

Basic Shooting Skills *Positions*

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Agenda

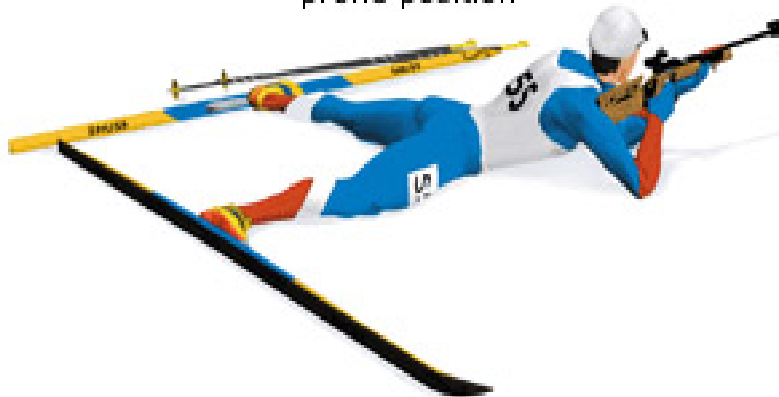
- Introduction
- Dominant Eye
- Rifle Fitting
- Prone Position
- Rifle Fitting Tips
- Standing Position
- Sequences
- Checklists

Positions

standing position



prone position



- Stable
- Comfortable
- Natural
- Without Strain

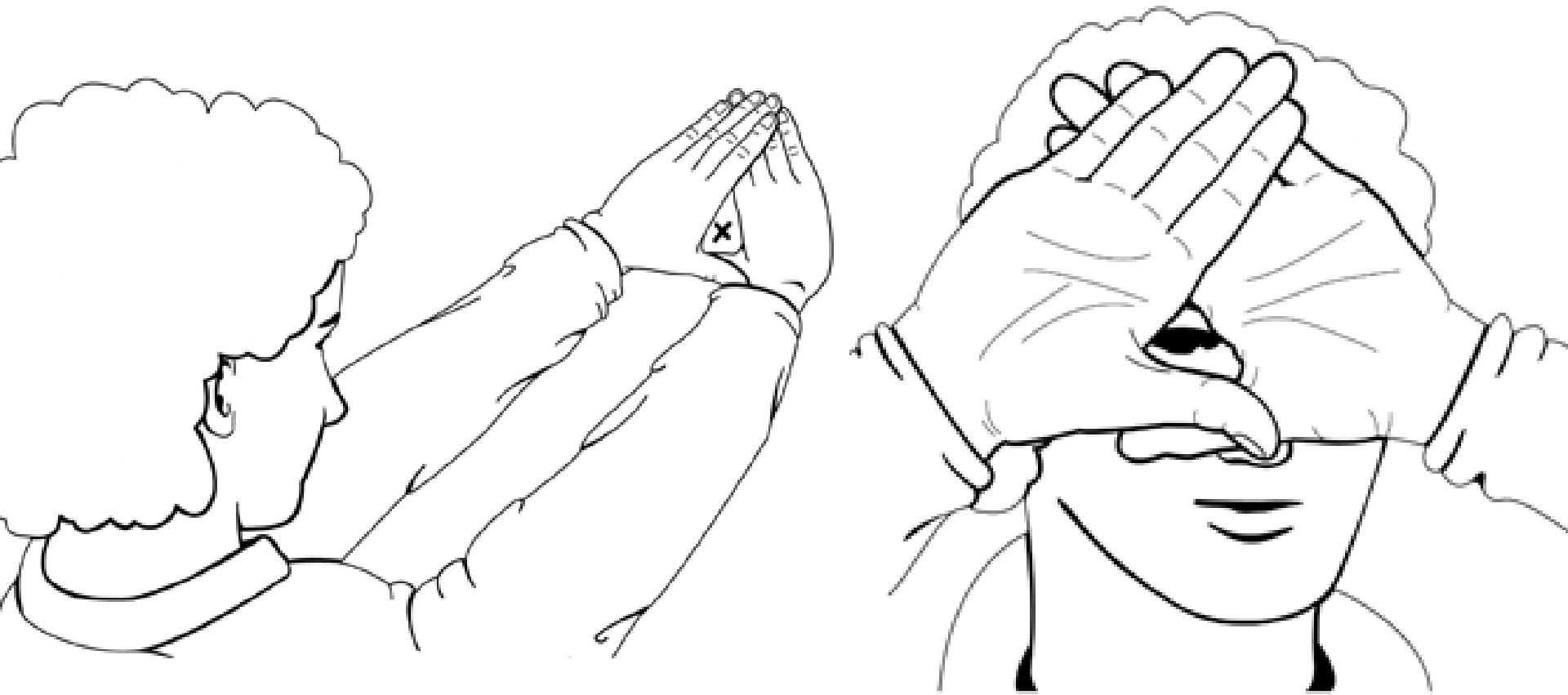
Positions

- Start from the ground and work up
- Use the bone structure for support rather than muscles
- Using a sling and prone cuff are crucial for stability in the prone position

