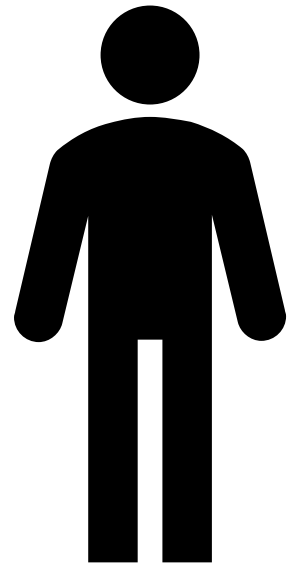


SQAS Women and
Girls Session
May 2026

PERFORMANCE
PLANNING



Before I begin:



Who are you?

- ▶ Coach or archer with less than 5 yrs exp?



Who are you?

- ▶ Coach or archer with less than 5 yrs exp?
- ▶ Coach or archer with more than 5 yrs exp?



Who are you?

- ▶ Coach or archer with less than 5 yrs exp?
- ▶ Coach or archer with more than 5 yrs exp?
- ▶ Club



Who are you?

- ▶ Coach or archer with less than 5 yrs exp?
- ▶ Coach or archer with more than 5 yrs exp?
- ▶ Club
- ▶ State



Who are you?

- ▶ Coach or archer with less than 5 yrs exp?
- ▶ Coach or archer with more than 5 yrs exp?
- ▶ Club
- ▶ State
- ▶ National



Who are you?

- ▶ Coach or archer with less than 5 yrs exp?
- ▶ Coach or archer with more than 5 yrs exp?
- ▶ Club
- ▶ State
- ▶ National
- ▶ Coach Private (for profit)



Who are you?

- ▶ Coach or archer with less than 5 yrs exp?
- ▶ Coach or archer with more than 5 yrs exp?
- ▶ Club
- ▶ State
- ▶ National
- ▶ Coach Private (for profit)
- ▶ Archer
 - ▶ Barebow
 - ▶ Recurve
 - ▶ Compound



Get to know you - This or That?

► Indoor or Outdoor?



Get to know you - This or That?

- ▶ Indoor or Outdoor?
- ▶ Field or 3D?



Get to know you - This or That?

- ▶ Indoor or Outdoor?
- ▶ Field or 3D?
- ▶ To shoot alone or shoot with a group?



Get to know you - This or That?

- ▶ Indoor or Outdoor?
- ▶ Field or 3D?
- ▶ To shoot alone or shoot with a group?
- ▶ Shoot in the Heat or Shoot in the Rain?



Get to know you - This or That?

- ▶ Indoor or Outdoor?
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- ▶ To shoot alone or shoot with a group?
- ▶ Shoot in the Heat or Shoot in the Rain?
- ▶ Always shoot the latest bow or Always shoot the next national event?



Get to know you - This or That?

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- ▶ Always shoot the latest bow or Always shoot the next national event?
- ▶ Big expectations going into an event or No expectations going into next event



Get to know you - This or That?

- ▶ Indoor or Outdoor?
- ▶ Field or 3D?
- ▶ To shoot alone or shoot with a group?
- ▶ Shoot in the Heat or Shoot in the Rain?
- ▶ Always shoot the latest bow or Always shoot the next national event?
- ▶ Big expectations going into an event or No expectations going into next event
- ▶ Be resilient but not naturally talented or Be naturally talented but not resilient?



Get to know you - This or That?

- ▶ Indoor or Outdoor?
- ▶ Field or 3D?
- ▶ To shoot alone or shoot with a group?
- ▶ Shoot in the Heat or Shoot in the Rain?
- ▶ Always shoot the latest bow or Always shoot the next national event?
- ▶ Big expectations going into an event or No expectations going into next event
- ▶ Be resilient but not naturally talented or Be naturally talented but not resilient?
- ▶ Sushi or Tacos?



Who am I?

- ▶ Technical Director and Compound National Coach Saudi Arabia
 - ▶ Oversee - HP programs, Events and Development
 - ▶ Manage 10+ staff
- ▶ World Archery Gender Equity and inclusion committee member
- ▶ Former National Coach AUS, NZL, TPE, USA and PNG
- ▶ Management roles - Easton Foundation, AA and WA (Pathways, Development Officer, Coach education manager and Facility Director)
- ▶ Event commentator (TPE - IWS, KSA, WAO, AA)
- ▶ Former international archer - Compound and Recurve
- ▶ Coached World Cup medalists for 3 nations - USA, AUS and TPE
- ▶ Post Grad in
 - ▶ Sports Coaching (Uni of Queensland)
 - ▶ International Sports management (Uni of London)





Purpose of our session

- Share, learn and have fun!!!!
- Connect and empower more women and girls in Archery
- Ask questions about your own planning/goals
- Build relationships across SQAS
- Aid SQAS in developing its coaches and archers, their skills and programs
- Improve awareness

SQAS



Trailblazing Women in Archery

► What Olympics were women able to compete in Olympic Archery

- 1904
- 1932
- 1964
- 1972

Trivia - The first 2 world champs had men and women shooting against each other (no separate categories) in 1931 and 1932

► What year did World Archery have its first Female President (the first ever for an international sport)?

- 1955
- 1961
- 1975
- 1991



Trailblazing Women in Archery

- ▶ Name Australia's first female archer at the modern Olympics (72 Olympics)?

Hint: she is from SQAS, went to 3 Games and finished 9th twice - still AUS best female finish

- ▶ Name the 1982 commonwealth games woman's gold winner and first Paralympic/Olympic Archer (1972 and 1984)?

Hint: she is from NZL



Why Plan?

Helps identify high stress or complex periods

A two-way communication tool for Athlete and Coach

Easier to manage using themes or periods of specific focus

Allows for good building of skill/development

Helps connect the **mental, physical and technical** areas of development. Also test equipment under various scenarios

Planning is an area of need for AUS Archery (technical also big area)

- AUS archers often shoot very few arrows, in a random fashion
- Major events comes closer, increase scoring rounds and increase volume
- Quantity vs Quality (lack of consistency)



International and Domestic Performance Standards

Bow style	Current World Record	8th place AUS Nats (avg 23, 24 and 25)	8 th Score place in 2025 Worlds	Olympic minimum qual 2028	2025 Aus nats 1 st place
CM	719	684	92nd	690	693
CW	718	649	101 st	670	675
RM	702	642	98 th	650	671
RW	694	590	109 th	620	655
BBM	673	580	NA	NA	631
BBW	648	498	NA	NA	598

<u>Team</u>	<u>Individual</u>
CM 700	CM 712
CW 692	CW 703
RM 668	RM 683
RW 650	RW 670
Ref: Dr James Park. AUS	



The Data

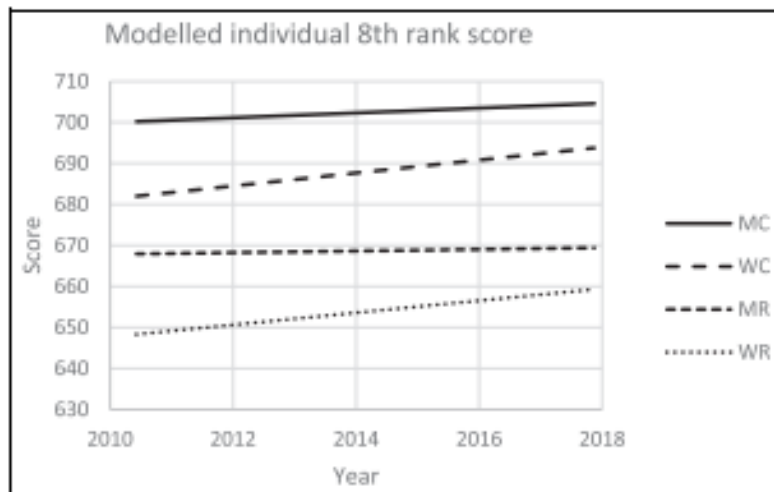


Figure 1. Individual event 8th ranking score (MC is men's compound, WC is women's compound, MR is men's recurve, WR is women's recurve).

