

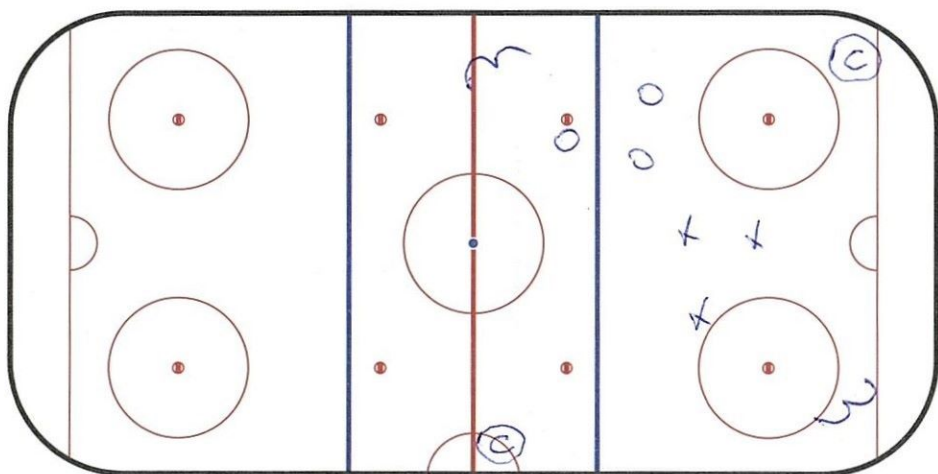


TEAM: U15, 16:40-17:40

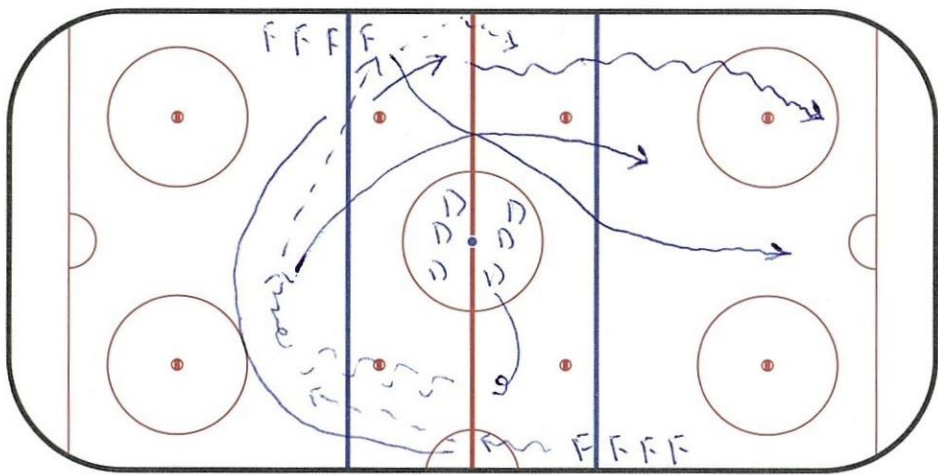
DATUM: 11.1.2024.

TRAINER: YURI, JOE.

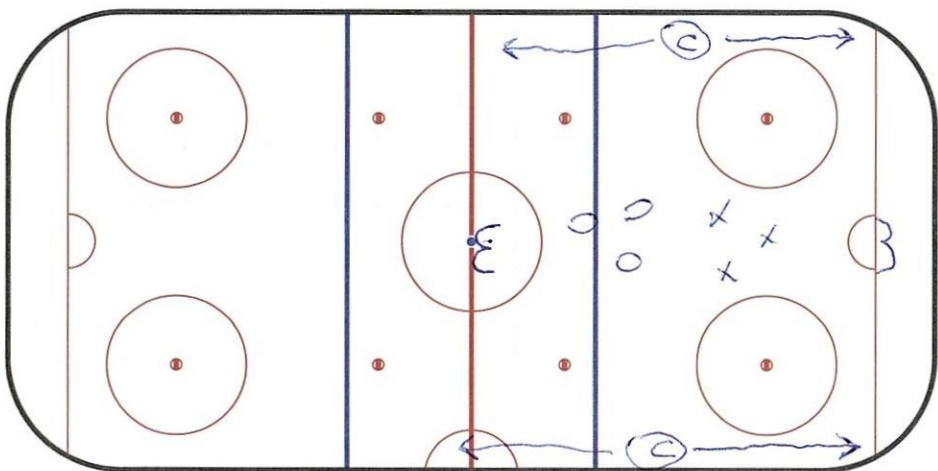
TRAININGSPLAN



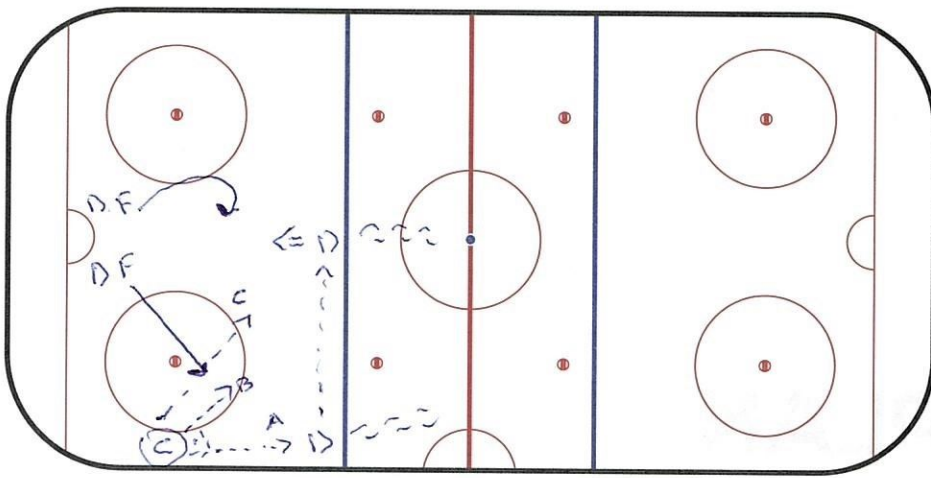
3-3 mit 2 JOKER
12 min



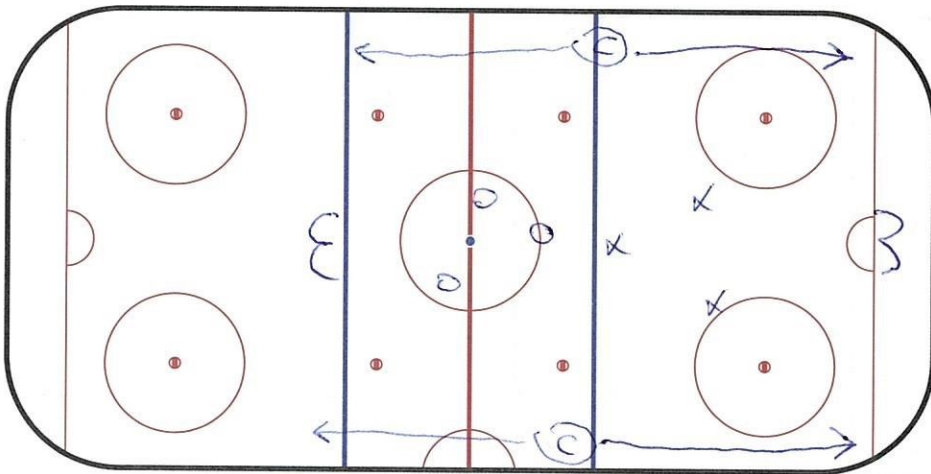
2-0 + D (Abschluss
drei eck)
10 min



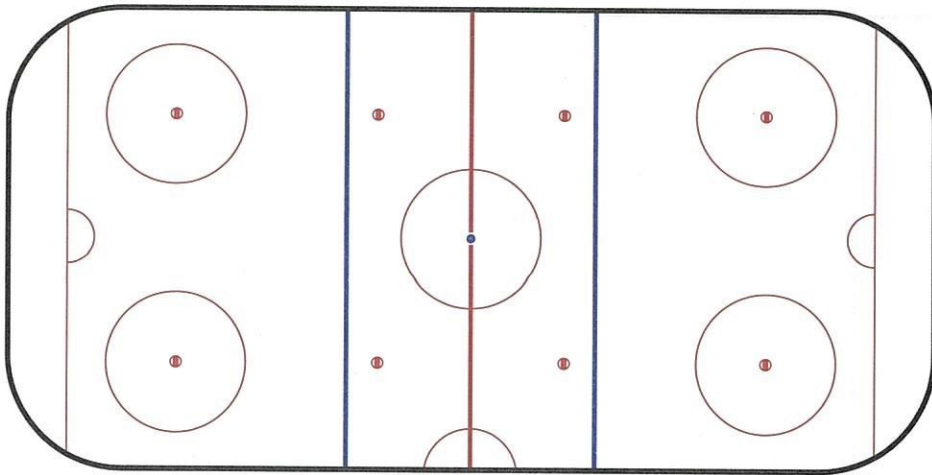
3-3 mit 2 JOKER
12 min

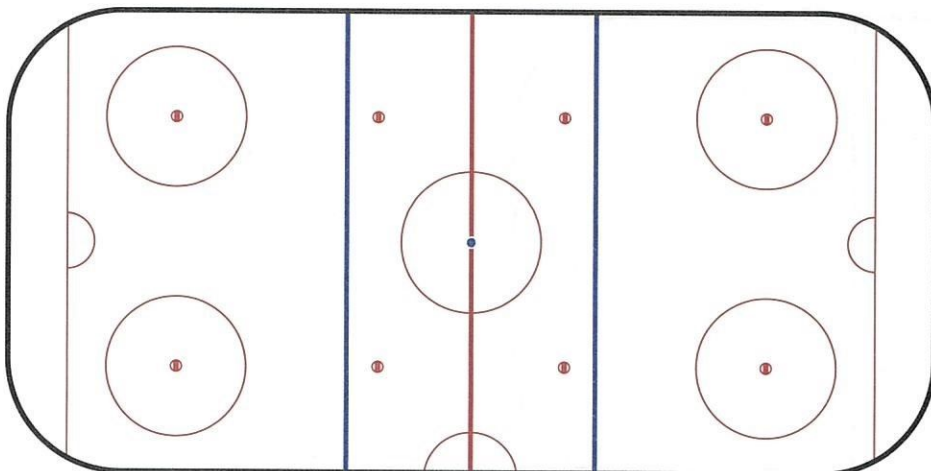


2-2 im zone nach
 schuss von 12 ~~vor~~ vor
 TOR → nach pass von
 TRAINER im zone →
 → nach pass von TR.
 im andere richtung.
 10 min



Spiel 3-3 blau
 ROT → 2 TR JOUER
 im bewegung.
 12 min





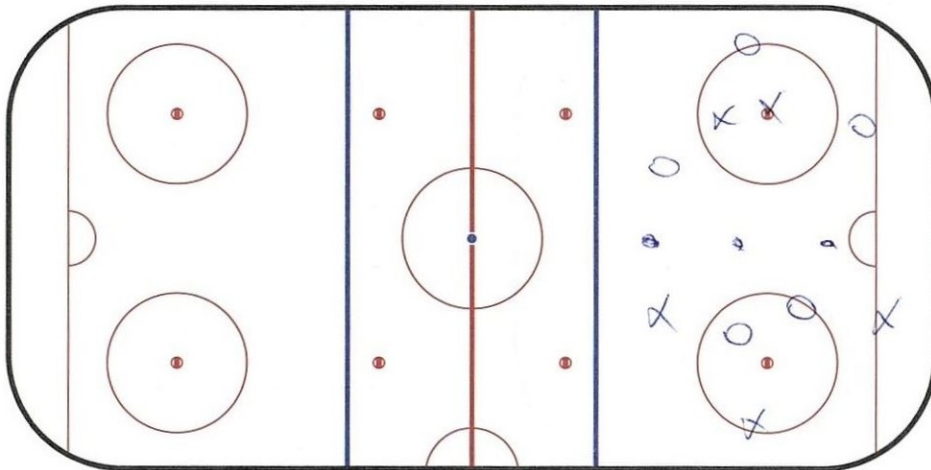


TEAM: U15, 16:40-17:40

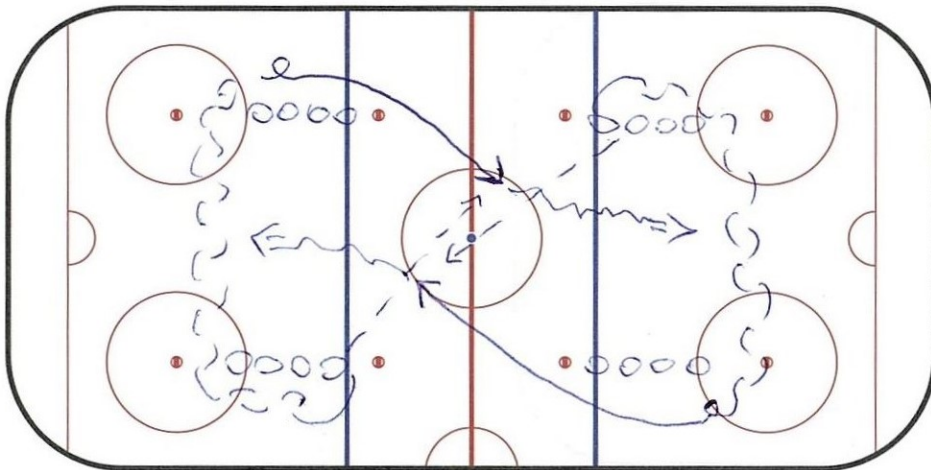
DATUM: 12.1.2024

TRAINER: YURI, JOE

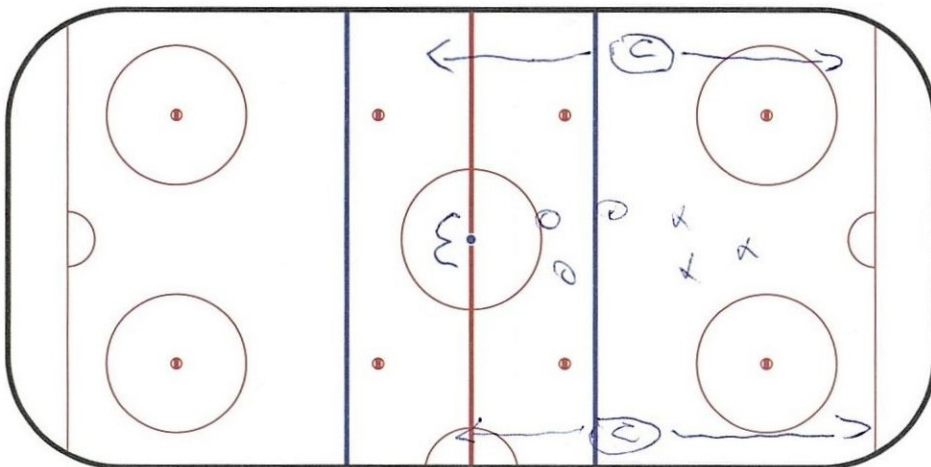
TRAININGSPLAN



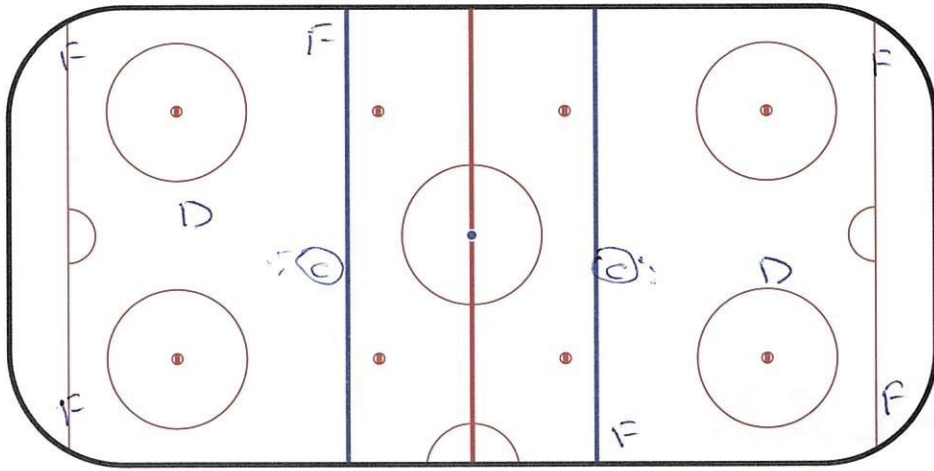
Spiel 3-2-3-2
im Halbzonen →
→ 3F-2D
12 min



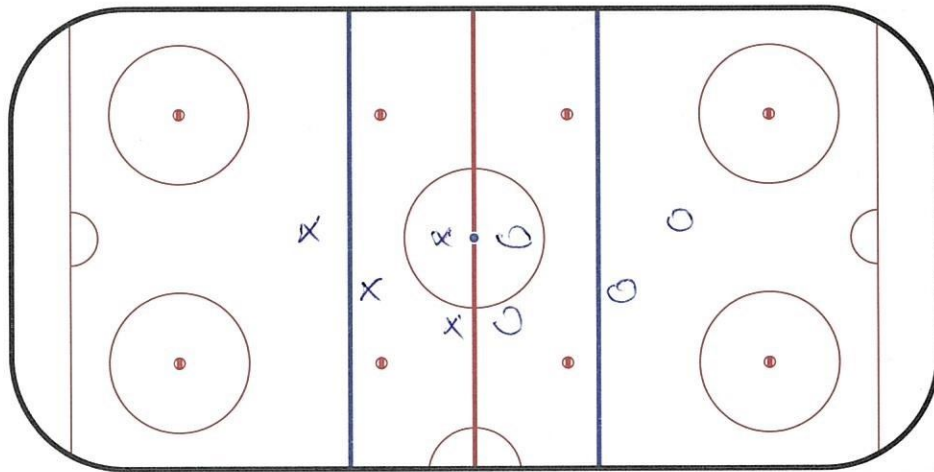
1-0 → RÜCKWERZ
VORWERZ-PASS
im mitte.
10 min



Spiel 3-3 →
→ Rot bis Rot →
→ 2 TR JOKER
12 min

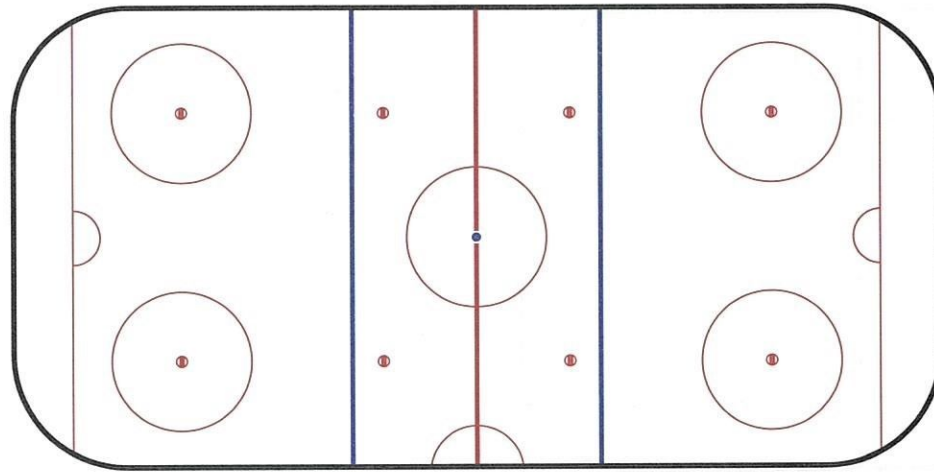


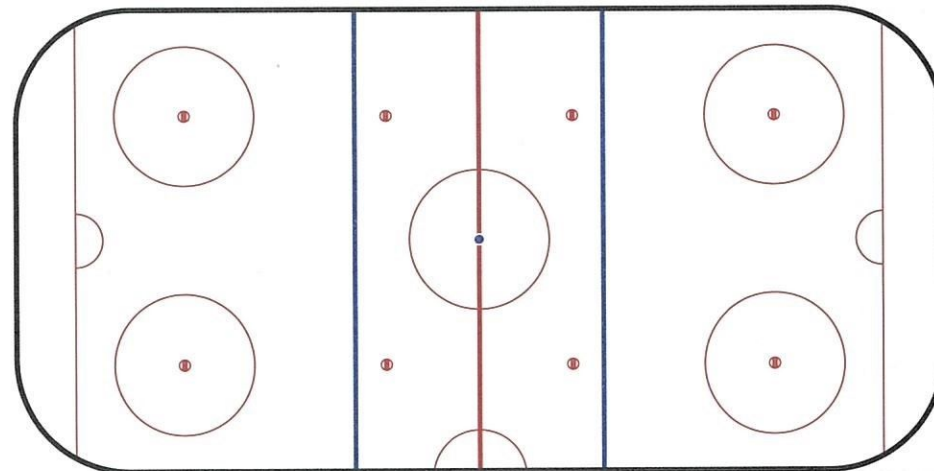
2-1 im 2 zonen
12min



Spiel 4-4 ganze
eis.

