

DFF Træningsssamling- VM Preparation

mar-18



Objectives of the camp: Prepare for VM- focus on competitive sparring

1) Be inspired by new ideas and exercises from the visiting international trainers

2) Continue exploration of values and meaning in sport

| Time | Saturday | Details | Sunday | Details |
|-------|--|---|------------------------------|--|
| 8.45 | Arrive | Check-in with readiness score and 2-3 process goals | Arrive | Check-in with readiness score + one thing to improve on from yesterday |
| 9.00 | Circle introduction | Introduction to Lukasz and Ohad | Warm-up + Physical Exercises | Lead by Ohad |
| 9.10 | warm-up | Lead by Lukasz | | |
| 9.40 | Fencing | <p>EPEE - Israeli tactical exercises- 10/15 hit fights, 1 fencer vs 2 or 3. Fights 2 x 5 hits, combine index and continue to 15.</p> <p>FOIL - Short distance fencing with initiative + best of 3 fights with index</p> | Fencing | <p>EPEE - Ohad's King of the Hill system</p> <p>FOIL - Lukasz's volleyball system with index scoring</p> |
| 10.30 | | | | |
| 11.00 | | | | |
| 11.40 | Footwork | Lead by Ohad | Footwork | Lead by Lukasz |
| 12.00 | Lunch | Bring your own lunch and snacks | Lunch | Bring your own lunch and snacks |
| 12.30 | | | | |
| 13.00 | Presentation on values and stress + VM Presentation (for Cadet + Junior national team fencers) | By Laurence | Video analysis- Epee | Lead by Lukasz |
| 13.30 | | | Video analysis- Foil | Lead by Ohad |
| 14.00 | Warm-up | Lead by Ohad | warm-up | Lead by Lukasz |
| 14.30 | Fencing | EPEE + FOIL - Competition system | Fencing | Team or system fencing |
| 15.00 | | | | |
| 15.30 | | | | |
| 16.00 | | | | |
| 16.30 | Body Scan Mindfulness | | Body Scan Mindfulness | |
| 17.00 | Check-out and Depart | Rate your Effort and Attitude for the day | Evaluation and Depart | Fill in evaluation |