

# REGIONAL JUNIOR SQUADS

## COACHING NOTES

Date: Saturday 23<sup>rd</sup> to Sunday 25<sup>th</sup> November 2012

Venues: Stony Hazel, Bishop Woods, Summerhouse Knott and Hawkshead Youth Hostel

Stress on the athletes that this is training, not racing and that they should limit the focus of the exercises for the weekend and concentrate on a selected weakness. The exercises can be adapted to cover a range of skills and techniques. These may include:

- Use of compass to stay on line, rough and accurate compass for direction and bearings.
- Distance judgement.
- Identify changes in slope angle e.g. flat areas, steep slopes, to establish whether the ground is going up or down to help develop athlete mental 3D contour map.
- Interpret the contours to form a picture of the ground. Does your picture actually fit the ground?
- To encourage continuous movement use contour features as handrails e.g. re-entrants or the line of a hill top
- Use of contour detail and rock features as attack points.
- Visualisation within the circle, building up a picture of what's in the circle from the detail and control description.
- Change of pace relative to terrain and contour complexity.
- Simplify and recall only the necessary information, disregard additional information.
- Encourage increase in speed by using traffic lighting and the use of obvious contour detail as catching features.

Where appropriate encourage athletes to attempt part or all of an exercise as map memory or without a compass in order to ensure that the emphasis of the session is on the athlete developing and using their mental map of the areas.

## **STONY HAZEL**

Map Scale 1:5000

### **Star Exercise:**

Can be used for bearing work and distance judgement.

Athletes can use one control at a time and return to start for feedback. If going well then use two controls e.g. start to control 5, to control 6 and then back to start. Exercise can be concluded with a star circuit that takes in all the controls.

### **Slopes and Pairs Map Memory Exercises:**

Both exercises provide a mix of legs which go up and down slopes as well as contouring. Contour detail is good providing coach/athlete opportunity to relate contour to ground shapes. Important to read the contours to maintain map contact and visualise the ground. Most legs may also be used for bearing practice.

Encourage athletes to avoid tracks (except in coppiced area) and use the contour detail for navigation. Take time to discuss how the mapper has interpreted the shape of the land with contours.

Pairs exercise use one map only between 2 runners. First leg runner works out route to number 1 and then hands map over to runner 2. Runner 1 then heads for first control whilst runner 2 follows route on the map and also works out route from 1 to 2. Runner 1 should try to get to first control without looking at the map again. If there are problems then allow runner 1 to have one check on the map. Once at control 1 runners swop over. 2 gives the map to 1 and heads for control 2. Runner 1 then keeps track of route to 2 and works out route to 3.

## **SUMMERHOUSE KNOTT**

Mapped scale 1:10,000 but **printed at 1:7500**

### **Star Exercise:**

Can be used in the same way as at Stony Hazel. Some controls may be blocked by windblow so athlete needs a strategy to get round the blockage.

### **Attack Points:**

Contour detail is good providing coach/athlete opportunity to relate contour to ground shapes.

Discuss contour features as attack points and catching features. Athletes should select attack points and catching features for each control.

Try to encourage use of larger contour features as attack points and catching features.

In choosing attack point will need to consider whether to use compass and/or catching features to keep on line.

Debrief concentrate on choice of attack points and catching features, how good were they on the ground, were they needed? Could a catching feature be an attack point?

Don't go too fast, go carefully and aim to hit the control straight on.

Better juniors could do the exercise without a compass.

### **Slopes:**

This exercise also provides a mix of legs which go up and down slopes as well as contouring.

Important to read and use the contour detail to maintain map contact and visualise the ground.

Most legs may also be used for bearing practice.

### **Simplify:**

Identification of remarkable features, recognition of steep and gentle slopes, distinct hill tops and depressions to establish whether the ground is going up, or down to help develop athlete mental 3D contour map.

Encourage continuous movement by creating 'lines' to follow in the terrain, by linking together ridges and hill tops and/or reentrants and ditches.

## **BISHOP WOODS**

Map Scale 1:7500

### **Attack Points and Catching Features**

Contour detail is good providing coach/athlete opportunity to relate contour to ground shapes.

Discuss contour features as attack points and catching features. Athletes should select attack points and catching features for each control.

Try to encourage use of larger contour features as attack points and catching features.

In choosing attack point will need to consider whether to use compass and/or catching features to keep on line.

Debrief concentrate on choice of attack points and catching features, how good were they on the ground, were they needed? Could a catching feature be an attack point?

Don't go too fast, go carefully and aim to hit the control straight on.

Better juniors could do the exercise without a compass.

## **Low Viz**

Navigating in terrain with poor visibility.

Practice the use of accurate compass bearings through poor visibility, particularly following bearings despite being forced off line by the vegetation. Identification of catching features to stay on line. The importance of route choice, is it quicker/better to go straight or find a safer route?

**Contour only and Contour 2** are the same exercise. Contour 2 is on a full detail map for those not yet confident using contour only.

Use the contours to form a picture of the ground and identify contour detail to use as handrails, attack points and catching features. Simplify using only the most important and necessary detail, use 'remarkable' or 'significant features'. . At this stage legs can be simplified and broken down into smaller sections using larger contour features, streams and marshes.