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| **Archery Club Week 9 – Ultimate Archery** |
| **Session Objectives** – To be accurate and fire at different types of targets |
| **Warm Up** – 10 MinutesOctopus tag |
| **Dynamic Stretching** – 5 MinutesPick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body. |
| **Main Activity** – 35 Minutes |
| Split- 15 Minutes Team sets up two pins (can’t be directly behind each other) with the intention to try and hit one pin into the other pin. Ultimate Archery – 20 Minutes A combination of using boards and pins. Use whichever competitive type has been most popular  | Coaching Points Bonus points can be awarded for distance pins are placed apart etc.Variations try 3 pins, shoot from different angles etc.Bonus points for hitting pins.Place pins strategically eg. Under a chair or on a tabletop.Use whichever competitive type has been most popular during club |
| **Cool Down and Debrief –** 5 MinutesGet children into a circle and go over a few static stretches. Whilst stretching go over session aims.Ask questions – What have you learnt today?Award a certificate.Dismiss children from designated area.  |