



Dear British

Welcome to the April 19 edition of the Coach Digest.

## **BF COACHING FRAMEWORK**

### **BF Coaching Framework Content. - How Skills**

The Introduction to Coaching Fencing Course has a focus on the "How to Coach" skills. One of the how skills is **Demonstrations**.

Everybody has heard the saying that a picture paints a thousand words. Demonstrating a technique/skill is an important component of the "How to Coach" skills and introduced in the Introduction to Coaching Fencing Course. (ITCF)

Tips for demonstrations

- Make sure all the participants can see the demonstration. Be aware of distractions, other fencing activity.
- The coach doesn't always have to do the demonstration. Other options include one of the players who you know can perform the techniques, or a picture, diagram or video may help.
- Ensure that the technique is demonstrated in the context of the game situation, so that participants understand 'why' as well as 'how' the technique is done, so it can become a skill.
- Highlight the main points of the skill. Try not to emphasise more than two or three key learning points at a time.
- Keep explanations simple and brief, and check for understanding.
- Avoid pointing out things 'not to do' as this will only overload the players.
- Let the participants practice. New information stays with people for only a short period of time unless they are able to try the skill.
- Verbal instructions are sometimes unclear - accompany verbal instructions with a complimentary visual.

Always show the correct skill last. If you are showing a player the difference between what they are doing and what you want them to do, demonstrate the correct skill after you have shown them their current method.

## COACHING UPDATES

### Sport England launch their Talent Plan for England

The plan outlines seven principles for investing in talent and explains how they can help produce the athletes that will star on the international stage in the future. [click here](#)

### Athlete Development Programme

Q. Why do the Athlete Development Programme coaches talk more about development over winning for young fencers Frank Dick provides some insights.

Frank was the British Athletics Federation's Director of Coaching, where he was widely acknowledged as and remains one of the outstanding sports coaches and coach mentors in the world.



**BF Coach Development Weeks.** Covering courses from the Introduction to Coaching course, Safeguarding, Coaching Fencing (L2) and Weapon Specific L3.

- West Midlands - Stratford Upon Avon (5/08/19 to 10/08/19)
- South West - Plymouth (19/08/19 to 24/08/19)

**Welfare courses** in the East Midlands: In May and June, we are running Safeguarding and Time to Listen courses, recommended for Coaches, Welfare Officers and Team Managers.

For more information [click here](#)

## COACHING ARTICLES

Harness the Power of Fencer  
Progress

How good do you feel when you know you have improved? How much more motivated are you? Nothing....[Read More](#)



## 4 REASONS WHY PARENTS PISTE-SIDE COACHING MUST STOP

(Adapted for fencing with kind permission of Coach Mac  
<https://www.basketballforcoaches.com/parents-coaching-sidelines/>)

1. CONFUSING FENCERS WITH....[Read More](#)



### Relative Age Effect

50 fencers were at the Europeans 2019. 40% of the fencers were born in the months January to March. The Relative Age Effect is a phenomenon in sport. Physical maturity is most often cited as the cause....[Read more](#)

## Lets talk opening a dialogue with developing fencers

Following on from the recent [web article](#). In terms of the

- is June 3-9 2019 and will showcase the role coaches play in helping to create the conditions for all of us to thrive, as individuals, as groups and as communities. We're interested in sharing your stories about how coaching has impacted you, your club or your community. Please send stories, articles and anecdotes about [#greatcoaching to media@britishfencing.com](mailto:media@britishfencing.com)

Coach - Athlete relationship. Professor Sophie Jowett's research on Relational Coaching Environment, where she talks about the Closeness.



# Creating a Relational Coaching Environment

1/3

How to build closeness in the coach-athlete relationship by ConnectedCoaches Content Champion Dr Sophia Jowett

**Closeness** reflects the **affective bond** developed between coaches and athletes and is manifested in mutual trust and respect, **emotional caring and support**, as well as interpersonal liking and appreciation. It is the **bedrock of the sporting partnership**.

- **Be open** – offer information, show you have nothing to hide, don't omit, mask; openness is reciprocated
- **Keep confidences** – keep secrets imparted to you. No gossip is allowed. NEVER blab someone else's story
- **Display loyalty** – protect your athletes, be on their side both in their presence and absence
- **Be competent** – display your skills to gain your athletes' admiration and respect
- **Be neutral when placed in difficult situations** – don't choose sides until you have all the facts
- **Be reliable/consistent/predictable** – if you cancel or fail to follow through it will create cracks in your trustworthiness
- **Honour your promises** – if you make promises you cannot keep, your athletes will think you are not dependable
- **Do not belittle the promise** – however small you think it is your athletes may think it to be significant
- **Be honest** – not always easy
- **Speak from the heart** – focus on the person; by doing this you make clear you don't judge the other
- **Speak your feelings** – people who only convey facts come across as cold and distant (be compassionate/understanding)
- **Pay attention and notice your athletes doing good things** – give/receive recognition (purposeful appreciation)
  - **Focus on individual accomplishment** – it is much more powerful than acknowledging the whole group. Acknowledge an athlete in the team or squad who has done a good job in front of others
  - **Be as specific as possible** – when you offer appreciation, describe the impact of what has been done. (For example, 'You did a great job – getting the team together, organising the equipment in ways that can be more effectively used by all. I appreciate you took the lead on that...it is making a difference in...')
  - **When you see it, say it** – timeliness is important...don't wait
  - **Be sincere** – don't fake it

Jowett, S. and Shanmugam, V. (2016) Relational Coaching in Sport: Its psychological underpinnings and practical effectiveness. In R. Schreier, K.B. McCann, B. Smith, (eds) International Handbook of Sport Psychology. Routledge.

Read Sophia's full blog about how to create a relational coaching environment at [www.connectedcoaches.org](http://www.connectedcoaches.org)

**Free**

Free unlimited Tandem coach-athlete reports for ConnectedCoaches members for all of 2017. Search Tandem at [connectedcoaches.org](http://connectedcoaches.org) to find out more about this offer. For individual and team coaches



## COACHING NEWS

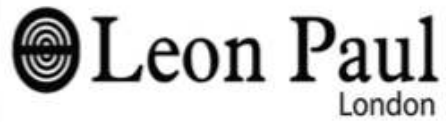
- UK Coaching - Coaching Week is June 3-9 2019 and will showcase the role coaches play in helping to create the conditions for all of us to thrive, as individuals, as groups and as communities. We're interested in sharing your stories about how coaching has impacted you, your club or your community. Please send stories, articles and anecdotes about #greatcoaching to [media@britishfencing.com](mailto:media@britishfencing.com)
- The County Sports Partnerships Network have announced a name change from CSPs to Active Partnerships. This comes as part of their commitment to better tackle low levels of activity.
- Finally, have you ever wanted to be more involved in British Fencing events? Volunteer at one of our events for some first hand experience! You can get involved in most areas such as photography, event logistics and refereeing. Express your interest here: <https://www.surveymonkey.co.uk/r/SMDBTQB>



**Available British Fencing Courses:**

- ① Coaching
- ② Refereeing
- ③ Welfare

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your place now!**



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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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