

Using Virtual Platforms for Coaching

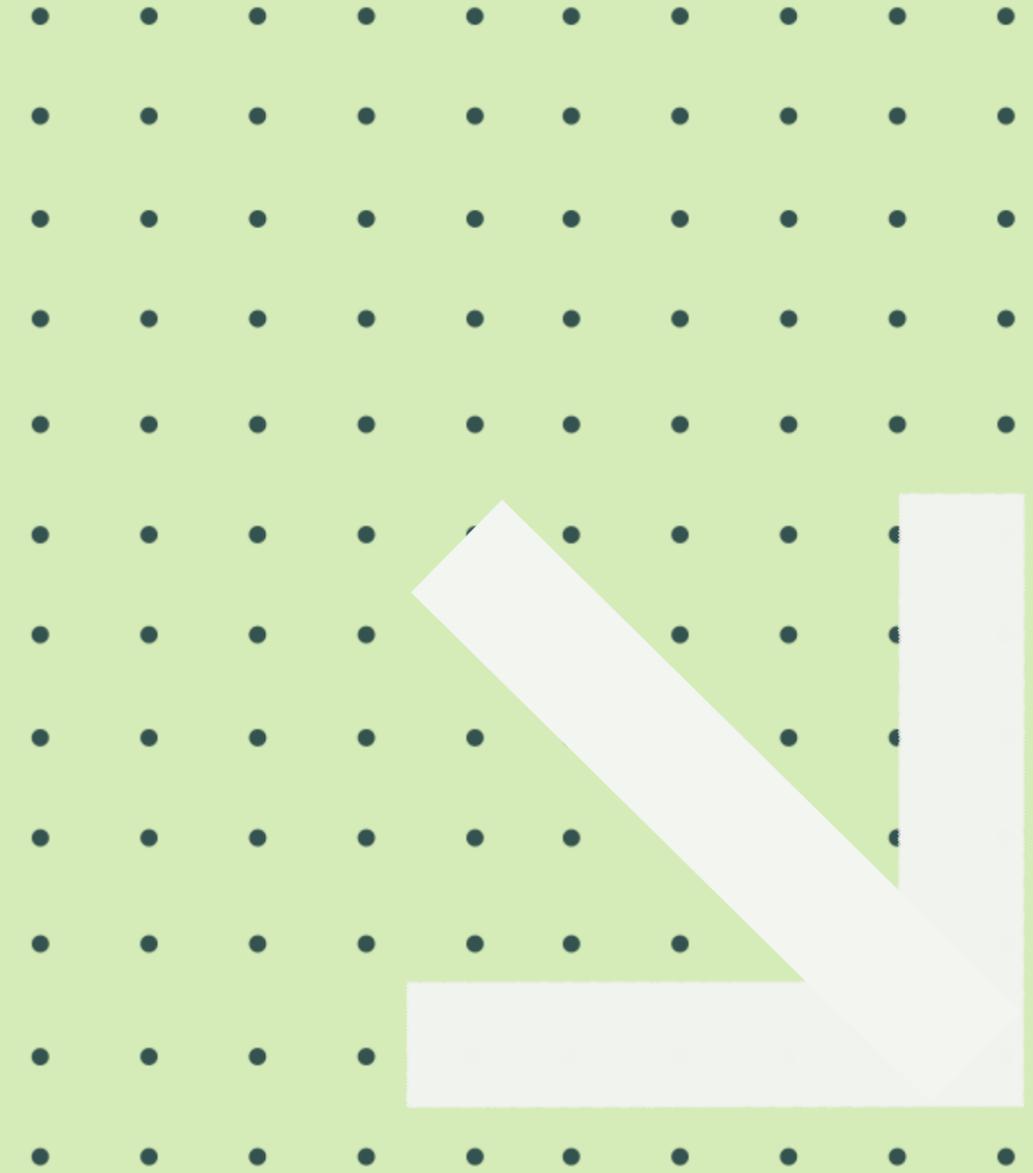


This session will explore the ways virtual tools and apps can be used to support coaching

