

As part of the development cooperation of Run Archery in Europe, the French archery federation invites WAE member coaches to participate in the archery run trainer training which will take place on December 11 and 12, 2021, and January 29 and 30, 2022.

**This training will only be given in French.**

You must prove that you have obtained the "COACH LEVEL 1" level of trainer to be able to register for training, or its equivalent at national level.

The training program is as follows (Registration is for the entire course over the two weekends):

**Dates:** 11<sup>th</sup>- 12<sup>th</sup> December 2021 + 29<sup>th</sup>- 30<sup>th</sup> January 2022.

**Location :** CPO de VITTEL (88 - FRANCE)

**Supervision:** Francis SIMON, Sophie VESSILLIER (members of the National Technical Direction)

Xavier MOURONVALLE (Sport teacher and Chair of the FFTA Run-Archery Committee)

**Entry fees\*:** Arrivals on Friday evenings: 300,00 € full board, Individual room  
Arrivals on Saturday mornings: 250,00 € full board, Individual room

*(\*) The entry fees are indicated for the full seminar*

**Registration: Deadline** 30<sup>th</sup> OCTOBER 2021  
**Contact** Sylvie MEUNIR s.meunier@ffta.fr

## CONTENT OF THE SEMINAR

### Face-to-face internship program:

1. Training methodology.
2. Performance/Quality Management in Run Archery Archery
3. Management of the shooting technique in Run Archery
4. The main physiological data of the effort.
5. Running training: development of basic qualities, examples of running situations, work areas and their training situations
6. Specific training for preparation for competition
7. Various training situations.

### Distance learning before the videoconference internship (November 15 to December 3):

1. Regulation
2. The organization of a Run Archery competition field
3. Shooting and running equipment.

Establishment of a post-training follow-up service. Access to a documentary database.