



# What is coaching?



# What is Archery Coaching ?

## WA concept

**Help** the archers  
in their personal development

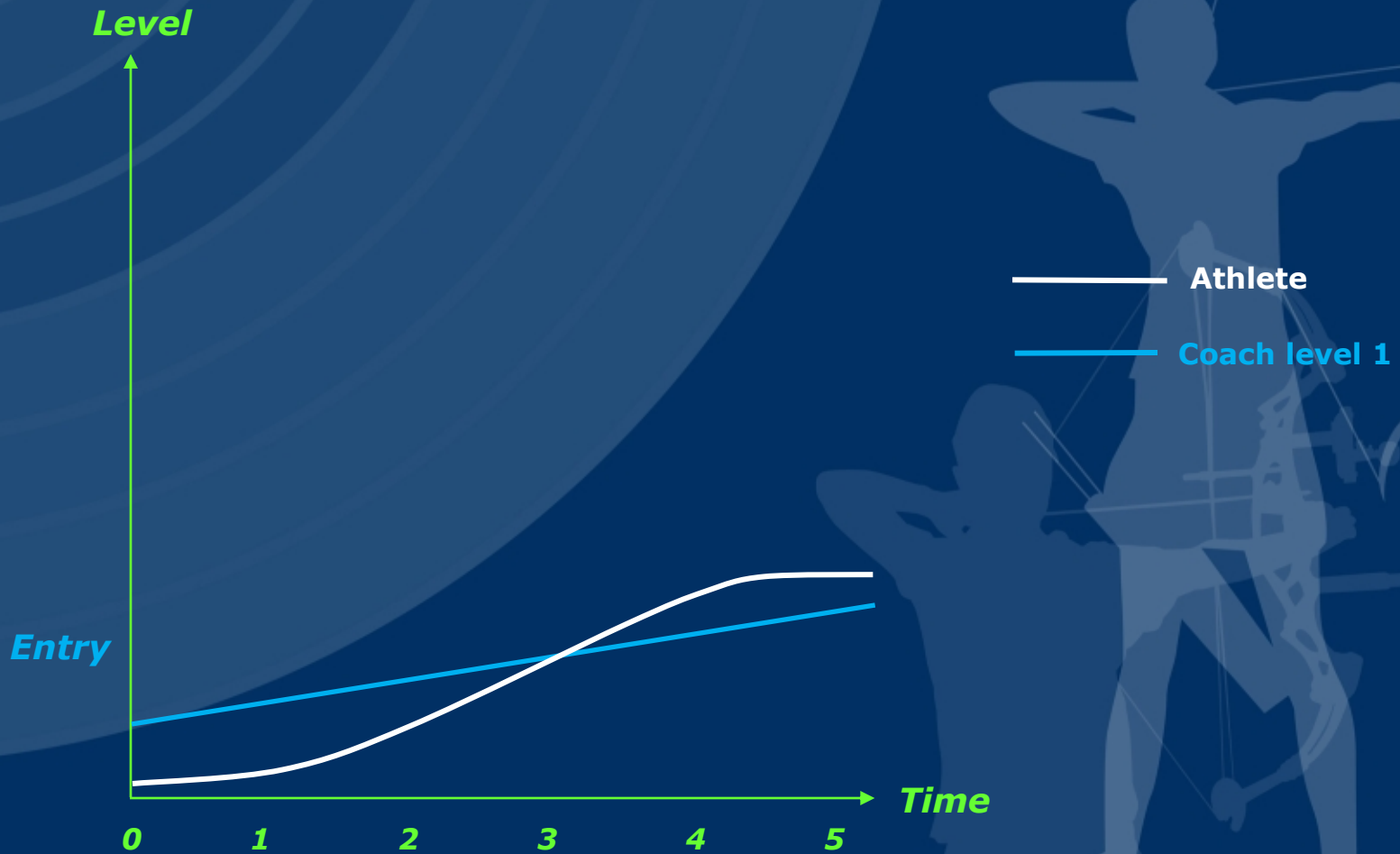
Through: **observation/analysis,**  
**feedback, plan and individualization**

