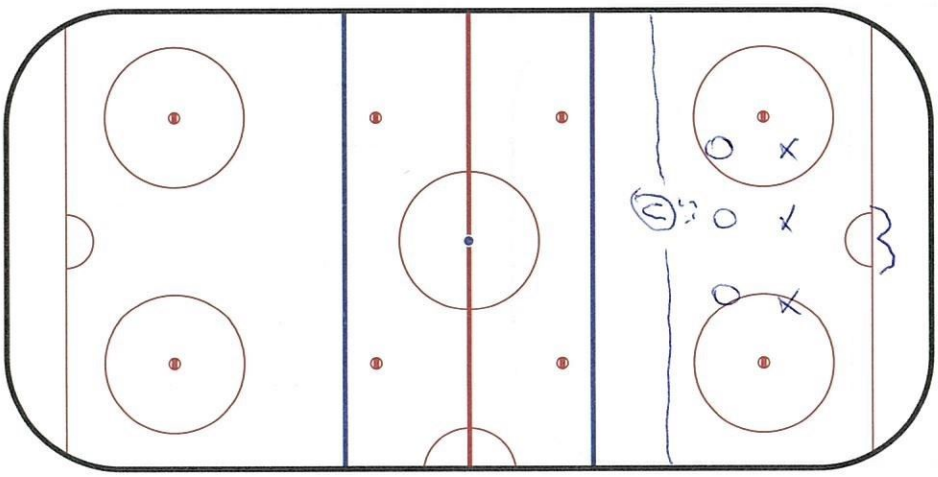
TRAININGSPLAN



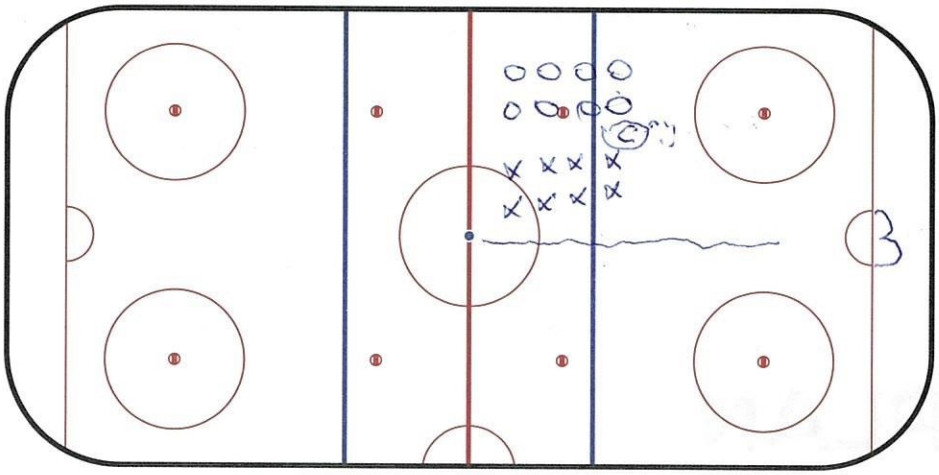
Spiel 2-2 mit PASSEN zum eigene GRUPPE.
10 min



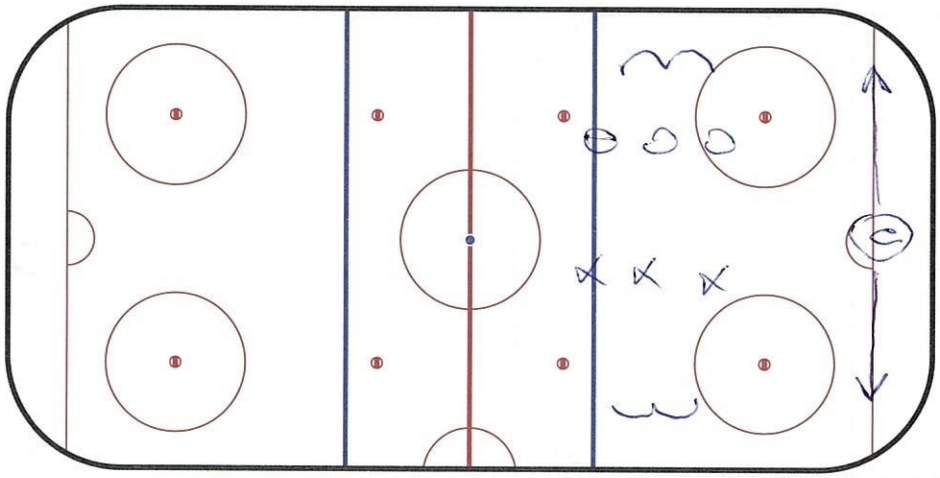
Spiel 1-1, 2-2, 3-3 nach 10 sek
10 min



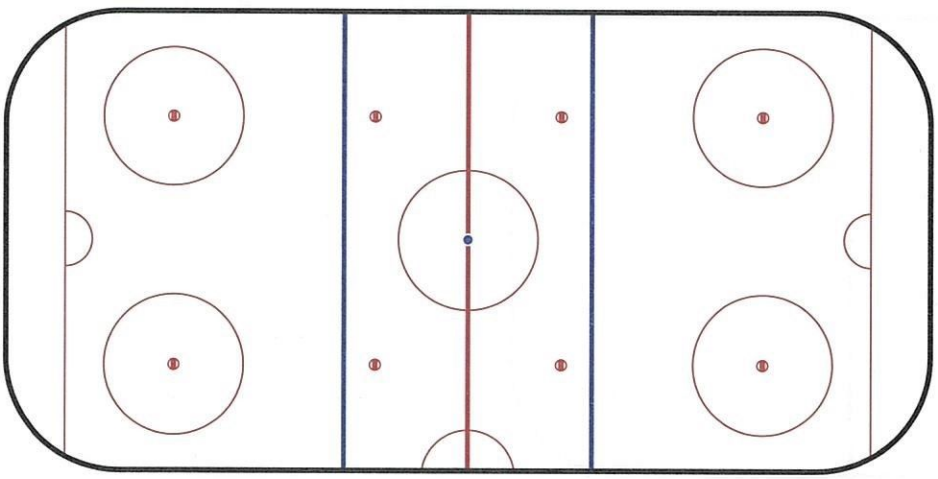
Spiel 3-3
HALBE ZONE
VERTEIDIGER TEAM ohne SCHLÄGER.
10 min

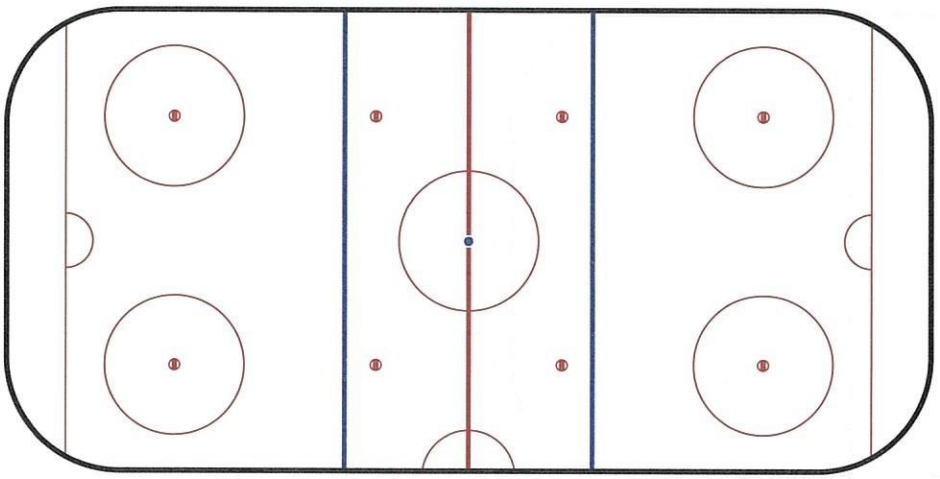


Spiel 2-2 [illegible]
[illegible]
im Zone eine
Helfer
5x5 → 10 min



Spiel 3-3 mit
TR JOKER
13 min





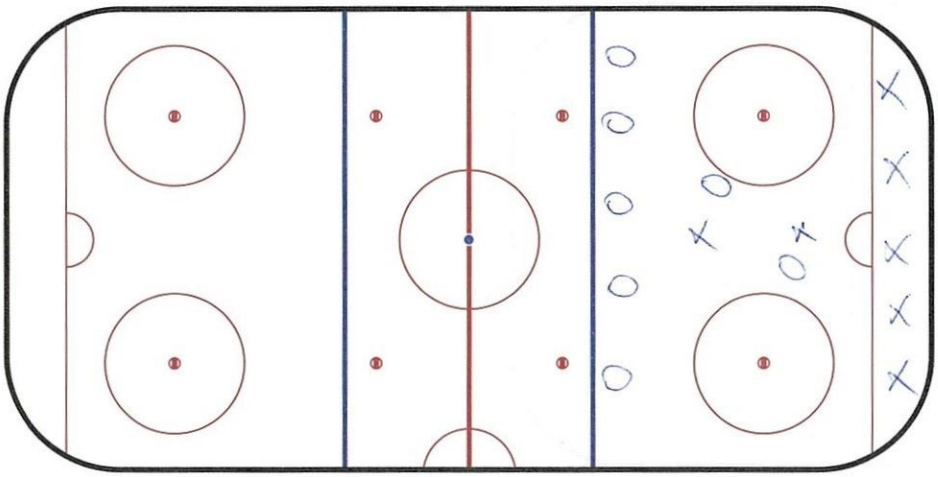
E·H·C· KLOSTERSE

TEAM: U13, 16:40 - 17:40

DATUM: 8.11.2023.

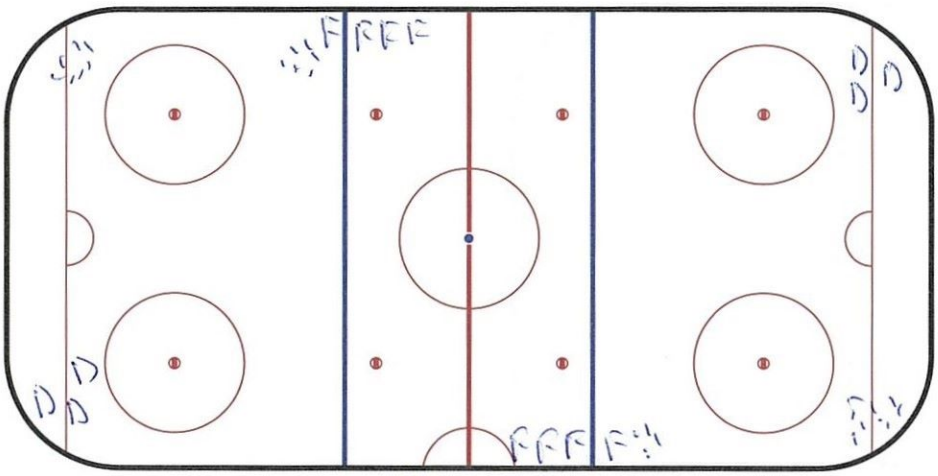
TRAINER: YURI, JÜRG.

TRAININGSPLAN



Spiel 2-2 mit Passen zum eigene Gruppe.

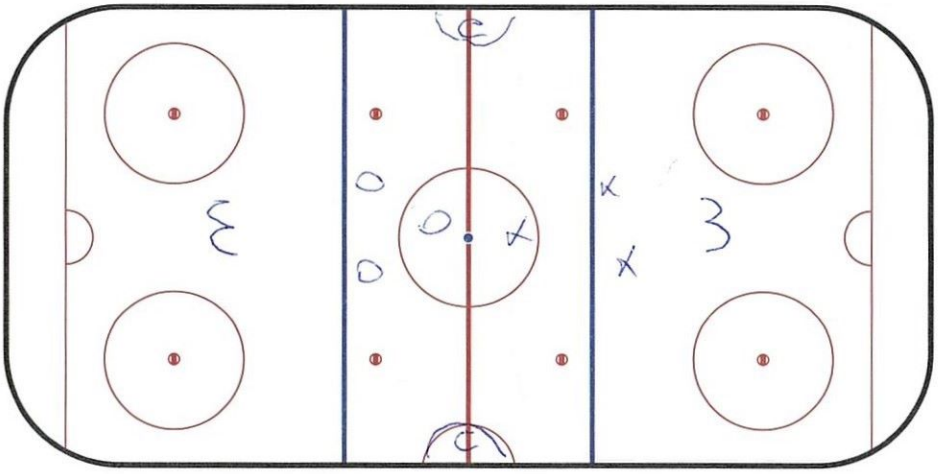
10 min



1-0 F-D zusammen Arbeit →

→ F nach Schuss Puck holen aus ecke, Pass zum D und gehen zum Tor,

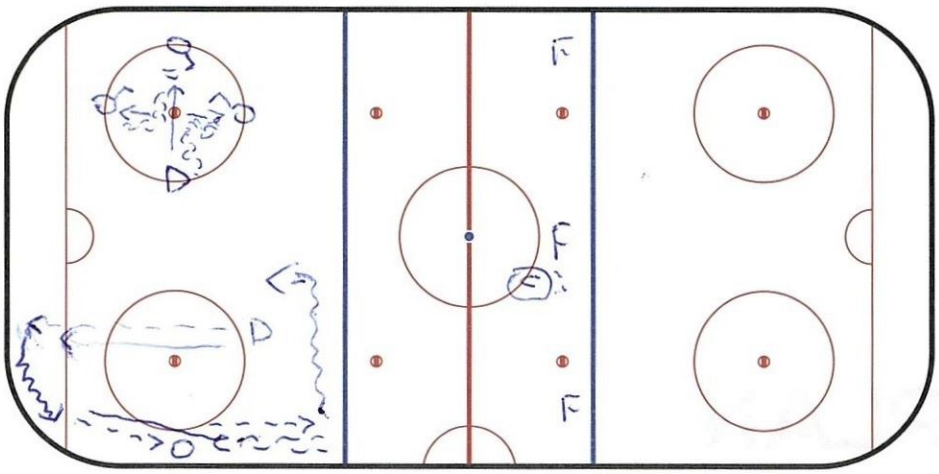
12 min



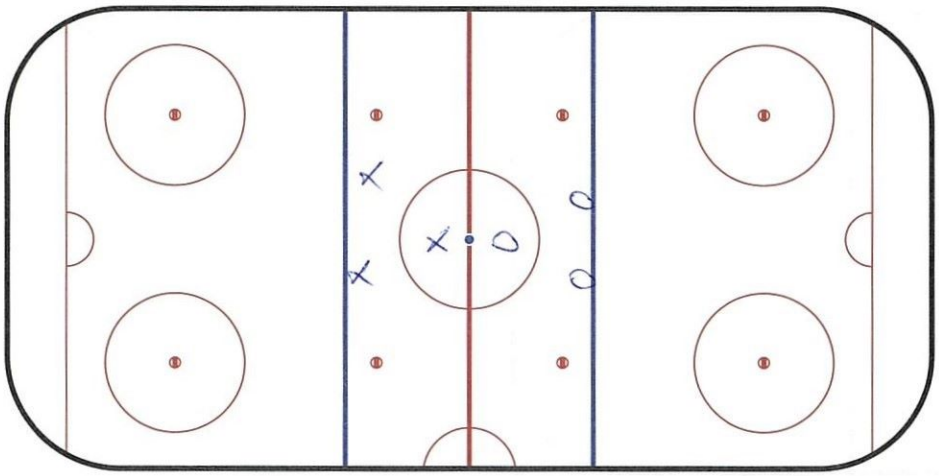
Spiel 40 x 30

→ 3-3 → 2 Tor Joke

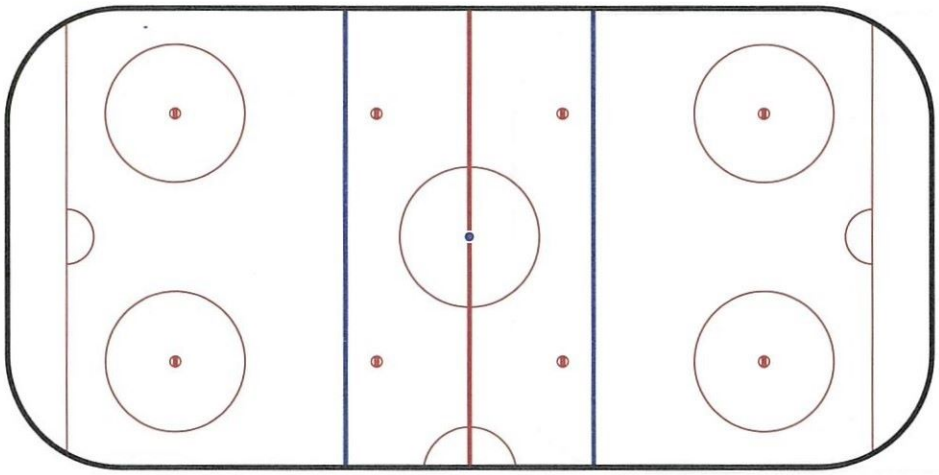
12 min

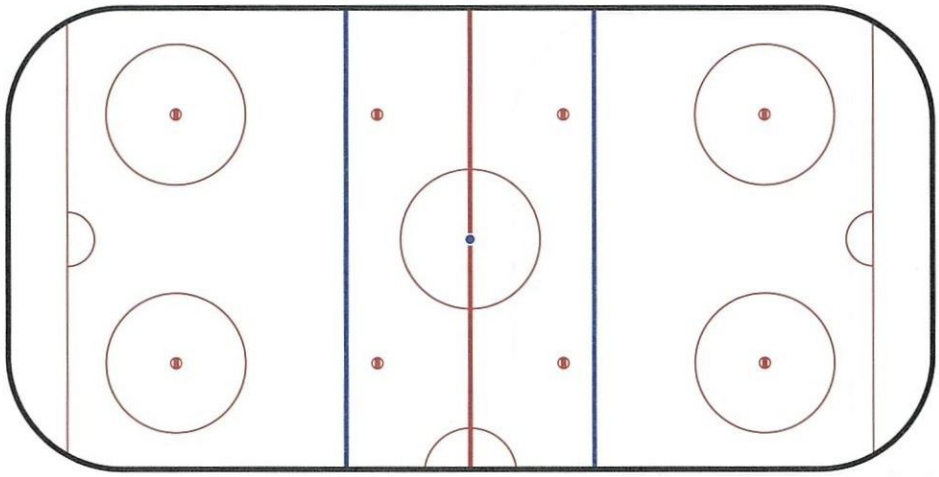


F-eine zone →
→ AKTIV Angriff
→ PASSIV Angriff.
D- AUFBAU KURZE
BANDE → SCHUSS
VON BLAU (eine seite)
→ ande[illegible] seite
AKTIV Angriff im
BULLY KREIS 7x7 → 14min



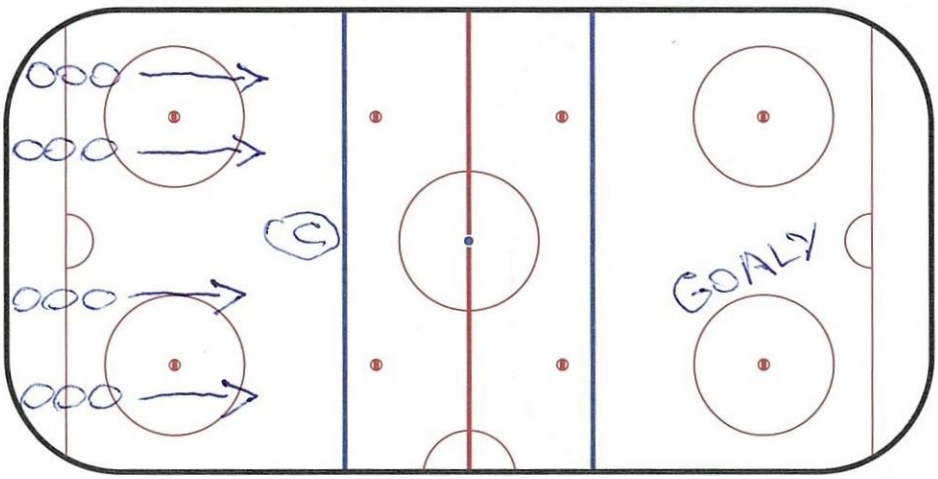
SPIEL 3-3 GANZE
EIS → TEMPO!
8min



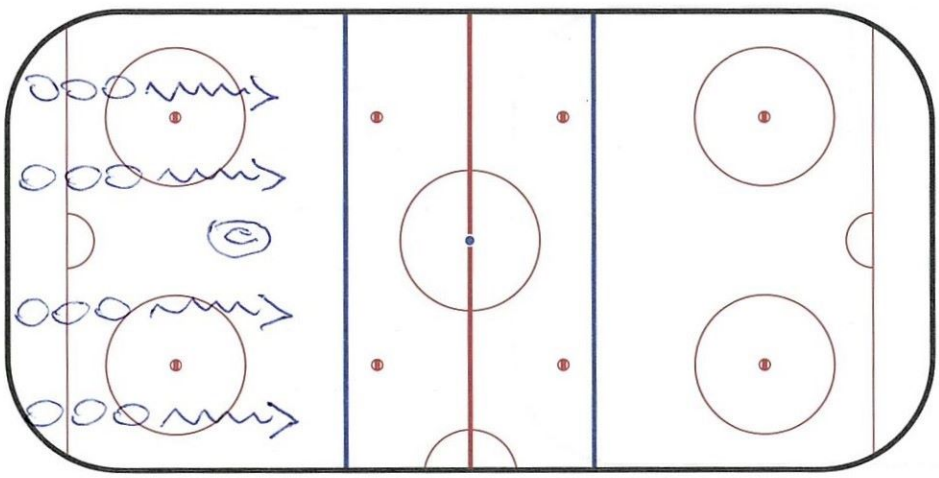


TEAM: U13U15, 15:10-16:10
U15+ im zone
DATUM: 13.11.2023. 16:20-17:20
Spiel situationen
TRAINER: YURI
schuss übunge

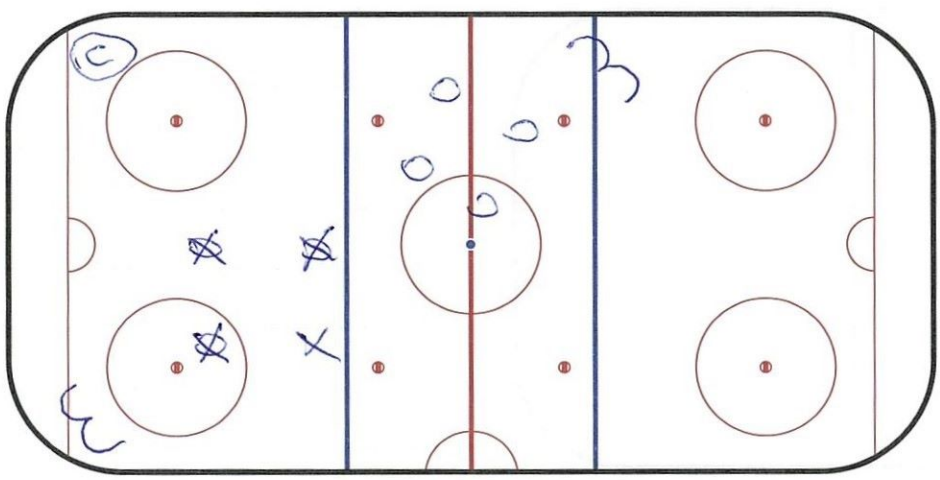
TRAININGSPLAN



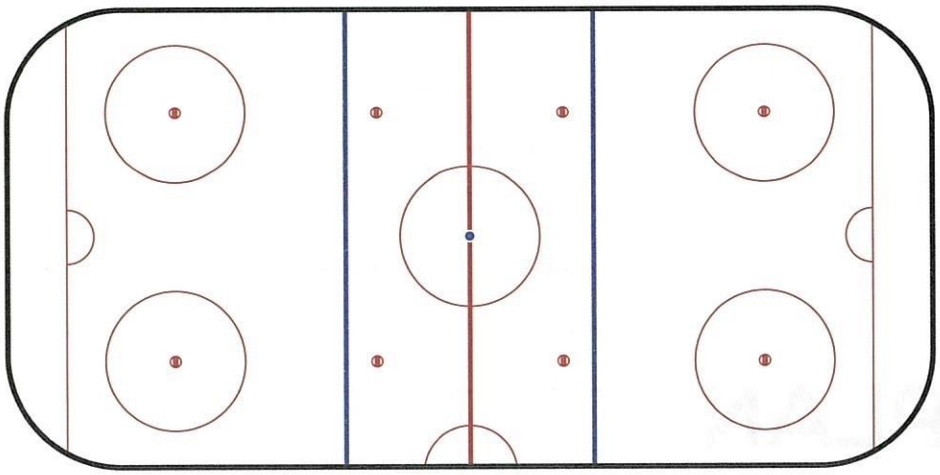
Eislaufen
feine technik,
fokus auf detal
Richtige bewegun
ge → saubere
bewegunge.
20min

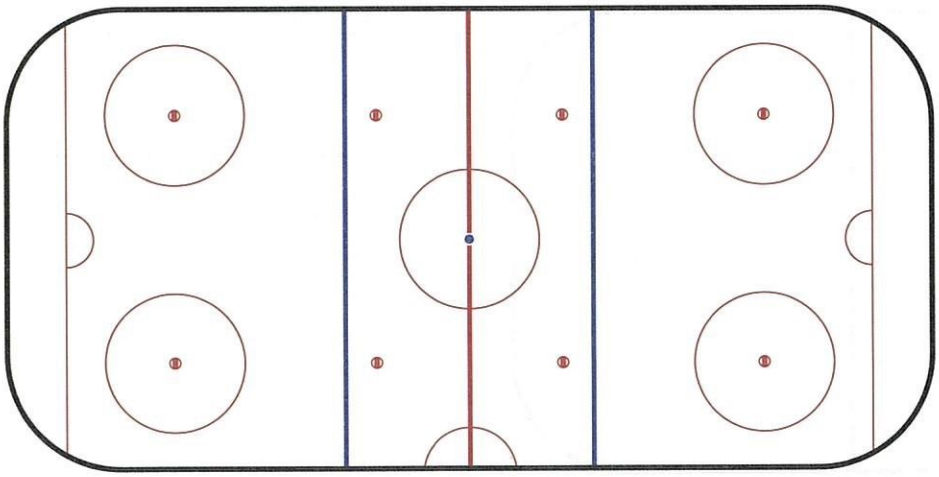


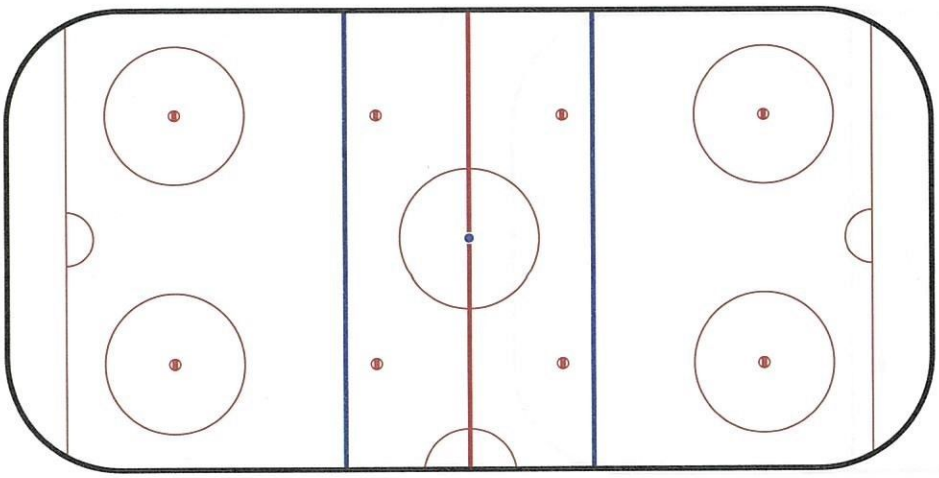
Puck kontrol
20min

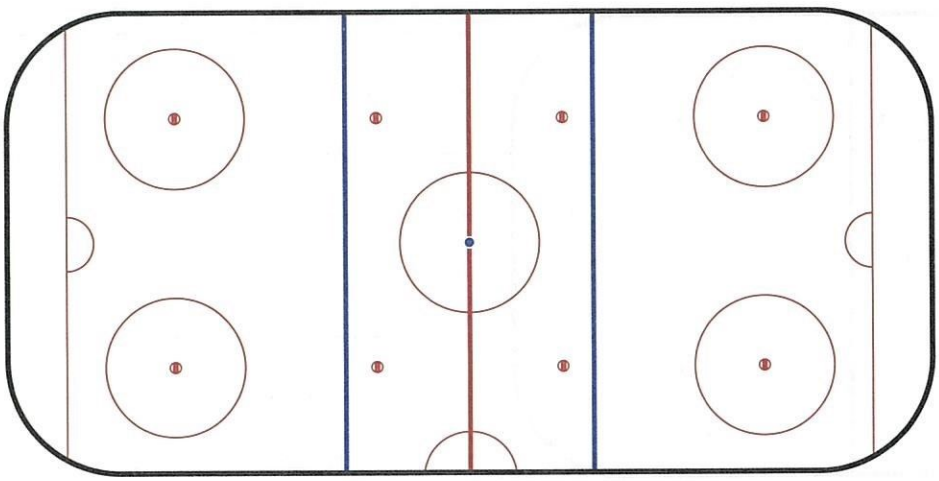


Spiel 4-4
mit joker,
15min







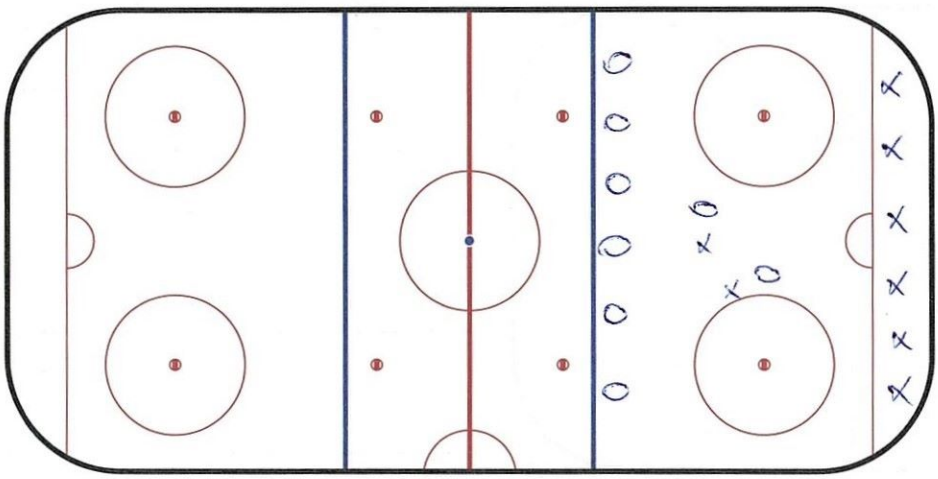


TEAM: U13, 15:30 - 16:30

DATUM: 17.11.2023.

