**Session:** Week 8  
**Athlete Age / LTAD Stage:** 9-13 year olds  
**Date:** May 24th, 30th  

**Target Skills**  
Active Start (Review & Reinforce) & Continue FUNdamentals & Introduce some Learn to Train 1  
- Relocation

### Lesson Plan

<table>
<thead>
<tr>
<th>Time Allocation</th>
<th>Description</th>
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| 10 mins         | Warm-up trail run / follow the leader  
|                 | • Stop – Chat – Show – Explore  
|                 | • Do the activity during your warm-up that your kids got the greatest kick out of or make up something new & FUN |
| 5-8 mins        | Explain the steps to Relocation (make the kids repeat them back to you)  
|                 | • 1) STOP  
|                 | • 2) Admit you are lost  
|                 | • 3) Where were you last (that you knew your location for sure)  
|                 | • 4) Retrace Steps  
| 25 mins         | Training Relocation O  
|                 | • Part 1) Follow the leader tracing along on the map, stop, relocate, check that everyone has relocated, repeat  
|                 | • Part 2) Follow the leader w/o looking at map (tell kids to remember what they see), stop, relocate, check that everyone has relocated, repeat |
| 15 mins         | Short Point-To-Point O Course Solo  
|                 | Kids will be practicing their skills in prep for the Junior Orienteering Festival and to complete their first solo course (parents may shadow)  
|                 | Remind kids that they can bail to the start if they are struggling and then they can get help from their instructor. |
| 5 mins          | Race an instructor to pick up pin flags (If extra time) |
| 10 mins         | Warm-up trail run / follow the leader  
|                 | • Stop – Chat – Show – Explore  
|                 | • Do the activity during your warm-up that your kids got the greatest kick out of or make up something new & FUN
OAK participants should always be collected and back in the open for pick up by parents.

**Take Aways**

- What worked? (Write down how long each activity took you)
- What did not work? Can it be tweaked?