

FACE TO FACE COURSE PROGRAMME**Day 1****09.00 – 09.45****09.45 – 10.45****10.45 – 11.00****11.00 – 12.00****Classroom session**

Welcome and introduction

Technique and skills

*Coffee break***Pool session**

Observe swimmers/peers performing strokes/skills

Day 2**09.00 – 09.30****09.30 – 10.30****10.30 – 10.45****10.45 – 11.45****11.45 – 13.00****13.00 – 14.00****14.15 – 16.15****Classroom session**

Athlete development support pathway and periodisation

Components of a session plan

Coffee break

Principles of training

Lunch break

Prepare warm up/swim down

Pool session

Observe land based pre pool warm up. Assist in coaching sessions. Deliver own planned activity

Day 3**09.00 – 09.30****09.30 – 10.30****10.30 – 10.45****10.45 – 11.45****11.45 – 13.00****13.00 – 14.00****14.15 – 16.15****16.15 – 18.15****18.15****Classroom session**

Evaluation of practical session.

Review own performance

Types of training

Coffee break

Prepare session plan

Lunch break

Land training

Pool session

Assist in coaching sessions. Deliver own planned activity

Summary & wrap-up**End of 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 Expert.