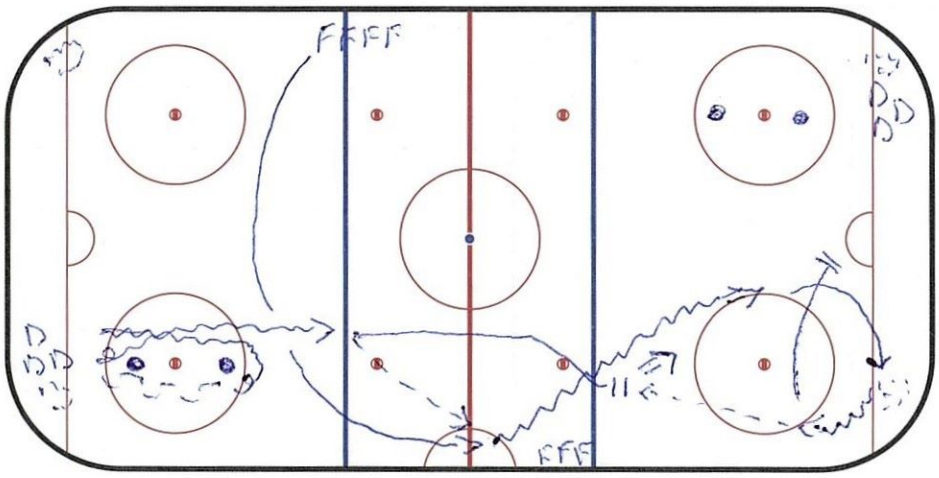
TRAINER: YURI

TRAININGSPLAN



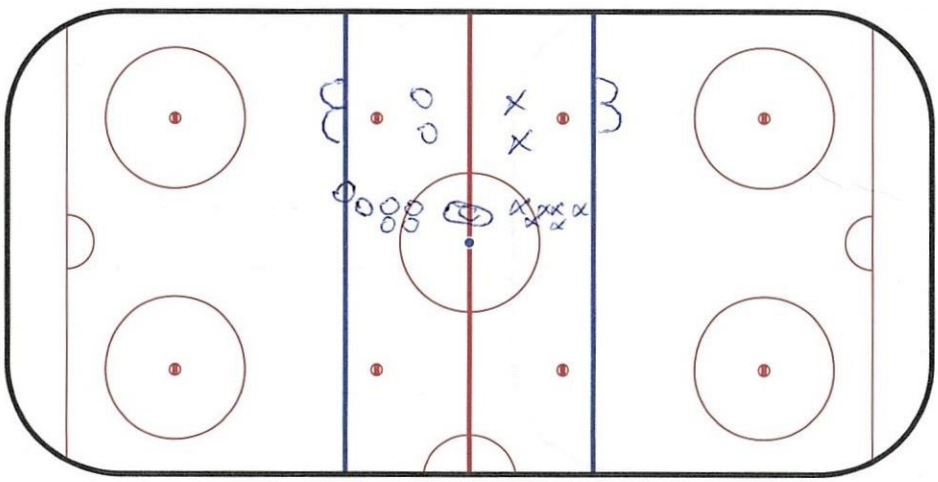
Spiel 2-2 mit Passen zum eigene Gruppe

12 min



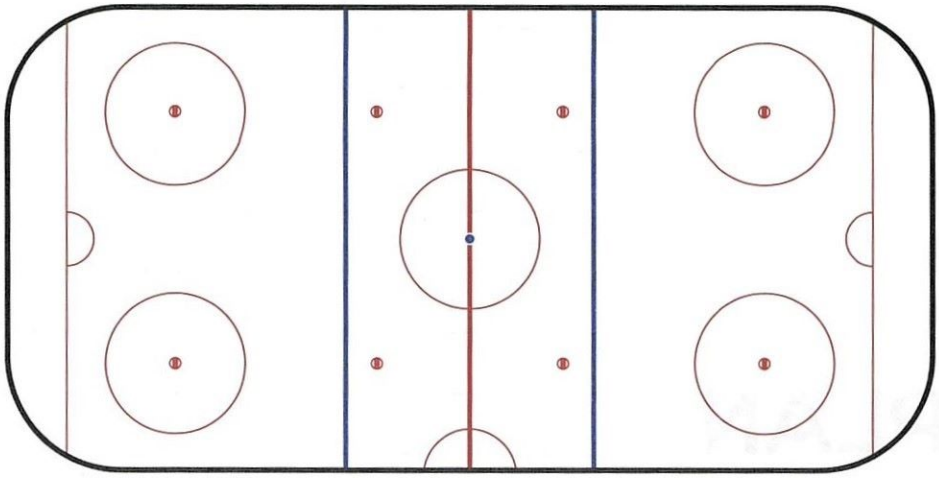
1-0 F-D zusammen Arbeit → Aufbau → → erste Pass → Arbeit von TOR.

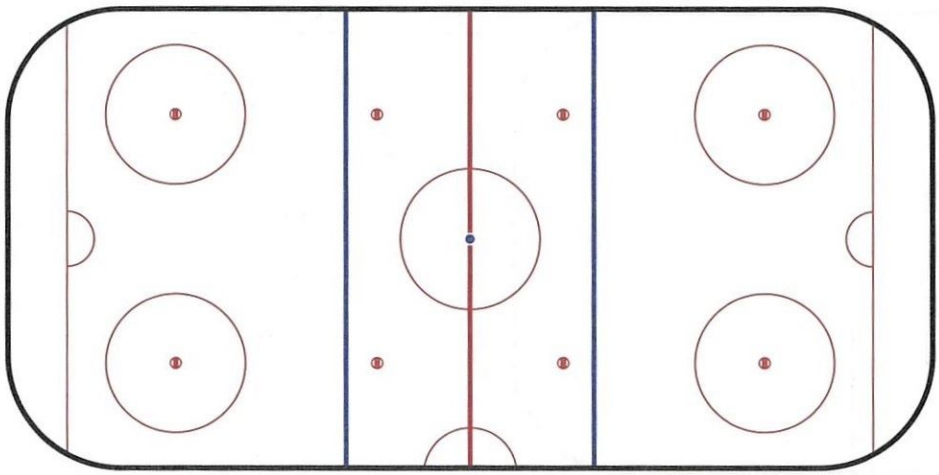
12 min

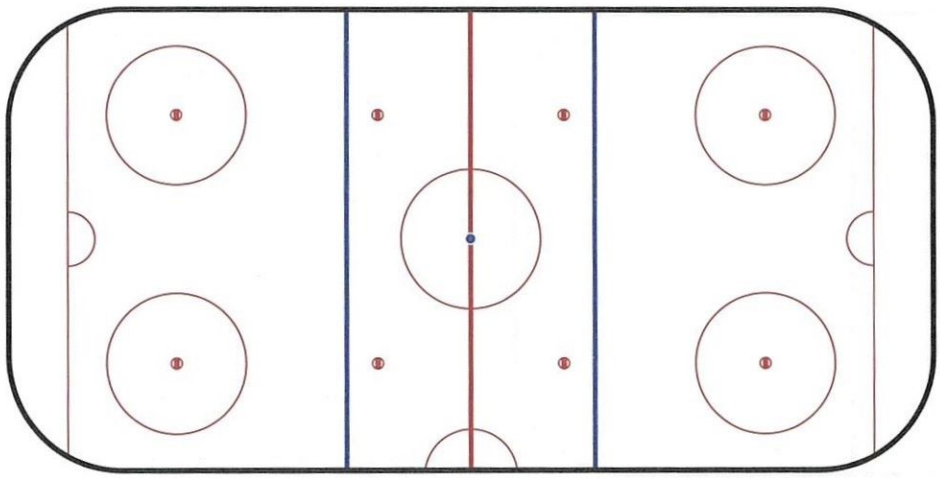


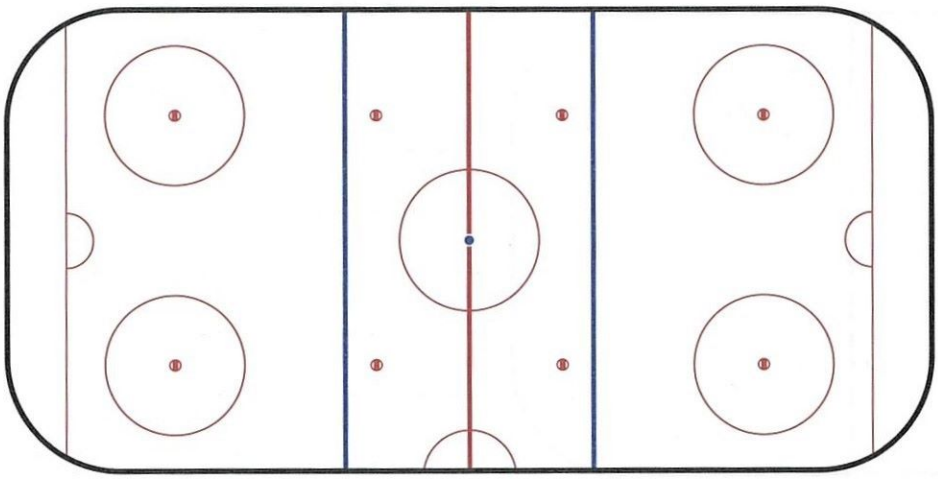
2-2 kl. Platz

10 min







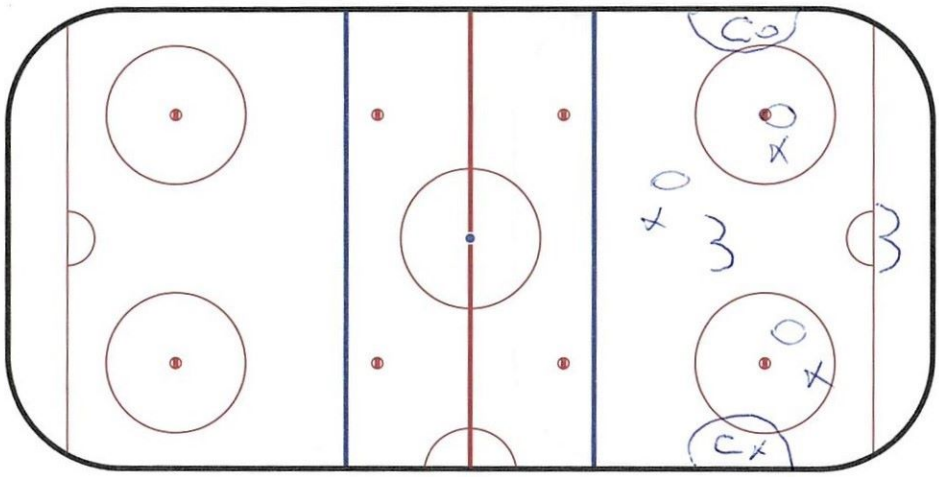


TEAM: U13, 16:40-17:40

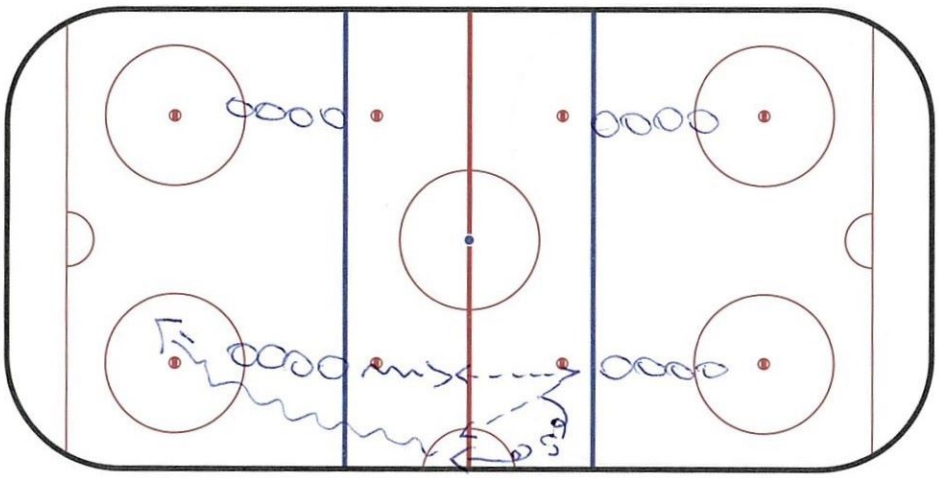
DATUM: 22.11.2023 -> 24.11.2023, 15:30-16:30

TRAINER: YURI, JÜRGEN.

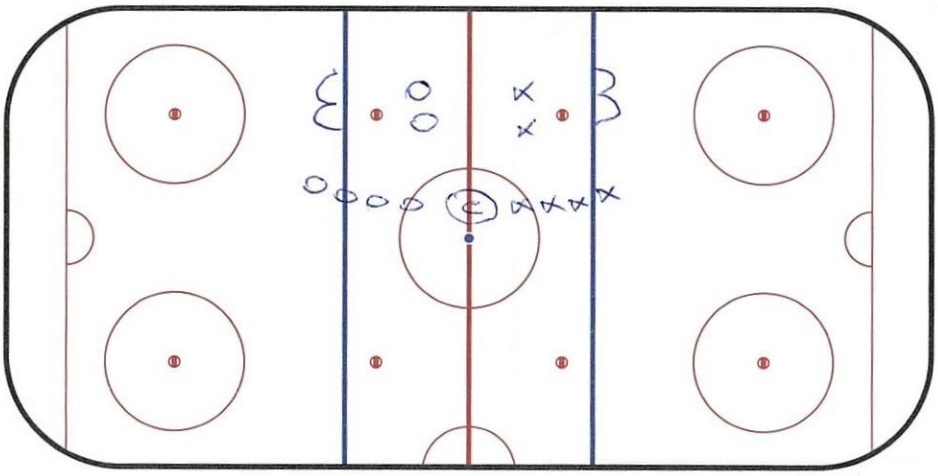
TRAININGSPLAN



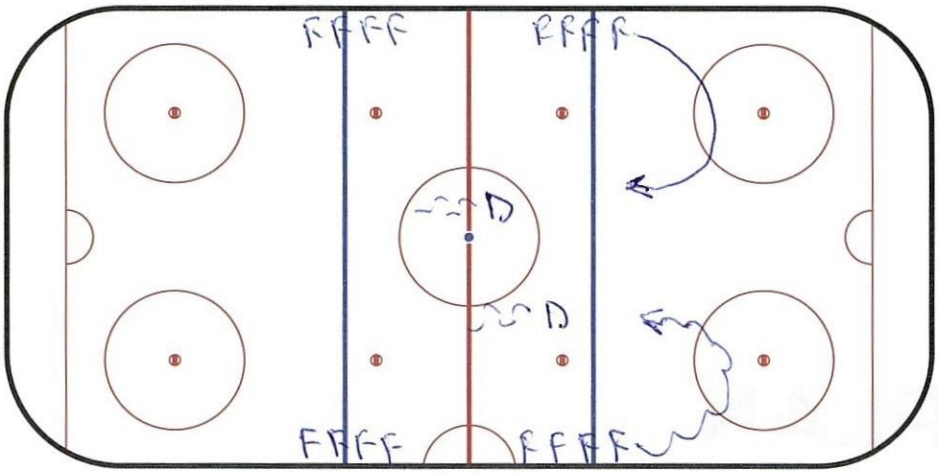
Spiel 3-3 -> 2 TR JOKER FÜR SEIN TEAM, 12 min



1-0 doppel PASS (diag.) 10 min

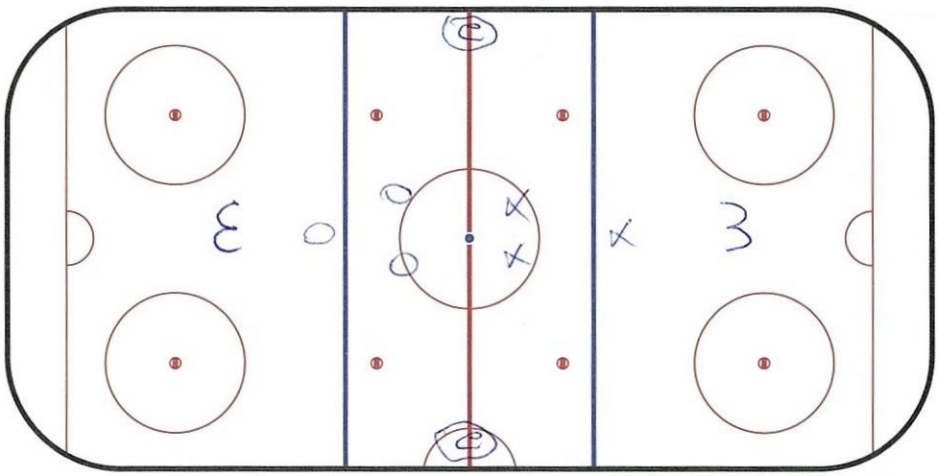


2-2 KL. PLATZ, 10 min



2-2 1 PUCK.

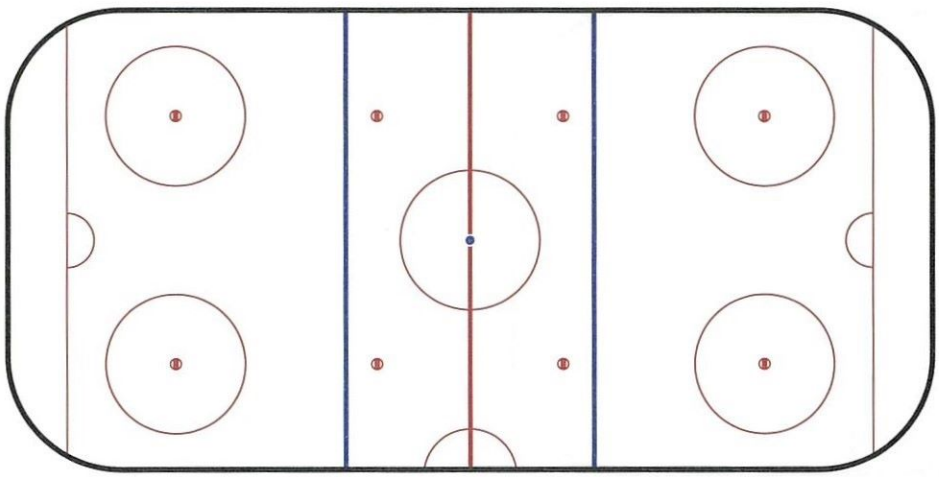
10 min

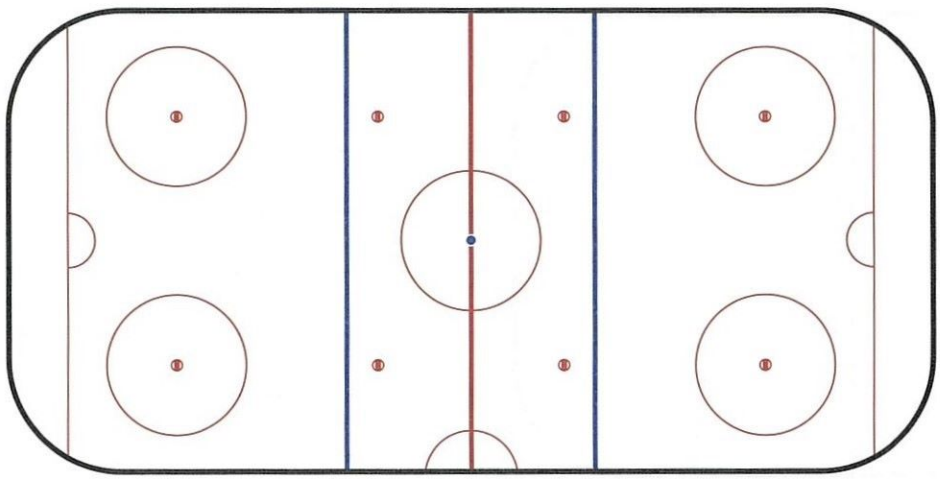


Spiel 40 x 30 →

→ 3-3 → 2 TR JOKER

13 min



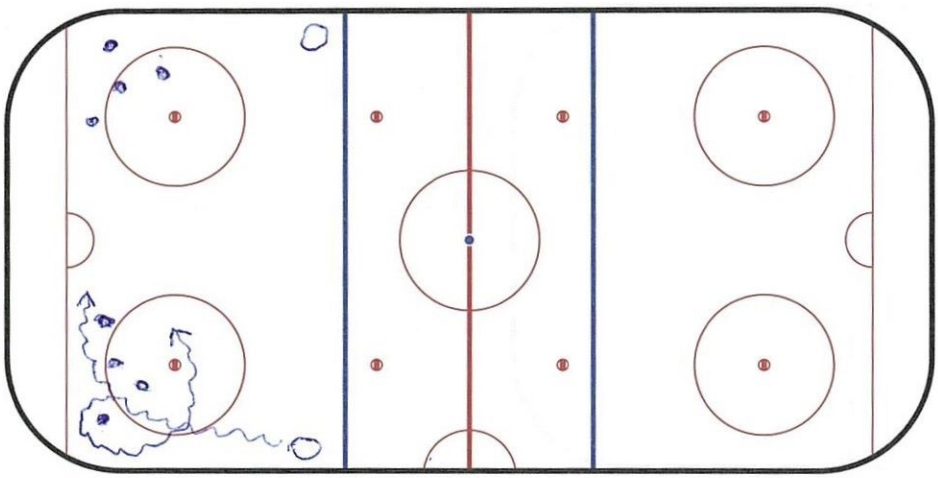


TEAM: U13U15 → 15:10 - 16:10
16:20 - 17:20

DATUM: 27.11.2023

TRAINER: YURI

TRAININGSPLAN



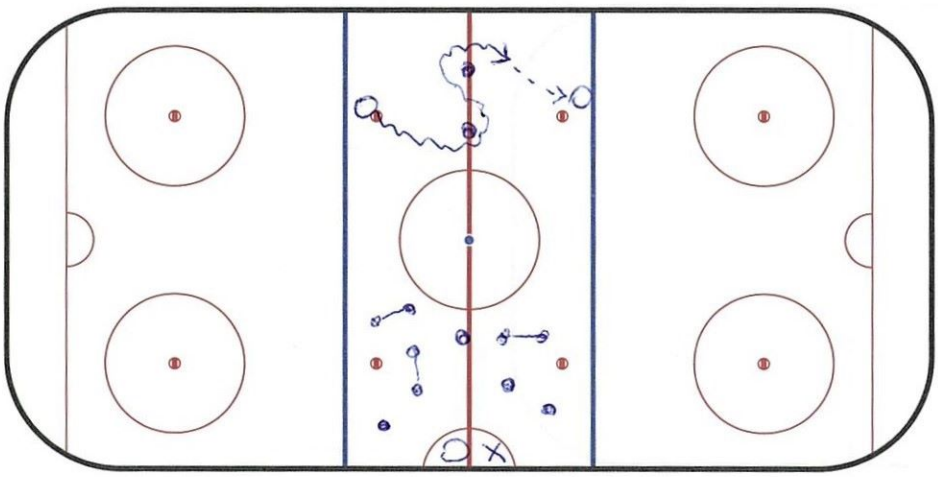
①

②

Schüss SITUATION

2 VARIANTEN

10 min → 10 min

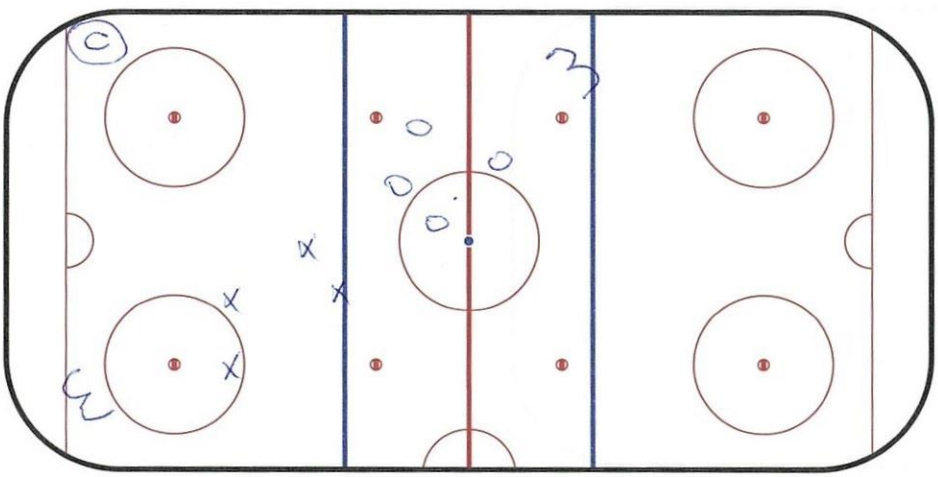


③ PASSEN VORHAND RÜCKHAND.

10 min

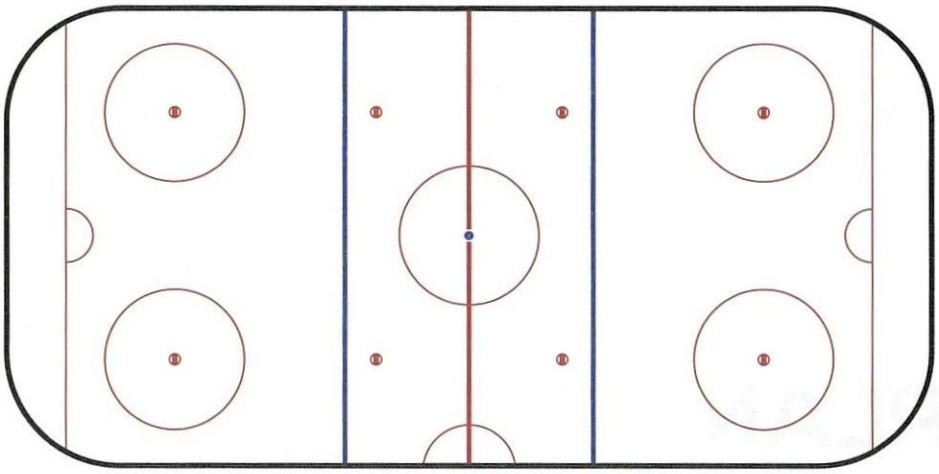
④ PUCK KONTROLL im PAAR.

