



World Archery Coaching

FITA
COACHING MANUAL LEVEL 1
MANUEL D'ENTRAINEUR NIVEAU 1



Pascal Colmaire – WA Development & Education Director

What does WA do in Coaching?

Encourages 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 tools for the MA to create their own NCCP:

Manuals, video, Power Point presentations (Course guides) ...
Project of an Observation guide, E-coaching / technical library.

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

Educates Coach Trainers

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

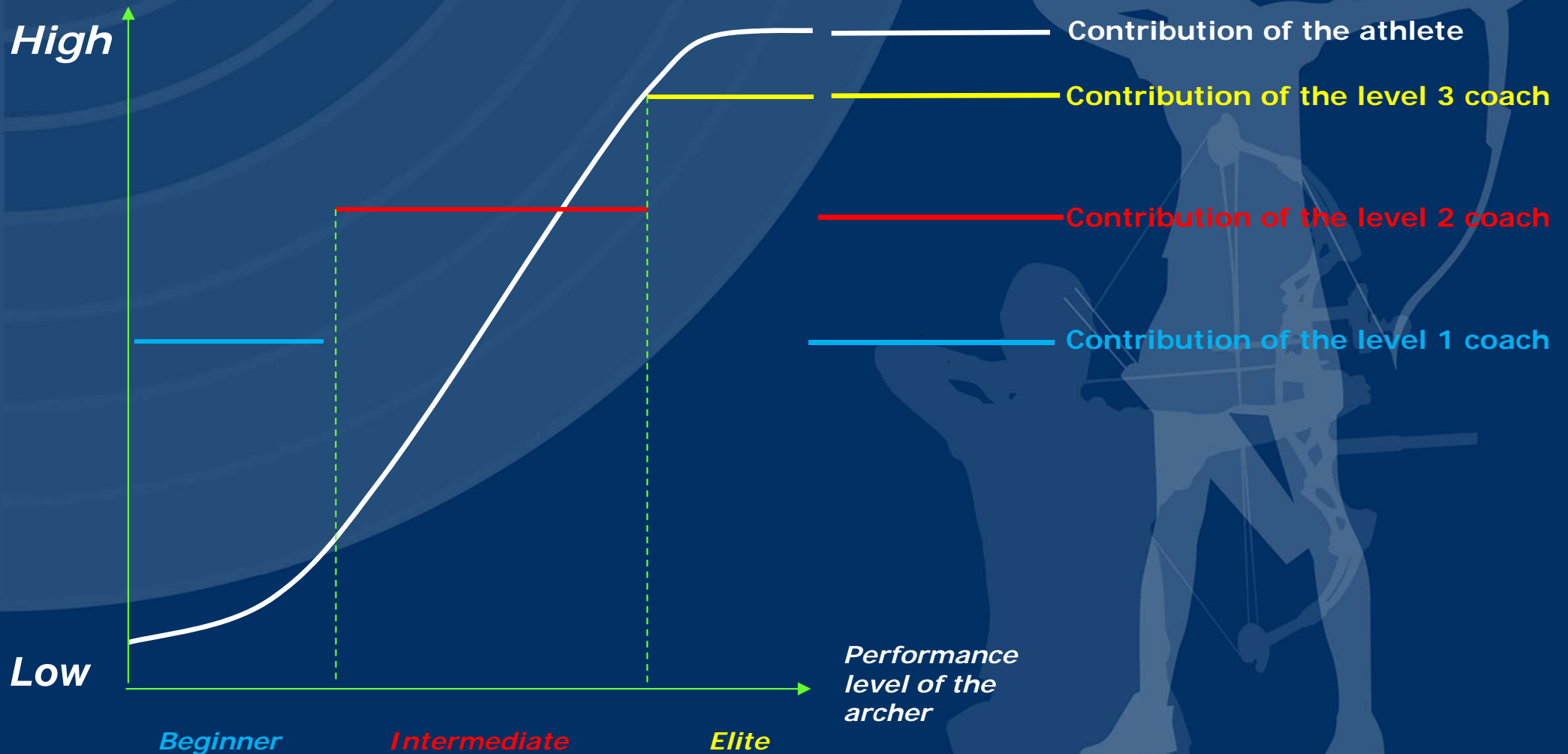
- OS or self-funded Technical Courses for Coaches
- Scholarships from OS, FIDTA, ...

Assists in the **professionalization** of coaches

Concept

Help the archers in their own development

Need coordination and cooperation from all coaches



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, ...

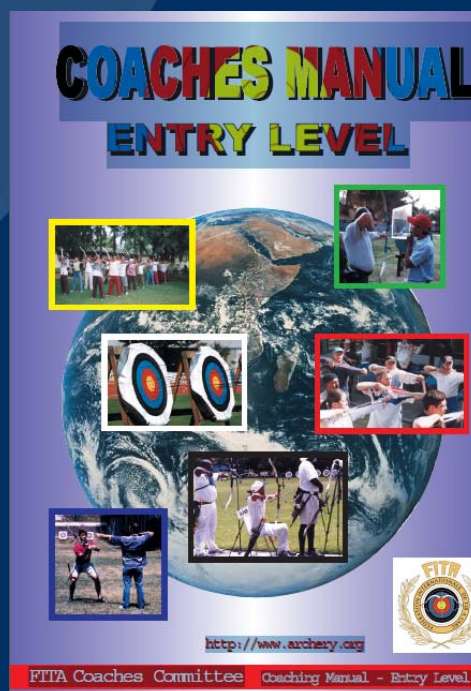
7 day course: without end of course student evaluation

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 under development



WA certified Coach Trainers on July 2013

Pascal COLMAIRE (WA)

André KORLAAR (NED)

Ludys TEJADA (DOM)

Miguel GUTIERREZ (CUB)

Anu UUSMAA (EST)

Miljko COLOVIC (SRB)

Damir KOLAREK (CRO)

Susana KOVACS (PAR)

Carlos FREITAS (POR)

Constantine YANTSIOS (GRE)

Kristin NESTOR-ALVISTE (EST)

Elena GEORGHITA (ROM)

Urte PAULUS (AUT)



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:

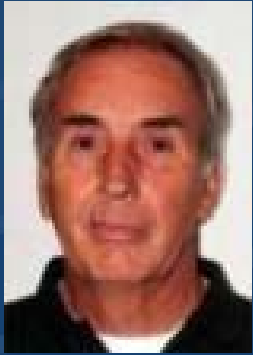
- Develop curriculums for Candidates, Conductors, Masters
- Ensure their initial education
- Evaluate them
- Ensure their continuing education
- Update the curriculums
- ...



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

WA Coaching structure

Coaches Committee



Ken BEARMAN (GBR)
Chairperson



KIM Hyung-Tak (KOR)
Member



LEE Kisik (KOR-USA)
Member



Pascal COLMAIRE
Ex Officio Member (WA)

WA Development & Education Department



Pascal COLMAIRE
Director



Deqa NIAMKEY
Manager

For any Archery Coaching
information, contact:



World Archery Development &
Education Department