

Coaching Page.

No 41.

Your club coach again this year is Geoff Todkill.

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

At minor events, we are able to mark our maps before we start, so people who would like to discuss their course, or wish to try more advanced courses have the opportunity to talk with me before they set out.

At NOY events, we mark our maps as part of our course time, so I will be happy to discuss your course on your return.

If you are interested in the practical coaching activities please see me to arrange the fine details.

There will be two dedicated coaching days this year. People wishing to attend need to contact Geoff Todkill (49585920) in advance so that maps can be prepared.

Club Coaching Day 1. (Easy to Moderate) Saturday 26th May

Venue: Killingworth

The first of the coaching days for this year is developed for orienteers taking the step from Green to Orange standard.

There will also be activities for Very Easy and Easy standard.

The activities will follow a briefing at 10:00 am

Club Coaching Day 2. (Moderate and Hard) Saturday 21st July

Venue: Killingworth

The second of the coaching days is developed for orienteers at Moderate and Hard level, who would like to develop their skills. The practice activities will be set in short loops to maximise feedback.

There will be no easier courses set.

The activities will follow briefing at 10:00 am.

The Coaching Page has been in recess over the summer, but I'm hoping that you have still been active in the development of your navigation techniques. As you have probably noticed, I have been competitive in the Street Series as I have overseen a number of the events to help out the less experienced course setters. My strategy has been to visit all control sites each week and so use the Wednesday as a long fitness training session, but I still have been trying to practice my map reading techniques.

One of my faults is to not take in enough detail when I read the map and not plan my route choice for the whole leg, so I have a tendency to look at the map too often. In the Street events, I have been training to plan all turns for each leg between controls and only relook at the map as I approach the control site, to check the finer details of the control number, my exit direction, and pre-read the clue (therefore practicing what is termed 'control flow'). I will continue to focus on these skills during the Park Series under a bit more pressure in competition.

I cannot stress enough that regardless of the difficulty of the course you are completing, you should always have a plan and execute it consistently.

In the later newsletters in 2011 I detailed some basic navigation skills. In the coming newsletters I will concentrate on some intermediate techniques for navigation techniques required for moderate and hard courses.

- Geoff Todkill