

COUNTY COACHING

TIPS

MAINTAINING A STRAIGHT POSTURE

A straight posture is crucial and elemental to good shooting. The reason is that it is almost impossible for your scapula to move properly if the spine is out of true when drawing the bow. The result is you end up using biceps to draw the bow instead of the Trapezoid muscle (the Big Engine). The consequence is that your arm will hurt after shooting a few dozen (if not before) and your groups will be inconsistent.

- If you start by standing straight then drawing the bow the chances are you end up leaning back at full draw which means the spine will not be in a straight line.
- One method of keeping the spine straight is to lean forward slightly from the waist, by pulling the front hip in. This should bring your body into a straight line at full draw.
- The bow arm and shoulder must remain relaxed up to and including the loose. A tense bow arm or shoulder will also affect the proper movement of the scapula.
- In your mind's eye picture only the elbow pulling the bow. Start aiming from the beginning of the draw then keep moving after the reference point. Try not to loose from a static point and it is impossible for the muscles to restart as smoothly as continuous movement provides.
- Full use of the Big Engine and a relaxed bow arm should result in a spontaneous follow through. The elbow should move back and around with wrist straight (not cocked upwards) and fingers relaxed. This must be an involuntary movement.
- Ask a colleague to look at you, front and back, to check if you appear to be standing straight from head to waist and your spine is in alignment. Ideally, he/she should touch your back gently as you come up to full draw and loose, in order to feel the extent to which the scapula have been working.
- The best method of practising posture and scapula movement is blank target boss training.