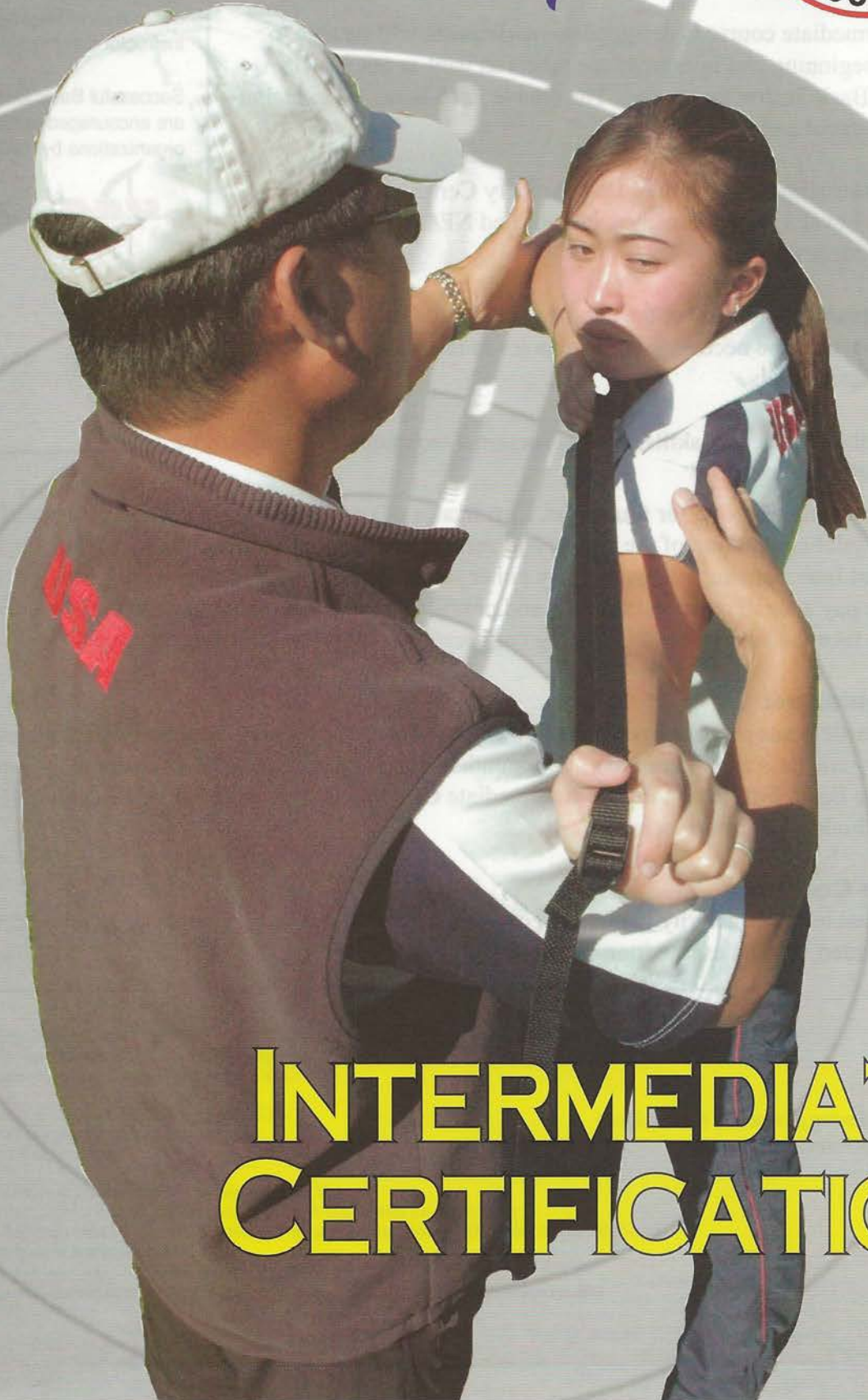


# ARCHERY INSTRUCTOR TRAINING

THE OFFICIAL INSTRUCTOR  
CERTIFICATION COURSE OF  
USA ARCHERY & THE NATIONAL  
FIELD ARCHERY ASSOCIATION



## INTERMEDIATE CERTIFICATION

# INTERMEDIATE CERTIFICATION

The Intermediate Archery Instructor Course is the official training and certification course for both USA Archery and the National Field Archery Association. The program is administered by the National Alliance for the Development of Archery.

The Intermediate course is designed so participants will be able to instruct beginning and intermediate archers as well as teach a USA Archery Basic Instructor course. The course is 16 hours long, including assessment and testing.

Course Instructors are qualified USA Archery Certified Instructor Trainers, Level 3, 4 or 5 Coaches, or qualified NFAA Advanced or Master Coaches.

**For successful completion of the course, participants are expected to:**

1. Demonstrate the necessary competencies to instruct beginner and intermediate archers.
2. Have the knowledge, skills, and instructional techniques to teach a Basic Instructor course.

This Certification is good for four years. Certificates of completion are mailed to instructors from NADA after the successful completion of the course and verification of membership in USA Archery or NFAA. To remain certified at Intermediate, instructors may either retake the course, or if they have remained an active instructor, they may pay a small recertification fee and provide written documentation that they have been active. They may also take the next level of Coaching certification to upgrade their qualifications.

## **Prerequisites:**

Course participants must have completed a Basic Instructor course or have equivalent experience in the sport of archery and pass an entrance test. Six months of archery experience is considered the equivalent of completion of the Basic Instructor course. Intermediate Certified Instructors must be a member of USA Archery or the National Field Archery Association.

## **Course Content:**

This format includes activity in the form of shooting and coach/pupil exercises, lectures, discussion, demonstrations or video, as well as a written and practical test.

## **Archery Instructor Training**

USA Archery and NFAA both recognize this universal Instructor Certification under a joint Basic and Intermediate Instructor training agreement.

Successful Basic Certification participants are encouraged to learn more about both organizations by visiting their websites.



[www.usarchery.org](http://www.usarchery.org)



[www.fieldarchery.org](http://www.fieldarchery.org)

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Written in cooperation with coaches of USA Archery and the National Field Archery Association.  
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USA Archery and NFAA have designated NADA as their sole official publisher and distributor for Basic and Intermediate Archery Instructor Certification manuals. Funds from the sale of this publication directly support the training of new certified instructors, whose resulting Certification is recognized by both organizations.

Other organizations may use this material only with the written permission of USA Archery and NADA.



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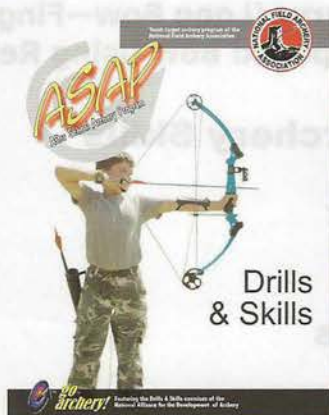
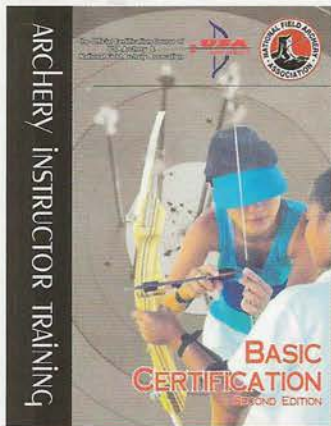
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Your training packet for this course includes a copy of the Basic Certification manual, and a copy of the Drills & Skills student guidebook produced by NADA. You will be referring to each of these manuals during this course. Included also, is a companion reference CD. This CD contains various archery references and background materials to make you a better instructor and club leader following this course.



# Chapter 1

## The World of Archery

Archery is an international sport with many types and styles of equipment and many different styles of competition.

### The Olympic Games

Archery is an Olympic Sport with more than 140 countries participating in Olympic Style Archery. The Olympic Round consists of exciting Match Play elimination rounds for both Men's and Women's classes. Athletes must first earn positions for their country through placement at the World Championships and at Continental Qualifiers. A maximum of 64 Men and 64 Women compete in the Olympic Games. A maximum of 3 members from each country may compete. Only Recurve bows are used.

The 64 archers compete for placement in a 72 arrow qualification round. They are then seeded according to their ranking. Number 1 shoots against 64, number 2 against 63, number 3 against 62, and so on. The archers alternate shooting one arrow at a time in a 12 arrow match. The winners move on to the next match, until the final 2 archers compete for the Gold Medal.



The losers of the semi-finals match compete for the Bronze medal.

A fast paced Team round is also shot, in both the men's and women's classes. The top 16 teams of 3 archers are ranked from their total combined scores from the qualification round and seeded like the individuals. Each team has 2 minutes for each archer to shoot 2 arrows for a total of 6 arrows per end. The teams alternate, shooting two arrows at a time, stopping the clock while the other team shoots. The teams shoot 4 ends for a total of 24 arrows per match, 240 possible points. All Olympic round competitions are shot at a 122 cm. target face at 70 meters.

## Target Archery

The Olympic Round is just one type of Target Archery. Target Archery is shot at a 5-color, 10-ring target face at fixed distances. There are many different rounds, shot both indoors and outdoors at different distances and different size target faces.

Archers stand on the shooting line together, on a level field shooting in the same direction at a row of targets. Target archery events may include elimination rounds, like in the Olympic Games, or may just include the total score from the event.

### FITA Round

**Men** - 36 arrows each at 90 and 70 meters, 122 cm. target; and 36 arrows each at 50 and 30 meters, 80 cm. target.  
Maximum points - 1440.

**Women** - 36 arrows each at 70 and 60 meters, 122 cm. target; and 36 arrows each at 50 and 30 meters, 80 cm. target.  
Maximum points - 1440.

**Juniors** - Same as adults.

**Cadets** - Men shoot 70, 60, 50 and 30 meters.  
Women shoot 60, 50, 40 and 30 meters.

### Indoor FITA Round

- 25 meters shot at a 60 cm. target face
- 18 meters shot at a 40 cm. target face

Sometimes a 3-spot target face is used with only the 5 inner rings. Shot in ends of 3 arrows, 60 arrow rounds. Can be doubled for major championship events.

### Indoor NFAA Round

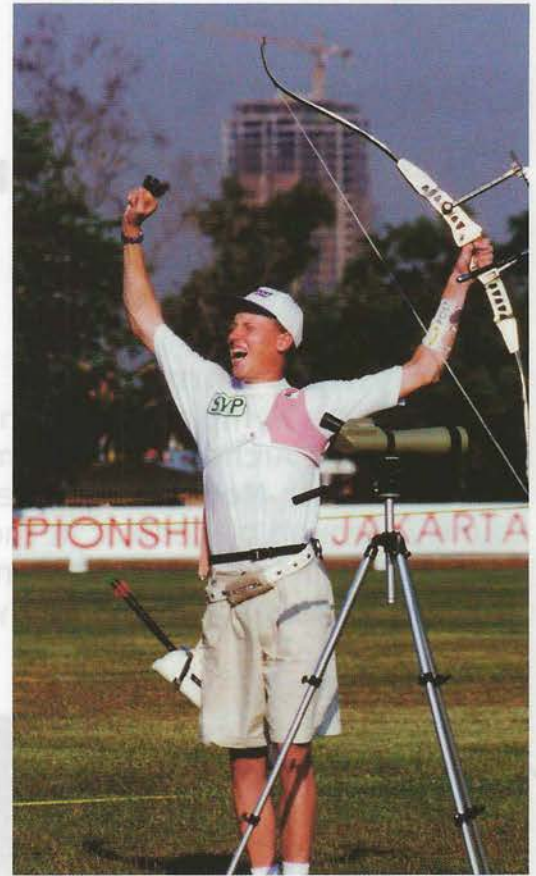
- 20 yards shot at a 40cm, blue target with white spot target face. A 5-spot target face may be used with only the spot and first inner ring. Shot in 12 ends of five arrows each for a 60-arrow round. Can be doubled for major championship events.

### 900 Round

This is a fun recreational round, shot at 60, 50 and 40 meters, at a 122 cm. target face. Six arrows per end, 5 ends per distance for a total of 90 arrows and 900 possible points.

### 600 Round

This is just like the 900 round, except shooting 5 arrows per end, 4 ends per distance for a total of 60 arrows and 600 Possible Points.



## Field Archery

Field Archery is shot on a challenging roving course, with targets placed at different distances, up hill, down hill, or on the side of a mountain. The archers walk the course from target to target, often in the woods.

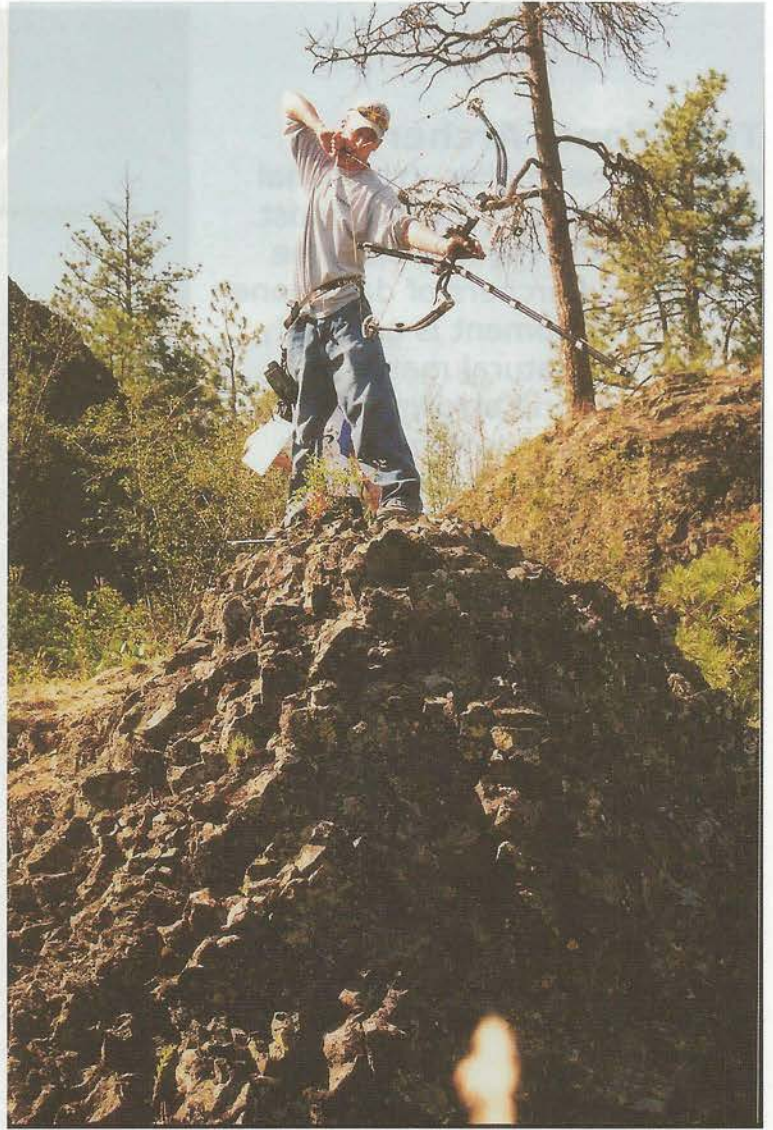
Most Field courses have targets at marked distances. However, some field rounds are also shot at unmarked distances, requiring increased skills of the competitors. Several organizations offer field rounds. These may include a hunter round or an animal round. The types and sizes of target faces differ, as well as the scoring.

### FITA Field Round

- 24 targets, shot at distances from 5 to 60 meters.

### NFAA Field Round

- 28 targets at distances from 20 feet to 80 yards.



## 3-D Archery

3-D Archery is shot on a roving course like Field Archery, however the targets are made of foam that is molded and painted to resemble game animals.

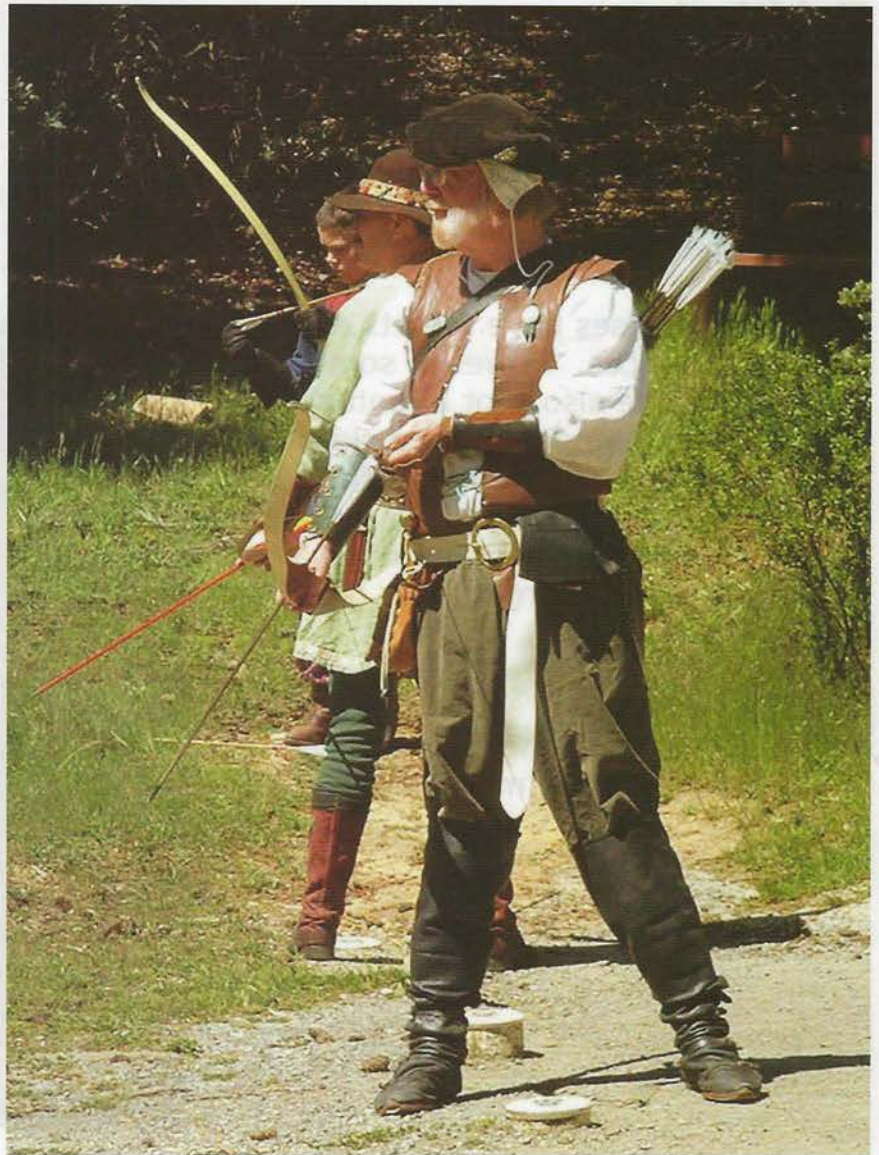
3-D Archery is extremely popular throughout the United States and is gaining popularity in the world. The courses are often unmarked so the participant must estimate the range to accurately hit the target's scoring area.



