

# Coaching Page.

No 4

Your club coaches for this year are Steven and Geoff Todkill, and Robbie Preston.

During this year we hope to continue to help people develop their orienteering skills. We will be available to discuss orienteering techniques at various levels, and also to run coaching sessions where we will set up practice exercises.

At minor events we are able to mark our maps before we start, so people who wish to try more advanced courses have the opportunity to talk with us before they set out, as well as after they return. At NOY events we will be happy to discuss your course on your return.

Last year we started practical coaching exercises for Blue, Green and Orange level. This will continue at many events this year.

In the newsletter coaching will focus more to Orange and Red levels.

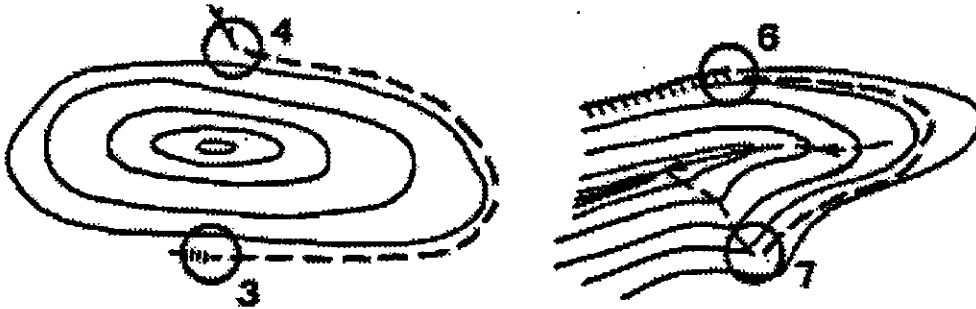
Last newsletter covered how to thumb the map. Here are some more basic orienteering skills to practice.

## Contouring.

You can contour around a hill or gully instead of crossing it directly. This route will be longer than going direct, but it will often be faster and less tiring, especially if the hill is steep and bushy.

To save energy always try to avoid route choices that take you uphill, and then downhill, when you could have remained on the same altitude.

To contour, pick an altitude and simply maintain that altitude while circling around the hill or gully. People often unconsciously creep downhill while contouring—remember, walk as though you were walking directly on a contour line.

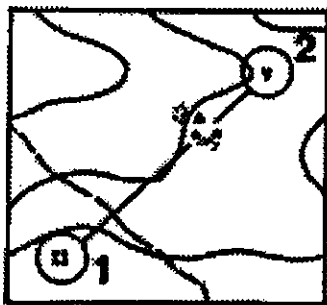


## Attack Points.

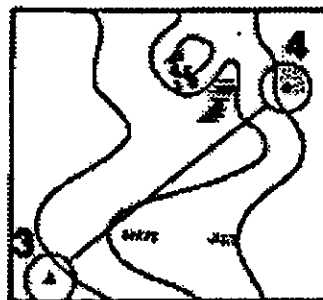
Moderate or hard navigational courses rarely have controls on or near linear features. Course setters will try to make the orienteer cross the linear features instead of following them. In this case the orienteer can use major features near the control to simplify the navigation.

In the examples that follow, the orienteer aims at locating a large, obvious feature near the control site, from which an accurate bearing and pace count can be taken.

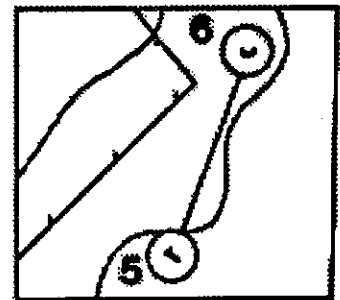
For each of these examples the attack points are:



Rocks

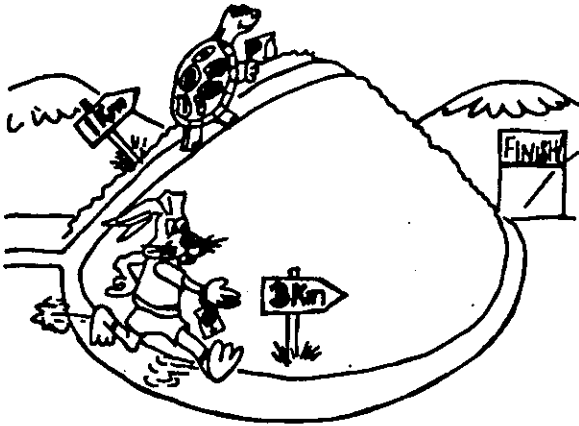


Edge of Marsh



Fence Corner

## Route Choice



Courses are set as problems that the orienteer needs to solve, "How can I get around the course as quickly as possible without making mistakes?". The orienteer's ability to select the best route for themselves will affect their competitive success. The chosen route will differ for different competitors, depending on experience, skills, fitness and speed through various terrains.

There are several features on the map that should be avoided as they obviously slow down any orienteer.

These are:

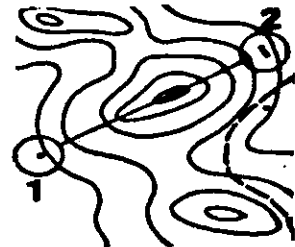
- Thick bush/fight represented by solid green on the map.
- Black- dangerous areas- mainly mine shafts- should be avoided at all costs.
- Brown dots indicating broken ground, normally pitted areas, that is hard to run through.

Route choice basically means asking yourself "Which way will I go?"

Some route choices are discussed below:

### a) Up and Over, or Around?

The orienteer can go over the hill, increasing the amount of climb and fatigue, or contour around the left or right of the hill; left or right will depend on the comparative runnability and the presence of good attack points near the control.



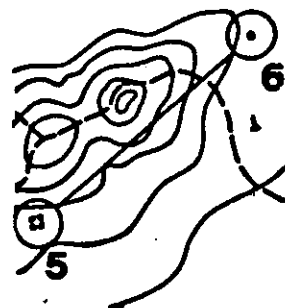
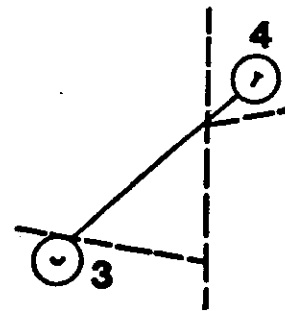
### b) Straight Ahead versus Track Route Choice?

Many legs on a course give the orienteer the opportunity to use linear features for at least part of the leg. This example of a leg shows a track route choice versus 'straight ahead'. The orienteer's decision will depend upon:

i) Fitness. The track increases the distance to be travelled, and also the climb. It must be remembered that an orienteer can run much faster on a track than through the bush.

ii) Navigational Skills. The less experienced orienteer, by going across country, increases the chance of error. An experienced orienteer would have less problem with this route choice.

The inexperienced orienteer will use safer route choices, with more linear features between control sites. The experienced orienteer has the choice to use the linear features for part of the way or to cut corners and therefore reduce the distance travelled.



Coaching is available at any event, beginning at 9:30 am. We will also be happy to discuss your course with you, on your return.

- Geoff Todkill