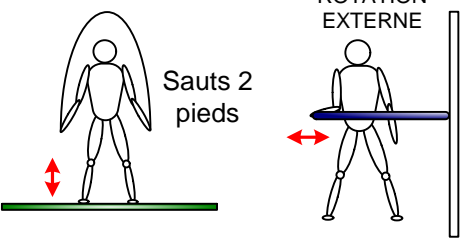
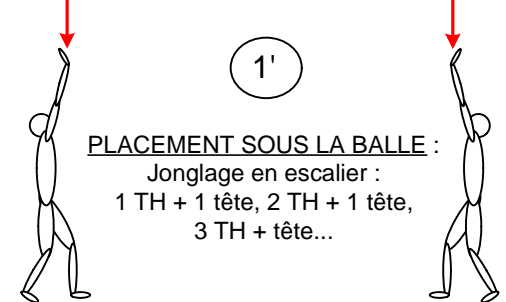
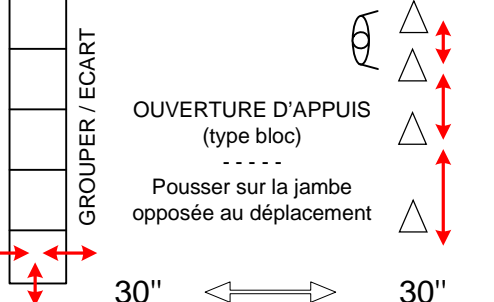
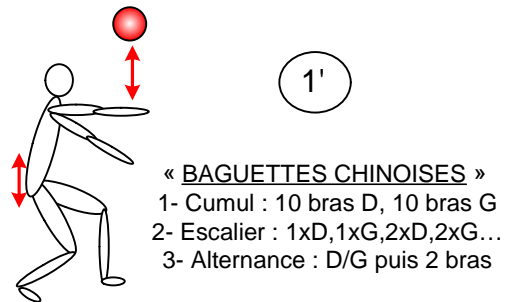
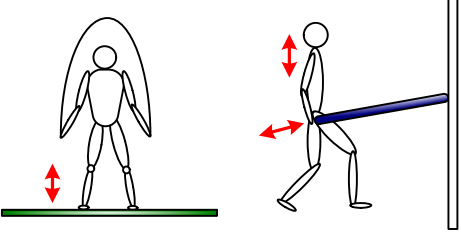
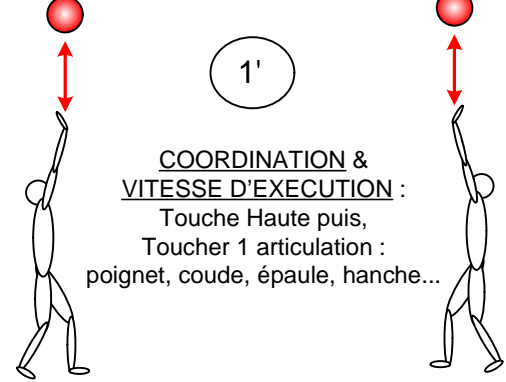
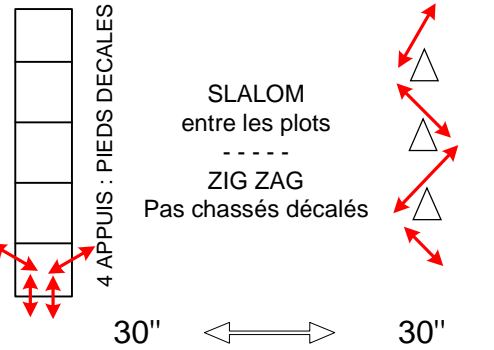
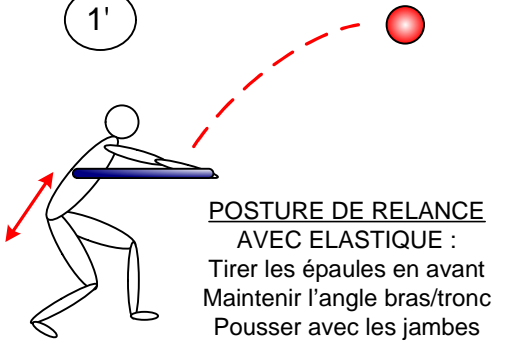
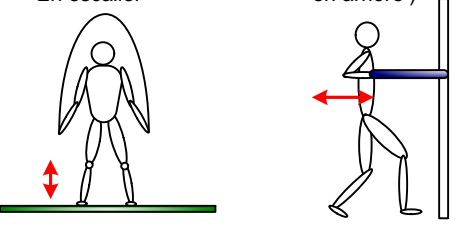
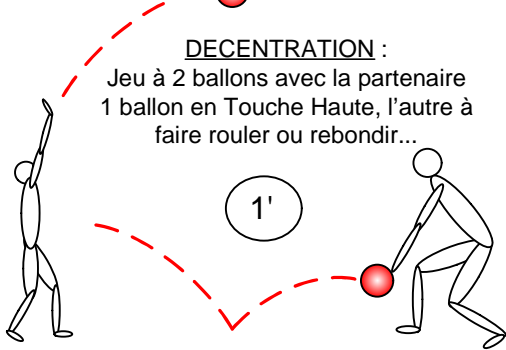
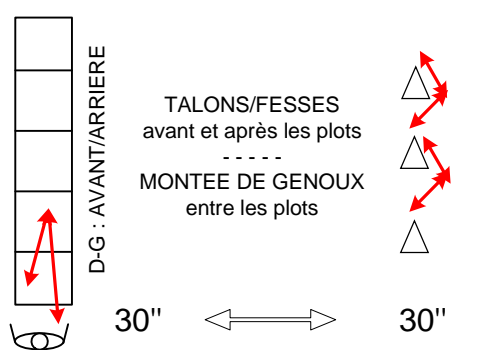
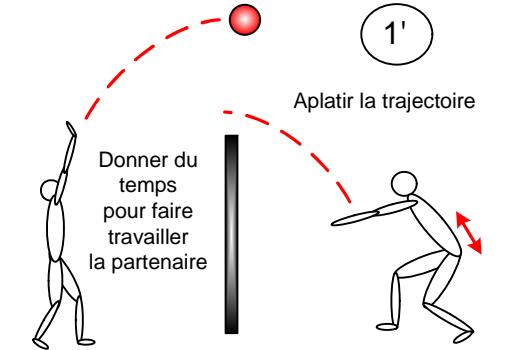
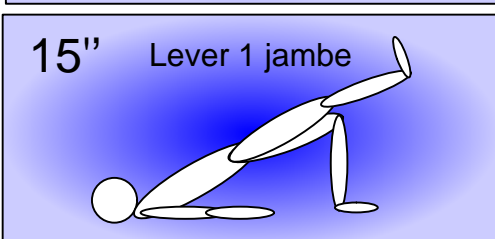
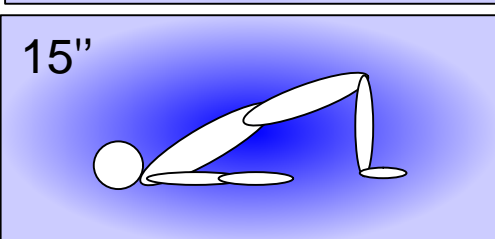
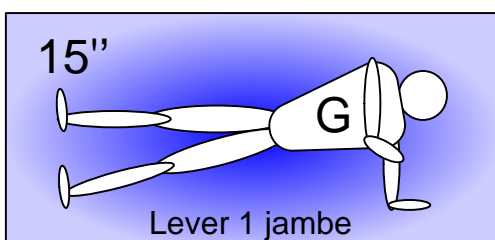
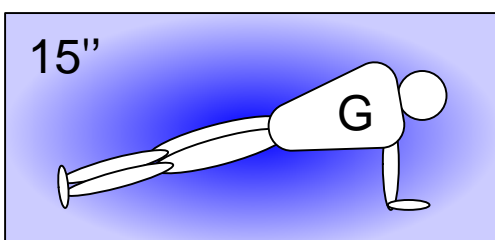
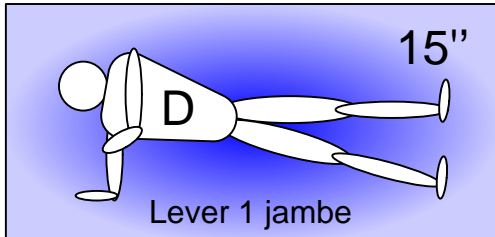
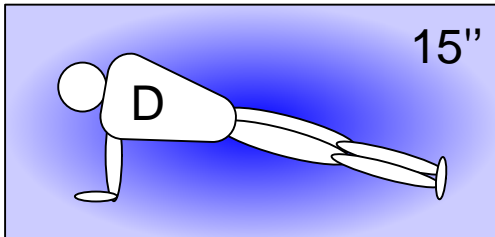
