# Kreissichtung / U 11 -Training

2.1 30s max. Liegestütze auf Zeit
2.2 30s max. Hockstrecksprünge auf Zeit
2.3 30s max. li seitl.Unterarmstütze auf Zeit
2.4 30s max. re seitl.Unterarmstütze auf Zeit
2.5 1mir max. Sit-ups -Aufsitzer (Partner) auf Zeit
2.6. 3mir Balltransport

4.1 1mir VH balancieren ohne Fehler
4.2 1mir RH balancieren ohne Fehler
4.3 1mir VH balancieren + Zusatzball li hochwerfen
4.4 1mir RH balancieren + Zusatzball li hochwerfen
4.5 1mir VH Prellen Anzahl + Fehler
4.6 1mir RH Prellen Anzahl + Fehler
4.7 1mir VH/RH Prellen nur Anzahl

4.8 2min **Beinarbeit:** Side-Step Linie zu Linie max. Anzahl mit Schatten Konter
4.9 2min 20 Bälle indirekter US-Aufschlag RH
4.1( 2min 20 Bälle indirekter ÜS-Aufschlag RH
4.1' 2min 20 Bälle indirekter US-Aufschlag VH (aus RH)
4.1; 2min 20 Bälle indirekter ÜS-Aufschlag VH (aus VH)
4.1: 2min 20 Bälle direkter ÜS-Aufschlag RH
4.1‹ 2min 20 Bälle direkter ÜS-Aufschlag VH

4.15 2min RH Konter
4.16 2min RH Schupf
4.17 2min RH Flip
4.18 2min VH Konter
4.19 2min VH TS
4.20 2min Spielsituativ unregelmäßig VH-RH Position
4.21 2min Spielsituativ unregelmäßig RH US/ÜS

Bewertungen

| | |
|---|---|
| Sehr Gut | 5 Punkte |
| gut | 4 Punkte |
| befriedigend | 3 Punkte |
| nocht gut | 2 Punkte |
| gar nicht | 1 Punkte |

| | |
|---|---|
| 1.-4. Platz | 20 Punkte |
| 5.-8. Platz | 15 Punkte |
| 9.-12. Platz | 10 Punkte |
| 13.-16. Platz | 5 Punkte |

| Nr. | Name | | geb.Datum | Verein |
|---|---|---|---|---|
| 1 | Musterchüler | | 01.01.2007 | Musterverein |
| 1 | Metzler | Ilja | 13.04.2011 | TTV Radebeul |
| 2 | Streck | Pia | 13.07.2009 | TSV Blau-Weiß Gröditz |
| 3 | Hegewald | Bruno | 16.06.2009 | TTV Radebeul |
| 4 | Tschirner | Lenny Jerome | 22.04.2009 | TTV Neugersdorf 1990 |
| 5 | Grawunder | Timon | 30.01.2009 | TTV Radebeul |
| 6 | Ploschenz | Henrike | 26.10.2008 | TTV Radebeul |
| 7 | Paschel | Moritz | 03.10.2008 | TTV Radebeul |
| 8 | Poppe | Jonathan | 11.09.2008 | TTV Radebeul |
| 9 | Götze | Nick | 22.07.2008 | TSV Blau-Weiß Gröditz |
| 10 | Felgner | Aaric | 07.07.2008 | TTV Radebeul |
| 11 | Bulda | Andreas | 06.06.2008 | TTV Radebeul |
| 12 | Nittel | Oskar | 01.04.2008 | TTV Radebeul |
| 13 | Kubsch | Gustav | 31.03.2008 | TTV Radebeul |
| 14 | Jahn | Johannes | 30.03.2008 | TTV Radebeul |
| 15 | Fiedler | Marvin | 29.03.2008 | Meißner SV 08 |
| 16 | Lanitz | Paul | 08.12.2007 | TTV Radebeul |
| 17 | Roßmann | Oliver | 09.09.2007 | TTV Radebeul |
| 18 | Hildebrand | Paul | 07.06.2007 | TSV Radeburg |
| 19 | Moschner | Cedrik | 04.05.2007 | Sachsenwerk |
| 20 | Schirmer | Timon | 03.04.2007 | TTV Radebeul |
| 21 | Freund | Magnus | 03.02.2007 | SV Laußnitz |
| 22 | Wolf | Kevin | 18.01.2007 | TTV Radebeul |
| 23 | Beutel | Lukas | 09.01.2007 | TSV Theegarten Pactec |

