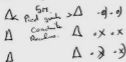


① Echauffement: Pied dent

(20')

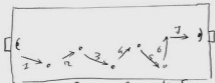


② Récupération.

(10')

Jonglage.

③



20'

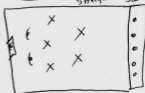
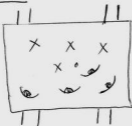
Passer - Suivre + Frapper.

④

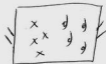
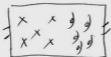
Jeux

4 contre 4 ou 5 contre 5. (Maxi)

(15 à 20')



⑤



5 contre 5
(Tennis)

ou 4 contre 4.