

DETAILED TABLE OF CONTENTS

Imprint	
Dedication	
Acknowledgement	6
Prefaces	7
General Preface	7
Preface for beginners	8
Preface for advanced archers	9
Preface for coaches and coach-trainers	9
Table of contents	10
1: INTRODUCTION	13
1.1 The goal and purpose of this book	14
1.2 General motivation and goals for archery	16
<i>Definition</i>	16
<i>General motivations</i>	16
Action-oriented and success-oriented motivations	16
<i>Examples of archery independent motivations</i>	16
<i>Examples of motivation specific to archery</i>	17
<i>General goals in archery</i>	17
Diversity and dependencies	17
<i>Examples of general goals that want to be achieved with archery</i>	17
1.3 Performance-deciding factors	18
<i>Importance and development of performance-deciding factors</i>	18
<i>Overview of the 10 performance-deciding factors in archery</i>	18
Motivation	18
Goal setting	18
Basic mental and social skills	18
Psycho-regulative skills	19
Shooting technique	19
Body	19
Equipment	20
Environment	20
Tactics	21
Self-efficacy conviction	21
1.4 The role as (self) coach	22
<i>Basics</i>	22
Definition and meaning	22
Coach Subdivisions	22
<i>Differentiation according to performance level and tasks</i>	22
<i>Task-specific subdivisions</i>	22
<i>Necessary social skills (coach)</i>	23
<i>The coach's tasks</i>	24
General tasks	24
<i>General tasks in the acquisition of one's own knowledge</i>	24
<i>General tasks in the transfer of knowledge</i>	24
A (self-)coach's tasks for training	26
A (self-)coach's tasks for competitions	26
<i>General guidelines</i>	26
<i>A (self-)coach's tasks when preparing for competitions</i>	26
<i>A (self-)coach's tasks for acute competition preparation</i>	27
<i>A (self-)coach's tasks during a competition</i>	27
<i>A (self-)coach's tasks during a competition break</i>	27
<i>A (self-)coach's task during the competition follow-up</i>	28
Cooperating with additional staff	28
The coach's feedback, praise, and instructions to the archer	28
<i>Rules for a coach's verbal statements</i>	29
Self-reflecting for the coach	30
<i>Choosing the right coach</i>	30
Coach or not-coach	30
Coach selection criteria	31
Where and how can one find qualified coaches?	31
1.5 Safety and code of conduct	32
<i>Safety rules for archery</i>	32
Fundamental approach	32
General safety measures for archery	32
<i>Safety rules for archers</i>	33
Safety rules for other archers	34
Security rules for non-participants	34
Safety rules when collecting arrows	35
Special safety rules for a 3D or field course walk	35

Safety rules for the equipment	36
Code of Conduct in archery	38
Definition and general guidelines	38
Social Interaction during training	38
Code of conduct between coach and student	40
Competition manners	40
<i>General manners in competitions</i>	40
<i>Manners in international competitions</i>	41
<i>Examples of small gifts</i>	41
2 TECHNIQUE	43
2.1 Basic criteria for good technique	44
2.2 Shooting sequence	47
<i>Pre-shot phase</i>	47
Definition	47
Example of a pre-shot phase questionnaire	47
<i>The phases of the shooting sequence</i>	48
Lower setup phase	48
Upper setup phase	49
Energy loading phase	49
Execution phase	49
Closing phase	49
2.3 Technique elements of the shooting sequence including breathing, rhythm, and timing	50
<i>Basics</i>	50
<i>Standard shooting sequence in table form with justifications</i>	52
General Notes	52
Technique subelements	53
1. <i>Beginning ritual</i>	55
2. <i>Foot positioning</i>	56
3. <i>Loading an arrow</i>	58
4. <i>Adjusting the drawing-finger and bow grip</i>	59
<i>General information</i>	59
<i>Setting up the drawing-fingers</i>	60
<i>Setting up the bow grip</i>	62
5. <i>Setting up and checking the stance</i>	65
6. <i>Turning the head</i>	67
7. <i>Raising the bow- and drawing-arm</i>	68
8. <i>All-round check</i>	72
9. <i>Pull-push-rotation phase</i>	73
10. <i>Anchoring</i>	76
11. <i>Full draw</i>	79
12. <i>Aiming</i>	81
13. <i>Expansion (incl. Shooting with a clicker)</i>	83
14. <i>Releasing the bowstring</i>	86
15. <i>Follow through</i>	88
16. <i>Analysing the shot</i>	89
17. <i>Closing ritual</i>	90
Breathing, rhythm, and timing	91
<i>Breathing</i>	91
<i>Rhythm</i>	93
<i>Timing</i>	93
2.4 Aiming techniques	94
<i>Basics</i>	94
<i>Intuitive aiming</i>	96
Definition	96
The intuitive aiming method	97
<i>Shooting with aiming systems</i>	99
Basic approach	99
Gap shooting	99
String walking	100
Face walking	100
Pseudo sight shooting	100
Sight shooting	101
2.5 Shooting technique for compound	102
3 TRAINING THEORY	105
3.1 Learning and training	106
<i>Learning</i>	106
Basics	106
Teaching methods	106
Learning progress	106
Dependencies on quality and learning speed	106
<i>Movement Learning</i>	107
General guidelines and effects	107

