



AT HOME

STAY ON TARGET WITH
DEVELOPMENT RESOURCES
FOR ATHLETES, CLUBS,
COACHES & JUDGES

Coaching Archery in Times of Coronavirus By Level 5-NTS Coach Linda Beck

Now that Minnesota has started opening more businesses and is lifting “stay at home” edicts, and the snow has finally melted, many outdoor archery ranges have opened while following local social distancing protocols. Archers are starting to return for training sessions.

On-site training sessions

1. Whenever possible, we’re shooting outside in the open air, instead of an enclosed indoor range.
2. No touching the archer to mold them into desired position. I’m using more modeling and demonstration. When necessary, I’ll use a yard stick, etc. to touch the area I want them to move.
3. Trying to maintain recommended social distance of 6ft as much as possible. The closest we get is when I am showing them video that I took on my iPad.
4. I also avoid touching any of their equipment. If it is necessary for me to touch equipment, I have Lysol wipes, hand sanitizer and access to restroom with soap and water to wash hands.
5. Space archers to one per target. I only have 2 outside bales, so no more than 2 archers with parent(s) at a time.

Virtual Training Sessions

1. FaceTime or Skype. Archers are typically shooting blank bale in their basement, garage or just outside their home. During a coaching session, I have them move the camera so I can watch from chest, back and behind.
2. I take notes during our session. Then I add notes with dates to a Word document I’ve created for each archer. The updated document is emailed to each archer and their parent. This creates a running log of all our sessions.

Video Analysis

1. I use [Coach’s Eye](#). I have the \$120 / year full service package. I do not use Coach’s Eye Locker which costs more and in my opinion, isn’t

necessary. Some of my archers purchase the \$4.99 basic version, others take video and put it in [Dropbox](#). Others email video which I save to Camera roll. I can easily import video from Dropbox or camera roll into Coach's Eye.

2. I prefer one video of one shot from chest, back, and behind and, if possible, overhead. Each video is sent in a separate email or Coach's Eye link. If videos are too long, its very difficult, near impossible, to download or import. Coach's Eye Link "get a link" works best. It's more time consuming but I get significantly less download errors.
 - a. Open video you want to send, click on the 3 dots on the upper right side of screen > Share > Share Video > Get a Link. Video is then downloaded to Coach's Eye and will appear in your Account area.
 - b. Open video you want to send in Account click Share > Open > copy URL and send one or more URL in an email.
3. For both Video Analysis and On Site training I use Coach's Eye compare function. For example, I will take video at the beginning of a training session. Then after they have worked on a suggested correction, I take another video. Using the compare function, I can create a composite that contains both videos. This allows them to clearly see the change.

Club Engagement during COVID-19

1. To keep our archers engaged during this time of social isolation with COVID-19 we have held virtual qualifications, eliminations and recently double elimination. For head to head elimination matches, they've been asked to shoot at the same time/apart using FaceTime, Skype or text, etc. sharing pictures of target after each end. They are enjoying shooting together/apart.
2. [FlipGrid](#) – using this free video sharing technology for groups, each archer was asked to create a short video of 5 things they want to do post COVID-19 restrictions. A week later, they were asked to share a Pro Tip. Now through U.S. mail, they each received a picture of one of our five coaches, a "flat coach". They are to color picture then teach coach something or take the coach on an adventure. Coaches also got a "flat" coach. They are posting some funny videos to our private Facebook page.

NOTE: As a reminder, when working with athletes under the age of 18, be sure to familiarize yourself with the [Minor Athlete Abuse Prevention Policy \(MAAPP\)](#). Specifically, one on one interactions with minors are covered on pages 6-7 and social media and electronic communications with minors are covered on pages 9-10. Coaches and club leaders should take the initiative to share the MAAPP with parents of athletes who are minors and get written

consent from parents when applicable prior to starting any virtual coaching session.