

V.I. Archery Coaching

Quick-Reference Guide for Coaches

1. Getting Started

- Provide **one-on-one instruction** for beginners.
 - Ask if the archer has **shot a bow before**.
 - **If yes:** Explain how this setup may be different; let them feel the equipment.
 - **If no:** Describe and allow hands-on exploration of:
 - Bow and arrows
 - Arrow rest
 - Arm guard and finger tab or release
 - Explain and allow hands-on exploration of **adaptive sighting equipment**.
 - Teach **standard safety rules** the same as for sighted archers.
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2. Teaching Technique

- Start shooting at **close range**.
 - Use **only the foot-locator** at first to establish proper form.
 - Adjust the foot-locator as needed to:
 - Maintain good alignment
 - Avoid compromising form
 - Once form is consistent:
 - Increase distance
 - Introduce the **tactile sight**
 - Encourage use of the tactile sight:
 - Some archers may resist if they can still see the target.
 - Require continued use of the foot-locator.
 - If an archer can clearly see the target at 20 yards, reassess whether they belong in the visually impaired category.
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3. Retrieving Arrows

- Walk with the archer to the target.
 - They may:
 - Hold your elbow
 - Place a hand on your shoulder
 - Follow independently using mobility cane
- For safety:
 - Guide them to the **side of the target**
 - Have them reach inward toward the center
- At the target:
 - Orient them to the **target size**
 - Let them feel or see arrow placement

4. Key Things to Remember

- Archers can shoot on a **pivot** due to the tactile sight:
 - Weight too far forward on toes → arrows fly left
 - Weight too far back on heels → arrows fly right
- A **closed or square stance** usually works best.
- Beginners may not notice if an arrow falls off the rest.
- Use **proper arrow length**:
 - Prevent over-drawing
 - Avoid arrows sliding behind the rest and causing injury

5. Equipment Setup Training

- Teach the archer how to:
 - Understand their equipment
 - Set it up independently
- After setup:
 - Coach/assistant positions and adjusts:
 - Foot-locator
 - Tactile sight

6. Building Independence

- Allow more independent practice once the archer:
 - Consistently hits the target butt
 - Demonstrates safe behavior
- Independence system:
 - Rope from tripod to side of target butt
 - Tie knots:
 - A few feet from the tripod
 - A few feet from the target
- Purpose of knots:
 - Slow the archer
 - Prevent collisions with arrows or equipment
- The archer:
 - Trails the rope to find the target
 - Locates and pulls arrows
 - Trails the rope back to the shooting line