



Dear British

Welcome to the Summer 2018 edition of the Coach Digest.

## BF COACHING FRAMEWORK

One of the outcomes of the review of the Coaching Framework is an increase in the focus of the "How to Coach" skills. As an example of this, as part of the Introduction to Coaching Fencing Course, the process of providing a good quality demonstration is explored. This highlights four major elements of the process in providing a quality demonstration.



### Coaching Process Skills Providing Demonstrations

Position so all can see and hear

Focus attention on 1 – 2 key points

Repeat appropriate demo more than once

Invite questions and check understanding



1. Position so all can see and hear
2. Focus attention on 1 or 2 key points
3. Repeat appropriate demonstration more than once
4. Invite questions and check for understanding

These four elements can also be split down to a micro level, which is explored in the practical delivery elements and reflection parts of the course.

## **COACHING UPDATES**

### **The Role of Bouncing Footwork in Fencing Workshop**

"The big question is whether fencers should bounce. Having been an epee fencer, this is something I used to do. However, I just did it as others did it! It is not something I was particularly taught. Now is this something epee fencers should do and the other weapons foil and sabre?" Dr Lindsay Bottoms.

Coaches gathered together to explore this question, and pick up some insights on the research behind it.

If there is sufficient interest Lindsay is happy to run a 4 hour workshop. Based on the response, it will be reviewed as to where the opportunity might be best placed.

Please use the link below to register any interest.

[\*\*Register Interest\*\*](#)

### **Performance Coach Programme - The Coach-Athlete Relationship**

On Saturday 2nd June, 30 Coach Developers and Coaches, who are involved in the GBR Athlete Development Programme came together to explore elements of the Coach to Athlete Relationship. Building on from the initial kick off day, in November 2018 coaches will be exploring some underpinning methodologies, before applying these in the context of their coaching practice. In April 2019, these coaches will meet again to exchange their ideas and learning from their coaching practice over the previous months.



## COACHING ARTICLES

### Playing Up

There is often a time when a young fencer based, on some good performances in domestic competition, has a good position in the rankings list. It is a logical assumption they are ready for the challenge of playing up..... [Read More](#)

Below is 12 yr old Basketball player Oliver Rioux...!



### What Makes Youth Sport Fun?

Why do they choose to play sport? ....because it is fun! This has consistently been the number one response to surveys on why children participate in junior and youth sport.

So, what does having fun mean in a sporting context - from a players, parents and coaches view? Some recent research into....[Read More](#)

## The Ride Home

Through public consultation, Canadians have said that they want their sport experience to be based on the values of fairness, excellence, inclusion and fun.

### Where is the fun?

Hanging out with their mates?



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## The success of late developers proves that our obsession with early achievement is wrong. By Ed Smyth



A fortnight ago, I fell into conversation with the head teacher of a local school. “You’ve got to create room for late developers,” he said. “The obsession with early attainment doesn’t suit most children.” We were soon finishing each other’s sentences ....[Read More](#)

### Reflective Question - Experts practiced with greater contextual interference, what might you change in your coaching?

Contextual interference refers to practicing multiple skills one after the other. Switching between skills represents high contextual interference whereas practicing one skill in isolation represents low contextual interference. Practice that features high contextual interference typically leads to greater learning. In a recent study, it was observed that expert players switched between skills more than the intermediate players. The intermediate players tended to practice each skill in isolation.

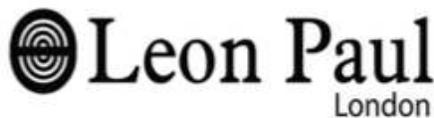
Reference: Coughlan, E. K., Williams, A. M., McRobert, A. P., & Ford, P. R. (2014).

**THE MOST DANGEROUS  
PHRASE IN THE LANGUAGE IS,  
“WE’VE ALWAYS DONE IT THIS WAY.”**

– GRACE MURRAY HOPPER,  
U.S. NAVY REAR ADMIRAL

## COACHING NEWS

- CIMSPA launches its Professional Standards Matrix, these include a working with children specialism. [More information](#)
- Research examining the physiological and thermoregulatory demands of male Epée fencing performance starting in July 2018. [More Information](#)
- Women in Sport report claims 'serious gender discrimination problem' within sector [Click here for report](#)



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