

Guide for Conducting An Introduction to Target Shooting Program



Table of Contents

Introduction	2
Personnel	2
Safety	2
Emergency Action Plan and Athlete information	2
Recommended Handling: Removing a Rifle from the Case	3
Equipment.....	3
Rifles.....	3
Conducting the Program	4
Lesson Selection.....	4
Lesson Plan: Range Safety.....	5
Lesson Plan: Proper Eye Usage	7
Lesson Plan: Prone Position	9
Lesson Plan: Using and adjusting Sights	11
Lesson Plan: Trigger Control	12
Lesson Plan: Follow Through.....	13
Lesson Plan: Breathing.....	15
Lesson Plan: Hydration	17
Lesson Plan: Kneeling Position.....	19
Lesson Plan: Standing Position	21
Lesson Plan: Use of a Sling - Prone	23
Lesson Plan: Performance Journal.....	25
Lesson Plan: Scope Use.....	26

Introduction

The purpose of this document is to consolidate, in handy reference form, the materials required for running a community-based Introduction to target shooting program. The aim of the program is to develop athletes' interest in marksmanship while promoting the safe and proficient use of firearms for sport and recreational purposes.

The objectives of a community program are:

1. To promote firearms safety,
2. To develop marksmanship skills, and;
3. To stimulate and maintain an interest in athletes for the sport.

Personnel

A qualified rifle Range Safety Officer (RSO) must always be present when training is conducted with firearms. This manual will serve as a guide for running the program but will not compensate for formal training such as the NCCP coaches Instructor Basic program or a range safety officer course.

In addition, all programs must follow the rules of their local ranges about personnel and their training.

The ratio of Range officers and Coaches to athletes can vary from group to group depending on the age and maturity of the athletes but for a young group a ratio of no more than 1:3 is recommended. More mature athlete can safely be trained with a larger ratio of athletes to coaches but each situation is different. At a minimum it is recommended that all trainer, helpers etc. have their Possession and Acquisition Licence (PAL).

Safety

Firearms safety is the number one priority on and off the range so everyone must do their part to prevent accidents. In this sport, most incidents are caused by the ignorance of proper rifle operating procedures or by mishandling. When conducting a program all the rules and regulations of the training location must be observed. In addition, it is recommended that the following rules be in place if they are not already required by the range:

1. Safety glasses are worn by all athletes and trainers,
2. Hearing protection is mandatory for everyone on the firing line,
3. Rifles are flagged with a full-length barrel flag that is visible at both the action and the end of the barrel. (a length of brightly coloured weed trimer line works well). This is to ensure that rifles are not removed from the firing point or stored with a bullet in the chamber or barrel.
4. Rifles are racked and never handled while anyone is down range.

Emergency Action Plan and Athlete information

As part of the preparation for conducting the program it is mandatory to have an Emergency Action Plan (EAP) written and posted in plain view of all participants. It should include all the details vital to directing First Responders to the range, as well as the range information. An example that can be filled out and posted is included in this package.

As well as the written EAP registration information for each athlete must be gathered and easily available during all training sessions. This must include vital information about the athlete's health,



special needs and emergency contact information. An example athlete information form is also included below.

Recommended Handling: Removing a Rifle from the Case

The rifle case should be clearly marked on the outside with an arrow, indicating in what direction the rifle inside is pointing. This will ensure that when the case is opened, the rifle is pointing in a safe direction. The following steps must be followed in removing a rifle from its case:

1. Place the rifle case on a flat surface and ensure the arrow is pointing in a safe direction.
2. Open the case;
3. Confirm that the safety flag is in the barrel,
4. Remove the rifle from the case; and
5. Remove the safety flag only when you are on the firing line and directed to do so.

Equipment

It is understood that circumstances and funds will limit the ability of clubs to equip athletes. It is not necessary to have enough equipment for every athlete, only enough for one relay to shoot. In many cases this is a desirable situation so that a smaller group is on the line at anytime to ease supervision and control issues.

Required Equipment includes:

1. First Aid and Trauma Kit
2. Cell Phone (or other means of calling for emergency help)
3. Safety glasses,
4. Ear protection
5. Rifle
6. Targets
7. Ammunition (a typical 2hr session will require 40-50 rounds per athlete)

Optional but desirable Equipment:

8. Prone Matt
9. Kneeling roll
10. Ammunition block
11. Shooting journal (or the basic journal pages)
12. Spotting scope
13. Target Scoring gauge.

