



4th WORLD ARCHERY COACHING SEMINAR

Rome, Italy

3-6 November 2009

FITARCO - Federazione Italiana di Tiro con l'Arco



The Italian coaching education system

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- The structure
- The requirements
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The FITARCO mission

- *As already described in the first lecture, the coaching formation started in Italy in 1970, thanks to the contribution of the Swedish coach K.B. Johnson.*
- *The first group of instructors has been educated to the Power Archery, but with soon a very "flexible" interpretation by some of them.*
- *Only few small groups continued trying to give a certain homogeneity of teaching*
- *There is no doubts that, at that time, the educated coaches were more interested to serve the athletes instead of educating new ones*
- *The same FITARCO centralized structure was not able, for some years to generate a serious "Archery coaching school"*
- *The growing international experience and the observed models in other Countries gave the FITARCO management the awareness of the importance of the creation of an Coaches Education System*



The FITARCO mission

- *At the first period, the trend was to form coaches oriented only to the beginners. After this step, the archers where trained for the top performances by the most elevated coaches.*
- *There was not sensitivity neither for the need to move archers "step by step" in the technique and in the training, nor to form coaches able to teach at different levels*
- *We have to arrive at the early '90s to see a tentative to arrange a consistent Education system.*
- *At that moment it became clear that one of the first missions of the Federation was to set-up an organized and homogeneous environment to generate coaches able to create archers from nothing, to improve their technical qualities, to move-up their agonistic skills and, finally, to create "champions".*
- *So, the FITARCO mission has been established*