Dominant Eye

- Picking the dominant eye is important to be able to see a perfect sight picture
- Have the athlete hold both hands out in front of them forming a triangle inbetween both hands
- Have them center an object in the triangle with both eyes open
- Have them close one eye, if the object stays in the triangle, that is their dominant eye, if not close the other

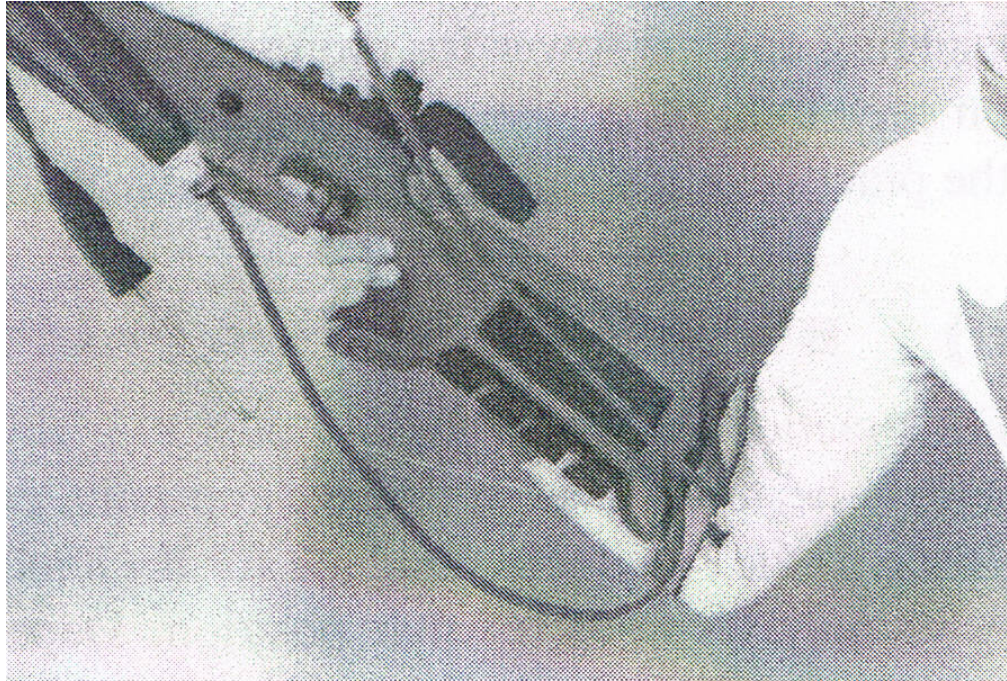
Selecting the Dominant Eye



Rifle Fitting

- Have the athlete hold their arm at a 90 degree angle
- Place the butt of the rifle in the crevice of their elbow
- Have them grab the hand grip with their hand
- Their trigger finger should sit properly on the trigger (inbetween first joint and tip of finger)
- Add or remove butt plates(spacers) to adjust the length of the stock

Fitting the Rifle



The Prone Position



Prone Position (Right Eye Dominant)

1. The left elbow is the STABILITY elbow. It does not move, the position PIVOTs around it.
2. Have the athlete push their left elbow forward out towards where the target would be.
3. Lay the body on a 45 degree angle from the target
4. The shoulders should be in a T with the spine, the right ski should go across the bottom of the box, the left go along the side

