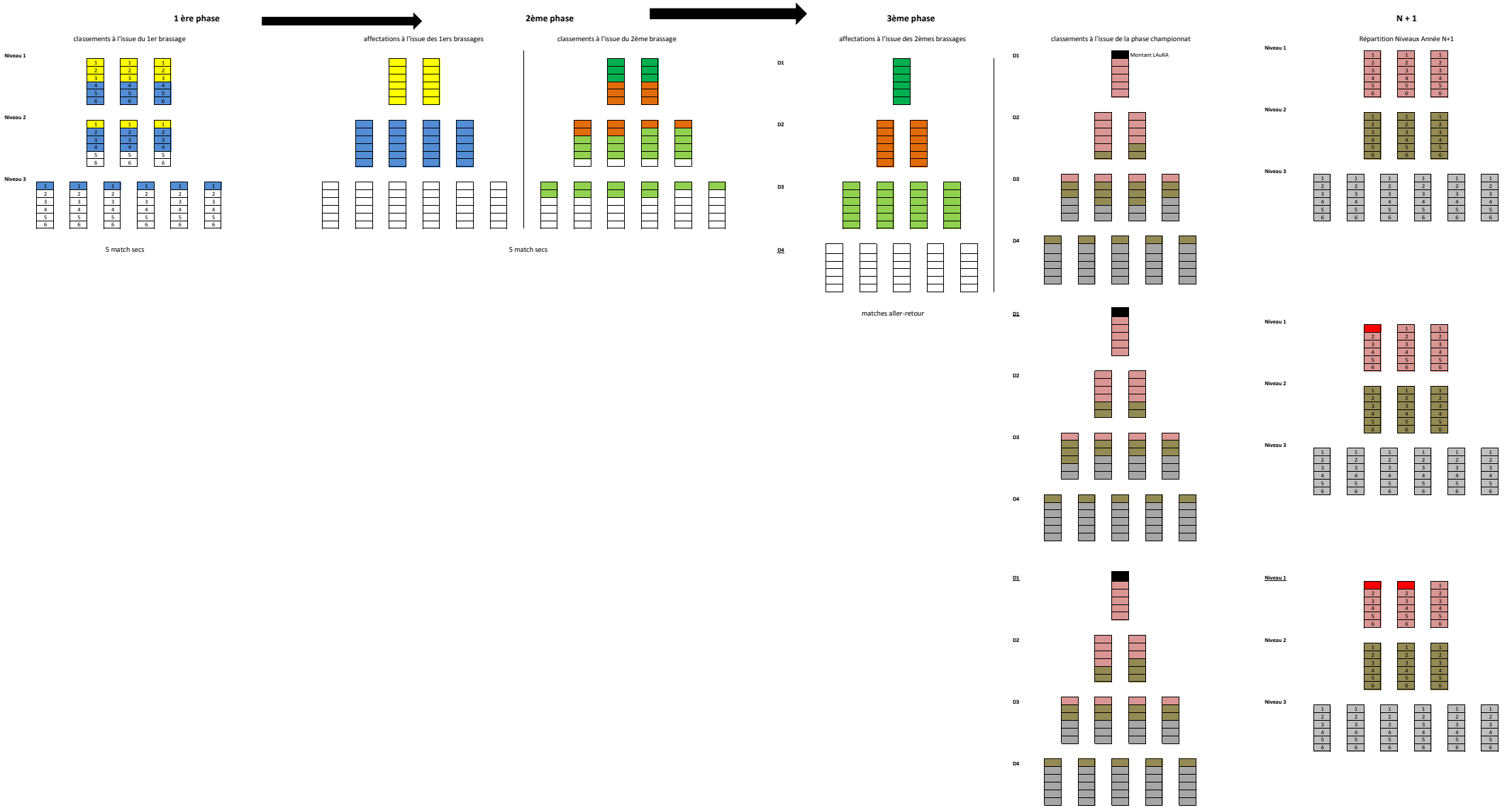Football à 11 en 3 phases à 12 poules