## Traditional Archery

As it's name implies, traditional archery is played the way most people would think of old-time movies and archers of days gone by. The equipment is generally made from natural materials-- wood bows and arrows, for example. Longbows are often used, and some archers even dress the part to make the sport more period and festive.

However, traditional equipment is also used during modern competition. Most of the previously highlighted sports have traditional divisions. The archers use wood bows with no sights. Arrows can be made of any material, but some archers continue to use wood because of its charm.



## Organizations

### FITA

The International Archery Federation, is the International Governing Body for the sport of Archery. They also hold World Outdoor Target Championships in odd numbered years and a World Cup series. FITA also holds a Junior World Championship, a World University Championship, World Indoor Championship, and World Field Championship. Except for the Olympic Games, all of these events include men's and women's classes in both the recurve bow and the compound bow divisions. Field archery also includes a Barebow division. Age classes include Senior – over 18 years old, Junior – up to the year of your 18th birthday, and Cadet – up to the year of your 16th birthday. The Masters class is for athletes in the year of their 50th birthday and thereafter.



FITA also recognizes and holds world championships for the disciplines of Flight Archery, Ski Archery, Run Archery, 3D Archery and for the Masters class.

[www.archery.org](http://www.archery.org)



**USA Archery** is the National Governing Body for target Archery in the United States. They are the U.S.A. member organization of FITA. USA Archery provides training programs to produce Olympic and World Champions, and provides competitions in a variety of disciplines. Young archers can set goals to become a resident athlete at the Olympic Training Center, represent the USA at International Competitions, or make US Archery Teams. The Junior Olympic Archery Development Program (JOAD) and the College program are governed by USA Archery and hold their own local, state, regional and National Championships each year.

[www.USArchery.org](http://www.USArchery.org)



**National Field Archery Association** is the largest membership archery organization, and incorporates numerous styles of archery, with many equipment divisions, rounds, and age groups. NFAA founded the After School Archery Program (ASAP), whose partners now include most of the other archery organizations. NFAA hosts indoor archery tournaments and sanctions numerous Field Rounds each year. League programs and mail matches are also sanctioned by the NFAA.

[www.FieldArchery.org](http://www.FieldArchery.org)



**International Bowhunting Organization (IBO)** and the **Archery Shooters Association (ASA)** are the primary organizations for 3-D Archery in the United States. They each host numerous 3-D tournaments, some with large Professional Divisions.

[www.IBO.net](http://www.IBO.net)

[www.ASAarchery.com](http://www.ASAarchery.com)



**National Archery in the Schools Program (NASP)** provides an archery lesson plan and equipment for in-school classes taught in a gymnasium.

[www.ArcheryInTheSchools.org](http://www.ArcheryInTheSchools.org)



**National Alliance for the Development of Archery (NADA)** provides archery instructor certification of behalf of USA Archery and NFAA, and provides a number of support services for instructors and coaches.

[www.TeachArchery.org](http://www.TeachArchery.org)



The goal of The Easton Foundations is to promote and maintain the viability of archery by growing the sport as a mainstream activity at the state, regional and national level.

[www.ESDF.org](http://www.ESDF.org)



The **Archery Trade Association (ATA)** is the industry trade group. Its website posts the locations of pro-shops and manufacturers, as well as clubs and other organizations.

[www.ArcherySearch.com](http://www.ArcherySearch.com)



# Chapter 2

## Review Basic Instructor Course

The Intermediate Instructor Course is a continuation of the Basic Instructor Course. Basic Course Instructors learn the basic techniques to teach the first 5 archery lessons to beginning archers. The Intermediate Instructor will learn enough information to teach the first 16 lessons, or two 8 week sessions.

Review and practice the following information from the Basic Instructor Course Manual.

- Chapter 2 – Archery Safety
- Chapter 3 – Getting Started
- Chapter 5 – Teaching Techniques

### Warm-Up and Stretching

The Basic Instructor course is intended for very short term classes, such as summer camps and classes where the participants will only shoot up to 5 times in a session. For classes where the students will be participating for many weeks, you should add a warm-up and stretching period to the class plans. After the equipment is handed out and before practicing the drills, take the entire class through the following warm up and stretches. This is a good habit for all new archers.

### Warm-up Activities

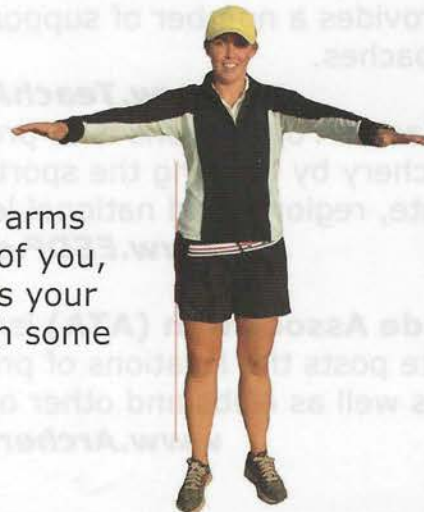
Before stretching it is important to warm-up the muscles. Start with big forward circles, and then make them smaller and smaller. Then go with backward small circles, getting bigger and bigger.



For the next warm-up, swing the arms left and right,



Next swing your arms forward in front of you, and then towards your back. Finish with some shoulder rolls.



## Stretching

Hold each stretch for at least 30 seconds. Remind your students to stretch each muscle as far as they can, but stop before they feel any pain. You should have your students warm up and stretch at the beginning of every class. This is an important lifetime habit. Warming up and stretching can prevent soreness and injury.

Start by lifting your hands towards the sky.



Next, pull your arm across your chest. Repeat with other arm.



Reach your arm over and behind your head and pat yourself on the back. Pull down lightly on your elbow with the opposite hand.



Hold your hands together behind your back and lift. You can also bend over for added stretching.



Finish your stretching by first turning your head as far as you can to one side and hold, then to the other side. Then pull your head over to one side, pulling down with your hand. Repeat on the other side.



# Chapter 3

## STEPS OF SHOOTING

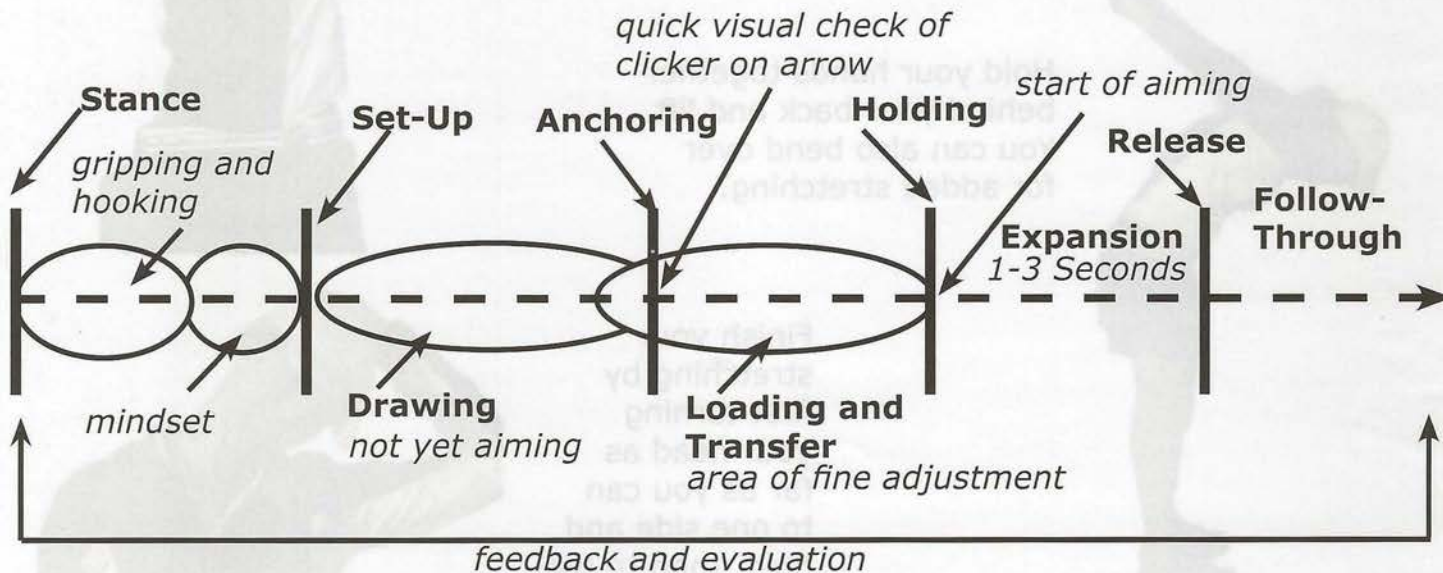
### RECURVE BOW SHOOTING FORM

#### Beginning the BEST<sub>SM</sub> Method (Bio-mechanically Efficient Shooting Technique)

The following shooting technique has been developed by the National Coach for USA Archery, Kisik Lee. The acronym "BEST" was created by USA Archery to describe it. The BEST Method is the cornerstone of advanced coach training within USA Archery, and the concept is introduced here.

To start, the following steps are parts of a series of motions to create the shot. Each step takes place as part of that motion. A simple diagram created by Coach Lee shows how the steps are woven into the motion, and the specific movement devoted to each step.

#### The KSL Shot Cycle



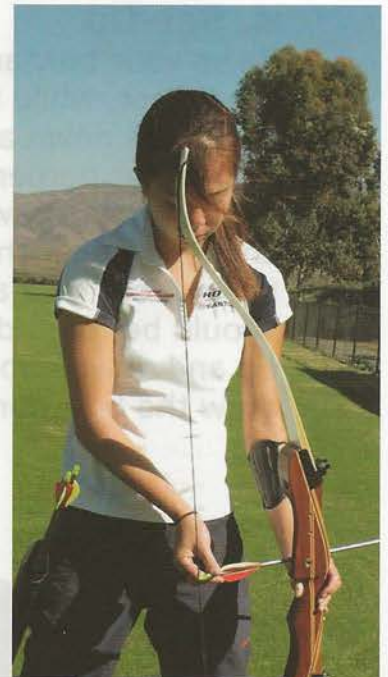
## 1. Stance and Posture

Place one foot on each side of the shooting line. Find a comfortable balanced stance with your feet shoulder width apart. Beginners should start with a square stance—feet and shoulders perpendicular with the shooting line. Intermediate archers may benefit with improved posture and stability using an open stance. Turn toward the target 15-30%. Place 60-70% of your weight on the balls of your feet.



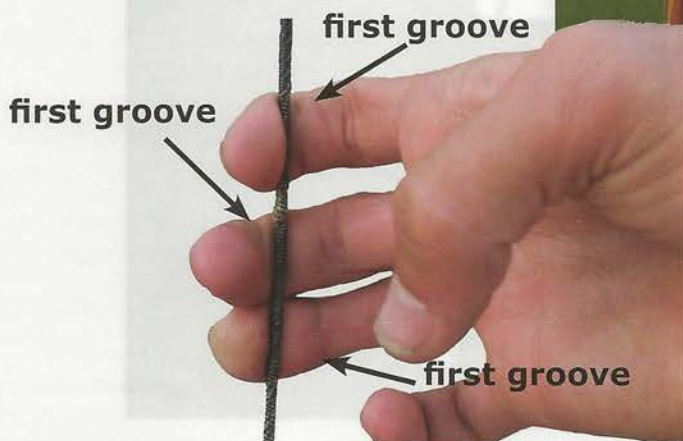
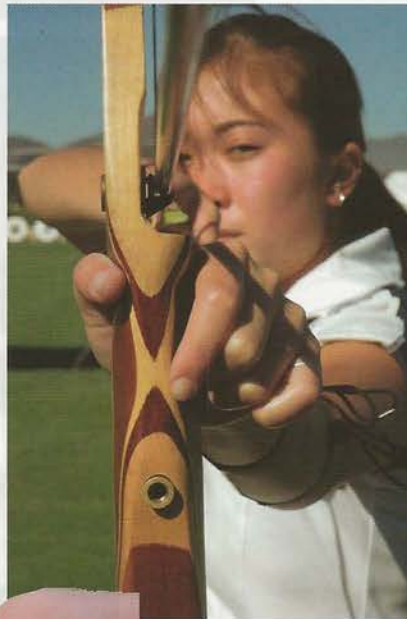
## 2. Nocking the Arrow

Place the arrow on the arrow rest, holding the arrow close to the nock. Keep the index fletch pointing away from the bow. Snap the nock of the arrow onto the bowstring under the nock locator (or between two nock locators).



## 3. Set

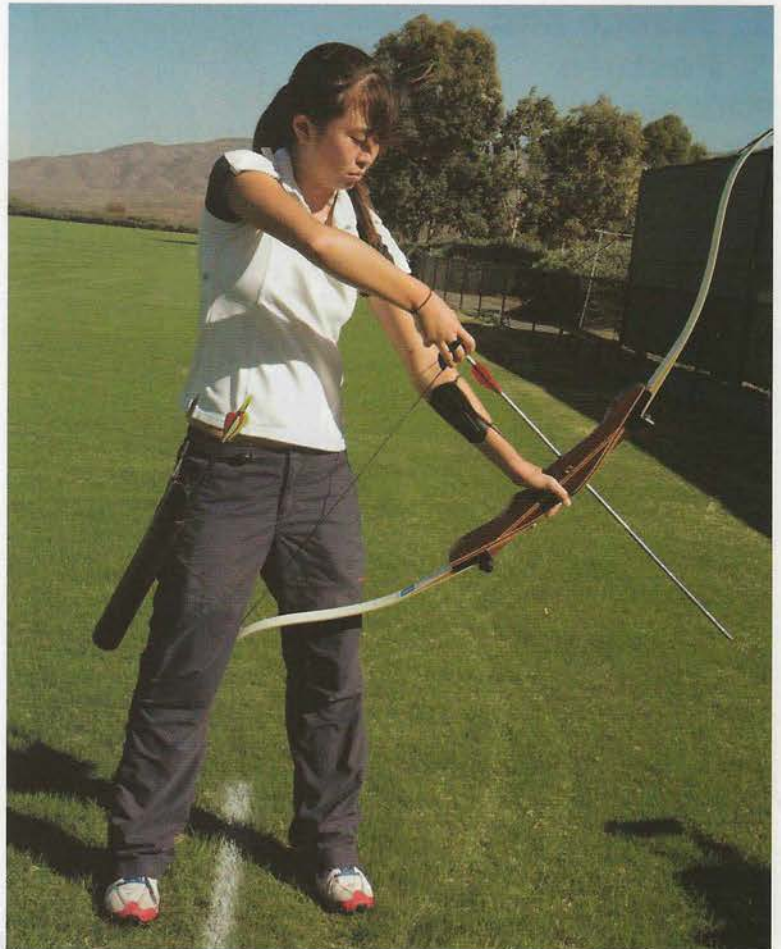
Set the first groove of your first 3 fingers around the bowstring creating a hook. Keep the back of your drawing hand flat and relaxed. Set your bow hand on the grip using only the web and the meaty part of your thumb, with your knuckles at more than a 45 degree angle and your thumb pointed towards the target. Keep your bow hand in place throughout the entire shot.



#### 4. Set-Up

Raise your bow arm towards the target, while keeping your shoulders down and aligning your chest perpendicular to the target. Your drawing arm should be near the level of your nose. Your bow arm elbow should be rotated so it is straight up and down. You will partially draw the bow during this motion.

Starting Position



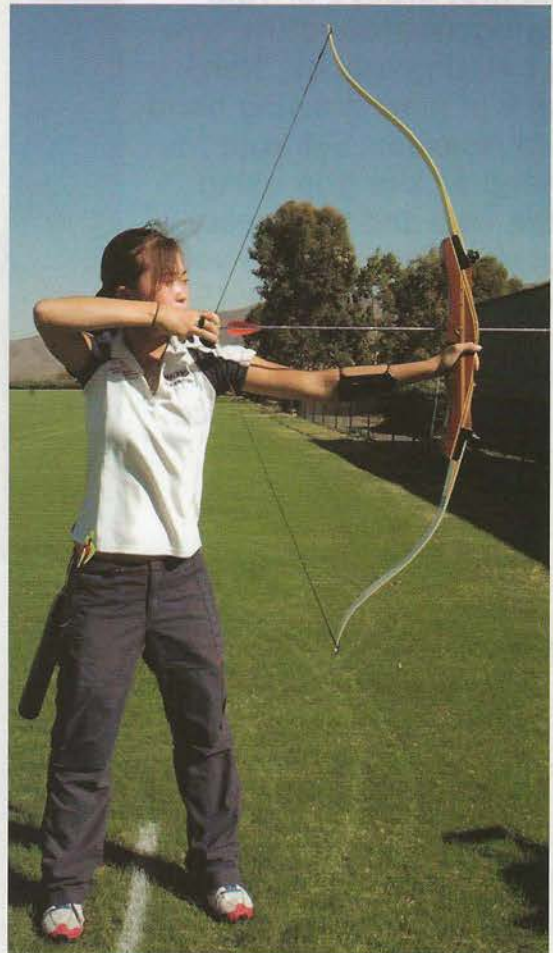
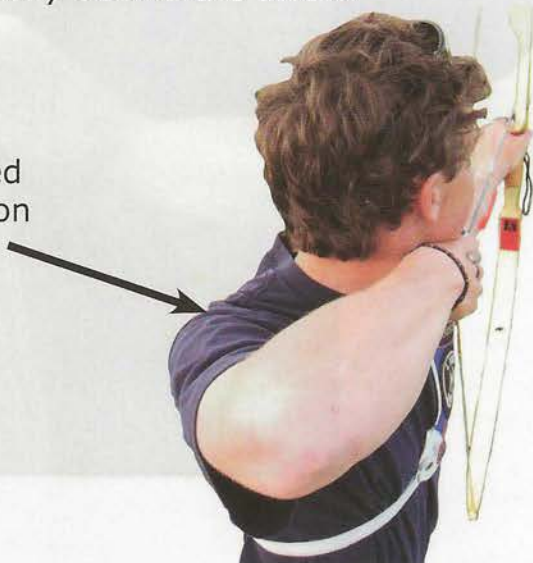
#### 5. Draw/Load

Draw the bow while loading your back by moving your draw arm shoulder down and back towards your spine.

