

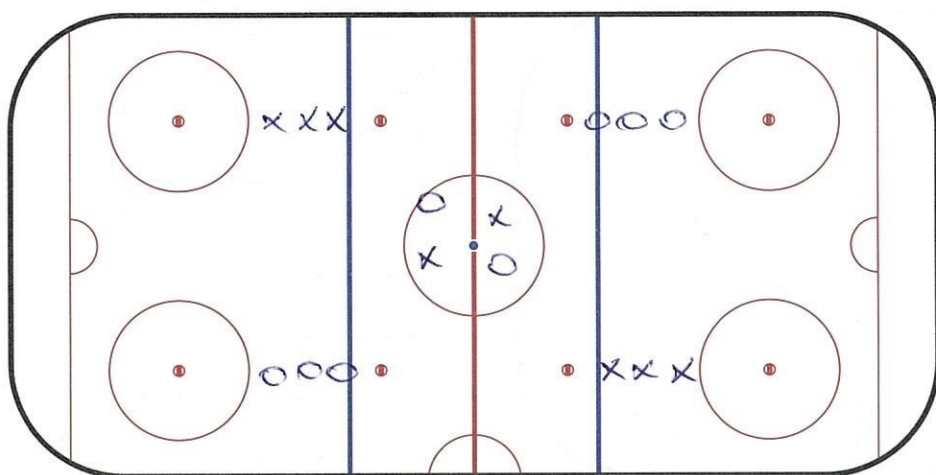


TEAM: U15, 16:10-17:10

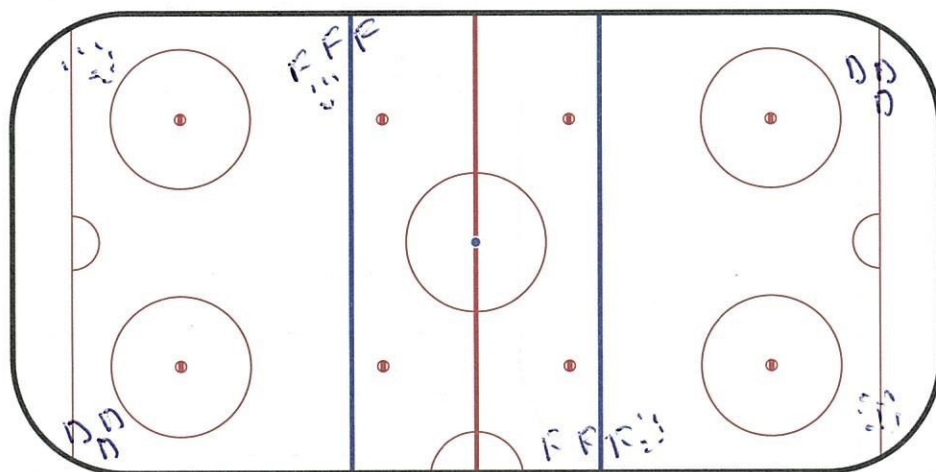
DATUM: 28.8.2023

TRAINER: YURI, MARC.

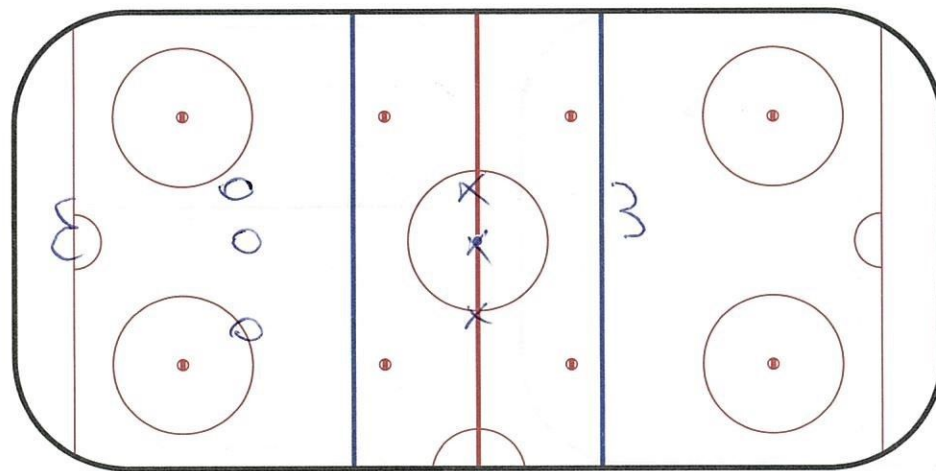
# TRAININGSPLAN



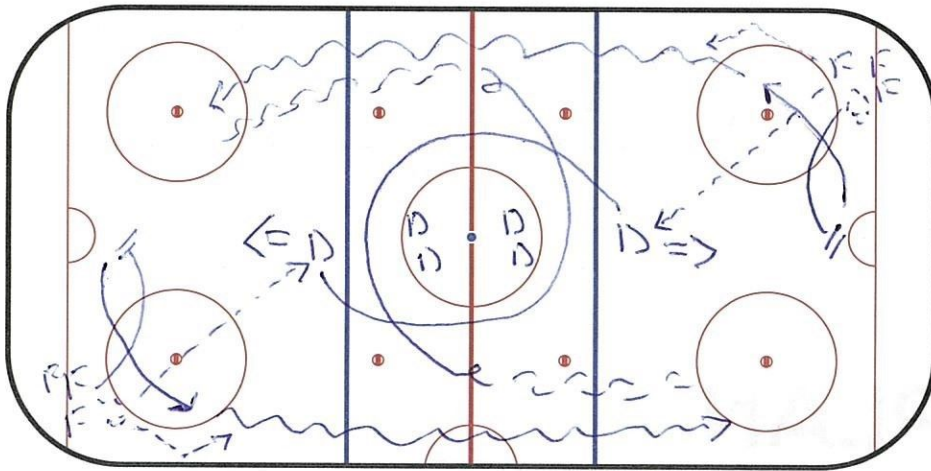
Spiel 2-2 mit  
2 Diagonal Joker.  
10min



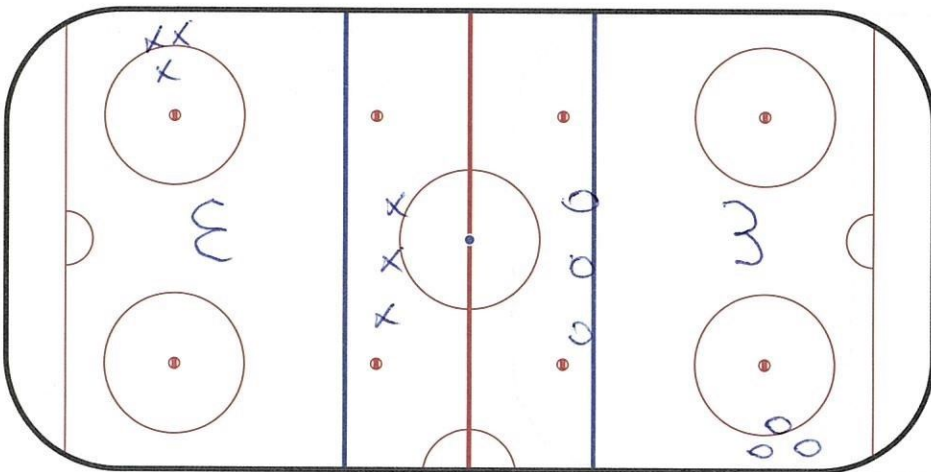
1-0 F-10 zusammen  
Arbeit  
10min



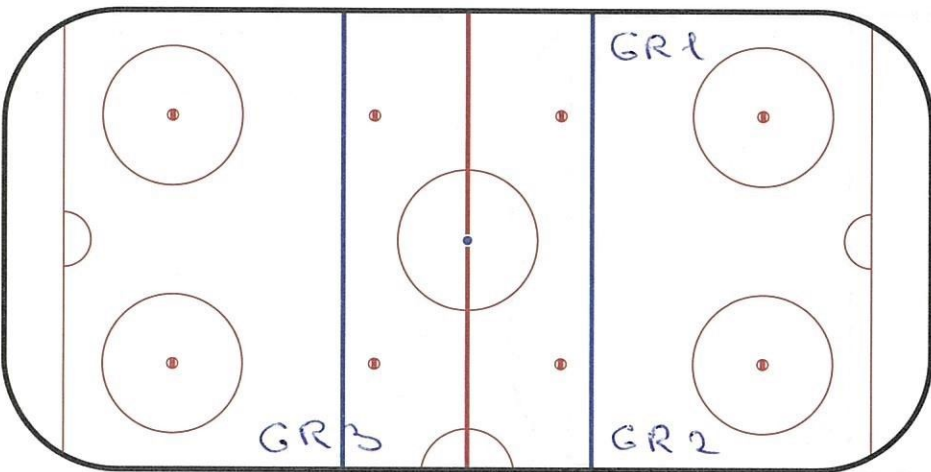
Spiel 3-3 mit  
blau Linie  
10min



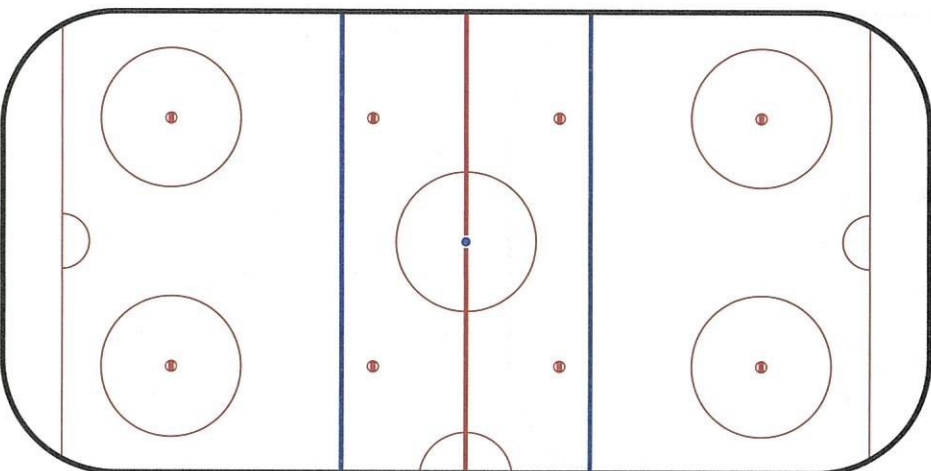
1-1 → PASS VON F  
→ SCHUSS VON D  
10-12 min



SPIEL 40x30 3-3  
TR JOKER FÜR  
BEIDE TEAMS  
10-12 min



3 GR → 2 RUNDEN →  
→ 2 RUNDEN

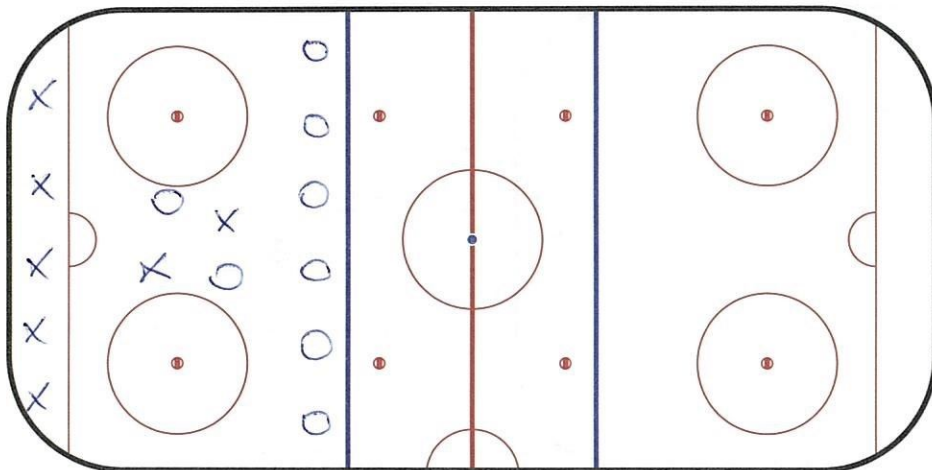




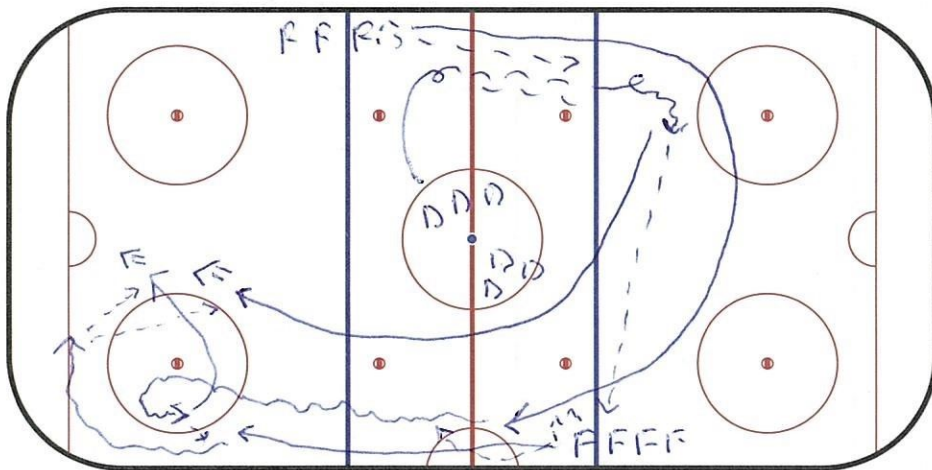
TEAM: U15, ~~10-40-12-100~~  
 DATUM: 29.8.2023.  
 TRAINER: YURI.

29.8, 30.8  
 wenig Spiele  
 F-15 Übungen  
 → Kl. Spiele,

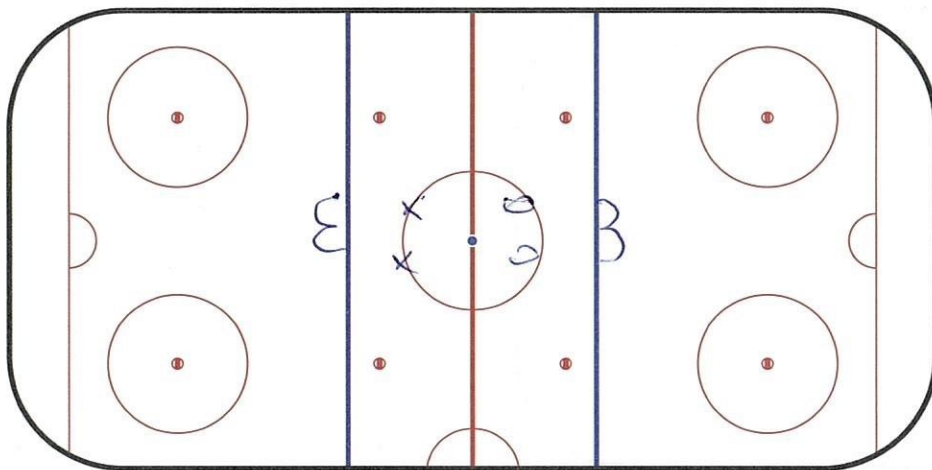
# TRAININGSPLAN



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



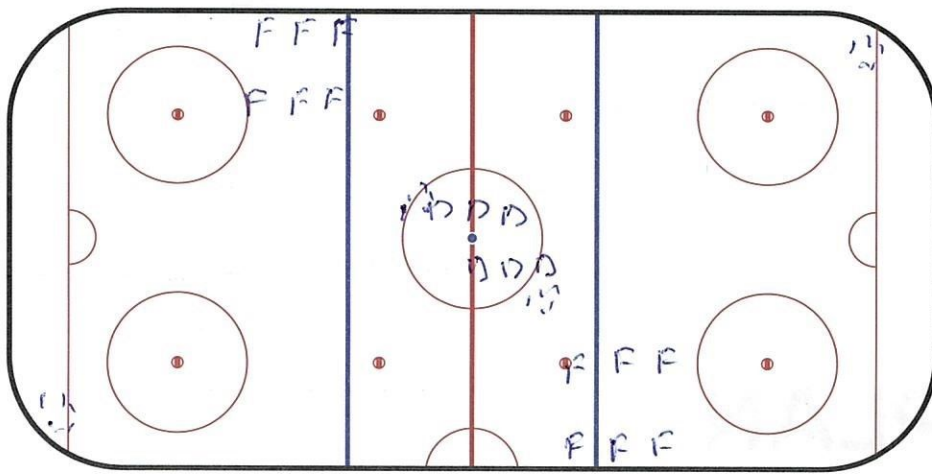
2-0 + 10 → FURER  
 6 x 6 → 12 min



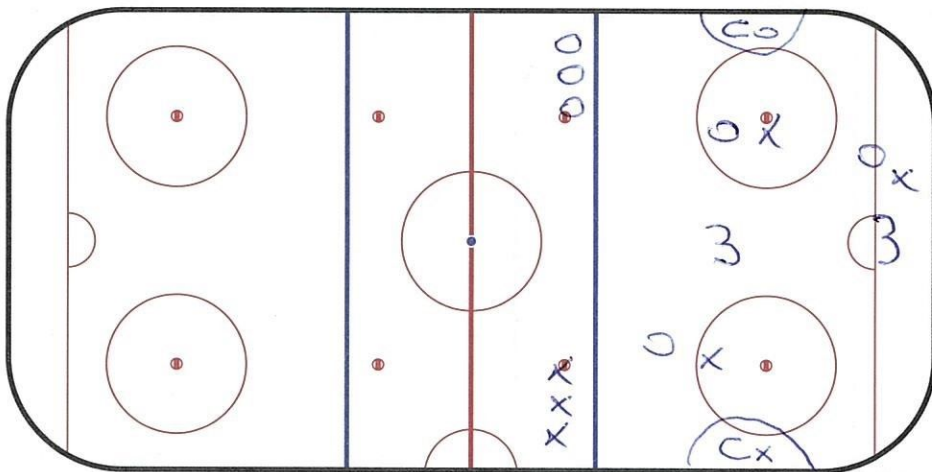
Spiel 2-2 mitte  
 kleine PLATZ.  
 10 min

XXXXXX OOOOO

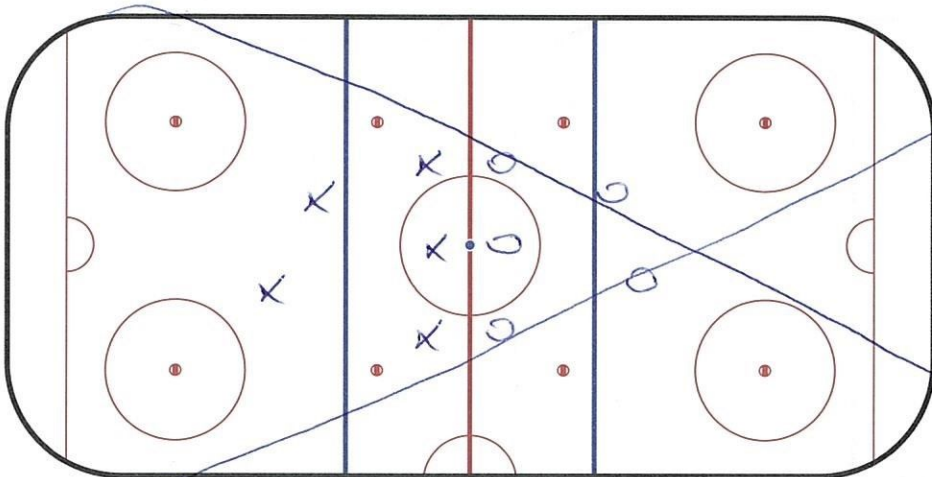




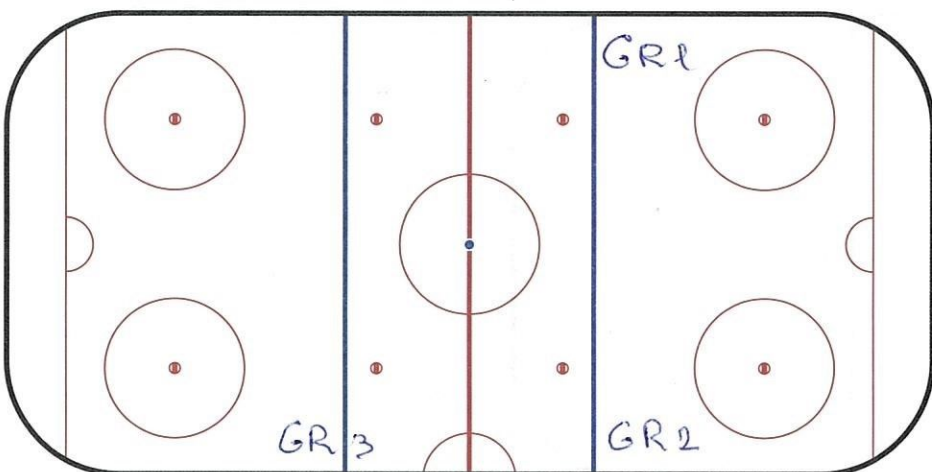
2-1-2 mal →  
mitte und ecke.  
10-12 min



Spiel zone 3-3  
TR JÜGER FÜR SEIN  
TEAM → TORE ZÄHLEN  
IN BEIDE TOREN.  
10 min



~~Spiel 5-5 ganze  
eis  
12 min~~



3 GR → 2 Rd. → 2 Rd.



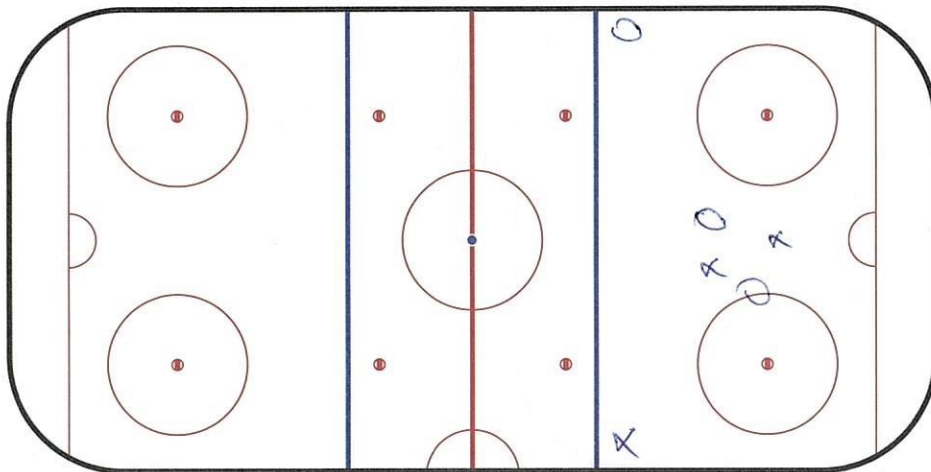


TEAM: U15 16:10-17:10

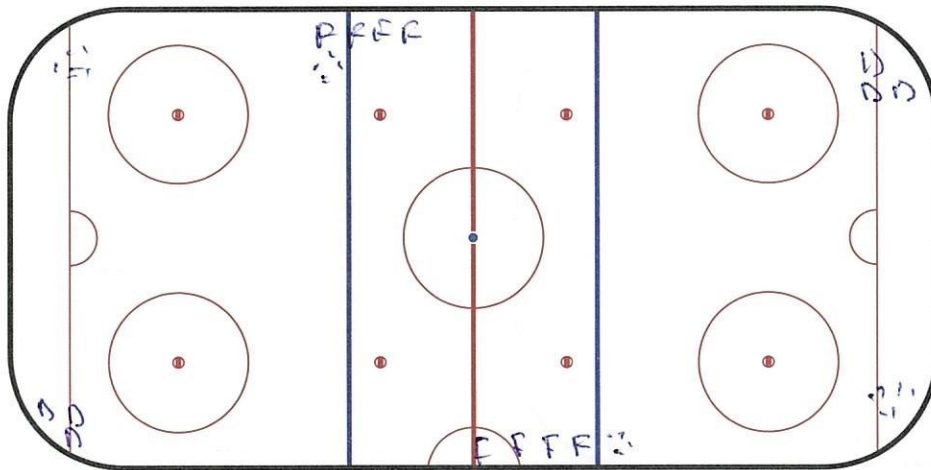
DATUM: 4.9.2023

TRAINER: Yuri

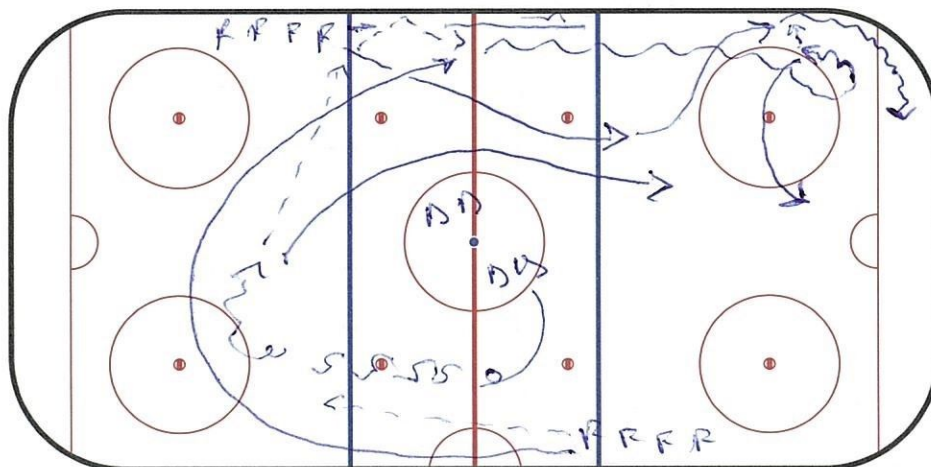
# TRAININGSPLAN



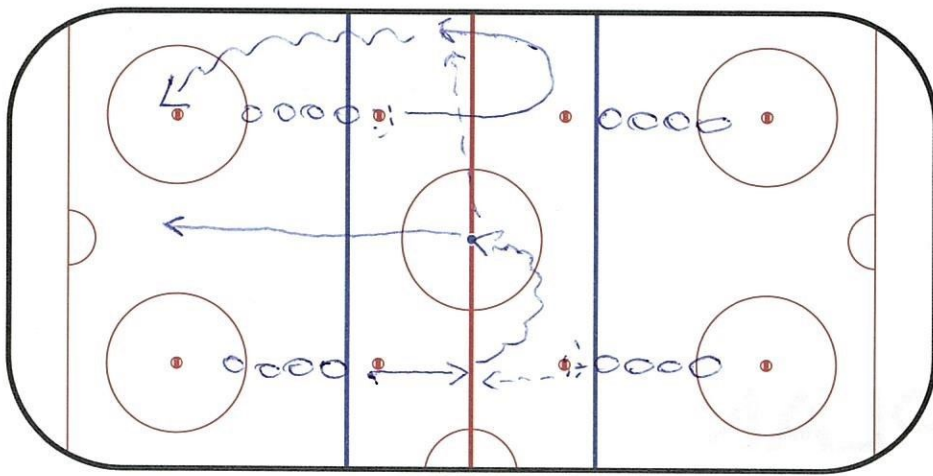
Spiel 2-2 mit  
1 Joker oben pro  
Team → Joker  
geht rein wenn sein  
Team Puck hat  
10min



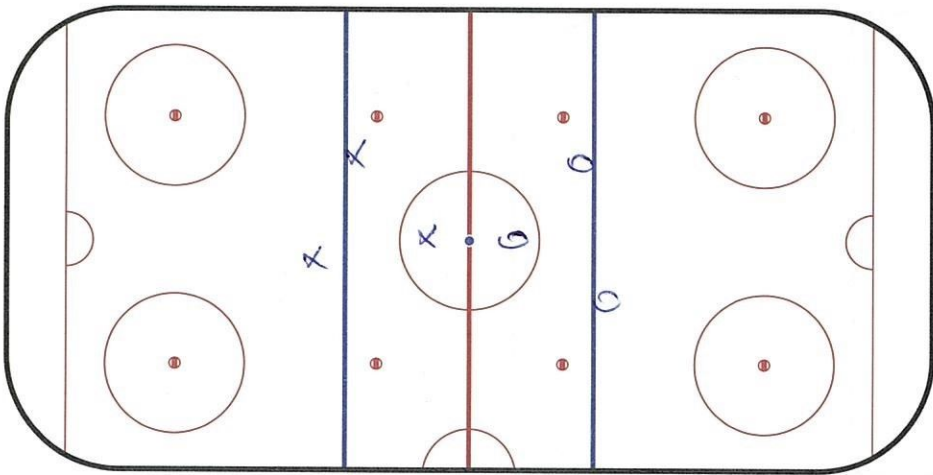
1-0 F-D zusammen  
Arbeit  
10min



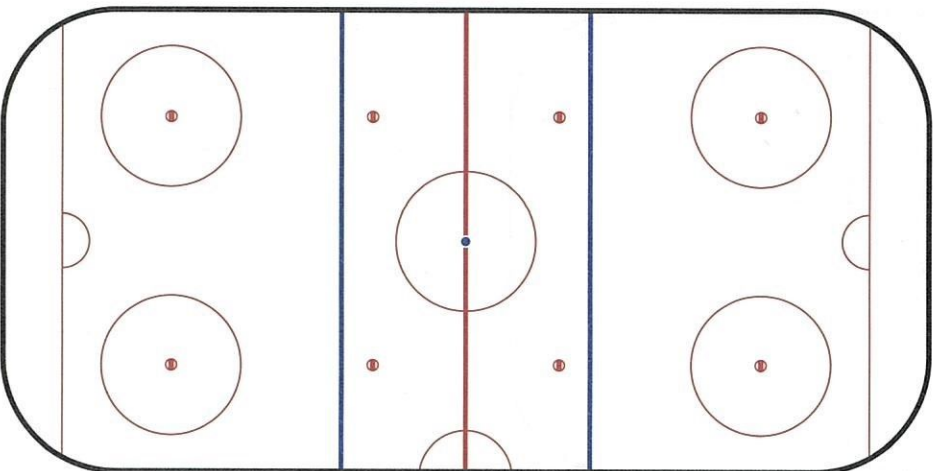
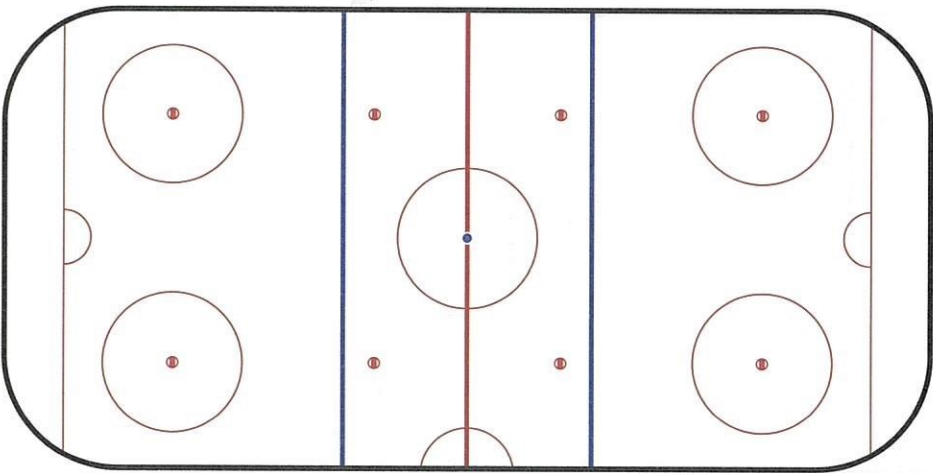
2-0 R-D zusammen  
Arbeit mit Kreisen  
10min



2-0 schneller  
umschalten mitte  
zone  
10 min



3-3 ganze eis  
→ TOR ZÄHLT wenn  
ALLE SPIELER HINTER  
gegnerische blau  
sind  
15 min



