



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

Planning the training?

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?

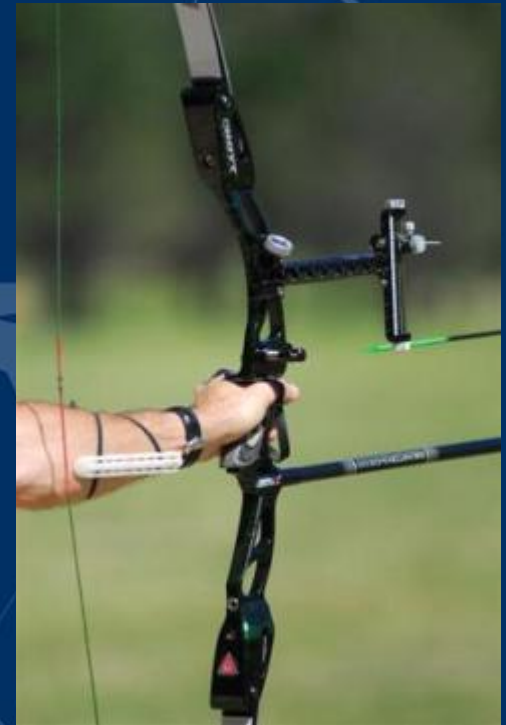
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Planning the Training

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.



Information Gathering I

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

Information Gathering II

- 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 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 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)

From the archer or other coaches

ARCHER:

12/10/2000

Aspectos Negativos

- Muchos cambios técnicos (y de temas en su vida) y que le dieron inseguridad.
- Pocas libras para las tiradas de viento.
- Cuando hace caderas le duelen los hombros, y le da miedo el dolor por que tarda en quitarse. Al principio de temporada le dolía un poco pero ya se ha quitado con hielo (criterapia)

Aspectos Positivos

- Apoyo de compañeros y entrenadores.
- Salidas me favorecen desde este punto de vista (ahora, ya pasado el tiempo), pero en su momento muy mal, sobre todo Turquía.

Otros aspectos

- Hay momentos que los criterios de Marcos/JC no coinciden y no se coordinan.

Compromisos mutuos

- Comprometas a trabajar DURO y con ALEGRÍA, dejando de lado lo aspectos NEGATIVOS, sean los que sean. (Dice que se hunde cuando le van mal cosas con independencia de los puntos, aunque asegura que no le salió nada la temp. pasada)
- Entrenador (cuando la vea muy bien que se lo diga (feedback positivo)
- Entrenamientos (criterio del entrenador)
- Ficha de trabajo (lunes la 2ª media hora)

OBJETIVOS de la temporada

- RESULTADOS
 1. Clasificarse para el mundial de Pekín. 1280 como puntuación necesaria. 240 puntos por equipos.
 2. 1250 media, habituales y factibles en todas las competiciones del año.
 3. Objetivos del entrenador (JCH)
 4. Muchas ganas de ir a los J. Mediterráneos. (su "mini Olimpiada" particular)
 - ✓ 1280 mejor, en el mes de julio). 305 - 320 - 315 - 340 = 1280
 - ✓ En sala los 560 puntos de mejor.
 - ✓ Entre las 3 primeras al aire libre en el Cto. de España absoluto.
 - ✓ Los 1250 en Grand Prix y pasar al menos una eliminatoria en cada uno. Lo demás es un entrenamiento para el futuro.

TECNICA

1. Asentar y asimilar los cambios/ajustes de la temporada pasada.
2. Anclaje que ha cambiado con lo que supone que se terminan los problemas de impactos altos y bajos.
3. Alineación. Se va moviendo de dch. del visor en el inicio del tensado hasta la lzq en el anclaje. No atascarse, sino que mantener a toda costa el ritmo, ya que sabe que cuando el ritmo es el adecuado, las flechas van bien.
4. (JCH) Más estabilidad de la técnica de tiro en momentos de tensión o dudas. Esto es lo más importante a mantener SIEMPRE, entrenen o no entren las flechas.

FISICO

1. Mejorar la condición física en general.
2. Aumento de fuerza máxima.

PSICOLOGO

1. Pablo nunca le ha visto en competición.
2. No sabe llevar a la práctica lo que se trabaja con él. No ve que lo que trabaja tenga resultados, no ve los objetivos del trabajo.
3. Necesita quiere quitarse el miedo a fallar que le conlleva a un miedo a competir.

