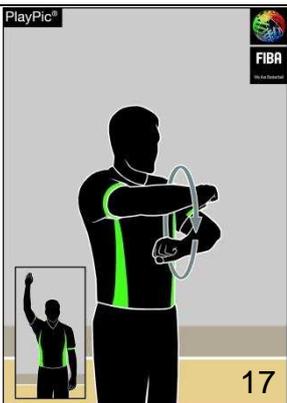
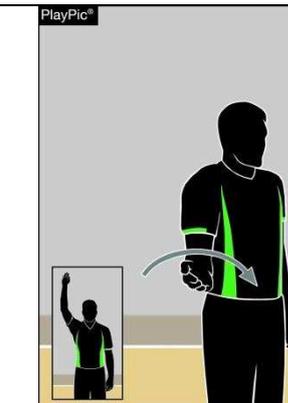
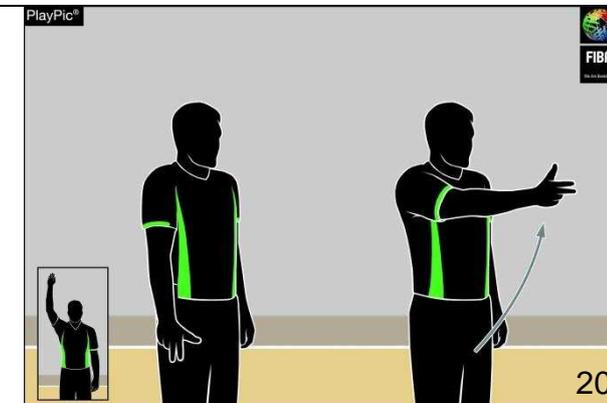
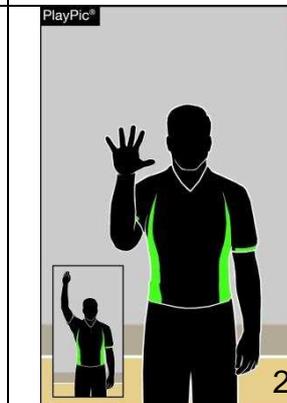
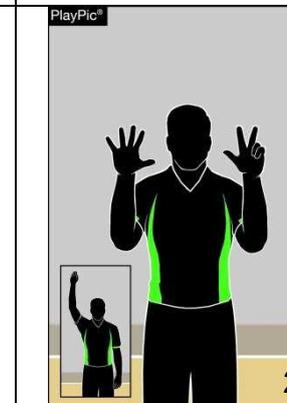
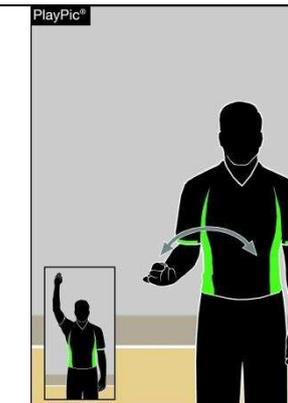
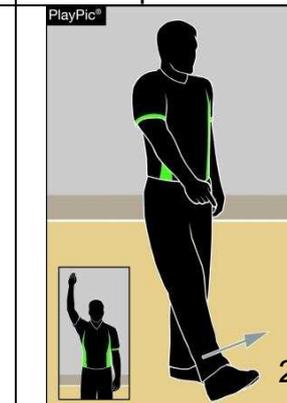


Marcher	Dribble irrégulier / Reprise de dribble	Dribble irrégulier : Porter de balle
 <p>17</p>	 <p>18</p>	 <p>19</p>
Rotation des poings	Battement alternatif	Demi-rotation de la paume

3 secondes	5 secondes	8 secondes
 <p>20</p>	 <p>21</p>	 <p>22</p>
Bras tendu montrant trois doigts	Montrer 5 doigts	Montrer 8 doigts

24 secondes	Retour en zone arrière	Jeu au pied volontaire
 <p>23</p>	 <p>24</p>	 <p>25</p>
Toucher l'épaule des épaules	Mouvement de vague en face du corps	Pointer le pied