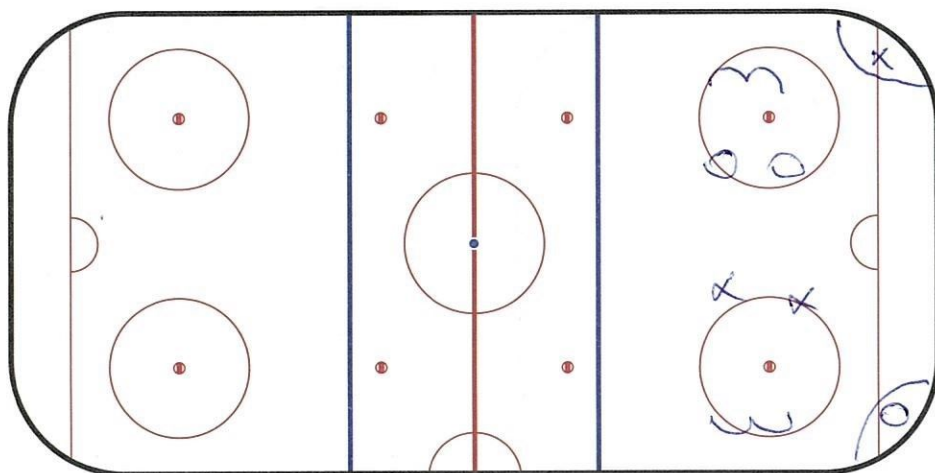


TEAM: U15, 17:00 - 18:00

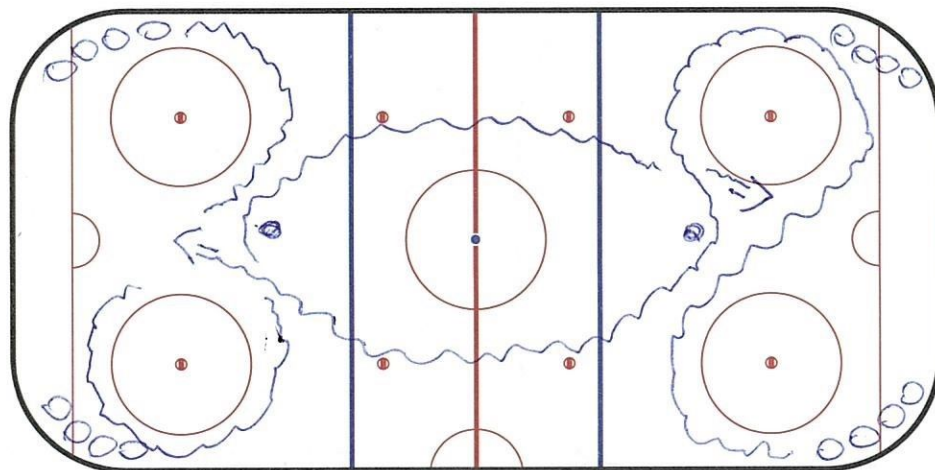
DATUM: 6.9.2023

TRAINER: YURI

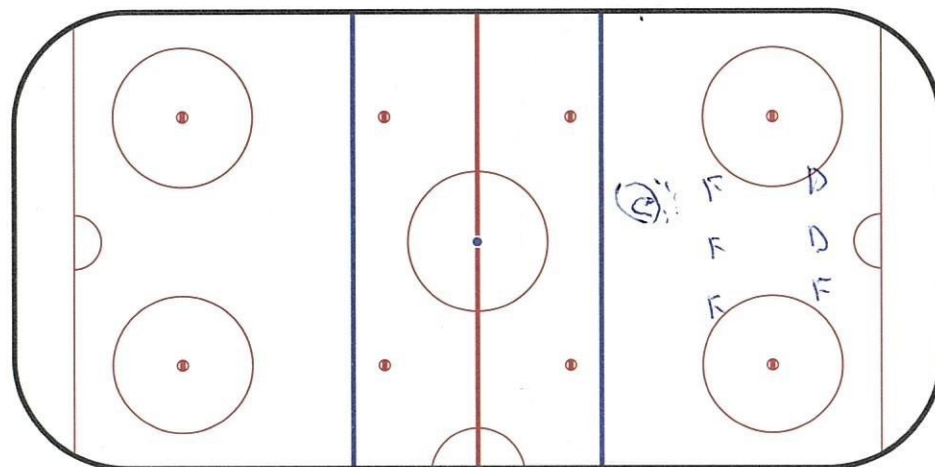
# TRAININGSPLAN



Aufwärmen  
2-2 mit SOKER  
im ecke  
10 min

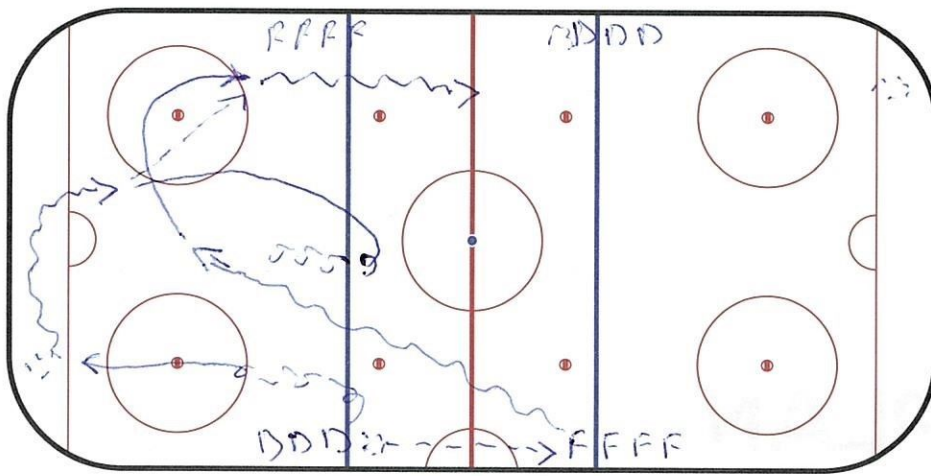


1-0 → tempo  
mit Übersetzen  
10 min

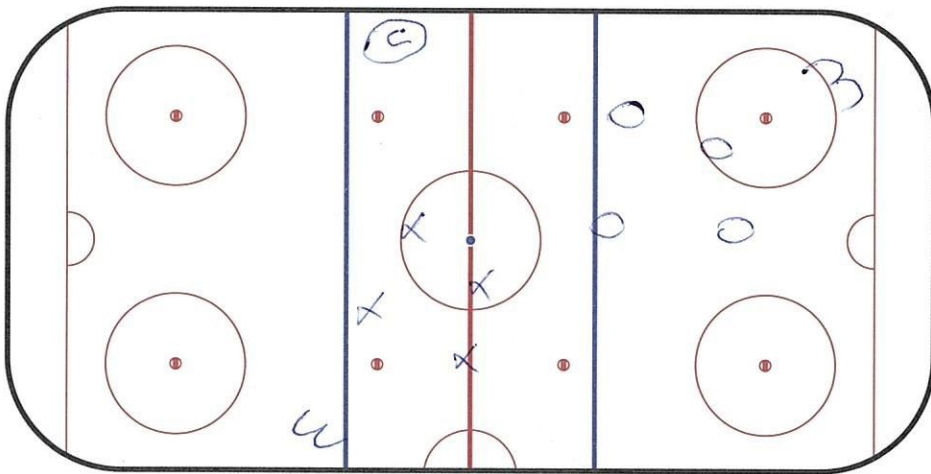


3-3 im zone  
3F - 2D + F  
10-12 min

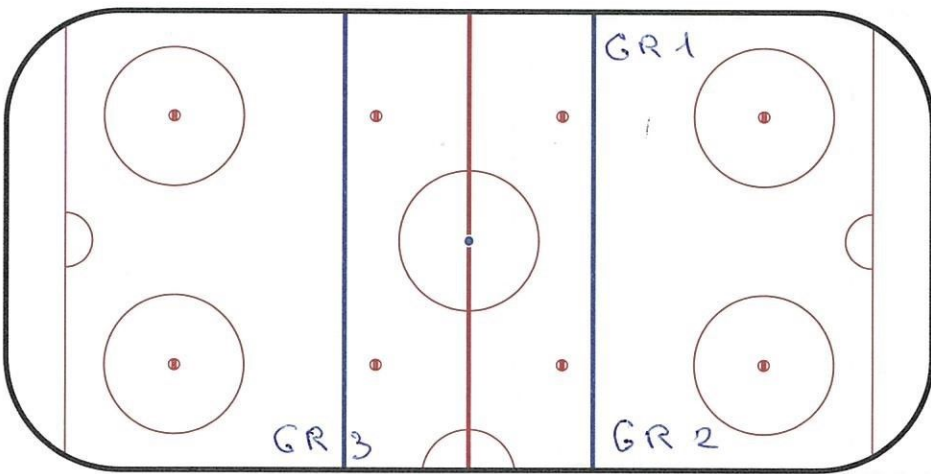




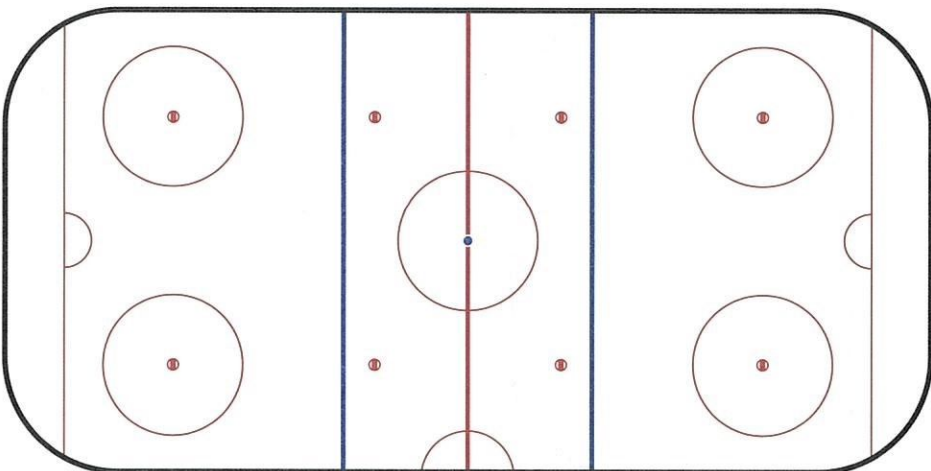
1-1 nach PASS  
von D  
12 min



Spiel 4-4  
TR Joker für beide  
10 min



3GR. → 2R → 2R



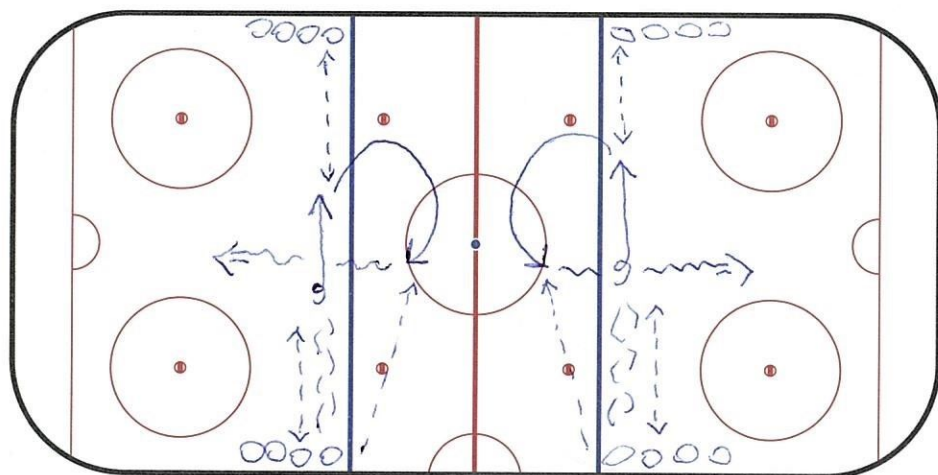


TEAM: U15, 14:40-15:35

DATUM: 7.9.2023

TRAINER: YURI

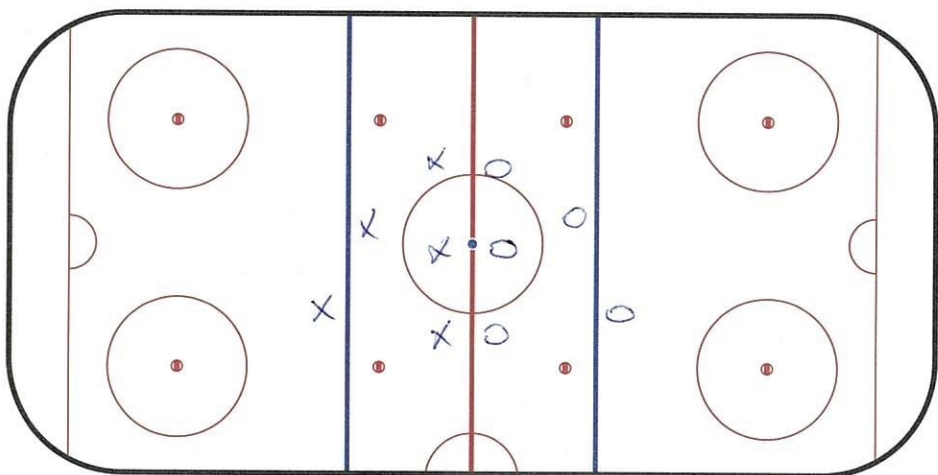
# TRAININGSPLAN



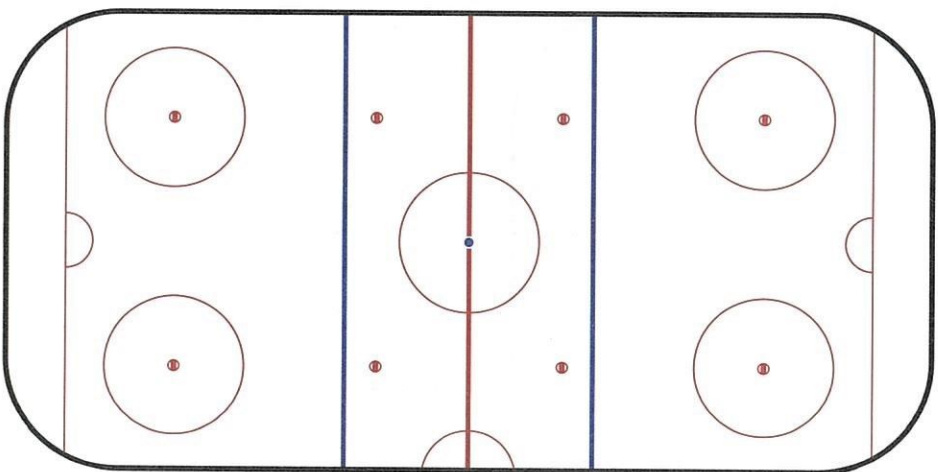
1-0 aufwärmen

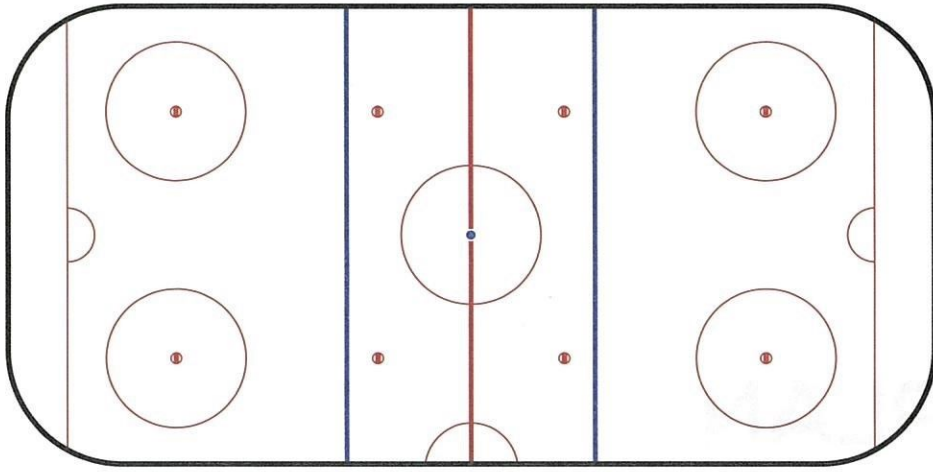
2 zonen

10 min



Spiel 5-5 ganze  
eis mit bull.





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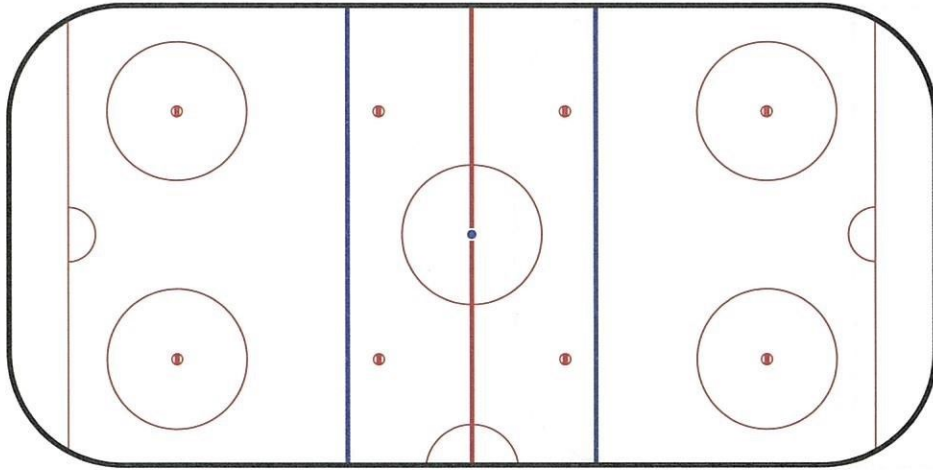
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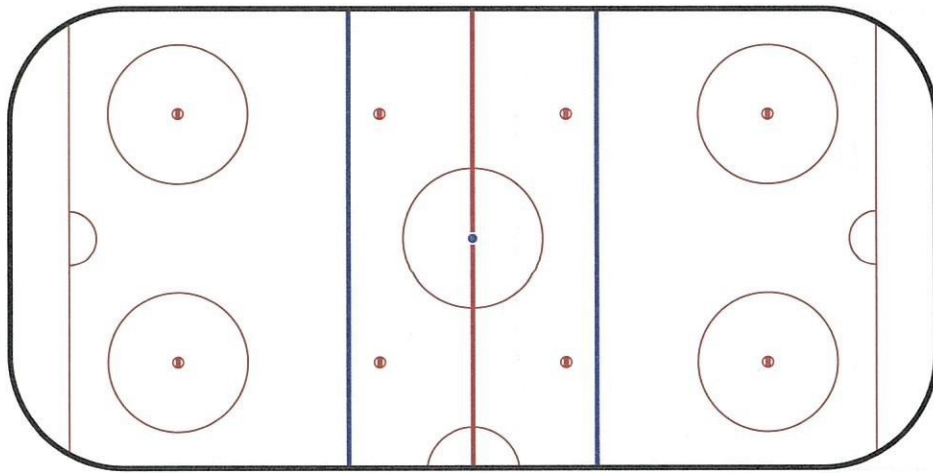
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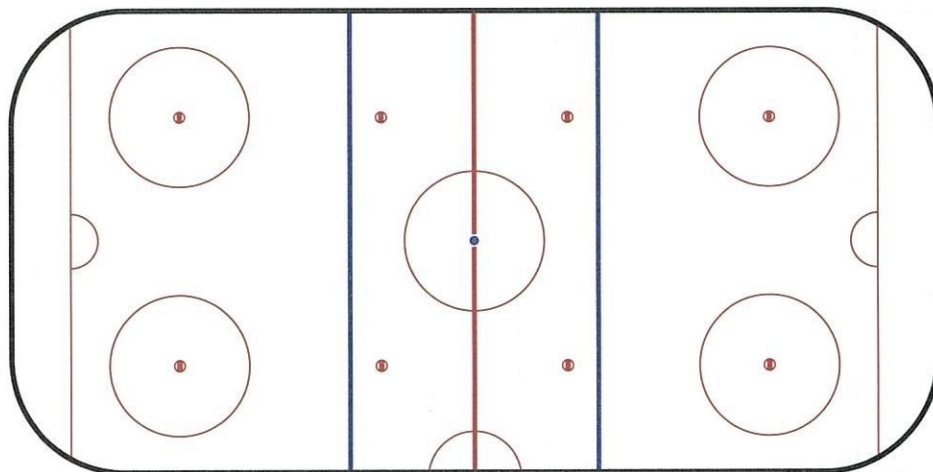
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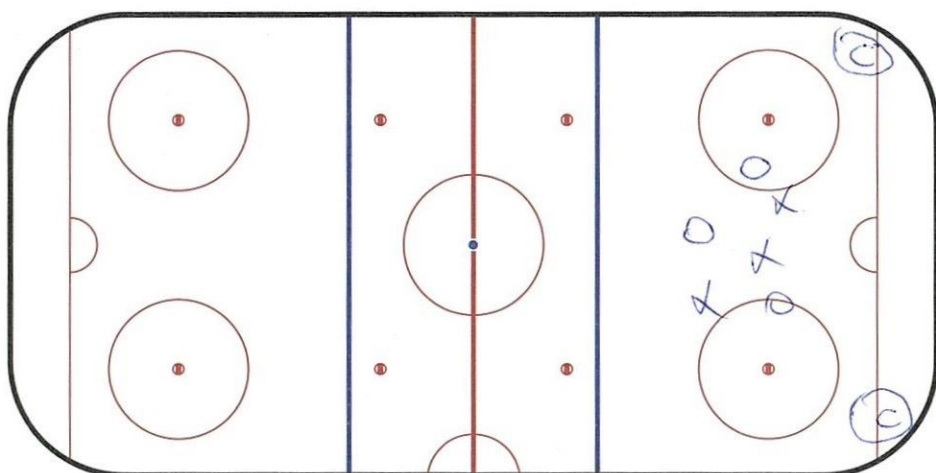


TEAM: U15, 16:40-17:40

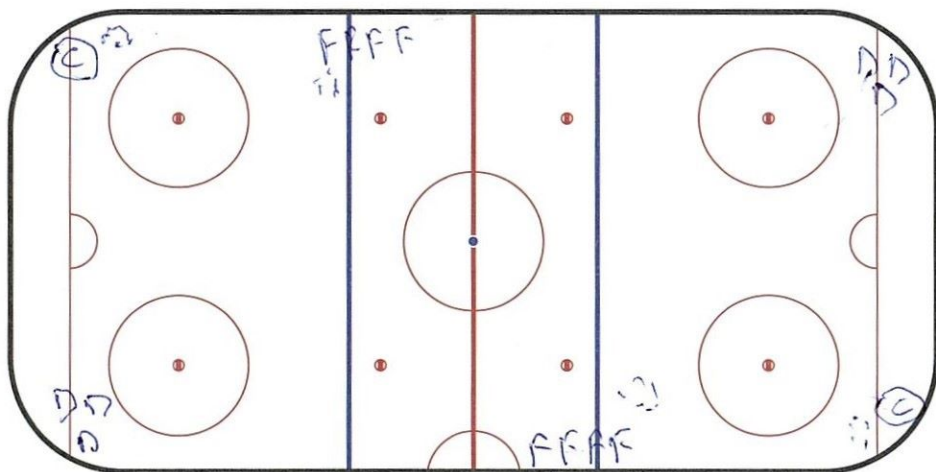
DATUM: 14.9.2023 → 15.9.2023

TRAINER: YURI, MARC.

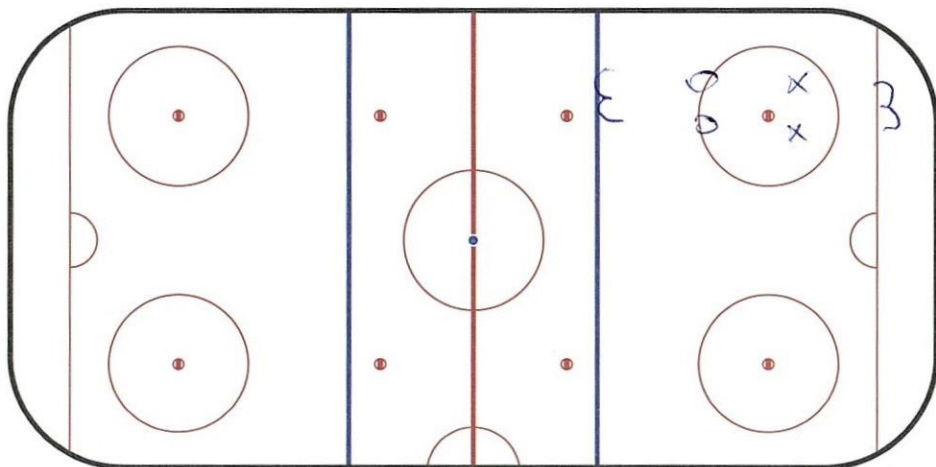
# TRAININGSPLAN



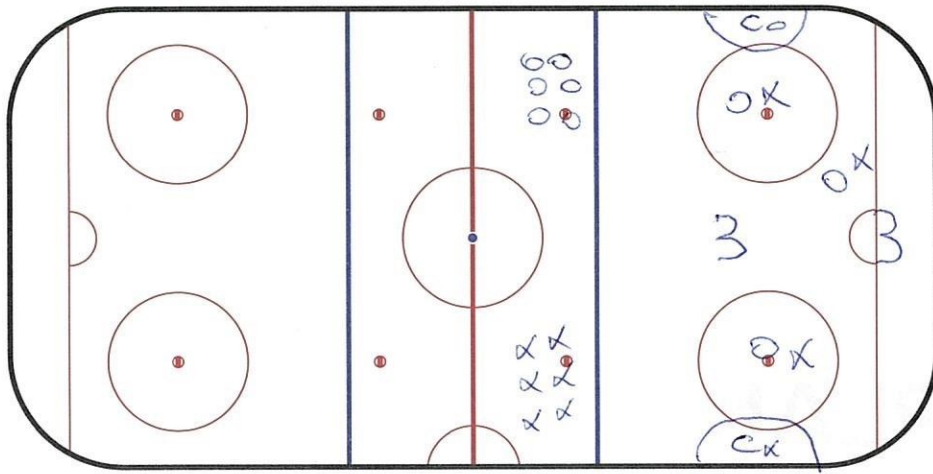
Spiel 3-3 → 2+2  
Joker im ecke  
für beide teams,  
10 min



1-0 F-10 zusammen  
arbeiten  
10-12 min

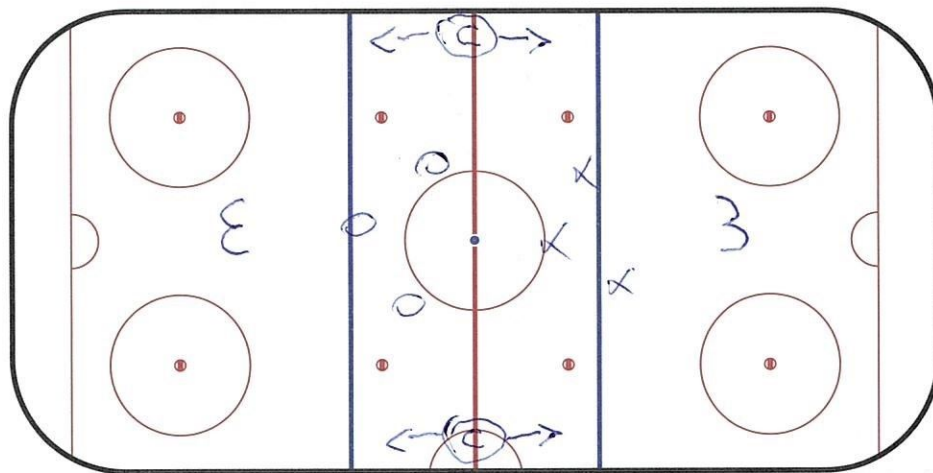


Spiel 2-2 KL. PLATZ.  
10 min



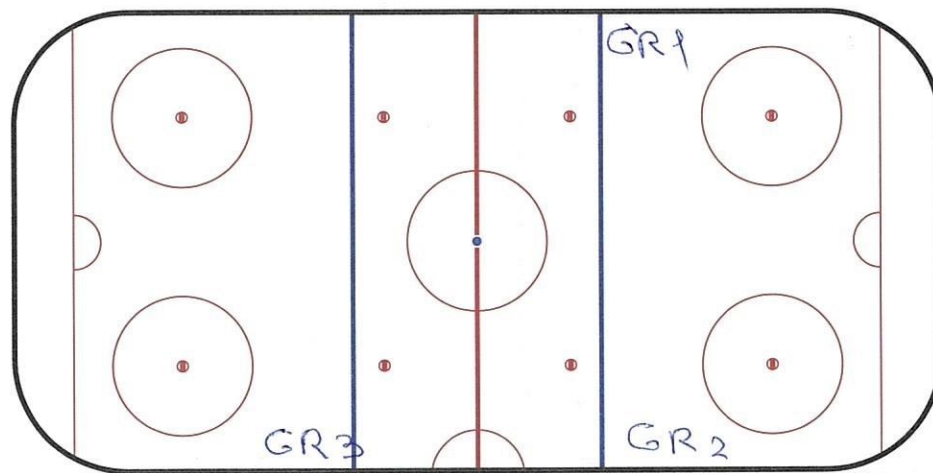
Spiel 3-3 zone  
2R Joker für sein  
Team

10min

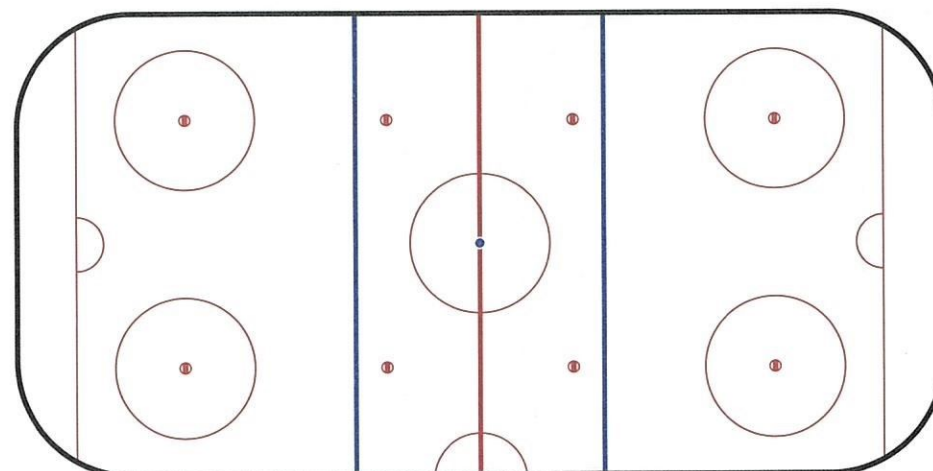


Spiel 40x30 →  
→ 3-3 → 2R Joker  
für beide Team,

10min



3GR → 2R-2R



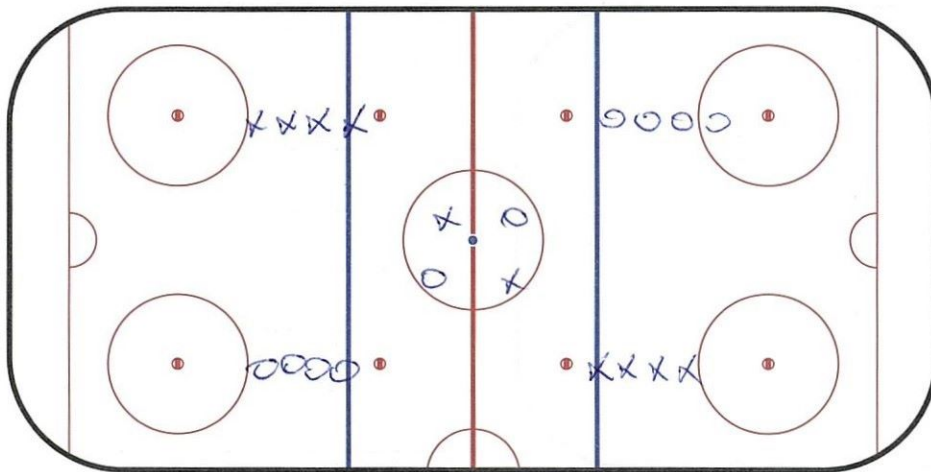


TEAM: U15, 16:40-17:40

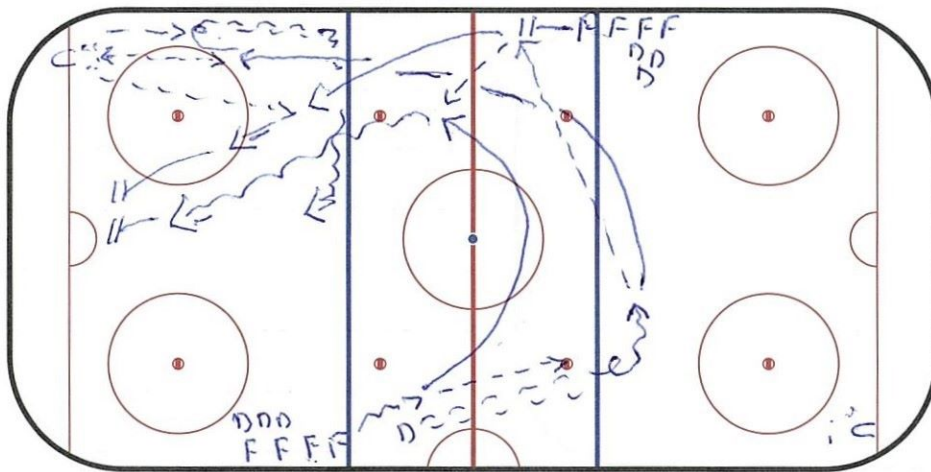
DATUM: 22.9.2023.

