

## Shoot For Fun

### 4. Active Start (age 0 - 6 0 sport years) / FUNdamentals (age 6 – 9 or 0 – 4 sport years)

**Objectives:** Learn fundamental movements and link them together into play. Build overall motor skills. Emphasis on initiation, sport basics, and safety. (Note: Active Start and FUNdamentals are key motor and skill development stages for children. Adult archers must also have developed this physical literacy, if not in childhood, then later through a wide variety of sports and activities.)

#### Archery Pyramid:

Fun – 100% (Active Start) to 60% (FUNdamentals)

Form – Up to 40% in FUNdamentals

Fitness (strength) – 0%- unstructured only; part of other activity.

Fitness (endurance) – 0%- unstructured only; part of other activity.

Focus – 0%- unstructured only; part of other activity.

Flow – 0%- unstructured only; part of other activity.

#### Benchmarks:

- Divisions and disciplines – Single division only (e.g. either recurve or compound) for sport introduction
- Quality arrows per week – Up to 75 (FUNdamentals)
- Draw weight : 8-15 lbs recurve bow / 10-20 lbs compound bow
- Training duration – No structured training (Active Start); up to 45 minutes/session (FUNdamentals) Training volume – (FUNdamentals) 1-2 sessions per week, less than 3 hours in total
- Competition – No formal competition in these stages. “Fun” competitions at end of stage.
- Coaching – Instructor Stream: Instructor of Beginners (in FUNdamentals stage).

#### Notes:

- Free (unstructured) play is essential in these stages.
- Help participants in this stage feel competent and comfortable with activity. Games should be non-competitive and focus on activity. No participant should be left out; elimination-type games are not appropriate.
- In the FUNdamentals stage, introduce archery as one of a number of sport activities.
- FUNdamentals archery uses short distance, large targets, fun targets (e.g. balloons).



# Shoot For Fun

## 5. Learn to Shoot / FUNdamentals (1 to 4 sport years)

**Objectives:** Learn overall sports skills. Emphasis on development of form.

### Archery Pyramid:

Fun – 40%

Form – 40%

Fitness (strength) – 20%

Fitness (endurance) – 0%- unstructured only; part of other activity.

Focus – 0%- unstructured only; part of other activity.

Flow – 0%- unstructured only; part of other activity.

### Benchmarks:

- Divisions and disciplines – Try recurve and compound, indoor and outdoor to develop a range of skills and interests.
- Quality arrows per week – 50 to 150
- Draw weight : 8-15 lbs recurve bow / 10-20 lbs compound bow
- Training duration – Up to 90 minutes per session. Training volume – Archery specific training 3-4 times per week, plus participation in other sports. Total archery approximately 3 hours per week.
- Competition – 2-4 local club competitions; 90% training, 10% competition. Treat competitions as practice.
- Coaching – Instructor Stream: Instructor of Intermediates / Level 3 Coaches

### Notes:

- A structured training program should be introduced.
- Participate in 2-3 other sports as well as archery.
- Use standard archery targets and distances.
- Introduce archery competition at local/club levels.
- Participate in several disciplines to build a foundation of archery skills.



## 6. Train to Shoot (2 to 8 sport years)

**Objectives:** Build an aerobic base, develop speed and strength towards the end of the stage, and further develop and consolidate sport-specific skills. Emphasis on refining form and building fitness.

### Archery Pyramid:

Fun – 20%

Form – 25%

Fitness (strength) – 25%

Fitness (endurance) – 20%

Focus – 10%

Flow – 0%- unstructured only; part of other activity.

### Benchmarks:

- Divisions and disciplines –Try recurve and compound, indoor and outdoor to develop a range of skills and interests.
- Quality arrows per week – 150 to 500.
- Draw weight : 15-24 lbs recurve bow / 15-35 lbs compound bow
- Training duration – Up to 120 minutes per session. Training volume – Archery specific training 3-5 times per week including fitness training. Total approximately 8 hours per week including 2-3 hours of fitness training.
- Competition – 5 to 6 club per year. Introduce 1-2 national or international competitions at end of stage. 85% training, 15% competition.
- Coaching – Competition Stream: Introduction to Competition.

### Notes:

A structured, periodized program with single or double periodization is recommended.

- Avoid using competition for selection. Compete for development and learning- initial development of focus skills.
- Reduce the number of other sports, but maintain exposure to multiple disciplines for development and future choice. Refine form.
- For young archers, coaches must be aware of the rapid changes to physical, emotional, and cognitive abilities in this period and provide individual training approaches. Performance may decrease due to these changes during puberty and post-puberty so additional support will be needed.



# Shoot To Win

## 7. Train to Train (4 to 10 sport years)

**Objectives:** Optimize physical preparation and sport- specific skills. Learn competition and performance skills. Emphasis on refining fitness and focus, shooting for score.

### Archery Pyramid:

Fun – 15%

Form – 20%

Fitness (strength) – 15%

Fitness (endurance) – 20%

Focus – 20%

Flow – 10%

### Benchmarks:

- Divisions and disciplines – Recurve or compound (specialize); indoor and outdoor.
- Quality arrows per week – 600 to 1000
- Draw weight : 20 -30 lbs recurve bow / 20 -45 lbs compound bow
- Training duration – Up to 150 minutes per session. Training volume – Archery specific technical, tactical and fitness training 8-12 times per week. Total up to 14 hours per week including 4 - 6 hours fitness training. Competition – 5-6 club, 2 each national, international per year. Up to 3 international competitions by end of stage. 80% training, 20% competition.
- Coaching – Competition Stream: Competition Development.

