




An initiative brought to you by  archery^{GB}

A GUIDE FOR CLUBS & SPORTS PROVIDERS



Intro Archery provides an easy way for beginners to learn to shoot in six fun lessons.

The aim of Intro Archery is to get new and returning archers shooting arrows! The course can be delivered by clubs and other sports providers and can be tailored to suit participants of all ages and ability. Your course will give them the foundation skills to enjoy and take part in archery more regularly.

These resources give you guidance about how to deliver Intro Archery and suggestions for what to include. Each session should help participants develop their basic technique, gain confidence handling the equipment and applying the rules. This includes giving participants plenty of practice shooting using fun team and individual style games to promote learning and a sense of achievement.

Holding your own Intro Archery course will enable you to recruit new members and engage your club or organisation with the local community.

What's involved?

Intro Archery covers 6 x 2 hour sessions. This is the suggested time frame needed to give participants the opportunity to experience and learn the fundamental skills for archery.

We recommend that you use a qualified coach to deliver your course; they will be able to plan each individual session to suit the needs of the group involved.

A promotional tool kit including posters, web banners and a social media guide is also provided separately to help you raise awareness of your course, be inclusive and recruit participants.

Getting started

There is no cost or registration process for organisers of Intro Archery. Simply recruit a coach, find a suitable venue for archery with equipment and use the resources provided to plan, promote and deliver your course.

A large blue circular graphic with a white center, containing text. The text is in blue and white, providing information on where to find more resources.

For more information and promotional tools, visit:

[www.archerygb.org/
introarchery](http://www.archerygb.org/introarchery)

planning

Coach/Archer ratio

We recommend that Intro Archery is delivered by an Archery GB qualified coach, trained at Level 1 and upwards. This will ensure you get the most out of your course and that it is safely managed.

The suggested ratio is one coach to 12 participants, with another adult present. It may also be useful to have additional coaches or helpers to assist you.

This guide isn't designed to be used in isolation but in conjunction with appropriate coach training and experience. For guidance on Archery GB's coach training, and to find a course, visit www.archerygb.org/coach

When to hold your course

Think about who your target audience is when you plan your course. This will help you decide the best time and place to hold it. For example:

- Stay at home parent's may prefer mid-morning sessions on weekdays
- Retired people are also more likely to be available in the day time
- Busy professionals will be more suited to a later evening session during the week
- Families and children are more likely to be available at the weekends

Where to hold your course

Intro Archery should be held somewhere accessible and comfortable. Ensure that the venue is well signposted, has parking, toilets and a changing area.

Using a community facility is beneficial as it will be easily accessible to a wider range of people. For example a local leisure centre or school is sometimes a more familiar environment than a remote club and often comes with good transport links and disability access. Some groups find it harder to travel and may prefer you to use their venue if it's suitable, such as disability organisations. You will need to check beforehand to see if a new venue is suitable for archery and complete a risk assessment.



planning

How much to charge?

If you intend on charging participants to attend the course, before deciding how much, you will need to consider the following:

- Venue and equipment hire
- Expenses or payment for coaches
- Value for money
- Cost of other local courses
- Number of people on the course
- Your long term goals

Once you have worked out the costs involved, think about what most people would feel is good value for money for a group a session.

Insurance

If your club is affiliated to Archery GB, your course should be covered by Archery GB's insurance. However, you will need to ensure that you comply with Archery GB Policies, Codes of Conduct, Laws and Rules of Shooting.

If you need to deviate from these, then remember to seek separate cover for your participants, coaches or venue. For example, an individual coach who plans to charge a fee for their services beyond out of pocket expenses should buy specialist insurance designed for coaches.

If you are not affiliated to Archery GB, then you are not entitled to insurance from Archery GB and

will need to gain separate cover for your participants, coaches and venue.

For insurance enquiries please contact Archery GB's Membership Services.

Promotional tool kit

The tool kit provides a mixture of branded posters, web banners, a social media guide and other handy resources to help you raise awareness of Intro Archery and recruit participants.

These resources are free for you to download and can be easily edited to suit your course.



#introarchery

**Tweet using
this hashtag to
promote your
course and share
your photos!**

course summary

By the end of Intro Archery, beginner archers will be confident shooting and be able to:

- Select their own equipment
- Shoot using barebow and freestyle technique
- Know why and how to use a resistance band
- Shoot in matches and score
- Apply the safety rules

Having mastered the basics, they should be able to start putting these skills into practice, ready to go to the next step in archery!

As people progress at different rates and come with a mixture of abilities, coaches will need to be flexible in their approach. They should be prepared to adjust their session outcomes and plan depending on the needs of their archers.

