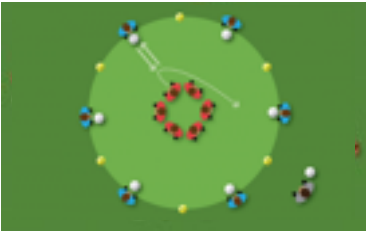


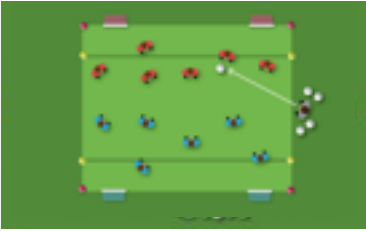
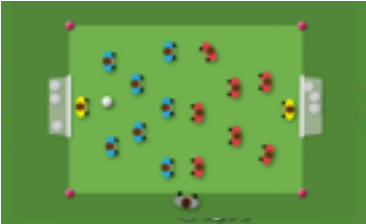


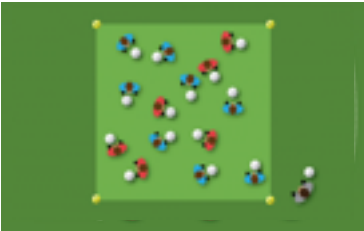

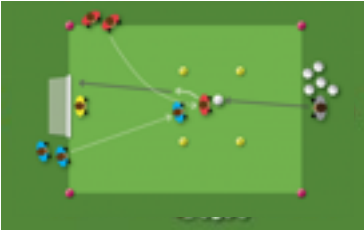
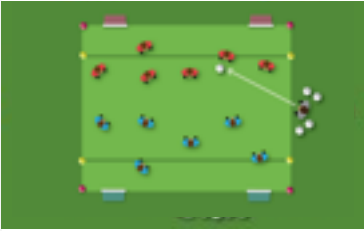
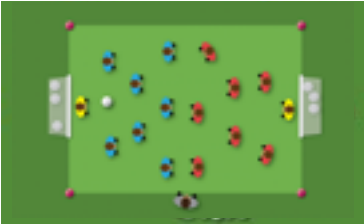
# U10-U11 Program 3A | Tema: 1v1



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p><b>Cirkelopvarmning</b>  <a href="http://fckskills.dk/oevelse?id=12">http://fckskills.dk/oevelse?id=12</a></p>	1. berøring/temposkift	<b>12-24</b>	
2	15	 <p><b>1v1 retvendt</b>  <a href="http://fckskills.dk/oevelse?id=15">http://fckskills.dk/oevelse?id=15</a></p>	1. berøring/temposkift	<b>8</b> (4-12)	
3	15	 <p><b>1v1 fejlvendt</b>  <a href="http://fckskills.dk/oevelse?id=32">http://fckskills.dk/oevelse?id=32</a></p>	Orientering efter modstander/1. berøring	<b>8</b> (4-12)	
4	15	 <p><b>Horst Wein 5v5/6v6</b>  <a href="http://fckskills.dk/oevelse?id=90">http://fckskills.dk/oevelse?id=90</a></p>	Skabe overtal ved 1v1	<b>10</b> (8-18)	
5	15	 <p><b>Kamp</b></p>			

# U10-U11 Program 3B | Tema: 1v1



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p><b>Boldkaos</b>  <a href="http://fckskills.dk/oevelse?id=13">http://fckskills.dk/oevelse?id=13</a></p>	Boldkontrol	12-24	
2	15	 <p><b>1v1 med afslutning</b>  <a href="http://fckskills.dk/oevelse?id=35">http://fckskills.dk/oevelse?id=35</a></p>	Frigøre bolden til afslutning	8 (4-12)	
3	15	 <p><b>1v1 med vendinger</b>  <a href="http://www.fckskills.dk/oevelse?id=38">http://www.fckskills.dk/oevelse?id=38</a></p>	Frigøre bolden til afslutning	8 (4-12)	
4	15	 <p><b>Horst Wein 5v5/6v6</b>  <a href="http://fckskills.dk/oevelse?id=90">http://fckskills.dk/oevelse?id=90</a></p>	Skabe overtal ved 1v1	10 (8-18)	
5	15	 <p><b>Kamp</b></p>			