

## Tips for Competitive Archers

First, don't work on shooting form during the tournament season. During the competitive season shooting your bow should feel like walking. It takes thousand of shots to really get that sensation. You can't get it if you are tinkering with your form. You can't compete if you are still thinking technically about your shot. You have to be automatic, not controlling. You have to let the repetition of practice take over.

Second, you'll never outperform your rivals by trying to copy them. You'll always be one step behind. Develop your own winning style.

Third, The more you train the better you absorb the affects of that training. If you are not strong enough to shoot 300 quality arrows per day, you should be. If you are not that strong, start lifting some weights and finding more practice time.

Finally, understand that the toughest shoots to win aren't those against the archers you expect to have to go down to the final shot with, but the archers you expect to easily defeat. You have to be challenged in order to bring out the best of your ability. This is easy in a tough match. You know that you'll need to do your best to win, so you do that. Where you get in trouble is when you let yourself be complacent about a match, effectively guaranteeing that you won't shoot at your peak. Meanwhile, your inferior competitor is very aware that he will need to shoot his best to win, increasing the likelihood that he will shoot his best. All of a sudden that competitor that you should have walked all over is right on your heels.