



**LEVEL 1
FIELD ARCHERY
INSTRUCTORS BASIC MANUAL**

Produced by: The International Field Archery Association

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International
Member of



TAFISA



The following Basic Archery Instructors Manual provides general guidelines and that local regulation may prevail in each member nation.

The IFAA accepts no responsibility or liability of any damage to property or injury to people in the application of this Guide/Manual.

Welcome to Field archery

This is the first step in enjoying the many facets of this great sport. Your archer may choose to be involved in:

- Field Archery
- 3D Archery
- Indoor Archery
- Competition and Travel
- Hunting
- Or just the social side of this great sport.

Out of this your archer will almost certainly achieve pleasure, relaxation, friendship and fitness. We hope that this will be the beginning of a long and enjoyable relationship with the sport of archery in its many forms. So it is up to you as the instructor to help this happen.

This book will help give your archers an insight into what Field archery is all about; from the basic structure of an archery club to the basic skills required to enjoy this sport. This course will teach you to be a safe and effective basic archery instructor. You will also learn how to run a safe program, how to select and maintain proper equipment and how to teach beginning archers in a club setting.

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The International Field Archery Association

The International Field Archery Association, also known as the IFAA, was formed to provide a basic plan by which one national field archery association from each nation of the world may become a member of this Association.

The aim of the IFAA is to promote and develop field archery and any other archery sports and events the Association may adopt throughout the world.

The IFAA was formed to develop and promote competition between international and national associations. These national associations are considered autonomous and often provide more competitive games. Each national association set-up and club structure is also autonomous and individual.

1. Clubs

Club structure

The IFAA has many member associations throughout the world. These member associations are autonomous and their club structure is guided by their rules. The set-up of their ranges may differ from club to club and must comply with the rules of their national association to allow for national tournaments and they must comply with the rules set out by the IFAA, to allow hosting of international IFAA sanctioned events.

The clubs are not directly associated with the IFAA, so access for the clubs and their members must be done through the National Association within the country they reside in.

The differences in demographics and the types of archery the clubs members in general want, guide how each club is set up and what sorts of ranges they provide for their members.

In the IFAA we have various Rounds on which the competitions are based. The most popular rounds are:

- The Field Round
- The Hunter Round
- The Marked Animal Round
- The various 3D Rounds, also called the Bowhunter Rounds
- The Indoor Rounds

Over the last few years the “Flint Round” is gaining in popularity as an indoor round, as well as an outdoor training round for those archers who just started with Field archery.

Some clubs have ranges catering to all of these Rounds, but most clubs are restricted to one or two ranges that cater for all these Rounds.

Some clubs may also have the use of indoor facilities to host Indoor competitions and use these facilities for coaching and introduction to new archers. They are especially popular for archery during the winter season.

Club Ranges

Clubs should have a practice area set up for practice and warm up prior to shooting on the Field ranges. These practice areas have practice “butts”, also called “bosses”, which are normally used by the club members to practice prior to and after a “shoot” (competition), but often also to teach novice archers the basics of the sport before venturing onto the Field Range.

Generally, Field ranges are set up to specifications provided in the IFAA Book of Rules. Safety is the main priority in setting up such a range.

Each club uses the local natural environment to set their ranges. Some have very challenging shots which test the archer’s ability to judge distances and/or execute the shot, or terrain which makes even a measured distance challenging to shoot.

For further information on how to set out a Field Archery range you can consult the IFAA Field Archery Manual, obtainable from the IFAA web site.

Club facilities

Most clubs have a club house and the necessary toilet facilities.

Some clubs may also have shower facilities that are normally used when these clubs host an invitation tournament of two or more days, where archers from various clubs and even nations join in.

2. The IFAA Archery Rounds

Within Field archery we have many different regulated Rounds or Games we can shoot. These are described below:

The IFAA Field and Hunter Rounds

These are two of the official Rounds where the arrows are shot at round paper target faces; either black and white circles on a white background (Field Targets) or black circles on a black background (Hunter targets). These targets are set out on a walking track with markers or pegs to indicate where the archer is to stand when shooting.

Some of these targets are shot from a single shooting position, while on other targets the archer walks to a different position after each arrow, either forward (called a “walk-up”) or sideward (called a “Fan”).

There are three groups of markers: one for Veterans (over 55 years), Adults (19-54 years) and Young Adults (17-18 years); one for Juniors (13-16 years) and one for Cubs (up to 13 years).

These two Rounds are shot over 14 targets to achieve a maximum total score of 280 points. The archer shoots four arrows at each target, obtaining a possible maximum score of 20 points. These two Rounds (if hosted according to IFAA rules) are the only rounds which are used to grade an archer for IFAA sanctioned tournaments.

In competitions these Rounds are either shot twice, or they are combined to make up 28 targets on a single range. Such event may be shot all at one time without a break. Some clubs do opt for a short lunchbreak so the archers shoot 14 targets, have lunch and then continue to shoot the second lot of 14 targets.



Field target with scoring areas



Hunter target with scoring areas

The IFAA Marked Animal Round

Like the Field and Hunter Round, the IFAA Marked Animal Round is shot over fourteen targets. The archer has the opportunity to shoot up to three arrows to score points. If the first arrow does not score then a second arrow can be shot and if that arrow does not score then a third arrow may be shot.

Like the Field and Hunter Rounds some targets are shot from a single position, while other targets are shot with every arrow from a different position (“walk-up”).

The IFAA 3D Rounds

3D targets are free standing animal targets that are made of various types of rubber compound. They are set out in a similar way to the IFAA paper target Rounds.

The targets are placed at various distances with or without or manmade “arrow catching shields” behind the targets.

The IFAA 3D Rounds are shot in several different ways with unmarked distances and either one or two arrows that score.



The IFAA Indoor Rounds

There are two types of Indoor Rounds shot in the IFAA: the more common IFAA Indoor Round and the less common IFAA Flint Indoor Round.

The IFAA Indoor Round is shot from 20 yards for all age groups except the Cubs. The Cubs shoot from 10 yards.

The full Indoor Standard Unit is shot over 6 ends of 5 arrows per end (30 arrows). This must be done twice making a total number of 60 arrows.

The target has five scoring rings of dull blue colour, which are scored from the centre 5, 4, 3, 2, 1. Each arrow shot is scored giving a maximum total score of 300 points.

The Flint Indoor Round is shot over 6 ends of 4 arrows per end, each at a different distances, that vary from 20 feet to 30 yards and 1 end where 4 different distances that vary from 15-30 yards are shot, giving a total of 7 ends of 4 arrows (28 arrows).

Two Rounds are normally shot in a competition.



3. Safety

The first key element that we need to introduce immediately to our archers is **Safety**. The archers must obey all the archery range rules and procedures.

Personal Safety (“Think and live safety”)

- Make sure your archer is wearing safe, comfortable clothing for your sport. Shirts and jackets should be close fitting and not baggy so as not to interfere with the bowstring.
- Your archer should have good, firm and comfortable enclosed shoes/boots. Open thongs or sandals should not be used on Field ranges.
- Your archer should have a hat for protection from the sun and glare.
- “Sun block” cream and insect repellent can help make our sport safer and more pleasant.
- Make sure your archer carries plenty of water.
- A small first aid kit carried in a bum bag and any personal medication that may be required.

As with “Drink Driving” there are strict rules on drinking alcohol and the sport of archery.

Range safety

- Take time to help the archer become familiar with National and IFAA rules.
- Assist the archer with the rules and by-laws of your club.
- Help the archer to be aware of his/her surroundings.
- Make sure the archer is prepared for the unexpected.
- Allow the archer to become aware of your range(s) under all conditions.
- Inform the archer never to rush an action on the range: take time and take care.

Equipment Safety

It is in your archers’ best interest to set up a regular maintenance program for their archery equipment. Helping them keep their gear in top condition which will assist them to produce better scores.

Things to look for:

- Splits in limbs, risers, arrows, arrow nocks and tips.
- Fraying on the bow string and cables.
- Quivers in good order: make sure there are no holes for arrows to poke out of the bottom.
- Carry enough spares to finish a Round in the event of an equipment failure.

Help your archers understand that it takes but a few seconds after each target to do a check on their equipment. E.g. Are the vanes or feathers still on the shaft properly, is the shaft still straight? Has the nock split or come loose?

Warm-up and Injury Prevention

Warming-up before commencing any sport is very important. The muscles used to draw your bow back are muscles we do not use every day and therefore need to be attended to prior to shooting.

Basic shoulder rotation, stretching the muscles in your upper back, shoulders, neck and forearms are all very important in the prevention of injury. (See Appendix “B” for warm-up exercises.)

4. Bows

Archery is a sport where the equipment must fit the archer, not the archer fit the equipment.

When selecting equipment, make sure that it fits your archer’s needs. Equipment should be chosen which will grow; both in draw weight (poundage) and draw length. It is advisable to try as many types of equipment as your archer can, before a purchase is made.

It is important that your archer consults the club instructor or coach before buying any gear as they may be able to give advice on what will be required. The highest priced bow or other equipment is not necessarily the best for your archer. However, it is always better to buy the best affordable equipment, as it will usually work out cheaper in the long run.

Ask your archer to check of the workmanship of the gear that will be purchased before a decision is made: e.g. guarantees, after sales service, availability of parts.

Compound and Recurve Bows, Longbows and Historical Bows

There are four types of bows that are allowed within field archery. These are the Compound Bow and the Recurve Bow, divided in several shooting styles, the Longbow and the Historical Bow. The choice is the archer’s preference. You may be able to guide the archer with questions on what shooting style is preferred.

Note: Crossbows do not comply with the IFAA definition of a bow and are not allowed in IFAA tournaments. Some countries require a permit to own one.

Archery is as old as Man and has been important throughout history, from the Historical Bow and Longbow and its evolution to the modern compound bow. Many beginners learn the basic skills with a Recurve Bow and then progress to the bow of their choice. The choice is up to the archers, based on their personal interest and where they see their archery progressing to.

Most archers will use different bows and shoot different styles over their archery career. For example: an archer may start off with a basic recurve bow and shoot it without any added equipment, which is called the “Traditional Recurve Bow” shooting style and later decide to put a stabiliser and arrow rest to shoot in the “Bare Bow Recurve” shooting style and add later a bow sight and shoot in the “Recurve Limited” shooting style. Changing from a recurve bow shooting style to a compound bow shooting style, or vice versa, also is quite common.

Whatever decision is made, the club instructor or coach is there to help with the various choices.

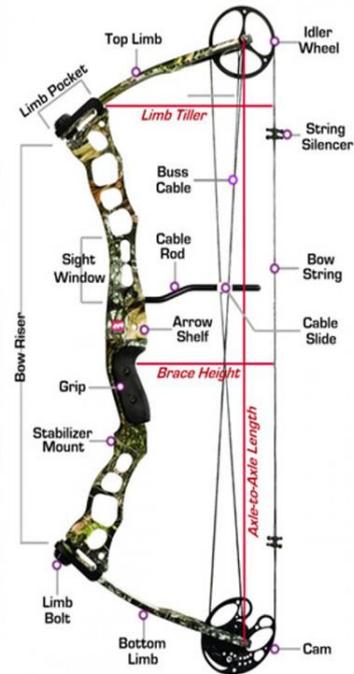
The Compound Bow

This is a modern and innovative bow used by many archers. The wheel or cam system makes it easy to use and it allows the arrow to be shot at greater speed and greater accuracy.

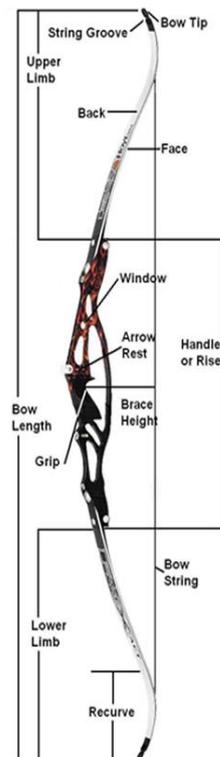
The Recurve Bow

This bow can be a more traditional wooden design or a modern magnesium alloy and carbon fibre combination. The Recurve bow is used often in Target archery, but many field archers enjoy the challenge of the recurve bow.

