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| Session coach: | Date: | Time: |
| *Ann Coach* | *16.6.11* | *6.45 – 8pm* |
| Club: | Numbers in session: |
| *Bramcote* | *12 – Depends who comes!* |
| Specific needs: | Type: | *Satellite club night* |
| *Mix ages / fitness / experience - all to achieve, learn and have fun!*  | Group age: | *8 – 40s* |
| Ability:  | *TD2 - 5* |
| Other: | *3 sub-groups for main section* |
| Venue: | Others involved in delivery: |
| *Bramcote Park* | *1 (possibly 2) other club coaches* |
| Session goal/objective: | Equipment required: |
| *Reinforce orientating map, setting off in correct direction and knowing feature control is on* | *12 controls/stakes; 4 stakes + game maps / control cards/pens/cones; maps for exercises in separate bags; map bags in case wet; club night board/list/parental consent forms for junior members on own; cash box/biscuits; box compasses; first aid kit; mobile phone**Group brings own drinks bottles* |
| Time | Organisation/presentation |
| *5 mins* | Safety brief (before the session): |
| *Walk from car park to start point/base:** *Other park users – dog walkers, cricket practice area*
* *Possible vandalism – don’t hunt for control go on / report back*
* *Keep having a drink*
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| *5 mins**5 mins* | Warm-up: |
| *Walk/ jog / skip – then name game tagging and calling name out**4 teams – control feature recognition game with some shuttle running/walking* |

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| *45 mins* | Main content: | Coaching points (CPs): |
| *Under 10s and any really new adults:** *Star exercise using close controls x 4 to check orientation of map, setting off in correct direction*
* *Choice of 3 short loops of 3 controls as progression (some will do all, some 1 or 2)*

*Beginner - Improver adults (TD2/3):** *Star exercise x 5 controls using compass to set off in correct direction (how many will depend on confidence)*
* *Choice of short loops as extension*

*Experienced club members (TD4/5):** *‘window’ star exercise*
* *Choice of ‘window’ loops and/or blank map loops* ***NB blank maps for most experienced only (just start/finish/control circles/scale/N lines)***

*Odds and evens team score as 3 people finish ( mixed ages/abilities) using close controls – not a race between teams unless all ready at same time*   | * *Get map right way round (use features)*
* *Face direction of travel*
* *What is control on? Feature? Know what you’re looking for (example control)*
* *Compass aligned from start to control*
* *Keep compass flat*
* *Turn body not map or compass to face correct direction for control – if out of sight use something on the way to keep on line*
* *What is control on? Feature?*
* *With ‘blank maps’ remember to look at control description*
* *Team work to decide tactics of who goes to which control NB depends on age/fitness etc*
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| *10 mins* | Cool-down: |
| *Walk/jog to collect 1 control each (or in pairs if more than 12) followed by stretching* |
| Summary of session and feedback to orienteers: | Aims of next session: |
| *Feedback on main coaching points by asking questions**Ask athletes for feedback on what they learned / liked best / found most useful**Tell them about weekend club event – where/when etc**Drinks & biscuits!* | *Depending on how things went this week - Start base in different area of park which is less familiar:** *More fun finding controls for U10s and reinforcing good habits of map orientation*
* *Use compass for setting map again for ‘improver adults’*
* *Another compass challenge for experienced e.g. windows exercise or attack points*
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