



## ATHLETE DEVELOPMENT MODEL

A guide for coaches, parents and athletes on how to support optimal long-term development in the sport of archery.

USA ARCHERY

1st Edition



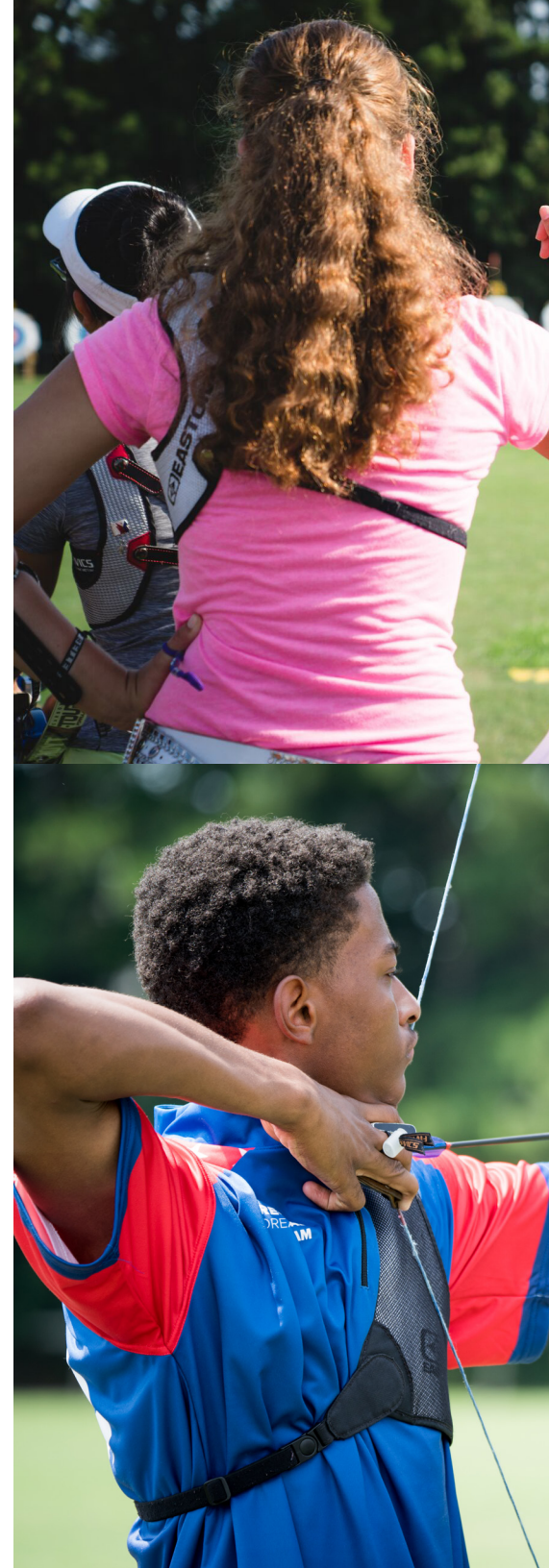
## FOREWORD

Archery is a lifelong, family sport. As the National Governing Body for the Olympic and Paralympic sport of archery in the United States, USA Archery recognizes the responsibility to develop athletes through physically, psychologically and emotionally healthy means so they can participate and enjoy the sport for a lifetime. USA Archery has created this model of development that will provide the best opportunity for success for our athletes while keeping them involved in the sport for as long as possible.

USA Archery believes the Athlete Development Model (ADM) provides a road map for athletes, parents, coaches and administrators to participate and lead athletes with long-term development in mind. USA Archery's model takes into consideration training levels, coaching focus, biomechanics, motor learning, sport psychology and physical training levels for athletes on a spectrum of ages. The goal of the USA Archery ADM is to:

- Develop healthy, successful athletes.
- Promote physical literacy, athleticism, and archery development.
- Enhance participation and enjoyment.
- Improve athlete retention.
- Ensure psychosocial development and well-being of participants.
- Foster talent and competitive success.
- Promote physical/recreational activity across the lifespan.
- Guide physical training and conditioning.
- Aim to prevent archery related injuries.
- Appreciate archery as a lifelong sport.

We are fortunate and grateful to have had the opportunity to collaborate with other sport experts to create this roadmap. Ultimately, our hope is that together we transform the sport of archery and become a world-leading nation in developing archers of all ages.







## TABLE OF CONTENTS

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Foreword .....	2
Overview .....	4
Stages of Development .....	6
Stage 1 - Discover and Explore .....	8
Stage 2 - Progress .....	10
Stage 3 - Apply and Develop.....	12
Stage 4 - Excel and Grow .....	14
Stage 5 - Mastery .....	18
Stage 6 - Archery For Life.....	20
Application of Principles .....	22
Athlete Development Competencies .....	24
Training and Practice Plan Examples.....	26
Additional Resources .....	44

## OVERVIEW

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**The USA Archery Athlete Development Model (ADM) working group includes the following individuals:**

- Guy Krueger, USA Archery Education and Training Manager
- Mary Emmons, USA Archery Director of Sport Performance and Organizational Development
- Jared Siegmund, Strength and Conditioning Coach - United States Olympic and Paralympic Committee
- Kevin Pierce, Dir., California Clinical Services - United States Olympic and Paralympic Committee

The process of learning how to excel in archery is an exciting path to developing sharp focus, resilience and physical skill. USA Archery is committed to guiding athletes, parents and coaches through their participation and development in the sport. Our goal is to provide information and understanding of applications that allow each athlete to reach their full potential. The ADM also aims to unite USA Archery's Junior Olympic Archery Development (JOAD) and Collegiate Archery Program clubs throughout the country under a common philosophy of developing athletes.

**The following five key principles create the foundation of the USA Archery Athlete Development Model:**

- Age appropriate training and competition
- Multi-sport participation
- Quality coaching at all age levels
- Fun and engaging learning environments
- Focus on development over results

We believe following these key principles will lead to reduced burnout, reduced injuries, increased coordination, improved learning and greater long-term success.

The USA Archery ADM provides the foundational framework for healthy development. This manual was created to help guide coaches, parents, and athletes to maximize potential and foster healthy participation within archery with the ultimate goal of long-term, successful athlete participation. This plan provides a roadmap that takes into consideration the physical, emotional and psychological needs of the individual athlete at each stage of development.





United States Olympic and Paralympic Committee (USOPC) also supports the concepts found within long term athlete development models and in 2016 published the USOC American Development Model.

*"The American Development Model (ADM) is a concerted effort between the United States Olympic and Paralympic Committee and its National Governing Bodies of sport to apply long-term athlete development principles in a way that resonates with the culture of sport in the United States.*

*"The ADM is influenced by the work of Istvan Balyi, who is known worldwide as an industry leader in long-term athlete development principles. Balyi's approach to organized sport focuses on key principles of development and periodization of training plans, which help support athletes' individual needs. The need to rethink how we organize, operate and execute sport activity in the United States has been a point of emphasis over the last 15 years,"*

**- USOPC ADM Brochure 2016**





## STAGES OF DEVELOPMENT

The USA Archery ADM is focused on long-term athlete development. The ADM is broken into 6 stages based on the athlete's development and skill level. Parents and coaches should be aware that these age ranges are provided as a general guideline and that an athlete's psychological and physical development will be the true factor in determining when an athlete progresses to the next stage.

This Athlete Development Model provides resources and information to coaches and parents to help guide their athlete as they mature. It should be understood that this model is a resource and that athletes will mature and develop at different rates. It is important for parents and coaches to understand that athletes may mature early, average or late and females typically mature at a slightly earlier age than males. The rate of maturation and development will play a critical role in determining an athlete's capabilities and limits.

It is also important for coaches and older athletes to understand that as athletes age beyond their forties, strength, endurance, flexibility and balance may decrease and this will require older athletes to approach training and participation differently. Ultimately, following these guidelines will provide for the optimal development of an archer whether that archer is pursuing high performance or recreational participation in sport.

Furthermore, the practice and training levels suggested in this document provide general guidelines for training volume, draw weight, and training activities. Each athlete should be evaluated by a qualified medical professional and follow their prescribed recommendations prior to beginning any training.



## **STAGE 1**

# **DISCOVER AND EXPLORE**

*AGES 8-11*

This is the first step of involvement with archery at a young age. Discovery of key concepts and motor skills of archery is critical to learn the fundamental posture and coordination of archery.

## **STAGE 4**

# **EXCEL AND GROW**

*AGES 17-22*

Athletes will choose the pathway that best represents their interests and abilities.

