

FINA Coaches Certification Course Coach Level (L2)

Face to Face Course Programme

<u>Day 1</u>	Classroom session
09.00 - 09.45	Welcome and introduction
09.45 – 10.15	Review training classifications
10.15 – 10.45	Review planning & periodisation
10.45 – 11.15	Coffee break
11.15 – 12.00	Preparing to coach
12.00 – 13.00	Lunch break
13.00 – 14.00	Stroke mechanics, faults, corrections & laws
14.15 – 16.15	Pool session
	Practical coaching & frontcrawl stroke analysis
	Homework
Day 2	Classroom session
09.00 - 10.00	Anatomy & physiology
10.00 - 10.45	Scientific principles, FMS, CAS
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10.45 – 11.15	Coffee break
	Coffee break Preparing to coach
10.45 - 11.15 11.15 - 12.00 12.00 - 13.00	Coffee break
10.45 – 11.15 11.15 – 12.00	Coffee break Preparing to coach
10.45 - 11.15 11.15 - 12.00 12.00 - 13.00	Coffee break Preparing to coach Lunch break
10.45 - 11.15 11.15 - 12.00 12.00 - 13.00 13.00 - 14.00	Coffee break Preparing to coach Lunch break Stroke mechanics, faults, corrections & laws
10.45 - 11.15 11.15 - 12.00 12.00 - 13.00 13.00 - 14.00	Coffee break Preparing to coach Lunch break Stroke mechanics, faults, corrections & laws Pool session
10.45 - 11.15 11.15 - 12.00 12.00 - 13.00 13.00 - 14.00	Coffee break Preparing to coach Lunch break Stroke mechanics, faults, corrections & laws Pool session Practical coaching & backcrawl stroke analysis
10.45 - 11.15 11.15 - 12.00 12.00 - 13.00 13.00 - 14.00 14.15 - 16.15	Coffee break Preparing to coach Lunch break Stroke mechanics, faults, corrections & laws Pool session Practical coaching & backcrawl stroke analysis Homework
10.45 - 11.15 11.15 - 12.00 12.00 - 13.00 13.00 - 14.00 14.15 - 16.15	Coffee break Preparing to coach Lunch break Stroke mechanics, faults, corrections & laws Pool session Practical coaching & backcrawl stroke analysis Homework Classroom session
10.45 - 11.15 11.15 - 12.00 12.00 - 13.00 13.00 - 14.00 14.15 - 16.15 Day 3 09.00 - 09.45	Coffee break Preparing to coach Lunch break Stroke mechanics, faults, corrections & laws Pool session Practical coaching & backcrawl stroke analysis Homework Classroom session Review land training
10.45 - 11.15 11.15 - 12.00 12.00 - 13.00 13.00 - 14.00 14.15 - 16.15 Day 3 09.00 - 09.45 09.45 - 10.45	Coffee break Preparing to coach Lunch break Stroke mechanics, faults, corrections & laws Pool session Practical coaching & backcrawl stroke analysis Homework Classroom session Review land training Review data collection

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13.00 – 14.00	Stroke mechanics, faults, corrections & laws
14.15 – 16.15	Pool session Practical coaching & butterfly stroke analysis
	Homework
Day 4	Classroom session
09.00 - 10.30 10.30 - 11.00 11.00 - 12.00 12.00 - 13.00 13.00 - 14.00	Review test sets Coffee break Preparing to coach Lunch break Stroke mechanics, faults, corrections & laws
14.15 – 16.15	Pool session Practical coaching & data collection Homework
<u>Day 5</u>	Classroom session
09.00 - 09.45 09.45 - 10.30 10.30 - 11.00 11.00 - 12.00 12.00 - 13.00 13.00 - 14.00	Continuing professional development Preparing to coach Coffee break Preparing post course work, individual feedback, completion of work, post course work discussion (I) Lunch break Preparing post course work, individual feedback, completion of
14.15 – 16.15	work, post course work discussion (II) Pool session Practical coaching & breaststroke stroke analysis
	Homework

Please note that depending on the standard of the participants and the local circumstances the programme may be slightly changed by the tutor



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