



4th WORLD ARCHERY COACHING SEMINAR

Rome, Italy

3-6 November 2009

FITARCO - Federazione Italiana di Tiro con l'Arco





4th WORLD ARCHERY COACHING SEMINAR

FITARCO Youth organization. From the first steps to the National Team

By Stefano Carrer (FITARCO Youth Department Technical Director)

- Identification of the young talents.
- Some data of the FITARCO population.
- Youth Games and Students Games: two strategic opportunities for the agonistic preparation.
- Youth divisions. Participation to the competitions.
- Organization of the Youth National Group.
- Admittance and programs.
- Evaluation criteria.
- Objectives for the future



Identification of the young talents

- Number of archers In Italy
- Junior National team
- Activities
- Conclusions





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Archers in Italy 20.147

Archers part of the junior Groups 5.023

Archers in age for the Youth National Team 3.252

Archers by Classes JM 624 JF 219

AM 796 AF 244

RM 1.042 RF 327





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Clubs: 518

Coaches and Trainers: 1.703

Regions: 19 + 2

Competitions in calendar: 752





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Small clubs approx 10 members

Medium clubs approx 36 members

Large clubs approx 200 members





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Giochi della gioventù (Youth Games) Giochi studenteschi (Students Games)

Beginners: *new archers allowed with suitable strategies for a certain period, approx 12 lessons*

Post-beginners: *archers that have completed the first course and decide to go on shooting*

Competition level/club: *archers that regularly participate at archery competitions*

Regional archers: *archers that participate at activities with Regional teams*

National archers: *archers that are part of National Teams*





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Level I Coaches

Courses approx. 40 hours

Level II Coaches

Courses approx. 40 hours

Top Coaches

Courses approx. 50 hours





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Specializations and on-going formations :

Bare-Bow

Field Archery

Compound

Materials

Youth Groups

Disables archers

Experts





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Participation to at least 2 indoor competitions in 6 months

JMR 239

JFO 89

JMC 49

JFC 13

AMR 297

AFO 87

AMC 37

AFC 7

RMR 366

RFO 164

RMC 23

RFC 1





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Participation to at least 6 indoor competitions in 6 months

JMR 108

JFO 44

JMC 22

JFC 5

AMR 110

AFO 37

AMC 18

AFC 3

RMR 142

RFO 83

RMC 8

RFC 0





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Participation to at least 9 indoor competitions in 6 months

JMR 53

JFR 19

JMC 12

JFC 1

AMR 58

AFR 19

AMC 6

AFC 3

RMR 69

RFR 42

RMC 4

RFC 0





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Archers that perform at least 2 competitions per year

	<i>indoor</i>	<i>FITA</i>	<i>2x70m</i>
<i>MR (J+A+R)</i>	<i>819</i>	<i>284</i>	<i>89</i>
<i>FR (J+A+R)</i>	<i>313</i>	<i>130</i>	<i>25</i>
<i>MC (J+A+R)</i>	<i>102</i>	<i>37</i>	<i>21</i>
<i>FC (J+A+R)</i>	<i>17</i>	<i>12</i>	<i>5</i>





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Youth National Team

Technical Director for the junior groups

Coach male Recurve Bow

Coach female Recurve Bow

Coach Compound bow(male and female)





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Staff

- *Trainer for Physical preparation*
- *Psychologist*
- *Physiotherapist*
- *Material expert – Preparation & tuning (for the Recurve bow)*
- *Physician*
- *Nutritional expert*





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N° 30 archers

n° 10 male Recurve

N° 10 female Recurve

N° 10 compound (male and female)

Approx 25 of the National Group + the best of the moment





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- *The Delegate of the Federal Council*
- *The Technical Commission*
- *The Federal Council*





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Preparation of the technical-competitions program

- *Objectives*
- *Budget*
- *Admission criteria to the National teams*





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Scores for admission to the National Teams:

FITA

JMR 1250 JFR 1250

JMC1325 JFC 1325

AMR 1275 AFR 1275

AMC 1350 AFC 1300

RMR 1350 RFR 1300

RMC 1375 RFC 1325





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Youth National Team

Days a year of Groups meetings: 17

Days a year of evaluation competitions: 8

Days a year of competitions: 35

(average 2008-2009 including travels)

School obligations





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Groups Meetings

- *New Federal Technical Center in Cantalupa (TO)*
- *Arrival Competition*
- *Final Competition (only few ends)*
- *General comments*
- *Technical independence of the trainers in each speciality*



Activities carried out during the meetings

- *Close, far or just before an international competition.*
- *Physical training, general, specific, evaluation tests.*
- *Shooting technique, observations, evaluation tests, videos.
Suggestions-interventions (personal trainers)*
- *Equipment check , control and interventions.*
- *Meetings (evening), general and specific by section.*
- *Programs of homework to be done.*
- *Verification of the done homework .*





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- *Considerations on the activities implying mainly physical and technical tests*
- *Considerations on the activities implying mainly physical training*





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- *Number of arrows shot in one year*





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Evaluation competitions

- *For selection to participate at International Competitions*
- *Open to National athletes and archers that are doing well at the time*
- *Selection of the first two, and the third chosen on a technical basis*
- *Athletes already engaged with the Senior National teams*

(considerations on the Senior National team archers)



Technical objectives for the future:

- *Generally unification of the shooting technique*
- *In depth study of the "Follow Through"*
- *Proper use of the sight*
- *Knowledge of own value*
- *Perception of one's own value compared to the group*

