

Orienteering Coaching Session Plan: UKCC L1 **Star Exercise:** Map Interpretation

Coach reminders are in **RED**. A UKCC L1 coach is an assistant coach – this session plan should be checked by a coach with a higher level of qualification. 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:	
<p>One athlete who is uncertain on rough ground. <i>Have you checked the medical details for all (coaches included)?</i> <i>Prior knowledge & observation of the athletes can add to this as well.</i></p>	Group age	Adult	
	Ability	Progressing from TD2, uncertain at TD3	
	Other	-	
Venue		Others Involved in Delivery	
<i>Map name & nearest settlement</i>		<i>If juniors, involve a parent helper in the admin- signing athletes out/in.</i>	
Session Goal/Objective		Equipment Required	
<p>Star exercise to bring out: Understanding of map symbols/colours, the mapper's interpretation of these on the ground.</p> <p>Reinforcement & check of basics (map folding, thumbing, setting).</p> <p><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></p>		<p>Training kites, codes 31 to 40; punches Prepared maps: • Map Interp 1, 2, 3, 4, 5, 6 = two maps for each control with Start & one control on them; • Punch cards • All controls map & master punch card Sign out/in sheet Portable whiteboard & pens</p> <p><i>Check that all your equipment is listed here.</i></p>	
Time	Organisation/Presentation		
5 min	Safety Brief (Before the Session)		
	<p>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></p>		
10 min	Warm-up		
	<p>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. <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></p>		

Time	Main Content	Coaching Points (CPs)
5 min	<p>Coaching card 8 (UKCC L1)</p> <p>Star Exercise</p> <p><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: What have they seen during their warm-up?</p> <ul style="list-style-type: none"> • How would the vegetation be shown on the map? • What rock features have they seen? • What ground shapes have they seen? • What man-made features are there? 	<p><i>Use the coaching cards for the coaching points – you can expand on them.</i></p> <p>Build familiarity with some symbols they might not have come across before.</p> <p>Build confidence with interpretation between map and ground; map is how the terrain is seen while running through it.</p> <p>Check that the athlete is always folding the map, thumbing and setting the map correctly.</p> <p>Build confidence in leaving the paths and taking short cuts through terrain.</p>
30 min	<p>Exercise:</p> <ul style="list-style-type: none"> • Take a control description each. • Find the map with the control which shows that description. • In pairs, check that you are correct. Then describe to one another the route you will take to get to your control. Check that you each have the map set, are thumbing and GO as individuals! • Once at the control, remember the code number and return to the start. • On return, check that you had the correct control number. • Take another description and GO again! <p><i>Athlete talk & debrief takes time – remember to factor this in with the overall timings.</i></p>	<p>Extension exercise (if an athlete grasps the techniques quickly): visit the controls using map memory.</p> <p>Struggling athlete (if an athlete is finding the exercise hard or lacks confidence): have some very close/easy controls; consider pairs with one shadowing, other map reading & talking about what they are doing.</p> <p>When athletes return, some Qs (prepared cards):</p> <ul style="list-style-type: none"> • What was your control description? Describe what you expected to see. What did it look like on the ground? • Describe your route to the control. Give reasons for your return route if it was not the same as the outward route.
15 min	<p>Cool-down</p> <p>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>	<ul style="list-style-type: none"> • Before you set off on a leg, what are the essential things you should do? • Give reasons for varying your pace while doing the leg you have just done. <p><i>It can really help to have some prepared questions – the athletes can discuss them in small groups.</i></p>
8 min	<p>Summary of Session and Feedback to Orienteers</p> <p>What have you gained from this session? How are you going to use this at your next event? What could you do to increase your confidence with map interpretation?</p> <p><i>Remember to highlight the progress the athletes have made. Ask them for feedback about the session.</i></p>	<p>Following the session evaluation with any participants and any helpers/supervisor, what would be the aims of the next session?</p> <p><i>To be filled in after the session.</i></p> <p><i>Make sure that this is filled in and that you carry out a self-evaluation of the session.</i></p> <p><i>Have you asked the athletes and any others involved in the session for feedback?</i></p>