



ISSF
TRAINING
ACADEMY

PROFESSIONAL COACH EDUCATION FOR OLYMPIC SHOOTING SPORTS



INTRODUCTION

The ISSF Training Academy is the official training arm of the International Shooting Sports Federation (ISSF). The ISSF Training Academy was established in 1992, with the specific purpose of developing and delivering coach education courses for the Olympic shooting sports. Since that time, the ISSF Training Academy has grown and adapted to meet the needs of the modern Olympic shooting coach. A comprehensive range of courses has been established to provide Olympic shooting coaches with the skills and knowledge to take their coaching career through from club level to Olympic level.

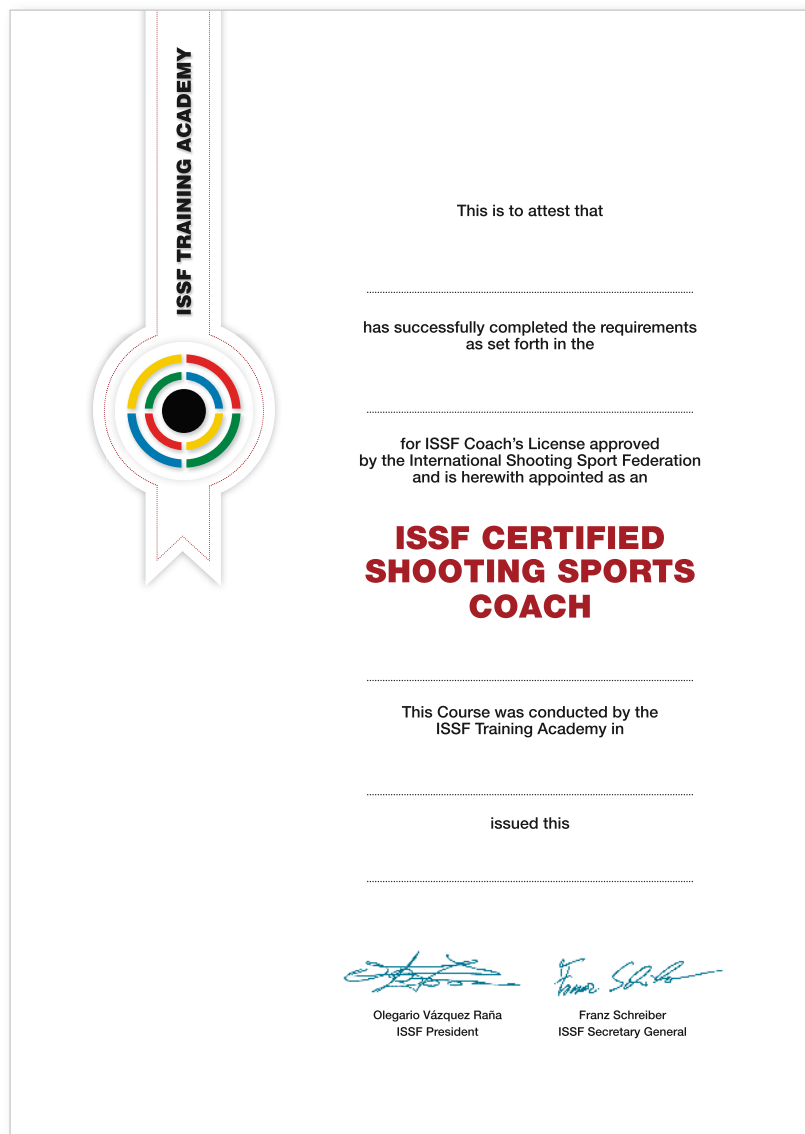
The Olympic Shooting Coach carries the responsibility for developing and improving the shooting sport in their country of work. Having access to the latest knowledge and understanding in shooting sport education and sport science will give our sport the best opportunity to succeed in the Olympic world.

Each course within the ISSF Training Academy builds upon the previous course to create a structured and progressive learning experience for the coach. The course structures are carefully designed to give the coach a detailed understanding of the coaching needs for athletes at all stages of their development from Club, National, International to Olympic Games. The courses are constantly revised to ensure that the content delivered matches current best practices in sport education and coaching principles.

When a coach receives the ISSF Training Academy licence they can be sure that their licence is internationally recognised and is a mark of their knowledge and experience within the Olympic shooting community.

