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.

<table>
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<th>Module (Course)</th>
<th>At the end of the module:</th>
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| Modelling best practice (ITCF) | The candidate will be able to describe the different elements of a quality fencing experience  
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) |
| Fencing Fundamentals (ITCF) | The candidate will be able to recognise three fencing “How” skill that are sport specific  
The aim of this module is to introduce the concepts of coaching, distance, timings and blade presentation. |
| Fundamental Movement Skills (ITCF) | The candidate will be able apply the basics of Fundamental of Movement in their coaching practice  
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. |
| Coaching Styles (ITCF) | The Candidate will be able to state the different coaching styles and how they may be used  
The aim of this module is to provide an overview of the coaching styles concept, how each style maybe applied and possible preferences. |
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<tr>
<th><strong>Modelling Best Practice (CFL2)</strong></th>
<th><strong>Planning Plan – Do – Review (CFL2)</strong></th>
<th><strong>Skill Acquisition (CFL2)</strong></th>
<th><strong>Analyse your Coaching (CFL2)</strong></th>
<th><strong>Engaging Participant (CFL2)</strong></th>
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| The candidate will be able to describe the different elements of a quality individual fencing lesson  
The aim of this module is to provide an example of a high quality lesson and the elements within. | The candidate will able to demonstrate an understanding of how to plan a number of connected sessions  
The aim of this module is to allow the coach to develop their planning competences. | The candidate will able to explain the process of skill acquisition  
The aim of this module is to provide the candidate with the overview of the principles of skill acquisition. | The candidate will able to analyse their coaching and identify development areas  
The aim of this module is to provide the candidate the opportunity to use reflective practice to develop basic lessons. | The candidate will able to describe the C- system (Confidence, Connection, Creativity, Character, Competence)  
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. |

*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.*