| Nr. | Name | 2.1 | P | 2.2 | P | 2.3 | P | 2.4 | P | 2.5 | P | 2.6 | P | Summe |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | Musterchüler | 10 | 10 | 15 | 8 | 15 | 5 | 15 | 5 | 30 | 10 | 45 | 23 | 60 |
| 1 | Metzler | 12 | 12 | 8 | 4 | 27 | 9 | 25 | 8 | 11 | 4 | 191 | 26 | 63 |
| 2 | Streck | 12 | 12 | 20 | 10 | 18 | 6 | 26 | 9 | 18 | 6 | 130 | 38 | 81 |
| 3 | Hegewald | 13 | 13 | 24 | 12 | 20 | 7 | 33 | 11 | 13 | 4 | 142 | 35 | 82 |
| 4 | Tschirner | 12 | 12 | 14 | 7 | 18 | 6 | 15 | 5 | 15 | 5 | 170 | 29 | 64 |
| 5 | Grawunder | 13 | 13 | 27 | 14 | 24 | 8 | 27 | 9 | 12 | 4 | 127 | 39 | 87 |
| 6 | Ploschenz | 30 | 30 | 29 | 15 | 25 | 8 | 39 | 13 | 16 | 5 | 142 | 35 | **106** |
| 7 | Paschel | 18 | 18 | 27 | 14 | 26 | 9 | 27 | 9 | 13 | 4 | 130 | 38 | 92 |
| 8 | Poppe | 16 | 16 | 25 | 13 | 23 | 8 | 33 | 11 | 31 | 10 | 136 | 37 | 94 |
| 9 | Götze | 18 | 18 | 26 | 13 | 22 | 7 | 22 | 7 | 11 | 4 | 148 | 34 | 83 |
| 10 | Felgner | 8 | 8 | 26 | 13 | 19 | 6 | 21 | 7 | 11 | 4 | 136 | 37 | 75 |
| 11 | Bulda | 20 | 20 | 22 | 11 | 24 | 8 | 33 | 11 | 14 | 5 | 147 | 34 | 89 |
| 12 | Nittel | 12 | 12 | 27 | 14 | 6 | 2 | 26 | 9 | 13 | 4 | 135 | 37 | 78 |
| 13 | Kubsch | 34 | 34 | 29 | 15 | 32 | 11 | 37 | 12 | 17 | 6 | 145 | 34 | **112** |
| 14 | Jahn | 24 | 24 | 24 | 12 | 21 | 7 | 19 | 6 | 11 | 4 | 150 | 33 | 86 |
| 15 | Fiedler | 20 | 20 | 38 | 19 | 23 | 8 | 44 | 15 | 17 | 6 | 136 | 37 | 104 |
| 16 | Lanitz | 39 | 39 | 27 | 14 | 36 | 12 | 40 | 13 | 19 | 6 | 144 | 35 | **119** |
| 17 | Roßmann | 30 | 30 | 28 | 14 | 29 | 10 | 22 | 7 | 17 | 6 | 137 | 36 | 103 |
| 18 | Hildebrand | 21 | 21 | 27 | 14 | 25 | 8 | 27 | 9 | 17 | 6 | 139 | 36 | 93 |
| 19 | Moschner | 34 | 34 | 20 | 10 | 29 | 10 | 25 | 8 | 20 | 7 | 133 | 38 | **106** |
| 20 | Schirmer | 15 | 15 | 25 | 13 | 26 | 9 | 22 | 7 | 17 | 6 | 131 | 38 | 87 |
| 21 | Freund | 26 | 26 | 23 | 12 | 22 | 7 | 26 | 9 | 15 | 5 | 134 | 37 | 96 |
| 22 | Wolf | 24 | 24 | 20 | 10 | 1 | 0 | 18 | 6 | 10 | 3 | 159 | 31 | 75 |
| 23 | Beutel | 23 | 23 | 24 | 12 | 26 | 9 | 32 | 11 | 15 | 5 | 131 | 38 | 98 |