10min





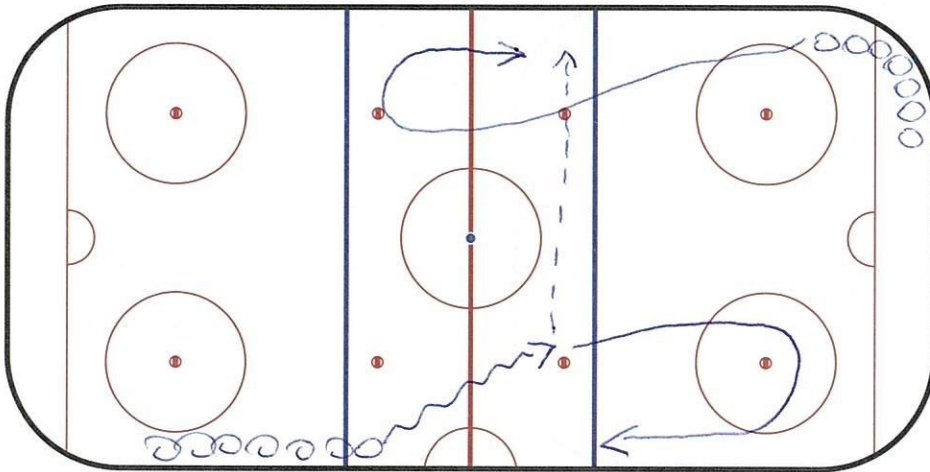


TEAM: U15, 16:40-17:40

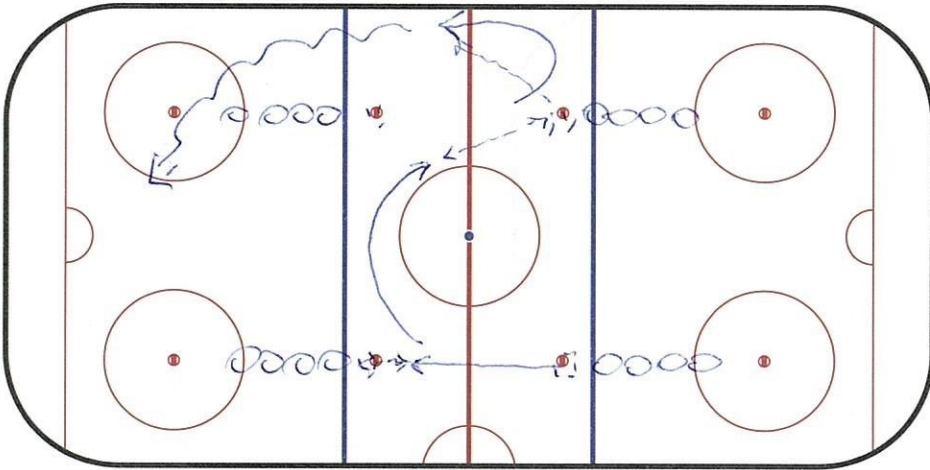
DATUM: 18.1.2024.

TRAINER: YURI, JOE.

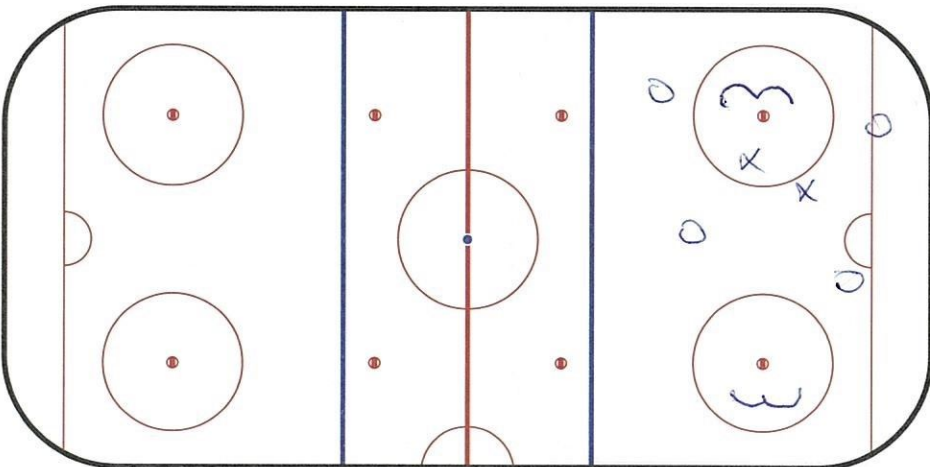
TRAININGSPLAN



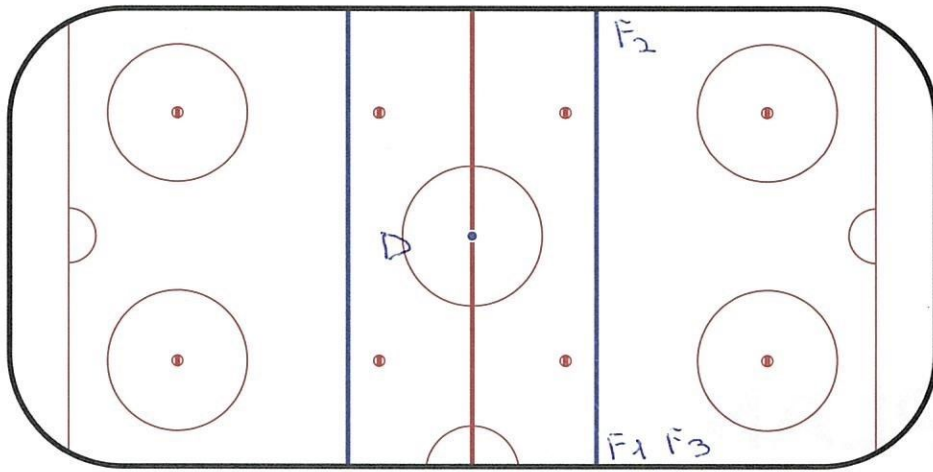
Aufwärmen →
→ PAssen,
12min



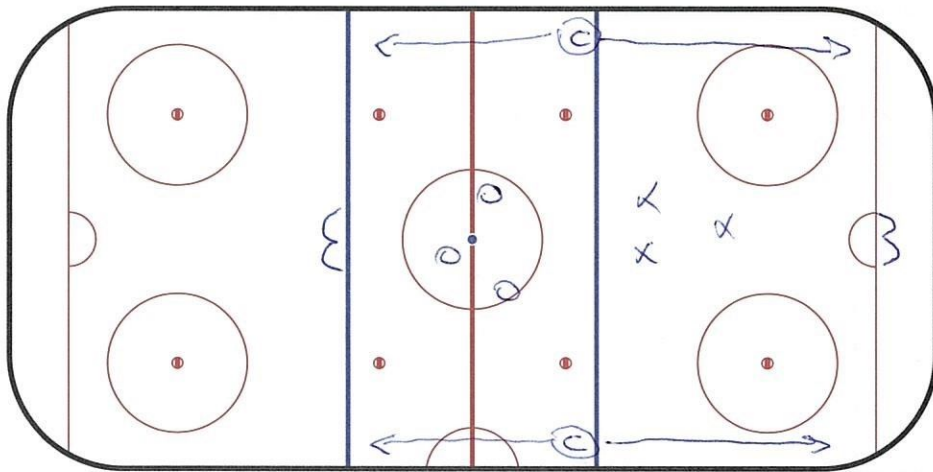
~~1-0 → 2 doppel~~
~~pass~~
1-0 → 2 doppel
PAssen (zu 2 diagonal)
10min



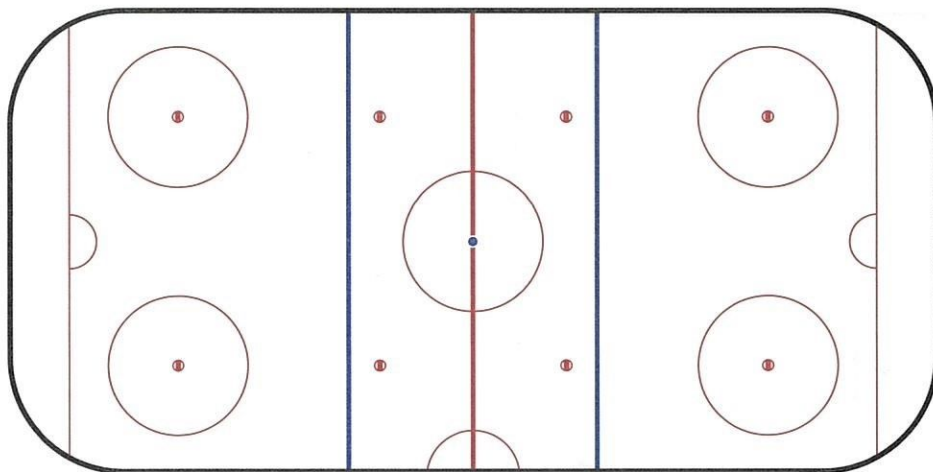
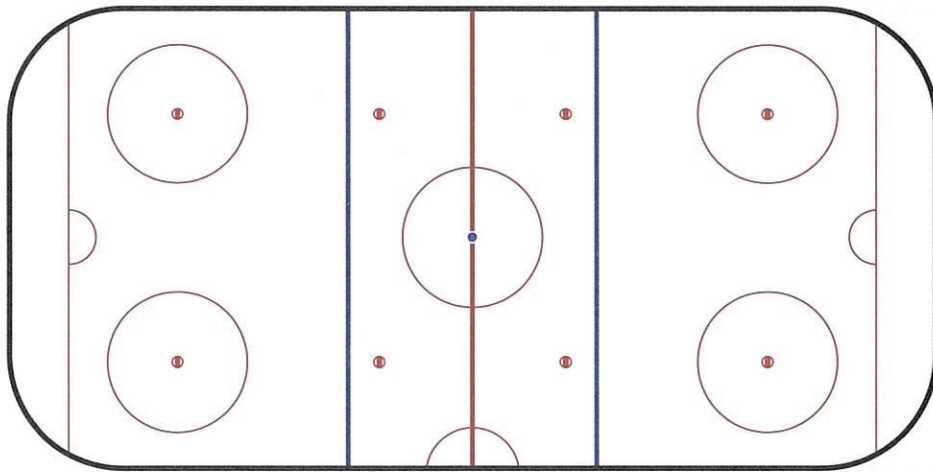
Spiel 4-2
überzahl.
12min



2-1 → 3-1 im
 ein Richtung.
 10 min



Spiel 3-3 →
 2 TR SOKKE im bewa-
 gung (blau abseits)
 13 min



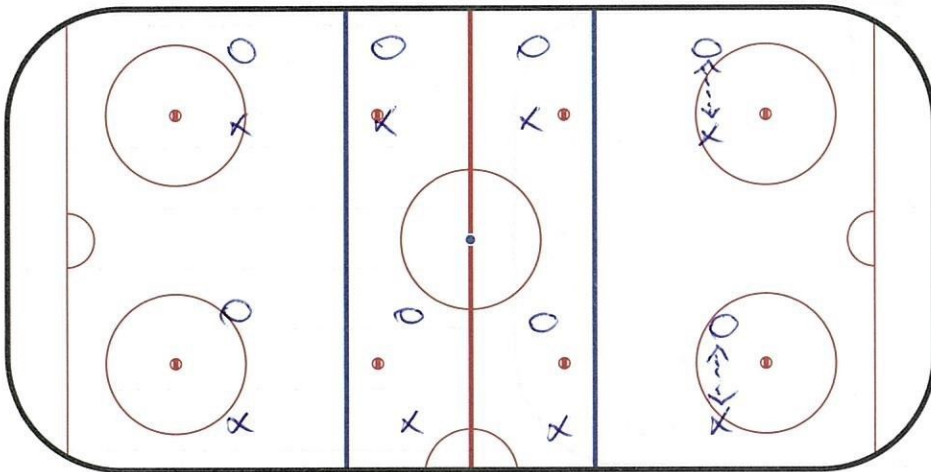


TEAM: U15, 16:40-17:40

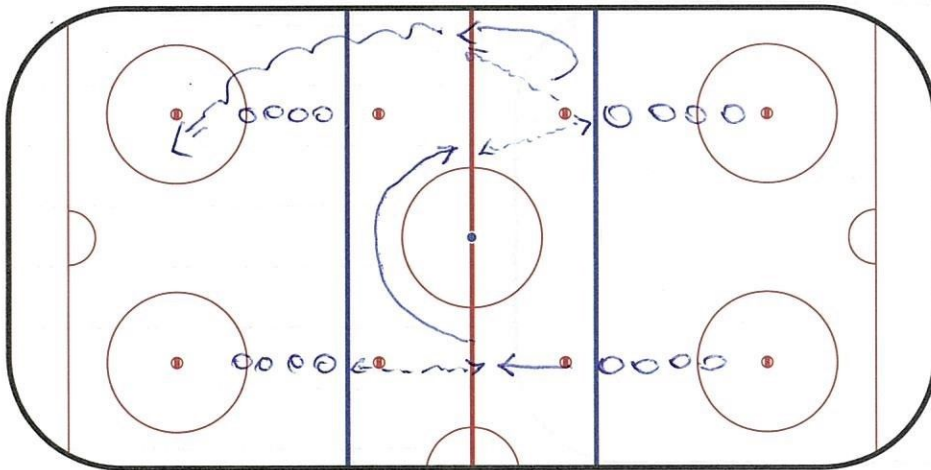
DATUM: 19.1.2024.

TRAINER: Yuri, Joe.

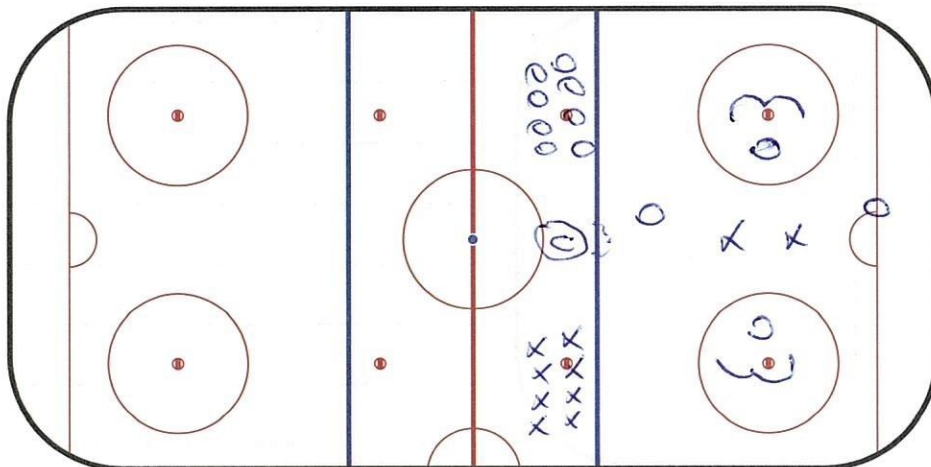
TRAININGSPLAN



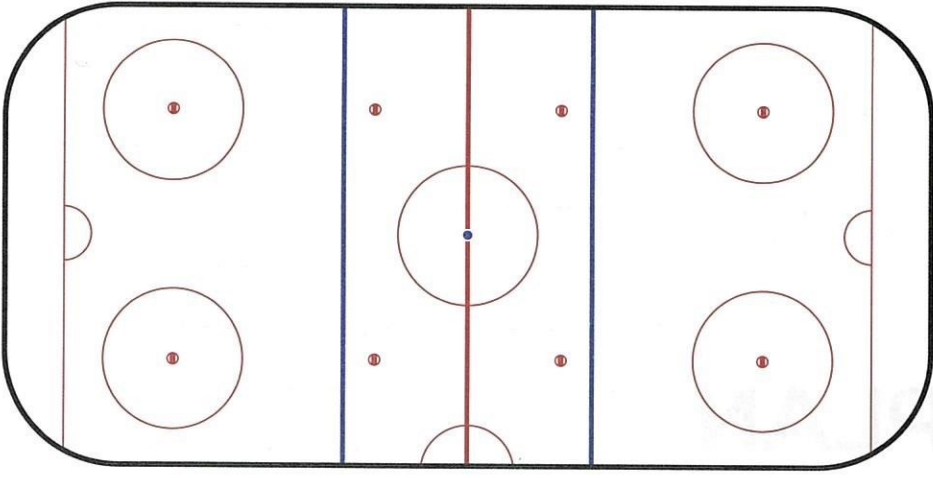
Aufwärmten Passen
→ nach pfeiff. pucc
Abdeckung.
10min

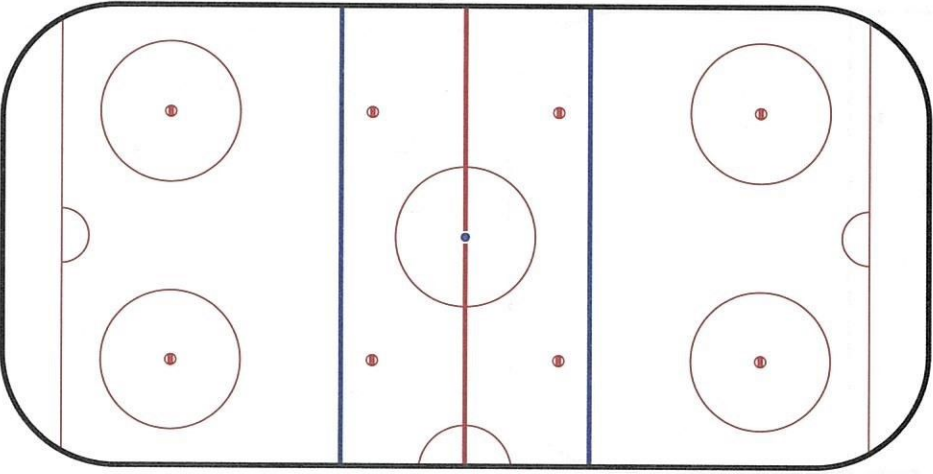


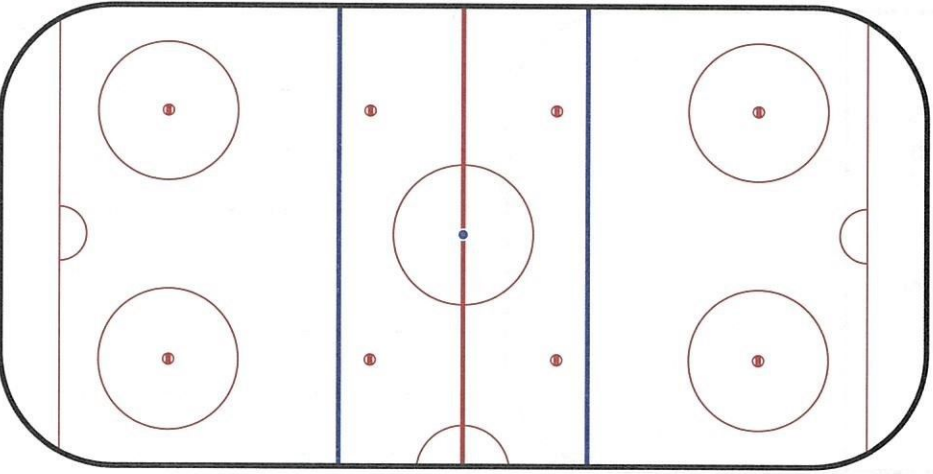
1-0 → 2 doppel
pass und schnell
umschalten.
10min