## **STAGE 2**

# **PROGRESS**

*AGES 12-15*

This stage focuses on refining the skills needed to be successful in archery, and then furthering skill development through challenges.

## **STAGE 5**

# **MASTERY**

*AGES 18+*

The focus of this stage is to promote excellence with the highest level of performance at the National, World and Olympic and Paralympic levels.

## **STAGE 3**

# **APPLY AND DEVELOP**

*AGES 15-17*

Maximizing potential becomes an option for athletes as they start to grasp the commitment necessary for archery.

## **STAGE 6**

# **ARCHERY FOR LIFE**

*21+*

As individuals mature, they can continue to participate in the sport in recreational or high performance pathways and many will serve in multiple roles as athletes, coaches, judges, leaders, and/or administrators.

## STAGE 1 - DISCOVER AND EXPLORE

AGES 8-11

This is the first step of involvement with archery at a young age. Discovery of key concepts and motor skills of archery is critical to learn the fundamental posture and coordination of archery.

This is the time when a foundation is laid for future acquisition of more advanced skills.

The focus is on the development of coordination, movement, balance, flexibility and posture. Fundamental movement skills should be learned and motor development emphasized, while participation in many sports and activities is encouraged. This early stage requires coaching that will allow fun and enjoyment

through discovery and exploration of the **FUNDamentals** (safety and the foundation of the shot process). Pre-training warmup and post training cool down times are great opportunities to include fun activities to develop these basic coordination and movement skills. Coaching should come from a perspective of creating a positive experience for athletes of this age. Communication, coaching cues and training activities should be fun and short with little or no down time.

Explore Archery lessons compliment this stage of development specifically on Range Safety, Shooting Form and Shot Execution. Initially there should be a heavy focus for the athlete to learn range safety.

### ATHLETE FOCUS

Discover and Explore athletes should participate in multiple sports and activities to accelerate motor skill development. These athletes should focus on skill development and participate in age-appropriate activities and games. Coaches should emphasize practice over competition and teach the foundation of the steps of shooting, coordination and balance. As athletes are introduced to competitions they should begin at the club level and participate at age appropriate competition distances.

### DEVELOPMENT FOCUS

Coaches should introduce the FUNDamentals of Archery while keeping practice fun; aim to develop motor skills that transfer from archery to other sports to cultivate a passion for archery and an active lifestyle. The ability for athletes to socialize with others and make friends is crucial at this age. Athletes should learn about range safety, basic archery rules, form, execution and scoring while learning core fundamental movements of archery. Athletes should use a bow with an age-appropriate draw weight and mass weight. As archers mature, they should also learn the rules of indoor and outdoor target archery events and the expectations of good sportsmanship.



## COMPETITION

Athletes should be introduced to competition through club-level, virtual or local events and eventually progress to state championship events. As the athletes are introduced to competition, they should know the rules of individual and team competitions.

## PRACTICE AND EQUIPMENT

### AGES 9 AND UNDER

- Draw Weight: 8-15 lb. recurve bow/10-20 lb. compound bow
- Volume: 40-72 arrows total per session
- 1-hour total practice time (25 minutes shooting, 10-minute break, 25 minutes shooting)
- May introduce concepts such as team building, mental concentration, cardiovascular, coordination and balance into practice
- Introduction to Explore Archery Curriculum and JOAD Club activities will provide a great foundation for this stage

### AGES 10 TO 11

- Draw Weight: 10-20 lb. recurve bow/10-25 lb. compound bow
- Volume: 50-100 arrows/day total per session
- 1-1.5 hour training sessions (30 minutes shooting, 5-minute break, 30 minutes shooting, 10-minute break, 15 minutes shooting)
- May introduce concepts such as team building, mental concentration, cardiovascular, coordination and balance into practice
- Explore Archery Curriculum and JOAD Clubs will provide a great foundation for this stage



For more information about Explore Archery visit [www.usarchery.org](http://www.usarchery.org).

## STAGE 2 - PROGRESS

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### AGES 12-15

The second stage of the development process occurs after an athlete has been engaged in archery and wants to explore more organized training options. This stage focuses on refining the skills needed to be successful in archery, and then furthering skill development through challenges, such as club competitions, state, regional and some national championship competitions.

It is important to consider that athletes of this stage are typically beginning a maturation phase of adolescence. They are experiencing a lot of changes physically,

psychologically and socially. It is important that coaches and parents take this into account as the athlete progresses.

Athlete readiness and motivation determine the choice to pursue the next level in archery. The second stage may begin earlier for some athletes who are quick to develop physically and mentally. Fun and socialization are still key areas of emphasis to encourage future participation and to avoid burnout.

### ATHLETE FOCUS

Athletes should understand the rules of events, aim to master the FUNdamentals of Archery (safety and the foundation of the shot process) and learn the basics of mental concentration and focus. Athletes should also continue to participate in multiple sports for continued motor and physical development. This is time to participate in a fun and structured JOAD program and begin to compete at the local, state and regional levels. Coaches should emphasize practice and skill development over competing and understand the impact on performance due to different maturation rates.

### DEVELOPMENT FOCUS

Coaches should introduce social and psychological athlete development by structuring practice to include development of interpersonal skills, team work, mental skills, and communication skills within practice sessions. Technical skill development should include a major focus on core NTS fundamental movements. Physical skills development should focus on developing coordination, overall flexibility and core stability. Tactical skill development should emphasize event, individual, and team competition strategies. Athletes should also know and understand their equipment and parts of the bow and arrow.



## COMPETITION

Athletes should look to compete recreationally in individual and team competitions at the local and state levels with some athletes competing nationally. JOAD league or virtual competitions will provide great opportunities for athletes to develop competition skills.

## TRAINING

### AGES 12-13

- Draw Weight: 15-24 lb. recurve bow/15-35 lb. compound bow
- Volume: 60-150 arrows/day total
- 1-2.5 hour training sessions per day (45 minutes shooting, 10-minute break, 45 minutes shooting, 10-minute break, 45 minutes shooting)
- Three to five training sessions per week through a JOAD Program
- May include mental training, cardiovascular training and coordination training

### AGES 14-15

- Draw Weight: 20-30 lb. recurve/20-45 lb. compound
- Volume: 72-250 arrows/day total
- 1-3 hour training sessions per day (45 minutes shooting, 10-minute break, 45 minutes shooting, 30-minute break, 45 minutes shooting, 10-minute break, 45 minutes shooting)
- Three to five training sessions per week through a JOAD Program
- May include mental training, cardiovascular training and coordination training



## STAGE 3 - APPLY AND DEVELOP

### AGES 15-17

At this stage, athletes begin to train and compete in a program that matches their personal interests, goals and developmental needs. Competitions become more clearly defined in this process with potential for new experiences in team selection. Maximizing potential becomes an option for athletes as they start to grasp the commitment necessary for archery, and the skill

sets needed to excel at the next competitive level. Technical, psychological, tactical, physical and social development becomes increasingly more important for the archer. This is the time to increase archery-specific training; recreation and multi-sport play may continue to be used in a cross-training capacity to allow the athlete to more fully develop.

### ATHLETE FOCUS

At this stage, athletes and parents can begin to focus on specific sports while using multiple-sport play for cross-sport development. Athletes should participate in a fun, structured and long-term JOAD training program. Look to become competitive at the local, state, regional and/or national levels by competing in more challenging events such as regional events, national championships, and United States Archery Team (USAT) events.

### DEVELOPMENT FOCUS

Coaches should focus on developing athletes psychologically and socially through interpersonal skills, team work, mental skills, communication skills, and leadership skills. Athletes should learn to adapt to competition challenges and understand tactics to perform under pressure. Coaches should teach more specific details of the National Training System, and focus on increasing athlete endurance, strength and coordination. Coaches should also emphasize event, individual, and team competition strategies. Athletes should learn and familiarize themselves with parts of the bow and how to do basic tuning procedures.

### COMPETITION

Competition levels should match the athlete's desired level of participation. Recreational athletes should look to compete at JOAD club competitions at the local, state, and regional levels. Athletes who are beginning to focus on elite performance should also compete at a national level and in some cases, the international level.



