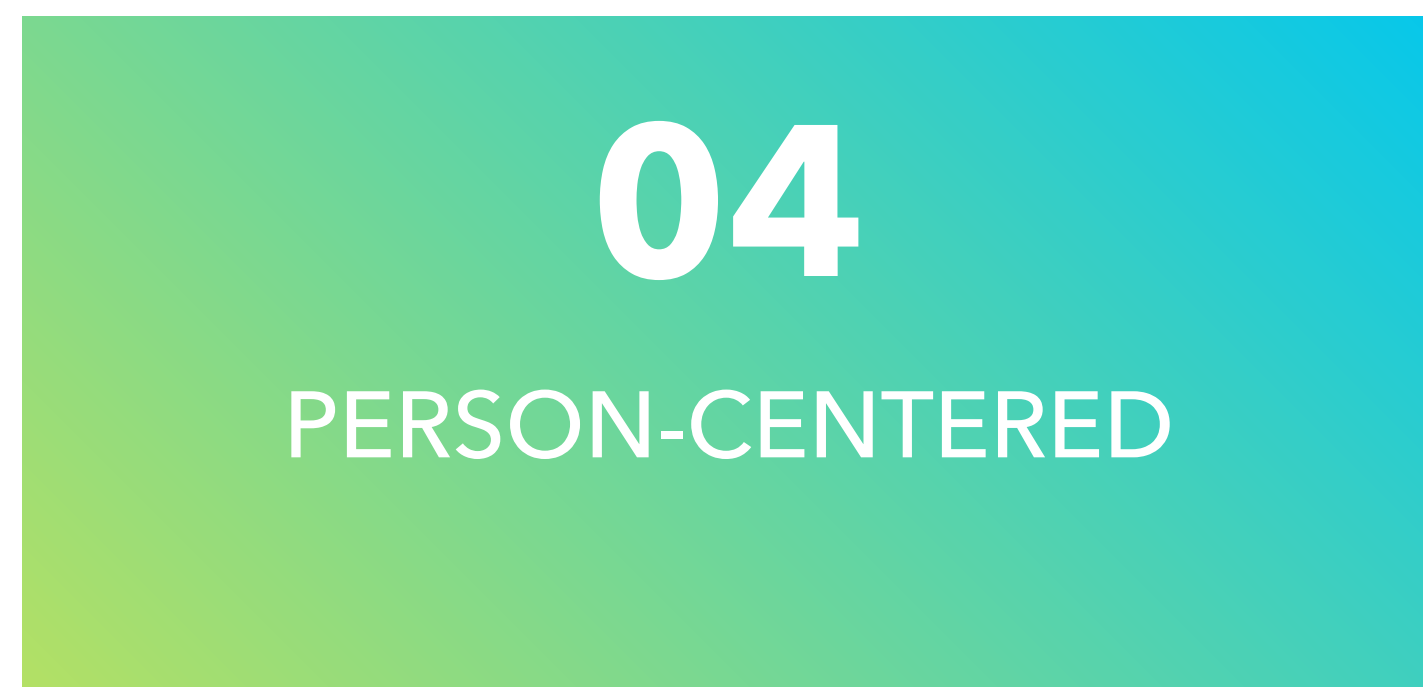
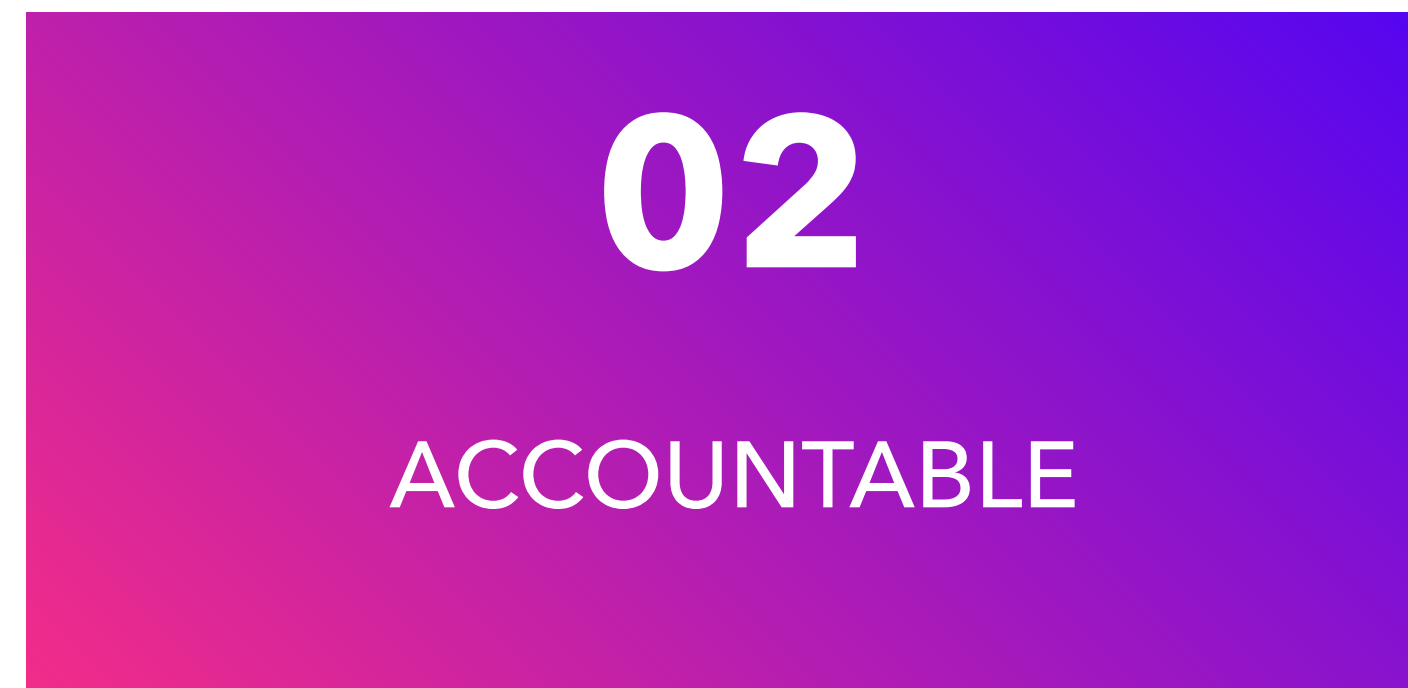
