



2015 WORLD ARCHERY COACHING SEMINAR

Fuengirola, Spain

30 September – 4 October 2015

2014 WORLD CUP / STAGE 1

SHANGHAI, CHINA

Recurve women - Ranked 1st to 8th

world cup 1 (655 RAN. 8)							
ROMAN A.	PAVLOV A. A.	FANG Y.	XU J.	LECOMTE RE L.	RICHERY E.	JAGER M.	KATO A.
MEX	UKR	CHN	CHN	FRA	GER	DEN	JPN
28	25	26	22	26	28	26	27
29	26	28	29	22	30	24	26
27	28	26	26	24	27	24	24
27	28	26	24	23	28	27	25
28	28	26	26	26	26	27	26
29	30	29	28	26	27	29	26
	28	24	29	29	28	26	28
	28	27	27	28	25	27	28
	27	28	25	25	26		25
	28		29	28	27		28
	28			27	30		29
	26			27	27		27
				27	26		26
				27			29
				26			26
				27			26
							30
28	27,5	26,67	26,5	26,13	27,31	26,25	26,82
26,83516484							

AIDA ROMAN

- QUALIFICATION ROUND - RANKED 1st
674 points in 2x70m round
- BRONZE MEDAL
27,53 scoring average in elimination round
- BEST SCORING AVERAGE TILL QUARTER FINALS (28,00 – three arrows)
- ELIMINATION ROUNDS SCORING AVERAGE: 27,53

2014 WORLD CUP – STAGE 2

MEDELLIN, COLOMBIA

Recurve women - Ranked 1st to 8th

world cup 2 (661 RAN. 8)								AIDA ROMAN	
JOO H.	WINTER K.	KUMARI R.	UMRUHL.	EUZYME VA N.	AVITA M.	JUNG D.	LEE TY.		
KOR	GER	IND	GER	RUS	MEX	KOR	KOR	RAN. ROUND	
29	26	30	28	26	28	28	28	RAN. 4	
28	28	26	28	28	25	28	26	668	
30	26	26	26	29	27	28	26	PROM. 3GF. 334	
26	28	25	23	24	25	29	28	PROM. 6F. 55,67	
28	27	29	26	27	26	28	24	PROM. 3F. 27,83	
29	28	24	27	26	30	27	29	PROM. 1F. 9,28	
29	28	24	27	27	25	29	29	ELIMINATORIA	
29	25	30	25	28	26	27	28	RAN. 1/8.	
	26	27	25	29		26	27	PROM. 3F. 26,57	
	29	27	27	25		26	27	PROM. 1F. 8,86	
		26	29	26		29	28		
		26	29	28		28	28		
		27	28				25		
		27							
28,5	27,1	26,71	26,77	26,92	26,5	27,75	27,15		
27,13333333									

AIDA ROMÁN

- QUALIFICATION ROUND - RANKED 4th
668 points in 2x70m round
- LOST IN 1/8 ROUND (RANKED 9th)
26,57 scoring average in elimination rounds
- 2x 70m : 6 points below SHANGAI
- Elimination rounds scoring average:
0,96 points below SHANGAI
- CONCLUSIONS:
2x 70m WELL DONE!
Elimination Rounds: NOT HER LEVEL!!
- MAIN REASONS:
 - 1) TOO MANY TRAVELS (INDOOR SEASON)
 - 2) SHE FELT MORE NERVOUS IN ELIMINATION ROUNDS THAN IN QUALIFICATION

1 ARROW AVERAGE SCORE: 9,28 (70m)

1 ARROW AVERAGE SCORE: 8,86 (70m)

2014 WORLD CUP – STAGE 3

ANTALYA, TURKEY

Recurve women - Ranked 1st to 8th

world cup 3 (657 RAN. 8)								AIDA ROMAN	
LEE TY	HAYAKA WA R.	SARTORI G.	CHENG M.	JOO HJ	SEGMA T.	JING D.	CHANG HJ		
KOR	JPN	ITA	CHN	KOR	RUS	KOR	KOR		
28	28	24	28	28	25	23	25	RAN. ROUND	
27	27	27	27	26	26	28	28	RAN.	6
22	27	29	29	27	27	27	27	PROM. 36F.	330,5
29	27	27	29	25	23	26	24	PROM. 6F.	55,08
26	24	26	28	27	25	28	26	PROM. 3F.	27,54
28	30	26	30	24	28	28	27	PROM. 1F.	9,2
29	26	26	26	27	29	27	23	ELIMINATORIA	
27	24	27	27	25	27	28	27	RAN.	1/16.
28	27	25	26	26	27	27		PROM. 3F.	25,6
24	26	26	28	27	25			PROM. 1F.	8,53
	27	27	27	29	27				
	27	25	27	29	26				
	25	27	28		22				
	29	22			26				
	27	27			24				
		26			25				
		28			25				
		27			27				
					27				
					23				
26,8	26,73	26,22	27,69	26,67	25,7	26,89	25,88		
26,51428571									

