

09.08.2023

## 3<sup>rd</sup> International Orienteering Coaches Conference 2023

Live - Update

### DENMARK

Tue Lasso (headcoach)

Assumption of (elite) orienteering in the future (up to ten years)

Specific for Denmark:  
less financial resources in the near future → challenges for national team!

Structure/ Organisation of the high-performance field in national federation

7000 members, appr. 3500 active (1000 under 20 years)  
70 clubs, 20 clubs with organised trainings for kids/youth  
6 employees at the office + 5 employed coaches  
total budget 1,3 Mio €, Elite Orienteering 570 000 €, MTBO 40 000, no Ski-O  
Team Denmark as a big financer of elite orienteering (half of budged)  
Elite plan for elite orienteering  
- performing worldclass  
- Goal: win one or more medals every year, 4-8 athletes at worldclass level (top8 individual or top3 in relay)  
- dual career athletes are supported both by the federation and the culture / universities  
Also non-olympic sports get a lot of money, funding is based on performances → orienteering budget good  
Philosophy: pyramid, broad bottom, many athletes in youth/juniors, getting narrower if getting older

Individual support for the athletes

National coaches are not personal coaches in juniors, talent centre coaches help to find personal coaches  
For the age of 19+, all take the opportunity to have the national coaches as personal coaches.  
→ 2 national coaches are personal coaches of 28 national team athletes  
Training centres (Aarhus und Göteborg) as a basis of daily training for most of the elite athletes  
National team coaches are also coaches of training centre Aarhus

Performance diagnostics: approach / methods / tools

Experimental technical testing, specific to upcoming championships, e.g. compass and length (white map)  
→ setting out 15 controls (the one in the middle is the correct one) and see who runs well with compass  
Theoretical training (sprint route choices, contour counting) on the computer  
Physical capacity (laboratory, 5000m, baseline screening, strength/power, terrain specific running test)

## Gender-specific questions / challenges in training and competitions

There is a focus in personal coaching on the menstrual cycle (e.g. adapting training plan)

/ FK