



Dear British

Welcome to the Autumn 2017 edition of the Coach Digest.

## BF COACHING FRAMEWORK

### LONG TERM COACH DEVELOPMENT



To bring the previous British Fencing FES L1/L2 in line with industry standards, the new courses have:

- Adjusted to greater recognise the “How” to coach skills, the procedural knowledge).
- Widening of the “What” skills, (the technical content or declarative knowledge).

- These extra modules are explained further if you press the 'Course Modules' button below.

## Course Modules

With the course development the first change that took place was to separate the FES L1/L2 to two separate courses. This led to the development of

- 1) Introduction to Coaching Fencing Course(ITCF)
- 2) Coaching Fencing L2 Course (CFL2)

The outcome of this change is that the ITCF course candidates will use their preferred weapon on the course. It is designed as a general course on safe coaching practice. The competent candidates will have demonstrated competency to run the group sessions for beginner fencers, correcting basic techniques.

This allows the coach to gain experience working with beginners, as the coach moves from a novice to a more competent coach, they can build on their technical fencing knowledge.

The Coaching Fencing L2 course is weapon specific and aspirant coaches attending should have a sufficient level of the specific fencing actions, this allows the coach a develop the understanding of the elements of a basic lesson.



***Please note. Coaches are only expected to attend the Introduction to Coaching Fencing once as it is not weapon specific. The next step would be CFL2 or attending shorter courses.***

**Course Overviews  
Click Here**

Part of the future plans is to develop a range of short courses to support the development of fencing technical/tactical knowledge, as well as other needs led areas. This to support coaches, who wish to develop the required technical knowledge in other weapons or to prepare to undertake courses with higher technical and tactical demands.

To start the development of these short courses a group of coaches at various levels and

experience have created a list of potential topics, these courses may come in the form of workshops, webinars, on-line learning or communities of practice.

**Short  
Courses  
Click  
Here**

To access the initial list click the button to the left and if you wished to highlight courses you would like to see developed first, please complete the survey link on the right.

**Access  
survey  
Click  
Here**

The framework has identified a number of coach roles based on the UK Coaching Framework 4 by 4 model. These roles have outline descriptions. The entry points to attend the requisite courses to demonstrate the competence at a specific coach level is also included.

**Coach Roles**

## **COACHING UPDATES**

### **BF Security Guidelines**

BF has published a short set of additional BF security guidelines aimed at anyone travelling as part of BF GBR representational squads. [Download Guidance.](#)

## **COACHING ARTICLES**

### **Parents In Sport - Pushy Or Supportive?**



Coaches regularly cite 'working with parents' as one of the most challenging aspect of their role.... [Read more](#)



## Interesting Article by Matthew Syed

Why top players have greater influence on team-mates than you might think

Soon after Eric Cantona retired from Manchester United, he received a letter from Sir Alex Ferguson. "Some months have passed since we last spoke and I felt that I should write to you as a mark of respect and esteem in which I hold you...[Read more](#)

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### Using Negative Self-Talk to Your Advantage



*"If you change the way you look at things, the things you look at change." -Dr. Wayne Dyer*

There is no escaping negative self-talk. You can be the most positive person and view the world through the eyes of a six year old child with not a worry. Still will this mindset negative thoughts will eventually creep into your heads.....[Read more](#)

## COACHING NEWS

### Congratulations to those coaches achieving their Weapon Specific Course (L3)

#### Epee

- Sandre Eggington, Conor Staniforth, Evert Van-Gereman, Russell North

#### Foil

- James Kingston, Joseph Pearce, Nik Hill, James Beevers

#### Sabre

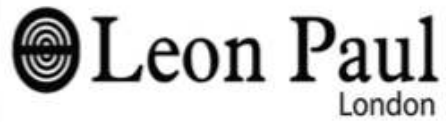
- Ian Skitt, Chris Buxton, Henry Talbot, Fani Xagorarakis



**Available British Fencing Courses:**

- ① Coaching
- ② Refereeing
- ③ Welfare

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British Fencing 1 Baron's Gate 33-35 Rothschild Road London, London, City of W4 5HT United Kingdom

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