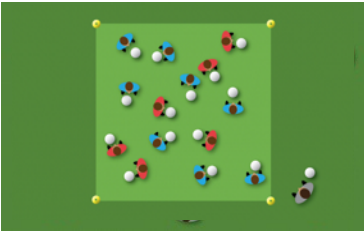
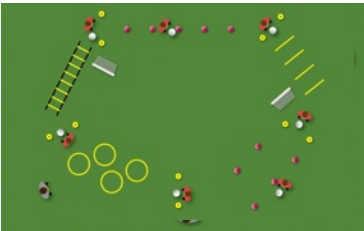
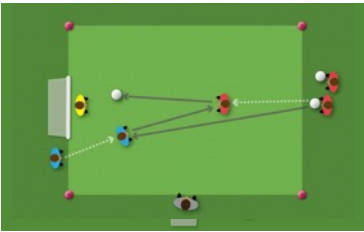
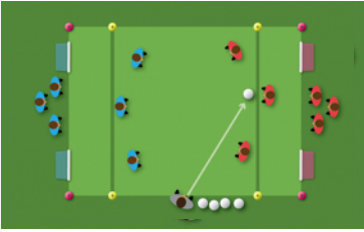



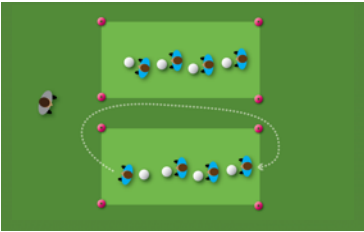
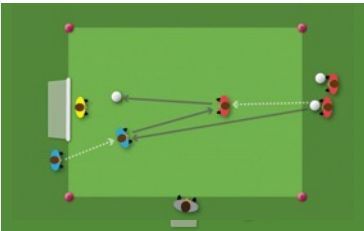
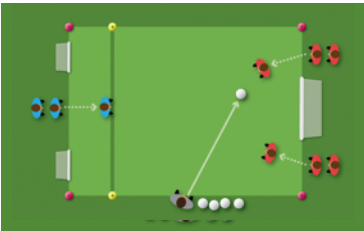
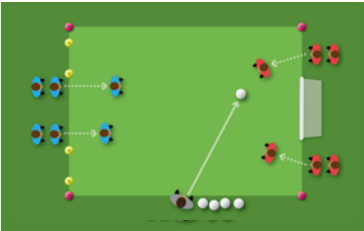
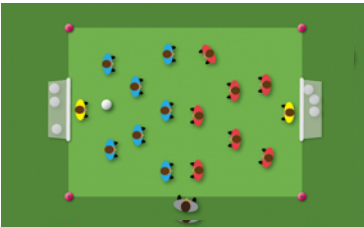
U6-U7 Program 3A



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p>Halefanger</p>	Retningsskift Orientering efter "modstanderne"	12-24	
2	15	 <p>Agility (med afslutninger på 3 mands mål)</p>	Koordination/motorik	8 (4-16)	
3	15	 <p>Afslutninger (Brug træner som bande)</p>	Afslut med lodret vrist Spænd i fodledet Knæet/kroppen ind over bolden	8 (4-12)	
4	15	 <p>Horst Wein 3v3 (Uden scoringszoner)</p>	Drible eller aflevere?	12 (6-16)	
5	15	 <p>Kamp</p>			

U6-U7 Program 3B



Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 <p>Fire i firkant</p>	Boldkontrol Brug begge ben	12-24	
2	15	 <p>Afslutninger (Brug træner som bande)</p>	Afslut med lodret vrist Spænd i fodledet Knæet/kroppen ind over bolden Afslutte med begge ben	8 (4-12)	
3	15	 <p>2v1</p>	Boldkontrol Brug begge ben Drible eller aflevere?	12 (6-12)	
4	15	 <p>2v2</p>	Boldkontrol Brug begge ben Drible eller aflevere?	12 (4-12)	
5	15	 <p>Kamp</p>			