AIDA ROMÁN

- QUALIFICATION ROUND RANKED 6th
661 points in 2x70m round
- LOST IN 1/16 ROUND (RANKED 17th)
26,57 scoring average in elimination rounds)
- 2x 70m: 7 points below MEDELLIN
13 points below SHANGAI
- Elimination rounds scoring average:
0,97 points below MEDELLIN
1,93 points blow SHANGAI
- CONCLUSIONS:
2x 70m WELL DONE!
Elimination Rounds: NOT HER LEVEL!!
- MAIN REASONS:
 - 1) TOO MANY TRAVELS (INDOOR SEASON)
 - 2) SHE FELT MORE NERVOUS IN ELIMINATION ROUNDS THAN IN QUALIFICATION
 - 3) NOT ADAPTED TO NEW MATERIAL
- 1 ARROW AVERAGE SCORE: 9,20 (70m)
- 1 ARROW AVERAGE SCORE: 8,53 (70m)

2014 WORLD CUP – STAGE 4

WROCLAW, POLAND

Recurve women - Ranked 1st to 8th

world cup 4 (657 RAN. 8)								AIDA ROMAN	
KUMARI D.	WINTER K.	XU J.	M. ARCHEMOV.	SESMA T.	M. ARUSAVA H.	JAGER M.	ROCHMA WATI		
IND	GER	CHN	RUS	RUS	BLR	DEN	INA		
26	26	29	29	27	27	28	26	RAN. ROUND	
26	26	28	26	29	27	26	28	RAN.	2
30	29	28	28	28	26	30	26		673
30	29	28	25	27	29	29	28	PROM. 3GF.	336,5
29	28	28	28	27	28	28	28	PROM. 6F.	56,08
28	23	28	25	27	27	24	29	PROM. 3F.	28,04
28	29	26	26	26	24	28	28	PROM. 1F.	9,35
29	27	28	26	27	29	28	30	ELIMINATORIA	
	26	27	25	28	26		27	RAN.	1/8.
	28		26	26	28		28	PROM. 3F.	27,56
	27		26		27		26	PROM. 1F.	9,19
	29		27		27		28		
	28		26		27		27		
	28		26		28		25		
					28				
					28				
					25				
					29				
					26				
28,25	27,36	27,78	26,36	27,2	27,16	27,63	27,43		
27,30208333									

AIDA ROMÁN

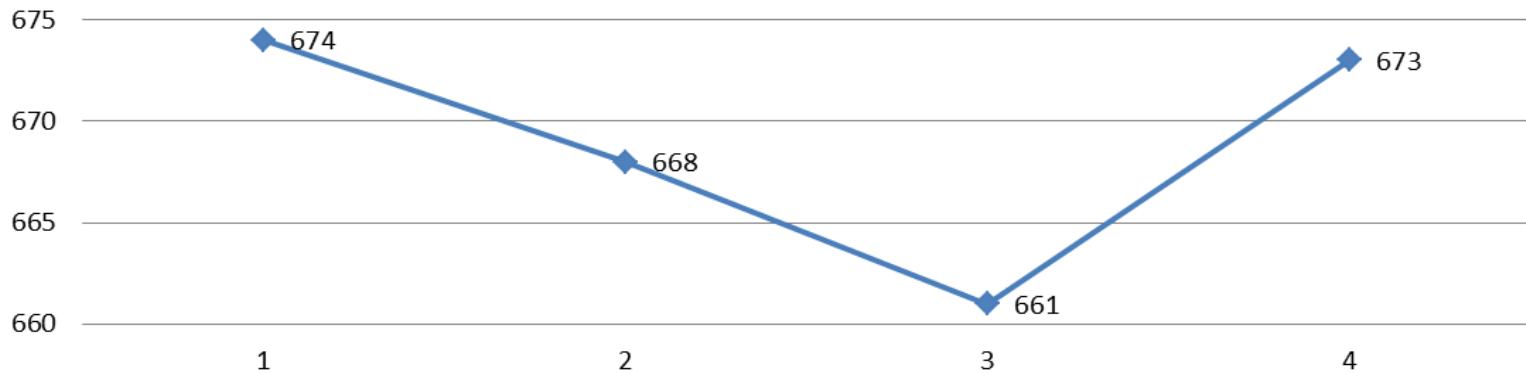
- QUALIFICATION ROUND RANKED 2nd
673 points in 2x70m round
- LOST IN 1/8 ROUND (RANKED 9th)
27,56 scoring average in elimination rounds
- 2x 70m: 12 points ahead ANTALYA
5 points ahead MEDELLIN
1 point below SHANGAI
- ELIMINATION ROUNDS SCORING AVERAGE:
1,96 points ahead ANTALYA
0,99 points ahead MEDELLIN
0,03 points ahead SHANGAI
- CONCLUSIONS:
2x 70m WELL DONE!
Elimination Rounds: NOT HER LEVEL!!
- MAIN REASONS:
same mistakes than previous stages to be solved
- SOLUTIONS:
More training sessions with elimination rounds simulation
Less traveling prior to the stages
Material care before travelling



