



Volunteer



Community

L.5

Performance

Scottish Fencing Coach Programme



Club



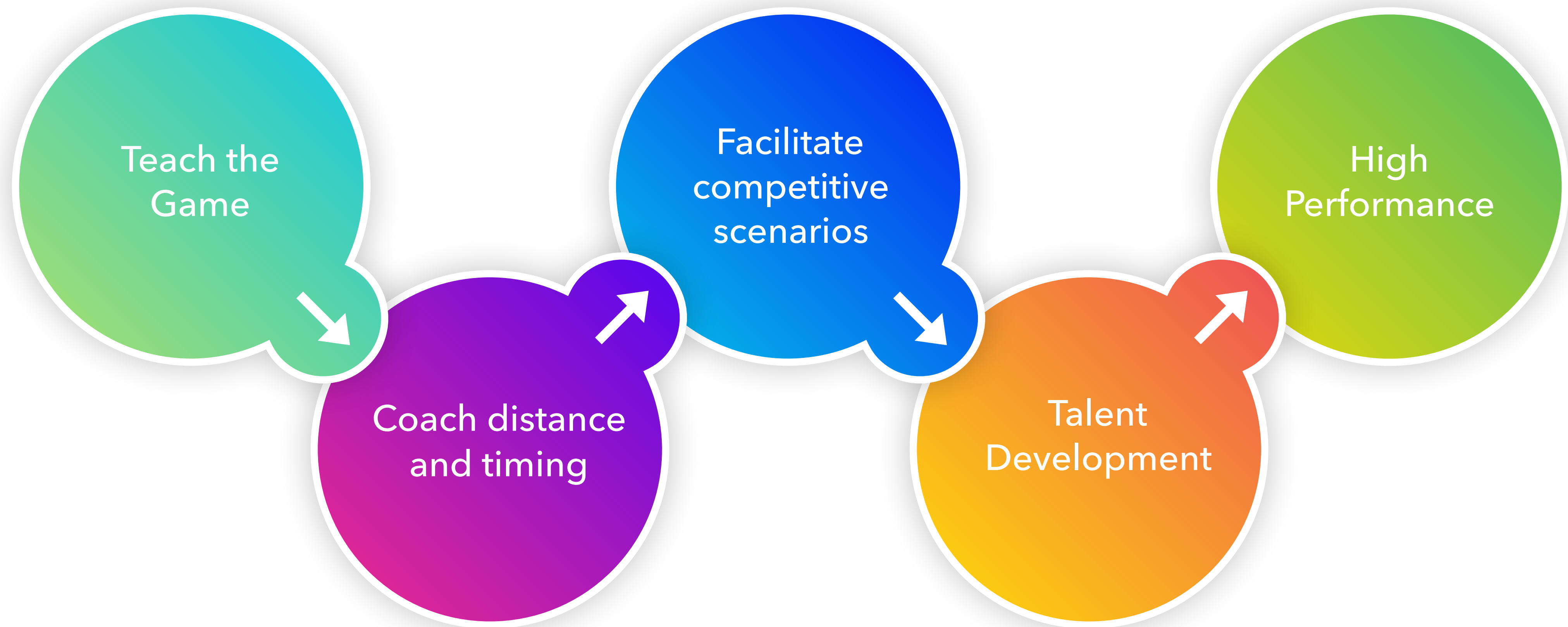
Talent

World Class Coach Framework

| | Volunteer Coach | Community Coach | Club Coach | Talent Coach | Performance Coach |
|---------------|--|--|--|--|---|
| Know Yourself | Values <ul style="list-style-type: none"> - inclusivity - integrity | Leading <ul style="list-style-type: none"> - confident - empowering - having ambition | Self regulating <ul style="list-style-type: none"> - self reflector - emotional intelligence - commitment to CPD | Improving <ul style="list-style-type: none"> - Articulate - Apply - Guide | Philosophy <ul style="list-style-type: none"> - Inspire - Influence - Mentor and develop others |
| Know Others | Engaging <ul style="list-style-type: none"> - how to engage others - positive mindset - drive to inspire | Relationships <ul style="list-style-type: none"> - Collaborative - Building rapport and trust - Feedback | Communicating <ul style="list-style-type: none"> - Sharing information - Listening skills - Reflection | Age and Stage <ul style="list-style-type: none"> - aware of physical and emotional development | Facilitation <ul style="list-style-type: none"> - Intensity - Adaptation |
| Know Coaching | Introduction to sport <ul style="list-style-type: none"> - Safe practice - Planning to meet needs - Reviewing sessions | Progression <ul style="list-style-type: none"> - Constraints-led - Identifying areas for development | Observation/Analysis <ul style="list-style-type: none"> - observation and problem solving - decision making skills | Squad development <ul style="list-style-type: none"> - Create learning environment - Facilitation of learning | Developing excellence <ul style="list-style-type: none"> - goal setting - forward thinking - develop new thinking |
| Know Fencing | Teaching the Game <ul style="list-style-type: none"> - TGfU - EQ Model | Distance and Timing <ul style="list-style-type: none"> - Direct/Indirect/Compound - Creating failure points - Tactical relevance | Scenarios <ul style="list-style-type: none"> - Competitive preparation - Problem solving - Tactical awareness | Talent Development <ul style="list-style-type: none"> - Movement - Mindset - Tactical skills | Performance <ul style="list-style-type: none"> - Planning - Developing - Delivering |

SFCP Coaching Process

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



Coaching Principles



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-sports-psychology/question-ethics-right-or-wrong/content-section-0?active-tab=description-tab>