## Other possible concepts

**Educate** the archers to implement  
the “selected school”

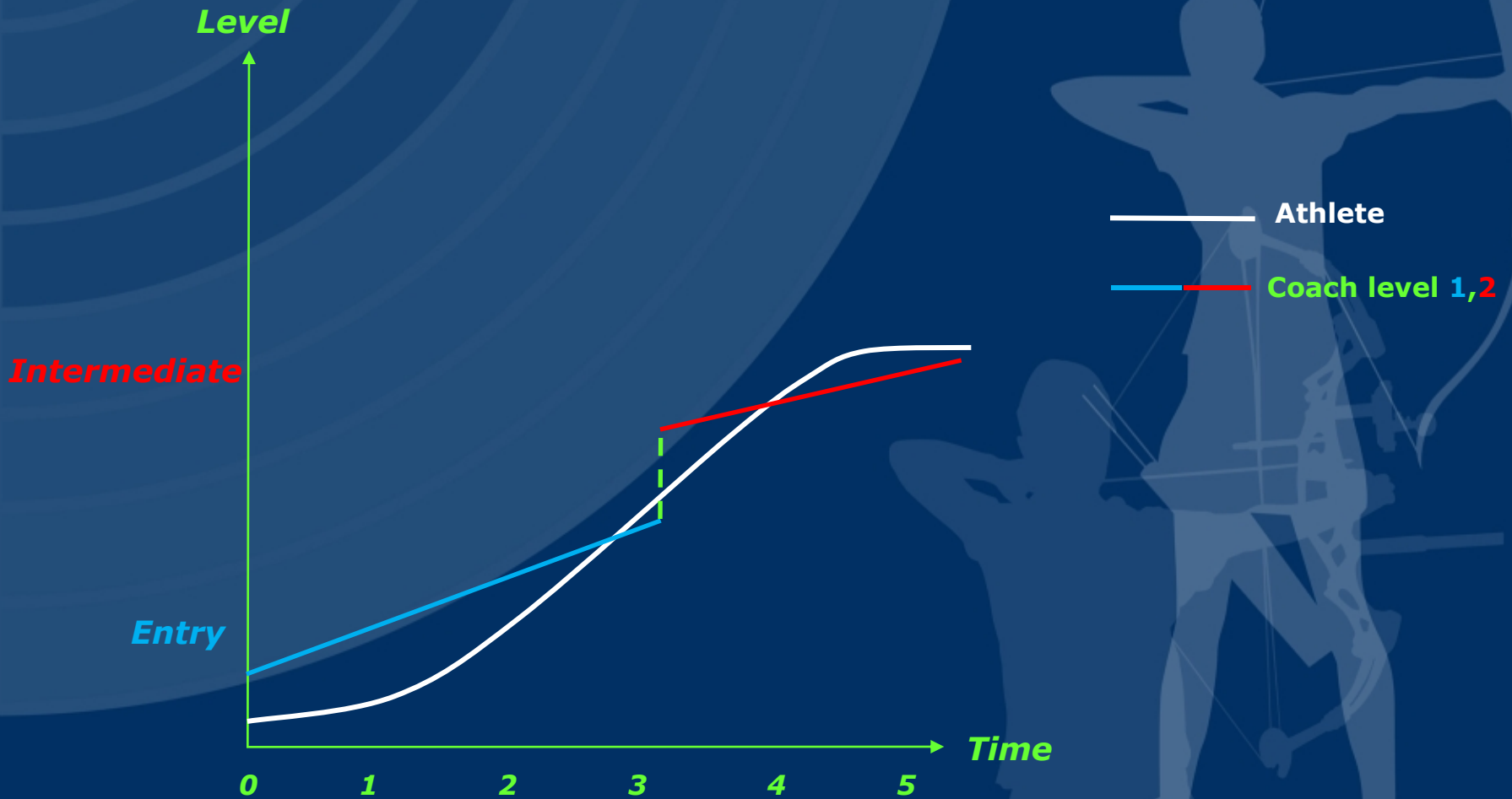
# What is coaching?

