

SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS: PATIALA

ONLINE COACH EDUCATION PROGRAMME – SYLLABUS
ARCHERY

Sr.No.	Topics	Contents
1.	Mental Toughness – from performance of winning	Building an Eco System.
		Mental Toughness – Signs and Symptoms
		Mastering Relaxation & Visualization.
		Element of Mental Strength
		Inner Zone & Takeaways.
2.	Scouting of Cadets	Talent Detection
		Talent Identification.
		Talent Development
		Talent Selection
		Competition Participation.
3.	Equipment Tuning & Bow Setup – Recurve	Initial set up.
		Alignment of the bow and arrow.
		Basic tuning.
		Fine tuning of Recurve Bow
		Reading the Arrow Flight
4.	“Expansion”. This is the name World Archery use for the action to get the click or trigger	Expansion.
		Key element for Expansion.
		Archery Action during Expansion.
		Aiming Eye and Sight.
		Force maintain in both Shoulder.
5.	Equipment tuning & Bow setup – Compound.	Introduction of Bow
		Axle to axle.
		Draw Length
		Brace height
6.	Elite Archery Coaching – Science Behind Winning.	Principles of Archery.
		Infrastructure Support.
		Mental Toughness – What Korean say.
		Biomechanics.
7.	Importance & Integration of Sports Psychology in daily practice.	Breathing & Preparation.
		Visualization.
		Focus.
		Self talk.
		Confidence.
8.	GTMT (Periodization & Training Plan)	Periodization Theory
		Why do we Train?
		How to Develop a periodized Training Plan.
		Hierarchy of training.
		Periodized Training Plan.
		Components of annual training plan.
		Distribution of volume & intensity in plan.
9.	Psychology – preparation, readiness & interaction between elite competitor & coach.	Psychology in Archery
		Archer’s skills.
		Goal setting.
		Stress Management.
		Familiarization to stressful situations.

10.	Bio Mechanics	What is Biomechanics?
		Newton's Laws of Motion.
		Role of Biomechanics in Archery.
		Force and Energy.
		Energy Transfer in Archery.
11.	Nutrition & Diet for training session.	Energy metabolism.
		Fluid Intake.
		Health tips to improve Archery.
		Dangers of Dehydration.
		Determinates of Performance.
12.	Coaching for beginners archers.	Grass root development – Korea System.
		Safety First.
		Fundamental steps of Archery
		Free hand shooting.
		Physical & Mental training.
13.	Sports Injury & Rehabilitation.	Sports Injuries – Definition.
		Classification.
		Physical Conditioning.
		Common Injuries.
		Prevalence of Injuries in Archery.
14.	Mind Coaching	General Intro to Mind Coaching.
		Mind Tuning of Archer.
		Mind Rituals in Archery.
		Mind Oaths.
		What are we up to for an Olympic Medal?
15.	Assessment & Muscular Skeletal Correction for Archers.	Body Screening (Grassroot – Olympians)
		Medical Evaluation.
		Functional Movement Screening.
		Biomechanics for tests.
		Fitness Evaluation.
16.	Unlocking your brain.	What is mind coaching in Archery?
		What is REIKI?
		What is NLP (Neuro Linguistic Programmming)
		Meditation & Pranayama – to increase creativity of mind.
		EFT (Emotional Freedom Technique)
		Practice of turning negativity to positivity.
17.	Fitness Training & Conditioning.	Importance of Physical Conditioning in Archery.
		SPT (Specific Physical Training)
		Importance motor skills for Archery (Strength, Endurance, Flexibility, Coordination).
		Core Strength.
		General Training programme (Beginner, Intermediate, Elite).