

INTRODUCTION TO ARCHERY

By Archery Australia



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Australian Government
Australian Sports Commission

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First published January 2006

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ISBN 0-646-45698-9

Published by Archery Australia
P.O. Box 54,
Panania NSW 2213 Australia

Preface

This manual builds on the success of the Archery Australia Coaching Manual first published in 1991, and edited by Gordon Pawson. Quoting from Gordon's preface of the 1991 manual:

The important work done by archery instructors in the development and promotion of archery in Australia is worthy of the highest commendation.

The success of Archery Australia, each RGB and every club in Australia is dependent on the establishment of teams of active, accredited instructors and coaches to encourage and service the development of archers at every skill level.

Archers new to our sport and those in their early years of participation make up the main group needing help and on-going attention. The importance of instructing at this level cannot be emphasised enough.

Many archers start off on the wrong foot because they have had no-one to teach them the basics of archery technique, correcting their errors, providing guidance to self-identify errors and providing them with general help and advice. The most common problem is new archers who obtain equipment that is unsuited to their physical requirements and ability.

As a consequence, many leave archery because they have been unable to achieve the satisfaction that would have kept them in the sport.

Archers who are taught correct procedures from the beginning will progress quickly and will have less trouble identifying and correcting faults that may creep into their shooting technique.

This manual has been primarily designed for use by instructors and sets out step-by-step methods of teaching archery skills but it may also be a useful tool to archers as reference material.

Instructors and coaches working at all levels should not under-rate the importance of personal example. The attitudes and personal conduct of an instructor sets the style for the students and eventually, the club and the archery body as a whole.

An active instructor should keep abreast of new developments in technique and equipment and progressively improve their teaching style and methods, personal attributes and actions which also serve both archers and archery, dignity in manner and dress, support and co-operation with other instructors, unbiased and positive assessment of archery products and encouragement for students toward a life-long interest in archery.

The 1991 manual has served Archery Australia well, but a need was identified to update it in accordance with current world best practice, and this was undertaken initially by the Archery Australia Coaching and Standards Committee and has been completed by the Chief Executive Officer James Larven.

James Park
Chairman
Archery Australia Coaching and Standards Committee, 2005

ACKNOWLEDGEMENTS

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Based on the Archery Australia Inc 1991 Coaching Manual editor by Gordon Pawson

Drawing provided by James Larven and Donna Gynell

Photographs provided by James Larven, and AIS Archery

Technical Data provided by James Larven, Ki Sik Lee, Matthew Lee, James Park

Technical Illustrations provided by James Larven and Tom Jorgensen

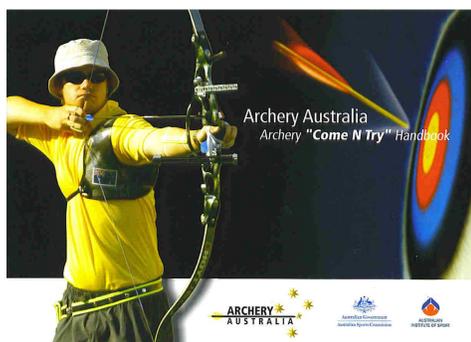
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REFERENCE MATERIAL

Archery Australia Coaching Manual – 1991
Archery Australia Orientation to Coaching
Coaching Articles by James Larven
Archery Anatomy by Ray Axford

RECOMMENDED READING

Mastering Archery Technique Analysis by James Park
Mastering Bow Tuning by James Park
Mastering Compound Bows by James Park
Archery Anatomy by Ray Axford
Archery Australia Inc National Coaching program
Archery Australia Inc Advanced Coaching by James Larven
Archery Australia Inc "Come N Try" Handbook



THE EDITOR

James Larven has been involved in Archery for 41 years having held various management positions within ArcheryNSW and Archery Australia Inc.

He is the Archery Australia Inc Chief Executive Officer responsible for the day to day affairs of Archery Australia Inc.

He has represented Australia at 18 World Championships as a competitor (recurve and compound), Team Manager and Team Coach.

He obtained Level 2 Instructor status in 1982 and has been an Archery Australia Inc National Coach.

He was the Technical Operations Manager and later the Competition Manager, for the Sydney 2000 Olympic and Paralympic Games.

He has an extensive coaching background having coached a number of recurve and compound archers to National and International representative status.

