

ARCHERY FIRST SHOT FUNDAMENTALS

HAVE RANGE SET-UP BEFORE STUDENTS ARRIVE, POST RANGE RULES, HAVE EQUIPMENT READY, BLANK TARGET

- 1) Safety Orientation Class
 - a.) Eye Dominance
 - b.) Jewelry, Long Hair, etc.
 - c.) Enter Range: Range Officer (**Orange CAP and Orange Vest**)
 - d.) Hand out Equipment (Except for Bows)
 - 1) Arm Guard, Finger Tab or Glove
 - 2) Quiver
 - 3) Measure Archers for Arrows (**3 Arrows** in Quiver)
 - e.) Explain **Safety Rules, Whistle Commands, Range Procedures & Pulling Arrows** as a Group on Waiting Line
 - f.) Demonstration (Group on Waiting Line)

During the demonstration, instructor names & points out bow and arrow parts necessary for youth to understand essential terms for those first shots. This would include the Eleven Steps To The Ten Ring.

 - 1) Shooting
 - 1) Stance & Posture
 - 2) Nock Arrow
 - 3) Set Hook
 - 4) Set Bow-Hand Grip
 - 5) Raise & Extend Bow
 - 6) Draw
 - 7) Anchor
 - 8) Aim
 - 9) Release
 - 10) Follow Through
 - 11) Relax & Evaluate
 - 2) Dropping Arrow
 - 3) Retrieving Arrow
 - 4) Pulling Arrow
 - 5) Lost Arrow (Arrow Top of Target Butt)
 - 6) Carrying Arrows
 - g.) **Safety** Reminders
 - 1) Always Keep Arrows Pointed Down Range
 - 2) Only Shoot Target In Front Of You
 - h.) Select Bow (Safety: **NO DRY FIRING**)
 - 1) Flight 1 – Select Bows
 - a) Archers Shoot First End of 3 Arrows (1st Arrow with Instructor)
 - 1) Pull Arrows (Range Officer Last to Walk Back)
 - 2) Flight 2 – Select Bows, Shoot Pull Arrows
 - 3) ETC.