

WAS muss WANN gezielt (in speziellen Trainingseinheiten in Übungs- und Spielform) abgearbeitet werden?

|     |                                                                 |                                                                                                 |  |  |  |  | Minis1 | Minis2 | F1 | F2 | E1 | E2 | D1 | D2 | C1 | C2 | B1 | B2 | A1 | A2 |
|-----|-----------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--|--|--|--|--------|--------|----|----|----|----|----|----|----|----|----|----|----|----|
| 1.  | Dribbeln                                                        |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | a.                                                              | Innenseite                                                                                      |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | b.                                                              | Außenseite                                                                                      |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | c.                                                              | Spann                                                                                           |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | Dribbeln als Ballsicherung (Abschirmen des Ballsmit dem Körper) |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | Dribbeln zum Gegner ausspielen                                  |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 2.  | Schießen/Schusstechnik/Passen                                   |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | a.                                                              | Innenseite                                                                                      |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | b.                                                              | Außenseite                                                                                      |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | c.                                                              | Seitspann                                                                                       |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | d.                                                              | Vollspann                                                                                       |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | e.                                                              | Pike                                                                                            |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | f.                                                              | Flugball                                                                                        |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | g.                                                              | Torschuss                                                                                       |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | h.                                                              | Offene Spielstellung                                                                            |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | i.                                                              | Ballferner Fuß                                                                                  |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 3.  | Ballan- und Mitnahme                                            |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | a.                                                              | Flache Bälle (Fußinnen- und Außenseite)                                                         |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | b.                                                              | Halbhohe Bälle (Fußinnen- und Außenseite)                                                       |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | c.                                                              | Hohe Bälle (Kopf/Brust)                                                                         |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 4.  | Kopfbälle                                                       |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | a.                                                              | Beidbeiniger Absprung                                                                           |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | b.                                                              | Einbeiniger Absprung                                                                            |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | c.                                                              | Flugkopfball                                                                                    |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 5.  | Finten                                                          |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | a.                                                              | Ausfallschritt                                                                                  |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | b.                                                              | Übersteiger                                                                                     |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | c.                                                              | Schere                                                                                          |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | d.                                                              | Schussfinte                                                                                     |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 6.  | Einwurf                                                         |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | a.                                                              | Verhalten Werfer                                                                                |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | b.                                                              | Verhalten Empfänger                                                                             |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | c.                                                              | Verhalten Mannschaft (während des Einwurfs zum Einwerfer rüberschieben, da unsichere Situation) |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 7.  | Standards                                                       |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | a.                                                              | Eckstöße                                                                                        |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | b.                                                              | Freistöße /Elfmeter                                                                             |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 8.  | 1 geg 1                                                         |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | a.                                                              | Defensiv                                                                                        |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | b.                                                              | Offensiv                                                                                        |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 9.  | Gruppentaktik                                                   |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     |                                                                 |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     |                                                                 |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 10. | Ballorientiertes Abwehrverhalten                                |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | a.                                                              | Viererkette                                                                                     |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | b.                                                              | Verschieben                                                                                     |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 11. | Fitness/Schnelligkeit                                           |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 12. | Positionen/positionsspezifisches Training                       |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 13. | Spielaufbau                                                     |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 14. | Anbieten/Freilaufen                                             |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 15. | Abkappen                                                        |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | a.                                                              | Bei Finten                                                                                      |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
|     | b.                                                              | Bei 180° Richtungsänderung                                                                      |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 16. | Kondition                                                       |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 17. | Koordination                                                    |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 18. | Fußballvokabular                                                |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 19. | Life Kinetik                                                    |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |
| 20. | Athletik                                                        |                                                                                                 |  |  |  |  |        |        |    |    |    |    |    |    |    |    |    |    |    |    |

- nein
- spielerisch einfließen lassen
- gezielt trainieren
- zwischendurch einfließen lassen
- Thema sollte komplett abgearbeitet sein

[illegible]