



2015 World Archery Coaching Seminar

Fuengirola, Spain

30 September – 4 October 2015



World Archery Coaching



WA Coaching structure

Coaches Committee



LEE Kisik (KOR-USA)
Chairperson



VAN ALTEN Wietse (NED)
Member



OH Kyomoon (KOR)
Member



Pascal COLMAIRE (WA)
Ex Officio Member

WA Development & Education Department



Pascal COLMAIRE
Director



Deqa NIAMKEY
Senior Coordinator

What does WA in Coaching?

Coaches Committee

Elected for 4 years on 25 July 2015

Chairperson appointed

2015 WA Congress voted a new mission which is much more related to the **event side feedback** rather than the development side



Meeting of the former committee – 2013 WACS in Brazil

Mainly assists non-elite Nations

Encourages and assists the WA Member Associations (MA) to create their own **National Coaching Certification Program (NCCP)**

Use of the OS Development of the National Sport Structure

Produces education materials for the MA to create their own NCCP:

Manuals, video, Equipment making guides,
Coaching Course guides (PPT)...
Projects: Observation guide,
E-coaching / technical library.



Educates Coach Trainers



Educates Coaches for/from MA that do not have NCCP, through:

- OS or self-funded Technical Courses for Coaches
- Scholarships from OS, FIDTA, ...

Assists in the **professionalization** of coaches

Strives to assist all the MA's to benefit from the **quality "competition"** among the **various NCCP**.

Coaching concepts?



WA concept

Help the archers
in their personal development

Mainly through **observation/analysis, feedback, discussion, plan and individualization**

Other possible concepts

Educate the archers to implement the
“selected school”

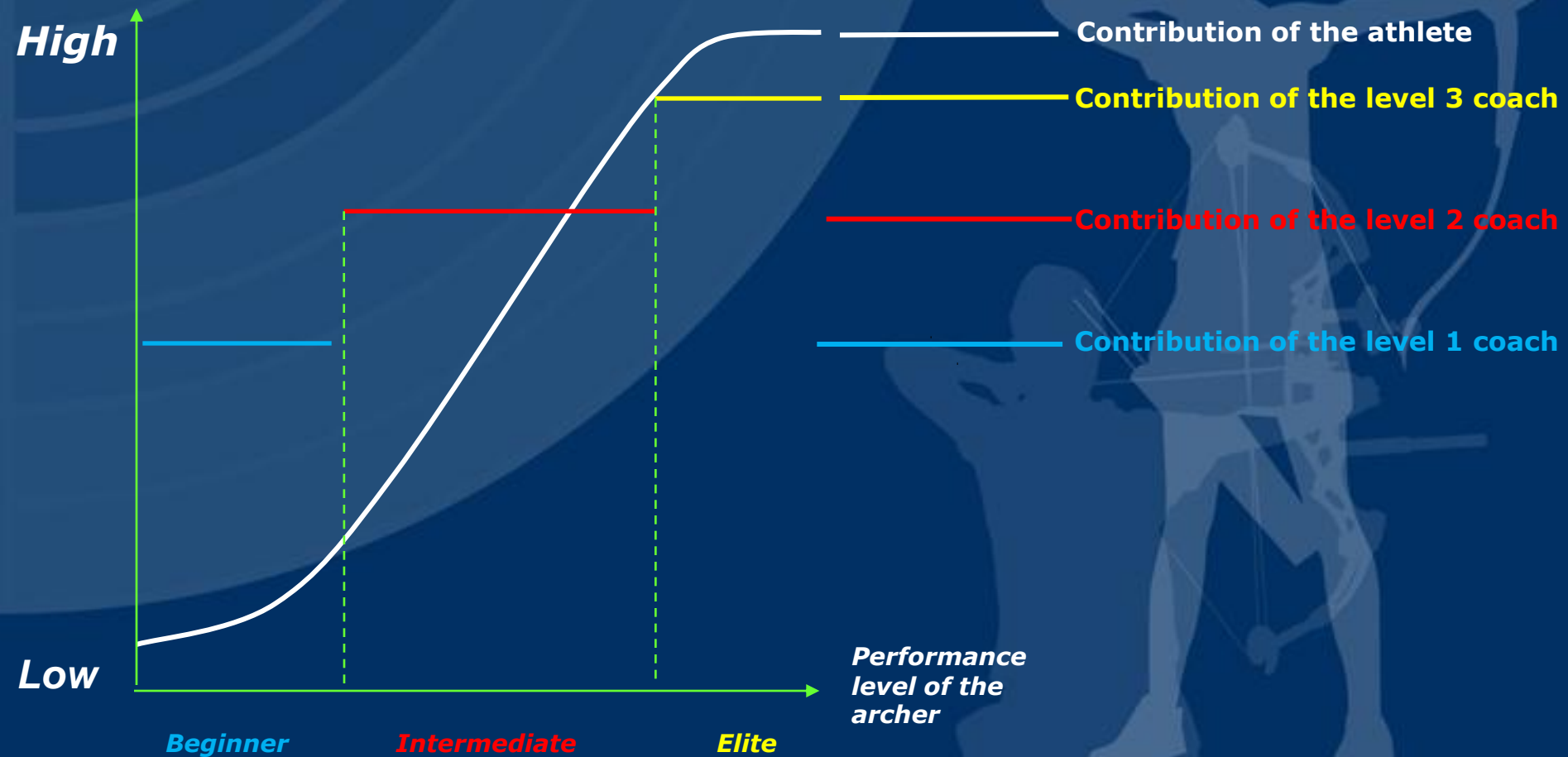
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Concept

