

Leikfræði í knattspyrnu

KSI II



Verklegar æfingar

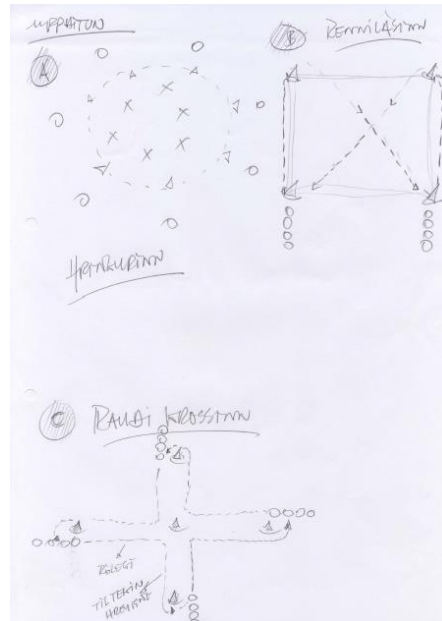
jg - teikningar

Janus Guðlaugsson
PhD-ípróttáfræðingur og A-Licens þjálfari

1

Upphitun

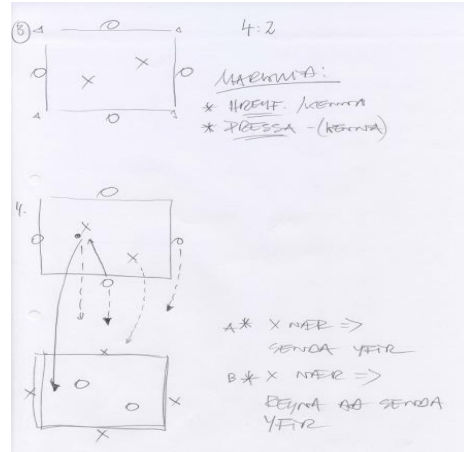
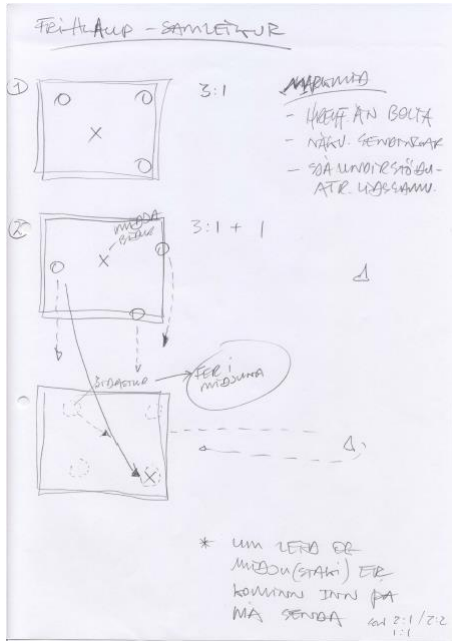
- Möguleikar
 - A: Hringur
 - B: Rennilásinn
 - C: Rauði krossinn



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Fríhlaup

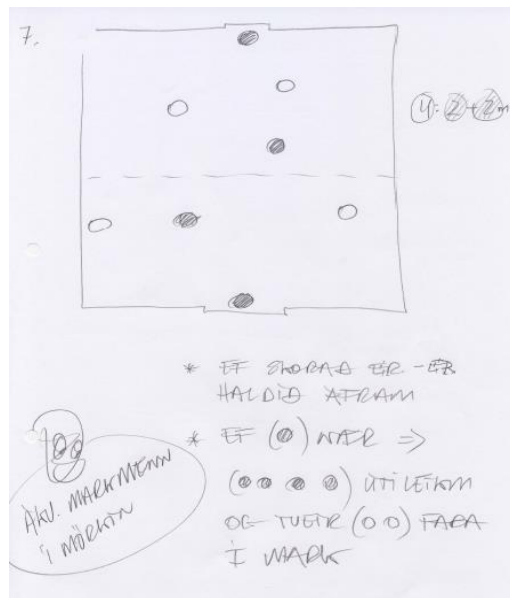
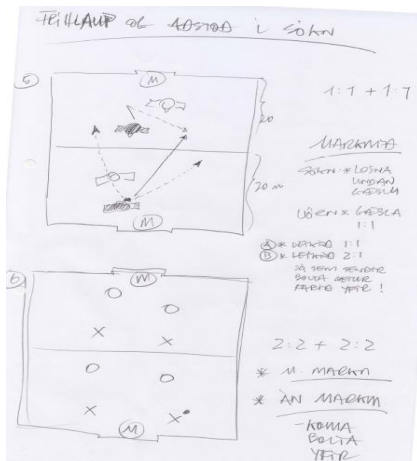
- 3:1 - 4:2



