

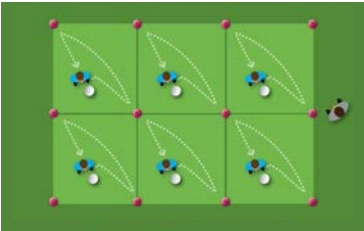
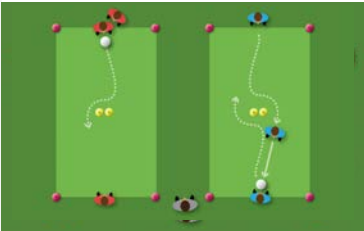
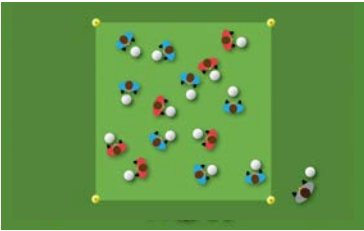
# U8/9 Program 3



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <b>Boldkaos</b> <a href="http://soccerskills.dk/oevelse?id=13">http://soccerskills.dk/oevelse?id=13</a>		12-24	
2	15	 <b>Driblekant med to bolde</b> <a href="http://soccerskills.dk/oevelse?id=14">http://soccerskills.dk/oevelse?id=14</a>		8 (4-12)	
3	15	 <b>Fire i firkant</b> <a href="http://soccerskills.dk/oevelse?id=87">http://soccerskills.dk/oevelse?id=87</a>		8 (4-12)	
4	15	 <b>1v1 afslutninger</b> <a href="http://soccerskills.dk/oevelse?id=35">http://soccerskills.dk/oevelse?id=35</a>		8 (4-12)	

# U8/9 Program 4



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p><b>Teknikbokse</b> <a href="http://soccerskills.dk/oevelse?id=105">http://soccerskills.dk/oevelse?id=105</a></p>		12-24	
2	15	 <p><b>Driblekant med to bolde</b> <a href="http://soccerskills.dk/oevelse?id=14">http://soccerskills.dk/oevelse?id=14</a></p>		8 (4-12)	
3	15	 <p><b>Halefanger</b> <a href="http://soccerskills.dk/oevelse?id=104">http://soccerskills.dk/oevelse?id=104</a></p>		8 (4-12)	
4	15	 <p><b>1v1 afslutninger</b> <a href="http://soccerskills.dk/oevelse?id=35">http://soccerskills.dk/oevelse?id=35</a></p>		8 (4-12)	