

10 Activities to Practice Your Archery Skills at Home

Don't have the space to set up a range? Find yourself somewhere where you can't use your bow? Try these exercises to keep your skills sharp!

MAKE A STRING BOW™

1. Fold a long (~90 inches) string in half and put the archer's groove of your draw hand through the loop.
2. Hold the ends of the string in your bow hand. Pull back with your draw hand as though you were drawing your bow.
3. Once you have your draw hand anchored, tie the loose end of the string at this length. You now have your string bow!



Helpful Hint:

A string bow or elastic bands are great stand-ins for your bow when practicing indoors. They're a good way to keep the muscle memory of your draw and work on your stance.



RESISTANCE BAND

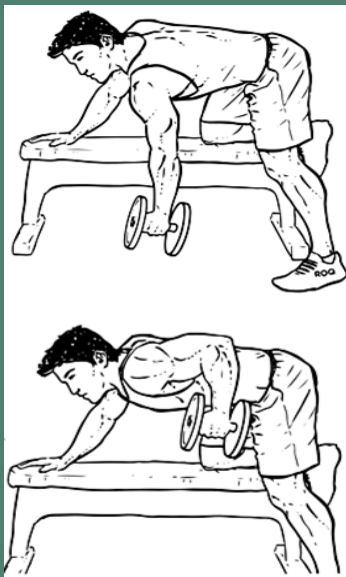
Strengthen Your Muscles!

1. Take your stance
2. Pull back resistance band like a bowstring
3. Hold and aim
4. Slowly ease your draw back down
5. Repeat!

SINGLE ARM DUMBBELL ROW

This exercise strengthens the back and arm muscles you use to draw.

1. Lean over and place your bow arm on a flat bench, keeping your back parallel to the ground.
2. With your draw hand, grab a dumbbell (or similar heavy object) and hold it with your arm extended.
3. Pull the dumbbell up to your ribs while maintaining good postural alignment.
4. Lower the dumbbell until your arm is fully extended.



Repeat for 8-12 reps, rest and repeat, switching arms.

OVERDRAW REPS

In your shooting stance with an elastic or resistance band held out in front of you, draw your string back past your anchor point. Slowly ease the string all the way back. Repeat.



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SHARPEN YOUR FORM

Take your stance and aim at a target, without an arrow or with an elastic.

Draw back into your anchoring position. Hold your aim for 30 seconds while focusing on your whole stance and form. Repeat 4 times and rest for 2 minutes.

MIMING YOUR DRAW

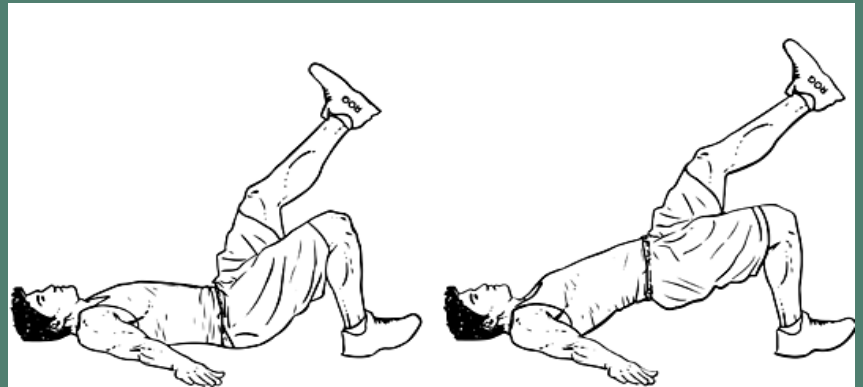
With a pair of dumbbells, take a modified stance with your feet together and both arms in front of you. Point your thumbs at the ceiling then slowly pull your draw hand back to the anchor point. Keep your shoulders down and back as you pull. Slowly return your draw hand to the starting position, then repeat with opposite hand.

MIRROR DRILL

If you have a tall mirror, stand in front of it at an angle so you can check your form. Practice your draw without firing, checking the mirror without moving your head. Repeat this practice to improve your form.

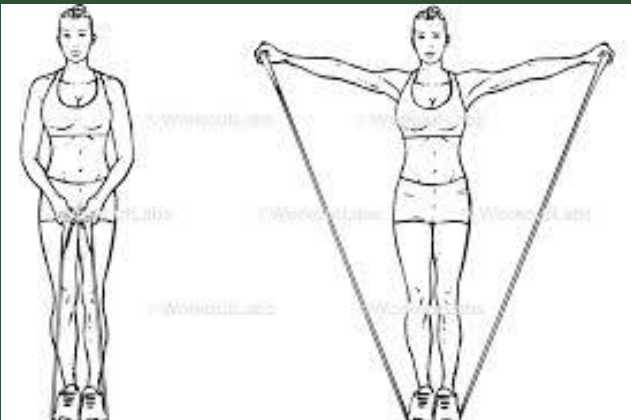
ONE-LEGGED HIP BRIDGES

Lie down on a bench or the ground with your head and shoulders flat. Keep both feet on the ground directly below your knees. Plant one heel on the ground and lift your opposite hip until your leg is in line with your knees and shoulders. Hold this position while keeping your heel planted! This helps build the core strength at the foundation of your stance and draw.



LATERAL SHOULDER RAISE

Another exercise for your shooting form that works the back and shoulder muscles. With dumbbells (or standing on a resistance band), stand up straight with your feet together and arms at your side. Set your shoulder blades back. With your palms facing forward, lift your arms slowly until they are just shy of being parallel with the ground.



THE SALUTE

Take your stance with your bow arm extended. Make sure to keep your arm as straight as possible and parallel to the ground throughout the exercise. Curl your bow hand towards your chest by bending your elbow. Return your arm to the starting position by following the same pattern. Repeat to strengthen and stabilize your bow arm!



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