

Maintaining Focus

Archery is a “present sport.” You shoot in the present. You shoot best when all you think about is the present. Forget about past shots and mistakes and don’t worry about the next. Shot arrows are gone – history - you cannot get them back, nor can you worry about the next shot before you are at the point of shooting it. Future arrows are a distraction.

Everyone agrees on the need to maintain focus. Do not let your mind drift from your objective. You cannot be caught up in a mistake or someone else’s mishap. Also, maintaining your focus helps relax your body and align physical and mental abilities. Learning to handle mistakes requires great amounts of mental stamina. Most people cannot get over a mistake easily, especially when it was made in front of other people, thus applying tremendous amounts of pressure on themselves.

Concentrate on the positive. Pull your best scoring arrow last, thus keeping that positive image in your mind all the way back to the line. One bad shot does not mean you can’t shoot the next one perfectly.