

Azimut Express

Principe : enchaîner rapidement les changements de direction à l'aide de la boussole en réalisant des azimuts sommaires. C'est un exercice que l'on peut facilement réaliser lors d'un entraînement de CO. Il permet de développer la manipulation rapide de la boussole, notamment pour contrôler les sorties de poste, ou les azimuts sommaires.

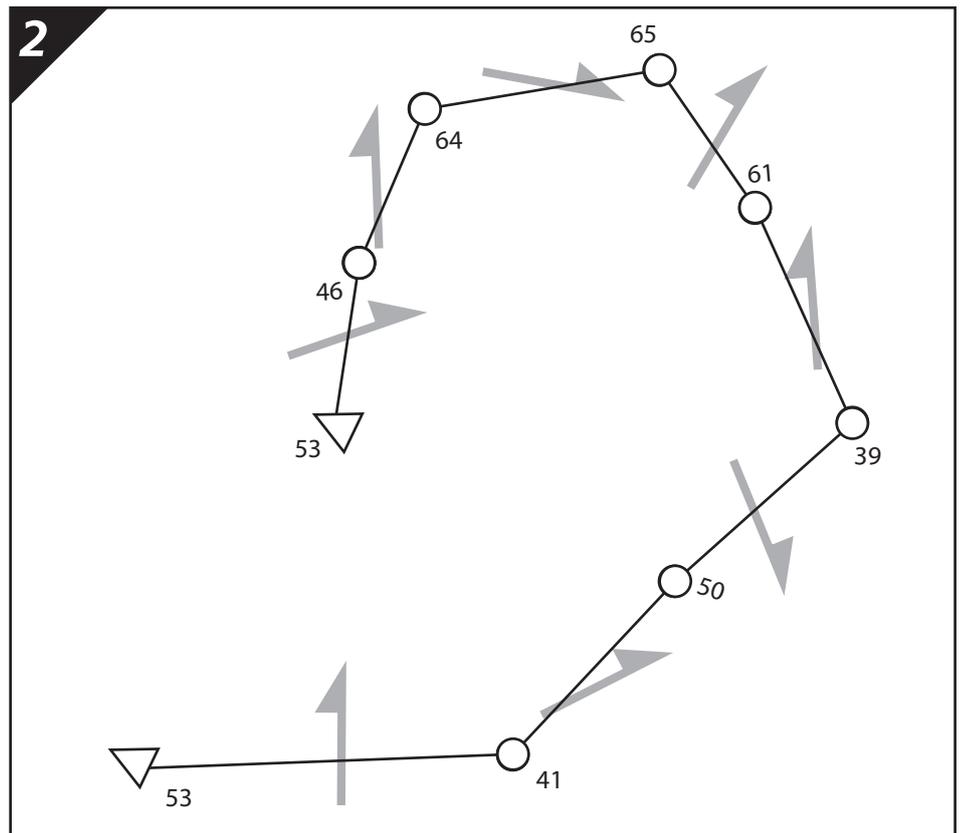
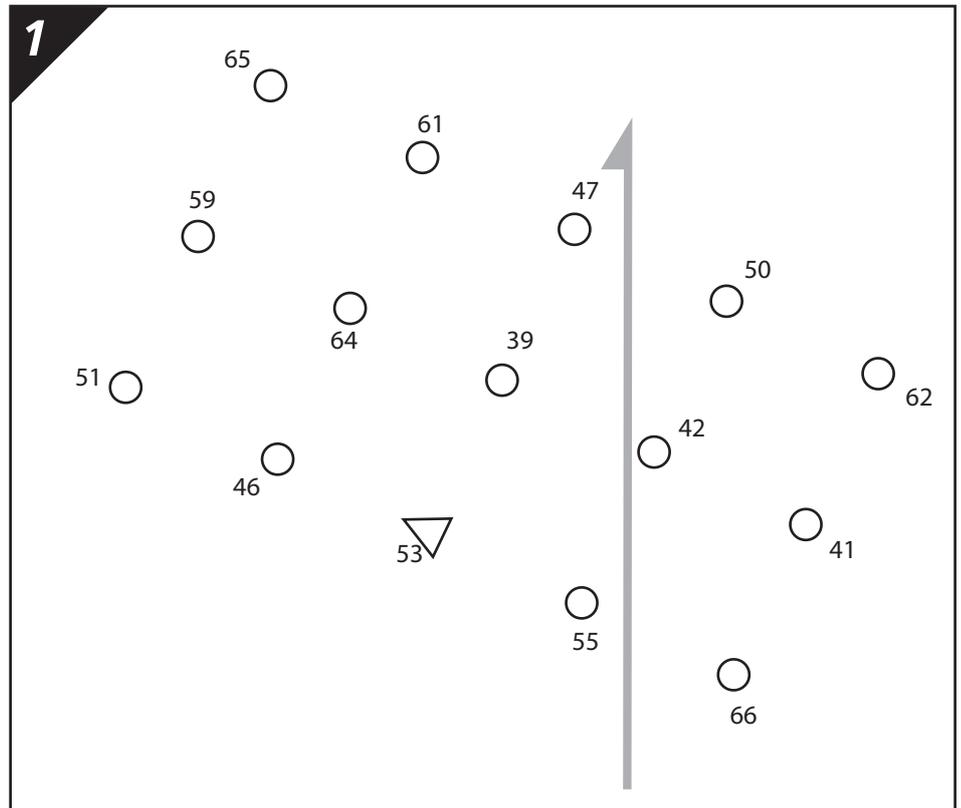
Il s'agit donc d'azimuts plus sommaires que précis (les cônes ne sont pas loin et on a vite repéré lequel est le bon).

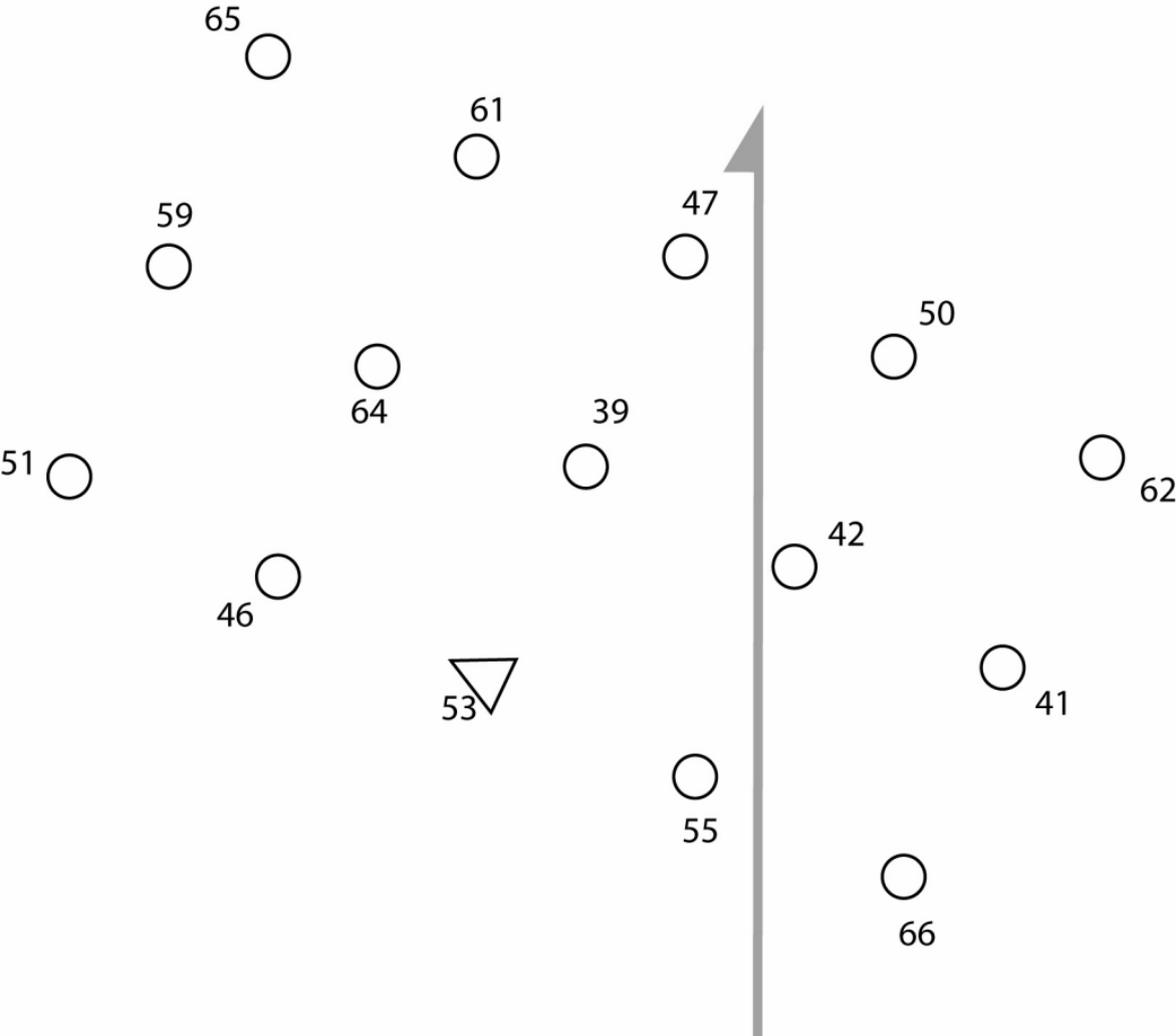
Déroulement : les cônes sont positionnés dans une zone d'approximativement de 15 x 30 mètres. Si on a la place, on peut faire un positionnement très large (sur tout un terrain de foot) ou au contraire très petit si on manque de place.

La pose doit être très précise. Il suffit de poser dans le premier axe les cônes opposés (66 et 51 par exemple) en comptant les double pas puis de revenir du 51 vers le 66 en posant les cônes intermédiaires.

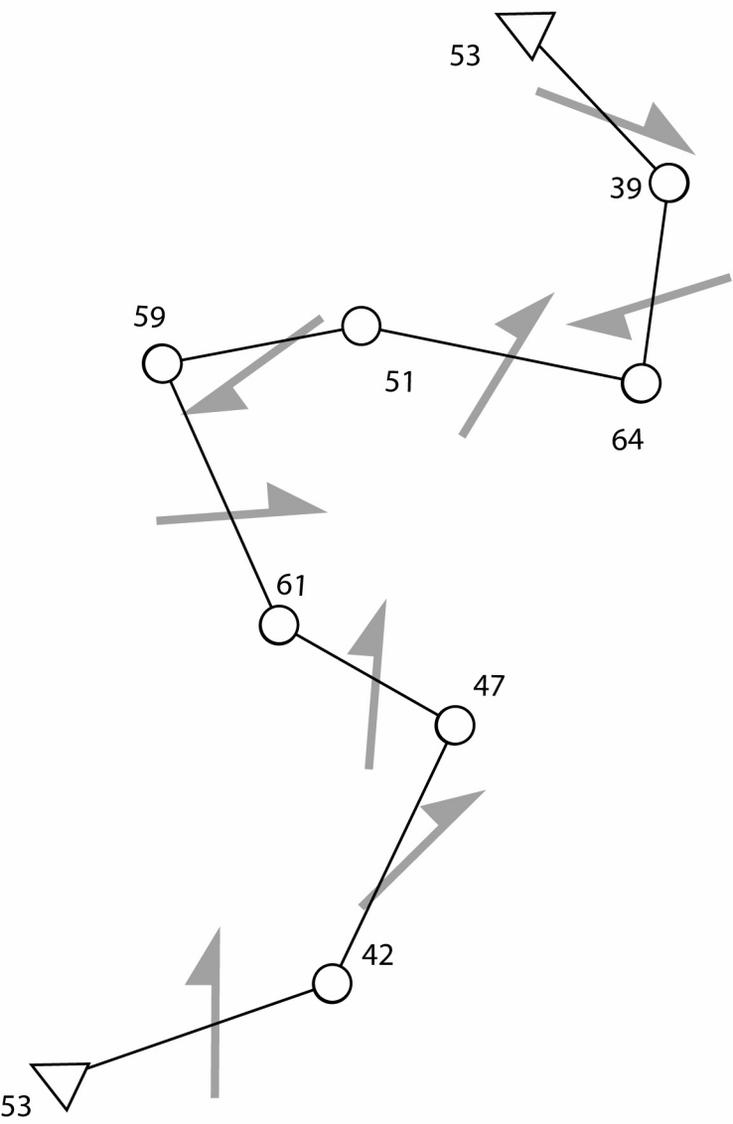
Puis faire l'axe 66-62 et l'axe 51-65. Ensuite, la pose des cônes restant se fait en comptant les pas.

