AVANTI™

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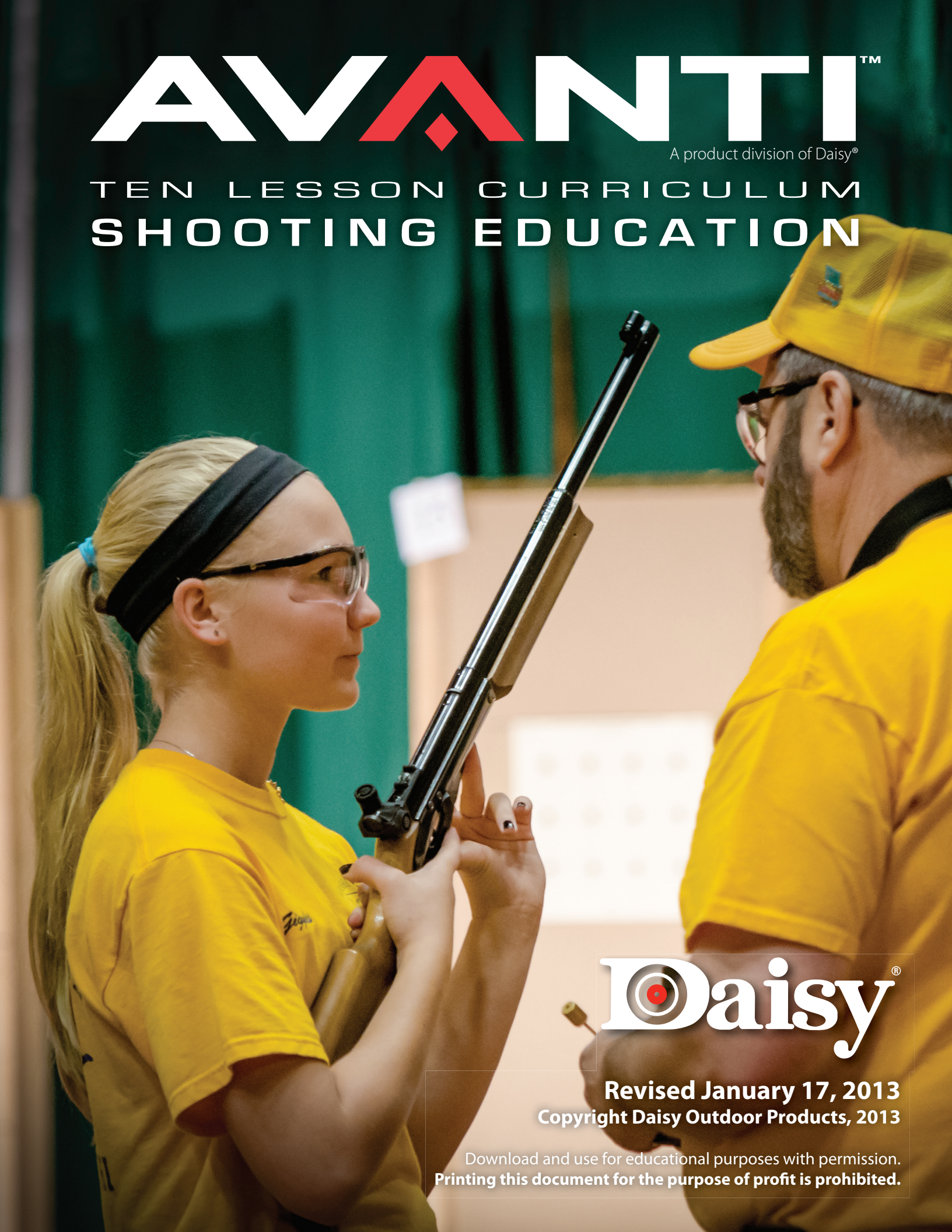
TEN LESSON CURRICULUM

SHOOTING EDUCATION



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Introduction

The Ten Lesson Shooting Education Curriculum with instructor's guide, developed by Daisy Outdoor Products, is designed to provide the information and resources needed to effectively instruct young people in the proper methods of gun handling and marksmanship so that they may safely and successfully explore the world of the shooting sports. It is intended for use by any youth-oriented organization interested in conducting basic shooting education programs.

This guide is designed to be usable by someone with no previous experience as a marksmanship instructor or competitive shooter. With the help of this guide, careful and thorough preparation can overcome lack of experience.

This guide contains ten complete lesson outlines covering general gun knowledge, proper gun handling and procedures for conducting airgun competitions. In addition to this guide, you should also have available training aids, charts, videos, posters and any other material you will need to teach gun safety and marksmanship.

You will want to review each lesson at least two days in advance of the class. Each lesson lists materials and equipment that are mandatory. Additionally, you might want to take with you some standard supplies such as tape, stapler or staple gun, push pins, first aid kit and other things which are common to classrooms. Secure all necessary equipment and be certain you have adequate supplies of all necessary written handouts.

Above all, remember the classic "Five P's" Proper Planning Prevents Poor Performance

Organization

This ten lesson curriculum is divided into three sections.

Section 1

Lessons 1-7
Gun Safety and Marksmanship
Lessons 1-7 are intended to be used by all youth groups interested in teaching proper gun handling, gun safety and marksmanship.

Section 2

Lessons 8-10
5-meter Airgun Competition
Lessons 8-10 are intended for those interested in 5-meter air gun competition. This program is designed to prepare your group for local, state and national competition.

Section 3

Coaches' Section
The Coaches' Section is written to assist new coaches with instructional techniques for four position competition.

For information on national competitions or additional program material and information contact:

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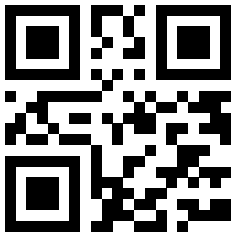

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Section 1
Gun Safety / Marksmanship
Lesson 1

Introduction to Shooting Sports, Firearms and Handling

This lesson is the first and should set the mood for all lessons that follow.
Make this lesson one of your best.
1. Prepare for each lesson at least two days in advance.
2. Be sure you have adequate adult help available. Your turnout may be larger than anticipated.
3. Start and finish your classes on time.
4. Open the classroom or gymnasium thirty minutes before class begins.
5. Have all equipment and material in place and in ample quantities before the program starts.
6. Arrange for on-site storage of your equipment.

Lesson 1 Goals

To teach the basic skills, knowledge and attitudes necessary for the safe and proper use of guns in target shooting.

- To introduce each student to the shooting sports.
- To demonstrate and teach each student the different types of sporting firearms.
- To teach each student the different types of modern sporting ammunition.
- To teach each student safe and proper gun handing.

Lesson 1 Outline

Introduction – 10 min.
Knowledge of Guns and Ammunition – 25 min.
Rules of Safe Gun Handling – 25 min.

Lesson 1 Materials and Equipment

Have available examples of the firearms you plan to use for illustrative purposes for this class. If you do not personally own firearms it may be possible to borrow some from friends or get them on loan from a local sporting goods dealer or law enforcement agency.

- Shotguns -Types: pump, break action and semi-automatic (double barrel, single barrel.)
- Rifles - Types: bolt action, lever action, semi-automatic.
- Pneumatic and CO2 guns. Two AVANTI Champion BB guns (formerly known as Daisy 499), any CO2 pistol and the AVANTI Model 888.

You will also need samples of unloaded ammunition to pass around. Gun clubs, re-loaders and police departments have samples of non-live or dummy ammunition.

- Samples of different gauge shotgun ammunition.
- Samples of various sizes of shot.
- Samples of different caliber rifle ammunition.

Note: Make sure all examples are dummy ammunition. Do not bring loaded or live ammunition to the class.

You'll also need

- A roll of red tape to mark the muzzle of the guns.
- Enough copies of the Code of the Daisy Rifleman on hand to give each youngster in the class a copy at the end of this class session. Ask them to read the Code every day while they are in your class. This will help firmly fix rules of proper gun handling in their minds.
- Gun and ammunition charts.

Lesson 1 Personnel Needed

One Instructor/Three Assistants

Note to Instructor

(Instructor notes, throughout the lessons, will be enclosed in parentheses)
INSTRUCTOR: (Read the sentences that are **in bold face** to your class.)

Shooting and the shooting sports are some of the most popular recreation activities in America. Shooting is a lifetime sport. You can learn to shoot at a very young age and continue to enjoy shooting until you are very old. You do not have to be big, strong, fast, or a star athlete to shoot and learn to be a good shooter. Girls enjoy shooting as much as boys. Shooting is a safe sport and fun for everyone. During the next six weeks your instructors will be working with you to help you become a good, safe shooter.

You will learn the following things during this program:
1. General gun knowledge—that is the knowledge of different types of guns and ammunition.
2. Rules for proper gun handling.
3. Rules for safe hunting.
4. Parts of guns.
5. How to aim a gun.
6. How to shoot in the prone position.
7. Rules for firing our gun on a rifle range.
8. Finally, you will fire the BB guns at targets and have shooting matches.
9. The last lesson in the general session will be a class for your mom and dad. You may invite your parents to this lesson and let them see what you have learned.

(Optional)
10. Those students shooting the highest scores, plus doing well on the written test may be selected to be on our BB gun team. These students will learn advanced shooting skills and may take part in the State BB Gun Match. These top-scoring shooters' names will be announced at our parents' night.

Knowledge of Guns and Ammunition

For the next twenty-five minutes we will show you some different types of shotguns and rifles. We will also explain how you match the correct ammunition to the correct gun.

Shotguns
This is a shotgun. (Hold up a shotgun for the class to see.) **The most dangerous part of this gun, and any gun, is the end of the barrel, called the "muzzle". (**Point to the end of the muzzle.**) Remember these rules:**

- **Always keep the muzzle end of your gun pointed in a safe direction.**
- **Always keep your finger off the trigger until ready to shoot.**

(These basic rules of safe gun handling must be emphasized over and over during the class. To get the point across further, wrap a piece of red tape around the end of each gun muzzle that will be used during the program. This tape serves as a constant reminder to the students that this part of the gun is the most dangerous and must be pointed in a safe direction at all times. The tape also aides the Instructor in locating guns that are being handled in an unsafe manner.)

Shotguns are some of the most popular sporting guns today. Shotguns are used in hunting and for clay target shooting in the sports of trap and skeet. The reason they are called shotguns is that they shoot small round pellets called shot. (Pass around samples of shot.) **The shotgun barrel is smooth on the inside. The barrel is called smoothbore.**
(Use Gun and Ammo Chart. Rifle and shotgun barrels.)

A shotgun is used for shooting sports and hunting where you shoot at moving targets at close range. A shotgun can do a lot of damage and is dangerous if mishandled.

Some of the different types of shotguns that are in use today include:
(Show and explain each.) (Use the Shotgun chart.)
Pump Action
Break Action
Semi-Automatic
Single and Double Barrel
Over and Under

Before you take a shotgun into the field, you must know how your gun works.

Shotgun Gauges
Shotguns use different sizes of ammunition or shells. Each size is called a gauge. Popular shotgun gauges are 10, 12, 16, 20, 28 and 410. (Show class an empty shot shell of each gauge. Emphasize the difference in the shell sizes.)

Shotgun Chokes
A choke on a shotgun controls how fast and how wide the shot will spread once it leaves the end of the barrel. Some of the different types of chokes in use today include: (Point to chokes on Know Your Gun and Ammo Chart.)
Open
Modified
Improved
Improved cylinder
Full

Whether you are shooting from close or far away, will determine the type of choke you will use. Some shotguns have an adjustable choke on the end of the barrel. While some have fixed chokes that cannot be changed.

Shotgun Sights
Because a shotgun is shooting hundreds of shotgun pellets, (shot)**, sights are not necessary.** (Explain this by showing the example of throwing one stone at a can or throwing a handful of stones at the can)**. Your aim is necessary when throwing the one stone, but not necessary when throwing a handful of stones.**
Therefore, you point a shotgun rather than aim it.

Damascus Barrels
Shotgun barrels were once made by welding twisted wire together. These were called Damascus barrels. Today's barrels are solid steel. Be sure that your barrel is solid steel. Damascus barrels are not safe and should not be used. (Modern shotgun ammunition will blow the Damascus barrel apart.) (Point to Damascus barrels on Know Your Gun and Ammo Chart.)

Make sure all shotgun barrels are free of dirt. Do not shoot a gun if the barrel is clogged. An obstruction in a shotgun barrel will cause the barrel to shatter.

Shotgun Ammunition
Shotgun pellets come in different sizes. Each size is numbered. The largest is Size 000 Buck Shot. The smallest size is Size 12. (Have samples of various shot sizes for the class to see.) (Point to Shot Size on Know Your Gun and Ammo Chart.)

The reason shot sizes are different is because the shotgun is used for hunting different kinds of game. The shotgun is used to hunt deer in some states. It is also used to break clay targets. You need large size shot pellets when hunting, but you only need small pellets to break clay targets.

Shot gun shells also have different power. Magnum shells are powerful shotgun shells. These shells will fire the shot pellets further than the regular shot shell. Shotguns can also fire a single projectile called a slug. A Slug is a large piece of lead that may be copper encased or held in a sabot that is in the shape of a ball or bullet. Slugs are used mainly to hunt large game. (Point to shotgun slug shell on Shotgun Chart.)

Shotgun shells have five major components (refer to chart):
Case
Primer
Powder
Shot
Wad

As you can see by the different size of these shotgun shells, (hold up 12, 20 and 410 gauge shells) **it would be dangerous if a .410 shell were placed in a 20 gauge gun, or a 20 gauge shell in a 12 gauge gun. The shell could fall into the barrel and become lodged there. The shooter could possibly make a mistake by placing the correct size shell in the gun and firing the gun with the barrel clogged by the other shell. This is the reason why you never carry two different size shotgun shells in your pocket while shooting or hunting. Carry only the same gauge shells as your gun will shoot.** (Point to barrel obstruction on Know Your Gun and Ammo Chart.)

Rifles
The major difference between rifles and shotguns is found in the barrel. The rifle barrel has grooves cut into the inside of the barrel. These grooves are called rifling. The rifling causes the bullet to spin as it passes through the barrel. However, it should be noted that some shotguns may have rifled barrels for shooting slugs in sabots. (Point to barrels on Know Your Gun and Ammo Chart.)

Rifles only shoot one bullet, at a time, where shotguns shoot many pellets. The rifles and bullets, like shotguns and shot shells, come in different sizes. These sizes are called calibers. Calibers run from .17 up to as large a .50 caliber or larger. The caliber of rifle and bullet you use will depend on what type of shooting you are doing. Twenty-two caliber is ideal for target shooting, .30-06 is a popular caliber for deer hunting.

Like shotguns, rifles come in different sizes and models. Here are some examples. (Demonstrate the way to load, unload, and locate the safety on each of the following models.)
Bolt action
Lever action
Pump
Semi-automatic
(Stress that the safety on any rifle or shotgun is no guarantee that the gun will not fire when the safety is "ON". Because a safety is mechanical, it may break or malfunction.)

Rifle Ammunition
Rife ammunition comes in different sizes. The larger the shell, the more powerful it is.
(Show a .22 caliber and compare it to a .30-06 shell.) (Use Rifle Chart)

There are two major types of rifle ammunition: Rimfire and Centerfire.
Rifle ammunition has four major components (Refer to Chart):
Case
Powder
Bullet
Primer
In rimfire shells the primer is built into the case. (Show examples.)

Rifle bullets can travel long distances. For example, a .22 caliber rifle can fire the bullet more than one mile. A .30-06 caliber rifle can fire the bullet more than three miles. It is important that you know what is beyond your target. A bullet can travel and hit a person, a house, a car or a building a mile away or more.

"Always be sure of your target and what is behind that target."