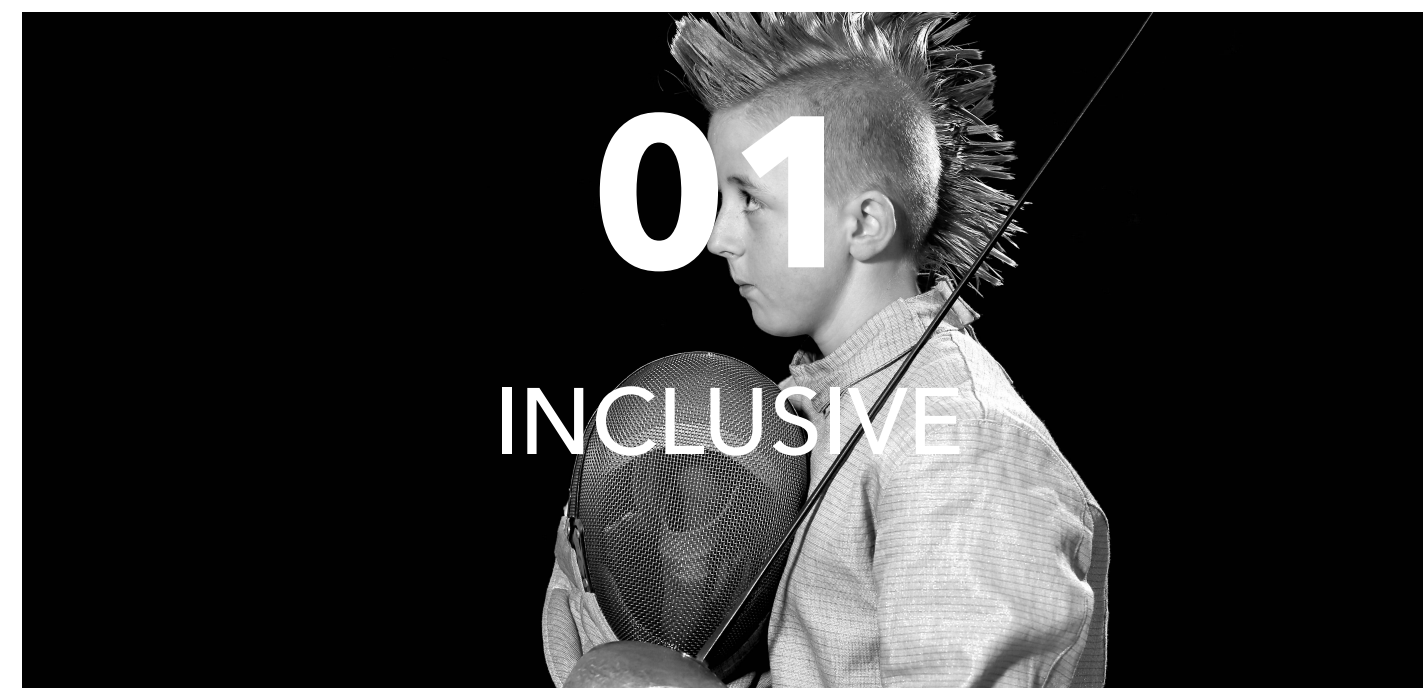


