



# Archery Coaching

## World Archery Coaching Seminar

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### *Why there are no FITA Coaches?*

FITA 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 interference with the  
National Archery Coaching Certification Programs (NCCP)**



## Coaching Levels in FITA

### ***What does FITA do for Coaching?***

Encourage the FITA Member Associations (MA) **to create** their own **National Coaching Certification Program (NCCP)**

*Use of the OS Development of the National Sport Structure*

**Produce education tools for the MA to create their own NCCP:**

Manuals, video, Power Point presentations (Course guides) ...

Project of an E-coaching / technical library.

Strive to make all the MA benefit from the **quality “competition”** among the **various NCCP**.

**Educate Master Coaching Course Conductors**

**Educate Coaches for MA that do not have NCCP through:**

- OS Technical Courses for Coaches
- Scholarships from OS, FIDTA, ...

Assist the **professionalization** of coaches

## Conceptual Aspect

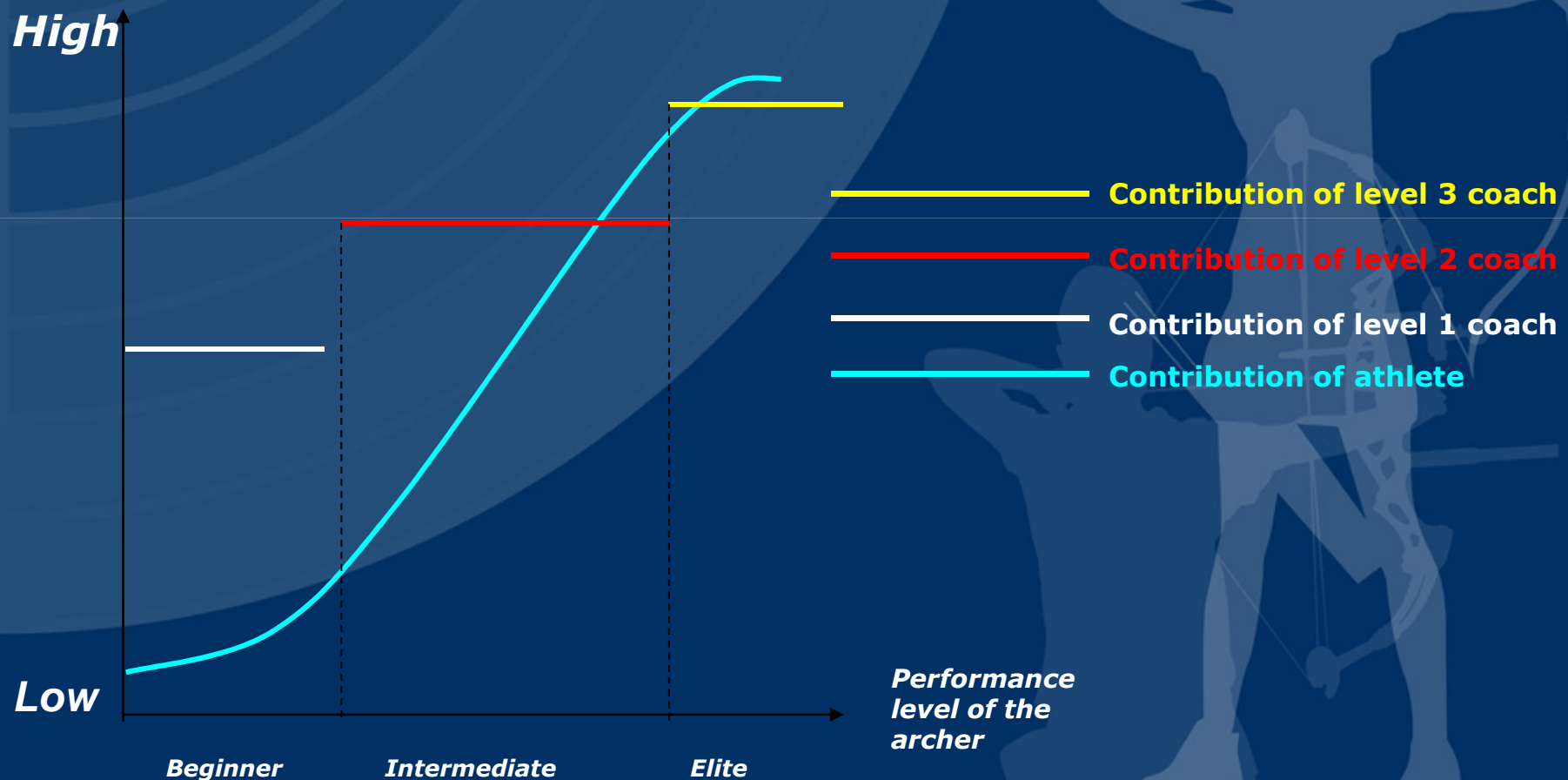
**Help** the archers  
with their personal development

Through: **analysis, individualization  
and retroaction**

# Coaching

Help the athletes in their own development

Need coordination and cooperation by all coaches



### *How many levels in coaching should FITA 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.

### **Level 1**

#### **NEEDS OF THE BEGINNER:**

- Discover the fundamentals of archery in a way that the beginner can be capable of practicing any type of archery (including any type of bow or discipline).

