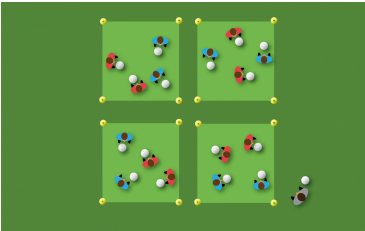
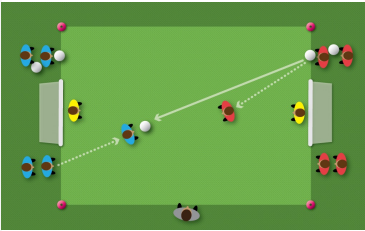
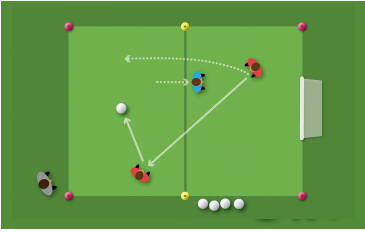
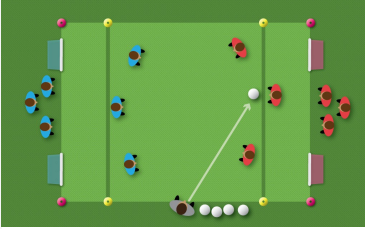
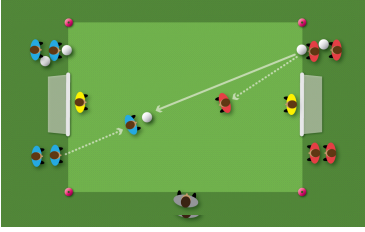


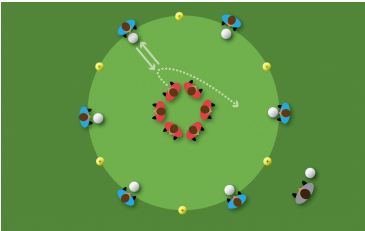
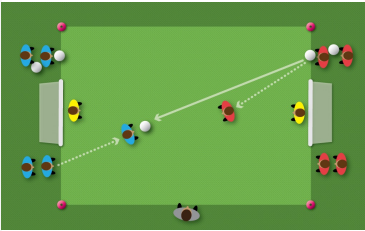
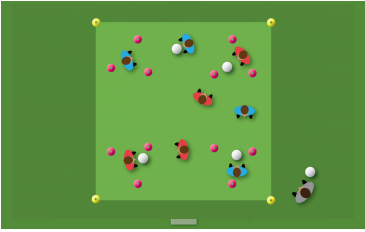
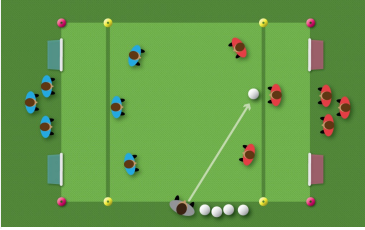
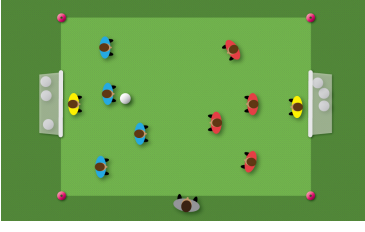
U8-U9 Program 11



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 Boldkaos på øer http://soccerskills.dk/oevelse?id=94	Boldkontrol/Orientering	12-24	
2	15	 1v1 afslutninger http://soccerskills.dk/oevelse?id=35	Lægge pres på forsvarsspiller/ Lodret vrist	8 (4-12)	
3	15	 2 mod 1 i to zoner http://soccerskills.dk/oevelse?id=100	Ud af skyggen/Ny bevægelse efter aflevering	8 (4-12)	
4	15	 Horst Wein soccerskills.dk/oevelse?id=18	Ud af skyggen/Ny bevægelse efter aflevering	8 (4-12)	
5	15	 Kampform			

U8-U9 Program 12



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 Cirkelopvarmning http://soccerskills.dk/oevelse?id=12	Boldkontrol/1. berøring	12-24	
2	15	 1v1 afslutninger http://soccerskills.dk/oevelse?id=35	1. berøring/Lodret vrist	8 (4-12)	
3	15	 Boldkaos i par http://soccerskills.dk/oevelse?id=89	1. berøring/Temposkift	8 (4-12)	
4	15	 Horst Wein soccerskills.dk/oevelse?id=18	1. berøring/Temposkift	8 (4-12)	
5	15	 Kampform			