

## ISSF EDUCATION REFORM PLAN

Three coach licenses are established for those who complete successfully either an ‘outcome-based path’ or an ‘educational-based path’. The first basic level is the ‘ISSF National Coach’ license. The second more advanced level is the ‘ISSF Coach’ license. The third highest level is the ‘ISSF Coach Pro’ license.

### ISSF National Coach

#### Outcome-based path

The ISSF National Coach license is awarded upon application to the ISSF Member Federation to the acting coaches who currently possess a C license.

#### Educational-based path

National Federations with Continental Confederations organize both theoretical online lectures and practical lessons at sport venues in form of training camps (duration to be established). Theoretical lessons are taken online from ISSF website and can be supervised by:

- (a) Head Tutors,
- (b) coaches who currently have an A license, or
- (c) ISSF Coach Pro coaches

**Note:** In order to supervise above mentioned theoretical lessons, both A licensed and ISSF Coach Pro coaches need to have undertaken and successfully passed a three- / four-day National Coach Tutor Course held by the Head Tutors of the three Shooting Disciplines and Sport Science.

To maintain their status and functions of ISSF National Coach Tutors, both A licensed and ISSF Coach Pro coaches need to attend every four years a two-day refreshing Course held and organized by the Head Tutors of the three Shooting Disciplines and Sport Science.

Course study materials of the Head Tutors of the three Shooting Disciplines and Sport Science are published in different languages—namely, English, French, Spanish, Russian, Arab, and Chinese—and made available from the ISSF website. The online study materials are intended to facilitate the acquisition of the theoretical knowledge.

To attain the ISSF National Coach license, participants need to successfully complete a final exam.

This involves:

- an online test comprising a number of open-ended and/or multiple-choice questions in the languages mentioned above, and
- a practical exam conducted during the above-mentioned training camps.

\* Maximum number of students for practical part of education is 12 per discipline (rifle, pistol, shotgun).

## **ISSF Coach**

### **Outcome-based path**

The ISSF Coach license is awarded upon application to the ISSF Member Federation to the acting coaches who:

- (a) currently possess a B license, or
- (b) reached an Olympic or World Championship final with Senior shooters involved in an Individual or a Mixed Team Olympic event.

### **Educational-based path**

The educational-based path involves both theoretical online lectures and practical lessons at sport venues in form of training camps (duration to be established).

Theoretical lessons are taken online from ISSF website and can be supervised by the Head Tutors of the three Shooting Disciplines and Sport Science.

Course study materials and self-evaluation questions are prepared and provided by the Head Tutors. Study materials and self-evaluation questions are published in English and made available from the ISSF website to enable participants achieve a basic theoretical preparation.

To attain the ISSF Coach license, participants need to successfully complete a final exam. This involves:

- an online test comprising a number of open-ended and/or multiple-choice questions in English language, and
- a practical exam conducted during the above-mentioned training camps.

\* Maximum number of students for practical part of education is 12 per discipline (rifle, pistol, shotgun).

The ISSF Coach License has no time limit.

## **ISSF Coach Pro**

### **Outcome-based path**

The ISSF Coach Pro license is awarded upon application to the ISSF Member Federation to the acting coaches who:

- (a) currently possess an A license, or
- (b) prepared an Olympic or World Championship medal winner Senior shooter involved in an Individual or a Mixed Team Olympic event.

### **Educational-based path**

The educational-based path involves both theoretical online lectures and practical lessons at sport venues in form of training camps (duration to be established).

Course study materials and self-evaluation questions are prepared and provided by the Head Tutors of the three Shooting Disciplines and Sport Science.

Study materials and self-evaluation questions are published in English and made available from the ISSF website to enable participants attain a basic theoretical preparation before the Course.

The areas covered in the study materials draw upon and develop the contents of the ISSF Coach Courses.

During the classroom Courses, participants are involved in interactive discussions regarding the topics covered in the online study materials and self-evaluation questions.

Intervention plans and programs for shooters are developed through task assignments, workshops, practical simulations, and teaching activities.

To attain the ISSF Coach Pro license, participants need to successfully complete:

- an oral exam and
- a practical exam at the end of the Course (training camp).

\* Maximum number of students for practical part of education is 6 per discipline (rifle, pistol, shotgun).

The ISSF Pro Coach License has no time limits.

## **Organization of the Courses**

The practical courses will be organized in different parts of the world and held in the local language in order to encourage the participation of the local attendees as much as possible. These courses should preferably gather participants from three or more countries of the same language.

In special cases, separate courses can be organized in the local language of a country if the language is spoken only in that country. Alternatively, participants from different countries can participate in the same course held in English.

Courses are organized, managed, and governed by the Continental Confederations upon ISSF approval.

In order for the participants to receive the same quality of education, the organizing Confederation must use the teaching materials and follow the coaching methods provided by the ISSF.

### **HEAD TUTORS**

- Sport Science - Prof. Claudio Robazza
- Rifle - Goran Maksimovic
- Pistol - Zeljko Todorovic
- Shotgun – Diego Gasparini

### **COURSE STUDY MATERIALS**

1. There are 2 levels of the course study materials:

- The first level – for the ISSF National Coach License;
  - The second level – for the ISSF Coach License.
2. The content of the first level will cover the fundamentals of each shooting discipline and the basic knowledge of the sports science. The Head Tutors will provide specific materials for each shooting discipline and sport science to enable students to acquire basic theoretical knowledge and coaches skills to be applied in practice.
- The content of the second level will be aimed to provide students with more advanced knowledge of the shooting disciplines and sport science, as well as a higher level of coaching skills to be transferred into in a practical context.
- Each course will consist of about 100 pages, including the online content, practical sessions' materials, questionnaires and exams.
3. The first level materials must be produced by the end of August 2020.  
The second level materials must be produced by the end of October 2020.

