

Archery Errors Evaluation

After shooting a round of six arrows and recording the placement of the arrows on the sheet provided, use the following list of archery errors to develop a list of form errors that may have caused the arrows to land as they did. Have a partner observe while you shoot the next round of six arrows in order to see if you have correctly identified any of the form errors.

Common Errors Causing Flight to the Left

- Hunching the left shoulder
- Anchoring away from the face
- Throwing the bow arm to the left
- Sighting with the left eye
- Placing the weight on the heels
- Holding the arrow tightly at the nock

Common Errors Causing Flight to the Right

- Throwing the bow arm to the right
- Jerking the string
- Turning the head to the right
- Placing the weight on the balls of the feet
- Tilting the body forward

Common Errors Causing Low Flight

- Inching forward with the string fingers on release
- Dropping the bow arm too soon after release
- Using an understrung bow
- Stretching the chin forward to meet the string
- Using an anchor point that is too high

Common Errors Causing High Flight

- Throwing the bow arm after the arrow on release
- Lifting the bow arm on release
- Lowering the string elbow or hand before or during release
- Drawing beyond the anchor point
- Tilting the body away from the target with the weight on the rear foot