

**FOOTBALL JONGLES** 36

**JONGLAGE À 2**

*Tête et pieds 1 touche*

**FOOTBALL JONGLES** 35

**JONGLAGE À 2**

*Pieds, 1 touche*

**FOOTBALL JONGLES** 34

**JONGLAGE À 2**

*Genoux, buste et pieds, 1 touche*

**FOOTBALL JONGLES** 33

**JONGLAGE À 2**

*Toutes parties du corps, 1 touche*

**FOOTBALL JONGLES** 40

**JONGLAGE FREESTYLE**

*Arc en ciel*

**FOOTBALL JONGLES** 39

**JONGLAGE FREESTYLE**

*Tour du monde*

**FOOTBALL JONGLES** 38

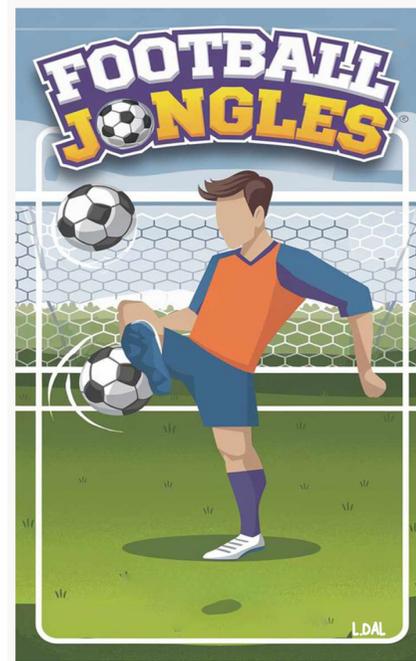
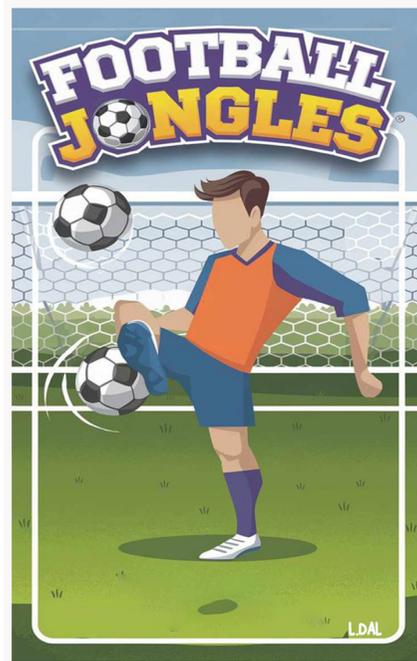
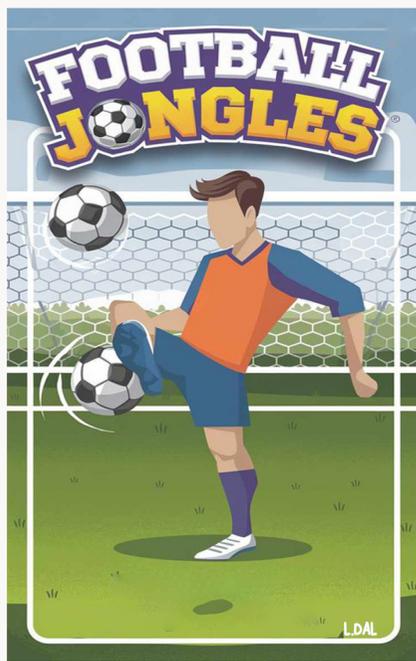
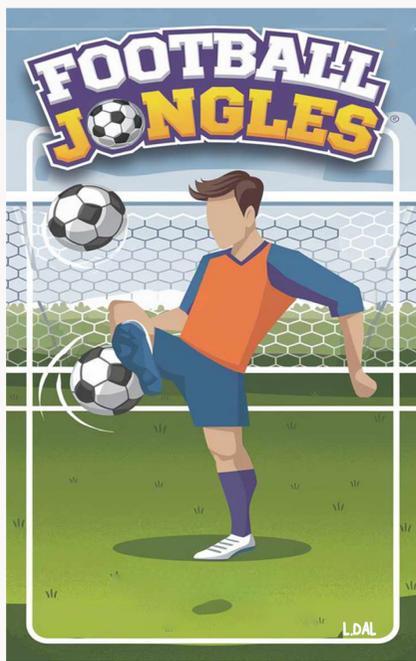
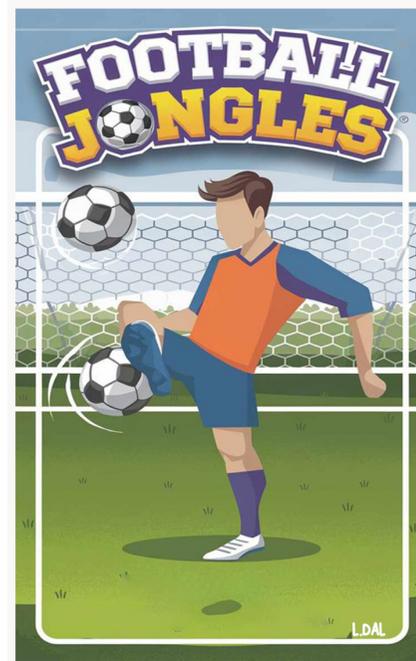
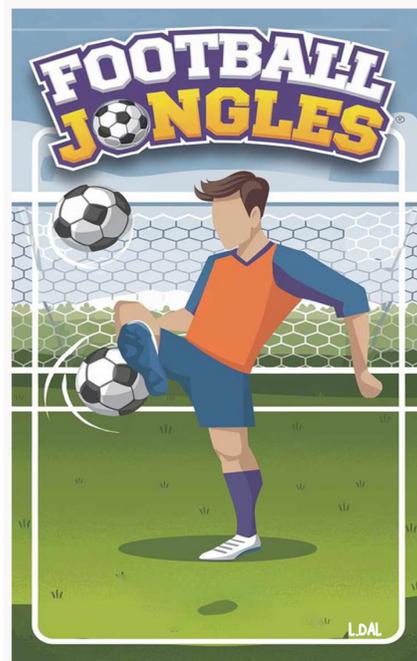
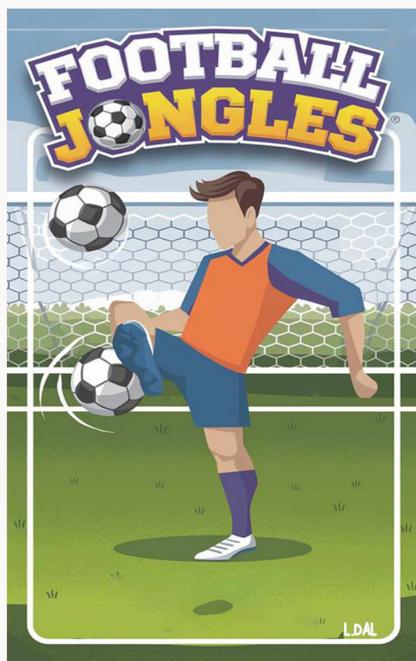
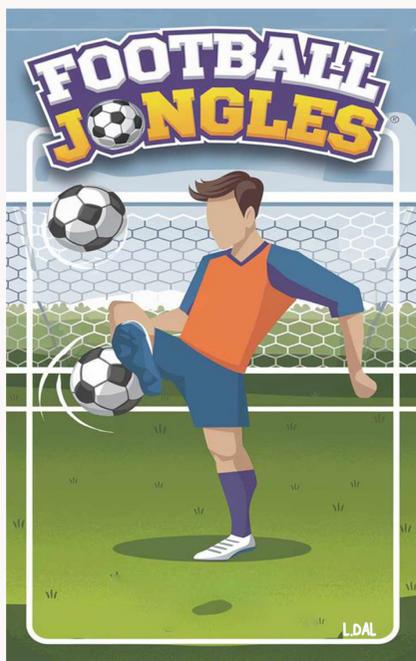
**JONGLAGE FREESTYLE**

