

Perfecting Your Shot Execution

Success in archery is based on total control of specific muscles that are controlled in a defined sequence. The shot execution process is fundamentally the same for compound, recurve, and traditional archers.

There are two essential ingredients to great shot execution: a strong emphasis on proper alignment and the need to execute the shot using the rhomboid muscle.

Instead of thinking in terms of “back tension”, think in terms of the specific muscles in the back that must be used to control and execute the shot, especially used the rhomboid muscle.

There are a number of areas associated with the aiming process that greatly degrade an archers overall performance. Target panic is the main obstacle. In addition to target panic, the other significant obstacles include head movement, slow shot sequence, and improper sight alignment.

The key to shooting a good shot is controlling the sequence of steps used in the shot sequence. Maintain your focus on shot execution and don't let aiming become the dominant thought process.