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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 Minutes  Octopus tag | |
| **Dynamic Stretching** – 5 Minutes  Pick 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 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?  Award a certificate.  Dismiss children from designated area. | |