



Coaching & RouteGadget

RouteGadget for Coaches

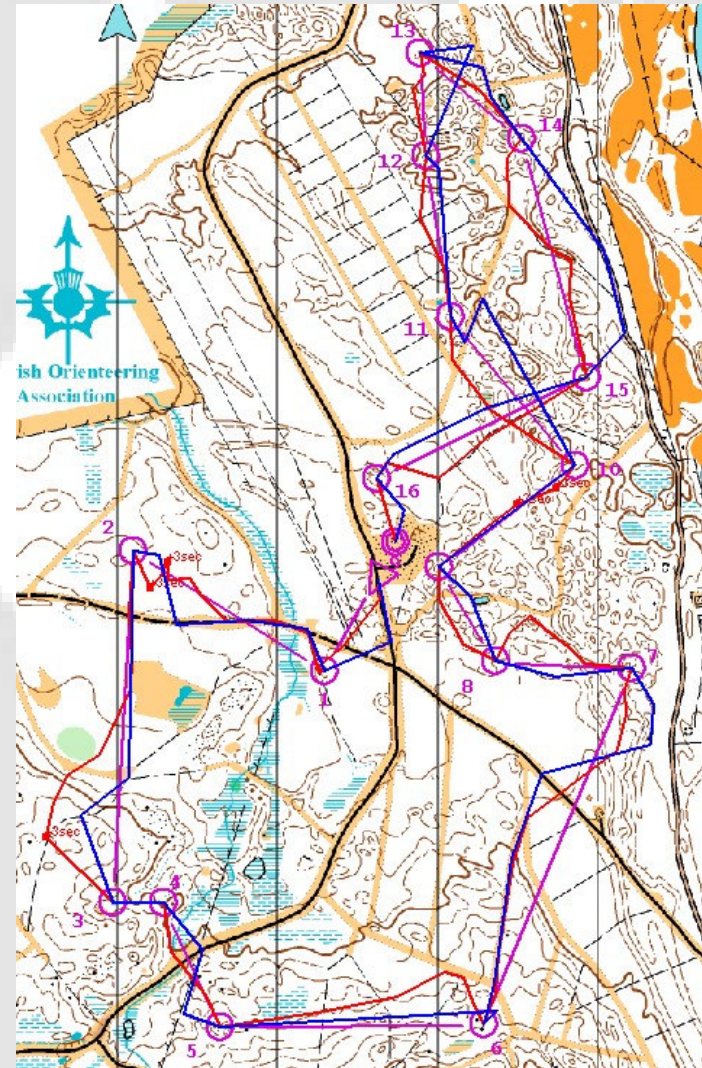
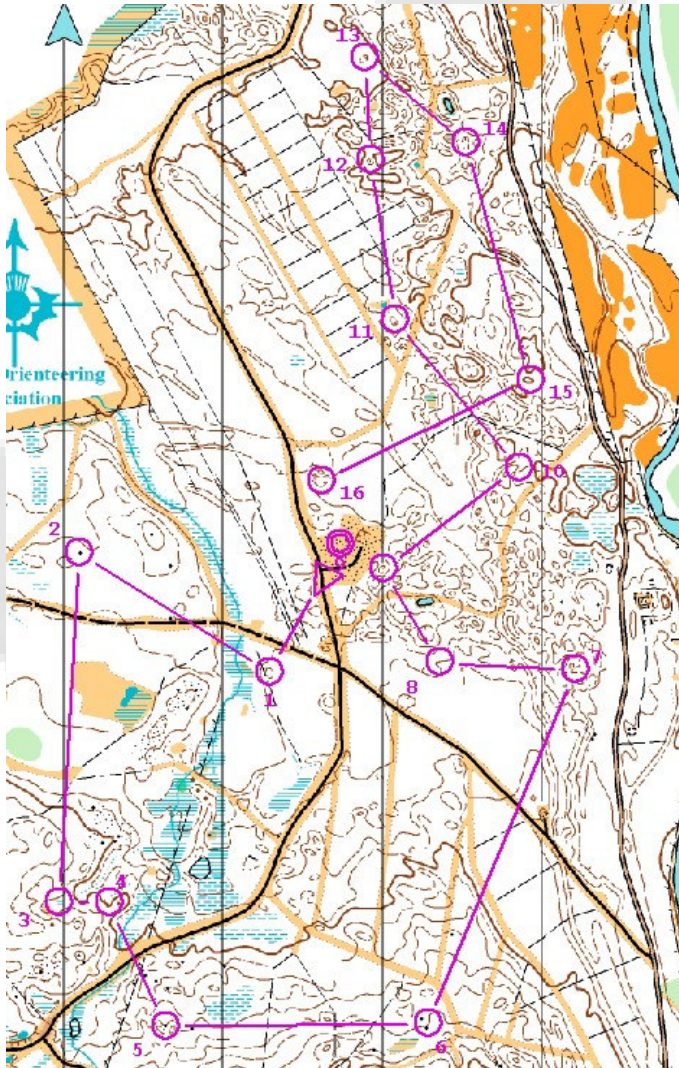


