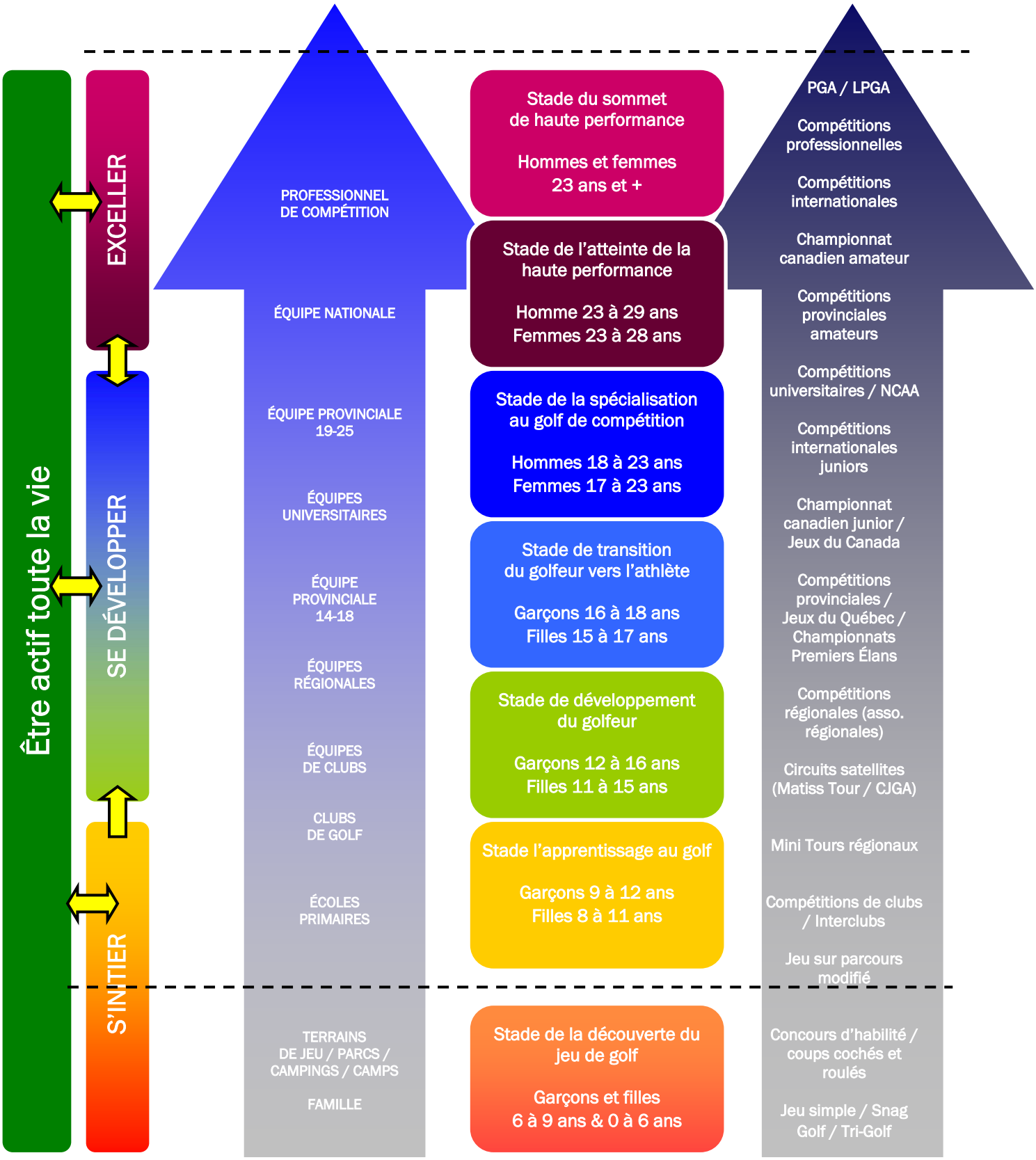Schéma du cheminement idéal de l'athlète en golf