

SUGGESTED 10-SESSION GO/FENCE PROGRAMME FOR LEVEL 2 QUALIFIED COACH

If in doubt, there are further notes and lesson plans supplied with the GO/FENCE Leader course manual, available from Head Office. As you become more familiar with the system you may wish to develop your own programme and use your own favourite games and exercises. Similarly with a longer programme you may wish to develop fencing-technical skills further as in the programme shown below.

	5 mins	10 mins		5 mins	5mins	25 mins
Session #	Warm-up	Game	Or Reaction Exercise	Footwork	Revise	New topics + free fencing
1	Introductions, history, 3 weapons, terminology, safety, rules of the salle (weapons, running, edges, "halt!"), warm-up, gentle stretches, walk, reach, jog, jog backwards, side-to-side steps, reaction time game (e.g. hand tap), stance, advance, retire, thrust, knee fencing, break, introduce the weapon, the grip, free fence, salute.					
2	Gentle stretches in a circle, jog (touch floor, jump, change direction) on commands 1, 2, 3.	"Pass the squeeze"	Coach's hand signal backwards and forwards		Session 1 esp. terms and safety	Kit, hit, thrust and lunge Distance Free fence: "On Guard, Are you ready? Play!" & "Halt!"
3	Pass the mask, Circle jog, 'Greek dance'	Circle Ball	Reprise		Session 2	The defence: Parry quarte, sixte, and riposte.
4	Resistance Training	Skipping	Ballestra		Session 3	Counter-ripostes (1 st and 2 nd)
5	With a partner side-step facing each other and high five on coach's command. With a partner, jumping and toe tapping alternate toes, opposite toes	Glove on mask	Flèche		Session 4	Disengage, beat.
6		Opposites: 1=2, 2=1, forward=back, back=forward			Session 5	
7		(Pairs in the circle, dob with glove)				Semi-circular and circular parries, 8, 7, 6, 4
8	Run through rope etc.		"In the river, on the bank"		Session 7	Compound attack by 1-2, judging
9	Stretches with foil	Kneel in circle with foil, jumping over	Stepping on spot, faster and faster, then stop and take step forward, check feet position		Session 8	Scoring, timing, poule sheets Individual poules/mini-tournament
10			Jumps, small steps, knee lift – check feet position		Session 9	Individual poules/mini-tournament

As a general rule always finish with free fencing and a formal class salute