|  |  |
| --- | --- |
| 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 |

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| --- |
| Trainingsauswertung |

**Zeichenerklärung**

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