

Beginning Archer's Handbook

Florence Elementary School

Archery Website:

<https://www.boone.k12.ky.us.schools.bz/olc/2637/class/fes-archery-club>



Archery Club Coach:

Ryan Burch; Assistant Principal
ryan.burch@boone.kyschools.us

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11 Steps to Archery Success

- 1) **STANCE-** Check your feet. Archers should straddle the shooting line with their dominant-side foot furthest from the target. Feet should be shoulder-width apart with the toes of the front foot turned slightly towards the target.
- 2) **Nock-** Remove an arrow from the quiver by grasping the arrow below the fletchings (for more info on fletchings, see the section *Know Your Bow and Arrow*). Keeping your bow as vertical as possible, carry the arrow up and over the top of the bow. With the index fletching pointed towards you, “click” the arrow’s nock under the nock locator. The shaft of the arrow should be placed on the arrow rest.
- 3) **Draw Hand Placement-** With your bow at arm’s length and pointed down with the cam resting on the leg, grasp the string with three fingers immediately under the nock at least to the first joint of the 1st and 3rd finger and slightly inside the joint of the middle finger forming a hook. Keep the back of the hand flat and the thumb folded in the palm and relaxed.
- 4) **Bow Hand Placement-** Place your hand in the bow grip with the meaty part of your thumb inside the grip to the lifeline of your palm. The life-line should be aligned over the center of the bow’s grip. At the same time your bow hand is set, rotate your elbow down to the left (for right-handed archer). This hand and elbow position allows for improved string clearance of the bow arm.
- 5) **Pre-Draw-** Rotating your bow-arm shoulder, raise the bow so that your shoulders remain level. Your drawing hand will remain hooked around the bowstring with the bow undrawn. The drawing arm will be simultaneously raised slightly higher than the bow arm.

- 6) **Draw-** Smoothly pull or draw the string toward the right side of your face (right-handed archer) by rotating your hips and your shoulder around until your elbow is slightly in front of the arrow line.
- 7) **Anchor-** Anchor by placing your index finger touching the corner of your mouth.
- 8) **Aim-** Using your dominant eye (but keeping both eyes open), use the tip of your arrow as the sight.
- 9) **Shot Set-Up-** Create a slight movement from your drawing shoulder and/or arm to the rear (almost like a “shoulder shrug”).
- 10) **Release-** While keeping your arm and back muscles active, relax your fingers and the back of your hand in a single instant. The string should feel like it “falls off” your fingers.
- 11) **Follow-through/Reflection-** Your drawing hand will move rearward with your fingers relaxed. Your bow hand should move slightly forward, down and left (for right-handed shooters). The bow should rock in your hand. Analyze and reflect on your shot and make adjustments for your next shot.

To see a video of the 11-steps, scan this code or visit the youtube video below:



<https://www.youtube.com/watch?v=lgDNNS4Ere0>

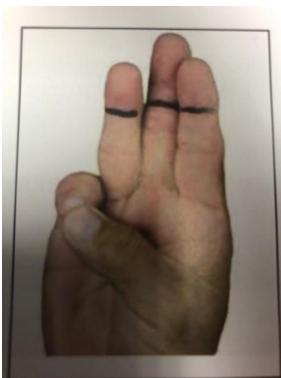
Practicing at Home

To practice at home, each student makes a “String Bow” at the first archery club meeting. This practice tool is simply a doubled-length of cord with a knot tied in it that simulates drawing a bow and allows students to practice correct form. Students can practice the 11 steps to archery success using the string bow.

To use the string bow, place the knotted end in the “life-line” of the bow hand (see image below).



