



# Archer Development Day 4<sup>th</sup> November

An opportunity open to any EFAA archers. The day will give you a chance to develop your technique, learn new tips and access instructors with practical time. The plan for the day is below:

8:45 am - Welcome, warm up

9:00 am - Technique Seminar, why is stance important, with Ash Cowie and Jamie Bridges.

9:45am– Technique session, practical based with stretch band, putting it into practice , with Ash Cowie and Jamie Bridges.

10:30am – Break

10:45am – Shooting session, opportunity to be observed by instructors, building stance practice into the shot, plus discussion with instructors about technique

12:00 pm – Lunch (please bring your own)

12:30pm – Warming up, why is it important, how to do it, with Ash Cowie.

1:15 pm – Shooting session, further development of technique, putting it into practice

2:15pm - break

2:30 pm - The archery style, how to improve the whole archer, the probability of hitting the spot, with Jamie Bridges

3:15 pm – Summary and feedback

Finish – 3:30pm

Venue: Redhill Archers, Wythall Community Park,  
B47 6LZ  
Cost tbc

Please note, we must be away before 5pm as there is an organised firework display, alternatively, you could stay til 9pm and watch the fireworks.

