30.261.310 d / Ausgabe 2002 (02.04)



J+S Trainingshandbuch Fussball

Vertrauen – eine Grundlage

Vertrauen ist das Bindemittel, das die Partnerschaft der Vereine und Verbände, der J+S-Leiterinnen und -Leiter mit den Kantonen und mit der Institution Jugend+Sport festigt. Man traut sich gegenseitig sinnvollen Einsatz der Personen und Mittel und gute Arbeit, das heisst zielgerichteten Sportunterricht mit Kindern und Jugendlichen und bedürfnisorientierte Leiterbildung, zu.

Qualität – ein Ziel

Nicht bloss Sportunterricht soll es sein, sondern Qualität: geplant, vorbereitet, durchgeführt und ausgewertet von engagierten J+S-Leiterinnen und -Leitern, dabei umsichtig begleitet und unterstützt von ihrem J+S-Coach.

Trainingshandbuch – ein Instrument

Im Trainingshandbuch halten die J+S-Leiterinnen und –Leiter die wichtigsten Daten (was, wann, wo, unter welcher Leitung?) ihres Sportangebotes fest. Im Leiterkurs, im Fortbildungskurs oder beim J+S-Coach haben sie das dazu nötige Wissen erworben. Die Planungsunterlage steht als Papierdokument zur Verfügung oder kann als Datei vom Internet heruntergeladen und am Computer bearbeitet werden (--> www.jugendundsport.ch --> Sportarten).

Für jedes von J+S anerkannte und unterstützte Sportangebot ist mindestens eine Halbjahresplanung und eine Anwesenheitskontrolle gemäss Beilage zu führen. Beide Unterlagen sind während drei Jahren aufzubewahren und auf Verlangen der zuständigen Kontrollinstanz vorzuweisen.

Wer qualitativ guten Sportunterricht bieten will, bereitet sich zusätzlich in geeigneter Form (Wochen-, Lektionsplan) auf die Trainingsstunden vor.

Sorgfältig geführte Planungsinstrumente ermöglichen eine koordinierte Ausbildung der Juniorinnen / Junioren und qualitativ gute Sportangebote im Verein. Sie erleichtern dem J+S-Coach, die Leiterinnen und Leiter zu unterstützen.

