



**Know
Yourself**



**Know
Others**



**L.2
Community**

SF Coach Programme



**Know
Coaching**



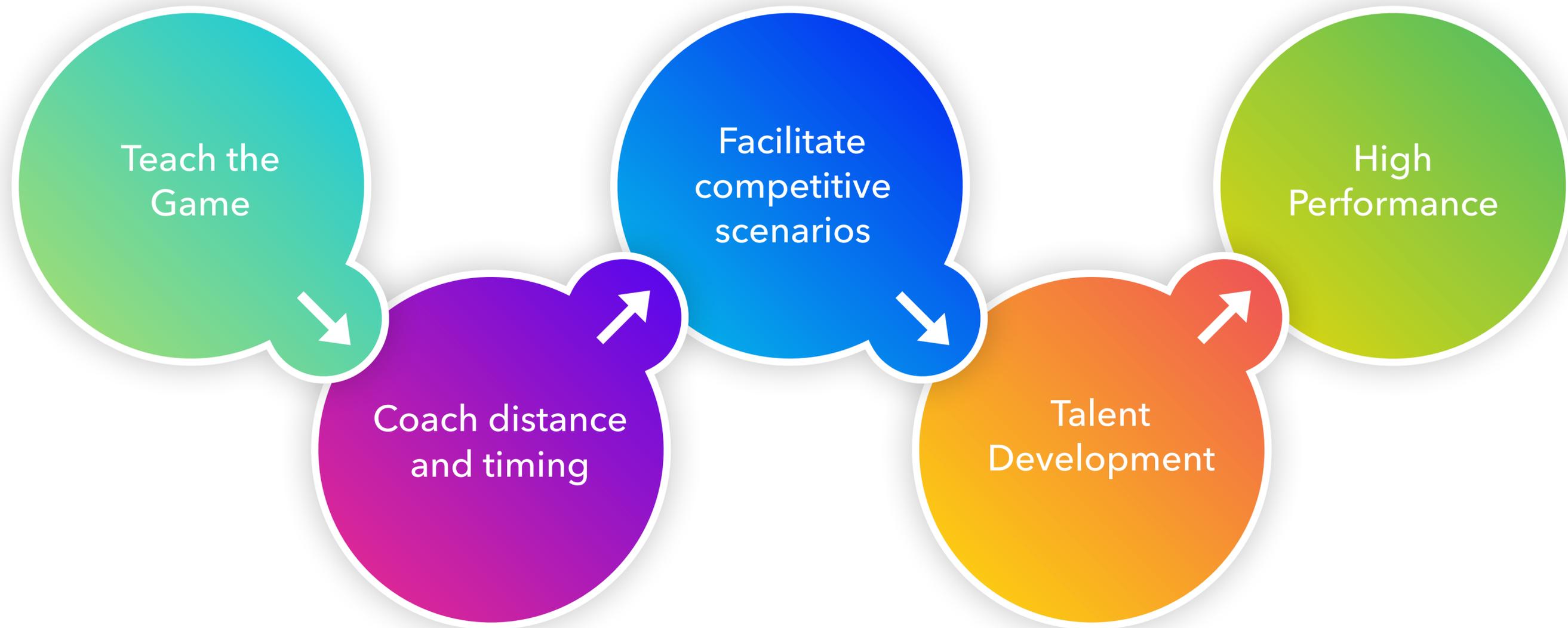
**Know
Fencing**

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	Engaging - how to engage others - positive mindset - drive to inspire	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

