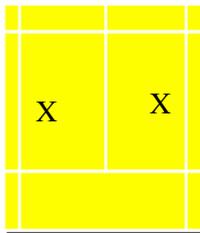
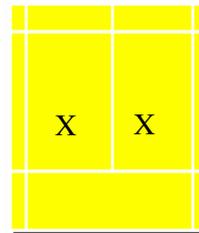


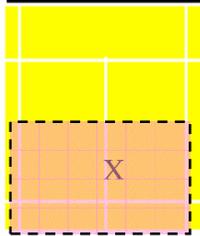
# Double 2



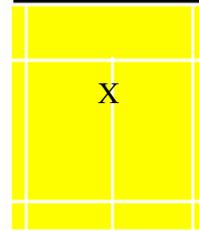
Def longues dr ou cr  
Ou  
Block dr



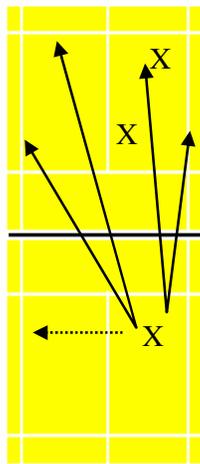
Drive : toujours droit ou dr ou cr



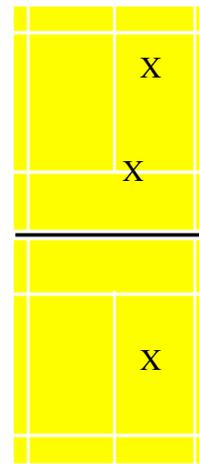
Sm / Drive



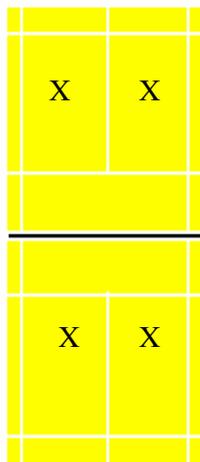
Toujours droit ou dr ou cr



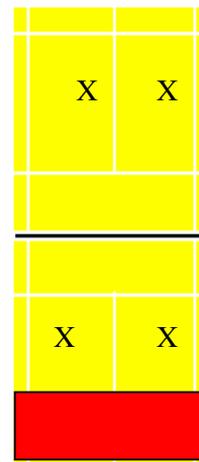
Def dr ou cr  
Si cr = change de côté



Def L ou C  
Si courte plus de Lob possible

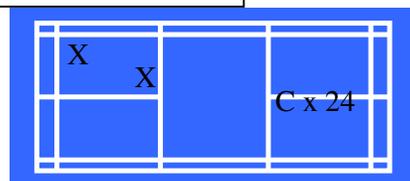


Match sans Lob  
*Interdit de jouer au filet en retour de service*



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

Travail de rotation



Smashes d'un plot

