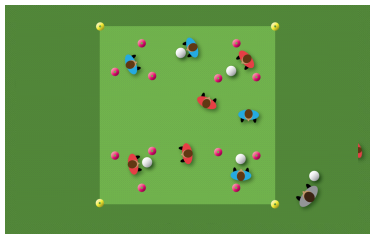
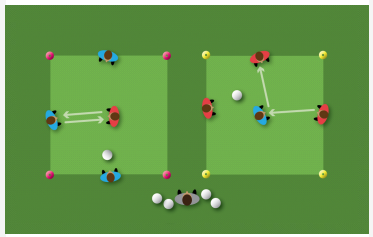
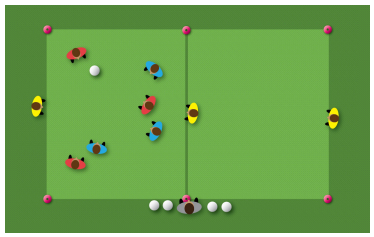
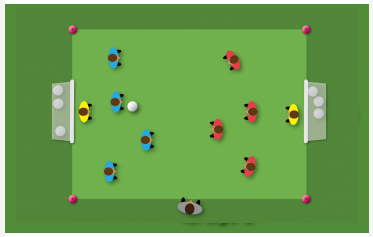
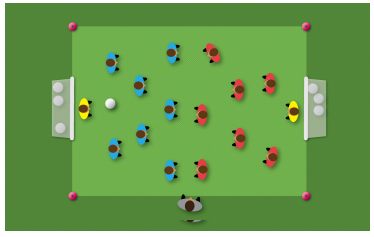
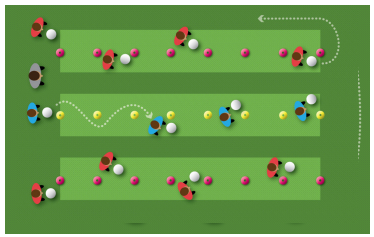
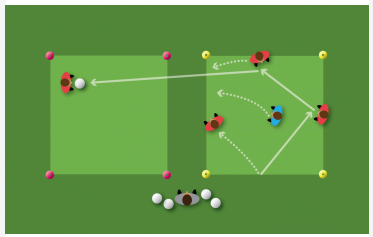
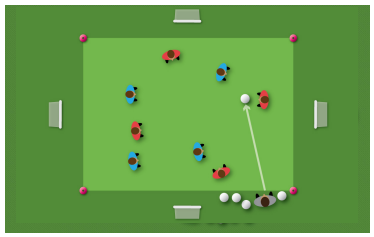
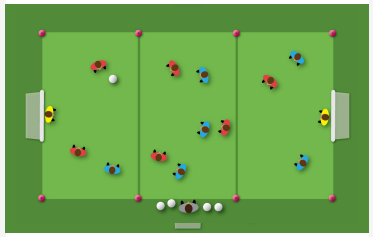
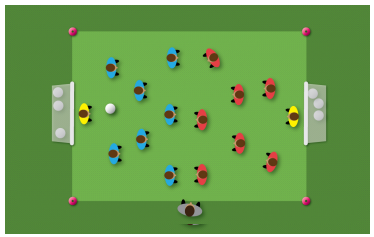
U10-U11 Program 5A | Tema: 1. berøring - ud af pres

Station	Tid	Øvelse		Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15		**Boldkaos i par** http://www.soccerskills.dk/oevelse?id=89	1. berøring med begge ben	**12-24**	
2	15		**Flipperen** http://www.soccerskills.dk/oevelse?id=67	1. berøring med begge ben	**8** (4-16)	
3	15		**3v3+3** http://www.soccerskills.dk/oevelse?id=54	1. berøring - væk fra modstander	**9** (7-11)	
4	15		**5v5** http://www.soccerskills.dk/oevelse?id=48	1. berøring - væk fra modstander	**10** (8-12)	
5	15		**Kamp**			

U10-U11 Program 5B | Tema: 1. berøring - ud af pres

Station	Tid	Øvelse	Fokuspunkt (vælg et max to)	Antal	Ansv.
1	15	 **Footwork** http://www.soccerskills.dk/oevelse?id=11	Boldkontrol	**6-24**	
2	15	 **3v1 - i 2 firkanter** http://www.soccerskills.dk/oevelse?id=71	1. berøring Åben krop ved boldmodtagelse	**9** (5-10)	
3	15	 **4v4 - Milan** http://www.soccerskills.dk/oevelse?id=64	1. berøring - imod frit rum	**8** (6-12)	
4	15	 **3-zone spil** http://www.soccerskills.dk/oevelse?id=55	1. berøring - imod frit rum	**12** (8-16)	
5	15	 **Kamp**			