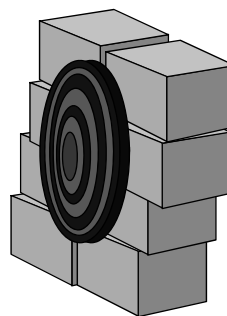


*Twin Valley Council, BSA  
Cub Scout Archery Training*

**WELCOME!**

1

Cub Scout Archery  
Fundamentals



2

## Learning Objectives

*At the end of this session, each participant should be able to understand:*

- How to set up and safely operate a range for Cub Scouts
  - Safety Guidelines
  - Equipment
  - Shooting basics

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## Safety Guidelines

## Range Supervision:

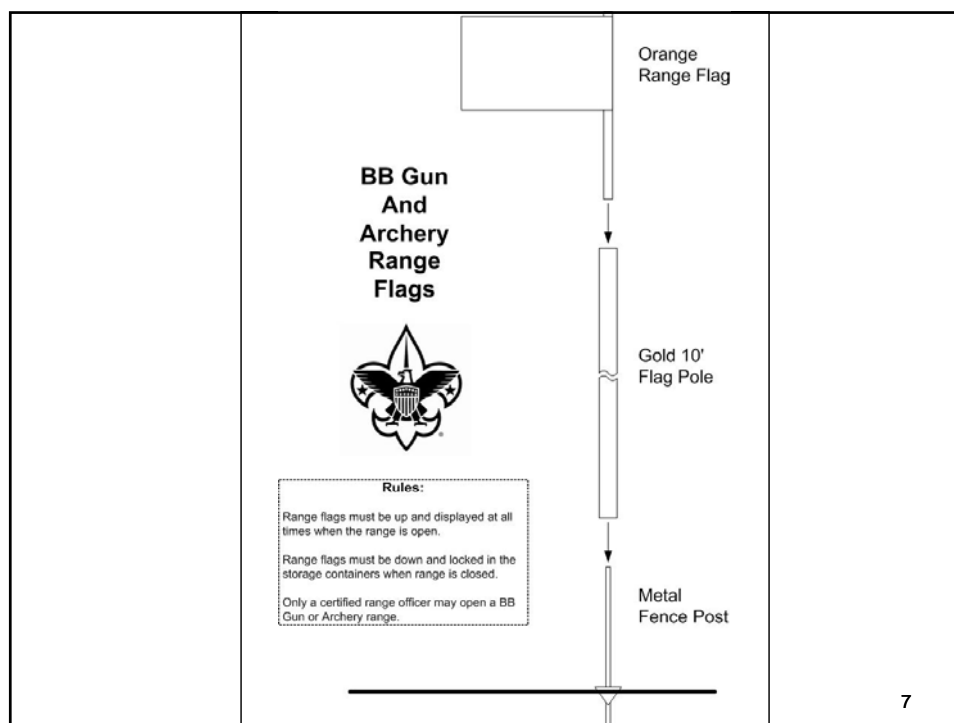
- The Range Officer must be alert to conditions which may be dangerous to participants and take action.
- The Range Officer must be focused on the shooters **AT ALL TIMES** while the range is open. This isn't the place for idle conversation.
- The Range Officer is the ultimate authority on the archery range.

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## Range Flag / Open Range

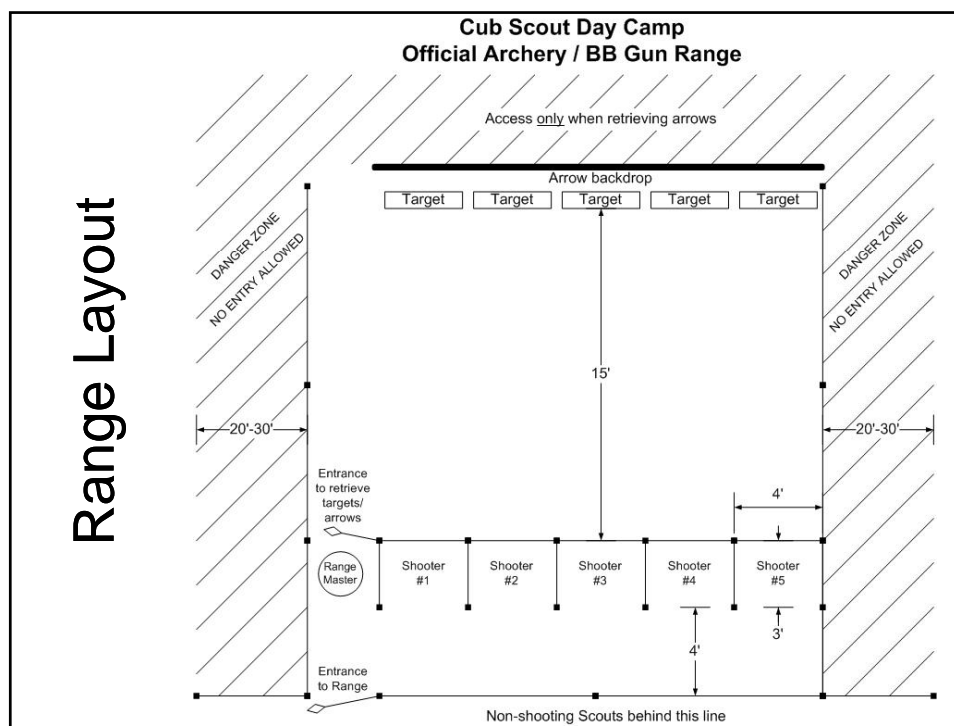
- The red range flag must always be flown when the range is open.
- Anytime the range is not open, the flag must be down, and all bows and arrows must be **LOCKED** in the lockbox.
- When not in use, all bows and arrows must be **LOCKED** in the lockbox.

