

Drills

Shoulder shrug Drill

This drill teaches how to set the shoulders down.

Raise shoulders up towards ears, then push fingertips down towards the ground.

Repeat at least 5 times, then begin the 1—2—3 Alignment Drill, and repeat 5 times.

1-2-3 Alignment Drill (Without a Bow)

The 1-2-3 Alignment Drill helps you get the feel of being in the proper shooting position at full draw.

Technique

Maintain stance and posture through-out this drill. Stand up straight, with arms relaxed at your sides, palms towards your legs, and head facing straight forward.

1 - While keeping the feeling of pushing fingertips towards the ground, raise arms straight up to form a T, palms facing down. Shoulders, ribs and chest should stay down.

2 - Turn your head towards the target, keeping it straight up and over the center of the body.

3 — Bring drawing hand to the face by bending the elbow while maintaining alignment. This is the feeling one should have at full draw. The chest is perpendicular to the target, the shoulders and chest are down, and the body is in a "T" position.

1-2-3 Release Motion Drill (Without Bow)

The 1-2-3 Release Drill will help you learn the proper motion and direction of the release and a proper follow-through technique.

From the "1-2-3 Alignment Drill", go through the release motion on the count of three.

From the full draw position, count "1-2-3". On "3" move your release hand along the side of your face to your ear, simulating the motion of the release and follow through.

The fingers of your drawing hand should remain relaxed, and your hand should remain in contact with your face and neck. Follow the jaw line throughout the motion, finishing with the fingers touching your neck, just below your ear.

First learn this drill without any aids, then learn the same motion using a stretch band or a string loop.

Practice while looking in a mirror to make sure your hand follows the motion as shown in the pictures. Practice this drill as often as you can at home.

Now the archers can return to behind the Waiting Line.