

FICHE D'ENTRAÎNEMENT



CLUB :

EQUIPE :

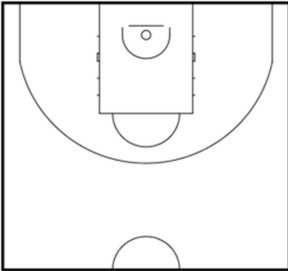
Objectif (s) :

Date :

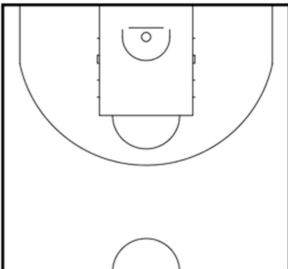
Lieu :

Heure :

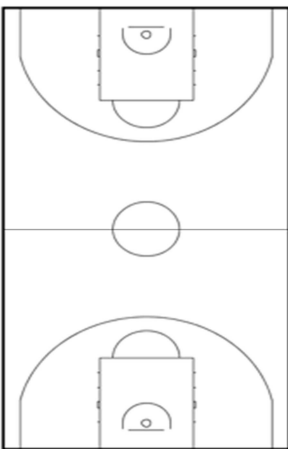
Séance :



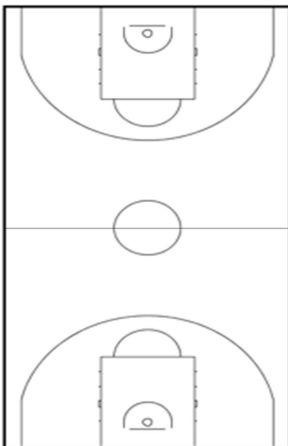
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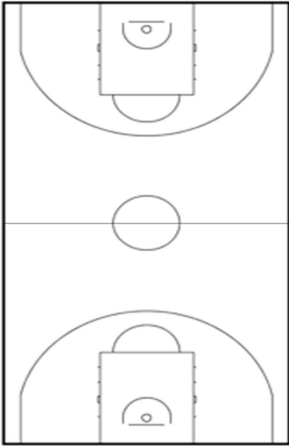
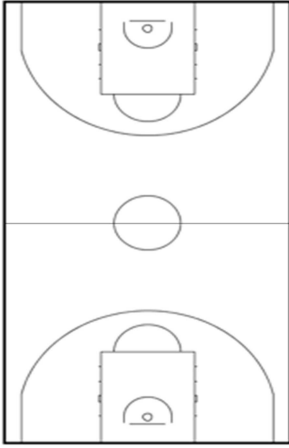
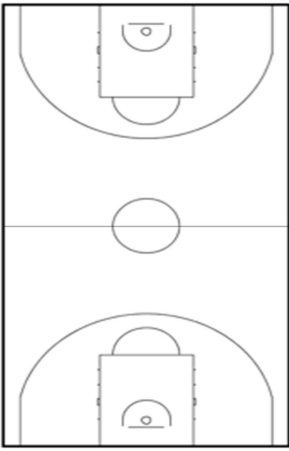
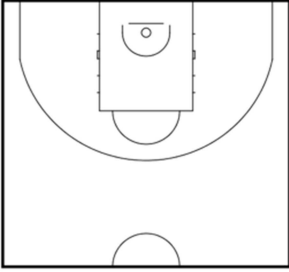
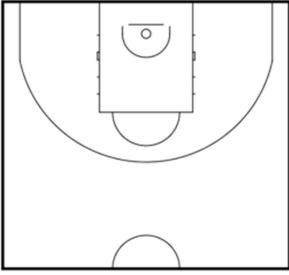
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A series of 30 horizontal dotted lines for writing, arranged in five groups of six lines each, corresponding to the five court diagrams on the left.