



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 PRACTICE COMBINED WITH IMAGERY AT A TARGET

In this exercise, the archer combines practicing their entire shot cycle while using a stretch band and a small target face. The smaller the target face, the more realistic this will be. The archer will simply tape a small target face to the wall in an open area and practice going through their shot cycle just as if they were shooting at a target face. They can imagine they are shooting against their archery idol or shooting for the gold at the Youth World Championships or JOAD National Championships. They can also up the ante and imagine performing in difficult situations and scenarios such as strong wind or rain conditions or with a big crowd watching.

A couple of notes:

- Be sure to use a finger sling so you don't shoot your stretch band across the room.
- Make sure no one is in front of you and that you always point the stretch band in a safe direction.
- If you don't have a target face, print one off from online or draw your own. Try to make the size of the target face similar to how the target will appear at the distance you normally shoot.

