

STATE 4-H SHOOTING SPORTS TRAINING OUTLINE – RIFLE

12 Hour Minimum Course

Step 1 – Program Overview

- Introductions & Facility Layout
- Paperwork: Signing In, Medical Forms, Applications, Waivers, etc.
- “*What Is Shooting Sports*” – National Shooting Sports Video
- Your State 4-H Shooting Sports Program Overview
- Course Plan & Course Objectives
- How the Course Will Be Taught and What Is Expected
- Your Role As A Shooting Sports Leader – Code of Ethics
- Issue of Curriculum & Additional Handouts
- Proper Use of the Hands When Working with Youth
- Prohibited Items
 - Use of the word Weapon
 - Utilizing Humanoid Targets
- What is Youth Development?

Step 2 – The Range

- Equipment/Supply List of Items Needed to Put on a Course
- Rifles & Equipment & Other Material
- Class Participants Set up the Range and Critique the Layout

Step 3 - Introduction to the Rifle & First Shot Fundamentals

- Safety Review
 - MAT – Muzzle, Action, Trigger
 - Eye & Ear Protection
 - Safely Passing the Rifle – Thank You/You’re Welcome
 - Washing Hands After Handling Lead Ammunition
 - Use of Clear Barrel Indicators
 - Use of the Command “Cease Fire”
- Determine Eye Dominance
- Basic Parts of the Rifle
- Basic Sight Alignment – Front & Rear
- Basic Sight Picture – Front & Rear Sight + Target
- Range Rules, Basic Commands, Range Etiquette
- Dry Firing First Shots from Bench Rest at a Large Blank Paper
- Firing Live Rounds from Bench Rest at a Large Blank Paper
- Wash Hands
- Summary
- Analysis & Debrief – In what activities in this session would a youth participate that fits in the *Targeting Life Skills* model/wheel?

Step 4 – Dry Firing on Target Backs

- Review of Previous Session
- Sight Alignment with Various Types of Sights
 - Open Sights, Aperture Sights, Optical Sights, Reflex Sights, Laser Sights
- Trigger Control
- Follow Through
- Coach Pupil Pairing
- Dry Firing from Bench Rest at Target Backs
- Summary
- Analysis & Debrief

*"Reactions...Hot Times!" activity from *S.T.E.M. Connections*, page 21. This activity demonstrates how a fired round is propelled by the gas created by a chemical reaction.

Step 5 - Shooting Groups on Target Backs

- Review of Previous Session
- Dry Firing at Target Backs
- Live Firing at Target Backs
- Shoot for Groupings on Targets
- Evaluation of Groupings
- Wash Hands
- Summary
- Analysis & Debrief

Step 6 - Teaching Sight Picture

- Review of Previous Session
- Learning Sight Picture
- Dry Firing from Bench Rest at Target Faces
- Live Firing from Bench Rest at Target Faces
- Evaluating Shot Placement on Targets
- Utilize Triangulation Exercise for Students Having Difficulties
- Wash Hands
- Summary
- Analysis 7 Debrief

*"Gravity...It's a Drag!" activity from *S.T.E.M. Connections*, page 15. This activity demonstrates the how gravity and distance can affect the impact of the projectile on the down range target.

Step 7 - Scoring Targets

- Review of Previous Session
- Live Firing from Bench Rest at Regulation Target
- Mechanics of Scoring Targets to Include Target Types and Scoring Tools
- Participants Learn to Score Their Targets
- Wash Hands
- Summary
- Analysis & De-brief

Step 8 - Risk Management in Your Program/WORM Assessment "Kid's and Guns" Presentation

*"Know Them Bones" activity from *S.T.E.M. Connections*, page 27. This activity demonstrates the importance of bone structure in shooting positions.

Step 9 - Standing Position

- Review of Previous Session
- Introduction and Demonstration to the Four Shooting Positions:
 - Standing, Kneeling, Sitting, Prone
- Demonstration of the three standing positions: 1. Arm-rest, 2. Free-arm (off hand), 3. Supported
- Practice Standing Position without Rifle
 - Align Body with the Target
 - Natural Point of Aim
- Dry Firing at Targets Using the Standing Position
- Live Firing at Targets Using the Standing Position
- Wash Hands
- Summary
- Analysis & Debrief

Step 10 - Kneeling Position

- Review of Previous Session
- Demonstration of the Kneeling Position
 - Leg Positions
 - Upper Body
 - Rifle Position
 - Alignment with Target
- Practice Kneeling Position without Rifle
- Dry Firing at Targets Using the Kneeling Position
- Live Firing at Targets Using the Kneeling Position
- Wash Hands
- Summary
- Analysis & Debrief

Step 11 - Sitting Position

Review of Previous Session

Demonstration of the three sitting positions: 1. Extended open position, 2. Extended cross ankle, 3. Cross-legged.

Practice Sitting Position without Rifle

Body Position in Relation to Target

Dry Firing at Targets Using the Sitting Position

Live Firing at Targets Using the Sitting Position

Wash Hands

Summary

Analysis & Debrief

Step 12 - Prone Position

Review of Previous Session

Demonstration of the Prone Position

Proper Body Position for Prone

Butt of the Rifle in Shoulder

Aligning Rifle with the Target

Practice the Prone Position without Rifle

Dry Firing at Target

Live Firing at Target

Wash Hands

Summary

Analysis & Debrief

Step 13 – Review, Test, & Course Evaluation

Step 14 - Closing Comments/Dismissal

Optional Showing if Time Permits *“Basic Rifle Shooting” – Federal Cartridge Company DVD*

*The items marked with an asterisk are activities from the Colorado State University publication, *S.T.E.M. Connections*. They are not required for the course, but they are activities that can be used to incorporate science education into shooting sports.