

## **Finger Placement on String**

When shooting with fingers, always place your fingers on the string at about a 30 degree angle with your finger tips pointed downward. This will make your first finger joints more in line, you will get off the string smoother, and most importantly, you will reduce your string twist to next to nothing.

Most archers pay next to no attention to detail when they nock their arrow and position their fingers to shoot. I preach putting your fingers on the string about 1 1/2" under your nock and sliding your fingers up until they just make soft contact with the nock, and then practicing doing it that same way every time so that that pressure becomes engrained in your brain. I also say watch that motion while you are doing it so that it becomes habit.

Some people, while looking at the target before they draw, will "tap dance" their fingers on the string to get a "comfortable feel". There is no way they haven't changed their finger position slightly, so right back to highs and lows in their groups. Place your fingers on the string, put your hand in the grip and put a little pressure by pulling the string slightly. By doing this, you have locked in your bowhand and made sure your fingers are in the same place you originally put them, from that position, look up at the target, continue to full draw and anchor. By doing the same thing every time, your groups will be much more consistent