

- 3D
- JIG
- TIP
- PIN
- RED
- HIT
- TAB
- FOC
- CAM
- END
- PEG
- GRIP
- REST
- LOAD
- RISE
- SPOT
- FACE
- GOLD
- NOCK
- SPINE
- SLING
- RISER
- FIELD
- PIVOT
- GLOVE
- SETUP
- SHAFT
- VANES
- TILLER
- SCOPE
- SHOOT
- COACH
- QUIVER
- STRING
- KISSER
- ARROW
- TUNING
- FLUFLU
- INDOOR
- TARGET
- BUTTON
- ANCHOR
- ARCHER
- CLICKER
- RELEASE
- TRIGGER
- WINDOW
- FEATHER
- ARCHERY
- ADDRESS
- SERVING
- LEANOUT
- DRAWING
- OUTDOOR
- BAREBOW
- LOGBOW
- STABILIZER
- EXTENDING
- PEEPSIGHT
- ARMGUARD
- ALIGNMENT
- TECHNIQUE
- COMPOUND
- TRAJECTORY
- TOXOPHILITE
- POINT OF AIM
- BACKTENSION
- FOLLOWTHROUGH
- OLYMPIC RECURVE
- WA
- FITA

WORD HUNTING

Equipment: 1 word hunting sheet and 1 writing pen for each archer. Game idea: Finding all the hidden archery expressions as quickly as possible. Number of archers: Single player. Rules: On the left side is the list of archery expressions that are hidden. They can be vertical, horizontal, diagonal and upside down in the puzzle. If a word is found, it is marked (circled). The winner is the first to find all the expressions. ATTENTION: The game can take up to 30 minutes. Challenge and focus: Concentration, tactics, dealing with archery expressions. Variation: Give a time limit. The winner is the one who has found the most words in the given time.

X O L Y M P I C R E C U R V E T
M U T R R J P R O H C N A G A N
I T P E G O I H E O D N Q R R E
A D S H O O T G A L E K G I C M
F O C C O R G C T S E E I P H N
O O S R O U H R E S T A E M E G
T R P A H P I N S J X C S Y R I
N N O I S N E T K C A B V E N L
I O T R F Y S H A F T R U S D A
O C E T I L I H P O X O T 3 B Q
P K U V E S R E Z I L I B A T S
D W A H L C E G N I N U T R X B
N D E G D K H R B C M A D M E A
U L F U L F O N T T R I G G E R
O O E O A O C I I H S E T U P E
P G A R S X V L L Q T X J A E B
M S D H U B Y E L U U T E R E O
O C S T O V I P E I O E N D P W
C L S W F I T A R V N N I R S O
Y I E O I K G I W E A D P A I B
S C R L V N M N U R E I S W G G
T K D L O A D D I R L N P I H N
R E D O C Z Q O A L T G W N T O
I R A F A R R O W T S E O G X L
N F E A T H E R E S S I K Y P Z
G B U T T O N Y G N I V R E S M

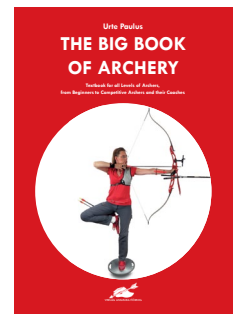


FIGURE HUNTING

Equipment: One figure hunting sheet for each player, stopwatch.

Game idea: Finding the numbers as quickly as possible.

Number of archers: Single archers, number doesn't matter.

Rules: The numbers are searched for in order from 1-100 as quickly as possible. Once they have been found, they are tapped with the finger. The time taken to find the 100 digits is stopped and compared.

Challenge and focus: Concentration and activation.

Variation: backwards search from 100-1.

35	65	87	41	26	68	84	22	9	49
18	52	79	12	91	3	61	78	17	74
59	94	32	46	95	56	39	15	88	66
13	48	86	4	67	31	77	98	2	45
34	73	20	63	99	96	27	71	8	55
80	30	89	37	93	53	97	43	82	23
7	14	57	83	10	28	50	90	19	62
36	72	42	1	75	47	92	38	85	40
51	60	6	24	58	69	5	64	100	76
16	81	29	54	21	44	70	11	33	25

THE BIG BOOK OF ARCHERY by Urte Paulus

Part 3 Training Theory / Chapter 3.7 Mental Training: Concentration exercise

MISSING

The cards are printed and cut out. Before the game they are shuffled and placed in a pile with the illustrated side down.

The aim of the exercise is to name the missing item as quickly as possible after turning over the top card.

Variation 1: As a performance check, the time until all the cards have been turned over can be noted down.

Variation 2: The exercise can also be done as a competition between 2-4 archers.

