

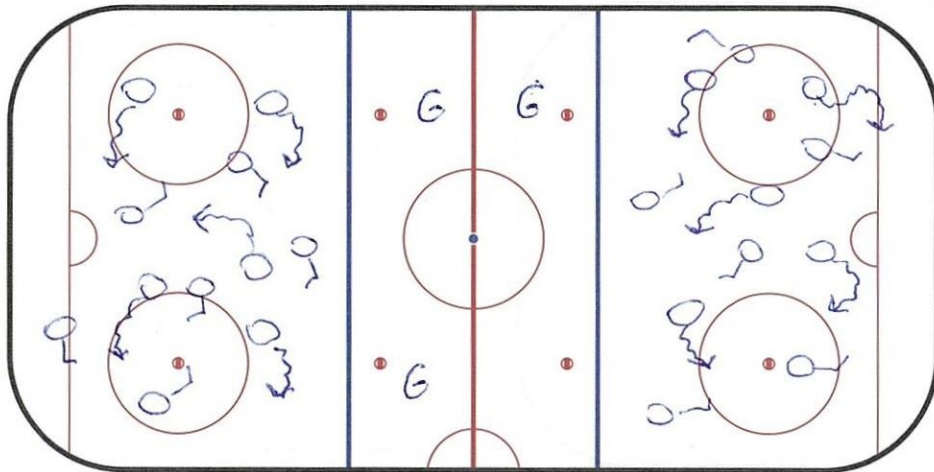


TEAM: U13 U15, 16:20-17:20

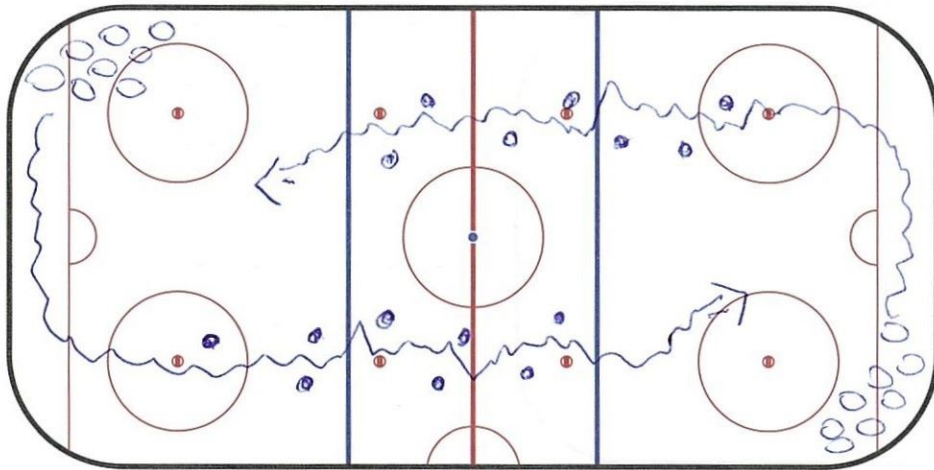
DATUM: 2.1.2024.

TRAINER: YURI, Joe.

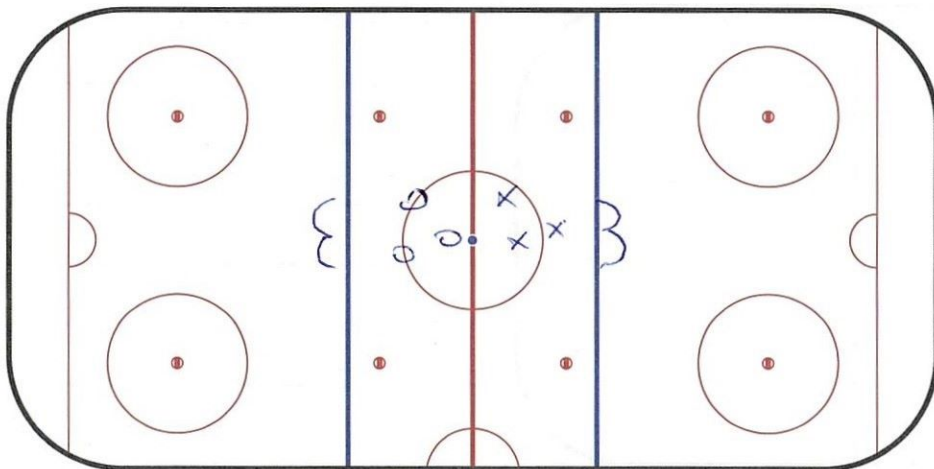
TRAININGSPLAN



MASS im 2 zonen
5 SPIELER, G-mitte
6 min



Puck kontroll
mit tempo
8 min

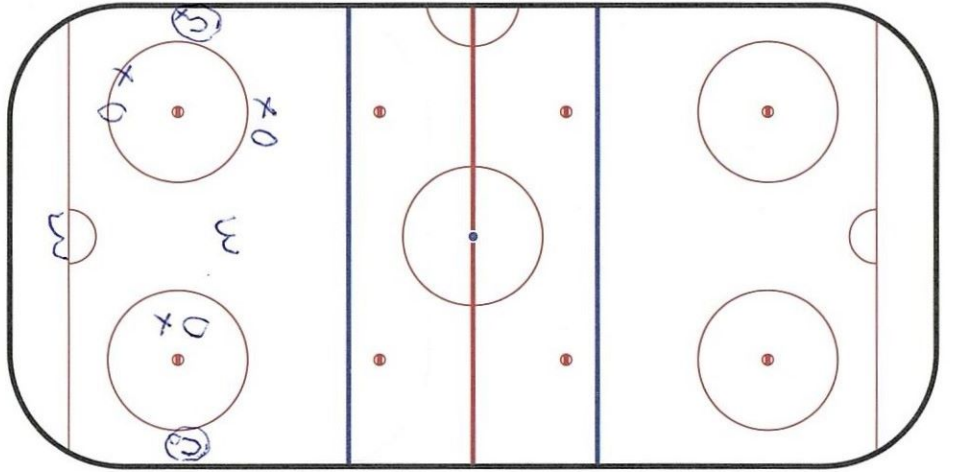


3-3 mitte
12 min

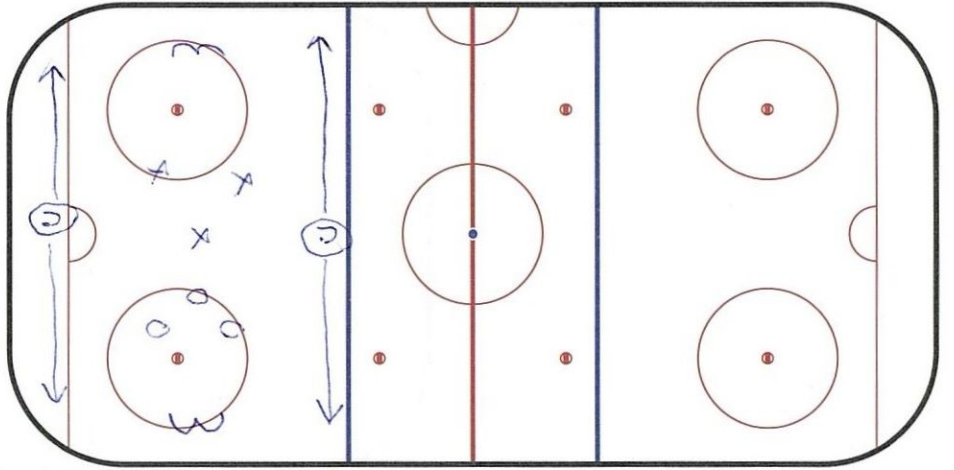


TEAM: U13 U15, 16:20-17:20
DATUM: 9.1.2024
TRAINER: Yuri, Bobby, Marc, Marek

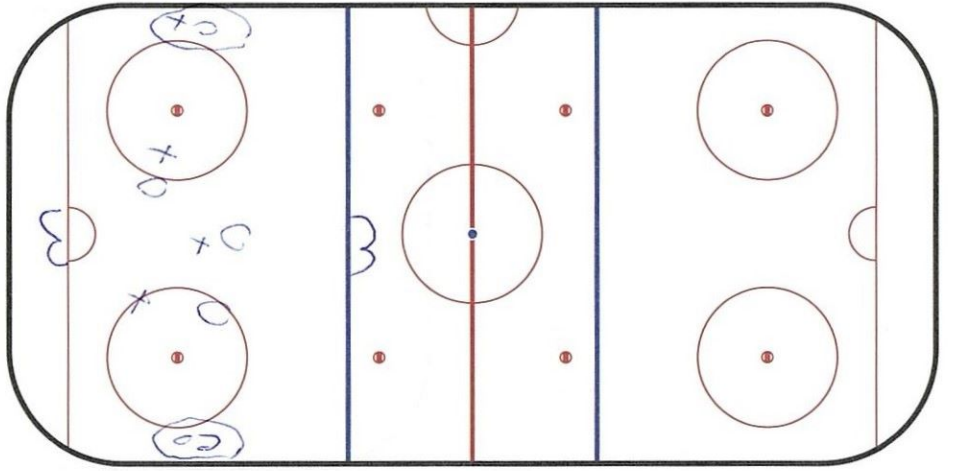
TRAININGSPLAN



Spiel 3-3 →
2 Joker → jede
für sein Team.
13 min



Spiel 3-3 → 2TR
im bewegung Joker
→ TR kann auch zum
TR passen
13 min



Spiel 3-3 → TR
Joker für sein Team
→ Tore zählen im
beide Tore
13 min

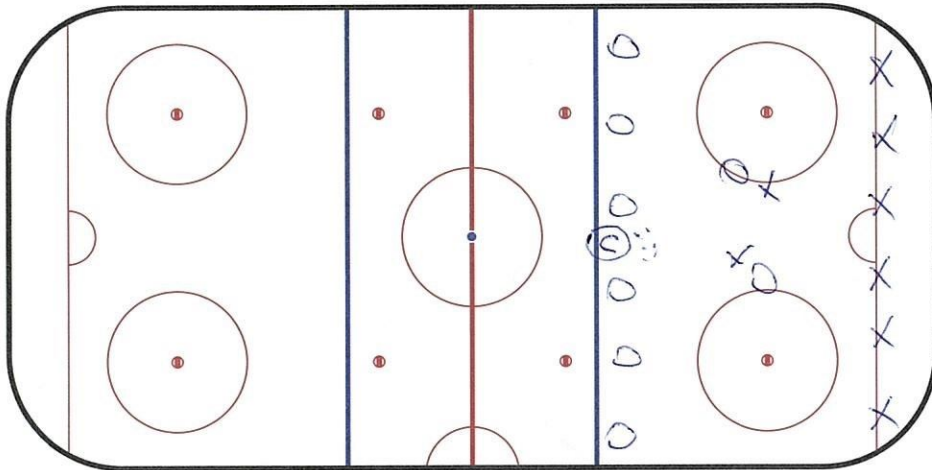


TEAM: U13, 16:40-17:40

DATUM: 10.1.2024

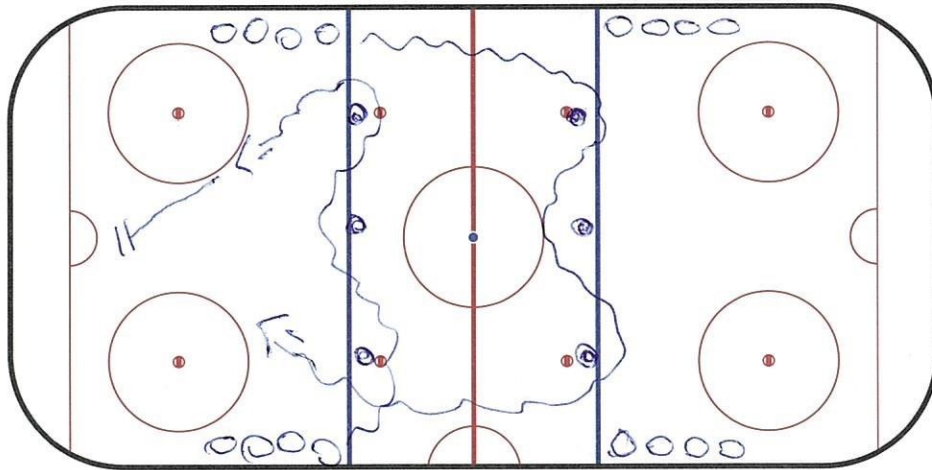
TRAINER: Yuri, Jürgen.

TRAININGSPLAN



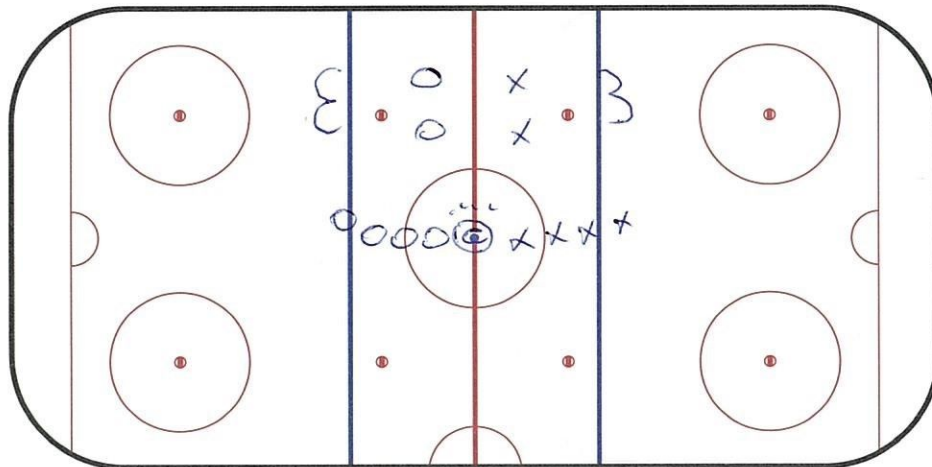
Spiel 2-2 mit
PAssen zum eigene
gruppe.

10 min



1-0 kurz-lang
weg

10 min



Spiel 2-2 KL
PLATZ.

12 min

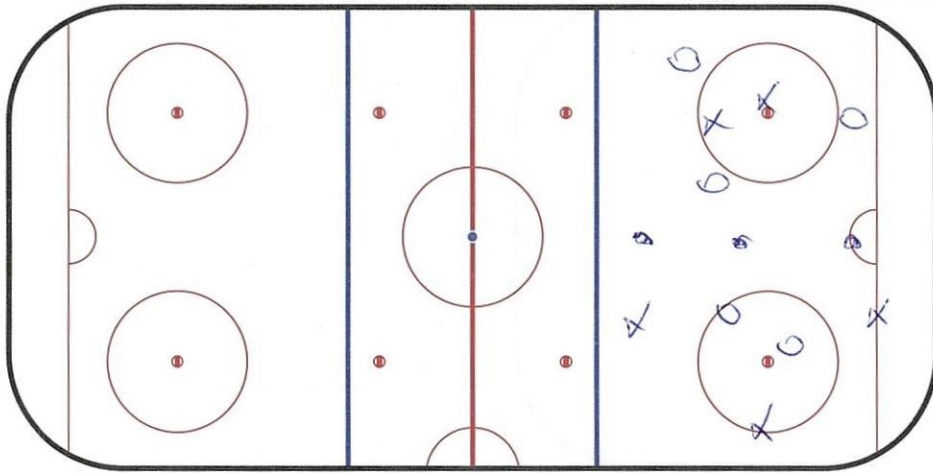


TEAM: U13, 15:30-16:30

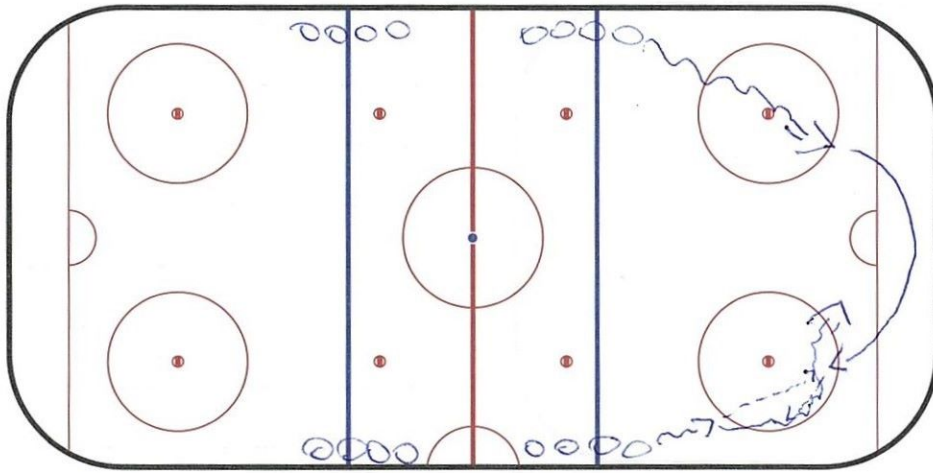
DATUM: 12.1.2024.

TRAINER: YURI, JÜRGEN.

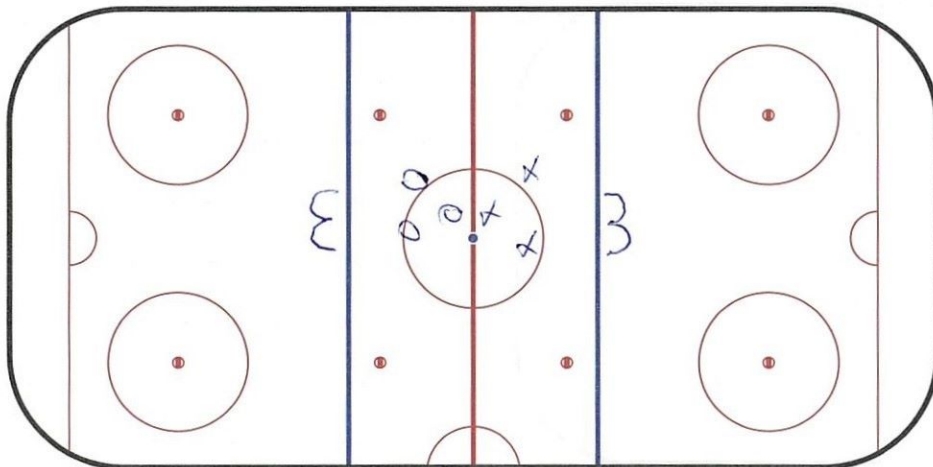
TRAININGSPLAN



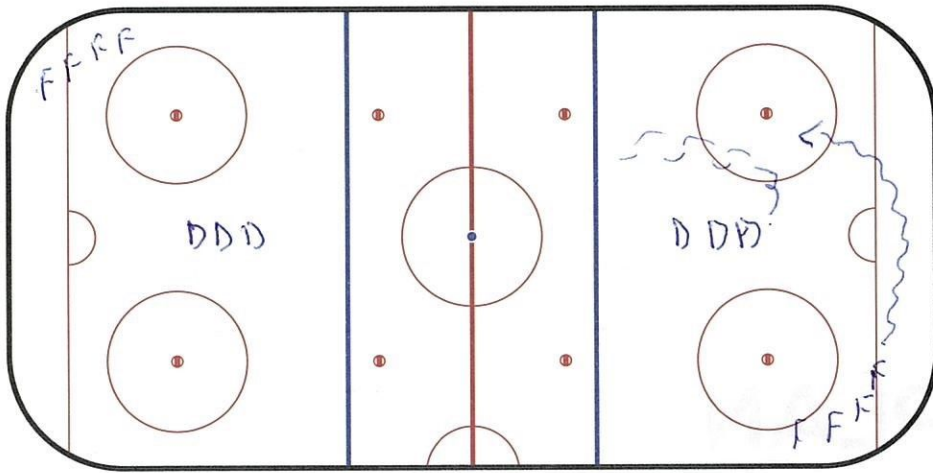
3-2 → 3-2 auf
Halbzone 3F-2D
12 min



1-0 im 2 zonen
10 min

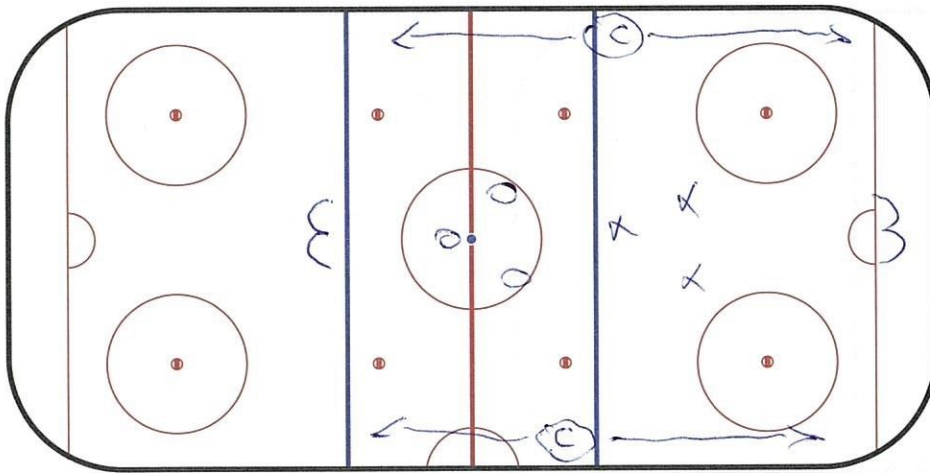


3-3 KL. PLATZ.
12 min



1-1 → D gleich
RÜCKWERTZ STARTET,

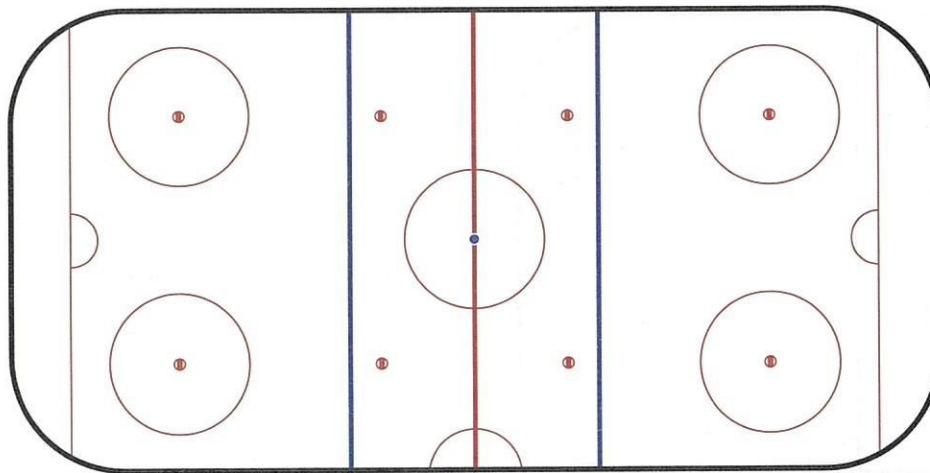
10 min

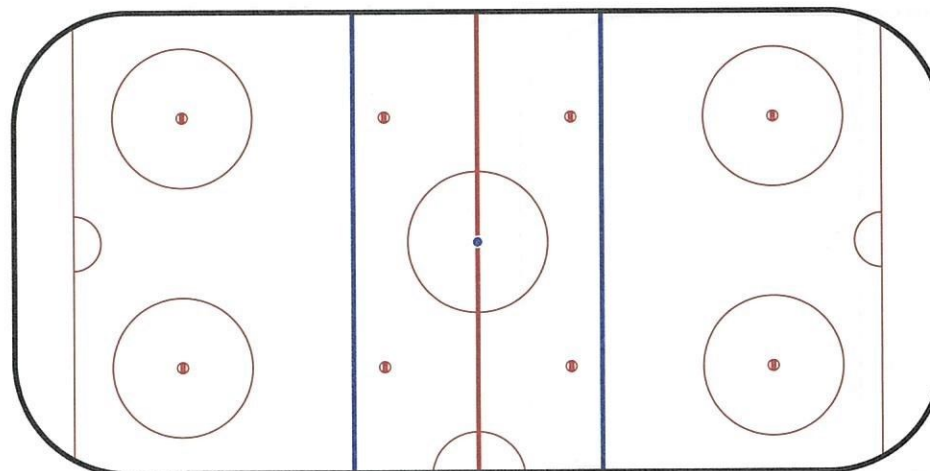


SPiel 3-3 → 2TR

JOKER im bewegung

12 min





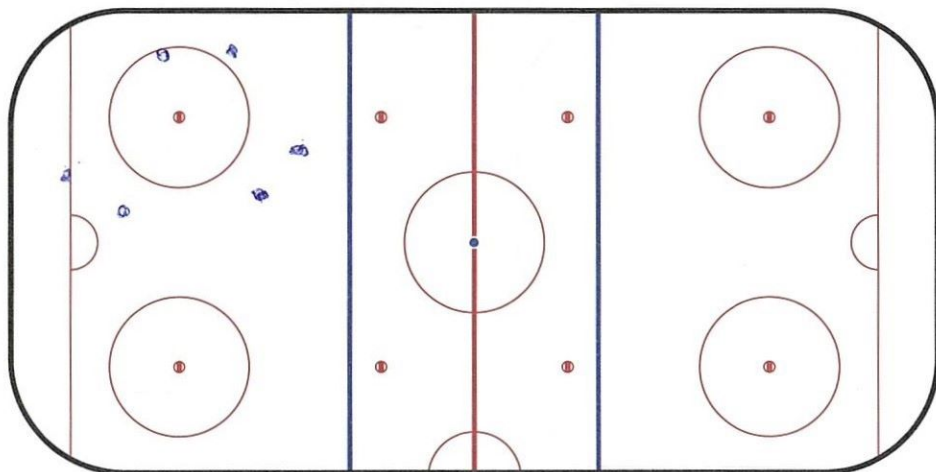


TEAM: U13, 15:10-16:10 → U15, 16:20-17:20

DATUM: 15.1.2024

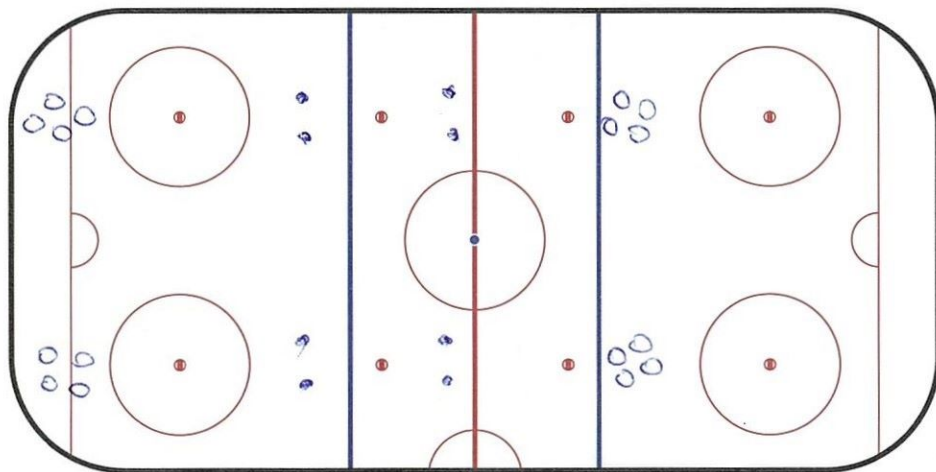
TRAINER: YURI

TRAININGSPLAN



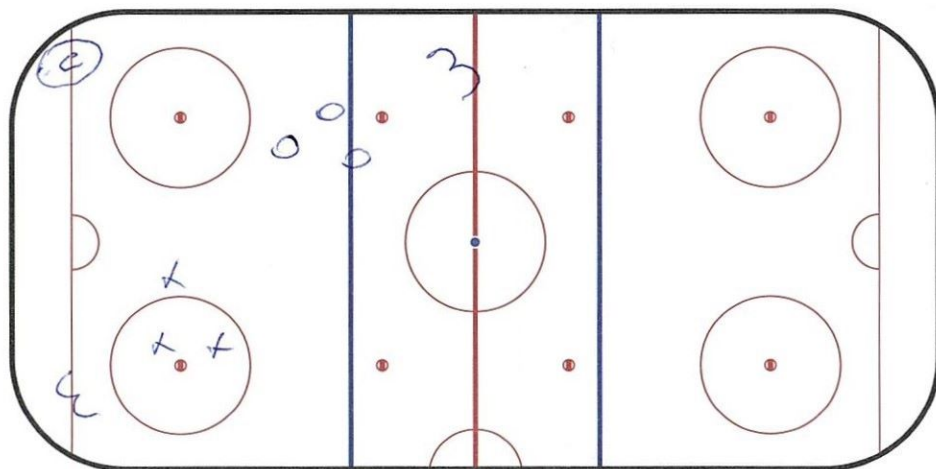
Spiel 2-2 auf eine
Hälfte → Passen in
fenster,

