

1.1 a) Changement de direction avec la semelle

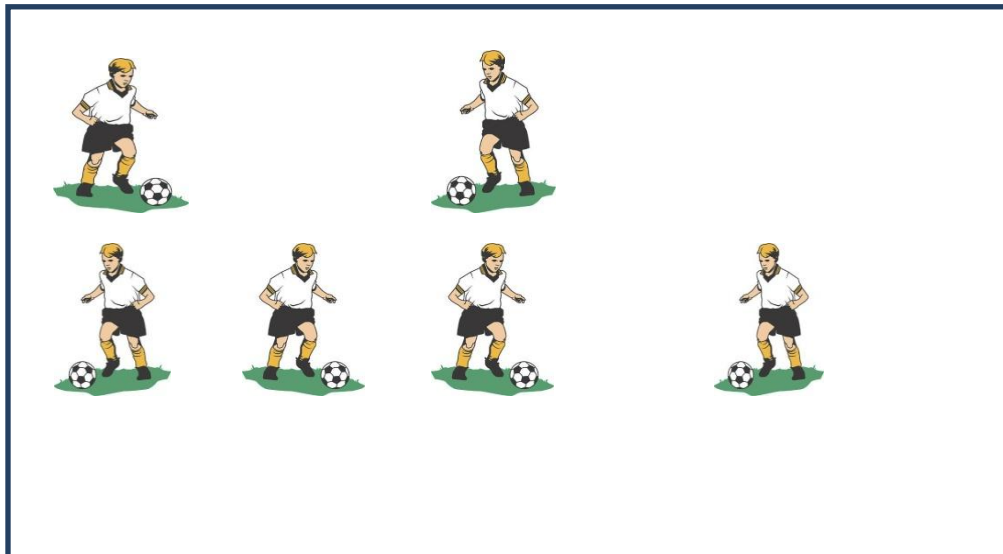
20 m



15 m

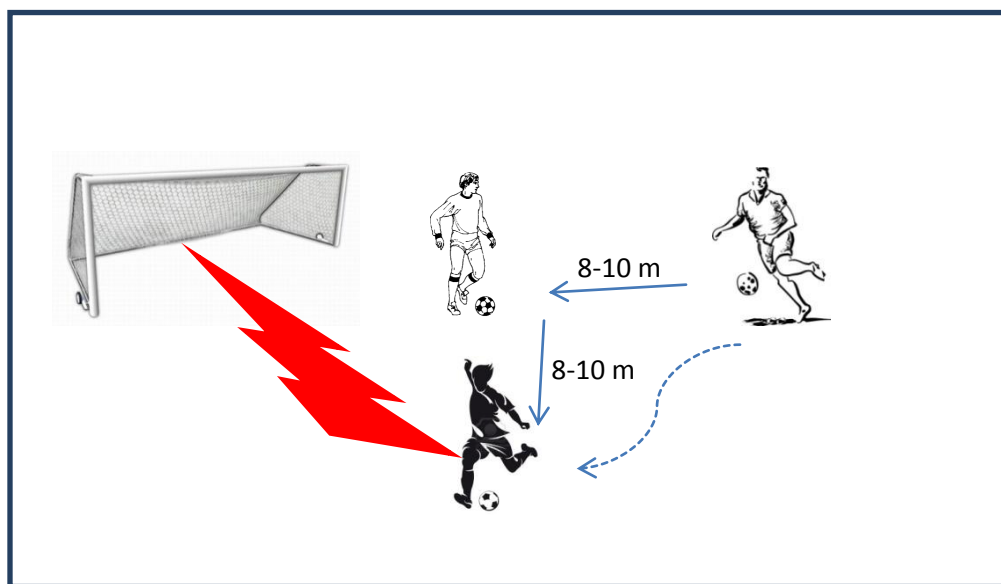
1.1 b) Possession de balle

20 m

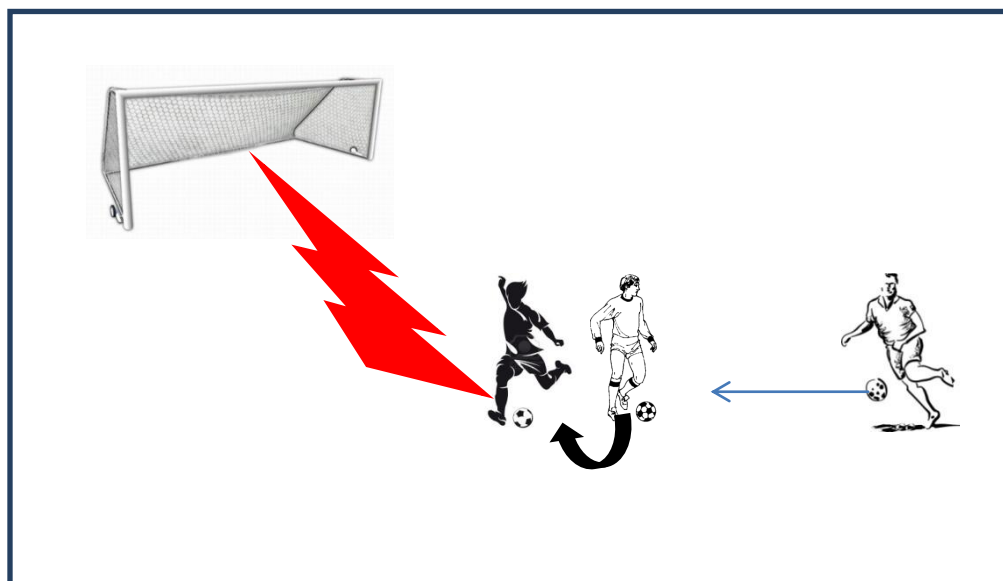


15 m

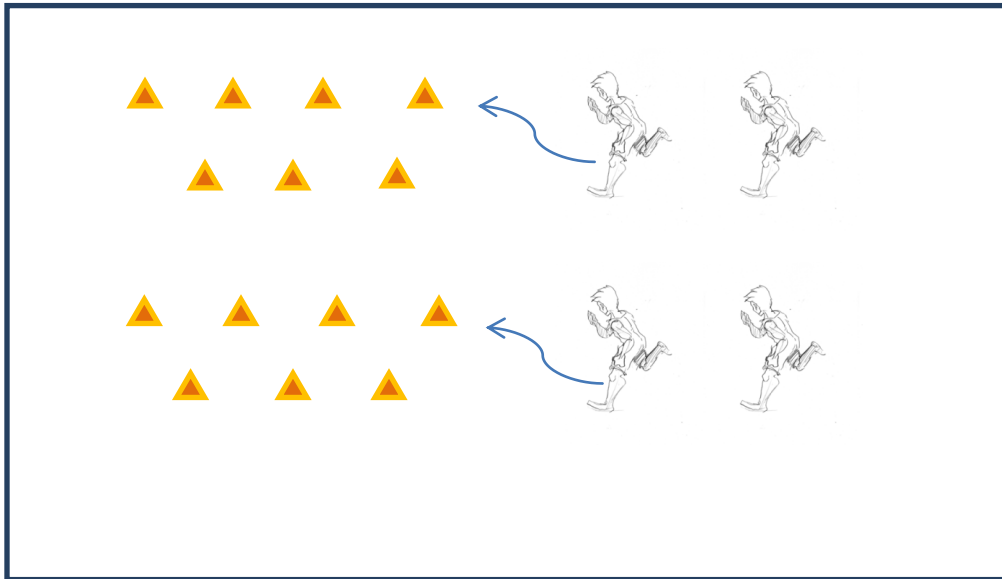
1.2 a) Une-deux suivi d'un tir