(See "The Back of Archery", page 17)

Set the drawing arm shoulder back and down as far as possible, until your elbow is directly behind the arrow.

Loaded Position



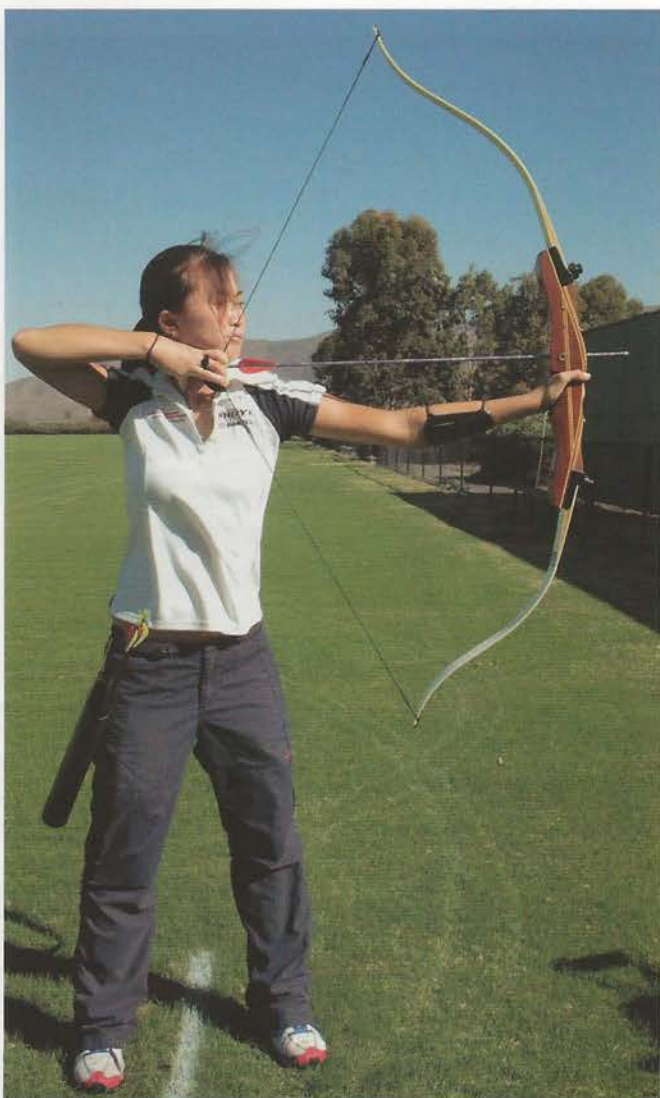
## 6. Anchor

Approach your anchor with your drawing hand below your chin, then raise your drawing hand and forearm to your anchor position. Place the string on the corner of your chin, bringing the the top of your hand firmly under the side of your jaw.

The string hand should be felt firmly against your jawbone, and the string firmly against your chin.

Lightly touch the string to the center of your nose. Recurve beginners will first learn the side-of-the-face anchor, then progress to this anchor.

The top "fist" knuckle of your drawing hand should firmly press against the back of your jawbone.



## 7. Transfer /Hold

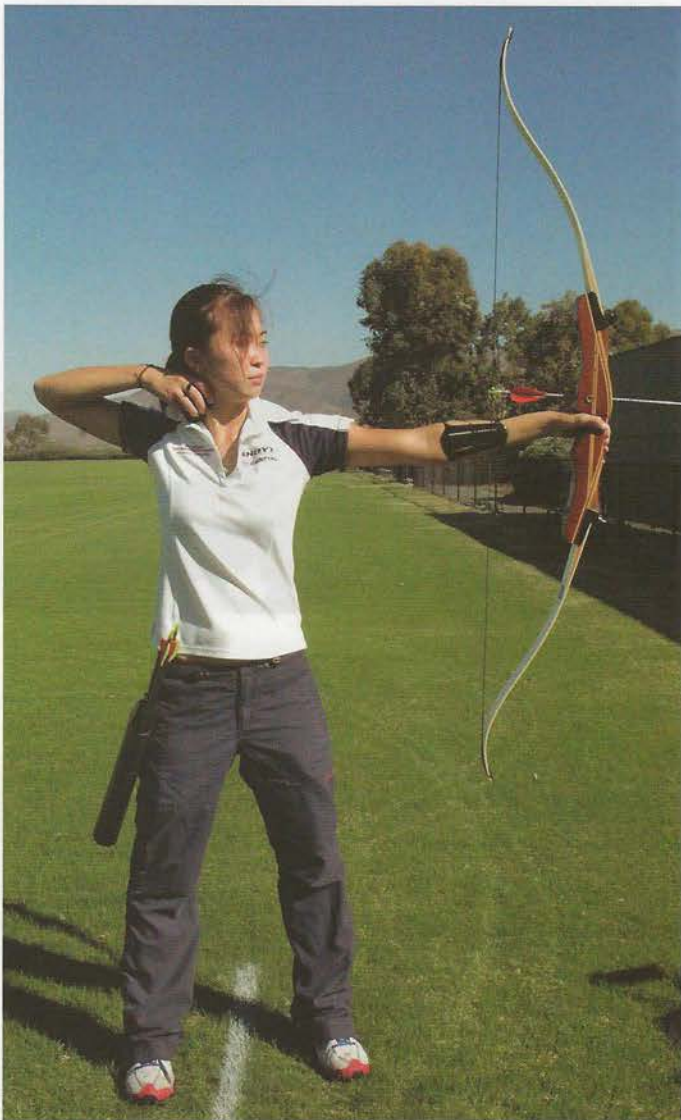
At full draw, shift the remaining bow draw weight from your arms into your back by moving the draw scapula towards the spine. Feel the power in your back. Bring your elbow directly behind the arrow.

Hold this position with your back muscles.

## 8. Aim-Expand

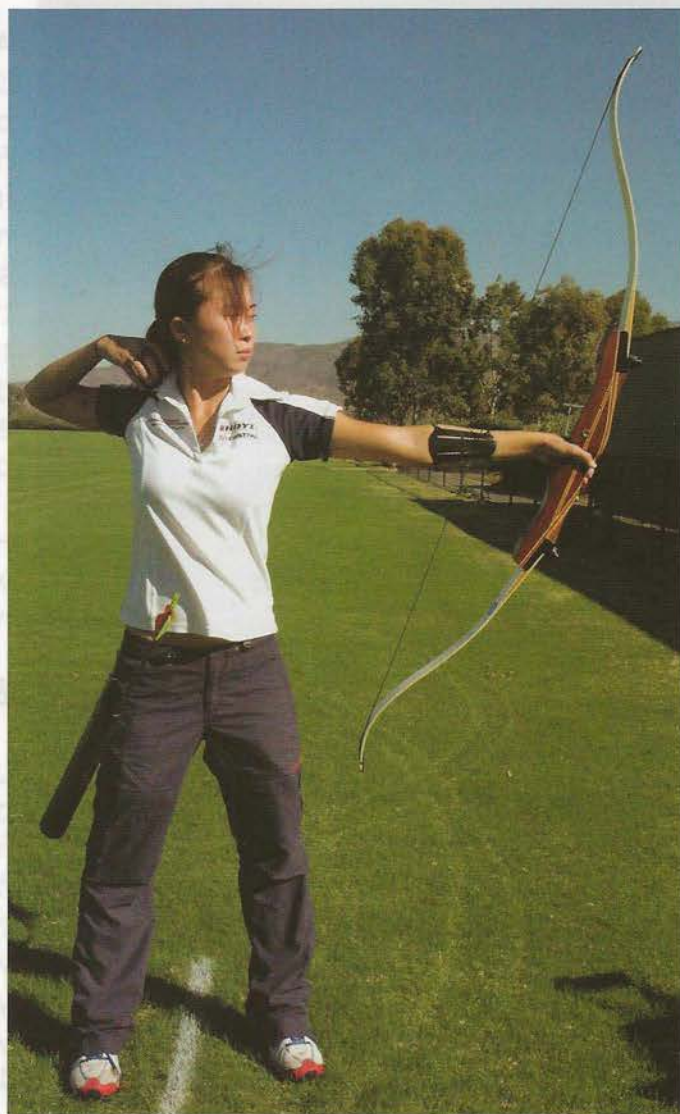
Look at the arrow point or target for the side-of-face anchor, or through the sight while keeping your focus on your form for 1-3 seconds.





## 9. Release

Begin a slight expansion from the center of your chest as you allow the string to leave your fingers, pushing them out of the way. Increase the intensity in your back muscles to maintain proper expansion. It should feel as if the string has gone through your fingers. Continue the expansion and follow through as in the Release Motion Drill.



## 10. Follow-through

The drawing hand continues back beside your neck with your fingers relaxed, ending up behind your ear. Keep your back muscles engaged to produce the follow-through.

Keep your bow arm up. Maintain your follow-through back tension until the arrow hits the target.

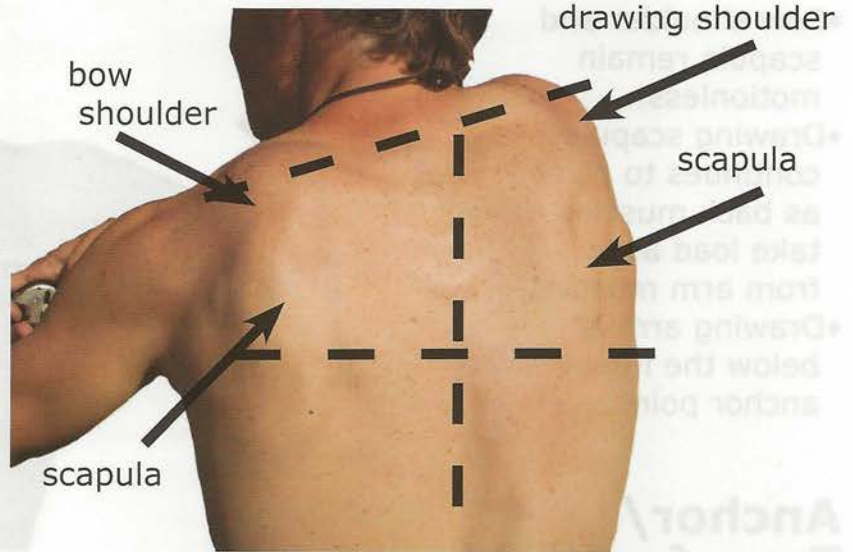


# The Back of Archery

*The part of archery you see is in the front.  
But the part that drives the shot is in the back!*

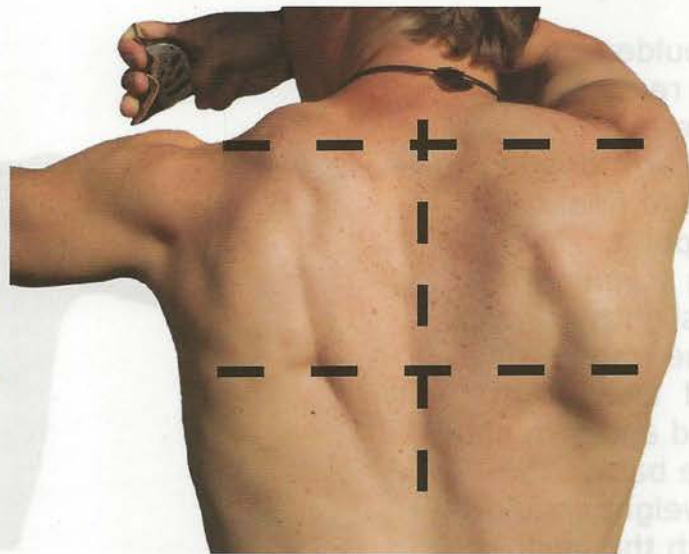
## Set

- Bow shoulder down.
- Drawing arm aligns with bow arm.



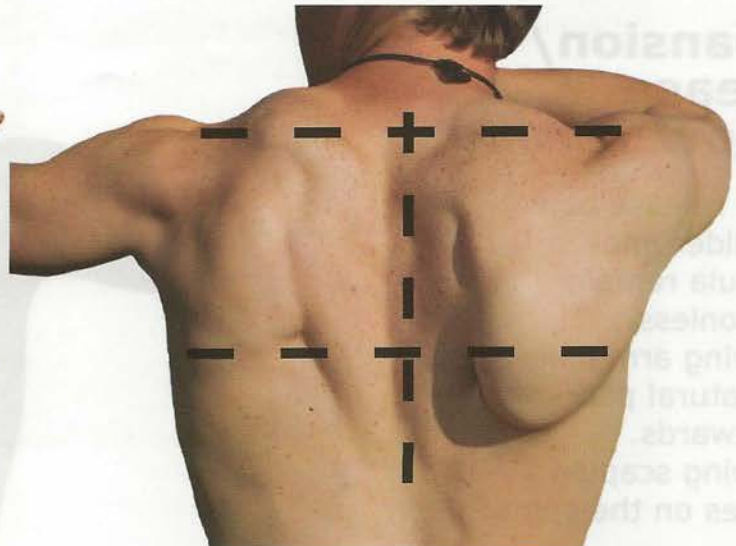
## Set-up

- Drawing arm raises still aligned with bow arm.
- Drawing scapula drops below bow scapula.
- Shoulders are even.
- Back muscles begin to take load.



## Draw

- Bow shoulder and scapula remain motionless.
- Drawing scapula pivots towards the spine and downward.
- Shoulders are even.

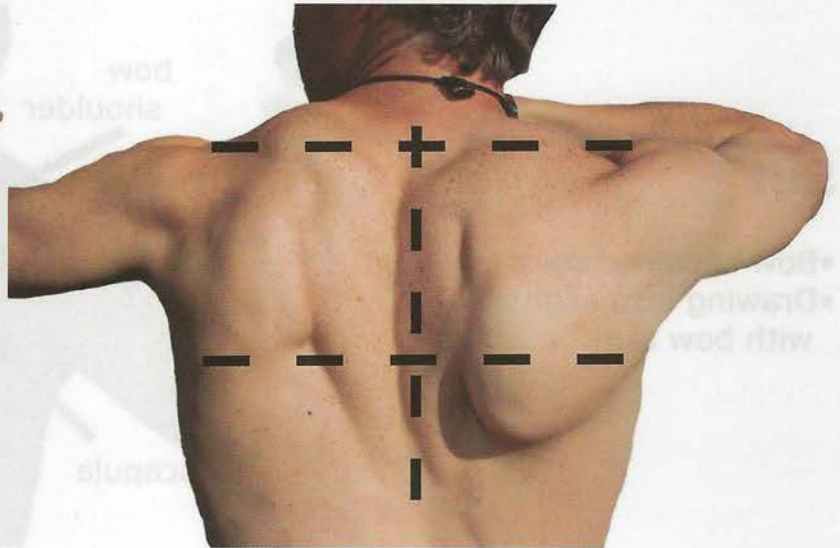


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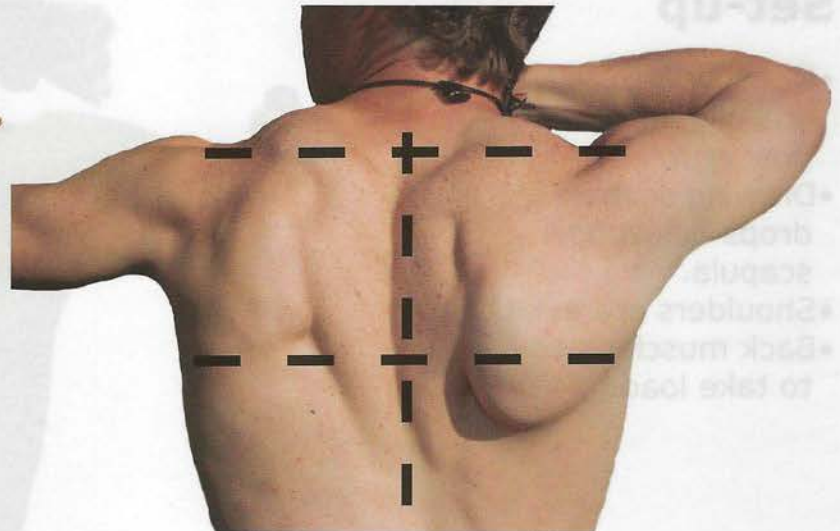
## Load

- Bow shoulder and scapula remain motionless.
- Drawing scapula continues to pivot as back muscles take load away from arm muscles.
- Drawing arm is below the final anchor point.



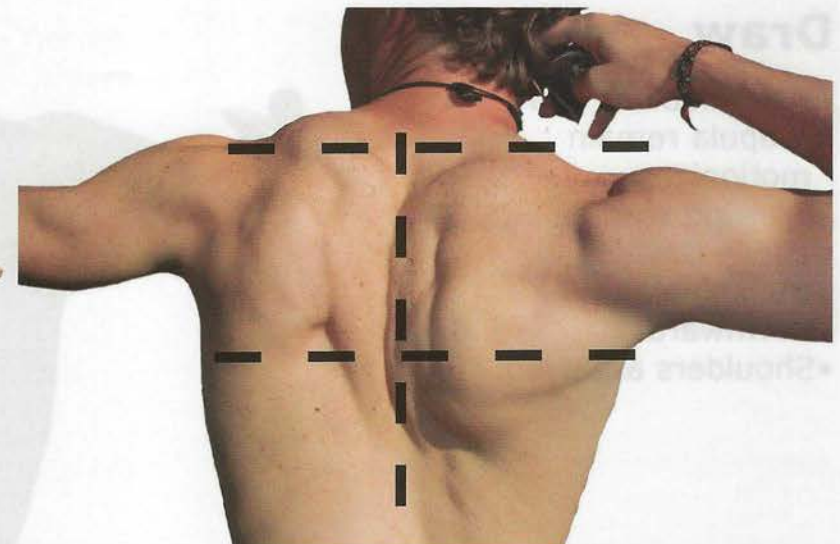
## Anchor/Transfer/Hold

- Bow shoulder and scapula remain motionless.
- Drawing arm brings hand up to final anchor point.
- Drawing scapula moves slightly towards the spine transferring the load away from the hand and arm and onto the back. 95% of the weight should be held with the back.