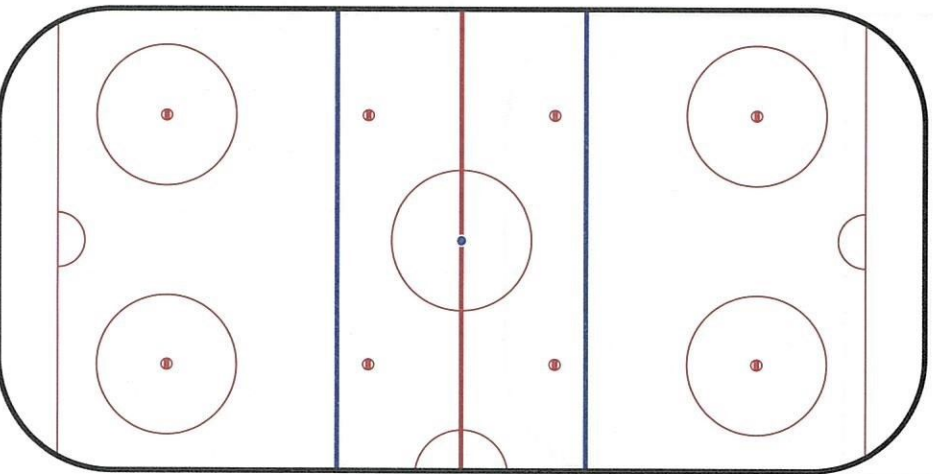


Spiel 4-2-3
zahl.
15min









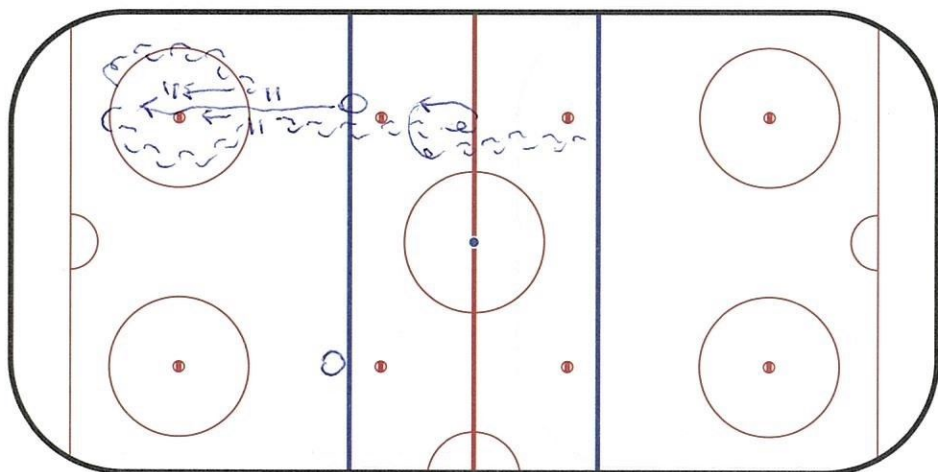


TEAM: U15, 16:20 - 17:20

DATUM: 22.1.2024

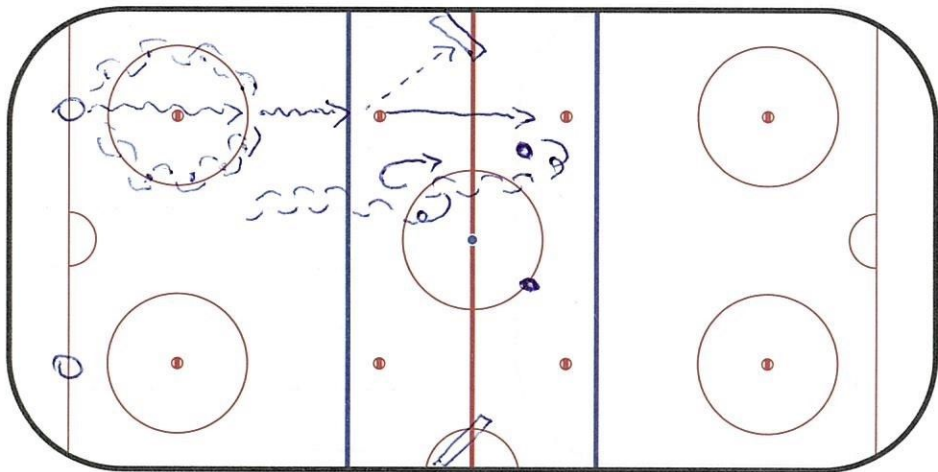
TRAINER: YURI, JOE

TRAININGSPLAN



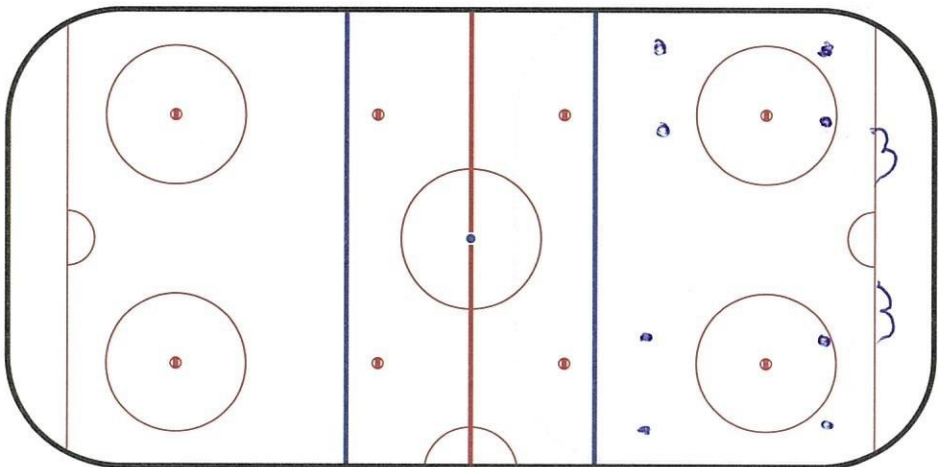
D-eislaufen vor-
rück mit tempo
wechseln

20 min



D-eislaufen mit
Puck vorwärts-rück →
mit tempo wechseln -
→ PASS und umschal-
ten auf verteidigung

20 min

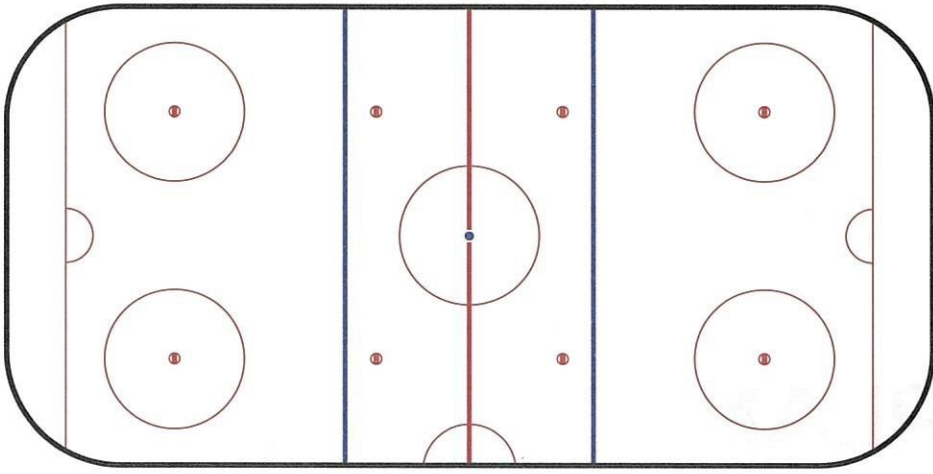


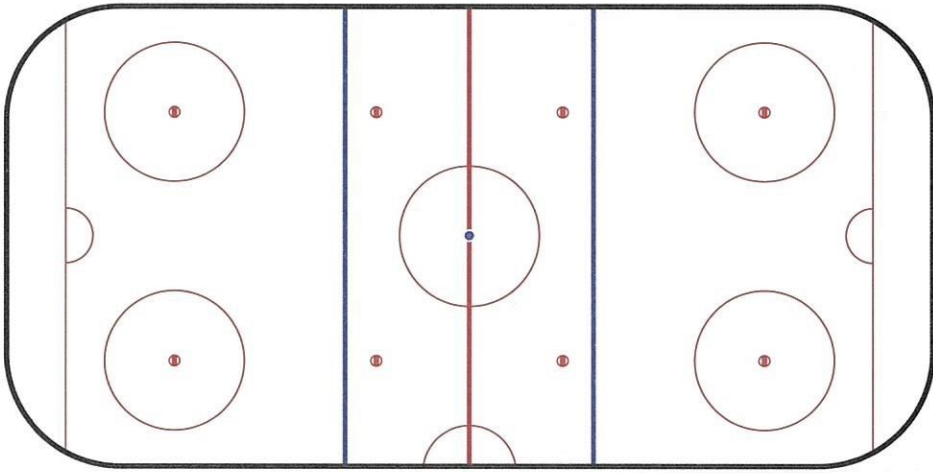
F-im PAAR HAOS
mit kreizen und
verschiedene aufgaben
mit abschluss

