

## COACHING PLAN: SESSION 1 JOLLY ARCHER'S BEGINNER COURSE

Coach Names:		Date:	
Assistants:			
Venue:	Jubilee Park	Duration:	3 hrs
Safety Checklist:	<i>Tick when complete:</i>		
Participant Profile:			
Aim of Session:	Introduce beginners to archery and enable them to start shooting safely with a good basic posture using a 'T' draw. Initially shooting freestyle.		

	Plan	Equipment	Timings	Resources
Preparation and Coaching Team Briefing	Set up range  Lay out equipment  Brief Coaching Team  Complete safety checklist	Bosses, range equipment, safety ropes. Bows, arrows, ground quivers, bracers, tabs.	09.00-09.30   09.30-09.45	Archers profiles  Safety Checklist
Eye dominance and equip Archers	Individually, update on medical/injuries  Establish eye dominance  Coaches select equipment  Update individual records for equipment, eye dom. and dom. hand	Archers individual profiles  Bows, arrows, bracers, tabs.	09.45-10.15	Archers individual profiles
Welcome and Safety Briefing	Welcome back archers and brief on range safety	Welcome and safety briefing script	10.15-10.20	
Warm Up	Warm up Archers as a group		10.20-10.30	Activity card – warm up

Technique Coaching	Demonstration of 'T' draw  Beginners shoot first arrows under 1:2:1 supervision  Subsequently, all Beginners on the line with Coaches Assistants, support and report		10.30-11.30	Activity card – 'T' draw
Break	Break for Beginners  Coaches/Assistants prepare for next activity	Balloons	11.30-11.40	
Activity /Game	Balloon shoot	Balloons	11.40-12.10	
Cool-down and Archer Feedback	Group cool down  Individual Beginner feedback  Participants depart	Pen and paper for notes	12.25-12.30	Activity card cool-down
Pack away	Take down range  Pack bows and equipment		12.30-12.45	
Coaching Team Debrief and evaluation	Coaching team meet to debrief and record progress of individual beginners	Pen and paper for notes	12.45-13.00	Individual archer profile/records  Evaluation form

## COACHING PLAN: SESSION 2 JOLLY ARCHER'S BEGINNER COURSE

Coach Names:		Date:	
Assistants:			
Venue:	Jubilee Park	Duration:	3 hrs
Safety Checklist:	<i>Tick when complete:</i>		
Participant Profile:			
Aim of Session:	Introduce beginners to bow assembly, continue to develop archery skills using 'T' draw, shooting freestyle and reinforce good basic posture and safe shooting. Demonstrate different bow types.		

	Plan	Equipment	Timings	Resources
Preparation and Coaching Team Briefing	Set up range Lay out equipment Brief Coaching Team Complete safety checklist	Bosses, range equipment, safety ropes. Bows, arrows, ground quivers/stands, bracers, tabs.	9.00-9.45  9.45-10.00	Archers profiles  Safety Checklist
Equip Archers	Distribute bows Update health profiles if necessary	Archers individual profiles, Bows in cases.	10.00-10.15	
Welcome and Safety Briefing	Welcome back archers and brief on range safety	Welcome and safety briefing script	10.15-10.20	
Warm Up	Warm up Archers as a group		10.20-10.30	Activity card – warm up
Technique Coaching	Set up Bows Beginners shoot under supervision Assistants, support and report	Bows, arrows, bracers, tabs	10.30-11.30	Activity card – 'T' draw

Break	<p>Break for Beginners</p> <p>Coaches/Assistants demonstrate different bow types.</p> <p>Coaches/Assistants prepare for next activity</p>	Balloons - matching coloured pairs for each archer	11.30-11.50	
Activity /Game	<p>Balloon shoot competition</p> <p>Break down bows</p>	Balloons	11.50-12.15 12.15-12.25	
Cool-down and Archer Feedback	<p>Group cool down</p> <p>Individual Beginner feedback</p> <p>Participants depart</p>	Pen and paper for notes	12.25-12.30	Activity card cool-down
Pack away	<p>Take down range</p> <p>Pack all equipment</p>		12.30-12.45	
Coaching Team Debrief and evaluation	Coaching team meet to debrief and record progress of individual beginners	Pen and paper for notes	12.45-13.00	<p>Individual archer profile/records</p> <p>Evaluation form</p>

