

## UKCCL1 Cards Practical at 2011 Coaching Conference

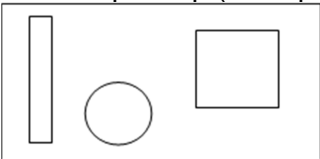
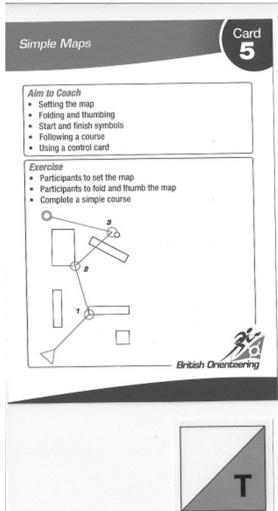
- 9 groups
- Each group given L1 card to work with, location and brief re group to be coached
- Plan & risk assess (45 mins on Saturday), set out equipment needed (30 mins Sunday)
- Groups experience 2 other activities ( 2 x 20 min sessions + 10 mins movement time), clear away (20 mins) and discuss activities, coaching points etc (30 mins)

### Group A: Cards 2 & 5 – First Steps and Simple Maps

**Location:** in Ford Hall (shared with 2 other groups)

**Group:** Beginner school group age 8 – 10 years

**Equipment used:** Furniture (tables, chairs, benches) & cones; mini control kites

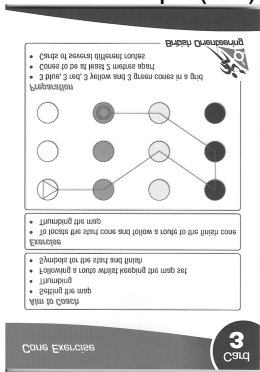
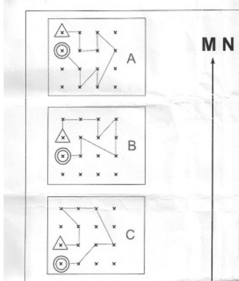
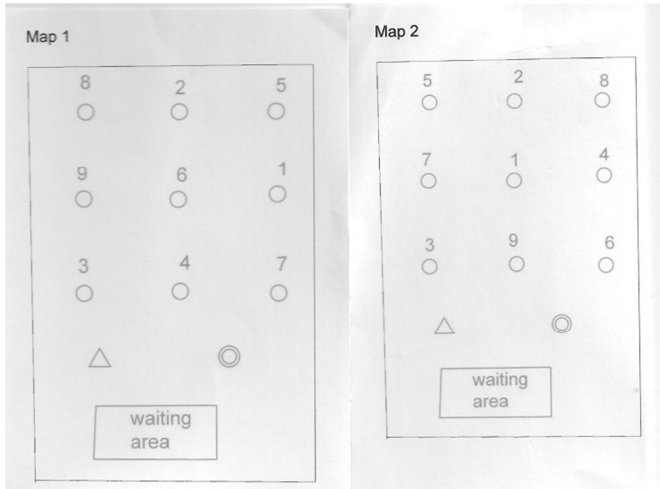
Main session content/progression	Coaching Points
<ul style="list-style-type: none"> <li>• Fun with maps!</li> <li>• First Steps map (3 shapes) – card 2</li> </ul>  <ul style="list-style-type: none"> <li>• More shapes map with courses – card 5 &amp; example mini control</li> </ul> 	<ul style="list-style-type: none"> <li>• Get map right way round</li> <li>• Identify your position</li> <li>• Keep map right way round as you move</li> <li>• Keep looking up then at map to follow route on map</li> <li>• Thumbing your position</li> <li>• Fold map if too big to hold and thumb</li> <li>• Symbols for start, finish and controls</li> </ul>

## Group B: Card 3 – Cone Exercise

**Location:** in Ford Hall (shared with 2 other groups)

**Group:** W.I. adult novices – introduction to maps

**Equipment used:** cones – progression from 12 coloured in rows – 16 random colours – Naughty Numbers (with SI if available)

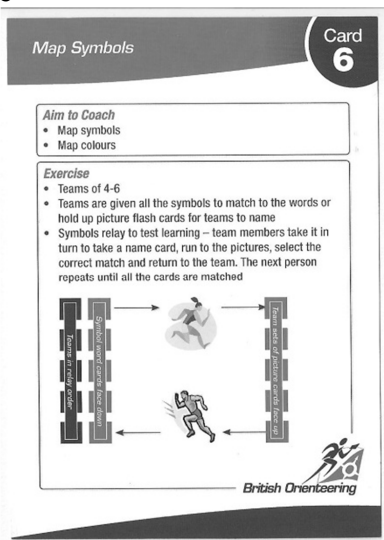

Main session content/progression	Coaching Points
<ul style="list-style-type: none"> <li>Fun progression indoors (or out) to learn how to use orienteering maps and equipment</li> <li>Coloured cones maps (x 6) Card 3            </li> <li>16 cones maps            </li> <li>Naughty Numbers – various different courses with SI to record success            </li> </ul>	<ul style="list-style-type: none"> <li>Map correct way round – use coloured cones to aid map orientation</li> <li>Start, finish and route/control markings</li> <li>Keep map orientated as go round route</li> <li>Thumb your position; move thumb to next position</li> <li>Fold 16 cones map sheet to focus on your own map</li> <li>Do not be distracted by others</li> <li>Do routes at own pace</li> </ul>

## Group C: Card 6 – Map Symbols

**Location:** in Ford Hall (shared with 2 other groups)

**Group:** older club juniors (16 years+); 2 years 'O' experience; doing TD3 courses with varying results; not had much coaching for past year; need coaching to reinforce basics.