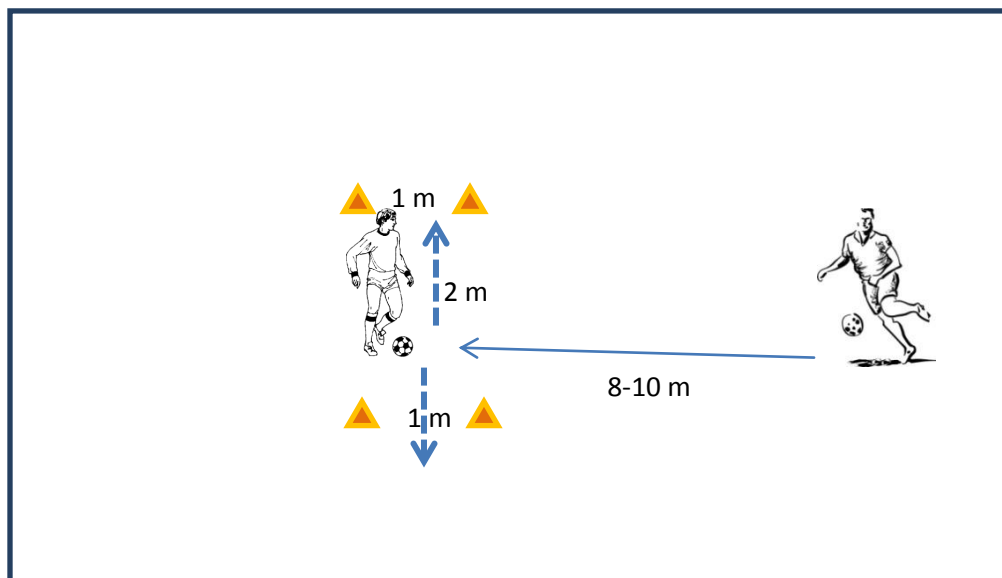
1.2 b) Contrôle orienté et tir



2.1 a) Coordination sans ballon

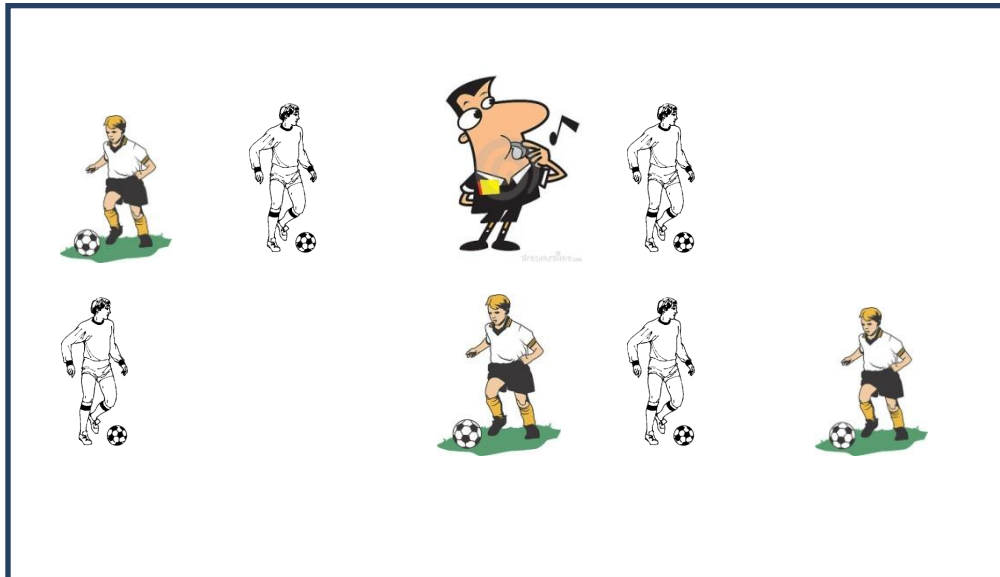


2.1 b) Passe et contrôle orienté



2.2 a) Les feintes

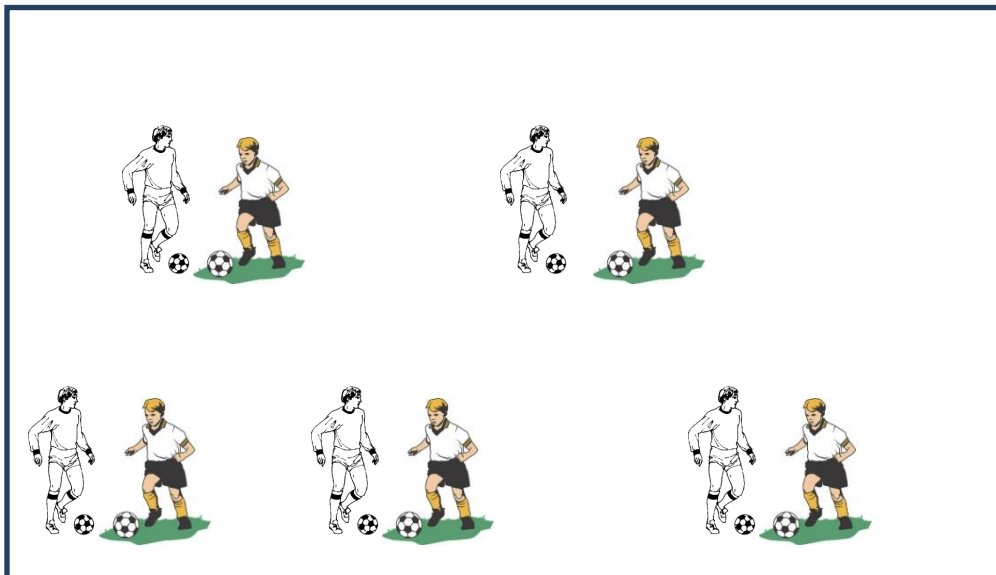
15 m



10 m

2.2 b) Protection de balle et dribble