To get progressing athletes, we need progressing coaches



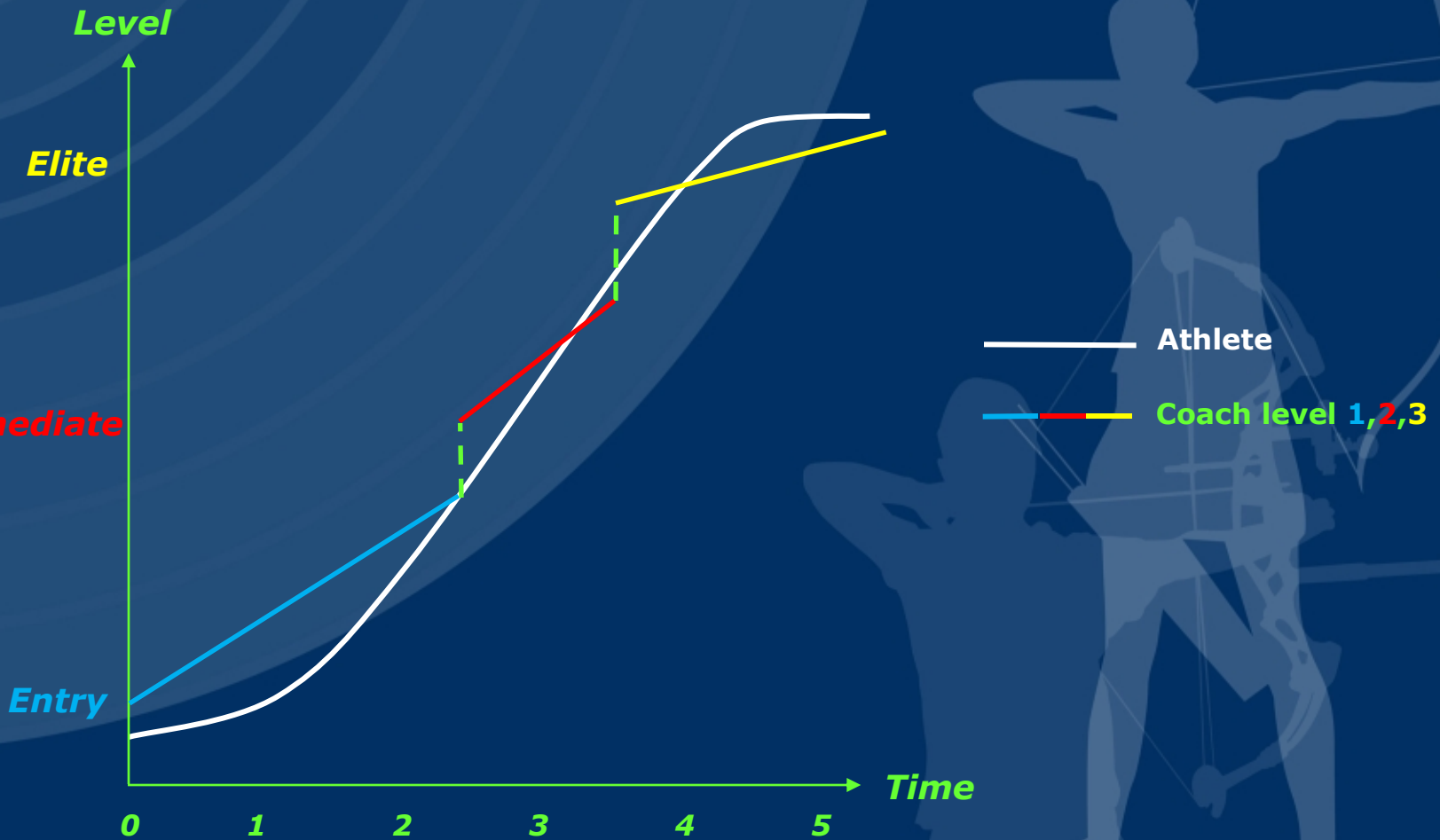
