

## Coaching Programme Guidance – Examples from Different Clubs

The Clubmark criteria for a club to have a coaching programme of at least 30 hours per year for their juniors. Here are some ideas, which your club may already do but which you hadn't considered to be 'coaching':

- Offer coaching help at your local and district events for beginners and members in a number of ways. Many clubs have series of low-key events at weekends and on summer evenings which could be used in this way and which would offer many hours of coaching time
  - A map walk and guidance with the compass round a small area close to the car park/start/finish before going out on a course
  - Use one of the shorter courses to demonstrate the idea of one or two skills such as the use of attack points, contour recognition, traffic lighting etc depending on the nature of the area (before going on a longer course)
  - Use the controls which are out for the event to devise different exercises. This can be done before, after or instead of doing a course but before the controls are collected. If doing the coaching, say from noon to course closure time the group may be able to help the planner by collecting some of the controls at the end.
- Hold joint sessions with another local club on an alternating basis so that your time, planning responsibilities etc are also shared. These could also turn out to be good socially for the members involved.
- 'Twin' with a club in another region on occasions so that each clubs' members have experiences in different terrain. This could also be extended to a 2 day trip to include a badge event the next day and evening indoor 'coaching' at the hostel/hall where you stay.
- Make use of the British Orienteering Coaching Days where controls are planned and put out for groups to use with their own coaches – all you have to do is devise some exercises using the network of controls. This makes life much easier for busy coaches and you can be sure that the controls are placed correctly. These days are held once or twice a year, often in the Lake District
- Your Regional Junior Squad programme can be included in the hours as these sessions are available for your club's older/more experienced juniors
- If your club puts on coaching/teaching sessions for schools these should be included as these are the first steps in the junior coaching process
- Indoor sessions, such as circuit training, can contain many elements of technique training (ask the National Office for a copy of the Club Activity Guide) and are suitable for all ages. These also prove to be good socially for clubs.

### Publicity for the Coaching

Don't forget to publicise all your coaching activities through your club's newsletter and website. Hand out flyers and be proactive in trying to attract members of all ages (not just juniors). Orienteers are notorious for thinking that 'coaching' is only for the elite but then are happy to moan in the car park about how they couldn't find x control! Making the 'coaching' part of the social side of the club is also important and stress that coaching exercises are to help to improve skills and can be done at any speed of level of fitness.

**Club training (fitness training)** is also part of 'coaching' but clubs need to think carefully about how this is offered to juniors. Adult long runs through streets or along country lanes at night could not be considered suitable. However, sessions at a school playing field or in a park and with a 'fun' element could be attractive if carefully organised.