

EPEE COACHING CLINIC - THE INDIVIDUAL LESSON. WHAT, WHEN AND HOW?

KATY, TX – APRIL 2022 | Presented by: Maître D'Armes Evandro Duarte Oliveira

DESCRIPTION

Clinic Title: THE INDIVIDUAL LESSON. WHAT, WHEN AND HOW?

Organizer: Dragon Heart Fencing Academy

Course Level: Moniteur and Prevost

Epee instructor: Maître d'Armes Evandro Duarte Oliveira

Clinic Date: April 2-3, 2022

Clinic Time: 9:00 – 7:00 Saturday and Sunday

Practical Prevot Examination: Sunday 4:00 pm

Location: Dragon Heart Fencing Academy @ 510 S Mason Rd Katy TX 77450

Telephone: 832-913.86.46

E-mail: info@dragonheartfencing.org

Hours: 13 hours

Cost: \$272 USFCA Member/ \$340 Non-Member

All payments to: Dragon Heart Fencing Academy.

Registration: www.dragonheartfencing.org

To all applicants for Prevot Examination:

- 1.- You must **take and pass** the online written USFCA Prevot exam **before** you get to the clinic. Visit <https://usfca.org/index.php/certification/certification-exams> for detailed information.
- 2.- **Bring** proof of USFCA membership.
- 3.- **Bring** the email confirmation that you have passed the online exam
- 4.- **Bring** the confirmation that you have paid online, for the practical exam.
- 5.- You must **be SafeSport Certified**.
- 6.- You must have a **current background check** in your profiles on the USA Fencing website.
- 7.- No exam fees are to be paid to the clinic organizers. **It needs to be done online at the USFCA website.**

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 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.

EPEE COACHING CLINIC - THE INDIVIDUAL LESSON. WHAT, WHEN AND HOW?

KATY, TX – APRIL 2022 | Presented by: Maitre D'Armes Evandro Duarte Oliveira

PROGRAM

SATURDAY April 2, 2022

9:00 Introduction

9:30 The Individual Lesson

- Definition and discussion
- When to start?
- The Lesson as an element of confidence for the athlete.

10:00 Classification of the Individual Lesson according to different criteria

11:00 What to teach?

Content of the lesson according to different criteria. Practical exercises.

12: 00 Lunch Break

2:00 Practical examples of lessons for different levels, by participants

3:30 How to build your own lessons?

4:30 – 7:00 Build your own lesson and practice. (Content and progression)

Corrections and notes to the participants.

7:00 Saturday Session ends.

SUNDAY April 3, 2022

9:00 Coach personal care and preparation. Must Coaches train and workout?

10:00 Cues for action in the individual lesson. (Consistency, clear execution, progression)

How to teach distance and tempo control in the lesson

11:30 Ethical aspect of the Individual Lesson:

- Rapport Coach-Athlete
- Respect Coach -Athlete
- Body position and movement's correction.

12:30 Lunch Break

2:00 Practical lessons:

From direct to indirect actions

Attack and defense

Complex actions for High Performance Athletes.

4:00 Practical Prévôt Examination for applicants

6:00 Extra Lesson Practice

7:00 Closing

CONTENT OVERVIEW

1. - What is the Individual Lesson?

The individual lesson is an exchange of information between two people, which allow us to develop actions and criteria, useful to understand and perform in a bout. (Sanchez, 2020)

“It requires a complete participation and involvement, highly technical correction, sense of judgment and opportunity, speed in the execution, right assessment of distance and accuracy; being this last two often correlated”. (Leffin, n.d.)

2. - When to start?

Is my athlete too young/too old for a fencing lesson?

- i. Depending on the system/country:
 - 1. Private funding
 - 2. Public funding/ sponsorship
 - ii. Depending on the interest of the athlete and club orientation:
 - 1. Competitive
 - 2. Recreational
 - 3. Health Promotion
 - iii. Depending on the setting:
 - 1. Elementary School
 - 2. Private facility
 - 3. College Fencing
 - 4. High Performance
-
- The Lesson as an element of confidence for the athlete

3.- How can we classify the Individual Lesson, according to different criteria?

