






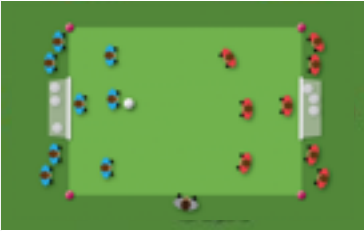
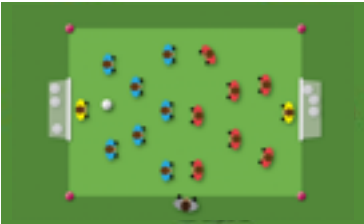
U6-U7 Program 11A



| Station | Tid | Øvelse | Fokuspunkt (vælg et max to) | Antal | Ansv. |
|---------|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|-------------------------------|-------|
| 1 | 15 |  <p>4 på stribe http://fckskills.dk/oevelse?id=87</p> | Boldkontrol | 8-24 (4 i hver rk.) | |
| 2 | 15 |  <p>Driblekant http://www.soccerskills.dk/oevelse?id=14</p> | Boldkontrol Drible begge veje | 12 (8-16) | |
| 3 | 15 |  <p>1v1 med afslutning http://fckskills.dk/oevelse?id=35</p> | Afslutninger | 8 (4-12) | |
| 4 | 15 |  <p>Horst Wein 3v3 http://fckskills.dk/oevelse?id=33</p> | Boldkontrol | 12 (6-16) | |
| 5 | 15 |  <p>Kampform</p> | | | |

U6-U7 Program 11B



| Station | Tid | Øvelse | Fokuspunkt (vælg et max to) | Antal | Ansv. |
|---------|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|--------------|-------|
| 1 | 15 |  <p>Teknikbokse http://fckskills.dk/oevelse?id=105</p> | Boldkontrol | 8-24 | |
| 2 | 15 |  <p>1v1 sidevendt http://fckskills.dk/oevelse?id=59</p> | Gå begge vej forbi modstander | 8 (4-12) | |
| 3 | 15 |  <p>2v2 retvendt http://fckskills.dk/oevelse?id=30 (angriber modtager bolden fra medspiller fra siden eller bagfra)</p> | Boldkontrol | 12 (8-16) | |
| 4 | 15 |  <p>Interval 4v4 http://fckskills.dk/oevelse?id=96 (Intervaller på max 45 - 60 sek.)</p> | Afslutninger | 16 (8-20) | |
| 5 | 15 |  <p>Kampform</p> | | | |