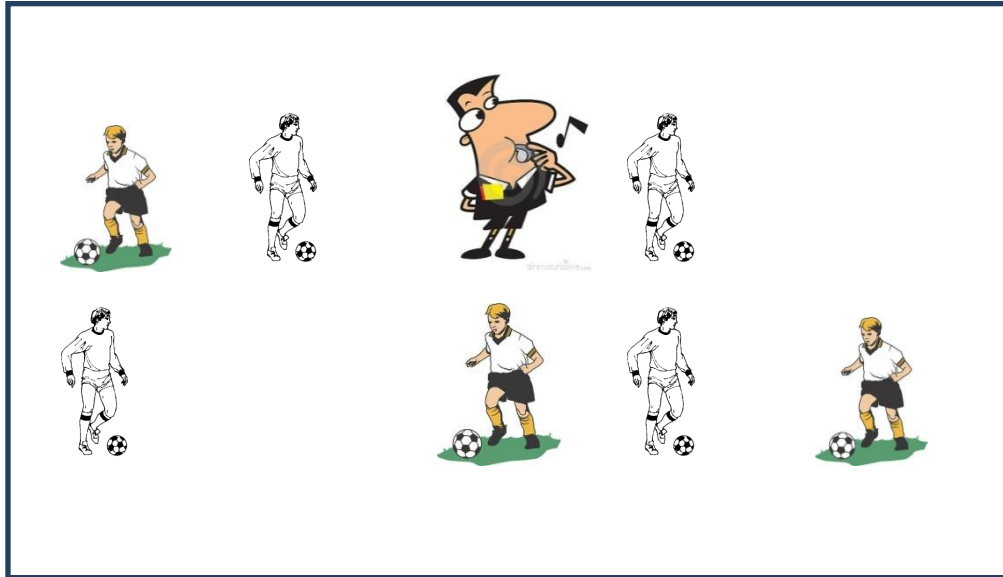
15 m



10 m

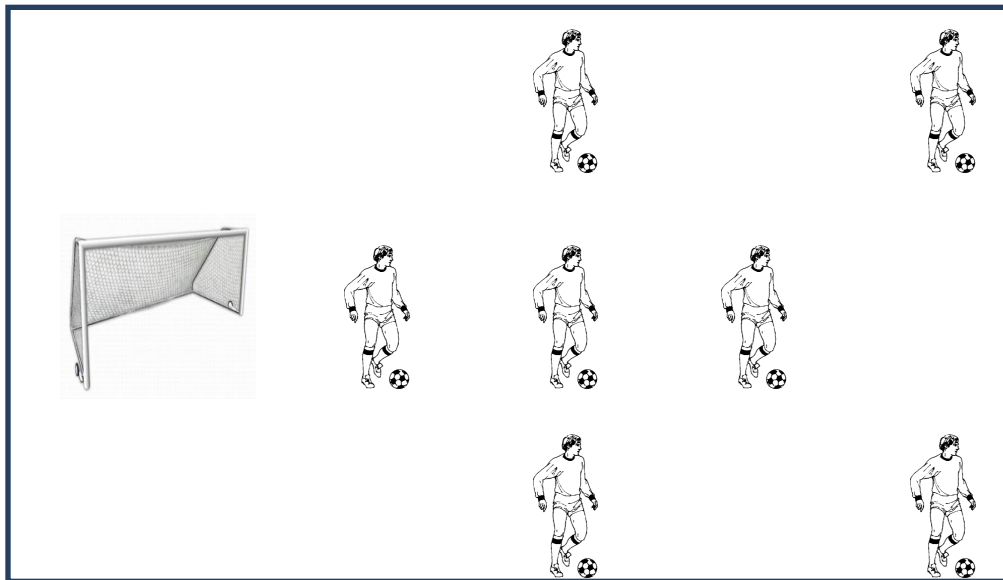
3.1 a) Les feintes

15 m



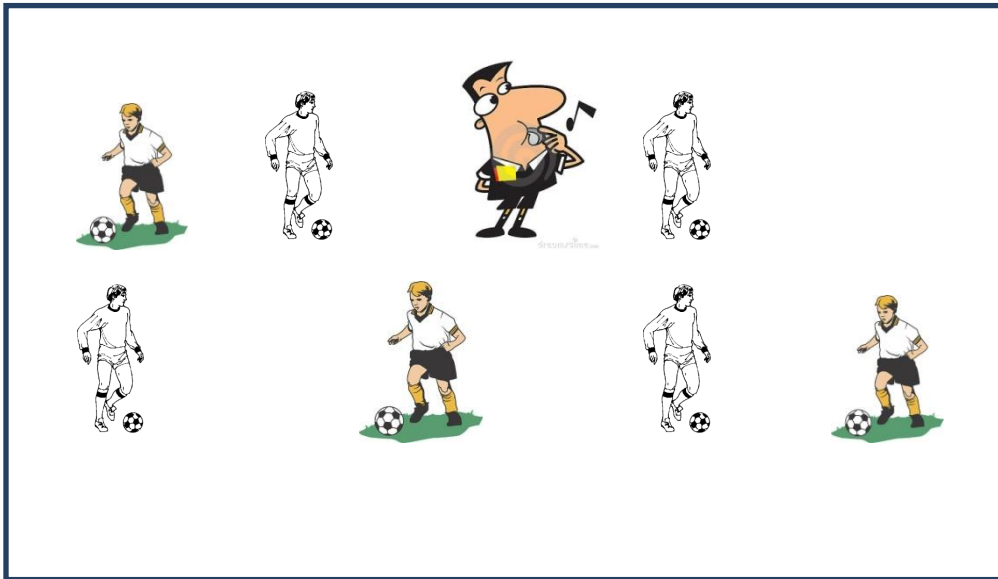
10 m

3.1 b) Système 1-3 et 1-2



3.2 a) Feintes

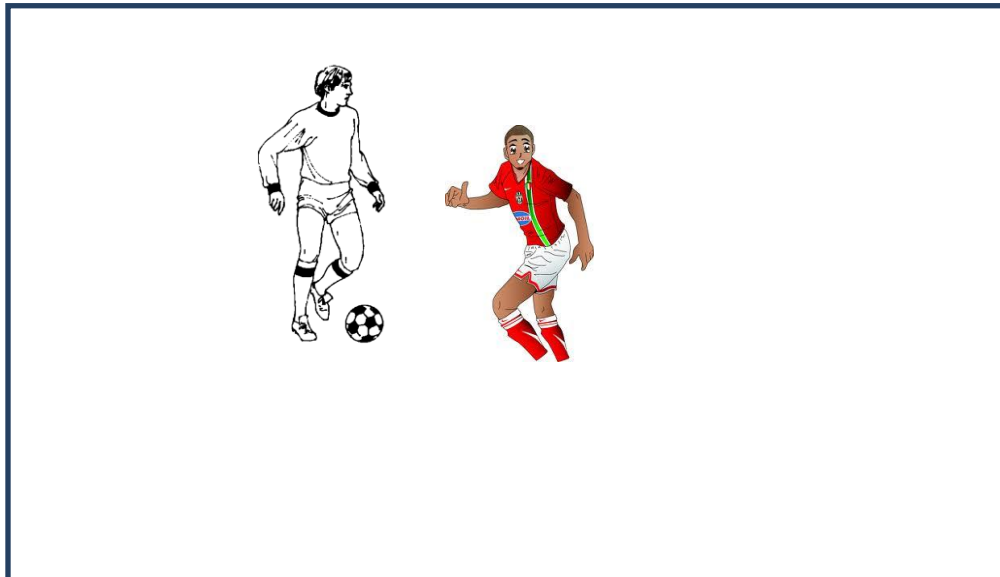
15 m



10 m

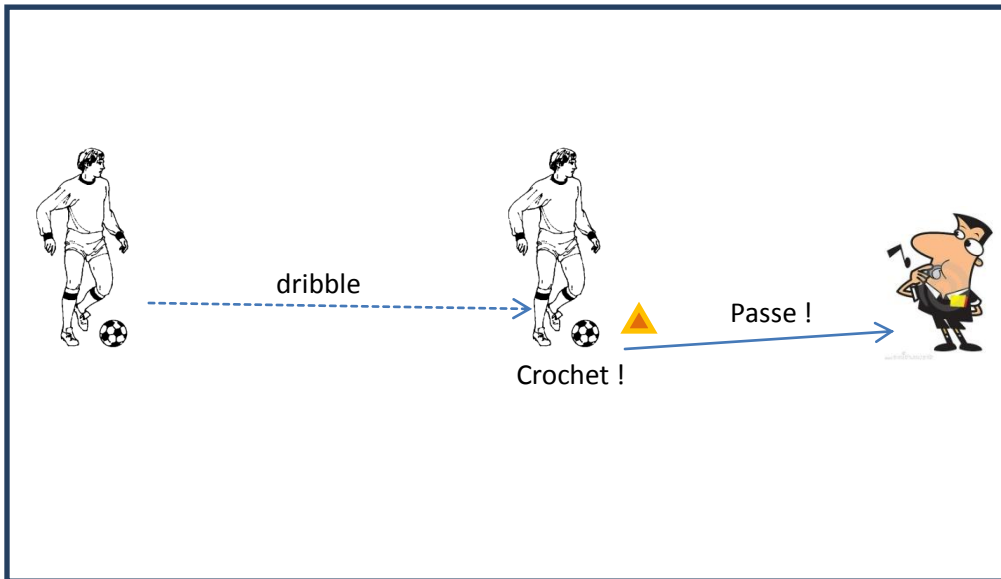
