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| **Date** |  | **Equipe/Catégorie** |  | **Entraîneur** |  |

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| **X** | Joueur | **O** | Adversaire |  | Dribbling |  | Passe |  | Déplacement |  | Ballon aérien |

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| --- | --- | --- | --- |
| q Nous avons le ballon | q Nous perdons le ballon | q Nous n’avons pas le ballon | q Nous récupérons le ballon |

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| **Thème/Principes** |  | **Accent** | | | |
| **Objectifs** |  | q TA | q TE | q PP | q PE |
|  |  | q | | | |
| **Développement** |  | | | | |
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| **Mise en train** | | | **Durée:** | | |
| **Echauffement** | Description | | | Coaching | |
|  |  | | |  | |
| **Prévention** | Description | | | Coaching | |
|  |  | | |  | |
| **TE/TA/PE –** Mise en train | | | Description | | |
|  | | |  | | |
| Coaching | | |
|  | | |
| **Explosivité** | | Description | | Coaching | |
|  | |  | |  | |
| **q Forme jouée q Exercice - 1** | | | **Durée:** | | |
| Dessin | | Description | | | |
| Organisation | |  | | | |
| Coaching | | | |
|  | | | |
| Variations (+/-) | | | |
|  | | | |
| **q Forme jouée q Exercice - 2** | | | | | **Durée:** |
| Dessin | | Description | | | |
| Organisation | |  | | | |
| Coaching | | | |
|  | | | |
| Variations (+/-) | | | |
|  | | | |
| **Jeu libre** | | | | | **Durée:** |
|  | | | | |  |
| **Retour au calme** | | | | | **Durée:** |
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| **Commentaires / Réflexions** |
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**Compléments**

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| **q Echauffement / q Prévention / q Explosivité** | **Durée:** |
|  | Description |
|  |
| Coaching |
|  |
| **q Echauffement / q Prévention / q Explosivité** | **Durée:** |
|  | Description |
|  |
| Coaching |
|  |
| **q TE/TA/PE –** Mise en train | **Durée:** |
| Dessin | Description |
| Organisation |  |
| Coaching |
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| Variations (+/-) |
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**Compléments**

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| **q Forme jouée q Exercice - 1** | **q Forme jouée q Exercice - 2** | **Durée:** |
| Dessin | | Description |
| Organisation | |  |
| Coaching |
|  |
| Variations (+/-) |
|  |
| **q Forme jouée q Exercice - 1** | **q Forme jouée q Exercice - 2** | **Durée:** |
| Dessin | | Description |
| Organisation | |  |
| Coaching |
|  |
| Variations (+/-) |
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