

	COURSE			PROPRIOCEPTION		PLIOM
	800m	30m	10m	Slack	crepe	détente verticale
ISAK	3min20	5,71s	2,44s	Niv 1	Niv 3+	Niv 3 (60cm)
THEO	4min48	5,59s	2,40s	Niv 1	Niv 2	Niv 3 (60cm)
NOLAN	4min55	5,65s	2,31s	Niv 2	Niv 3	Niv 3 (60cm)
JULES	3min45	5,81s	2,38s	Niv 0	Niv 2	Niv 3 (60cm)
EMERIC	3min08	5,19s	2,19s	Niv 3		
LEO	3min08	5,34s	2,28s	Niv 1		
KORAY	4min45	5,66s	2,19s	Niv 1		

ETRIE	EXPLOSIVITE	FORCE		HABILETES	
saut en longueur	parcours slalom	lancé de poids	lancé de balle	parcours foot	frisbee
1m70	13,94s	6,6m	17m	16,93s	Niv 3
1m40	15,66s	5,7m	15m	28,06s	Niv 2
1m60	17,41s	5,2m	18m	17,88s	Niv 2
1m60	16,53s	5m	20m	22,18s	Niv 2
2m	13,47s	9,3m	22m	13,22s	Niv 2
1m80	13,19s	9,1m	27m	11,4s	Niv 2
1m50	15,87s	8,1m	16m	18,64s	Niv 3

COORDINATION
echelle de rythme
Niv 2
Niv 2
Niv 2
Niv 3