## Expansion/Release Follow Through

- After release bow shoulder and scapula remain motionless.
- Drawing arm follows its natural path backwards.
- Drawing scapula hinges on the spine.



# COMPOUND BOW--

## Determining Correct Draw Length

Compound bow archers will develop good shooting form only if the bow they are using has the correct draw length. That draw length setting must match their body when they are properly positioned at full draw.

### Method #1:

Measure the archer's "wingspan" from fingertip to fingertip and determine the draw length from the formula:

Draw Length=Wingspan less 15 inches.

### Method #2:

Measure from the center of the archer's sternum to the base of the wrist. That measurement is his or her draw length.

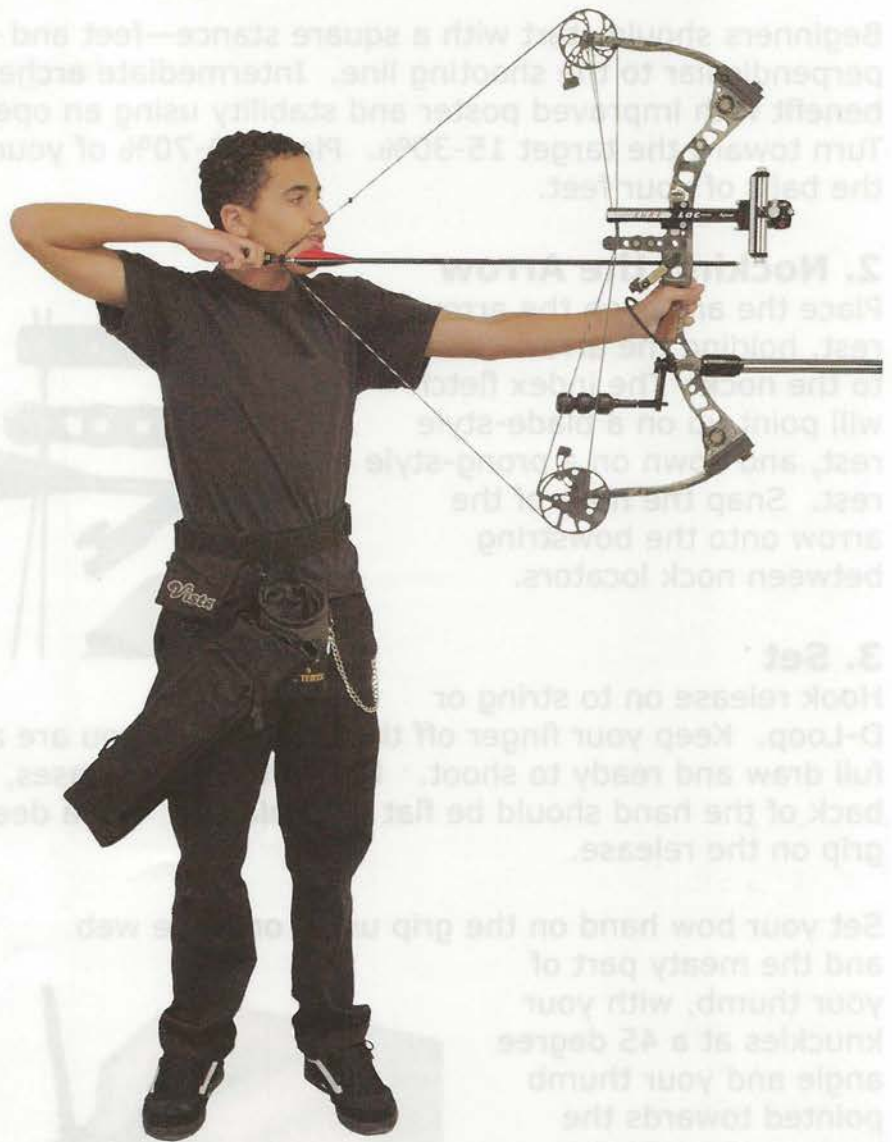
### Method #3:

Have the archer draw a light-weight bow with a measurement arrow and determine the draw length from the position of the arrow. Be sure that the archer's form and anchor are correct before measuring.

Remember that ATA draw length is the distance from the string at full draw to the bow pivot plus 1 3/4 inches.

Methods 1 and 2 determine the ATA draw length.

In Method 3, the instructor needs to determine the ATA draw length by noting the distance on the measurement



*Note: "ATA" (Archery Trade Association) assists in establishing measurement standards within the archery industry.*

# COMPOUND BOW SHOOTING FORM FOR MECHANICAL RELEASE

## 1. Stance and Posture

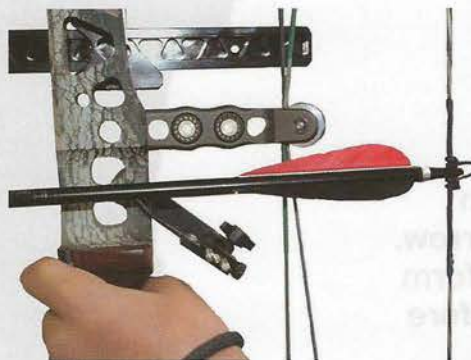
Place one foot on each side of the shooting line. Find a comfortable balanced stance with your feet shoulder width apart. Stand straight, keeping your ribs and chest down, and your bottom tucked under your body. Keep your shoulders down and relaxed. Archers shooting in a wheelchair should place one wheel on each side of the line.

Beginners should start with a square stance—feet and shoulders perpendicular to the shooting line. Intermediate archers may benefit with improved posture and stability using an open stance. Turn toward the target 15-30%. Place 60-70% of your weight on the balls of your feet.



## 2. Nocking the Arrow

Place the arrow on the arrow rest, holding the arrow close to the nock. The index fletch will point up on a blade-style rest, and down on a prong-style rest. Snap the nock of the arrow onto the bowstring between nock locators.



## 3. Set

Hook release on to string or D-Loop. Keep your finger off the trigger until you are at full draw and ready to shoot. For hand-held releases, the back of the hand should be flat and relaxed. Get a deep grip on the release.

Set your bow hand on the grip using only the web and the meaty part of your thumb, with your knuckles at a 45 degree angle and your thumb pointed towards the target. Keep your bow hand in place throughout the entire shot.



#### 4. Set-Up

Raise your bow arm and draw arm together, while keeping your shoulders down. Your bow arm may be slightly higher than the line to the target, and your drawing arm should be near the level of your nose. Your bow arm elbow should be rotated so it is straight up and down.



#### 5. Draw/Load

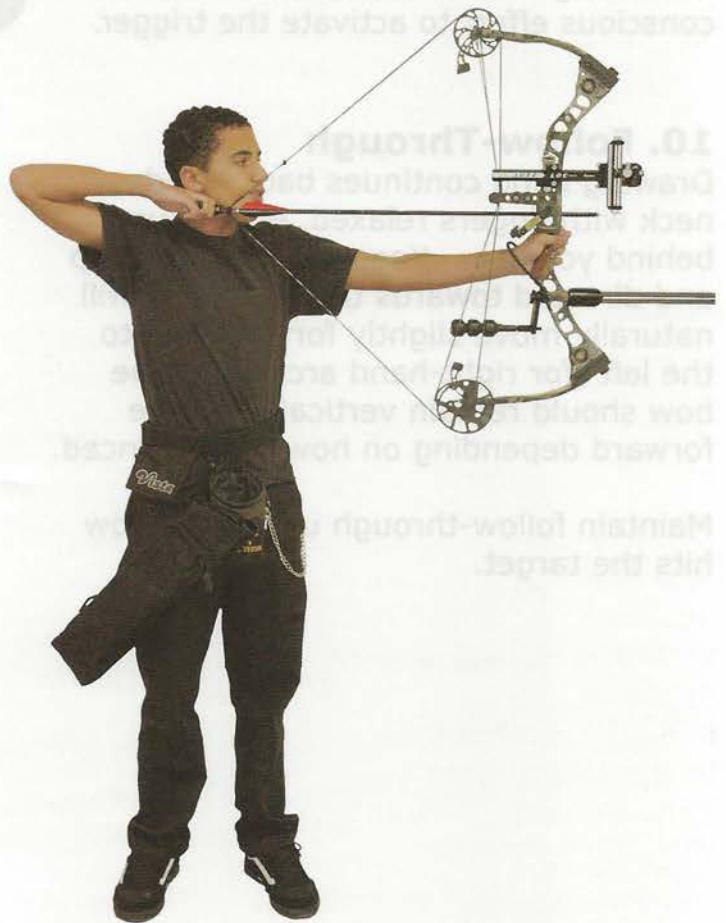
Draw the string back from the set-up to about 2-3 inches below your anchor and raise your hand and arm together up to the anchor point. Set the drawing arm shoulder back and down as far as possible, until your elbow is directly behind the arrow.

#### 6. Anchor

The anchor position may vary with the type of release and how it is held. The most important elements are good bone to bone contact on a consistent reference point, and the string on the front of the nose.

#### 7. Transfer/Hold

At full draw, transfer the load of the drawing the bow to your back. Feel your back muscles tighten as your shoulder blades move down and towards your spine. Place your finger or thumb over the trigger between the first and second joint of the finger or thumb.



## 8. Aim-Expand

Look at the target or through the sight and allow the sighting reference (sight pin or scope) to float in the aiming area. Maintain tension in the core back muscles.

Expansion occurs as the draw scapula goes down and rotates towards the spine, slightly opening the chest.

Expansion should last 1-3 seconds.



## 9. Release

Allow the movement of the back elbow and shoulder blade resulting from the expansion explained in the last step to trigger the release.

Triggering the release should come from increasing back tension, rather than a conscious effort to activate the trigger.

## 10. Follow-Through

Drawing hand continues back beside neck with fingers relaxed, ending up behind your ear. Keep the bow hand up and directed towards the target. It will naturally move slightly forward and to the left (for right-hand archers). The bow should remain vertical or rotate forward depending on how it is balanced.

Maintain follow-through until the arrow hits the target.



# Chapter 4

## Developing Archery Skills

Drills and Skills help the instructor effectively teach new shooting skills to beginning archery students. Use this Manual and the lesson plans in Chapter 6, along with the "Drills and Skills" student booklet for all of your students. Samples of the Drills and Skills are found in your Basic and Intermediate Instructor manuals. The lessons will help your students learn proper shooting technique by giving them drills they can practice at home.

When introducing each drill or skill, it is first important to get everyone's attention and make sure they are in a position where they can see you. You can line the students up behind the waiting line or on the shooting line to introduce most shooting skills.

Drills can be practiced first without using any training aid. Then practice the drills using a stretch band and/or an adjustable strap or cord. You can make string loops out of 1/8" cord cut at 7 feet long or have stretch bands or tubing available to assist the students in learning some of the drills. Most drills can be practiced at home in front of a mirror. The students can compare their form with the pictures in the booklet.

Students can then progress to light weight bows, going through the motions of the drill before they finally practice the skill while shooting arrows.

*Each "Drills and Skills" module contains the following outline:*

### **Name of Drill**

(and equipment used)

This is the name or description of the drill to be taught. Some drills will be done without any equipment, with the archers just going through the range of motion for the skill. The archers then may progress to using a string loop or a stretch band, before trying the skill with their bow.

### **Introduction**

A brief introduction prepares your students to learn a new shooting skill that you will be explaining and demonstrating. This quick and simple introduction should tell them what they are going to learn, and why it is important.

### **Explanation**

The explanation of the skill should be carefully worded to explain how to do the skill correctly. The explanation can go along with the demonstration.

### **Demonstration**

The demonstration is important for the students to see the skill they are trying to duplicate. It is important for the skill to be demonstrated correctly. If you are not comfort-

able demonstrating the skill, you have several options. You can use a more advanced archer to demonstrate the skill or you can use video or pictures to demonstrate the skill. It is always best to use a live demonstration, as long as correct technique is used.

## Practice and Correction

For each skill, tips are given to the instructor on how to help the participants learn the skill that is being taught. Common errors are discussed, along with techniques to correct them.

## Accomplishment

The student workbook contains a check-off list for the instructor to initial as the participants progress with their shooting skills. It is important to make sure that the students are doing the skills correctly before you sign off on their form. Students may often need more practice before a skill is learned or mastered. Often they may have to revert back to the drills they have mastered, alternating with the bow until they can do the skill correctly with the bow. Give them the tools they need to work on the skills that they have not learned.

**Introduced** — Student is introduced to the skill and understands how to practice it.

**Learned** — Student can demonstrate that they can repeat the drill correctly.

**Mastered** — Student has mastered the skill and can repeat it consistently.

Review the drills from Chapter 6 of the Basic Instructor Course manual. There are additional drills and skills in the next chapter.

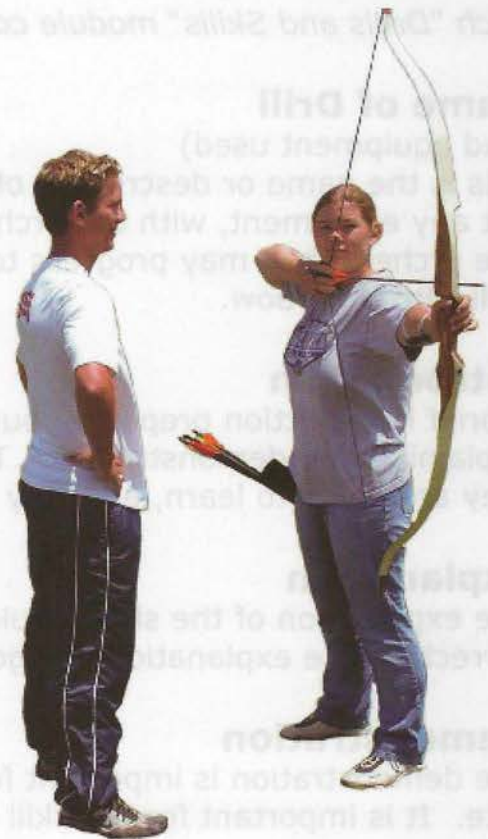
## Coaching Positions

When watching archers shoot, you should view them at different angles to observe their shooting technique.

### Position 1

Stand face-to-face directly in front of the archer with your feet straddling the shooting line. This is the best position to work with archers during their first shots. It is easy to check their stance or foot position. You can help them nock the arrow, set their hook and their bow hand. You can make sure they are standing up straight while raising the bow and at full draw. You can see the shoulders stay down and relaxed. The anchor position is easy to see from here. Make sure the archer is in a T position at full draw, as learned in the 1-2-3 alignment drill.

During the release and follow through, you can see the proper movement of the release hand. You can also make sure the archer is keeping their bow arm up through the shot.





## Position 2

Stand behind the archer looking over their release hand elbow. From here you can observe the alignment of the drawing arm elbow in line behind the arrow, bow arm rotation and bow hand position. This can also give you another view of their anchor. From this angle it is most important to watch the release and follow through. The elbow should move straight back and around, dragging the release hand along the side of the face, neck and finishing under the ear at the back of the neck.



## Position 3

Standing about 5 steps behind the archer, looking at the archer between you and the target, you can observe their posture while shooting. Check to see that their bottom is tucked under their body, and that they are keeping their ribs and chest down. Their back should be flat. They should be leaning slightly forward with more of their weight shifted to the front. This position should be stable and un-moving. Their head should be straight above their body. The bow should be straight up and down.



## Position 4

Stand directly behind the archer, looking at their back. Here you can watch the movement of their shoulders and shoulder blades as they raise the bow, draw and release. You can put your hands on top of their shoulders or at the base of their scapula so they can feel if it is moving up during the shot sequence.



## Providing Feedback

It is important to provide some type of feedback to the archer to help their skills progress. This can be done verbally, visually, or with touch.

You can use verbal feedback to praise an archer when they are doing the skill correctly. You can also explain what they are doing wrong in comparison with what they should be doing. Use verbal feedback to tell the archer when they are making the mistake, such as when they first start to lean back, as they begin to raise the bow. Verbal feedback may include the cause of the error being made along with a correction. You can also explain why it is important to do it the right way. When using verbal feedback, always make sure to finish with a description of how to do the skill correctly.

Visual feedback can be done in several different ways. For some parts of shooting form, the archer can look directly at what they are trying to fix. This works with setting the bow hand and bow arm rotation. The archer can look directly at their hand and arm to see if they are in the correct position. Another method is to use a mirror so the archer can see what they look like when performing a Drill or Skill. This can be used at home for many of the take-home Drills and Skills. They can use photos from their handbook to compare with their form. Digital cameras and video taping can also be used to provide immediate visual feedback to the archers.

Sometimes the best feedback is hands on. You can help a new archer set their bow hand position by moving their hand in to the proper place where they can then feel what it should be like. You can also help the archer stand up straight with your hands. Sometimes you can use touch to help them feel specific muscles or bones in motion as they complete a skill. This works especially well with the back and shoulders.



## Teaching Students with Special Needs

Identify students' abilities and disabilities and plan to accommodate the group. Students with special needs may require additional class time or need space for a wheelchair, or need an interpreter who knows sign language. Make sure the location you choose is accessible. Plan for those needs before the class begins.

Here are some tips:

- Identify the students' abilities rather than their disabilities. Find out what they can do, and then assist them where they need help. Try to use adaptive aids whenever possible. This requires some creativity. Different students will need different kinds of help. Talk to the students, their parents or caregivers to understand the students' abilities and what assistance they might need.
- "Patience plus persistence equals progress" for all students.
- Be creative. Modify equipment and procedures to allow the students to reach their highest level of performance.
- Encourage students to do things independently using as little adaptive equipment as possible.
- Provide positive feedback whenever something goes right, regardless of the level of success.