Help the archers in their own development

Need coordination and cooperation from all coaches



Coach's Path & Objective

Elite

Expected Athlete's path

Achieved Coach's path

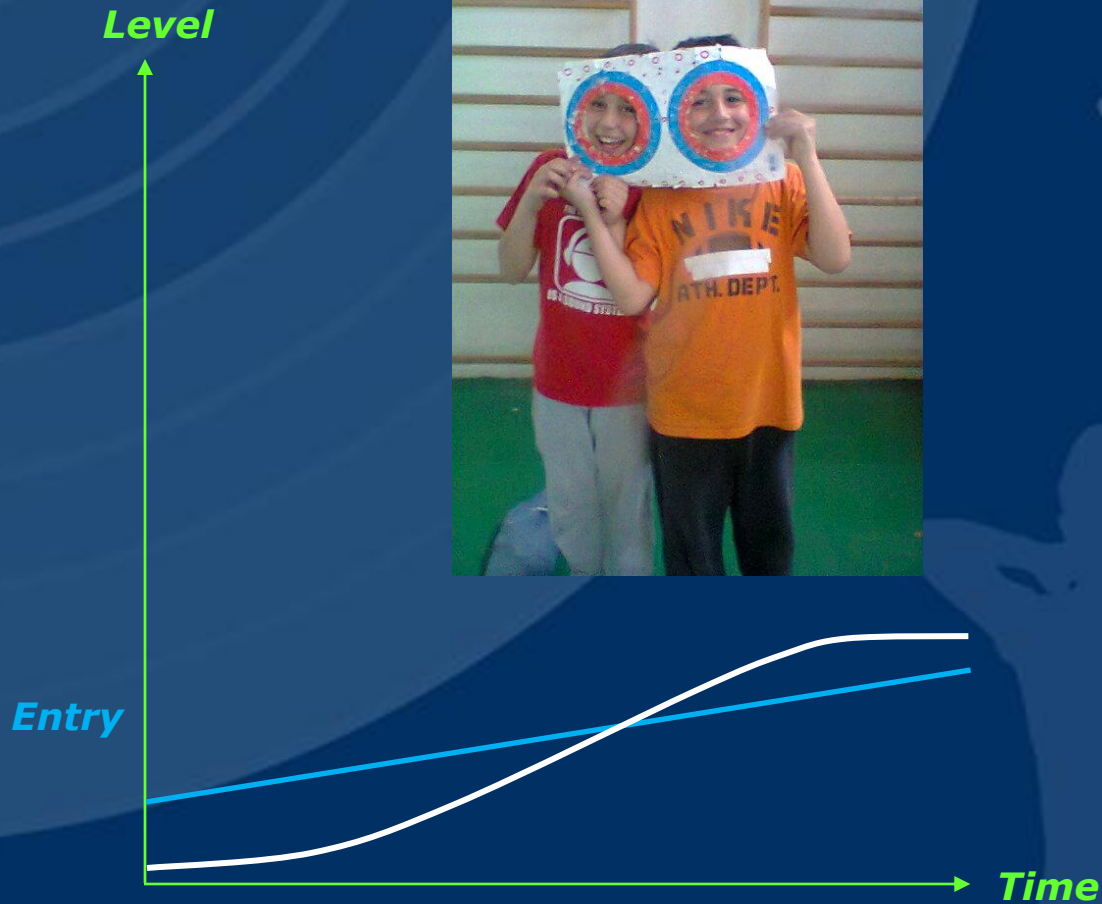


Novice



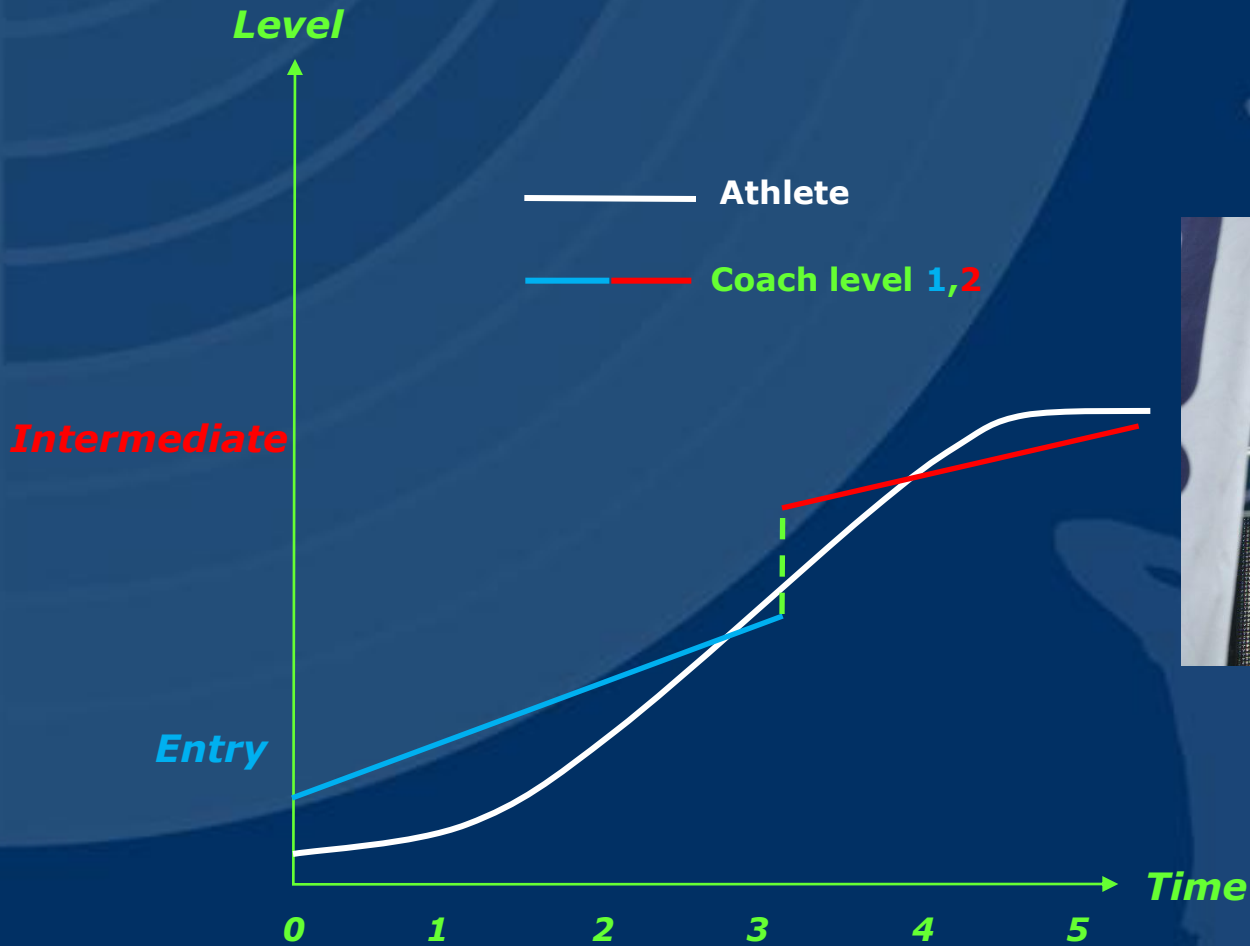
Coach's duty

To get progressing athletes, we need progressing coaches

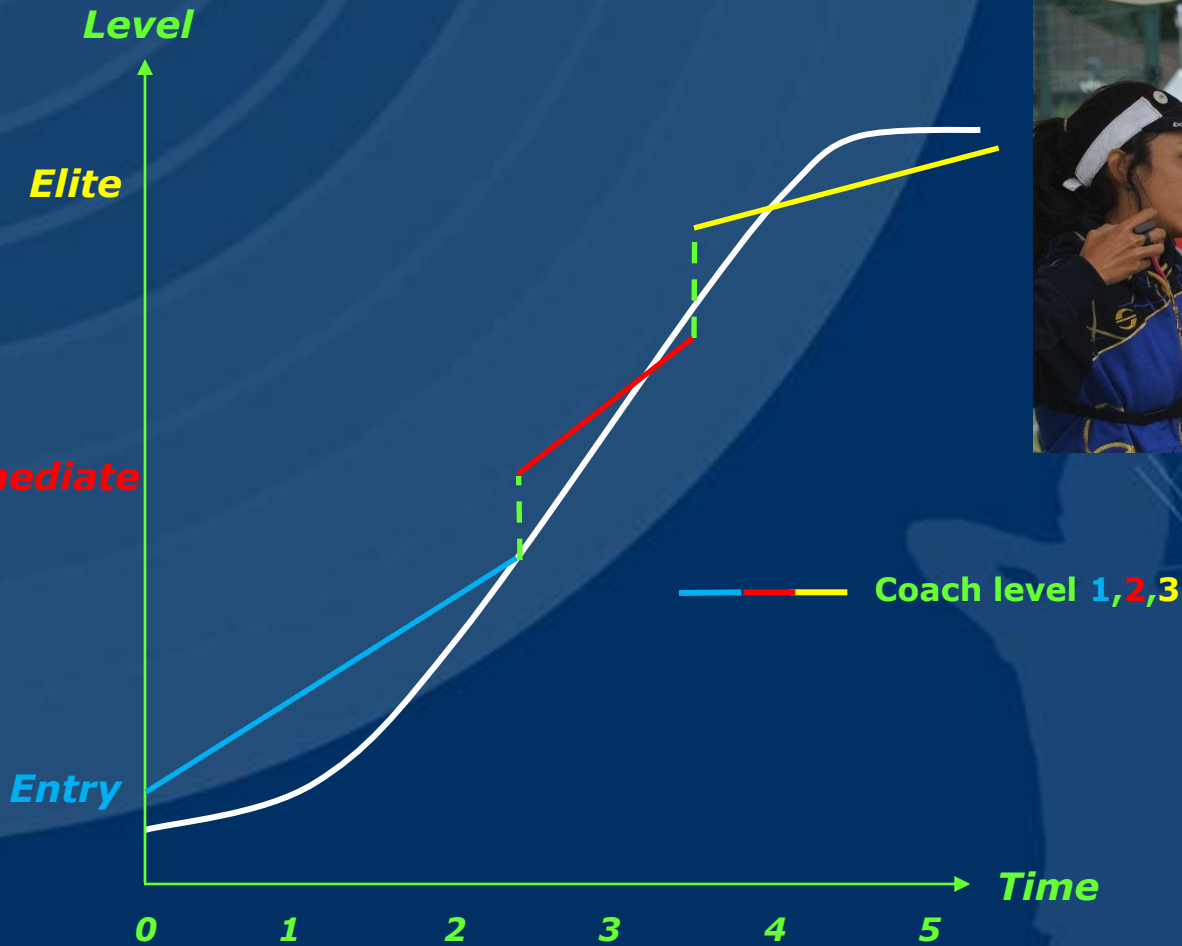


— Beginner
— Coach level 1

To get progressing athletes, we need progressing coaches



To get progressing athletes, we need progressing coaches



**To get progressing athletes,
we need progressing coaches**

- **Initial training**
- **Continuing education**
- **Experience(s)**
- **(Auto) Evaluations**



It takes time (+/- 7 years) + money, efforts... to become a good archer
It takes longer to become a good coach

How many levels in coaching should WA develop?

Coaches Role = **help in the development of the archer.**



