



Face-to-Face Online Course  
**PROGRAMME<sup>1</sup>**

**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' |

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<sup>1</sup> Please note that the program may be subject to minor changes.