Pneumatic Guns
Pneumatic guns, whether spring air, single-pump or multi-pump pneumatic (hold one up)**, use air to fire pellets and BBs. Most of these guns use a pump to put air into a chamber. The air is stored in the chamber until the gun is fired. The air that is released forces the BB or pellet out of the barrel. Pneumatic guns can fire these BBs and pellets at different speeds. The speed or velocity can depend upon how many times the gun is pumped and how much air is stored in the gun's air chamber.**

CO2 and Pre-charged Pneumatic Guns
A CO2 gun or pre-charged pneumatic gun uses liquid gas (carbon dioxide) **or compressed air that is stored in a metal bottle or reservoir. Some CO2 guns use a single-use, disposable bottle.** (Show a CO2 bottle and a CO2 gun.) **When the bottle is placed in a CO2 gun, the seal on top of the bottle is punctured. This lets the liquid turn to a gas. When the trigger of the CO2 gun is pulled, a set amount of gas is released from the bottle into the gun. This gas pushes the BB or pellet out of the gun barrel.**

Some CO2 guns designed for competition use a larger refillable cylinder that will hold enough CO2 to practice and finish an entire match. Following the manufacturer's directions, the cylinder can be refilled and re-installed into the gun. A valve in the cylinder is depressed by a pin which allows the CO2 gas to energize the gun.

Pre-charged pneumatic guns store compressed air, as their propellant, in a removable cylinder or built-in reservoir. Following the manufacturer's directions, these bottles or built-in reservoirs can also be re-filled.

BBs and Pellets
(Pass these around your class.) **This is the ammunition of air guns, CO2 guns, and pneumatic guns.**

Daisy's AVANTI Champion (formerly known as Daisy Model 499).
This is our gun. We will actually use this gun in our classes. (Hold the gun up.)
This gun is a spring air BB gun.
We can shoot this gun indoors.
This gun, like the rifles and shotguns, must be treated with care and respect. Always keep the muzzle pointed in a safe direction.
This is how the gun works. (Demonstrate without actually loading or shooting.):

- **Put gun on safe.**
- **Cock the gun by pulling the lever forward until it clicks.**
- **Bring the lever back into position.**
- **Load a BB into the barrel.** (Do not actually load a BB.)
- **Aim at your target.**
- **Take gun off safe.**
- **Squeeze the trigger to fire.**

(Pass the unloaded gun around your class. Tell the students to cock and fire the gun straight up in the air, one time each. During this exercise, check to see if the students are handling the gun safely and especially check to see that the muzzle is pointed in a safe direction at all times. Note: Do not pass a loaded BB gun around your class. Point out to the class if the gun is handled unsafely.)

Rules of Proper Gun Handling
Now let's check the basic rules for proper gunmanship. (Point to chart: Code of the Daisy Rifleman.)

Rule 1. Always point the muzzle in a safe direction. We covered this at the start of the class. Remember, before you check to see if the gun is loaded, point that muzzle in a safe direction.

Rule 2. Keep your finger off the trigger until you are ready to shoot.

Rule 3. Treat every gun as if it were loaded. (Ask the class what this means.) **Always check to see if the gun is loaded. Take no one's word. Always check the gun yourself.**

"I didn't know the gun was loaded," is no excuse for an accident.

Rule 4. Only load or cock a gun when you are shooting. Never carry a loaded or cocked gun into your car, home, camp, or public place. When you are finished hunting or shooting, unload your gun. If possible, put your gun in a gun case. Store it in a gun cabinet. Never carry a gun into a public place. When storing your gun, even for a few minutes, make sure your ammunition is locked in a separate strong box or cabinet.

Rule 5. Check your target and beyond your target. Be sure you know your companions are well clear of the target before you shoot. Check behind and beyond your target to be certain you have a safe backstop and that no person or property could be endangered. If you are hunting, you must know what the legal game animals look like.

Rule 6. Anyone shooting should wear shooting glasses. Anyone near a shooter should wear shooting glasses and should be standing behind the shooter. While shooting glasses may not prevent all possible injuries they do provide an added measure of safety. Wearing shooting glasses and ear protection is an excellent lifelong habit.

Rule 7. Never climb a tree or fence or jump a ditch with a loaded gun.
Why not? (Wait for about five answers. Ask:) **You can't control the direction of the muzzle if you stumble or fall. You should safely lay the gun down or hand it to a companion while you climb or jump over anything. How many of you have seen people break this rule? This rule is one of the most neglected rules in proper gun handling. Make sure you do not break this rule!**

Rule 8. Avoid ricochet. Never shoot at a flat, hard surface or the surface of water. Ammunition can ricochet off of the surface of water just like a skipped rock does.

Rule 9. Keep your muzzle, barrel and action free of obstructions.
You must be sure your gun is in good working condition.
If something breaks on your gun, do not try to fix it yourself, take it to a gunsmith.
After each use of your gun, clean the gun, and oil it. Do not over oil. A few drops of oil will do. Don't allow the muzzle to come in contact with the ground.
Make sure your barrel is free of mud, snow, and dirt while in use.
Check all new guns for excess grease. Be sure to clean a new gun before using it for the first time.

Rule 10. Guns not in use should always be unloaded. Keeping guns unloaded when not in use is important to your safety and the safety of others. When you are finished shooting, put the trigger safety in the "ON" position and unload the gun. Store guns so that they are inaccessible to untrained shooters and store ammunition separately from the gun.

Rule 11. Respect people's property.
Remember, often you are shooting or hunting on someone else's land.
Leave all gates as you found them. If they were closed, close them. If they were open, leave them open.
Ask permission to use others' land.
Thank farmers and others when you finish hunting.
Offer to share your game animals with the land owner.
Do not be upset if you are refused use of someone's land. There is a good reason why they said, "NO".

These are the basic rules for safe gun handling and gunmanship. Use good manners in the field and on the range. Know your gun and ammunition and know how a gun works before you shoot it. Each of you should learn these rules and know the importance of each. You will be tested on these later in the course.

NEXT CLASS:
(Announce): **Our next class will meet:**

Date_____ **Time**_____

Place _____

We will cover how to handle a gun while in the field.
Each of you will practice proper gun carries and how to walk with your friends while hunting.

See you at our next class.

Section 1
Gun Safety / Marksmanship
Lesson 2

Gun Handling and Zones of Fire

This lesson is designed to provide your class with knowledge of the basics of proper gun handling and the opportunity to practice under field conditions.

Lesson 2 Goals

- To teach each student proper gun handling.
- To practice gun handling under field conditions.
- To teach students parts of guns.

Lesson 2 Outline

Correct Gun Handling – 20 min.
Zones of Fire – 20 min.
Parts of gun – 20 min.

Lesson 2 Materials and Equipment

Wall charts illustrate proper field carries and zones of fire. In this lesson, your students will be playing a game called "Freeze" which will require a basketball or similar sized ball. (Note In this lesson the students are more active and can easily become noisy. A whistle can help you control your class.)
Three Daisy Model 499 BB Guns
One large rubber ball
One Daisy Gun Chart
One Daisy Gun Carry Chart
One shotgun
One rifle
Zones of Fire Chart
Enough Shooting Glasses for Every Student and Observer

Lesson 2 Personnel Needed

One Instructor/Three Assistants

Note to Instructor

(Instructor notes, throughout the lessons, will be enclosed in parentheses)
INSTRUCTOR: (Read the sentences that are **in bold face** to your class.)

Proper Gun Handling

(Begin Lesson II with a review of the **11** rules for safe gun handling. Demonstrate procedures for proper gun handling.)
1. Always keep the muzzle pointed in a safe direction.
2. Always keep your finger off the trigger until ready to shoot.
3. Always keep the gun unloaded until ready to use.

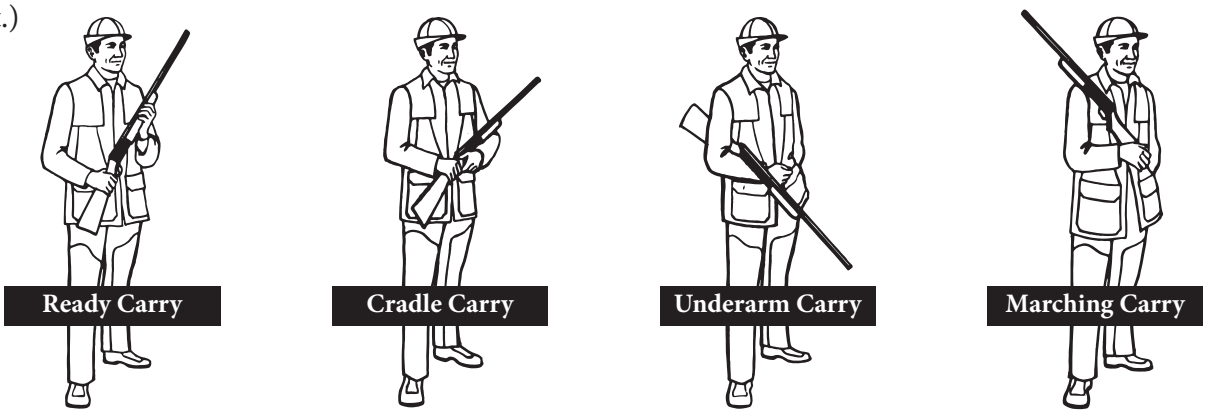
4. Always wear eye and ear protection when shooting or observing a shooter. (Emphasize that these steps should be taken every time you handle a gun).

Field Gun Carries

If you want to hunt and have the opportunity to do so, you will have to learn the correct way to carry a gun while in the field. Because guns are heavy, you will want to change your carry position several times while in the outdoors. You should know at least four ways to carry a gun properly.

These are the three basic rules for carrying a gun:
1. Muzzle pointed in a safe direction.
2. Safety "ON".
3. Finger is off the trigger and outside the trigger guard.

These are the four gun carries we will learn in this lesson.
(Have an assistant demonstrate each carry as the instructor explains each carry.) (Use the Gun Carry Chart.)



This is called the "Ready Carry." You are carrying the gun in the ready position.
Point the muzzle of the gun up and to a point left between your head and shoulder.
Grip the forearm with your left hand.
Place the right hand on the pistol grip of the stock, "Finger Off the Trigger."

The second carry is called the "Cradle."
Bend your left arm to form a cradle.
Place the forearm of the gun in the left arm where the elbow bends.
Place your left hand under the gun at the trigger guard.
The muzzle is pointed up and to the left.
With your right hand, support the stock by either holding it at the pistol grip or at the butt.

The third carry is called "Underarm."
Place the stock under your arm pit.
Cradle the gun forearm on your forearm.
Your right hand should be touching your belt.
The gun muzzle is pointed down and away from the body.

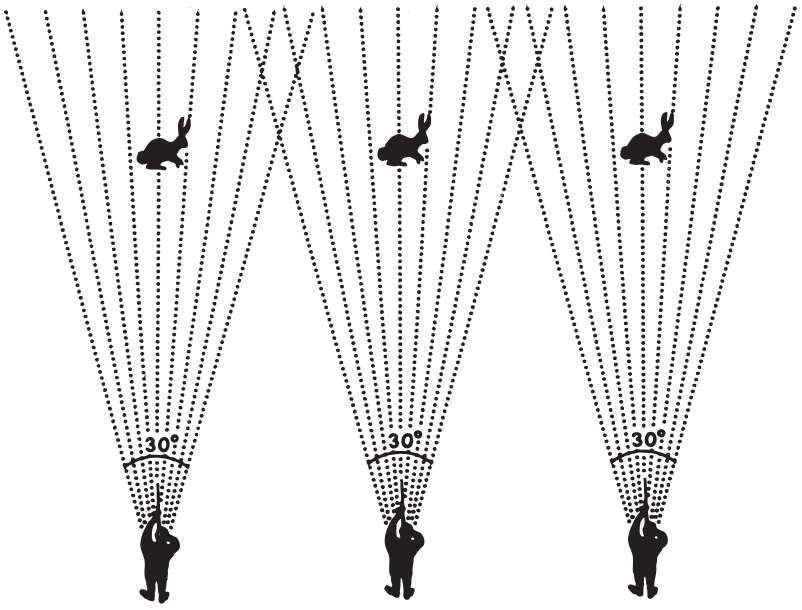
The fourth carry is called "Marching."
Place the gun forearm on your right shoulder.
Grip the butt of the stock with your right hand.
The muzzle is pointed up and over your shoulder.
(Go over the four carries again.) (Use Gun Carry Chart.)
Keep in mind our basic safety rule, "Keep the muzzle pointed in a safe direction at all times."

The type of carry you will use will depend upon where you are, where your companions are, and what you are doing.
(Using all the students, put them through the following exercise. Break the class into three groups with three students per group. Working with one group at a time, give each person in the individual group a BB gun. Have each group, one group at a time, practice walking, demonstrating the four basic carries, under the field conditions:)

Three people abreast.
Three people walking single file.
Three people crossing a fence. (Use chairs to simulate the fence.)
Three people getting into and getting out of an automobile. (Use four chairs to simulate an automobile.)
Three people getting into and out of a boat. (Use four chairs to simulate a boat.)

(You must remind your class of muzzle direction and to unload the guns when crossing fences, getting into and out of cars and boats.)

Shooting Zones (Areas) **While Hunting**



(Use Zones of Fire Chart.)
When you are hunting with someone else or with a group of people, you must know where each person is and his position in the field. This is very important when you are hunting small game such as rabbits, quail, pheasants, etc. When in the hunting fields and enough open area permits, you should walk abreast; all hunters walking in a row. Make sure that all people in your group stay together. If one person slows down or lags behind, have everyone stop until the slow person catches up. When hunting in a row, or abreast of one another, each person has his own private shooting zone. Do not shoot at game in someone else's shooting zone. (Show the chart Shooting Zones.)

Follow This Rule:
Never let your gun muzzle cross in front of the person beside you.

Let's try this game. The game is called "Freeze."
(Put the class into their groups of three. Using a red rubber ball; this is the game animal; have your first group of three walk three abreast, carrying unloaded BB guns, using proper field gun carries. The instructor will first roll the ball down the floor in front of the "student hunters." Shout, "It's a rabbit." As the group point the guns at the rolling ball, now say "Freeze." At this command, the students are to freeze in the exact position they were in when the command was given. Check to make sure they are aiming within their shooting zone. Vary the direction of the ball. Throw the ball back over a group's heads. Use your own variation of ball direction. Do the freeze game with each group and point out mistakes in each group so the entire class can see the common shooting zone errors.)

Be sure to follow these rules while in the field:

- **Have self control.**
- **Do not shoot at sounds or movements.**
- **Shoot at a whole target.**
- **See the "WHOLE THING."**
- **Before you shoot, know what is beyond your target. Is there a house, road, or person behind our target?**
- **If you become lost in the woods, a worldwide signal for help is, safely firing three shots, three seconds apart. If someone hears you, they will answer by firing three shots. When your signal is answered, stay where you are and fire three more shots. Wait ten minutes and fire three more. Do not panic. You will be found.**

Note: This signal is effective if used after dusk. It will not be recognized if used during daylight hours.

Before we leave, let's take a minute to review the Code of the Daisy BB Rifleman.

Code of the Daisy BB Rifleman

- Always keep the muzzle pointed in a safe direction.
- Always keep your finger off the trigger until you are ready to shoot.
- Treat every gun as if it were loaded.
- Only load or cock a gun when you are shooting.
- Check your target and beyond your target.
- Shooters and those observing a shooter should wear shooting glasses and stand behind the shooter.
- Never climb or jump with a loaded gun.
- Avoid Ricochet. Never shoot at a flat hard surface or at the surface of water.
- Keep the muzzle clear of obstruction.
- Guns not in use should always be on safety, unloaded and stored separately from ammunition.
- Respect other people's property.