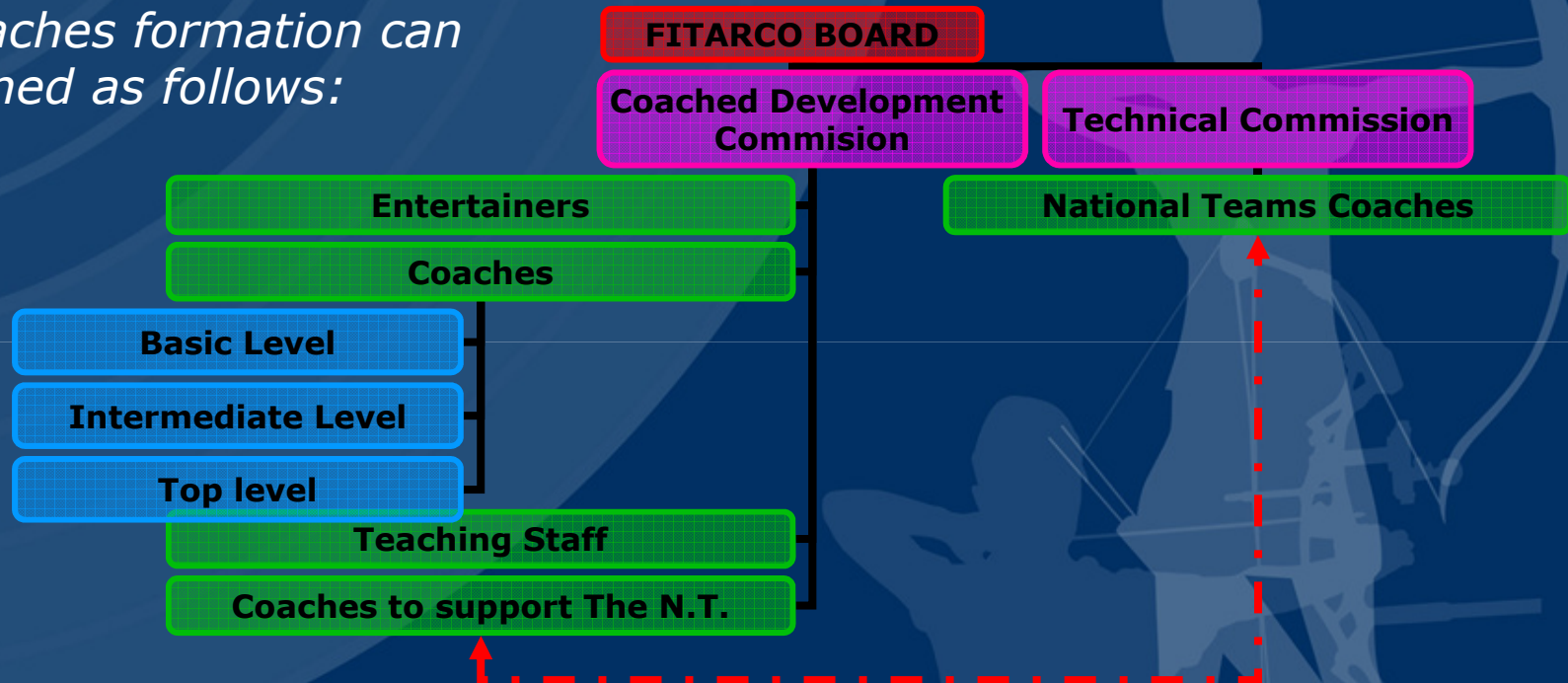
The Coaches mission

- *The FITARCO Mission has been assigned to a specific Commission (the Coaches Development Commission (CDC) directly appointed by the FITARCO Board.*
- *The first step of the CDC has been the definition of the rules for the new generation of the Italian Coaches*
- *The whole of these rules can be defined as the "Coaches Mission"*
- *While we will see later the details of the coaches formation and of their job, we can resume the main definitions of the Mission.*
 - *Honesty*
 - *Integrity*
 - *Professional competence*
 - *Responsibility*
- *These ethical entities are much more important when coaches work for the youth education.*



The structure

- The functional chart of the Coaches formation can be defined as follows:



- Let's some details of this structure:



The structure

- The Coaches Development Commission has been already introduced as the element responsible of the whole management of the coaches education and development. It has the responsibility of the drawing of the whole package of organization and technical rules. The CDC brings its proposals to the Federation Board for the approval.
- Obviously, the CDC has a lot of connections with the Technical Commission (being responsible also of a certain part of the formation of the National Teams Coaches), but is a completely separated entity.
- The most basic level of formation is the Entertainer. Normally the entertainers are not FITARCO members, but animators of holidays villages or school teachers of Physical Education. In both cases they do not get any official Diploma by the Federation but only a participation certificate. The courses normally take one or maximum two week-ends (about 12 hours) and they have just the objective to give the very basic tools to allow people to test the archery without danger and with a minimum of competence.



The requirements & the educational steps

- *After this basic step we enter the specific of the coaches formation.*
- *About the courses procedures, FITARCO realized, since the '90s, specific rules, modified according to the evolutions, that now are collected into two documents:*
 - *FITARCO Coaches Rules*
 - *Details for the realization of the Coaches Courses.*
- *The first rule concerns the requirements to participate to the Coaches Courses:*
 - *For the Basic Courses (Level 1):*
 - *To be of age (18th)*
 - *To be member of the Federation since a minimum of two years*
 - *To have a certain competition experience (3rd Category – i.e. score of 500 points Indoor)*
 - *For the Intermediate Level Courses (Level 2)*
 - *Same as for Level 1*
 - *To be at Level 1 since a minimum of two years*
 - *To be able to demonstrate a Curriculum of active instructor*



The requirements & the educational steps

- *For the Top Level Courses (Level 3)*
 - *Same as for Level 2*
 - *To be at Level 2 since a minimum of two years*
 - *To be able to demonstrate a Curriculum of active coaching*
 - *Athletes of the National Teams participating to World Championships or Olympic Games can be admitted to the courses even without the graduation at the I or II Level.*
- *In addition the following specializations are foreseen for the three level of coaches:*
 - *Youth Coach*
 - *Disables Coach*
- *Finally, the following specializations are foreseen only for the Top Level Coaches:*
 - *Recurve Bow*
 - *Compound Bow*
 - *Bare-bow*
 - *Sky Archery*



The educational steps & the organization

- *The CDC has also the responsibility to educate the people in charge of teaching at the Courses.*
- *FITARCO Technical Teachers move through two different steps (according to a specific Italian nomenclature):*
 - *Non-tenured Teachers*
 - *Tenured Teachers*
- *The first step is achieved by Coaches of minimum Level II since at least 3 years already teachers in Regional Courses or Seminars in the last 5 years or after the successful participation at the FITARCO Teachers Courses*
- *The second step is achieved by active non-tenured Teachers for a minimum of one year and after the successful participation at the FITARCO Teachers Courses*
- *FITARCO Referees, and Teachers of the National Olympic Committee School are specialized teachers for specific arguments (Rules, Psychology, Physical preparation,....)*



