

# Return to Archery – 2021

Written by John Searle



## Reversals – Training with your bow

This is a set of exercises where you use your actual Bow to give you the resistance and weight that will enable you to fully prepare your muscles for shooting or returning to shooting after an absence.

All bow training should only be done with equipment that you can hold at full draw for at least 30 seconds, without losing your shooting form.

The first exercise after any sets you may have done already should be timing how long you can hold the bow you want to train with.

If you can hold your regular bow for 30 seconds while maintaining your form and keeping the arrow moving in the direction of the draw you can continue with your regular shooting bow.

If you feel unable to use your own bow (cannot manage a full 30 seconds at full draw), DO NOT get disheartened, talk to your coaches about possibly borrowing a light weight training bow or lighter limbs. Even during lockdown or restrictions they will help you out.

You should always try to do training with your bow towards the end of your exercise or shooting session, then remember to cool down your muscles as the weight of the bow will have worked them in a very specific way.

**IMPORTANT** – if you have any questions or concerns, contact the coaches. They can even go through the exercises online with you.

Do not ever do any exercise that causes you physical pain, if it hurts, stop!

### Contact details

Coaches: John Searle 07593 429275 | [jhsearle67@gmail.com](mailto:jhsearle67@gmail.com)  
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## Bow Drill 1 – NO arrow

Two complete sets of the following exercise

	
<p>Step 1: Prepare to shoot – Set position</p>	<p>Step 2: Move to the Set-up position</p>
	
<p>Step 3: Draw the bow to full draw (Don't shoot) Hold for 5 seconds</p>	<p>Step 4: Come down to half-draw (Don't shoot) Hold for 2 seconds</p>
<p>Repeat steps 3 – 4 for a maximum of 5 times</p>	<p>Step 5: Return to set position (Step 1)</p>
<p>Step 6: Rest for 30 seconds</p>	<p>Step 7: Repeat steps 1 – 6 once more.</p>

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## Bow Drill 2 – With arrow

Three complete sets of the following exercise

Step 1: Prepare to shoot – Set position			Step 2: Move to the Set-up position		
Step 3: Draw the bow to full draw (Don't shoot) Hold for 10 seconds			Step 4: Return to set position (Step 1)		
Step 5: Rest for 30 seconds			Step 6: Repeat steps 1 – 4 twice more.		

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## Bow Drill 3 – NO arrow

One complete set of the following exercise

				
Step 1: Prepare to shoot – Set position			Step 2: Move to the Set-up position	
				
Step 3: Draw the bow to full draw (Don't shoot) Hold for 30 seconds			Step 4: Return to set position (Step 1)	
Step 5: Rest				

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## Bow Drill 4 – NO arrow

One complete set of 10 repetitions on each side

				
Step 1: Prepare to shoot – Set position		Step 2: Move to the Full draw position and return to step 1		
Repeat 10 times, then move to step 3				
				
Step 3: Change hands, Prepare to shoot – Set position		Step 4: Move to the Full draw position and return to step 3		
Repeat 10 times, then move to step 5				
Step 5: Rest				

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