

CADAC “Happy to help” Green Flag.

CADAC is introducing a new system where our experienced members can show they are happy to help our newer archers by displaying a green ‘flag’ on their quiver. The intention is to make it clear who is happy to be approached at that moment and who is not, e.g. because they are shooting a round, focused on practising, etc. It will also ensure that any technical advice they give aligns with AGB’s coaching doctrine, building on what archers have been taught on their beginners course.

The help doesn’t have to be just about technique; it can concern the rules of shooting, range safety, club procures or any one of many other things about archery.

For those seeking help:

There’s a vast amount and range of experience within the club and this is about drawing on that to help you, particularly in those early months of membership and as your archery progresses. This will run alongside coaching.

If you’re looking for help, feel free to approach anyone displaying the card on their quiver and they’ll be pleased to assist.

For those helping:

If it’s about technique, please remember that while individual styles will develop over time, we want archers to develop and use the approach taught on the beginners course and by Archery GB (the technical framework). This will avoid them being given possibly conflicting advice by different people, which - although well intentioned - will hinder rather than help their progress.

The technical framework is a combination of the shot routine broken down into its component parts and a series of drills and exercises to help the archer understand and learn that shot routine. It’s not just for beginners: it’s used for every level, all the way up to elite archers competing at the Olympics.

We do not want you to become 'mini-coaches' but an understanding of the technical framework will allow you to support them well and supplement their coaching. The details below, combined with a short session with the club's coaches and reference to [AGB's skills and drills on YouTube](#) / [Individual Drills](#), are designed to help you do this.

Listen to what they have to say too. A key strand of AGB's approach to coaching is autonomy, which empowers the student by giving them control over how they learn.

The Technical Framework:

This comprises the following elements:

- Position.

Stance - perpendicular to the line, feet roughly shoulder width apart

Posture - neither too upright nor hunched, bum not stuck out, shoulders over feet and relaxed, not hunched

- Holding the bow - 'Stop !' hand position, handle against pad of the thumb / lifeline, fingers and thumb forward, secure the grip but don't throttle. Finger sling is best unless absolutely unable to use.
- Holding the string - setting a good hook, string on inside of first joint, fingernails not visible from side. Rest of the hand flat and relaxed. Carrying a heavy plastic carrier bag metaphor.
- Drawing the bow:

Set - 45 degrees, gentle tension on the string, string forearm and arrow broadly in line, maintain good postures

Set up - bring hands up to eye level, this primes body to use the shoulder. Both hands parallel to the ground. maintain tension on the bow but be careful not to draw.

Draw - only draw once set up is stable, use the shoulder and not just the arm.

- Anchor - string centred on nose and chin / mouth, bone- / tab-to-bone contact on lower jaw. Same place every time, feel is important.
- Aim - foresight = where you want arrow to go; rear sight = string picture and anchor, same place each time. Aim at same spot each time. Correct for the group and don't rush it; ensure a relative degree of consistency from the archer.
- Release the string - expand the shoulders, arm moves as a unit with them, not independently. Relax the hand as it moves along the lower jawline. Let the string go through the fingers, don't let it go. Follow through naturally, no exaggerated motion needed. Don't grip the bow on release, the sling will do the job it's there for.

And remember that [AGB's skills and drills on YouTube](#) / [Individual Drills](#), are there to help you.

Next steps:

For those who are happy to help, before you start to use the green flag, there will be a short briefing with members of the coaching team just to run through the technical framework and answer any questions you may have.

Once the scheme is up and running, anyone looking for help or advice, please feel free to ask anyone with a green flag on their quiver.