Compter 1/2 heure pour la pose

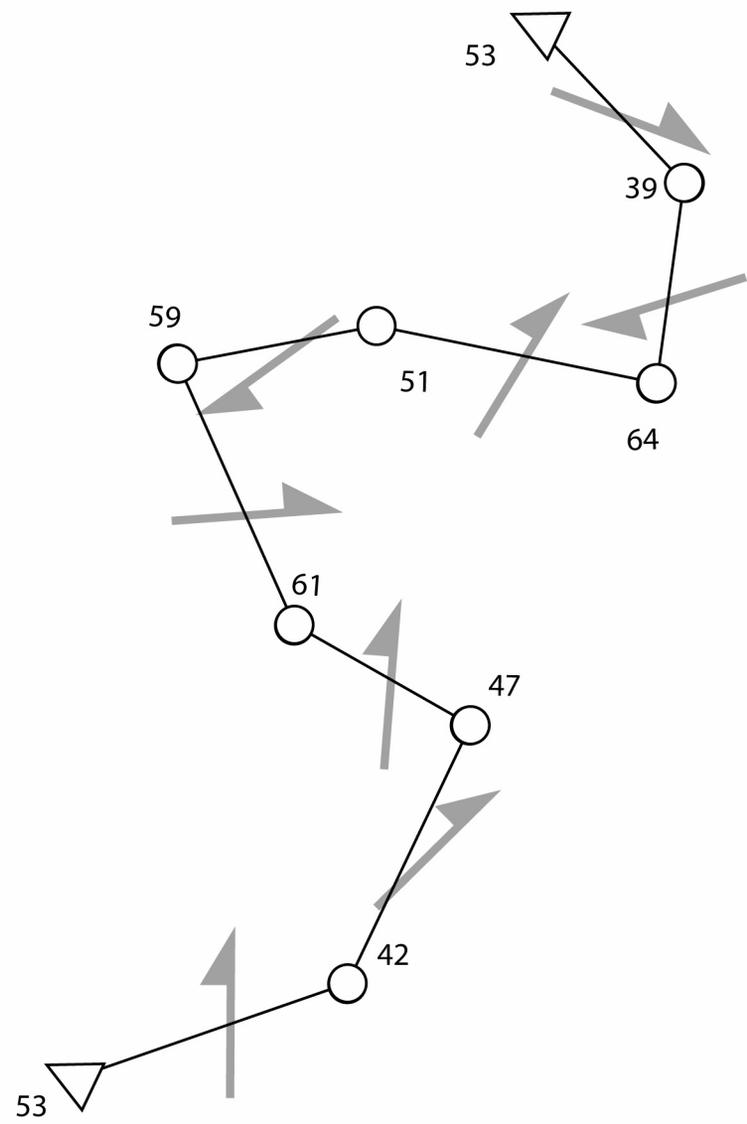




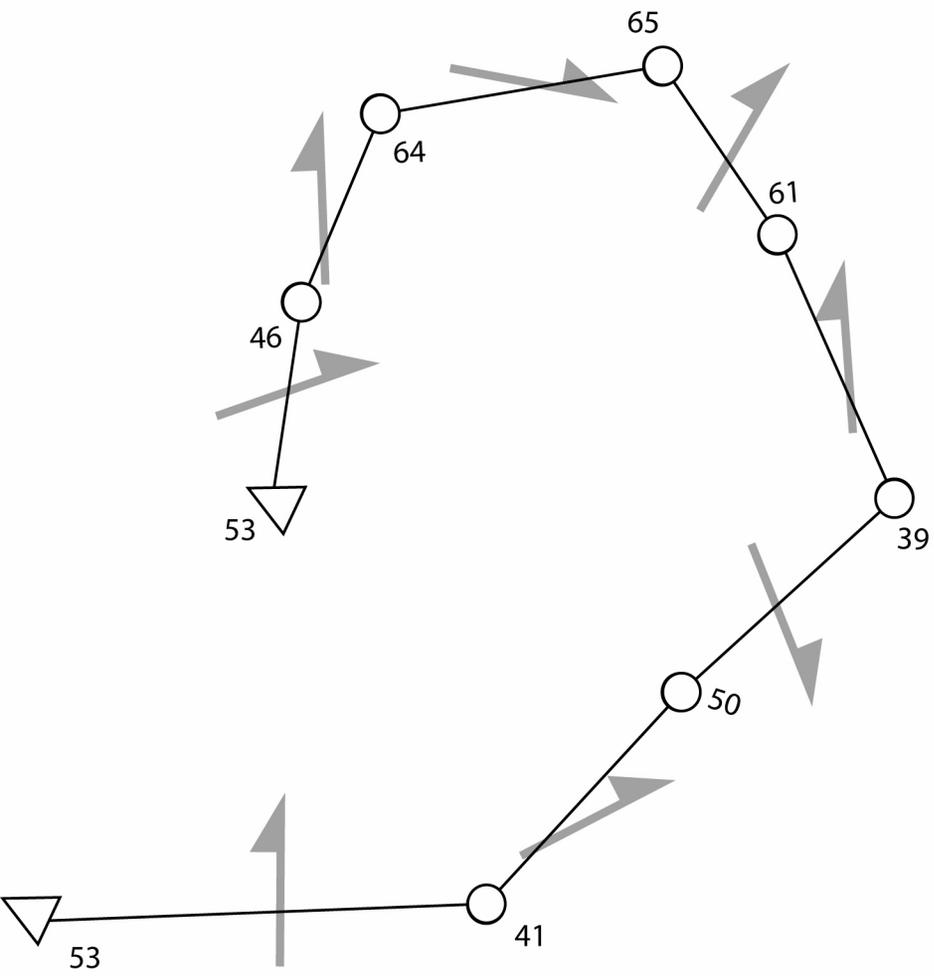
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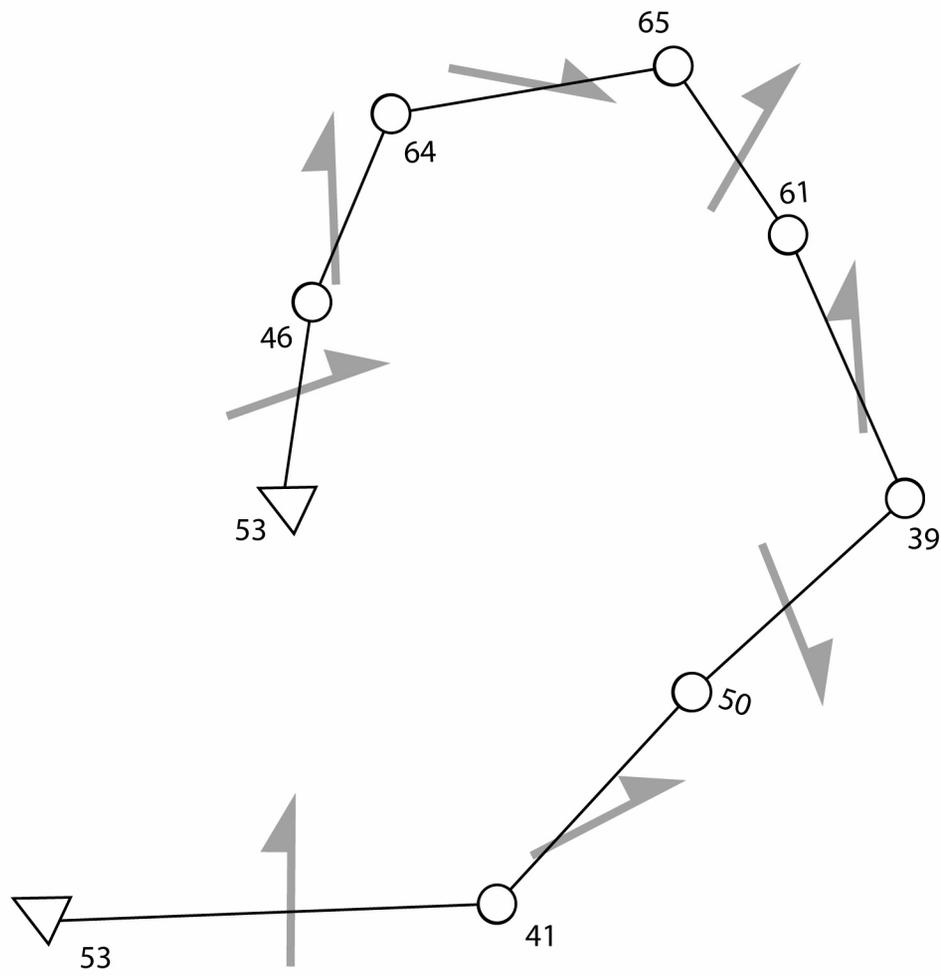
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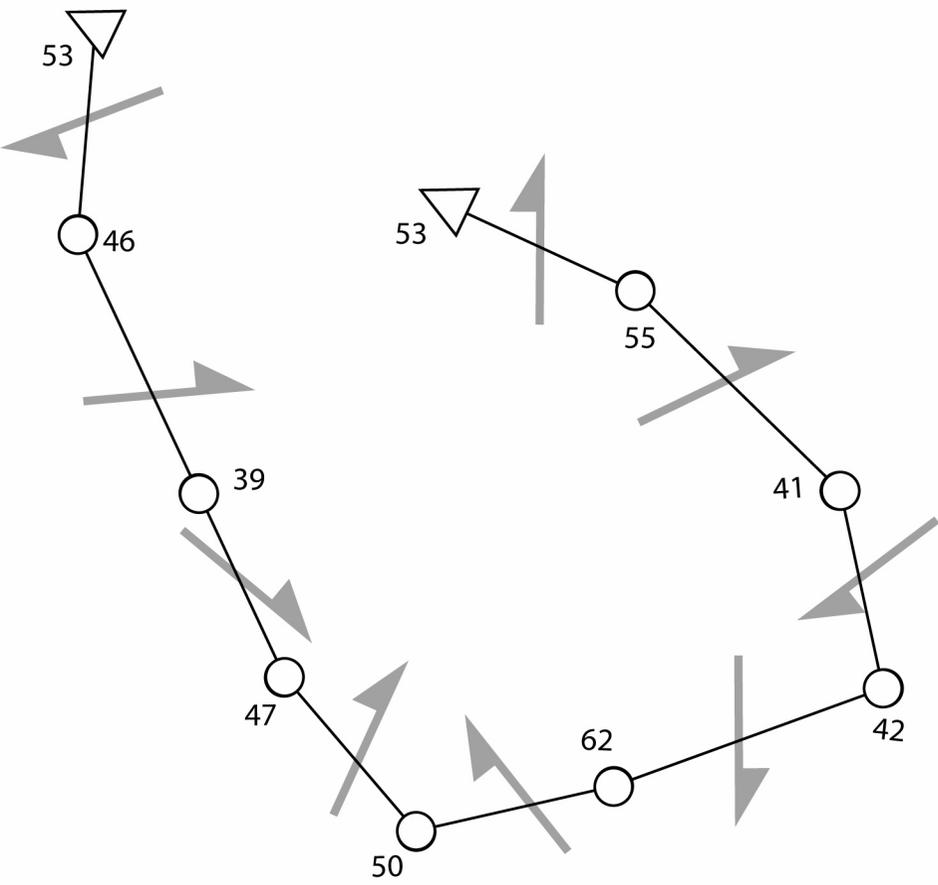
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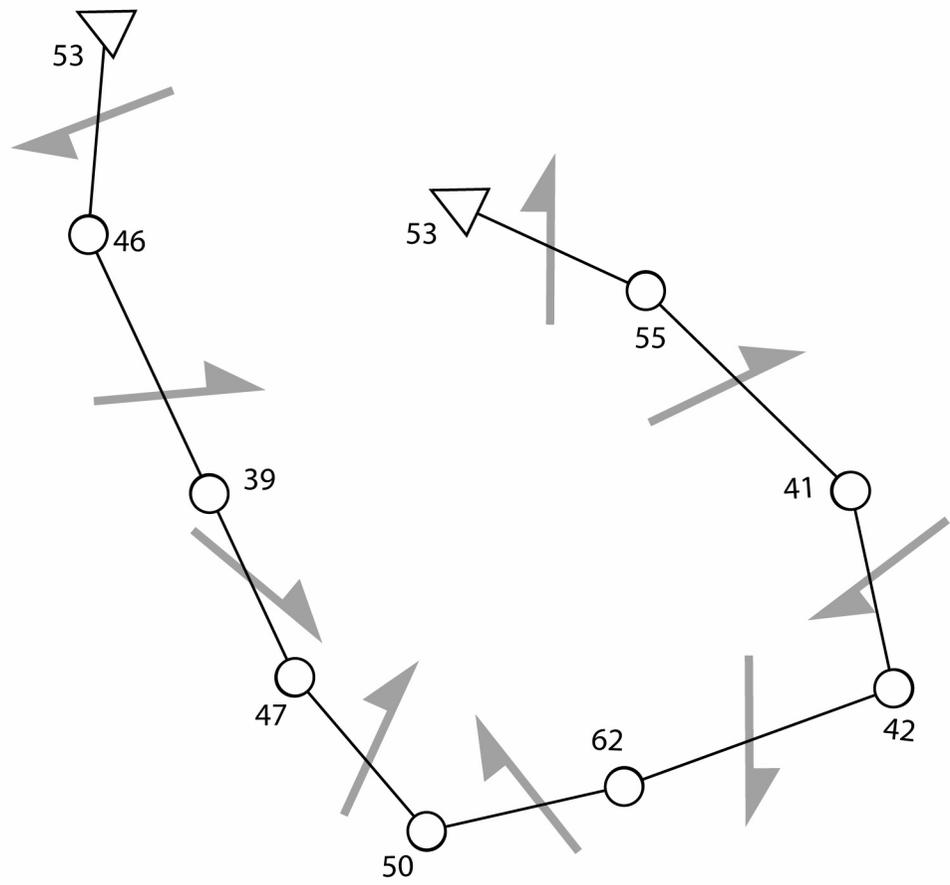
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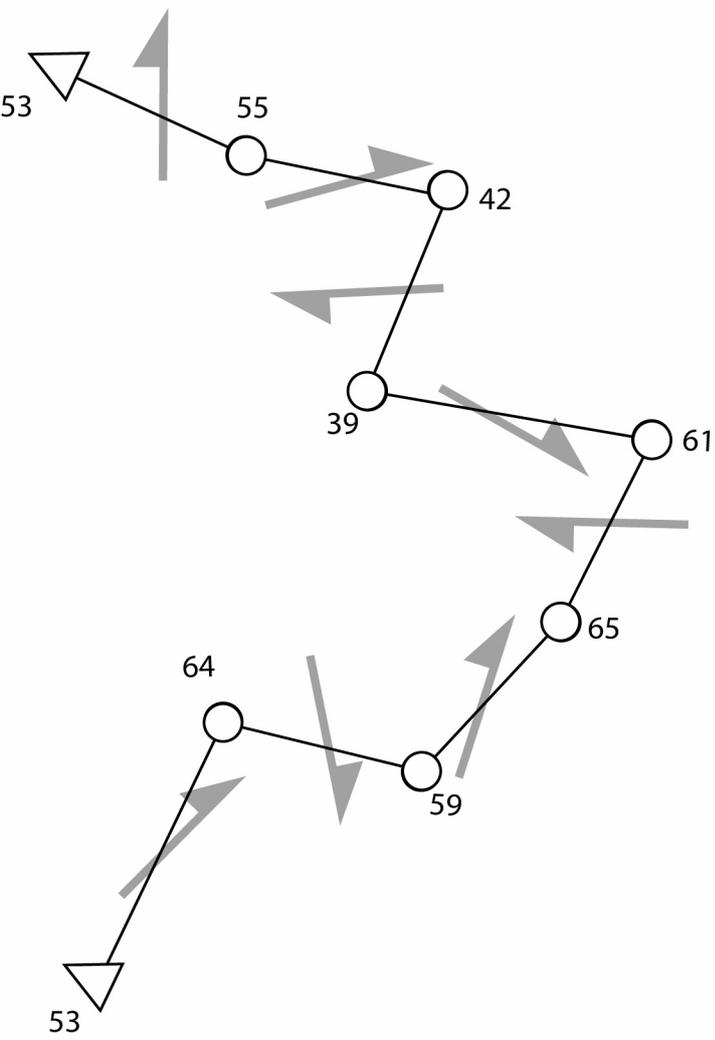