Coaching Philosophy

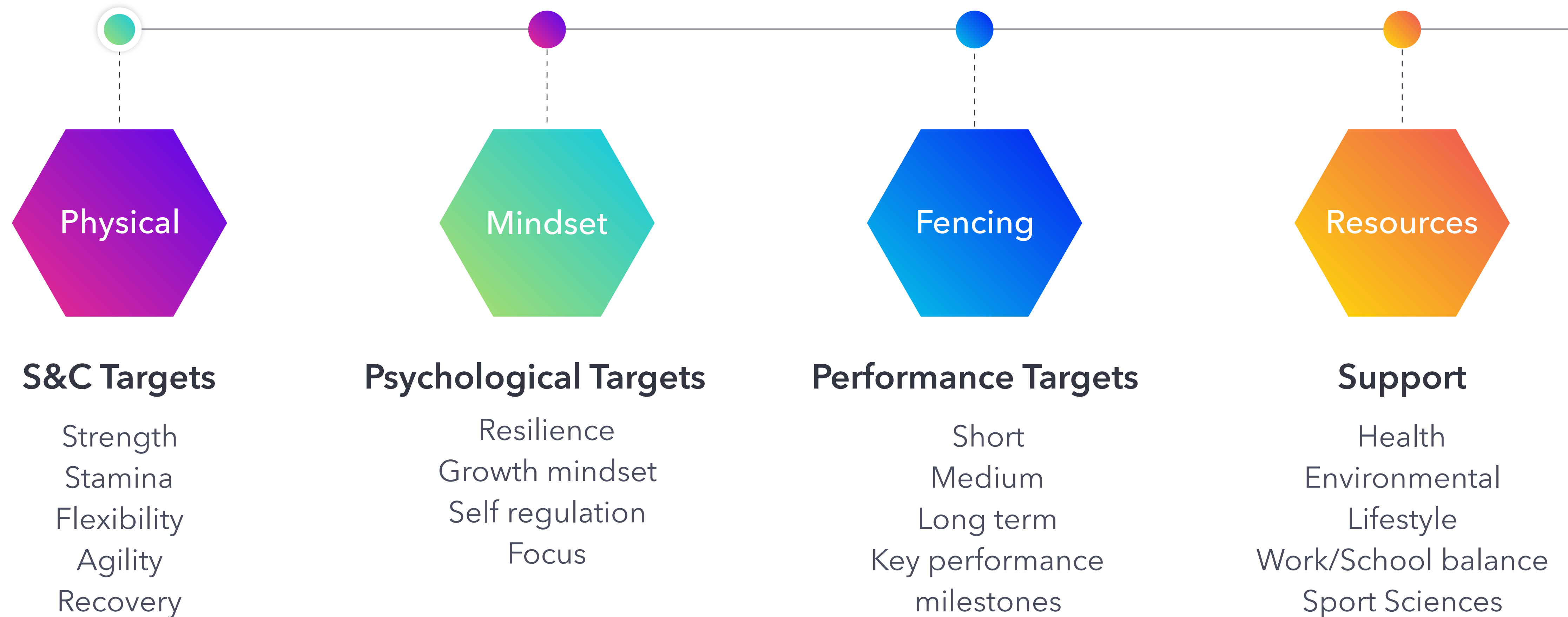


Define your coaching philosophy in relation to working with high performance athletes.

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



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-sports-psychology/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-sports-psychology/motivation-and-factors-affecting-motivation/content-section-0?active-tab=description-tab>

