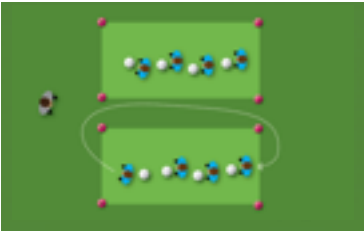






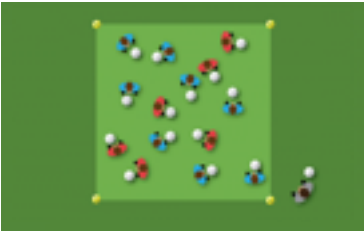


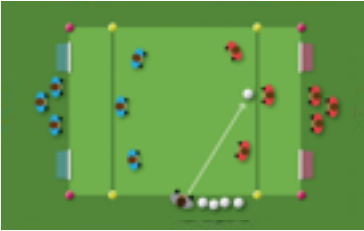
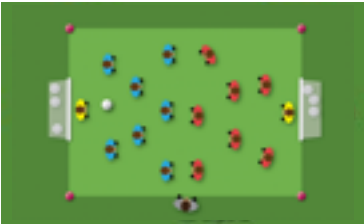
U6-U7 Program 5A



| Station | Tid | Øvelse | Fokuspunkt (vælg et max to) | Antal | Ansv. |
|---------|-----|-------------------------------------------------------------------------------------|-----------------------------|-----------------------------------------|--------------------|
| 1 | 15 |  | <u>4 på stribe</u> | Boldkontrol | 8-24 |
| 2 | 15 |  | Agility | Koordination | 8 (4-16) |
| 3 | 15 |  | <u>1v1 - til siden</u> | Retningsskift Bolden tæt på fødderne | 8 (6-16) |
| 4 | 15 |  | <u>2v2 - retvendt</u> | Spille eller drible? | 8 (4-12) |
| 5 | 15 |  | Kampform | | |

U6-U7 Program 5B



| Station | Tid | Øvelse | Fokuspunkt (vælg et max to) | Antal | Ansv. |
|---------|-----|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|--------------------|-------|
| 1 | 15 |  <p><u>Halefanger</u></p> | Koordination Retningskift | 12-24 | |
| 2 | 15 |  <p><u>1v1 - omvendte mål</u></p> | Retningskift Drible med begge ben/begge veje | 8 (4-12) | |
| 3 | 15 |  <p><u>2v2 - fejlvendt</u></p> | Retningskift Drible med begge ben/begge veje | 8 (4-12) | |
| 4 | 15 |  <p><u>Horst Wein 2v2</u></p> | Drible med begge ben/begge veje Spille eller drible? | 8 (4-12) | |
| 5 | 15 |  <p>Kampform</p> | | | |