CONTENTS

WHY BECOME AN ISSF LICENCED COACH?	7
ISSF PROFESSIONAL COACHING LICENCES	8
TUTOR STAFF	10
ISSF TRAINING ACADEMY COURSE STRUCTURE	17
D-COURSE FOR REGIONAL COACHES LICENCE	20
C-COURSE FOR INTERNATIONAL COACHES LICENCE	23
B-COURSE FOR INTERNATIONAL COACHES LICENCE	27
A-COURSE FOR INTERNATIONAL COACHES LICENCE	31
IOC/ISSF TRAINING SYSTEMS DEVELOPMENT COURSE	34
ISSF TRAINING ACADEMY CONTACT INFORMATION	37



Certificate for ISSF Shooting sport coach

WHY BECOME AN ISSF LICENCED COACH?

The International Olympic Committee recognises the ISSF as the internationally recognised federation for the Olympic shooting sport. The ISSF Training Academy's purpose is to develop and operate training courses for the development of the shooting sports and the licensing of accredited coaches within the Olympic shooting sports.

Having an ISSF Coach licence is considered an essential requirement for many coaches in order to be recognised by national and international bodies as a mark of competency and professionalism within the sport of shooting.

The ISSF takes seriously the needs of our sport and its athletes to have access to a wide base of coaches at every level from club to the Olympic games. ISSF Coach licences are available to match the level of experience and competence of each coach to ensure that an athlete and federation can have confidence in their coaches and their ability.

A coach who holds an ISSF Coaches licence has been through a comprehensive set of examinations and extensive course work to prepare them as competent and professional coaches to work with our member federations. ISSF licenced coaches have passed through a structured course that in turn teaches the coach to operate and conduct their coaching work in a structured and athlete centred way. This philosophy is central to being a licenced coach and leads to a better experience for both the coach and the athlete.

ISSF PROFESSIONAL COACHING LICENCES

Since 2014, the ISSF Training Academy coach licences are now valid for a four-year period before they must be renewed. The purpose of this is to ensure that those coaches who are recognised as being licenced by the ISSF are in fact working and active in coaching.

This move to a four-year licence ensures that we can implement a continuous professional development programme (CPD) that ensures licenced coaches maintain their knowledge through further education and that they have a current active role in coaching. It allows the member federations to see the level of activity that their coaches are engaged in as the federation is required to sign off on their renewal applications. With the introduction of this change, coaches are issued a four-year licence and a unique coach ID to indicate their current active status and licence level. Coaches in return are allowed to use the ISSF Coaches logo on their own personal and federation promotional material.

Such a licenced and properly accredited coach qualification is a requirement for many national federations for their coaches to be recognised by government authorities.

COACH ID

ISSF licenced coaches are issued with a coach ID number that remains their unique and individual coach ID. The code is included on the coach licence card and is also recorded in the ISSF Coaches Database. This database is a searchable list of all currently licenced coaches and is open to view via the ISSF website.

Many governmental sport federations require their coaches to have an internationally recognised coach licence number. The Coach ID fulfils that requirement and can be used by federations to check the current status of a coach's licence.

USE OF THE ISSF LICENCED COACH LOGO

ISSF licenced coaches can make personal use of the official ISSF Coach Logo on their personal marketing material. The use of the logo is restricted to those coaches only with a current valid licence. There is a specific logotype for each licence and the strap line *ISSF licenced Coach* can be used together with the logo. ISSF Headquarters issues the logotype for the licence at the same time as the licence id card.

It is permitted to use the logo on personal stationary such as notepaper, business cards, leaflets etc. The logo can only be used to identify the coach as having an ISSF licence. The logo cannot be used to endorse or imply any accreditation to the business or courses that the coach might offer.



ISSF Coach Logos

TUTOR STAFF

The academy is staffed by four head tutors who are supported by a number of guest tutors of international distinction.

The head tutors of the academy are highly qualified educators who are themselves active and internationally successful coaches and sport scientists with many years of international and Olympic experience. The shooting tutors are themselves graduates of the ISSF Training Academy.



Kevin KILTY (IRL)
Shotgun Tutor

Kevin is the Head Clay Target Instructor with the Training Academy. Kevin completed his A-licence in 2008 and joined the Training Academy as the shotgun tutor in 2009. Kevin is certified as a coach tutor by Coaching Ireland, the Irish national coaching authority and holds an honorary doctorate for services to sport. Kevin has an international reputation as a coach educator and as an expert in High Performance coaching. He has worked as a successful medal winning coach as the head Trap coach of Finland.

