





MUSLIM SPORTS FOUNDATION

Archery Session Plans



Date of Activity: Ongoing:	Venue	Coaches leading the activity:	
Activity	Main hazards	Associated risks	Control measures
Stringing the bow	Slippage of the bowstring	Bow limb contact face/body	Only coaches will string bows; where compound training bows are used this hazard is removed.
Drawing the bow	Bow weight too heavy for the age / development of the participant	Possible muscle strain	Bow weights will be kept within recommended limits and assessed for each individual participant by the activity leader / coach. If a suitable weight is not available participants / parents / teachers will be advised.
Shooting the bow	1.Overdrawing the arrow 2.Lack of clearance of the bow arm	1. The arrow comes off the rest backwards and potentially onto the hand 2. The string strikes the forearm or elbow causing an abrasion	1. Arrow length will be checked and a safe arrow length used i.e. 2 inch longer than required. 2. Use of a bracer to minimise risk; coaches teach correct hand position which turns the elbow out of the string path. Note – in very young children the elbow hyperextends and this can be a risk – bracers must be worn.
Withdrawing arrows from the target	1. Pulling an arrow back into own or other's face/body 2. Running on the range or approach targets carelessly – slip or trip on arrows in the ground	1. Injury from the nock of the arrow 2. Injury from slip or walking into an arrow embedded in the ground – graze or cut	1. Only coaches will withdraw arrows from the targets 2. Participants will not approach close to the targets and will remain in the safe waiting area
Venue specific issues	Pupil or public access to the shooting area Arrows missing the target and hitting the floor or wall	Potential for injury if walking in while shooting is in progress Injury from rebounds	Ensure signage in place “caution archery in progress – do not enter” on any doors in front of the shooting line Coaches to be vigilant to any potential entry
Lone working	Injury to coach	Participant being left alone with equipment.	If staff member feels unwell during the session they must tell (name) straight away. If any circumstances change (name) must be informed straight away. (name): (number)
Participants with specific needs			Each participant who has additional needs must have an action plan stating what has been done to ensure their needs are met and each session the coach must check these are in place

<p>10mins</p>	<p>Introduce Equipment and demonstrate. Introduce Arrow and Bow 3 points on each that they need to remember;</p> <p>Arrow:</p> <ol style="list-style-type: none"> 1. Nock 2. Index Fletching 3. Point <p>Bow:</p> <ol style="list-style-type: none"> 1. Arrow rest 2. String Nock 3. Handle <p>Demonstration;</p> <ol style="list-style-type: none"> 1. Shoot three arrows – 2. Demo & Talk {Correct bow hand position using finger sling} 3. Demo with highlights 4. Silent Demo <p>Bare Bow;</p> <ul style="list-style-type: none"> • Lay bamboo stick across shooting line – In line with Gold. • Feet shoulder width apart either side of shooting line up to bamboo stick. • Pick up the bow with hand nearest to Target string between body and arm. • Remember to hold bow with bow hand position. • Pick up arrow under fletching's. • Arrow onto arrow rest and pull back so nock clicks into the nocking point. • Place three fingers on string below arrow. • Bow in front of legs try to achieve straight line (preparation line). • Stand straight along shooting line in own height then turn and face target. • Stop and explain the next part don't talk while drawing bow back. • Draw string back till top of middle finger touches corner of the mouth! Elbow up! • At full draw point arrow at Gold and relax fingers, Follow through.
<p>5mins</p>	<p>Safe arrow retrieval</p> <ol style="list-style-type: none"> 1. Wait for the command collect. 2. Walk, never run. 3. Walk down the sides of target never face on. 4. One hand on board other at bottom of arrow and pull out making sure no one is behind you. 5. Bring arrows back and place in tube.
<p>30mins</p>	<p>Get the beginner to shoot Assist them where necessary get the beginner to shoot 3 arrows.</p>
<p>50mins</p>	<p>Group Tournament Each board is a group and they will complete against the other boards. Each board must shoot the same amount of arrows as the others. After all arrows have been shot the points recorded as a group for that round. At the end of the session all the points are added.</p>
<p>5mins</p>	<p>Prize for the winning team (An example of this could be a donation in their name).</p>
<p>1min</p>	<p>Thank the group for coming and ensure all bracers and finger slings have been collected.</p>