TRAINER: YURI

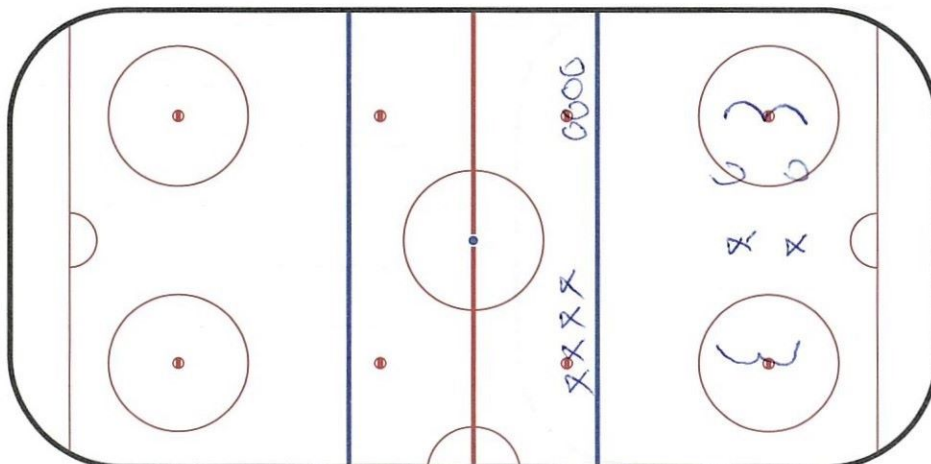
# TRAININGSPLAN



Aufwärmespiel  
2-2 mit PAssen  
zum diagonalen Helfer.  
10min

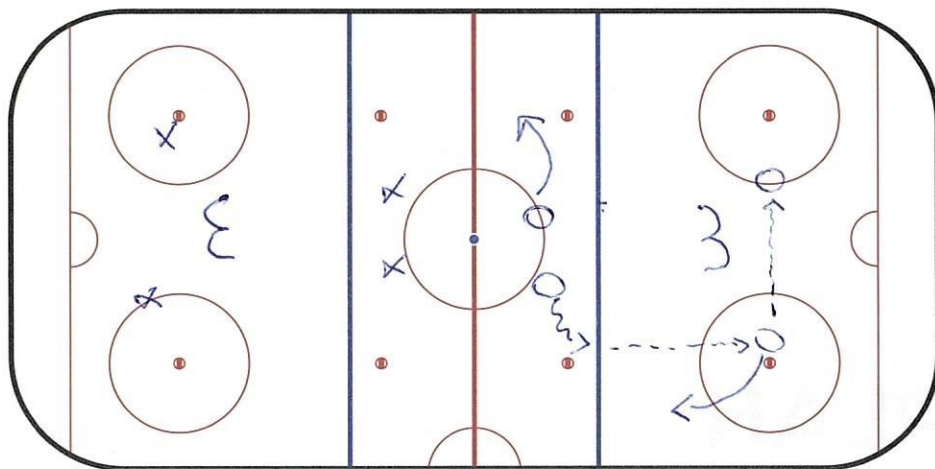


1-0 -> mitte spiel  
SITUATION -> 2 schüsse  
-> schuss von D  
10-12min

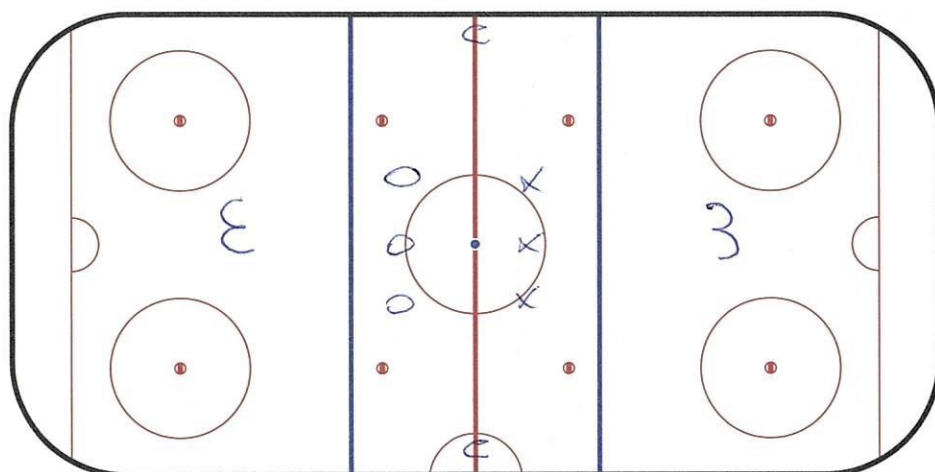


Spiel 2-2  
Zwischen BULLY Punkt  
10min

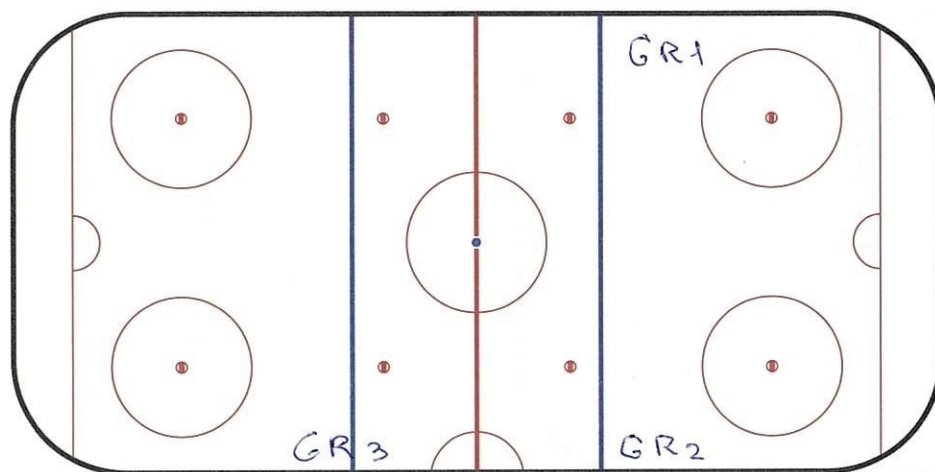




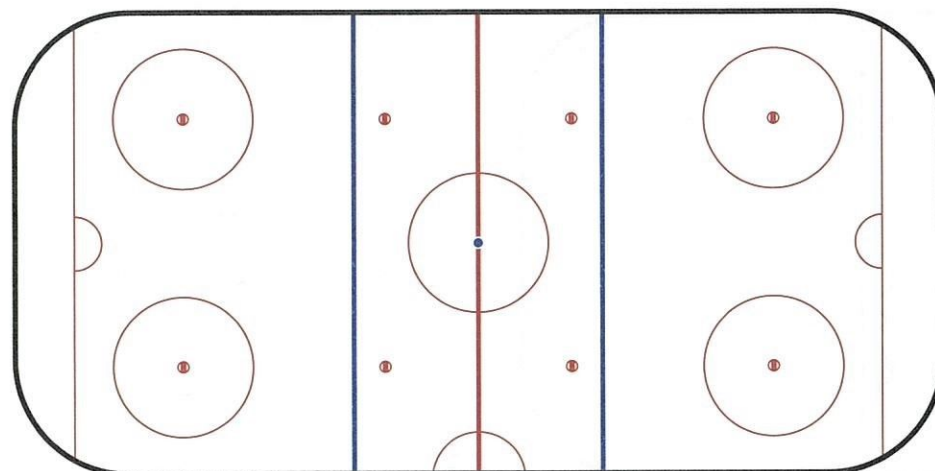
2-2+1 → 3-2  
 → schnelle Pässe  
 10 min



3-3 → 40x30  
 TR soker  
 10 min



3 GR → 2 R - 2 R  
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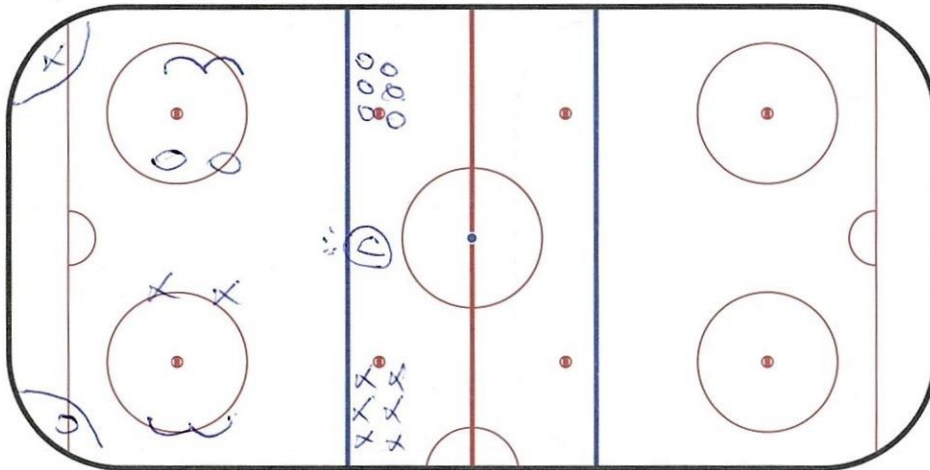


TEAM: U15. 16:40-17:40

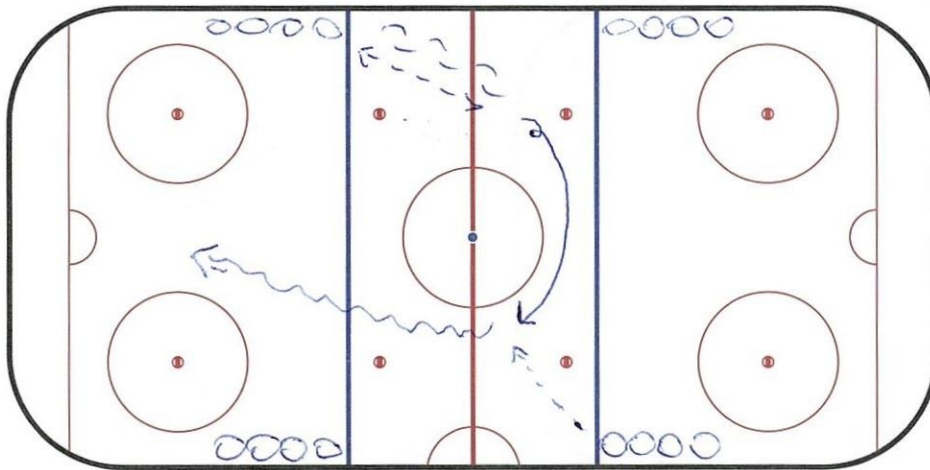
DATUM: 28.9.2023

TRAINER: YURI

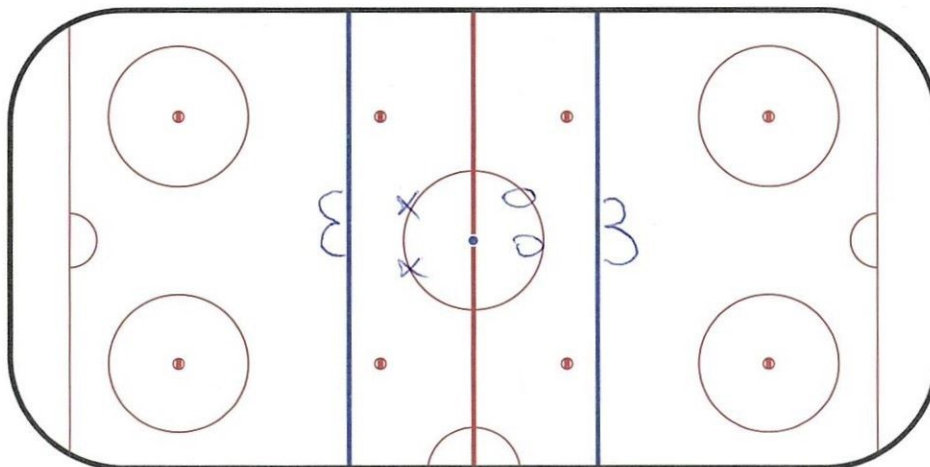
# TRAININGSPLAN



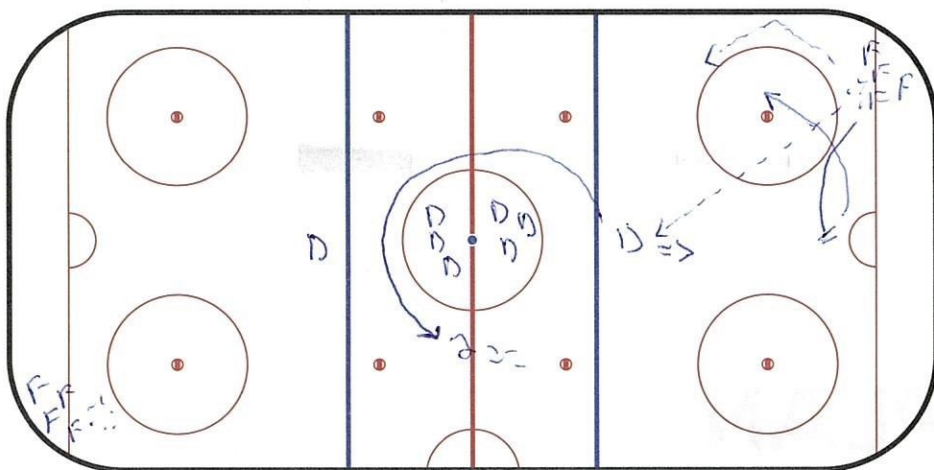
Spiel 2-2 mit  
soxer im ecke  
10min



1-0 mit drop-pass  
10min

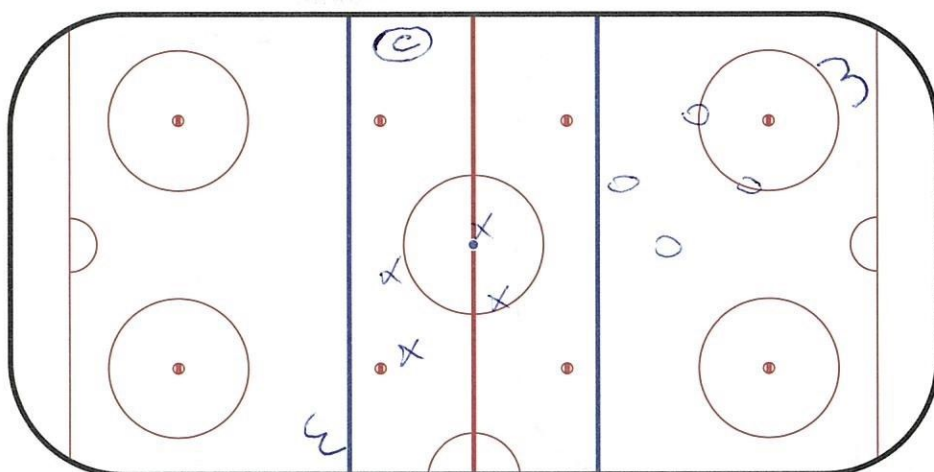


2-2 → mitte zone  
10min



1-1 nach schuss  
von D

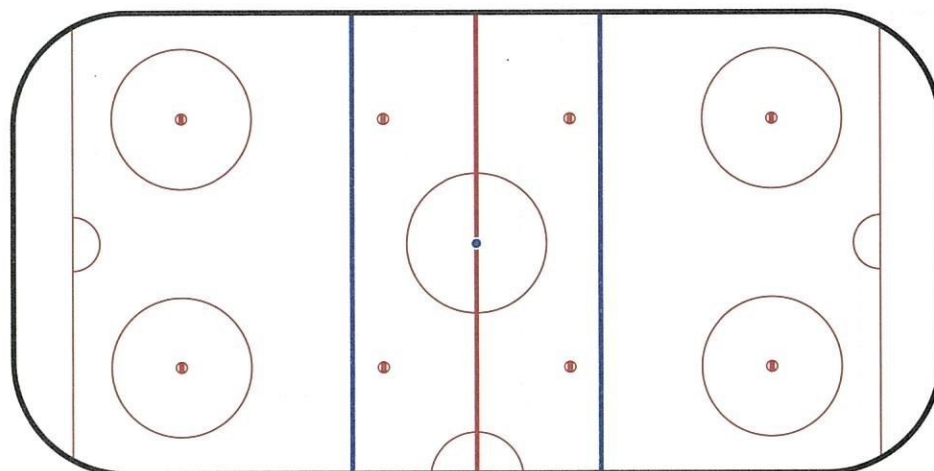
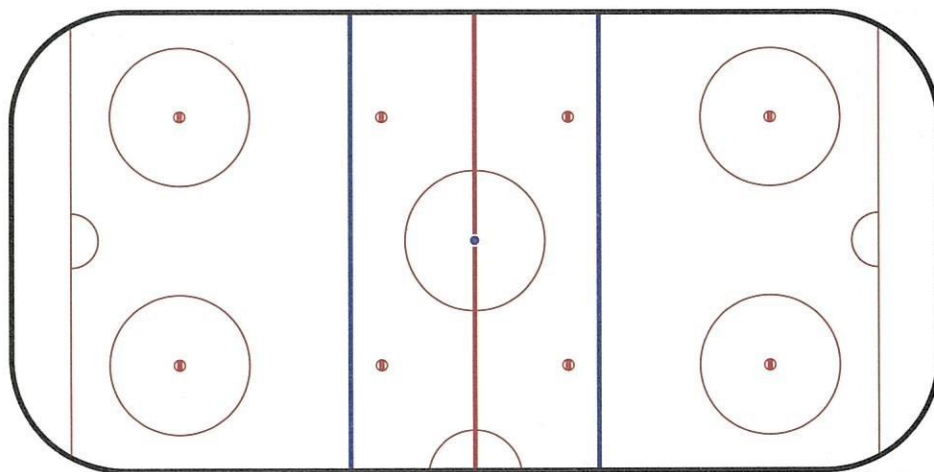
10min-12min



Spiel 4-4 -> TR

JOKER

13min





1218 → 265 → 1483

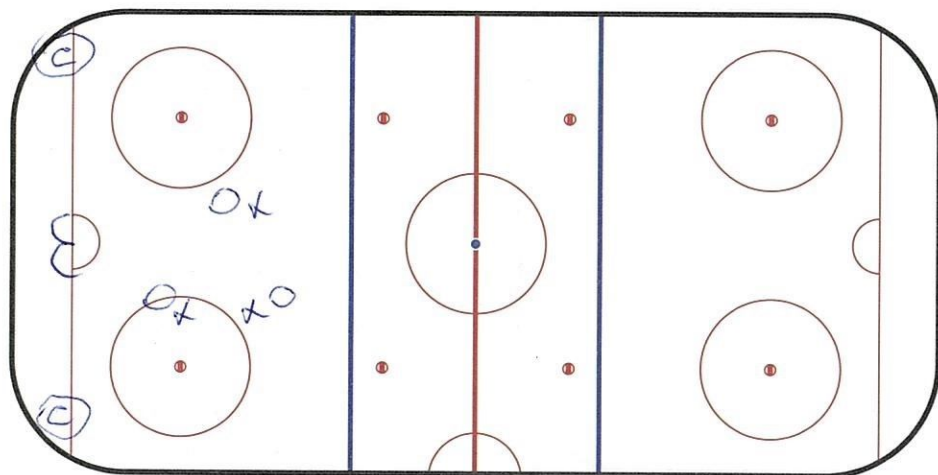


TEAM: U15. 16:40-17:40 → 16:40-17:40

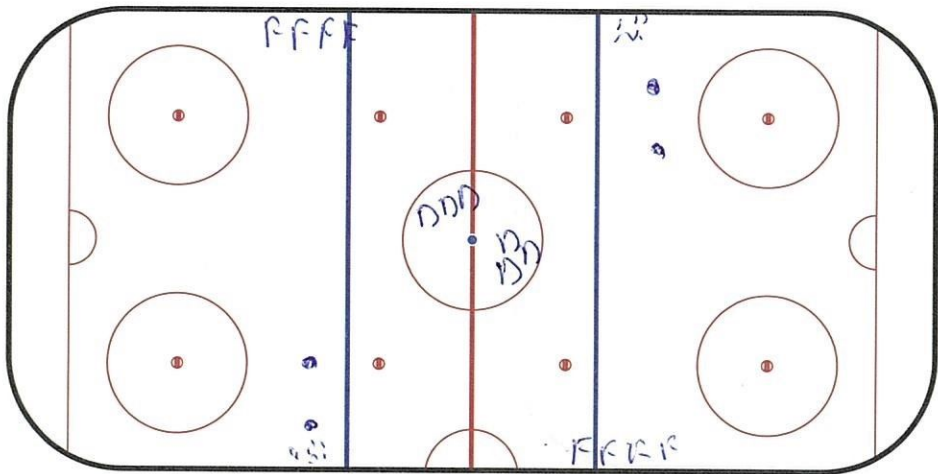
DATUM: 5.10.2023 → 6.10.2023

TRAINER: YURI, MAREK

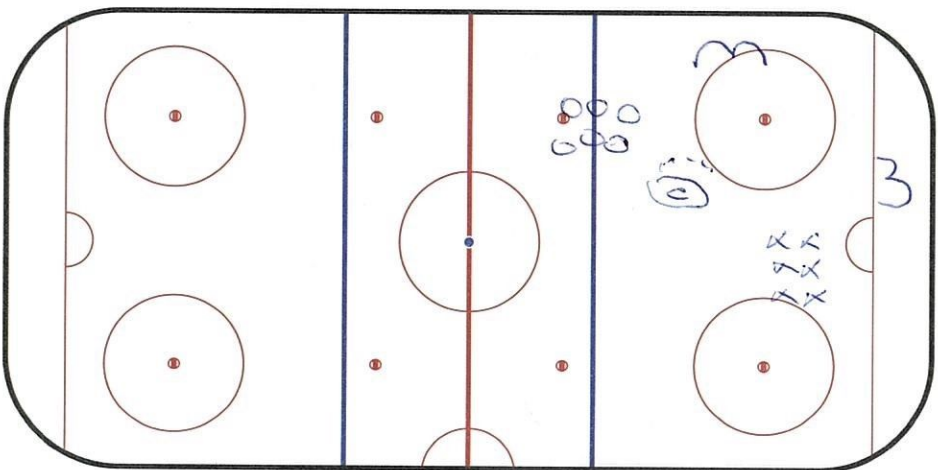
# TRAININGSPLAN



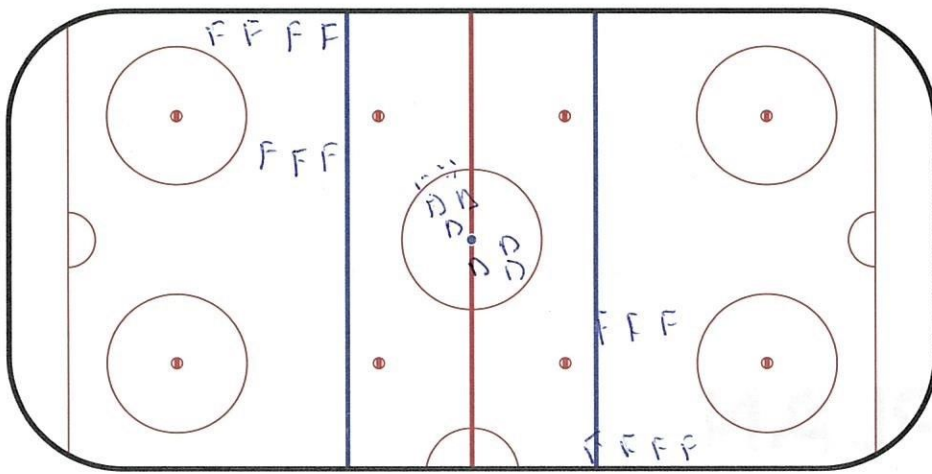
Spiel 3-3 → Jede  
sein mann → 2 m  
im ecke als locker.  
12 min



2-0+12 → Zusammen  
arbeit → Spiel mit  
TOR  
12 min



2-2 kleine PLATZ  
10 min



2-1 AUS MITTE  
12 min

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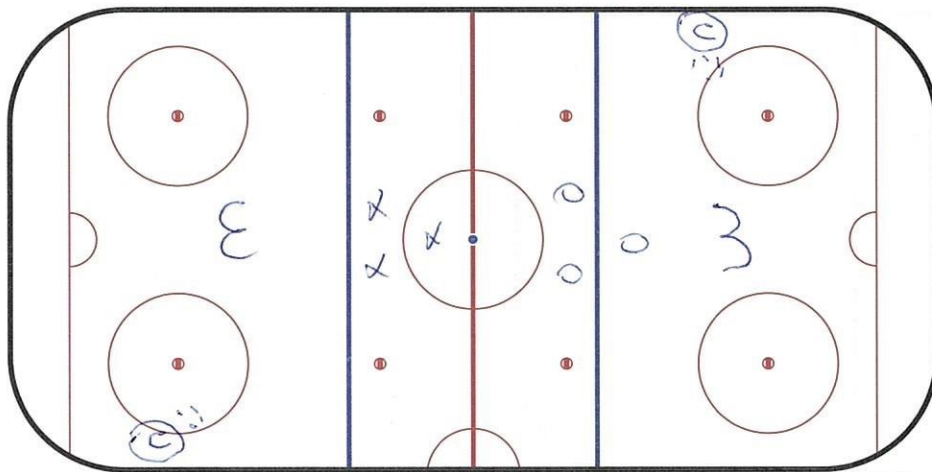
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3-3 → 2 chance  
PRO TEAM  
10 min

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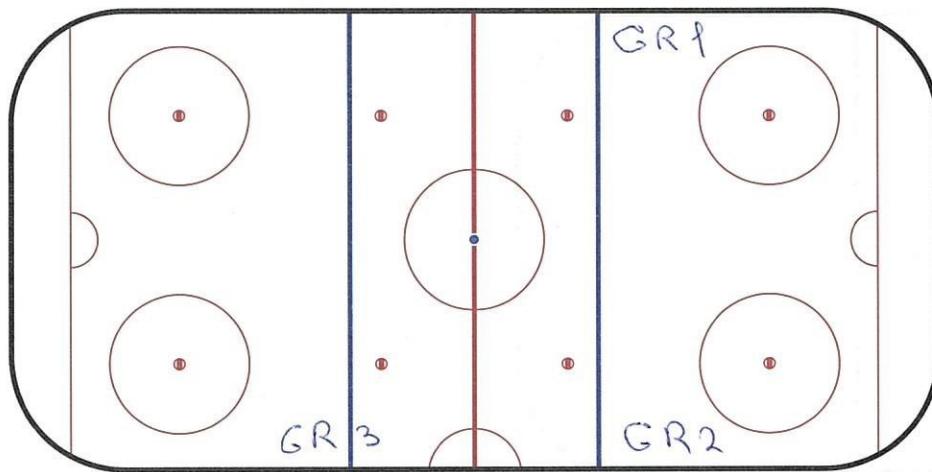
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3 GR → 2K-2K

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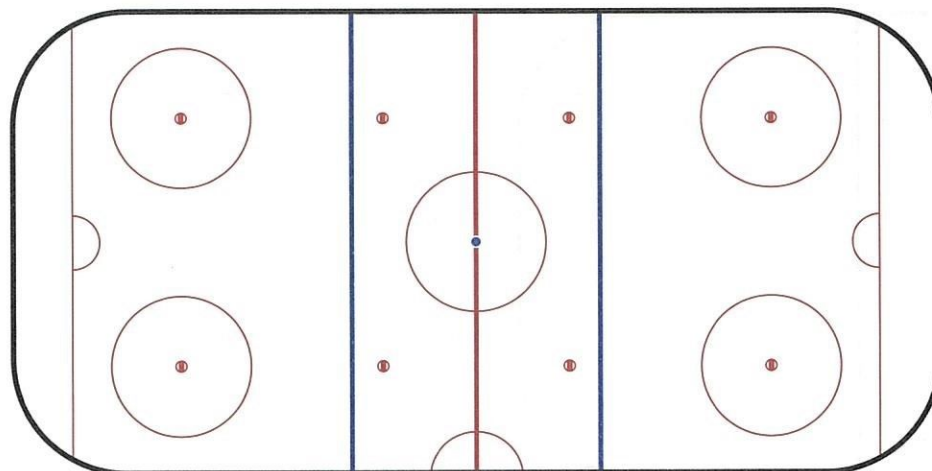
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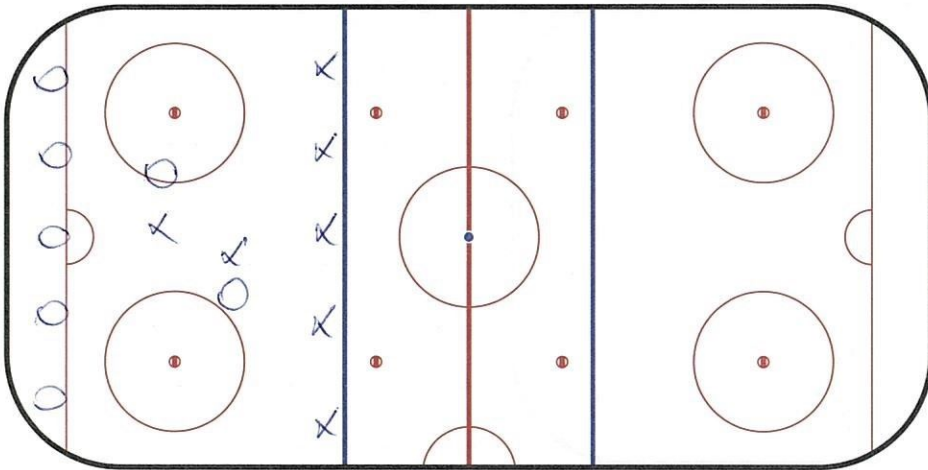


TEAM: U15, 16:40-17:40

DATUM: 12.10.2023.

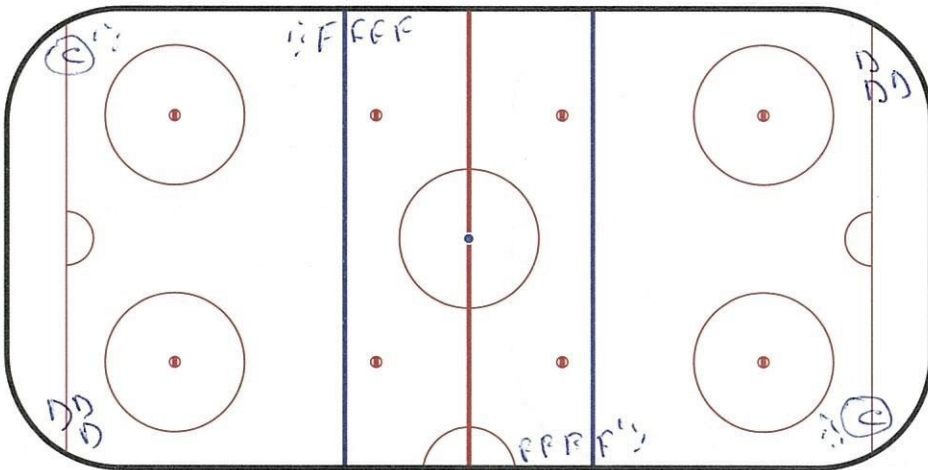
TRAINER: Juri, Joe.

# TRAININGSPLAN



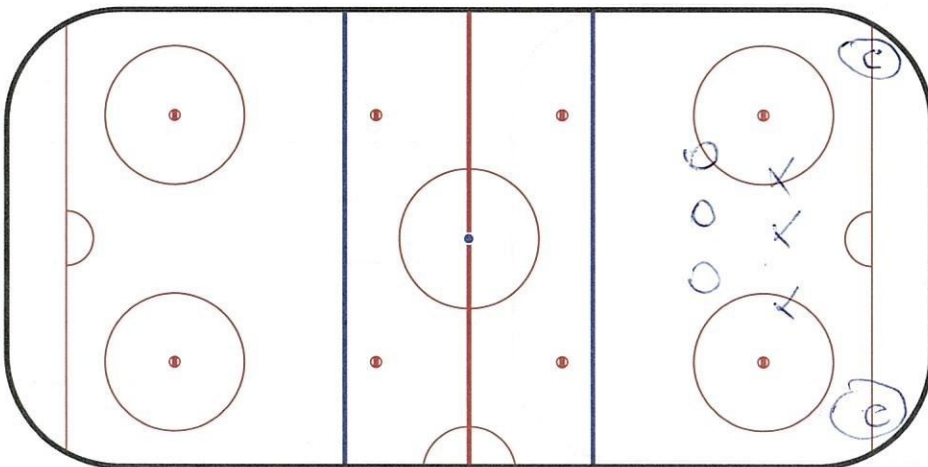
Spiel 2-2 mit  
Passen zum eigene  
Gruppe.

10 min



1-0 F-1D zusammen  
Arbeit

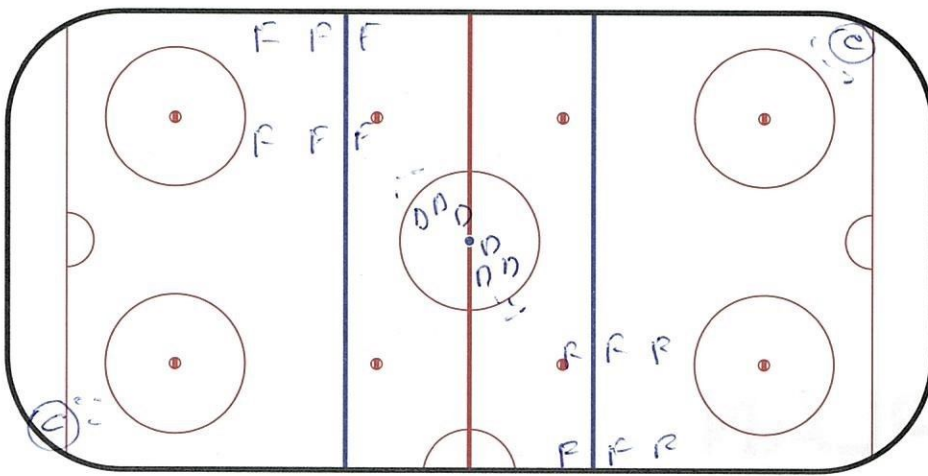
12 min



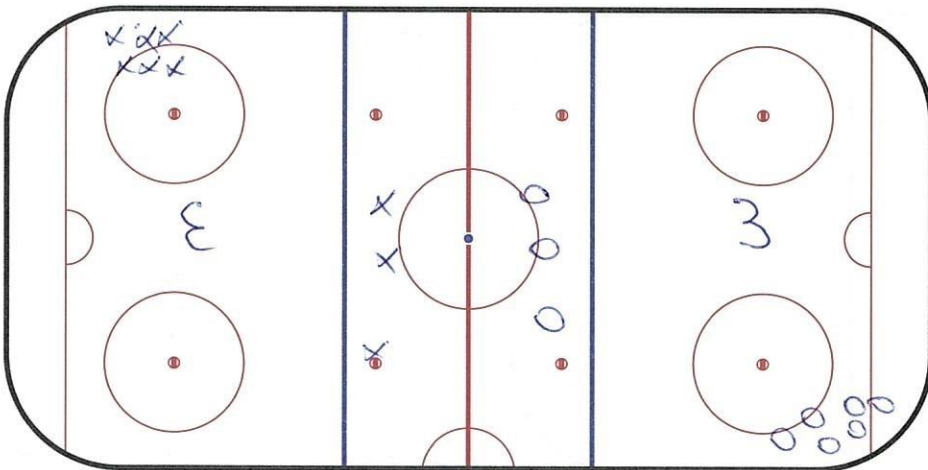
3-3 im zone mit  
2 TR Joker im ecke

12 min

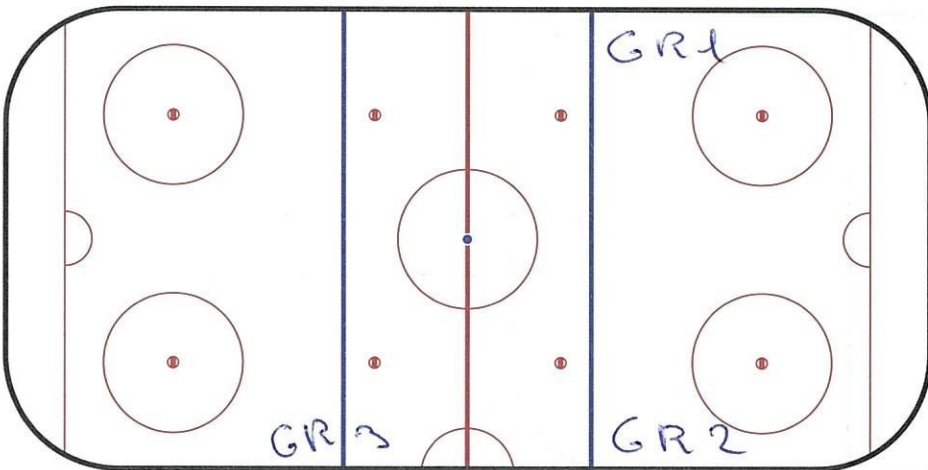




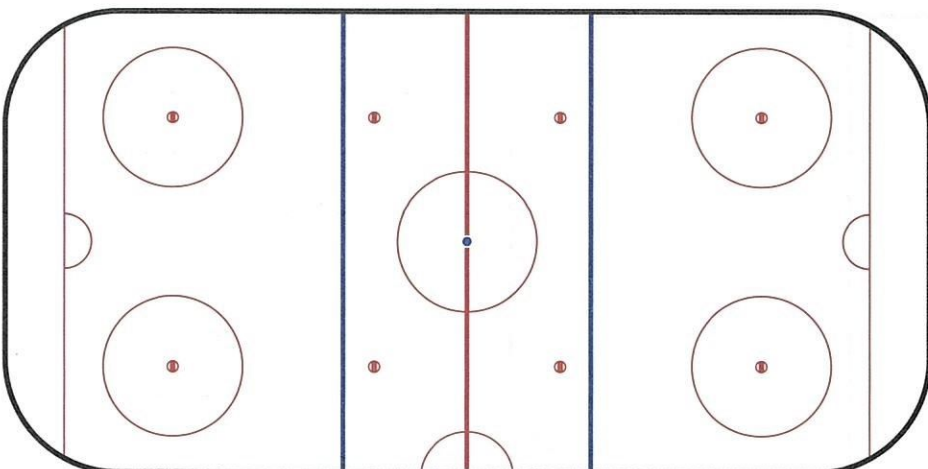
2-1 → 2mal →  
mitte - ecke  
12 min



Spiel 40x30  
2TR JOKER fGR  
Beide Team  
10min



3GR, 2KR. 2KR.



