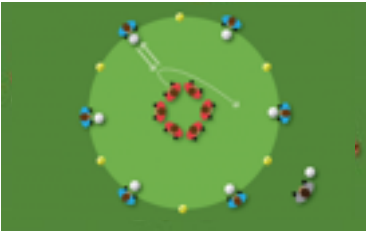


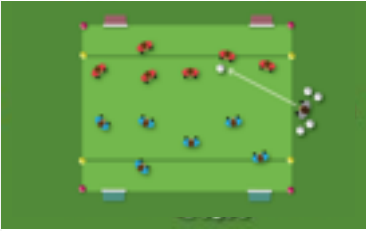
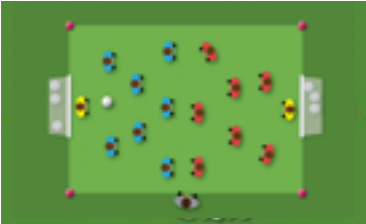


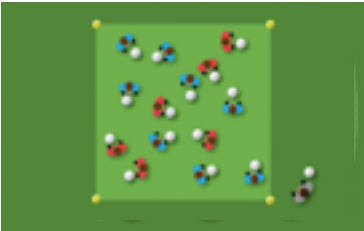

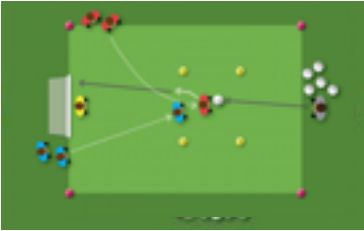
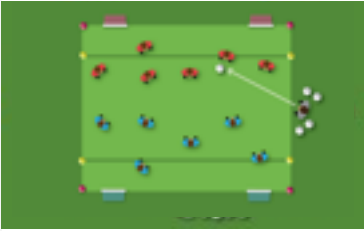
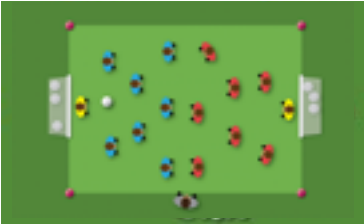
U10-U11 Program 3A | Tema: 1v1



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

U10-U11 Program 3B | Tema: 1v1



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