

# ARCHER TRAINING: BOW AND RESISTANCE DRILLS

## RESISTANCE BAND TRAINING

The following drills should be practiced every other day, then gradually increased until the archer is able to do these every day. These drills should ideally be done before shooting practice, but can also be done to supplement an archer's shooting when a range is not available.

For these drills, use a stretch band/tubing tied into a loop; the diameter of the loop should be roughly 9 inches (resistance bands designed for legs and glutes are also a good alternative). Ideally, complete these drills in front of a mirror for feedback, but this is not essential. Occasionally, check with your coach that you are completing these exercises correctly.

*Note: the repetitions given are only a suggestion. Adapt repetitions according to ability.*

- Posture:** Ensure that posture is maintained throughout all of these drills. Feet should be shoulder width apart. Pelvis tucked under, with chest down, ensuring that the spine is straight (i.e. your back should not be arched).
- Set, Set Up Drill:** **30 times with hands, 30 times with resistance band.**  
This drill helps you to learn the motion between the set position to the set-up position (this is the part of your shot prior to the draw).  
**The Set Position:** Begin by setting your posture and hands, ensuring that the bow hand is in the correct position before raising.  
**The Set-Up Position:** Following the set position, raise the band ensuring a maintained posture, and rotate your torso so that your shoulders are perpendicular to the target. The end position should leave you prepared to draw.
- Draw Elbow Rotation Drill:** **30 times with hands, 30 times with resistance band.**  
With your draw hand in the anchor position (i.e. you've drawn the bow and are at your anchor/reference point), focus on moving your draw elbow towards your scapulae. This should be your focus throughout your draw.
- Release Motion Drill:** **30 times slow, 30 times fast, 30 times with resistance band (with a glove on the bow hand)**  
With your draw hand under your chin, practice sliding your hand from the anchor position to just under the ear. Ensure that there is no daylight between your hand and your jaw. Your draw elbow should remain in line with your draw hand.
- 6 Step Shot Sequence Drill:** **30 times with hands, 30 times with resistance band.**  
In this drill you will go through your entire shot sequence, ensuring that your posture is maintained throughout.

## BOW TRAINING

All bow training should be done using a bow that the archer can hold at full draw for a minimum of 30 seconds without losing form. This should ideally be done at the end of a training session.

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**Bow Drill 1: Two Sets (no target required)**

1. Prepare to shoot (no arrow)
2. Set
3. Set-Up
4. Draw and hold without expansion for 5 seconds
5. Let the bow down to set-up/half draw position and repeat steps 1-4 five times
6. Rest for 30 seconds in between sets

**Bow Drill 2: Three Sets (target required)**

1. Prepare to shoot (with an arrow)
2. Set
3. Set-Up
4. Draw and hold (but do not shoot) with continuous expansion for 10 seconds
5. Rest for 30 seconds in between sets

**Bow Drill 3: One Set (no target required)**

1. Prepare to shoot (no arrow)
2. Set
3. Set-Up
4. Draw and hold with continuous expansion for 30 seconds (be sure to hold onto the string!)