That's it for tonight. Next class will be:

Date_____ **Time**_____

Place _____

Next class, we will learn:
Which eye is called our dominant eye.
The correct way to shoulder a gun.
How to aim a gun.

Section 1
Gun Safety / Marksmanship
Lesson 3

Dominant Eye, Sighting and Marksmanship Techniques

Lesson 3 Goals

- To discover dominant eye effect on shooting.
- To eliminate dominant eye problems.
- To teach correct shouldering of the sporting rifle.
- To teach correct sight alignment and sight picture.

Lesson 3 Outline

Dominant Eye Exercise – 10 minutes
Shouldering Exercise – 15 minutes
Breath Control, Trigger Squeeze, Follow-Through – 15 minutes
Sighting and Aiming – 15 minutes

Lesson 3 Materials and Equipment

Model 499 Charts
Errors in Sight Picture Chart
Sighting Chart
Instructions Sheets – Sighting Chart
All of the Model 499 BB Guns
Enough Shooting Glasses for Every Student and Observer

Lesson 3 Personnel Needed

One Instructor – Three Assistants

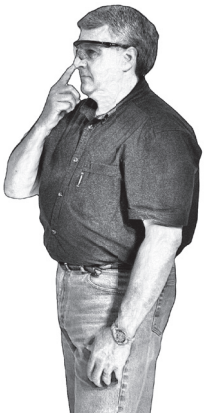
Note to Instructor

(Instructor notes, throughout the lessons, will be enclosed in parentheses)
INSTRUCTOR: (Read the sentences that are **in bold face** to your class.)

Each of us is either right-handed or left-handed depending on which hand we use most frequently to do daily tasks. In the same way, each of use has one eye which we use to focus directly on an object. That eye is known as our dominant eye. To shoot effectively, we must know which is our dominant or master eye. If you have a right dominant eye you should shoot from the right shoulder, and if you have a left dominant eye you should shoot from the left shoulder. There is a simple exercise we can do that lets us determine which is our dominant eye. (Note: Have one partner in each pair do this exercise and then have the second partner repeat it.)

- **Pick a partner and, standing ten to fifteen feet apart, face each other.**
- **Extend your arms to full length.**
- **With both eyes open, form a tight circle with your hands through which you can see your partner's nose.**
- **Making sure you continue looking at your partner's nose, bring your hands back to your face.**

- **When your hands touch your face, you will be looking through the circle at your partner's nose with your dominant eye.**



Eliminating Dominant Eye Problems

(If at all possible, have the students shoot from the same shoulder as their dominant eye. If it is impossible to change shoulders, they must always shoot with the master eye covered. A piece of tape on the shooting glasses covering the dominant eye will work. Shooting with the dominant eye covered will cause the shooter to shoot to the side of the dominant eye. Sight alignment corrections must then be made in order for the student to receive any type of success.)

Shouldering

(Have the class stand.)

The second most important thing to learn about is how to shoulder the gun correctly. (Note: Reverse these instructions for your students who shoot from their left shoulder.) (Go through the following exercise.)

The first thing you have to know is where the gun fits in your shoulder. Let's all do this together.

Right shoulder shooters: Bend your right arm at the elbow, touch the center of your chest with your right hand, raise your elbow so it is even with your shoulder. With your left hand (right arm still raised) **find the pocket in your right shoulder. The pocket is located between the shoulder muscle and the collar bone. Press hard on this pocket, remember where it is.**

If you are a left shoulder shooter, bend your left arm at the elbow and touch the center of your chest with your left hand. With your right hand, left arm still raised, find the pocket in your left shoulder.

Good! Now let's do that again.
Arm bent, touching the chest. Raise elbow.
With your other hand, find that pocket.

(Break your class into as many groups as you have guns. If you have four guns, you will have four groups. In each group, have each youngster go through the following shoulder exercise.)

Shouldering Exercise

Shooters take the gun in your left hand (in your right hand for left shoulder shooters)**. Grip the gun at the forearm.**
Raise your right elbow.
Now, with your right hand place the butt of the gun in your shoulder pocket.
With your right hand, place your hand on the pistol grip, and KEEP YOUR FINGER OFF THE TRIGGER.

Keep the gun pointed up in the air. Place your cheek very gently on the stock.
Keep the gun pointed up.
With both eyes, look at the front sight. Keep your cheek on the stock, gun pointed up in the air, finger off the trigger and left hand on forearm.
Move your left foot forward, about one foot, and slightly shift your weight to your left foot.
Now keep looking at the front sight. Move the gun down to shoulder level, keeping the gun to your shoulder.

(Have each student repeat the exercise. Speed things up with these short commands.)
1. Gun in the left hand.
2. Raise the right elbow.
3. Put the gun in your shoulder pocket.
4. Right hand on pistol grip, finger off the trigger.
5. Face gently on the stock.
6. Both eyes on the front sight. Keep the muzzle pointed up.
7. Look at the front sight, left foot forward, weight on the left foot.
8. Keep eyes on the sight, muzzle up, gun in the shoulder pocket. Now move the gun to shoulder level, eyes on sight.
That's great! You all look like experienced safe shooters.

Firing a Shot
The five most important things to remember in firing a shot are:
Proper sight alignment
Proper sight picture
Breath control
Trigger squeeze
Follow through

BREATH AND TRIGGER SQUEEZE CONTROL

Up until now, we have not talked about the importance of breathing or trigger control. As we indicated earlier, trigger squeeze is very important in shooting a good group. By the same token, breathing is very important. For correct breathing, take a larger than normal breath, then let half of that breath out. While holding remaining breath, sight and squeeze the trigger. The reason you do not breathe while shooting from the prone position is the fact that the expansion of your chest will cause you to rise in your shooting position.
(Have your youngsters practice taking a larger than normal breath, exhaling half of that breath and holding the remaining half until they have fired the shot.)

Just as important as breath control is trigger control. The trigger itself should be squeezed using the first joint of the first finger. This trigger squeeze is a steady pull on the trigger, straight back toward the eye of the shooter. If the trigger is jerked or squeezed quickly, the shot will hit to the right of the bullseye.

Follow Through

From the moment the trigger sets the shot in motion a certain amount of time is required for the projectile to be free of the barrel. Even though the time span is very short, any movement of the gun during this time will affect the accuracy of the shot on the target.

Sighting

(Have the class seated facing the instructor.)

Now that we know how to hold the gun and we know which eye is our dominant eye, the next thing to learn is how to sight the gun. We must learn correct sighting in order to shoot safely and accurately hit the target at which you are shooting.

(Turn to your Model 499 Nomenclature Chart. Point out the rear sight and front sight. Mention that the front sight is inside a hood or tube. The rear sight is called a peep sight. This is because there is a very small peep hole to look through the rear sight.)

Different guns feature different types of front and rear sights based on the purpose of the gun. Knowing how to align the various types of sights is important in order to be a good marksman with different guns.

Many rifles utilize a rear notch sight with a front post or blade sight. These are commonly referred to as "iron sights" or "open sights". When shooting with open sights, the bullseye is placed directly on top of the front post sight which is centered in and level with the top of the rear notch sight.

Some guns will have a rear peep sight with a front post sight. Some front sight kits will have interchangeable front post or aperture sights. A proper sight picture using these sights requires positioning the bullseye on top of the front post with the top of the post in the center of the peep sight.

On guns used in match competition, such as the guns we'll be shooting, the most common sight combination is a rear peep sight with a front aperture sight. An Aperture is simply a small hole in the center of a disc. The size of the hole can vary to accommodate various targets and shooter preferences.

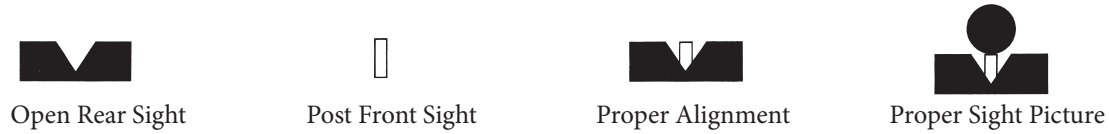
In a proper sight picture using this sighting system, the front aperture is centered in the rear peep sight and the bullseye should be centered in the front aperture. As a rule of thumb, the front aperture sight should appear to be about one and one half times the diameter of the bullseye when centered.

Sighting Chart

Figure 1

Figure 2

Figure 3



Section 1
Gun Safety / Marksmanship
Lesson 4

Dominant Eye, Sighting and Marksmanship Techniques

In this lesson, students will take their first shots. You will review sighting, shouldering, breath control and trigger squeeze. You'll have them shoot from a supported position, and learn the correct prone position.

Lesson 4 Goals

- To organize your class into safe working teams.
- To review gun shouldering and sight picture.
- To teach the correct prone position.
- To have each student fire from the prone position.

Lesson 4 Outline

Class organization – 15 minutes
Review shouldering – 10 minutes
Review sight picture – 5 minutes
Teach the prone position – 5 minutes
Live firing – 25 minutes

Lesson 4 Materials and Equipment

For this lesson, you will need mats available for the students to lie on and you will need to set up a range (See page 32 for instruction on range layout). If you do not have shooting mats available, you can probably pick up remnants from a local carpet store at a minimal cost.
All of your BB guns
Mats for prone shooting
BBs and targets
Target boxes
Tape (clear/satin cellophane, 5 rolls)
Shooting Position Chart
Sighting Chart
Enough Shooting Glasses for Every Student and Observer
Note: Set up the range before the class begins.

Lesson 4 Personnel Needed

One Instructor – Three Assistants

Note to Instructor
(Instructor notes, throughout the lessons, will be enclosed in parentheses.)
INSTRUCTOR: (Read the sentences that are **in bold face** to your class.)

Class Organization

(It is important that each student in your class be involved. In order to give each person something to do, you must organize your class into separate teams. The simplest organization is a two-person team. Each team will need one gun, one pad of targets, and BBs distributed by the coaches. Take two students in front of the class and explain each person's position and job. Then arrange your entire class in this manner.)

We're going to break-up our class into two-person teams. Person No. 1 is the shooter. His job is to shoot at the target. Person No. 2 is the loader or coach. For the right shoulder shooter, he will be on the right side of the shooter. (Opposite for the left shoulder shooter.) **The loader's job is to cock and load the gun, hand it to the shooter for each shot and check to make sure the muzzle is pointed in a safe direction at all times. After a shot is fired, the loader or coach will call out the hit using the numbers of a clock. For example, if a shooter hits here** (Hold up a target and point to a position at 3 o'clock on the target.) **You would call 3 o'clock for a hit here.** (Explain by example, using other points on the target as they relate to the numbers of a clock.) **The spotter will also count the number of shots that have been fired.**

(Go back and explain each person's job again. Ask if there are any questions. Now arrange the entire class in their groups. Make sure each group is on the firing line. The ideal situation is to have one gun per each group, but many times this is impossible. Have as many firing points as you have guns.)

Gun Cocking Procedure
Let's talk about how we cock this Daisy AVANTI Champion BB gun:

- **Put the safety in the "ON" position.**
- **Muzzle up and down range.**
- **Foot secures butt of gun on the floor.**
- **Pull cocking lever up until it clicks.**
- **Place lever back into lever grip.**
- **Load a BB in the gun.**

Passing the Gun from the Loader to the Shooter
I'm going to ask the loaders to grip the forearm of the gun with their left hand, then pass the gun to the shooter with the muzzle always pointed down range. The shooter should take the gun with their right hand, gripping the pistol grip of the rifle.

Group Position While Shooting
After taking a shot, the shooter will hand the gun back to the loader.
The loader will cock the gun then load a BB and hand it back to the shooter.
The loader will locate the hits on the target and call where each BB has hit. The loader or coach will use the numbers of a clock to locate the BB hit areas.

For example: 7 ring at 5 o'clock

Students not firing will be the safety watch-dogs. Your job is to watch the shooting and note any safety infractions by the groups on the firing line.
(With your groups ready to go, have each shooter practice shouldering while standing. Use the following commands:)

Shooters, take the gun in your left hand.
Move your left foot forward. Weight on your left foot.
Lift the elbow up.
Place the butt of the gun in your shoulder pocket.
Right hand on the pistol grip. Finger off the trigger.
Keep the gun up. With both eyes open look at the front sight. Touch your cheek gently to the stock.
Move the gun down to the shooting position.

Now, let's rotate each team. This is how we rotate.

The shooter hands the gun to the loader.
The loader moves to the shooter's position.
The shooter moves into the loader's position.

Now, new shooters, repeat the shouldering exercise and rotation until each person has done the exercise. (When one group finishes, move a new group onto the firing line and repeat rotation and shouldering until each person in the class has done the shouldering exercise.)

Prone Position
The prone position is the first of the four competitive shooting positions we will learn. Prone means lying down. We will shoot while lying on our bellies. (Have a coach demonstrate while you use the Shooting Position Chart to explain the prone position.)

Bent Leg Prone Position
(Use Shooting Position Chart and have an assistant demonstrate the bent leg prone position while you explain the following points.)

In the Bent Leg Prone Position, the body lies at an angle of about 5 to 10 degrees with the line of aim.
The spine is straight.
The left leg is relaxed, drawn-up slightly.
The left foot should be straight back or bent to the right.
The left heel does not touch the ground.
The right leg angles away from the spine with the knee bent and the body rolled on the left side.
The left elbow is beneath and slightly to the outside of the rifle.

Competitors may lie on the bare surface of the firing point or they may use a mat. The body will be extended on the firing point with the head toward the target. The BB gun will be supported by both hands and one shoulder only. The cheek may be placed against the rifle stock in the sighting position.

The BB gun may be held by the means of a sling. The BB gun may not touch or rest against any other points or object. Competitors' forearms must be clearly and visibly raised from the surface of the firing point. Competitors' forward forearm may not form an angle less than 30 degrees from the horizontal on which the elbows rest.

Shooting
Now, let's have all groups on the firing line. Groups not firing get into position on the ready line.

Shooters get into the prone position (Have coaches check the prone position and make corrections.)

Loaders—pay attention. It is your job to cock and load the gun and hand it to the shooter. First, put the safety "ON". Then, with the butt on the floor and the muzzle pointed down range, pull the cocking lever up until it clicks, place lever back into the lever grips, load a BB. Hand the gun to the shooter with the muzzle pointed down range. The shooter is now ready to fire on command.

Loaders—Watch the target. Call out where the shooter has hit. Use the numbers on the clock to call the shots. Loaders cock and load the guns. Hand the guns to the shooters.

Shooters, align your sight, fire when ready.

(For each shot, repeat the commands for the loader and shooter. Allow each person to fire three shots.)

When you have fired three shots, ground your gun. Place it on the mat with lever in a half cocked position and with the safety "ON".

(When all guns are grounded, give the command: "**Cease Fire**".)

Shooters, get a new target. Go forward and change targets.

(When all shooters have changed targets, give the commands:

"Rotate"
"Shooter to Loader"
"Loader to Shooter".)

(When the group has fired three shots from prone, tell each student to keep his target and bring the target next week.)

The next class will meet:

Date_____ **Time**_____

Place _____

Section 1
Gun Safety / Marksmanship
Lesson 5

Sight Adjustment, Target Scoring and Range Rules

In this lesson you will cover sight adjustment, targets and scoring, and range rules.

Lesson 5 Goals

- To fire for shot group.
- To teach sight adjustment.
- To teach corrective marksmanship.