## TRAINING

### AGES 15-17

- Draw Weight: 30-40 lb. recurve bow /30-50 lb. compound bow
- Volume: 100-300 arrows/day total
- 1-5 hour training sessions per day (1 hour shooting, 15-minute break, 1 hour shooting, 30-minute break, 1 hour shooting, 15-minute break, 1 hour shooting)
- Seek opportunities to further develop skills
- Participate in focused training led by a coach
- Follow a periodized training schedule
- Participate in archery specific training
- Emphasize competition skills
- Include intentional mental, cardiovascular and coordination training
- May introduce strength training
- Utilize more sport-science related information such as nutrition and sport psychology
- Participate in development camps such as JOAD or Regional Elite Development Camps



## STAGE 4 - EXCEL AND GROW

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### AGES 17-22

When an athlete reaches the late teenage years, they will likely face a choice that offers the option to focus on archery to Excel for Performance and increase competition, or continue to Grow and Participate for the fun, health and social aspects of archery. Athletes will choose the pathway that best represents their interests and abilities. Growth spurts, experience or dedication to training may all affect which path an athlete follows during their sport career. This stage allows for both full development and commitment to archery, and enjoyment of the benefits that archery offers. Fun and socialization remain key elements of this stage, although the definition of fun changes from athlete to athlete and will differ based on their commitment level to high performance or participation.

## **PATH 1 - EXCEL FOR PERFORMANCE**

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### **ATHLETE FOCUS**

Athletes on this path should be dedicated to maximizing their athletic potential and should commit to an ongoing periodized long-term training program. These athletes should be single sport-focused while in season and participate in National Development Programs such as the Regional Elite Development Program, the Resident Athlete Program, or train for selection to the United States Archery Team.

### **DEVELOPMENT FOCUS**

Coaches should continue to focus on developing athletes socially and psychologically by incorporating opportunities to further develop interpersonal skills, teamwork, mental skills, communication skills, and leadership skills. Performance under pressure and mental toughness will be key skills for coaches to continue to develop. Coaches should teach specific details of the National Training System that enable the athlete to perform at a national and international level. Physical skill development should focus on developing coordination, strength and endurance while tactical skill development will focus on competition strategies for individual and team events. Athletes should understand and demonstrate basic tuning and some fine tuning.



## COMPETTITION

Competitions should commensurate with the athlete's skill level and coaches should inspire and motivate athletes to reach beyond their comfort zone to challenge performance development through competition. Archers should compete at national and international levels.

## TRAINING

### AGES 17-22

- Draw Weight: 32-48 lb. recurve bow/35-60 lb. compound bow
- Volume: 100-400+ arrows/day total
- 2-8 hour training sessions, 5-6 days per week (1.5 hours shooting, 20-minute break, 1.5 hours shooting, 60-minute break, 1.5 hours shooting, 20-minute break, 1.5 hours shooting)
- Participate in focused year-round training led by a coach
- Follow a periodized training schedule
- Participate in archery specific training
- Emphasize competition and performance skills
- Training will include mental, strength, cardiovascular and coordination training
- Utilize sport-science related information such as nutrition and sport psychology





## **PATH 2 - GROW AND PARTICIPATE**

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### **ATHLETE FOCUS**

Athletes on this path tend to be dedicated to participating in archery to be successful and have fun. Multiple-sport participation for cross-sport development is possible with this level of participation. Athletes should participate in a structured ongoing training program such as a JOAD, Adult Archery Program or Collegiate club and focus on enjoying shooting and the healthy benefits of archery participation, be active and involved in the sport. These athletes should compete for challenge and fun and strive to develop skills and ability for personal achievement and satisfaction.

### **DEVELOPMENT FOCUS**

Coaches should develop athletes of this stage technically, psychologically, socially, and tactically and can influence and impact these athletes in areas such as interpersonal skills, team work, mental skills, communication skills, and leadership skills. Coaches should also help these athletes to develop skills to perform under pressure and should challenge them while encouraging fun participation in the sport. Although these athletes may not strive to be elite athletes, coaches should continue to develop the appropriate skills and abilities to be successful.

### **COMPETITION**

Athletes should compete at the club, state, regional and national levels based on the athlete's needs and their competition goals.

A photograph of three male archers from Hocking College Hawks celebrating on a grassy field. They are wearing blue and black team jerseys, caps, and sunglasses. They have their arms raised and are holding hands in a celebratory gesture. In the background, there are several archery targets with yellow, red, and blue bullseyes, and yellow flags with numbers 44, 45, 46, and 47. A person in a red shirt and hat is visible in the background on the right.

## TRAINING

### AGES 17-22

- Draw Weight: 30-48 lb. recurve/30-60 lb. compound
- Volume: Volume: 80-200/day arrows total
- 1-5 hours training, 3-5 days per week (1-hour shooting, break, 1-hour shooting, break, 1-hour shooting, break, 1-hour shooting)
- May include mental, strength, cardiovascular and coordination training activities
- Training is appropriate for desired level of competitiveness
- Emphasize growth development and fun participation
- May participate in club or team activity such as JOAD, Collegiate, or Adult archery program

## STAGE 5 - MASTERY

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### *AGES 18+*

The focus of this stage is to promote excellence within with the highest level of performance at the National, World and Olympic and Paralympic levels. This is the final phase of athletic preparation that only a small minority will achieve. Maturation is complete and all performance factors should be fully established to optimize performance in national or international competitions. The athletes in this stage will be performing at the highest level on the USA Archery national team. It is important to build a winning strategy with these athletes, and to individualize training and recovery programs to prevent over-training.

### ATHLETE FOCUS

Athletes in this stage should be dedicated to maximizing athletic potential and committed to an on-going long-term training program. These athletes should be single sport-focused while in the competitive season and should participate in National Programs such as the Resident Athlete Program or strive for selection to USAT, World Cup Teams, and other international teams representing USA Archery. These athletes should focus on maximizing their talents while managing areas of improvement and should develop and follow an annual periodized training plan to excel and progress towards mastery. Athletes should also look to receive elite-level coaching to help guide them towards mastery of archery.

### DEVELOPMENT FOCUS

Coaching athletes of this stage should focus on high-performance and the ability to perform at a competitive level internationally. Coaches should continue to develop these athletes technically, psychologically, physically, tactically, and personally. Athletes should know and understand all international rules related to the sport and master basic and fine tuning of equipment. Coaches should also encourage athletes to develop personally to be a role model for other archers.



## COMPETITION

Athletes should compete at elite national and international competitions while prioritizing their competition and training schedule so they can increase the probability of peak performance and the most important events.

## TRAINING

### AGES 18+

- Draw Weight: 34-50 lb. recurve/45-60 lb. compound
- Volume: 100-400+ arrows/day total
- 2-8 hours training 5-6 days per week (1.5 hours shooting, 20-minute break, 1.5 hours shooting, 60-minute break, 1.5 hours shooting, 20-minute break, 1.5 hours shooting)
- Participate in focused year-round training led by an elite coach
- Follow a periodized training schedule
- Participate in archery specific training
- Emphasize competition and performance skills
- Training will include mental, strength, cardiovascular and coordination training
- Utilize sport-science related information such as nutrition and sport psychology
- Training should be organized and characterized as professional and intentional





## STAGE 6 - ARCHERY FOR LIFE

21+

Many athletes want to give back to archery while they compete or after they finish competing. Coaching, officiating and mentoring other athletes and coaches are natural next steps. With previous experience as an athlete, the coach, judge and/or administrator can prepare other athletes and coaches to be the best they can be in archery and appreciate the development process.

Everyone can use archery to establish and maintain a healthy lifestyle. Archery is a unique sport in that almost anyone can compete throughout their lifetime. At both indoor and outdoor national events, USA Archery has

age classes ranging from ages 9 to 50+. In fact, the Master age class is one of fastest growing classes in USA Archery.

There are a few things to consider with aging athletes to ensure healthy participation in the sport and to increase the opportunity for success. As athletes age, flexibility, balance, strength and endurance can start to decrease. Approximately 30% of Master age archers report having previous injuries that affect their ability to shoot. These previous injuries must be monitored and managed in most situations. It is important to keep these characteristics in mind as training is designed.

### ATHLETE FOCUS

Athletes in this stage are passionate about the sport and should pursue opportunities to be involved in archery. Many archers in this stage will continue to compete through the senior and master age classes. These athletes look to participate in archery to have fun, to enjoy success, and often for the friendships and relationships they develop through participation. Athletes in this stage should have a physically active, healthy lifestyle and should consider multiple roles such as archer, certified coach, club leader, volunteer or a certified judge.

