

PROSPECTUS

World Archery Coaching Course - Level 2

World Archery coaching course level 2 covers intermediate coaching skills, including advanced technique training, equipment study and tuning, and the theory of biomechanics and psychology in archery. The programme includes online sessions prior to the in-person course, and five-day practical training.

Participants will be able to improve the archer's standard in some specialties – usually one equipment division and one or two archery disciplines. And be able to work with adults, young and para archers.

Eligibility

- World Archery Level 1 coaching certification not older than 2019 or
- [World Archery Level 1 online coaching course](#) certificate for candidates with national/other international certification and 1 year of coaching experience
- [ADEL high performance coaches' education programme](#) online certificate
- [IOC online course on safeguarding](#)
- A support letter from national federation
- Have at least one year of experience as level 1 (entry-level) coach, with national or international certification

Content

The programme includes a total of 52 academic hours over five days of training and online sessions prior to the presential course, covering the following:

- Equipment – theory
- Equipment: initial set-up, maintenance and arrow flight tuning
- General conditioning – theory and practical exercises
- Goal setting and the coaching process
- Observation and analysis – briefing and video filming
- Stance, posture, hook, bow hand
- Set to set up, pre-draw, opening the bow
- Summary of tuning a recurve bow

- Skeletal and muscular systems and principles of training
- Expansion, aiming & follow-through
- Field archery and coaching field archery
- Coaching barebow
- Coaching archers with disabilities
- Stabilisation
- Compound technique
- Specific strength exercises and balance (practical exercise)
- Coaching for tournaments
- Mental skills
- Nutrition
- World Archery development programmes for coaches

Certification

Certification process is currently under review and options available will be communicated to enrolled participants in due time.

Contact

World Archery Excellence Centre, info@worldarcherycentre.org

Further information

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

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