Lesson 5 Outline

Prone Positions – 10 minutes
Review of Targets – 10 minutes
Range Firing – 30 minutes
Sight Adjustment – 10 minutes

Lesson 5 Personnel Needed

One Instructor – Three Assistants

Lesson 5 Materials and Equipment Needed

Since you will be making adjustments to the rear sight, you will need small screwdrivers with a flat head and pliers. Be certain you have enough copies of the "Errors in Sight Picture" chart for each class member.
All of your BB guns
Mats for prone shooting
BBs and targets
Target boxes
Tape (clear/satin cellophane, 5 rolls)
Shooting Position Chart
Sighting Chart
Sight Adjustment Chart
Enough Shooting Glasses for Every Student and Observer

Note to Instructor

(Instructor notes, throughout the lessons, will be enclosed in parentheses.)
INSTRUCTOR: (Read the sentences that are **in bold face** to your class.)
(Note: Range should be set up before class begins. Have sight adjustment chart posted. Have your class get into their groups of two. Each student should practice the prone position.)

Last week you shot three times at a target. I told you to bring those targets here tonight. Get your targets and let's take a look at them. If your sight picture was correct, you should have your three shots close together. How many people have all three shots together?

(Note those students that do not. These students do not have a correct sight picture and need extra help. Assign one of your coaches to help these students.)

Those who have all shots together, pay attention. Your shots are what we call a grouping. If you have a group of hits on the target and they are not in the center of the bullseye, you will have to adjust your sight.

The rule for sight adjustment is this:

Move the rear sight in the same direction you want the BB to move on the target.

- **If you want the BB to hit further to the right, move the rear sight to the right.**
- **If you want the BB to hit further to the left, move the rear sight to the left**
- **If you want the BB to hit higher on the target, move the rear sight up.**
- **If you want the BB to hit lower on the target, move the rear sight down.**

The purpose of moving your sights is to have all your shots hitting in the center of the bullseye. You want to move your sights in the direction of the bullseye.

Grouping
Anyone who has all of his shots grouped together has a correct sight picture. If the person's position and movements are consistent, he may only need to adjust his rear sight if he is not hitting in the 10 ring.

Range Firing
(Put your class into their two man firing groups. Have each person fire three shots from the prone position. Rotate each shooter after each has fired three shots. Change each group after they have all fired three shots. After each person in the class has fired three shots, begin again with your two man groups and have each student fire three more shots. Continue to use your range commands. Continue to rotate each shooter after they have fired three times. Rotate your two man teams after each team member has fired three times. Fire until each student has fired six shots from the prone position.)

Next week we will have a test. This test will be 30 true and false questions. The test will cover everything we have learned so far.

Optional
From the results of your test and your shooting score, we will select (5, 10 or 15) students to be on our BB team. This team will represent us in the State BB Gun Match.
I want you all to study your Code of the Daisy Rifleman. If you know this code you will have little trouble scoring high on the test.

That's all for tonight.

The next class will meet:

Date_____ **Time**_____

Place _____

REFER TO LESSON 7

(Note: In Lesson 7 demonstrations will be given by students on topics covered up to this point. Select the students in advance to put on the demonstrations, practicing at least twice before parents' night.)

(Note: Certificates will have to be made out in advance of Lesson 7 for presentation to the students. At this time, contact Daisy Outdoor Products to purchase 5-Meter Air Rifleman Patch or the wallet cards. These patches and cards can be presented to your students. Carefully review Lesson 6 and 7 for details of the parents' night presentation.)

Section 1
Gun Safety / Marksmanship
Lesson 6

Written Test and Prone Position Match

In lesson six you will review the fundamentals covered in the first five classes, administer a written test and have a ten shot match from the prone positions using all range commands.

Lesson 6 Goals

- To review Shooting Education fundamentals in preparation for testing.
- To shoot under match conditions.
- To test class on Shooting Education fundamentals.
- To prepare for parents' night.

Lesson 6 Outline

Review of fundamentals – 10 minutes
Written test – 15 minutes
Match – 20 minutes
Parents' night – 15 minutes

Lesson 6 Materials and Equipment

Be certain you have paper and pencil for each student. You will also need additional assistant instructors for this class to help with scoring of the test and targets.
All range equipment
All of your BB guns
Mats for prone shooting
BBs and targets
Target boxes
Tape (clear/satin cellophane, 5 rolls)
Enough Shooting Glasses for Every Student and Observer
Enough sheets of lined paper for each student
Sharpened pencils, one per student
Flip charts
Note: Range should be set up before class begins.

Lesson 6 Personnel Needed

One Instructor – Six Assistants

Note to Instructor

(Instructor notes, throughout the lessons, will be enclosed in parentheses.)
INSTRUCTOR: (Read the sentences that are **in bold face** to your class.)

Review

(Review the following subjects with your class. If you need, refer to your flip charts for this review. Use Lesson 1 for review.)

Shotguns
Actions, types
Gauges
Shot sizes
Chokes
Rifles
Actions, types
Calibers
Difference between shotgun and rifle
Rules for proper gun handling.
Gun carries
Different types
Zones of fire
Sight picture
Sight adjustment

Test
(Give each student a piece of lined paper. Have them number from 1 to 30. Have them place their name and age in the upper right hand corner of the paper. Explain to the class the following:)

Each question is either True or False. IF you think the statement that I read is True, make a capital "T" beside the number of the question. If you think the question is False, make a capital "F" beside the number of the question.

Let's all do number one together…

T 1. The most dangerous part of any gun is the end of the muzzle.

This statement is true, so everyone mark number one with a capital "T".

Let's begin the test:
(Read the question number and question aloud and repeat each one once. DO NOT read the "T" or "F" answer aloud.)

F **2. Shotguns shoot small pellets called bullets.**

T **3. A shotgun barrel is smooth inside**

F **4. A shotgun can shoot nearly three miles.**

F **5. .30-06 is a popular shotgun gauge.**

F **6. A shotgun that has a Damascus barrel is safe to use with modern shotgun shells.**

T **7. If your shotgun barrel becomes clogged with mud, you should not try to shoot.**

T **8. Shotguns can fire bullets, these are called shotgun slugs.**

F **9. It is a safe practice to carry both 20 and 12 gauge shells in your pocket at the same time.**

T **10. The major difference between rifles and shotguns is the rifled barrel.**

T **11. Bullet sizes are called calibers.**

F **12. When a rifle has its safety in the "ON" position, this means it is impossible for the gun to fire.**

T **13. A .22 rifle can fire a .22 caliber bullet further than one mile.**

F **14. B-B guns are very safe and are called toys.**

F **15. A good rule to remember is to treat every gun as if it were unloaded.**

F **16. It is safe to shoot at water.**

T **17. The first thing you do when picking up a gun is, point the muzzle in a safe direction.**

T **18. We learned four different types of gun carries. Those were: Ready, Cradle, Underarm, and Marching.**

F **19. When carrying a gun in the field, you should keep your finger on the trigger ready to shoot.**

T **20. How you carry your gun while hunting depends upon where your hunting partners are.**

F **21. The "Marching" gun carry is good to use if you are the first person in a group of three people walking single file down a path.**

T **22. When you are crossing a fence, you should unload your gun, and lay it on the other side of the fence before you cross over.**

T **23. The Dominant Eye is the eye that focuses directly on the object you are looking at.**

T **24. When we look for a good sight picture, we are trying to put the front aperture in the center of the rear peep sight.**

F **25. To be in the prone position, means to be standing on your feet.**

T **26. If we are shooting a group of shots that hits to the right of the bullseye, we should move our rear sight to the left.**

T **27. A good shooting backstop is a hill free of rocks.**

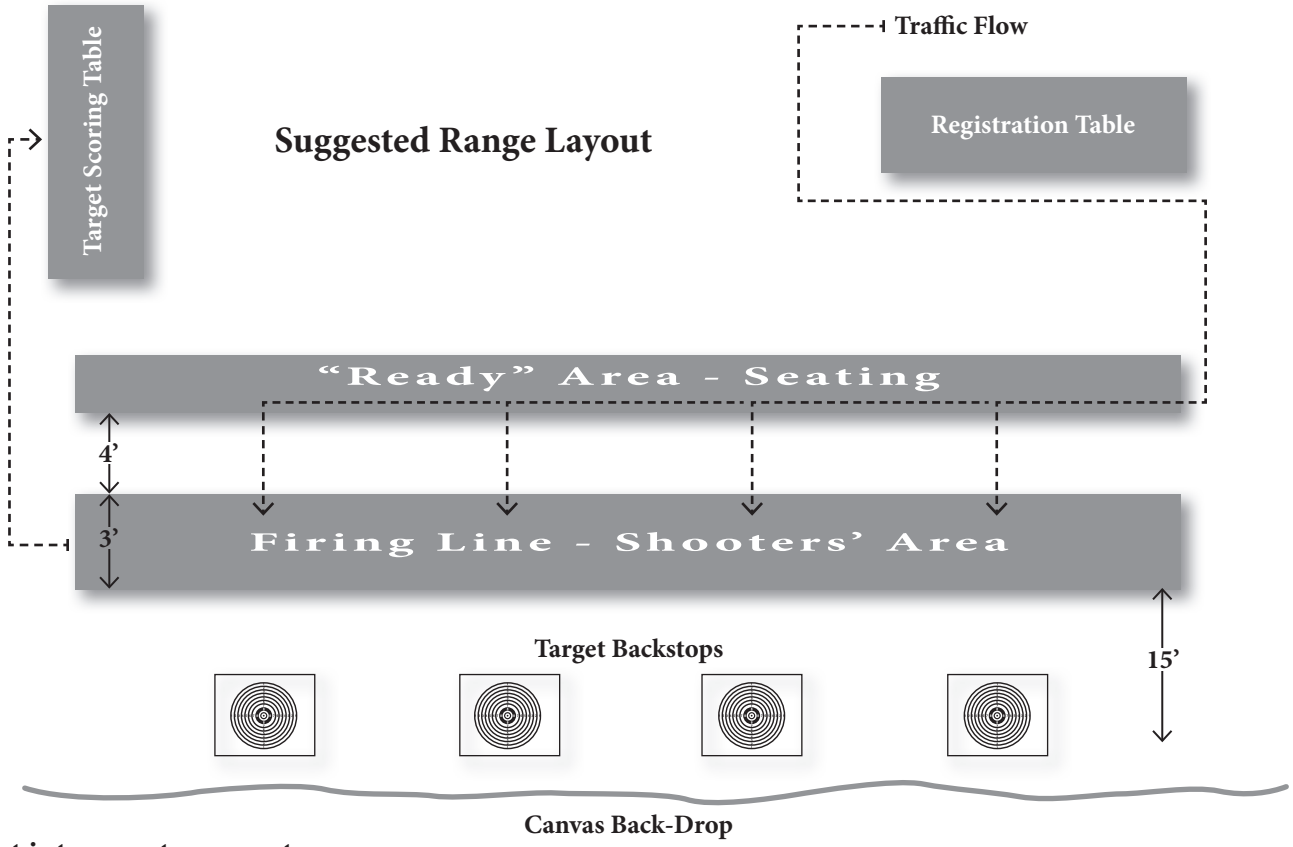
T **28. A 12 gauge shotgun shell has more pellets that a 20 gauge shell.**

F **29. While hunting you should carry your gun with the safety "OFF".**

T **30. When hunting on private land, you should ask permission before you hunt.**

Check your papers to make sure all the questions have been answered. Are there any questions that need to be repeated? Pass your paper to the front. Pass your pencils up. Your test scores will be given to you at the next class meeting.

Now, it's time for the shooting match.



Get into your two man teams.
First group on the firing line.
First shooter into prone position.
Each shooter will fire five shots.
When you have fired five shots, ground your gun.
When everyone has finished shooting and grounded their guns, I will announce that it is time to go forward, change targets and bring your target to this table for scoring.

Range Set-up
Shooter Ready
Loaders Ready
Loaders, cock and load the rifles
Hand the rifles to the shooters
Shooters, align your sights and fire when ready

(You may give your class the option to continue firing without further commands and ground the guns when they have finished firing five shots, or you may want your class to fire each shot on your commands. You are the best judge of this. If you plan to allow your class to fire five shots without commands for each shot, tell them.)

Each shooter will fire five shots without further commands. After each shot, the gun should be handed to the loader. Loaders will cock and load the gun and hand it to the shooter. You may shoot at your own speed. When you have fired five shots, ground your gun.
(Continue to fire until each student in your class has fired five shots from the prone position. After each person has fired their five shots, have them sign their target and bring it to the scorer's table.)
(Take the tests and the fired targets home and score them. Arrange a score sheet for each student in your class.)

ILLUSTRATION

Name	Test	Target	Total
F. Smith	30	45	75
J. Doe	20	30	50
M. Brown	25	15	40

(From the total of the test score and target score, select your top shooters to be on your shooting team. You may select as many as you want. We recommend that you select no fewer than 7 and no more than 20.)

Note: Regarding Equipment
Refer to the current NRA 5-Meter BB gun rulebook for allowable equipment specifications.
The National Rifle Association
11250 Waples Mill Road
Fairfax VA 22030
703-267-1000
www.nra.org

Prepare for Parents' Night
(After the match is over, assign students the different demonstrations for parent's night. Refer to lesson seven for this.) You will need:

One student to show and explain the parts of a gun. (Any gun can be used, rifle, shotgun or BB gun, use one.)

One student to show and explain the different types of shotguns. Have them explain the differences.

One student to show and explain the different types of rifles.

One student to show different shotgun shells. Explain why you carry only one gauge shell while shooting or hunting.

One student to show different rifle ammunition. Explain that size of shell determines the power of the shell.

Two students to demonstrate the four gun carries.

Three students to show the zones of fire and demonstrate the "Freeze Game."

One student to explain proper sighting.

Four students to demonstrate firing from the prone position. Have each student fire three shots.

One student to read the Code of the Daisy Rifleman.

Select your students for each of the above and practice their part in the program for the next thirty minutes. Have the students come thirty minutes early for parents' night. This will be a final practice session.

Section 1
Gun Safety / Marksmanship
Lesson 7

Parents' Night and Awards

Session seven is parents' night. During this lesson, the students will demonstrate for their parents what they have learned in the previous six lessons. This is also the night certificates of completion and patches are given out.

Lesson 7 Goals

- To inform parents of student activities during the past six weeks.
- To achieve better community relationships.
- To recognize program sponsors.
- (Optional) To announce the selection for shooting team tryout members.
- To present certificates and awards to all students completing the Shooting Education Course.

Lesson 7 Outline

Welcome Address – 10 minutes
Student Demonstrations – 20 minutes
Awarding of Certificates – 10 minutes
Team Selection Announcements – 10 minutes
Recognition of Program Sponsors – 10 minutes

Lesson 7 Materials and Equipment

Have, on hand, samples of all the materials used during the first six sessions. Also have certificates of completion and patches for each class member. If you have a parents support group, they may wish to have a short reception with refreshments following the program.
All equipment used to date. This to include:
All shotguns
All rifles
Samples of ammunition for the shotgun and rifle
BB guns
Mats for prone shooting
BBs and targets
Target boxes
Tape (clear/satin cellophane, 5 rolls)
Enough Shooting Glasses for Every Student and Observer
Wall charts
Note: Set up the range before the class begins.

Lesson 7 Personnel Needed

All persons who were involved in the program during the past six weeks.

Welcome

(Have the president of your club, principal of your school, or outstanding community figure, deliver the welcome address. Keep the address to ten minutes; no longer. Have the speaker touch on these topics.)

I. What our children have learned during the past six weeks.
  A. A lifetime sport.
    1. The carry over values of a life time sport:
      a. Safety
      b. Lifetime sports have no gender barrier.
      c. They have no age barrier.
      d. They have no physical ability barrier.
      e. Shooting is fun for everyone.