Compound Bow



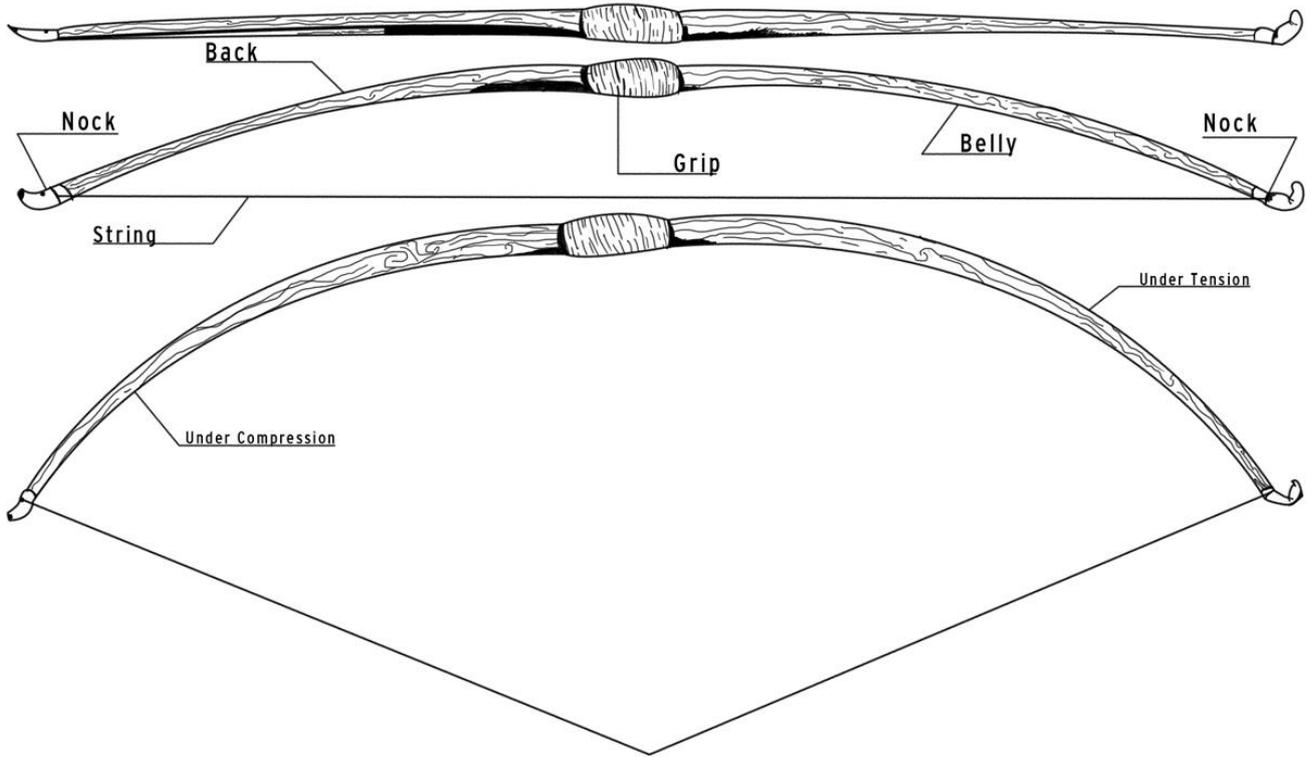
Recurve Bow



The Longbow

This is an older and more traditional type of bow than the recurve and compound bows.

Many modern archers still enjoy the simplicity and tradition of shooting this style of bow.

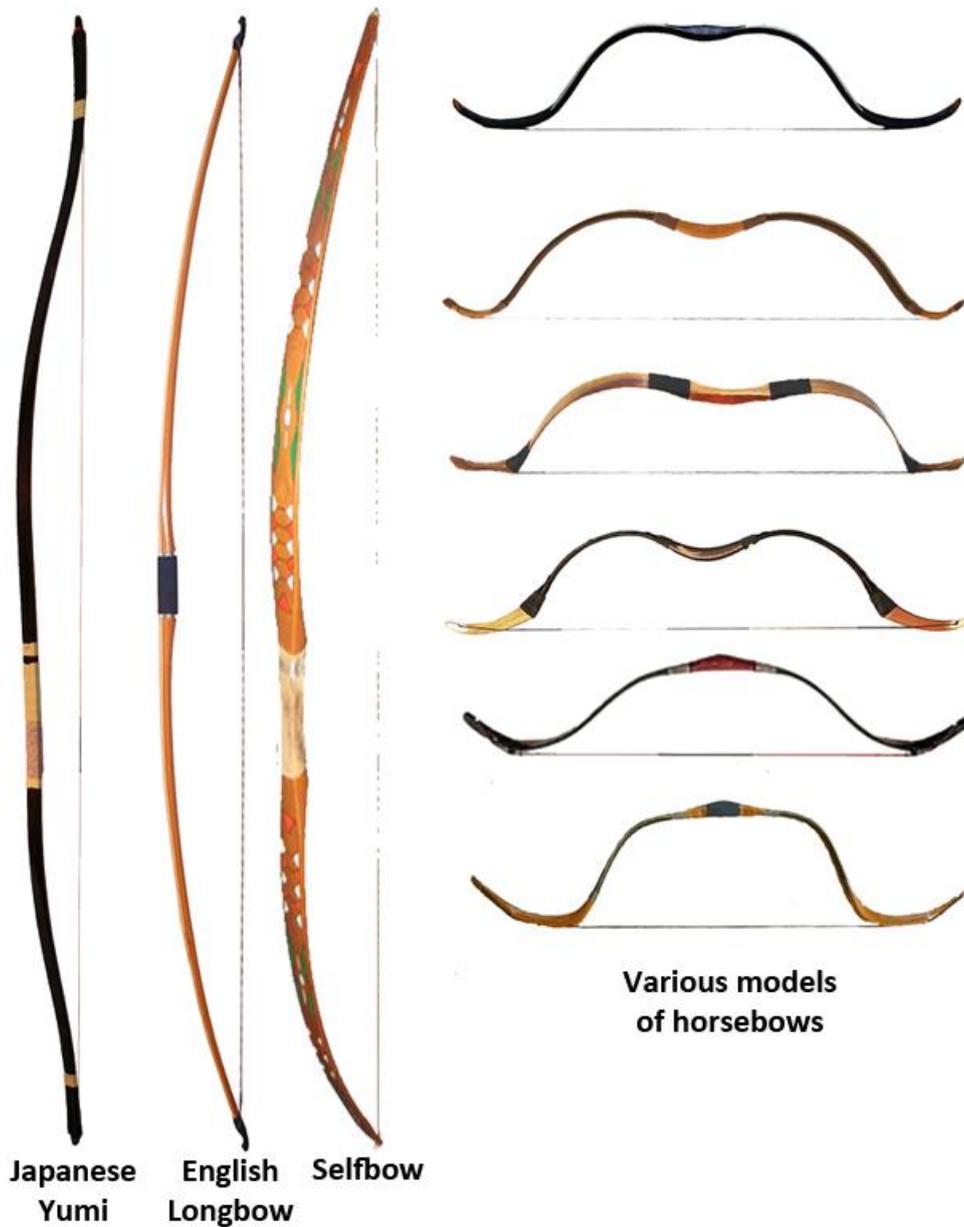


“Modern” Longbow (American Flatbow)

Historical Bows

The historical bows are replicas of bows that were in used before 1900

Some of them are based on designs that are over 2000 years old and are often made out of a single piece of wood. This type of bow is rapidly increasing in popularity.



5. Choosing a Bow

Eye Dominance

When a novice archer comes to you for the first time, you need to do an eye dominance test. This will establish whether this archer will shoot left or right handed. It is important therefore that you do:

A Simple Eye Dominance Test

1. Get your archer to extend both arms out in front of the face and make a triangular opening with the palms of the hands. Focus on an object through the centre of the opening and then bring the hands back to the face. Whichever eye the triangular opening ends up is the dominant eye.
2. Again get your archer to extend both arms out in front of the face and make a triangular opening with the palms of the hands and look through the triangle at your face. The eye you can see through the triangular opening is the dominant eye.

Your archer should be set up with a bow that is set up to suit the dominant eye, e.g. If the right eye is dominant the archer should shoot a right handed bow. This means that the archer will draw back the bow with the right hand on the string to an anchor point to the right side of the face, which is the same side as the dominant eye.

Alternatively the archer will shoot a left handed bow when the left eye is dominant. This may feel a little uncomfortable for a right handed person at first, but you need to explain to your archer that this sport is all about aiming and then shooting a bow, based on the eye dominance, and thus makes good sense.



Draw Length

It is very important that all archers know their Draw Length so that they can purchase a bow that is right for them. The Draw Length is something that has been discussed in depth by many, but there seem to be three main ideas as how to come up with an archer's draw length.

Method 1

Have the archer stand side-on near a wall. Have the archer extend the arm out to the wall with the fist clenched and the knuckles resting against the wall. Make sure the archer's arm, shoulders and head are in the correct alignment. You may have to do a bit of moving by the archer to make sure the alignment is correct.

Measure the distance with a tape measure from the wall to the corner of the archer's mouth. This is the archer's draw length as an unsighted shooter. To adjust this for the use of a release aid and adding a sight (as the anchor will be lower and a little further back) you will need to add approximately one inch.

Method 2

Use a measuring arrow (an arrow that has been marked with one inch increments) with a recurve bow, longbow or any bow without the restriction of a set draw length. Again make sure the archer is aligned correctly and the archer is anchored correctly. For unsighted shooters into the corner of the mouth and for sighted shooters with a release aid in the position lower on the jaw and further back, to get correct string picture.

Method 3

This is the method where the arm span is divided by 2.5.

Ask the archer to stand upright with the arms spread out on each side at shoulder height. Make sure the archer's shoulders are down and the arms are relaxed and not pulled back. With the use of a tape measure, measure the length from the tip of the one middle finger to the other middle finger, in inches. Divide this number by 2.5 and this will give you an approximate draw length for an unsighted shooter. Again, you will need to add extra to cater for a release aid and sighted shooter.

This method of measurement does not take into account the possible difference in length that some archers may have in their arms, shoulders, etc. Dividing the archer's arm span by a fixed factor may not be accurate for everyone.

Be very aware that the draw length of an archer can and probably will change over time. This is also true for a new adult archer still settling into the routine of shooting and establishing the correct positioning of the arms, shoulders, etc. As the archer becomes more comfortable with shooting, the muscles will relax, thus increasing the draw length.

Also young archers will experience a natural increase in their draw length caused by increased growth.

It is important not to cut the arrows of a new archer down, until having shot regularly for a few months. If over this time the archer's draw length does increase you will not have caused the archer any expense of having to buy new arrows.

Bow Poundage (Draw weight)

The poundage of the bow is extremely important. If this is too high it can cause permanent damage to the muscles, tendons and joints of your upper body and this will affect the development of good form and may cause long lasting damage to archer's body.

Help your archer understand the need to purchase a bow that suits the current requirements for his/her needs and skill level, and ensure it has the ability to increase in draw length.

Signs of an over poundage bow (too high draw weight)

- Grunting while pulling back the bow.
- Pointing the bow towards the sky and drawing it down to anchor. This is very dangerous.
- Pointing the bow at the ground and drawing back to anchor.
- Pointing the bow at the target and dipping the elbow while drawing the bow back.
- Arching the back and leaning back when drawing the bow back to anchor.

The Correct Drawing technique

- Stand with your feet shoulder width apart.
- Raise bow level with the target.
- Draw the string back to an anchor point beside your face while keeping the elbow level with the target and not allowing it to dip down or come up.

Selecting a Draw Weight

There are several factors to consider here beyond just brute strength.

First and foremost we strongly recommend that you choose a draw weight that is COMFORTABLE for you and suitable for your particular purpose. Particular for the purpose of recreational archery, a bow with too high draw weight will simply make you less successful and the sport less enjoyable.

A good rule-of-thumb is to choose a draw weight that requires about 75% of your "maximum" strength. If your bow is too heavy and you can only shoot a few times before you are fatigued, then you will be reluctant to practice and improve your game.

But you also want your bow to shoot with as much speed and power as possible, so you should not choose too little weight either. Again, the right balance between comfort and performance-for YOU-will probably be at your "75%" mark.

Note: Modern equipment normally does not require more than 45-50 pounds in draw weight to be able to easily shoot the longest target distances.



If drawing your new bow makes you appear to be on the verge of a haemorrhage, it's unlikely you are going to enjoy the sport.

While many guys "understand" the importance of preserving machismo, the truth is that shooting with too much draw weight will not provide any benefits at all.

Some compound bows are actually available up to a 100# draw weight. And while there may be some specific applications where such a bow may be necessary (African big-game hunting perhaps), for the vast majority of bowhunting and recreational archery applications, a super- heavyweight bow is completely unnecessary (commonly referred to as being "over-bowed"). (Information from "Hunters Friend")

6. Other Equipment

Arrows

Most arrows these days are made of carbon fibre or an aluminium/carbon fibre combination. Wooden arrows are used in the Historical and Longbow styles as part of the "historical" attire.

Arrows have a point at the front and a nock at the rear end. The nock attaches the arrow to the bow string at the "necking point" position, which is indicated by a nock locator on the bow string. Arrows have feathers or plastic vanes located at the rear to stabilize the arrow in flight. They are collectively called arrow fletching. It is important to match the arrow to the archer's bow poundage (also called draw weight).

This information can be obtained from the "Arrow Spine Chart" at an archery shop for. An incorrect arrow can cause injury to the archer and may result in damage to the bow.

