



An initiative brought to you by 

# learn to shoot in 6 lessons

If you have never tried archery before or would like to get back into it, Intro Archery is for you. It is an easy and fun way for beginners to get a complete introduction to the sport, in six fun lessons.

**On an Intro Archery course you'll be taught how to shoot and score so that by the end, you will be confident:**

- selecting your own equipment
- shooting using barebow and freestyle technique
- playing mini matches, games and scoring
- applying the safety rules

Having mastered the basics, you can then start putting these skills into practice, ready to go to the next step in archery!

All you need to do is wear comfortable clothing and bring a drink. All of the equipment will be provided for you.

## WHAT'S INCLUDED

Here is an example outline of an Intro Archery course, although this may vary slightly between courses.

### Week One: Hitting the Target

From the very first session the coach will take the group through the basic technique to get archers shooting their first arrows. You will start to understand the different phases that make up a single shot and try out scoring.

### Week Two: Refining your Shot

You will be introduced to freestyle shooting, given time to refine your skills for an individual phase of shooting and develop your scoring as part of a team.

### Week Three: Getting the Gold

You'll learn how to select your own equipment and practice. Have the chance to win your first World award.



For more information visit:

[www.archerygb.org/introarchery](http://www.archerygb.org/introarchery)  
[#introarchery](https://twitter.com/introarchery)

## Week Four: Practise Makes Perfect

You will become more comfortable maintaining good basic form, developing your draw technique and shooting lots of arrows.

## Week Five: Taking Aim

You'll practice how to aim and release the arrow, and continue to get the feel for achieving good form.

## Week Six: Putting it all Together

At this stage, you will have a good understanding of the key points to achieve basic form and show confidence selecting and handling the equipment safely, and understand the rules.

# CONTACT US

Archery GB is the governing body for archery in Great Britain & Northern Ireland. Please get in touch with us if you have any questions or want to find out more.

### Website

[www.archerygb.org/introarchery](http://www.archerygb.org/introarchery)

### Twitter

@archerygb  
#introarchery

### Facebook

[Facebook.com/archerygb](https://www.facebook.com/archerygb)

### Phone

01952 677 888

### Email

[enquiries@archerygb.org](mailto:enquiries@archerygb.org)



[www.archerygb.org](http://www.archerygb.org)

#introarchery



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