# Chapter 5

## Class Formats

Every class after the first day will follow a similar format.

As students arrive, you can take attendance and get their equipment handed out. Most will remember which bow and arrows they had. You will have to look it up for others.

When most of the class has arrived, have them place their bows on the rack and begin the warm-up and stretching exercises. This must become a habit for all archers.

After the warm-up, review and practice what they learned the previous week. Take the students through the previously taught drills, and check to see how well they are progressing with their homework assignments. After practicing their drills, you can allow them to shoot several ends, focusing on these skills. Be prepared to sign off on any archers that have learned or mastered a drill or skill during the class.

The next step is to introduce a new drill or skill. This starts with an explanation of what you are going to teach them and why it is important for them to learn. Then provide a demonstration of the skill, either live by the instructor or by an advanced student, or through the use of pictures or video. The live demonstration is the most effective, but only if done correctly.

Have the students now practice the new drills or skills that you have just taught and demonstrated. Provide feedback to how they are doing with each new skill. This requires that the instructor walk down the line watching each archer. This is difficult with very large groups and a limited amount of time.

After the students are somewhat comfortable with the new skill, give them some type of performance test or contest-like conditions to practice their new skills. This can be a simple game, or a scoring round. Finishing your sessions with games and events motivates student to come back for more, and to work on their skills at home. The first few sessions will have enough information and new skills that this step will not be necessary. Try to keep the students shooting at a blank bale and focusing on their shooting technique for as long as possible. If they seem to be getting bored, then it is time to put up a target face. If they start asking for a target, tell them if they have a good practice, you'll put one up at the end of class or for the next class.

As the classes progress, you will be able to trim some time away from attendance, paperwork, handing out equipment and putting equipment away. The students can be taught to take more responsibility with their equipment. This extra time can then be used for more shooting time. Always make sure that your students are working on something during their practice time.

In summary, each class contains the following elements and timeline for a 1 to 1 ½ hour classes. For classes that meet twice per week, repeat each class for the second meeting each week, and expand the practice sessions.

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review previous skills and drills	5 minutes
• Practice previous skills and drills	10-20 minutes
• Introduce new skills	1 minutes
• Demonstrate new skills	4 minutes
• Practice new skills	10-20 minutes
• Skills test – game, targets, scoring round, etc.	5-15 minutes
• Review new skills and homework	5 minutes
• <u>Put equipment away</u>	<u>5 minutes</u>
<b>TOTAL TIME</b>	<b>60 to 90 Minutes</b>

The following lesson plans are meant to be a guide for the instructor and do not need to be followed exactly as they are written. Monitor the progress of your students and only move on as fast as they are capable of learning the skills. You may also need to adjust the lesson plans to meet your class schedule. The following lesson plans are written for two, 8 week classes, 60 to 90 minutes each. You can modify the same lesson plans to work for three 5 or 6 week classes. You can also expand the lesson plans for longer classes, like 2 ½ hours per day for one week. Classes can be flexible to meet the time constraints and ability levels of the students. The most ideal situation would be if your students met more than one time per week. In this situation, it would be best to repeat each lesson for each additional meeting during the week. Change up the skills test with new challenges to vary the course.

## First 8-Week Session (Basic I)

### 1st Class

#### ***Blank Bale/5 to 9 meters***

The first class includes not only the basics of shooting form, but also equipment handling and archery range rules and procedures. The details of this class are described in Chapter 3. The following Drills and Skills are introduced during the first class:

- Safety Rules and Procedures
- 1-2-3 Alignment Drill
- 1-2-3 Release Drill
- Nocking the Arrow
- Arrow Pulling Skill

Stance, Setting the hook, and bow hand are also touched on, but not covered in detail yet. At the end of the class, explain the Elbow Rotation Drill for the student to practice at home.

## 2nd Class

### **Blank Bale/5 to 9 meters**

Review of Skills

Archery Range rules and procedures are reinforced, using verbal as well as whistle commands. Remind them of the procedures as the class proceeds. Continue to enforce each rule 100% of the time.

Since there was so much learned during the first class, spend extra time reviewing and practicing the previously taught drills. Review the 1-2-3 Alignment Drill and the 1-2-3 Release Drill. They should have practiced these drills at home in a mirror. Check each individual to see that they are performing the drill correctly and provide feedback. Check off the drills and skills in their book as they progress.

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review 1-2-3 Alignment Drill	5 minutes
• Review 1-2-3 Release Drill	5 minutes
• Practice Both Drills (evaluate)	10-25 minutes
• Introduce Stance and Posture	5 minutes
• Practice all skills focusing on posture	10-25 minutes
• Review drills and homework	5 minutes
• <u>Put equipment away</u>	<u>5 minutes</u>
TOTAL TIME	60 to 90 Minutes

## 3rd Class

### **Blank Bale/5 to 9 meters**

During the third class it is time to reward your students for their hard work on the drills by adding a fun game or putting up target faces. Remind your students to keep their focus on their form even when they are trying to hit a target. This is an important habit that they will want to keep for a lifetime. Keep the students close to the targets so they are successful, hitting the inner rings with every shot.

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review 1-2-3 Alignment and 1-2-3 Release Drills with Side of Face Anchor Skill	5 minutes
• Practice previous Drills and Skills and evaluate archers	10-20 minutes
• Introduce Side of Face Anchor	5 minutes
• Practice new skill	10-20 minutes
• Skills Test – Balloons	5-15 minutes
• Review drills and homework	5 minutes
• <u>Put equipment away</u>	<u>5 minutes</u>
TOTAL TIME	60 to 90 Minutes

## 4th Class

### **Blank Bale/10 meters**

You can introduce the target face near the end of the fourth class. Remind student to keep their focus on their form, not on the target face, aiming, or where the arrow hits. This is key to their development and a lifetime of enjoyment in archery. It cannot be emphasized enough.

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review 1-2-3 Alignment drill, 1-2-3 Release Drill, and side of face anchor.	5 minutes
• Practice previous drills and skills and evaluate archers	10-25 minutes
• Introduce Bow Hand Position	5 minutes
• Practice new drill and skill	10 - 15 minutes
• Skills test – Introduce Target face	5-15 minutes
• Review new drills and homework	5 minutes
• <u>Put equipment away</u>	<u>5 minutes</u>
TOTAL TIME	60 to 90 Minutes

## 5th Class

### **Target Face/10 meters**

During the fifth class you can introduce scoring, and shoot a small tournament for score. This class may be the culmination of a 5 week or 5 day session. Plan on giving some type of inexpensive awards for the competition. Use large target faces at a close distance.

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review Bow Hand position	5 minutes
• Practice previous Drills and Skills and evaluate archers	10 -20 minutes
• Introduce Setting the Hook Drill and Skill	5 minutes
• Practice new Skill	5-15 minutes
• Skills test Target face – Score Round	10-20 minutes
• Review new Drills and homework	5 minutes
• <u>Put equipment away</u>	<u>5 minutes</u>
TOTAL TIME	60 to 90 Minutes

## 6th Class

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review Setting the bow hand and hook	5 minutes
• Practice previous drills and evaluate archers	10 -25 minutes
• Introduce Elbow Rotation drill	5 minutes
• Practice new drill	5 minutes
• Skills test Target face - Game	10-25 minutes
• Review new drills and homework	5 minutes
• <u>Put equipment away</u>	<u>5 minutes</u>
<b>TOTAL TIME</b>	<b>60 to 90 Minutes</b>

## 7th Class

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review Elbow Rotation Drill	5 minutes
• Practice previous Drills and evaluate archers	10 -20 minutes
• Introduce Release Motion skill	5 minutes
• Practice new Drills and Skills	10-20 minutes
• Skills test - short game	5-15 minutes
• Review new Drills and homework	5 minutes
• <u>Put equipment away</u>	<u>5 minutes</u>
<b>TOTAL TIME</b>	<b>60 to 90 Minutes</b>

## 8th Class

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review Release Motion Skill	5 minutes
• Practice previous drills and evaluate archers	10 -20 minutes
• Introduce Aiming Without a Bow Sight	5 minutes
• Practice new skills	5-15 minutes
• Skills test target face Introduce Team Round	10-15 minutes
• Review new Drills and homework	5 minutes
• <u>Put equipment away</u>	<u>5 minutes</u>
<b>TOTAL TIME</b>	<b>60 to 90 Minutes</b>



# Second 8 Week Session

## Basic II

### 9th Class

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review and practice all previous skills and evaluate archers	20 – 45 minutes
• Introduce Finger Release Drill	5 minutes
• Practice Finger Release Drill	10 minutes
• Introduce Finger Release Skill	5-10 minutes
• <u>Put equipment away</u>	<u>5 minutes</u>
TOTAL TIME	60 to 90 Minutes

### 10th Class

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review and practice Finger Release Drill	
• Evaluate Archers	10 minutes
• Practice Finger Release Skill	5 minutes
• Practice new Skill	15-30 minutes
• Skills test-target face	5-20 minutes
• Review new drills and homework	5 minutes
• <u>Put equipment away</u>	<u>5 minutes</u>
TOTAL TIME	60 to 90 Minutes

### 11th Class

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review and practice Finger Release Skill and evaluate archers	10 minutes
• Introduce Elbow Rotation Skill	5 minutes
• Practice new Skill	5-15 minutes
• Introduce Aiming without a bow sight	5 minutes
• Skills test - target face - aiming	10-30 minutes
• Review new Drills and homework	5 minutes
• <u>Put equipment away</u>	<u>5 minutes</u>
TOTAL TIME	60 to 90 Minutes

### 12th Class

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review and practice Elbow Rotation Skill and aiming without a bow sight and evaluate Archers	10 minutes
• Introduce Posture and Alignment Skill	5 minutes
• Practice new Skill	15-30 minutes
• Skills test Target face	5-20 minutes
• Review new drills and homework	5 minutes
<u>8 Put equipment away</u>	<u>5 minutes</u>
<b>TOTAL TIME</b>	<b>60 to 90 Minutes</b>

### 13th Class

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review and practice Posture and Alignment Skill	15 minutes
• Evaluate Archers	5 minutes
• Introduce Four Step Shot Sequence Drill	10-30 minutes
• Practice new Drill	5-20 minutes
• Skills test Target face	5 minutes
• Review new drills and homework	5 minutes
<u>• Put equipment away</u>	<u>5 minutes</u>
<b>TOTAL TIME</b>	<b>60 to 90 Minutes</b>

### 14th Class

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review and practice Four Step Shot Sequence Drill and evaluate archers	10 minutes
• Introduce Four Step Shot Sequence Skill	5 minutes
• Practice new Skill	15-30 minutes
• Skills test Target face	5-20 minutes
• Review new drills and homework	5 minutes
<u>• Put equipment away</u>	<u>5 minutes</u>
<b>TOTAL TIME</b>	<b>60 to 90 Minutes</b>

## 15th Class

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review and practice Four Step Shot Sequence Skill	
• Evaluate Archers	15 minutes
• Introduce Under the Chin Anchor and String Alignment Skills	5 minutes
• Practice new Skills	10-25 minutes
• Skills test Target face	5-20 minutes
• Review new drills and homework	5 minutes
• <u>Put equipment away</u>	<u>5 minutes</u>
TOTAL TIME	60 to 90 Minutes

## 16th Class

• Attendance/Paperwork	5 minutes
• Hand out equipment	5 minutes
• Warm-up and stretch	5 minutes
• Review and practice Under-the-Chin Anchor and String Alignment	10-20 minutes
• Introduce Aiming with a bow sight	5 minutes
• Practice new Skill	5-15 minutes
• Introduce Olympic Round	15-25 minutes
• Review new drills and homework	5 minutes
• <u>Put equipment away</u>	<u>5 minutes</u>
TOTAL TIME	60 to 90 Minutes

# Chapter 6

## Drills and Skills

The following Drills and Skills parallel the NADA *go archery!*® Student Handbook. This section will explain how each skill should be introduced, demonstrated, taught and evaluated. The "Drills" are methods of practicing that do not require the use of a bow, or use the bow without shooting an arrow. Students should be encouraged to practice these drills as much as possible at home until they master them.

Some drills may also use a string loop or a stretch band. The students should practice some drills while looking in a mirror, comparing their form with the pictures. Whenever possible, they should seek the help of a parent or other adult to make sure they are performing the drills correctly as described in the booklet.

To make a string loop, have some 1/8" diameter cord available, cut in approximately 7 foot lengths. Help the archer tie the cord in a loop that is appropriate for their draw length. You can also tie off the end of the string to make a smaller loop to wrap around the hand to keep the loop from falling when you "shoot".

Stretch bands are made from latex or other rubber type materials. They can be used for warming up as well as a teaching aid. Surgical tubing can also work for this purpose, but can sting the hand a bit when you "shoot".

Each drill and skill should be taught with the following outline:

- 1. Introduce the Drill/Skill**
- 2. Explain the Drill/Skill**
- 3. Demonstrate the Drill/Skill**
- 4. Practice and correct the Drill/Skill**
- 5. Evaluate the Drill/Skill**

## Detailed Procedures:

### 1. Introduce the Drill/Skill

Introduce each new skill as it appears in the class plans in Chapter 6. Use the introduction from the handbook. Introduce the skill by telling the students the name of the drill, and why it is important for them to learn and practice.

### 2. Explain the Drill/Skill

Next explain the drill/skill as described in the Technique portion of the handbook. Explain each step, or the entire motion. The explanation may be done at the same time as the demonstration.

### 3. Demonstrate the Drill/Skill

Demonstrate the skill for the archers. The demonstration can be done live by the instructor, but only if it can be done correctly. An alternative would be to use an advanced archer that can perform the drill correctly, or to use a video taped image of the drill being done properly. As a last resort, refer to the pictures in the Drills and Skills booklet. You should never demonstrate a skill or drill incorrectly.

### 4. Practice and Correct the Drill/Skill

Next have the students practice the drill. The following pages contain practice suggestions and instruction techniques for each of the drills and skills.

### 5. Evaluate the Drill/Skill

Once you have introduced the skill and the students understand how to practice it, you can sign off in their book in the "Introduced" column. When the archer can show you that they can repeat the drill correctly, you can sign off in the "Learned" column. When the archer demonstrates that they can do the drill or skill perfectly every time, you can sign off in the "Mastered" column.

It is critical to the success of this method that you do not sign off on a skill as "Mastered" until the student can do the skill perfectly and consistently every time, even while shooting for score.

## Rules and Procedures

Some of the Drills and Skills are centered on safety rules and procedures. This gives the students a clear understanding of what is expected of them and an evaluation procedure for the instructor to encourage proper range procedures.

# Drills and Skills

## ***Safety Rules and Procedures Skill***

The safety rules and procedures are introduced during the first class, and should continue to be reviewed and evaluated throughout the course. Continue to use verbal commands and repeat rules while students participate. Continue until all have mastered this section.

### ***Practice and Correction***

The instructor must enforce every rule and procedure 100%, repeating the rules and reminding the students of the procedures until the entire class understands and obeys them. Using this step as a skill encourages the students to learn and follow the rules and procedures as quickly as possible.

### ***Accomplishment***

- Introduced* • Student has attended the first class and heard all of the rules.
- Learned* • Student knows the rules and procedures.
- Mastered* • Student always follows rules and procedures at the archery range.  
(Watch each student to see that they are following every rule all the time before signing off as Mastered.)

## ***Arrow Pulling Skill***

Many archery range accidents happen while the archers are pulling their arrows from the target. You must supervise your students while they are pulling their arrows and correct them as quickly as possible when they make mistakes.

### ***Practice and Correction***

Make sure your students stop at the target line, and only approach the target from the side, with no more than one archer on each side of the target. Watch how they pull their arrows, making sure they check behind them and place their hands correctly on the arrow. If they grab on to the arrow too far from the target, it is easy to bend or break the arrow. For safety, make sure that they check behind them before pulling their arrows.

If your program is using side quivers, have the archers put each arrow into their quiver as they pull them. If they are using ground quivers, have them place the arrows on the ground, and pick them all up after all the arrows are pulled. They should then carry the arrows back to the shooting line holding them with their hand over the points.

### ***Accomplishment***

- Introduced* • Student understands how to pull arrows correctly.
- Learned* • Student knows procedures and how to pull arrows correctly.
- Mastered* • Student always follows procedures for pulling arrows.



## Nocking the Arrow Skill

### Practice and Correction

Get the archers in the habit of pulling their arrow out of their quiver holding it near the nock, or right in front of the fletching. Make sure they keep their bow hand finger off of the arrowrest when drawing the arrow back, since this will cause arrowrest to wear and they may forget to take their finger off before they shoot.

Watch each archer to make sure they are nocking the arrow snugly under the nock locator, snapping onto the bowstring, with the index feather or vane pointed away from the bow every time.

### Accomplishment

- Introduced* • Student has seen the demonstration and knows how to nock the arrow.
- Learned* • Student can nock the arrow without any help from the instructor.
- Mastered* • Student can nock the arrow properly every time.