Care of your archer's arrows is important. Make sure they are free from dents, bends or cracks and that the fletching, nocks and points are kept in good order.

Arrow Rests

This is a device on the side of the riser of the bow (the handle) where the arrow sits on. The arrow rest aids with stabilising of the arrow after release.

There are various types of arrow rests available and the choice of arrow rest lies mainly with personal preference, costs involved as well as the style of shooting and the type of bow.

Compound bows usually use different types of arrow rests than Recurve bows. Bows that are drawn with fingers require different types of arrow rests than those that are drawn with a release aid.

Longbows, Historical bows and Traditional Recurve Bows use no special arrow rest as with these styles the arrows are shot off the bow shelf or off the bow hand.



Typical arrow rest for a
Recurve bow
(Fingers)



Typical arrow rest for a
Compound bow
(Release aid)



Modern drop-away arrow
rest for a compound bow
(Release aid)

Finger Tabs and Finger Gloves

Finger tabs and finger gloves are commonly used by archers who shoot with fingers to protect their fingers when drawing and releasing the bow string.

There is a great variety of finger tabs and gloves available.



Advanced finger tab



Basic finger tab



Finger glove

Arm Guards

Arm guards are a leather or plastic piece of safety equipment that is worn on the forearm. The arm guard is designed to reduce the impact of the bow string once the arrow is fired.



Quivers

A quiver is the holder used to contain the archer's arrows. There are side-, back- and bow quivers available in many styles and colours.



Hip quiver



Bow quiver



Shoulder quiver

Chest Guards

Chest guards are more often used by recurve and longbow shooters. They aid in keeping clothing away from the string.



Sights

There are many styles of pin sights and scope sights available. What you choose to put on your bow will affect what style you will shoot when competing. Check with your club instructor or coach to work out what will best suit the archer.



Modern pin sight



Sliding (Vernier) sight



Scope for sliding sight

Peep sights

A peep sight is a rear sight attached to the bow string. The archer looks through the peep sight, at the same time lining up the pin sight or scope with the middle of the target. Peep sights are only used in certain compound bow shooting styles.



Self-aligning peep sight

Stabilisers

Stabilisers are a weight which is attached to the front of the bow to reduce any shock out of the bow when fired and to stop the bow from rocking backwards upon release.



Stabilisers of various lengths

Release Aids

A release aid is a mechanical devise which attaches to the bow string. It is set off like a gun trigger to release the string and push the arrow forward. There are many types of release aids available.



Hand Held Release Aid



Wrist Strap Release Aid

Fletching Jig

The fletching jig is a devise used to put fletches, feathers or vanes onto the arrow shaft.



Single Arrow Jig



Multiple Arrow Jig



7. The Basic Steps

These are the steps required to form a shoot routine. Every time your archers shoot their bows you will be looking to have them repeat the same sequence each time. This will help them to become more consistent and more successful.

Stance and Posture

The way you stand is the first basic step of our sport. We usually adopt a square stance to begin with and then adapt to an open stance.

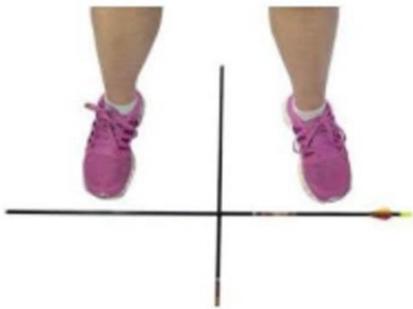
The Close Stance is usually only used for those people who have difficulty at first with clearance of the chest by the string.

The closed stance helps that archer adopt the correct technique of string placement (it is best only used for a short period of time). Having your feet shoulder width apart and your weight evenly placed between your feet, is the optimum stance. In field archery the terrain will often be uneven and you may find it difficult to recreate the perfect stance.

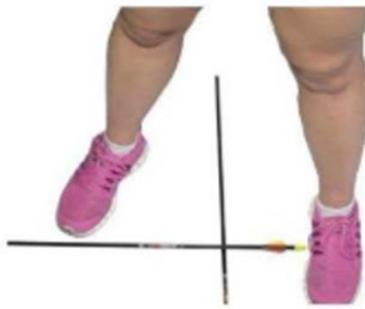
The Square Stance requires the archer to stand with the feet side onto the target they are aiming at, with their feet shoulder width apart and their toes in line.

The Close Stance has the archer starting in the square stance and then moves the back foot forward so that the arch of the back foot is in line with the big toe of the front foot. The front foot is then turned slightly so that it is in a 45 degree angle to the target.

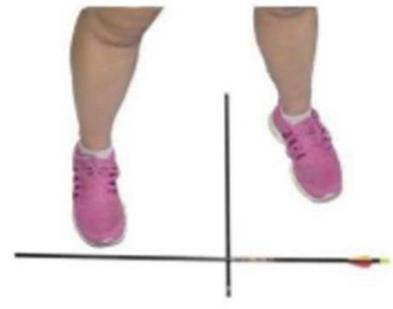
At all times the archer should strive to keep the body straight, keeping the ribs and chest down and the bottom tucked under. This will assist in creating a strong core.



Square Stance



Open Stance



Closed Stance

Nocking the Arrow

Putting the arrow on the string in the same way and in the same place each time is important to consistency. There is usually either a brass or thread nock locator on the string and the arrow is placed either below or above this locator, depending how the bow has been set up.

The “index” fletch or vane (also called “cock feather”) should be positioned away from the bow if your archer is shooting with fingers. With release aid shooters the index fletch or vane should be either positioned to shoot through the arrow rest (for a prong rest) or directly above the arrow rest.

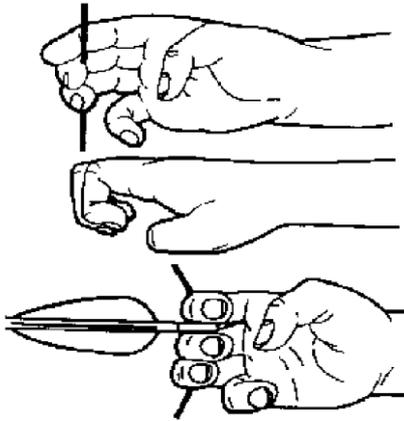
Make sure the nock fits firmly onto the string. If it is not firm there may be a crack in the nock which may result in a dry fire situation if the arrow is fired.



Damage caused by a cracked nock

Hook Up

The Hook Up means either hooking your fingers onto the string, or in the case of a release aid hooking the release aid onto the string or “D” loop (string loop).



For finger shooters the string should sit in the first groove of your top three fingers. The fingers should be slightly hooked and not scrunched around the string. Whether to hook up with one finger over the arrow and two fingers under, or placing all three fingers under the arrow is the archer’s choice. (There are certain shooting styles in the IFAA where the archer is required to use the “Mediterranean loose”, where the index finger touches on the top of the nock: e.g. Longbow.)

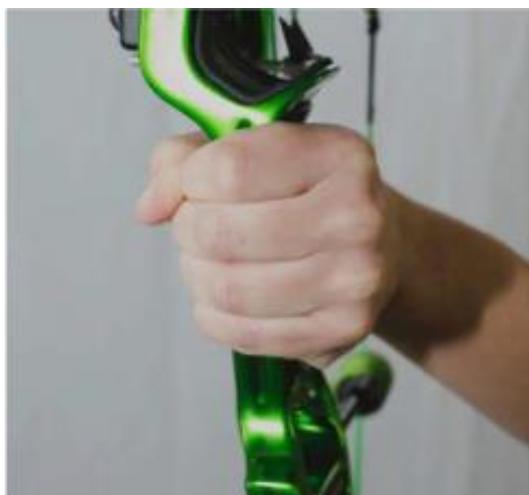
It is also useful when shooting with fingers and sights, e.g. Bowhunter Limited and Freestyle Limit, as it allows for a greater distance to be achieved. Hooking up again should be done the same way every time.



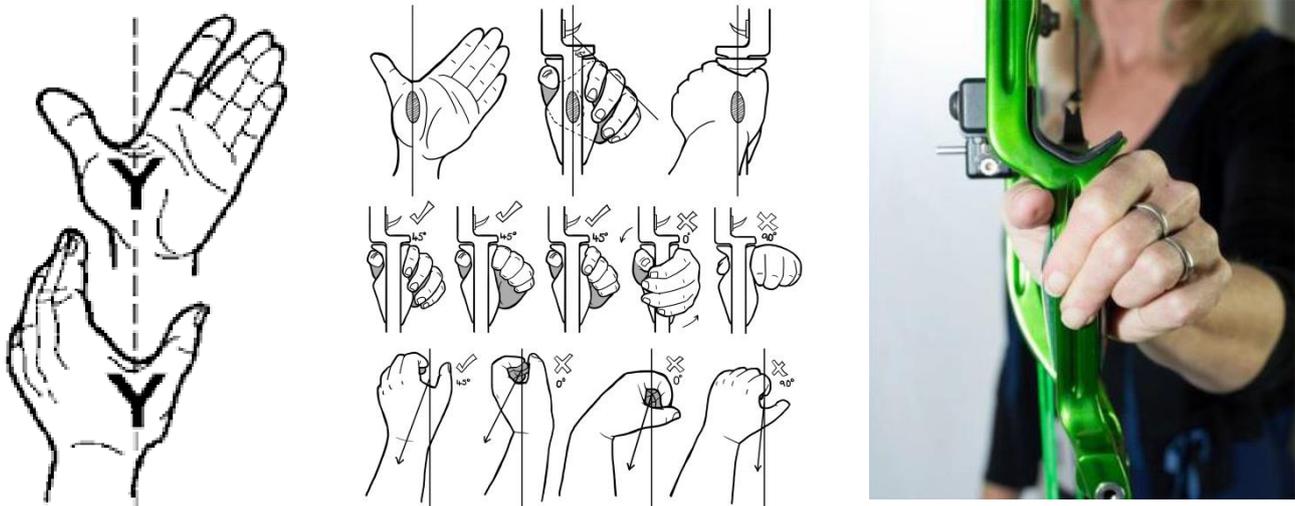
Nocking with a “D” loop

Bow Hand

Placing the bow hand comfortably onto the grip of the bow is the next step. For most beginners the hand is just placed around the grip, remembering not to hold the grip too tightly as this will cause problems with torque or moving the bow.



The pro grip is the preferred grip used by most top archers. It helps lessen the movement of the bow upon release and helps get the bow arm out of the way so it is not hit by the string upon release. The hand is placed in a “Y” position onto the grip of the bow.



Pre-draw

This is the time we move the bow arm up in line with the target we are about to shoot. The elbow of the bow arm should be rotated out or bent slightly for beginners. This allows the string to travel forward without connecting with the archer's arm. The bow is then in place to draw the string back. Make sure that you do not hitch your shoulder in this position.

Draw

Once you have your bow pointed at the target it is time to pull the string back. This is done smoothly and without dipping your draw arm elbow. If you have to dip your elbow to draw the bow it may mean that the bow is too heavy in poundage (draw weight) for you.

Anchor

Once your archer has drawn the bow, it must come to a stop. This is what is called an anchor. An anchor is a facial reference that the hand is drawn back to each time we shoot.

When the anchor is consistent this gives that archer consistency. There are four main anchors used in field archery:

- The target archers anchor
- The field archers anchor
- High anchor
- Release aid anchor

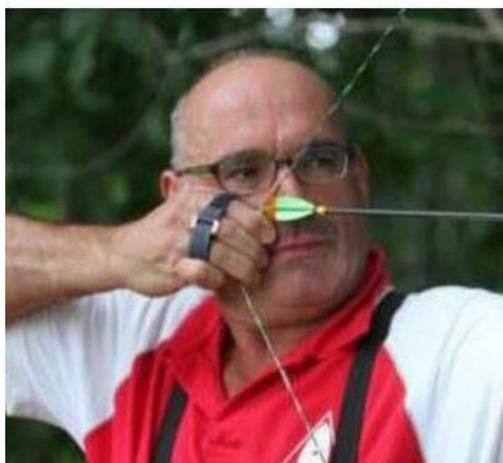
Where you anchor on your face will differ when you use fingers to release the string or a release aid.



Target Archers Anchor



Field Archers Anchor



High Anchor



Release Aid Anchor

Holding and Aiming

Make sure your archer's anchor is correct and comfortable.

Establish that the drawing elbow is in line with the arrow and that the bow arm is not locked straight, but slightly relaxed.

The next step is to start aiming. There are three basic aiming methods:

1. Instinctive Aiming

This is where the archer stares at the target and then releases the arrow without using any reference points on the bow or with the use of the tip or the arrow. Many archers start with an instinctive style and develop an aiming method as they progress.

2. Method Aiming (Gap Shooting)

This is where the archer uses a reference point, either on the bow or by using the tip of the arrows to aim with. (See Appendix "A")

3. Sights

Sights are an attached mechanism which allows the archer to become more accurate. There is a wide variety of sights available which put the archer into different shooting styles.

