



FINA Coaches Certification Course Assistant Coach Level (L1)

Face to Face Course Programme

Day 1

Classroom session

09.00 – 09.45	Welcome and introduction
09.45 – 10.45	Technique and skills
10.45 – 11.00	<i>Coffee break</i>

11.00 – 12.00

Pool session

Observe swimmers/peers performing strokes/skills

Day 2

Classroom session

09.00 – 09.30	Athlete development support pathway and periodisation
09.30 – 10.30	Components of a session plan
10.30 – 10.45	<i>Coffee break</i>
10.45 – 11.45	Principles of training
11.45 – 13.00	<i>Lunch break</i>
13.00 – 14.00	Prepare warm up/swim down

14.15 – 16.15

Pool session

Observe land based pre pool warm up. Assist in coaching sessions. Deliver own planned activity

Day 3

Classroom session

09.00 – 09.30	Evaluation of practical session. Review own performance
09.30 – 10.30	Types of training
10.30 – 10.45	<i>Coffee break</i>
10.45 – 11.45	Prepare session plan
11.45 – 13.00	<i>Lunch break</i>
13.00 – 14.00	Land training

14.15 – 16.15

Pool session

Assist in coaching sessions. Deliver own planned activity

16.15 – 18.15

Summary & wrap-up

18.15

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 tutor