



ARCHERY ASSOCIATION

Spring 2024 Boost Archery Course

Where: Lacey Green Village Hall, HP27 0QT

Dates: Saturdays

6th April

20th April

4th May

18th May

Times: 09:30-12:00

Return completed application forms to the
County Coaching Organiser:

CCO@bucksarcheryassociation.org.uk



This course is for archers who wish to develop an in-depth understanding of shooting technique and learn tools and techniques that will enable them to take ownership of their own development and progression.

The course will be led by two Development Coaches, supported by a team of coaches from within the county, who can work with archers back in their clubs.

Each session will focus on specific elements of technique and will teach drills that archers can practise themselves to help to build the correct position and feel for effective shot execution.

Much of the work will be done using a “hands, (resistance) bands bow” approach to learning the drills which helps archers to progressively develop and maintain technique. This approach is used with national squads and it requires understanding of and commitment to the learning process. Between sessions, archers will benefit most from practising the drills and apply that learning to their shooting.

The cost of the course is £75 per person.

The course will be limited to 8 places which will be allocated on a “first-come, first-served” basis.