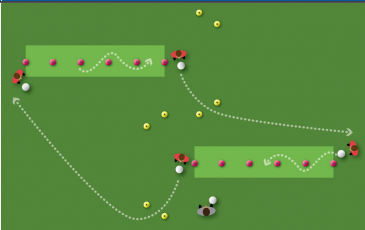
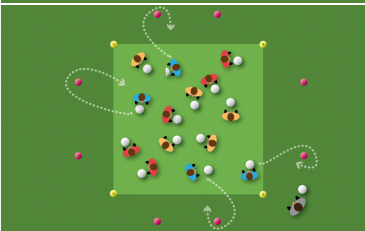
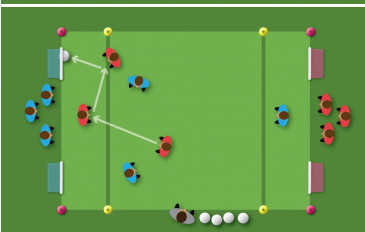
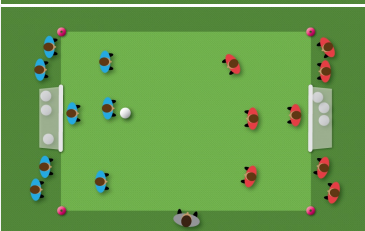
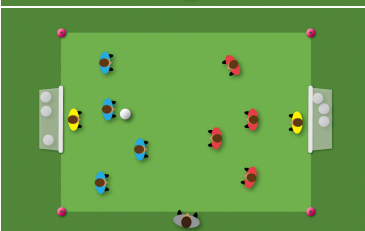


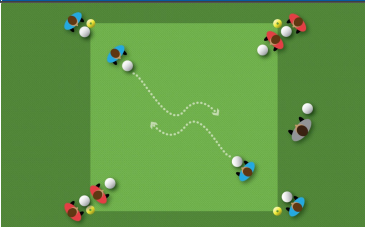
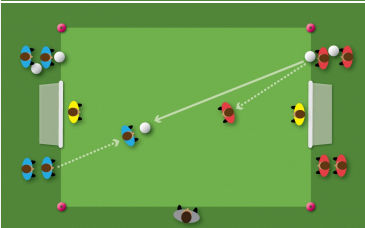
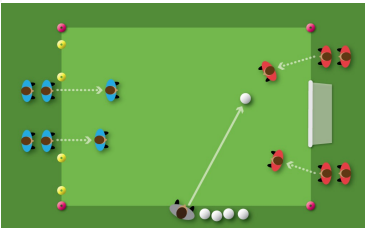
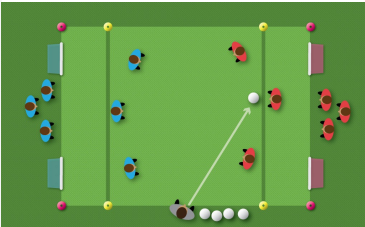
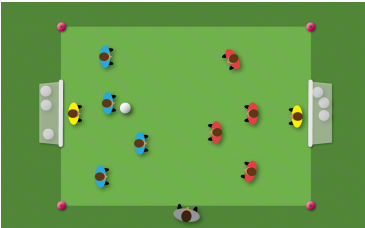
U10-U11 Program 7 | Tema: Gennembrudsstrategier / Orientering



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 Footwork med porte http://soccerskills.dk/oevelse?id=95	Orientering på hvilken port modsatte makker benytter, så gå modsat	12-24	
2	15	 Frugtsalat soccerskills.dk/oevelse?id=71	Orientering	8 (6-16)	
3	15	 HW fast angriber http://soccerskills.dk/oevelse?id=51	Scoring ved spil på tredjemand	8 (6-10)	
4	15	 Interval 4v4 (evt. 4v4+1) soccerskills.dk/oevelse?id=96	Bandespil til gennembrud.	20 (10-24)	
5	15	 Kampform			

U10-U11 Program 8 | Tema: Gennembrudsstrategier / Driblinger



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 Driblekant http://soccerskills.dk/oevelse?id=19	Korrekt udførelse. Overdrivelse af finte Temposkift	12-24	
2	15	 1v1 afslutninger http://soccerskills.dk/oevelse?id=35	Gå begge veje. Temposkift Afslutte med begge ben.	8 (6-16)	
3	15	 2v2 http://soccerskills.dk/oevelse?id=30	Skabe 1v1 eller 2v1	8 (6-12)	
4	15	 HW Kun drible frem (de første 6 min.) http://soccerskills.dk/oevelse?id=33	Skabe overtal ved dribling	8 (6-10)	
5	15	 Kampform			