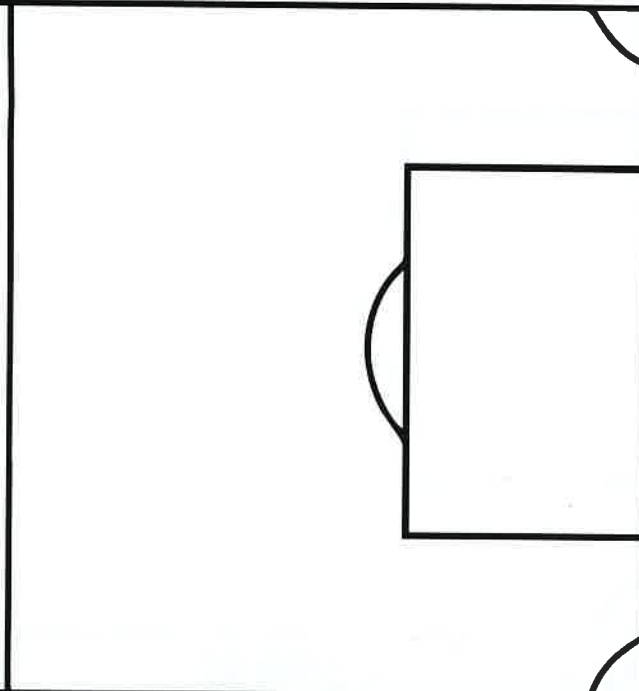
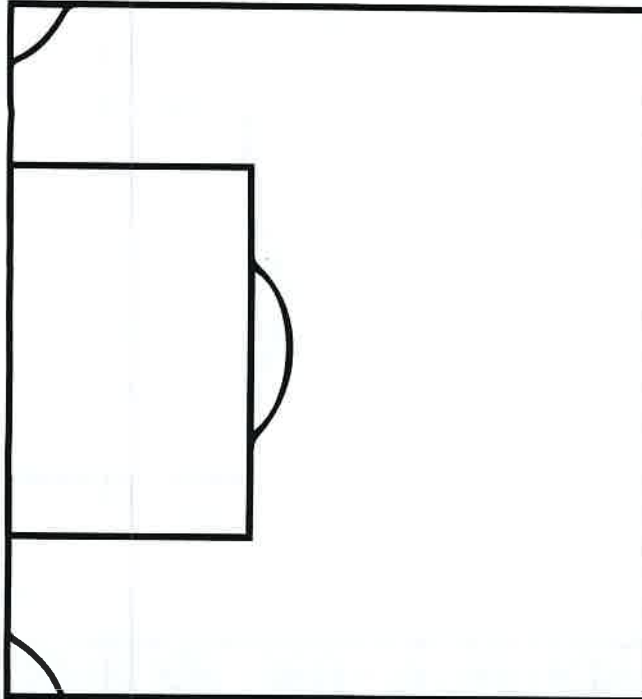


EXERCICE - JEU - SITUATION

TEMPS :

JOUEURS :

GDB:



Footing laeris 30'

Anthony
Romain
Malik
Benjamin. C
Karim.

Echauffement 15'

GAMME
ATHLETIQUE

GDB fait la passe à l'Attaquant

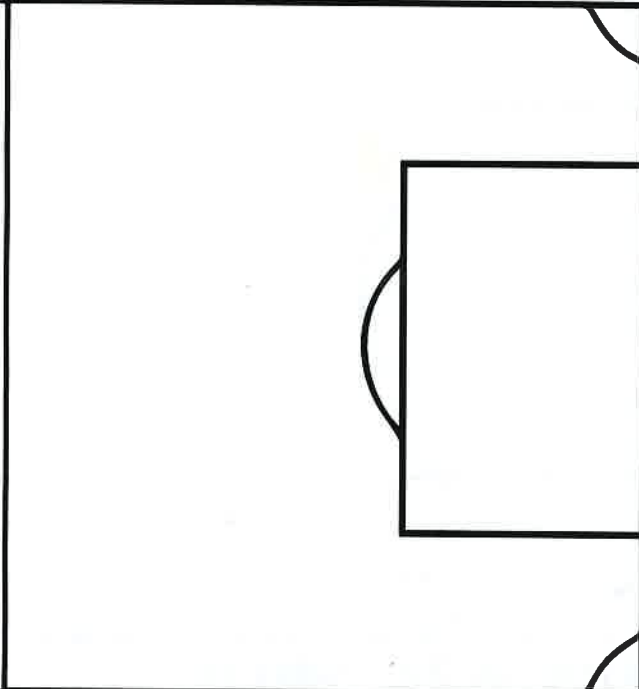
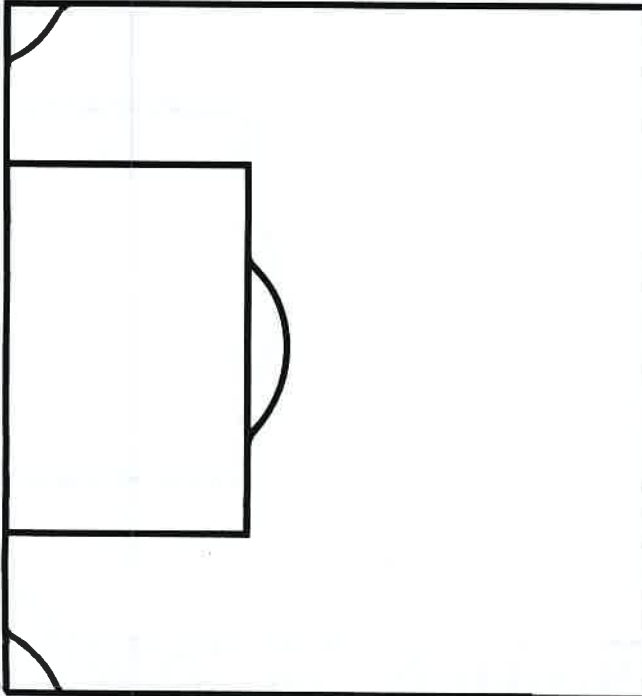
Variante
x alt fini
sur la passe

