ISU Coaches Education Qualification Framework (Figure Skating) Level 3 Pilot Course Structure, Scheduling and Coach Developers

Units and Topics Covered

Topic Area: Training and Physical Preparation of the Athlete

Sport Analysis and Planning the Training

Mental Training

Physical Training for the Developmental Level

Application of Training Principles

Topic Area: Competition Preparation & Strategies

ISU Rules 1

ISU Rules 2 (Application)

Program Design

Competition Strategies and Logistics

Topic Area: Skater Technical Skill Development Technical Development - Skating Skills

Technical Development - Skating Skills

Technical Development - Spins

Technical Development - Jumps

Topic Area: Coach Development

Skill Analysis Spins

Skill Analysis Jumps

Coach Health, Well-Being, and Self-Care

Professional Principles and Reflection

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Coach Developers

Planning and Physical Training	Riina Valto
Mental Training	Caroline Silby and Lauren McHenry
ISU Rules	Leena Laaksonen
Skating Skills	Mark Mitchell & Peter Johansson
Skill Analysis	Kat Arbour
Technical Development – Spins	Peter Johannson
Technical Development – Jumps	Peter Johannson & Kat Arbour
Program Design	Mark Mitchell
Competition Strategies and Logistics	Peter Johannson
Professional Principles and Reflection	Heidi Thibert

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Course Schedule

				99	- ISU Coaches Education (
	August 2022		September 2022		October 2022		November 2022		
	TUE	THU	TUE	THU	TUE	THU	TUE	THU	
Week 1		8/4/2022	8/30/2022	9/1/2022	10/4/2022	10/6/2022	11/1/2022	11/3/2022	
Interactive Session		Introductory Session	Overview of Programs	Student Groups PRESENT	Strategies	Strategies	Student Groups PRESENT	Student Groups PRESENT	
Week 2	8/9/2022	8/11/2022	Q & A with Leena/Mark 9/6/2022	9/8/2022	10/11/2022	10/13/2022	Spins 8/11/2022	Jumps 10/11/2022	
						Student Groups PRESENT		Student Groups PRESENT	
Interactive Session	Sport Analysis & Planning	Pre competition phase	Spin Development	Spin Analysis	Group assignment period*	Comp phase plan	Group assignment period*	2 wk Pre-Comp Plan	
Week 3	8/16/2022	8/18/2022	9/13/2022	9/15/2022	10/18/2022	10/13/2022	11/15/2022	11/17/2022	
nteractive Session	Skating Skills Development	Skating Skills Development	Sport Specific Off Ice	Jump Development	Energy Systems	Strength & Power	Mental Training	Mental Training	
Week 4	8/23/2022	8/25/2022	9/20/2022	9/22/2022	10/25/2022	10/27/2022	11/22/2022	11/24/2022	
Interactive Session	ISU Rules	ISU Rules GOE &PC	Competition season phase	Practical video examples	Group assignment period*	Student Groups PRESENT Skating Skills	Program review	Comp Season Practicum is set	
Week 5			9/27/2022	9/29/2022					
nteractive Session			Jump Analysis	Application of ISU Rules					
	* No interactive session will take place this day.								
	Level 3 course for Figure Skating - ISU Coaches Education Qualification Framework - Part 2								
	DEC 23 JAN 23 FEB 23		March 2023		April 2023		May 2023		
				TUE	THU	TUE	THU	TUE	THU
Week 1				3/7/2023	5/3/2022	4/4/2023	4/6/2023	5/2/2023	5/4/2023
Interactive Session				Testing	Group assignment period*	Review of testing	General Preparation Plan	Student Groups PRESENT GP Plan	Specific Prep Phas
micraetave ecosion	Group work*								
Week 2		Group work*		3/14/2023	3/16/2023	4/11/2023	4/6/2023	5/9/2023	5/11/2023
		Group work*		3/14/2023 Comp Season Debrief	3/16/2023 Comp Season Debrief	4/11/2023 Skating Skills Development	4/6/2023 Jump Development	5/9/2023 Spin Development	5/11/2023 Jump Developmen
Week 2		Group work*							
Week 2		Group work*		Comp Season Debrief	Comp Season Debrief	Skating Skills Development	Jump Development	Spin Development	Jump Developme. 5/18/2023 Summarise
Week 2 Interactive Session Week 3	c	Group work* ompetition Season and Applica	tion*	Comp Season Debrief 3/21/2023	Comp Season Debrief 3/23/2023	Skating Skills Development 4/18/2023	Jump Development 4/20/2023	Spin Development 5/16/2023	Jump Developme 5/18/2023