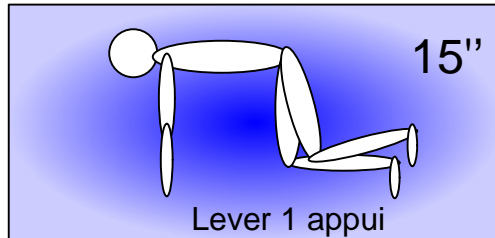
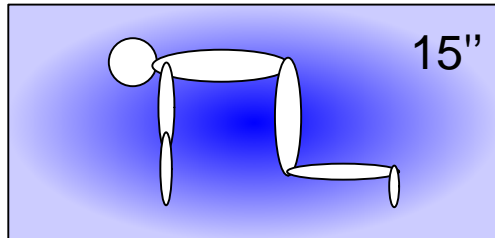
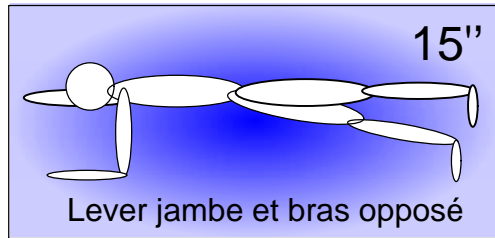
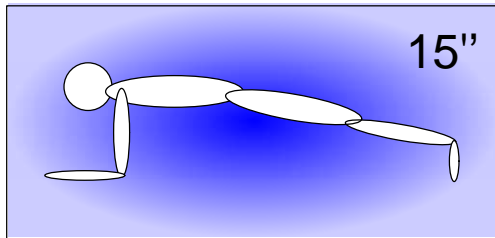


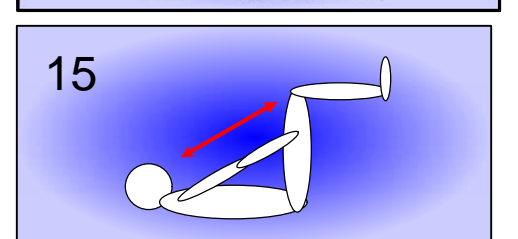
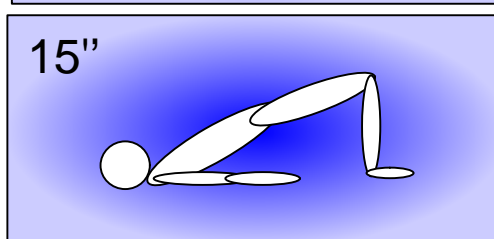
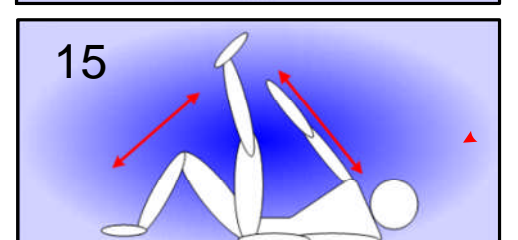
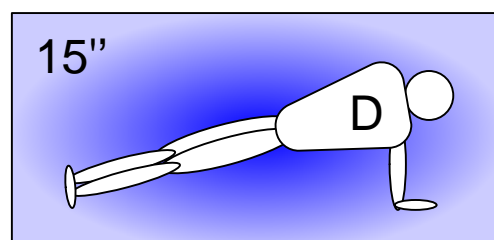
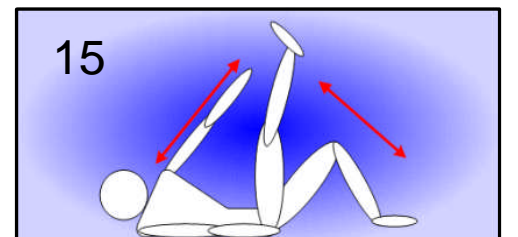
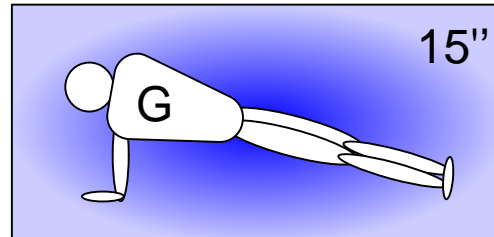
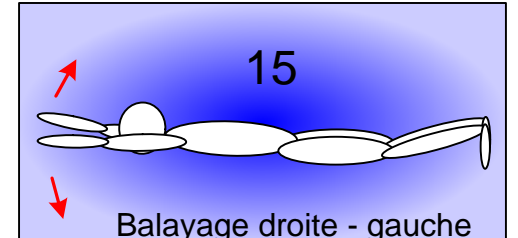
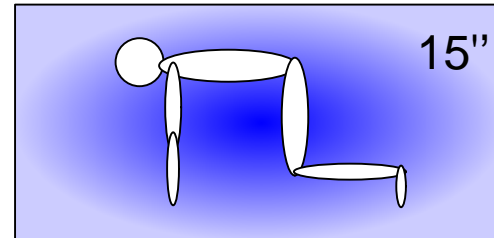
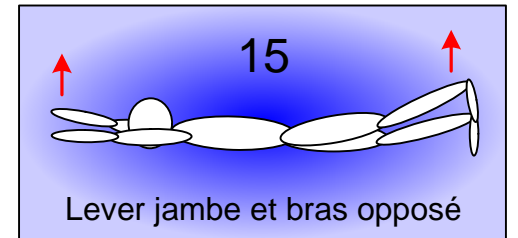
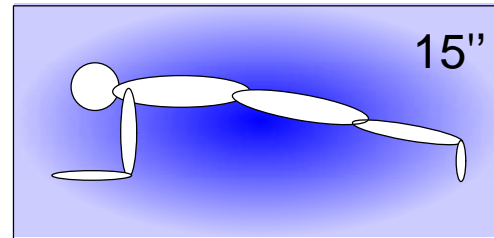
CORDE / ELASTIQUE	MANIPULATIONS TOUCHE HAUTE	ATHLETISATION	MANIPULATIONS MANCHETTE