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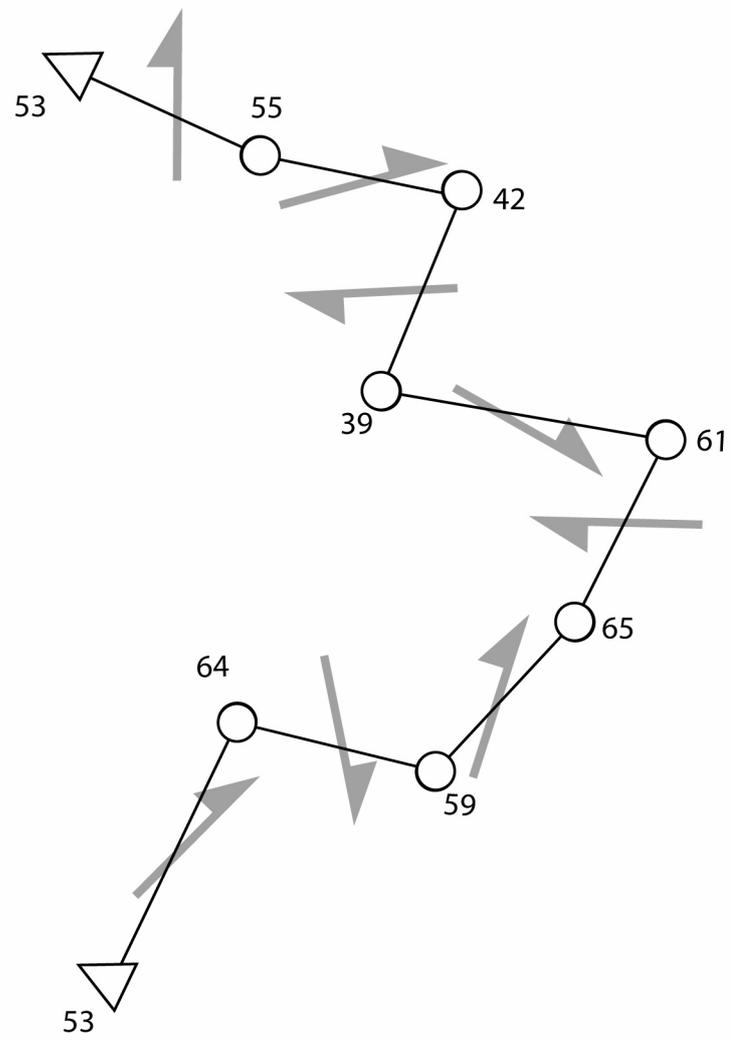
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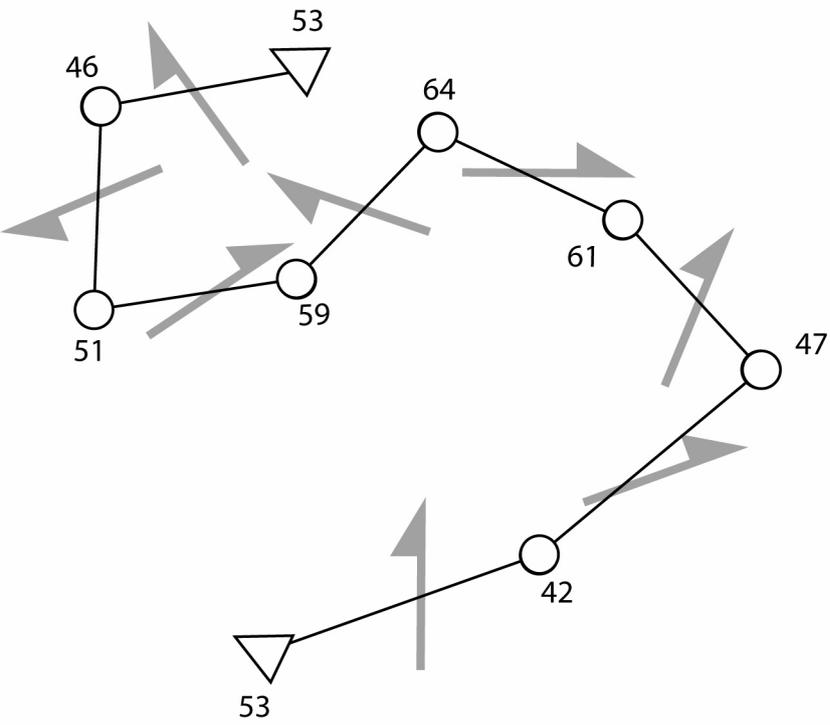
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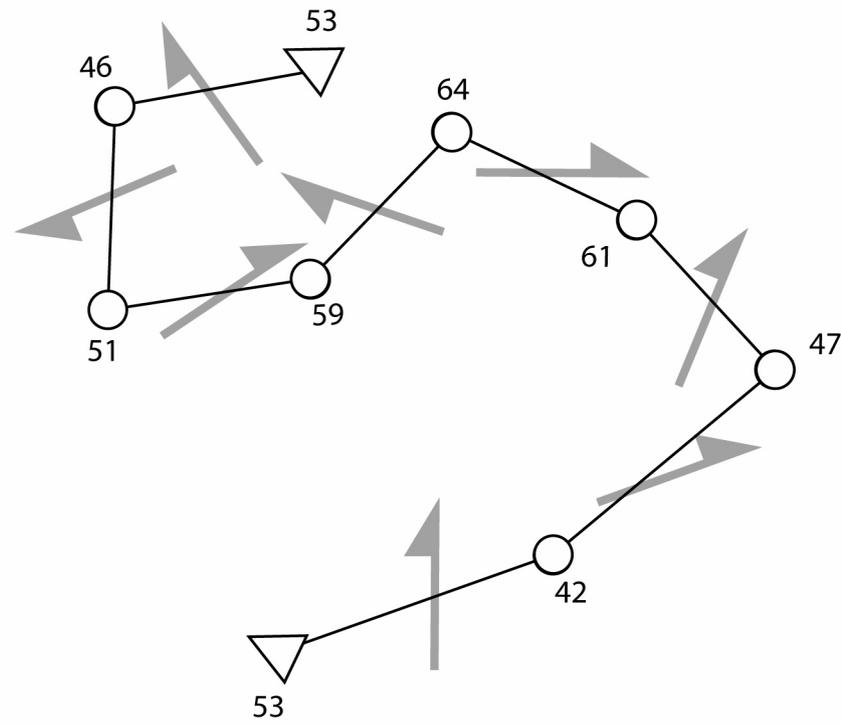
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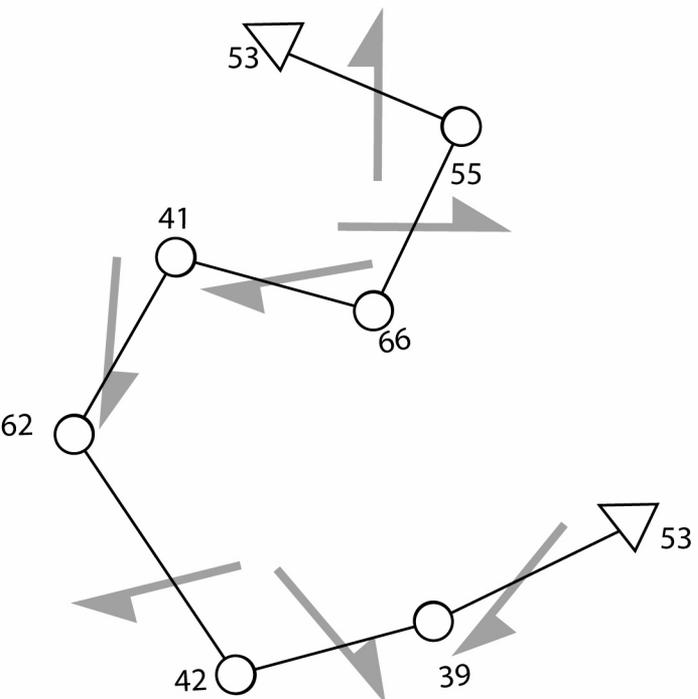
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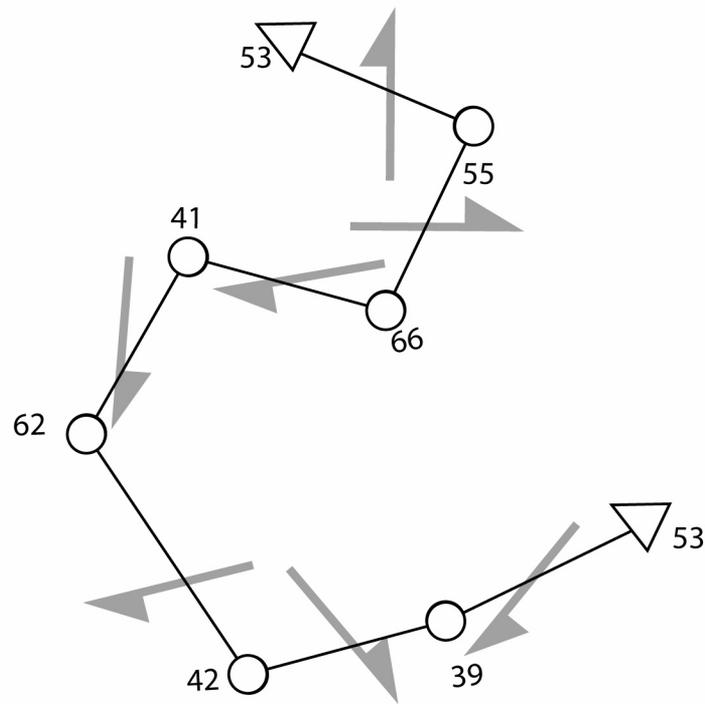
