

Run Archery



Guidebook

Starting to practice in clubs

PURPOSE

This short guide aims to advise clubs wishing to propose the practice of Run Archery on the implementation of the activity. It proposes actions that can be easily carried out in a club while waiting for coaches or referees to be trained.

PUBLIC

Clubs can be confronted with two types of future Run Archery practitioners:

- **The experienced runner** who does not practice archery: For this type of future practitioner, it will obviously be necessary that the club is able to teach him archery at first (core business of the club) and then guide him for the specific practice of Run Archery in competition.
- **The confirmed archer**, practicing in club of various disciplines and who wishes to diversify a little more his activity: The club must be able to offer this archer shooting situations specific to the Run Archery as well as a first approach to fast walking / running and in particular the transition phase running / shooting.

PLACE OF PRACTICE

Run Archery is a discipline that is practiced outdoors. During the winter period it is possible to perform exercises that allow you to work indoors to progress.

Whatever their practice (target/course) the short shooting distance (18m) allows all clubs to develop the practice of Run Archery.

TARGETS:

To start the activity, it is not essential to have dropdown targets. The use of a paper target face will be enough.

A spot of 16cm made yourself is also a possibility (color paper glued on cardboard, tri-spot spot cut to the right size).



Dropdown target really brings a plus in the practice of the activity. If the club can buy or build it will be a definite added value for the training of run archers.

Indoors

Usually, space is small, it is difficult to run long distances.

It will be possible to work the race/shooting link in a gymnasium. The archer will be able to perform short races such as round trips over 20 m behind the 18 m shooting line to raise heart and respiratory frequencies and thus be able to shoot in competitive conditions. 5 round trips (200m should be enough for this). If the athlete is not alone on the shooting pitch he must coordinate the rhythm of his work with that of the other archers.

If the room does not allow to run even over a very short distance, it is possible to simulate the race by performing for example knee climbs on the spot in order to raise the respiratory and heart rate.

Outdoors

If the club has a permanent field with targets at different distances, including one at 20m, with a space allowing the practice of running, even on short distance, the run archer will be able to find a way to work the running / shooting sequence in a quite satisfactory way. If the width of the terrain allows, it is possible to place a target away from other targets in order to allow the run archer to train at his own pace without disrupting the training of other archers and guaranteeing the safety of all.

THE ORGANIZATION OF THE CLUB

Supervision of the sessions:

The coach can initially help the archers to work on the specific and particular aspects of the archery technique in Run Archery: technical stability, speed of execution, work on the race / shooting link.

Duration of the sessions:

A specific work session in Run Archery must not exceed 1h30, especially if it is a question of the race / shooting sequence.

Offering one session of this type per week is a good starting point in addition to the technical archery work sessions and running sessions.

Content of a session:

Shooting: technical work is essential to perform in Run Archery. Shooting is less accurate than indoor or Olympic shooting, but the conditions of execution of the technical gesture are specific due to the physiological pressure exerted by the race/shooting transition.

It is essential that the archer perfectly masters a simple and effective shooting technique to ensure a percentage success in reaching targets.

It is also essential to work on the specific position of shooting with a knee at the ground.



The race:

An archery club is not an athletics club. Archers wishing to practice the Run-Archery are often already runners. If they are not, they must be able to walk fast, or to run over distances of 5 km without time stop to start the activity.

The Archery coach can therefore advise the archers to achieve this objective. Archers can find good number of tips to get started in activities running on dedicated websites.

Race/shooting link



This moment in the activity is important to work on if you want to perform.

Under the effect of the race, the heart rate accelerates, as does the respiratory rate. This last is moreover the one which makes the most trouble for maintaining the archer's firing sequence. It is therefore imperative of working this moment of transition bear/shooting.

This must be done under the conditions of the competition by chaining consequences of the race at a high intensity and shooting sequences looking for a success percentage approaching 100%

FIRST COMPETITION: THE RULES

You can find the full rules in World Archery Rulebook 5, Chapter 34.

These rules are structured to get all essential elements to start in part 34.1. Other parts are technical specifications.

Source: French Archery Federation documents