

WHAT GAINED FROM EXAMPLE COACHING SESSION

(This was from the Inverness day, where one coach delivered the session from another coach's plan (previously unseen). The intention was 2-fold: show importance and value of clear session plan, and evaluate a particular coaching exercise. The notes below were participants' comments on the activity, from the point of view of a coach, and of an athlete.)

AS COACH	AS ATHLETE
good to get athletes to put out and collect in controls	good to have 2 attempts at loops
good preparation, waterproof maps	putting controls out was good learning
good brief & plan, easily picked up by someone else	unsure on own putting controls out – good in pairs
could have taped sites for athletes to put out controls	gaffles individual training – no worries about distraction/following
question cards allowed more people at the same time to think about courses done	gaffles – keep seeing people – reassurance
would use Mike's warmup again – short space, different	structured review with Q cards
didn't like Mike's warmup, too military and shouty	good initial questions: what points learned before will you use today – eg. attack point, corner cutting etc.
appropriate size groups (4)	did not provide a great feeling of head-to-head loops closer/same direction
different courses using same controls	pairs would have been good – peer feedback
TD3+ control sites	putting out controls could have been used to better effect (eg. map memory)
require large group to simulate relay distractions	why not use EMIT?
suitability of terrain for "compressed control sites"	not enough emphasis on competition
possible mass start, sealed maps	
be prepared to modify session – time constraints	
safety aspect crags a bit scary	
coach:athlete ratio – group too large	
warmup first (before setting off from car park)	
group feedback can become disjointed	
felt I lost control of warmup (delegated it without guidance)	
larger group than I would normally take – BUT this exercise needs large group. So need 2 coaches.	
showed importance of sharing session plan/map <u>before</u> session with other coaches	
TIMING – difficult to control on putting out and different loops with range of athletes	
various options for control placement	