II. Values of a shooting program.
  A. Programs helping the community.
  B. Provide leadership for youth.

Student Demonstrations
(Select in advance, students to demonstrate what they have learned during the past six lessons. Topics to be demonstrated are:)

Parts of a gun.
Types of shotguns.
Types of rifles.
Shotgun gauges.
Rifle ammunition calibers.
The four types of gun carries.
Zones of fire.
The proper procedure to sight a gun.
Demonstrate live firing, using a selected group of three individuals shooting from the prone position.
Select a student to recite or read the ten rules for safe gun handling.

(Select one or more students for each segment of this presentation. Try to involve as many of your students as possible.)

Presentation of Certificates, Patches and Cards

(Make certain that you have the certificates made out. Include the student's name on each certificate. Call each student forward by name and present their certificate, 5-Meter Air Rifleman Patch and wallet card)

Announcement of Team Tryout Qualifiers
(Prepare, in advance, the score sheet of test and shooting results. Have these ready for posting and student-parent inspection. Also, for your own protection, have a copy of the test, the answers, and give each student his corrected test. Along with the corrected test have each student's target with their test. Bear in mind that parents place an adult value on their children's activities. Be completely prepared to justify your selection of these BB gun team tryout members. Know in advance the number of students you will select for your tryouts. Select no less than seven and no more than twenty.)

Program
The following students have qualified for our BB gun team tryouts. These students scored the highest on the written test and scored highest on the shooting phase of this program.

At this time, I would like the following students to come forward. Please save your applause until all the students are called up front. Now here are the names of the students from this class that have qualified for our BB team tryouts. (Call each student forward, shake their hand, and have them turn and face the audience.)

Now let's have a nice round of applause for these students who have qualified through their knowledge of correct gun handling and their ability at marksmanship to tryout for our BB gun team. (Pause for applause.)

These young people will meet with us to prepare for our State BB Gun Match. The date of this match and the site will be announced later. I would like to tell you that if we win 1st, 2nd or 3rd place at the State Match, we will qualify to represent our entire state at the Daisy National BB Gun Championship Match in Rogers, Arkansas.

It certainly has been a pleasure for us to have had the opportunity to work with these students and to help them learn a lifetime sport and also to know that they will be safe gun handlers, hunters and shooters.

The next class will meet:

Date_____ **Time**_____

Place _____

This concludes our program for the evening, folks. Thank you for coming.

Section 2
Airgun Competition
Lesson 8

Sitting Position

In this lesson, preparation for competition now becomes the primary focus of your class. During this session, you will teach the fundamentals of the sitting position so that team members will be able to compete successfully at the local, state and national level.

Lesson 8 Goals

- To teach each student proper sight adjustment.
- To teach each student correct breath and trigger control.
- To teach each student the correct techniques for shooting from the sitting position.

Lesson 8 Outline

Review of sight adjustment – 10 minutes
Teaching the two sitting positions – 20 minutes
Live firing from the sitting position – 30 minutes

Lesson 8 Materials and Equipment

All range equipment
The position chart
Sight adjustment chart
BB guns
BBs
Targets
Mats for sitting position shooting
Target boxes
Tape (clear/satin cellophane, 5 rolls)
Enough Shooting Glasses for Every Student and Observer

Note to the instructor: The range should be set up prior to the class and all BB guns checked and oiled.

Lesson 8 Personnel Needed

One Instructor- Three Assistants

Note to Instructor

(Instructor notes, throughout the lessons, will be enclosed in parenthesis.)
INSTRUCTOR: (Read the sentences that are **in bold face** to your class.)

Review of Sight Adjustment

As we told you earlier, in order to have our BBs hitting in the bullseye, it is important that you have a correct sight picture. Once you have a correct sight picture, your next step is sight adjustment, Remember, the rule for sight adjustment is: Move the rear sight in the direction that you want the BB to hit on the target. What you are trying to do is have all of your BBs hit the center or "10" ring on the target. For example, if the BB is hitting high to the right of the target, in which direction would we move the rear sight? (Pause and wait for an answer from one of the students in your

group.) **We want to move the rear sight down and to the left. It is possible that you may have to move your sight as many as five times before you have the BB striking exactly in the center of the 10 ring.**

Match Range Procedures
(Now move your groups to the firing points in groups of two students and allow each student to fire five shots from the prone position. Give your students the proper range commands. From this point on, you are training your students to compete. Therefore, they must learn the correct range commands. Refer to NRA 5-meter Rule Book for rules that govern the shooting and also for the correct procedure to use for match firing. The rules may be obtained by writing to the Competitions Division, National Rifle Association, 11250 Waples Mill Road, Fairfax, VA 22030 or by copying and pasting the following URL into your web browser.

http://competitions.nra.org/documents/pdf/compete/RuleBooks/Bbgun/bb-book.pdf

Now let's look at the rules which govern how the matches will be run. (Have your students shoot according to these following range commands)

When the first shooter is ready to go to the firing line, I will command:
"Relay No. 1. On The Firing Line."

The first shooter will move into position with their loader on their right-hand side if they are a right-handed shooter. The shooter will not handle the gun until the latter part of the preparation period.

The range officer, who is in command (the instructor)**, says, "The preparation period starts now." A preparation period of not less than one minute nor more than three minutes** (at the discretion of the tournament sponsor) **will be allowed for the shooters to take their places at their firing points and prepare to fire after the firing points have been cleared by the preceding competitors.**

Competitors may dry-fire BB guns during the preparation period, but any live shot fired during this period will be scored as a miss on the first or successive record bulls. Check down range to make sure that you are on the correct firing point and your target is up. After you are sure that you are at the correct firing point and your target is in position, shooters may handle the uncocked and unloaded guns while getting into position.
(Advise your shooters that they are shooting from the prone position. Tell them the number of shots and caution them to always keep the muzzle pointed down range at all times.)

At the end of the one minute preparation period, the command, "The preparation period has ended," is given. (After making sure that the range is clear, give the command in the form of a question.) **"Is the line ready?"**

Any competitor who is not ready or has their target not properly positioned, will raise their arm and call, "Not Ready on Target Number 22" (giving the actual number of their target.)

The chief range officer will immediately state, "The line is not ready." The instructor or assistant coach will investigate to find out what the difficulty is at this particular target. When the situation has been corrected, the instructor or chief range officer calls, "the line is ready." All students should now be in position and ready to fire.

The commands are given:
"Ready on the right."
"Ready on the left."
"Ready on the firing line."
"Commence firing."
At the end of a ten minute period, the range officer gives the command, "Cease Firing" and all guns must be grounded. The command is given, "Clear All Guns." The "Cease Firing" command may be given as soon as the instructor or chief range officer sees that everyone on the line is finished.

The command, "Clear All Guns," is given. If the gun has been cocked and has not been fired and the "Cease Firing" command has been given, unfired BBs will be reported and that gun will be fired into that target's backstop.

The next command is given, "Is the line safe?" As soon as the line is safe and all competitors for the first relay are finished, the command is given, "Go forward and change targets."

As soon as the targets have been changed the command is given: "Relay No. 2 to the firing line."

(Repeat these commands so that each youngster is familiar with the commands for range firing. These commands will be the official commands for the State and Daisy National BB Gun Match. Have each student fire five shots from the prone position. Once all the shots have been fired, pull the targets and take some time to review each youngster's targets, pointing out where they have made mistakes. Note: Time allowed for shooting a target is one minute per record shot, (10 shots in 10 minutes.) It is the responsibility of the coach and competitor to finish shooting within the time allowed.)

The Sitting Positions
(Have your students assemble in a circle, using an assistant coach, demonstrate the two popular sitting positions.)
(Use Shooting Position Chart.)

The first position is called the Crossed Ankle or Extended Position.
(Refer to the Position Chart while explaining this position and have your assistant coach demonstrate it.)

Right-handed shooters sit at a 45 degree angle to the right of the line of aim. Left-handed shooters sit at a 45 degree angle to the left.
Legs crossed at the ankles and extended away from the body.
Lean forward with back straight.
Rest your elbows on the inside of the knees.
(Have your assistant coach demonstrate this position using the AVANTI Champion, Model 499 BB Gun.)

The second is called the Crossed Leg or Closed Position (Point this out on the position chart and have your assistant coach demonstrate it.)

The body of a right-handed shooter faces 45 to 60 degrees right of the line of aim. (Left-handed shooters will face to the left and change the following instructions accordingly.)
The legs are crossed.
The outside of each foot rests on the ground and supports the knees.
The elbows are placed on or near the knees and form triangles to support the rifle.
The left elbow is directly under the rifle.

The weight of the body is supported on the buttocks and the feet or ankles. No other portion of the body touching the ground or mat. The BB gun will be supported by both hands and one shoulder only. Elbows may rest on the legs at any point above the ankles. (The elbow is defined as 4 inches from the point of the arm when bent.) No portion of a competitor's foot may cross the firing line. (Have your assistant coach demonstrate this procedure and have the students look at the chart as you point out each position number. Emphasize to your students that they are not permitted by the rules to allow their knees to go all the way down and touch the floor. The feet are crossed and the knees must support the arms. The knees are not allowed to touch the floor or mat. Have your students go back into their original shooting team and fire five shots.)

(After each student has fired from either one of the two positions, the open leg sitting position or the crossed leg sitting position, they will determine for themselves which position is more comfortable and gives them the most support. Have them make a selection as to which sitting position they plan to shoot from.)

(Have each student shoot five shots from their chosen position, using the range commands that have been stated earlier. After each student has completed firing five shots from the sitting position, the class period will end. Collect the targets from the students and take these targets home to analyze.
Note students that are having difficulty zeroing the shots into the 10 ring.)

The next class will meet:

Date_____ **Time**_____

Place _____

Section 2
Airgun Competition
Lesson 9

Kneeling and Standing Positions

In this lesson, preparation for competition continues to be the primary focus of your class. During this session, you will teach the fundamentals of the kneeling and standing positions so that team members will be able to compete successfully at the local, state and national level.

Lesson 9 Goals

- To teach proper kneeling positions.
- To teach proper standing positions.
- To have the students fire 10 qualification rounds from the prone and sitting positions to determine which students will be selected as the final team members.

Lesson 9 Outline

Instruction Kneeling positions – 10 minutes
Firing from Kneeling Positions – 20 minutes
Instruction Standing Positions – 10 minutes
Firing from Standing Positions – 20 minutes
Firing for Qualification from Prone and Sitting – 20 minutes

Lesson 9 Materials and Equipment

All range equipment
BB guns
Mats for kneeling position shooting
BBs and targets
Target boxes
Tape (clear/satin cellophane, 5 rolls)
Enough Shooting Glasses for Every Student and Observer
Position chart
Kneeling rolls
Note: A kneeling roll provides comfortable support. It must be round and not more than 8 inches long and 6 inches in diameter. It's easy to make a canvas or heavy cloth bag this size and to fill it about 80% full of wood chips or birdseed. Another method is to fold a regular size bath towel in thirds lengthwise. Roll the folded towel and wrap masking or strapping tape around the roll.
Note to the instructor: The range should be set up prior to the class and all BB guns checked and oiled.

Lesson 9 Personnel Needed

One Instructor- Three Assistants

Note to Instructor (Instructor notes, throughout the lessons, will be enclosed in parentheses.)
INSTRUCTOR: (Read the sentences that are **in bold face** to your class.)

(Have each student fire ten shots from both the prone and sitting positions. Emphasize to these youngsters that these are qualification rounds that will be used to determine which of the students are selected as the final team members.)

The Kneeling Position
(Using your assistant coach and referring to the shooting chart, explain to your students the two types of kneeling positions – kneeling and high kneeling.)

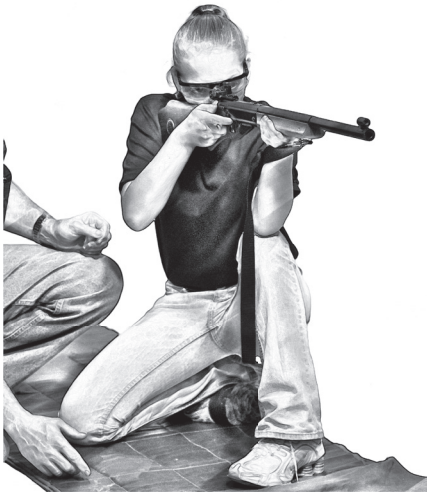
Right-handed shooters, you will reach a proper kneeling position at a 45 degree angle to the target to the right of the line of aim and dropping to your right knee.

The left foot should be extended as far forward as is comfortable.
The right leg is placed flat on the floor or ground.
The shooter sits on the right foot which is flat on the ground, rotated inward. The right elbow is free and not supported.
The left knee supports the left elbow.

Left-handed shooters will be at a 45 degree angle to the left. Use your left knee, and change the above instructions accordingly.

(Have your shooters go through this exercise themselves while you emphasize the points. You will find that for some shooters, it is very difficult to sit on their foot.)

The High Kneeling Position
(For the High Kneeling position have your assistant coach go through the exercise, demonstrating the five points of High Kneeling. Refer to your shooting chart)



Right-handed shooters kneel at a 45 degree angle to the right of the line of aim.
(Kneeling at a 45 degree angle to the right means to kneel 45 degrees to the right of the target.)

If a kneeling roll is used in the High Kneeling position, the right instep rests directly across the roll with the toes of the right foot touching the ground.
Rest on the right knee which is well under the right arm.
(Shooter may sit on right heel if necessary.)

The left knee is bent so that the lower leg is in a vertical position.
The left arm is well under the gun.
The left elbow rests naturally, ahead of or behind the flat spot on top of the left knee.

(Left-handed shooters will kneel at a 45 degree angle to the left and change the instructions accordingly.)

The left elbow should be supported on the left knee. The point of the elbow may not be more than 10 cms. (3.9 inches) **from the point of the knee.**

The BB gun may be held by means of the sling. If the kneeling roll is placed under the instep of the right foot, the foot may not be turned at an angle of more than 45 degrees.

If the kneeling roll is not used, the foot may be positioned at any angle, to include placing the side of the foot and the lower leg is in contact with the ground. No portion of the upper leg or buttocks may touch the ground at any point. Competitors may kneel completely on the mat or they may only have one or two of the three points on contact (toe, knee, foot) **on the mat. No portion of competitor's foot may cross the firing line.**

(Left-handed shooters reverse these descriptions.)

(Now have your shooters arrange themselves in their shooting groups and have each shooter fire five shots from each of the kneeling positions. Use the range commands to control the firing sequences.)

(After each student has fired from either one of the two positions, the kneeling position or the high kneeling position, they will determine for themselves which position is more comfortable and gives them the most support. Have them make a selection as to which kneeling position they plan to shoot from.)

Instruction of the Standing Position
(After your shooters have completed shooting from the kneeling position, have them gather again for a demonstration of the two types of standing positions. Have your assistant coach demonstrate. Refer to the shooting chart for the six points of teaching for the International Standing Position.)

Competitors shall stand free with both feet completely on the ground. The sling cannot be used.

Right-handed shooters stand facing about 90 degrees to the right of the line of fire.

(Left-handed shooters stand to the left of the line of aim, and will change the following instructions accordingly.)

Place your feet about shoulder width apart. Legs should be straight but knees are not in a locked position. The left elbow should be directly under the gun. The spine should be bent back over the hips with shoulders twisted toward the target. The left hand should be spread along the forearm, supported by the fingers, with the thumb supporting the trigger guard. Weight should be shifted to the left foot with body moving away from the target.

(Note that there are a number of acceptable different holds to support the rifle such as "split finger" and "clinched fist." Emphasize that each student should try them all to discover which is most comfortable for him/her.)

(Emphasize the points again using your assistant coach to demonstrate and emphasizing the points as they appear on the shooting position chart. Have your students arrange themselves in their shooting group and have each person in the group shoot five shots from the standing position. Use the range commands which will be used for match shooting.)