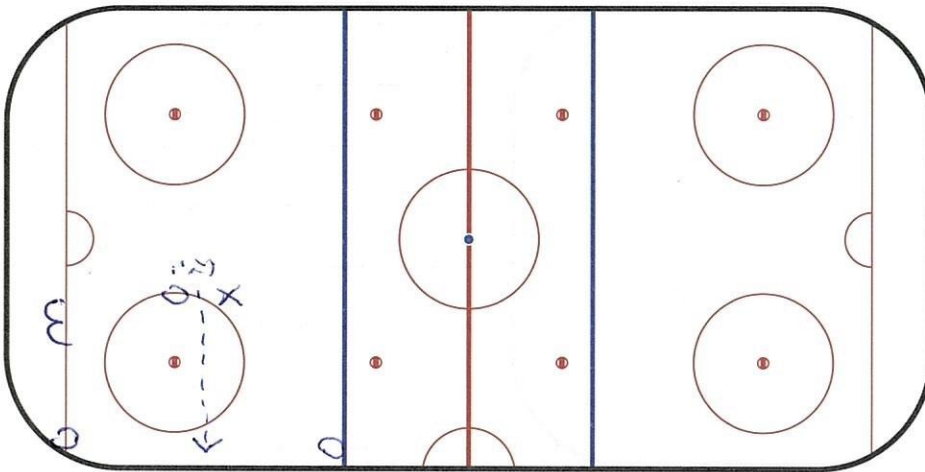


TEAM: U15, 16:20-17:20

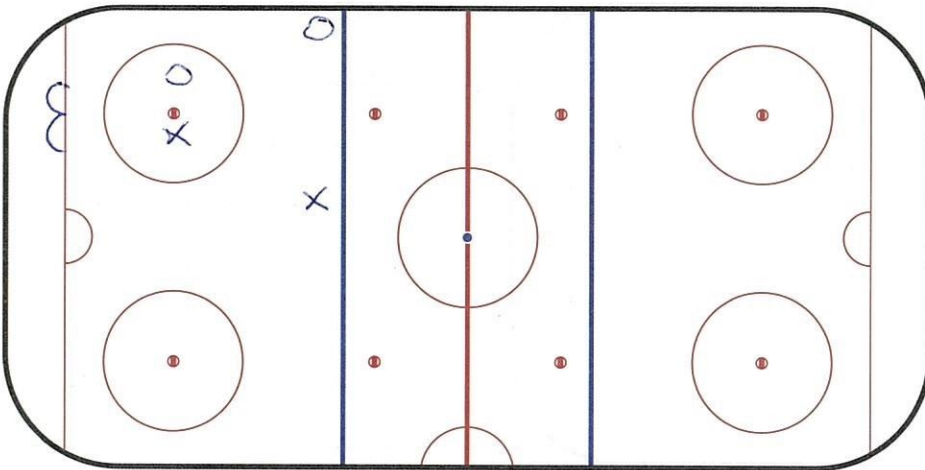
DATUM: 17.10.2023

TRAINER: ~~Klostersee~~  
Juri, Marek, Marc

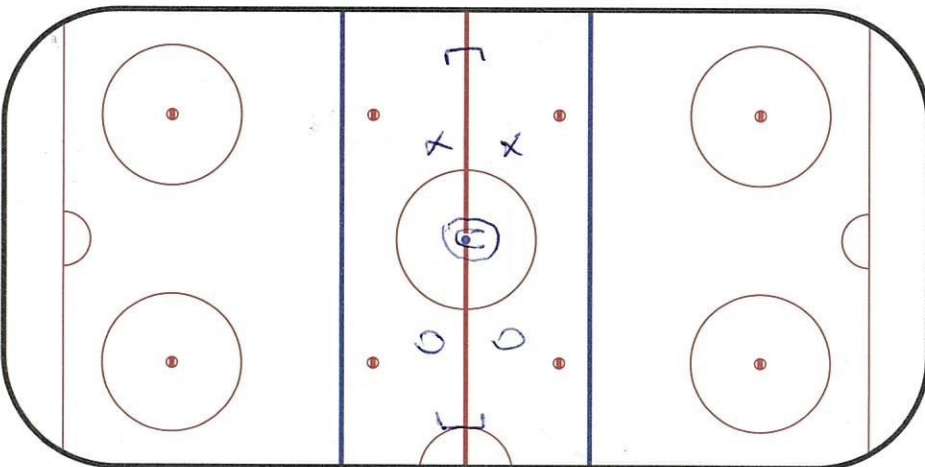
# TRAININGSPLAN



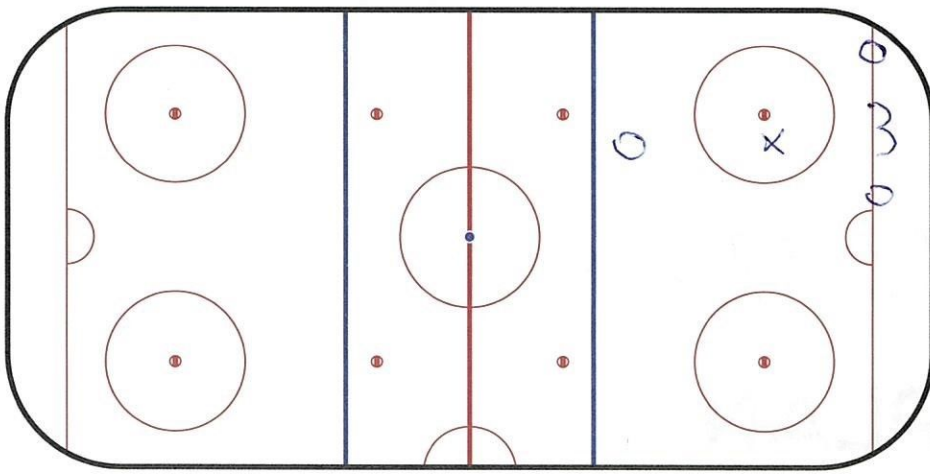
① Spiel 1-1 →  
Spieler wer  
erste puck passt  
zum eine von Joker  
ist offensiv → andere  
ist defensiv → untere  
Joker ist für passen,  
obere für schuss  
8 min



② Spiel 1-1 mit  
2 Joker oben für  
sein team → nach  
pass Joker geht  
rein → automatisch  
2-1 → (wenn mehr  
spieler sind am eis  
dann 2-2 → automatisch  
3-2 8 min



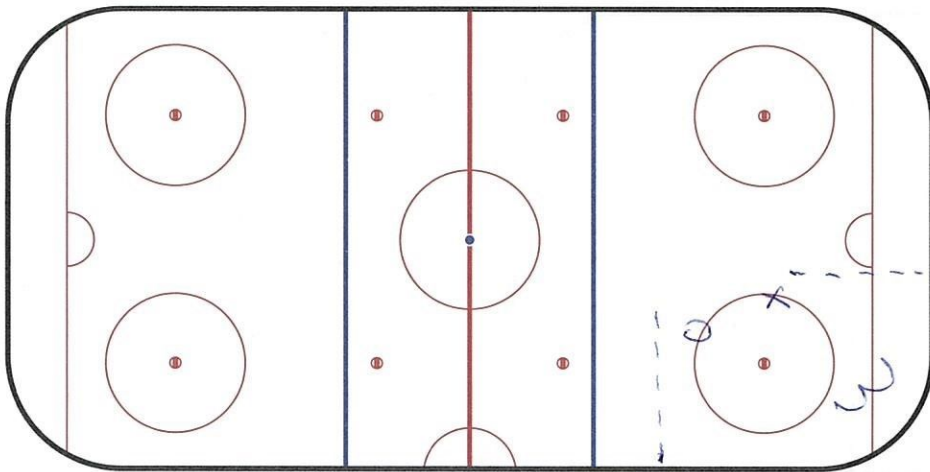
③ Spiel 2-2  
Kloster → mitte  
bully kreis tr  
Joker für beide  
team → kurze pässe  
8 min



④ Spiel 3-1

Überzahl

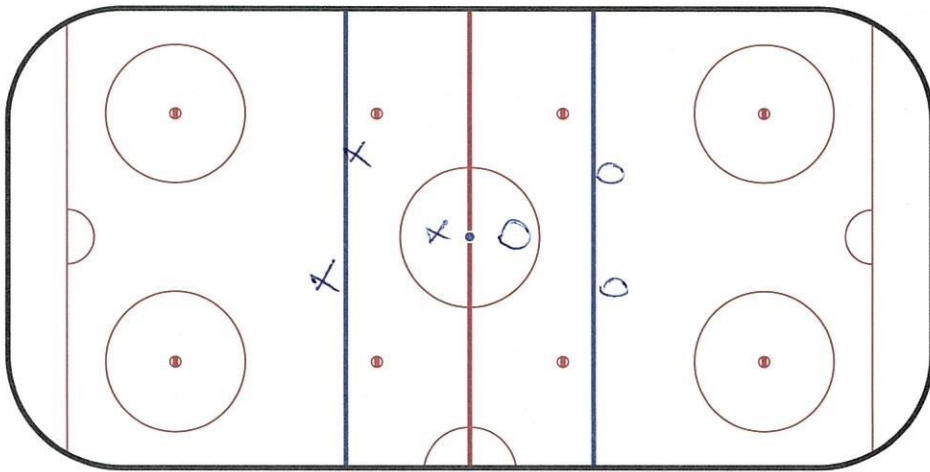
8 min



⑤ Spiel 1-1 im

Ecke KL PLATZ

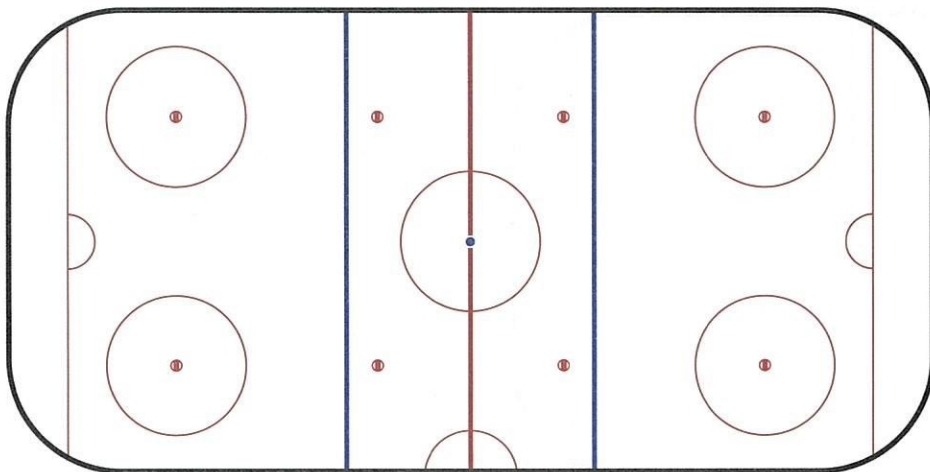
8 min



Spiel 3-3 ganze

eis

13 min







TEAM: U15, 16:40-17:40

20.10.2023, 16:40-17:40

DATUM: 19.10.2023 → WIEDERHOLUNG TRAINING

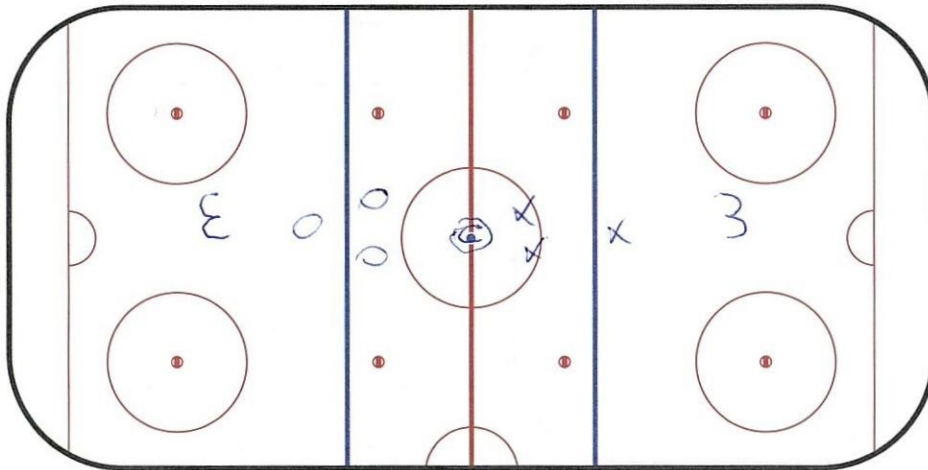
TRAINER: Juri, Joe.

+

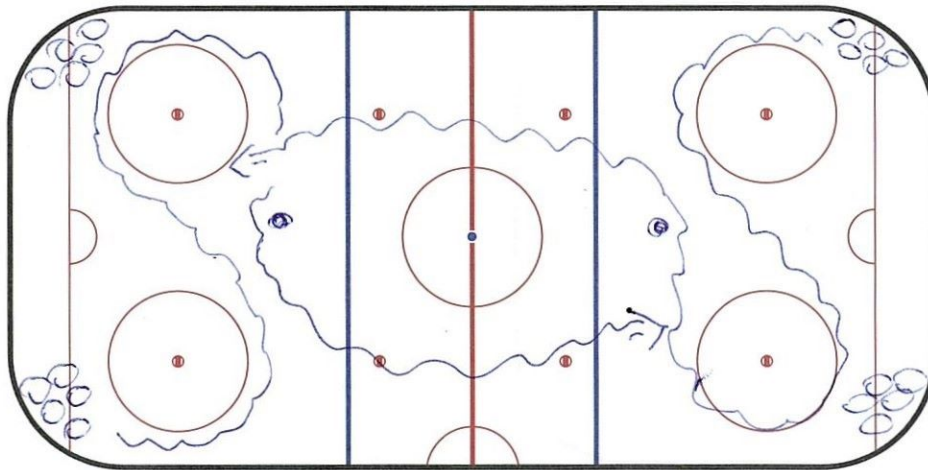
STAT 3-3 zum schluss

5-5 ganze eis

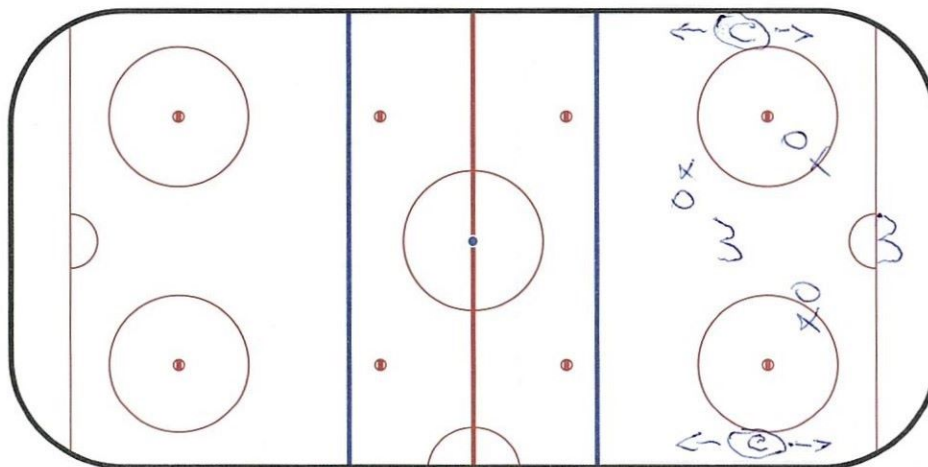
# TRAININGSPLAN



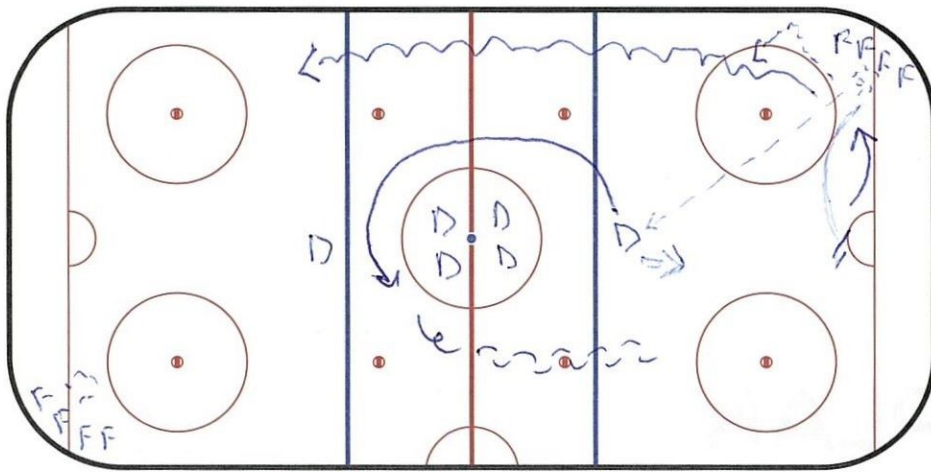
Spiel 3-3 mit  
KURZE PÄSSE ZUM  
TR ALS JOKER,  
12min



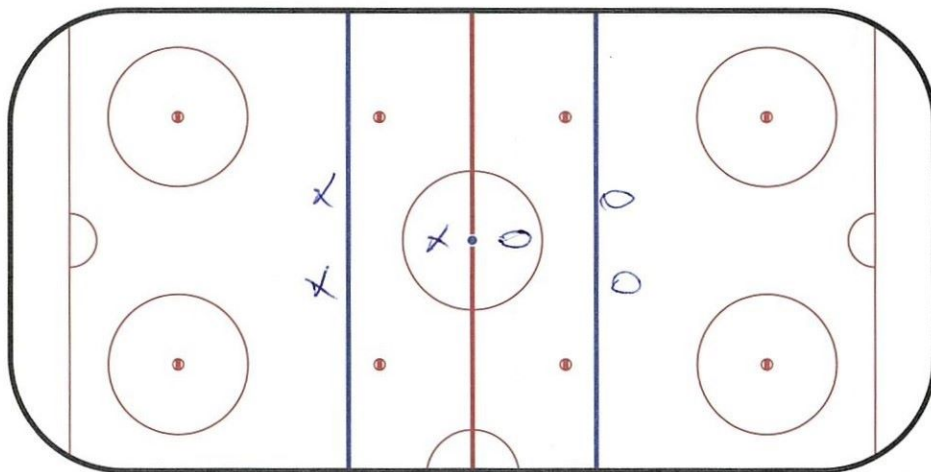
1-0 bully punkte  
→ tempo  
10min



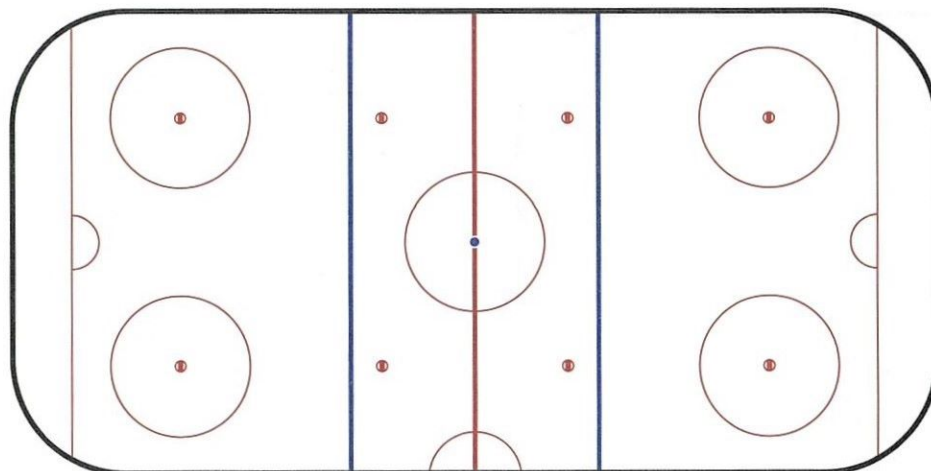
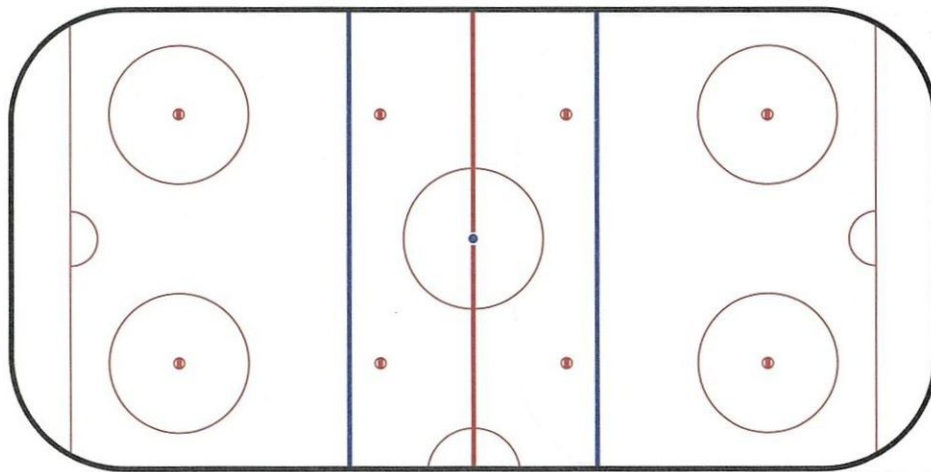
Spiel 3-3 zone  
→ umschaltung!  
→ 2 TR JOKER FÜR  
beide team.  
12min



$q-1$  Passen  $\rightarrow$   
 $\rightarrow$  nach Pass von  $17$   
 und schoss von  $17$   
 12min



Spiel 3-3 ganze  
eis  
12 min



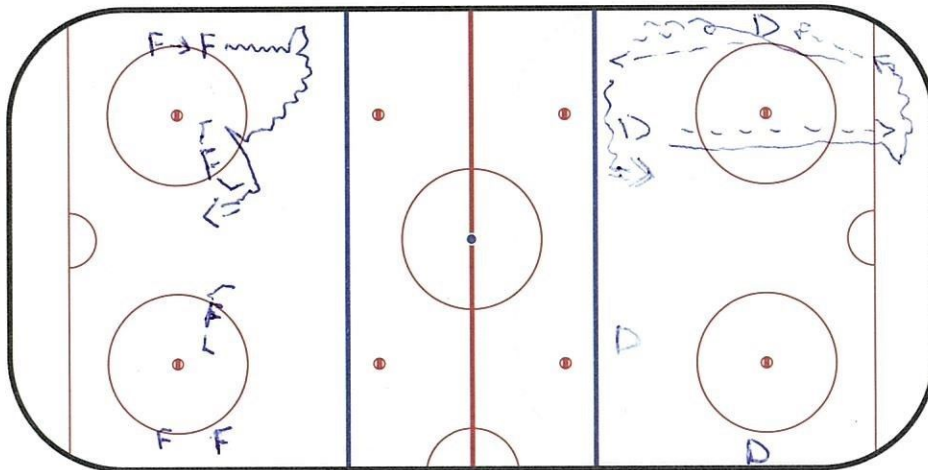


TEAM: U15, 16:40-17:40

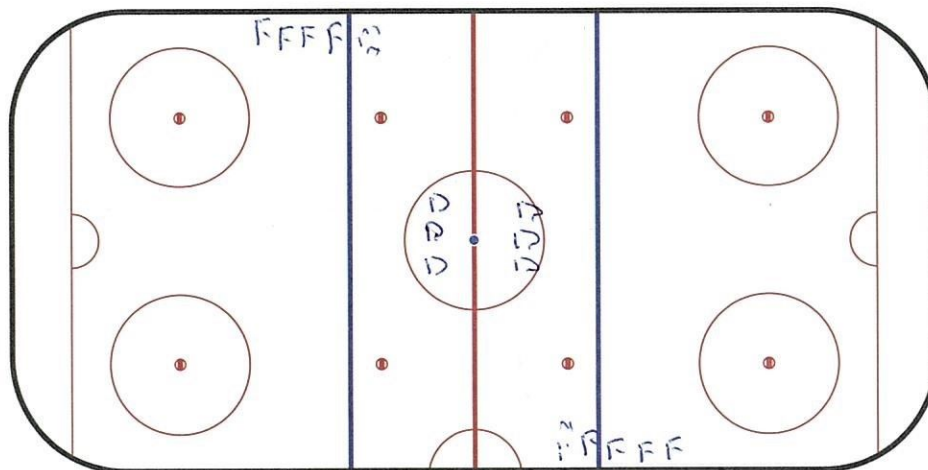
DATUM: 26.10.2023.

TRAINER: YURI, Joe.

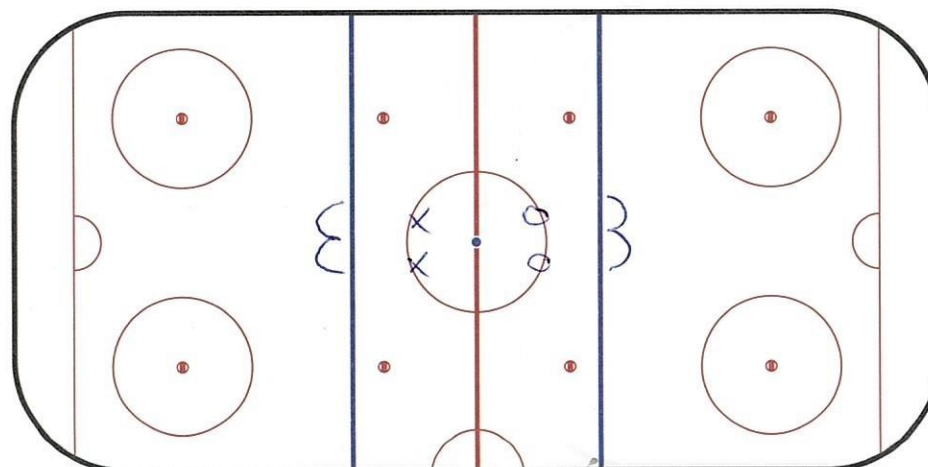
# TRAININGSPLAN



Feine seite  
D- Andere seite  
15 min

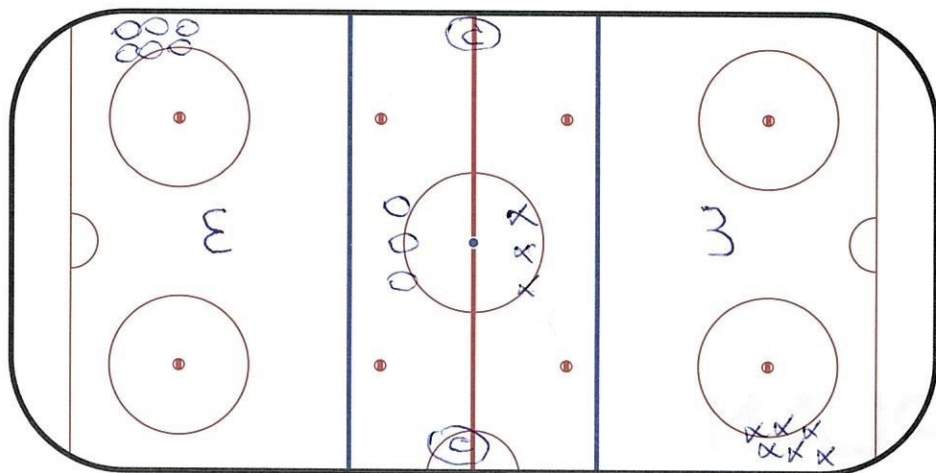


2-0 + D → kreuzen →  
→ PASS zum Foder D  
12 min



Spiel 2-2 mitte  
ohne soker  
10 min

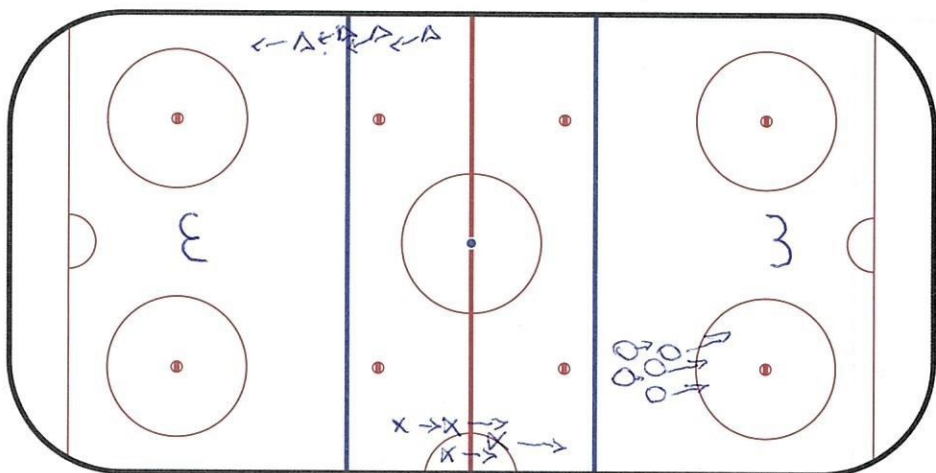




Spiel 40x30

2 GR JOKER

13 min



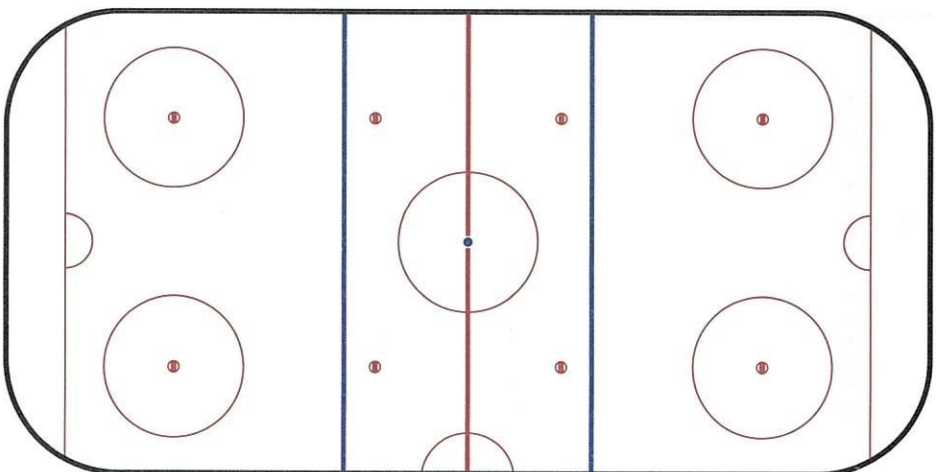
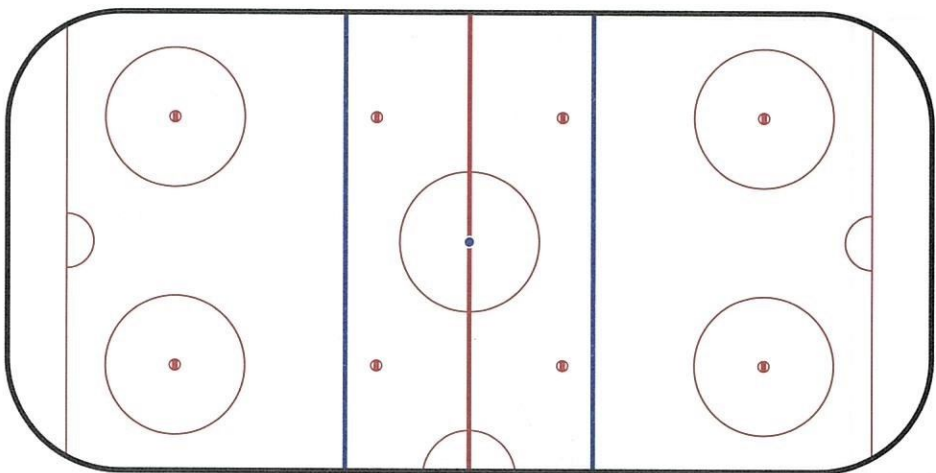
3 GR → 30 sek

