

Virtual Coaching



Deeside Orienteering Club

Why Virtual Coaching?

- DEE members live in
 - Cheshire West & Chester and Cheshire East & Warrington (treated as one for Tier restrictions)
 - Liverpool City Region (Wirral, Runcorn, Liverpool, Southport)
 - North Wales (the border is down the middle of a road in the Saltney suburb of Chester)
- Lockdown & tier restrictions have presented continuous challenges
 - The border with Wales is essentially closed
 - Cheshire was in Tier 2 when Liverpool City Region was in Tier 3
 - Cheshire was in Tier 3 when Liverpool City Region was in Tier 2

DIY Afternoon Training Session

- Two sessions to be done in an afternoon at a local park and country park (20 mins drive between)
- No controls or markers in the terrain
- Parents act as coaches using briefing sheet (coaching session plan including debrief questions) provided
- Participants use GPS watches to record traces and send to coach afterwards for analysis and feedback
- No permissions needed
- Adult green course provided for accompanying parents

Session 1 - Sprintervals

Purpose

Experience different race pressures through being chased and chasing people
Deploy basic O techniques in a pressure situation

How it works:

Hand out control descriptions.
Runners on start line with map face down under foot.
Designate runners as follows:

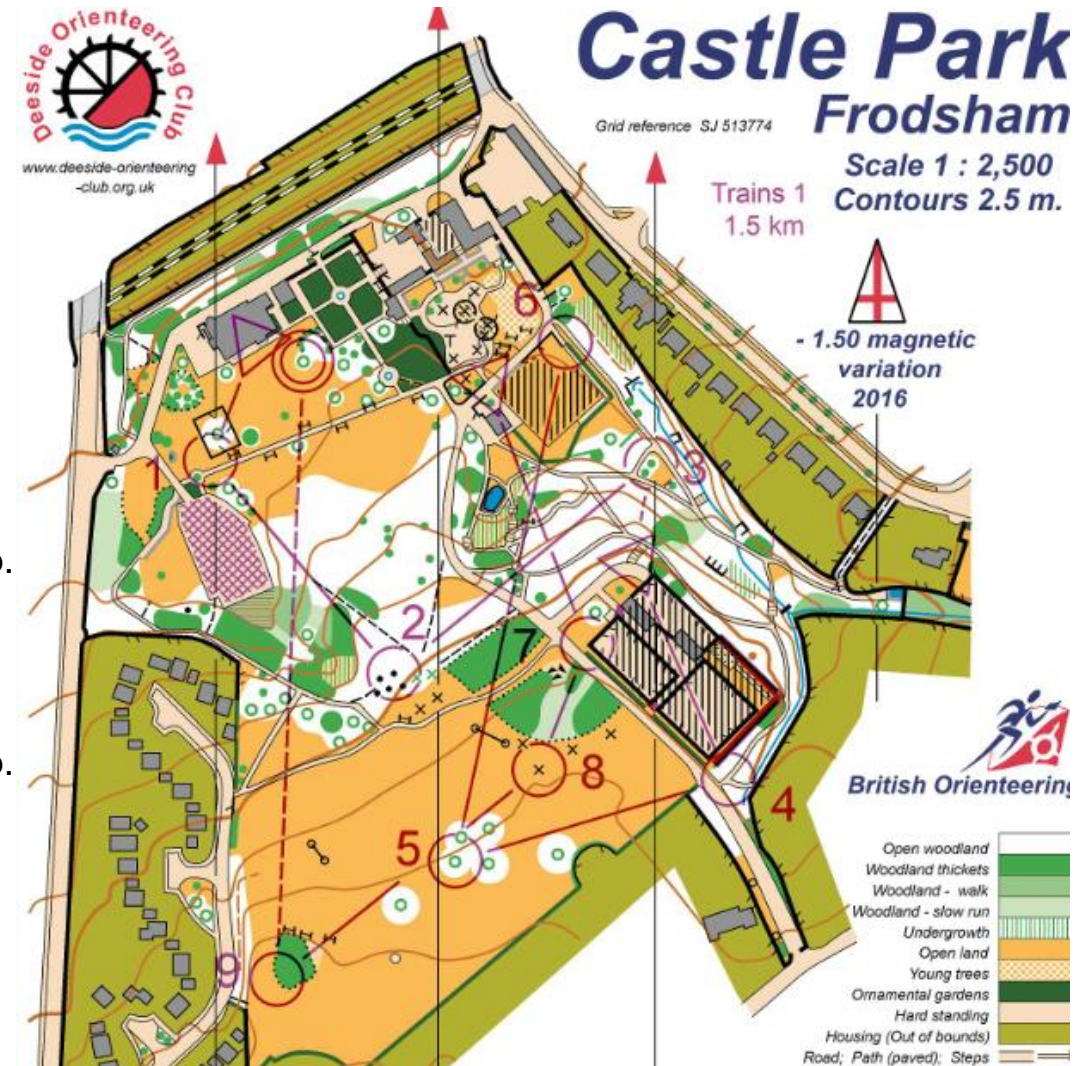
Time 0:00 - Ben starts
Time 10 sec - Matthew starts
Time 20 sec - Dom starts
Runners run to controls 1,2,3 and recovery jog to the next start triangle on the map.

