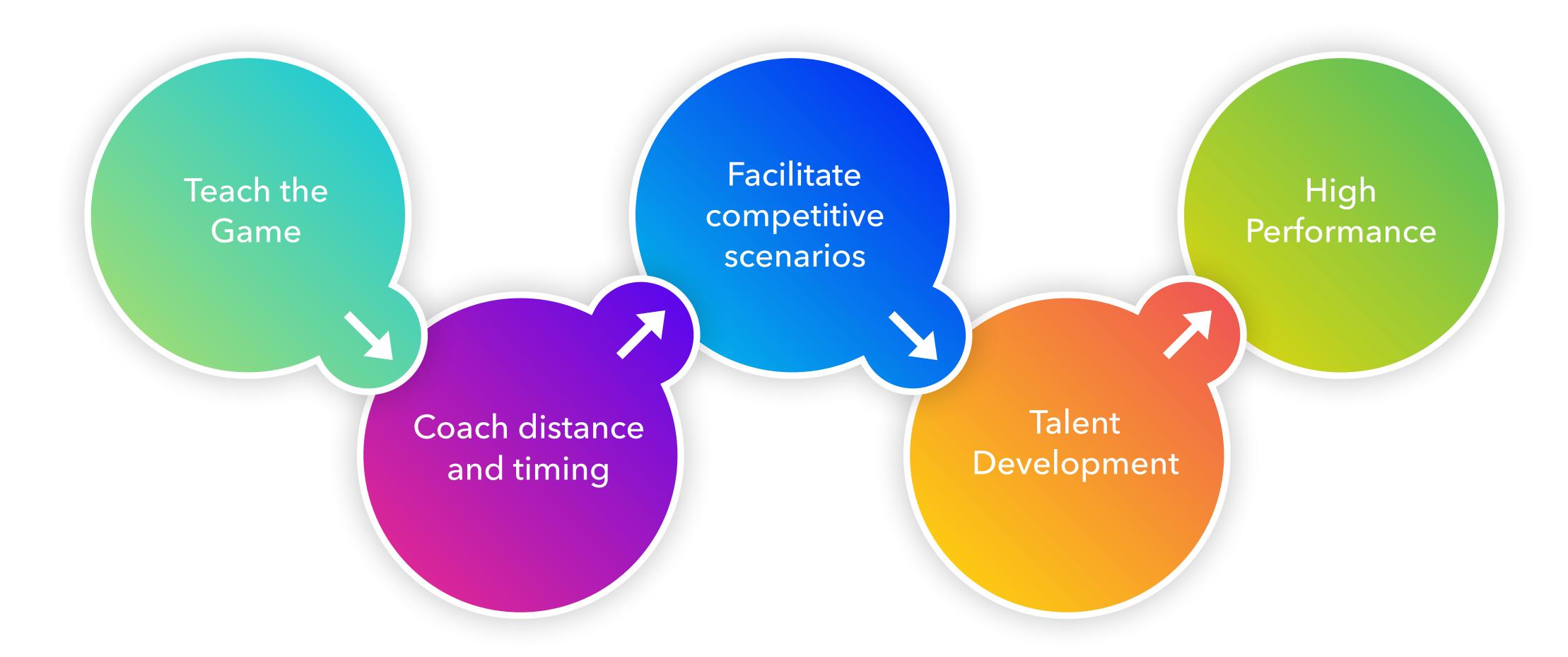


### World Class Coach Framework

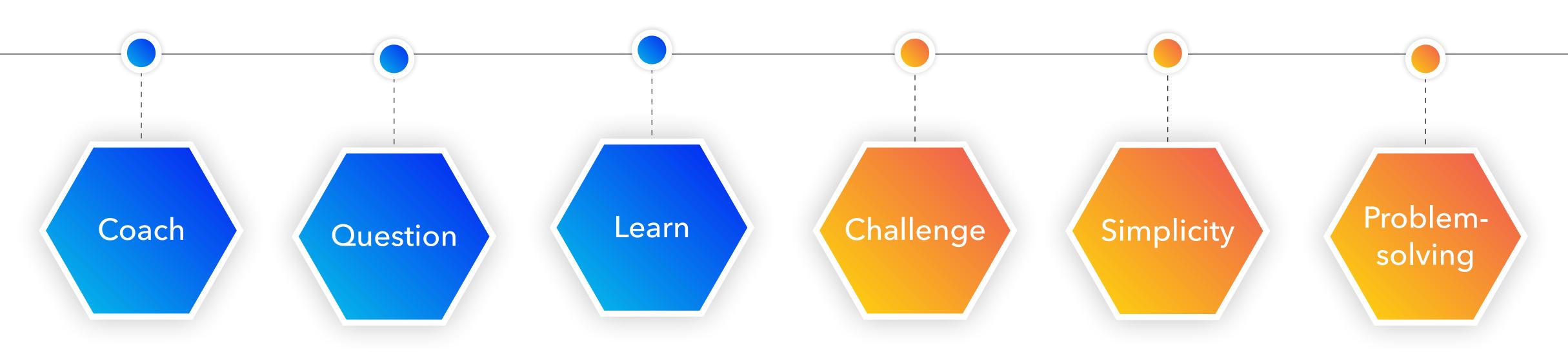
	Volunteer Coach	Community Coach	Club Coach	Talent Coach	Performance Coach
Know Yourself	Values - inclusivity - integrity	Leading - confident - empowering - having ambition	Self regulating - self reflector - emotional intelligence - commitment to CPD	Improving -Articulate -Apply -Guide	Philosophy -Inspire -Influence -Mentor and develop others
Know Others	<ul><li>Engaging</li><li>how to engage others</li><li>positive mindset</li><li>drive to inspire</li></ul>	Relationships - Collaborative - Building rapport and trust - Feedback	Communicating - Sharing information - Listening skills - Reflection	Age and Stage -aware of physical and emotional development	Facilitation -Intensity -Adaptation
Know Coaching	Introduction to sport - Safe practice - Planning to meet needs - Reviewing sessions	Progression - Constraints-led - Identifying areas for development	Observation/Analysis - observation and problem solving - decision making skills	Squad development - Create learning environment - Facilitation of learning	Developing excellence - goal setting - forward thinking - develop new thinking
Know Fencing	Teaching the Game - TGfU - EQ Model	Distance and Timing - Direct/Indirect/Compound - Creating failure points - Tactical relevance	Scenarios - Competitive preparation - Problem solving - Tactical awareness	Talent Development - Movement - Mindset - Tactical skills	Performance - Planning - Developing - Delivering