Identify the **steps** in the **development** of the **archer.**



Identify the **needs** of the **archer** in each step.



Develop a **coaching level** for each step including specific knowledge.

3 levels of Coaches – Not WA certified

Based on (most of) archer's path / future

3. Performance search



2. Specialization

In equipment

In discipline



1. Discovery of the basics



3 Coaching curriculums

Level 1	Level 2	Level 3
<p>What is coaching: In WA: Concept, levels, certification... Level 1 objectives Efficiency Role Ethics</p>	<p>What is coaching: Quick review of level (see left) with emphasize on Level 2 objectives</p>	<p>What is coaching: Quick review of level (see left) with emphasize on Level 3 objectives</p>
<p>What is archery: Archer's task Archer's skills Divisions introduction Disciplines introduction Basic rules Basic techniques, including one arrow sequence</p>	<p>What is archery: The course organizer has to select one or several modules: Divisions, Disciplines, Para-archery... The coach-trainer will introduce the specific rules, facilities, equipment, techniques... of the selected module(s)</p>	
<p>Play safe: Safety Warm-up Clean sport: sensibilization</p>	<p>Play safe: Clean sport: for competitors (T.U.E...)</p>	<p>Play safe: Clean sport: for advanced competitors</p>
<p>Coaching preparation and organization: Facilities Equipment: selection, set-up Program Classes Beginner Awards Program Promotion</p>	<p>Additional coaching elements: Shooting with wind &/or rain Equipment: Tuning (arrow flight) Video analyse Technical corrections Basic biomechanics Basic psychology</p>	<p>Additional coaching elements: Equipment: Tuning (grouping) Training plan Physiology Biomechanics (advanced) Psychology (advanced)</p>
<p>How to coach (as practically as possible): Teaching processes Teaching aids Observations Instructions Games</p>	<p>Tournaments: Preparation Coaching in tournament</p>	<p>Tournaments: Strategies</p>
<p>Connected developments: General strength: Firm trunk & light-broad strength Shooting strength General body balance Shooting body balance Breathing / 1 arrow sequence</p>	<p>Additional connected developments: General strength: Heavier broad strength Breathing / 1 end sequence Visual sequence & control Visualization Relaxation Stress management</p>	<p>Additional connected developments: General strength: Oriented Perceptions/feeling: General & Shooting Attention modes</p>

Level 1 Coach

Goal:

Provide to the novice *the **common basics** of archery*, allowing to easily practice any type of archery in the future (any type of bow, any discipline)

Public and Environment:

- ✓to any novice: the young, teenagers, adults, elders, disabled, ...
- ✓to an individual novice as well as to a group of novices
- ✓in an archery club, at school, in a community centre, in a rehab centre, in a resort centre, ...

