



## HOW TO MAKE A STRETCH BAND (RESISTANCE TUBING PRACTICE LOOP)

A loop made out of resistance tubing or stretch band material is one of the safest and most affordable ways to practice shooting archery when you are not able to get to the range or don't have access to the equipment. Red resistance tubing is a light medium resistance and is recommended for most archers and yellow resistance tubing is light resistance and may be preferred for archers under 10 years of age. Resistance tubing is preferred over bands as the tubing provides a similar feel to the bow string.

To make a resistance tubing practice loop do the following:

1. Cut some resistance tubing 40-42 inches in length.
2. Take the two ends and hold them together
3. Tie a knot approximately 1-2 inches from the ends while holding the ends together.

## STRETCH BAND GOLF

In this game, an archer can play by themselves or with a partner. They will need a stretch band and a tennis ball. The archer will venture outside into their yard and toss the tennis ball like a bocce ball 30-60 feet (10-20 yards) away. They will then take their stretch band and shoot at the tennis ball. The archer will walk to where their stretch band lands, and then shoot from that location at the ball again. The archer will repeat this as many times as it takes to hit the tennis ball. This also serves as great field archery practice if you have hills and trees to shoot around.

### ***A couple of notes:***

- Do NOT use a finger sling in this game.
- Make sure no one is in front of you and that you always point the stretch band in a safe direction.
- Always practice safety.
- Keep track of your shots just like golf and do 9 or 18 rounds. For each round, toss the ball in a different location.

