

Ljulbljana

May, 12th 2013

Filippo Clini

Coach

Fitarco Statistics

Members: 20936

Men: 16166

Women: 4770

Cadet: 1550

Men: 1126

Women: 424

Junior: 908

Men: 634

Women: 274

Senior: 6678

Men: 5669

Women: 1009

Clubs: 539

Coaches: 1814 (youth, barebow, compound, para archery)

Level 1 1329

Level 2 308

Level 3 141

Level 4 36

Shooting Sequence

What goes on in the archer's mind during each shot...

Many good sensations = a good shot!

Pre-Sequence

- Take stance on the shooting line
- Nock the arrow

Sequence

- Position your hands (grip and string)
- Raise the bow and shoulders alignment
- Draw and anchor
- OK?
- Expansion
- Release and Follow Through

Stance: square or open? Square is simple and open is stronger... but you have to pay attention to simple but important points.

With a square stance the archer can repeat the position many times, being sure to correctly position his feet end after end.

With an open stance, the archer must pay attention to keep the foot behind the shooting line (right foot for right hand archer) parallel to it or close to avoid that the hips line follow that of the shoulders, creating an inconsistent position.

Nock the arrow: the same way shot after shot... paying attention to don't disturb the other archers on the shooting line!

This is also a good point of view for the coach, in fact he can assess if the archer is stressed out from the competition or not.

Bow hand: relaxed but strong, 45 degrees, aiming with the thumb pointing forward, with the grip positioned no more than the life line. The shape of the grip must help the archer to place the hand and must support throughout the entire shooting action. To do this the grip must be: : flat, square and tilted towards the thumb.

Hooking the string: strong enough to hold the string throughout the entire shot. The string must be positioned on the first joint with the dorsal side of the hand flat and it has to be firm from the beginning throughout the draw.

Raise the bow and shoulders alignment: the drawing forearm must remain aligned with the arrow watching from the front and from above. The drawing scapula must be kept low as possible to engage the back tension. Pelvis retroflexed helps the archer to maintain a correct position of the body with the abs contracted

Draw and anchor: in a straight line, with decision and rythm and with a quick glance at the clicker.

OK?: is a quick check of the position and if the anchor, the lines and the aim are correct, the archer can shift to the expansion.

Expansion: is a push and pull movement, feeling the line of the arrow, watching the target through the sight.

Release and follow through: during the expansion the clicker clicks and the release will be unexpected. The archer continue to push and pull until the arrow hits the target generating the follow through.

Breath: the breath is a good help to put the body in a correct position for the shot. After the hands positioning, breath out to lower the chest and if needed, inhale a bit of oxygen in the pre-draw position and exhale during draw till the anchor position. Keep hold your breath during aim and expansion till the release and follow through.

Archery Skills

- Power
- Strength
- Balance
- Sensibility
- Score and Aim

Power: allows the archer to use a stronger bow without varying the technique

Strength: allowed for archers to shot more arrows using a stronger bow without varying the technique.

Balance: helps the archer feel his position better and to maintain it during the shot.

Sensibility: helps the archer feel different aspects of the technique better.

Score and aim: getting comfortable with: aiming in the center of the target or in different positions, simulation of shooting in all events.

Training Session:

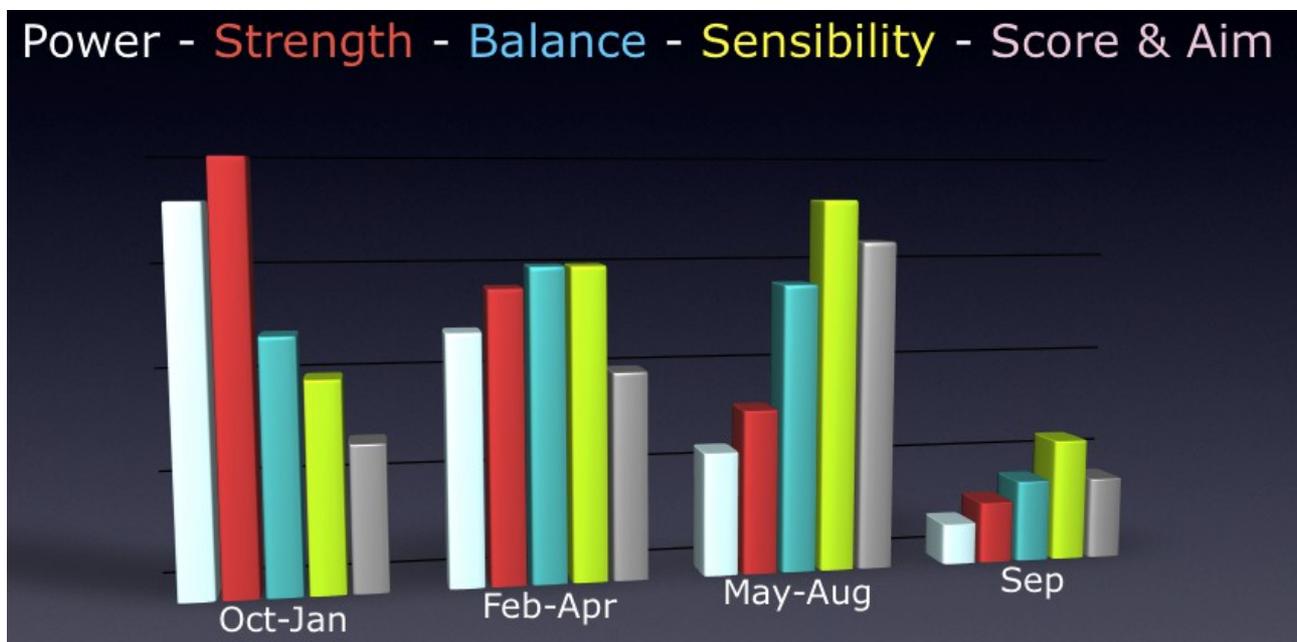
each session should be divided into 5 parts to make a good

