



ARROWS ARCHERY CLUB



SESSION STRUCTURE

WARM UP

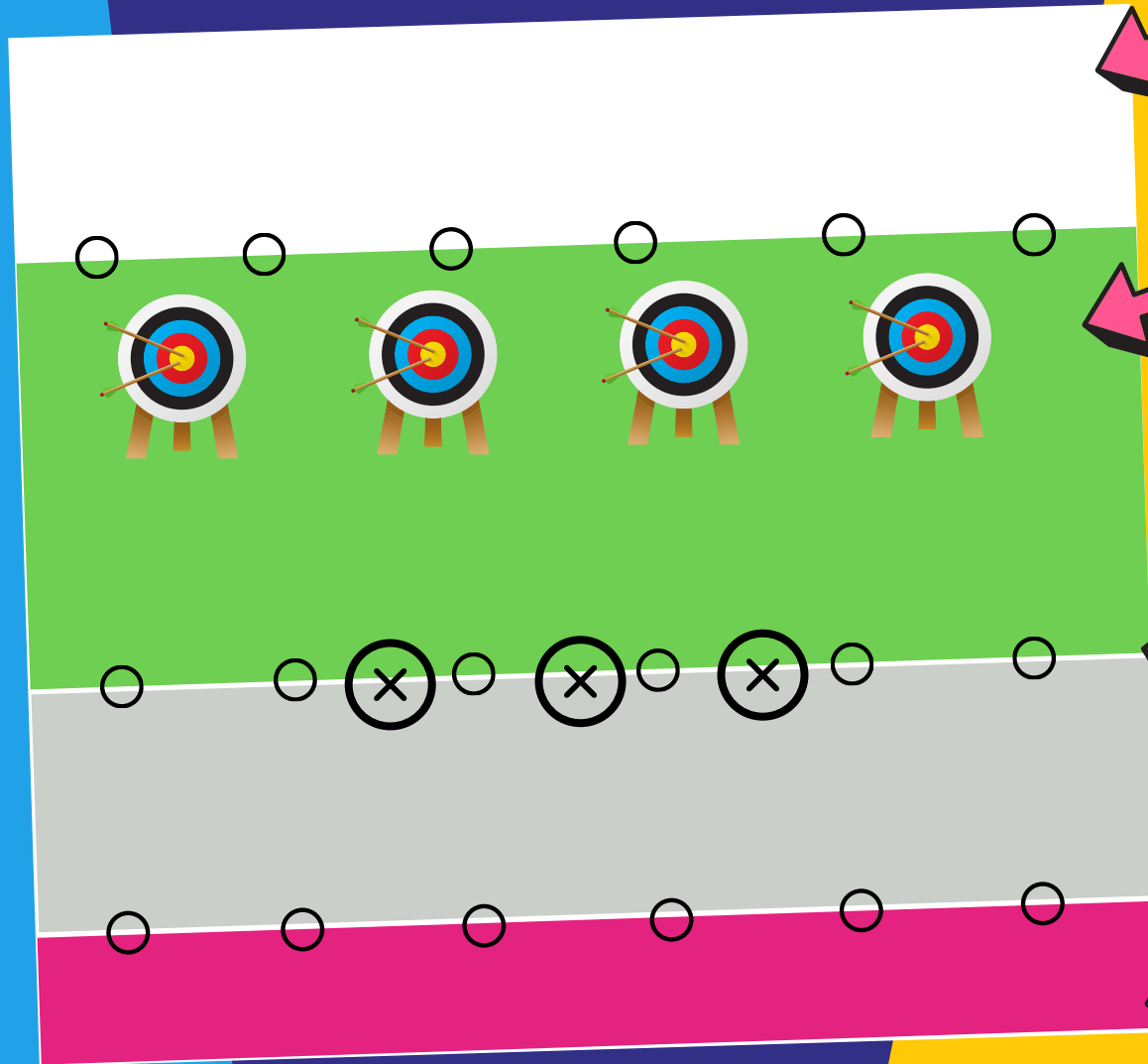
Every session begins with a fun warm up. Select your warm up game from **ENERGY CLUB CARDS**.

RAPID RANGE

Next use your Rapid Range Set Up for Archery Range Practice. This is structured range work, with players taking it in turns to fire and practice their technique.

MAIN ACTIVITY GAME

The main activity will be fun, allow players to practice and offer an element of competition.



