

ARCHERS OF JERSEY INTERMEDIATE SHEET

To help all archers who wish to learn a little bit more about the sport and begin to really improve

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Archers of Jersey

Now you're more advanced...

Changing your sights...

If your arrows are grouping on the left of the target move your sight left, anticlockwise

If your arrows are grouping on the right of the target move your sight right, clockwise

If your arrows are grouping high on the target move your sight up

If your arrows are grouping low on the target move your sight down

Here are some things that could happen...

Problem; Your arrows could be one high one in the middle and one low, in a straight line.

Cause; It is the pressures you put on the bow handle and the tension on the back arm on release.

Solution;

If your arrows are high – you could be pushing too much with your bow arm and maybe not enough on the back arm on release

If your arrows are low – you may not be putting enough pressure on the bow arm and maybe pulling too much with the back arm on release.

You want a 50-50 pressure when releasing the bow for optimum arrow height.

Problem; arrows are going from left to right in a straight line

Cause; your hand position on the bow handle

Solution; If your arrows are going left – you may be tilting your hand too much to the left in the handle.

If your arrows are going right – you may be tilting your hand too much to the right in the handle.

You want your hand to be high on the handle and as straight as possible.

Indoor rounds

Portsmouth – 60 arrows (5 dozen) at 20yds

FITA 18 – 60 arrows (5 dozen) at 18m (smaller target face)

Worcester – 60 arrows (5 dozen) on a black and white target face (max score 5 points).

A Field round – shot in a wood or course, involves hills and shooting at black and gold target faces or animal target faces.



Contact us

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FITA Outdoor rounds

Men – 3 dozen at each of the following distances
90m, 70m, 50m, 30m

Women – 3 dozen at each of the following distances
70m, 60m, 50m, 30m

Children – 3 dozen at each distance, please ask to see which category you will shoot in, for your distances.

FITA 70 (720) 72 arrows (6 dozen) at 70 meters

FITA 50 72 arrows (6 dozen) at 50 meters (Compound only)

Head to head – knock out rounds - done in sets of 3 or 6 arrows, best of 5 sets wins, based on score.

Ensure you warm up (move and swing arms) and cool down (static stretching - hold and stretch) before you shoot!

Key shooting steps... (Think "T" as you want to look like a letter "T" - nice and straight!)

1. Stance
2. Nock the arrow
3. Set your hands
4. Prepare
5. Raise the bow
6. Draw the bow back
7. Anchor and aim
8. Release and follow through

Scoring

1 to 10 for FITA rounds
1, 3, 5, 7, 9 for Imperial rounds
See picture.

When you score it is the HIGHEST scoring arrow to the LOWEST scoring arrow. E.g. 10, 9, 8.

Don't pull your arrows before you and everyone on your target has scored. Then you can pull your arrows.

Remember...

FAST - means everyone brings their bow down, don't fire your arrow

COME DOWN - means only you bring your bow down, don't fire your arrow.

Recurve – using your clicker...

The clicker is designed so that every time you release an arrow you are pulled back to the same place. It stops your arrows going high and low from pulling the string back to far or not far enough.

Set it up so that when you are at the right anchor position you only need to pull back a fraction more while you are aiming to be able to hear the "click" and of course release the arrow into the 10!!!

Compounds – shooting like a recurve

It may sound silly but if a compound can shoot their bow using their back properly like a recurve, the points will come. To do this you need a straight front arm or with the slightest bend and a straight or high back arm so that pulling through is easier.

Imperial Outdoor rounds

York – men

6 dozen at 100yds

4 dozen at 80yds

2 dozen at 60yds

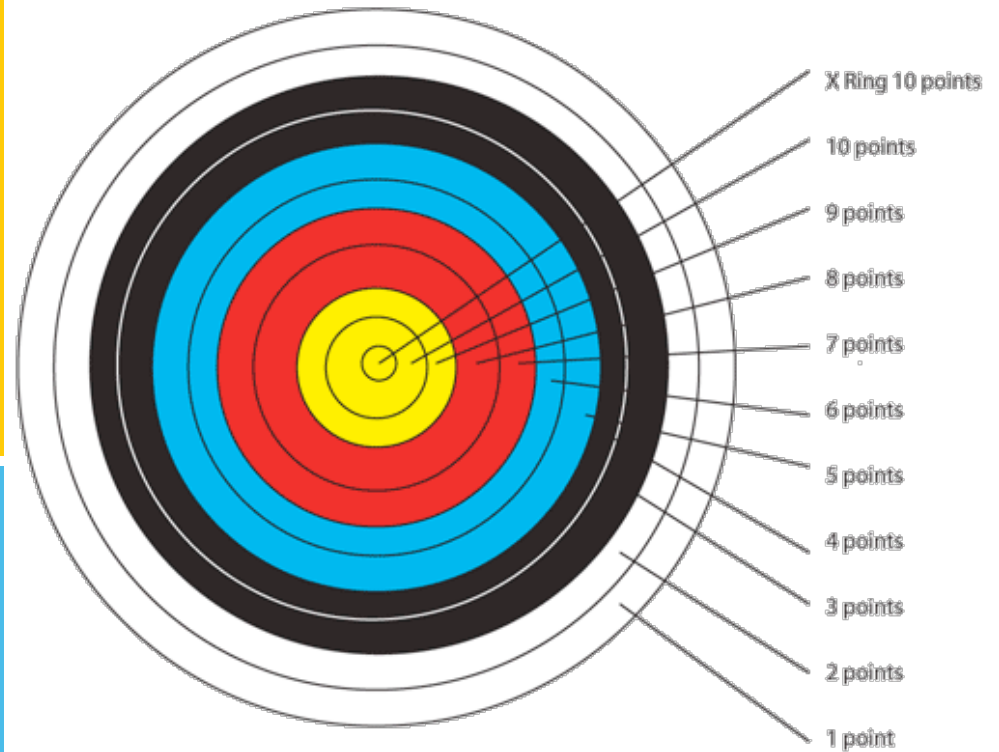
Hereford – women

60 dozen at 80yds

4 dozen at 60yds

2 dozen at 50yds

Bristol - children



Both compound and recurve archers should release their bows trying to activate their backs as to avoid shoulder injuries.

Remember relaxed shoulders, straight posture and releasing activating the back not the arms.