| Nr. | Name | 4.1 | P | 4.2 | P | 4.3 | P | 4.4 | P | 4.5 | Fehl | P | 4.6 | Fehl | P | 4.7 | P | Summe |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | Musterchüler | 0 | 3 | 4 | 1 | 7 | 2 | 8 | 1 | 100 | 12 | 2 | 150 | 4 | 5 | 150 | 4 | 18 |
| 1 | Metzler | 2 | 2 | 3 | 2 | 5 | 2 | 3 | 2 | 8 | 8 | -1 | 13 | 9 | -1 | 12 | 1 | 7 |
| 2 | Streck | 1 | 2 | 2 | 2 | 6 | 2 | 6 | 2 | 50 | 1 | 1 | 18 | 8 | -1 | 80 | 2 | 10 |
| 3 | Hegewald | 1 | 2 | 0 | 3 | 0 | 3 | 2 | 2 | 108 | 1 | 3 | 120 | 1 | 3 | 130 | 4 | 19 |
| 4 | Tschirner | 0 | 3 | 1 | 2 | 7 | 2 | 4 | 2 | 101 | 2 | 3 | 123 | 2 | 3 | 88 | 2 | 16 |
| 5 | Grawunder | 0 | 3 | 2 | 2 | 1 | 3 | 2 | 2 | 103 | 2 | 3 | 128 | 1 | 4 | 104 | 3 | 18 |
| 6 | Ploschenz | 0 | 3 | 0 | 3 | 1 | 3 | 1 | 3 | 168 | 6 | 5 | 68 | 5 | 1 | 53 | 2 | 17 |
| 7 | Paschel | 2 | 2 | 0 | 3 | 0 | 3 | 0 | 3 | 102 | 1 | 3 | 103 | 2 | 3 | 133 | 4 | 19 |
| 8 | Poppe | 0 | 3 | 0 | 3 | 0 | 3 | 0 | 3 | 102 | 1 | 3 | 132 | 0 | 5 | 136 | 4 | 21 |
| 9 | Götze | 0 | 3 | 1 | 2 | 2 | 2 | 4 | 2 | 102 | 0 | 4 | 58 | 0 | 2 | 60 | 2 | 15 |
| 10 | Felgner | 0 | 3 | 0 | 3 | 4 | 2 | 2 | 2 | 110 | 3 | 3 | 65 | 6 | 1 | 70 | 2 | 15 |
| 11 | Bulda | 0 | 3 | 0 | 3 | 2 | 2 | 3 | 2 | 51 | 3 | 1 | 39 | 6 | -1 | 40 | 1 | 11 |
| 12 | Nittel | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 120 | 2 | 3 | 130 | 0 | 5 | 130 | 4 | 18 |
| 13 | Kubsch | 0 | 3 | 1 | 2 | 1 | 3 | 1 | 3 | 146 | 0 | 5 | 168 | 1 | 5 | 182 | 5 | 24 |
| 14 | Jahn | 2 | 2 | 0 | 3 | 1 | 3 | 1 | 3 | 161 | 0 | 6 | 225 | 0 | 7 | 152 | 4 | 25 |
| 15 | Fiedler | 8 | 1 | 0 | 3 | 4 | 2 | 4 | 2 | 100 | 1 | 3 | 150 | 4 | 5 | 150 | 4 | 19 |
| 16 | Lanitz | 0 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 185 | 1 | 5 | 230 | 3 | 6 | 120 | 3 | 22 |
| 17 | Roßmann | 0 | 3 | 3 | 2 | 7 | 2 | 5 | 2 | 105 | 3 | 3 | 45 | 6 | -1 | 70 | 2 | 12 |
| 18 | Hildebrand | 0 | 3 | 0 | 3 | 0 | 3 | 0 | 3 | 151 | 1 | 5 | 152 | 2 | 5 | 170 | 5 | 25 |
| 19 | Moschner | 1 | 2 | 0 | 3 | 2 | 2 | 1 | 3 | 143 | 0 | 5 | 180 | 0 | 6 | 133 | 4 | 23 |
| 20 | Schirmer | 0 | 3 | 0 | 3 | 1 | 3 | 3 | 2 | 133 | 1 | 4 | 131 | 1 | 4 | 122 | 3 | 21 |
| 21 | Freund | 2 | 2 | 2 | 2 | 16 | 1 | 4 | 2 | 102 | 4 | 3 | 98 | 2 | 2 | 108 | 3 | 13 |
| 22 | Wolf | 2 | 2 | 0 | 3 | 4 | 2 | 5 | 2 | 150 | 0 | 6 | 149 | 3 | 4 | 160 | 4 | 21 |
| 23 | Beutel | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 102 | 1 | 3 | 155 | 3 | 5 | 145 | 4 | 20 |