Time 0:00 - Matthew starts
Time 0:10 - Dom starts
Time 0:20 - Ben starts
Runners run to controls 4,5,6 and recovery jog to the next start triangle on the map.

Time 0:00 - Dom starts
Time 0:10 - Ben starts
Time 0:20 - Matthew starts
Runners run to controls 7,8,9 and race to the finish.

Debrief – questions provided (if necessary change the start interval times)

Repeat with two other courses.
Final debrief



Session 2A

- **Follow the Line**
 - Compass bearings
 - Pacing
 - Interpretation of contours in a vague area
 - No kites
- Area runnable with areas of low visibility
- Area well bounded so nowhere more than 300m from a boundary or obvious feature
- All paths removed from map (in Condes)



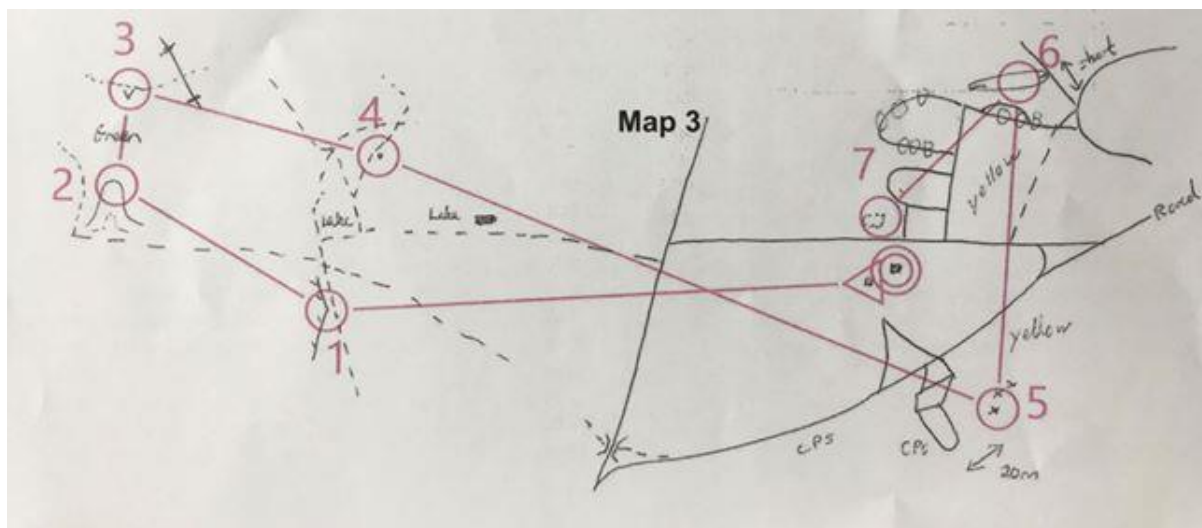
Post-session analysis

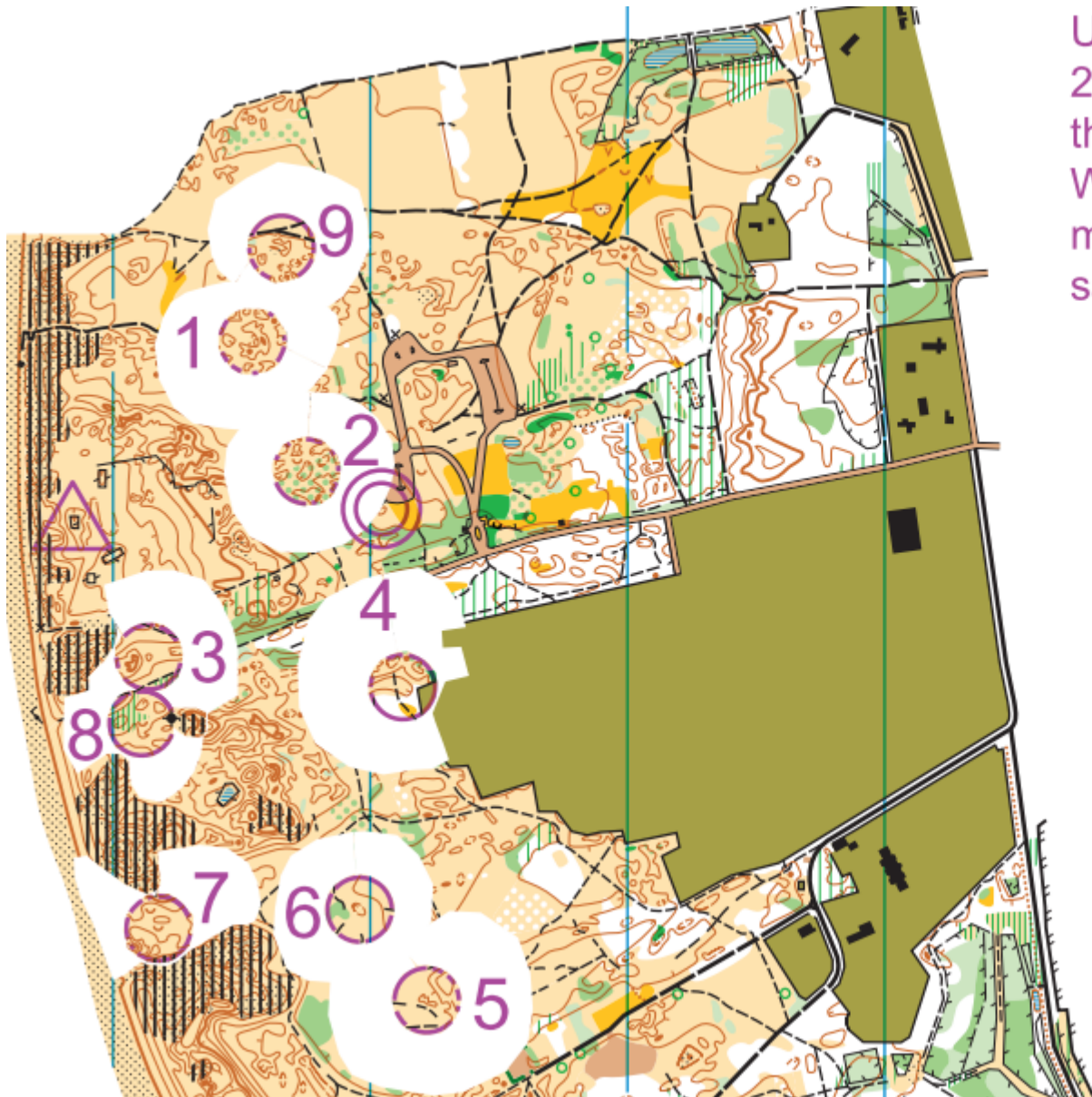
- GPS traces sent to coach
- Quickroute analysis completed
- Quickroute trace and feedback sent to parents to pass on to participants



Session 2B - Simplification

- Maps sent in advance for pre-preparation with an example simplified map
- Could put map in pocket if comfort blanket required
- If time, repeat with someone else's map
- Post session analysis with GPS traces as before





Using this map, visit the Part 2 controls 1-8 in order and the finish.

When you reach the finish, make sure that MapRun saves your run.

Session 3

- Identify an attack point outside the whited out area
- Use compass to get through the whited out area and into the control circle
- Orienteer accurately the last part to the control

Complex area so participants needed confirmation that they were in the correct place so used MapRunF score course