

COUNTY COACHING

TIPS

PRACTICING DISASTER

At some stage you will experience a technical problem on the line during competition and the consequences could be wide ranging. Having a coping procedure in your head is one way of minimising the problem.

- The underlying mental approach towards disaster is to practice it
- Compile a list of the most common disasters that can happen to an archer.
- Practice a coping procedure to deal with different problems.
- Coping is knowing what to do, because you've practiced it, then do it and carry on smoothly, putting the disaster to the back of your mind.
- Only by practising and coping with disasters will your mind get used to handling each situation.
- Many problems in shooting can be solved by being able to cope – e.g.

PROBLEM	CAUSE	REMEDY	COPING METHOD
Missed target at 50yds	Not changing sight after a break	<u>NOW</u> Change the sight <u>NEXT TIME</u> Check, check, check	Change sight, carry on shooting and ignore the error. Be aware next time
Dip in 2 nd dozen	Insufficient warm-up, practice & preparation	<u>NOW</u> Relax and shoot on <u>NEXT TIME</u> Remember <i>this time</i> and warm up properly	Relaxation, exercise, breathing, mental control. Shoot each arrow for itself. Warm up by using a range of exercises.
String Break	Chance	Change string	Keep a spare 'shot in' string and practice changing it over.

- Use this method to create a coping procedure for other possible disasters, or ones you may have experienced.