OUT-OF-BOUNDS LINE

TARGET LINE

SHOOTING LINE

WAITING LINE

RAPID RANGE



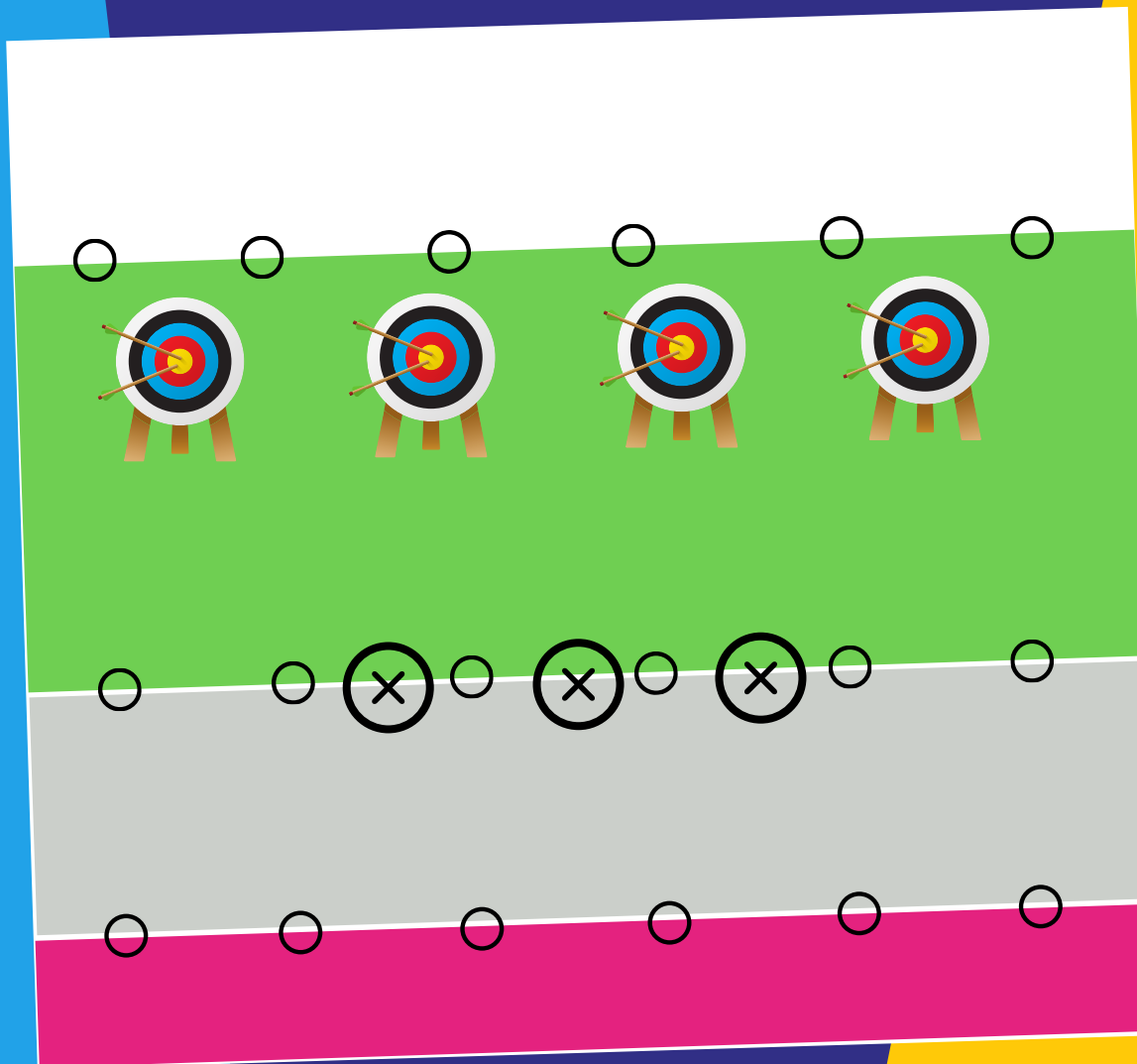


SAFETY



DO

- Show the waiting line and the shooting line.
- Explain where to stand.
- Set commands for shooting.
- Always wait behind the safety line when its not your turn.
- Only load and shoot from the shooting line.
- Only direct a loaded bow towards the target.
- Leave your bows on the shooting line.
- Collect arrows on the coaches call.
- Stay behind the waiting line until commands are given.
- Walk to the target as a group to collect arrows.



DON'T

- Direct the bow towards anyone or anything other than the target.
- Release the string without an arrow.
- Shoot directly upwards.
- Run onto the Rapid range when arrows are being fired.

