

## MATIN

### A. LES ECHAUFFEMENTS

15mn

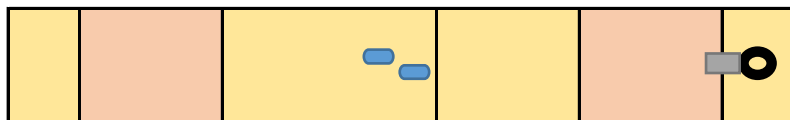
- Course lente 6 mn
- Echauffement Russe 8 (15s - 15s) Alternance de pompes / rotation / Equilibre et course

### B. LES ATELIERS "PHYSICO TECHNIQUE"

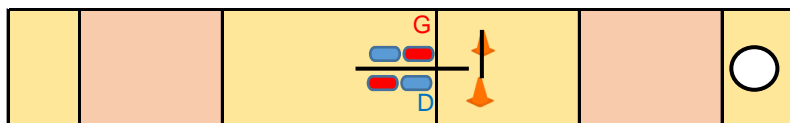
4 X (2 mn R30" - 4min R30" - 4 mn) / R = 3mn

2mn échauffement - 4min pronation - 4min supination

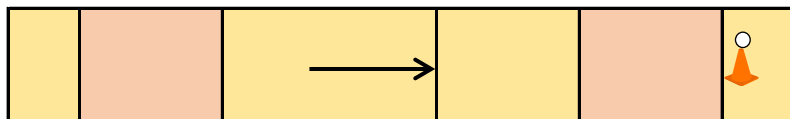
- Exercice A = POINT : "Le point dans le pneu"



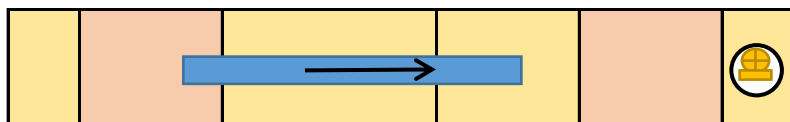
- Exercice B = POINT : "La croix et la barre"



- Exercice C = TIR : "Le chapeau de oui-oui"



- Exercice D = TIR : "Le couloir et la cible unss"

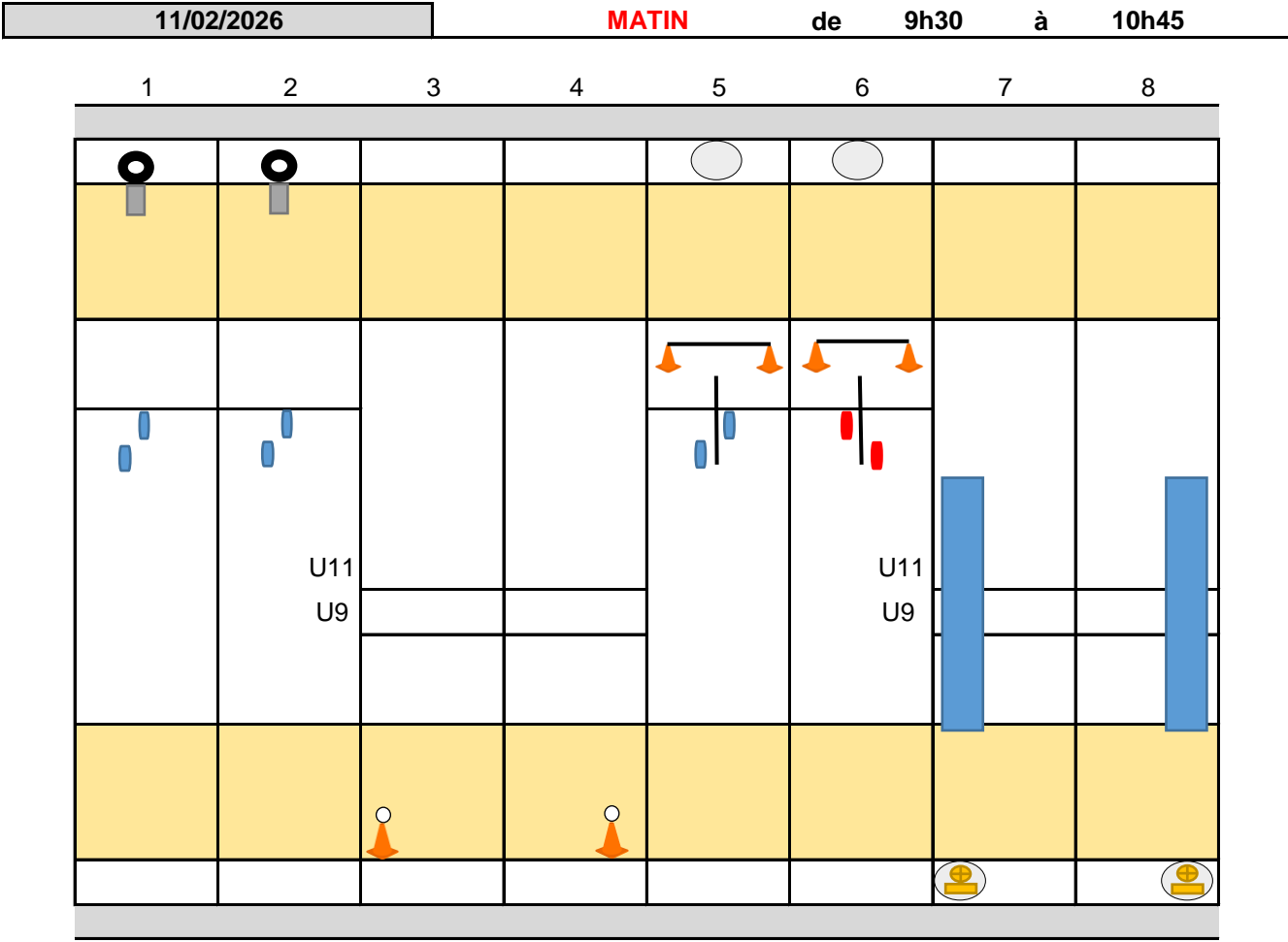


### C. LES EXERCICES D'APPLICATIONS

2 X (8 mn R 4mn 8 mn / R = 5mn)

- LE TIR A LA CORDE Voir annexe n° 1
- LA MISSION POINT - TIR Voir annexe n° 2

STAGE n° 2 - 2025/2026  
 Sport-Boules - CBDI U9U11



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