Kevin was a coach during both the 2008 Beijing and 2012 London Olympic Games and continued his Olympic work at Rio 2016 Olympic Games as Chef de Mission for the Irish Olympic team.

As an expert in High Performance systems, Kevin has represented the ISSF as a member of the Sports Development and Education Group of the Association of Summer Olympic International Federations (ASOIF).

He is also the author of many articles on shooting coaching and is a regular contributor to the ISSF News magazine.



**Dr. Željko TODOROVIĆ
(MNE)**
Pistol Tutor

Željko is the Head Pistol Instructor with the ISSF Training Academy. He completed his A-licence in 1996 and since 1997 he has been part of the lecturing team of the Training Academy. He also works for the ISSF on IOC related development projects and is one of the authors of the popular IOC/ISSF Training Systems Development course. Željko holds an honorary doctorate for services to sport and is the Director of the ISSF Accredited Training Centre in Bar, Montenegro.

As an international coach, Željko was the National Pistol Coach for the Danish Pistol Team from 1990 until 2000. From 2004 to 2008, Željko was Director & National Coach of the French Pistol Team. From late 2009 until the 2012 Olympic Games, Željko was the senior advisor for the Italian National Pistol Team. Since June 2013, Željko has worked as the Olympic Pistol Coach for the Finnish National Team.

Željko has taken part in three Olympic Games; in Barcelona 1992, in Atlanta 1996, and in Beijing 2008. His athletes were multiple World Cup winners, multiple European champions, World champions, world record holders and Olympic medallists.



**Kimmo YLI-JASKARI
(FIN)**
Rifle Tutor

Kimmo completed his A-licence in 1996 and has been ISSF Training Academy Head Rifle Instructor since 1999. Kimmo holds a Masters Degree in Physical Education from Jyväskylä University.

Kimmo started his career as a professional shooting coach in 1992, when a new training curriculum and system for junior shooters (rifle, pistol) was established in Kuortane Olympic Training Centre, Finland. Kimmo worked in the Finnish Sport Shooting Association 1988-2000 and as during his Head Coach period Juha Hirvi placed 2nd in Sydney Olympics 2000. During the years 2004 – 2009 Kimmo worked as a medal winning Rifle Head Coach for British Shooting.

Kimmo has taken part in three Olympic Games: in Sydney 2000 as the Head Coach of the Finnish Team, in Athens 2004 as a personal coach and in Beijing 2008 as a Head Rifle Coach of the Great Britain Team. After Sydney he started his own company in 2001 and worked for the Kuortane Olympic Training Centre as well as with other sports than shooting as a physical trainer and consultant. Kimmo worked also as a Director of Kuortane Olympic Training Centre from 2010-2012. In 2012 he was invited to work as a High Performance Coordinator in Target Sports for Finnish Olympic Committee where he still is stationed.



**Prof. Claudio ROBAZZA
(ITA)**
Sport Science Tutor



**Goran MAKSIMOVIC
(SRB)**
Guest Lecturer

Claudio is a Sport Science Instructor within the ISSF Training Academy and he is part of the lecturing team of the Academy starting from 2011.

He is an Associate Professor of Methods and didactics of motor activities in the Faculty of Movement Sciences, University of Chieti, Italy. He earned a master degree in Physical Education, a master degree in Psychology, and a PhD in Sciences and Techniques of Physical Activities and Sports. As a sport psychologist, he has been working with top-level athletes of different sports, including golf, archery, modern pentathlon, rugby, and he is currently involved with the Italian shooting team. He has conducted field-based studies in physical education, motor learning, and sport performance domains, and his primary research interest is in the area of performance-related emotions, performance optimisation, and motor learning. He has published numerous refereed journal articles, and is the author of several book chapters and books. He is also an associate editor of *Psychology of Sport and Exercise*, consulting editor of *Sport, Exercise, and Performance Psychology*, and member of the Advisory Board of Sport Sciences for Health. In the 2015, he received the Ema Geron Award from the European Federation of Sport Psychology (FEPSAC) in recognition of his exceptional national contribution to the development of sport and exercise psychology.

Goran is a highly respected rifle coach and is currently the national coach for Serbia. Goran also holds the distinction of being an ISSF A-licensed coach having completed his studies in 2008. He is a graduate of the Faculty of Sport & Physical Education in Belgrade, Serbia and is also a member of the Serbian Olympic Committee's Rio 2016 programme commission.

