



FINA Coaches Certification Course Coach Level (L2)

Face to Face Course Programme

Day 1

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

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 & backcrawl stroke analysis

Homework

Day 3

Classroom session

09.00 – 09.45

Review land training

09.45 – 10.45

Review data collection

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 & butterfly stroke analysis

Homework

Day 4 **Classroom session**

09.00 – 10.30 Review test sets

10.30 – 11.00 *Coffee break*

11.00 – 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 & data collection

Homework

Day 5 **Classroom session**

09.00 – 09.45 Continuing professional development

09.45 – 10.30 Preparing to coach

10.30 – 11.00 *Coffee break*

11.00 – 12.00 Preparing post course work, individual feedback, completion of work, post course work discussion (I)

12.00 – 13.00 *Lunch break*

13.00 – 14.00 Preparing post course work, individual feedback, completion of work, post course work discussion (II)

14.15 – 16.15 **Pool session**
Practical coaching & breaststroke stroke analysis

Homework

16.15 – 18.15 **Summary & wrap-up**
18.15 **End of FINA Coaches Certification Course**

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