

4.2 MAP WALK



BRIEF DESCRIPTION:

Participants walk with the coach around a mapped area.

AIMS AND OBJECTIVES:

To do the exercise the coach sets. The coach can observe, question and coach the participant/s.

EQUIPMENT: Maps.

PREPARATION:

Coach to plan the legs to meet the learning objectives.

4.2 MAP WALK

ACTIVITY:

Coach sets the task and the participants walk with the coach to carry out the exercise.

COACHING POINTS:

- Map orientation.
- Folding and thumbing of the map.
- Map to ground/ground to map interpretation.
- The aims of the leg/exercise.

EXTENSION ACTIVITIES:

- Harder legs.
- Coach shadows from a distance.
- In pairs, one participant has the map and walks the route, then hands the map to their partner to locate. Partner then uses map to navigate and so on (relocation exercise).

4.3 STAR EXERCISE



BRIEF DESCRIPTION:

Participants leave a central point to find a control and then return. This is repeated with several controls.

AIMS AND OBJECTIVES:

To give the coach a lot of opportunity to give individual coaching both before and after each leg, to keep close contact with individuals and to challenge individuals by giving appropriate legs for their ability.

EQUIPMENT: Control cards and maps. Maps should each have a start point and one control or alternatively provide blank maps and a master map for participants to copy the control as allocated. Controls should provide a means of proving the visit e.g. punch, electronic device, wax crayon, symbol etc.

4.3 STAR EXERCISE

PREPARATION:

Controls placed around a central base and maps prepared.

ACTIVITY:

- Participants all start at the base.
- Coach gives each participant one control to find.
- The participant orientates their map and navigates to the control.
- The participant returns to the coach with proof of finding the control (punch, symbol etc).
- The participant is given another control to find and so on.

COACHING POINTS:

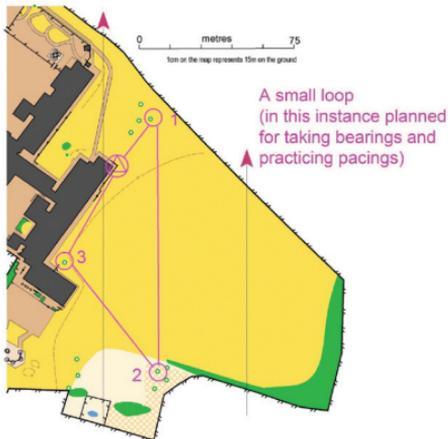
- Map orientation.
- Folding and thumbing of the map.
- Coach questions participant depending on the specific aims for each leg.

EXTENSION ACTIVITIES:

- Place controls to coach specific skills and techniques.
- Use 2/3 controls as a mini loop.
- Map Memory - Participant is allowed to look at a master map but not take it with them.

4. TRAINING FORMATS

4.4 LOOPS



BRIEF DESCRIPTION:

Participants leave a central point to complete a loop and then return. This is repeated with several loops all leaving from the base.

AIMS AND OBJECTIVES:

- To give the coach a lot of opportunity to give individual coaching before and after each loop.
- To keep close contact with individuals and to challenge individuals by giving appropriate loops for their ability.

4.4 LOOPS

EQUIPMENT:

- Maps (each with start point and one loop) or
- Blank maps and master map (for participants to copy loops as allocated) or
- Maps (with several marked loops).
- Controls with a means of proving the visit (e.g. punch, electronic device, wax crayon, symbol).
- Control cards

PREPARATION:

Prepare maps and place controls.

ACTIVITY:

- Participants all start at the base.
- Give each participant a different loop to complete.
- The participant orientates their map and navigates round the loop.
- The participant returns to the coach with proof of finding the controls (punch, symbol etc).
- The participant is given another loop to find and so on.

COACHING POINTS:

- Map orientation.
- Folding and thumbing of map.
- Coach questions participant depending on the specific aims for each loop.

EXTENSION ACTIVITIES:

- Place controls to coach specific skills and techniques.
- See 'relays' and 'head to head' sprint cards.

4.5 LINE EXERCISE



BRIEF DESCRIPTION:

Participants follow the exact route of a line marked on the map.

AIMS AND OBJECTIVES:

To keep map to ground contact and to identify exact position on the map.

EQUIPMENT: Maps marked with a line and controls.

PREPARATION:

Put out controls at features along the line and mark on a master map.

4.5 LINE EXERCISE

ACTIVITY:

Participants follow the line and mark (with circles) the exact position of the controls they find.

COACHING POINTS:

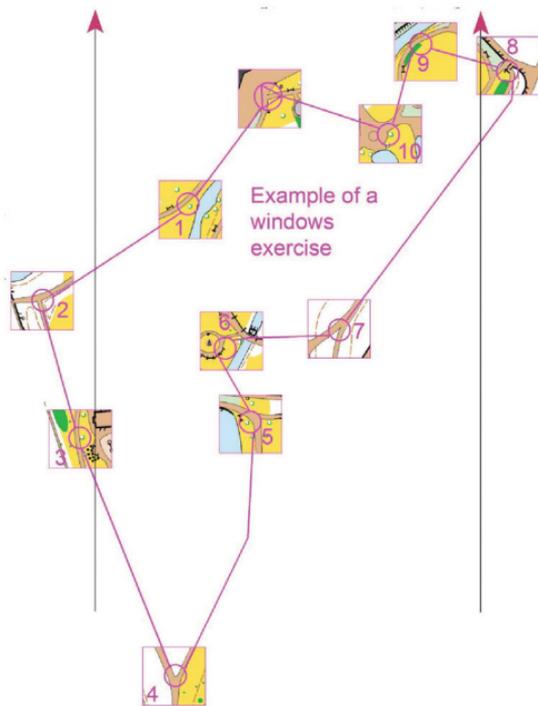
- Map orientation.
- Folding and thumbing the map.
- Map to ground/ground to map interpretation.
- Knowing where you are all the time.