Learning steps	107
Learning atmosphere	107
Learning opportunities	107
Learning-enhancing feedback	107
Training	108
Definition and general guidelines	108
Criteria for training planning and implementation	108
Different types of training in archery	108
Criteria for success in training and competitions	109
The training principle	109
3.2 Technique training	110
<i>Basics of technique training</i>	<i>110</i>
<i>First contact – beginner training</i>	<i>112</i>
General guidelines	112
Suggestion for the first practice steps	113
Tools for carrying out and monitoring the exercises	113
Tips for coaches	113
Step 1: Memorizing archery specific terms (incl. Tips for coaches)	114
Step 2: Creating a visual image (incl. Tips for coaches)	114
Step 3: Determine the dominant eye (incl. Tips for coaches)	115
Step 4: Taking up the stance (incl. Tips for coaches)	116
Schritt 5: Step 5: Exercise in between to get to know the movement planes, the anchoring, and the shooting rhythm (incl. Tips for coaches)	117
Steps for learning the movement on the bow-side (Step 6-13)	118
Step 6: Looking to the target (incl. Tips for coaches)	119
Step 7: Pointing to the target (incl. Tips for coaches)	119
Step 8: Stop sign (incl. Tips for coaches)	119
Step 9: Forming a V (incl. Tips for coaches)	119
Step 10: Relaxing the bow-fingers (incl. Tips for coaches)	120
Step 11: Exercises for the pressure point (incl. Tips for coaches)	120
Step 12: Turning out the elbow (incl. Tips for coaches)	121
Step 13: Checking the lock of the bow-shoulder (incl. Tips for coaches)	121
Step 14: Exercises for the hook (incl. Tips for coaches)	122
Step 15: Exercises for raising the bow (incl. Tips for coaches)	123
Step 16: Exercise for drawing the bowstring (incl. Tips for coaches)	123
Step 17: Exercises for anchoring (incl. Tips for coaches)	124
Step 18: A three-part arrow exercise for raising, anchoring, and the pull-push-rotation phase (incl. Tips for coaches)	124
Step 19: Exercise for releasing the bowstring as well as the entire shooting sequence (incl. Tips for coaches)	125
Step 20: Developing an awareness for security /safety (incl. Tips for coaches)	126
Step 21: Repeating technical terms (incl. Tips for coaches)	127
Step 22: Equipment setup and adjustments (incl. Tips for coaches)	127
Step 23: The first shots with a bow (incl. Tips for coaches)	128
Step 24: Ending on a positive note (incl. Tips for coaches)	128
For coaches: suggestion for the procedure of an archery taster lesson	129
1. Welcome	129
2. Brief outline of the history of archery	129
3. Explanation of the equipment	130
4. Determining the dominant eye	130
5. Demonstrating a standard-shot	130
6. Preliminary exercises	130
7. Brief safety instructions	130
8. Repetition of the standard shot	131
9. Distributing the equipment	131
10. The first, individual and controlled shots	131
11. Goodbye	131
Come and Try: Trying archery	132
Definition of terms, goals, and general guidelines	132
Necessary equipment	133
Tips for the event	133
<i>Exercises for learning, strengthening, and re-learning the shooting technique</i>	<i>134</i>
General guidelines for the practical application	134
Basic rules for assistance	135
Before assisting	135
While assisting	135
Guidelines for technique training (for the archer, self-coach, and trainer)	136
Practicing with the technique-teaching-programme	137
What will be corrected first?	137
What to do when changing one's technique?	137
Tools for learning and re-learning	138
Exercises for learning, strengthening and re-learning technique sub-elements	139
Exercises for using directional indicators and planes	139
Exercises for the coach	139
Exercises for determining the dominant side or determining the dominant eye	140
Exercises for the feeling of the movement	140
Exercises for the stance or checking the stance	141
Exercises for loading the arrow	143