10 min



4 GRUPPEN → ein-
laufen mit ruck
KONTROL und PASSEN
→ Aufgaben bei
reifen zeigt TRAINER

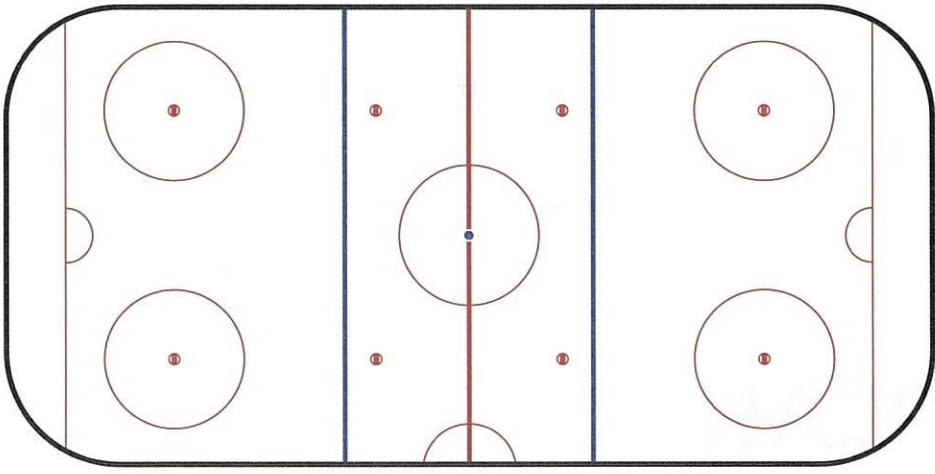
35 min

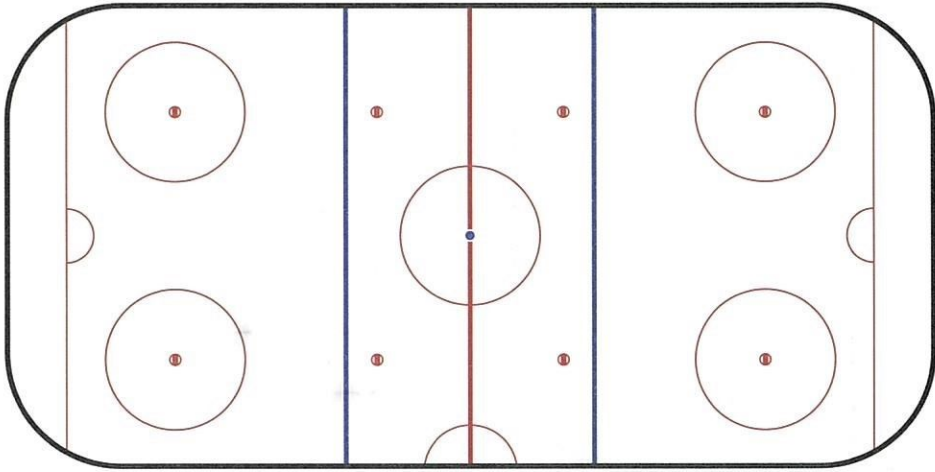


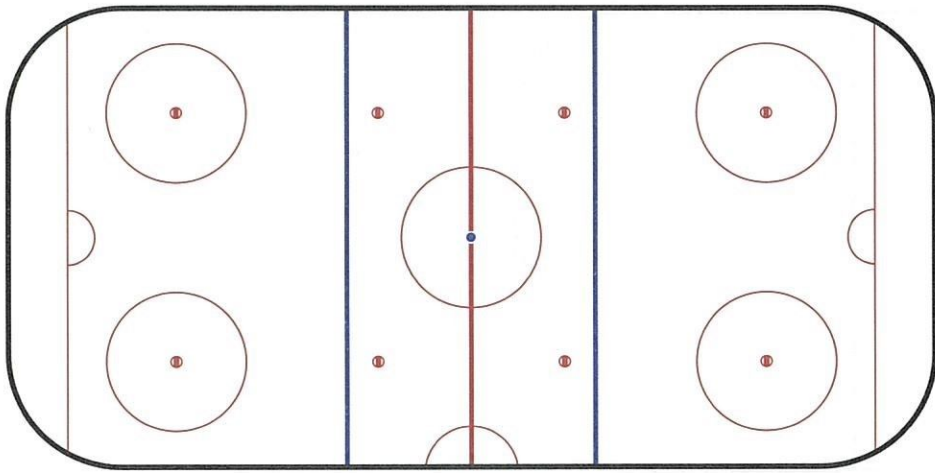
Spiel ~~3-3~~

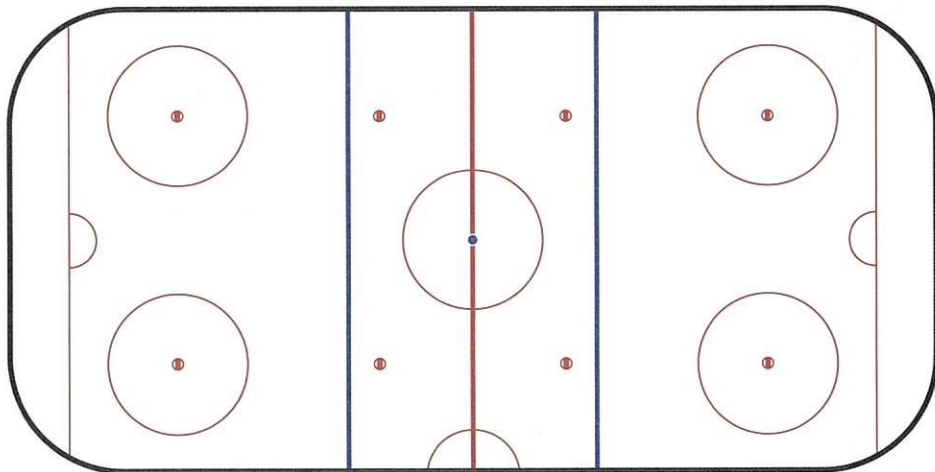
3-3 oder 4-4

13 min











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

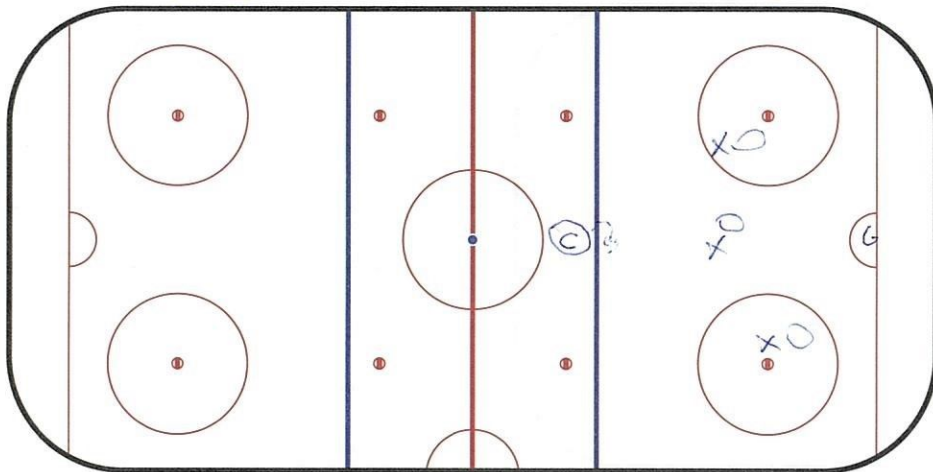
DATUM: 16.1.2024.

TRAINER: Yuri, Bobby.

TRAININGSPLAN

U15

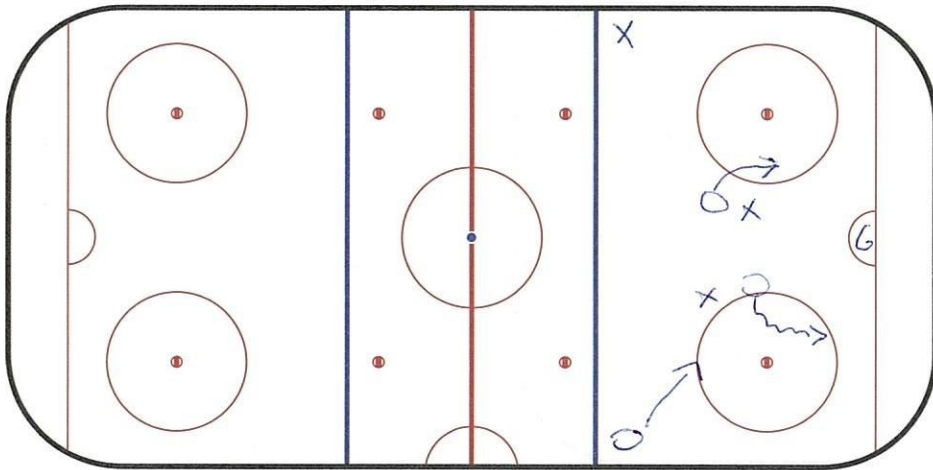
U13



Spiel 3-3 im

zone ohne JOKER,

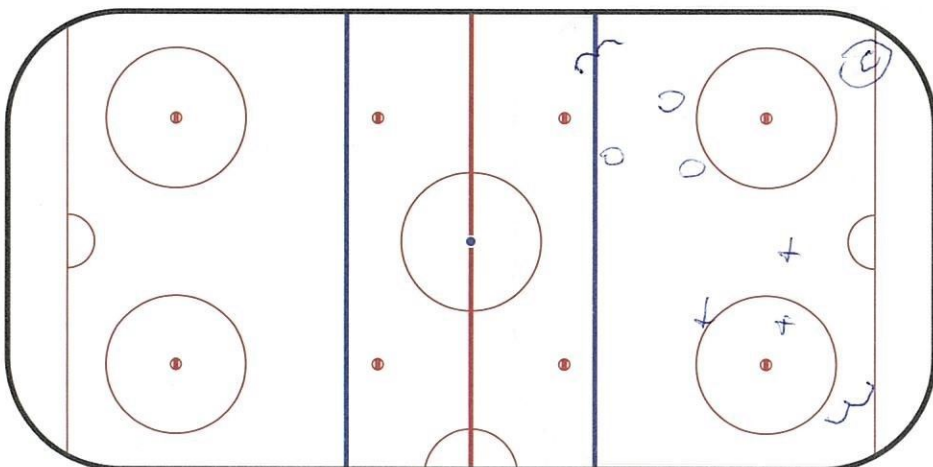
13 min



Spiel 2-2 + 1 JOKER

PRO TEAM → 3-2

13 min

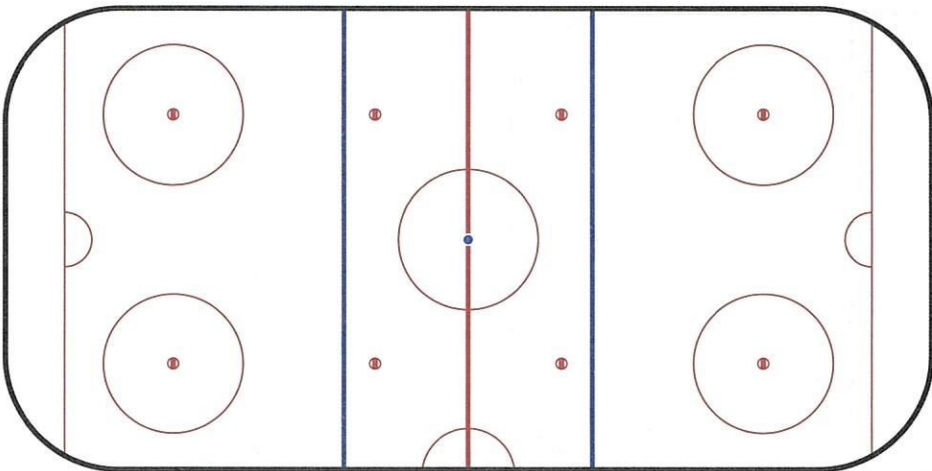
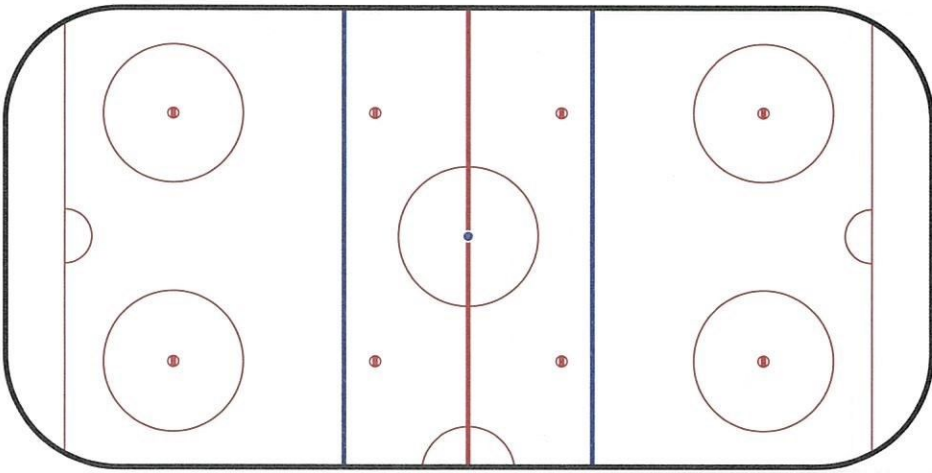
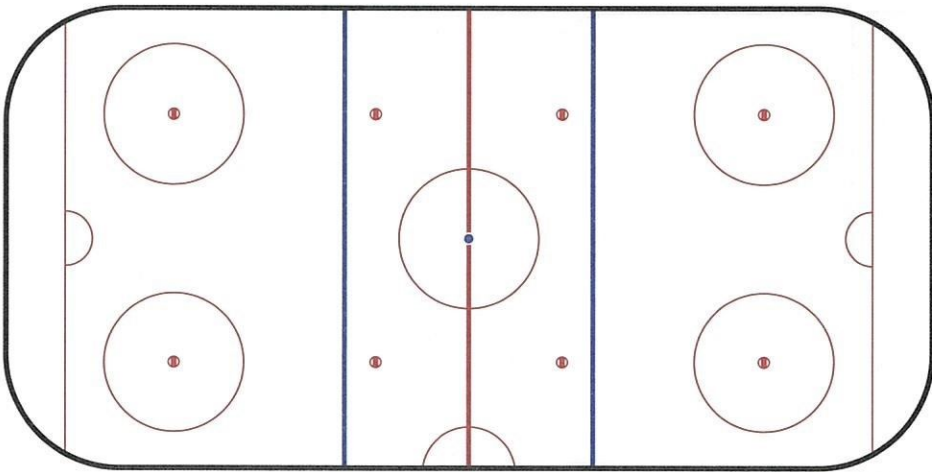
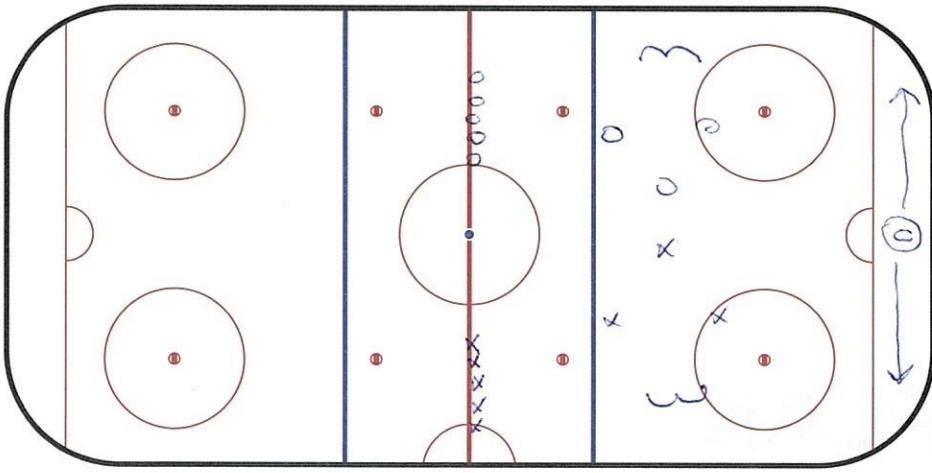


Spiel 3-3 →

TR JOKER für beide

13 min

Spiel 3-3 im
HALBE HALBTE mit
TR SOKER
13 min



A series of horizontal lines for writing, corresponding to the diagrams above.

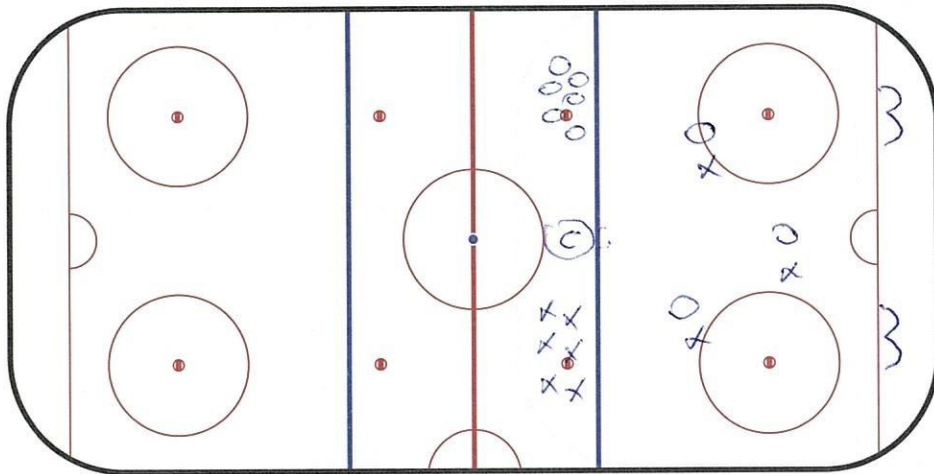


TEAM: U13, 16:40-17:40

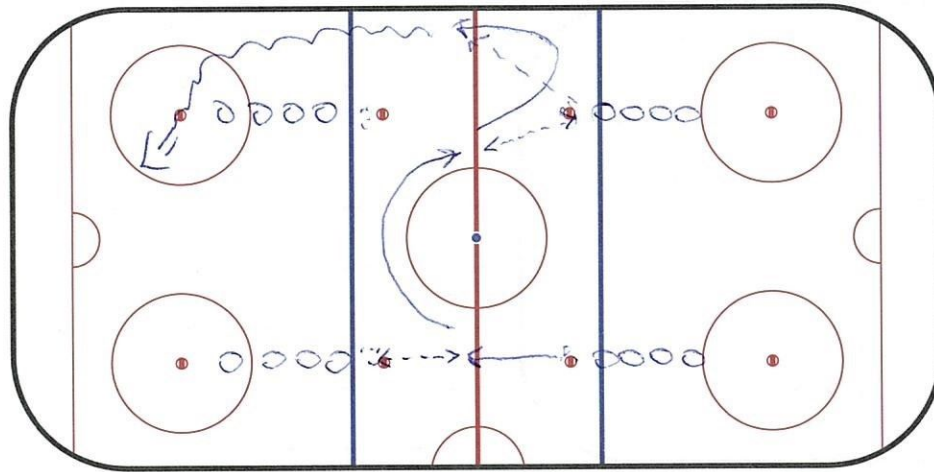
DATUM: 17.1.2024

TRAINER: YURI, JÜRGEN.

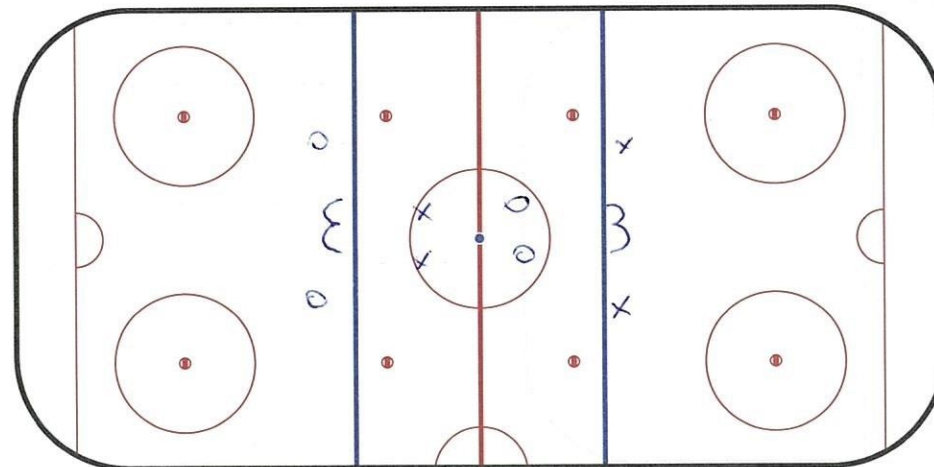
TRAININGSPLAN



Spiel 3-3 → im 2
TORE ZEHLT TOR →
schnell umschalten.
12min



1-0 mit 2 doppel
Pässe.
10min



Spiel 2-2 + 2 offen-
siv JOKER.
12min



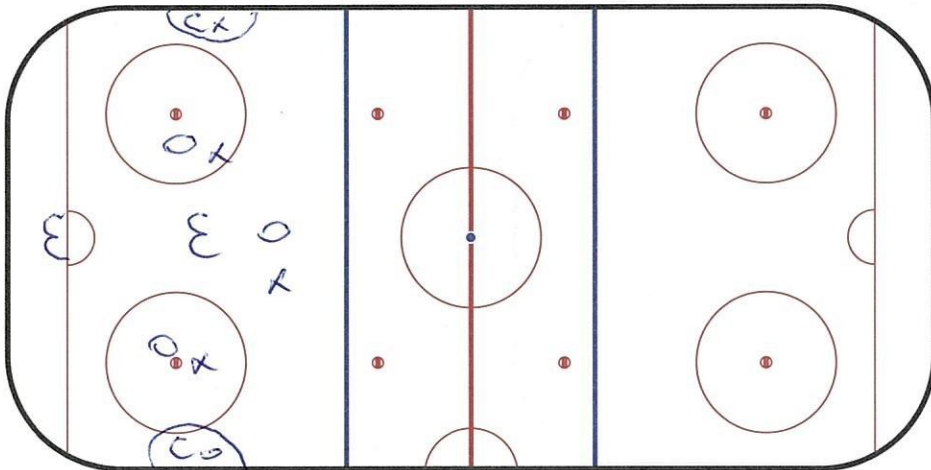
TEAM: U13, 15:30-16:30

DATUM: 19.1.2024.

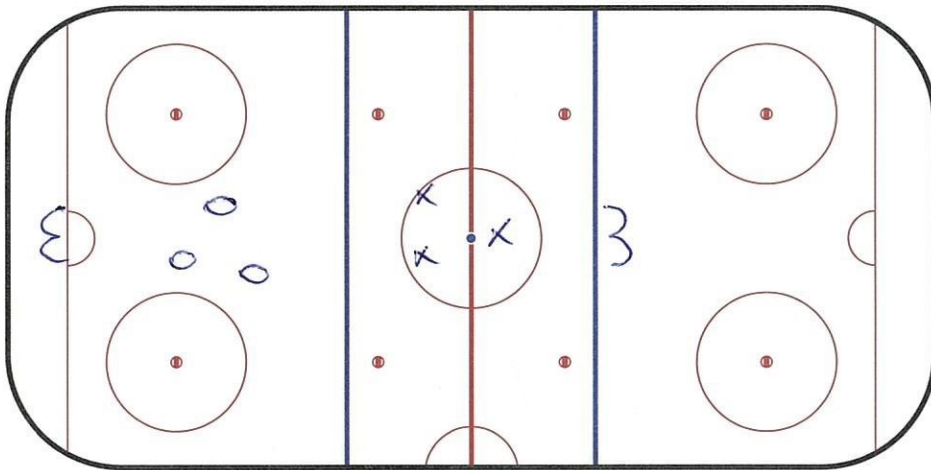
TRAINER: YURI, JÖRGEN

TRAININGSPLAN

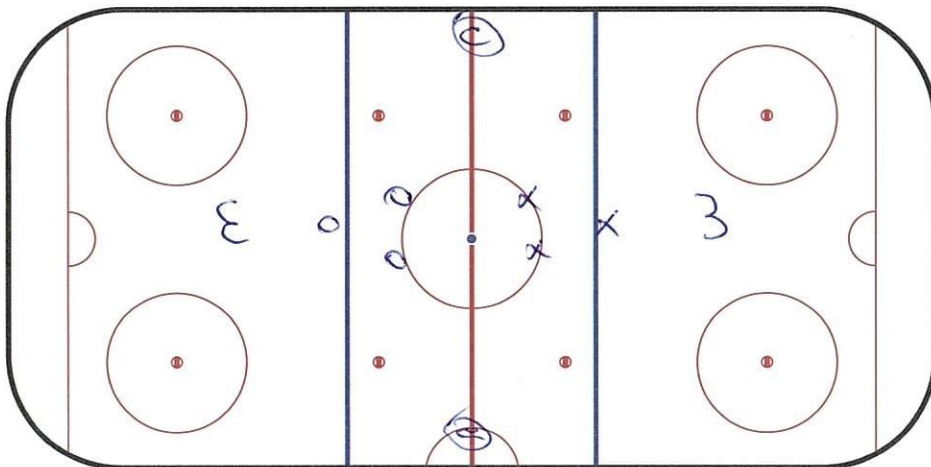
Spiel Training → KLSpieler



Spiel 3-3 → 2TR
Joker → sede für
sede team.
13min



Spiel 3-3 mit
BLAU Linie
13min



Spiel 4x3
→ 2TR Joker
13min

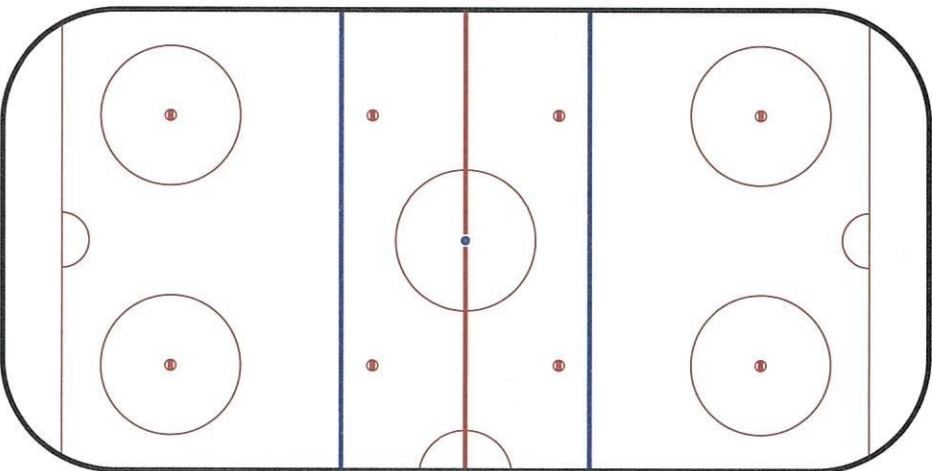
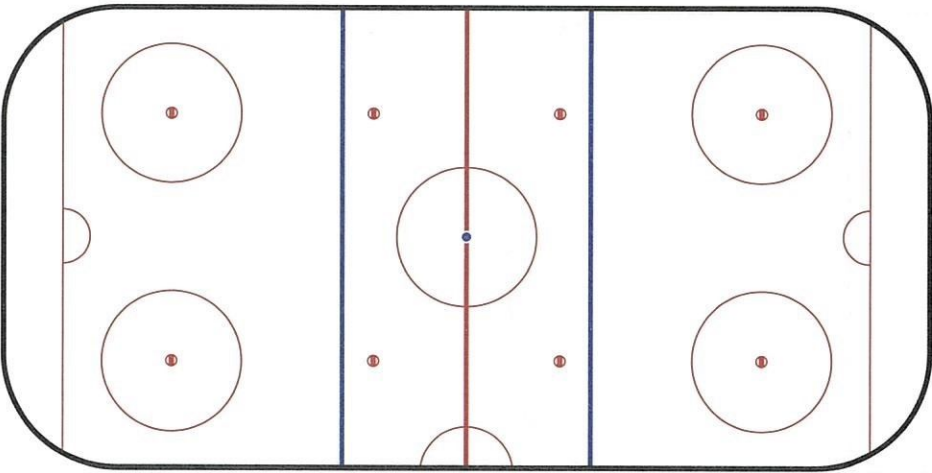
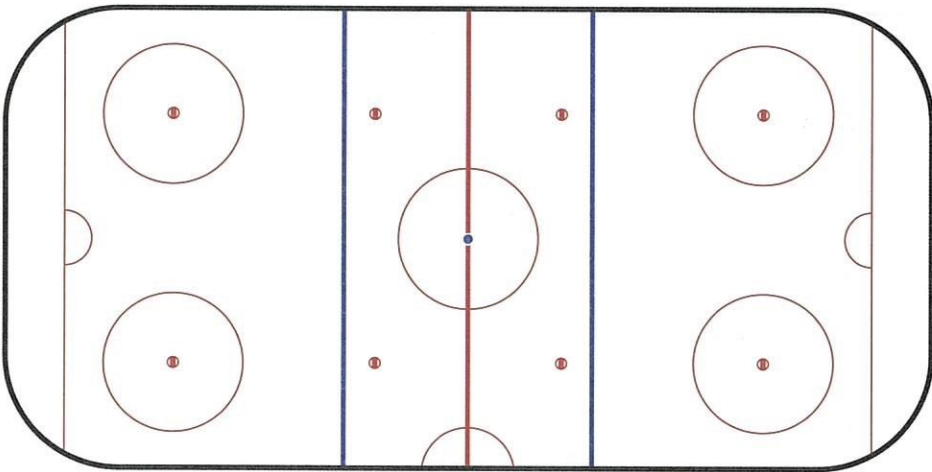
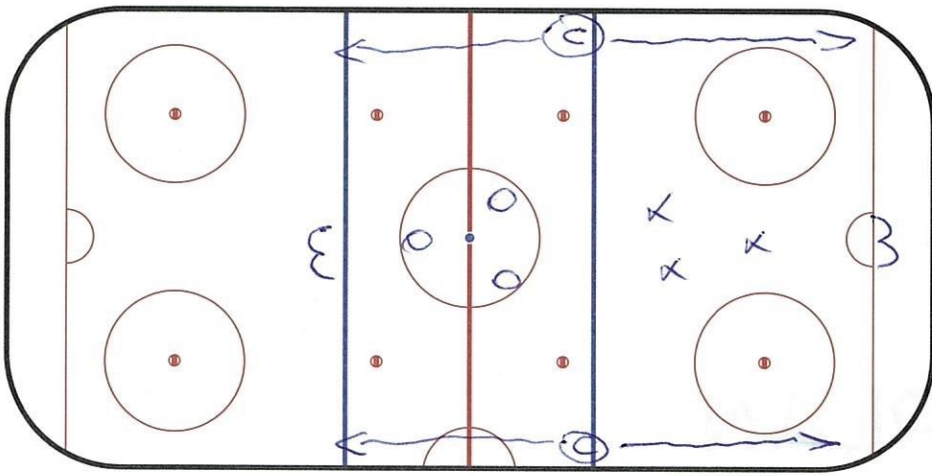
Spiel 3-3

bl. Linie - Torlinie

+ 2 Tore Joker im

Bewegung

13min



A series of horizontal lines for writing notes, corresponding to the diagrams above.

