



4th WORLD ARCHERY COACHING SEMINAR

Rome, Italy

November 3rd – 6th, 2009

FITARCO - Federazione Italiana di Tiro con l'Arco



Experiences and operations in psychology applied to Archery

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FITARCO Responsible for
psychological preparation*





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ARCHERY: A MOMENT FOR PERSONAL GROWTH

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- **PRIMARY MOTIVATIONS**
FUN AND COMPETITIVENESS
- **SECONDARY MOTIVATIONS**
DEPENDING FROM PERSONAL
INTERESTS





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COMPETITIVENESS

A CONFRONT WITH :

ONESELVES
THE FIELD
THE OPPONENT

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THE SPORTS PERFORMANCE IS FUN AND COMPETITIVENESS

- PROFESSIONISM LOWERS THE FUN SIDE AND MAKES THE COMPETITIVE ONE GROW.





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- THE ENERGY THAT ESTABLISHES COMPETITIVENESS IS **AGRESSIVENESS**





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WINNING PERFORMANCE AND PERSONALITY

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• COMPETITION RESULTS:

ABILITY IN JOINING
TOGETHER TECHNIQUE AND
PERSONAL CHARACTER





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- **ARCHERY:**

THE PASSAGE FROM
INSTINCT TO TECHNIQUE

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- **THE ATHLETE:
A GOLD SEEKER**

HE COLLECTS **THE TREASURE**
TO SPEND DURING HIS PERFORMANCE





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BETWEEN THE ATHLETE'S DREAM AND A WINNING PERFORMANCE

THERE ARE:

NON-STOP TRAINING

AND

MENTAL FATIGUE

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A COMPETITIVE PERSONALITY IS THE RESULT OF:

- **Ambition**
- **Aggressiveness**
- **Self-esteem**
- **Attention**



- **PASSING FROM JUNIOR TO SENIOR IS ALWAYS A DELICATE MOMENT FOR AN ATHLETE**

THE PRESENCE OF A
PSYCHOLOGIST IS VERY
IMPORTANT





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- **A PSYCHOLOGICAL AIR-BAG
TO FIGHT DEMOTIVATION**

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- **ARCHERY IS MAINLY A MENTAL SPORT AND THE BRAIN MUST BE CONSIDERED A MUSCLE:**

AS SUCH, IT MUST BE TRAINED



- THE BEST ATHLETES
ARE THE ONES THAT
DON'T DISTRACT
THEMSELVES
AND ASSUME THEIR
RESPONSIBILITIES





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THREE IN ONE:

ACTIVATION
CONCENTRATION
ATTENTION

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- ATTENTION HAS AN INNER AND OUTER **FOCUS**



- **FOCUS:**

IT'S THE ABILITY OF REALIZING
WHAT'S HAPPENING,
NARROWING ONES ATTENTION
ON A GIVEN MOMENT



- **FOR THE ARCHER**
FOCUS BECOMES DIRECTIONAL.
IT PASSES FROM THE OUTSIDE
TO THE INSIDE WITH THE
ABILITY OF REFLECTING WITHOUT
GETTING CONFUSED





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- **WHEN SHOOTING THE ATHLETE MUST WORK ON THE FLEXIBILITY OF THE FOCUS:**
ATTENTION IS IN FUCTION OF THE OBJECTIVE





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- THE TECHNIQUE FOR IMPROVING OUR ATTENTION IS **VISUALIZATION**





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- ENTERING INSIDE OUR MIND WITHOUT LOOSING CONTROL AND WATCHING AGAIN THE SCENES OF SOME WINNING SHOTS **IMPROVES** OUR SELF-ESTEEM.





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RIGHT LINE:

WHEN WE ARE READY
TO SHOOT THE ARROW WE
MUST IMAGINE THE
TRAJECTORY AND THE POINT
WE WANT TO REACH





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- BREATHING CONTROL HELPS
MAINTAIN OUR **INNER TIGHT**
ATTENTION





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- WE CAN IMPROVE OUR INNER TIGHT ATTENTION BY VISUALIZING THE **RIGHT LINE**





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- **VISUALIZATION**

**MUST KEEP THE SAME PACE
OF REALITY**





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THE BENEFITS OF BIOFEEDBACK

THE TECHNIQUE FOR A
PSYCHOPHYSIOLOGICAL
TENSION CONTROL.

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APPLYING SOME SENSORS TO THE CORRUGATOR SUPERCILII MUSCLE THE MACHINE PERMITS US TO VISUALIZE THE UNDER-CORTICAL EXCITEMENT. IN THIS WAY THE ATHLETE CAN CONTROL HIS RESPONSE DIRECTLY WITH A LUMINOUS SIGN.





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ARCHERY: INSTINCT AND RATIONALITY

INSTINCT PASSES THROUGH THE UNCONSCIOUS
RATIONALITY THROUGH KNOWLEDGE

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ARCHERY:

PERFORMANCE AND CONTROL

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- **TAKING IT EASY DOESN'T MEAN MAKING THE UNCONSCIOUS FLOW AWAY,**
- **IT MEANS NOT MANAGING TO KEEP CONTROL**





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- **CONTROL** IS THE RESULT OF AN INTENSE AND SPECIFIC TRAINING





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• **ARCHERY** CAN'T BE MADE
ONLY BY THE UNCONSCIOUS





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- THE IMPORTANCE OF **CONTROL** FOR AN EXACT REPRODUCTION OF OUR ACTIONS





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- TALENT IS LOCATED IN THE UNCONSCIOUS

**TECHNIQUE
IN OUR CONSCIOUSNESS**



- THE IMPORTANCE OF BREATHING FOR KEEPING CONCENTRATION

INSPIRATION = TENSION

ESPIRATION = RELIEF





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- WE KEEP OUR BREATH TO GAIN MORE ATTENTION AND TO AVOID **DISTRACTIONS**





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- PUTTING **ATTENTION** ON OUR BREATHING HELPS US REMAIN IN THE PRESENT AND CHANNELS US **WITHIN OURSELVES**





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MENTAL TRAINING:

**MENTAL WARMING-UP
AND
MENTAL COOL-DOWN**

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• THE ATHLETE'S COMPASS

THE FOUR CARDINAL POINTS

- **TECHNIQUE**
- **TACTIC**
- **BODY**
- **MENTAL**

