

COACHING WORKSHOP
August 26 and 27, 2017
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TEACHING INDIVIDUAL LESSONS

Our vision of high performance and its culture has a clear and direct impact on coaching and coach training for fencing masters.

This vision often stops and is limited to the factors that improve it. I would like to define performance as a cultural, complex, and evolving phenomenon. We find the fencer as a person at the heart of this vision.

There exists no structure that ensures, on its own, the creation of champions. The highest levels of performance are a result of an athlete driven to win and a coach driven to help working within a high-performance structure.

The seed of performance is the road that will lead (or not) to competitive success.

Performance is unpredictable. Faced with this unpredictability, it is essential to craft a strategy. This strategy hinges on a general understanding of competition and a close understanding of the combat situation.

A commanding knowledge of the above will permit coaches to create a training framework where the conditions for the emergence of performance and competitive results are met. Individual lessons are an essential training tool as they allow both coach and student to emulate combat situations to better understand and experience them.

This workshop is built around a central theme:

Understand to Act, Act to Understand: From understanding the combat situation to building individual training lessons in epee.

PROGRAM

SATURDAY AUGUST 27, 2017

8:30 - 9:00 AM: Workshop Introduction

9:00 - 10:00 AM: Combat Situations

Understanding competitive combat situations to better create individual lessons.

Break - 15 min.

10:15 AM - 12:00 PM: Individual Lessons

Theme: Fundamentals

Generally in fencing, the term fundamentals is used to mean footwork.

This definition is too restrictive; the term should encompass everything that is fundamental to the practice of epee as well as those things relating to the level of practice. For beginners, for example, fundamentals would include safety, basic rules, the engage position, advancing and retreating, point control...

Therefore, fundamentals evolve alongside the fencer's level.

Fundamentals constitute the standards that each fencer expresses himself.

This block of time will be dedicated to codifying fundamentals.

1:00 - 2:15 PM: The Performance Project

There is no performance without emotion as performance expresses humanity.

It is important to consider the conditions for its emergence. The scientific aspects are obviously important to know, but mastery of these does not guarantee athletic success.

Therefore, considering the conditions necessary for athletic performance offers a framework for a vision, a strategy, a method and its management.

Break - 15 min.

2:30 - 5:00 PM: Individual Lessons

Theme: Attack in Preparation

Introducing the situation, adaptive handwork and development of defensive muscle memory.

Break - 15 min.

5:15 - 6:30 PM: Understanding Competition

Competition will be explored through a global overview of its components and its course.

7:30 - 9:00 PM: Series in Individual Lessons

SUNDAY AUGUST, 28 2017

8:30 -9:30 AM: The Inspiring Coach

The coach must be the one accompanying and guiding the fencer on his journey to performance.

He has a big impact on the motivation of his athletes. Motivation is understood only through action. How do we consider this aspect?

How do we teach epeeists to:

- Get the most out of their training sessions?
- Provoke, create challenges and goals?
- Give meaning to what they do?

How can coaches and fencers collaborate to develop strategies improving certain aspects of their game?

Break 15 min.

9:45 AM - 12:00 PM: Technical-Tactical Work in Individual Lessons

Theme: Attacking and Defending

Break 15 min.

1:00 - 2:30: Technical-Tactical Work in Individual Lessons

Theme: Provoking the Attack

Break 15 min.

2:45 Workshop Recap