
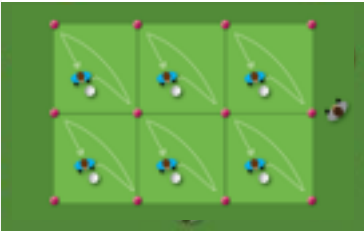

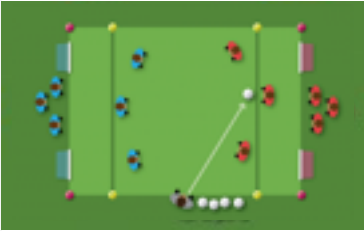
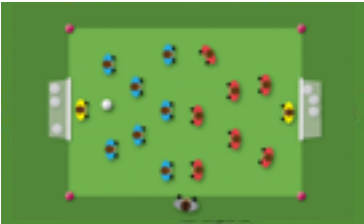


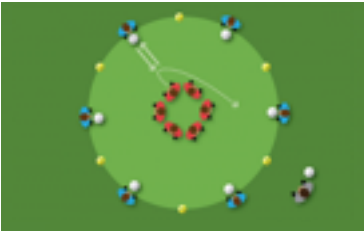


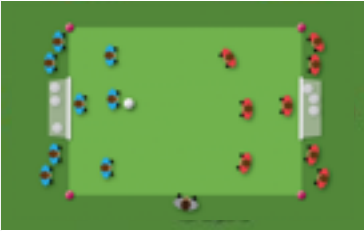
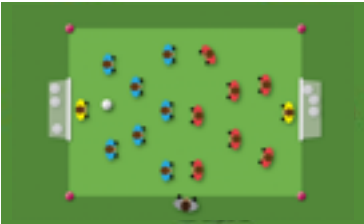
U6-U7 Program 5A



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	
2	15	 <p>Teknikbokse http://fckskills.dk/oevelse?id=105</p>	Korrekt udførelse af øvelserne	12 (8-16)	
3	15	 <p>1v1 med afslutninger http://fckskills.dk/oevelse?id=35</p>	Afslutninger	8 (6-16)	
4	15	 <p>Horst Wein 2v2 http://fckskills.dk/oevelse?id=33</p>	Driblinger og finter	8 (4-12)	
5	15	 <p>Kampform</p>			

U6-U7 Program 5B



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p>Cirkelopvarmning http://fckskills.dk/oevelse?id=12</p>	Vendinger (ydside, inderside og fodsål)	12-24	
2	15	 <p>1v1 sidevendt http://fckskills.dk/oevelse?id=59</p>	Kunne dribble begge veje	8 (4-12)	
3	15	 <p>Footwork med afslutning http://fckskills.dk/oevelse?id=101</p>	Korrekt udførsel af øvelserne	8 (4-12)	
4	15	 <p>Interval 3v3 http://fckskills.dk/oevelse?id=96</p>	Afslutninger	12 (8-16)	
5	15	 <p>Kampform</p>			