

Archery – PEACH 2011

Day 1: Introduction to teaching archery. Equipment requirements, safety considerations and range set up. We will string the bows, learn range commands, and begin shooting straight and recurve bows.

Day 2: Review of Day 1 lessons. Continued shooting of straight and recurve bows. Introduction to NASP and compound bows.

Day 3: Review Day 1 & 2 lessons. Compound bow shooting practice and competition.

I. Equipment List:

Item	Comments
Tall cones	Targets for flu-flu arrows when beginning. Need 1 per 2 shooting locations
Rope & tent stakes, Painters tape, cones	Used for 1) waiting line, 2) shooting line, 3), target line. What you use depends on if you are inside or outside and the surface.
Quivers (or cones used as)	1 for each shooting station
Bows	1 per every 4 students (20% should be left handed if compound)
Bow rack	Nice to have, especially for compound bows
Arrows	Flu-flu or regular depending on curriculum
Targets & Target Faces	
Target stands	Especially helpful in transporting targets
Paper, tape, balloons, etc.	To add different “targets” to target face for fun and competition

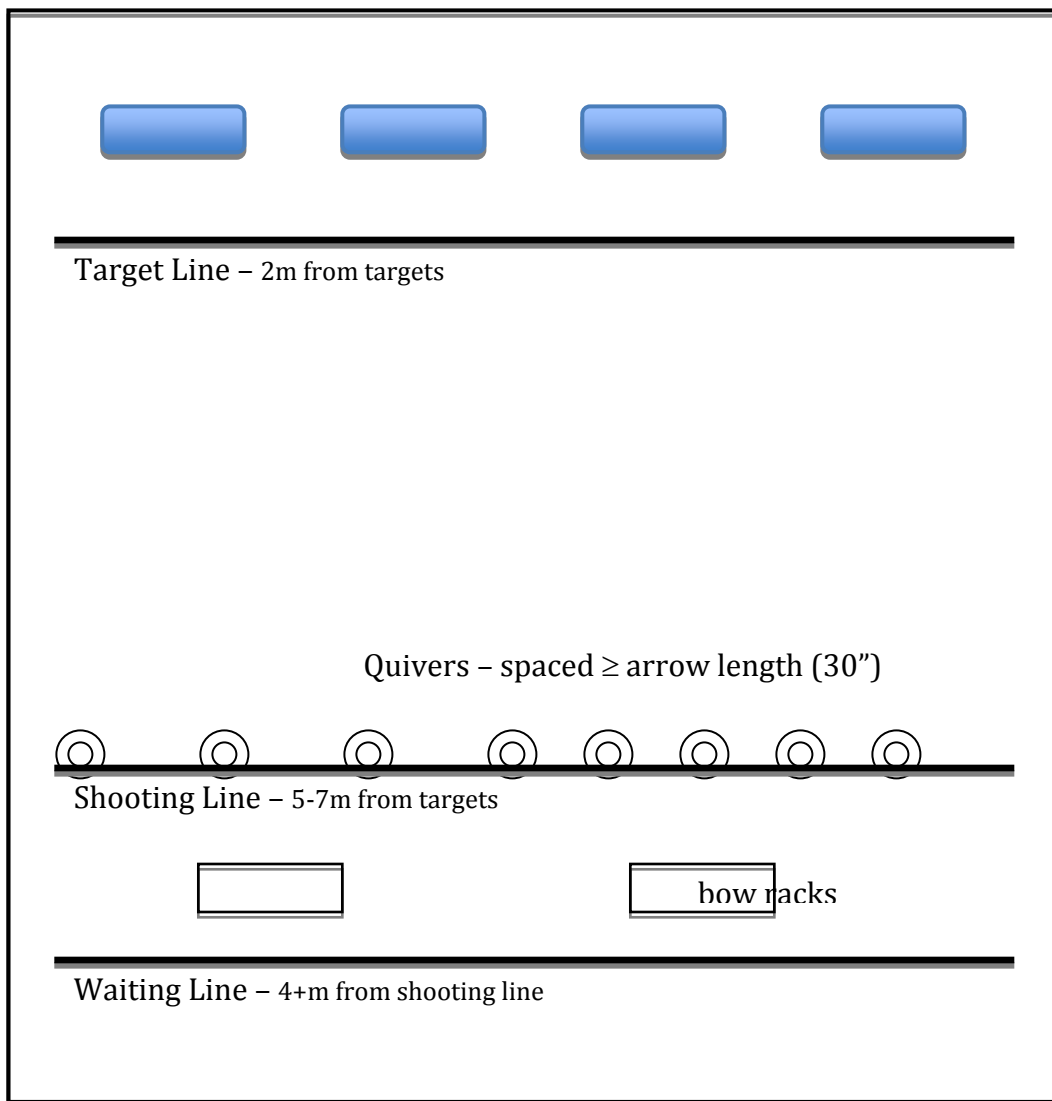
II. Learning Outcomes:

- Students will demonstrate their knowledge of the safety measures involved in archery.
- Students will be able to identify the parts of the bow and arrow.
- Students will demonstrate responsible personal and social behavior in the performance of archery.

