Everything You Wanted to Know About Epee and More
For an In-depth View of How to Coach Epee

USFCA Coaches Epee Clincs
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Learning Objectives for the Complete Video Series of 21 Sessions

Audience
This course is for:

- Epee fencers that are transitioning from competition to coaching.
- Coaches that have been teaching for any number of years and wish to improve their technical abilities in Epee.
- The first clinic of three sessions' covers the base for epee coaches that level 2-3+ coaches need and refines what level 3-5 coaches may know. Clinics 2-7 continue to increase the level of detail for all epee actions and show how to use the techniques in higher level lessons. These clinics are not set up for beginner coaches who have no experience in fencing.

Conditions of learning

- Training choice available for the coach:
    - 1. A two hour video presentation of each session's material to review at the student's own pace.
    - 2. Pass a formative written assessment after each session and refer to resources included in the course.
- All video sessions will present the information using National Coaching Development Coaching Program (NCDP) teaching methods:
    - **Explain** and define what the fencing action is
    - **Demonstrate** how to execute it for both the coach and student
    - **Guide** the coaches through the pedagogical aspects of how to present it to a student
    - **Correct** errors of technique for the student
    - **Critique** any potential errors the coach may encounter
- The below techniques demonstrated are to be practiced in a fencing club with various levels of students.
    - The instructor will show the coach's positioning, blade movements and hand and foot coordination in detail. Each action will be shown at fencing speed, then slowly with a breakdown of each movement, and again at speed. Use of the non-dominant hand is shown and then practiced by the coaches. The coach will later repeat the action as they utilize and present it to their student.
    - Coaches will be taught: timing of when to do the movements, at what distance to do them, and how to react during and after they are

complete. How to adapt an action to youth, veteran, and elite level fencers is presented..
    - Utilization of the actions will be shown in the context of continual movement that occurs in fencing actions, and integration into fencing lessons. Coaches will learn, and then demonstrate, how to change their reactions to the student's actions. This creates varied options for the student to experience and improve speed of reaction and decision making.
- A S**ession Training Companion** is available after each session for the coaches to use with their students that summarizes all the actions of the main session. After viewing the session it is recommended to place these actions in the context of a complete lesson progression with students at the coach's club.
- When necessary resource material handouts will be included highlighting the lecture and practical material for the coach to study. This will supplement the practical demonstrations of the videos. A formative assessment will conclude each session to consolidate learning.

Behavior of what is expected

- Before taking this course, coaches are expected to already understand and execute basic fencing techniques (footwork, blade actions, timing and distance bouting skills) and strategies.
- The coach will work with various students of different ages, skill levels and backgrounds to practice the materials presented.
- Specifically, the coach will practice cueing the action, timing of the cue for the student's reactions, coach's distance, and footwork.
- The coach needs to use the material to build on what is presented in each previous session.

Degree of what is expected to be accomplished

- For the first 10-15 sessions the student is expected to correctly perform and describe the given actions at 50-80% level of perfect. From the 15th session forward, 80% or more is expected. The student will self-evaluate by observing and comparing themselves with video.
- There is a formative assessment at the end of each session that will cover the material presented. The assessment will evaluate a coach's deeper level of understanding of epee techniques, their execution, utilization and pedagogy.
- The student should correctly complete the assessment with 90-100% of correct answers before moving to the next video session. If the answers are below 90% it is recommended to review the session or at least the session training companion before moving on.