

CIRCUITS FERMES

MISE EN PLACE :

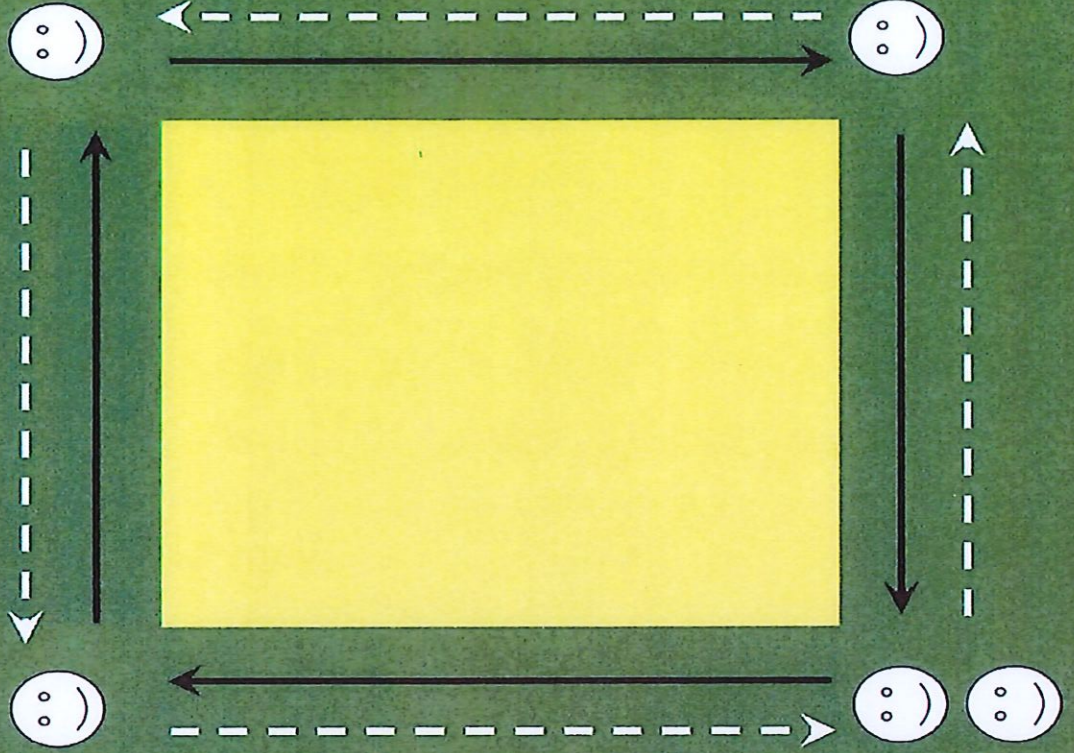
→ Réflexion sur la qualité physique travaillée indirecte :

- ✓ Endurance de vitesse
- ✓ Potentiel aérobic

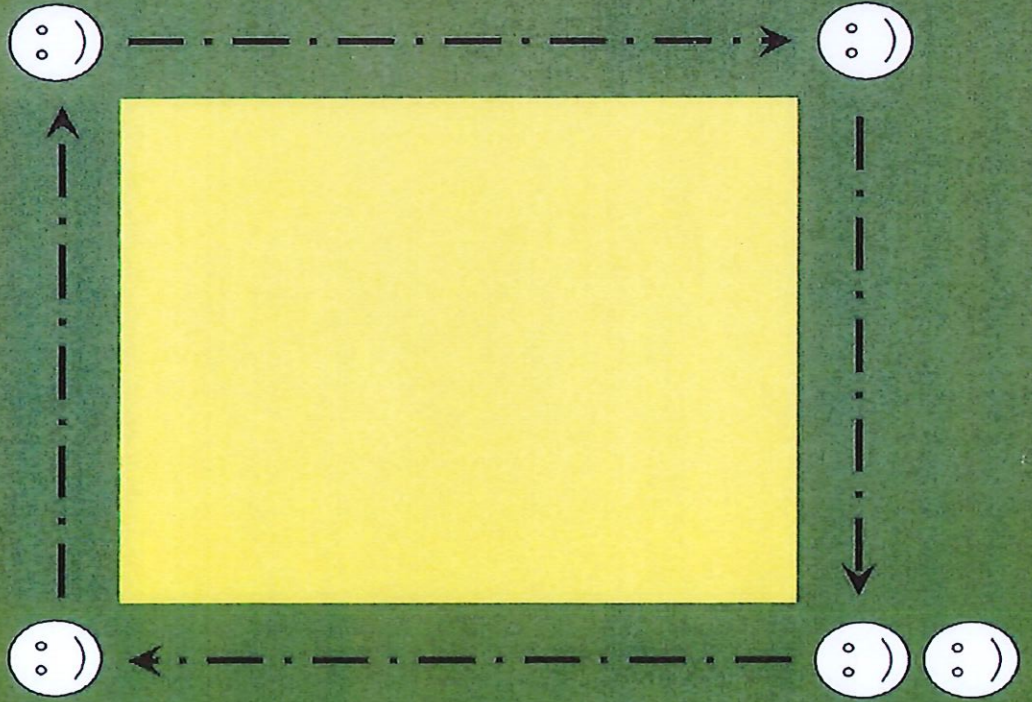
→ Critères à prendre en compte :

