

Boost



**Novice archers -
develop your shooting skills**

Learn about equipment

**Learn to control your
mind**

Learn to Breathe



Boost is for all archers who want coaching to improve their shooting technique. Unlike the last course this one will be individually tailored to help you move forward from your current level.

World Archery designed programme in conjunction with AGB.

WHERE: Bowbrook Indoor Range

DATES: Monday 9th Sept for 6 weeks

TIME: 6:30 pm for 2 hours

COST: £5 per head per night—profits to the coach training fund

Own equipment not essential. All bow styles welcome.

Ideally suited to people who are within 18 months of their beginners course

CONTACT: Tim, Barbara or Neil.

Week 1

- Analysis of current shooting style
- Specific development plan worked on

Week 2

- Equipment analysis
- Equipment changes recommended
- Shoot technique practise

Week 3

- The importance of specific and general strength in Archery
- How to train for both
- Shooting technique practice

Week 4

- The importance of feeling the shot
- How to train to improve proprioception

Week 5

- Shooting technique practice
- Breathing to win

Week 6

- Pulling it all together
- How to work with a coach

Please bring your own bow if you have one and a theraband (bungy rope or clingy band),
Please wear normal tight fitting archery clothing and or warm exercise clothing as some mild physical activity will be involved and the coaches will benefit from being able to see your muscle action

Please note

All are welcome but please only undertake exercises you feel physically able to execute.
Medical advise should always be sought in case of doubt.