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## Archery Range Layout

- Following is the recommended range layout for all Twin Valley Council Cub Scout Archery activities.
- Range should be constructed using fence posts and yellow caution tape.
- Shooting line between archers and targets should be at knee level of the boys.
  - Keeps the boys from going downrange
  - Doesn't interfere with their shooting.



## Archery Range Rules

- The boys should always:
  - Know and obey all range commands.
  - Keep their arrows in the ground quiver until told to shoot.
  - Always wear an arm guard and finger tab.
  - Always keep their arrows pointed down range.
  - Shoot only at the targets.
  - Leave dropped arrows on the ground until told to retrieve arrows.
  - Always walk at the archery range.

## Posted Archery Range Rules

1. Do NOT go over, under, or through the yellow lines.
2. Do NOT pick up the Bows until told to.
3. Do NOT shoot until told to begin.
4. Stop shooting if CEASE FIRE is heard.
5. Always keep the Arrows pointed towards the targets.
6. NO running or horseplay on the range.

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## Archery Range Control

- Only shooters and adult helpers are allowed inside the yellow tape (on the range.)
- Non-shooters wait outside the range. Non-shooters should not interact with the shooters.
- No shooters in the shooting boxes while anyone is down range.
- The Range Officer controls all entrances.
  - Count the boys in, count them out.

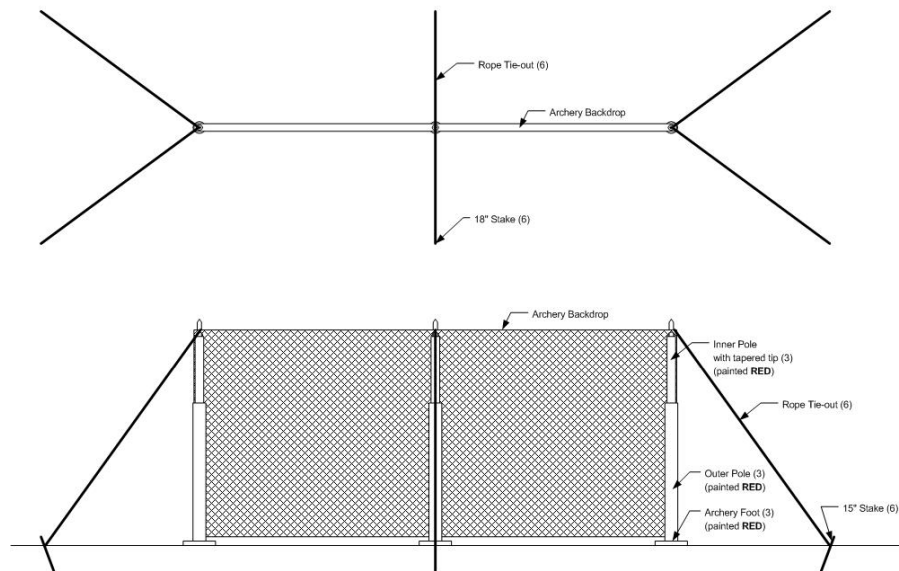
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## Archery Backdrop

- The archery backdrop must be set up and used at all camps.
- The archery backdrop provides the following benefits:
  - Safety downrange
  - Fewer lost arrows
  - Less time spent searching for arrows
  - More time for the boys to SHOOT!