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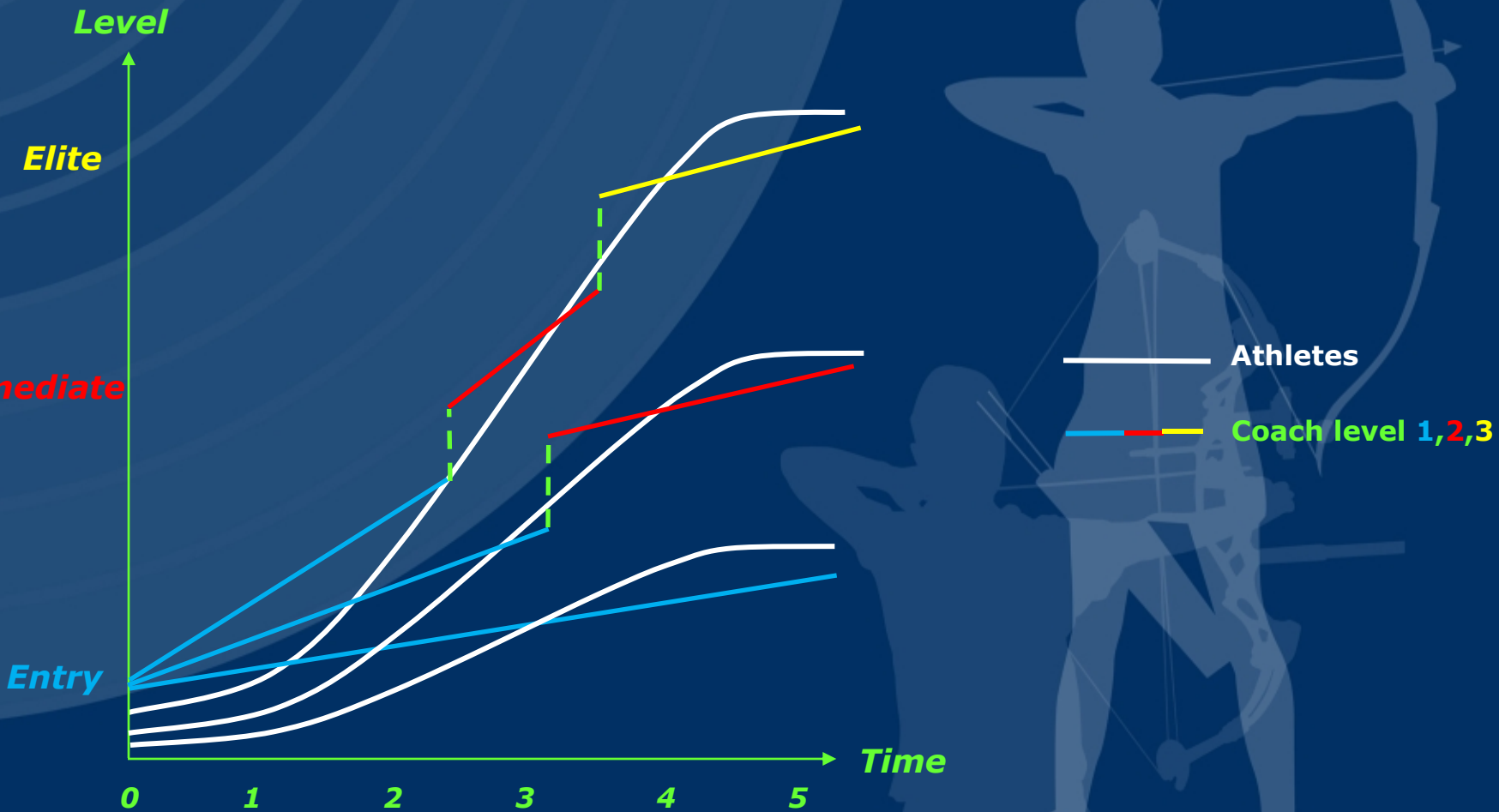
