

**BRITISH
FENCING**

***Coaching Fencing
(L2) Overview***



Course Overview

- Run groups sessions, safely and with a purpose
- Plan player centered sessions for beginners/intermediates within a club setting
- Deliver individual weapon specific lessons/coaching
- Deliver sessions using coach process skills
- Correct specific fencing tactics and techniques to the level of club fencer

Syllabus (What)



Underpinned by an understanding of skill acquisition introduce, develop and improve the

- *Simple Attack*
- *Simple Parries and Ripostes*
- *1st Counter Ripostes*
- *Compound attacks*
- *Successive Parries*
- *Stop hits*
- *Renewals*
- *Counter time*
- *Preparations using blade- and foot-work*
- *Understand and apply the rules of fencing*

Syllabus (How)

- *Plan individual lessons and player-centred group sessions for club fencers, specific to the participants' needs*
- *Deliver a session safely using intermediate level delivery process skills of:*
 - *Delivering instruction and explanation*
 - *Providing demonstrations*
 - *Using Observation and analysis*
 - *Providing feedback*
- *Accurate use of fencing pedagogic “how” skills*
 - *Blade Presentation*
 - *Distance*
 - *Timing*
- *Break down a technique into key learning points*
- *Use Key Learning Point Analysis to aid fault correction, and correct errors in basic fencing technique*
- *Review their own practice*



Where Next?

- Reflect on your coaching experiences to guide future delivery
- Attend short course to widen coaching knowledge
- Attend the weapon specific course