Goran was a highly successful rifle shooter with a career spanning from 1975 to 2000. He achieved the ultimate sporting accolade of being crowned Olympic Champion at the Seoul Olympics in 1988. He was also a three-time World Cup winner in all three rifle events and also a three-time European Champion. He holds the distinction of having competed at five Olympic Games between 1984 and 2000.

As a coach, Goran was the head coach for the Serbian National team between 2001 and 2005 when he moved to take up the position of head coach for the Greek National team from 2006 to 2008. He returned to the role of Serbian National Coach in 2011 and during his time as the national coach for Serbia he has attended two Olympic Games where his athletes won a Silver medal (2004) and a Silver and Bronze medal (2012).



**Klavs Joern CHRISTENSEN
(DEN)**
Guest Lecturer

Klavs is a very experienced rifle coach. He completed his A-licence in 1996. Since then he has worked 11-years as Head Coach in Denmark and four-years as Head Coach in Sweden. Klavs has strong pedagogical skills and has previously taught at business schools in Denmark. In addition to sports coaching, he also has an education as a coach from Performance Consultants / Portsmouth University in England.

He was part of the Danish National team for 14-years. He reached the final at the Olympic Games in 1988 (3x40) and won the European Championship in 1991 (prone). He ended his career early after winning silver at WC 1993 in order to focus on becoming coach and work professionally in shooting and performance development.

Klavs has coached World Cup winners, European and World Champions and he has successfully been in charge of talent development programs. In 2013 he started his own company, where he offers coaching, teaching and lecturing around High Performance, Talent Development, Mental Training and Execution of Goals and Strategies.

ISSF TRAINING ACADEMY COURSE STRUCTURE

The key function of the academy is to train coaches to teach in a structured way and to provide them with the technical details of shooting technique, planning, team management along with sport science and sports psychology. We achieve this using a graduated system of learning where the different courses build upon each other as the coach progresses from D to C through to B and ultimately to A-licence level.

FREQUENCY OF COURSES

Each year, the ISSF Training Academy conducts a C-Course with B-Courses every two years and A-Courses only at a time when there is sufficient demand from qualified B-licence holders. The D-Course is run on request for national federations and is open to other member federations within the region to send coaches to participate.

DETAILED COURSE MATERIAL

Each course has a course book for the specific shooting discipline and the sports science modules. The course books are sent well in advance and students are expected to have studied these in advance of the course as they set out the contents of the lectures held during the course.

Preparation continues with a requirement for students to complete a homework assignment specific to their shooting discipline. This assignment is in turn, the subject of discussion and an evaluation during the course and counts significantly towards the award of the coaches licence.

The ISSF Training Academy has created courses for every level of coaching ability and for each stage in the coaches career. Starting with the D-Course, we introduce trainee coaches to the basics of club level coaching and most importantly the course is organised so that it is conducted locally in the language of the coaches.

For the D-Course, these books are supplied in English by the ISSF for the organiser to translate into the local language of the course. They are accompanied by matching PowerPoint presentations. The translation of the course books and the PowerPoint presentation material is the sole responsibility of the host federation. The course is then given by a suitably qualified instructor in the local language or by an ISSF Training Academy tutor with the assistance of a local translator supplied by the host federation.

For the international courses (C, B & A), these courses are conducted only in English and the course books are provided in English. The courses are designed to be intensive in their use of the available time and study of the course books ahead of attendance is essential to the successful completion of the courses.

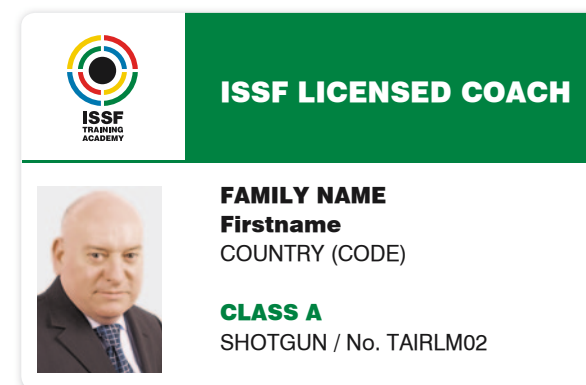
EVALUATION AND EXAMINATIONS

To successfully complete the course, students are required to achieve a minimum score of 50% in the examination to reach the pass rate in all modules of the course. For attendance on the A-course, a B-licence is required with a minimum examination score of 75%, in addition to several years of documented coaching work at an international level.

