



ESC Level 1 Coach Development Course Program (36 Hours)

Course Overview - Shotgun

- **Total Duration:** 36 hours
- **Format:** Pre-course assignment (6hr), + pre-course online sessions (4hr), + 4 days on-site (24 hr), + post-course project (2hr)
- **Covered:** Shotgun disciplines (Trap & Skeet)
- **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. Expanding coach knowledge. Technical skills & skills leaning, training and competition management, effective equipment customisation
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 (6hr)

- **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 (4hr)

Online Sessions (4 hours)

Session 1 (2 hours + 10 min)

- **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
 - **10:10 - 11:10** Q&A session.

Session 2 (2 hours + 10 min)

- **Objective:** Working with the textbook. Prepare for practical sessions and work in process and learning groups.
- **Program:**
 - **09:00 - 10:00** Theoretical part: Technical
 - **10:10 - 11:10** Communication and application

On-Site Training (24 hours)

Day 1 (6 hours) – Main Task: Technical Skills & Set-up

- 09:00 - 09:30 Course opening, introductory lecture (goals, structure, expectations)
- 09:30 - 11:00 Basic techniques
- 11:00 - 11:30 Coffee break
- 11:30 - 13:00 Athlete set-up
- 13:00 - 14:00 Lunch
- 14:00 - 16:00 Visual and control stages

Day 2 (6 hours) – Main Task: Movement & Gun Fit

- 09:00 - 10:30 Athlete and barrel movement
- 10:30 - 11:00 Coffee break
- 11:00 - 13:00 Athlete and barrel movement cont'd
- 13:00 - 14:00 Lunch
- 14:00 - 16:00 Gun-fit, analysis, practical corrections and effects

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

- 09:00 - 10:30 Training management, routines and methodology
- 10:30 - 11:00 Coffee break
- 11:00 - 13:00 Visual discipline, initial acquisition (classroom & range)
- 13:00 - 14:00 Lunch
- 14:00 - 16:00 Gun control and transition (on-range)

Day 4 (6 hours) – Main Task: Analysis, Communication and Application

- 08:00 - 09:00 Fundamentals of coaching - "LEAD" – Learn via Evaluation, Analysis and Development
- 09:15 - 10:30 Communication and Application
- 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

Post-Course Assignment (2h)

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