

# Online Junior Training

Angela Darley and Carol Lovegrove

SEOA Junior Squad

# Session Outline

- What have SEJS been doing during 2020 (Angela)
- Practical advice on setting up a session (Angela)
- Practical ideas for a session (Carol)
- Some interactive fun
- Questions

# South East Junior Squad (SEJS)

- Cover SE region
- About 30 juniors, aged 13 – 19
- Typical attendance 15 – 20 juniors
- Range of experience especially outside of region
- Light Green through to Talent Squad
- Monthly training session in region Sept – June
- Autumn weekend away

## Covid-19 ...

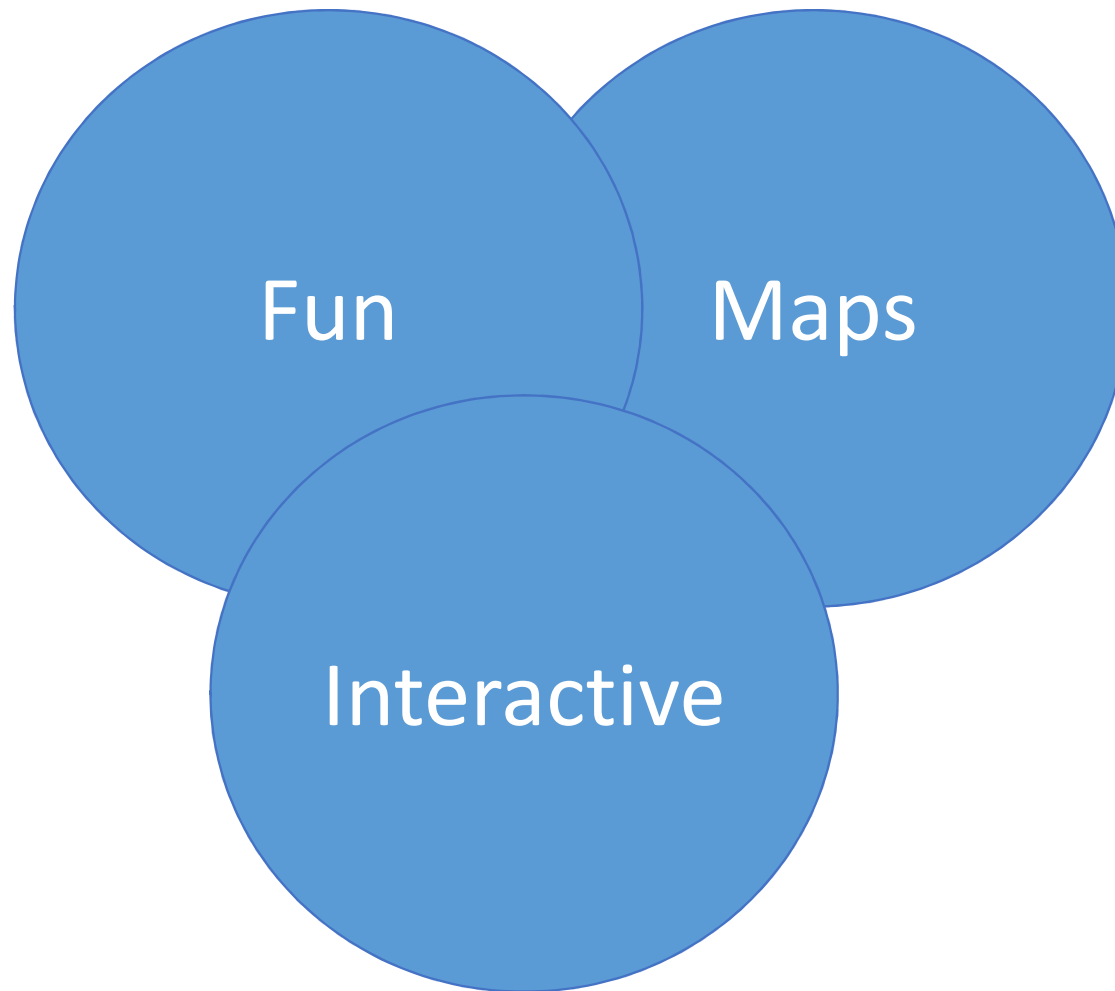
- Need to keep juniors interested in the sport
- Quite likely no orienteering in forest until September
- Online sessions started 4th April
- Every 2 weeks through to August and then monthly through Autumn
- 1 in forest training session since March 2020!

# Online sessions

- Approx 25 – 30 juniors each session
- No travelling involved
- Warm, dry, cup of tea
- Ability to join even if not 'in region'
- Chance for group discussions
- Need to be flexible

# Typical Session

- Initial joining (5 mins)
- Intro to session and then online quiz (20 mins)
- Debrief on quiz (10 mins)
- Intro to second part of session (5 mins)
- Break – 10 mins or time to do activity (30 mins)
- Join online and split into groups (5 mins)
- Discussion on topic (20 – 25 mins)
- Final group debrief, ideas / date for next session (5 mins)



# Session Themes

- Control descriptions
- Contours
- Sprint theme
- Running Wild / Rapid Route Choice / Planning
- Travelled – Lakes, Scotland, Sweden, Estonia
- Planning physical training
- Pre competition discussion (before selection race weekend)
- Post event discussion



Setting up a session

# Setting up an online session

- Zoom, Google, Teams
- Zoom – free only host needs a login (session limited to 40mins).
- Google / Teams all users need an account.
- Be aware of age requirements for some accounts. We ask under 14s to have a parent available during the session.
- Use of breakout rooms
- Be flexible
- Register as activity with 'online' in title

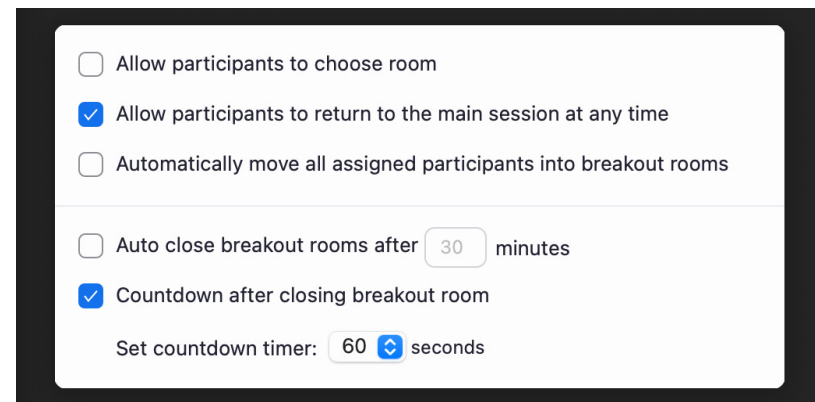
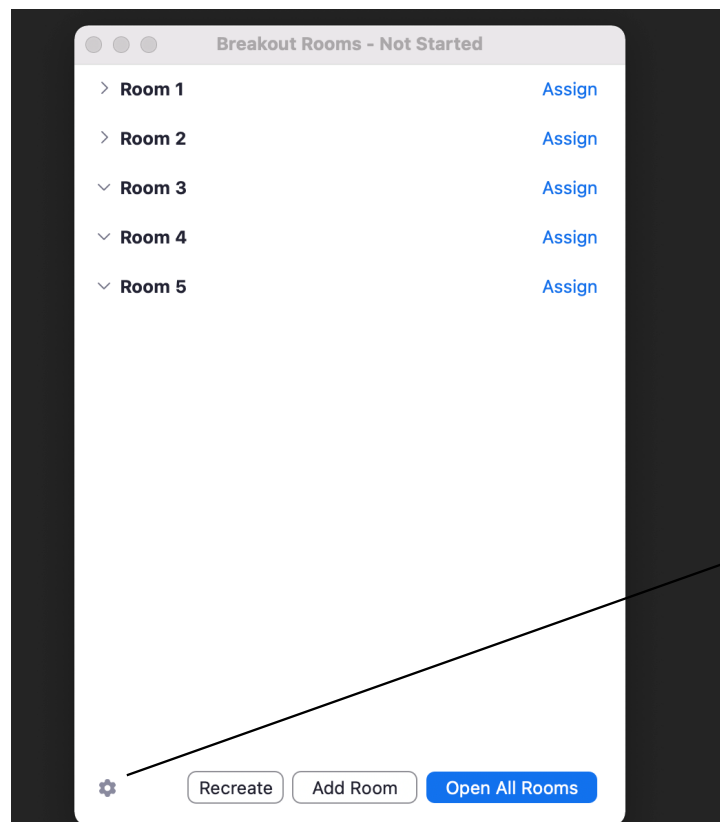
# Risks

- Risks
  - Unwanted attendee
  - Inappropriate behaviour (coach / participant)
- Some suggestions
  - Two coaches on call
  - Ensure parents are aware of sessions – consent form / guidelines
  - Only send meeting details to attendees (don't make public)
  - Use Waiting Room feature – ask all attendees to use recognisable names.
  - Look at settings around screen sharing / chat. Don't be too restrictive.

