



**This course is for archers - new or experienced - 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.**

The course will be led by 2 Senior Coaches from Archery GB who have experience of working with international squads. They will be 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 cover drills that help to build the correct position and feel for effective shot execution.

Throughout the course, much of the work will be done using resistance bands (which will be supplied), not your bow. 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. If demand exceeds places available, we will look to run another course early in 2024.

Where: Lacey Green Village Hall, HP27 0QT  
Dates: Saturdays  
11<sup>th</sup> November to 2<sup>nd</sup> December 2023  
Times: 09:30-12:00

Return completed application forms to the  
County Coaching Organiser:  
CCO@bucksarcheryassociation.org.uk