APPLYING FOR THE COACH LICENCE

Successfully completing an ISSF Training Academy coaches course entitles the student to apply for the appropriate ISSF licence for the course.

The issuing of ISSF Training Academy Coach Licences is handled separately from the courses and no licences are issued at the end of the course. A certification of attendance is awarded to all participants while application forms are given to successful candidates so that they can make their application direct to ISSF Headquarters with the enclosed licence fee. All ISSF coaching licences have a period of validity of four-years after which they must be renewed to remain valid. The licence fee is currently set at € 50.



Coaches Licence ID Card

D-COURSE

FOR REGIONAL COACHES LICENCE

The D-Licence course has become one of the ISSF Training Academy's most popular coaches courses. It was developed in response to the needs of member federations to have a club level introductory course for their coaches that covers the basic requirements for a licenced coach.

The course has been developed in a modular form so that it can be delivered over a focused three-day period to make maximum use of available time for the students. It also provides an excellent introduction to the ISSF Training Academy's C-Course for International Coaches.



THE COURSE IS SHOOTING DISCIPLINE SPECIFIC

The D-Licence course is shooting discipline specific, that means that each course is designed to cover one of the shooting disciplines either rifle, pistol or shotgun. In some cases, combined courses can be organised with a tutor to cover each discipline as required. For rifle and pistol the courses are focused on the precision events. For shotgun, Trap and Skeet are covered.

THE SHOOTING TECHNIQUE

The basis of the course is to deliver a fundamental understanding of the basic shooting technique, suitable for use in a club level coaching programme. The main goal of the course is to show the development of a structured coaching technique that allows the coach to add to their knowledge and experience over time. The principles learned on the D-Course are then subsequently built upon on the C & B courses to complete the overall ISSF Training Academy coach learning experience.

PLANNING AND ORGANISATION FOR COACHES

In the world of ISSF Championship events, the work of a coach goes beyond the work they do at the shooting range. The modern professional coach is required to make training and competition plans for their athletes and to manage the logistics involved. They are also responsible for the development of annual training plans to guide their athletes as they improve their skills. During the course the principles of Planning and Periodisation are explained and how it can be used to structure more effective training for athletes.

PHYSICAL TRAINING FOR THE SHOOTING SPORTS

The course provides an introduction to a basic physical training programme for shooting sports. The importance of correct physical training in the overall development of shooting talent is discussed along with practical examples and exercises to illustrate the principles being discussed.

EXAMINATIONS

All ISSF Coaching Licences require a written examination and other tasks to be successfully completed. The D-Licence requires the student to complete a series of 25 multiple-choice questions and the student is expected to be an active participation in coaching workshops and to contribute to the discussions and activities. The pass mark for the examination is 50%.

COURSE DURATION & PREPARATION

The D-Course is completed in three-days, making it suitable as a weekend course. The location of the course is decided by the host federation.

The preparation for the course requires the student to become familiar with the written course material and this takes normally one month of pre-course work.

COURSE ENTRY REQUIREMENTS

Entrance to the course is by the recommendation and approval of the host National Federation.

COURSE FEE & ADDITIONAL COSTS

The D-Course fee is set by the host federation.

The ISSF supply to the host federation:

- All D-Course books and presentations in electronic PDF format.
- Certificates of completion and application forms for the D-Licence.

Not included in the course fee is the application fee for the course Licence that must be applied separately to ISSF Headquarters upon the successful completion of the course.

C-COURSE

FOR INTERNATIONAL COACHES LICENCE

The C-Licence course is the first of the ISSF Training Academy's international licences and marks the first step to an internationally recognised coaching licence.

The course has been designed to provide the coach with a wide understanding of the role of coaching and the skills required to work at a national and international level. The licence is aimed at coaches who wish to work on the international shooting circuit and with national and international teams.

Upon successful completion of this course, the coach is eligible to apply to attend a future B-Licence course.



SHOOTING SCIENCE TOPICS

As the level of detail covered in the course is very detailed and complex, the shooting technique is divided equally between the C & B courses with the view that completion of both courses gives the coach a comprehensive education as a shooting coach.

The level of detail covered is comprehensive and requires the coach to engage fully during the course to be successful in the examinations.

