

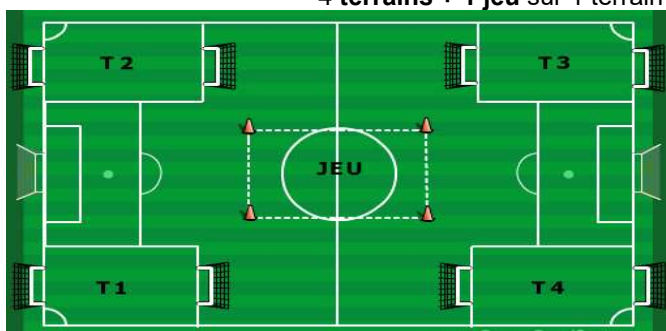


DEROULEMENT D'UN PLATEAU CRITERIUM U8 - U9

4 terrains + 1 jeu sur 1 terrain à 11.

PLATEAU CLASSIQUE =

Un échauffement
+ protocole Fair Play
+ Matches
+ Un jeu
+ jonglage (si repos)



LES ROTATIONS : Choisir en fonction du nombre d'équipes et de terrains

T = Match J = Jeu R = Repos

1 sequence = 10 min

6 EQUIPES	Sequence 1	Sequence 2	Sequence 3	Sequence 4	Sequence 5
EQUIPE 1 :	T1	T2	J	T1	T1
EQUIPE 2 :	T1	J	T1	T2	T3
EQUIPE 3 :	T2	T1	J	T2	T2
EQUIPE 4 :	T2	J	T2	T3	T1
EQUIPE 5 :	J	T1	T2	T1	T3
EQUIPE 6 :	J	T2	T1	T3	T2

1 sequence = 10 min

7 EQUIPES	Sequence 1	Sequence 2	Sequence 3	Sequence 4	Sequence 5	Sequence 6
EQUIPE 1 :	T1	T1	R	T3	J	T2
EQUIPE 2 :	T1	T2	J	T2	T1	R
EQUIPE 3 :	T2	T1	J	T1	T2	R
EQUIPE 4 :	T2	J	T2	T3	T1	R
EQUIPE 5 :	T3	R	T2	T2	J	T1
EQUIPE 6 :	T3	J	T1	T1	R	T2
EQUIPE 7 :	J	T2	T1	R	T2	T1

1 sequence = 10 min

8 EQUIPES	Sequence 1	Sequence 2	Sequence 3	Sequence 4	Sequence 5
EQUIPE 1 :	J	T1	T1	T2	T4
EQUIPE 2 :	J	T2	T2	T1	T1
EQUIPE 3 :	T1	J	T3	T2	T1
EQUIPE 4 :	T2	J	T2	T3	T3
EQUIPE 5 :	T3	T1	J	T3	T2
EQUIPE 6 :	T2	T3	J	T1	T4
EQUIPE 7 :	T3	T2	T3	J	T3
EQUIPE 8 :	T1	T3	T1	J	T2

1 sequence = 10 min

9 EQUIPES	Sequence 1	Sequence 2	Sequence 3	Sequence 4	Sequence 5	Sequence 6
EQUIPE 1 :	T1	T2	J	T1	T3	R
EQUIPE 2 :	T1	R	T1	J	T2	T1
EQUIPE 3 :	T2	T1	R	T1	J	T1
EQUIPE 4 :	T2	J	T2	T2	T2	R
EQUIPE 5 :	T3	T2	T3	R	J	T2
EQUIPE 6 :	T3	T3	J	T2	T1	R
EQUIPE 7 :	T4	J	T3	T3	T1	R
EQUIPE 8 :	T4	T3	T2	J	R	T2
EQUIPE 9 :	J	T1	T1	T3	T3	R

1 sequence = 10 min

10 EQUIPES	Sequence 1	Sequence 2	Sequence 3	Sequence 4	Sequence 5
EQUIPE 1 :	T1	T1	T2	T1	J
EQUIPE 2 :	T1	T2	T1	J	T1
EQUIPE 3 :	T2	T2	J	T1	T2
EQUIPE 4 :	T2	J	T2	T2	T1
EQUIPE 5 :	J	T1	T1	T2	T2
EQUIPE 6 :	T3	T3	T4	T3	J
EQUIPE 7 :	T3	T4	T3	J	T3
EQUIPE 8 :	T4	T4	J	T3	T4
EQUIPE 9 :	T4	J	T4	T4	T3
EQUIPE 10 :	J	T3	T3	T4	T4