



**SCHERMA  
LAME AZZURRE  
MAESTRI ZUMBO  
BRINDISI**

# **EPEE INTERNSHIP**

**BRINDISI  
17-19 OCTOBER 2023**

**THE DEVELOPMENT OF  
CONTROTEMPO FROM YOUTH  
CATEGORIES TO HIGH LEVEL**

## **PLAN**

**TUESDAY 17 OCTOBER 2023**  
**PRESENTATION OF THE INTERNSHIP.**

**WEDNESDAY 18 OCTOBER 2023**  
**9.30 - 12.30**  
**THEORETICAL-PRACTICAL PART**

**9.30 - 10.00**

### **GENERAL FRAMEWORK AND PREMISES**

- Objectives of the internship
- Definition of “controtempo”
- Constituent elements: provocation and reaction
- Small study on the concept of reaction and evolutionary stages of the athlete

**10:00 - 11:15**

### **PART DEDICATED TO ATHLETES IN THE UNDER 17 AND UNDER 20 CATEGORIES**

- How to execute the controtempo from the point of view of manual skill and coordination skills (Practical example)
- Concept of initiative and counter time analyzed from a tactical point of view (Practical example)

**11.30 - 12.30**

### **EXAMPLE OF INDIVIDUAL AND COLLECTIVE LESSON WITH U17-U20 ATHLETES**

- Practical test of individual lessons for athletes under 17 and under 20
- Practical test of collective lesson
- Practical examples of preparatory activities

**5.30 pm - 7.30 pm**

### **THEORETICAL PART**

**5.30 pm-7.30 pm**

### **OPENING OF THE DEBATE AND POINTS FOR REFLECTION ON VIDEO ANALYSIS**

- Analysis of contrtempo actions performed by U17-U20 athletes

## **THURSDAY 19 OCTOBER 2023**

**9.30 - 12.30**

### **THEORETICAL-PRACTICAL PART**

**9.30 - 11.15**

#### **PART DEDICATED TO ATHLETES IN THE UNDER 23 AND ABSOLUTE CATEGORIES**

- Detailed analysis of hand and foot timing in the execution of the controtempo at different distances and with the use of the anatomical and French handle (Practical example)
- Adaptation of the controtempo to specific opponents and different assault situations (Practical example)

**11.30 - 12.30**

#### **OPENING OF THE DEBATE AND POINTS FOR REFLECTION ON VIDEO ANALYSIS**

- Analysis of controtempo actions performed by U23-ABSOLUTE athletes

**5.30 pm-7.30 pm**

### **PRACTICAL PART**

**5.30 pm -6.30 pm**

#### **EXAMPLE OF AN INDIVIDUAL AND COLLECTIVE LESSON WITH U23 ATHLETES**

- Practical test of individual lessons

**6.45 pm – 7.30 pm**

#### **PRACTICAL EXAMPLES OF PREPARATORY ACTIVITIES**

- Coordination exercises
- Legs fencing

MASTER SPEAKER

**Maestro Massimo Zenga Gemrano** (born in 1967):

Born in Vercelli 6/6/1967

Law graduate

From 2009 to 2020 staff technician of the Italian national under-20 and under-17 epee teams

From 2021 staff technician of the absolute national epee team.

Achievements:

One team bronze medal at the Tokyo Olympics.

Two silver medals and at the world absolute team championships

Two bronze medals at the European absolute team championships

One gold medal at the under-20 individual world championships

One gold and one silver medal at the world under-20 team championships

Two gold medals at the European under-20 individual championships

Two gold medals and one silver medal at the European under 20 team championships

Two gold medals and one bronze medal at the European under 17 individual championships

Two gold and one silver under-17 medal at the European under-17 team championships

eleven victories in under-20 individual world cup competitions

two gold medals at the Mediterranean youth championships

Eight victories at competitions on the European under-17 circuit

14 Italian titles in various individual and team categories

4 Italian team cups

2 individual Italian cups