SPRINT → 1 GR

ARBEITER, ANDERE

2 GR. LOKER EISHAUFEN

AUßEN IM KREIS



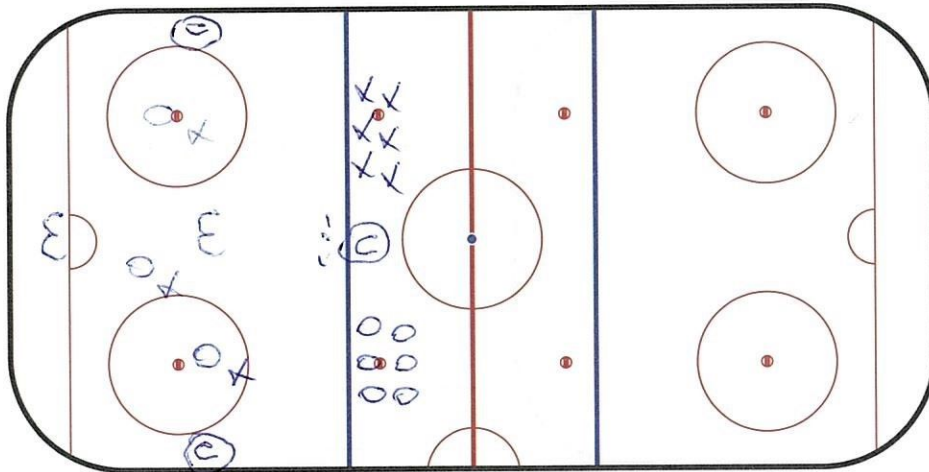


TEAM: U15, 16:40 - 17:40

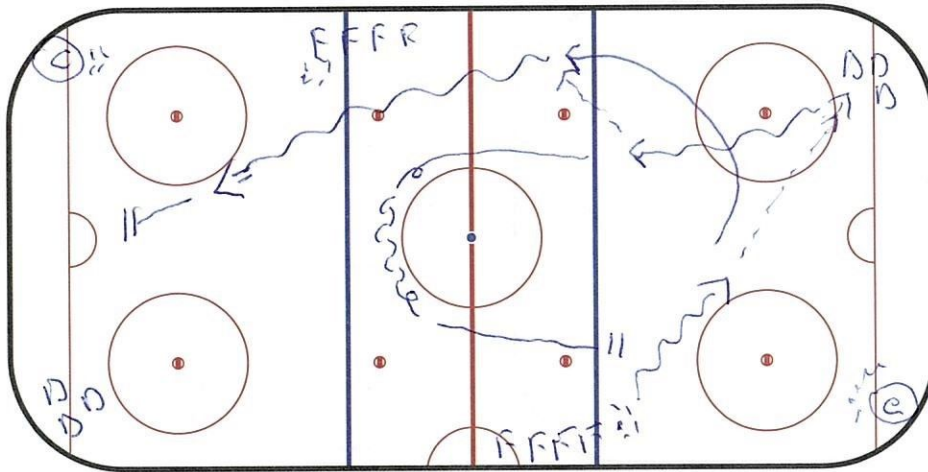
DATUM: 27.10.2023

TRAINER: Juri, Joe

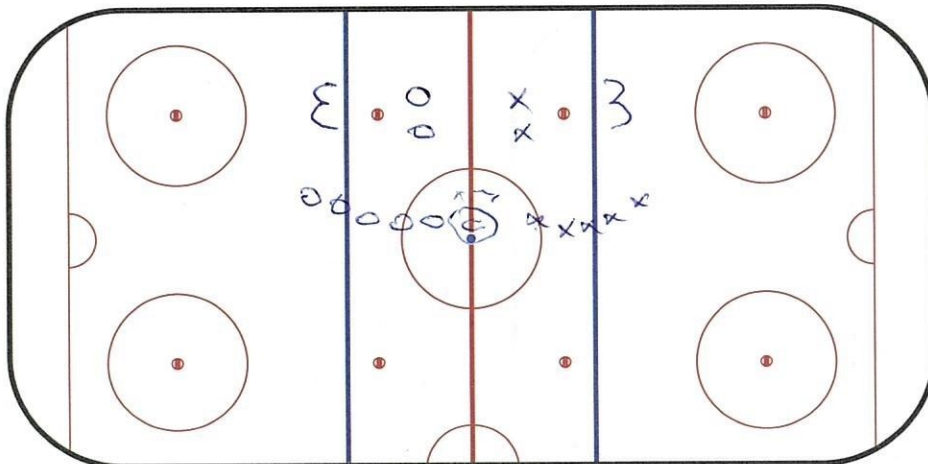
# TRAININGSPLAN



Spiel 3-2 →  
2 TR JOKER FÜR  
SEIN TEAM  
12 min



1-0 F-D ZUSAMMEN  
ARBEIT  
12 min



2-2 KL. PLATZ  
12 min





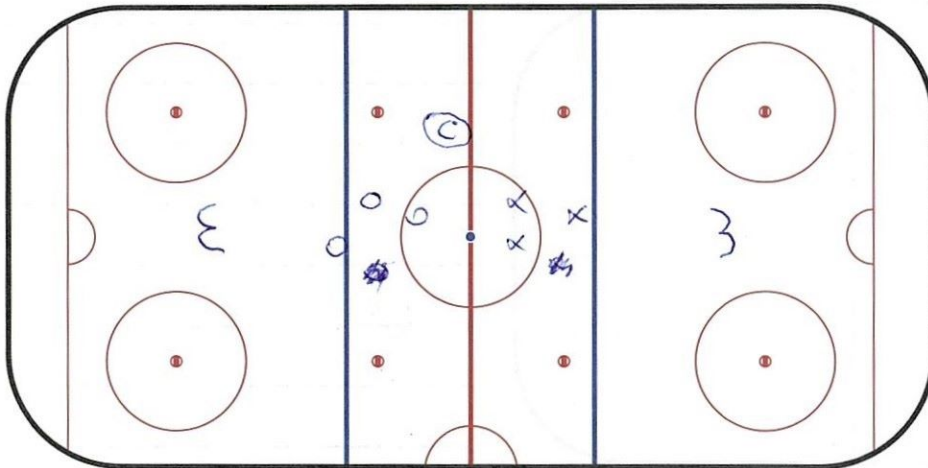


TEAM: U15, 16:40-17:40

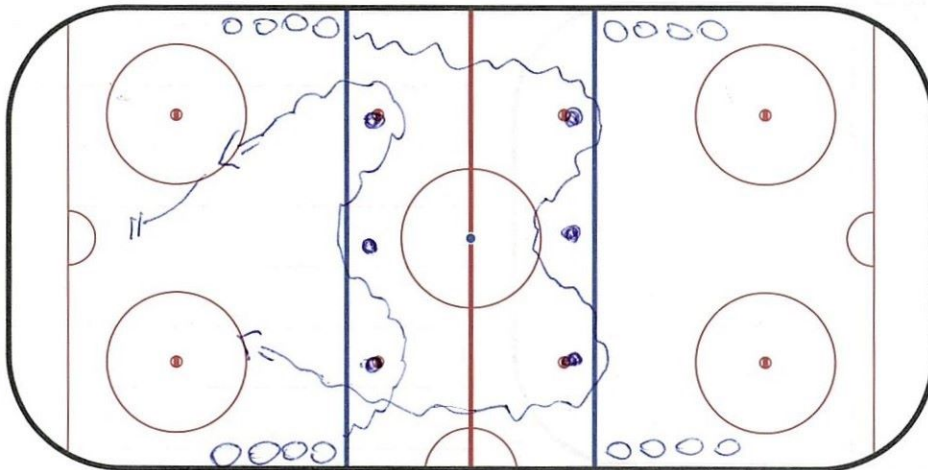
DATUM: 2.11.2023.

TRAINER: YURI, Joe.

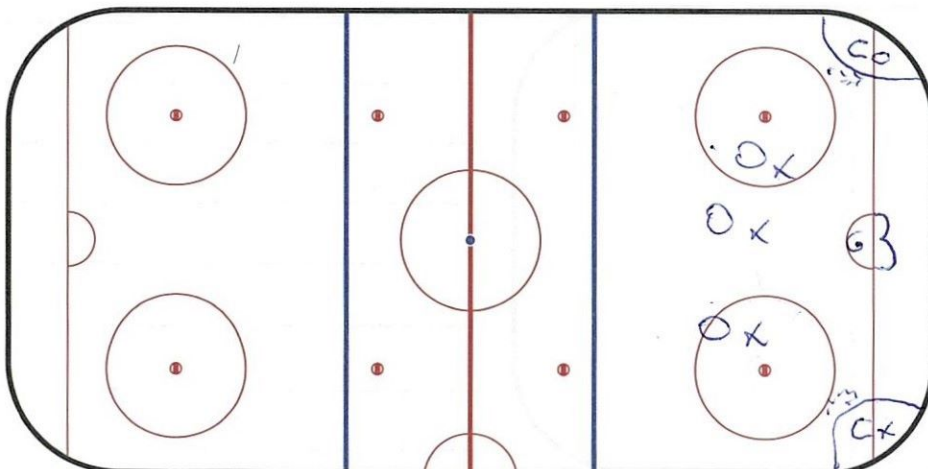
# TRAININGSPLAN



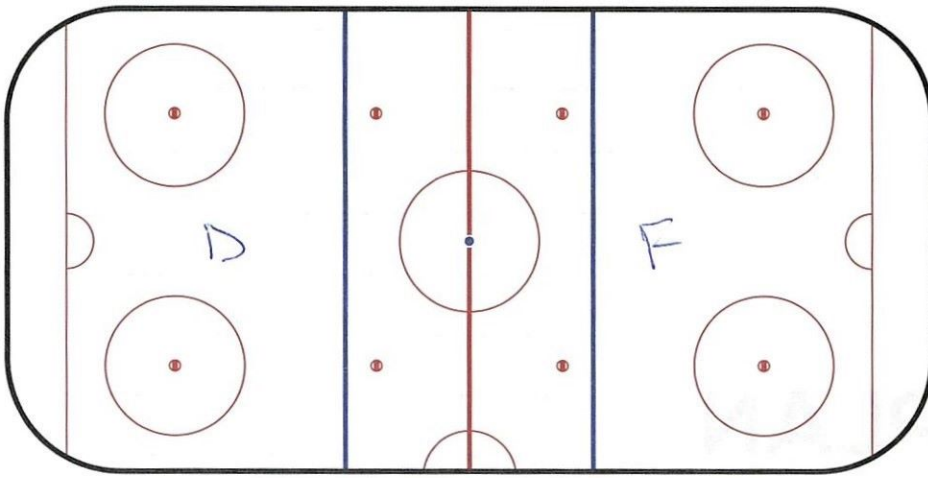
Spiel 3-3 →  
TR SPIELT FÜR TEAM  
MIT PUCK → 4-3  
SITUATION → PUCK  
SCHNELL LAUFEN LASSEN  
12min



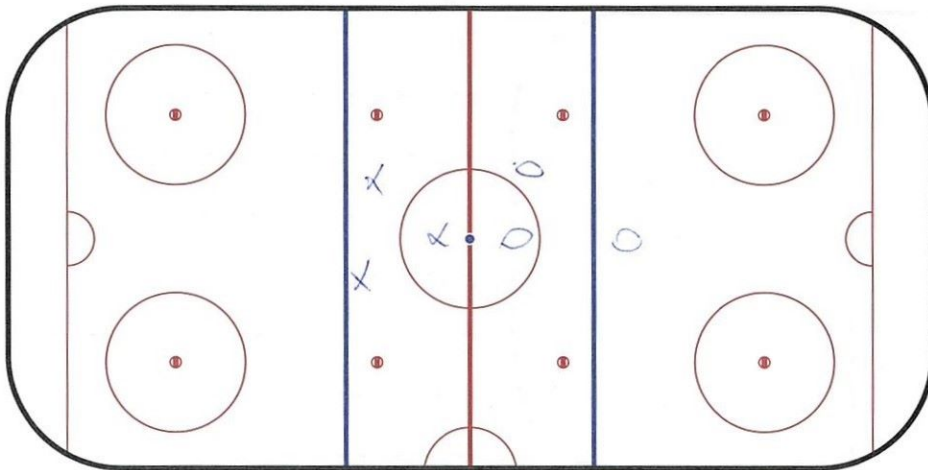
1-0 KURZE WEG,  
LANGE WEG.  
10min



Spiel 3-3 →  
→ 2 CHANZEN PRO  
TEAM → TR JOKER  
FÜR SEIN TEAM IM  
ECKE  
12min

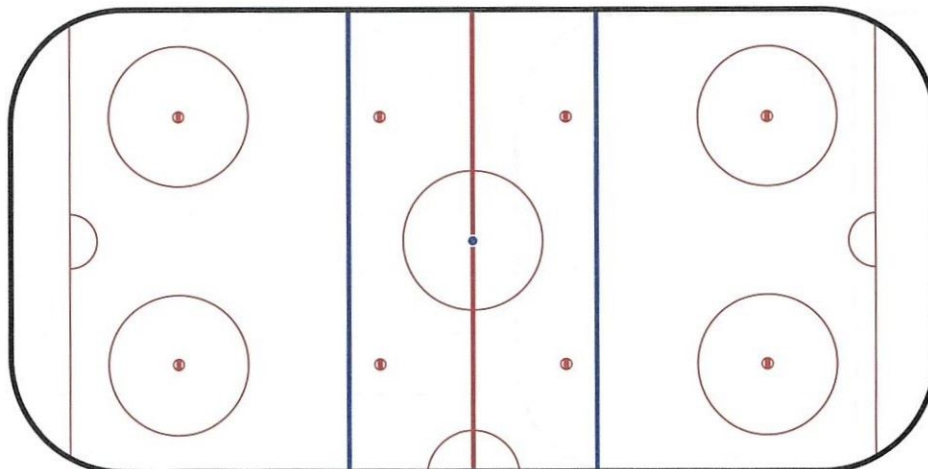
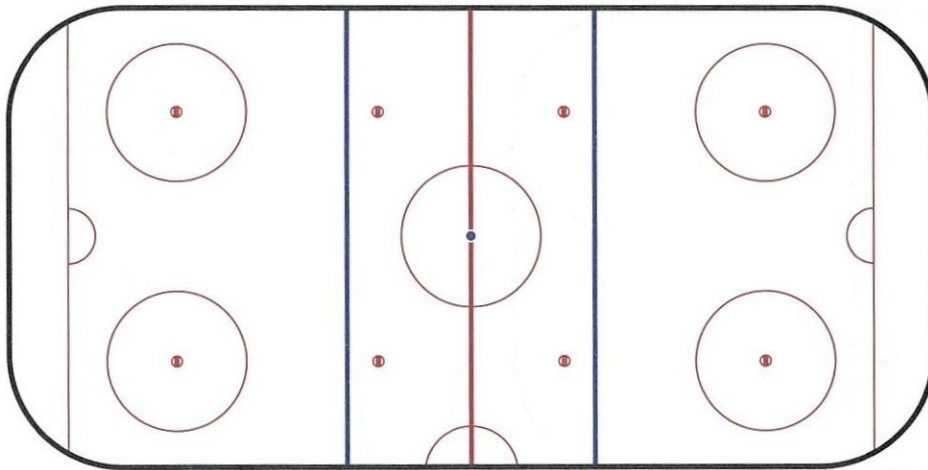


F - eine zone  
D - Andere zone  
15 min



Spiel ~~3v3~~  
~~3v3~~ 3-3 ganze  
eis 7 min  
+

4 GR SPRINT BLAU  
ROT BLAU → 1-2-3-3-2-1



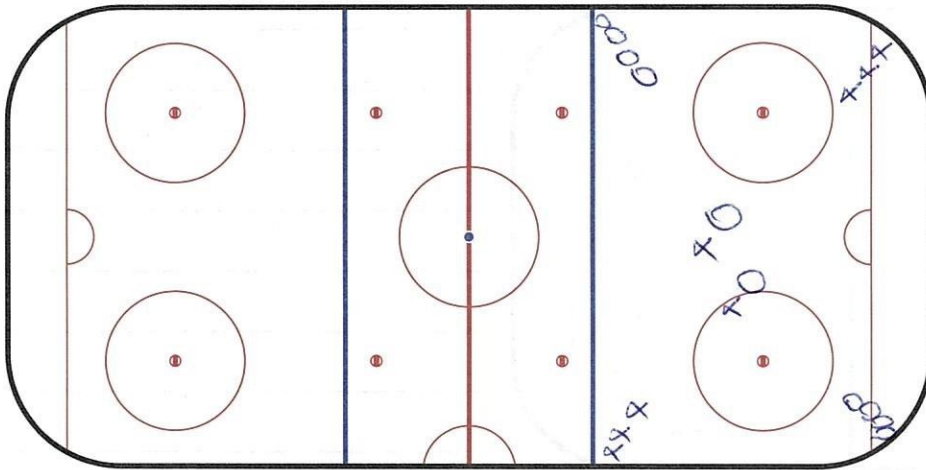


TEAM: U15, 16:40-17:40

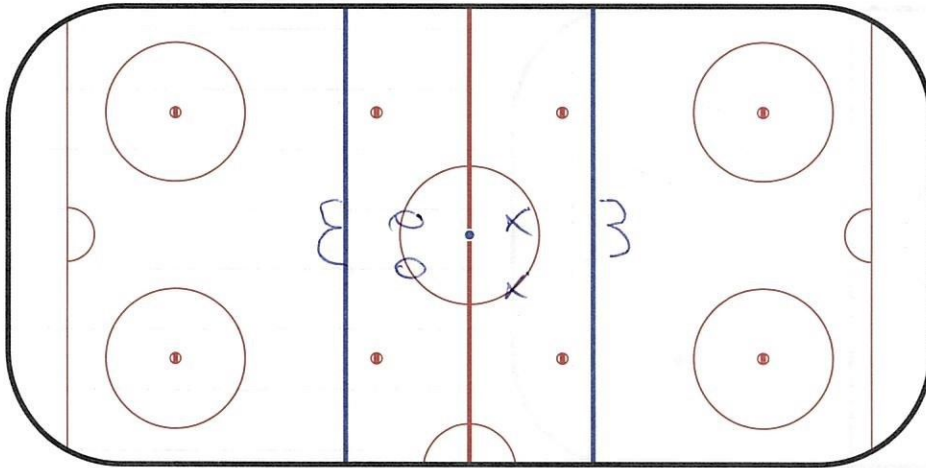
DATUM: 10.11.2023

TRAINER:

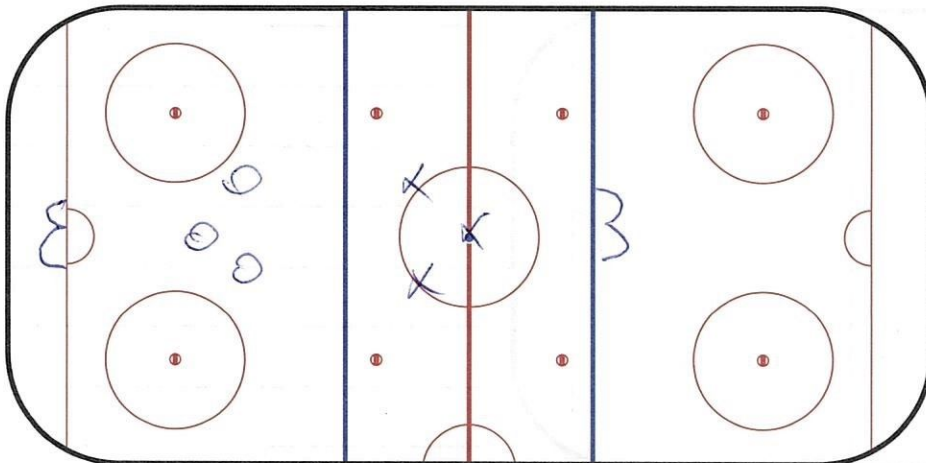
# TRAININGSPLAN



Auf. Spiel 2-2  
mit diagonal.  
12min

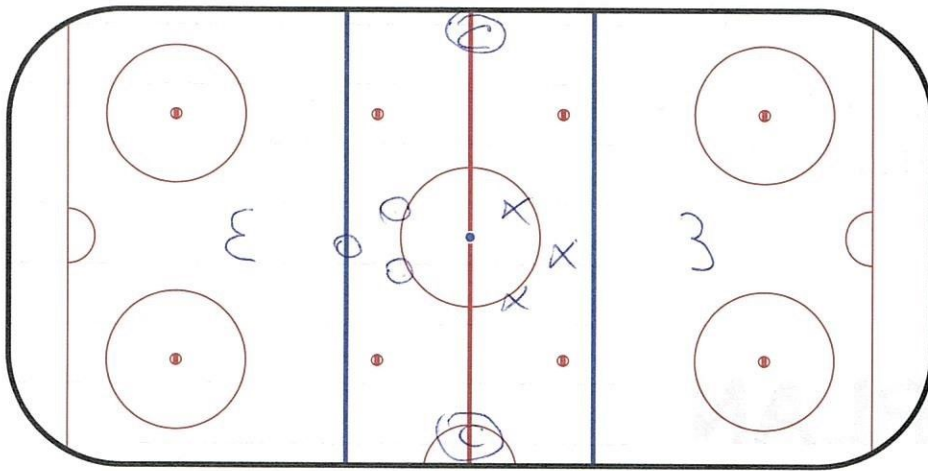


Spiel 2-2 ohne  
JOKER -> MITTE  
12min

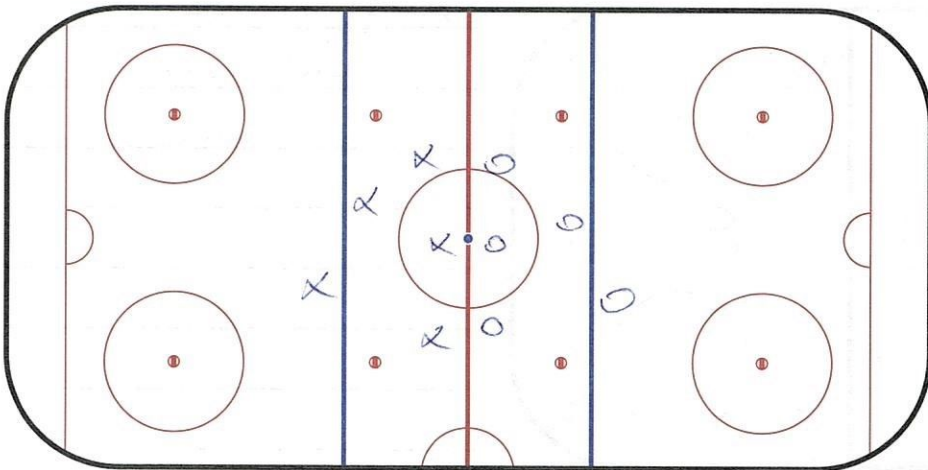


Spiel 3-3 mit  
BLAU für beide  
12min

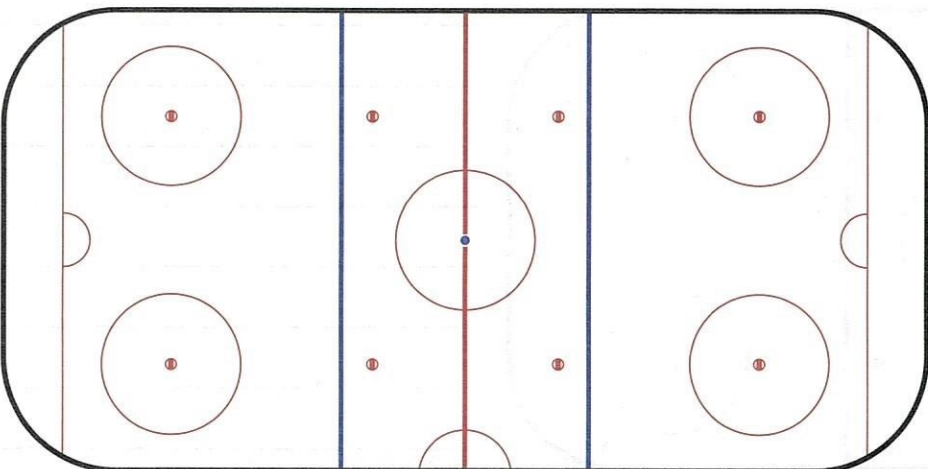
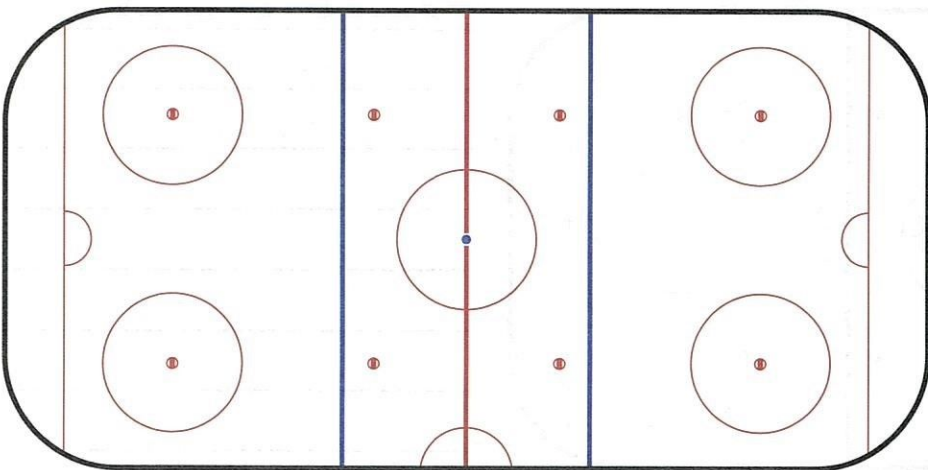




Spiel 40x30 →  
3-3 → 2 TR, JOKER  
10min



Spiel 5-5 ganze  
eis  
10min



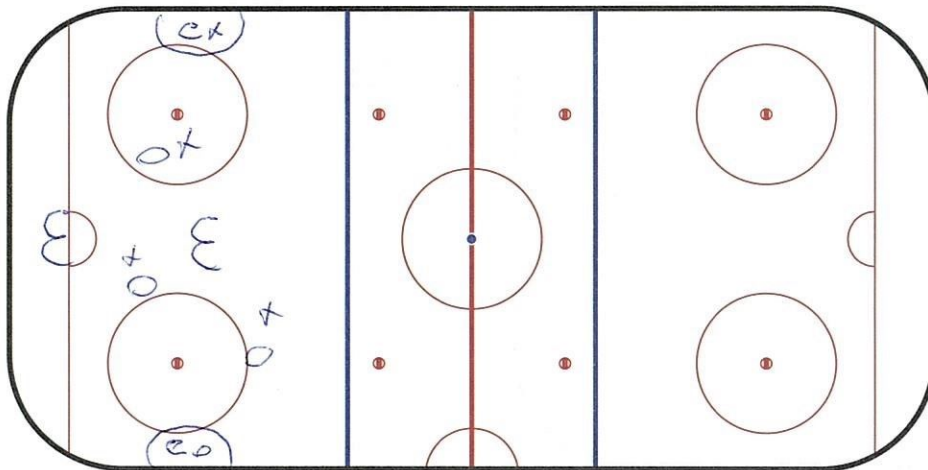


TEAM: U15, 16:40-17:40

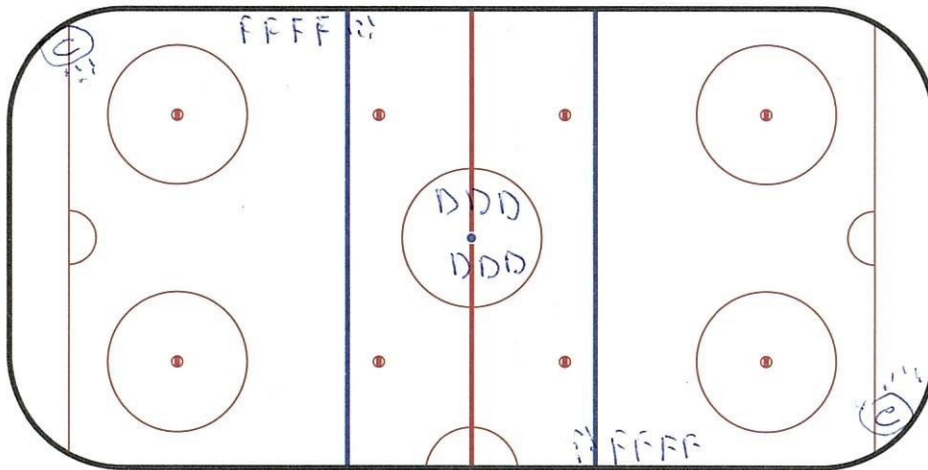
DATUM: 16.11.2023.

TRAINER: YURI, Joe

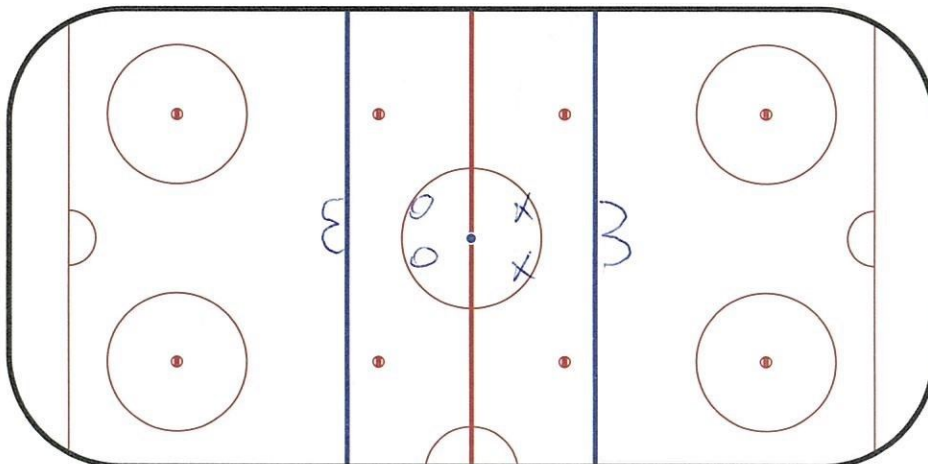
# TRAININGSPLAN



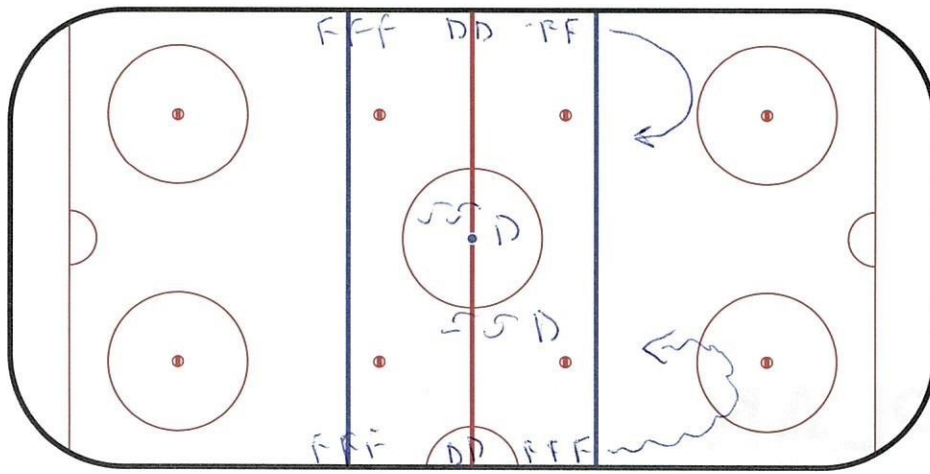
Spiel 3-3 mit  
2 TOR JOKER FÜR  
jein team.  
12 min



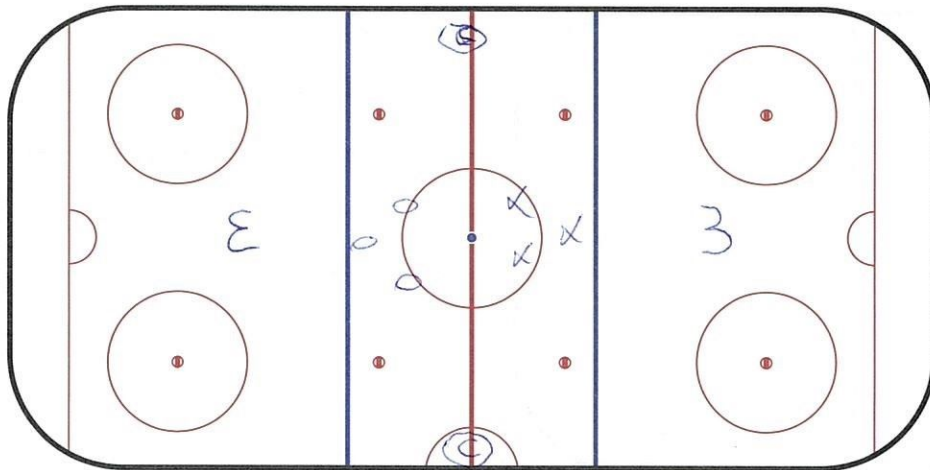
1-0 → 2-0 + D →  
HINTEN TOR SPIEL +  
VOR TOR ARBEIT.  
12 min



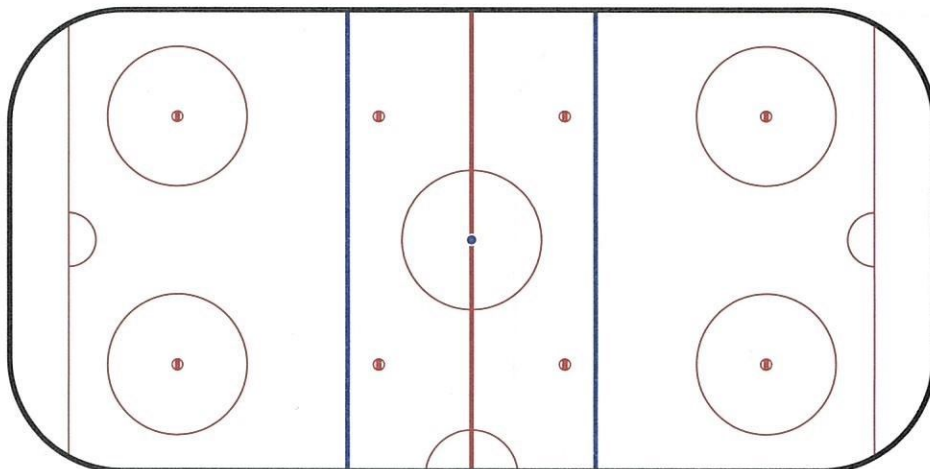
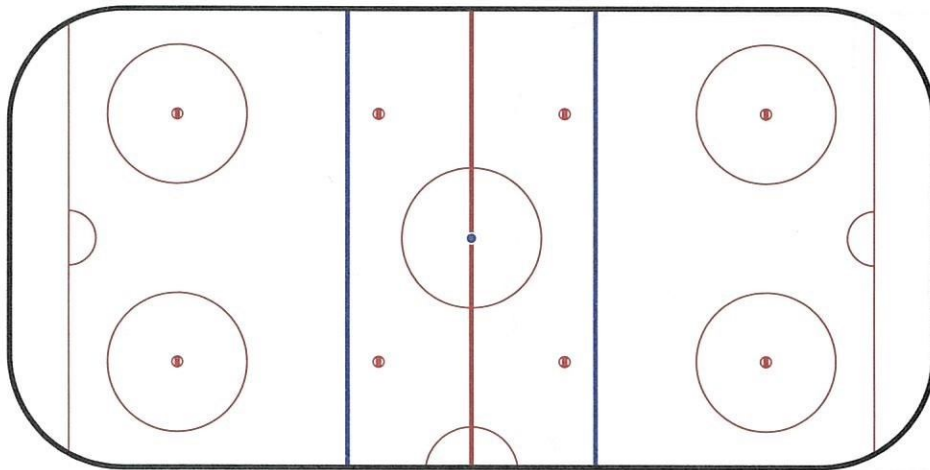
Spiel 2-2 mitte  
10 min



2-2 → ganze eis  
→ ein ruck  
10 min



Spiel 40x30 →  
3-3 → schnelle pässe!  
(2 Joker) 13 min





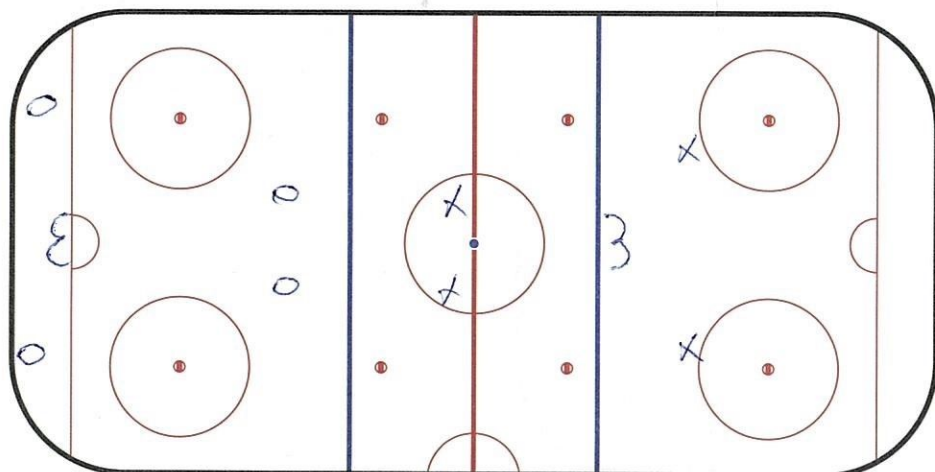


TEAM: U15, 16:40-17:40

DATUM: 17.11.2023.