“You could certainly do so much more feedback and coaching back in the warm and dry by the PC, especially with developing athletes”

RouteGadget for Coaches



The challenge



RouteGadget for Coaches



Debriefing techniques

▣ Where

▣ When

▣ Cognitive interview techniques

- Active listening
- Open-ended questions
- Time to reflect & respond
- Probe deeper
- Experience of athlete
- Agreed aims / goals

Workshop task

Small groups (3 – 4)

Laptop & disk or Paper maps

1. Course: what challenges has the planner set?
2. Athlete's route – errors? consistency?
3. Questions to elicit more information
4. Exercises to develop/reinforce athlete's skills

Step System

5. Other (coaching) uses of RouteGadget

RouteGadget for Coaches



Feedback course



Value



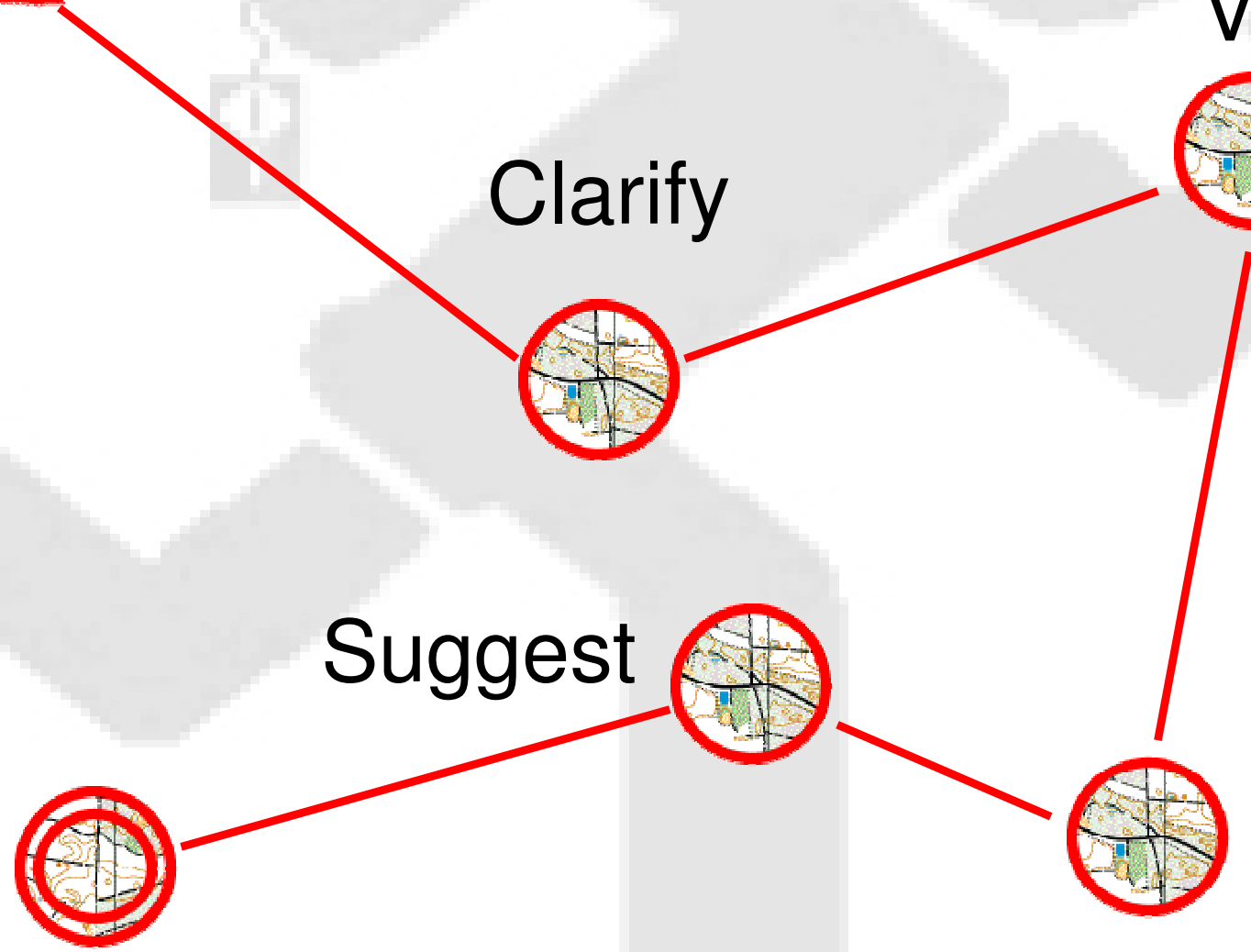
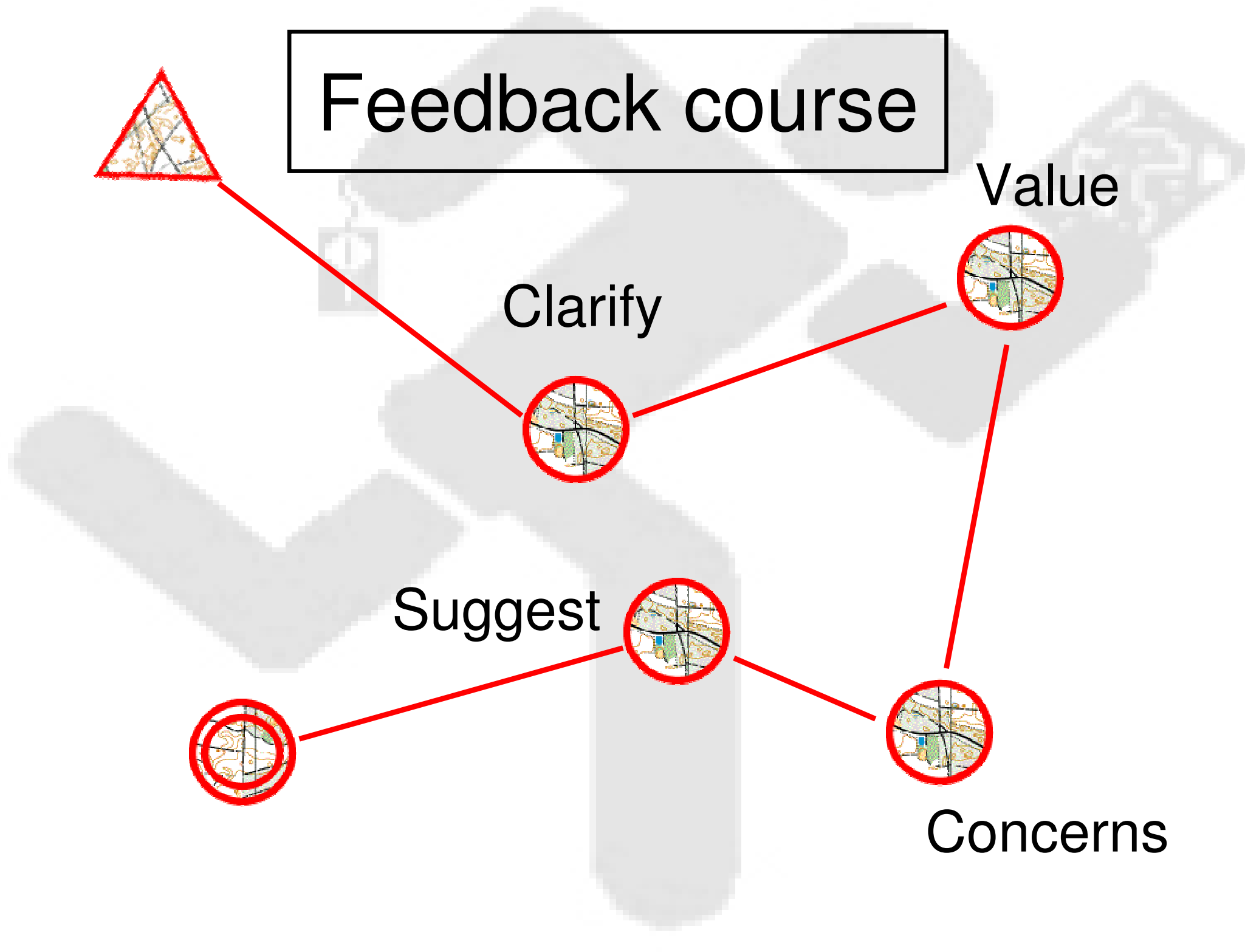
Clarify




Suggest



Concerns





More orienteers
coached
more often

=

More successful orienteers
in the forest