Getting Into Position

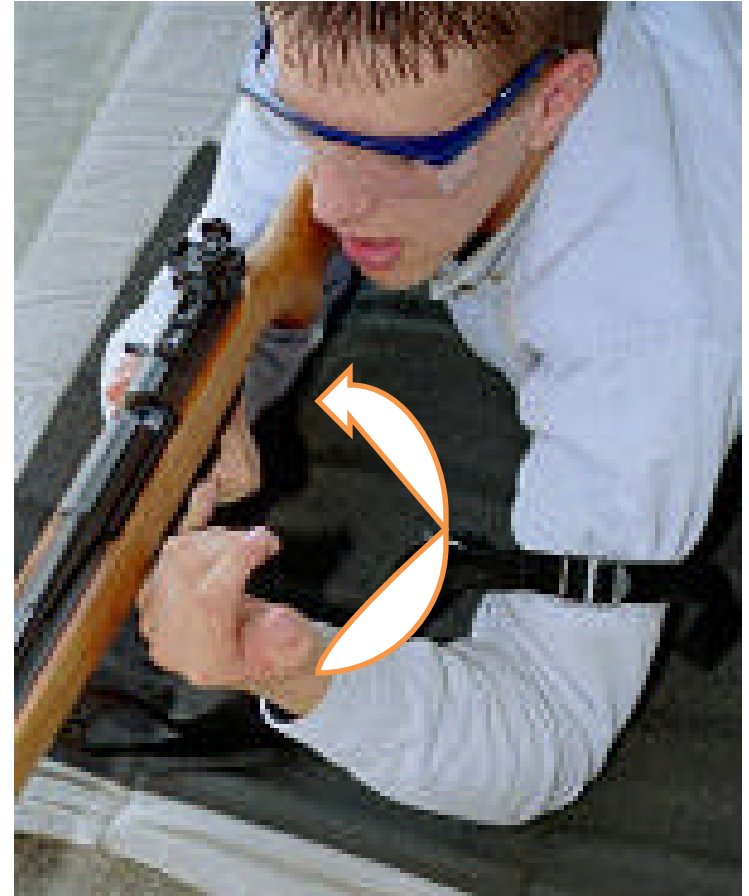


Prone Position (Right Eye Dominant)

5. Have the athlete hold the rifle free hand
6. Make sure the rifle is resting in the palm of the hand and the butt is in the GROOVE of the shoulder (the soft part just below the collarbone)
7. Place the hand stop just in front of the hand and tighten it.
8. Have the athlete place the prone cuff on above the bicep and hook up sling

Hooking up the sling

- Attach the sling to the hand stop
- Rotate the hand clockwise into sling
- The V inbetween thumb and finger rests against hand stop
- Sling rests along back of hand



