

# COUNTY COACHING

## TIPS

### **BLANK TARGET BOSS TRAINING**

This is a method you can use to practice Shooting Form. The absence of a target means you can concentrate on what you and your body are doing rather than what's at the other end. Creating the ability to **feel** each shot is one of the most important skills you can achieve. The sole purpose of the blank boss is to provide somewhere safe for your arrows to land.

- Use this method to learn how to **feel** the shot, tune your technique, become used to that consistent **feel** and practice Form.
- The blank boss should be no more than 10-15 feet distant.
- Address the boss in the normal way, but after confirming your aim **close your eyes** just before the loose. This should help you to **feel** the shot and understand the technique more clearly.
- For blank boss practice to have any effect on your consistency you should shoot at least 50 arrows in each session. **FOCUS ON FORM WITH EACH SHOT.**
- Many top archers, especially the Koreans, use blank boss training to keep their Form tuned.
- This technique is not new, but is rarely used by club archers. Club archers are usually keener on shooting rounds than using a practice discipline designed to improve Form.
- If the Form is correct and the shot execution is consistent, the results will follow.