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| **Multi Sports Club Week 5 – Archery** | |
| **Session Objectives** – Learn how to hold and shoot in soft archery. | |
| **Warm Up** – 10 Minutes  Stuck in the mud | |
| **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 | |
| Robin Hood – 15 Minutes    Use yellow cones as gold coins. Attach an arrow to each teams number 10 and leave the “coins” attached to the board.    The Sheriff has all the gold coins and to take them back for your team you must hit the board and can then take a coin. The team with the most points win.  Darts Archery – 20 Minutes    Every team starts on 100 points and works backwards towards zero. Back board worth double points.    Aim is to be the closest team to zero. Nominate a team counter and once they have a final score they sit down and wait for the other teams to finish.    Bonus points can be awarded for speed of finish. | 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. |
| **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?  Award a certificate.  Dismiss children from designated area. | |

