

Day 12 - Distance Shooting Tournament

Check in/attendance

Stretch out with partner or by self

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

1. Warm up 2 rounds from 18 meters
2. Compete 1 round 18 meters
3. Retrieve only those arrows that stick in target
4. Move back to next line (at least 5 yards)
5. Compete
6. (Highest scoring arrow for round-that archer can add a fallen arrow back to quiver: up to original six)
7. Keep moving back as far as space allows
8. At furthest line, archers with arrows remaining shoot and highest score wins.
9. Begin again.

End of session - overview of skills and techniques; how to continue in Archery.