

Skills and Drills

1 -2 -3 Alignment

<p>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.</p>	<p>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).</p>
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Step 1
Always check your posture first. Raise your arms out to the side, keeping the shoulders relaxed and down and the arms in line with the target.



Step 2
Turn your head to look at the target, keeping the head in a central position over the body.



Step 3
Bend the draw arm (the one furthest from the target) to bring the hand into the position it would be at the end of the follow-through i.e. with the hand touching the neck, and keeping the shoulders in line with the target.

		Repeat steps 1 – 3 a total of 30 times
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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.



SET

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.

		
<p>From the set-up position, whilst maintaining the hips over the feet stance, rotate the chest to bring the shoulders in line with the bow arm. This is a movement of the upper body and the relationship of the shoulders to chest is maintained.</p> <p>Return to set-up</p>	<p>Next practice this drill with a stretch band and later with a light bow. Be careful not to progress faster than your ability to perform the skill correctly.</p> <p>As this is a progression of the “Set, Set-up Drill” repeat this drill a total of 30 times.</p>	

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.



From the Set-up position, learn to go through the drawing motion using your whole shoulder unit rather than rotating just your arm in the shoulder. Have someone hold your shoulder and arm together as you learn to feel the whole shoulder coming around together.

Begin this drill by first going through the posture and "Set, Set-up" drill. Then repeat the drawing motion from the half draw, just past the Set-up position, back to anchor, then back to the half draw position. Repeat 15 – 20 times (reps), take a short break, and then repeat the drill a minimum of 5 times (Sets).




Practice this drill first with your bare hands until you get the feel of the drawing motion. Then practice with a stretch band and eventually a light training bow. You will have to build up strength in the muscles in your back before you can do this correctly with your tournament bow. Take your time and get it right.

Repeat this drill a total of 30 times

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.

		
<p>From the Set-up position, stand with bow arm raised and lean against the edge of a door frame as if shooting towards the door frame or with help from your coach as shown across. Position the bow hand, making a Y with your thumb and index finger.</p>	<p>Practice rotating the bow elbow to make it vertical when viewed from the front; repeat this movement. Isolate the arm from the wrist and shoulder, so that there is no movement in either of them.</p>	<p>When you have mastered this movement, use a stretch band and adopt the full Set position. Practice rotating the bow elbow to make it vertical when viewed from the front.</p>
		<p>Repeat this drill a total of 30 times. Progress this drill onto your full bow.</p>

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.

		
Step 1: Check posture	Step 2: Go to the Set position	Step 3: Turn the head to look at the target
		
Step 4: Go to the Set-up position	Step 5: Draw the bow to full draw	Step 6: Expand, release and follow-through
		Do this drill a total of 25 times.

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
<p>Two complete sets of the following for each training session:</p> <ol style="list-style-type: none"> 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 	<p>Three complete sets of the following for each training session:</p> <ol style="list-style-type: none"> 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 	<p>One complete set of the following for each training session:</p> <ol style="list-style-type: none"> a. Prepare to shoot – no arrow b. Set c. Set-up d. Draw and hold with continuous expansion for 30 seconds 	<p>One complete of ten repetitions on each side:</p> <ol style="list-style-type: none"> a. Right hand – draw and let down x 10 b. Left hand – draw and let down x 10