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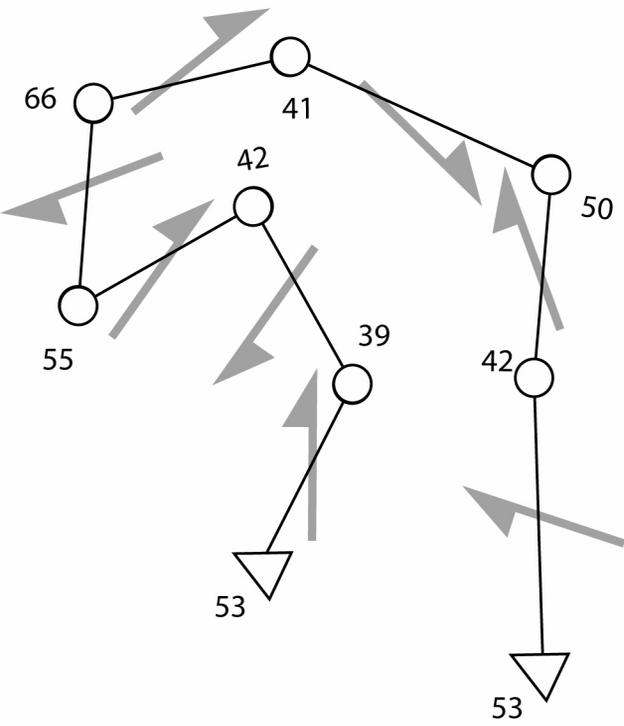
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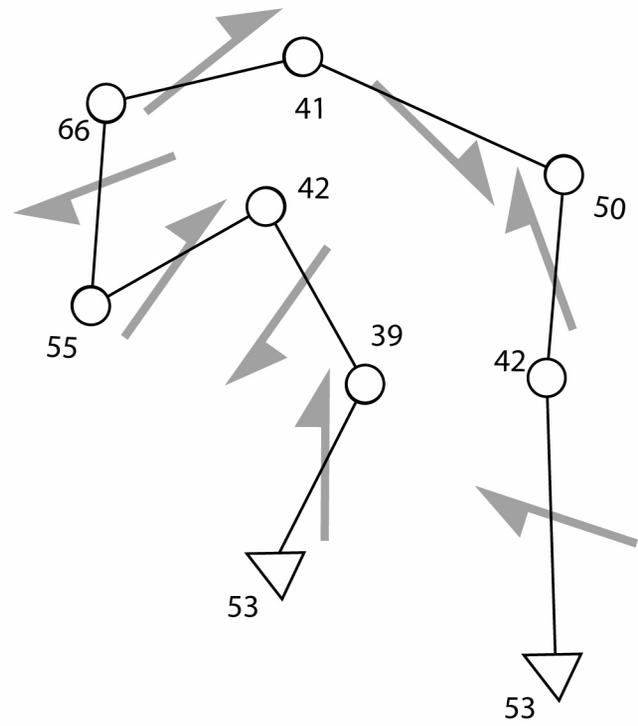
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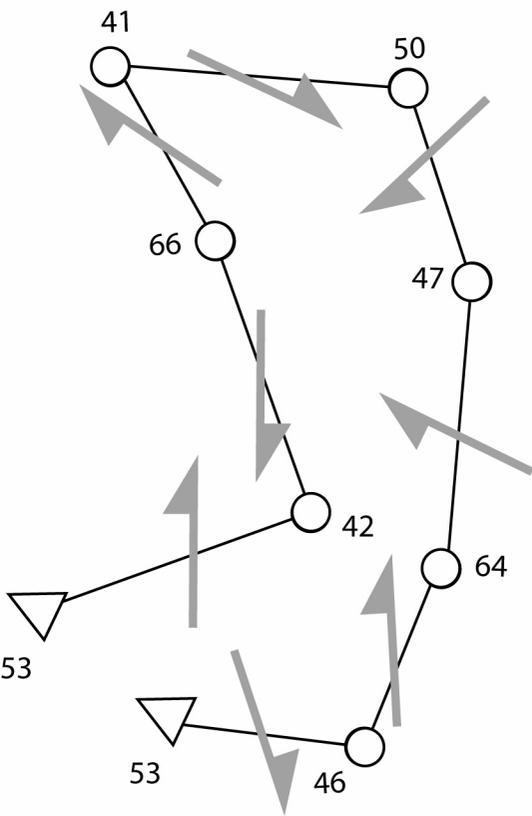
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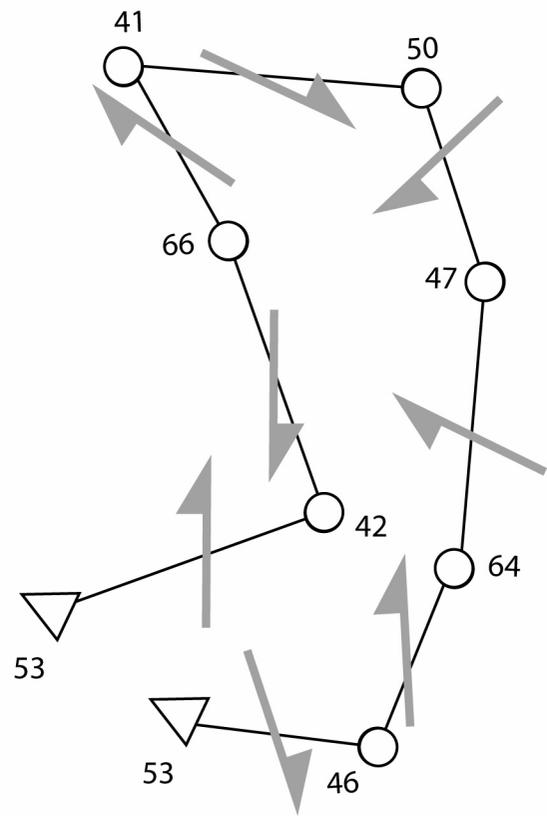
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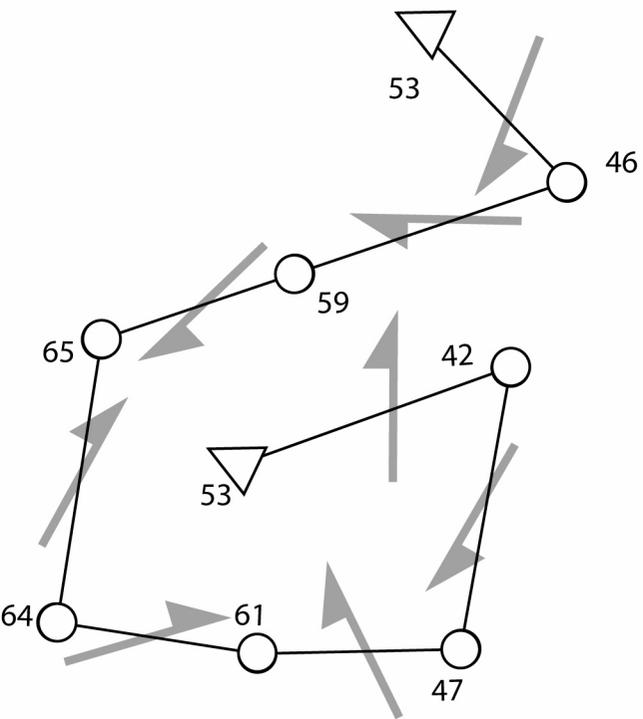
