

ELEVEN STEPS TO ARCHERY SUCCESS

Directions: Ask students to read material and practice postures seen in the following slides prior to Desert Outdoor Center visit.

by Arizona Game and Fish Department

STANCE

- Straddle the shooting line
- One foot on either side
- Feet shoulder-width apart
- Front foot should be slightly behind the back foot
- Front foot toes should be at an approximate 45 degree angle towards the target



NOCK ARROW

- Take arrow from quiver
- While keeping the arrow pointed down range, take it up and over your vertical bow
- Odd color vane will face you
- Nock arrow on string below nock locator (white shrink tubing or colored thread)
- Arrow should “click” onto string
- Place arrow on rest (located on side of the bow)



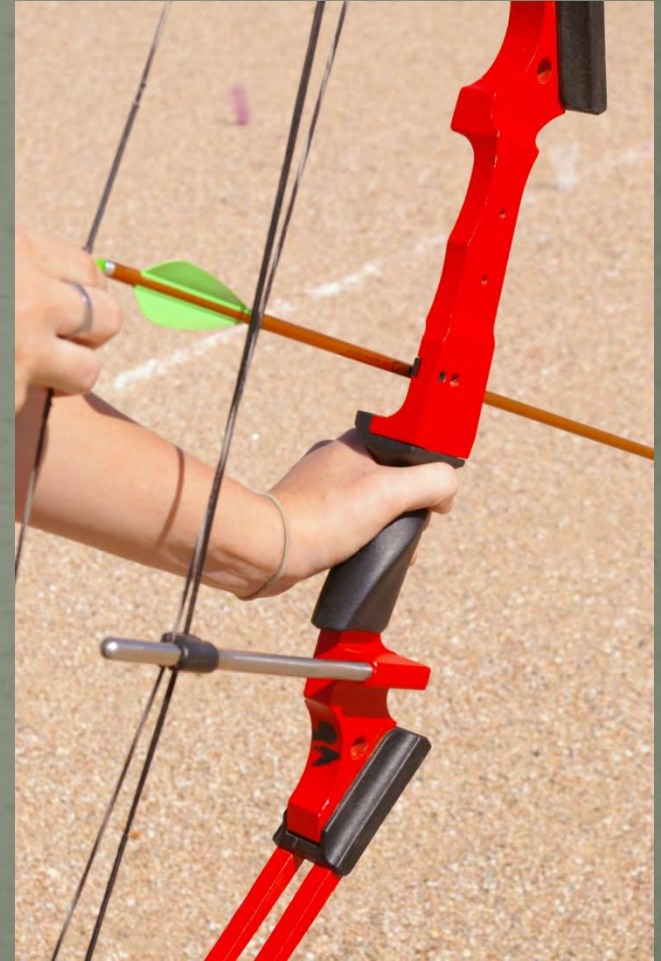
DRAWING HAND SET

- Bow should be at arms length and pointed down
- Grasp string with all 3 fingers under the nock of the arrow
- String should be in the first joint of the index and ring finger and slightly inside the joint of the middle finger
- Keep hand flat with thumb down



BOW HAND SET

- Place hand in the bow grip with the meaty part of your thumb inside the grip
- The palm's lifeline should be aligned over the center of the bow's grip
- When set properly, knuckles should be at a 30-45 degree angle
- Elbow should be rotated away from the bow string



PRE-DRAW

- Lift bow arm, hinging at the shoulder
- Shoulder remains level
- The drawing hand, arm, and elbow should be parallel to the floor or ground



DRAW

- Pull or draw the string towards the side of your face
- Keep draw arm level with the floor or ground
- You should feel your upper back muscles being activated



ANCHOR

- Tip of the index finger should be placed in the corner of your mouth
- Any change in anchor will cause inconsistent shooting



AIMING

- The dominant eye is the rear sight and must stay in the same location for consistent shooting (Reason for a good anchor point)
- Place the tip of the arrow on the center of the target
- Adjust high and low shots by adjusting aiming height



SHOT SET-UP

- Activation of back muscles after reaching anchor and while aiming is in progress
- Achieved by creating a slight movement from drawing shoulder and/or arm and elbow to the rear

Or

- By rotating the drawing shoulder blade towards the spine



RELEASE

- Combination of relaxing draw hand fingers while continuing to keep back muscles activated
- The string will leave your fingers and propel the arrow towards the target



FOLLOW-THROUGH/REFLECT

Draw hand will move rearward “paint your face”.

Thumb should touch your shoulder.

Reflect on ending form.

