

## Individual Sport Coaching Clinic – Lesson Plan

<b>Instructor:</b>	Stefano Raus
<b>Tutor:</b>	Tomi Paalanen
<b>Sport:</b>	Foot Orienteering
<b>Subject:</b>	Orienteering: a practical guide

<b>Date &amp; Time:</b>	Wed. 19.9.2018 14:15-15:45
<b>Target Group:</b>	From beginners to experienced
<b>Clothing:</b>	Sport clothes and running shoes
<b>Equipment:</b>	Presentation, orienteering gear, maps, orienteering flags with punches, compass, GPS watch, mobile phone, tablet

### STEFU'S CLINICS HISTORY:

18.9.2017	Fundamentals of Orienteering	What is orienteering, for beginners, with presentation, games and final course on sprint map
27.9.2017	Neural preparation (warm-up)	Warm-up summary with practice-like exercises, and some games at the end
12.3.2018	Ice Speed Skating and Short Track	Different individual sport, as it was winter time (with 8 pairs of speed skates from Italy)
4.4.2018	Fundamental Movement Skills recap	Creation of a database of exercise to practice, master and test FMSs, as individual – pairs – group
19.9.2018	Orienteering: a practical guide	Why and how to practice orienteering with instructions for coaches and a final course on forest map
26.9.2018	Proprioception and injury prevention	How to prevent ankle injuries, especially for outdoor activities like orienteering

### LESSON OBJECTIVES:

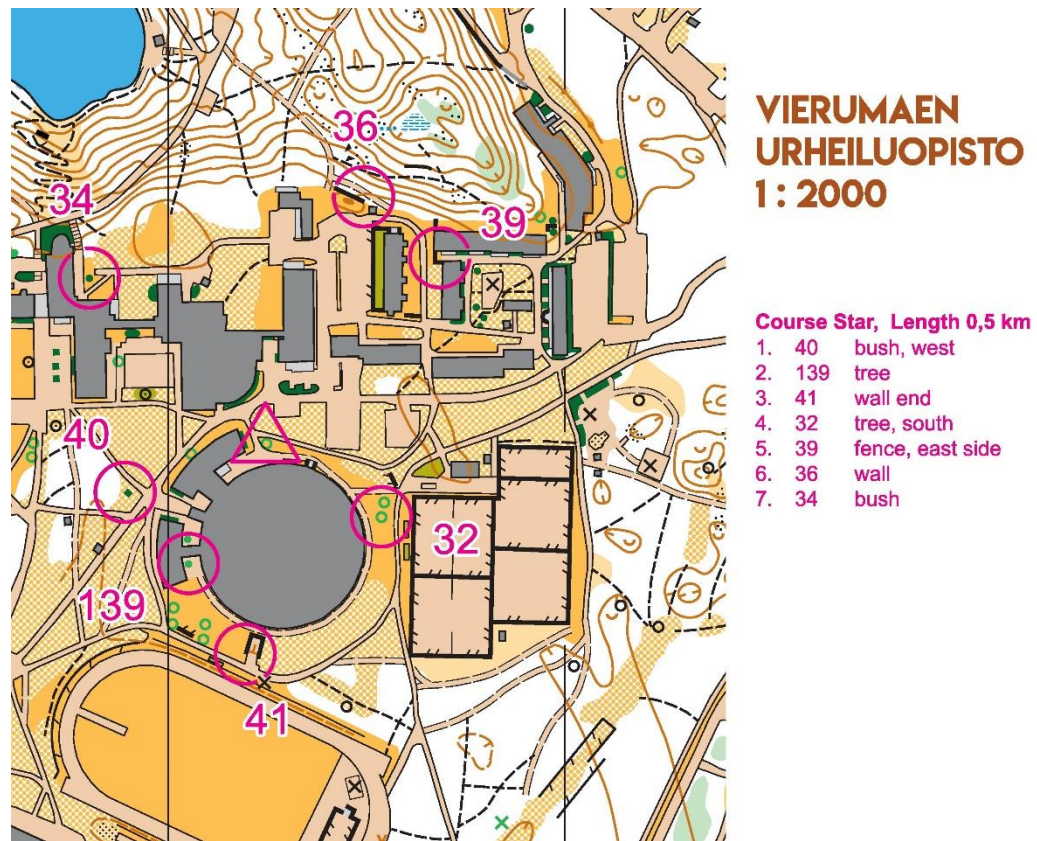
<b>A. Physical</b>	Students walk/run reading the map on different kinds of terrain by themselves and in group
<b>B. Cognitive</b>	Students discover/understand the potential of orienteering and learn what are the requirements
<b>C. Emotional &amp; Social</b>	Students work together to finish the final course and see maybe new places around Vierumaki

### MY GOALS:

<b>A. Physical</b>	Give the students the sense of what running foot orienteering is and physical requirements
<b>B. Cognitive</b>	Teach the students how orienteering can be used with exercises and new technologies
<b>C. Emotional &amp; Social</b>	Run each step without skipping any information and get everybody actively involved in the clinic (individually and in group)

