

## COACH DEVELOPMENT MODULES

The table below contains the additional modules included in the Introduction to Coaching Fencing (ITCF) and the Coaching Fencing L2 (CFL2) courses.

<b>Module (Course)</b>	<b>At the end of the module:</b>
Modelling best practice (ITCF)	<p><b>The candidate will be able to describe the different elements of a quality fencing experience</b></p> <p>The aim of this module is to provide the candidate an example of best coaching practice and the elements to produce a great experience for the fencer. (risk assessment, planning, coaching process, and reflection)</p>
Fencing Fundamentals (ITCF)	<p><b>The candidate will be able to recognise three fencing “How” skill that are sport specific</b></p> <p>The aim of this module is to introduce the concepts of coaching, distance, timings and blade presentation.</p>
Fundamental Movement Skills (ITCF)	<p><b>The candidate will be able apply the basics of Fundamental of Movement in their coaching practice</b></p> <p>The aim of the module is to provide an overview of the fundamental continuum, Fundamentals of Movement (FoM); and how they can be applied to coaching fencing and how a coach may apply FoM to enhance player development.</p>
Coaching Styles (ITCF)	<p><b>The Candidate will be able to state the different coaching styles and how they may be used</b></p> <p>The aim of this module is to provide an overview of the coaching styles concept, how each style maybe applied and possible preferences.</p>

Modelling Best Practice (CFL2)	<p><b>The candidate will be able to describe the different elements of a quality individual fencing lesson</b></p> <p>The aim of this module is to provide an example of a high quality lesson and the elements within.</p>
Planning Plan – Do – Review (CFL2)	<p><b>The candidate will able to demonstrate an understanding of how to plan a number of connected sessions</b></p> <p>The aim of this module is to allow the coach to develop their planning competences.</p>
Skill Acquisition (CFL2)	<p><b>The candidate will able to explain the process of skill acquisition</b></p> <p>The aim of this module is to provide the candidate with the overview of the principles of skill acquisition.</p>
Analyse your Coaching (CFL2)	<p><b>The candidate will able to analyse their coaching and identify development areas</b></p> <p>The aim of this module is to provide the candidate the opportunity to use reflective practice to develop basic lessons.</p>
Engaging Participant (CFL2)	<p><b>The candidate will able to describe the C- system (Confidence, Connection, Creativity, Character, Competence)</b></p> <p>The aim of this module is to provide the candidate with an overview of the C – system, and how it might be applied to their coaching.</p>

\*Procedural knowledge involves knowing HOW to do something - as an example to ride a bike.

Declarative knowledge involves knowing THAT something is the case, as an example London is the capital of England.