

PEER COACHING – DISCUSSION POINTS

The Concept: “Top Notch” and Advanced orienteers have many years of O experience. They can gather in pairs or groups to discuss experiences after each session. This list of “good discussion points” may help to focus on relevant topics.

SATURDAY AT EAGER HILL

Contours: see “Contours” handout

- Contour interpretation: What’s the difference between looking uphill at terrain and looking downhill at it?
- Vegetation obscuring contours: How can you “second guess” the shape of terrain through various types/thicknesses of vegetation?
- Your brain: Does your brain easily translate contours on a map to the shape of terrain in reality? How can you train your brain to do this better?
- Experienced Mappers: Explain how you draw/edit contours! (= translating terrain in terms of contour lines = opposite to what we do while actually orienteering)

Relocation: see “Relocation” handout

- What was the error? Ran too fast? Too slow? Poor use of compass? Poor route choice? Poor (or no) attack point? Parallel error? Careless map reading? Poor distance judgement? Turned wrong way out of control? Did not read control description?
- What caused the error? Poor technique? Poor tactics? Fatigue? External factors? Loss of concentration? Carelessness? Poor self-control (lack of self discipline)? Distracted by other people?
- How did you cope with the error?
- Analyse your success(es)! How did you avoid errors?

SUNDAY AT RAMPARTS see “Magnus’ comments” handout

Compass: LOOK UP! See “Using the Compass Effectively” handout

- Are you holding it correctly? Horizontal, at belly level, let the needle settle, what else?
- How do you use it differently for precision and rough orienteering?

Control Picking: FLOW, NOT SPEED

- What skills are needed for precision orienteering?
- Which legs did I do well? Why?

Route Choice: PLAN BACKWARDS

- What skills are my strengths and weaknesses? How could these affect my choice of route?
- Simplification: How does this skill help me make the right route choice?
- Good tactics: e.g. Aiming off. Climb in the beginning. Contouring.

Relocation: OBSERVE - See tips for Saturday relocation, above.