

**BRITISH  
FENCING**

# Core Coach Overview

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# Course Overview

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- Manage a groups session for beginners
- Deliver pre-prepared sessions using basic coach process skills
- Correct basic fencing techniques
- Understand the social environment of the sessions

# Syllabus (How & What)



Coach safely and technically correct the following:

- On guard
- The target
- Fencing Etiquette
- The grip, the hit and blade manipulation
- Steps forwards and backwards
- The conventions of fighting with the foil
- Attack – thrust and lunge
- Defence – parry and riposte
- Counter-riposte

# Syllabus (How & What)

- Plan a group coaching session
- Manage games using voice and signals
- Deliver a session using the delivery process skills of:
  - o Instruction and Explanation
  - o Perform Demonstrations
  - o Observation and Analysis
  - o Provide Feedback
- Break down a technique into Key Learning Points (KLPs)
- Use KLPs analysis to aid fault correction
- Review their own practice



# *Where Next?*

- Gain Fencing Experience
  - Take a beginner course,
  - Join a fencing club.
- Attend the Introduction to Coaching Fencing Course

