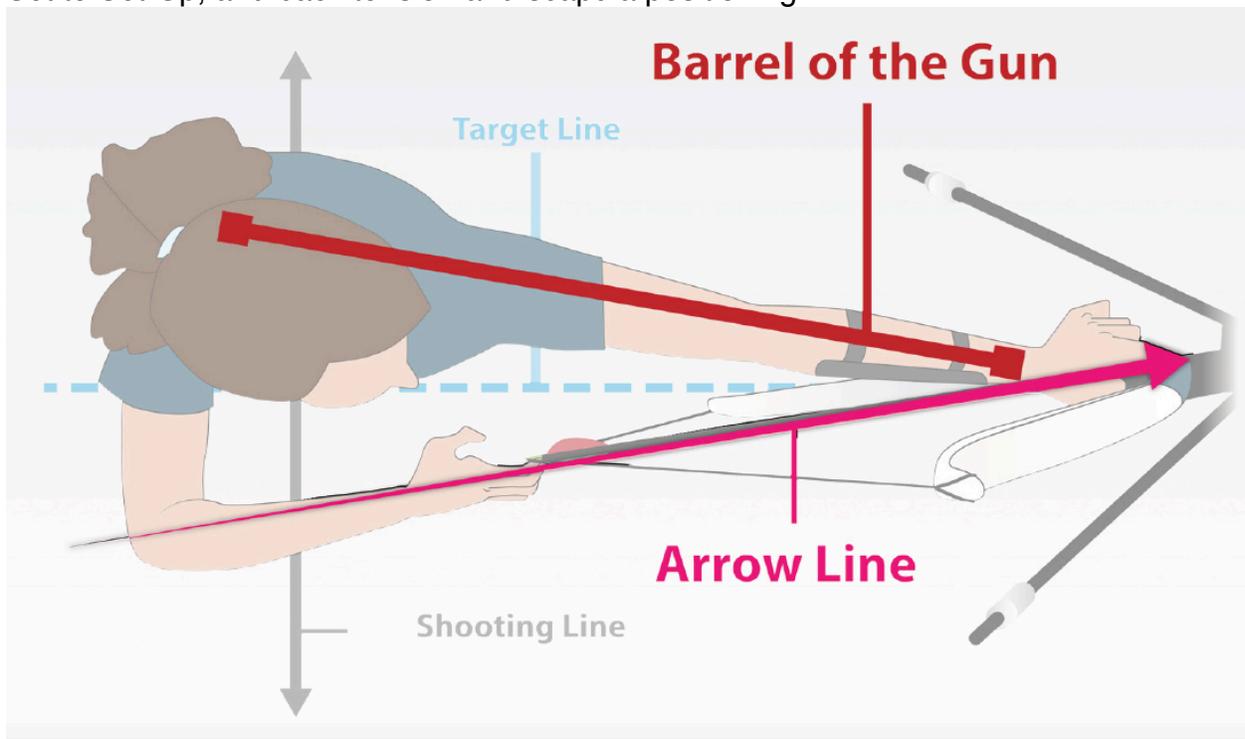


Technical Bulletin - Set-Up

The steps of the National Training System provide archers with concepts to perform the shot cycle consistently. The physical process when paired with the correct focus on the mental process allows the archer to execute a strong shot under any pressure situation. In this quarter's technical review, we will look at the concept of Set-Up.

For recurve, Set-Up is the act of raising the bow, fully establishing the proper shoulder alignment through coiling and putting the body in position to draw the bow angularly. At Set-Up the archer should have approximately 60% back tension.

While observing archers competing at national events, there are some consistent misconceptions that are noticed across the board. We realize there are many improvements we can make in teaching the proper Set-Up. In this review, we will cover the following elements of a proper Set-Up for recurve: correct position, movement from Set to Set-Up, and back tension and scapula positioning.



Set-Up Position

In this review, Set-Up position will refer to the actual position of the body and hands at the end of the Set-Up step. In recent years, we have observed a number of archers setting up with the drawing hand too far back at the loading position. In this case, the archer has essentially combined the Set-Up and Drawing/Loading steps. This often results in pulling the bow back with the draw hand and not using the lower and middle trapezius muscles. This can also prevent the archer from following a natural breathing cycle. The correct Set-Up position should result in the bow string being in a range from the bow shoulder to at minimum 2 inches in front of the chin. The index finger of the draw hand should be 1-2 inches below the chin level as well. At Set-Up, the archer's bow hand should be around the center of the target. The archer should also exhale at

Technical Bulletin - Set-Up

the Set-Up position before moving to drawing/loading. The photo below is a good representation of a proper set up with the draw hand below the chin level and the string within the correct range as denoted by the black dotted lines.



Scapula Position

During the Set-Up process it is important for the archer to increase back tension as they set the shoulder alignment. Increasing back tension as the archer moves into the Set-Up position will result in the scapula moving closer to the spine.

Olympic Silver Medalist Zach Garrett explains, “During each step of the shot process, I’m trying to achieve a specific goal. At Set-Up, my goal is to set the shoulder alignment by coiling above the hips while positioning the draw scapula close to the spine. With the scapula close to the spine I can maintain my shoulder alignment through the rest of the shot process.”

Set to Set-Up

The movement from Set to Set-Up is equally important to the final position. We have seen many archers performing this movement incorrectly in a very exaggerated way. We have even seen this exaggeration to the extent that the archer performing the step has moved their bow into another archer’s space. Many years ago, coaches in our national programs tried to use indices to explain the movement from Set to Set-Up. These indices such as moving from 5 o’clock to 11 o’clock or the “candy cane” motion provided a visual to learning but often created an exaggerated sweeping motion when performed by the archer. We recommend to try to avoid using these indices when

Technical Bulletin - Set-Up

explaining the Set to Set-Up motion and instead focus on teaching the concepts such as setting the shoulder alignment, increasing back tension, and setting the body up to draw the bow angularly.



These are just a few of the elements of a correct Set-Up. Set-Up is a very important step in the shot process because it puts the archer in position to perform the remainder of the shot efficiently. Like all parts of the National Training System, the concepts are the key. The details will often emerge by focusing on the concepts.