



# PROGRAMME D'ENTRAÎNEMENT

5.DEC.2018

20:00 ○

|                |                                                                                                                         |
|----------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>Warm-up</b> | <ul style="list-style-type: none"><li>Partage du programme d'entraînement</li><li>Echauffement bras et jambes</li></ul> |
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20:15 ○

|                |                                                                    |        |           |
|----------------|--------------------------------------------------------------------|--------|-----------|
| <b>Défense</b> | <ul style="list-style-type: none"><li>OF : drop step</li></ul>     | 7 min  | ALL       |
|                | <ul style="list-style-type: none"><li>OF : flies between</li></ul> | 7 min  | ALL       |
|                | <ul style="list-style-type: none"><li>IF : ground ball</li></ul>   | 15 min | 2 groupes |
|                | <ul style="list-style-type: none"><li>IF : double play</li></ul>   | 15 min | 2 groupes |

21:00 ○

|              |                                                                                   |
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| <b>Break</b> | <ul style="list-style-type: none"><li>Pause et installation double live</li></ul> |
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21:05 ○

|                |                                                                                  |       |                |
|----------------|----------------------------------------------------------------------------------|-------|----------------|
| <b>Attaque</b> | <ul style="list-style-type: none"><li>5 ateliers, on switche au buzzer</li></ul> |       |                |
|                | <ul style="list-style-type: none"><li>2 tee ball</li></ul>                       | 3 min | 5 groupes de 3 |
|                | <ul style="list-style-type: none"><li>1 bunt</li></ul>                           | 4 min |                |
|                | <ul style="list-style-type: none"><li>2 front toss</li></ul>                     | 30 s. |                |

21:30 ○

|                |                                                                                |        |           |
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| <b>Attaque</b> | <ul style="list-style-type: none"><li>Live BP : 1 ou 2 at bat chacun</li></ul> | 20 min | 2 groupes |
|----------------|--------------------------------------------------------------------------------|--------|-----------|

21:50 ○

|              |                                                               |
|--------------|---------------------------------------------------------------|
| <b>Break</b> | <ul style="list-style-type: none"><li>Clean terrain</li></ul> |
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22:00 ○