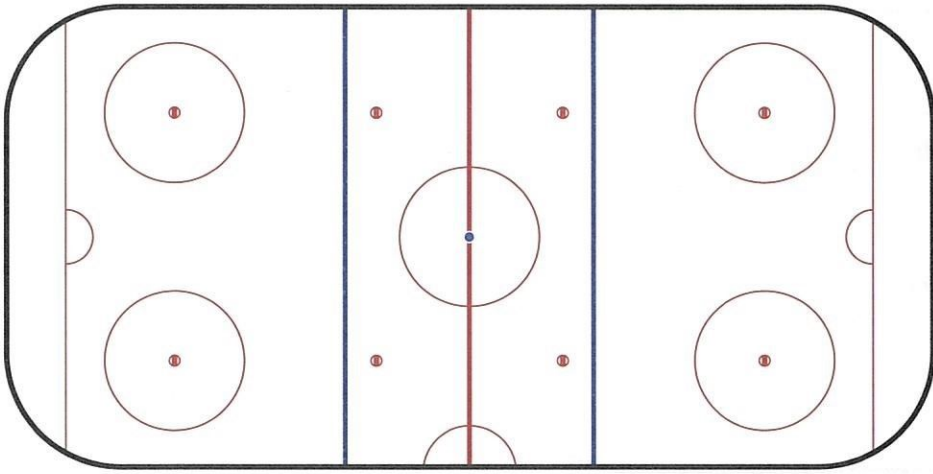
20-20 min

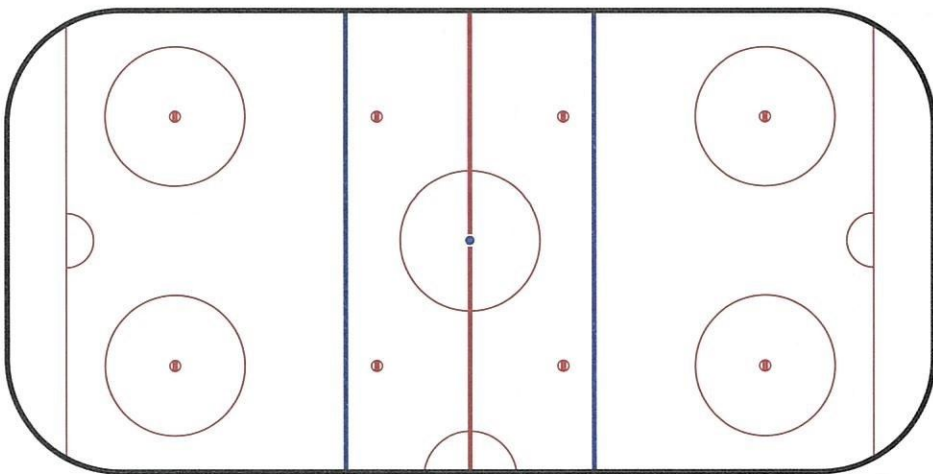


Spiel 13 min









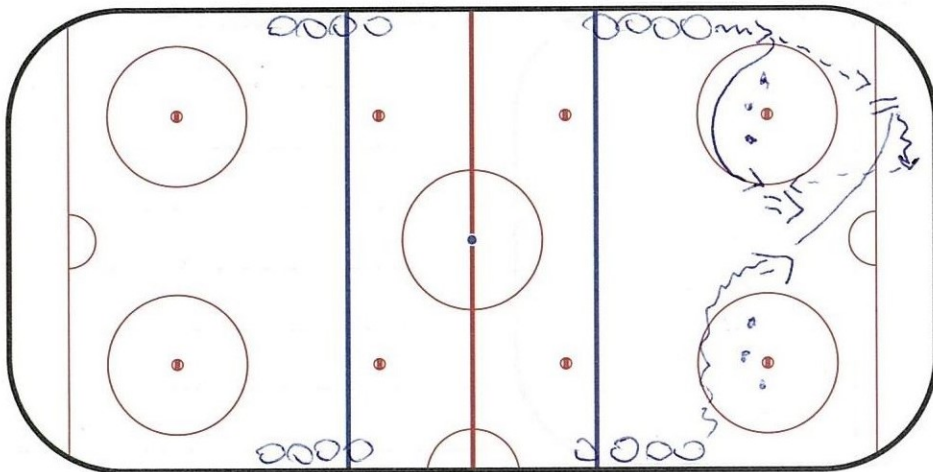


TEAM: U15 ~~16:40-17:40~~ 16:40-17:40

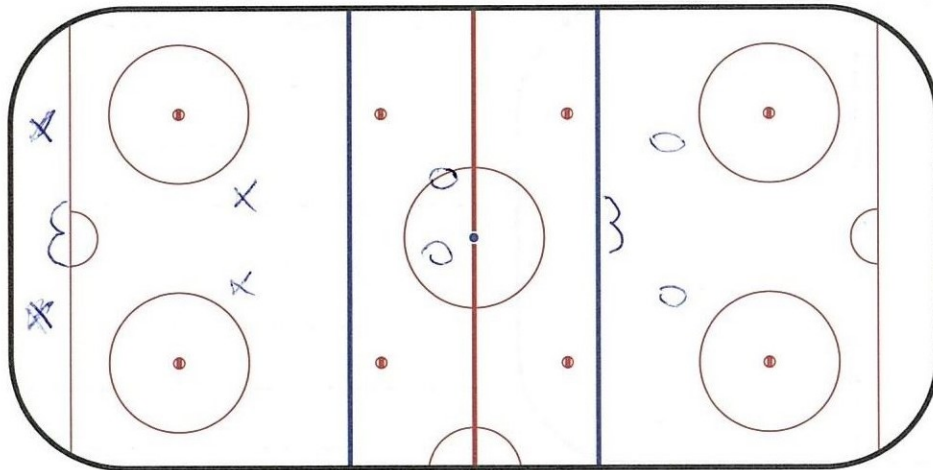
DATUM: 25.1.2024,

TRAINER: YURI, JOE

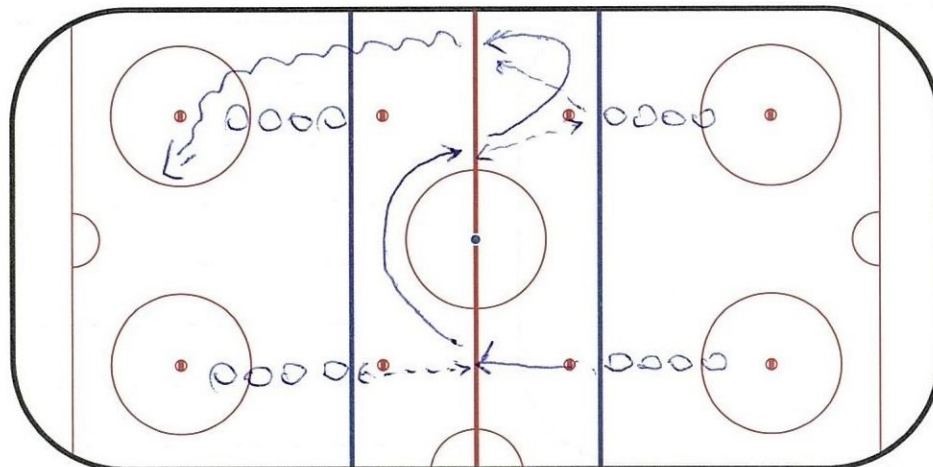
TRAININGSPLAN



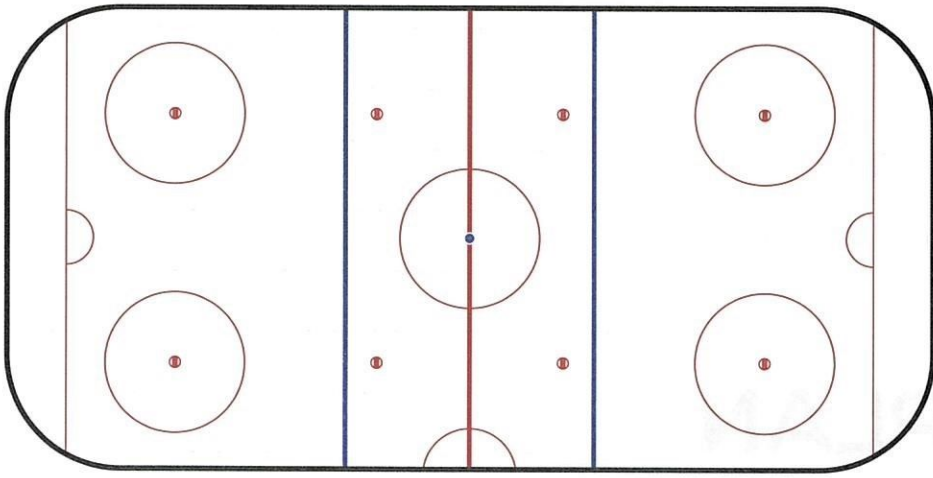
Aufwarmen
Schuss Übung
12min

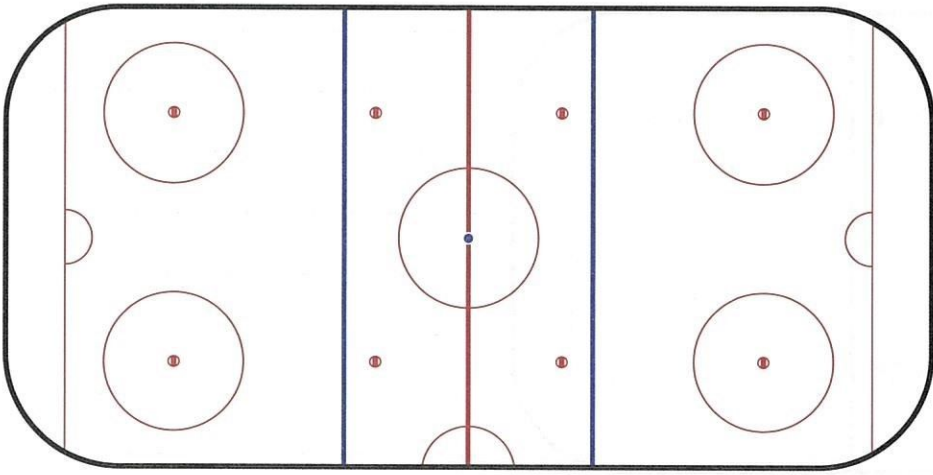


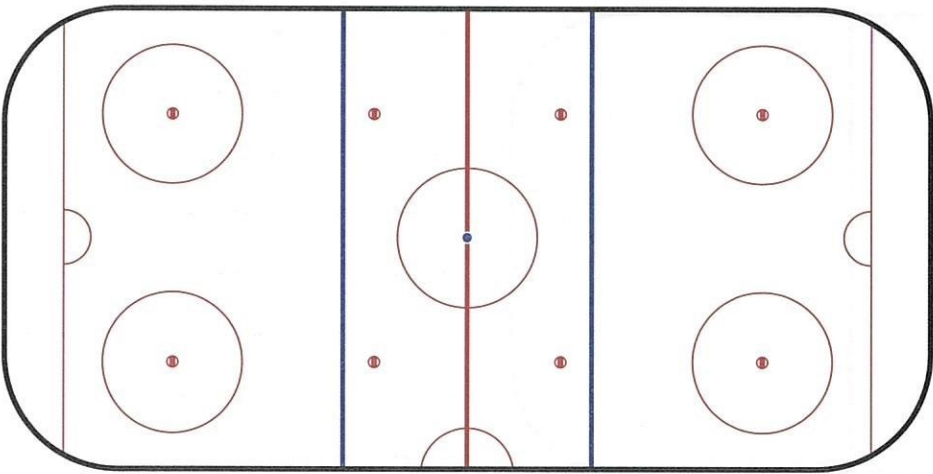
Spiel 2-2+2 ->
3-2
12min

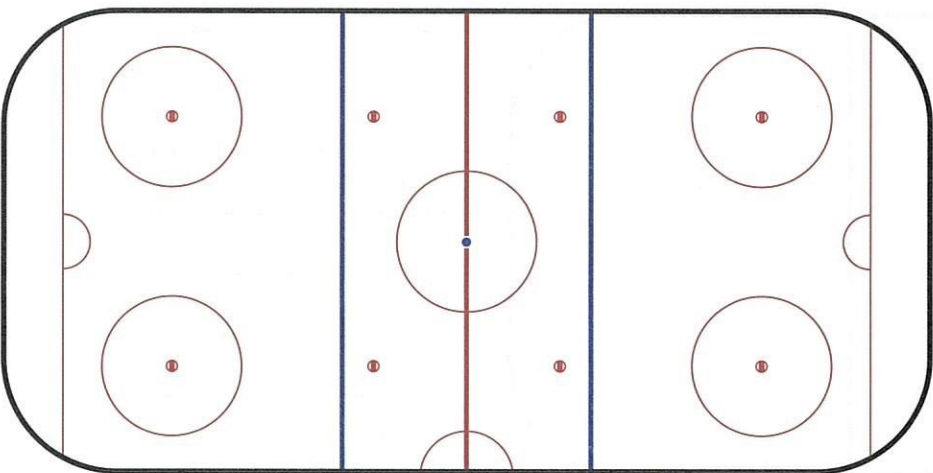


1-0 doppel pass
und schnell um-
schalten mitte zw
10min









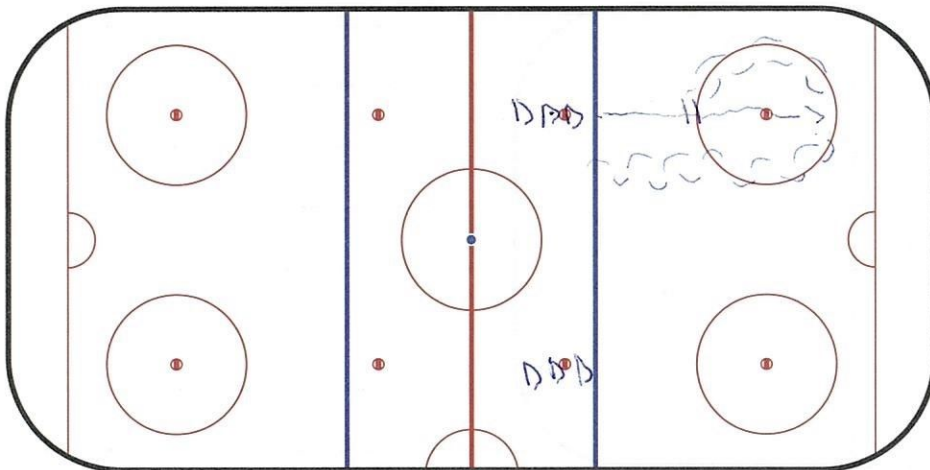


TEAM: U15, 16:20-17:20

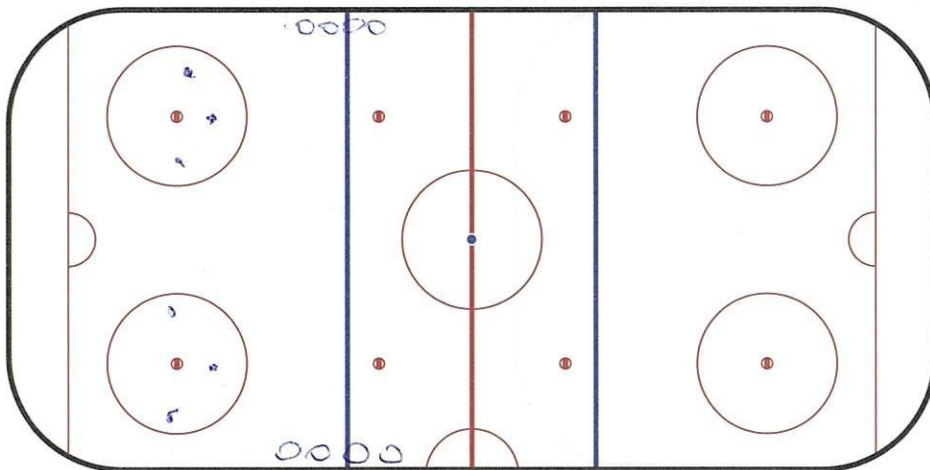
DATUM: 29.1.2024

TRAINER: YURI, JOE

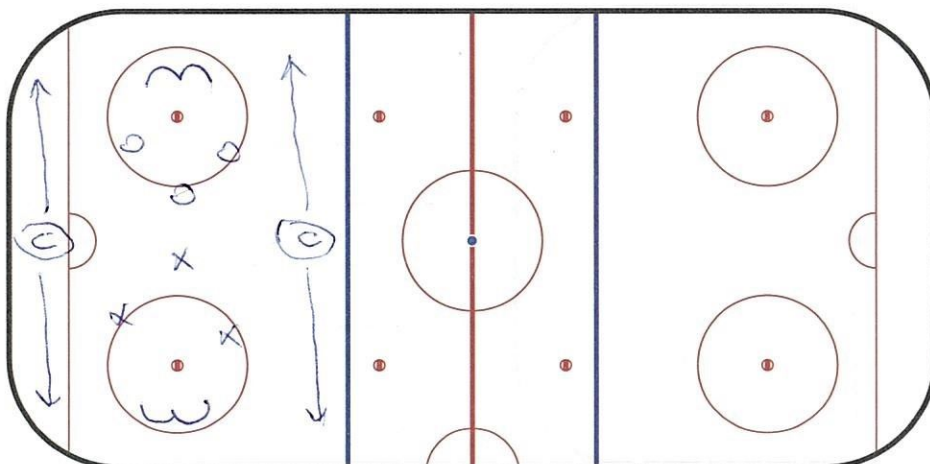
TRAININGSPLAN



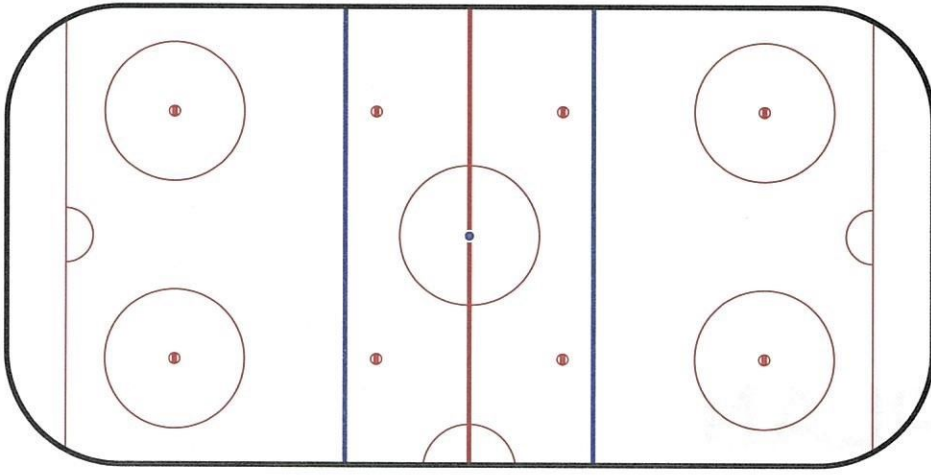
D-eislauf tech-
nik ohne puck rück-
WERE → mit puck
VORWERE RÜCKWERE
mit pass,
40min

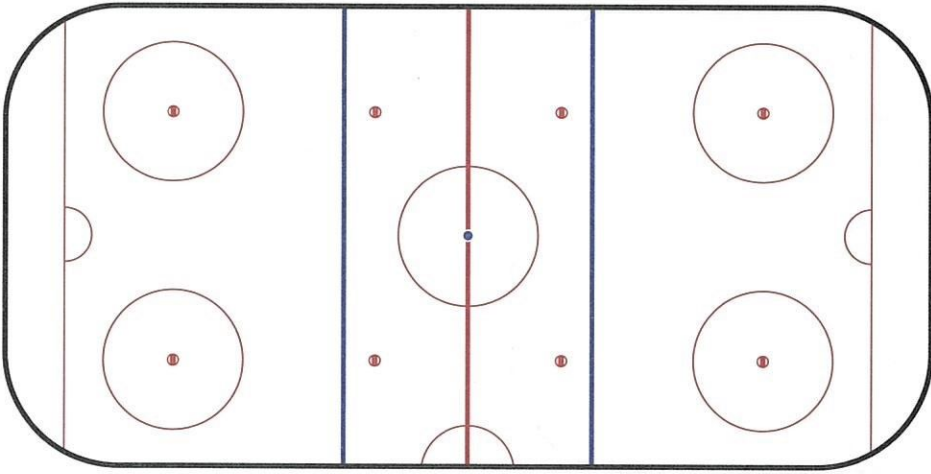


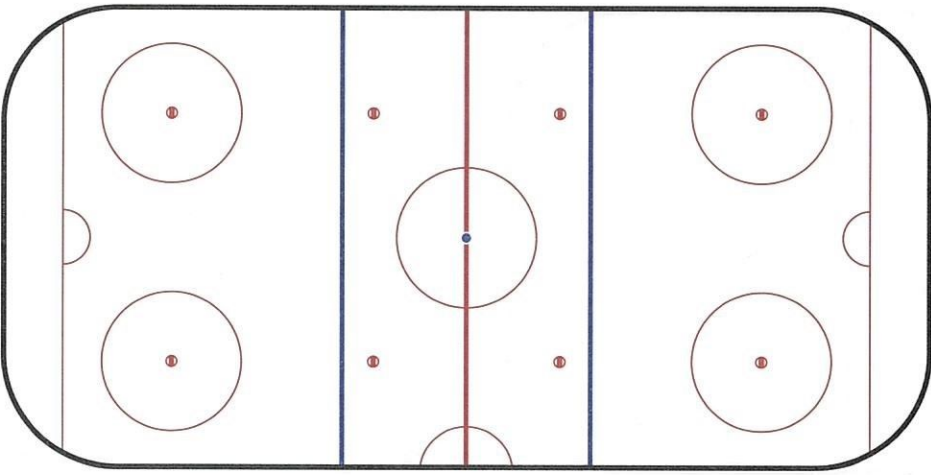
F-im zone → spiel
situation 2 Schunge
jede 20min
40min

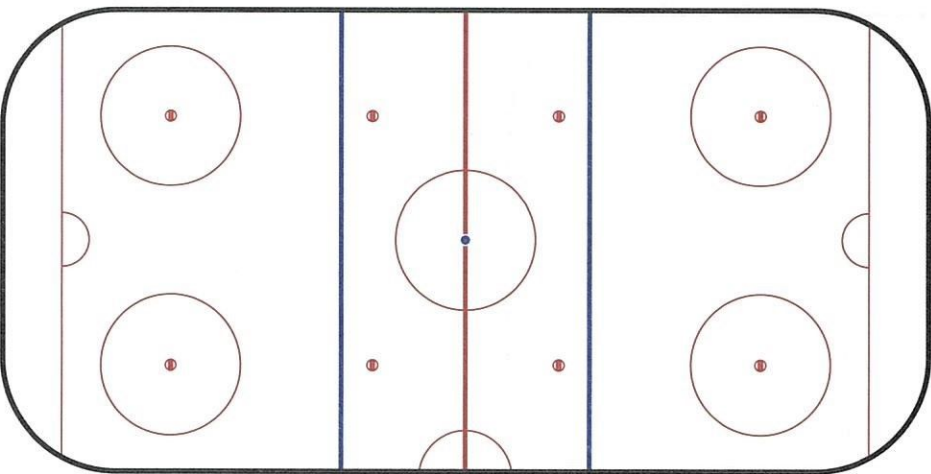


Spiel 13min









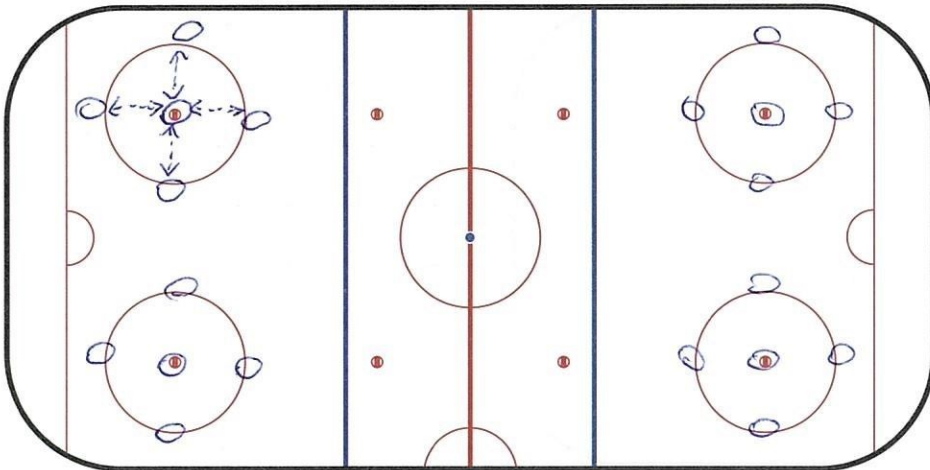


TEAM: U15. 16:40-17:40

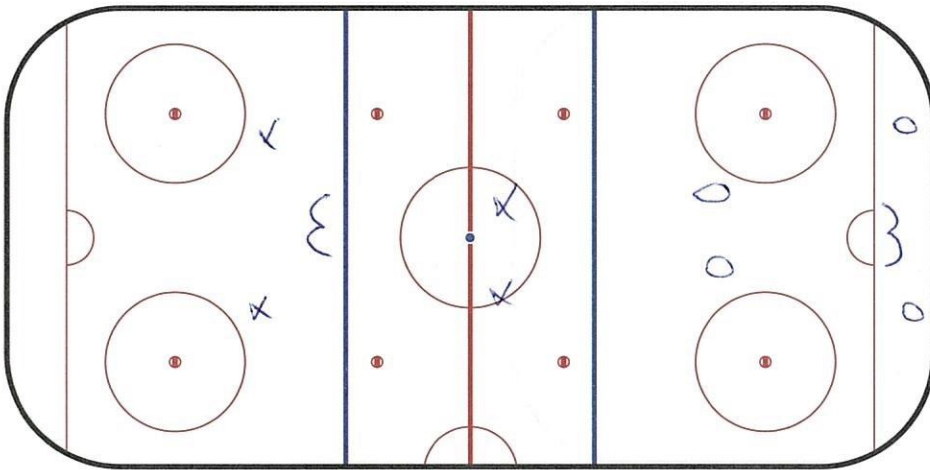
DATUM: 1.2.2024.

TRAINER: YURI, JOE.

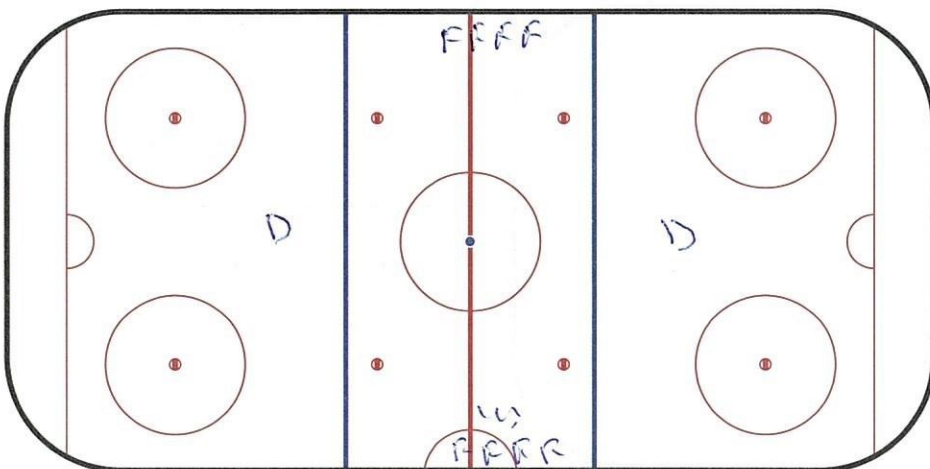
TRAININGSPLAN



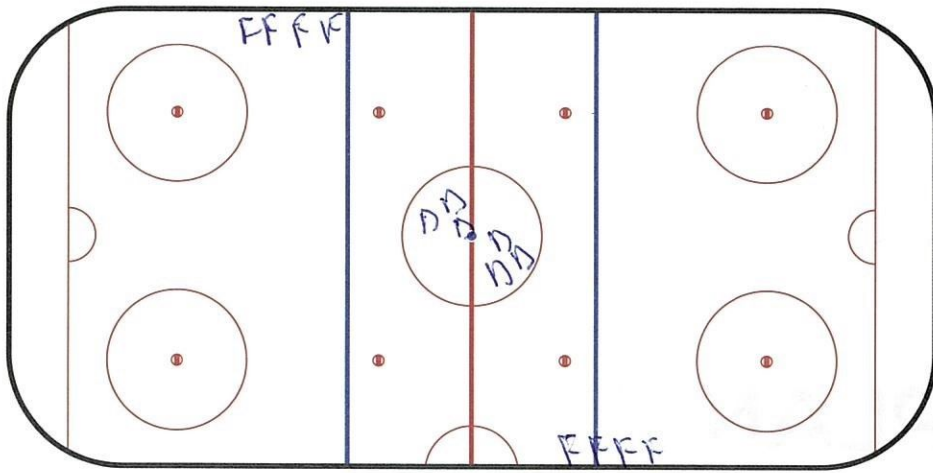
Aufwärmen →
→ PAssen im 4
winkel,
10 min



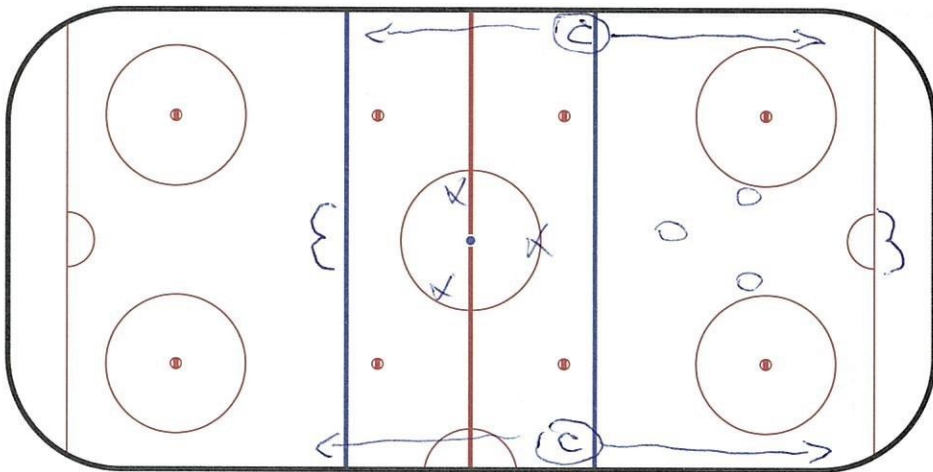
Spiel 2-2+2 →
→ 3-2.
13 min



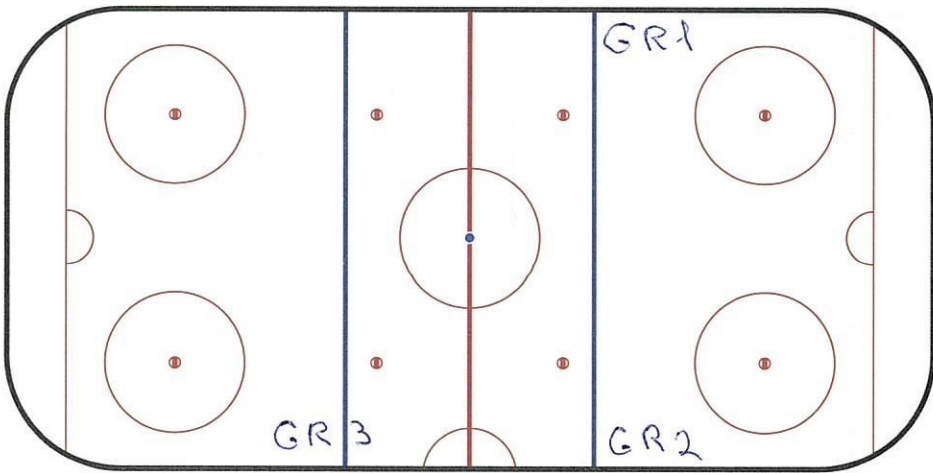
2-1 AUS mitte
nach PASS D zu D
10 min



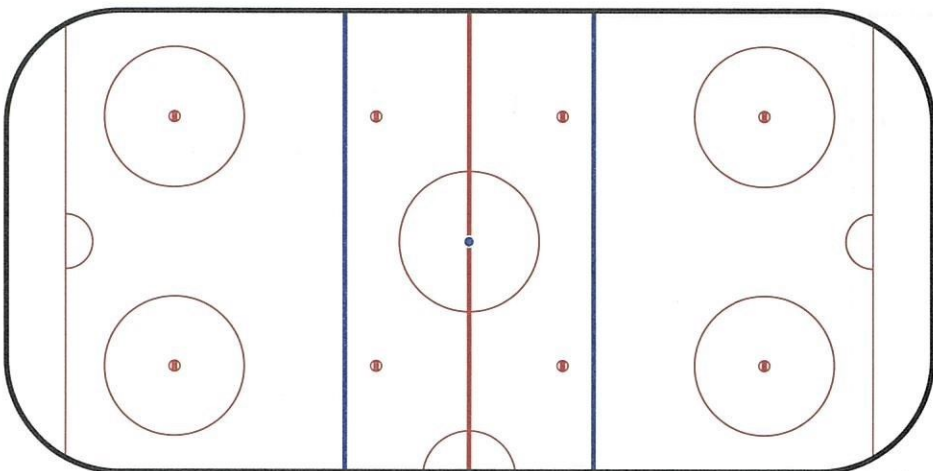
2-0+10 → Abschluss
 von D nach pass
 von F → gute reinlage
 10 min



