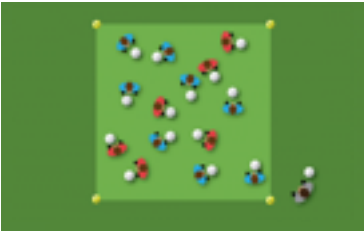

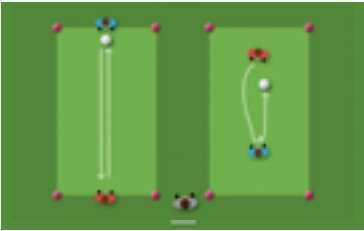
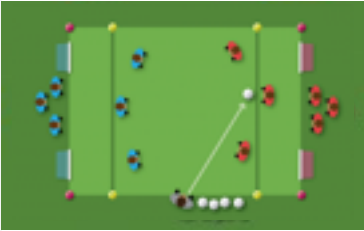
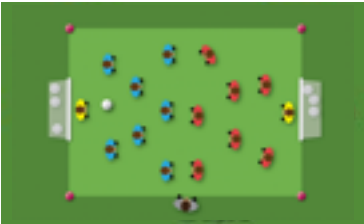


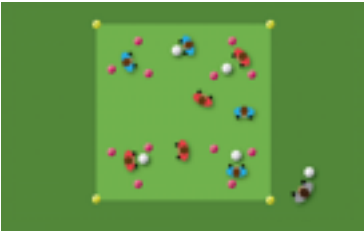



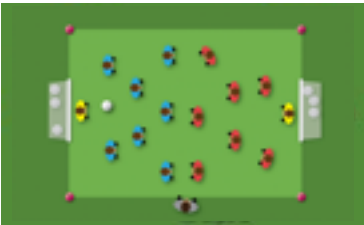
# U8-U9 Program 4A



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p><b>Flyt bolden med kroppen</b>  <a href="http://www.soccerskills.dk/oevelse?id=113">http://www.soccerskills.dk/oevelse?id=113</a></p>		8-24	
2	15	 <p><b>Zig-zag bane</b>  <a href="http://www.soccerskills.dk/oevelse?id=20">http://www.soccerskills.dk/oevelse?id=20</a></p>	Bruge begge ben Korrekt udførelse af øvelserne	8 (4-16)	
3	15	 <p><b>2 om 1 bold</b>  <a href="http://www.soccerskills.dk/oevelse?id=17">http://www.soccerskills.dk/oevelse?id=17</a></p>	Indersidepasninger 1. berøring	8 (4-16)	
4	15	 <p><b>Horst Wein 2v2</b>  <a href="http://fckskills.dk/oevelse?id=33">http://fckskills.dk/oevelse?id=33</a>                      (korte intervaller)</p>	Skabe 1v1	8 (8-12)	
5	15	 <p><b>Kampform</b></p>			

# U8-U9 Program 4B



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p><b>Boldkaos i par</b>  <a href="http://www.soccerskills.dk/oevelse?id=89">http://www.soccerskills.dk/oevelse?id=89</a></p>	1. berøringer med begge ben	<b>12-24</b>	
2	15	 <p><b>1v1 til siden</b>  <a href="http://www.soccerskills.dk/oevelse?id=110">http://www.soccerskills.dk/oevelse?id=110</a></p>	Retningskift Temposkift væk fra modstander	<b>8</b> (4-12)	
3	15	 <p><b>Driblekant med 2 bolde</b>  <a href="http://www.soccerskills.dk/oevelse?id=14">http://www.soccerskills.dk/oevelse?id=14</a></p>	Korrekt udførsel af finterne	<b>8</b> (4-12)	
4	15	 <p><b>Interval 3v3</b>  <a href="http://fckskills.dk/oevelse?id=96">http://fckskills.dk/oevelse?id=96</a>                      (korte intervaller)</p>	Afslutte med begge ben	<b>12</b> (6-16)	
5	15	 <p><b>Kampform</b></p>			