The educational steps & the organization

- *The last step of the CDC operations concerns the action in direct support of the FITARCO Technical Commission.*
- *Just recently, it has been considered useful to open the formation to coaches operating in the different Italian regions, in order to be work as connectors between the National Technical Center and the Regional territories.*
- *This program is aimed to use the "coaches in support" as talent scouts mainly in the youth divisions.*
- *For this group, selected through local evaluations, a specific formation program has been organized, with different seminars, meetings and participation at different technical events, up to a final examination.*
- *Now FITARCO has about 10 new coaches able to support the National Center activities and ready to live some direct experiences with the top athletes.*



The organization

- *As you know, Italy is a nice Country with relatively fair weather, excellent food and very good wine, but it has the small disadvantage. To be quite a "long" Country (about 1.500km) with a non homogeneous distribution of the archery population.*
- *In addition, the Federation financial resources are not unlimited and the status of the archers is at a very amateur stage. This situation does not allow to centralize many activities and creates the need to operate also for the coaches education at a de-centralized level.*
- *This means that the organization of the I and II Level courses is delegated to the Regional Committee, operating with the control & support of the CDC*
- *Only the Top level courses are centralized and directly organized and managed by the FITARCO Staff.*
- *So the majority of the Seminars are organized by FITARCO using the Regional structures.*



The courses details

- *LEVEL 1 - OBJECTIVES*
- *The Coach, graduated after a Level 1 Course, should be able to:*
 - *Teach the basic structure of the shooting sequence*
 - *Follow the student in order to check the evolution until a global understanding of the fundamental of the shooting sequence*
 - *Organize a basic course of archery shooting*
 - *Follow the student(s) until the course objectives achievement*
 - *Organize a course (indoor or outdoor) to perform the lessons with specific caution to the safety*
 - *Give indications to the students about the proper material to buy at the end of the course and to teach for a basic tuning*
- *At the same time, the student, at the end of the course, should be able to:*
 - *Realize a proper shooting act in the horizontal/vertical axis*
 - *Realize the start and the end of the shooting act at a space/time level*
 - *Organize properly the shooting sequence engaging the body details*



The courses details

- LEVEL 1 -ARGUMENTS & TIMING
- The minimum time for a Level 1 course is 32 hours (normally 4 week-end period) to cover the following subjects:

<u>Subjects</u>	<u>Time</u>
<i>Institutional and historical aspect of archery and of the FITARCO technical structure</i>	<i>2 hours</i>
<i>Shooting technique (Recurve bow)</i>	<i>14 hours</i>
<i>Shooting technique (Compound - Barebow)</i>	<i>2 hours</i>
<i>Materials and tuning (Recurve bow)</i>	<i>4 hours</i>
<i>Materials and tuning (Compound - Barebow)</i>	<i>2 hours</i>
<i>Teaching methodology</i>	<i>6 hours</i>
<i>Federal Rules</i>	<i>2 hours</i>
<i>Written and oral examinations, practical tests</i>	<i>The necessary time</i>





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The courses details

- *LEVEL 1 -TEXTBOOKS*
- *The following material is provided to the students and can be integrated by specific material decided by the teachers*
 - *FITA – Manual Level 1 (Italian translation) (Main textbook)*
 - *Easton arrows charts*
 - *Videotapes – IL TIRO CON L'ARCO Ed. Columbia TriStars (Suggested)*
 - *Book of Federal Rules*
 - *'Il Tiro con l'Arco' by Haywood & Lewis (very educational book)*
 - *'Insegnare il Tiro con l'Arco' by Haywood & Lewis (very educational book)*



The courses details

- *LEVEL 2 - OBJECTIVES*
- *The Coach, graduated after a Level 2 Course, should be able to:*
 - *Teach to reproduce the shooting sequence with the maximum of ergonomics, acting according to the archer physical behaviour*
 - *Teach the archer to transfer his technical know-how into the agonistic environment, also considering the most difficult situations (weather, stress, competitive tension,....)*
- *At the same time, the coach, at the end of the Level 2 course, should be able to:*
 - *Prepare a training program combining physical, technical and mental archers(s) objectives using proper methods and exercises*
 - *Select, prepare and tune the archer(s) shooting equipment.*