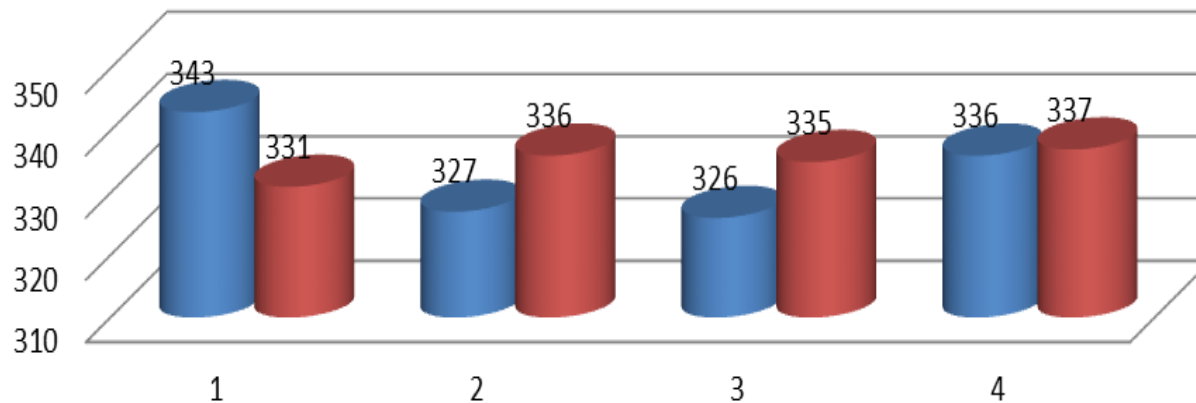
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WORLD CUP STAGES 1 to 4 - STATISTICS

World Cups 2014 (72Flechas)

