

## PROSPECTUS

# World Archery Coaching Course - Level 3

World Archery coaching course level 3 covers high performance coaching skills in any type of bow, discipline or handicap.

The objective of the course are to get insights of:

- training an advanced archer
- preparation of the mental routine
- team leadership
- team collaboration around elite archers

## Eligibility

- World Archery Level 2 coaching certification not older than 2018 or
- [World Archery Level 1 online coaching course](#) certificate for candidates with national/other international certification and at least one year of coaching experience at intermediate level
- [ADEL high performance coaches' education programme](#) online certificate
- [IOC online course on safeguarding](#)
- A support letter from national federation
- Have at least one year of experience as intermediate level coach

## Content

The programme includes a total of 56 academic hours over seven days, covering the following:

- Efficient archery development structure and coaching philosophies
- Psychology theory about the archery sequence, mental sequence exercises
- Recurve technique and differences with barebow and compound
- The technical analyse with videos and photos
- Skills training, individual and team training tips and exercises
- Planning a session and planning a season
- Team management and coaching in competition
- Equipment tuning – alignment, use of high speed cameras, tests
- Rule changes, antidoping, safeguarding

## Certification

Coaches with at least 80% of participation rate will receive a World Archery diploma of attendance.

## Contact

Siret Luik, head of member services, [sluik@archery.sport](mailto:sluik@archery.sport)

## Further information

World Archery: <https://worldarchery.sport/>

World Archery Excellence Centre: <https://www.worldarcherycentre.org/>