| Nr. | Name | 4.8 | P | 4.9 | P | 4.10 | P | 4.11 | P | 4.12 | P | 4.13 | P | 4.14 | P | Summe |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | Musterchüler | 0 | 5 | 4 | 2 | 7 | 4 | 8 | 2 | 8 | 2 | 8 | 2 | 8 | 2 | **19** |
| 1 | Metzler | 30 | 0 | 2 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 1 | 5 | 1 | 5 | **25** |
| 2 | Streck | 88 | 0 | 6 | 2 | 2 | 4 | 5 | 3 | 5 | 3 | 4 | 3 | 4 | 3 | **18** |
| 3 | Hegewald | 75 | 0 | 8 | 2 | 9 | 4 | 9 | 2 | 10 | 2 | 9 | 2 | 10 | 2 | **14** |
| 4 | Tschirner | 77 | 0 | 6 | 2 | 7 | 4 | 10 | 2 | 10 | 2 | 10 | 2 | 9 | 2 | **14** |
| 5 | Grawunder | 80 | 0 | 8 | 2 | 10 | 2 | 9 | 2 | 8 | 2 | 10 | 2 | 10 | 2 | **12** |
| 6 | Ploschenz | 83 | 0 | 9 | 2 | 8 | 4 | 8 | 2 | 8 | 2 | 8 | 2 | 9 | 2 | **14** |
| 7 | Paschel | 81 | 0 | 8 | 2 | 9 | 4 | 8 | 2 | 9 | 2 | 10 | 2 | 10 | 2 | **14** |
| 8 | Poppe | 40 | 0 | 8 | 2 | 9 | 4 | 9 | 2 | 10 | 2 | 10 | 2 | 10 | 2 | **14** |
| 9 | Götze | 79 | 0 | 3 | 3 | 4 | 4 | 7 | 3 | 7 | 3 | 8 | 2 | 7 | 3 | **18** |
| 10 | Felgner | 81 | 0 | 8 | 2 | 5 | 4 | 9 | 2 | 9 | 2 | 6 | 3 | 9 | 2 | **15** |
| 11 | Bulda | 65 | 0 | 10 | 2 | 10 | 2 | 8 | 2 | 10 | 2 | 8 | 2 | 10 | 2 | **12** |
| 12 | Nittel | 117 | 0 | 10 | 2 | 10 | 2 | 10 | 2 | 9 | 2 | 9 | 2 | 10 | 2 | **12** |
| 13 | Kubsch | 114 | 0 | 9 | 2 | 10 | 2 | 10 | 2 | 10 | 2 | 9 | 2 | 10 | 2 | **12** |
| 14 | Jahn | 99 | 0 | 9 | 2 | 10 | 2 | 10 | 2 | 10 | 2 | 8 | 2 | 10 | 2 | **12** |
| 15 | Fiedler | 101 | 0 | 9 | 2 | 8 | 4 | 7 | 3 | 10 | 2 | 7 | 3 | 10 | 2 | **16** |
| 16 | Lanitz | 120 | 0 | 10 | 2 | 10 | 2 | 9 | 2 | 10 | 2 | 9 | 2 | 10 | 2 | **12** |
| 17 | Roßmann | 107 | 0 | 10 | 2 | 10 | 2 | 9 | 2 | 10 | 2 | 9 | 2 | 10 | 2 | **12** |
| 18 | Hildebrand | 101 | 0 | 10 | 2 | 8 | 4 | 10 | 2 | 10 | 2 | 10 | 2 | 8 | 2 | **14** |
| 19 | Moschner | 120 | 0 | 9 | 2 | 7 | 4 | 9 | 2 | 9 | 2 | 10 | 2 | 10 | 2 | **14** |
| 20 | Schirmer | 91 | 0 | 10 | 2 | 10 | 2 | 10 | 2 | 10 | 2 | 10 | 2 | 10 | 2 | **12** |
| 21 | Freund | 94 | 0 | 10 | 2 | 9 | 4 | 9 | 2 | 9 | 2 | 10 | 2 | 10 | 2 | **14** |
| 22 | Wolf | 100 | 0 | 10 | 2 | 8 | 4 | 10 | 2 | 9 | 2 | 7 | 3 | 10 | 2 | **15** |
| 23 | Beutel | 118 | 0 | 9 | 2 | 8 | 4 | 10 | 2 | 10 | 2 | 10 | 2 | 10 | 2 | **14** |