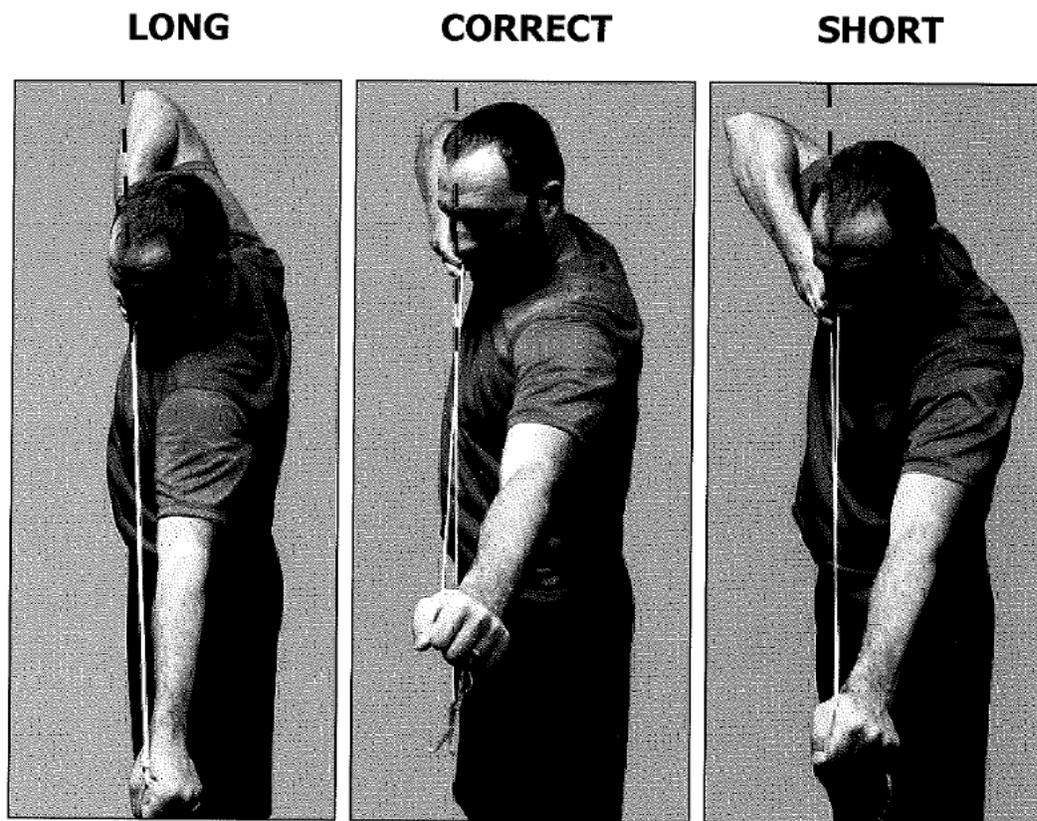
Place the loop end of the string in the last joint of the first and third fingers of the drawing hand and just inside the joint, towards the palm, of the middle finger (see image below):



Practicing at Home (Continued)

The archer should then straddle a “shooting line” and raise their bow-arm up, elbow straight, as if holding an actual bow. Then, draw the string bow to the corner of the mouth with the bow arm at eye level and pointed toward a target.

The drawing arm elbow should be slightly in front of a straight line drawn from the bow hand through the anchor, and beyond the drawing arm elbow (see images below):



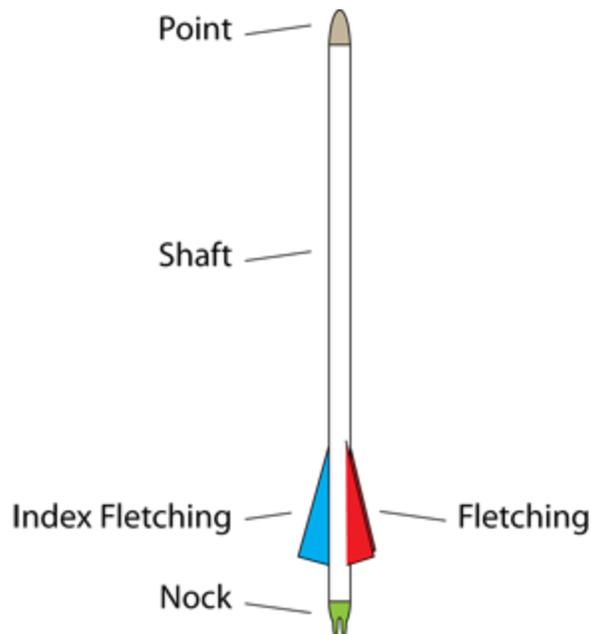
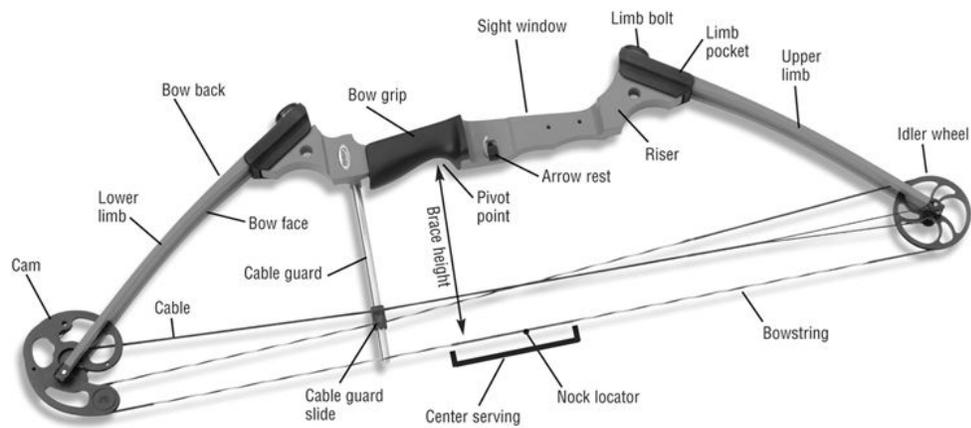
For more information about using this training aid, scan the code or visit the youtube visit below:



