

Analyzing Your Shots After a Practice Round

1. Before you begin shooting, look at your target and make a mental “+” over it. This divides the target into four quadrants with the X-ring as the center.
2. Shoot the course and keep score. On a sheet (scorecard), write the individual arrow scores (e.g. for field 5, 4, 4, 3) and the total (16).
3. After you write in the number score on the score card for each end, turn the card over and mark a / in the part of the box that represents the quadrant the arrow was in. The only time you do not record a / in a quadrant is if the arrow is in the X-Ring.
4. After you have finished shooting all of your ends, and the scorecard is marked, it is time to do the rest of the analysis. Of course, if you are practicing, you could do this part of the analysis every three or four ends. Count the number of “/” marked in each quadrant (upper left, upper right, lower left, and lower right).
5. For **right-handed shooters**, the quadrants generally mean the following (keep in mind that there are lots of other lesser causes, and that these are for experienced archers who have fairly consistent form and execution):
 - *Upper-left* you peeked at the arrow in flight and did not follow through on the shot. Your bow hand lifted to the left before the arrow cleared the bow.
 - *Upper-right* You forced the shot. Release shooters triggered the release while recurve shooters plucked the bowstring.
 - *Lower-right* Weak shot. The draw-hand was creeping forward before the arrow was released. This usually happens when the archer is tired or held the draw past the point where they should have let down and redraw.
 - *Lower-left* This quadrant is hit more at long distances than the shorter. To hit in here, either the archer completely blew the shot or the arrow was pushed down by the wind.
6. For **left-handed shooters**, the quadrants generally mean the following (keep in mind that these notes are for experienced archers who have a more consistent form):
 - *Upper-right* you peeked at the arrow in flight and did not follow through on the shot. Your bow hand lifted to the left before the arrow cleared the bow.
 - *Upper-left* You forced the shot. Release shooters triggered the release while recurve shooters plucked the bowstring.
 - *Lower-left* Weak shot. The draw-hand was creeping forward before the arrow was released. This usually happens when the archer is tired or held the draw past the point where they should have let down and redraw.
 - *Lower-right* This quadrant is hit more at long distances than the shorter. To hit in here, either the archer completely blew the shot or the arrow was pushed down by the wind.

There are many things you can do with the information garnered above. The simplest is to determine if you are having a form problem or are simply in need of an equipment adjustment. For example, suppose a right-handed archer had shot seven arrows in the upper-left quadrant. This would tell us that the archer was probably peeking at where the arrows were landing. He should try to concentrate on his follow-through.

For more detail explanations, and other causes of left, right, high, and low misses, visit the Archery Library at www.skookumarchers.com (Shooting Technique section – Arrow Misses Due to....