



Lancashire Archery Development Plan

Lancashire Archery Coaching, October 2018

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Overview

- Not much has happened in Lancashire Coaching, for the past few years
- There is a desire to change this, and foster a coaching and development mentality within Lancashire.
- The long term plan is high lighted in the High Level goals, but first we need to work on some small steps to get things moving again.

High Level Goals

- Improving Archers in Lancashire, from grassroots upwards
- Improving Coaching in Lancashire
- Building elite squad capability in Lancashire
- Enticing archers onto the competition circuit
- Provide Coaches with CPD opportunities
- Make coaching within Lancashire inclusive

How will we achieve this

- Organise Coaching clinics throughout Lancashire
- Organise Coach the Coach days
- Organise performance clinics for bowman and above
- Create and provide coaching models to clubs to use
- Create, share and promote the Lancashire boost course for clubs to use
- Organise Technical Equipment Sessions
- Run LACG Talent spotting team
- Work with squads and their Team Managers and selectors where they want it
- Help organise Coaching courses and improve coach & DBS renewal rates

- Not all of this can be achieved immediately, and so some shorter term goals have been set

Some short term goals

- Run coaching clinics
- Survey all archers
- Provide Coach <-> Archer brokerage through CCO
- Diversify committee at AGM
- Organise CPD opportunities for LAA coaches, or sponsor some of costs to attend AGB organized CPD sessions

Coaching Clinics

- Run coaching clinics, introducing archers to coaching
 - 3hr Session, December, January, February
 - Ask Blackpool, P&S, Rochdale, and Assheton if they are interested in having a session run there
 - Charge £15 per person to cover expenses of coaches and venue
 - 10 Archers maximum in a session
 - 6 Experienced Coaches
 - 6+ Coaches wanting to learn more
 - Aim of coaching clinic is to get one archer with one coach, and broker an ongoing relationship

Survey to all LAA Archers

- Survey Monkey based on web
 - Ask for some basic details, What bowstyle, how long shooting, indoor and outdoor PBs
 - How often a week they train
 - What are their goals
 - Do they have a coach, if yes, ask for name
 - If no : Would you be interested in having a coach
 - If Yes, what are they looking to get out of a coach
 - Are they willing to pay for One on One coaching

Access to a Coach

- We want to promote that all archers who want one, should have access to a coach
 - Send email through LAA Membership to all archers with survey on what they want from coaching, and find out if interested in being coach matched

Diversify LACG committee

- It has been raised that the committee is too P&S focused, and not diverse enough
- To remove this perception, CCO to encourage new volunteers from the wider Lancashire Coaches pool

CPD Opportunities

- Part of LACG should be assisting existing coaches with the learning and improvements we need to improve Coaching in the county
- Provide CPD sessions or pay contribution towards attending AGB CPD sessions