

## Introduction to Coaching Workshops

The Introduction to Coaching Workshops now replace the Level 1 Orienteering Coach 3-day training and assessment as initial training for orienteering club members who wish to start helping to coach in their clubs. Two half day practical workshops are available for active coaches to deliver to their club members:

- **Coaching to the Start Triangle**
  - For those who want to help newcomers at events or club activity sessions
  - Good practice introductory map walk and star exercise to help people get started orienteering in a fun and interactive way without a lot of 'talk' and 'jargon'
- **Route to Coaching**
  - A progression for those who want to learn more about helping at coaching sessions
  - How to give a short safety briefing at the start of a coaching session
  - How to lead a 'fun' warm-up and deliver a short coaching session from a plan

These workshops can each be delivered in an evening or half day or as a one day introduction to coaching. This flexibility will be less costly in time / money for clubs and will be a good introduction for orienteers who want to help with coaching at their club.

Coaches who want to deliver these workshops should contact: [info@britishorienteering.org.uk](mailto:info@britishorienteering.org.uk) and the delivery material will be emailed to them.