

Club Coaching at Ecclesall.

The majority of orienteers can benefit from coaching because these sessions are held away from the pressure of competition and so you have more time to focus on whatever technique you're practising. At Ecclesall Woods on the 19th Jan we'll be offering 3 different exercises to practice:-

- 1 Getting to your first control quickly
- 2 Attack point identification
- 3 Accurate compass and pacing

The following notes give you some idea of what to expect. If you would like to come along and some or all of these coaching exercises please contact Colin Best colinallanb@yahoo.co.uk to book maps.

The cost will be £3 and this is only open to SYO club members.

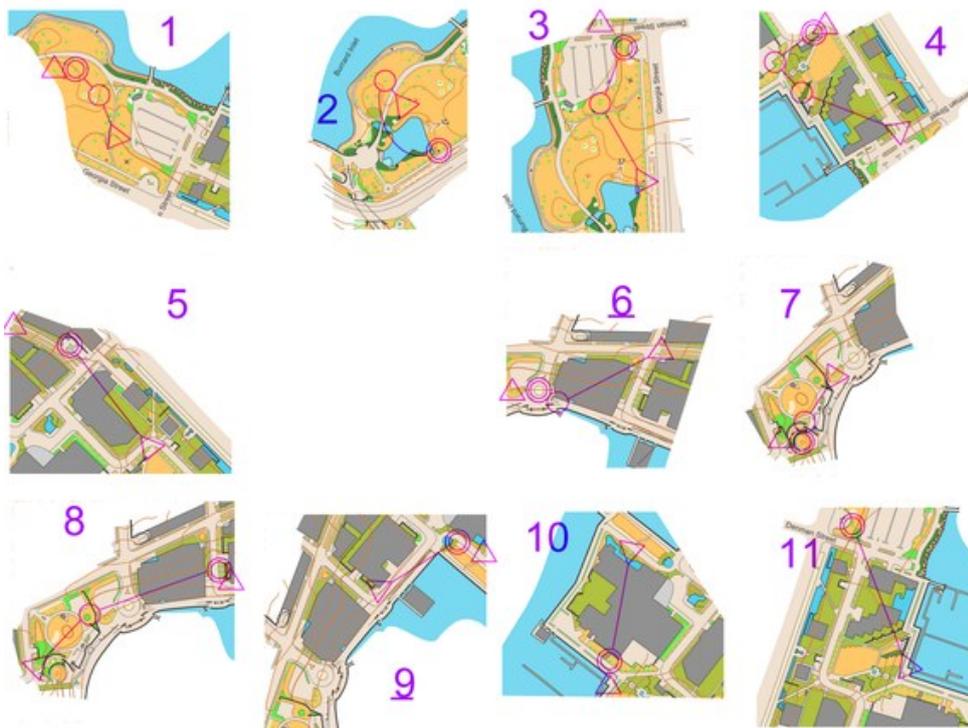
First control practise

Training in getting a good and fast start to the first control when you pick up the map - typically important in sprint orienteering.

Many courses with only start and one control.

It's will be best if several people start together (minimum of two), and the goal is to locate your position and run to the first control as fast as possible after turning the map around.

Example

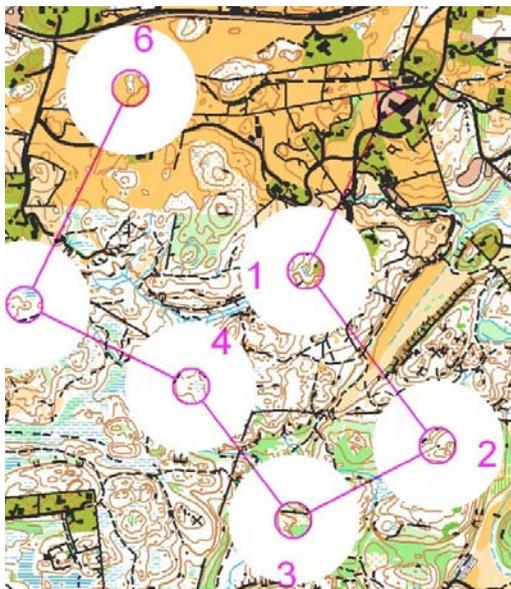


Attack point identification

There are three aims with this training: (1) To be able to identify attackpoints. (2) To train the ability to take an accurate compass course from the attackpoint and into the control circle. (3) Focus on the fine orienteering inside the control circle

A special course has been produced in which the area around the control is whited out. The runner must identify an attackpoint outside the whited out area, use the compass to get through the whited out area and into the control circle, and then orienteer accurately the last part to the control location.

Example



Corridor orienteering

The aim of the exercise is to use accurate map reading skills and learn to use features you are not used to in your orienteering

A corridor is drawn on the map, and the runner is to be inside the corridor at all times.

Example (It won't be as hard as this!!)

