

## So, You Want to be a Coach?

The first question is why would you? This is followed by the second question; Why not? I can only speak from experience but I would not change my path to becoming an archery coach for all the tea in China. It has been frustrating, annoying, time consuming and most of all it has been an immensely rewarding and enjoyable experience.

So back to the first question, it is well worth considering if you feel you are suitable, for this a long hard look in the mirror is helpful. Why am I doing this, if it's for the badge, please walk away, because in the long term you will not gain any kudos from doing all the training, wearing the badge and not delivering at least in a small part.

Work out for yourself if you are prepared to commit to teaching others, I pull no punches here, you will lose shooting time if you decide to coach.

So, what attributes make a good coach? Normally I would be mind-storming this but you lot don't answer back (yet).

- A love of the sport
- Patience
- Organisational skills
- Communication skills
- A good broad knowledge of archery rules and divisions
- Be a competent archer (you don't have to be a champion)
- Have time
- Bags on energy and enthusiasm
- No criminal record (preferably for PVG Checks, there may be exemptions)
- Over 18 (IFAA)

The list could go on and I'm sure you will add a few more yourselves, so if you feel that you want to know more read on and maybe take the step?



### Level 1 IFAA/SFAA Coaches graduation July 20.

Left to right: The author (Staff), Kenny Nairn, Stephen Havranek, Ross Hood, Pauline MacFarlane (Staff), Bill Oliver, Alan Kilpatrick, Rhys Shingler (Staff) & Keith Hodinott (Staff).

As you can see from the picture, coaches come in all sorts.....They share a common love of the sport and the will to share it with others.

I can only outline the IFAA process here as that is my area, I'm sure if you ask at your club, they will steer you in the direction of someone who can brief you on the relevant organisations, structure and process to become a coach.

In the SFAA, we have decided that "Coach" is the most appropriate term all our coaches at present who are qualified and licenced through the IFAA Instructor system, adopt their Instructor protocol and are all registered and licenced by the IFAA.

In the following section I shall give an outline of the IFAA Instructor (Coach) Levels

### **IFAA Level 1 Instructor**

To provide experienced archers with knowledge, tools and resources to be able to Introduce individuals or groups of individuals to archery and provide them with the basic know-how about:

- Shooting technique.
- Sports etiquette.
- Sport – specific skills.
- Equipment usage.
- IFAA basic rules

### **IFAA Level 2 Instructor**

This Course shall enable Level 1 Instructors to guide archers into specific styles, assist them in developing the style specific shooting techniques and help them to tune their equipment to suit Shooting technique.

Use of technology to analyse the archer form.



A level 2 Coach candidate practicing video form critique techniques.

### **IFAA Level 3 Instructor (Coach)**

Instructor to coach (IFAA Definition)

To provide level 2 instructors with knowledge to guide archers to competitive levels.

Assist them into the different rounds and to develop style specific technique.

Teach the Teacher

Provide them with the minimum knowledge to present Instructor certification courses and to run an Educational System on national level.

Administrative tasks to manage the L1 & L2 instructors in their group or National Association.



A Level 3 Coach working with an archer to improve “back tension” using a training aid.

### IFAA Level 4 “Master” Instructor (Coach)

Instructor to coach

To provide level 2 instructors with knowledge to guide archers to competitive levels.

Assist them into the different rounds and to develop style specific technique.

Teach the Teacher

Provide them with the minimum knowledge to present Instructor certification courses and to run an Educational System on national level.

Administrative tasks to manage the L1 & L2 instructors in their group or National Association.

Potential Candidates shall be nominated by the National Association after having successfully completed background checks.

Whilst this description is very similar to the Level 3 the expectation is to deliver at National and International level.

In broad terms, this is what is expected of the differing levels, this of course can differ with the specific experience and knowledge, skills & experience (KSE) of each coach.

	Beginner	advanced Beginner	Novice Field Archer	Ambitioned Sportsmen
<b>Shooting Technique</b>	Detailed Shooting sequence	Style-specific Shooting sequence	Field -specific shooting technique	Discipline related shooting sequence
<b>Equipment &amp; Material</b>	Basic Knowledge	Style specific set-up	Basic Tuning & Field specific Materials	Fine Tuning and competitive set-up
<b>Mental Management</b>	basic mental program	expanded mental program	mental shot execution field	Expectation Management & Self Coaching
<b>Health &amp; Fitness</b>	Mobility / Flexibility	Shooting Fitness	Field - Fitness	Competitive Fitness
<b>Rules</b>	Basic Safety Rules	Practise field safety	field archery rules & safety	Sportsmanship, responsibilities
<b>Planning &amp; Management</b>	Basic Lessons Set-up	Style-specific development programme	Annual training plan	Event oriented form build up concepts
<b>Coaching &amp; Organisation</b>	Motivation and Expectation Management	Development Consultancy & self coaching know-how	Organising Training sessions & leisure activities	Prepare for sport & multi day competitions



Hopefully this brief jog through has whetted your appetite, or put you off for life! If you want any more information on embarking on the coaching path then your first stop should be the Coach/Instructor at your club, who will be able to advise you on the best course of action and ideally mentor you through the process.

Key Contacts:

English Field Archery Association: [LINK](#)

Scottish Field Archery Association: [coaching-director@scottishfieldarchery.scot](mailto:coaching-director@scottishfieldarchery.scot)

Welsh Field Archery Association: [LINK](#)

Northern Ireland Field Archery Association: [LINK](#)

Ireland Field Archery Federation: [LINK](#)

IFAA Coaching: [LINK](#) On the quick menu on the left

Archery GB Coaching: [LINK](#)

Scottish Archery Association: [LINK](#)

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