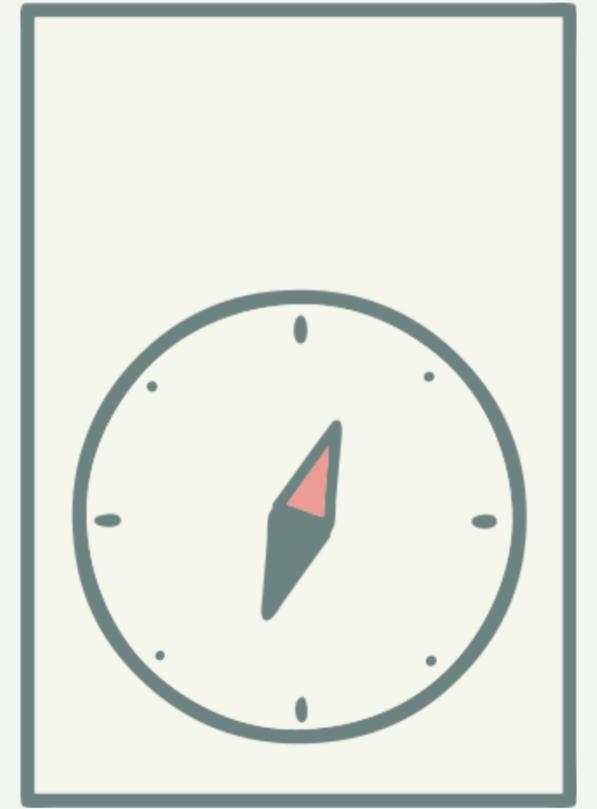


WEBINARS

— The power of virtual coaching —



'We are in an unprecedented position where traditional orienteering and similar sporting activities in the UK are under significant restrictions, whilst at the same time being encouraged to keep active'



Coaching virtually – why can it work for us



Enables us to still connect and bring groups together



Gives us ways we can still manage, plan and get feedback from our athletes



Enables us to continue or improve contact with athletes / members in current climate



Lots of free to use / accessible tools



Examples of Virtual tools

Bring together,
collaborate and learn
from the comfort of the
computer

Zoom
Kahoot / Menti
Google

Connect

Share and connect
**young people,
volunteers & athletes**

Garmin connect
Strava
Spond
WhatsApp

Share

Plan sessions of
courses to achieve
outcomes or skills

MapRun F/G / UsynligO
Routegadget
Condes / OCAD
Purple Pen / OOM
World of O 'runningwild'

Deliver



Coaching using virtual tools can be EASY & FUN

Especially important to support us to 'coach our way' through the current COVID19 climate - from using Zoom and Google and utilising other tools like polls for online sessions, plus practical experiences of using MapRun and similar apps to set practical sessions as well as experiences of engaging juniors/talented athletes there will hopefully be something for everyone in this session.



Don McKerrow
(Level 3 Coach, SLOW)