## Posture Drill (With Stretch Band or Cord/Strap)

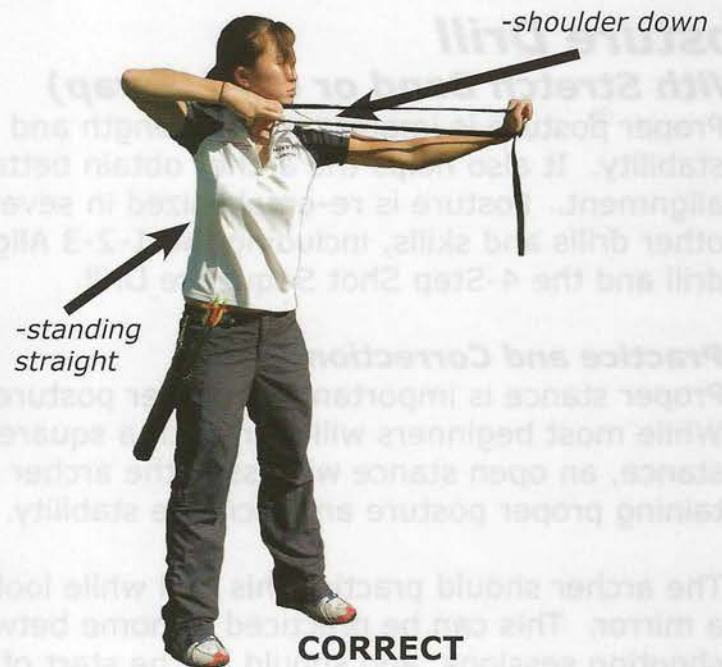
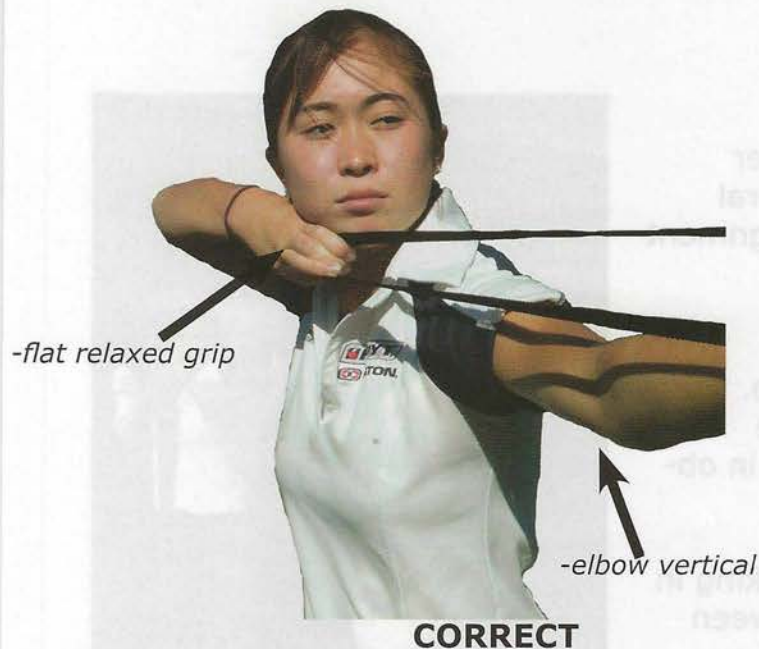
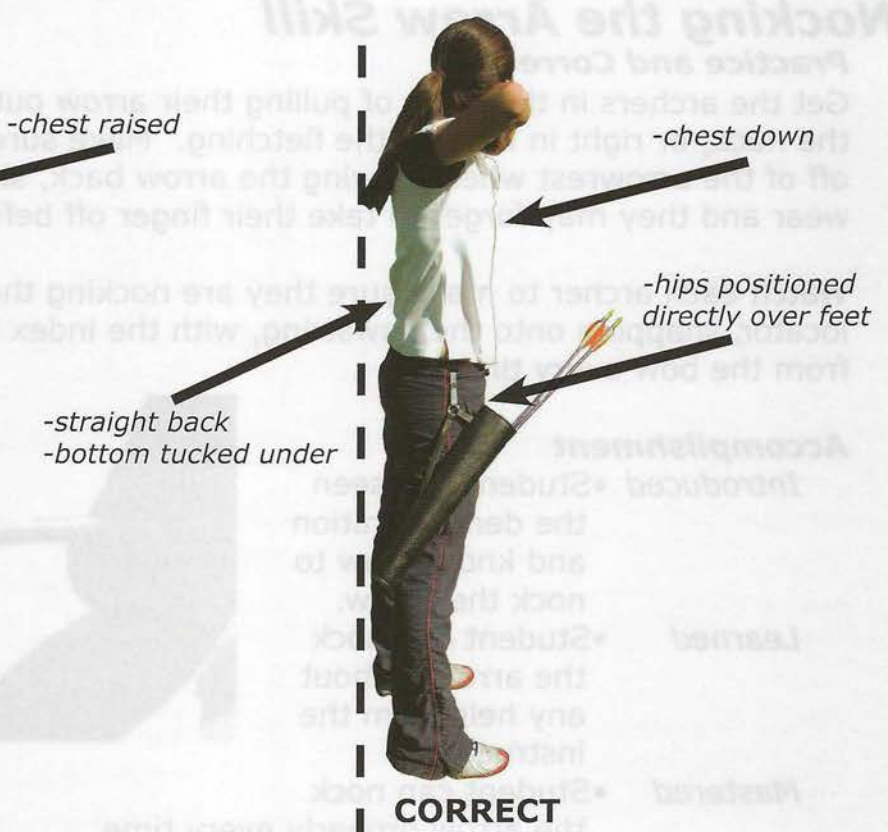
Proper posture is important for strength and stability. It also helps the archer obtain better alignment. Posture is re-emphasized in several other drills and skills, including the 1-2-3 Alignment drill and the 4-Step Shot Sequence Drill.

### Practice and Correction

Proper stance is important for proper posture. While most beginners will start with a square stance, an open stance will assist the archer in obtaining proper posture and increase stability.

The archer should practice this drill while looking in a mirror. This can be practiced at home between shooting sessions, and should be the start of every practice session. Start without a bow or any practice aid. Stand as if you were going to shoot towards the mirror, with your body sideways to the mirror. Check your posture before you start going through the motions of the shot. Your bottom should be tucked under, your ribs should be down towards your belt line, your waist directly over your feet, and your torso aligned with the target. The sternum should be pointed straight down towards the ground. Make sure the ribs and chest stay down as the bow is raised and as the bow is drawn.





Go through the motions of the shot, raising your arms and drawing the bow. Repeat the drill using a stretch band, and/or an adjustable strap or cord.

### Accomplishment

- Introduced* • Student has seen the demonstration and begun practice in mirror.
- Learned* • Student can tuck bottom under and lower chest without a teaching aid and with a stretch band.
- Mastered* • Student can go through the entire motion of the shot while maintaining proper posture.



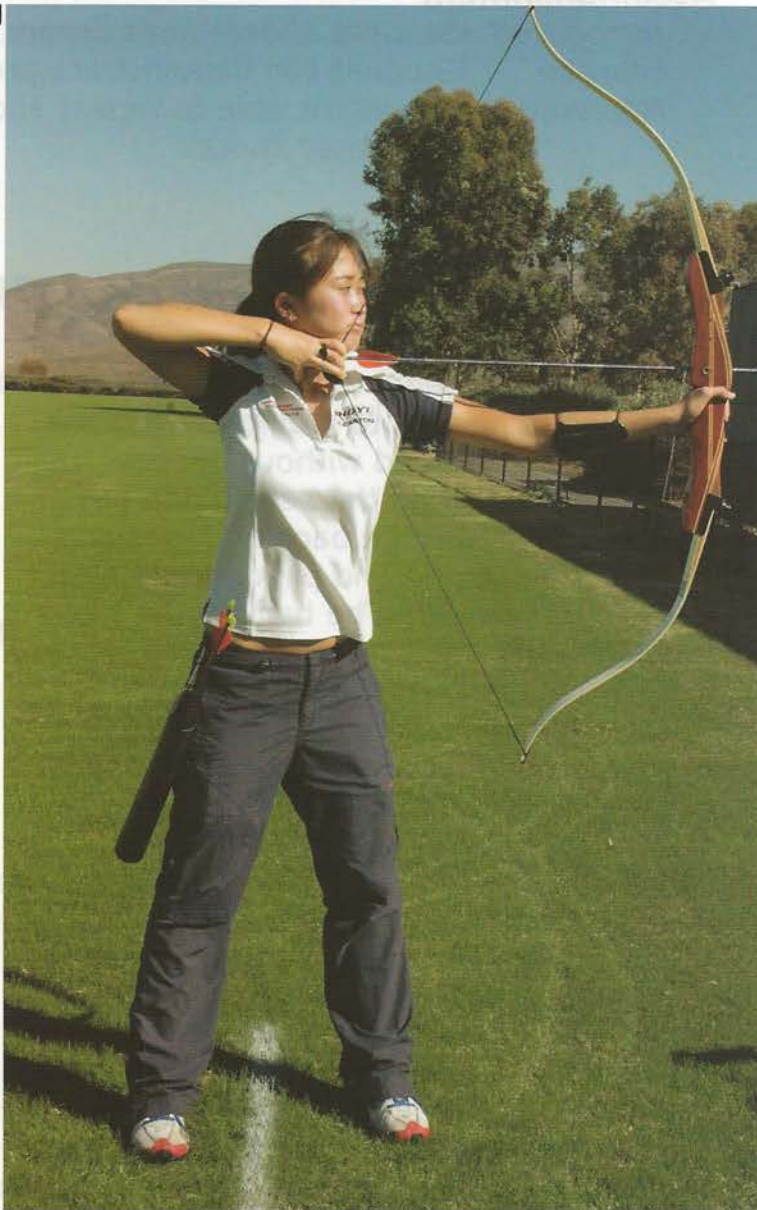
## **Stance and Posture Skill (With Bow)**

The stance is introduced quickly during the first session. The square stance is used because it is easy to learn, easy to repeat, and aligns the body square with the target. Proper posture is re-emphasized in several other drills and skills, including the 1-2-3 Alignment drill and the 4-Step shot sequence drill.

### **Practice and Correction**

A wide stance is important for proper posture. If an archer is leaning back away from the target, check their stance first. Make sure their feet are wide enough apart. Also make sure beginning archers keep their feet in the same place from one shot to the next. Once their feet are planted, they should keep them there.

Looking face to face at the archer, make sure the archer is standing up straight. Even the slightest lean backwards, away from the target, can cause the bow arm shoulder to rise and string clearance problems on the chest. Holding the weight of the bow with the bow arm will cause most archers to naturally lean back. This should be corrected immediately. First check the stance.



It is difficult to stand up straight when the feet are too close together. Correct this first. Next you can stand the archer up straight by placing one hand just under their drawing arm, and the other hand on bow arm side waist. Push on each position to stand the archer up straight. Then keep your hands there as they raise and draw the bow. This will give them feedback as to where they start to lean back and the feeling of standing up straight.

Always explain what you are going to do and ask the archer permission before putting your hands on them. Also check to see that the shoulders remain down throughout the shot sequence. The bow arm shoulder will typically be below the arrow.

For added stability, the archers should keep 60% to 70% of their weight toward their toes, or the balls of their feet. This can help keep them from rocking as they try to balance equally in the center of their feet. While this can all be explained when it is

introduced, the skills will take some time to learn and become a habit.

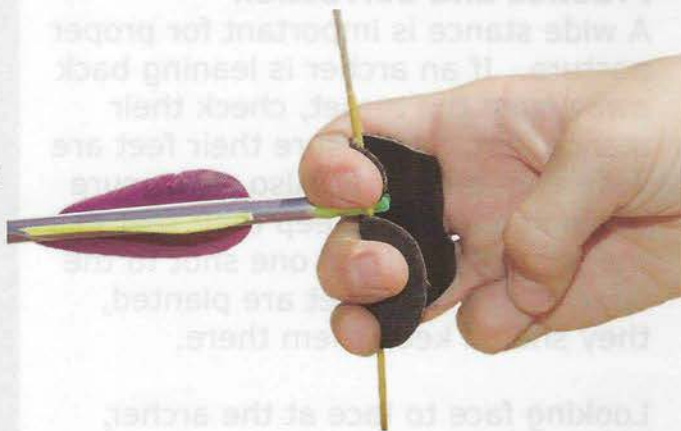
### **Accomplishment**

- Introduced* • Student understands proper stance and posture.
- Learned* • Student can demonstrate proper stance and posture
- Mastered* • Student is able to repeat and maintain proper stance every time they shoot.

## **Setting the Hook Drill and Skill (With Bow)**

Instruct the students to keep their hand and fingers as relaxed as possible, only using the muscles needed to maintain the hook. This can be practiced without the bow, using a string. During the set-up and at full draw, you can tap the back of their hand or flick their thumb and pinky finger to get their hand relaxed. The back of the hand should be flat and relaxed.

The string should be placed near the first groove of the first and third finger, and just behind the first groove of the middle finger. Do not allow the students to shoot with the string too far out on their finger tips, as this would create too much tension in the back of the hand in order to hold the string. Make sure the fingers are placed in the same location on the string each time.



### **Accomplishment**

- Introduced* • Student understands how to set the hook properly.
- Learned* • Student can demonstrate setting the hook in the proper position.
- Mastered* • Student hooks the string consistently every shot, keeping their fingers and hand relaxed throughout the shot.

## **Bow Hand Position Drill and Skill**

After introducing and explaining the bow hand, have every archer perform the drill while standing on the shooting line without their bows. From in front of the shooting line, walk down the line and observe each archer's bow hand position while their arm is up pointing towards the target. Rotate their hand to put it in the position as shown on page 12 of the Drills and Skills booklet.



*Bow handle rests within shaded area*

Then have them practice the skill with their bow. Check out their bow hand position on the bow, and move it in to the proper position so they can feel it, and then re-explain the proper characteristics.

The knuckles should be at a 45 degree angle, the thumb pointed towards the target, and the lifeline of the hand should be on the edge of the grip. The bow hand should remain in place throughout the shot, from "Set" to follow through. The hand and fingers should be relaxed.

Early use of a sling (finger, bow or wrist) can help an archer learn to keep their hand relaxed through the shot.



*Knuckles at 45-degree angle, thumb pointed towards target*

### **Accomplishment**

- Introduced* • You have introduced the skill and Student understands the position.
- Learned* • Student is able to demonstrate proper bow hand position.
- Mastered* • Student is able to consistently set bow hand in proper position while shooting.

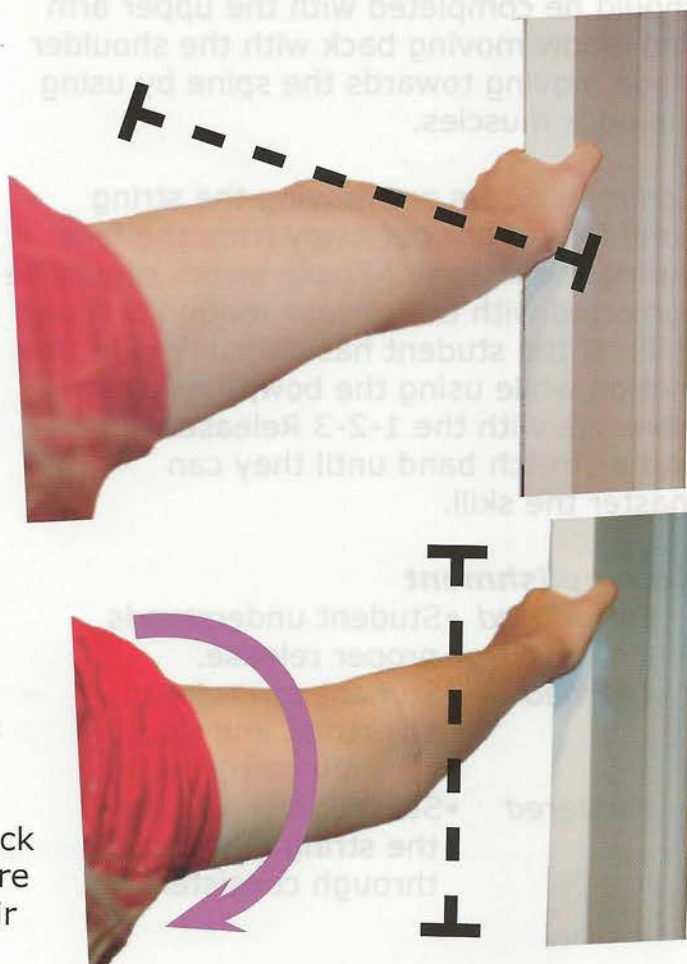
## **Elbow Rotation Drill**

Introduce the drill early so your students can practice it at home. Proper elbow rotation will be required for them to get proper alignment and bone structure.

### **Practice and Correction**

The hand must be held steady on a pole, wall or door. Make sure the bow hand is in the proper position with the palm down, and the knuckles at a 45 degree angle. The student should be able to rotate their arm and turn the elbow under. If they think they can't do it, show them how to fold their arm towards their chest then open it again. The arm will be in the correct position. Assist the student by placing your hand on top of their shoulder to keep it down while they rotate their arm.

You can also hold your hand on their back against their shoulder blade, making sure that it stays down while they rotate their



bow arm. It can sometimes help the student to think of rotating their upper arm at the shoulder, but make sure they keep the shoulder down and back. Have students practice this drill at home.

### **Accomplishment**

- Introduced* • Student understands explanation and how to practice at home.
- Learned* • Student is able to demonstrate proper bow arm position - with elbow turned under without a bow or with a stretch band.
- Mastered* • Student is able to rotate the bow arm and shoulder in the proper position.

## **Release Motion Skill (With Bow)**

### **Practice and Correction**

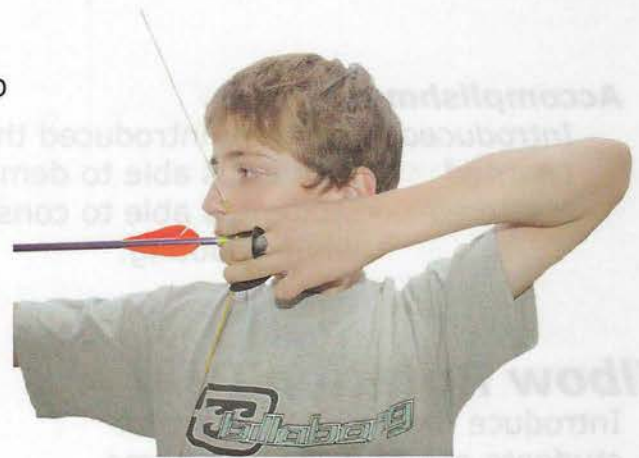
Make sure the back of the hand and fingers are relaxed before the release, so there is no excess tension.

The hand and fingers should remain relaxed throughout the release. The release hand should stay in contact with the face, jaw or neck and finish just below the ear, with the fingers touching the neck. The motion should be completed with the upper arm and elbow moving back with the shoulder blade moving towards the spine by using the back muscles.

Common errors are moving the string hand forward or out away from the face during the release. These errors should be corrected with the release motion drill and skill. If the student has difficulty with this motion while using the bow, have them alternate with the 1-2-3 Release Drill and a stretch band until they can master the skill.

### **Accomplishment**

- Introduced* • Student understands proper release.
- Learned* • Student can release the string and follow through correctly.
- Mastered* • Student can release the string and follow through consistently.