<https://www.youtube.com/watch?v=-yL2TbyD5bU>

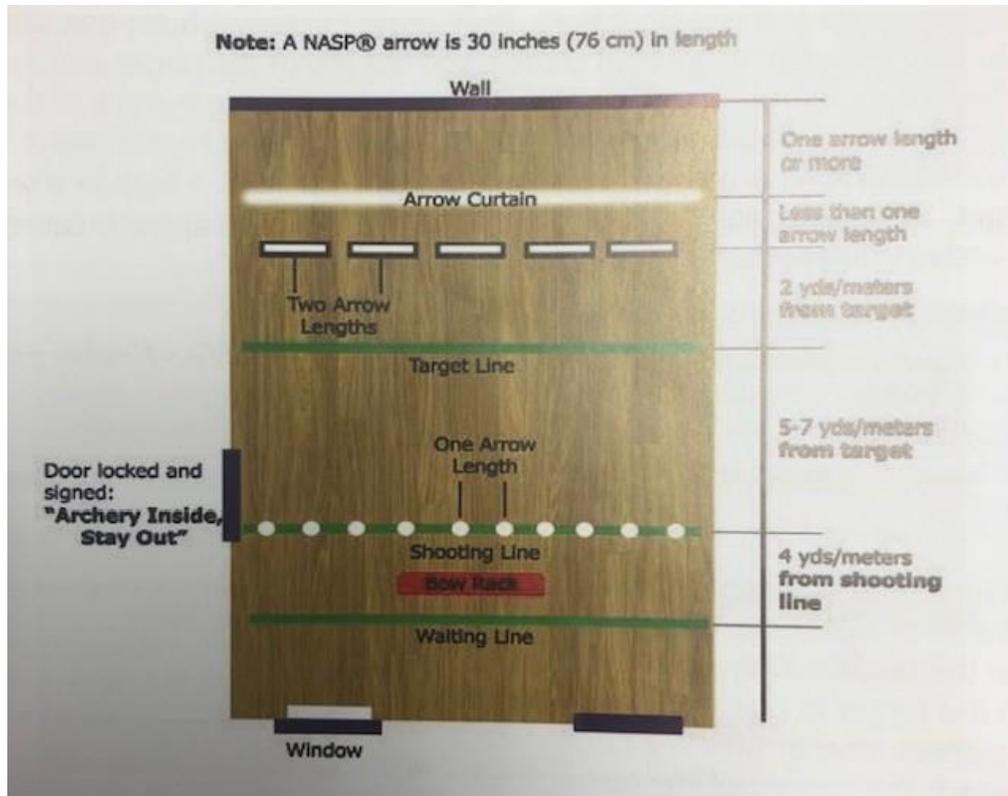
Know Your Bow and Arrows

Genesis Compound Bow



Safety and Whistle Commands

Below is a diagram of a typical NASP archery range:



Students wait behind the waiting line until it is their turn to shoot. When it is their turn, students listen for the following whistle commands:

2 whistles= Get bow from bow rack, move to shooting line, place bow on toe.