The summary below provides a course outline to help coaches start planning each session of their course. Coaches should remember to use their discretion to weigh up the suitability and timing of each learning activity for their audience.

Week One: Hitting the Target

From the very first session the coach will take the group through the basic technique and get participants shooting their first arrows. They'll start to understand the different phases that make up a single shot and try out scoring.

Topics to include:

- Getting to know your coach and other participants
- Understanding range layout and safety
- Shooting using T Draw shooting style (barebow)
- Introduction to resistance band practice
- How to score

Week Two: Refining your Shot

Introduce freestyle shooting, allow archers to refine their skills for an individual phase of shooting and develop their scoring as part of a team.

Topics to include:

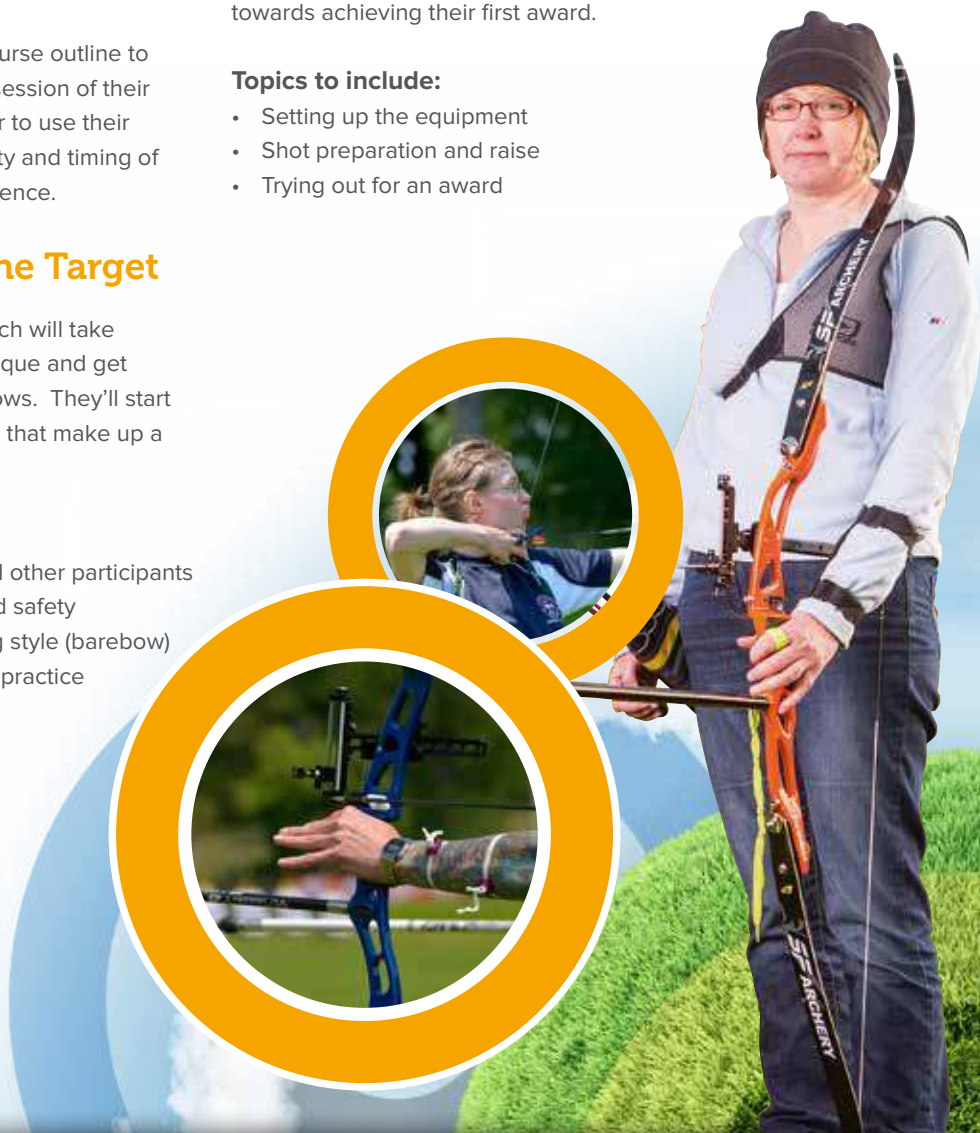
- Transitioning to using a sight to aim (freestyle)
- Developing stance and set hands
- Getting familiar with range commands and collecting your arrows
- Scoring and team match play

Week Three: Getting the Gold

Teach participants to select their own equipment and practise the next phase of shooting. Guide archers towards achieving their first award.