- ✓ Distance
- ✓ Temps de travail
- ✓ Temps fort/temps faible

PASSE-ET-VA

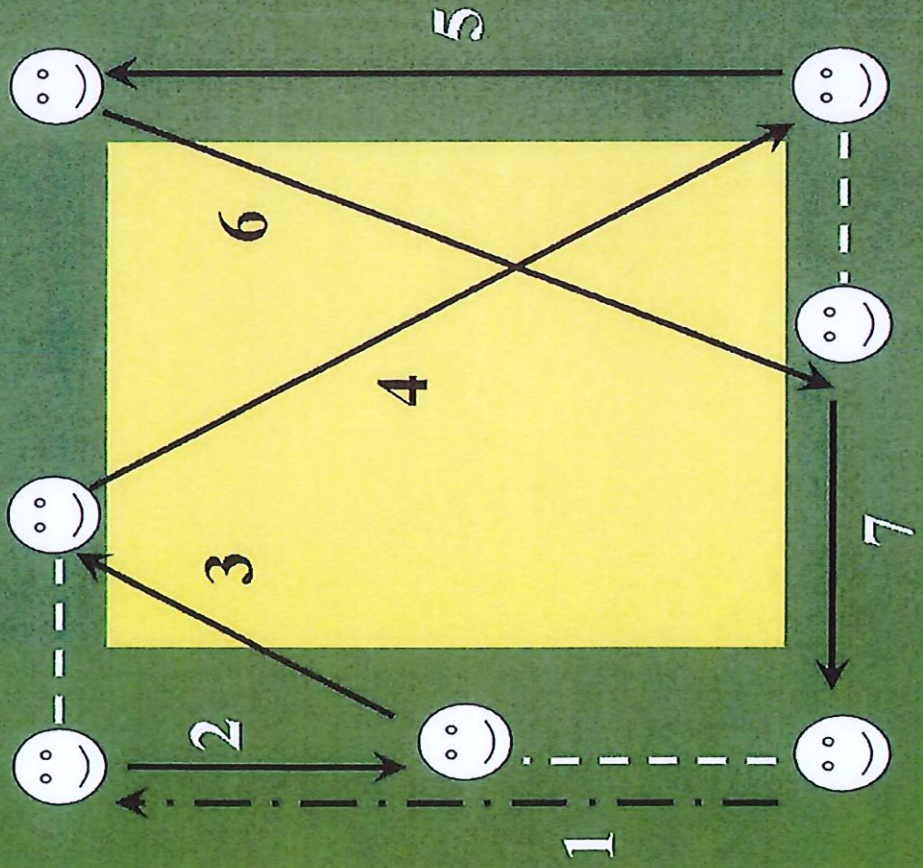


PASSE-ET-SUIT

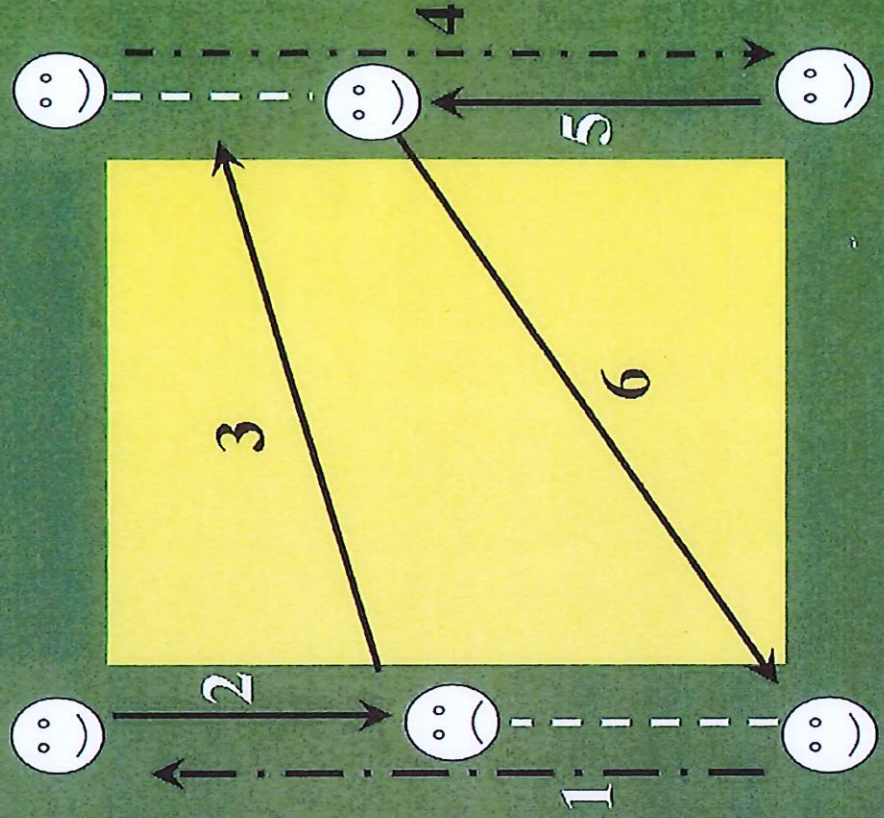


APPUI-REMISE

PROFONDEUR