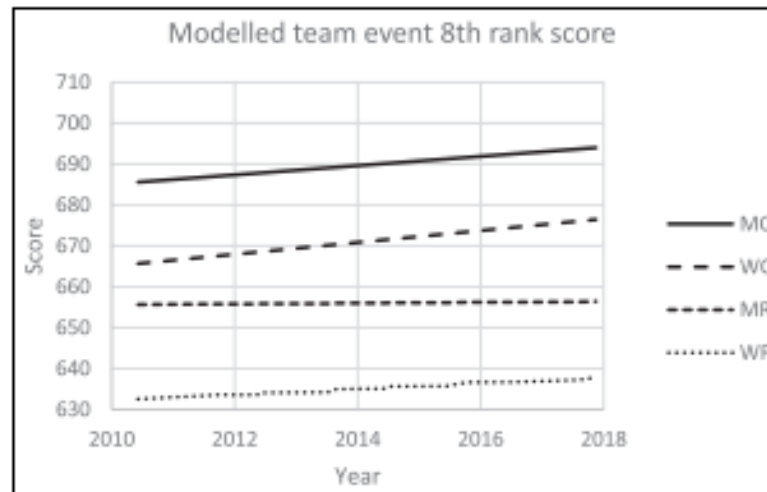
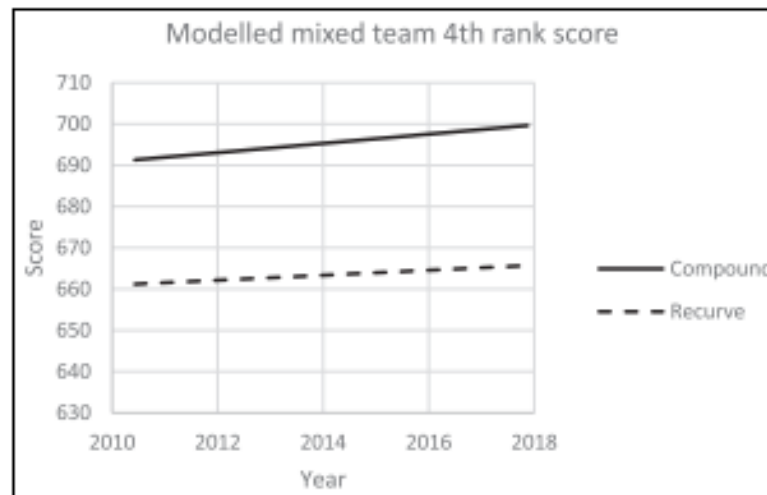
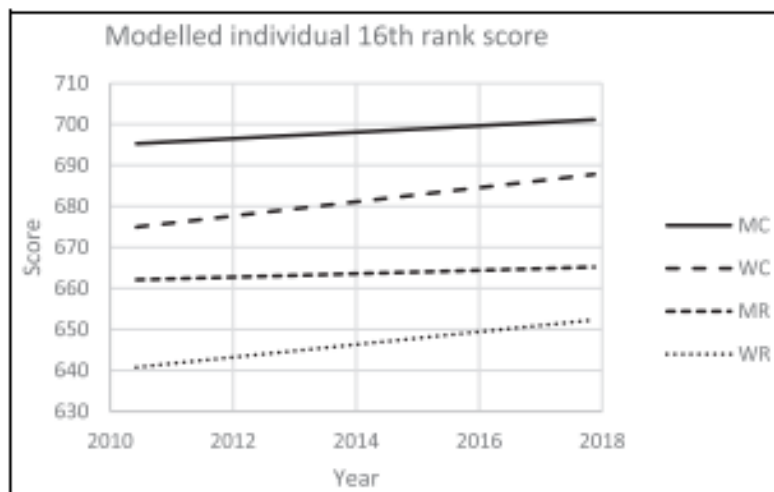


Figure 4. Three-archer team event 8th ranking scores (MC is men's compound, WC is women's compound, MR is men's recurve, WR is women's recurve).



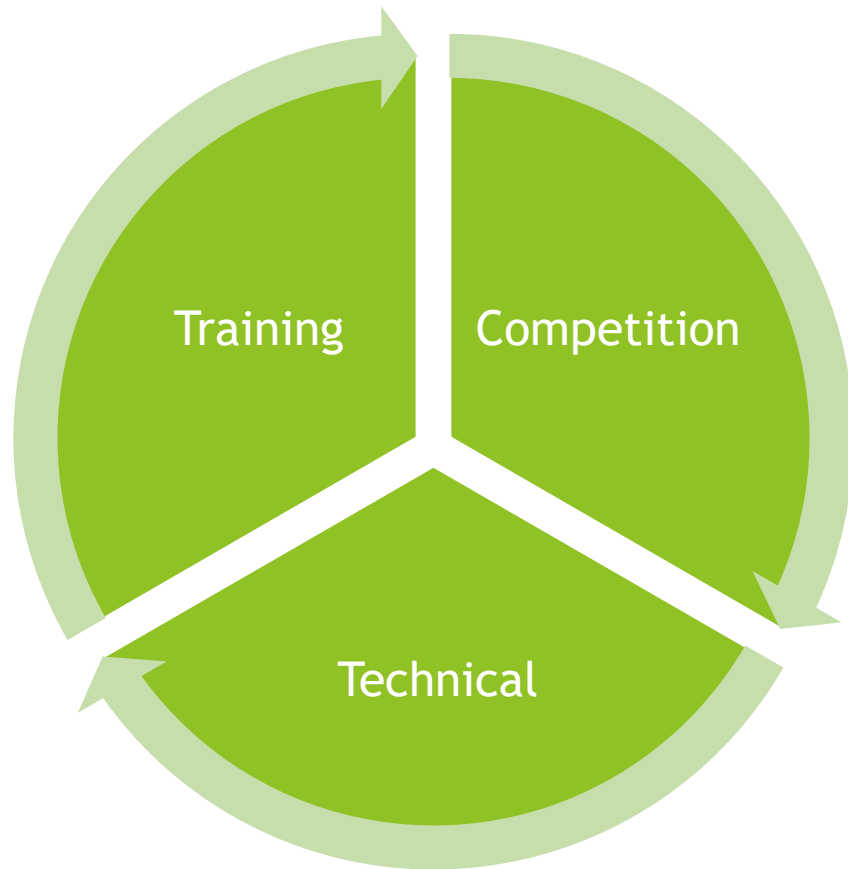
Ref: Dr James Park. AUS
Individual and team performance
levels at major international target
archery competitions 2010-2017

AUS team current ranking = 50th

AUS current highest WR = Lexie Feeney 103rd

[illegible]

3 Main Phases of Archery Development



5 Main areas of athlete development*

- 1) **Technical (Technique)**
- 2) Tactical (Mental/decision making)
- 3) **Physical (Fitness/strength)**
- 4) **Planning (Schedule/Wellbeing)**
- 5) Equipment

Planning? Start with - WHY??

