

Introduction

- **Goals of this class**

1. Teach basic archery skills
2. Engender a lifetime interest in archery
3. Encourage families to participate in archery together
4. To encourage your family to join our club and become active members
 - Family fee will be applied to your initiation fee if you join

- **Introduction**

1. Archery is a life skill everyone can enjoy.
2. Archery's safety record is better than almost every other sport.
3. Archery is an activity best taught, learned, and practiced with a positive attitude.

- **Terminology**
 1. The compound bow
 - Limbs
 - Riser
 - Grip
 - Rest
 - Cams/Wheels
 - String
 - Serving
 - Nocking point
 2. Arrow
 - Shaft
 - Fletch
 - Index fletch
 - Nock
 - Field point
 3. Arm guard
 4. Finger tab or glove

Rules of the Range

1. Start behind the waiting line
2. **2-whistle signal** – Get bow and straddle the shooting line
3. **1 whistle signal** - Begin shooting
4. Do not retrieve dropped arrows
5. Return bow to rack and stand behind waiting line when all arrows are shot.
6. **3 whistle signal** – Retrieve arrows
7. **4+ whistle blast** – Emergency! Stop shooting! Remove arrows from bows.

Explain **dry fire** and why we should never do it.

Retrieving Arrows

1. Walk to target line
2. Instructor picks up dropped arrows
3. One archer pulls arrows at a time
4. Pull arrows properly (demonstrate)
5. Carry arrows back to quiver properly
6. Stand behind the waiting line

10 Steps of Shooting

1. **Stance** - One foot on each side of the Shooting Line. – Open stance for greater comfort.
2. **Nock Arrow** – Index fletch out
3. **Set** –
 - **Draw Hand** – Hook the bowstring in the archer's groove – relax back of hand.
 - **Bow Hand** – Center the bow's grip to the thumb side of the lifeline of the relaxed bow hand. – Thumb & index finger on bow grip.
4. **Set-up** – Raise the bow arm and drawing arm to eye level
5. **Draw/Load** – Draw the string back to side of face. Draw arm shoulder down and back.
6. **Anchor** – Index finger at the corner of the mouth
7. **Transfer/Hold** – Transfer string weight from arms to back.
8. **Aim/Expand** – Align the string, riser, arrow rest and/or arrow point on the target
9. **Release** – Slight expansion from center of chest. Relax and allow the string to “pull through” your fingers.
10. **Follow Through** -
 - “Wipe your face”
 - The drawing hand continues back beside the neck ending behind the ear.
 - Follow through until arrow hits the target.

Lesson 1 Plan

At Tables - 30 min

1. Introduction
 - a. Each student and instructor introduces themselves
2. **Goals of this Class**
3. **Archery Introduction**
4. **Terminology**

Range time - 60 min

1. Check eye dominance
2. Introduce **Rules of the Range**
5. Introduce and demonstrate **10 Steps of Shooting**
6. Introduce **Alignment & Release Drills**
7. Pass out bows
8. Student practice

Lesson 2 Plan

At Tables - 15 min

1. Review **11 Steps to Archery Success**
2. Review **Rules of the Range**

In Range – 15 min.

3. Review **Alignment & Release Drills**
4. Introduce **Bow Hand Position & Elbow Rotation Skills**
5. Introduce **Stance & Posture Skills**

Shooting time – 60 min

1. Blue targets at 10 yd. (5 yd. for cubs)

Lesson 3 Plan

At Tables - 15 min

1. Review **Alignment & Release**
2. Review **Bow Hand Position & Elbow
Rotation Skills**
3. Review **Stance & Posture**

Range time - 30 min

1. Shoot at balloons at 17 yd

Lesson 4 Plan

At Tables - 15 min

1. Review **Drills & Skills**
2. Discuss various **forms of archery & competitions**

Range time - 30 min

1. Animal Targets at 17 yd. – Keep Score

Range time - 45 min

2. High scorers move back to 20 yd.

Lesson 5 Plan

At Tables - 15 min

- 1.** Discuss buying archery equipment
- 2.** Measure draw length

Range time - 15 min

- 1.** Tournament warm-up

Range time - 45 min

- 2.** Group tournament
- 3.** President Shoot

At Tables - 15 min

- 1.** Awards and pictures