

A decorative background map with various colors like orange, green, and blue, showing terrain features and paths. It is visible around the edges of the white central box.

Orienteering Analysis - Plan, Direction, Picture

British Orienteering Coaching
Conference 2015

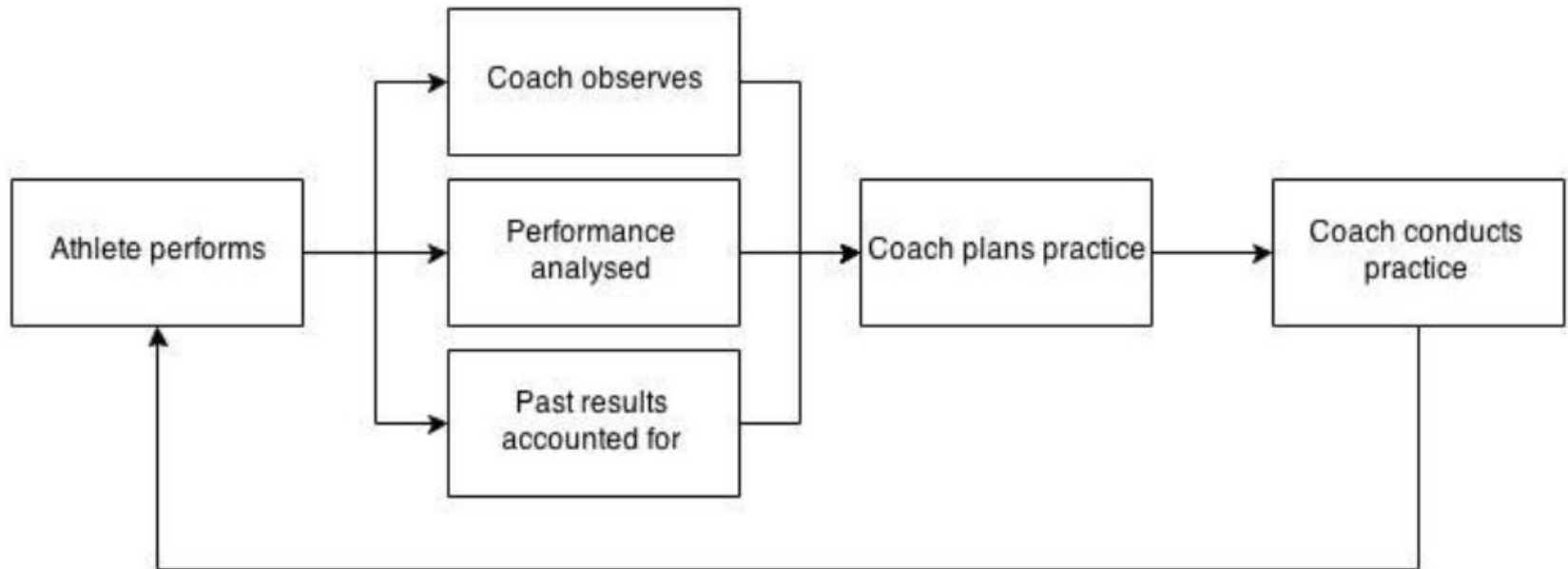
What is this about?

- Started as a how can we better analyse orienteering performance
- Developed into other things
- Main purpose is to share some thoughts

Background

- Performance analysis aims to provide useful (accurate) feedback to a performer in order to produce a positive change in performance
- Experience (coach or athlete) is no guarantee of good feedback

