

Archery

Teachers Notes Last Reviewed 8 January 2024



Objective: To provide a safe environment for challenging and enjoyable activities to take place that develop the basic technical, physical and mental skills required in archery.

Equipment Provided: 4 bows, 12 arrows, Targets and 20 Arm Guards

Location: Cross the carpark and go up the sandstone steps. The archery range is located at the top of the steps and to your right on the northern edge of the oval.

Before You Start:

1. **Collect equipment** for the activity from the centre and take with you to the oval where the archery is set up.

2. **Check**

- **Participants** are equipped with appropriate clothing, is footwear sturdy and enclosed, is hair secured? Sunscreen or insect repellent has been applied if needed. **Hands must be sanitised prior to starting and bows and arrows wiped between participants with disinfecting wipes.**
- **Environment** – Is the area free of debris and animals including snakes, ants, spiders, and bees? Check the weather - Is it safe to continue?

3. **Teach Archery Protocol - Safety Tips and Rules**

- **The waiting line:** This is the row of seats to the right of the archery area. Archers sit here until it is their turn to begin shooting.
- **The shooting line:** This is behind the wooden structure where the archers shoot from. There is room for four - eight archers at a time to shoot. No one is allowed in front of this line while archers are behind it shooting.
- **The target line:** This is an imaginary line about 2 metres from the targets where archers should slow or stop prior to retrieving their arrows.

Movement on the Archery Range

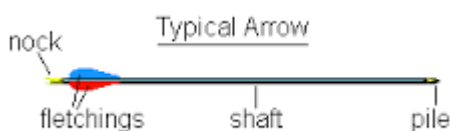
The following commands can be used on the archery range:

- 'Safe to Change': archers may change from the waiting line to the shooting line.
- 'Safe to Shoot': archers may place an arrow on the bowstring and begin shooting
- 'Safe to Collect': archers may walk forward to the targets and pull their arrows
- 'Stop': stop shooting immediately

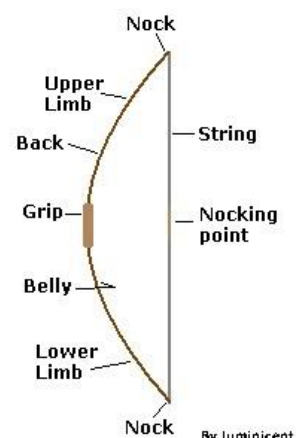
Extra Safety Requirements:

- Archers are always expected to walk on the archery range.
- When retrieving arrows, archers approach the target slowly and go to either the right or left side of the target to pull. If retrieving from behind target have someone stay in front of target so everyone knows shooting cannot start. Archers always look behind them carefully before pulling each arrow.
- The bow hand is never raised above the draw hand. Arrows are not nocked until on the shooting line and pointing towards the target. Bow strings are not to be pulled and let go without an arrow.
- Everyone must wear an Arm Guard! Right handers on right arm. Left handers on left arm.

4. **Teach the basic parts of the bow and arrow and the 10 steps to Archery**

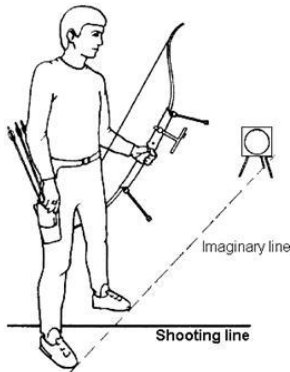


NB: The positions of the fletchings and the index fletching (different colour) must face away from the bow.



10 Steps to Archery

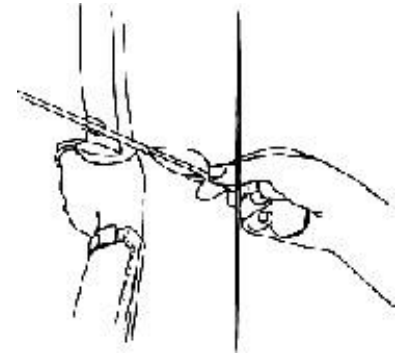
1. Stance & Posture:



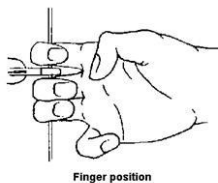
- Right handers hold the bow with their left hand and stand with their left side towards the target. Left handers do the opposite.
- Stand at a right angle to the target with the tips of your toes against an imaginary line pointing at the centre of the target.
- Your feet should be shoulder's width apart, straddling the shooting line.
- Stand straight & tall, balanced, with ribs down, shoulders down and relaxed. Shoulders square to the target
- Try and relax.