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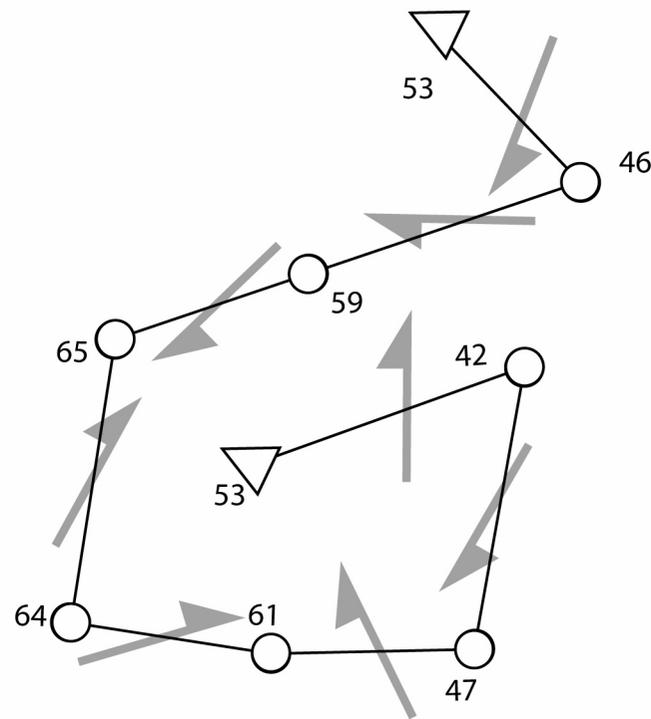
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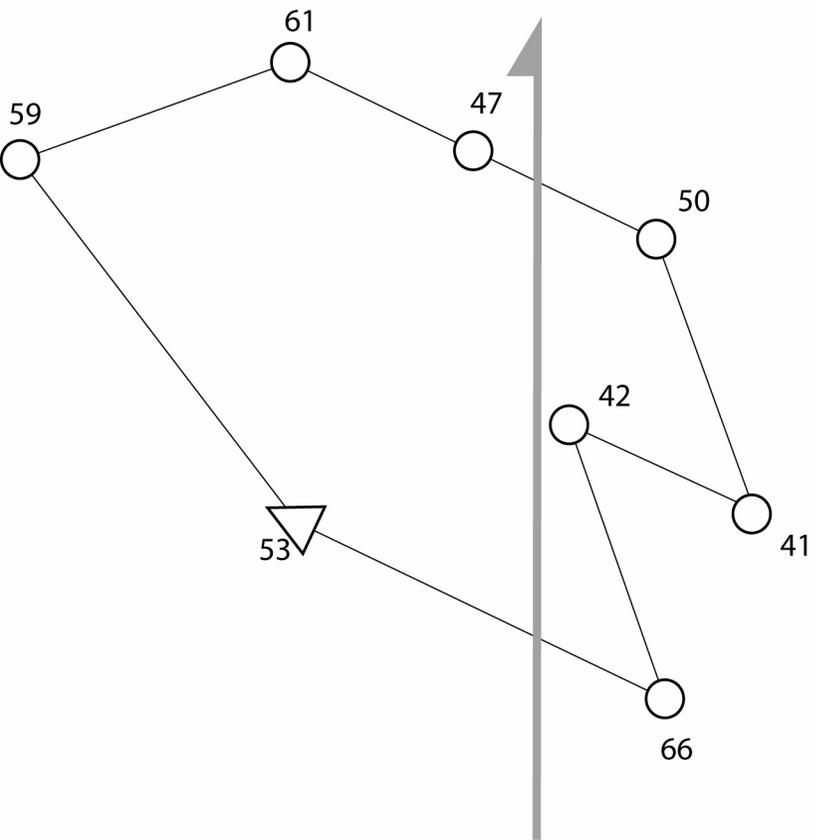
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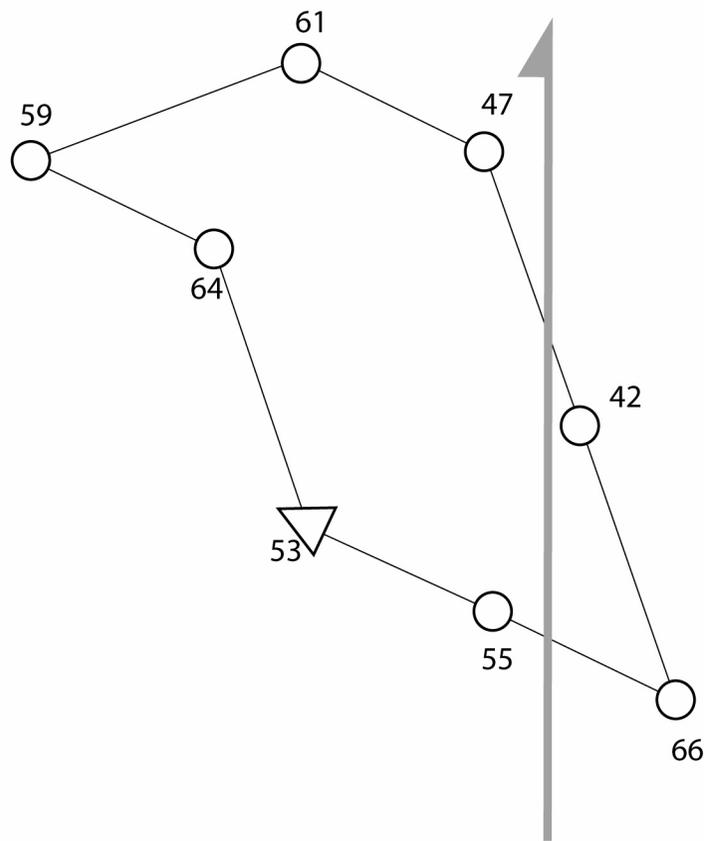
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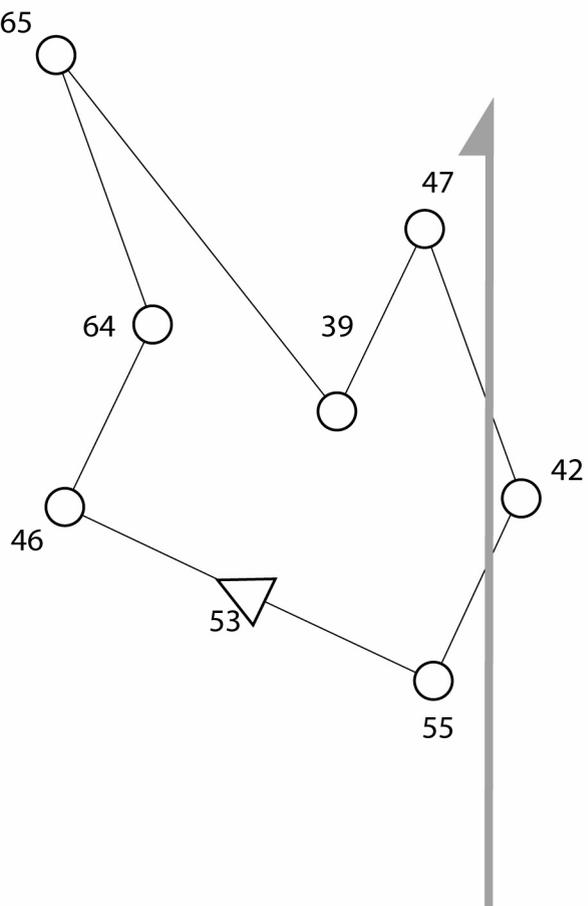
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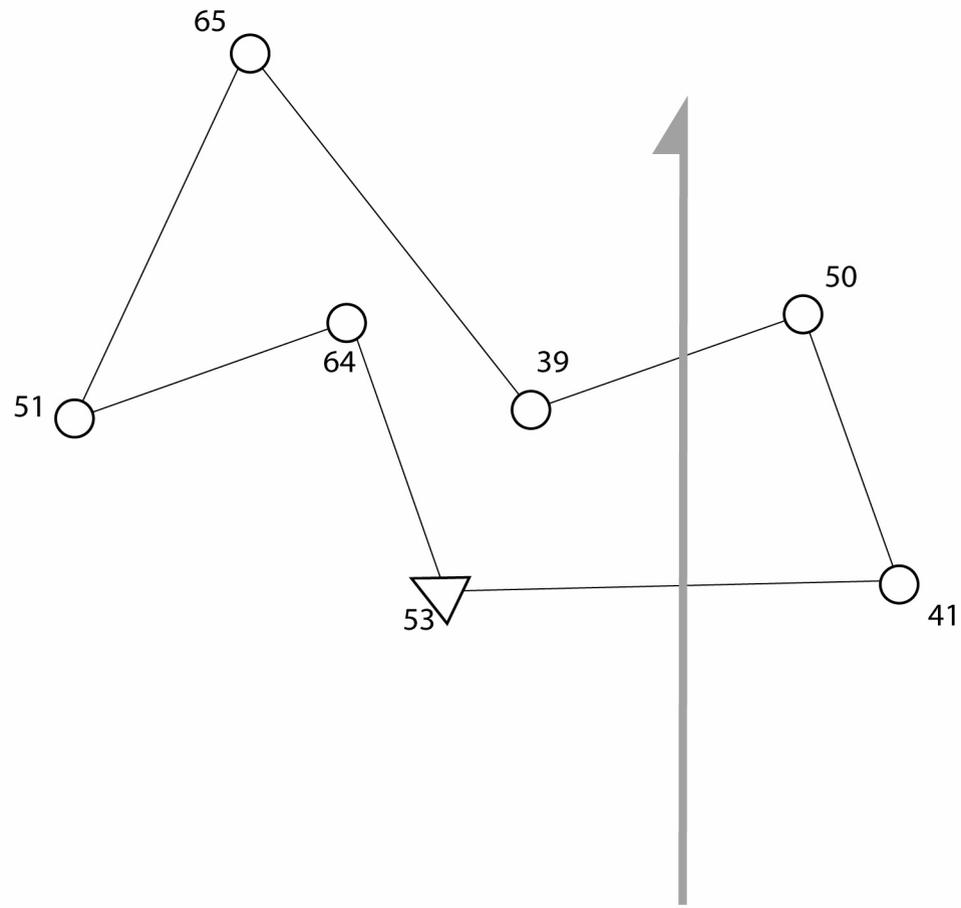
