



Archer:

Date:

Stretch and warm up with 2-3 ends of shooting.
Now shoot and score 18 arrows at 18 meters on a 40/60cm target (adult/youth).

End	1	2	3	4	5	6	TTL
1							
2							
3							

TTL:

Now take a moment and think about what you want to work on in your form. Consult with a coach. Describe what you're working on below along with any other factors affecting your shooting today.

Practice the techniques identified above for 5-6 ends and then score another 3 ends of arrows at a 40/60cm target (adult/youth)

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