RAPID RANGE





ARROWS ARCHERY



TOP TIPS

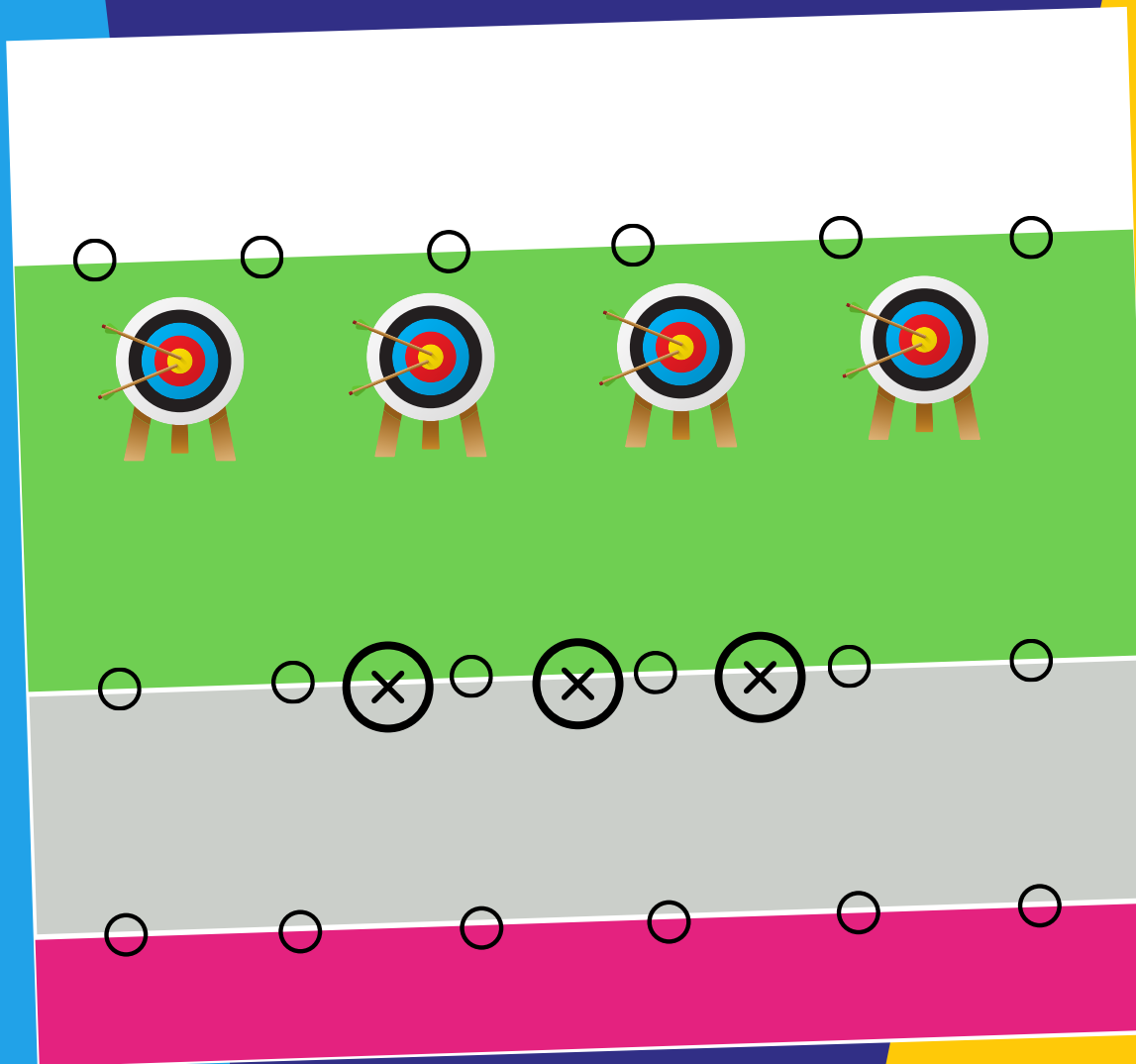
STANCE

LOAD

DRAW

AIM

RELEASE



**F
U
N**

SHARP SHOOTERS





AROUND THE WORLD

Week One



GAME STRUCTURE

TEAMS

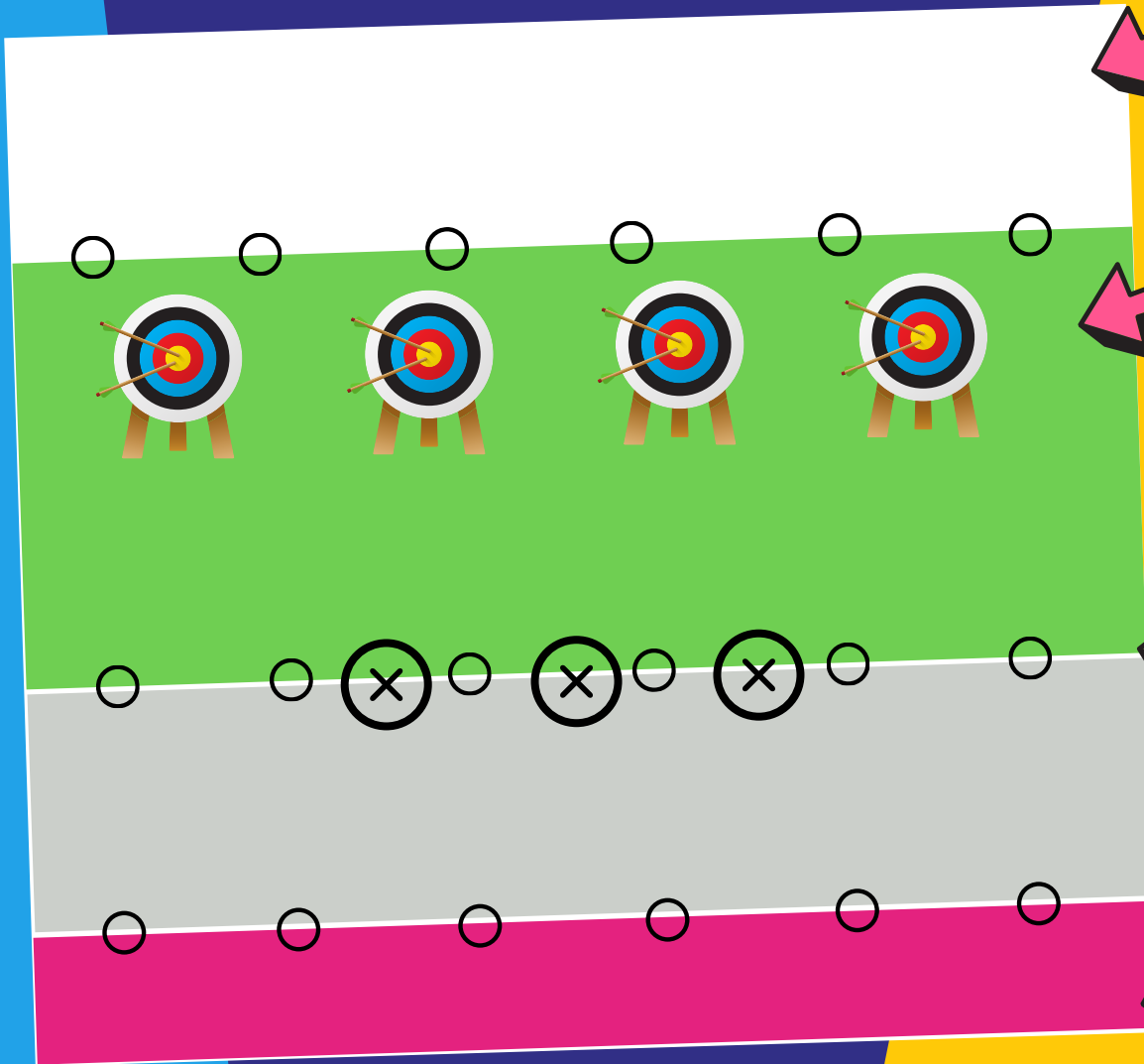
Split the group into teams. Players from each team take it in turns to fire an arrow towards their designated target. (All teams go at the same time).

