

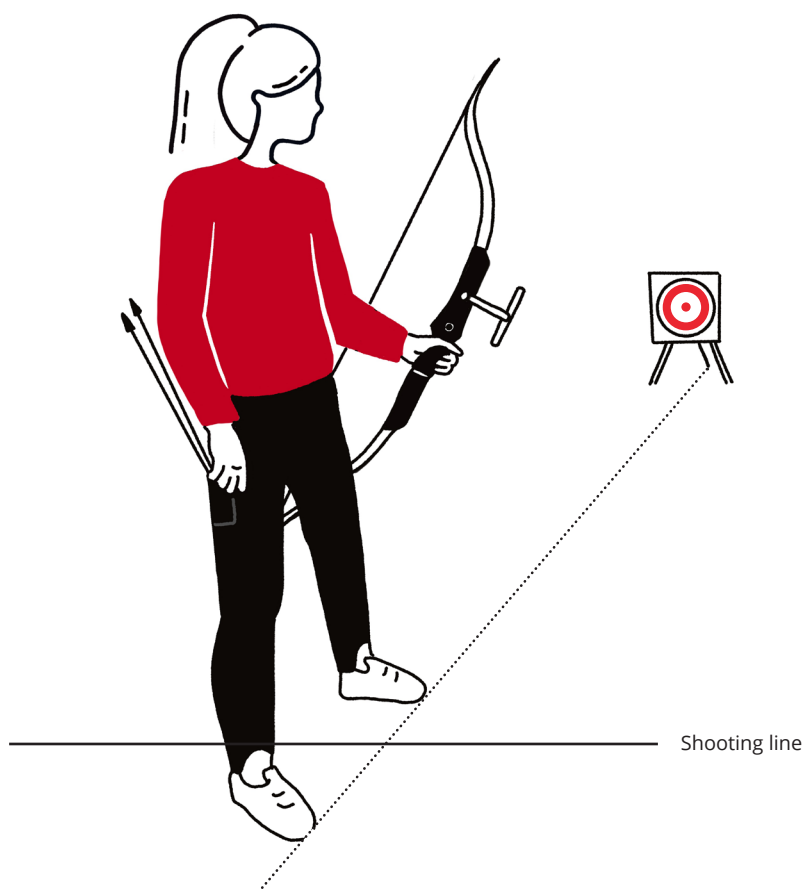
BASIC COACH CLINIC

ARCHERY SKILLS

*Originally designed by Bruce Savage,
adapted by the Archery Canada Coaching Committee.*