40mins	3 Arrow Rotation Practice
60mins	<p data-bbox="336 188 542 235">Balloon Game</p> <div data-bbox="368 257 842 763">  </div> <div data-bbox="858 257 1374 763">  </div> <p data-bbox="336 808 1332 846">There are multiple versions of this activity, we will give three variations;</p> <ol data-bbox="336 875 1460 1227" style="list-style-type: none"> 1. Stick balloons on target and split the group, give equal number of arrows for each target, and see which team can pop their balloons the fastest. Each team does 1 arrow rotations (So each person shoots an arrow and joins the back of the queue). {Target set up as shown in the image to the left} 2. Stick 3 balloons on the Target and each person gets to shoot 3 arrows and see if they can pop 3 balloons in 3 arrows. After each person if balloons have been popped replenishes them so they each have same amount of balloons. 3. Recreate the Archery target with balloons; buy white, black, blue, red and yellow balloons. {Target set up as shown in the image to the right}
1min	Thank the group for coming and ensure all bracers and finger slings have been collected.

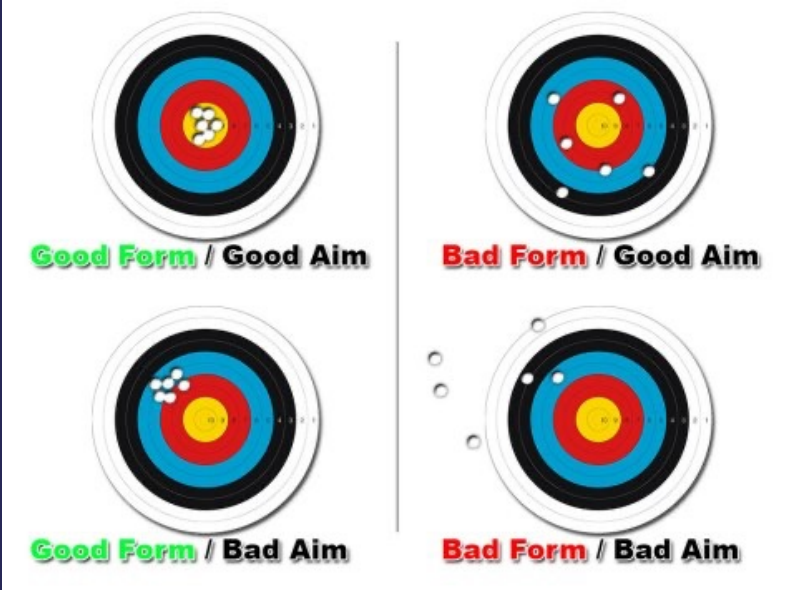


30mins **3 Arrow Rotation Practice**

70mins **Clustering**

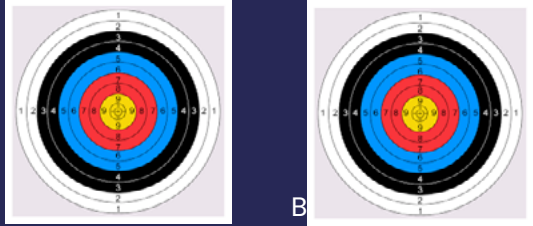
Each person shoots 12 consecutive arrows at one point (colour the centre gold black so that it stands out). Below is an image of how the arrows may land.

Results:



- Top left – If the arrows land like this no adjustments are needed.
- Top right – There is something off with either the arrows or the shooter. The arrows may have bends which happens over time they will need changing. If the arrows are fine then it is the shooter a few things to look out for that can make this happen are; Stance, position of the final draw if the middle finger isn't in corner of the mouth this will effect where they go, the release can effect the direction of the arrows. There are a few things you can explore with the shooter to make sure they come together in a cluster.
- Bottom right – first you need to fix what is causing the splatter of arrows once this has happened you can fix the aim the same way mentioned in the next point.
- Bottom left – If you arrows are clustering then it means the shooting technique is correct we just need to use an aim off. This will be explained in the next part.

Aim Off:



If your arrows cluster together in a good formation but aim isn't correct, we use something called an aim off. Wherever the arrows lands draw a line to the same point on the opposite side of the board the shift will pull the arrows into the gold. For example, please look at the image above. If your arrows were all landing 12 o'clock red like in image A, you would aim at 6 o'clock red like image B and it would drag the arrows down into gold.

1min Thank the group for coming and ensure all bracers and finger slings have been collected.