OBJECTIVE

The teams compete to be the first team to hit all colours on the board. White, Black, Blue, Red, Yellow.

COLLECTION

When one team runs out of arrows, pause the game and let all teams collect as many arrows as possible. Continue until one team wins!



OUT-OF-BOUNDS LINE

TARGET LINE

SHOOTING LINE

WAITING LINE

SESSION 1





ELIMINATOR

Week Two



GAME STRUCTURE

TEAMS

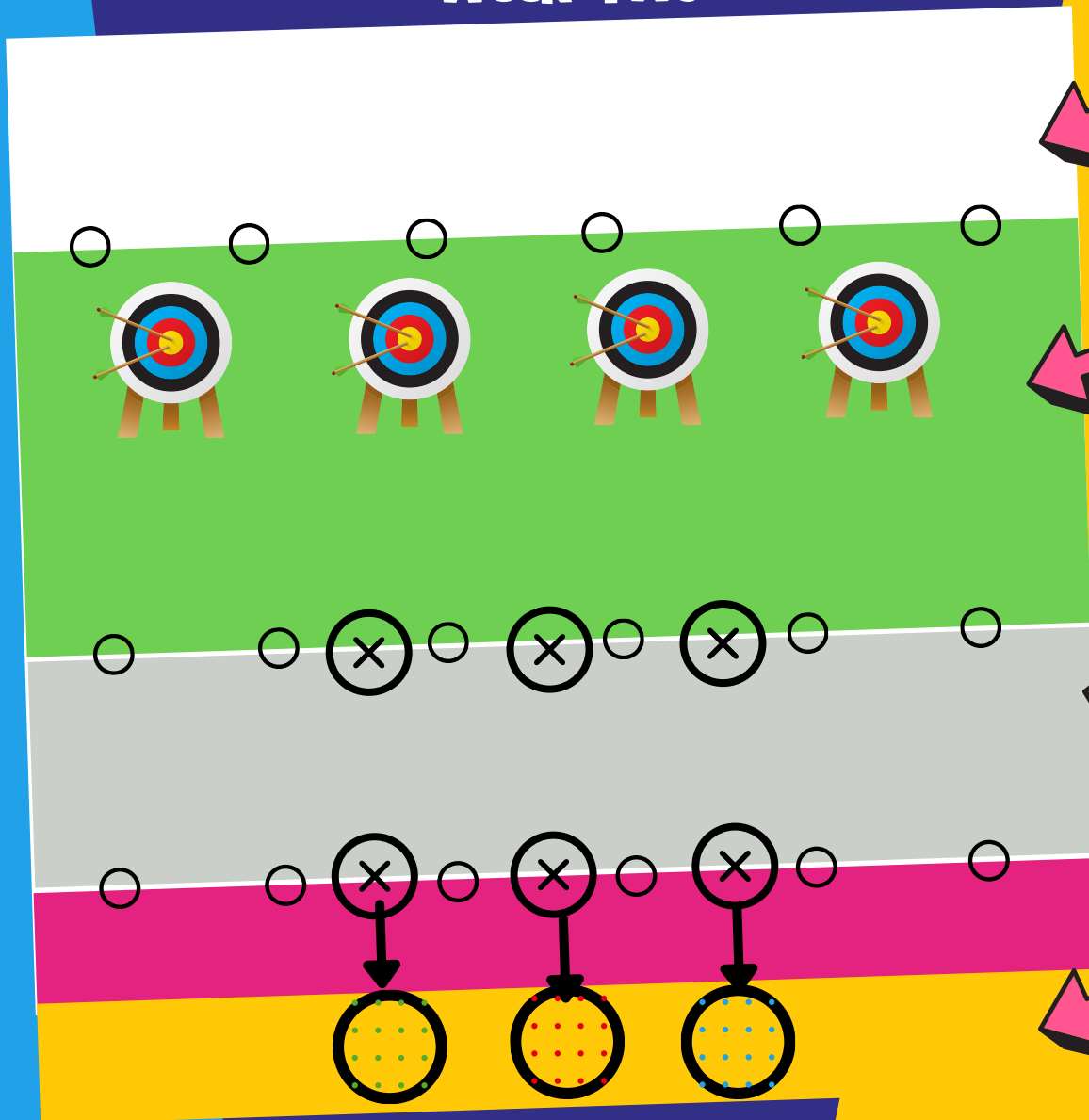
Split the group into teams. Players from each team take it in turns to fire an arrow towards their designated target. (All teams go at the same time). The coach can decide how many arrows each player fires each turn.

OBJECTIVE

Mark Numbers on each colour on the board. E.G Yellow 5, White 1.

COLLECTION

When a player hits a number, their team mate on the waiting line can empty that amount of items from the teams hoop. The first team to empty their hoop wins.



OUT-OF-BOUNDS LINE

TARGET LINE

SHOOTING LINE

Each team Fills their Hoop with a number of items such as cones or bibs.