| | | | | | | | | | | | | | | | | | Kaiserspiel | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Nr. | Name | 4.15 | P | 4.16 | P | 4.17 | P | 4.18 | P | 4.19 | P | 4.20 | P | 4.21 | P | Summe | Platz | Punkte | Gesam |
| 1 | Musterchüler | 4 | 8 | 4 | 8 | 2 | 4 | 2 | 4 | 1 | 2 | 3 | 6 | 3 | 6 | **38** | 6 | 15 | |
| 1 | Metzler | 2 | 4 | 1 | 2 | 1 | 2 | 2 | 4 | 1 | 2 | 1 | 2 | 1 | 2 | **18** | 11 | 10 | 123 |
| 2 | Streck | 3 | 6 | 2 | 4 | 1 | 2 | 1 | 2 | 1 | 2 | 2 | 4 | 1 | 2 | **22** | 9 | 15 | 146 |
| 3 | Hegewald | 2 | 4 | 4 | 8 | 3 | 6 | 2 | 4 | 3 | 6 | 1 | 2 | 3 | 6 | **36** | 6 | 15 | 166 |
| 4 | Tschirner | 4 | 8 | 3 | 6 | 5 | 10 | 4 | 8 | 5 | 10 | 4 | 8 | 4 | 8 | **58** | 3 | 20 | 172 |
| 5 | Grawunder | 5 | 10 | 5 | 10 | 5 | 10 | 5 | 10 | 5 | 10 | 5 | 10 | 5 | 10 | **70** | 1 | 20 | 207 |
| 6 | Ploschenz | 4 | 8 | 4 | 8 | 3 | 6 | 4 | 8 | 4 | 8 | 2 | 4 | 1 | 2 | **44** | 6 | 15 | 196 |
| 7 | Paschel | 5 | 10 | 3 | 6 | 3 | 6 | 4 | 8 | 5 | 10 | 3 | 6 | 4 | 8 | **54** | 4 | 20 | 198 |
| 8 | Poppe | 4 | 8 | 5 | 10 | 4 | 8 | 5 | 10 | 5 | 10 | 4 | 8 | 5 | 10 | **64** | 2 | 20 | 213 |
| 9 | Götze | 3 | 6 | 4 | 8 | 3 | 6 | 3 | 6 | 4 | 8 | 4 | 8 | 3 | 6 | **48** | 7 | 15 | 179 |
| 10 | Felgner | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 3 | 6 | 2 | 4 | 1 | 2 | **28** | 5 | 15 | 147 |
| 11 | Bulda | 3 | 6 | 3 | 6 | 3 | 6 | 4 | 8 | 3 | 6 | 3 | 6 | 3 | 6 | **44** | 10 | 10 | 165 |
| 12 | Nittel | 2 | 4 | 3 | 6 | 2 | 4 | 5 | 10 | 1 | 2 | 2 | 4 | 2 | 4 | **34** | 7 | 15 | 157 |
| 13 | Kubsch | 3 | 6 | 4 | 8 | 3 | 6 | 2 | 4 | 1 | 2 | 5 | 10 | 4 | 8 | **44** | 8 | 15 | 206 |
| 14 | Jahn | 3 | 6 | 5 | 10 | 3 | 6 | 2 | 4 | 2 | 4 | 3 | 6 | 2 | 4 | **40** | 11 | 10 | 173 |
| 15 | Fiedler | 2 | 4 | 3 | 6 | 1 | 2 | 1 | 2 | 3 | 6 | 2 | 4 | 3 | 6 | **30** | 12 | 10 | 179 |
| 16 | Lanitz | 2 | 4 | 3 | 6 | 2 | 4 | 4 | 8 | 2 | 4 | 2 | 4 | 2 | 4 | **34** | 9 | 15 | 202 |
| 17 | Roßmann | 5 | 10 | 5 | 10 | 5 | 10 | 5 | 10 | 5 | 10 | 5 | 10 | 5 | 10 | **70** | 2 | 20 | 217 |
| 18 | Hildebrand | 5 | 10 | 5 | 10 | 5 | 10 | 5 | 10 | 5 | 10 | 5 | 10 | 5 | 10 | **70** | 1 | 20 | 222 |
| 19 | Moschner | 3 | 6 | 5 | 10 | 3 | 6 | 1 | 2 | 5 | 10 | 4 | 8 | 4 | 8 | **50** | 3 | 20 | 213 |
| 20 | Schirmer | 3 | 6 | 4 | 8 | 4 | 8 | 3 | 6 | 3 | 6 | 3 | 6 | 3 | 6 | **46** | 6 | 15 | 181 |
| 21 | Freund | 4 | 8 | 2 | 4 | 4 | 8 | 3 | 6 | 4 | 8 | 5 | 10 | 4 | 8 | **52** | 5 | 15 | 190 |
| 22 | Wolf | 2 | 4 | 3 | 6 | 3 | 6 | 2 | 4 | 3 | 6 | 1 | 2 | 2 | 4 | **32** | 10 | 10 | 153 |
| 23 | Beutel | 5 | 10 | 4 | 8 | 5 | 10 | 5 | 10 | 4 | 8 | 4 | 8 | 3 | 6 | **60** | 4 | 20 | 211 |