*Libre – soit créatif*

**FOOTBALL JONGLES** 37

**JONGLAGE FREESTYLE**

*Au sol un pied ou deux*



**FOOTBALL JONGLES** 28

**JONGLAGE À 2**

*Tête, genoux et pieds  
illimitées*

**FOOTBALL JONGLES** 27

**JONGLAGE À 2**

*Pieds, touches  
illimitées*

**FOOTBALL JONGLES** 26

**JONGLAGE À 2**

*Genoux et pieds,  
touches illimitées*

**FOOTBALL JONGLES** 25

**JONGLAGE À 2**

*Toutes parties du  
corps, touches  
illimitées*

**FOOTBALL JONGLES** 32

**JONGLAGE À 2**

*Tête, genoux et pieds  
2 touches*

**FOOTBALL JONGLES** 31

**JONGLAGE À 2**

*Pieds, 2 touches*

**FOOTBALL JONGLES** 30

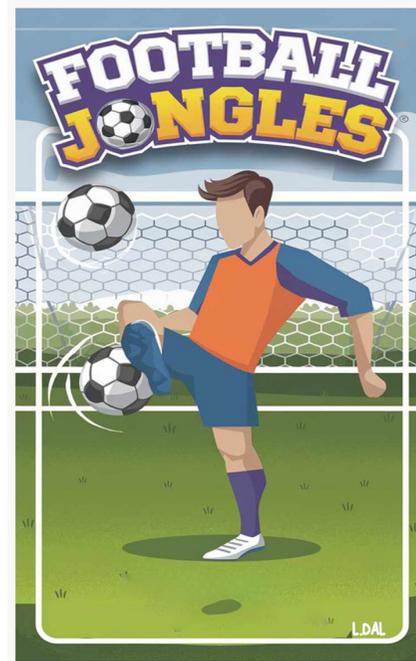
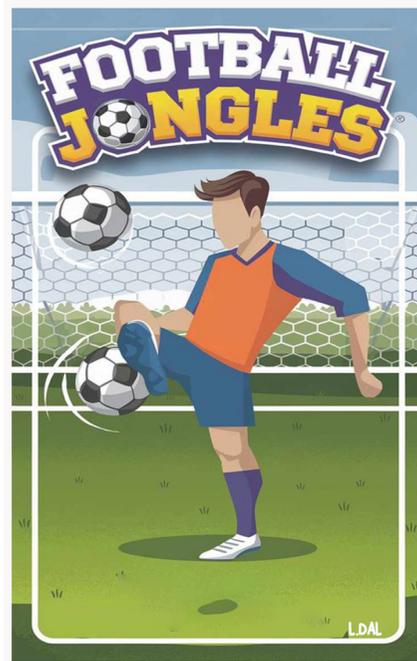
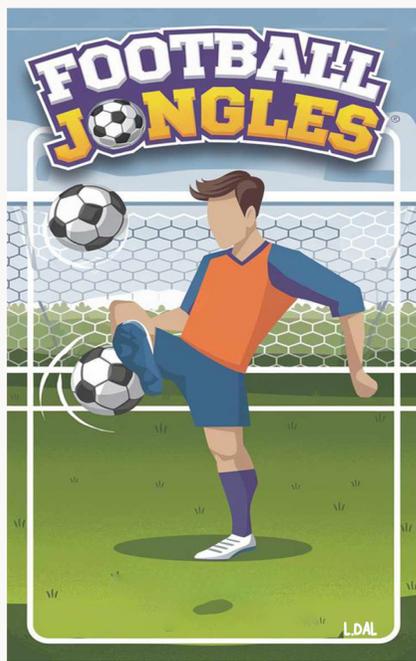
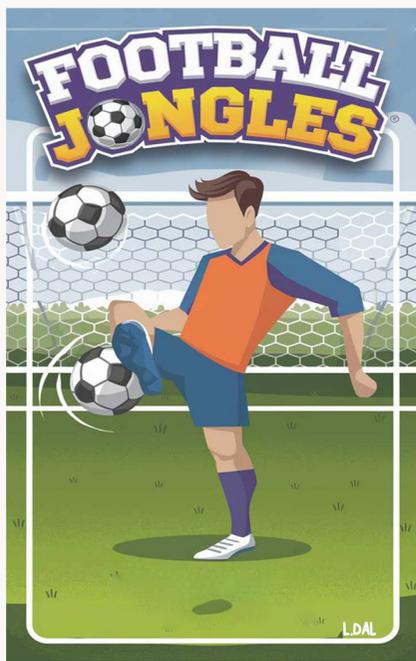
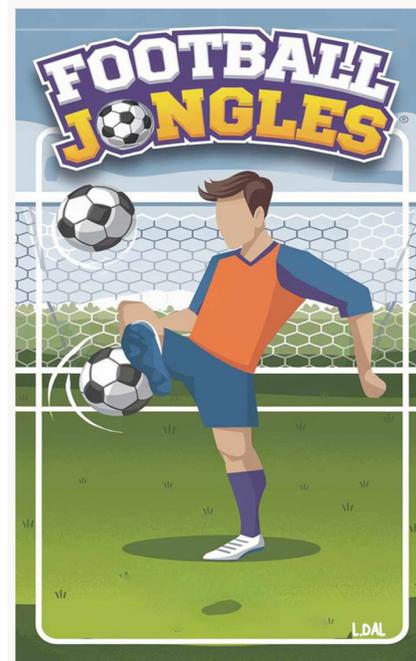
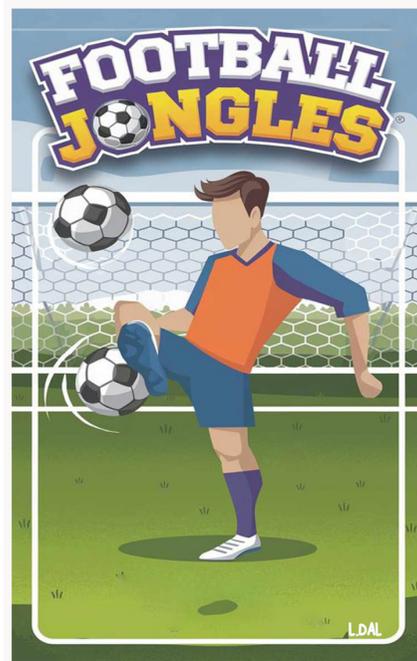
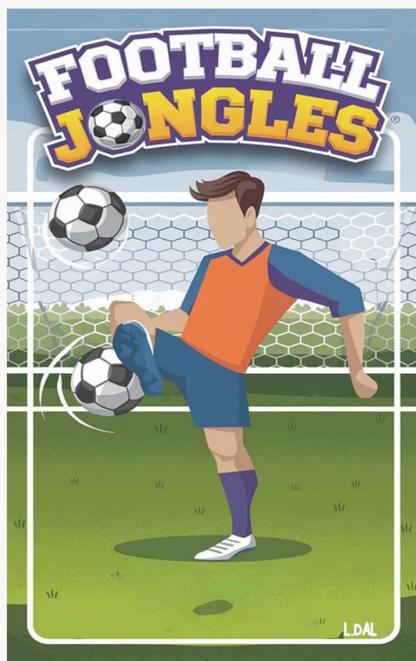
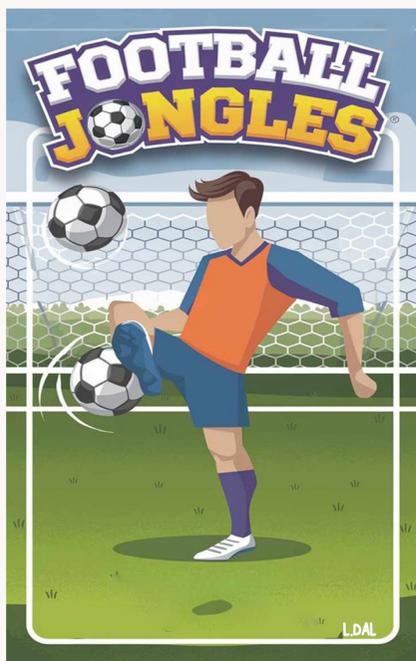
**JONGLAGE À 2**

