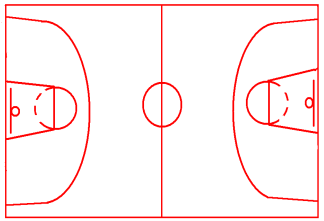
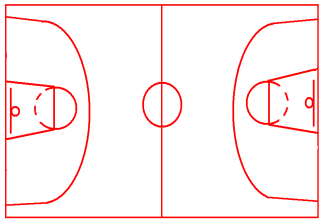
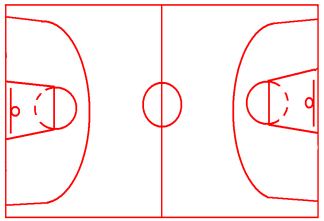
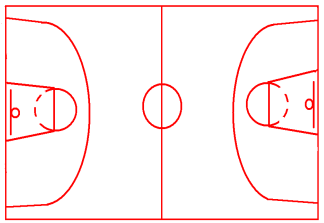
Séance d'entraînement n°
Thème :

Saison :
Equipe :
Date :
Durée :
Lieu :

Nature	Objectifs	Situations	Organisation	Durée	Déroulement/schémas	Consignes/observations