Spiel 3-3 + 2R
 Joker im bewegung
 für Aufbau und
 für offensiv zone
 12 min



3 GR → 2R, - 2R.



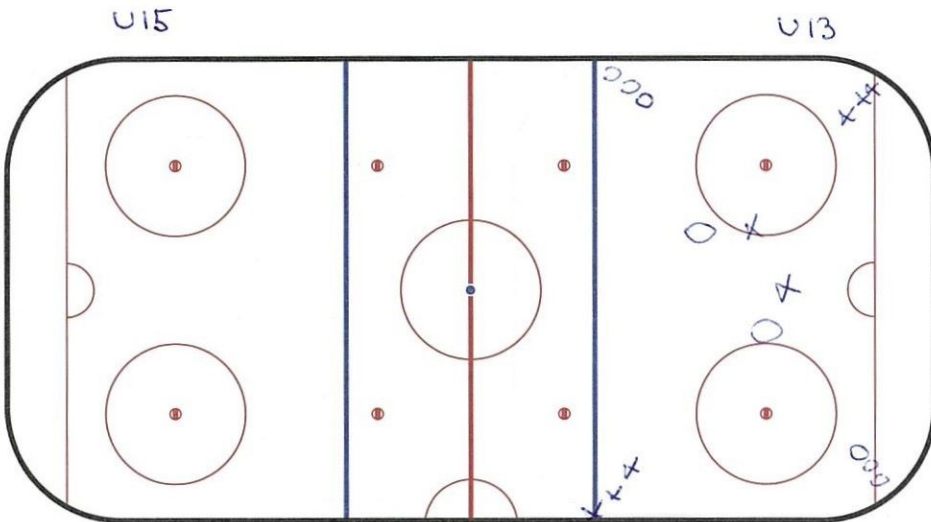


TEAM: U13 U15. 16:40-17:40

DATUM: 6.2.2024

TRAINER: Yuri, Bobby,

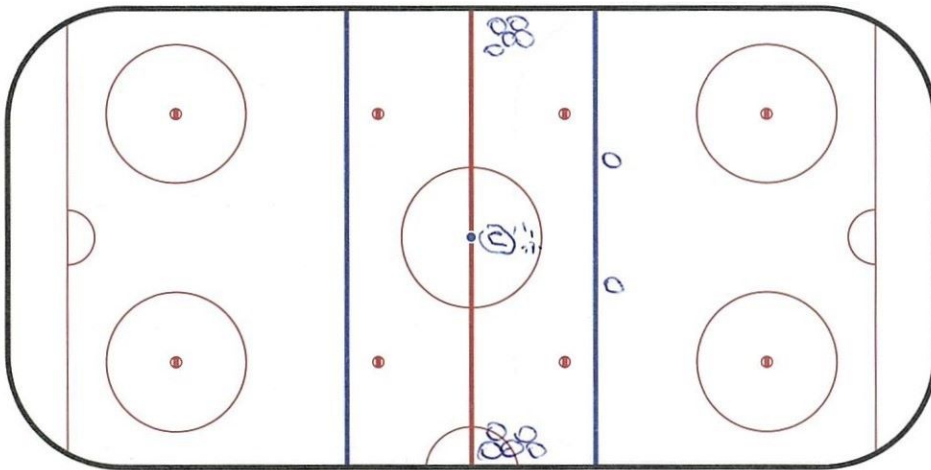
TRAININGSPLAN



Spiel 2-2 mit 2
diagonal soccer pro
Team,

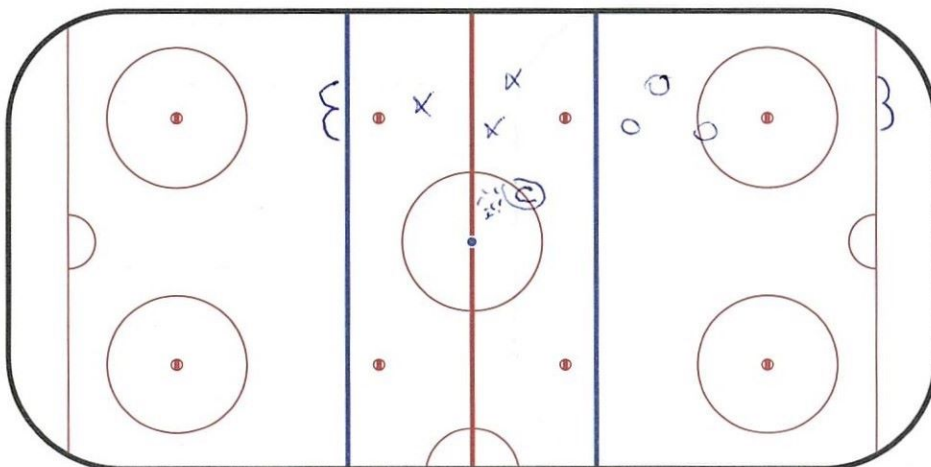
13 min

GOALY mitte zone
Aufwerfen



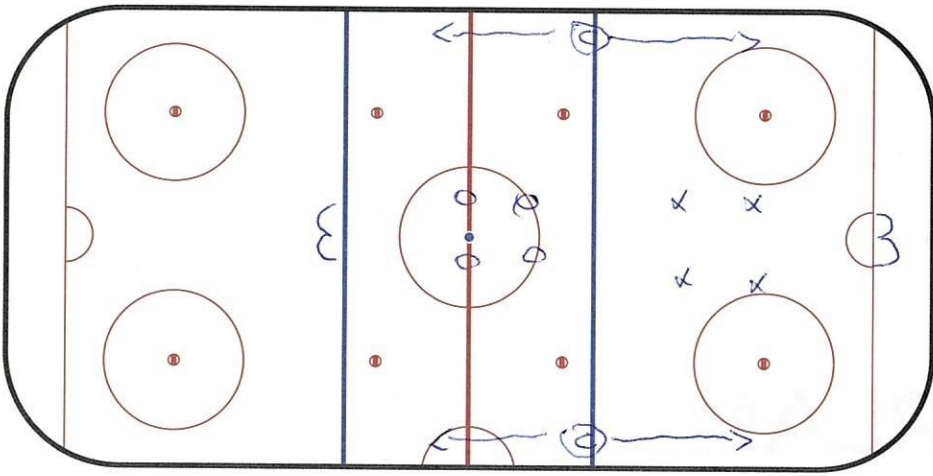
2-2 → SPIELER WER
ALS STÜRMER GEWESEN
SOVORT UMSCHALTEN U
SPIELEN ALS VERTEIDIGE

13 min

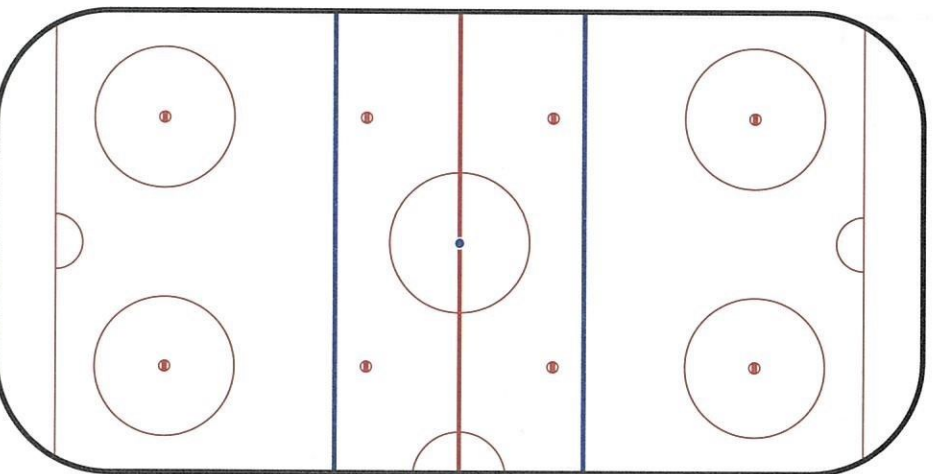
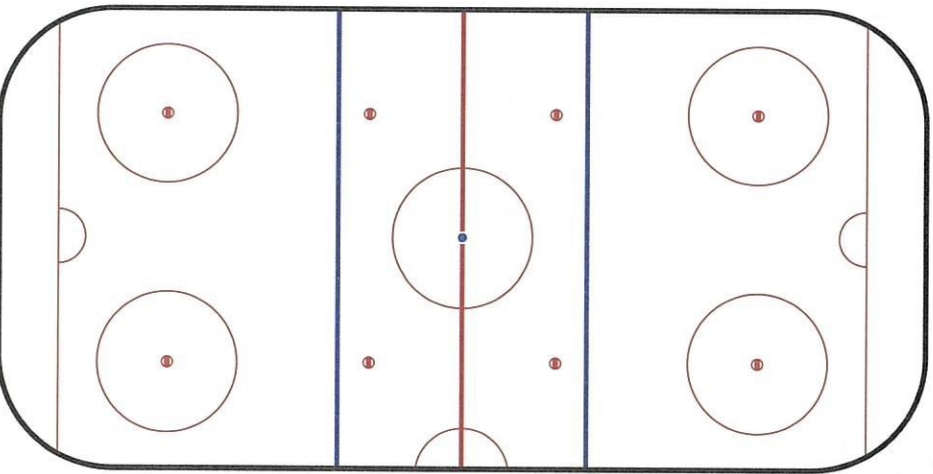
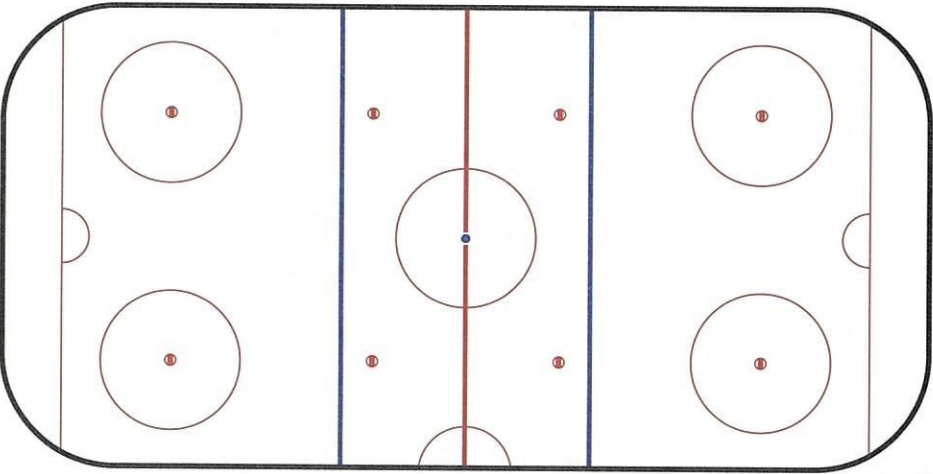


Spiel 3-3 Aufhefte
von BLAU Linie bis
TOR Linie

13 min



Spiel 4-4 → DR
JOKER → BLAU Linie -
- DR Linie
15 min



Blank lined area for notes corresponding to the pitch diagrams.

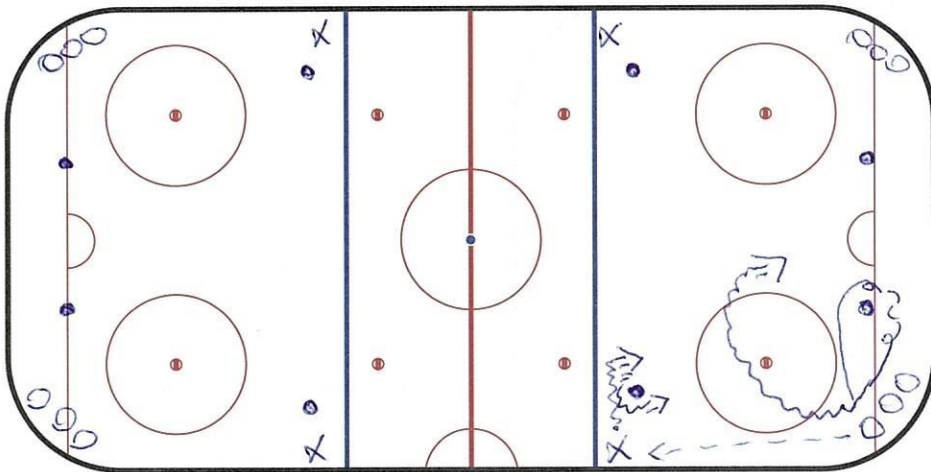


TEAM: 015, 16:40-17:40

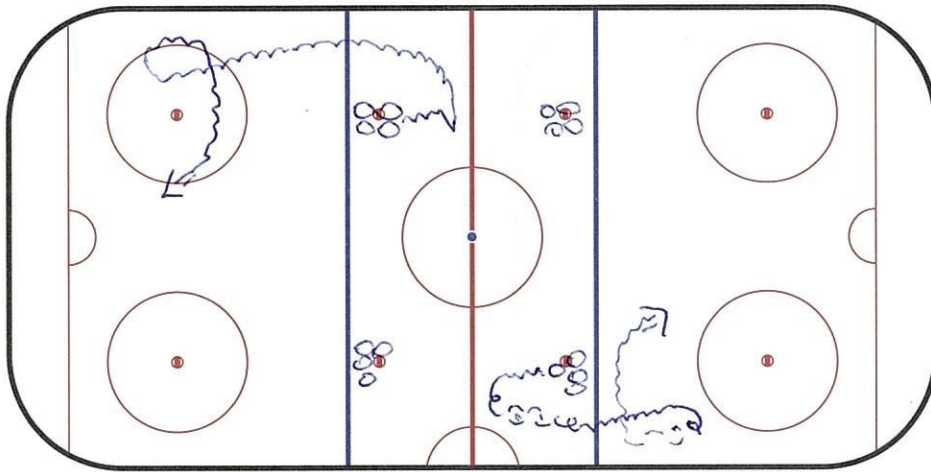
DATUM: 8.2.2024

TRAINER: YURI

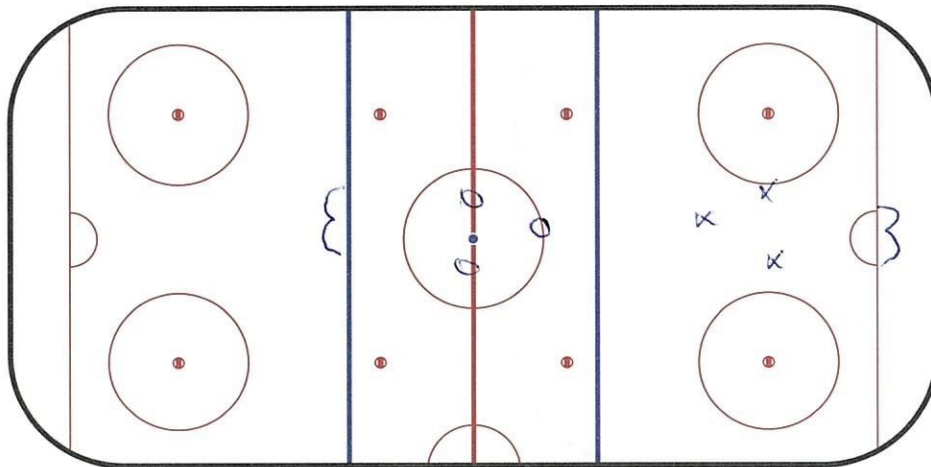
TRAININGSPLAN



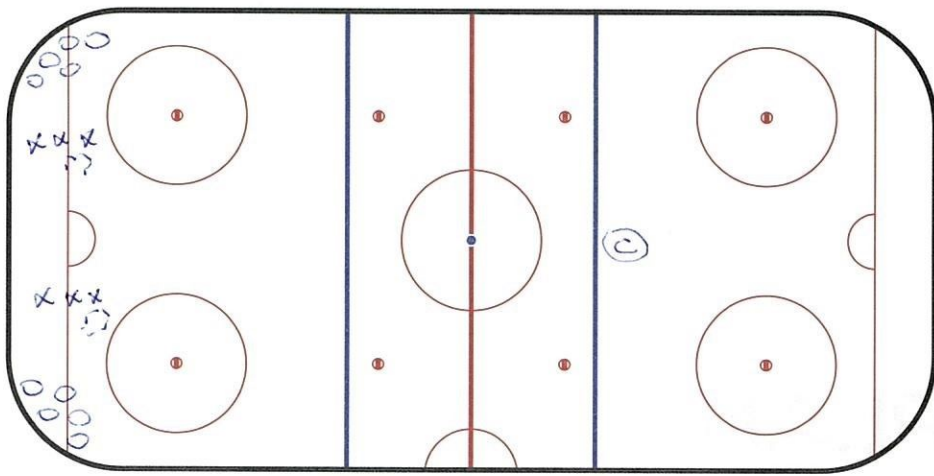
Aufwärmen 2 Zonen
F-D Übung
10min



1-0 → F mit Canadian
D mit bremsen und
RÜCKWERTZ RAUS KOMMEN
10min



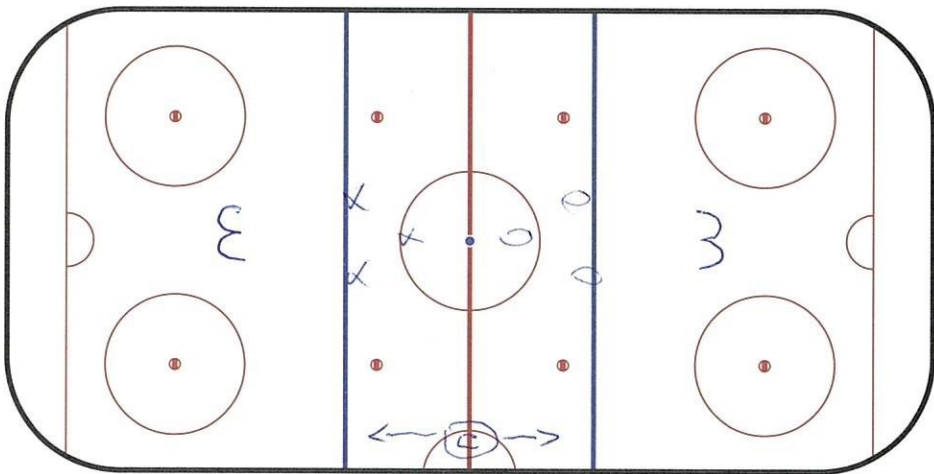
3-3 mit BLAU
Linie
13min



2-1 auf eine seite
oder

2-2 -> 1 ruck, mit
pfeil -> F zurück
drechung, D mit
kommen mit gute
reiming

13min

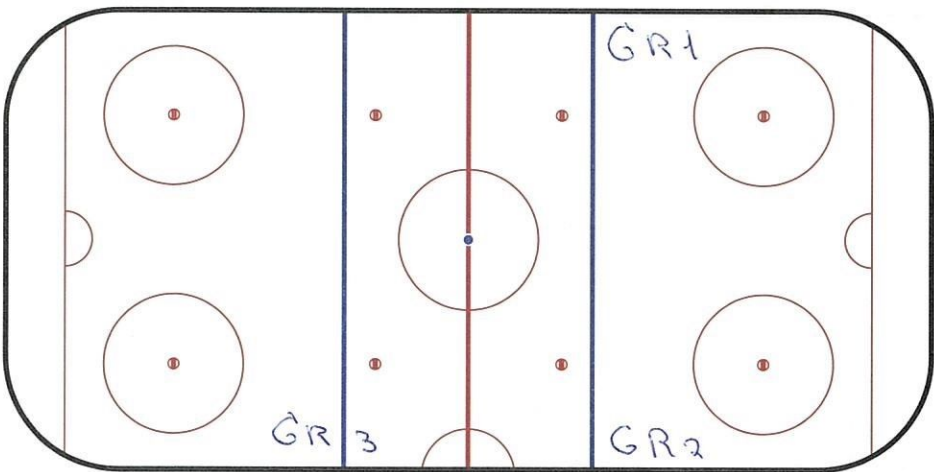


Spiel 40 x 30

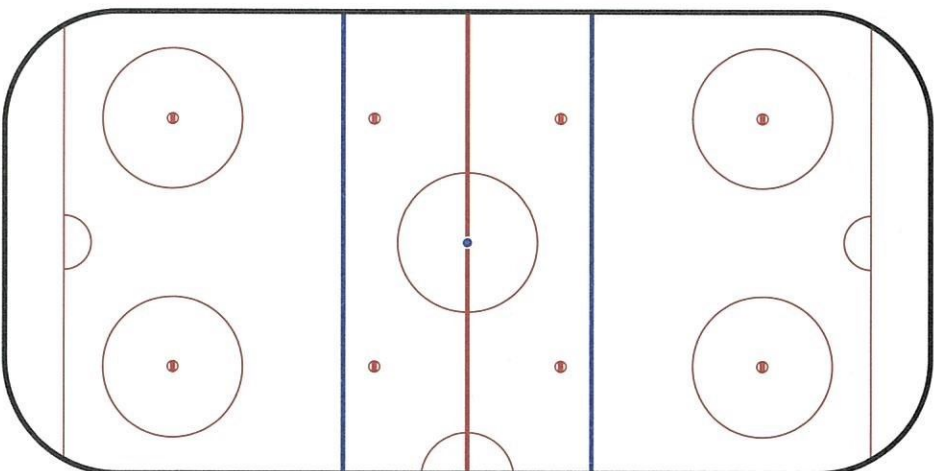
-> 3-3 mit TR

JOKER

10min



3gr -> 1R-1R



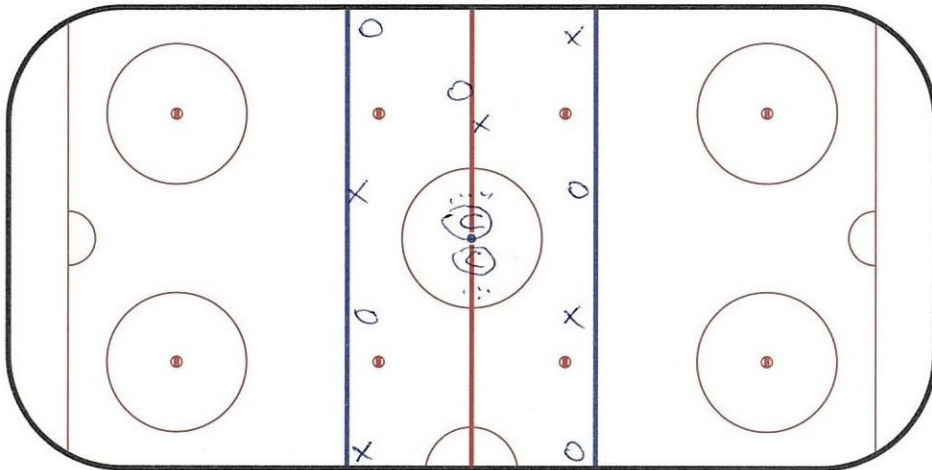


TEAM: U15, 16:40-17:40

DATUM: 9.2.2024.

