

# Club Training

## Why?

- To give all members an opportunity to develop their orienteering skills and achieve their personal goals in the sport.
- To create an environment for nurturing club spirit through social interaction
- To provide regular and frequent opportunities for members to meet and share orienteering experiences

## Physical or Technical?

- Training can roughly be divided into Physical (running/fitness) and Technical (navigating) aspects.
- Club training should ideally consider both aspects

## What Format?

- Different formats will work better for different clubs, depending on location, size and demographics.
- If you are trying to cater for the full range of members then clubs may need to consider having more than one type of training on offer ie. Weekly club night and once a month beginners coaching
- It is usually beneficial not to time participants on technical training exercises if you wish to encourage them to focus on skills practice.

## Who?

- Ideally, clubs should be offering some training opportunities to all members with opportunities suitable for experienced orienteers as well as complete beginners.

## Where?

- Indoor - local hall
  - Advantage in winter - warm and dry and not weather dependent
  - Often suited to a physical training session followed by indoor technical training/discussion
  - Same meeting point for each session
  - Disadvantage - cost of hire
- Outdoor
  - Scope to use range of areas and select the most appropriate area for the type of technique being covered in the session
  - Variety
  - Can be very weather dependent particularly in winter, need to have clear procedure to inform participants of cancellation

- Scope to use areas with limited technical difficulty as night orienteering is a great way to improve skills and even basic parks can be used to provide more of a challenge for experienced orienteers.
- Winter night orienteering does not suit everyone
- Combination
  - Best of both worlds in the winter?
  - Could for example alternate each week between indoor and out or 1<sup>st</sup> week of each month indoor

## Coaches

- Use club training as an opportunity to develop the club's coaching base
- Encourage people to assist qualified coaches - have a rota for club members to volunteer to help plan or deliver technical training sessions - this is an ideal way to encourage members to consider their pathway into coaching
- Don't put all the burden to organise on a single coach
- Think about involving experienced juniors who can train as Young Leaders and help deliver coaching. Their comments and advice will be especially valued by younger children.

## Tips

- Keep it simple - anything that is too volunteer / resource intensive is unlikely to be successful as a regular activity over the longer term.
- Involve non-participating parents and new members with non-specialist tasks such as checking people out and in - it will help them feel part of the club
- Older juniors can help with control hanging and collecting too
- Remember to keep it fun if you want people to come back again!
- Celebrate success!

## Links

- [British Orienteering Weekly Club](#) *Resources and Case Studies from Buxton and South Downs Orienteers*
- [British Orienteering Club Nights](#) *Basic Information about setting up a Club Night*

## Example Club Training Formats

### Weekly club night

- Mix of physical and technical training
- Indoor/Outdoor
  - Circuits/Pilates followed by indoor technical exercise
  - Outside in summer - often with links to Summer Series

## Parent and Child Sessions

- Suits young juniors
- Group based games and skills - cone exercises etc
- Technical exercises with parent
- Essentially focus on teaching the adult how to help their young child to orienteer whilst having fun and meeting others
- Good for establishing links with new families

## Lower Effort

- Technical training without the need for hanging controls - learn to trust your own judgement
- Postbox O
- Permanent Course controls
- Obvious (man-made) features for control sites
- MapRunF

## Beginners Sessions

- Structured series of coaching sessions aimed at relative newcomers or improvers
- May run alongside local events

## Club Away Days

## Junior Training

- Club Based training to lead onto [Regional Squads - North, West and East Area](#)
- Focusing on fun and social opportunities for younger members