**11 Steps to Archery Success**

**1. Stance** – Start with toes even shoulder width apart.

 Move target foot a half step towards target.

 Turn target foot 45 degrees toward target.

**2. Nock** –Put arrow in the notch with different color feather up.

**3. Draw Hand Set** – String in joints of index and ring finger.

**4. Bow Hand Set** – Relaxed Hand, In Lifeline, Knuckles turned slightly up.

**5. Pre-Draw** – Bring bow up, don’t pull back yet.

**6. Draw** – Pull Back all the way.

**7. Anchor** – In corner of your smile.

**8. Aim** – String alignment. (Arrow Body, Arrow Point, Target)

**9. Shot Set Up** – Eyes and Mind on target.

**10. Release** – Relax draw hand and let arrow go.

**11. Follow Through & Reflect** – “Paint your Face” to your shoulder.

**Ask yourself**

How did that release feel?

Did I Paint my face?

Did your arrow go where you wanted it to go?

What could I do better to improve my performance?