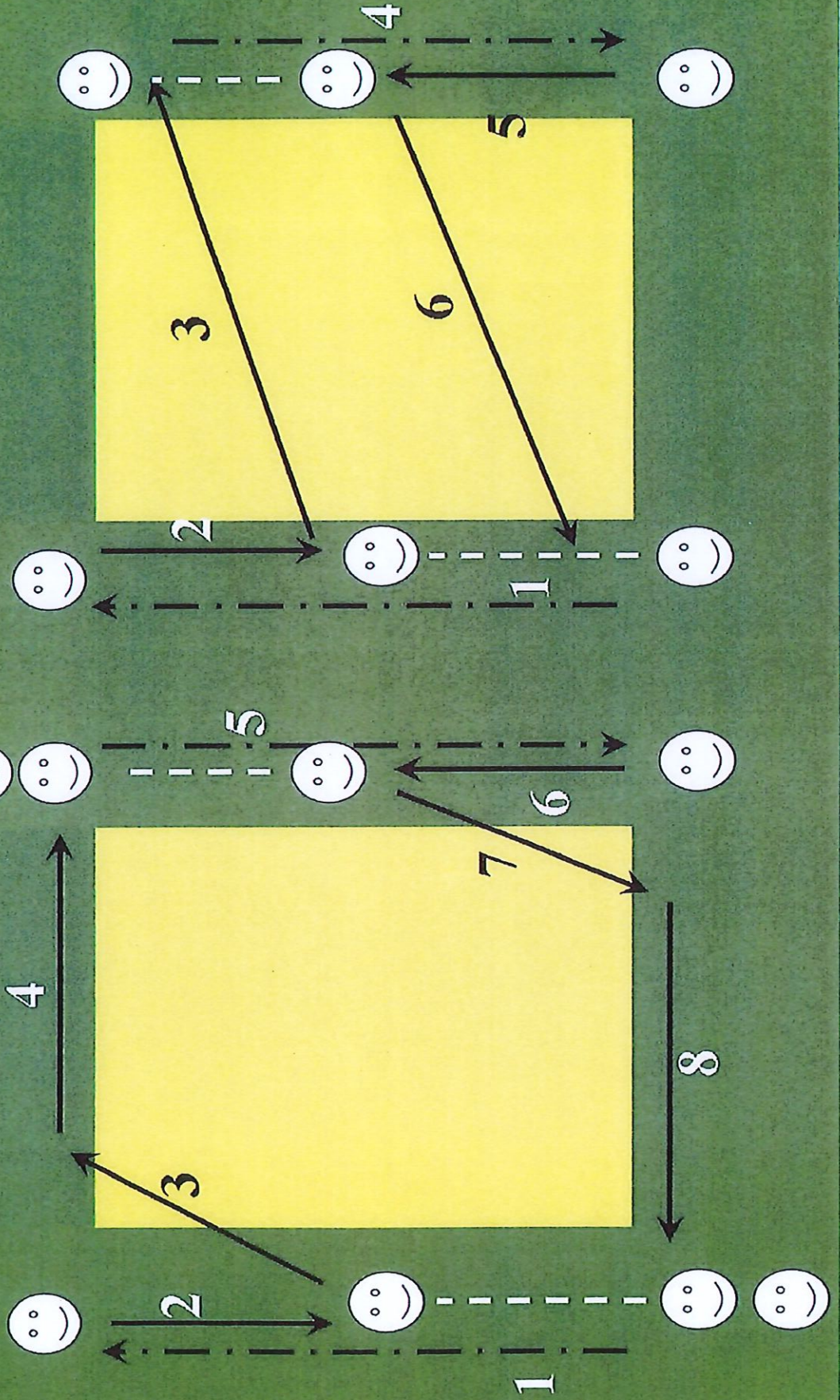
LATERALISATION



APPUI-REMISE

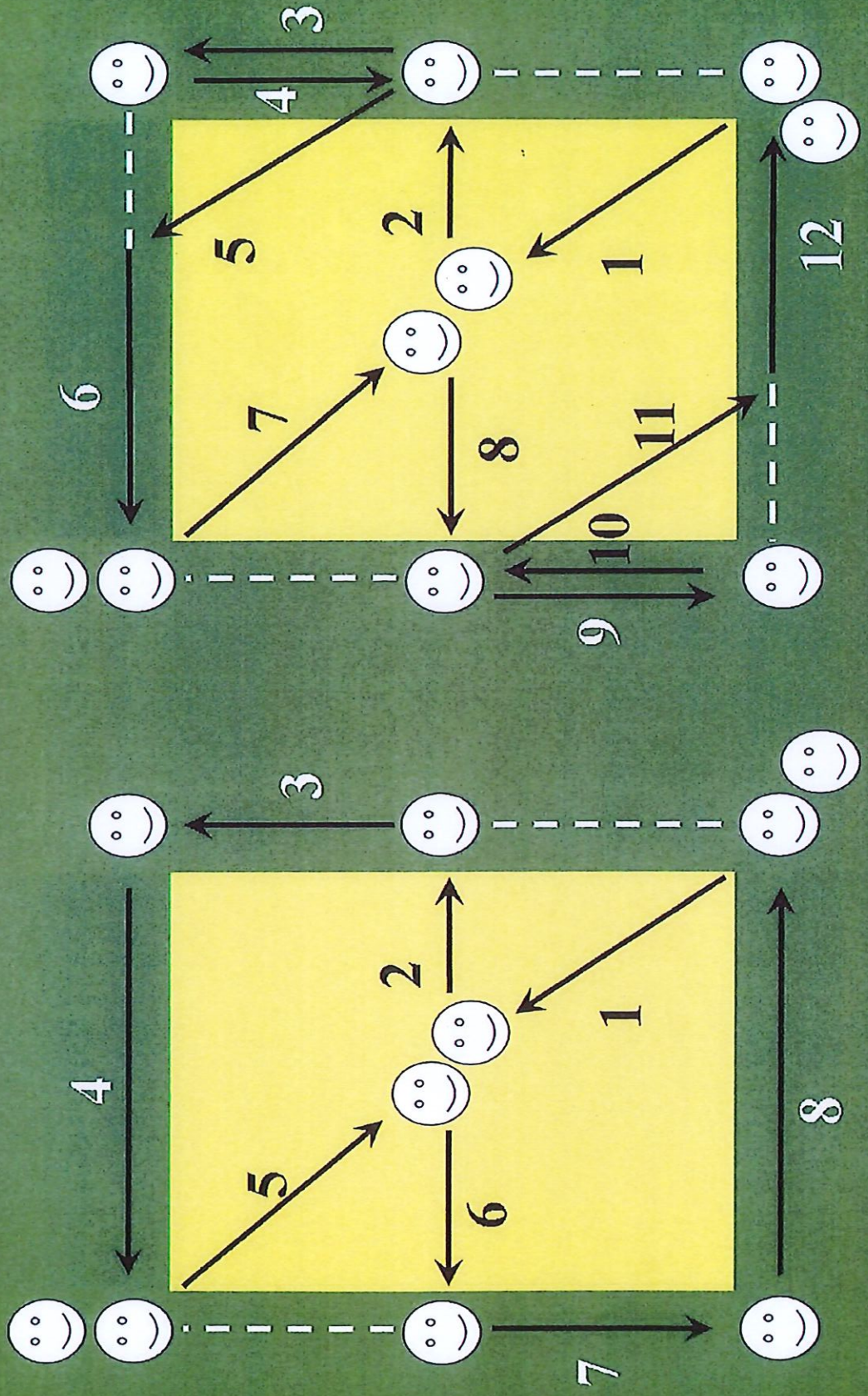
SIMPLE

A L'OPPOSE



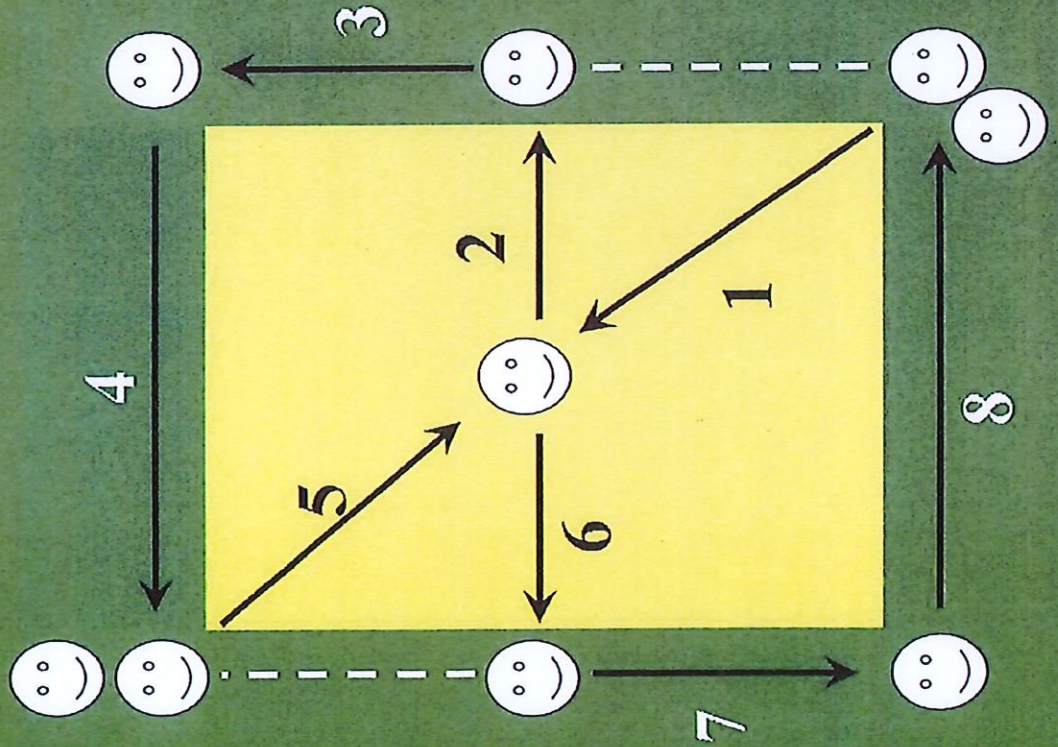
JEU EN TRIANGLE

JEU DE L'ETOILE avec 2 joueurs d'intervalles

