

CORRECTING ARCHERY SHOOTING ERRORS

Some causes of and corrections for various archery errors.

After adjusting your site, your arrows may still miss their mark. Check your stance, point of aim and draw mechanics to achieve consistency. When you achieve consistent groupings, check these tips to correct for common errors.

Wobbling Arrows in the Air

- Some obstruction to the string -- clothing, etc.
- Following the string on release (creeping). This may also cause the string to catch on the arm guard.
- Faulty release, fingers unevenly placed on the string or fingers not letting go at one time.
- Bow arm wrist too far to the opposite side of the bow.

String Snapping Bow Arm (elbow, forearm, wrist)

- Bow hand too far to the opposite side of the bow.
- Tension in the bow arm and hand.
- Bow understrung. Bow string too long.

String Snapping Nose

- Head not sufficiently turned toward target.

Arrow Falling Away from Bow on the Draw

- "Pinching" arrow between fingers instead of drawing string.
- Failure to draw straight back.
- Failure to keep string in close to the bow arm.
- Failure to let the string roll toward the tips of the fingers on the line.
- Letting the string roll toward the knuckle of the fingers instead of the tips of the fingers.
- Back of the string hand cupped instead of perfectly flat.
- Tension in the string hand and knuckles.

Arrows Over-Shooting the Target

- Fringe vision space between the arrow tip and the target is too small.
- Jerking the string hand down on release.
- Lifting the bow arm or jerking it up on release.
- Increasing slightly the pull on the string just before release.
- Lifting the index finger of the bow hand -- if there is no arrow rest.
- Nocking the arrow low on the string or nocking point moved down.
- Allowing the third finger to "slip" on the string.
- Dropping the elbow of the string hand just before release.
- "Peeking" at short ranges.

Arrows Falling Below the Target

- Fringe vision space between the arrow tip and the target is too large.
- Not reaching or not holding at anchor point.
- Dropping the bow arm.
- Reaching forward with the chin to the string.
- Nocking the arrow too high on the string or nocking point moved up.
- Using an understrung bow which causes the string to hit the wrist.
- Holding low on the bow handle.
- "Peeking" at longer ranges.
- Holding too long so fatigued muscles "give" too quickly.
- Poor or weak release.
- Releasing from a point above or below your anchor point.

Arrows Flying to the Right of the Target

- Improper foot or body alignment.
- Pushing the bow arm to the right on release.
- Creeping or following the string away from the anchor point before release.
- Plucking the string on release.
- Canting or tilting the bow too much to the right.
- Failure to allow for wind from the left.
- Head tilt too far to the right.
- Pulling fingers off string too quickly, whether from lack of protection or soreness.
- Gripping the bow string too high on the fingers.

Arrows Flying to the Left of the Target

- Allowing arrow shaft to slip away from the bow before release.
- Throwing bow arm to the left.
- Plucking or jerking string hand away from face on release and not keeping it flat against the face.
- Too tight a grip on the bow or arrow.
- Tilting the bow to the left.
- Anchoring out from the cheek or not coming to an anchor point directly under the eye.
- Failure to have the arrow tip lined up with the center of the target -- fringe vision.
- Failure to allow for wind from the right.
- String touching hunched left shoulder.
- Using left eye to sight instead of the right.
- Weight on heels or swaying slightly toward heels.
- Sight to the left of the string.
- Arrows may be too stiff for the bow -- too much spine for your bow.
- Make certain the bow is held perpendicular to the ground.