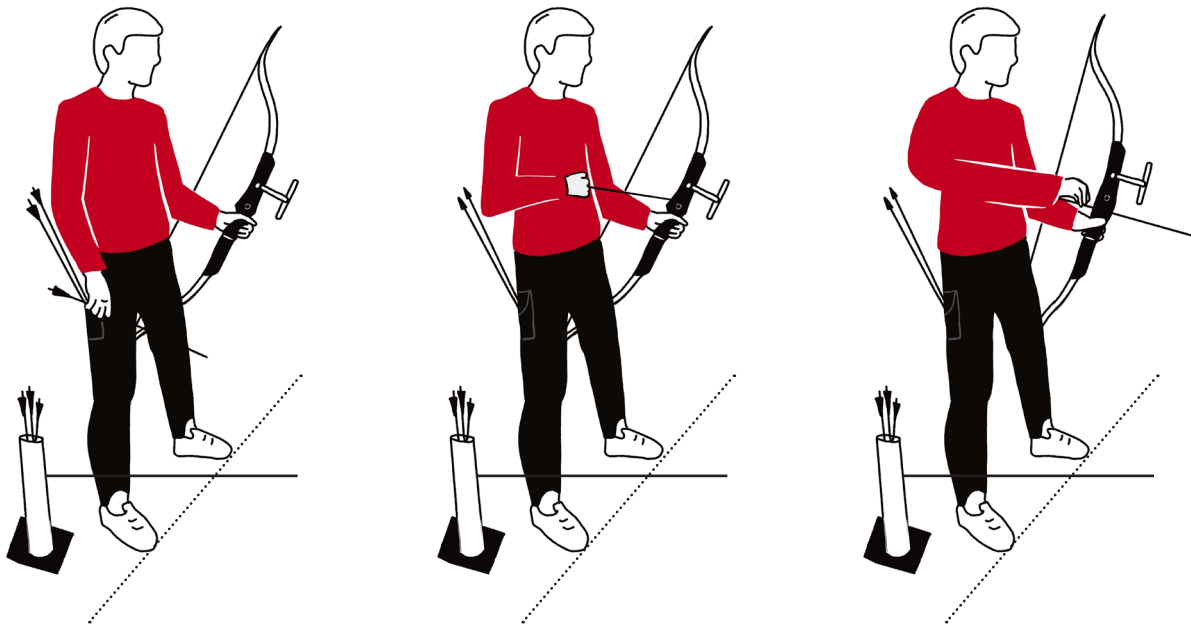
Stance

- Align toes along an imaginary straight line toward the center of the target (square stance).
- Straddle the shooting line.
- Position feet about shoulder width apart.
- Weight equally distributed.
- Knees straight - not locked.
- Stand up straight - head over shoulders.



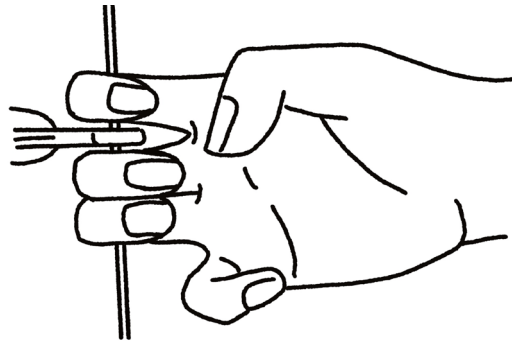
Nocking

- Hold bow in front of you. Hold the arrow by the shaft below the fletching. Keep arrow between body and bow.
- Place arrow on rest.
- Position arrow so that the index feather is pointing away from bow.
- Nock arrow on the string below the nock locator. You will hear the nock “click” into position.

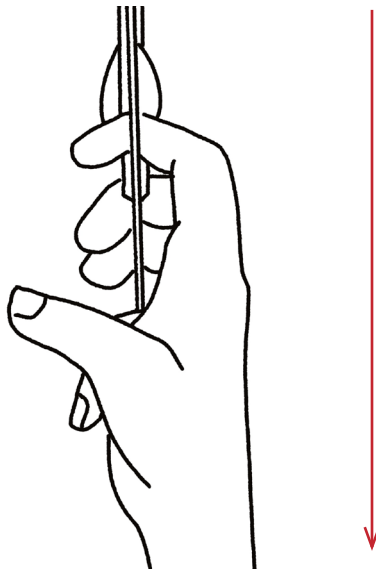


Finger Placement

- Place fingers on the string such that the index finger is above the nock, the middle and ring fingers are below the nock. Fingers should not touch the nock.
- The thumb and “pinky” finger relaxed in the palm of the hand.

