NCDP Level 3 Core Clinic: Southeast Foil and Epee Clinic

August 1-2, 2026

COACH DEVELOPER

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LOCATION

Greensboro Fencing Academy

2001 E Wendover Ave, Greensboro NC 27405

CLINIC MEETING TIMES

Saturday August 1 & Sunday August 2
8am-5pm, 1 hour lunch break

CONTINUING EDUCATION HOURS

16

COST

$300 for USFCA Members

$400 for non-USFCA Members

$100 Students

WORKSHOP DESCRIPTION

This NCDP clinic is designed to use a structured, hands-on format to teach advanced coaching skills at the Level 3 Moniteur level in Foil & Épée. It features an interactive curriculum covering foundational coaching theories, functional warm-ups, progressive footwork, and structured lesson delivery.

The major focus of the clinic centers on the core objectives of:

- The EDGCC Framework and Teaching Organization: Mastering instructional design through 1:1 lessons, line drills, peer coaching, and group management.

- Tactical Blade and Target Presentations: Creating dynamic environments to teach distance control, target selection, blade avoidance (disengage/coupé), and blade opposition.

- The Core Combat Loop: Structuring simple actions around offensive, defensive, and counter-offensive themes.

- Modern Pedagogical Methods: Integrating \"co-opetition\" games, fostering athlete autonomy, and utilizing advanced feedback language.

The clinic culminates in a live afternoon skills clinic where Coaches-in-Training (CITs) apply these concepts directly by delivering athlete-driven individual lessons and bouting feedback.

STUDENT-CENTERED LEARNING OUTCOMES

By the end of the clinic, Coaches in Training will be able to:

- Teach a functional warm-up.
- Demonstrate footwork basics and controlling distance through footwork.
- Design, organize and implement lesson themes based on blade actions.
- Create lesson challenges.
- Develop drills and games that enhance aspects of fencing

Each module (Part 1-4) will have a formative assessment done on CIT by a CD.

CLINIC SCHEDULE

Day 1: Saturday August 1

Module 1

- Introduction, What is Coaching?
    - Interactive Exercise: Values
- EDGCC Framework
- Teaching Organization (1:1, line drill, peer, group)
- Functional Warmup
    - Interactive Exercise: CIT led warmup
- Footwork Basics & Controlling Distance
- Target Presentations (Elements of a Touch)
    - Practice: Create environment for touching different targets at correct distances

LUNCH (12-1p)

Module 2

- 1p: FA1: In conjunction w/ GFA Beginning Foil group
    - CIT-led Warmup
    - CIT-led Footwork
    - CIT-mini lessons (keep distance & find touch)
- Blade Presentations enroute to the Target (Deceive or Oppose)

    - Practice: Create an environment for avoiding or intercepting the blade. Disengage / Coupe / Opposition
- Defensive Blade Interactions
- Simple Actions: Attack / Defense / Counteroffense
- FA2: Lesson Challenges
    - Challenge 1: Can you present different targets to hit on riposte?
    - Challenge 2: Can you create an environment where a student either avoids or opposes the blade on riposte?

Day 2: Sunday August 2

Module 3

- ***Co-opetition*** as a model for fencing drill/games
    - Practice: Create a drill or game which emphasizes one aspect of fencing development. Can we evolve it as a group?
- Athlete Autonomy
    - Practice: Create a lesson where the student is responsible for one aspect of the lesson. Target. Timing. Etc.
- Language and Feedback Methods

LUNCH (12-1pm)

Module 4

- 2-4pm: Afternoon Skills Clinic with GFA Group (FA) - Athletes come with a goal/skill they'd like to work on.
    - Warmup
    - Footwork / Game
    - Individual Lessons (based on athlete request)
    - Bouting + Feedback
- 4-5pm: Self-Analysis / Reflections / Improvement Pathways

EQUIPMENT NEEDED

Coaches are expected to attend the clinic fully equipped to give an individual lesson. (coach jacket, mask, glove, weapons, etc) Some loaner equipment may be available. Please inquire with the clinic organizers.

RECOMMENDED READING MATERIAL

- Foil Technique and Terminology by Jean Jaques Gillet

DIVERSITY, INCLUSIVITY, AND ACCESSIBILITY STATEMENT

This USFCA Coaches Clinic is committed to diversity, inclusivity, and accessibility espoused by the USFCA. Specifically, students from diverse backgrounds and perspectives will be welcomed and served by this Academy. Students' learning needs will be addressed both in and out of class, and diversity that the

students bring to this class be viewed as a resource, strength, and benefit. It is our intent to present materials and activities that are respectful of diversity: gender identity, sexuality, disability, age, socioeconomic status, ethnicity, race, nationality, religion, and culture. Presentations will be accessible to individuals with mobility disabilities and will mitigate the effects of other disabilities that might present a barrier to attendees.