

activity time

15 minutes



set-up time

10 minutes



skills learned

Stance, Posture / Alignment, Predicting



awards matchShooting Form

THE POINT

Motivate. Motivate. Motivate. A little incentive goes a long way to get archers to work on perfecting their shooting form. Use candy or other rewards to incentivize your athletes to have a correct stance and posture.

EQUIPMENT NEEDED

- > Three arrows per student.
- At least four different types of candy (or any reward you want to give out).
- > Pictures of the candy or reward each student can earn at each target.
- Target pins.
- > Full page images of candy are available for print at www.usarchery.org.

RANGE CHANGE

- Place two quivers at each target.
- > Print off four large pictures (8 ½" x 11") of miniature-sized candy or a reward to place on each target. Make sure the photos of the candy match the candy or reward you have to give out.
- > Pin four different pictures of the candy or reward each student will earn on each target, leaving a small space in the middle.

PROCEDURE

- 1. Place three arrows into each archer's quiver.
- 2. Instruct the students to shoot at the target, aiming for the candy or reward they want the most.
- 3. Give students a piece of candy or reward for each arrow shot into a picture.
- 4. Candy or rewards cannot be earned if an arrow is shot into a blank space.
- 5. Once all archers have shot, have them retrieve the arrows.

MODIFICATIONS

If you have extra time, have students play until you run out of candy or rewards.

SHOOT FOR THE GOLD

- Decrease the size of the printed images to increase the level of difficulty.
- Have the three archers who won the most candy face off for a grand prize. The grand prize could be a really big candy bar or reward of your choice.

BEHIND THE LINE

- Have students draw pictures of the candy or reward to be put onto the target.
- Have a jar full of candy. Ask the students to guess the number of pieces of candy in the jar. The students who guess the correct amount of candy in the jar receive three more arrows to shoot for more candy or a larger prize of your choice.







