

Session Coach (Level 1)

Archery GB's Session Coach course prepares learners to deliver engaging sessions for beginners, including design and delivery of a beginner's course, which is the most popular way for archery clubs to welcome new members.



About the course

This qualification is structured into the following module titles. Each module is completed separately, providing greater flexibility to complete the learning around work and home-life.

We recommend completing the modules in the order described, although we recognise this may not always be possible.

▶ **Starting Your Coaching Journey** (online 2 x 2hrs)

Being a coach is in itself a learning journey, where we adapt and refine our skills by learning from our experiences. This module identifies simple yet must-have skills for coaches, including how to use reflection and feedback to take action towards improvement.

▶ **Empowering Archery – Part 1** (online 2 x 2hrs)

Empowering Archery™ focuses on how to optimise people's experiences of archery and help them achieve their goals.

▶ **Introduction to Technique** (online 2 x 2hrs)

Every archer knows that learning good shooting technique early on sets you up for a happy and healthy experience of archery. From a coach's perspective, understanding the basics of shooting form and teaching these to your beginners from the first session is really important.

Creating Engaging Sessions (online 2 x 2hrs)

Coaching offers us a wonderful opportunity to offer new people to our sport something in life that is increasingly missing from day-to-day activities. This is a sense of achievement, development, and connection alongside the multitude of health benefits. But this doesn't happen by accident, it takes a real coach to curate a session that has all the right ingredients for beginners to really enjoy and benefit from the session. This module invites coaches to explore how they can create sessions that meet their audience's needs.

Using your Coaching Skills (practical 1 day)

This module helps coaches to apply what they have learnt on the course, with a focus on using drills and skills to improve the quality of practice for archers.

Supported Practice and Coach Presentation (practical 1 day)

Coaches are asked to practice their coaching (for example at their club), which can start as soon as they have completed a module of the course. It is important coaches pick a local mentor to provide support throughout this process; someone trustworthy and encouraging.

After getting enough practice, coaches return for the final day of the course, ready to provide a sample coaching session with peers on the course. We're not expecting perfection, as this is all about learning. We're looking for coaches to apply what they have learned from the other modules.