



ISSF ACADEMY

UPDATE TO FEDERATIONS
ROME 30TH NOV 2024

Vesa Nissinen
Director
ISSF Academy

ISSF ACADEMY VISION

To be the number one Sports Academy offering high quality education services through modern technology and global networking.





<https://www.issf-academy.com/people.html>



DIRECTOR



HEAD OF TRAINING



HEAD OF ADMIN

RESEARCH DIRECTOR



SERVICES

DISCIPLINES

COACH EDUCATION

OTHER EDUCATION



SHOTGUN TEAM



RIFLE TEAM



PISTOL TEAM



PARA/RT/OTHER



SPORT SCIENCE

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LEARNING PLATFORM

FINANCE AND SOURCING

CONTRACTS & LEGAL ISSUES

MARKETING & RELATIONS



COACH EDUCATION IMPLEMENTATION PLAN

D

C

B

A

TYPICAL ENVIRONMENT

LOCAL / REGIONAL

NATIONAL / INTERNATIONAL

TYPICAL ATHLETE

BEGINNERS / JUNIORS

CHALLENGER OR NATIONAL TEAM

LEVEL OF COMMITMENT

HUBBY / VOLUNTARY

ACTIVE COACH

ACCUMULATIVE
COMPETENCE
AND "KNOW-HOW"

BEST POSSIBLE SHOOTING TECHNIQUE
COACH DEVELOPMENT
BASICS OF SPORT SCIENCE

PROFESSIONAL TRAINING ENVIRONMENT
THE ART OF WINNING
PROFESSIONAL COACH

TARGET GROUP

INDIVIDUAL / SMALL TEAM

DISCIPLINE TEAM / NETWORK

TIME INVESTMENT

50 HRS

50 HRS

70 HRS

100 HRS

TIME TO PASS THE COURSE

3 + 3 MONTHS

3 + 9 MONTHS

Making shooting family bigger and more global

Making more professional coaches

ISSF ACADEMY OPERATIONAL FROM MARCH 2024



ISSF
ACADEMY

MARCH: Getting organised and recruiting first people (www.issf-academy.com)

APRIL: Preparing the learning platform, planning for D Courses

MAY: Starting Pilot D course in Rifle, Pistol and Shotgun (60)

JUNE: Compiling the information about existing ISSF Coach Licenses

JULY: Finalising the Pilot Courses, participating Paris Olympics

AUGUST: Evaluating the Pilot Courses, recruiting new people

SEPTEMBER: Start D Courses: Rifle(140), Pistol(130) and Shotgun(70)

OCTOBER: Planning for the C Course, creating network

NOVEMBER: Approaching Olympic Solidarity, APP creation



**MERIT-BASED
LICENSES**



ISSF ACADEMY YEAR 2025 MAIN PLAN



➤ COACH EDUCATION

- D Courses continue on a constant basis according to applications
 - Helping federations with Olympic Solidarity courses
 - Working together with Confederations for shared courses
- C Courses start in January, first 300 to be trained by May
- First B Course (hybrid), live week at 1st to 5th September
- First A Course (hybrid) in connection to World Cup Finals (November?)

➤ OTHER EDUCATION UNDER PLANNING

- Sport management and leadership
- Women in sports
- Open seminars

➤ OTHER ACTIVITIES ON THE WAY

- APP development
- Service study from federations and confederations
- Network enhancement
- Partnership building and cooperation