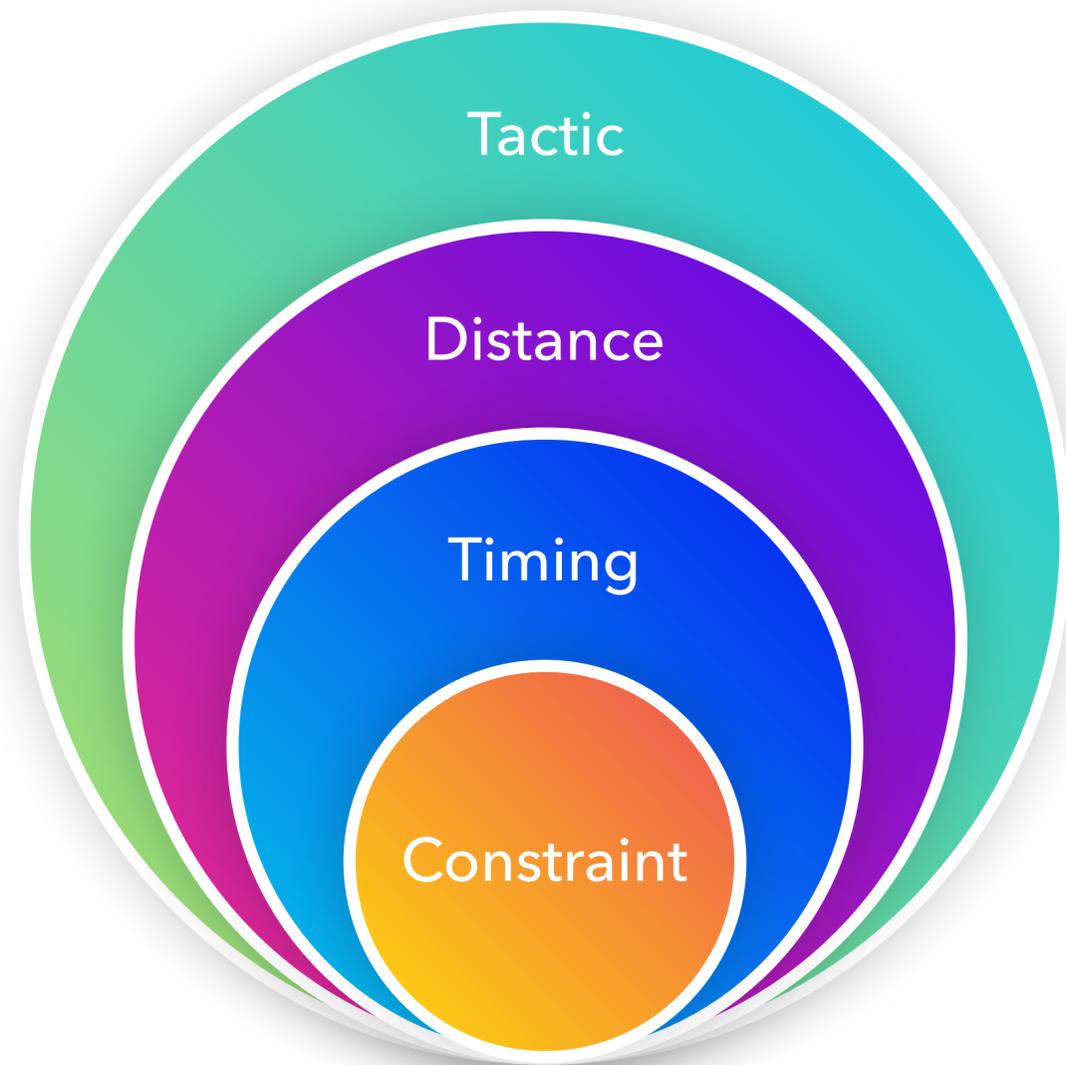


Coaching Principles



L.2 Overview

The fundamental of coaching fencing



- **Tactic**
All teaching of technique **MUST** be taught in the context of the game of fencing
- **Distance**
We work with three distances - preparation, attacking and tempo
- **Timing**
Tempo is the critical moment when two fencers are close enough to hit each other
- **Constraint**
Understanding the coaching opportunities that arise from the task, environment and the person

L.2 The Tactical Game

Fencing is a tactical game of distance and timing



Tactic

- Describe the tactical game for your weapon. What are the main problems a fencer faces? What is your approach to coaching problem solving?
- How will you get fencers to work together? What are the potential threats to collaborative working?
- Develop a fencer-centred coaching philosophy for yourself.
- Deliver a class session using only the REFLECT and EQ models to improve a fencer's distance and timing

L.2 Distance

If the distance is wrong, everything is wrong



- What are the key distances at your weapon and what should be happening at each distance?
- Deliver four linked lesson plans that demonstrate your ability to coach distance for preparations and direct, indirect and compound attacks and defences.
- Use feedback effectively to improve a fencer's ability to perceive distance.
- What is rhythm and how can changes in rhythm improve distance control?

