



## KSL Archery Camp + International Coach Certification Course

*Milan, Italy : September 21st - 27th*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00		Seminar #1 /KSL Shot Cycle_Principle	Review from yesterday sessions	Seminar #3 / Self Coaching Skill	Seminar #5 / HPP Presentation	Seminar #6 / Equipment	Coach Level 1 TEST *Review **TESTING ***EXAM Review  **** Presentation
10:00			Seminar #2 /KSL Shot Cycle_ Software				
11:00							
12:00 PM			Lunch	Lunch			
1:00 PM			S #3 / Video and Individual Form Evaluation	Seminar #4 / Elite Coach's Experience	Lunch	Lunch	
2:00 PM	Arrive	Seminar #1-2 / KSL Shot Cycle_Principle	PS #4 / Proprioception Drill @ 30M * 6 Ends	PS #7 / Gold Game(25)	Special Presentation from Elite Coaches	Closing Practice & Q&A Session	Level 2 TEST #1 Level 2. TEST # 2
3:00 PM			PS #1 / How to do SPT PS #2 / Stationed Training Session of KSL Shot Cycle #	PS #5 / Group Software Training Seesion	PS #8 / Team Round Matches		PS #10 / Competition Drills - Aiming off in Wind. Timing drills, How to Control your Competition Anxiety?- Aim Off Gold Game.
5:00 PM		Debriefing Session	Debriefing Session	Debriefing Session	Debriefing Session		Camp Dismissal
		Dinner				Coach Certification Practice	Dinner
6:00PM		Biomechanics in Archery	Coach's EYE / Technical Points #1	Coach's EYE / Technical Points #2		Coach Philosophy	
8:00PM							

### REMARK

- \* The KSL International Coach Level 1 & 2 Course will also be held during the camp (at night).
- \* The schedule could be subject to change.
- \* PS # : Practical Sessions
- \* Lunch and dinner times are flexible.
- \* Sky-blue highlighted sessions indicate the coaching course.