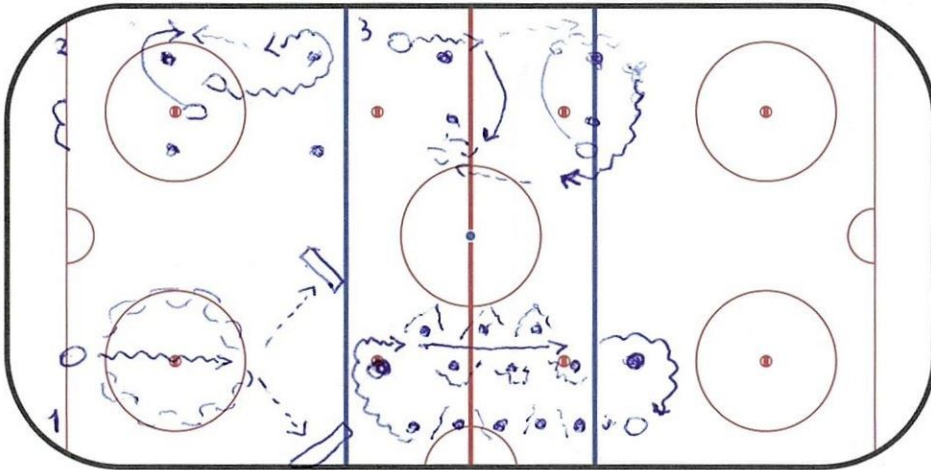


TEAM: U13, 15:10-16:10

DATUM: 22.1.2024.

TRAINER: YURI

TRAININGSPLAN



1) PUCK KONTROLL D-
Übung → eslaufen
mit Richtung wechseln
und Pass.

10min

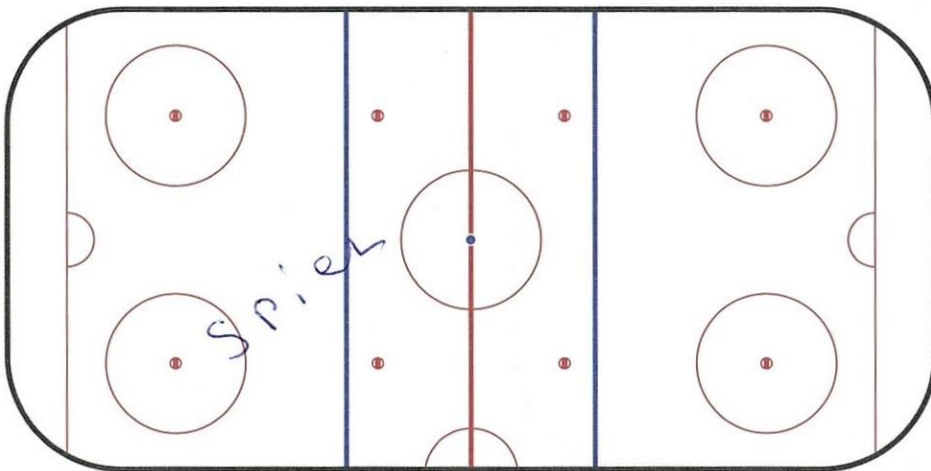
2) Im PAAR HAOS mit
PASSEN → kreizen etc.
mit schuss 10min

3) Passen mit tel-
ming

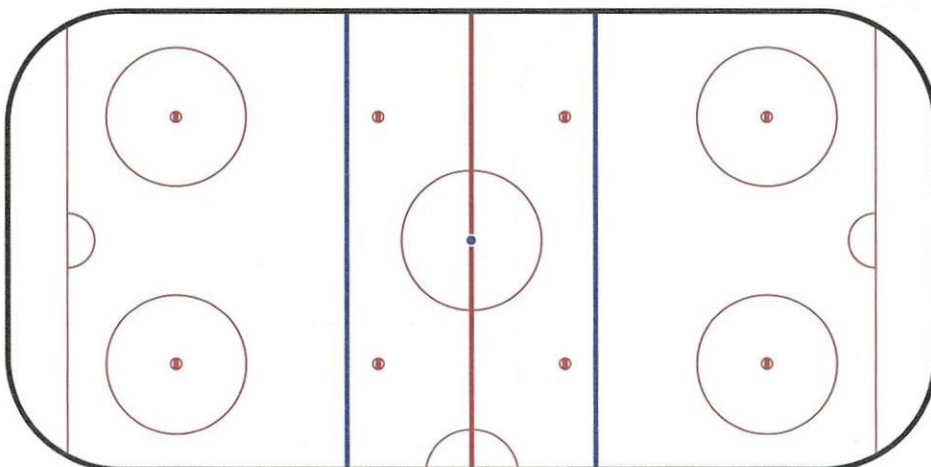
10min

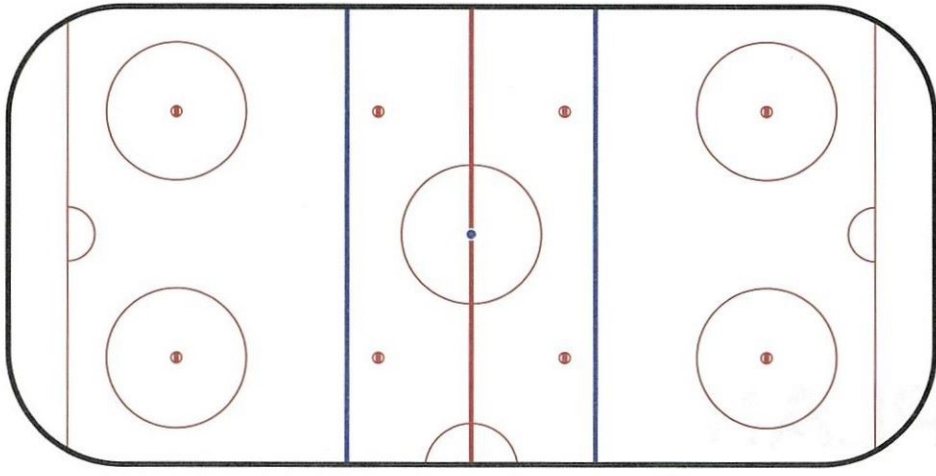
4) Technika mit
PUCK.

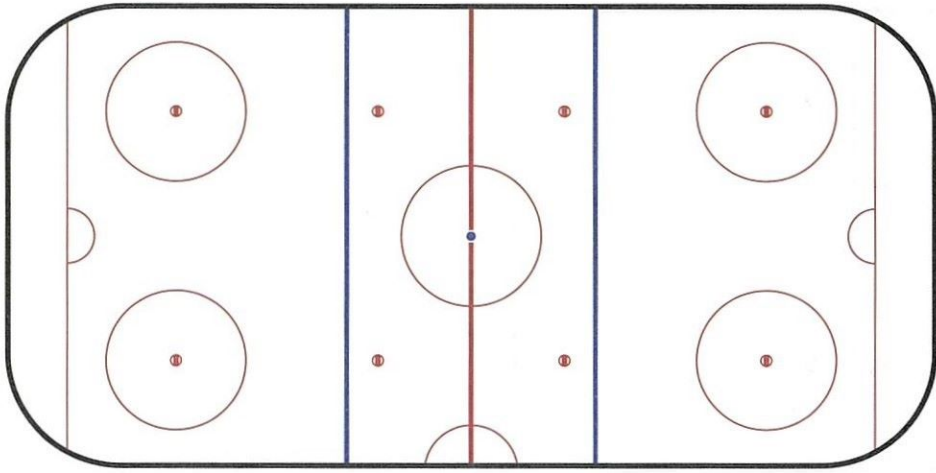
10min

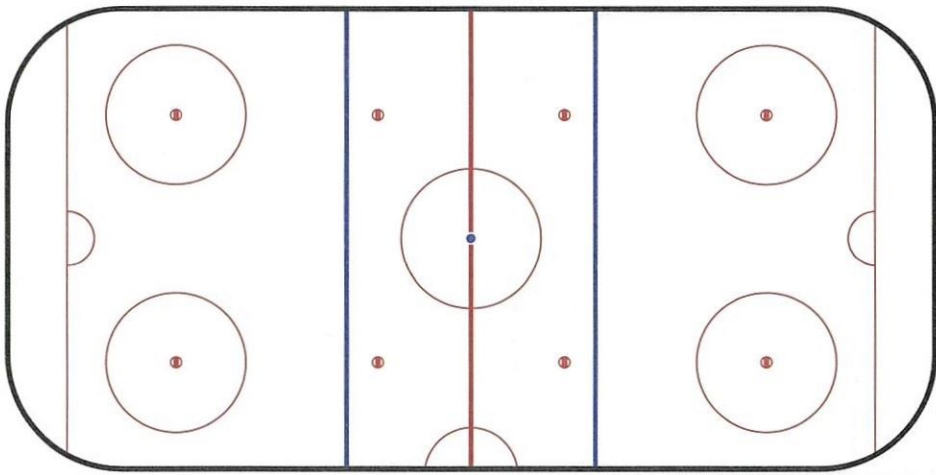


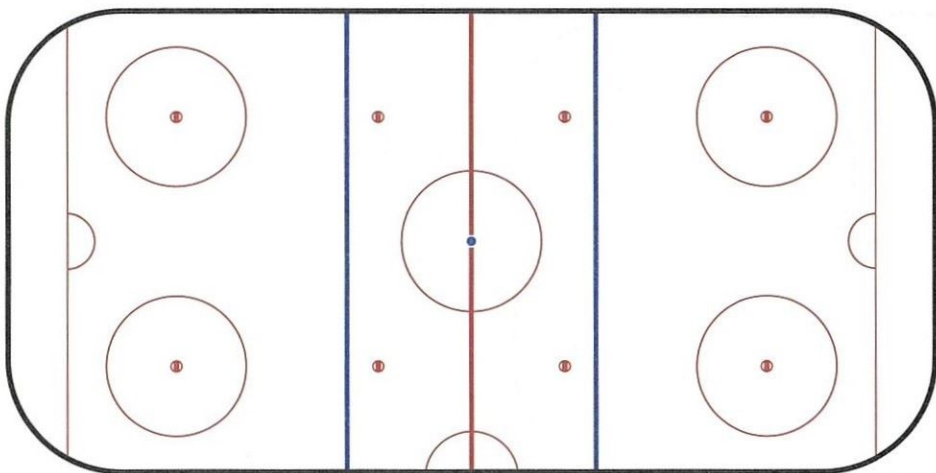
Spiel → 13min









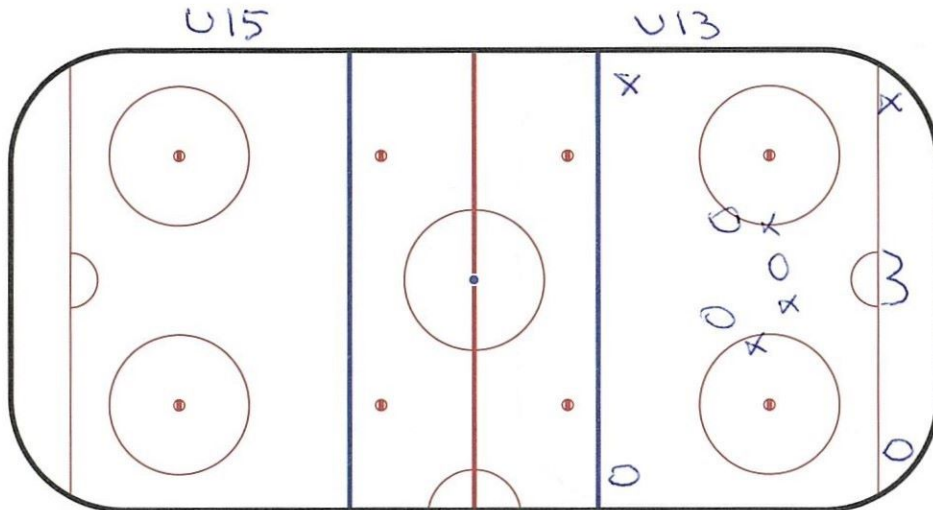




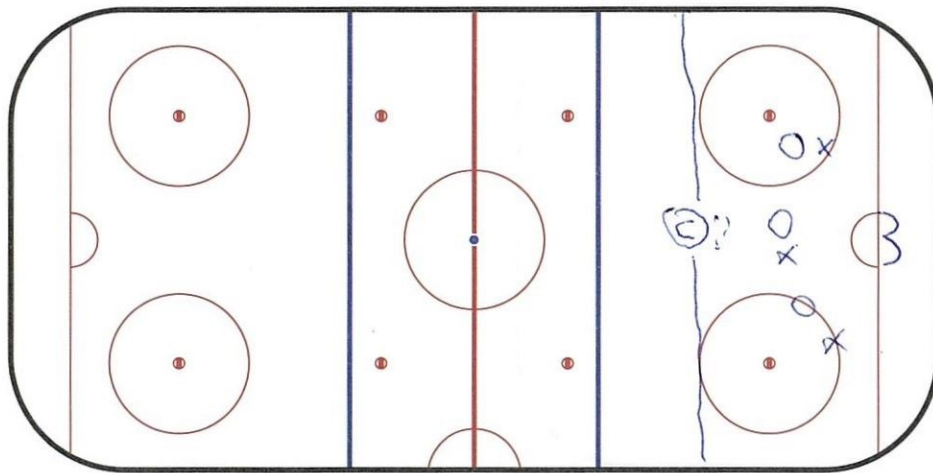
TEAM: U13, U15.
DATUM: 23.1.2024.
TRAINER: Yuri, Bobby

16:20 - 17:20

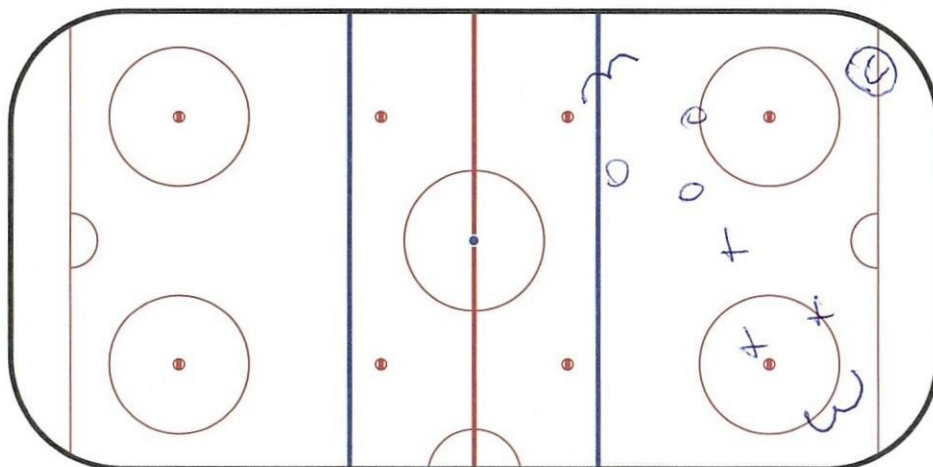
TRAININGSPLAN



Spiel 3-3 mit
2 Helfer pro Team
→ ~~1 unten~~ 1 unten nur
für passen, 2 oben
nur für schüsse
13min



Spiel 3-3 ohne
Joker im HALBE
zone
13min



Spiel 3-3 → TR
Joker im ecke
13min



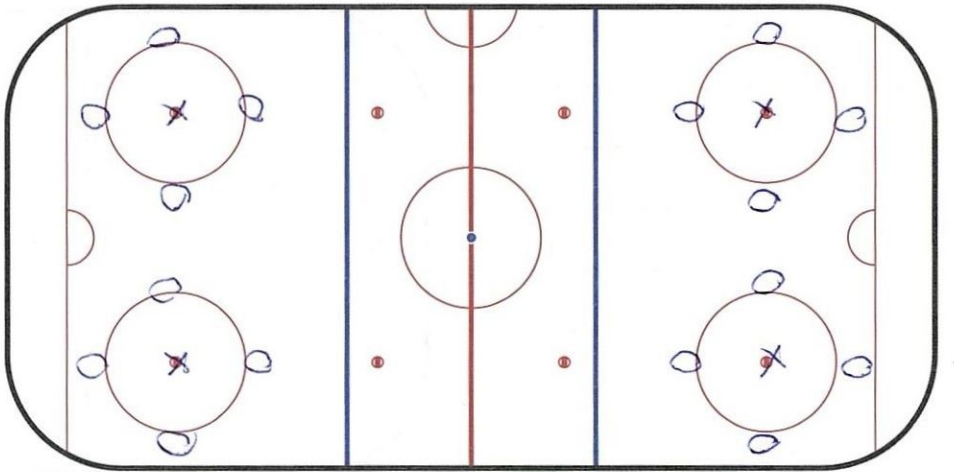
TEAM: U13, 16:40-17:40
 DATUM: 24.1.2024
 TRAINER: YURI, Jürgen.

TRAININGSPLAN

Passen 4-1 im

bullkreis

10 min



1-0 mit doppel

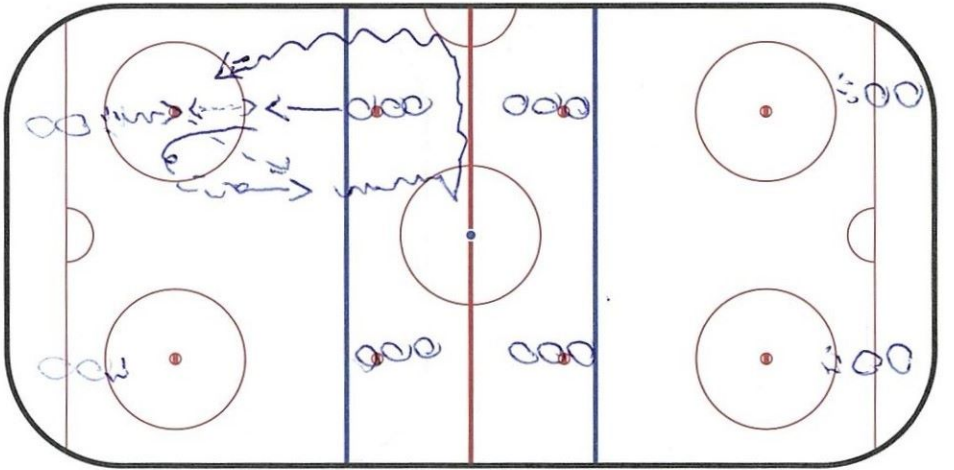
pass aus zone →

Raus aus mitte

und angreif von

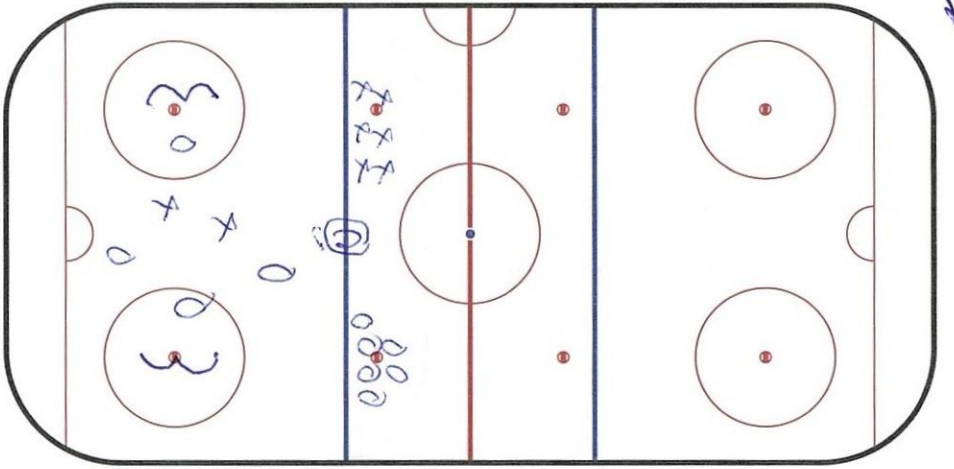
seite (diagonal)

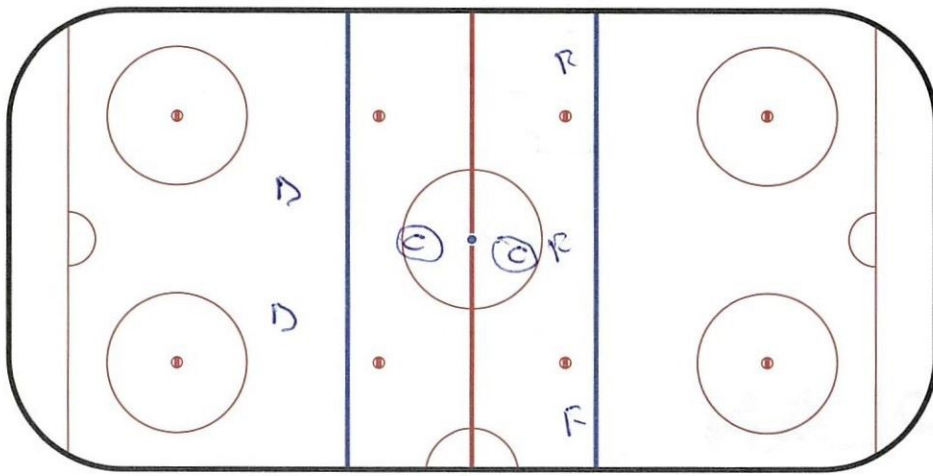
12 min



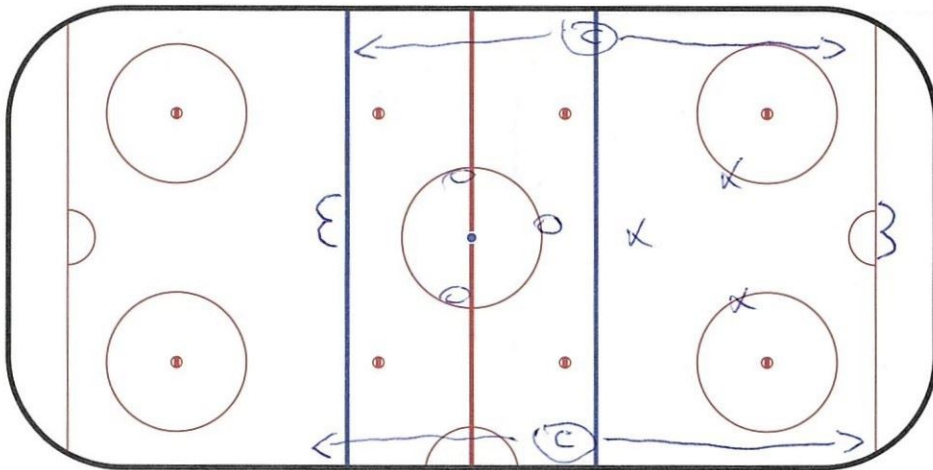
13 min

4x2 Spiel überzahl

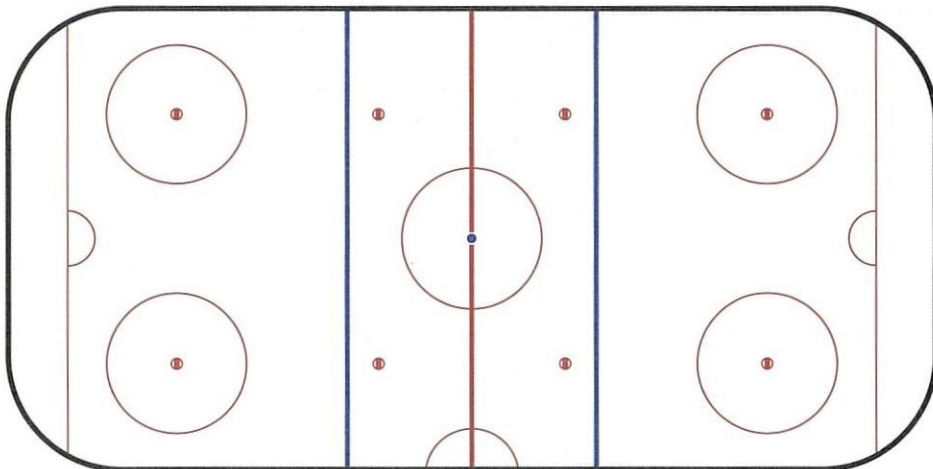
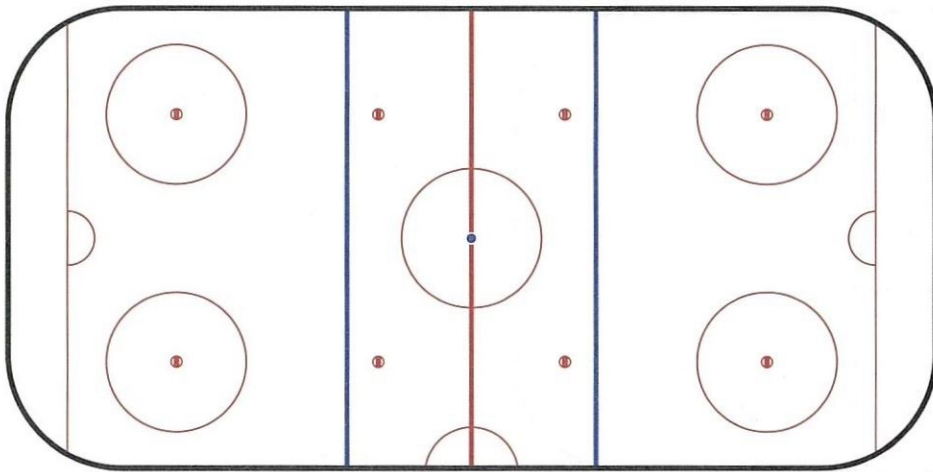




F - eine Seite →
 unterstützung -
 ROTIERUNG
 D - Andere Seite
 im PAAR mit
 Feinung PAssen
 13 min



Spiel 3-3 +
 2 TR Joker,
 10 min



Blank lined area for notes.

