

Archery Skills Assessment

Name _____

STANCE: 3 pts. Possible

- _____ Squared Stance
- _____ Opened Stance
- _____ Body Wt. Evenly Distributed
- _____ Non-dominant bow arm to target

NOCK: 5 pts. Possible

- _____ Arrow is in downward position while nocking
- _____ Arrow is nocked using the nock locator
- _____ 3 fingers on the string, string is located in the first creases lines of fingers
- _____ 1 fingers above arrow, 2 fingers below the arrow
- _____ Cock feather is facing outward

DRAW: 2 pts. Possible

- _____ Shoulder blades come together
- _____ Elbow leads and is up

ANCHOR: 6 pts. Possible

- _____ 3 pt. Anchor (3 fingers)
- _____ 4 pt Anchor (3 fingers & hand under jaw)
- _____ 5 pt. Anchor (3 fingers, string touching cheek, & hand under jaw)
- _____ 6 pt. Anchor (3 fingers, string touches nose & chin, hand under jaw)

AIM: 2 pts. Possible

- _____ Close non-dominant eye or use Aiming device
- _____ Take time to aim

RELEASE: 5 pts. Possible for using live release

- _____ Creeping
- _____ Dead
- _____ Live

FOLLOW THROUGH 2 pts. Possible

- _____ Hold position