
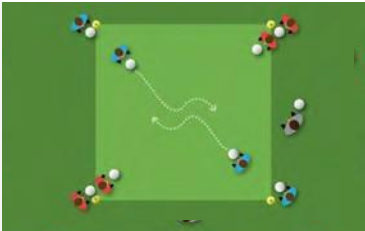
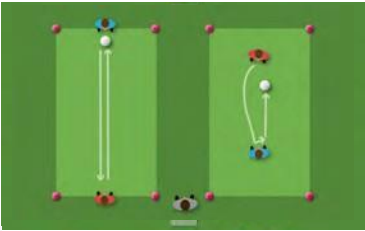




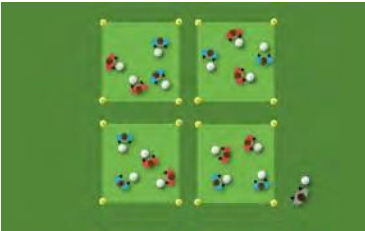
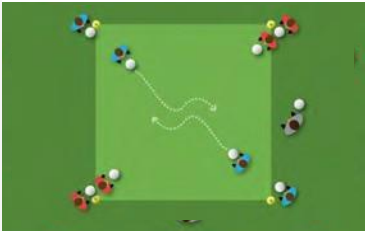
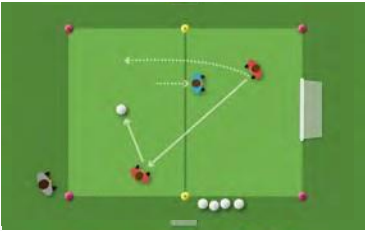


# U8/9 Program 9



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p><b>Footwork</b>  <a href="http://soccerskills.dk/oevelse?id=11">http://soccerskills.dk/oevelse?id=11</a></p>		12-24	
2	15	 <p><b>Driblekant med 4 bolde</b>  <a href="http://soccerskills.dk/oevelse?id=19">http://soccerskills.dk/oevelse?id=19</a></p>		8 (4-12)	
3	15	 <p><b>2 om 1 bold</b>  <a href="http://soccerskills.dk/oevelse?id=17">http://soccerskills.dk/oevelse?id=17</a></p>		8 (4-12)	
4	15	 <p><b>2v2 +4</b>  <a href="http://soccerskills.dk/oevelse?id=53">http://soccerskills.dk/oevelse?id=53</a></p>		8 (4-12)	
		 <p><b>Kampform</b></p>			

# U8/9 Program 10



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p><b>Boldkaos på øer</b>  <a href="http://soccerskills.dk/oevelse?id=94">http://soccerskills.dk/oevelse?id=94</a></p>		12-24	
2	15	 <p><b>Driblekant med 4 bolde</b>  <a href="http://soccerskills.dk/oevelse?id=19">http://soccerskills.dk/oevelse?id=19</a></p>		8 (4-12)	
3	15	 <p><b>2v1 i 2 zoner</b>  <a href="http://soccerskills.dk/oevelse?id=100">http://soccerskills.dk/oevelse?id=100</a></p>		8 (4-12)	
4	15	 <p><b>2v2 +4</b>  <a href="http://soccerskills.dk/oevelse?id=53">http://soccerskills.dk/oevelse?id=53</a></p>		8 (4-12)	
		 <p><b>Kampform</b></p>			