

# **LAC BEGINNERS COURSE OUTLINE**

## **Objectives**

The course will consist of up to six sessions, intended to form a basic introduction to

- safe participation in archery (main signals & control of shooting, shooting line, waiting area, safe places for arrows on string, safe approach to target, safety at target).
- the principal elements of correct archery technique
- rules for scoring and competition.

## **Typical Session Plan**

Sessions will normally consist of four phases, occupying about 90 minutes in total.

- Warm-up - mild stretching and mobility, typically 5-10 minutes
- Supervised personal practice, with the practice suggested by observation of the previous sessions (20-30min)
- Specific exercises for the whole group, covering one or more elements of archery technique. The complete set of sessions will cover the main elements of archery technique in stages. (20 min)
- Supervised shooting, with scoring, to practice new technique and gain some indication of progress. (30 min)

Sessions will end with mild cool-down exercises.

“Homework” may be suggested, particularly for courses of longer duration.

## **Supplementary information/resources**

Each participant will normally have exclusive use of one suitable bow and set of six arrows for the duration, together with tab, bracer and quiver.

Targets will be not less than 1 per 3 participants. Initial distance 10 yards. Foam targets at reduced height will be provided where available and appropriate for younger participants.

Participants will receive information on safety and general range layout on arrival if not previously posted, together with the course outline.

## **Weather and other cancellations**

Sessions will be cancelled if the weather is inclement (continuous light rain, heavy regular showers and/or high winds)

Up to two sessions on subsequent coaching nights (alternate Fridays or as advised) will be allowed as replacement for cancelled or missed sessions.

### Session topics

Session content is typically as given below. 'Homework' is optional and may in any case vary for individuals.

#### Day 1

**Part 1:** Introductions and admin.; “Kitting out”; Safety - basics; Warm-up

**Part 2:** a) Starting to shoot. Demonstration of basic technique; First shots - guided shooting, singly with supervision.

**Part 3:** Basic stance - paired shooting and observation

**Part 4:** Scoring. 1 or 2 doz scored (coach to set next targets/priority actions on observation)

Close: Stretch down.

Homework (weekly courses only) - Isometrics - 3x rhomboid sqz; 3x trap sqz (10 reps x 10sec)

Alternate days & 1-week springboard - stance & mimetics - shoulder & elbow

#### Day 2

**Part 1:** Safety reminder; homework reminder if applicable; Warm-up stretch set.

**Part 2:** supervised "free" shooting - work on own technique targets

**Part 3:** Bow hand positioning exercises for appropriate and consistent position (including bow arm elbow)

**Part 4:** 1-2 doz scored - targets for next day

Stretch down.

Homework: Face reference mimetics; back muscle isometrics for weekly course

#### Day 3

**Part 1:** homework reminder if applicable; Warm-up stretch set.

**Part 2:** supervised "free" shooting - work on own technique targets

**Part 3:** Reference Point and sight use - using & moving sight

**Part 4:** 1-2 doz scored - decide practice for next session

stretch down

Homework; exercises; bow hand ‘feel’ and bow shoulder work on corners;

**Day 4**

**Part 1:** homework reminder if applicable; Warm-up stretch set.

**Part 2:** supervised "free" shooting - work on own technique targets

**Part 3:** Extension - desirable elbow position (? in pairs)

**Part 4:** 1-2 doz scored - decide practice for next session

stretch down

Homework; exercises; extension mimetics (mirror)

**Day 5 (Increased distance)**

**Part 1:** homework reminder if applicable; Warm-up stretch set.

**Part 2:** supervised "free" shooting - new sight marks and work on own technique.

**Part 3:** Extension II - bow arm/shoulder position

- elbow line reminder - paired check

- face reference check

**Part 4:** 1-2 doz scored - decide practice for next session

Stretch down

Homework: exercises (if weekly). Draw mimetics & visualisation, with full line

**Day 6**

**Part 1:** homework reminder if applicable; Warm-up stretch set.

**Part 2:** supervised "free" shooting - new sight marks and work on own technique. To include 'measuring up' for own equipment purchase if required.

**Part 3:** Complete technique, with aiming exercises - (balloon shoot)

**Part 4:** Team shoot - 1dozen scored

Stretch down; Closing administration (attendance certificates; joining/shooting night & follow-up coaching arrangements.)

Homework - none.