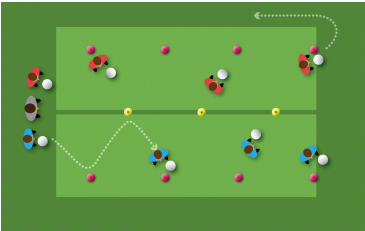
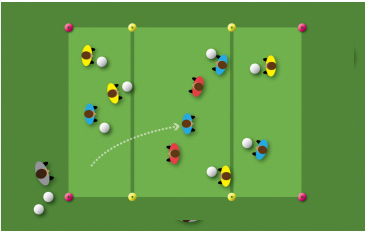
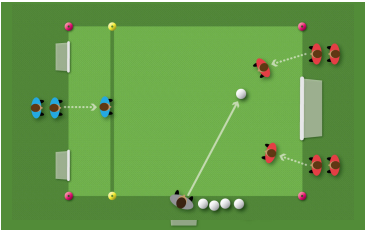
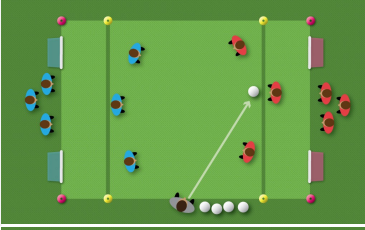
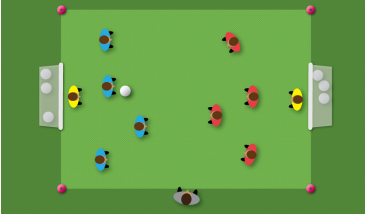


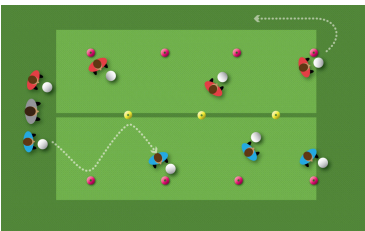
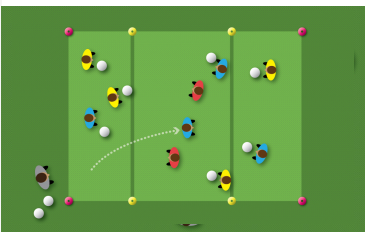
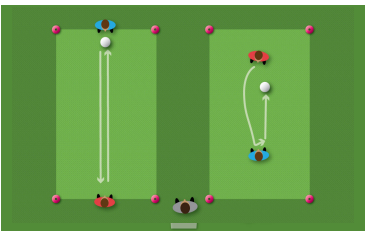
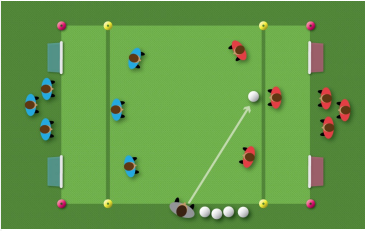
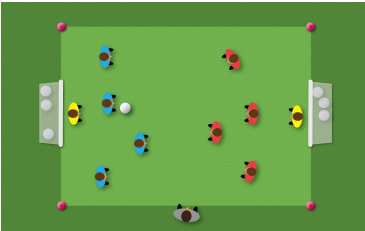
U6/7 Program 7



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 Zig-zag bane http://soccerskills.dk/oevelse?id=20	Bolden tæt på fødderne	12-24	
2	15	 Nørreport http://soccerskills.dk/oevelse?id=98	Bolden tæt på fødderne Orientering	8 (4-12)	
3	15	 2v1 http://soccerskills.dk/oevelse?id=16	Bevægelse for boldholder	8 (4-12)	
4	15	 Horst Wein soccerskills.dk/oevelse?id=18	Bevægelse for boldholder	8 (4-12)	
5	15	 Kampform			

U6/7 Program 8



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 Zig-zag bane http://soccerskills.dk/oevelse?id=20		12-24	
2	15	 Nørreport http://soccerskills.dk/oevelse?id=98		8 (4-12)	
3	15	 2 om 1 bold http://soccerskills.dk/oevelse?id=17		8 (4-12)	
4	15	 Horst Wein soccerskills.dk/oevelse?id=18		8 (4-12)	
5	15	 Kampform			