Whatever method is used, you need to be consistent and focused on aiming.

Release

With a finger shooter this requires the archer to relax the fingers and let the string push the arrow forward towards the target. The less movement when the release happens, the better the result will be.

To obtain consistency when shooting a smooth and consistent release is imperative.

With a release aid shooter the archer gently squeezes the trigger which opens the calliper or rope for the string to move forwards to the target. Punching or jabbing at the trigger will cause the release to be jerky and inconsistent and causes other problems later on.

Follow through

The follow through starts immediately on release of the arrow and lasts until the arrow has hit the target. It should consist of the natural backward movement of your draw hand into a comfortable, not forced position. This is the time the archer can analyse the shot and take mental note of how the shot felt in relation to where the arrow landed.

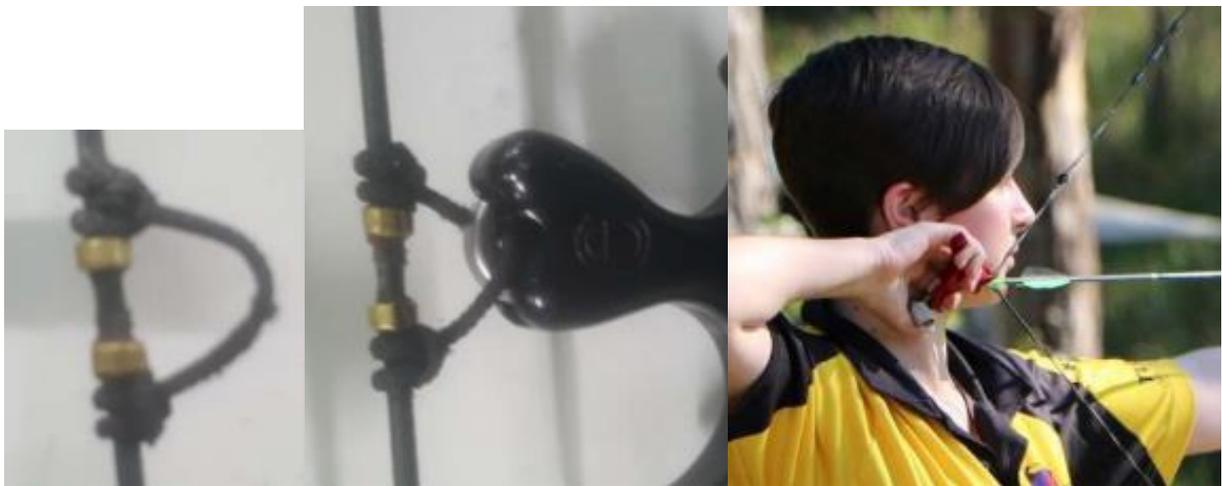


8. Release Aids

Release aids are primarily used only with compound bows with sights, though some archers with a disability may use release aids with recurve bows. When teaching your archer to use a release aid, the position of the archer's anchor is moved so that the string touches the nose and corner of the mouth of the archer, the string will then finish on the jaw line. The hand should be in a firm facial anchor and should not be floating.

The release aid will either attach to the bow string below the nock locator, or to a D loop on the bow string. The D loop is designed to protect the string from damage from the release aid and also allows for slight rotation of the release aid.

The D loop is not designed to shorten or lengthen draw length. The D loop may though, alter the anchor of the archer if it is too long. Draw length is determined by where the string finishes on the face.

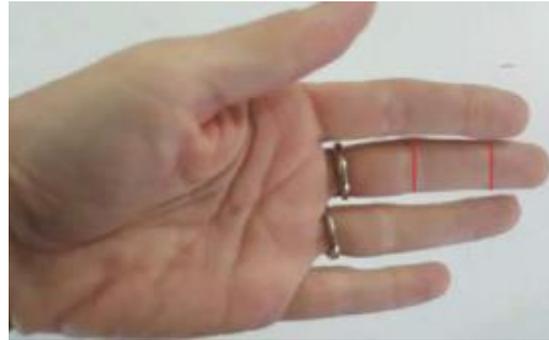


Wrist Strap Release Aids

These are probably the most common release aids that have been around for many years and usually, but not always, the release aid that those archers who are first starting out with a compound and release aid will have.

These release aids have come ahead in many ways and are now more tuneable to suit the individual. The older styles of wrist release aids often had a metal bar attached to the calliper release and the wrist strap section. These are usually static and cannot be modified to fit the individual. The more modern styles often have a webbing strap or cord that can be lengthened or shortened to suit the individual archer.

When setting up a wrist release aid for your archer you need to understand the best position for the head of the release aid to sit in relation to the hand. The head of the release aid should be situated somewhere between the first and middle knuckle of the middle finger.



The head of the release aid should sit between the first & second knuckle on the middle finger

Pull the release aid forward to the tip of the middle finger against the wrist. This is to simulate the release aid being pulled against the string. On the diagram below you will see that the head of the release aid is in the middle of the first and middle knuckle of the middle finger.



This is how to measure a wrist strap release aid

Release Aid too long.

If the release aid is too long the wrist will be bent and the drawing elbow will point to the ground. Often the archer will not be able to achieve a firm facial anchor. This then creates a floating anchor, or to achieve an anchor the wrist is bent.



Wrist strap release aid is too long



Correct wrist strap release aid length

Hand Held Release Aids

Hand held release aids come in many different styles. Four-finger, three-finger, two-finger; the list is endless. Whatever style your archer decides to use make sure that it fits.

- The release aid must fit comfortably in the hand.
- The fingers should not feel over-stretched or squashed up.
- If your archer is using a thumb release the trigger system should not be too far so the thumb is over extended. This may cause issues when your archery releases.
- The back of the hand should be flat and relaxed.
- The archer needs to have a deep grip on the release.
- The hand and fingers should form a hook around the release aid and once the pressure is put on to draw the bow this placement should not move again at all.



When your archer is at full draw, the placement of the hand on the face is very important. The back of the hand should not be parallel with the face but on a slight angle away from the face. The knuckles of the index and middle finger should be on either side of the jaw line.

If your archer's hand is rotated too much and flat on the face, a few issues will be apparent:

- This often does not allow the elbow to come into the correct position with alignment behind the line of force.
- The wrist will often break alignment and again cause the elbow not to come into the correct position.



Correct hand position on the face. Knuckles are angled away from the face.



An incorrect hand position on the face. The hand is too flat against the face.

Back Tension Release Aids

Again there are many varieties of Back Tension Release aids available. As with the other hand held release aids these must fit comfortably in your archer's hand.

- The release aid must fit comfortably in the hand.
- The fingers should not feel over stretched or squashed up. The back of the hand should be flat and relaxed.
- The archer needs to have a deep grip on the release.
- The hand and fingers should form a hook around the release aid and once the pressure is put on to draw the bow this placement should not move again at all.

Some back tension release aids have a safety lock which can be activated prior to draw so the archer will not accidentally set the release off unintentionally. This may be a good feature for a person wanting to try the back tension style of release aid for the first time.

As with all release aids the optimum way to trigger the release is with increasing back tension rather than the conscious effort to activate the release.



Back Tension: What is Back Tension?

Back tension is the use of the lower stronger back muscles to activate the release of the string. To do this you need to set your shoulders, arms elbows and posture into the correct alignment. The open stance allows your hips to be at a 45 degree angle to the target. The upper body then rotates to the correct alignment. Back tension can be used to trigger all release aids no matter what style.

“When drawing your bow you will be engaging your trapezius muscle in the upper back, rather than your shoulder, bicep or forearm muscles; these remain as relaxed as possible so that the back muscles can be used correctly. Then, while aiming, you ‘pull through’ the shot using your rhomboid muscles. These are deep layer muscles that are attached to the scapula. Once they begin compressing they cause the scapula to move, which in turn causes your elbow and draw hand to move back.

Finally, upon execution of the shot, the latissimus dorsi muscle is compressed in a descending motion, which pulls your elbow downwards on follow through.”

“Besides adding stability, back tension will also prevent the collapse of your form; if you relax your draw arm and concentrate on pulling through the shot with your back you shouldn’t creep forward prior to release, and this will make the whole process much more consistent.”

To try a back tension release aid we encourage the archer to use a string bow first. This allows for correct technique to be used without the stress of using your bow.



Use a string Bow to teach your archer how to use back tension.

How to tell if an archer is using Back Tension:

There are a few tell- tale signs that an archer is not using back tension.

- If the archer's hand comes away from the face on release -the biceps are used and not the back muscles. They are not using the back muscles but their biceps.
- When standing behind the archer if the drawing elbow is not directly behind the line of force, that is if the elbow is not in line with the bow hand and shoulders and is pointing to the side, then the archer is not using back tension.
- If you were to put an arrow along the archer's back at full draw and the arrow is pointing to the target on the left hand side of the archer (this is for a right hand shooter) then the shoulders are not aligned and there is no back tension.



Incorrect hand placement on the face.

Note that the elbow is pointing away from the line of force, therefore no back tension?



Correct hand placement on the face.

Note that the hand is slightly angled and the elbow continues in the line of force to engage back tension.

References: Duncan Busby.

9. Communication

Successful coaching and instruction can only take place if you are confident in the knowledge of your sport and how you are going to communicate your needs to those you are instructing.

This confidence will grow the more you put yourself in the position of instructing. Communication should be simple and clear, explaining of what you want the archer to do and explaining of what should not be done. Good demonstration of how you wish your students use their equipment is essential.

You are in a position to make the archer feel comfortable and at ease and your actions and tone of voice will assist you in the endeavour. Sometimes you will need to touch the archer to assist in obtaining the correct position or form. If you need to do this, you will have to communicate this to the archer.

Being organised and prepared will allow you to focus on how you are communicating to your students. Using correct archery terminology and explaining the meaning of your unique words will assist the students in their further involvement of archery.

Overseeing your archer either individually or in a group is often a challenge. Good communication and the ability to listen to your students will allow you to excel in your position as instructor.

Never put your archers down or belittle them in any way. You are there to be a positive influence, not a negative one.

10. IFAA Shooting Styles

The IFAA has many different shooting styles in which the archer can participate. The shooting styles are based on the type of bow the archer is shooting as well as limitation to other equipment, e.g. sights, release aids, arrow type, etc. that the archer uses with the bow.

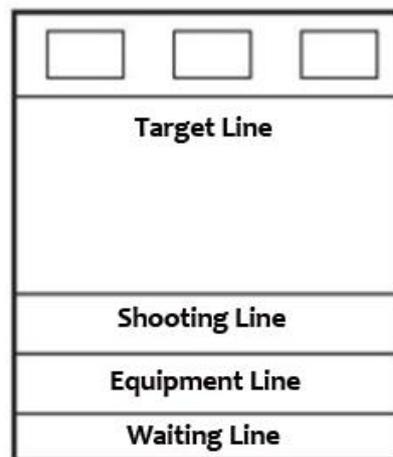
The following shooting styles are defined in accordance with the IFAA Book of Rules:

- Barebow - Recurve or Compound
- Freestyle Limited - Recurve or Compound
- Freestyle Unlimited
- Bowhunter – Recurve or Compound
- Bowhunter Unlimited
- Bowhunter Limited
- Longbow
- Historical Bow
- Traditional Recurve Bow

A complete guide to these shooting styles is found in the IFAA Book of Rules and is available on the IFAA website. Your job as an instructor is to assist your archer in making sure the equipment complies with the shooting style of choice.

11. Competency

So that all our members are competent in the basic use of their equipment and knowledge of the IFAA rules, each member will be deemed competent by the club instructor or coach. The archer should attend a club for basic instruction according to the rules of the club. This basic competency will normally take place at the practice area or at an indoor facility. The practice area or indoor facility should be set up to the following standard.



Skill competency – Must be ticked prior to moving to the Field Range.

- Dominant eye test.
- Basic Stance – Square stance to start with.
- Load bow correctly.
- Hook-up (Fingers or Release Aid) correctly.
- Understand Pre-Aim technique.
- Draw bow correctly.
- Establish an acceptable anchor.
- Understand the concept of Instinctive or Gap shooting, or sights, depending on the equipment.
- Release the string in an acceptable manner.
- Understand the Follow Through.

Safety Competency – Must be ticked prior to moving to the Field Range.

- Safety – Must obey and abide by the safety rules of the range
- Understand and abide by the club rules.
- Introduction to the basic of Field Archery Rounds (accompany the instructor around the field range).

Once these skill and safety competencies have been ticked off, the archer will be deemed “Range Ready”.

12. Your Initial Session

To begin this first part of your program the following tips will be useful:

1. Explain the Basic Safety rule that you will be using in your practice area or indoor range. This should be the whistle system (when to shoot, when to walk forward to collect arrows and an emergency whistle).

Method 1

Two Whistles to stand on the shooting line.

One Whistle to commence shooting.

Three Whistles to walk forward and collect arrows.

Five or more Whistles to stop shooting in case of an emergency.