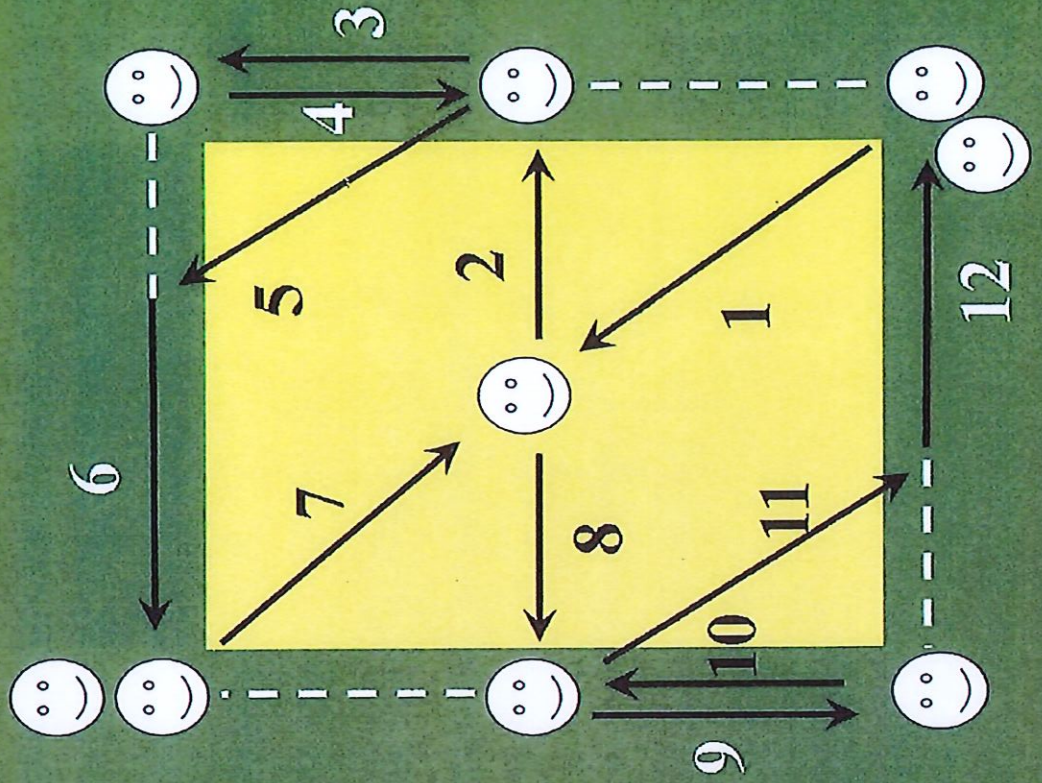


APPUI-REMISE

JEU DE L'ETOILE

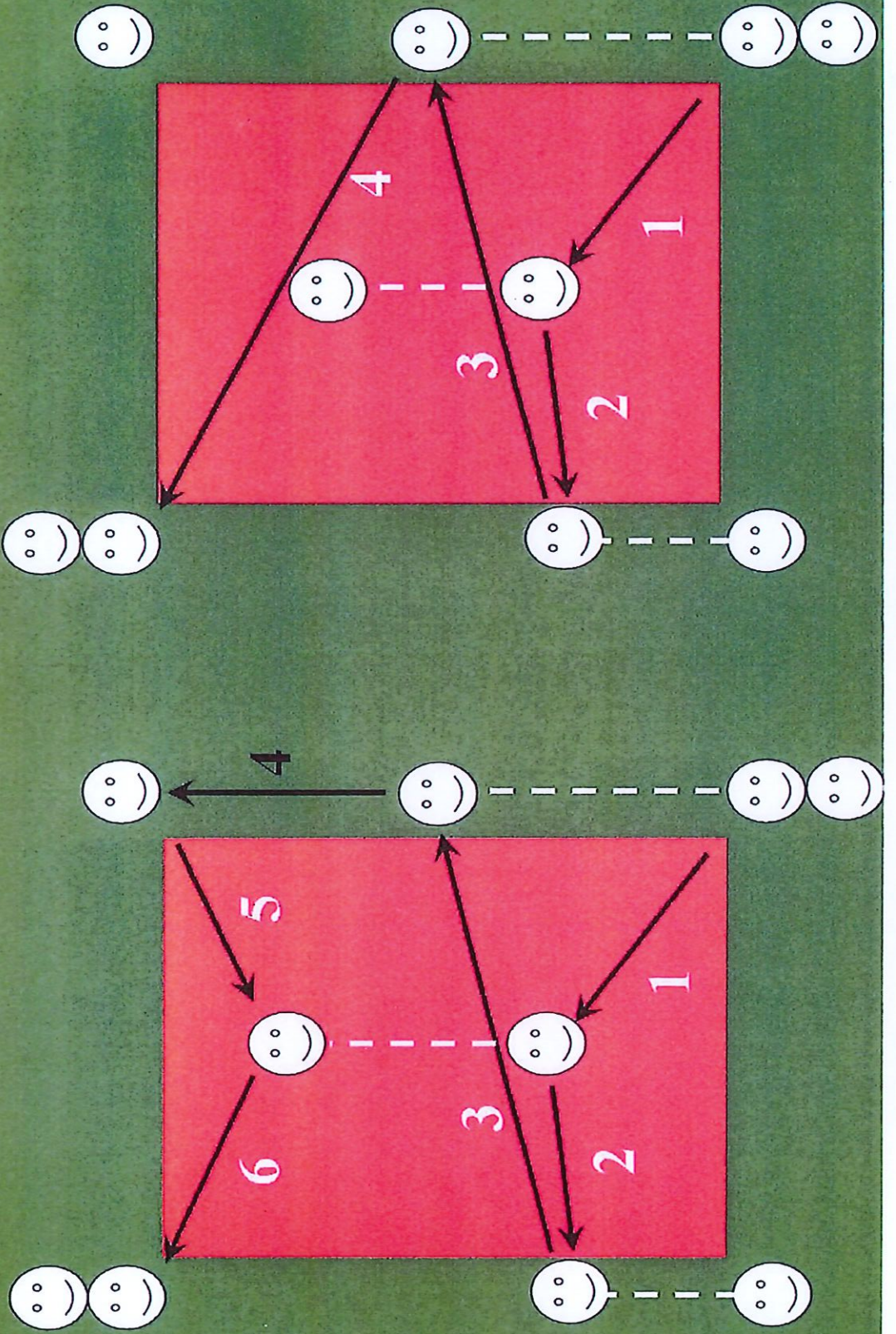


ETOILE appui-remise



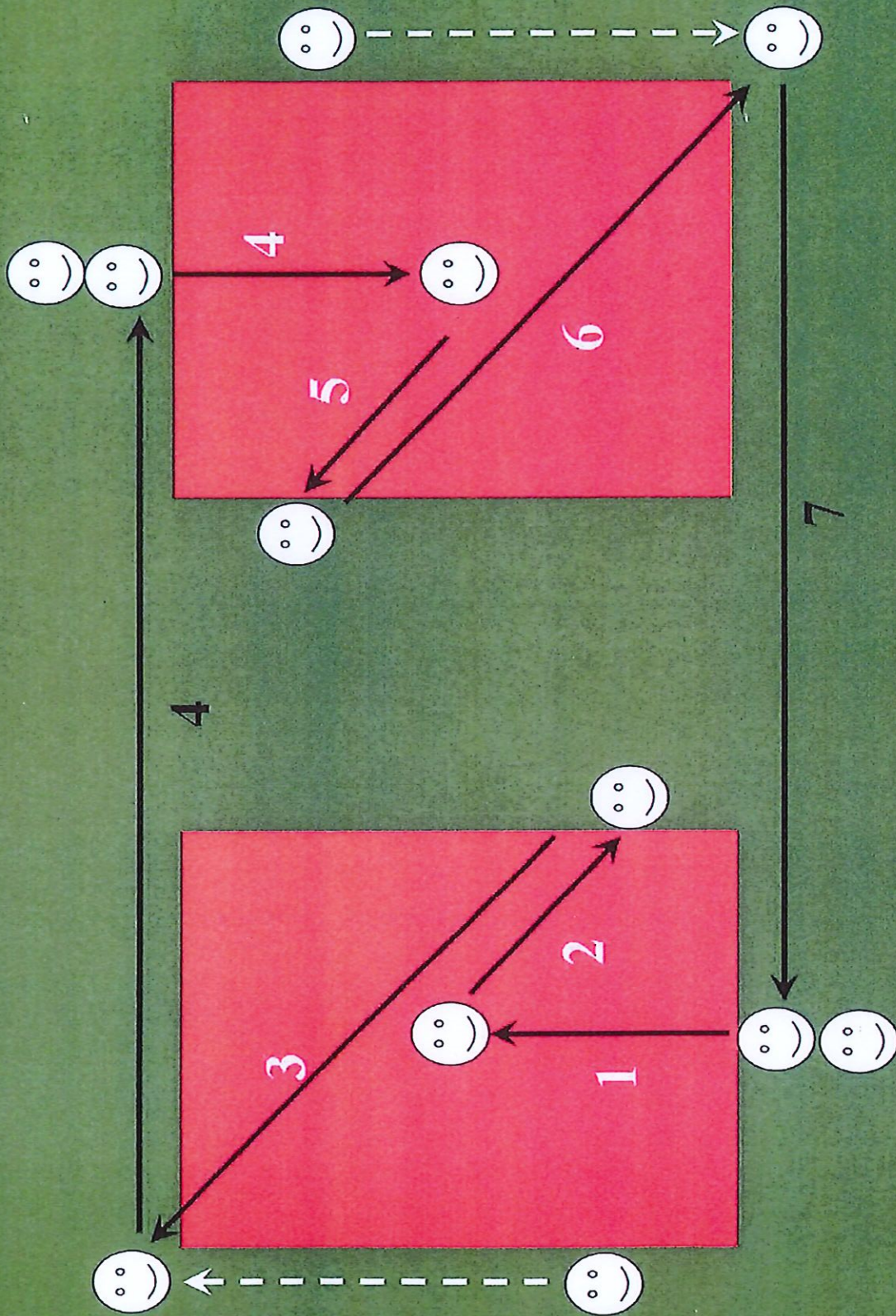
JEU LONG

