
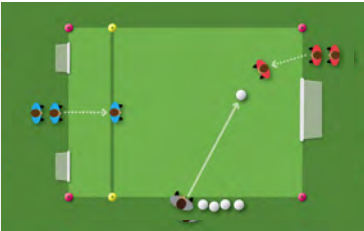
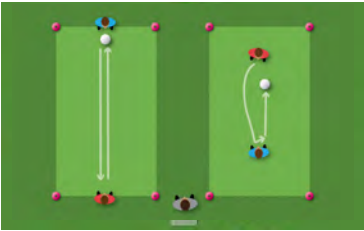




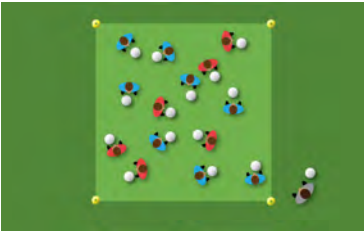
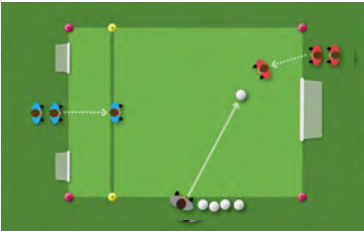
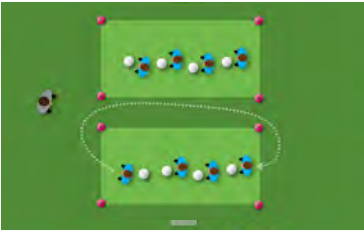


U8/9 Program 1



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p>Footwork http://soccerskills.dk/oevelse?id=11</p>		12-24	
2	15	 <p>1v1 retvendt http://soccerskills.dk/oevelse?id=15</p>		8 (4-12)	
3	15	 <p>2 om 1 bold http://soccerskills.dk/oevelse?id=17</p>		8 (4-12)	
4	15	 <p>Horst Wein soccerskills.dk/oevelse?id=18</p>		8 (4-12)	
		 <p>Kampform</p>			

U8/9 Program 2



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p>Boldkaos http://soccerskills.dk/oevelse?id=13</p>		12-24	
2	15	 <p>1v1 retvendt http://soccerskills.dk/oevelse?id=15</p>		8 (4-12)	
3	15	 <p>Fire i firkant http://soccerskills.dk/oevelse?id=87</p>		8 (4-12)	
4	15	 <p>Horst Wein soccerskills.dk/oevelse?id=18</p>		8 (4-12)	
		 <p>Kampform</p>			