1 whistle= Begin shooting. Shoot all 5 arrows.*

3 whistles= Go to target, score arrows, remove arrows and return arrows to quivers.**

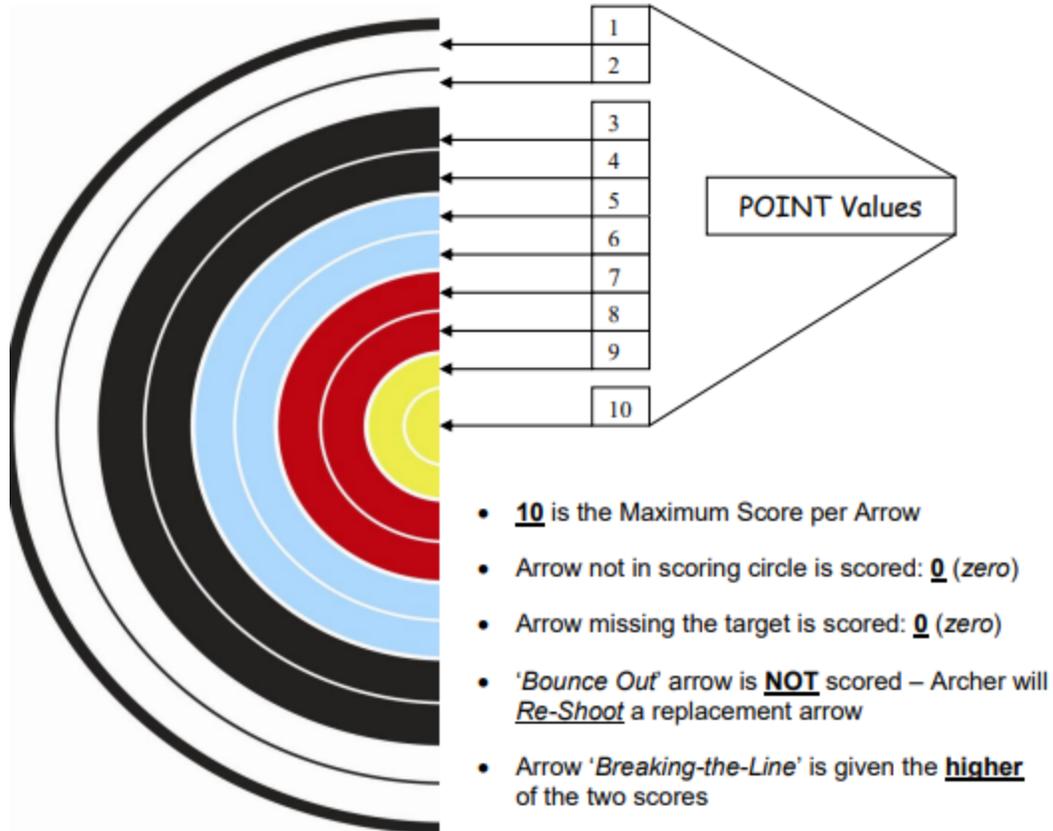
5 whistles= Stop! Emergency on range.

*If a student drops an arrow while nocking it, the student should leave the arrow where it lies, remain on the shooting line and raise their hand. An instructor will provide the student with another arrow. If an arrow fails to stick in the target (referred to as a "bounce-out"), the arrow does not count. The student should remain on the line and raise their hand. An instructor will provide another arrow.

**When removing arrows from the target, one student approaches the target while the other remains behind the target line. This is to avoid injury if a stuck arrow suddenly releases in an uncontrolled manner.

Scoring

NASP SCORING GUIDE



In our practices, we will use NASP tournament scoring procedures. In tournaments, archers shoot 4 “ends” with 5 arrows each from 10 and 15 yards. The first end at each distance is a practice end.

Tournament Scoring Procedure: Scoring will be done by youth archers of opposite teams that are using the same lane. Range Officers will be used if only one archer is using the lane or archers are from the same team/school. Before arrows are touched or score is recorded both the archer & scorer must agree. A Line Judge or Range Safety Officer should be called for any disputed score. Scores will be recorded properly on the card provided. Score Cards must be signed by the shooter before they are turned in.

Local Archery Shops

If you are interested in purchasing your own archery supplies or practicing indoors outside of club meetings, there are several reputable shops/ranges in our area. See below for contact information.

M&M Archery Range and Pro Shop

10112 Toebben Dr, Independence, KY 41051

(859) 282-6333

<http://mmarchery.com>

Shop and range

Center Shot Archery

12 Inez St, Covington, KY 41015

(859) 261-7468

<https://centershotarcheryky.com/>

Shop and range

Rack Attack Archery

482 Erlanger Rd, Erlanger, KY 41018

(859) 379-9301

Shop only, no range