

How to Stay ***IN*** The Game or

Get Out Of A SLUMP or ...

Get Back to Basics

- Regardless of your game level, it's all about:
 - The Basics and Fundamentals (when in trouble go back to these)
 - When you have trouble - You can't just keep flinging arrows and think you'll shoot your way out of it (remember Einstein's definition of insanity)
- Any shooting game is a eye/hand coordination game that is controlled by the sub-conscious
 - The eyes see the target first so the hands can move based on what the eyes see.
 - Your sub-conscious will automatically move your hands where you are focusing.
 - This can result in a GOOD shot or a BAD shot
 - Wondering eyes

- Never give yourself a reason to miss. When your ready to “Take Your Shot,” make sure you actually mean it.

If not - LET DOWN.

- The conscious mind will not stay 100% focused for more than 10 seconds – LET DOWN
 - How the 3 types of Focus can affect your shot
- The conscious mind causes doubt – LET DOWN
 - Never take your shot with a NEGATIVE thought (Last thing you think about is the first thing you’ll do)
 - Score, Target Panic (TP), Something doesn’t Feel Right
 - If you hold too long the conscious mind takes control of the shot and tries to improve it
- Develop a mental rehearsal of YOUR Arrow hitting the target before you go to full draw.
 - **Remember- The eyes see the target first so the hands can move based on what the eyes see.**
- When at Full Draw - Don’t think about anything – JUST LET IT HAPPEN

- Try to shoot every arrow as consistently and aggressively as you can without elevating your stress level. Understand there is a fine line between too fast and just right.
- Develop a consistent Shot-Routine (to stay focused, and reduce TP)
 - Pre-Shot (repeat, repeat, repeat YOUR steps on every arrow)
 - Shot Execution (remember the previous 100% focus time window)
 - **Remember: When at Full Draw - Don't think about ANYTHING - Just let it Happen**
 - Post-Shot (now's the time to QUIET your mind/muscles and RELAX, RELAX RELAX)
- Always have a game plan when you arrive for practice.

- Never forget that the most important **Arrow You Will Ever Shoot** is the one you just nocked. What you have already **SHOT** or **HOPE to SHOOT** later is of no consequence.
- Always remember the game is played one arrow at a time. Don't put undue pressure on yourself.
 - It is **IMPOSSIBLE** to score an arrow you haven't shot.
 - It is **IMPOSSIBLE** to predict (expect, or plan on) a fictitious **End Score** when you have not shot the required arrows.

ONE ARROW AT A TIME

• Scoring

- When you step on the course you ALREADY have a 900 (or 600). Shoot in a 100% positive mind set and follow YOUR Routines to keep the best score.
 - If you shoot 9s in a 900 (or 600) round, probability says you will get 10s and Xs.
 - At roughly 50% (10's and X's) here's the math
 - Example 1: (900 tournament)
 - 6 arrows X 5 ends @ 60 yards = 15 (3 x 5=15)
 - 6 arrows X 5 ends @ 50 yards = 15 (3 x 5=15)
 - 6 arrows x 5 ends @ 40 yards = 10 (2 x 5=10)
 - Final score 860
 - Example 2: (600 tournament)
 - 5 arrows x 4 ends @ 60 yards = 15 (3 x 5 = 15)
 - 5 arrows x 4 ends @ 50 yards = 15 (3 x 5 = 15)
 - 5 arrows x 4 ends @ 40 yards = 10 (2 x 5 = 10)
 - Final score 560