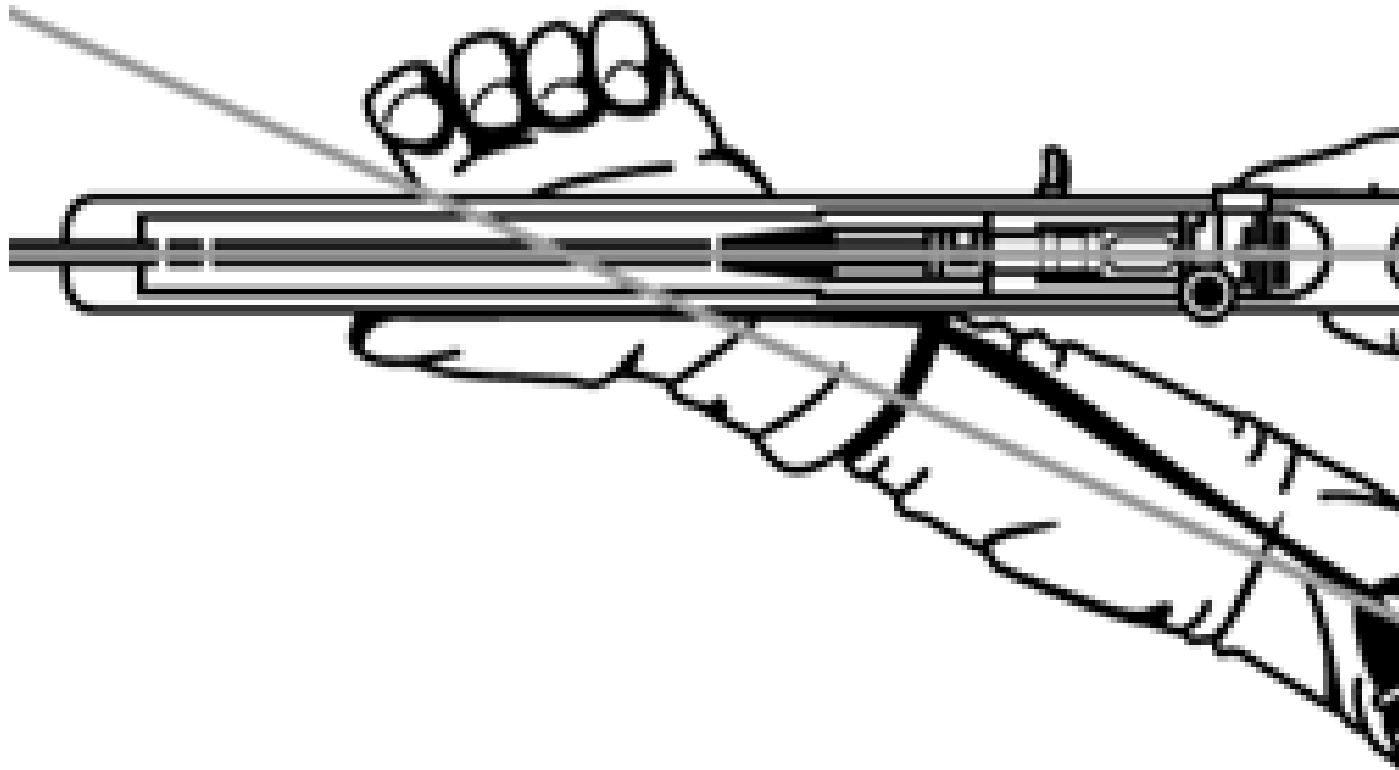
Butt Placement



Prone Position (Right Eye Dominant)

9. The sling should lie directly over the elbow
10. The sling should be tight enough to support the rifle without any muscles being used
11. There should be equal pressure in the hand and shoulder
12. Check the stability by pressing down on the middle of the rifle. It should come straight back up, without any movement left or right

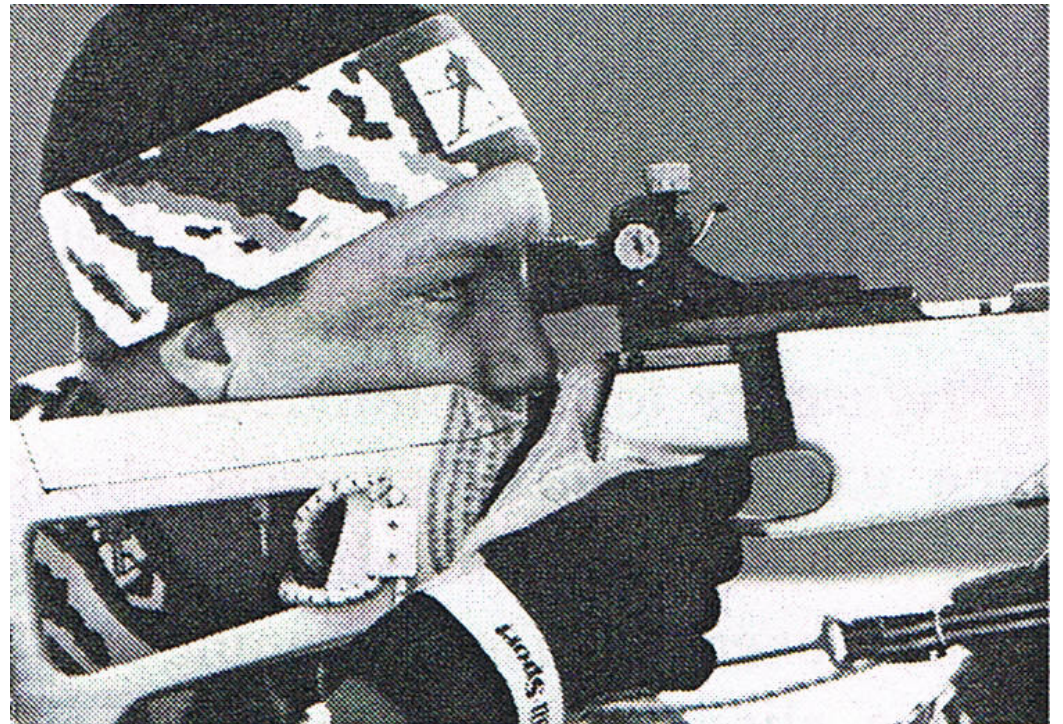
Sling and Arm Position



Prone Position (Right Eye Dominant)

13. The eye cup should be close enough to touch the hairs of the eyebrow, but not close enough to touch the eye.
14. The athlete should look through the center of the rear sight without having to move their head

Eye Relief



Fitting the Rifle - Tips

- The sling should not be too tight that it cuts off circulation or causes pain.
- If the athlete spends a long time in position they will have some pain in their hand – take breaks if needed
- To put more pressure in the shoulder move the handstop forward
- The elbows should act as a tripod to support the rifle

Fitting the Rifle - Tips

- Have the athlete wrap their shoulder around the rifle to gain more pressure
- Athletes like to hold the rifle until they TRUST the equipment. Make sure they relax their muscles in their hand
- To place the butt in the same spot, have the athlete put their thumb on the screw, or top of butt to feel where the butt goes

Fitting the Rifle - Tips

- BEWARE: continuing to place spacers in the butt to add pressure in the shoulder will slowly cause the body to change angle
- Athletes will end up at a poor angle to the target with little to no pressure in the shoulder
- Moving the handstop inwards, and the butt inwards the same amount, pressure will increase in the shoulder AND get the diaphragm off of the ground

