

Arrow Misses Due to Faulty Form

Arrow **Missing to the Right** Caused By:

- Bow Hand placed further left on grip, causing torque in bow
- Bending wrist outwards, moves bow to the right on release
- Tilting top limb to the left
- Moving to the right on release
- Drawing Hand plucking the bowstring
- String alignment further left than usual
- Shooting through clicker
- Body twisting to the right on release

Arrow **Missing to the Left** Caused By:

- Bow Hand placed further right on grip, causing torque in bow
- Wrist bent inwards, moves bow to the left on release
- Tilting top limb to the right
- Moving to the left on release
- Bow Arm over-extended or locked
- Bow Shoulder pointed to the left
- Drawing Hand plucking the bowstring on release
- String alignment further right than usual
- Snap shooting, not at full draw and anchored prior to release
- Leaning body backwards
- Bowstring hitting loose clothing on release
- Loss of back tension on release

Arrow **Missing High** Caused By:

- Bow hand lower on grip
- More relaxed than usual, increasing bow cast
- More pressure on the thumb muscle than usual
- Jerking up on release
- Bow arm more extended than usual, increasing draw length
- More relaxed than usual, increasing bow cast
- Bow shoulder extended more than usual, increasing draw length
- Drawing hand moving backwards further after release
- Fingers pinching down on arrow nock
- Plucking the string and peeking to see where arrow went
- Greater pressure taken on the third finger
- Flicking fingers down on release
- Allowing fingers to release in order from top to bottom
- Drawing arm
- Elbow elevation too high
- Head string held too lightly against chin
- Lifting nose away from string just before release
- Tilting head back
- Having gap between teeth, lowering chin position
- Shooting faster than usual

Arrow **Missing Low** Caused By:

- Bow Hand grip tighter than usual, reducing cast of bow
- Grip higher on bow, increases stress on upper limb
- High wrist style, not usual grip style
- Dropping on release, lowers elevation of shot
- Bow Arm bent more than usual, reduces draw length
- Over-extended or locked causes lack of follow through
- Bow Shoulder collapses and rises up, reduces draw length
- Hunched shoulders, lack of back tension, reduces draw length
- Drawing Hand flinching or double release
- Dead or static release, when live release is usual
- Forward release, reduces cast of bow
- More pressure on index finger than usual
- Fingers pinching arrow nock
- Low elbow alignment
- More tension in the knuckles or back of the hand
- String touching face less than usual
- Plucking fingers off string, causes left/right error as well
- Head looking up or peeking, lowers bow during release
- Dropped down during anchor and release
- Aiming longer than usual
- Drawing shorter than usual
- Bowstring catching on loose clothing
- Shooting through clicker