Chinese Taipei. Universiade Compound Archery Team Training Plan (DRAFT)

Team TPE Goals

- A Team or mixed pair medal in 2017 Taipei Universiade
- An Individual top 3 in 2017 Taipei Universiade
- TPE individual World Ranking top 20
- Create Compound role models for Chinese Taipei archers

Direction of Training

Compound is a relatively new bow type to the Chinese Taipei Archery Team. Skills and knowledge of the bow are still the growing. With the 2017 Taipei Universiade being held in Taipei, it brings a major competition to the "home court" and allows Taipei to grow the skills in this bow type, so future compound archers in Taiwan can take advantage. The training during this period will focus on:

1. **Technical skills.** Archers to understand how to set up, tune and prepare a bow for highest level competition
2. **Physical Skills.** Archers to understand how to technically position themselves with good alignment, anchoring and movement to execute under pressure. They are to understand how both the technical and physical skills partner to create a well-rounded archer.
3. **Mental Skills.** Compound is a highly mental form of archery. Archers will Strengthen their mental toughness through numerous techniques. The main goal being able to win regularly and enjoy the pressures of the high level competition.

Training Program

Training Schedule for each stage

Stage	Date	Contents	Competition
2017 1 st Stage	Jan –Mar	- Individually assess each athlete's biomechanical position and bow setup (Improve where necessary) - Test and strengthen the basic physical strength and fitness of archers - Start a program of athlete and coach communication, focusing on team role and success - Test the mental skills of the archers. Introduce and strengthen the mental skills of archers.	- Domestic competition - Asian GP Bangkok
2 nd Stage	Apr – June	- Maintain the physical strength and fitness of each of the archers - Review archers technical position when shooting a bow - Add more athlete communication skills and team work games for team success	- WC stage 1-3 - Asian GP 2

		- High levels of competitive scoring scenarios to mentally test the archer's metal coping skills and review pre and post at KPI events.	
3 rd Stage	Jul – Aug	- Simple fitness phase, maintaining enough for High performance success - Team and individual mental skills games - Equipment review and maintenance	- Universiade, Taipei

2. Selection

- In accordance with the National Sporting Organisation

3. Training Venue

On-site training

- National Sports Training Center

Off-site training

- Environment adaptation training: National Taiwan Sports University x2
- Noise training CCU university or local school
- Archers home university or school
- Team fitness trip to local running event or mountain climbing expedition

4. Competitions:

- domestic competition: TBA

International Competition Schedule

	Dates	Events	Notes
2017 International Events	19-26 Mar	Asia Cup Stage 2-Bangkok	Participate
	16-21 May	WC 1	Participate
	6-11 Jun	WC 2	Participate
		Off-Site Training (CCU**etc)	Planning
	20-25 Jun	WC 3	Participate
	8-13 Aug	WC 4	Participate
	20-24 Aug	Universiade 2017	Participate

Biggest change/focus I often make with a Nation/program:

E.G. TPE = Women 16th to 1st - Men 23rd to 9th

First Steps

Find a certified coach/mentor with **Experience** you trust!!
(very hard in AUS for HP)



Next Steps

Understand your own, and the Archers Goals.

Who has written their goals written?

GOAL SETTING			
1. Desired outcome <i>Gold: my dream</i> <i>Silver: my stretch goal</i> <i>Bronze: the minimum I'd be satisfied with</i> <i>These should articulate what you want to achieve and why?</i>	Gold level		By when?
	Silver level		
	Bronze level		
2. Specific behaviours that will get me there <i>These should be <u>process</u> behaviours rather than outcome statements.</i> <i>Think about:</i> - Quality - Quantity - What resources you need/have - How much time you need/have	Technical		Measure?
	Physical		Measure?
	Mental		Measure?
3. Obstacles I will face along the way (e.g. injuries, lockdowns...):		Plan to overcome each obstacle (If..., then...)?	

GOAL ACTIVITY



Goals

Stretch goals	SMART goals	Commit goals
Goals set beyond current capabilities or expectations	Goals that are Specific, Measurable, Achievable, Relevant, and Time-bound	Non-negotiable goals that an individual or organization commits to achieving
Encourage big thinking and innovation	Provide clarity, focus, and motivation	Designate top priorities and help to focus effort



Where do you want to be in 12 months?

Where do you want to be in 12 months?

How can/will you measure this?

Where do you want to be in 12 months?

How can/will you measure this?

What barriers might appear?

Where do you want to be in 12 months?

How can/will you measure this?

What barriers might appear?

What network of support do you need?

Where do you want to be in 12 months?

How can/will you measure this?

What barriers might appear?

What network of support do you need?

What is one step you need to do to make this happen?

Share:



One of your ambitions?

Share:



One of your ambitions?

One Challenge?

Share:



One of your ambitions?

One Challenge?

One Action Step?

Creating a Plan



- | Macrocycle | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------------|---|---|---|----------------------------|---|---|---|-----------------------|----|----|----|------------------------|----|----|----|-------------------|----|----|----|-------------|----|----|--|
| Preparatory Period | | | | | | | | Competitive Period | | | | | | | | Transition Period | | | | | | | |
| General Preparation Phase | | | | Specific Preparation Phase | | | | Pre-Competition Phase | | | | Main Competition Phase | | | | Transition Phase | | | | | | | |
| Mesocycle 1 | | | | Mesocycle 2 | | | | Mesocycle 3 | | | | Mesocycle 4 | | | | Mesocycle 5 | | | | Mesocycle 6 | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | |
| Microcycles | | | | | | | | | | | | | | | | | | | | | | | |

Training Principles

1. Specificity

- To develop a particular component of fitness, perform exercises that specifically target that component

2. Overload

- Challenge your body beyond what it is used to
 - FITT principle

3. Progression

- Slowly and gradually increase the workload you put on your body

4. Recovery

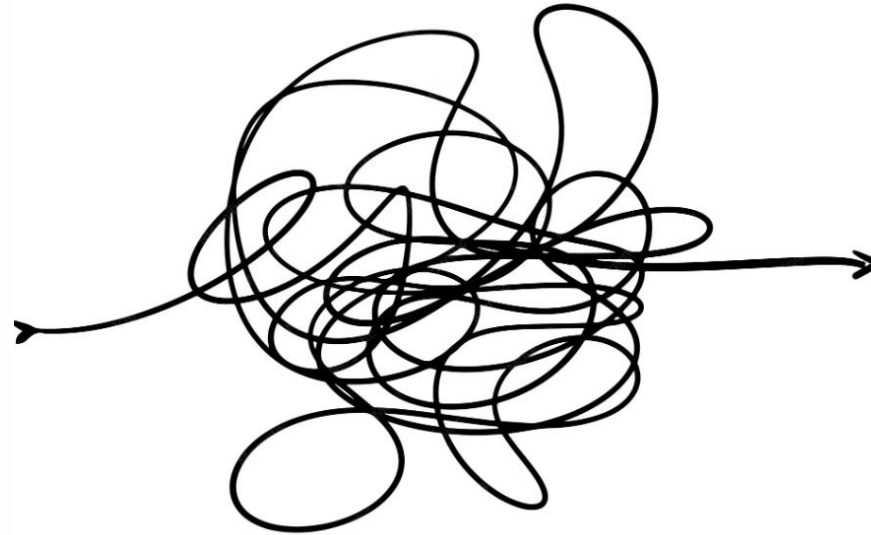
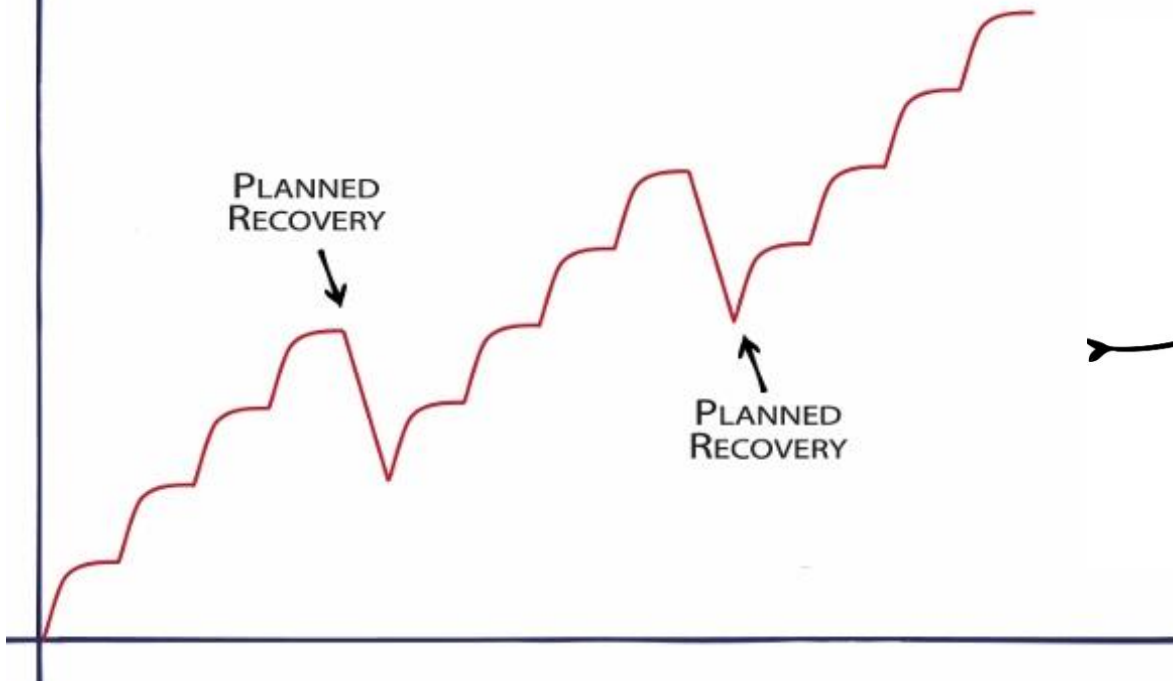
- Let your body recover in-between workouts (1-2 days)

