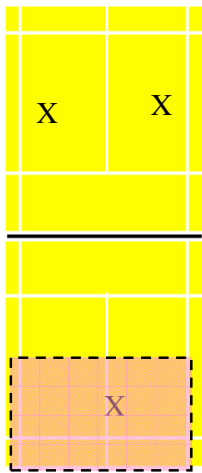
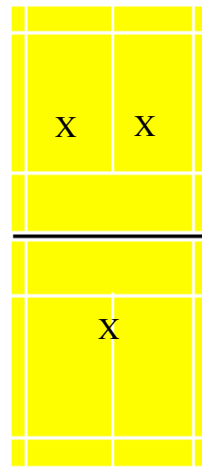


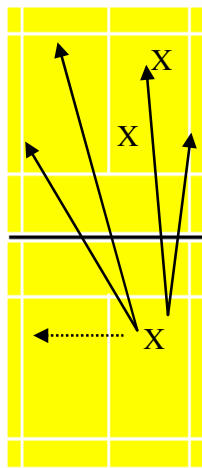
Double 2



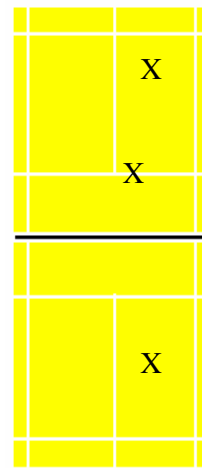
Def longues dr ou cr
Ou
Block dr



Drive : toujours droit ou dr ou cr



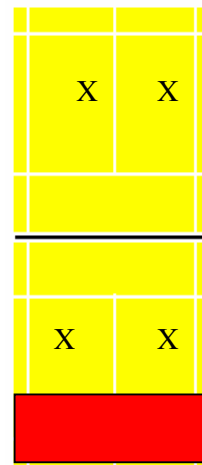
Def dr ou cr
Si cr = change de côté



Def L ou C
Si courte plus de Lob possible

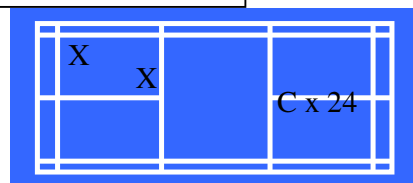


Match sans Lob
Interdit de jouer au filet en retour de service



Match : zone du fond interdit
Interdit de jouer au filet en retour de service

Travail de rotation



Smashes d'un plot

