

## Pacing Your Shots

The pace of your shot is important. There is a time frame and comfort level for each individual that carries a maximum confidence level (both physical and psychological) for performing the perfect shot. Breaking out of the desired time frame in either direction (too quick or too slow) can hurt our confidence level and performance. For some archers that window is very small. Even slight variations of the desired time frame can cause an archer to get out of sync. For others, the window is larger and the archers can hold confidently for a greater span of time.

The key technique for making your shot occur during the optimum time frame is to have absolute control over the pace of your shot. Sounds easy doesn't it? It's not. Your ability to move at a pace that has great speed and control and is smooth and steady enough to allow your eye to tell your brain, "I'm ready to release, this shot is a winner" relies upon the various techniques. You need to find one that works well for you and perfect it through consistent shot execution.

You can draw, anchor, come through, and shoot with one steady motion. You can set up on the point and have a small gentle movement required once the desired aiming picture is achieved. Or you can set up on the point, get your aiming picture the way you want it and then come through with a smooth rapid pace. If you are a release shooter, there are similar techniques for controlling the time element, for instance: archery champion Dave Cousins has his release set so that the instant the desired aiming picture is achieved, the slightest touch of the release trigger will finish the shot. Others may prefer a greater amount of movement requiring that the archer start back tension movements early on and keep a smooth fast pace to the motion (without stopping). Whichever method you choose for yourself, the main objective is to be able to execute a greater percentage of your shots within the time frame that corresponds with your comfort level.

Develop a time span that fits your style and learn to shoot within it. If you wander out of it, let down and start again. Build on the confidence you get from shooting your shots at that pace or within that time frame. Consistency is the key. Move quickly and deliberately the instant you have the desired sight picture (unless you shoot on the move anyway). Work on building a shooting rhythm that helps you to stay within your optimum time at full draw. One interesting thing is that controlling your timing also helps to reduce body and aiming tension.