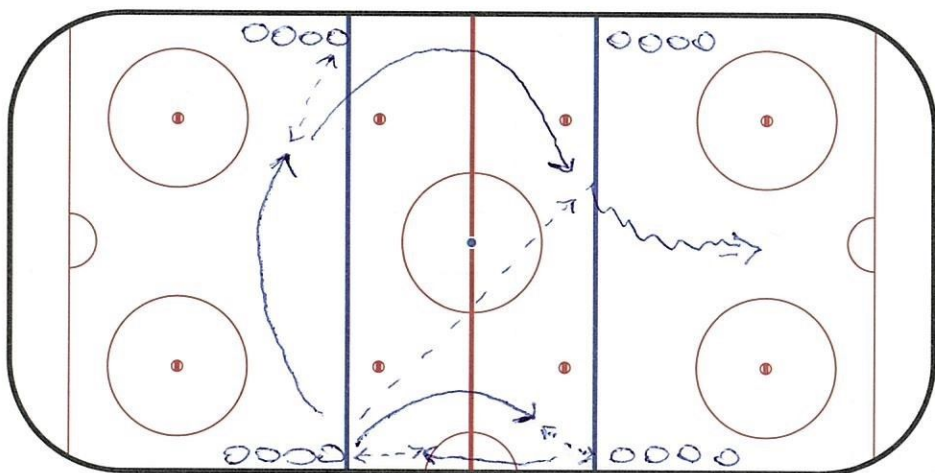
TRAINER: Yuri, Joe.

# TRAININGSPLAN



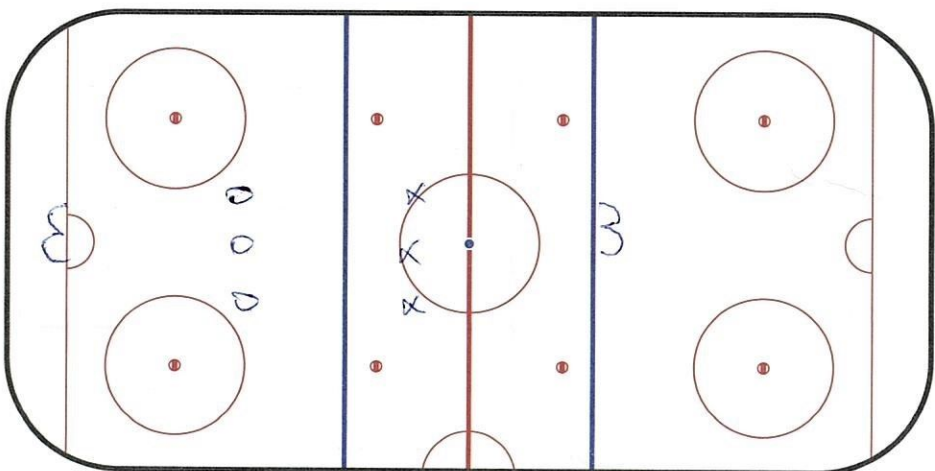
Spiel 2-2+2-3-2.

12 min



1-0 -> 7 Pässe.

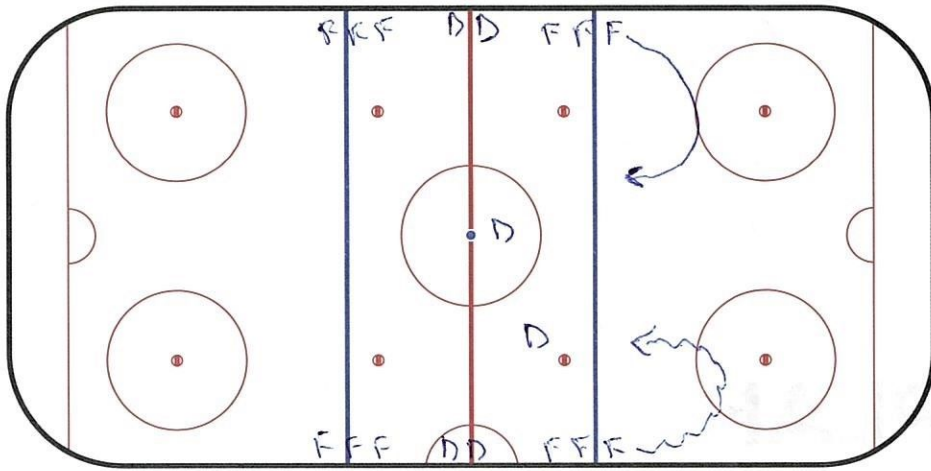
10 min



Spiel 3-3 mit

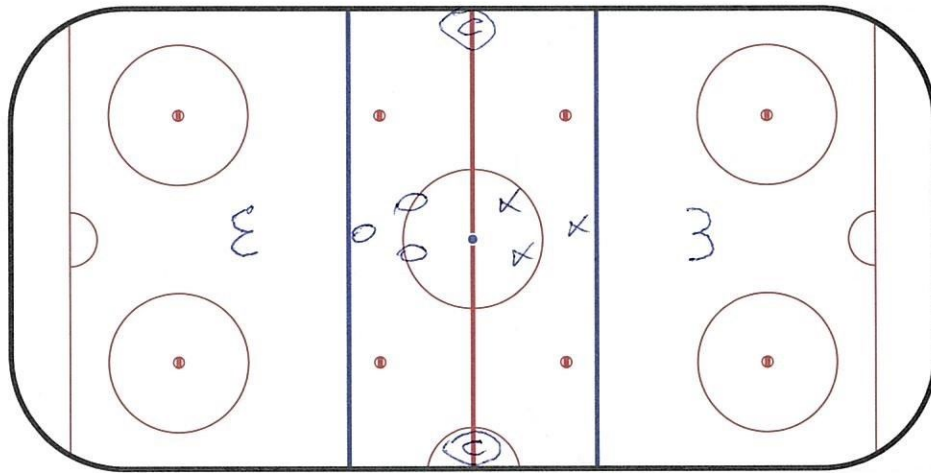
blauer Linie

12 min



2-2 → 2 PUCK.

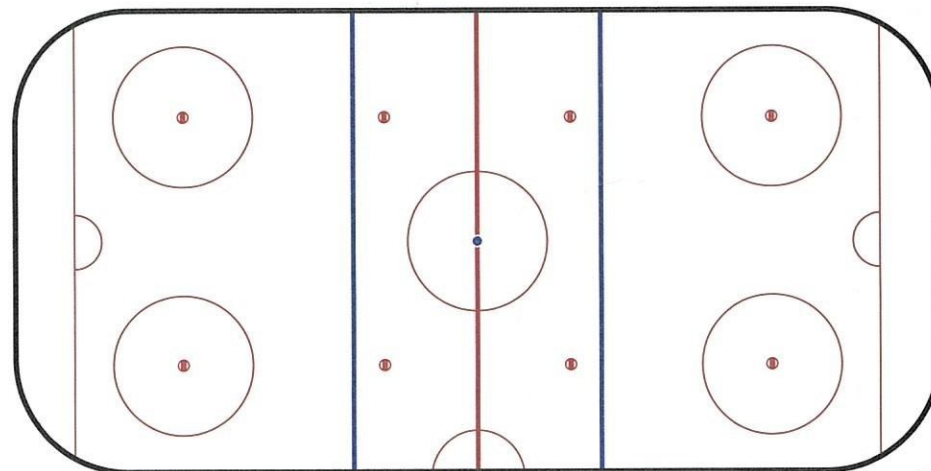
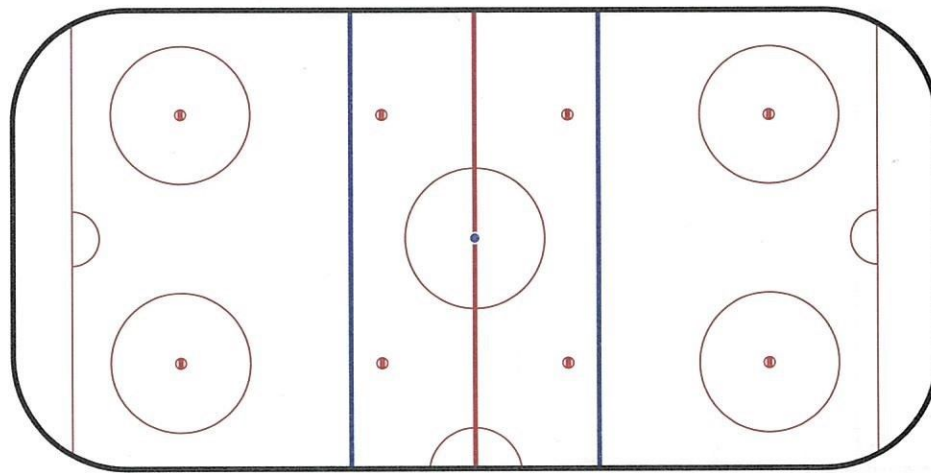
12 min



Spiel 40 x 30 →

2 PR JOKER.

13 min





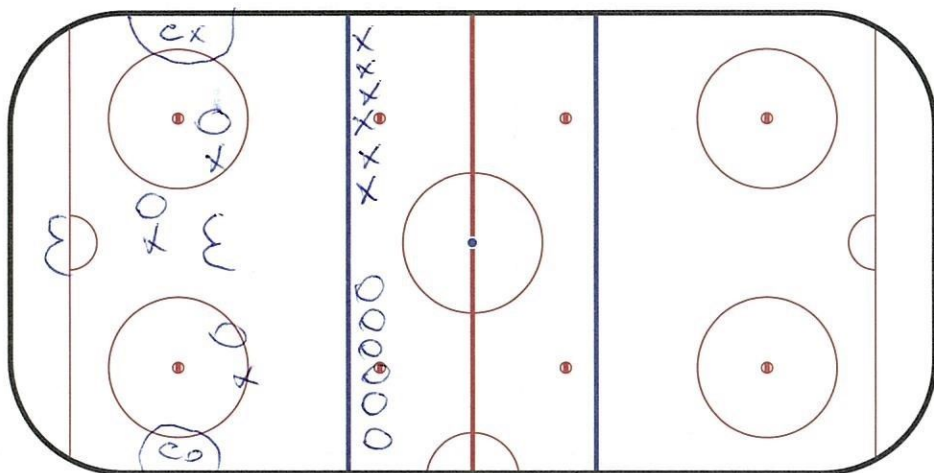
TEAM: 23.11.2023, 16:40-17:40 -> ~~2023~~ 24.11.2023

DATUM: 015

16:40-17:4

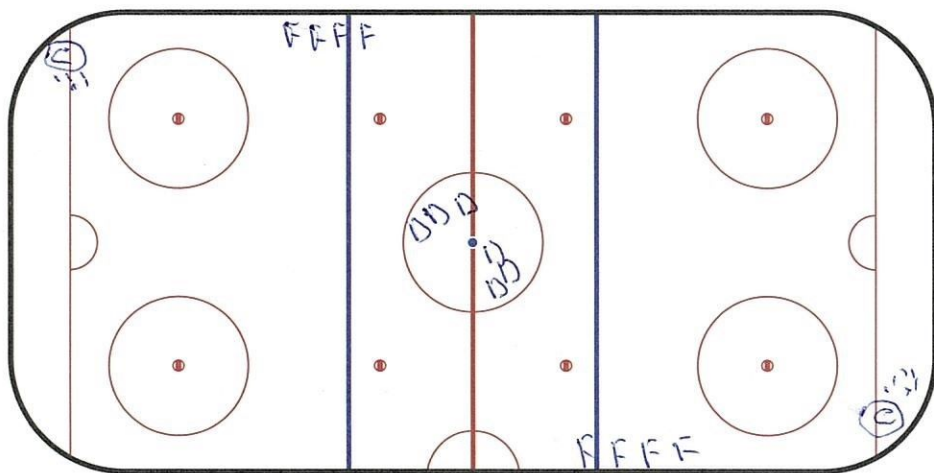
TRAINER: YURI, JÜRGEN.

# TRAININGSPLAN



Spiel 3-3 mit 2  
TR JOKER für sein  
Team.

12 min

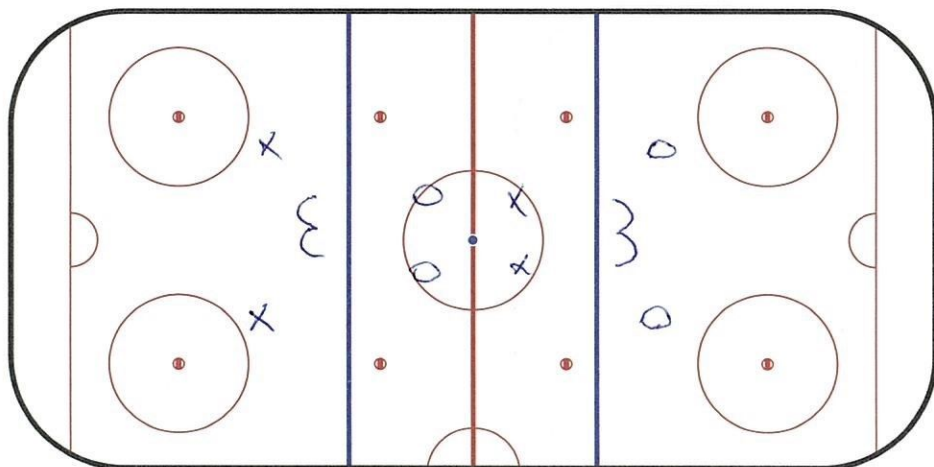


1-0-2-0 + 1D

A) Hinten TOR

b) KREUZEN

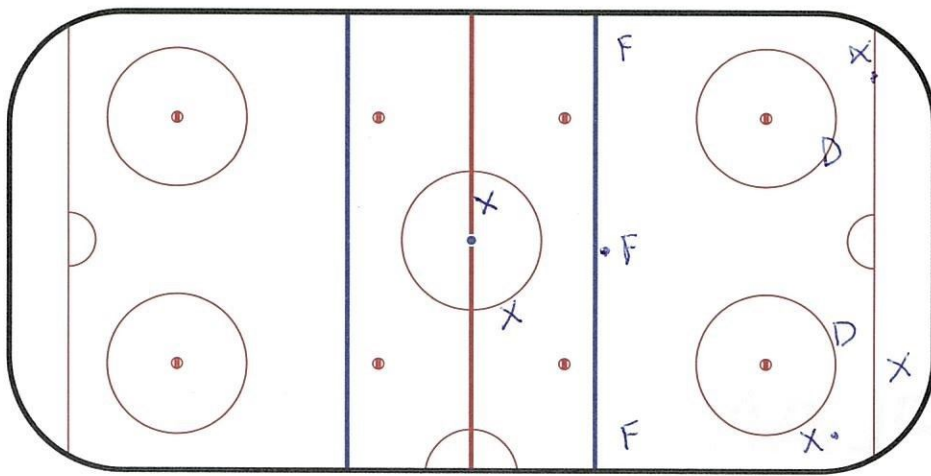
12 min



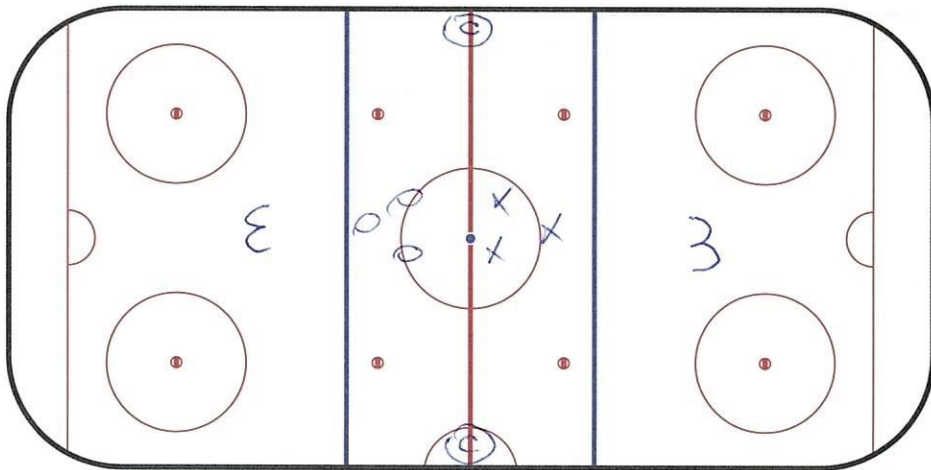
2-2 + 2 JOKER  
offensiv

10 min

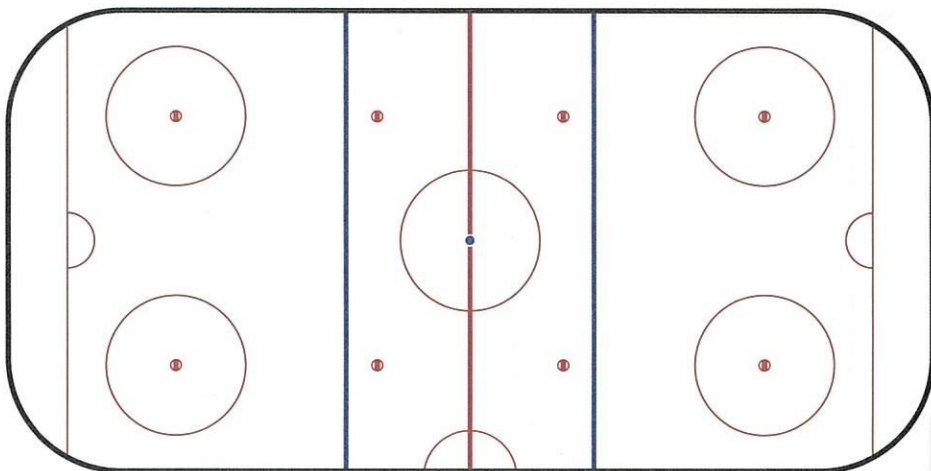
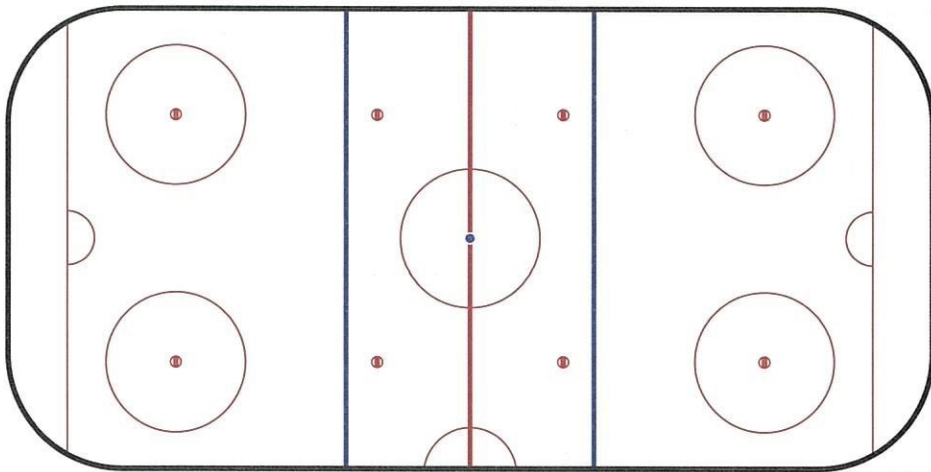




1-1 → 3-2 → 5-5  
10 min



40x30 → 3-3 →  
2FR JOKER  
13 min



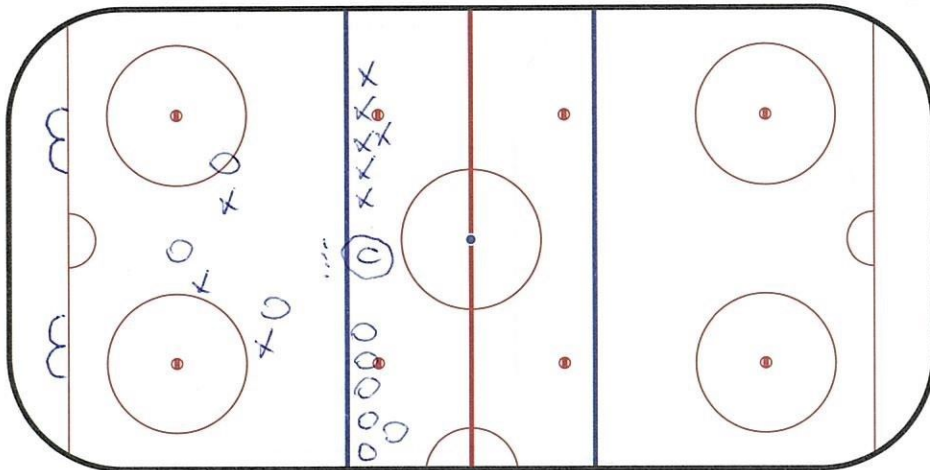


TEAM: U15 U17 16:40-17:40

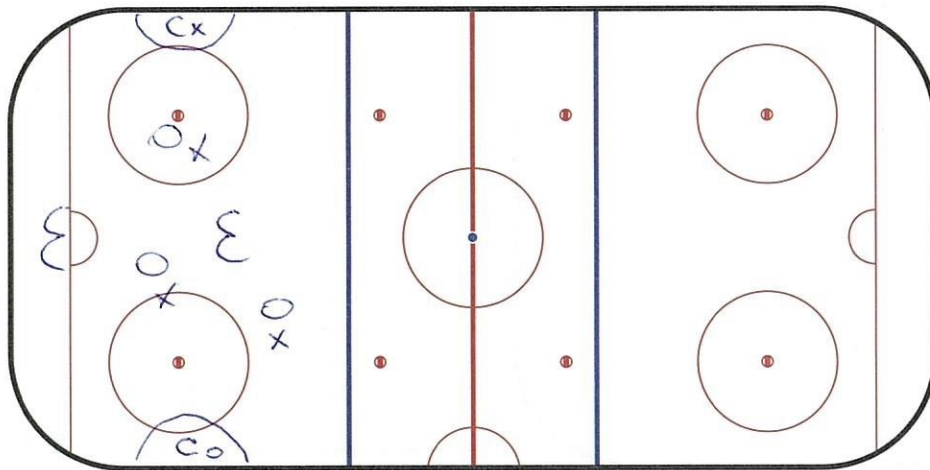
DATUM: 30.11.2023

TRAINER: Yuri, Joe.

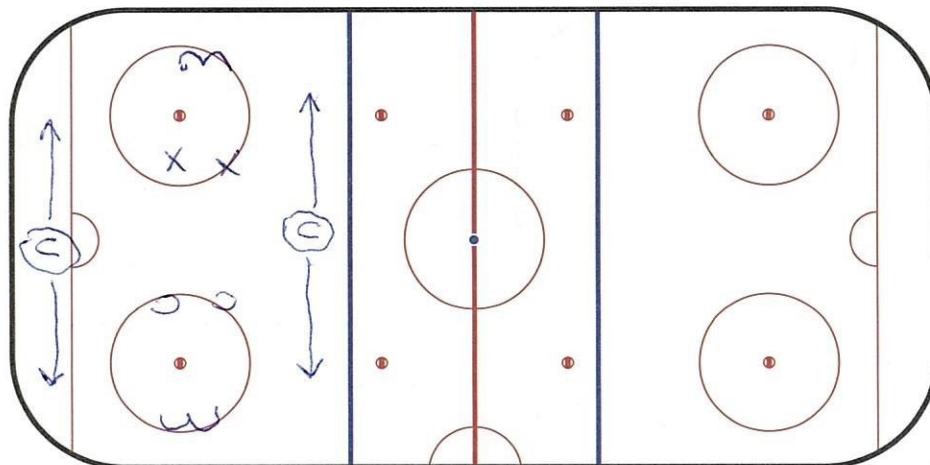
# TRAININGSPLAN



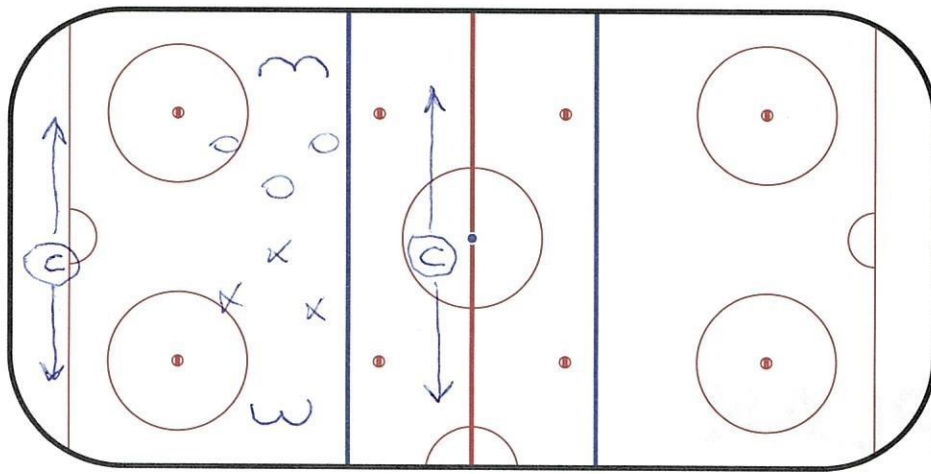
Spiel 3-3 → Tore  
Zählen im beide Tor  
10min



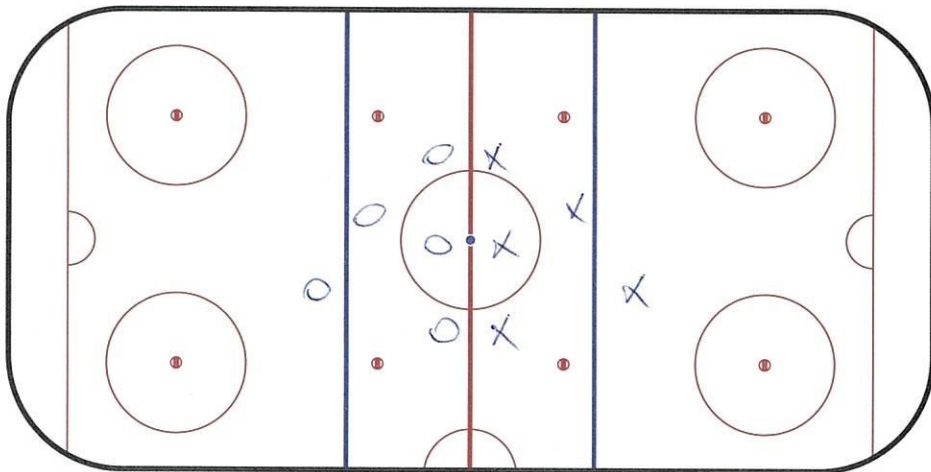
Spiel 3-3 → 2TR  
Joker für sein  
Team,  
10min



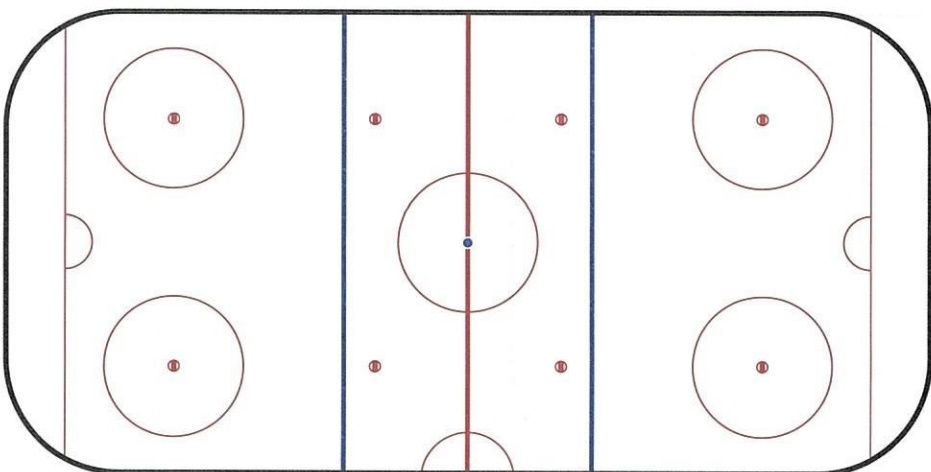
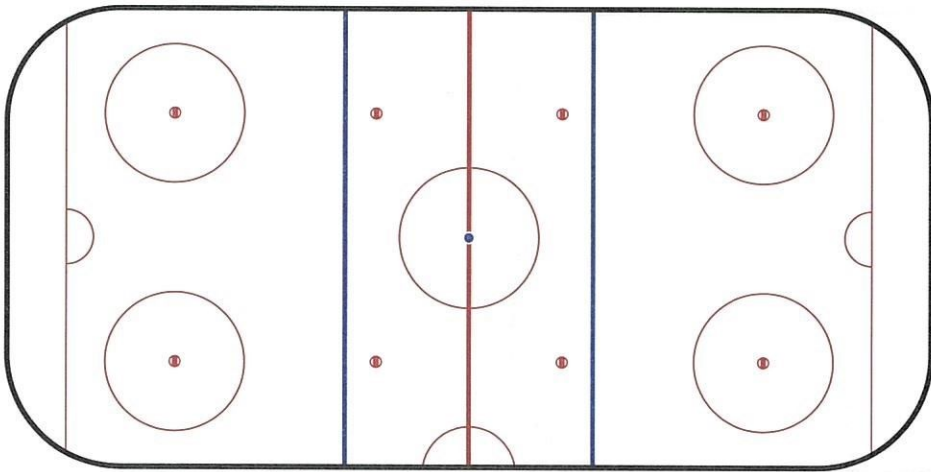
Spiel 2-2 →  
2TR Joker für  
beide → Tor Linie,  
blau Linie  
10min