### SFCP Coaching Process

A world class coaching process to help fencers find their best performances



# Coaching Principles



#### Principle 01

Coaching opportunities arise from the people, task and environment

#### Principle 02

If you are telling them what to do, you are not coaching

#### Principle 03

Make it about the fencer's learning, not the coach's knowledge

#### Principle 04

Training should be challenging and appropriate to the stage of development

#### Principle 05

Keep it simple, fun and develop game-sense over time

#### Principle 06

Develop problem solving skills, rather than "solutions looking for a problem"

### L.5 Overview

World class coaches will be able to demonstrate how they deliver high performance



# Coaching Ethically



Complete the short course "A question of Ethics"

https://www.open.edu/openlearn/health-sportspsychology/question-ethics-right-or-wrong/contentsection-0?active-tab=description-tab

# Coaching Philosophy

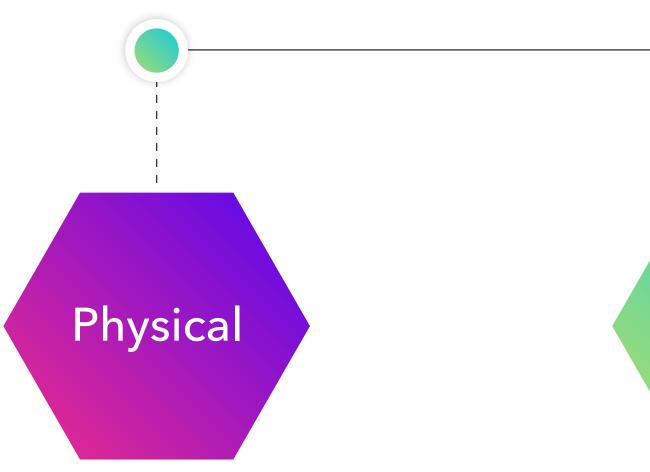


Define your coaching philosophy in relation to working with high performance athletes.

What, if any, are the wider leadership roles of a L5 coach working in Scotland?

