

03/09/2007



NATIONAL COACHING DEVELOPMENT PROGRAMME

ARCHERY LEADERS COURSE COURSE OUTLINE

Aims

The aims of IAAA Introductory Level Coach Education Course are to:

1. Equip Leaders with the skills necessary to introduce Archery to participants.
2. Arouse interest in archery.
3. Provide basic Leaders skills.
4. Underline the importance and the necessity for Safety.

In a safe, fun, and progressive way.

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		The 'secret of accurate shooting'			
			Group activity		

<p>Effective Communication</p>	<p>Be aware of various methods when communicating</p>	<p>Tell-Show-Do principle Tell me, I forget Show me, I understand Involve me, I remember</p>	<p>Discussion: How do people learn best? Discuss the need to develop confidence in archers through positive reinforcement, realistic goal setting etc</p> <p>Presentation: Tell-Show-Do principle to convey that involving archers in their own learning (i.e. providing them with opportunities to practice skills) is the best way of learning Task: In pairs one person gives the other the command to stand. The other can only do as directed. List how each participant felt. Relate this to a participant with a 20/30lb bow. This task highlights the difficulties with using just verbal communication</p>	<p>Flipchart OHP Handout Tutor manual – Section M Skill Development</p>	<p>30 min 12.40- 13.10</p> <p>SESSION 4</p>
<p>Be aware of the need for positive reinforcement</p>	<p>Sandwich method</p>		<p>Presentation and discussion: Identify different methods of communication (verbal and non-verbal) and elements of good communication (e.g. 'sandwich method', demo, asking questions,</p>		

			listening, positive and encouraging)		
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	1310 - 1400 LUNCH
Identify possible safety concerns surrounding equipment and fixtures Create a safe environment taking account of safety issues concerning clothing, footwear, the environment, supervision, space available and activities Promote and ensure safe practices among participants	Explain the importance of a safe environment in archery Identify possible safety concerns and how to ensure a safe environment Secure a location for the safe practice of archery Establish a shooting range	Safety issues in archery and how to overcome them Range set up. Secure location. External concerns. Control of the range	Group task: Identify possible safety issues in archery relating to <ul style="list-style-type: none"> • Training venue • Equipment used to set up the range – butts, stands, net, tape, markings, lines • Planning and organising the session • Delivering the session <p>Discuss how to ensure a safe environment – Tutor collates FB and discusses main principles</p> <p>Group Task: Break into 2 groups. One group sets up a shooting range considering external concerns and controlling the range. Other group observes. Groups swap after 10 min. Tutor asks questions on possible scenarios – what if.... Coaches provide recommendations</p>	Flipchart, butts, hall, net, stands, measuring tape, line marking tape Handout on 10m range and outdoor range	30 min 1400 - 1430 SESSION 5

Demonstrate basic mimetics of the shot	Understand the usefulness of mimetics Outline Korean method Demonstrate basic mimetics of the shot – stance, set up, raise bow, draw, follow through	Mimetics of the shot and its use Korean method	Outline the usefulness of mimetics (What are the advantages? Why would you use it? When would you use it? With Whom?) Demonstrate 5 steps of the Korean method – stance, set up, raise bow, draw to anchor, follow through Divide into groups. 1 person coaches the others. 2 nd group observes. Suggest points of interest to observers	Dynabands	30 min 1430-1500 SESSION 6
Explain the basics of equipment Identify appropriate clothing and safety equipment Explain and apply basic rules and ethics of archery	Draw weight, use of bracing gauge. Select, inspect and care for equip Communicate the need for a deep respect for the bow Explain and apply basic rules and ethics of archery	Equipment selection and inspection. Correct draw length. Shooting line discipline. Basic rules and ethics of archery – shooting etiquette Respect for bow and others	Presentation and demonstration Discuss basic rules and ethics of archery and shooting etiquette	12 Bracing gauges Archery equipment Butts Projector & screen Handout – Checklist for equipment inspection Handout on shooting discipline/etiquette	60 min 1430-1530 SESSION 7
BREAK	BREAK	BREAK	BREAK	BREAK	1530-1545