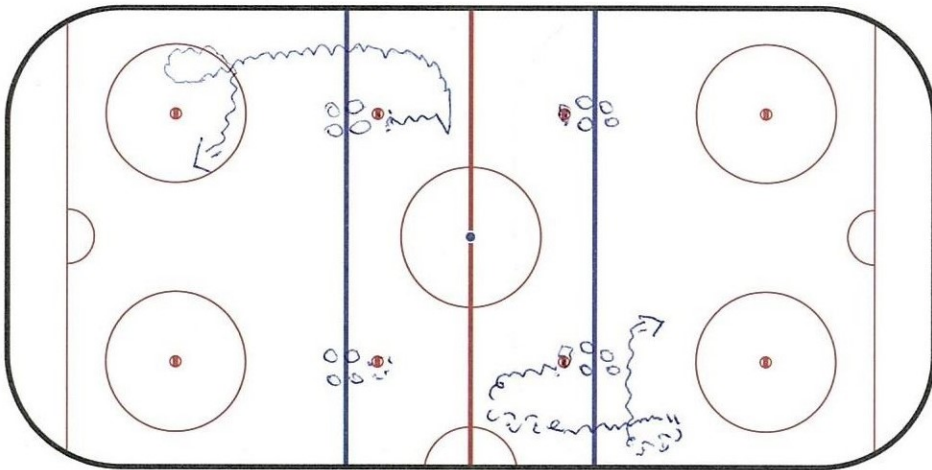
TRAINER: Yuri, Joe

TRAININGSPLAN



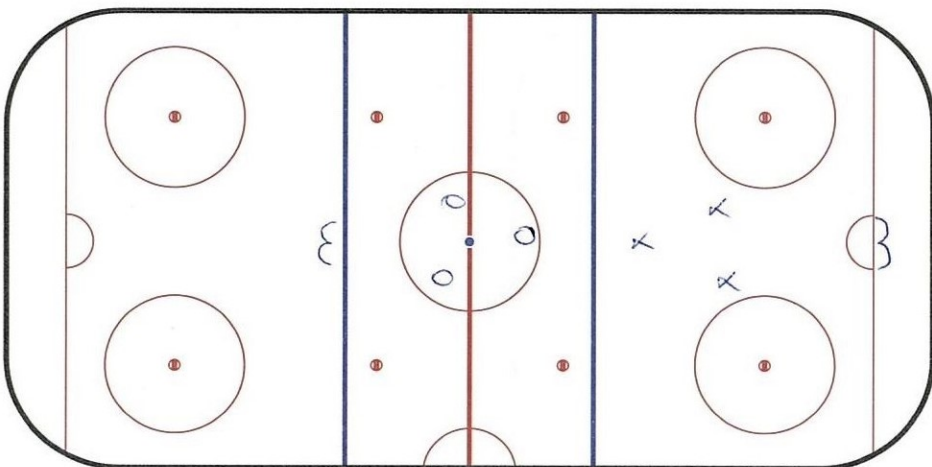
Aufwärmen → Puck
Abtención 1-1 mit
Zwelfer auf kleine
PLATZ mitte beide
seite

10min



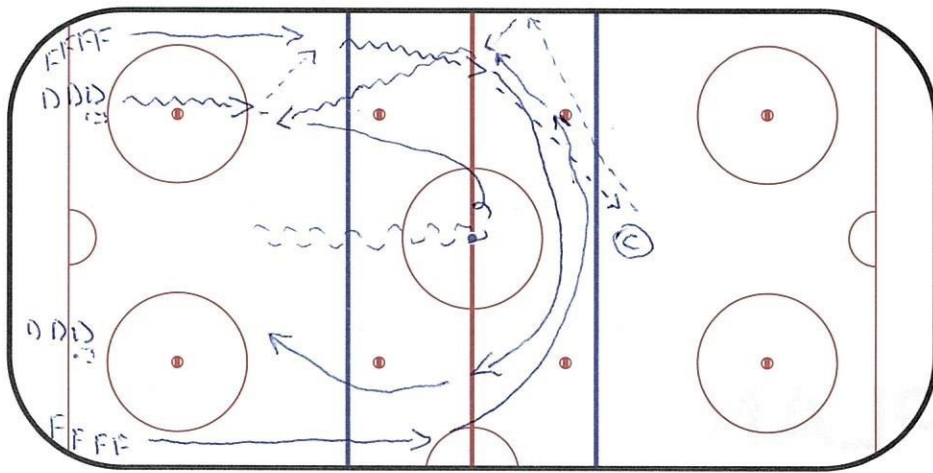
1-0 → F mit canadien
ID VORWERZ RÜCKWERZ

10 mit



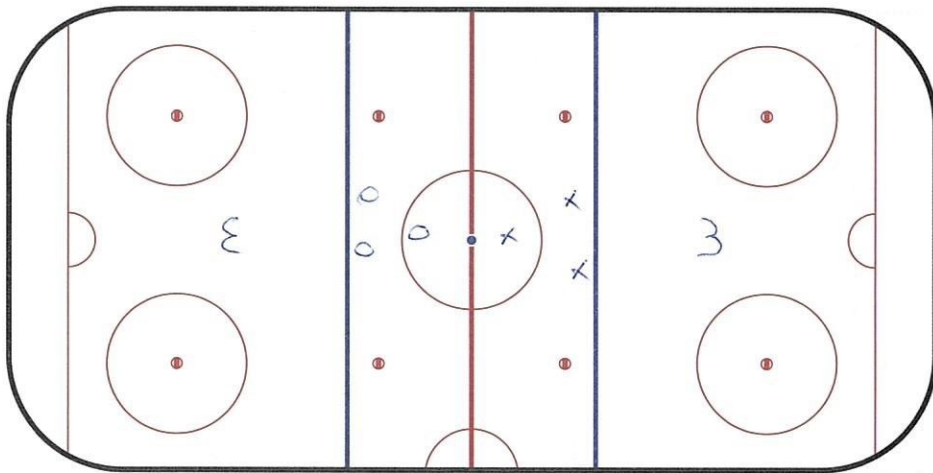
Spiel 3-3 mit blau
Wine

13min



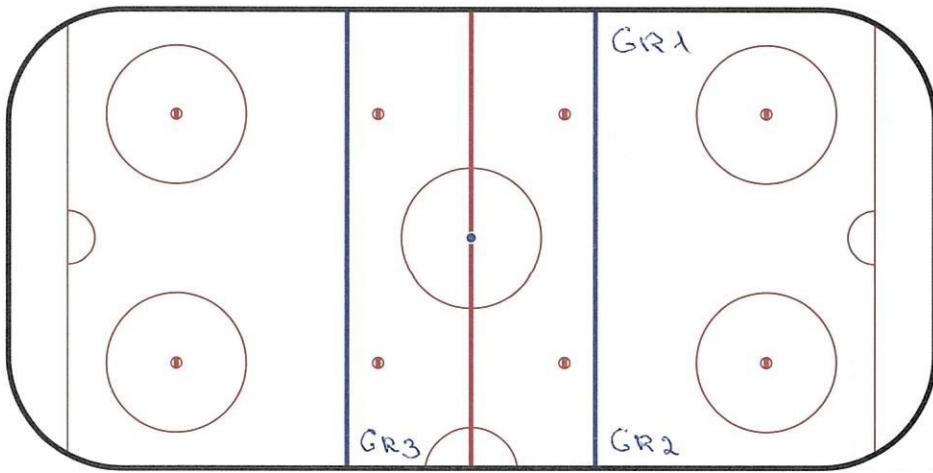
2-1 auf eine seite
 nach PASS zum TRAINER
 und PUCK HOLEN von
 bande mit schwung
 → D RAUS kommen nach
 PASS → teiming.

13min

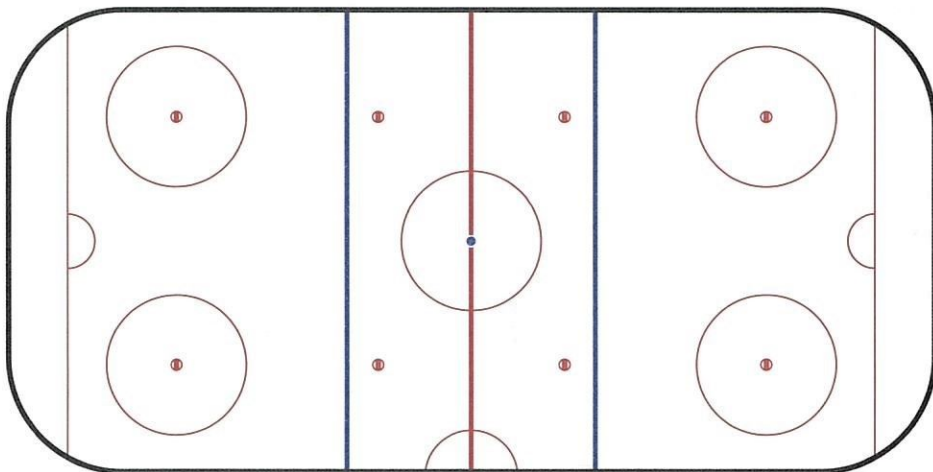


Spiel 40x30 →
 → 3-3 → TR 2 JOKER

10min



3 GR → 1R-1R



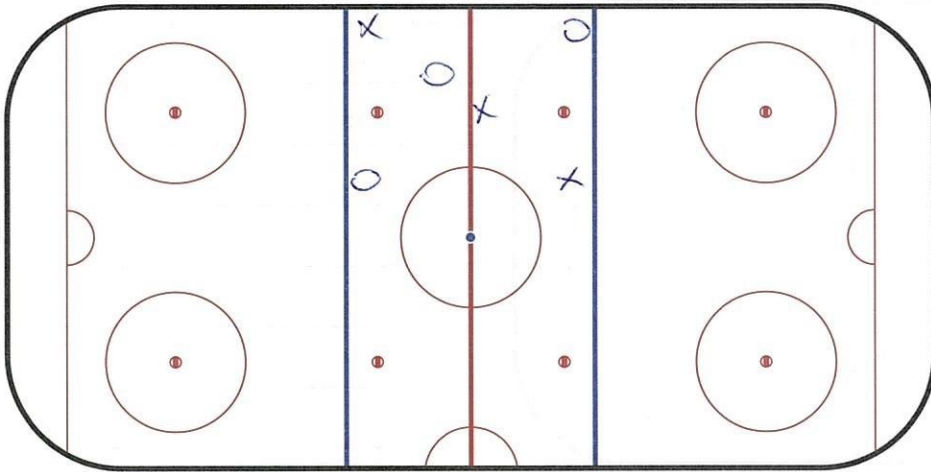


TEAM: U15, 16:20-17:20 → 12:30-13:30

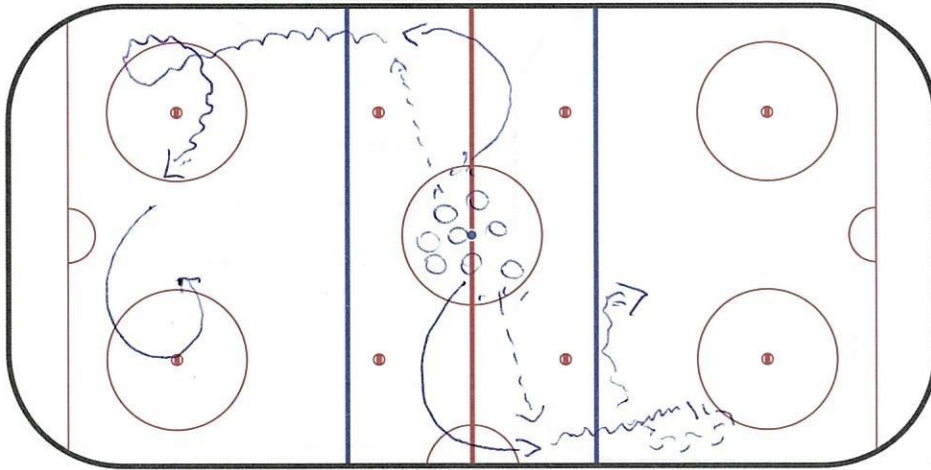
DATUM: 13.2.2024 → 14.2.2024

TRAINER: Yuri

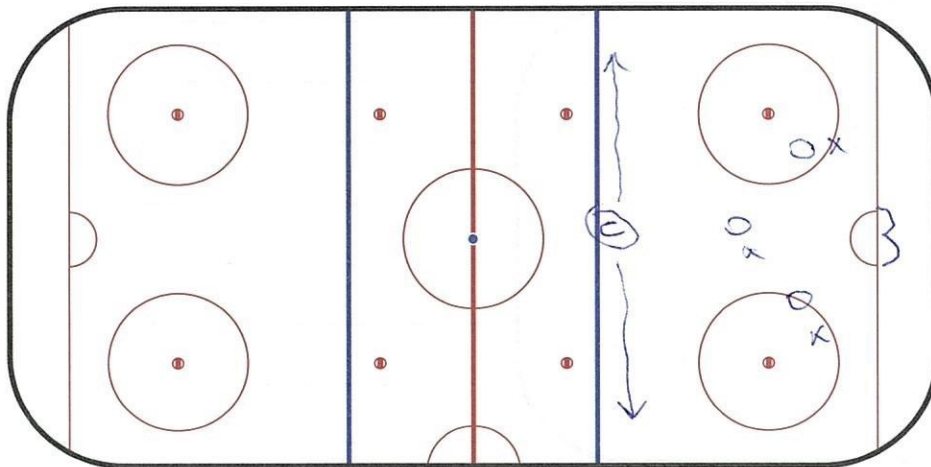
TRAININGSPLAN



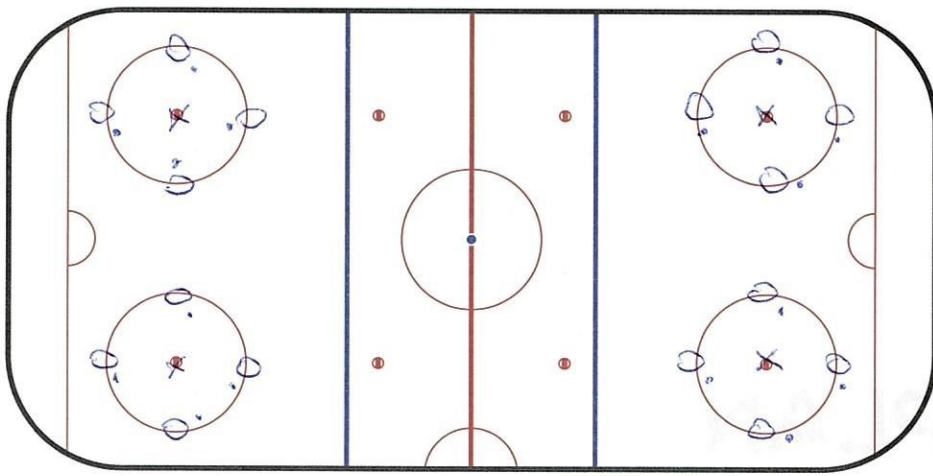
Spiel 1-1 KL. PLATZ
mit 2 SOKER PRO TEAM
10min



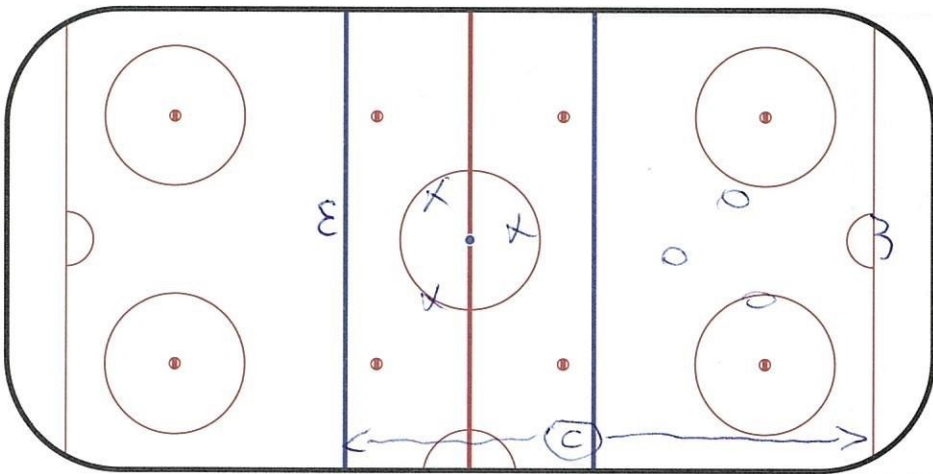
1-0 nach PASS zu
HANDE → F CANADIA
D VORWERTZ RÜCKWERTZ
10min



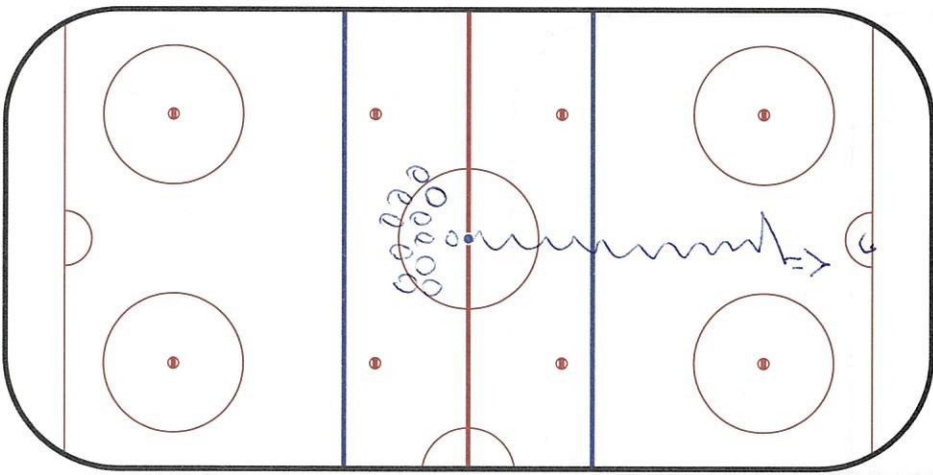
3-3 im ZONE → TR
SOKER bei BLAU LINIE
10min



