National coach courses host by Kazakhstan 07-14.10.2022







Introduction

The courses are aimed at developing and improving the skills of coaches and athletes.

Courses will be held in the city of **Shymkent** (Kazakhstan) course dates: **from October 7 to October 14, 2022** courses will be held at **"Shymkent Shooting Plaza"**

"Shymkent Shooting Plaza" - To date, a unique project is being implemented in Shymkent: the construction of a shooting club "Shymkent Shooting Plaza" is located on the territory of an existing shooting range not far from the international highway "Western Europe - Western China" and covers an area of 14 hectares. The commissioning of the shooting complex is scheduled for October this year. 750 athletes can train at the shooting club at the same time. The club is equipped with innovative technologies and complies with the international standards of the International Sport Shooting Federation (ISSF). There are 7 shooting ranges for trap shooting, the final hall of the shooting range for shooting, and a club hall. This project includes the necessary infrastructure for organizing a full-fledged training process and holding major sporting events, including Licensed Championships and World Cups in shooting sports.

The sports complex will become the largest shooting center in the entire Asian region. The construction of this facility contributes to the further development and popularization of shooting and related sports, the creation of an international academy of shooting sports and the tourist attraction of the city of Shymkent.



lectures and training process will be conducted by Rustam Zainulovich Yambulatov.

Soviet shooter, master of sports of international class, European champion in trap shooting (1978), silver medalist of the **XXII Olympic Games** in the trap (1980), winner of the European Cup (1981).

"Shymkent Shooting Plaza"

















Schedule and program of courses

1 DAY

8:00 - departure from the hotel

8:30 - arrival at the shooting range

9:00 / 12: 45 - training

13:00 / 13:30 - lunch

13:30 / 14:00 - free time

14:00 / 15:30 - Lecture start

15:30 / 16:00 - Questions and answers

16:30 - transfer to the hotel

19:00 - Dinner in hotel

2 DAY

8:00 - departure from the hotel

8:30 - arrival at the shooting range

9:00 / 12: 45 - training

13:00 / 13:30 - lunch

13:30 / 14:00 - free time

14:00 / 15:30 - Lecture start

15:30 / 16:00 - Questions and answers

16:30 - transfer to the hotel

19:00 - Dinner in hotel

3 DAY

8:00 - departure from the hotel

8:30 - arrival at the shooting range

9:00 / 12: 45 - training

13:00 / 13:30 - lunch

13:30 / 14:00 - free time

14:00 / 15:30 - Lecture start

15:30 / 16:00 - Questions and answers

16:30 - transfer to the hotel

19:00 - Dinner in hotel

4 DAY

Joint sightseeing tour*

8:00 - departure from the hotel

1.Turkestan (Türkıstan) is a city in the south of Kazakhstan. Since June 19, 2018 it has been the administrative center of the Turkestan region

2.Mausoleum of Khoja Ahmed Yasawi - the mausoleum on the grave of the Turkic poet and founder of the Sufi order of Yasawi Khoja Ahmed Yasawi

13:00 - lunch

3.Mausoleum of Arystanbab - a mausoleum on the grave of the teacher and spiritual mentor Khoja Ahmed Yasawi, a religious mystic and preacher Arystanbab

4.Mausoleum Karashash Ana is located in the village of Sairam, Turkestan region. The mausoleum is a historical architectural monument of the 19th century. The mausoleum

was erected on the grave of the mother of the great Sufi jurist Khoja Akhmet Yassawi

19:00 - Dinner in hotel

*There is also the option of a trip to the Sairam-su mountain complex. (One of the most picturesque gorges of our region is Sairam-su. There, at an altitude of 2350 m, there is a lake of glacial origin.)

5 DAY

8:00 - departure from the hotel

18:30 - arrival at the shooting range

9:00 / 12: 45 - training

13:00 / 13:30 - lunch

13:10 - joint photo of all participants

13:30 / 14:00 - free time

14:00 / 15:30 - Lecture start

15:30 / 16:00 - Questions and answers

16:30 - transfer to the hotel

19:00 - Dinner in hotel

6 DAY

8:00 - departure from the hotel

8:30 - arrival at the shooting range

9:00 / 12: 45 - training

13:00 / 13:30 - lunch

13:30 / 14:00 - free time

14:00 / 15:30 - Lecture start

15:30 / 16:00 - Questions and answers

16:30 - transfer to the hotel

19:00 - Dinner in hotel

7 DAY

8:00 - departure from the hotel

8:30 - arrival at the shooting range

9:00 / 12: 45 - training

13:00 / 13:30 - gala lunch

departure of teams

Course program

1 DAY - Topics

- 1. Introduction
- 2. The shooting stance
- 3. The body position
- 4. The arm & hand positions
- 5. The head position

2 DAY - Topics

- 1. The gun hold positions
- 2. The eye hold positions
- 3. Initial movement to target
- 4. Transition phase of movement
- 5. Sight Picture
- 6. Triggering

3 DAY - Topics

- 1. Sport science
- 2. Anti doping
- 3. basics of physical training / video lessons
- 4. Post-Shot Actions
- 5. Shooting styles

4 DAY - Topics

- 1. Methodology of approaching and taking shooting position
- 2. Position correction, for trap
- 3. Corrections of the shotgun grip, and proper gun fitting

5 DAY - Topics

- 1. Exercises for developing basic shooting skills
- 2. Work with beginners didactical approach, trap position
- 3. How to determine when to move to the target

6 DAY - Topics

- 1. Good and bad components of different styles
- 2. Shooting in different weather conditions
- 3. Corrections of the most common mistakes

7 DAY - Topics

- 1. Tactics in shooting
- 2. Shooting diary
- 3. Ammo testing

Budget

content	price
payment to the lecturer (Rustam Yambulatov) 1. for studying 2. accommodation and meals 3. travel expenses (both ways)	1. 150\$ (per day) 2. 150\$ (per day) 3. 200\$
accommodation and meals for coaches and athletes	150\$ (per day)
ammunition - 25 shot	19\$
series \ targets - 25 targets	FREE