Scottish Fencing Coach Programme

Delivering the benefits of sport to all our communities



A close-up photograph of several fencing masks and epees resting on a wooden surface. The image is overlaid with a semi-transparent orange and red gradient.

Volunteer

A black and white photograph of a young girl with long hair, smiling and holding a fencing mask. The image is overlaid with a semi-transparent black gradient.

Community

A large blue diamond shape that serves as a central graphic element, overlapping the four main image sections.

Performance

A photograph of a group of young people in a gymnasium, engaged in a physical activity. The image is overlaid with a semi-transparent orange gradient.

Club

A photograph of a fencer in a white uniform, captured in a dynamic pose during a match. The image is overlaid with a semi-transparent blue gradient.

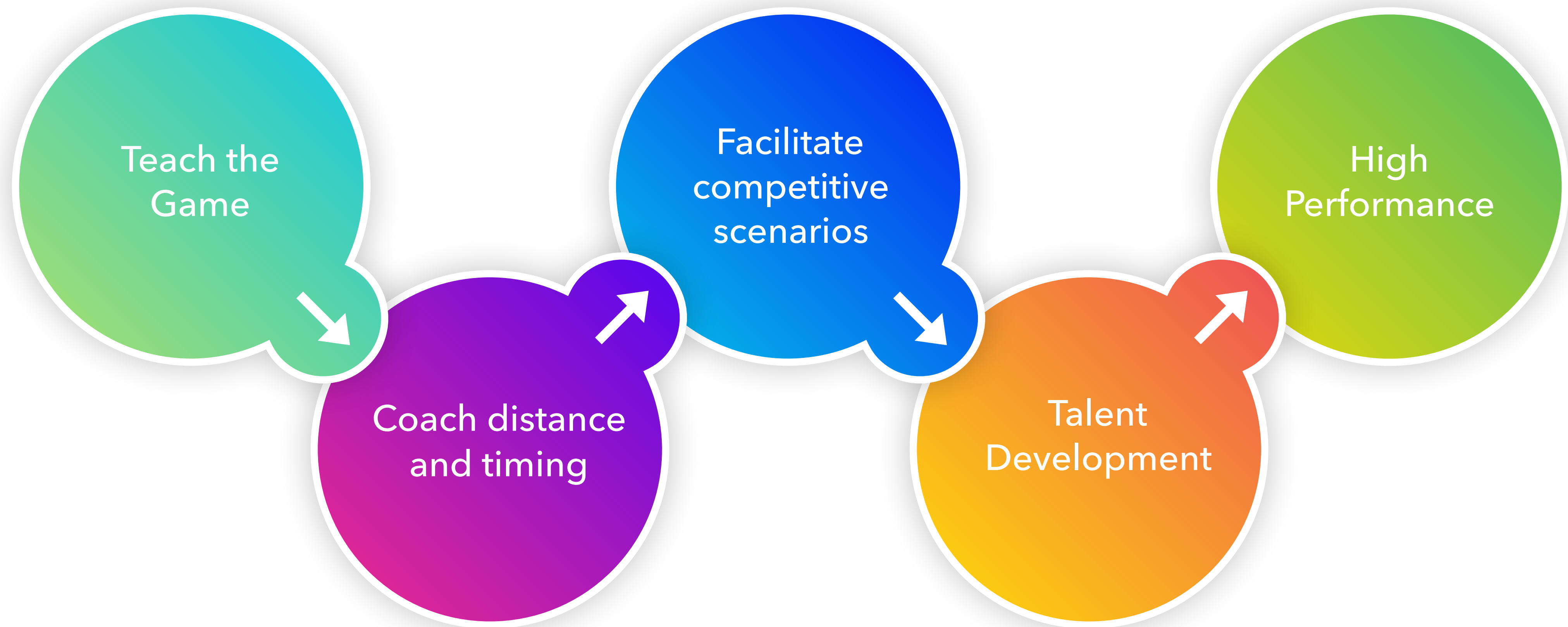
Talent

