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Theoretical Aspects of Technical and Tactics Training in Orienteering

Ludmila I. Alexandrova*

Siberian Federal University

79 Svobodny, Krasnoyarsk, 660041 Russia¹

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Orienteering is a kind of sports which lacks some researched technical and tactics characteristics and main requirements for combining different techniques, and no doubt that it affects the sportsmen's performance. Orienteering practice proves that fitness is not enough for the victory; it is vital to possess high technical skills in competitive atmosphere. Even leading sportsmen at the largest contests including World Championships can make technical and tactical mistakes. For beginners technical mistakes can suppress their results and ruin hours of efforts and trainings. So, the issues of technical and tactical training of the orienteers remain topical in the modern circumstances.

Keywords: orienteering, technical and tactical training, special exercises.

Point

The present article deals with an effort of summarising the experience of the leading specialists of orienteering and the author's personal findings.

During the contest, the orienteers find themselves in various kinds of activities. They should have the skills of running in different kinds of fields, map and keywords reading, using compass and making marks on control points. During the race it is crucial to be able to choose the course, the sequence of different navigation techniques and running speed.

Orienteering technique includes orienteering process and methods. It includes the technique of travelling on the field (such as running, jumping, obstacle crossing), the navigation technique (map reading, following the course, controlling distances, controlling the altitude,

map navigation, following the route, finding the landmarks, following the azimuth, running with simultaneous map reading), technique of control points location (reading the control points keywords, marking the control points, leaving the control points) (Alexandrova, 2008).

The main objective of technical and tactics training is consequent enlargement of conscious consideration objects while processing the details becomes almost automatic. So, the process of training can be explained as progressing upwards, from the smaller details to the larger ones; first, the techniques and operations are thoroughly studied, then trained so that they can be processed on the subconscious level (Shirinyan, 2008).

The methods of an orienteer's running training is different from that of a track-and-field athlete. Running technique is influenced by the type and condition of the soil, upward

* Corresponding author E-mail address: ifkst@mail.ru

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