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

Skills - aspects in shooting form	poor	ok	good	Very good
Stand – body position				
Bow hand - Grip				
String hand-hook				
Bow raising				
Pre-draw				
draw				
Full draw				
Facial references				
String alignment				
Expansion (direction)				
Timing of shooting				
Release (smoothness— speed)				
Follow through				



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.
(Technician & Teacher)

versus

Time available

Season Availability
(Time Administrator)

Develop & implement a Training Plan

The “Skeleton” of the Training Plan



**GET
ORGANISED**

- 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

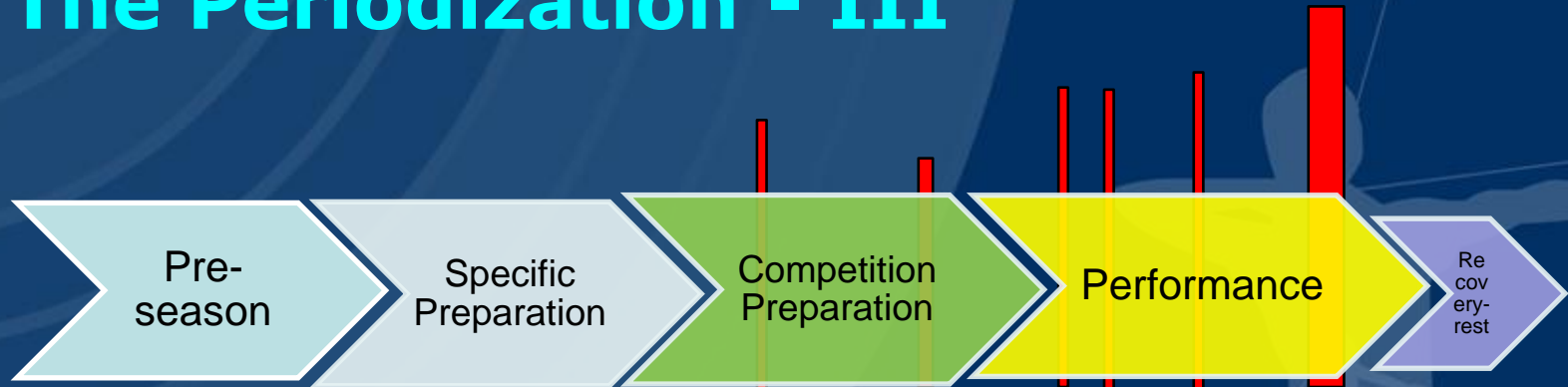
This assumes that competition climax will be one period per year. But... What if there is an indoor and an outdoor season in the same year?

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)

Required information: How much? How often? What?

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

Full Year Comp Training												Physical Programm												Results																																																																							
November												December												January												February												March												April												May												June											
Sa 1	120(3-6) COMP	Tu 2	200(10) / Sw 800	We 3	120(8) + 120(8) / Gym	Th 4	120(8) + 140(8) / Gym	Fr 5	120(8) + 140(8) / Gym	Sa 6	150(6) / Jlg 30'	Su 7	180(8) COMP	Mo 8	140(6-8) / Gym	Tu 9	220(8-10) / Sw 1000	We 10	120(8) + 120(8) / Gym + 50(6) Jlg 35'	Th 11	170(8) / Gym	Fr 12	150(8) + 150(8) / Gym	Sa 13	100(6) + 100(6) test	Su 14	170(8-10) / Sw 700	Mo 15	100(6) + 100(6) test	Tu 16	120(6) test	We 17	120(8) + 120(8) / Gym	Th 18	180(6-8) / Gym	Fr 19	130(6) + 170(8) / Gym	Sa 20	150(6-8) / Sw 800	Su 21	120(6-8) / Gym	Mo 22	120(8) + 100(6) test	Tu 23	230(8-10) / Sw 1000	We 24	140(3-6) test	Th 25	140(3-6) test	Fr 26	120(6-8) / Gym	Sa 27	220(6-8) / Sw 800	Su 28	120(6) + 150(6) / Gym	Mo 29	140(3-6) test	Tu 30	100(3-6) test	Wed 31	100(3-6) test																																		

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

Objectives per Period / Meso-Cycles goals

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





TRAINING PLAN

Y
O U
S H O
U L D B
E W O R K
I N G N O W

Objectives per Period / Meso-Cycles' goals

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



Objectives per Period / Meso-Cycles goals

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*

Objectives per Period / Meso-Cycles goals

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.



Objectives per Period / Meso-Cycles goals

5) RECOVERY – REST

- Active recovery
 - Analyze / Evaluate the current season
 - Feedback of the archer and team of coaches
 - Planning preparation for next season





time to **evaluate**



**"Planning is
everything."**

— Dwight D. Eisenhower



TRAINING PLAN

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



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

Training Principles

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.

Training Principles

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 intensityto 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!