



## Spring 2020 Boost – skills and drills

### Warm up

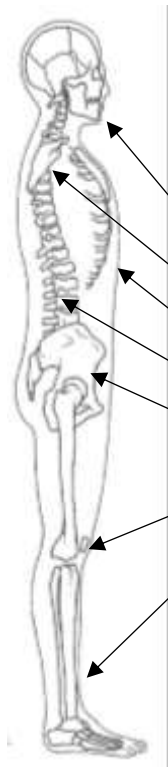
It is important to warm up to prevent injury and is a good starting point for mental and physical preparation for practice or competition. Start at your feet and work up – you use your whole body for archery so warm the whole of it up!

1. Ankle rotations
2. Hip rotations
3. Arm circles (small to large – each direction)
4. Back and out (arms bent, squeeze shoulders, straighten arms, repeat)
5. Hands joined (hold own hand by linking fingers, then wash face and stir pot)
6. Head turns (very slowly turn head right and left)

### Boost Exercises (a.k.a. skills & drills)

The below exercises we have selected as being useful in your archery training. Complete these exercises at any time, ensuring that they are performed either in front of a mirror, or with someone watching closely, and are only done with an exercise band – no weights!

The exercises, method and repetitions are advisory only. Before undertaking a new exercise regime, consult with a doctor and seek specialist training if unsure on any of the exercises, and stop if it hurts.



### POSTURE

Having good posture ensures minimal wear and tear on the structure of the body (bones etc), and helps maintain natural balance and correct length of muscles. If muscles are balanced, then movement patterns will be normal, and all vital organs can function normally due to not being restricted.

1. The head is in good neutral alignment, neither tilted forward nor back.
2. Shoulder blades are flat against thorax.
3. The ribcage is not compressed so breathing is more efficient.
4. The spine retains its natural curves.
5. The pelvis is in its natural neutral position.
6. The knee joints are in line – note no hyperextension
7. The lower leg is vertical and at a right angle to the sole of the foot.

### TASK

In pairs, or in the mirror stand relaxed and view your posture. Compared to the 'correct posture' image, what does your posture look like? What parts of your body are not in alignment? What parts of your body are in alignment?

We are all different physically, we can however aim to get ourselves in the best postural stance to minimise injury and fatigue. The above task is to highlight to you how you stand and the impact it may have on your archery technique.

## EXERCISE 1: BOW ELBOW ROTATION

**Aim of exercise:** Learn to control the bow elbow and maintain strongest position throughout shooting.

**Technique:** With correct posture, stand with bow arm raised and lean against edge of door. Position your bow hand in the correct "Y" position (as shown below). Practice rotating bow elbow to make it vertical, but do not move shoulder or wrist.

**Repetitions:** Repeat 30 times

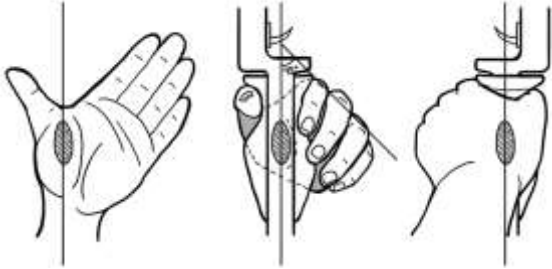


Figure 4: Correct hand position

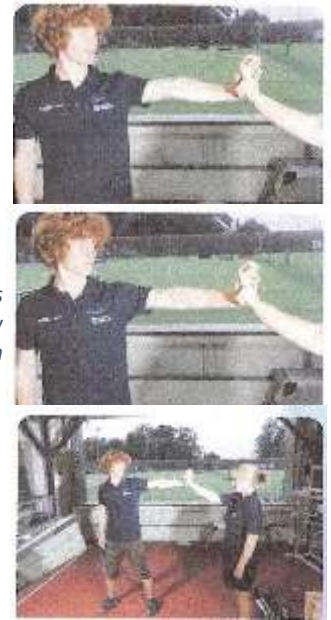


Figure 1: 3 steps of Bow Elbow Rotation

## EXERCISE 2: HALF DRAW EXERCISE

**Aim of exercise:** To learn to draw bow correctly throughout the shot, using good posture and entire shoulder.

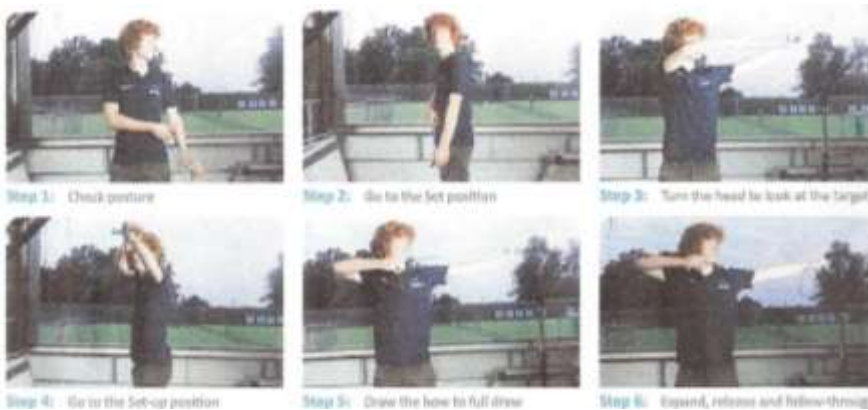
**Technique:** In the set-up position, move hand towards reference, focusing on movement of whole shoulder, not just arm. Have someone hold shoulder and arm together as you learn to feel whole shoulder coming around. Repeat the motion of drawing the hand back to the reference point. Take your time to get this drill right, you might have to build up muscles that have not been used in a while.

**Repetitions:** 15 to 20 times, then break, and do this 5 times



Figure 5: Stage 1 of Half Draw - set up position. Image below - Stage 2 of Half Draw at reference. Then repeat.

## EXERCISE 3: 6 STEP SEQUENCE



**Aim of exercise:** To put the whole shooting sequence together.

**Technique:** Check posture, set up position, turn head to look at target, raise, ensure elbow remains in practiced position, draw to full draw, reference, and release then follow through. You can use a finger sling to stop the clini-band leaving your hand.

**Repetitions:** 30