



**Know  
Yourself**



**Know  
Others**



**L.1  
Volunteer**

SF Coach Programme



**Know  
Coaching**



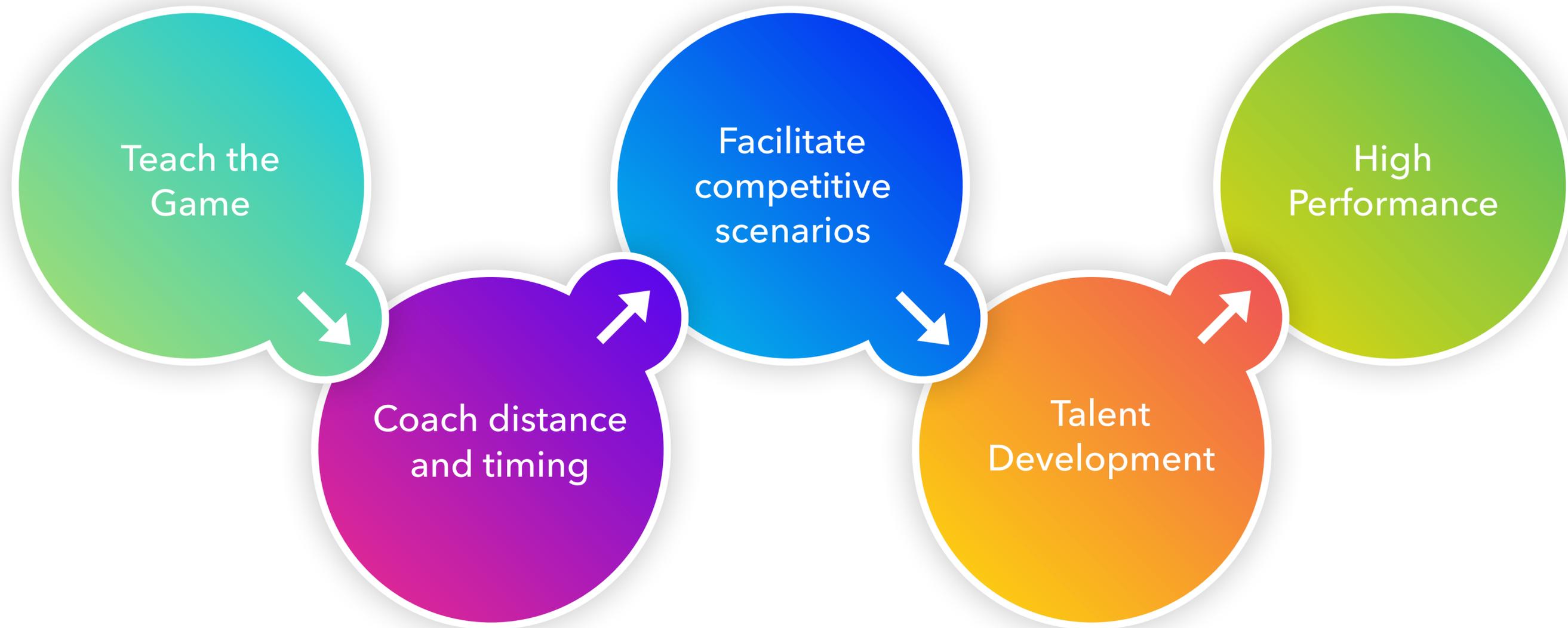
**Know  
Fencing**

# World Class Coach Framework

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

# SFCP Coaching Process

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



# Coaching Principles



# L.1 Overview

A world class introduction to the sport of fencing



**“The first contact with the sport of fencing can often determine whether the individual is going to stay in the sport for the long term”**

# Teach the Game

Start with the game. Teach everything in the context of the game. Develop game-sense over time



**Give a short verbal introduction to the game of fencing to a beginner group.**

**Using TGfU principles, develop three games relevant to a beginner group.**

**Deliver an introductory session, including at least two games. Use the EQ model and the REFLECT model in your delivery and review of the session.**

