World Archery Coaching

Pascal Colmaire – WA Development & Education Director
What does WA in Coaching?

Mainly assists non-elite Nations

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 materials for the MA to create their own NCCP:
Manuels, video, Guides (Equipment making, Observation.... E-learning, PPT presentations...

Train & certify Level 1 Coaches & 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

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

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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”...
Help the archers in their own development

Need coordination and cooperation from all coaches

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

Beginner | Intermediate | Elite

Performance level of the archer

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To get progressing athletes, we need progressing coaches.

**What is coaching?**

[Graph showing the progression of athletes over time, with levels labeled Entry, Intermediate, and Elite. The graph indicates that随着时间的推移，运动员的水平会逐渐提高，需要相应的教练水平。]
Concept

Expected Athlete’s path

Achieved Coach’s path

Elite

Novice
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 (probably 10 years) and efforts to become a good coach
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.
3 levels of Coaches – WA certification for Level only

Based on (most of) archer’s path / future

1. Discovery of the basics

2. Specialization
   - In equipment
   - In discipline

3. Performance search
Level 1 Coach – with World Archery certification

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
✓ at school, in an archery club, community/resort/rehab centre, ...

2-step certification:
• Online knowledge training with evaluations. Access code from MA valid 1 year
• Practical training with evaluation (6 days)

WA Educational supports:
• Contents of the online training, Manual, PPT presentations, Video, Guides

Pre-training requirements:
✓ Registered by MA
✓ Minimum 2 years of regular practice
✓ 2 official tournaments
✓ Old enough in his/her country to coach in our sport

And between the registration and the Practical course:
• Complete « CoachTrue »
• Pre-course reading
Level 1 Coach – Equivalence and recertification

Equivalence / Exemption:
Applicants must provide to the World Archery office (electronic format will do):
- a written request
- a certificate of attendance to a level 1 archery coaching course that has been conducted according to the “FITA Coaches Manual Entry Level from November 2003”, or its updated version “World Archery Coach’s Manual Entry Level from January 2015”.
- a letter from their respective National Archery Federation, supporting this application and confirming that the applicant is an active archery coach.
- certificate of successful completion of the WA level 1 online pre-course
- «CoachTrue» certificate
To be exempted from the practical training and certified by World Archery as Level 1 Coach for 4 years.

Recertification:
- a written request
- a letter from their respective National Archery Federation, supporting this application and confirming that the applicant is an active level 1 archery coach.
- certificate of successful completion of the WA level 1 online pre-course

With experience the above criteria could change
Level 2 Coach

**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
✓ Certificate of success to WA online level 1 training
✓ Complete « CoachTrue – Elite »
✓ Pre-course reading
Level 3 Coach

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)
• To structure and manage high performance

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
Coach Trainers – WA certification for Level 1 & 2

They are the tutors who train the coaches Level 1 & 2:

- Be experimented coach of a higher level, registered by MA
- 10 day course (L1) – 7 day course (L2)
- Must conduct a course within one year
- 4 evaluations over one year
- WA certification valid 4 years
- Recertification: similar as certification without course
  + have conducted in 4 years:
  * 2 level 1 coaching courses for CT1
  * 1 level 1 coaching course for CT2
Another possible concept of coaching education

Coaching Speciality

Technical Coach
Equipment Coach
Physical Coach
Mental Coach
Competition Coach
Team Leader

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What is a good coach?
Makes the archers progressing.

Is a certified coach a good coach?
Certification = recognised potential to become a good coach
But still a lot to do: learning & development of know-how’s.

What do we need to get progressing archers?
We need progressing coaches; hence continuing education is fundamental.
"BEING A GOOD COACH IS NOT ENOUGH TO MAKE A STRONG ARCHERY NATION"

Archery Association Objectives: Have archers who progress at bigger geographical levels.

Criteria:
• Efficient Coaching Assistance
• Access to a high level of training services
• Dynamic network of competitions
• Good administration
Efficient coaching environment

“Competition is no longer between talented archers & coaches. It is about level of professionalization”

The coach must contribute to optimize all components of high Performance:

A growing challenge in coaching education
For any Archery Coaching information, contact:

World Archery Development & Education Department

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