Fitting the Rifle - Tips

- Have the athlete close their eyes, take their head off of the cheek piece and place it back down on the cheek piece to make sure they are not moving their head when looking through the sights
- It is a good idea to adjust a position without a target in front of the athlete so they do not muscle the rifle – use a blank piece of paper so there is something to “aim” at but will not have them unconsciously muscle the rifle

Fitting the Rifle - Tips

- Get athletes to wiggle the fingers in their left hand so they are not gripping the stock
 - This can become a part of their individual routines
- There should only be slight pressure on the hand grip
 - Equal to the pressure placed on the trigger when squeezing
- These problems arise when the sling is too loose or when an athlete does not trust the equipment

Practical

- Break into pairs
- Each coach puts their partner in position
- Group to Evaluate Position
- 15 min
- 5 min Debrief

15 min Break

The Standing Position



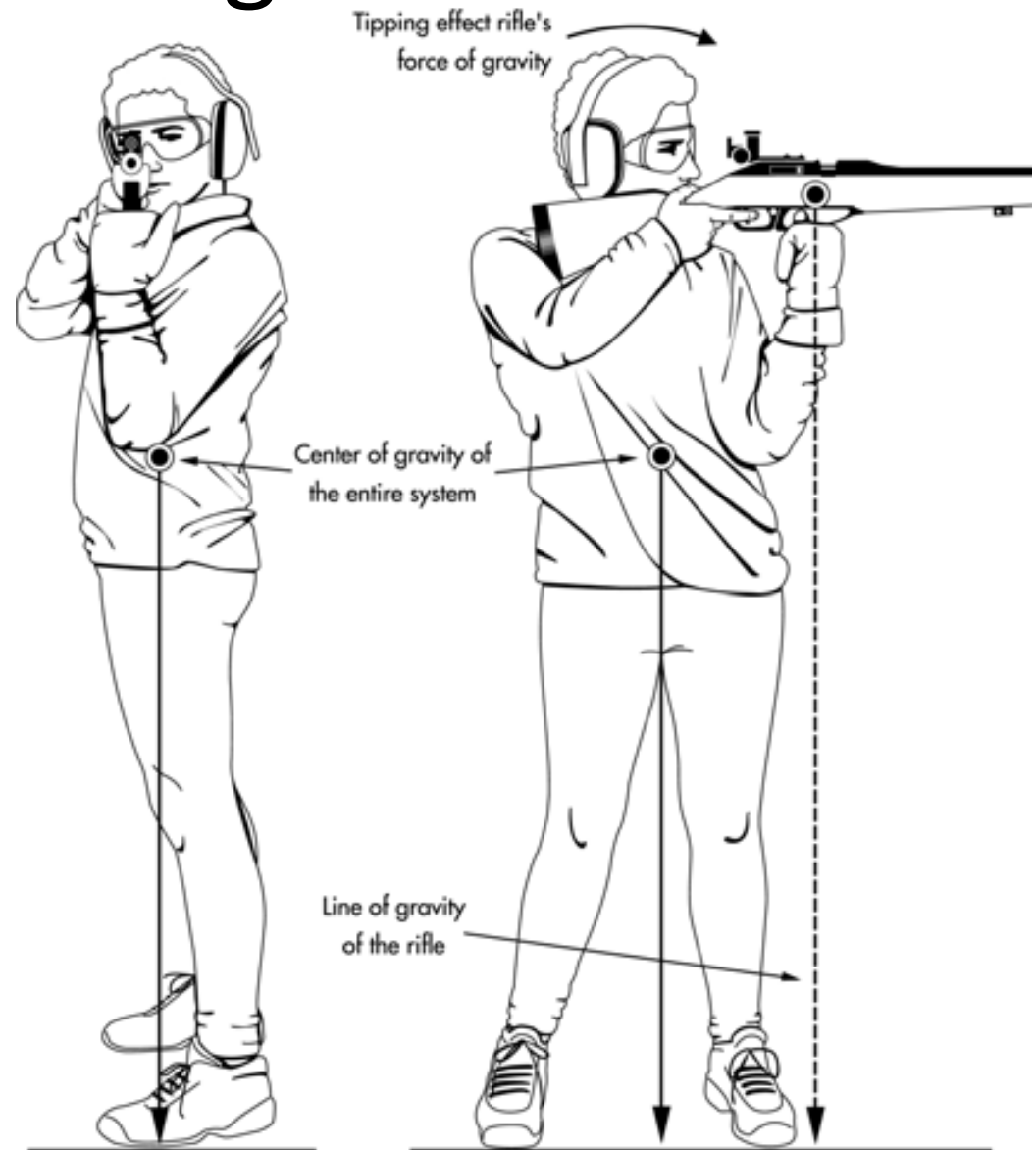
Standing Position

- A proper position distributes the athletes weight as well as weight of the rifle between the feet
- Uses the bone structure for support
- Back bend and body twist allow the bones to “lock” and increase stability
- Mentally and physically demanding
- Uncomfortable in the beginning

