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.

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