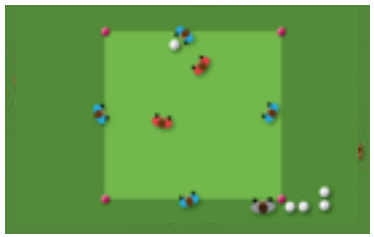
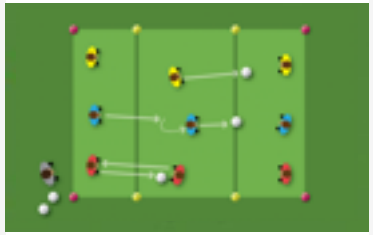
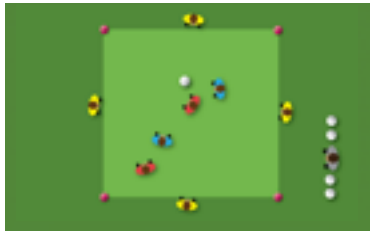
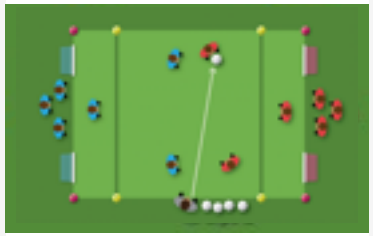
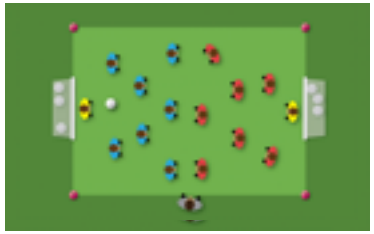
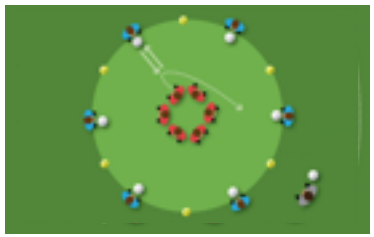
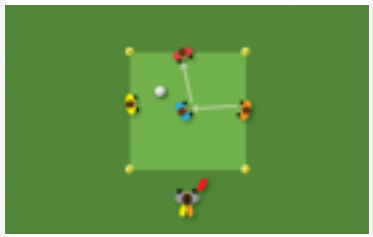
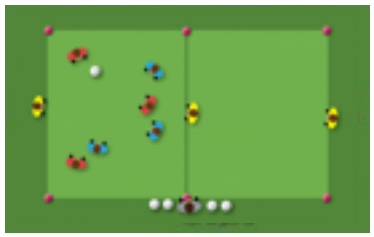
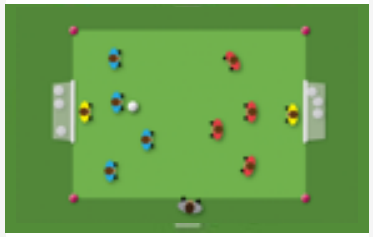
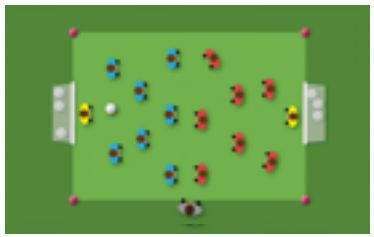
U10-U11 Program 4A | Tema: Possession

Station	Tid	Øvelse		Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15		**4v2** http://www.soccerskills.dk/oevelse?id=74	Bruge begge ben Så få berøringer som muligt, så mange som nødvendigt	**12-24**	
2	15		**Farve vendespil** http://www.soccerskills.dk/oevelse?id=103	Kvalitet i indersidepasninger Bruge begge ben	**9** **(**6-15)	
3	15		**2v2+4** http://www.soccerskills.dk/oevelse?id=53	Gøre sig spilbar for boldholder Bruge begge ben Spille på få berøringer	**8** (6-10)	
4	15		**Horst Wein med støttespiller** http://www.soccerskills.dk/oevelse?id=52	Vende spillet på støttespiller Spille på få berøringer	**8** (6-10)	
5	15		**Kamp**			

U10-U11 Program 4B | Tema: Possession

Station	Tid	Øvelse		Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15		**Cirkelopvarmning** http://www.soccerskills.dk/oevelse?id=12	Kvalitet i indersidepasninger Bruge begge ben	**8-24**	
2	15		**Farveflipperen** http://www.soccerskills.dk/oevelse?id=93	Orientering i forhold til farver Spille på 2. berøring	**8** (4-10)	
3	15		**3v3+3** http://www.soccerskills.dk/oevelse?id=54	Kvalitet i indersidepasninger	**9** (7-11)	
4	15		**5v5** http://www.soccerskills.dk/oevelse?id=48	Kvalitet i indersidepasninger Gøre sig spilbar for boldholder	**10** (8-12)	
5	15		**Kamp**			