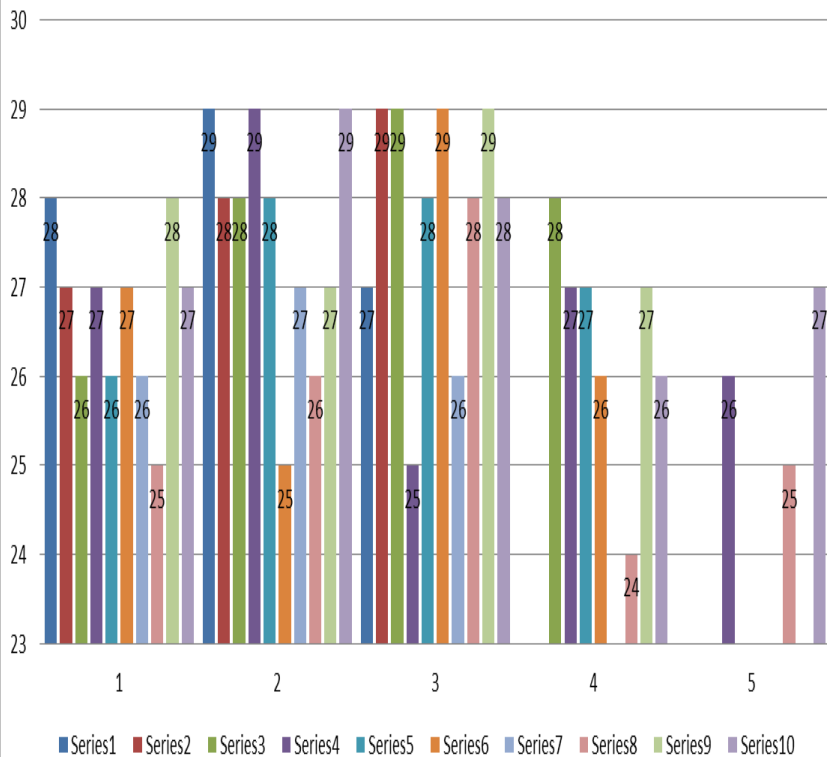


World Cups 2014 (36Flechas)



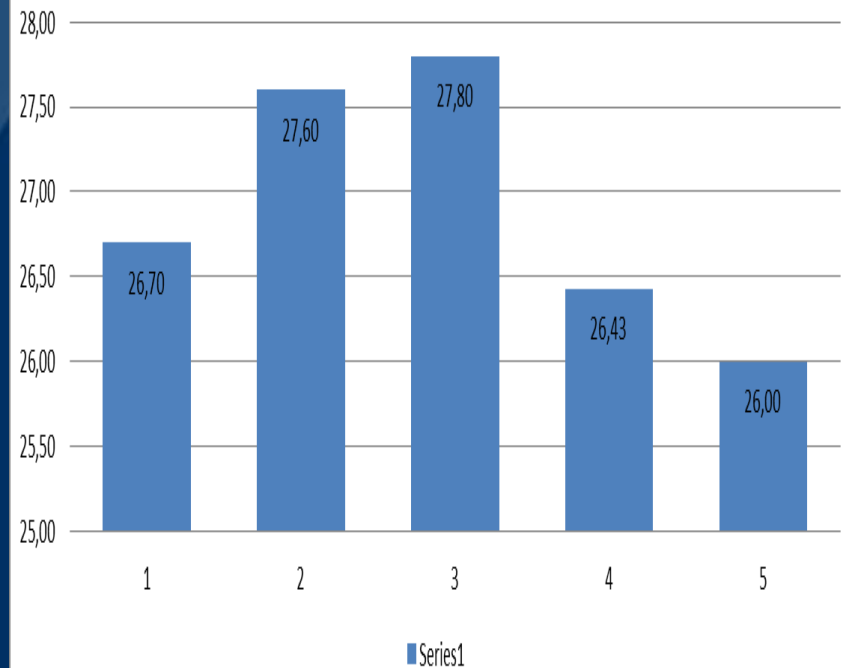
WORLD CUP STAGES 1 to 4 - STATISTICS

Eliminatoria de World Cups 2014



WORLD CUPS 2014

PROMEDIOS DE ELIMINATORIA POR SET



WORLD CUP STAGES 1 to 4 - STATISTICS

8 PIMEROS DE WORLD CUPS	657,5					26,946	
PROMEDIO DE WORLD CUPS (AIDA ROMAN)	PROM . DOUBLE 70m					PROM . ELIMINATORIA	
	72F.	36F.	6F.	3F.	1F.	3F.	1F.
	669	334,5	55,75	27,87	9,29	26,815	8,94

FIRST EIGHT RANKED IN WORLD CUP STAGES :