EXERCICE - JEU - SITUATION

TEMPS :

JOUEURS :

GDB:



Reactionné 10'

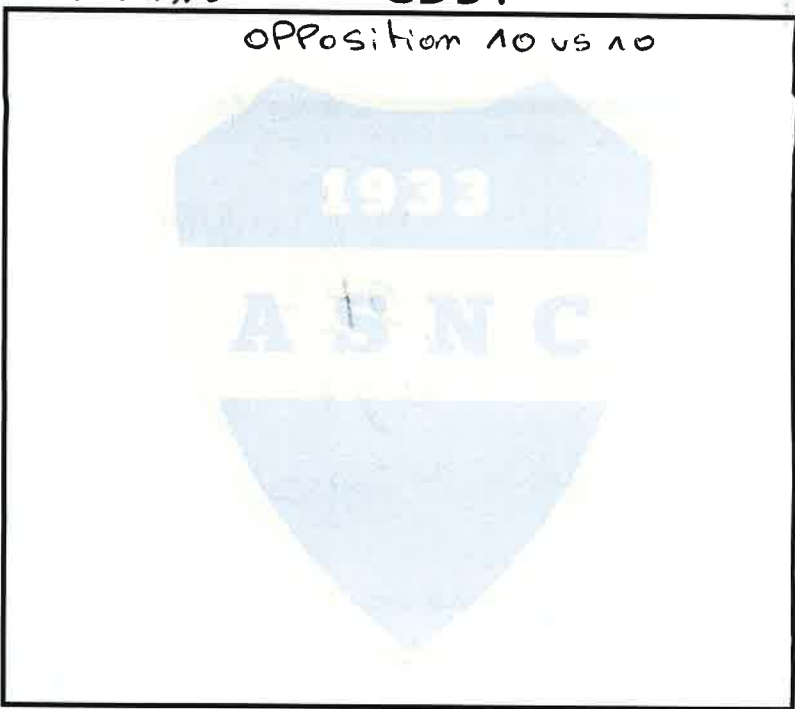
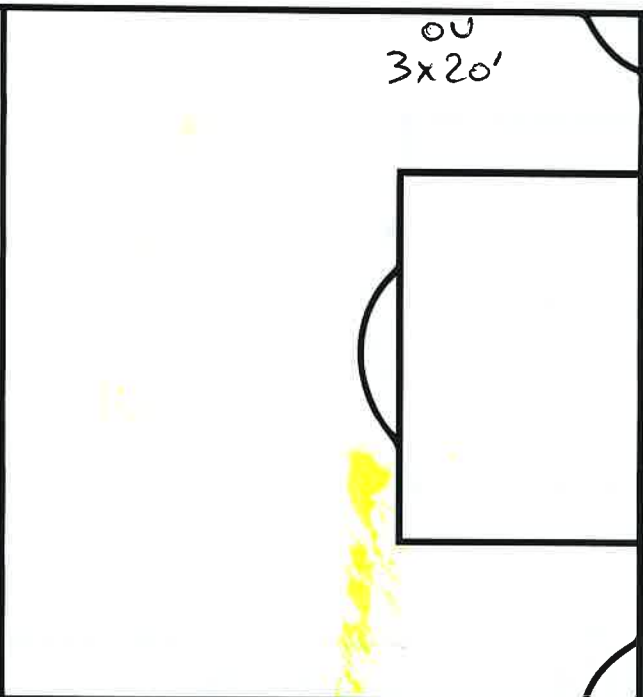
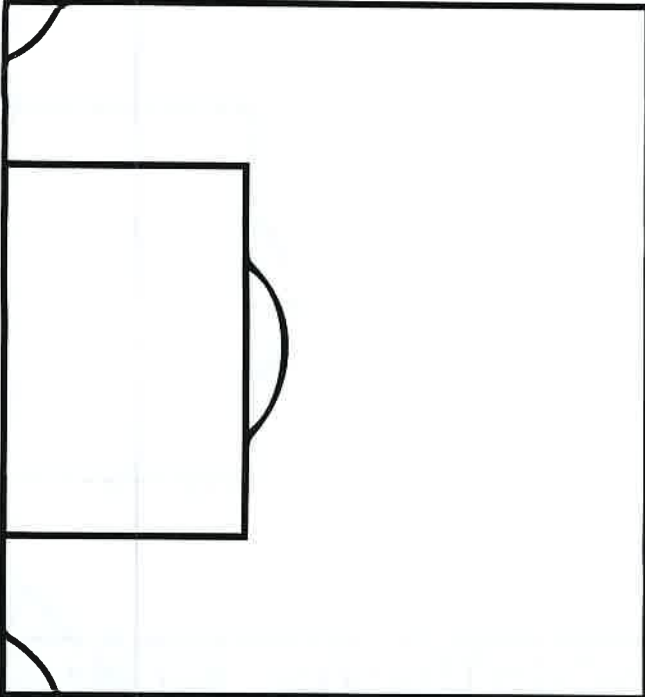
15 Km/h = 62 m
16 Km/h = 66 m
17 Km/h = 70 m
18 Km/h = 75 m

1 Bloc

EXERCICE - JEU - SITUATION

TEMPS : 2x30' JOUEURS : 18

GDB : 2



EXERCICE - JEU - SITUATION

TEMPS :

JOUEURS :

GDB :