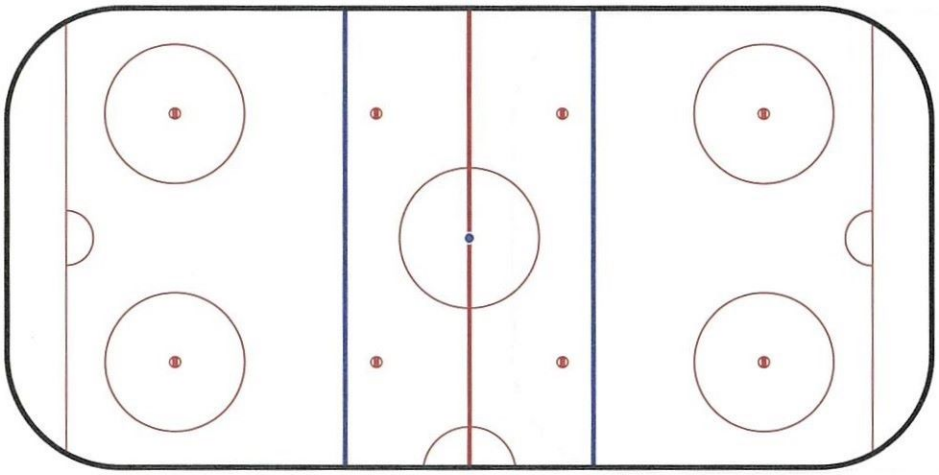
10 min

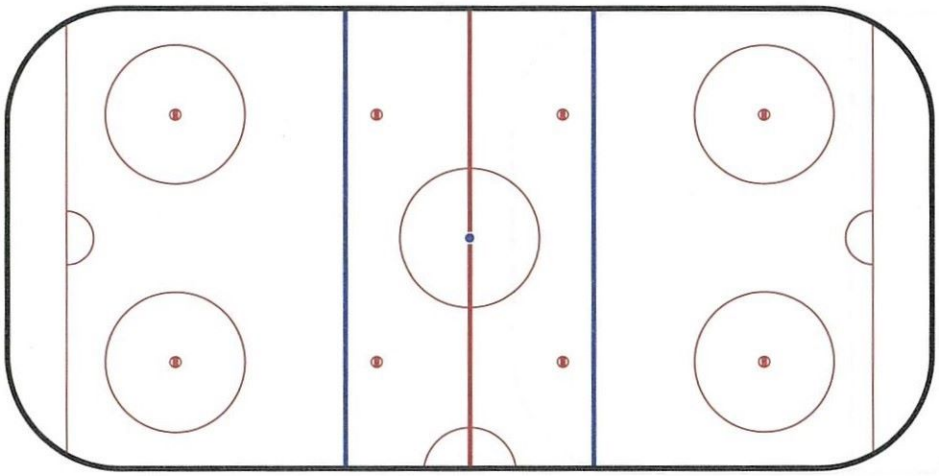


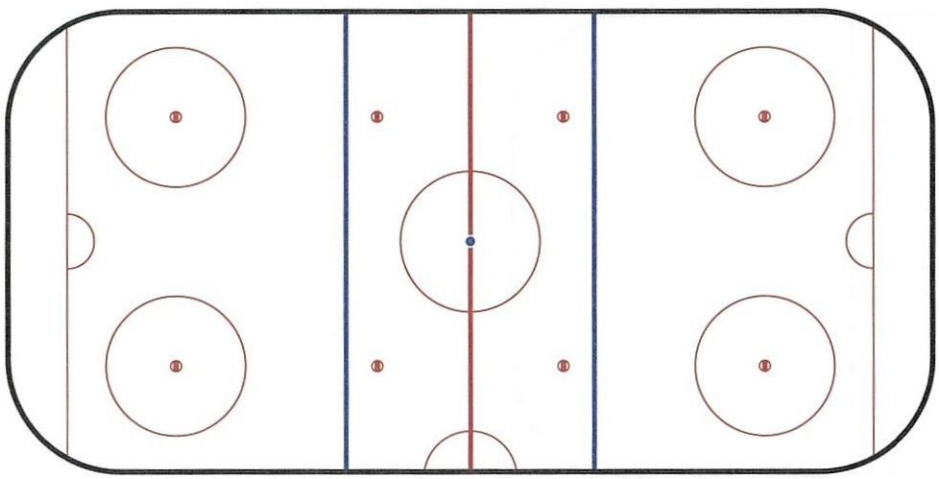
SPIEL 4-4 mit JOKER.

13 min







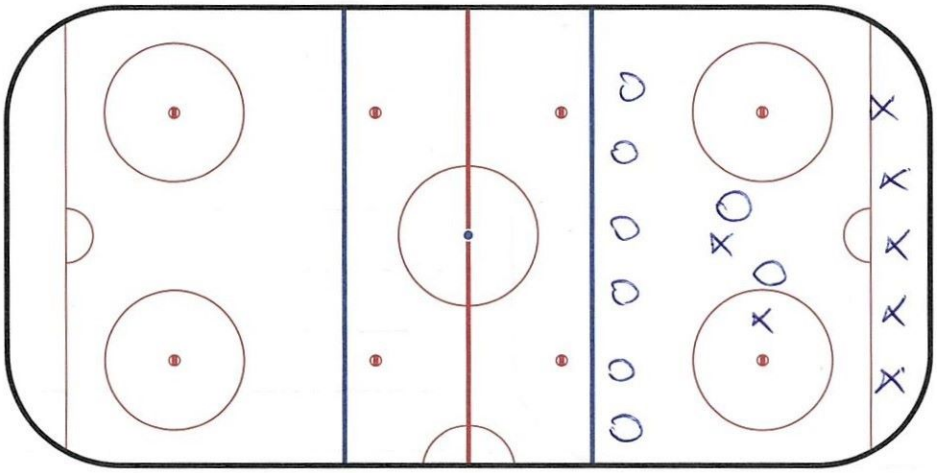


TEAM: U13, 15:30-16:30

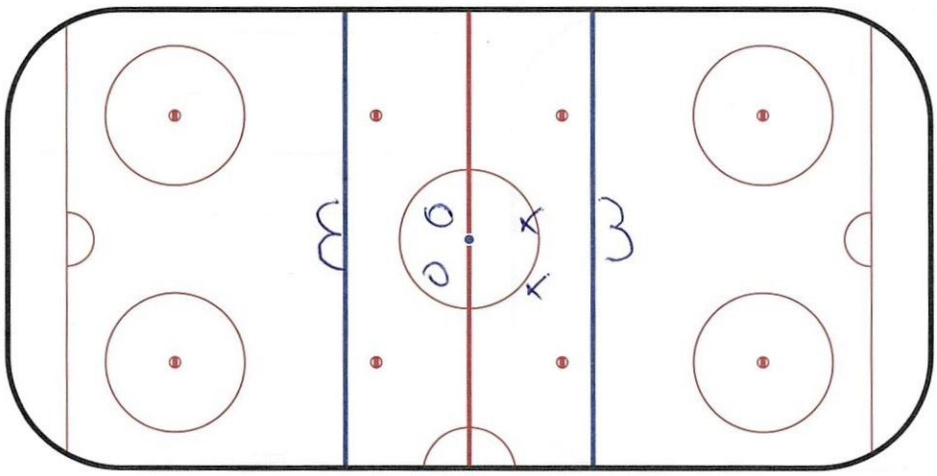
DATUM: 10.11.2023.

TRAINER: Yuri, Jurgen

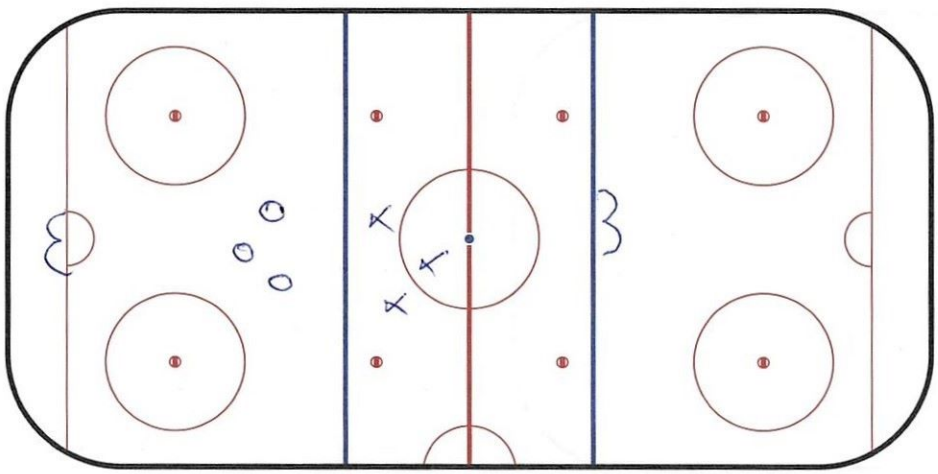
TRAININGSPLAN



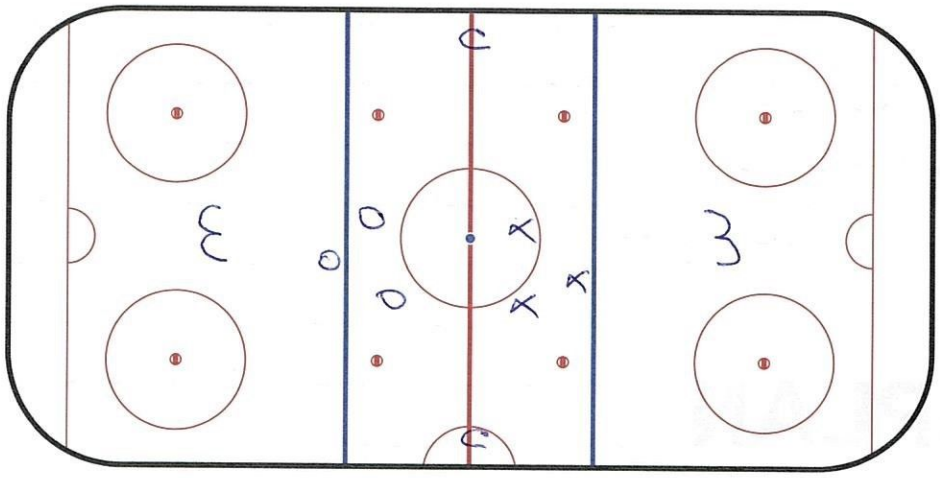
Spiel 2-2 mit Passen zum eigene gruppe.
12 min



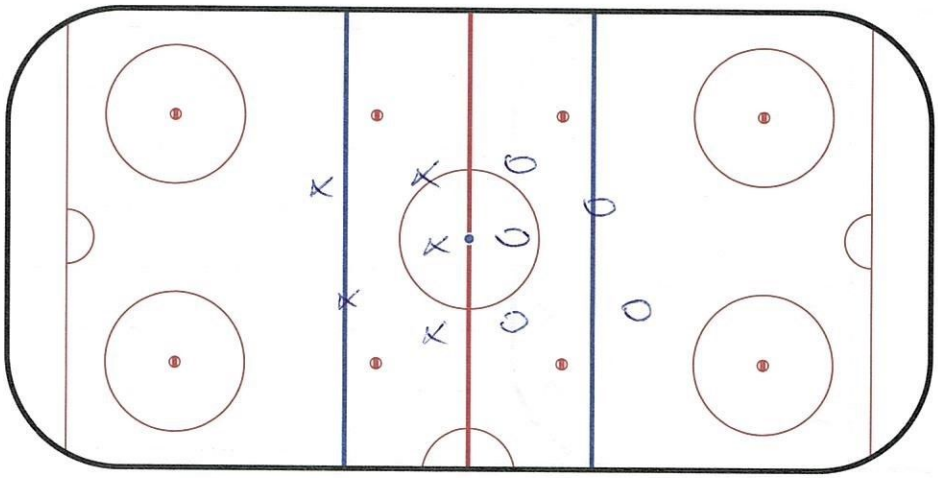
Spiel 2-2 mitte
12 min



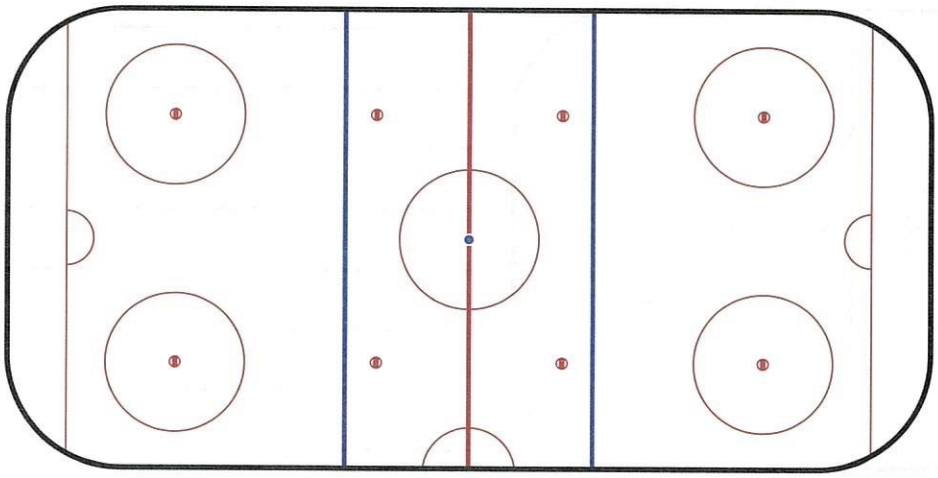
Spiel 3-3
mit blau linie
12 min

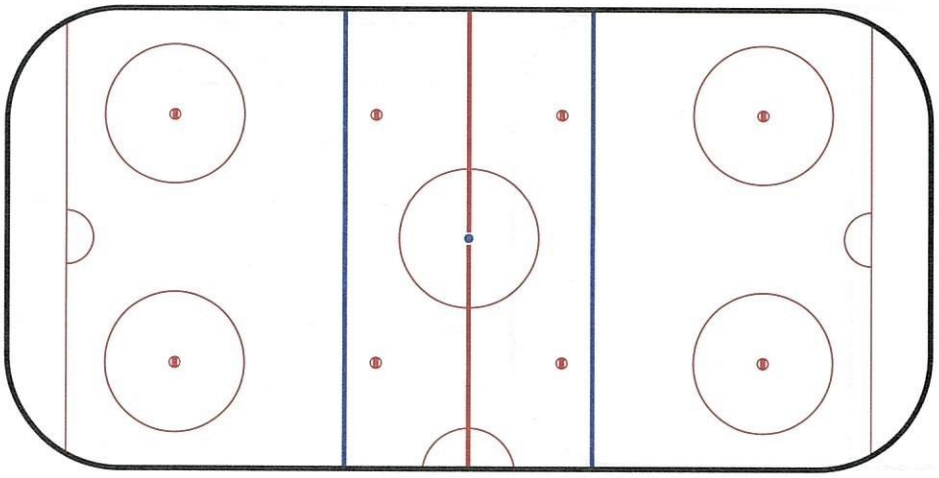


Spiel 40x30 →
→ 3-3 → 2 TR
Joker
10 min



Spiel 5-5
ganze Eis
10 min





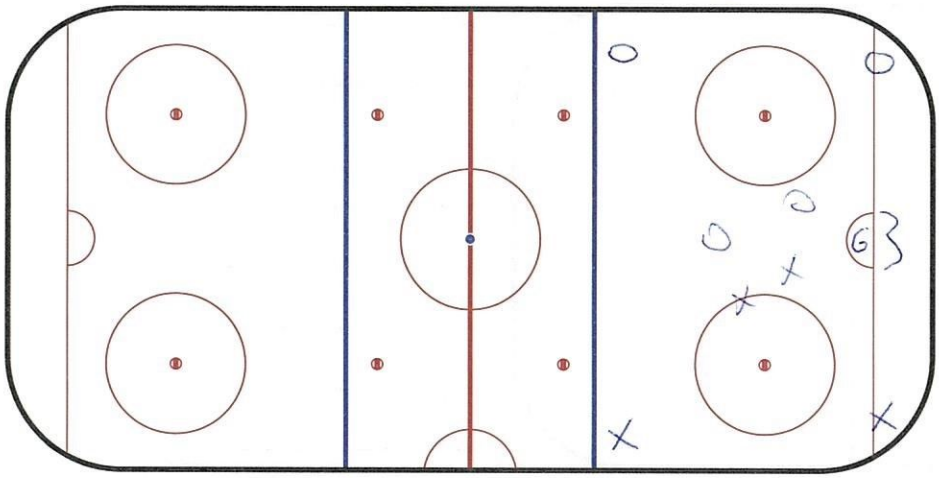
TEAM: U13U15, 16:20-17:20

DATUM: 19.12.2023.

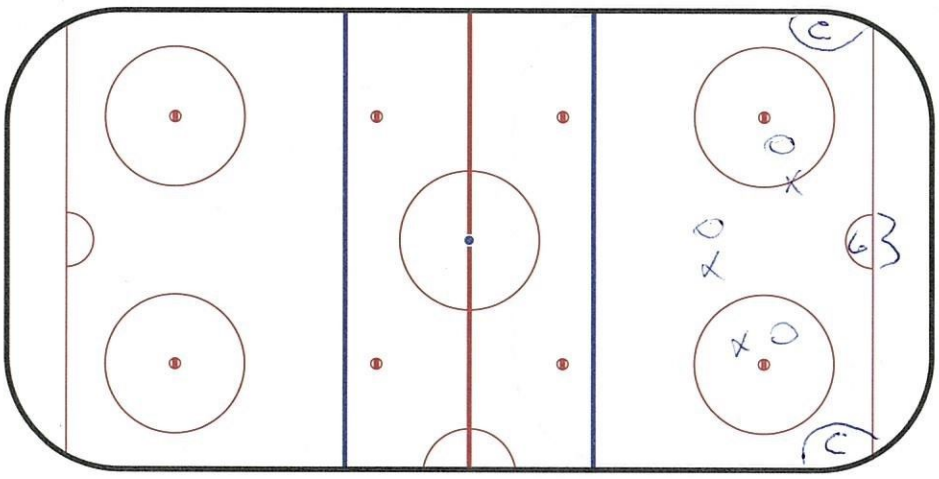
TRAINER: YURI, MARC, BOBBY,

TRAININGSPLAN

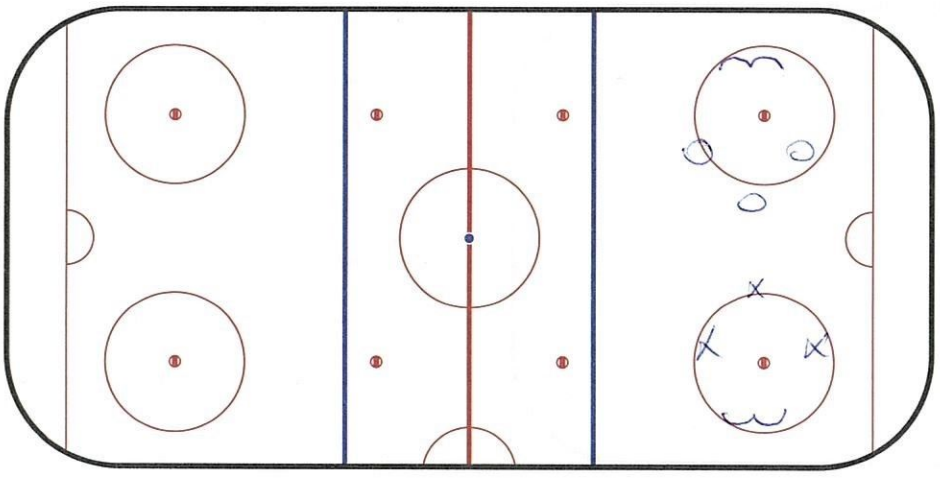
U15 U13



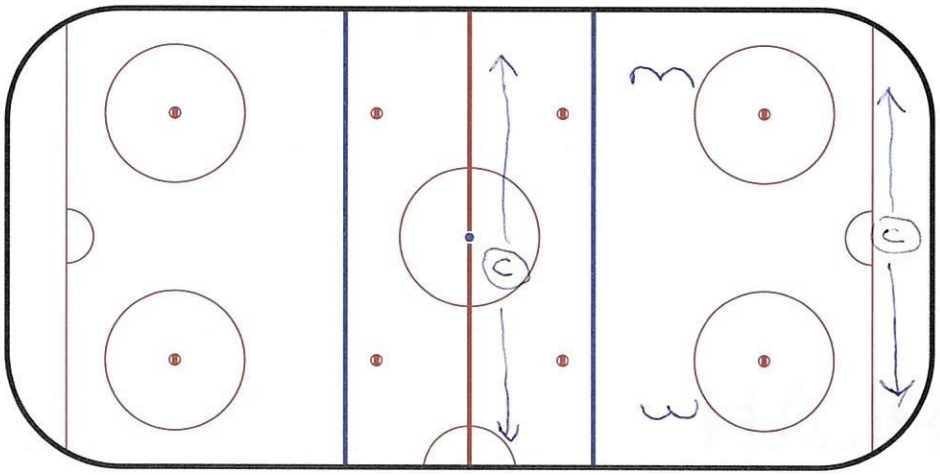
Spiel 2-2+2 JOKER
ein unten für Pass
zweite oben für
schüss
12 min



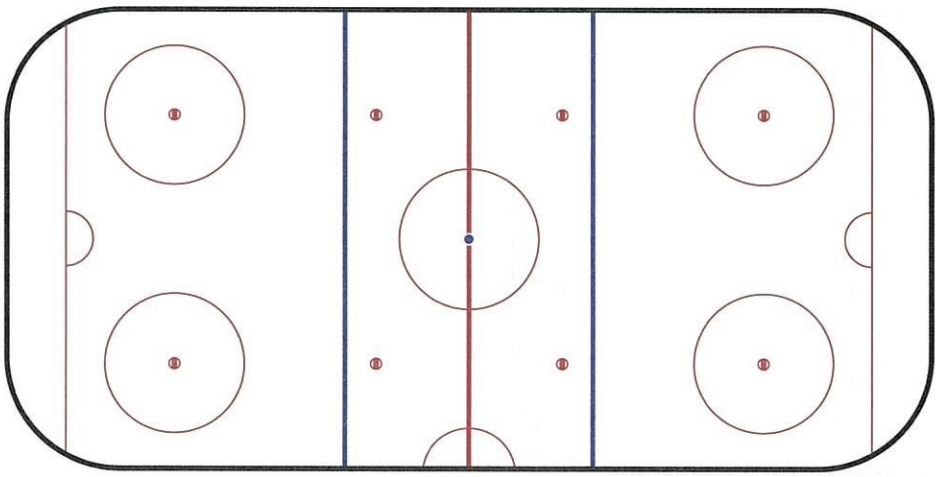
Spiel 3-3 mit
2 TR JOKER
12 min

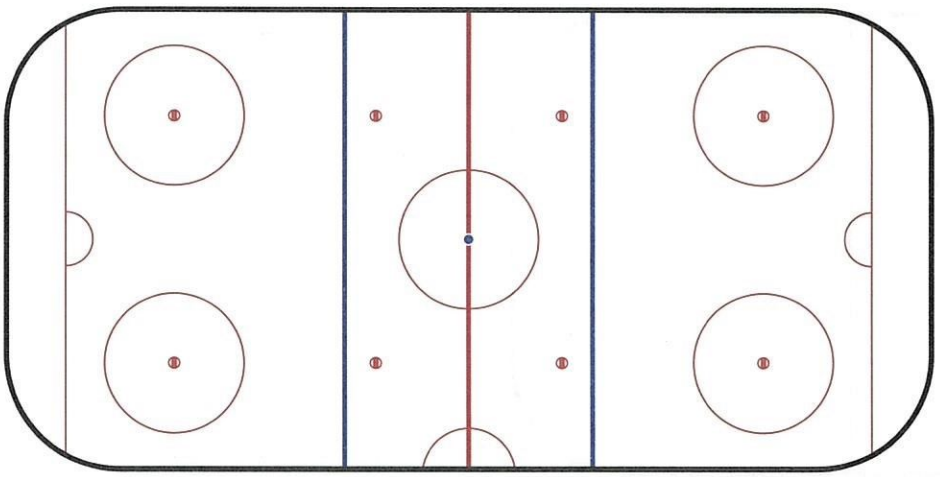


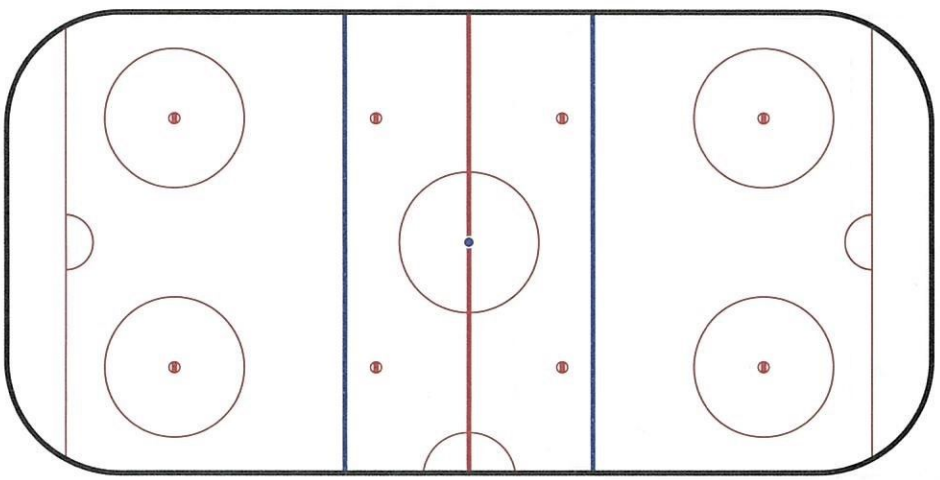
Spiel 3-3
12 min



Spiel mitte zone 3-3 + 2 TR im bewegung und diagonal passen.
15 min







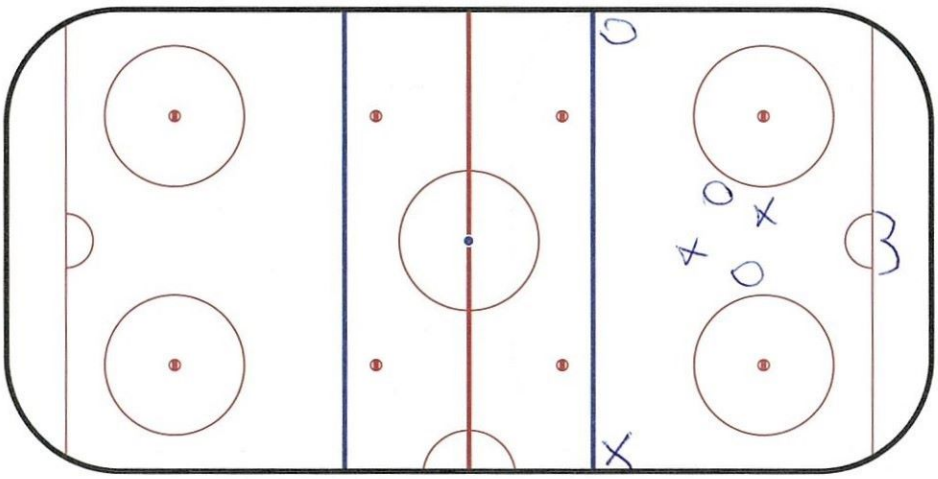
TEAM: U13 U15, 16:20 - ~~17:20~~

DATUM: 28.11.2023.

