



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 HOLDING SPT

In this exercise the archer will use a stretch band and will go through their shot process. After the archer gets to anchor and feels braced, they will hold the position and brace the stretch band for as long as they can between 15-30 seconds. The archer then gets twice the amount of time to rest before going to the next set. For younger athletes this doubles as a focus exercise and math exercise.

A couple of notes:

- Some national team athletes do this for up to an hour with their actual bow.
- Mix it up a little and use two stretch band simultaneously to increase the draw poundage.
- Perform the process in front of a mirror and be your own coach.