<i>Exercises for the bowstring - or drawing-finger placement</i>	143
<i>Exercises for gripping the bow</i>	145
<i>Exercises for turning the head towards the target</i>	147
<i>Exercises for checking and maintaining the body alignment</i>	148
<i>Exercises for raising, setting the bow-shoulder, and all-round check</i>	150
<i>Exercises for turning out the bow-elbow</i>	152
<i>Exercises for bow-alignment</i>	153
<i>Exercises for the pre-draw</i>	154
<i>Exercises for the pull-push-rotation phase</i>	154
<i>Exercise for anchoring</i>	160
Part 1: face marks / anchoring zones in general	160
Part 2: side anchor/ cheek anchor	160
Part 3: underjaw anchor	160
<i>Exercises for the full draw or checking the draw-force lines</i>	161
<i>Aiming exercises</i>	164
<i>Exercises for the expansion before releasing</i>	167
<i>Exercises for triggering/releasing the clicker</i>	170
<i>Exercises for a loose release of the drawing-fingers and -hand</i>	170
<i>Exercises for the drawing-forearm alignment after release</i>	174
<i>Exercise for a loose, guided folding down of the bow-hand after releasing with a finger sling</i>	175
<i>Exercises for string clearance</i>	177
<i>Exercises for the follow through</i>	177
<i>Exercise for the beginning and closing rituals</i>	178
<i>Analysis exercises</i>	178
<i>Exercises for breathing</i>	179
<i>Rhythm exercises</i>	180
<i>Timing exercises</i>	181
<i>Shooting simulation exercises</i>	182
Definition	182
Helpful equipment for shooting simulation exercises	184
<i>A homemade non-elastic shooting simulator</i>	184
Fitness band	185
<i>Turning a long fitness band into a loop (without knotting)</i>	185
Implementation and fields of application	186
<i>General guidelines</i>	186
<i>Shooting simulation exercises when warm-up or cooldown shooting</i>	186
<i>Shooting simulation exercises for technique training</i>	186
<i>Shooting simulation exercises when there is not enough training time</i>	186
<i>Shooting simulation exercises as shooting rhythm training</i>	187
<i>Shooting simulation exercises as performance checks</i>	187
<i>Shooting simulation exercises for strength and strength endurance training</i>	187
<i>Shooting simulation exercises as mental training</i>	187
<i>Shooting simulation exercises for bi-lateral training</i>	187
<i>Shooting simulation exercises when demonstrating (coach)</i>	187
<i>Technique analysis</i>	188
Definition, goals, and methodology	188
Self-analysis	189
Buddy system / “personal coach” / trainings partner	189
Photo or video analyses	190
<i>Photo analysis</i>	190
<i>Video analysis</i>	190
<i>High-speed video analysis</i>	190
<i>Computer supported video analysis</i>	191
The most important observation spots	191
Checklist for a standard shot / analysis sheet	192
<i>What to do if ...? (inclusive Hit pattern analysis)</i>	195
General guidelines for analysis and evaluation	195
Hit pattern analysis	195
<i>What to do if the arrow hits too far up?</i>	196
<i>What to do if the arrow hits too far down?</i>	197
<i>What to do if the arrow hits too far to the left?</i>	198
<i>What to do if the arrow hits too far to the right?</i>	199
<i>What to do if the scatter pattern is too wide?</i>	200
Equipment behaviour analysis	200
Unwanted technique executions	202
Pain analysis	206
Open mental potentials	208
<i>Technique teaching programme (incl. Tips for coaches)</i>	210
Description	210
Stage 1 Gathering information / looking for explanations	210
Stage 2 Developing a “role model”	210
Stage 3 Sub-element exercises	211
<i>1st sub-stage: gathering information about the exercises</i>	211
<i>2nd sub-stage: Practicing and self-observation</i>	212
<i>3rd sub-stage: developing a feeling for the movement</i>	212

Stage 4 Gradually increasing the visual requirements	213
Stage 5 Increasing the distance	213
Stage 6 Increasing the mental requirements through stress	214
High-contrast training	215
Definition	215
Examples of high-contrast training exercises for archers	215
<i>Various equipment</i>	215
<i>Various types of shooting technique sub-elements</i>	215
<i>Various shooting rhythms</i>	216
<i>Various environmental conditions</i>	216
<i>Varying sensory perceptions</i>	217
3.3 Performance check	218
<i>Explanation of terms, goals, and general guidelines</i>	218
<i>Technique check</i>	218
<i>Hit performance check</i>	219
<i>Physical performance check</i>	220
General principles of implementation	220
Body data collection before the tests	220
Measurement of endurance performance	221
Measuring strength	221
Measuring strength endurance	221
Coordination tests	222
The Urte Paulus all-round coordination test for archers	223
Checking the balance ability	224
Reaction control	224
Checking the mobility	225
<i>Mental performance check</i>	225
<i>Competition performance check</i>	225
3.4 Training planning	226
<i>General guidelines</i>	226
<i>Explanation of the planning sections</i>	227
Examples of training plans	228
<i>Microcycle plan</i>	228
<i>Framework training plan</i>	229
<i>Annual training plan</i>	230
<i>The making of an annual training plan</i>	231
Preparation	231
Planning	231
Creating an annual training plan in writing	232
<i>Goal and methodology</i>	232
<i>Parameter-examples of an annual training plan</i>	232
Execution of the training content	233
Check, evaluation, and adjustment	233
<i>Structure of a training session</i>	233
General guidelines	233
Setting up and checking archery equipment	233
First entry in the training diary	233
Warming up	233
Warmup shooting	234
Technique training	234
Integration of technique	235
Cool down shooting	235
Entry in the training diary	235
Checking and packing up the equipment	235
Cooling down	235
Deviations of the training structure for the coach	235
<i>Training records</i>	236
Overview, goals, advantages, and methodology	236
An archer's training diary	236
<i>General guidelines for keeping a training diary</i>	236
<i>Form of the training diary</i>	237
<i>Evaluation system in the training diary</i>	237
<i>Parameters of a training diary</i>	237
Other important records of the archer	238
<i>Equipment logbook</i>	238
<i>Physical fitness/coordination training diary</i>	238
<i>Actual as-is state analysis logbook</i>	238
<i>Shot count calendar</i>	238
<i>Shooting sequence evaluation calendar</i>	238
<i>Competition logbook</i>	238
<i>Detailed shooting sequence</i>	239
<i>Shooting technique sequence collection</i>	239
<i>Hit pattern recordings</i>	239
Coaches' logbook	239
Lesson script (= training session script)	239
3.5 Warming up / Cooling down	240

