

IAU COURSE FOR COACHES– FIRST (I) LEVEL – TOPICS AND LECTURES' SCHEDULE

Lecturer: Branko Peregrin, director of Croatian crossbow representation

Place: Terme Tuhelj, Hotel Well

Date: 14 – 15 June 2018

1. DAY LECTURE

INITRODUCTORY THEORETICAL LECTURE – ONE (1) HOUR

- basics of crossbow disciplines
- basics of shooting sport with applicable elements for crossbow

BASICS OF TRAINING THEORY- FOUR (4) HOURS

- features of the modern sport and how to define it
- base division of sport
 - professional sport
 - amateur sport
 - sport in schools
 - recreational sport activities
 - sport for disabled
- coaches in sport and why do we need them
- professional approach to organisation and material basis in sport
- classification of sport according to groups
- abilities, characteristics and knowledge of sports persons
- trainings and sports form (physical fitness)
- control of the sports form
- training continuity and keeping the competition form
- progressivity of training intensity and competitions
- selection
 - guiding young sports persons and selection process
 - age categories and types of sports schools
- training contents
- training intensity
- training methods
- organisational and methodical forms of training
- the importance of fitness training
- the influence of the fitness training on the body of the sports person
- basic training methodology of motor abilities
 - strength
 - agility / swiftness
 - endurance
 - flexibility
 - coordination
 - precision
 - sports technique
 - sports tactics

- long term planning and programming of sports training (sports career)
- medium term planning and programming of sports training (olympic cycle)
- short term planning and programming of the sports training (annual and semi-annual cycle)
- current planning (period and stage) of programming of sports training
- micro cycle of training
- individual training
- discussion and conclusion

COMPETITION RULES, FIELD CROSSBOW –TWO (2) HOURS

- general rules
- shooting field, targets, time frame for individual disciplines
- technical control of equipment and weapons
- rules of behaviour for the shooters at the shooting line
- judges and judging
- discussion and explanations

2. LECTURE DAY

CROSSBOW AND EQUIPMENT, BASICS OF TECHNICAL DIFFICULTIES OF CROSSBOW – FOUR (4) HOURS - THEORY

- field crossbow
- match crossbow
- field crossbow equipment
- match crossbow equipment
- field crossbow issues
 - crossbow types concerning their construction
 - bolt flight groove
- string and art of making of string for the bow
 - choice of the materials
 - art of making
 - needed length for specific bows
 - serving
 - device for string making
 - device for string wrapping
- bow
 - choosing the right bow
 - bow vibration stabilization
 - spanning of bow
 - ratio of the length and weight of bow and its strength
- bolt
 - decision on the length of the bolt
 - the F.O.C. (front-of-center) balance position of the bolt

- decision on the bolt point
 - material for bolt points
 - shape of bolt points
- models and characteristics of the triggers on the field crossbow
- sights and aiming techniques
- wind during the field crossbow competition
 - self-help techniques in the time period of three (3) minutes
- rain during the field crossbow competition
 - behaviour of the string
 - behaviour of the bolt
- testing of bolts for competition
 - basic testing
 - testing by trial shooting
 - test arrow with firing rest

STRING AND BOLT MAKING AND MOUNTING OF ELEMENTS ON THE FIELD CROSSBOW – WORKSHOP, TWO (2) HOURS

- making of strings
- making of bolts
- mounting of elements on the crossbow
- conclusion, discussion and summary

BASICS OF THE TRAINING PROCESS WITH THE BEGGINERS – WORKSHOP, THREE (3) HOURS

- mounting of crossbow elements to fit the shooter
- shooting position
- holding of crossbow in the shooting position
- breathing and breathing pause
- aiming
- triggering (shooting)
- visual control of the shot and evaluation of the shot
- discussion and summary

PSYCHOLOGY OF THE SHOOTING SPORTS AND PSYCHOLOGICAL PREPARATION FOR THE COMPETITION – THEORY AND PRACTICE, ONE (1) HOUR

- psychological preparation for the competition
- visualisation
- match control