2. Nock (Finger & Hand placement)

Nock arrow **UNDER** the nocking point on the string. Listen for the sound of a "snap" as arrow connects to the string. **Index feather (odd colour fletching) AWAY from the bow.**

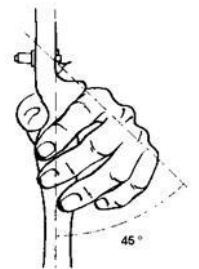


3. Hook String and place bowhand:

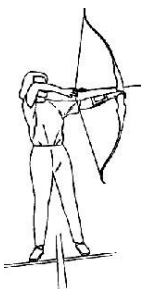


- Using three middle fingers, "hook" the string at the first groove, with your index finger above the nock, and middle and ring finger under the nock. Do not use your little finger.
- Set your bowhand on the grip using the meaty part of your thumb. Your thumb points toward target.
- Relax your fingers. The back of your hand should make an angle of 45 degrees.

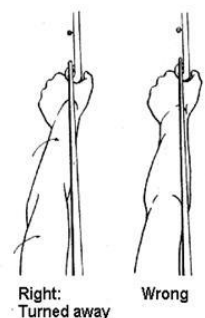
- The tips of thumb and index finger may touch each other in a relaxed way.



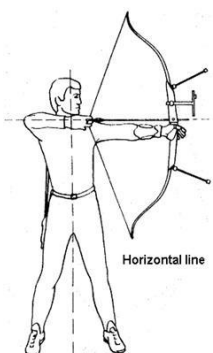
4. Set up (Extending the bow arm)



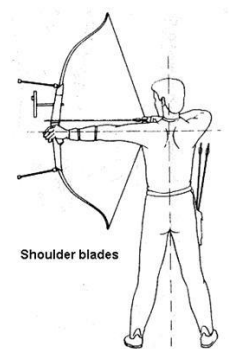
- Bring the bow arm to shoulder height - keep shoulders DOWN
- The elbow of the bow arm is turned away from the string



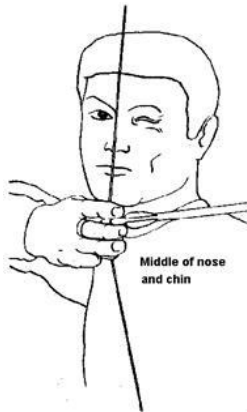
5. Drawing the bow



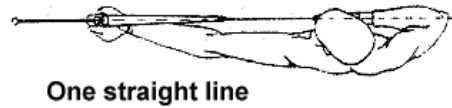
- Draw the string along the bow arm in a straight horizontal line to the anchor point on your face.
- Draw with your back muscles, moving the shoulder blades towards each other.
- Stand straight up and relaxed
- Keep both shoulders as low as possible.



6. Anchoring



- If using line of sight, the string should touch the chin and the nose. NB: Small differences in the anchor point on their face relates to big differences on the target. The index finger is curled under the jaw bone, the thumb is NOT used as a reference anchor point.
- Keep your teeth together. (no gum, remove hats as well)
- Bow hand, draw hand and Elbow should form a straight line.
- Deep both shoulders as low as possible

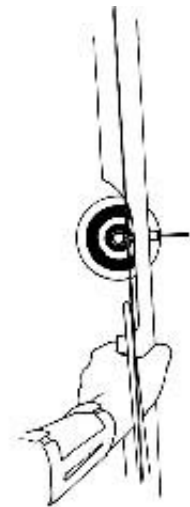


7. Load transfer, then Hold

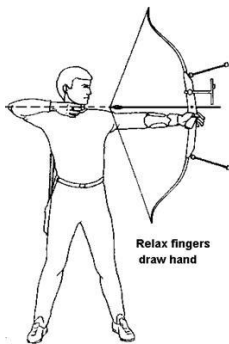
At full draw, transfer the weight of the bow from your arms to your back.