Used Zoom to deliver the JROS ‘Virtual’ Lagganlia training camp last summer

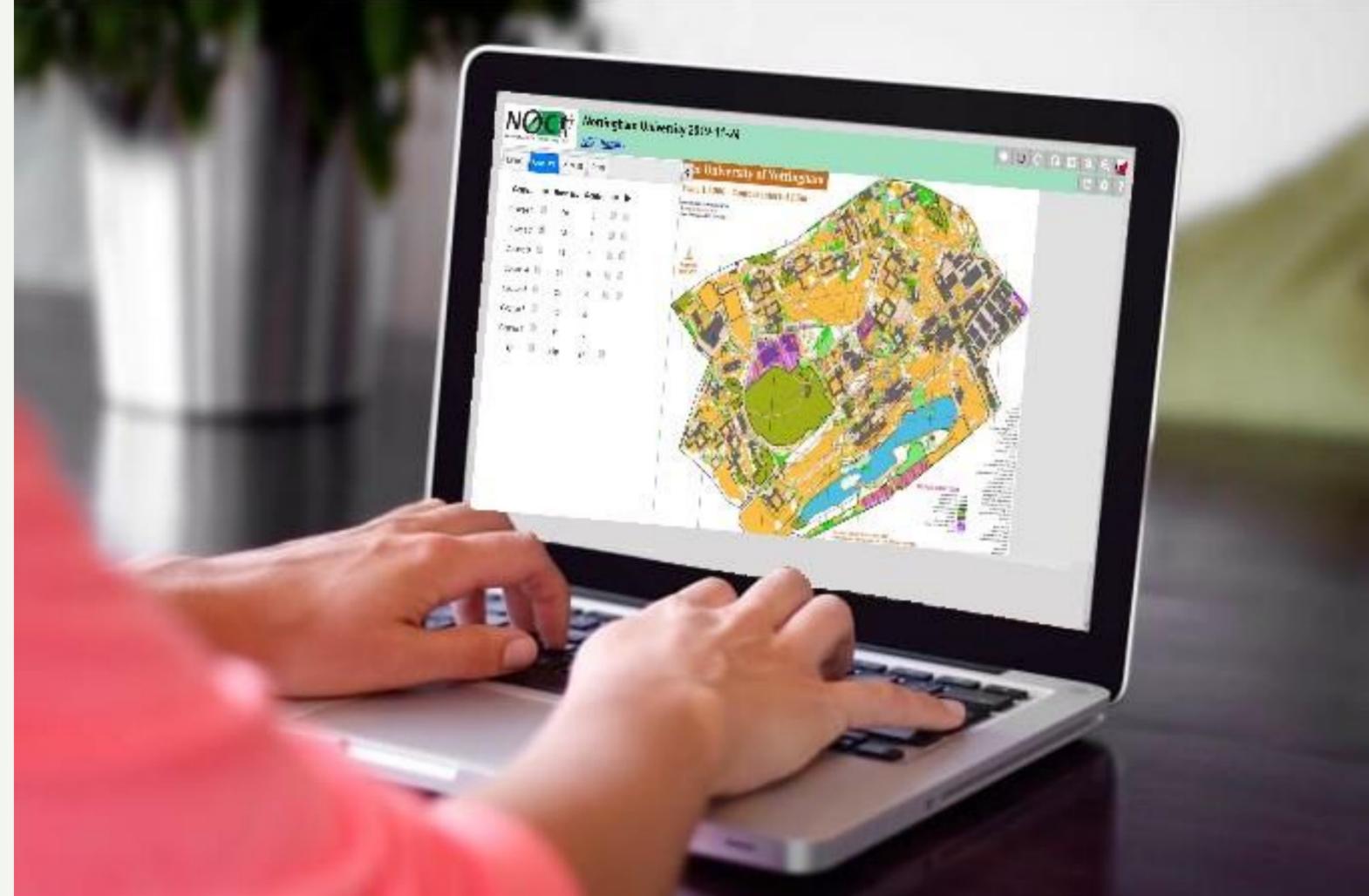
“No-one should worry about the juniors’ ability to do things over Zoom; they had no issues at all. The same could not be said for all our coaches but I would guess that even they have come on leaps and bounds in on-line capabilities since July”.



JROS Junior Regional
Orienteering
Squads

Richard Lecky-Thompson (Level 3 Coach, LOC)

- Don't try to say too much (a problem I often have when coaching).
- The athletes' main feedback was that they would have liked longer breaks.
- I think the best thing we did, that wouldn't have happened at the live camp, was a planning segment, lead by Tony Carlisle. This allowed the athletes to try their hand at planning, giving them a chance to work out what skills a planner might be trying to set on particular legs. There were a handful of outstanding courses produced.
- Suggestion to use tech/virtual to deliver some talks or sessions prior to 'live sessions' this leaves time to think about things and more time to chat to the athletes about certain skills or element you are trying to coach.



Have you thought about...

Using other free virtual tools e.g. Spond app (which was used to streamline the communications between coaches and athletes).