Warming up	240
Definition	240
Physical (bodily) adaptations	240
Mental, cognitive (psychological) adaptations	240
General rules	240
The 3 phases of warming up	241
Behavioural suggestions	241
Exercise catalogue for developing an individual warmup programme	242
<i>Basic warmup exercises for the body/ pulse raiser exercises</i>	242
<i>Small warm-up games for larger groups of participants</i>	242
<i>Exercises for preparing for the 2nd warmup phase</i>	243
<i>Exercises for the head area</i>	243
<i>Exercises for the shoulders and arms</i>	243
<i>Exercises for the fingers and hands</i>	244
<i>Exercises for the upper body, torso, and hips</i>	244
<i>Exercises for the lower extremities</i>	244
<i>Swinging exercises</i>	245
<i>Exercises for short stretching</i>	245
<i>Exercises with a fitness band</i>	246
<i>Exercises for warmup shooting</i>	247
Turbo warm-up programme in competition	247
<i>Goal and significance</i>	247
<i>Behavioural suggestions for carrying out a turbo warm-up programme</i>	247
<i>Example of a turbo warm-up programme in competition</i>	247
Cool down	248
Definition	248
Physical adaptations	248
Mental (psychological) adaptations	248
General rules	248
Suggestions on how to perform the cool down	248
Example of cool down methods	248
<i>Examples of active cool down</i>	248
<i>Examples of passive cool down</i>	248
3.6 Physical fitness and coordination training	249
Basics and preparation	249
Physical fitness training	250
How physical fitness training works and its goals	250
Endurance training	250
<i>Basics and significance in archery</i>	250
<i>Exercises for endurance</i>	250
Strength training	251
<i>Basics and significance in archery</i>	251
<i>Guidelines for strength training</i>	251
<i>Most important muscles or muscle groups for the execution of the shooting sequence</i>	252
<i>Examples of static strength exercises without a bow</i>	255
<i>Examples of static strength exercises with bows</i>	256
<i>Examples of dynamic strength exercises without auxiliary equipment</i>	258
<i>Examples of dynamic strength exercises with auxiliary equipment</i>	258
<i>Examples of dynamic strength exercises with the bow</i>	260
<i>Strength training in the gym with equipment</i>	260
<i>Circuit training</i>	260
Speed training	261
<i>Basics and significance in archery</i>	261
<i>Speed exercises</i>	261
Flexibility/mobility training	261
<i>Basics and significance in archery</i>	261
<i>Examples of swing exercises as flexibility training</i>	261
<i>Examples of stretching exercises as flexibility training</i>	261
Coordination training	261
Basics and effects	261
Goals of coordination training	261
Executing coordination training	262
Exercises to increase coordination in general	262
<i>General guidelines</i>	262
<i>Examples of exercises for general coordination training without auxiliary devices</i>	262
<i>Exercise examples for general coordination training with juggling balls</i>	263
Special exercises for increasing the ability to differentiate	264
<i>Goal and mode of action</i>	264
<i>Exercise example for differentiation training without auxiliary equipment</i>	264
<i>Exercise examples for differentiation training with auxiliary equipment</i>	264
<i>Exercise examples for differentiation training with a bow</i>	265
Special exercises to increase reaction time	265
<i>Goals and execution</i>	265
<i>Exercise examples for reaction training with a visual signal as trigger</i>	265
<i>Exercise examples for reaction training with an acoustic signal as trigger</i>	266
<i>Exercise examples for reaction training with a tactile signal as trigger</i>	266
<i>Exercise examples for reaction training with a bow</i>	266
Special exercises for increasing the sense of balance	267
<i>Goal and significance</i>	267

<i>Balance exercise examples without aids</i>	267
<i>Balance exercise examples with a training partner and fitness band</i>	268
<i>Balance exercises with auxiliary equipment (and bow)</i>	268
Special exercises for increasing the sense of rhythm	268
<i>Goal and significance</i>	268
<i>Exercise examples for rhythm training without a bow</i>	269
<i>Exercise examples for rhythm training with bow</i>	269
Bilateral training	270
<i>Explanation and goal</i>	270
<i>Exercise examples for bilateral training</i>	270

3.7 Mental training

271

Basics

271

General goals and principles	271
Important guiding principles for mental training	272
Mental performance-deciding factors	272
Mental characteristics of the athlete	273
<i>Winning and non-winning types</i>	273
<i>Characteristics of an archer with open mental potentials</i>	273
<i>Characteristics of a mentally top fit archer</i>	274

