

## Day 7

Check in/attendance

Stretch out with partner or by self

Choose equipment-bow, quiver, and arrows, arm guard finger tab

Students who are early can shoot warm up rounds-assign one student as range director

1. Assign partners to targets - introduce themselves
2. Warm up 2 rounds to check equipment
3. Speed shooting for practice - start with 20 seconds per arrow for 5 arrows and decrease each end down to 12 seconds per arrow.
4. 2 minutes to score and retrieve
5. Continue to shoot attempting 8 rounds in the class
6. Preview next class - singles tournament
7. Return equipment