	<ul style="list-style-type: none"> • Bow in front of legs try to achieve straight line (preparation line). • Stand straight along shooting line in own height then turn and face target. • Stop and explain the next part don't talk while drawing bow back. • Draw string back till top of middle finger touches corner of the mouth! Elbow up! • At full draw point arrow at Gold and relax fingers, Follow through.
30mins	3 Arrow Rotation Practice
70mins	<p>Closest Arrow</p> <p>This game is very similar to bowls, there are different variations of this game we will give two.</p> <ol style="list-style-type: none"> 1. Coach shoots an arrow; each player shoots an arrow to see who can get theirs closest to the coach. Please note the arrow doesn't need to be at gold you can shoot in different places each round. 2. A dot is placed on the board, players shoot 3 arrows each. Closest individual arrow to the dot wins. You can do a rough score using the rings, but an actual measurement to the dot must be used if there are multiple arrows are in the highest scoring ring.
1min	Thank the group for coming and ensure all bracers and finger slings have been collected.



30mins	3 Arrow Rotation Practice																
30mins	Half the lesson will be 3 arrow rotations keep letting them rotate and get used to what they are doing.																
45mins	<p>Chess</p> <p>Players shoot 3 arrow rotations. Use the score sheet to tick off when you collect a chess piece.</p> <div data-bbox="443 546 919 826" style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p>Name:</p> <table data-bbox="448 622 914 792"> <tr> <td>K</td> <td>B</td> <td>P</td> <td>P</td> </tr> <tr> <td>Q</td> <td>B</td> <td>P</td> <td>P</td> </tr> <tr> <td>R</td> <td>Kn</td> <td>P</td> <td>P</td> </tr> <tr> <td>R</td> <td>Kn</td> <td>P</td> <td>P</td> </tr> </table> </div> <p>Inner gold is a King (K) you need 1 of these Outer gold is a Queen (Q) you need one of these Red is a Rook (R) you need 2 of these Blue is a Bishop (B) you need 2 of these Black is a Knight (Kn) you need 2 of these White is a Pawn (P) you need 8 of these</p>	K	B	P	P	Q	B	P	P	R	Kn	P	P	R	Kn	P	P
K	B	P	P														
Q	B	P	P														
R	Kn	P	P														
R	Kn	P	P														
1min	Thank the group for coming and ensure all bracers and finger slings have been collected.																

Chess Handout

Name: K B P P Q B P P R Kn P P R Kn P P	Name: K B P P Q B P P R Kn P P R Kn P P	Name: K B P P Q B P P R Kn P P R Kn P P
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Session 6 : Retribution

Date:	
How many people:	12
10mins	<p>Hadith.</p> <p>نَأْ، قَسَامَش. نَب. نَمُحْرَلَا دُبَعُ نَع، بَوُقُوعِي. نَب. شِرَاحِلَا نَع، تُثَيَّلَا أَنْ رَبَّخَ أَرْجَاهُ. نَب. حُمْرُ نَب. دَمُحُمُ أَنْ شَدَحُ قَبْقُوعُ لَأَقِ إِكْفَيْلَ عُقُوشِي رِيْبَكَ تَنْ أَوْ نِيضِرَعَلَا نِيْذَه نَب. فَلَ تَخْتِ رِمَاعِ نَب. قَبْقُوعُ لَأَقِ، هِيْ مَخْلَلَا أَمِيْقُفَ لَأَقِ لَأَذْ أَمُو قَسَامَش. نَب. بَالِ شَتْلَقُفَ شِرَاحِلَا لَأَقِ إِهِنَا غَا مَلْ مَلَسُو هِيْلَع دَلَلَا يَلَص. لَلَا لَوُسْرُ نَمُ هُنْتَع مَسْ مَالِكُ الْوَلِ سَيْلَفَ هَكَرَتْ مُثْ يُمْرَلَا مَلَعُ نَمُ ١٢ لَأَقِ هُنَا</p> <p>It has been reported by 'Abd al-Rahman b. Shamasa that Fuqaim al-Lakhmi said to Uqba b. Amir:</p> <p><i>You frequent between these two targets and you are an old man, so you will be finding it very hard. 'Uqba said: But for a thing I heard from the Prophet, I would not strain myself. Harith (one of the narrators in the chain of transmitters) said: I asked Ibn Shamasa: What was that? He said that he (the Holy Prophet) said: Who learnt archery and then gave it up is not from us. or he has been guilty of disobedience (to Allah's Apostle).</i></p> <p>[Sahih Muslim, Book 20, Hadith Number 4714]</p>
5mins	<p>Range Safety Reminder</p> <p>Range Safety;</p> <ol style="list-style-type: none"> 1. Introduce shooting line and waiting area. 2. Refer to four commands; <p><i>Archery Commands;</i></p> <ul style="list-style-type: none"> • Shoot – You can approach the shooting line and shoot your arrow • Collect – Only when you hear this can you go and safely collect your arrows. • Come Down – Bring your bow down to safety position. • Stop! – Bring your bow down to the safety position and take your arrow off and replace in stand. <ol style="list-style-type: none"> 3. Never draw bow and release without arrow. 4. Only put arrow in when facing target on the shooting line. 5. Only draw bow when on shooting line facing the target. 6. If in waiting area do not distract person shooting.