Spiel 3-3 →  
 mitte zone →  
 2 TR JOKER  
 10min



Spiel 5-5 ganze  
 eis  
 13min





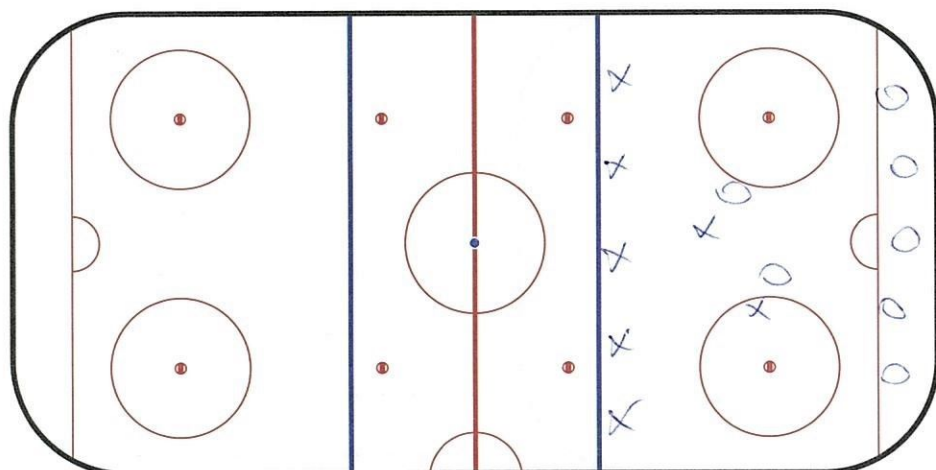


TEAM: U15, 16:40-17:40

DATUM: 1.12.2023

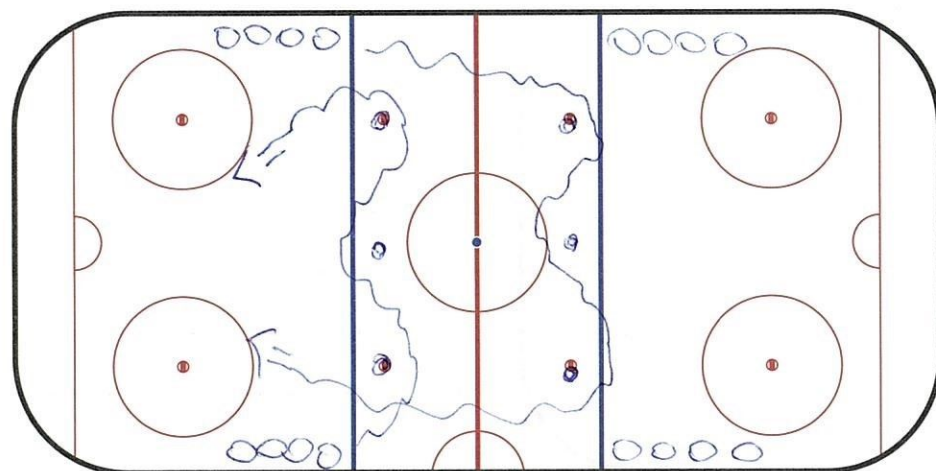
TRAINER: Yuri, Joe

# TRAININGSPLAN



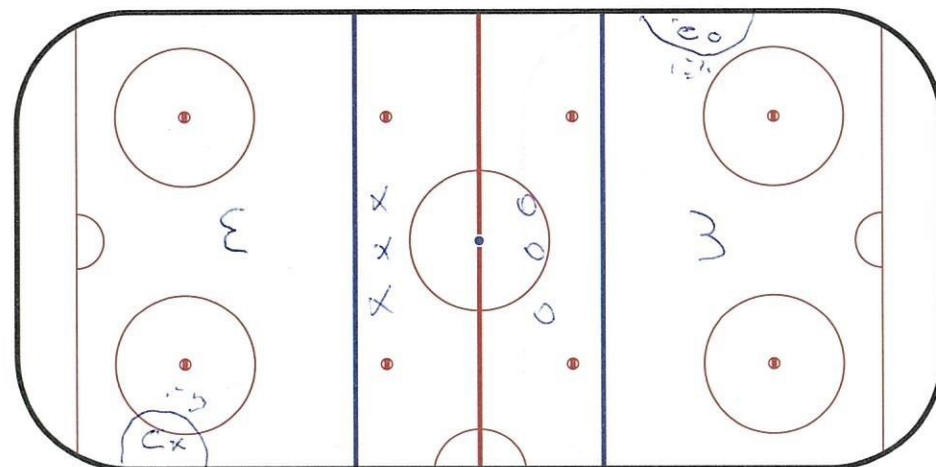
Spiel 3-3 mit  
Passen zum eigene  
Spieler

10min



1-0 KURZE -> LANGE  
weg

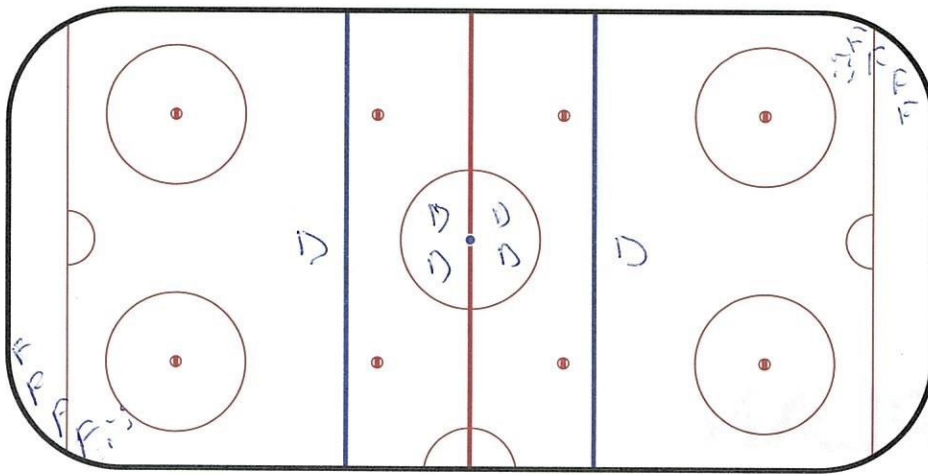
10min



Spiel 3-3 ->

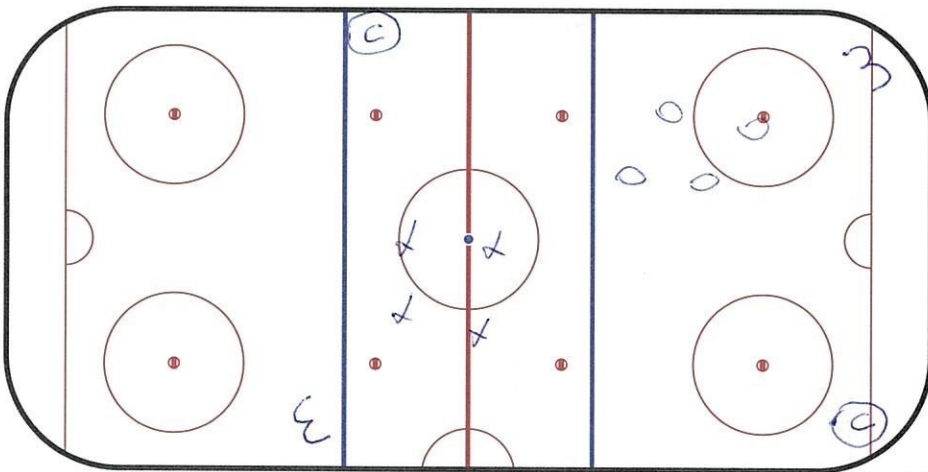
2 Chancen

12min



1-1 nach schuss  
von D.

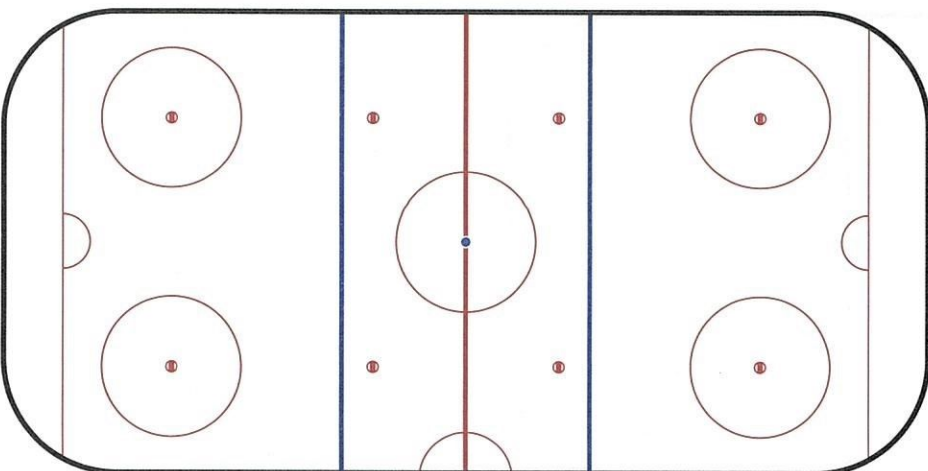
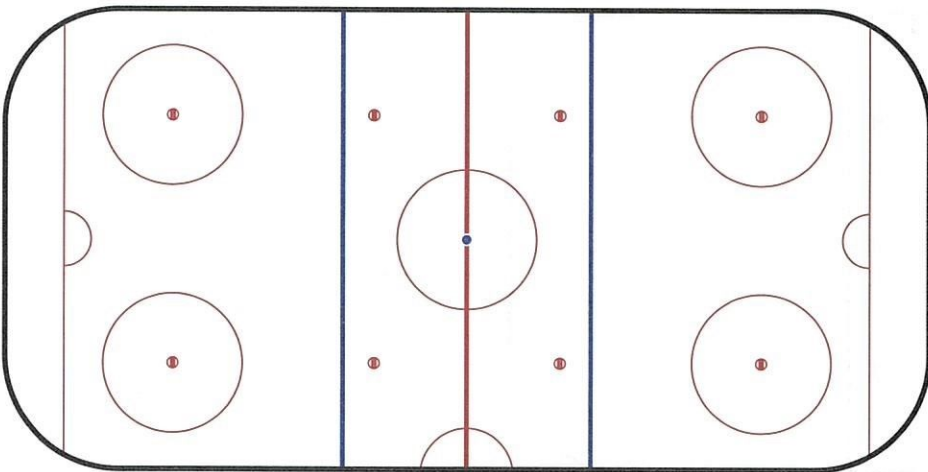
12min



Spiel 4-4 mit

2 soccer

13min



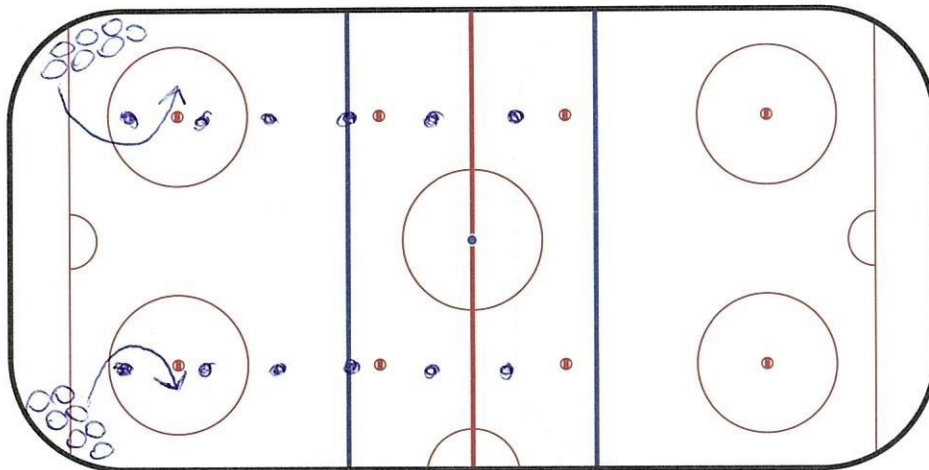


TEAM: U15, 16:20-17:20

DATUM: 4.12.2023.

TRAINER: YURI, Joe.

# TRAININGSPLAN

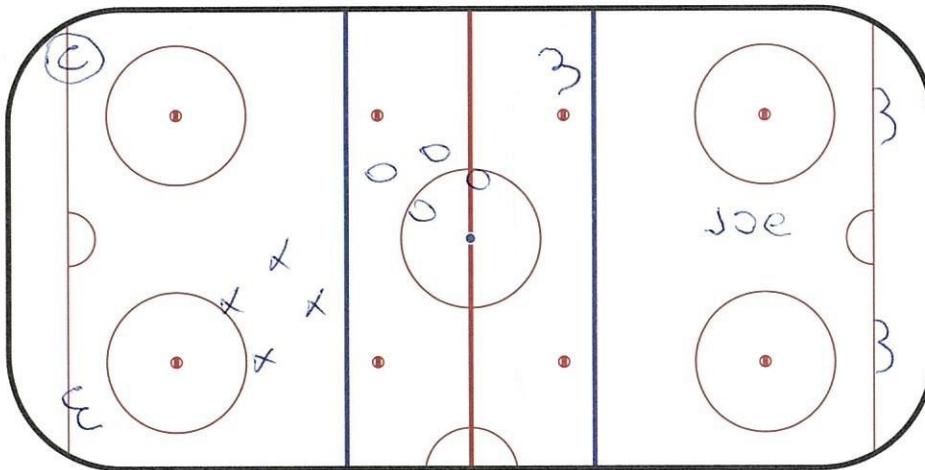


Eislaufen Technik  
mit Tempo.

20min

Gleiche mit puck

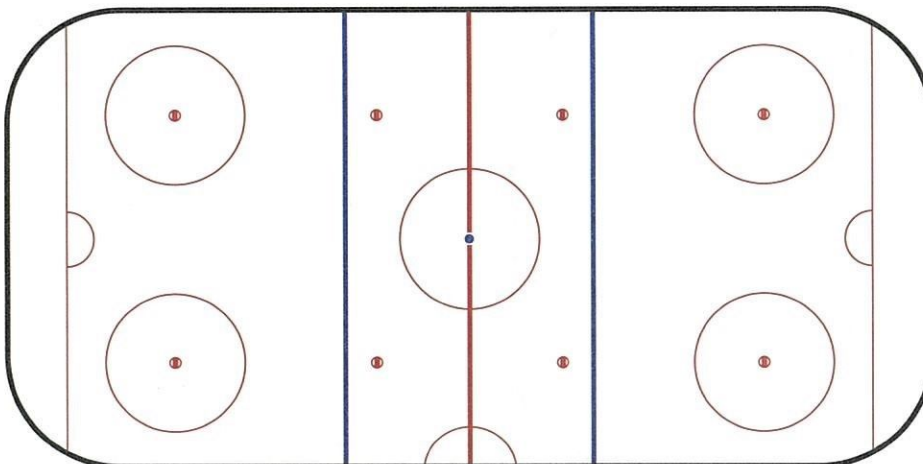
20min



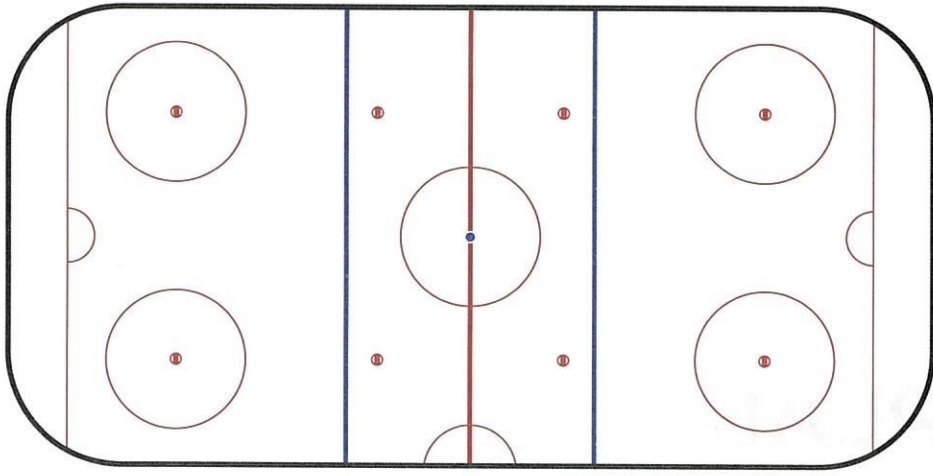
Spiel 4-4 mit Joker

13min

→ Spiel situation







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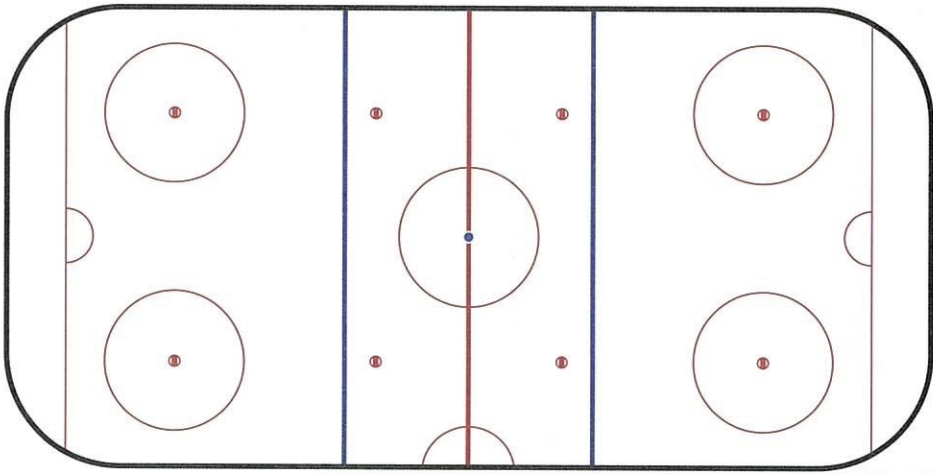
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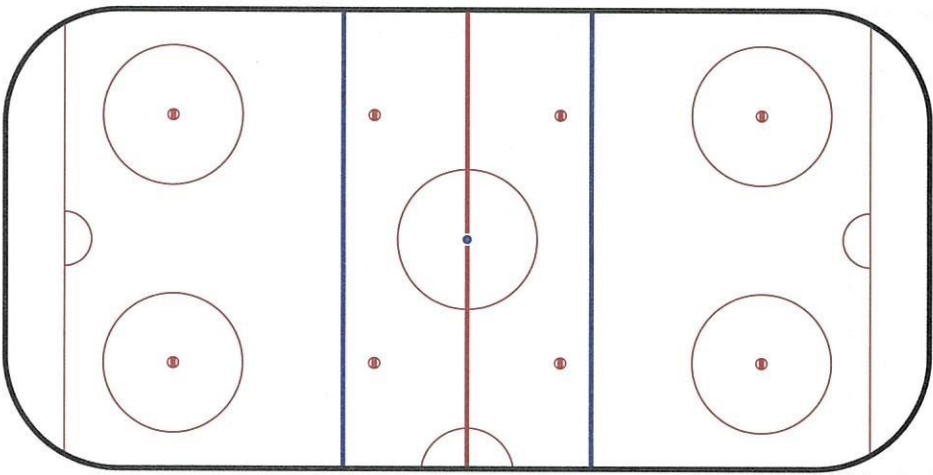
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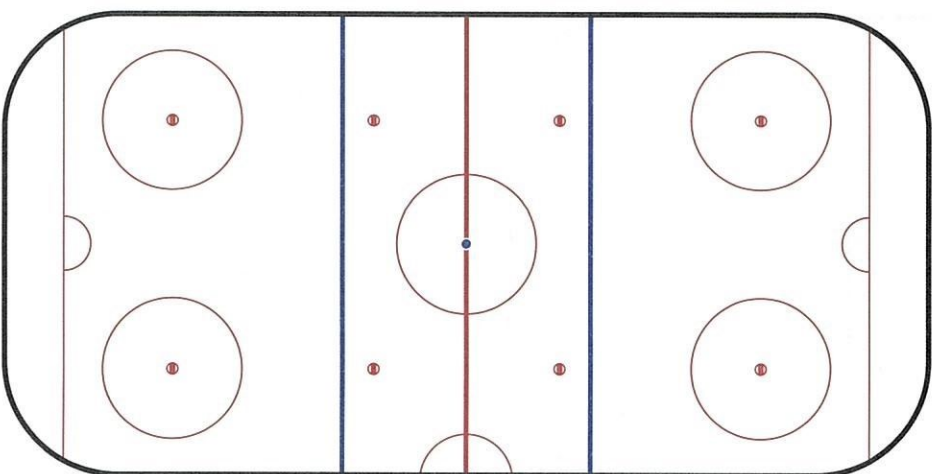
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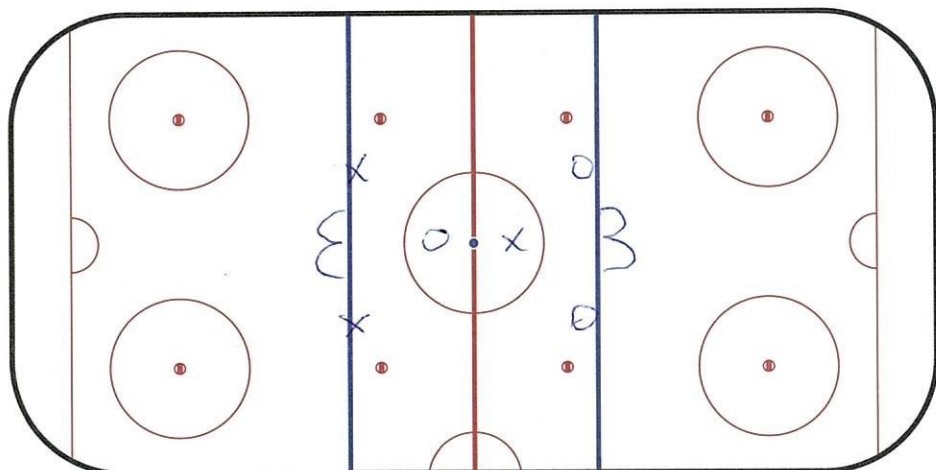


TEAM: U15, 16:40-17:40

DATUM: 7.12.2023.

TRAINER: YURI, Joe.

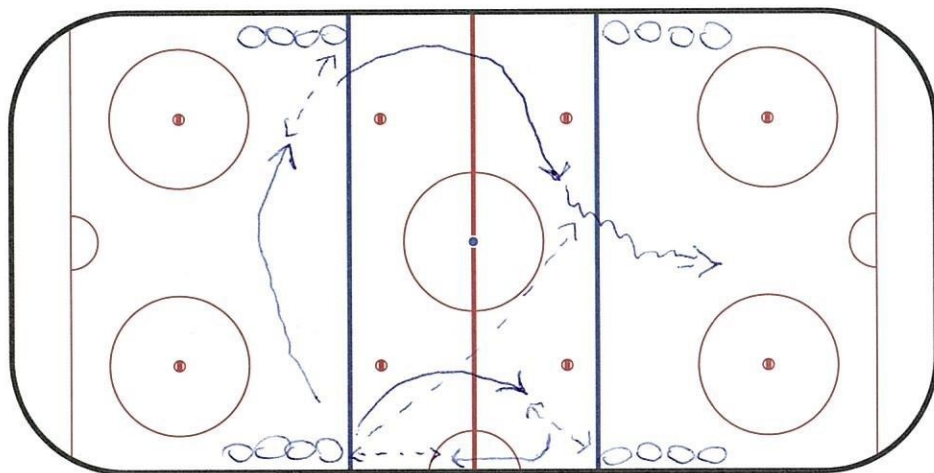
# TRAININGSPLAN



Aufwärmen Spiel

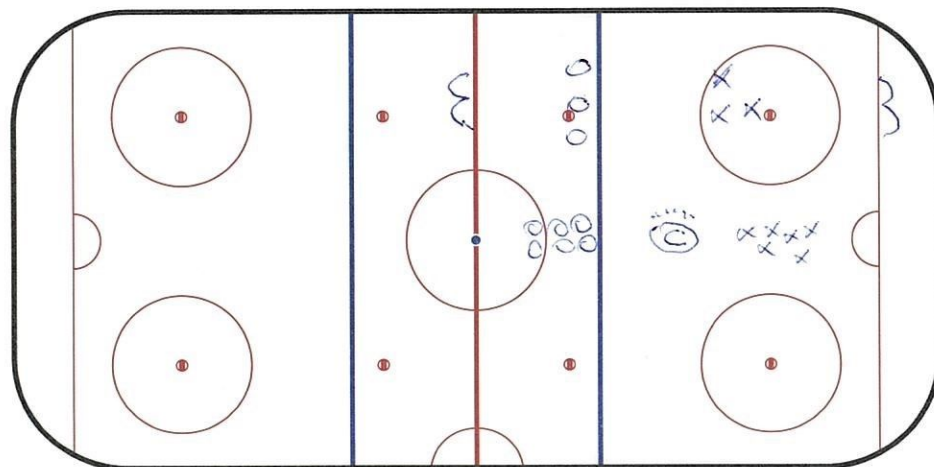
3-2 → 3-2.

10 min



1-0 → 4 Pässe

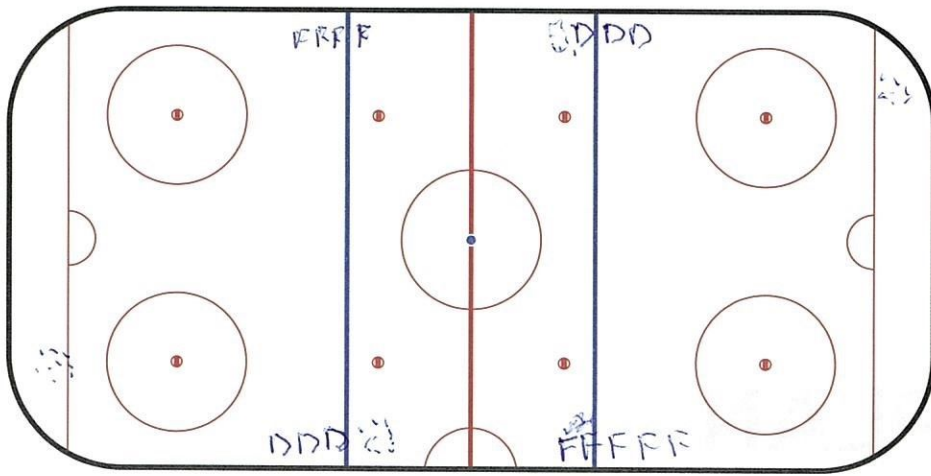
10 min



Spiel 3-3 →

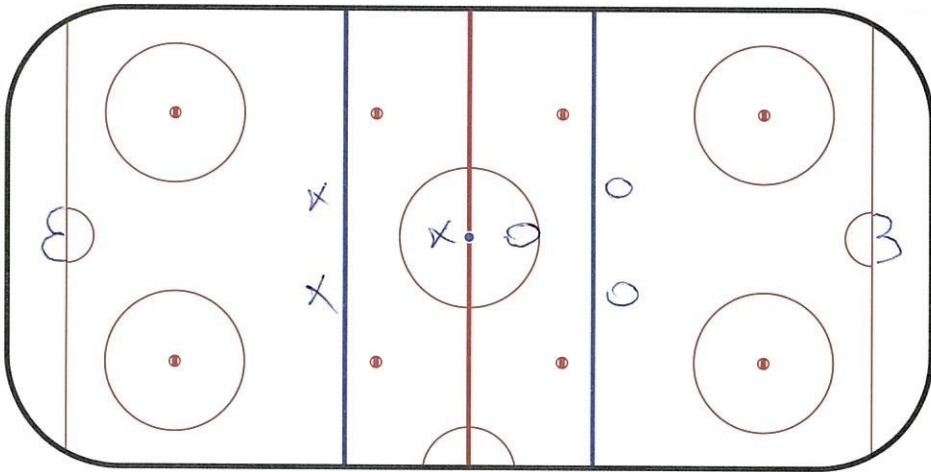
ROTE LINIE - ROTE LINIE

12 min



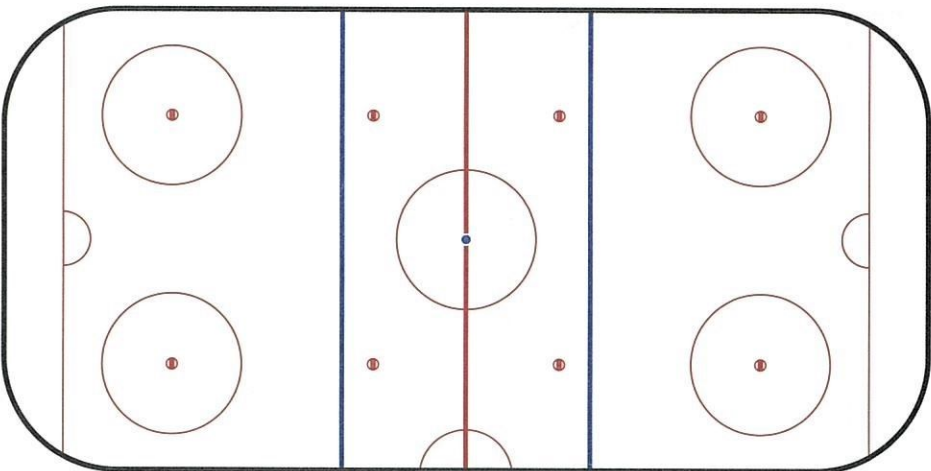
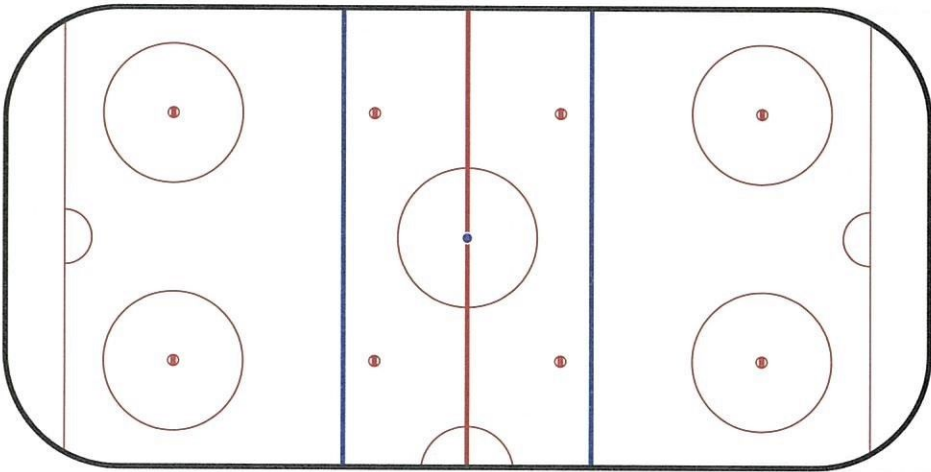
1-1 nach Aufbau