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Fríhlaup

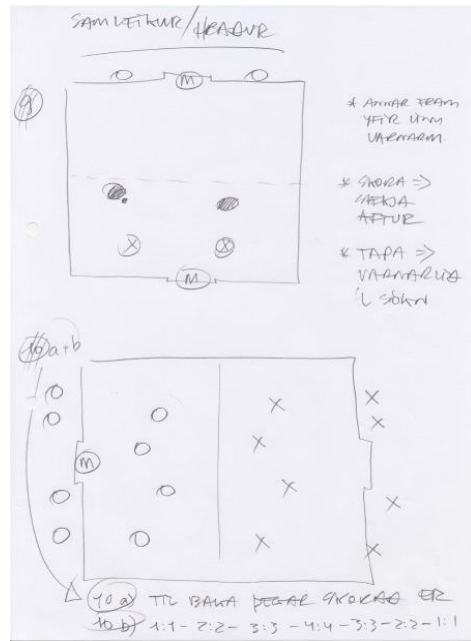
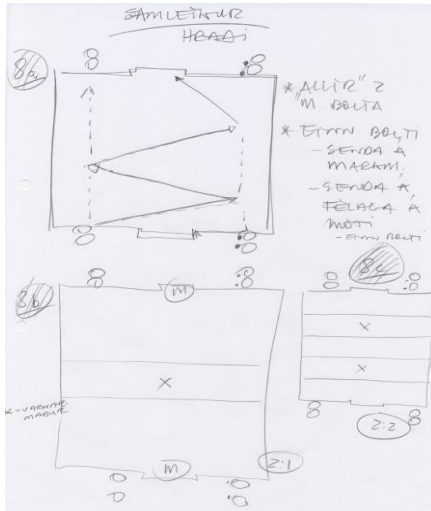
- Aðstoð í sókn



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Samleikur

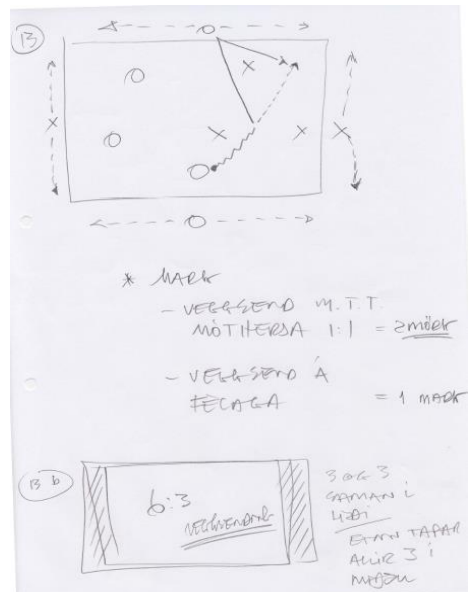
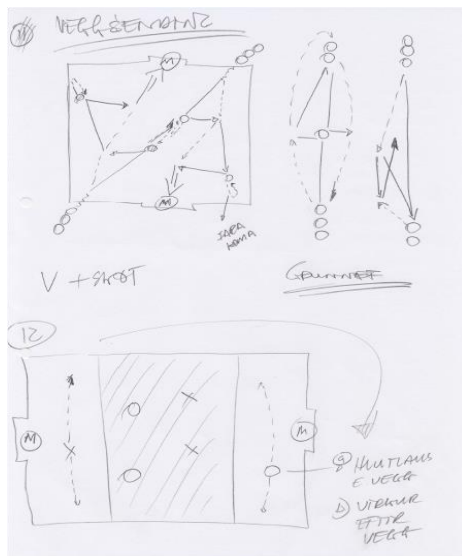
- Áhersla: Hraði í sóknarleik