### DEVELOPMENT FOCUS

Coaches working with athletes in this stage should continue to develop the athlete within the USA Archery Athlete Competencies. Coaches should recognize that although these athletes may not be focused on high performance, they still have a desire to improve and learn more. Coaches can also serve as a mentor and encourage these participants to transition or multi-role as an archer, leader, coach, judge, administrator or volunteer.

## COMPETITION

Athletes should participate in club, state, regional, national and some international competitions.

## TRAINING

### AGES 21-49

- Draw Weight: 32-50 lb. recurve/45-60 lb. compound
- Volume: 100-300 arrows total
- Training balanced with lifestyle, career, and family
- May include mental, strength, cardiovascular and coordination training

### AGES 50+

- Draw Weight: 25-44 lb. recurve/40-55 lb. compound
- Volume: 60-200 arrows total
- 1-5 hours training, 2-5 days per week
- Training balanced with lifestyle, career and family
- Mental training integrated into training sessions
- May include light strength, cardiovascular and coordination training
- Periodized training generally focused on higher intensity, lower volume

### AGES 60+

- Draw Weight: 25-42 lb. recurve/35-55 lb. compound
- Volume: 72-175 arrows total
- 1-4 hours training, 1-5 days per week
- Training balanced with lifestyle, career and family
- Mental training integrated into training sessions
- May include light strength and coordination training
- Periodized training generally focused on higher intensity, lower volume

### AGES 70+

- Draw Weight: 20-35 lb. recurve/30-45 lb. compound
- Volume: 50-120 arrows total
- 1-3 hours training, 1-5 days per week
- Training balanced with lifestyle, career and family
- Mental training integrated into training sessions
- May include coordination training
- Periodized training generally focused on higher intensity, lower volume



## APPLICATION OF PRINCIPLES

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It is important to understand that the information and training volume and intensities presented in this document are guidelines. Every athlete is different and final application of the information presented in this document will be determined by the coach, athlete, and/or parent.

Applying the **five** key principles of the USA Archery Athlete Development Model will help reduce burnout, reduce over-use injuries, increase coordination, improve learning and produce greater long-term success.

**Age appropriate training and competition** is vital to insuring athletes remain in the sport as many years as possible and helps prevent over-use injuries. Always take into consideration the athlete's physical and psychological development when designing training plans and encouraging participation in events. When working with groups, consider grouping together athletes of a similar development stages into practice groups within your club. Also remember that unlike most sports, archery can be a year-round sport. Off season rest and recovery is important for athletes to recover physically, psychologically and emotionally.

Coaches should consider the athlete's age when determining the best path of development. Coaches should strive to teach the basic FUNdamentals first before focusing on more advanced areas. Coaches should provide feedback appropriate to the age level of the archer and should be cautious of information overload.

In recent years, there has been a push throughout many sports to professionalize youth sports. The increase of "traveling" teams and early specialization have led

to athlete burnout and over-use injuries in later years. Consider having quarterly meetings with athletes and parents to detail the training and competition expectations. Keeping parents' expectations within reason is just as important as keeping the athletes' expectations reasonable.

**Multi-sport participation** also helps develop coordination and motor control. Athletes will learn in new ways from participating in other sports and activities. Many of USA Archery's best archers have participated in more than one sport or activity. Coaches can encourage multi-sport participation by partnering with other sports programs in the area. Consider partnering with another sports club and trading services or introductory sessions. You can find information on other sports in your area through websites such as [sportsengine.com](http://sportsengine.com). Multi-sport participation or sampling can also occur through utilizing different sports as warm up activities.

**Quality coaching at all levels** is extremely important for athlete development. Regardless of the development stage of an athlete, coaches should be focused on providing the best service possible. Our instructor and coach certification courses offer coaches quality information. If you are a coach that works with kids, we highly encourage you to take the "How to Coach Kids" free training online.



**Creating a fun and engaging learning environment** is also key to developing athletes of all ages. Reducing wait time and wasted time are important skills for coaches to utilize on a day to day basis. Planning activities and rehearsing the practice session are important steps in reducing wasted time. Look for ways that you incorporate everyone in the group for training and try to avoid training games and activities that eliminate people from participating.

The use of cues is very important in coaching and creating fun and engaging learning environments. Cues are simply words or short phrases that describe an action or skill more simply. They are generally catchy and easy to remember. Coaches can add their own style in teaching different skills and cues are a great way to simplify the language.

**Development over results** must be stressed at every level. Regardless of the performance level and participation level of the athlete, coaches can develop athletes in many ways. The athlete development competencies were created to outline the different skills that coaches can develop in athletes. These competencies provide a roadmap to develop athletes with the qualities to be a successful archer and person. These skills will present themselves differently in each athlete. We believe these competencies encompass most skills coaches should strive to develop in their athletes.





# ATHLETE DEVELOPMENT COMPETENCIES

## COMPETENCIES INCLUDE:

1. Athlete Development - Technique, Psychology, Conditioning, Training and Results
2. Leadership - Initiative, Character Development, Ethics, Self-Coaching
3. Duty - Professional Work Ethics, Team Culture, Communication
4. Tactical - Grit and Mental Toughness, Equipment and Tuning Proficiency
5. Purpose - Achieve Success on and off the Field

TECHNICAL				
PHYSHOLOGICAL	LEADERSHIP			
STRENGTH, CONDITIONING AND NUTRITION	CHARACTER DEVELOPMENT	PROFESSIONAL WORK ETHIC		
TRAINING	ETHICS	TEAM CULTURE	GRIT & MENTAL TOUGHNESS	
RESULTS	SELF COACHING	COMMUNICATION	EQUIPMENT AND TUNING	SUSTAINED SUCCESS ON AND OFF THE FIELD
<b>ATHLETE DEVELOPMENT</b>	<b>LEADERSHIP</b>	<b>DUTY</b>	<b>TACTICAL</b>	<b>PURPOSE</b>

## COACHES AND THE ADM

Coaching is about leadership, professionalism, communication, archery knowledge, athlete development understanding and a tactical philosophy. The USA Archery Coach Competencies were inspired by the [USOPC's Quality Coach Framework](#) and provide a road map for coaches to continue to develop so they can provide the best quality service to their athletes. Developing within the Coach Competencies will benefit coaches by providing them resources to continually improve in areas not typically covered in certification courses. Many of the resources and information provided to coaches in the competencies are free or little cost to coaches. Developing within the coach competencies will help coaches better apply the principles of the ADM.

USA ARCHERY COACHING COMPETENCIES					
COACH MENTORSHIP	PROFITABLE WITH RESOURCES	CONFLICT RESOLUTION	BIOMECHANICS AND INJURY PREVENTION	CHARACTER DEVELOPMENT AND PERSONAL GROWTH	TECHNOLOGY
RECOMMENDED AND RESPECTED BY OTHERS	TIME MANAGEMENT	EMOTIONAL INTELLIGENCE	COMPETITIVE ARCHERY EXPERIENCE AND FAMILIARITY	PERFORMANCE IMPROVEMENTS	ADAPTIBILITY AND PROBLEM SOLVING
ABILITY TO LEAD TEAMS/CLUBS/CAMPS	CONTINUED LEARNING AND REFLECTION	PEDAGOGY	EVENT RULES AND FORMATS	MENTAL ASPECTS OF ARCHERY	PHYSICAL FITNESS
STRONG COACH PHILOSOPHY	MODELS USA ARCHERY VALUES AND STANDARDS	GENUINE AND HONEST FEEDBACK	EQUIPMENT/TUNING	AMERICAN DEVELOPMENT MODEL	TRAINING PLAN DESIGN AND IMPLEMENTATION
ATHLETE CENTERED COACHING	ETHICAL	EFFECTIVE COMMUNICATION	RECURVE AND COMPOUND NTS ADAPTIVE	SKILL IMPROVEMENT	GOAL SETTING
<b>LEADERSHIP</b>	<b>PROFESSIONAL</b>	<b>COMMUNICATION</b>	<b>ARCHERY SPECIFIC KNOWLEDGE</b>	<b>ATHLETE DEVELOPMENT</b>	<b>TACTICAL</b>



## TRAINING AND PRACTICE PLAN EXAMPLES

Example practice and training session plans are provided as a resource to give coaches, parents and athletes a general idea of how they can train, volume shooting and frequency of practice sessions. The intention is that these examples will generate ideas that can be adapted to each individual athlete or team. These training session plans are not intended to work for everyone. Each athlete will be different and will need to develop different skills determined by their coach.



