

Face-to-Face Online Course
PROGRAMME¹

DAY 1/ Week 1 (3h)

Welcome & Introduction	10'
Role of the Coach & Coaching philosophy	50'
Long term Athlete Development Pathway	30'
<i>Break</i>	15'
Basic propulsion & Sculling techniques	1h
Review of the homework and DAY 2 topics	15'

Day 2/ Week 2 (3h30')

Identify effective teaching methods for Basic Propulsion and sculling	45'
Teaching method for AS	45'
<i>Break</i>	15'
FINA Handbook - positions, movements and figures	1h
Group activities	30'
Review of the homework and DAY 3 topics	15'

Day 3/ Week 3 (3h30')

Outstanding questions of day 1 & 2	30'
FINA rules - Free routines	45'
<i>Break</i>	15'
Key components for the AS routines development process	1h
Video Analysis & Group activities	30'
Review of the homework and DAY 4 topics	30'

Day 4/ Week 4 (3h)

Outstanding questions of day 3	30'
Session plan	1h
<i>Break</i>	15'
Q&A	30'
Review of the homework	15'
Wrap up & Conclusion	30'

¹ Please note that the program may be subject to minor changes.