## **TOPICS FOR COURSE 1**

### **Course 1: Rifle Topics**

#### ***Theoretical contents***

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

- Standing
  - Prone
  - Kneeling
1. Biomechanical analysis of the position
  2. Feet, legs and hips position
  3. Position of the back and shoulders
  4. Left arm and elbow position
  5. Right arm position
  6. Position of the head
  7. Position of the butt plate in the shoulder and length of the rifle stock
  8. Body balance, rifle balance & balance system shooter-rifle
  9. Various position modifications in relationship with body constitution of the shooter
  10. Position and size of the shooting cushion
  11. Length of the sling
  12. Differences in position between AR and FR

#### ***Practical activities in the field based on the above theoretical contents***

1. Methodology of approaching and taking shooting position
  - Standing
  - Prone
  - Kneeling
2. Establishing middle line of position
3. Establishing "Zero Point" in the middle of the target
4. Position correction, for each position
5. Correction of the sighting elements on the rifle & sling corrections
6. Exercises for developing basic shooting skills
7. Work with beginners – didactical approach, sitting position, standing position with support
8. Developing Shooting School System

## **Course 1: Pistol Topics**

### ***Theoretical contents***

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.

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

### ***Practical activities in the field based on the above theoretical contents***

1. Methodology of approaching and taking shooting position
  - Air Pistol
  - Sport Pistol
  - Rapid Fire Pistol
2. Establishing middle line of position
3. Establishing "Zero Point" in the middle of the target
4. Position correction, for each discipline
5. Corrections of the grip, and proper grip fitting
6. Exercises for developing basic shooting skills
7. Work with beginners – didactical approach, sitting position, standing position with support
8. Developing Shooting School System

## **Course 1: Shotgun Topics**

### ***Theoretical contents***

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.

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

### ***Practical activities in the field based on the above theoretical contents***

1. Methodology of approaching and taking shooting position
2. Position correction, for each discipline
3. Corrections of the shotgun grip, and proper gun fitting
4. Exercises for developing basic shooting skills
5. Work with beginners – didactical approach, skeet position, trap position
6. Developing Shooting School System

## **Course 1: Sport Science Topics**

### ***Theoretical contents***

1. Motivational climate for optimal learning and performance
2. Performance profiling
3. Goal setting: process, performance, and outcome goals
4. Communication and coach-athlete interaction
5. Instructions and feedback for skill learning and improvement
6. Principles of physical training

### ***Practical activities in the field based on the above theoretical contents***

1. Establishing a functional motivational climate for learning and performance
2. Executing shooting tasks based on individualized process, performance, and outcome goals
3. Communicating effectively with the athletes
4. Providing the athletes with effective instructions for learning and improvement
5. Providing the athletes with performance reinforcement and feedback
6. Providing the athletes with effective feedback for error correction



## **TOPICS FOR COURSE 2**

### **Course 2: Rifle Topics**

#### ***Theoretical contents***

1. Aiming & Sighting Technique – Standing, Prone & Kneeling
2. Triggering Technique – Standing, Prone & Kneeling
3. Breathing Technique– Standing, Prone & Kneeling
4. Shooting in different weather conditions
5. Weapon maintenance

#### ***Practical activities in the field based on the above theoretical contents***

1. How to aim
2. Size of the ring and opening of the blend
3. Approaching center of the target
4. Grip and gripping
5. Aiming – Breathing coordination
6. Detecting critical point based on shot group
7. Detecting critical points based on rifle recoil
8. Corrections of the most common mistakes
9. Tactics in shooting
10. Shooting diary
11. Use of optoelectronic equipment
12. Weapon and ammo testing

## **Course 2: Pistol Topics**

### ***Theoretical contents***

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
8. Shooting in different weather conditions
9. Weapon maintenance

### ***Practical activities in the field based on the above theoretical contents***

1. How to aim and sight
2. Approaching center of the target
3. Grip and gripping
4. Detecting critical point based on shot group
5. Corrections of the most common mistakes
6. Tactics in shooting
7. Shooting diary
8. Use of optoelectronic equipment
9. Weapon and ammo testing

## **Course 2: Shotgun Topics**

### ***Theoretical contents***

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

### ***Practical activities in the field based on the above theoretical contents***

1. How to determine when to move to the target
2. Good and bad components of different styles
3. Shooting in different weather conditions
4. Corrections of the most common mistakes
5. Tactics in shooting
6. Shooting diary
7. Use of video equipment
8. Ammo testing

## **Course 2: Sport Science Topics**

### ***Theoretical contents***

1. Motor abilities and skills
2. Motor skill learning and performance
3. Massed and distributed practice
4. Constant and variable practice
5. Blocked and random/serial practice
6. Whole and part practice
7. Scheduling and planning activities
8. Mental practice
9. Breathing and muscle tension/relaxation techniques for arousal self-regulation

### ***Practical activities in the field based on the above theoretical contents***

1. Establishing instructional priorities according to the stages of learning
2. Applying drills according to the principle of constant and variable practice
3. Applying drills according to the principle of blocked and random/serial practice
4. Combining practice variability and contextual interference principles
5. Using mental practice and self-regulation techniques