

Lesson Plan: Keeling 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
- 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:

- a. Kneel on a mat that is folded (to give extra padding). Left (dominate) foot should be off the mat.
 - b. Strong side knee placed on the mat with body slightly canted away from the target (normally to the Right).
 - c. Weak side foot placed flat on the ground in front of body
 - d. Weak side elbow (flat part) placed slightly forward or aft of the knee-cap and directly under the rifle.
 - e. Strong side elbow positioned for balance
 - f. Rifle resting on the palm of the weak side hand
 - g. 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 cant the body to the right?
10. Review range safety briefing, line commands, carrying of rifle.
11. Have the athlete complete a course of fire in the prone position.

Keeling Position

12. Review positive behaviours, point out things that were done well.

13. 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.