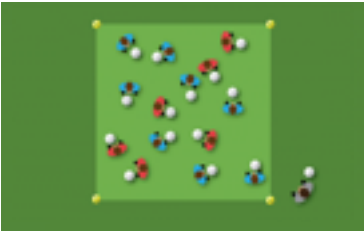


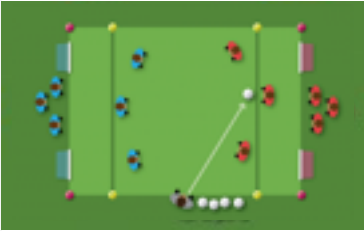
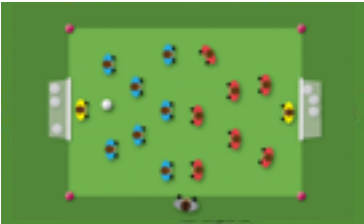




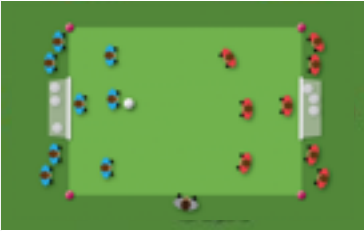
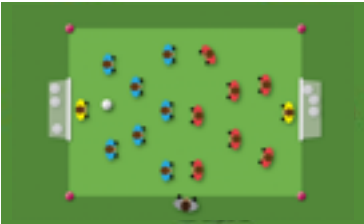
U8-U9 Program 6A



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p>Halefanger http://fckskills.dk/oevelse?id=104</p>	Retningsskift Bolden tæt fødderne	8-16	
2	15	 <p>1v1 til baglinie http://fckskills.dk/oevelse?id=60 (start øvelsen uden bold)</p>	Brug retningsskift for at komme forbi forsvarsspiller.	8 (4-16)	
3	15	 <p>1v1 med afslutninger http://fckskills.dk/oevelse?id=35</p>	Driblinger og finter	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>			

U8-U9 Program 6B



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p>Frugtsalat http://fckskills.dk/oevelse?id=102</p>	Boldkontrol Bruge begge ben	12-24	
2	15	 <p>Footwork http://fckskills.dk/oevelse?id=11</p>	Boldkontrol Bruge begge ben	9 (3-15)	
3	15	 <p>1v1 med afslutninger http://fckskills.dk/oevelse?id=35</p>	Lodret vristspark	8 (6-16)	
4	15	 <p>Interval 2v2 http://fckskills.dk/oevelse?id=96</p>	Lodret vristspark	8 (8-16)	
5	15	 <p>Kampform</p>			