*Genoux, buste et pieds,  
2 touches*

**FOOTBALL JONGLES** 29

**JONGLAGE À 2**

*Toutes parties du  
corps, 2 touches*



**FOOTBALL JONGLES** 20

**JONGLAGE**

*Pied gauche extérieur du pied*

**FOOTBALL JONGLES** 19

**JONGLAGE**

*Pied droit extérieur du pied*

**FOOTBALL JONGLES** 18

**JONGLAGE**

*Pied gauche intérieur du pied*

**FOOTBALL JONGLES** 17

**JONGLAGE**

*Pied droit intérieur du pied*

**FOOTBALL JONGLES** 24

**JONGLAGE**

*Extérieur droit, coup du pied, extérieur gauche*

**FOOTBALL JONGLES** 23

**JONGLAGE**

*Intérieur droit, coup de pied, extérieur droit*

**FOOTBALL JONGLES** 22

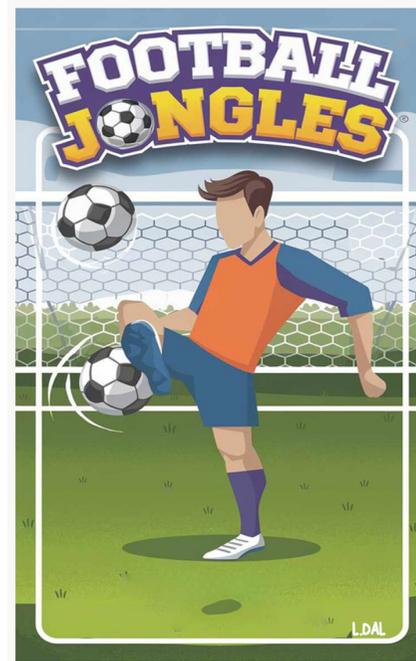
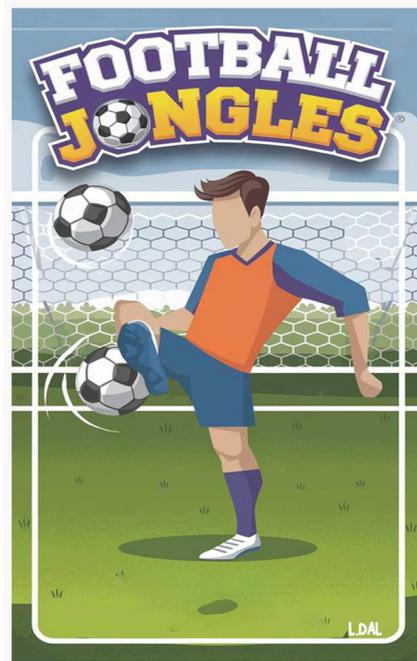
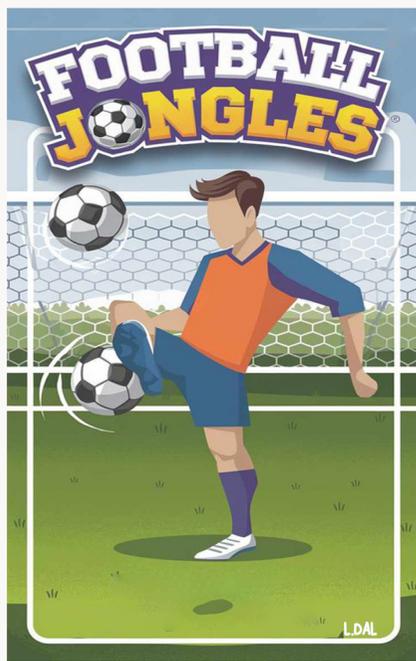
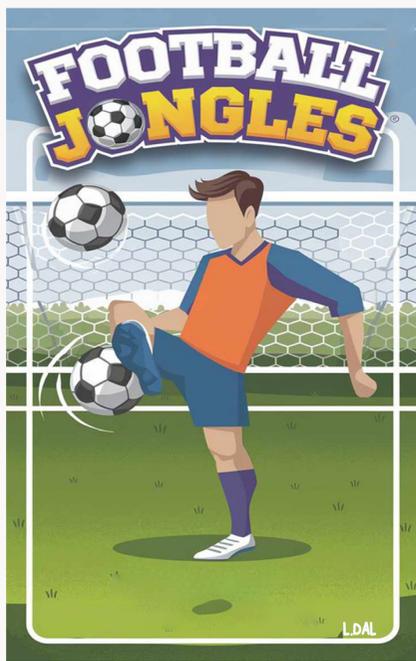
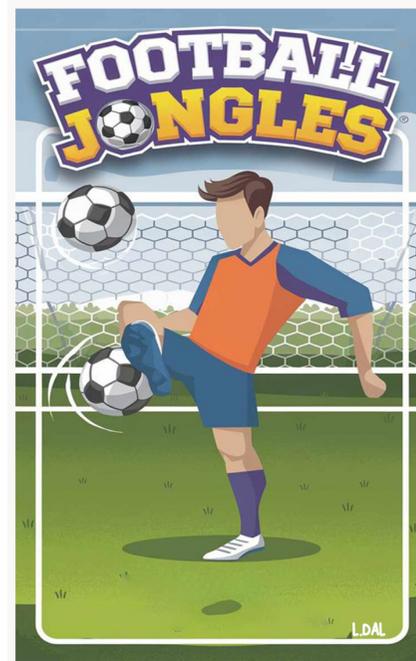
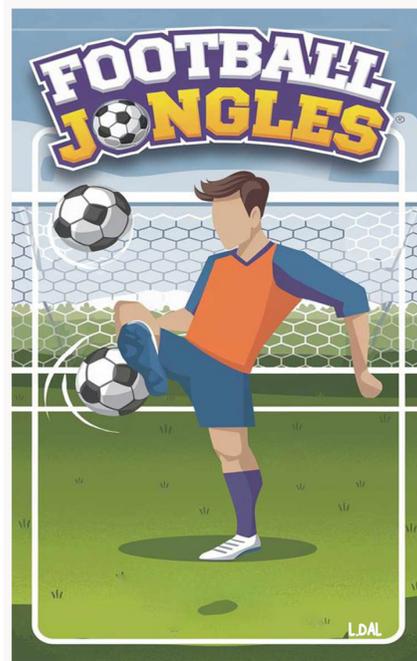
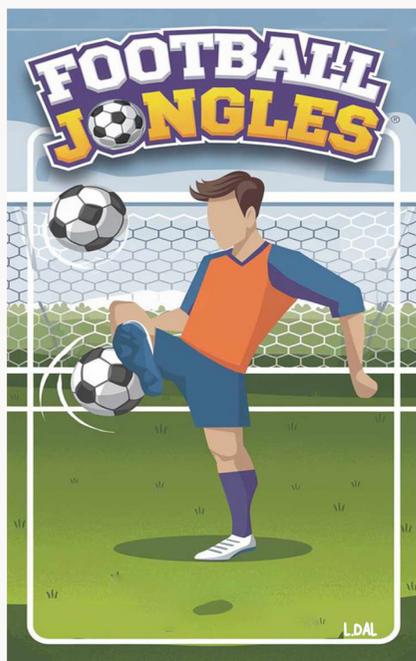
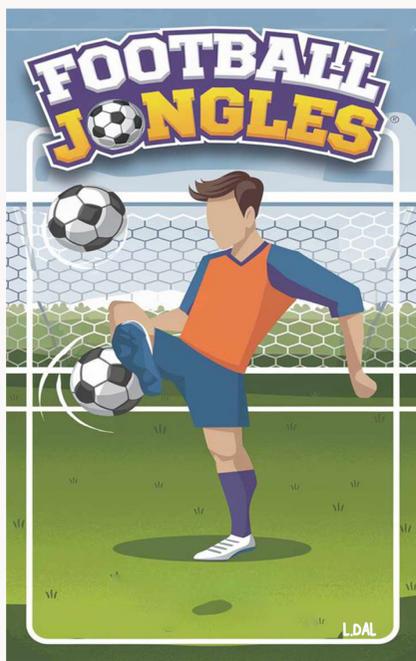
**JONGLAGE**

