



FITA
Coach's
Manual

TRAINING PLAN

Module

Intermediate
Level



FITA Coaching Manual

Intermediate Level

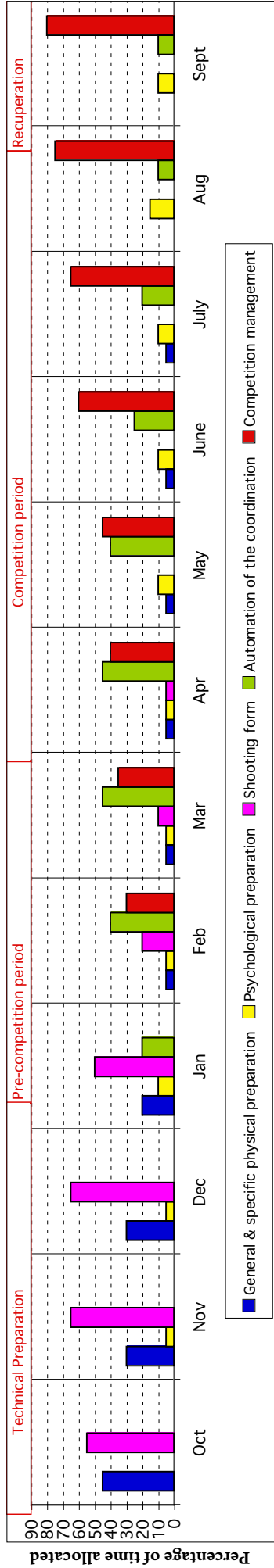
Module

TRAINING PLAN

Yearly Plan for Adults in Outdoor Target Discipline
Training distribution shown in percentage of time allocated

	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Objectives
General & specific physical preparation	45	30	30	20	5	5	5	5	5	5	0	0	1A et 1B
Psychological preparation		5	5	10	5	5	5	10	10	10	15	10	2
Shooting form	55	65	65	50	20	10	5						3
Automation of the coordination	0			20	40	45	45	40	25	20	10	10	4
Competition management	0				30	35	40	45	60	65	75	80	5
	100	100	100	100	100	100	100	100	100	100	100	100	

Yearly Plan for Adults in Outdoor Target Discipline



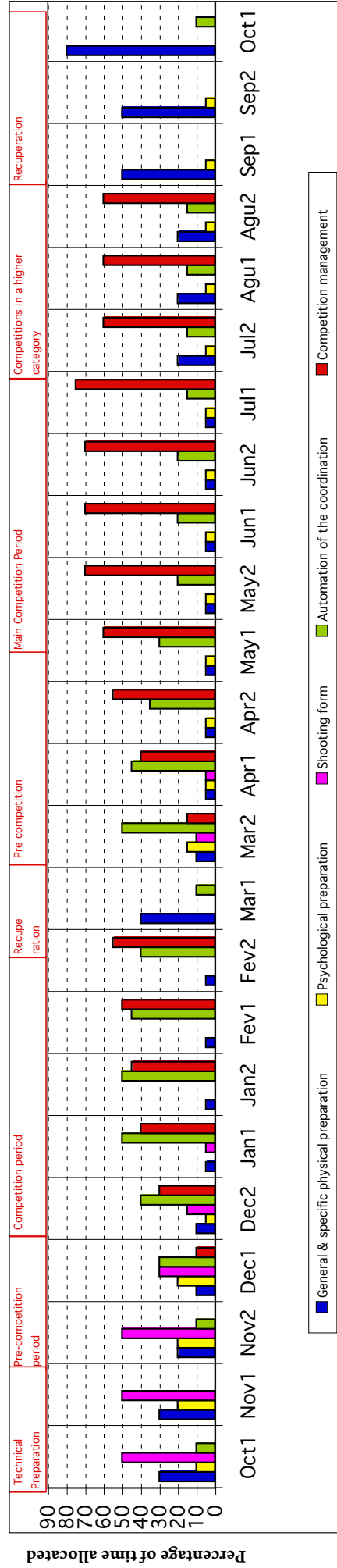
Objectives

1A	Important overall physical preparation at the beginning of the season and during the recuperation. Maintain a good fitness during the season.
1B	Important overall physical preparation at the beginning of the season and a little during the recuperation. Low during the season
2	Being able to master the basic techniques early in the season and the performance routines in the pre-competition.
3	Period for potential important technical changes early in the season (Oct., Nov.) then refinement of the gesture (March 2 - April 1)
4	Being able to progressively increase the quantity of arrows while keeping the quality of coordination (automate to perform)
5	Being able to maintain the quality of the coordination and the performance routines despite the stress of the competition situation: i.e. being competitive

Yearly Plan for Youth for Outdoor and Indoor Target Disciplines
Training distribution shown in percentage of time allocated

Per fortnight	Oct1	Nov1	Nov2	Dec1	Dec2	Jan1	Jan2	Feb1	Feb2	Mar1	Mar2	Apr1	Apr2	May1	May2	Jun1	Jun2	Jul1	Jul2	Agu1	Agu2	Sep1	Sep2	Oct1	Objectives
General & specific physical preparation	30	30	20	10	10	5	5	5	5	40	10	5	5	5	5	5	5	5	5	20	20	50	50	80	1A et 1B
Psychological preparation	10	20	20	20	5						15	5	5	5	5	5	5	5	5	5	5	5	5		2
Shooting form	50	50	50	30	15	5					10	5													3
Automation of the coordination	10		10	30	40	50	50	45	40	10	50	45	35	30	20	20	20	15	15	15	15	0	0	10	4
Competition management	0			10	30	40	45	50	55		15	40	55	60	70	70	70	75	60	60	60	0	0	0	5
	100	100	100	100	100	100	100	100	100	50	100	100	100	100	100	100	100	100	100	100	100	55	55	90	

Yearly Plan for Youth for Outdoor and Indoor Target Disciplines



Objectives

1A	Important overall physical preparation at the beginning of the season and during the recuperation. Maintain a good fitness during the season.
1B	Important overall physical preparation at the beginning of the season and a little during the recuperation. Low during the season.
2	Being able to master the basic techniques early in the season and the performance routines in the pre-competition.
3	Period for possible technical changes at the start of the season (Oct. Nov.), then small readjustments (March 2, April 1)
4	Being able to progressively increase the quantity of arrows while keeping the quality of coordination (automate to perform)
5	Being able to maintain the quality of the coordination and the performance routines despite the stress of the competition situation: i.e. being competitive