

Specific Physical Training Handbook

SPT Tools for Archers



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STRAP IN SET-UP POSITION



Here we see an overhead view of the archer in the set up position with the strap. This is a great way to reinforce how the set up is supposed to feel because the strap won't move and the archer can find the right position.



This is the side view of the same position. It is important that before the archer learns anything else, they spend a significant amount of time in this position. Here, they can engage the muscles that they are going to use to draw the bow (Lan2).



Here is the back view of the same position. If you were to see a 3D version of this picture, you would see that her shooting arm scapula is raised towards you. If she were to look in a mirror, she would be able to see a bulge.

STRAP AT FULL DRAW



This is the archer at full draw with the strap from an overhead point of view. Notice the angle difference between the set up and the full draw position. As you can see, the archer's elbow is directly in line with the strap.



Here we see the side view. Even with the strap, you need to make sure that the archer's fingers have a deep solid hook on the first joint with most of the pressure on the first finger and a relaxed pinkie that is touching the neck.



Here we see the back version of the strap at full draw. You want to look for tightness in the triceps on the bow arm as that is what will keep the shoulder down. Have the archer pull. This is a good exercise to build strength and teach the body what position it needs to be in at full draw.

STRETCH BAND TRAINING



These photos demonstrate how to use a stretch band to simulate shooting. In this example, the archer has used her finger sling to make sure that the stretch band doesn't fall onto the ground after the shot.



Here the archer is in the set-up position.



Here she is at full draw. Take note that her pinky is touching her neck and is relaxed and her elbow is in line with the stretch band. You also want to check to make sure that they all three fingers are hooked at the first joint.



This shows her follow through after her release. It is important to note that her bow arm wrist breaks at the same time as her release. You will want to check to make sure the archer has a strong follow through, continuing to hold the tension in the back after the shot is done.

STRETCH BAND TRAINING



Another way to pull the stretch band back is for the archer to use their wrist. This reinforces the fact that you want the archer's hand to be relaxed and that you want the emphasis to be on back tension.



This is a picture of the archer at full draw with a relaxed hand.

ALTERNATE STRETCH WITH STRAP



STRETCH BAND TRAINING



One way of increasing the archer's strength is to add a stretch band to the bow.



In this picture we see the archer at full draw with the stretch band on the bow.



One exercise is to have the archer hold the bow at full draw for 15 to 30 seconds and then let down for double the amount of time that they held. If the archer is strong and their form is good, you can also use the stretch band on the bow with the form master.

FORM MASTER WITHOUT AN ARROW



Here we see an archer using the form master without an arrow. The form master is a great way to make sure that the archer is using proper back tension. You will want to set it up so that there is about an inch to an inch and a half slack on the form master.



This view shows the archer at full draw. At this point, the archer has gone through the steps of drawing, anchoring, transferring and holding. During the transfer, they should have successfully moved tension from their fingers to their back.



When using the form master, you can tell whether or not an archer has used back tension by the reaction of their hand after the shot. If the hand goes forward, the archer has lost back tension. You want to look not only for relaxed fingers after the shot but you want the archer to have executed the shot with back tension.

FORM MASTER WITH AN ARROW



You can also have the archer use the form master with an arrow. Using an arrow is good because it allows them to shoot with the proper draw length as well as gauge their reaction to the clicker. Make sure there is about 1 to 1 ½ inches slack in the string.



Here we see the archer in the set up position. As a coach, you want to check their alignment, making sure that their elbow is in line with the arrow and that they are using their triceps to keep their bow arm shoulder down.



This is the archer at full draw. Here you want to make sure that the archer's pinky is touching their neck, that their fingers on the bow arm are relaxed and that they have taken the proper transfer and holding steps.



Similar to when an archer is shooting without an arrow, you can tell if they have used proper back tension by the direction that the releasing hand moves in after the shot. If the hand moves forward and/or is tense, they have lost back tension.