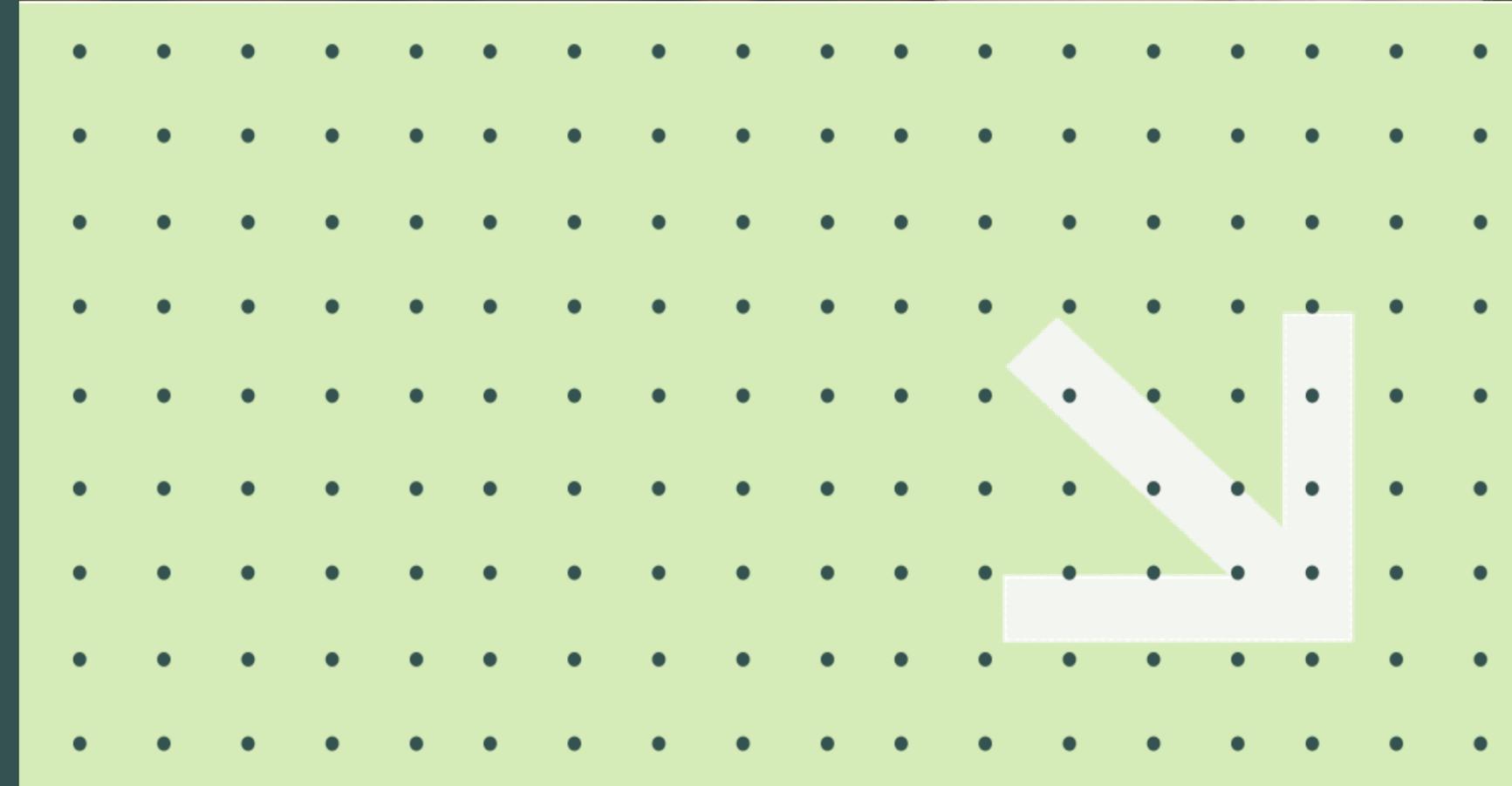


Take away messages

Pete Maliphant (Level 2 Coach BOK / SWJOS) who has provided a report on their experience of using Zoom sessions

“We’ve realised that in our huge region, these sessions add something in between our regular training that should carry on even when things return to normal”

Don’t be afraid to learn, explore and try something new and then see how you can apply it now & to your traditional coaching



Sharing Experiences

- 1) Laurence Townley (SN) who will join us on how the SCOA have engaged juniors by using Zoom to facilitate training screen sharing and allowing participants to draw on the screen and sharing maps and routes for discussion, as well as advice on using the tools like Kahoot and Menti for polls and engagements.
- 2) Iain Embrey (INT) will give us his experiences of running the JROS "virtual" Deeside training camp last summer using a combination of google tools e.g. meets and google classroom with good success.
- 3) Jane Mockford (DEE) and Martyn Roome (SROC) provide some practical examples of managing and setting sessions for example compass/bearing exercises.
- 4) Lynne Walker (BASOC) will provide an overview of using MapRunF in urban / semi-urban / open rough fields / woodland with a progression between areas to fine tune navigation skills and increase confidence.
- 5) Mark Nixon (FVO) will briefly introduce the World of O "runningwild" tool – a platform to facilitate athletes looking at maps and thinking about route-choice and leg planning.