# Breakout Rooms

- Advantages
  - Enable you to have smaller groups discussions
  - Mix groups or by ability / age
  - Use older juniors to help with discussions
- Issues
  - Shared devices
  - Sufficient coaches
  - Technical skills / equipment of coach (use juniors for tech side)
  - Distributing resources to coaches and briefing beforehand

# Breakout room settings (zoom)



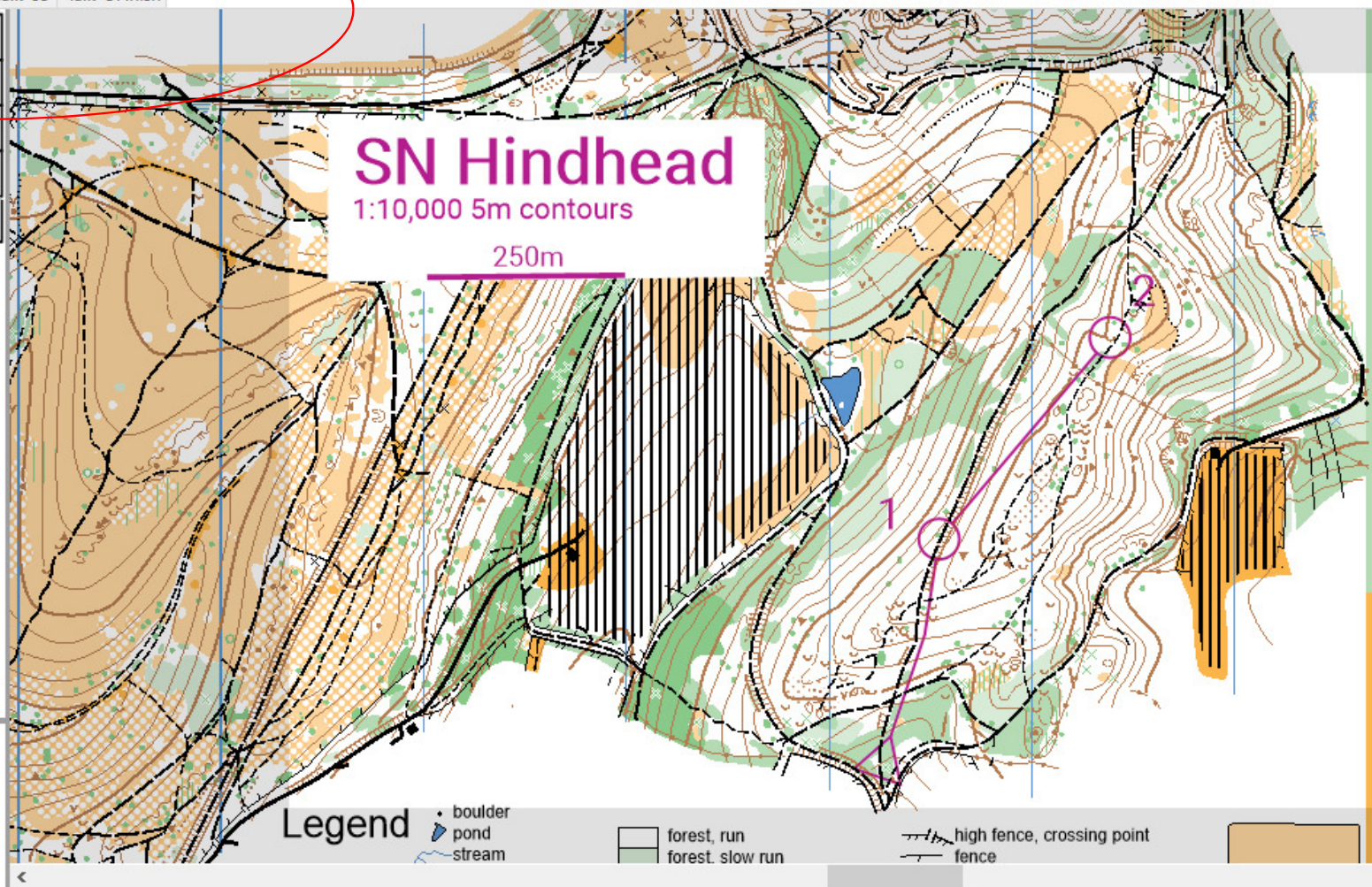
# Practical Ideas

Carol Lovegrove

# Talk - O

- “Low-technology” training
  - Uses OCAD, Purple Pen, Routegadget
- Aim to turn the map into a picture of the terrain, and vice versa
- Practice describing what the terrain will look like
- Versatile

Coaching Conference									
Talk-o2		0.6 km							
▶									
1	31								
2	32								



Descriptions Ordering

Course "Talk-o2"

Length: 0.61 km



- New Event...
- Open... Ctrl+O
- Save Ctrl+S
- Save As...
- Create OCAD Files...
- Create Image Files...
- Create PDFs
  - Descriptions...
  - Punch Cards...
  - Courses...
- Create RouteGadget Files...
- Create Data Interchange File (IOF XML)...
- Create GPX File...
- Print Descriptions... Ctrl+P
- Print Punch Cards...
- Print Courses...
- Set Print Area
- Program Language...
- Exit

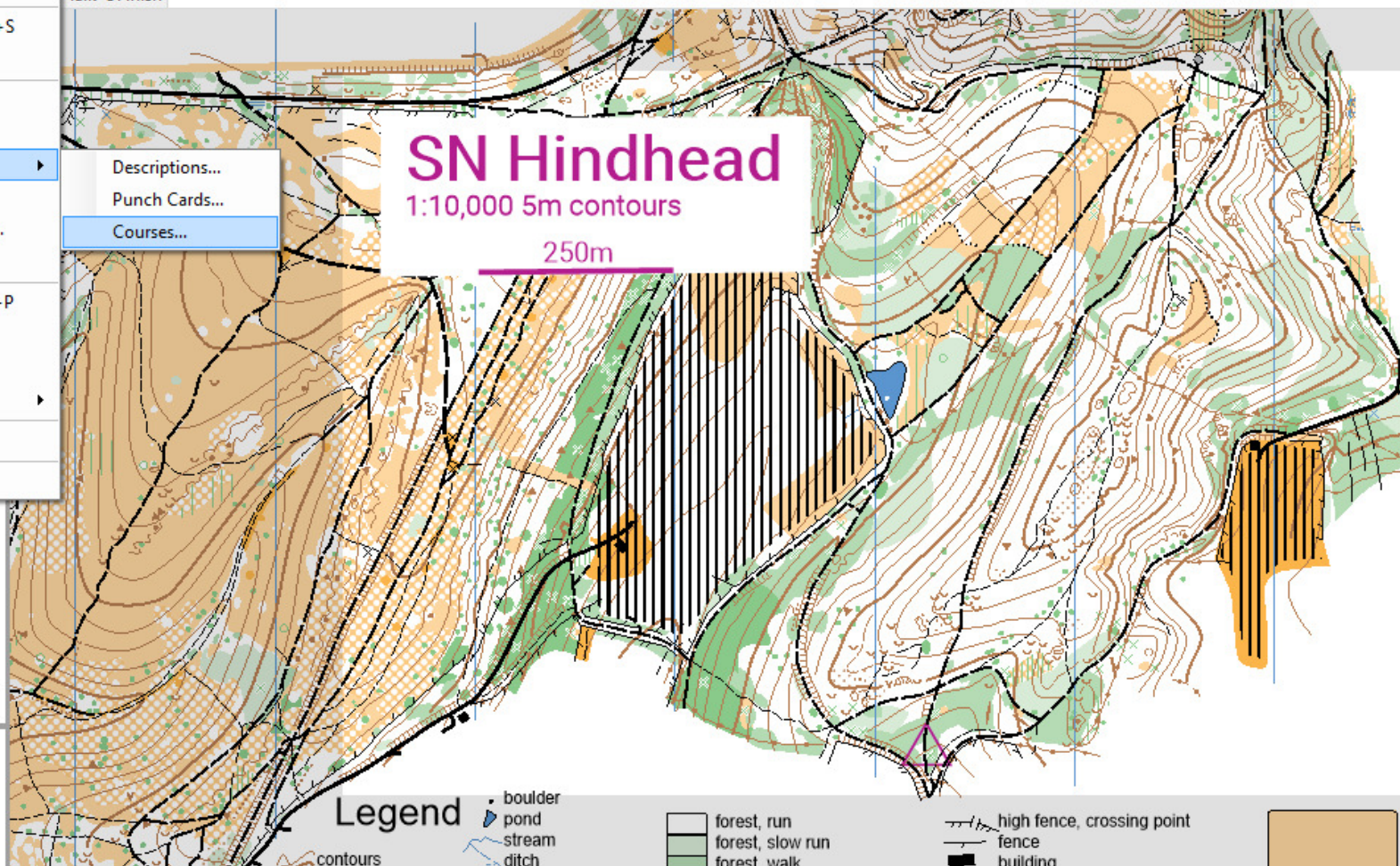
⦿ Add Finish 🗪 Add Descriptions ↺ Add Map Exchange 🔗 Add Variation ? Add Special Item

