



Archery Victoria			
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# OzBow Archery Instruction Program Checklist

*(the pathway to Olympic participation)*

## **Your Record**

This checklist is your record of shooting. You may not be able to attend every week and/or you may have a different Instructor each you attend a session.

Please print this document and take it with you to every session. It will allow the Instructors to make notes on what you are doing well and what you need to work on. This is valuable information for yourself and the Instructors.

## **Week 1 20 Metres**

Name: \_\_\_\_\_



Eye Dominance:  Left  Right

Left Handed Bow  Right Handed Bow

## **Range Safety**

The bulk of these rules are from the Archery Australia Club Management Manual but may have additions depending on the layout of the range you are on.

The Instructor will explain the local rules regarding range safety.

## **Field Captain**

The Field Captain may also be known as the Director Of Shooting (DOS) and they are responsible for the safety of all archers on the range. You must follow their instructions at all times for everyone's safety.

## **The Shooting Line**

The Instructor will show you how the shooting line works. For everyone's safety it is important that you stand in the correct position.

## **The 10 Basic Steps**

Your instructor will run you through the 10 basic steps of archery. As you learn more about our sport you may find there are lots of sub-steps to help you get an understanding of the technique that best suits you.

The top archers always use some form of the 10 basic steps. Please keep this booklet handy along with the notes your instructor will write in the comments section. They will be of great assistance over time.

### **Equipment**

Your Instructor will show you the various types of bows you can use. You may have seen most of these in your OzBow Come'n'Try classes and unless you have already locked yourself into a particular bow type then we recommend you have a go with all of them.

The various bow types recognised in Australia are;

Barebow Compound

Compound

Barebow Recurve

Recurve

Longbow

### **Target Safety**

The Instructor will explain the correct procedure for pulling arrows out of the target. The Instructor may also get you to do a practical exercise of removing and replacing a target face on the target.

### **Clothing**

There is a choice to be made about the type of clothing you may wear. Because you pull the string across your chest it will invariably pick up loose clothing, pockets and necklaces when you let the string go.

Comfortable, snug fitting tops are preferred. If you do have shirt pockets, or similar, then all items like pens or brooches should be removed.

**Week 1 20 Metres**

Stance

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Nocking The Arrow

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String Hand

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Bow Hand

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Drawing The Bow

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Anchor

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Target Alignment

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Releasing The Arrow

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Follow Through

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Relaxing

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Instructors Name \_\_\_\_\_

Instructors Signature \_\_\_\_\_

### **How To String A Bow**

In the Archery Instruction Program booklet we described how to string and unstring a recurve bow.

During this session you will get the chance to string and unstring your bow.

The exception to this are the compounds that require a bow press. If your club has a bow press then the Instructor shall give you a chance to use it.

### **Adjusting Your Sight/Point Of Aim/String Walking**

By week 2 you should be capable of adjusting your sight in the correct direction. Knowing how much to adjust comes with experience and the type of bow you are using.

If you have been aiming using the point of aim method then the Instructor will give you some exercises to test your skill so far.

If you have decided to use the barebow compound or barebow recurve bows then now is the time the Instructor shall introduce you to string walking.

### **Footwear**

It is important that you wear the correct footwear when you are shooting a bow.

A comfortable pair of sneakers will usually do unless the weather or the ground is very wet.

All footwear must have the toes enclosed so you should not shoot in sandals or anything similar.

Of the 10 basic steps the stance is first so it is important that you can stand and walk comfortably for a long period of time. Shoes with elevated heels that may upset your balance should be avoided.

### **Rhythm**

This is the most important step in understanding the technique of archery and sets the foundation for your future growth. There is a big difference between shooting quickly and snap shooting.

The recommended method of using the rhythm is to shoot the arrow within 3 seconds of achieving your anchor. It will take you a few seconds to settle the stance, nock the arrow and set your string and bow hand. You should now stand up straight and set your body position ready to draw the bow.

You should breathe in gently and lift the bow pointing it at the target. Now gently exhale as you draw the bow and anchor. It is from this point you should shoot the arrow within 3 seconds.

Having shot the arrow you now relax for around 10-15 seconds and repeat the process. Snap shooting is where you rush to shoot your next arrow. Your body has just expended energy. If you want to shoot your sixth arrow as well as your first you must let your body recover.

Conversely, aiming for a long period of time like 10-20 seconds doesn't help your scoring. After 5 seconds tensions shall start to build up in the wrong parts of your body or you start to lose tension in the correct parts of your body. You may aim as tight as you like but the adverse tensions will result in a poorly executed shot.

Your instructor will spend the majority of this week working on your rhythm but it is up to you to always practise this concept.

**Week 2 20 Metres**

Stance

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Nocking The Arrow

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String Hand

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Bow Hand

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Drawing The Bow

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Anchor

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Target Alignment

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Releasing The Arrow

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Follow Through

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Relaxing

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Instructors Name \_\_\_\_\_

Instructors Signature \_\_\_\_\_

## **Week 3    20 Metres**

### **Bow Tuning**

The Instructor will demonstrate and discuss bow tuning including;

- Brace height and its effects
- Nocking Point height and its effects
- Bow tiller and its effects
- String types and their performance
- Matching of arrows to bow weight

### **Different Types Of Archery**

Over the past few weeks you have been doing Target Archery.

The Instructor will spend some time explaining the different types of archery that you can participate in and what the main differences between them are.

- Target Archery
- Matchplay Archery
- Indoor Archery
- Field Archery
- Clout Archery

If your club has an indoor range then you probably understand some of how indoor archery works. The Instructor shall now give you a tour if required.

Some clubs in Victoria have a field course where we do field archery. The Instructor shall now give you a tour if available.

### **Scoring**

You would have been scoring for the past few weeks but this week you are going to learn how to fill out a score card completely.

The Instructor will give you an overview of the categories and how that information is shown on the score card.

### **Competition**

What better way to show off what you have learnt than to have a small competition. Your Instructor will run you through 5 ends at 20 Metres for which you will score.

At the completion of the 5 ends, and depending on time and number of participants, the Instructor will run you through a quick Matchplay session.

### ***Group Discussion***

This is a chance to discuss your three weeks of archery, what you have learnt and what you would like to do next.

### ***Etiquette***

Archery is a gentle and relaxing sport and should be conducted in good spirits.

- Try not to talk in a loud voice whilst others are shooting
- Try not to exclaim on the shooting line in joy or disgust
- Try not to walk off the shooting line while a neighbour is at full draw
- Try not to touch another archers equipment without their permission
- Try not to disturb people with loud mobile phone ringtones
- Try not to smoke near the shooting or waiting line

**Week 3 20 Metres**

Stance

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Nocking The Arrow

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String Hand

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Bow Hand

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Drawing The Bow

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Anchor

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Target Alignment

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Releasing The Arrow

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Follow Through

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Relaxing

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Instructors Name \_\_\_\_\_

Instructors Signature \_\_\_\_\_