3.2 b) 1 vs 1

20 m

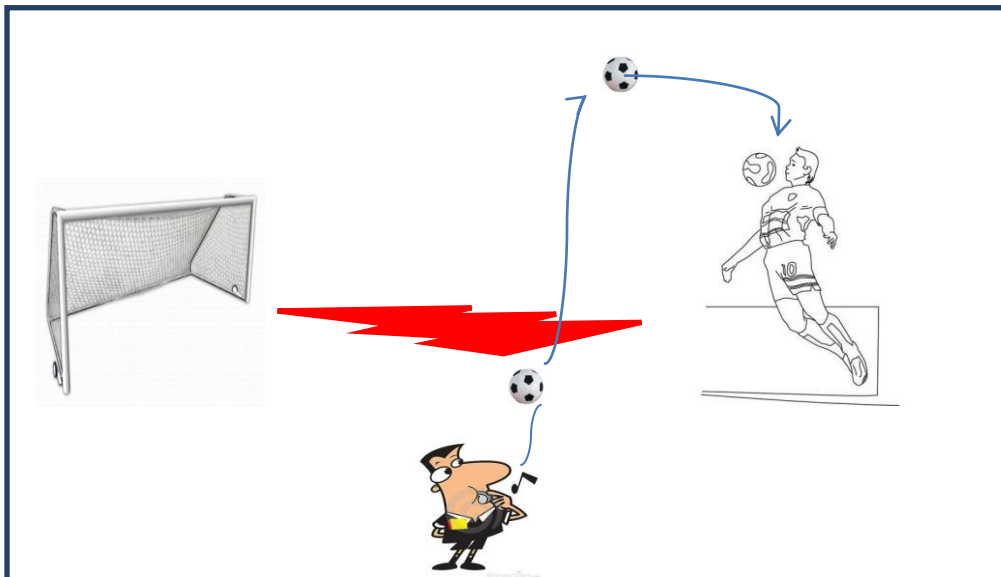


15 m

4.1 a) Dribble, crochet, passe

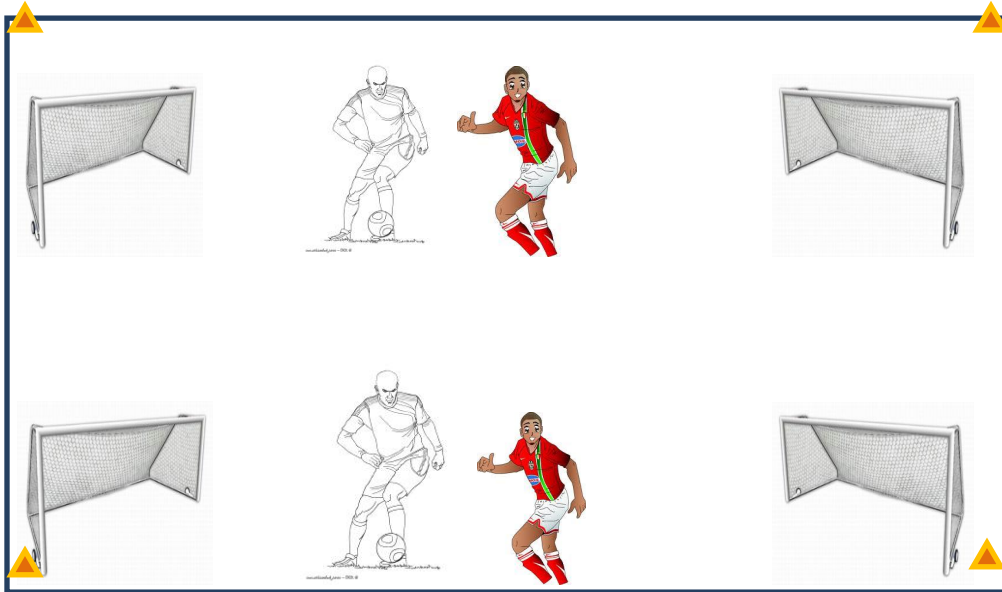


4.1 b) Amorti et tir



4.2 a) 2 contre 2 (2 buts et 4 coins) : voir #2

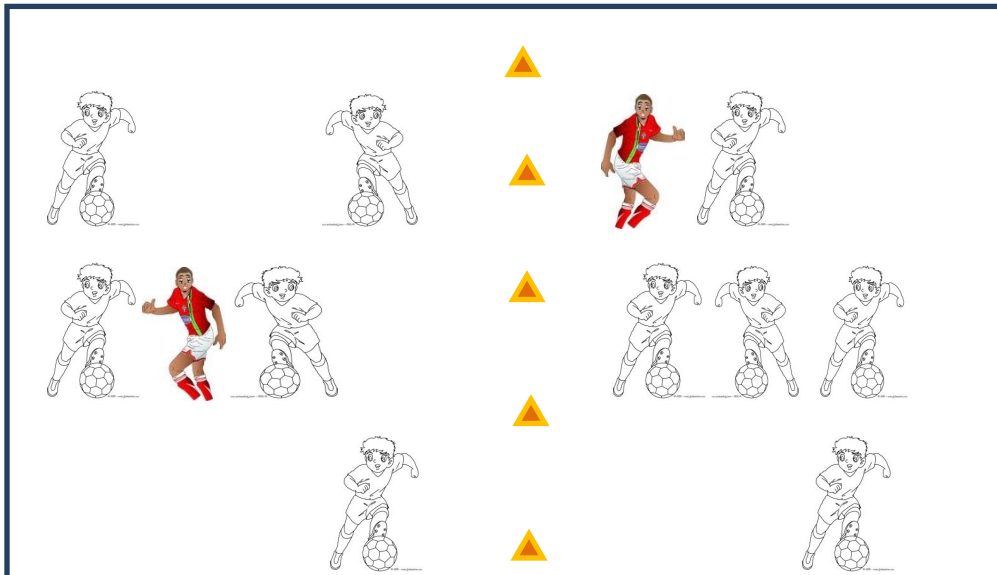
15 m



10 m

4.2 b) Possession avec un chat