Ausbildungsprogramm

| | | Kinderfussball 7:7 | | G | Grundausbildung 9 : 9 | J | Junio | ren-Breitenfussball 11 : 11 | | ı | Nachwuchsförderung |
|-------------------------|--------------|-----------------------------|-------------------------|-------------|--|-------------------------|-----------|--------------------------------|-------------------------|----------|--------------------------------|
| Ģ. | 3-3 | Spielaufbau von hinten | | 3-3 | Von 3-3-2 zu 2-3-3 | | | Umschalten auf Angriff | | | Umschalten auf Angriff |
| Ausb. | d. 3 | Spiel über die Seiten | sp. | 3-3-2/2-3-3 | Übergang von Verteidigung in Angriff | ą. | oder | Umschalten auf Abwehr | ıng | 3-4-3 | Umschalten auf Abwehr |
| Koll. | Grund. | Doppelpass | Koll. Ausb. | 3-3- | Spielaufbau von hinten | Aus | po 7 | Spielaufbau von hinten | Ausbildung | oder 3 | Spielaufbau von hinten |
| X | ອ | Zonendeckung | ջ | Grund. | Spiel über die Seiten | tive | 4-4-2 | Spiel in Tiefe und Abschluss | Ausk | | Spiel in Tiefe und Abschluss |
| | Kond. | Schnelligkeit | | Ģ | Zonendeckung | Kollektive Ausb. | | Flügelspiel, Flanken, Abschuss | | 4-4-2 | Flügelpiel, Flanken, Abschluss |
| | 장 | Beweglichkeit | | Kond. | Schnelligkeit | ᇫ | Grund. | Zonendeckung + Pressing | Kollekive | nd. , | Schnelle Gegenangriffe |
| | uo | Laufschulung | | 중 | Beweglichkeit | | | Stehende Bälle | 장 | Grund. | Zonendeckung + Pressing |
| | Koordination | Integriert in Technik | | ਲ | Laufschulung | | ے | Ausdauer | | | Stehende Bälle |
| | oord | Kleine Spiele | | Koord. | Integriert in Technik | | ditio | Kraft (Stabilisatoren) | | -: | Ausdauer |
| | Α̈́ | Polysportiv | | X | Ergänzend | | Kondition | Schnellkraft | | Kond. | Kraft, Schnellkraft |
| | | Ballgefühl | | | Ball führen und Torschuss | | _ | Schnelligkeit | | | Schnelligkeit |
| | | Ball führen | | | Dribbling mit Finten | | Koord. | Laufschulung | | Koord. | Laufschulung |
| Individuelle Ausbildung | ¥ | Dribbling, Finten, Tricks | рu | Technik | Passarten (kurz, lang) | | Α | Integriert in Technik | | Ko | Integriert in Technik |
| sbilc | Technik | Passarten | ildu | Тес | An- und Mitnahme des Balles | ng | | Dribbling unter Druck | | ~ | Dribbling unter Druck |
| Aus | ř | An- und Mitnahme des Balles | qsn | | Flanke | ilgri | chnik | An- und Mitnahme des Balles | ng | Technik | An- und Mitnahme des Balles |
| elle | | Torschuss | le A | | Kopfball | qsn | Тес | Flanken unter Druck, Kopfball | lidu | Тес | Flanken unter Druck, Kopfball |
| vidu | | Kopfball | Individuelle Ausbildung | | Aussensp.: Breite + Tiefe schaffen | Individuelle Ausbildung | | Torschuss unter Druck | Individuelle Ausblidung | | Torschuss unter Druck |
| Indi | ¥ | Freilaufen, anbieten | divi | × | Zentr. Spieler: Unterstützung + Überzahl | que | | Zweikampf und Unterstützung | le A | | Zweikampf und Unterstützung |
| | Taktik | Zweikampf offensiv | _ ⊆ | Taktik | ST. und MF. schaffen Tiefe | divi | ¥ | Postentaktik IV | due | ¥ | Postentaktik IV |
| | | Zweikampf defensiv | _ | | Zweikämpfe und Unterstützung | 드 | Faktik | Postentaktik AV/AMF | divi | Taktik | Postentaktik AV/AMF |
| | ā | Konzentration | | | Konsequent abschliessen | | | Postentaktik ZMF | <u> =</u> | | Postentaktik ZMF |
| | Mental | Mut zum Risiko | | Ment. | Konzentration, Beharrlichkeit | | | Postentaktik ST | | | Postentaktik ST |
| | ~ | Positives Denken | _ | ž | Mut zum Risiko | | Ment. | Spielfreude | | Ment. | Aggressivität |
| | ter | Technik | | ter | Technik | | ž | Konzentration, Wille | | Š | Konzentration, Wille |
| | Torhüter | Positionsspiel | | Torhüter | Positionsspiel | | ıter | Technik | | iter | Technik |
| | Ţ | Spielaufbau | | ĭ | Spielaufbau | | Torhüter | Positionsspiel | | Torhüter | Positionsspiel |
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| Soziales | | Elternabend | Soziales | | Regeln und Sanktionen | les | | Anlässe | les | | Anlässe |
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| | | Ergänzende Tätigkeiten | | | Mitwirkung und Mitgestaltung | ŏ | | Mitwirkung und Mitgestaltung | ŏ | | Mitwirkung und Mitgestaltung |

Trainingsplanung

Soziales

Halbjahresplanung 1

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| | | Woche: | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 |
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Trainingsplanung

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Trainingsplanung

Wochenplanung

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Trainingsplanung Kinderfussball 7:7

