

Drills	1	2	3	4	5	6
Drill 1 main droite Faster						
Drill 1 gauche Faster						
Drill 2 niveau 1 Faster						
Drill 2 niveau 2 Faster						
Drill 3 Niv 1 main droite Faster						
Drill 3 Niv 2 main gauche Faster						
Drill 3 Niv 3 main droite Faster						
Drill 3 Niveau 3 main gauche Faster						
Drill 4 niveau 1 Faster						
Drill 4 niveau 1 Slow motion						
Drill 4 niveau 2 Faster						
Drill 5 Faster						
Drill 5 Slow motion						
Drill 6 Faster						
Drill 6 Slow Motion						
Drill 7 main droite Faster						
Drill 7 main droite Slow motion						
Drill 7 main gauche Faster						
Drill 7 main gauche Slow motion						
Drill 8 Faster						
Drill 8 Slow motion						

