

Lesson Plan: Breathing

Planned Duration: 30 Min

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.

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?