

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



2017 Level 2 Coach Training

Delivery Programme

Day 1

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- **Introduction: remit of L2 Coach**
- **Plan > Do > Review – the ‘what’, ‘why’ and ‘how’ of what the coach does**
- **2 practical sessions – peer coaching & review**
 - Plan & deliver 2 progressive sessions on a technical theme
- **Theory discussions:**
 - ‘How to coach’ skills e.g. organisation, communication, safety, feedback

Day 2

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- **2 practical sessions**
 - Warm-up: why, how, fun leading into
 - Shadowing and questioning to get feedback. **NB this session may be first practical on day 1 to get familiar with the area**
 - 3rd progressive session on the same theme
- **Theory discussions**
 - Fitness training for orienteering
 - Psychological coaching
 - Better session planning: setting session goals, coaching points, differentiating

Day 3

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- **Gap of approx. 4 weeks to complete 5 written tasks and plan task 6 coaching session – other delivery possible e.g. residential 3 days**
- **‘Formative’ assessment: 5 tasks marked & short coaching session observed followed by questioning, feedback & action planning in 1:1 between learner & assessor**
- **Advice on completing tasks 7 – 10**
- **Support of a mentor for Task 7**

Day 4

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Summative Assessment:

- **Tasks 7, 8 & 9 marked prior to day 4**
- **Task 10 Observed coaching session – full session @ TD4+**
 - Club / Squad coaching session = ‘real’ coaching
 - Assessment day for group of coaches = ‘real’ or ‘simulated’ (coach each other)
 - Session must be at the technical level suitable for the group being coached