

WA COACHING

Program of a level 1 Coaching Course

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Lausanne (SUI) – 12 June 2015

Below is the **standard** agenda of a WA Level 1 Coaching Course:

Day	8h30 - 9h30	9h45-10h45	11h - 12h	13h30 - 14h45	15-16	16h15 - 17h30
1 (dd / mm / yy)	Opening & presentations: participants, Coach Trainer, program... In room	WA Coaching: Committee, Certification, Levels In room	Coaching efficiency: Good coach. environment, funding, structure In room	Rehearsal of First session + Com-&Try On range		What is coaching: concepts, progression, role, tasks, fair, clean In room
2 ()	Yesterday review + What is archery: Tasks & Skills In room	Preparatory movements: Stance, String grip, Bow hand On range		Body pre-positioning, Raising, Pre-draw, Bow shoulder/arm On range		Instruction (1): Class plan, shooting side, terminology, Tools In room
3 ()	Yesterday review + Instruction (2): Observation, instruction In room	Draw (directions, balance, speed, source, Still top body) On range			Team Building / Sightseeing	
4 ()	Yesterday review + Physical In room	Facial marks & alignments + string alignment On range		Expansion, Clicker, aiming On range		Strengthening room

5 ()	Yesterday review + Equipment 1 In room	Wind shooting + Expansion checks: string fingers, string clearance On range	Release: predispositions, exercises, form pending expansion types + Standard Teaching Process On range	Equipment workshop In room
6 ()	Yesterday review + Equipment 2 In room	Follow-Trough: Bow hand, bow arm + Standard Teaching Process + Target Panic On range	Follow-Trough: Face, visual, breath, double clicker On range	Body Balance On range
7 ()	Yesterday review + Psychology In room	Sequence & Breathing, Psychology On range	Shooting strength + Tournament preparation On range	In room Course evaluation - Certificates-Closing
8 ()	Practical evaluation (if required by the organizer) On range		Practical evaluation (if required by the organizer) On range	

The course sessions will be one hour long, except for the practical evaluation of the participants for which half an hour is needed by candidate. The schedule of day 8 is designed for a maximum of 12 candidates, with a single jury.