4th WORLD ARCHERY COACHING SEMINAR

The courses details

- *LEVEL 2 -ARGUMENTS & TIMING*
- *The minimum time for a Level 2 course is 54 hours to cover the following subjects:*

<u>Subjects</u>	<u>Time</u>
<i>Shooting technique (Recurve, Compound, barebow) (Recall of fundamentals)</i>	<i>9 hours</i>
<i>Technical preparation (advanced methodologies)</i>	<i>14 hours</i>
<i>Equipments description and tuning</i>	<i>9 hours</i>
<i>Basic of biology and anatomy applied to archery</i>	<i>6 hours</i>
<i>Basic of bio-mechanics applied to archery</i>	<i>6 hours</i>
<i>Training methodology applied to archery</i>	<i>6 hours</i>
<i>Physical preparation and training organization</i>	<i>3 hours</i>
<i>Mental preparation</i>	<i>3 hours</i>
<i>Written and oral examinations, practical tests. 4 hours are also dedicated for "on-going" verifications</i>	<i>The necessary time</i>



The courses details

- *LEVEL 2 -TEXTBOOKS*
- *The following material is provided to the students and can be integrated by specific material decided by the teachers*
 - *FITA – Manual Level 1 (Italian translation)*
 - *FITA – Manual Intermediate Level (Italian translation in preparation)*
 - *“Total Archery” by Ki Sik Lee (Italian version) (main textbook)*
 - *“Guida tecnica C.A.S.” by S.Vettorello6 C.Robazza Ed. CONI*
 - *“Aspetti fisiologici di Tiro con l’Arco” by F. Amodio & C. Gallozzi Ed. FITARCO*



The courses details

- *TOP LEVEL - OBJECTIVES*
- *Even if the educational programs for the Top Level Coaches are in continuous evolution, due to the fast changes in shooting equipments, coaching methods, training methodologies, the objectives, actually identified can be summarized as follows:*
 - *The Top Coach must be able to:*
 - *To program a training plan at short, medium or long term*
 - *To identify the actions to be done on the athlete, depending on his specific technical needs*
 - *Manage the relationships and the communications in a group of athletes*
 - *Use specific techniques of mental preparation*
 - *Communicate properly in an educational context*
 - *Handle the relationship with the athletes also through the personal coaches*





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The courses details

- *TOP LEVEL -ARGUMENTS & TIMING*
- *Actually, the Top Level Coaches courses are organized in a full-time one week course(min.50h). On this subject there are various considerations by the CDC to modify the courses structure*

<u>Subjects</u>	<u>FITARCO teachers</u>	<u>CONI or specialized Teachers</u>
<i>Advanced Shooting technique</i>	<i>8 hours</i>	
<i>Technical preparation (new & advanced methods)</i>	<i>8 hours</i>	
<i>Equipments up-dating and tuning</i>	<i>8 hours</i>	
<i>Biology and anatomy applied to archery</i>		<i>6 hours</i>
<i>Federal rules</i>	<i>2 hours</i>	
<i>Training methodology applied to archery</i>		<i>8 hours</i>
<i>Physical preparation and programs set-up</i>	<i>4 hours</i>	
<i>Mental preparation</i>		<i>6 hours</i>
<i>Written and oral examinations, practical tests.</i>	<i>The necessary time</i>	<i>The necessary time</i>



