

# Coaching Page.

No 21

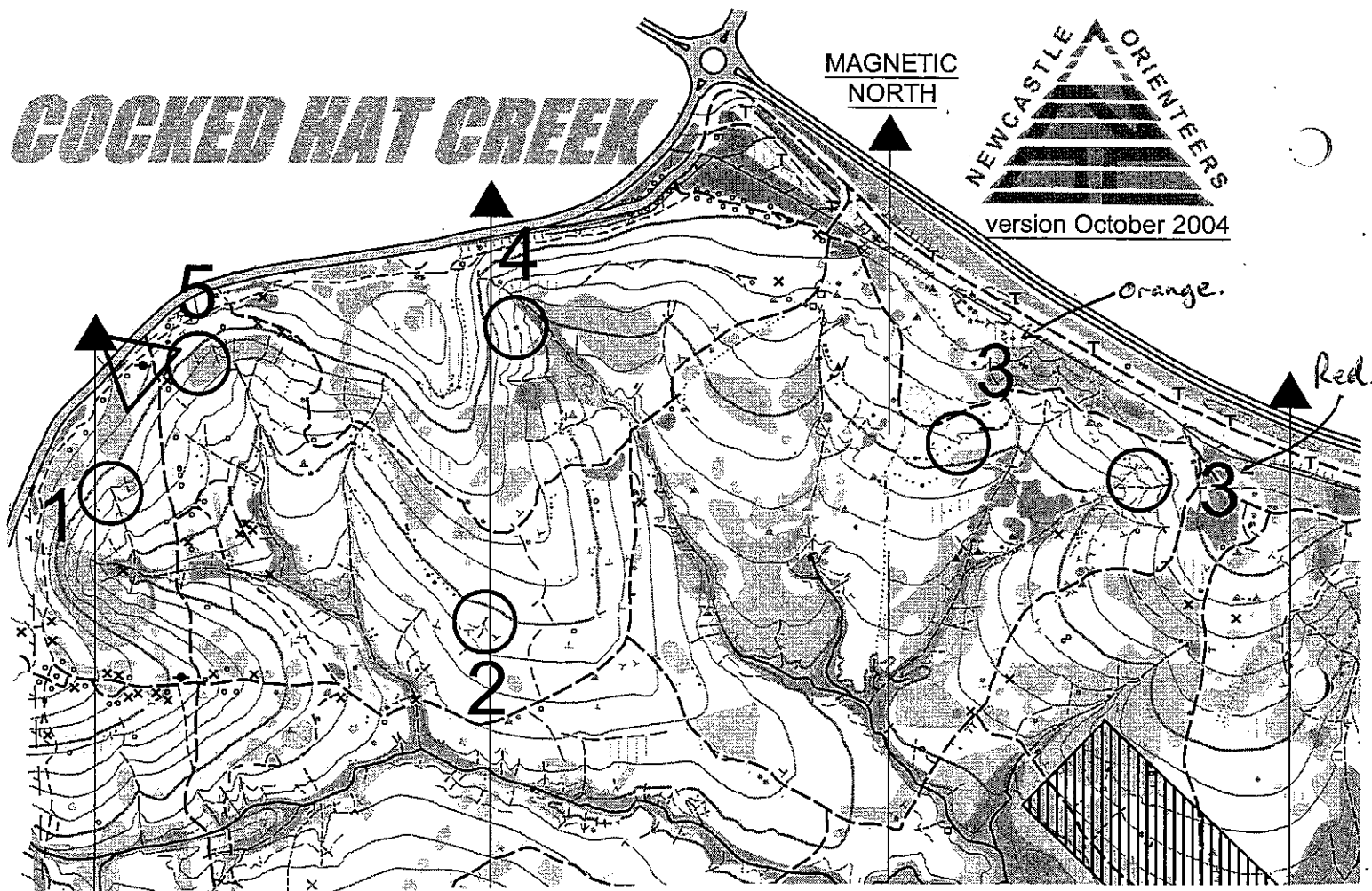
The second of the coaching days this year was developed to help orienteers to develop their skills in recognising attack points and different route choices.

The first exercise was designed to highlight the importance of navigation to the attack point, and then on to the control. The second exercise was to interpret a suitable route choice to navigate on a longer leg, and to maintain map contact. When people returned, I asked them to draw on the map where they chose to go, and there was much discussion.

As you would expect, there were many variations in route choice. Check them out on the Coaching Noticeboard at the next few club events.

What do you see as the route choice options? (Remember to consider straight, left and right)

Which way would you go?



Navigation at Orange level requires analysis of the leg, interpretation of an attack point and catching feature, and then planning of the route choice. At Red level, there may not be a catching feature, so fine navigation from the attack point is more important.

The important thing for each orienteer is to choose a route that allows them to keep in map contact, and then follow that plan through the leg.

- Geoff Todkill