Method 2

Call archers to the shooting line.

One Whistle to commence shooting.

Two Whistles to walk forward.

Three Whistles to stop shooting in case of an emergency.

2. Demonstrate how you would like your archers to shoot. This will be a basic step by step guide, starting with “Stance” all the way to “Follow Through”. It is suggested that you start new archers using their index, middle and ring fingers underneath the arrow, not splitting their fingers over the arrow. This is a very simple and easy way to ensure the arrow does not come off the arrow rest due to arrow pinching. All new archers should use the square stance.
3. Do an eye dominance test on your archers to establish if they will be shooting left or right handed. Explain to your archers that they may feel a little uncoordinated at first but that will quickly pass when they are more successful at hitting the target. It is better to start them this way as within 20 minutes the discomfort they feel from shooting with the non-dominant hand will go and they will be more accurate at hitting the butt.
4. If possible do not put targets onto the butts. Allow the archer to understand how the arrow flies and by moving their front arm higher or lower they will get a basic idea of aiming.

5. Make sure each archer does not have loose fitting clothing which may become entangled in the string. Also hats or jewellery, including large earrings, have to be removed. Ask your archers to wear tight fitting tops and “Skins” in the cooler weather rather than bulky clothing and jackets. Use a chest guard if so needed.
6. Discuss the use of the arm guard and demonstrate how to put one on. Most new archers do not hit their bow arm, but have an arm guard available just in case. Finger tabs are also a useful piece of safety equipment. Demonstrate how one is used and have them available on the bow stands for those archers whose fingers become sore.
7. With just one archer or a small group you will be able to kit them out and have them shooting all at the same time. With a larger group, more than six, it is advisable to have the archers shooting in groups, with those who are not shooting standing behind the bow stand away from the shooting and equipment line.
8. Each archer who is ready to shoot must have the correct bow and arrows to suit. Measuring arrow length for each archer is easily done by getting the archer to load the bow and draw to their anchor and making sure there is at least an inch of arrow in front of the arrow rest. Do not measure the arrow coming to the top of the chest as this can be a “Health and Safety” issue if someone accidentally pushes against the end of the arrow.

It is advisable to use hip quivers rather than ground quivers as the archers are able to walk safely with their arrow in their quivers once they have pulled them out of the butt. This will also emulate the system that the archers carry their own arrows in their quivers around the field range.

Step	Description	Information	Chapter Location Information Required
A.	Introduction of archer to Field Archery.	Talk to the new archer about the Field Archery Rounds available at your club.	Chapter 2 IFAA Rule Book.
B.	Introduce your club rules.	Each club has its own set of unique rules which all archers at that club must be aware of.	Provide a copy of your club rules to the new archer/member.
C.	Archer with own equipment.	If new archers present their own equipment then you must follow the “New Archers Equipment Check List”. (Document I-E)	Check all equipment using the “New Archers Equipment Check List”, making sure that any unsafe equipment is NOT used.
D.	Discuss Safely.	Personal, Range Safety etc. MUST be discussed with the new archer.	Chapter 3
E.	Which hand to use to draw the bow.	Eye dominance Test to be conducted on all new archers.	Chapter 5
F.	Setting archer up with club equipment.	If the new archer does not have own equipment, set that archer up with club equipment appropriate to their eye dominance.	Chapter 7

Step	Description	Information	Chapter Location
G.		Take archer to the practice Area and go through the basic steps.	
	Stance.	For novice archers the square stance is the most appropriate.	Chapter 7
	Nocking Arrow.	Teach the new archer to nock the arrow properly and consistently.	Chapter 7
	Drawing Hand.	One finger over and two fingers under the arrow is the more traditional method of hooking onto the string. Three fingers under the arrow is the easiest finger placement for new archers. This will help eliminate finger pinch.	Chapter 7
	Bow hand, arm and Pre-draw.	Setting the bow hand arm and lifting the bow to the pre-draw.	Chapter 7
	Drawing Bow.	Keep elbows in straight line.	Chapter 7
	Anchor.	Firm facial anchor with index finger in the corner of the mouth for beginners.	Chapter 7
	Holding and Aiming.	When teaching new archers it is often useful to help them understand the "Gap System" of aiming. This way they will know where the tip of the arrow needs to be at each distance.	Chapter 7
	Releasing.	A static release keeping the drawing hand on the face upon the release is the easiest to begin with. This will also help eliminate the archer throwing the hand upon release.	Chapter 7
	Follow Through.	This is the time when the archer assesses the shot. The archer should remain in the same position as at the time of the anchor and before the release. This will help eliminate the archer throwing the bow hand to peak at the target.	Chapter 7
	Relax.		Chapter 7
H.	New archers' competency check-off list.	This competency check-off must be completed and signed prior to any new archer proceeding to the "Field Range".	
I.	Taking the new archer onto the "Field Range".	The instructor must walk around the range with the new archer and help with the first time shooting on the range. The instructor is able to explain the rules as they progress from target to target. The new archer should be kept at a distance from the target that is comfortable to the archer (e.g. shooting from the "Cub marker") before proceeding to the correct peg at the correct distance.	

13. Distance Judging

One of the confidence stressors for the sport of Field Archery is the difficulty for many archers to judge distances on unmarked courses. Some people understand how to do this naturally but others will need your assistance to understand how distance judging is done.

How to understand the look of distance in Increments

Understanding what incremented distance looks like is very important. There are several ways in which we can do this.

Method 1

Set tennis balls or sports cones in a straight line in 10 yard increments. For adults / veterans set them out up to a maximum of 60 yards, juniors a maximum is 50 yards and for cubs a maximum 30 yards. This is a visual scene of how as the markers get further away they seem to be closer to each other. Have your archers study this so they have an understanding of what this looks like.

Now in a separate area give each archer a tennis ball. Get them to throw the tennis ball and then try and guess how far it is away from them. They can then either pace the distance out or use a range finder to see how accurate they are.

Taking this system out onto the shooting range is helpful. This can be done as a group or as an individual. The nuances of our ranges can make distance judging difficult. Having gullies, uneven ground, hollows, logs etc. add to this difficulty.

Walk to each target and ask one of your archers to stand on their appropriate peg and judge the distance using the method practiced. Use a range finder to see how accurate they have been

Method 2

Place ribbons or markers on a length of rope at 10 yard increments. Tie the rope around the waist of the archer. On a flat field have the archer walk until the rope is out straight. The archer will now need to turn around with the rope now in front of him / her. As in system one, ask the archer to look at how the markers look closer to each other as they get further away.

Now take your archer either out onto the range or through a bush track area where they can walk over different terrain. At different times get the archer to again turn around and look to see how the markers look in differing areas. Walk up and down hills doing the same. This will give the archer the ability to understand how distance judging is different in some terrain.

The ultimate secret to distance judging is to practice, practice, practice.

If possible archers can practice in their daily lives when going for a walk and trying to pick the distance of objects within their field of view. They can then either pace the distance out or if they are prepared use a range finder to see their accuracy.

Shooting as many unmarked competitions as possible will give the archer practice on the range.

Knowing the Target Groups

Below is the IFAA Rule Book extract regarding the target groups and the max and minimum distances that these target can be place at.

Target Group number	Maximum distance		
	Veterans/Adults/Young adults	Juniors	Cubs
1	40 - 60 Y	40 - 50 Y	30 Y
2	30 - 45 Y	30 - 45 Y	25 Y
3	20 - 35 Y	20 - 35 Y	20 Y
4	10 - 20 Y	10 - 20 Y	10 Y

Having knowledge of these groups and the maximum and minimum distances that they can be placed at can assist your archer in narrowing down how far they are away from the target they are shooting.

Distance judging Example:

The archer will come to their target and identify what group the target is. The archer has identified the target as a group 1 target. They know that the target is between 60 and 40 yards. With their distance judging system they should then mentally and visually step out the distance in 10 yard increments. Knowing the parameters that the target is within will assist the archer in deciding the distance that they believe that target is set at. Once the archer has shot their arrow they will know if their choice of distance was correct or not. Using this system over and over again will help the archer in becoming more effective in choosing the distance the targets are set at.

IFAA Rules on Distance Judging

The IFAA rules clearly state that the use of range finding devices is not allowed. However there is no rule that prevents the archers from measuring the distance to the target by applying their common equipment.

Archers are allowed to use any information from the Rules, i.e. Group size and personal notes.

So, they can have a list of all the distances each target must be set in for each bow style. The archer can come to full draw and then compare the size of a special part of the bow with the known size of the target face.

Because of the large number of 3D targets and paper animal faces that are now available, such notes would become very extensive and almost impossible to implement.

The archer however is not permitted to take notes while on the competition range; neither may the distances be discussed among the archers, until the whole tournament is completed. The use of mobile phones or radio technique is prohibited for the same reason. When shooting unmarked distances no archer is allowed to move towards the target until all archers in the group have completed their shots

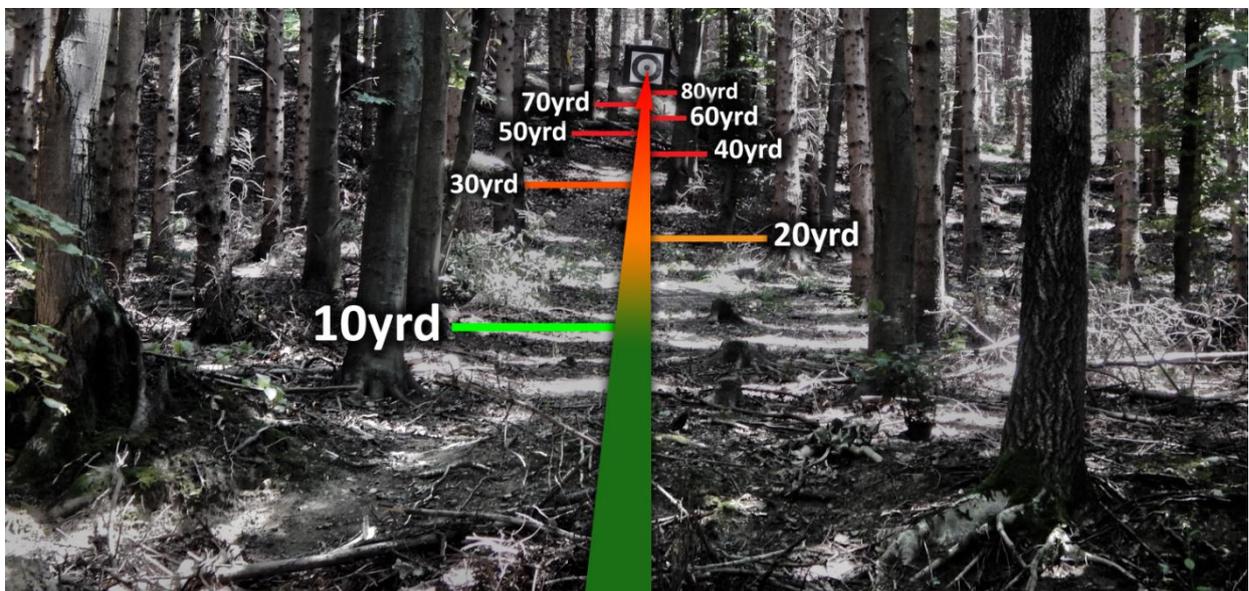
Some permissible techniques to range finding

Unless you regularly practise the various techniques of range finding, you will never become a good 3D archer or “bowhunter” and you will lose or break many arrows during a tournament.

Range finding without using a sight.

Method 1 and Method 2

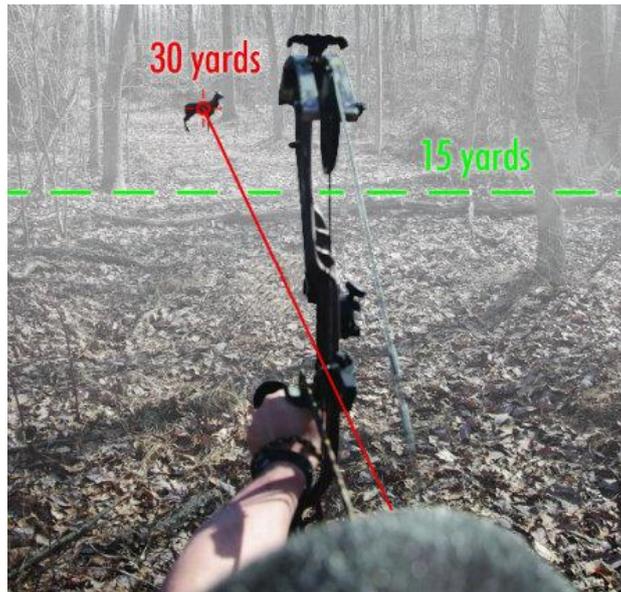
1. The above mentioned Method 1 and Method 2 work well for distance judging without a sight. It takes a lot of experience however!
2. Learn how distances of 10 yards look like in various terrains.