III. Safety Rules:

1. An arrow nocked and drawn is DANGEROUS
2. Never shoot an arrow up into the air.
3. Students must follow ALL commands ALWAYS.
4. NEVER dry fire a bow.
5. An arrow dropped in front of the shooting line is considered shot – it is NOT picked up until command to retrieve all arrows is given.
6. When the signal to retrieve is given, students must walk to the target line.
7. Always shoot only at your designated target.
8. When in doubt → DON'T SHOOT!

IV. Range Set Up:



V. Firing Line Commands:

“Cease Fire” or multiple whistles: Safety issue. Upon hearing command, arrows are returned to quiver and bows are back down at side.

1. “Get bow” or “Shooting line is ready”
 - a. If using straight/recurve bows, they will be on ground in front of line. Students should straddle line but NOT pick-up bow.
 - b. If using compound bows, students should pick bow off of rack and walk to shooting line. They should then straddle the line with the bottom cam of bow on their toes.
2. “Present Bow” – Students hold bow in the proper hand, string up, down at hip. The bow should be parallel with shooting line.
3. “Nock Arrow” – Students bring arrow over the top of bow so that it is closer to the target than the bow. Odd colored fletch (index fletch) is out.
4. “Shoot (...one arrow, ...all three, etc.)” – In the very beginning we shoot only one arrow at a time so the teacher can observe/correct. When all arrows have been shot the students either set bow on ground (straight and curved bow) or hang bow back on rack (compound) step back from the shooting line.
 - a. “Pull to arm pit”
 - b. “Pull to cheek”
 - c. “Sight down arrow”
 - d. “Relax hand and release”
5. “Course Closed. Retrieve arrows” – Students walk to target line to score target and for arrow retrieval.

These additional commands are used in the very beginning when teaching shooting technique.

Note: As two people shoot at one target, arrow retrieval must be safe. One person waits behind target line, while first person pulls out half of the arrows starting at topmost one. When half of arrows have been pulled from target, the two people change places.

VI. Eye Dominance:

Shooting success can be affected by eye dominance. While it is not mandatory that a student shoot a bow that allows the string to be pulled in the sight line of the dominant eye, it can affect performance. Eye dominance is usually the same as arm dominance, although there are exceptions. Matching equipment to the dominant eye will allow the archer to shoot with both eyes open, which is recommended due to increased depth perception, balance and peripheral vision.

Three methods for determining eye dominance are:

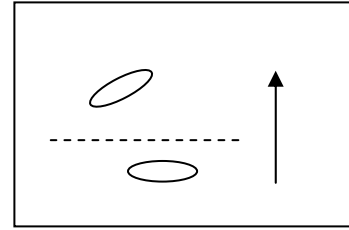
- Pointing and Winking
- Pointing at the Instructor
- Aperture Method

VII. Technique:

A. Form

1. Stance

- 1) Feet shoulder width apart, straddling the shooting line. Non dominant foot is in front.
- 2) Weight equally distributed on both feet.
- 3) Head turned toward target.



2. Nock Arrow

- 1) Bring arrow over bow so that it is between the bow and the target.
- 2) Rest the arrow on the arrow rest.
- 3) Index Fletching (odd colored) points out.
- 4) Snap the arrow's nock onto string.
 - a. with no nock locator, make sure arrow is at 90° angle with string.
 - b. if string has a nock locator, snap the arrow's nock under it.

3. Draw Hand Set

- 1) Place string in first joint of index and ring fingers; slightly inside joint of middle finger forming "the hook".
 - With no nock locator on string, hold arrow nock between first two fingers. Hold gently, as too tight causes arrow to move.
 - With nock locator on string, place all three fingers are under the nock.
- 2) The back of hand flat and thumb down and relaxed.

4. Bow Hand Set

- 1) Hold grip in along lifeline of palm, causing knuckles of bow hand to form a 30° angle.
- 2) Rotate elbow down and out.