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Samleikur

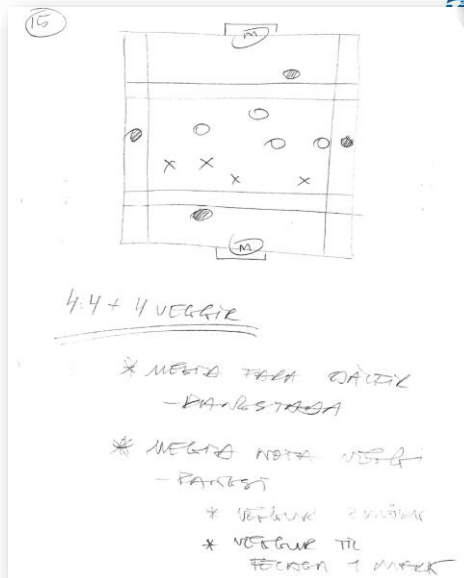
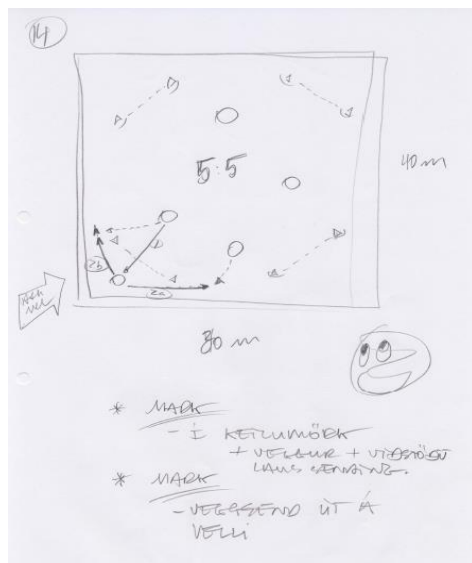
- Veggsgending



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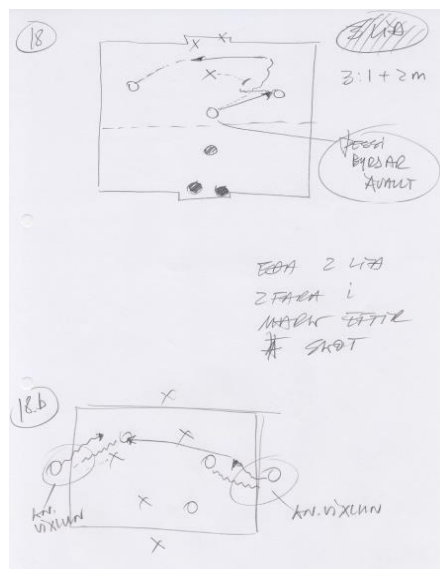
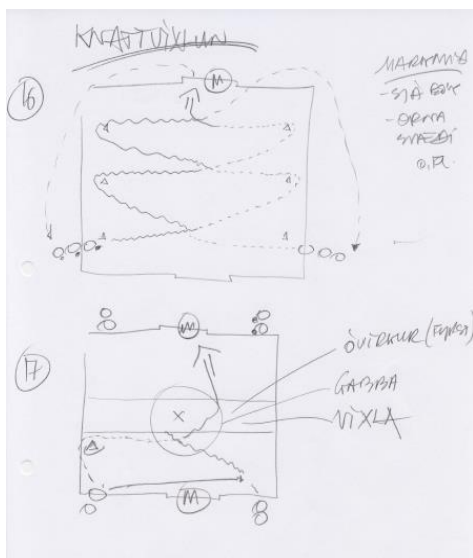
Samleikur

- Viðstöðulausar sendingar



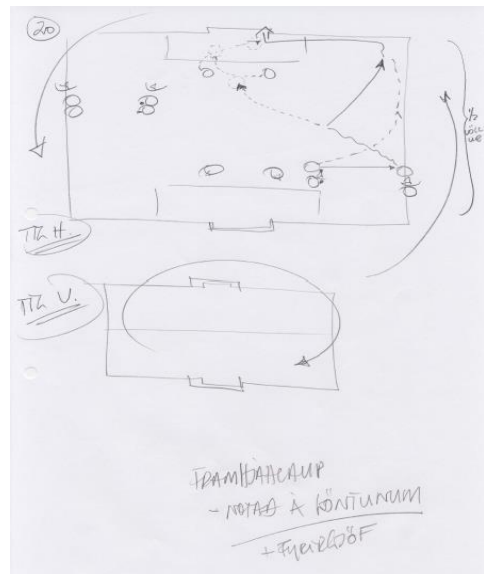
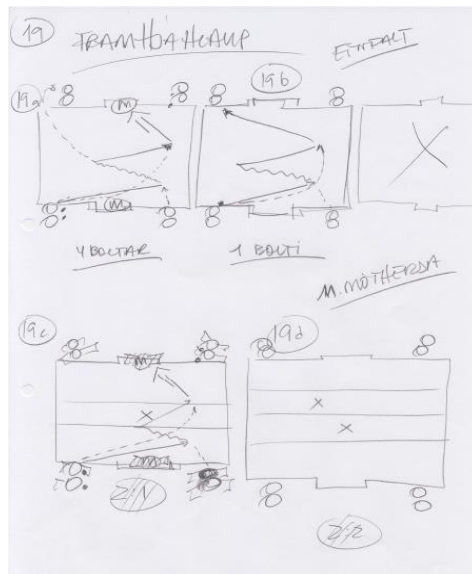
7