| Verein: | Team: | Trainer: | Saison: |
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| | | Monat: | | | uli | | | Aug | gust | | | Sep | otem | ber | | | Okto | | | | | | ber | | | | mbe | |
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| | | Woche: | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 |
| р. | 3-3 | Spielaufbau von hinten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Koll. Ausb. | ب. بې | Spiel über die Seiten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Grund. | Doppelpass | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 호 | G | Zonendeckung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | nd. | Schnelligkeit | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kond. | Beweglichkeit | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | on | Laufschulung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koordination | Integriert in Technik | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ordi | Kleine Spiele | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | | Ballgefühl | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| ung | 美 | Dribbling, Finten, Tricks | | | | | | | | | | | | | | | | | | | | | | | | | | |
| sbilc | Technik | Passarten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aus | Te | An- und Mitnahme des Balles | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Individuelle Ausbildung | | Kopfball | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ndiv | k | Freilaufen, anbieten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| _ | Taktik | Zweikampf offensiv | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | L | Zweikampf defensiv | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| | Mental | Mut zum Risiko | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 | Positives Denken | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ter | Technik | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Torhüter | Positionsspiel | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tc | Spielaufbau | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Anlässe | | | | | | | | | | | | | | | | | | | | | | | | | | |
| iale | | Elternabend | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Soziales | | Regeln und Sanktionen | | | | | | | | | | | | | | | | | | | | | | | | | | |
| , | | Ergänzende Tätigkeiten | | | | | | | | | | | | | | | | | | | | | | | | | | |

Trainingsplanung Kinderfussball 7:7

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| | | Monat: | | Jan | uar | | | Feb | ruar | • | | | März | | | | | ril | | | | lai | | | | Jun | | |
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| | | Woche: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| ن . | 5 | Spielaufbau von hinten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Koll. Ausb. | Grund. 3-3 | Spiel über die Seiten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u></u> | ını | Doppelpass | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Spilo | Technik | Passarten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aus | Ţ | An- und Mitnahme des Balles | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| ndi | X | Freilaufen, anbieten | | | | | | | | | | | | | | | | | | | | | | | | | | |
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Trainingsplanung Grundausbildung 9:9

| Verein: | Team: | Trainer: | Saison: | |
|---------|-------|----------|---------|--|
| | | | | |

| | | Monat: | | | uli | | | | gust | | | | | nber | | | | ober | | | | vem | | | | Deze | | |
|-------------------------|-------------|--|----|----|-----|----|----|----|------|----|----|----|----|------|----|----|----|------|----|----|----|-----|----|----|----|------|----|----|
| | | Woche: | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 |
| | 3-3 | Von 3-3-2 zu 2-3-3 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Koll. Ausb. | 3-3-2/2-3-3 | Übergang von Verteidigung in Angriff | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ŋ. | 3-3- | Spielaufbau von hinten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ᅙ | Grund. | Spiel über die Seiten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Gru | Zonendeckung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kond. | Schnelligkeit | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 8 | Beweglichkeit | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Ö | Laufschulung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koord. | Integriert in Technik | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Y | Ergänzend | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Ball führen und Torschuss | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Dribbling mit Finten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| р | Ä | Passarten (kurz, lang) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| npli | Technik | An- und Mitnahme des Balles | | | | | | | | | | | | | | | | | | | | | | | | | | |
| qsn | • | Flanke | | | | | | | | | | | | | | | | | | | | | | | | | | |
| e A | | Kopfball | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Individuelle Ausbildung | | Aussensp.: Breite + Tiefe schaffen | | | | | | | | | | | | | | | | | | | | | | | | | | |
| i Si | × | Zentr. Spieler: Unterstützung + Überzahl | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u> </u> | aktik | ST. und MF. schaffen Tiefe | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | - | Zweikämpfe und Unterstützung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Konsequent abschliessen | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Ment. | Konzentration, Beharrlichkeit | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Ме | Mut zum Risiko | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ter | Technik | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Torhüter | Positionsspiel | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | To | Spielaufbau | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (0 | | Anlässe | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ales | | Regeln und Sanktionen | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Soziales | | Ergänzende Tätigkeiten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ", | | Mitwirkung und Mitgestaltung | | | | | | | | | | | | | | | | | | | | | | | | | | |