Training of Mental Performance-Deciding Factors

275

General guidelines for their execution	275
Drive regulation (motivation)	275
<i>Explanation of terms and effects</i>	275
<i>Methods and exercises to increase motivation</i>	276
Goal setting	279
<i>Explanation of terms, effects, and general guidelines</i>	279
<i>Guiding principles for goal setting</i>	279
<i>Goal types</i>	279
<i>Ideal characteristics of goals</i>	281
<i>When are which goals set?</i>	281
<i>Setting goals</i>	281
<i>How is reaching a goal monitored?</i>	282
<i>When are goals changed?</i>	282
<i>Exercises for setting goals</i>	282
Regulation of the activation level	284
<i>Explanation of terms, effects and exercise methodology</i>	284
<i>Exercises for general controllability of the activation level</i>	285
<i>Methods for lowering the activation level (relaxing)</i>	285
<i>Methods for increasing the activation level (activating)</i>	287
Controlling attention	288
<i>Explanation of terms and methodology</i>	288
<i>Exercises and methods for directing attention</i>	288
Concentration	289
<i>Explanation of terms and effects</i>	289
<i>Exercises and methods for increasing the ability to concentrate</i>	290
Visualisation	293
<i>Explanation of terms and effects</i>	293
<i>Exercises for increasing the general ability to visualise or imagine</i>	293
<i>Exercises for archery-specific visualisation skills</i>	295
Control of perception and evaluation of situations	297
<i>Explanation of terms, effects, and exercise methodology</i>	297
<i>Exercises to increase perceptual skills and control judgement</i>	298
Regulation of emotions and Feelings	300
<i>Explanation of terms and effects</i>	300
<i>Exercises for improved control of (stress) emotions</i>	300
<i>Exercises for improving body feeling and movement awareness</i>	303
Thought regulation	304
<i>Explanation of terms and effects</i>	304
<i>Exercises for thought regulation</i>	305
Regulation through self-talk	308
<i>Explanation of terms and effects</i>	308
<i>Exercises to increase the ability to regulate self-talk</i>	308
Self-efficacy conviction and self-confidence	310
<i>Explanation of terms and effects</i>	310
<i>Exercises for increasing self-efficacy conviction and self-confidence</i>	310
Managing mental energy	314
<i>Explanation of terms, effects and general guidelines</i>	314
<i>Exercises for dealing with mental energy</i>	314
Time management	315
<i>Explanation of terms, effects and general guidelines</i>	315
<i>Methods and tricks for time management</i>	315
Recreation	317
<i>Explanation of terms, effects and stress analysis</i>	317
<i>General rules for recovery</i>	317
<i>Methods and exercises for recreati</i>	318
<i>Sleep management</i>	319

Mental performance diagnostics

321

Basics	321
Questions	321
<i>Goals and methodology</i>	321
<i>First general analysis</i>	322
<i>Special questionnaires</i>	323
Self-observation	324
<i>Mentally fit for and in competition</i>	325
The importance of mental fitness in competition	325
The Flow	325
<i>Definition</i>	325
<i>Characteristics of flow</i>	325
<i>Exercises for the flow feeling</i>	326
Mental preparation before and follow-up after competitions	327
<i>General goals and importance</i>	327
<i>Mental aspects for (competition-like) training</i>	327
<i>Exercises for mental, direct preparation for and direct follow-up after a competition</i>	328
<i>Mental (competition) training for the team</i>	330
Mental tricks for stable performance during competition	330
<i>Basics</i>	330
<i>Preparatory mental measures</i>	330
<i>Tips for the mental attitude</i>	331
<i>Tips for supportive, deliberate actions</i>	331
<i>Special mental tactics when performing the shot</i>	332
<i>Follow-up mental measures</i>	332
<i>Mental technique training</i>	333
Definition, effect and methodology	333
Preparatory work for mental technique training	334
<i>Creating a script</i>	334
Step 1: Dividing the shooting sequence into sub -elements	334
Step 2: Detailed, written description of the shooting sequence	335
Step 3: Working in the breathing (=rhythm)	338
Step 4: Determining important nodes	339
Step 5: Adding the sensation of movement	339
Step 6: Metaphors for forming the sense of movement	339
Step 7: Analysing and noting time	339
Step 8: Determining keywords	339
<i>Memorising the script</i>	339
<i>Checking the shooting sequence script</i>	339
Exercise series for learning the mental shooting sequence	339
Carrying out the mental technique training (when, where and how?)	339
<i>Mental training of the everyday self</i>	340
Differentiation between training, competition, and everyday self	340
Suggestions for mental training of the everyday self	340
<i>Thought- and emotion-regulating measures for the mental training of the everyday self</i>	340
<i>Action-oriented measures for the mental training of the everyday self</i>	341
<i>Mental crisis management (+ target panic)</i>	342
Personal, inner conflict management	342
Interpersonal conflict management	342
Target panic	343
<i>Symptoms</i>	343
<i>The cause of target panic</i>	344
<i>Avoiding target panic</i>	344
<i>Methodology / exercise suggestions for overcoming target panic</i>	345
A Exercises to eliminate target panic	346
B Exercise series to eliminate target panic	348
C Mental exercises to eliminate target panic	349
<i>Qualified support for mental training</i>	349
3.8 3D and field archery (including discipline-specific training)	350
<i>Basics</i>	350
Special features in 3D and field archery	351
What is 3D archery?	352
What is field archery?	353
<i>Shooting in uneven terrain</i>	354
General approaches	354
Pre-shot phase in uneven terrain	354
<i>Example of a pre-shot phase checklist</i>	354
Special posture in the field	356
<i>Uphill and downhill shooting</i>	357
<i>Shooting along a slope</i>	358
Other special features of shooting in the woods and meadows	359
<i>Horizontal interferences</i>	359
<i>Optical, acoustic, tactile, and mental distractions</i>	359
<i>Shooting over and into the water</i>	360

