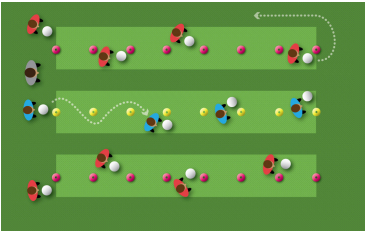
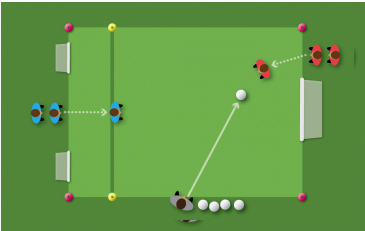
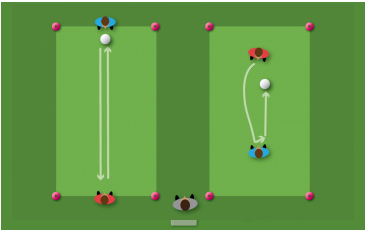
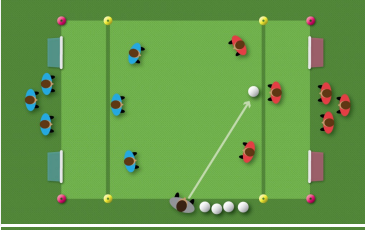
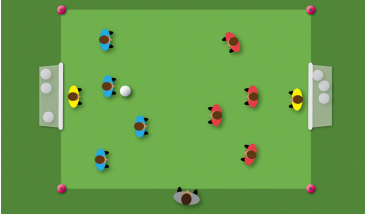


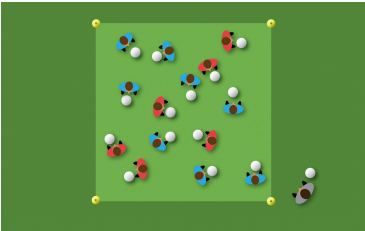
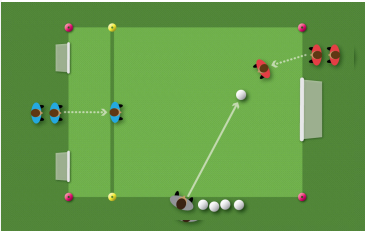
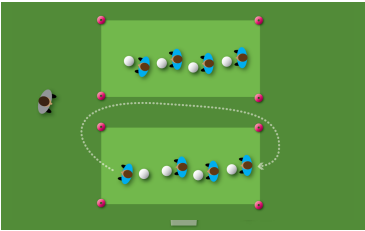
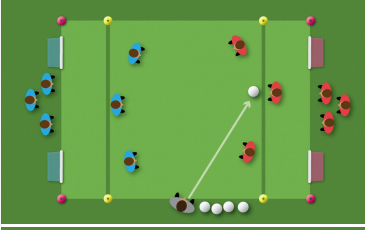
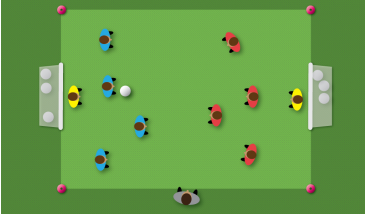
U8-U9 Program 1



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 Footwork http://soccerskills.dk/oefvelse?id=11	Korrekt udførelse af øvelserne Lavt tyngdepunkt Bruge begge ben	12-24	
2	15	 1v1 retvendt http://soccerskills.dk/oefvelse?id=15	Korrekt afstand til modstander før dribbling/finte Lavt tyngdepunkt Temposkift forbi modstander	8 (4-12)	
3	15	 2 om 1 bold http://soccerskills.dk/oefvelse?id=17	1. berøring Bruge begge ben	8 (4-12)	
4	15	 Horst Wein soccerskills.dk/oefvelse?id=18	Temposkift forbi modstander Bruge begge ben	8 (4-12)	
5	15	 Kampform			

U8-U9 Program 2



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 Boldkaos http://soccerskills.dk/oefvelse?id=13	Boldkontrol Bruge begge ben	12-24	
2	15	 1v1 retvendt http://soccerskills.dk/oefvelse?id=15	Bruge begge ben - gå begge veje forbi modstander Temposkift forbi modstander	8 (4-12)	
3	15	 Fire i firkant http://soccerskills.dk/oefvelse?id=87	Lavt tyngdepunkt Bruge begge ben	8 (4-12)	
4	15	 Horst Wein soccerskills.dk/oefvelse?id=18	Bruge begge ben - gå begge veje forbi modstander	8 (4-12)	
5	15	 Kampform			