EXTENSION ACTIVITIES:

- Dummy controls off the line to confuse the participant.
- Line drawn to coach specific map interpretation (e.g. contours or specific symbols / features).

4. TRAINING FORMATS

4.6 WINDOWS EXERCISE



BRIEF DESCRIPTION:

To use a map with sections blanked out to leave windows of detail only around the controls.

AIMS AND OBJECTIVES:

To test distance estimation, use of compass and to relocate in the window.

4.6 WINDOWS EXERCISE

EQUIPMENT: Maps and controls.

PREPARATION:

- Maps prepared with the areas blanked out.
- It must be possible to navigate between the controls without the map detail.
- Place a control in each window.

ACTIVITY:

Participants leave at intervals to locate the controls.

COACHING POINTS:

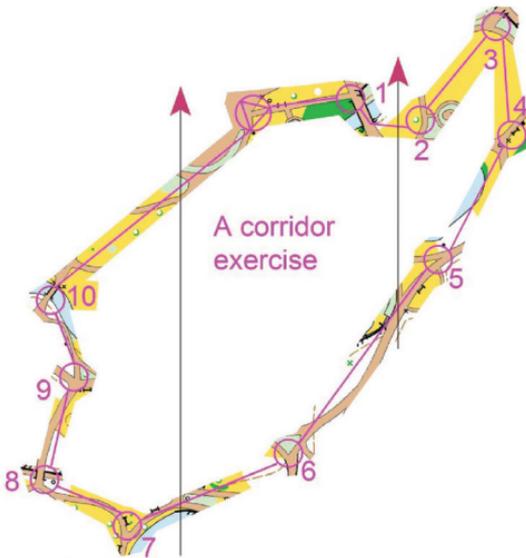
- Map scale and distance estimation.
- Use of compass bearing.
- Relocation in the window.

EXTENSION ACTIVITIES:

- Use smaller windows
- Increase distance between windows

4. TRAINING FORMATS

4.7 CORRIDOR EXERCISE



BRIEF DESCRIPTION:

To use a map with sections blanked out to leave a narrow corridor between controls.

AIMS AND OBJECTIVES:

- To use a straight line route.
- To follow routes without using handrails/line features.

EQUIPMENT: Maps and controls.

4.7 CORRIDOR EXERCISE

PREPARATION:

- Prepare maps with just a narrow corridor shown between controls.
- There should be no route choice and no handrail to follow.
- Legs to be 100-300m.
- There needs to be a distinctive feature before the control.
- Place the controls.

ACTIVITY:

Participants leave at intervals to locate the controls.

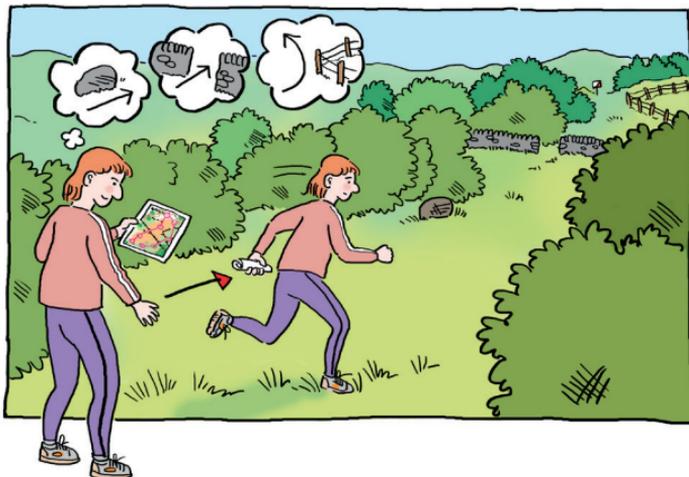
COACHING POINTS:

- Use of compass.
- Map interpretation.
- Relocation.

EXTENSION ACTIVITIES:

- Use a narrower corridor.
- Contour only map.
- Point to point course.

4.8 MAP MEMORY



BRIEF DESCRIPTION:

To look at a map and memorise the leg. Map walk or star exercise.

AIMS AND OBJECTIVES:

To coach the memorising of a leg by selecting key information (point features, collecting features, catching features, estimating distance) and identifying the essential information.

EQUIPMENT: Maps.

4.8 MAP MEMORY

PREPARATION:

Plan a route to walk or a star exercise.

ACTIVITY:

Participant to look at the map, memorise the information and find the control without the map.

COACHING POINTS:

Identifying and remembering key information.

EXTENSION ACTIVITIES:

- Use longer legs.
- Use harder terrain.
- Try the Norwegian Map Memory (card 7.5).
- Set up relay exercises indoors, where participants memorise a leg and run and draw it on a map.