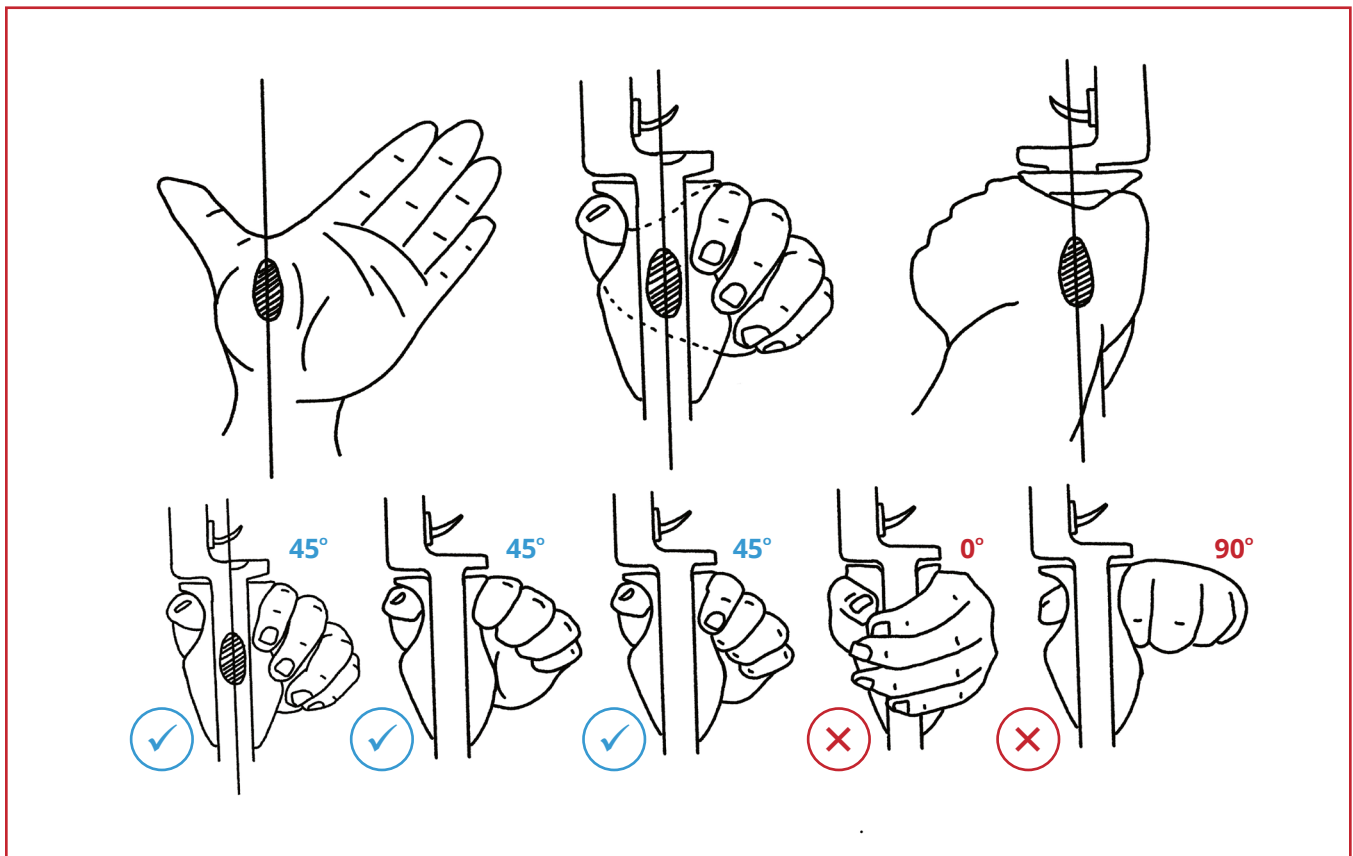
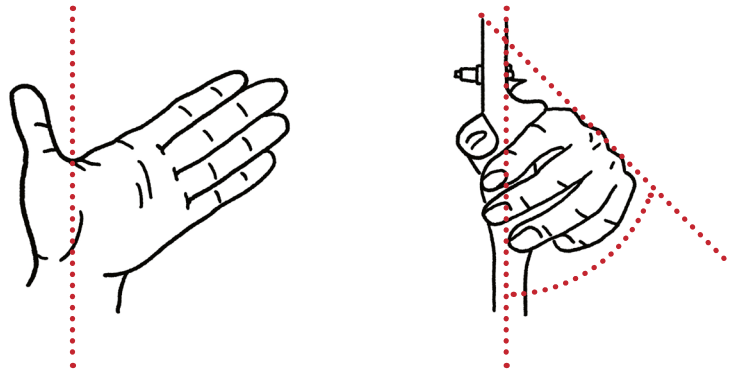


- The string is positioned just behind the first joints. Maintain a right angled “hook”.
- Keep the back of the hand straight.