Standing Position (Right Eye Dominant)

1. Stand with left side of body facing target (90 degree angle)
2. Place feet a minimum of shoulder width apart or a bit more (athletes preference)
3. Keep feet parallel
4. Keep legs straight – do not lock knees
5. Push hips forward towards toes
6. Push left hip overtop of left foot

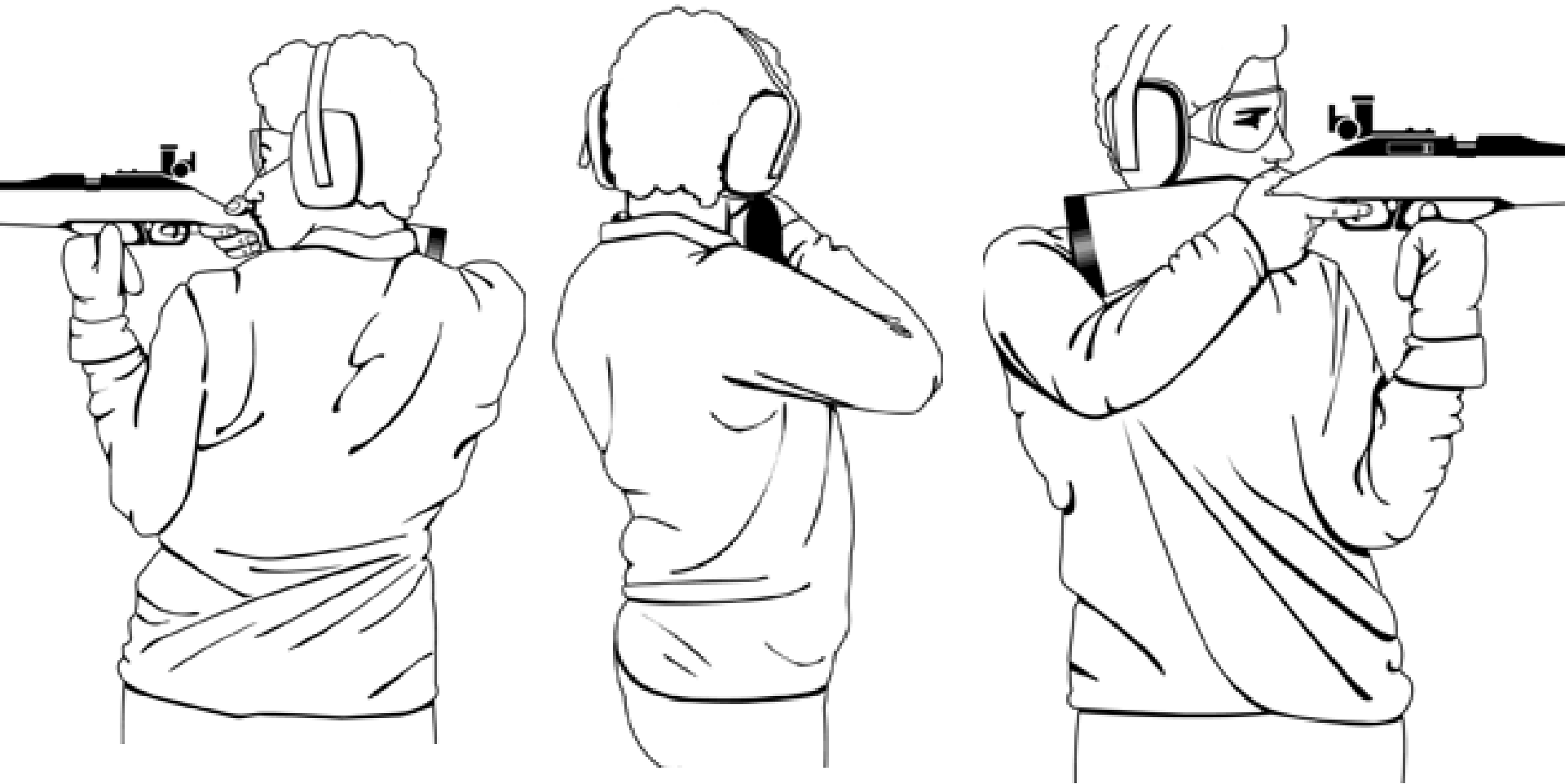
Getting into Position



Standing Position

