

# Resources for Coaches

## SOA Coaching Resources

The Coaches Support in the Resources section of the SOA website ([scottish-orienteering.org/resources/coaches/](http://scottish-orienteering.org/resources/coaches/)) contains lots of material including:

- CPD
- Coaching Ideas
- Essential Coaching Information, including example Session Plans
- Incidents
- Time Fillers
- Coaches Covid-19 Bulletin

## Useful Links

[O-Training.net](#) Collection of technical training formats and ideas

[British Orienteering - Coach Resources](#) Collection of coaching resources and presentations from past coaching conferences.

[British Orienteering - Improving Performance](#) Links to Squad handbook written by Göran Andersson (ex GB Performance Coach and current coach to the Swedish Team) and translated by Jamie Stevenson as well as other articles on physio exercises and nutrition.

[Better Orienteering](#) A collation of resources for both newcomers and existing orienteers. It includes a lot of original material created by Duncan Bayliss of Wrekin Orienteers, UK including explanation of key skills, free graphical summaries for download such as the Skills Tool Kit and Better Orienteering summary as well as integrating material from other contributors including videos and free downloads, to make the resource stronger and useful to a wide range of skill levels.

[Solway Orienteers Pinterest Boards](#) Excellent set of links to a whole range of coaching resources including warm-ups, skills, navigation, school resources, mazes, map symbols, injury prevention, running drills, session ideas and lots more.

[Orienteering - A Sport for All Ages](#) Orienteering Canada Long Term Athlete Development Guide and the accompanying [Technical Skills Development Chart](#)

[Indoor Exercises from Gareth Bryan Jones](#)