

# SÝNSJAL OG AFINZAKENNSLUÐPÚR

## KÖL-TI

Flókkur:

Földi: 28-30 + 2 markmenn

Markmað: - Tæknir: MÖTTAKA BATA

Leikfr: LEIKFR. HÖPE

Þættir: SÆCHAST FOL

1. UPPHITUN: MED BATA (10 min)

2. STÖÐVAR (4x7-8 leikm) (4x10 min)

SKALA-  
Ternis

1:1

LEIKAR M.  
MÖTTAKA

MÖGULEIKAR

\* 2:2 + 2A

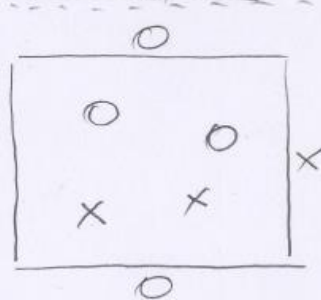
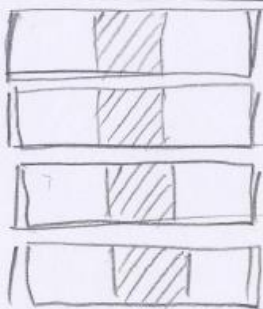
\* KNATTUÍXLUN X

\* VELGSENNIR

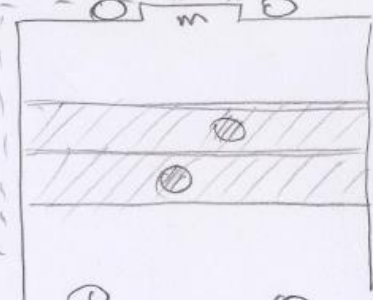
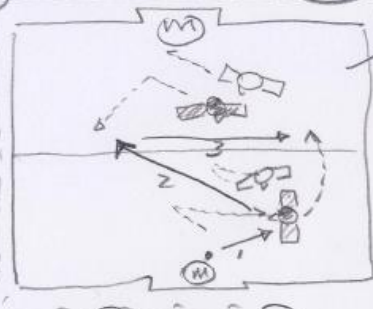
2:2 + 4A

ÄH. UNDRISTÖÐTE

HÖRSAMUTUN



2.3



2.2

Leikfr  
\* 1:1  
\* 2:1  
\* 2:2

MÖGULEIKAR

\* 2:0

\* 2:1

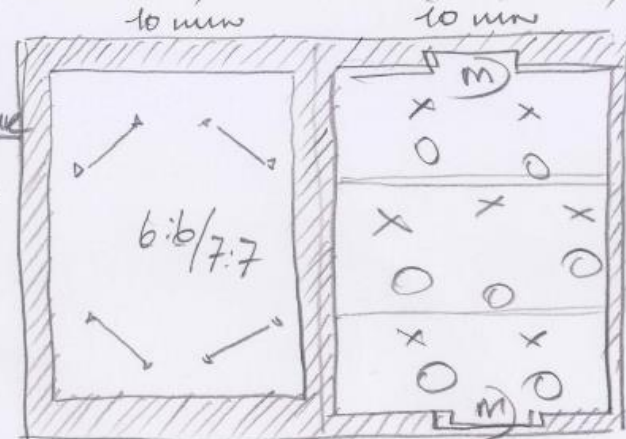
\* 2:2

- FRAMTÍÐAR

- KNATTUÍXLUN

- Annar!

3. LEIKAR 6:6/7:7 (2x10 min)  
(LEIKATÍÐ)



YMSAR ÞEGUN

\* SÚRA  
MÖÐUR?

4. AÐURLAG (10 min)

- ÞOLEGT SÍÐUR

- LÍÐLEIÐIR

- TEIÐUR

MUNNA: ENDURHEIMT

\* MÍNI STÖÐVA

\* FRAMN STÖÐVA

Þr.