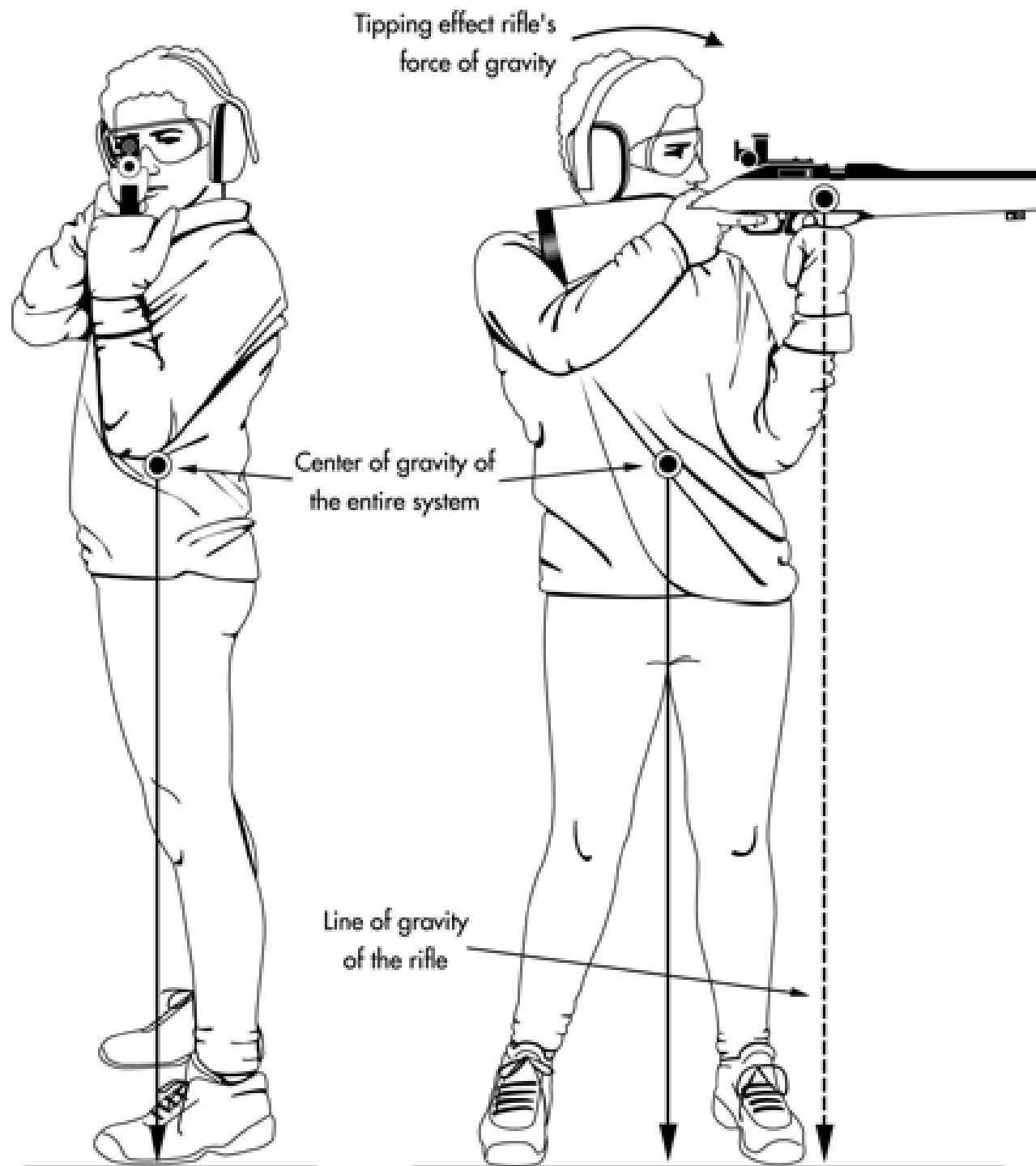
7. Place butt of rifle in shoulder
8. Place hand underneath rifle
9. Twist the upper body towards the target, keeping the hips 90 degrees from the target
10. The left arm rests naturally up against the torso supporting the rifle – no muscles used
11. The right arm drops naturally to the side. The placement depends on the athlete: high, low, middle.