5. Reversibility

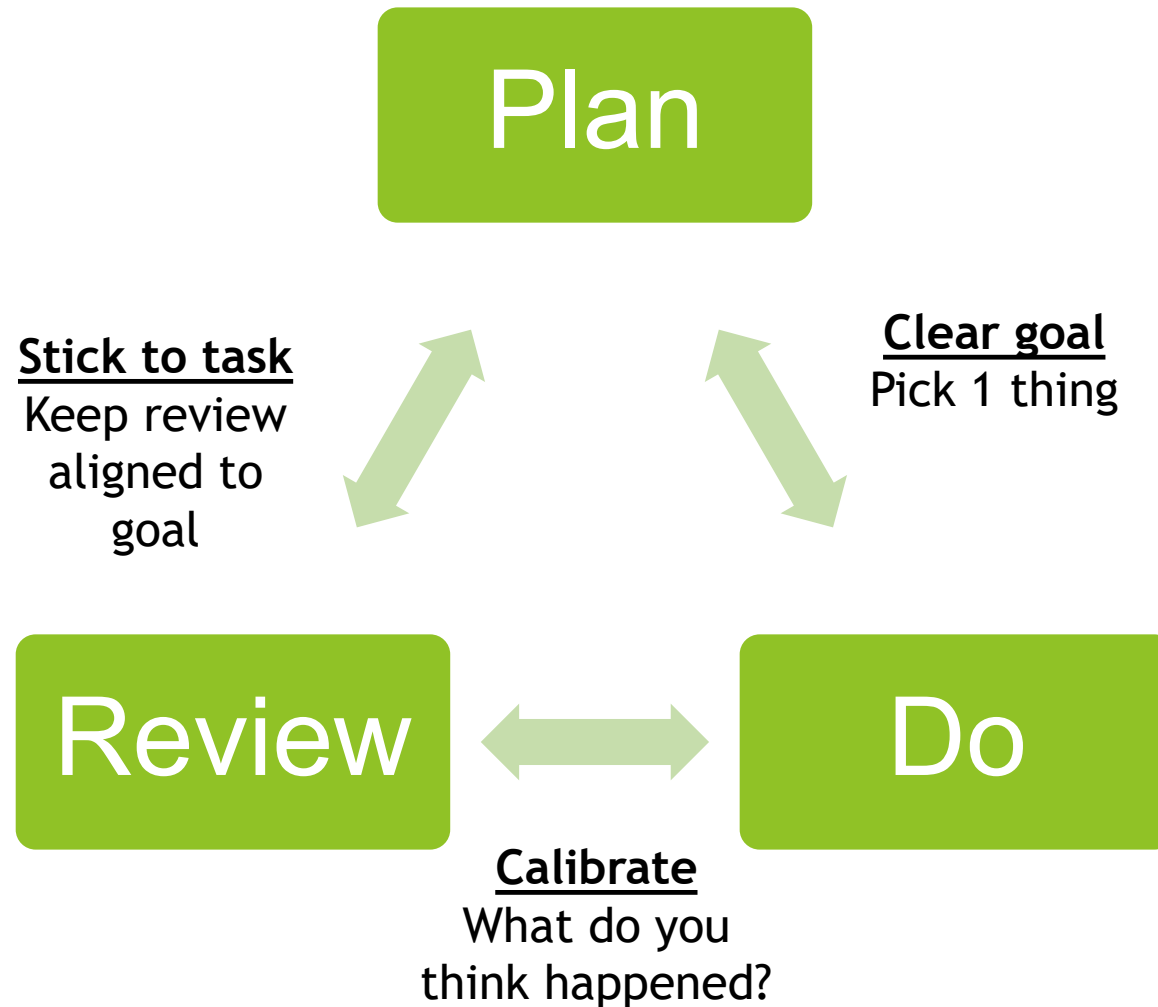
- Fitness improvements are lost when demands on the body are lowered

With and without a plan**

THE PRINCIPLE OF PROGRESSION



Using data within your training session



Archery Data



2021 Australian Open Ranking Round

21/05/2021

DOS: Paul Smith

Level: State (WA Registered)

Judge(s): Alison Hagaman, Andrew Blunden, Kristian Chambers-McLean, Lilla Hutchinson, Peter Bennett, Nasrin Ghashghaei, Murray Frith, Paul Smith

Archer & Placing		Club	Round	Score	10's/X's	X's	Avg	Rating	Total
Open Female Compound									
1st	Randle, Elizabeth	Samford Valley Target Archers	WA 50/720	681	39	15	9.46	108.0	681
2nd	Mills, Rhiannon	Victor Harbor Archery Club	WA 50/720	673	35	13	9.35	104.0	673
3rd	Forrest, Tazmin	Wendouree Archery Club	WA 50/720	671	30	13	9.32	103.0	671
4th	Robinson, Katrina	SOPA	WA 50/720	668	31	10	9.28	102.0	668
5th	Lee, Ameera Christina	SOPA	WA 50/720	664	30	12	9.22	101.0	664
6th	Mollema, Alyssa	Cessnock Target Archers Inc.	WA 50/720	649	23	9	9.01	95.0	649
7th	Heath, Kerry	Coast Archers	WA 50/720	609	18	2	8.46	84.0	609
8th	Cook, Amber	Liverpool City Archers	WA 50/720	494	9	1	6.86	63.0	494
9th	Wright, Maria	Warringah Archers Inc	WA 50/720	490	9	4	6.81	62.0	490
Open Female Recurve									
1st	Paeglis, Laura	Archers in Melbourne	WA 70/720	633	17	3	8.79	90.0	633
2nd	Ingle, Alice	Mt Petrie Bowmen Inc	WA 70/720	618	10	6	8.58	86.0	618
3rd	Haywood, Sarah	Hobart Archers	WA 70/720	605	9	1	8.40	83.0	605
4th	Lavender, Kim	SOPA	WA 70/720	602	14	5	8.36	82.0	602
5th	Boyle, Madeline	Frankston Archery Club Inc	WA 70/720	602	11	3	8.36	82.0	602
6th	Vashetharan, Ammrutha	SOPA	WA 70/720	596	9	3	8.28	81.0	596
7th	Nelson-Furnell, Dawn	Angel Archers	WA 70/720	594	14	4	8.25	80.0	594
8th	Hodgson, Olivia	SOPA	WA 70/720	588	10	2	8.18	79.0	588