JEU LONG/JEU A L'OPPOSE



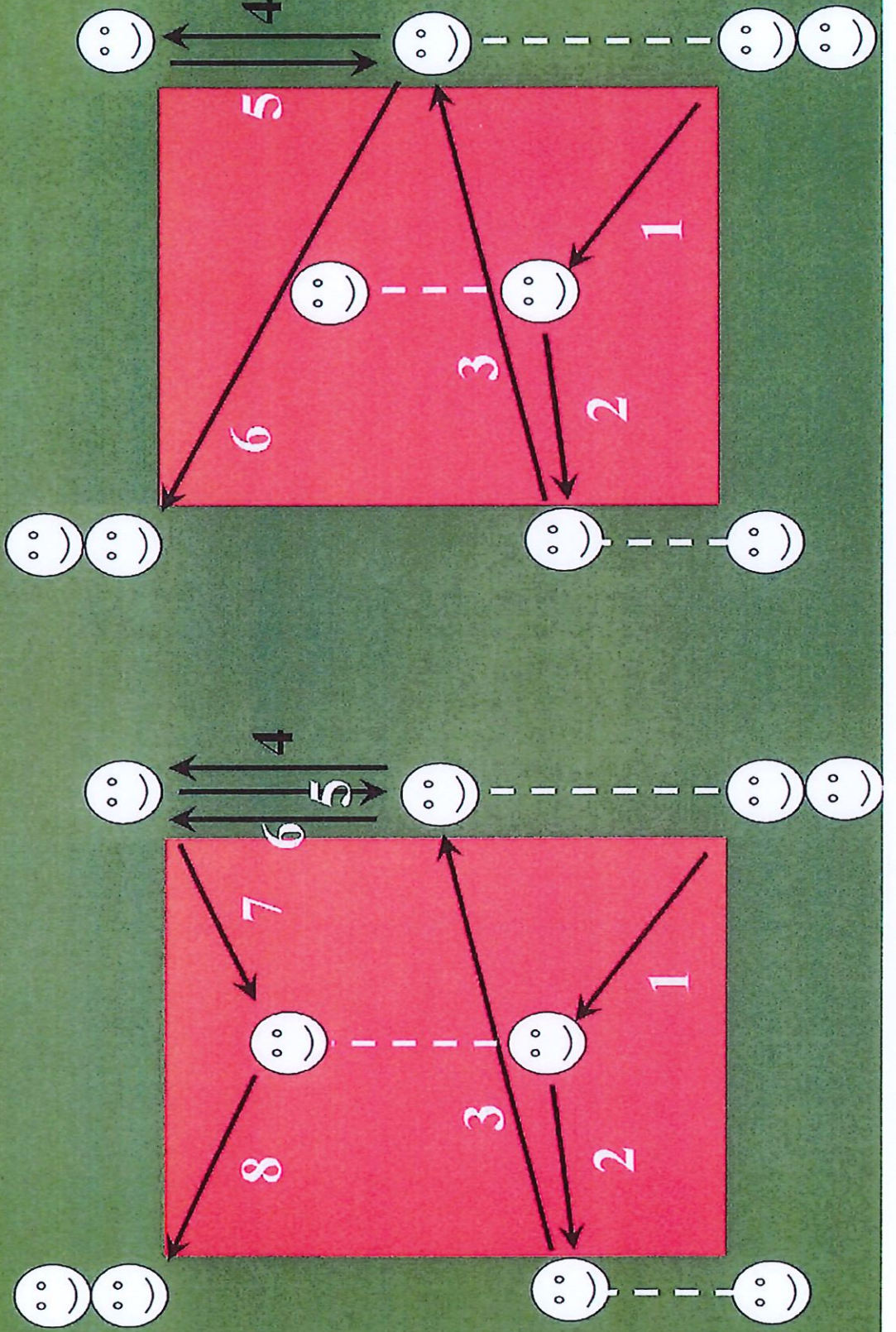
JEU EN LOSANGE

JEU SANS BALLON / APPEL DE BALLE



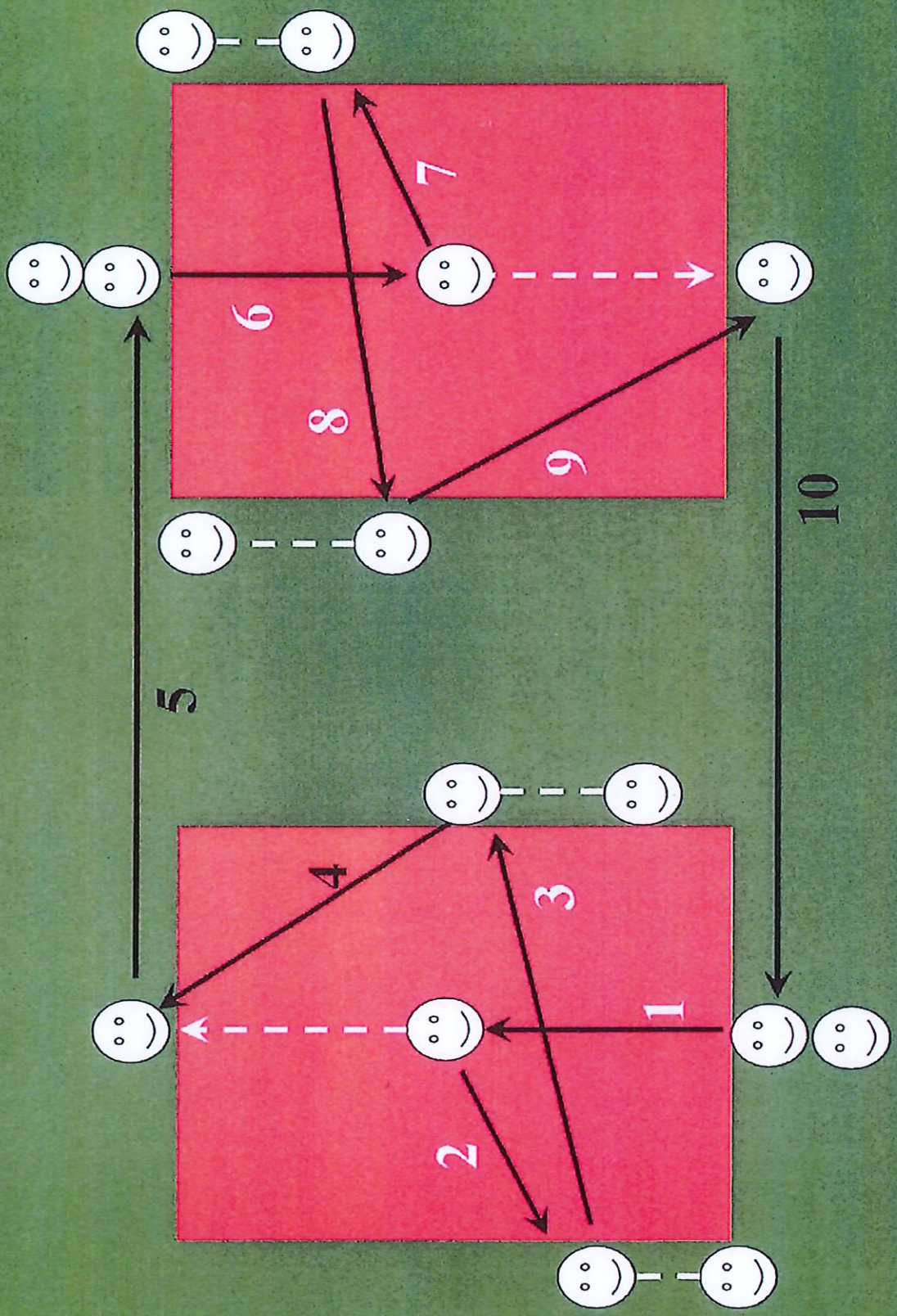
JEU LONG

JEU LONG/JEU A L'OPPOSE



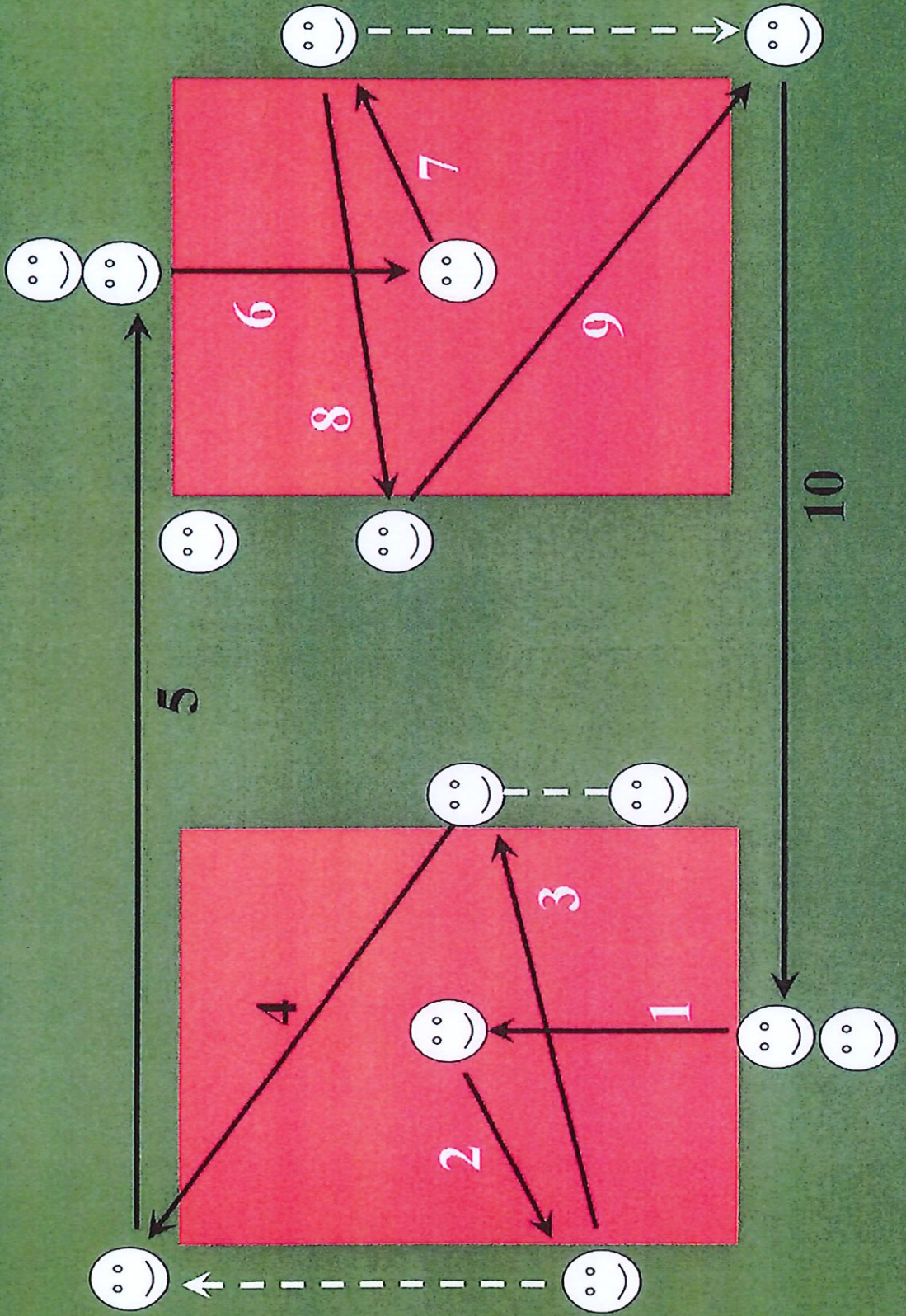