Talk-OFinish

# SN Hindhead

1:10,000 5m contours

250m



Descriptions

Ordering

Course "Talk-oStart"

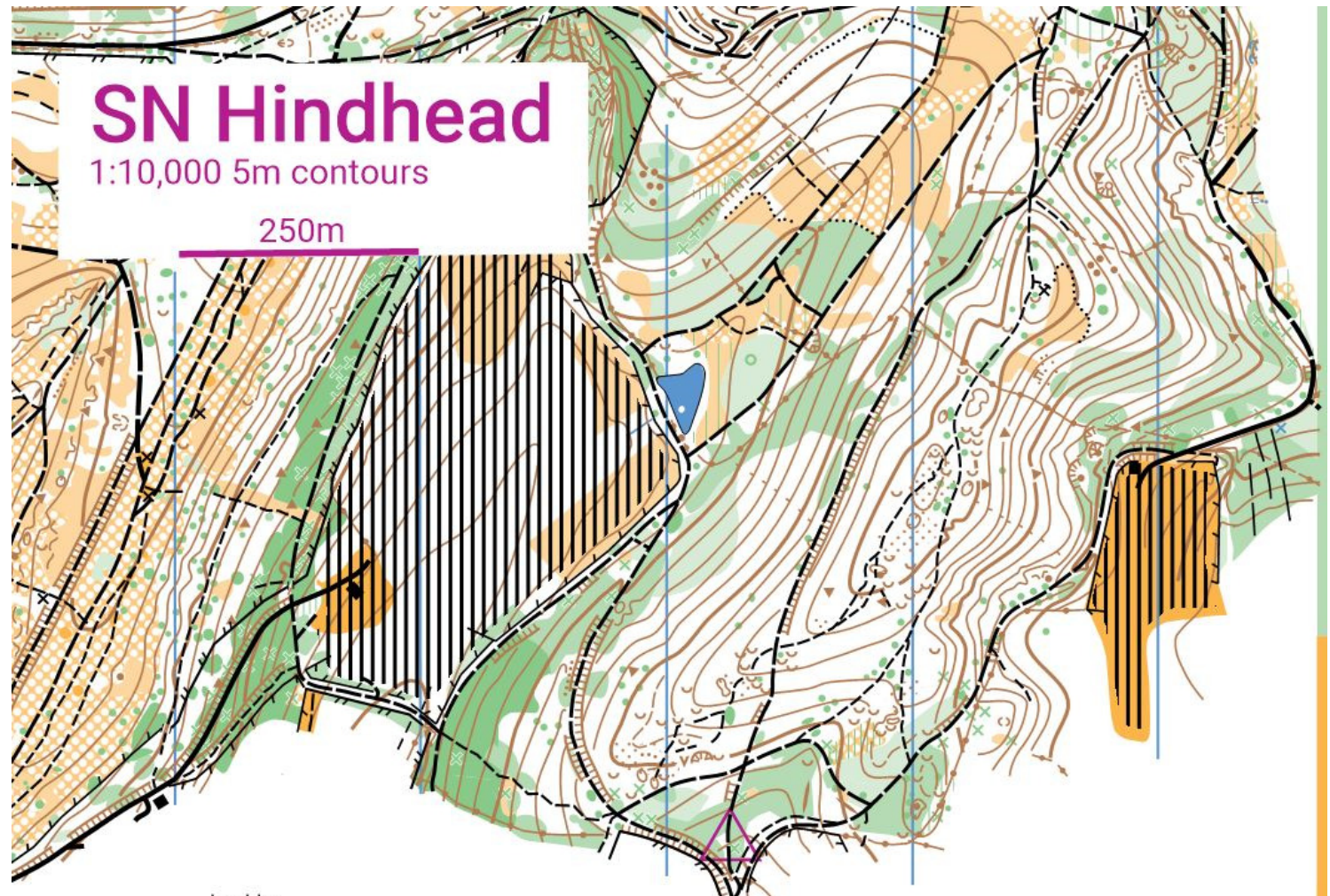
Length: 0.00 km

Left mouse button: select object; Right mouse button: move map; Scroll wheel: zoom in/out

Zoom: 144%



- In Purple Pen – Show course “Talk-oStart”; shows Start only
- Share screen
- Describe route to number 1
- Use “annotate” function in zoom
  - Get people to draw where they think the control is



# Carol Lovegrove

✓ One participant can share at a time  
Multiple participants can share simultaneously

Advanced Sharing Options...

Security

Participants 1

Chat

Share Screen

Record

Reactions



Zoom

Zoom Meeting

Search

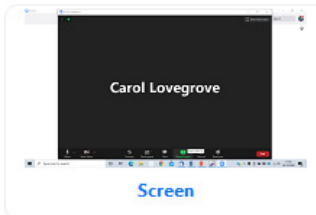


Select a window or an application that you want to share

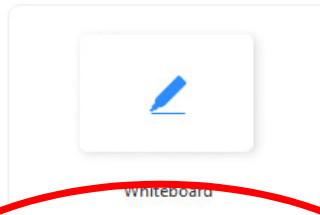
Basic

Advanced

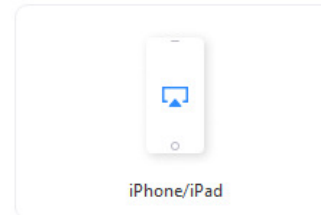
Files



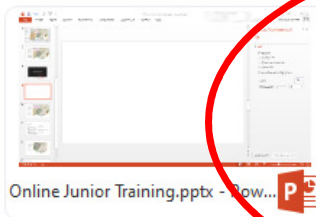
Screen



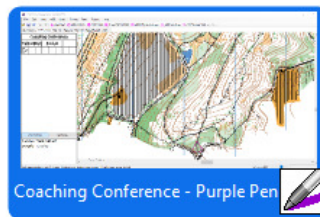
Whiteboard



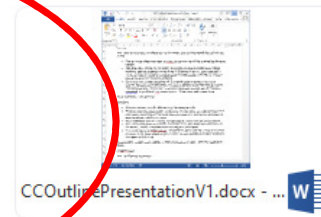
iPhone/iPad



Online Junior Training.pptx - Pow...



Coaching Conference - Purple Pen



CCOutlinePresentationV1.docx - ...