15 m



10 m



5.1 a) Jonglerie

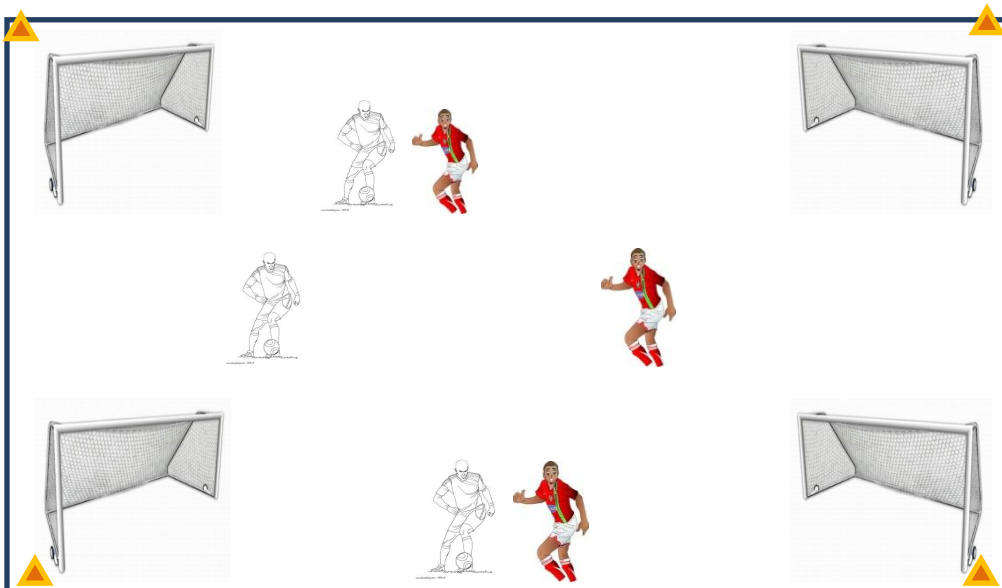
15 m



10 m

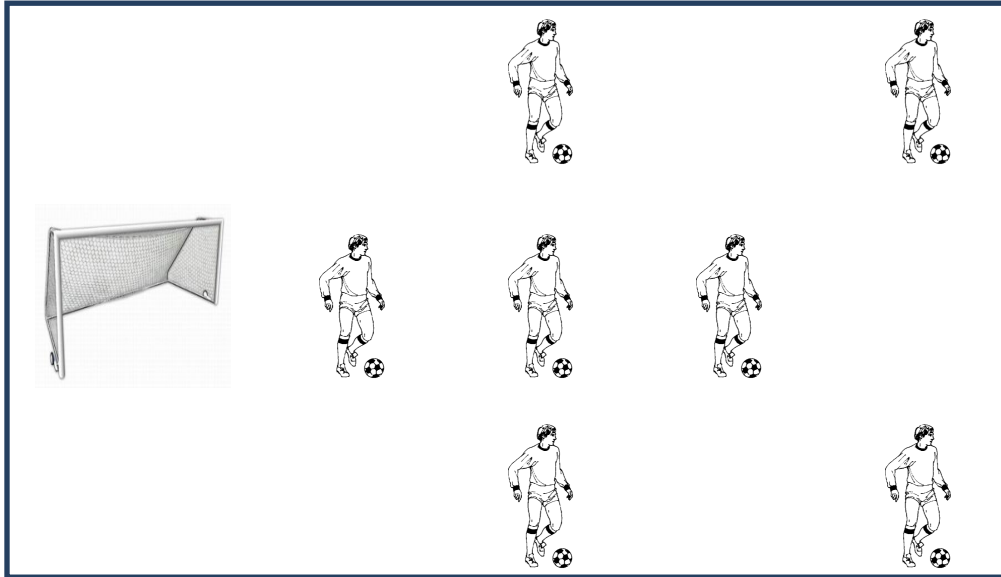
5.1 b) Duel 3 contre 3 : voir #2

15 m

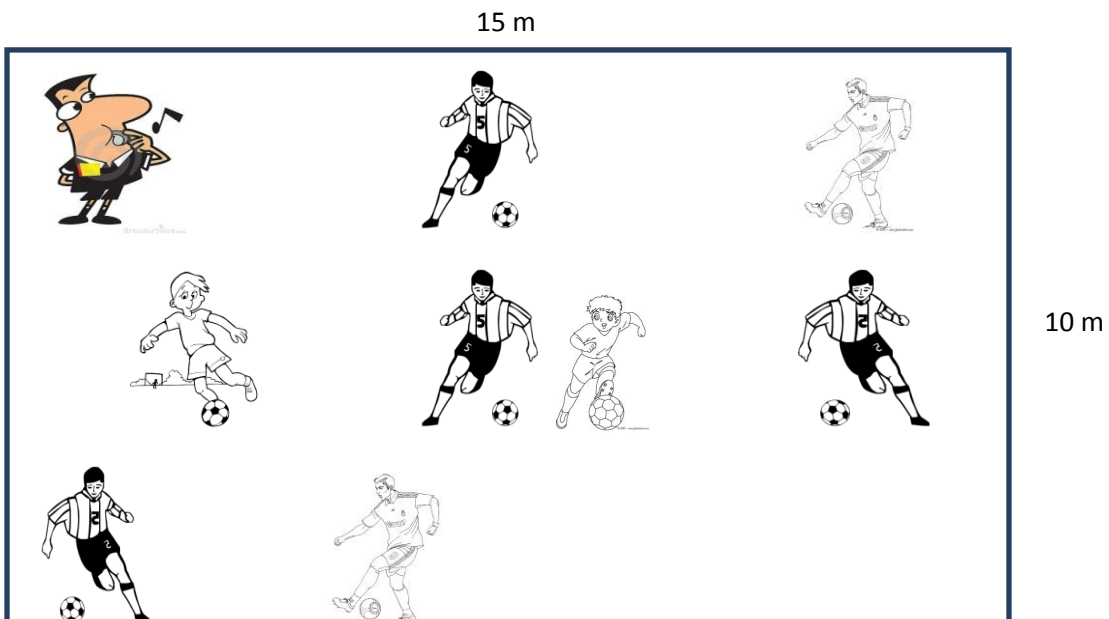


10 m

5.2 a) Système de jeu 1+3+1+2

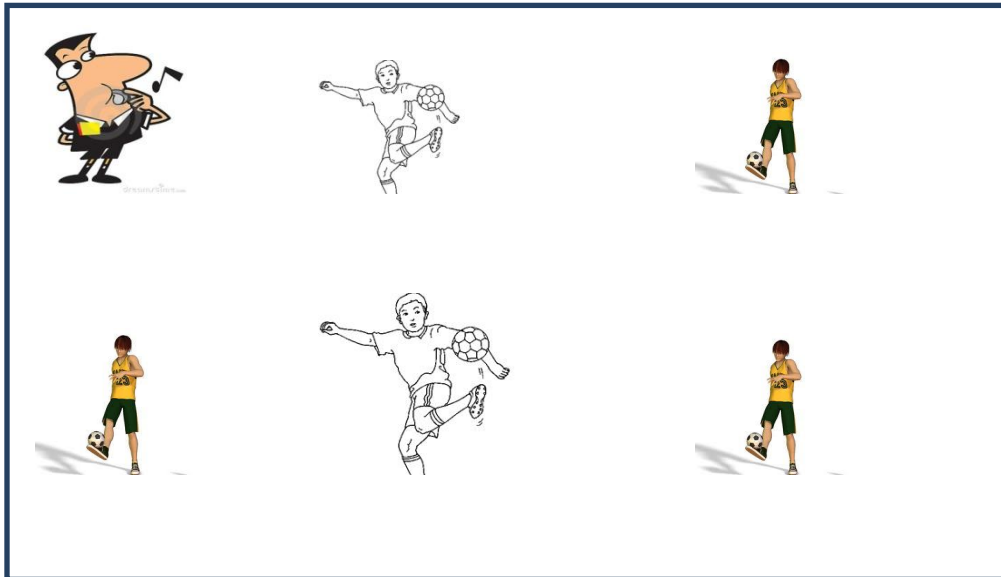