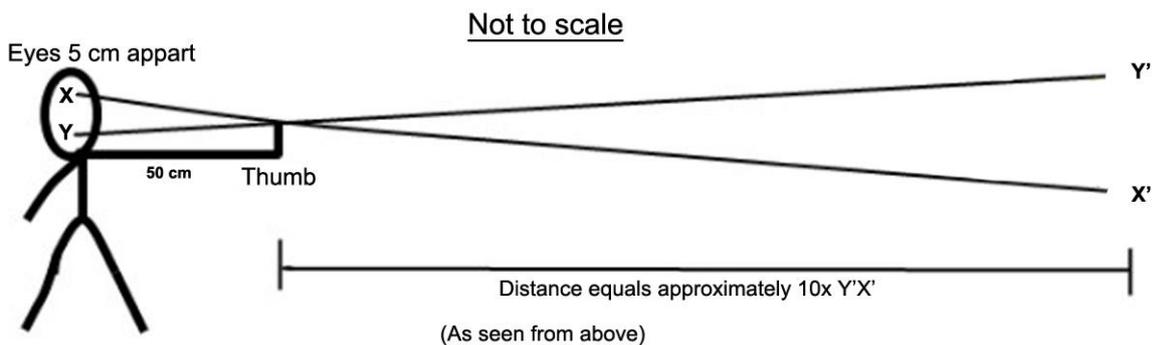
The “10 yard increment” method.
 (Note: Unmarked IFAA distances only go up to 60 yards)

The “Half-way method”

Try to find a point half-way to a “target” and estimate the distance to that point. Then double this distance and find the estimated distance to that target. X% error in the half-way guess will result in a 2X% error in the estimated distance.



The “eye-thumb method”



Hold your right arm out directly in front of you, elbow straight, thumb upright.

Align your thumb with one eye closed so that it covers (or aligns) the target. Point marked X' in the drawing.

Do not move your head, arm or thumb, but switch eyes, so that your open eye is now closed and the other eye is open. Observe closely where the target now appears with the other open eye. Your thumb should appear to have moved to some other point: no longer in front of the target. This new point is marked as Y' in the above drawing.

Estimate this displacement X'Y', by equating it to the estimated size of the target. Now multiply that figure by 10 (the ratio of the length of your arm to the distance between your eyes), and you get the distance between you and the target.

The use of an arrow or any bow part instead of the thumb is also allowed, provided that these have no markings that can assist the archer in distance judging.

Range finding with the use of a sight

The technique of estimation a distance is based on using two fixed points of a sight and measure against certain parts (usually the wound zone) of the 3D target or animal faces.

The large number of 3D targets and faces that are now available but availability is usually regional, with some of the larger suppliers selling worldwide.

So techniques are usually “regional” as it is almost impossible to obtain sight settings for each target or animal face at various distances.

The only part of the various types of targets that is constant is the kill and vital areas, which are not easily visible without a scope sight.

Archers who shoot the Bowhunter Unlimited or the Bowhunter Limited styles and use fixed pin sights that may not be moved during the day’s shoot, will find it quite difficult to use the positions of the pins in the sight unless they have extensive notes that apply to a large number of target faces of 3D targets.

An example of using the sight scope to determine a distance:



The two maximum settings of a Group 2 Animal target are between 30 yards and 45 yards. The kill zone for all group 2 faces is exactly the same. So by comparing the area within the scope of these two distances with the size of the kill area, you can quite accurately estimate the target distance.

Archers are allowed to have these notes with them during a tournament.

To attempt a similar method for the 3D targets would be an extensive exercise as the height of the kill/vital area is not fixed but falls between a minimum and a maximum dimension which may differ by 25-20% and there is no minimum target distance defined either.

This would mean that each target should be known to the archer as well as the dimension of the target within the scope area for several distances and not only two distances, resulting in extensive personal notes and probably only the most common 3D targets.

In addition to the above mentioned methods, the archer can get some information by looking through the binoculars at arrow holes punched in the animal face or 3D target.

If, for example, most of the holes are below the kill zone, it indicates that many of the preceding archers did underestimate the distance. An archer might therefore deduce that the target is further away than it looks like.

Irrespective of the position of most of the arrow holes, trust your own judgement!

All the above methods are not the Alpha and Omega of getting a correct estimate. There are simply little aids to assist an inexperienced archer. There is only one way to get good at estimating/guessing distances and that is experience. So a lot of practice is required!!

14. Running Programs for Schools or Recreational Groups.

Many instructors will have the opportunity to be involved in archery programs at schools or recreational facilities. Some will also have groups come to their clubs for a taste of archery. Whatever the reason, the key to running such programs is SAFETY and ORGANISATION.

Prior to your group arriving, you should have the range already set up, be it indoors or outdoors. It is important that the students remain focused so it is wise to provide targets for them to shoot at: novelty targets are a great idea.

Once the group has arrived you need to establish that you will be discussing the safety rules and demonstrate how they are to shoot their equipment. If possible the group should be seated. You are then able to stand in front of the group with the equipment that you will be using for the demonstration readily at hand.

You must be mindful that the group really just want to shoot the equipment so you need to make your safety talk (Basic Safety Rules and demonstration of the Shoot Sequence) very visual and interesting.

Explain the use of finger tabs and arm guards and have them available with each bow if necessary.

You need to do an eye dominance test on each person.

Next, line the students up at the waiting line behind the bows that they will be shooting. Call each group forward, with a maximum of eight (8) persons per group within the indoor range and a maximum of six (6) persons per group at an outdoor range.

For their first time shooting you need to move from the one shooter to the next to assist them with the first shot. Just inform them you will be doing this and that after their first shot they can continue shooting their quiver full of arrows. Do this with each group and continue to assist them each time they come to the line to shoot.



Set Up of an Outdoor Range for Schools or Recreational Groups

These set-up criteria can be used for school sport or outdoor venues such as recreational camps, for basic instruction and competition.

- a. The area where the archery range is set up must be a level area. There should be approximately twenty meters from the area where the archers are assembled, behind the bow stands, to the target butts. There must be a clear area of no less than forty meters directly behind the target butts for stray arrows to fall. There must be no pathways directly behind this area and there must be no areas where other persons can walk freely onto the archery range.
- b. There must be a clear shooting line (sport cones).
- c. There must be stands for the bows and quivers to be kept on when they are not in use, placed approximately one meter behind the shooting line.
- d. There must be a clear line (sport cones) where the archers wait, approximately one meter behind the bow stands.
- e. The target butts must be able to catch the arrows substantially without damage to the arrows. Butts and stands can be purchased from reputable archery equipment dealers.
- f. The butts should be placed approximately one meter apart with a maximum of three butts to start and four butts once the teacher has experience with the set-up and running of the sport. Two archers are able to shoot into one butt.
- g. Targets are placed in the middle of the butt.
- h. There should be no more than six archers on the shooting line at one time. Once the teacher has experience with the set-up and running of the sport, a maximum of eight archers should be the limit.





Basic Safety Rules

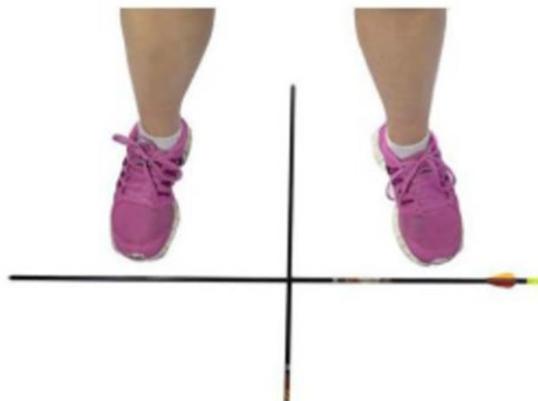
These Rules must be read to the students before they are allowed to touch the archery equipment.

1. Do NOT fire your bow without an arrow in it. This is called a “Dry Fire”. The bow will be damaged and may even break if you “Dry Fire” the bow.
2. Point the bow at the targets while loading and after it is loaded.
3. You must not point your bow in any other direction.
4. Your arrows are to remain in your quiver at all times, unless they are being fired.
5. Before you commence shooting you must be standing on the shooting line.
6. A whistle system is used to indicate when you can commence shooting and when you can walk forward to collect your arrows.
 - a. **One whistle:**
You may start loading your bow and firing your arrows. Once you have shot your arrows, walk back to the bow stand and place your bow onto the bow stand. Wait at the bow stand.
 - b. **Two whistles:**
You may walk forward and retrieve your arrows.
7. While collecting your arrows, stand to the side of your arrows and pull them out of the target one by one. Place the arrows back into your quiver before you start to walk back to the bow stand.
8. Once you are back at the bow stand, you can pass your quiver to the next student in line.
9. DO NOT RUN - at any time.
10. You are not allowed to bring the arrow back to the eye. This is dangerous as the nock at the back of the arrow may break and go into your eye. Anchor only with the top (index finger) in the corner of your mouth. This will keep the arrow in line with your eye, but near your eye.
11. If your arrow fall forward over the shooting line, do not lean forward to pick it up. Pick up the arrow when you walk forward to retrieve your other arrows from the target.
12. Shoot only the target directly in front of you. Do not shoot on angles across other archers.
13. If you have a medical problem or a disability, please let your instructor know. Your ability to shoot may well be affected by any problems you may have.
14. For students wishing to shoot their own equipment, approval must be obtained from the instructor. The Instructor will inspect the equipment and if it is deemed unsafe, you may not use it!
15. Under no circumstance shall arrows with a “Broadhead” point (arrows set up for hunting), be brought onto the range!

DANGEROUS BEHAVIOUR MUST NEVER BE TOLERATED!

Shooting Sequence

1. Stand at the shooting line, facing side on to the target in front of you. Your feet should be shoulder width apart and your weight should be evenly placed between your feet.



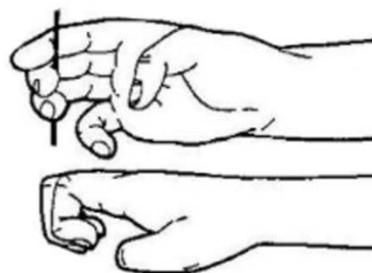
2. Take an arrow out of the quiver and load the bow.



3. Clip the arrows onto the string underneath the brass nock locator.



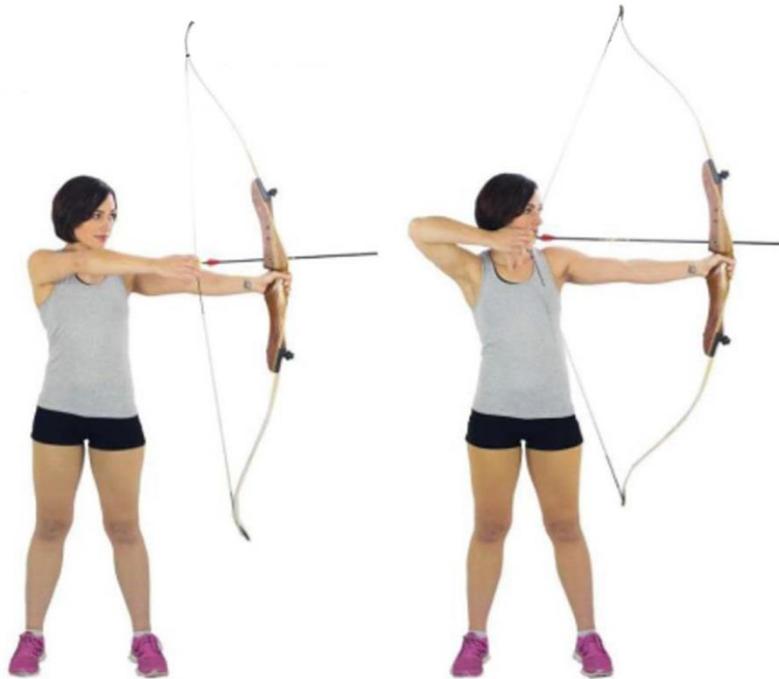
4. Place your top three fingers onto the string, directly underneath the arrow. This is the easiest way to start shooting as it causes no arrow pinch. Put your thumb and little finger together.



5. Pull the string back until the top finger (index finger) is in the corner of your mouth and your thumb is under your jaw.

This is called your anchor point.

Do not draw the bow string past your mouth as this can be unsafe.



6. When releasing the string so the arrow goes forward, keep your hand on your face and relax your fingers. Do not “throw” your hand.



7. Relax and start again.



How to run a Competition

So that the students remain focused and are able to test their skill level, competition is important. This is introduced after you have taught the students how to aim.

Keep the students at close distances, varying from 5 to 15 meters, so that they will be successful. Shooting at longer distances will make it more frustrating for students with less success.

Each student has four arrows in the quiver when it is his/her turn to shoot.

The cones can be set at different distances, e.g. 5, 10 and 15 meters, so that the students can shoot, be it always together, from these different shooting positions.