Performance

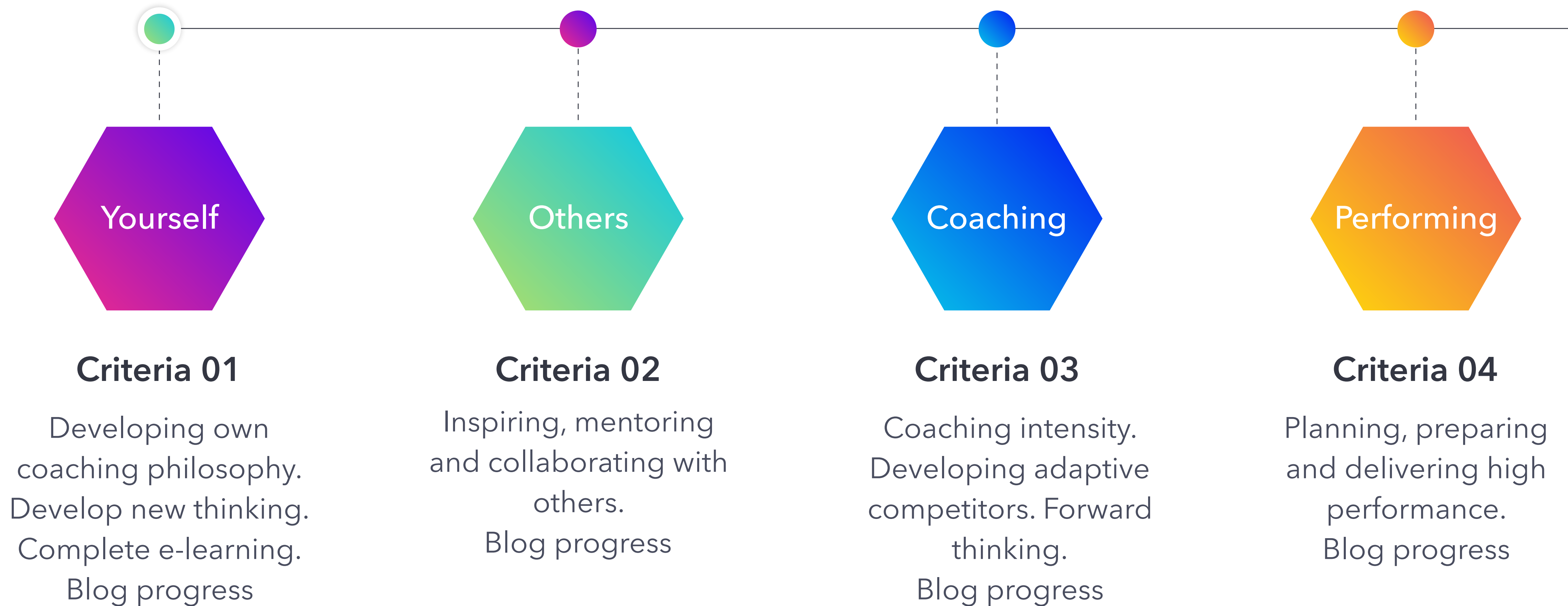


For the purposes of the SFCP L5, a High Performance coach is defined as one who can consistently coach fencers to a L32 level or better at international events nominated by British Fencing.

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





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>