**Equipment used:** sets of map symbols / words per team; set of IOF pictorial description symbols / words



Main session content/progression	Coaching Points
<ul style="list-style-type: none"> <li>Look at example 'O' maps – colours of groups of symbols e.g. blue for water, brown for land shapes etc</li> <li>Map symbol running game in teams matching words with symbols – card 6</li> </ul>  <ul style="list-style-type: none"> <li>Progression to pictorial control descriptions and meaning – match up game</li> </ul> 	<ul style="list-style-type: none"> <li>Groupings of colours &amp; symbols: blue = water features; brown = earth shapes; white-green = forest; orange = open land; black = man made and rock</li> <li>When looking at map symbols have a picture of the feature = visualisation – start to develop this</li> <li>Use visualisation with pictorial control descriptions as well as map symbols e.g. which? (if more than 1 in control circle), which side of? etc</li> </ul>

## Group D: Card 9 – star with multiple controls

**Location:** Lilleshall gardens – area with trees & bushes

**Group:** Age 10-11 years about to move to secondary school; use orienteering (and other sports) in 'adventure week' to help them get to know each other/bond/work together in small groups

**Equipment used:** maps pre-marked with 10 (could be more) 'star exercise' controls, training kites with letter / punches, control cards, extension maps/control cards, white board to record teams' controls found and timing

Main session content/progression	Coaching Points
<ul style="list-style-type: none"><li>• Emphasis on FUN team working</li><li>• Choose teams – no more than 2s or 3s</li><li>• Show map, explain how to hold &amp; orientate using features eg path</li><li>• Map walk whole group to example control</li></ul>  <p>A detailed orienteering map of Lilleshall Hall. It shows a green area with various paths, buildings, and trees. Several control points are marked with yellow circles and letters. The map is titled 'Lilleshall Hall' and 'Sprint Orienteering Map'. It includes a scale of 1:4000 and a contour interval of 2.5m. The map is oriented with North at the top.</p> <ul style="list-style-type: none"><li>• Set off teams to different controls - 1 then 2</li><li>• Set team task to find remaining controls between them – can split up but must only visit 1 control at a time and bring back letter/punch shape – record these and time taken on white board</li><li>• Harder progression: park 'sprint' race using many of the controls</li></ul>  <p>A detailed orienteering map of Lilleshall Hall, similar to the one above. It shows a green area with various paths, buildings, and trees. Several control points are marked with yellow circles and letters. The map is titled 'Lilleshall Hall' and 'Sprint Orienteering Map'. It includes a scale of 1:4000 and a contour interval of 2.5m. The map is oriented with North at the top.</p>	<ul style="list-style-type: none"><li>• Get map right way round / orientate map</li><li>• Use big features to help orientate map eg nearby path/bush etc</li><li>• Keep map orientated when move to sample control</li><li>• Learn a few important colours/symbols – enough to find way to star exercise controls</li><li>• Know what the control looks like and what you have to do to prove your visit eg remember letter on control or punch control card</li><li>• Remember to orientate map before setting off</li><li>• What is in the centre of the circle – where you will find the control?</li><li>• Team planning important so 2 people don't go to the same control</li></ul> <ul style="list-style-type: none"><li>• Set off in right direction before running off</li><li>• Know what you will be looking for (what is in centre of control circle?)</li></ul>

### Group E: Card 11 – Line Exercise

**Location:** Lilleshall grounds – buildings and gardens

**Group:** 1<sup>st</sup> year University students – keen & fit but new to orienteering

**Equipment used:** maps with lines (x 3) drawn on; 20 x small 1 pint milk bottle controls placed on ground on features on the map lines, master map for coach showing position of controls on each line.