30mins	3 Arrow Rotation Practice
45mins	<p>Retribution</p> <p>See below for rules of the game</p> <p>There will be 1 Target per person printed out and left out for you.</p>
1min	Thank the group for coming and ensure all bracers and finger slings have been collected.

Rules for "Retribution"

'Retribution' can be played by an unlimited number of archers.

The 'Retribution' target (see Retribution Target.pdf) consists of two concentric circles, one white and one yellow, and a dotted line.

Each person starts with 10 lives (or however many you choose).

The object of the game:

If an arrow hits the white circle, then the person whose name is on that target loses one 'life'.

However if an arrow hits the yellow circle then the person loses three 'lives'.

(You may vary these scores according to your needs).

As is normal in Archery - if the arrow even touches the black line then the higher value is scored.

The winner is the last person to have 'lives' left.

Each person in the game has their own, individual target.

Each person prints (block capitals) their name on the dotted line using a thick-ish felt marker pen.

The name needs to be large enough to be read from the shooting line.

The shooting line is set at whatever distance you choose.

If you choose a longer distance then the game will last much longer than a shorter distance.

Each person is then given a target pin to place the target anywhere on the target boss (I usually say 'not too close to the edge' - to discourage misses).

Once everything is set up, each archer shoots three arrows at whichever target they choose.

Each arrow can be at a different target, or all at the same target, as you choose.

Try to discourage people shooting across diagonally as this could be unsafe.

You can have as many people on the shooting line as space permits.

When everyone has shot their three arrows, we give the command to approach the targets but not touch any of the arrows.

A designated scorer will look at each target in turn and mark on the top corner of the target how many 'lives' have been lost.

As the game progresses it is sometimes a good idea to call out how many lives are left for each person.

