



# IFAF Beginners Training Schedule Checklist

Archer Name

Date

This training checklist enables both the Coach and Archer to check off the details and aspects as instructed.  
 The completed form can be handed to the Archer to assist in the completion of their online membership application.  
 A copy of this form should be retained by the coach/club for future reference

No.	Aspect	✓	Detail	✓
1	<b>Introduction</b>	<input type="checkbox"/>	Introduction to Archery, brief history of Archery Introduction to Club, IFAF and IFAA Overview of the training schedule Overview of expected outcomes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2	<b>Health and Safety</b>	<input type="checkbox"/>	<b>Housekeeping:</b> Range Safety Range Layouts; Overshoot Areas, Safety Zones Lines; Target, Shooting, Waiting Range Safety Commands Safety Rules and Commands Safeguarding and Adapting to Needs	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	<b>Preparation for Archery</b>	<input type="checkbox"/>	Appropriate Clothing and Footwear Check Hair, Jewellery, Piercings etc are safe Eye Dominance check Handedness and trainee preference <b>Preventing Injury;</b> Warm Ups and Cool Downs ( <i>Exercise Bands and Training Aids</i> )	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	<b>Introduction to Equipment</b>	<input type="checkbox"/>	Bracer, Tab, Glove, Finger Protectors Bow Length, Bow Length preferred values Establishing Maximum Starting (Safe) Draw Weight Accessories; Bow/Finger Sling, Chest Guard Point of Aim- Gap(BH, BB, TR, LB, HB) Aiming Mark (F/S) Tools and Spares	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5	<b>The Shoot Sequence (KSL II)</b>	<input type="checkbox"/>	Stance and Posture Nocking the Arrow Hooking and Gripping Mindset Set Up Drawing Anchoring Transfer to Holding Aiming and Expansion Release Follow Through Relaxation and Feedback	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6	<b>Collecting Arrows</b>	<input type="checkbox"/>	Safety Observation Range Clear Walk Safely Safety Radius Correct method of pulling arrows Carrying arrows safely	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7	<b>Shooting Practice</b>	<input type="checkbox"/>	<b>Shooting at short distances and moving back to build confidence</b> 20 feet 10 yards 15 yards 20 yards	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

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8	<b>Improving Shooting Technique</b>	<input type="checkbox"/>	<p><b>Technique Fundamentals</b>                      Shoot sequence                      DFL (Draw Force Line)                      ESAR (Eyesight Arrow Relationship)                      Bow Set up and Arrow Matching</p> <p><b>Methods for Correcting Arrow Impact;</b>                      Gap Shooting (Un sighted)                      Face and String Walking (Barebow)                      Sight adjustment (Freestyle)</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
9	<b>Knowledge of IFAA and IFAF Bowstyles</b>	<input type="checkbox"/>	BBR Barebow Recurve BBC Barebow Compound FSR Freestyle Limited Recurve FSC Freestyle Limited Compound FU Freestyle Unlimited BHR Bowhunter Recurve BHC Bowhunter Compound BL Bowhunter Limited BU Bowhunter Unlimited LB Longbow HB Historic Bow TR Traditional Recurve IFAF Trad Traditional Recurve <i>(Ireland Only)</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
10	<b>Knowledge of IFAA and IFAF Rounds</b>	<input type="checkbox"/>	IFAA Field Round IFAA Expert Field Round IFAA Hunter Round IFAA International Round IFAA Marked Animal Round (MA) IFAA Unmarked Animal Round IFAA Hunting Round (1 Arrow) IFAA Standard Round (2 Arrow) IFAA Indoor IFAA Flint-Indoor or Outdoor IFAF Standard Big Game (SBG) IFAF Clout IFAF Hunting Trail IFAF Popinjay	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
11	<b>General Scoring Rules</b>	<input type="checkbox"/>	General Scoring rules (in or out) How each round is scored How to complete a score card	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
12	<b>Preparing for a Field Shoot</b>	<input type="checkbox"/>	Field Shooting Etiquette Field Archery and Range Safety Working in Groups <b>Roles and Responsibilities</b> Captain-Scorer-Scorer-Searcher Arrow Spotting/Sighting Arrow Retrieval and Safety <b>Preparing for a Field Shoot:</b> Arrow Marking and numbering Equipment Set up for the round Getting Sight Marks and Gaps Practice shooting in Groups Practice Walkups and Fan Shots Practice Distance Judging Know the Tournament Rules Shoot Location, Travel Time, Weather Forecast Appropriate clothing for the conditions <b>Rest Well, Sleep Well, Eat Well</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Coach:

Level:

IFAA No.: