World Archery Coaching
What does WA do in Coaching?

Encourages the WA Member Associations (MA) to create their own National Coaching Certification Program (NCCP)

Use of the OS Development of the National Sport Structure

Produces education tools for the MA to create their own NCCP:
- Manuals, video, Power Point presentations (Course guides) ...
- Project of an Observation guide, E-coaching / technical library.

Strives to assist all the MA’s to benefit from the quality “competition” among the various NCCP.

Educates Coach Trainers

Educates Coaches for/from MA that do not have NCCP, through:
- OS or self-funded Technical Courses for Coaches
- Scholarships from OS, FIDTA, ...

Assists in the professionalization of coaches

Pascal Colmaire – WA Development & Education Director
Help the archers in their own development

Need coordination and cooperation from all coaches

Performance level of the archer

- Beginner
- Intermediate
- Elite

Contribution of the athlete
Contribution of the level 3 coach
Contribution of the level 2 coach
Contribution of the level 1 coach

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How many levels in coaching should WA develop?

Coaches Role = help in the development of the archer.

Identify the steps in the development of the archer.

Identify the needs of the archer in each step.

Develop a coaching level for each step including specific knowledge.
Based on (most of) archer’s path / future

1. Discovery of the basics

2. Specialization

3. Performance search

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3 Coaching curriculums

### Level 1

**What is coaching:**
- In WA: Concept, levels, certification...
- Level 1 objectives
  - Efficiency
  - Role
  - Ethics

**What is archery:**
- Archer’s task
- Archer’s skills
- Divisions introduction
- Disciplines introduction
- Basic rules
- Basic techniques, including one arrow sequence

**Play safe:**
- Safety
- Warm-up
- Clean sport: sensibilization

**Coaching preparation and organization:**
- Facilities
- Equipment: selection, set-up
- Program
- Classes
- Beginner Awards Program
- Promotion

**How to coach (as practically as possible):**
- Teaching processes
- Teaching aids
- Observations
- Instructions
- Games

**Connected developments:**
- General strength: Firm trunk & light-broad strength
- Shooting strength
- General body balance
- Shooting body balance
- Breathing / 1 arrow sequence

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### Level 2

**What is coaching:**
- Quick review of level (see left) with emphasize on Level 2 objectives

**What is archery:**
- The course organizer has to select one or several modules: Divisions, Disciplines, Para-archery...
- The coach-trainer will introduce the specific rules, facilities, equipment, techniques... of the selected module(s)

**Play safe:**
- Clean sport: for competitors (T.U.E...)

**Additional coaching elements:**
- Shooting with wind &/or rain
- Equipment: Tuning (arrow flight)
- Video analyse
- Technical corrections
- Basic biomechanics
- Basic psychology

**Tournaments:**
- Preparation
- Coaching in tournament

**Additional connected developments:**
- General strength: Heavier broad strength
- Breathing / 1 end sequence
- Visual sequence & control
- Visualization
- Relaxation
- Stress management

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### Level 3

**What is coaching:**
- Quick review of level (see left) with emphasize on Level 3 objectives

**Play safe:**
- Clean sport: for advanced competitors

**Additional coaching elements:**
- Equipment: Tuning (grouping)
- Training plan
- Physiology
- Biomechanics (advanced)
- Psychology (advanced)

**Tournaments:**
- Strategies

**Additional connected developments:**
- General strength: Oriented
- Perceptions/feeling: General & Shooting
- Attention modes

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Goal:
Provide to the novice the **common basics of archery**, allowing to easily practice any type of archery in the future (any type of bow, any discipline)

Public and Environment:
✓ to any novice: the young, teenagers, adults, elders, disabled, ...
✓ to an individual novice as well as to a group of novices
✓ in an archery club, at school, in a community centre, in a rehab centre, in a resort centre, ...

7 day course: without end of course student evaluation

WA Educational supports:
• Glossary
• Manual
• Video
• Beginner Award Program
• Make your Own Equipment
• How to make an archery range
• Presentations for Coach Trainer

Pre-training requirements:
✓ Registered by MA
✓ Minimum 2 years of regular practice and 2 official tournaments
✓ Complete « CoachTrue – Recreational » and « RealWinner »
✓ Pre-course reading
Goal:
To increment the capabilities of the archer in 1 division and some disciplines.

Public and Environment:
Many recreational archers and some elite oriented competitors

WA Educational supports:
• Manual including many modules: 4 equipment – 4 disciplines – Para Archery – 2 Generic Human Developments – Ethical – Basic Training plan
• Presentations for Coach Trainer

Duration pending selection of modules

Pre-training requirements:
✓ Registered by MA
✓ Minimum 1 year of Level 1 coaching
✓ Complete « CoachTrue – Elite »
✓ Pre-course reading
Goal:
To train and develop specific skills of the archer over a determined period of time to reach a high competitive level in one division and one (or 2) discipline(s)

Public and Environment: Dedicated elite oriented competitors

WA Educational supports:
• Guide to establish a plan
• Training plan samples
• 1 year of weekly training tips
• Presentations for Coach Trainer

Duration 5 days without evaluation

Pre-training requirements:
✓ Registered by MA
✓ Minimum 1 year of Level 2 coaching
✓ Pre-course reading
WA Coach Trainers Course

They are the tutors who train the coaches:
- 10 day course
- Must conduct a course within one year
- 4 evaluations over one year
- WA certification valid 4 years
- Recertification process under development

Pascal Colmaire – WA Development & Education Director
WA certified Coach Trainers on July 2013

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Coaching Levels in WA

Why there are no WA Coaches?

WA strives to produce quality services only

Not sure to control the quality = Don’t do it!

Lack of financial and human resources to:
• Develop curriculums for Candidates, Conductors, Masters
• Ensure their initial education
• Evaluate them
• Ensure their continuing education
• Update the curriculums
• ...

Avoid interfering with the National Archery Coaching Certification Programs (NCCP)

Pascal Colmaire – WA Development & Education Director
WA Coaching structure

Coaches Committee

Ken BEARMAN (GBR) Chairperson
KIM Hyung-Tak (KOR) Member
LEE Kisik (KOR-USA) Member
Pascal COLMAIRE Ex Officio Member (WA)

WA Development & Education Department

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World Archery Development & Education Department

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