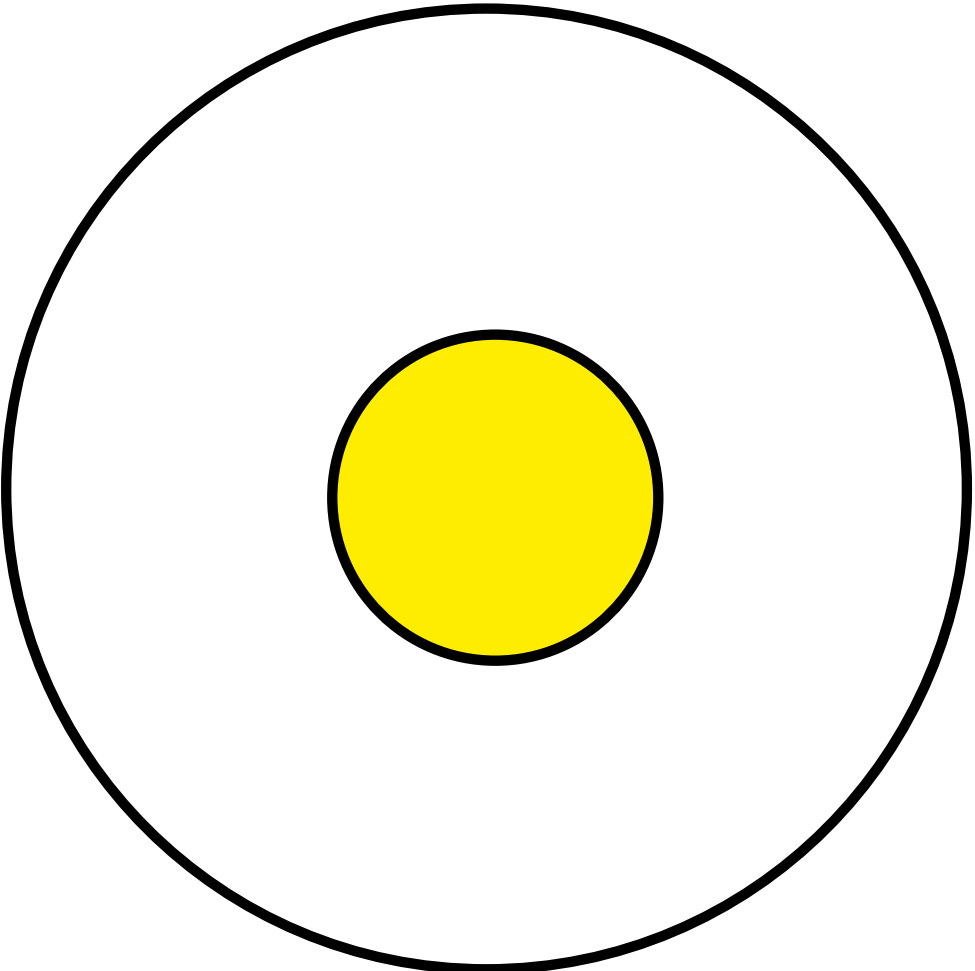
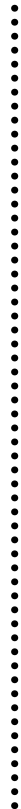
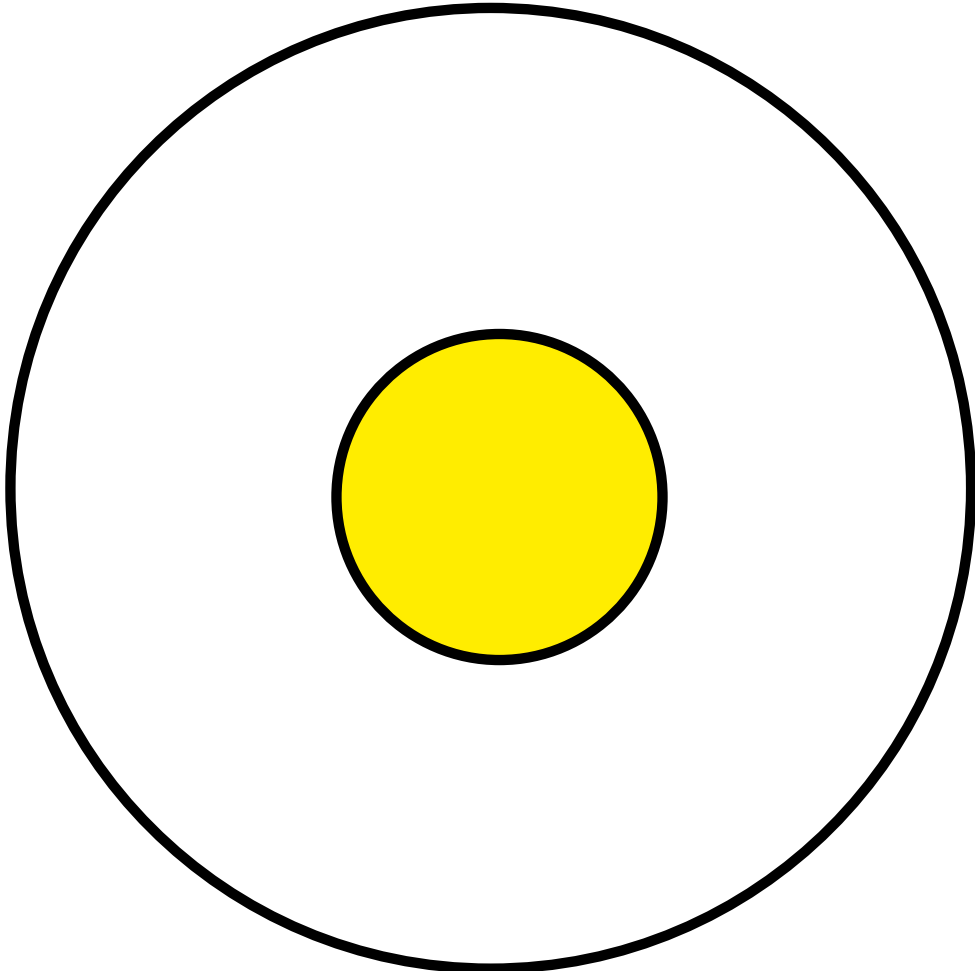
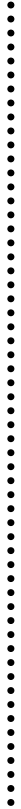
Once a person has lost all 10 'lives' they are now eliminated from the competition, BUT, they do not cease shooting. They are now in a situation to eliminate all the people who caused them to be eliminated. THIS IS WHERE THE 'RETRIBUTION' COMES IN.

As people have lost all ten lives and are eliminated, their targets are removed from the bosses.

When there are only a few targets left it is sometimes wise to have each archer shoot just one arrow each, otherwise it can be difficult to see who lost the last life.

The last man/woman standing is the winner!

Retribution Targets





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