RIFLE TOPICS

The rifle discipline will cover technical analysis in rifle shooting and the basics of shooting positions in:

1. Prone
2. Standing
3. Kneeling

PISTOL TOPICS

The Pistol shooting technique describes the position for Air Pistol, Sport Pistol and Rapid Fire Pistol. For each discipline, the techniques are explored in great detail focusing on the biomechanical requirements and analysis, as well their advantages and disadvantages. The course will also cover the gripping technique of the pistol in depth.

For pistol, the C-Course will look at the following:

1. Requirements for building a correct shooting stance
2. The leg position
3. The body position
4. The arm & hand positions
5. The head position
6. The gun gripping technique

SHOTGUN TOPICS

The shotgun shooting technique looks at the development of the Ready position for both Skeet and Trap. The shotgun shooting technique looks at the development of the Ready position for both Skeet and Trap. A detailed analysis of the necessary requirements

to successfully produce an efficient Ready Position. For shotgun, the C-Course will look at the following:

1. The shooting stance
2. The body position
3. The arm & hand positions
4. The head position
5. The gun hold positions
6. The eye hold positions

SPORT SCIENCE TOPICS

Sport Science is our all-embracing approach to dealing with the psychological, physiological, technical, physical, and organisational aspects of coaching in the shooting sport.

The approach to working with these specialised aspects of coaching is to integrate them in a holistic way that provides coaches with a toolkit of best working practices for coaches.

For all disciplines, the C-Course will look at the following:

1. Demands of shooting
2. Performance Profiling
3. Goal setting
4. Coach/Athlete communication
5. Instructions for skill learning and improvement
6. Feedback and error correction

PRINCIPLES OF PHYSICAL TRAINING

The importance of physical conditioning for shooting athletes has grown in line with the increasing professionalism of the shooting sport. Basic programmes of fitness training are explained along with practical demonstrations and workshop activity.

EXAMINATIONS

Before attending the course, students are required to submit a homework assignment based on a subject as tasked by their tutor. This assignment forms a significant part of the examination and accounts for 50% of the examination marking. During the course the homework is reviewed in a one-on-one session with the course tutor.

A written examination comprising of 50 written questions based on all aspects of the course completes the formal examination process. Should the need arise a further oral examination may be required.

COURSE DURATION & PREPARATION

The C-Course is conducted over six-day period in a residential setting at an ISSF Accredited Training Centre.

Furthermore, a period of three-months pre-course work including course material study and preparation of the homework is required in advance of the course.

COURSE ENTRY REQUIREMENTS

Entrance to the course is by the recommendation of the student's National Federation. Students must be active within their National Federation and working at a minimum of club coach level.

The course is conducted through the English language only. Candidates must be able to write and speak in English as they will be required to answer examination questions and to make PowerPoint presentations using the English language.

COURSE FEE & ADDITIONAL COSTS

The C-Course fee is €1,250 and includes the following:

- All C-Course books and guides in electronic PDF format.
- Shared accommodation at the ISSF Accredited Training Centre. Single room occupancy can be arranged for an additional supplemental fee with the ISSF Accredited Training Centre.
- Breakfast, Lunch and Dinner each day.

Not included in the course fee is the application fee for the course Licence that must be applied separately to ISSF Headquarters upon the successful completion of the course.

B-COURSE

FOR INTERNATIONAL COACHES LICENCE

The B-Licence course is the second of the ISSF Training Academy's international coaches licences. The course has been designed to provide the coach with a greater understanding of the role of the shooting coach as required at the level of the international ISSF World Cup circuit.

In keeping with the structured approach to coaching adopted in the C-Course, the B-Course takes the next step forward in developing coaching technique for the specific disciplines but also an increased emphasis on Sport Science.



SHOOTING SCIENCE TOPICS

Continuing with the principles outlined in the C-Course, the coach now completes the overall shooting technique and progresses their knowledge and understanding with workshops designed to test their coaching skills.

RIFLE TOPICS

1. Biomechanical analysis of the shooting positions.
2. Technical training in practice.
3. Practical challenges in rifle coaching.

PISTOL TOPICS

The pistol shooting technique will cover three major areas: Lifting technique, Sighting technique and Triggering technique along with biomechanical analysis.

For pistol, the B-Course will look at the following:

1. Vertical movement to target (for precision disciplines and SP RF)
2. Horizontal movement with transition (RFP)
3. Sighting techniques for precision disciplines
4. Sighting techniques for SP RF
5. Sighting techniques for RFP (vertical and horizontal)
6. Triggering techniques for each discipline (precision and dynamic)
7. Follow through.

