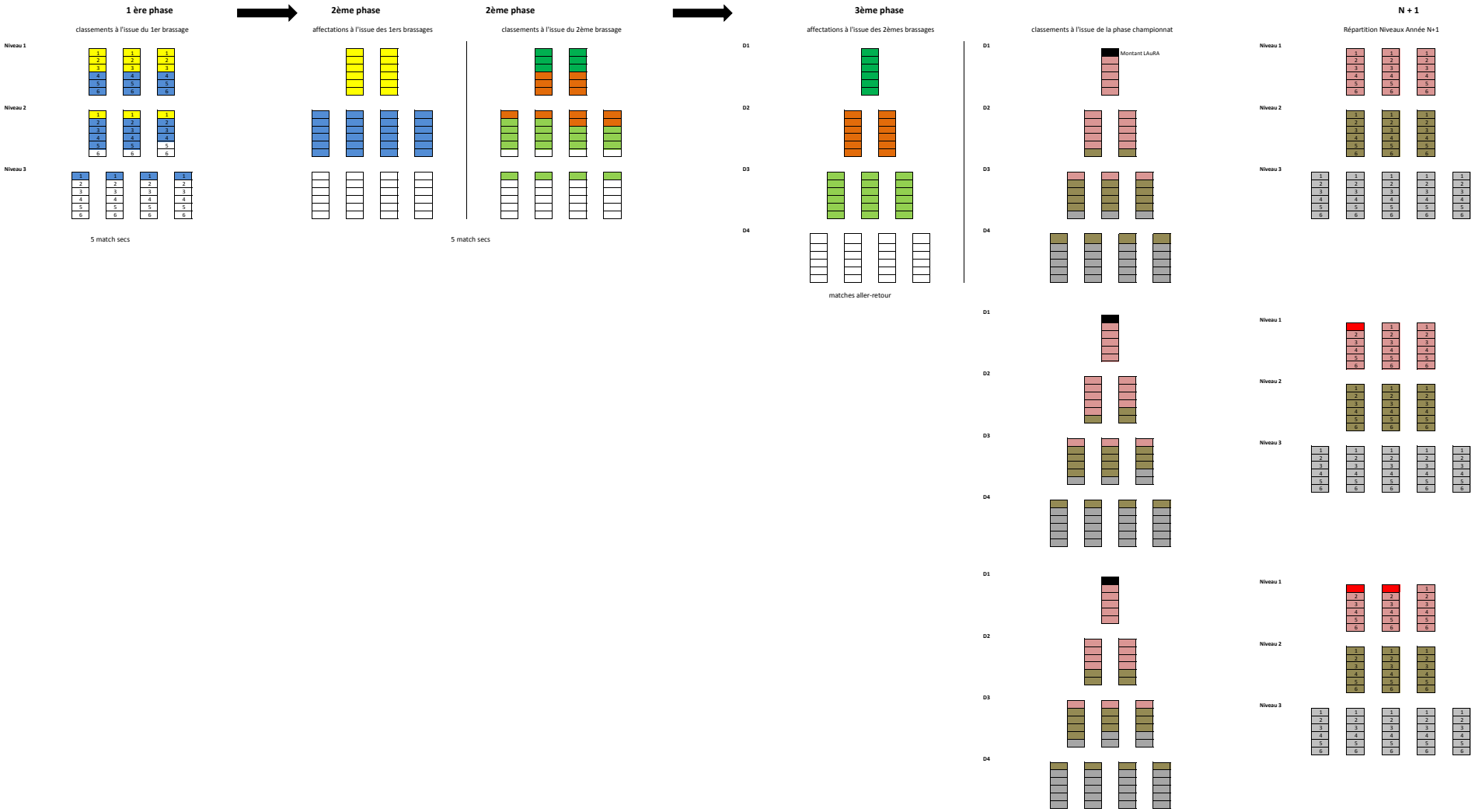Football à 11 en 3 phases à 10 poules