Skills and Drills

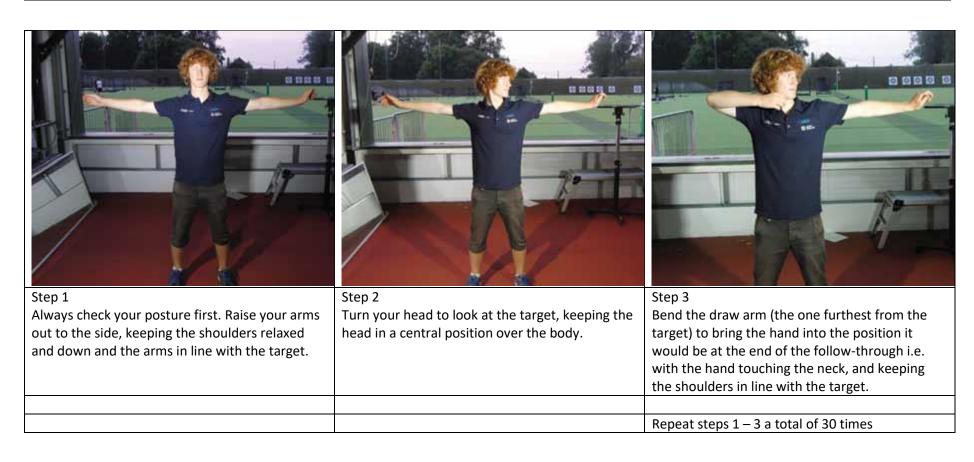
1-2-3 Alignment

Introduction

This drill will help you learn the position of the body at the end of the shot. Check posture whilst doing this drill. Use a mirror to obtain feedback.

Practice

Stand with your feet shoulder width apart with a square stance and your arms down at your sides, head looking forwards (down the shooting line).



Set, Set-up drill

Introduction

This drill will help you learn to maintain the posture while moving from the Set position to the Set-up or pre-draw position.





While standing as if shooting towards a mirror, first check your posture. Now move into the set position placing your hands in the location where you would if you were preparing to shoot.



From this "set" position, keep your shoulders down and relaxed while raising your hands and arms to the set-up or pre-draw position. Both hands should be at nose level with the draw elbow level with or slightly below the hand. Watch in the mirror to make sure that you are maintaining your posture and body position with a straight back while you make this move and that the shoulders have not been raised.



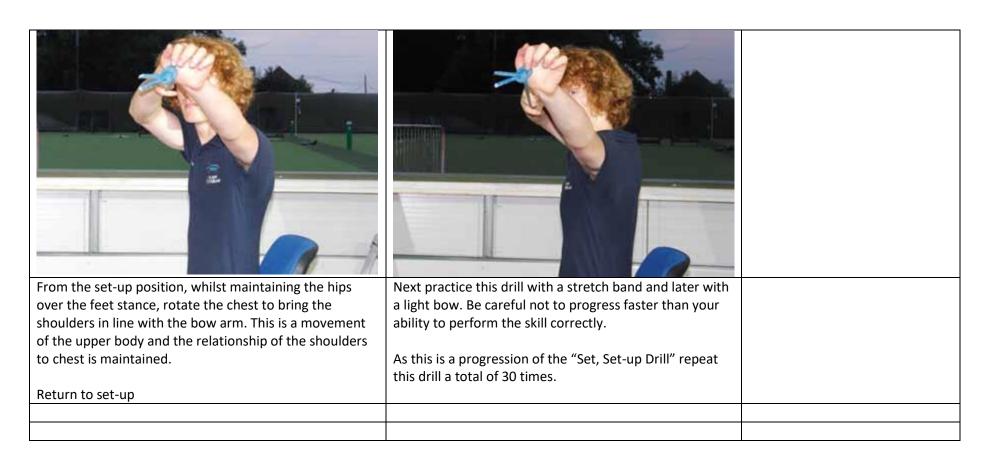
After you have mastered this drill with bare hands, try doing it with a stretch band and then a light bow. The most important thing to watch for and feel is that you are keeping your chest down maintaining your body position during this drill. Also check both shoulders stay down during the raising of the bow, but that the draw arm is at nose height with the elbow level with or very slightly below the hand.

Repeat this drill a total of 30 times

Raise and rotate drill

Introduction

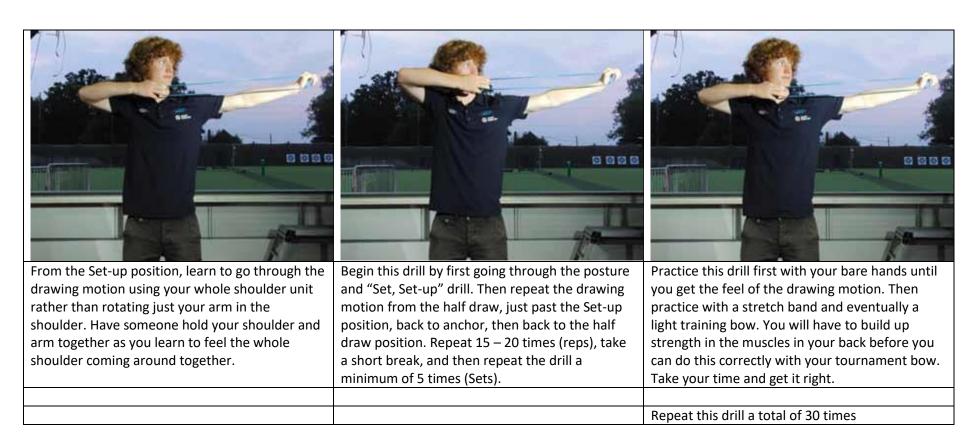
As a progression to the "Set, Set-up Drill", you'll need to learn to get into proper alignment, combining the rotation with the set-up.



