

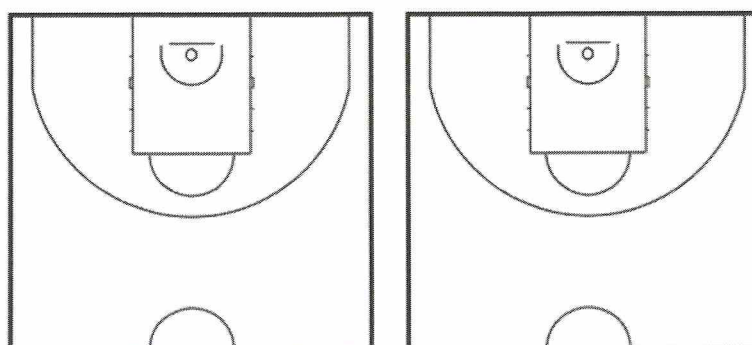
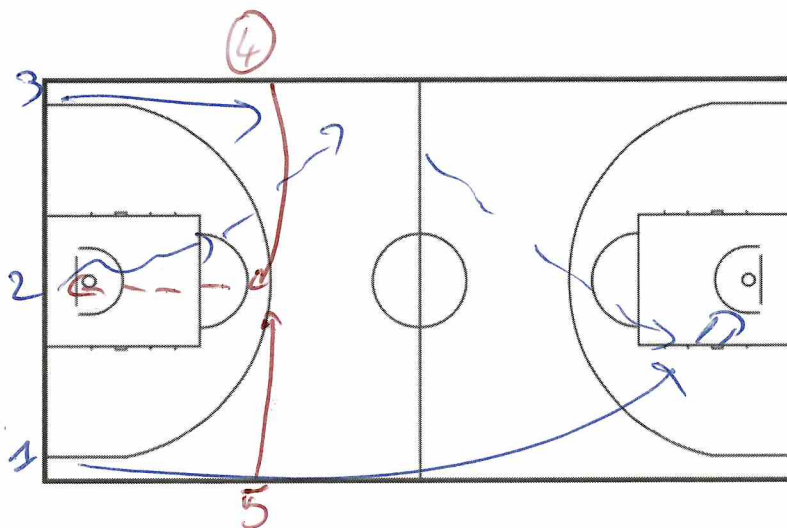
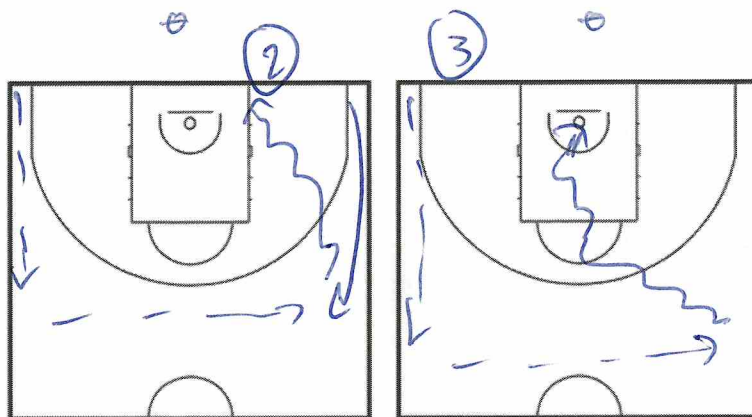
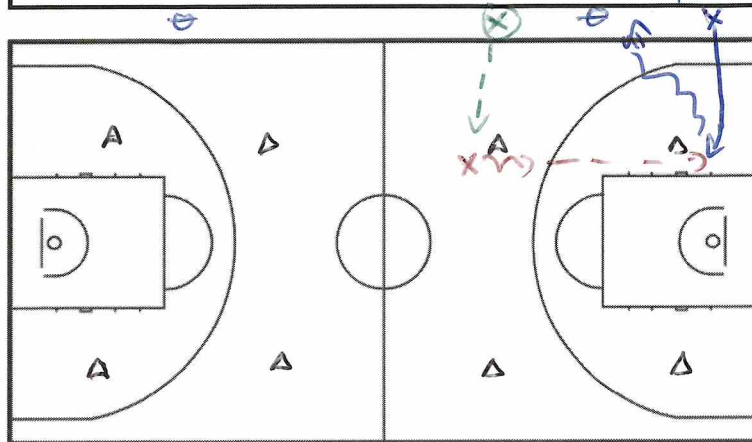
6/2014

DATE: 07/05/2014

Effectif : 33

Durée : 2h00

Thème: Fondamentaux offensifs + Surnombre



Echauffement (30 min)

Attitude Fondamentaux
Passe dans le dribble
TRANSFER

- ① DÉPART CROISÉ Push up
- ② DÉPART CROISÉ LAY UP
- ③ DÉPART CROISÉ TIR Crochet

Surnombre Séquence (30 min)