12 min



Spiel 3-3 ganze  
eis

13 min





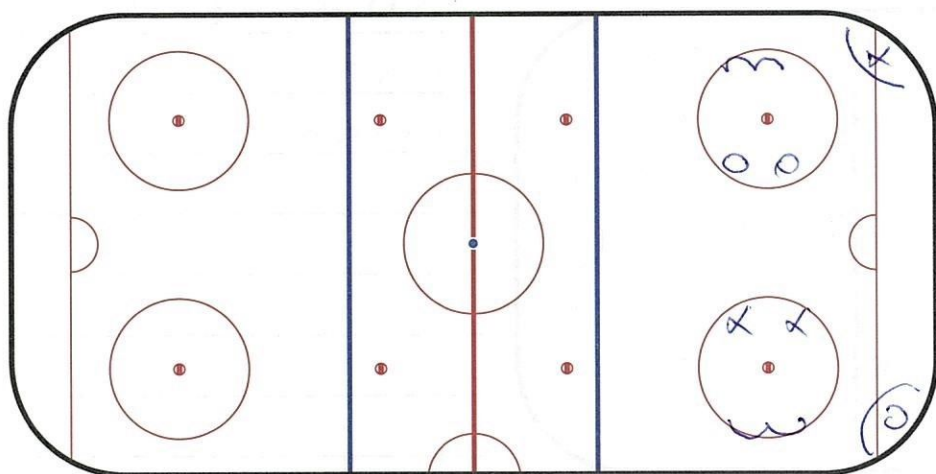


TEAM: U15. 16:40-17:40

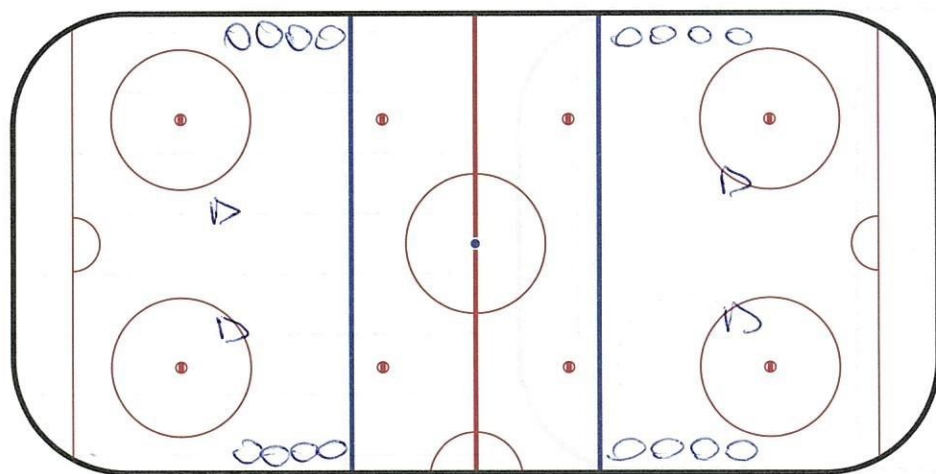
DATUM: 8.12.2023

TRAINER: YURI, Joe

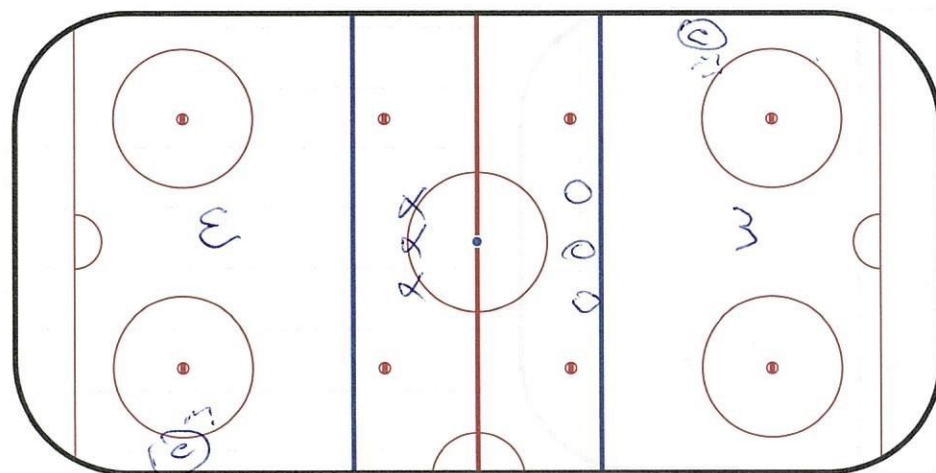
# TRAININGSPLAN



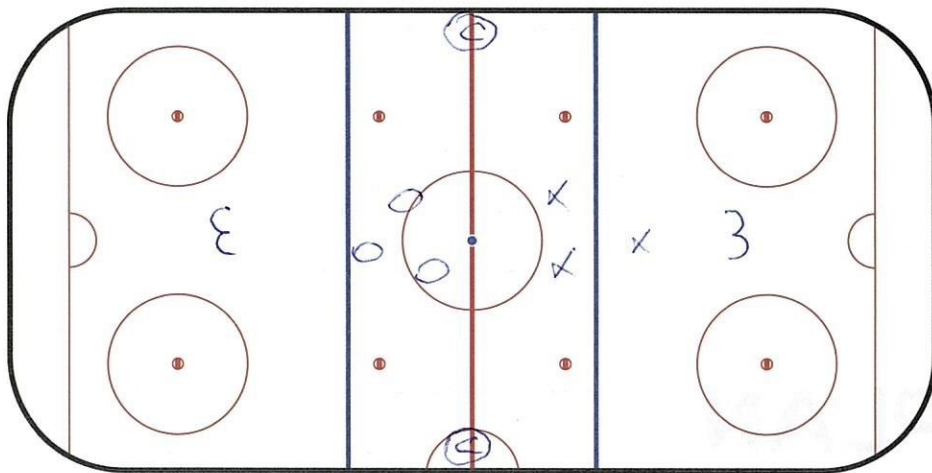
Spiel 2-2 mit  
Joker ecke  
12min



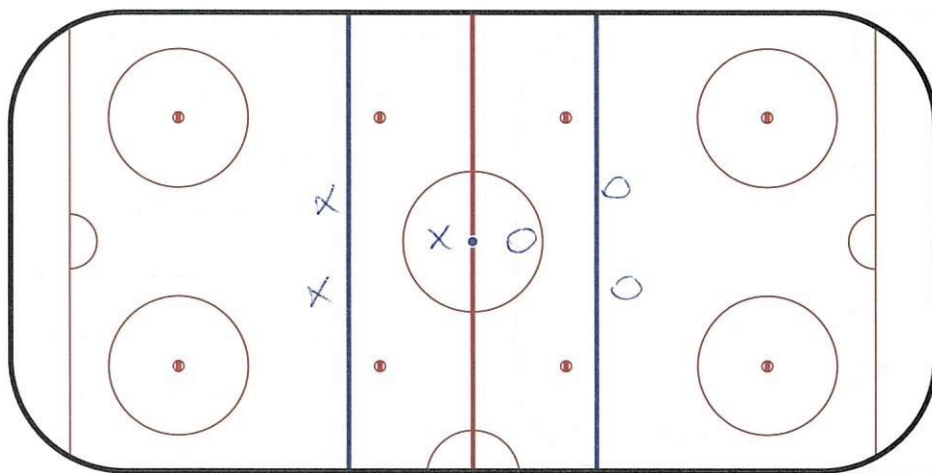
1-0 → ~~15~~ - 15 - 15  
10min



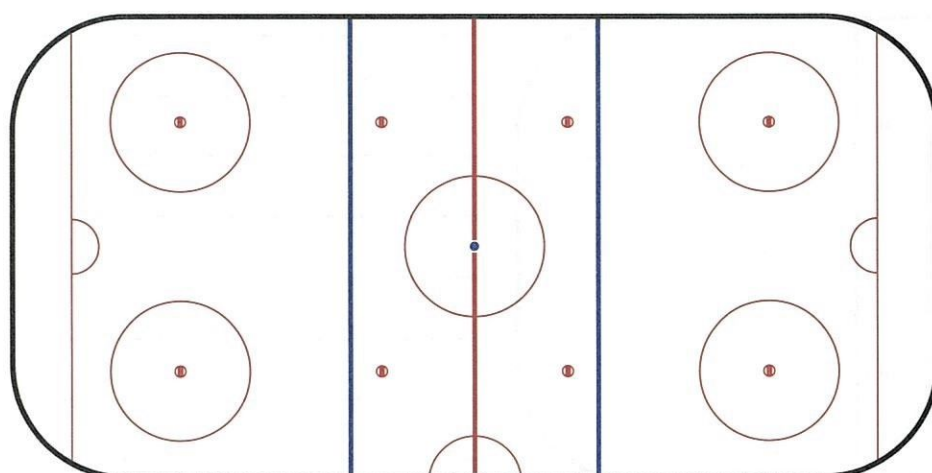
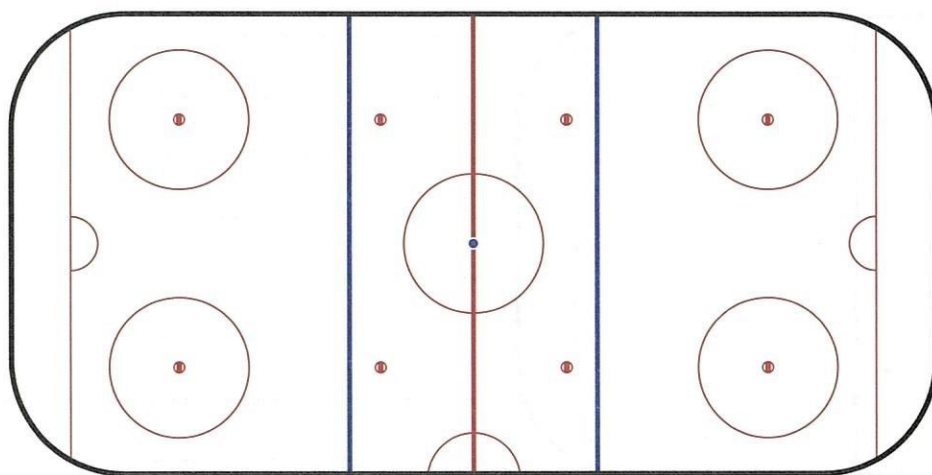
Spiel 3-3 →  
→ 2 Chancen  
12min



Spiel 40x30 →  
→ 3-3 + 2 TR  
12 min



Spiel 3-3 ganze  
eis  
10 min



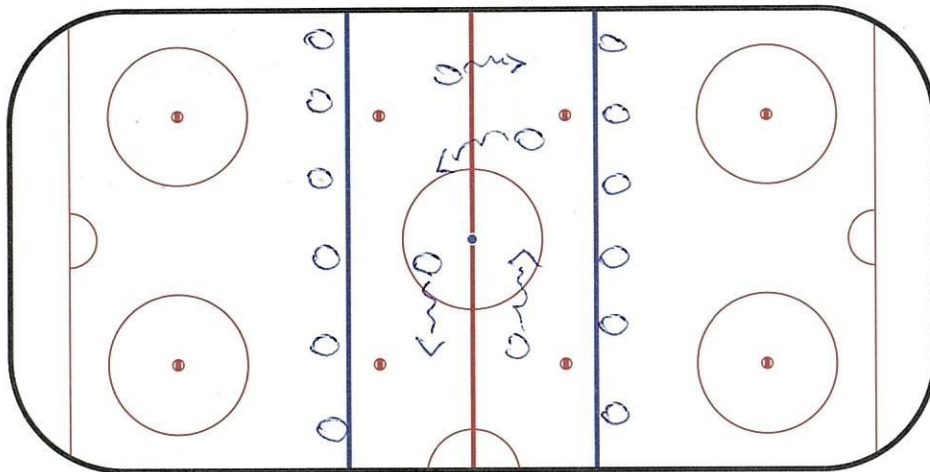


TEAM: U15. 17:50-18:50

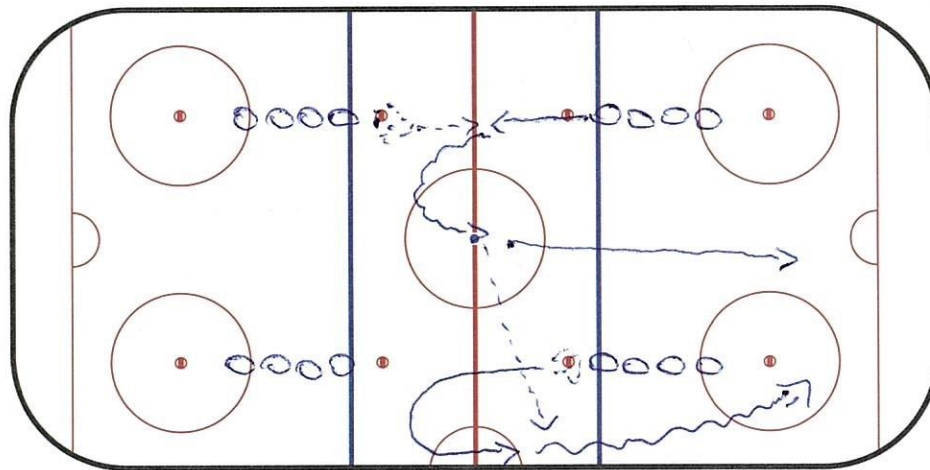
DATUM: 15.12.2023.

TRAINER: Yuri, Joe.

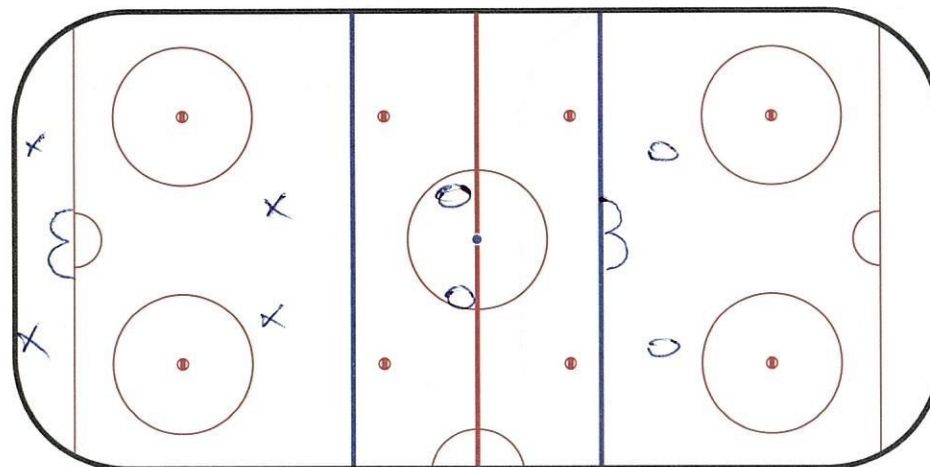
# TRAININGSPLAN



Passen HOOB zu 4  
10 min

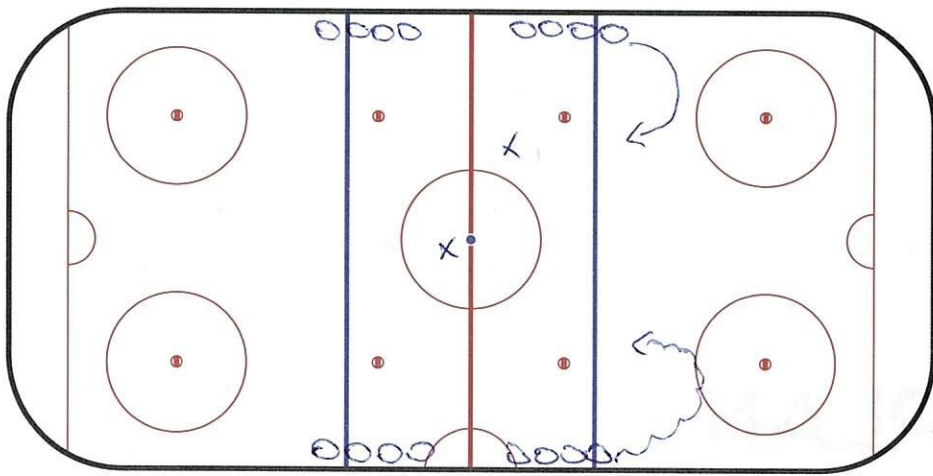


1-0-2-0 → PASS  
nach außen.  
10 min



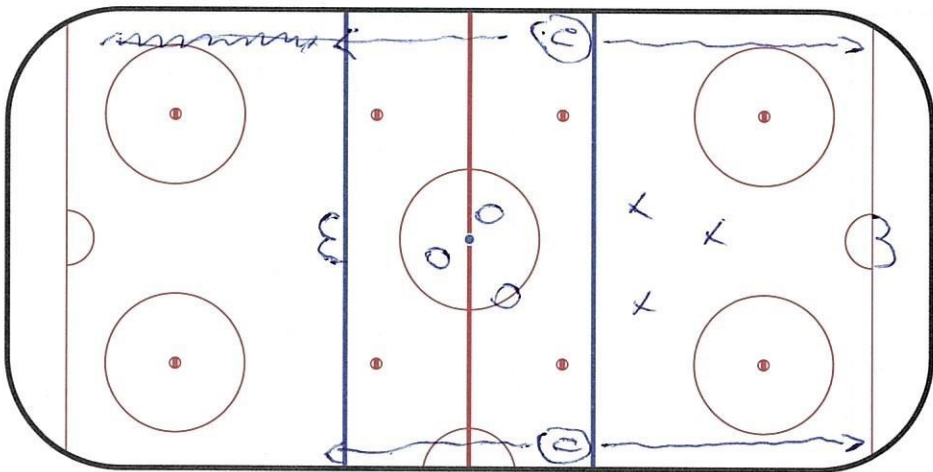
Spiel 2-2+2 →  
3-2  
12 min





2-2 → 1 PUCK

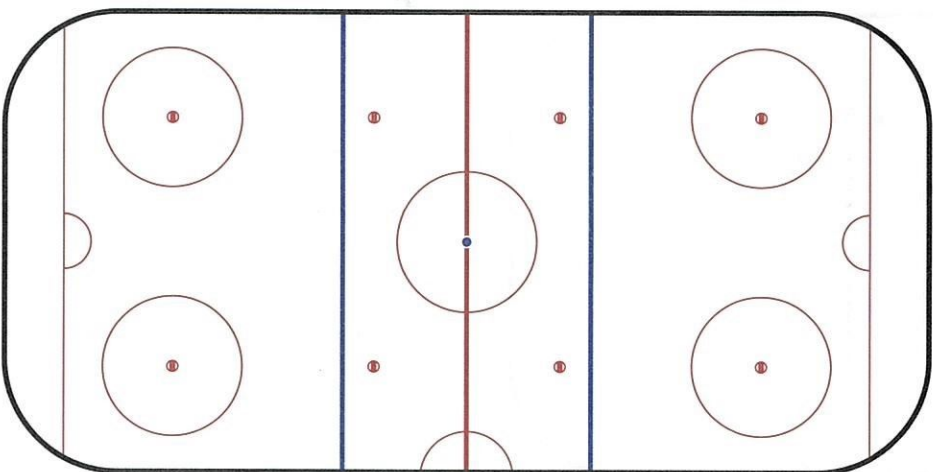
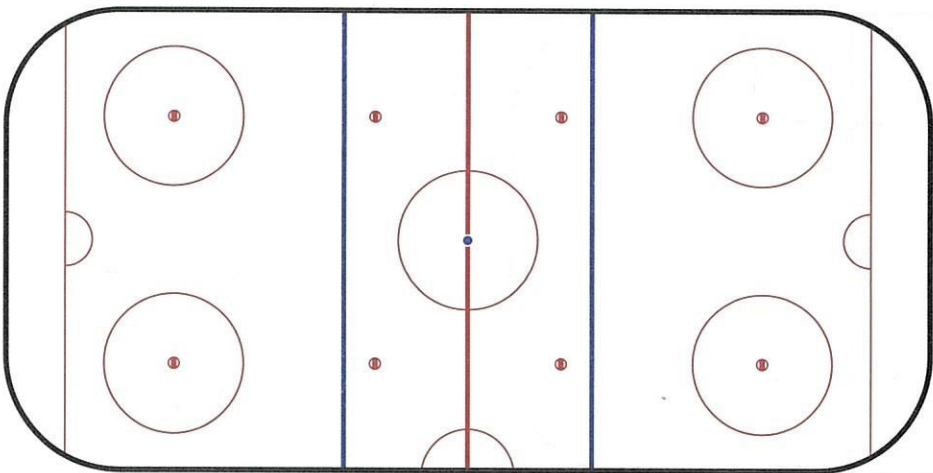
12 min



Spiel 3-3 → 2 TR

im bewegung bei  
bande → PASS TR zu  
TR → seiten wechsen →  
→ Spiel lesen →  
richtige wege fahren.

13 min



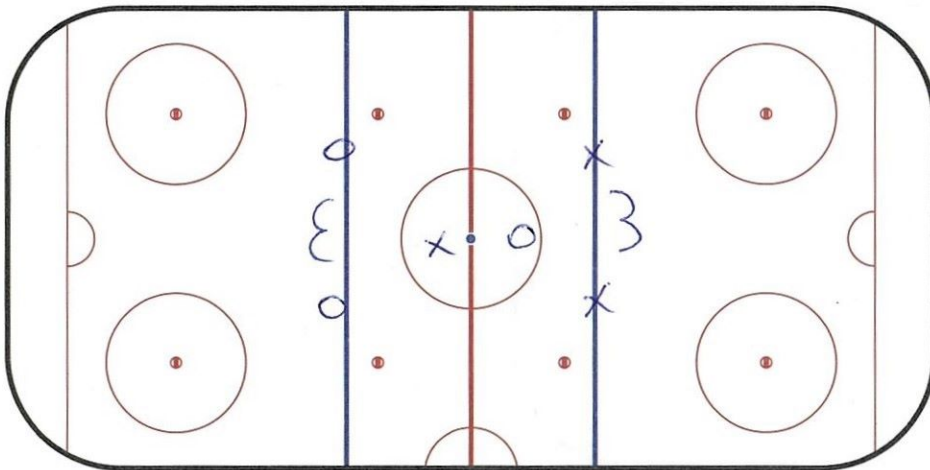


TEAM: U15, 16:40 - 17:40

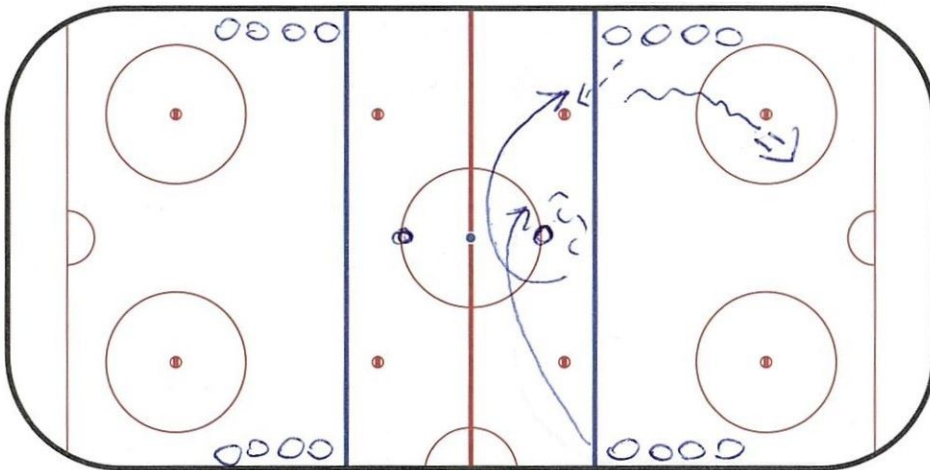
DATUM: 21.12.2023 → 22.12.2023, 16:40 - 17:40

TRAINER: Yuri, Joe.

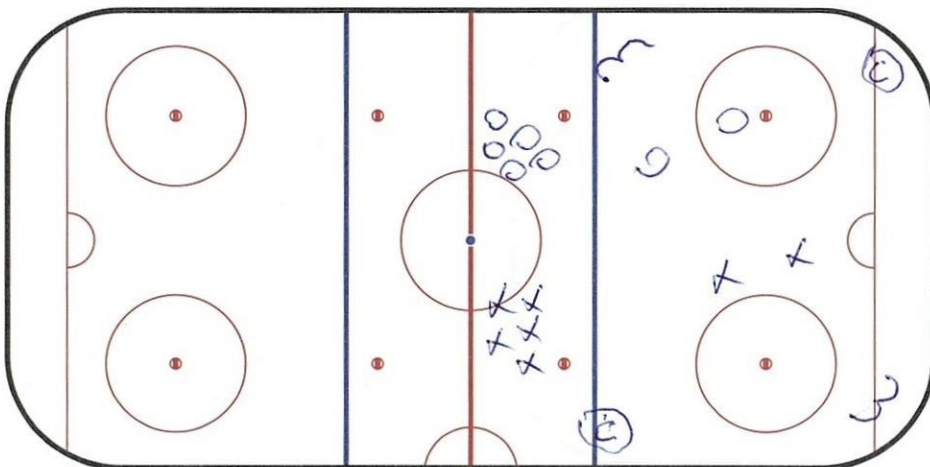
# TRAININGSPLAN



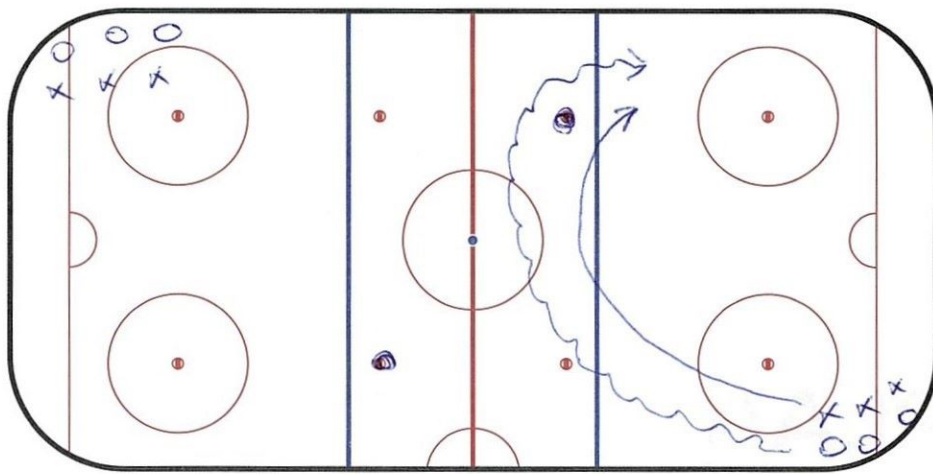
Spiel 3-1 → 3-1  
schnelle Pässe  
12 min



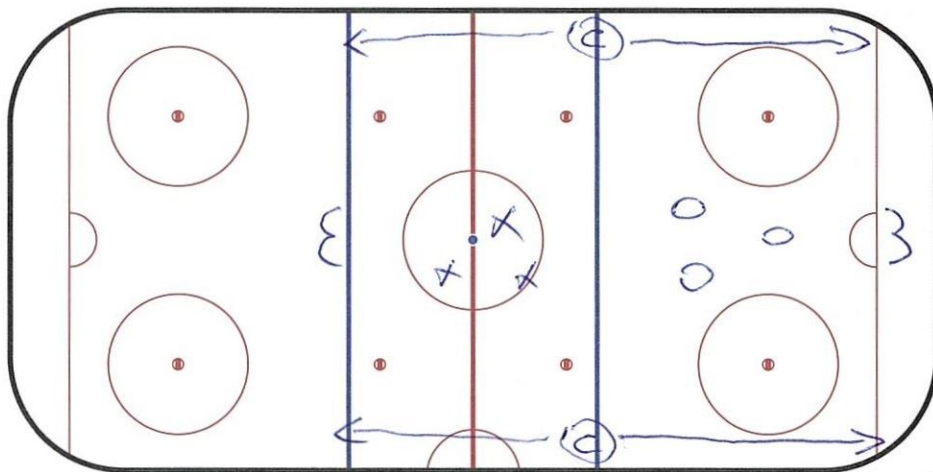
1-0 → VOR-RÜCK  
→ TEMPO → VON  
SEITE SCHUSS  
10 min



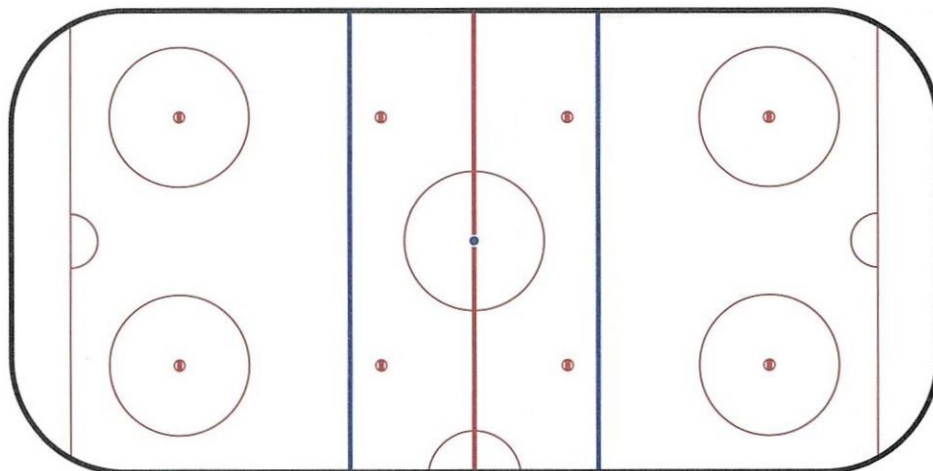
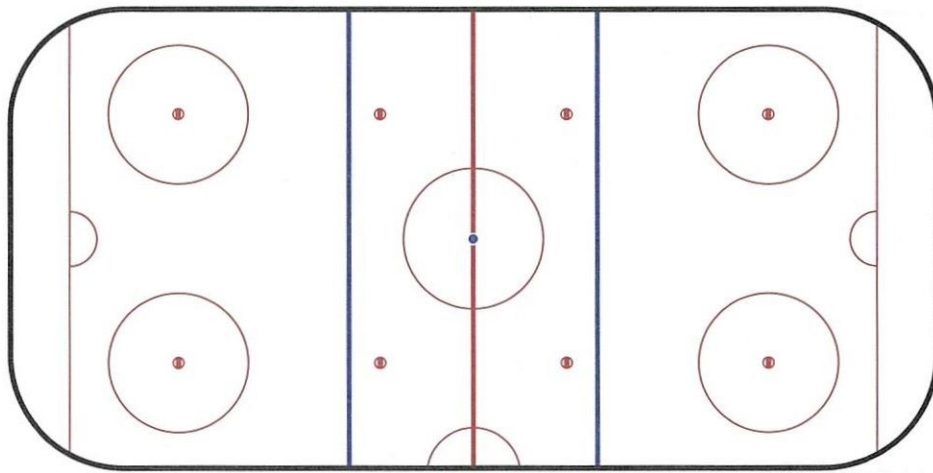
Spiel 2-2 →  
2 TR diagonal  
12 min



1-1 → abwechseln  
 F-D → Timing  
 → Tempo  
 10 min



Spiel 3-3 →  
 bl. rot. → 2 TR  
 diagonal mit  
 bewegung.  
 13 min





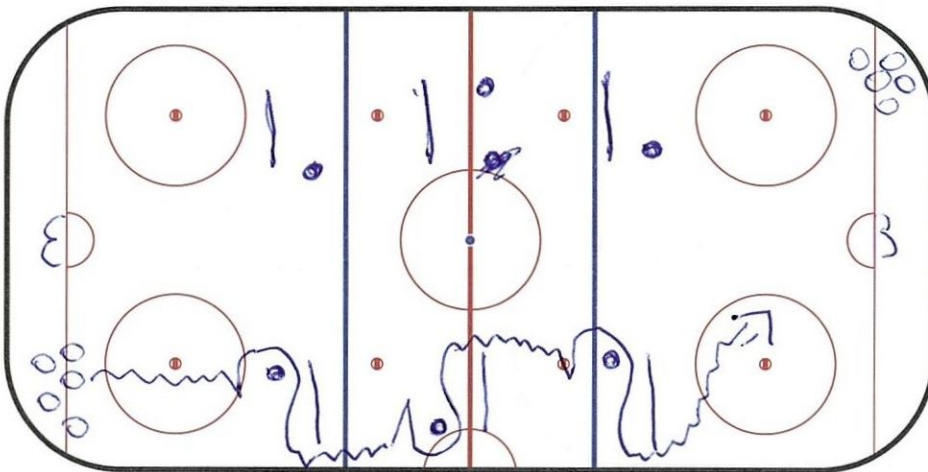


TEAM: U15, 16:40-17:40

DATUM: 28.12.2023.

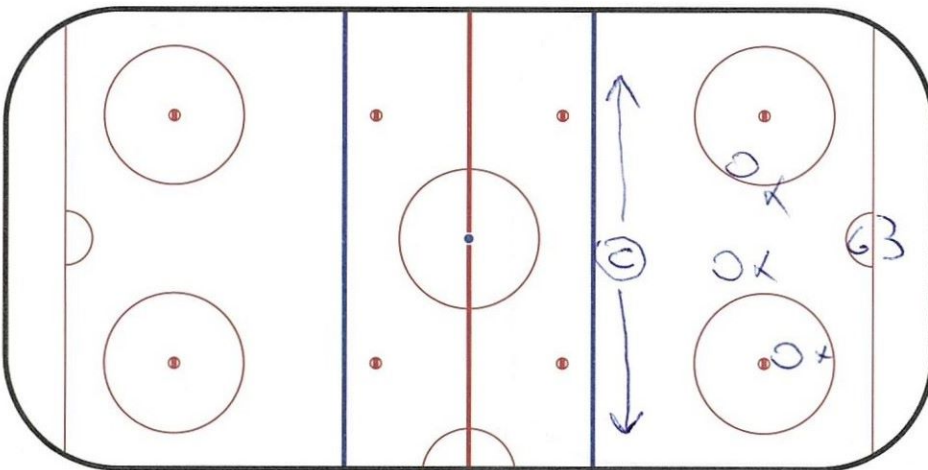
TRAINER: YURI.

# TRAININGSPLAN



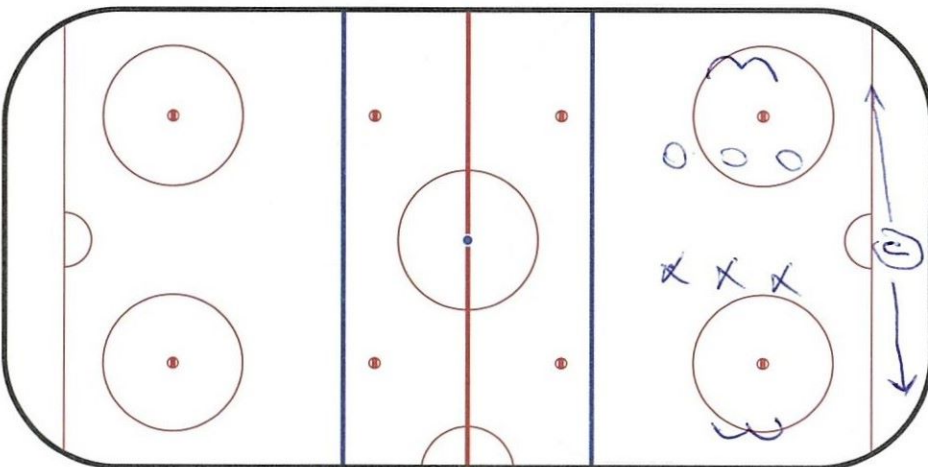
Aufwärmen mit  
schuss.

12min



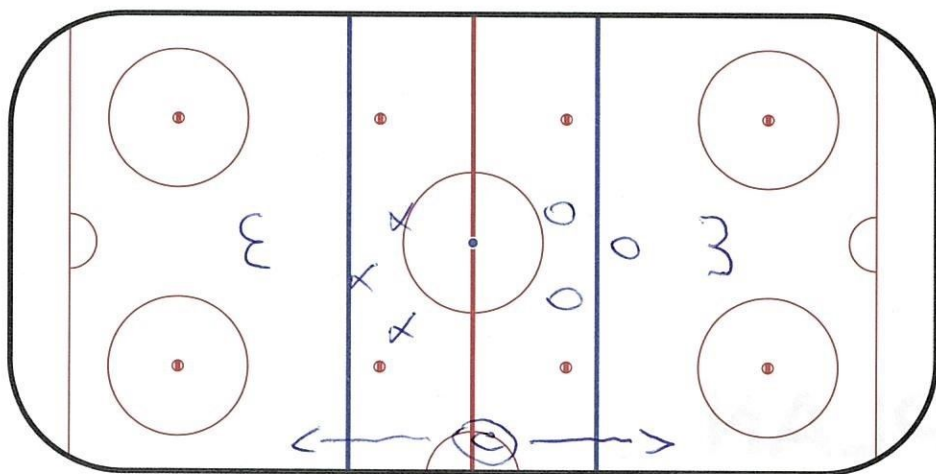
Spiel 3-3 →  
TR JOKER bei  
BLAU Linie

15min



Spiel 3-3 →  
TR JOKER im be-  
wegung

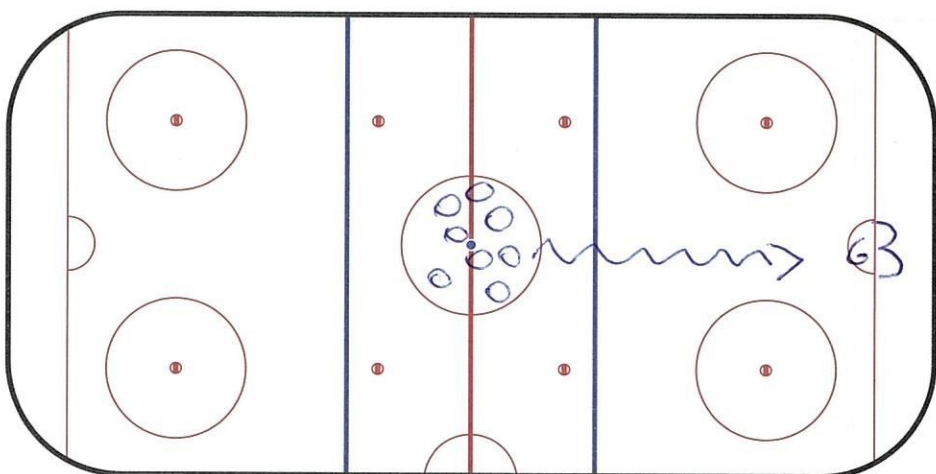
15min



Spiel 40x30

→ 3-3 + TR

10 min



Penalty