SESSION 2





NOUGHTS & CROSSES

Week Three



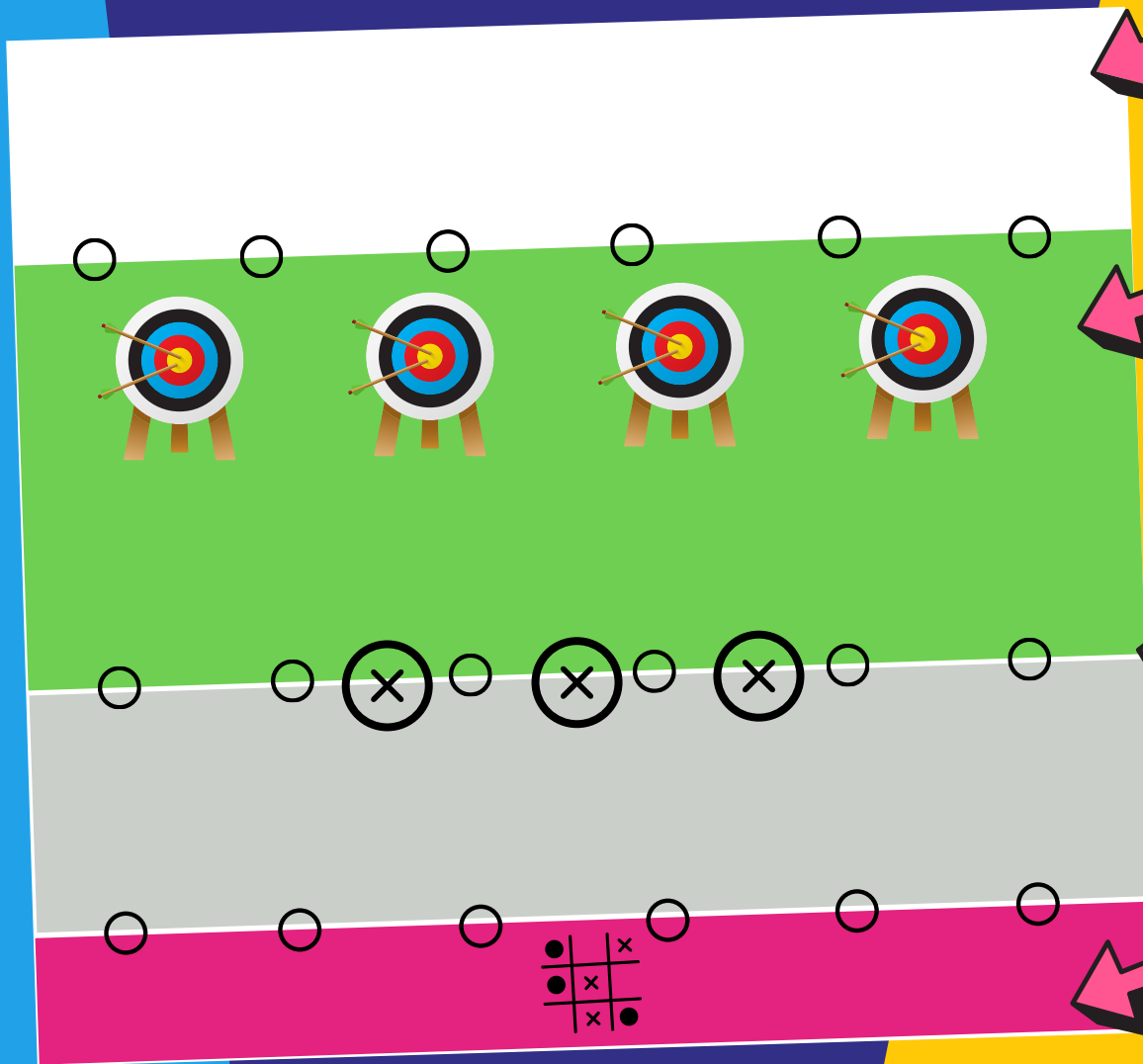
GAME STRUCTURE

TEAMS

Split the group into two teams. Players from each team take it in turns to fire an arrow towards their designated target. (All teams go at the same time). Each player fires one arrow per turn.

OBJECTIVE

If a player gets a red or a yellow, they are allowed to mark on the noughts and crosses board. The aim is to beat the other team at a game of noughts and crosses via successful shots to yellow and red. The first team to get 3 in a row wins.



