

FACE TO FACE COURSE PROGRAMME
Day 1

09.00 – 09.45
09.45 – 10.15
10.15 – 10.45
10.45 – 11.15
11.15 – 12.00
12.00 – 13.00
13.00 – 14.00
14.15 – 16.15

Classroom session

Welcome and introduction
 Review training classifications
 Review planning & periodisation
Coffee break
 Preparing to coach
Lunch break
 Stroke mechanics, faults, corrections & laws
Pool session
 Practical coaching & frontcrawl stroke analysis
Homework

Day 2

09.00 – 10.00
10.00 – 10.45
10.45 – 11.15
11.15 – 12.00
12.00 – 13.00
13.00 – 14.00
14.15 – 16.15

Classroom session

Anatomy & physiology
 Scientific principles, FMS, CAS
Coffee break
 Preparing to coach
Lunch break
 Stroke mechanics, faults, corrections & laws
Pool session
 Practical coaching & backcrawl stroke analysis
Homework

Day 3

09.00 – 09.45
09.45 – 10.45
10.45 – 11.15
11.15 – 12.00
12.00 – 13.00
13.00 – 14.00
14.15 – 16.15

Classroom session

Review land training
 Review data collection
Coffee break
 Preparing to coach
Lunch break
 Stroke mechanics, faults, corrections & laws
Pool session
 Practical coaching & butterfly stroke analysis
Homework

Day 4

09.00 – 10.30
10.30 – 11.00
11.00 – 12.00
12.00 – 13.00
13.00 – 14.00

Classroom session

Review test sets
Coffee break
 Preparing to coach
Lunch break
 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

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

14.15 – 16.15

Pool session

Practical coaching & breaststroke stroke analysis
Homework

16.15 – 18.15
18.15

Summary & wrap-up

End of FINA 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.