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### Twin Valley Council Archery Backdrop Set-Up Instructions

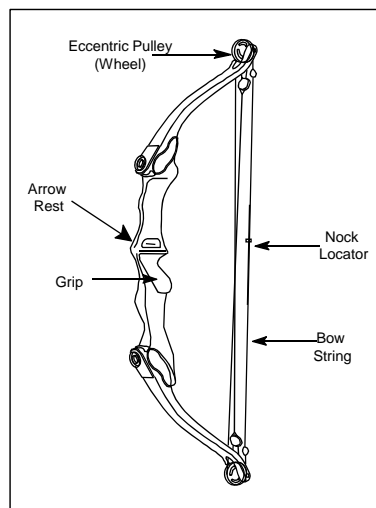


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# Archery Equipment

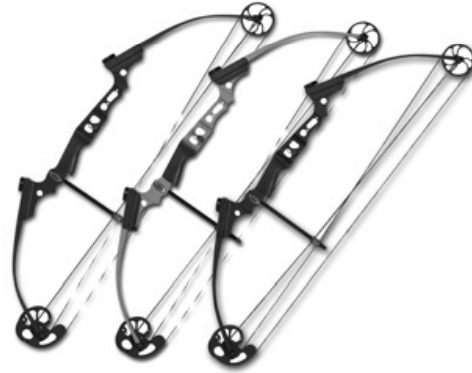
## Parts of a Compound Bow

- This bow is similar to the bows used at Cub Camp



## Cub Camp Bows

- As of 2007, all bows are “Mini-Genesis” bows
  - Red Bows – left handed bows
  - Blue Bows – right handed bows



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## Cub Camp Bows

- ***“The Mini-Genesis bow offers “zero let-off” so that there is no set draw length. The Mini can be drawn to a wide range of lengths, whatever fits that particular young shooter. The zero let-off feature helps to “pull” the string from the fingers upon release, making it easy to shoot. And at only 2 pounds physical weight, the bow is easy for youngsters to draw and aim without getting fatigued.”***<sup>1</sup>



1. From the Genesis Bow website at <http://www.genesisbow.com/minigen>

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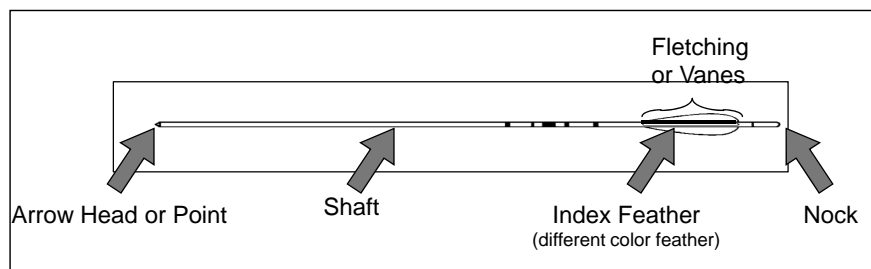
## Bow Maintenance

- ***Unless properly trained or knowledgeable in setting the draw strength of the Genesis bows, PLEASE DO NOT ADJUST THE BOWS. We had a few bows at the end of last year severely out of adjustment and in a dangerous condition.***



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## Parts of an Arrow



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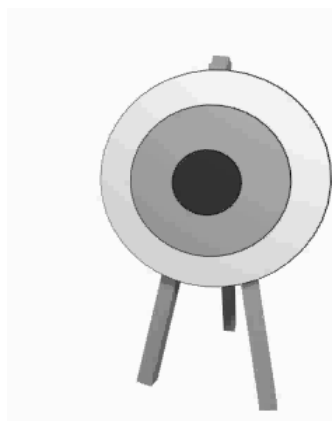
## Cub Camp Arrows

- All aluminum arrows are now being used. It is highly unlikely that an arrow will break. If it does, please set the arrow aside and do not use.
- If the fletching, nock, or tip is damaged, or the arrow is bent, set the arrows aside for repair. **DO NOT RETURN THE ARROW TO THE BOX OF ARROWS.**
- Ground quivers should be used to hold the arrows for the shooters.

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## Archery Target

- 48" Round Foam targets with steel tripod stands.
- The tripod stands should always be staked to the ground. A sudden gust of wind can cause the target to tip over and damage the arrows.



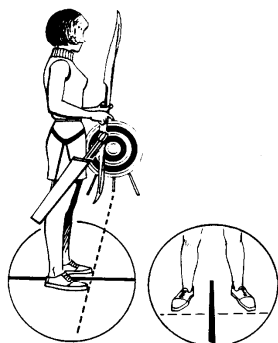
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# Shooting Basics

## Cub Scout Archery

- Stance
- Nock
- Bow hold
- Draw
- Anchor
- Aim
- Release
- Follow Through

## Stance

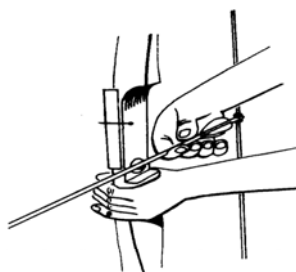


- Archers stay in the shooting box
- Feet should be shoulder-width apart
- Weight should be equally distributed between feet
- A line across the toes should run to center of target