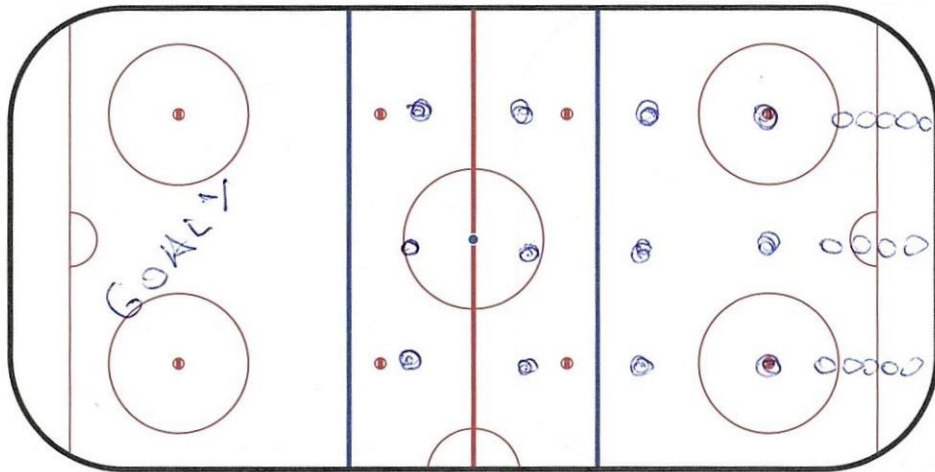


TEAM: U13 -> 15:10 - 16:10

DATUM: 29.1.2024

TRAINER: YURI

TRAININGSPLAN

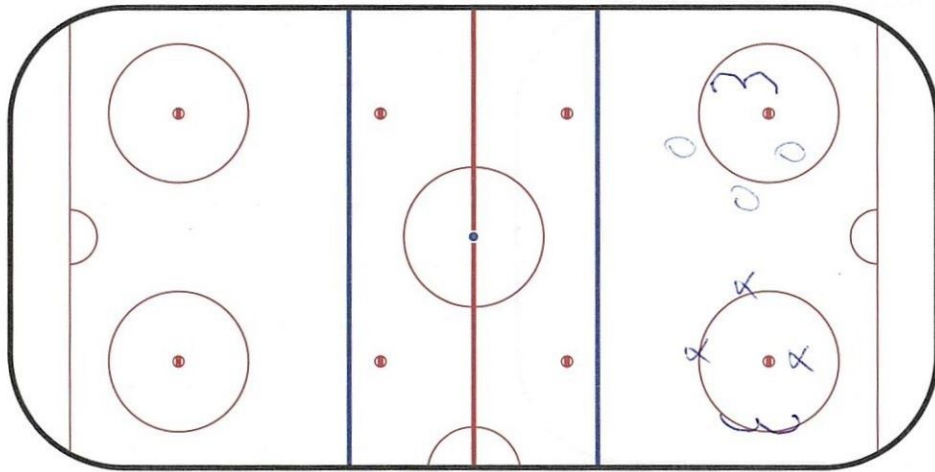


Technik mit puck
-> TR zeigt Aufgaben vor.

20min

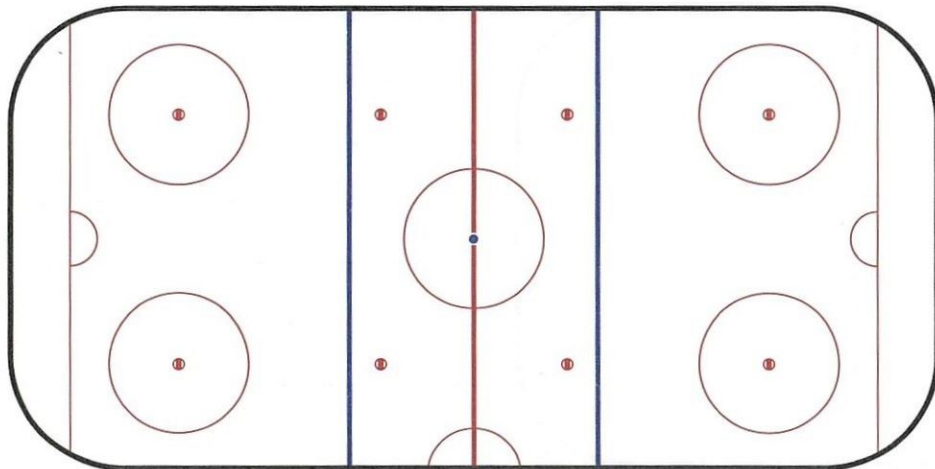
Eislaufen Technik mit puck

20min



Spiel im zone

13min





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

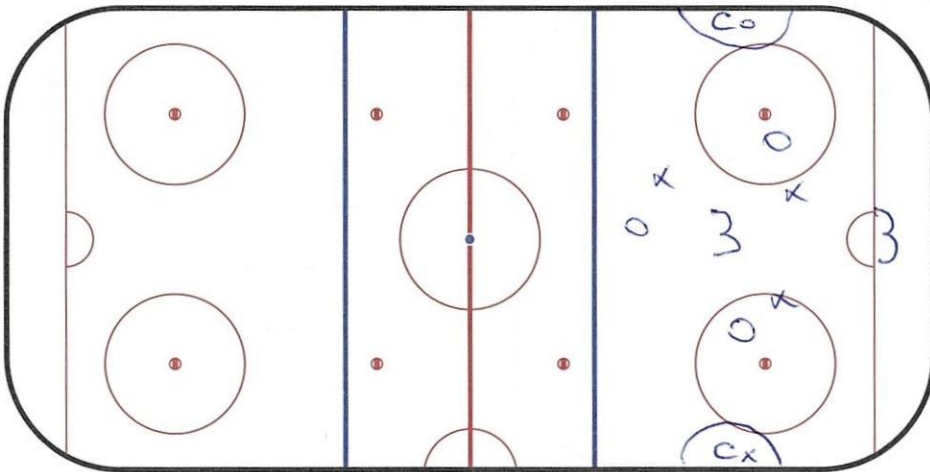
DATUM: 30.1.2024

TRAINER: Yurd, Bobby, Jurgen, Marc

TRAININGSPLAN

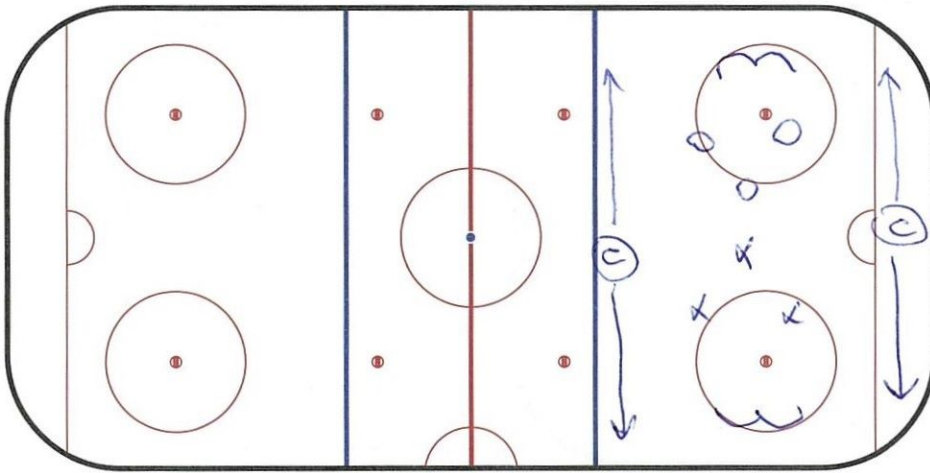
U15

U13



Spiel 3-3 → 2 TR
Joker für sein
Team.

13 min

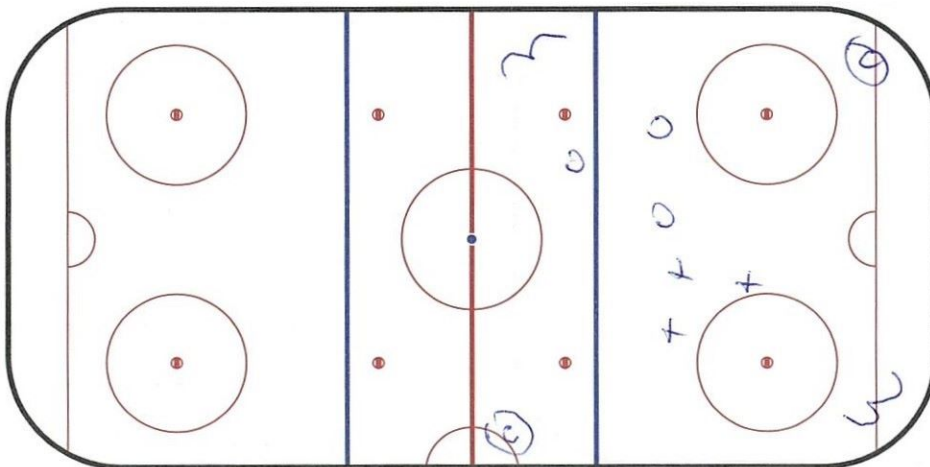


Spiel 3-3 im

~~unten~~ ZONE 2 TR

im bewegung Joker

13 min



Spiel gower

3-3 + 2 TR Joker

13 min

Spiel 3-3 Halbe

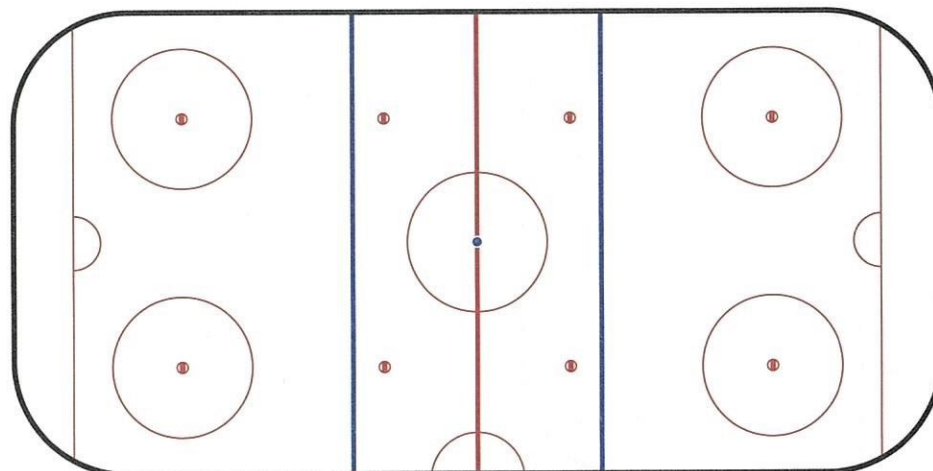
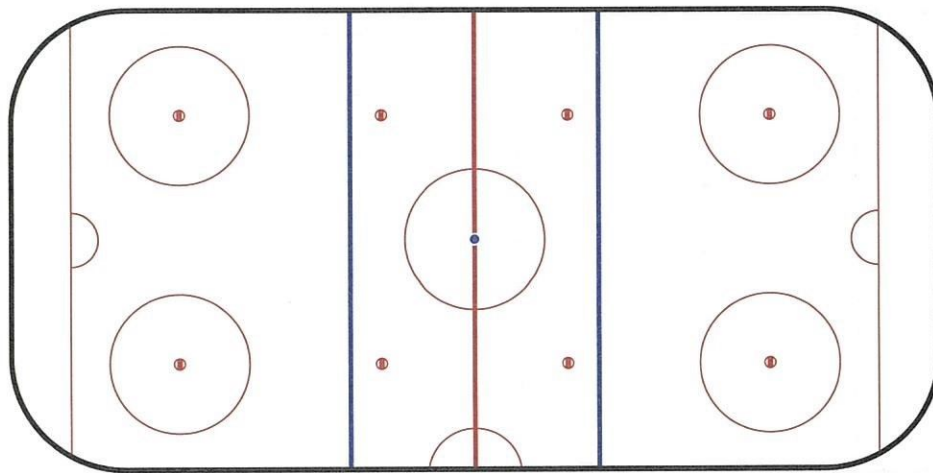
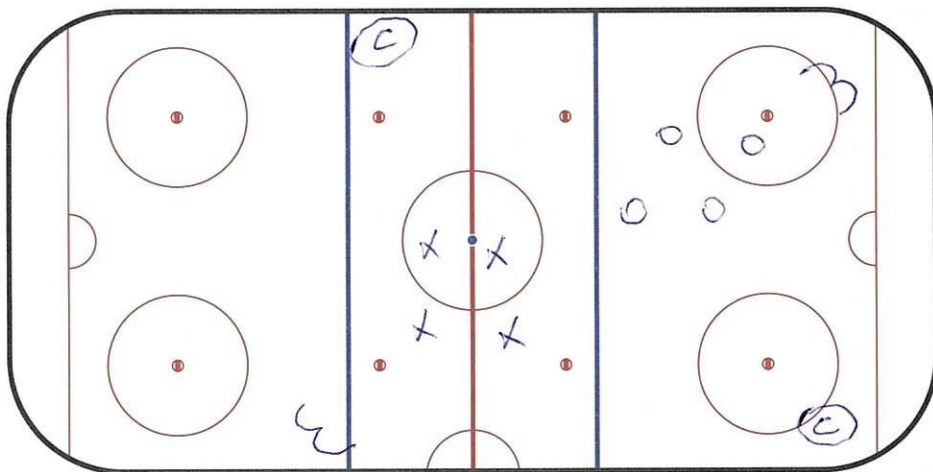
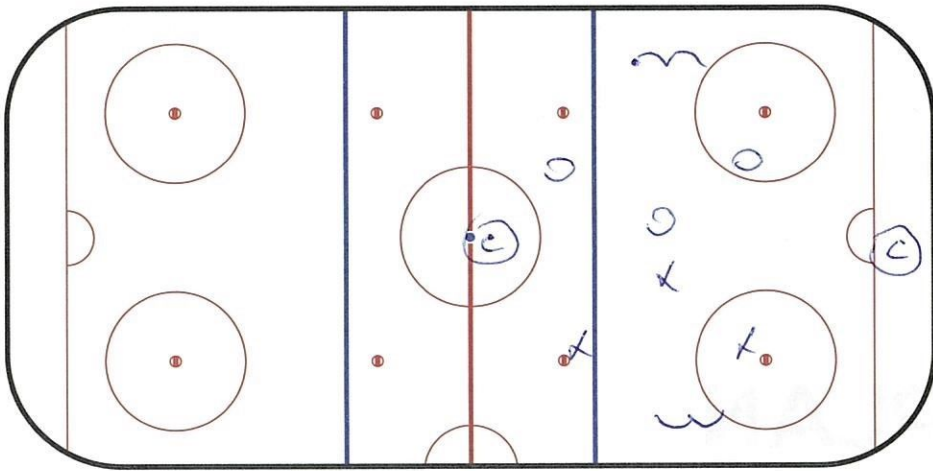
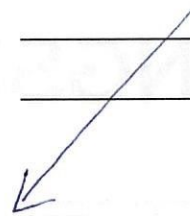
Halbe → 2 TR

Joker.

13 min

oder

4-4 mit 2 TR Joker



A series of horizontal lines for writing, starting from the first diagram and extending down the page.

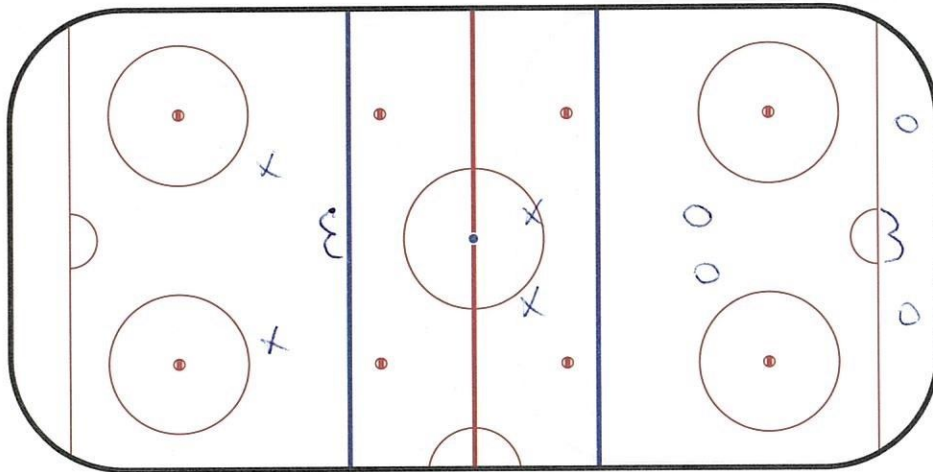


TEAM: U13, 16:40-17:40

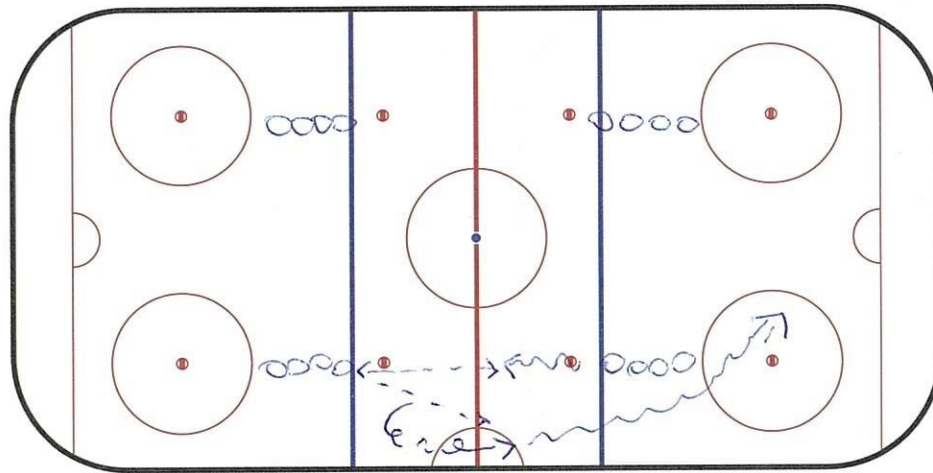
DATUM: 31.11.2024

TRAINER: YURI

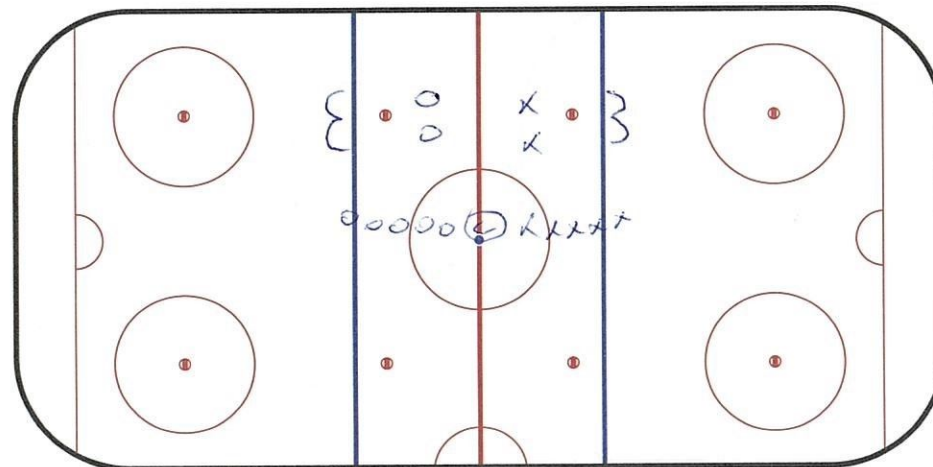
TRAININGSPLAN



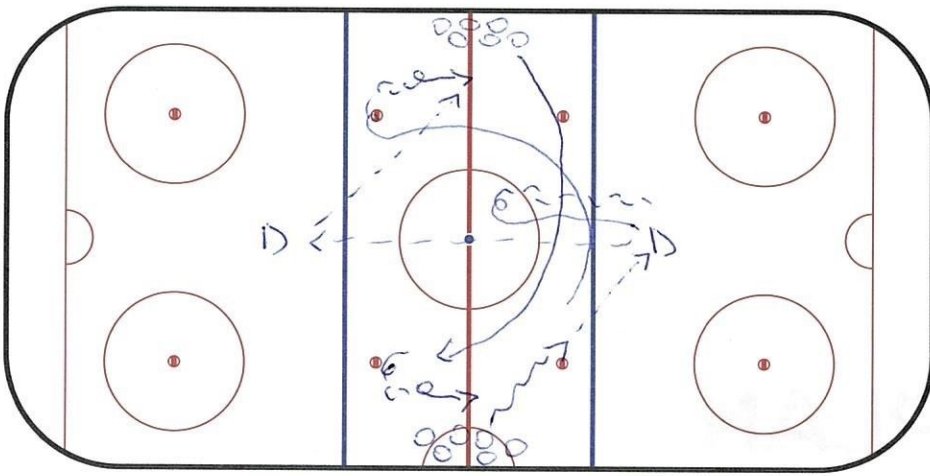
Spiel 2-2+2 → 3-2
13 min



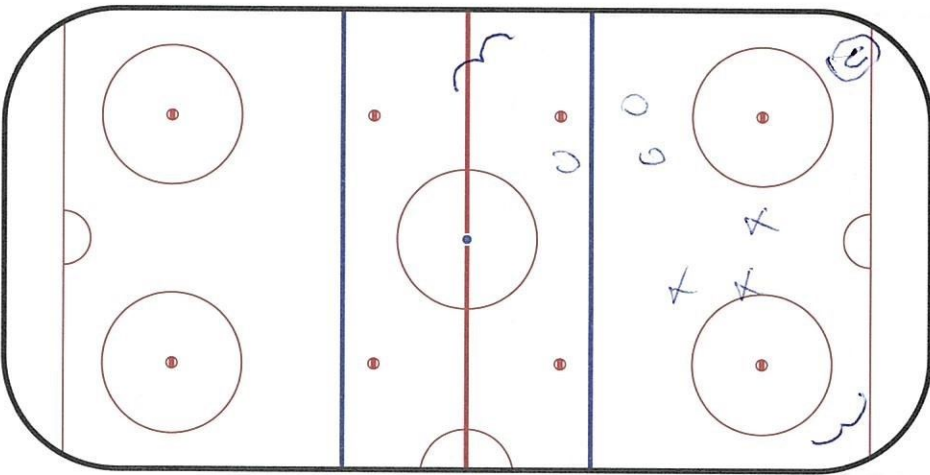
1-0 → 4 PÄSSE
10 min



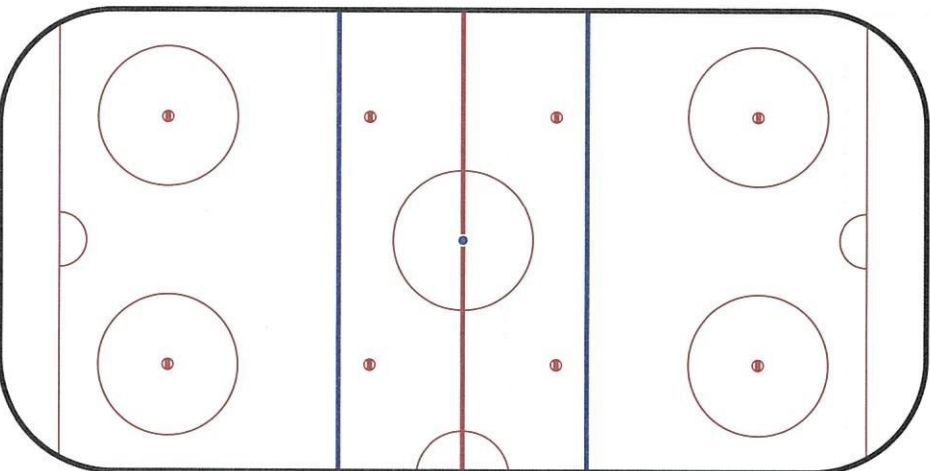
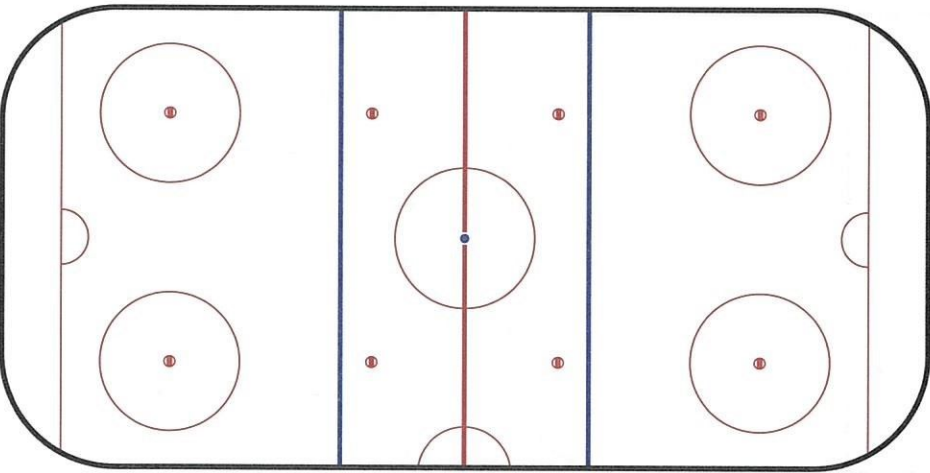
2-2 KL. PLATZ
13 min



2-1 nach PASS zum
D
10 min



Spiel 3-3 mit
TR SOXER
12 min



Blank lined area for notes.

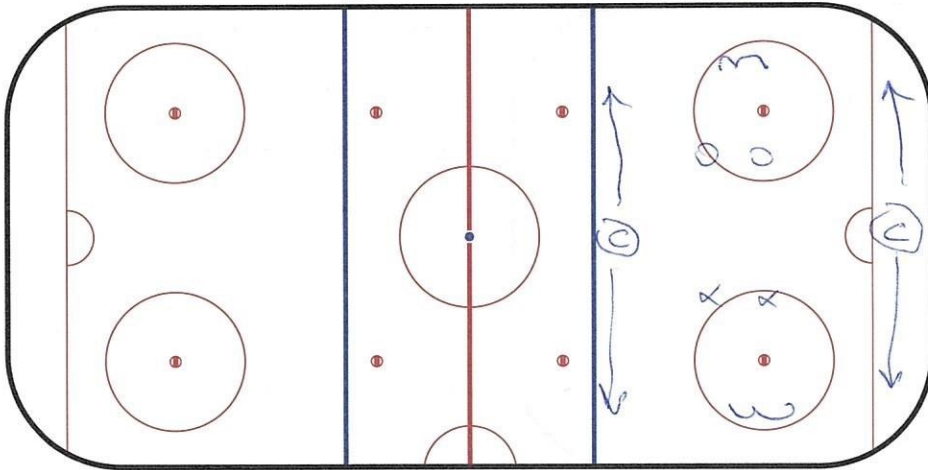


TEAM: U13 - U15 → 16:40 - 17:40 → Defekt
DATUM: 2.2.2024 Eismaschine
TRAINER: Yuri, Joe, Jürgen.