Rifles

Most 22 rifles will allow you to conduct a basic introductory target shooting program (other calibers are not recommended as they will often frighten new athletes with noise and recoil). The following should be considered when considering your equipment:

1. All rifles must be inspected, tested and cleaned prior to use. They should again be inspected prior to each lesson.
2. A single shot bolt action rifle is the most desirable type of rifle.



3. NO semi-automatic rifles of any kind should be considered. Since they require a magazine and automatically load the next round, they present a handling hazard with new athletes.
4. Repeating rifles (bolt action with a magazine) may be used, however, if the rifle has a magazine it should not be used to load the rifle, rather require everyone to feed a single round into the rifle for each shot.
5. Rifles with tube type magazines are not recommend and should be avoided if possible, it is difficult to ensure they are empty and therefore safe.
6. If possible, all rifles should have aperture sights. Particularly if one of the goals of the program is to promote target shooting.

Conducting the Program

To conduct your program, you will need to:

1. Establish a budget for targets, ammunition, and facilities.
2. Obtain suitable equipment.
3. Schedule the program, for new athletes a six to eight-week program (once per week works well for young athletes).
4. Select your lessons, this document contains 13 lesson plans that may be used as the core of your program. You may add to or modify the lessons to meet your needs or create new ones. If time permits you may teach more than one lesson per session.
5. Select and train your support staff and helpers,
6. Plan and practice delivery of your lessons,
7. Register Athletes, being sure to get all the information required for your EAP,
8. Run the Program.

Lesson Selection

The core lessons that are listed below are considered core to a good program, but you may mix and match to them to suit your needs,

- 1) Range Safety
- 2) Proper Eye Usage
- 3) Prone Position
- 4) Using and adjusting Sights
- 5) Trigger Control
- 6) Follow Through
- 7) Breathing

Depending on your program goals and time available you may wish to add additional lessons such as:

- 1) Hydration
- 2) Kneeling Position
- 3) Standing Position
- 4) Use of a Sling - Prone
- 5) Performance Journal
- 6) Scope Use



Lesson Plan: Range Safety

Athlete Age Range: ALL

Training Level: All

Goals: To ensure the athlete understands range procedures and commands

Equipment:

Suitable training area such as the range or clubhouse.

The following equipment:

1. Rifle (made safe with sights and if possible, a variable aperture with filters).
2. Rifle Case
3. Safety Flag
4. Ammunition
5. Block (optional)
6. Rifle rest or Kneeling Roll (optional)

Introduction: Min: 10

Greet athletes as they arrive. Encourage them to unpack gear and gather for the lesson. If you plan on firing after the lesson, ensure all have their equipment made ready and provide a verbal description of tonight's plan.

Describe the importance of strict adherence to range procedures, the need for discipline and the intolerance for horseplay.

Warm Up: Min: 0

N/A

Main Lesson: Min: 40

Explain the safe handling of a rifle:

1. The opening of a case
2. The flagging of a rifle
3. Two handed carry (always up)
4. The wearing of personal safety gear,
5. The features of the rifle, safety, loading, cocking.
6. The appropriate positioning of ammunition, scope etc.

Using a rifle explain the range commands for:

1. Setup of the firing point.
2. Starting to fire.
3. Cease fire or stop
4. Racking the rifle.

Explain emergency and evacuation procedures and commands.

Cool Down: Min: 0

N/A



Conclusion: Min: 15

Ask questions to confirm their understanding.

- What is the reason for the flag?
- Why is a rifle carried with the barrel up?
- Do we depend on the safety on a rifle?



Lesson Plan: Proper Eye Usage

Athlete Age Range: ALL

Training Level: L2T : Learn to Train

Goals: To ensure the athlete understands they have a master or dominate eye and can properly identify it prior to firing.

Criteria: Athlete demonstrates the technique for determining their dominate eye at least once prior to proceeding to practice with live fire.

Equipment:

- 1) Suitable training area such as the range or clubhouse.
- 2) The following equipment:
 - a) Rifle (made safe)
 - b) Prone mat
 - c) Rifle sling (optional)
 - d) Kneeling roll (optional)
 - e) Spotting scope (optional)

Introduction: Min: 5

Greet athletes as they arrive.

Describe the evening's goal by providing a verbal description of tonight's plan – Proper Eye Selection

- ensure they understand what a dominate eye does.
- learning how to determine their master eye.

Warm Up: Min: 5

Jogging on the spot or stretching.

Main Lesson: Min: 20

Encourage them to unpack gear and gather for the lesson.

