2015 World Archery Coaching Seminar

Fuengirola, Spain
30 September – 4 October 2015
Training preparation, planning & organization for Archery.

Planning a season, period or cycle of training to get the best performance of the archers

Juan Carlos HOLGADO
It is worth the effort?
Do I know enough?
How to start?
It is really working?
Do I have the time?
Should I ask for help?
The purpose of a Training Plan is to identify the work to be carried out to achieve agreed objectives.

Training Plans should be drawn up to identify long term objectives (4 years) ... as well as short term goals for the forth coming season.
Getting background information about the athlete:

**Personal details:** Name, address, date of birth, telephone numbers, transport arrangements...

**Objectives:** Long, Medium and Short (athletes’ goals)

**Performances:** Scores, best results

**Technical:** athletes’ form (athlete’s own evaluation)

**Experience:** Competition experience (club, county, national, country)

**Personal best (PB's)** indoor, outdoor, etc..

**Equipment:** status in quality and quantity
Finances: Where can grants be obtained when needed?

Competition Calendar: Dates and requirements to qualify

Competitors: Opponents – Competition

Time available for training: weekly calendar & Planned holidays

Medical: Previous injuries or illness, Current problems (diabetes, asthma etc.)
Access to medical Physiotherapy support
On any medication - is it a banned substance?

Training facilities: Indoor and Outdoor facilities for shooting, gym & weight training, swimming pool, etc…

Last season: What can be learnt from last season + & − aspects
SWOT Analyse
Analysis of previous program = SWOT

If it is not the first program for the athlete, then it is important to conduct a SWOT analysis of the last training program:

**Strengths**
What were the best aspects of the program and why?
What was done well and why?

**Weaknesses**
Are there gaps in the program?
What was not done well and why?

**Opportunities**
How can we enhance the program to the benefit of the athlete?

**Threats**
What may prevent us achieving the short and long term objectives?
KEY questions….for the athlete

How good do you want to be?

How serious are you about your Archery?

What do you expect from your coach-es?
Archer’s skills evaluation

Archers’ Skills:

- **Technique-Form**: SWOT
- **Physical**: Tests / General & Specific condition
  - Strength
  - Endurance
  - Balance / coordination ocular-manual
- **Mental**: attitude & personality tests
- **Equipment status**: quality equipment & Tuning (basic vs Fine tuning)
TRAINING PLAN

From the archer or other coaches

ARCHER:
12/06/2000

Asuntos Negativos
- Muchos cambios en los (a) de entrenos y su posición en sus carreras.
- Muchos cambios para el equipo de entrenamiento.
- Muchos cambios en los horarios y la hora de salida del equipo, y la lección del desayuno (a). Al principio de temporada la dosis es un poco pequeña para una fase de entrenamiento.

Asuntos Positivos
- Aprende a concentrarse y entrenar.
- Entrena con los mejores desde el punto de vista (dicho), ya pasado el tiempo, pero en su momento muy real, como toda familia.

Otros aspectos
- Dos momentos que nos citamos de manera excesiva: ALEGRÍA, ¡en todo aspecto NEGATIVOS! Sólo nos queda la vista de los que no se ve el la buena tarea.
- Enseñar (cuando la vista de los trenes que se lo da) (Grievances positivas)
- Entrenamiento (cuando es el mal que se lo da)
- Fin de la temporada (una o media hora)

OBJETIVO de la temporada
- RESULTADOS
  1. Mejorar para el mundial de Bolso. 1200 como puntuación necesaria. 240 puntos por segmentos.
  2. Mejorar el mejor record de la técnica. (Tennis)
  3. Mejorar el mejor record de la técnica. (Tennis)
  4. Mejorar el mejor record de la técnica. (Tennis)
- En cada uno de los puntos de entrenamiento.
- En cada uno de los puntos de entrenamiento.
- En cada uno de los puntos de entrenamiento.
- En cada uno de los puntos de entrenamiento.

TECNICA
1. Mejorar la concentración física en general.
2. Mejorar la concentración física en general.
3. Mejorar la concentración física en general.

PSICÓLICO
1. Mejorar la concentración física en general.
2. Mejorar la concentración física en general.
3. Mejorar la concentración física en general.
Setting GOALS

Goal Settings is a simple motivational technique that can provide some structure for your training and competition program.

Goals give a focus, goals provide motivation.