<i>Possible causes of side deviation when shooting in the field</i>	360
<i>Special safety and behaviour rules on a course</i>	361
3D and field training	362
General guidelines for the implementation	362
3D and field training on the outdoor or course warmup shooting range	362
3D and field training on a course (3D or field course)	364
3D and field training indoor	365
3D and field training at home	366
3D and field training in winter	366
Estimating distances	367
Intuitive, unconscious estimation of distances	367
Exercises or methods for conscious (and unconscious) distance estimating	367
<i>Exercises for learning how to estimate distances</i>	367
<i>Methods for distance estimating</i>	368
Difficulties when estimating distances	370
3D and field tournaments (including specific tactics)	371
Particularities	371
3D competitions	371
Field Competitions	372
Special tactics for 3D and field archery	372
<i>Special tactics for course training</i>	372
<i>Special course tactics concerning the equipment</i>	373
<i>Tactics for the 3D and/or field competition</i>	374
3.9 Training communities	376
3.10 Training camp	377
General principles	377
Advantages of training camps	377
Things to consider	377
Examples of specific training camps	378
Organisation of training camps	378
Tasks for the training camp organiser or leader	378
Conducting training camps	379
Tournament preparation weekend	380
Getting to know each other and team building	380
Goals, functioning and implementation	380
Examples of getting to know each other games	381
Examples of team building games	382
Examples of sociable games for the evening	383
3.11 Training break (holidays, business trips, injury breaks, etc.)	384
Training on holiday	385
Training on business trips	386
Training during an injury break	386
Training in case of illness	387
Training after a longer break	387
3.12 Training young archers	388
Basics	388
Children's needs in training	388
Equipment suitable for children	388
Suggestions for dealing with young archers (as coach or group leader)	389
Dealing with parents	391
Setting up a children's or youth training group	392
Sequence of a training session	392
Suggestions for general training guidelines in the children's and youth area	393
Special behaviour and tasks of a children's/youth coach	393
Content and methodology	394
Mental training and mental support for young archers	394
WA (FITA) Award System (Beginner's Manual)	395
3.13 Archery Games	396
Their role and application in archery training	396
Game instructions	397
Games on bosses with target faces or similar	397
<i>Games with WA-target faces</i>	397
<i>Games with special target faces</i>	402
Special game only for the outdoor or course warmup shooting range	410
Games for the 3D course	412
Archery games without archery equipment	414
Trick shooting	415
Super Mix Training Tournament	417
3.14 Training blind and severely visually impaired archers	418
General considerations	418
Equipment	418
Adjusting the equipment	420
Setting up the stance template	420
<i>Setting up the stance template for the first time</i>	420

<i>Setting up the stance templates before training or a competition</i>	420
Setting up the tripod sight	420
<i>Setting up the tripod sight for the first time</i>	420
<i>Setting up the tripod sight before each training session or competition</i>	420
Training	421
Technique	422
Tasks of the assistant	423
Competition	424
Contact points and sources of information	424
3.15 Archery for archers with physical impairments	425
4 Competition Knowledge	427
4.1 General Approach	428
4.2 The process of competitions	430
4.3 Competition Preparation	432
<i>General goals and implementation of competition preparation</i>	432
<i>Building up, long-term competition preparation with a to-do list</i>	432
<i>Perfecting, medium-term competition preparation with to-do list</i>	433
<i>Stabilising, short-term competition preparation with to-do list</i>	434
<i>Implementing, acute competition preparation with to-do lists and warmup shooting</i>	436
<i>Direct equipment preparation</i>	437
3D-competition	437
Field competition	438
Outdoor competition	438
Indoor competition	438
<i>Competition preparation at the peg</i>	439
<i>Preparing for competitions in the „Five Minutes Warning“ phase at outdoor and indoor events</i>	439
4.4 Competition Follow-up	440
<i>Rough goals of the competition follow-up</i>	440
<i>Cooldown shooting</i>	440
<i>Processing emotions</i>	440
<i>Refilling energy stores</i>	440
<i>Recovering/ Recreation</i>	440
<i>Checking equipment</i>	440
<i>Analysing and evaluating a competition</i>	441
Goal and execution of a competition analysis	441
Competition diary	441
Minimal version of an analysis	441
Examples of analysis criteria	442
<i>Adjustment of the training planning or the next competition day</i>	443
4.5 Competition Training	444
<i>Goal and implementation of competition training</i>	444
<i>Competition-like training</i>	444
<i>Frequency of competition-like training</i>	445
<i>Training of the different end/shot series and competition circumferences</i>	446
General considerations	446
Exercises with different numbers of arrows per end	446
Mental multiple arrow end training	446
Training with a dice opponent	446
Training of different competition scopes	447
<i>Shoot-off-training</i>	448
<i>Exercises for elimination and final round shooting</i>	448
<i>Team shooting training</i>	449
<i>Training of unfamiliar or difficult conditions</i>	450
Goal and general implementation guidelines	450
Training in extreme weather conditions	450
Training of various sensory influences and disturbances	451
Other disturbances or difficulties during training	452
<i>Methodology</i>	452
<i>Physical difficulties in competition training</i>	452
<i>Mental difficulties during competition training</i>	452
<i>Environment-related difficulties in competition training</i>	453
Wind training	454
<i>Basics and implementation</i>	454
<i>Aiming off and other regulatory aiming methods for wind</i>	455
<i>Exercise examples for wind training</i>	455
<i>Aiming-off training in calm conditions</i>	457
Setting-down-training	458
<i>Basics and goals</i>	458
<i>Exercises for setting down</i>	458
Training stamina	458
<i>Basics</i>	458
<i>Exercises for stamina</i>	459