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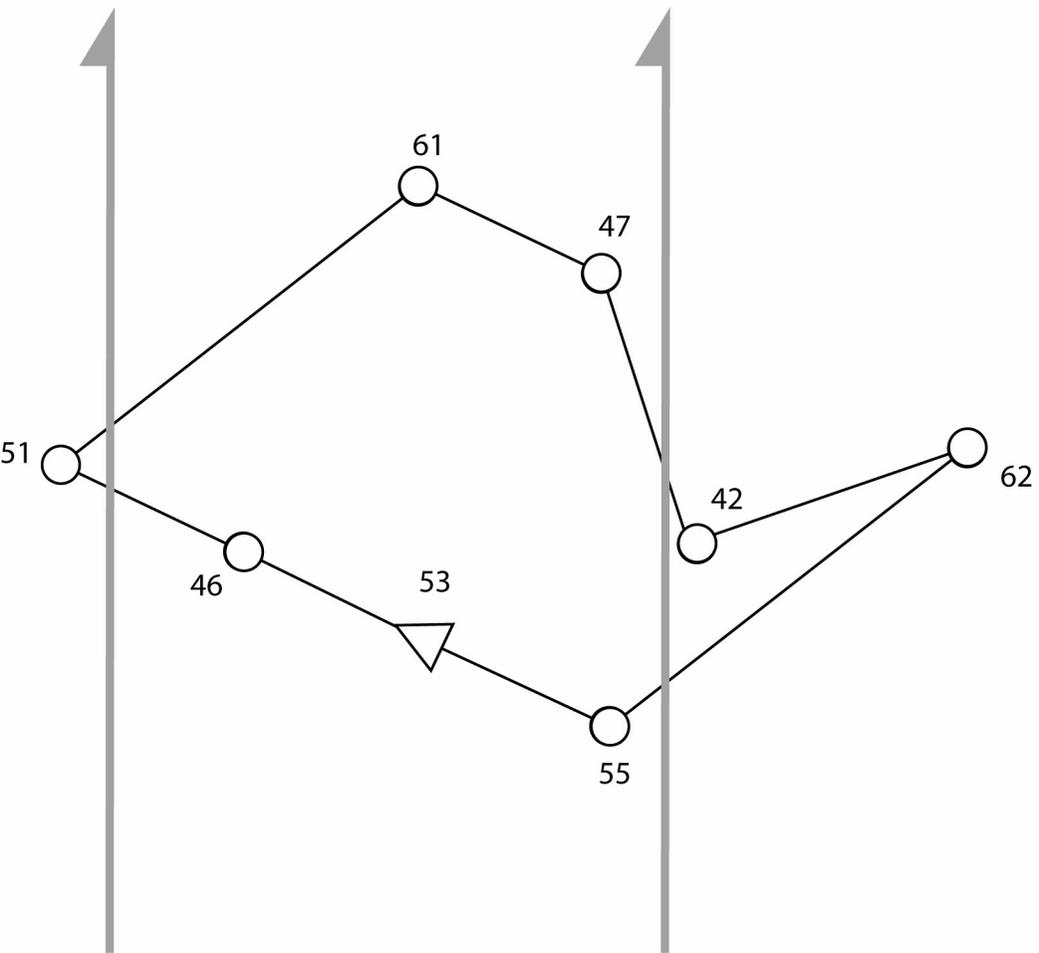


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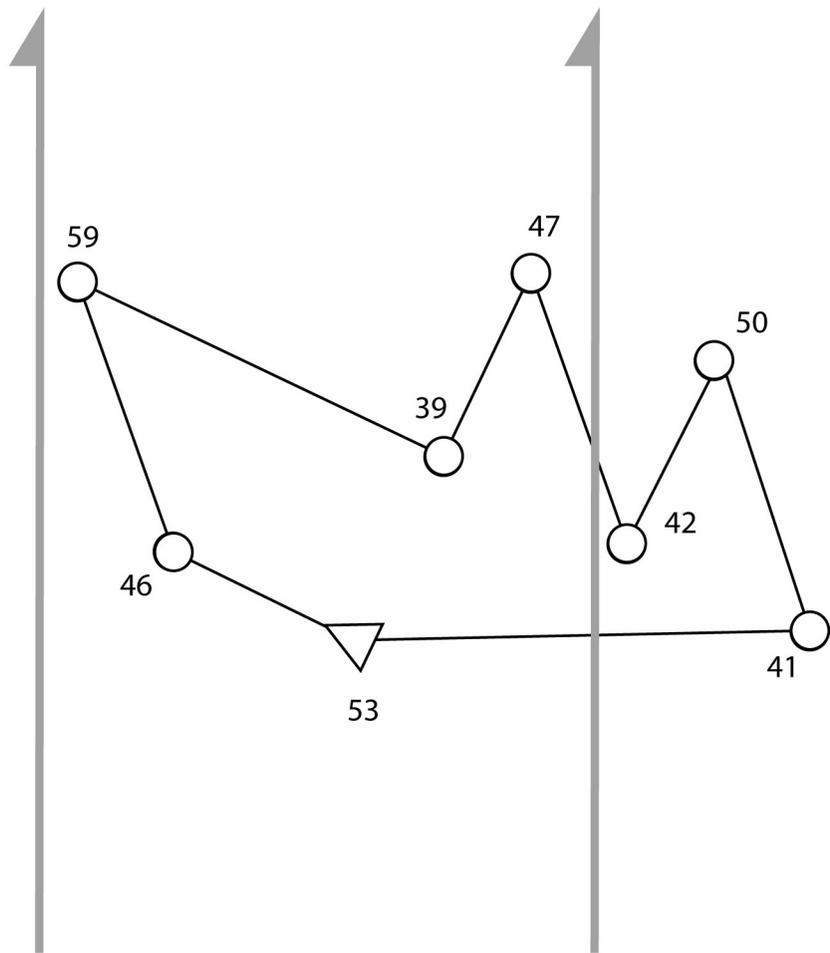
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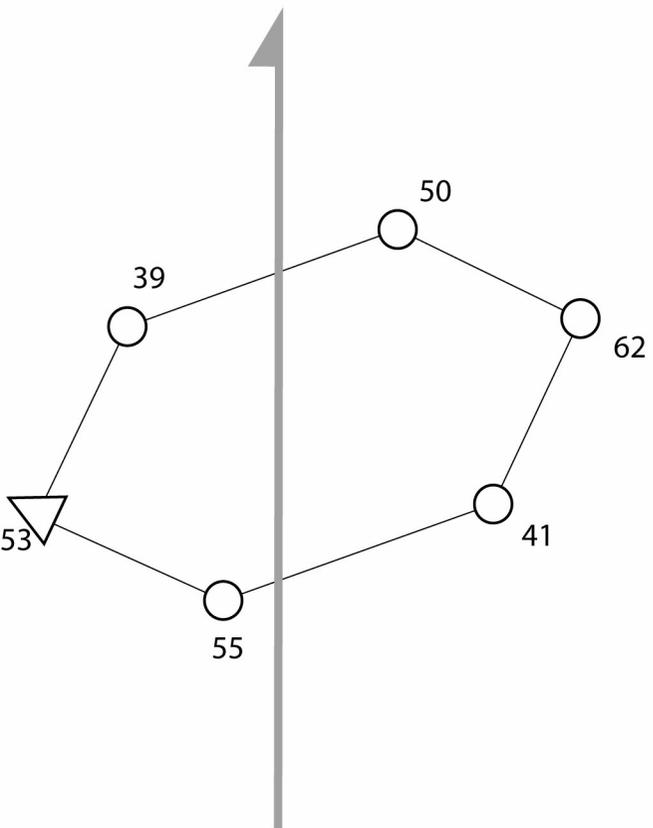


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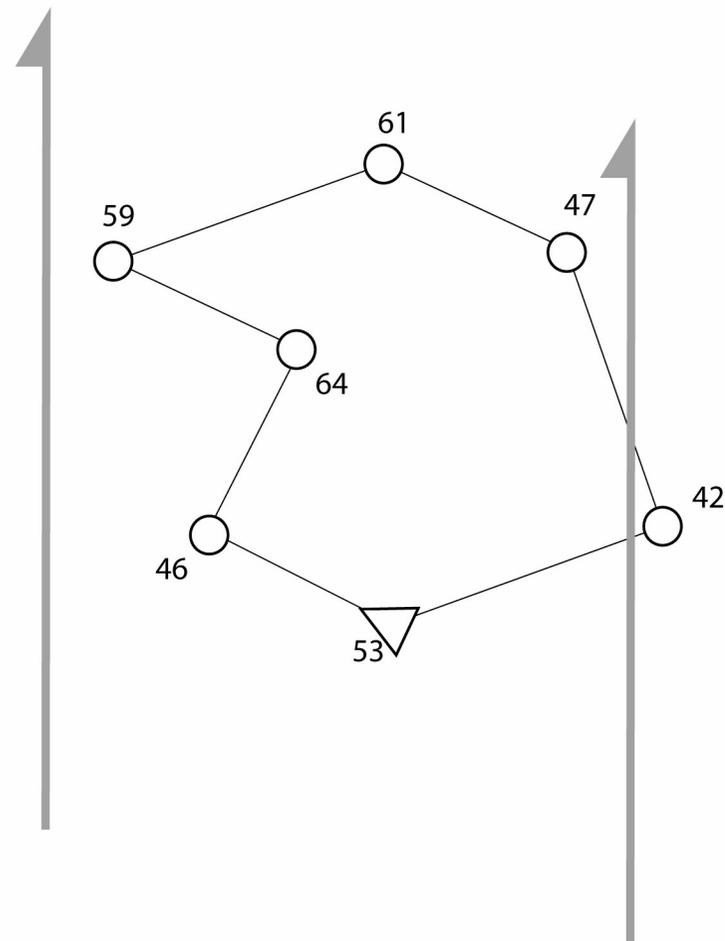
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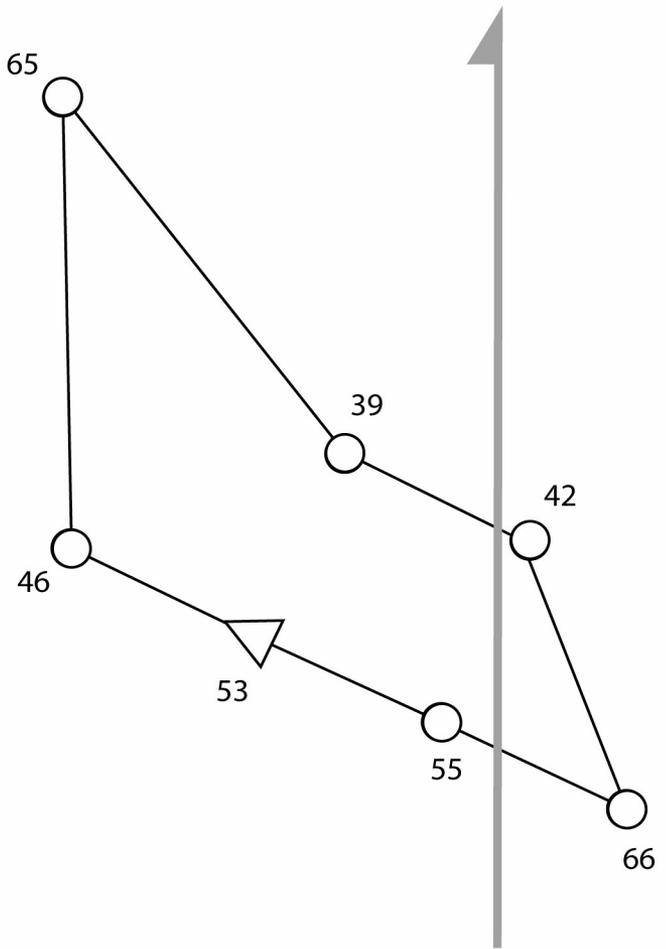
