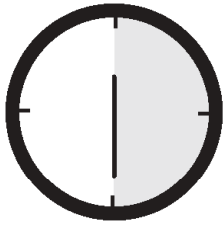
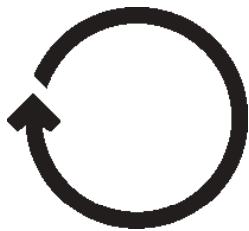




## SHOTS FOR SQUATS



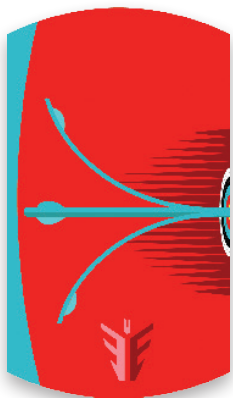
ACTIVITY TIME  
30 minutes



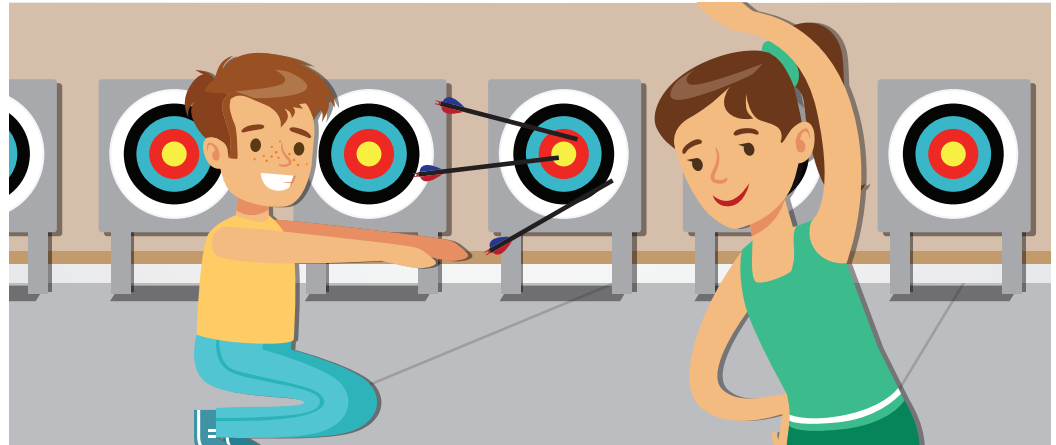
SETUP TIME  
10 minutes



SKILLS LEARNED  
Shot Process,  
Scoring and Math



AWARDS MATCH  
Shot Execution

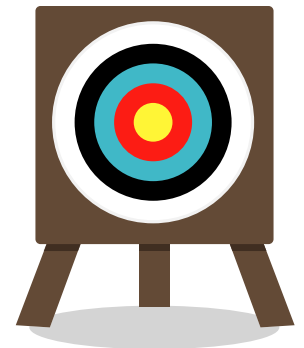


### THE POINT

Kick off the new year right and start incorporating fitness into your archery program! Incorporating exercises to improve cardiovascular endurance and strength will not only help your archers improve their skills but can lead to good habits they carry with them the rest of their lives.

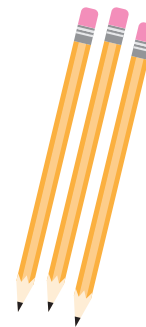
### EQUIPMENT NEEDED

- Three arrows per student, different or distinctive for scoring purposes
- 80cm FITA Target Faces for each target
- Target Pins
- Exercise Scorecards
- Pens and Pencils to record scores



### RANGE CHANGE

1. Place two quivers at each target
2. Secure target faces to targets using target pins



Number of Reps	Plank	Push-Up	Lunge	Squat	Burpee
Round 1					
Round 2					
Round 3					
Round 4					
Round 5					

### PROCEDURE

- Pair up students to share a target (two archers per target)
- Place three arrows in each ground quiver

**Coach's Tip:** Pair archers of similar skill together on each target for a fair and exciting game.



## RULES OF THE GAME

- a. After the instructor's whistle command, students will shoot one arrow at a time, alternating until each has shot three arrows.
- b. When shooting is complete, archers should score their arrows by completing the Exercise Scorecard using the guidelines below:
  - i. Arrow lands in the yellow = 5 burpees
  - ii. Arrow lands in the red = 10 squats
  - iii. Arrow lands in the blue = 10 lunges (5 per leg)
  - iv. Arrow lands in the black = 5 push-ups
  - v. Arrow lands in the white = 10 second plank

**Note:** Exercises may be altered or adapted to fit each archers' needs. If an archer is unable to complete an exercise, coaches should find an appropriate substitution.

- c. Archers will then go behind the shooting line, remaining in pairs
- d. Archers will then switch scorecards, so each student must do the exercises corresponding to the arrows their teammate shot

**Note:** If an archer shoots an arrow and misses the target, the archer should put an "M" on their scorecard and their teammate will get to assign them any one of the above exercises to complete

**Example:** Archer A shoots two arrows in the red and one in the black. Their teammate will be responsible for completing 20 squats and 5 push-ups.

**Coach's Tip:** Prior to starting the game, review proper form of each exercise with your students. During the activity, monitor form and allow for water breaks between ends.

- e. Archers should then return to the shooting line and repeat the same procedures for a total of five rounds. Each round will get progressively more challenging for the archers and they will feel the effects of both mental and physical fatigue. This activity can be repeated weekly so archers can track their improvements!
- f. The activity is complete when five full rounds of shooting and exercises are finished

## SHOOT FOR THE GOLD

Follow the same basic procedures, however make the following accommodations to scoring and difficulty level:

**Use the following scoring criteria:**

Incorporate the 1-10 rings on the target to correspond to the number of reps of each exercise archers must complete instead of having each arrow count for 10 reps. This will add strategy to the game and an extra level of complexity for archers to weigh while shooting.

**Example:** Archers A's arrows land in the following rings:

- One arrow in the 10 ring (yellow)
- One arrow in the 8 ring (red)
- One arrow in the 5 ring (blue)

His or her teammate will have to do the following number of exercises:

1. One arrow in the 10 ring = 10 burpees
2. One arrow in the 8 ring = 8 squats
3. One arrow in the 5 ring = 5 lunges

Give less time in between completing the exercises and beginning shooting again.

Incorporate a sprint in between exercises and beginning to shoot again.

# EXERCISE SCORECARDS

Number of Reps	Plank	Push-Up	Lunge	Squat	Burpee
Round 1					
Round 2					
Round 3					
Round 4					
Round 5					

Number of Reps	Plank	Push-Up	Lunge	Squat	Burpee
Round 1					
Round 2					
Round 3					
Round 4					
Round 5					

Number of Reps	Plank	Push-Up	Lunge	Squat	Burpee
Round 1					
Round 2					
Round 3					
Round 4					
Round 5					

Number of Reps	Plank	Push-Up	Lunge	Squat	Burpee
Round 1					
Round 2					
Round 3					
Round 4					
Round 5					