

« On garde la Forme »

Défi de la semaine...



Foot-Freestyle

Améliore tes capacités...



Enrichis tes connaissances...



Le jeu sans ballon de l'attaquant

Le coin à Gilbert...



La FGF à la cuisine

Séances hebdomadaires

Séance 16, M16

1. Jonglage

Nouveau

<https://dartfi.sh/AyYmdlT25j1>

2. Maîtrise de balle, INFO 1, 15min

<https://dartfi.sh/6HTvrTqDfWb>

3. Coordination: Intermediata 15min

<https://dartfi.sh/GtyVwTPH4dc>

<https://www.youtube.com/watch?v=67XP-AekUoA>

4. Force 2 séries 30min

<https://dartfi.sh/pxgrEzQaut2>

Stay@home Challenge 5min

Séance 17, M16

1. Jonglage

Jonglage libre (170x) 15min

Jonglage tête (40x)

2. Maîtrise de balle 6-10, 15min

<https://dartfi.sh/3TRNZUy11kf>

<https://www.youtube.com/watch?v=9lu6YJ7yZHc>

3. Coordination: Paddle 1

<https://dartfi.sh/1IR1IbD7gXf>

<https://www.youtube.com/watch?v=TI00xDAHbYY&t=69s>

4. Force & Cardio, 2 séries de 20min

<https://dartfi.sh/Ywh0UjSiYk4>

Stay@home Challenge 5min

Séance 18, M16

1. Jonglage

Jonglage alterné (70x) 15min

4 pieds/ 4 cuisses (12x)

2. Maîtrise de balle 6-10, 15min

<https://dartfi.sh/3TRNZUy11kf>

<https://www.youtube.com/watch?v=9lu6YJ7yZHc>

3. Réaction: 2x, 15min

<https://dartfi.sh/cozXLP9wSz0>

4. Force & Cardio, Force Haut 30min

<https://www.youtube.com/watch?v=rnrTxJNg0xs>

Stay@home Challenge 5min