There are two well known acronyms to guide goal setting:

**SMART or SMARTER**

**SCCAMP**
SMART or SMARTER

S - goals must be Specific
M - should be Measurable
A - goals should be Adjustable
R - goals must be Realistic
T - should be Time based
E - goals should be challenging & Exciting
R - goals should be Recorded
SCCAMP

S - goals must be **Specific**
C - within the **Control of the athlete**
C - goals are **Challenging**
A - goals must be **Achievable**
M - should be **Measurable**
P - goals are **Personal**
Analysing Archers’ profile-skills

1) Define parts of the archer’s form that are adequate-correct *at least 3 clear ones*

2) Define these parts that need improvement *max 3 of them*

3) Set up priorities or parts to correct and its impact in archer’s form-performance.

4) Meet and discuss with the archer to:
   - Agree in terminology and ways to see the shooting style (what a good release is, what a good bow hand is, what a good expansion is ...)
   - Agree in the goals to set
   - Define time to correct weak areas in shooting form.
## Athletes skills-Form evaluation

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<thead>
<tr>
<th>Skills - aspects in shooting form</th>
<th>poor</th>
<th>ok</th>
<th>good</th>
<th>Very good</th>
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<tbody>
<tr>
<td>Stand – body position</td>
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<td>Bow hand - Grip</td>
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<td>String hand-hook</td>
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<td>Full draw</td>
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<td>Facial references</td>
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<td>String alignment</td>
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<td>Expansion (direction)</td>
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<td>Timing of shooting</td>
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<td>Release (smoothness—speed)</td>
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<td>Follow through</td>
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**Self-Evaluation of archer’s technique by their own feeling.**

**Show some videos of the archer shooting**

Ask the Archer to re-check its self-evaluation. It HAS CHANGED!
Operational Aspect

Development of Abilities-skills

The coach should know the abilities-skills to develop in various areas and the processes - exercises to teach them. 

(Time Administrator)

versus

Time available

Season Availability

Develop & implement a Training Plan
1) Define with the archer the main Performance Goal of the season.

2) Define sub-goals (in increase of difficulty). When all sub-goals will be reached, it means that the archer is ready to achieve the main performance goal of the season.

3) Define periods or “Meso-cycles” with days-number of weeks outlining the main goal per period (Meso-cycles)
The “Skeleton” of the Training Plan

4) Take a calendar of the year (starting from current month) and define with the archer the main competition(s) to reach the performance goals defined (end of the season).

4) From there go backwards and locate other competitions or tests needed to progress to the main performance goal.
The Periodization - I

Periodization is the **systematic planning** of an athlete or group of athletes in the skills involved in their sport.

The aim is to reach **the best possible performance** in the **most important competition** of the period.

It involves progressive cycling of various aspects of a training program during a specific period. ... Or...

Is the method of organizing the training period into phases. Each phase has its specific aims for the development of the athlete.
CYCLE is a period of time between the main event of an athlete’s carrier. Could be a 4 years cycle (Olympic Games), or 2 years Cycle between World Championships…

MACRO-CYCLE is the annual plan that works towards peaking for the goal competition of the year.

There are different phases-periods in the MACRO-CYCLE. These are called the MESO-CYCLES:

- Pre-season
- Specific preparation
- Preparation for competition
- Performance
- Recovering or transition
The Periodization - II

This assumes that competition climax will be one period per year. But... What if there is an indoor and an outdoor season in the same year?

Athlete with objectives for both (indoor & outdoor) have a need to prepare 2 macro-cycles (2 years in 1)

This assumes that the climax of the indoor season could be in February and the outdoor season in August-Sept.

Depending on the athlete's objectives and abilities (age, experience, years in the sport, maturity, etc..) start and duration of each phase (Macro-Cycle) may have to be adjusted to achieve appropriate development.
The Periodization - III

One Season - 1 Macrocycle (entire outdoor)

Two Seasons - 2 Macrocycles (Indoor & outdoor)
Maximal weekly availability
For instance up to 30 hours / week

Most available days
Workload variation, for instance:
• light and short total workload on Monday, 1 session
• Medium workload in 2 sessions on Tuesday
• intense and long workload on Wednesday and Friday, in 2 sessions
• Test or tournament on Saturday or Sunday (1 or 2 sessions)

Choice of disciplines for generic training
To combine as much developments as possible
For instance flexibility, breathing control and concentration through Yoga, or strength with TRX, etc...
WORK HARD DREAM BIG.
TRAINING PLAN

Annual Calendar
TRAINING PLAN

Weekly Schedule

The Time available for practice
(never forget to allow-built some personal time)
A goal without a plan is just a dream.