- If you plan on firing after the lesson ensure all have their equipment made ready.
- Everyone has a master (or dominant) eye which is stronger than the other one. This is the eye to be used when aiming. The master eye is the brain's primary source for the visual image of what we see. The non-: Master eye is used primarily for depth perception or sense of direction. The master eye must be determined before individuals begin firing. It should be noted that the master eye is not always on the same side of the body as the writing hand.

Firing with Both Eyes Open, discuss and explain:

- Athletes should always fire with both eyes open. Eyes are constantly working together. If one is closed, the other will have to strain and the individual's vision will be affected. If athletes have difficulty focusing, the use of a blinder in front of the non-aiming eye will help prevent squinting and eye fatigue.
- Cutting a piece of plastic from a windshield washer fluid jug or any other similar type of container can easily make a blinder. A good blinder should be translucent (plastic or paper) so that images are blocked even though light can penetrate it. It should be easily attachable



to the rear sight or to the athlete's glasses.

Avoiding Fixed Vision discuss and explain:

- If the marksman's vision is fixed on one object, such as a target bullseye, for more than a few seconds, the image of the bull will be burned in their mind and a "ghost" image of the bull will be seen when glancing to the side. It is especially important for athletes to avoid this fixed vision, because it results in a loss of visual perception and can greatly hinder their performance. To avoid fixed vision, athletes need only to blink or slightly shift their vision every four (4) or five (5) seconds.

Cool Down: Min: 0

N/A

Conclusion: Min: 5

Ask questions to confirm their understanding.

- why do some shooters not use their master eye?
- what is reason we have two eyes?
- Why is using both eye important?



Lesson Plan: Prone Position

Planned Duration: 60 Min

Goal: To ensure the athlete can properly assume the position prior to firing.

Criteria: Athlete demonstrates proper position at least once prior to proceeding to practice with live fire.

Equipment:

1. Suitable training area such as the range or clubhouse.
2. The following equipment:
 - a. Rifle (made safe)
 - b. Prone mat
 - c. Kneeling roll (optional)
 - d. Spotting scope (optional);

Introduction: Min 10

1. Greet athletes as they arrive. Encourage them to unpack gear and gather for the lesson.
2. If you plan on firing after the lesson ensure all have their equipment made ready.
3. Provide a verbal description of tonight's plan – Learning the Prone position with a sling.
4. Describe the evening's goals
 - a. Ensure they understand the benefits of shooting prone with a sling.
 - b. Describe the reasons for the various aspects of the position i.e.. Position of knee elbow, head, right arm.
 - c. Suggest elements they will need to think about and record in their log to be successful.
5. Move to the range.

Warm Up: Min: 5

Conduct warm up activity like jogging on spot, stretching or balance activity.

Main Lesson: Min 40

Using a one athlete as a model demonstrate the position explaining the reasons for each element. Position one athlete as a model for the others, then insist they each try their on their own. If time permits do each athlete individually and allow the others to participate in suggesting modifications to their position as needed. Remember adjust the equipment to the shooter, not the shooter to the equipment. Have the athlete position themselves as follows:

1. Lie on a mat that is canted slightly (about 30-45 degrees) towards the target
2. Place both elbows on the mat making sure the elbow under the forearm is directly underneath the forearm.
3. Advise that the strong side leg should either be straight or cocked slightly
4. Rifle resting on the palm of the weak side hand
5. Cheek firmly against the stock
6. Review the characteristics of a Good Position
7. The body should form a 5-20° angle to the line of sight;
8. The body should not be twisted, and the spine should be straight;
9. The left leg should be parallel with the spine;



10. The right foot should turn out and point to the right; the left foot should be straight behind on the toe or pointed to the right according to the comfort of the individual;
11. The right knee should be brought up so that the thigh forms an angle between 30-45° with the left leg. The right knee should be bent in order to improve stability. This causes the body to roll slightly to the left, raising the diaphragm off the ground, thus enhancing breathing. As the chest is also raised off the ground, body movements caused by normal heartbeat are minimized;
12. The left elbow should be positioned slightly to the left of the rifle. It should not be positioned directly
13. under it or stability will be affected. The left forearm must form at least an angle of 30° with the ground;
14. The left hand should rest in the sling and firmly against the sling swivel and the fingers should not grip the fore end of the stock. The hand should be relaxed and the rifle should rest in the palm of the hand;
15. Once a good position is established, the right hand should grip the small of the butt with constant pressure. The force applied by the right hand should never have to support the rifle. If a distinct pressure is necessary in order to keep the rifle in place, some aspect of the position will have to be changed;
16. The right thumb should be placed on the stock directly behind the rear sight or around the small of the butt;
17. The position of the right elbow is established after the rest of the body is in place. After placing the right hand on the small of the butt, the right elbow should rest naturally where it falls and feels comfortable. However, the elbow should not be too close or too far from the rifle and it should only bear a small amount of pressure;
18. The shoulders should be straight and form right angles with the spine;
19. The butt plate is kept firmly in the hollow of the right shoulder. In order to ensure that the butt plate is always placed in the same spot, athletes should grasp it with their thumb and forefinger and place it in their shoulder for each and every shot. The right elbow will naturally fall in the same spot throughout the relay; and
20. The head rests comfortably on the butt and remains straight. There should be a minimal distance of approximately five (5) cm between the right eye and the rear sight (known as eye relief). This distance should remain constant throughout the relay. When the face is placed on the butt, the athlete should be looking directly through the sights. If this is not the case, their position should be modified.

