

# 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.

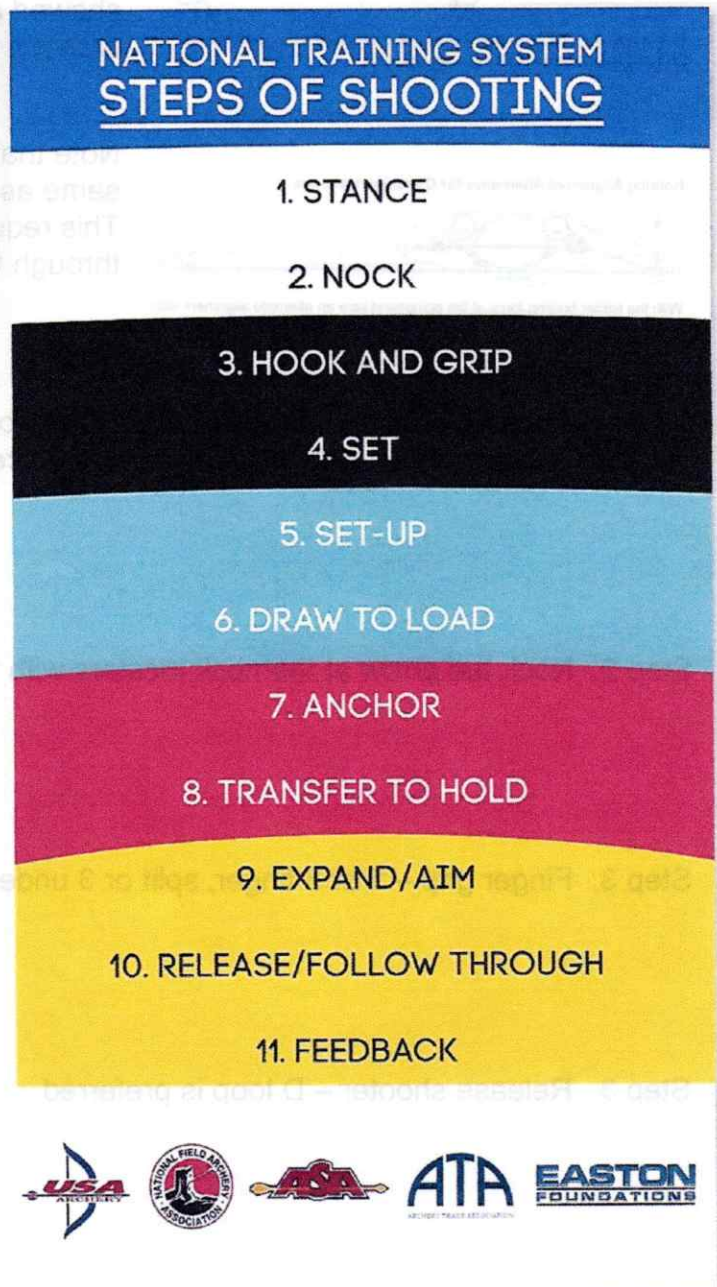
Good form is that which is successful.

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".

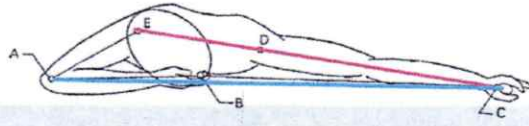
- 10 physical steps.
- 1 mental step.
- The first 8 steps can be considered "preparation" or "defensive".
- The next 2 can be considered as "performance" or "offensive".
- The Archer's attitude should change from defensive to offensive at the end of step 8.
- Step 11 allows the archer to acknowledge 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.**



THE STEPS OF SHOOTING POSTER IS AVAILABLE FOR PURCHASE AT [WWW.USARCHERY.ORG](http://WWW.USARCHERY.ORG)

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**.

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.)

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.

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.

Step 1. 30 degrees open, legs straight, *knees not locked*, 60% weight on the balls of the feet, back straight. **Alternate ‘natural stance’ technique.**

Step 2. Nock the arrow at the nock locators with fletch oriented to arrow rest.

Step 3. Finger grip – 2 or 3 finger, split or 3 under, in archer’s groove. String walking.

Step 3. Release shooter – D loop is preferred.



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



Step 3. Bow hand web centered on riser grip, low wrist, push w/ thumb side of live line, fingers relaxed, not gripping the bow. **High wrist uses more muscle and is tiring.**

Step 4. Bow arm straight, push, elbow down, tension on string w/ pull arm, rotate shoulders to align push force. Head & neck vertical, face target. Note the twisted torso. **Compound archers will likely align shoulders parallel to arrow line.**

Step 5. Raise both hands, keep or increase tension on bow string, keep shoulders down, keep bow vertical. Recurve archers will likely increase the partial draw, but compound archers will likely not and will likely have their draw elbow more forward.

Step 6. Set the draw side scapula back and draw by rotating the draw side upper arm circularly around the spine using the back muscles. Stop when the elbow is in line with the arrow and the draw hand is near or at the anchor position.

Step 7. Set the draw hand in the anchor position.

Traditional finger anchors; cheek bone for short distances, corner of the mouth (hunter's anchor) for intermediate distances, and under the chin bone (classic tournament archer's anchor) for longer distances.

Mechanical release archer anchors depend on the type of release, but one anchor that works for many is to place the space between the first two knuckles astride the jaw bone.

To actuate a "T" handle hinge release with "back tension" the release handle needs to be within 30 degrees of level. Many T handle release users hold the handle vertical with good results, but they are not **actuating** the release with back tension. They are either using the side muscles or a "squeeze" release.

Step 8. Confirm that the draw elbow is pulling towards the back and inline with the arrow. At this time the archer should feel aligned, strong, and ready to complete the shot. The archer is ready to go on the offense and shoot for the X.

Step 9. Continue to pull the bow and start aiming by placing the sighting element (arrow point, sight aperture or pin) on to the aim point. Continue to focus intently on the **aim point, not the aiming element** as the release happens.

Step 10. Archers **continue** the back tension as they release. Finger shooters release by **relaxing** the fingers to **allow the string** to push the fingers out of the way and pull the release hand back to their shoulder or behind the neck. Release shooters actuate the release and also allow the hand to be pulled back to their shoulder or behind the neck.

A “dead release” is not recommended in the NTS, but some archers use it successfully.

Step 11. Analyze the result – successful Good. If not successful, what might help the next shot to be good? **After that forget it!** If you thought of something in one of the steps of shooting, you have already implanted in your mind any change needed. Now go back to the beginning and run the 10 step program for the next shot.