TRAINER: YURI, MAREK, MARC,

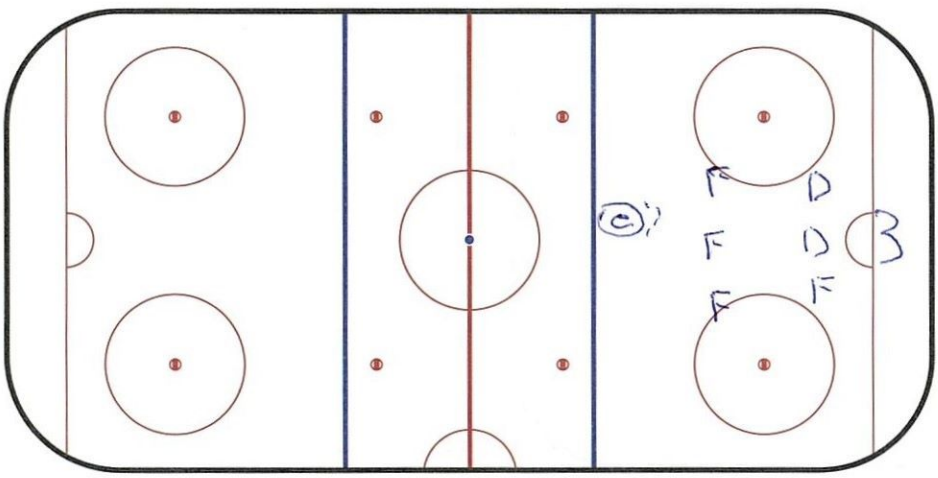
im 2 HELFTE

TRAININGSPLAN



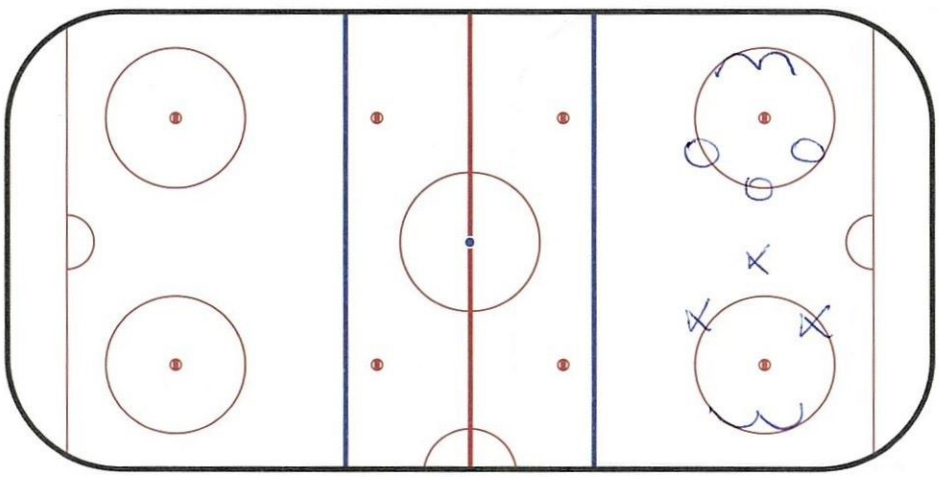
Spiel 2-2 mit 1 JOKER oben → JOKER geht rein wann sein TEAM PUCK HAT, → 3-2.

12 min



Spiel 3-3 -> 3F 2D-1F

12 min



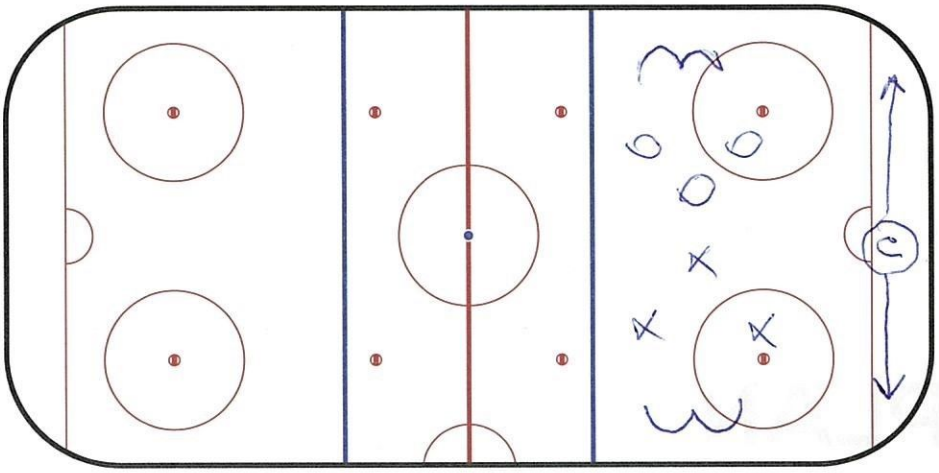
Spiel 3-3 ohne JOKER.

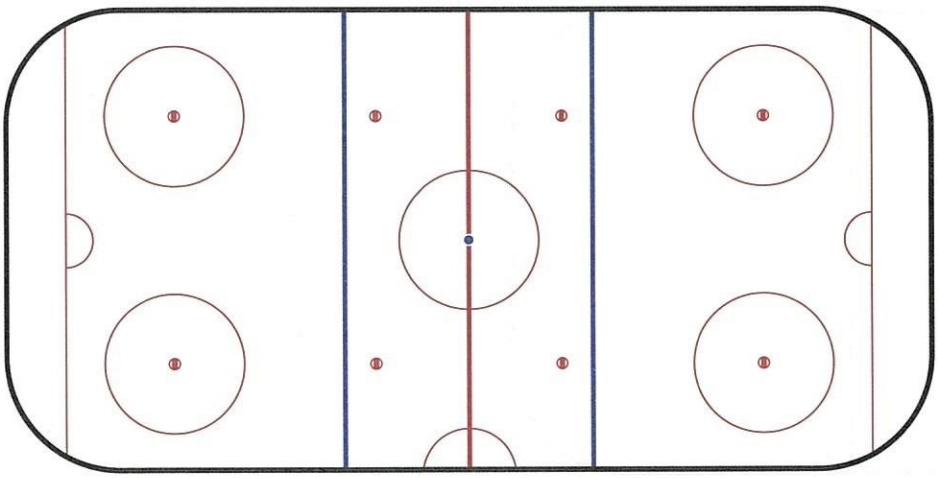
12 min

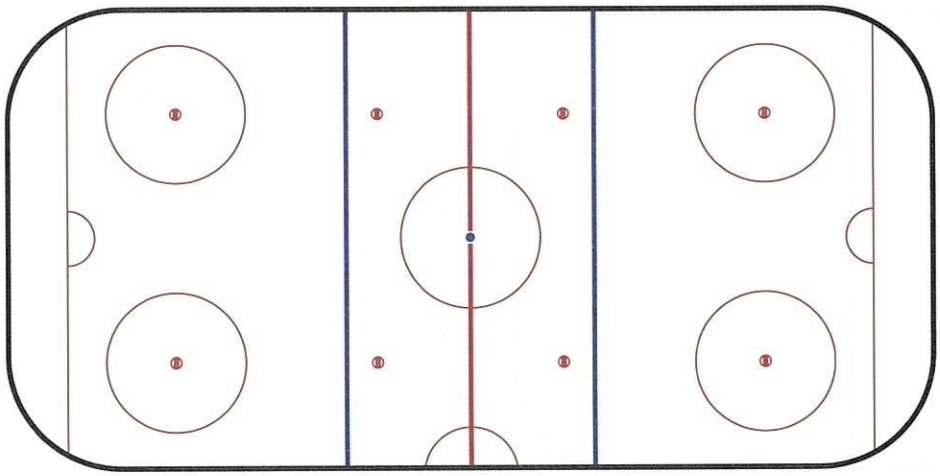
Spiel mitte

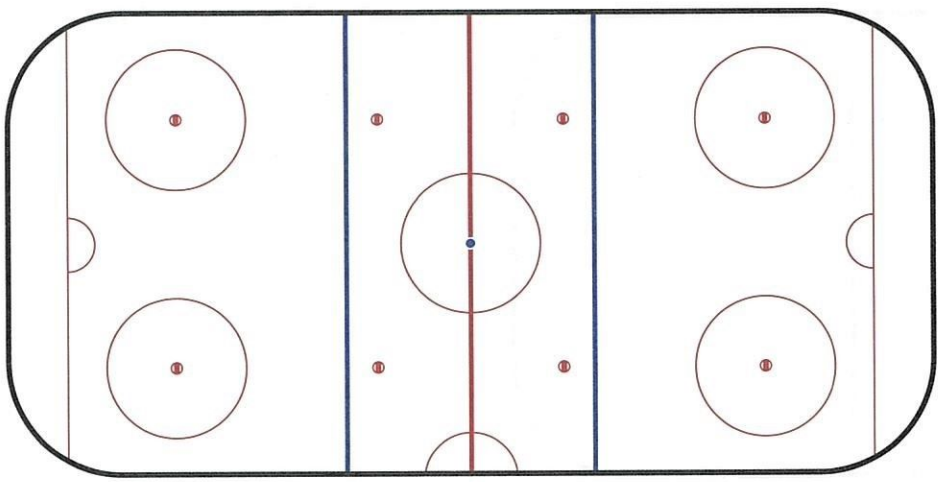
3-3 -> TR JOKER

15min







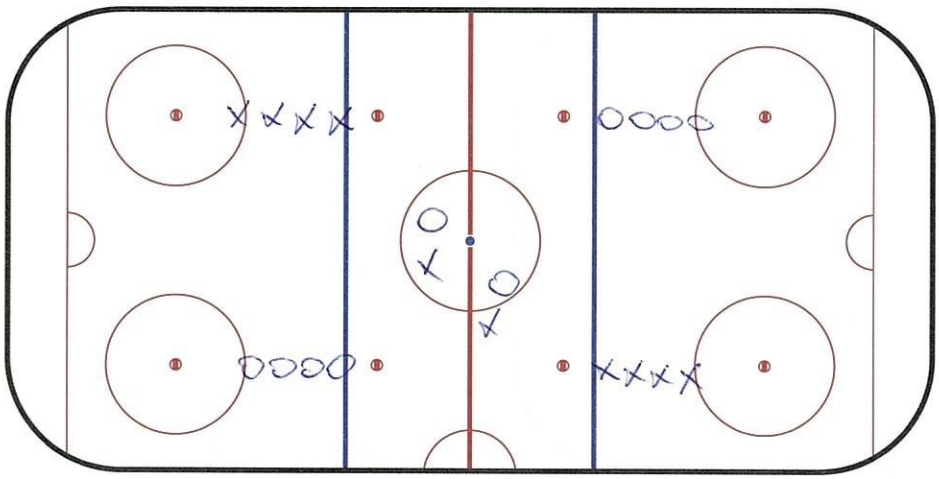


TEAM: U13, 16:40-17:40

DATUM: 29.11.2023.

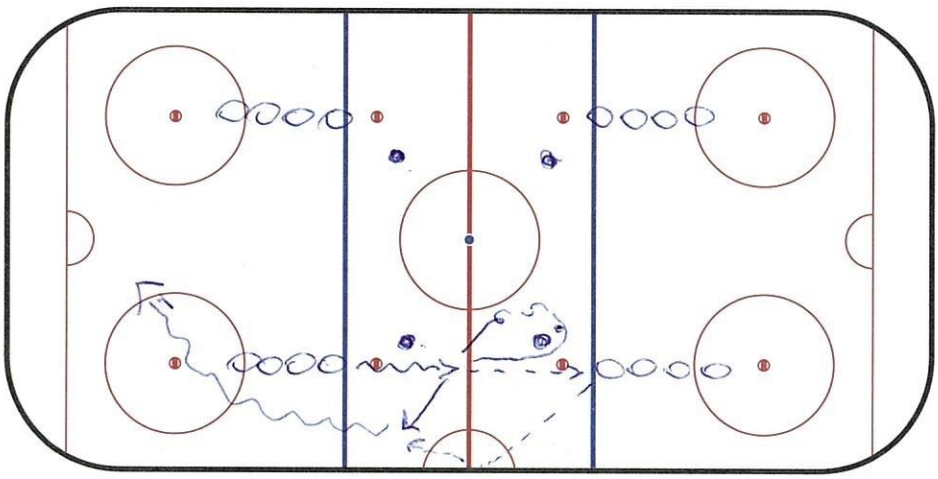
TRAINER: YURI, JÜRGEN.

TRAININGSPLAN



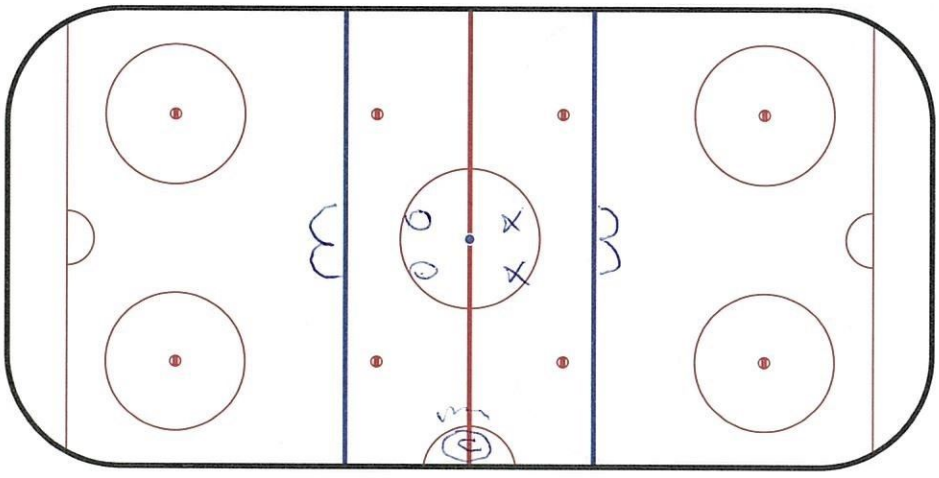
Spiel 2-2 mitte mit 2 diagonal joker.

10 min



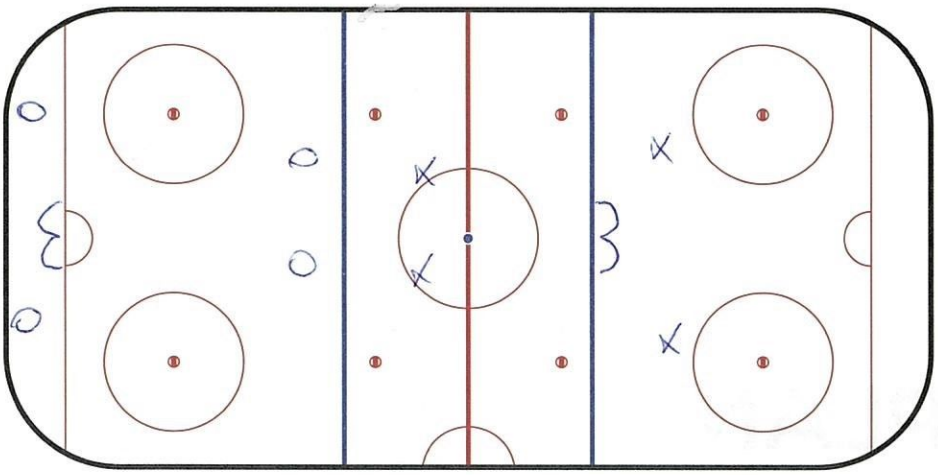
1-0 mit bande pass.

10 min

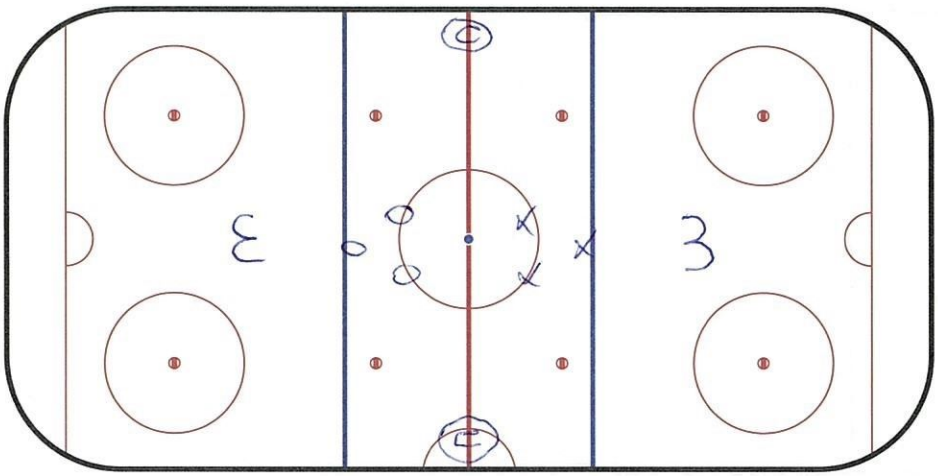


Spiel 2-2 mitte

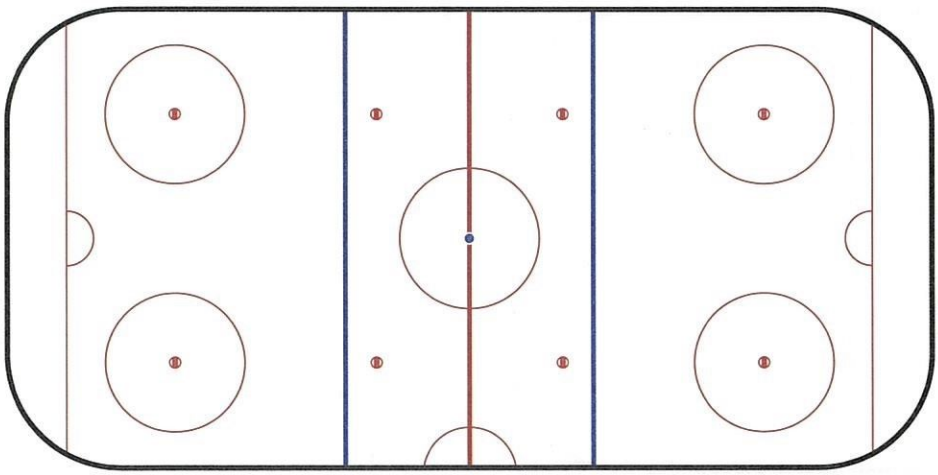
12 min

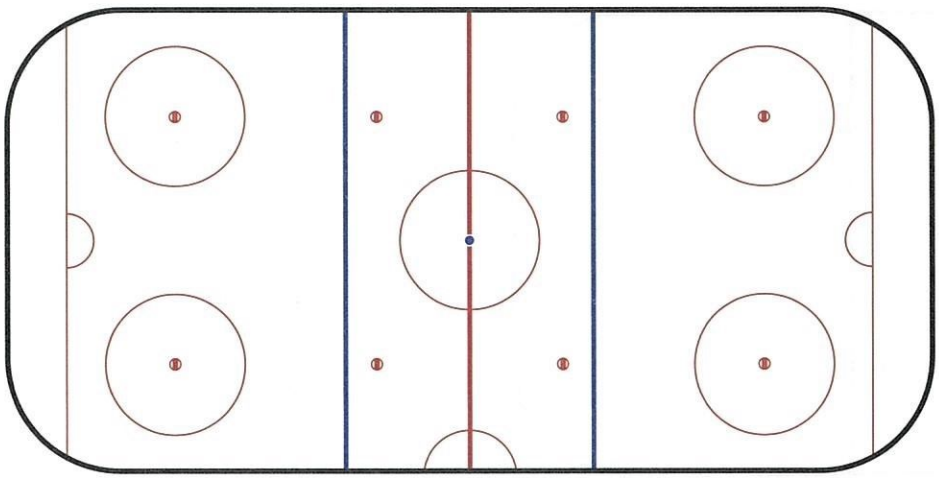


Spiel 2-2 + 2 Hint
TOR → 3-2,
13 min



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



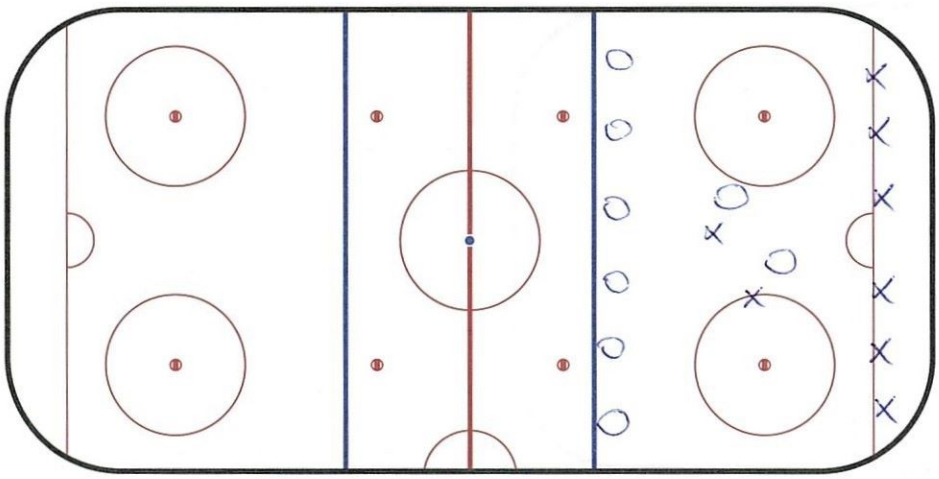


TEAM: U13, 15:30-16:30

DATUM: 1.12.2023

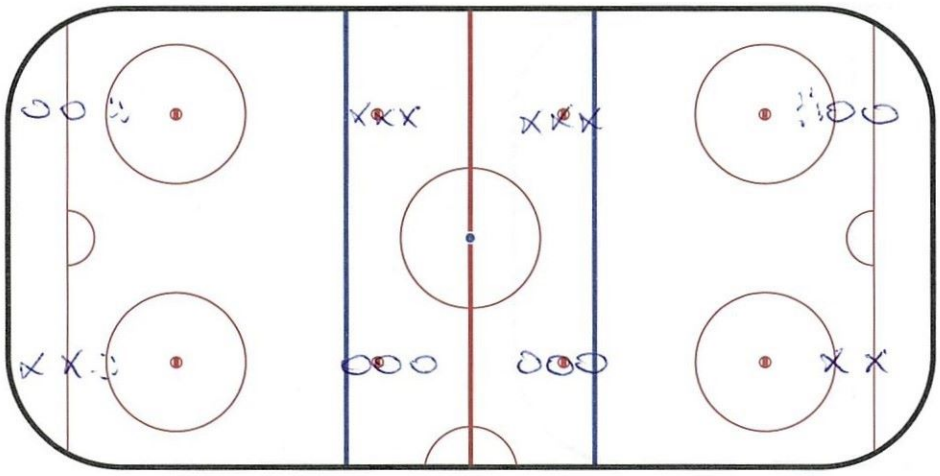
TRAINER: Yuri, Jürgen

TRAININGSPLAN



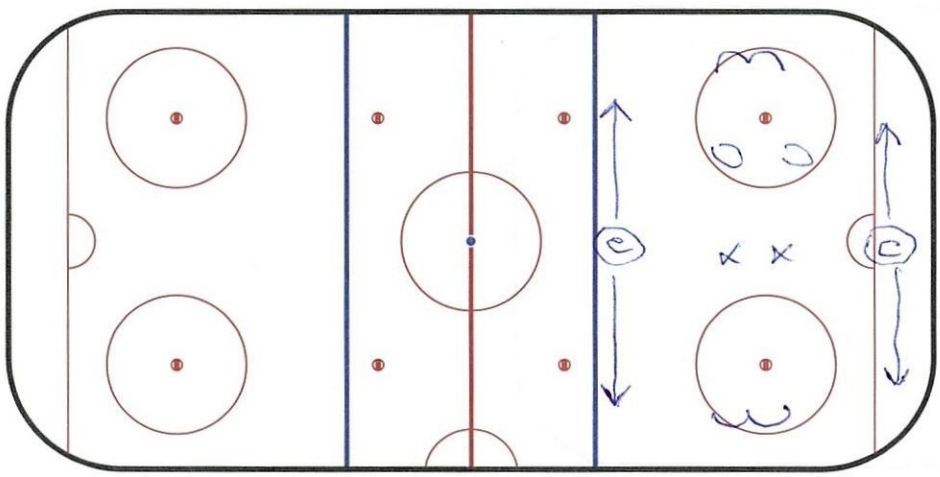
Spiel 2-2 mit Passen zum eigene Gruppe

12min



im 2 zonen 7 Pässe

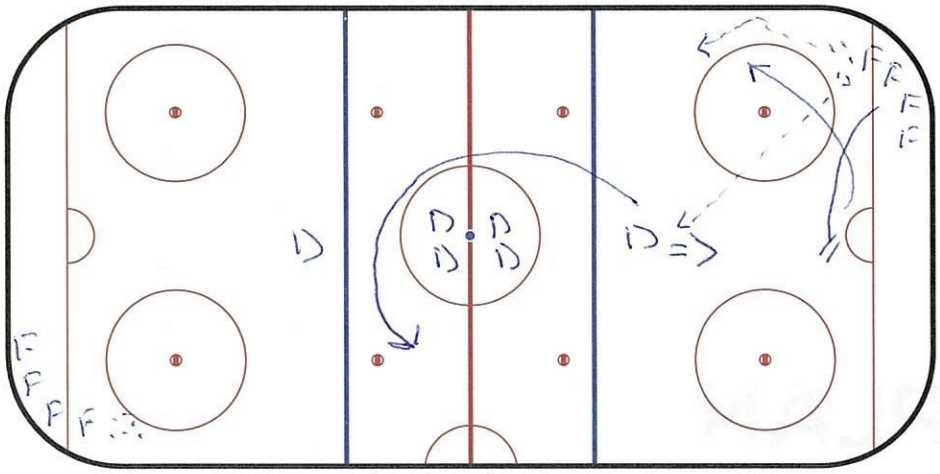
12min



2-2 + 2 TR im bewegung auf Rote-blau Linie ->

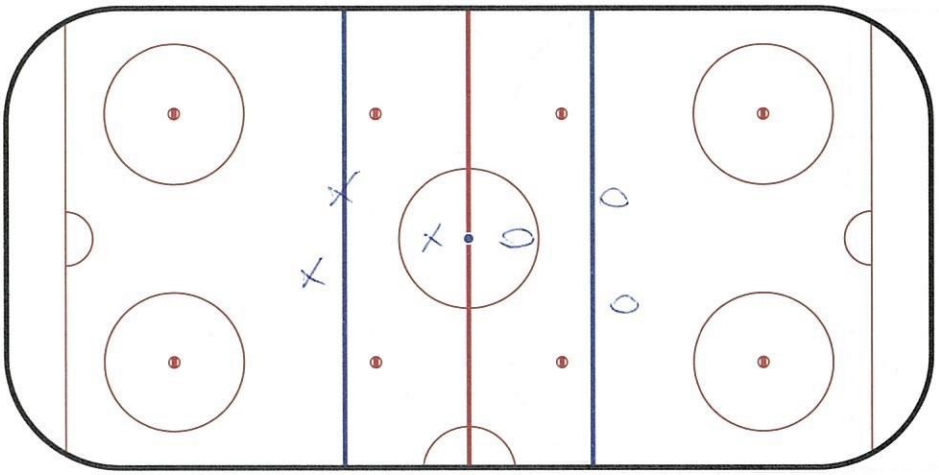
-> Überzahl 4-2

12min



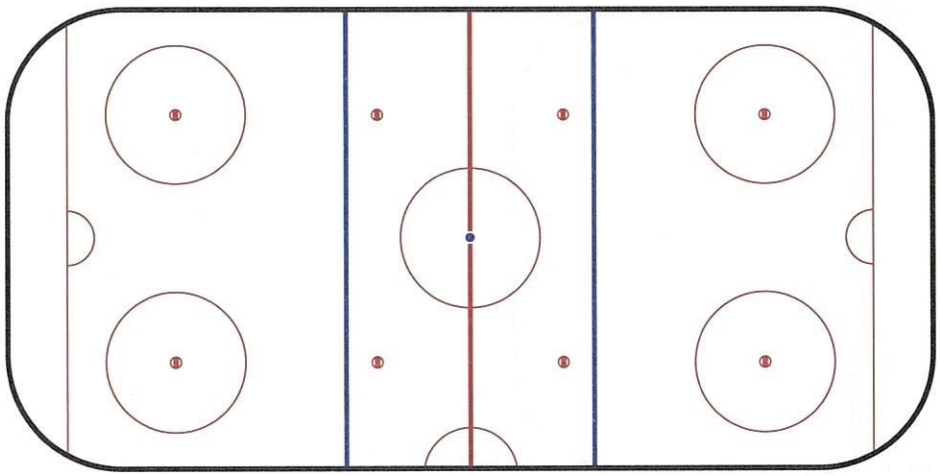
1-1 nach schuss von verteidiger.

