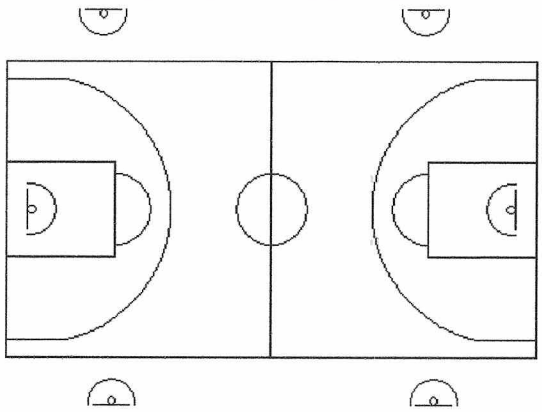
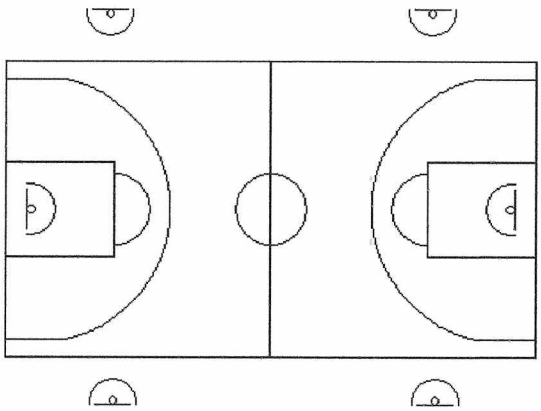
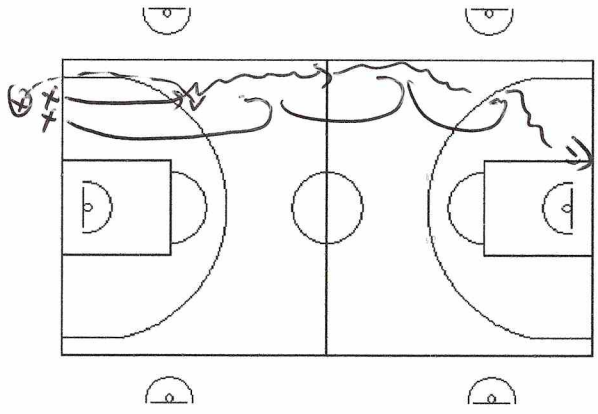
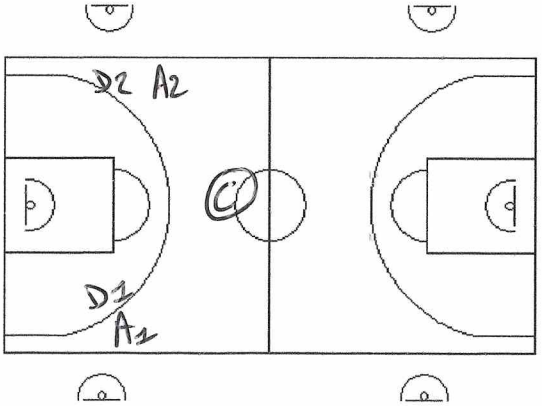
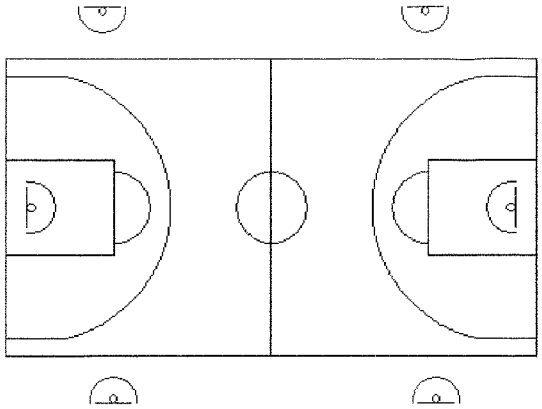
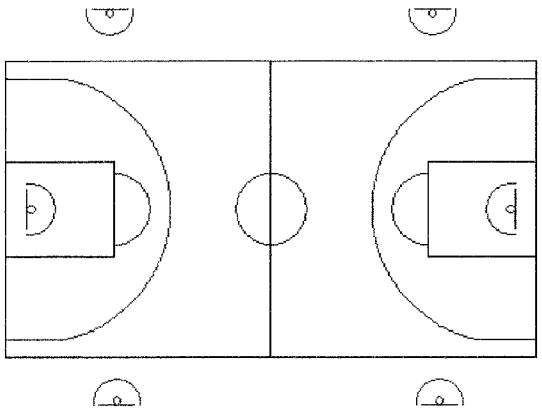
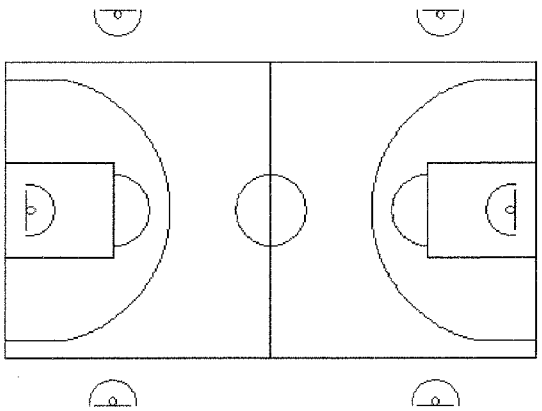
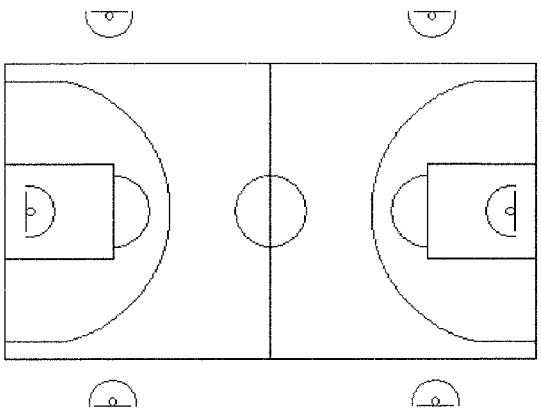
Equipe : G2014 **Effectif :** 20

Date : 21/10/24 Matin **Durée :** 2h15

Thème : W Défense Posteur.

Durée	Situations - Déroulement	Objectifs - consignes
30'		Echauffement tir en Course ~~3 étoile~~ Alexandre P
20'		TRAVAIL DÉFENSE Posteur Jeune
15'		Déf / Combat Duel J1 Récupère le Ballon J2 Déf Repasse Devant sans chercher la balle sur le Dribble.
30'		Jeu Sans Ballons + Transition Balle dans les Mains du Coachs Se Démarque / Duel Transiter Dans nos règles

30'		Alexandre & Adresse Qualité
		
		
		

OBSERVATIONS