<p>Demonstrate basic Bare Bow Form</p> <p>Deliver a basic session taking account of safety issues</p> <p>Organise participants in such a way as to maximize the training effect of the session</p> <p>Demonstrate correct techniques</p> <p>Explain key coaching points of skills</p> <p>Set up activities to practice and develop skills</p> <p>Develop the coaching skills of observation and analysis – observe and analyse various aspects of archers’ techniques</p> <p>Identify and apply basic progressions with a skills</p> <p>Provide appropriate feedback in a positive and constructive manner</p>	<p>Demonstrate basic bare bow form - stance, set up, alignment, draw to anchor/facial position, follow through</p> <p>Identify reasons why this may be a better option in some cases</p> <p>Outline advantages of this technique</p> <p>Outline main coaching points of bare bow form – stance, setup, alignment, drawing, follow through</p> <p>Apply IDEAL principle to the coaching of basic bow form</p> <p>Identify and apply basic progressions with the skill</p> <p>Observe and analyse archer’s performance of the techniques</p> <p>Provide appropriate feedback in a positive and constructive</p>	<p>Reasons for bare bow technique</p> <p>Elements of bare bow technique</p> <p>Coaching points of bare bow technique</p> <p>IDEAL principle and its application to coaching basic bow form</p> <p>Observation, analysis and provision of feedback</p> <p>Observation of other coaches using observation sheets</p>	<p>Demonstrate basic bare bow form</p> <p>Ask questions about bare bow form – What is it? Why do you use it? What are the advantages/ disadvantages?</p> <p>Coaches identify main coaching points of the bare bow technique</p> <p>Coaches apply the IDEAL principle to the coaching of the bare bow form. 1 person = coach, 1 person = observes coach, others = participants. Switch roles so each person gets to coach and observe</p> <p>Observe, analyse and provide appropriate feedback to the participant</p> <p>Identify and apply basic progressions, if necessary</p> <p>Use observation sheet to observe other coaches’ application of the IDEAL principle, their</p>	<p>Archery equipment</p> <p>Shooting range</p> <p>Coach observation sheet</p> <p>Flipchart with IDEAL printed on.</p> <p>Poster of sandwich method</p>	<p>90mins 1545-17.15</p> <p>SESSION 8</p>
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<p>Observe other coaches coaching skills</p>	<p>manner Observe other coaches coaching skills</p>		<p>organization, safety and communication Group discussion: Identify progressions within the basic bow form and variety of activities/drills to develop the skill</p>		
<p>Evaluate a basic session in terms of safety, aims and objectives achieved and implications for the following session Self-reflect on personal Leader performance (e.g. planning, safety, organization, variety, communication)</p>	<p>Evaluate a session and consider implications for next Leader session</p>	<p>Evaluating a session and self-reflection</p>	<p>Individual task: Leaders self-reflect on their earlier performance and fill out evaluation form for the coaching session delivered. Leaders evaluate all aspects of the session – planning, safety, organization, demonstration, communication/feedback , observation and analysis, variety of drills and activities etc Group discussion on Leadsr’ performances</p>	<p>Evaluation form</p>	<p>15 min 1715-1730 SESSION 9</p>
<p>Plan a basic safe session taking account of the time available, facilities, equipment, participants and overall aim of the session</p>	<p>Plan a session</p>	<p>Planning a session – elements of a session plan</p>	<p>Presentation: Elements of session plan – aim, content, equipment etc</p>	<p>Blank session planner</p>	<p>30 min 17.30-18.00 SESSION 10</p>