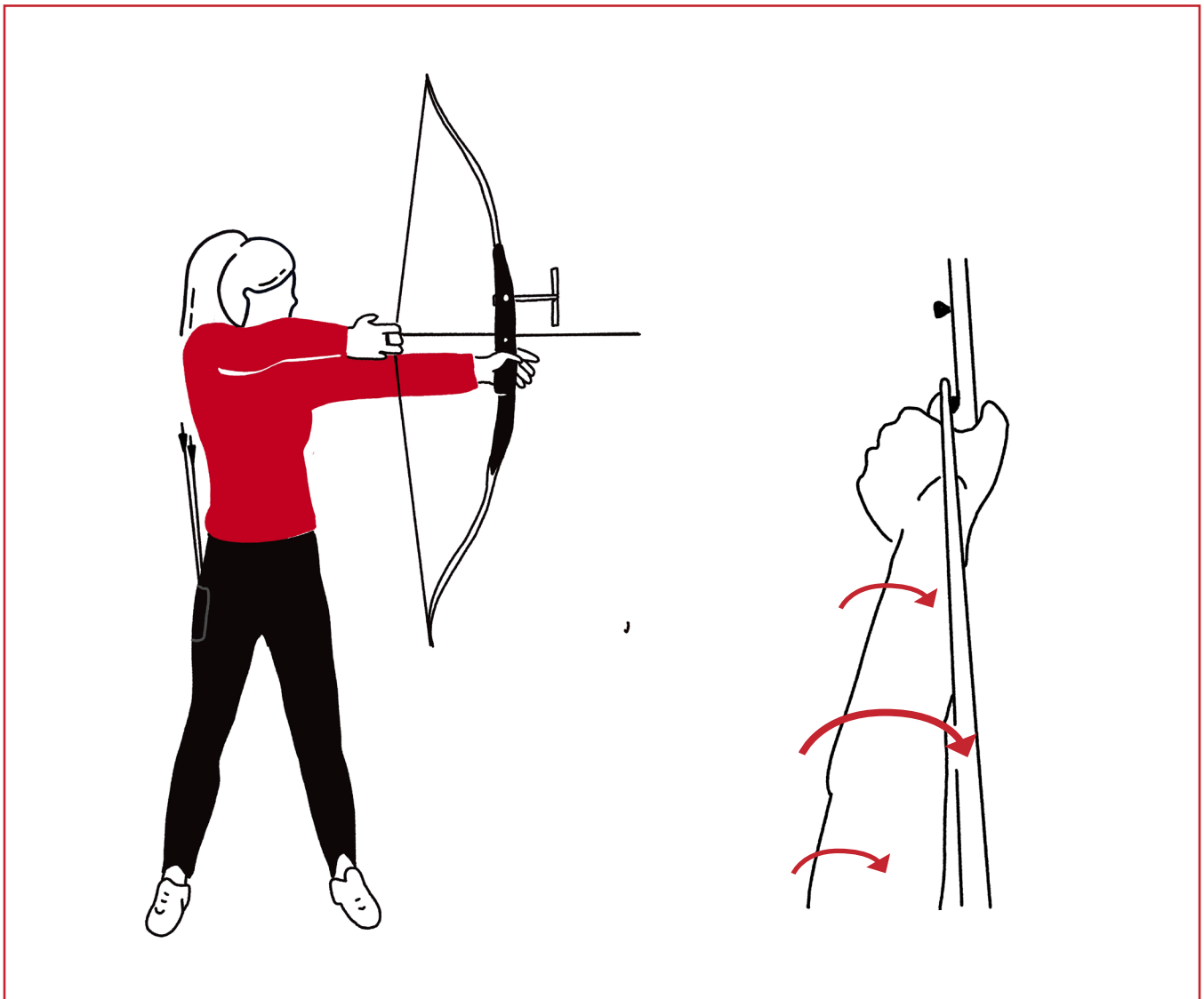
Bow Hand Placement

- The pressure of the bow should be distributed along the base of the thumb.
- Relax your fingers. The knuckles and bow handle should make an angle of 45°.
- The tips of the thumb and index finger touch each other in a relaxed way.



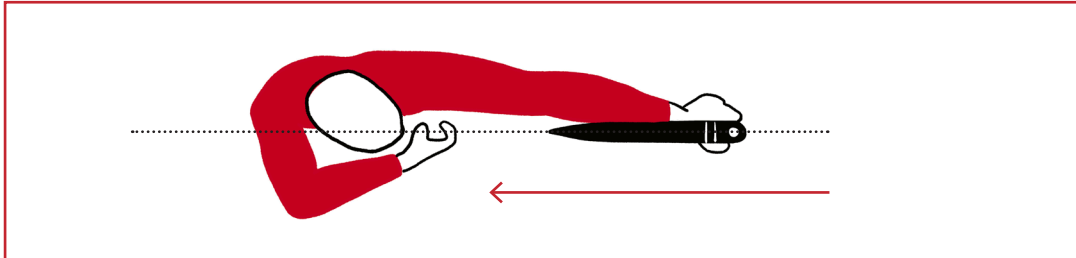
Raising Bow Arm

- Raise the both hands to nose height.
- Bow shoulder kept low.
- The elbow of the bow arm rotated internally to give maximum string clearance.