- 2x70m SCORING AVERAGE : 657,5
- ELIMINATION ROUNDS – 3 ARROWS SCORING AVERAGE: 26,946

- **AIDA ROMAN IN WORLD CUP STAGES:**

- 2x70m SCORING AVERAGE : 669 points
- ELIMINATION ROUNDS – 3 ARROWS SCORING AVERAGE: 26,815

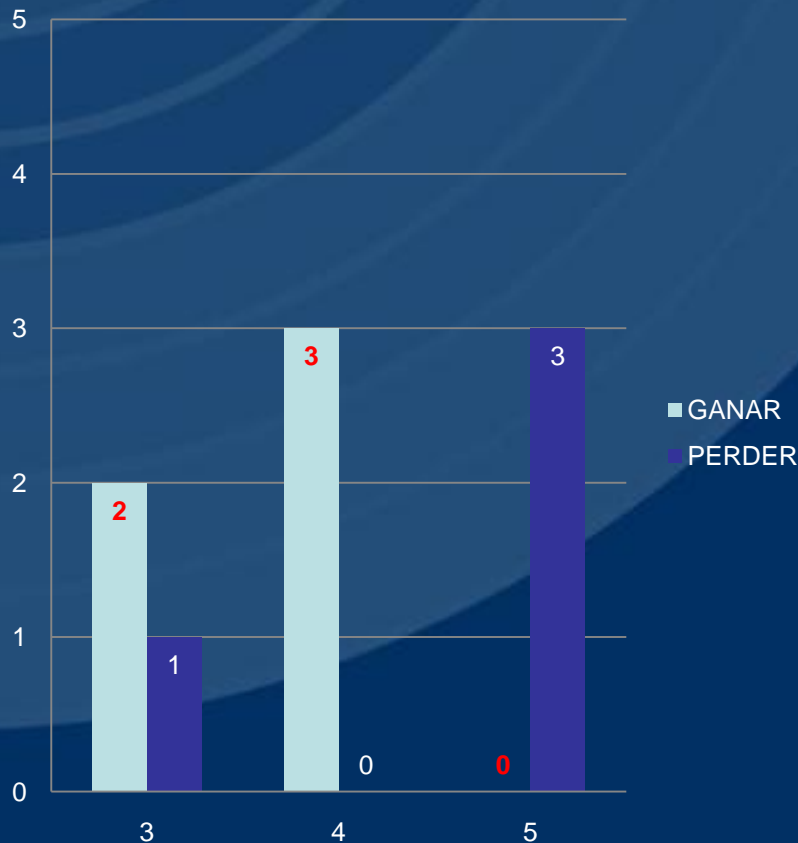
- 2x70m: 11,5 ahead ranked 1 to 8
- ELIMINATION RDS: 0,131 points below ranked 1 to 8

SOLUTIONS:

- MORE TRAINING SESSIONS WITH HEAD TO HEAD ELIMINATION ROUNDS (3 arrows sets)
- MORE TRAINING SESSIONS WITH SHOOT-OFF SIMULATIONS (1 arrow per set)
- LESS INDOOR COMPETITIONS AND MORE OUTDOOR COMPETITIONS
- TWO BOWS WITH THE NEEDED SET UP AVAILABLE BEFORE OUTDOOR SEASON

WORLD CUP STAGES 1 to 4 - STATISTICS

2014 WORLD CUP STAGES



ELIMINATION ROUNDS IN WORLD CUP STAGES

3rd SET - 2 WINS + 1 LOSS

4th SET - 3 WINS + 0 LOSS

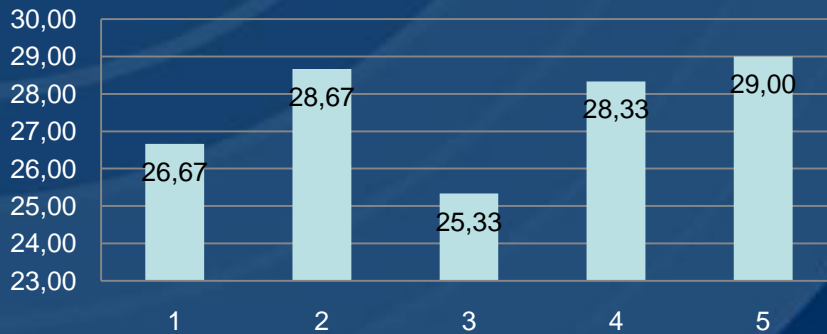
5th SET - 0 WINS + 3 LOSS

CONCLUSIONS ON ELIMINATION ROUNDS:

- Winning 1st set normally means winning the elimination
- Losing 1st set makes winning more difficult.
- Everytime AIDA reached the 5th set, she was defeated
- **SOLUTIONS:**
 - Mind control and a more intense warming up before 1st set
 - If reaching the 5th set, mind control and a harder work on her shooting routine is required
 - Training sessions with simulations till 5th set.
 - Training sessions with 1 arrow each set in an elimination round simulation.