Qualification Match Shooting from the Prone and Sitting Positions

Emphasize to your students that they will fire ten shots for qualification scores. If at all possible, you should have the Official Ten Bull Match Target. If you do not have the Official Ten Bull Match Target, your students may fire at the Five Bull or the Single Bull target. Please bear in mind that the more shots you have appearing on one bullseye, the more difficult it is to score these targets. It is ideal to use the Official Ten Bull Match Target for qualification rounds. These match targets may be obtained from Daisy.)

(Have your students align themselves in their shooting groups and allow approximately three minutes for them to sight their guns in, allowing practice firing under supervision but without range commands.)

(When the three minute sighting-in period has ended, call them to order and give the range commands for shooting 10 shots from the prone position.)

(Continue this shooting under match conditions until each of your students has fired ten shots from the prone position. When this is ended collect all the targets and give them approximately a five minute rest period, then move directly into firing for qualification in the sitting position.)

(Once again, have your students fire ten shots from the sitting position under match conditions. Once this has ended, collect all the targets and end the class.)

(Take these targets home with you and score them yourself. Arrange a scoring sheet similar to the sheet you made for the test and target scores for your original class. Prepare the sheet so that next week you may post the scores. Give each student their targets, showing them the corrections they should make in order to shoot better scores. Rank the shooters on your scoring sheet according to how they have finished.)

The next class will meet:

Date_____ **Time**_____

Place _____

Section 2
Airgun Competition
Lesson 10

Scoring Targets and Using a Sling

In this lesson, you will continue to prepare your team for competition. During this session, you will teach the fundamentals of scoring targets and using a sling so that team members will be able to compete successfully at the local, state and national level.

Lesson 10 Goals

- To teach scoring.
- To teach use of a sling.
- To fire for qualification from all four positions.

Lesson 10 Outline

How to score targets – 10 minutes
How to use a sling – 20 minutes

Lesson 10 Materials and Equipment

All range equipment
BB guns
Mats for shooting
BBs and targets
Target boxes
Tape (clear/satin cellophane, 5 rolls)
Enough Shooting Glasses for Every Student and Observer
Wall charts
One Blackboard
One E-Z Scoring Gauge
One Outside Scoring Gauge
Enough slings for all BB guns
Note: Set up the range before the class begins.

Lesson 10 Personnel Needed

One Instructor- Three Assistants

Note to Instructor

(Instructor notes, throughout the lessons, will be enclosed in parentheses.)
INSTRUCTOR: (Read the sentences that are **in bold face** to your class.)

Scoring of Targets

Each of you should know how to score your own target and score the target correctly.
Each ring of a target has a value. The 5 meter BB gun target has rings that range from 1 to 10 in value. Naturally, we all want to score 10 each time we shoot, but many times we do not.
Let's look at the target. (On the blackboard, draw a 5-meter BB gun target. Color in the 9 and 10 rings of this target.)

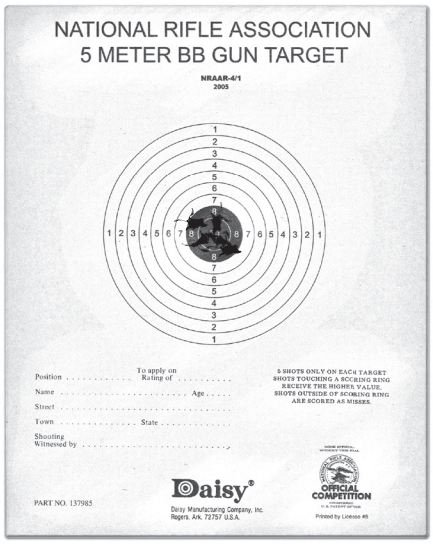
You will note that each ring is worth a different amount of points. Starting on the outside going toward the center, each ring is worth 1-2-3-4-5-6-7-8-9 and 10 points. The ring in which your BB strikes naturally tells you what your score is for that shot. If the BB strikes here in the 5 ring, you get five points.

Scoring shots that fall completely inside a ring gives you no problem when scoring. But shots that fall between rings give the problems. A shot hole, the leading edge of which comes in contact with the outside of the bullseye or scoring rings of the target, is given the higher value.

If a competitor fails to hit any target (shots outside the scoring ring) **that shot will be scored as a miss** (zero).

A scoring gauge will be used to determine the value of close shots. The higher value will be allowed in those cases where the flange of the gauge touches the scoring ring, except when the BB gun "outward" scoring plug gauge is used, the higher value is awarded when the flange fails to touch the outside edge of the next scoring ring out. All shot holes with an estimated value greater than two (2) **shall be scored with an outward gauge** (a) **described below. No scoring gauge will be used unless the diameter of the scoring flange is within these limits:** (a) **BB gun gauge for outside scoring, 0.421 – 0.423 inches** (b) **Air Rifle, BB gun 0.177 – 0.179** (used only for shot values of 1 & 2 and for center shots).

Today we want all of you to score your own targets. This will give you good practice.



Use of a Sling
To be a serious competitor, you must know how to properly use a sling. You cannot win a shooting competition which allows slings if you do not use and know how to use a sling. The AVANTI Champion, model 499 comes with a web sling. (Hold up a Model 499 and show this sling.)

The purpose of the sling is to hold the gun in a steady position by attaching the sling to both your arm and around your hand that supports the gun forearm.

(Using the model 499 with the standard web sling demonstrate the following:)

To Use this Sling
Loosen the clasp and let the sling hang loose.
Give the loop, formed by the clasp, a half turn before inserting the hand into the loop.

Slide the loop up onto the arm and position it above the bicep muscle.
Now assume the prone position.
Tighten the loop so that it does not slip.
The left hand is swung over the sling.
(Point out that this basic sling position is used for three shooting positions. Also emphasize that this sling, while in use, must be taut to be effective.)

This may feel uncomfortable at first, but after a while you will get used to it. Remember, the sling is used to give you better support of the rifle. (Have your students practice getting into the proper prone position using the sling for the next ten minutes.)

Fire for Qualification
(Have your class get into their shooting groups. Have each student fire 10 shots from each position. If possible, use the Ten Bull Match Target. Use range commands.)

We are now going to fire ten shots from each of the four shooting positions:
Prone
Standing
Sitting
Kneeling

Listen for my range commands.
(When each student has fired ten shots from each of the four positions, have them score their own targets. Collect the targets and dismiss the class. Take the targets home and check each for accuracy. Place the scores of each shooter on your master score sheet.)

The next class will meet:
Date_____ **Time**_____

Place _____

(Lesson 10 ends the series of formal lessons. From now until the State Match, you will want to have your shooters fire on a regular, once a week, basis. You may wish to select your final members and work only with them. An official BB gun team is made up of seven members; five team members and two alternates. Carefully review the Official Rules for the BB Gun Matches. These rules contain a lot of important information.)

(For the rest of your practice work, continue to review the basic fundamentals of good marksmanship.)

Section 3
Coaches' Section

The Coaches' Section contains general instructions and techniques regarding four position competition including:

1. Teaching the Fundamentals of Firing the Shot
2. Prone Position
3. Standing Position
4. Sitting Position
5. Developing and Growing as Shooting Athletes

This section was written by Gary Anderson, distinguished Olympic Marksman and Gold Medalist, Vice President of the International Shooting Union, Vice President of the International Shooting Sport Federation and Director of Civilian Marksmanship-Emeritus for the Civilian Marksmanship Program. Gary has devoted his professional career to furthering youth shooting sports programs.

Daisy is grateful to Gary for allowing us to benefit from his knowledge and experience by incorporating his teaching into this curriculum.

General Instructions and Techniques for BB Gun Shooting Coaches

Gary Anderson

When instructors and coaches who teach the Shooting Education Program reach Lessons 8, 9 and 10 in Daisy's Ten Lesson Curriculum with their groups, they are ready to teach all four shooting positions and to give their students an opportunity to learn how much fun it is to shoot in a BB gun competition. At this point it becomes especially important for instructors and coaches to apply the best techniques for teaching basic target shooting skills. They also will want to know how to coach young shooters so that BB gun shooting becomes an enjoyable and rewarding competitive sport for program participants.

This section of the Shooting Education Ten Lesson Curriculum provides a series of teaching points and coaching techniques that BB gun shooting coaches can use in their work with young shooters. These points highlight the most important features of the shooting positions and basic skills that new target shooters must master to advance in the sport. There are also teaching and coaching tips on how to most effectively teach these skills.

Teaching the Fundamentals of Firing the Shot

Vision and Eye Protection
When shooting BB guns with steel BB ammunition, there is always the possibility of a stray BB striking a hard object and bouncing back to the firing line. For this reason, all shooters should wear eye protection (even over their personal eyeglasses) at all times while shooting. Accurate vision is very important in shooting. Encourage all shooters who have personal eyeglasses to bring them to the shooting sessions and to wear them while shooting. Shooters who wear contact lenses should also wear eye protection while shooting. While shooting glasses may not prevent all possible injuries, they will provide an added measure of safety. Wearing shooting glasses is an excellent lifelong habit for all shooters.

The first shooting lessons focus on learning how to fire a shot correctly. It is very important that you provide the best possible learning environment to teach the topics in Lesson 3 that include sight alignment, sight picture, breath control, trigger squeeze and follow-through. These truly are the "fundamentals" of shooting. They must be performed correctly and uniformly each time a shot is fired. A key responsibility of the coach or instructor is to be sure each young shooter executes the fundamentals correctly. When shooters have problems with any of the fundamentals, the coach must take corrective action to get them back on the right path.

Start with a Supported Shooting Position
If any of your shooters struggle with the prone position and sling, an excellent way to help them master the fundamentals first is to have them begin their shooting experience by firing from a supported position. Either have them sit at a bench or table or have them get into a prone position without the sling. Then place a box or wooden block with a sandbag or kneeling roll on top of it under the fore-end of the BB gun to support and steady it. As soon as each shooter can shoot a series of three or five shots that cluster together in a "group,"(beginning BB gun shooters should be able to cover their groups with a quarter), they are ready to "graduate" from the supported position and advance to learn the other shooting positions.

Stock Length
For a shooter to be able to shoot comfortably and accurately, stock length must be correct. This is as important for BB gun shooting as it is for any other kind of shooting. If the butt stock is too long, the shooter's position will be forced and uncomfortable and the right shoulder will be pushed back unnaturally. A quick way to check for correct butt stock length is to ask the shooter to place the butt plate in the inside bend of the elbow. If the shooter can reach the pistol grip and trigger with his/her hand and trigger finger comfortably, the stock length is reasonably close to correct. It is a good idea to have BB gun stocks of varying lengths and to match BB guns with correct stock lengths to the different shooters in your group.

Cross Dominance
Lesson 3 teaches how to do a dominant eye test with your students. New shooters are encouraged to shoot from the same shoulder as their dominant eye. Occasionally, a new shooter does not feel comfortable doing this and will insist on shooting from the shoulder opposite his dominant eye. Shooters who attempt this often end up awkwardly trying to look through the sight with their dominant eyes. To correct this, cut a small 1" x 4" strip from a plastic milk container; punch a ¼" hole in one end; unscrew the rear sight disc; place the hole in the plastic strip over the end of the disc and screw the disc back into the sight. Position this "blinder" so that it extends out in front of the non-aiming eye and blocks its view of the target while the shooter aims. This will prevent the shooter from attempting to aim using a dominant eye that is opposite the shoulder that is used to hold the gun.

Trigger Control
An effective way to teach good trigger control is to get the shooter into position with a cocked BB gun (but do not load it with a BB). Place your hand on top of the young shooter's hand (tell the shooter what you are going to do before you touch his or her hand). Then with your index finger on top of the shooter's index finger, squeeze the trigger correctly. When the student understands how this trigger control movement feels, they will master it more quickly themselves.

The supported position is a good place to practice basic trigger control. When the sights are aligned with the bullseye, the trigger must be squeezed straight to the rear without moving the rifle. BB guns typically have triggers that must be squeezed or moved a considerable distance before the shot fires. These triggers can be used successfully if proper technique is applied. The best technique for shooting a rifle with a long sear engagement is to teach the shooter to step the trigger to rear. Each time the sight picture looks good, the shooter must apply a definite, short movement to the trigger. The shot will fire with two or three movements or squeezes. This technique prevents the mistake of jerking the trigger that frequently happens when a shooter tries to pull the trigger all the way to the rear in one quick movement.

Front Sight Ring Insert
The ring is the most commonly used front sight insert for target shooting. A common mistake, especially for new shooters, is to think that they can shoot better with a small ring that just barely fits around the bull. Shooters actually shoot much better with a large ring. Have your shooters use front sight rings that appear to be one and one-half to two times the size of the aiming bull.

The Prone Position
The prone position is the first shooting position that is taught in this course (Lesson 4). It is also the steadiest shooting position because it has the lowest center of gravity and, when the sling is correctly used, the best system of support. In the best prone positions, the body is aligned almost directly behind the rifle, at an angle of only 10-15 degrees from the direction of fire. The right knee is usually drawn up somewhat, rolling the position slightly onto the left side. This lifts the rib cage to make it easier to breathe.

Teaching the Prone Position

To teach this position, have the shooter start by laying the BB gun at his side so he can first get into position without the gun. Have the shooter lie down on his stomach at an angle of no more than 10-15 degrees away from the line of fire. Have them place their elbows in front so that the elbows and upper arms support their upper body. Then have them bend their arms and use their hands to hold an imaginary BB gun.

Next ask them to draw their right leg up slightly to roll the body onto the left side. Have them turn the left foot straight back or to the right, but not to the left.
Now that their basic body position is established, hand them the BB gun and have them position the butt plate on their shoulder so their eye looks comfortably through the rear sight.

Next, move the left hand forward and rearward on the fore-end until the sights point at the target. Mark the location of the "V" between the left thumb and hand on the fore-end. This process for determining the proper location of the left hand on the fore-end is one of the keys to finding a good prone position. This first must be done without the sling. The hand location that raises the rifle to the level of the target must be marked.

Now that the body position with the rifle is determined, have the shooter lay the BB gun down so that they can put the sling on their left arm. Help him/her place the loop as high on the arm as possible. Be sure the sling is adjusted so that it will be too long (loose) when they get back into position after attaching the sling.

Have the shooter reassume the prone position with the sling on their arm and attached to the sling swivel eye on the fore-end. The sling should be attached so that the flat of the sling passes around the back of the wrist and hand. Be sure the shooter understands how the arm must be wrapped around the sling by bringing the left hand out and around the inside of the sling (the side facing the bottom of the rifle) so that the sling presses against the back of the hand when the left hand is placed on the fore-end. When the shooter is back in position, have them be sure the position is the same as before and that the "V" of the hand is behind the mark you made on the fore-end.

The fore-end should rest on the ball of the thumb and base of the hand, not out on the fingers. While the shooter aims at the target, tighten up the sling until it, not the shooter's left arm muscles, holds up the rifle.

Left Hand Position
On most BB guns, the sling attachment point is located on the forward part of the fore-end. For most shooters, the proper left hand position in the prone position (also in sitting and kneeling) will be well behind the sling swivel attachment point. Have them keep their hand at the location you found and marked when trying the prone position without a sling; do not let them move their hand forward to the sling swivel attachment point. If their hand does not naturally stay in position without slipping, have the shooter bring a batting glove or other thin glove to wear on the left hand to provide a non-slip surface.

Position Alignment
When the position is correct, you should be able to draw an imaginary straight line from the left hand, down the left arm, side and leg to the left foot. If that imaginary line is straight, the body is correctly aligned in relationship to the target.