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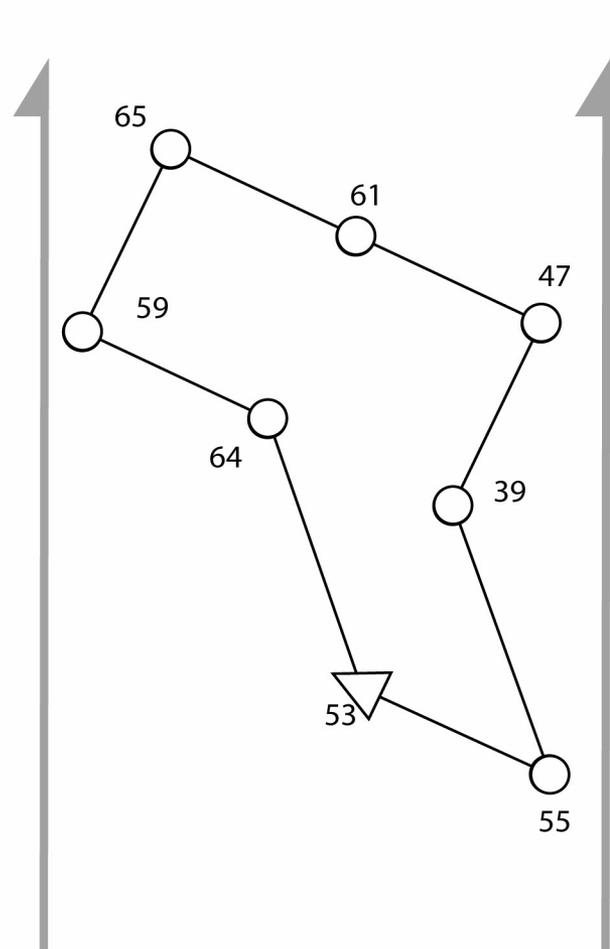
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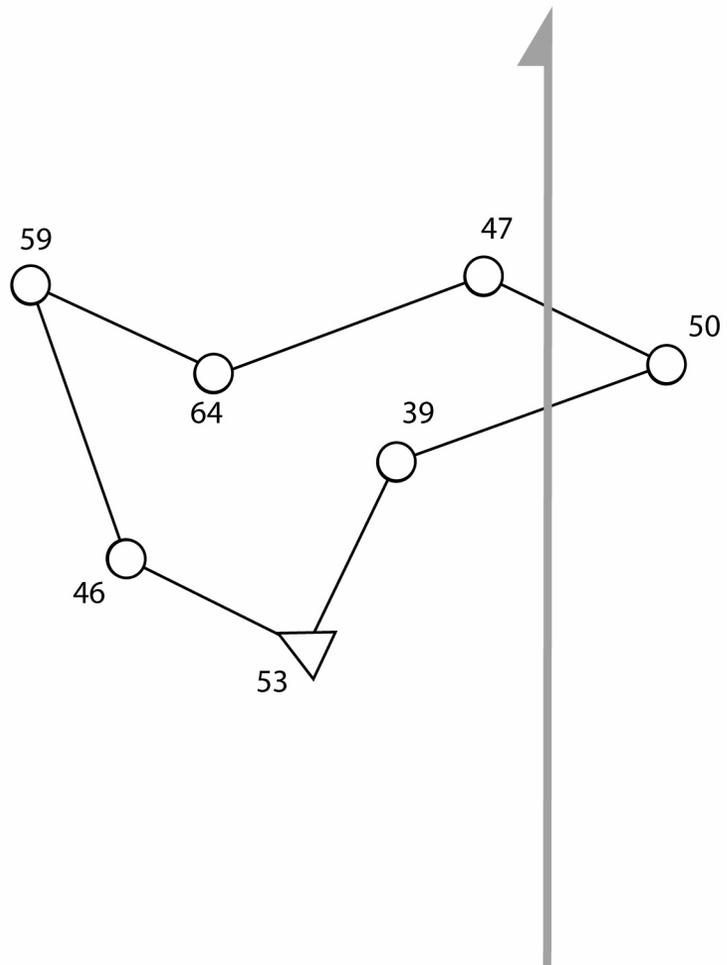
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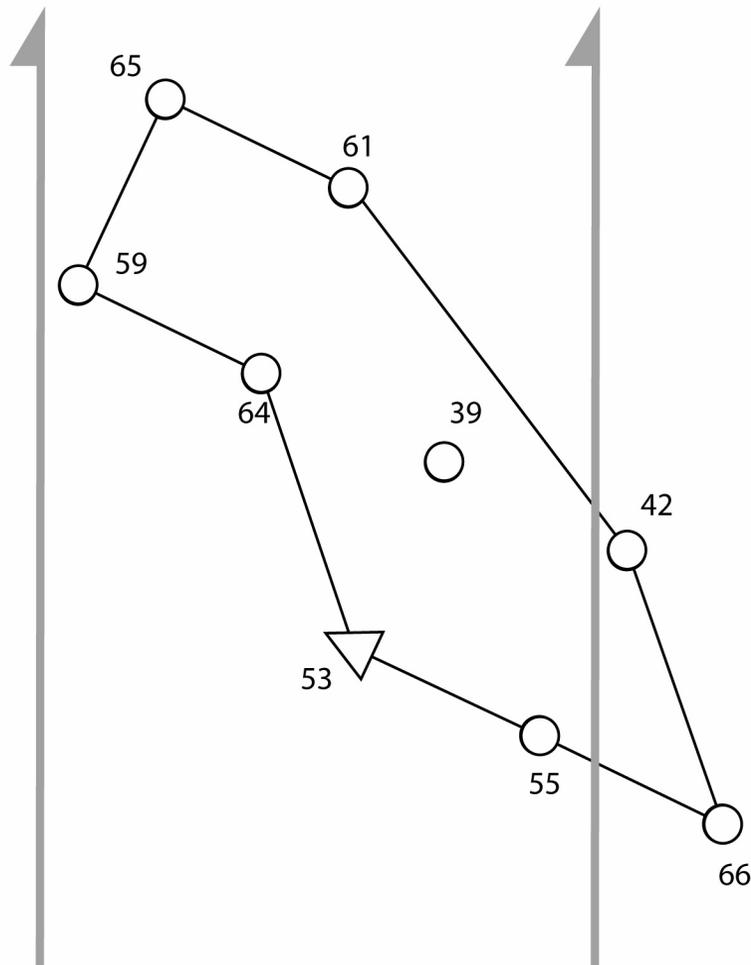
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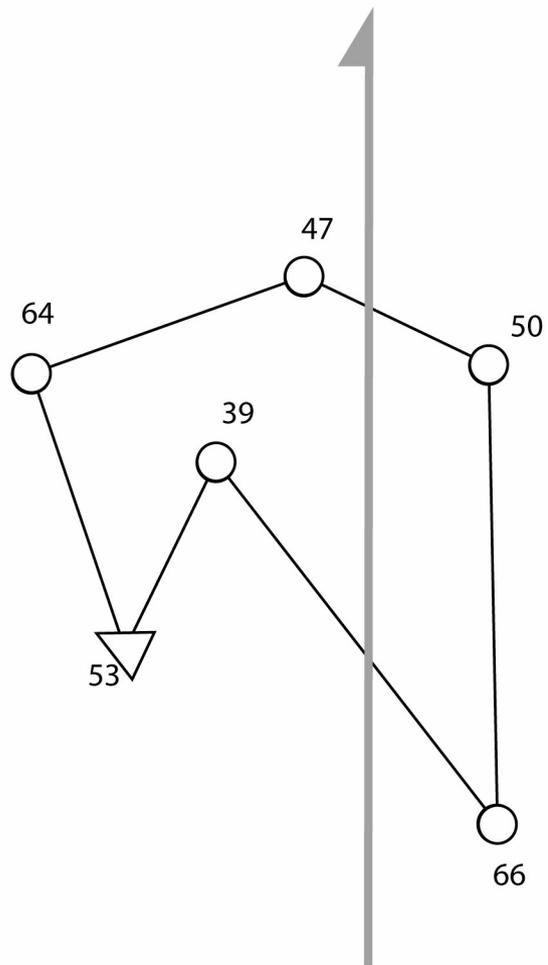
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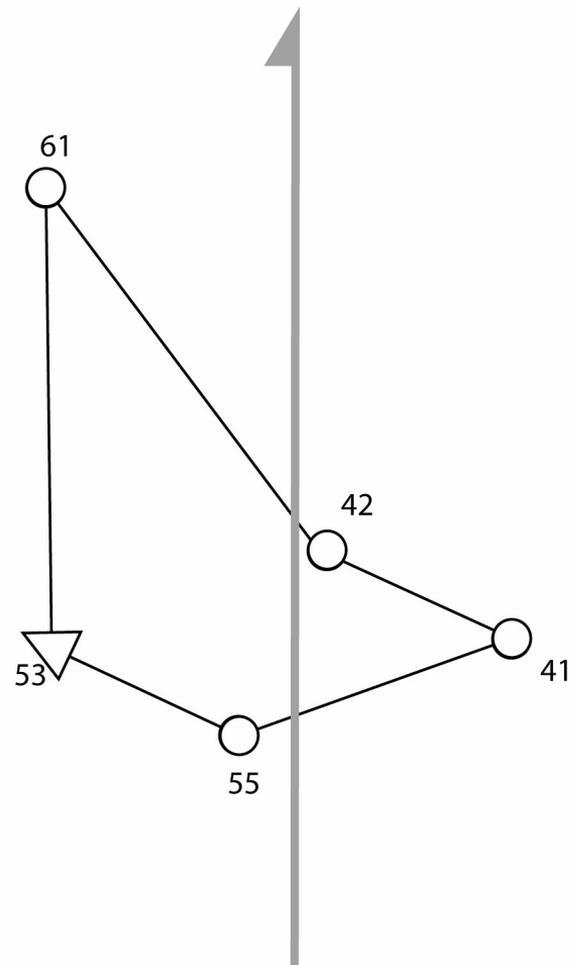