Main session content/progression	Coaching Points
<ul style="list-style-type: none"> <li>• Explain map orientation with short map walk near start</li> <li>• People can set off on one of the lines going either way round</li> <li>• Must keep to the red line on map and remember when they find a control on the line – tell coach where controls were found when back at start</li> </ul>	<ul style="list-style-type: none"> <li>• Line up map with features</li> <li>• Learn some of map colours / symbols</li> <li>• When moving with map keep it orientated and ‘thumb’ position as go round the line</li> <li>• Identify features on route</li> <li>• Remember when controls are found</li> </ul>
<p>The image shows a detailed sprint orienteering map for Lilleshall Hall. The map is oriented with Magnetic North indicated by a blue arrow pointing towards the top right. It features a complex network of paths and roads, with different colors representing various terrain types: green for grass, yellow for open ground, and brown for buildings and walls. A red line traces a specific route through the area. Key landmarks include several large buildings, a parking lot, and a body of water. The map includes a scale bar from 0 to 150 meters and a compass rose. Text on the map includes 'Lilleshall Hall', 'Sprint Orienteering Map', 'Scale 1:4000', 'Contour Interval 2.5m', 'Magnetic North 2009', and logos for 'Leisure Connection' and 'SPORT ENGLAND'. There is also a small table of coordinates and other details at the bottom.</p>	<ul style="list-style-type: none"> <li>• Do a 2<sup>nd</sup> line – a bit faster</li> <li>• 3<sup>rd</sup> line – depending on confidence this could be timed / head to head / may have dummy controls just off line for harder progression</li> </ul>
	<ul style="list-style-type: none"> <li>• Maintain balance between increasing speed and map contact</li> </ul>

### Group F: Card 15 – Cardinal Cones

**Location:** Lilleshall Gardens – flat, grassy area

**Group:** Group of adult novices – parents of children in club who want to learn about basic compass skills

**Equipment used:** 12 cones, variety of compasses, laminated direction cards (single route) and simple courses (cardinal cones courses)

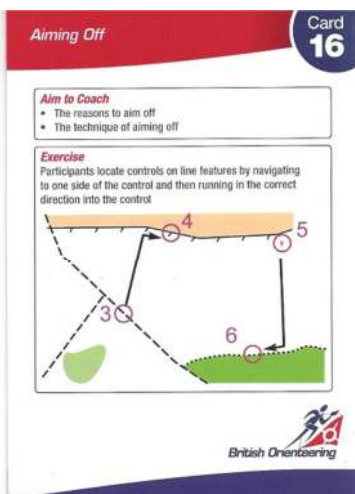


Main session content/progression	Coaching Points
<ul style="list-style-type: none"> <li>• Use single route cards to introduce using compass to find out which way to go</li> <li>• Using cardinal cones course maps use compass to keep map orientated and follow correct route to each cone</li> </ul> <div data-bbox="330 804 646 1240"> </div> <ul style="list-style-type: none"> <li>• Repeat with a new course map to gain confidence</li> <li>• Progression – use compass to set Lilleshall grounds map and find some controls / cones away from start point</li> </ul> <div data-bbox="351 1447 624 1718"> </div>	<ul style="list-style-type: none"> <li>• Importance of north – north end of compass needle to match north arrow on map</li> <li>• Keep map and compass in front of waist</li> <li>• Keep compass flat so that needle can settle</li> </ul> <ul style="list-style-type: none"> <li>• Orientate map by placing edge of compass along route to be followed and turning whole body until north arrow in compass lines up with north lines on map – now facing correct direction of travel</li> </ul>

## Group G: Card 16 – Aiming Off

**Location:** Lilleshall Gardens

**Group:** Adult learners – follow on from learning how to set map with compass

**Equipment used:** 6 training controls, compasses, maps of easy and harder loops

Main session content/progression	Coaching Points
<ul style="list-style-type: none"><li>What is 'aiming off' introduction / when use this technique</li></ul>  <ul style="list-style-type: none"><li>Easy loop of 3 controls – aim off quite a way to one side. Which side of the control? Which way to turn?</li></ul>  <ul style="list-style-type: none"><li>Harder loop of 3 controls</li></ul> 	<ul style="list-style-type: none"><li>Use compass to cut across to line feature then turn L or R towards control</li><li>Hold compass correctly: flat, in relation to body, turn body not map/compass, look up to sight something on way</li><li>Aim to one side of control because going straight can end up to one side of control and not know which way to turn</li><li>At first aim off further from control</li><li>After some practising aim off closer to control as gain accuracy</li></ul>



## Group H: Card 12 – Score Event

**Location:** Lilleshall Gardens

**Group:** from local running club – fit and competitive but only done a very little orienteering

**Equipment used:** 1 map per person with controls marked, 10 training controls + punches (pin punches or SI if available), control cards or SI cards

Main session content/progression	Coaching Points
<ul style="list-style-type: none"><li>• Map walk/jog to get people started: start – K – J and back to start</li><li>• 'score' (any order) challenge:<ul style="list-style-type: none"><li>○ In 5 mins how many of ABCD</li><li>○ Then slightly harder: EFGH</li><li>○ Finish with all controls</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Relate map to ground – basic colours/symbols needed</li><li>• Keep map orientated and thumb position</li><li>• Large scale – tick off features to avoid over shooting</li><li>• 'score' in any order – plan route before setting off</li><li>• Try to focus on navigation and not overshooting</li></ul>







Map examples with no attack points selected:

