

Orienteering Coaching 2011

All are welcome

All sessions take place at Haldon Forest SX 884848 Meet in car park Sessions 1700-1900			
Date	Day	Content	Suitable for:
22 March	Tuesday	Aiming off	Improvers
28 March	Monday	Handrails, Understanding concept of using strong line features to choose safe routes confidently.	Novices
5 April	Tuesday	Straight line, go directly to control reading map accurately	Improvers
3 May	Tuesday	Corridor exercise using limited map, forcing fine map reading around straight line.	Improvers
9 May	Monday	Star and Loops, simple legs, distance and direction skills.	Novices
17 May	Tuesday	Norwegian Map Memory. No map. Plan legs and remember, focussing on simple logical route planning.	Improvers
7 June	Tuesday	Line event. Follow line on map to find controls. Focus on close navigation	Improvers
12 June	Sunday	Devon League Event. 1000-1300	Planning and Organization by Devon Junior Squad All
18 June	Saturday	<u>1000 – 1200</u> Absolute beginners session aimed at families	Novices Families
21 June	Tuesday	Planting and Retrieval. Plant control then return and draw sketch map for other runner to collect control.	Improvers
26 June	Monday	Basic Techniques, distance and direction.	Novices