



WSPS "B" Level Coach Course

Kranjska Gora, Slovenia, 1-4 August 2019

Course Schedule

31 July 2019		
All day	Arrivals	
1 August 2019		Method, Exercise
	DAY 1.	
09.00	Introductions and welcome Program, Presentation, expectations etc Questions	1. <u>Group work about presentation.</u> (Who am I). 2. <u>Expectation.</u> (Special form)
10.00-12.00 (coffee 10.45-11.00)	Workshop WSPS Overview WSPS Rules Overview WSPS Classification Overview Questions	Presentation, slides Group work
12.00-13.00	Lunch	
13.00-17.00 (coffee 15.00-15.15)	Technical Workshop 1. Positions Position building. Balance, inner/utter position, Rules for positions. Questions and group work.	Presentation, slides Group work



2 August 2019	DAY 2.	
09.00	Recap of Day 1.	Go through the program and plans. Questions?
9.30-12.00 (coffee 10.30-10.45)	Technical Workshop 2. Aim, Sight, Hold How to shoot a shot? How to improve hold? Aim approach, Trigger and trigger control. Working with SCATT (Basic) Questions and group work.	
12.00-13.30	Lunch	
13.30-17.00 (coffee 15.00-15.15)	Physical training for Para-shooters. Mental training 4 basic technic; Visualization, Relaxation, Goalsetting, Inner talks. Questions	
3 August 2019	DAY 3.	
09.00	Recap of Day 2.	Go through the program and plans. Questions?
9.30-12.00 (coffee 10.30-	Planning & Developing Training Sessions - Introduction Building an annual training plan.	Introduction about session/exercises etc <u>Workshop with session-</u>



10.45)	<ul style="list-style-type: none"> - The training process and planning Presentations and group work - Running a training camp - The role of the Coach - Motivation factors - The (best) training session?! 	<u>form.</u> (what, how, why) <u>Exercise form;</u> <ul style="list-style-type: none"> - Capacity - Development plan
12.00-13.30	Lunch	
13.30-14.30	<p>Workshop</p> <p>Topic/s chosen by participants Equipment & Testing</p> <p>Questions</p>	<u>Group work & discussion</u>
15.00	<p>Written test. (+time to go through the forms) Evaluation</p>	<u>Evaluation:</u> What did you like? What can we improve?
17.00	Ceremony	Diploma
4 August 2019		
Departure		