

11 Steps To Archery Success

Physical Education

Pound Middle School - Deschaine

1. **STANCE** - Place one foot on each side of the shooting line. Find a comfortable balanced stance with your feet shoulder width apart. Stand straight and tall, with your head up and your shoulders down and relaxed. Archers shooting in a wheelchair should place one wheel on each side of the line.
2. **NOCK** - Place the arrow on the arrow rest, holding the arrow close to the nock. Keep the index (odd colored) fletching pointing away from the bow. Snap the nock of the arrow onto the bowstring under the nock locator.
3. **SET DRAW HAND** - Set the groove of your first three fingers around the bowstring creating a hook. Keep the back of your drawing hand relaxed
4. **SET BOW HAND**- Set your bow hand on the grip using only the web and the meaty part of your thumb. Your bow hand should stay relaxed throughout the entire shot.
5. **PRE-DRAW** - Raise our bow arm towards the target, while keeping your shoulder down. Look at the target through the sight ring, and line up the bowstring with the center of the bow. Rotate your bow arm elbow under. The elbow of your drawing arm should be near the level of your nose.
6. **DRAW** - Draw the bow back by rotating your draw arm shoulder around until your elbow is directly behind the arrow. Continue looking at the and keep the string lined up with the center of the bow as you draw. Maintain a continuous drawing motion throughout the shot.
7. **ANCHOR** - Draw the string to the front of your chin, placing the knuckle of your index finger directly under the side of your jaw*. The string and string hand should be felt firmly against your jaw bone. Lightly touch the string to the center of your nose. Continue to draw the bow smoothly, without stopping.
* Beginners should anchor with your first finger at the “corner of your smile”.
8. **AIM** - Focus your eyes and your concentration on the center of the target, looking through the site ring. Keep the string lined up with the center of the bow. Continue your smooth gradual draw.
8. **SHOT SET-UP** – After reaching the anchor point and begun your sight alignment, create a slight movement from your drawing shoulder and arm to the rear. You can release anytime during this process. This is done exactly the same with the String Bow and the real bow.
10. **RELEASE** - Simply release the tension in your fingers and drawing hand, all at once, while you continue the drawing motion without stopping. Continue extending the bow arm towards the target as you release. Continue focusing on the target.
11. **FOLLOW-THROUGH** - Your drawing hand continues back beside the neck with fingers relaxed, ending up near the shoulder. Bow arm continues extension towards the target for a recurve, and maintains its position for a compound shooter. Continue focusing on the target Maintain your follow-through until the arrow hits the target, or until your fingers touch your back shoulder for a compound shooter.