

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.

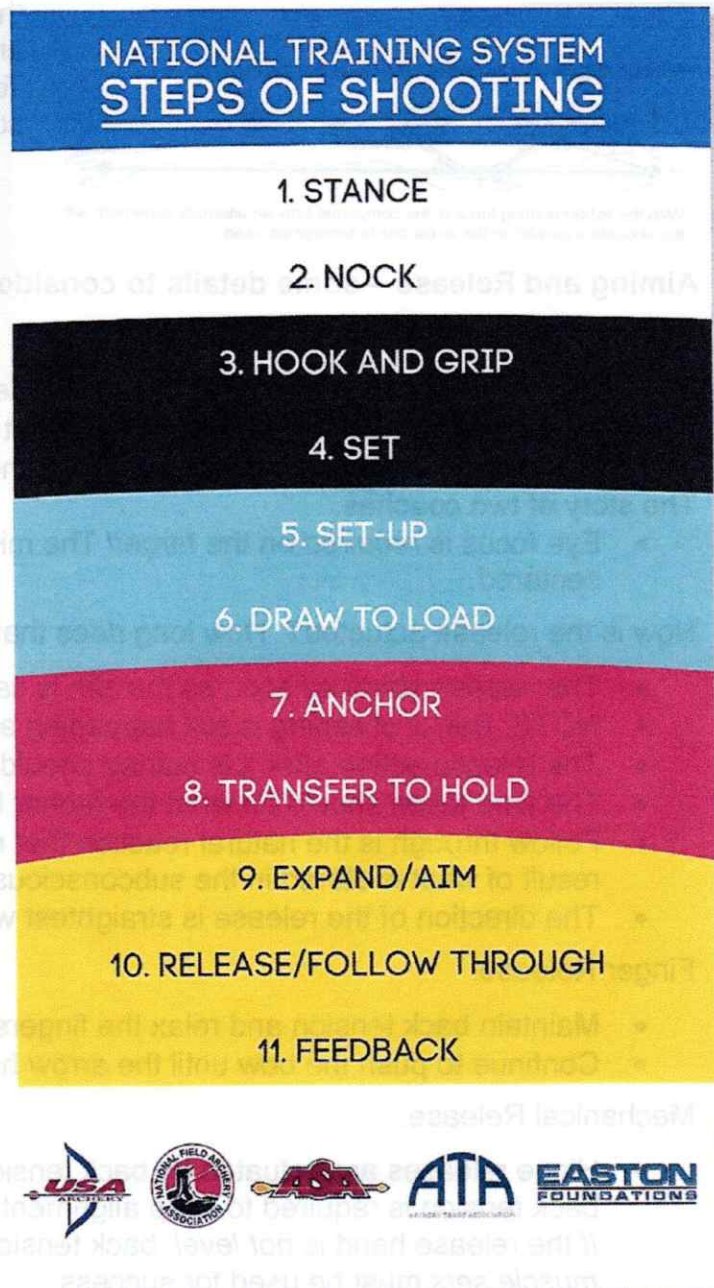
Standard form is that which experts, coaches, and trainers have concluded should be taught and practiced to result in the desired success.

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."

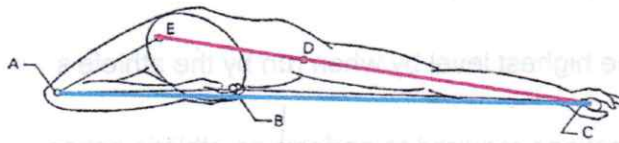
- 10 physical steps.
- 1 mental step.
- The first 8 steps can be considered "preparation" or "defensive".
- The next 2 can be considered as "performance" or "offensive".
- The Archer's attitude should change from defensive to offensive at the end of step 8.
- Steps 9 & 10 are offensive and result in the arrow launch.
- 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.

Aiming and Release – some details to consider.

What is aiming and how long does it last?

- Part 1 is *calibration* – moving the aiming device in place.
- Part 2 is *keeping it there*. How long is that required?
- "Aim Hard" or "Stop aiming so hard", 2 schools of aiming; which is correct?

The story of two coaches.

- Eye focus is *required* on the *target!* The mind loves symmetry & will keep it centered.

How is the release actuated? How long does that take?

- The release starts as soon as the aim is calibrated and steady.
- **NOTE:** Part 2 of aiming is still happening and will continue until arrow release!
- The release action after it is started should be subconscious.
- The time taken should be what the archer has stored in his subconscious mind.
- Follow through is the natural reaction that release of the force causes and is the result of what is stored in the subconscious mind.
- The direction of the release is straightest when the holding position is correct.

Finger Release.

- Maintain back tension and relax the fingers. Back tension will pull the hand back.
- Continue to push the bow until the arrow hits the target.

Mechanical Release.

- Hinge releases are actuated by back tension *OR* lats *OR* something else, but back tension is required to keep alignment and propel the arrow straight forward. *If* the release hand is *not level*, back tension will *not* actuate the release and *two muscle sets* must be used for success.
- Other mechanical releases also require maintaining back tension while actuating the release.
- Some trigger releases can be actuated by allowing the release to slide forward.