

**BRITISH  
FENCING**

*Introduction to  
Coaching Fencing  
Overview*

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# Course Overview

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- Run groups sessions, safely and with a defined purpose
- Run sessions specific to the participant needs
- Plan player centred coaching sessions for beginners
- Deliver sessions using coaching process skills
- Correct errors in basic fencing techniques

# Syllabus (What)

Introduce, develop and improve the basic fencing skills:

- Grip
- Stance and On Guard
- Hitting
- Parries
- Footwork:
  - Steps
  - Lunge
  - Step-Lunge
  - Recovery
- Attacks
- Defence
- 1st Counter Riposte
- Preparations
- Understand and apply fundamental movement skills in the development of fencing actions
- Understand and apply the basic rules of fencing
- Game understanding

# Syllabus (How)

- Plan fencer centred group coaching, specific to the participants' needs
- Manage games and activities using voice and signals
- Deliver a games safely using the delivery process skills of:
  - Instruction and explanation
  - Providing demonstrations
  - Observation and analysis
  - Providing feedback
- Break down a technique into Key Learning Points (KLPs)
- Use KLP Analysis to aid fault identification and correction (Tactical & technical)
- Use the concepts of the Fencing “Hows” Distance, Timing, Blade presentation in their coaching practice
- Use of different coaching styles in their own practice
- Review their own practice



# *Where Next?*

- Gain coaching experience (Work with a more experience coach)
- Attend short courses to widen your fencing and coaching knowledge
- Attend the Coaching Fencing course

