



"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



Introduction to UKCC Level 3

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



Tutors-Facilitators


- Jon Musgrave
- Lynne Walker
- Hilary Quick

Creating the environment for you to learn

Course outline

- General principles
 - Roles & responsibilities
 - Lifestyle
 - Coaching individuals over an extended period
 - Management, working with others
- Orienteering Specific
 - LTAD and Orienteering Development Plan (ODP)
 - STEP system and Athlete Performance Assessment (APA)
- Assessment criteria
- Funding, support, admin


5 UKCC Orienteering Level 2



Remit of Level 3 Coaches

- Coach up to Technical Difficulty (TD) 5
- Maximum Group Size 10
- No restriction on areas used (Areas A, B, C and D)
- Able to develop annual plans for all ages and abilities


6 UKCC Orienteering Level 3



Orienteering specific

- **LTAD**
- **ODP (Orienteering Development Plan)**
- **STEP system**
- **Athlete Performance Assessment (APA)**

7 UKCC Orienteering Level 3



Know your Sport

- Speed
- Terrain
- Hills
- Variety
- Winning times
- Map
- Contours
- Distance estimation
- Aggression
- Terrain running
- Streets
- Problem solving
- Map reading skills
- Concentration
- Stubborn
- Compass
- Endurance
- Flexibility
- Strength
- Stamina
- Speed
- Decision making
- Undergrowth

UKCC Orienteering Level 3



Know your orienteer

- junior
- senior
- disabilities(sets the limits)
- age
- current performance
- physical condition
- flexibility
- injuries
- strengths
- weakness
- nutrition
- sleep
- school / exams
- Family
- other activities
- ambition
- potential

THEY ARE ALL
INDIVIDUALS!

UKCC Orienteering Level 3