According to the athlete's level:

- Lessons for beginners
- Intermediate level
- High Performance

According to the content:

I. - Study Lesson (or initiation): fundamentally to develop coordination and appropriate technique. It can be used:

- For athletes with a reduced number of actions.
- To start a new action, with kids or beginners.
- To reinforce the knowledge previously acquired.
- For High Performance athletes, at the beginning of the season.

Remarks:

- ✓ We work by anticipation: we tell the student what to do.
- ✓ We must refrain from giving too much information in the same session.
- ✓ We correct all necessary elements.
- ✓ After mastering the content, we can progress to the next level.

EPEE COACHING CLINIC - THE INDIVIDUAL LESSON. WHAT, WHEN AND HOW?

KATY, TX – APRIL 2022 | Presented by: Maitre D'Armes Evandro Duarte Oliveira

II. - Training Lesson:

- For athletes with an important number of actions.
- To master an action previously acquired
- For High Performance Athletes, at any moment of the season

Remarks:

- We mix and combine technique and tactic.
- The goal is to apply the action.
- We work by anticipation, but we can also work by adaptation (introducing new factors).

III. - Bout Lesson:

- For athletes already mastering some elements such as speed in execution, rhythm, and change of direction.
- For athletes that already know how to perform an important number of actions.
- To reinforce creative thinking and problem solving skills.
- Aims to maximum performance
- Develops autonomy

Remarks

- ✓ The student must take the initiative.
- ✓ We do not tell the student what to do. He/she will use own criteria, depending on the situation.
- ✓ We can add up more reactions over his/her reactions, and he/she should adapt.

Mixing different types of lessons:

Study, Training or Combat lessons can be combined in different moments, depending on the level of performance of both Coach and athlete, and also on the stage of the competition season. Actions must be age and level appropriate, and it is always important for the athlete to understand why he/she is performing action.

This Coaching Clinic is presented by courtesy of Maître d'Armes Evandro Duarte Oliveira, from Duke City Fencing; at Dragon Heart Fencing Academy, Katy TX. April, 2022.

4.- What to teach?

- ✓ We can work in actions the athlete already knows, to be performed with automaticity and fluency. Depending on specific needs for a competition, some actions are more important than others. (Sánchez,2020)
- ✓ In preparation for a competition, it is important to work on time, distance and coordination.
- ✓ We can work on different concepts and apply them on the strip: What is a preparation? How to perform it?
- ✓ We can work in: when to accelerate/change speed?
- ✓ We can work on weaknesses, or reinforce strong points.
- ✓ How to think from the opponent point of view?
- ✓ We can improve specific actions that led to results in a competition.

5.- How to teach?

Cues for action in the individual lesson.

- Consistency
- Clear execution
- Position of the hand/foot/torso.
- Progression
- How to teach distance and tempo control in the lesson
- Changes without surprise

Time and distance control:

- Footwork
- Assessing distance with the tip

- **Ambidexterity of the Coach/Master:**

- Is it necessary?
- Is it an advantage?
- Some Actions for left and right handed athletes.

6.- Ethical aspect of the Individual Lesson:

- Rapport Coach-Athlete
- Respect Coach -Athlete
- Body position and movements' correction.

7.- Generalities and final comments.

Each Coach has its own point of view and system developed through experience, but generally speaking:

1. – The Individual Lesson must be used in direct relationship to the level of the athlete, for him/her to be able to receive the intended amount of information. For the same reason, individual sessions cannot be planned focusing only in exceptional talents.
2. - There might exist a balance between group and individual lesson.
3. – The Individual lesson increases motivation and confidence. It must represent a permanent challenge, requiring 100% of the student attention and effort. It also promotes a positive connection between Master and students, and also the understanding of the benefits for enhanced performance.
- 4.- The actions must follow a logical progression.
- 5.- Warm up and cool down are important parts of the session.
- 6.- Tactic and technique can be combined in the lesson.
- 7.- Before competitions, it is not recommended to spend all the energy and resources of the athlete in an Individual Lesson. We must use it to work on certain actions and details, and to improve the athlete's confidence.

“At the end of the day, you will have the results you worked to deserve”.

Maitre D'Armes Evandro Duarte Oliveira