

Coaching – a stratified model

Audience for coaching	Basic need	CSF	Types of offering	Where	Type of coach
Families with small children	Entertainment	Reliable Predictable	String courses	Detail already circulated	Trial 16 th December - Bixslade
			Come and try it days	Club events	None specific – can be picked up by club members at events or as one off coaching
			Weekend events in the holidays	Events local to core club locations in holidays	
Juniors	Developing core skills	Regular Recognisable and regular coach	Weekly training sessions	Single point training – based in one town or forest location	Dedicated local coach supported by additional irregular but trained coaches for weekend camps Coach needs to be a bit beyond school coaching level
			Long weekend camps	Scout camp locations for cheap and reliable accommodation and venue	
			Off Yellow courses	League events - set as part of normal planning using other controls already on courses Encourage coached runners to do Yellow first well and then with confidence go out and try Off Yellow with Orange level controls	None – set parameters for Off Yellow planning for planners – ie choose 4-5 controls located just off the Yellow course which will need basic technique to find – handrail, catching feature, simple attack point Trial to be set to tail end of 23/24 winter season
Developing juniors	Introducing performance measures	Role model coaches	Weekly training sessions	Single point training – based in one town or forest location	Dedicated local coach supported by additional irregular but trained coaches for weekend camps Experienced orienteering coach required
			Long weekend camps	Various	
			Week long training camps in diverse terrain		
			Major event coach support		
Adult beginners	Clear and supportive adult learning	Adult coaches Supportive groups	4 week training course	4 central sites required with specific attributes – eg Wk1 – park terrain, Wk2 forest, Wk3 clear contour	School coaches could operate here with support from more experienced coach. 4 week programme already designed and in use Single set of commitment for coach – can timebox their effort each year once trained MJ to offer in 2024
			Weekend course	Location with variety of good quality terrain	Can do a single event without commitment to ongoing coaching. Best if can be scheduled each year for predictability

Adult improvers	Developing knowledge				
Club adults	Coaching must practice or develop skills which are already in place	Technical exercises which focus on advanced skills	Introduction to new tools and techniques	<ul style="list-style-type: none"> • 	Experienced coach Sessions can be offered according to coach interest – terrain specific, exercise specific (ie only offer exercises on relocation, or sprint racing, or on urban)
			Advanced exercises	<p>League event co-location for physical exercise Coaching done either on day if senior coach available or online on a follow up coaching session. Online coaching post event coaching has advantages:</p> <ul style="list-style-type: none"> • Any senior coach could be asked to review exercise – not location specific • Lightweight on coach time – just using their skill rather than their time as not setting out events • Routegadget could be used to analysis event if participants encouraged to use GPS watches <p>Online coaching not intimidating for people who want access to advanced coaching but don't feel 'elite'</p>	<p>Experienced coach sets season and identifies activities Actual exercise set up by rota of NGOC people – can be solid orienteers who can put out controls – don't need to be coaches Trial to be set to tail end of 23/24 winter season</p> <p>To be trialled Themes?: Relocation Reading contour Improving compass work (could include night O to really test</p>
			MapRun coaching series	Available anytime	Experienced coach sets series of exercises with notes provided on club website