

L'ENVOI



VARIANTES

LANCE

- Lancé main droite
- Lancé main gauche
- Avec la raquette
 - revers
 - coup droit (décaler les appuis)
- 1 rebond au sol
- Sans rebond

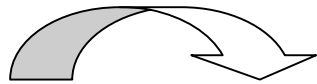
BALLE

- Balle en mousse
- Balle de tennis de table

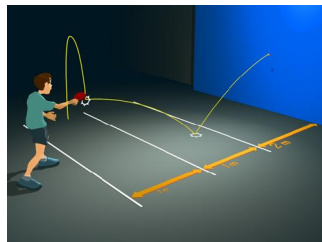
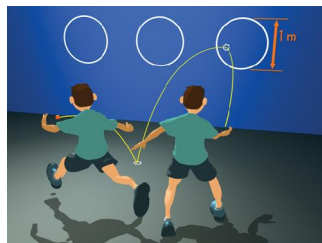
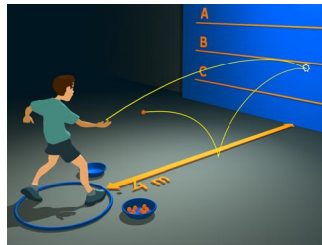
RAQUETTE

COMPTAGE

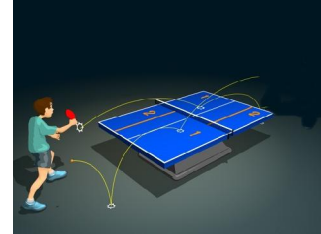
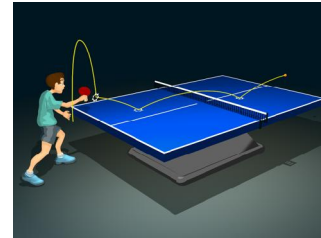
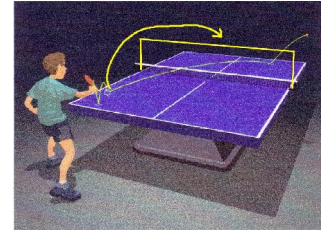
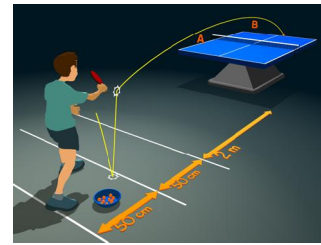
- varier le nombre d'essais
- Varier les points suivant les zones...



MUR



TABLES



SEPARATIONS

