

Jahres-Planung 2016/17 - «Moskito»

Absichten / Ideen		16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	2	4	6	8	10	12	14
Elemente / Woche																											
Kondition	Allg. Bew.-Koordination			Red	Green	Green	Green	Red	Green	Green	Green	Yellow	Yellow	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow
	Diff., Glg., Rea., Rhy. + Ori.			Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
	Rumpfkraft / Stabilisation			Yellow	Red	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
	Kraft			Red	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
	Ausdauer			Red	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
	Beweglichkeit			Red	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green
Technik	Schlitsschuhlaufen vw+rw					Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	
	Stopp, Start, Übers., Pivot etc.											Red	Green	Red	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	
	SF: Transport und abdecken											Red	Green	Red	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	
	Finten (Schlaufen)			Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	
	individ. Täuschungen			Green	Green	Green	Green	Green	Green	Green	Yellow	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
	Pässe geben / annehmen											Red	Green	Red	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	
	Schiessen vh + rh									Green	Green	Green	Green	Red	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	
	ost-west (+direkt) und Folgeaktion										Red	Green	Green	Red	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	
Körperspiel										Red	Green	Green	Red	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green		
Spielverhalten	SL, SF und Passen									Green	Red	Green	Green	Red	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	
	1 gegen 1 (bis 3:3)			Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Green	Red	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	
	2 gegen 1; 3 gegen 2(1)				Green	Green	Green	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	
	Abschlussverhalten (auch 1:2 etc.)														Red	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	
Taktik	Def.spiel in der VZ										Red	Green	Red	Green	Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green		
	Grundpos., TH-SL + Abw.te										Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green		
Tor-hüter	Verhalten und Einstellung										Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green		
	Grundpos., TH-SL + Abw.te										Green	Green	Green	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green		
Emotio-nales	Spaß und Freude			Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	
	Einstellung (inkl. Austeilen - einst.)			Red	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Yellow	Yellow	Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	
	Vertrauen			Red	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red	Red	Red	Yellow	Green	Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	
	Störfaktoren														Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	
Soziales	Regeln			Green	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	
	Teamgeist, Mitspieler			Red	Red	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	Green	
	Ernährung													Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	
	Eltern			Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	Red	
Wichtige Daten																											
Intensität																											
Anzahl Trainings + Spiele / Wo				3	3	3	3	3	3	3	3	3	2	3	3	3	3	3	3	3	3	3	3	3	2		
Auswertung																											

Bewusst daran arbeiten (Ueb./ Sp.f. + Erklärungen/Theorien)

in anderen Ueb./Sp.f. integriert + beachtet --> INDIVIDUELLE ARBEIT



Uebungen/Spielformen zum Thema

keine besondere Beachtung

