

# **SOUTH EAST REGION TRAINING TEAM**



## **Instruction & Coaching in Small-bore Disciplines**

### **Benefits of Instruction and Coaching**

Here are two basic questions for you, but you don't have to share your answer with anyone but yourself:

*Qu 1 Do you want to shoot better than you do now?*

*Qu 2 Are you prepared to devote some time helping other shooters to improve?*

If the answer to either question is YES, then there is one inescapable means of achieving that – TRAINING.

Let's look at how this might be relevant in your club.

What happens when a newcomer joins? Most clubs have some form of induction as part of the probation period. But what should we mean by induction?

Of course we must cover range and general safety, club rules, basic shooting position, first stages of grouping and, perhaps for some all too soon, the transition to 10 bull cards (at 25 yds or equivalent). But if we leave it there and then let them fend for themselves 'like we all had to in 1900 and frozen to death' then we are probably leaving the job only half done.

Some clubs operate a form of 'buddying' after induction is completed. A more experienced shooter is buddied with the novice and tries to

help them settle into the club routines. Great stuff. And it would be even better if those experienced shooters were qualified instructors. Then we could really see a continuous process from learning the basics through to shooting in their first league teams – and ideally, beyond.

But to achieve that we need more, qualified, instructors in all clubs. To become a qualified instructor involves a two-day (usually over a weekend) course. Assessment is made during the course itself.

Now let's think about those shooters who are more experienced but want to improve further. The proven, best way for them is to seek help from a qualified club coach. That coach will work up a training plan which might last a few weeks or a few months, to try to achieve what the shooter and coach agree to be realistic ambitions. And so we enter the fascinating and often ignored world of 'Training'.

But to do that effectively we need many more qualified club coaches. Coaching is not the same as instruction. The coach guides the shooter through short, medium or longer term training programmes to address specific aspects of shooting that will improve that shooter's performance.

To become an NSRA qualified club coach involves a two day course and a further day for assessment. The coach course focuses on the art of coaching shooters and assumes a reasonable knowledge of the technical aspects of shooting. So we require candidates for the club coach course to already be qualified instructors.

And does it stop there? Well, no. For those who wish to become more deeply involved in helping to improve other shooters' performance, there are opportunities to become county coaches, regional coaches (the most senior small bore qualification in the UK) and perhaps be selected as national/international coaches.

The South East Region Training Team was established by three volunteers, all of whom are regional coaches. to run courses on behalf of the NSRA. Contact details are at the end of this leaflet, or look on the NSRA website.

## **NSRA Club Instructor Course**

Please note that Club Instructor courses run by SERTT are available in two formats. The basic course leads to qualification as a Prone Rifle Instructor and lasts a complete weekend. Those wishing to specialise in 3P may opt to attend a further day session to gain the additional qualification of 3P Rifle Instructor, but they must first complete the basic course. The fee per candidate for the Prone Instructor course is currently £175.00 and the additional 3P course is a further £75.00. NSRA Registration fees are included in these charges. The latter is of interest to relatively fewer candidates and thus the cost per head has to absorb fixed costs of room hire etc.

Different costs may apply to courses run locally.

The course combines theory with practical sessions, although not live firing, and all candidates are encouraged to bring along their shooting kit.

## **NSRA Club Coach Course**

The NSRA Club Coach course is designed to build on the technical knowledge and experience of club instructors (in a range of small-bore disciplines) to develop coaching skills so that shooters may be helped to further improve their performance. Coaching is non-discipline specific and it is common to find candidates from air weapons disciplines alongside prone and 3P small bore shooting instructors. The course is delivered in a weekend plus a further day for assessment. The fee per head is currently £230.00.00 including NSRA Registration and CRB check.

Costs may vary for courses delivered locally.

Courses combine theory with practical aspects of the coaching role. All candidates are encouraged to bring along their shooting kit.

## **NSRA County Coach Course**

This qualification is a crucial step in your coaching career as this enables you to deliver club instructor and club coach courses, as well of course as working with shooters at county level.

The course is delivered over two weekends, with a further day for the first part of assessments. Successful candidates are then required to complete a 9 week training programme with a shooter of their choice and submit the details and outcomes to NSRA (Dave Froggett) for final assessment.

The course focuses on more in-depth aspects of coaching, including systematic evaluation of a shooter's whole approach, through to use of training aids such as Scatt and production of training plans.

The cost per candidate is currently £325.00 including NSRA registration.

Entry qualification is a club coach qualification and some reasonable experience of coaching at club level.

### **South East Region Training Team**

**Ray Pullen; Tony King; Bert Bertoloni**

Please contact Tony King on 01582 485009 or [tony.king@gbtsf.co.uk](mailto:tony.king@gbtsf.co.uk)

Produced by SERTT. 5<sup>th</sup> December 2019

### **Instructor and Coach Courses**

**SERTT Programme for 2020, see the NSRA Web Site**

**All courses are currently run at NSRA HQ, Bisley Camp.**

**Contact: Tony King on 01582 485009 or**

**[tony.king@gbtsf.co.uk](mailto:tony.king@gbtsf.co.uk)**