Archery  Success




STEADY AIM



 MANTIS

Video



SQAS

Experience



Data

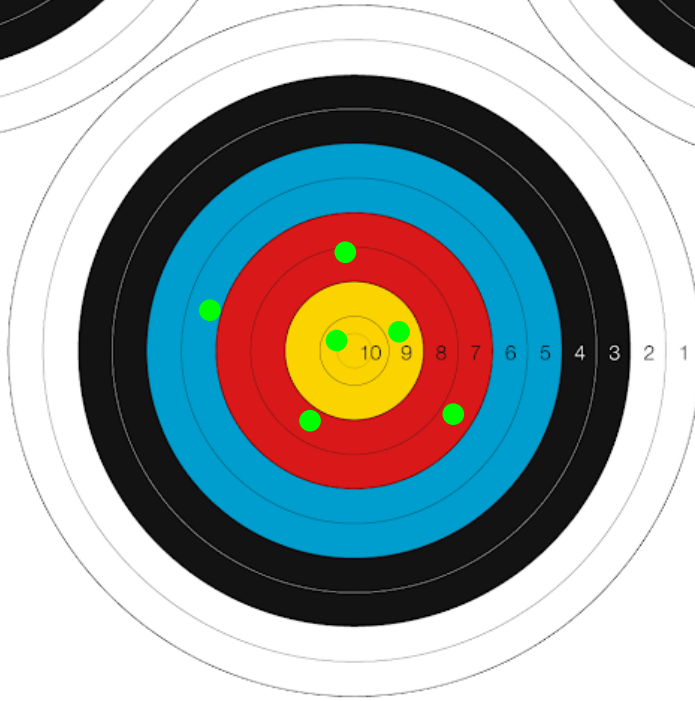
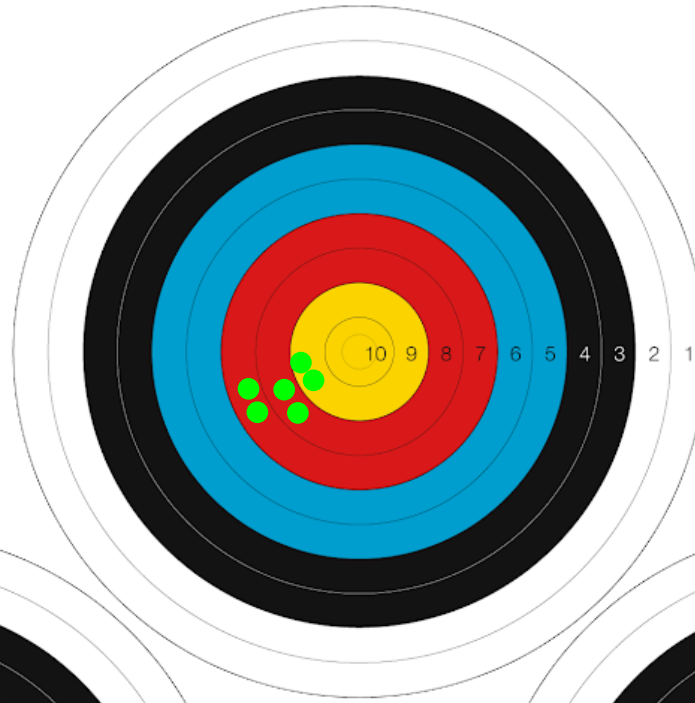
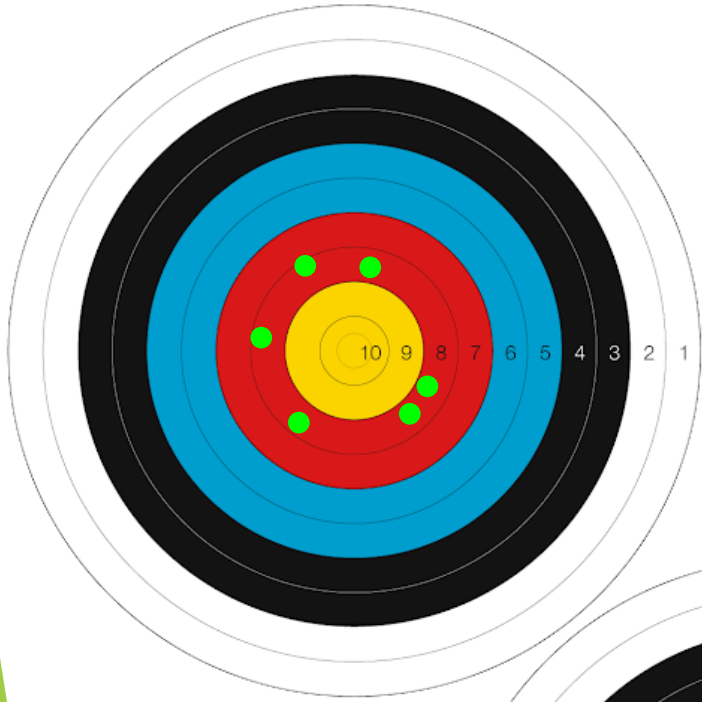


Decision Making Spectrum

The AIS logo is located in the top right corner of the slide. It consists of a stylized sunburst or fan-like graphic above the letters "AIS".

► Does data inform the
way you train and
compete?

Assessing Data



Choose your style/platform - Fancy/complicated??

	Dec	Nov	Oct	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun						
Blank	1888	2238	1928	1218	1255	1688	381		1222	2386	1253		1523	1722	1332		236	547	1834		296	361	883	435	883	627		
Scored	1218	1882	585	888	481	1474	2541		1815	2388	1836		2437	1879	2853		2416	4539	2488		1832	1282	1923	2381	1923	1937		
Comp	432	288	378	583	36	528	531		712	524	128		488	354	426		362	458	144		234	582	354	624	354	182		
Monthly Total	2658	4588	2442	2593	1828	3682	3954		3749	5388	3889		4968	3954	3847		3514	2588	3966		2482	2445	3886	3428	3886	2216		
	1888	2238	1928	1218	5426	1255	1688	381	3733	1222	2386	1253	5164	1523	1722	1332	4582	236	547	1834	2347	296	361	883	1888	435	883	627
	1218	1882	585	888	3488	481	1474	2541	4433	1815	2388	1836	3189	2437	1879	2853	1889	2416	4539	2488	1832	1282	1923	2381	1923	1937	1937	
	432	288	378	583	1255	36	528	531	1138	712	524	128	1156	488	354	426	1488	362	458	144	356	234	582	354	1238	624	354	182
	2658				3949				3984				42166				41433				3468			7333			8742	