workout.

1. physical warm up: perform movements on a single axis and then in rotation starting from the neck and down the shoulders, to the body to the hips and legs. The best thing is to start with 5-10 minutes running.
2. special warm up shooting on a blank bale, moving the focus on different steps of the archery sequence (30-40 arrows).
3. shooting exercises (20-40 arrows per exercise).
4. shoot on a blank bale the best arrows of the day to fix the best sensation possible (10-20 arrows).
5. stretching to relax the muscles.

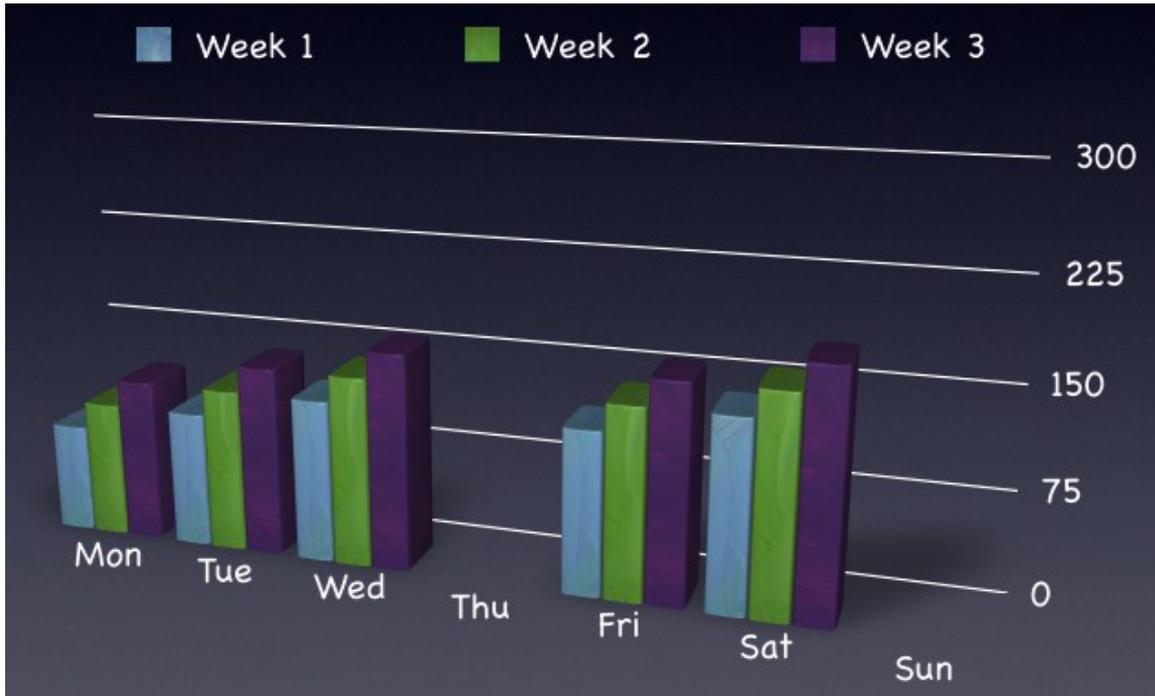
Plan the season:

put the exercises in different periods correctly



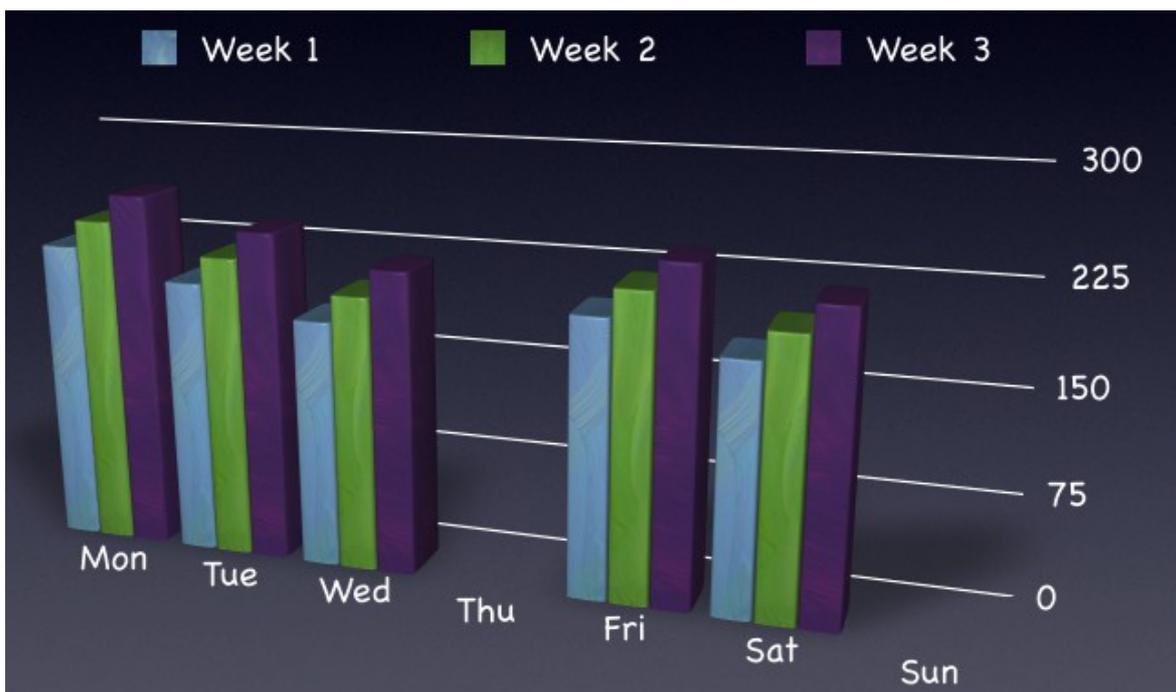
increasing the number of the arrows

Beginning of the season



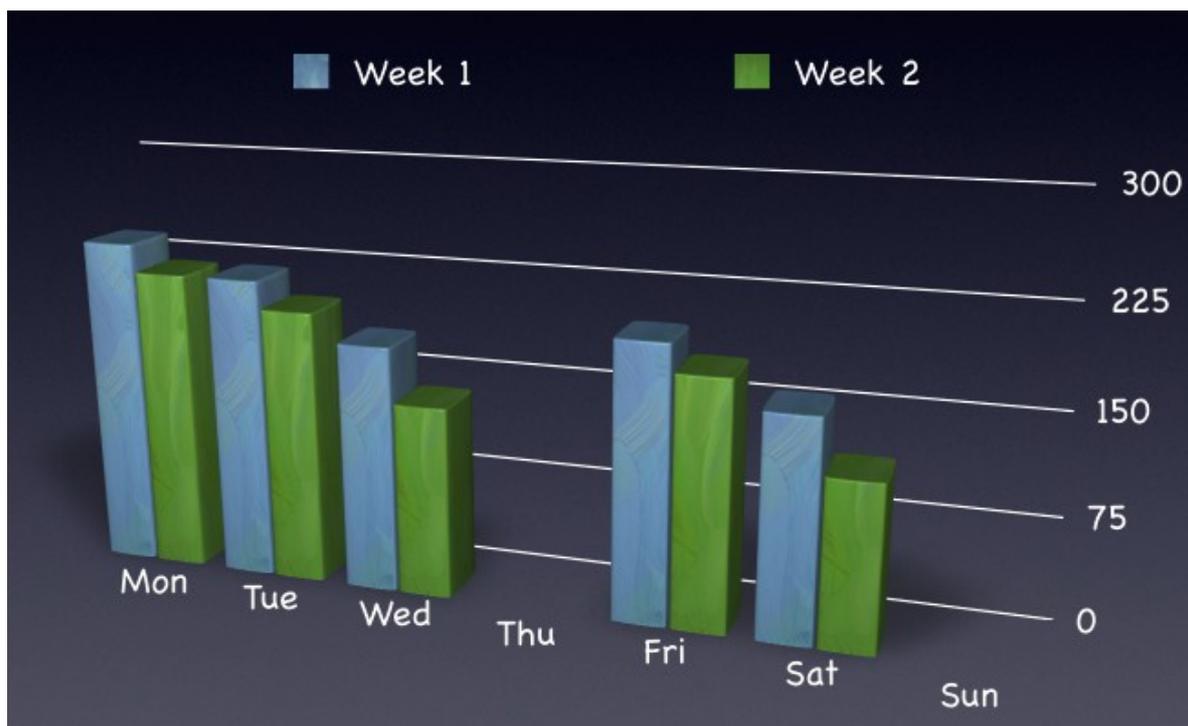
Important technical changes;
exercises on the sequence;
balance exercises, strength and endurance

Reached the form



minor technical changes;
targeted exercises on the sequence;
balance exercises, sensibility, strength, endurance
and some competition simulation

Close to main event



no technical changes;
strengthening of the sequence;
simulations of competitions, some exercises for balance and
sensitivity with calls targeted to strength and endurance.

The importance of the Rubber band

train with an elastic band keeps toned the rotator cuff, removing
the risk of injuring the shoulder. Simple exercises to be performed
every day for 15-20 minutes.