Half draw drill

Introduction

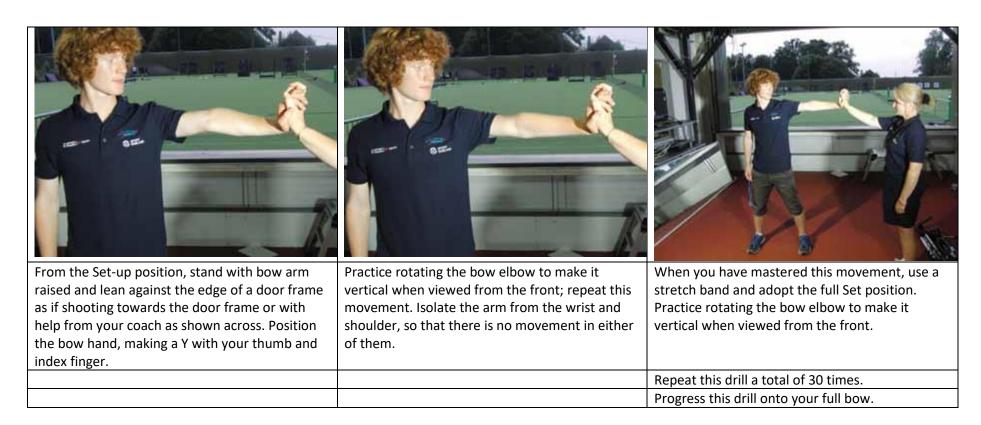
The half draw drill teaches you to draw the bow correctly from the Set-up position using your entire shoulder unit rather than drawing with just the arm. Correct drawing technique will bring you into better alignment and prevent injuries to your shoulder over a long shooting career.



Elbow rotation drill

Introduction

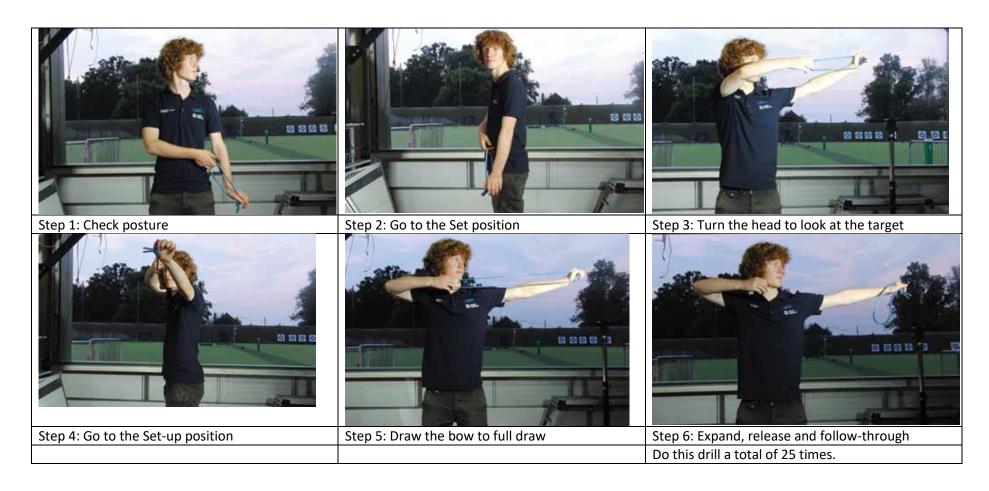
This drill will help you learn to control the bow elbow and master the movement to achieve the strongest position maintaining the elbow joint in a vertical position.



6 Step Sequence Drill

Introduction

This drill puts the whole shooting sequence together to create a flowing shot. Protect the bow arm as the stretch band will hit the bow forearm (wide stretch bands hurt less than tubing). Use a finger sling to stop the stretch band leaving your hand.



Bow Training

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

For younger archers, the bow training can be done with just a Thera-band. If you feel capable you can do the training with light weight training bows or lighter limbs. 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.

Bow training should be done at the end of every practice session.

Bow Drill 1	Bow Drill 2	Bow Drill 3	Bow Drill 4
Two complete sets of the following for each training session: a. Prepare to shoot – no arrow b. Set c. Set-up d. Draw and hold with continuous expansion for 5 seconds e. Let down to a ½ position (don't shoot) and repeat a – d 5 times f. Rest 30 seconds	Three complete sets of the following for each training session: a. Prepare to shoot – with arrow b. Set c. Set-p d. Draw and hold (don't shoot) with continuous expansion for 10 seconds e. Rest 30 seconds	One complete set of the following for each training session: a. Prepare to shoot – no arrow b. Set c. Set-up d. Draw and hold with continuous expansion for 30 seconds	One complete of ten repetitions on each side: a. Right hand – draw and let down x 10 b. Left hand – draw and let down x 10