



NATIONAL ARCHERY
in THE
SCHOOLS PROGRAM



11 STEPS TO ARCHERY SUCCESS

- 1 Stance**
- 2 Nock**
- 3 Draw Hand Set**
- 4 Bow Hand Set**
- 5 Pre-Draw**
- 6 Draw**
- 7 Anchor**
- 8 Aim**
- 9 Shot Set-Up**
- 10 Release**
- 11 Follow Through & Reflect**