2014 WORLD CUP FINAL

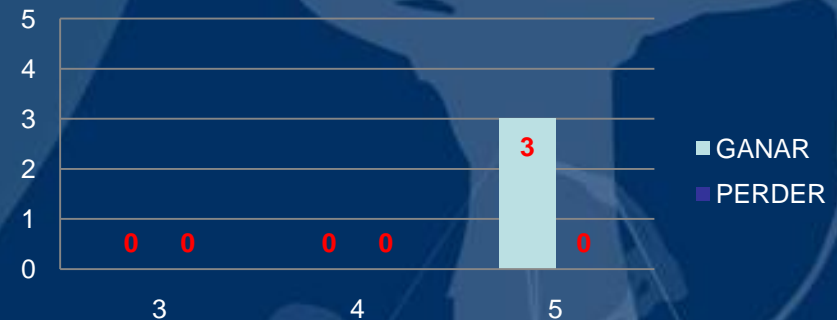
WINNING AVERAGE SCORES IN ELIMINATION ROUNDS (SET by SET)



- 1st SET: 0,03 below WORLD CUP STAGES average
- 2nd SET: 1,07 ahead WORLD CUP STAGES average
- 3rd SET: 2,47 below WORLD CUP STAGES average
- 4th SET: 1,90 ahead WORLD CUP STAGES average
- 5th SET: 3,00 ahead WORLD CUP STAGES average

**FAR BETTER THAN HER RESULTS DURING THE
WORLD CUP STAGES!!**

WORLD CUP FINAL STATISTICS

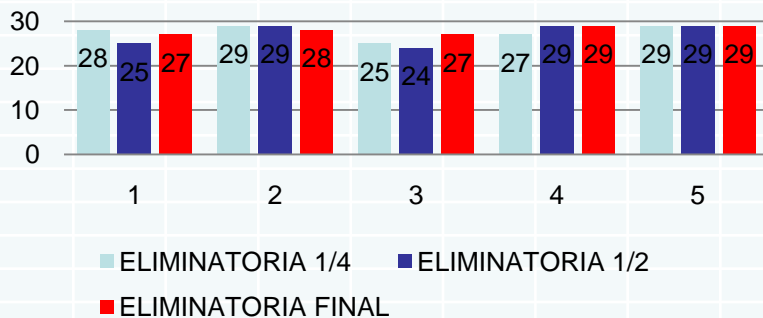


- **5th SET STATISTICS:**
WORLD CUP STAGES: 3 LOSSES OUT OF 3
WORLD CUP FINAL: 3 VICTORIES OUT OF 3
- **BAD ARROW MEANT NOT GETTING RECOVERED
IN WORLD CUP STAGES,**
- **AFTER WORLD CUP STAGES WE FOCUSED ON
TRAINING ELIMINATION ROUNDS (3 ARROWS) IN
ORDER TO IMPROVE 5th SET PERFORMANCES:**
- **AFTER WORLD CUP STAGES WE TRAINED
SHOOTING 1 ARROW IN ELIMINATION ROUNDS**
- **DURING THE WORLD CUP FINAL, AFTER A BAD
ARROW AIDA SHOT 10s IN MOST OF THE
FOLLOWING ONES**

2014 WORLD CUP FINAL

World Cup Final								
XU J.	DIELEN N.	UNRUH L.	RICHTER E.	CHENG M.	TATIANA S.	JUNG D.	AIDA ROMAN	
CHN	SUI	GER	GER	CHN	RUS	KOR	MEX	
26	27	26	26	27	27	29		28
29	27	29	29	26	28	26	ELIMINA TORIA 1/4	29
30	22	27	27	28	29	29		25
28	26	28	28	27	26	28		27
26		24	24	27	29	28		29
25				29	27			25
29				28	28		ELIMINA TORIA 1/2	29
27				29	29			24
27				27	27			29
28				28	30			29
28				29	24			27
30				27	28		ELIMINA TORIA FINAL	28
27				27	25			27
29				27	28			29
				29	28			29
27,79	25,50	26,80	26,80	27,67	27,53	28,00		27,60

WORLD CUP FINAL ELIMINATION ROUNDS



- **WORLD CUP FINAL GOLD MEDALIST GREAT!!!**
- **BETTER PERFORMANCE COMPARED TO WORLD CUP STAGES**
- **ELIMINATION ROUNDS (average scores)**
 World Cup Stages: 26,815
 World Cup Final: 27,60

COACHING EXPERIENCE

- Madrid Archery Federation head coach since 2010
- Aida Román (MEX) coach in 2014



Thank you...

Ready to answer your questions!

Mi-Jeong Lee (Spain archery federation)
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