# DISCOVER AND EXPLORE

## AGES 8-11

### EXAMPLE: 9 YEARS OLD STILL LEARNING FUNDAMENTALS

Mesocycle: FUNdamentals



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-4:00pm	School	School	School	School	School	
4:00-4:15pm	"Brief Introduction Stretch Band Warmup"		"Brief Introduction Stretch Band Warmup"			
4:15-4:45pm	NTS Basics - 30 arrows		NTS Basics - 30 arrows			
4:45-5:00pm	"Posture Game" Review and Stretch band"		"Posture Game" Review and Stretch band"			
CARDIO				Other Sport Participation		Other Sport Participation
STRENGTH/ CONDITIONING						
VOLUME	40		60			
INTENSITY	Medium High		High			
TOTAL TIME	1h 30m		2h 0m			
DAILY GOALS	Learning Rules and Basics		Learning major steps of NTS			

#### WEEKLY GOALS

Have fun and learn the FUNdamentals of shooting



# PROGRESS

## AGE 13

### EXAMPLE: 13 YEAR OLD JUNIOR HIGH SCHOOL ATHLETE

Mesocycle: Execution Under Pressure

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:30am	School	School	School	School	School	
8:30-9:00am						Briefing on Dynamic Warmup 4
9:00-9:30am						Practice Competition 10 minute break in middle
9:30-11:30am						
11:30-12:00pm						Holding SPT Debrief and Reflection
12:00-4:00pm						
4:00-4:30pm	Briefing - 5 min Stretch band warmup		Briefing - 5 min Stretch band warmup		Briefing - 5 min Ball Toss Cordination warmup	
4:30-5:00pm	NTS Basics 10 minute break		Shot Trainer Progression 1 10 minute break		Shot Trainer Progression 2	
5:00-5:30pm	"Execution Game Version 1"		"Focus Game" at 30m		"Execution Game" Version 2	
5:30-6:00pm	Technical Training		"Gold Game Short" 10 minute break		Personal Scoring 18 arrows	
6:00-6:30pm	10 minute break 15 minute SPT Rotation Debrief and Reflection		15 minute SPT Rotation Debrief and Reflection		15 minute NTS Basics Debrief and Reflection	
CARDIO		Other Sport Participation				Other Sport Participation
STRENGTH/CONDITIONING				Ball Toss and Catch Cross Training		
VOLUME	120		150		100	180
INTENSITY	Medium High		High		Medium	High
TOTAL TIME	2h 30m		3h 0m		3h	4-5 hours
DAILY GOALS	Carry over skill from NTS Basicr and execution game to technical training		Focus on execution and Champion Level effort		Finish with average execution of B+	Transfer execution ability to competition

#### WEEKLY GOALS

Continue to improve ability to execute under pressure while not focusing on results/scores.







# PROGRESS

## AGES 12-15

Time	Monday	Tuesday	Wednesday
8:00-8:30am	School	School	School
8:30-9:00am			
9:00-9:30am			
9:30-10:00am			
10:00-10:30am			
10:30-11:00am			
11:00-11:30am			
11:30-12:00pm			
12:00-3:30pm			
3:30-4:00pm	15 Min Dynamic Warmup and 15 Min Stretch Band Shooting		15 Min Dynamic Warmup and 15 Min Stretch Band Shooting
4:00-4:30pm	30 arrows Blank Bale		30 arrows Blank Bale
4:30-5:00pm	30 arrows Shot Trainer		42 arrows Quality at Target
5:00-5:30pm	30 arrows Distance Blank Bale		
5:30-6:00pm	30 arrows Quality Shooting at Target		36 arrows Scoring
6:00-6:30pm			Flexibility SPT and 20 arrows Blank Bale
6:30-7:00pm	15 minute SPT Rotation Reflection and Cool Down		15 minute SPT Rotation Reflection and Cool Down
CARDIO		Cardio - Soccer	
STRENGTH/CONDITIONING			
VOLUME	120		128
INTENSITY	Medium	Medium Low	High
TOTAL TIME	3:30		3:30
DAILY GOALS	Work on Synchronizing the release and execution. Shoot 85% good executed shots at distance		Continue working on execution. Shoot 90% good executed shot while scoring.

### WEEKLY GOALS

This week's main goal is to improve feeling of execution to 95% while scoring and shooting at a target.

## EXAMPLE: 14 YEAR OLD ATHLETE

Thursday	Friday	Saturday
School	School	15 Min Dynamic Warmup and 15 Min Stretch Band Shooting
		20 arrows Blank Bale
		18 arrows Warmup and 72 Arrows Scoring
		30 arrows Shot Trainer
		Holding SPT
		Reflection and Cool Down Review Plan for Next Week
	15 Min Dynamic Warmup and 15 Min Stretch Band Shooting	
	30 arrows Distance Blank Bale	
	30 arrows Quality Shooting at Target	
	48 arrows Team Round Training	
	Power SPT Reflection and Cool Down	
Other Sport Participation		
	108	140
Medium Low	Medium Low	High
	4	4
	Increase quality of execution and synchronized release. Shoot 95% quality executed shots at target and team round.	Put everything together and try to achieve goal of 95% quality executed shots during scoring.

### NOTES:

A good execution will consist of a synchronized release, maintaining focus on the feeling of the final position of the follow through while keeping the eye focus on the aiming spot. We will also continue to develop cardiovascular fitness with cross training in soccer.





# APPLY AND DEVELOP

## AGES 15-17

Time	Monday	Tuesday	Wednesday
8:00-8:30am	School	School	School
8:30-9:00am			
9:00-9:30am			
9:30-11:30am			
11:30-12:00pm			
12:00-1:00pm			
1:00-1:30pm			
1:30-3:30pm			
3:30-4:00pm	Briefing 3:45pm		Briefing 3:45pm
4:00-4:30pm	Dynamic Warmup 1		Dynamic Warmup 2
4:30-5:00pm	Shot Trainer 30 arrows		Flexibility SPT
5:00-5:30pm	"Execution Game" Version 1		"Gold Game Short"
5:30-6:00pm			Shot Trainer 60m
6:00-6:30pm	Round Robin Matches		"Gold Game Short" Progression 2
6:30-7:00pm			"Walk the Dog" Game
7:00-7:30pm	Debrief and Reflection		1 arrow shoot-off practice
7:30-8:00pm			Debrief and Reflection
CARDIO			
STRENGTH/CONDITIONING		Shoulder Series PreHab 1	
VOLUME	150		170
INTENSITY	Medium High		High
TOTAL TIME	4h 30m		4h 30m
DAILY GOALS	Carry over skill from shot trainer and execution game to performance matches.		Focus on timing of 3 seconds or less 90% of the time.

### WEEKLY GOALS:

Continue to improve ability to execute under pressure while not focusing on results/scores.

Average 90% of my arrows with 3 seconds or less of timing during expansion.

## EXAMPLE: 16 YEAR OLD HIGH SCHOOL ATHLETE

Mesocycle: Execution Development

Thursday	Friday	Saturday
School	School	Briefing
		Dynamic Warmup 4
		Practice Competition
		Debrief and Reflection
		SPT Progression 2
	Briefing 3:45pm	
	Coordination Warmup	
	Shot Trainer 30 arrows	
	"Execution Game" Version 2	
	Personal Scoring 36 Arrows	
	Debrief and Reflection	
Shoulder Series PreHab 2		
	140	170
	Medium	High
	4h	5-6 hours
	Execute 90% shot with 3 second or less timing and 100% "good" execution on scoring.	



# EXCEL AND GROW

## AGES 17-22

Time	Monday	Tuesday	Wednesday
8:30-9:00am	School	School	School
9:00-9:30am			
9:30-10:00am			
10:00-10:30am			
10:30-11:00am			
11:00-11:30am			
11:30-12:00pm			
12:00-1:00pm			
1:00-2:00pm	School	School	School
2:00-3:30pm			
3:30-4:00pm	Briefing 3:45pm		Briefing 3:45pm
4:00-4:30pm	Dynamic Warmup 1		Dynamic Warmup 2
4:30-5:00pm	Shot Trainer Progression 1		Flexibility SPT
5:00-5:30pm	"Execution Game" Version 1		"Gold Game" Short
5:30-6:00pm			Shot Trainer 70m
6:00-6:30pm	Performance Matches with reduce time		"Gold Game" Progression 2 with increased heart rate
6:30-7:00pm			"Walk the Dog" Game
7:00-7:30pm	SPT Progression 1		Finals Match and Shoot offs
7:30-8:00pm	Debrief and Reflection		Debrief and Reflection
CARDIO		15 minutes light cardio	
STRENGTH/ CONDITIONING		Body weight exercises 1	
VOLUME	170		200
INTENSITY	Medium High		High
TOTAL TIME	4h 30m		4h 30m
DAILY GOALS	Carry over skill from shot trainer and execution game to performance matches.		Focus on timing of 3 seconds or less 90% of the time.



