



**BRITISH FENCING
NATIONAL ACADEMY**

Strength & Conditioning Assessment & Training

This programme will be led by Anthony Turner & cover the following areas:-
Introducing S&C, Needs Analysis, Training for Power, Resistance Training, Physical Literacy

Coaching Phase 1			Coaching Phase 2			Coaching Phase 3		
Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Calf Quads Hip flexor Hams Lats Pecs	Bent over scapula retractions Glute Bridge Overhead squat (inc movement screening)	Walking high knee lunges Jump and stick	Ankling Continuous jumping	Split jerk Drop split snatch	Single leg SLDL Side shuffles	Single leg jump and stick	Alternate lunging Scissor lunge	Single leg squat
PP1			PP2			PP3		

Performance Preparation – Level 1

Level 1	
Performance Prep	Cool-Down
<ol style="list-style-type: none">1. 2-4-2-dom (<i>slow then medium</i>)2. 2-4-2-non-dom (<i>slow then medium</i>)3. Over head squats (OHS) (<i>10 reps</i>)4. Scapular retraction (<i>10 reps</i>)5. Glute bridge (<i>10 reps, with 3sec holds</i>)6. OHS (with jump through heels) (<i>10 reps</i>)7. Walking high knee lunges (<i>10 reps each leg</i>)8. Jump and stick (<i>10 reps</i>)9. 2-4-2-non-dom (<i>slow, medium, then fast</i>)10. 2-4-2-dom (<i>slow, medium, then fast</i>)	<ol style="list-style-type: none">11. 2-4-2-non-dom (<i>medium then slow</i>)12. Stretches (<i>30secs per stretch</i>)13. Movement screen and corrective stretching (<i>see movement screen worksheet</i>)

Performance Preparation – Level 2

Level 2	
Performance Prep	Cool-Down
<ol style="list-style-type: none"> 1. 2-4-2-non-dom (<i>slow then medium</i>) 2. 2-4-2 Side shuffles (<i>slow then medium</i>) 3. Single leg SLDL (<i>5 reps per lead leg</i>) 4. Walking high knee lunges (<i>10 reps each leg</i>) 5. Over head squats (with jump through heels) (<i>10 reps</i>) 6. Ankling (10 taps x 3 sets) 7. 3 x Continuous jumps and then stick the landing on the last jump (<i>5 reps</i>) 8. Split jerk (<i>5 reps per lead leg</i>) 9. Drop split snatch (<i>5 reps per lead leg</i>) 10. 2-4-2 Side shuffles (<i>slow, medium then fast</i>) 11. 2-4-2-non-dom (<i>slow, medium, then fast</i>) 12. 2-4-2-dom (<i>slow, medium, then fast</i>) 	<ol style="list-style-type: none"> 13. 2-4-2 Side shuffles (<i>medium then slow</i>) 14. 2-4-2-non-dom (<i>medium then slow</i>) 15. Stretches (<i>30secs per stretch</i>) 16. Movement screen and corrective stretching (<i>see movement screen worksheet</i>)

Performance Preparation – Level 3

Level 3	
Performance Prep	Cool-Down
<ol style="list-style-type: none"> 1. 2-4-2-non-dom (<i>slow then medium</i>) 2. 2-4-2 Side shuffles (<i>slow then medium</i>) 3. Walking high knee lunges (<i>10 reps each leg</i>) 4. Single leg jump and stick (<i>10 reps each leg</i>) 5. Single leg squat (<i>3 reps per leg</i>) 6. Over head squats (with jump through heels) (<i>10 reps</i>) 7. Drop split snatch (<i>5 reps per lead leg</i>) 8. Alternate lunging (<i>5 reps per leg</i>) 9. Scissor lunge (<i>5 reps per leg</i>) 10. 2-4-2 Side shuffles (<i>slow, medium then fast</i>) 11. 2-4-2-non-dom (<i>slow, medium, then fast</i>) 12. 2-4-2-dom (<i>slow, medium, then fast</i>) 	<ol style="list-style-type: none"> 13. 2-4-2 Side shuffles (<i>medium then slow</i>) 14. 2-4-2-non-dom (<i>medium then slow</i>) 15. Stretches (<i>30secs per stretch</i>) 16. Movement screen and corrective stretching (<i>see movement screen worksheet</i>)

Gym Based Physical Literacy Skills (PLS)

Coaching Phase 1 (Agonist Strength)			Coaching Phase 2 (Antagonist Strength)			Coaching Phase 3 (Power)		
Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
Over head Squat	Back squat Front squat	Deadlift	Stiff leg deadlift Nordics	Bent over row	Wide grip chins	Drop jump	Squat Snatch Split Squat snatch	Squat Clean Split Jerk

Strength and Conditioning Coaching – What to expect

- All coaching sessions consist of learning a set of exercises from the PLS
- All fencers start by learning the exercises from coaching phase 1 i.e., the exercises in Levels 1-3
- Once a fencer is competent at **ALL** exercises of a coaching phase, they can progress onto the next coaching phase (*but not before*)
- All coaching sessions conclude by learning the PP that corresponds with the current coaching phase i.e., coaching phase 1 = PP1, coaching phase 2 = PP2 and coaching phase 3 = PP3
- Basically, the PP, which is used as a warm-up to all training sessions and competitions, also acts as an S&C session
- Because the PP's are designed to include all the exercises of its corresponding coaching phase, fencers are always practising, improving and progressing
- Fencers should aim to achieve all phases within 18mo
- Once all coaching phases are complete, fencers move on to the gym-based PLS
- **The cool-down should not be neglected, this is just as important as the PP**

Fitness Testing

Fitness Testing

1. Anthropometry (weight, height, sitting height)
2. Countermovement jump (CMJ)
3. Single-leg CMJ (dom vs. non-dom)
4. 2-4-2 Fencing agility test
5. PLS Test (Indicates level achieved only)

Fitness Testing – What to expect

- Some S&C sessions will be used to test the physical fitness of the fencers
- The testing battery is designed to be sport-specific yet time and resource efficient
- The PLS test is perhaps the most important test
- This is where the fencers exercise competency is assessed. Fencers must be competent at **ALL** exercises within a level to be awarded that level

Once fencers are deemed competent at **ALL** exercise of a coaching phase, they can progress on to the next coaching phase (*but not before*).