



**Date:** 09/24/18  
**Length:** 0 mins  
**Start Time:** 5:10am  
**End Time:** 5:10am

**Group:** \_\_\_\_\_  
**Prepared By:** \_\_\_\_\_  
**Focus:** \_\_\_\_\_  
**Level:** MITE

Length	Start	Drill Name	Category	Notes
10	5:10am	1-0 passövn punkterna	1 on 0	
10	5:20am	1-0 stationära backar med v-spel	1 on 0	
10	5:30am	Back uppspel-Forw avslut med skymning	1 on 0	
10	5:40am	pass Rögle uppvärmn	1 on 0	
10	5:50am	1-1 i cirkeln med mv	1 on 1	
10	6:00am	Aros 3 skott	2 on 1	