## EXAMPLE: HIGH SCHOOL ATHLETE - HIGH PERFORMANCE FOCUS

Mesocycle: Execution Under Pressure

Thursday	Friday	Saturday	Sunday
School	School	Briefing Dynamic Warmup 4	Briefing 8:45AM Dynamic Warmup 2
		Practice Competition	5m with Aiming Dots
			Personal Scoring 72 arrows
			Reflect and Retry 30 arrows
			SPT Progression 3
		Debrief and Reflection	Debrief and Reflection
		Break	
School	School	Additional Drills using feedback from morning session	
	Briefing 3:45pm		
	Dynamic Warmup 3		
	Shot Trainer Progression 2		
	"Execution Game" Version 2		
	Personal Scoring 36 arrows		
	SPT Progression 2		
	Debrief and Reflection		
15 minutes light cardio		10 minutes light cardio	
Body weight exercises 2			
	170	150	130
	Medium	High	Low
	4h	5-6h	3h
	Execute 90% shot with 3 second or less timing and 100% "good" execution on scoring.		Execute 90% shot with 3 second or less timing and 100% "good" execution on personal scoring.



# EXCEL AND GROW

## AGES 17-22

Time	Monday	Tuesday	Wednesday
8:30-12:00pm	School	School	School
12:00-1:00pm			
1:00-2:00pm	School	School	School
2:00-4:00pm			
4:00-4:30pm	Briefing 4:15pm		Briefing 4:15pm
4:30-5:00pm	Dynamic Warmup 1: Shot Trainer Progression 1		Dynamic Warmup 2: Flexibility SPT
5:00-5:30pm	Shoot the Line - Explore Archery Game		Gold Game Short Version
5:30-6:00pm	3 Round Robin Matches		Personal Scoring 18 arrows
6:00-6:30pm	Debrief and Reflection		Gold Game Short Progression 2
6:30-7:00pm			Debrief and Reflection
CARDIO			
STRENGTH/ CONDITIONING			
VOLUME	100		100
INTENSITY	Medium		Medium
TOTAL TIME	2h 15m		2h 45m
DAILY GOALS	Work on specific skill and challenge archer to improve success rate in game		Try out two Gold Game progressions

EXAMPLE: HIGH SCHOOL ATHLETE - HIGH PERFORMANCE FOCUS

Mesocycle: Execution Under Pressure

Thursday	Friday	Saturday
School	School	
		Break
School	School	
	Briefing 4:15pm	
	Dynamic Warmup 3: Blank Bale Warmup	
	Friday Night Lights Game	
	Debrief and Reflection	
Other Activity Cross Training		Other Activity Cross Training
	80	
	High	
	2h 15m	
	Improve performance in Friday Night Lights Game	





# MASTERY AGES 18

Time	Monday	Tuesday	Wednesday
8:00-8:30am		"8:00AM Briefing Light Cardio Warmup"	"8:00AM Briefing Light Cardio Warmup"
8:30-9:00am		"Team Round Simulation" 36 arrows	Formaster 30 arrows
9:00-9:30am		Blank Bale Training is 50 arrows	"Random Scenario" Training 72 arrows
9:30-10:00am		"Team Round Simulation" 36 arrows	
10:00-10:30am		Shot Trainer 30 arrows	5m Dots Training 50 arrows
10:30-11:00am		36 arrows Score 70m(6 arrows practice)	
11:00-11:30am			"Team Round Simulation" 36 arrows
11:30-12:00pm		Debrief and Reflection	
12:00-1:00pm	Lunch	Lunch	Debrief and Reflection
1:00-1:30pm		Briefing and Warmup	Lunch
1:30-2:00pm		80 Arrows - "The Pressure Game"	
2:00-2:30pm			Briefing and Warmup
2:30-3:00pm		50 arrows "Timing Drill" 70m	"Timing Drill" 70m 72 arrows
3:00-3:30pm			
3:30-4:00pm		Holding SPT	70m Blank Bale Training 80 arrows
4:00-4:30pm			Power SPT
4:30-5:00pm		Debrief and Reflection	
5:00-5:30pm			Debrief and Reflection
CARDIO		Lite	Medium
STRENGTH/CONDITIONING			Strength Training
VOLUME		365	340
INTENSITY		Low	Medium
TOTAL TIME		8h	8h 30m
DAILY GOALS		85% Shots Executed within 3 seconds after holding	90% Shots Executed within 3 seconds after holding

## EXAMPLE: 20 YEARS OLD ELITE ATHLETE

Mesocycle: Pre-Competition Phase

Thursday	Friday	Saturday	Sunday
"8:00AM Briefing Light Cardio Warmup"	"8:00AM Briefing Light Cardio Warmup"	"8:00AM Briefing Light Cardio Warmup"	"Briefing 8:15AM Dynamic Warmup"
Blank Bale Training 150 arrows at 80m	"Gold Game" 25 points	36 arrows Score 70m(6 arrows practice)	Blank Bale Training 30 arrows
	Blank Bale Training 25 arrows		"Execution Game" with increased heart rate and random scenarios - 80 arrows
	"Gold Game Team Round" 30 points	Blank Bale Training 50 arrows	
	"Gold Game Elimination Round" - Non winners round robin bracket	48 arrows Score 70m(6 arrow ends/3 minutes/end	Round Robin Matches 4 matches and 90 seconds/end
72 arrows Score 70m - 6 arrow ends/3 minutes/end		Shot Trainer 50 arrows at 70m with body squats	
			Debrief and Reflection
	11:45-12:00 - Debrief and Reflection	Debrief and Reflection	Additional Drills using feedback from morning session
Lunch	Lunch	Lunch	
Briefing and Warmup			
72 arrows Score 70m - 6 arrow ends/3 minutes/end		Briefing and Warmup	
		Blank Bale Training 70 arrows	
Blank Bale Training 80 arrows at 80m with Dot		"Timing Drill" 70m 50 arrows	
Shot Trainer 30 arrows at 70m		"King of Hill" Competition - 30 arrows	
Debrief and Reflection		Flexibility SPT	
		Debrief and Reflection	
Heavy	Light	Medium	Medium
	Strength Training		
402	150	334	150
Medium	High	Medium	Low
8h	4h	8h 30m	4h
93% Shots Executed within 3 seconds after holding	95% Shots Executed within 3 seconds after holding	98% Shots Executed within 3 seconds after holding	98% Shots Executed within 3 seconds after holding



# ARCHERY FOR LIFE

## AGES 21+

Time	Monday	Tuesday	Wednesday
8:00-8:30am		"8:00AM Briefing Light Cardio Warmup"	"8:00AM Briefing Light Cardio Warmup"
8:30-9:00am		"Team Round Simulation" 36 arrows	Formaster 30 arrows
9:00-9:30am		Blank Bale Training is 50 arrows	"Random Scenario" Training 72 arrows
9:30-10:00am		"Team Round Simulation" 36 arrows	
10:00-10:30am		Shot Trainer 30 arrows	5m Dots Training 50 arrows
10:30-11:00am		36 arrows Score 70m(6 arrows practice)	
11:00-11:30am			"Team Round Simulation" 36 arrows
11:30-12:00pm		Debrief and Reflection	
12:00-1:00pm	Lunch	Lunch	Debrief and Reflection
1:00-1:30pm		Briefing and Warmup	Lunch
1:30-2:00pm		80 Arrows - "The Pressure Game"	
2:00-2:30pm			Briefing and Warmup
2:30-3:00pm		50 arrows "Timing Drill" 70m	"Timing Drill" 70m 72 arrows
3:00-3:30pm			
3:30-4:00pm		Holding SPT	70m Blank Bale Training 80 arrows
4:00-4:30pm			Power SPT
4:30-5:00pm		Debrief and Reflection	
5:00-5:30pm			Debrief and Reflection
CARDIO		Lite	Medium
STRENGTH/CONDITIONING			Strength Training
VOLUME		365	340
INTENSITY		Low	Medium
TOTAL TIME		8h	8h 30m
DAILY GOALS		85% Shots Executed within 3 seconds after holding	90% Shots Executed within 3 seconds after holding