☐ Share computer sound

☐ Optimize Screen Sharing for Video Clip

Share

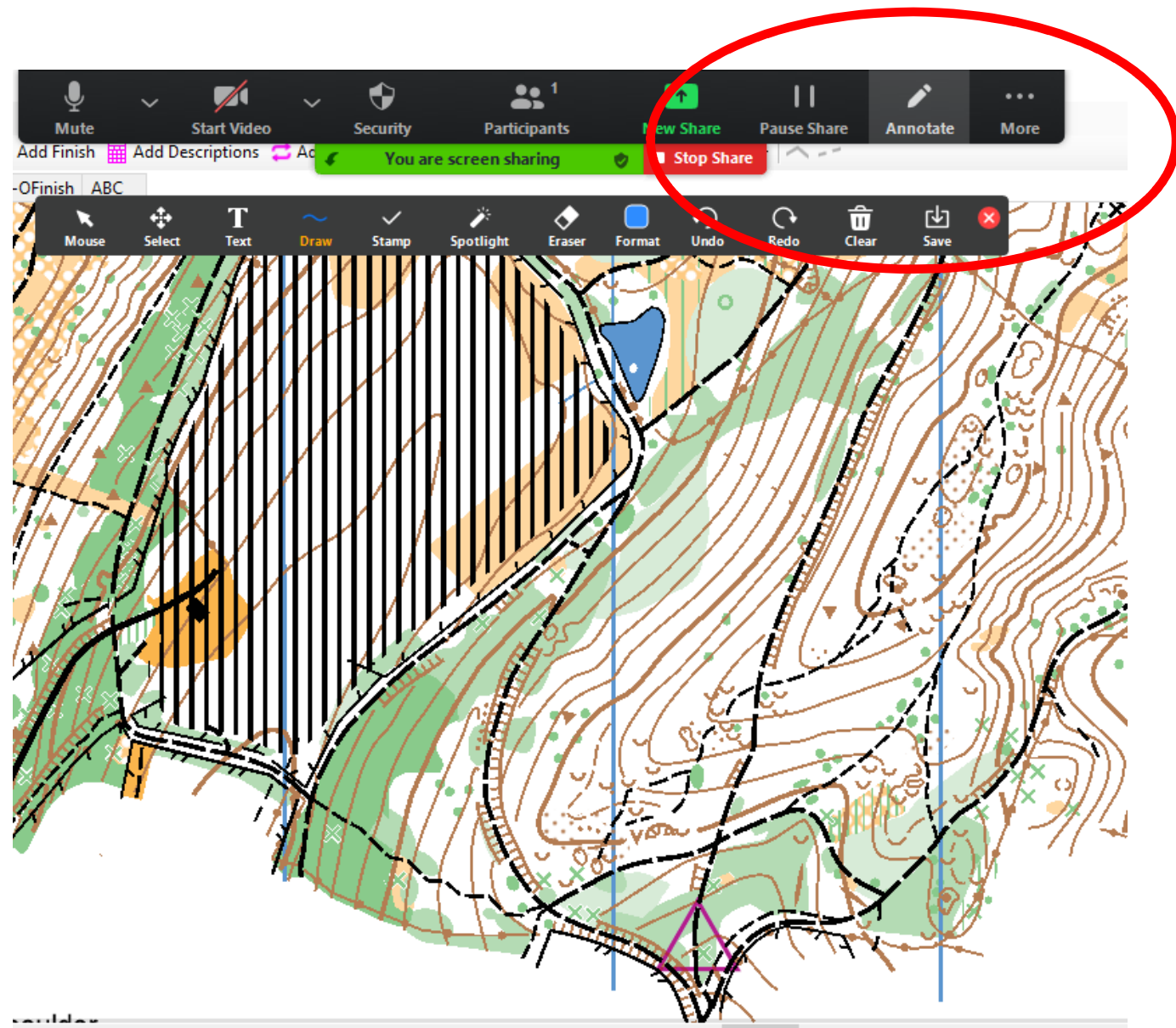


Type here to search



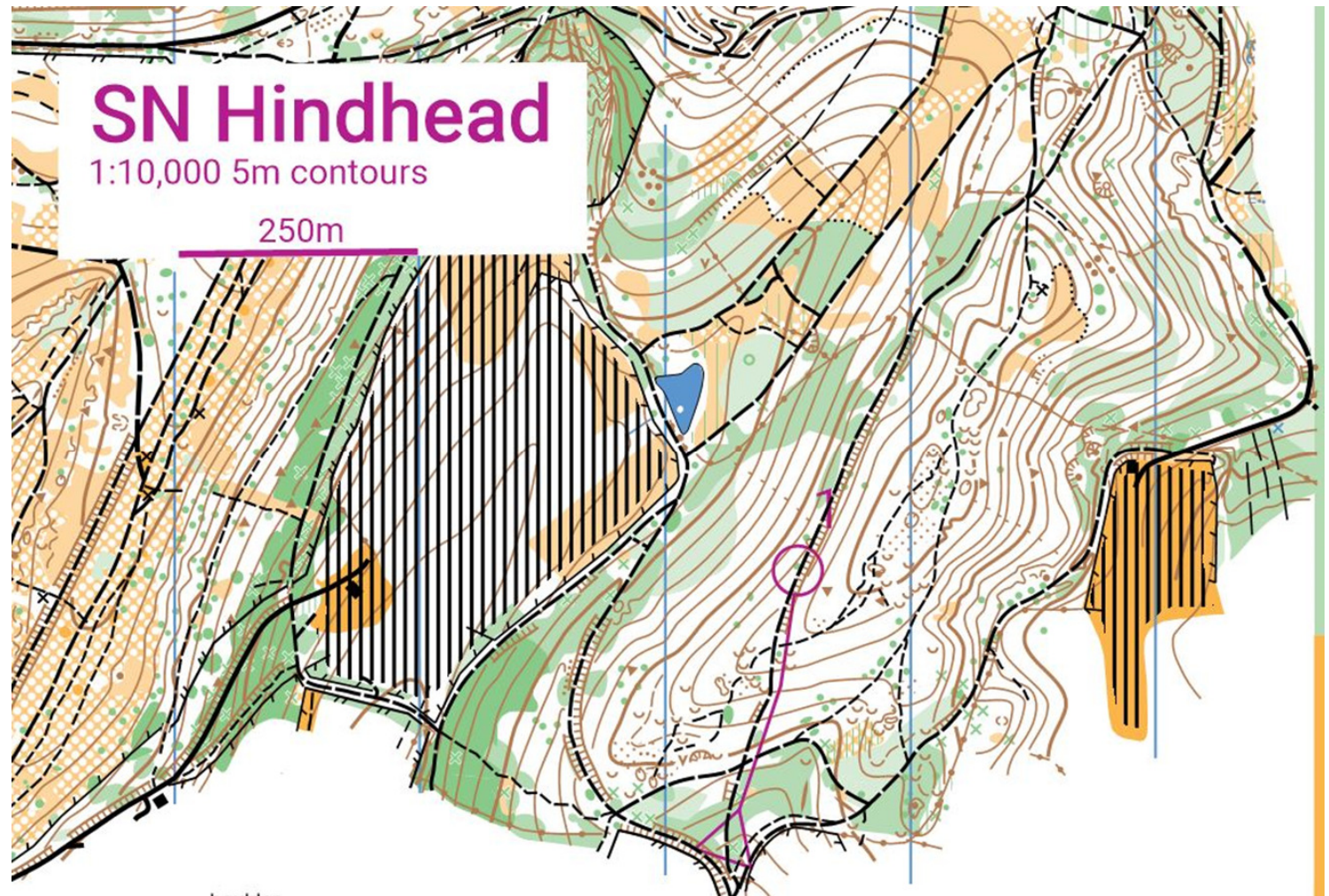
11:05  
28/12/2020

- Describe route to number 1
- Use “annotate” function in zoom
  - Get people to draw where they think the control is





- In Purple Pen –  
Change to course  
“Talk-o1” to  
reveal correct  
location
- Discuss!
- Repeat with  
remaining  
controls