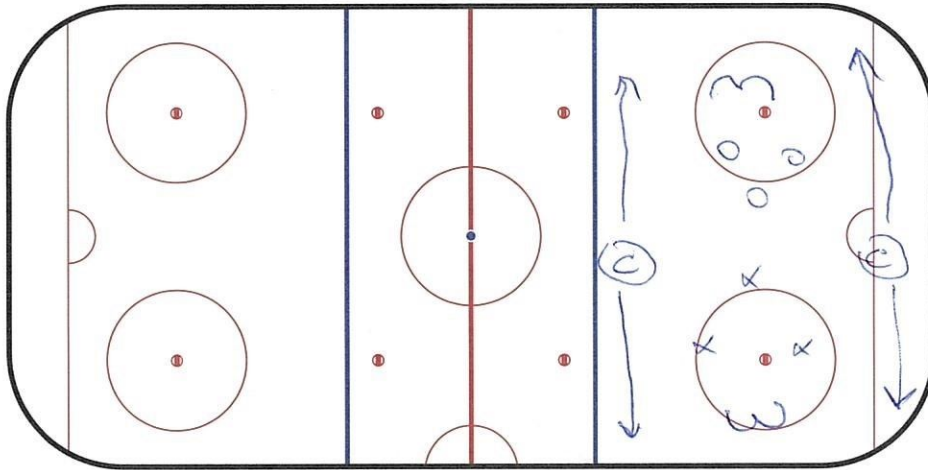
TRAININGSPLAN

U13

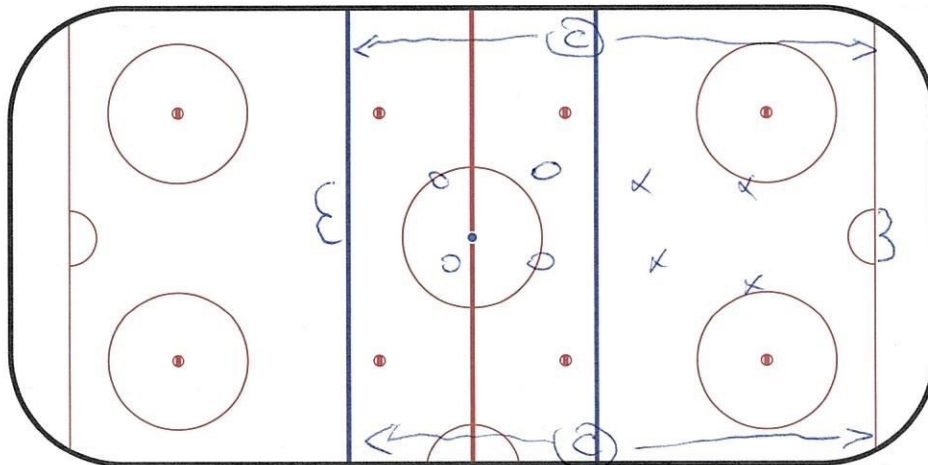
U15



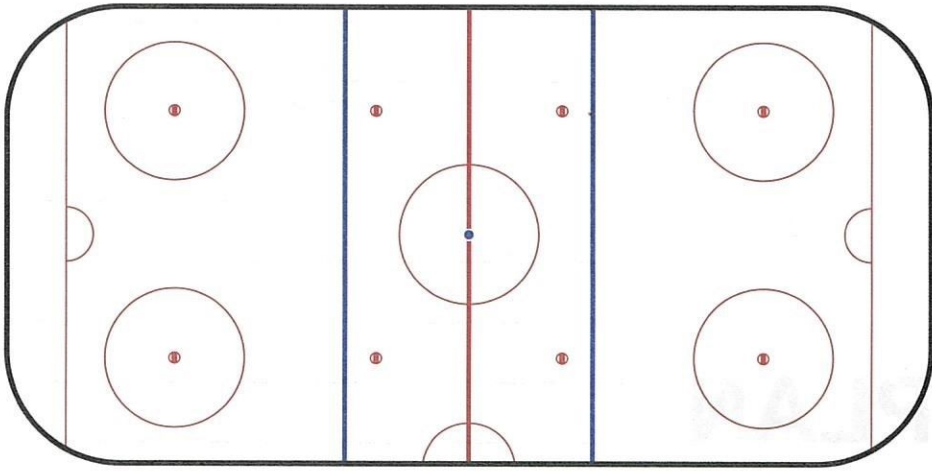
Spiel 2-2 mit Joker
im bewegung
15 min

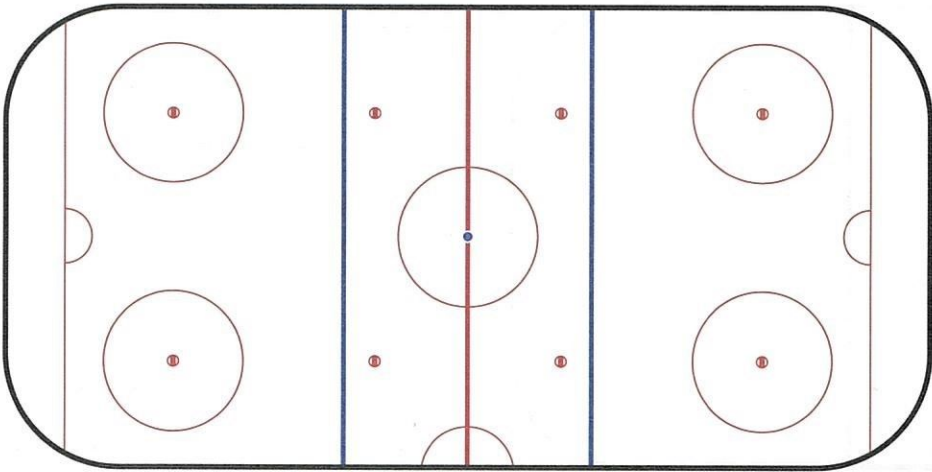


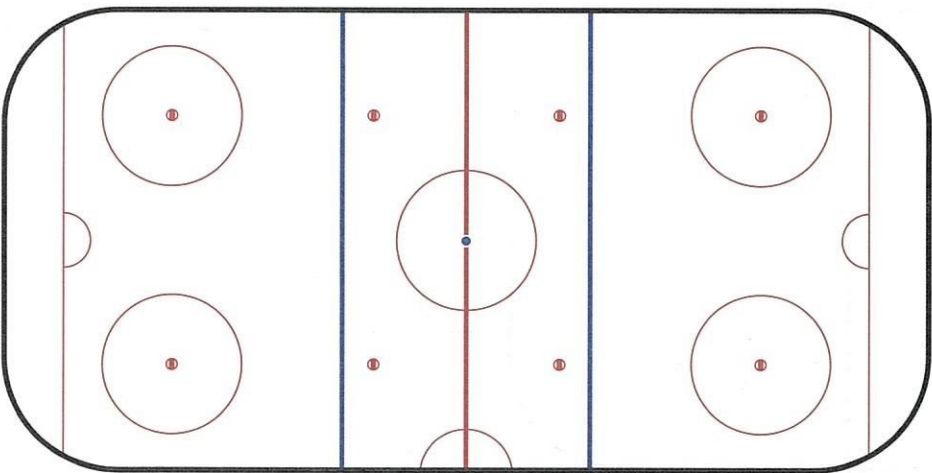
Spiel 3-3 mit Joker
im bewegung
15 min

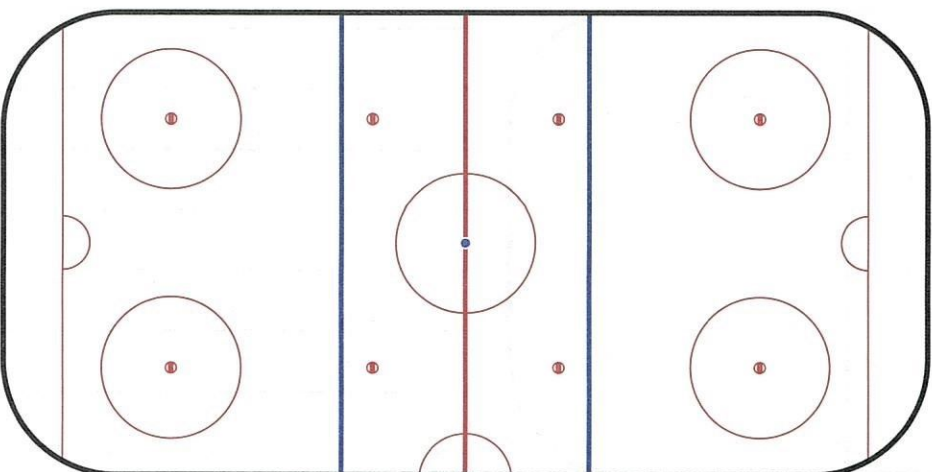


Spiel 4-4 mit
2 Joker BLAU Linie
ROT Linie
15 min
+
Penalty König auf
2 selsen





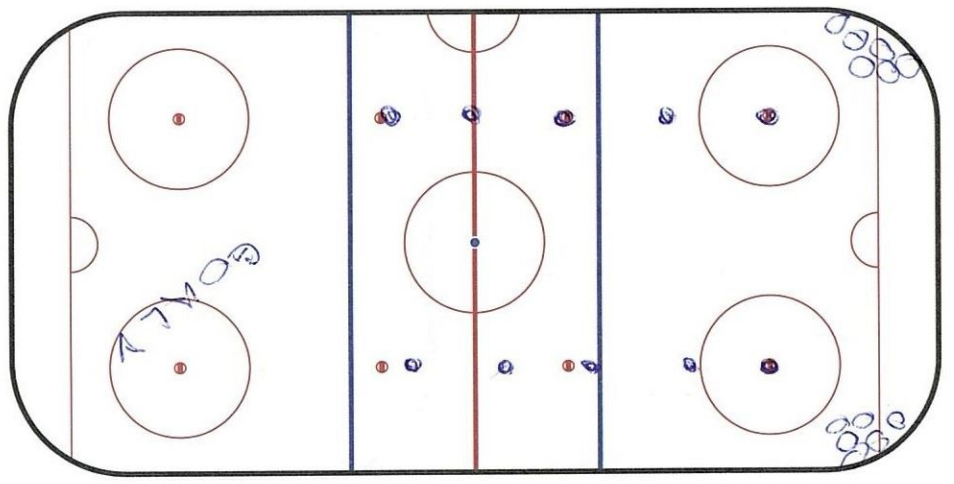




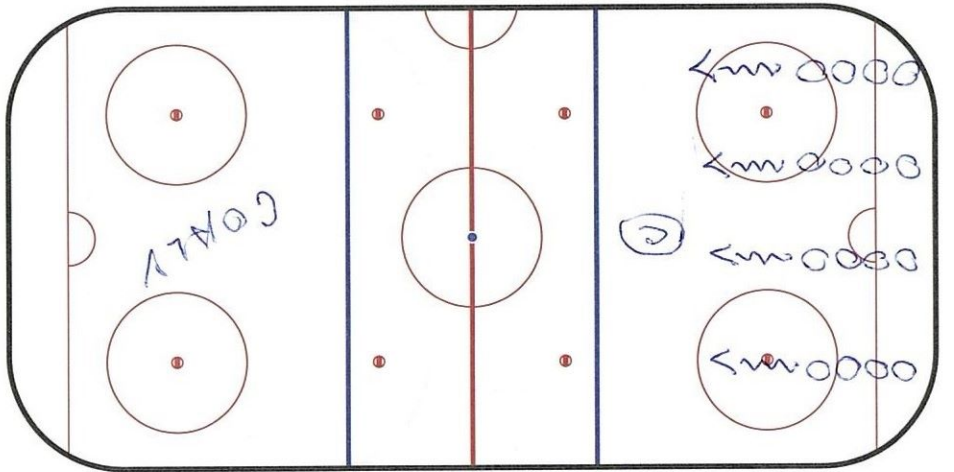


TEAM: U13 -> 15:10-16:10
 DATUM: 015 -> 16:20-17:20
 5.2.2024
 TRAINER: YURI

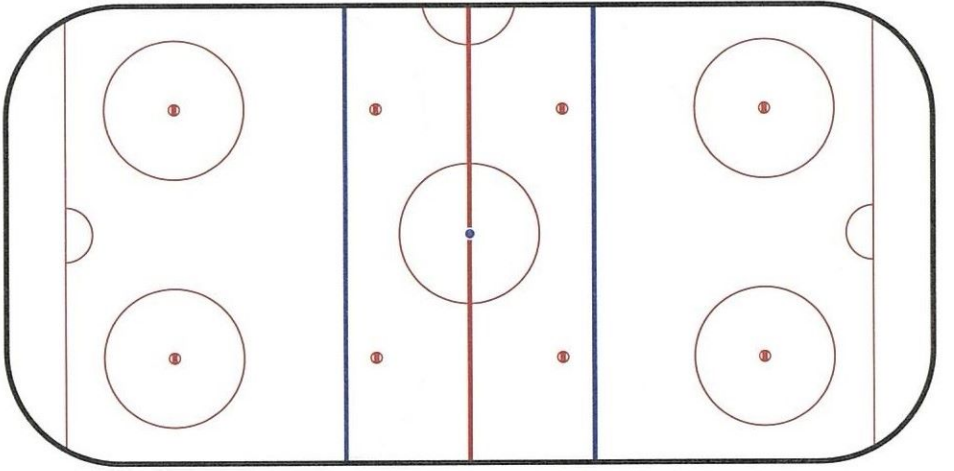
TRAININGSPLAN



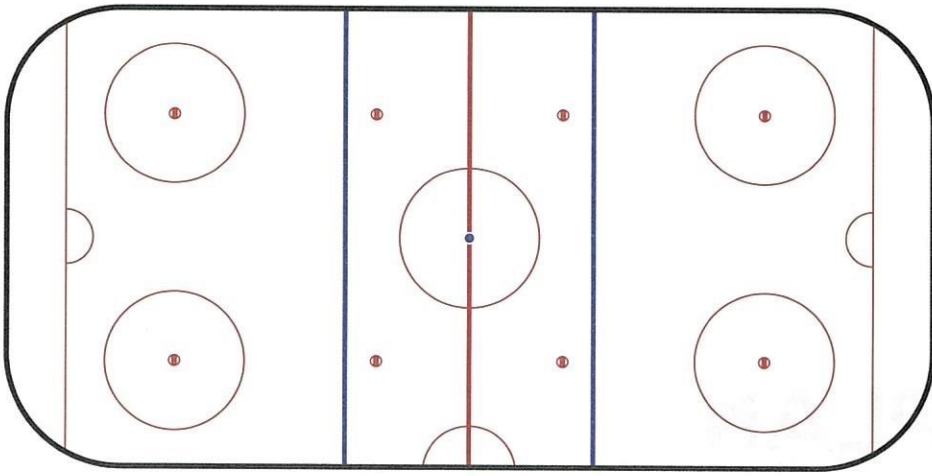
Fisläufen mit
 Tempo mit Technisches
 einmengen
 1) bremsen 2) catchen
 3) vorwärts Rückwärts
 4) übersetzen
 5) offene heile
 2) station überstern
 20min

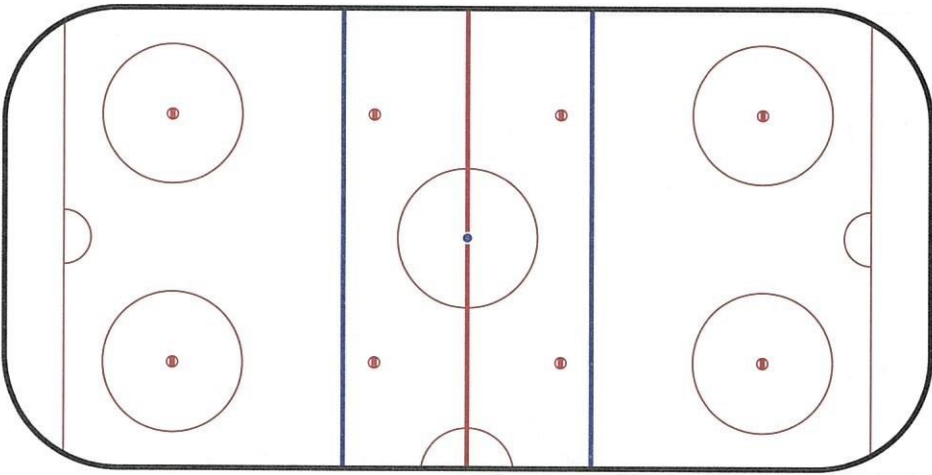


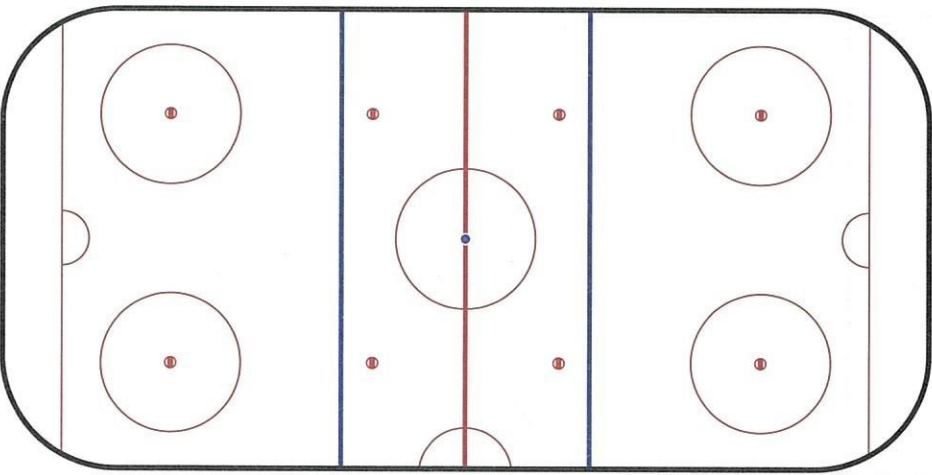
Puck control im
 3-4 gruppen
 20min

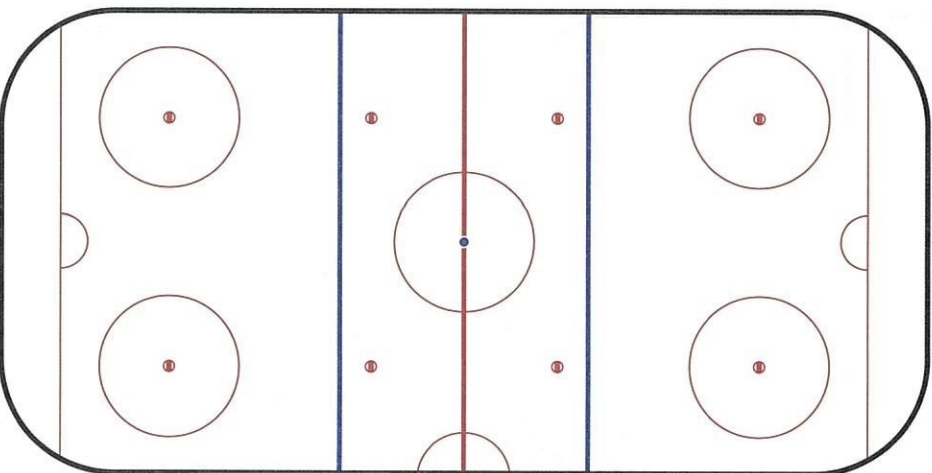


15min Spiel





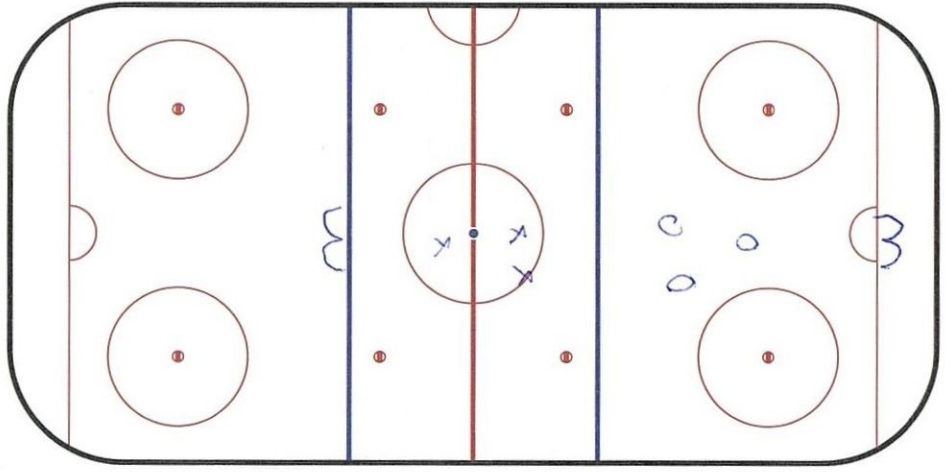
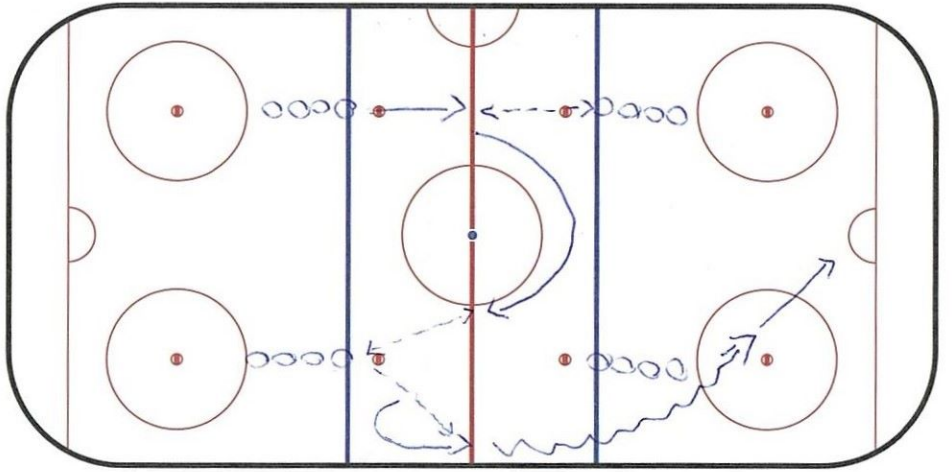
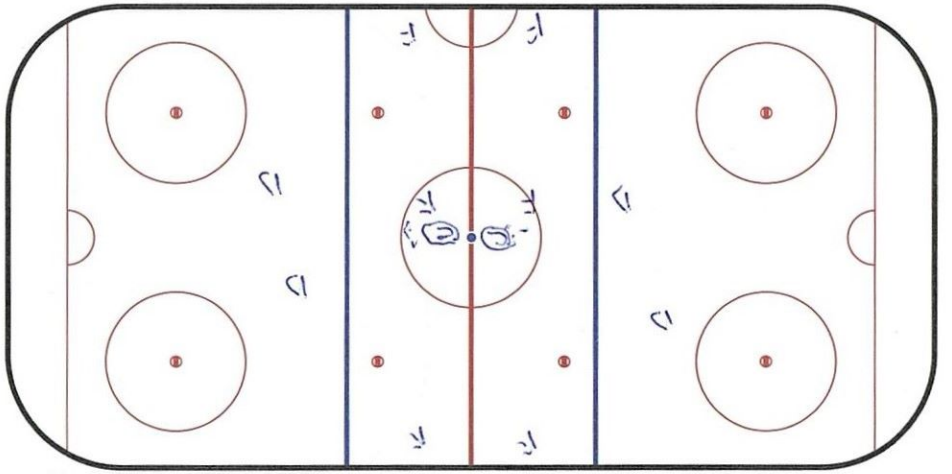






TEAM: U13, 16:40-17:40
 DATUM: 7.2.2024
 TRAINER: Yuri, Jürgen

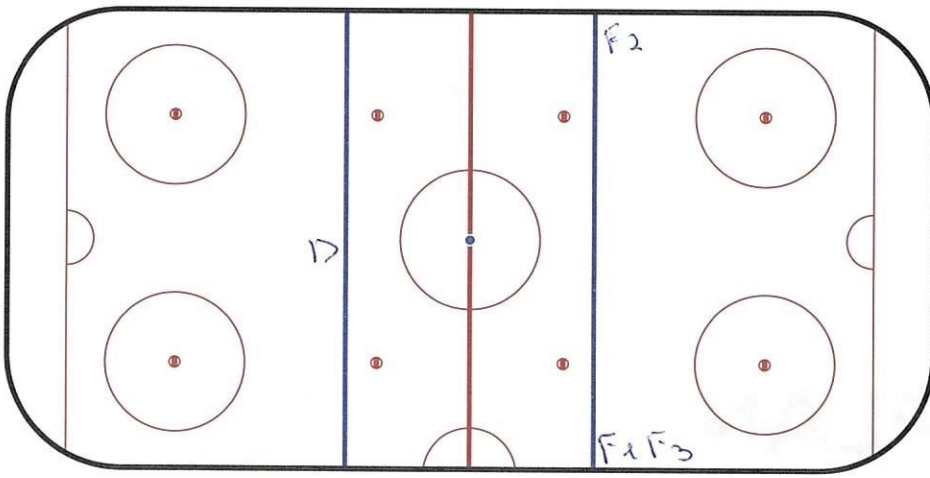
TRAININGSPLAN



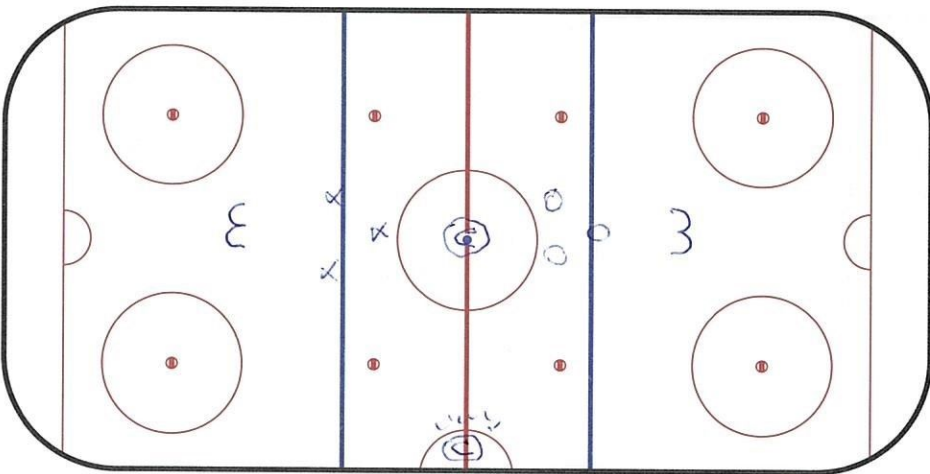
Aufwärmen →
 Aufbau mit 3 Pässe
 zum TR. von links
 Rechts mitte
 10 min

T-O mitte mit
 doppel Pässe und
 schnelle Umschaltung
 zu offensiv,
 10 min

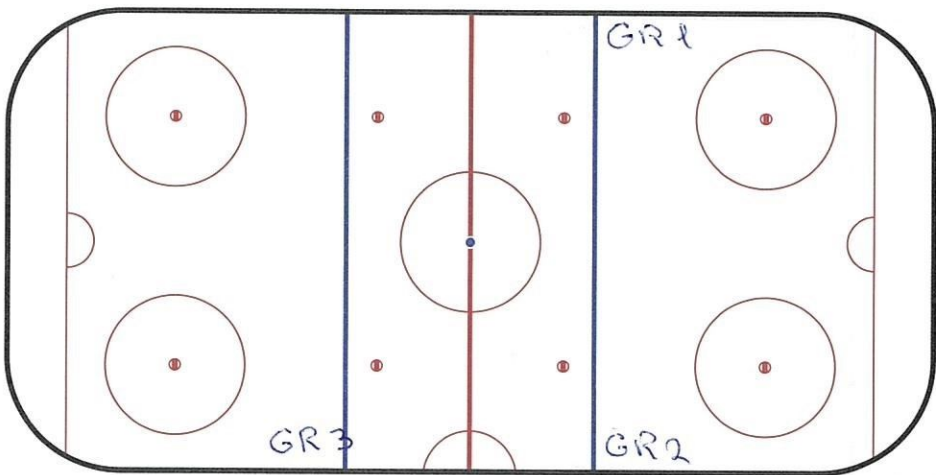
Spiel 3-3 mit
 blau linie
 13 min



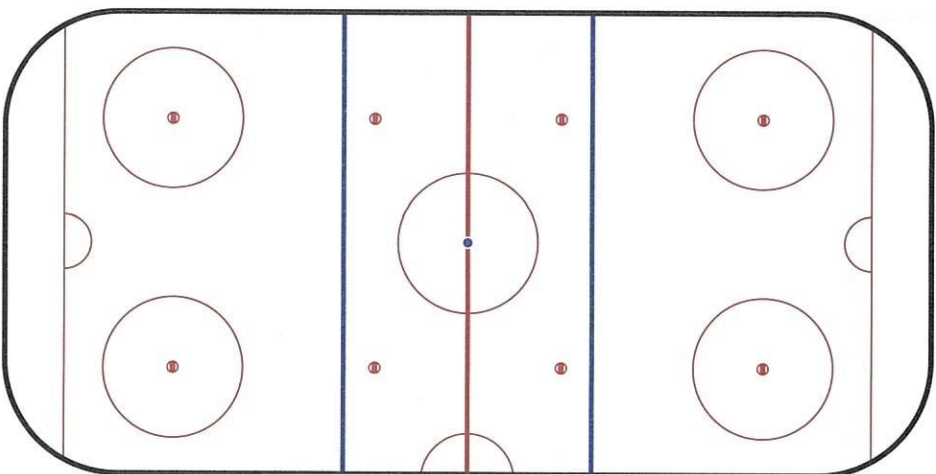
2-1 → 3-2 im
eine Richtung
12min



Spiel 3-3 mit
Kürze Pässe bei TR
Joker in die mitte
10min



3GR → 1R - 1R,



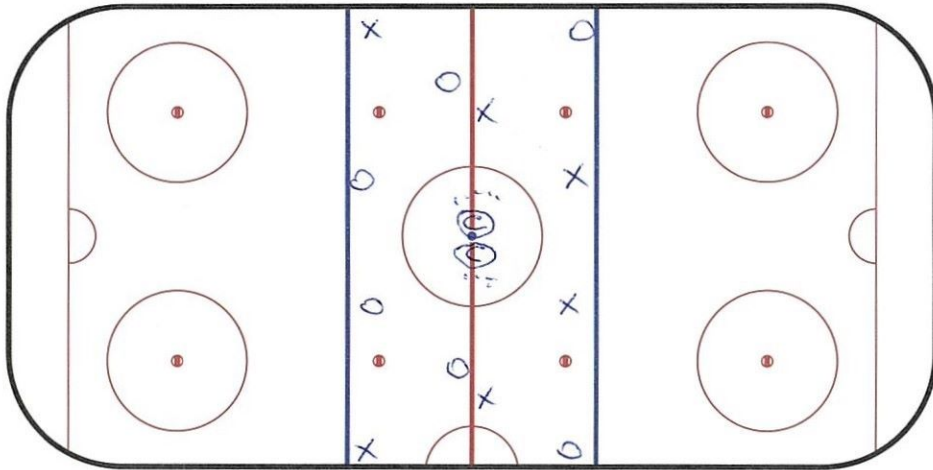


TEAM: U13, 15:30-16:30

DATUM: 9.2.2024.