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.1 Volunteer

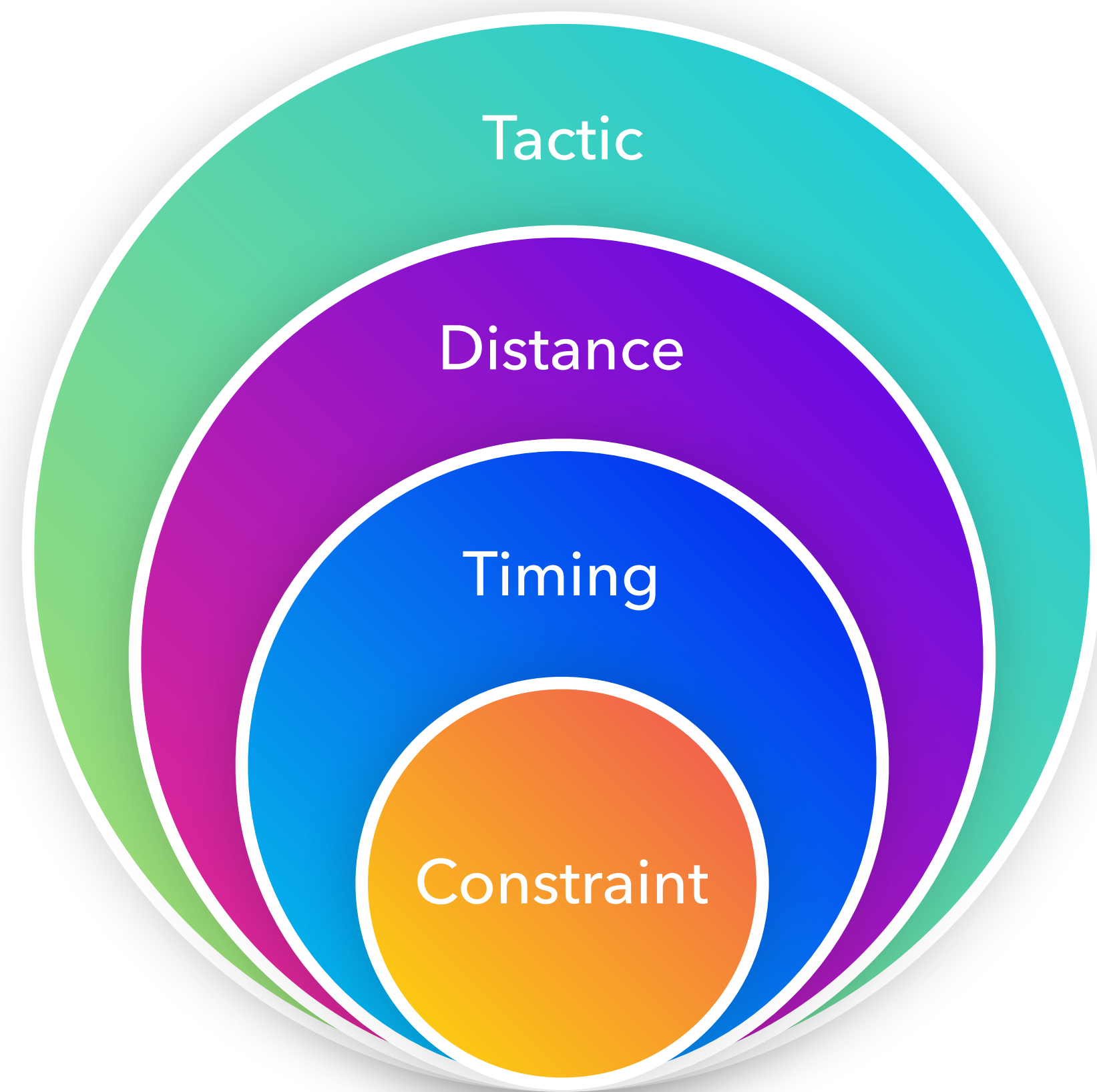
A world class introduction to the sport of fencing



“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”

L.2 Fencing Coach Fundamentals

Core Skills of the World Class fencing coach



- **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.3 Coaching Competitiveness

World class problem solving skills



L.4 Overview

Building club and team performance over time



Movement Skills

Instilling key fencing movement skills from an early age



Mindset Skills

Resilience, grit, motivation, problem solving, self-regulation, drive, determination



Tactical Skills

Understanding how to win the game of fencing



Planning Skills

Bringing it together in a periodised plan

L.5 Performance

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





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