

# 10 Archery Tips For Beginners - Things To Keep In Mind When You're A Rookie

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When you're holding the bow and arrow for the first time, you'll imagine you are going to be a natural. In reality, that doesn't happen as often, unfortunately.

Everyone wants to become an archer right away and shoot accurately from the very first time. However, becoming a good archer is a skill that takes some time.

Time and practice are key when it comes to archery. More practice and more time invested will guarantee you'll become a good archer in a short while.

Some tips can help you get there faster. I listed some tips that helped me once I was just starting archery, and [these tips will be of use to you](#), too!

## Tip #1: Taking A Proper Stance

Before you even pull out your bow, you need to work on your stance. Archery may seem like it's all about shooting arrows, but how you position your body is a great part of it.

To figure out what the proper stance is, you will need to figure out where your target is. When you do, move your body sideways compared to the target.

Your legs should be apart, the distance matching your shoulders, with feet at a 90-degree angle.

When you fire an arrow, your back should stay still and upright, as well as your waist and knees.

The only parts that should move are your arms and head. It will seem weird at first, but you will get used to it soon.

## Tip #2: Regular Exercise

It may seem like archery isn't a sport that requires a lot of strength or endurance. When you start and you're a bit unfit, you will see you lack a bit of the strength.

If you do feel unfit, you should hit the gym and focus on the upper half of your body.

Focus on your torso and your arms mostly, but other parts of your body shouldn't be neglected either. You need to be fit to endure practicing archery for hours.

## Tip #3: Picking Out A Bow



Even if you're a true rookie, you know that there are a few different types of bows out there. Picking one out may seem like a breeze, but is it?

To be honest, it's not as simple as it seems. Chances are, you will buy a cheap or poorly made bow which will break far too soon.

I recommend buying at least a bow from a medium price range if you're not able to invest in an expensive, high-quality bow right now.

Even a medium-priced bow will last you far longer than a cheap one. If you want to read up this guide: "[How to Choose the Best Beginner Compound Bow](#)".

## Tip #4: Loading The Arrows

Once you buy a bow for yourself, it's time to load some arrows - finally!

All arrows you're using should have feathers or fletching and have at least three.

One of these three feathers should have a different color - this is to help you position the arrow right. The single colored feather should be closer to you, rather than the bow.

Then, look for the split ending of the arrow, called nock - this is on the back. The nock is where you should place the arrow on the string of the bow.

To know it's placed right - you should hear a click. This is also called **nocking the arrow**.

## Tip #5: Anchoring The Bowstring

One of the things, why your archery isn't going as well as you hoped, is not anchoring your bowstring.

Your bowstring should remain in one consistent spot, all the time. If it moves, you will have to reposition every time you want to shoot.

To anchor your bowstring, firstly tug it back, up by your nose. Keep the string at a slight angle, so it goes diagonally by your mouth - it may seem weird, but you will get used to it in a while!

## Tip #6: Necessary Equipment



Archery may seem like a great sport or hobby where you don't need to pay attention to clothes - but that's not entirely true.

You should mainly pick clothes that are kind of tight - even pants. It doesn't have to cling to your body, but it shouldn't be baggy, either.

Avoid anything with loose or baggy sleeves. T-shirts, shirts, and sweaters all work, as long as they don't have a large or baggy collar or hoods.

As for shoes, all athletic shoes work like a charm, but no sandals or shoes with heels. You want to stay on the ground and as stable as possible.

If you have long hair, you should put it in a ponytail or wear it away from your face. You don't want to accidentally tangle your hair and cause yourself pain!

## Tip #7: Staying Concentrated

Archery is a sport that is about physical skill as much as it's about staying concentrated. When drawing the arrow, you are supposed to know the angle and the speed of the arrow before you even shoot it.

Of course, it takes time to figure out, but it's key to become a great archer. If you have trouble concentrating, meditating can help you stay in focus while you're out shooting arrows.

## Tip #8: Choosing Your Anchor Point

The anchor point is where you keep the string once you move it back. It can be under your chin, but once you pick it, you should stick to it. It's important to shoot the same way every time, and to give you better results over time!

## Tip #9: Tracking Progress



Tracking progress may be a good idea to see your improvements. You may not be aware until you see it black on white.

You can use a notebook or an app, make sure to add your score after each shooting session.

Make a note of the important factors. Write in the place where you practiced, how many arrows you used, your score, and of course, the weather! If you changed your technique, note that, as well.

## Tip #10: Relaxing Before All Else

If you are relaxed, your body won't be stiff. Body positioning is important, that was my number-one tip - and it will be much harder if you're not relaxed at all. Sure, you should remember to keep your back upright, but if you stiff your arms, you will miss the target.

Don't spiral into thoughts about maintaining a relaxed body. Remember, you should have fun while shooting bows, and nobody was great at first! You'll improve sooner than you know it.

Bottom line:



To conclude, nobody was born a skilled archer. Archer can be a fun hobby (and so much more than that), but it takes work and dedication to become a master archer.

These tips will help you get into the right mindset for archery. However, the key ingredient to becoming successful? Practice!

Archery is a skill, not a talent. Working hard will give you results sooner than you think!