**EXAMPLE: COMPETITIVE AGES 21-50**

Mesocycle: General Preparation Phase

Thursday	Friday	Saturday	Sunday
"8:00AM Briefing Light Cardio Warmup"	"8:00AM Briefing Light Cardio Warmup"	"8:00AM Briefing Light Cardio Warmup"	"Briefing 8:15AM Dynamic Warmup"
Blank Bale Training 150 arrows at 80m	"Gold Game" 25 points	36 arrows Score 70m(6 arrows practice)	Blank Bale Training 30 arrows
	Blank Bale Training 25 arrows		"Execution Game" with increased heart rate and random scenarios - 80 arrows
	"Gold Game Team Round" 30 points	Blank Bale Training 50 arrows	
	"Gold Game Elimination Round" - Non winners round robin bracket	48 arrows Score 70m(6 arrow ends/3 minutes/end	Round Robin Matches 4 matches and 90 seconds/end
72 arrows Score 70m - 6 arrow ends/3 minutes/end		Shot Trainer 50 arrows at 70m with body squats	
			Debrief and Reflection
	11:45-12:00 - Debrief and Reflection	Debrief and Reflection	Additional Drills using feedback from morning session
Lunch	Lunch	Lunch	
Briefing and Warmup			
72 arrows Score 70m - 6 arrow ends/3 minutes/end		Briefing and Warmup	
		Blank Bale Training 70 arrows	
Blank Bale Training 80 arrows at 80m with Dot		"Timing Drill" 70m 50 arrows	
Shot Trainer 30 arrows at 70m		"King of Hill" Competition - 30 arrows	
Debrief and Reflection		Flexibility SPT	
		Debrief and Reflection	
Heavy	Light	Medium	Medium
	Strength Training		
402	150	334	150
Medium	High	Medium	Low
8h	4h	8h 30m	4h
93% Shots Executed within 3 seconds after holding	95% Shots Executed within 3 seconds after holding	98% Shots Executed within 3 seconds after holding	98% Shots Executed within 3 seconds after holding



# ARCHERY FOR LIFE

## AGES 21+

Time	Monday	Tuesday	Wednesday
8:00-8:30am	Work	Work	Work
8:30-9:00am			
9:00-9:30am			
9:30-10:00am			
10:00-11:00am			
11:00-11:30am			
11:30-12:00pm			
12:00-1:30pm			
1:30-5:00pm	Work	Work	Work
5:00-5:30pm	Briefing		Briefing
5:30-6:00pm	Dynamic Warmup 1		Dynamic Warmup 2
6:00-6:30pm	Shot Trainer Progression 1		Flexibility SPT
6:30-7:00pm	"Execution Game" Version 1		"Gold Game Short"
7:00-7:30pm	Performance Matches		Shot Trainer 60m
7:30-8:00pm			"Gold Game Short" Prog 2
8:00-8:30pm	Debrief and Reflection		Finals Match and Shoot offs
8:30-9:00pm	Additional Drills		Debrief and Reflection
STRENGTH/CONDITIONING		Light Cardio	
VOLUME	170		128
INTENSITY	Medium High		High
TOTAL TIME	4h 30m		3:30
DAILY GOALS	Carry over skill from shot trainer and execution game to performance matches.		Continue working on execution. Shoot 90% good executed shot while scoring.

**EXAMPLE: 55 YEARS OLD**

Mesocycle: General Preparation Phase

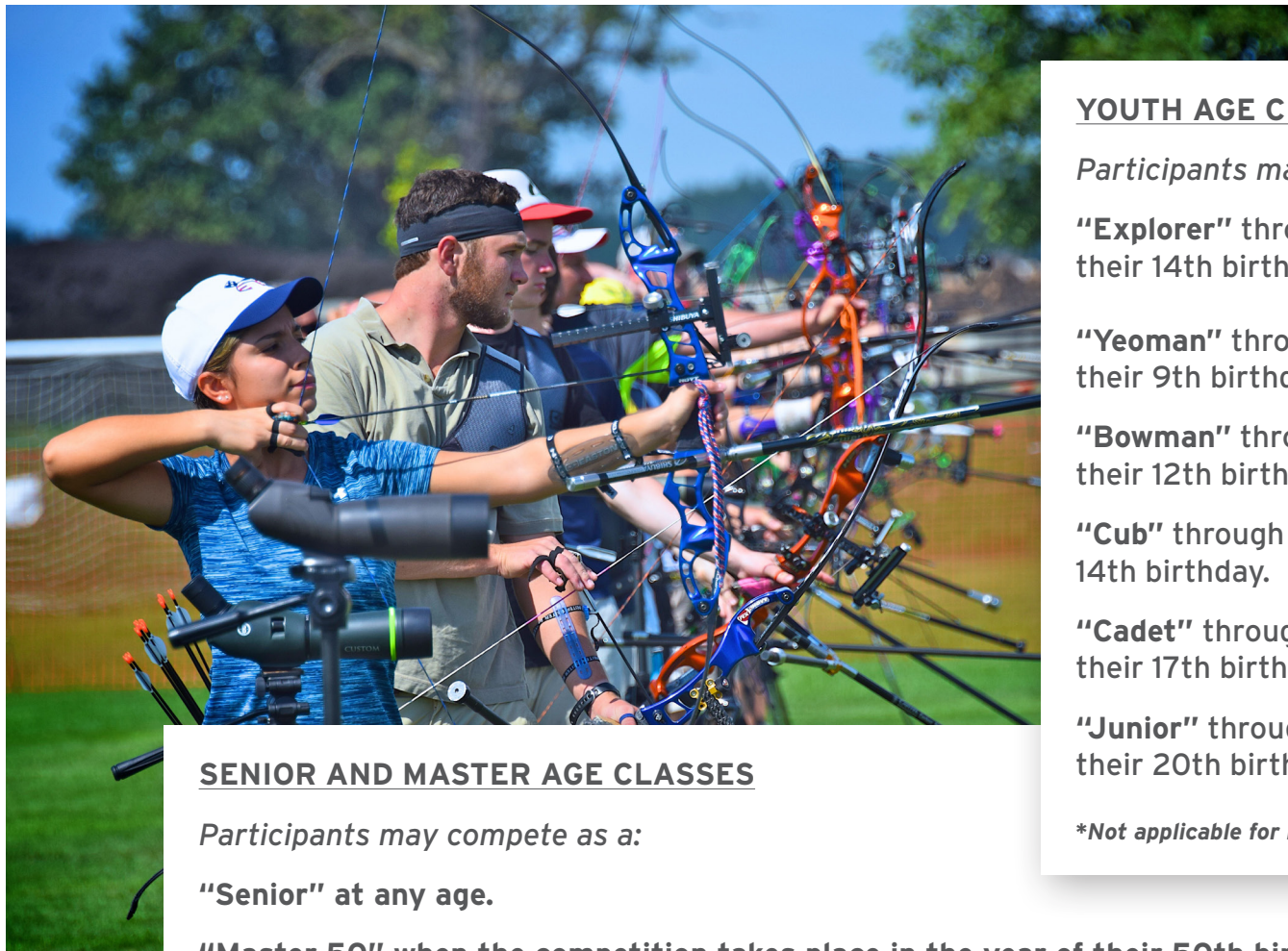
Thursday	Friday	Saturday
Work	Work	10 min Mild Warmup and 5 min stretch band shooting
		20 arrows Blank Bale
		18 arrows Warmup and 72 arrows Scoring
		30 arrows Shot Trainer
		Reflection and Cool Down
		Review Plan For Next Week
Work	Work	
	10 min Mild Warmup and 5 min stretch band shooting	
	30 arrows Distance Blank Bale	
	30 arrows Quality Shooting at a Target	
	48 arrows Team Round Timing Training	
	Debrief and Reflection	
Light Cardio		Body weight exercises 1
	108	140
	Medium	High
	4	4
	Increase quality of execution and synchronized release. Shoot 95% quality executed shots at target and team round.	Put everything together and try to achieve goal of 95% quality executed shots during scoring.



## ADDITIONAL RESOURCES

### AGE CLASSES AND DISTANCES FOR DIVISIONS

For reference, the age classes, distances, and divisions have been provided below.