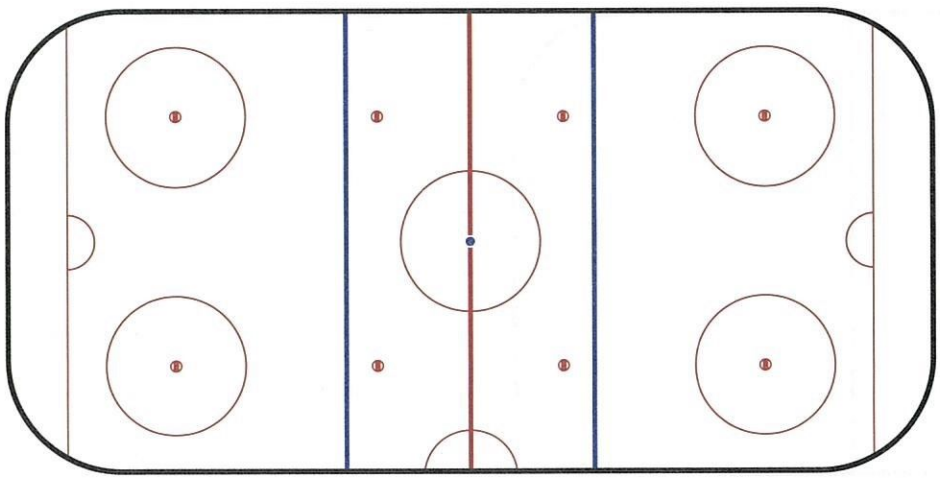
12 min



Spiel 3-3

9 min



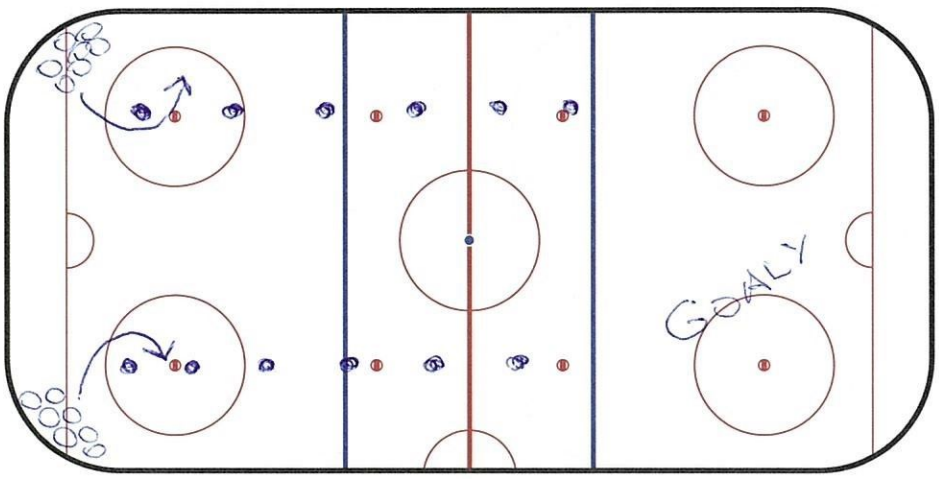


TEAM: U13.15:10-16:10

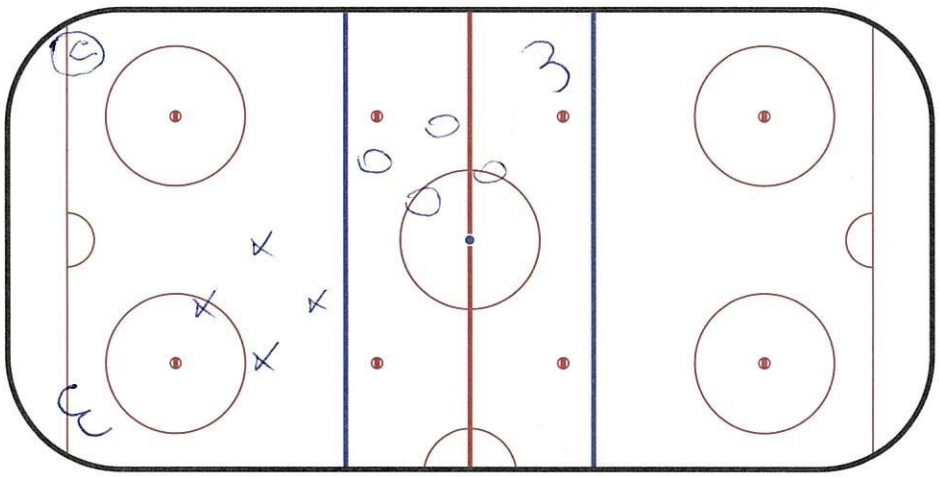
DATUM: 4.12.2023.

TRAINER: YURI

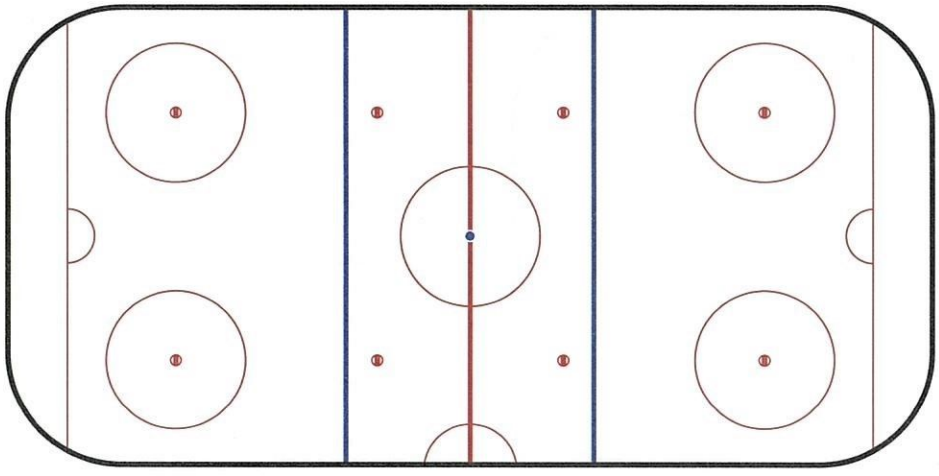
TRAININGSPLAN

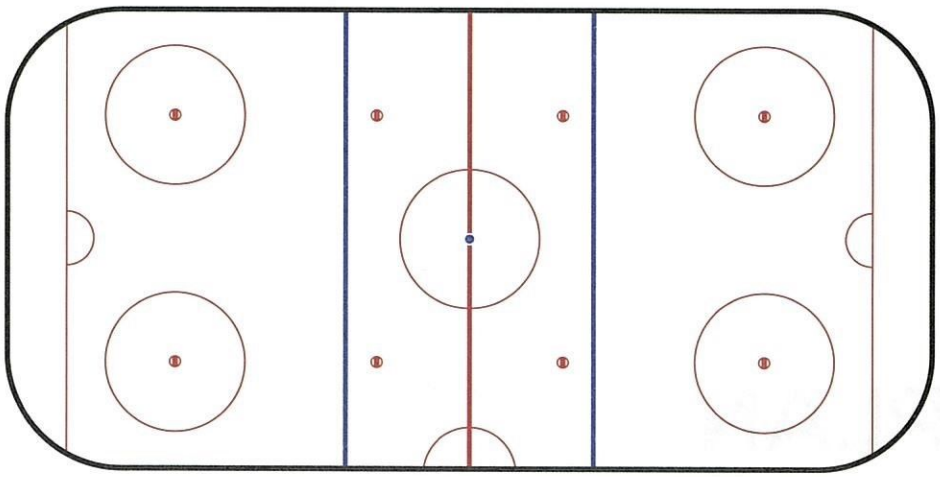


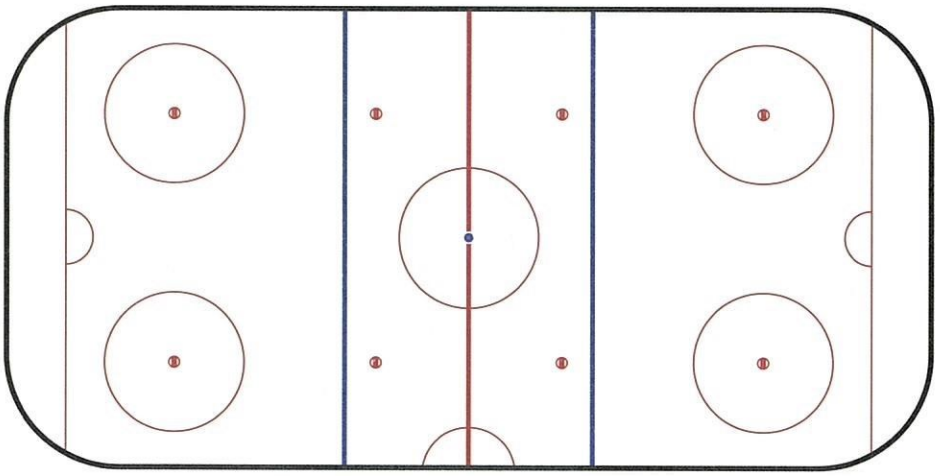
Eislaufen Technik mit Tempo.
20 min
Gleiche mit Puck
20 min

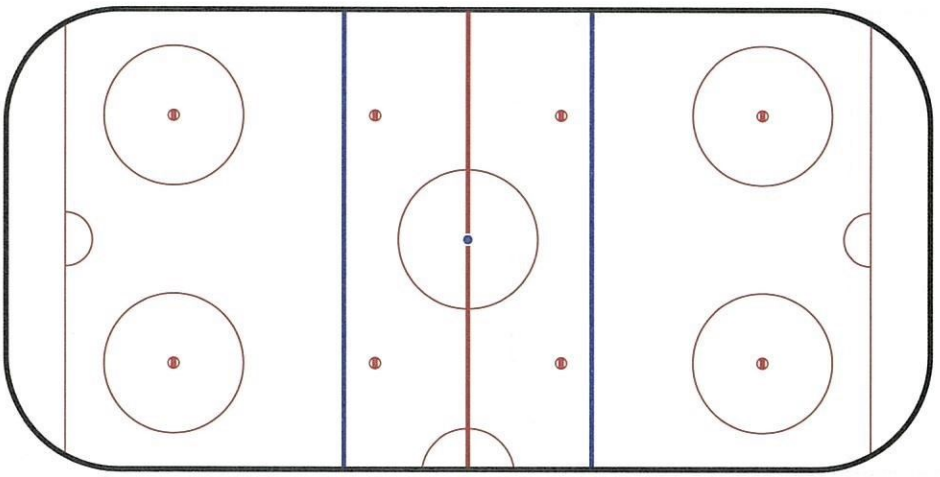


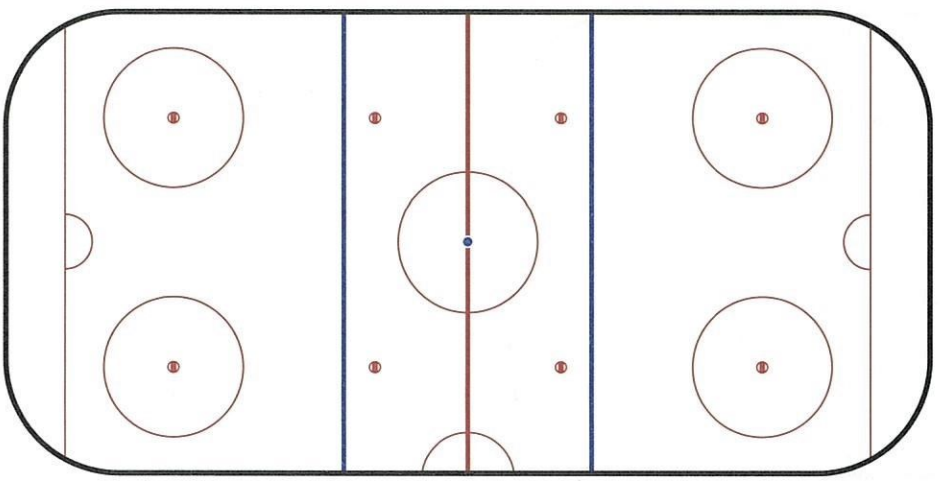
Spiel 4-4 mit Joker
13 min









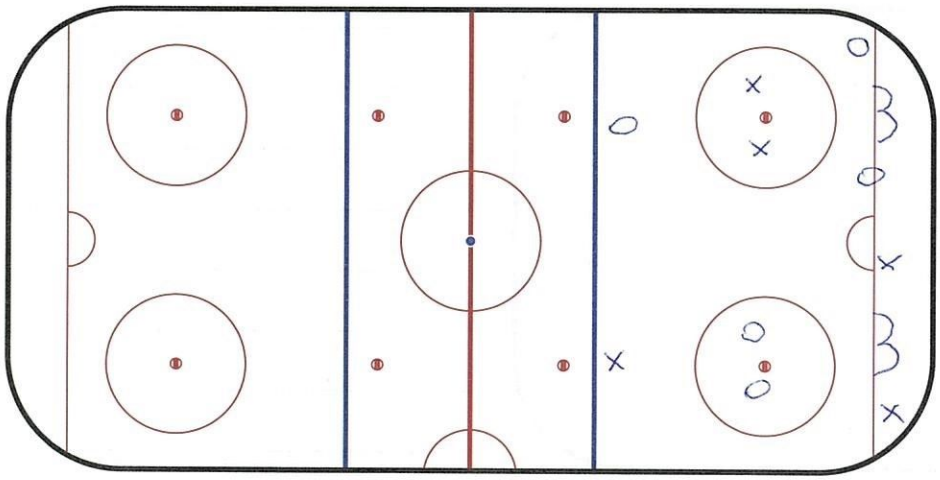


TEAM: U13 U15. 16:20-17:20 → 2zonen.

DATUM: 5.12.2023

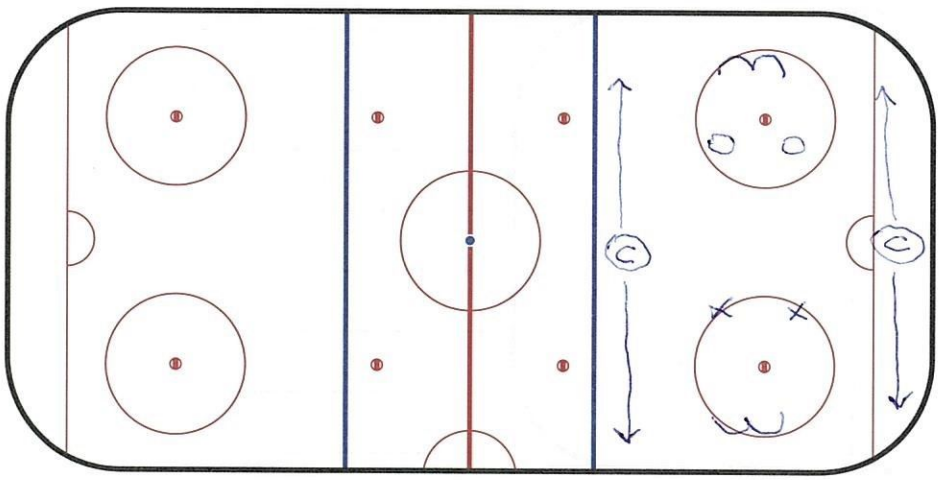
TRAINER: YURI, MARC, Bobby

TRAININGSPLAN



Spiel 3-2 → 3-2.

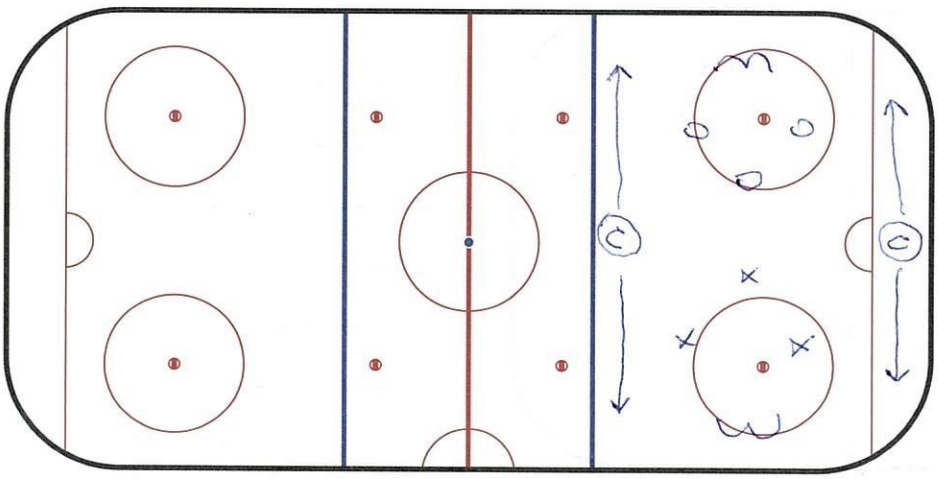
12 min



Spiel 2-2 min

2 TR JOKER im Bewegung

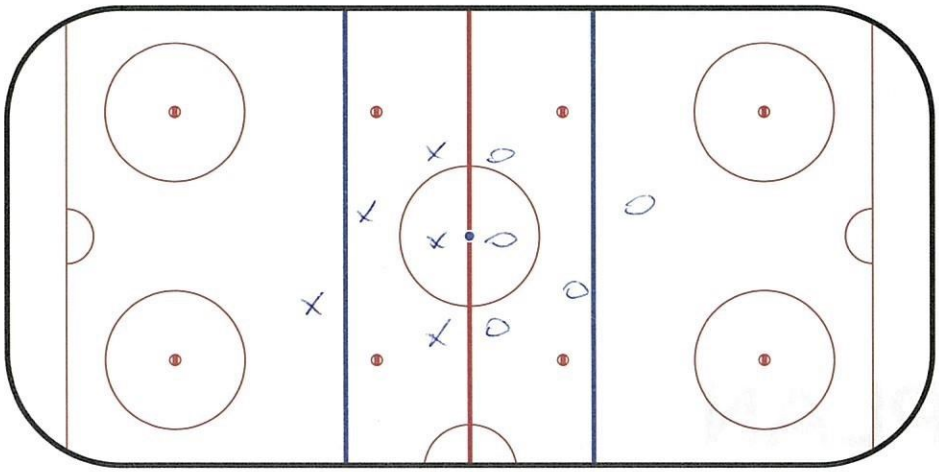
12 min



Spiel 3-3 min

2 TR JOKER im Bewegung

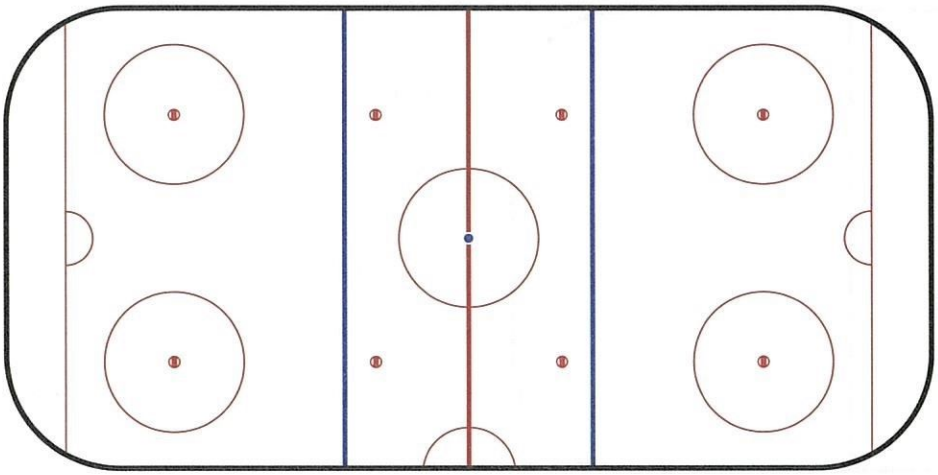
12 min

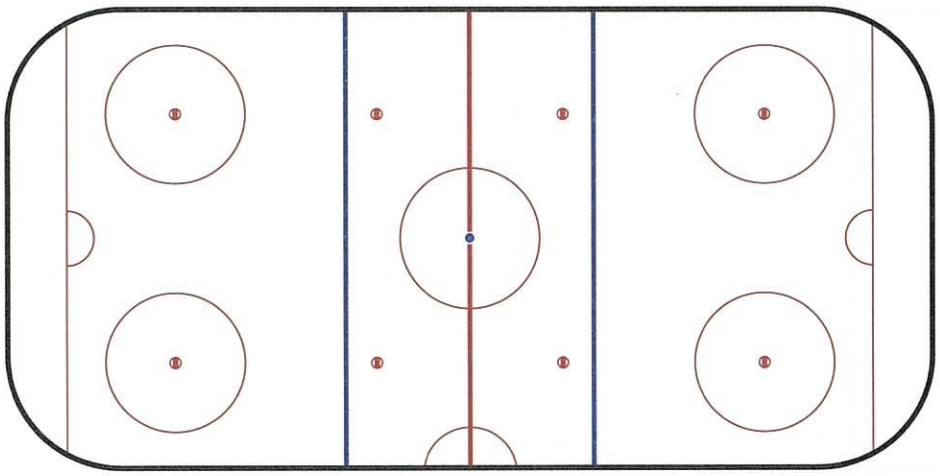


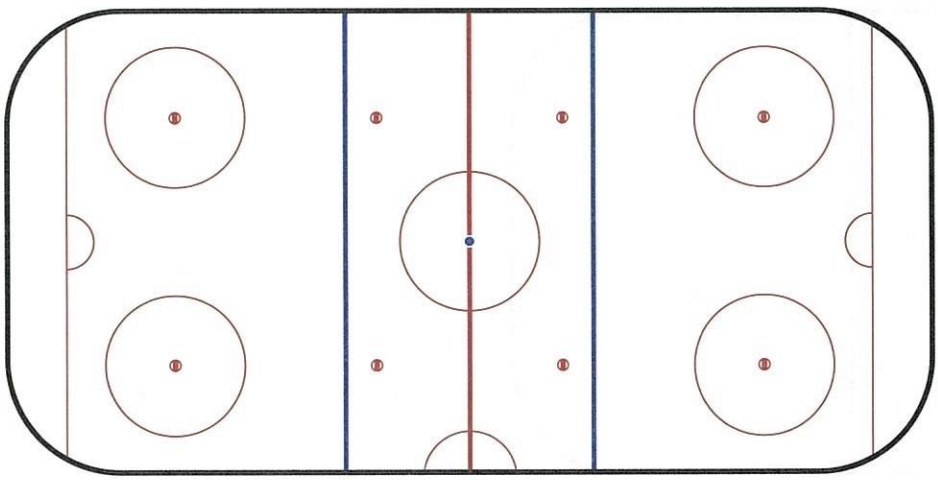
Spiel ganze eis

5-5 oder 4-4

15 min





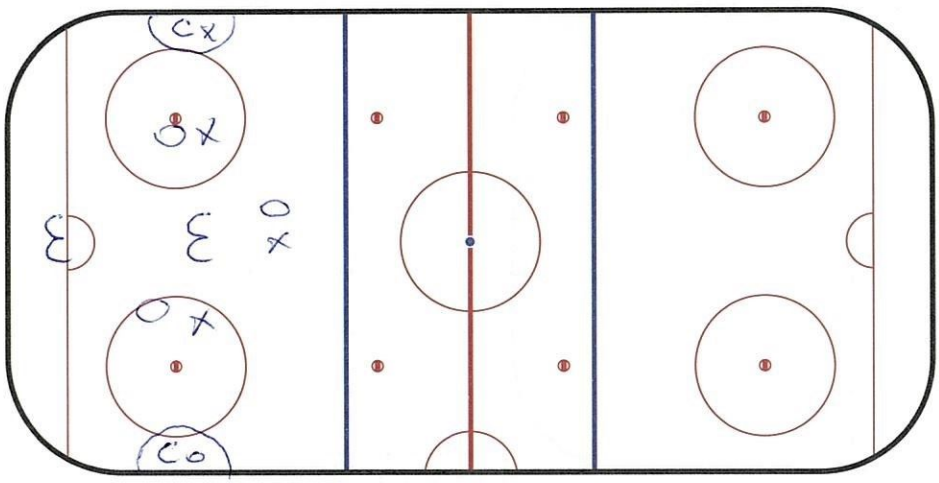


TEAM: U13, 16:40-17:40

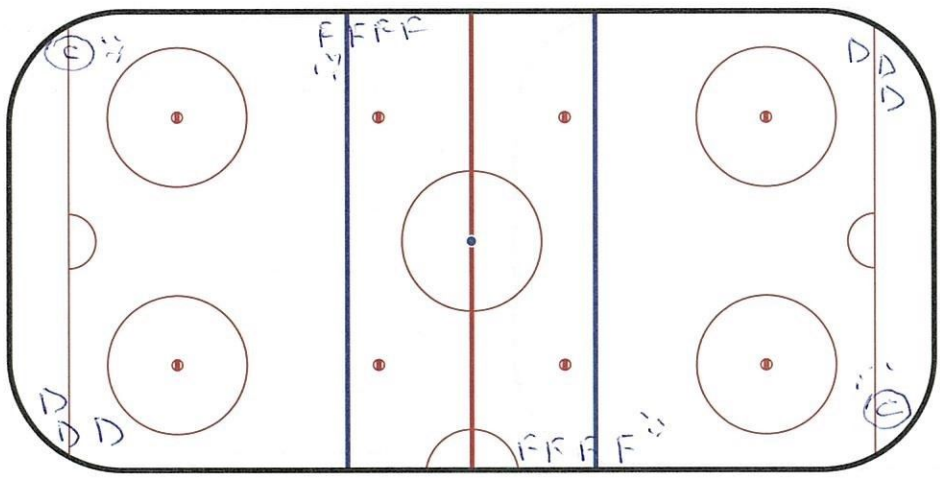
DATUM: 6.12.2023

TRAINER: Yuri, Jürgen.

