



Planstorlek	Straffomr
9-manna: 70*50m	30*12m
7-manna: 50*30m	20*10m
5-manna: 30*15m	-

1 ruta = 2,5*2,5 m
 9-manna (vit, 10 cm)
 7-manna (5 cm)
 5-manna (5 cm)
Yttre linjer: 10 cm
Inre linjer: 5 cm

Mål
- 2 st 11-manna
- 4 st 7-manna
- 6 st 5-manna
- 8 st 3-manna

"Ungdomsplanen"