JEU EN LOSANGE

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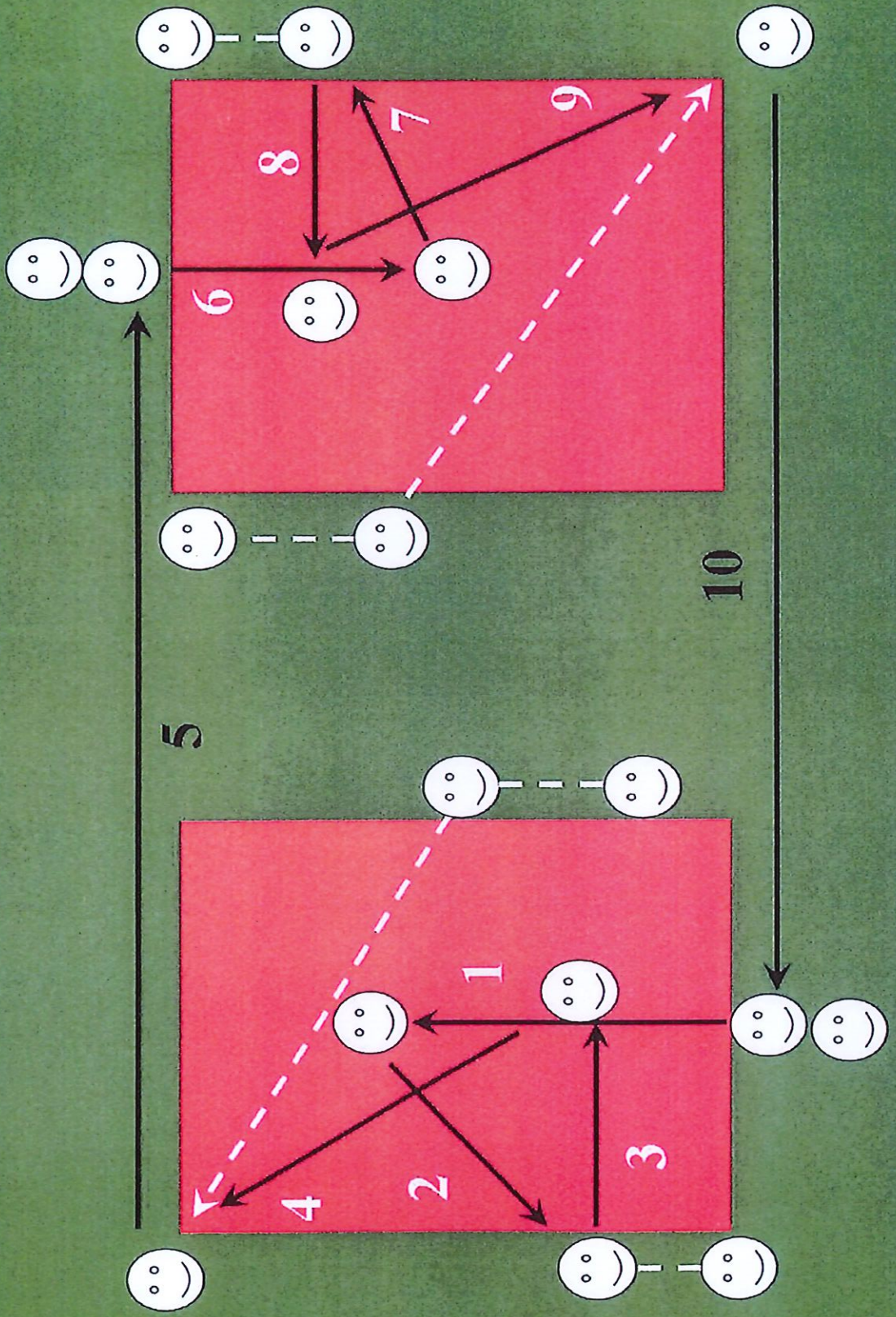
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JEU SANS BALLON / APPEL DE BALLE



