

**FENCING**

Steele Sports

## **BEGINNERS' COURSE LESSON PLANS (SABRE)**

### **SESSION 1**

(NB This session has a slightly different format to all the following sessions)

#### **THEME – Introduction to fencing, and the programme, The Stance and Mobility**

##### ***Resources required:***

Course register  
Sticky labels for names  
Marker Pen  
Sabres only for class and instructor  
1 foil and 1 epee plus kit to show

Lay out an area with sufficient chairs + table for equipment/weapons

Part 1: 30 minutes

Introductions (include self) – who, what, where, done any before/when was the last time you exercised? (Also intro club officials as appropriate)

Explain contents of session (introductions, background to fencing, introduction to standing and moving like a fencer)

History, 3 weapons, terminology, safety, rules of the salle (weapons, running, walking around the edges, 'Halt!'), fencing kit demo

***Emphasise that all sessions start at (time) with warm-up which is essential before fencing to avoid injury***

Part 2: 20 minutes

warm-up – walk, reach, jog, jog backwards, side-to-side steps,  
Gentle stretches with mobility  
Simple reaction time game (eg, Hand tap or 'rats and rabbits'),

Part 3: 35 minutes

stance – en garde,  
advance,  
retire,  
thrust,  
'knee' fencing (or some other mobility game to practice steps forward and backward),  
break for a drink of water,  
introduce the weapon, (coach issues it – reminding all about how to carry a weapon when not fencing with it)  
the grip, (and if time, the hitting action)  
salute

## **BEGINNERS' COURSE LESSON PLANS (SABRE)**

### **SESSION 2**

#### **THEME – The Basic Attack**

Resources: all equipment

#### ***Warm-Up/Stretch***

Jog in circle, swing arms (touch floor, jump, change direction) on commands 1, 2, 3.  
*Gentle* stretches with mobility (NO STATIC STRETCHES, DEEP STRETCHES OR HYPER-EXTENSIONS at this stage)

#### ***Game/fencing-related activity***

A game of tag or 'Half-on-Half': Two teams, one stops other from getting to other side, no body contact, no diving, no ganging up. Then swap (Ask: what were people's strategies? Point out relationship to tactical use of footwork and dummy moves)

#### ***Footwork session***

Revise stance, advance and retire, thrust (on coach's timing)  
Break (1 minute!)

***Issue jacket, plastron, glove, mask.*** Ensure all worn and fitted correctly, especially left/right handed

Coach *must* issue weapons (having checked them for serviceability)

Revise grip and introduce blade manipulation exercises

Teach the target and distinguish between on and off target

Teach basic cuts to head, flank and chest, at hitting (riposte) distance – short measure

Drills for practicing basic attack, at hitting distance

Teach lunge, then practice cuts at lunging (medium) distance then step lunge (long) distance

Free-Fence – introduce rules of etiquette (saluting before bout, acknowledging hits on target, saluting and shaking hands after bout)

#### ***Warm down and salute***

## **BEGINNERS' COURSE LESSON PLANS (SABRE)**

### **SESSION 3**

#### **THEME – Basic Defence**

Resources: all equipment

Mark out game area with cones if no other markings available

#### ***Warm-Up/Stretch***

Circle Jog, loosen arms and hands arms, 'Greek Dance', then touch floor, jump, change direction on commands 1, 2, 3 and add 'en garde!' on Command '4' they check foot position.

Isometric, resistance training in pairs

#### ***Game/fencing-related activity***

Mass tag with glove

***Kit-up.*** Coach *must* issue weapons

#### ***Footwork/arm session***

Revise stance, advance and retire, thrust, lunge, step-lunge (on coach's timing)

Introduce the concept of defending with distance

Pairs distance exercise

Break (1 minute!)

Introduce the concept of ***priority***

Teach simple Parries of 4, 5, 3 and their direct ripostes

Drills to practice

Free fence – remind class of rules of etiquette

#### ***Warm down and salute***

## **BEGINNERS' COURSE LESSON PLANS (SABRE)**

### **SESSION 4**

#### **THEME – Basic Phrasing (1<sup>st</sup> Counter Riposte)**

Resources: all equipment

#### ***Warm-Up/Stretch***

Pass-the-Mask in teams  
Gentle mobile stretches

#### ***Game/fencing-related activity***

Circle Ball (two groups)

