|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Verantw. Trainer: |  | | | |
| Datum: |  | Zeit: |  | |
| Halle: |  | Anzahl TN |  | |
|  |  |  |  | |
| Trainingsthema: |  | | | |
| Trainingsziel: |  | | | |
|  |  |  |  | |
| Andachtsthema |  | | Verantw. |  |
| Ziel |  | |

**Trainingsablauf / Programm**

|  |  |  |  |
| --- | --- | --- | --- |
| *Zeit* | *Aktivität* | *Material* | *Verantw.* |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Übungen**

|  |  |  |
| --- | --- | --- |
| *Dauer* | *Thema / Aktivität* | *Organisation* |
|  |  |  |
| Material |
|  |  |  |
| Material |
|  |  |  |
| Material |
|  |  |  |
| Material |
|  |  |  |
| Material |
|  |  |  |
| Material |

|  |
| --- |
| Trainingsauswertung |

**Zeichenerklärung**

|  |  |  |
| --- | --- | --- |
| **X** Spieler | Markierung | Laufweg mit Ball |
| O Gegenspieler | Kasten | Laufweg ohne Ball |
| ⚫ Ball | Langbank | Pass |
|  |  | Schuss |