<p>ROTATION EXTERNE</p>  <p>Sauts 2 pieds</p> <p>30" ← 30"</p>	<p>1'</p> <p>PLACEMENT SOUS LA BALLE : Jonglage en escalier : 1 TH + 1 tête, 2 TH + 1 tête, 3 TH + tête...</p> 	<p>ATHLETISATION</p> <p>GROUPER / ECART</p>  <p>OUVERTURE D'APPUIS (type bloc) ----- Pousser sur la jambe opposée au déplacement</p> <p>30" ← 30"</p>	<p>1'</p> <p>« BAGUETTES CHINOISES »</p> <p>1- Cumul : 10 bras D, 10 bras G 2- Escalier : 1xD, 1xG, 2xD, 2xG... 3- Alternance : D/G puis 2 bras</p> 
<p>2 pieds - pied G 2 pieds + pied D = En alternance</p> <p>ABAISEUR (Garder l'épaule basse)</p>  <p>30" ← 30"</p>	<p>1'</p> <p>COORDINATION & VITESSE D'EXECUTION : Touche Haute puis, Toucher 1 articulation : poignet, coude, épaule, hanche...</p> 	<p>4 APPUIS : PIEDS DECALES</p> <p>SLALOM entre les plots ----- ZIG ZAG Pas chassés décalés</p>  <p>30" ← 30"</p>	<p>1'</p> <p>POSTURE DE RELANCE AVEC ELASTIQUE : Tirer les épaules en avant Maintenir l'angle bras/tronc Pousser avec les jambes</p> 
<p>1x pied D, 1x pied G, 2x pied D, 2x pied G... = En escalier</p> <p>SUS EPINEUX (Tirer les coudes en arrière)</p>  <p>30" ← 30"</p>	<p>1'</p> <p>DECENTRATION : Jeu à 2 ballons avec la partenaire 1 ballon en Touche Haute, l'autre à faire rouler ou rebondir...</p> 	<p>D-G : AVANT/ARRIERE</p> <p>TALONS/FESSES avant et après les plots ----- MONTEE DE GENOUX entre les plots</p>  <p>30" ← 30"</p>	<p>1'</p> <p>Aplatir la trajectoire</p> <p>Donner du temps pour faire travailler la partenaire</p> 
<p>3'</p>	<p>1'</p>	<p>3'</p>	<p>1'</p>

GAINAGE STATIQUE



& DYNAMIQUE

GAINAGE STATIQUE



& RENFORCEMENT