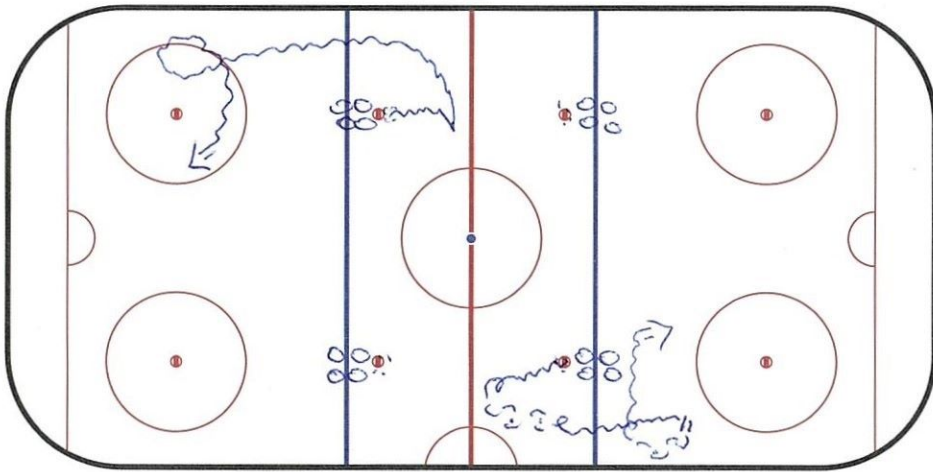
TRAINER: YURI, JÜRGEN

TRAININGSPLAN



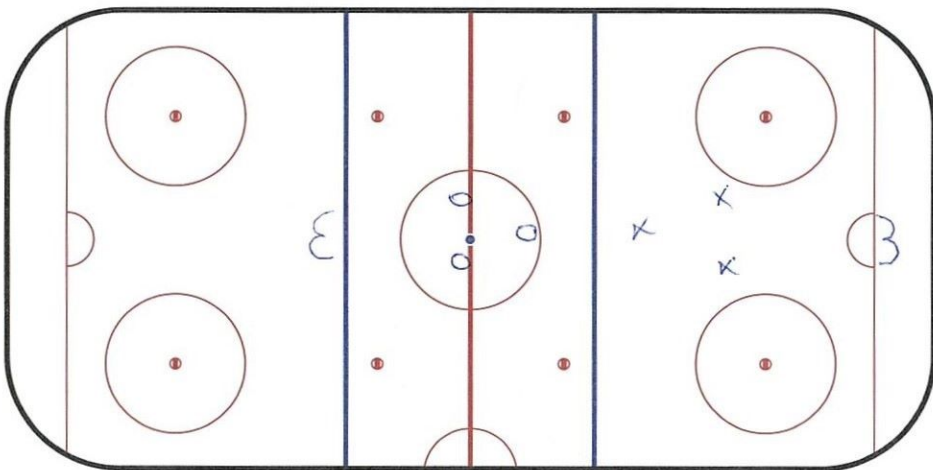
Aufwärmen → Puck
Abteckung 1-1 mit
2 Helfern auf kleine
PLATZ mitte beide
seiten.

10 min



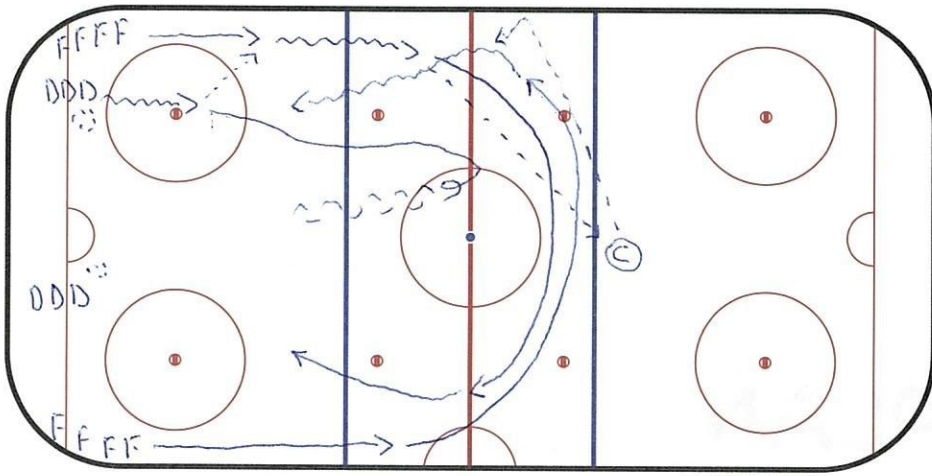
1-0 → F mit canadien
10 VORWERTZ RÜCKWERTZ

10 min

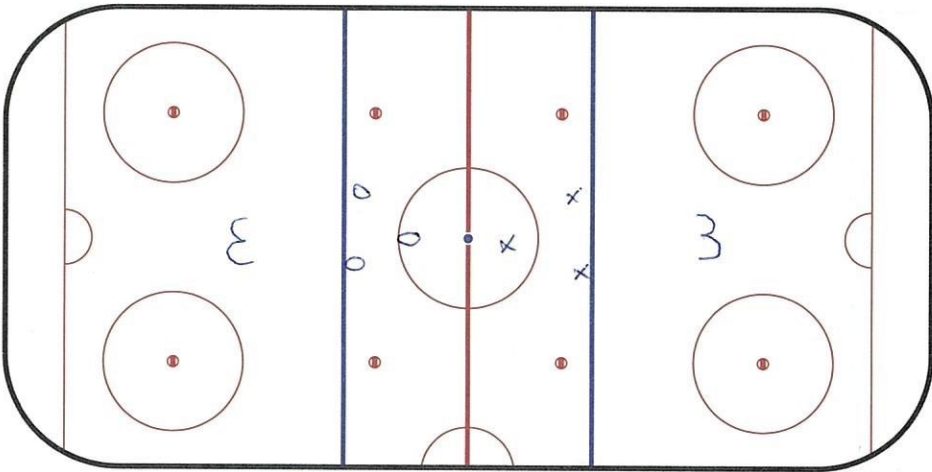


3-3 mit blau Linie

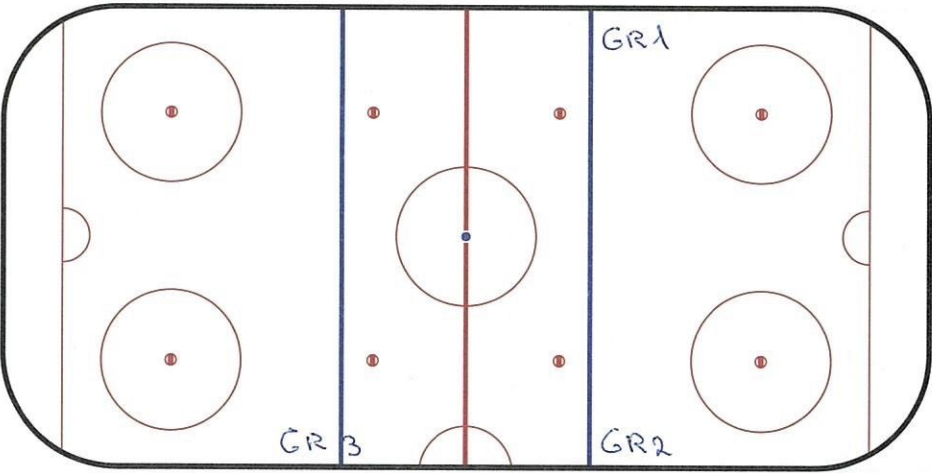
13 min



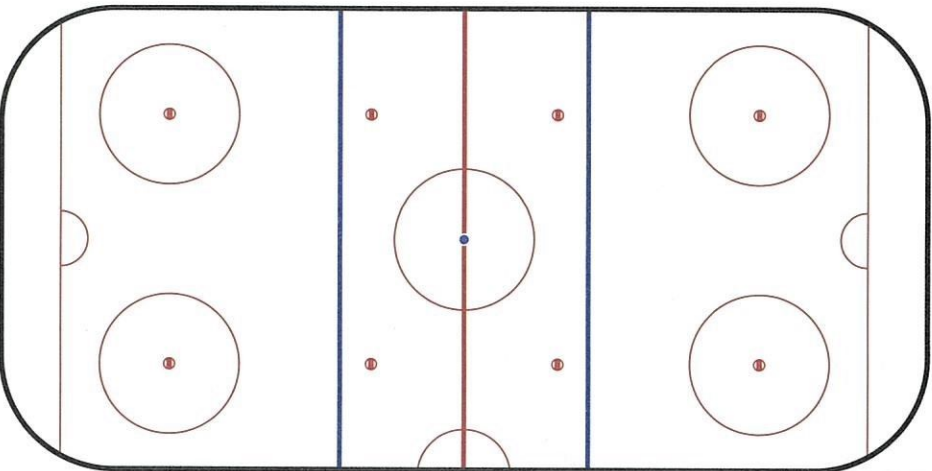
2-1 auf eine Seite
 nach PASS zum
 TRAINER und PUCK
 HOLEN von bande mit
 schwingung -> Dteiming
 13 min



Spiel 40x30 ->
 -> 3-3 -> TR 2 JOKER.
 10 min



3GR -> 1R-1R



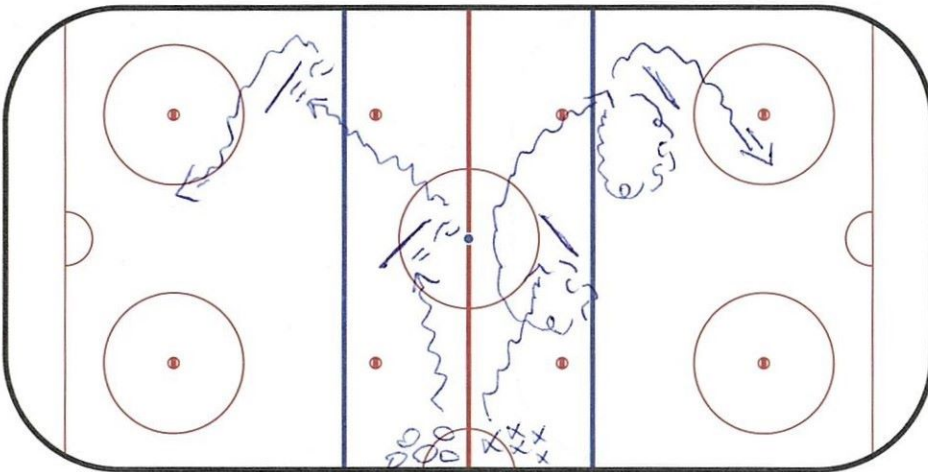


TEAM: U13, 11:20-12:12 → 15:10-16:10

DATUM: 12.2.2024 → 13.2.2024

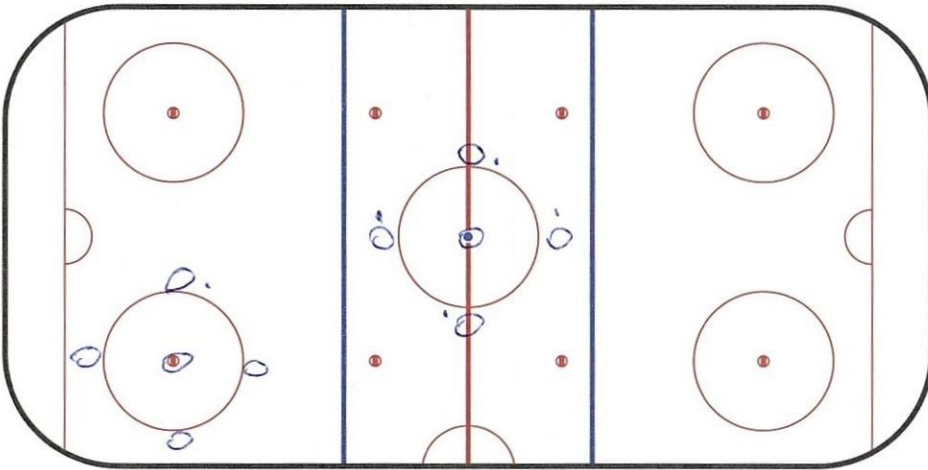
TRAINER: YURI

TRAININGSPLAN



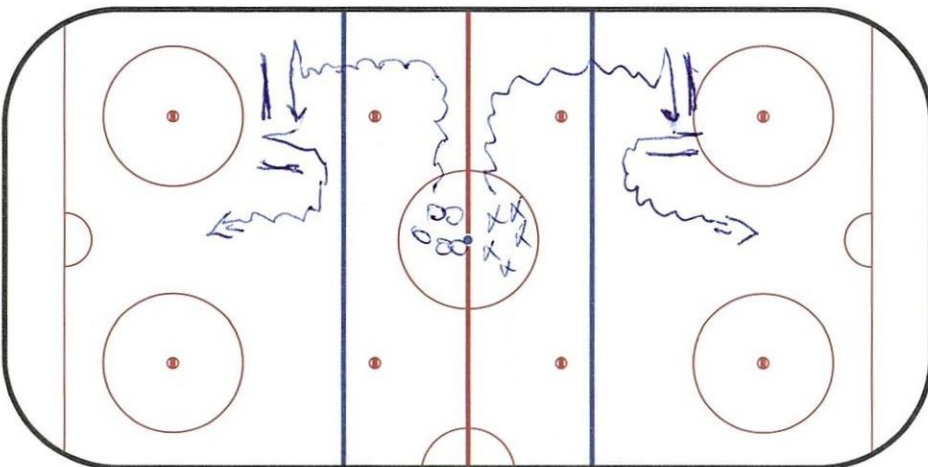
Puck kontroll mit
Abschluss → eine
seite : Teuschung mit
Leichte bremsse und
seitlich vorbei →
Andere seite vor →
Rückwurz.

12min ~~12min~~



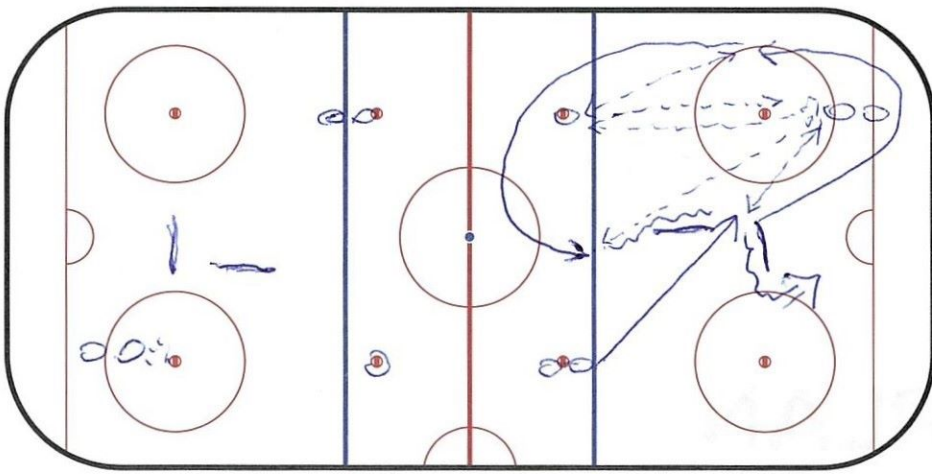
Passen im 4 position

12min

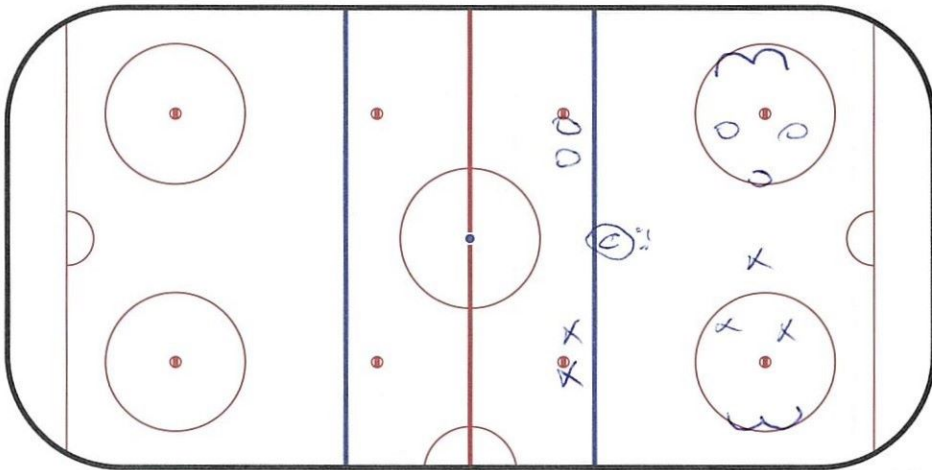


Puck kontroll
mit Abschluss →
→ im zone Richtung
wehser mit 2
Teuschung

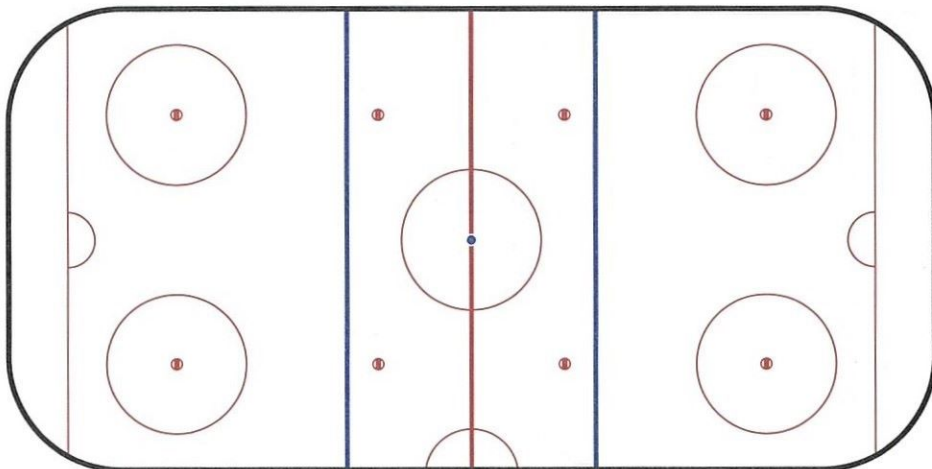
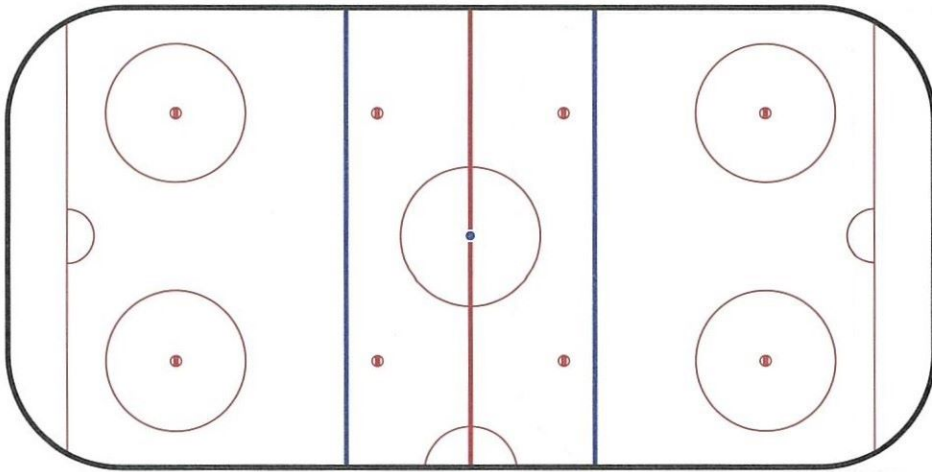
12min

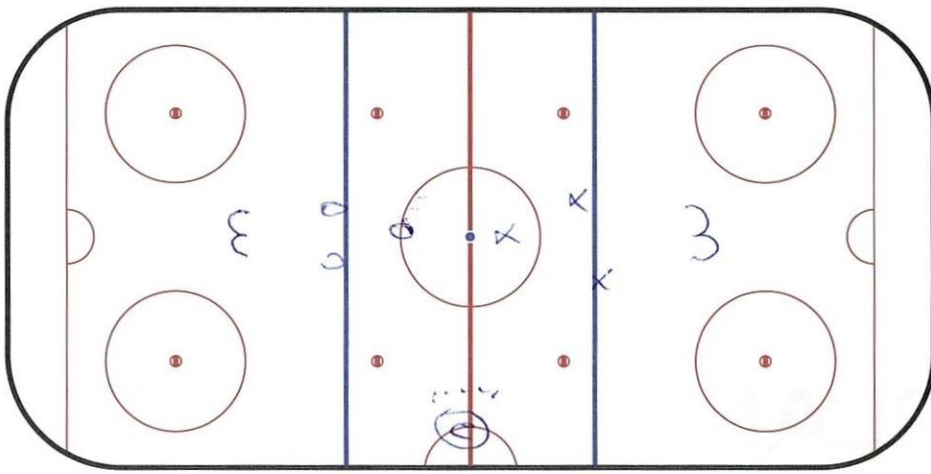


Passen im be-
wegung mit teilnahme
randen

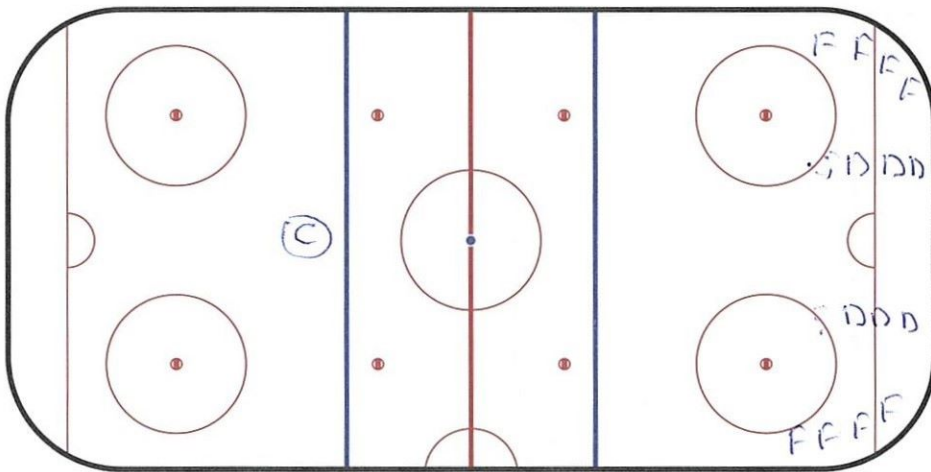


Spiel 3-3 → 2-2
10min

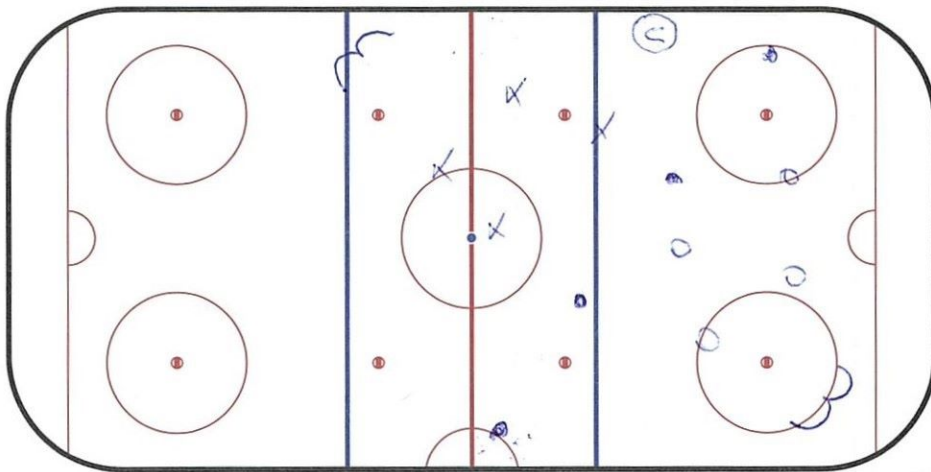




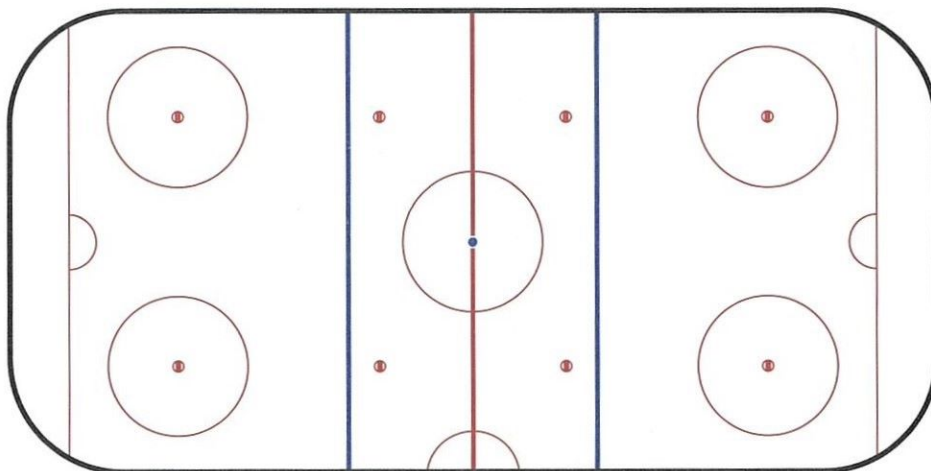
Spiel 40x30
 → 3-3 TR JOKER
 10min



2-1 nach PASS
 von TR zu bande
 8min



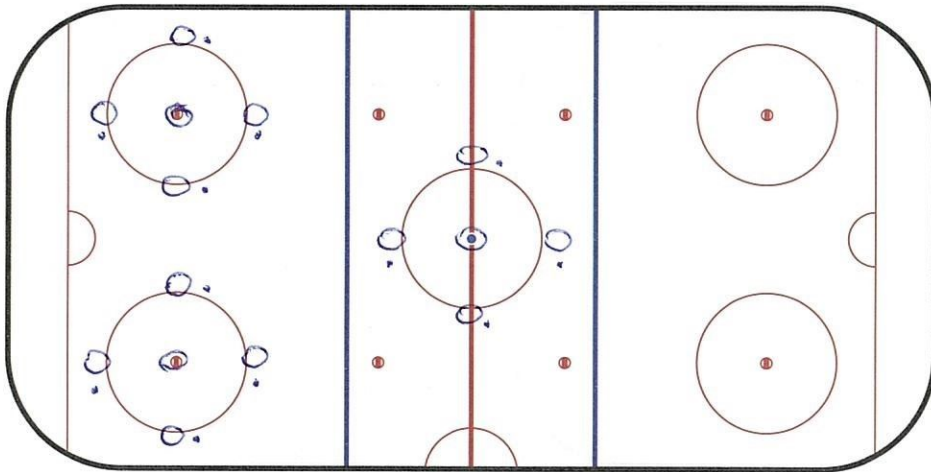
Spiel 4-4 QUER
 mit Abseitig → TR JOKER
 10min