To ensure positive results, these points should be repeated for each shot. The elbows should always be in the same place, the head should exert the same amount of pressure on the rifle, the eye relief should remain constant and the right knee should always be in the same position. If any of these points does not feel right or if athletes find their position uncomfortable, they should readjust it until it is perfect.

Warm Down: Min: 0

N/A

Conclusion: Min 5

Make safe the equipment and then review positive behaviours, point out things that were done well.

Complete additional courses of fire and coach and observe as needed. Encourage the athletes to make journal entries about the lesson.

Secure and inspect the range.



Lesson Plan: Using and adjusting Sights

Athlete Age Range: ALL

Training Level: T2T: Train to Train

Goals: To ensure the athlete understands how to use and adjust their sights.

Equipment:

Suitable training area such as the range or clubhouse.

The following equipment:

7. Scope and stand
8. Rifle (made safe with sights and if possible, a variable aperture with filters.
9. Prone matt
10. Keeling roll or rest (optional)
11. Rifle Rest

Introduction: Min: 10

Greet athletes as they arrive. Encourage them to unpack gear and gather for the lesson. If you plan on firing after the lesson ensure all have their equipment made ready and provide a verbal description of tonight's plan.

Describe the factors that can impact the point of impact of a shot why adjustment to the sights might be necessary.

Warm Up: Min: 0

N/A

Main Lesson: Min: 40

Using a rifle explain the various parts of a rear sight:

- The aperture, windage and elevation knobs.
- Explain the MOA changes with each click of a windage or elevation knob.
- Explain how distance affects the amount a shot will move with one MOA or "Click".
- Explain how aperture size and filters can affect the sight picture.

Using a rifle explain the various parts of a Front sight:

- Discuss how to select front aperture size.
- Discuss the use of colour filters on the front sight.

Discuss how sights must be positioned on the rifle to match the athletes head and eye position.
Discuss accessories such as riser and off-set blocks.

Cool Down: Min: 0

N/A

Conclusion: Min: 15

Make safe the equipment and then review positive behaviours, point out things that were done well. Complete additional courses of fire and coach and observe as needed Secure and inspect the range.



Lesson Plan: Trigger Control

Athlete Age Range: ALL

Training Level: T2T: Train to Train

Goals: To ensure the athlete understands the importance of trigger control and how the break of their trigger impact their performance.

Equipment:

Suitable training area such as the range or clubhouse.

The following equipment:

1. Scope and stand
2. Rifle (made safe with sights and if possible a variable aperture with filters.
3. Prone matt
4. Keeling roll or rest (optional)
5. Rifle Rest

Introduction: Min: 10

Greet athletes as they arrive. Encourage them to unpack gear and gather for the lesson. If you plan on firing after the lesson ensure all have their equipment made ready and provide a verbal description of tonight's plan.

Describe the factors that can impact the point of impact of a shot why adjustment to the sights might be necessary.

Warm Up: Min: 0

N/A

Main Lesson: Min: 40

N/A

Cool Down: Min: 0

N/A

Conclusion: Min: 15

Make safe the equipment and then review positive behaviours, point out things that were done well. Complete additional courses of fire and coach and observe as needed. Secure and inspect the range.



Lesson Plan: Follow Through

Athlete Age Range: ALL

Training Level: L2T : Learn to Train

Goals: To ensure the athlete understands what follow through is and how a proper follow through has a positive impact on their performance.

Equipment:

Suitable training area such as the range or clubhouse.

The following equipment:

1. Rifle (made safe)
2. Prone matt
3. Keeling roll or rest (optional)

Introduction: Min: 5

Greet athletes as they arrive. Encourage them to unpack gear and gather for the lesson. If you plan on firing after the lesson ensure all have their equipment made ready and provide a verbal description of tonight's plan. Describe the issues that follow through address, such as calling the shot, flinching and miss alignment of the body.

