



BASIC ARCHERY INSTRUCTOR

Agenda

- 7:45 AM** **Welcome, Introductions, & Overview of the NASP**
- 8:20** **Safe Range Set Up**
- Arrow curtain, targets, range lines, bow rack, & quivers
 - Briefly explain whistle commands & dry fire
- 8:40** **String Bow Training Device**
- Determine Dominant Eye
 - Purpose & Making a String Bow
- 9:10** **11 Steps to Archery Success**
- Use String Bow to Teach Form, Execution, & Reflection
 - Practice with String Bow
- 9:40** **Individual & Coaching Skills Development**
- Coaching positions
 - Positive Reinforcement & Feedback
 - Disruptive students
- 10:00** **Break**
- 10:10** **Safety Orientation & Teaching a New Archer**
- Operating a safe range & demonstrating the shot
 - Supervising Initial Shooting & Pulling Arrows
- 10:40** **Practical Exercise: Safety Orientation & Teaching a New Archer**
- 12:00** **Lunch**
- 12:30** **Continue Practical Exercise**
- 1:50** **Break**
- 2:05** **Running the Range & Practice Coaching**
- 2:45** **Equipment Nomenclature, Inspection, Operation, Maintenance, & Repair**
- Arrow Station
 - Genesis Bow Station
- 3:45** **Test Review, Take Test, Grade Test, & Complete Paperwork**
- 4:45** **Adjourn for the Day**