|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| GROUPE N° :................. | |  | | |  | | |  | | |  | | |
| Temps individuels sur 30 m | |  | | |  | | |  | | |  | | |
|  | | | | | | | | | | | | | |
| Statut- rôle | Items à valider | A | | | B | | | C | | | D | | |
| DONNEUR | Donne le top pour la transmission |  |  |  |  |  |  |  |  |  |  |  |  |
| Donne dans la zone |  |  |  |  |  |  |  |  |  |  |  |  |
| Donne à pleine vitesse |  |  |  |  |  |  |  |  |  |  |  |  |
| Continue sa course dans le couloir |  |  |  |  |  |  |  |  |  |  |  |  |
| RECEVEUR | Se place du bon côté du couloir |  |  |  |  |  |  |  |  |  |  |  |  |
| Est en course pour la transmission |  |  |  |  |  |  |  |  |  |  |  |  |
| Sort la bonne main |  |  |  |  |  |  |  |  |  |  |  |  |
| Sort du couloir témoin à la main |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| relais | donneur | receveur | Temps individuels additionnés | Temps relais | Différences- remarques  (indice de transmission) |
| 1 | A | B |  |  |  |
| 2 | C | D |  |  |  |
| 3 | B | A |  |  |  |
| 4 | D | C |  |  |  |
| 5 | A | C |  |  |  |
| 6 | B | D |  |  |  |
| 7 | C | A |  |  |  |
| 8 | D | B |  |  |  |
| 9 | A | D |  |  |  |
| 10 | B | C |  |  |  |
| 11 | D | A |  |  |  |
| 12 | C | B |  |  |  |

Duo- relais retenu pour l'évaluation :

Donneur :

receveur :