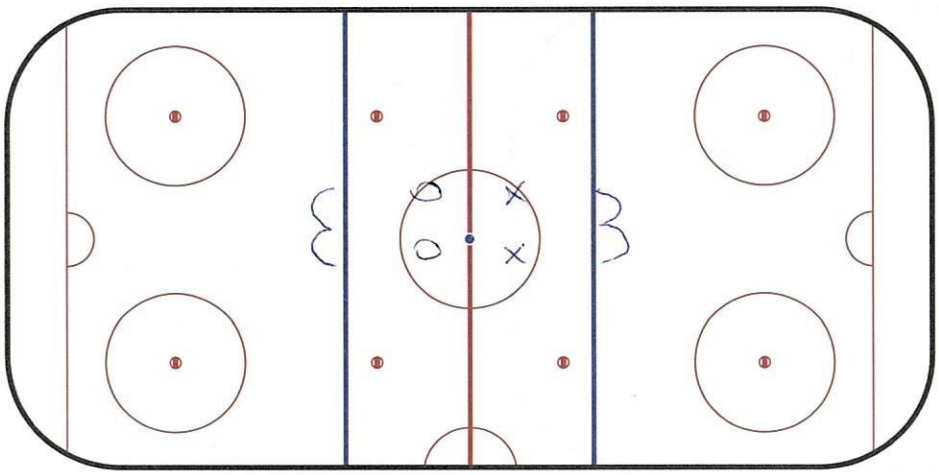
TRAININGSPLAN



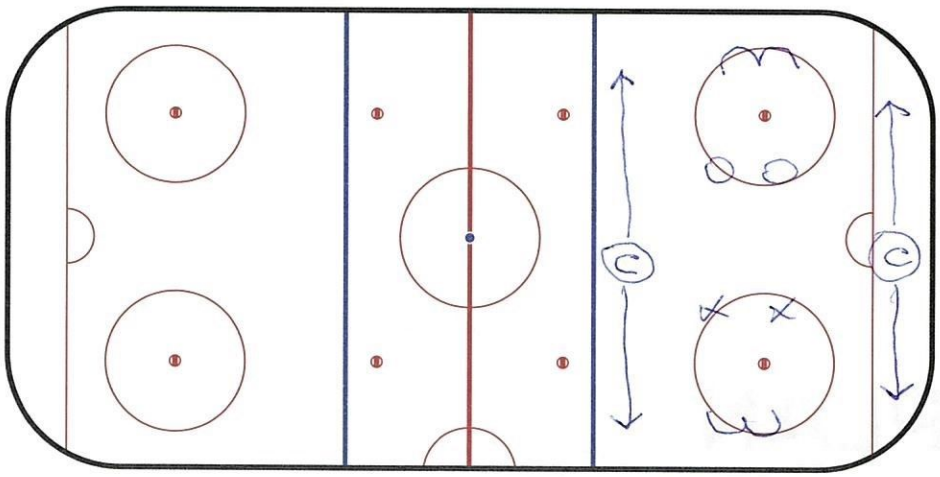
Spiel 3-3 + 2 TR.
12 min



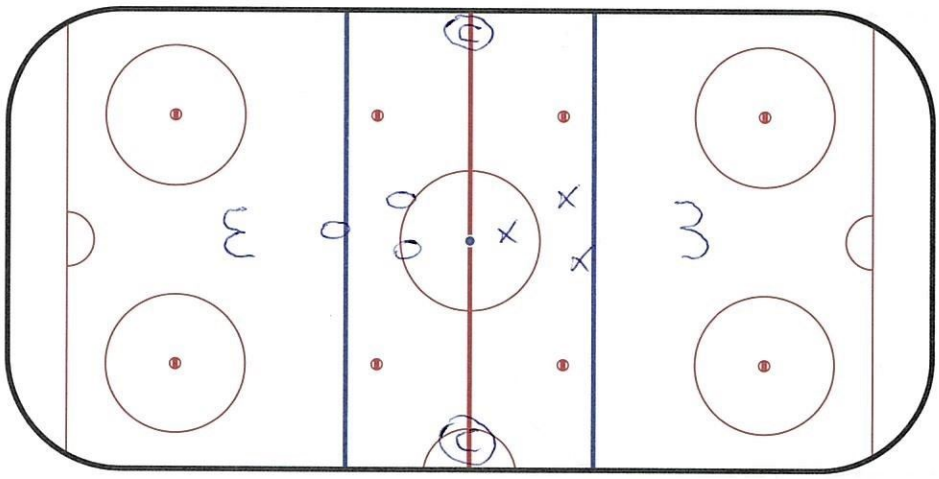
1-0 -> F-D + Schuss von BLAU
12 min



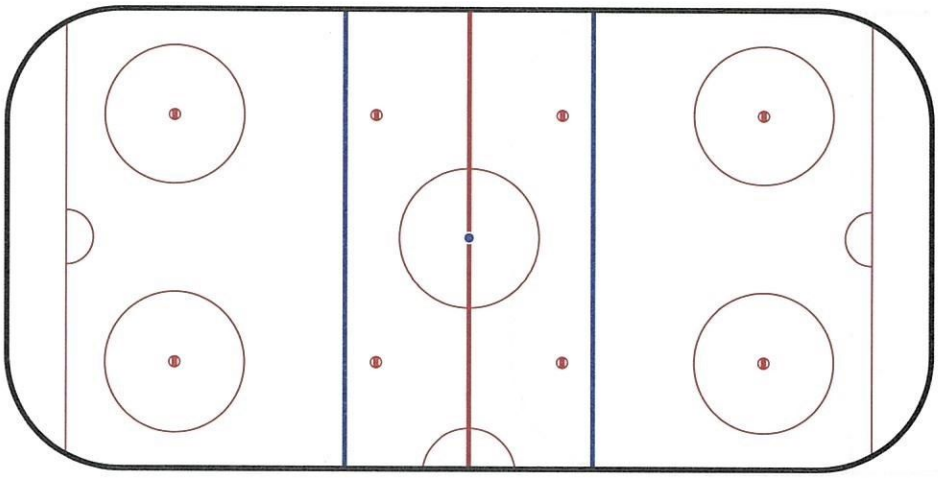
2-2 mitte ohne Joker
12 min

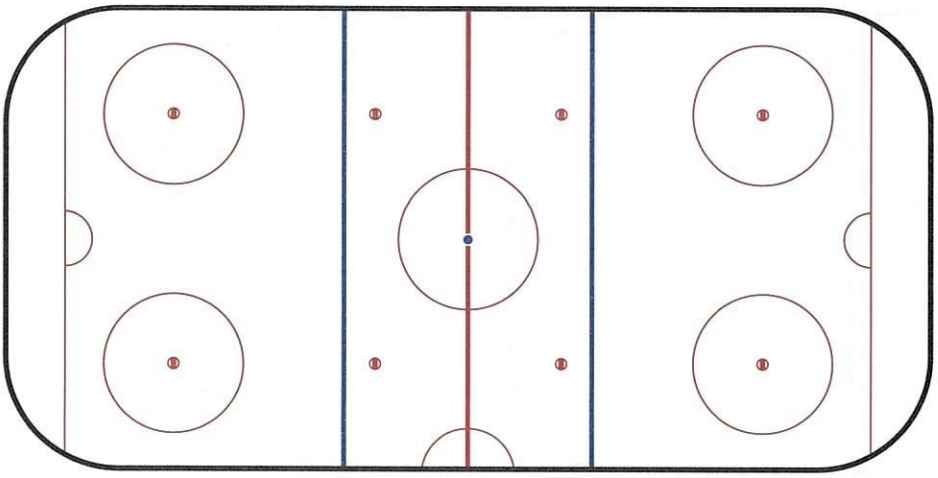


Spiel 2-2 + 2 TR
im Bewegung.
12 min



Spiel 40 × 30 →
→ 3-3 + 2 TR.
10 min



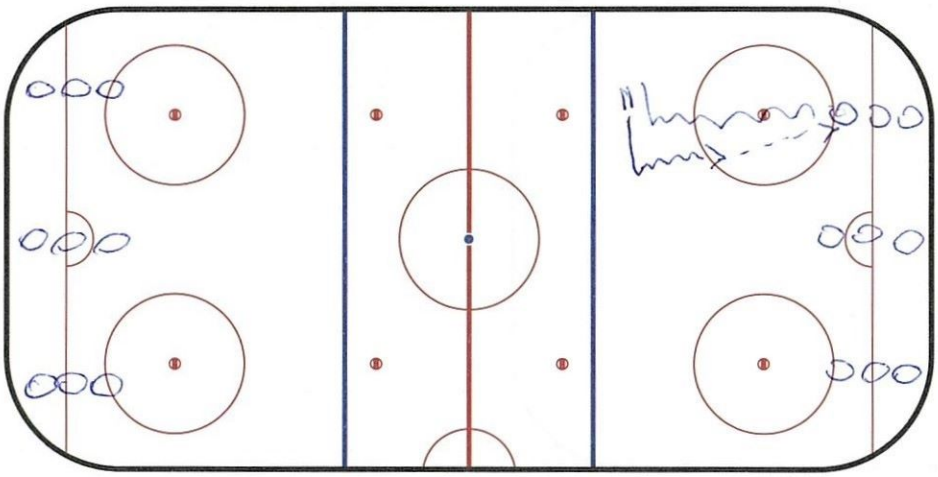


TEAM: U13, 15:30 - 16:30

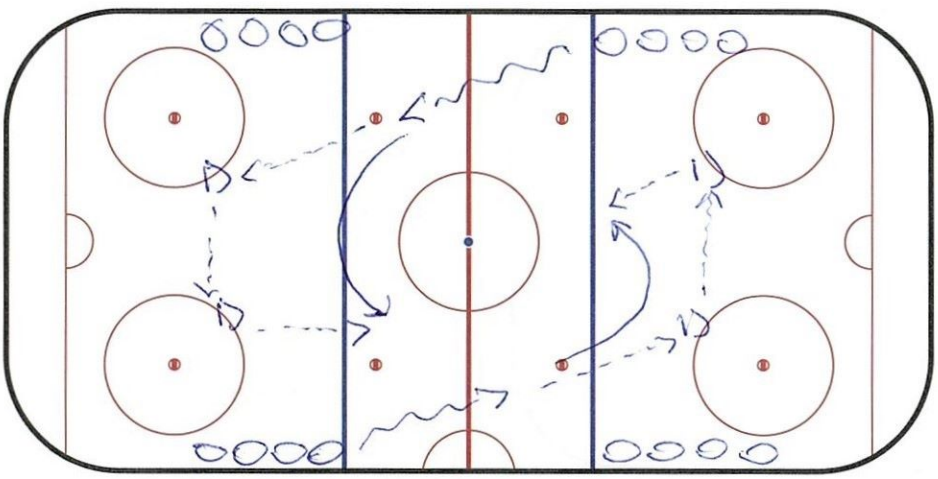
DATUM: 8.12.2023.

TRAINER: YURI, JURGEN

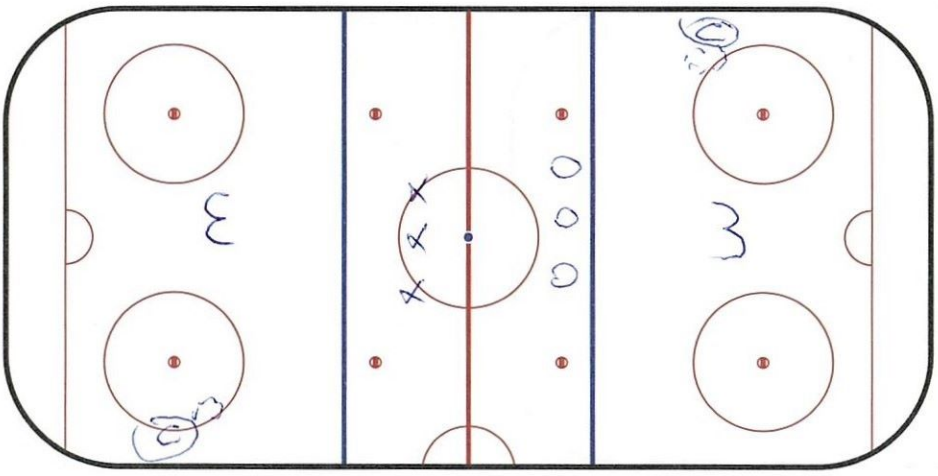
TRAININGSPLAN



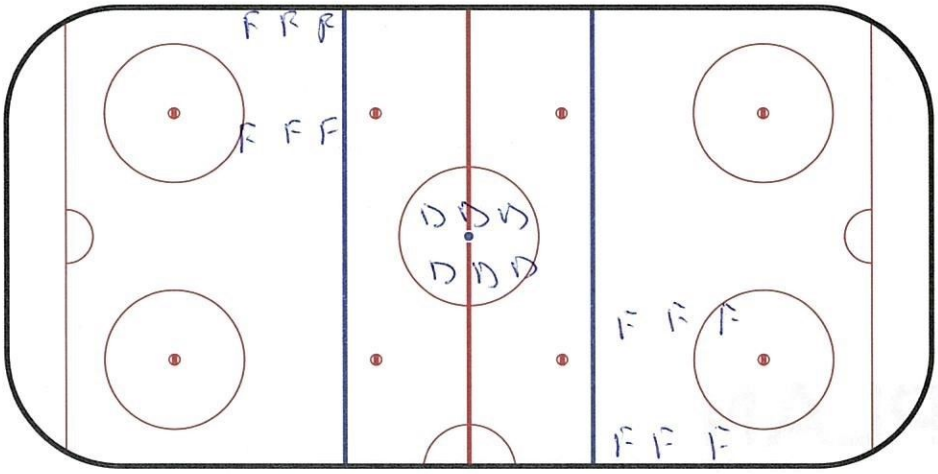
Aufwärmen →
→ PASSEN nach
Richtung wechseln
10 min



1-0 → D-D PASS
10 min

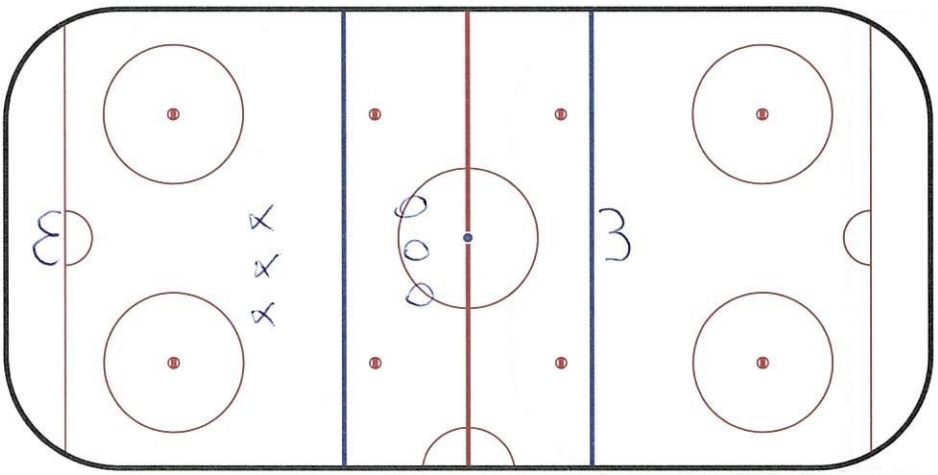


Spiel 3-3 →
→ 2 chancen.
13 min



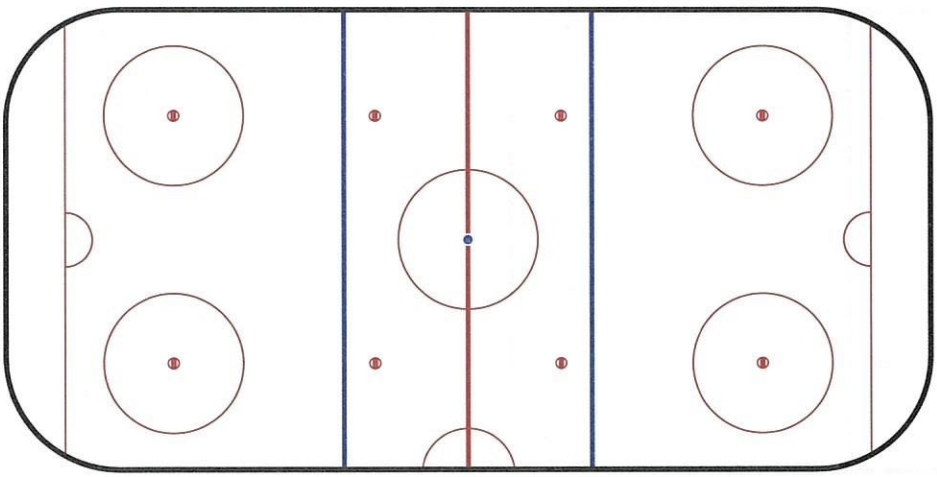
2-1 AUS MITTE

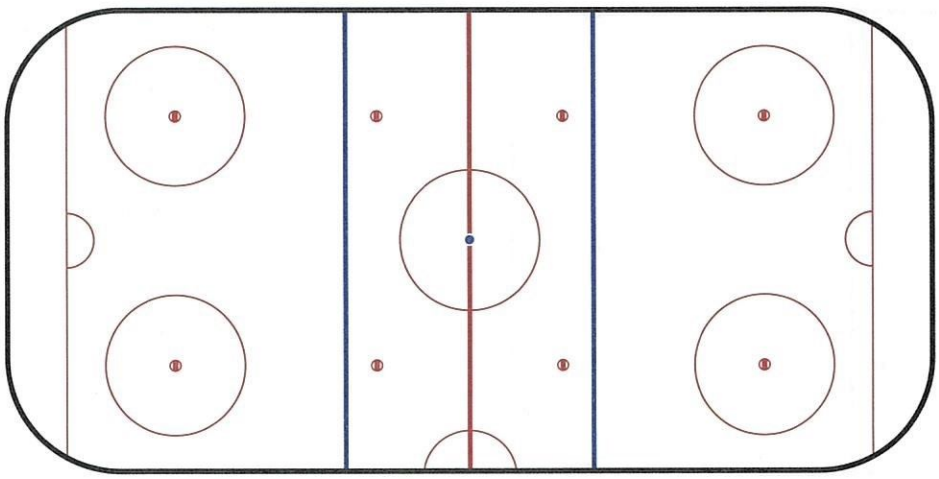
12 min



SPIEL 3-3 MIT 1 BLAU FÜR BEIDE TEAM

13 min



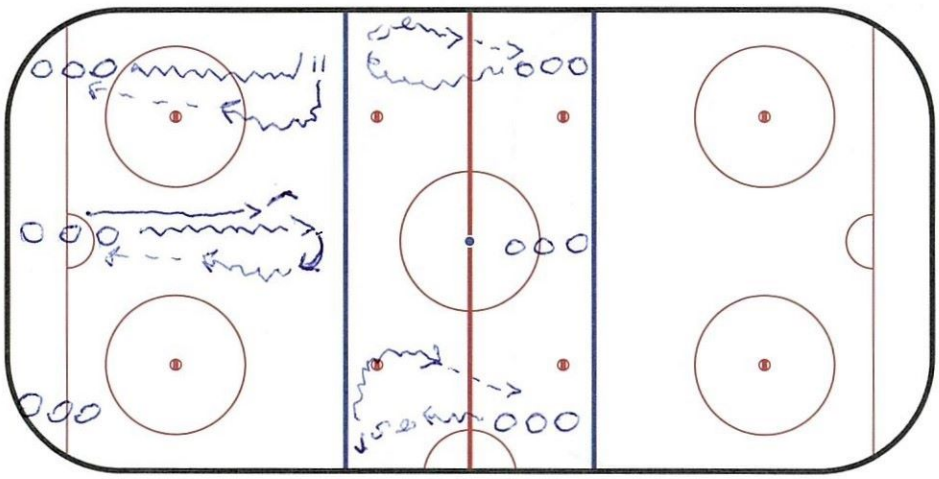


TEAM: U13 U15, 15:10 - 16:10, 16:20 - 17:20

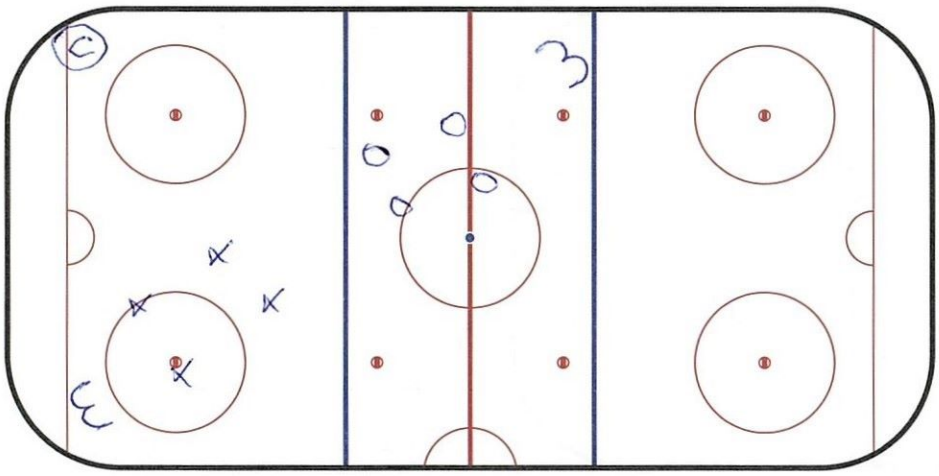
DATUM: 11.12.2023

TRAINER: YURI

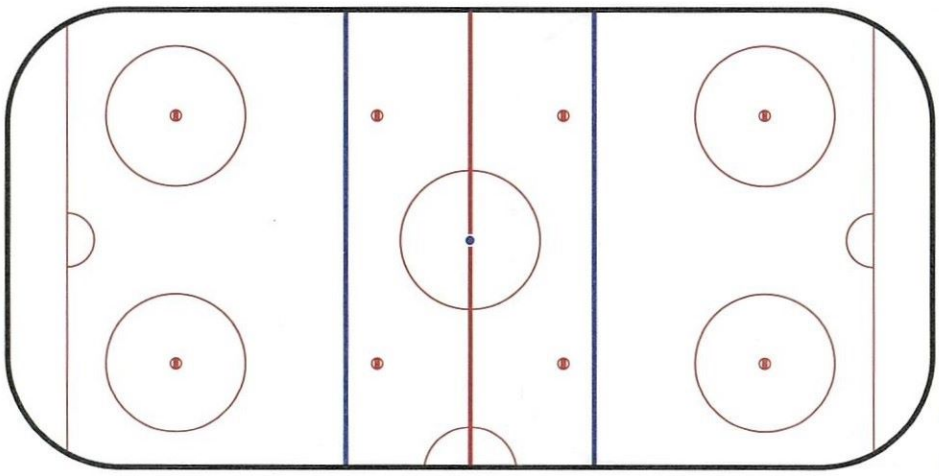
TRAININGSPLAN



PASSEN nach verschiedene Technisch-Läufisch elementen -> 6 gruppen
1) Teuschung Richtung wechsel L-R,
2) VORWERZ auf

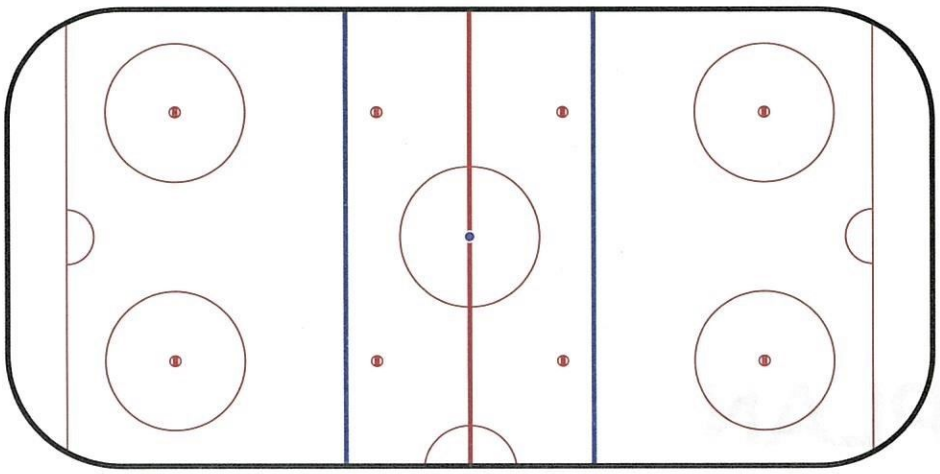


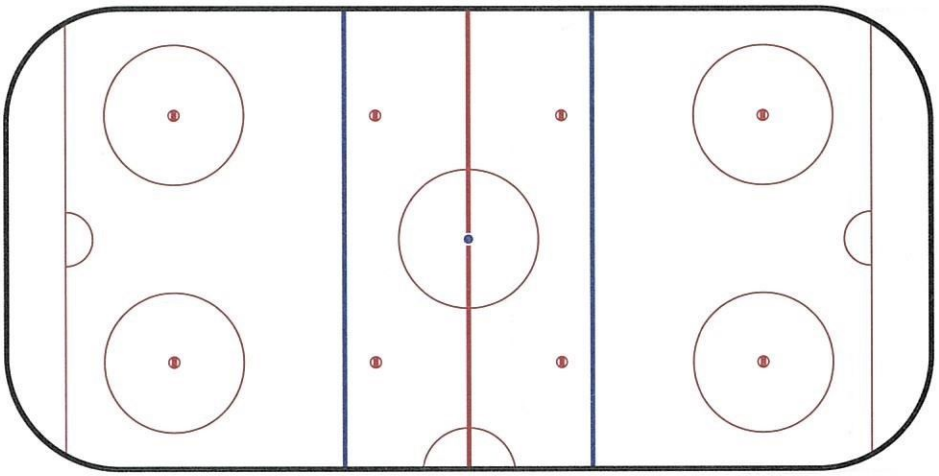
RÜCKWERZ und VORWERZ.
3) RÜCKWERZ Teuschung Richtung wechsel
4) AUS dRÜCK von HINTEN RAUS kommen -> schläger berührung von LINKS -> RAUS

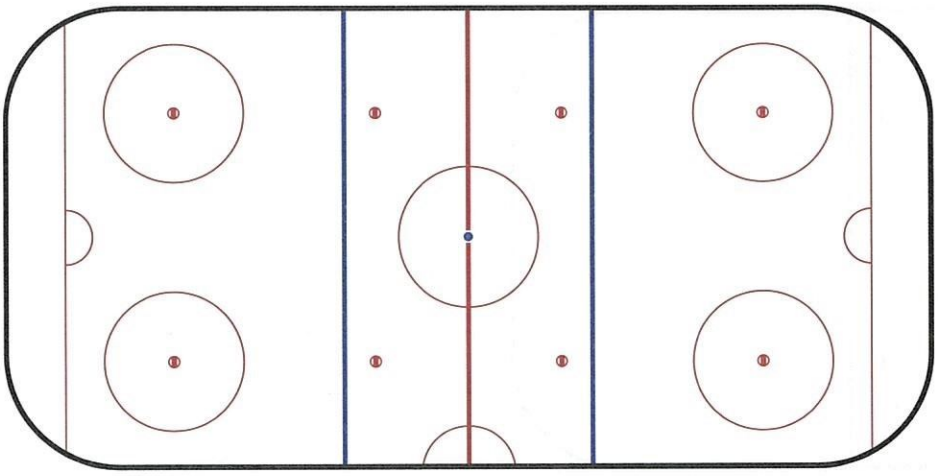


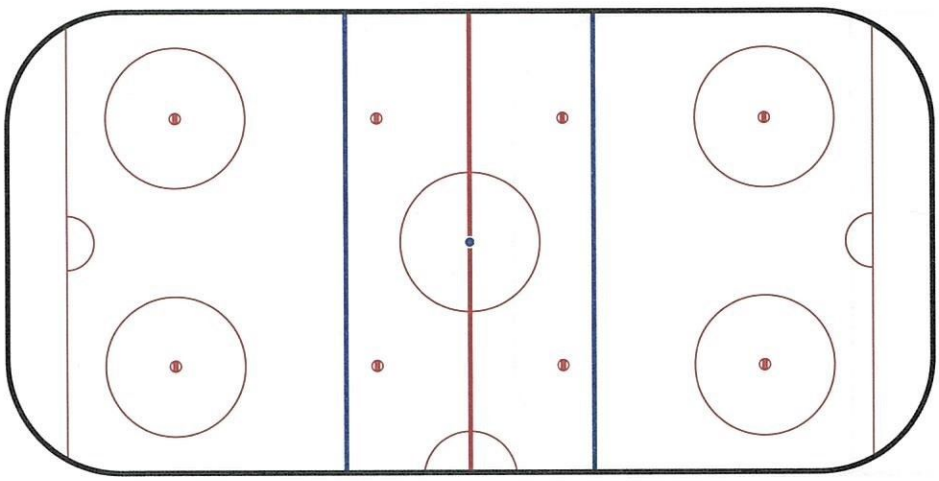
Kommen RECHTS -> -> schnell REAGIEREN!
10min jede Aufgabe -> 40min

Spiel 15 min
(eisfleche gedreht -> -> trotzdem position STÜRMER, VERTEIDIGER HALTEN,)







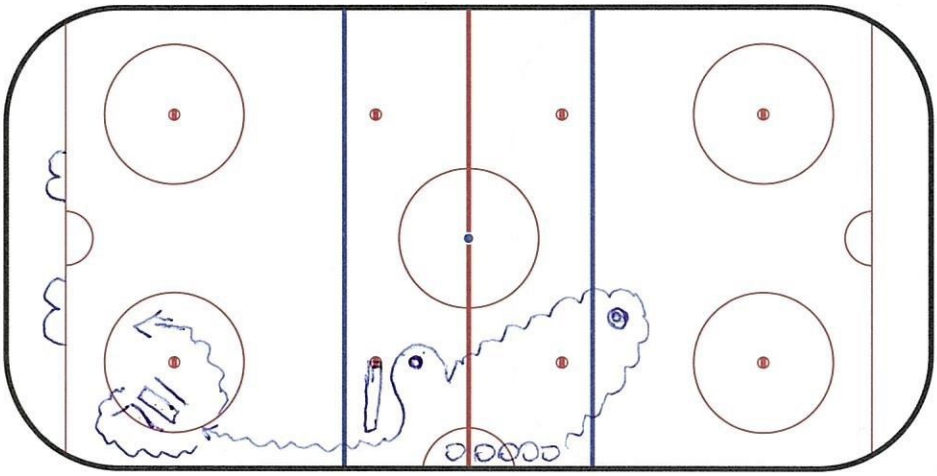


TEAM: U13U15, 16:20-17:20

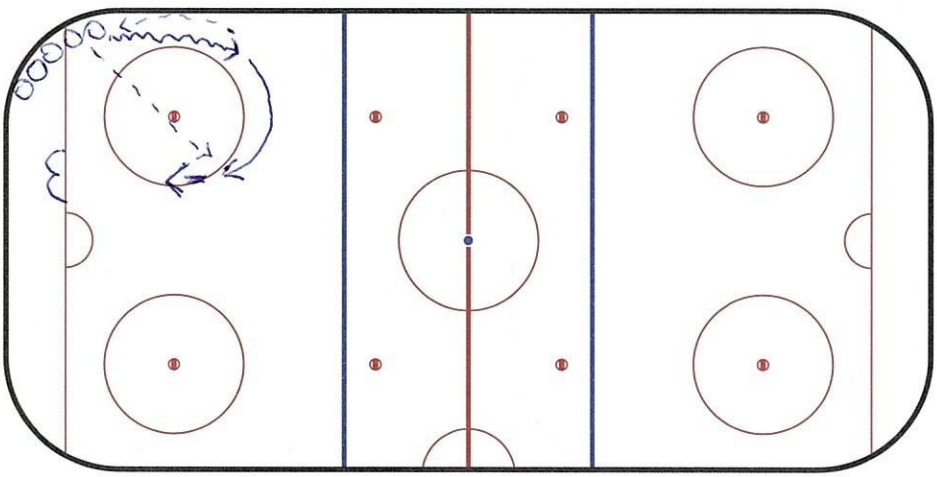
DATUM: 12.12.2023.

