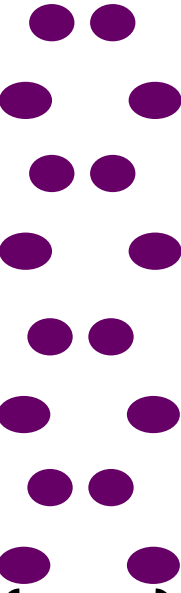
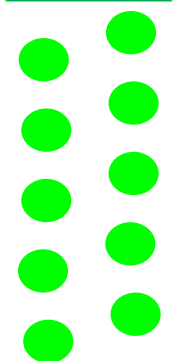


Pas chassés

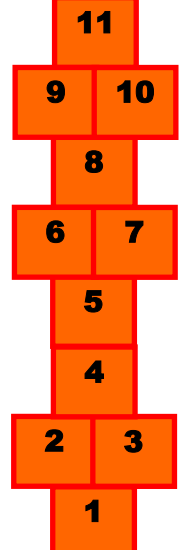


Sauts de grenouille



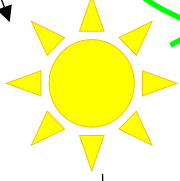
Avancer en pas de canards

12 sauts en étoile



Départ

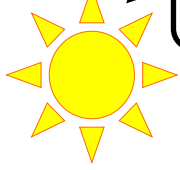
Posture de l'avion sur pied gauche



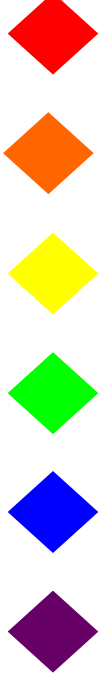
Sauts à un pied (droit)



Posture de l'avion sur pied droit

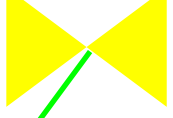


Fentes



10 fentes latérales

Pas rapides 30 sec.

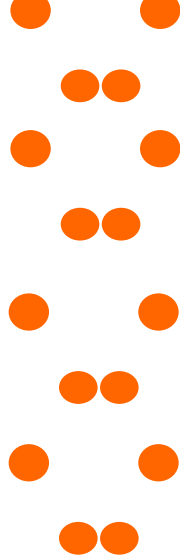


Avancer genoux hauts

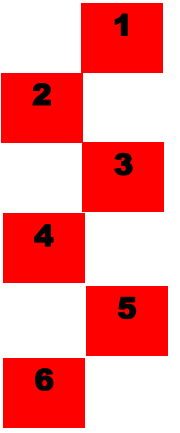


Sauts 2 pieds joints

Pieds écartés/pieds joints

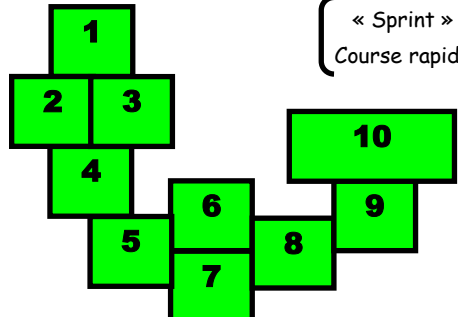


Sauts à un pied (gauche)



20 croisements jambes/bras

10 bonds latéraux



30 sauts à la corde

Jogging talons/fesses

« Sprint » Course rapide

Départ

« Sprint » Course rapide

Fin

BUT ou PANIER