



MODULE COMPETITION
Analyse de mon équipe

Equipe: _____ **Entraîneur:** _____

Niveau _____ Femmes Hommes

Système de jeu: 6-6 6-3 6-2 5-1

Points forts:

	Technique	Tactique	Physique
1.			
2.			
3.			

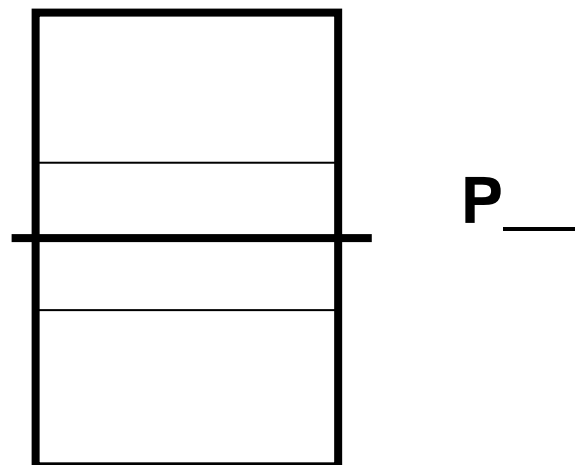
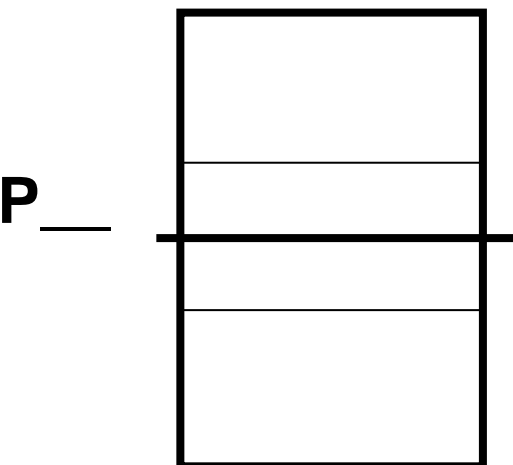
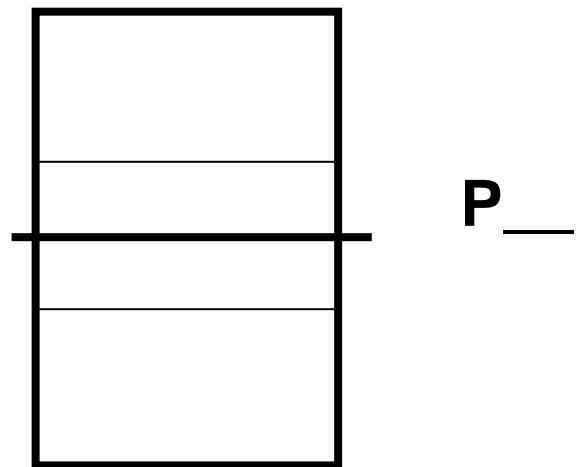
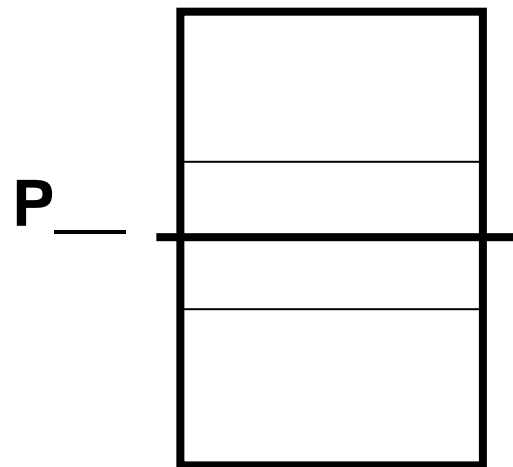
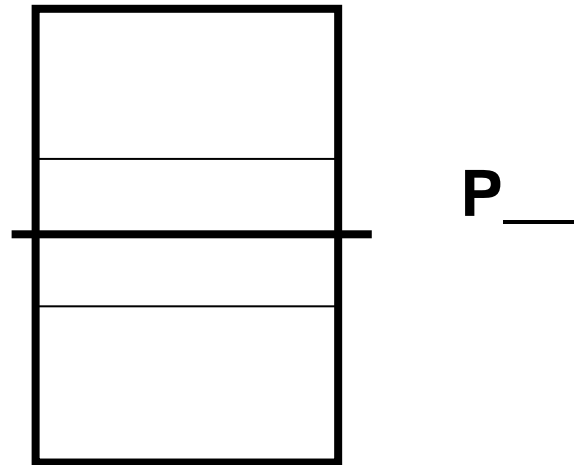
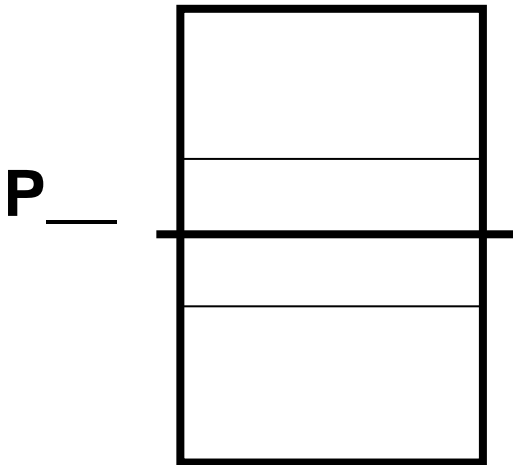
Points faibles:

	Technique	Tactique	Physique
1.			
2.			
3.			