B. Shooting

1. Pre-Draw

- 1) Hinge arm at shoulder and lift bow hand up.
 - 2) Hand, arm, and elbow should be parallel to ground.
 - 3) Draw hand remains hooked on string, but bow un-drawn.
- NOTE: Technique might differ initially with beginners (see Section V4a-d)

2. Draw

Pull string toward right side of face (right-handed archer) by rotating hips (not chest) and activating upper back muscles. Feel like you are getting “in behind” the bow, and squeezing shoulder blades.

3. Anchor

Touch and hold the index finger in the corner of the mouth. Keep all muscles active.

4. Aim

- 1) Dominant eye is the rear sight. With correct anchor position eye is directly above arrow.
- 2) Front sight is the arrow's point
- 3) Align eye, the string, and the front sight (arrow tip)
- 3) Aim and hold – do not allow arrow to creep forward.

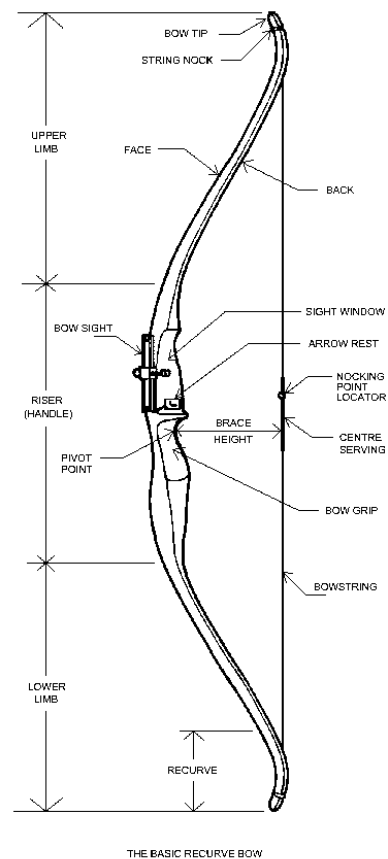
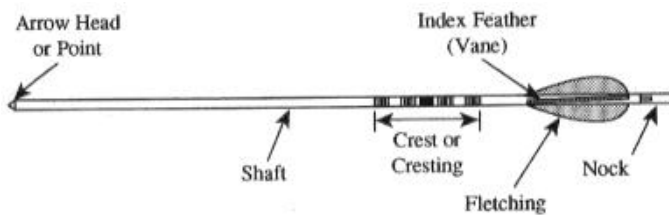
5. Release

Relax the fingers and back of the hand – don't open fingers by muscle action. Arm and back muscles remain active.

6. Follow-Through

- 1) Draw hand will move back and thumb should end up near or touching the drawing shoulder.
- 2) Bow will move slightly forward, down and left (for a right handed shooter. Watch for excessive movement by students.
- 3) Reflect on the ending positions of both bow and draw hands after shot.

VIII. Illustrations



THE BASIC RECURVE BOW

IX. Glossary:

Anchor – to pull (draw) the bowstring back to the anchor point

Anchor Point – The spot on the face (corner of mouth) to which the string hand is drawn.

Arm Guard – Protection for an archer’s forearm.

Arrow Rest – Projection on the bow on which archer places the shaft of the arrow.

Back – The area of the bow away from the bowstring.

Bow Hand/Arm – The arm/hand that holds the bow during a shot.

Crest – Colors or markings on the shaft to distinguish one arrow from another.

Draw – To pull the bowstring back.

Face – The area of the bow nearest the bowstring.

Fletching – the feathers on an arrow.

Index Fletching – the odd colored feather that faces perpendicular to the string.

Nock – The slot in the end of an arrow into which the bowstring fits (noun). The action of placing the nock end of the arrow onto the bowstring (verb).

Nocking Point – The place on the bowstring over which the nock of the arrow is placed.

Nock Locator – a raised part of a bowstring where the nock will sit against.

Notch – A depression in the tips of the limbs of the bow in which the bowstring is placed.

Quiver – A device for holding arrows that are not being shot.

Retrieve – Act of recovering shot arrows.

Shaft – Main part of an arrow.

Shooting Line – Line that the archer straddles to shoot.

String – The bowstring (noun). To place the bowstring in the notches of the limbs of the bow so the bow is ready to shoot.

Target – An object made of a material that will stop an arrow and on which a target face is placed.

Target Scoring – Point value: Bulls-eye = 10, Gold = 9, Red = 7, Blue = 5, Black = 3, White = 1

Target Stand – Used to hold the target in an upright position.

X. References:

There are lots of online references available – just Google “Archery”!

If you are interested in NASP (National Archery in the Schools Program), an awesome program administered by the California Department of Fish & Game, please go to their website at www.archeryintheschools.org.