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| Session coach: | | Date: | | Time: |
| *Ann Coach* | | *16.6.11* | | *6.45 – 8pm* |
| Club: | | Numbers in session: | | |
| *Bramcote* | | *12 – Depends who comes!* | | |
| Specific needs: | | Type: | *Satellite club night* | |
| *Mix ages / fitness / experience - all to achieve, learn and have fun!* | | Group age: | *8 – 40s* | |
| Ability: | *TD2 - 5* | |
| Other: | *3 sub-groups for main section* | |
| Venue: | | Others involved in delivery: | | |
| *Bramcote Park* | | *1 (possibly 2) other club coaches* | | |
| Session goal/objective: | | Equipment required: | | |
| *Reinforce orientating map, setting off in correct direction and knowing feature control is on* | | *12 controls/stakes; 4 stakes + game maps / control cards/pens/cones; maps for exercises in separate bags; map bags in case wet; club night board/list/parental consent forms for junior members on own; cash box/biscuits; box compasses; first aid kit; mobile phone*  *Group brings own drinks bottles* | | |
| Time | Organisation/presentation | | | |
| *5 mins* | Safety brief (before the session): | | | |
| *Walk from car park to start point/base:*   * *Other park users – dog walkers, cricket practice area* * *Possible vandalism – don’t hunt for control go on / report back* * *Keep having a drink* | | | |
| *5 mins*  *5 mins* | Warm-up: | | | |
| *Walk/ jog / skip – then name game tagging and calling name out*  *4 teams – control feature recognition game with some shuttle running/walking* | | | |

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| *45 mins* | Main content: | | Coaching points (CPs): |
| *Under 10s and any really new adults:*   * *Star exercise using close controls x 4 to check orientation of map, setting off in correct direction* * *Choice of 3 short loops of 3 controls as progression (some will do all, some 1 or 2)*   *Beginner - Improver adults (TD2/3):*   * *Star exercise x 5 controls using compass to set off in correct direction (how many will depend on confidence)* * *Choice of short loops as extension*   *Experienced club members (TD4/5):*   * *‘window’ star exercise* * *Choice of ‘window’ loops and/or blank map loops* ***NB blank maps for most experienced only (just start/finish/control circles/scale/N lines)***   *Odds and evens team score as 3 people finish ( mixed ages/abilities) using close controls – not a race between teams unless all ready at same time* | | * *Get map right way round (use features)* * *Face direction of travel* * *What is control on? Feature? Know what you’re looking for (example control)* * *Compass aligned from start to control* * *Keep compass flat* * *Turn body not map or compass to face correct direction for control – if out of sight use something on the way to keep on line* * *What is control on? Feature?* * *With ‘blank maps’ remember to look at control description* * *Team work to decide tactics of who goes to which control NB depends on age/fitness etc* |
| *10 mins* | Cool-down: | | |
| *Walk/jog to collect 1 control each (or in pairs if more than 12) followed by stretching* | | |
| Summary of session and feedback to orienteers: | | Aims of next session: | |
| *Feedback on main coaching points by asking questions*  *Ask athletes for feedback on what they learned / liked best / found most useful*  *Tell them about weekend club event – where/when etc*  *Drinks & biscuits!* | | *Depending on how things went this week - Start base in different area of park which is less familiar:*   * *More fun finding controls for U10s and reinforcing good habits of map orientation* * *Use compass for setting map again for ‘improver adults’* * *Another compass challenge for experienced e.g. windows exercise or attack points* | |