The Coaching Process



Adapted from: Franks, Goodman and Miller, 1983

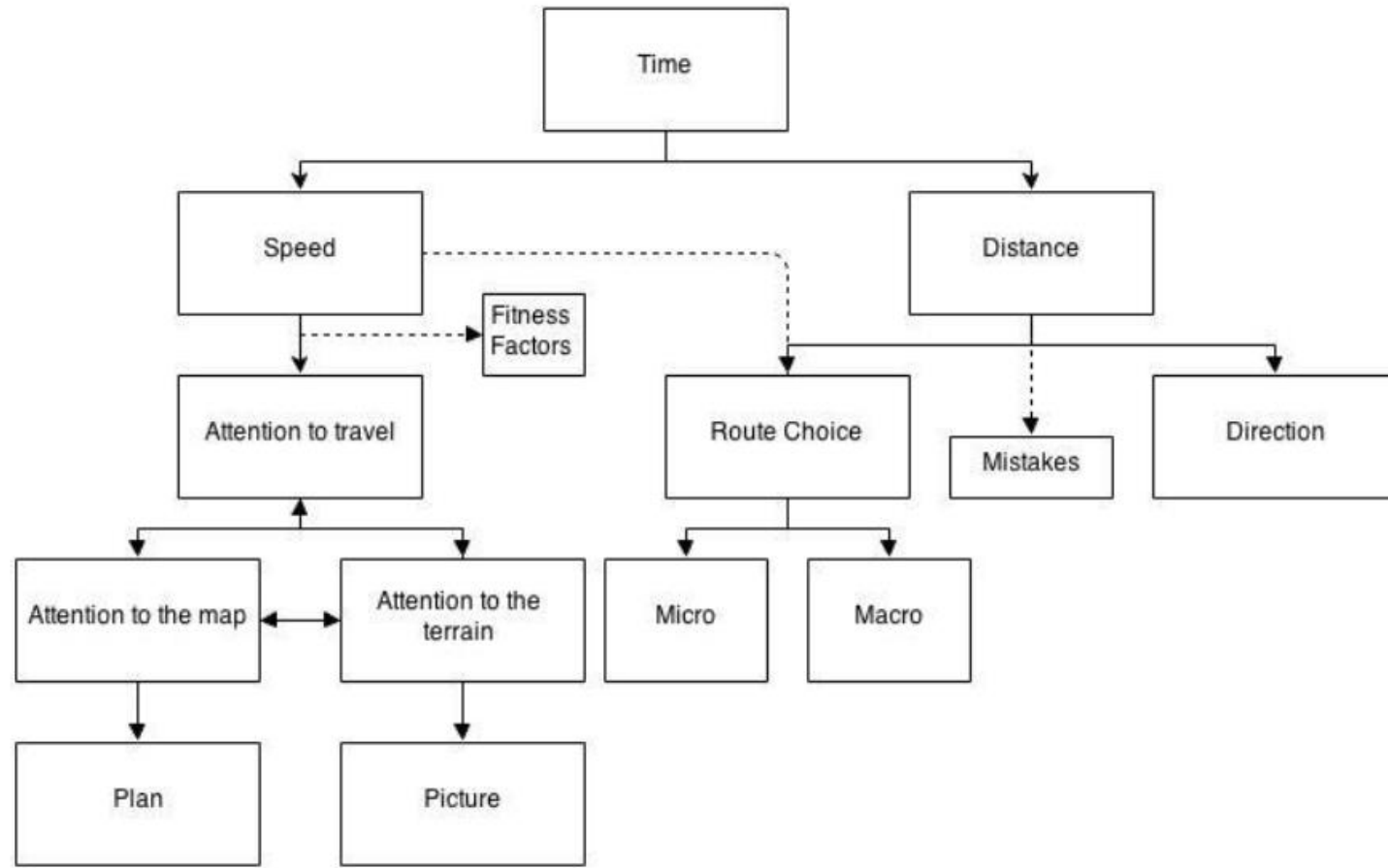
Plenty of ways of analyzing performance

- Drawing route (self reflection)
- Athlete/coach discussion
- Results
- Splits
- Race analysis forms
- GPS
- Headcam

What is it that we are analysing?

- What is good orienteering performance?
- Good orienteering is that which allows the athlete to complete the course in the shortest amount of time
- Lots of factors (technical, physical, random, etc..)

Defining the technical factors affecting performance?



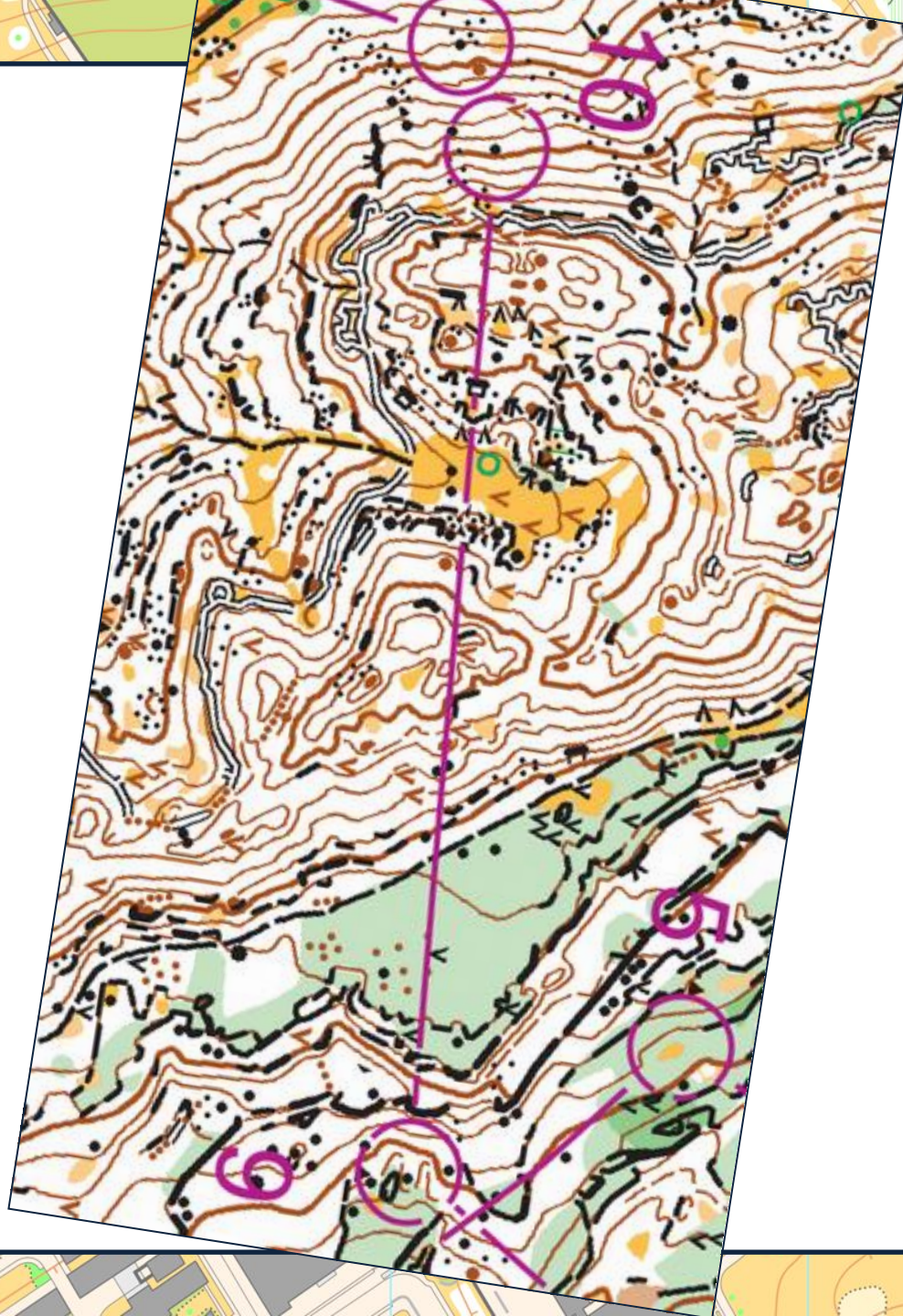
Ok, so what?

- We have route choice, plan, direction and picture as four factors which have now clear links to performance
- Route choice separate?
- Plan, direction, picture?