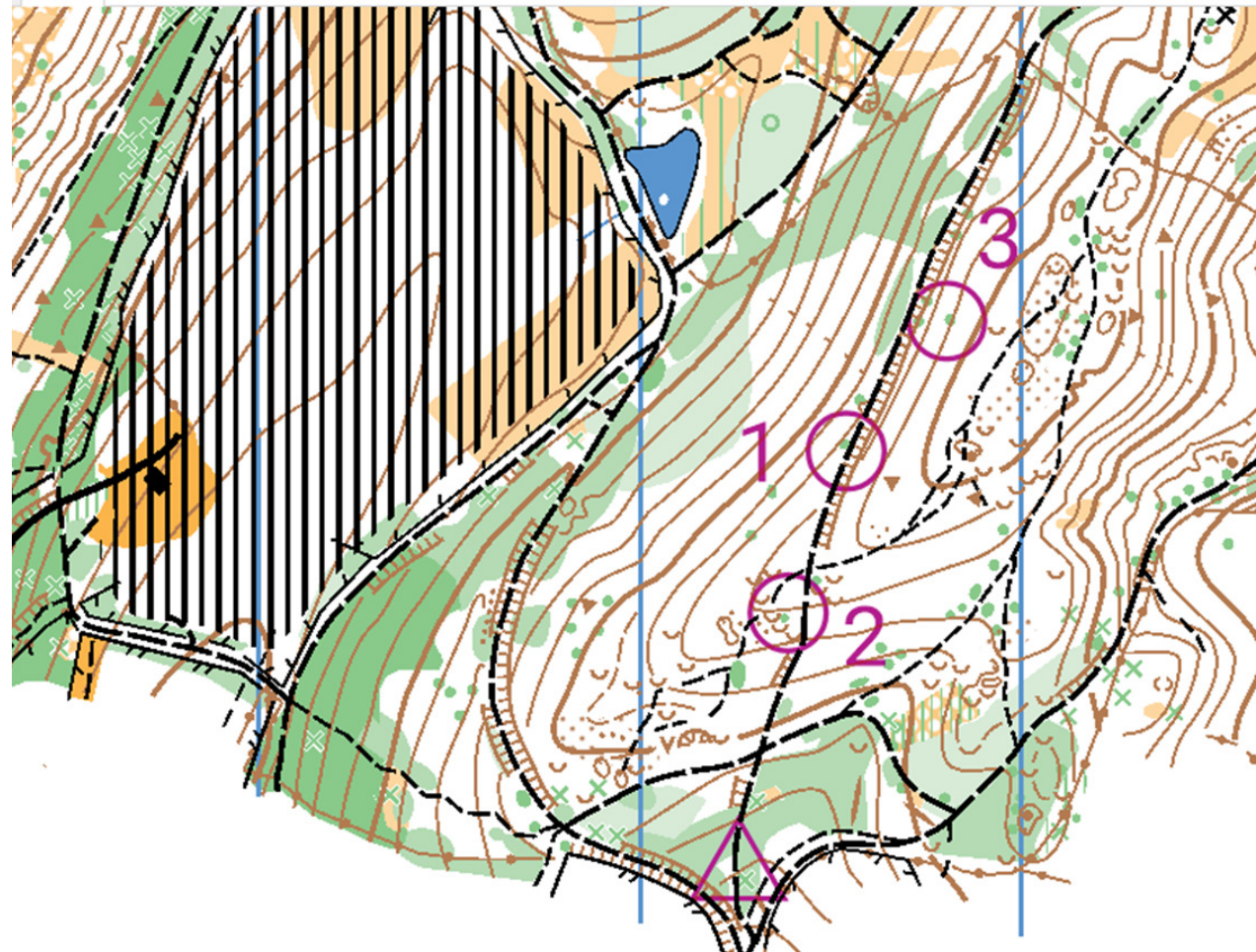


# Variations

## Idea

- Different people describe different legs or courses – coaches and juniors
  - Use a star exercise instead of a line (use a “score” course in purple pen)
  - Show 3 possible control sites and identify the correct one (use a “score” course in purple pen)
- ✓ Variety of styles
  - ✓ Only one map/course required, various TD levels
  - ✓ “Why isn’t it 2?”

- In Purple Pen –  
Change to course  
“Score” show 3  
possible controls
- Which is the  
correct one?
- Why isn't it 2 or  
3?





# Variations

## Idea

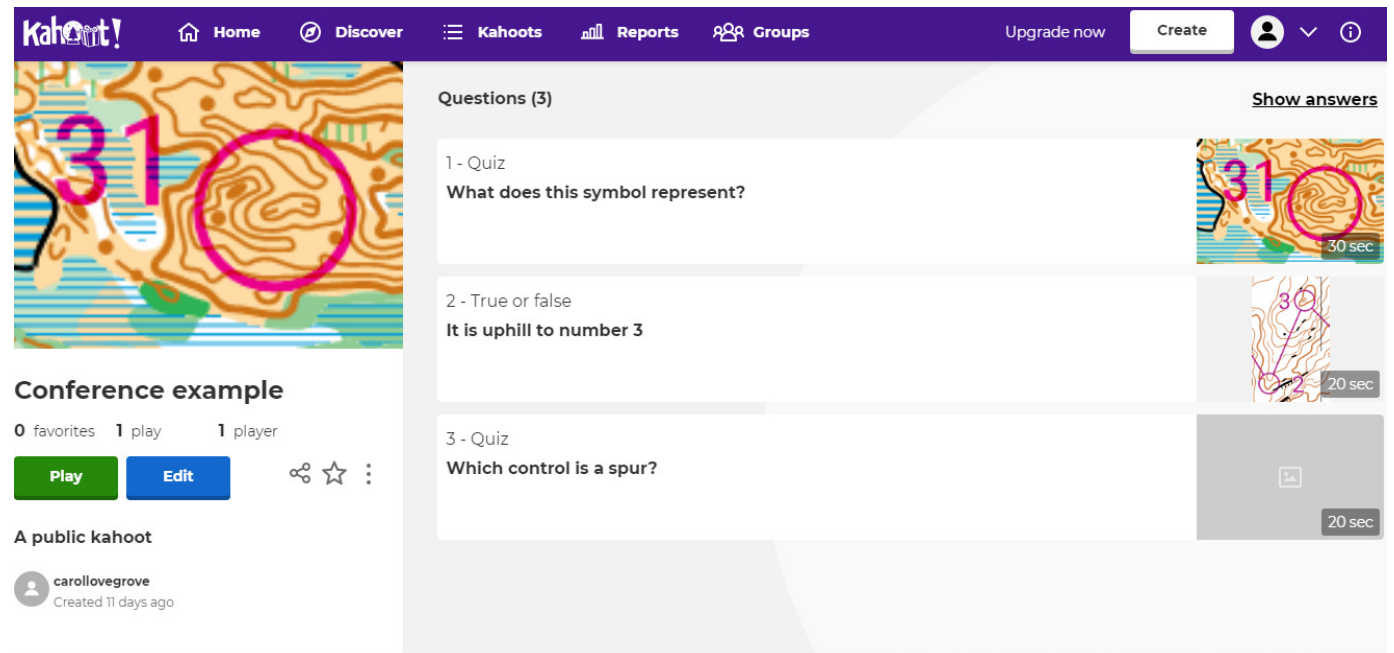
- Use contour only map, or no-paths
- Use maps from other parts of the world – Routegadget or World-of-O
- ✓ Change focus of description
- ✓ Everyone can see the route – “score” each other on our descriptions

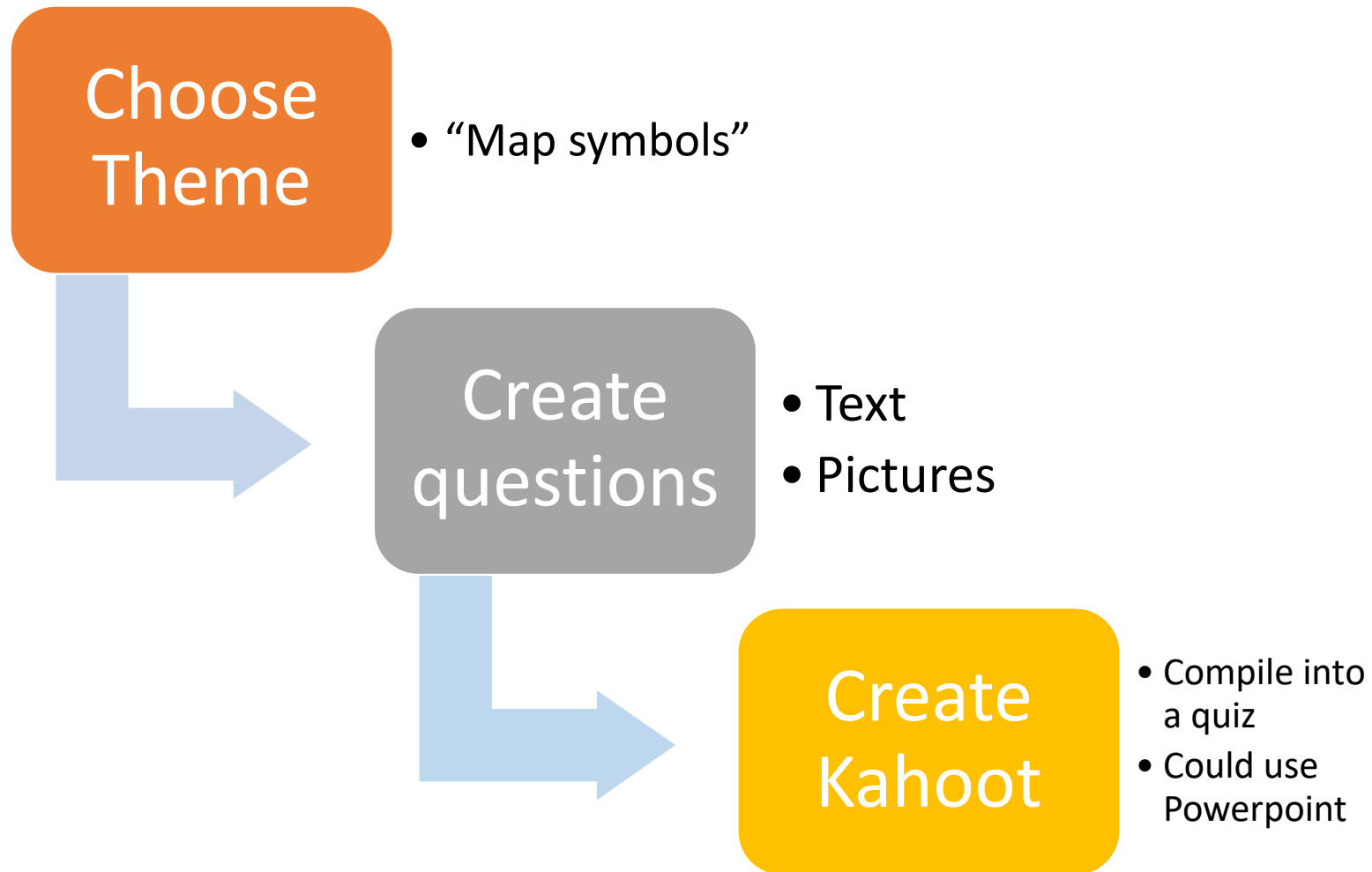
# Kahoot

- More “technology” based
  - Uses Kahoot app
- Make your own head-to-head quizzes
- Test o-knowledge