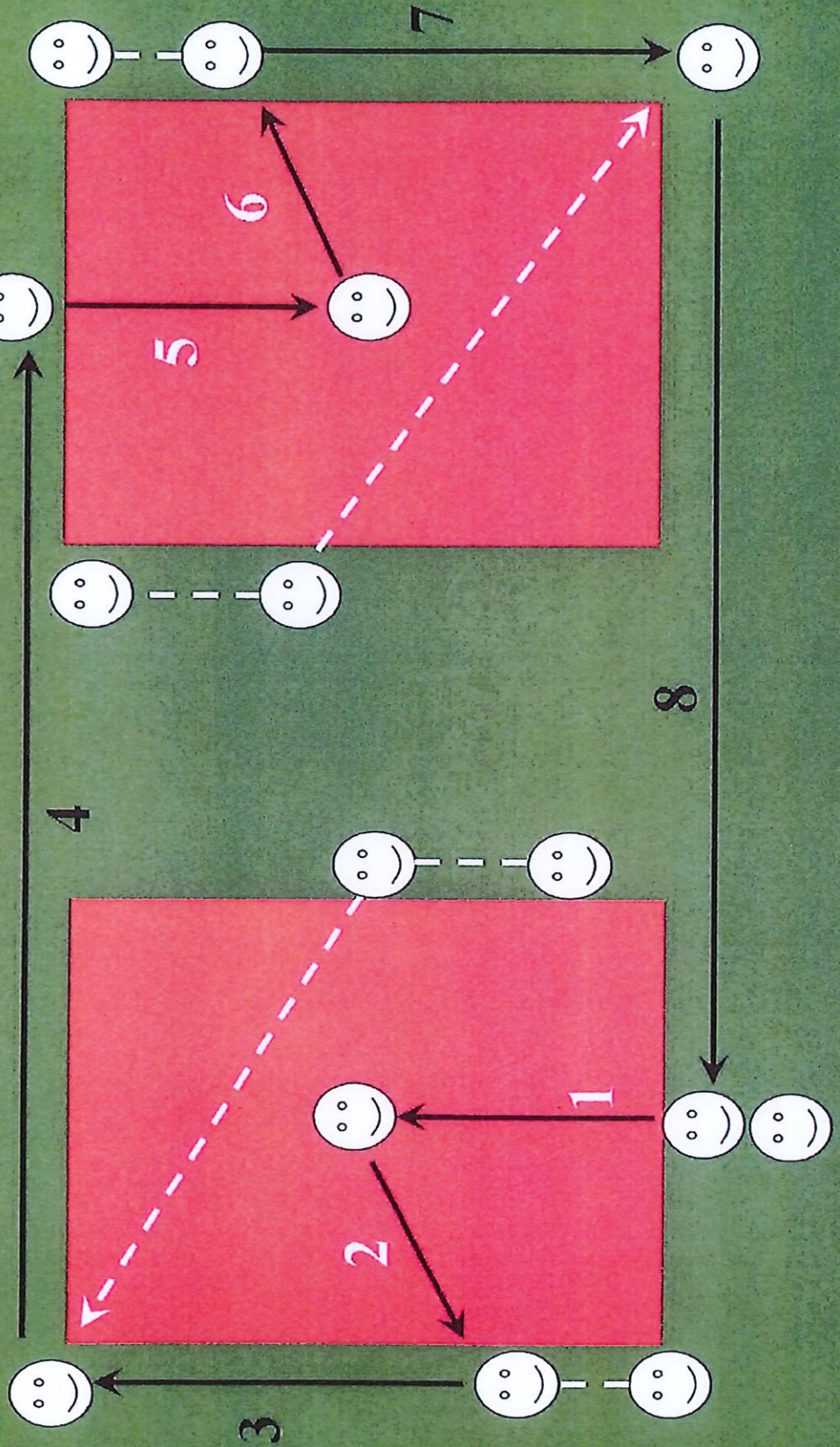
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JEU SANS BALLON / APPEL DE BALLE



JEU EN LOSANGE

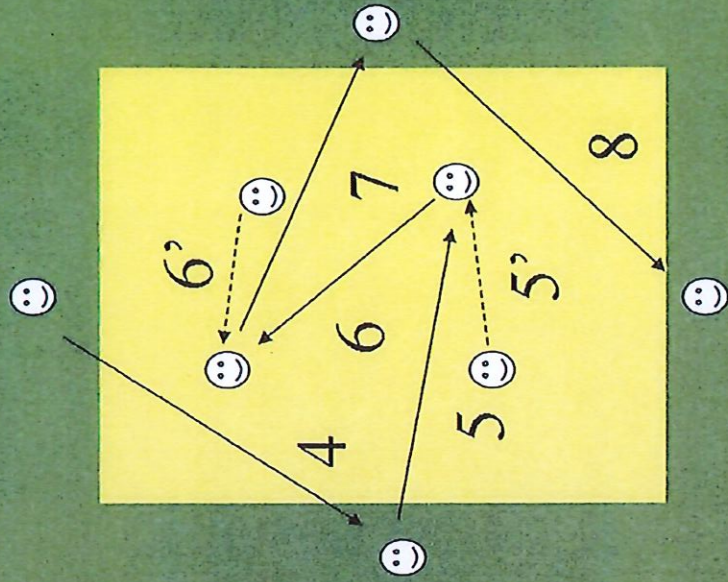
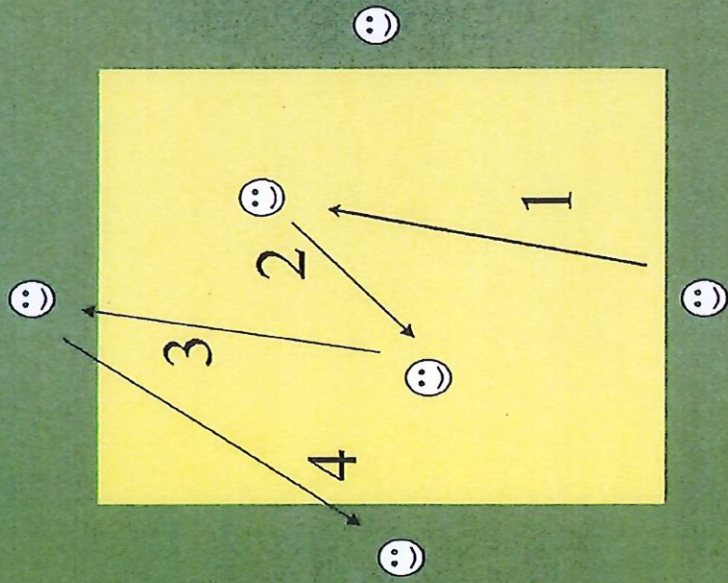
JEU SANS BALLON / APPEL DE BALLE



