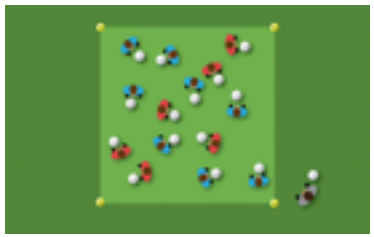
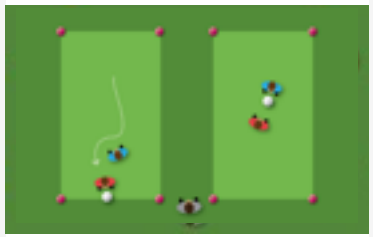
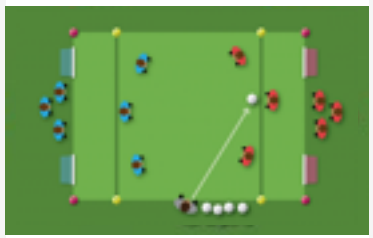
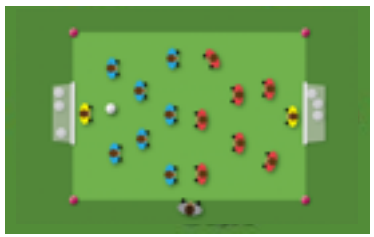
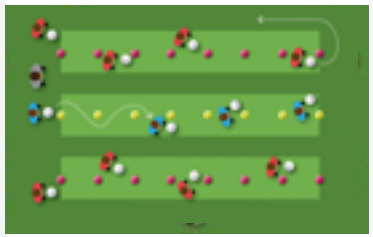
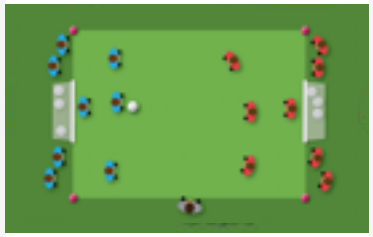
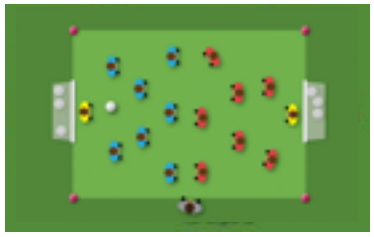
# U8-U9 Program 6A

| Station | Tid | Øvelse | | Fokuspunkt (vælg et max to) | Antal | Ansv. |
|---|---|---|---|---|---|---|
| 1 | 15 |  | **Halefanger**<br>http://fckskills.dk/oevelse?id=104 | Retningsskift<br>Bolden tæt fødderne | **8-16** | |
| 2 | 15 |  | **1v1 til baglinie**<br>http://fckskills.dk/oevelse?id=60<br>(start øvelsen uden bold) | Brug retningsskift for at komme forbi forsvarsspiller. | **8**<br>(4-16) | |
| 3 | 15 |  | **1v1 med afslutninger**<br>http://fckskills.dk/oevelse?id=35 | Driblinger og finter | **8**<br>(6-16) | |
| 4 | 15 |  | **Horst Wein 2v2**<br>http://fckskills.dk/oevelse?id=33 | Driblinger og finter | **8**<br>(4-12) | |
| 5 | 15 |  | **Kampform** | | | |

# U8-U9 Program 6B

| Station | Tid | Øvelse | | Fokuspunkt (vælg et max to) | Antal | Ansv. |
|---|---|---|---|---|---|---|
| 1 | 15 |  | **Frugtsalat**<br>http://fckskills.dk/oevelse?id=102 | Boldkontrol<br>Bruge begge ben | **12-24** | |
| 2 | 15 |  | **Footwork**<br>http://fckskills.dk/oevelse?id=11 | Boldkontrol<br>Bruge begge ben | **9**<br>(3-15) | |
| 3 | 15 |  | **1v1 med afslutninger**<br>http://fckskills.dk/oevelse?id=35 | Lodret vristspark | **8**<br>(6-16) | |
| 4 | 15 |  | **Interval 2v2**<br>http://fckskills.dk/oevelse?id=96 | Lodret vristspark | **8**<br>(8-16) | |
| 5 | 15 |  | **Kampform** | | | |