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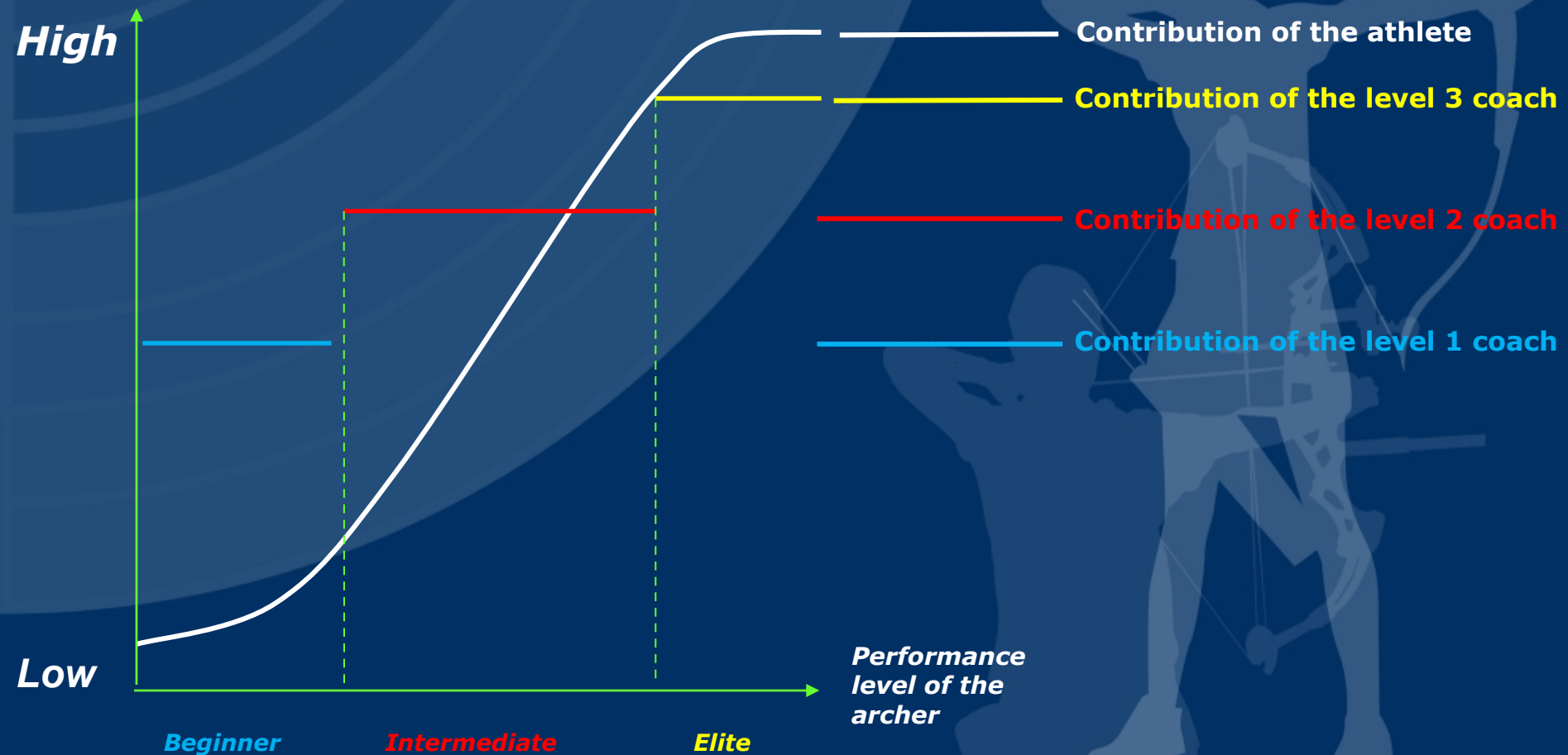


