E Entraineur ○ Attaquant △ Défenseur	Dribble Tir Passe	G Gardien X Cônes Rondelles	Patinage arrière Déplacement latéral Pression défensive

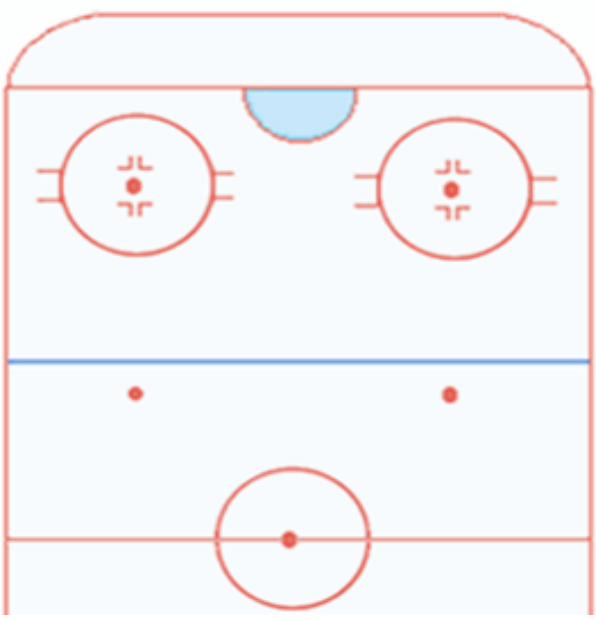
Date: _____ Début: _____

Fin: _____

ch 1	3	5	7
9	2	4	6
8	10	autre: _____	

No.:	Exercice:

Points clés:



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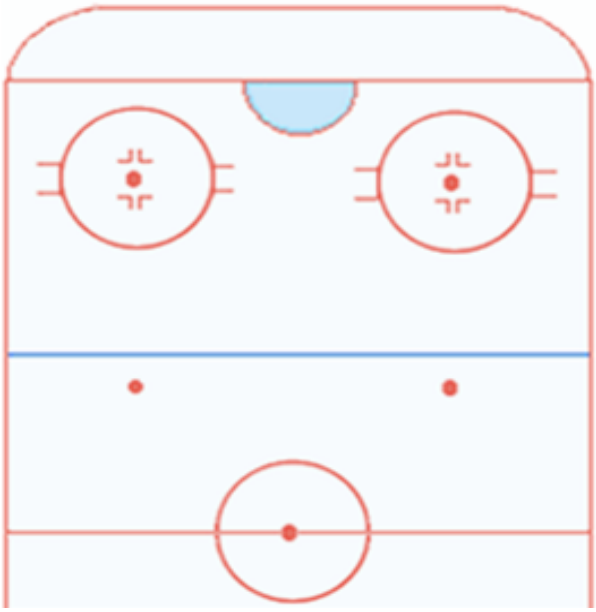
Points clés:



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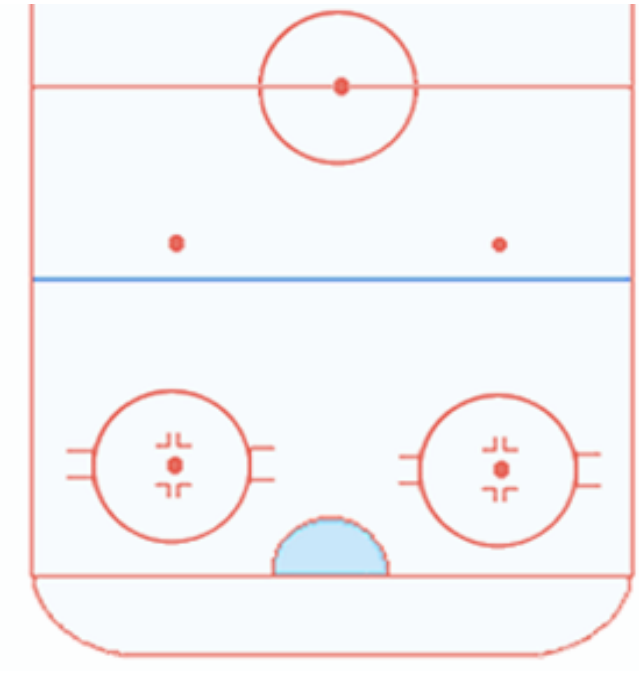
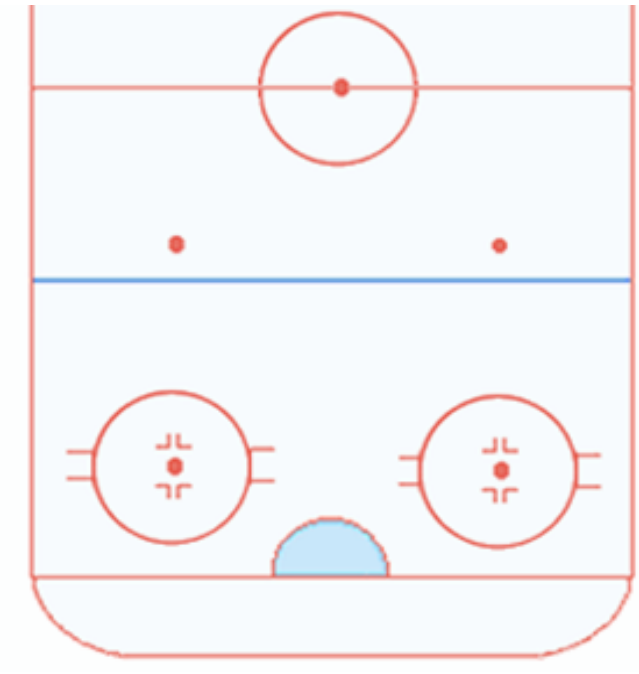
Points clés:



No.:	Exercice:

Points clés:



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