



Resources for Coaches found in the Member Dashboard

For coaches, this week let's take a look at Chang Hyun Ko's presentation of *Performance in the New Generation* from the 2019 USA Archery National Symposium. Chang is a Human Performance Consultant that works with the U.S. military. In this interesting presentation from the symposium, he shares his experiences on the factors that benefit performance specifically with the younger generation of athletes.

The second resource is a great article from Level 5-NTS Coach Linda Beck on coaching during the coronavirus. Coach Beck offers some great insight and tips on coaching virtually and as ranges and clubs start to open up again. This complements our third resource which was shared last week as a Club Resource. Many of you have had to pivot with your coaching sessions and do different things. Please check out that information on different platforms and applications that will assist in virtual coaching sessions.

For the fourth resource, check out this short video with Geno Auriema, head coach of the women's basketball team at the University of Connecticut. Ask yourself, how can you make practice harder for your athletes right now? What ways can you make it fun and interesting? Consider having your athletes participate in the Train to Win Challenge listed in the athlete resources.

Resource 1: [Chang Hyun Ko - Performance in the New Generation](#)

Resource 2: [Linda Beck - Coaching During COVID 19](#)

Resource 3: [At Home, Vol. 06. Club Resources](#)

Resource 4: [Geno Auriema - Make Practice Hard](#)