

## PROSPECTUS

# World Archery Coaching Course - Level 1

World Archery offers a certification for Level 1 archery coaches. The programme has an eight-module online course followed by a five-day in-person training, including an evaluation on the last day (multiple choice question and practical assessment).

The certified coach will be able to teach the general principles of archery:

- to any beginner – young, teenager, adult or disabled
- to a single person as well as to a group of beginners
- in an archery club, school, community centre, rehabilitation centre or holiday village

## Eligibility

- [World Archery Level 1 online coaching course](#) certificate
- [ADEL high performance coaches' education programme](#) online certificate
- [IOC Safeguarding Athletes from Harassment and Abuse](#) online certificate
- A support letter from national federation
- Have at least 1 year of experience as active archer and 2 participations to national competitions (recommended).

## Content

The programme includes a total of 45 academic hours over five days, covering the following topics:

- Rehearsal of come and try archery, warm-up
- Standard Teaching Process (STP)
- Entry level equipment workshop
- Preparatory movements: feet position, arrow loading, string grip, bow hand setting (end and sling), body pre-position, end of body pre-position, point on preparation, bow raising, pre-draw
- Force production: Bow shoulder/arm, draw (source, still top body, practical subjects assignment, direction, balance, speed), anchor, alignments of body/forces and string, full draw form, point on getting to full draw, expansion with checks, introduction to a clicker, aiming
- Physical developments for beginners: general strength, body balance and wind shooting
- Follow through: release (predispositions, exercises, form pending expansion types), bow hand and bow arm follow-through, string clearance and target panic, mental activities (psychology) with exercises/games, mental, visual and respiratory follow-through
- Non-technical activities: physical developments for beginners, respiratory and visual activities
- Preparation to the first beginners competition

## Assessment and certification

Candidates will be evaluated on the fifth day of the presential course through a multiple choice questionnaire and a practical assessment.

Successful candidates will be certified by World Archery as Level 1 archery coach for a period of 4 years.

## Contact

World Archery Excellence Centre, [info@info@worldarcherycentre.org](mailto:info@info@worldarcherycentre.org)

## Further information

World Archery: <https://worldarchery.sport/>

World Archery Excellence Centre: <https://www.worldarcherycentre.org/>