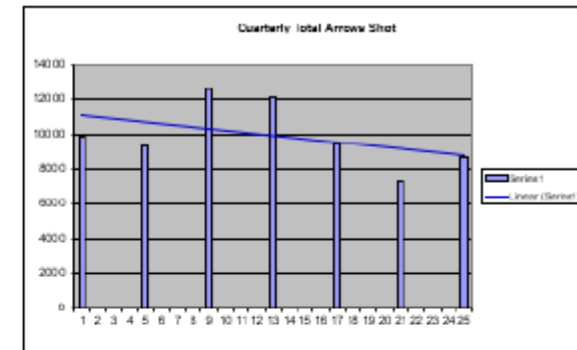
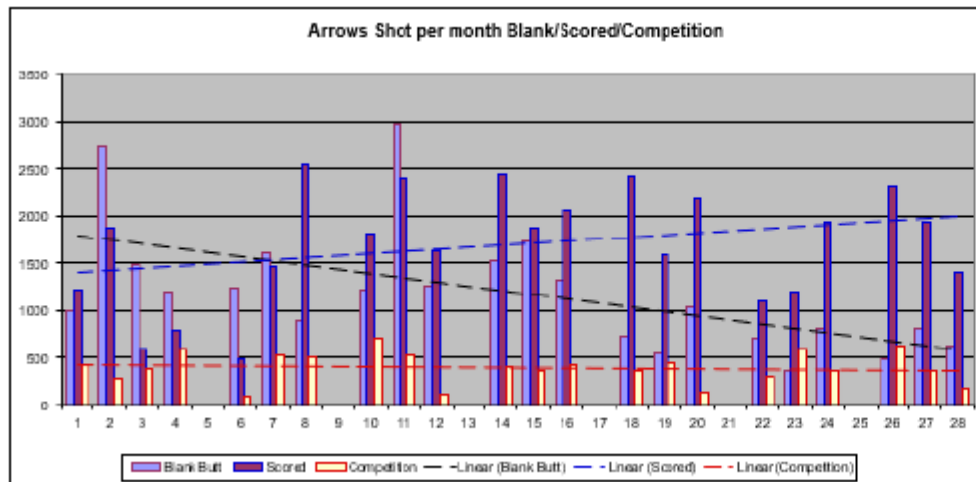
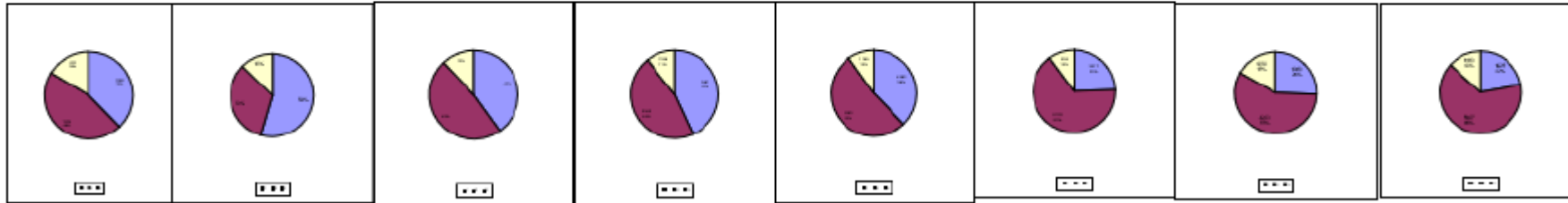


Chart Title

Or Simple??

WEEKLY TRAINING PROGRAM					ROGUE archery		
Athlete: _____					Weekly Arrow Goal _____		
Week ending: _____							
Goal: _____					Total Arrows Shot _____		
Weekly training objective: _____							
Session	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
AM							
PM							
PM							
	😊😊😊	😊😊😊	😊😊😊	😊😊😊	😊😊😊	😊😊😊	😊😊😊

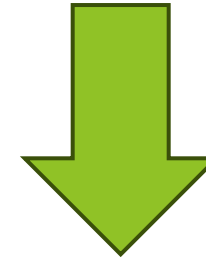
Weekly Summary:

What did I do well this week? _____

What can I improve from this week? _____

What is my focus for next week? _____

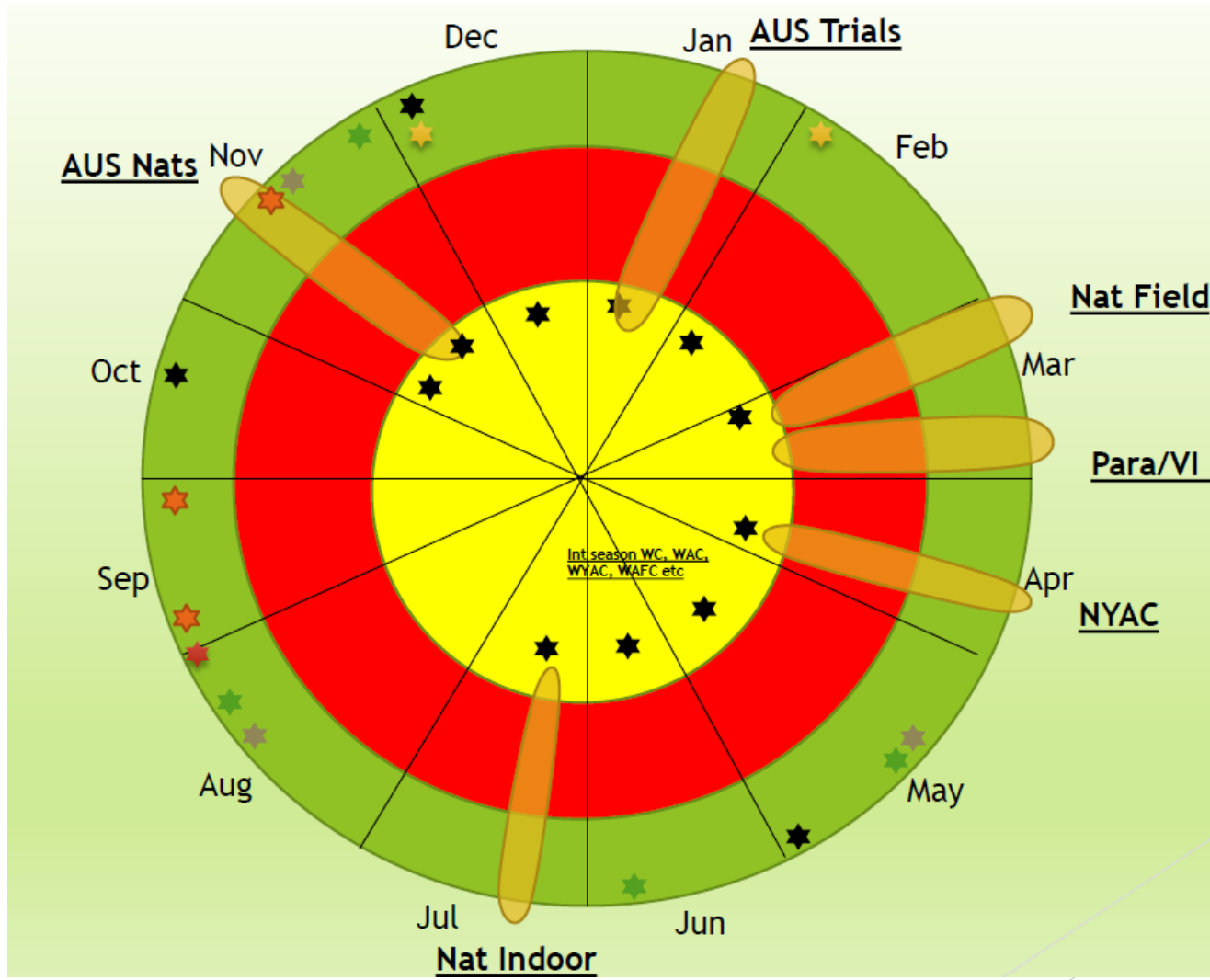
A Wider/Holistic Plan



- YEARLY PLAN xxxx				DRAFT			
Month	Dates	Week	Competitions	Camps & Development	Training Phases	AWE Considerations	
Jan	1-7	1		RDP Dev Session 1	Maintenance Phase		
	8-14	2					
	15-21	3					
	22-28	4		Camp 2	Build Phase	School Year Begins	
Feb	29-4	5					
	5-11	6	WC1	RDP Dev Session 2			
	12-18	7					
	19-25	8					
Mar	26-4	9			Hard Phase		
	5-11	10	WC2	Camp 2			
	12-18	11					
	19-25	12					
Apr	26-1	13			Taper Phase	Easter Holidays	
	2-8	14					
	9-15	15	Australian Open				
	16-22	16			Build Phase		
	23-29	17					
May	30-6	18					
	7-13	19			Hard Phase	University Exam Periods	
	14-20	20					
	21-27	21					
Jun	28-3	22					
	4-10	23					

Planning first steps

Understand your Calendar of events



How to set up a weekly plan



SAUDI ARABIAN ARCHERY FEDERATION					
Weekly Training Plan (MAR. 3WEEK)					
Place: Al Shabab Club		[Compound Team]			Date: MAR. 4 - 5 Training Time: 8pm-12:30am
Focus	DAY	SESSION 1		SESSION 2	SESSION 3
		Morning		Afternoon	Evening (GYM)
Basic skill Training Number of Arrows Bow physical exercise General Strength	wed			Arrived	
			20.00	Warming up & Stretching 5m / 2 ends	
			20.20 - 21.50	National Archers - 50M - Devel group 30m- 10 ends pratice - (6 arrows at 3 mins)	
			21.50-22.10	20Min break	
			22.10- 23.40	National Archers - 50M matches, men 141, women 130, win match and move up 1 point (5 arrows) devel group 30m score 36 @ 80cm, 36 @ 40cm, 36 @ 20cm (2 mins)	
			23.40-24.00	20Min break	
			24.00-00.15	50M Shooting (6 arrows in 3 mins - 10 ends and rest) devel group 30m	
Basic skill Training Number of Arrows Bow physical exercise General Strength	Thu			Arrived	
			20.00	Warming up & Stretching 5m / 2 ends	
			20.20 - 21.50	National Archers - 50M - Devel group 30m- 10 ends pratice - (6 arrows at 3 mins)	
			21.50-22.10	20Min break	
			22.10- 23.40	National Archers - 50M matches, men 141, women 130, win match and move up 1 point (5 arrows) devel group 30m score 36 @ 80cm x	
			23.40-24.00	20Min break	
			24.00-00.15	50M Shooting (6 arrows in 3 mins - 10 ends and rest) devel group 30m	
		Morning		Afternoon	Evening (GYM)

of arrows per week

- 500+, 600+, 750+, 900+, 1200+
- Each week make small increases (8-12%) to grow in strength and reduce injury
- What about young and Elite athletes from other countries?
- How many arrows should a young athlete be shooting in training?
 - Under 14, 16, 18,
development vs HP athletes



How many sessions per week

- 3-5 sessions per week
- 2-4 hour for youth athletes
- I suggest regular and consistent sessions
- HP = 17 shooting sessions a week, 3 Gym, 2 fitness and recovery/equipment maintenance



Archery Rules of thumb -

Club/State level volumes

- Compound 100-300
- Recurve 200-400
- Little gym or just basic fitness
- 1-2 shooting days a week

National level volumes

- Compound 500
- Recurve 1000
- 1-2 Gym sessions a week
- Sporadic gym sessions
- 2-3 shooting days a week
- 2 rest days (no shooting)

International level volumes

- Compound 1200
- Recurve 2000
- 3 x Gym per week
- No Gym prior to longer shooting sessions
- 5-6 days a week
- 2 x fitness a week
- 1-1.5 rest days per week
- Gym/fitness used in travel to acclimatise/prep



The Focus on the session?

- Technique/structure/mental/tactics
- Blank butt
- Distance (30/50/70M)
- Scoring rounds
- Matchplay, individual or Team
- Timing/speed drills
- Aiming off



Building your own games/drills?

What are contexts or situations you compete across?

- What situations do you commonly practice?
- What situations do you rarely practice?
- What situations are difficult to practice?

Training plans Drills/games

Team movement rounds (20 sec) ind. also	Full team Uniform event practice (times, days, snacks etc)
Aim off sight move skills	Vegas 18m rounds (don't miss)
Matchplay variants (round robin, shoot up, standard, 1v2 3v4 etc)	Simulated travel give days off, reduce rest etc.
Gold games (timing, numbers) Many variants here	100, 200, 250 and done (can be scored, free shooting)
Distraction training water, running, seated	30, 60, 120 minutes and done (no break)
Variable timing simulate variety in rest at events. focuses archers	Single arrow shoot down (no practice) 36 also
Bad Weather shoot in windy release skills	Indoor spot at 50m (builds timing and aiming skills)
Base line 72 rounds (6, 9, 12) higher volume and vary timing as well	30m don't miss (36 and 72) prepares for cannot miss
Arrow average matches.	WC in one session (12 practice, 72 scored, 15 match :145 (10), 146 (10), 147 (x), 148, (x) 149 (x)
Copy an event use older major event results	Grand FITA/1440

Warm up and cool down and SPT

Warming up and cooling down

- -20 compound -35 recurve
- Individually or in a team
- Use a theraband
- Dynamic stretches (movement)
- <https://www.youtube.com/watch?v=e7BeXoBIH0g>

SPT

- Holding draw: 20-30 sec, rest 40 seconds x 3
- Cycle draw: draw 3 seconds/relax 2 sec, 3-6 times rest 1-5 mins x 3
- Past the clicker and hold (excellent test for moving up in poundage)



WHY? WHAT ARE THE BENEFITS?

Health, well-being and performance

- GYM
- Personal fitness
- Aerobic sessions
- Recovery sessions

- Generally fitter. Better health
- Life long habits
- Longevity
- Avoid complications as you age

- Less shake
- Improved balance
- Improved coordination
- Shoot a heavier bow – flatter more accurate shot
- Less fatigue
- Less injury susceptibility
- Shoot more arrows
- Wind has less effect on your shooting
- Stronger alignment
- Less sway on release

What is the next goal



- Review after 3-6 months and every 1-2 years
- Event/tournament performance
- Personal skills
- Mental skills

Why New Habits Fail

Changing everything at once

Starting too big

Focusing on the outcome

Unconducive environment

Failing to adapt

Making Habits Stick

Pick a keystone habit

Start small

Focus on the routine

Create environment for success

Regularly review your strategy

Next steps -Getting logical and get started

- Understand Current volumes and where you want to get to? (depending in what phase you may be in)
- What days do you have available to train?
- What time will you train?
- What goal/s will you prioritise first and why?
- What kind of sessions do you need to have in those (Blank Bail, Distance, Timing etc)
- How will you measure it
- What physical and mental skills are needed
- AWE needs?

Logistics

- BB solo = 100 arrows in hour
- 70m scored = 100 in 2hrs
- Try and build 10% volume per week
- You need at least 1 rest** day
- Club/group scoring = Slower
- Use Heavy, Moderate and Light sessions
- Individual, gendered, whole team sessions

Variety = engagement

- Skill learning takes at least 20hrs (10,000 +- 8000)
 - Complexity of skill
 - Experience/motivation
 - Quality of training
 - Desired proficiency

Coaches need to build environments for learning - give space for archer to learn, think and try

My process

- Fill in the things you cannot miss (Work, School, Family, Church, Doctors etc)

Time	Fri	Sat	Sun	Mon	Tues	Wed	Thurs
500							
530							
600							
630							
700							
730							
800							
830							
900							
930							
1000							
1030							
1100							
1130							
1200			Work	Work	Work	Work	Work
1230	Day Off						
1300							
1330							
1400							
1430							
1500							
1530							
1600							
1630							
1700							
1730							
1800							
1830							
1900							
1930							
2000							
2030							
2100							
2130							
2200							
2230							
2300							

Archer Name: _____

My process cont

- Break up your weekly max volume across how many days you will train (use weekends wisely)

Time	Fri	Sat	Sun	Mon	Tues	Wed	Thurs
500							
530							
600							
630							
700				Gym		Gym	
730							
800							
830							
900							
930							
1000							
1030							
1100							
1130							
1200			Work	Work	Work	Work	Work
1230	Day Off						
1300							
1330							
1400							
1430							
1500							
1530							
1600							
1630							
1700							
1730		Training					
1800							
1830		400 arrows	Training	Training	Training	Training	Training
1900							
1930							
2000			250 arrows	250 arrows	300 arrows	250 arrows	300 arrows
2030							
2100							
2130							
2200							
2230							
2300							

Archer Name: _____

My process cont

- Work around your own personality and constraints (A Morning Person, Social Butterfly, club access, target at home? etc)

Time	Fri	Sat	Sun	Mon	Tues	Wed	Thurs
500							
530							
600							
630							
700				Gym		Gym	
730			Home BB		Home BB		
800							
830							
900							
930							
1000							
1030							
1100							
1130							
1200			Work	Work	Work	Work	Work
1230	Day Off						
1300							
1330							
1400							
1430							
1500							
1530							
1600							
1630							
1700							
1730		Training					
1800							
1830		400 arrows	Training	Training	Training	Training	Training
1900							
1930							
2000			250 arrows	250 arrows	300 arrows	250 arrows	300 arrows
2030							
2100							
2130							
2200							
2230							
2300							

Archer Name: _____

My process cont

- Look at each sessions time and be logical with volumes and distances
- Use drills/sessions that will give you variety - but also specificity (look to bring them back in following blocks to see any growth or changes)

Time	Fri	Sat	Sun
500			
530			
600			
630			
700			
730			Home BB
800			
830			
900			
930			
1000			
1030			
1100			
1130			
1200			Work
1230	Day Off		
1300		Arrive	
1330		Group warm up	
1400		Blank Bail 3	
1430		ends	
1500		9 arrow 4min scoring 72	
1530		Prayer time	Prayer time
1600		9 arrow 4min scoring 144	
1630		(highest 6 and lowest 6 x3)	
1700			
1730		Prayer time	
1800		Technique shooting 100	
1830			Training
1900		Ind match on and <u>off line</u> shooting x 100	
1930			
2000		Prayer time	250 arrows
2030		SPT holds x20	
2100		Warm down BB x 2	
2130			
2200			
2230			
2300			

My process cont

- Try not to create more than 2-4 weeks of plans (One Block) - after review you can make longer
- Review the week- Archery success, Artemis Lite, Cap Target
- Don't go overboard early (work on one to two areas a session/week)
- Development takes DEDICATION....motivation comes and goes

There is no secret!!!!

You will make mistakes!!!

Learn - better understand yourself or your archer!!!

Australia

FPHI - Female Performance and Health Initiative Website

<https://www.ausport.gov.au/ais/fphi>

Education modules and info

Worldwide

GAFA - Global Alliance for Female Health Website

<https://yourgafa.com/>

Education modules

Podcasts

A range of excellent resources



Body Image in Female Athletes

Athlete module

Provides information regarding body image and body image concerns that may be experienced by athletes and normalises conversations around body image to help improve athlete awareness and health.

Who this module is for:

Female athletes, parents of female athletes, coaches of female athletes and support staff for female athletes.

Estimated time to complete:
15 minutes

→ Start Body Image in Females Athletes Module



Bone Health

Athlete module

Provides information on bone structure, bony injuries such as stress fractures, low bone density and osteoporosis and optimising bone health for female athletes.

Who this module is for:

Female athletes, parents of female athletes, coaches of female athletes and support staff for female athletes.

Estimated time to complete:
15 minutes

→ Start Bone Health Module



Low Energy Availability

Athlete module

Provides information on Low Energy Availability (LEA), Relative Energy Deficiency in Sport (RED-S) and the health and performance consequences to athletes when they experience energy imbalance.

Who this module is for:

Female athletes, parents of female athletes, coaches of female athletes and support staff for female athletes.

Estimated time to complete:
15 minutes

→ Start Low Energy Availability in Female Athletes Module



Nutrition for Female Athletes

Athlete module

Provides information on the topic of nutrition in female athletes, considers goals within sports nutrition that are commonly prioritised by athletes and provides helpful tips to address these key areas of athlete nutrition.

Who this module is for:

Female athletes, parents of female athletes, coaches of female athletes and support staff for female athletes.

Estimated time to complete:
10 minutes

→ Start Nutrition for Female Athletes Module



Puberty and Development



Normal Menstrual Cycle

SQAS

Questions?



Training = Hard work, Time, Money, Focus, Skill

HP sporting facts

- 1) Constant assessment
- 2) Continual change
- 3) High Pressure
- 4) Lack of fairness
- 5) Marginal Gains

ARCHERY AUSTRALIA				
Archery Australia NPS Training Camp: AIS March 30-April 2				
	Thursday 30 Mar	Friday 31st Mar	Saturday 1st Apr	Sunday 2nd Apr
6am			All Squad light Gym/stretching intro session: AIS Gym	All Squad light Gym/stretching intro session: AIS Gym
7am		All Squad breakfast: dining hall	All Squad breakfast: dining hall	All Squad breakfast: dining hall
8am		All squad to Archery Range	All Squad to archery range	
9am		All Squad induction: Robert Turner Purpose of the camp/schedule/uniform Rhian Bird exp of elite athlete in system Taylor Worth Athlete journey		Shooting session: group warm up, blank bail and distance shooting
10am		AIS Optimising Performance session: gold room	Shooting session: group warm up, blank bail and Age appropriate 720 round, Coach filming session	ADL athletes pack up
11am		All Squad Lunch: dining hall	All Squad Lunch: dining hall	Squad Debrief Session
Midday		All Squad AIS facility tour: Meet dining hall	All Squad to archery range	All Squad Lunch: dining hall
1pm		All Squad testing session AIS gym: bow mass, draw weight, height, wingspan, bench pull, endurance bench pull, bike step test, PFFI and Bfi when complete bows together and shooting at archery range	Shooting session: group warm up, blank bail and distance shooting	Remaining squad pack up
2pm		All coach: Ya Ping session, TPE examples/casestudy and training plan session (Why and How) (Theraband use, warm up) bronze room	Recovery Session: recovery centre	ADL Archers depart
3pm		All Archers Arrive	All Squad dinner: AIS dining hall	
4pm		All Squad Blank Bail session: Archery centre	All Squad dinner: AIS dining hall	ARM -MEL depart
5pm			All coach: Mike C discussion/Archery success testing: bronze room	BNE Depart
6pm			W&E school and training: Silver room	
7pm				PER depart
8pm				
9pm	All team meeting (AIS rules and regs) Coach brief meeting			

Archie's Archery Commandments

1. If thine arrow isn't clearly out, 'tis be in.
2. Friends don't let thine friends shoot crossbow.
3. If thy don't shoot 290's or better, tuning and equipment won't help thou. Practice thy form.
4. Thy effective range is 20yd shorter than thou think it is.
5. Don't offer form/tuning advice lest ye be asked.
6. If thy can sit still and wait, thy don't need the latest camo.
7. Thou shall not twirl thine arrows.
8. Buying new equipment doesn't make thou a better archer.
9. Thou shalt not covet thy neighbor's bow.
10. 23's can touch both lines.

Training