Knattvixlun



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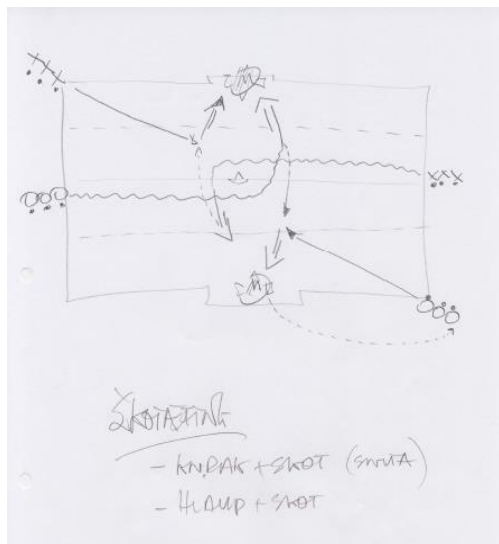
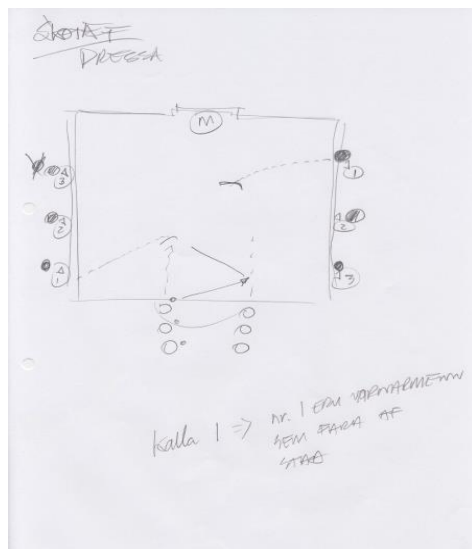
Framhjáhlaup



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Skotæfingar

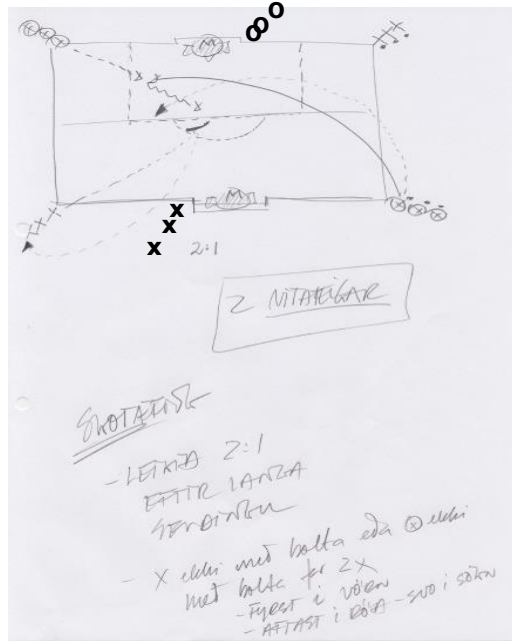
- Hratt upphlaup undir pressu



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Skotæfing

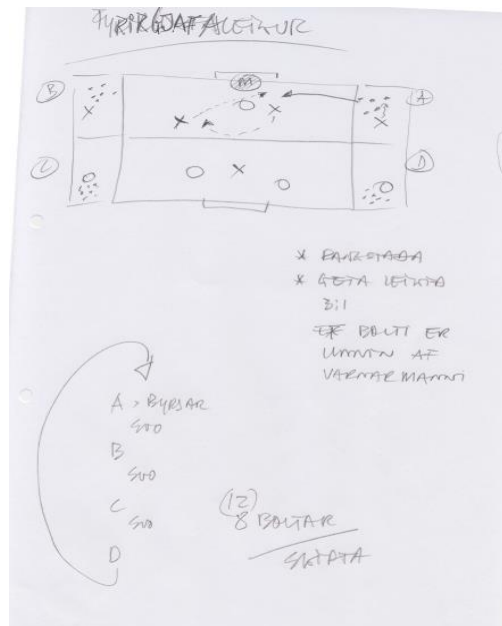
- Langar sendingar
- Framhjálaup
- Hlaupið út úr rangstöðu
- Varnarleikur, 1:2