DAY 2

Syllabus Outcomes <i>By the end of the session the coaches will be able to:</i>	Session Outcomes <i>By the end of the course the coaches will be able to:</i>	Module/Content	Methods of Delivery <i>Group exercises, tasks, discussions, practical demonstrations, presentations etc.</i>	Resources <i>Flipcharts, Video, White Board, Sports Equipment</i>	Time/Venue <i>Shooting Range Classroom</i>
Competently select and order suitable archery equipment	Be aware of the safety parameters surrounding equipment and selection	Arrow selection, string, nocks, arrow rest, limbs, butts, stands, nets Arrow length and type Bow size and poundage	Determining draw length, Correct arrow length, string selection and inspection Determine draw length and poundage	Archery equipment Guidelines for Leaders when selecting equipment. Task	30 min 0930-1000 Session 11
Display a working knowledge of and agree to comply with the Code of Ethics and Child Protection policies Agree to comply with the IAAA Coaches Code of Conduct	Be aware of the need for care when dealing with children Identify the needs of each child Discuss the main elements of the Code of Ethics and child protection policies Identify reporting procedures Comply with the IAAA Coaches Code	Code of Ethics and Child Protection Policies IAAA Coaches Code of Conduct	Brief presentation on Code of Ethics (see tutor manual section J/K) Identify reporting procedures Group discussion and task cards with possible scenarios. Coaches apply knowledge learnt about the Code to provide solutions to the scenarios. Each group gets a different scenario and comes up with a group solution. Discuss	Tutor Manual section J/K for info on child welfare and protection and coaches code of conduct Task cards IAAA Coaches Code of Conduct	45min 10.00-10.45 SESSION 12

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	of Conduct		scenario and solution with wider group Present Coaches Code of Conduct		
Break	Break	Break	Break	Break	15 min 1045-1100
Determine the correct arrow spine for a particular bow Identify the differences in poundage and arrow spine		Easton Chart	Outline the Easton chart Question coaches on Easton spine chart – selecting draw length and correct spine Discuss differences in poundage and arrow spine	Beiter Video/DVD TV	30 min 11.00-12.00 SESSION 13
Break	Break	Break	Break	Break	15 min
Demonstrate an ability to assess, maintain and repair items of Archery Equipment	Be able to fit arrow rests, string nocks, repair arrows, fletch arrows, replace arrow points.	Maintenance of Archery equipment	Demonstration of various maintenance techniques	4Fletching jigs, fletching glue, nocks, arrow points, 4 blow torches, bracing	60 min 1215-1315 Session 14
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	45mins 1315 - 1400
Assessment: Deliver a basic session		Leaders are observed delivering the coaching session they planned as part of their homework from day 1. Leaders must show evidence of a session plan. Leaders will be assessed on their ability to apply the IDEAL principle to the coaching of certain aspects of either the bare bow form. Leaders will be assessed on their ability to plan a session, organise and deliver		Archery equipment Shooting range Tutor Observation	2 hours 1400-1600 Session 15

	a session in a safe manner, demonstrate a skill (or part of), analyse participant's performance of the skill, provide appropriate feedback, communicate effectively with participants, set up and deliver a safe session, use a variety of activities/drills and apply basic progressions	sheet	
Review of course outcomes Complete a course evaluation form	Review course outcomes Questions and answers session Coaches complete a course evaluation form	Course evaluation form	30 min 1600 -1630 Session 16
Day 3 Assessment	Day 3 Assessment	Day 3 Assessment	Day 3 Assessment
Assessment: Written Exam	Coaches complete a written questionnaire in an open book exam format	Questionnaire	45min 1000 - 1045 Session 17
Break	Break	Break	Break 15min
Assessment: Deliver a basic session	Leaders are observed delivering the coaching session they planned as part of their homework from the training weekend. Leaders must show evidence of a session plan. Leaders will be assessed on their ability to apply the IDEAL principle to the coaching of certain aspects of either the bare bow form. Leaders will be assessed on their ability to plan a session, organise and deliver a session in a safe manner, demonstrate a skill (or part of), analyse participant's performance of the skill, provide appropriate feedback, communicate effectively with participants, set up and deliver a safe session, use a variety of activities/drills and apply basic progressions	Archery equipment Shooting range Practical Assessment Form Tutor Observation Sheet	180 min 1100-1400 Session 15