#### **COACHING REQUIREMENTS:**

To be able to instruct the basic fundamentals of archery:

- To any beginner: child, adolescent, adult, senior or handicapped person.
- To an individual or a group of beginners.
- In an archery club, a school, a community centre, a rehabilitation centre or at a tourist centre.

#### **MAJOR DIFFICULTY:**

- Prevent teaching a specific technique too early in development.

#### **SOLUTION:**

- \* The Coaches Manual should correlate with the objectives and difficulties of the level of learning.

### **Level 2**

#### **ARCHERS NEEDS:**

- Improve the efficiency in one or two kinds of archery, emphasizing a combination of type of bow and discipline.

At this level some archers choose to participate at a recreational level and others at a competitive level.

#### **TRAINING REQUIREMENTS:**

Be able to increment the capabilities of the archer in some disciplines.

#### **MAJOR DIFFICULTY:**

Be competent in various archery disciplines and divisions.

#### **SOLUTION:**

Use of systematic teaching modules.



## Coaching Levels in FITA

### Level 3

#### **ARCHERS NEEDS:**

To reach a high competitive level in one or more various types of disciplines in archery.

#### **TRAINING REQUIREMENTS:**

Be capable of training and developing specific competitive abilities of the archer in one or two archery disciplines over a determined period of time.

#### **MAJOR DIFFICULTY:**

Articulate various types of developmental concepts in one plan.

#### **SOLUTION:**

Develop a specific curriculum to be compatible with the most common aspects of archery at the competitive level.

## Operational Aspect

**Development of Abilities**

**versus**

**Time**

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

**(Technician & Teacher)**



**Season Availability**

**(Time Administrator)**

**Develop and implement a Training Plan**

### **"BEING A GOOD COACH IS NOT ENOUGH"**

#### **National Archery Association Objectives:**

Have archers who progress inside the elite world of archery.

#### **Criteria:**

- Efficient Training Assistance
- Access to a high level of coaching services
- Dynamic network of competitions
- Good administration

#### **Objectives/Services Contract:**

- Between the National Archery Association and the archer.

Example of a **National Team Structure.**

**National Team Program COORDINATOR**

## **CRITERIA:**

- Efficient Training Assistance
  - **Access to a high level of training services**
  - **Dynamic network of competitions**
  - **Good Administration by the National Archery Federation**
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- Good Coaching **Certification Program**
  - A strong **Continual Education** Program for Coaches
  - **Availability / Professional** Coaches
  - Assistance in appropriate **training needs** of the archer conducive to their **continual development.**

## CRITERIA:

- **Efficient Training Assistance**
  - **Access to a high level of 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 Training 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
- ...

## CRITERIA:

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

- A comprehensive and fair **decision process**
- Good **communication** at all levels
- **Transparency** of all activities
- Good methods of **administering the budget**
- ...

### OBJECTIVES AND SERVICES CONTRACT - Contents

- Access Criteria – Duration of Collaboration (2 years minimum)
- What they expect of the archer = progressive personal objectives.
- What will happen if the archer realizes their objectives 😊
- What will happen if the archer fails to reach their objectives ☹️
- The minimal implication of the archer
- The behavior expected of the archer once they become a team member
- What the Federation will offer the archer and the equipment to realize their objectives
- Similar contract for the Coach

### **Questionnaire before training**

***In addition to the other questions like level, goals, exams ...***

- ***How good do you want to be?***
- ***How much time will it require?***
- ***How much time can you invest?***
- ***What are your strengths?***
- ***What are your weaknesses?***

***Produce and refer to the archer's profile***

### •Attention

**One of the most common errors is to give excess importance to the technical aspect of training.**

Experience has demonstrated that a high technical archer in a poor structured environment has very little probability of reaching and maintaining oneself in the archery elite.

### •Suggestions

For every requirement mentioned earlier, **a person, or a coordinator** from your Archery Federation, or at least a **sub-committee** of the High Level Performance Committee, **should be clearly designated as responsible.**