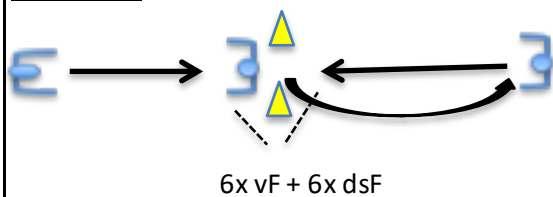


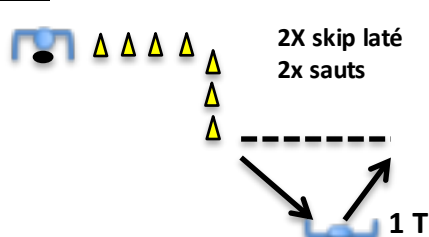
**MATÉRIEL**

plots - step - tapis - planche à rebond

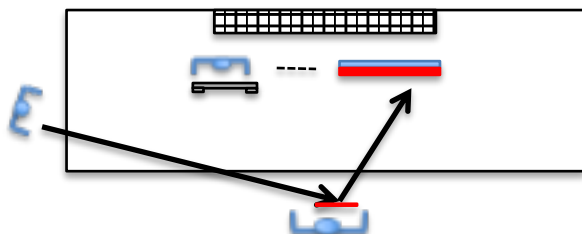
**JAP / PDB**



**APPUIS / ILS**



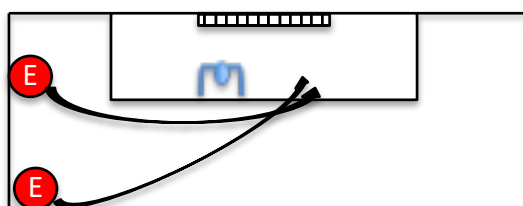
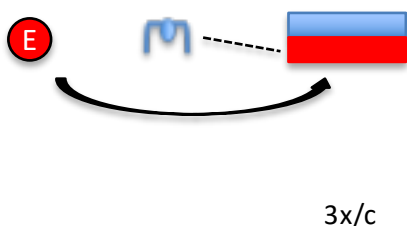
**APPUIS / ILM**



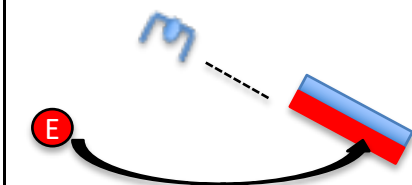
1-2-3-4 skip + position + réaction ILM sur tapis

5x / c

**JA ARRIÈRE**



3x / position / c



JA = jeu aérien / ILM = Intervention Latérale Mi hauteur / JAP = jeu au pied  
 ILS = intervention latérale au sol / PDB = Prise de balle