Topics to include:

- Setting up the equipment
- Shot preparation and raise
- Trying out for an award



course summary

Week Four: Practise Makes Perfect

Help participants to become more comfortable maintaining good basic form, developing their draw technique and shooting lots of arrows.

Topics to include:

- Developing your draw and anchor
- String alignment
- Resistant band practice
- Competition and game situations

Week Five: Taking Aim

Provide participants with guidance on how to aim and release the arrow, and continue to get a feel for achieving good form.

Topics to include:

- Aim and release
- Gap shooting
- Resistance band practice

Week Six: Putting it all Together

At this stage, your beginners are becoming archers and should have a good understanding of the key points to achieve good basic form, show confidence selecting and handling the equipment safely, and following the rules.

Topics to include:

- Recap on each phase of shooting
- Summary of progress
- Mini match play
- How to carry on your archery



equipment

It is recommended that you have a set of training bows and arrows, in a mixture of sizes, to cater for participants of varying stature. This is a sample kit list for a group of 12 beginners.

There are many archery retailers or local archery contacts who will be able to advise you about the different types of bow available and which ones are most suitable for beginners to use.

- **Recurve bows**
 - 12 right handed (3 x 60", 6 x 66", 3 x 70")
 - 3 left handed (1 x 60", 1 x 66", 1 x 70")
- **Aluminium arrows**
 - 48 arrows (from sizes 26" to 35" full length)
- **Bosses**
- **Target faces and pins**
- **Bow stands**
- **Quivers**
- **Arm guards & Finger tabs**
- **Clini exercise bands**
- **Score book and pens**
- **Bow stringers**
- **Sights**
- **Bracing height gauge**

Target



Recurve Bow

A Beginner's Kit



Arrows In A Quiver



Finger tab



Arm guard



Sight



Bow Stringer



Bracing Height Gauge

facility, range layout & set up

Ahead of each session taking place, you need to check that the range is set up correctly and all of the equipment is safe to use.

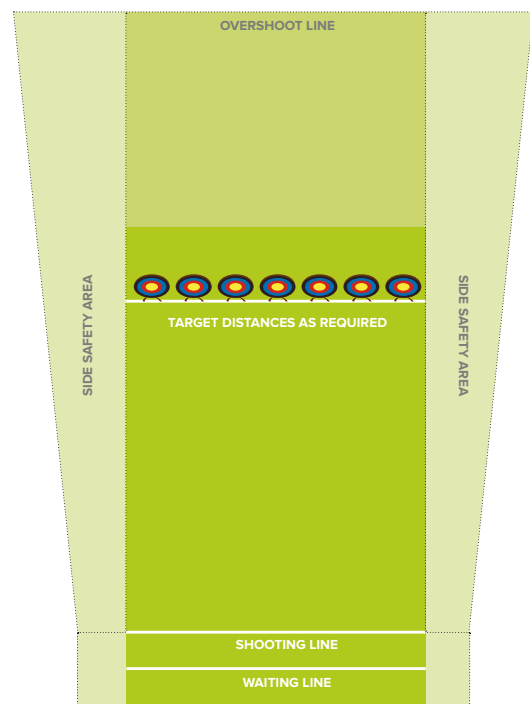
If you have not used the facility for archery before, please refer to our facility guidance which is provided separately. This has been produced to encourage and assist anyone considering whether archery could be an activity they could offer. Visit www.archerygb.org/facilities for further details.

A range can be indoors or outdoors, but it must be laid out and managed so that everyone – the archers, spectators and passers-by – is safe at all times.

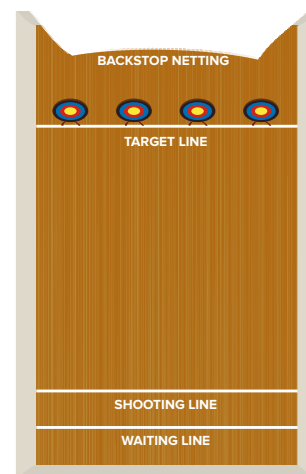
Your range should be set up to allow beginners to start shooting from a minimum of 10 metres. You will need to refer to the Archery GB Rules of Shooting and Archery Range Health and Safety Guidelines to ensure your range is compliant.

It is also important to carry out a risk assessment before the course takes place. A risk assessment is simply a careful check of what could cause harm to people, so that you can decide if you have taken enough precautions or should do more to prevent harm.

Outdoor Range Layout



Indoor Range Layout



Rules of Shooting
Find out about the rules,
range measurements and
regulations that govern
archery

www.archerygb.org
rulesofshooting

delivery

It's now up to you to bring your course to life! You have the freedom to make each session as innovative and engaging as you want it to be.