## COACHING PLAN: BEGINNER COURSE DAY 3

Coach Names:		Date:	
Assistants:			
Venue		Duration	3 hrs
Safety Checklist	<i>Tick when complete:</i>		
Participant Profile			
Aim of Session	Introduce setting up and taking down a boss, continue to develop archery skills using 'T' draw, shooting freestyle and reinforce good basic posture and safe shooting. Introduce scoring systems (Metric and Imperial). Inform on joining an archery club, equipment purchasing and post beginners coaching.		

	Plan	Equipment	Timings	Resources
Preparation and Coaching Team Briefing	<ul style="list-style-type: none"> <li>• Prepare range to be set up by beginners</li> <li>• Lay out equipment</li> <li>• Brief Coaching Team</li> <li>• Complete safety checklist</li> </ul>	4 bosses + range equipment + Bows, arrows, ground quivers/stands, bracers, tabs.	9.00-9.45 9.45-10.00	Safety Checklist, Archers Individual development profiles pens, paper, whistle
Equip Archers	<ul style="list-style-type: none"> <li>• Distribute bows for self assembly</li> <li>• Update health profiles if necessary</li> </ul>	Archers individual profiles, Bows in cases.	10.00-10.05	
Welcome and Safety Briefing	<ul style="list-style-type: none"> <li>• Welcome back archers, outline session and range safety quiz</li> </ul>	Welcome and safety Quiz.	10.05-10.10	Coaching plan.
Set up Range	<ul style="list-style-type: none"> <li>• Demonstrate boss set up – focus on safety</li> <li>• Beginners set up remaining bosses</li> </ul>	Equip as above	10.10-10.20	
Warm Up	<ul style="list-style-type: none"> <li>• Warm up Archers as a group</li> </ul>		10.20-10.30	Activity card – warm up

Technique Coaching	<ul style="list-style-type: none"> <li>• Set up Bows</li> <li>• Beginners shoot under supervision</li> <li>• Assistants, support and report</li> </ul>	Bows, arrows, bracers, tabs	10.30-11.30	Activity card – ‘T’ draw
Break	<ul style="list-style-type: none"> <li>• Break for Beginners</li> <li>• Club chairman talks about joining clubs and coaching opportunities.</li> <li>• Coaches/Assistants and prepare for next activity</li> </ul>	4 Score boards, pens and score sheets	11.30-11.45	Activity Cards
Activity /Game	<ul style="list-style-type: none"> <li>• Shoot and score arrows. 3 Dozen.</li> <li>• Break down bows</li> </ul>		11.45-12.10 12.10-12.20	
Take down bosses	<ul style="list-style-type: none"> <li>• Demonstrate safe take down of boss</li> <li>• Beginners take down remain bosses</li> </ul>		12.20-12.30	
Cool-down and Archer Feedback	<ul style="list-style-type: none"> <li>• Group cool down</li> <li>• Individual Beginner feedback</li> </ul>	Pen and paper for notes	12.25-12.30	Activity card cool-down
Presentation	<ul style="list-style-type: none"> <li>• Chairman presents certificates</li> </ul>	Certificates and packs	12.30-12.45	
Pack away	<ul style="list-style-type: none"> <li>• Take down remainder of range</li> <li>• Pack bows and equipment</li> </ul>		12.45-13.00	
Coaching Team Debrief and evaluation	<ul style="list-style-type: none"> <li>• Coaching team meet to debrief and record progress of individual beginners</li> </ul>		13.00-13.15	Individual archer profile/records  Evaluation form