

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



Coaching Conference 2017

Practical: Using a small area to provide enjoyable activities for newcomers to the sport

Including ideas for making the exercises easier/harder so as to include more experienced / confident orienteers at our coaching sessions

Hilary Palmer: Nottinghamshire Orienteering Club Coach, Coach Educator

Progression

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



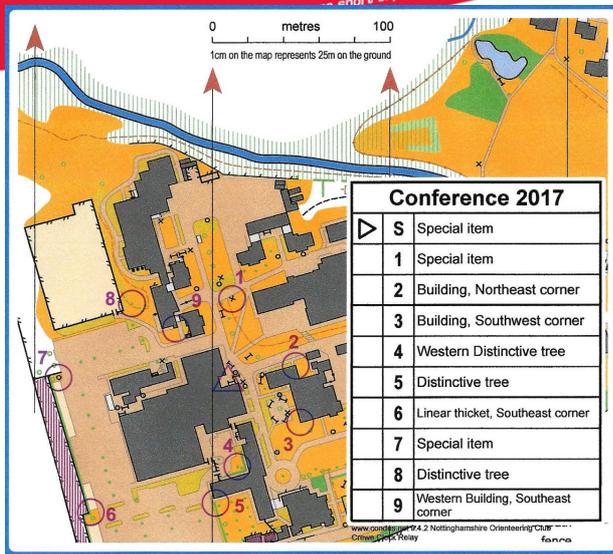
Newcomers: usual progression is map walk, star, loops

This practical will look at some ideas for variations on the usual star / loops theme + ideas for including a variety of participants

STEP mnemonic helps: change the **Space, **T**ask, **E**quipment, **P**eople to make exercises easier / harder**

Clock Relay

"Sport enjoyed by people of all ages, abilities and backgrounds."



Fun game for any level of experience:
V1: Easy/control sites nearby - with stakes at control site to hang team markers (different smiley suns)

V2: Harder - No controls/stakes in terrain so people have to be confident they are at the control site



Clock Relay

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."

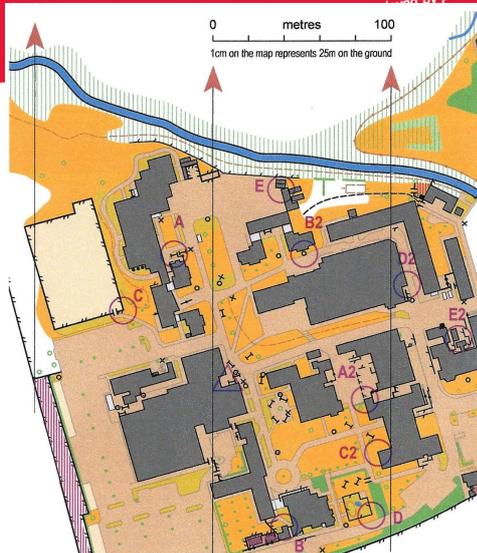


- Pairs take turns to place marker
- Person 1 places marker & gives map to P2
- P2 moves marker from # 1 > 2
- P2 gives map to P1
- P1 moves marker from #2 > 3

Differentiate: Distances away; stake at control site or not; map 'windows' instead of full map; map memory

Pairs place cone & retrieve partner's

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



No controls in the terrain – a progression which newcomers can do after a few sessions in the area finding controls (map walk, star, loops to get them started)

This example with 5 pairs of controls: A & A2 etc

Pairs place cone & retrieve partner's

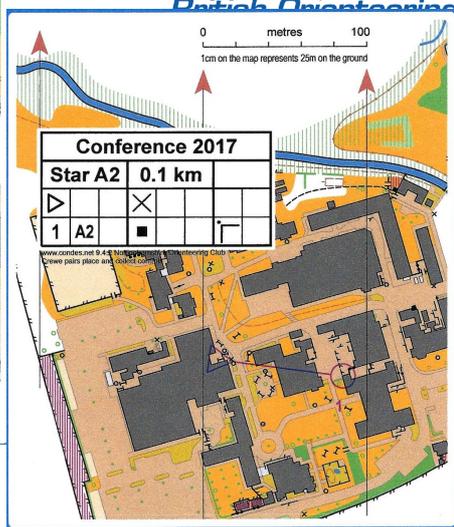
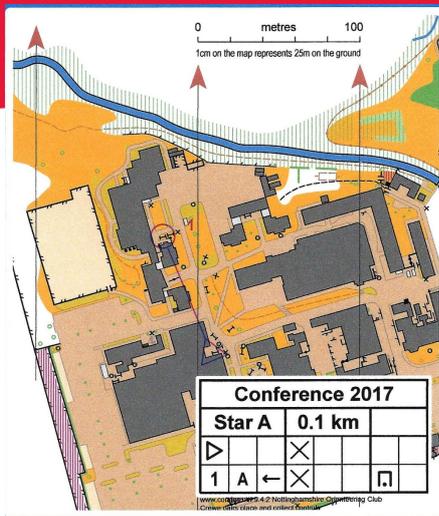
"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



- Each pair has different markers eg 2 red cones, 2 yellow cones, 2 blue cones with number 1 etc etc.
- Each person places marker, returns to start, swaps map and retrieves partner's marker.
- Differentiation:
 - Plan control sites at varying distances/difficulty for mixed group
 - both markers on the same map: place own marker then race to collect partner's marker and get back to start (this is called the Peter Palmer Challenge – named after our first Director of Coaching, Peter Palmer)
 - 'window' or 'corridors' maps instead of full maps

Pairs place cone & retrieve partner's

people of all ages, abilities and backgrounds."



Pairs take turns to navigate

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



- **Relocation exercise in pairs:**
 - Person A navigates to control 1 on Map A
 - Person B works out where they are and navigates to control 1 on Map B
 - In this area there were permanent markers at each control site; alternatively coach must hang controls
 - Maps and starting controls were pre-marked on maps so that teams started in different directions
- **Differentiation:** Full map could be used; we used a 'windows' map for more experienced people or when they have got used to an area over time. N.B. take care over cutting the 'windows' not to exclude vital information (for navigation or safety)

Pairs take turns to navigate

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."

Conference 2017			
Map A			
▶			
1	39	▲	○
2	35	— —	
3	24	▲	○
4	28	×	
5	38	▲	○

www.cooclas.net 8.4.2 Nottinghamshire Orienteering Club
Crewel Pairs windows

Pairs take turns to navigate

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."

Conference 2017			
Map B			
▶			
1	32	▲	○
2	21	■	□
3	33	■	□
4	29	▲	○
5	26	■	□

www.cooclas.net 8.4.2 Nottinghamshire Orienteering Club
Crewel Pairs windows