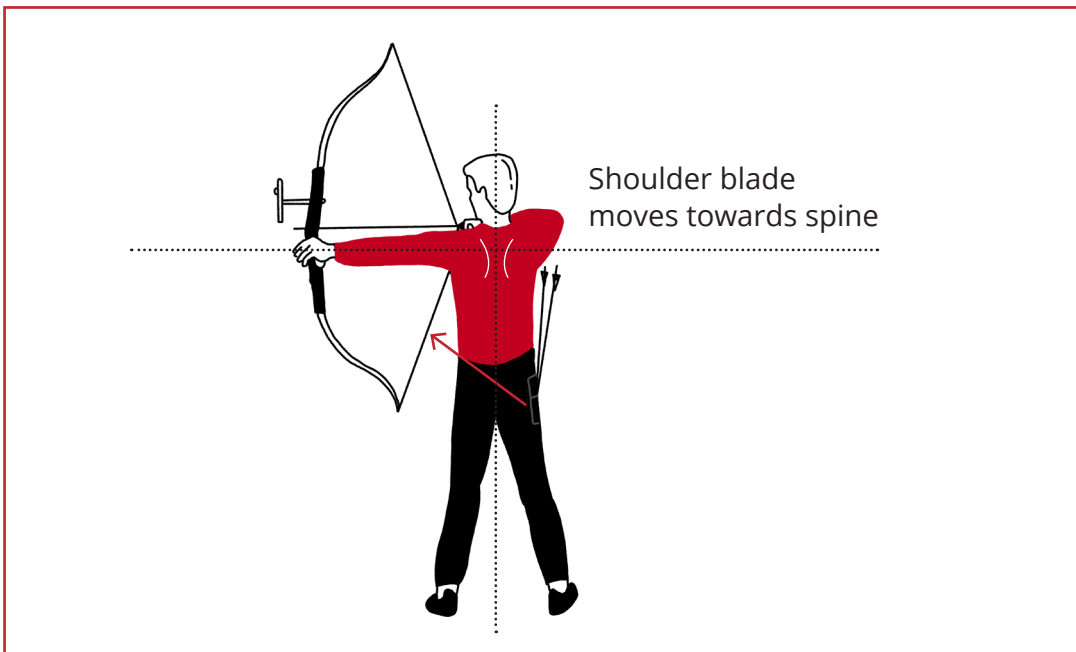


Drawing the Bow - External Effort

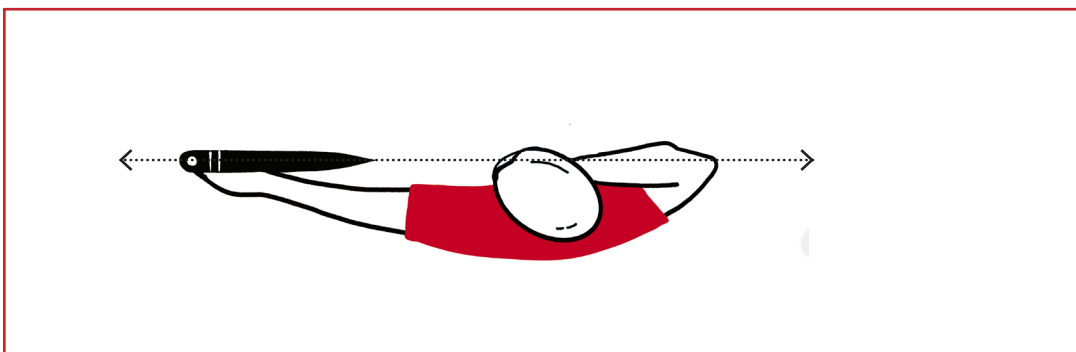
- Draw the string along the bow arm in a straight line.



- Draw with your back muscles, moving the shoulder blade (scapula) toward the spine.