5.2b) Feintes



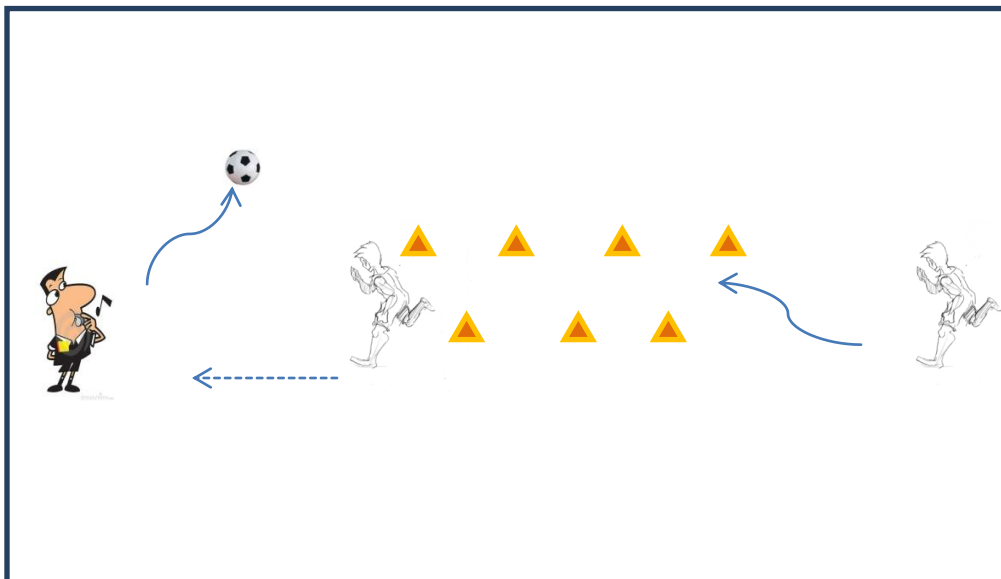
6.1 a) Jonglerie

15 m

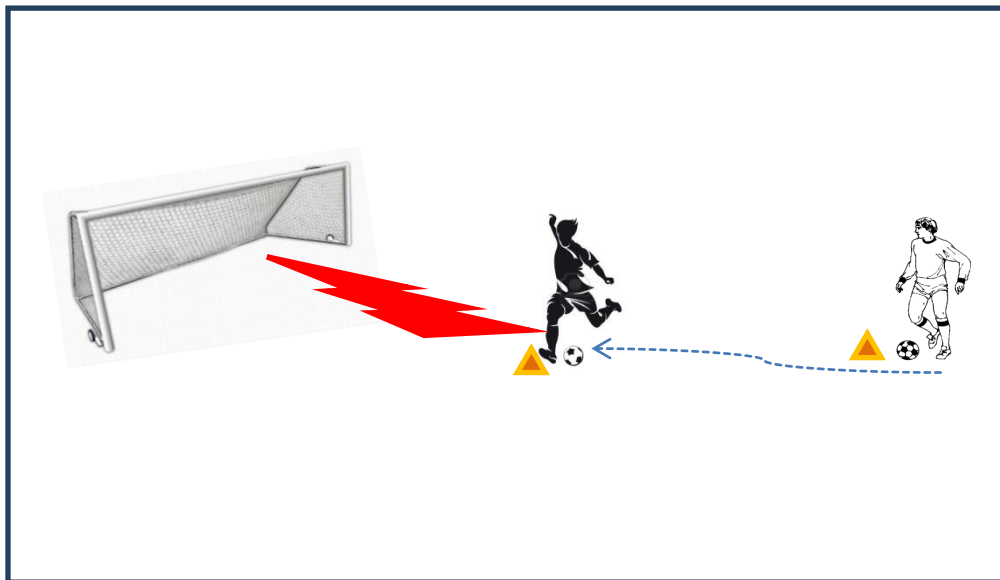


10 m

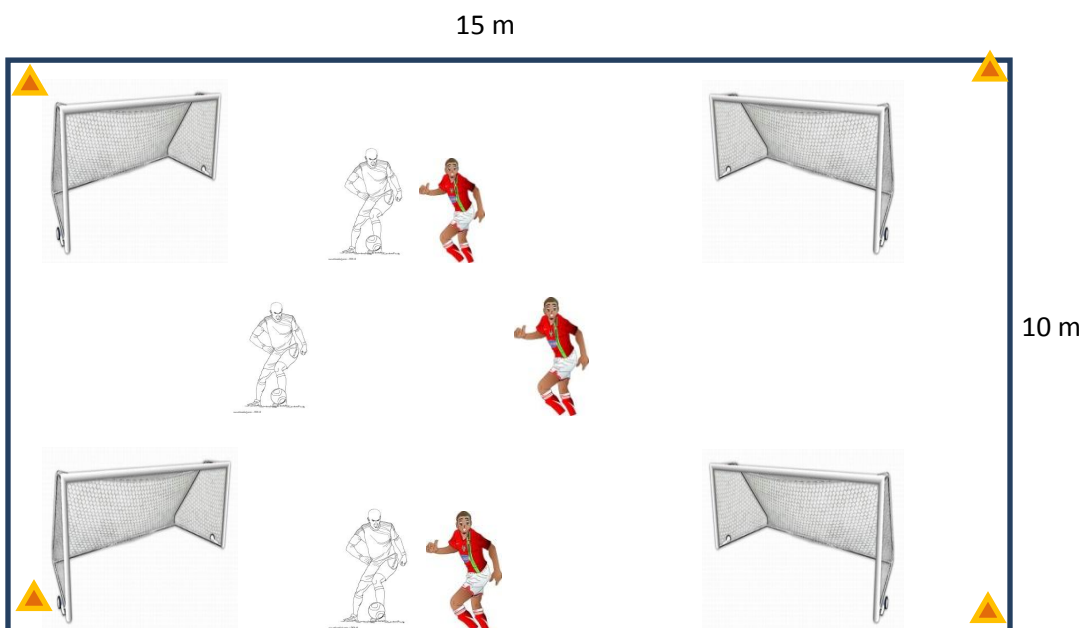
6.1 b) Coordination + Passe à la volée



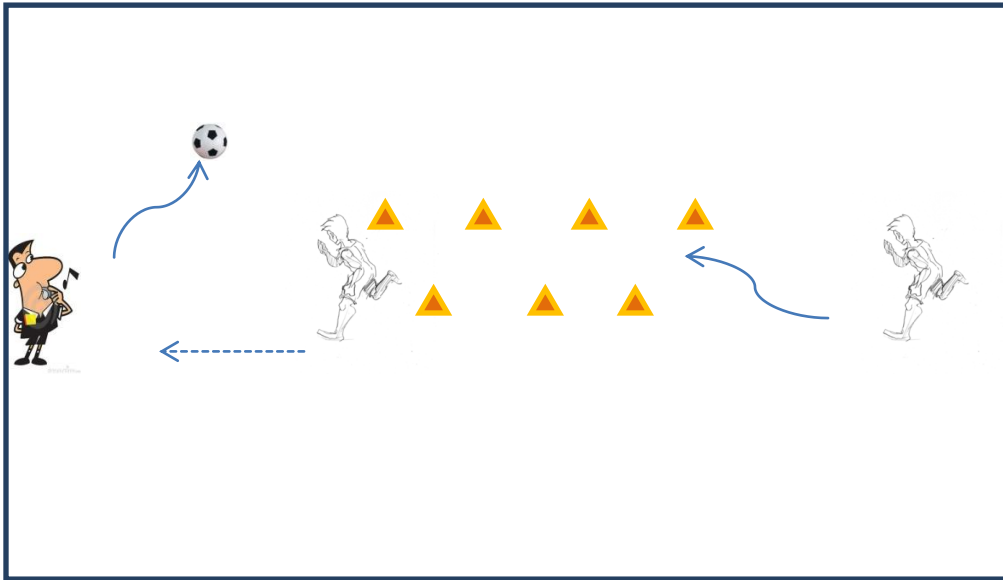
6.2 a) Dribbler, arrêter avec la semelle et tir