TRAINER: Yuri, boby, MARC, MAREK.

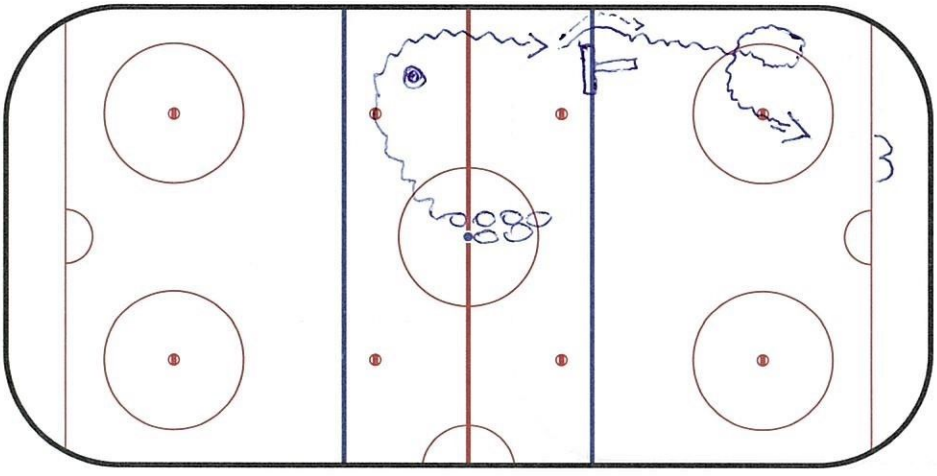
TRAININGSPLAN



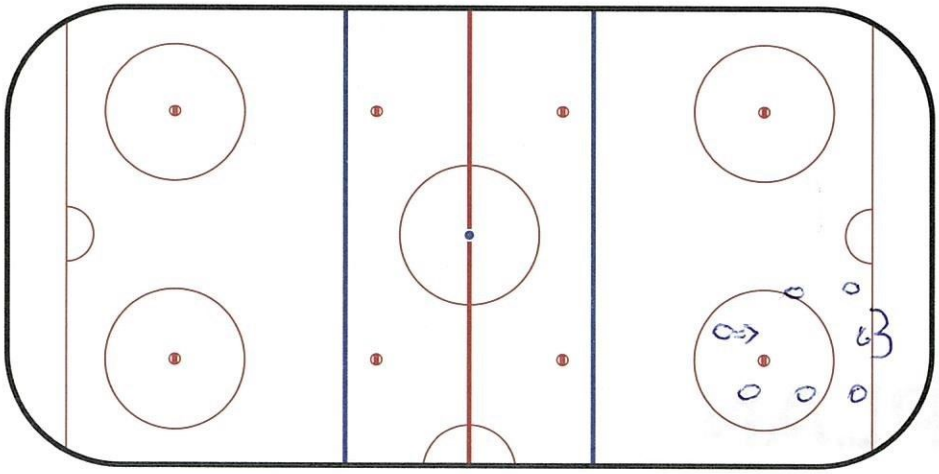
① PUCK KONTROL
mit tempo -> SPIEL
SITUATION
10 min



② BANDE PASS ->
PASS ZURÜCK ANNAHM
-> SCHUSS
10 min

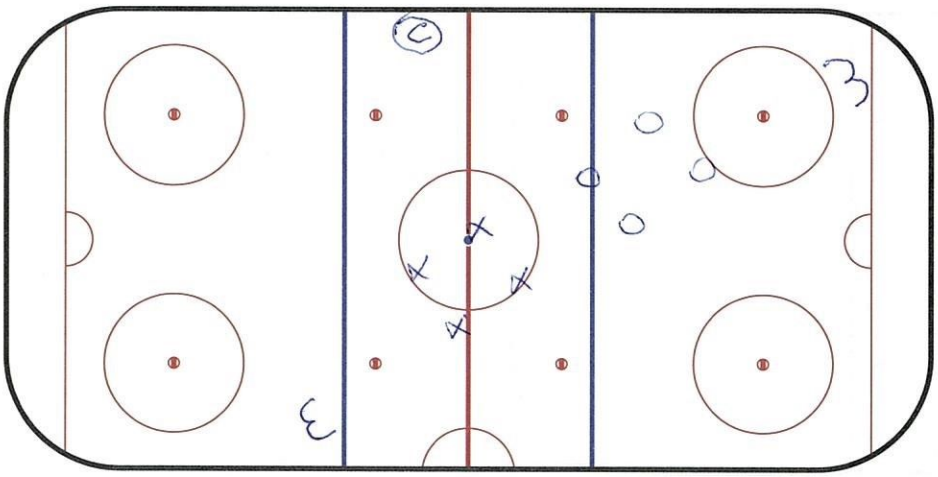


③ SPIEL SITUATION ->
-> BANDE NUTZEN
IM ZONE KOMMEN ->
CANADIA UND ZUG
ZUM TOR
10 min



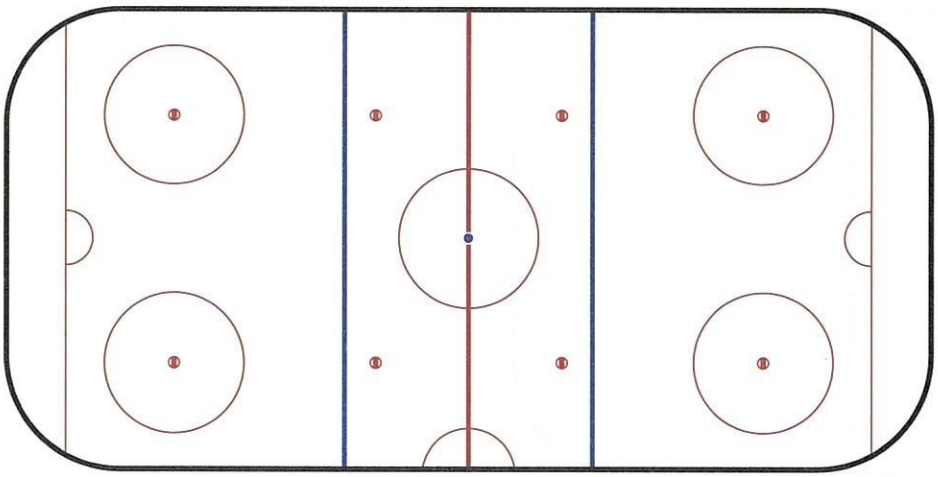
(4) Spiel GOALY gegen SPIELER

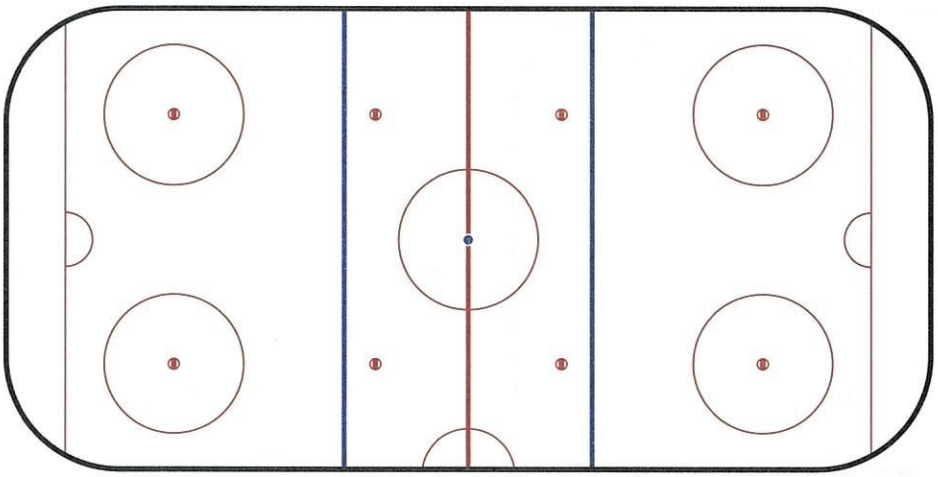
10min



Spiel 4-4 mit TR JOKER

13min



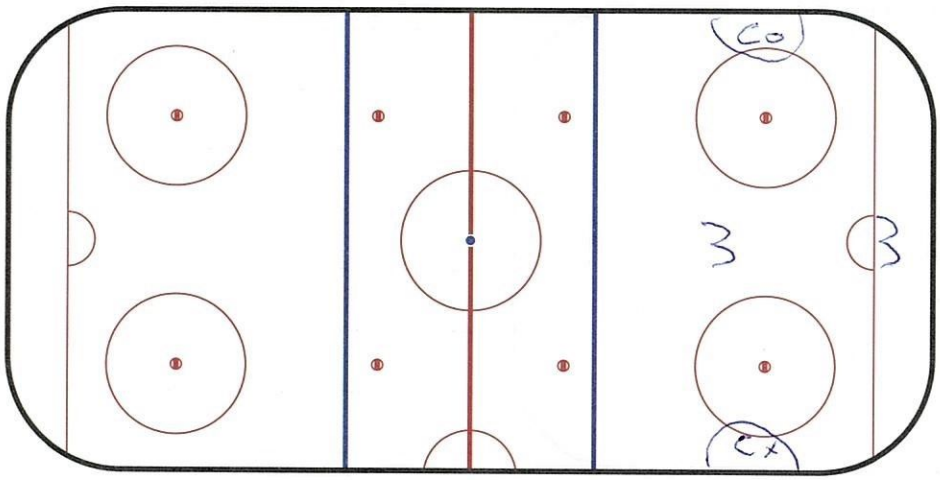


TEAM: U13, 16:40 - 17:40

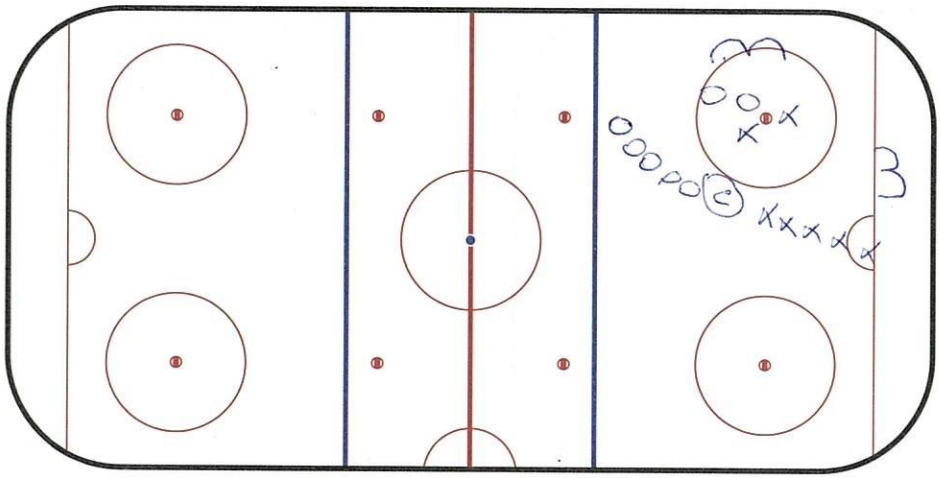
DATUM: 13.12.2023,

TRAINER: YURI, JÜRGEN -> SPIEL TRAINING.

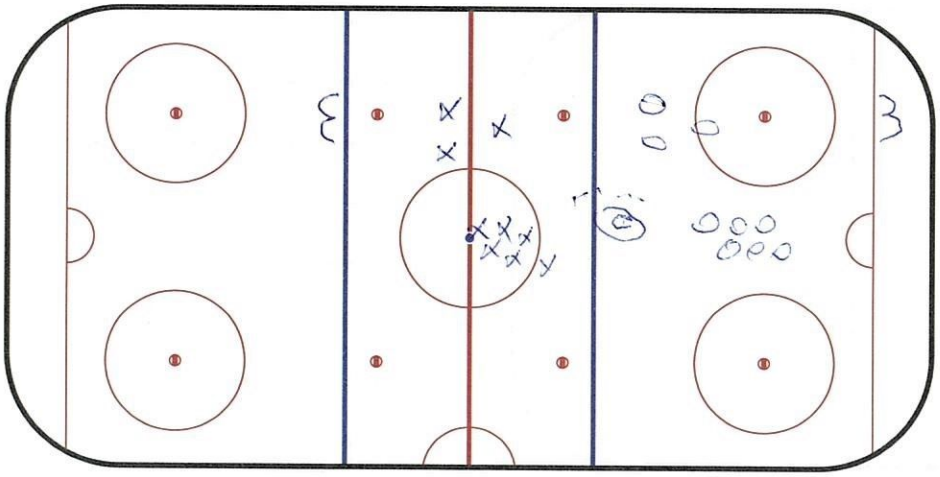
TRAININGSPLAN



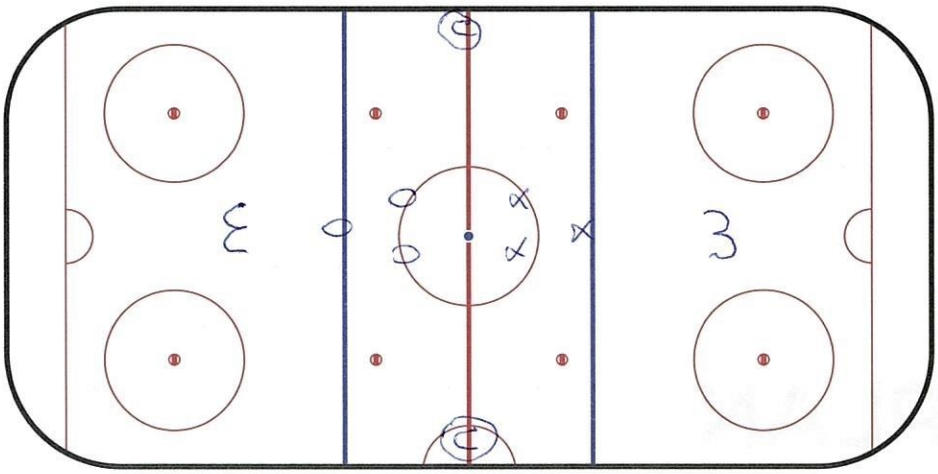
SPIEL 3-3 -> 2 TR JOKER FÜR SEIN TEAM.
12 min



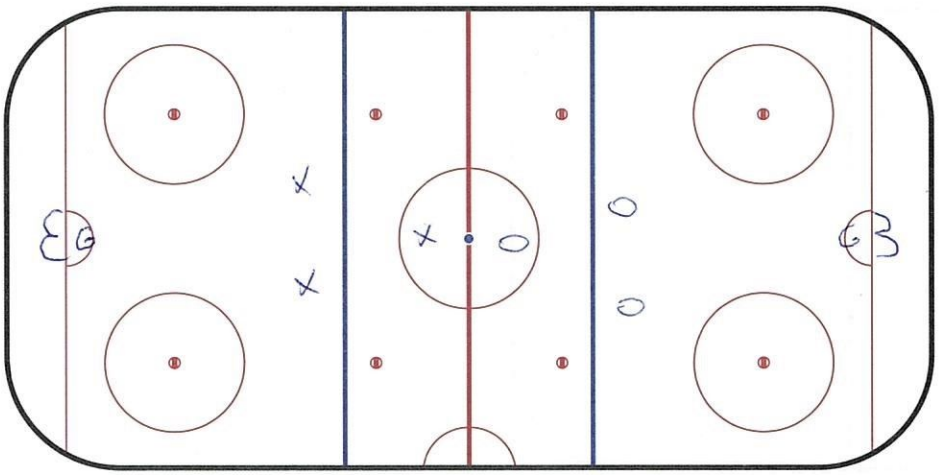
2-2 KL PLATZ.
12 min



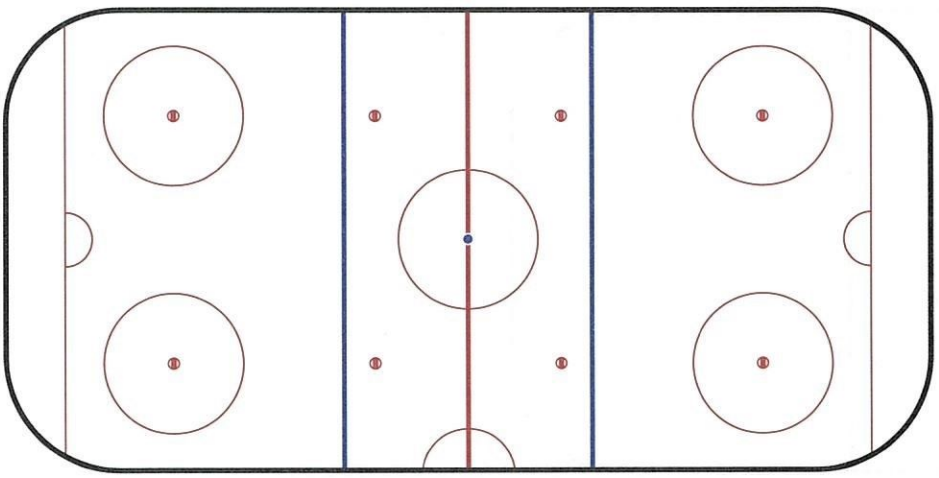
3-3 -> BLAU ROT
HALB EIS
12 min

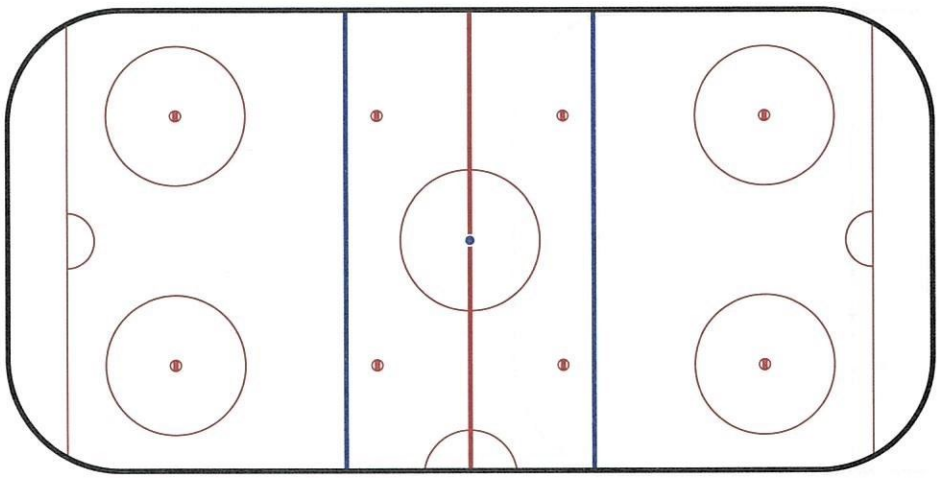


40 x 30 → 3-3
→ 2 TR JOKER
12 min



3-3 GANZE EIS
10 min



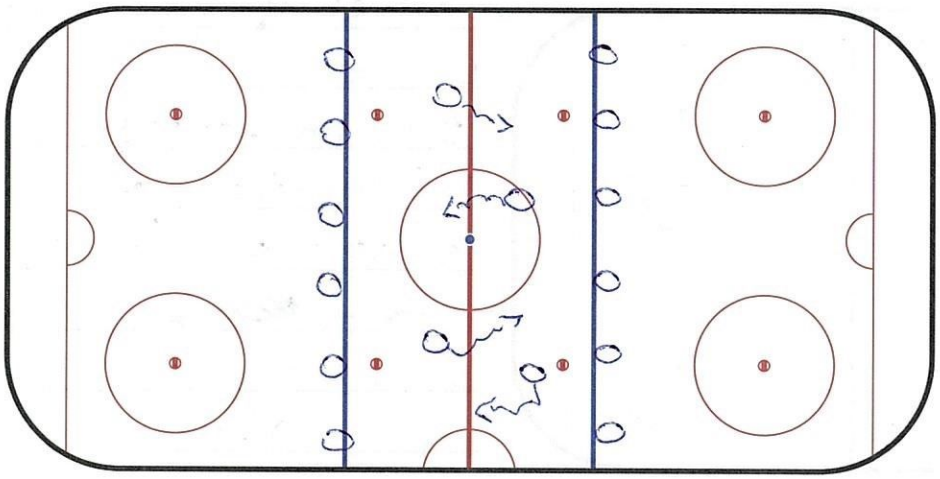


TEAM: U13, 15:30 - 16:30

DATUM: 15.12.2023.

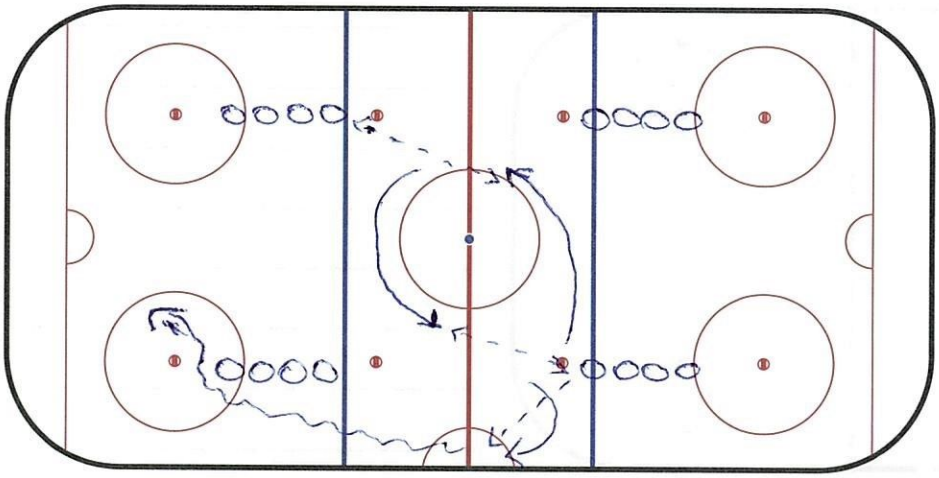
TRAINER: Yuri, Jürgen.

TRAININGSPLAN



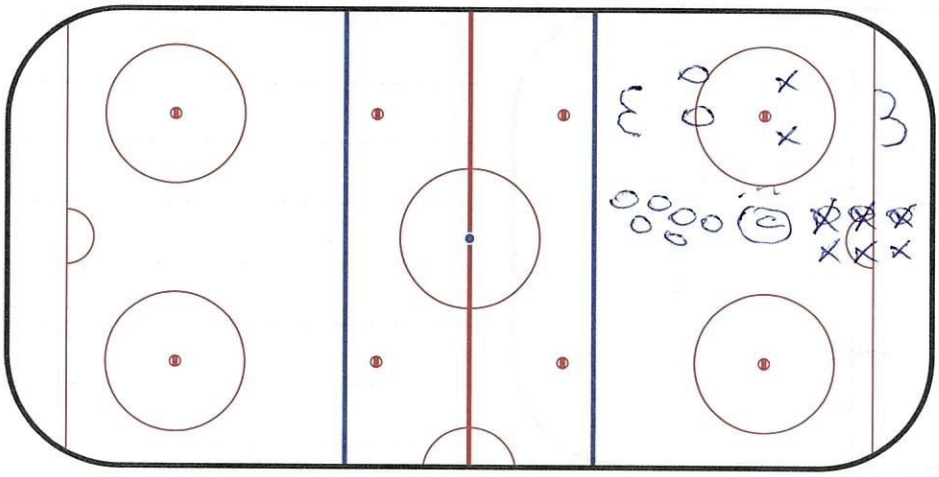
PASSEN HAOS ZU 4

10 min



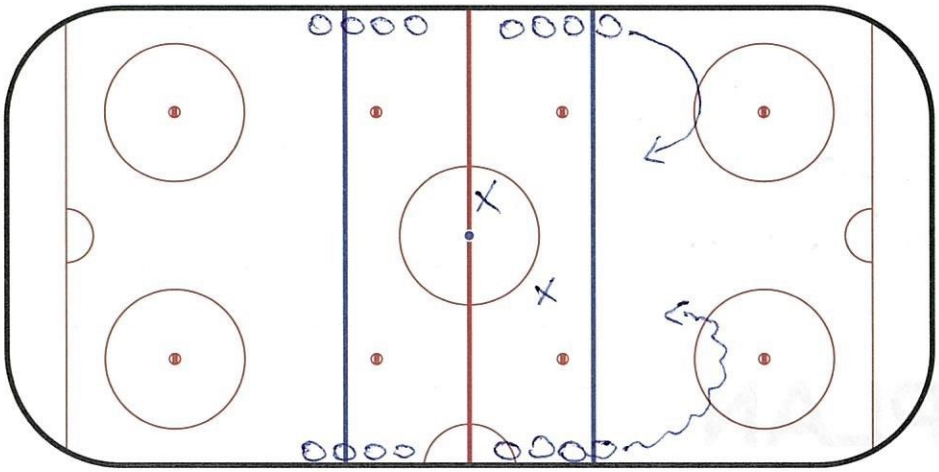
1-0 doppel PASS

10 min



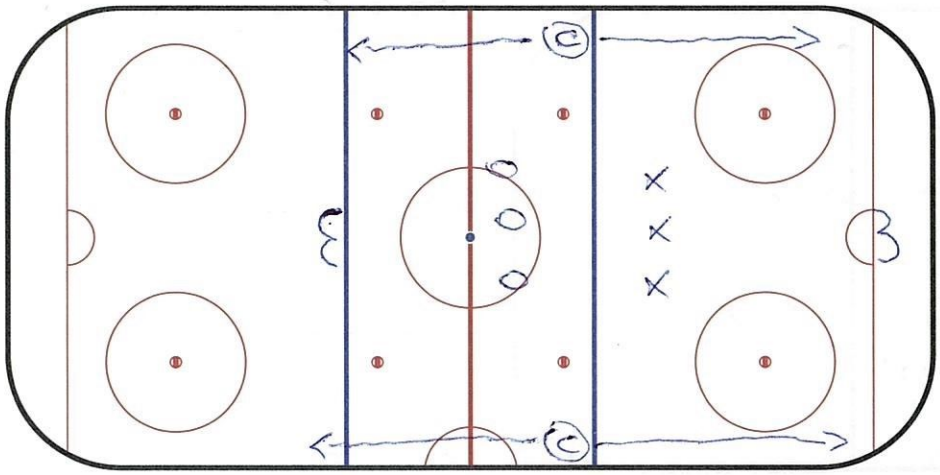
SPIEL 2-2 KL. PLATZ

12 min



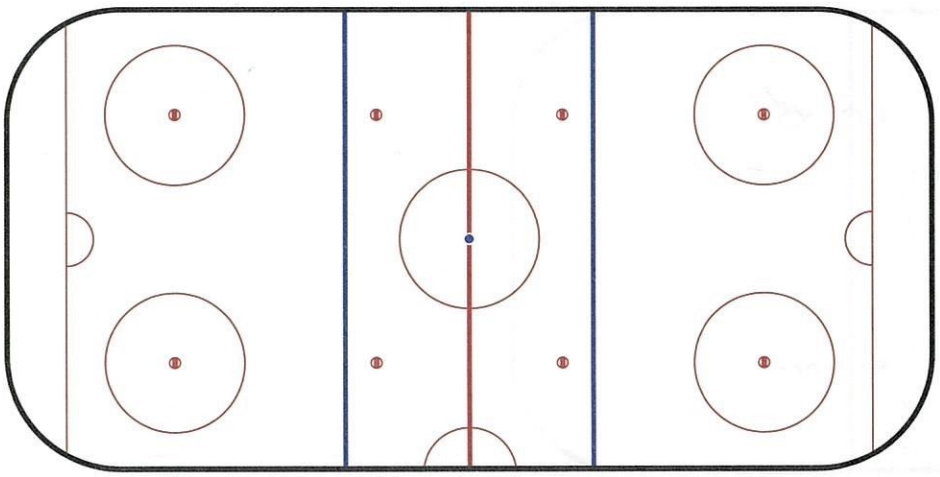
2-2 → 1 PUCK

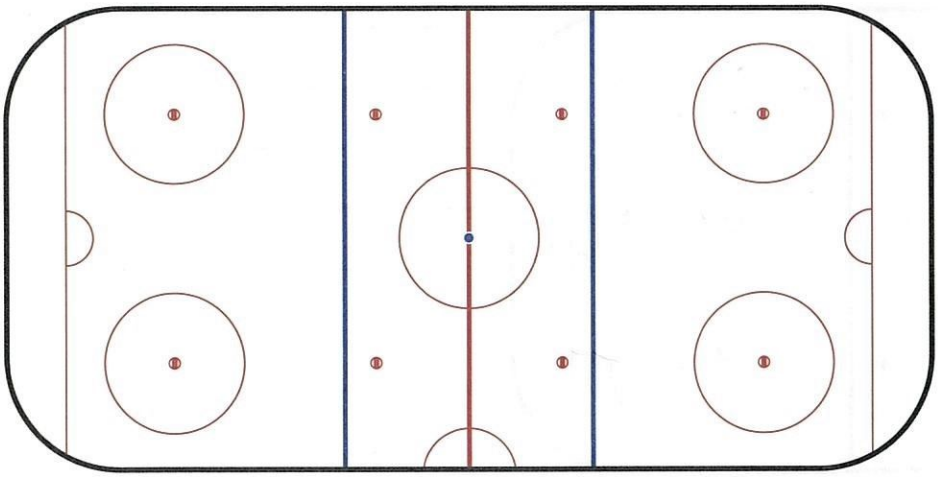
12 min



Spiel 3-3 → BLAU Linie bis ROT → 2 TR im bewegung bei bande zum einspielen. (mit PASSE TR zu TR → ~~[illegible]~~ SCHNELL SPIEL LESEN)