#### YOUTH AGE CLASSES

*Participants may compete as a:*

**"Explorer"** through the calendar year of their 14th birthday.\*

**"Yeoman"** through the calendar year of their 9th birthday.\*

**"Bowman"** through the calendar year of their 12th birthday.

**"Cub"** through the calendar year of their 14th birthday.

**"Cadet"** through the calendar year of their 17th birthday.

**"Junior"** through the calendar year of their 20th birthday.

*\*Not applicable for National Events.*

#### SENIOR AND MASTER AGE CLASSES

*Participants may compete as a:*

**"Senior"** at any age.

**"Master 50"** when the competition takes place in the year of their 50th birthday and thereafter.

**"Master 60"** when the competition takes place in the year of their 60th birthday and thereafter.

**"Master 70"** when the competition takes place in the year of their 70th birthday and thereafter.

## AGE CLASSES AND DIVISIONS FOR JOAD STATE EVENTS

Age Class	Bow Type	Indoor/Outdoor	Distance	Target Face	Inner Ten?
Yeoman (9 and Under)	Recurve	Indoor	9 Meters	60m	NO
		Outdoor	15 Meters	122cm	NO
	Compound	Indoor	9 Meters	40cm	NO
		Outdoor	15 Meters	80cm	NO
	Barebow	Indoor	9 Meters	60cm	NO
		Outdoor	15 Meters	122cm	NO
Yeoman is not offered at National events, and is optional at local and state events. These are recommended distances.					
Bowman	Recurve	Indoor	18 Meters	60cm	NO
		Outdoor	30 Meters	122cm	NO
	Compound	Indoor	18 Meters	40cm	YES
		Outdoor	25 Meters	80cm 6-Ring	NO
	Barebow	Indoor	18 Meters	60cm	NO
		Outdoor	30 Meters	122cm	NO
Cub	Recurve	Indoor	18 Meters	60cm	NO
		Outdoor	50 Meters	122cm	NO
	Compound	Indoor	18 Meters	40cm	YES
		Outdoor	30 Meters	80cm 6-Ring	NO
	Barebow	Indoor	18 Meters	60cm	NO
		Outdoor	30 Meters	122cm	NO
Explorer (Male/ Female Combined, 14 & Under)	Basic Compound	Indoor	18 Meters	60cm	NO
		Outdoor	25 Meters	122cm	NO
	Recurve	Outdoor	25 Meters	122cm	NO
Cadet	Recurve	Indoor	18 Meters	40cm	NO
		Outdoor	60 Meters	122cm	NO
	Compound	Indoor	18 Meters	40cm	YES
		Outdoor	50 Meters	80cm 6-Ring	NO
	Barebow	Indoor	18 Meters	40cm	NO
		Outdoor	50 Meters	122cm	NO
Junior	Recurve	Indoor	18 Meters	40cm	NO
		Outdoor	70 Meters	122cm	NO
	Compound	Indoor	18 Meters	40cm	YES
		Outdoor	50 Meters	80cm 6-Ring	NO
	Barebow	Indoor	18 Meters	40cm	NO
		Outdoor	50 Meters	122cm	NO

## AGE CLASSES AND DIVISIONS FOR STATE AND NATIONAL EVENTS

Age Class	Bow Type	Indoor/Outdoor	Distance	Target Face	Inner Ten?
Bowman	Recurve	Indoor	18 Meters	60cm*	NO
		Outdoor	30 Meters	122cm	NO
	Compound	Indoor	18 Meters	40cm	YES
		Outdoor	25 Meters	80cm 6-Ring	NO
	Barebow	Indoor	18 Meters	60cm*	NO
		Outdoor	30 Meters	122cm	NO
Cub	Recurve	Indoor	18 Meters	60cm*	NO
		Outdoor	50 Meters	122cm	NO
	Compound	Indoor	18 Meters	40cm	YES
		Outdoor	30 Meters	80cm 6-Ring	NO
	Barebow	Indoor	18 Meters	60cm	NO
		Outdoor	30 Meters	122cm	NO
Explorer (Male/Female Combined, 14 & Under)	Basic Compound	Indoor	18 Meters	60cm	NO
		Outdoor	25 Meters	122cm	NO
	Recurve	Outdoor	25 Meters	122cm	NO
State Event Level only, contact event host for specific categories for local events.					



## AGE CLASSES AND DIVISIONS FOR STATE AND NATIONAL EVENTS (CONTINUED)

Cadet	Recurve	Indoor	18 Meters	40cm	NO
		Outdoor	60 Meters	122cm	NO
	Compound	Indoor	18 Meters	40cm	YES
		Outdoor	50 Meters	80cm 6-Ring	NO
	Barebow	Indoor	18 Meters	40cm	NO
		Outdoor	50 Meters	122cm	NO
Junior	Recurve	Indoor	18 Meters	40cm	NO
		Outdoor	70 Meters	122cm	NO
	Compound	Indoor	18 Meters	40cm	YES
		Outdoor	50 Meters	80cm 6-Ring	NO
	Barebow	Indoor	18 Meters	40cm	NO
		Outdoor	50 Meters	122cm	NO
Senior	Recurve	Indoor	18 Meters	40cm	NO
		Outdoor	70 Meters	122cm	NO
	Compound	Indoor	18 Meters	40cm	YES
		Outdoor	50 Meters	80cm 6-Ring	NO
	Barebow	Indoor	18 Meters	40cm	NO
		Outdoor	50 Meters	122cm	NO
Master	Recurve	Indoor	18 Meters	40cm	NO
		Outdoor	60 Meters	122cm	NO
	Compound	Indoor	18 Meters	40cm	YES
		Outdoor	50 Meters	80cm 6-Ring	NO
	Barebow	Indoor	18 Meters	40cm	NO
		Outdoor	50 Meters	122cm	NO

\*For the State and National Indoor, all divisions will shoot a 40cm target face.



## RULES

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Rules for USA Archery events can be found at [www.usarchery.org](http://www.usarchery.org)

## FIND A CLUB

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Join an Amazing Community! Archery gives you a community, friends to last a life-time and opportunities to travel and compete. Grow as an individual in a community that supports you and fosters team building. Archery is a sport that is has something to offer for everyone - join other passionate athletes and start aiming for your dreams!

[\*Find a Club\*](#)

## FIND A COACH

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USA Archery instructors and coaches who have a current USA Archery membership, background screen and U.S. Center for SafeSport training may be found on our coach locator.

[\*Find a Coach\*](#)

## EVENT REFERENCE GUIDEBOOK

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Our USA Archery Event Reference Guidebook has everything you need to know for your first USA Archery event, and is a great quick refresher if you've competed before.

[\*Event Reference Guidebook\*](#)





## JOAD CLUBS

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Junior Olympic Archery Development (JOAD) is a program of USA Archery that helps archers to enjoy the sport recreationally or progress to the excitement of competition. JOAD offers barebow, recurve and compound archers the opportunity to learn range safety and proper shooting technique in an environment that also fosters focus, increased self-confidence, and team building skills. JOAD is open to any youth archer aged 8 to 20 and is designed to grow with the youth archer. Introductory JOAD classes teach the fundamentals of proper shooting form; as the young archer develops, they will learn more advanced techniques and earn achievement awards.

[Find a Club](#)





## COLLEGIATE PROGRAMS

USA Archery's Collegiate Archery Program is for students enrolled in a college or university. Eligible participants can work to develop fundamental skills while actively preparing for local, regional, and national events in the collegiate division. The Collegiate Archery Program offers barebow, recurve, compound, and bowhunter divisions. Full-time students in good standing who are enrolled in an accredited university are eligible to join the Collegiate Archery Program and are offered discounted membership rates.

Many colleges and universities offer USA Archery Collegiate Archery Programs. These programs range from clubs to varsity teams with scholarship opportunities and offer a great variety of options for beginning or continuing your archery journey in college. USA Archery can also help you start a program at your school if they do not yet have one in place.

[Find a Collegiate Team](#)





## WEB RESOURCES

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[\*USA Archery Mobile Coach Website and App\*](#)

[\*How to Coach Kids - Free Online Training\*](#)

[\*The Aspen Institute - Project Play\*](#)

[\*USOPC American Development Model\*](#)

[\*USOPC Quality Coaching Framework\*](#)

## ADULT ARCHERY CLUBS

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The Adult Archery Program is a logical “next step” for adult archers pursuing this lifetime sport. Membership in USA Archery’s Adult Archery Program provides unique benefits, including the opportunity to make new friends, obtain a great upper-body workout, and the chance to build self-confidence and learn team-building skills. Whether your interest in archery is purely recreational, or if you want to pursue competition at the local, state, national or international level, USA Archery’s Adult Archery Program is designed to help you pursue all that archery has to offer.

[\*Find a Club\*](#)





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