

Abstract

The purpose of this research was aimed 1) to analyze effective archery posture of archers for sports excellence, 2) to compare the shooting time taken for each period between arrow scored 10 points and arrow scored under 10 points, and 3) to expand the results of effective archery posture. The procedures are as follows: 1) analyze archery posture of the archer for sports excellence through video recording, using Dartfish video analysis software with confirmed validity and reliability. The coefficient (r) obtained, using Pearson Product Moment Correlation, was found to have a high level of correlation at the statistical significance of .01 level; 0.74 and 0.83 respectively. And use archery skill analysis form Which has an Index of Item-Objective Congruence = 1. In this study, the sample included thirty-one archers for the excellence. Purposive Sampling was used. In data analysis, the statistics implemented included mean, standard deviation, and t-test Independent.

The finding showed as follows: 1) *shooting stance*, the archers stay in the open stance, 2) *hooking*, the thumb and little finger are relaxed, and not tense, 3) *drawing*, the position of the hand holding the bow is the palm part, the base of the thumb, and four fingers are relaxed, the arms are straight, not bent, the shoulders are locked, without moving, 4) *anchoring*, the index finger keeps under and close to the chin and the thumb is naturally released under the chin next to the neck, 5) *loading/transfer to holding*, drawing a string to the point below the chin, 6) *aiming*, aiming with the bow window, 7) *release*, releasing the arrow with supporting finger naturally while the right-hand draws across the neck, 8) *follow-through*, the right arm remains stable after a period of release. The comparative results of shooting time at the first, second, and third periods of the arrows scored 10 points and the arrows scored under 10 points showed no differences. The expanded results of effective archery posture would be further carried out by 1) publishing research reports in international academic journals, 2) publishing research reports to related parties, 3) providing training for archery coaches and athletes participating in the Archery Championships, Thailand National Sports University Trang Campus in the academic year 2021.

Keywords: Analysis, Archery Skills, Sport Excellence