STATE 4-H SHOOTING SPORTS TRAINING OUTLINE – RIFLE
12 Hour Minimum Course

Step 1 – Program Overview
Introductions & Facility Layout
Paperwork: Signing In, Medical Forms, Applications, Waivers, etc.
“What Is Shooting Sports” – National Shooting Sports Video
Your State 4-H Shooting Sports Program Overview
Course Plan & Course Objectives
How the Course Will Be Taught and What Is Expected
Your Role As A Shooting Sports Leader – Code of Ethics
Issue of Curriculum & Additional Handouts
Proper Use of the Hands When Working with Youth
Prohibited Items
  Use of the word Weapon
  Utilizing Humanoid Targets
What is Youth Development?

Step 2 – The Range
Equipment/Supply List of Items Needed to Put on a Course
Rifles & Equipment & Other Material
Class Participants Set up the Range and Critique the Layout

Step 3 - Introduction to the Rifle & First Shot Fundamentals
Safety Review
  MAT – Muzzle, Action, Trigger
  Eye & Ear Protection
  Safely Passing the Rifle – Thank You/You’re Welcome
  Washing Hands After Handling Lead Ammunition
  Use of Clear Barrel Indicators
  Use of the Command “Cease Fire”
Determine Eye Dominance
Basic Parts of the Rifle
Basic Sight Alignment – Front & Rear
Basic Sight Picture – Front & Rear Sight + Target
Range Rules, Basic Commands, Range Etiquette
Dry Firing First Shots from Bench Rest at a Large Blank Paper
Firing Live Rounds from Bench Rest at a Large Blank Paper
Wash Hands
Summary
Analysis & Debrief – In what activities in this session would a youth participate that fits in the Targeting Life Skills model/wheel?

Revised April 2014
Step 4 – Dry Firing on Target Backs
  Review of Previous Session
  Sight Alignment with Various Types of Sights
    Open Sights, Aperture Sights, Optical Sights, Reflex Sights, Laser Sights
  Trigger Control
  Follow Through
  Coach Pupil Pairing
  Dry Firing from Bench Rest at Target Backs
  Summary
  Analysis & Debrief

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

Step 5 - Shooting Groups on Target Backs
  Review of Previous Session
  Dry Firing at Target Backs
  Live Firing at Target Backs
  Shoot for Groupings on Targets
  Evaluation of Groupings
  Wash Hands
  Summary
  Analysis & Debrief

Step 6 - Teaching Sight Picture
  Review of Previous Session
  Learning Sight Picture
  Dry Firing from Bench Rest at Target Faces
  Live Firing from Bench Rest at Target Faces
  Evaluating Shot Placement on Targets
  Utilize Triangulation Exercise for Students Having Difficulties
  Wash Hands
  Summary
  Analysis & Debrief

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

Revised April 2014
Step 7 - Scoring Targets
   Review of Previous Session
   Live Firing from Bench Rest at Regulation Target
   Mechanics of Scoring Targets to Include Target Types and Scoring Tools
   Participants Learn to Score Their Targets
   Wash Hands
   Summary
   Analysis & De-brief

Step 8 - Risk Management in Your Program/WORM Assessment
   “Kid’s and Guns” Presentation

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

Step 9 - Standing Position
   Review of Previous Session
   Introduction and Demonstration to the Four Shooting Positions:
   Standing, Kneeling, Sitting, Prone
   Practice Standing Position without Rifle
   Align Body with the Target
   Natural Point of Aim
   Dry Firing at Targets Using the Standing Position
   Live Firing at Targets Using the Standing Position
   Wash Hands
   Summary
   Analysis & Debrief

Step 10 - Kneeling Position
   Review of Previous Session
   Demonstration of the Kneeling Position
   Leg Positions
   Upper Body
   Rifle Position
   Alignment with Target
   Practice Kneeling Position without Rifle
   Dry Firing at Targets Using the Kneeling Position
   Live Firing at Targets Using the Kneeling Position
   Wash Hands
   Summary
   Analysis & Debrief

Revised April 2014
Step 11 - Sitting Position

Review of Previous Session
Practice Sitting Position without Rifle
Body Position in Relation to Target
Dry Firing at Targets Using the Sitting Position
Live Firing at Targets Using the Sitting Position
Wash Hands
Summary
Analysis & Debrief

Step 12 - Prone Position

Review of Previous Session
Demonstration of the Prone Position
Proper Body Position for Prone
Butt of the Rifle in Shoulder
Aligning Rifle with the Target
Practice the Prone Position without Rifle
Dry Firing at Target
Live Firing at Target
Wash Hands
Summary
Analysis & Debrief

Step 13 – Review, Test, & Course Evaluation

Step 14 - Closing Comments/Dismissal

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

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

Revised April 2014