Warm Up: Min: 10

Do some light exercises to stretch and relax the athletes.

Main Lesson: Min: 15

Before proceeding to the range describe to the athletes:

- The goal of follow-through is to not disturb the rifle in any way during the time between the trigger break and the bullet exiting the muzzle.
- The need to keep pressure on the trigger after the shot, holding it in its most rearward position in a deliberate fashion. (Letting the finger bounce forward is a common mistake, but with a bit of conscious effort this is easy to correct).
- the need to keep your eyes focused on the target and watch the recoil as your sights move off the target and return. Good positioning becomes obvious as the rifle will return to a perfect sight picture if your hold technique is correct.

Move to the range and fire 20 shots while watching the effect of the recoil on the front sight. (Athletes may perform this exercise with a rest if desired.) Check to see if the recoil is always moving in the same direction and for the same amount.

Have the athletes practice counting to three out loud as a reminder to hold after the shot is away.

Cool Down: Min: 0

N/A

Conclusion: Min: 10



Make safe the equipment and then review positive behaviours, point out things that were done well.
Complete additional courses of fire and coach and observe as needed.
Secure and inspect the range.



Lesson Plan: Breathing

Athlete Age Range: ALL

Training Level: L2T : Learn to Train

Goals: To ensure the athlete understands the importance of breathing when shooting and develops the habit early in their shooting career.

Criteria: Athlete demonstrates proper breathing by showing to the coach over the next three training sessions.

Equipment:

Suitable training area such as the range or clubhouse and a diary or diary page.

Introduction: Min: 5

1. Greet athletes as they arrive. Encourage them to unpack gear and gather for the lesson.
2. If you plan on firing after the lesson, ensure all have their equipment made ready.
3. Provide a verbal description of tonight's plan – Proper Breath Control.
4. Describe the evening's goal:
 - a. ensure they understand the need for good breathing habits.
 - b. describe the reasons for good breath control i.e. Aiming, muscle control etc.

Warm Up: Min: 0

None.

Main Lesson: Min: 20

Explain that breathing supplies the blood stream with the oxygen necessary for all body functions and to eliminate waste elements (such as carbon dioxide) from the blood. Once a stable position is established, athlete must integrate the principles of breathing. While breathing, the oxygen inhaled is used to supply muscles with energy, ensuring optimal potential of these muscles. This includes the muscles that are involved in the position, as well as the muscles in the eyes.

For maximum stability when firing, athlete will have to stop breathing for a few seconds. It is of the utmost importance that they do not hold their breath for more than five (5) to seven (7) seconds, as the tension will increase in their chest muscles and reduce stability. After this period of time, muscles start to lack oxygen and will quiver and eyesight will be negatively affected. This becomes evident if the athlete's perception of the aiming mark goes from black to gray.

Breathing should be relaxed and normal as the athlete establishes a sight picture. Then, they should inhale and exhale deeply, take another deep inhale, exhale normally, and completely release their chest muscles and hold their breath. After the shot, a small exhale is followed by normal breathing, and the cycle is repeated.

Athletes should use breathing as a way to confirm that the rifle is moving up and down in a perfect vertical manner and that the rifle is not canted. Also, when breathing in and out, athlete can visually confirm that they are aiming on the proper diagram.

Again, it is important for athlete not to fire if they feel they want to breathe again. Their shot will not be



perfect and their end result will be affected. They should not be afraid to restart their entire sequence, as this will only improve their level of performance. Relaxed breathing decreases “vibrations” caused by tension.

1. Move to the range.
2. Conduct warm up activity like jogging on spot.
3. Review range safety briefing, line commands, carrying of rifle.
4. Have the athlete complete a course of fire in the prone position practicing their breathing.
5. Review positive behaviours, point out things that were done well.
6. Assist the athletes in completing a diary entry.
7. Complete additional courses of fire and coach and observe as needed.

Cool Down: Min: 0

N/A

Conclusion: Min: 5

Review the lesson and suggest elements they will need to think about and record in their log to be successful.

Ask questions to confirm their understanding.

- why have a deep inhale before the shot?
- what affect breathing in the prone position?
- if the urge to breath comes what must you do and why?



Lesson Plan: Hydration

Athlete Age Range: ALL

Training Level: L2T : Learn to Train

Goals: Adequate fluid intake is essential for athletes before, during, and after exercise. Whether to use sports drinks or just water depends upon your duration and intensity of exercise. This lesson is designed to ensure athletes understand the importance of good hydration.

