

Orienteering Coaching Session Plan: UKCC L2 Relocation

Coach reminders are in **RED**. A UKCC L2 coach is able to plan & deliver a series of linked progressive exercises. The Session Plan should be written so that another coach could deliver your session.

Remember – the Session Plan is the 'What to do'; coach education has embedded the 'How to' so this is not detailed here.

Session coach:		Date:	Time:
<i>Your name</i>		<i>Date of session</i>	<i>Approx. start time</i>
Club:		Numbers in session:	
<i>Club or group you will be coaching</i>		<i>Expected number of athletes</i>	
Specific needs:		Group Type:	
1 x asthma		Group age:	Adult
<i>Have you checked the medical details for all (coaches included)? Prior knowledge & observation of the athletes can add to this as well.</i>		Ability:	TD5 (but still make errors which cost them a lot of time)
		Other:	-
Venue:		Support Personnel	Role
<i>Map name & nearest settlement</i>		Control hanger	Place controls before exercise
Session goal/objective:		Equipment required:	
To enable the athlete to relocate quickly through the development of ground <-> map skills and awareness.		Training kites, codes 31 to 40 Prepared maps: Relocation 1 & 2 = one per person (so they have one to keep afterwards) All controls map Scrap paper & pencils (if dry) Portable whiteboard	
<i>Brief summary of what you would like to achieve – try to concentrate on introducing only one or (max.) two techniques; you can reinforce previous techniques.</i>		<i>Check that all your equipment is listed here.</i>	
Time	Organisation/presentation		
5 min	Safety brief (before the session):		
	Group are properly equipped for area & weather: check Slip / trip hazards. Exercise within comfort zone – it is training. Other users – respect, avoid standing on paths (collision possible with walkers, runners, horses, cyclists). Cut-off time for exercise. <i>Know the area – check it out before the session. Ask other coaches for advice. Remember to prepare a detailed Risk Assessment.</i>		
10 min	Warm-up:		
	Jog at own pace on path for 4 minutes. Running drills as a group along even surface (strides, high knees, bum flicks, heel/toe walk). Short terrain jog for 2 minutes, trying to identify as many mappable features as possible; can they draw a quick map of the area they have jogged through? <i>Ensure that the warm-up is appropriate to the coaching activity about to be undertaken. If possible, include mental preparation for the planned activity.</i>		

Time	Main content:	Coaching points (CPs):
<p>10 min</p> <p>40 min</p>	<p>Coaching card 7C Relocation (Refinement) <i>Put in detailed timings (in case someone else runs the session). Use the coaching cards as the basis for the session.</i></p> <p>Briefing:</p> <ul style="list-style-type: none"> • What are the key do's for relocation? (record on whiteboard) • How often do you actually do that (does anyone admit to ever having adopted the headless chicken approach)? • What pitfalls are there? (e.g. parallel error in identifying features – convincing yourself & making the map fit). <p>Exercise:</p> <ul style="list-style-type: none"> • In pairs, one person has the map and navigates to either an attack point for the control or about mid-leg for the control. The 'shadow' just runs along behind them. • The map is handed over and athletes swap roles. The 'new shadow' observes the actions of the person with the map so that they can give constructive feedback later. • The person with the map relocates and takes them to the control, does the first part of the next leg, then swap roles. <p><i>Athlete talk & debrief takes time – remember to factor this in with the overall timings.</i></p>	<p><i>Use the coaching cards for the coaching points – you can expand on them.</i></p> <p>Remember your relocation strategy (could get an athlete to record this on the whiteboard):</p> <ul style="list-style-type: none"> • Stand still, look around you for distinctive features. • Study map for features you have recently seen. • If you are unable to locate where you are immediately, move to a place where you can. <p>Be brave & prepared to move!</p> <p>Ensure you are constantly looking map <-> ground. This does not have to be in every little detail, but could be vegetation observation, general ground shape/slope direction.</p> <p>Keep a check on your general direction of travel.</p> <p>Develop a strategy which suits you.</p> <p><i>It can really help to have some prepared questions – the athletes can discuss them in small groups.</i></p>
<p>15 min</p> <p>12 min</p>	<p>Cool-down:</p> <p>Athletes collect controls and return to cars at slow jog or walk. Static stretches. Think about the exercise just done.</p> <p><i>As the coach, check that all the controls etc. have been brought back and all the athletes have returned!</i></p> <p>Summary of session and feedback to orienteers:</p> <p>What is the most important thing you have learnt from this session? How are you going to use this in your orienteering races? What can you do to increase your confidence with this technique?</p> <p><i>Remember to highlight the progress the athletes have made. Make this as athlete-centred as possible. Ask them for feedback about the session. Talk briefly about the next session – give them something to look forward to!</i></p>	<p>Gifted participant ideas</p> <p>Increase speed/running time through terrain before the map is handed over. Take athlete well off the direct route (e.g. 180° error). Athlete following does not have a compass.</p> <p>Struggling/less confident athlete</p> <p>Decrease speed (walk). Hand over the map at easier points. Leader (with map) talks about the route they are taking. When the map is handed over, the former leader 'supports' the new leader by reinforcing relocation strategy.</p> <p>Aims of next session:</p> <p><i>To be filled in after the summary & feedback</i></p> <p><i>Make sure that this is filled in and that you carry out a self-evaluation of the session. Build this evaluation into your next session. Have you asked the athletes and any others involved in the session for feedback?</i></p>