

TOURNAMENT PREPARATION

By Clint Freeman

WHY

To PHYSICALLY and MENTALLY
prepare for tournament conditions.



PHYSICAL SIDE

- The archer needs to be able to shoot the last arrow as well as the first arrow.
- Knowing the make up of the tournament (how many arrows will need to be shot)
- Easy to shoot 200, 300, 500 arrows a day...but to shoot with purpose requires more.

MENTAL SIDE – SHOOTING WITH PURPOSE

- Working on technique / process of the shot
- Learning to deal with all situations : Leading, trailing, shooting position, noise, being front and center
- Scoring pressure : confidence with scores, the archer knowing their ability
- Weather conditions : wind / rain / heat

MENTAL SIDE – SHOOTING WITH PURPOSE

- **Tournament conditions:** knowing what to expect, how it will be run
 - Is there a cut off what the cut off position ? Top 16 / 32 / 64 / 128
 - Knowing what score is going to be required to make the cut - research
(lot of money and long way to go if not making the grade)
 - What is the timing per end 3 arrows / 6 arrows (2 minutes / 4 minutes)
 - What is the timing for team event 3 arrows / 6 arrows (1 minute / 2 minutes)
 - What position will they shoot from for the team event, other responsibilities.
 - What is the timing for a shoot off arrow (20 seconds)



MENTAL SIDE – SHOOTING WITH PURPOSE

- Stoppages: unexpected happenings / equipment failures
- Archer chatter: know the game plan, not letting outside influences effect
- Knowing equipment: issues arise and the archer knowing how to fix
- Knowing the rules: don't rely on others (managers / team officials)

Practice like it is a
competition and compete
like it is practice

HOW DO WE PREPARE?

- **TECHNIQUE PRACTICE** : How many things to work on per session? No more than 3. Breaking down the shot process and working on each aspect.
- **ROUNDS AND ENDS**: Practice shooting the same rounds as the intended tournament.
- **SHORT RANGE SHOOTING**: (eyes open) always using an aiming reference. If not, the archer can develop anxiety/timing issues rather than learning to settle in to the shot.
- **SCORING PRACTICE**: The more the archer scores, the more confident the archer becomes with their ability and capabilities. Dealing ups and downs.

IT'S NOT THE WILL TO WIN
THAT MATTERS – EVERYONE
HAS THAT.

IT'S THE WILL TO PREPARE TO
WIN THAT MATTERS.

HOW DO WE PREPARE?

ARROWS PER SESSION: What is enough? 200-300 with good technique.

ARROWS PER END: If not having a scoring day, change up the amount of arrows you shoot each end. Example 9... this will help with endurance.

SIGHT MARKS: Be prepared, have sight marks before scoring days.

WARM UP / WARM DOWN: Theraband / blank bail (eyes closed)

HARD WORK BEATS
TALENT WHEN TALENT
DOESN'T WORK HARD

SCORING PRACTICE

PRACTICE ENDS: Set amount, no more, no less eg. 3 ends

This trains the mind to deal with anxiety...so many archers will practice, have a great end and decide to start with that. By setting a limit, there is a definite starting point...archer learns to deal with both good and bad starts.

When training for the coming event, score the round as it would be scored in the event.

Use a timer to know your limit

Wind flags / arrow adjustments: Always use, learn how to read the wind and how to adjust. Example... dead calm for practice ends, then during the break the wind picks up...how many clicks / how much to aim off / cant

SCORING PRACTICE

THE MORE YOU SCORE, THE MORE THE MENTAL SIDE KICKS IN.

RECORDING SCORES: Diary, including changes in equipment. Promotes confidence, the archer sees and more importantly, knows that they can achieve a certain score.

PLOTTING ARROWS: Having arrows numbered and marking where each arrow is landing. Great for finding any problems with certain arrows. Be sure to note if each shot was good or bad.

SPOTTING SCOPE OR BINOCULARS: Don't think you know where they are landing, be sure. Shadows can be deceiving and relying on others calling can cost points. (Dyslexic)

EQUIPMENT

EQUIPMENT TUNING / SET UP: Archer to know how to tune and repair equipment. This creates confidence with their own shooting... knowing the equipment is correct. Keeping records of equipment used and measurements... Damaged equipment

Between different disciplines... they may be changes in equipment set ups. (indoor to outdoor / target to field)

INCREASING THE PRESSURE

DECREASED TIMING: Start with the standard time limit for 6 arrows / 3 arrows and after each end decrease the time limit by 10 seconds / 5 seconds.

GAMES

HIT THE 7 (recurve mainly) : Archer aims at the 7 ring on the left side. Do a session also on the right side. The hitting zone is the 10 ring height. Remove all arrows that hit the 7 and shoot remaining arrows next end. Teaches the archer to confidently aim off when needed in windy conditions.

INCREASING THE PRESSURE

10 GAME / GOLD GAME: Archer starts with 6 arrows (depending on archers level, can raise arrow amount), shoot an end of 6 arrows, remove all 10's and shoot remaining arrows next end until there are no more arrows to shoot.

Penalty, for all arrows outside of the gold, the archer has to shoot extra arrows next end.

Example: 10, 9, 9, 9, 8, 8... archer must shoot 7 arrows next end.

Record how many shots it takes to empty the quiver

Depending on the skill level of the archer, the parameters can either be narrowed (X ring) or expanded (9 ring) and so on.

INCREASING THE PRESSURE

A GAME FOR THE FIT – VERY VERY BRUTAL

CONSEQUENCE GAME: set the end score based on archers average end score for the distance...example 56. Archer does and exercise (10 repetitions...example push ups) before the first end, run to the taget to collect and run back. If the archer achieved the target end score then they do the next exercise (10 repetitions..example star jumps). If the archer did not achieve the target end score, then they do the first exercise (push ups) plus the next exercise (star jumps) and shoot again. This teaches focus on shooting, process of the shot and overcoming stress.

Do for a maximum of 6 ends

MATTHEW EVERETT – TRAINING PROGRAM

MONDAY

Practice: 6 ends of 6 arrows (no more, no less)

Score: 50 / 720

+

10 game (with 9 arrows)

MATTHEW EVERETT – TRAINING PROGRAM

WEDNESDAY

Practice: 6 ends of 6 arrows (no more, no less)

Score: 50 / 720

+

Practice: 2 ends of 3 arrows / Score: 15 arrows (5 x 3 arrows) in Position A

Change face to position B

Practice: 1 end of 3 arrows / Score: 15 arrows (5 x 3 arrows) in Position B

Change face to position C

Practice: 1 end of 3 arrows / Score: 15 arrows (5 x 3 arrows) in Position C

+

Twilight shoot

MATTHEW EVERETT – TRAINING PROGRAM

FRIDAY

Focus on shot process.

Bow hand

Scope to peep alignment

Keep eye on bubble

MATTHEW EVERETT – TRAINING PROGRAM

SATURDAY

Practice: 6 ends of 6 arrows (no more, no less)

Score: 15 arrows (5 x 3 arrows) in Position A

Change face to position B

Practice: 1 end of 3 arrows / Score: 15 arrows (5 x 3 arrows) in Position B

Change face to position C

Practice: 1 end of 3 arrows / Score: 15 arrows (5 x 3 arrows) in Position C

+

Afternoon shoot

To cap arrow maximum at 250 per day