

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 & freestyle 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 & backstroke 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**09.00 – 09.45****09.45 – 10.30****10.30 – 11.00****11.00 – 12.00****12.00 – 13.00****13.00 – 14.00****14.15 – 16.15****16.15 – 18.15****18.15****Classroom session**

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 work, post course work discussion

Pool session

Practical coaching & breaststroke stroke analysis

Homework**Summary & wrap-up****End of World Aquatics 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.