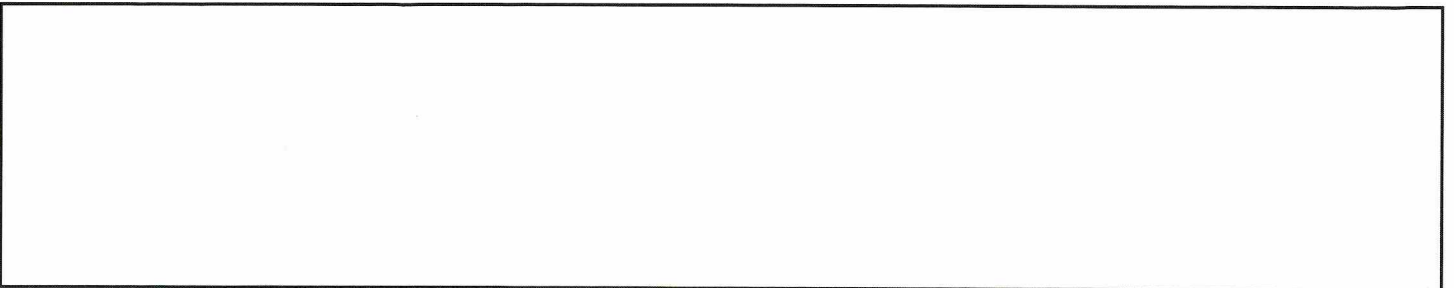
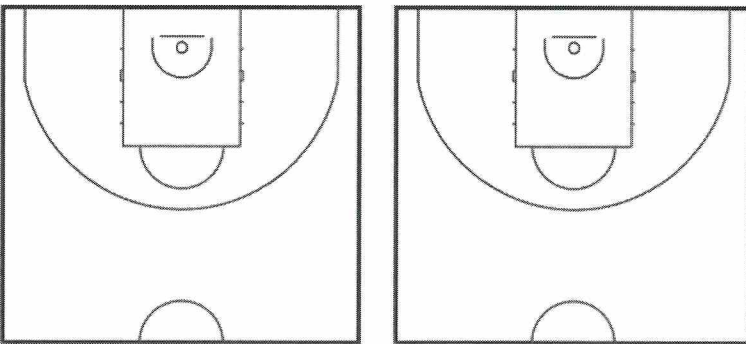
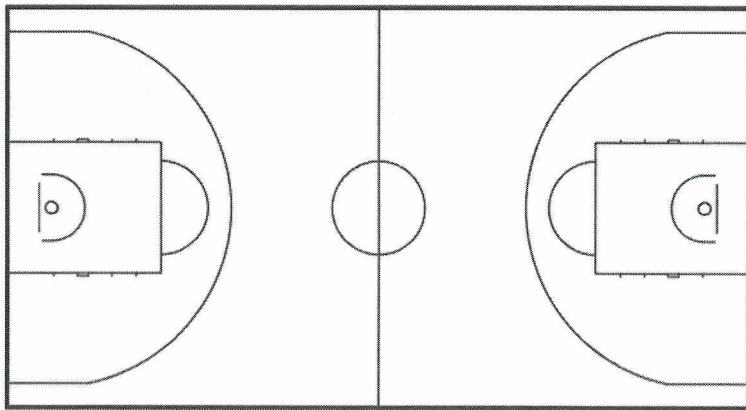
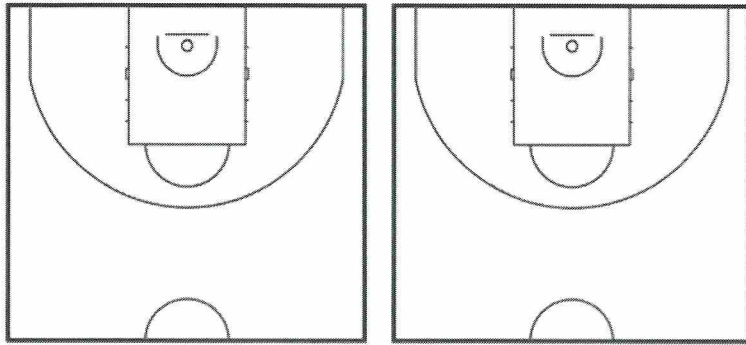
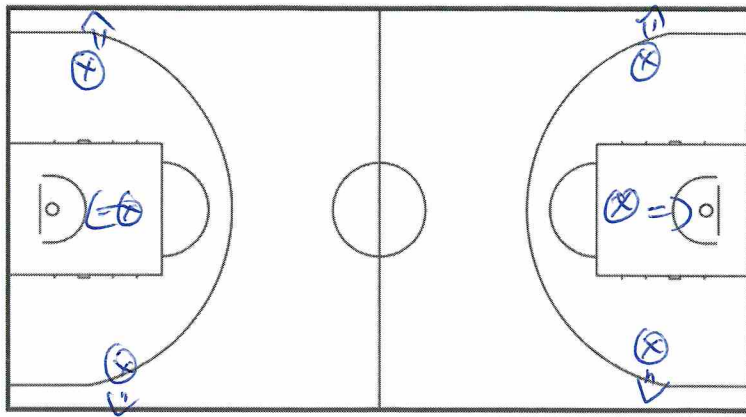
- 2C1

- 2C1 +1

3 c2 sue on Aller

3 c2 +1 si bien fait (30 min)

CASSER Alignement
DOUER le Hors Jeu



Adresse

DÉPART TOUCHER Plans
DIP ↓ Coéquipiers

Même chose sur réception Pass.