



ESC Level 1 Coach Development Course Program (36 Hours)

Course Overview PISTOL

- **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:** Pistol 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.

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)

Online Sessions (4 hours)

Session 1 (2 hours)

- **Objective:** Get to know the group, expectations, dilemmas, previous experience.
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 - 10:00:** Theoretical part: sports training structure
 - **10:00 - 11:00:** Theoretical part: precision development models

On-Site Training (24 hours)

Day 1 (6 hours) – Main Task: precision as a motor ability and types of preparation

- 09:00 - 09:30: Course opening, introductory lecture (goals, structure, expectations)
- 09:30 - 11:00: Defining precision as a motor ability and sensitive periods of development
- 11:00 - 11:30: Coffee break
- 11:30 - 13:00: Types of preparation and their interdependence
- 13:00 - 14:00: Lunch
- 14:00 - 16:00: Physical conditioning, group tasks

Day 2 (6 hours) – Main Task: Types of Preparation

- 09:00 - 10:30: The unity of technical and tactical preparation
- 10:30 - 11:00: Coffee break
- 11:00 - 13:00: Candidate presentations
- 13:00 - 14:00: Lunch
- 14:00 - 16:00: Practical exercises at the range: technical-tactical preparation of athletes, case analysis

Day 3 (6 hours) – Main Task: Training Structure

- 09:00 - 10:30: Individual training and building training cycles
- 10:30 - 11:00: Coffee break
- 11:00 - 13:00: Practical exercise (shooting range) – examples of training in different periods of the season
- 13:00 - 14:00: Lunch
- 14:00 - 16:00: Candidate presentations

Day 4 (6 hours) – Planning in Relation to Target Competition

- 08:00 - 09:00: Fundamentals of planning, competition ranking, and creating a competition calendar
 - 09:15 - 10:30: Practical examples (candidate presentations)
 - 10:30 - 11:00: Coffee break
 - 11:00 - 12:15: Test
 - 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)