SHOTGUN TOPICS

The shotgun shooting technique is completed by looking at the steps involved following the Ready Position. This area focuses on the movement of the athlete and the different shooting styles that are currently in use.

For shotgun, the B-Course will look at the following:

1. Initial movement to target.
2. Transition phase of movement.
3. Sight Picture.
4. Triggering.
5. Post-Shot Actions.
6. Shooting styles.

SPORT SCIENCE TOPICS

Taking the scientific principles learned from the C-Course, the students take their level of understanding and comprehension further with new skills and areas of study.

For all disciplines, the B-Course will look at the following:

1. Motor skill learning.
2. Instructional priorities in the stages of learning.
3. Scheduling practice: massed vs. distributed, constant vs. variable, blocked vs. random, whole vs. part.
4. Combining teaching principles.
5. Imagery and arousal control.
6. Pre-performance and performance routines.

CLASS WORKSHOP ACTIVITIES

The B-Course requires a greater level of interaction from the students. Individual presentations and demonstrations of coaching skills are a requirement for the successful completion of the course. Some of the workshop activities will deal with the following:

1. Technical problems and their solutions.
2. Preparation and tactics for competition.
3. Demonstration of teaching and coaching skills.

EXAMINATIONS

Before attending the course, students are required to submit a homework assignment based on a subject as tasked by their tutor. This assignment forms a significant part of the examination and accounts for 50% of the examination marking. During the course the homework is reviewed in a one-on-one session with the course tutor and the student makes a presentation of the homework to all course participants.

A practical demonstration of coaching and teaching skills must be performed in front of all the course participants. This is combined with a presentation skills evaluation.

Finally, a written examination comprising of 30 written questions based on all aspects of the course, which must be extensively answered. Should the need arise a further oral examination may be required.

COURSE DURATION & PREPARATION

The B-Course is conducted over six-day period in a residential setting at an ISSF Accredited Training Centre.

Furthermore, a period of six-months pre-course work including course material study and preparation of the homework is required in advance of the course.

COURSE ENTRY REQUIREMENTS

Entrance to the course is restricted to current and valid ISSF C-Licence holders upon the recommendation of their National Federation.

The course is conducted through the English language only. Candidates must be proficient in both written and oral English as they will be required to answer examination questions and to make PowerPoint presentations using the English language.

COURSE FEE & ADDITIONAL COSTS

The B-Course fee is €1,250 and includes the following:

- All B-Course books and guides in electronic PDF format.
- Shared accommodation at the ISSF Accredited Training Centre. Single room occupancy can be arranged for an additional supplemental fee with the ISSF Accredited Training Centre.
- Breakfast, Lunch and Dinner each day.

Not included in the course fee is the application fee for the course Licence that must be applied separately to ISSF Headquarters upon the successful completion of the course.

A-COURSE

FOR INTERNATIONAL COACHES LICENCE

The A-Course for International Coaches Licence is the highest level course operated by the ISSF Training Academy. The course is aimed at coaches working internationally and at Olympic Games level and is designed to test the skills necessary for coaches to work at the highest level of Olympic competition.

Coaches with A-Licence credentials are expected to reflect the highest in professional skills and the greatest commitment to their sport and their own development as professional coaches.



SHOOTING SCIENCE TOPICS

The course is designed to test coaches in the rigours of:

1. Major competition planning and team management.
2. Training session development and tactical preparation for Olympic competition.
3. Tactical situations and crisis management at the Olympics.
4. Developing skills for the Olympic level coach.

SPORT SCIENCE

Task based workshops for dealing with physical, technical, psychological and organisational issues arising pre-competition and during competition.

Travel and acclimatisation, preparation for and habituation to unfamiliar environments, tactical situations, coping under pressure, dealing with unexpected events, crisis management and recovery at the Olympics.

Developing skills for the Olympic level coach. These skills include, among other factors, emotional control, effective communication, strategic planning, individualised support and preparation, coping with stressors and unpredictable situations, interacting with the staff members.

EXAMINATIONS

Students are required to explain through interview and PowerPoint presentations their decisions as to how they structured their annual training plans and coaches diary. Evaluation of their approach to dealing with tactical situations that present in and around major competitions and situations in a pressured environment. Demonstration of their coaching and management skills, under pressure, in specific scripted situations. Presentation of an agreed research assignment. Participants must also have successfully conducted a D-Course as the primary lecturer.