L.2 Timing

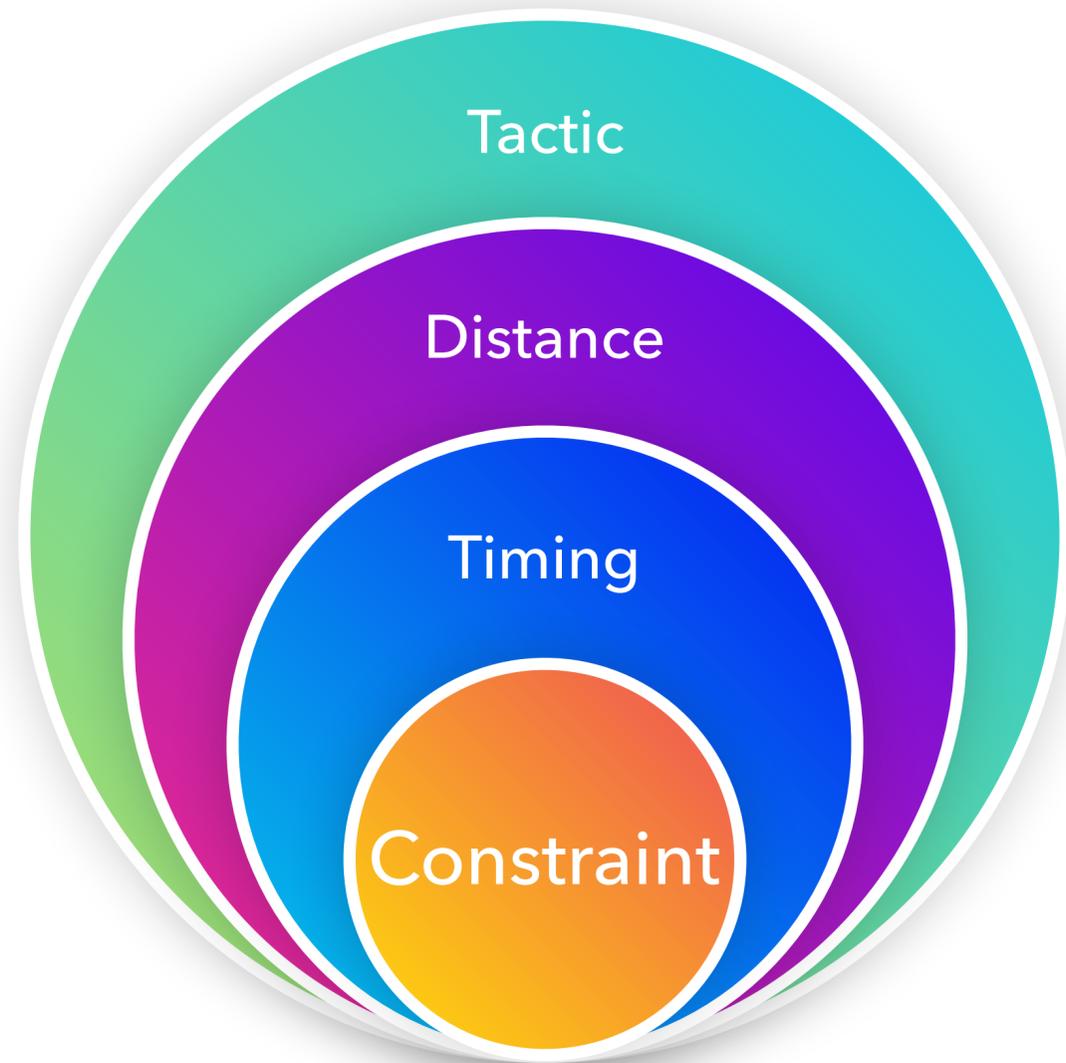
If the timing is right, everything is right