For the Round IFAA indoor targets of dull blue colour shall be used and arrows shall be scored as shown in figure 1. The outside of the target does not score.

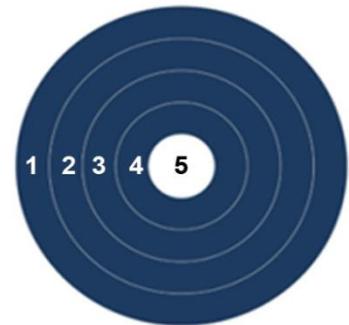


Figure 1

The Instructor scores the students each time they shoot. They may not touch or remove their arrows until they have been scored. To score the higher scoring area the arrow must break the dividing line (not just touch it).

Keep a record of each student’s scores over the following weeks and reward the winning (top three) archers at the end of the school term.





15. Instructing Children in Field Archery

Children usually become involved in archery with their parents and really enjoy the social and competition aspect of our sport. They normally participate in sport to have fun, to make friends, feel good and to learn new skills.

As an instructor you should encourage participation in a healthy way, focusing on personal improvement and enjoyment. Motivate them to learn and improve through participation in competition. It is important to stress that the child's performance is more important than winning and you need to support and encourage the child regardless of the outcome of the competition.

Their immaturity and the fact that they may tire easily may cause problems when shooting in a Field Round. A child's physical characteristics differ from the older counterparts. They are active but tire easily, lack fine motor control and develop at different rates.

Children are often unable to tolerate excessive exercise and their body proportions differ. It is important to help children develop good shooting form with equipment that is suitable for them.

A child's bone development is not complete until 17 or 18 years of age, so damage to these developing bones can occur with the use of inappropriate equipment. They should have low poundage bows and in the case of a compound the draw length should be correct and adjustable for growth. A compound bow with a draw length module system that can grow with the child's draw will be an asset to the young archer. Arrows that are matched and spined to the poundage of the bow will also help keep the child involved as they are more likely to successfully hit the target. Don't be tempted to cut the arrows too short with children as they will grow and they will need the arrows to grow with them.

It is important to keep the child interested in the sport they are playing and in the early phases it possibly can be beneficial for the child to complete a single field round (14 targets) instead of a full tournament round (28 targets). Alternatively the child could be introduced to the seven target Outdoor Flint Round, set out as a "short" Field range.

A child's social skills are different from adults and learning how to cooperate, compete and how to cope with winning and losing are important issues an instructor can assist with.

There are three basic skill learning stages that an archer undergoes:

The early stage

The archer may make a large amount of errors, may look and feel clumsy and not understand simple instruction.

The intermediate stage

The archer has a basic level of skill; can start to speed up the skill and can use the skill in a competitive situation.

The final stage

The archer unconsciously performs the skill, can compete under pressure and can work on more than one thing at a time.

As an instructor it is important that you are aware of the stage your student is up to. At all stages it is important to give and show good demonstration. Make the skill flow from simple to complex and if necessary break the skill into sections. So as not to overload your student don't be in a hurry to give too much information at one time and to keep your student's attention make skill practice challenging.

Modifying the rounds we shoot can help the child maintain concentration and help gain more confidence. You may wish to have practice rounds with the target position modified to help with different skills, e.g. learning to gap shoot by using bigger targets at closer distances, playing dart archery to develop finer aiming skills, etc.

Skills training should be fun and held over a short period of time. The skills practice is a time to correct errors, help the student understand what to do and what not to do and to support and encourage your students.

Holding your practice session at the practice butts or indoor range can be a great way to train your students. You can use a grid system, practicing release and form correction at the close butts and practice aiming and distance shooting at the more distant butts.

Forming groups of archers to practice skills also works as you will be able to correct and assist each group with the same information.

With all archers warming up and cooling down are essential to maintain healthy bodies. It is important to instil good practice from the beginning to eliminate injury to the archer.

Helping your children develop these routines will help them to enjoy the sport of archery for a very long time.

Problems with discipline can be eliminated with good preparation. If the activities you have planned are fun and interesting your students will more likely be motivated to be involved. If you do need to discipline a student do not resort to physical punishment such as push-ups and running laps around the sports field. Instead use short stints of "Time Out". Never belittle a student in front of his/her peers and always try and use positive reinforcement.

Parents of children participating in archery, whether they are also archers or not, can often be a challenge. Some steps to help stop problems from occurring are to encourage the parents help and participate. Explain your philosophy and plans, but be respectfully firm when views seem to be opposed.

Setting behavioural standards and encourage the parents to give positive feedback, as well as effectively communicating with them can help them feel part of their child's development within the sport.

Your students are the best indicators of how successful your training session has been. Ask for their feedback and take note of both the positive and negative information they give. Remember that good preparation and communication are the steps to successful instruction.

The way you behave as an instructor and the way you convey your message will determine how well your students perform and how well they understand what you are trying to convey.

Being an instructor who is positive and instils the virtues of good sportsmanship, honesty and kindness will achieve better results than being an instructor who uses profanity and criticises the students, allows cheating and makes winning the only goal!

Remember: Our children are the future of our sport, so the environment they learn and grow in will determine how they will act as an adult archer within our sport.

16. Instructing Women in Field Archery

Although there are more similarities between women and men than differences, it is important to understand these differences and the role they play in helping women enjoy our sport.

Women can have a slighter build than men of the same age, therefore may have a shorter draw length; they also carry their weight mainly in the lower part of the body which gives them a lower centre of gravity.

Women may have less muscle development in their upper body and can be more flexible than a man of the same age and similar build.

The differences should be considered when helping female archers choose their equipment. They may need lower poundage bows, and like men need appropriate draw length and arrows spined to match.

Men and women share similar challenges in Field archery and can enjoy the same level of involvement. Women primarily participate in sport for the same reasons as males do; for exercise, the social aspect, as well as competition.

Unfortunately in many countries field archery is still seen as a predominantly male sport, based on the misconception of having to be strong to use a bow, while in some countries archery is associated with hunting. As a club member you have probably noticed that there are fewer females than males in your club.

As an instructor you will have to take these factors into account just as you consider cub and junior archers as minorities within your club and within the sport in general. These minority groups all have their own needs and you have to be mindful of them.

Girls from the age of approximately ten years start to develop differently to their male counterparts of the same age. Up until this time young boys and girls are basically built the same with the same amount of strength for their age.

However as young girls develop the hormonal changes which take place change the shape of their bodies which you as an instructor need to consider:

- Hips
 - Broadening of the hips can result in a lower centre of gravity which can increase balance for some women.
- Arms/ Shoulder
 - Women can be narrower in the shoulders, some also having a shorter arm length. This can mean that's some women have a shorter draw length than men of the same age.
- Upper and lower body strength
 - Most women have less muscle on the back and chest. They often have an imbalance of upper and lower body strength. This can mean that women generally use bows which are proportionally lower in poundage than males of the same age.

- Build
 - Women can be shorter and lighter than men of the same age and height.
- Flexibility
 - Greater joint flexibility can cause the elbow joint of most juniors and some adult females to be more prominent when they hold the bow. More time may be needed to help with rotating the elbow and an arm guard should be carefully positioned when first instructing your new female archer.
- Chest
 - When working with male or female archers with a larger chest, the string should be brought back to the side of the chest, to prevent or reduce string interference with body or clothing. It may be fitting to use a chest guard, especially for recurve and longbow shooters.
- Pregnancy
 - While pregnant women should be physically active, they should adjust the type of physical activity to accommodate the increasing size of the baby. Pregnant women should seek regular medical advice to ensure safe physical activity levels.

Equipment selection

As an instructor you will have to take the physical differences of your women athletes into consideration when helping them choose the correct equipment. There are many great bows around these days that are specifically designed for archers with shorter draw length and lower poundage requirements. Be mindful of your archer's ability and try and match to the bow to their capabilities.

For all archers, equipment that is too heavy to pull back and too cumbersome, as well as arrows that are too heavy and over spined will only make it more difficult for any archer to achieve.

Conclusion

Remember to be aware of both the similarities and the differences between men and women. Support and nurture your coaching relationship with your female archers and provide information on the correct equipment appropriate for the physical ability of the female archer. The time you spend now will help to keep our female archers in our sport.

17. Instructing Archers with Disabilities and Elderly Archers

Archery is a sport which can be available to all members of our community and to all ages. Those among us who have disabilities or are a little older can achieve pleasure from the methodical discipline that archery provides.

Modification of equipment (within the manufacturer's specification) and looking for ways to help archers achieve their goals with possible form change, development and training programs can create a pleasurable pastime for them. The social aspect of our sport can also provide those who are often isolated due to their disability or age, with friendship and a feeling of belonging.

This sport may not be suitable to all disabled people as safety is the most important criterion. Not all clubs have facilities that are suitable for archers with disabilities. But for those who have, encourage these persons and older members of our community as your members will be well rewarded.

If your club has an indoor facility, this may be the optimum area for you to start with your disabled or elderly archer. If there is a possibility to get these archers outdoors then you may need the assistance of other coaches or club members. Using the practice butt area of your club to devise rounds for those with disabilities to shoot and participate can be useful.

Note: The outdoor Flint Round over 7 targets may be a good way to introduce these archers to outdoor Field archery.



If a disabled archer cannot reach the correct anchor, modifications to shooting style can help the archer to become more competitive.

18. Instructors' Code of Conduct

The term "Code of Conduct" refers to the manner in which an instructor or a coach approaches and addresses the persons who are instructed.

Although the IFAA has a "code of Conduct" for behaviour of its archers on the range, the "Code of Conduct" for our instructors and coaches is relatively new.

The IFAA because its "family sport" approach, rather than a competitive approach in the sport of Field Archery has been relatively free of bad conduct by our archers.

Harassment normally is a wilful type of unacceptable conduct towards other persons, be it in the family, in the work place or in sport and its serious nature, has been acknowledged in the development and implementation of state, federal and international legislation as being unlawful.

However the Instructor is also subjected to unintentional harassment. These are situations where the Instructor acts with the best intentions, but these intentions are seen to be unacceptable by the student. You as in Instructor are a "teacher" and as such you may be subjected to similar accusations that have ruined professional teachers at institutions of education.

It is therefore important that an instructor is fully aware of the requirements that are laid down by national legislation. Many countries require an Instructor to have police clearance to instruct children, especially girls, and instructors without such clearance may be subject to legal action.

When dealing with children it is important to inform the parents that you may have to touch their child to help with the draw and the stance. Even though you inform the parents, you must still communicate with the child before you touch the child and get his/her permission.

Make sure that the child is not alone with you and never have physical contact for longer than necessary!

Touching an adult, especially a female, without communication, may result in trouble for the instructor. Communicate and ask that person that she/he can be touched, especially females when there is a stance problem.

As an instructor or coach always keep in mind that the people come to you because they need your help and that they need to trust you to get maximum interaction and performance.

It is the manner in which you, the instructor, deal with the students that will determine the growth of the sport and the growth of the club you represent.

From the minute instruction is given, the basic principle of the "World Family of Archers" must be made clear to the students. This means that they need to understand that male and female, kids, adults and veterans all may shoot together on the same range and sometimes in the same target group.

It means to understand that the enjoyment of the sport takes precedence over winning!

It is important for them to realise that a poor code of conduct may create a hostile or unpleasant environment in the sport, which may contribute to low morale, increase in the turn-over of volunteers, increase an organisation's liability and its insurance and legal costs, and diminish the reputation of Field Archery and the IFAA in the eyes of the community and potential sponsors.

We all understand the saying: "What you seed is what you will reap".

It is therefore important that instructors, by acting and behaving correctly, install similar behaviour with their students:

- a. Do not use strong or offensive language.
- b. Do not embarrass, belittle, humiliate or make fun out of a student, not even as meant as a joke.
- c. Do not raise your voice.
- d. Do not touch a student without his/her permission.
- e. Keep the student in his/her comfort zone. Do not push towards unrealistic goals.

19. Maintaining Records Logbooks

The question of record keeping for instructors in Field Archery has been on-going.

A well-kept logbook gives the instructor information about the people under his/her instruction and the problems that have been fixed. The logbook can be as simple as an exercise book, ruled up with the date, name of individual or group, what was covered in the training session and any comments made by the instructor. Many instructors prefer to have a more detailed logbook that is kept on their computer (tablet) with more detailed descriptions. Whatever your preference, it is important that you as an instructor have a record of your training activities.

Competency Check-off Forms

The idea of having the competency forms is to make sure that each archer has successfully achieved an acceptable standard before proceeding to the field archery range. Keeping these forms at your club will assist the instructors and club management with keeping records of those archers who are using the club's facilities. These forms can be used as a basis for on-going instruction and kept in a file or uploaded onto your computer to keep records electronically.



20. Equipment Checks

Equipment inspection is an on-going task for the instructor. We not only inspect equipment at our clubs but also at regional, national and international competitions. No matter where you are doing your inspection, the onus for compliance to the rules for equipment in each shooting style and equipment safety always lies with the archer. Your role is to advise the person presenting the equipment if this equipment complies with the nominated style or if you see a safety issue with the equipment.