*Petite horloge : Pied droit, genou droit, pied gauche, genou gauche*

**FOOTBALL JONGLES** 21

**JONGLAGE**

*Challenge des 7 points : pieds, genoux, épaules, tête.*



FOOTBALL JONGLES

12



DROIT  
GAUCHE  
DROIT  
DROIT  
GAUCHE  
GAUCHE

JONGLAGE

Alterner pied droit et pied gauche en augmentant de 1 jongle à chaque fois

FOOTBALL JONGLES

11



JONGLAGE

Alterner pied droit et pied gauche

FOOTBALL JONGLES

10



JONGLAGE

Pied gauche en reposant le pied entre chaque jongle

FOOTBALL JONGLES

9



JONGLAGE

Pied droit en reposant le pied entre chaque jongle

FOOTBALL JONGLES

16



JONGLAGE

Enchaîner pied, genou, tête côté gauche

FOOTBALL JONGLES

15



JONGLAGE

Enchaîner tête, genou et pied côté gauche

FOOTBALL JONGLES

14



JONGLAGE

Enchaîner pied, genou, tête côté droit

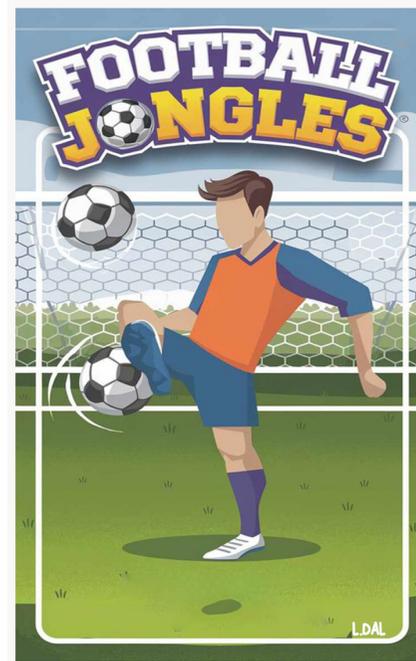
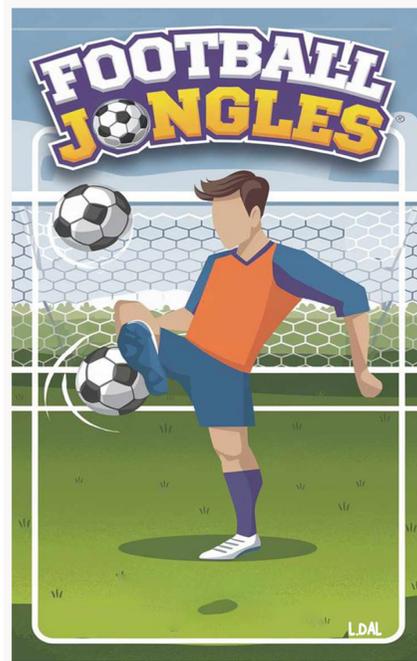
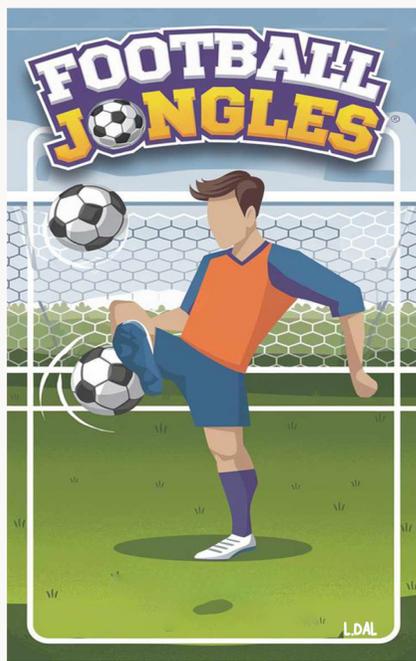