Equipment:

N/A

Introduction: Min: 10

Definition of Dehydration:

Dehydration refers to an inadequate amount of fluid in the body. Among athletes who participate in endurance sports or long workouts, dehydration can occur quickly. In general, a person is considered dehydrated when they have lost more than 2 percent of their body weight during exercise.

Symptoms of Dehydration:

- Dry or sticky mouth
- Low or no urine output
- very dark colored, concentrated urine
- Not producing tears
- Weakness
- Dizziness
- Skin may 'tent' when pinched (doesn't bounce back quickly when released).

Water is the basis for life. The only thing more important is Oxygen

One of the first things to go away is eye sight –a little important to a target shooter

Warm Up: Min: 0

N/A

Main Lesson: Min: 10

Tips for proper Hydration

- Start day with 250 ml water (8 oz) - Body loses water while you sleep
- Drink before you are thirsty - by time you are thirsty you are dehydrated
- Coffee / Tea are diuretics (they increase excretion of water from body)
- Coffee / Tea have caffeine in them - detrimental to target shooters
- Keep drinking water even when cold outside - you lose fluids through exhaled air
- Sport drinks not necessary in Target Sports - if you need taste – dilute 50%
- At start of shooting - drink 450 to 650 ml of water about 1 hour before
- During match drink about 250 ml every 20 minutes
- After match – push fluid even if you do not feel thirsty - 500 ml

Can you drink too much? Yes - triathletes for example can create conditions called water intoxication



leads to seizures, cramps, comas

Fluids to AVOID during Exercise:

- Carbonated soft drinks, regular fruit juice, fruit drinks, lemonade
- Energy drinks that contain a lot of sugar or caffeine

These fluids may cause stomach upset and cause your performance to suffer.

Sports drinks are better than plain water when:

- the exercise is intense (e.g. when playing soccer, hockey, basketball or interval training)
- the activity lasts longer than 1 hour
- you sweat a lot
- you wear a lot of protective equipment like in hockey or football
- the weather is hot and humid
- your fluid needs to be quickly replaced (e.g. during soccer tournaments or two-a-day training sessions)

Try using a sports drink only if you exercise for longer than 1 hour and if you sweat a lot.

Cool Down: Min: 0

N/A

Conclusion: Min: 10

Ask questions to confirm the athletes understanding.

Suggest strategies that athletes can use at competitions to stay Hydrated.



Lesson Plan: Kneeling Position

Planned Duration: 40 Min **Athlete Age Range:** 14 - 16 **Training Level:** T2T: Train to Train

Goals: To ensure the athlete understands the theory of the Kneeling position and can properly assume the position prior to firing.

Criteria: Athlete demonstrates proper position at least once prior to proceeding to practice with live fire.

Equipment:

1. Suitable training area such as the range or clubhouse.
2. The following equipment:
 - a. Rifle (made safe)
 - b. Prone mat (optional)
 - c. Kneeling roll
 - d. Rifle sling (optional)
 - e. Spotting scope (optional)

Introduction: Min: 5

1. Greet athletes as they arrive. Encourage them to unpack gear and gather for the lesson.
2. If you plan on firing after the lesson, ensure all have their equipment made ready.
3. Provide a verbal description of tonight's plan – Learning the kneeling position.
4. Describe the evening's goal:
 - a. ensure they understand the needs of shooting from the Keeling position.
 - b. describe the reasons for the various aspects of the position i.e.. Position of knee, elbow, head, right arm.
 - c. suggest elements they will need to think about and record in their log to be successful.
5. Move to the range.

Warm Up: Min:5

Conduct warm up activity like jogging on spot.

Main Lesson: Min:30

Using a one athlete as a model demonstrate the position explaining the reasons for each element. Position one athlete as a model for the others, then insist they each try their on their own. If time permits do each athlete individually and allow the others to participate in suggesting modifications to their position as needed. Remember adjust the equipment to the shooter, not the shooter to the equipment. Have the athlete position themselves as follows:

1. Kneel on a mat that is folded (to give extra padding). Left (dominate) foot should be off the mat.
2. Strong side knee placed on the mat with body slightly canted away from the target (normally to the Right).
3. Weak side foot placed flat on the ground in front of body
4. Weak side elbow (flat part) placed slightly forward or aft of the knee-cap and directly under the rifle.
5. Strong side elbow positioned for balance
6. Rifle resting on the palm of the weak side hand
7. Cheek against the stock



8. Ask questions to confirm their understanding of the position.
 - a. why do you not place the elbow on the knee?
 - b. what is the position of the left hand?
 - c. why can't the body be to the right?
9. Review range safety briefing, line commands, carrying of rifle.
10. Have the athlete complete a course of fire in the prone position.
11. Review positive behaviours, point out things that were done well.
12. Complete additional courses of fire and coach and observe as needed.

