

# **FIE International Coaching Course**

## **Budapest, Hungary**

### **2024**

**Course duration** – Three months

➤ **Course content:**

**Fencing basics is covering all three weapons ( Level 2)**

❖ **Group training (Training in basic principles without specifying specifics) :**

- Group training formations
- Subject of general warm up
- Gymnastics in theory and practice
- Gymnastics exercises: planning, terminology and illustrations
- How to compose gymnastics exercises
- Methods of leading gymnastics lessons
- Stretching
- Warm up (specifically for fencing)
- Sports games
- Skill development games adapted for fencing
- Footwork preparatory exercises, methods of teaching
- Teaching advanced footwork techniques
- Exercises for developing footwork strength
- Fundamentals of hand technique during group training
- Possibilities for developing hand technique
- Dexterity development
- Thrust exercises to lunging pad
- Cut exercises to dummy
- Targeted footwork with weapon in hand
- Exercises involving pairs
- Pair exercises targeted for attack and defence
- The concept of 'timing' and types of timing in fencing

❖ **Individual lessons:**

**Fencing lessons basics ( basic principles without specifying specifics)**

- Posture of the Maestro
- Footwork of the Maestro
- Realistic blade presentation
- Coach preparatory exercises
- Student preparatory exercises
- Connections between fencing actions
- Correcting mistakes

- Methods of muscle relaxation
- Construction of the fencing lesson
- The mechanical lesson
- The variable lesson

#### ❖ **Other subjects:**

- Common questions around talent search and selection
- Physical capabilities development
- Physical stamina development
- Mental stamina development
- Training stress and tiredness
- Tactical development
- Competing
- The question of bringing out 'good form'
- Fencing hall accessories, teaching aids
- Electronic scoring equipment – how it works
- Parts of the weapon
- The basic construction and optimisation of the weapon
- Safety regulations and how to prevent fencing accidents
- fencing rules and regulations
- judging

#### ❖ **Theory (Hungarian University of Sports Education):**

- Coaching theory
- Pedagogy
- Sport psychology
- Physiology
- Management

(More detailed information on the theory courses' content will be provided by the relevant tutors)

#### **Daily course schedule (Weeks 1-8)**

- 09.00-09.45: General warm up, fencing specific warm up, games
- 10.00-10.45: Exercises for footwork development.
- 11.00-12.30: Weapon-specific coaching with weapon specialist coach.
- 15.00-17.00: Weapon-specific coaching - ongoing development.

#### **Daily course schedule (Weeks 9-12)**

- Preparing for practical exam.
- Construction of the exam-lesson. Practicing, overseen by mentor coach.
- Exams