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| 1. | Mental Toughness – from performance of winning | Building an Eco System.  
Mental Toughness – Signs and Symptoms  
Mastering Relaxation & Visualization.  
Element of Mental Strength  
Inner Zone & Takeaways. |
| 2. | Scouting of Cadets | Talent Detection  
Talent Identification.  
Talent Development  
Talent Selection  
Competition Participation. |
| 3. | Equipment Tuning & Bow Setup – Recurve | Initial set up.  
Alignment of the bow and arrow.  
Basic tuning.  
Fine tuning of Recurve Bow  
Reading the Arrow Flight |
| 4. | “Expansion”. This is the name World Archery use for the action to get the click or trigger | Expansion.  
Key element for Expansion.  
Archery Action during Expansion.  
Aiming Eye and Sight.  
Force maintain in both Shoulder. |
| 5. | Equipment tuning & Bow setup – Compound. | Introduction of Bow  
Axle to axle.  
Draw Length  
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Infrastructure Support.  
Mental Toughness – What Korean say.  
Biomechanics. |
Visualization.  
Focus.  
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Confidence. |
| 8. | GTMT (Periodization & Training Plan) | Periodization Theory  
Why do we Train?  
How to Develop a periodized Trasining Plan.  
Hierarchy of training.  
Periodized Training Plan.  
Components of annual training plan.  
Distribution of volume & intensity in plan. |
Archers’s skills.  
Goal setting.  
Stress Management.  
Familiarization to stressful situations. |
| 10. | Bio Mechanics | What is Biomechanics?  
Newton’s Laws of Motion.  
Role of Biomechanics in Archery.  
Force and Energy.  
Energy Transfer in Archery. |
Fluid Intake.  
Health tips to improve Archery.  
Dangers of Dehydration.  
Determinates of Performance. |
Safety First.  
Fundamental steps of Archery  
Free hand shooting.  
Physical & Mental training. |
Classification.  
Physical Conditioning.  
Common Injuries.  
Prevalence of Injuries in Archery. |
Mind Tuning of Archer.  
Mind Rituals in Archery.  
Mind Oaths.  
What are we up to for an Olympic Medal? |
| 15. | Assessment & Muscular Skeletal Correction for Archers. | Body Screening (Grassroot – Olympians)  
Medical Evaluation.  
Functional Movement Screening.  
Biomechanics for tests.  
Fitness Evaluation. |
| 16. | Unlocking your brain. | What is mind coaching in Archery?  
What is REIKI?  
What is NLP (Neuro Linguistic Programming)  
Meditation & Pranayama – to increase creativity of mind.  
EFT (Emotional Freedom Technique)  
Practice of turning negativity to positivity. |
SPT (Specific Physical Training)  
Importance motor skills for Archery (Strength, Endurance, Flexibility, Coordination).  
Core Strength.  
General Training programme (Beginner, Intermediate, Elite). |