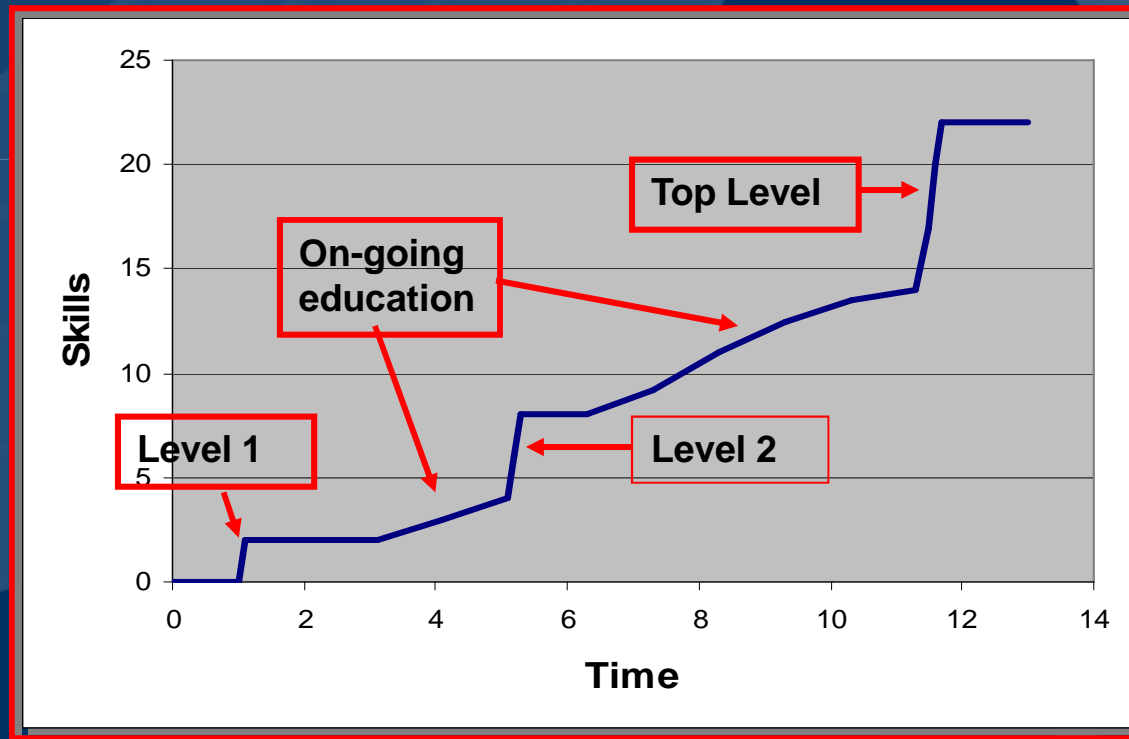
The courses details

- *TOP LEVEL -TEXTBOOKS*
- *The Textbooks used for the Top Level courses are normally decided by the teachers according to the list of suggested texts by the CDC:*
- *Some examples:*
 - *FITA – Manual Intermediate Level (Italian translation in preparation*
 - *“Total Archery” by K.L. Lee (Italian version) (main textbook)*
 - *“Guida tecnica C.A.S.” by S.Vettorello6 C. Robazza Ed. CONI*
 - *“Aspetti fisiologici di Tiro con l’Arco” by F. Amodio & C. Gallozzi Ed. FITARCO*
 - *“Il Tiro con l’Arco” by Haywood & Lewis (very educational book)*
 - *“Insegnare il Tiro con l’Arco” by Haywood & Lewis (very educational book)*
 - *Preparazione alla Competizione by Spigarelli, Suk, Casorati*
 - *Abilità atletica e anatomia del movimento by R. Wirthed*
 - *Fondamenti dell’allenamento sportivo by R. Manno*
 - *Manuale di teoria dell’allenamento by D. Martin, K. Carl and Oth.*
 - *and more.....*



Between the steps

- *During the evolution of the coaches career handled by the Italian Federation there are many possibilities of 'on going' education to accompany the coaches between the different steps.*
- *If we want to identify a diagram Level/time, we can draw as follows:*



Some statistical numbers in Italy

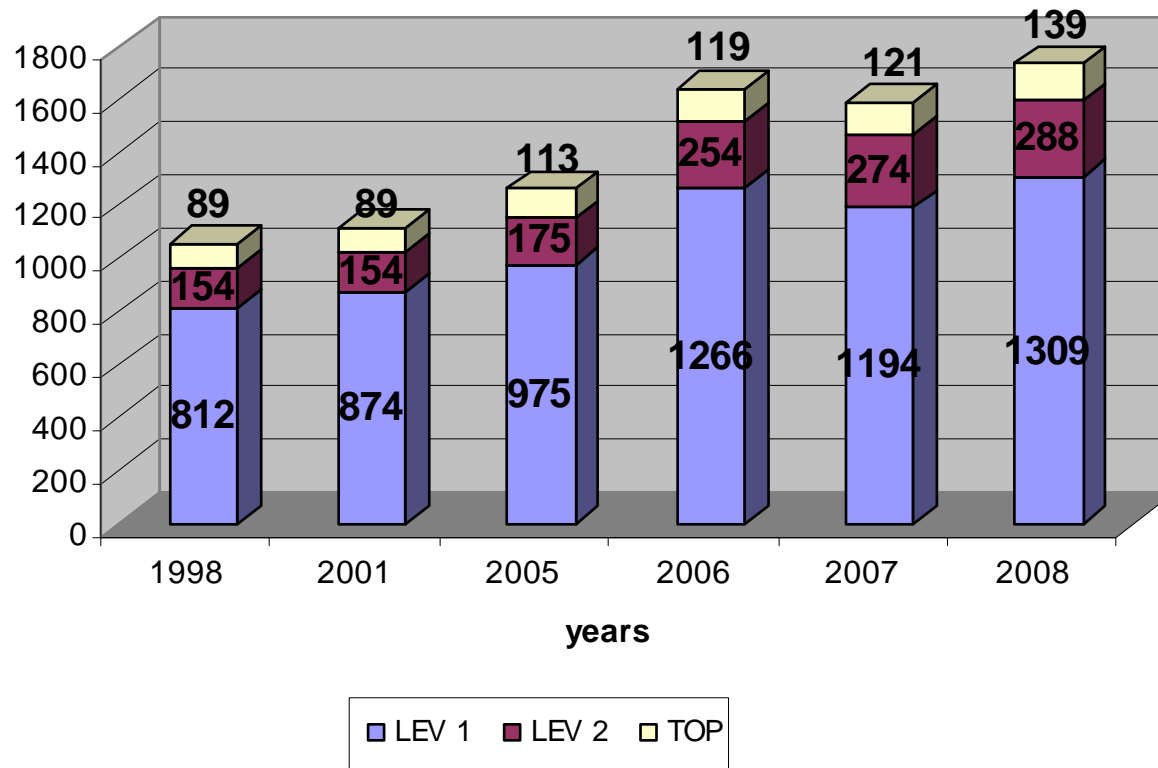
- *It is interesting to consider some statistical figures concerning the coaching organization in Italy*
- *These data refer to the quantitative evolution in the last 10 years*
- *The level distribution*
- *The geographic distribution*
- *The ratios coaches/clubs/athletes*

YEAR	1998	2001	2005	2006	2007	2008
TOTAL COACHES	1.055	1.117	1.263	1.639	1.589	1.736
INCR.%	100,0%	105,9%	119,7%	155,4%	150,6%	164,5%



Some statistical numbers in Italy

Number of registered coaches



Percent Levels

	1998	2008
TOP	8,4%	8,0%
LEV2	14,6%	16,6%
LEV1	77,0%	75,4%



Some statistical numbers in Italy

- *Now, let's see how the numbers of Coaches do fit the total archery population in Italy.*
- *Archery population in Italy at the end of 2008:*
 - *Clubs: 507*
 - *Members: 19.206*
- *Generating these figures:*
 - *Coaches/Club: 3,4*
 - *Athletes/coach: 11*
- *These data refer to the whole territory, while the operations are not homogeneous in the whole Italian area.*



Some statistical numbers in Italy

- *Therefore, a more detailed analysis gives:*

<i>Region</i>	<i>Clubs</i>	<i>Members</i>
<i>North</i>	<i>257(50,7%)</i>	<i>11.316 (58,9%)</i>
<i>Center</i>	<i>133 (26,2%)</i>	<i>4.866 (25,3%)</i>
<i>South</i>	<i>117 (23,1%)</i>	<i>3.024 (15,7%)</i>

- *With more clubs than athletes in the south of Italy, compared to the North (44 members/club at North, 26 M/C at South, 37 M/C at Center)*



Some statistical numbers in Italy

- *The same statistic concerning the coaches*

<i>Region</i>	<i>Coaches</i>	<i>Coaches/Club</i>
<i>North</i>	<i>1.045 (60,2%)</i>	<i>4.1</i>
<i>Center</i>	<i>416 (24,0%)</i>	<i>3.1</i>
<i>South</i>	<i>275 (15,8%)</i>	<i>2.4</i>

- *The average number of Coaches per Club in good agreement with the Clubs dimensions*



Conclusions

- *With this presentation we tried to give you an idea about our coaches educational system*
- *This methodology has been applied since about 10 years with already some not negligible changes*
- *Our experts are, obviously, ready to react to new signals able to improve the quality of the coaches education and consequently the quality of our athletes*
- *Nevertheless, it is sometimes easy to be tempted to move for "changes just for changing", without testing or feeling the real possible improvements*
- *Therefore, the message is now "changes only if we can notice real possible added value for archers..."*