Trainingsplanung Grundausbildung 9:9

| Verein: | Team: | Trainer: | Saison: | |
|---------|-------|----------|---------|--|
| | | | | |

| | | Monat: | | Jar | uar | | | Feb | ruar | • | | | März | | | | Αŗ | ril | | | | lai | | | | Juni | | |
|-------------------------|-------------|--|---|-----|-----|---|---|-----|------|---|---|----|------|----|----|----|----|-----|----|----|----|-----|----|----|----|------|----|----|
| | | Woche: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | 3-3 | Von 3-3-2 zu 2-3-3 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ısb. | 3-3-2/2-3-3 | Übergang von Verteidigung in Angriff | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Koll. Ausb. | 3-3- | Spielaufbau von hinten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ×o≡ | Grund. | Spiel über die Seiten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Gru | Zonendeckung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kond. | Schnelligkeit | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koı | Beweglichkeit | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 7 | Laufschulung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koord. | Integriert in Technik | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Y | Ergänzend | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Ball führen und Torschuss | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | , | Dribbling mit Finten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ng | Technik | Passarten (kurz, lang) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ildu | Tec | An- und Mitnahme des Balles | | | | | | | | | | | | | | | | | | | | | | | | | | |
| qsn | | Flanke | | | | | | | | | | | | | | | | | | | | | | | | | | |
| e A | | Kopfball | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Individuelle Ausbildung | | Aussensp.: Breite + Tiefe schaffen | | | | | | | | | | | | | | | | | | | | | | | | | | |
| divic | × | Zentr. Spieler: Unterstützung + Überzahl | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>n</u> | Taktik | ST. und MF. schaffen Tiefe | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | - | Zweikämpfe und Unterstützung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Konsequent abschliessen | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Ment. | Konzentration, Beharrlichkeit | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Me | Mut zum Risiko | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ter | Technik | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Torhüter | Positionsspiel | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tc | Spielaufbau | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | | Anlässe | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ale | | Regeln und Sanktionen | | | | | | | | | | | | | | | | | | | | | | | | 7 | ╚ |] |
| Soziales | | Ergänzende Tätigkeiten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Mitwirkung und Mitgestaltung | | | | | | | | | | | | | | | | | | | | | | | | | | |

Trainingsplanung Junioren-Breitenfussball 11:11

| Verein: | Team: | Trainer: | Saison: | |
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| | | | | |

| | | Monat: | Juli Augu | | | | | ust September 33 34 35 36 37 38 39 40 | | | | | | | | ober | | | | vem | | | | Deze | | | | |
|-------------------------|-----------------|--------------------------------|-----------|----|----|----|----|--|----|----|----|----|----|----|----|------|----|----|----|-----|----|----|----|------|----|----|----------|----|
| | | Woche: | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 |
| | : | Umschalten auf Angriff | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ģ. | oder . | Umschalten auf Abwehr | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aus | р о | Spielaufbau von hinten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| tive | 4-4-2 | Spiel in Tiefe und Abschluss | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kollektive Ausb. | ۵. ₄ | Flügelspiel, Flanken, Abschuss | | | | | | | | | | | | | | | | | | | | | | | | | | |
| δ | Grund. | Zonendeckung + Pressing | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | U | Stehende Bälle | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | _ | Ausdauer | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ditio | Kraft (Stabilisatoren) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kondition | Schnellkraft | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Schnelligkeit | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koord. | Laufschulung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Š | Integriert in Technik | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ng | | Dribbling unter Druck | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ildu | h İ | An- und Mitnahme des Balles | | | | | | | | | | | | | | | | | | | | | | | | | | |
| qsn | Technik | Flanken unter Druck, Kopfball | | | | | | | | | | | | | | | | | | | | | | | | | | |
| le A | · | Torschuss unter Druck | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Individuelle Ausbildung | | Zweikampf und Unterstützung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| divic | ~ | Postentaktik IV | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>u</u> | aktik | Postentaktik AV/AMF | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | - | Postentaktik ZMF | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Postentaktik ST | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Ment. | Spielfreude | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Me | Konzentration, Wille | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ter | Technik | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Torhüter | Positionsspiel | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tc | Spielaufbau | | | | | | | | | | | | | | | | | | | | | | | | | <u> </u> | |
| les | | Anlässe | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Soziales | | Ergänzende Tätigkeiten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sc | | Mitwirkung und Mitgestaltung | | | | | | | | | | | | | | | | | | | | | | | | | | |