## Finger Release Drill

A smooth, natural, relaxed release is one of the greatest skills an archer can have. Early practice of the finger release drill will help your students learn a great release for a lifetime. This drill gives them the opportunity to practice a relaxed release without shooting an arrow or dry firing the bow.

### Practice and Correction

Introduce this skill with your students on the shooting line holding the bow as shown in the Drills and Skills booklet. Make sure they start with their string hand set properly, with the back of their hand flat and relaxed. Have them release on the count of three, letting the string go around their fingers, while keeping their fingers and hand relaxed.

You can help the archer by holding on to the bow limb next to their hand, and then holding on to their wrist. On the count of three, pull their hands apart, allowing the string to go through their fingers. If you see their fingers straighten out or flare, tell them again to keep their fingers relaxed through the release.

After they have mastered this step, they can move the bow to their anchor and practice it again following the 1-2-3 Release Motion as well.

Your students should practice this skill at home as often as possible using a string loop and/or stretch band. Another great practice method is to use a bucket with some weight added. Set the hook properly on the bucket handle, and practice releasing the string (bucket handle) at your side, keeping the fingers relaxed.

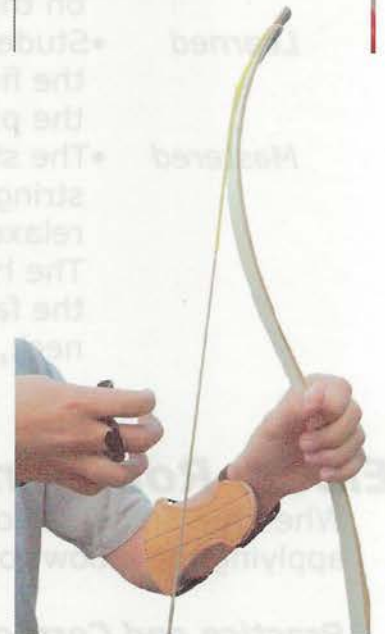
You can also teach your students to practice this drill at any time by just hooking their fingers around the index finger of their opposite hand. Make sure their hand moves along the face or jaw as learned in the Release Motion drill.

### Accomplishment

*Introduced* • You have demonstrated the skill and the students know how to practice it.

*Learned* • Student can repeat the drill using each of the above methods.

*Mastered* • Students fingers remain relaxed and curled as the string pushes them out of the way through each of the above methods.



## **Finger Release Skill (With Bow)**

After mastering the Finger Release Drill, it is time to practice the skill while shooting. While the focus is on the relaxation of the fingers, the Release Motion Skill should also be followed.

### **Practice and Correction**

The release should look just like it did in the drill. Make sure the fingers stay relaxed throughout the release and follow through. Watch to make sure the release hand stays close to the face and neck.

### **Accomplishment**

- Introduced* • Student has mastered the Finger Release Drill and the 1-2-3 Release Motion Drill, and has begun to focus on the finger release.
- Learned* • Student can release the string keeping the fingers relaxed and following the proper motion.
- Mastered* • The student consistently releases the string properly. The fingers stay relaxed through the release motion. The hand moves along the side of the face. The fingers finish near the neck, behind the ear.



## **Elbow Rotation Skill**

When the archer is comfortable with the Elbow Rotation Drill, they should begin applying the elbow rotation skill when shooting.

### **Practice and Correction**

Part of learning the skill is remembering to do it, and part is the coordination of the right muscles to make it happen. The archers can practice up close on a blank bale and look at their bow arm to see and feel that it is rotated in the proper location. Some archers will accomplish this task quickly, while some will have to work on it for a while.

### **Accomplishment**

- Introduced* • Student understands bow arm rotation with a bow and has begun to practice it on a blank bale.
- Learned* • Student can raise their bow arm, draw the bow and shoot while keeping their bow arm rotated in the proper location.
- Mastered* • Student consistently keeps their bow arm rotated while shooting at a target.

# Aiming Without a Bow Sight Skill

## (With Bow)

### Practice and Correction

At first, the Point of Aim method (aiming without a sight) can be hard for a new archer to understand. It helps to talk the archer through it by first helping them see where the point of the arrow is when they are shooting. Then tell them where to move it based on where their arrows are hitting.

Soon they will understand how it makes a difference in arrow impact. This method will only work when they have a consistent anchor.

### Accomplishment

*Introduced* • Student understands the Point of Aim method.

*Learned* • Student can demonstrate the point of aim method, moving their groups to the middle of the target.

*Mastered* • Student can move groups to center of target as distances change.



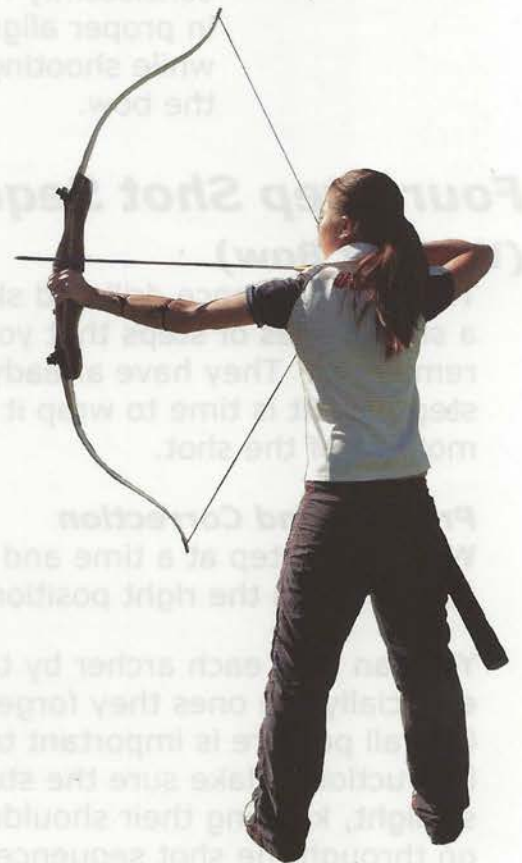
# Posture and Alignment Skill

## (With Bow)

### Practice and Correction

First correct the front posture - making sure the archer is standing up perfectly straight, with their head straight up over their body. Keep the archers standing up straight as they raise and draw the bow back to anchor. You can help the archer by placing your flat hand on their bow side hip, and under their drawing arm. Make sure the head remains in place through the motion.

Help keep the shoulders down and relaxed by placing your hands on them from the back. While raising the bow and before drawing the bow, the archer should turn their chest until it is in a line with the target or point their bow shoulder towards the target. Keep the waist aligned with the feet as the chest is aligned with the target. Keep this alignment through the draw, anchor, release and follow through. Make sure the archer maintains correct posture as shown in the stance and posture drill.



Proper alignment is achieved when there is a straight line going from the center of the back shoulder, front shoulder, elbow and the center of the bow hand. The drawing arm and elbow should be in a line directly behind the arrow. The overhead view is the best for seeing proper alignment.

This drill can also be practiced using a mirror and an adjustable strap or cord. The coach can help move the archer into alignment as shown here.

### **Accomplishment**

- Introduced* • Student has mastered the 1-2-3 Alignment Drill and understands the skill.
- Learned* • Student can stand at full draw with their shoulders and chest in line towards the target.
- Mastered* • Student can consistently remain in proper alignment while shooting the bow.



## **Four-Step Shot Sequence Drill (Without Bow)**

The shot sequence drill and skill wrap up the process into a short series of steps that young archers can easily remember. They have already learned the details of each step, now it is time to wrap it up and focus on the major motions of the shot.

### **Practice and Correction**

Watch one step at a time and correct the archer when they do not get in the right position.

You can help each archer by talking them through the steps, especially the ones they forget or still need to focus on. Overall posture is important to watch during this phase of instruction. Make sure the students continue to stand up straight, keeping their shoulders, ribs and chest down as they go through the shot sequence.





**Set** — This is the preparation of the shot. They should set their stance and prepare their body posture. Then they set their bow hand position and string hook, making sure to look at the placement of their fingers on the string.

**Raise/Set-Up** — At this time they can shift their focus to raising the bow towards the target. Their elbow should be rotated into the proper position, and they should begin to align their shoulders, pointing the bow arm shoulder towards the target.

When the bow is raised, and prior to the drawing motion, check to make sure posture and alignment are correct. Make sure the arrow is parallel to the ground and the arms are within the acceptable range as shown in the diagram.

**Draw/Load** — While drawing the bow to anchor, the hands should maintain their positions on the bow and the string, staying relaxed as they were during the set. Draw the bow while loading your back by moving your draw arm shoulder down and back towards your spine.

**Release** — At this point there is a transition to the release and follow through. The archer begins the final motion, and continues through the shot as learned in the 1-2-3 Release Motion Drill. Tell the archers to maintain their follow through for 3 seconds or until the arrow hits the target.

Have your students practice this drill as often as possible at home, using a mirror to make sure they are performing the drill correctly. They should progress from doing the drill without a bow, and then while using a stretch band.

### **Accomplishment**

- Introduced • Student understands the Four Step motion.
- Learned • Student can demonstrate the four steps without a bow.
- Mastered • Student can repeat the four steps correctly and consistently without a bow, and with a stretch band.



SET

RAISE/SET-UP



DRAW/LOAD

RELEASE

# Shot Sequence Skill (With Bow)

## Practice and Correction

Make sure the archer is in the correct position for each part of the shot process. Do not sign off until they are within the acceptable range of this motion. First watch to see that the bow hand and hook are set properly. Make sure that the archer raises the bow correctly, maintaining proper posture and rising to the correct position, with the arrow parallel to the ground and the near height of the nose.

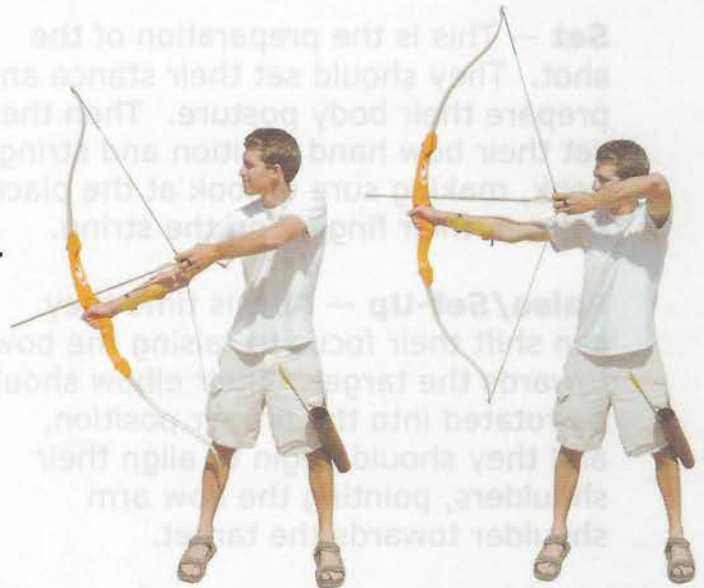
Next watch to see that the chest is turned in proper alignment at the beginning of the drawing motion. The bow is then drawn to anchor, keeping the drawing hand below the anchor point, then raising to the anchor point. The string is lined up with the center of the bow.

Make sure the archer maintains correct posture, and correct any leaning back away from the target immediately. Watch the chest to make sure it stays in alignment at full draw. The release should be consistent with the release drill and skill.

If the archer is having difficulty with any steps, return to the previous drill for that step, or have them practice the Four Step Shot Process drill some more. If they have mastered the drill, they can alternate the drill with shooting the bow until they learn the skill with the bow.

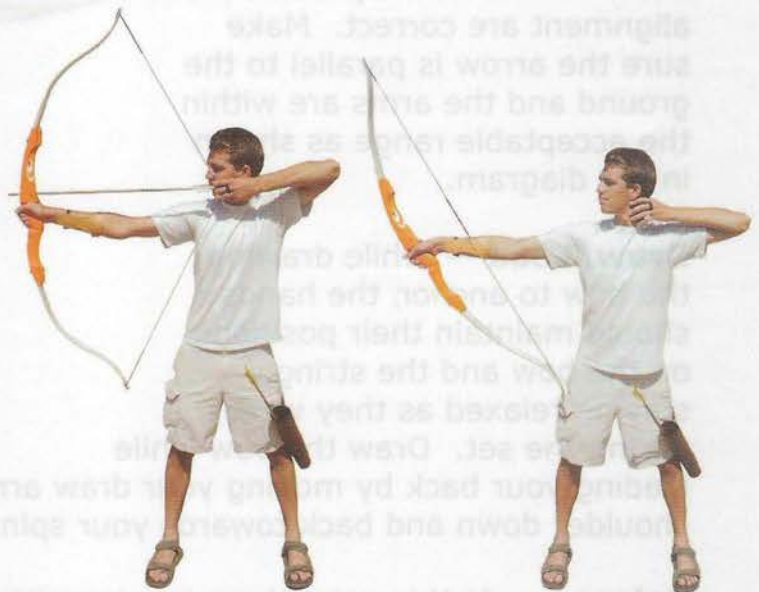
## Accomplishment

- Introduced** • Student understands the Four Steps and knows how to practice it.
- Learned** • Student can demonstrate the Four Steps with the bow.
- Mastered** • Student has mastered the Four Steps, completing the shot process correctly and consistently every time.



SET

RAISE/SET-UP



DRAW/LOAD

RELEASE

## **Under-the-Chin Anchor Skill**

### **(With bow)**

#### **Practice and Correction**

This can take some time for a new archer to learn. It helps if they practice using a very light bow, with no arrow, looking in a mirror. Make sure the string is snug against the chin bone, and the hand is snug against the jaw. The string should lightly touch the center of the nose. Make sure the drawing hand and fingers stay relaxed and the archer keeps their alignment while anchoring. Many times the effort to achieve a good anchor causes the archer to move their head, or shift their body out of proper alignment. While the anchor is extremely important for accuracy, it should be secondary to good alignment and posture.



#### **Accomplishment**

*Introduced* • Student understands how to anchor correctly.

*Learned* • Student can demonstrate proper anchor position.

*Mastered* • Student anchors consistently under their chin while shooting.

## **String Alignment Skill**

### **(With Bow)**

#### **Practice and Correction**

Make sure that the archer does not move or change their anchor when trying to find their string alignment. String alignment is found by turning the head while pivoting on the sting - keeping the anchor snug. Make sure the string stays on the center of the nose, and not off to the side.

#### **Accomplishment**

*Introduced* • Student understands string alignment.

*Learned* • Student can achieve proper string alignment.

*Mastered* • Student can find and use string alignment on every shot.



## Aiming With a Bow Sight Skill

### (With Bow)

#### **Practice and Correction**

Make sure the archer is grouping and using consistent form before trying a bow sight. Adjust the sight for them the first few shots. Look down the arrow to make sure that it is close the first time.

Then show the archer how the sight works and allow them to adjust it for themselves until they are grouping in the middle. Remind your students to check string alignment while aiming.

It is always important to emphasize that the archer needs to focus on their shooting form and technique, not the aiming.

#### **Accomplishment**

*Introduced* • Student understands the aiming process.

*Learned* • Student can adjust their sight in the right direction and move their groups.

*Mastered* • Student adjusts sight and centers groups at each distance whenever they shoot.



## **Using a Release Aid Skill**

### **(With Bow)**

Mechanical Release aids are often used by archers using Compound Bows. There are many types of release aids. Some are held in the hand, while some use a wrist strap.

The release can be triggered with the first finger, the thumb, the pinky finger, or by rotation. No matter which release is chosen, most coaches agree that triggering the release should come from increasing back tension, rather than a conscious effort to activate the trigger.

#### **Practice and Correction**

The triggering mechanism should be set with the tension heavy enough that the archer can rest their finger or thumb on the trigger without triggering the release.

The trigger should be placed between the first and second joint of the finger or thumb. For hand held releases, the back of the hand should be flat and relaxed. Get a deep grip on the release.

To activate the release, the archer should begin to move the back elbow and shoulder blade, allowing this motion to trigger the release.

Many coaches recommend the early use of a back tension release so the archer learns the proper feel of the motion to activate the release.

The anchor position using a mechanical release is also very important. The anchor position may vary with the type of release and how it is held. The most important elements are good bone to bone contact on a consistent reference point, and the string on the front of the nose.



# Using a Release Aid Skill (With Bow)



## Accomplishment

- Introduced* • Student understands the how to use a release aid.
- Learned* • Student can shoot using a release aid.
- Mastered* • Student activates release aid using proper back tension when they shoot.

# Chapter 8

## TEACHING A

### BASIC INSTRUCTOR COURSE

The Basic Certification Course is designed to qualify instructors for short-term recreational archery programs. It is the official training course for both USA Archery and the National Field Archery Association, and is administered by the National Alliance for the Development of Archery. Membership in these organizations is optional for Basic Certification participants.

This course is intended to be taken by persons with no experience in the sport of archery. The minimum age for certification is 15, however, an instructor over 18 must be present when a youth archery program is in progress. The Basic Certification is good for three years. Certification cards are awarded by the instructor upon the successful completion of the course. To remain certified, instructors may either retake the course, or if they have remained an active instructor, they may pay a small re-certification fee and provide written documentation that they have been active. They may also take an Intermediate course to upgrade their qualifications. Eight to twelve hours are required to complete this Basic course.

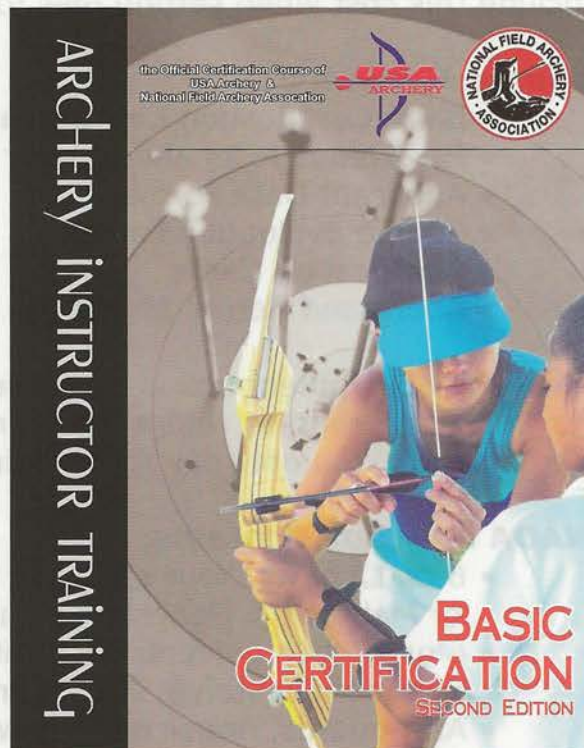
#### **Archery Instructor Training**

*USA Archery and NFAA both recognize the Instructor Certification under a joint Basic and Intermediate Instructor training agreement.*

*Successful Basic Certification participants are encouraged to learn more about both organizations by visiting their websites.*

[www.usarchery.org](http://www.usarchery.org)  
[www.fieldarchery.org](http://www.fieldarchery.org)

Millions of youth each year are introduced to the sport of archery at summer camps and other youth programs. It is our mission to ensure that the participants are taught by qualified instructors able to provide them with a safe and enjoyable introduction to our sport.



