

09.08.2023

3rd International Orienteering Coaches Conference 2023

Live - Update

FINLAND

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

90 minutes long-distance winning time for men and women
New disciplines (mass start, ultra long, forest sprints, some disappear?)
More world cup rounds?

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

60 000 orienteers, 10 000 licensed orienteers, 1 000 ski orienteers, 400 mtb orienteers, 300 clubs
Orienteering is recently growing in Finland, Jukola as mass sport event
20 professional coaches, 100 members in national coaches' association, hundreds of volunteer coaches
15 professional & 20-25 half professional mappers
Most TV-time in orienteering world (WOC, WC, Jukola, national competitions) – big media interest
Long term plan (elite sports) 2015:
- aiming to be the best orienteering nation (succeeding in all three sports)
- Sufficient structure to “produce” internationally successful athletes
- Guarantee of continuity of success
Total budget: 2,84 Mio. €, 515 000 € from federation to elite sports
Athletes' scholarships from Ministry of Education and Sports (depending on their success)
Critical development objectives:
- Developing the culture of results
- Keeping the trademark of excellence, in terms of camps and activities
- Inspiring people and being an unite team

Individual support for the athletes

Enthusiasm for exercise, practising many sports until the age of 15
Choice of main sport after age of 15
High quality trainings and competitions offered for all ages, from juniors to adults
All athletes who aim to get better have personal coaches (plans, evaluations, general coaching/monitoring etc.)
Club coaches & high school coaches (O-trainings, physical trainings and tests)
National team coaches & sports academy coaches support the best athletes (also personal meetings)

Performance diagnostics: approach / methods / tools

Physical tests: endurance and speed tests, cross country running tests, etc.
Orienteering/trail courses as test runs (youth/juniors), abilities can be recognised
track tests not that important anymore
Talent tests for juniors/seniors (200m, 10 jump, squat jumps 60 seconds, ...)

Gender-specific questions / challenges in training and competitions

Follow IOFs positions such as transgender policy and long-distance target time (90 minutes)
Trainings on national team camps quite often "equal" offering shortcuts for all, regardless of gender or age
Coaches and personal support in national teams are both genders.
Here, the situation has improved over the past years, there are more women involved than before.

Perspective and Recommendations of Austrian Orienteering

Results & statistics → evaluation → long term strategy to improve and to reach the top 10 nations
Recruiting more young orienteers → more potential elite athletes to succeed
Recruiting competent, motivated and ambitious coaches and specialists
Gathering experience from different terrain types
Learning from the best → cooperation and matching with other nations and clubs & seniors/juniors training together
Supporting and coaching the most potential athletes
Active clubs and broad national competition calendar

Other important aspects and topics: Demand analysis

Coaching level 2: aim on basic physical, technical, mental training and coaches
Coaching level 3: aim on deepening the aspects that are studied on level 2
Why demand analysis: guideline for coaches and athletes, cultural shift towards using experts
Scientific research in orienteering is limited
Scientific research to establish a guideline for training (physical, mental & skills) on becoming a top orienteer?
→ conclusion, that Finnish Orienteering Federation will contact nations soon

Remarks / details / pictures / illustrations

Thierry Gueorgiou - key points of training philosophy:
- make the best out of what you have, make the best out of a small area
- try to always integrate physical work to technical session
- if you invest a lot as a coach, often the commitment of the athletes is higher
- ... in the end, it is all about the runners 😊
- closer to competitions → normal / full maps

The risk level is not the same during the whole race

Concrete best practise orienteering training: make the best of what you have!
- Combination of running and orienteering exercise
- Mastering the transitions: where to focus more properly?

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