

# Coaching Page.

No 7

Congratulations to all who participated in the coaching activities during the year.

The 9:30 training exercise was well supported by a hardy group of juniors and beginners learning the basics of the Blue and Green course. The extension from Green to Orange level is a difficult step and hopefully our training exercises have helped to practice those skills in readiness for the real thing. We were overwhelmed by the number of participants in the Green-Orange coaching day, and plan to run at least one day again next year, as early in the season as possible; and hopefully add a Orange-Red coaching day to the list.

In this page, during the year, I have tried to explore the skills needed to navigate mainly at Orange and Red level. Just to summarise, the main skills needed should be Leg Analysis and Route Choice; and after you have decided on your plan of attack, the basic skills of Orienting the Map, Thumbing the Map, Attack Points, Contouring, Aiming Off, and Relocation are used to find your way to the control. But once you have decided on your plan, try to stick to it and not be influenced by others in the forest.

If you think about your orienteering in this way you will gradually become more consistent and reduce the mistakes that are easily made in our sport. Remember that mistakes cost more time than running speed.

Remember that the street series is still orienteering and that many of the basic skills can still be practised so that they become second nature.

Steven and I would like to take this opportunity to thank all the club members for helping out with our coaching activities during the year, and particular Joy Guy, Geoff Peel and Peter Charlton for their help at the events, and to Denis Lyons and Malcolm Roberts for their help at the Green-Orange coaching day.

I wish everybody a great summer break and hope to see many of you during the street series, and am looking forward to sharing your experiences in the forest again next season.

- Geoff Todkill