Trainingsplanung Junioren-Breitenfussball 11:11

| Verein: | Team: | Trainer: | Saison: | |
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| | | | | |

| | | Monat: | | Jar | nuar | | | | | | | | | <u>z</u> | | | Ap | ril | | | | lai | | | | Juni | | |
|-------------------------|-----------|--------------------------------|---|-----|------|---|---|---|---|---|---|----|----|----------|----|----|----|-----|----|----|----|-----|----|----|----|------|----|----|
| | | Woche: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | : | Umschalten auf Angriff | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ą. | oder | Umschalten auf Abwehr | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Aus | po 2 | Spielaufbau von hinten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| tive | 4-4-2 | Spiel in Tiefe und Abschluss | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kollektive Ausb. | d. 4 | Flügelspiel, Flanken, Abschuss | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 중 | Grund. | Zonendeckung + Pressing | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 9 | Stehende Bälle | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | _ | Ausdauer | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kondition | Kraft (Stabilisatoren) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | onc | Schnellkraft | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ~ | Schnelligkeit | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koord. | Laufschulung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Integriert in Technik | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ng | ., | Dribbling unter Druck | | | | | | | | | | | | | | | | | | | | | | | | | | |
| npli | h | An- und Mitnahme des Balles | | | | | | | | | | | | | | | | | | | | | | | | | | |
| qsn | Technik | Flanken unter Druck, Kopfball | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Individuelle Ausbildung | ' | Torschuss unter Druck | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Inell | | Zweikampf und Unterstützung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| jvić. | ~ | Postentaktik IV | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u> </u> | Taktik | Postentaktik AV/AMF | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | - | Postentaktik ZMF | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Postentaktik ST | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Ment. | Spielfreude | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Me | Konzentration, Wille | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Torhüter | Technik | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Positionsspiel | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | To | Spielaufbau | | | | | | | | | | | | | | | | | | | | | | | | | | |
| es | | Anlässe | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Soziales | | Ergänzende Tätigkeiten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sc | | Mitwirkung und Mitgestaltung | | | | | | | | | | | | | | | | | | | | | | | | | | |

Trainingsplanung Nachwuchsförderung

| Verein: | Team: | Trainer: | Saison: |
|---------|-------|----------|---------|
| | | | |

| | | Monat: | | Jı | uli | | | Aug | gust | | | Sep | otem | nber | | | Okto | ober | | | No | vem | ber | | | mbe | nber | | |
|-------------------------|----------|--------------------------------|----|----|-----|----|----|-----|------|----|----|-----|------|------|----|----|------|------|----|----|----|-----|-----|----|----|-----|------|----|--|
| | | Woche: | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | |
| | 3 | Umschalten auf Angriff | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| gur | 3-4-3 | Umschalten auf Abwehr | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|)ildr | oder 3 | Spielaufbau von hinten | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yusk | 00 | Spiel in Tiefe und Abschluss | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ve ∕ | 4-4-2 | Flügelpiel, Flanken, Abschluss | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kollekive Ausbildung | d. 4 | Schnelle Gegenangriffe | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Αo | Grund. | Zonendeckung + Pressing | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Stehende Bälle | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | -: | Ausdauer | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kond. | Kraft, Schnellkraft | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Schnelligkeit | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koord. | Laufschulung | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | \$ | Integriert in Technik | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Dribbling unter Druck | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ng | n i | An- und Mitnahme des Balles | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| lign | Technik | Flanken unter Druck, Kopfball | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Individuelle Ausblidung | l ' | Torschuss unter Druck | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| e A | | Zweikampf und Unterstützung | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| lnel | ~ | Postentaktik IV | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jivio | aktik | Postentaktik AV/AMF | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>u</u> | - | Postentaktik ZMF | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Postentaktik ST | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Ment. | Aggressivität | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Me | Konzentration, Wille | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ter | Technik | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Torhüter | Positionsspiel | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | To | Spielaufbau | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| es | | Anlässe | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Soziales | | Ergänzende Tätigkeiten | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| လိ | | Mitwirkung und Mitgestaltung | | | - | | | - | | | | | | | | | - | | | | - | | | | | | | | |

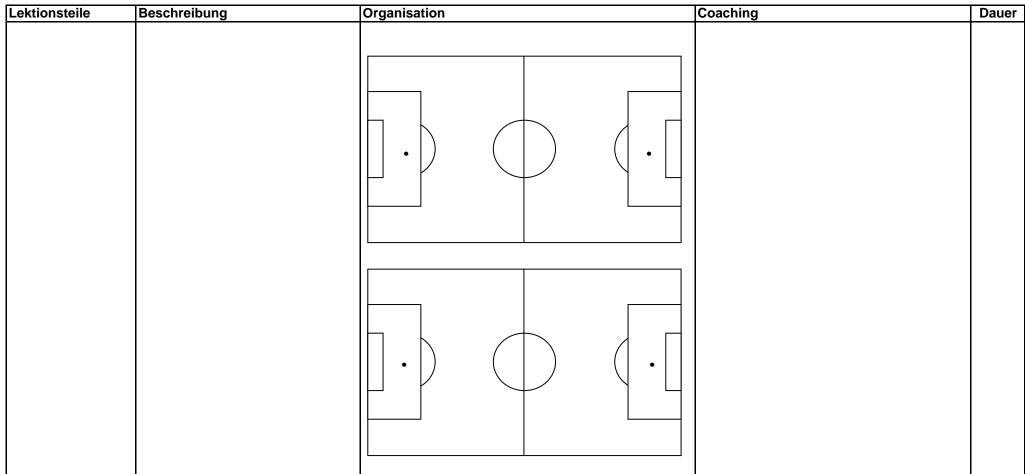
Trainingsplanung Nachwuchsförderung

| Verein: | Team: | Trainer: | Saison: |
|---------|-------|----------|---------|
| | | | |

| | | Monat: | | | | | | März | | | | Αp | ril | | | | lai | | | | Juni | | | | | | | |
|-------------------------|---------------|--------------------------------|---|---|---|---|---|------|---|---|---|----|-----|----|----|----|-----|----|----|----|------|----|----|----|----|----|----|----|
| | | Woche: | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | ω | Umschalten auf Angriff | | | | | | | | | | | | | | | | | | | | | | | | | | |
| gur | 3-4-3 | Umschalten auf Abwehr | | | | | | | | | | | | | | | | | | | | | | | | | | |
| jgr | oder 3 | Spielaufbau von hinten | | | | | | | | | | | | | | | | | | | | | | | | | | i |
| Ynsk | -2 00 | Spiel in Tiefe und Abschluss | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ve / | 4-4-; | Flügelpiel, Flanken, Abschluss | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kollekive Ausbildung | | Schnelle Gegenangriffe | | | | | | | | | | | | | | | | | | | | | | | | | | i |
| δ | Grund. | Zonendeckung + Pressing | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 0 | Stehende Bälle | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Ausdauer | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kond. | Kraft, Schnellkraft | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ~ | Schnelligkeit | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Koord. | Laufschulung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Š | Integriert in Technik | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Dribbling unter Druck | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ng | hniš | An- und Mitnahme des Balles | | | | | | | | | | | | | | | | | | | | | | | | | | |
| npil | Technik | Flanken unter Druck, Kopfball | | | | | | | | | | | | | | | | | | | | | | | | | | į. |
| Individuelle Ausblidung | · | Torschuss unter Druck | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>e</u> | | Zweikampf und Unterstützung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| lang | ~ | Postentaktik IV | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ji Vi | Taktik | Postentaktik AV/AMF | | | | | | | | | | | | | | | | | | | | | | | | | | į. |
| <u> </u> | - | Postentaktik ZMF | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Postentaktik ST | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Ment. | Aggressivität | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Me | Konzentration, Wille | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ter | Technik | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | $\overline{}$ | Positionsspiel | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ĭ | Spielaufbau | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>les</u> | | Anlässe | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Soziales | | Ergänzende Tätigkeiten | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Š | | Mitwirkung und Mitgestaltung | | | | | | | | | | | | | | | | | | | | | | | | | | |

Blatt 1

| Nr Datum: | Zeit: | Verein: | Team: | Trainer: |
|-----------|-------|---------|-----------|----------|
| Themen: | | Ziele: | Material: | |
| | | | | |
| | | | | |
| | | | | |



Ausgabe 2002

Blatt 2

| Lektionsteile | Beschreibung | Organisation | | | Coaching | Dauer |
|----------------|--------------|--------------|-----------------|---|----------|-------|
| | | | | | | |
| | | | | • | | |
| Infos an Team: | | Fazit | / Konsequenzen: | | | |
| | | | • | | | |
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