

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



Promoting Coach Training and Coaching in Orienteering

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Coaching in Orienteering

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- **What do members get from clubs?**
- **Is an 'O' club just for event organisation?**

- **Does orienteering need coaches?**
- **What sort of coaches are needed?**
- **How do we train those coaches?**

Coach structure now

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- **UKCCL1 Coach**
- **UKCCL2 Coach**
- **UKCCL3 Coach**
- **SOA Introduction to Coaching**

UKCCL1 Coach

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- **Good intro to ‘how to coach’..... *but***
- **Limited to TD 1 – 3**
- **‘one off’ sessions / activities**
- **Regarded by many sports/schools as an ‘assistant coach’**

- **Do orienteering clubs need this coach?**
- **Possibility this will > L2 Session Coach**

UKCCL2 Coach

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- **Plan & deliver progressive, linked coaching sessions**
- **Covers range TD1 – 5**
- **Includes basics of physical and mental coaching**
- **More rounded 'coach'**
- **Possibility this will > L2 Club Coach**

UKCCL3 Coach

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- Plan a programme of coaching over a period
- Individual coaching
- Lead coach
- **Only 1 course run (pilot) and only 1 coach qualified**
- Consider delivery of syllabus as modules for all coaches to access?

Alternative delivery

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L1

- Traditional 3 days training including assessment
- SOA Intro to Coaching day > days 2 & 3 later
- **L1 to morph into new L2 Session Coach**
 - **Chance to consider delivery changes?**

L2 (Tasks 'culled' 2013 to reduce repetition)

- Traditional initial 2 days + formative assessment + sessions, more tasks & final assessed session

Alternative delivery

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L2 Promotion is key = local organisation

- **RPL + some L1 tasks before L2 starts**
- **Practical 1 day, 'mentored' tasks (min 4 weeks) + formative assessment**
- **Fully 'mentored' + formative assessment**

L3

- **Modular delivery as CPD?**
- **L3 RPL & mentoring to assessment – 'cull' tasks?**

RPL = Recognition of Prior Learning

Alternative delivery

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Other possibilities?

- **E – learning (costs?)**
- **E – portfolios: save paper and easy to access for coaches, assessors, verifiers – cost £20+ extra**
- **Any other suggestions?**

Intro to 'O' coaching?

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- SOA developed 1 day module using L1 materials
- Many sports have own 'in house' intro to assisting coaching as an evening / ½ day workshop ('how to' skills)
 - Participants attend, help with coaching > L2 coach after some experience
- For 'O' – under 18s, people new to coaching, 'meet & greet' helpers ?

Tutors & Assessors

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- **Geographical spread is patchy**
- **Ageing population**
- **Cost to train more staff (tutors, assessors)**
 - time / money
 - who will pay costs? (Clubs? Regions?)

Discussion topics

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- **Promoting coaching in clubs**
- **What does the 'club coach' do?**
 - One off coaching sessions?
 - Progressive coaching sessions
- **How should we deliver more advanced topics**
- **How can we develop more tutors & assessors?**

Promoting Coaching in Clubs

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- Coaching adds social element to club's programme; just going to events may not be sociable – for all ages/experience or distinct groups e.g. women, runners, juniors, beginner adults, club talent etc.
- Design exercises to encourage interaction/chat: star, loops, gaffling, pairs exercises etc.
- Promote: adverts, libraries, Facebook, Twitter etc.
- Share coaching opportunities with other local clubs – 'new' areas
- Problems and solutions?
 - Packed programme – how to fit in coaching
 - May do coaching before having a run at event (Planner/Controller may not agree)
 - Once a month session in gap in programme
 - Call it an 'activity' – word 'coaching' may be off-putting = coaching by stealth
 - Available coaches – same busy people may also be event officials, club officers etc.
 - Team of coaches – work together, spread 'load', sociable support for each other

What does the club coach do?

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- Plans & delivers the coaching programme – with other coaches(?)
- Promotes coaching to newcomers and existing members
- Supports/mentors new coaches
- Feedback to committee, members

- Problems and solutions?
 - Role is large & time consuming
 - Recruit helpers, maybe help with some basic training for them
 - Let helpers and other coaches run parts of sessions/programme - delegate
 - Encourage new coaches to get qualified. Support them.
 - Ethos of the club may be just about putting on 'events'
 - Stick with your belief that coaching can make a difference to: members (existing and new); the social aspect of the club; improving the members' performance/retention/enjoyment
 - Keep at it even if first few sessions don't attract many people – word will get round – 'development' doesn't happen overnight

Deliver more advanced coaching topics

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Make modular learning happen:

- Aspects of sports science
- Offer a range of topics
- 3 hour / ½ day workshops
- E-learning – web workshop delivery
- Link with other sports for generic topics e.g. Athletics Leader in Running Fitness, mental coaching, nutrition etc.
- Problems and solutions?
 - Finding workshop leaders – local word of mouth recommendation, British Orienteering tutors and specialist elite coaches etc.
 - Funding – room hire, tutor expenses – tap into club /regional association funds for ‘development’, make small charge to defray costs
 - Viability – advertise workshops to other clubs, regions via British Orienteering web site Training Courses

Develop more tutors/assessors

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- Alternative delivery of coach ed staff training: e-learning, mentoring, co-working with experienced tutor/assessor
- Regional or club cluster focus – coach ed staff in all regions – better spread
- Moral obligation – if you’ve been trained you have to deliver
- Link to CPD – coach – become tutor to train more coaches

- Problems and solutions?
 - Coaches unwilling to become coach ed staff
 - Promote this as part of the coaching pathway – rewarding to develop new coaches
 - Offer incentives – some pay when tutor or assess
 - Target likely coaches with right skills to become tutor and/or assessor. Don’t wait for them to volunteer.
 - Traditional training courses not local
 - Programme of training around the country
 - E-learning and mentoring
 - Cost: regions & clubs need coaches and need local tutors/assessors
 - Regional association/club funds training and in return new staff train for no or reduced fees