

Lesson plan: Cutting corners

Introduction

As your learners get more confident with following the handrails and turning the right way at each decision point or junction, teach them how to cut corners.

Lesson plan

- Check with your learner that they can follow handrails and that they can link handrails together to form a route, being able to make the correct turn at each decision point.
- Set them a course that uses handrails but has opportunities to cut corners.
- Show them how to aim off from one handrail to cross to the other using both the compass bearing lesson and the aiming off lesson.
- If they aim off to one side of where they want to go, they will know which way to turn when they hit the handrails.
- A good skill is to first make short corner cuts so they are sure which handrail they have jumped too, then extend it to longer areas of cutting through between handrails.

Recap and reflect

Get your learner to show you where they managed to cut corners on a course and which corners were easy and which corners were harder and why

Tips for coach

There is a temptation for learners not to be super accurate with this skill, as they think they will hit the other handrail anyway. Teach them to be accurate from early on, knowing where they expect to hit the handrail they are jumping to

See recommended exercises at orienteering.org.nz/coaching-and-training-hub

Ideal map and terrain

This skill is good to learn on a map with many tracks and fences with routes that can be planned to allow a choice of round 2-3 tracks/fences or cut straight across