

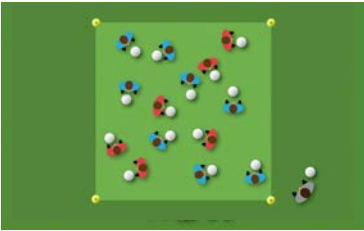
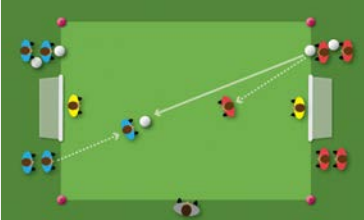
U6/7 Program 3



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 Boldkaos http://soccerskills.dk/oevelse?id=13		12-24	
2	15	 Driblekant med to bolde http://soccerskills.dk/oevelse?id=14		8 (4-12)	
3	15	 Fire i firkant http://soccerskills.dk/oevelse?id=87		8 (4-12)	
4	15	 1v1 afslutninger http://soccerskills.dk/oevelse?id=35		8 (4-12)	

U6/7 Program 4



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p>Teknikbokse http://soccerskills.dk/oevelse?id=105</p>		12-24	
2	15	 <p>Driblekant med to bolde http://soccerskills.dk/oevelse?id=14</p>		8 (4-12)	
3	15	 <p>Halefanger http://soccerskills.dk/oevelse?id=104</p>		8 (4-12)	
4	15	 <p>1v1 afslutninger http://soccerskills.dk/oevelse?id=35</p>		8 (4-12)	