

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 Johansson
Technical Development – Jumps	Peter Johansson & Kat Arbour
Program Design	Mark Mitchell
Competition Strategies and Logistics	Peter Johansson
Professional Principles and Reflection	Heidi Thibert

Course Schedule

* No interactive session will take place this day.