### Preparation

Identify the specific needs of the fencer and blog progress every 3 months



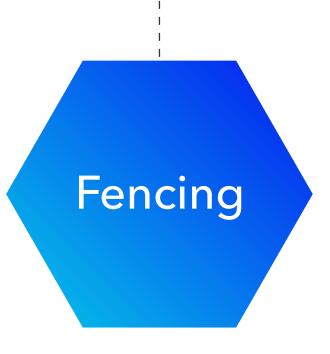
#### **S&C Targets**

Strength
Stamina
Flexibility
Agility
Recovery



#### **Psychological Targets**

Resilience
Growth mindset
Self regulation
Focus



#### **Performance Targets**

Short
Medium
Long term
Key performance
milestones



#### Support

Health
Environmental
Lifestyle
Work/School balance
Sport Sciences

### Planning

Plan to win



#### **Planning**

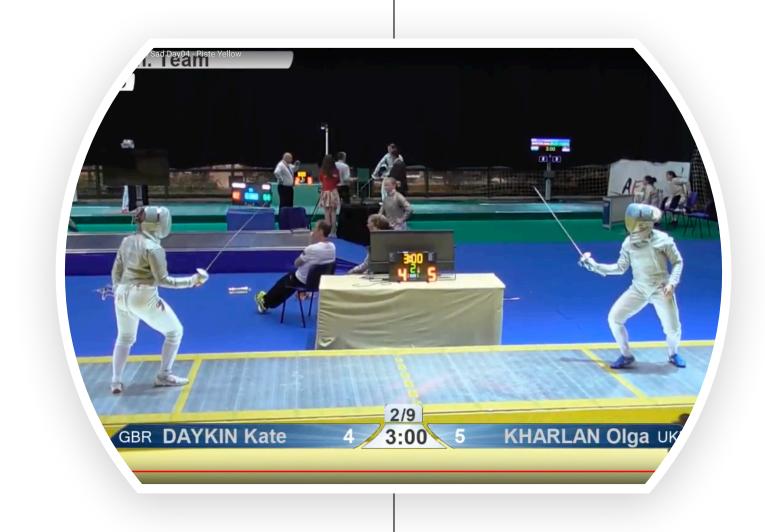
Bringing it together in a periodised plan.

Develop a periodised plan for your fencer. Specify the frequency, duration and intensity of coaching sessions. Include S&C, sport psychology and an international competition plan.

Blog the delivery of the plan.

Attend four SFCP training weekends, demonstrate learning, mentor coaches and deliver "lessons learned" sessions.

### Managing training



Complete the short course "Recovery strategies in sport and exercise"

https://www.open.edu/openlearn/health-sportspsychology/recovery-strategies-sport-and-exercise/ content-section-0?active-tab=description-tab

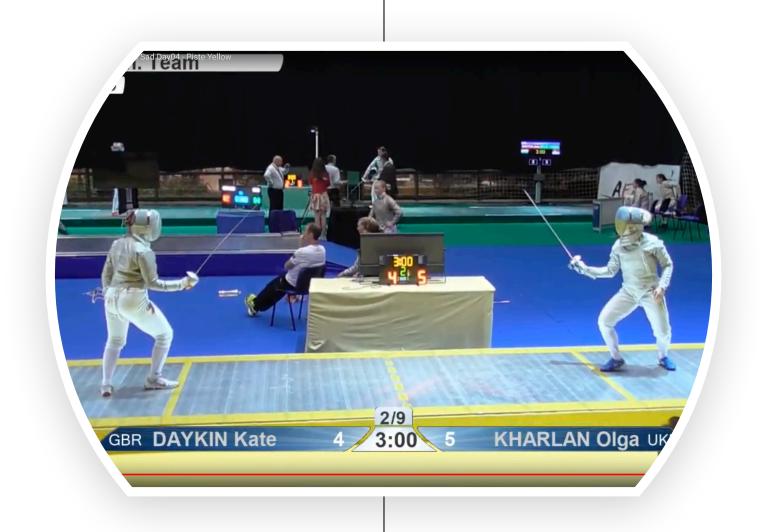
# Inspiring and Motivating



Complete the short course "Motivation and factors affecting motivation"

https://www.open.edu/openlearn/health-sportspsychology/motivation-and-factors-affecting-motivation/ content-section-0?active-tab=description-tab

### Performance

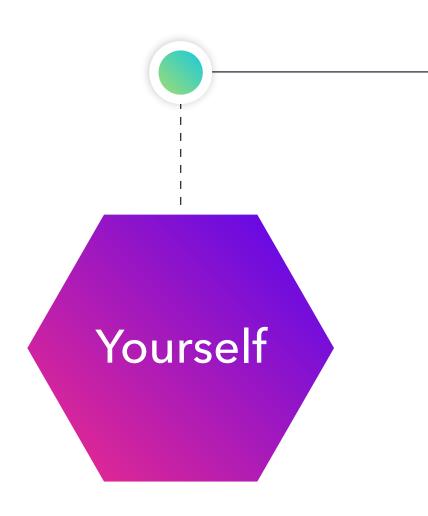


For the purposes of the SFCP L5, a High Performance coach is defined as one who can consistently coach fencers to a L32 level or better at international events nominated by British Fencing.

Undertake a goal setting exercise using the GROW model with yourself and your fencer(s). Use SMART objectives and review and blog at least once every 3 months.

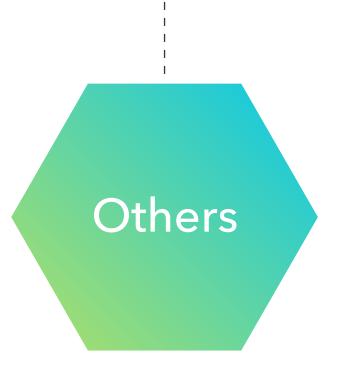
### L.5 Assessment

Delivering High Performance



#### Criteria 01

Developing own coaching philosophy.
Develop new thinking.
Complete e-learning.
Blog progress



#### Criteria 02

Inspiring, mentoring and collaborating with others.

Blog progress



#### Criteria 03

Coaching intensity.

Developing adaptive competitors. Forward thinking.

Blog progress



#### Criteria 04

Planning, preparing and delivering high performance.

Blog progress



# Assessment and Evaluation of coaches will be conducted using the Reflect Model and the Sport Scotland Coach Appraisal Toolkit

https://sportscotland.org.uk/media/3390/5-coaching-appraisal-toolkit-level-2-and-above.pdf