

COUNTY COACHING

TIPS

FINISHING THE SHOT

(or 'The Follow Through')

When does the shot end? Certainly not when the clicker goes off, nor when you loose the arrow. Try to visualise the point at which the arrow reaches the target. After release continue looking at the target, keeping head and body still and try to keep the sight ring on the target centre even if only for a split second. This is extending the shot to the target and will help to place less value on the clicker or the loose.

- **The Clicker** – This was designed as a draw length mechanism to ensure that the archer drew up to the same length every time. For many archers the clicker has evolved into a timing device. The sound that now triggers the arrow's release has become the 'critical point' and the end of the shot.
But, if the shot is extended past the clicker, then its critical point diminishes and the shot turns into a smooth sequence of events with no relative beginning or ending.
- **Dropping The Bow Arm** – Many archers tend to drop their arm after release. Whether the bow's mass weight is too heavy, or they just don't hold it up, the bow drops like a stone.
Obviously, a dropped bow arm leads to low arrows and is a valid reason to work on a good follow through.
- **Peeking** – The archer's haste to see where the arrow goes is one of the most common causes of left/right arrows. Instead of keeping the head straight the archer will look away from the string to see what is happening. A good follow through is the cure for this fault.
- **Explosive Release** – The archer creating a wild artificial follow through that affects the release as well as the bow arm. This excludes a smooth transition from aiming to the end of the shot and means the Trapezoid is not being used properly.
- **Aiming Exercise (Clickers)** – This helps in aiming after the shot. Use any distance, preferably 15-20 yards at the outset with the appropriate target face. Go through your normal routine, but when the clicker is activated do not release the arrow. Check to see if the sight is still in the centre of the target. If it's moved that means there's movement exactly at the point of release. For non-clicker archers this exercise can also be used with the Formaster type training aid.