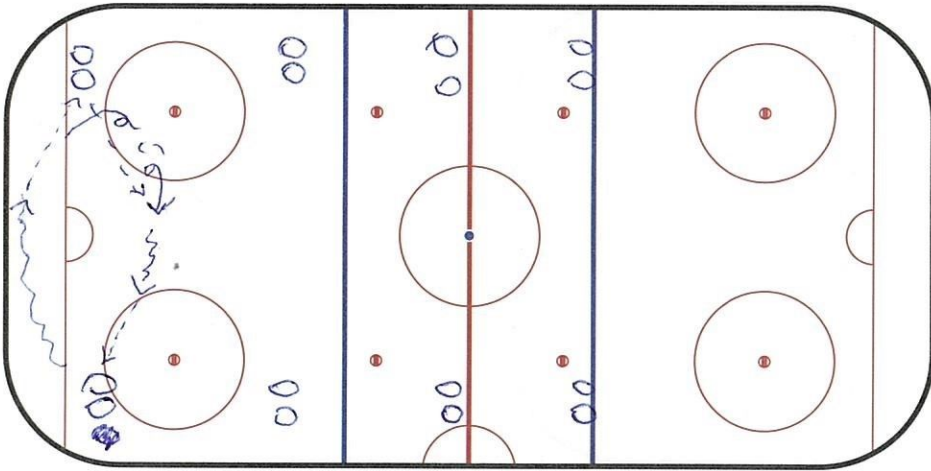


TEAM: U13, 15:10 - 16:10
U15, 16:20 - 17:20
DATUM: 19.2.2023.
TRAINER: YURI

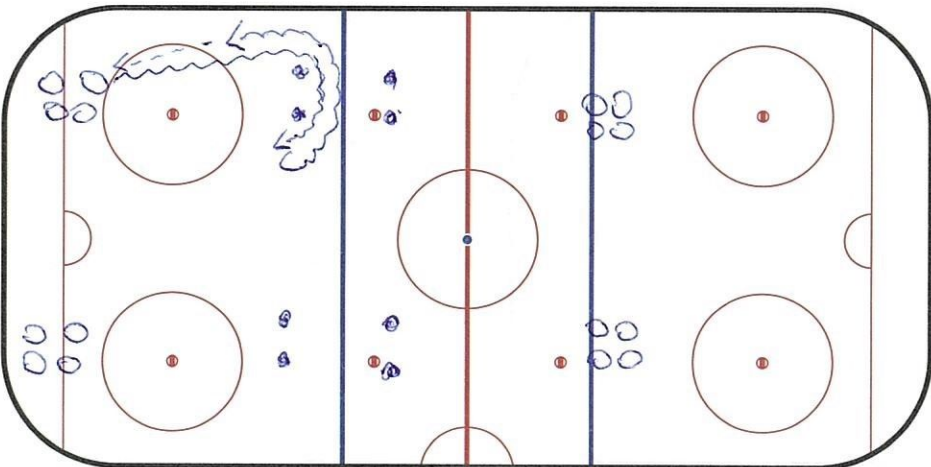
TRAININGSPLAN



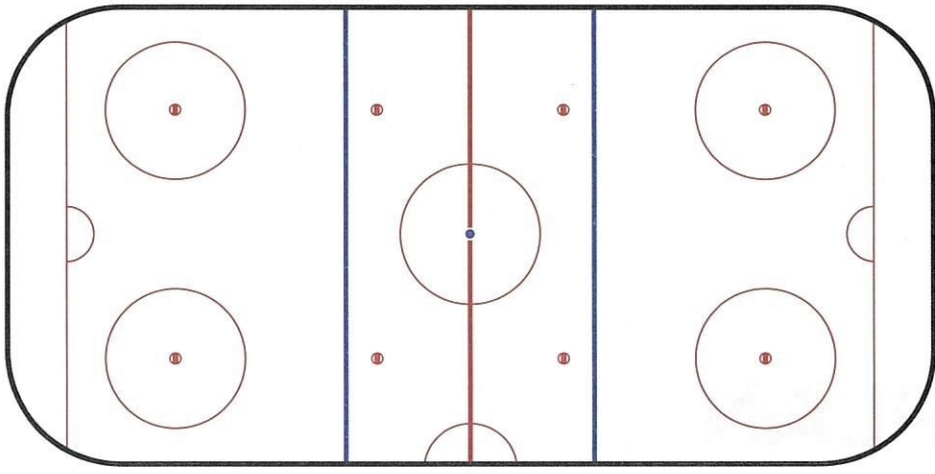
PASS-Annahme
im zu 5 im RAUKURS.
10min

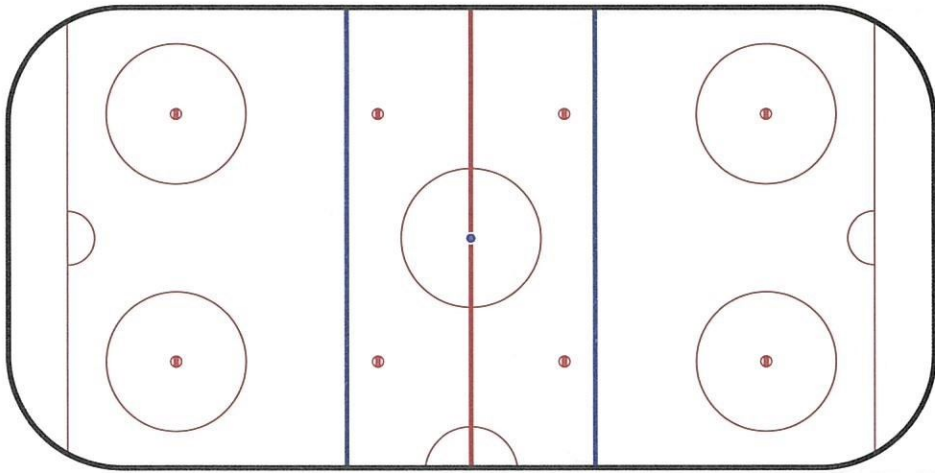


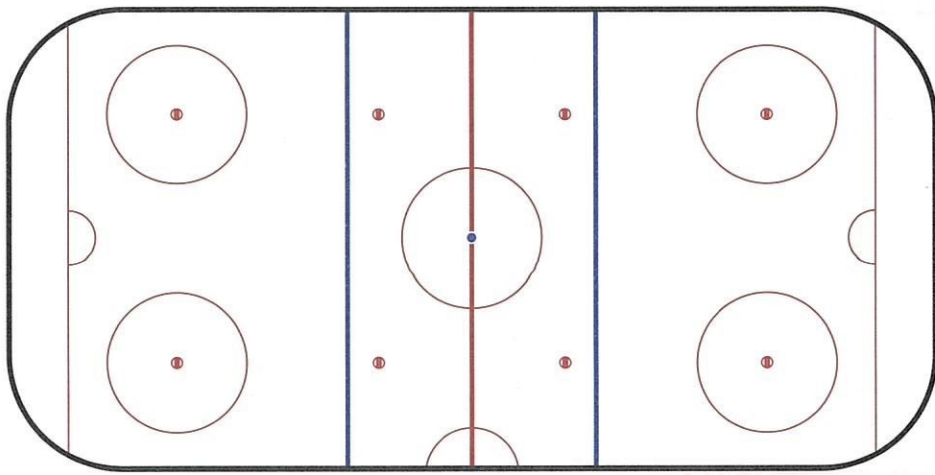
PASS-Annahme im
bewegung mit VOR-
RÜCK drehung. (1.5KR.)
15min

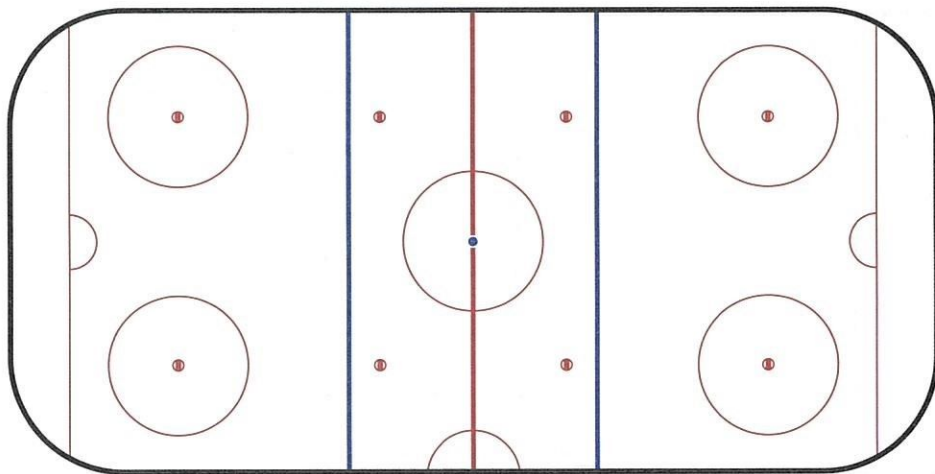


Puck kontrol mit
Aufgaben
15min
↓
Spiel 15min









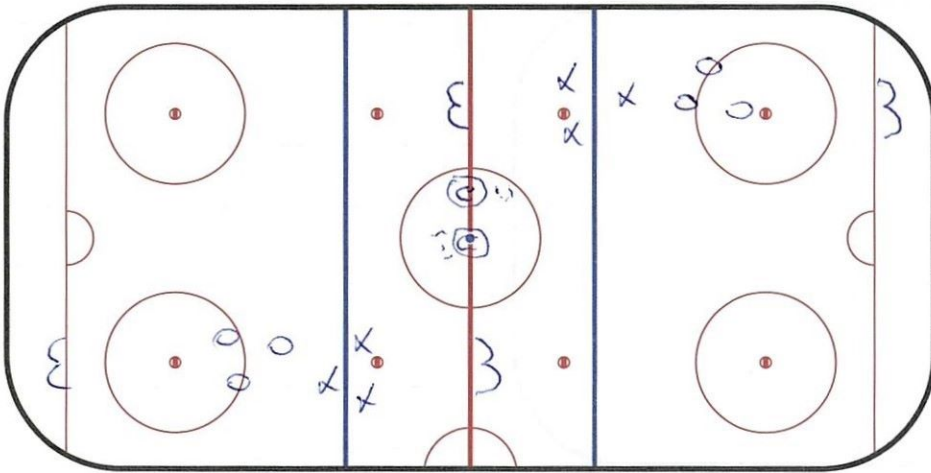


TEAM: U13, U15, 16:20-17:20

DATUM: 20.2.2024,

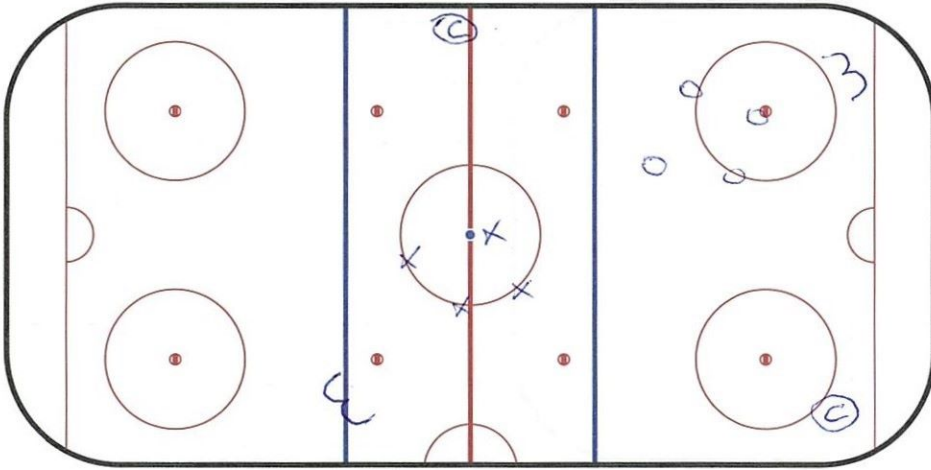
TRAINER: Yuri, Bobby

TRAININGSPLAN



Spiel 3-3

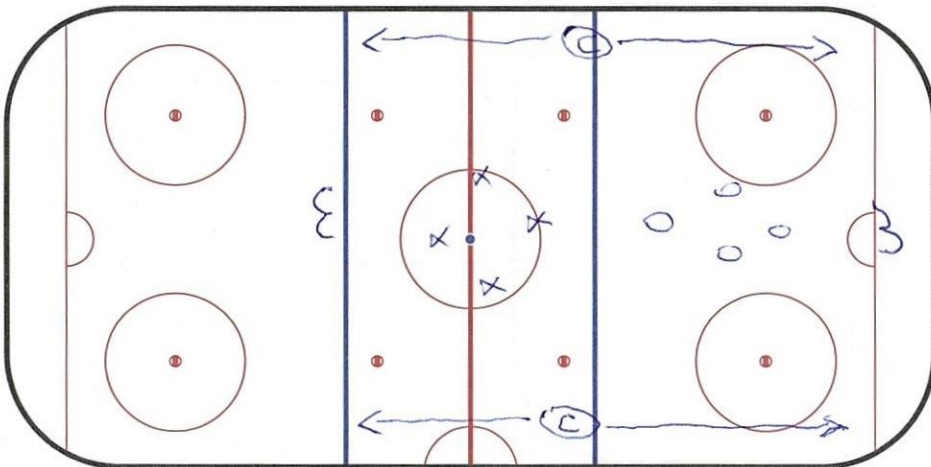
15 min



Spiel 4-4 mit

2 JOKER

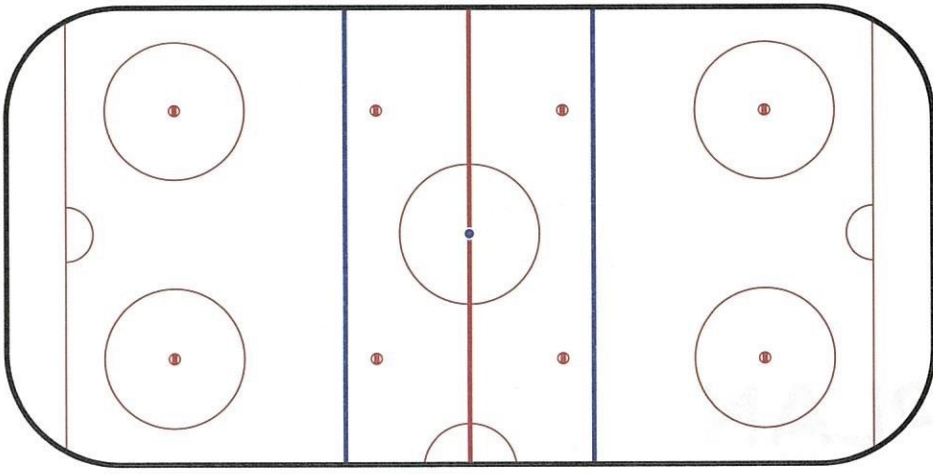
18 min

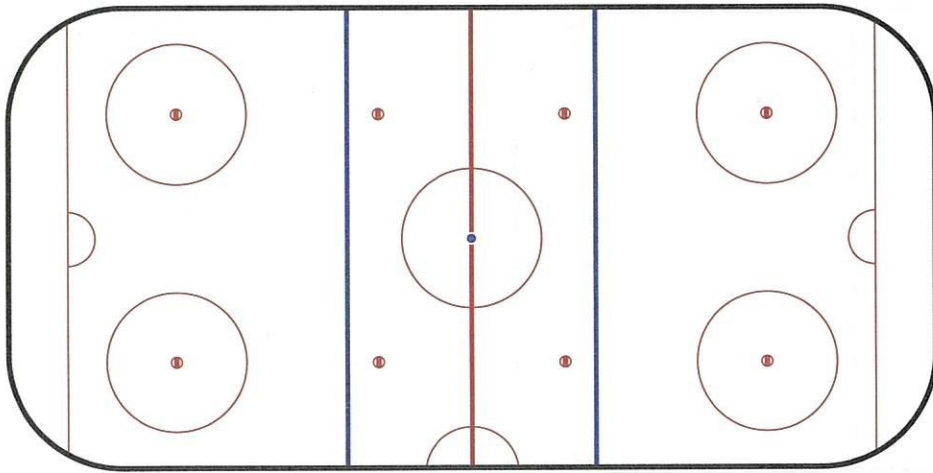


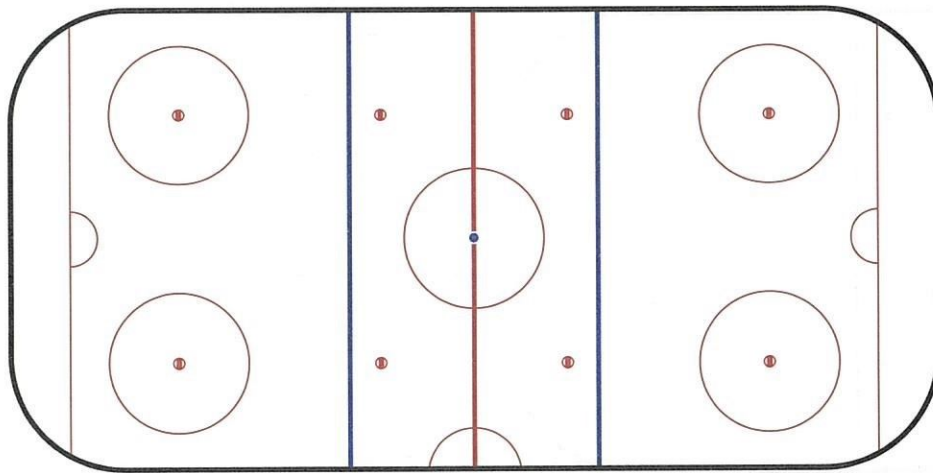
Spiel 4-4

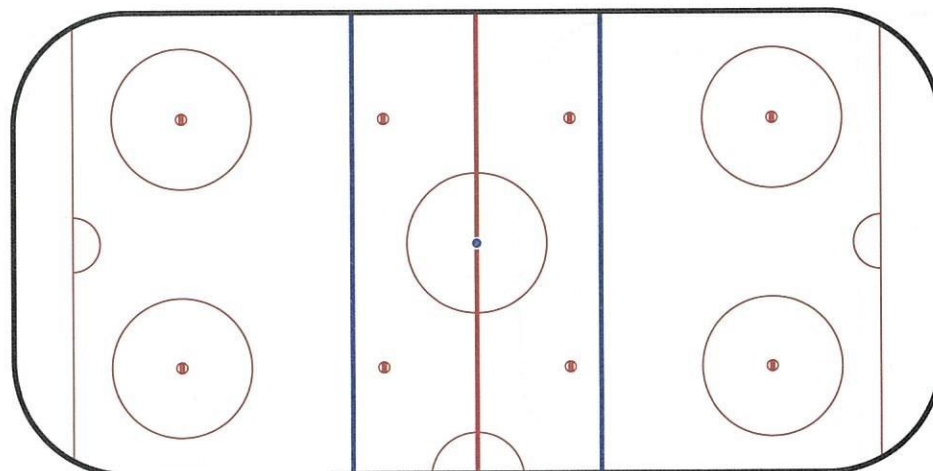
mit 2 JOKER

18 min









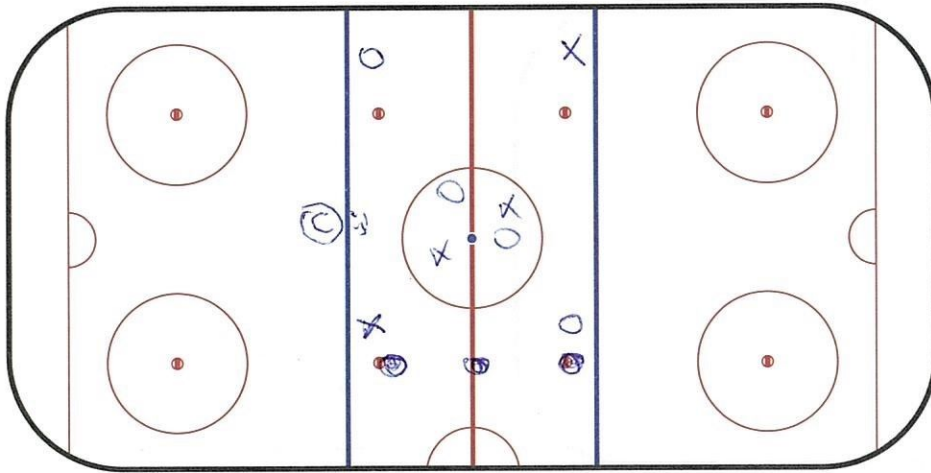


TEAM: U13, 16:40-17:40

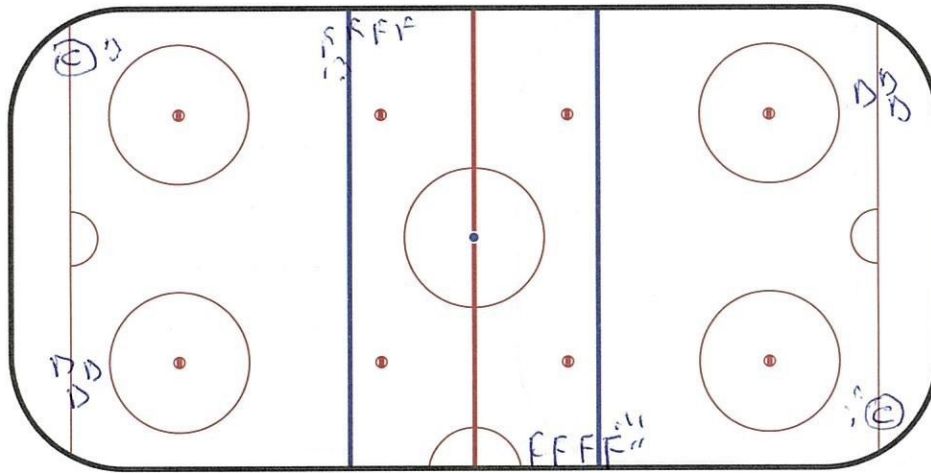
DATUM: 21.2.2024,

TRAINER: YURI, JÜRGEN

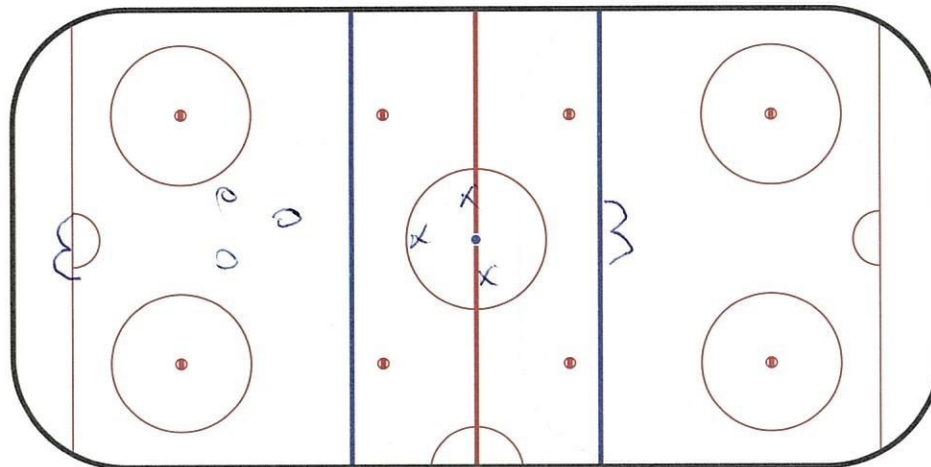
TRAININGSPLAN



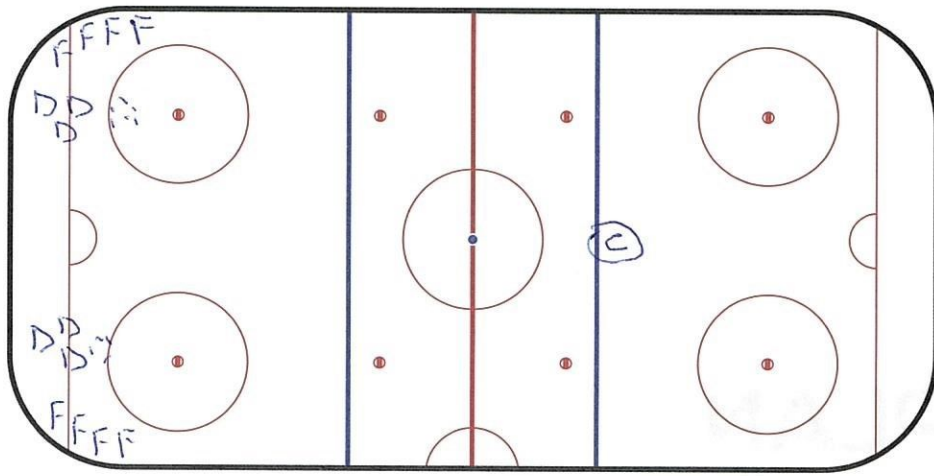
Spiel 2-2 KL,
RAUM mit 2 diagona-
nal JOGER,
10min



1-0 F-ID ZUSAMMEN
ARBEIT
12min

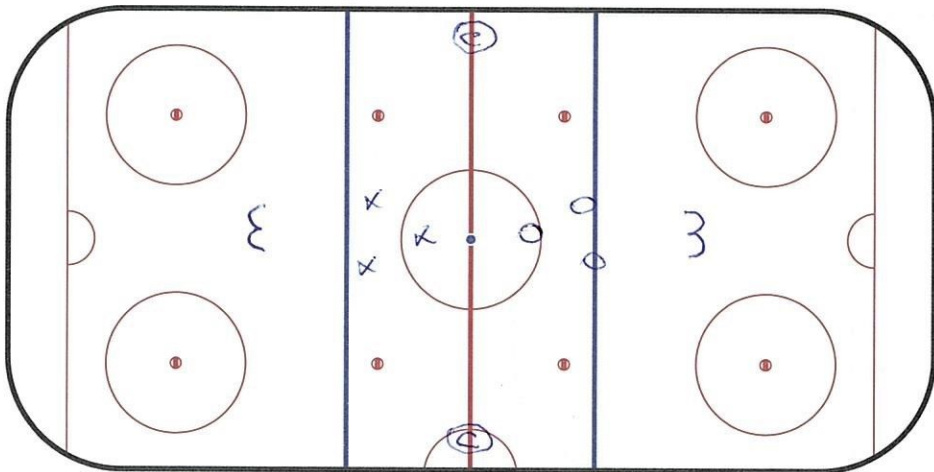


Spiel 3-3 mit
BLAU Linie
12min



2-1 nach PASS
 von IS und nach
 PASS von TR zu
 bande.