Left Arm Position
Check the location of the shooter's left elbow. It should not be directly under the rifle. Neither should it be too far to the outside. To determine if elbow placement is correct, imagine a plane that is drawn through the entire bent arm. If the plane is vertical, the elbow location is correct and will be somewhat to the left of a point directly below the rifle. If the imaginary plane is tipped to the left or right, the elbow position is incorrect and needs to be changed.

Upper Body Position
When the prone position is correct, you should be able to see an imaginary "T" formed by a line through the shoulders and a line through the back of spine.

Relaxation
The key to good prone position shooting is relaxation, especially in the arms and shoulders. Teach the shooter to "let go" of the muscles in the left arm each time the breath is exhaled before starting to fire a shot. Teach the shooter to let all the weight of the rifle "hang" on the sling. In a relaxed arm position, the sling does 100% of the work of holding the rifle up in position while the arm muscles do no work.

Reloading and Repositioning the BB Gun
When the shooter gets back into position after each reloading of the BB gun, teach them to place the butt of the rifle in the "pocket" of their shoulder by placing the ball of the right thumb on the butt to guide it into position.

Aligning the Position
After the shooter has done enough shooting to feel comfortable with the prone position, teach them how to align the position. Shooting positions that use a sling have a "zero point" or "natural point of aim" where the rifle points most naturally. To check whether the position is aligned, have the shooter close their eyes and let their arm and shoulder muscles relax so that the rifle points where it "naturally" wants to point. Then instruct them to open their eyes and see where the sights are pointing. Never let a shooter "muscle" the sights back to the target. Teach them to move the rifle up or down to the target, by using the toes to push the body forward (shifts sights down) or pull it back (shifts sights up).

To move the sights left or right, have them lift their hips and shift the whole body left (moves sight to the right) or right (moves sights to the left). The left elbow is the pivot point for all of these adjustments and must not be moved. Adjusting the position's zero point is so important that shooters who advance to the competition stage should be taught to make small body shifts after each shot to align the position with the next bullseye on the target.

Head Position
Be sure the shooter's head drops comfortably and naturally onto the stock to aim. The head should not be stretched forward or forced back. The head should tip forward towards the target as it contacts the stock. It should not be tilted to either side. The head and rifle should be high enough to allow the eyes to look straight ahead without strain. If the rifle and head are too low, the shooter will be looking at the target from just beneath the eyebrow. If this happens, have the shooter raise the rifle by moving the left hand to the rear and simultaneously raising the rifle butt in the shoulder. Another good way to check head position is to look at how far the eye is from the rear sight. Normally this "eye relief" should be approximately 2 to 4 inches. If this distance is more or less than this distance, there is a good chance the shooter's head position is wrong.

Canting
Canting the rifle involves tilting or turning the rifle and sights to the right or left. Many good shooters cant the rifle and sights towards their head to obtain a better head position where the head is not tilted to the side. There is nothing wrong with canting the rifle if it makes the head position better and is done the same way each time.

Zeroing the Sights
Many shooters lose points unnecessarily because their sights are not "zeroed" so that their shot groups are centered on the target. Pay close attention to whether a series of shots form a group that is centered on the target. If a series of shots are consistently striking high, low, left or right, the sights must be adjusted to bring the group to the center of the target. One of the most valuable coaching skills to develop is the ability to think of a series of shots as a "group" and to be able to make the necessary sight corrections to move the shooters' groups to the center of the target. Always make sight corrections to center the shot group; never let a shooter hold off to correct for an incorrectly zeroed sight. Coaches should make sight adjustments for new shooters. More advanced shooters should be taught to make their own sight adjustments.

The Standing Position
The standing position is normally regarded as the most difficult position to learn because its body-rifle center of gravity is higher than in the other positions. Also, its base of support is the smallest of all the positions and it is not permitted to use the sling in standing to help support and steady the BB gun. Nevertheless, many of the world's best shooters shoot standing scores that are nearly as high as their scores in other positions. Many top junior coaches also recognize that standing is both the easiest and most important position to learn. For that reason, they actually have their shooters learn the standing position first before they learn how to shoot in the prone, kneeling and sitting positions.

The standing position used by today's World and Olympic Champions is best described as a balanced position where controlled, easy muscle effort keeps the rifle almost motionless. Especially in standing, the one key to shooting good scores is lots of practice. The more the shooter practices, the steadier they can hold and the higher the scores climb.

Study the Position
The best way to begin teaching any shooting position is to demonstrate or illustrate a good position before having your shooters get into the position. Have an experienced shooter with a good position demonstrate the position while you describe its most important features. You can also use slides or large photos of shooters in good positions to illustrate the points you are teaching. If new shooters first form an image of a correct position in their minds, it will be much easier for them to get into a good position themselves.

Examples of Good Positions
If you do not have any photos or charts showing shooters in good positions, an excellent resource is the U.S. Army Marksmanship Training Unit International Rifle Guide. The Guide is printed and distributed by the Civilian Marksmanship Program and may be ordered through the CMP web site at http://www.odcmp.com <http://www.odcmp.com/>

Teaching the Standing Position
To assume the position, a right-handed shooter should stand with their body turned 90 degrees from the target and with their left shoulder to the target. Start with the feet shoulder width apart. The knees should be straight, but not forced back. The hips can be level or the forward hip can be shifted towards the target. If the hip is shifted forward, make sure it does not go forward of a point where the hip is directly over the forward foot.

Next, have the shooter try holding an imaginary BB gun in the standing position. This is where you should teach the critical importance of letting the left arm rest on the left hip or side. The left forearm should be vertical and the arm should be completely relaxed on the side or hip. Another critical point to teach here is the idea that the best left hand position for most shooters requires that they keep their wrist straight as they hold the rifle with their left hands.

Once the left arm position is taught, have the shooter pick up the BB gun and place the butt plate on the right upper arm just outside the shoulder joint. Then bring the BB gun down into position. Hold the BB gun just ahead of the trigger guard by placing the gun between the first and second or second and third fingers or between the thumb and hand. Allow the left arm to drop down on the side. The shooter can twist their shoulders slightly to bring the rifle into position, but the hips should remain directly over the feet. It is okay for the upper body to bend back slightly to the right to counterbalance the weight of the gun.

Teach Positions One Step at a Time
When you first teach the standing position, or any new shooting position, teach only those points necessary to get the shooter into a good basic position. Then let them do enough shooting in that basic position to begin to feel comfortable with it. Only after they have done some shooting in the basic position should you begin to teach other important details associated with the position. When you teach those points, introduce them one step at a time. Never try to teach all the details associated with a shooting position in the first lesson on that position. Teach each position one step at a time.

Weight Distribution
One of the most critical skills to develop in the standing position is the ability to keep the position balanced. The weight of the body-gun system should be distributed about 50-50 between the two feet. The weight should be about 60% forward on the balls of the feet and 40% back on the heels. Teach your shooters to feel how their weight distribution and balance feels and to make sure it feels that way every time they fire a shot.

Left Hand Position
If you have a shooter who is leaning extremely far to the right to hold the gun up to the target or, conversely, who appears to be standing up unusually straight, this is probably because they are using a left hand position that is incorrect for them. The correct left hand position for every shooter is the hand position that raises the rifle and sights to the level of the target while they keep the back in a slight lean to the right (without either standing up too straight or leaning too far to the right). Have every shooter, who is having trouble getting the sights to point naturally at the target while bending their torsos slightly to the right, try the following series of hand positions to determine which one brings the BB gun to the correct height:

1) Lowest: BB gun rests on palm of hand with wrist bent
2) 2nd lowest: BB gun rests in fork of hand between thumb and fingers
3) 3rd lowest: BB gun rests on clenched fist (the shooter may want to use a glove to make this hand position more comfortable.)

4) Next to highest: BB gun rests between first and second or second and third fingers and on extended thumb.
5) Highest: BB gun rests on tips of thumb and outstretched fingers.

Right Hand and Arm Position
The shooter has two options in establishing the correct position for the right hand and arm. The right hand can grip the pistol grip tightly and pull the BB gun back into the shoulder snugly, or the right hand can grip the pistol grip loosely and drop down in a more relaxed manner. Champion shooters use both methods successfully. Just make sure your shooters choose one method and use it every time they fire a shot.

Relaxed Left Arm and Hand
Even if you have taught your shooters to let their left arms relax onto their sides or hips, it is important to recheck this point. Many new shooters make the mistake of using muscles in their left arms to hold up the rifles. Emphasize that no muscle lifting whatsoever should be used in the left arm to support the rifle in the standing position. Teach every shooter to keep the left arm and shoulder completely relaxed on the side or hip.

Head Position
A good way to check the standing positions of your shooters is to look at their head positions. If the head is erect or tipped somewhat towards the target, the head position is correct and, most likely, the entire position is correct. If the head is tipped to the side (to the right for a right-handed shooter), the position is probably not balanced and needs correction. Shooters who tip their heads too far to the right should be encouraged to try canting or tipping the rifle back towards their heads. It is better to keep the head erect than to keep the rifle erect. Shooters who have their heads tilted down too far should be encouraged to find a left hand position that raises the rifle so that they can keep their head more erect.

Shot Technique
An important concept to teach new shooters in the standing position is that they should learn to "shoot their hold." This means that instead of trying to "grab a ten" as the front sight goes flying by, they should learn to let their front sight settle into a movement pattern or "hold." Then they should simply center their "hold" and squeeze the trigger when the movement is centered. Shooters who learn to "shoot their hold" quickly realize that by concentrating on holding as steady as possible, their hold actually becomes steadier and steadier and their scores climb higher and higher. Teach your shooters to try to keep their sight picture as steady as possible, to keep their hold centered and to squeeze the trigger as long as the hold is centered. This technique produces far better scores than trying to grab tens as the front sight goes flying by the target.

Develop the Ability to Hold Steady
One of the most effective ways to improve standing position scores is to do a special "dry holding" drill that improves the ability to hold the rifle steady. It is actually a very simple drill. Instead of loading the BB gun and actually shooting a shot, have the shooter pick up the unloaded gun and aim with it in the standing position. Have them try to aim for 12-15 seconds. During that time, have them simply relax and try to keep the aiming bull on the target inside of the front sight ring. By concentrating on holding steady, the shooter quickly develops the ability to also hold steady while trying to fire a shot. This is also a good practice drill that can be used with a group of shooters that is larger than your range capacity. Have one group shoot on the range while a second group does holding exercises by aiming at black spots on a wall (without firing).

The Sitting Position

Shooters will want to learn the sitting position because it still is used in BB gun competitions and because it is used in U. S. high-power rifle and a few traditional small-bore shooting events. Sitting is not, however, used in three-position air rifle competitions. It also is not recognized by the International Shooting Sports Federation (world-wide governing body for Olympic shooting) or used in competitions in most other countries.

Deciding Which Sitting Position is Right
There are two different sitting positions that are commonly used by target shooters. One is the cross-ankled or "extended" sitting position. The other is the cross-legged or "closed" sitting position. The old open legged position with the legs spread apart and the feet extended forward is relatively unstable and not suited for target shooting. The choice between the closed and extended sitting positions depends primarily on the relative lengths of the shooter's torso, arms and legs. The steps described here will help teach the sitting position and how to make that choice correctly. To teach the sitting position, lead your shooters through a series of steps that are designed to show them whether they should use the closed or extended sitting position.

Step 1. – Body Position, Closed Sitting
In deciding whether you should use the closed or extended position, the shooters should try the closed position first. This first step should be done without the BB gun. To get into this position, sit down, turn the body 60 degrees from the target, cross the left ankle over the right ankle and pull the crossed legs in close to the body. Next, lean forward to rest both elbows in the V's formed by the bent knees. Be sure the shooters place both elbows in the bent knees. Finally, have them hold a imaginary BB gun in their hands.

Step 2. – Rifle Position, Closed Sitting
The coach should then pick up the BB gun and have the shooter hold it in the sitting position. The butt plate should be placed in the middle of the shoulder. Pay special attention to keeping the butt plate high enough on the shoulder to establish a good head position. Next, have the shooter move their left hand forward or rearward on the fore-end until the sights point at the level of the target. At this point, it is also important to check the horizontal alignment of the position.

If the sights point to the left or right of the target, have the shooter turn their body left or right to bring the sights to the target. When the body position with the rifle is complete, check where the left hand is located. If it is located out on the BB gun's fore-end, mark the point on the stock where the "V" between the thumb and hand is located. Shooters whose left hand position is on the fore-end should use the closed position and continue by going to Step. 3.

If however, the BB gun can be raised to the level of the target only by moving the hand back to the gun's action or trigger guard or by dropping the butt plate lower in the shoulder, the shooter should try the extended position by going to Step 2A.

In most groups of young shooters, the extended position is the best position for as many as 60 or 70 percent of them. Both positions have produced many competition successes. There is no evidence that one variation is more stable than the other.

Step 3. – Full Position, Closed Sitting
Shooters who can use the closed position should complete the position by placing the sling on their left arm and getting back into position with the BB gun and sling. Start with the sling length too long. Have the shooter move their left hand to the location that is marked on the fore-end. Then tighten the sling until it takes over the work of holding the BB gun.

Step 1A. – Body Position, Extended Sitting
Shooters who were not able to use the closed position will almost always find that the extended position works very well for them. Have them reassume the body position without the BB gun. This time the body should be turned more towards the target, at about 30 degrees from the target. The legs should be crossed the same as they were for the closed position (left over right), but now the legs are extended out in front of the body. With the crossed ankles extended in front of the shooter, have them lean forward and place both elbows on their upper shins in front of the knee. Next have them raise their hands to hold an imaginary rifle. This is the basic body position for the extended sitting position.

Step 2A. – Rifle Position, Extended Sitting
With the shooter in position, the coach should hand the BB gun to the shooter and have them hold it in position without the sling attached. Again, have them move the left hand forward or rearward on the fore-end until the rifle is raised to the level of the target. Be sure to mark the hand position on the fore-end. If the zero point of the position wants to point to the left or right of the target, have the shooter rotate their position by moving the crossed feet to the left or right.

Step 3A. – Full Position, Extended Sitting
Complete the position by having the shooter place the sling on their arm and get back into position with the left hand positioned where the hand position was marked. Start with a loose sling and tighten the sling until it takes over the work of holding up the rifle.

Step 4. – Firing The Shot In Sitting
The way a shot is fired in sitting should be the same as the way shots are fired in prone because with practice the sitting position should be as steady as the prone position. The shooter must relax and let his/her body weight fall forward onto their legs. Have the shooter carefully center the sight picture movement and squeeze the trigger just like they do in prone.

Coaching Tips, Sitting Position
After each shooter has selected either the extended or closed sitting position and has been able to shoot enough times in the position to feel comfortable with it, the coach should begin to teach position features that will improve scores. Here are some things to consider:

1) Leg Position – To shoot good sitting scores, the legs must provide a solid platform to support the upper body and rifle. The legs must be completely relaxed. The legs should not feel like they're being held or lifted up to keep the rifle up. When the shooter gets into position, have them check to be sure their legs relax – that they are not holding them up at all. If a shooter has trouble getting their legs to relax in the extended position, have them try changing the way they cross their ankles. It may help to move the right foot back under the calf of the leg instead of putting it under the left ankle.

2) Body Position – The key to good body position in sitting is also relaxation. Check the way the shooter rests their upper body on their legs to be sure the back is really relaxed and not being held tense to maintain the position.

3) Elbow Position – In the closed sitting position, there is only one place to position the elbows. That is in the V's formed inside the bend of the knees. In the extended position, however, elbow locations can vary. In the extended position, make sure the elbows are placed for maximum support. There is a flat area on the inside of the shins where the backs of the arms can be rested to establish a very stable position.

4) Head Position – It is very easy to let the head drop down too low in sitting. The head should tip down towards the target only slightly. If it is tilted down too far, correct it by raising the rifle butt plate higher on the shoulder and by bringing the left hand back to the rear on the fore-end. When this change is made, it may be necessary to adjust the sling as well.

