

5 STEPS FOR BEGINNER SHOT SETUP

When teaching the Steps of Shooting for the first time, Instructors can simplify the process to five beginner steps. **Arrange the steps in the correct order by dragging the boxes up and down.**

Set

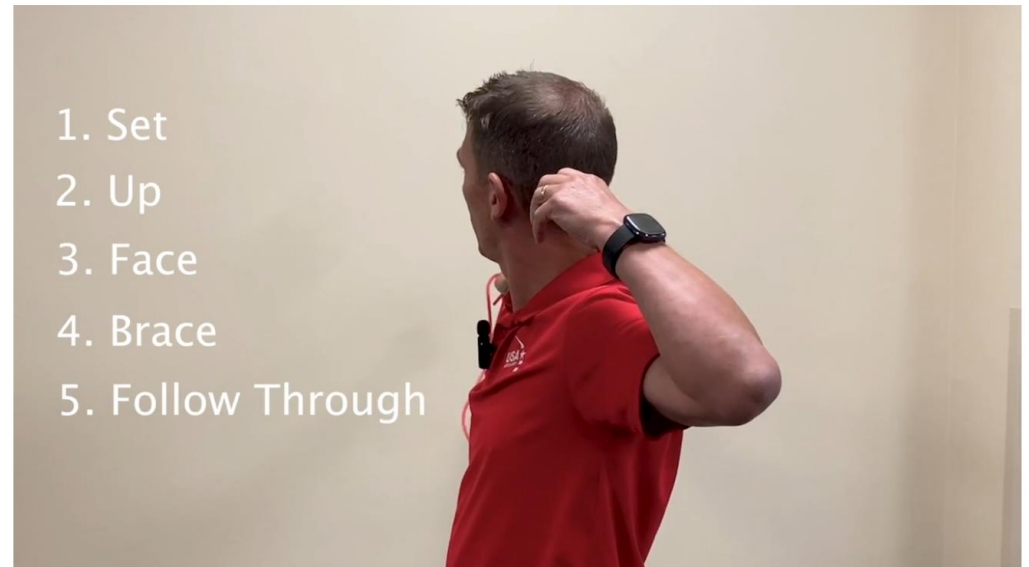
Up(*Set-Up)

Face(*Anchor)

Brace(*Transfer to Hold)

