



Irish Amateur Archery Association



INTRODUCTION TO COACHING SYLLABUS

In association with N.C.T.C. 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	The aim of the course is to: <ul style="list-style-type: none"> • Equip coaches with the skills necessary to develop beginner archers • Arouse interest in coaching archery. • Provide basic coaching skills. • Promote awareness of the necessity for safety
Pathway Phase	Fundamental – Participants, with whom the coaches will work, will be in the main young people who are beginning their involvement in sport but may also include beginner adults
Entry Requirements	Entrance to the coaching course is based upon nomination by an individual’s I.A.A.A. club. The following criterion must also be met. The candidate should have: <ul style="list-style-type: none"> • Completed a beginner’s course in archery with a recognised I.A.A.A. club. • A minimum of one year’s membership of the I.A.A.A. • A working knowledge of archery basics and technique. • Skill level necessary to achieve a 200 point score on a 40cm FITA target face at 18m, shooting 30 consecutive arrows. 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. The candidate should also be: <ul style="list-style-type: none"> • A minimum of 18 years of age • Proposed and recommended by two officers signatory to the club.

	<p>Note: Clubs should only recommend those who are interested in coaching or wish to become involved in coaching.</p> <p>Clubs should only recommend those who are in compliance with all of the above criterion.</p> <p>Exceptions to the above rule will only be entertained upon written application to the Executive.</p>
Course Duration	13 hours excluding breaks. 16 hours including breaks
Course Format	2 days in the same weekend with approximately 8 hours class and practical coaching based tasks per day
Course Cost	A registration Fee of €150.00 is to be paid in advance. This fee will cover rent of facilities, tutor's fees and facilitator's fees. This fee is non-refundable
Personal Dress and Materials	Comfortable clothing for shooting and archery equipment
Methodology	Class-based and field-based presentations, during which coaches 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 sporting process as an assistant coach
Tutors	At least 75% of the course will be delivered by NCDP tutors. If support tutors are required they will not deliver more than 25% of the course
Facilities and Equipment	Classroom, minimum 10 metre hall, target faces, target stands, butts, target pins, safety nets, bieter video, balloons, measuring tape, line marking tape, Easton chart, overhead projector/PowerPoint, DVD playing facilities, projector/screen, flipchart, weights, dynabands, bluetac, markers/pens tea and coffee facilities
Coaching Materials	Coach manual and handouts
Assessment	<p>Coaches will be assessed on:</p> <ul style="list-style-type: none"> • Their knowledge and awareness of safety. • Their understanding of archery techniques and training • Their knowledge of the Adult and Child Learning Principles <p>Assessment will involve:</p> <ul style="list-style-type: none"> • 30 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).
Certification	A NCDP certificate will be awarded to those who attend the full course and pass all examinations. The certificate will be awarded by the I.A.A.A. and accredited by the NCTC
Evaluation	Course candidates and tutors will complete an evaluation of the course
On-Going Support	This Introduction to Coaching course is only the beginning of the coach education process. Further practical coaching experience and involvement in future courses aimed at coaches at this level are envisaged in the near future (e.g. tuning, mental training, goal setting, physical fitness)

Archer Capacities and Coaching Capacities

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

Archer 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 • Know the basics of equipment – bow components, arrow components, chest guard, armguard, fingertab, bow sling, quiver, critical measurements <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 • Perform basic resistance exercises using dynabands • Partake in warm-up and cooldown activities • Develop basic flexibility through FUN games/activities • Develop core stability <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 safety • Practise at home • Practise good nutrition and hydration 	<p><u>Knowledge (of the sport & player/athlete)</u></p> <ul style="list-style-type: none"> • List the archer capacities at the FUNdamental phase • Awareness of individual differences and abilities between archers • Identify the various methods by which people learn <p><u>Coaching Roles, Style, Values and Ethics</u></p> <ul style="list-style-type: none"> • List the different roles & responsibilities of an Introductory Archery coach • List the skills and qualities of an effective coach • 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 <p><u>Coaching practice/performance</u></p> <ul style="list-style-type: none"> • Organise a group of archers in a coaching session • Apply IDEA principle (Introduce, Demo, Explain, Apply) to coaching archery skills • Apply basic progressions within a skill • Adopt a varied approach – ensure

<p>e.g. follow the food pyramid</p> <ul style="list-style-type: none">• 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• Develop social skills through interaction with others	<p>variety of and variation in practice relative to basic skills and concepts</p> <ul style="list-style-type: none">• 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 NCDP into your coaching <p><u>Review, Evaluate and Self-reflect</u></p> <ul style="list-style-type: none">• Observe other coaches coaching skills with a willingness to learn and with an inquisitive mind• Evaluate in a basic way a training session stating implications for the following one• Reflect personal coaching 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 archer capacities at the FUNdamental phase of the Archery LTPAD pathway• Demonstrate an awareness of participant individuality within Archery• Identify the various methods by which people learn (adults and children)
<u>Coaching Roles, Style, Values and Ethics</u> <ul style="list-style-type: none">• List the roles and responsibilities of an Introductory coach• Identify the skills and qualities of an effective coach• 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 coaching 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• Demonstrate a working knowledge of basic, emergency first aid and emergency plan
<u>Coaching practice/performance</u> <ul style="list-style-type: none">• Deliver a basic session and warm up and cool down, taking account of safety issues• Organize participants in such a way as to maximize the training 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 archery skills• Develop the coaching skills of observation and analysis – observe and analyse various aspects of archers’ techniques
<u>Communication and teamwork</u> <ul style="list-style-type: none">• Provide appropriate feedback in a positive and constructive manner• Communicate effectively with archers, parents, other coaches and NGB personnel• Be aware of the NCDP and the goals of the IAAA
<u>Review, Evaluate and Self-reflect</u> <ul style="list-style-type: none">• Observe other coaches 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 coaching 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 and basic FITA form

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<ul style="list-style-type: none">• 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, bow sling, quiver, bow components, arrow components, critical measurements
Relating to Tactical Capacities
<ul style="list-style-type: none">• Explain and apply basic rules and ethics of Archery
Relating to Physical Capacities
<ul style="list-style-type: none">• Implement FUN games and activities to develop balance and co-ordination• Implement FUN games and activities to develop 'bow fitness' i.e. ability of archers to control bow at full draw• Implement activities to develop basic resistance using appropriate equipment e.g. dynabands• Implement activities to develop basic flexibility e.g. dynabands, miming• Implement activities to develop basic core stability e.g. washboard exercise• Demonstrate and implement appropriate warm-up and cool-down activities
Relating to Mental Capacities
<ul style="list-style-type: none">• Instil a positive attitude to Archery in archers• Develop confidence in executing basic technical skills e.g. through positive reinforcement and realistic goal setting• Enable archers to set process goals in relation to certain aspects of technique• Engender deep respect for the bow among archers• Provide positive reinforcement to players/athletes
Relating to Lifestyle Capacities
<ul style="list-style-type: none">• Identify the reasons why young people take part in sport• Encourage archers to play multiple sports and activities• Promote and ensure safe play and practices among archers• Encourage archers to practise at home• Identify and communicate good nutrition and hydration e.g. follow the food pyramid
Relating to Personal Capacities
<ul style="list-style-type: none">• Identify, communicate and promote archery etiquette• Encourage archers to have respect for themselves and others• Promote fun and enjoyment in the sport – implement FUN activities in coaching session• Ensure archers demonstrate fair play and sportsmanship• Allow interaction with others to develop archers social skills• Provide opportunities for archers to develop teamwork skills