

Irish Amateur Archery Association

Archery Leaders Course

SYLLABUS



In association with Coaching Ireland and the N.C.D.P.

NEVER POINT THE BOW
 Either with or without an arrow,
 at anyone,
 in anyone’s direction,
 or in the direction
 that there might be the slightest possibility
 of the presence of someone

Course Aim	<p>The aim of the course is to:</p> <ul style="list-style-type: none"> • Equip Leaders with the skills necessary to introduce Archery to participants. • Arouse interest in Archery. • Provide basic coaching and communication skills. • Underline the importance, and the necessity, for safety. <p>In a safe, fun and progressive way</p>
Pathway Phase	<p>Leader Phase – Participants, with whom the Leaders will work, will be from all ages and will be introduced to Archery on a once off ‘ come and try’ basis</p>
Entry Requirements	<p>Entrance to the Leaders course is open to all interested parties. A minimum number of 8 participants is necessary for the delivery of a course. The maximum number permitted on a course is 12.</p> <p>Candidates will also be expected to abide by the Code of Conduct in Archery and the Code of Ethics and Good Practice for Childrens’ Sport in Ireland.</p> <p>The candidate should also be:</p> <ul style="list-style-type: none"> • A minimum of 18 years of age • Proposed and recommended by two referees. (References will be checked)
Course Duration	<p>Training weekend.....13 hours10 minutes excluding breaks. 15 hours and forty minutes including breaks.</p>

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	Assessment Day 3hours and 45min excluding breaks and 4 hours including breaks.
Course Format	2 days in the same weekend with approximately 8 hours class and practical coaching based tasks per day. A following date for assessment of the candidates to be agreed.
Course Cost	A registration Fee of €250.00 is to be paid in advance. This fee will cover rent of facilities, course materials, tutor's fees and facilitator's fees. This fee also covers the eventual assesment. This fee is non-refundable
Personal Dress and Materials	Comfortable clothing for shooting, clothing should not be restrictive or too loose fitting.. Flat soled shoes or runners.
Methodology	Class-based and field-based presentations, during which Leaders will be involved in experiencing practical coaching skills (plan, organize, observe, demonstrate, analyse, provide feedback, evaluate), in a preliminary way, so as to contribute to the learning process as an Archery Leader.
Tutors	The course will only be delivered by tutors recognised and accredited by both the IAAA and Coaching Ireland
Facilities and Equipment	Classroom, minimum 10 metre hall, target faces, target stands, butts, target pins, safety nets, archery equipment, beiter video, balloons, measuring tape, line marking tape, Easton chart, overhead projector/PowerPoint, DVD, TV. playing facilities, projector/screen, flipchart, dynabands, bluetac, markers/pens tea and coffee facilities. Archery maintenance equipment. Fletching jigs, bow stringer, brace gauge, fletching jig, blow torch, fletching glue, hot melt glue, pliers.
Coaching Materials	Leader manual and handouts
Assessment	Leaders will be assessed on: <ul style="list-style-type: none">• Their knowledge and awareness of safety.• Their understanding of archery techniques and training• Their ability to consistently hit a target 10m away using Basic Bow form. Assessment will involve: <ul style="list-style-type: none">• 45 min written exam. (arrangements will be made for those with exceptional needs or difficulties)• Observed coaching practice• Practical tasks (scenarios / problem solving involving course facilitators).• Observed shooting practice.
Certification	A certificate will be awarded to those who attend the full course and pass all examinations and practical assessments. The certificate will be awarded by the I.A.A.A. Course completion is based upon 100% attendance at the course. It is envisaged that recognition of this course will follow from Coaching Ireland as soon as a framework is agreed. The IAAA reserve the right not to award certification to candidates who

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	do not meet, what the Tutors deem to be, a required standard with regard to safety.
Evaluation	Course candidates and tutors will complete an evaluation of the course
On-Going Support	This Archery Leaders course is only the beginning of the Leader education process. Further practical Leader experience and involvement in future courses aimed at Leaders at this level are envisaged in the near future (e.g. string making, advanced shooting techniques)