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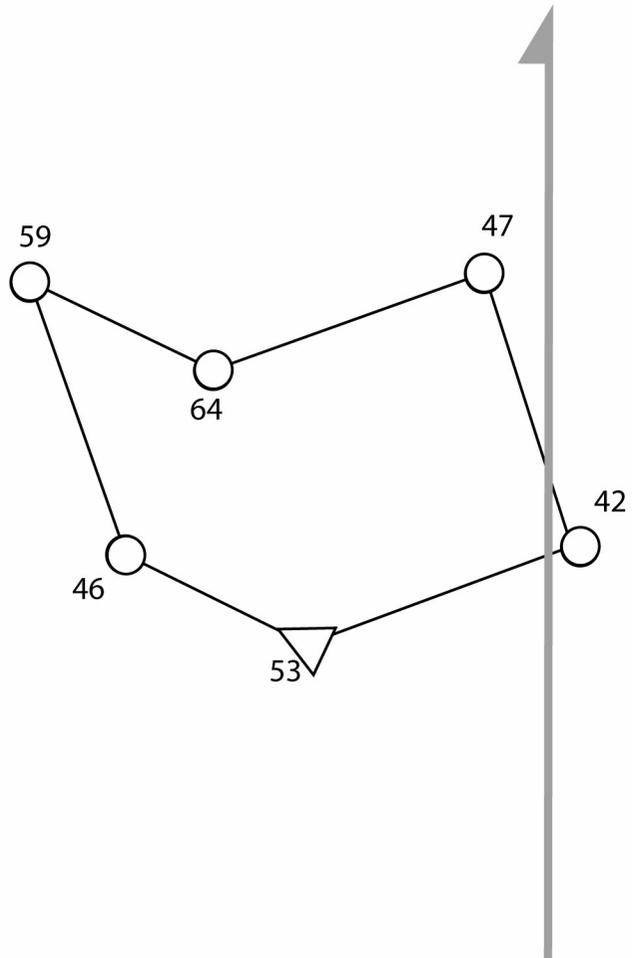
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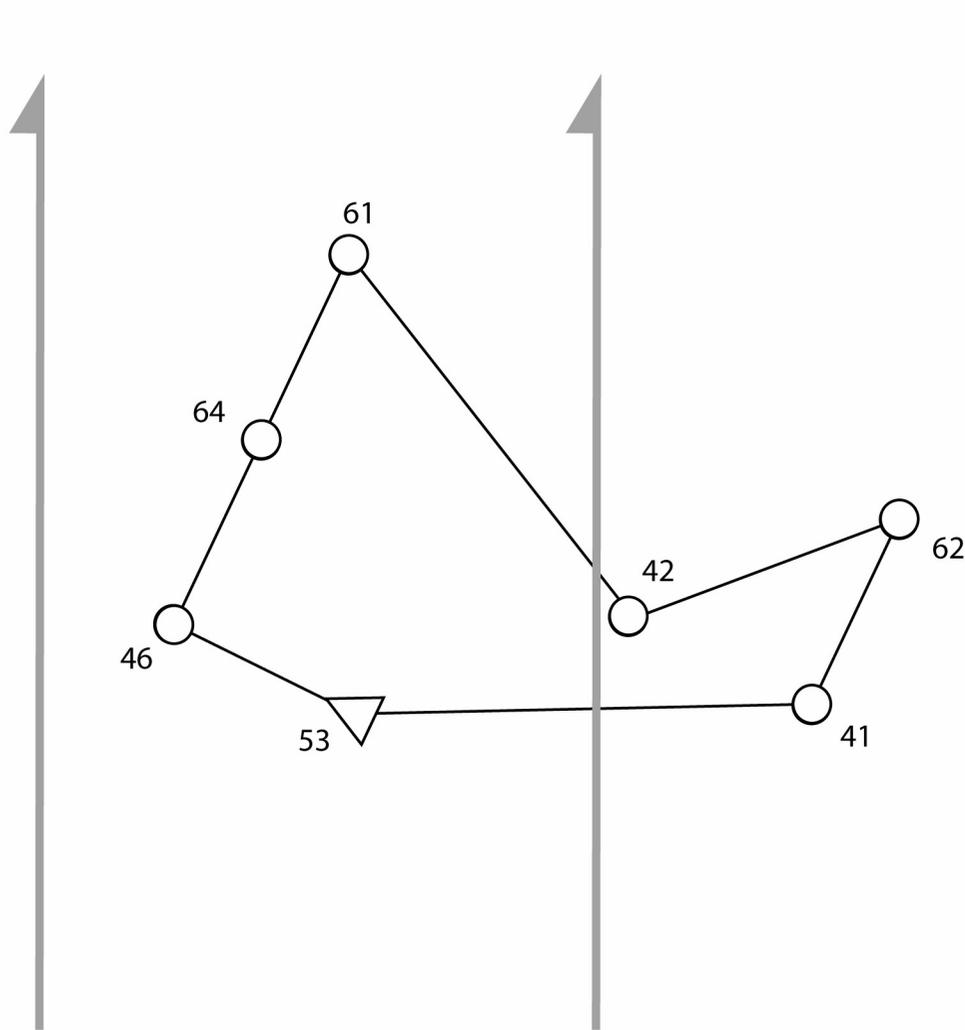
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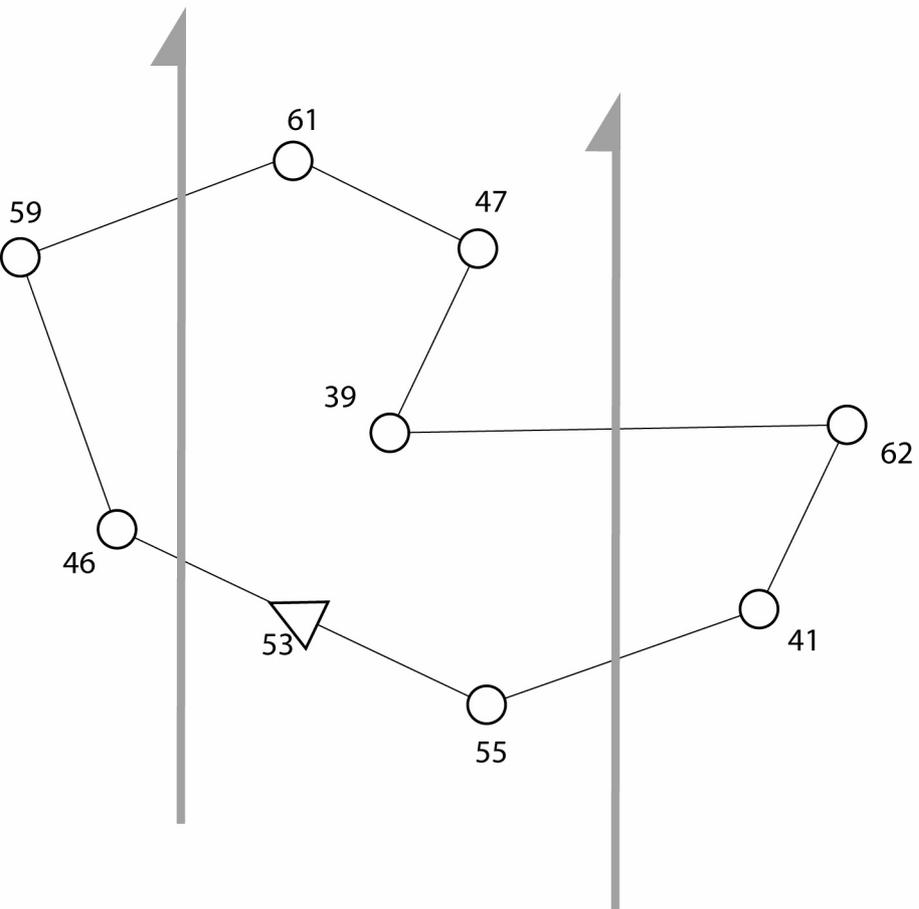
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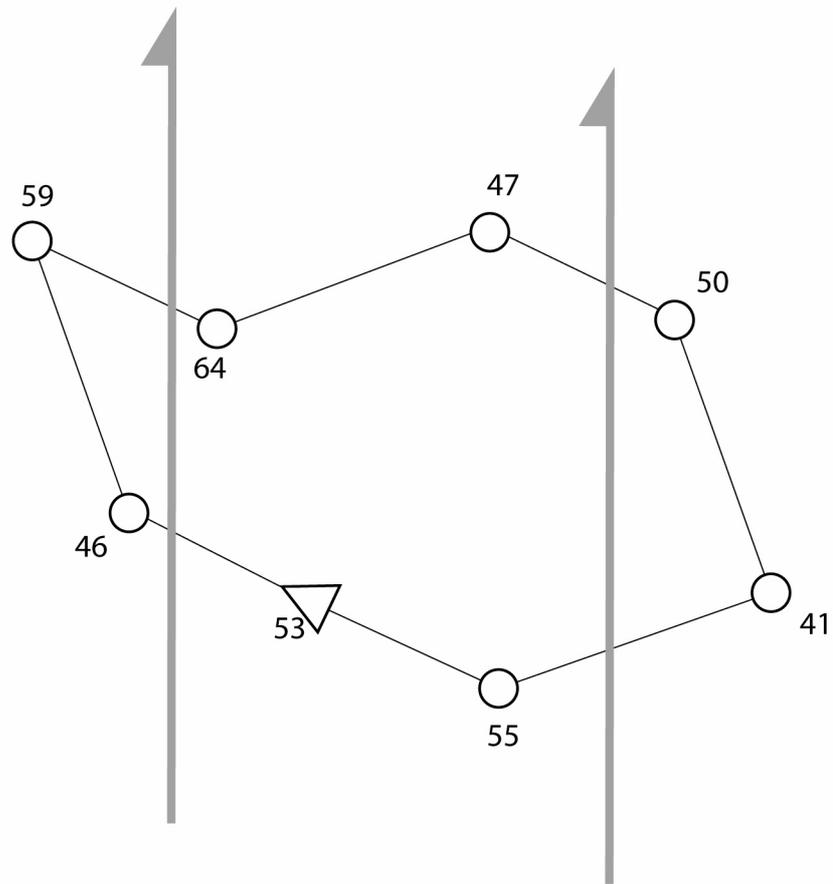
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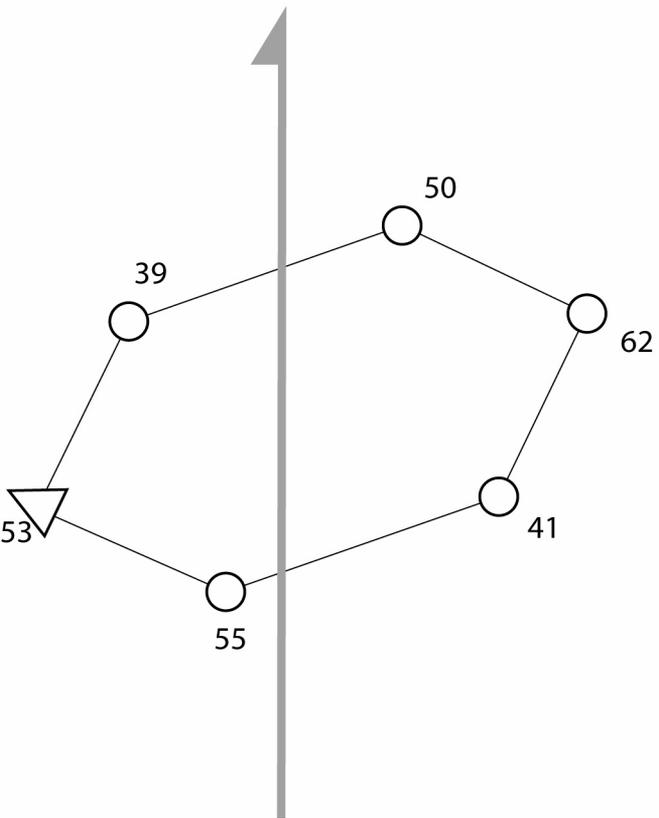
13-1



13-2



12-1



12-2

