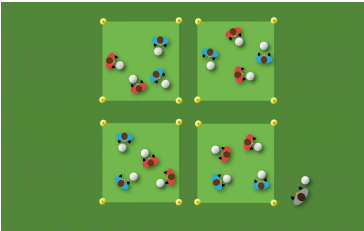
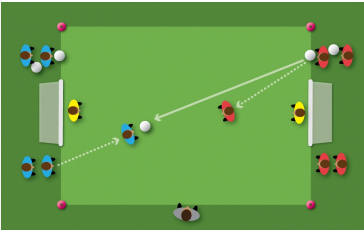
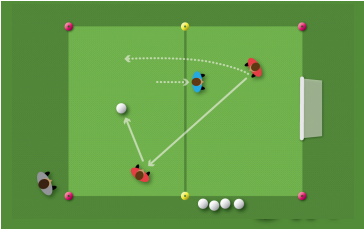
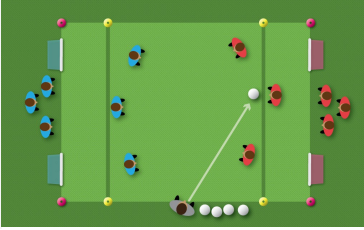
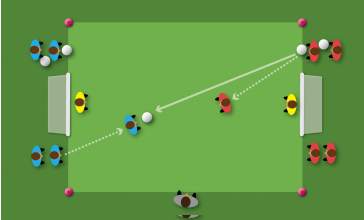


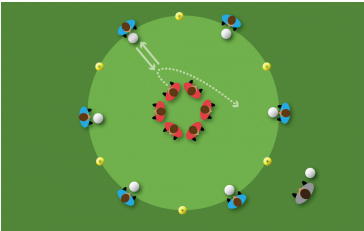
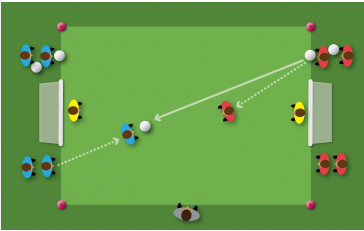
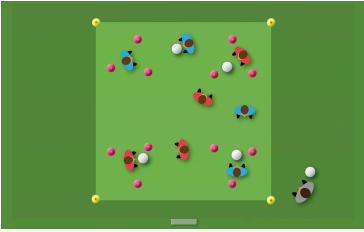
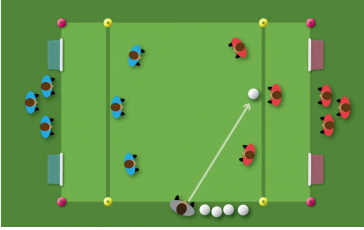
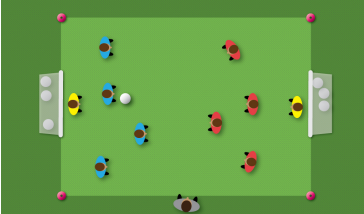
U6-U7 Program 11



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

U6-U7 Program 12



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