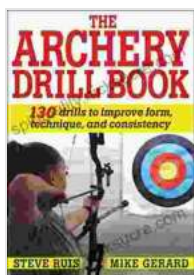


# The Archery Drill: Unlocking the Secrets of Steve Ruis's Revolutionary Technique

The archery drill, developed by the renowned archery coach Steve Ruis, is a revolutionary technique that is designed to improve accuracy, precision, and consistency in archery. By focusing on the fundamentals of shooting form and aiming, the drill helps archers to develop a solid foundation that allows them to shoot with greater confidence and control.

At the heart of the archery drill is the emphasis on proper shooting form. Steve Ruis believes that a consistent and repeatable shooting form is essential for achieving accuracy and precision. The drill focuses on developing a solid stance, a stable bow arm, and a smooth release.

The archery drill is a six-step process that guides archers through the essential elements of shooting form. The steps are as follows:



## The Archery Drill Book by Steve Ruis

★★★★☆ 4.5 out of 5

Language	: English
File size	: 123996 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 112 pages
Lending	: Enabled

FREE

DOWNLOAD E-BOOK



1. **Stance:** Start by assuming a balanced and stable stance with your feet shoulder-width apart. Your body should be facing the target, and your shoulders should be relaxed.
2. **Bow Grip:** Grip the bow firmly but comfortably. Your thumb should be on the back of the bow, and your fingers should be wrapped around the front.
3. **Draw:** Draw the arrow to your anchor point. Your anchor point is the consistent reference point on your face that you use to ensure a consistent draw length.
4. **Aim:** Aim the bow at the target. Use the sight or the instinctive method to align the arrow with the target.
5. **Release:** Release the arrow smoothly and cleanly. Your fingers should release the bowstring at the same time.
6. **Follow-Through:** After releasing the arrow, maintain your shooting form and follow the arrow through its flight.

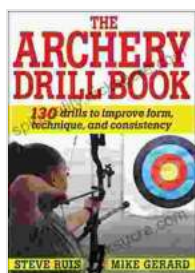
The archery drill offers numerous benefits to archers of all levels. These benefits include:

- Improved accuracy and precision
- Increased consistency in shooting form
- Reduced torque and bow wobble
- Enhanced arrow flight
- Greater confidence and control

To get the most out of the archery drill, follow these tips:

- Practice the drill regularly. The more you practice, the more ingrained your shooting form will become.
- Focus on the fundamentals. Don't get caught up in trying to shoot for perfection. Focus on executing the basics of the drill correctly.
- Be patient. Developing a consistent shooting form takes time and effort. Don't get discouraged if you don't see results immediately.
- Seek professional guidance. If you're struggling with the archery drill, consider seeking guidance from a qualified archery coach.

The archery drill is a valuable tool for any archer who wants to improve their accuracy, precision, and consistency. By following the six-step process and implementing the tips for success, you can unlock the secrets of Steve Ruis's revolutionary technique and elevate your archery skills to the next level.

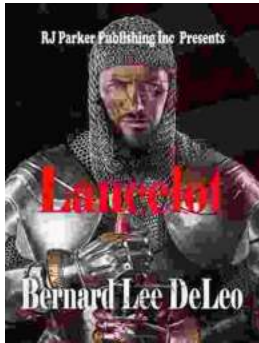


### **The Archery Drill Book** by Steve Ruis

★★★★☆ 4.5 out of 5

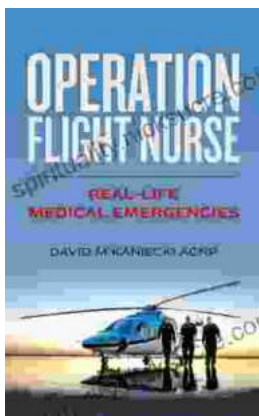
Language	: English
File size	: 123996 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 112 pages
Lending	: Enabled





## Lancelot Bernard Lee Deleo: A Legendary Guitarist in Modern Rock Music

Lancelot "Lanny" Bernard Lee Deleo is a legendary guitarist and co-founder of the iconic alternative rock band Stone Temple Pilots. His exceptional musicianship,...



## Operation Flight Nurse: Real Life Medical Emergencies in the Skies

Operation Flight Nurse is a critical and highly specialized program within the United States Air Force that provides...