CIRCUIT FERME

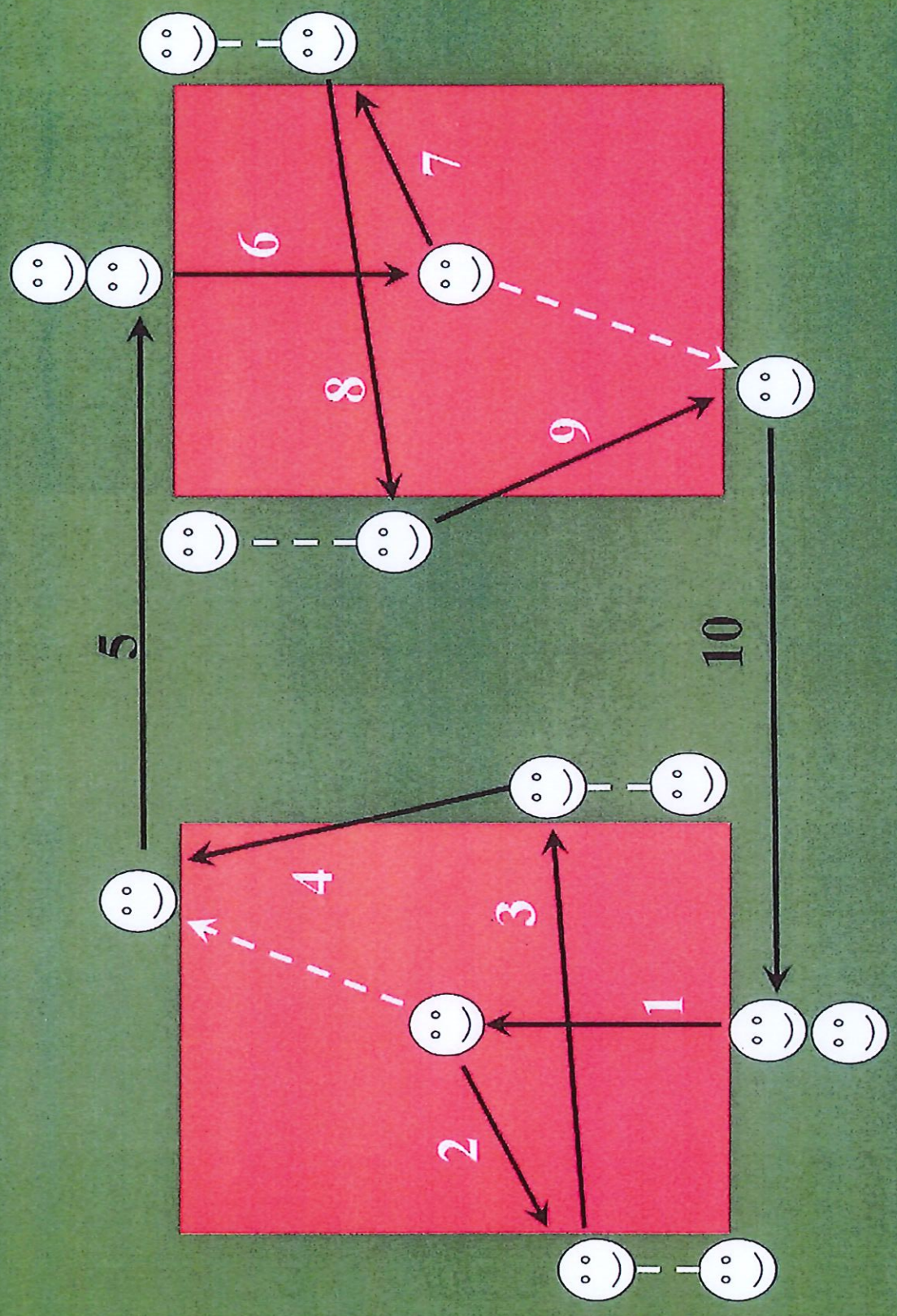
Appuis extérieurs

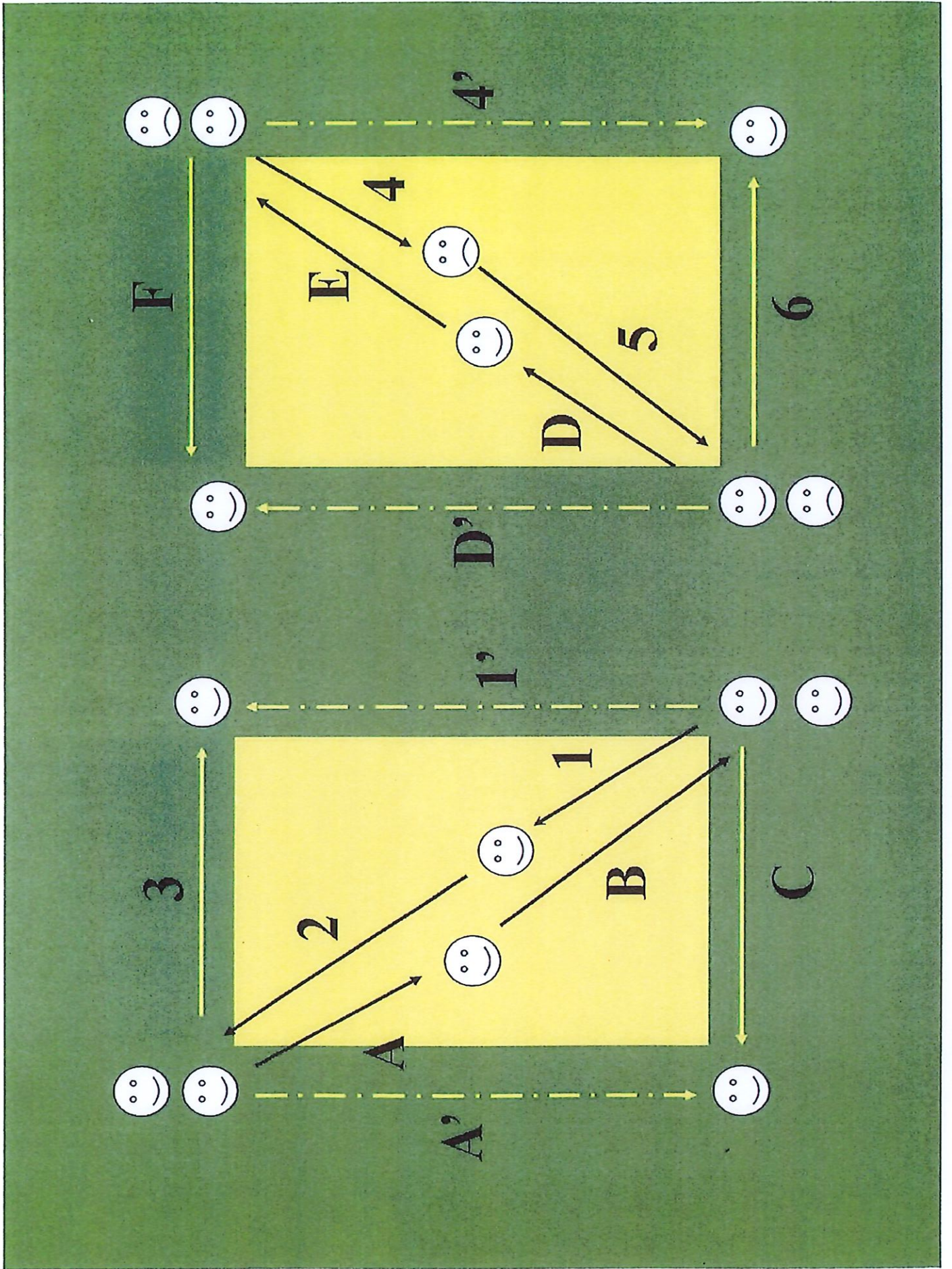
Notion d'appuis-soutient



JEU EN LOSANGE

JEU SANS BALLON / APPEL DE BALLE





CIRCUIT FERME

Appuis extérieurs rentrant à l'intérieur de l'exercice

Notion d'appuis-soutient