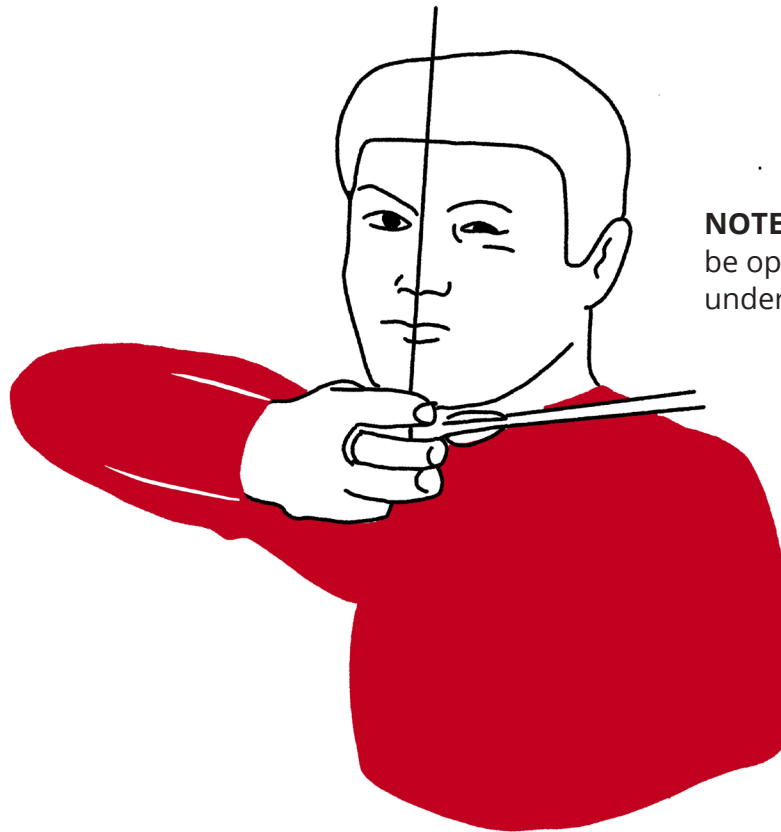


- Draw arm shoulder rotates until "line" is achieved.



Anchoring - Transition (External to Internal Effort)

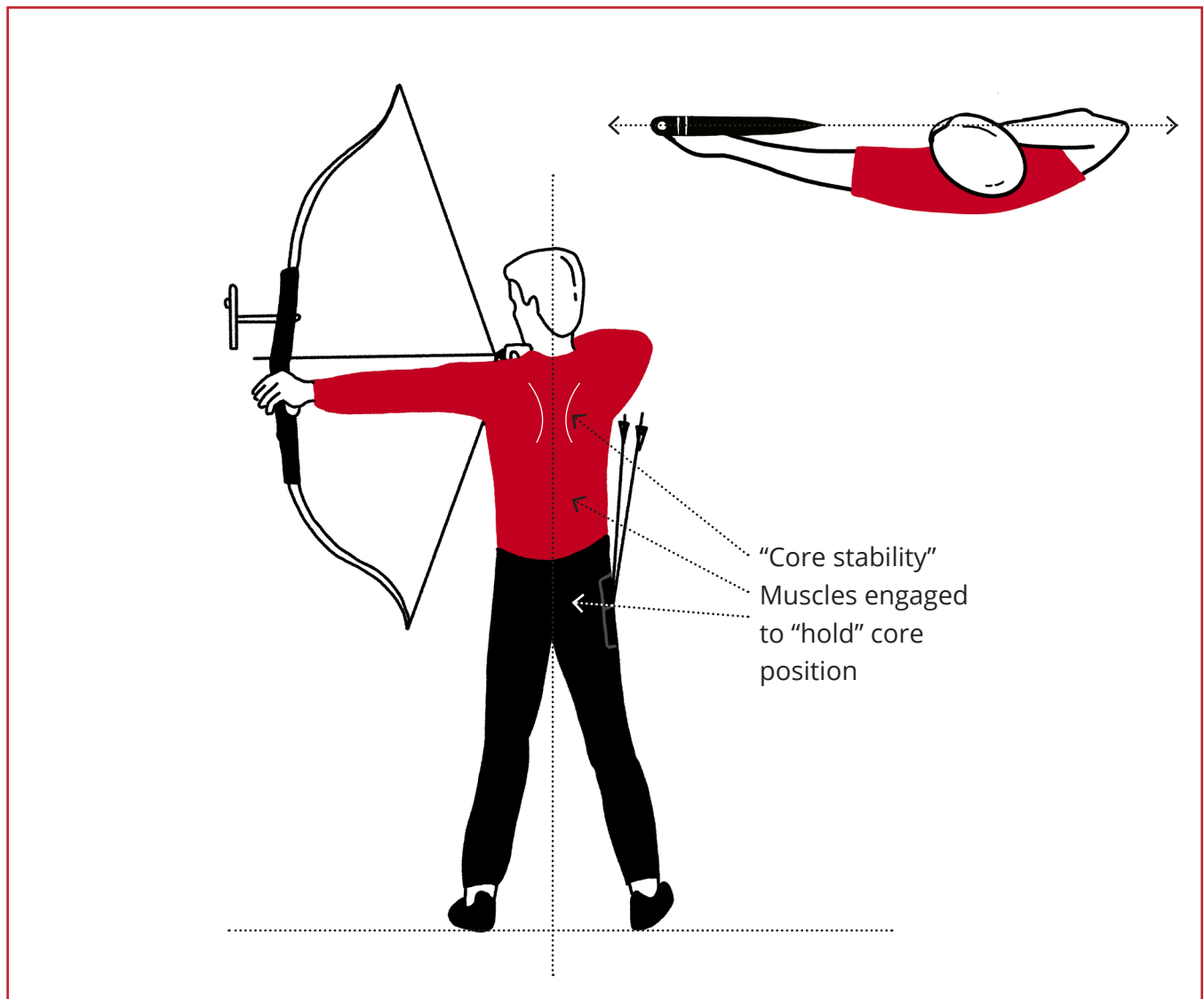
- The thumb is placed under the jaw line along the neck.
- The first finger (or shelf of tab) in contact with jaw.
- The string should touch the middle of the chin (or to the right).
- String touches the tip of the nose.
- Keep your teeth together.