4.6 Tactic	460
Explanation of terms	460
Tactics in training	460
Tactics for timing the training	460
Tactics in the training content	461
Tactics for performance control	461
Tactics for physical condition/fitness, and coordinative aspects	461
Tactics for mental aspects of training	462
Tactics for competition training	463
Tactics for support and assistance	463
Tactics for time saving tips in training	463
<i>Combination of activities</i>	463
<i>Time-saving training content</i>	463
<i>Technique training at home</i>	464
Tactics for equipment in training	464
<i>General tips regarding equipment in training</i>	464
<i>Tactics for the bow</i>	465
<i>Tactics for the arrows</i>	465
<i>Tactics for the remaining equipment</i>	465
Tactics for the competition	466
General tactics for competitions	466
Competition tactics for the equipment	467
Competition tactics for clothing	467
Competition tactics in different weather conditions	468
<i>Special tactics in the rain</i>	468
<i>Special tactics in snow and cold</i>	468
<i>Special tactics for heat and sun exposure</i>	469
<i>Special tactics in windy conditions</i>	469
<i>Special tactics in twilight and fog</i>	469
Competition tactics for shooting in uneven terrain	469
Special, time-related tactics for competitions	470
Special tactics for the time before a competition	470
<i>Months before a competition</i>	470
<i>Weeks before the competition</i>	470
<i>Days before the competition</i>	471
<i>Travelling to the competition</i>	471
<i>Evening before the competition</i>	472
<i>Hours before the competition</i>	472
Special tactics for the time during the competition	472
<i>Competition tactics concerning the technique</i>	472
<i>Competition tactics concerning physical condition</i>	472
<i>Competition tactics concerning the mental state</i>	473
<i>Competition tactics concerning behaviour</i>	473
Special tactics for the time after the competition	473
Mental Tactics	473
4.7 Competition Coaching	474
Basics	474
Tips for pre-competition coaching	474
Tips for long-term preparation for competition coaching	474
Tips for preparing for acute competition support	475
Tips for support during the competition	476
Tips for post-competition coaching	477
4.8 Nutrition in archery	478
Basics of nutrition	478
General goals, mode of action and significance in archery	478
Overview of nutritional ingredients	478
Summary tips for general nutrition	480
Nutrition and weight	481
Energy balancing	481
Optimal weight of the athlete	481
Weight reduction	481
Nutrition around the competition	482
Basics of competition nutrition	482
Eating before and during the competition	482
Fluid intake during the competition	483
Examples of nutrition before and during competition	483
Nutrition after a competition / training	484
Influence of alcohol	484
4.9 Doping	485
Definition	485
Self-responsibility	485
Prohibited substances and methods	485
Important sources of doping information	485
5 EQUIPMENT	487
5.1 The role of equipment	488

5.2 Which equipment for whom?	489
<i>Deciding criteria</i>	489
<i>A beginner's equipment</i>	489
<i>The hobby archer's equipment</i>	490
<i>The equipment of competition and performance archers</i>	490
5.3 Acquisition	491
<i>Sources and evaluation approaches</i>	491
<i>Questions to ask before and during a purchase</i>	491
Questions before acquiring a bow	491
Questions when trying out a bow	491
5.4 Overview and Setup of archery equipment	492
<i>General approaches</i>	492
<i>Overview of bow types</i>	492
Bow – definition	492
Traditional bows	493
Modern bows	493
Types of sports bows	494
Comparison of modern longbow (American flatbow), Olympic recurve, and compound bow	494
<i>Overview and setup of the bow accessories</i>	495
Setup order	495
Riser with grip and bow limbs	495
<i>Description</i>	495
<i>Setup of the riser with handle and bow limbs</i>	496
The bowstring	497
<i>Description</i>	497
<i>Setup of the bowstring</i>	497
The centre and loop serving	498
<i>Description</i>	498
<i>Setting up the centre and loop serving</i>	498
The nock marker/ nock locator	498
<i>Description</i>	498
<i>Setting up the nock marker</i>	498
String silencer	499
<i>Description</i>	499
<i>Setting up a string silencer</i>	499
The arrow rest	499
<i>Description</i>	499
<i>Setting up an arrow rest</i>	499
The arrow plate, the button	500
<i>Description</i>	500
<i>Setting up the arrow plate or button</i>	500
The clicker	500
<i>Description</i>	500
<i>Setting up the clicker</i>	500
The sight	501
<i>Description</i>	501
<i>Setting up the sight</i>	501
Stabilisation	502
<i>Description</i>	502
<i>Setting up the stabilisation</i>	502
The vibration damper	502
<i>Description</i>	502
<i>Setting up the vibration damper</i>	502
<i>Arrows and arrow accessories</i>	502
General description of an arrow	502
The Archer's Paradox	503
<i>Why "Paradox"?</i>	503
<i>How can the paradox be explained?</i>	503
The shaft	504
<i>Description</i>	504
<i>Setup of the shaft</i>	504
Tip/ arrow head	505
<i>Description</i>	505
<i>Setup of the tip</i>	505
The fletching	505
<i>Description</i>	505
<i>Setup of the fletching</i>	505
The nock	506
<i>Description</i>	506
<i>Setup of the nock</i>	506
Painting, cresting, and marking	506
<i>Description</i>	506
<i>Setup of the painting/crestings/markings</i>	506
The FOC (Front of Centre)	506
<i>Description</i>	506
<i>Setup of the FOC</i>	506
The node points	506
<i>Description</i>	506