It is then up to the archer to make the equipment compliant to the nominated style or change to another style that allows for the equipment. For bow safety, the archer must be able to prove that the issues of safety concern have been fixed before the equipment can pass inspection.

At all major competitions the archer must fill out the “Equipment Inspection Form” which is downloadable from the IFAA website. It is important that you become familiar with these forms to make inspection run smoothly. The information in Annexure “C” is directed from the IFAA website with diagrams to assist in the explanation of each division and what equipment can be used with these shooting styles.

Refer to “Shooting Styles” of the IFAA Annexure.

21. Public Safety

It is inevitable that we will have members of the general public at our archery venues. These could be parents, children, teachers or spectators for a major competition.

When a filed event is taking place, no persons other than the competitors or tournament officials are allowed onto the range. This is not only a safety rule, but it also protects against coaching of archers on the range, which may give the archer concerned an unfair advantage.

Making sure that your archers are safe is your responsibility as an instructor and at times making sure that members of the public are safe can also fall on your shoulders.

Within a school instruction or recreational program it is advantageous that the activity takes place away from other activities. When outdoors, making sure that there is no access to the range at the butt end and from the sides, will assist you in making the range safe.

The use of an observer's line for all persons who are not involved in the program will be advantageous and will allow you to see what is going on. This line should be at least 5 metres from the waiting line so that the archers do not get distracted and members of the public cannot handle the equipment. This can also be implemented at the indoor range or practice range at your club. If a school gym or recreation hall is being used then it is important that there is no outside access to the range.

Public liability insurance is a must for all facilities. At the clubs this will be addressed by the national governing association with which the club is associated. If you are undertaking instruction in schools or recreational facilities, e.g. camps, then these institutions should have their own Public Liability Insurance to cover everyone who is at the venue. Make sure that this is the case before accepting your instruction session.

Visible signage indicating that no person can touch the equipment is advisable at your clubs. It only takes a few seconds for the uninformed to dry fire a bow.

22. Appendix section

Appendix “A”: Exercises to teach archers how to gap shoot.

Set Up

When teaching the gap system you must make sure that the archer has a reasonable anchor and that you have worked out the correct eye dominance. We start by preparing a large target butt of at least 1x1 meter. Various materials are suitable to make these butts as well as commercial butts of that size.

Place a round target face in the top half of the butt. Draw a dot on a piece of card board, about the size of a tennis ball and place this with the target face in the middle of the bottom half of the butt. You then stand the archer approximately 10 meters from the target.



Target Set up for Gap shooting exercise

Aiming Process

Start by asking the archer to point the index finger at the target (arm extended) and then stand beside the archer and look at the extended arm. Lower the arm until it is level with the target. Now ask the archer to look at the fingertip with one eye closed (dominant eye open). The archer will notice that the finger points below the target.

You can explain to the archer that the eye is above the finger and thus is looking down over the finger and not along the arm towards the pointed finger, which would be regarded as “gun barrelling”.

Next ask the archer to pick up the bow and proceed to load the arrow. Explain that when reaching anchor the point of the arrow is directly in front and can be used as a point of reference.

Arrow Tip

When using the tip of the arrow make sure that all arrows are the same length and weight. Once at anchor, ask the archer to close the non-dominant eye and point the tip of the arrow under the dot on the bottom part of the butt. The arrow should be as close to touching the dot as possible but do not let the arrow tip cover the dot completely as this may cause the archer to lose sight of the dot, thus causing the arrow to hit high.

Reading the Arrows

The archer then shoots four arrows aiming exactly the same way, under the dot. These arrows should form some sort of group and from here you are able to work out where the archer will need to aim to hit the target above. Take a measurement from the dot to where the arrows have grouped. If the arrows group above the dot, then the archer needs to aim the same measurement under the target. If the arrows group below the dot, then the archer needs to aim the same measurement over the target. If the arrows are grouped at the same height as the dot, then the archer aims directly at the middle of the target.

Left or Right Arrows

If the arrows are sprayed left or right, then the archer usually has not anchored firmly enough on the face and is not closing the non-dominant eye, or is throwing the bow arm upon release. Do not correct where the archer needs to aim, but correct the archer's form faults.

String Picture

When at full draw the correct position for the archer's head is to be upright. This allows the archer to look at the target and the arrow by seeing them between the string and the bridge of the nose. When looking past the string, let the tip of the arrow stick out just enough to allow the archer to see the point, so the aim can be continued.

Conclusion

This method is a great way to help the novice archer understand gap shooting. It can be repeated over many distances and will allow the archer to develop his/her own gap system. As an archer becomes more familiar with the gap system the ability to look at the target while keeping the arrow within the peripheral vision will improve.

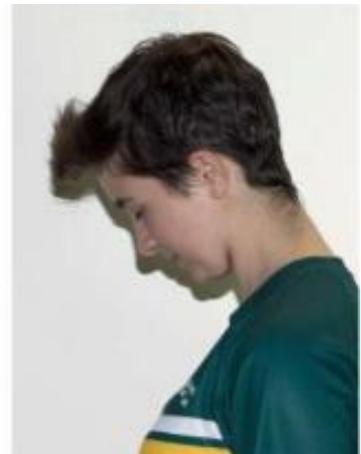
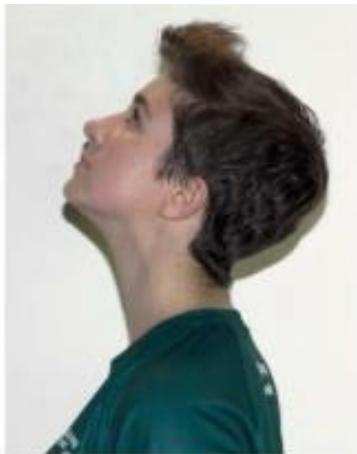
Appendix “B”: Stretching Exercises.

It is important to warm up and stretch the muscles we are going to use before we start shooting. In all sports a warm up is essential to injury prevention.

Below are some stretching exercises recommended to get the upper body prepared for drawing and shooting a bow.

Hold each stretch for the count of ten seconds. The exercises should be done on both sides of the body to give even stretch and flexibility. Leg stretches are also advisable prior to walking onto the field range.

Neck stretches



Shoulder and Triceps Stretches



Forearm Stretches



Chest Stretches



Appendix “C”: New Archers’ Equipment Check Off

When you have a new archer attend your club with archery equipment the following Check List must be completed prior to the New Archer shooting the equipment. Use the New Archers Equipment Check Guide to help make your decision.

Name:

Bow Type: Compound Recurve Longbow Historical Bow Traditional Recurve Bow

Bow Make:

Bow Model:

Poundage: (That the bow is set at)

Draw Length: (That the bow is set at)

Only tick off if equipment is in good order - do not allow the archer to shoot unsafe equipment.

Check the Bow for the following

- Limbs
- Riser
- Arrow Rest
- Strings & Cables

Arrows

- Shaft
- Spine
- Fletches

Other Equipment

- Quiver
- Finger tab / Glove
- Release Aid

Club Instructor / Coach: Signed:

Date: Club Instructors / Coach accreditation number: (IFAA No)

Appendix “D”: New Archer Competency Check list

To be filled out and signed off by the Accredited Club “Field Archery Instructor” or “Field Archery Coach” and a copy forwarded to the Branch Coach within one month of archer attending the club. The original copy is to stay at club. The new archer will receive a competency card on completion of Competency check.

Date: Name of Club:.....

Name: DOB:

Address:

.....

Phone:

Email: <- Must be legible

Signature:

If under 18 years must be signed by parent or Guardian

Bow Safety - Must be ticked prior to moving to the Field Range

- Check equipment is safe (for person bringing their own equipment) – (“Equipment check list”)
- Check the bow is right for archer – Draw length
- Draw weight – make sure bow can be drawn safely & with control
- Arrows to suit Poundage

Skill Competency – Must be ticked prior to moving to the Field Range

- Dominant eye test
- Basic Stance
- Load Bow Correctly
- Hook-up (Fingers or Release Aid) Correctly
- Understand Pre-Aim technique
- Draw Bow correctly
- Establish an acceptable anchor
- Understand the concept of Instinctive and Gap shooting
- Release the string in an acceptable manner
- Understand the Follow Through

Safety Competency – Must be ticked prior to moving to the Field Range

- Safety – (Read safety chapter to archer)
- Understand & abide by the Club Rules and Branch By-Laws
- Introduction to basic idea Field Archery rounds

Club Instructor / Coach: Signed:

Date: Club Instructors / Coach accreditation number:(IFAA No)

Appendix "F": Glossary of archery terms

Appendix F Glossary of Archery Terms

Anchor	This is also called the "Facial Reference". It is the facial contact and final position the archer brings the bow string to prior to aiming.
Arm Guard	A purposely made piece of leather or vinyl worn on the inside of the bow arm to protect the forearm from the bowstring during shooting. It protects the arm from being hit by the bow string.
Arrow Rest	An extraneous device on the bow to provide a contact point. It is also a resting point, or shelf to support the arrow
Back of Bow	The side of the bow that faces away from the shooter.
Bare Bow	Shooting a bow without a bow sight.
Belly of Bow	The surface of the bow facing the archer during shooting (also the face)
Bow Arm	The arm that holds the bow
Bow Press	A mechanical device used to relax the pressure on the bow limbs to allow work on a compound bow, e.g. replacing cables
Bow Window	The cut out section on the arrow side of the bow to allow the arrow to pass through or near the centre of the bow.
Butt	The backing that the target is attached to and which the arrow penetrates.
Brace Height	A term describing the height in measuring the distance between the bow and the string when the bow is strung.
Cams	The irregularly shaped wheels at the end of the limbs of a compound bow.
Cant	Tilting of the bow to the left or right
Compound Bow	A modern bow with a system of pulleys and wheels designed to maximize draw weight while minimizing the hold weight.
Creeping	Letting the drawing hand (the hand on the string) edge forward when at anchor.
Draw	To pull the bow string back to anchor.
Draw Weight	The force (in pounds) needed to pull back the bow.
Dry Fire	Shooting the Bow without an arrow on the string. If this is done the bow may explode. Never shoot your bow without an arrow nocked onto the string.
End	A number of arrows shot at one time, as required by the particular archery round being shot at that time.
Finger Tab	A manufactured piece of leather or vinyl worn over the fingers during shooting to protect the fingers. It also allows for a smoother release.
Finger Shooter	An archer who draws the bow back using fingers placed on the string.
Fletching	The feathers or plastic vanes attached to the arrow to stabilize flight.
Follow Through	Holding the release position after completing the shot until the arrow has hit the target. Also the analysis of the shot.
Form	The structure of an archer while executing their shoot routine. Eg: an archer may have good or bad form.

Glove	A three finger glove specifically manufactured for fingers shooters.
Grip	The handle of the bow. Also the way the archer holds the bow.
Launcher	An arrow rest designed to be used for Release Aid shooters. The launcher aids in stabilizing the arrow upon release.
Limbs	The two ends of the bow from the riser outward. The limbs bend which give the propulsion to the arrow when fired.
Nock	The plastic device on the end of the arrow that attaches the arrow to the string.
Nocking Point	The marked place on the bow string where the arrow nock is placed.
Over Bowed	Using a bow that is too strong for the individual.
Over Draw	Drawing the bow back too far, so that the arrow tip passes the face of the bow.
Peg	The marker used to set out where the shooter is to stand while shooting each target on the field range.
Peep	The small sight opening that is fixed to the string for the archer to sight through.
Plucking	Flicking the string with the fingers on release leading to a sideways force on the arrow. The string should be allowed to simply roll off the fingers.
Point	The tip on the end of the arrow.
Quiver	A holder to contain the arrows.
Recurve Bow	A type of bow with curved back limbs
Release	To let the bow string slip out of the finger tips. Or to depress the trigger on a release aid to release the string.
Release Aid	A mechanical device used to hold and release the string.
Riser	The central part of the bow. This is the solid and unmoving part of the bow.
Round	A shooting session where a set number of arrows are shot at a set number of targets.
Serving	The thread wrapped around the bowstring at the ends and middle of the string to prevent fraying of the string.
Shaft	The main body of the arrow.
Sling	A piece of cord attached to the fingers of the bow hand to help prevent bow torque.
Spine	Refers to the stiffness of the arrow. The spine of the arrow must be matched to the draw weight of the bow.
Stabiliser	A weighted rod attached to the front of the riser that absorbs the shock on release of the bow.
Torque	Movement of the bow in the hand often caused by the archer gripping the bow too tightly.
Trajectory	The curved path the arrow follows to the target.
Vane	The plastic "feather" on an arrow.
Windage	The amount of drift in the flight of the arrow caused by the wind.

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The IFAA Coaching Development Committee:

Trevor Irvine

Alessandro Salvanti

Juan Oosthuizen

Daniel Rae

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