

USA Archery National Training System (NTS)

What it is and how it can be used

Athletic performance (Form) is usually done at the highest level by when run by the athlete's subconscious mind.

Athletic form is the set of positions, forces, and motions required to perform an athletic action.

Good form is that which is successful.

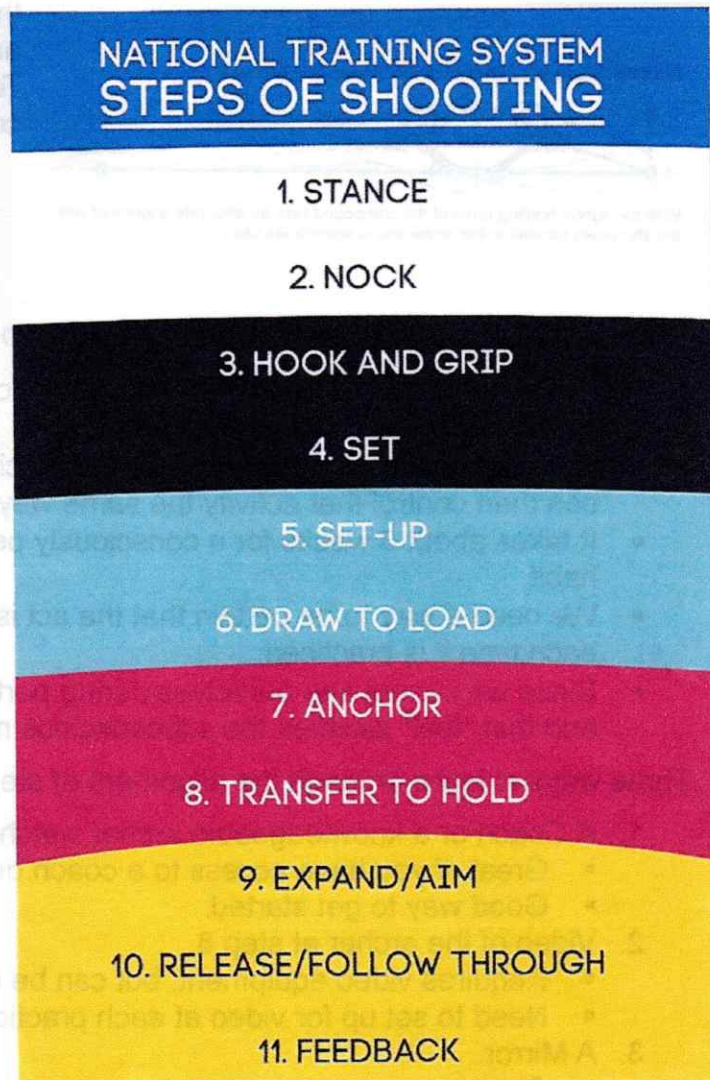
Standard form is that which experts, coaches, and trainers have concluded should be taught and practiced to result in the desired success.

Standard form is usually what is recommended by sports organizations and is the basis for trainers and coach certification. So, we archery coaches are certified to teach the USA Archery NTS.

The NTS is illustrated by the "Steps of Shooting".

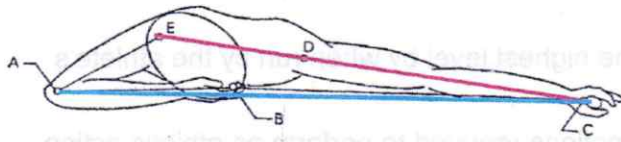
- 10 physical steps.
- 1 mental step.
- The first 8 steps can be considered "preparation" or "defensive".
- The next 2 can be considered as "performance" or "offensive".
- The Archer's attitude should change from defensive to offensive at the end of step 8.
- Step 11 allows the archer to acknowledge the completed shot and prepare to perform the next shot **well**. The archer must not remember the last shot, but look to perform the next one as well as he can. **This may not be easy.**

Step 8 is the desired "alignment" of the archer when he aims and releases the shot. It is what the archer works to attain, and some call it the most important step. **It is not**, all the first steps are important to achieve the correct position of step 8. It is, however, a **pivotal step**.



THE STEPS OF SHOOTING POSTER IS AVAILABLE FOR PURCHASE AT WWW.USARCHERY.ORG

NTS Holding Alignment for Recurve Archers



Line E-C is the NTS recommended shoulder alignment for recurve archers
Line A-C is recommended to be a straight line.

(An earlier Villages Archery meeting presentation showed **Angles** in a video that showed and explained the strength of the archer's body in proper alignment.)

Note that the shoulder alignment is not the same as the alignment of the archer's feet. This requires a "Twisted Torso" at step 8 and through the completion of the shot.

Holding Alignment Alternative for Compound Archers



With the lighter holding force of the compound bow an alternate alignment with the shoulders parallel to the arrow line is sometimes used.

Since Step 8 is a pivotal step, how do we teach ourself or others to accomplish it?

- It is accepted that the most reliable athletic form is executed by the subconscious mind.
- The subconscious mind memorizes conscious activity repeated over time and can then control that activity the same way whenever it is called to do so.
- It takes about 3 weeks for a consciously performed act, done daily, to become a habit.
- We need a way to be certain that the act is performed well and in the same way each time it is practiced.
- Since we cannot see ourselves during performance, we need to learn how it feels and that "feel" satisfies the subconscious mind.

Three ways to learn or teach the alignment of step 8: the Holding Position.

1. A Coach or a knowledgeable archer watching the step 8 alignment.
 - Great, if you have access to a coach or helper every day.
 - Good way to get started.
2. Video of the archer at step 8.
 - Requires video equipment, but can be done with a smart phone.
 - Need to set up for video at each practice.
3. A Mirror.
 - Cheap.
 - Easily available.

Using a mirror allows the archer (and/or coach) to see the archer's draw forearm go into alignment.

Using a Formaster Training Aid adds observation of the release and follow through.