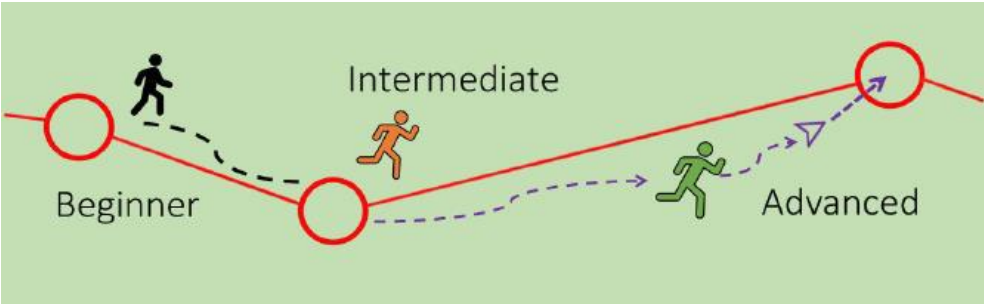




Better  
Orienteering.org



Learning videos  
playlist

The best videos for learning orienteering skills  
from Beginner to Advanced  
with videos on YouTube and Vimeo



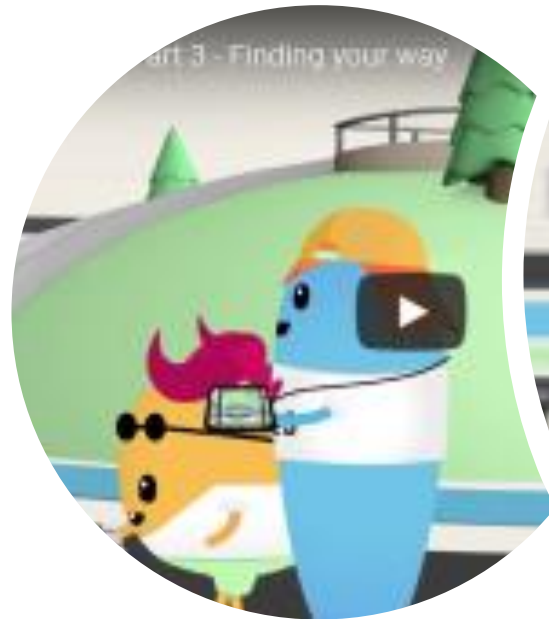


# Beginner

*Try this excellent introduction first*

Start orienteering – A Newcomer’s Guide – SLOW YouTube

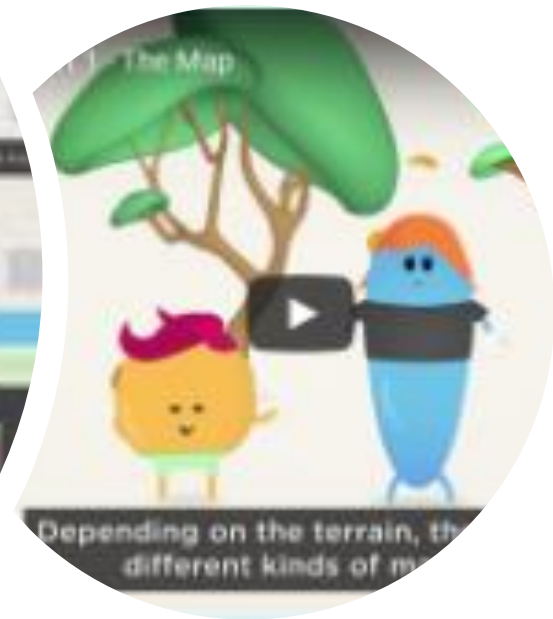
# 3 simple animated videos on the basics – IOF YouTube



The map



Planning your route



Finding your way



# 10 Elements Full Film

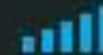
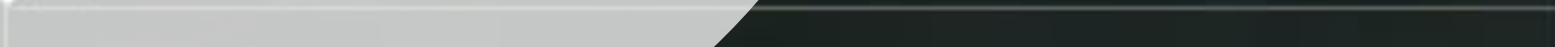
from Irish Orienteering Association

The Basic Skills for  
success

10 videos from the  
Irish Orienteering Association  
Vimeo

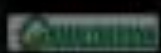
THE 10 ELEMENTS  
OF ORIENTEERING

10:52



vimeo





Watch later



Share



1/10

# Basic Skills



Getting started

10 videos for beginners

by Orienteering Australia

YouTube



Think Fast, Run Hard, Go Orienteering || Coachin...