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Fyrirgjafir - skotæfing

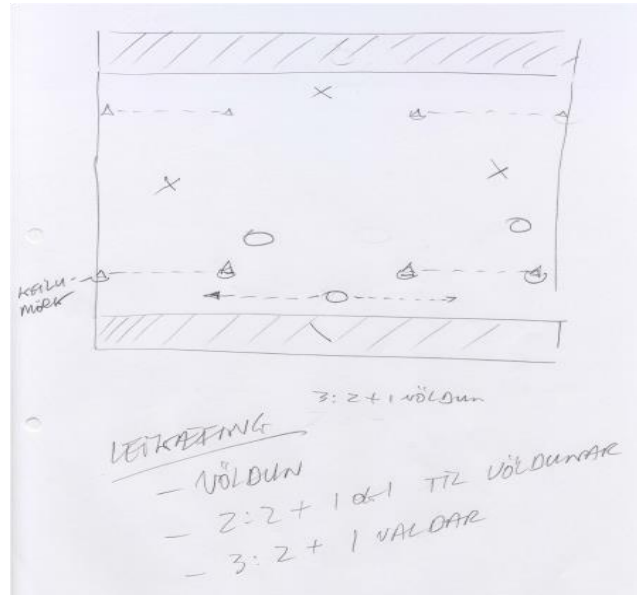
- Fyrirgjafir
- Hreyfing sóknarmanna
- Haldið áfram þar til bolti er úr leik
- Keppnislíkar aðstæður



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Leikæfing

- Samspil
- Völdun



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Leikæfing

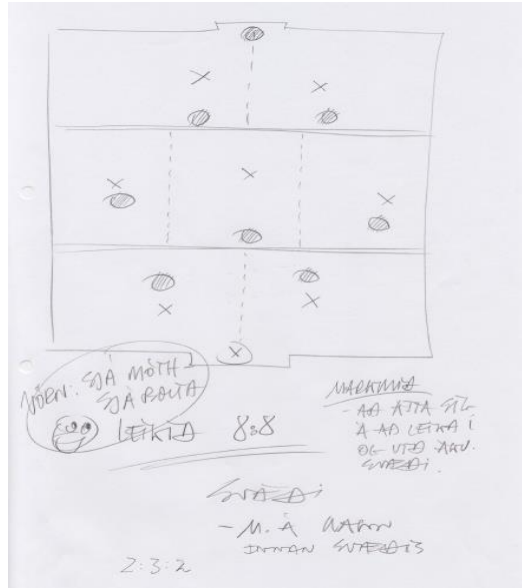
- Leikurinn 3:3 (3:2+1) og tvö lítil mörk



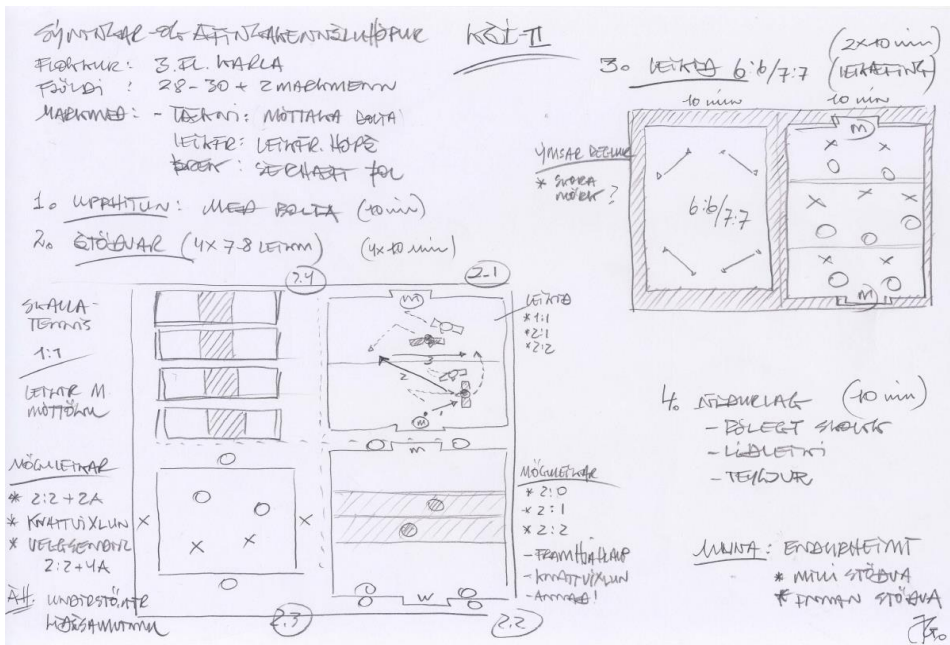
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Leikæfing

- Að byggja upp leikæfingu í leikstöðum
- Að leika í ákveðnu svæði eða öllu heldur svæðum!



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