



Archer Development Day 3rd February

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:

9:45 am - Welcome, tea and coffee

10:00 am – Warm Up

10:15 am – Recap from Session 1 – What did we cover, progress made, challenges faced

10:45am - Technique Seminar **covering Set, Setup, Draw and Reference** with Ash Cowie and Jamie Bridges.

11:30am – Break

11:45 am– Technique session, practical based, putting it into practice using a stretch band, with Ash Cowie and Jamie Bridges.

12:30am – Shooting session, opportunity to be observed by instructors, **building setup and draw practice** into the shot, plus discussion with instructors about technique

1:45 pm – Lunch (please bring your own)

2:15pm – Technique Seminar covering **Expansion and Release**, with Ash Cowie and Jamie Bridges.

3:00 pm – Shooting session, further development of technique, putting it into practice

4:00pm - break

4:10 pm – **Shot routine**, Summary and feedback with Ash Cowie and Jamie Bridges

Finish – 4:30pm

Venue: Redhill Archers, Wythall Community Park,

B47 6LZ

Cost £20

Deposit of £5 before 31st January