OUT-OF-BOUNDS LINE

TARGET LINE

SHOOTING LINE

WAITING LINE & NOUGHTS & CROSSES BOARD

SESSION 3





ARCHERY DARTS

Week Four



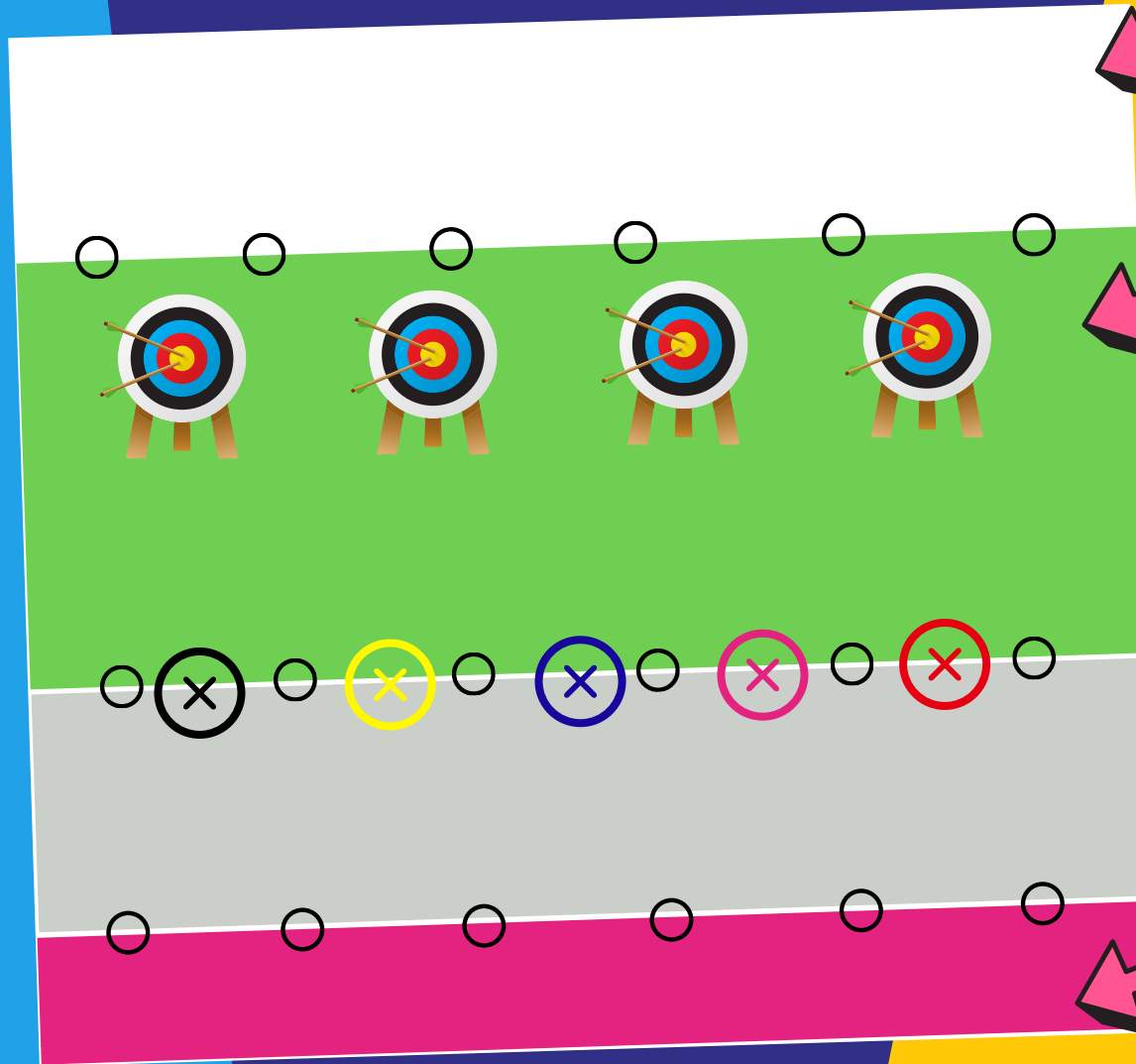
GAME STRUCTURE

TEAMS

Split the group into teams and have the players on each team take it in turns. Set a starting Target Number. You can make this as easy or as hard as you like depending on your class. For example the starting number might be 50 or it could even be something like 300.

OBJECTIVE

The aim of the game is to be the first team to Zero. The coach can implement as many scoring rules similar to darts as they like. If the starting number is 50, the coach could say that White and black are worth 5 points, blue and red are worth 10 and yellow is worth 20. Every time a player hits a number it is deducted from the total.



OUT-OF-BOUNDS LINE

TARGET LINE

SHOOTING LINE

WAITING LINE

SESSION 4





CRICKET ARCHERY

Week Five



GAME STRUCTURE

TEAMS

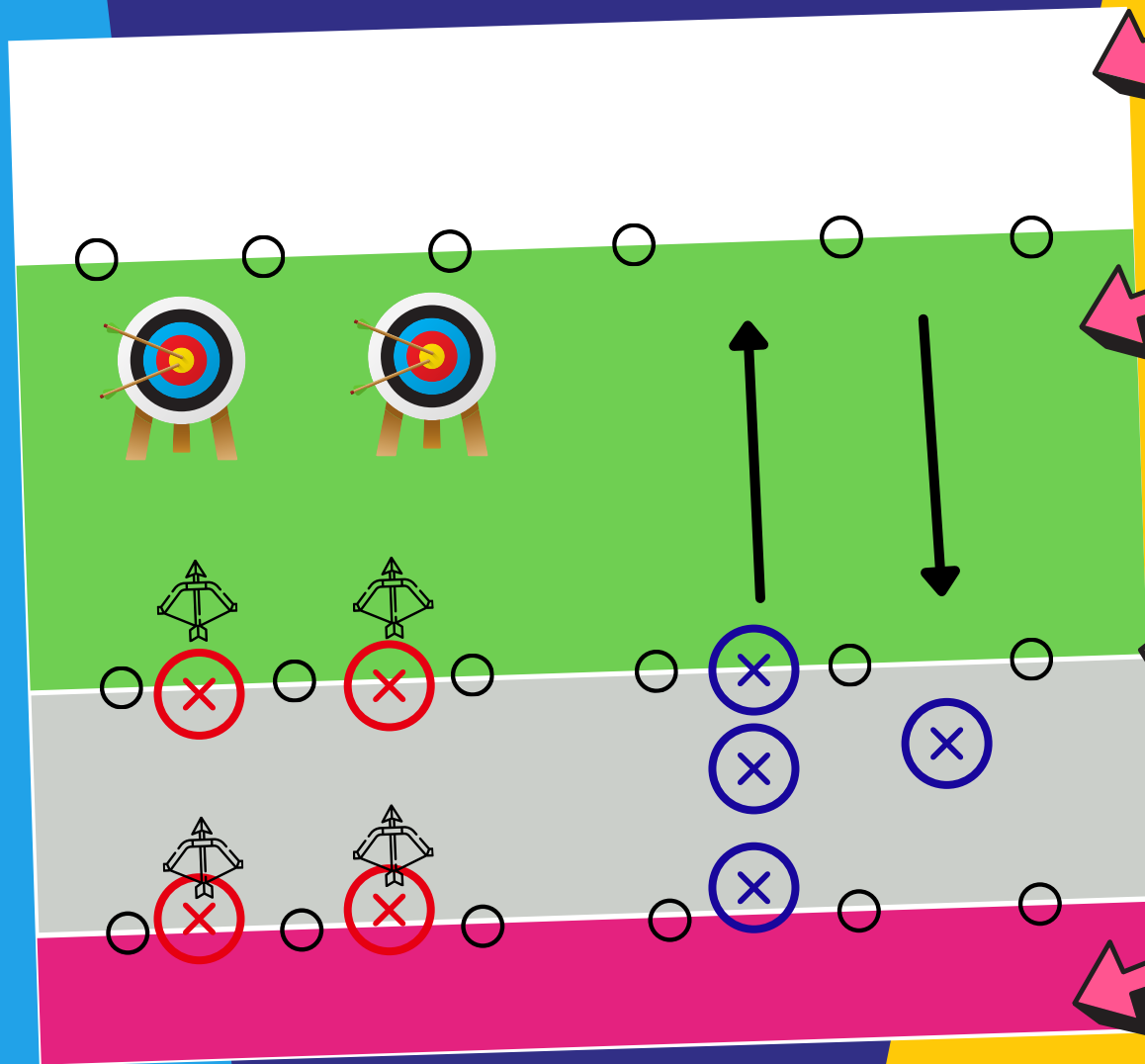
Split the group into two teams. One team of batters/runners and one team of bowlers (Archers).