- Describe what tempo is. Demonstrate tempo in attacks and defences where the actions are direct, indirect and compound.
- Give a lesson where all the students hits are in time.
- Show clear progression of the lesson to include direct, indirect and compound attacks and defences
- Understanding the coaching opportunities that arise from the task, environment and the person

Constraints

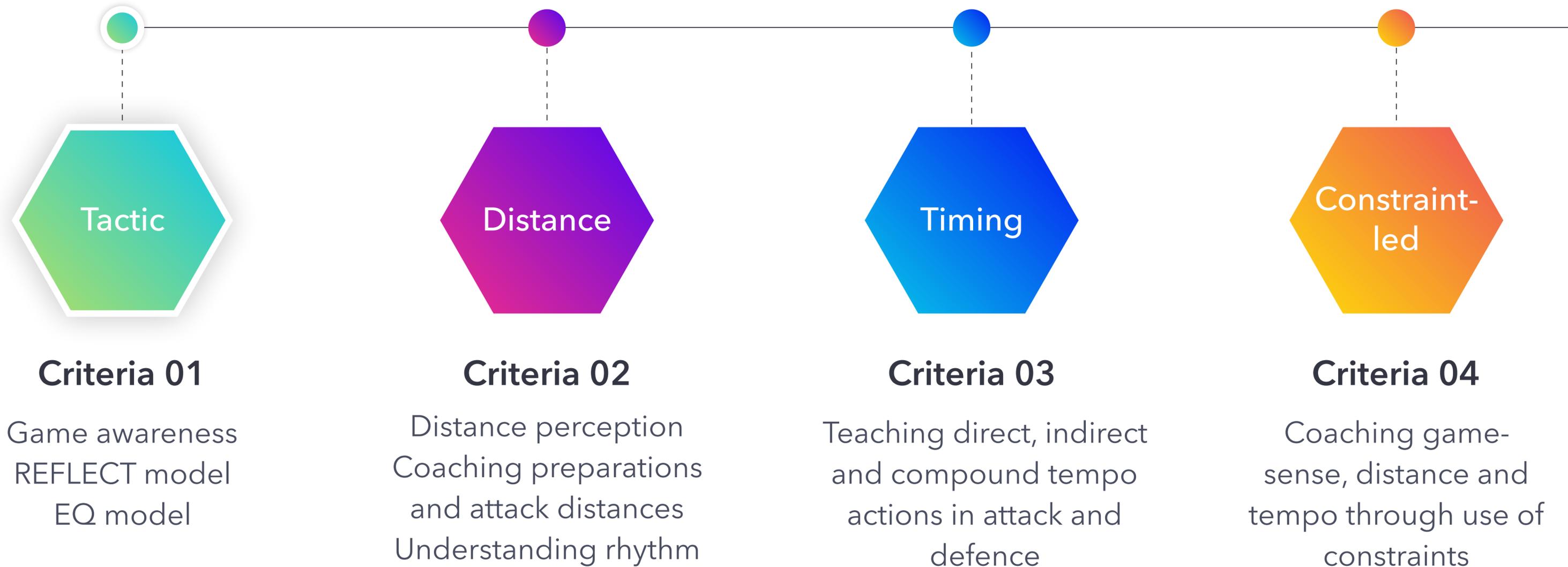
Once they can do it, coach it



- **Task**
Improve a fencer's game sense, distance and timing by altering the task in hand.
- **Environment**
Improve a fencer's game sense, distance and timing by altering the environment in which they are working.
- **People**
Improve a fencer's game sense, distance and timing by altering the interactions between people.

L.2 Assessment

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





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>