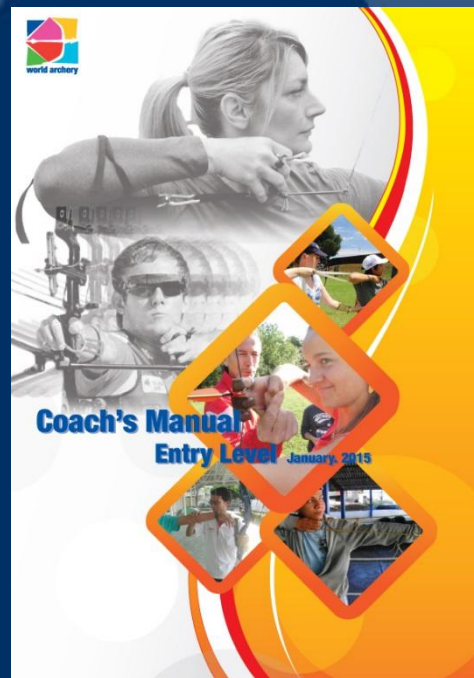
7 day course: without end of course student evaluation

WA Educational supports:

- Glossary
- Manual
- Video
- Beginner Award Program
- Make your Own Equipment
- How to make an archery range
- Presentations for Coach Trainer

Pre-training requirements:

- ✓Registered by MA
- ✓Minimum 2 years of regular practice and 2 official tournaments
- ✓Complete « CoachTrue – Recreational » and « RealWinner »
- ✓Pre-course reading



Level 2 Coach

Goal:

To increment the capabilities of the archer in 1 division and some disciplines.

Public and Environment:

Many recreational archers and some elite oriented competitors

WA Educational supports:

- Manual including many modules: 4 equipment – 4 disciplines – Para Archery – 2 Generic Human Developments – Ethical – Basic Training plan
- Presentations for Coach Trainer

Duration pending selection of modules

Pre-training requirements:

- ✓ Registered by MA
- ✓ Minimum 1 year of Level 1 coaching
- ✓ Complete « CoachTrue – Elite »
- ✓ Pre-course reading



Level 3 Coach

Goal:

To train and develop specific skills of the archer over a determined period of time to reach a high competitive level in one division and one (or 2) discipline(s)

Public and Environment: Dedicated elite oriented competitors

WA Educational supports:

- Guide to establish a plan
- Training plan samples
- 1 year of weekly training tips
- Presentations for Coach Trainer

Duration 5 days without evaluation

Pre-training requirements:

- ✓Registered by MA
- ✓Minimum 1 year of Level 2 coaching
- ✓Pre-course reading



WA Coach Trainers Course

They are the tutors who train the coaches:

- 10 day course
- Must conduct a course within one year
- 4 evaluations over one year
- WA certification valid 4 years
- Recertification process





WA certified Coach Trainers on September 2015

Pascal COLMAIRE (WA)

Jorge CABRERA (ARG)

André KORLAAR (NED)

M-Ziaul HOQUE (BAN)

Urte PAULUS (AUT)

Ludys TEJADA (DOM)

Constantine YANTSIOS (GRE)

Carlos FREITAS (POR)

Carlo MEDAS (GUA)

Andrea VRBIK (CRO)

HO Soo Jit (SIN)

Gary HERNADEZ (VEN)

Angelika BRUNNER (AUT)

Andreas ACHILLEOS (CHY)

Kristin NESTOR-ALVISTE (EST)

Anu UUSMAA (EST)

Susana KOVACS (PAR)

Miguel GUTIERREZ (CUB)

Miljko COLOVIC (SRB)

Damir KOLAREK (CRO)

Martin PTANICK (AUT)

Konstantinos VOUROS (GRE)

Massimo GIOVANNUCCI (ITA)

Elena GEORGHITA (ROM)

Ranjit MANAWADU (SRI)

Andreas ACHILLEOS (CYP)



Coaching Levels in WA

Why there are no WA Coaches?

WA strives to produce **quality services** only



Not sure to control the quality = Don't do it!