-dave ramsey
The objectives of each Meso-Cycle could be as follows:

1) PRE-SEASON

   a) PHY: Improve General development of strength, mobility, endurance
   b) TEC: Improve basic Technique – time for changes. Improve weaknesses
   c) MEN: Acquire basic a General mental skills-tools
   d) EQU: Test new items - Basic Tuning
2) SPECIFIC PREPARATION

a) PHY: Development of specific fitness (Spec Strength, Spec Endurance..)
b) TEC: Assimilate technical changes (Mechanization-repetition)
c) MEN: Use and adapt mental tools to practice. Get good habits!
d) EQU: Decide on new items - Basic Tuning
3) PREPARATION FOR COMPETITION

a) PHY: Maintenance of specific fitness skills
b) TEC: Focus and consolidate the Strong parts of the Form (Confidence)
Working in competition mood-mode. Competition experiences.

“In practice, MAKE IT Happen… in competition, LET IT Happen”

c) MEN: Manage Stress, expectations, emotions… fine tuning of mental
skills and tools. To use in training and competition
d) EQU: Fine Tuning
“In training, MAKE IT Happen… in competition, LET IT Happen”

Make your practice hard and challenging ….make it easy in competition
4) PERFORMANCE PERIOD

a) PHY: Maintenance of general condition – recovery sessions
b) TEC: Focus on good and smooth-basic shots (Confidence & Decision)

“In competition, LET IT Happen”

c) MEN: Manage expectations and competition results (success-failures)

“Focus on Actions, Solutions, in what can be Controlled, in the Present”

d) EQU: Fine Tuning and proper maintenance.
5) RECOVERY – REST

- Active recovery
- Analyze / Evaluate the current season
- Feedback of the archer and team of coaches
- Planning preparation for next season
“Planning is everything.”
— Dwight D. Eisenhower
Planning tips – How to start with Micro-Cycles

**Ratio Archery / other developments**
Minimum of 45% - Maximum of 80% of archery

**Training steps**
Divide the Meso-cycles into steps.

Have one main development by step.

Lets start with Weekly organization of the training (Mycro-Cycle), defining a goal per week. The success to achieve the weekly goals will end in achieving the Meso-Cycle Goals.

For this we need to learn more about the **TRAINING PRINCIPLES**
The 8 Key Sports Training Principles are:

1. **The Balance Principle** is a broadly applied principle that concerns achieving the right proportions of training activities.

2. **The Individualization Principle** dictates that sports training should be adjusted according to each athlete's characteristics and needs, such as age, gender, rate of progress and previous experience.
3.- **Overload Principle** is a basic sports fitness training concept. It means that in order to improve, athletes must continually work harder as their bodies adjust to existing workouts. Overloading also plays a role in skill learning.

Tips:

- Increase loads gradually and progressively.
- Test maximums. *Through testing, the intensity of training loads can be controlled and monitored.*
- Avoid muscular failure.
- Allow ample recovery time.
- Alternate activities.
- Coordinate all training activities and schedules.
4.- **The Recovery Principle** dictates that athletes need adequate time to recuperate from training and competition. Athlete's ability to recover from a training session is just as important as the training session itself.

5.- **The Reversibility Principle** dictates that athletes lose the beneficial effects of training when they stop working out. In short, “If you don't use it, you lose it”

6.- **The Specificity Principle** dictates how workout regimens change athletes' bodies to prepare for the demands of their sports.
7.- **The Transfer Principle** suggests that learning and performing one activity affects the performance of another related skills-activities. Correctly applying this principle saves valuable training time while accelerating results.

8.- **The Variation Principle** suggests that minor changes in training regimens produce more consistent gains in sport performance.

Training programs for virtually every sport include variations in intensity, duration, volume, and other important aspects of practice.
Especially in archery this principle is important to help archers to keep their focus and motivated in long training sessions-periods.
It is very difficult that one coach knows all what is needed to bring an archer to its maximum potential and performance. This old approach is changing fast day by day… Nowadays top athletes have a team of coaches to prepare them.

So, you may end being the coordinator of all the areas and coaches working with your athlete-s.
This means that you have to learn more from the “other” areas to understand better the work to be done, when, how and in what intensity ….to coordinate all this preparation, keeping the proper balance or workload for your archer-s.

This is a NEW role for many of our Top Archery Coaches.
Communication and project management skills are needed, as well as acquiring a basic knowledge of each area or science involved.

The Technical coach do not need to be an experts in all areas, just to understand the basic of them and assist other experts in the integration of their work with Archery!
Ready to answer your questions!