#### ***Footwork/arm session***

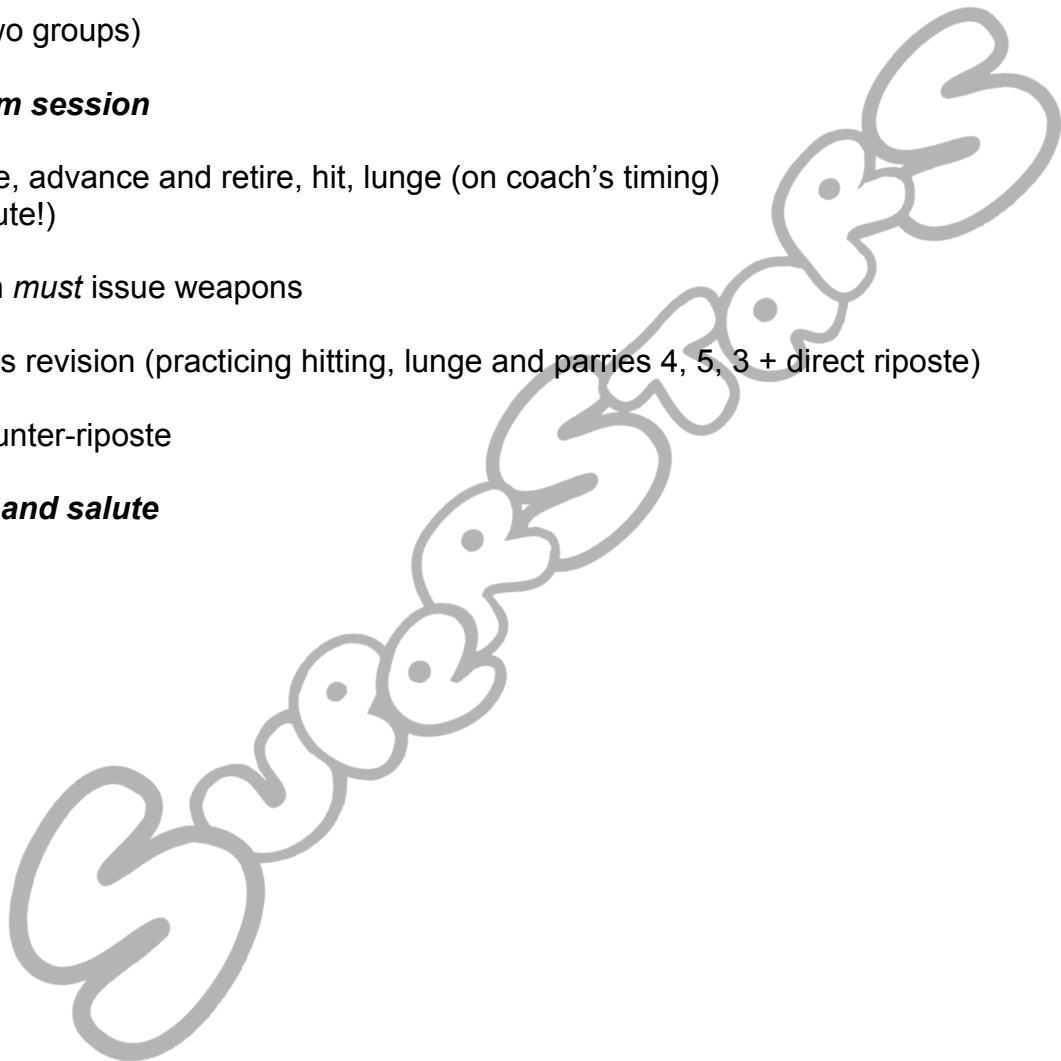
Revise stance, advance and retire, hit, lunge (on coach's timing)  
Break (1 minute!)

Kit-up. Coach *must* issue weapons

Free Fence as revision (practicing hitting, lunge and parries 4, 5, 3 + direct riposte)

Teach 1<sup>st</sup> Counter-riposte

#### ***Warm down and salute***



## **BEGINNERS' COURSE LESSON PLANS (SABRE)**

### **SESSION 5**

#### **THEME – Revision/Consolidation**

Resources: all equipment

#### ***Warm-Up/Stretch***

With a partner side-step facing each other and high five on coach command. Also change direction and 'en-garde'

With a partner, jumping and toe-tapping alternate feet, opposite feet

#### ***Game/fencing-related activity***

Glove-on-mask (two groups)

#### ***Footwork/arm session***

Revise stance, advance and retire, thrust, lunge, step-lunge (on coach's timing)

Slow/fast/varying speed

Changes of direction

Break (1 minute!)

***Kit-up.*** Coach *must* issue weapons

Free Fence (best of 3 hits, when all bouts done, swap partners and repeat) Coach observes and gives feedback on performance as necessary, praising, encouraging, correcting.

After observation, revise technicalities of attack/hitting/parrying/basic phrasing to correct errors

Free fence

***Warm down and salute***

## **BEGINNERS' COURSE LESSON PLANS (SABRE)**

### **SESSION 6**

Resources: all equipment  
Large sheet of squared paper for Poule Unique

#### ***Warm-Up/Stretch***

Team Shuttles competition – fencing steps forward backward

Emphasis on balance

Break (1 minute!)

Kit-up. Coach *must* issue weapons

#### ***Poule Unique (fenced steam, no referees, fencers to judge and acknowledge hits)***

*Depends on time available and numbers in class.* Decide how many hits will be fought for in each bout (5?) and set a finish time when the competition will end. All fencers fence as many others in the class as possible, reporting outcome of each bout to coach to mark on poule sheet. They will 'referee' themselves, ie acknowledging hits received. Winner is fencer with greatest number of victories. Might have best men's fencer, best women's fencer, prizes for style, effort (most bouts fought in time allowed) etc

#### ***Warm down and salute***

### **ADDITIONAL SESSIONS**

Though the Level 1 Coach Education syllabus does not include the following topics, the coach, with guidance, support and supervision from a more experienced or higher qualified coach, may wish to develop session plans to develop the foundation class further.

Consider introducing the class to:

- Footwork to support attacks and defence; use of steps to gain and lose distance. [Note: this is a strength and conditioning lesson, so exercises should reflect work on the strength aspects of footwork rather than skills]
- High line simple attacks.
- Simple indirect attacks by disengage and counter-disengage to chest with lunge and step lunge.
- 2nd Defensive Triangle (tierce, quarte, quinte) with direct and indirect ripostes.
- Footwork preparations [Note: This is a skills section and the drills should reflect this aspect]
- Blade preparations, engagements & beats.