### Notes:

- Year-round, high intensity training. Single or double periodization (2 x 24 weeks) recommended. Training program focuses on building on strengths and remediation of weaknesses.
- Use functional analysis of flexibility and strength to develop a periodized strength training program as part of training program. Focus on preventing or overcoming imbalances, core strength, specific strength and endurance.
- Specialization; reduce alternate sports and archery divisions and disciplines. Specialize in a single division (i.e. recurve or compound).
- Increase in number and level of competitions; model competitions in training. Exposure to top-level competition.





## 8. Shoot to Compete / Shoot to Win (7+ sport years)

**Objectives:** Optimize physical preparation, competition and performance skills. Emphasis on perfecting focus and flow, shooting for rankings.

### Archery Pyramid:

Fun – 10%

Form – 15%

Fitness (strength) – 15% Fitness (endurance) – 20% Focus – 20%

Flow – 20%

### Benchmarks:

Divisions and disciplines – Fully specialized in recurve or compound; indoor and outdoor

Quality arrows per week – 600 to 1000+

Draw weight : 35-54 lbs recurve bow (average 49 lbs men and 40 lbs women)

Draw weight : 40 - 80 lbs compound bow (average 65 lbs men and 55 lbs women)

Training duration –180+ minutes per session. Training volume – Archery specific technical, tactical and fitness training 10-15 times/week. Total 12-20+ hours per week.

Competition – 5-6 club, 2 each national, 4 international. 70% training, 30% competition.

Coaching – Competition Stream: Competition High Performance (current Level 3/4 coach).

### Notes:

- Specialization in one archery discipline and division- indoor plus outdoor training recommended.
- Year-round, high intensity training. Single or double periodization (2 x 24 weeks) recommended. Training program focuses on fine-tuning strengths.
- Use functional analysis of flexibility and strength to develop a periodized strength training program as part of training program. Focus on preventing or overcoming imbalances, core strength, specific strength and endurance.
- Integration of physical and mental training, expert skills, and competition experience to achieve “flow”.
- Increased number and level of competitions. Use some competitions to model upcoming key competitions.
- Train to peak for major competitions.



## Shoot For Life

### 9. Active for Life

(Enter at any time after growth spurt and/or basic skills developed)

**Objectives:** Transition from competitive career to lifelong physical activity and participation in sport.

#### Archery Pyramid:

Fun – 40%

Form – 10%

Fitness (strength) – 10% Fitness (endurance) – 10% Focus – 10%

Flow – 20%

#### Benchmarks:

Divisions and disciplines – As desired

Quality arrows per week – As desired

Bow weight – See tables p. 38

Training duration – As desired. Training volume – As desired.

Competition – As desired.

#### Notes:

- Training and competition may range from recreational to high intensity depending on the particular goals and abilities of the archer.
- Age group competitions.
- Give back to the sport as a volunteer, coach, official or administrator.



*Appreciate archery as a life-long sport.*

## 10. Archers with a Disability

Archery is one of only a few sports in which many archers with a disability (AWAD) are able to compete with a minimum of equipment or rules modifications. For this reason archery is considered “fully integrated” with AWAD competing alongside able-bodied competitors. However, there are special competitive categories for archers with a disability.

The sport is open to archers with a physical disability (including spinal injury, cerebral palsy, amputee and les autres) in three functional classes- standing (ARST), wheelchair 1 (ARW1) and wheelchair 2 (ARW2). In 2007, the Visually Impaired class was also competed for the first time at a World Championship. Archers are classified and compete according to the type and level of disability. Individual and team events, and standing and wheelchair competitions, are included.

Bermuda does not have any classified archers however we do have an archer that uses an assistive device which is a foot block. In addition to the need of this block, this archer also has a visual impairment. This archer was involved in a life changing accident and archery has been a part of his rehabilitation.



Despite the full integration of AWAD into archery, more can be done to make the sport known and accessible to persons with a disability. This requires additional emphasis on two areas- awareness and first contact.

Awareness means increasing the visibility of archery among persons with a disability. Many persons with a disability are not aware of opportunities in sport, or believe that they will not be able to participate. Archery, as an integrated sport, has advantages in this regard. Increased promotion of the sport to disabled persons may help increase the number of AWAD entering the sport.

Then comes “first contact”. “First contact” usually refers to the first time an athlete encounters a sport, or has an opportunity to try a sport. It is important to understand that “first contact” works both ways- when the athlete meets the sport and coach, and when the coach meets the athletes. For both coach and athlete, first contact may bring apprehension or fear. The athlete may be asking: “Can I do this? Will I be accepted?”

It can take more courage for an athlete with a disability to try a new sport. Archery coaches and sport leaders can do their part to help more archers take part by understanding the Awareness and First Contact stages and by actively inviting persons with a disability to try archery.

To compete internationally athletes are required to be classified by a Para Classifier. Classifiers are verified by World Archery to carefully determine who is eligible to participate in para archery competition. While Bermuda does not have any para archers we have persons available to us to classify a potential para athlete.