



**ESC COACH DEVELOPMENT COURSE PROGRAM
Level 1**

DAY	PISTOL	RIFLE
DAY 1 15.11.2024	1. Fundamentals of Marksmanship Theoretical Introduction: Definition and Manifestations of Precision, Elements of Technique, Shooting Positions and Practical Lessons: Elements of technique, Analytical and synthetic methods of learning technique.	1. Introduction to rifle shooting. Working with the main principles in position building (prone, kneeling and standing) and the shot process. Theoretical and practical sessions to work on methodology and principle of teaching.
DAY 2 16.11.2024	2. Training and coaching. Theoretical Discussion Concept of Training, Phases of Training, Training Throughout the Seasons and Practical Application Applied Technical Training, Competition Preparation	2. Training and coaching. Theoretical and practical lesson. Focusing on applied technical training and competition preparation. The role of the coach and coaches' soft skills incl mental training for youth. Task connected to training/competition.
DAY 3 17.11.2024	3. Performance Planning and Assessment Theoretical Session: Planning for Individual Development, Main Principles in Planning and Practical Activities: Training Planning (According to Age, Sporting Experience, Precision Level, Discipline)	3. Planning to perform. Theoretical and practical lessons. Planning for individual development. Main principles in planning.

Evaluation:

- Final Test: Assessment of participants' skills and knowledge (1-hour, written test).
- Continuous Assessment: Evaluation of participation, progress, and completion of assignments.

