



Dear British

Welcome to the Spring 2018 edition of the Coach Digest.

BF COACHING FRAMEWORK

BF Coaching Framework 4X3 Model

	Community Coaches	Development Coaches	Performance Coaches	
How To Coach Skills ↑	Master Community Coach <i>Individual Development Programme (Community)</i>	Master Development Coach <i>Individual Development Programme (Development)</i>	Master Performance Coach <i>Individual Development Programme (Performance)</i>	Master Coach
	Advanced Community Coach <i>Advanced Coach Programme (Community) + CPD</i>	Advanced Development Coach <i>Advanced Coach Programme (Development) + CPD</i>	Advanced Performance Coach <i>Advanced Coach Programme (Performance) + CPD</i>	Advanced Coach
	Community Coach <i>Introduction To Coaching Fencing + CPD</i>	Development Coach <i>Coaching Fencing (L2) + CPD</i>	Performance Coach <i>Weapon Specialist (L3 +L4) + CPD</i>	Coach
	Core Coach <i>Core Coach Course + CPD</i>			Core Coach
	Community Coaches	Development Coaches	Performance Coaches	
	What to Coach Skills →			



HONESTY
RESPECT
EXCELLENCE

The purpose of this image is to take the UK Coaching 4 X 4 model highlighted in the last digest and show the BF version of the model. It highlights the three coaching spaces, the different levels of coach from Core Coach to Master Coach within those spaces and the formal coach development training involved in those roles.

Wheelchair Fencing Course



Peter Rome, Head Coach Wheelchair Fencing took coaches through a practical based course. Coaches spent time setting up the equipment, exploring the different set up options, and then spent time exploring the lesson form a technical and tactical standpoint. At the end of the day, the coaches had a new found appreciation for wheelchair fencing, the technical and tactical applications and particularly the physical skills requirements to fence in a wheelchair, some sore abdominals on Sunday!

BF Safeguarding Courses for Coaches

Coaching, as an emerging profession, must demonstrate at all levels a high degree of honesty, integrity and competence. Coaches need to understand and act on their responsibilities, this is critical to fencing, as is the need to continually reflect that fencing is delivering the key tenets of participation for fun and enjoyment as well as performance achievement. This is implicit within good coaching practice and the professional standards coaches should continually strive to demonstrate.

BF recognises that it needs to provide different formats and methods of safeguarding training and is currently working on that aspect, which will be implemented in 2018.

In the meantime the current position on the requirements of safeguarding training

required for BF Fencing coaches is as follows.

1. Courses are delivered on a face to face basis
2. Training is valid for 3 year, before further training or re-training is required
3. The training must meet the following outcomes below
 - Identify and recognise good coaching practice and the implications for your coaching
 - Explore your values and feelings in relation to child abuse, and recognise their potential impact on your response
 - Recognise and respond to possible signs of child abuse
 - Take appropriate action if concerns about a child arise

Please note:

Most Local Safeguarding Children's Board and courses via schools generally lack the elements of good and poor coaching practice, and therefore will not be accepted.

COACHING ARTICLES

The Pygmalion effect and self-fulfilling prophecies

In a self-fulfilling prophecy, the expectations and perceptions that coaches form about their Fencers serve as prophecies that ultimately determine the Fencer's level of [Read More](#)



Wenger and Mourinho failed to learn by Matthew Syed

Nadella has overseen a remarkable turnaround. Microsoft's valuation has grown by \$360 billion. I was fortunate enough to spend the day with Nadella last September at an event examining the future of technology and asked him how he had masterminded the transformation. His answer was simple. "Our historic success had stopped us innovating," he said. "We became stuck in our ways.. [Read more](#)

Text book technique or encourage multiple solutions?



Should a coach teach the “textbook” technique or whether the coach should allow the performer to discover a technique that works best for them?

With the latter, one only needs to look at professional athletes from any sport to notice the variety.....[Read more](#)

Reflective Question - As a parent would you accept that for your child?

Despite evidence of high sports drop out at 13, sport still seems to drive national competition for Under 10's. The unintended consequence of this action is early specialisation in sport. Extrapolating that principle into a child's education, children should therefore specialise in one subject area in primary school!

COACHING NEWS

- Sports Minister Tracey Crouch's announcement that safeguarding legislation will be updated to include coaching as a 'Position of Trust'.
- UK Coaching has confirmed that 2018 will see the inaugural Coaching Week launched. Taking place from 4-10 June.
- December 2017 coach funding guide. The document is now available to [download](#)
- England Fencing are needing coaches for the Commonwealth Junior and Cadet Fencing Championships. For more information contact: eileenbuist@yahoo.co.uk

Next issue -

- Playing Up?
- What is Fun?

And finally

"Remember to look up at the stars and not down at your feet. Try to make sense of what you see and about what makes the universe exist. Be curious. And however difficult life may seem, there is always something you can do, and succeed at. It matters that you don't just give up."

– Stephen Hawking



Available British Fencing Courses:

- ① Coaching
- ② Refereeing
- ③ Welfare

Click here to book your place now!



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