

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 | | |