6.2 b) Duel 3 contre 3

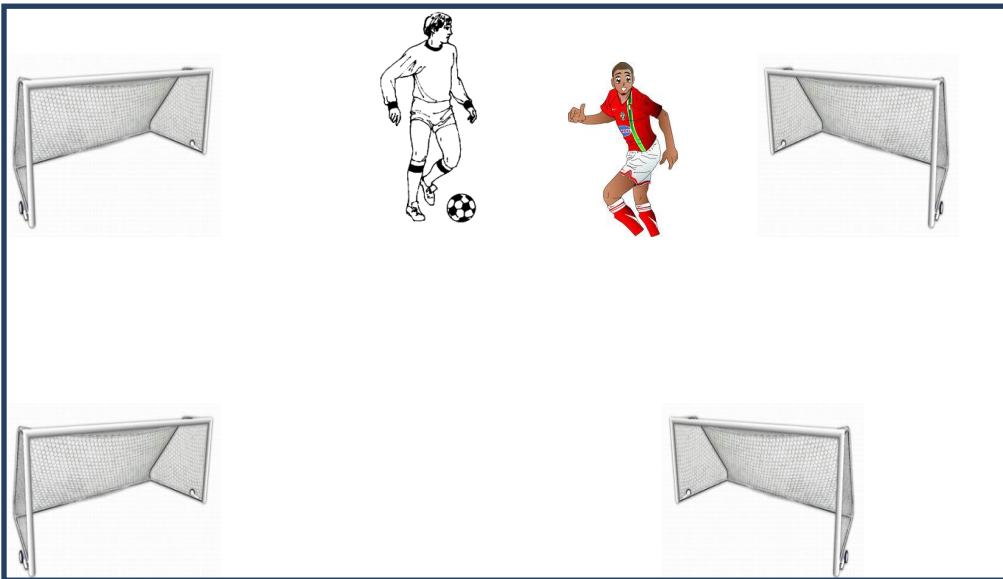


7.1 a) Coordination + tête



7.1 b) Duel 1 contre 1

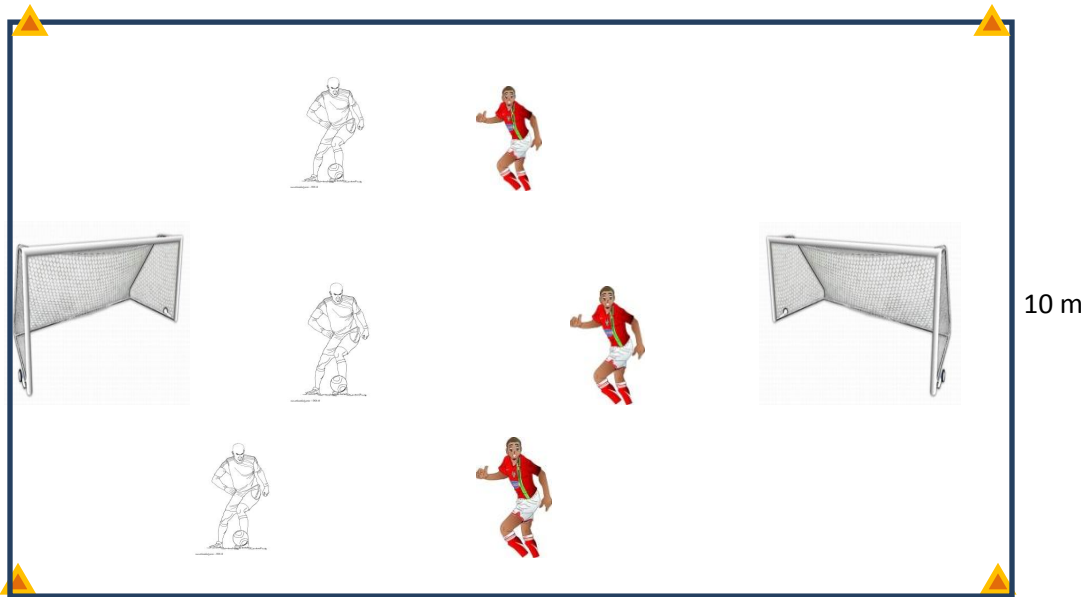
15 m



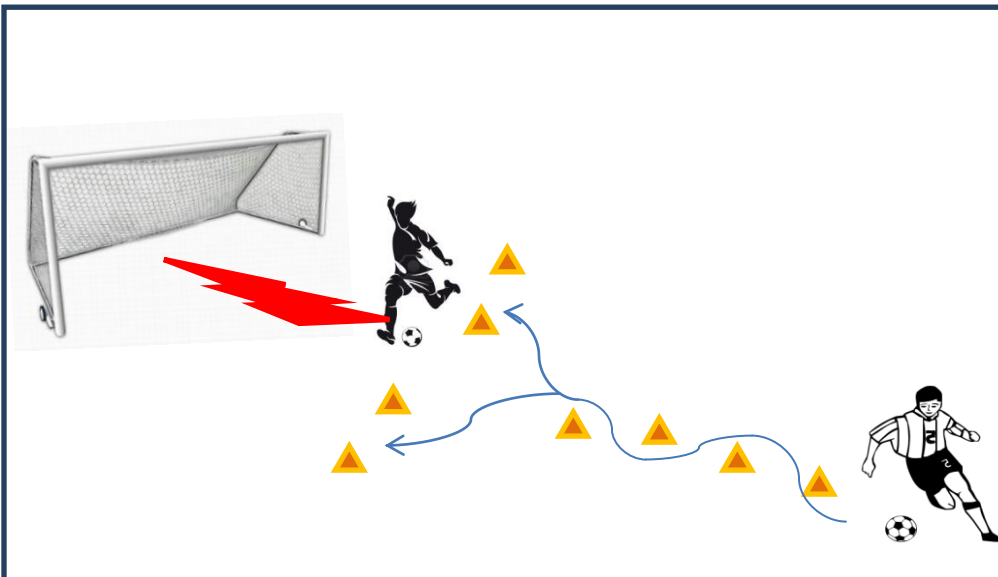
10 m

7.2 a) 3 contre 3 #1

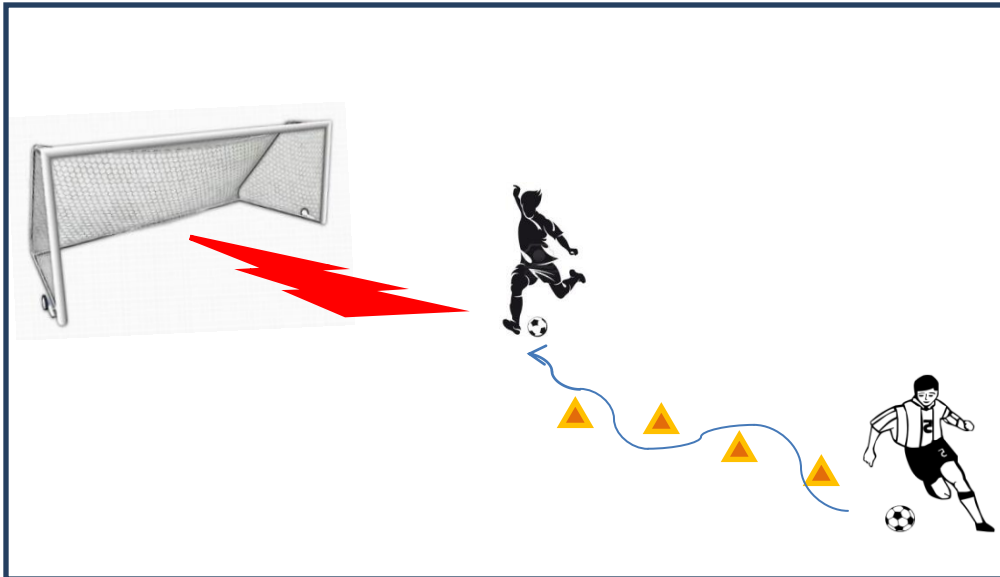
15 m



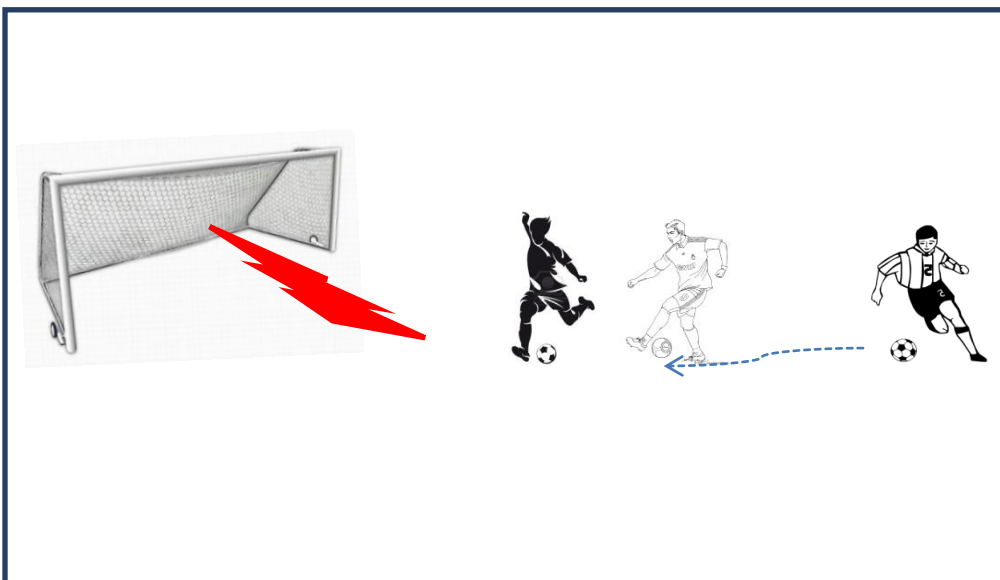
7.2 b) Tir au but avec direction



8.1 a) Dribble avec extérieur du pied + tir

