

Lesson Plan: Use of a Sling - Prone

Planned Duration: 55 Min

Athlete Age Range: ALL

Training Level:

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.
 - 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:

- a. Lie on a mat that is canted slightly (about 30-45 degrees) towards the target
- b. Place both elbows on the mat making sure the elbow under the forearm is directly underneath the forearm.
- c. Advise that the strong side leg should either be straight or cocked slightly
- d. Rifle resting on the palm of the weak side hand
- e. Cheek firmly against the stock

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,

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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;

i. The right thumb should be placed on the stock directly behind the rear sight or around the small of the butt;

j. 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;

k. The shoulders should be straight and form right angles with the spine;

l. 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

m. 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.

N. To ensure positive results, the aforementioned 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.

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.

Encourage the athletes to make journal entries about the lesson.

Secure and inspect the range.