Cool Down: Min:0

N/A

Conclusion: Min:0

Make safe the equipment and then review positive behaviours, point out things that were done well.
Complete additional courses of fire and coach and observe as needed

Secure and inspect the range.



Lesson Plan: Standing Position

Athlete Age Range: 14 - 16 **Training Level:** T2T: Train to Train

Goals: To ensure the athlete understands the theory of the Standing position and can properly assume the position prior to firing.

Criteria: Athlete demonstrates proper position at least once prior to proceeding to practice with live fire.

Equipment:

1. Suitable training area such as the range or clubhouse.
2. The following equipment:
 - a. Rifle (made safe)
 - b. Rifle rest
 - c. Spotting scope and scope stand (optional)
 - d. Shooting Jacket (optional)
 - e. Shooting pants (optional)
 - f. Shooting glove (optional)

Introduction: Min: 10

Greet athletes as they arrive. Encourage them to unpack gear and gather for the lesson. If you plan on firing after the lesson ensure all have their equipment made ready and provide a verbal description of tonight's plan – Learning the Standing position.

Describe the evening's goal ensuring they understand the needs of shooting from the Standing position.

- describe the reasons for the various aspects of the position i.e.. Position of knee, elbow, head, right arm.
- suggest elements they will need to think about and record in their log to be successful.

Move to the range.

Warm Up: Min: 5

Conduct warm up activity like jogging on spot.

Main Lesson: Min: 30

Using a one athlete as a model demonstrate the position explaining the reasons for each element. Position one athlete as a model for the others, then insist they each try their on their own. If time permits do each athlete individually and allow the others to participate in suggesting modifications to their position as needed. Remember adjust the equipment to the shooter, not the shooter to the equipment.

Ask questions to confirm their understanding of the position.

- why do you place the left elbow on the hip?
- what is the position of the left hand?



Review range safety briefing, line commands, carrying of rifle.

Have the athlete complete a course of fire in the standing position. Review positive behaviours, point out things that were done well. Complete additional courses of fire and coach and observe as needed.

Cool Down: Min: 0

N/A

Conclusion: Min 10

Make safe the equipment and then review positive behaviours, point out things that were done well. Encourage journaling. Secure and inspect the range.



Lesson Plan: Use of a Sling - Prone

Athlete Age Range:12 – 14 **Training Level:**T2T: Train to Train

Goals: To ensure the athlete understands the use of a sling in the prone position and can properly assume the position prior to firing.

Criteria: Athlete demonstrates proper position at least once prior to proceeding to practice with live fire.

Equipment:

1. Suitable training area such as the range or clubhouse.
2. The following equipment:
 - a. Rifle (made safe)
 - b. Prone mat
 - c. Rifle sling
 - d. Kneeling roll (optional)
 - e. Spotting scope (optimal)

Introduction: Min: 10

1. Greet athletes as they arrive. Encourage them to unpack gear and gather for the lesson.
2. If you plan on firing after the lesson, ensure all have their equipment made ready.
3. Provide a verbal description of tonight's plan – Learning the Prone position with a sling.
4. Describe the evening's goal:
 - a. Ensure they understand the benefits of shooting prone with a sling.
 - b. Describe the reasons for the various aspects of the position i.e.. Position of knee elbow, head, right arm.
5. Suggest elements they will need to think about and record in their log to be successful.
6. Move to the range.

Warm Up: Min: 5

Conduct warm up activity like jogging on spot, stretching or balance activity.

Main Lesson: Min: 40

Using a one athlete as a model demonstrate the position explaining the reasons for each element. Position one athlete as a model for the others, then insist they each try their on their own. If time permits do each athlete individually and allow the others to participate in suggesting modifications to their position as needed. Remember adjust the equipment to the shooter, not the shooter to the equipment. Have the athlete position themselves as follows:

1. Lie on a mat that is canted slightly (about 30-45 degrees) towards the target
2. Place both elbows on the mat making sure the elbow under the forearm is directly underneath the forearm.
3. Advise that the strong side leg should either be straight or cocked slightly
4. Rifle resting on the palm of the weak side hand
5. Cheek firmly against the stock
6. Review the characteristics of a Good Position
 - a. The body should form a 5-20° angle to the line of sight;



