

Creating Engaging Sessions

Presented by

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Planning, Running and Evaluating an Intro to Archery Course



Learning Outcomes

- Learners are able to identify effective elements of an Intro to Archery course
- Learners are able to apply the principles of Empowering Coaching to an Intro to Archery Course
- Learners are able to plan an effective Intro to Archery course



The First Session

Whole Group Task

Consider what the first session of an Intro to Archery course should include. You may wish to reflect on your own beginner's course and/or courses you have helped to run at your club.

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The First Session

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Safety Checklist

This was covered in the 'Range Safety' Micro Course on Learning Curve.

- Venue/Facilities
- Emergency Procedures
- Range Layout & Control
- Equipment
- Participants
- Spectators and Others

A screenshot of a 'Safety Checklist' form. The form is a table with multiple rows and columns. The columns include 'Checklist Item', 'Status', and 'Responsible Person'. The rows are organized into sections with purple headers: 'Venue/Facilities', 'Emergency Procedures', 'Range Layout & Control', 'Equipment', 'Participants', and 'Spectators and Others'. Each row contains a specific safety item, its status (e.g., 'Completed', 'Not Started'), and the name of the person responsible for it.

Why is it important to complete a Safety Checklist prior to running an Intro to Archery course?

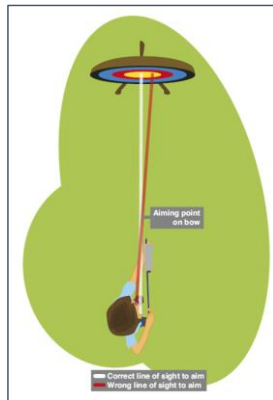


Preparing and Selecting Equipment

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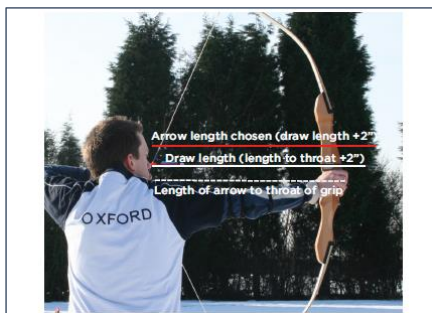
Eye Dominance



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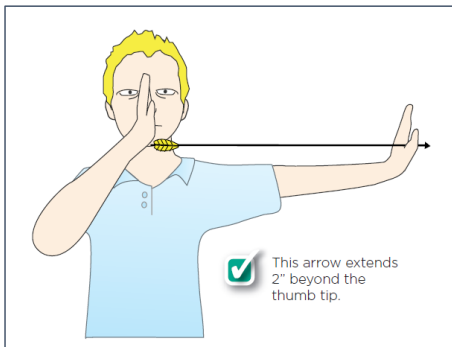
Measuring Arrow Length



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Measuring Arrow Length



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Selecting a Bow

Why is it important to select a bow of an appropriate length and draw weight for your beginner?



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Selecting a Bow

Age Range (years)	Maximum Recommended Bow Weight at Start of Beginners Course	Maximum Recommended Bow Weight for Beginner by End of a Course
Up to 12	14lbs	16lbs
13-14	16lbs	18lbs
15-16	18lbs	22lbs
17-18	20lbs	24lbs
19+	20lbs	24lbs



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Discussion Questions

- At what distance would you start archers shooting for the first time? Why?
- On the first day of a beginners course, would you start the archers shooting on a target face, or a blank boss? Why?
- For the first session, would you start with the side of the face or under the chin anchor?

Archery Range Rules

- What are the rules?
- Does everyone like rules?
- Let's think of a new way to present the rules.

Warming Up

Why is it important to physically warm up?



Identify some social/psychological benefits of warming up.

Making Sure ANYONE Can Shoot

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Learning Outcomes

- Learners are able to identify potential difficulties/barriers faced by participants with a disability
- Learners are able to identify a range of strategies to support archers of any ability or disability to shoot

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Coaching Archers with Disabilities

Inclusive Language

- Positive not negative
- Everyday Phrases
- Collective terms and labels



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Coaching Archers with Disabilities

Inclusive Language

🏠 Words to use and avoid 🏠

Avoid passive, victim words. Use language that respects disabled people as active individuals with control over their own lives.

Avoid	Use
(the) handicapped, (the) disabled	disabled (people)
afflicted by, suffers from, victim of	has [name of condition or impairment]
confined to a wheelchair, wheelchair-bound	wheelchair user
mentally handicapped, mentally defective, retarded, subnormal	with a learning disability (singular) with learning disabilities (plural)

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Coaching Archers with Disabilities

General Considerations

- Don't be scared! Talk to the person and be approachable
- The archer knows their body best. Find out what they can and can't do
- Be open to trying things out and enjoy what you do
- Be aware of opportunities for all disabled archers to take part competitively
- Consider using a compound bow for archers who have difficulty with strength

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Coaching Archers with Disabilities

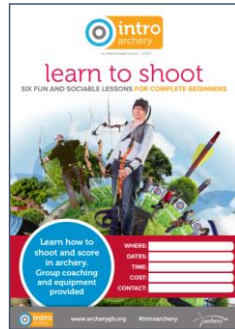
What other disabilities are you likely to come across?

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Intro to Archery

How do you run Intro to Archery courses in your clubs?



Empowering Coaching

An Intro to Archery course should take into account:

- Autonomy (voice and choice)
- Belonging (respected and connected)
- Competence (feel have ability to meet demands)



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Technical Framework



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Planning, Running and Evaluating a full Intro to Archery Course/Beginners Course

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Learning Outcomes

- Learners are able to identify effective elements of an Intro to Archery course
- Learners are able to apply the principles of Empowering Coaching to an Intro to Archery Course
- Learners are able to plan an effective Intro to Archery course



Intro to Archery

Break-out Group Task

Thinking about what you have learnt on this course, what would you change about your club's current Intro to Archery course?

How could you create

a more **Empowering Climate**

and where/when could you use the **Drills and Skills?**

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Introduction to the Coach Presentation Day

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Learning Outcomes

- Learners understand everything that is expected of them on the Coach Presentation Day
- Learners have an understanding of how to complete the paperwork in the workbook



Introducing Drills and Skills

1. Introduce the Drill and explain how it relates to learning the skill.
2. Demonstrate and briefly explain the skill.
3. Have the individuals practice the drill or skill.
4. Provide feedback to develop the skill.

Make sure you explain how to practice the drill at home and how to get feedback to know if they are doing the drill correctly.



Supported Practice (Task 8)

- Practise your coaching at an appropriate level e.g. supporting an Intro to Archery course (12 hours in total)
- Practise your coaching with a mentor (3/12 of the hours)
- Complete the Mentor Agreement (p.22)
- Complete the Supported Practice Record (p.23)
- Complete the Personal Action Plan with your mentor (p.24)