One team (the blues) are the batters/runners. On the coaches whistle, in a relay format the blue team have 1 minute to score as many runs as possible by running up and down the area. Every run is a point.

The Archers then have 60 seconds to try and hit a bullseye or red to bowl the batters out. If the Archers get a bullseye or red in that time, the batters runs do not count. Play for 3 innings and then swap over. See which team scores the most runs OR the most wickets.

BONUS RULE:

BLUE OR BLACK = Minus Two Runs



OUT-OF-BOUNDS LINE

TARGET LINE & RUNNING ZONE

SHOOTING LINE

WAITING LINE

SESSION 5





LIGHTNING PENALTIES

Week Six

GAME STRUCTURE

TEAMS

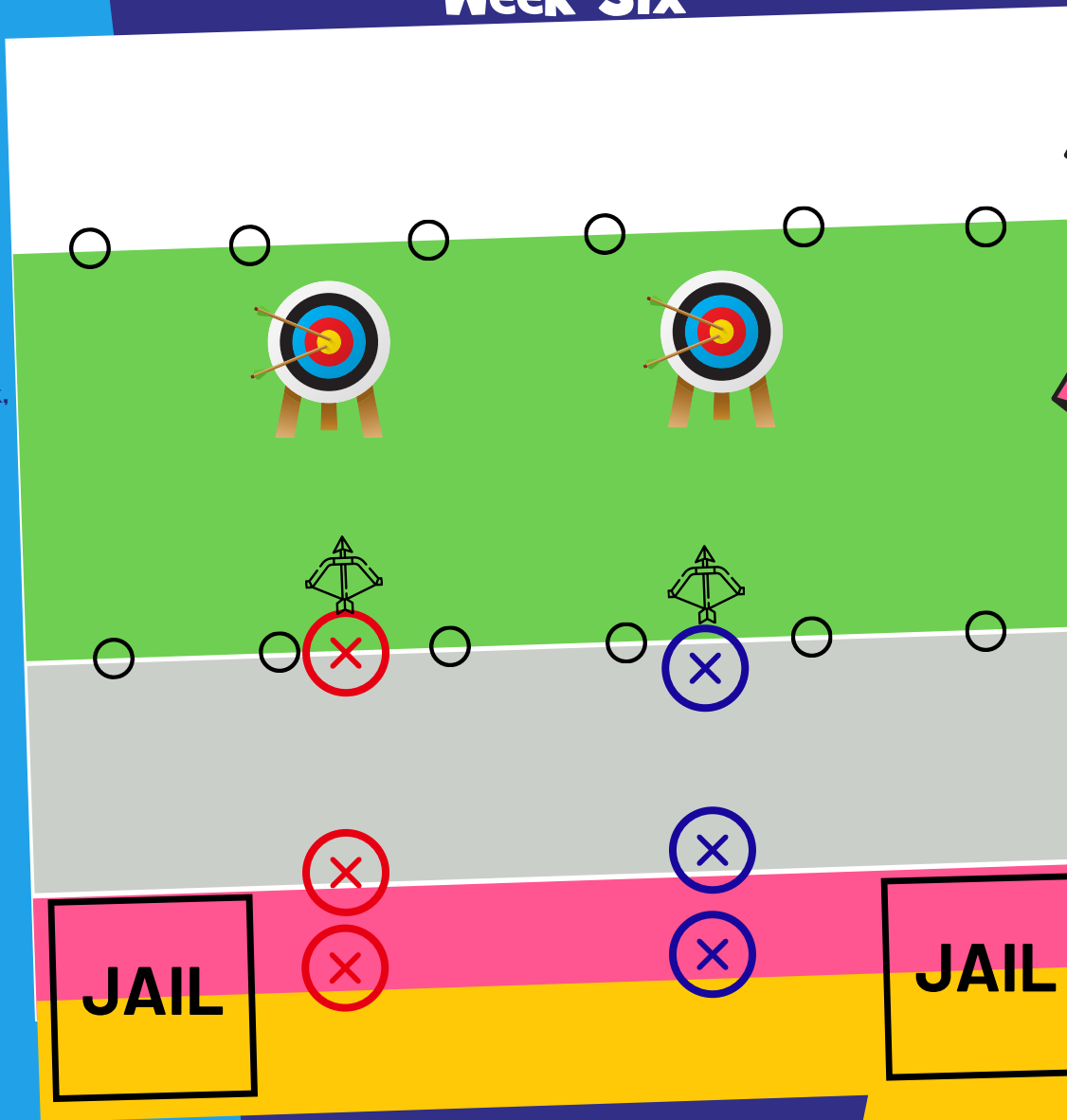
Split the group into two teams. Each Player on Each team Team takes it in turns to take a pressure penalty shot. If you miss the board, hit a white or a black, you go to JAIL! If you hit blue, you stay in the game and go to the back of the line. If you hit yellow or red you release your team mates from JAIL!