Archer Capacities and Coaching Capacities

The Leaders will develop specific coaching capacities in six areas and be able to provide assistance to participants in six capacity areas:

Participant Capacities	Coach Capacities
<p><u>Technical</u></p> <ul style="list-style-type: none"> • Develop basic technical skills – stance, posture, nocking, set-up, drawing, alignment, facial position, aiming and follow through • Use appropriate clothing – chest guard, flat shoes, no inappropriate facial jewellery, no sandals • Use appropriate safety equipment – finger tabs, arm bracer, chest guard • Aware of the basics of equipment – bow components, arrow components, chest guard, armguard, fingertab, quiver. <p><u>Tactical</u></p> <ul style="list-style-type: none"> • Introduce basic rules and ethics of archery <p><u>Physical</u></p> <ul style="list-style-type: none"> • Develop balance and coordination • Develop ‘bow fitness’ through fun games – ability to control bow at full draw • Develop basic flexibility through FUN games/activities <p><u>Mental</u></p> <ul style="list-style-type: none"> • Develop a positive attitude to archery • Develop confidence in executing basic technical skills • Set very simple individualized process goals in relation to particular aspects of technique <p><u>Lifestyle</u></p> <ul style="list-style-type: none"> • Take part in multiple sports and activities • Learn to play safely • Learn respect for oneself and others <p><u>Personal</u></p> <ul style="list-style-type: none"> • Learn respect for the bow • Learn the rules of archery etiquette • Experience enjoyment/fun • Demonstrate fair play and sportsmanship • Develop teamwork skills 	<p><u>Knowledge (of the sport & player/athlete)</u></p> <ul style="list-style-type: none"> • List the participant capacities at the FUNdamental phase • Awareness of individual differences and abilities between participants <p><u>Coaching Roles, Style, Values and Ethics</u></p> <ul style="list-style-type: none"> • List the different roles & responsibilities of an Archery Leader • List the skills and qualities of an effective Leader • Comply with the Code of Ethics (for children in sport) and the Child Protection Policy • Agree to comply with the IAAA Coaches Code of Conduct • Adopt an non-discriminatory and all-inclusive coaching stance <p><u>Needs analysis and Planning</u></p> <ul style="list-style-type: none"> • Plan a basic safe session in accordance with the time available, facilities, equipment, participants and overall aim of the session • Deliver safe sessions ensuring enough space, supervision, equipment and assessing of risks • Prioritise safe techniques and safe use of equipment • Identify procedures for accident reporting and emergency plans • Repair and maintain basic items of Archery Equipment(fletching, fitting nocks and arrow rests, replacing points. • Selection and ordering/ purchase of appropriate equipment <p><u>Coaching practice/performance</u></p> <ul style="list-style-type: none"> • Organise a group of participants in a coaching session • Apply IDEA principle (Introduce, Demo, Explain, Apply) to coaching

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<ul style="list-style-type: none">• Develop social skills through interaction with others	<p>archery skills</p> <ul style="list-style-type: none">• Apply basic progressions within a skill• Adopt a varied approach – ensure variety of and variation in practice relative to basic skills and concepts• Develop a ‘coaches eye’ – analyse various aspects of technique <p><u>Communication and teamwork</u></p> <ul style="list-style-type: none">• Display good communication skills• Outline and integrate the goals of the IAAA and the CDPI into your role as an Archery Leader. <p><u>Review, Evaluate and Self-reflect</u></p> <ul style="list-style-type: none">• Observe other Leaders coaching skills with a willingness to learn and with an inquisitive mind• Evaluate in a basic way an Archery session stating implications for the following one• Reflect personal Leader performance (e.g. planning, organization, safety, communication, variety)
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Course Outcomes

By the end of this Introductory coaching course for Archery, coaches will be able to:

