



Archery Skills Checklist

Member's name: _____

Mastering these Archery skills will provide a solid foundation upon which the member may build. To achieve success in this project the skills listed below will help 4-H volunteers know what to teach and 4-H members to know what they need to learn. Have your instructor initial and date each skill as completed. Each level may take more than one year to complete. **Complete at least 5 new activities each year.**

<u>Level 1</u>	Date Completed	Approved By
1. Demonstrate two methods to determine eye dominance...	_____	_____
2. List at least 10 basic archery safety rules.....	_____	_____
3. Describe proper range procedures.....	_____	_____
4. Demonstrate the basic National Archery Association (NAA) range commands.....	_____	_____
5. Identify the basic parts of the bow.....	_____	_____
6. Identify the basic parts and functions of arrows and different arrow tips.....	_____	_____
7. Demonstrate two or more safe methods to string and unstring a re-curve bow.....	_____	_____
8. Demonstrate fitting a bow.....	_____	_____
9. Identify and describe the three major types of bows.....	_____	_____
10. Identify and describe five types of arrow shafts.....	_____	_____
11. Demonstrate the nine steps of shooting with proper form	_____	_____
12. Learn how to recognize potential equipment failure flaws	_____	_____
13. Demonstrate the proper removal of arrows from targets and safe carrying of arrows on the range.....	_____	_____
14. Demonstrate how to score targets.....	_____	_____

<u>Level 2</u> – <i>Complete Level 1 before proceeding to level 2</i>	Date Completed	Approved By
1. Demonstrate proper form through coaching other shooters.....	_____	_____
2. Demonstrate the use of archery sights.....	_____	_____
3. Demonstrate your knowledge of selection of different arrow sizes for different size bows.....	_____	_____
4. Demonstrate proper off-season storage and/or transportation of archery equipment.....	_____	_____
5. Demonstrate how to care for and maintain bows and arrows.....	_____	_____
6. Demonstrate the proper selection of a compound bow to fit the 4-H member's uses.....	_____	_____
7. Demonstrate shooting skill with a compound bow.....	_____	_____
8. Teach other shooters how to determine eye dominance	_____	_____

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Level 2 (cont'd)	Date Completed	Approved By
9. Demonstrate selection and use of accessories for a bow	_____	_____
10. Construct the following equipment:		
• A ground quiver.....	_____	_____
• Strings.....	_____	_____
• Arrows.....	_____	_____
• Wall bow stringer.....	_____	_____

Level 3 – <i>Complete Level 2 before proceeding to level 3</i>	Date Completed	Approved By
1. Demonstrate archery games.....	_____	_____
2. Organize and run a county level 4-H Shooting Sports activity.....	_____	_____
3. Demonstrate the “Oreo Technique” of coaching another archer.....	_____	_____
4. Demonstrate the “Gumby Technique” of coaching another archer.....	_____	_____
5. Demonstrate the “Non-threatening Hands-on” approach of instruction.....	_____	_____
6. Demonstrate the ability to identify problems with shooting form.....	_____	_____
7. Demonstrate knowledge of fine tuning a bow to correct the following problems:		
• Porpoising.....	_____	_____
• Fish-tailing.....	_____	_____
• Clearance.....	_____	_____
8. Seek funds from a local donor for your club or county 4-H archery program.....	_____	_____
9. Demonstrate calling the shot.....	_____	_____
10. Serve as an archery teen leader for at least one year.....	_____	_____
11. Under the supervision of your 4-H Shooting Sports leader, act as range officer at a practice shoot.....	_____	_____
12. Construct the following equipment:		
• String jig.....	_____	_____
• Bow stand.....	_____	_____
• Bow stringer.....	_____	_____
• Target stands.....	_____	_____

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