OBJECTIVE:

If a team has all its players in JAIL they lose the game!

SAFETY!

Make sure the JAIL areas are behind the waiting line.



OUT-OF-BOUNDS LINE

TARGET LINE & RUNNING ZONE

SHOOTING LINE

WAITING LINE

SESSION 6





ARCHERY FESTIVAL



Week Seven

GAME STRUCTURE

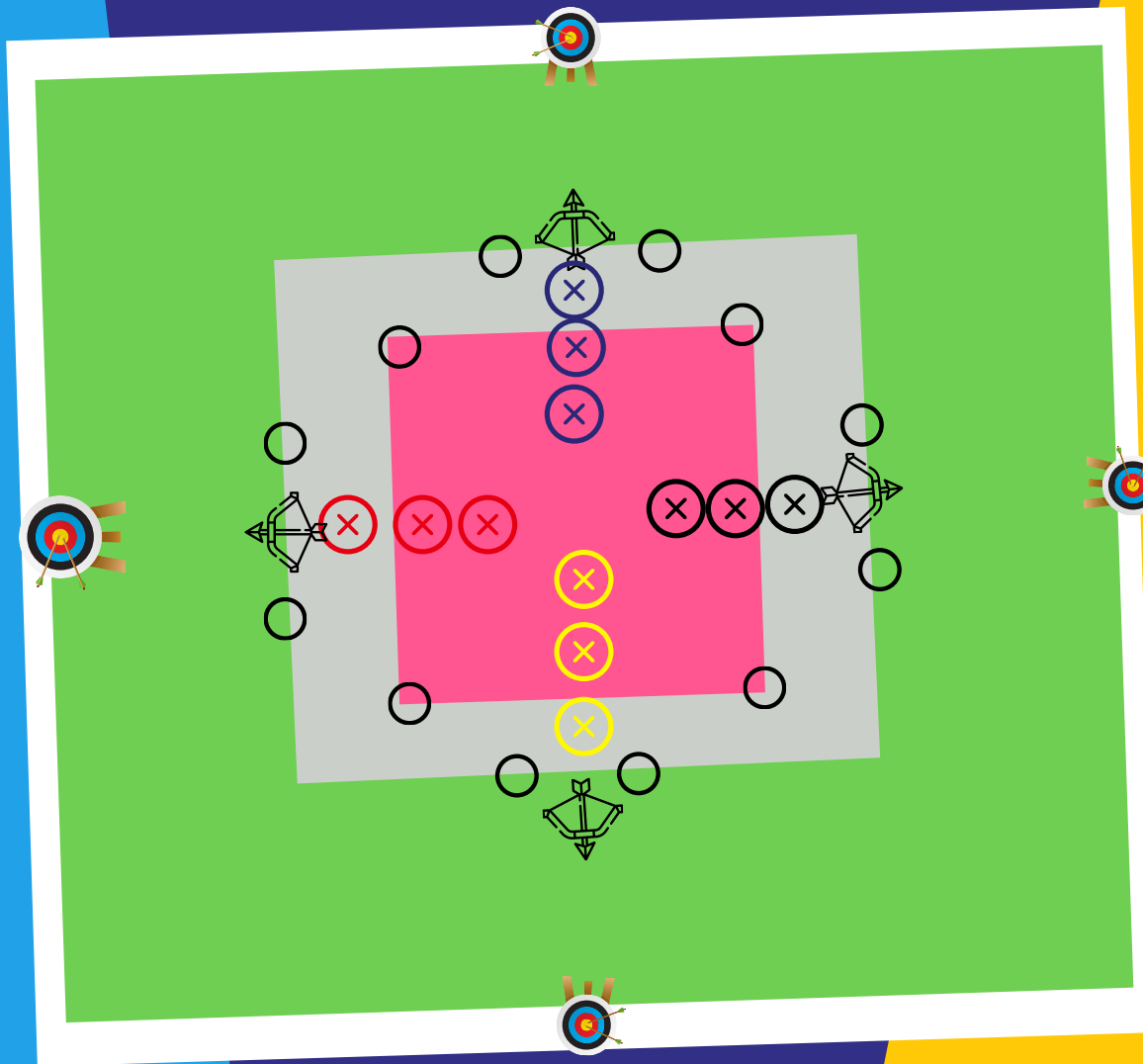
TEAMS

Split the group into four teams and set up the range as shown. Players on their team take it in turns to fire their arrows. Each round, each player gets 3 shots. Teams and umpires need to keep score using the scoring system applied by the coach.

Each round the teams add up their total. Play a total of 5 rounds. The team with the highest combined score at the end of the session wins.

BONUS RULE:

If there is a tie, finish with a sudden death, winner takes all round. Highest combined score with one arrow each, wins.



SESSION 7





ARROWS ARCHERY CLUB



**CONGRATULATIONS!
YOU ARE A PRESTIGE
SHARP SHOOTER!**

WELL DONE

SIGNED:

DATE:

