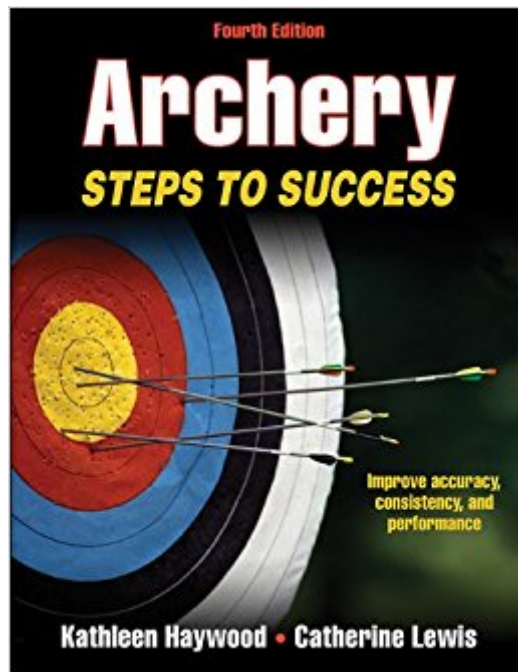




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Archery 4th Edition: Steps To Success (Steps To Success Sports)



Synopsis

Master the skills, techniques, and strategies in order to shoot accurately, consistently, and safely. Archery: Steps to Success is packed with progressive instruction and accompanying full-color photos. This one-of-a-kind resource contains exercises for each phase of the shot—stance, draw, aim, release, and follow-through—for both recurve and compound bows. Archery: Steps to Success covers these aspects:

- Selection, fitting, tuning, and upgrading equipment
- Assessing, refining, and perfecting shooting form
- Compensating for common weather conditions such as rain and wind
- Technical and mental exercises for improved accuracy
- Preparing, practicing, and planning for competition
- Bow hunting strategies for judging distance and shooting on uneven terrain
- Traditional archery for those wanting to use simple equipment rather than the latest technology

By practicing the 93 exercises and using the Steps to Success scoring system to track your progress, you'll learn at your own pace and develop consistent technique and shot patterns in no time. Whether you are new to the sport or an experienced competitor or bow hunter, this manual will help you hit your mark. As part of the popular Steps to Success Sports series—with more than 2 million copies sold—Archery Steps to Success hits the bulls-eye when it comes to comprehensive archery instruction.

Book Information

Series: Steps to Success Sports

Paperback: 280 pages

Publisher: Human Kinetics; 4 edition (November 8, 2013)

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Product Dimensions: 0.8 x 8.8 x 11 inches

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Average Customer Review: 4.4 out of 5 stars 57 customer reviews

Best Sellers Rank: #562,191 in Books (See Top 100 in Books) #84 in Books > Sports & Outdoors > Individual Sports > Archery #373 in Books > Sports & Outdoors > Hunting & Fishing > Shooting #567 in Books > Sports & Outdoors > Hunting & Fishing > Hunting

Customer Reviews

"Novice and seasoned archers will benefit from reading and rereading Archery: Steps to Success.

With all the new archers coming into the ranges, Kathleen's book is a must-read for everyone." Arlyne Rhode-- Owner and Editor, The US and International Archer Magazine

Kathleen Haywood, PhD, is an associate dean and professor in the College of Education at the University of Missouri at St. Louis. The lead author on the previous editions of Archery: Steps to Success, she is a former competitor who has taught archery at several universities, both for the general student body and for teacher preparation students. Haywood has a background in motor learning and motor development, which lends itself to implementing instructional models for participants of all ages. She resides in St. Charles, Missouri. Catherine Lewis was the coauthor on the previous editions of Archery: Steps to Success. She is a former competitor who has taught archery to people of all ages, especially children in both school and camp settings. She is currently a physical education teacher in the Riverview Gardens School District in St. Louis County, Missouri. She resides in St. Peters, Missouri.

I just started with archery. This is a great book for beginners that cover all the basics. It is written in terms you can understand.

Great book on the subject. The writers know their stuff. They not so much write as teach.

The intro was OK, then goes downhill. Written like a technical manual and not that easy to read without getting bored. Not well edited too as I've seen multiple typos or faulty sentences. Images were amateurish.

Good basic info.

gift -he loved it

This book has many good pointers for archers.

Bought this for my daughter. I think it has provided her some ideas to improve her archery form and technique

Straight to the point and easy to comprehend. Excellent illustrations to drive home the teaching.

Great book for someone with prior archery knowledge, but even better for someone who has never touched a bow.

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