
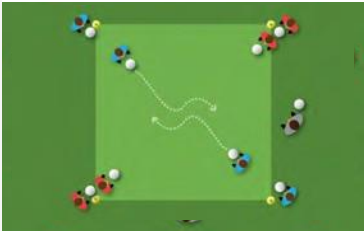
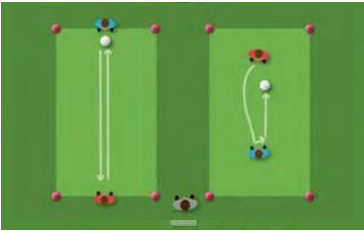




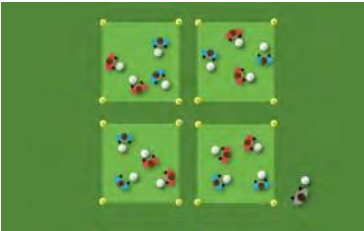
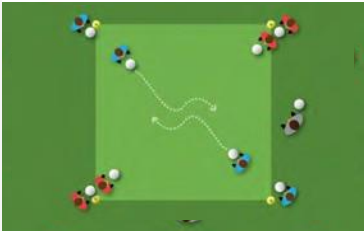
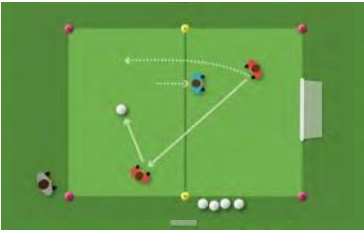


U6/7 Program 9



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>Driblekant med 4 bolde http://soccerskills.dk/oevelse?id=19</p>		8 (4-12)	
3	15	 <p>2 om 1 bold http://soccerskills.dk/oevelse?id=17</p>		8 (4-12)	
4	15	 <p>2v2 +4 http://soccerskills.dk/oevelse?id=53</p>		8 (4-12)	
		 <p>Kampform</p>			

U6/7 Program 10



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