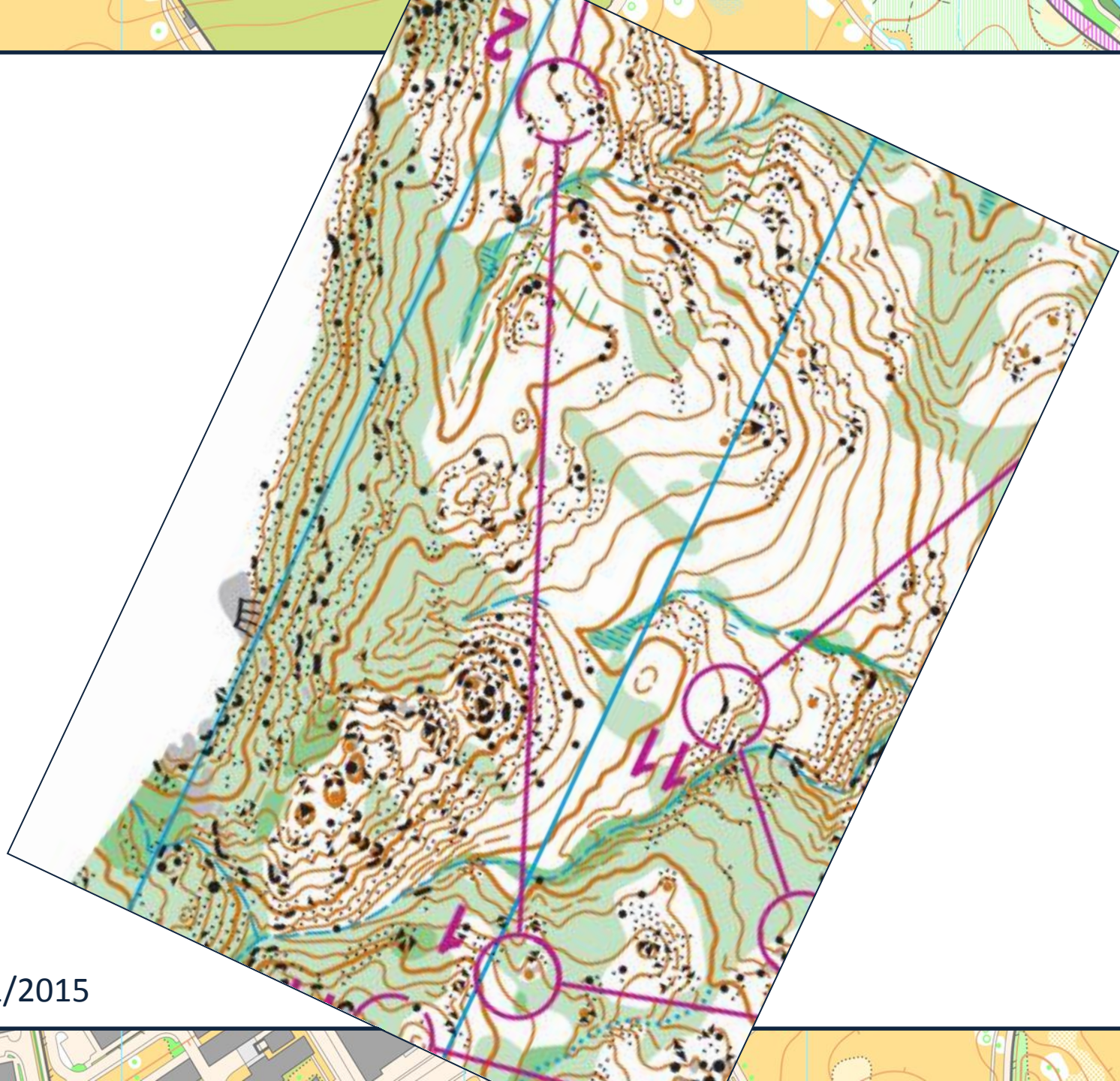
The orienteering process

- How do you approach a leg or course?
- What is the base of your technique?
- What is your philosophy?