Standing Position



Standing Position

- 12. The ears stay level as the head drops on the rifle for balance and stability
- 13. The right hand provides more stability than compared to the prone position
- 14. The right hand cants the rifle into the head if the athlete can not look through the sights → to keep the ears level



Hand Position

- To the preference of the athlete
 - Some give added height or lower the muzzle



FIST



V SHAPE



SPLIT FINGERS



HEEL OF HAND

Standing Position - Tips

- If the athlete feels more comfortable, the feet can be pointed outwards slightly
- Athletes have a tendency to lock the knees, or bend them too much
- WATCH the hips, newer athletes tend to twist the hip when twisting the upper body
 - The hip and back knee twist towards the target, reducing bone support and decreasing stability

Standing Position - Tips

- Eye relief is further back than in the prone position
 - The athlete should not strain the neck to get closer to the sights
- Have athletes get in and out of position without the rifle to get used to it
- Have athletes turn their head and close their eyes, then keep ears level and close eyes
 - Get feedback

Standing Position - Tips

- Position and Natural Alignment Exercises
 - Practice getting in and out of position
 - Practice single shots on blank sheet of paper
 - The smaller the group the better
 - Practice single shots on target
- If the position needs to be corrected, instill good practices by “starting over” → Getting out of position and getting back into position

Standing Position – Sight Picture

- Less stability = More movements in sight picture
- The breathing routine and hold are shorter
- When the athlete “sees” the sight picture they MUST commit and take the shot

Checklists

- Position Check Grid
- Competitor Diaries
- Position Tracking Sheet
- Competitor Checklists

Grid for Position Check

	<i>A</i>	<i>B</i>	<i>C</i>	<i>D</i>	<i>E</i>	<i>F</i>	<i>G</i>	<i>H</i>	<i>I</i>	<i>J</i>
<i>1</i>	<i>A1</i>	<i>B1</i>	<i>C1</i>	<i>D1</i>	<i>E1</i>	<i>F1</i>	<i>G1</i>	<i>H1</i>	<i>I1</i>	<i>J1</i>
<i>2</i>	<i>A2</i>	<i>B2</i>	<i>C2</i>	<i>D2</i>	<i>E2</i>	<i>F2</i>	<i>G2</i>	<i>H2</i>	<i>I2</i>	<i>J2</i>
<i>3</i>	<i>A3</i>	<i>B3</i>	<i>C3</i>	<i>D3</i>	<i>E3</i>	<i>F3</i>	<i>G3</i>	<i>H3</i>	<i>I3</i>	<i>J3</i>
<i>4</i>	<i>A4</i>	<i>B4</i>	<i>C4</i>	<i>D4</i>	<i>E4</i>	<i>F4</i>	<i>G4</i>	<i>H4</i>	<i>I4</i>	<i>J4</i>
<i>5</i>	<i>A5</i>	<i>B5</i>	<i>C5</i>	<i>D5</i>	<i>E5</i>	<i>F5</i>	<i>G5</i>	<i>H5</i>	<i>I5</i>	<i>J5</i>
<i>6</i>	<i>A6</i>	<i>B6</i>	<i>C6</i>	<i>D6</i>	<i>E6</i>	<i>F6</i>	<i>G6</i>	<i>H6</i>	<i>I6</i>	<i>J6</i>
<i>7</i>	<i>A7</i>	<i>B7</i>	<i>C7</i>	<i>D7</i>	<i>E7</i>	<i>F7</i>	<i>G7</i>	<i>H7</i>	<i>I7</i>	<i>J7</i>
<i>8</i>	<i>A8</i>	<i>B8</i>	<i>C8</i>	<i>D8</i>	<i>E8</i>	<i>F8</i>	<i>G8</i>	<i>H8</i>	<i>I8</i>	<i>J8</i>

Diary 1:

Competition Specific/Training Session

Date

Time

Event

Location

Rifle

Ammo Type

Shots Fired (Prone &
Standing)

Conditions for the Day

Purpose of Training Session

Results

Changes

Problems

Solutions

Diary 2:
Position Tracking Sheet Specific

Rifle	Date	Position
Sling	Straps	
Hand Stop	Hand Stop Angle	
Front Sight	Rear Sight	Trigger Position/Angle
Cheek Piece Height	Cheek Piece Angle	Cheek Piece Position
Butt Length	Butt Angle	Butt Height
Hook Angle	Hook Height	
Misc.		

Competition Evaluation Form:

Competition/Location

Date/Result/Placing (for more experienced athletes same as 1 and 2)

1. Did you have a performance outcome goal for this competition? Y/N

2. If yes, to what degree did you achieve your performance goal? Scale of 1-10

3. What was your goal for this competition?

4. To what degree did you achieve this goal? Scale of 1-10

5. What was your feeling going into this competition?
Determination/confidence/worries.

6. Did you follow your pre-competition plan?

7. Did you follow your pre-competition focus plan?

8. Did you use your refocusing plan?

9. When you shot the best, what were you focusing on?