Capacity area and outcome
Coaching Capacities
<u>Knowledge (of the sport & player/athlete)</u>
<ul style="list-style-type: none">• List the Leader capacities at the FUNdamental phase of Archery• Demonstrate an awareness of participant individuality within Archery• Identify the various methods of communication
<u>Coaching Roles, Style, Values and Ethics</u>
<ul style="list-style-type: none">• List the roles and responsibilities of an Archery Leader• Identify the skills and qualities of an effective Leader• 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• Include all participants into their Leader sessions without discrimination
<u>Needs analysis and Planning</u>
<ul style="list-style-type: none">• Plan a basic safe session taking account of the time available, facilities, equipment, participants and overall aim of the session• Identify possible safety concerns surrounding equipment and technique• Create a safe environment taking account of safety issues concerning clothing, footwear, the environment, supervision, space available and activities• Aware of the need for an emergency plan.• Repair and maintain basic items of Archery Equipment(fletching, fitting nocks and arrow rests, replacing points.• Selection and purchase of appropriate equipment
<u>Coaching practice/performance</u>
<ul style="list-style-type: none">• Deliver a basic session, taking account of safety issues• Organize participants in such a way as to maximize the enjoyment effect of the session• Demonstrate correct techniques• Explain key coaching points of skills• Set up activities to practice and develop skills• Identify and apply basic progressions within a skill• Use a variety of activities/drills to develop participants skills• Develop the Leaders skills of observation and analysis – observe and analyse various aspects of participants' techniques
<u>Communication and teamwork</u>
<ul style="list-style-type: none">• Provide appropriate feedback in a positive and constructive manner• Communicate effectively with participants, parents, other leaders and employers.• Be aware of the CDPI and the goals of the IAAA
<u>Review, Evaluate and Self-reflect</u>
<ul style="list-style-type: none">• Observe other Leaders coaching skills with a willingness to learn and with an inquisitive mind• 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)

Relating to Technical Capacities
<ul style="list-style-type: none">• Demonstrate basic mimetics of the shot• Demonstrate basic Bare Bow Form• Outline the main coaching points of technical skills – stance, posture, nocking, set-up, drawing, alignment, facial position, aiming and follow through• Implement activities to develop these skills• Identify appropriate clothing and safety equipment• Explain the basics of equipment – chestguard, armguard, fingertab, quiver, bow components, arrow components, critical measurements• Basic maintenance and repair of Archery equipment (Fletching, fitting arrow rests)• Identification and Correct selection of suitable Archery equipment (Bow poundage, Arrow selection, String selection.)
Relating to Tactical Capacities
<ul style="list-style-type: none">• Explain and apply basic rules and ethics of Archery• Be aware of Group Management Skills• Outline provisions of the Wildlife Act in relation to Archery.
Relating to Physical Capacities
<ul style="list-style-type: none">• Implement FUN games and activities to develop balance and co-ordination• Implement activities to develop basic flexibility e.g. miming• Able to introduce Fun games for entertainment and learning.
Relating to Mental Capacities
<ul style="list-style-type: none">• Instil a positive attitude to Archery in participants• Develop confidence in executing basic technical skills e.g. through positive reinforcement and realistic goal setting• Enable participants to set process goals in relation to certain aspects of technique• Engender deep respect for the bow among archers• Provide positive reinforcement to participants
Relating to Lifestyle Capacities
<ul style="list-style-type: none">• Encourage participants to play multiple sports and activities• Promote and ensure safe play and practices among participants• Encourage participants to contact local IAAA Clubs
Relating to Personal Capacities
<ul style="list-style-type: none">• Identify, communicate and promote archery etiquette• Encourage participants to have respect for themselves and others• Promote fun and enjoyment in the sport – implement FUN activities in Leaders session• Ensure archers demonstrate fair play and sportsmanship• Allow interaction with others to develop social participants skills• Provide opportunities for participants to develop teamwork skills