# Kahoot

- Online quiz software
- Everyone plays simultaneously
- “Teacher” needs an account (Free)
- “Students” don’t



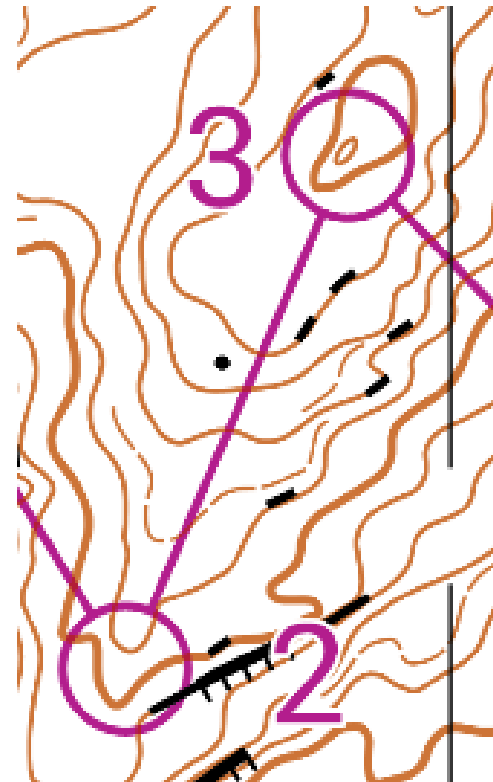


# Questions - Example

- Is it uphill to number 3?
  - Yes / No

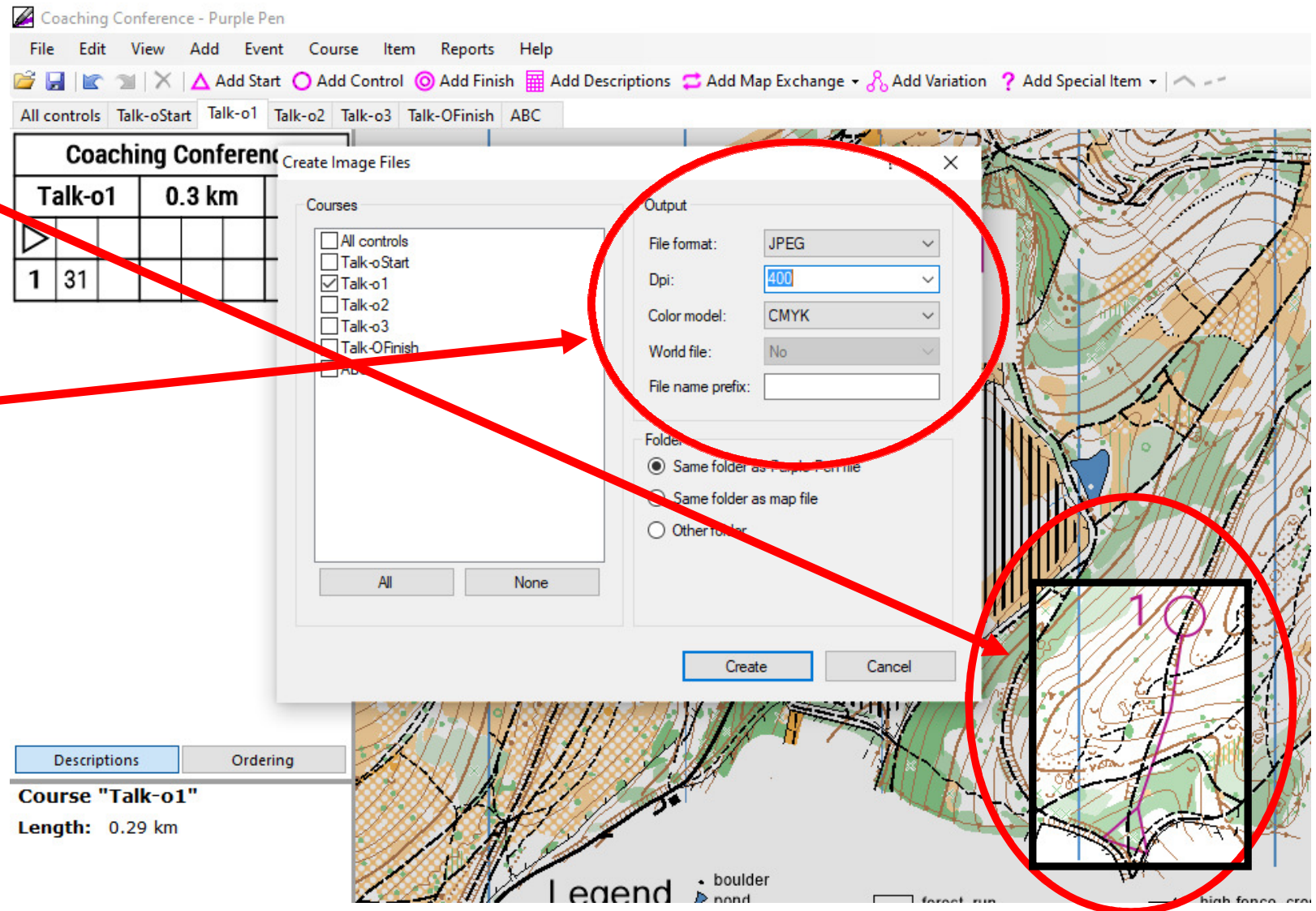
Graphic required

- Screen shot - or
- Purple Pen



- Set print area for the extract you want

- Create image file – save it
- Create all the images first, before starting in Kahoot



# More examples

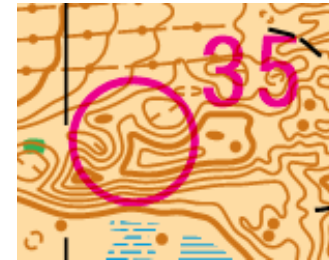
- What does this symbol represent?



- A Knoll
- B Depression
- C Trench
- D Saddle

- Which control is a spur?

A



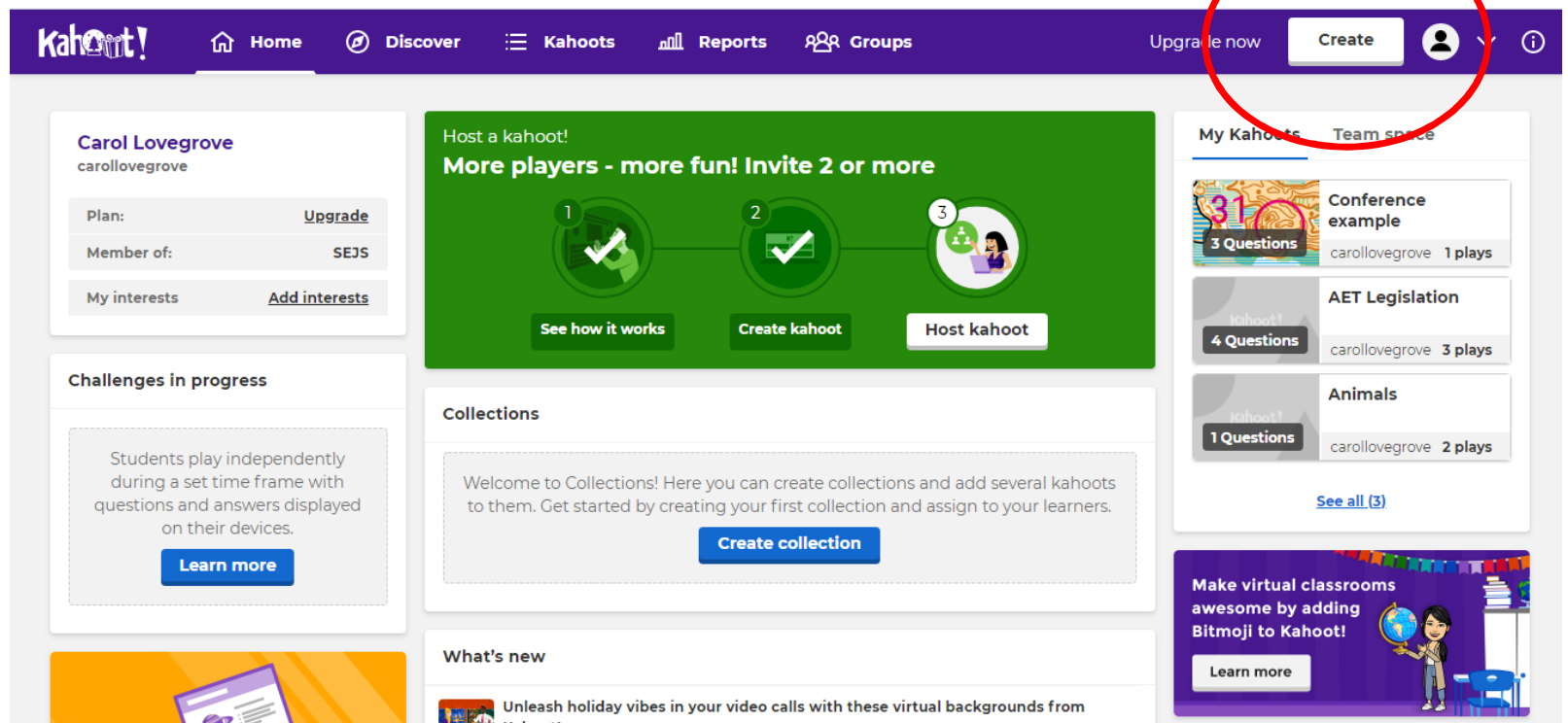
B



# Kahoot.com

- Sign in – you count as a teacher in this context

- “Create”







Enter kahoot title...