GOALS (WHY?)	PRACTICE / LEARNING CONTENT (WHAT?)	DETAIL & FEEDBACK	TEACHING STYLE & ORGANIZATION (HOW?)	TIME
<p><b>1. Presentation</b> Some students might have been present at last year's clinic, but others might be completely new with orienteering, so I will start from zero but quickly. It's important to know how to read a map (symbols and colors) and how to understand a map with a course on it.</p> <p><b>2. Video</b> See how an orienteer runs (focus of feet, head, hands, body posture, map reading) and different terrain situations (wet, rocky, slippery, steep and control punching)</p> <p><b>3. Mapping exercise</b> After showing them some games and activities that any coach or teacher could do in a sport camp or practice, we will do some mapping. Also it's very simple and easy to organize in the class.</p>	<p><b>1. Presentation</b> Aerial image and proper map Legend with symbols Symbols of an o course Clothes and shoes Other gear (compass, card) O-competitions: sprint, middle, long, ultralong, relay, night-o, mtb-o, ski-o, trail-o</p> <p><b>2. Video</b> - ankles must be well warmed-up - head has to see other obstacles and where to put the feet + able to read the map at the same time - hands with a firm grip to the map, holding compass, watch and punching card (use of hands to climb)</p> <p><b>3. Mapping exercise</b> - take a sheet and a pen - organize and move a bit the objects in the class (tables, chairs, bins, etc...) - students have to draw a map of the delimited area - comments about the result at the end</p>	<p><b>1. Presentation</b> - recurrence of usage of visual memory to get quickly familiar with the orienteering map - tell them clearly and easily what kind of map we are going to use not getting in too deep in the argument (scale and legend also on the map) - symbols and courses are easy and there is no need of a legend on the map - orienteering is pure fun and everybody will be excited to get out of the classroom and do it</p> <p><b>2. Video</b> I will ask if they have questions at the end and explain the rest of the clinic before going out (drills, goals, locations, etc...)  If they want I have 2 more videos: Orienteering – Training in Norway Orienteering – More than just running (Austria Junior National Team)</p> <p><b>3. Mapping exercise</b> Students should do the following things: mark all useful objects (doors and windows included), mark where North is, write some kind of scale, define a legend, use different colors. Write their name on the map and give back when completed.</p>	<p><b>1. Presentation</b> With the projector, we have a look at the aerial image of Vierumaki and its orienteering map. Learn scale, symbols, colors of orienteering maps and how to read an orienteering course.  We check what gear is important for trainings/competitions and which kind of competitions we do.</p> <p><b>2. Video</b> 2 mins 46 secs videoclip from a German orienteering club. 3 orienteers run in a beautiful forest at different paces  I will have a short introduction before the video to tell them what to focus on; then I'll talk during the video and stop it when needed.</p> <p><b>3. Mapping exercise</b> Students will receive the piece of paper and are free to move all around the classroom. There is time limit of 5 or 10 minutes depending how good they are working.</p>	<p><b>1. Presentation</b>  20 min</p> <p><b>2. Video</b>  5 min</p> <p><b>3. Mapping exercise</b>  15 min</p>

<p><b>4. Course</b> I want to show them how an actual course of a race works. They will experience it themselves and they are timed. They will have fun and master what they have learnt/practiced before.</p> <p><b>5. Post activity analysis</b> Students have to complete the clinic positively and learning from what they did during the course. They have to discuss between each other about things they have just learnt.</p> <p><b>OPTIONAL – Walk</b> If we are on time we can use this exercise to get students to know better how to move with a map and reach the race starting point. Maybe reach some controls and test.</p>	<p><b>4. Course</b> Concentration before the start Starting procedures Time keeping procedures 'Old school' punching system Live GPS system (Android mobile with internet data and GPS location – me at the finish with tablet) All drills practiced before 'Race' feelings Real flags and punches</p> <p><b>5. Post activity analysis</b> Draw route on the map Decide which were the best route choices Discussion with other runners Understanding of strengths and weakness</p> <p><b>OPTIONAL – Walk</b> Move with map Orientate the map to North Use also visible objects to keep map orientated Find some small flags and check the control codes</p>	<p><b>4. Course</b> - do not loose in your position on the map, use your finger to remember that - do not follow anybody - do your own route choices and decisions - always read the map and try to find the best (quickest/shortest route) - have fun! - don't be afraid about getting lost, be happy about getting back on the right way</p> <p><b>5. Post activity analysis</b> - comments depending on how good the students were and comparing what I would have done - general overview and positive feedback</p> <p><b>OPTIONAL – Walk</b> - no need of compass - check the map scale - find the flags from distance - imagine or remember known areas - get used to read a map while walking/running</p>	<p><b>4. Course</b> Orienteering with sprint (1:5000 - ISSOM) map of Vierumaki Campus. Start/finish east of Bubble with 2 minutes interval (student doesn't have to see where went the one started before him/her) or less if many students are attending 9 control points: regular orienteering flags (30x30cm) with punches. Students must punch each control in the right box on the map.</p> <p><b>5. Post activity analysis</b> We use the maps of the final exercise and the total times. We also use GPS replay if I can set it up outside (no internet connection).</p> <p><b>OPTIONAL – Walk</b> Students will receive a map in scale 1:2000, with some controls and codes on them. There are small (10x10cm) flags just around Bubble and Kaskela buildings.</p>	<p><b>4. Course</b> 30 min</p> <p><b>5. Post activity analysis</b> 10 min</p> <p><b>OPTIONAL – Walk</b> 10 min</p>
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On the left side: map with course for the final exercise / Top: optional exercise