<i>Setup of the node points</i>	506
Overview and setup of further archery equipment	507
General approaches	507
Finger protection	507
<i>Description</i>	507
<i>Setup of the finger protection</i>	508
The chest guard	508
<i>Description</i>	508
<i>Setup of the chest guard</i>	508
The armguard	508
<i>Description</i>	508
<i>Setup of the armguard</i>	508
The accessory bag	508
<i>Description</i>	508
<i>Setup of the accessory bag</i>	508
The quiver	509
<i>Description</i>	509
<i>Setup of the quiver</i>	509
The finger sling / bow sling	509
<i>Description</i>	509
<i>Setup of the finger sling</i>	509
The bow stringer	510
<i>Description</i>	510
<i>Setup of the bow stringer</i>	510
The arrow puller	510
<i>Description</i>	510
<i>Setup of the arrow puller</i>	510
The binoculars and spotting scope	510
<i>Description</i>	510
<i>Setup of the binocular and spotting scope</i>	510
The bow square, knife, multitool	510
<i>Description</i>	510
<i>Setup of the bow square, knife, and multitool</i>	510
The bow tip protector	511
<i>Description</i>	511
<i>Setup of the bow tip protector</i>	511
The string holder	511
<i>Description</i>	511
<i>Setup of the string holder</i>	511
The cleaning cloth	511
<i>Description</i>	511
<i>Setup of the cleaning cloth</i>	511
The arrow (seeking) hook	511
<i>Description</i>	511
<i>Setup of the arrow hook</i>	511
The fitness band	511
<i>Description</i>	511
<i>Setup of the fitness band</i>	511
The hat	512
<i>Description</i>	512
<i>Setup of the hat</i>	512
The clothing	512
<i>Description</i>	512
<i>Setup of the clothing</i>	512
The bow stand	512
<i>Description</i>	512
<i>Setup of the bow stand</i>	512
Bow case, bow backpack, bow sleeve	512
<i>Description</i>	512
<i>Setup of the bow case, bow backpack, and bow sleeve</i>	512
The boss	513
<i>Description</i>	513
<i>Setup of the boss</i>	513
The target stand	513
<i>Description</i>	513
<i>Setup of the target stand</i>	513
The target face pins	513
<i>Description</i>	513
<i>Setup of the target face pins</i>	513
The target face	513
<i>Description</i>	513
<i>Setup of the target face</i>	513
The backstop net	513
<i>Description</i>	513
<i>Setup of the backstop net</i>	513
5.5 Rough and fine tuning	514
Definition	514
Tuning Assessment Methods	515
Application criteria	515

Observing the arrow	515
<i>Direct observation</i>	515
<i>Highspeed recordings</i>	515
<i>Example of an arrow- and nocking observation with assessment</i>	515
Hit pattern analysis	515
<i>Angle of incidence test</i>	516
<i>Hit pattern analysis at medium distance</i>	517
<i>Bare shaft test</i>	517
<i>Distance increase test</i>	517
<i>Arrow grouping test at various distances</i>	518
<i>Line shooting test</i>	518
Soundcheck	518
Paper test	519
More tips and methods for fine tuning	519
Arrow tuning	520
Basic procedure	520
Example of an arrow tuning sequence	520
Shooting out arrows	520
What changes if I change something in the equipment?	520
Changes to the bow	521
Changes to the bowstring	521
Changes to the arrow	521
Changes to other equipment	521
Changes to the archer and their shooting sequence	521
5.6 Equipment maintenance	522
<i>Suggestions for equipment maintenance and care</i>	522
<i>Checking the equipment before training</i>	523
<i>Small repairs</i>	523
5.7 DIY equipment	524
<i>Basic thoughts</i>	524
<i>Instructions</i>	524
General approach	524
Training bow	524
Bowstring	525
<i>Flemish splice/ twist</i>	525
<i>Endless string</i>	526
Bowstring loop serving	526
Centre Serving	526
Making nock markers	527
String silencer	527
String holder	527
Bow tip protector	527
Bow stand	528
Bow bag, sleeve or sock for a one-piece bow	528
Bow stringer	528
Bracing gauge	528
Wooden arrow	529
Aluminium/carb on arrow	529
Quill winding (natural feathers)	530
Finger protection	530
Blunt tip	531
Armguard	531
Finger sling	531
Side quiver	532
Ground quiver	532
Arrow seeking hook	532
Accessories bag	532
Target stand	533
Boss	533
Target face pins	533
6 APPENDIX	535
6.1 History of Archery	536
<i>The Beginnings</i>	536
<i>Examples of types of competition from different cultures</i>	536
<i>Key dates in the history of archery</i>	538
6.2 Additions to the chapters	542
<i>Example of a safety test</i>	542
<i>Example of a taster lesson info sheet</i>	544
<i>Suggestions for a beginner course</i>	544
<i>Example of an equipment data sheet for archers</i>	545
<i>Examples of a lesson script</i>	546
<i>Example case of a visualization conversation</i>	548
6.3 Technical terms/glossary	551
6.4 Specialist literature	558

<i>Examples of general archery literature in English</i>	558
<i>Literature on historical, ethological archery and bow manufacture in English</i>	559
<i>Examples of Archery journals (not including Bowhunting magazines)</i>	559
6.5 About the author	560
<i>Private life</i>	560
<i>My life as an archer</i>	560
Archery beginnings	560
Selected sporting successes (only archery)	561
My archery tournament equipment	561
Training workload during my active time	561
<i>My life as a coach and coach educator</i>	562
My own Sports or trainer relevant education	562
My Further education	562
Trainer activity (of archers/coaches/coach trainers)	563
<i>Training of archers</i>	563
<i>Training of coaches</i>	563
<i>Training of coach educators</i>	563
<i>3D national coaching activities (as Austrian head coach) or Austrian team support</i>	563
Other	563