

TROUBLESHOOTING ARROW PATTERNS

The goal of any archer is to shoot consistently, allowing the arrows to cluster together forming a “group.” For beginning archers, the arrow grouping is typically loose with the arrows placed in the same general area on the target. A pattern or tight group of arrows occurs when an archer maintains a consistent shot process and practices regularly. The following arrow patterns can be an indication of incorrect shooting form and can be easily corrected by having the archer make adjustments to the shot process.



Arrow Pattern

The archer's arrows are left of the center of the target.



Potential Shooting Form Issue

- The archer is gripping the bow too tightly.
- The archer is tipping his or her head over the bowstring while aiming. See Troubleshooting the Shot Process page 80.
- The archer is pulling the string away from the face (right-handed archer).
- The archer is aiming with the left eye (right-handed archer).



Arrow Pattern

The archer's arrows are low on the left side of the target.



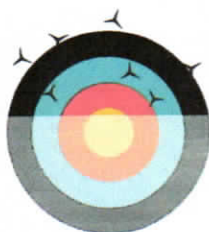
Potential Shooting Form Issue

- The archer's bow arm is dropping.
- The archer is canting (tilting the bow to the left).
- The archer's string is hitting his or her chest (right-handed archer).



Arrow Pattern

The archer's arrows are high on the target.



Potential Shooting Form Issue

- The archer is tipping the bow up.
- The archer's anchor is too far back (overdrawn).
- The archer is raising his or her bow arm up during the release.
- The archer's draw arm elbow is too low.
- The archer is pulling the release hand down during the release.

A good release appears as if nothing happened, as if the bowstring just passes through the fingertips.

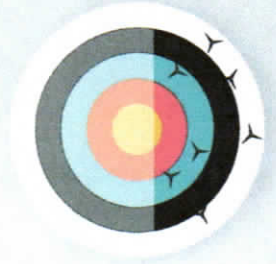


Arrow Pattern

The archer's arrows are right of the center of the target.

Potential Shooting Form Issue

- The archer is gripping the bow too tightly.
- The archer is tipping his or her head over the bowstring while aiming (See Troubleshooting the Shot Process page 80).
- The archer is pulling the bowstring away from the face (left-handed archer).
- The archer is aiming with the right eye (left-handed archer)



Arrow Pattern

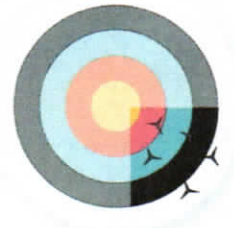
The archer's arrows are low on the right side of the target.

Potential Shooting Form Issue

- The archer is dropping his or her bow arm.

The natural reaction of the bow arm to gravity is to drop, so make sure the archer's bow hand stays at shoulder height. Draw the archer's attention to where the bow is in relation to the target once the bow has been raised.

- The archer is canting (tilting the bow to the right).
- The bowstring is hitting the archer's chest (left-handed archer).



Arrow Pattern

The archer's arrows are low on the target.

Potential Shooting Form Issue

- The archer's arrow is nocked above the nock locator.
- The archer is leaning toward the target.
- The archer's anchor is too far forward.
- The archer is dropping his or her bow arm during the release.
- The archer is leaning his or her head forward to the string.
- The archer is collapsing his or her bow arm.

