

Archery Club Week 2 – Accuracy Workshop

Session Objectives – To learn how we can improve accuracy

Warm Up – 10 Minutes

Everyone's It

Dynamic Stretching – 5 Minutes

Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body.

Equipment – Cones, archery sets

Main Activity – 35 Minutes

Number Elimination – 20 Minutes

In their small groups task the children to work their way through the 5 numbers. Once that number has been hit then cross it off the list and try to hit remaining numbers. First group to get all the numbers win

Progression – play again but against the rest of their group rather than the whole class

Number Order – 15 Minutes

Start on the number 6 and the team is stuck on that number until it is hit. Then the 7 must be hit etc. First team to hit the 10 wins

Coaching Points

Show which way round to hold the bow and show how to clip in the arrow to the bowstring.

Peel suction arrows off by the small tab on the outer edge of the arrow. "Peel like a banana".

Never go into the red cone zone without the coaches permission. The coach will use the word CLEAR to let people know it is safe to retrieve arrows.

Hold bow with weak arm (extended towards target) and strong hand on bowstring.

Use middle three fingers to pull bowstring back.

Pointer finger above arrow, other two below not touching the arrow just the string.

Feet pointing sideways on shoulder width apart.

Stand tall, pull bowstring all the way back to your chin.

Release fingers being careful our other arm isn't going to touch the bowstring.

Focus on helping the children's technique. More competent children can help others in their groups.

Cool Down and Debrief – 5 Minutes

Get children into a circle and go over a few static stretches. Whilst stretching go over session aims.

Ask questions – What have you learnt today? What have you enjoyed today?

Award a certificate.

Dismiss children from designated area.