ISSF ACADEMY D COURSE SYLLABUS

- ADEL COURSE PASSED BEFORE THE START -



WEEK 1

COURSE OPENING

- INTRODUCTIONS
- SHORT HISTORY
- SAFETY RULES
- LEARNING GOALS
- GOOD COACH
- HOUSE RULES

WEEK 2

TECHNIQUES 1

- GUNS
- EQUIPMENT
- BASIC RULES
- COMPETITIONS
- POSITIONS
- TASKS

WEEK 3

TECHNIQUES 2

- ANATOMY OF A PERFECT SHOT
- FINDING THE POSITION/STANCE
- VARIATIONS
- TASKS

WEEK 4

TECHNIQUES 3

- REPETITION
- UPPER BODY AND HEAD
- AIMING
- TRIGGERING
- TASKS

WEEK 5

TECHNIQUES 4

- REPETITION
- BODY BALANCE
- BASIC REHEARSALS
- PROBLEMS
- TASKS

WEEK 6

TECHNIQUES 5

- DISCIPLINE BASED NEEDS TO APPROACH MORE THAN ONE PART OF DISCIPLINE
- TASKS

WEEK 7

TECHNIQUES 6

- DISCIPLINE BASED NEEDS TO APPROACH MORE THAN ONE PART OF DISCIPLINE
- TASKS

WEEK 8

TECHNIQUES 7

- DISCIPLINE BASED NEEDS TO APPROACH MORE THAN ONE PART OF DISCIPLINE
- TASKS

WEEK 9

SPORT SCIENCE 1

- PSYCHOLOGY
- MENTAL TRAINING
- STRESS MANAGEMENT
- TASKS

WEEK 10

SPORT SCIENCE 2

- PHYSIOLOGY
- PHYSICAL TRAINING
- STRETCHING
- HEALTH ISSUES
- TASKS

WEEK 11

WRAP UP

- REPETITION
- FINAL EXAM
- Q&A

WEEK 12

FEEDBACK

- PERSONAL DISCUSSION
- COURSE EVALUATION
- C COURSE INFO

ISSF ACADEMY C COURSE SYLLABUS

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
COURSE OPENING (VN)	SHOOTING TECHNIQUES 1	PHYSICAL TRAINING 1	MENTAL TRAINING 2	NUTRITION AND HYDRATION	SLEEP AND HEALTH (JG)
DEEP COACH® FIRST PART (VN)	MENTAL TRAINING 1	PLANNING TRAINING (JLD)	DEEP COACH® SECOND PART	PHYSICAL TRAINING 2	MENTAL TRAINING 3
WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
SKILL ACQUI- SITION 1 (JB)	SHOOTING TECHNIQUES 2	SKILL ACQUI- SITION 2 (JB)	PHYSICAL TRAINING 3	MENTAL TRAINING 6	FINAL EXAM FEEDBACK (VN)
DEEP COACH® THIRD PART	MENTAL TRAINING 4	MENTAL TRAINING 5	DEEP COACH® FOURTH PART	PLANNING TRAINING 2	COURSE ENDING (VN)

[Coaching Education](#)[People](#)[FAQ](#)[Contact Us](#)[Merit Based Licence](#)

Welcome to ISSF Academy

Pioneering a new era in education through
inclusivity and modern approaches

[Course D registration](#)[Course C registration](#)[Merit based license](#)[Subscribe to Newsletter](#)[Contact us](#)

www.issf-academy.com



Flexibility

The students can access high-quality materials anytime, anywhere, allowing them to fit learning around their own schedules



Accessibility

The course is accessible from anywhere in the world, enabling individuals from various geographical regions to participate.



Low cost

An online course is generally less expensive than a traditional face-to-face course, as it eliminates the need for transportation, accommodation, and taking time off work, among other expenses.



Enhanced interaction options

Our platform offers discussion forums and chat features that facilitate direct interaction between students and instructors.



Motivational support

Instructors provide motivational support, drawing upon years of experience in online training and education.



Flexible task deadlines

Practical tasks come with ample time to complete them, accommodating the varying schedules of participants.



Online consultations

Instructors are available for online consultations between lessons directly through the platform.



Rapid assistance

Students can receive almost immediate assistance with issues encountered on the shooting range or during individual study, either through the platform or via communication apps.



Extensive individual consultation opportunities

There is almost no limit to the individual online consultations available. (Additional consultations can be purchased if needed.)

WHY ONLINE?