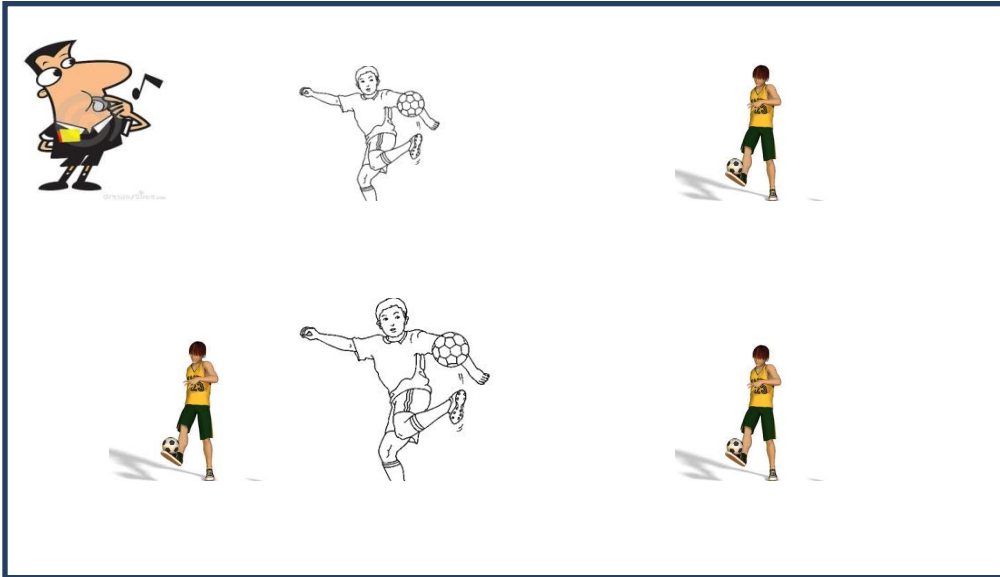


8.1 b) Tir au but avec dribble + feinte



8.2 a) Jonglerie

15 m



10 m

8.2 b) Feintes

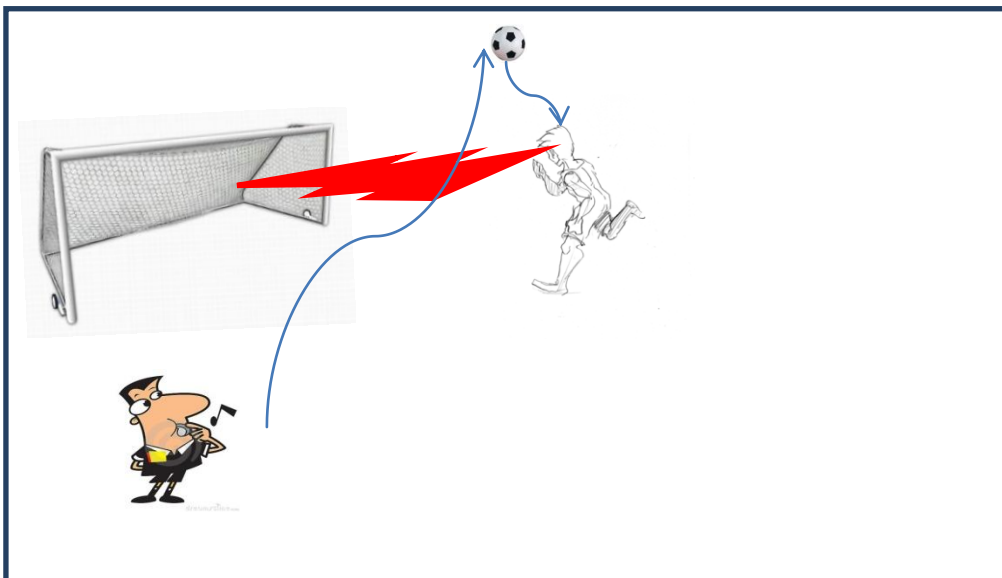
15 m



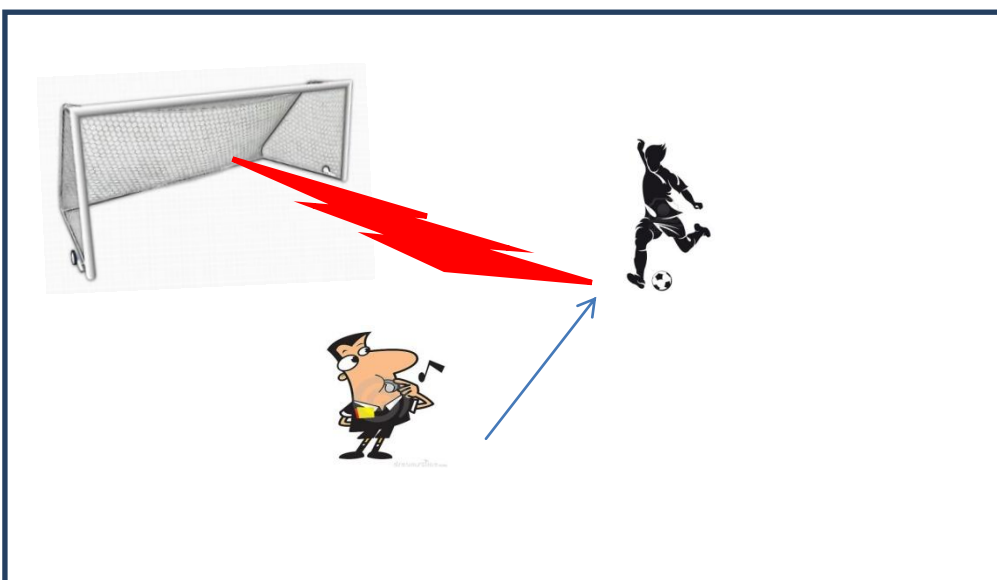
10 m



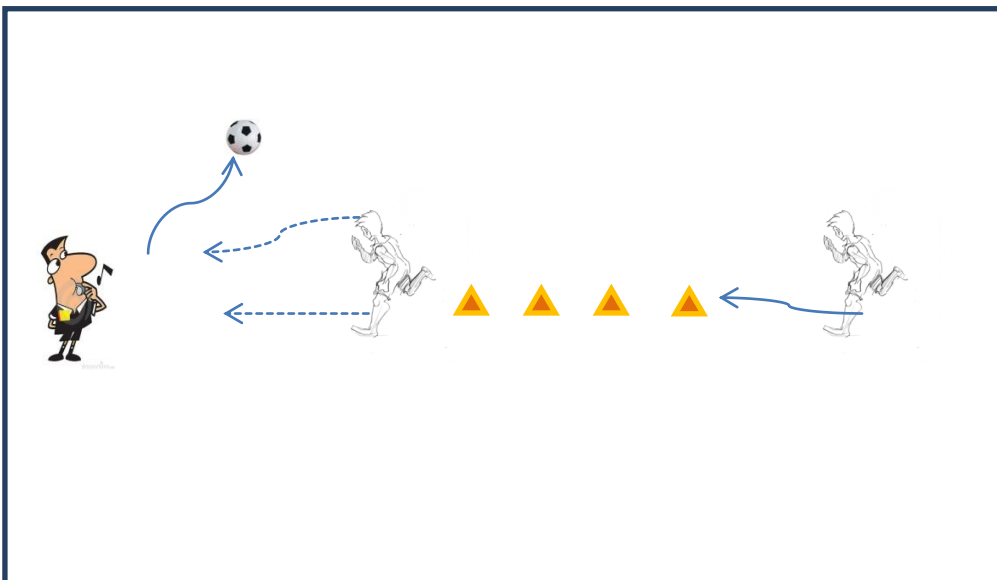
9.1 a) Passe aérienne suivi d'un tir avec la tête



9.1 b) Tir sur réception



9.2 a) Coordination suivi de volé, tête et passe au sol



9.2 b) Duel 2 contre 2 #2

15 m