NOTE Both eyes can be open if hand is under dominant eye

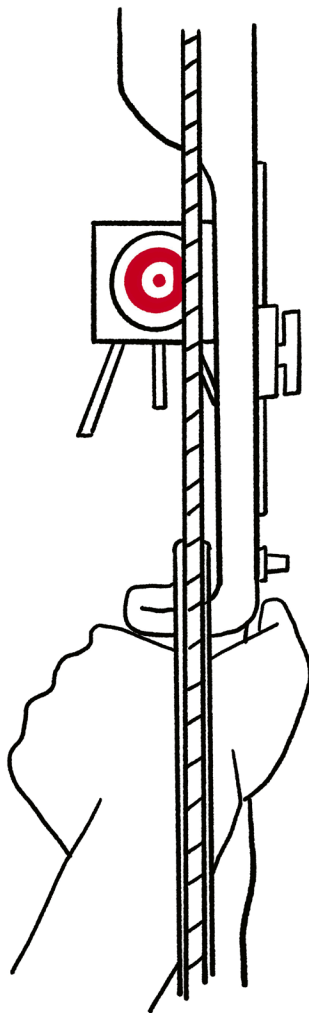
Holding - Internal Effort

- Keep the core muscles engaged (core stability).
- Keep both shoulders low.
- The bow arm, draw hand, and elbow should be “in line”.