The ISSF Academy is crucial for the future of shooting sports for several reasons:



- ▶ **Coach Training and Development:** The Academy provides standardized training, ensuring the professionalism and quality of coaches. Well-trained coaches can guide and develop athletes more effectively, enhancing the overall level of the sport and its international competitiveness.
- ▶ **Knowledge Sharing:** The Academy acts as an international hub for knowledge exchange, sharing best practices and innovations. This helps athletes and coaches stay up-to-date and leverage the latest research and techniques, which is especially important for Olympic disciplines.
- ▶ **Unified Standards and Ethical Values:** The ISSF Academy promotes consistent coaching standards and ethical values in shooting sports. This creates a foundation for sustainable development, with athletes and coaches from all countries adhering to similar ethical guidelines and goals.
- ▶ **Supporting the New Generation:** The ISSF Academy attracts new, motivated coaches and athletes to the sport. This is essential for the continuity of shooting sports, as engaging young athletes and coaches ensures the sport remains vibrant in the future.
- ▶ **Maintaining Olympic Status:** As an Olympic sport, shooting requires highly skilled coaches and competitive athletes. The ISSF Academy's training programs help maintain the high standards of the sport, which is critical to securing its place in the Olympic Games.
- ▶ **Strengthening International Cooperation:** The ISSF Academy brings together coaches and athletes from around the world, fostering international collaboration. In this way, the Academy builds a strong, cohesive shooting sports community where knowledge and expertise are freely shared.



Managing an ISSF Academy through an external partner is more effective than through a large international organization for several reasons:

- ▶ **Faster Decision-Making:** External partners tend to be more agile, allowing quicker responses to changing needs and conditions without requiring every decision to go through complex, lengthy approval processes.
- ▶ **Reduced Bureaucracy:** International organizations are often large and complex, leading to extensive administrative procedures and bottlenecks. An external partner can operate more flexibly without the burden of heavy bureaucracy.
- ▶ **Financial Efficiency:** An external partner, especially a private company or smaller organization, may manage financial resources more efficiently and find cost-effective solutions, minimizing organizational overhead costs.
- ▶ **Focus on Core Objectives:** International organizations usually handle a broad array of responsibilities, while an external partner can focus exclusively on developing and managing the academy without competing priorities.
- ▶ **Innovation and Flexibility:** External partners, particularly private entities, are often more open to new ideas, techniques, and training models. This openness enables continuous improvement and faster adoption of new methodologies.
- ▶ **Reduced Political Influence:** International organizations often face internal and external pressures that can influence decision-making. An external partner can focus on core operations without being impacted by international or national interests.

