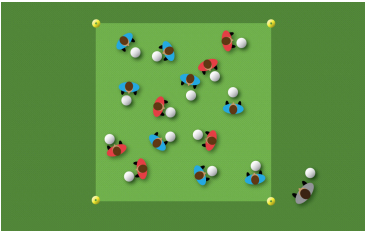
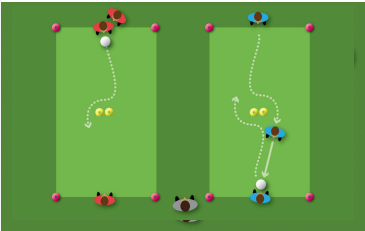
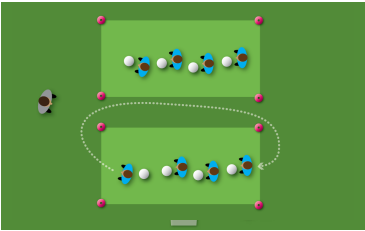
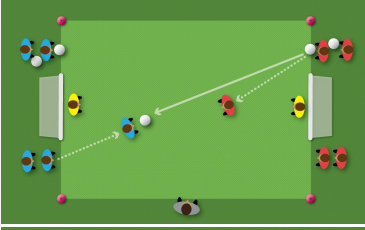
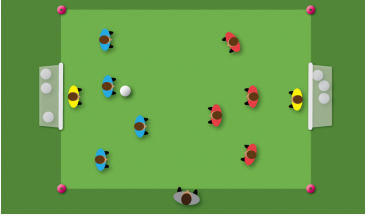


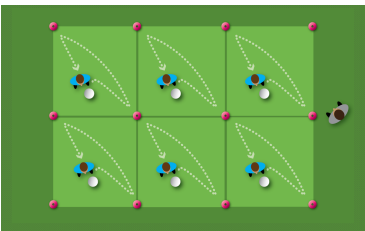
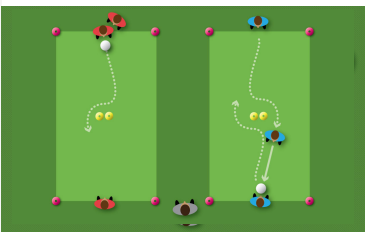
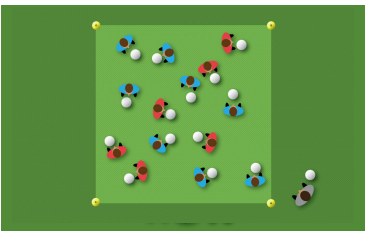
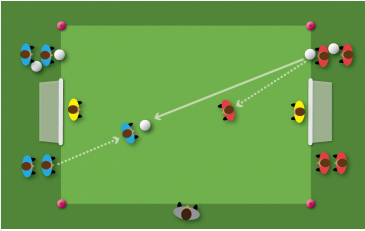
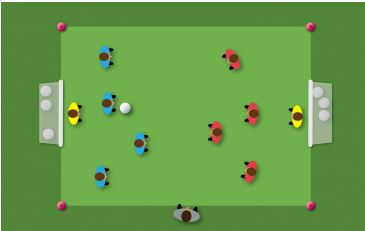
U8-U9 Program 3



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 Boldkaos http://soccerskills.dk/oevelse?id=13	Finter og driblinger Bruge begge ben	12-24	
2	15	 Driblekant med to bolde http://soccerskills.dk/oevelse?id=14	Korrekt udførsel af finte	8 (4-12)	
3	15	 Fire i firkant http://soccerskills.dk/oevelse?id=87	Lavt tyngdepunkt Bruge begge ben	8 (4-12)	
4	15	 1v1 afslutninger http://soccerskills.dk/oevelse?id=35	Finter og driblinger Bruge begge ben	8 (4-12)	
5		 Kampform			

U8-U9 Program 4



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 Teknikbokse http://soccerskills.dk/oevelse?id=105	Korrekt udførsel af øvelserne	12-24	
2	15	 Driblekant med to bolde http://soccerskills.dk/oevelse?id=14	Lavt tyngdepunkt Temposkift efter finte	8 (4-12)	
3	15	 Halefanger http://soccerskills.dk/oevelse?id=104	Lavt tyngdepunkt Orientering	8 (4-12)	
4	15	 1v1 afslutninger http://soccerskills.dk/oevelse?id=35	Finter og driblinger Gå begge veje forbi modstander	8 (4-12)	
5		 Kampform			