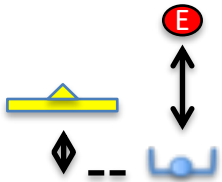


MATÉRIEL

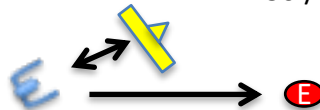
plots-step-planche-lattes-mini-haies

JEU AU PIEDS



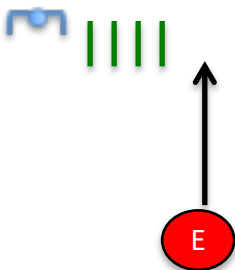
1'30 / c intérieur du pieds

JEU AU PIEDS



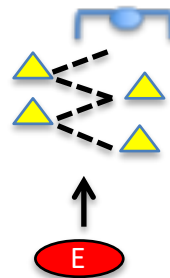
1'30 / c coup du pieds

PDB + APPUIS



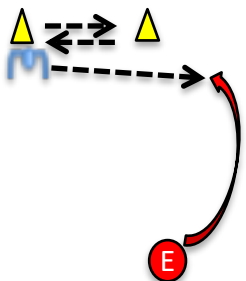
4x sk + VF
4x PCr + dsF
4x Cl Pds + Volée reb

DPLCT + EFF



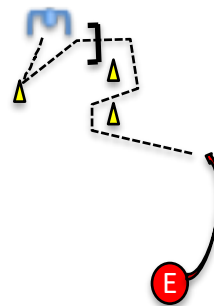
4x PC + eff D
4x PCr + eff G
r°30"

DPLCT + IIs



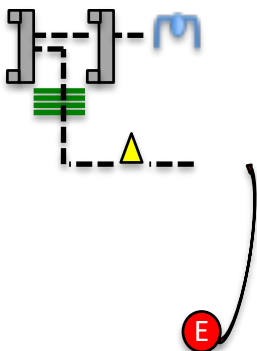
PC + PCr + IIs
4x/c
r°30"

DPLCT + IIm



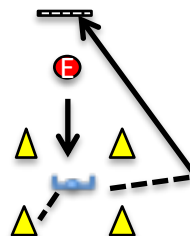
4x/c
r°30"

DPLCT + IIs/m



skip + PC + PCr + IL
3xILs / c
3xILm / c

RÉACT° + JAP



réact° "chiffre" + Jap
6x / c
6x ?

12 FRAPPES LIBRES