ISSF ACADEMY D COURSE

COURSE ADMIN MBA KAROLIINA NISSINEN

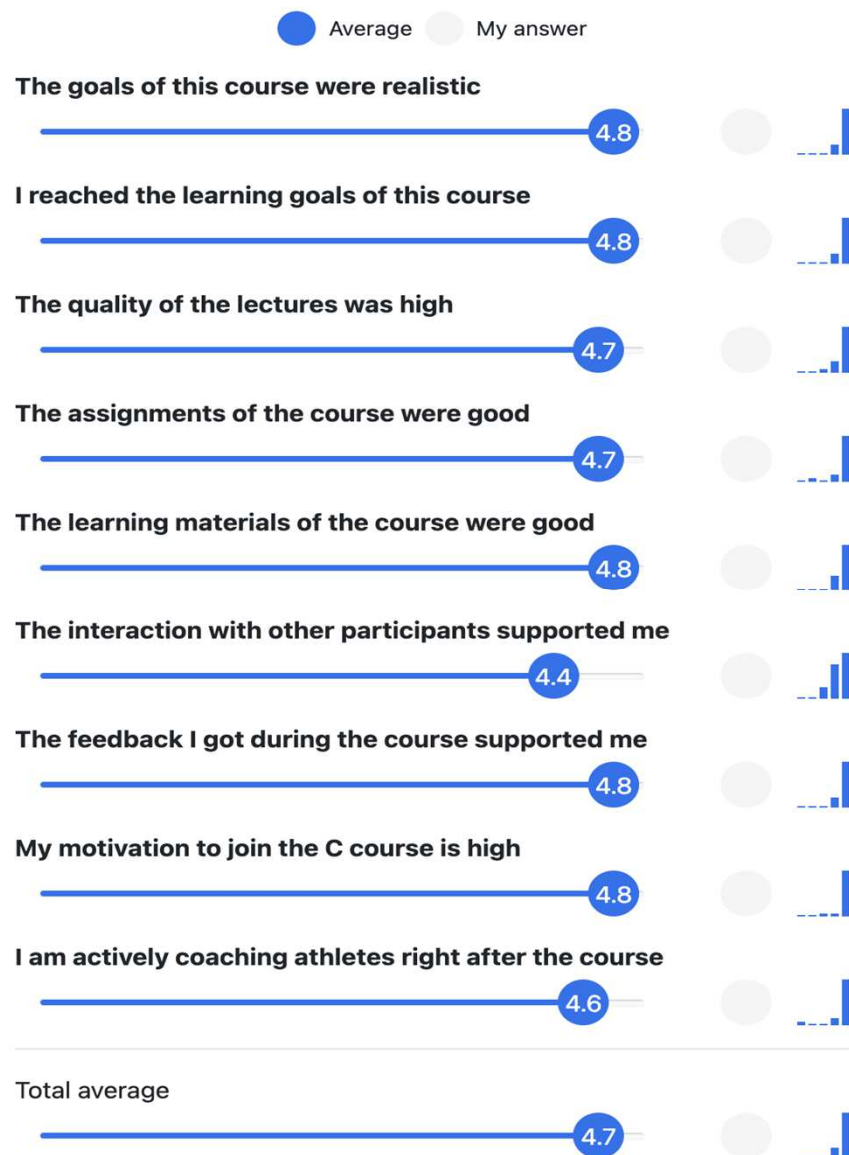


D COURSE BASIC LEARNING SOLUTION

1. The course takes 12 weeks -> student workload 4 - 5 hours/week, flexible possibility to do the tasks according to personal schedule
2. The basic structure of an online study week is:
 1. Live lecture 90 minutes (can be recorded)
 2. Personal assignment -> making a short video with smart phone or some other task (normally a gun is needed)
 3. Loading the video to the learning platform and participating the group discussions
 4. Updating personal learning diary and giving feedback about the week



D COURSE PILOT COURSE FEEDBACK



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Participants in the dialogue expressed their satisfaction with the breadth of knowledge covered, the interactive lectures, and the lecture on periodisation. They also appreciated the discussions, different coaching styles, and the practical tips provided. The course was well-designed and improved their teaching skills. The visualisation and mental aspect were particularly liked.

❖ Hybrid Course

- ❖ Online phase + contact phase
- ❖ First Execution Q3/2025 (first week of SEP)
- ❖ 70 hrs workload for participant
- ❖ Contact Phase one week
 - ❖ In Confederations
 - ❖ Multi-discipline shooting arena with accommodation
- ❖ Main Theme: How to create a Professional Training Environment for a shooter
 - ❖ Lessons learned from D and C level
 - ❖ Coaching Experiences - Skill Cap Analysis
 - ❖ Coach 360° Feedback and Development Plan
 - ❖ Preparations for A Course

ISSF ACADEMY B COURSE PLAN



ISSF ACADEMY A COURSE PLAN

- ❖ **Hybrid Course**
 - ❖ Online phase + contact phase
- ❖ First Execution Q4/2025
- ❖ 100 hrs workload for participant
 - ❖ Research Paper
- ❖ Contact Phase one week
 - ❖ Connected to WC FINALS
- ❖ Main Theme: Coaching a Winner
 - ❖ Competition performance (Finals)
 - ❖ Special lectures
 - ❖ Knowledge Sharing & Network
 - ❖ Research Papers
 - ❖ ISSF Academy positions



Visit us:



issf-academy.com

+358 40673224

(Whatsapp)

info@issf-academy.com



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