Follow Through

1. Set
2. Up
3. Face
4. Brace
5. Follow Through



11 STEPS OF SHOT SETUP (USA ARCHER - similar to NASP)

STEPS OF SHOOTING

1. STANCE

2. NOCK

3. HOOK AND GRIP

4. SET

*POSTURE/ALIGNMENT

5. SET-UP

*RAISE BOW

6. DRAW TO LOAD

*DRAW

7. ANCHOR

8. TRANSFER TO HOLD

9. EXPAND/AIM

*AIM

10. RELEASE/FOLLOW THROUGH

11. FEEDBACK



Stance



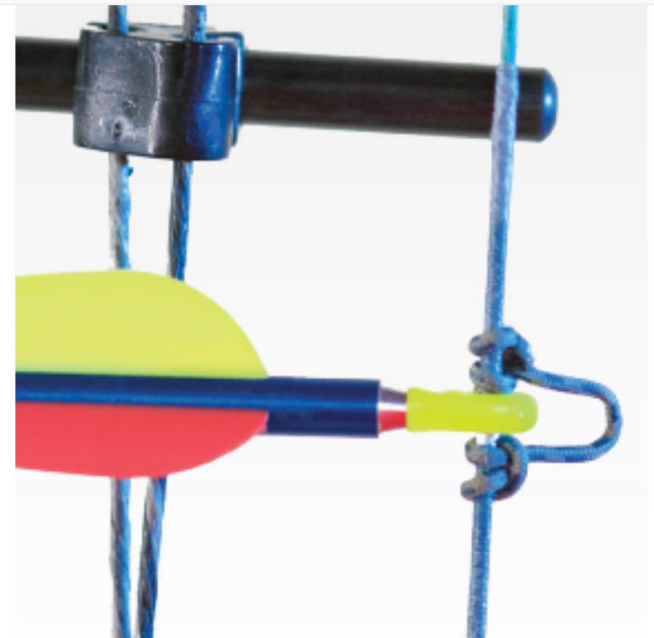
Stance



Nock



Nock



Nock



Hook and Grip



Hook and Grip



Set



Set



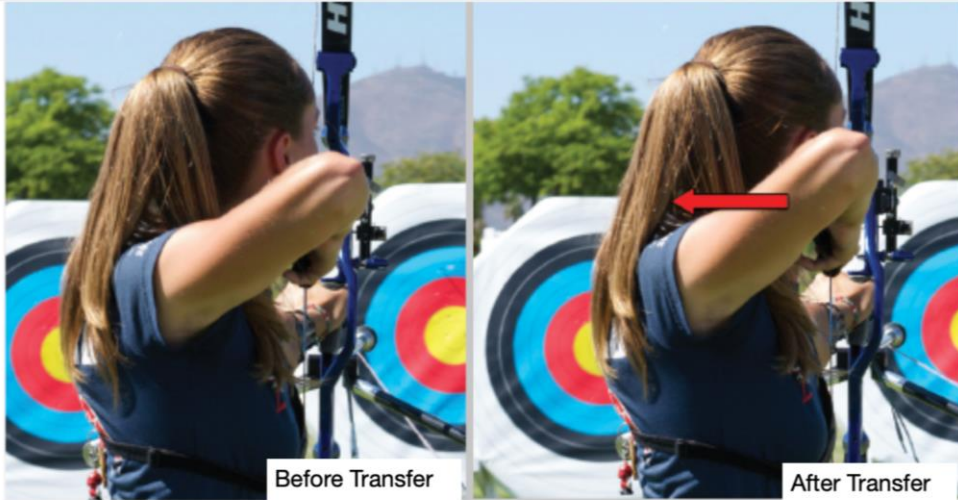
Set-Up



Draw to Load



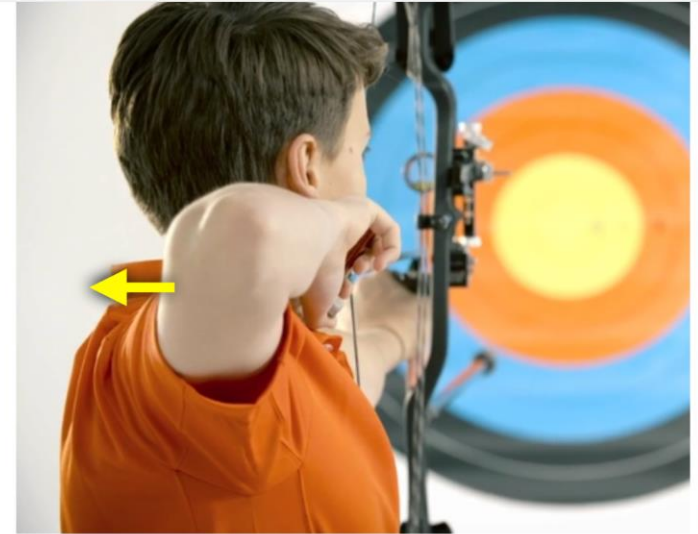
Draw to Load



Before Transfer After Transfer



Transfer to Hold



Transfer to Hold



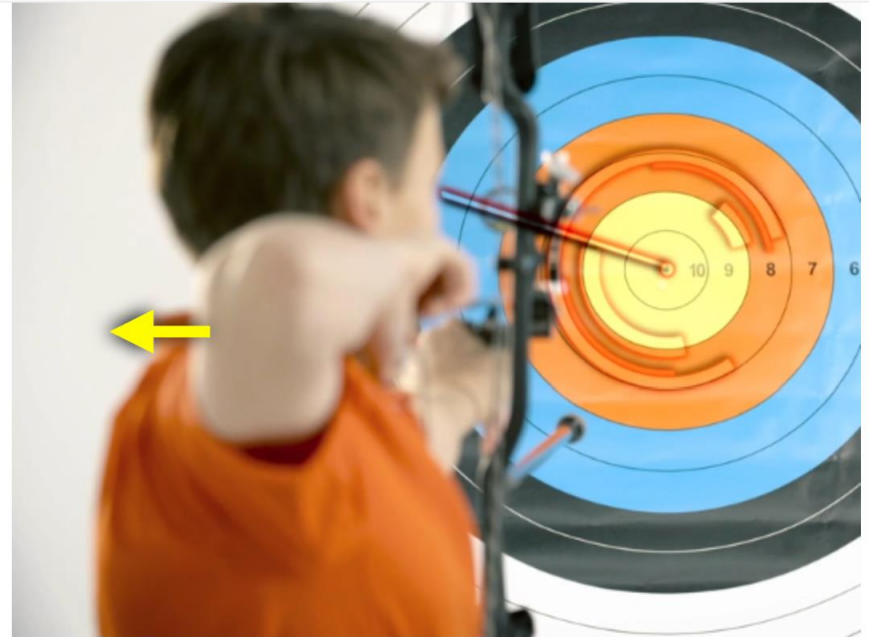
Anchor



Anchor



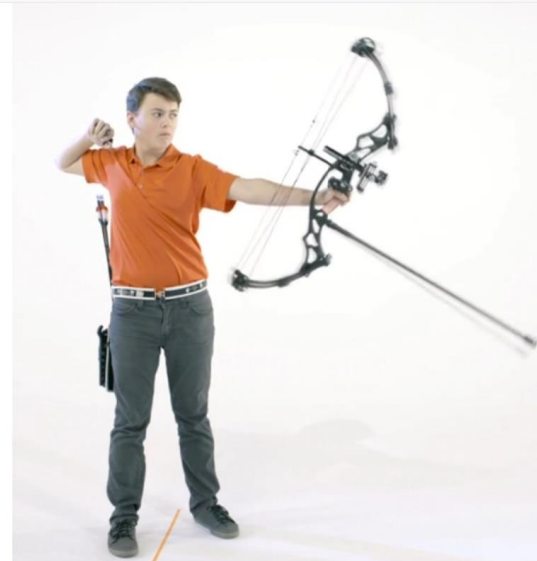
Expand/Aim



Expand/Aim



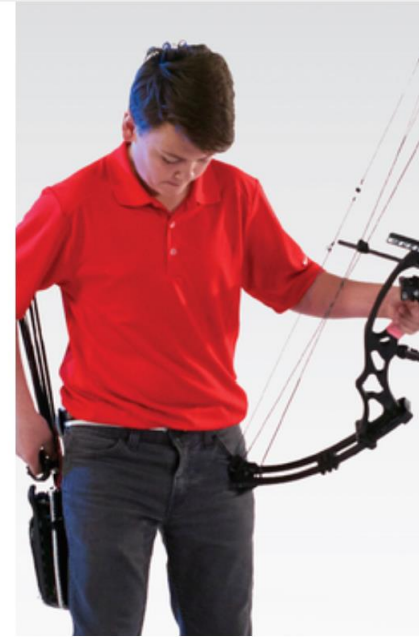
Release/Follow Through



Release/Follow Through



Feedback



Feedback