



2015 World Archery Coaching Seminar

Fuengirola, Spain

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Top archer coaching

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- Three coaches, my team.
- Self-government and a coach.
- How to prepare for compound archery.
- Competitions at different levels.
- Assessments.
- Philosophy.



Three coaches

➤ Club

- Represent the first contact with a bow
- Share emotions and feelings
- Good results celebration
- Reference from the beginning

➤ Region

- Friendly relationship
- Technical and solid work
- Share experience
- Analysis of past and definition of goals

➤ Nation

- Role of national executive
- Working relationship : analysis, assessments
- Goals, medals and performance
- Advisory role



A team for one archer.

➤ The archer

- Lead his own project
- Look for any kind of stimulation to be successful.
- Trust his intuitions
- Make his project the center of his life
- Pay attention to any kind of help, advice
- Maturity and decisions

➤ Coaches

- All coaches don't know each other, not a must
- Listen and advise regarding their own abilities
- Remain advisors but react in case of emergency
- Show practicing and competing schedule
- Develop new technic for an evolution
- Keep their wits regarding stress or pressure

➤ Family

- Support and encourage
- Conscious of a total commitment by the archer (and the coach)
- Stay aside, confident and attentive, let the archer free to progress
- Share bad and good experience



Self government and coaches.

Satisfaction is a positive energy

➤ Technical

- Capacity of analysis of the skills
- Sensitivity, deep sensation and sense of touch using a compound bow
- Equipment care must be an attention for the coach as well

➤ Mental

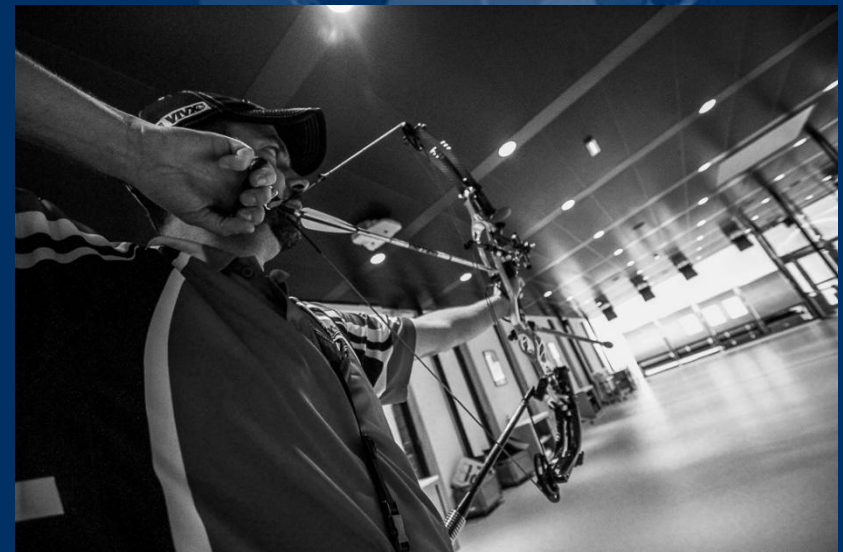
- Psychologist of sport, management of time, emotions and setbacks
- To want # To be able
- How to concentrate through writing, photography, music...

➤ Equipment

- Equipment settings, total knowledge is important
- Be able to repair in any case, any circumstances
- Choose what is the best for us
- Budget and speak with sponsors

➤ Physical

- If archery only
- If secondary sport or gym
- Food, journeys, logistic



How to prepare for compound archery.

Alchemy and international context

➤ Sports preparation

- Knowing his competition schedule
- Ready for national training camp
- Collaborate regularly to keep a good stimulation

➤ Equipment care

- Scheduling equipment orders, sport clothes and archery components
- Create new experiences with the equipment
- Compare what we have and what have the others in the World : to dare
- Coaches make the archer aware and allow him a better situation management

➤ Logistic

- Be free to move allows a better collaboration
- Journeys are not working conditions behind a bow
- Logistic is a comfort for self-government, and for the coach



Competition at different levels

➤ Local tournaments

- Could be sacrificed
- Improve knowledge of mental, physic, equipment
- Could be with or without a coach

➤ Nationals

- Beginning of experience
- Strong nationals : a good start for outlanders
- Learning to be a champion
- National coach takes notes and participates in the progress

➤ International events

- Real experience : the archer live his competition
- Strong collaboration with the coach : briefing and assessments, work in progress
- Coach has a team to manage : self-government required
- National level is the first key to grow up

➤ Main event

- Officials pressure
- Archer project
- Continuous tension and worries



Assessments

How to learn from the path

➤ With our family

- We drink, smoke and laugh in case of bringing home a medal.
If not, the same.
- The most important is to feel how the sports project is huge, even for the family

➤ With friends

- We drink, we smoke and we laugh in case of bringing home a medal.
If not, the same (Should be a bit more).
- The most important is to share life moments with close friends, telling and listening some stories.
- Get out of archery environment for a while, let the pressure down, and start archery again.

➤ With teammates and federation

- We drink moderately, we smoke if it's allowed and we joke respecting the susceptibilities of each.
- Especially teammates, who this time may be not have any success in their project.
- Respect balance between national celebration and encouragement of the others for next.



Philosophy

➤ Learning the relationship

- Before / After national tournaments
- First international
- Future and dream

➤ Facts from my experience

- First national team trials and Navy exams
- First Clash with my national coach, Vittel 2008
- Decisions by the path and what happen now

➤ Best achievements

- First gold medal, Nîmes 2009
- World #1 : 7 world archery individual final fields in a row

➤ Abyss

- Feel abandoned and coach relationship
- Will to raise, none and come back next
- Questioning, as far as the achievement is high
- Intelligence, good terms.





THANK YOU!!!
READY TO ANSWER
YOUR QUESTIONS!