

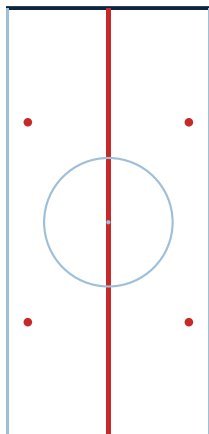
TRAININGSPLAN

Team _____ Datum _____

Uhrzeit _____ Eishalle _____

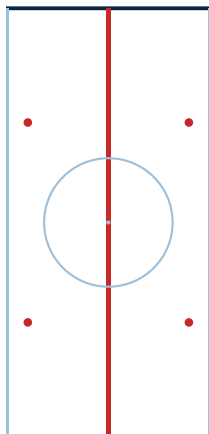
Schwerpunkt _____

Material _____



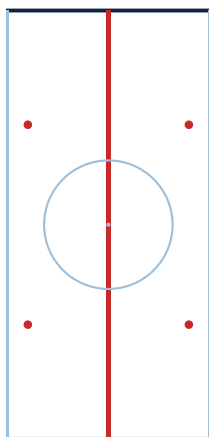
1 ÜBUNG _____ MIN.

COACHING-PUNKTE



2 ÜBUNG _____ MIN.

COACHING-PUNKTE



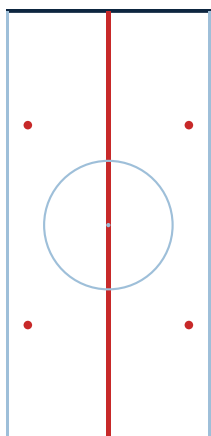
3 ÜBUNG _____ MIN.

COACHING-PUNKTE



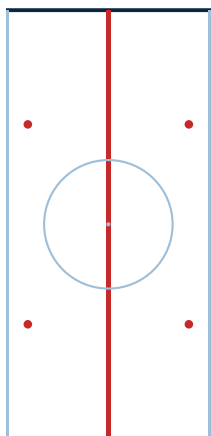
4 ÜBUNG _____ MIN.

COACHING-PUNKTE



5 ÜBUNG _____ MIN.

COACHING-PUNKTE



6 ÜBUNG _____ MIN.

COACHING-PUNKTE

Minuten gesamt

NOTIZEN NACH DEM TRAINING