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Appendix 1 – Sample Scorecard

Section 1

INTRODUCTION

1.1 What is Archery Australia Inc?

Archery Australia Inc is the national governing body for Archery in Australia, catering for all archery disciplines and equipment styles. Archery Australia Inc offers various coaching and development programs, which are generally delivered by Regional Governing Bodies and clubs.

These programs provide a pathway for archers to develop their skills and knowledge and advance through the sport from basic beginner, through club, state and national levels, and advancing ultimately to high performance international level, competing in events at the World Championships and Olympic Games.

At the same time Archery Australia Inc also offers a pathway for instructors and coaches, starting with Archery Instructor, Club Coach, Regional Coach and ultimately to High Performance Coach.

1.2 About this Manual?

This manual is intended as a reference guide for instructors of “Come N Try” and Advanced “Come N Try” instruction courses and fits within the framework of the Archery Australia Inc National Coaching Program.

It is to be used as the test book for Archery Instructor courses.

1.3 What is Archery “Come N Try”?

This is the first of the Archery Australia programs and is divided into two distinct programs

“Come N Try” and “Advanced Come N Try”

1.4 “Come N Try”

It has been identified that Archery Australia requires a basic entry-level program where the general public can try archery at a low cost with a low level of commitment.

Historically, the long-established Archery Australia coaching program involves people committing to a minimum of 10 to 12 hours over a number of weeks in a formal, structured course. This program does not currently suit many people who simply want to try archery on an impulse without any long-term commitment. The “Come N Try” program is intended to provide basic archery instruction in a safe, social and fun environment.

The “Come N Try” program is also structured for non Archery Australia organisations or groups, which provide social activities to the general public such as schools, recreation camps, resorts, or any organisation that provides archery instruction.

Many clubs see the advantage of starting people with a basic “Come N Try” course and if the student is interested in continuing, then moving onto the next level which is the “Advanced Come N Try”.

“Come N Try” sessions should be a minimum of one hour and a maximum of three hours.

Each “Come N Try” session should include

- Safety
- Basic shooting technique

- Introduction to equipment
- Scoring and social activities

1.5 Advanced “Come N Try” program

The next step to the basic “**Come N Try**” is the **Advanced “Come N Try**” program.

The **Advanced “Come N Try**” constitutes a number of sessions. The program should not go any longer than 6 sessions, most clubs prefer only 3 to 4 sessions.

The **Advanced “Come N Try**” program is intended for use by Archery Australia clubs and not other organisations or groups which provide basic archery activities to the general public such as schools, recreation camps, resorts or any organisation that provides “one off” archery instruction.

Advanced “Come N Try” sessions should include

- 1) Safety
- 2) Developing basic shooting technique
- 3) Refinement of basic shooting technique
- 4) Introduction to archery and club activities
- 5) Equipment use and set up
- 6) Scoring and archery rounds

Each **Advanced “Come N Try**” session should be a minimum of one hour and a maximum of three hours.

1.6. What is an Archery Instructor Course?

The Archery Instructor Course is the first of the four coach/instructor levels provided by Archery Australia Inc. To cater for people both within archery and outside of archery there are 2 elements of the Archery Instructor program -

Community Archery Instructor - – provides training and accreditation to non-members of Archery Australia Inc who carry out basic archery instruction recreational camps, resorts. These courses comprise three components –

- 1) Sports General component, conducted by the respective Department of Sport and Recreation in each state, or equivalent qualification.
- 2) Sport Specific component, conducted by the RGB or accredited coaches.
- 3) Written and Practical assessments.

Archery Instructor is an accredited course provided to registered members of Archery Australia, providing instructors with the skills and knowledge to conduct basic archery courses. The course comprises three components -

- 1) Sports General component, which is part of the Sport Specific course.
- 2) Sport Specific component, conducted by the RGB or accredited coaches.
- 3) Written and Practical assessments.

RGBs act as agents for Archery Australia and usually conduct Archery Instructor courses although clubs which have suitably qualified coaches may also conduct these courses. Archery Australia Inc may from time to time also conduct such courses to meet industry demands. Each course must be registered with Archery Australia Inc not less than 21 days prior to the course.

1.7 Accreditation

Each person undertaking an Archery Instructor course will be assessed on a written examination conducted as part of the course and on practical assessment carried out outside of the course.

Upon successfully completing all the required components of the course, the instructor will be registered with Archery Australia Inc as an accredited Archery Instructor.

1.8 Course Duration

The sport specific Archery Instructor course will be conducted over a minimum of 12 hours, ideally conducted over two consecutive days.