Coach the person, not just the sport

Coaching at the right level and pace for the participants you have is essential to the successful delivery of Intro Archery.

Before

- Arrive 30 minutes before the course is due to start to allow time to set up and welcome any early arrivals.
- Take pride in your presentation. Participants will expect you to look and act professionally, particularly if they are paying to attend.
- Organise your session in advance so you don't spend too much time talking. Even the formalities can be achieved interactively such as walking through the range markings, handing out equipment and asking questions.

During

- Provide a warm welcome to participants. Remember, some of the people who have signed up will be nervous. Try to quickly put them at ease and introduce them to other members of the group.
- Introduce yourself clearly and provide a brief overview of what you intend to cover during the session.
- Get people shooting! Give participants a task that they can quickly achieve to help build their confidence.
- Use people's names as much as possible throughout the course.
- Try to spend time with everyone, even if one person in particular is constantly asking for help.
- Provide variety and challenge on the course so that participants can experience the depth of the sport in a fun and engaging way.

After

- Give a recap on what participants have learned for the session and an idea of what they'll do next week.
- By the end of the course, have some details ready of how archers can continue to practise or join a club.

The content provided within this resource is intended to be used as a guide. It is up to each coach to use their skills and experience to decide the pace and progression of sessions, moments to intervene or which learning points to pick up on.

Sport at any age or level has a much bigger role than just improving someone's technical skills, it can also positively impact on them at a personal and social level.

The personal development of archers isn't solely a by-product of good coaching, but should also be an objective in itself. This is particularly important for recreational archers who have many different reasons for taking part.

To increase the personal and social connections participants have with archery in your club or organisation, try to:

- Reach out to potential participants so they feel welcome to show up
- Connect with individuals so they have a sense of belonging, want to be part of the action and recognise that they're in a 'can do' environment
- Engage participants with enthusiasm and empathy so they recognise that coaching is more than just setting up practices or giving instructions
- Listen and be responsive to participant needs, and be flexible about ways of doing things
- Use practices and games that excite, are interesting and are playful in nature, to allow participants to develop with confidence
- Provide challenges along the way to stretch individual ability and achievements

Equality awareness

One of the qualities of archery is its natural inclusivity as a sport, as almost everyone can take part.

In most instances, the equipment and format for shooting requires little adaptation for participants with a learning, physical, hearing or visual impairment. The coaching skills you need are also the same – the hardest part is often overcoming your own anxieties.

For further guidance about disability archery please visit www.archerygb.org/disability



Awards

Award schemes are a popular way to recognise archers progress.



The Archery GB Progress Award Scheme gives recognition to beginners and young archers for developing their skills.

Different coloured badges are awarded for shooting a certain number of points at varying distances. Other awards and badge schemes are also available.

Making a presentation at the end of the course for participants, whether it's for an award scheme badge or a certificate, can be a useful way to formally recognise their achievement and keep them motivated.

Becoming a better archer

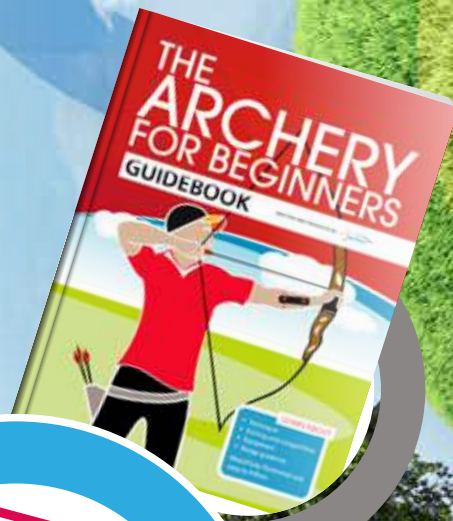
Hopefully all the participants on your course will be keen to carry on shooting! Try to have some details prepared of where they can go next to take part more regularly, join a club, or hire equipment.




Archery GB's club development programme **ontarget** recognises archery clubs which offer participants with a quality archery experience.

ontarget recognises clubs for their achievements in three specific areas of the sport – Community, Young People and Performance.

Clubs are being encouraged to specialise according to their strengths and identify areas for development. This is helping Archery GB grow a network of strong and healthy clubs across the UK.





An initiative brought to you by  archery®

FURTHER INFORMATION

Please get in touch with us if you have any questions or want to find out more.

Website

www.archerygb.org/introarchery

Twitter

@archerygb

#introarchery

Facebook

[Facebook.com/archerygb](https://www.facebook.com/archerygb)

Phone

01952 677 888

Email

enquiries@archerygb.org