Watch later



Share



1/9

# Think Fast Run Hard Go Orienteering



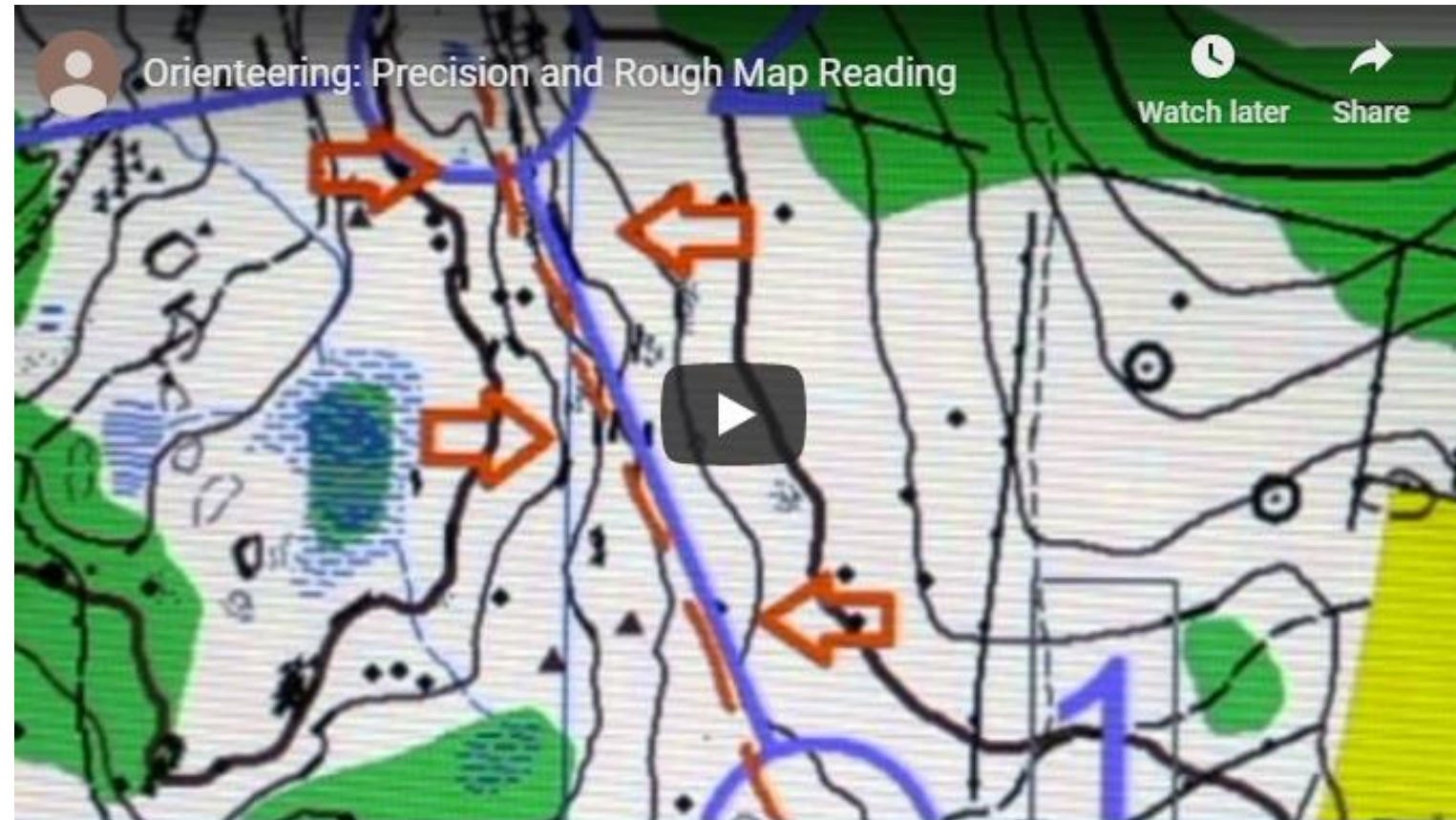
Get Up to Speed  
9 videos from SLOW  
YouTube

Intermediate Skills

Key techniques including  
Attack Points and Aiming Off

Back to the classroom:

Intermediate Skills



23 videos from Orienteering USA YouTube



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WOC 2010 Long Qual HeadCam (Long version)



Watch later

Share



MORE VIDEOS

The World's best in action including Headcam videos

# Advanced Skills

From IOF and World of O YouTube



0:05 / 3:32



YouTube





# Advanced Skills and Beyond

Last run of the king – IOF YouTube  
*An inspirational video of one of the best  
ever orienteers in action*



 **Summary**  
Duncan Bayliss



This summary is web-linked to the [Betterorienteering.org](http://Betterorienteering.org) website

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Orienteering skills from Beginner to Advanced

