



# 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>	<b>Date Completed</b>	<b>Approved By</b>
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 four types of arrow shafts.....	_____	_____
11. Demonstrate the eleven 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>	<b>Date Completed</b>	<b>Approved By</b>
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	_____	_____

*(Continued on next page)*

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

<b>Level 3</b> – <i>Complete Level 2 before proceeding to level 3</i>	<b>Date Completed</b>	<b>Approved By</b>
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.....	_____	_____

Issued in furtherance of cooperative extension work in agriculture and family and consumer sciences, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Barbara Petty, Interim Director of Cooperative Extension, University of Idaho, Moscow, Idaho 83844. We offer educational programs, activities, and materials without regard to race, color, religion, national origin, gender, age, or disability, in accordance with state and federal laws.