# Safety

Fencing is one of the safest sports. Let's work hard to keep it that way



**Complete a risk assessment for an introductory class of beginners**

**What is your understanding of BF safety rules?**

**Write a short review of safety legislation as it impacts on the responsibilities of a coach**

**Complete a First Aid Course**

# Well Run

A well run class can provide a great experience for participants



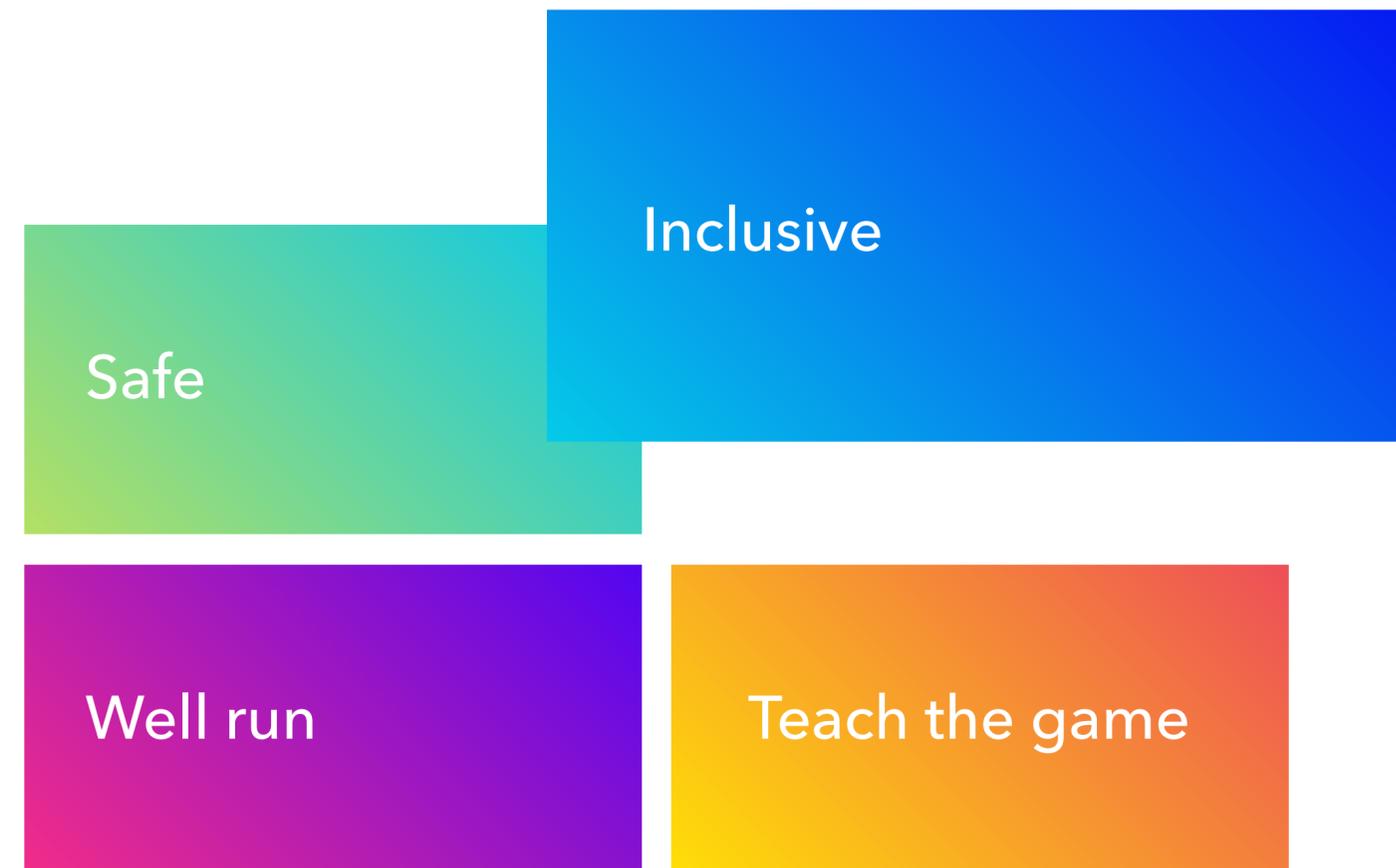
**What are the key elements that make for a well run session?**

**Write out six linked lesson plans for an introductory course.**

**With reference to Scottish Fencing Code of Conduct, describe how you will handle issues of discipline.**

# Inclusive

Being engaging and inclusive is a feature of a strong and healthy culture



**What does being “inclusive” mean?**

**How does the Scottish Fencing Swordmark scheme help promote inclusivity in clubs?**

**What sections of the community are you most likely to be working with and what steps can you take to make them feel more included?**

**Complete a Safeguarding Course**  
<https://sportscotland.info/childwellbeing/>

# L.1 Assessment

Is the coach able to deliver a safe, well-run and fun introduction to the sport?



## Criteria 01

- Risk assessment
- BF Safety rules
- SF Codes of Conduct
- First Aid course
- Class etiquette



## Criteria 02

- x6 Lesson Plans
- Logical, linked
- Fun, positive, inspiring
- Reflect Model



## Criteria 03

- Planning to meet needs
- Coach Integrity
- Complete Safeguarding Course



## Criteria 04

- Using TGfU principles to teach
- Attack and defence games



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

<https://sportscotland.org.uk/media/3423/2-coaching-appraisal-toolkit-level-1.pdf>