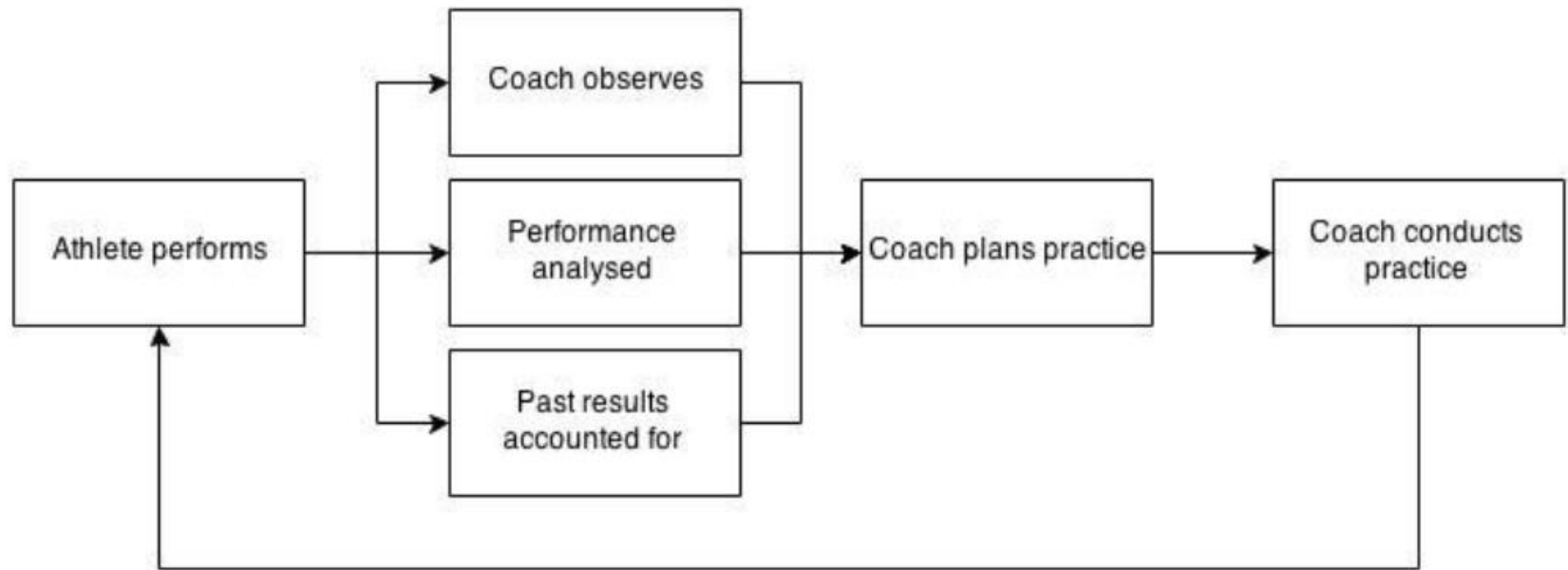


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Performance Analysis



- Observation? We have to know the process, that is as close as we are going to get.

Performance Analysis

“an objective way of recording performance, so that critical events can be quantified in a consistent and reliable manner. It enables... feedback that is accurate and objective.”

(Hughes and Bartlett, 2008)

Objective, Consistent, Reliable, Relevant

Relevance

- Need to know the athletes orienteering process
- Need to know what “good” orienteering is

Objective

- Is this possible?
- Training design
- Goals
- External data
- Timing?

Consistency

- Do the same thing each time
 - Need to have a procedure which is widely applicable, flexible and simple
 - Needs to allow different external information to be implemented

So what? (again)

- It's beginning to look like a bit of a framework
 - So that coach and athlete can be on the same page
 - So that analysis can be done in a manner that gets the most benefit
- Understanding orienteering is key, what is an ideal process? What factors are important?

How about this?

- Complete your race. Warm down, eat, etc.
- Sit down later (not too much later) with as much information as possible/convenient.
- Take your map and leg by leg go through the course giving your plan, direction, picture (and route choice?) a score of good or bad (1 or 0).
 - Refer to your recollection and to any other information you have
- For this to work you need to think about your process, and what is an ideal process.

Is it any better?

- Relevant?
- Objective?
- Consistent?
- What about informing future training?