COURSE DURATION & PREPARATION

The A-Course is conducted over six-day period in a residential setting at an ISSF Accredited Training Centre. Furthermore, a period

of one-year of pre-course work including course material study, research project, training diary and conduct of a D-Course is required in advance of the course.

COURSE ENTRY REQUIREMENTS

Entrance to the course is limited to current and valid ISSF B-Licence holders with a score of 75% and above. They will also require the recommendation of their national federation or the federation where they are currently employed.

The course is conducted through the English language only and no allowance will be made for translation. Candidates must be proficient in both written and oral English as they will be required to answer examination questions and to make PowerPoint presentations using the English language.

COURSE FEE & ADDITIONAL COSTS

The A-Course fee is €1,250 and includes the following:

- Shared accommodation at the ISSF Accredited Training Centre. Single room occupancy can be arranged for an additional supplemental fee with the ISSF Accredited Training Centre.
- Breakfast, Lunch and Dinner each day.

Not included in the course fee is the application fee for the course Licence that must be applied separately to ISSF Headquarters upon the successful completion of the course.

IOC/ISSF TRAINING SYSTEMS DEVELOPMENT COURSE

Olympic Solidarity in conjunction with the ISSF Training Academy presents a week-long course for National Federations and their senior coaching and administrative staff to develop and implement a national coaching structure for the Olympic shooting sports.



WHO IS THE COURSE FOR?

The course is ideally suited for senior federation management and staff in developing federations who need assistance and guidance in developing the shooting sports. Those who have decision-making responsibilities along with leadership roles including Presidents and Secretary Generals but also those charged with athlete development and the management of coaching.

SPECIFIC COURSE GOALS

The course is designed to inform and educate senior decision makers in our national federations of the options available to them in developing a system of support for coaching. The course aims to establish for each member federation attending through analysis of their current programmes and to determine the best potential solutions given their unique requirements.

The course will then take attendees through several sport development scenarios and with the aid of group workshops assist the attendees in choosing a best-fit programme for their federation needs.

During the course the scope of the programme is enhanced by specific workshops dealing with the major features of each programme and a step-by-step guide to implementing such a programme while tailoring it for any specific requirements identified by the federation in the analysis phase.

At the end of the course, attendees should leave with a template for implementing a functional training system for their federation. Progress of the federations and guidance is offered through a mentoring programme by the course tutors.

COURSE STRUCTURE

The course is designed in a modular basis and each module is designed to complete an objective of the course. At each stage students will add to their overall design for a training system for their federation. At the end of the course they will have a training system outline suitable for the needs of their federation.

COURSE OBJECTIVES

1. To provide the necessary skill sets to oversee the development of a national training system.
2. To provide different models that can be tailored to suit the requirements of the federation.
3. To provide a modular set of tools to allow the federation to develop their training plan.
4. To begin the process of identifying and documenting the needs of the federation through analysis.

COURSE DURATION & PREPARATION

The course is conducted over a four-day period in a residential setting at an ISSF Accredited Training Centre. Participants are asked to provide a short report on any coaching or athlete development programmes their federation might have in place. Participants should be prepared to present this report in an open workshop discussion with other participants.

COURSE ENTRY REQUIREMENTS

There is no entry requirement to the course other than the recommendation of their National Federation. The course is conducted through the English language only.

COURSE FEE & ADDITIONAL COSTS

The IOC/ISSF Training Systems Development Course is free to attendees due to grant aid from Olympic Solidarity and this includes the following:

- All Course books and guides in electronic PDF format.
- Shared accommodation at an ISSF Accredited Training Centre. Single room occupancy can be arranged for an additional supplemental fee with the ISSF Accredited Training Centre.
- Breakfast, Lunch and Dinner each day.
- Flights are at the participants cost but in certain cases financial assistance in covering the cost of flights to attend the course may be granted upon specific request to the ISSF.

ISSF TRAINING ACADEMY CONTACT INFORMATION

Details of future ISSF Training Academy courses can be found on the ISSF website and reports of previous courses at

www.issf-sports.org/academy

The training academy can be contacted through ISSF Headquarters in Munich.

ISSF Headquarters
Bavariaring 21
D-80336 München Germany
Phone: +49 89 544 355 0
Fax: +49 89 544 355 44

email: academy@issf-sports.org
web: www.issf-sports.org/academy

NOTES

A series of 20 horizontal dotted lines for taking notes.

