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| **Datum** |  | **Team/Stufe** |  | **Trainer/in** |  |

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| **X** | Spieler/in | **O** | Gegner/in |  | Dribbling |  | Pass |  | Laufweg |  | Flugball |

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| --- | --- | --- | --- |
| q Wir haben den Ball | q Wir verlieren den Ball | q Wir haben den Ball nicht | q Wir erobern den Ball |

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| **Thema/Spielprinzip** |  | **Schwerpunkte** | | | |
| **Lernziele** |  | q TA | q TE | q AT | q PE |
|  |  | q | | | |
| **Entwicklungsfragen** |  | | | | |
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| **Einstieg** | | | **Dauer:** | | |
| **Aufwärmen** | Beschreibung | | | Coaching | |
|  |  | | |  | |
| **Prävention** | Beschreibung | | | Coaching | |
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| **TE/TA/PE -** Einstieg | | | Beschreibung | | |
|  | | |  | | |
| Coaching | | |
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| **Explosivität** | | Beschreibung | | Coaching | |
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| **q Spielform q Übung - 1** | | | **Dauer:** | | |
| Skizze | | Beschreibung | | | |
| Organisation | |  | | | |
| Coaching | | | |
|  | | | |
| Variationen (+/-) | | | |
|  | | | |
| **q Spielform q Übung - 2** | | | | | **Dauer:** |
| Skizze | | Beschreibung | | | |
| Organisation | |  | | | |
| Coaching | | | |
|  | | | |
| Variationen (+/-) | | | |
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| **Spiel frei** | | | | | **Dauer:** |
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| **Ausklang** | | | | | **Dauer:** |
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| **Trainingsreflexion** |
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**Ergänzungen**

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| **q Aufwärmen / q Prävention / q Explosivität** | **Dauer:** |
|  | Beschreibung |
|  |
| Coaching |
|  |
| **q Aufwärmen / q Prävention / q Explosivität** | **Dauer:** |
|  | Beschreibung |
|  |
| Coaching |
|  |
| **q TE/TA/PE -** Einstieg | **Dauer:** |
| Skizze | Beschreibung |
| Organisation |  |
| Coaching |
|  |
| Variationen (+/-) |
|  |

**Ergänzungen**

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| --- | --- | --- |
| **q Spielform q Übung - 1** | **q Spielform q Übung - 2** | **Dauer:** |
| Skizze | | Beschreibung |
| Organisation | |  |
| Coaching |
|  |
| Variationen (+/-) |
|  |
| **q Spielform q Übung - 1** | **q Spielform q Übung - 2** | **Dauer:** |
| Skizze | | Beschreibung |
| Organisation | |  |
| Coaching |
|  |
| Variationen (+/-) |
|  |