10min

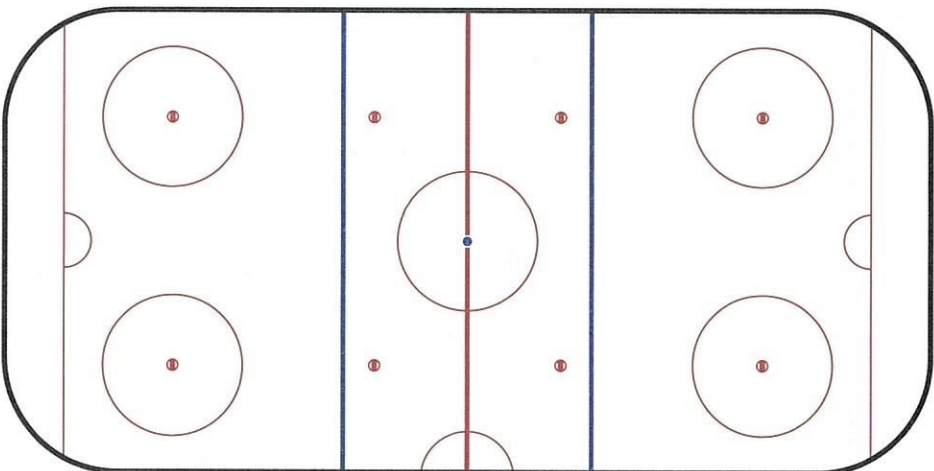
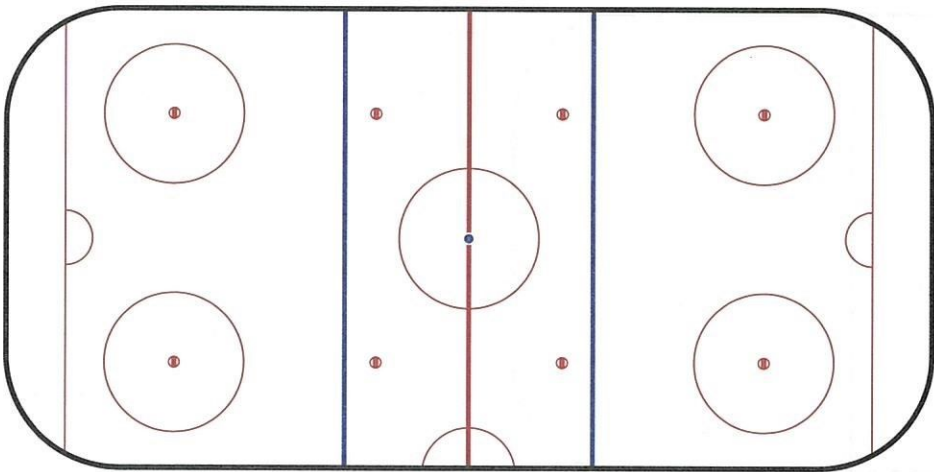


Spiel 3-3 →

→ 40x30 mit

2 JOKER

13min



Blank lined area for notes.

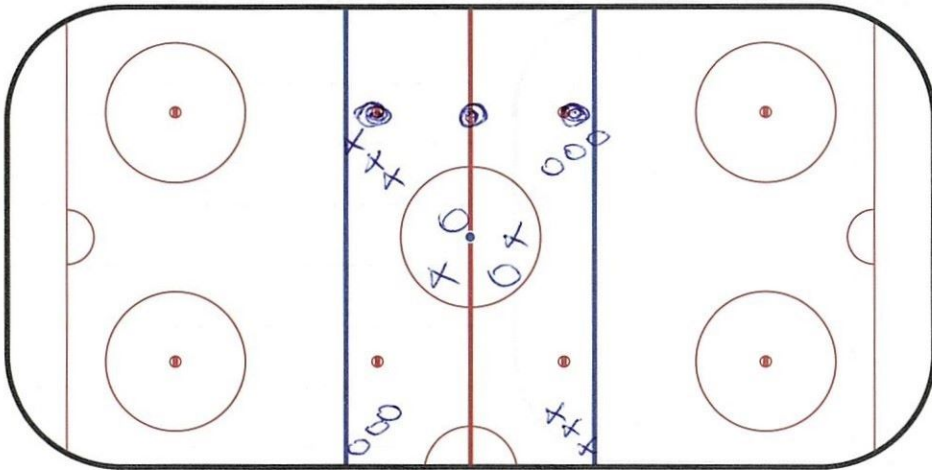


TEAM: U13, 16:40-17:40

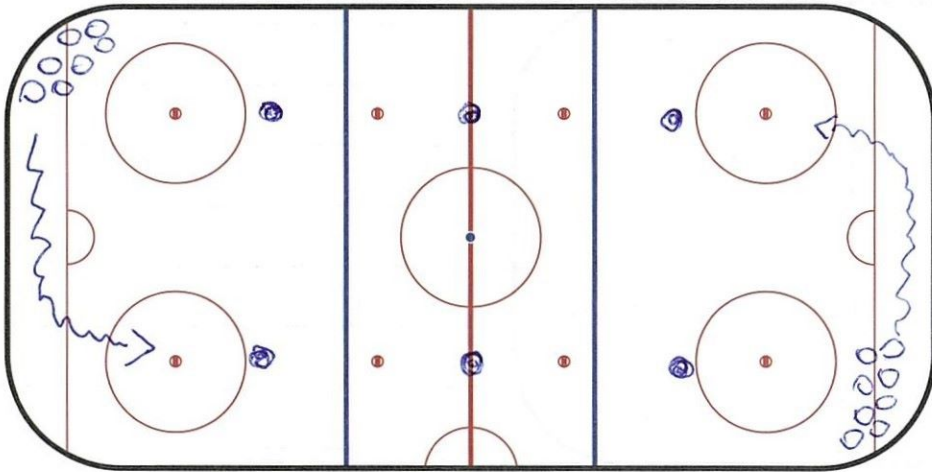
DATUM: 23.2.2024,

TRAINER: Yuri, Jürgen,

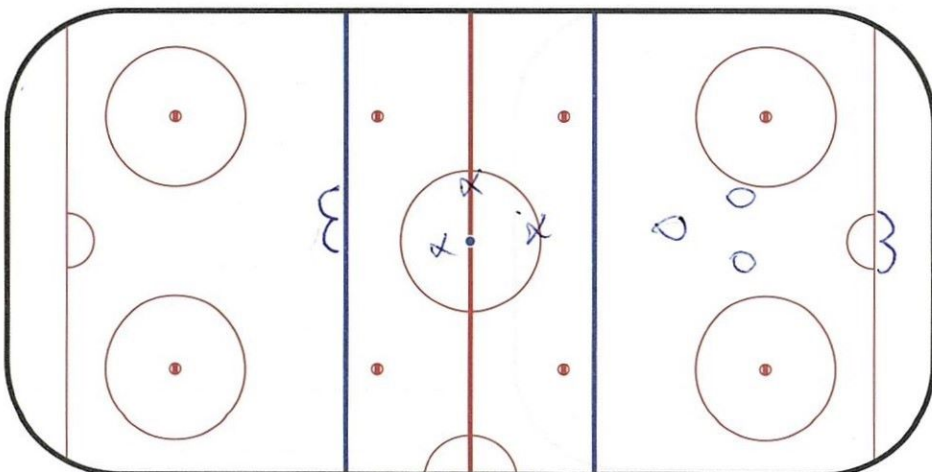
TRAININGSPLAN



Spiel 2-2+2,
10 min



1-0 individuelle
Technik → schritte
Arbeit ohne puck
berühren,
10 min



Spiel 3-3 mit
blau Linie
12 min

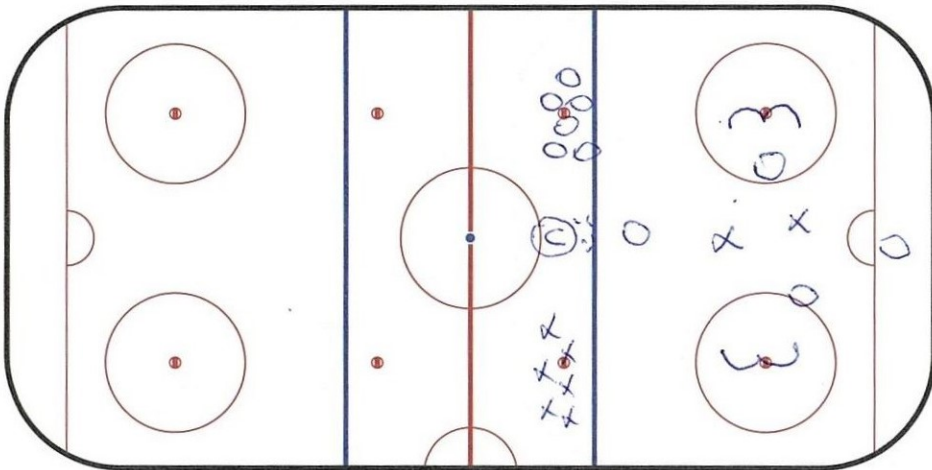


TEAM: U13, 16:40-17:40

DATUM: 28.2.2024.

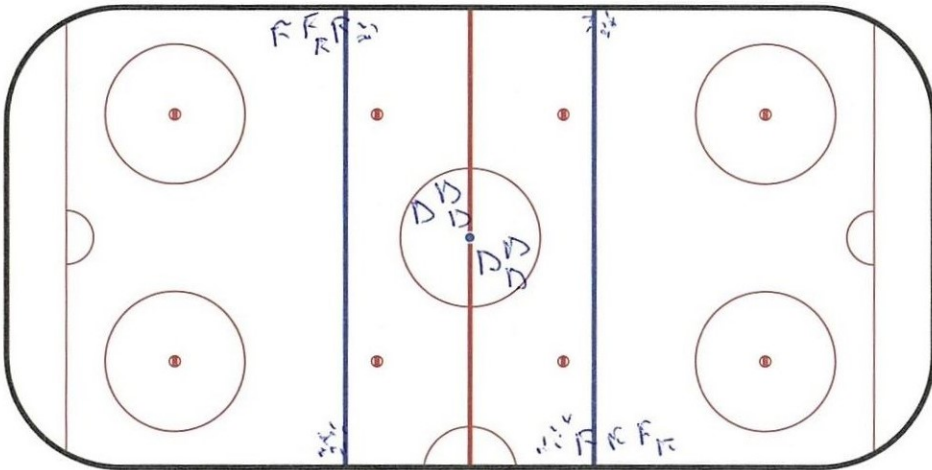
TRAINER: YURI, JURGEN.

TRAININGSPLAN



Spiel 4-2 Überzahl

15min

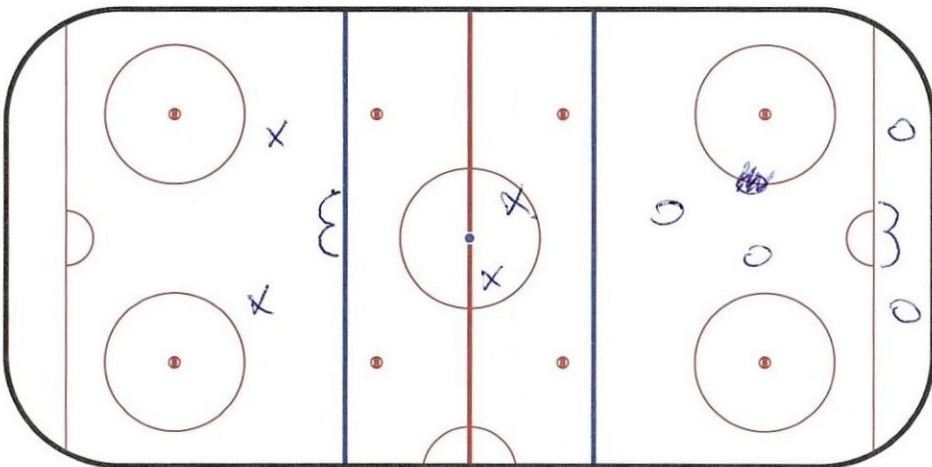


1-0-2-0 + D → KREUZ F

→ schuss von D →

→ ~~ARBEIT~~ ARBEIT VOR TOR

13min



Spiel 2-2 + 2 →

3-2

13min



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

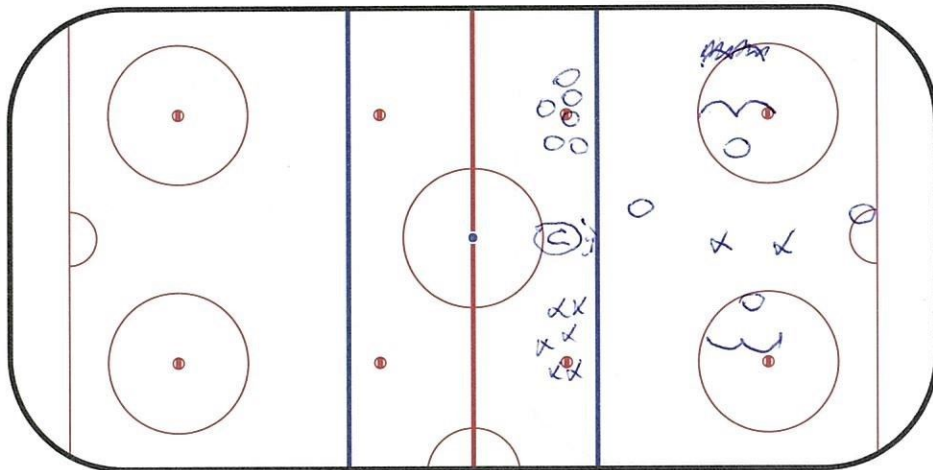
DATUM: 27.2.2024,

TRAINER: YURI, MARC.

TRAININGSPLAN

U15

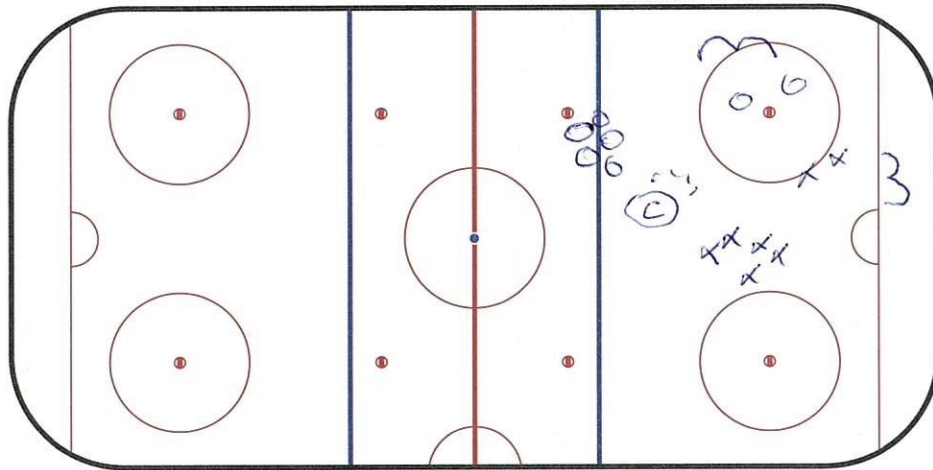
U13



Spiel Überzahl

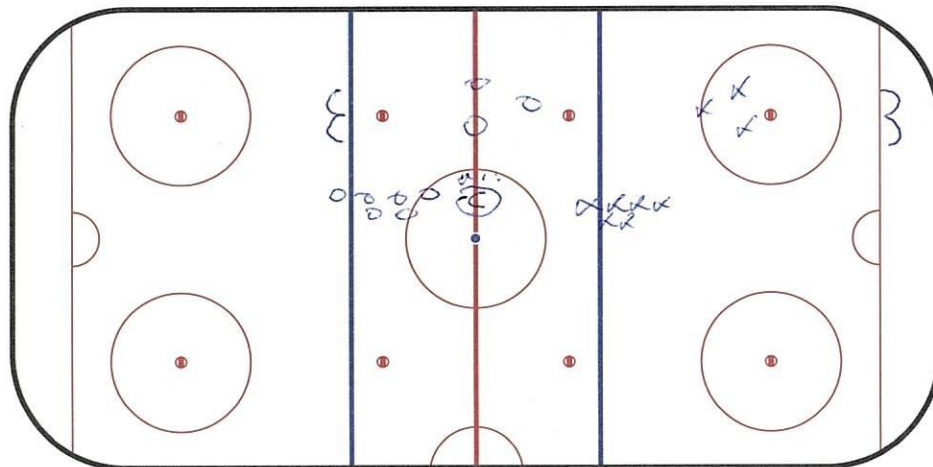
4-2

15min



Spiel 2-2 KL PLATZ

10min



Spiel 3-3 mit

blau Linie → auf
Helfte,

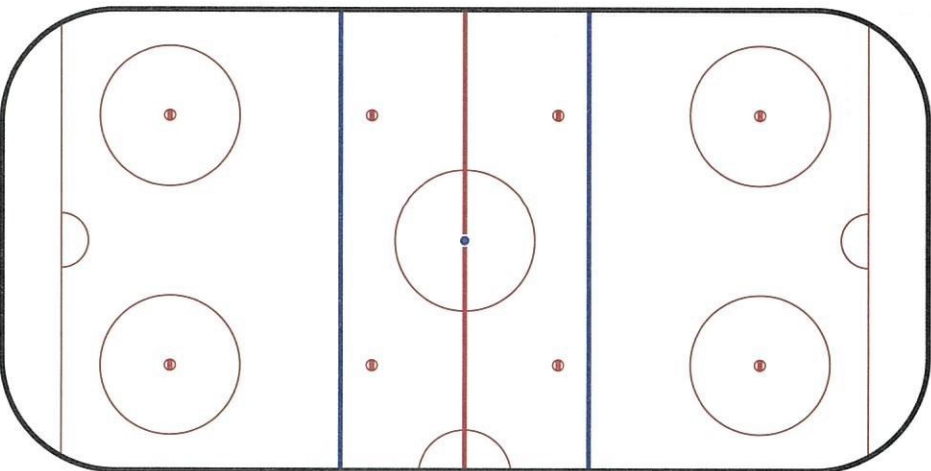
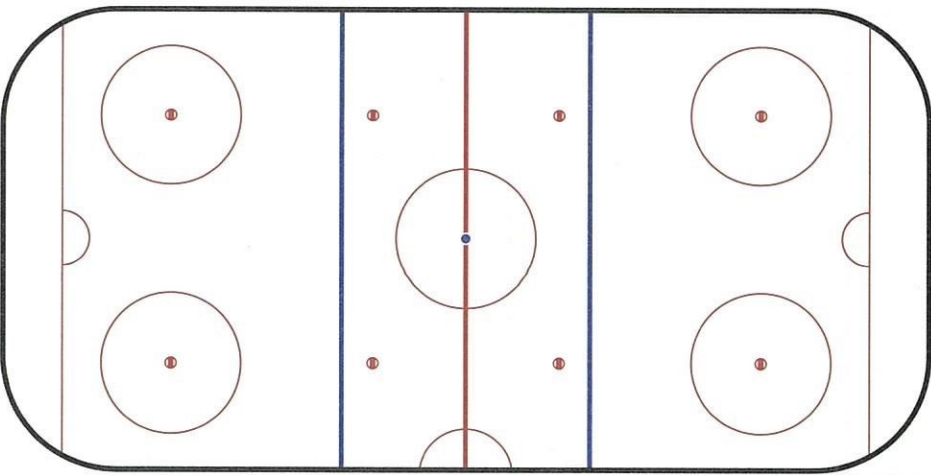
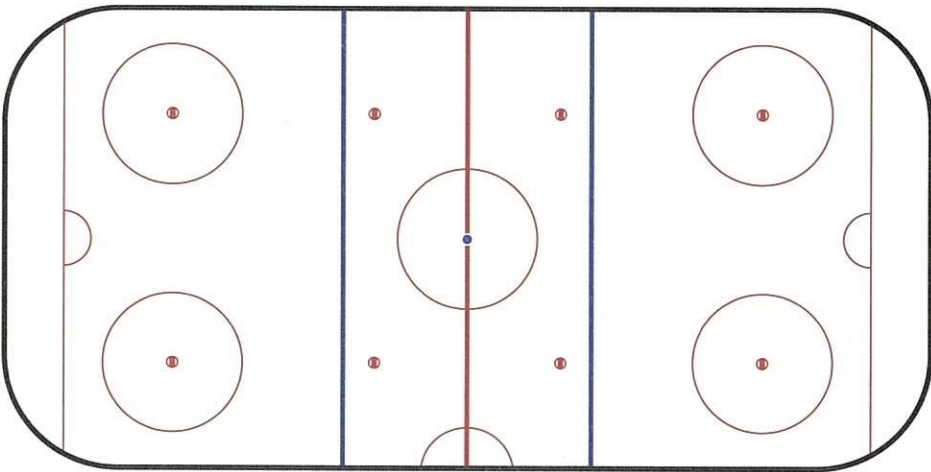
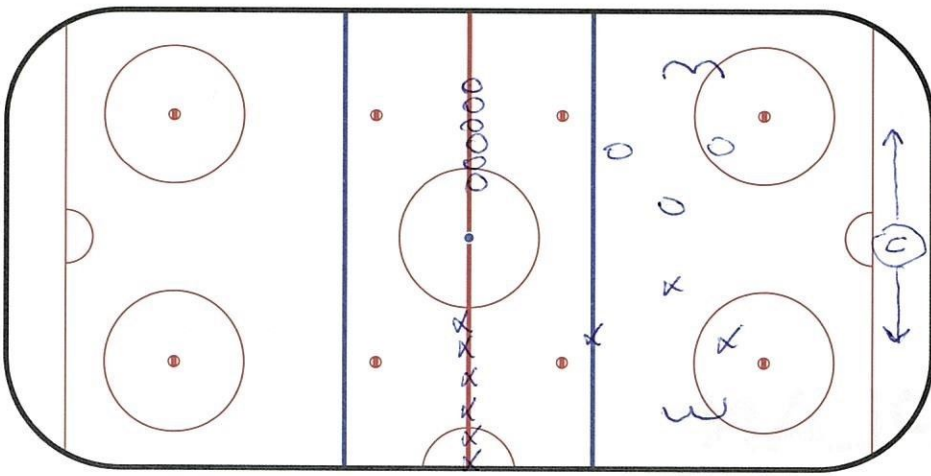
10min

Spiel 3-3 Auf

Halbe zone →

→ TR JOKER

15 min



A series of horizontal lines for writing, corresponding to the four rink diagrams above.

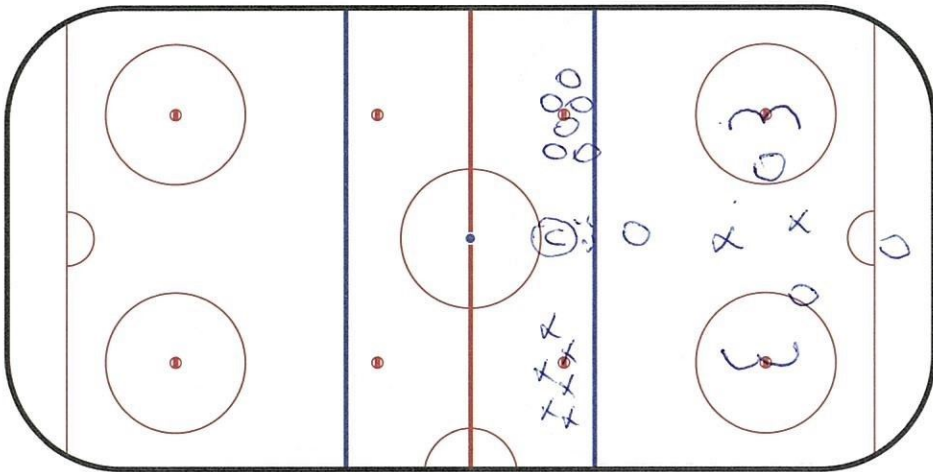


TEAM: U13, 16:40-17:40

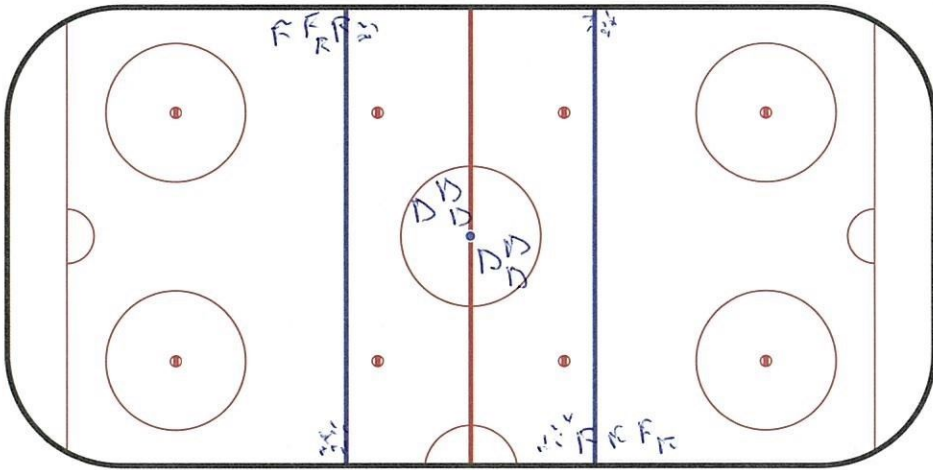
DATUM: 28.2.2024.

TRAINER: YURI, JURGEN.

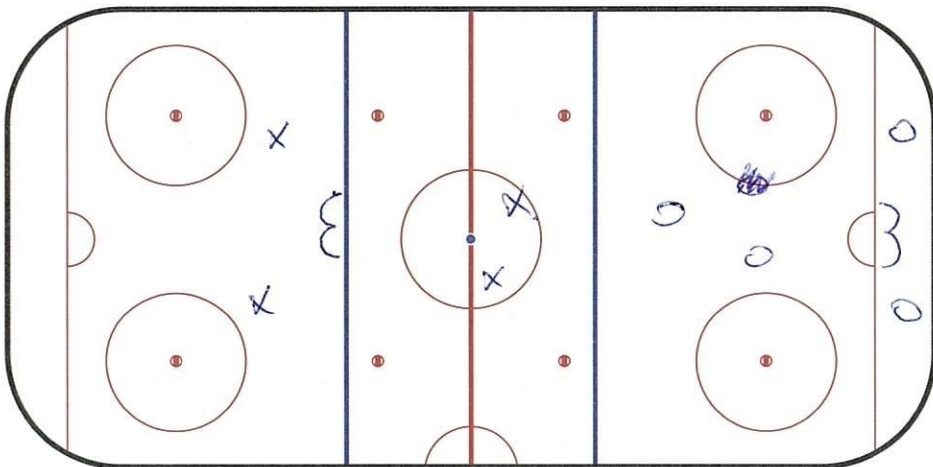
TRAININGSPLAN



Spiel 4-2 Überzahl
15min



1-0-2-0 + D → KREUZEN
→ schuss von D →
→ ~~ARBEIT~~ ARBEIT VOR TOR,
13min



Spiel 2-2 + 2 →
3-2
13min

