

**Séance de formation aux pratiquants****U13****N°1** - 2022/2023

Thème : Prise de contact – Apprendre à s'entraîner

à EYBENS Mardi 25 Octobre 2022

Encadrement Technique : FERRE Jean-Michel &amp; Ronan RECIO

Aides pour l'encadrement technique :

**MATIN****A. LES ECHAUFFEMENTS**

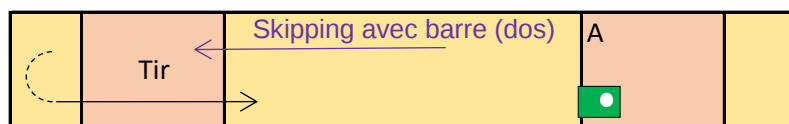
20 mn - 30mn

- Course lente 4 mn
- Echauffement Russe 12 (10s - 20s) ... Alternance de pompes / rotation / Equilibre et course
- Course "avant-arrière" avec balle 6 (30s - 30s)
- Relais à 4 en Point et Tir navette 5 mn ... on lance, on court, on passe le relais, etc...

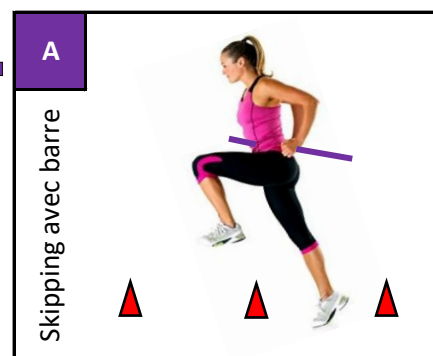
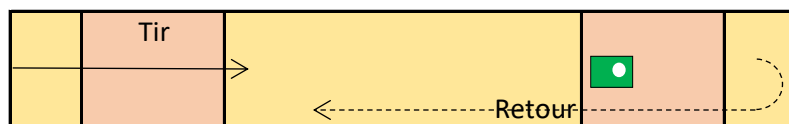
**B. LES ATELIERS "PHYSICO TECHNIQUE"**

2 X 2 (6 mn - 2 mn) / R = 5mn

- Exercice A = "Lolotte"



- Exercice B = Relais "Tir - Retour Course rapide"

**C. LES EXERCICES D'APPLICATIONS**

3 X 12 mn / r = 3mn

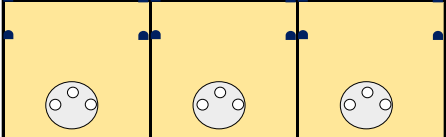
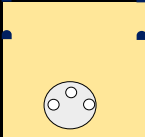
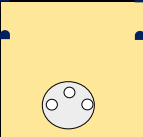
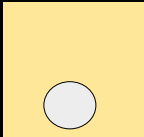
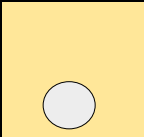
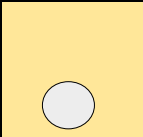
- Marquer des buts (novice)
- La Boule Mystère
- Mission Point-Tir

**APRES MIDI**

EPREUVES DE DETECTION (voir annexe N°2)

| 25/10/2022   |              |              | MATIN        |              |   |   |   | de | 9h15 | à | 10h00 |
|--------------|--------------|--------------|--------------|--------------|---|---|---|----|------|---|-------|
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| Echauffement | Echauffement | Echauffement | Echauffement | Echauffement |   |   |   |    |      |   |       |
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| 25/10/2022 |  |  | MATIN |  |  | de 10h00 à 11h00 |  |  |
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| 25/10/2022                                                                        |                                                                                   |                                                                                   | MATIN |  |  | de                                                                                | 11h00                                                                              | à                                                                                   | 11h45 |
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|  |  |  |       |  |  |  |  |  |       |
| Marquer des buts                                                                  | Marquer des buts                                                                  | Marquer des buts                                                                  | PUIS  |  |  | Boule Mystère                                                                     | Boule Mystère                                                                      | Boule Mystère                                                                       |       |
|                                                                                   |                                                                                   |                                                                                   |       |  |  | puis                                                                              | puis                                                                               | puis                                                                                |       |
|                                                                                   |                                                                                   |                                                                                   |       |  |  | La mission Point /Tir                                                             | La mission Point /Tir                                                              | La mission Point /Tir                                                               |       |
|                                                                                   |                                                                                   |                                                                                   |       |  |  |                                                                                   |                                                                                    |                                                                                     |       |
|                                                                                   |                                                                                   |                                                                                   |       |  |  |                                                                                   |                                                                                    |                                                                                     |       |