## Setting Up A Basic Archery Instructor Certification Course

It's easy to set up one of these courses. Contact the National Alliance for the Development of Archery (NADA). Let us know what date you have selected to hold the course. Try to give us as much notice as possible. We will send out all of the materials for the course participants and materials for the course instructor. When needed, we will find a qualified course instructor to teach the course, and handle all travel arrangements.

Equipment boxes are also available if needed. These are limited, so call us as soon as you know when you will need them.

If an organization contacts NADA requesting a Basic course, NADA will inform them of the current course instructor fees. As a qualified course instructor, you may choose to teach a course on your own, charging any fee that you feel is appropriate. Fees may be set for the course, or per person. If you are contacted by NADA to teach a course requested through our program you will only receive the current fees advertised to the organizations. You may also volunteer your services if you choose.

All courses require the purchase of Course Materials from NADA and a Certification Fee. The price for the course materials and certification is \$20.00 per person. Make sure you include this cost when setting fees for a course that you are hosting yourself.

### **Course Materials:**

- Basic Certification Course Manual
- Participant Tests and Answer Key
- Applicant Data Forms
- Course Evaluation Forms
- Certification Cards
- Addressed Return Envelope

The NADA Equipment box is available free of charge for Instructor courses where there are more than six participants. You only pay for shipping.

### **NADA Bow Box Contains:**

- 6 or 12 bows. Your choice of takedown recurve or Mathews® Genesis™ compound bows
- 6 or 12 side quivers, each with 6 aluminum Easton® JAZZ™ arrows
- Arm guards, finger tabs, bowstringer, bowsquare
- Three 80 cm. paper target faces
- Padded SKB® shipping container that converts into a horizontal padded bow rack to keep the equipment organized on your range

### **Shipping Requirements**

- 65lb (with recurve bows)
- 51"H x 22"W x 15"D





## Host will Provide:

The Sponsoring Organization may charge any fee they feel is appropriate for the course and is responsible for the following:

- Course promotion through their local ACA and neighboring camps or youth organizations.
- A minimum of 6 participants.
- Food and lodging for participants that desire it (When applicable, fees may be charged or included in course fee).
- A safe archery range with at least 1 target butt for every 4 participants, with a minimum size of 3' X 3' (Preferably 4' X 4', may use straw bales, or mats specifically designed for archery).
- A comfortable, well-lighted lecture area within a short distance from the archery range (may be outdoors or on the range itself).
- Food and lodging for the course instructor.

The sponsoring organization will be responsible for course registration and the collection of all fees for the course. The following costs apply:

- Course Instructor Fee Payable to instructor on arrival.
- Materials and Certification Fees.

## NADA will provide:

- Find a qualified course instructor in your area.
- Instructional materials for each participant.
- All the archery equipment necessary to instruct the course.
- Certification Cards valid for 3 years, to be handed out at the completion of the course, and after all fees have been paid.

### ***For more information contact:***

#### **National Alliance for the Development of Archery**

24880 NW 16th Ave | PO Box 249

Newberry, FL 32669

(352) 472-2388 phone

(352) 472-2375 fax

[www.TeachArchery.org](http://www.TeachArchery.org)

## Course Design

The format for a Basic Instructor Course involves 8-12 hours (depending on the number of participants) of activity in the form of shooting and coach/pupil exercises, lectures, discussion, demonstrations or video, and the written test. Additional time may be used as needed to meet the needs or demands of the students. This may include string making for Scouts (required as part of the Archery Merit Badge), extra shooting time, playing games or shooting a practice tournament. The extra time is intended to add flexibility to the program.

## Course Objectives

Course participants will learn:

- How to teach young archers to shoot successfully.
- How to operate a safe program and build a safe range.
- How to improve basic archery equipment without spending a lot of money, and how to order equipment.
- How to develop an archery program to make archery an enjoyable experience for everyone.

The hours may be divided in to a weekend course, typically 8 hours on Saturday and 4 hours on Sunday. Another weekend option is to hold the course 3 hours on a Friday evening and 9 hours on Saturday. If most of the participants are local, such as members of a club, the course may be held over a few weeks, such as every Monday night from 7:00 p.m. to 9:00 p.m. for 6 weeks.

## The Basic Course outline:

### ***Section 1 - Teach them how to shoot.***

Many of the participants in the Universal Basic Archery Instructor Course have little or no experience in archery. Some may have never even shot a bow before. In this section you will not only be teaching them how to shoot and follow range procedures, but you will be giving them an example of how they should teach.

### ***Section 2 - Teach them how to teach.***

In this section the participants will learn to communicate with a positive approach and to form coaching statements that are high in information. They will also learn the proper way to teach a new archer how to shoot their first arrow, and how to present the drills and skills.

### ***Section 3 - Teach them how to run an archery program.***

In this section they will learn how to setup, repair, improve, and purchase archery program equipment. Class formats and lesson planning are also discussed.

They will learn how to add variety into their camp programs to make archery a fun activity for everyone.

This format includes 5 1/2 hours of activity, in the form of shooting, and coach and pupil exercises; 4 1/2 hours of lecture, discussion, demonstration and video; and 1 hour for the written test. The other hour may be used as needed, to meet the needs or demands of the students. This may include string making for Boy Scouts (required for Merit Badge), extra free shooting time, or for playing games or shooting a tournament. The extra hour is not intended to be skipped, only to add a little flexibility to the program.

## **Key Items To Be Taught**

These items should be emphasized throughout the course, and displayed by you always as a role model:

### ***Communicating with a positive approach.***

This is one of the most important aspects for you to emphasize throughout the course, in teaching both range control and rules, and in teaching how to instruct archery. The positive approach will ensure that kids have a positive experience during their archery activity. "The positive approach emphasizes praise and rewards to strengthen desirable behaviors, whereas the negative approach uses punishment and criticism to eliminate undesirable behaviors." (Coaching Young Athletes) Communicating with positive statements will create a positive atmosphere in any program. It will also help your credibility and the participants will look up to you more and cooperate better.

### ***Positive Approach With Rules.***

This does not mean that you are soft when enforcing rules. It only means that you yell "WALK" instead of "don't RUN", or "Keep your arrows in your quiver" instead of "don't take your arrows out of your quiver". When you tell them what to do, it does not sound as much like a rule, but you still enforce it 100%. When you use a positive statement it is more accurate than a negative statement. Try it. If you take a negative statement like "don't run", you're not saying they can't hop, skip, jump, or jog. When you say walk, however, that is all you need. Kids hear don't, no, never and other negative terms all the time at home and school. They will go away with a much better impression of the sport of archery if all instructors use this technique.

# Course Outline and Description

Before the course starts, get the archery range set up and all the bows ready to shoot. As the participants arrive, pass out the course materials and the applicant data sheets. Collect the applicant data sheets when you start the course. The course is designed to alternate with short lecture/discussions and participant activities. Keep the talking time to a minimum and make sure there is a lot of time to shoot and participate in the shooting and coaching activities.

## 1. INTRODUCTION - 15 Minutes

- Introduce yourself and tell about your archery background.
- Have each student introduce their selves and tell about their archery experience and the programs they will be working in.
- Explain course requirements.

## 2. SAFETY/ORIENTATION CLASS ACTIVITY/DEMO - 45 MINUTES

This portion includes an activity and a discussion. Explain to the participants that you are going to take them through the Safety/Orientation class, just like they should do with any archers attending their program for the first time. It is important that you set an example as the course instructor. You should practice the Safety/Orientation course until you can do the class perfectly. Make sure you cover all of the information and keep all of your statements positive. Get the class started quickly and get the participants shooting as soon as possible.

*After the Safety/Orientation class, lead a discussion on the importance of the class and all of the safety issues involved.*

## 3. ARCHERY RANGE SETUP Lecture/Demo - 30 Minutes

Discuss the following safe range setups.

- Outdoor Archery Range Setup
- Field Archery Range Setup
- Indoor Range Setup

***This is usually a good time for a 10 minute break.***

## 4. THE STEPS OF SHOOTING Lecture/Demo - 30 Minutes

Steps of Shooting

Use a bow and an arrow to demonstrate the steps of shooting. Go through each step, covering what is listed in the Manual. It is unnecessary to go into too much detail at this time.

ACTIVITY - SHOOTING PRACTICE ACTIVITY - 30 MINUTES

Practice Steps of Shooting

With all of the archers on the shooting line, talk them through several of the steps at a time so they can focus on performing the skill correctly.

***This is a good time for Lunch***

## 5. TEACHING TECHNIQUES Lecture/Demo - 30 Minutes

In this section, explain how to teach an archer shoot their first arrow. Remember that this is just the basic procedures to get the kids to shoot an arrow safely and quickly, just like you would when you go down the line during the Safety/Orientation class.

### ACTIVITY - COACH AND PUPIL, NEW ARCHER ACTIVITY - 30 MINUTES

Number the participants off, such as A, B, A, B, A, B...

#### **Part One**

Have the A's come to the shooting line, leaving their bows on the rack. The B's will coach the A's through the Shoulder Shrug Drill, the 1-2-3 Alignment Drill, and the 1-2-3 Release Drill. Have them help with each step until their student is doing the drill correctly. Then switch the A's and B's and repeat the exercise.

#### **Part Two**

Tell the A's to pick up their bows and go to the shooting line. Have the B's stand behind an archer. Explain to the group that the A's are going to be a group of 7-year-olds that have never shot a bow before, and that they are going to do everything that a 7-year-old that has never shot a bow before would do. The B's are going to help them shoot their first few shots. You can also have the B's show their archers how to pull the arrow out of the target. Alternate the A-line and B-line and have the B's rotate every other end so everyone has a chance to work with different people. Whenever you have an odd number, the extra can run the shooting line for two ends, making sure that everyone is following procedures.

### **Take a 10 minute break**

Now you will teach the participants how further develop the shooting form of beginning archers. Cover the coaching techniques in this chapter. You can use one of the students or an assistant (possibly taking turns) to go through the steps of shooting, demonstrating how to correct common shooting errors.

- The "Oreo®" Technique
- Coaching Positions
- Form Development - Shooting Steps

### ACTIVITY - SKILLS DEVELOPMENT ACTIVITY - 30 MINUTES

The activity for this portion is the best part of the course. Line up the archers in their A/B format for this coach and pupil exercise. At first, have the "coaches" watch the archers and come up with proper coaching (Oreo) corrections. Make sure to keep rotating the coaches every other end to mix up the group.

After a few ends, have the archers stay at the target while the coaches pick up their bows and huddle for instructions for shooting the next round. Give them common shooting errors for the coaches to identify and correct. You can give the whole group one error for everyone to make, and then give individual errors to each archer. It's sort of a "What's wrong with this picture" game.

Remind the coaches that during this exercise they need to come up with a proper positive coaching statement. They are not just guessing what the archer is doing wrong. They need to find what the archer is doing right and then making a positive coaching statement to the archer.

- For individual errors, go through the common errors by each step in Chapter 4.
- For group errors have everyone do the following:
  - Put their arm guards on the wrong arm
  - Stand facing the wrong direction on the shooting line
  - Hold their bows upside down
  - Stand with both feet behind the shooting line
  - Push the arrow off the string with their thumb dropping the arrows on the ground

## **6. Class Plans and Activities – Lecture/Activity 45 Minutes**

- Review Drills and Skills method
- Review Level 1 Drills and Skills

### **Activity**

First take the entire class through each drill and skill as they would teach their classes. Then divided the class and have them coach each other on the Drills and Skills.

### **Lecture**

- Discuss archery activities.
- Encourage instructor to make archery fun!

### **Activity**

- Practice game or small competition.

## **7. EQUIPMENT Lecture/Demo - 60 Minutes**

The equipment section can be done at any time during the course. This makes a great evening session.

- Parts of the Bow and Arrow
  - Point to each part of the bow and have the students identify the part.
- Caring for and Storing Equipment
  - Equipment Selection
  - Ordering Equipment
  - Repairing and Improving Basic Equipment

Whenever possible, have the camp get out all of their equipment. When going through the steps of inspecting and repairing the equipment, have the students participate with the camp bows.

## ACTIVITY - GROUP INSTRUCTION ACTIVITY/DISCUSS - 90 MINUTES

### Teaching a Safety Orientation Class

The final activity in the class is the group teaching of the Safety/Orientation class. The objective of this session is to make sure that the students know the archery range rules and procedures, can demonstrate a shot, and can control a group of kids. They will be teaching all of the rest of the participants in the class. The classes can be taught individually, or in small groups. Divide the group so there will be no more than 5 classes, with 1-3 students teaching each class. The students will teach the safety orientation class starting after the equipment has been handed out.

Before the class begins, tell the instructors and the participants that there will be a catch. The participants in the class that are shooting will act like a group of 7 year olds that have never shot a bow before. This exercise will provide distractions like those that they will have when they teach a group of kids for the first time.

For the next groups, try using the following:

- 13 year old giggly girls that would rather be at the mall.
- 18 year old Chinese foreign exchange students who understand English but don't speak it.
- Senior Citizens from a nursing home.
- Out-patients from a Psychiatric ward.
- Inner-city teens from a gang prevention program.

After each class, lead a short discussion with the group evaluating the student instructors.

- Did they demonstrate a shot correctly?
- Did they keep control of the group?
- Did they cover all of the rules?
- Were all of their statements and rules positive?
- Did they handle distractions correctly?

Make sure that the class is using the Oreo technique when evaluating their peers.

## TEST AND COURSE EVALUATION

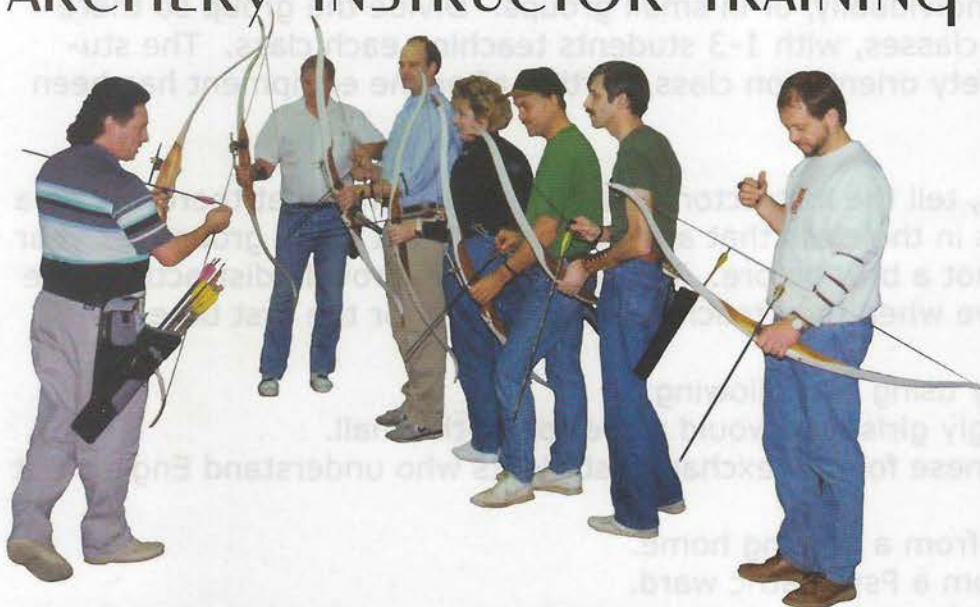
Closed Book Final Examination Written-60 Minutes

As the students turn in their tests, you can correct them and give them their certification cards. Put their test score on their applicant data sheet.

Mail the datasheets and evaluations forms back to NADA in the envelope provided.

# Archery Instructor Training

## ARCHERY INSTRUCTOR TRAINING



Thousands of new archery instructors are trained and certified each year on behalf of USA Archery and the National Field Archery Association. As a result, each year millions of young people will gain from the training and experience of their certified instructors.

Now that you've become a certified archery instructor, contact these organizations to get involved with local clubs and archery programs.

Teaching archery is fun and rewarding. By following your training, you'll have just as much fun with the sport as your participants.

Both archery organizations have advanced coaching training available once an Intermediate course has been successfully attended. Check out their websites for additional information:

[www.usarchery.org](http://www.usarchery.org)  
[www.fieldarchery.org](http://www.fieldarchery.org)



The National Alliance for the Development of Archery (NADA) provides instructor facilitation services for both USA Archery and the NFAA.

NADA also provides loaner training equipment for certification courses, rental equipment for short-term programs and complete archery kits for sale.

NADA is a non-profit association of certified instructors and coaches.



*to schedule courses  
or order materials:*

**NADA**

**National Alliance for the  
Development of Archery**  
24880 NW 16th Ave | PO Box 249  
Newberry, FL 32669  
(352) 472-2388 phone  
(352) 472-2375 fax  
info@teacharchery.org  
www.teacharchery.org

## Train Basic Instructors

As a certified Intermediate Instructor, you can become active in your community by training new basic Instructors.

Contact NADA for help in getting started being a community-based course instructor. NADA can assist with training site leads, equipment access and by providing the Basic Instructor materials you'll need for each instructor training session.

New Basic Instructors are needed for camps, schools, and recreation agencies.

If you would like to team teach with another coach, give NADA a call to locate one near you.

Visit [www.teacharchery.org](http://www.teacharchery.org) for course details and schedules.

The Basic Certification is recognized by both USA Archery and the National Field Archery Association, and is facilitated by the National Alliance for the Development of Archery.

