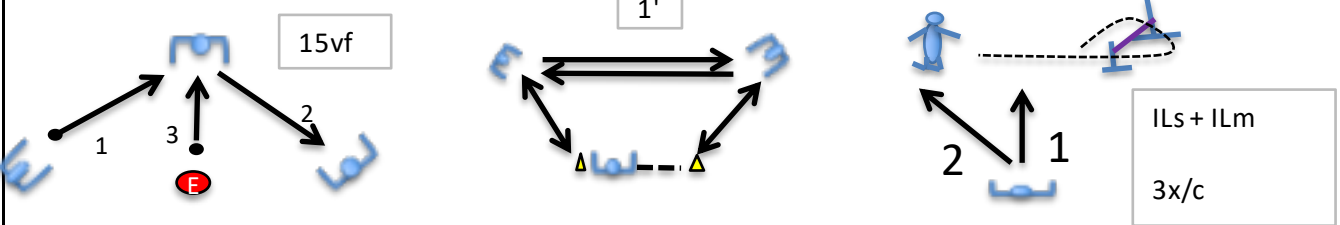


**MATÉRIEL** | mini haies - cerceaux - plots - but - piquet - élastique

**échauffement**

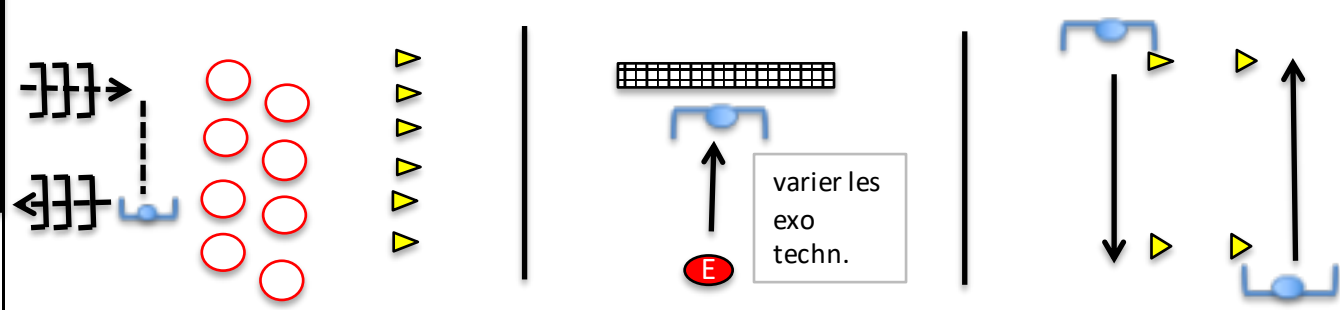


15vf

1'

ILs+ ILm  
3x/c

**intermittent 3x 6' ( appuis / ballon / course ) - 10''20'' - R°3'**

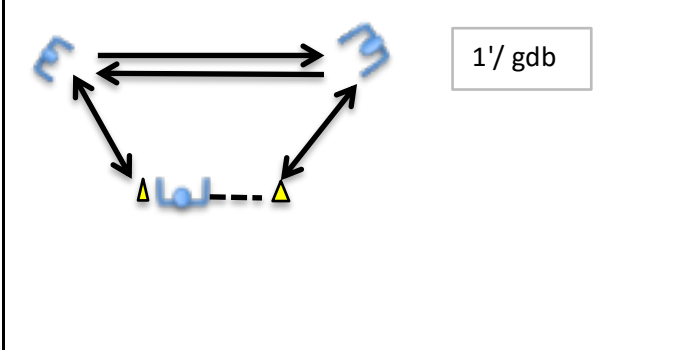


varier les exo techn.

varier les exo techn.

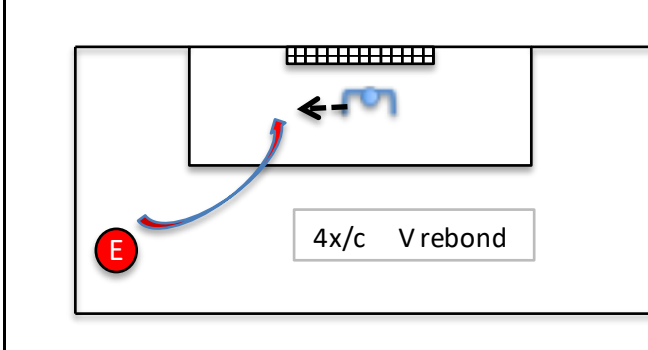
varier les exo techn.

**jeu au pieds**



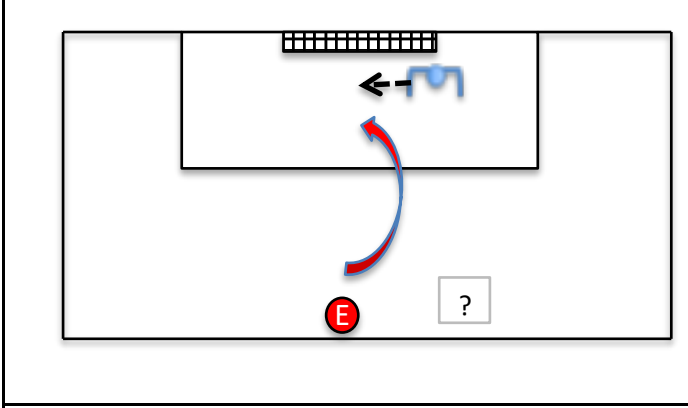
1'/ gdb

**positionnement / tech**



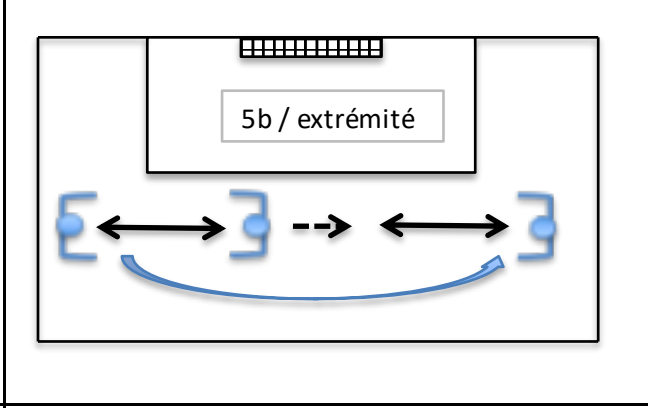
4x/c V rebond

**positionnement / IL**



?

**jeu au pieds**



5b / extrémité

Costil : 48 m  
Nardi : 48 m  
Gertm : 45 m

