Shooting for the Shot

There is just that one moment, it sneaks up on you. You have hiked miles, climbed ridges, the weather is not on your side and just when you least expect it you get your shot opportunity….
Are you ready?

This year I built a training checklist to prepare myself for any obstacle that may lie in my way. I set up a series of shots with different techniques so that I may pull back with confidence in any situation. I will be measuring the diameter of my 3 arrows at each distance to allow me to find my group size. Using this method, I can see improvement as I progress.

EXAMPLE: Shoot each distance 3 times, and then measure the distance between the farthest apart arrows. Your goal is to decrease that diameter as you practice. This will allow you to judge your accuracy regardless of whether your shooting target or 3D. Arrow placement is key, as an accurate shot is an ethical shot.

Distance	**10**	**20**	**25**	**30**	**35**	**40**	**45**	**50**	**55**	**60**
Diameter										

BASIC SHOT:

Distance	**10**	**20**	**25**	**30**	**35**	**40**	**45**	**50**	**55**	**60**
Diameter										

ON YOUR KNEES:

Distance	**10**	**20**	**25**	**30**	**35**	**40**	**45**	**50**	**55**	**60**
Diameter										

SITTING:

Distance	**10**	**20**	**25**	**30**	**35**	**40**	**45**	**50**	**55**	**60**
Diameter										

ANGLED (Quartering) RIGHT:

Distance	**10**	**20**	**25**	**30**	**35**	**40**	**45**	**50**	**55**	**60**
Diameter										

ANGLED (Quartering) LEFT:

Distance	10	20	25	30	35	40	45	50	55	60
Diameter										

ELEVATED: (Simulating mountain ridge or treestand)

Distance	10	20	25	30	35	40	45	50	55	60
Diameter										

OBSTACLE:

Distance	10	20	25	30	35	40	45	50	55	60
Diameter										

UNEVEN YARDAGE:

Distance	12	24	27	32	38	43	47	52	58	64
Diameter										

RAIN:

Distance	10	20	25	30	35	40	45	50	55	60
Diameter										

DAWN:

Distance	10	20	25	30	35	40	45	50	55	60
Diameter										

DUSK:

Distance	10	20	25	30	35	40	45	50	55	60
Diameter										

TIRED ARMS: (Do 5-10 pushups between distances)

Distance	10	20	25	30	35	40	45	50	55	60
Diameter										

OUT OF BREATH: (Do 5 burpees, jumping jacks or jump rope between each distance)

Distance	10	20	25	30	35	40	45	50	55	60
Diameter										