



A Guide to: **How to Become a Coach**



Why Coach?

Coaches are important to the sport because they encourage participation, develop talent and improve the satisfaction and fulfilment of archers.

We want to encourage more people from all backgrounds and experience, who are enthusiastic about archery and skilled at what they do, to enter into coaching.



Advantages of Qualification

Having a recognised coaching qualification provides assurance to the people you work with that you are competent and professional.

By becoming a trained and qualified coach, you will learn about how and what to coach under the guidance of experienced coach educators. This will help you gain the skills and knowledge to motivate and progress archers, from beginners to high performance archers.

Archery Coaching Awards

Archery GB offers a range of coaching qualifications (Fig. 1) to help support your development as a coach and to ensure that archers have access to coaches that suit their requirements.

Leaders

The Leaders course is a starting point for non-archers who are enthusiastic and want to instruct recurve archery to beginners. The award is aimed at multi-sport leaders working outdoors.

This course trains people to lead archery sessions independently, working with groups of up to 12 people.

Level 1

The Level 1 course is a starting point for archers who want to deliver motivating training sessions for beginners in recurve. Using the resources provided on the course you will be able to deliver a pre designed course for a group of beginners.

This course trains individuals to be able to lead archery sessions independently using resources from the course and working with groups of up to 12 people.

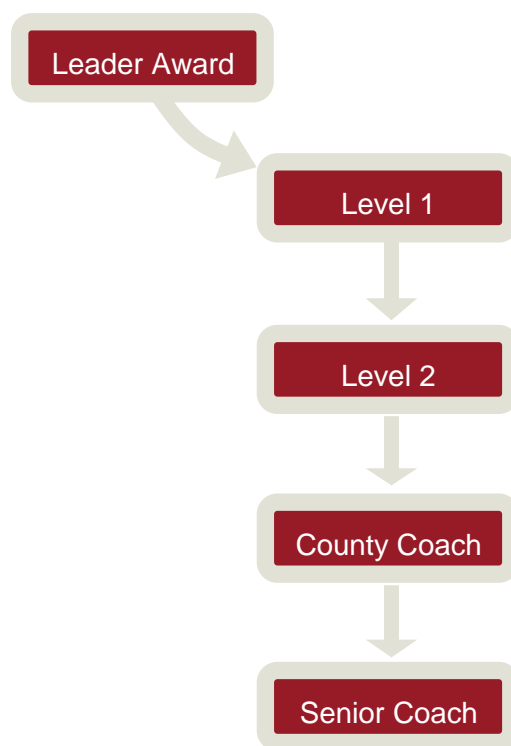


Fig. 1 the coaching pathway

Endorsed by the UK Coaching Certificate, successful candidates will gain a Level 1 Certificate in Coaching Archery awarded by 1st4sport Qualifications.

Level 2

The Level 2 course is aimed at Level 1 coaches who want to design club training programmes and start developing the technical, physical and psychological information a coach needs to work with beginners and improvers (in recurve, compound and longbow).

County Coach

The County Coach is a comprehensive and high level coaching course aimed at coaches working with high performance squads. It aims to give them the skills to design, implement and analyse an annual coaching programme.

Senior Coach

The Senior Coach course is the highest level of coaching qualification in the UK. It is directed at coaches working with high performance archers and those managing other coaches and aims to provide them with the skills to design, implement and analyse specialist coaching programmes.

Find a Course

Courses are managed by County Archery Associations represented by an appointed County Coaching Organiser (CCO). The cost of courses varies nationally but generally starts from £200 for Leader and Level 1 courses.

Level 1 courses taking place across the UK are now being advertised on the Archery GB website. To book a place simply complete the Candidate Application form and return it along with payment to the advertised Course Administrator.

For information about Leader, Level 2 and County Coach courses running in your area please contact your CCO who will be able to provide you with course dates, venues and costs. CCO contact details can be found on the Archery GB website.



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