# What is coaching?

To get progressing athletes, we need progressing coaches



## Help the archers in their own development



## Operational Aspect

### Development of Abilities

versus

Time

The coach should know the abilities to develop in various areas and the processes to teach them.

**(Technician & Teacher)**

Season Availability

**(Time Administrator & Coordinator)**



## Develop and implement a Training Plan



## Operational Aspect

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**Time Axis**



**See Training Plan (Level 3)**

## The archery coach should help the archer with:

- **Environment:** safety, social, fun, fair-play...
- **Sport specific developments:**
  - Physical
  - Technical
  - Psychology
- **Equipment**

## Coach's tasks / **Environment**

### Safety:

- Rules & Awareness
- Maintain - Compliance
- Involve

### Fair-Play:

- Ethics
- Clean & healthy sport



## Coach's tasks / **Environment**

### **Social:**

**Integration**  
**Team building**  
**Animator**

### **Administration of human resources :**

**Coach, Parents, Athlete, Volunteers,**  
**Sponsors, Judges, Organizers...**

### **Fun:**

**Enjoyable and/or changing sessions**

## Coach's tasks / **Developments**

### **Sport specific expertise level:**

**Technical knowledge** (technique & equipment)

**Experience**

**Up to date**

### **Rules knowledge:**

**Reference person**

### **Sport Generic competencies:**

**Fitness knowledge & expertise**

**Psychology knowledge & expertise**



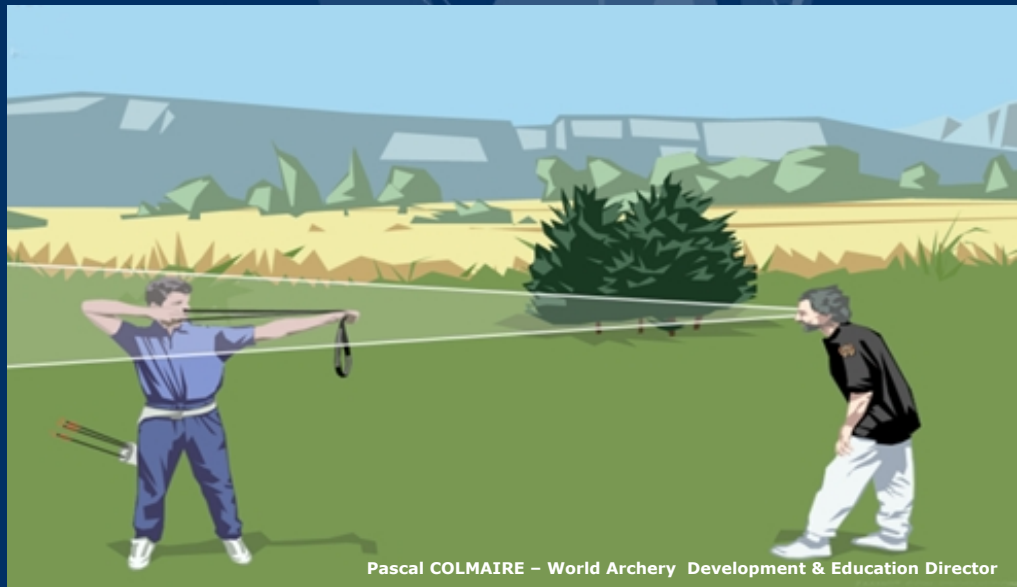
## Coach's tasks / **Developments**

### Teaching skills:

#### Provide good basic & generic skills through:

- Simple/clear instructions
- Efficient methods of teaching
- Sharp observation
- Appropriate exercises & corrections
- Positive feedback
- ...

### Self-evaluation



## Coach's tasks / **Developments**

### Teaching and management choices:

**Where / Facilities:** choice, arrangements, improvements,

**With what / Equipment:** buy, allocation (adapted), maintenance....

**How / Session:** Distance (short for level 1), Exercise, Number of arrows,...

**When /** Frequency, order and duration of the sessions. Number and dates of the tournaments....

**Time administrator:** skills development over time

## Coach's tasks / **Developments**

### Choices making:

**According to the directives of the organization /**  
The coach "applies" or adapts, the archers execute

**By the coach him-herself /** The archers execute

**Involving the archers to the choices /** The archers and the coach collaborate

**Suitability /** Pending their respective psychological profile, any of the above principle can be useful and chosen



## Role of the Coach

**To get progressing athletes, we need progressing coaches**

- **Initial training**
- **Continuing education**
- **Experience(s)**
- **Auto evaluation**

**It takes time (+/- 7 years) and efforts to become a good archer**  
**It takes time (how long?) and efforts to become a good coach**

