

## Poacher to Gamekeeper

Jon Musgrave, Coaching presentation Feb '21

Athlete :	Self centred Performance focussed Blind to others needs/wishes
Coach :	Looks to needs of others Team centred Predict problems/solve clashes Teach self-reliance/resilience Ultimately aiming for self-coaching athletes

### Lessons from 40+ years of competing and coaching

- 1 The best will get to the top anyway with or without support, but it is quicker, easier and less painful with coaching ☺
- 2 Working as part of a team provides much faster/better learning but need to avoid/alleviate conflicts. A team of coaches as well as a team of athletes.
- 3 Learning from other athletes is at least as important as learning from coaches.
- 4 Training needs to be fun ☺ – even for top juniors.
- 5 Allow plenty of downtime at training weekends, relaxing, socialising with friends, maybe even some personal analysis. Therefore short intensive sessions.
- 6 Avoid too many rules, too rigorously applied.
- 7 Provide opportunities for learning (both technical and other aspects eg sports science and life-skills eg self-organisation/cooking/tidying up).
- 8 Facilitate learning by using lots of different styles, systems, techniques and juniors will pick up on what is useful for them.
- 9 Offer a variety of technical training, different terrain, different disciplines.
- 10 Planning course and hanging markers is only a small part of the coaches role – use other local orienteers for this to save energy for coaching.
- 11 Junior orienteers are almost all pleasant individuals, aim to further enhance this.
- 12 Try new things out and follow up with what works.
- 13 Satisfaction (for the athletes and coach) comes from many different outcomes – for some it is getting to JWOC, for others it may be staying in the sport.

Notes : Started orienteering through school in 1977, Scottish junior squad 1978 GB junior squad 1980 GB senior squad 1980 World Cup 1986 World Champs 1993, 95, 97 retired 2001

Coaching - started helping at Highland school of sport (with Derek Allison) late '80s?, Level 3 late '80s

Coached NEDS 1996-1999

Level 4 & 5 2006.

GB team development coach 2000 – 2008.

ScotJOS coach 2018 onwards

Coached at club level for many years.