**Activity 2 at Start 2: Practising simplification of the map detail**

**Equipment:**

* Cones with numbers: 5 x number 1 and 5 x number 2
* 1 cone with start triangle
* Plain paper
* Pencils
* 2 sets of 5 maps called ‘Person 1’ and ‘Person 2’ maps

**Setting up:**

* No controls to set out – make sure paper/pencils, sets of maps are under cover
* Start cone on terrace out in the open as on maps

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| **Activity** | **Coaching points** |
| **For club improvers to improve their simplification of a leg (judging what is/is not important for the successful completion of the leg) and therefore enable them to ‘speed up’**   * People pair up with partners of similar ability/experience * There are maps named as ‘Person 1’ and ‘Person 2’. Each person also needs a cone with 1 or 2 on. * Allocate letters between the pairs: In team ‘A’ person 1 puts out their cone at control A1; person 2 puts out their cone at control A2 etc. * Before setting off look at the route and on the way try to remember the big obvious features, the attack point etc. * When each person returns to the start draw a simplified map so that the partner can retrieve the cone (plain paper/pencils provided – go under cover if necessary) * Repeat with the next letter in alphabetical order: A/B/C/D/E/A etc. | * Plan before setting off from the start: the attack point, the route to the AP, a catching feature ‘behind’ the control and what are the important features to look out for on the route * Use the map but try not to look for everything on the way to the control * Remember what was really important to check off on the way * Hold the leg in your mind’s eye * Draw the important features for your partner so that they can find the cone * Do not tell your partner the location; there should be enough information on the map! * On the second/third attempts you should be getting better at simplifying the route and be more confident about what you put on / leave off your own maps |

**Feedback from participants:**

* Really made you think
* Good range of maps drawn from very simple to quite complicated
* Good ideas came out of discussions as to how to use e.g. matched ability pairing, start with easy controls and then on to harder / further away, coaching between attempts to encourage more simplification
* Important to include N arrow on simplified map
* Could add conditions such as not looking at full map when drawing own version / how long (time) people have to draw map
* Could put out controls in advance so that novices would know cone left at correct place / controls could be used in mixed ability session for beginners using full maps for a star or small loops
* Similar ability pairing works best – can work at own speed
* Pair experienced with less experienced with experienced being prepared to ‘coach’
* Larger scale map would help to ‘count off’ features – alternative view on this: would encourage checking off more features than necessary