8. Aim

- Aim at full draw, by settling the sight ring onto the target. Maintain the connection of drawing hand to the face.
- You should see the string line up on the top bow limb exactly at the same place each time and appear a little right of the sight ring. (Use to develop a "String Picture")
- If you are cross dominant- (right handed, left eye dominant or vice-versa) you must shut the other eye.
- Keep the sight at the target



9. Release



- Keep pulling the shoulder blades towards each other, while relaxing the fingers of the draw hand
- Try not to twang or jerk the shot pulling the fingers away from the face. Allow the string to slip off the fingers without moving the hand at all or let the hand fall back to the shoulder naturally.



10. Follow Through

- Your relaxed bow hand will let the bow drop.
- You will feel your sling tug gently against your hand, letting you know the sling is catching the bow.
- Do not move until you see or hear the arrow hit target (Say "RELEASE 2.3.4") for best accuracy.

9 steps to the 10 ring was revised 2007 due to Biomechanically.Efficient.ShootingTechnique method from the Olympic Training Center, known as the National Training System. Images from NAA training manuals. Words/instructions, revised and updated by Coach Jefflyne Potter.

© learn archery /Atlanta Archery: <http://www.learnarchery.com/basicarcheryinstruction9steps.html>

5. At the end of the session complete the archery check sheet.

Ready to Roll – Enjoy some Activities

- Practice the 10 steps to archery
 - Have a round to practice shooting and getting a feel for the bow
 - Using the score sheet play the 120 challenge. Have four rounds of shooting (three arrows a round) to see who can score the closest to 120.
 - Other Archery Target Games – Using a Standard target
 - **Closest Arrow.** Players shoot 3 arrows each. Closest individual arrow to the center wins.
 - **Closest Arrow Single Elimination.** Single Elimination tournament. One arrow each. Closest to the center wins.
 - **Bowling.** Shoot at a regular 10 ring target. 10 is a strike. If you miss the 10, you can shoot the ring that will make your score add up to ten as a spare. So if you hit a 6 you have to shoot a 4 to pick up the spare.
 - **“Master of the Shrinking Target.”** Archers shoot three arrows at the target. Arrows that miss are eliminated and can’t be shot in the next end. The target is shrunk by incrementally taking an outer ring (or outer color) out of play each end. The last archer with an arrow wins.
 - **Black Jack.** Shoot as many arrows as you like, but don’t go over 21. Score the targets normally, 1-10 from the outer ring in. You can use the X-ring (the small ring inside the 10 ring) as an ace that is 1 or 11, archer’s choice.
 - Other Archery Games (Provide any extra items yourself)
 - **Balloons.** One of the simplest archery games and one of the most satisfying for all ages and skill levels is shooting balloons. You can use any size or kind of latex balloon and they are easy to tape to the target. Add some goodies to the balloons to vary it. Don’t forget to pick up all the balloon pieces when you have finished and put them in the bin.
 - **A Pool-like game for 2 people:** Blow up 8 small balloons of one color and 8 of another. Tape them to the target randomly mixed. Toss to see who shoots first. Play in order, one arrow at a time. First person to hit a color claims that color and tries to shoot all the balloons of that color. First person whose balloons are all shot wins. Accidentally shooting your opponents balloons counts in their favor. You can vary the game with pool-inspired rules, such as getting to shoot again if you make your shot; by mixing in some white balloons, which, if hit, count as a scratch, or adding an 8-ball balloon that has to be shot last to win, and scratches if you miss.
 - Specialized Game Targets
 - **Targets** Try making your own- a happy face, animal, circus clown, alien, Big Foot, etc. or attach some Tiny Targets.- dots, small plastic spiders or anything small, cheap and safe to shoot to the target
 - **Tic-Tac-Toe.** This is one of the simplest to make. You can lay out the classic version, using a pen or tape to make a standard Tic-Tac-Toe grid. (Touching line counts as a miss.) Or you can make a version using a 3x3 arrangement of large spots.
 - **“V.”** A large “V” shape is drawn or made with tape the full height of a target. Archers each shoot to see who can get closest to the bottom of the V without touching the line or shooting outside the lines. **Variation:** Next archer must shoot below the lowest arrow to stay in the game.
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