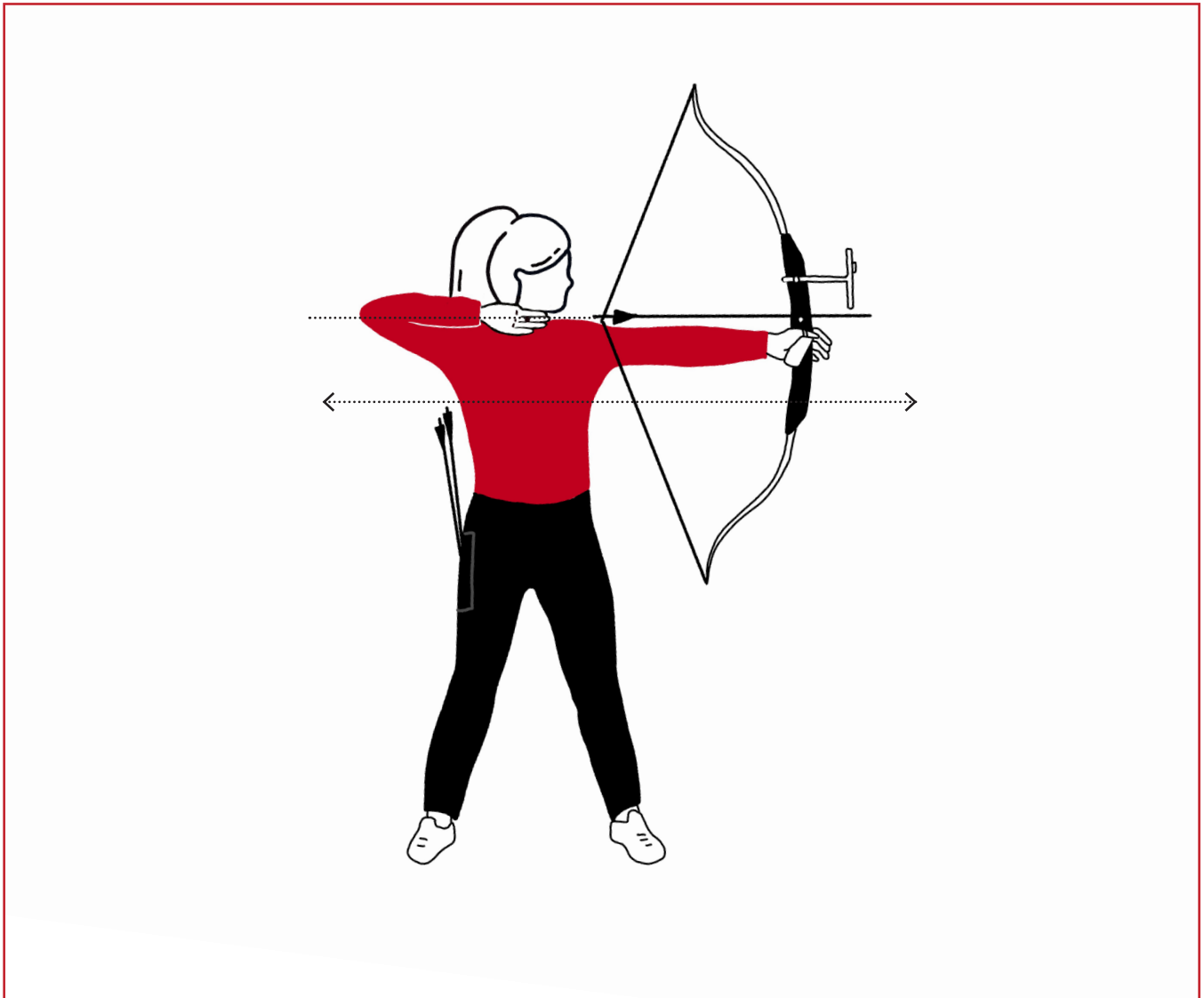
Aiming

- Sight at the target.
- Position head so the string appears to right of the sight (string alignment).
- Visual focus on target.



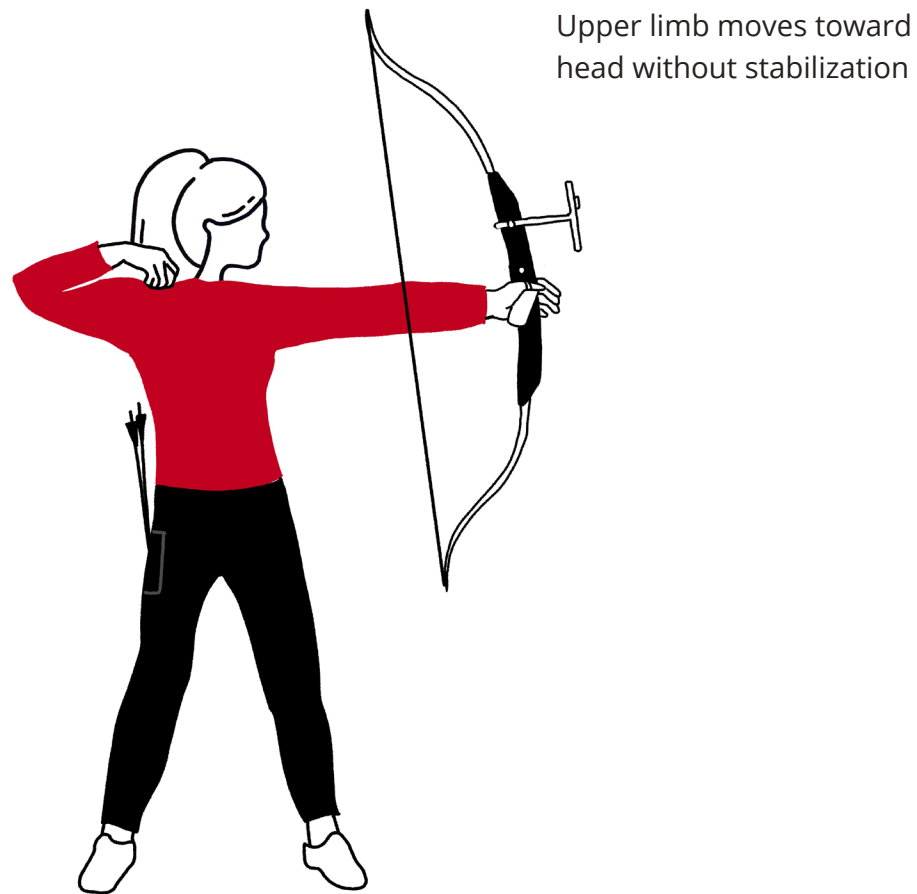
Release

- Engage core muscles to “expand” the upper core in both directions from the center line.
- **Relax** the bow hand.
- **Relax** shoulders.
- **Relax** string fingers to execute shot.



Follow-Through

- String arm and shoulder should be relaxed allowing the string hand to move freely towards the ear.
- Bow arm remain relaxed and horizontal.
- Allow bow to move out of the hand when using a sling.
- Head and core stationary.
- Visual focus remains on target.



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