



# ESC Level 1 Coach Development Course Program (36 Hours)

## Course Overview RIFLE

- **Total Duration:** 36 hours
- **Format:** Pre-course assignment (6hr), + pre-course online sessions (4hr), + 4 days on-site (24 hr), + post-course project (2hr)
- **Disciplines Covered:** Rifle disciplines
- **Target Audience:** Junior Coaches, Assistant Coaches, Athletes aspiring to become coaches

### **Goal: Prepare or develop the participants for the responsibility and role of the coach by:**

1. Expand knowledge on Positions, Training(technically), Coaching and Planning.
  2. Develop specific shooting coaching perspectives.
  3. Skill development through the possibilities for discussions, case work in learning groups, experiments and learning by doing.
  4. Giving coaches a support system, friends and colleagues.
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## **Pre-Course Assignment (6h)**

- **Objective:** Prepare participants for the course, align knowledge levels, discuss what is your learning edge?
  - **Assignment Content:**
    1. Read educational materials + additional literature
    2. Homework assignment (4h)
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## **Online Sessions (4 hours)**

### **Session 1 (2 hours)**

- **Objective:** Get to know the group, expectations. dilemmas. Discuss completed assignments, address challenging topics.
- **Program:**
  - **09:00 - 10:00:** Review of the pre-course assignment. Discussion of participants' answers
  - **10:00 - 11:00:** Q&A session.

### **Session 2 (2 hours)**

- **Objective:** Working with the textbook. Prepare for practical sessions and work in process and learning groups.
  - **Program:**
    - **09:00 - 10:30:** Theoretical part: Basic techniques
    - **10:30 - 12:00:** Psychological preparation and coach-athlete communication
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## On-Site Training (24 hours)

### Day 1 (6 hours)                      **Main task; Position and shot process**

- **09:00 - 09:30:** Course opening, introductory lecture (goals, structure, expectations)                      Becoming a rifle coach. How to get there?
- **09:30 - 11:00:** Shooting techniques fundamentals — theory and video examples
- **11:00 - 11:30:** Coffee break
- **11:30 - 13:00:** Group work connected to homework
- **13:00 - 14:00:** Lunch
- **14:00 - 16:00:** Practical exercises at the shooting range (discipline-specific)

### Day 2 (6 hours)                      **Main task; Training.**

- **09:00 - 10:30:** Training sessions and exercises for rifle.  
Practice to perform!  
Positioning and shot process (practical exercises at the range)
- **10:30 - 11:00:** Coffee break
- **11:00 - 13:00:** Training sessions and exercises for rifle.  
Practice to perform!
- **13:00 - 14:00:** Lunch
- **14:00 - 16:00:** Performance development (in the classroom)

### Day 3 (6 hours)                      **Main task; Coaching**

- **09:00 - 10:30:** Becoming a coach.
- **10:30 - 11:00:** Coffee break
- **11:00 - 13:00:** Practical session, Coaching individuals and teams.
- **13:00 - 14:00:** Lunch
- **14:00 - 16:00:** Group work: Training scenarios, case studies discussion

### Day 4 (6 hours)                      **Main task Planning and assessment.**

- **08:00 - 10:30:** Planning, (practical session and work in the learning groups)
- **10:30 - 11:00:** Coffee break
- **11:00 – 12.30** Assessments.
- **13:00 - 14:00:** Lunch
- **14:00 - 16:00:** Summary, results discussion, certificate ceremony

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## Post-Course Assignment (2h)

- **Diploma work:** Homework project with athletes (3-4 pages) (2h)