- b. The body should not be twisted and the spine should be straight;
- c. The left leg should be parallel with the spine;
- d. The right foot should turn out and point to the right; the left foot should be straight behind on the toe or pointed to the right according to the comfort of the individual;
- e. The right knee should be brought up so that the thigh forms an angle between 30-45° with the left leg. The right knee should be bent in order to improve stability. This causes the body to roll slightly to the left, raising the diaphragm off the ground, thus enhancing breathing. As the chest is also raised off the ground, body movements caused by normal heartbeat are minimized;
- f. The left elbow should be positioned slightly to the left of the rifle. It should not be positioned directly under it or stability will be affected. The left forearm must form at least an angle of 30° with the ground;
- g. The left hand should rest in the sling and firmly against the sling swivel and the fingers should not grip the fore end of the stock. The hand should be relaxed and the rifle should rest in the palm of the hand;
- h. Once a good position is established, the right hand should grip the small of the butt with constant pressure. The force applied by the right hand should never have to support the rifle. If a distinct pressure is necessary in order to keep the rifle in place, some aspect of the position will have to be changed;

Cool Down: Min: 0

N/A

Conclusion: Min: 5

Make safe the equipment and then review positive behaviours, point out things that were done well. Complete additional courses of fire and coach and observe as needed. Encourage the athletes to make journal entries about the lesson.

Secure and inspect the range.



Lesson Plan: Performance Journal

Athlete Age Range: ALL

Training Level: T2T: Train to Train

Goals:

To ensure the athlete understands the importance of keeping a diary of their shooting and develops the habit early in their shooting career.

Criteria: Athlete demonstrates proper use of the diary by showing to the coach over the next three training sessions.

Equipment:

You will require a suitable training area such as the range or clubhouse and a Journal or Journal page.

Introduction: Min: 10

1. Greet athletes as they arrive. Encourage them to unpack gear and gather for the lesson.
2. If you plan on firing after the lesson, ensure all have their equipment made ready.
3. Provide a verbal description of tonight's plan – Learning to use a Journal.
4. Describe the evening's goal:
 - a. ensure they understand the need for keeping a diary.
 - b. describe the reasons for the various aspects of the diary i.e.. Recording rounds, ammo types, positions shoot, mental state.

Warm Up: Min: 0

N/A

Main Lesson: Min:20

Review the Journal pages and suggest elements they will need to think about and record in their log to be successful. Then ask questions to confirm their understanding of the use of the diary.

1. Discuss the frame of mind to use when making entries.
2. Explain the purpose of the competition log.
3. Explain the purpose of the equipment log.
4. Review the Travel checklist. (Discuss planning)
5. Discuss how to set goals. (They should be positive, forward looking)
6. Assist the athletes in completing a diary entry.

Cool Down: Min: 0

N/A

Conclusion: Min: 5

Provide examples and reinforce the need for good Journaling.

Be sure to follow-up with your athletes frequently about their journals.



Lesson Plan: Scope Use

Athlete Age Range: 10 - 12 **Training Level:** L2T : Learn to Train

Goals: To ensure the athlete understands how to position and make use of their scope.

Equipment:

Suitable training area such as the range or clubhouse.

The following equipment:

1. Scope and stand
2. Rifle (made safe)
3. Prone matt
4. Keeling roll or rest (optional)
5. Rifle Rest

Introduction: Min: 15

Greet athletes as they arrive. Encourage them to unpack gear and gather for the lesson. If you plan on firing after the lesson ensure all have their equipment made ready and provide a verbal description of tonight's plan.

Describe why good positioning of the scope is important. Discuss the importance of minimal head and eye movement. Show the athletes how to minimise movement of their body. Discuss having marks of pre-set positions on their scope stand.

Discuss the type of information that the athlete can gather from the scope and how to use it.

Warm Up: Min: 0

N/A

Main Lesson: Min: 45

Using one athlete as a model position the scope to demonstrate proper position. Be sure to emphasise height and angle. Repeat for Prone, kneeling and standing.

Once the athlete is comfortable then have them perform live or dry fire using the scope.

Cool Down: Min: 0

N/A

Conclusion: Min: 10

Using one athlete as a model position the scope to demonstrate proper position. Be sure to emphasise height and angle. Repeat for Prone, kneeling and standing.

Once the athlete is comfortable then have them perform live or dry fire using the scope.



Make safe the equipment and then review positive behaviours, point out things that were done well.
Complete additional courses of fire and coach and observe as needed

Secure and inspect the range.

