



Syllabus

San Francisco Regional USFCA Coaches Clinic 2022

Instructor/s: Rob Handelman, Maître d'Armes, Connie Louie, Master of Sabre, Sandor Mandoki, Prévôt

Clinic description:

Our three weapon clinic is hands on with very little time spent on lecture and watching. There are 24 hours of instruction, which give the coach ample time to learn and integrate many new higher level skills.

Our teaching goal is to have each coach (of any level) improve their ability to present various coaching cues and preparations. We will then work to integrate them in option lessons (for Y10, Y14/Vet, and high level). The lessons will use the fencing elements of distance, timing, tempo, speed and initiative to help improve your students. In addition, there will be a two-hour sports psychology/mental toughness training on Saturday evening.

The lead coaches will demonstrate and the attending coaches will practice the actions immediately afterwards. The coaches will be videotaped while working on many of the fencing techniques in the lessons.

For example, the coach will be given two or three simple actions and taught step by step how to make an Option lesson that is challenging for any level student. The first level coaches will also give individual lessons with simple options and if requested can concentrate on teaching lessons in group settings.

The lessons will vary by using preparations which may include: footwork, engagement, change of engagement, absence of blade, invitations, feints of blade and/or body, attacks on the blade, takes of the blade, and the false attacks.

For coaches that have a strong background in Option lessons during the practice sessions the instructors will help the coaches' to more effectively use: changes of distance, timing, hand and blade orientation, and footwork. This will help to refine their cues, speed, distance, shorter reaction time and rapid tempo change.

For advanced coaches we will also add hand and foot coordination both correctly and purposefully incorrectly executed, foreseen and unforeseen actions, more student initiative and varied tactical situations.

Student-centered outcomes:

Present step-by-step:

- Various cues for the blade
- Learn the pedagogy of giving Teaching and Option Lessons
- Use of six distances for cues in option and teaching lessons
- Types of coaching footwork for higher level students
- How to use timing and distance in the lesson as an option
- How to use speed, initiative in a lesson for all levels of fencers
- Option Lessons how to use actions and coaching reactions to vary the level
- How to fix the lesson when things are going wrong

Clinic schedule:

Thursday Day 1	1/27/2022 9:00-4:00PM	Coaching lesson concepts – using the same actions and giving an option lesson to Y10, Y14 /Vet, Elite level fencers – using the fencing elements	Positioning and cues of arm and blade movements, coach and student footwork progressions, target presentation, teaching distances, various preparations
Friday Day 2	1/28/2022 9:00-5:00PM	Continuing application in the individual lesson of the concepts of the Fencing Elements	Use the elements of Distance, Timing
Saturday Day 3	1/29/2022 2:30-6:30 PM	Continued application in the individual lesson of the concepts of the Fencing Elements	Use the elements of Tempo, Speed, Initiative
	10:30-12:30 Optional	Sabre group classes - working with intermediate –advanced youth	Teaching the warm-up, games, group drills and bouting themes, strip coaching
	7:30-9:30 PM	Sports Psychology – Mental Training	
Sunday Day 4	1/30/2022 9:00–12:00 PM	Videotaping of the coaches lessons with feedback	Possible exams for any qualified coaches from 1-6 PM

Total number of instructional hours: 24

Textbook and materials:

Required:

- Coaches are expected to attend the clinic fully equipped to give an individual lesson (coach jacket, mask, glove, weapons, etc.)
- Helpful to come with another coach or student.
- Notebook or video recorder

Suggested: Either the below sabre or foil book or the Fencing Metrics online Epee course:

- **Fencing Sabre: A Practical Training Guide for Coaches, Parents and Young Athletes**, Handelman and Louie, 2010, Second edition 2015, Pattinando Publishing, San Francisco, CA
- **Fencing Foil: A Practical Training Guide for Coaches, Parents and Young Athletes**, Handelman and Louie, 2014, Pattinando Publishing, San Francisco, CA
- Purchase the Fencing Metrics Course ***Everything You Wanted To Know About Epee And More at Fencingmetrics.com***

Inclusivity and Accessibility statement:

This clinic is committed to following the commitment to inclusivity and accessibility espoused by the USFCA. Specifically, students from diverse backgrounds and perspectives will be welcomed and served by this course, 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 my 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.