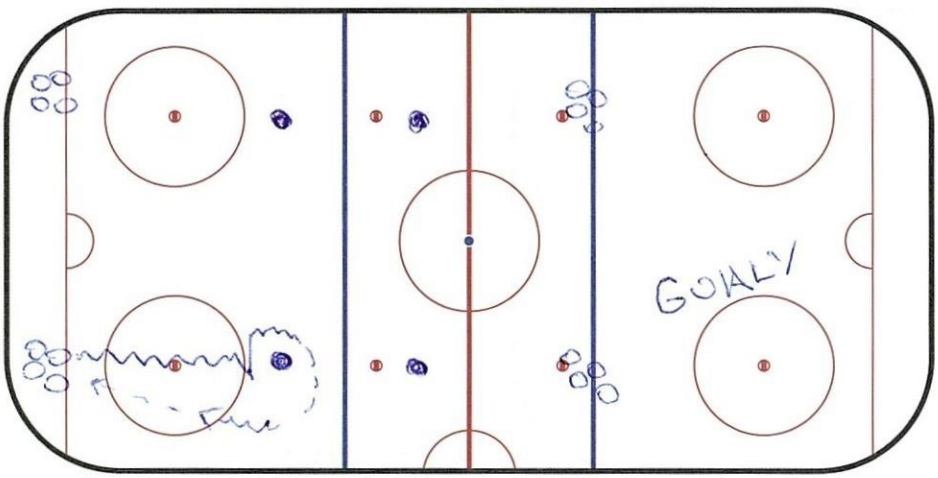
13 min



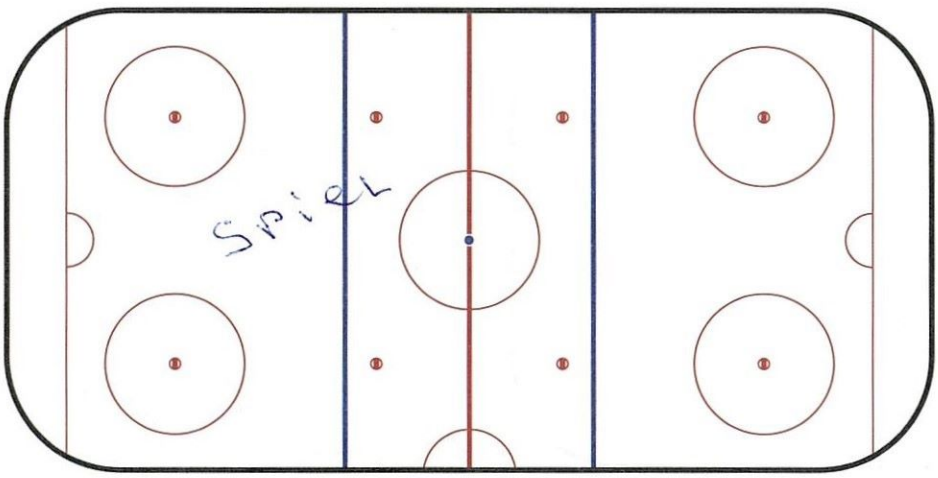


TEAM: U13 → 15:10 - 16:10
U15 → 16:20 - 17:20
DATUM: 18.12.2023.
TRAINER: YURI

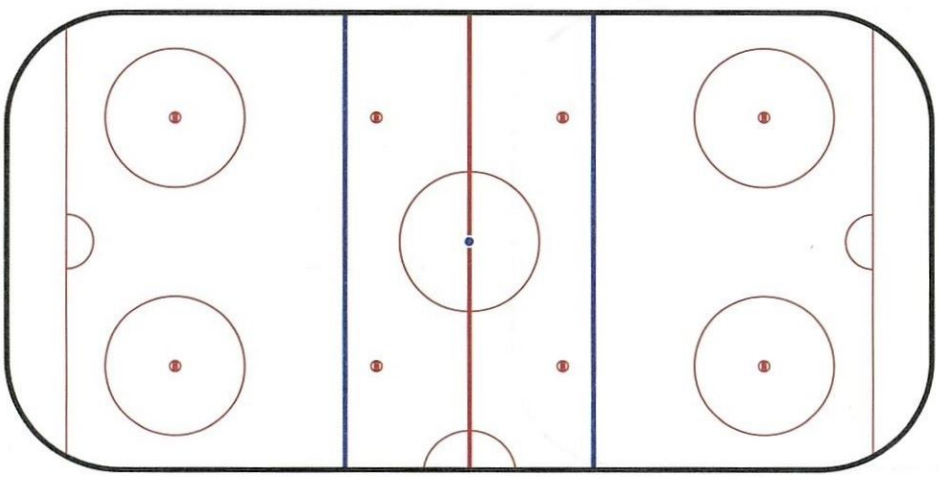
TRAININGSPLAN



EISLAUFEN, PUCK KONTROLL, PASSEN.
4 GRUPPEN.
1) TEUSCHUNG MIT ÜBERSETZEN
2) PUCK SEITLICH ABSTEKUNG → SCHNELL DREHUNG



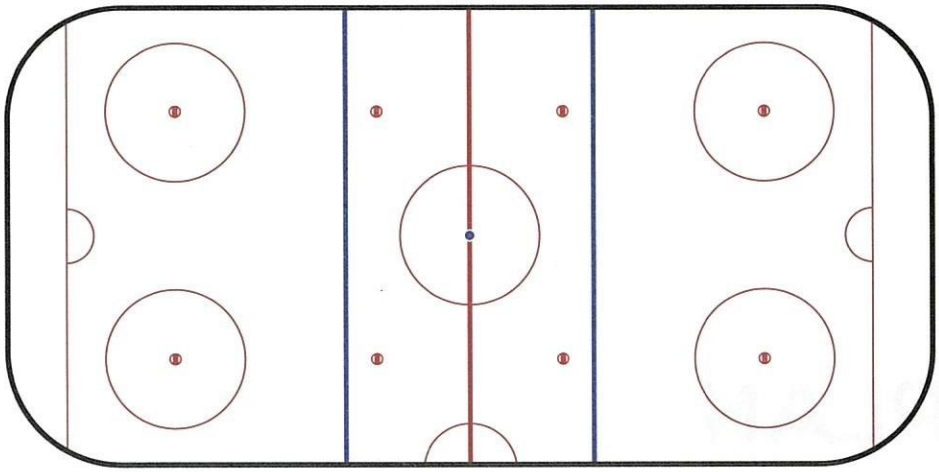
3) TEUSCHUNG, ÜBERSETZUNG, BREMSEN UND AUF RÜCKWERZ FAHREN, MIT ÜBERSETZUNG RAUS KOMMEN.
4) ZU 2 → AUS DRÜCK RAUS KOMMEN.

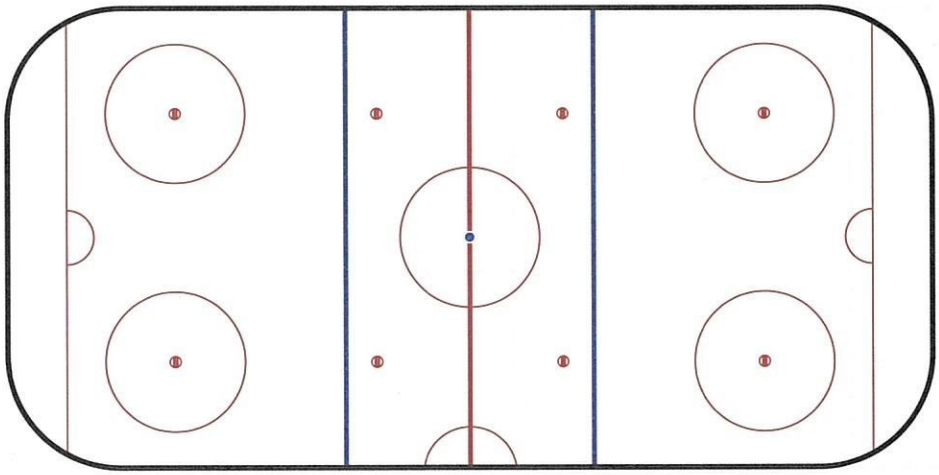


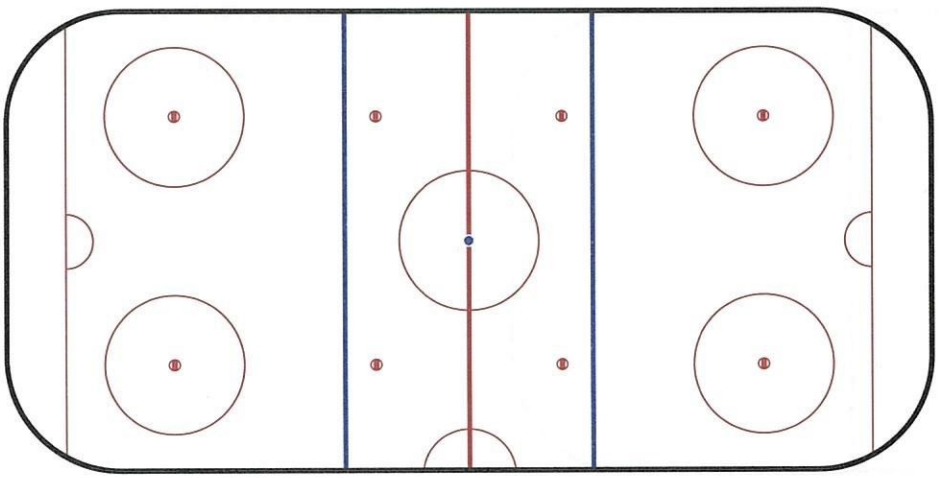
JEDE AUFGABE
10 MIN → 40 MIN

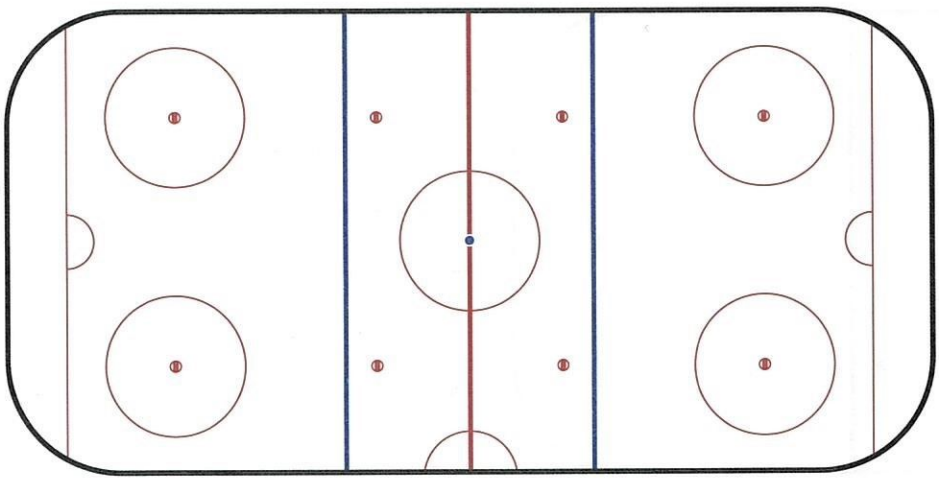
↓

SPIEL 13 MIN







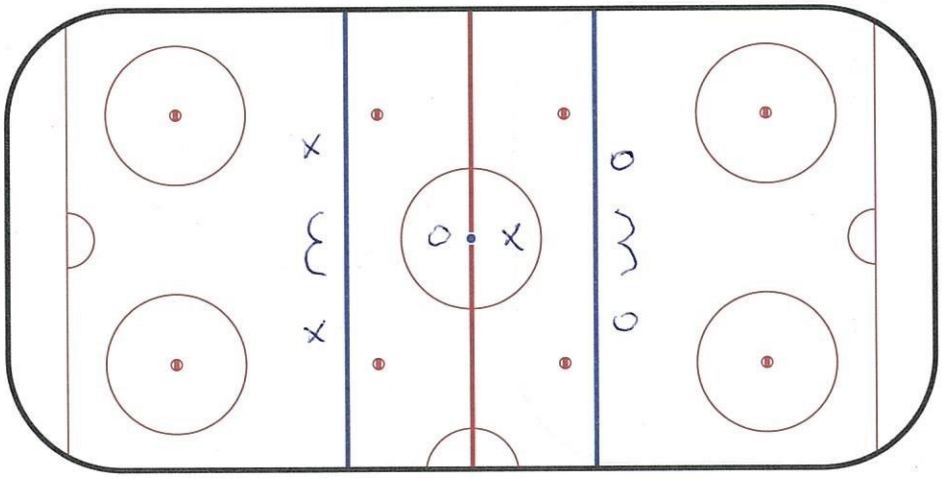


TEAM: U13, 16:40-17:40

DATUM: 20.12.2023 -> 22.12.2023, 15:30-16:30

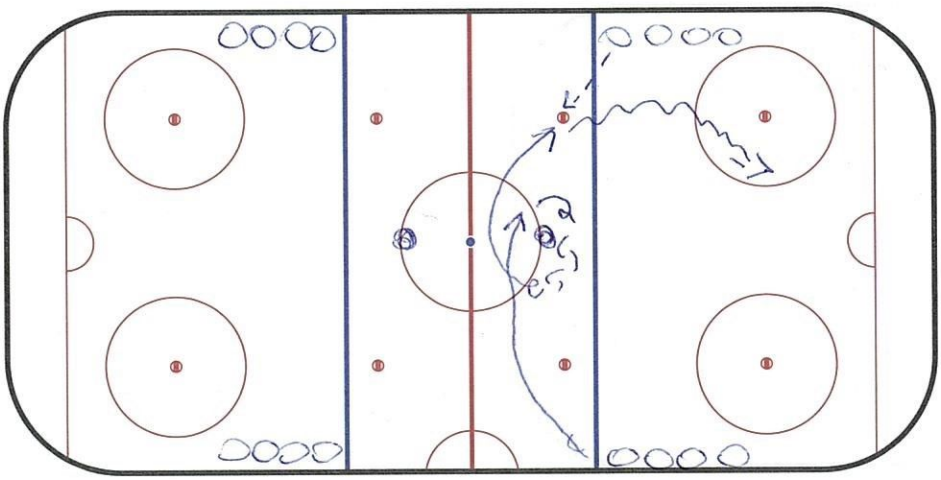
TRAINER: Yuri, Jürgen.

TRAININGSPLAN



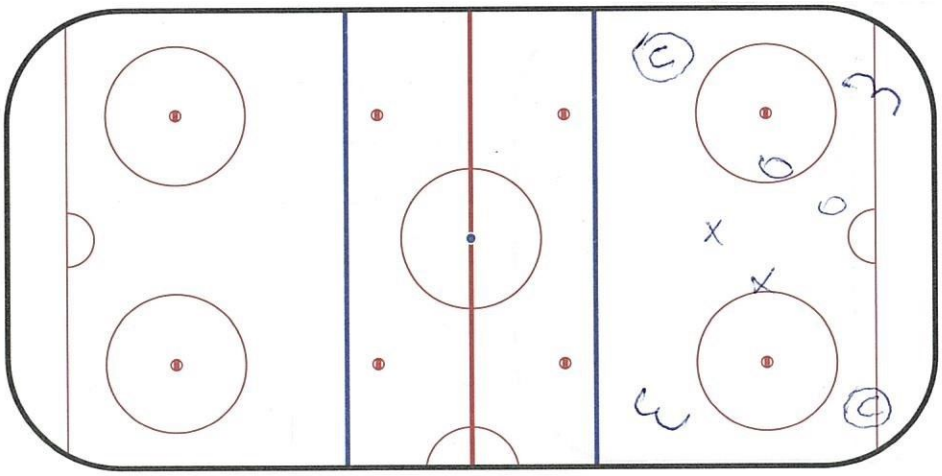
Spiel 3-1 -> 3-1

12 min



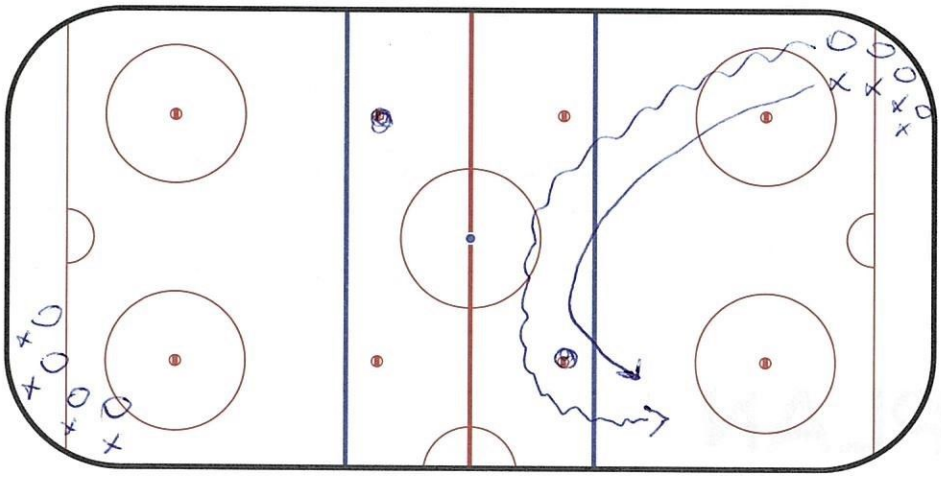
1-0 auf beide Zonen

10 min

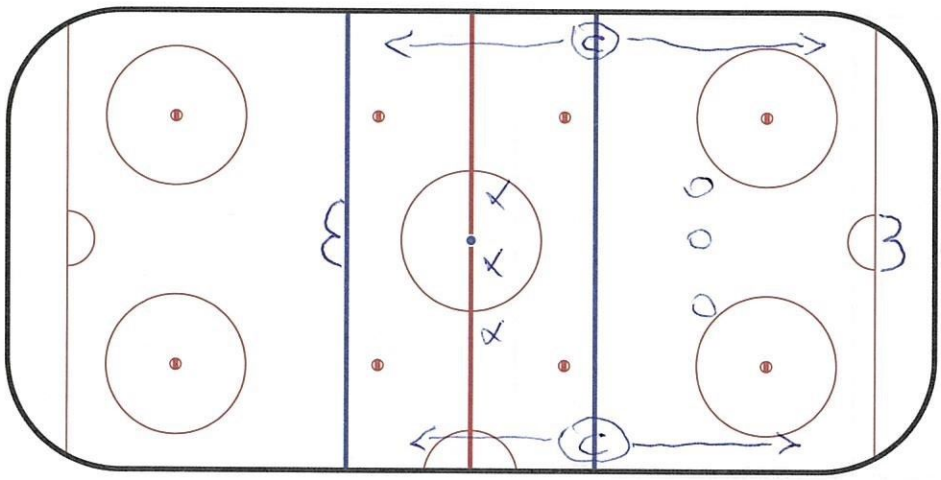


Spiel 2-2 mit 2 Joker.

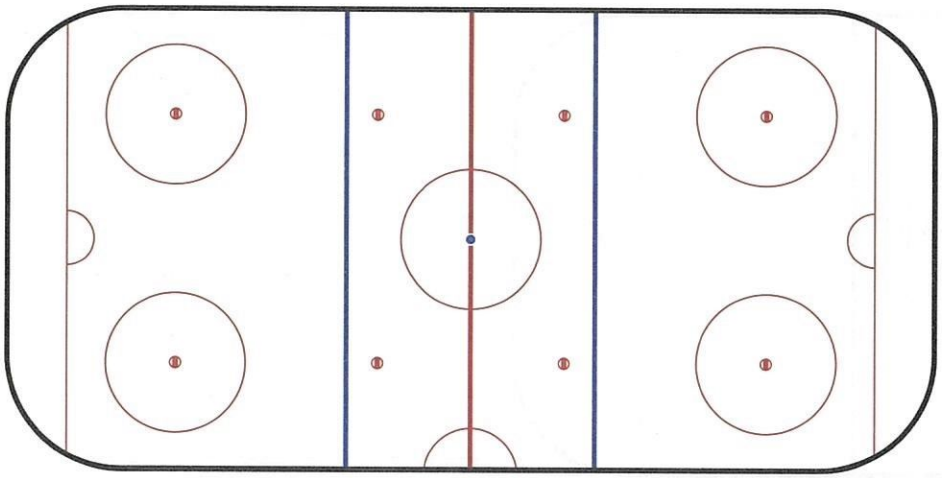
12 min

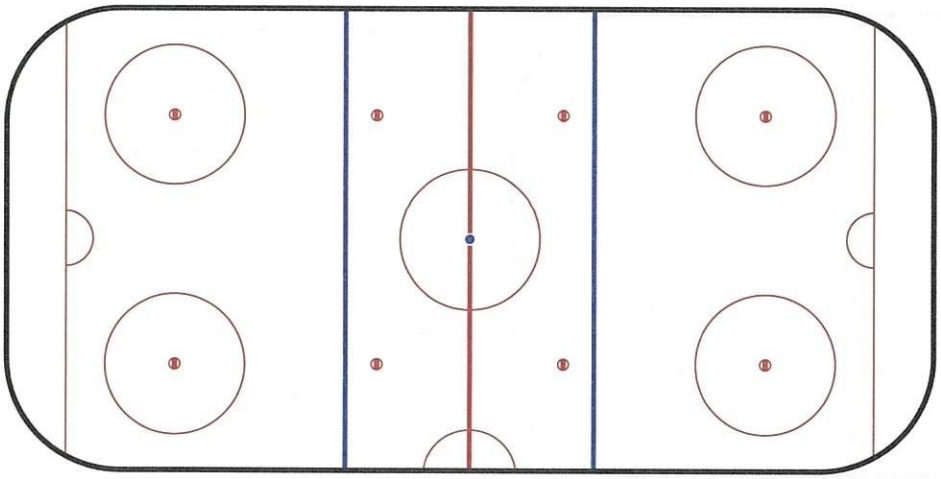


1-1 in 2 zonen
mit Abwechseln
als F-D:
10min



Spiel 3-3 mit
2 TR Joker →
Pass TR zu TR erlernt
übt → Spiel lesen
schnell umschalten
13min



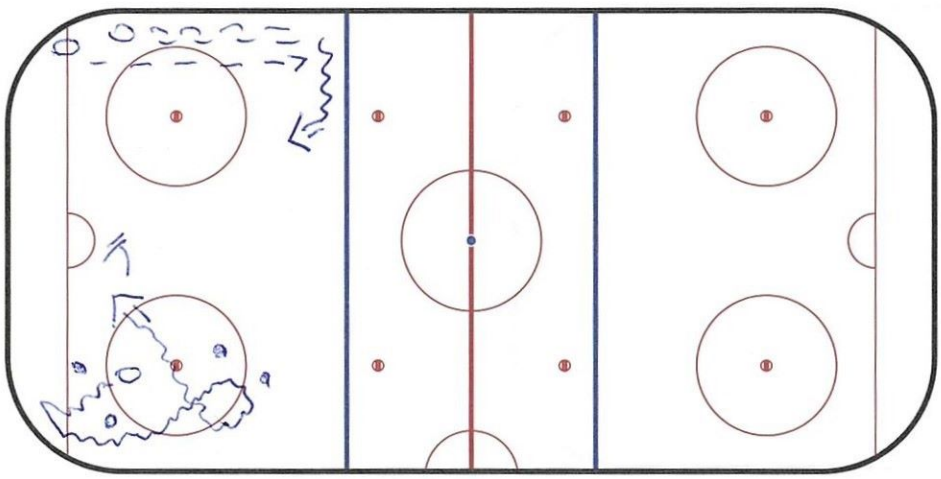


TEAM: U13, 16:40-17:40

DATUM: 27.12.2023.

TRAINER: YURI, JÜRGEN

TRAININGSPLAN

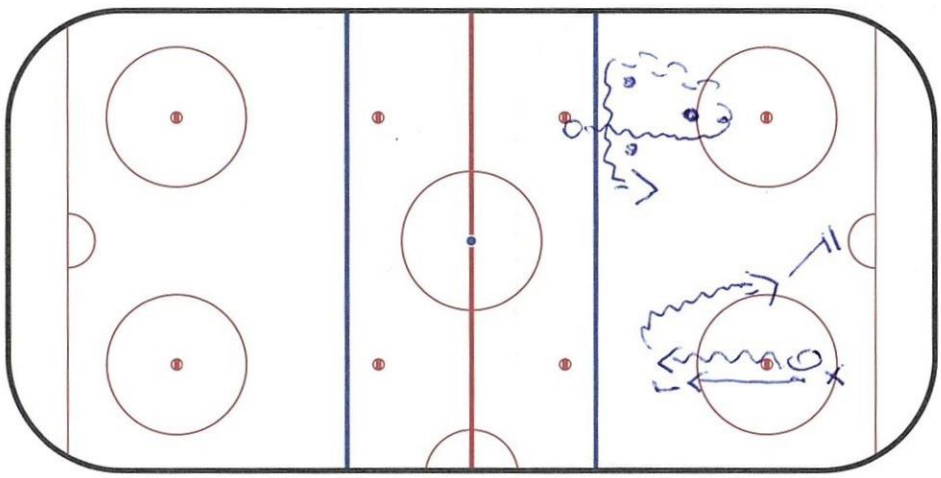


① SP.SIT. AUS ECKE VOR TOR FÜR NACH SCHUSS.

↓

② PASS RÜCK ANNAHME → SCHUSS VON BLAU

10 → 10 → 20 min

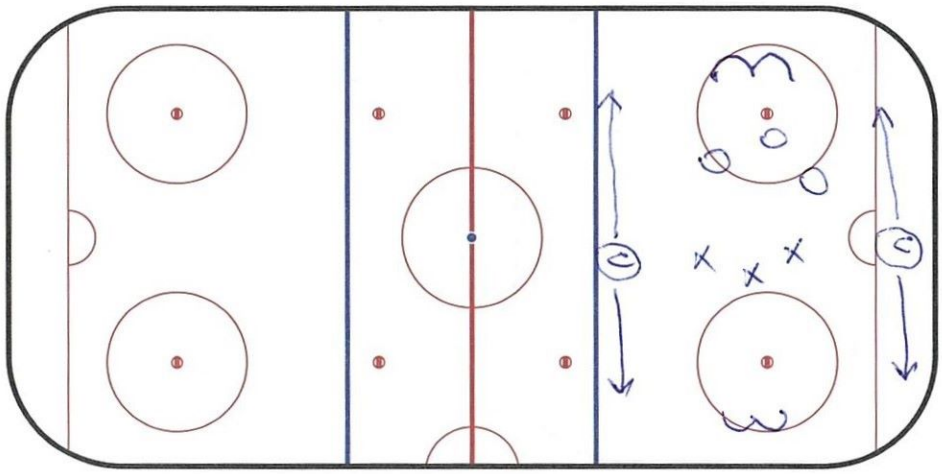


③ ARBEIT BEI BLAU LINIE MIT SCHUSS

↓

④ REAKTION MIT CANADIAN AUS DRÜCK RAUS

10 - 10 → 20 min



SPIEL 3-3 IM ZONE + 2 TR

20 min