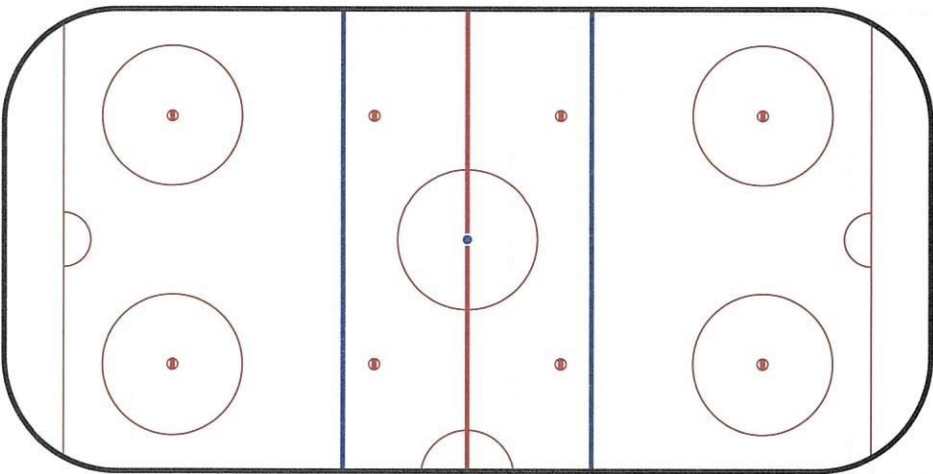
PASS Übung →
 4 Risse → 2 Runden
 10 min



Spiel 3-3 blau
 TORlinie → TR Joker
 Im bewegung
 10 min



PENALTY
 10 min



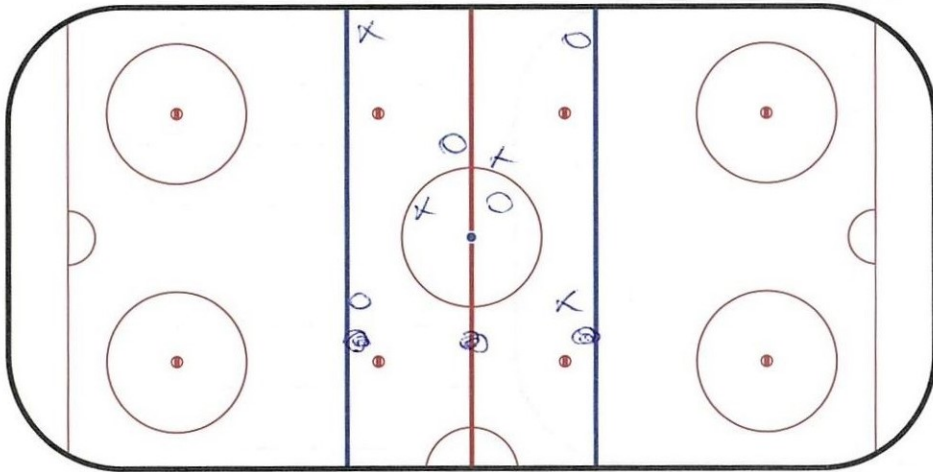


TEAM: U15, 16:40-17:40 → 15:30-16:30

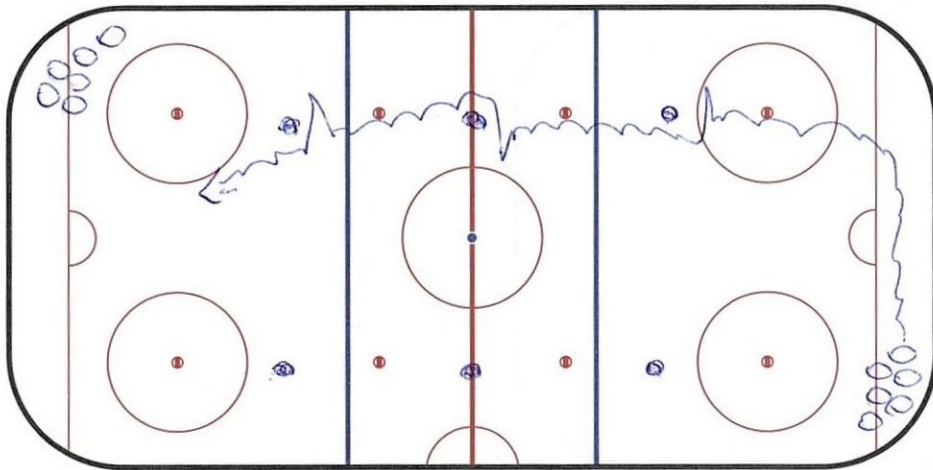
DATUM: 15.2.2024 - 16.2.2024

TRAINER: Yuri

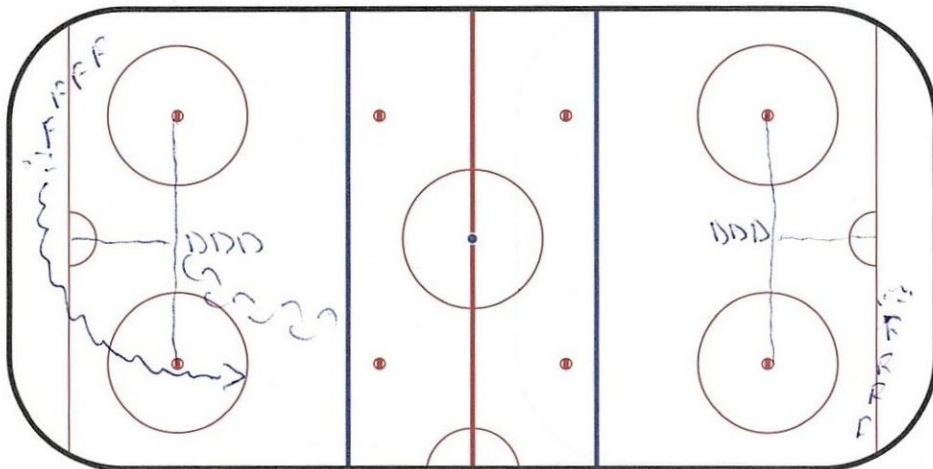
TRAININGSPLAN



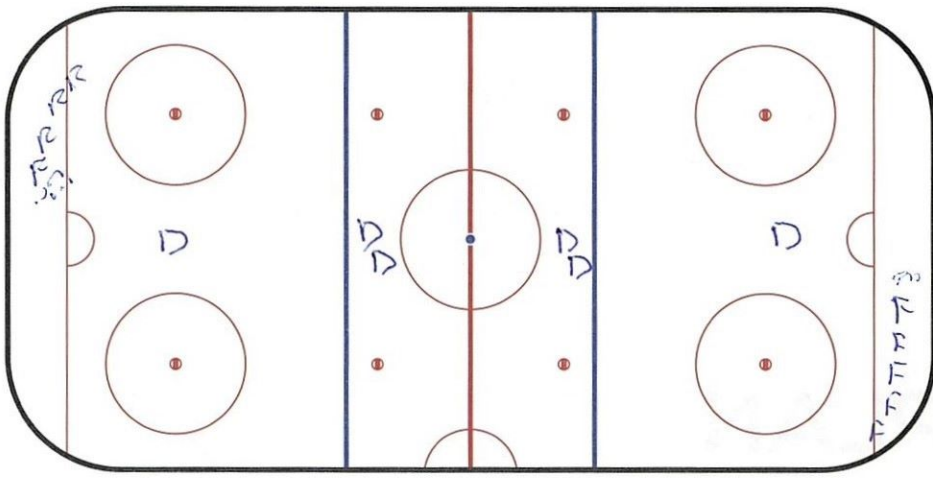
Spiel 2-2 KL. PLATZ
mit 2 SOVER PRO TEAM.
10min



1-0 mit tempo →
→ Puck mitte Rutschen
Lassen, schulter
arbeit
10min

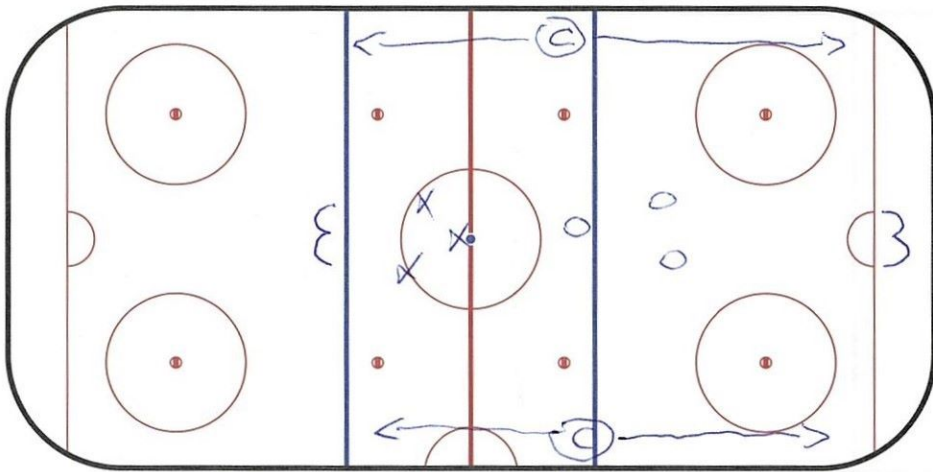


1-1 → START von
STAND
10min



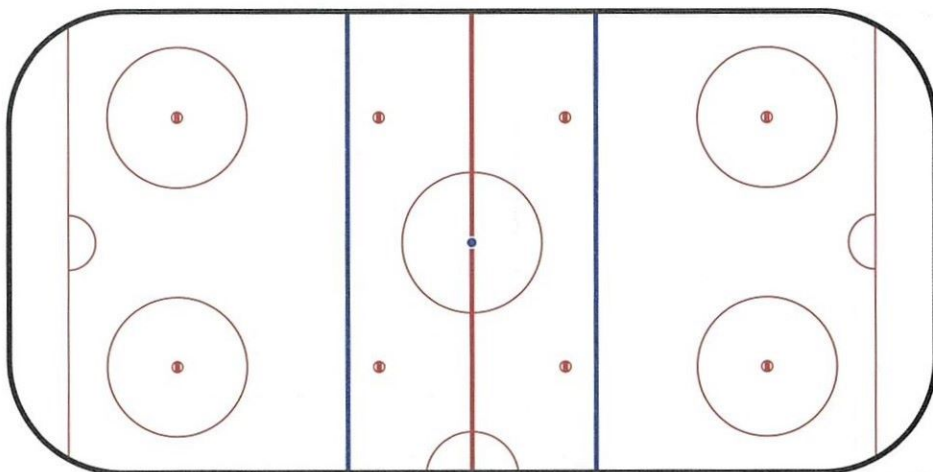
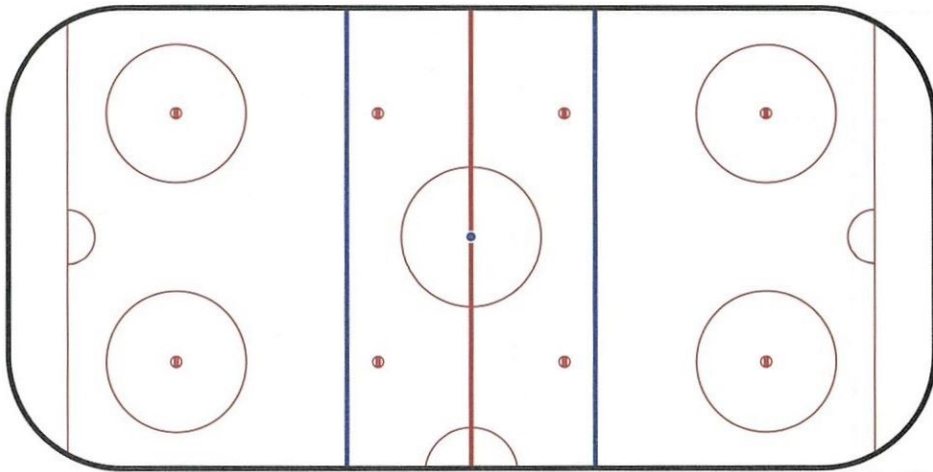
1-1 → F STARTET
 MIT PUCK VON LINIE
 TOR → D OHNE UND
 REHEN, GLEICH START
 RÜCKWERZ,

12 min



Spiel 3-3 + 2 soccer
 im bewegung

13 min



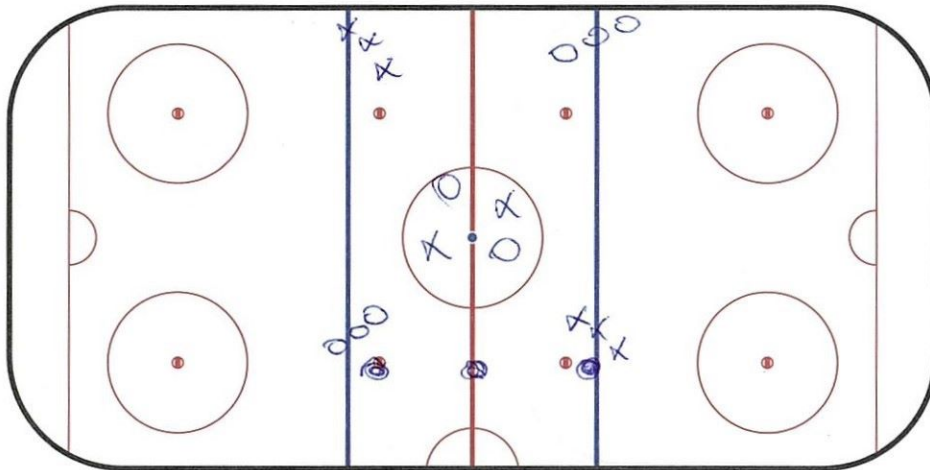


TEAM: U15, 16:40-17:40 → 16:50-17:50

DATUM: 22.2.2024, → 23.2.2024.

TRAINER: YURI, Joe.

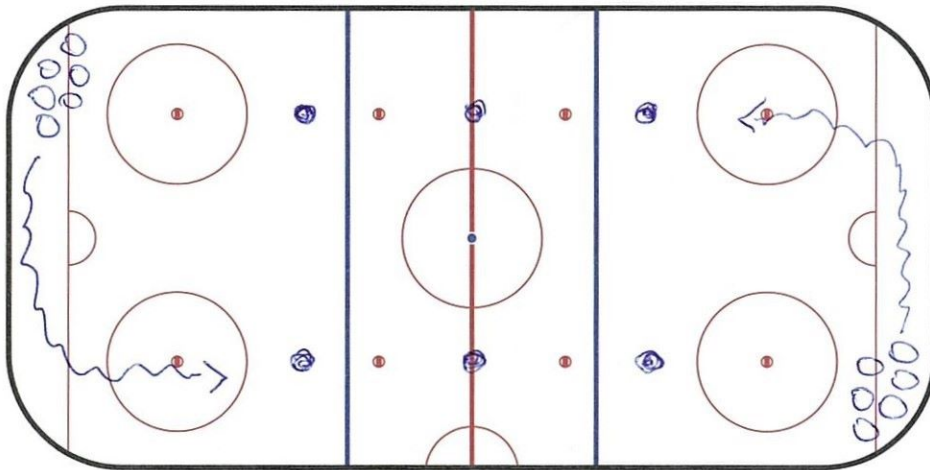
TRAININGSPLAN



Spiel 2-2+2

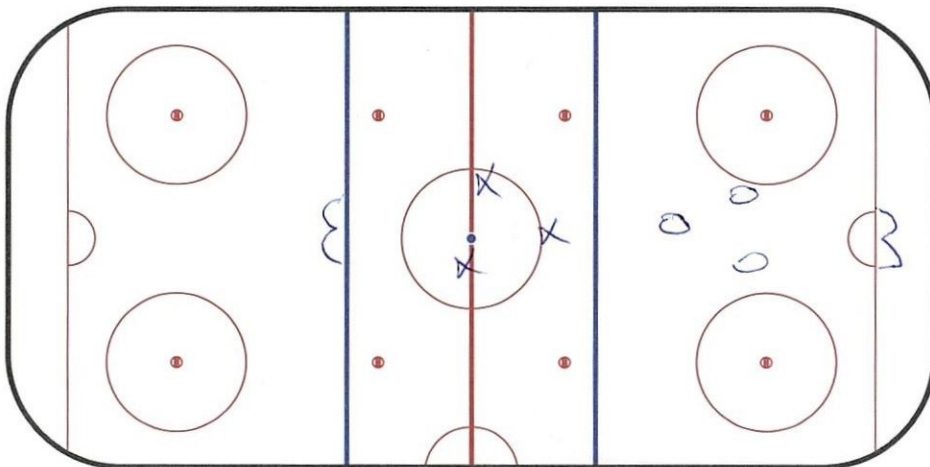
KL. PLATZ,

10 min



1-0 → schulten
ARBEIT ohne Puck
zu mischen und
berühren.

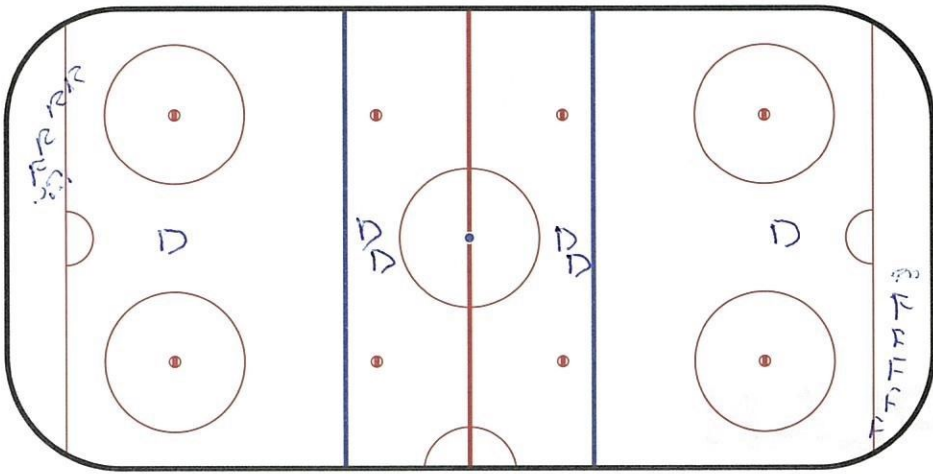
10 min



Spiel 3-3 mit

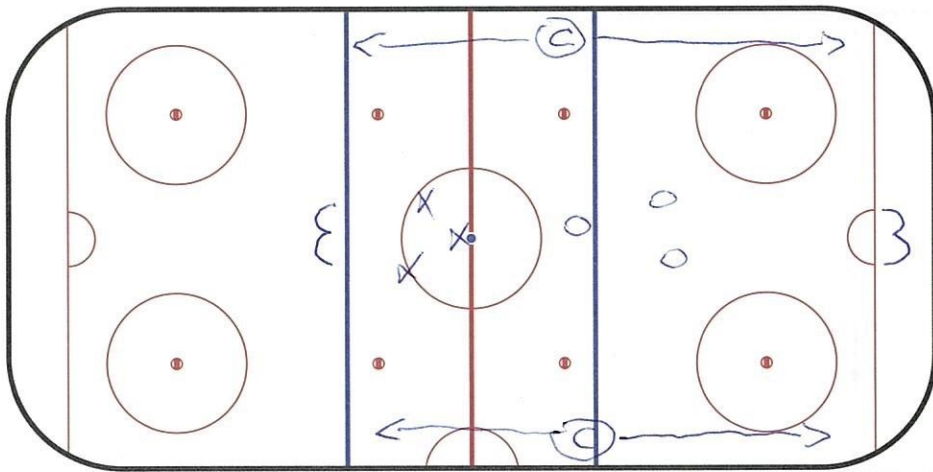
BLAU Linie

12 min



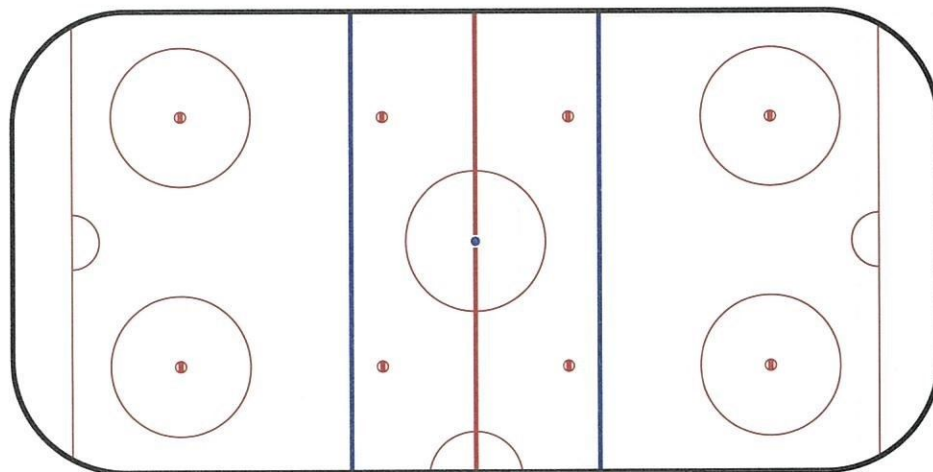
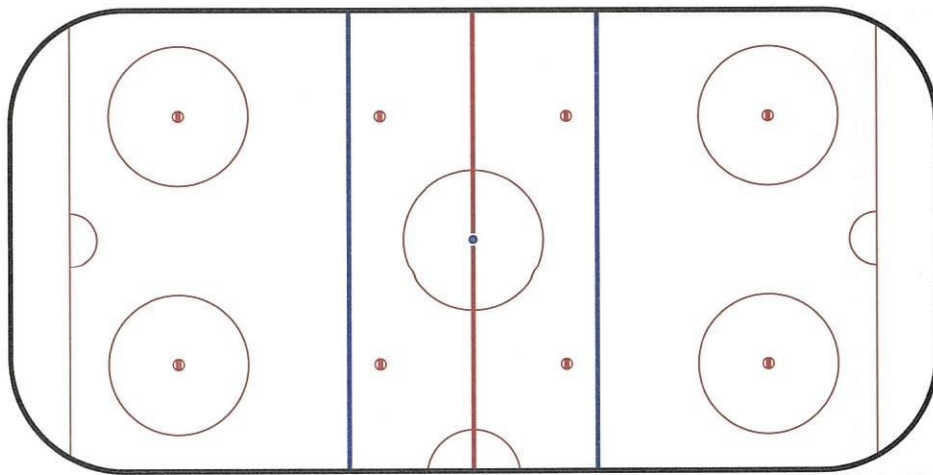
1-1 → F STARTET
 MIT PUCK VON MITTE
 TOR → D OHNE UND
 REHEN, GLEICH START
 RÜCKWERTZ,

