

## 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](mailto:info@worldarcherycentre.org)

### Further information

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

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