

## Coaching adults: helping beginners become improvers

Coaching adults



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## Some issues to think about . . .

- What are the similarities & differences between coaching adults and coaching juniors?
- What skill level are we talking about?
- Should adults and juniors (of the same standard) be coached together?
- Value of spending time coaching adults



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## Adults: consider

- Background
- Prior learning
- Speed of learning / progress
- Male or female
- Competitive element?
- Peer group



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## Making it easier

- Club has a 'coaching culture'
- Understanding the 'Step System' skills
- Able to measure progress and have achievable targets set and reviewed with a coach




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**ORIENTEERING STAR AWARD SCHEME  
CERTIFICATE**


Name: \_\_\_\_\_

TD	Skill/Technique	Target standards	Target date	Progress	Date ACHIEVED
1	Fold the map	Habitual.			
1	Set the map using visible features				
1	Thank the map				
1	Avoid distractions, DON'T follow others	Focus on YOUR orienteering.			
2	Adjust speed sensibly	Run hard/move quickly when you know you're going the right way and you know what's going to stop you. Slower final approach to control.			
2	Check direction off line features	Always - quickly - check with compass before setting off.			
3	Cut corners using map and rough compass	Do when/where appropriate/when safe.			
3	Recognise major contour features	Identify on mass hills etc. with more than 2 contours - recognise them in terrain.			
3	Recognise/recognise all common map features & symbols	Recognise and be able to describe all common symbols and features.			
3	Identify attack points on the map	Understand purpose of AP, when appropriate, select APs on map.			
3	Plan route to AP and navigate to it	Without prompting plan forwards starting at AP and execute plan.			
3	Identify alternative routes on map	Understand there's often a choice, identify and describe options involving paths versus cutting corners.			
3	Weigh up advantages and disadvantages of basic alternative routes	Discuss route pros and cons, make a decision based on them and your own technical and physical strengths. (TD3)			
3	Estimate distance on map	Roughly estimate on map distances of 50-400m, referring to map scale.			
3	Judgement of absolute distance	Know own pace count for 100m and effect of terrain; walk or run mapped by 50-100m intervals with reasonable accuracy and confidence.			
3	Simplify the map	Describe signs in terms of major landmarks/line-off features.			
3	Identify & use catching features	Identify signs with catching features, consistently use them where appropriate.			


  
 Date standard achieved: \_\_\_\_\_

Coach name: \_\_\_\_\_
 Coach signature: \_\_\_\_\_
Date: \_\_\_\_\_

## Positives



- Balanced club membership
- Faster progress towards competing with their peer group – if they want to
- Transport for juniors
- Adult feels confident talking over courses with their child
- Some become coaches!
- A larger volunteer group when the club holds events
- Health benefits = 