ORGANISATION C1 (side-out) Système réception

Marques sur les terrains, comment ton équipe se met en réception. Fais le pour chaque rotation, stp (P1: Passeur est en position 1, ...)

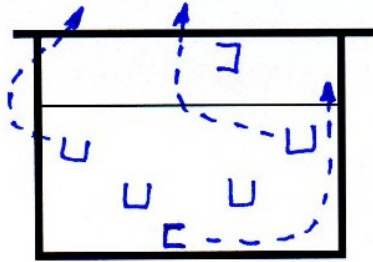




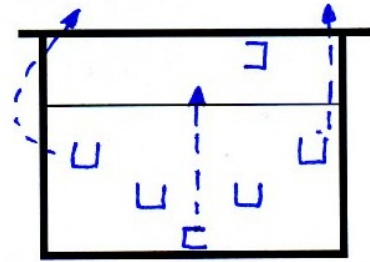
ORGANISATION C1 (side-out) Variants d'attaque

Dessine les possibilités d'attaque sur réception, comme indiqué avec l'exemple en P3.
Joue ton équipe des variantes en plus, marques les sur le terrain à droit.

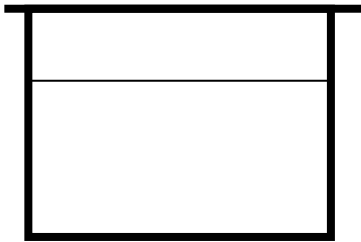
Beispiel: P3 mit Möglichkeiten



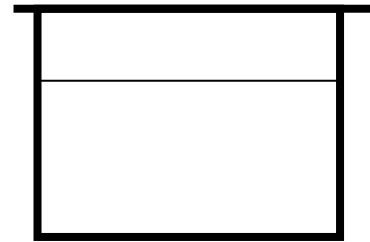
Beispiel: P3 mit Varianten



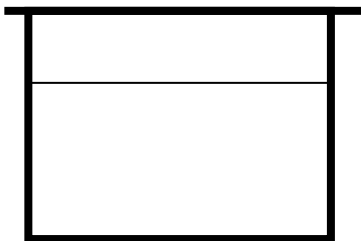
P1



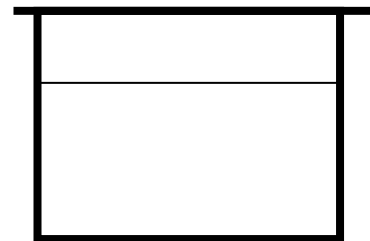
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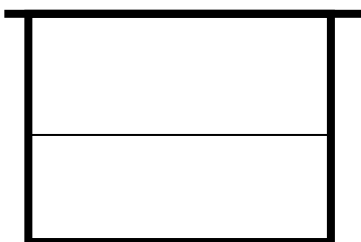
P6



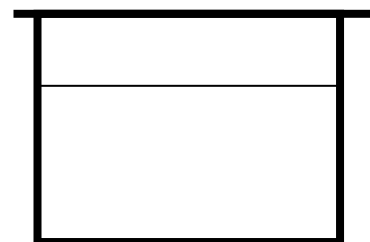
P6



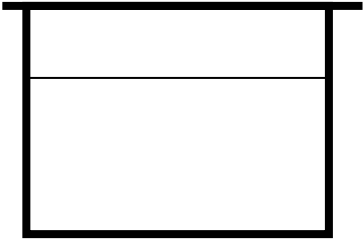
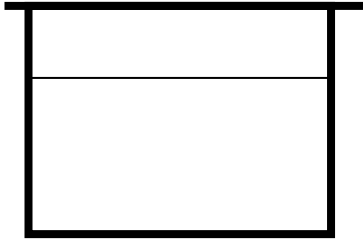
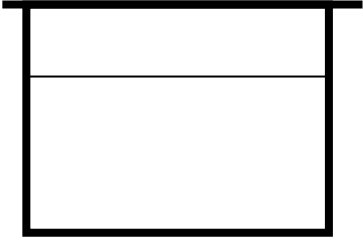
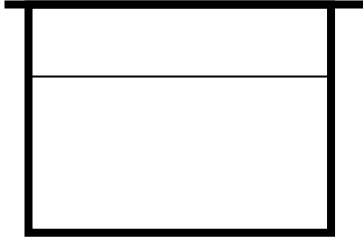
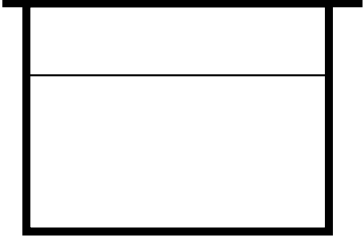
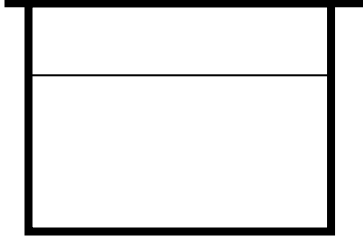
P5



P5





<p>P4</p> 	<p>P4</p> 
<p>P3</p> 	<p>P3</p> 
<p>P2</p> 	<p>P2</p> 



ORGANISATION C2 (break-point)

Indique, comment ton équipe se place en défense, si l'adversaire attaque des différentes positions (Pos 4, 2, ..)

