

SASKATCHEWAN ARCHERY ASSOCIATION JUNIOR OLYMPIC PROGRAM

COACHING NOTES

You will be a good JOP coach if:

- You like working with children
- You are organized
- You have a sound understanding of basic archery fundamentals

What are your goals?

- To teach children to be safe while participating in the sport of archery (including visual/sound signals and courtesy rules)
- To teach the basic skills of archery
- To have fun, inspire confidence, cooperation and good sportsmanship

What do I have to teach the youth archers?

Safety rules. You can use the JOP Safety Handout available on the SAA website as a resource. It can be adapted to reflect the specific rules for your range.

Basic fundamentals of archery. There are useful information sheets available on the SAA website.

JOP Provincial Championships

This tournament can be a great and fun experience for your youth. They will shoot against other archers who have achieved the same badge level. For example if the archer has achieved the Master Yeoman badge they will compete against all other archers who have achieved this badge and are working towards the Master Bowman badge. There is a minimal cost to participate and awards are provided by the SAA.

Archers will shoot a 30 arrow round and then be regrouped according to score. The top 4 archers in each classification will shoot a second 30 arrow round to determine the Champion for each badge classification.

To compete in this tournament archers will need to know:

- How to shoot with sound and/or visual signals
- How to shoot with two lines
- How to behave with courtesy and good sportsmanship
- How to call the score of the arrows at the target (value of arrows, importance of not touching arrows until scorers have given OK, etc.)
- How to double score (very young archers may have parent help)

Special Needs Youth

Archery can be a great sport for children who cannot play other sports because of physical or neurological problems. Be very **clear and consistent** about your rules and expectations. Enlist the help of parents whenever you can. Example: for autistic children keep to a predictable pattern and give forewarning when an activity change is upcoming (good for all of us!).