Settings

Exit

Done

1 Quiz

Type your question

20



Add question

Question bank



Import  
slides

Import  
spreadsheet

Click to start typing your question

Time limit

20  
sec

Points

1000

Answer options

Single select



Drag and drop image from your computer

Image  
library

Upload  
image

YouTube  
link



Add answer 1



Add answer 2



Add answer 3 (optional)



Add answer 4 (optional)

# Play the game

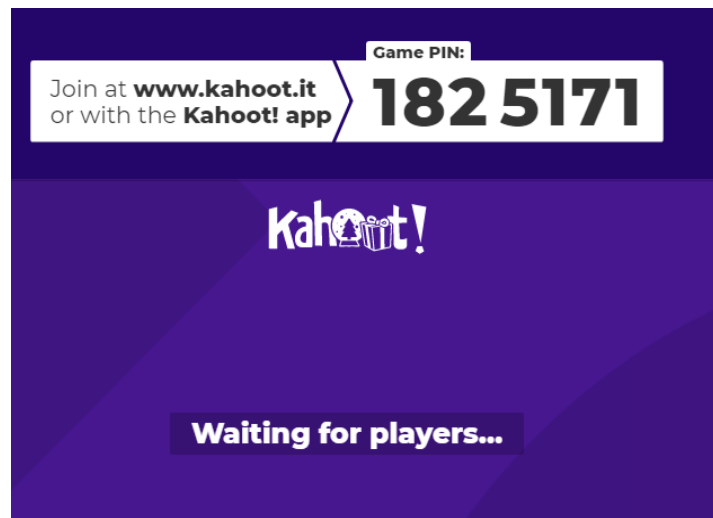
## **Coach**

- Log-in at “Kahoot.com”
- Choose “My Kahoots”
- Choose correct quiz
- Select “play”; “Teach” – generates unique game PIN

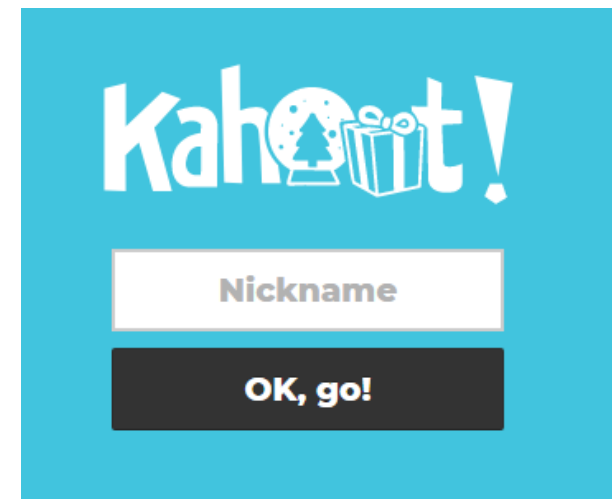
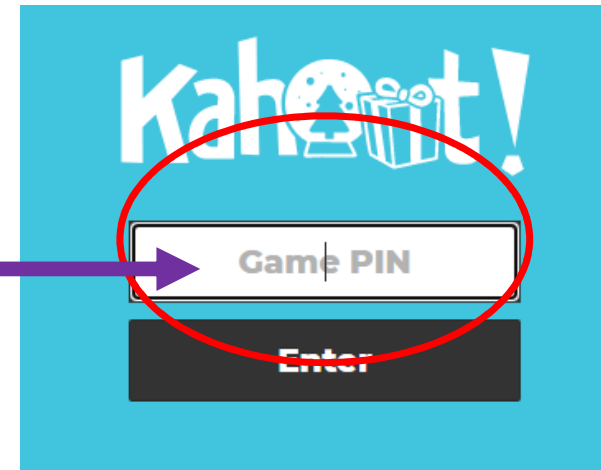
## **Junior**

- Go to “Kahoot.it”
  - No Login required
  - Phone or computer
- Type in PIN generated by Coach
- Choose player name

## Coach - Kahoot.com



## Junior – Kahoot.it



# Play the game

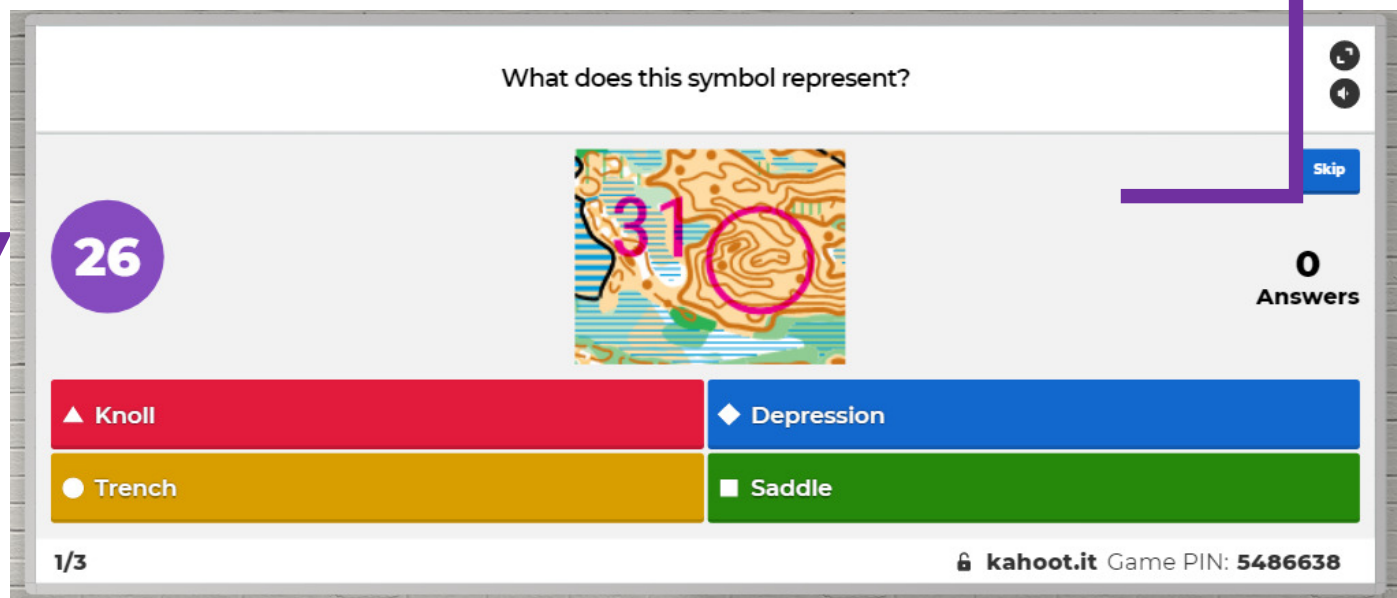
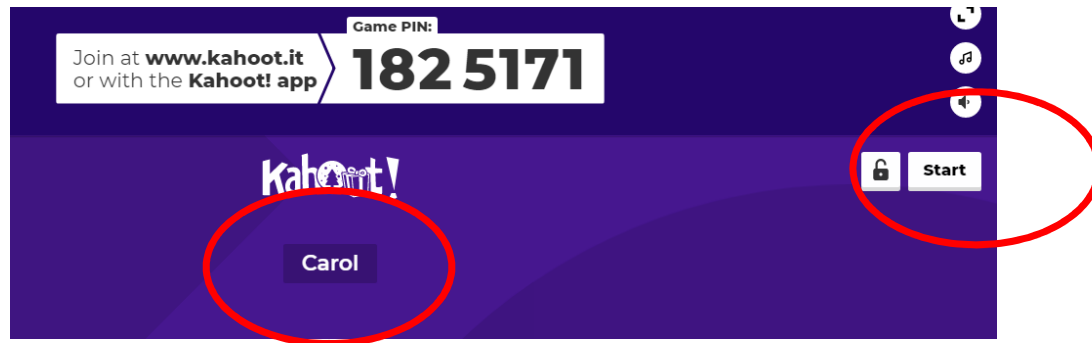
## **Coach**