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## Nock the Arrow

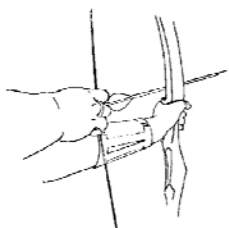
- Have the boys “make a table” with the bow.
- Arrow goes on TOP of the table. (“Set the table”)
- Nock arrow on string *between* knock locators
- **KEEP ARROW POINTED DOWN RANGE!**
- *Index* feather is *AWAY* from bow



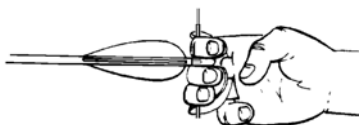
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## Set

(the arrow on the bow)

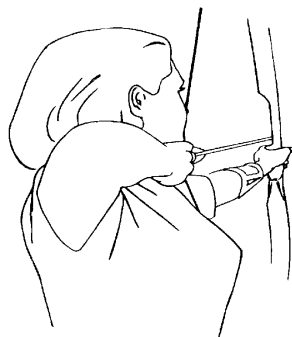


- Set bow hand on grip
- Use only web & meaty part of thumb
- Set groove of first 3 fingers around bow string
- Use one finger over nock and two under



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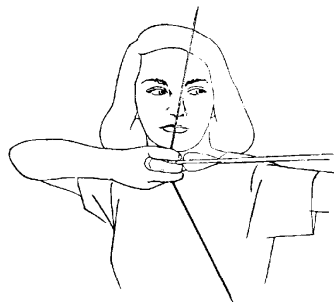
## Draw



- Draw bow by rotating draw arm shoulder until its elbow is directly behind the arrow
- Continue looking at target and keep the string lined up with center of bow as you draw
- Maintain continuous motion throughout the shot

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## Anchor

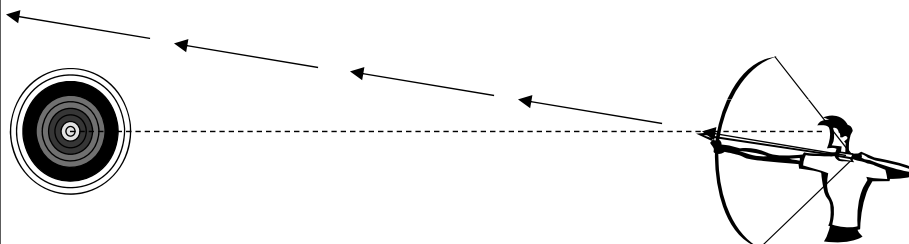


- Draw string to front of chin and firmly set string and hand against jaw
  - Thumb along side of jaw
  - String touching center of chin
  - String just touching tip of nose
- Continue to draw bow slowly and smoothly by using back muscles (STRETCH!)

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## Aiming

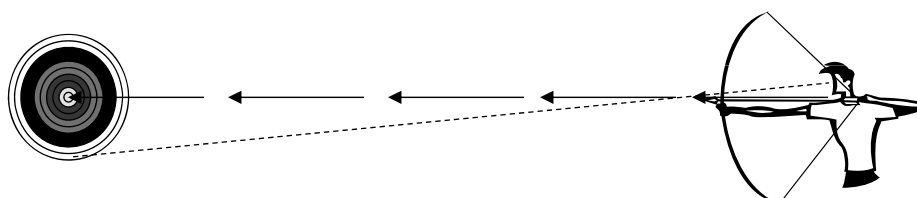
- If the boys line up the tip of their arrow with the center of the target, the arrows will fly over the top of the target.



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## Aiming

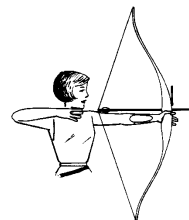
- The boys should line up the tip of their arrow with the bottom of the target.
- Bull's-eye!



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## Release

- Continue to tighten back muscles and aim
- After holding "FOCUS-ON-TARGET" for at least one full second, open fingers of string hand and "pull through" to release string
- Release hand should travel to and remain by your shoulder.
- Continue to focus on target!



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## Pulling the Arrows

- Stand to the side of the target, and make sure that no one is standing behind the arrows.
- Pull the arrows out one at a time by gripping the shaft near the target face with one hand and pulling the arrow with the other hand on the target face for leverage.
- Pick up arrows from the ground.
- Return to the waiting line and put the arrows in the ground quiver.

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## Lost Arrows

- Do not have the boys spend a lot of time looking for arrows. Just get another one from the box and find the lost arrow at a later time.
- The goal is to get the boys shooting, not searching.
- However, do not leave unaccounted for arrows behind! You don't know who might find them later.

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