



**SETUP TIME**  
10 MINUTES



**ACTIVITY TIME**  
20 MINUTES



### SKILLS LEARNED

AIM, SHOT PROCESS,  
TEAM BUILDING



## THE POINT

While Team USA shoots for Gold, get your archers in the competitive spirit with this easy and fun team building activity that focuses on shot execution and arrow grouping.

## EQUIPMENT NEEDED

- 6 arrows per archer
- Print and cutout 3 bronze medals, 2 silver medals and 1 gold medal per target
- Target pins
- Stopwatch
- Whistle
- Scoresheet
- Pencil



## COACH'S TIP

Paper plates colored in bronze, silver and gold marker could also be used in place of the medal cutouts.

## RANGE CHANGE

1. Pin bronze, silver and gold medals sporadically on target.
  - Minimum of 3 bronze, 2 silver and 1 gold per target. Instructors may decide how many additional medals to add based on the archer's skill level.
  - Make sure the medals are pinned entirely on the target with no part hanging off. (See Figure 1)
2. Place 2 quivers on the shooting line per target.

## PROCEDURE

1. Separate archers into teams of two archers each. Each team of two archers should be assigned to compete against another team of two.
2. With team one at the shooting line, set the stopwatch for 3 minutes.
3. Blow the whistle once, to indicate that team one may begin shooting.
4. Archers will have 3 minutes to earn as many points as they can by shooting for the bronze, silver and gold medals.
  - **Bronze Medals:** 1 point
  - **Silver Medals:** 2 points
  - **Gold Medals:** 3 points
5. After the archers have shot all of their arrows or the three minutes is up, indicated by three whistle blasts, instruct archers to proceed to the target line to retrieve their arrows and record their points on their scoresheet.
6. It is now team number two's chance to shoot for medals.
  - Repeat steps 2-6 until both teams have shot 3 times.
7. Once both teams have had three chances to shoot, tally the points from all three rounds.
  - The top three teams with the most points will be victorious.
8. Distribute prizes to the first, second and third place teams in a mock medal presentation.



### COACH'S TIP

Winning teams can compete in a single elimination tournament until there is one champion.

## BEHIND THE LINE

While archers are waiting to shoot, have them create team posters to cheer on their fellow archers. For added fun each team can select a different country to represent in the true spirit of the Olympics!