- Check everyone has arrived!
- Share screen
- Start

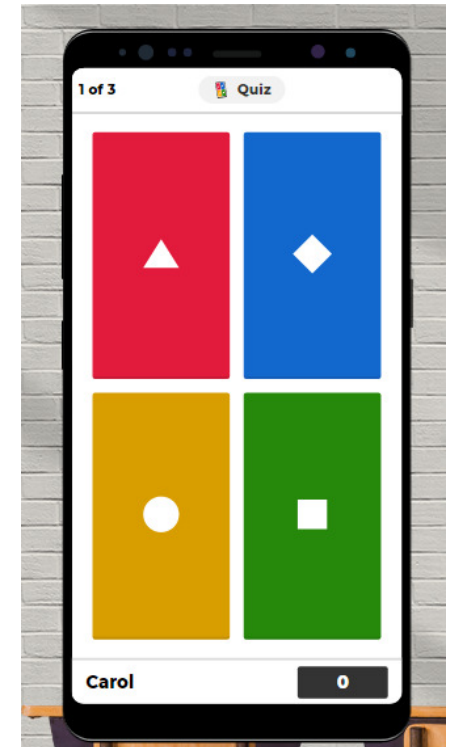
## **Junior**

- Either use phone or open new window
- View the questions in Zoom
- Answer on the phone or new window

## Coach - Kahoot.com

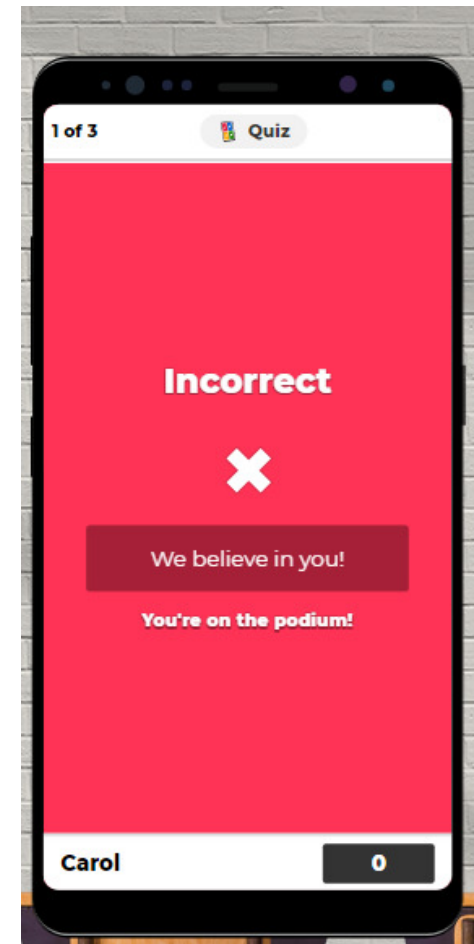
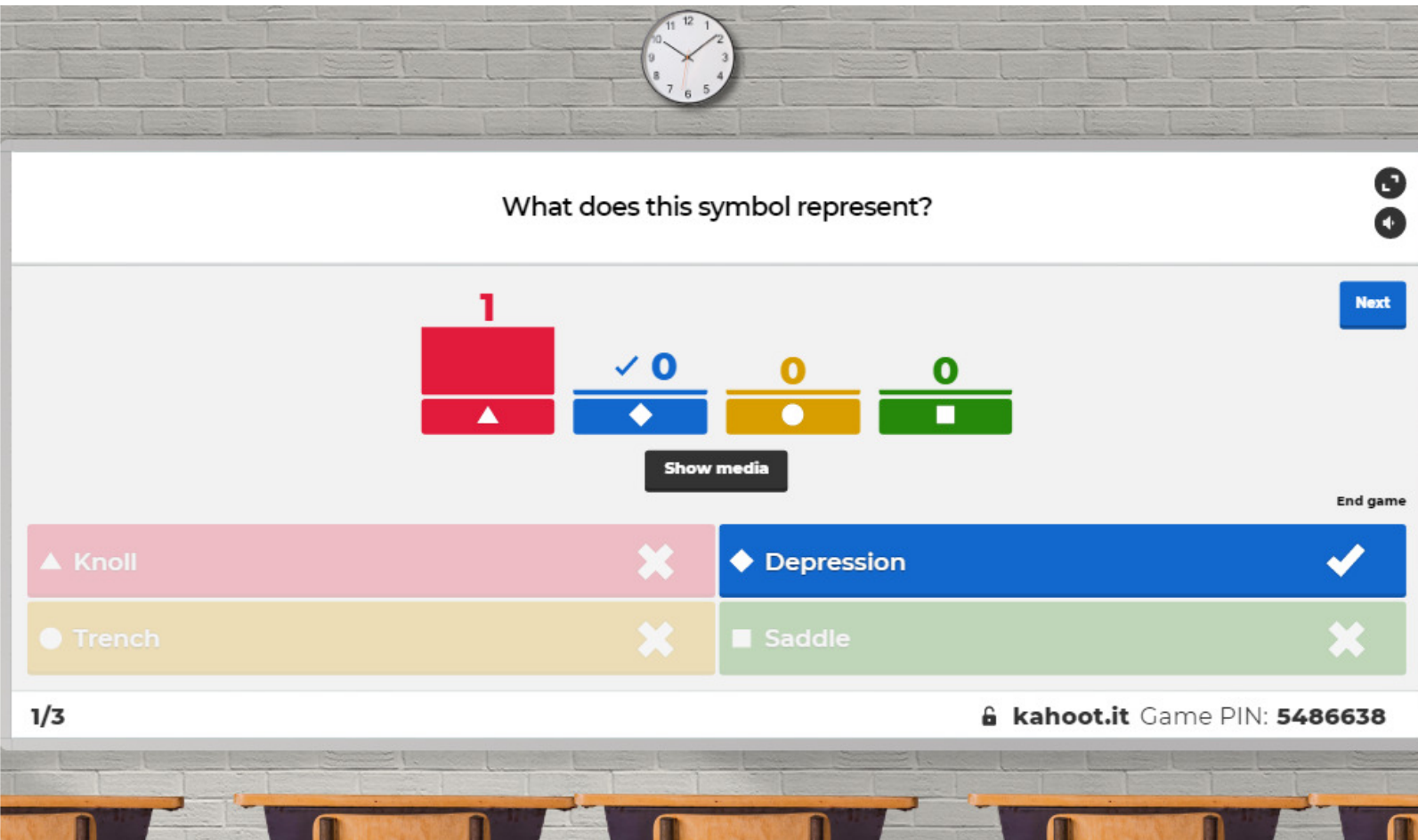


## Junior – Kahoot.it



Coach -Kahoot.com

Junior – Kahoot.it



# Coach - Kahoot.com

The screenshot shows the Kahoot! interface for a quiz report. The top navigation bar includes 'Home', 'Discover', 'Kahoots', 'Reports' (highlighted with a red circle), and 'Groups'. The main header shows 'Report' and 'Conference example' with an edit icon. On the right, it says 'Live' with a status icon, 'Dec 29 2020, 3:53 pm', and 'Hosted by carollovegrove'. Below the header, a sub-navigation bar has 'Summary', 'Players (1)', 'Questions (3)' (highlighted with a red circle), and 'Feedback'. The main content area features a 'Perfection!' badge with '100% correct' and a 'Play again' button. To the right, a stats box shows 'Players: 1', 'Questions: 3', and 'Time: 2 min'. Further right is a podium graphic with a 'View podium' button. At the bottom, three summary boxes show 'Difficult questions: 0', 'Need help: 0', and 'Didn't finish: 0', each with a help icon.

Kahoot!

Home Discover Kahoots **Reports** Groups

Upgrade now Create

Report options

Report

Conference example

Live

Dec 29 2020, 3:53 pm

Hosted by carollovegrove

Summary Players (1) **Questions (3)** Feedback

**Perfection!**

100% correct

Play again

Play again and see if the same group can stay perfect or see if new players can match this score.

Players 1

Questions 3

Time 2 min

View podium

Difficult questions 0

Need help 0

Didn't finish 0

# Variations on a theme

- Map symbols
  - What is this symbol?
  - What is the symbol for a path?
- IOF descriptions
  - What does this mean?
- Control descriptions
  - Which description is correct?
- Contour interpretation
  - Is it up, down, up?
- Sprint-o route choice
  - Which route is shorter?
  - Which route is barred?
- Visualisation
  - What will you see on your left?
  - What is beyond the control?
- Distance judgement
  - Different scales – how far along?



# Online Junior Training

- Safeguarding and management
- “Low technology” training
  - Talk-O
- “High technology” training
  - Kahoot Quiz
- Kahoot.it - to take part now
- Any questions?