5) Natural Point of Aim – The natural point of aim of the sitting position should be centered on the target by turning the entire body to make horizontal adjustments and by raising or lowering the rifle with the left arm to make vertical corrections. Raising or lowering the rifle should not be done by moving the butt plate up or down on the shoulder, that changes the head position. Raise or lower the rifle by moving the left hand on the fore-end and by adjusting the sling length as needed.

The Kneeling Position

The key to getting good scores in the kneeling position is balance. If the kneeling position is relaxed and balanced, the position can be almost as steady as prone. A properly constructed kneeling roll is important. It provides a very comfortable support for the weight of the body. To be legal under competition rules, the kneeling roll should be round and not more than 8 inches long and 6 inches in diameter. It is easy to make a canvas or heavy cloth bag this size and to fill it with wood chips or birdseed so that it is about 80 percent full. This allows a V to be formed in the kneeling roll that will let the body sit lower and keep the foot in position when the shooter sits on his foot on the roll. Another way to make a kneeling roll is to fold a regular size bath towel in thirds lengthwise. Roll the folded towel into a roll and wrap masking or strapping tape around the roll to hold it together. Foam is too spongy and allows the position to change.\

The first thing to teach about the kneeling position is how to sit on the kneeling roll. Start to build the position by aligning the kneeling roll at a 45 to 60 degree angle from the target. Have the shooter place the lower leg over the kneeling roll with the ankle or instep resting on the roll and the knee pointed 45 to 60 degrees from the target. Next have them relax their body onto their heel. A key is to teach that the body weight should relax or fall on the heel. All of the body weight should rest on the heel. At first, many young shooters complain that sitting on the kneeling roll is awkward and uncomfortable. Assure them that sitting on their heels on kneeling rolls will soon be as comfortable as sitting on a chair. The best cure for this problem is to have your shooters sit on the roll for successively longer periods. Start with five minutes and work up to 15 minutes. This training can be done at home while watching TV. Just have the shooter take a kneeling roll home with them. To build good kneeling positions, there are several positions features to teach. Here are the most important ones.

Right Foot Position
One of the keys to a stable, balanced position is to make sure the foot is vertical. The instep should be placed directly across the roll.The toe is required by the rules to touch the ground. The toe should not bend under. In fact, the toes and foot should be extended. A key is to be sure the heel points straight up. Look at the foot from the rear of the shooter. If the foot is vertical, the foot position is correct.

Body Position
Pay careful attention to how the shooter positions their body over the right heel and kneeling roll. They should not sit up straight; they should slump down or roll their shoulders forward. The weight of the upper body should be balanced over the heel and not the tip to either side. If the body is held artificially erect or leans to either side, this creates strain in the lower back and makes it impossible to hold the BB gun sights still.

Left Leg Position
The left leg should be bent so the lower leg is straight up and down, with the left foot parallel to the right thigh. Many shooters try to pull the left foot and lower leg back under the position. Do no let your shooters use this position; it is quite unstable and constantly changes. The left foot should be turned at a comfortable angle. A shooter with a short torso or long legs may move the left foot further forward so that the knee is lower. It is okay to place the foot forward of a point below the knee, but not to place the foot behind that point.

Left Arm Position
The best way to find the correct left elbow position on the knee is to get into position first without the rifle. Place the right foot or instep over the kneeling roll, sit on the heel and let the body relax or slump down on the heel. With most of the weight back on the heel, and with the left lower leg in a vertical or slightly forward posture, simply extend the left arm and drop the elbow to the knee. Do not let the shooter lean forward to put their elbow on the knee. If the elbow falls naturally onto the flat of the knee, that is the correct location. If the elbow falls naturally onto the area behind the knee, that is the correct elbow location.

Left Hand Position
Once the shooter is in a comfortable, balanced body position, with the elbow in place on top of or behind the knee, hand the rifle to them. Do not put the sling on their arm at this point. Place the butt of the rifle in the shoulder and then move the left hand forward and rearward on the fore-end until the BB gun sights are raised to the level of the target. Mark that hand position. Then help the shooter put the sling on and get back into position with the sling adjusted loosely.

With the left hand back in the marked position, tighten the sling until the sling takes over the work of supporting the rifle. When this process is finished, the sling and not the arm muscles should hold up the rifle. A good check on the correctness of the left arm position is to look for the same imaginary plane that you looked for in prone. If the plane that passes through the bent arm is tipped to either side, the arm position needs to be adjusted so that the plane is vertical and the elbow that rests on or just behind the knee is slightly to the left of a point below the gun.

Right Hand and Arm Position
The right hand should hold the pistol grip gently. The hand can pull back into the shoulder with easy pressure or be almost completely relaxed. The trigger finger must move freely and independently without touching any part of the rifle except the trigger. The right elbow can be dropped to the side or be lifted up slightly.

Head Position
How the shooter holds their head is a key to how well balanced the position is. It is okay to tip the head forward towards the target, but it is not good to tip the head to the right to reach the BB gun. If the shooter wants to tip their head to the right, be sure the butt plate is located in the shoulder pocket near the neck. If that does not keep the head erect, then have the shooter cant or tip the gun back towards their eye and head. It is far better to cant the gun to the eye than to tilt the head to the sight.

Keeling Position Alignment
The sling positions, prone, sitting and kneeling have zero points or natural points of aim. Have your shooters do enough kneeling position shooting to start to feel comfortable and natural while shooting the position. Then have them try the zero point check where they close their eyes, relax their positions until they point naturally and then open their eyes to see where their sights are pointing. Leave the right foot in place on the kneeling roll and pivot around it to make horizontal kneeling position adjustments. To make vertical adjustments, move the left hand forward or rearward on the fore-end. When this is done, it may be necessary to also shorten or lengthen the sling.

The Low Kneeling Position

A legal position option is the "low kneeling position" where the shooter sits on the side of their foot and does not use a kneeling roll at all. Shooters who have long torsos and relatively shorter legs sometimes do very well in this position. To make the low kneeling position work well, it is necessary to move the left foot much further forward and to rest the left elbow well behind the left knee. It is critical to find a way to keep the left foot from slipping, so this position is usually fired from a mat. Not all shooters will be able to use this low position, while almost all shooters can use the high kneeling position with the kneeling roll.

Kneeling Position Checks

When checking the kneeling positions adopted by your shooters there are several important things to examine. First look at the right foot. Is it vertical or nearly vertical? Then look at the body or torso. Is the torso slumped down and relaxed? Is the torso balanced over the foot? Look at the left lower leg. If the leg is vertical or the lower leg is forward of vertical that part of the position is good. Draw imaginary lines through the hips and shoulders. Those two lines should be parallel. Check for an imaginary vertical plane that you can see in the left arm. Last look at the head position. It is correct if it is erect or tipped towards the target. It needs correction if it is tipped to the side.

Developing and Growing as Shooting Athletes

One of the great things about youth sports like shooting is that when coaches and adult leaders teach sport skills effectively, the young participants not only become skilled shooters, but they become better students and learn beneficial life skills and values. Every coach must teach more than the mechanical skills of a sport. You should try to help everyone in the program realize their potential and stress the positive values that are inherent in the sport.

Safety and Responsibility
The most important lesson in the Shooting Education Program is how to be safe with guns. Safety training is effective only when you inspire every person who handles a BB gun in your program to always control the direction the muzzle points, to never put their finger on the trigger except when they are on the firing line ready to shoot and to never have a cocked or loaded BB gun anywhere except on the firing line. Each person must personally be sure they handle BB guns safely. When young people accept and practice their responsibility to always follow gun safety rules they also develop the ability to accept responsibility in other areas of their lives.

Good Shooting Technique and Self-Discipline
The skills of firing an accurate shot may seem like they are simple. In reality, it is very difficult to consistently apply the discipline to get into exactly the same position for each shot, to relax and balance the body to maximize its steadiness and then to simultaneously hold the sights still and coordinate the smooth release of the trigger. When you encourage young people to do this more and more effectively with each new shooting session, they become better shooters. When they learn how to discipline their marksmanship performance, they also learn qualities of self-discipline that will help them in many other areas of their lives.

The Shot Plan
You will soon learn that most of your shooters do not always bring the gun into position the same way for each shot, may not even breathe the same way and also certainly do not pull the trigger or follow-through after the shot in the same way. Teach them to develop a simple "shot plan" that guides each of the steps they follow in firing the shot. The plan should govern how they

1) bring the gun into position
2) check to be sure they are relaxed and balanced before starting the shot
3) breath just before starting to aim
4) center and settle the sight picture
5) pull the trigger when the sight picture is good
6) follow-through and call the shot.

Learning to develop and follow a plan is another outstanding experience in developing self-discipline.

Self-Control
One of the first things to establish in your BB gun program is that emotional outbursts are not acceptable or helpful. Assure your shooters that you understand their frustration when they shoot a bad shot or bad score or when something else goes wrong. Nevertheless, teach them that letting themselves become upset or angry only makes things worse for them. Teach them to accept the good and the bad and to always remain cool and calm, no matter what happens. Tell them that, as their coach, you do not want to look at their faces or actions after they fire a shot and be able to tell whether the shot was good or bad. If any shooter violates these standards and lets go with an emotional outburst, it is important to take them aside and make it clear that you do not tolerate such actions.

Practice and Work Ethic
When some of your shooters become interested in going to BB gun competitions, you will begin to work with them in a regular practice program. Marksmanship is a precise motor control skill that can only be fully developed through regular practice or training. You will want to establish a regular practice schedule where you expect your shooters to attend and work hard to improve the steadiness of their positions and their skills in firing shots. Your team will come to understand that there is a direct correlation between how hard and how regularly they practice and how high their scores climb. Learning to relate how well they do in any endeavor to how hard they work is one of the most important life lessons that can come out of the shooting experience.

Entering Competitions
It will be an exciting experience when your young shooters begin to enter competitions with other teams. However, this competitive experience will also create a great deal of anxiety and nervousness for them. How you handle this challenge is one of the biggest responsibilities you face as a coach. It is important to assure every shooter in our program that the only thing you expect of them is to try hard to apply the lessons you taught and they practiced. Tell them you are not concerned with what score they shoot as long as they try to do their best.

Make sure every shooter has a shot plan and remind them to just focus on following that plan. If a bad shot happens, encourage the shooter to forget it and focus on following the plan for the next shot. If one of your shooters shoots a bad score, you and the other shooters on your team need to continue to show your support and concern for that person. If the person who does poorly knows they still are accepted by their coach and teammates, they will almost always bounce back to shoot a good score next time. Always keep the focus on performance, not on scores or rankings. Your shooters should just try to do what they do in practice. Do not let them worry about final scores or final rankings. You can find out about those after the match. Above all, encourage your shooters to enjoy their experiences at competitions. It is important for them to have fun. This will keep them active in the sport of shooting for many years to come.

Shooting as a Lifetime Sport
When your shooters find out how much fun target shooting and competition is, begin to encourage them to think about the many opportunities that are available to them in shooting after they complete the Shooting Education Program and the BB gun competitions that are part of that program. Let them know that shooting is an Olympic sport, that it is a popular intercollegiate and NCAA sport where college scholarships are available and that several states now promote high school rifle team competitions in three-position air rifle shooting.

An excellent way to inform them about all of the lifetime sport opportunities that are available through the shooting sports is to encourage them to check out the valuable information that is published by the Civilian Marksmanship Program. The CMP web site is http://www.odcmp.com
The Daisy Shooting Education Program truly is an outstanding introduction to one of the world's great sports.

The Civilian Marksmanship Program is a federally chartered, non-profit corporation that provides training support and assistance to youth shooting programs. The CMP cooperates closely with the Daisy Shooting Education Program and encourages the use of the Ten Lesson Curriculum with BB guns as an excellent program for teaching firearm safety and marksmanship to youth. For information about the CMP and its youth shooting programs, check the CMP web site at http://odcmp.com <http://odcmp.com/> or write to: CMP Program Support Division, P.O. Box 576, Camp Perry, Port Clinton OH 43452.

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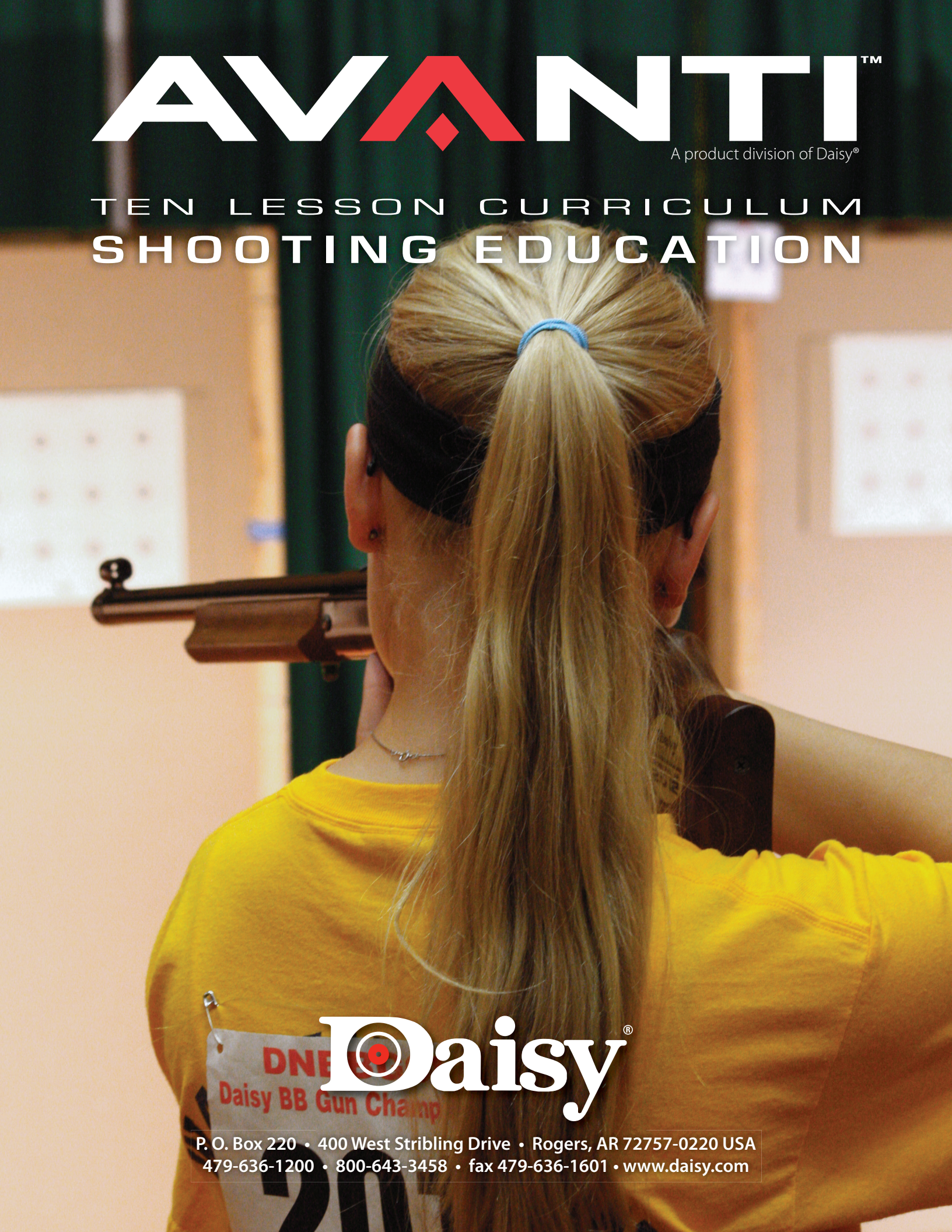

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