## Role of the Coach

### Personal Qualities:

**Availability**

**Dedication**

**Sincerity – Objective – Honesty – Integrity**

**Group Attitude**

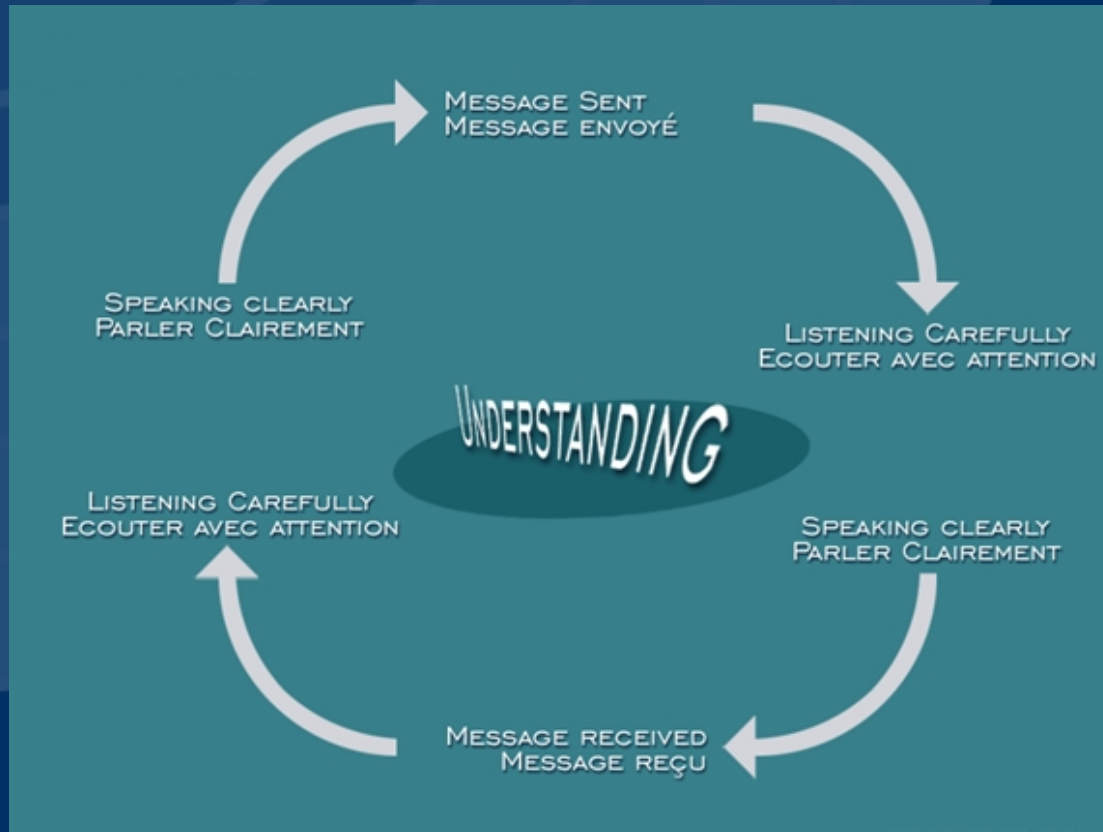
**Respectful – Fair – Responsible –**

....

## Role of the Coach

### COMMUNICATION

- *Communicate with your students*
- *Ability to Converse and Control*



- *Listen*
- *Clarity*
- *Quickness*
- *Gestures*
- *Enthusiasm*
- *Repetitive Phrases*
- *Humor*

**What you want to say**

**What you can say**

**What you really say**

**What the student hears**

**When the student listens carefully**

**What the student understands**

**What the student keeps in mind**

**What the student can repeat**

**What the student can  
practically use**

**90%**  
**Loss of information**



**What is coaching?**

# **Role of the Coach**

## **COMMUNICATION**

**TELL ME.....I FORGET**

**SHOW ME.....I REMEMBER**

**INVOLVE ME .....I UNDERSTAND**

***Confusius***

# Teaching bases:

- Safety first
- Skill selection & Goal setting
- Demonstrations & instructions
- Teaching method & supports
- Shooting: Distance, Target, # arrows, duration
- Observation & Feedback
- Assistance to do correctly
- Individualisation

## *Questionnaire before training*

*In addition to the other questions like level, goals, exams ...*

- *How good do you want to be?*
- *How much time will it require?*
- *How much time can you invest?*
- *What are your strengths?*
- *What are your weaknesses?*

*Detect the archer's profile*

# What is archery about?

## Archers Task

Ballistic Concept = Repeat:

✓The position of the arrow in space

And

✓The propulsion force applied to the arrow

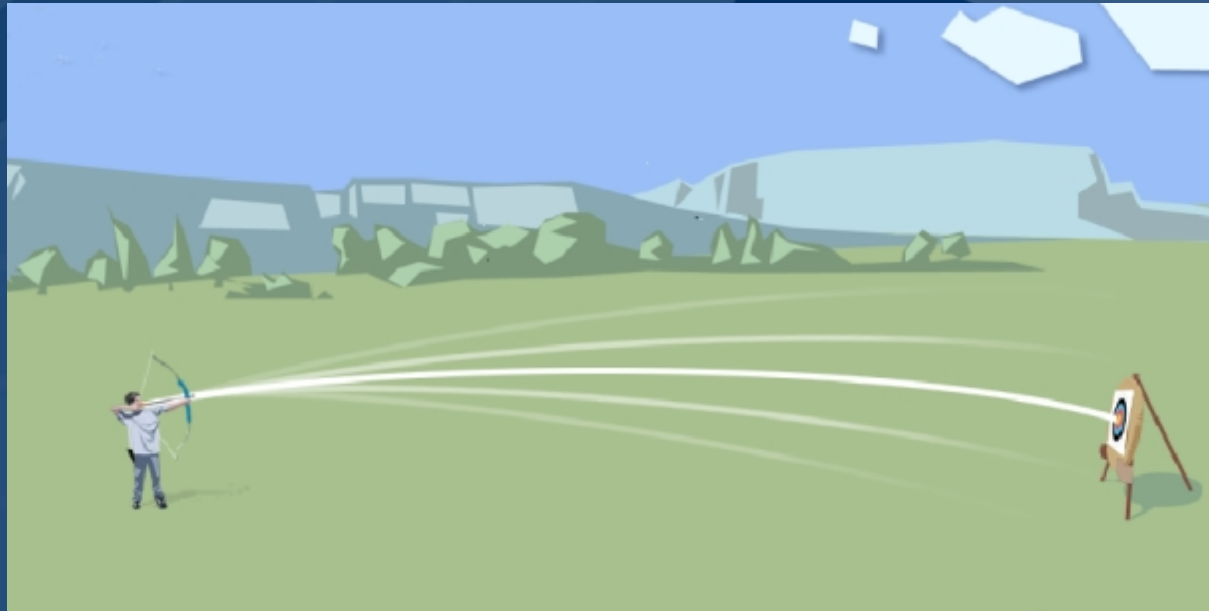


Archer's Task = Repeat with perfection:

✓The position of all the parts of their body in relation to the target



✓The technique to release the string correctly



Various Techniques can be used very effectively in archery, since the **quality of the repetition** is more important than the optional techniques used.

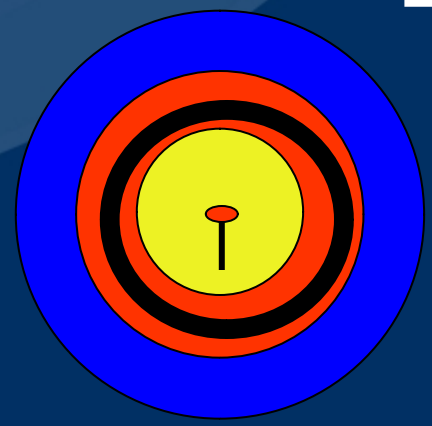
**Simple Technique = Easy to repeat = EFFICIENCY**

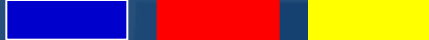


# What is archery about?

## Archers Task

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Entraîner



# Tâches de l'archer

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# What is archery about?



## Archers Task

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# What is archery about?



## Archers Task

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# What is archery about?



## Archers Task

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Shooting only with  
visual references  
will not guarantee  
a good arrow.

Beware of  
« Target Panic »

## *Archers Task*

**Definition:** The archer, repeating their positions and efforts to look for maximum stability, releases the string during the period of coordination between their visual references, kinesthetic and psychological aspects without alternating from this coordination (subconscious release).

### **Variations of the Archers Task:**

- Finger and no clicker
- Clicker
- Releases the string mechanically without trigger
- Releases the string mechanically with trigger

## Archer's Abilities

- **Psychological:**  
Relaxation, positivism, Concentration, know how to enter and stay in their "zone" – Mental Stability
- **Focus and Visual Discipline / Visual Stability**
- **Kinesthetic Sensations**
- **Static Stability - Body balance**
- **Dynamic Stability - Strength during complete stretching.**
- **Technical and automatic "Know-How"**

## Archer's Technique

**Anything can work, as long as its repeated concisely**

### 1- Repetition of the forces of the bow and the string

- “*Spring Effect of the Bow*” → constant forces of the archer.
- It should give the archer exact sensations → repeat exactly the forces of the bow and in the body
- Activity with apparatus → user relaxed upon use of accessory;
- The strength does not come from the arms → it comes from the back and the shoulders;

### 2 – Compromise between the line of force (fatigue and bow action) and the direction of the string

- How to determine the magnitude of the draw length?

**The technique is basically biomechanical**





# What is archery about?



## *Archer's Task*

**See:**

**“Guide for making a Training Plan”**

**For Level 3**



Thank you...

Ready to answer your questions!