12 min



Spiel 3-3 + 2 soccer
 im bewegung

13 min



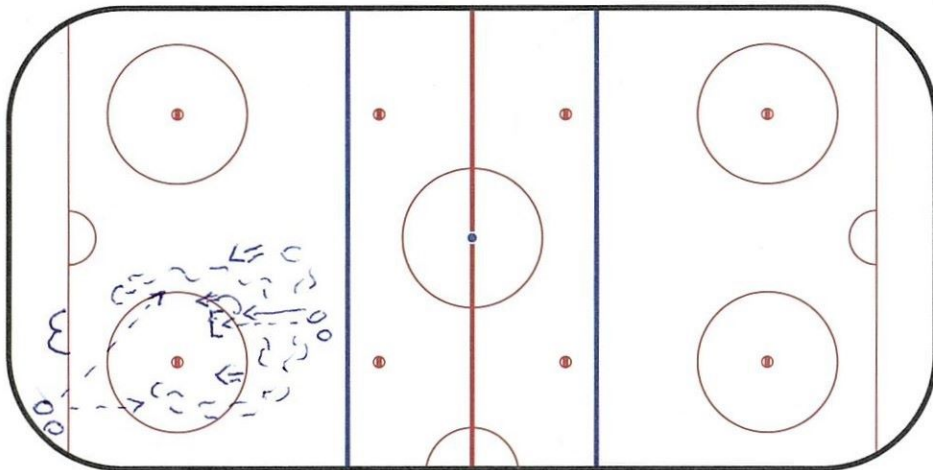


TEAM: U15, 16:20-17:20

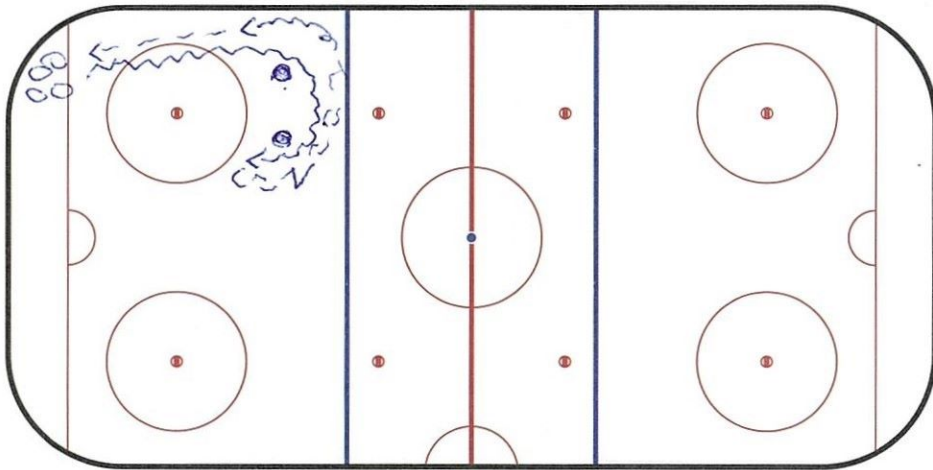
DATUM: 26.2.2024

TRAINER: YURI, JOE

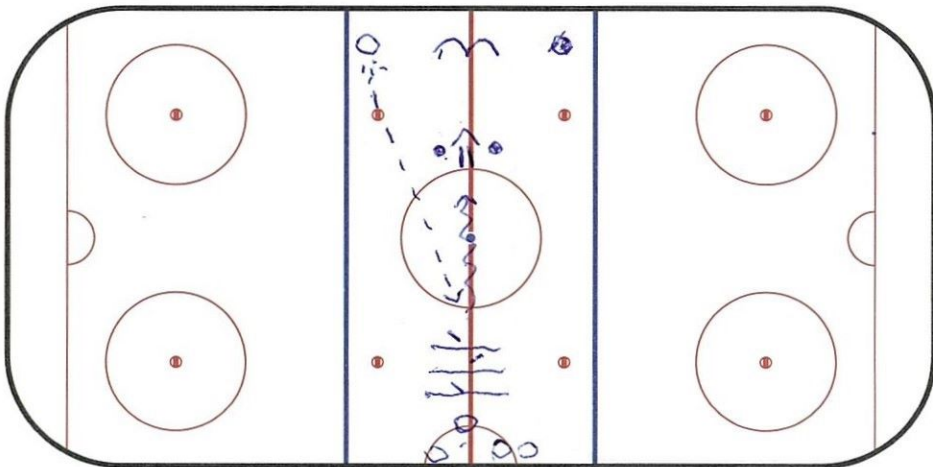
TRAININGSPLAN



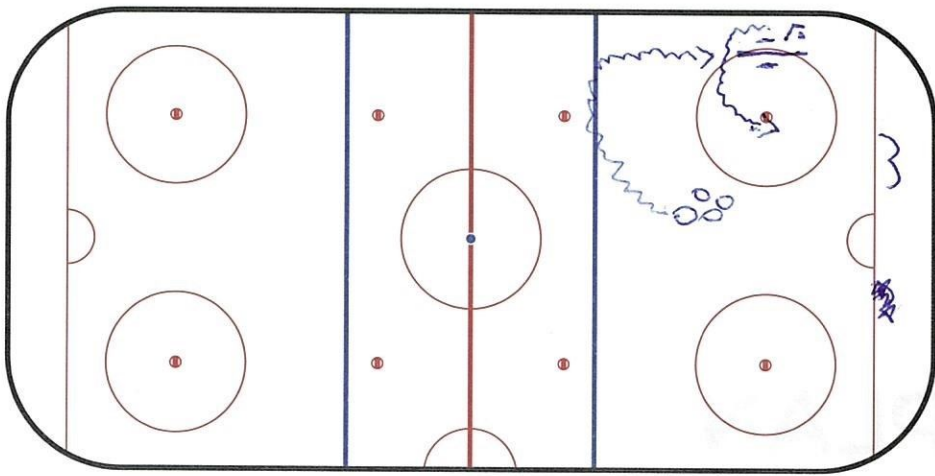
① VOR-RÜCK →
→ nach PASS schuss
von beiden seiten
8min



② 1mal L - 1mal R
PUCK KONTROL mit
elementen VOR-RÜCK +
PASS, 8min



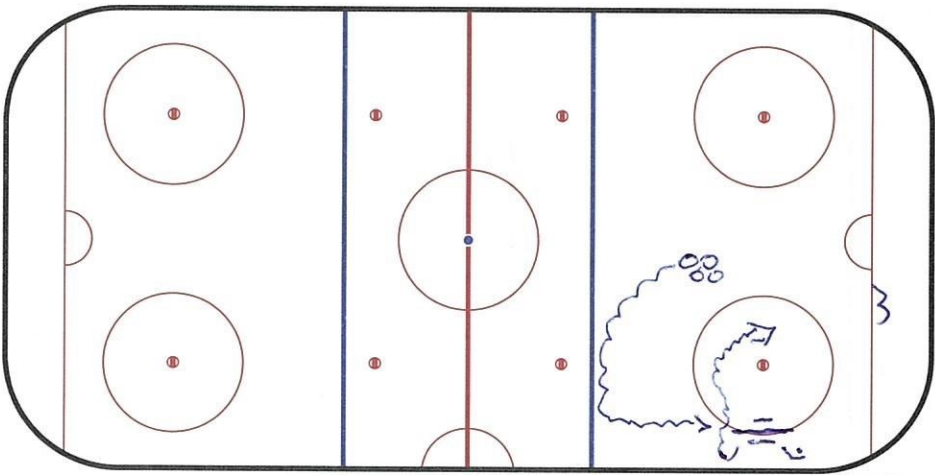
③ START TECHNIK →
→ schuss technik
8min



④ Puck Abdeckung

Links

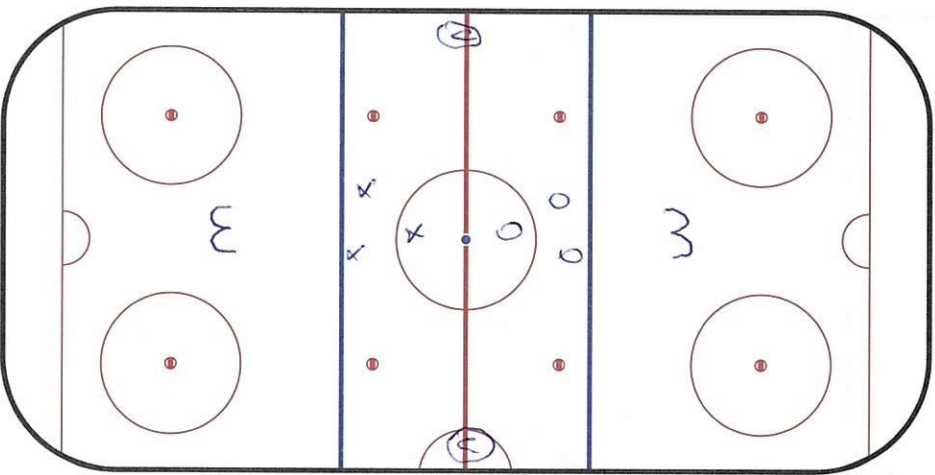
2min



⑤ Puck Abdeckung

Rechts

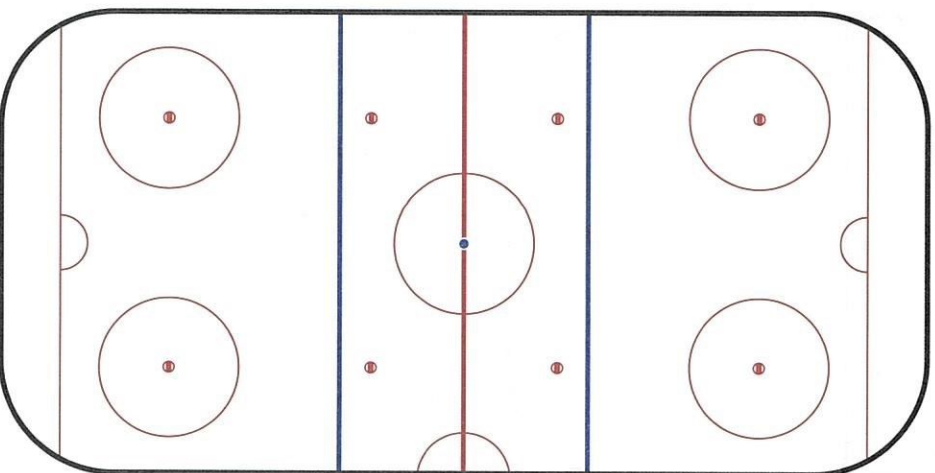
2min



Spiel 40x30 → 3-3

+ 2 JOKER

10min



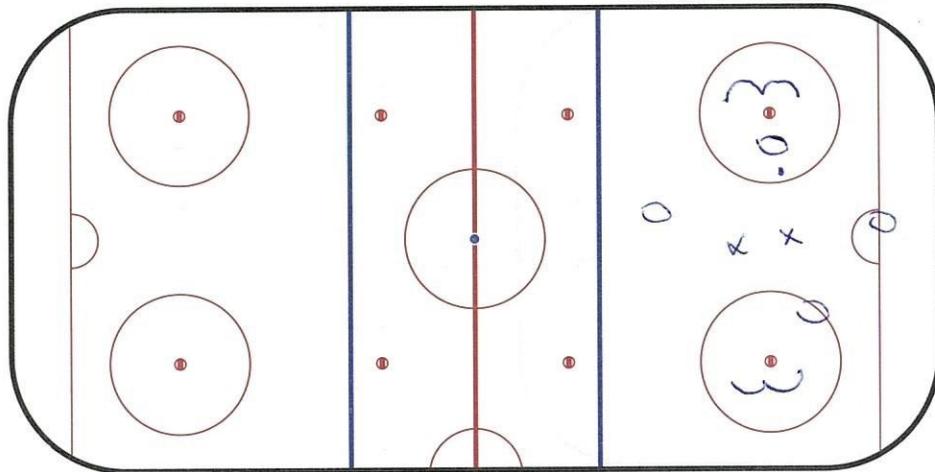


TEAM: U15, 16:40-17:40

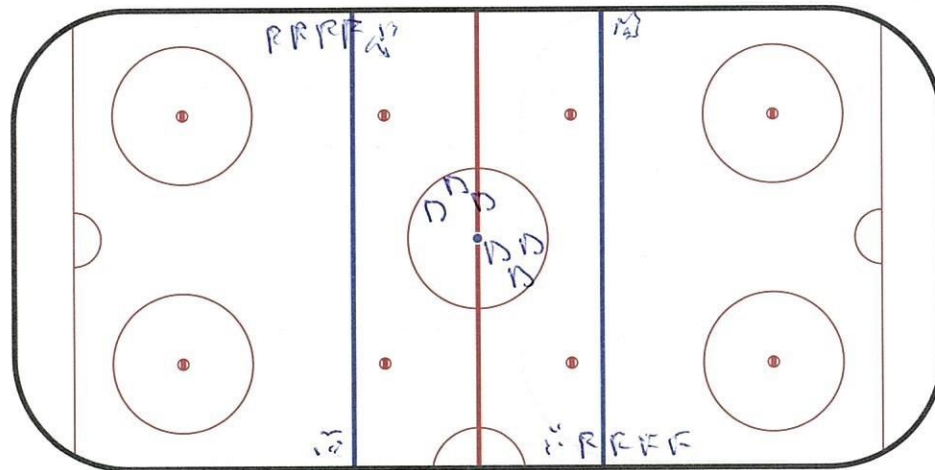
DATUM: 29.2.2024,

TRAINER: Juri, Joe.

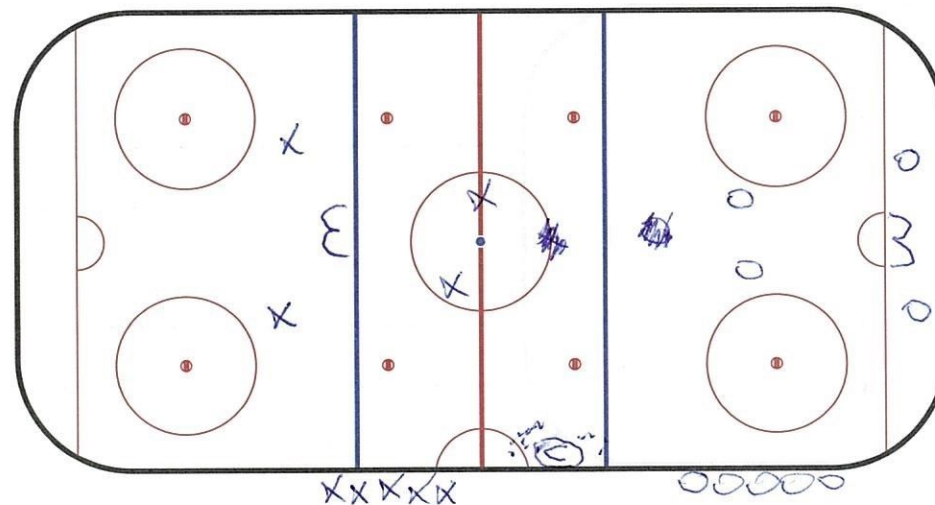
TRAININGSPLAN



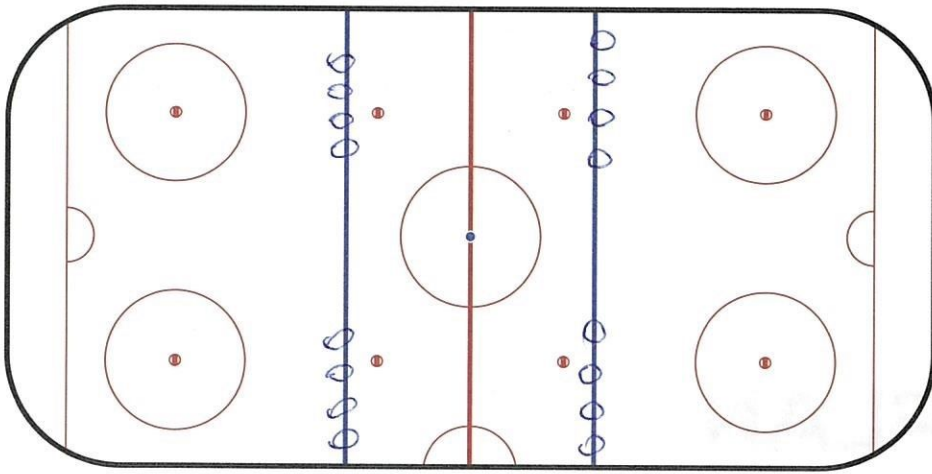
Spiel überzahl
kleine RAUM
4-2.
15min



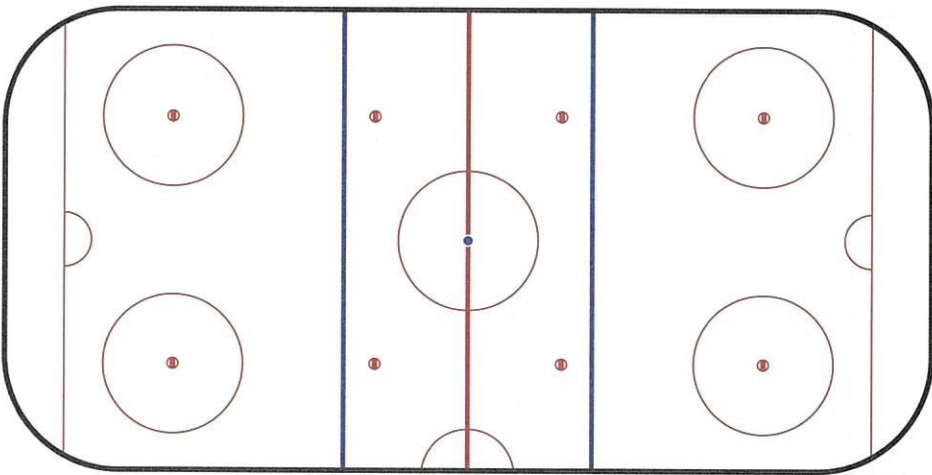
2-0 + D → F kreuzen
→ D PUCK HOLEN bei
bande, schuss von
blau
13min



Spiel 2-2 + 2 →
3-2
13min



Sprint blau-ro
 vorwärts-rückwärts
 4GR → 1-2-2-1
 4min



Spiel 3-3 →
 → 2TR Soccer im
 Bewegung
 13min

