



ISSF Training Academy
"D" License Course for ISSF Regional Coaches
Vilnius 1.-4-July 2019 Course Schedule

ISSF
ACADEMY

Day 1 – 30. June

Official Arrival day of the Participants/Lecturer

Day 2 – 1. July

09:00	09:30
09:00	10:30
10:30	10:45
10:45	12:30
12:30	14:00
14:00	15:15
15:15	15:30
15:30	17:00

Course Opening - Introductions
Structure of course and examinations
T1 - Technical Workshop. Pistol/Rifle
Coffee Break
T2 - Technical Workshop. Pistol/Rifle continuing.
Lunch
T3 - Technical Workshop. Pistol/Rifle/Shotgun
Coffee Break
T4 - Technical Workshop. Pistol/Rifle continuing.

Day 3 – 2.July (Extra)

09:00	10:30
10:30	10:45
10:45	12:30
12:30	14:00
14:00	15:15
15:15	15:30
15:30	17:00

Reflexion after day 1 and Planning the workshops.
Coffee Break
Workshop at the range (I). Position building
Lunch
Workshop at the range (II). Positions/technical training.
Coffee Break
Reflexion and group work.

Day 4.- 3.July

09:00	10:30
10:30	10:45
10:45	12:30
12:30	14:00
14:00	15:15
15:15	15:30
15:30	17:00

T5 - Planning & Developing Training Sessions
Planning and Organization
Coffee Break
T6 - Planning & Developing Training Sessions
Building an Annual Training Plan, Training period
Lunch
T7 - Planning & Developing Training Sessions
The training process and Planning, Running a training camp,
Coffee Break
T8 - Planning & Developing Training Sessions
Running a training session

Day 5 – 4.July

09:00	10:30
10:30	10:45
10:45	12:30
12:30	14:00
14:00	15:00
16:00	17:00

T9 - Physical Training in Shooting Sports
Training exercises and development for shooters
Coffee Break
T10 - Physical Training in Shooting Sports
Training exercises and development for shooters
(Continuing)
Lunch
Written Examination
25-Multiple choice questions
Closing of Course and Presentation of Certificates

5.July Departure of the lecturer.

NB. The program is a general structure and is subject to change depending on the time taken for the translation, questions and the understanding of the invited coaches.