Lack of financial and human resources to:

- Develop curriculums for Candidates, Conductors, Masters
- Ensure their initial education
- Evaluate all of them
- Ensure their continuing education
- Update the curriculums
- ...



**Avoid interfering with the
National Archery Coaching Certification Programs (NCCP)**

Coaching Speciality



Technical Coach
Equipment Coach
Physical Coach



Mental Coach

Competition Coach

Team Leader



What is a good coach?

Makes the archers progressing.

Is a certified coach a good coach?

Certification = recognised potential to become a good coach
But still a lot to do: learning & development of know-how's.

What do we need to get progressing archers?

We need progressing coaches; hence continuing education is fundamental

***"BEING A GOOD COACH IS NOT ENOUGH
TO MAKE A STRONG ARCHERY NATION"***

Archery Association Objectives:

Have archers who progress at bigger geographical levels.

Criteria:

- Efficient Coaching Assistance
- Access to a high level of training services
- Dynamic network of competitions
- Good administration

Objectives/Services Contract:

- Between the Archery Association and the archer.

Example of a **National Team Structure.**

National Team Program COORDINATOR



CRITERIA:

- Efficient Coaching Assistance
 - **Access to a high level of training services**
 - **Dynamic network of competitions**
 - **Good Administration by the National Archery Federation**
-

- Good Coaching **Certification Program**
- A strong **Continuing Education** Program for Coaches
- **Availability / Professional** Coaches
- Level of coaching assistance appropriate to the **training needs** of the archer at the various steps of his/her evolution.

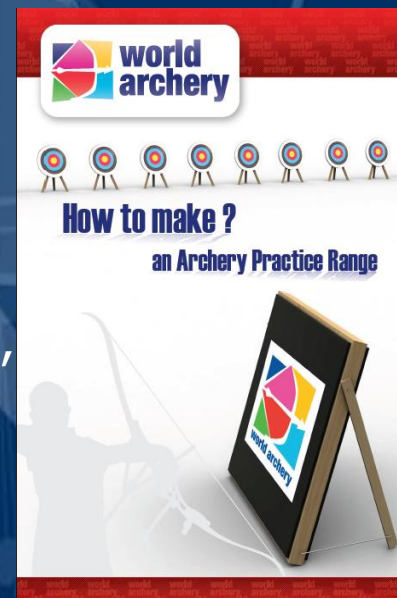


CRITERIA:

- **Efficient Coaching Assistance**
 - **Access to high level training services**
 - **Dynamic network of competitions**
 - **Good Administration by the National Archery Federation**
-

- **Archery facilities and equipment** in good condition.
- **Access** to the **archery facilities** all year.
- **Adapted schedule** to suit work or school
- **Availability of general sports facilities:** gymnasiums, strengthening room, pools, etc.
- Support of **specialists** for developing general physical capabilities, psychology, and for medical assistance.

• ...



CRITERIA:

- **Efficient Coaching Assistance**
- **Access to a high level of training services**
- **Dynamic network of competitions**
- **Good Administration by the National Archery Federation**

-
- Various **levels of tournaments** (in accordance with the archers ability).
 - Varying **organized levels** of tournaments to prepare the archers for any level of competition.
 - A tournament calendar with **many events** in order to personalize the schedule of competitions for each archer.
 - **Judges** with a high grade of expertise.
 - Excellent **Media** exposure
 - **Fair Play** and Drug free
 - ...



ARCHERY
WORLD CUP FINAL

Mexico City 2015

CRITERIA:

- **Efficient Coaching Assistance**
- **Access to a high level of training services**
- **Dynamic network of competitions**
- **Good Administration of the National Archery Federation**

- Role-players **recognition**
- A comprehensive and fair **decision process**
- Good **communication** at all levels
- **Transparency** of all activities
- Good **financial** management
- ...



Lecture conclusion

*"Competition is no longer
between talented archers & coaches.*

It is about level of professionalization "

**The coach must contribute to optimize
all components of high Performance:**



A growing challenge in coaching education

For any Archery Coaching
information, contact:



World Archery Development &
Education Department