

Indoor Tournament Preparation Tips

- 1. Check your strings, nocking point, d-loop condition, peep height, arrow rest site extension, scope rod and lens, brace height, axle-to-axle length, and cam timing before shooting.*
- 2. Routinely change your arrow nocks.*
- 3. Do not move your feet during the end at any time.*
- 4. Shoot a pattern on the 5-spot face. (If you aren't starting at the top row of target faces and coming down, then you are actually overworking your muscles during the end. Let gravity be your friend instead of your enemy)*
- 5. When you shoot the top target assignment, bend at the waist instead of raising your bow arm higher.*
- 6. Make sure that you do not practice in the same lane twice in a row.*
- 7. Don't always shoot two practice ends, or shoot blank bale before you start a session for score.*
- 8. Shoot the Vegas target in the correct order, not 2, 1, 3, or 1, 3, 2. Always practice shooting the Vegas face 1, 2, 3 every time.*
- 9. Number your arrows.*
- 10. Practice letting down on bad shots.*
- 11. Know your own rhythm.*
- 12. Practice with some noise in the background and with people talking within earshot.*
- 13. Practice with added pressure.*
- 14. Run a mental checklist and imagine each shot in your mind.*