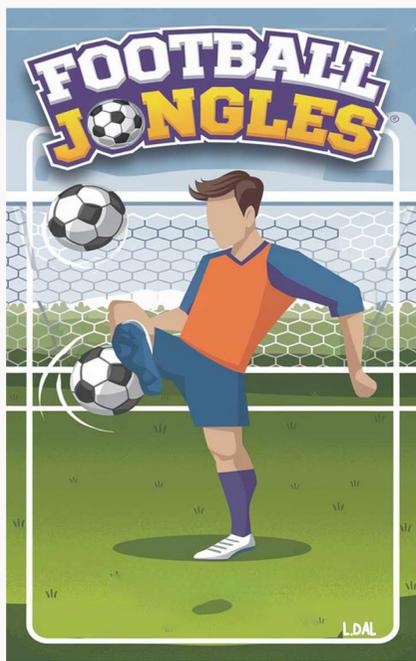
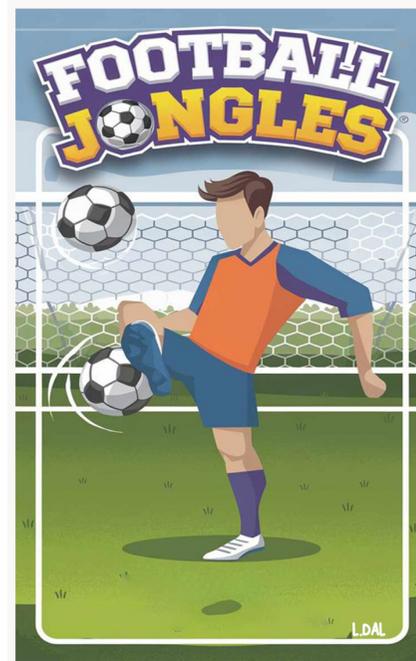
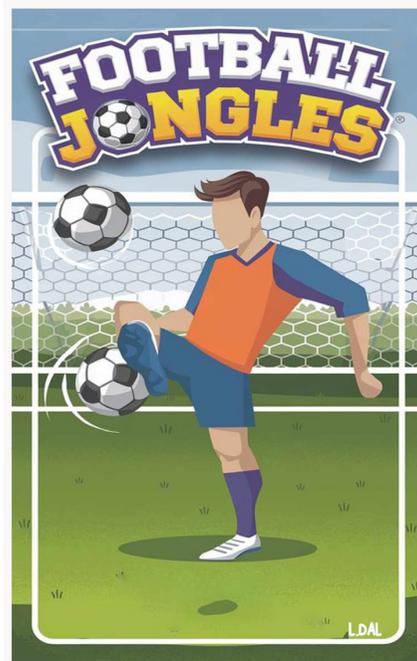
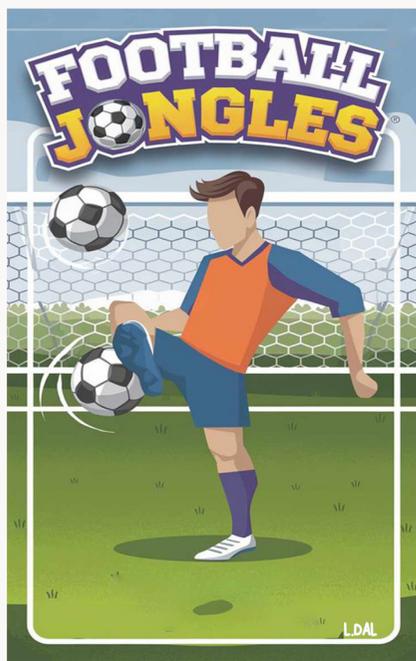
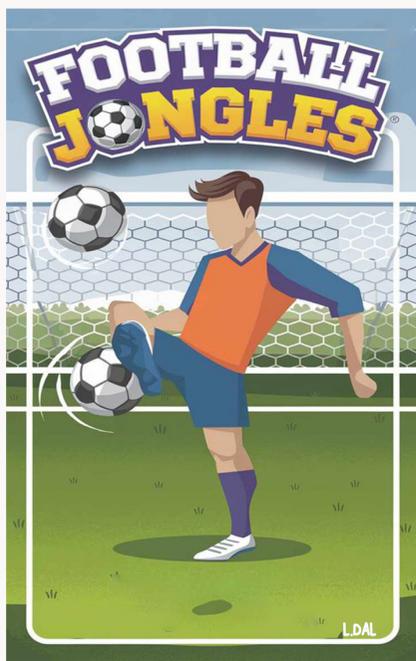
FOOTBALL JONGLES

13



JONGLAGE

Enchaîner tête, genou et pied côté droit



**FOOTBALL JONGLES** 4



**JONGLAGE**

*Alterne genou droit, genou gauche dans tes mains*

**FOOTBALL JONGLES** 3



**JONGLAGE**

*Alterne pied droit, pied gauche, dans tes mains*

**FOOTBALL JONGLES** 2



**JONGLAGE**

*Pied gauche : 1 jongle/ 1 rebond*

**FOOTBALL JONGLES** 1



**JONGLAGE**

*Pied droit : 1 jongle/1 rebond*

**FOOTBALL JONGLES** 8



**JONGLAGE**

*Genoux en alternés*

**FOOTBALL JONGLES** 7



**JONGLAGE**

*Pied gauche : petits jongles sans reposer le pied*

**FOOTBALL JONGLES** 6



**JONGLAGE**

*Record de têtes*

**FOOTBALL JONGLES** 5



**JONGLAGE**

*Pied droit : petits jongles sans reposer le pied*

