

Schedule of camp Almere 19-20.11

The main focus is:

Saturday morning: foot work and foot time

Afternoon: tactics

Sunday morning: attack with the blade

Afternoon: counter attack

Mental education: focusing, relaxing, visualization, awareness

Saturday 19.11

9.15-9.30 Inloop

9.30 – 10.00 information meeting for Fencers and Parents

10.00 till 11.00 Q&A for parents with Talentcommissie

10.00-10.15 Meeting for information about the camp and others

10.15-10.30 Warming up with Arwin

10.30-10.45 Stretching (Gabor)

10.45-11.00 Foot work technique

11.00-11.30 Partner exercises /foot time

11.30-12.00 Sparring with tasks

12.00-12.45 sparring on 5 hit bouts

12.45-13.00 Cool down

13.00-14.00 Break

14.00-14.15 Warming up

14.15-14.30 Stretching

14.30-14.45 Foot work/foot time exercises
14.45-15.00 Theory of tactics/logic of actions
15.00-15.30 Sparring with tasks/action's developing
15.30-16.30 Sparring to 2x5 touches
16.30-16.45 Foot work intensive
16.45-17.00 Cool down

Sunday 20.11

10.00-10.15 meeting
10.15-10.30 warming up
10.30-10.45 Stretching
10.45-11.00 Foot work with weapon
11.00-11.20 Partner exercises /blade attack
11.20-11.40. Sparring with tasks/blade attack
11.40-12.45 Sparring on time
12.45-13.00 Cool down

13.00-14.00 break

14.00-14.15 Warming up
14.15-14.30 Stretching
14.30-15.00 Partner exercises /counter attack
15.00-15.30 Sparring with tasks/ counter attack
15.30-16.30 Sparring with coaching exercises

16.30-16.45 Foot work intensive

16.45-17.00 Cool down