



Practise @ Home

With the COVID-19 virus measures that are in effect throughout the world, most archery clubs and venues are closed and archers will need to stay at home. A question that was raised;

“Can we emulate outdoor practise on very short distances at a home range?”

The answer is yes, but depends....

On what you want to practise? When closing up to the target you will notice a couple of different effects. When you use the same target-face close-by, it becomes too big in size visually and your scoring goes through the roof. And if you go even closer, your stance changes as well. Aiming at a target-face very close-by where the center is according to the rules at 130cm from the ground means you're actually aiming down.



So, what can you practise @ home?

If you only have 4m to your target, you can still practice a correct shooting stance and shooting form with a visually correct aiming task (sight picture).

Print out the 4m reduced target faces that you find on the next pages and fix them horizontally with their centers at exactly your eye-level height above ground (not at the normal 130cm).



Set your sight at your normal 50m or 70m! Make sure to there is enough room on the foam-target because your arrows will be landing approx. 20-30cm **above** the targetfaces. If you shoot like this from 4 meter distance, your sight picture and your stance are very similar to when you are shooting outdoors.



What about a scoring round?

For practising an outdoor round with a comparable score, but from a 10 meter distance, do this:

Print out the 10m reduced target-faces and again fix them at about eye-level on the target.

Set your sight to 10 meters, this way the arrow will land where you aim on the target!

In Artemis; go to match, then options and select QR. Scan the QR tag on the target face PDF and Artemis will create a 36 arrows scoring round for the 10m reduced target-face¹.

Now shoot a normal scoring round and use Artemis to plot² as you normally do; with normal scoring rules (liners count as the higher value).

The 10m reduced target-faces are scaled with the assumption that they will be used by intermediate to high-level archers shooting small diameter (~5mm) shafts at 10 meters. Under these assumptions scoring will be very comparable to the score you would have shot at the original distance.

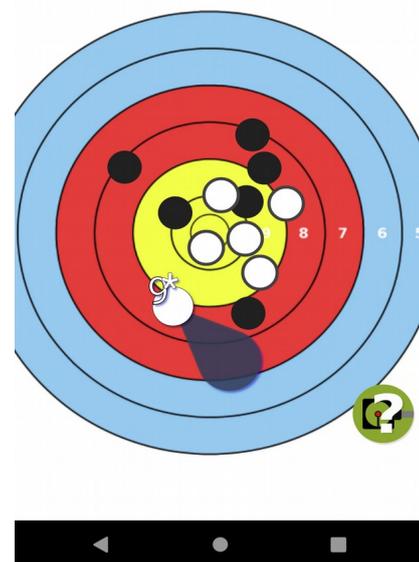
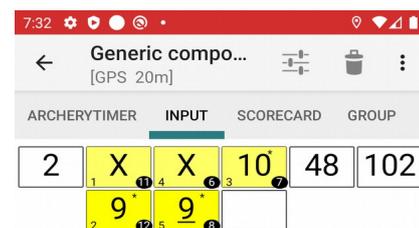
Find your compound and recurve 3/4/5m stance and sight picture correct target faces here;

<https://drive.google.com/file/d/1Mcpb1I2s6t37VOsBXetcNpHvjT2GkBgz/view?usp=sharing>

and 10m scoring faces here;

https://drive.google.com/open?id=1GY6QjwjOP18_HfwbbQHxBAEOGW4K_haR

Stay safe and good shooting!



- 1 Or choose "Custom rules" and then you can find the target-faces called "WA 122cm (@10m)" and "WA 80cm 6 rings (@10m)"
- 2 For accurate scale plotting, set Options → "Scale current end" and "Scale previous ends" to 1x