



**ASIAN SHOOTING
CONFEDERATION**

ASC/ ISSF

Online D Coaches Course
RIFLE SHOOTING

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ISSF "A" JUDGE & JURY
ISSF "C" COACHES LICENCE
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1. INTRODUCTION

The new D course Rifle is an online course of the ASC /ISSF Academy. The D course Rifle focused on the shooting techniques in different rifle disciplines oriented mainly on the rifle technique and position. The basis of the course is to deliver a fundamental understanding of the basics of shooting technique. The main goal of the course is to show the development of a structured coaching technique that allows the coach to add to their knowledge and experience over time. The new D course Rifle is an online course of the ASC /ISSF Academy. D course covered all the main technical areas in Standing position explained on Air Rifle and introductions to the Prone and Kneeling position and other competence areas of a shooting coach. These topics included:

- Safety, Anti-Doping, History
- Technique Air Rifle and Standing
- Introduction in Prone
- Introduction in Kneeling
- Introduction to coaching and sport training
- Introduction to sport psychology and mental training
- Introduction to anatomy, physiology and physical training
- Introduction to the sporting pedagogy
- Ballistic, Wheatear conditions

After the D course, you as coach can go to the practical work of a shooting coach. Only daily practice will transfer theoretical knowledge to real skills. Questions will arise along the way. It is very useful that the course created a supportive network of professionals and friends.

Today, modern professional coach is required to make training and competition plans for their athletes and to manage the logistics involved. They are also responsible for the development of annual training plans to guide their athletes as they improve their skills. During the course the principles of planning and periodization are explained and how it can be used to structure more effective training for athletes.

It takes seriously the needs of our sport and its athletes to have access to a wide base of coaches at every level from club to the Olympic games. This will be available to match the level of experience and competence of each coach to ensure that an athlete and federation can have confidence in their coaches and their ability. A coach who holds this has been through a comprehensive set of examinations and extensive course work to prepare them as component and professional coaches to work with our member association . Coaches passed through a structured course that in turn teaches the course to operate and conduct their coaching work in a structured and athlete centered way. This philosophy is central to being a certified coach and leads to a better experience for both the coach and the athlete.

2. HISTORY OF ASC SHOOTING SPORTS

The idea of forming the Asian Shooting body was proposed in 1954 during the second Asian Games in Manila. This was fully supported in principle by the members of the Asian countries at the 18th Olympic Games held in Tokyo in 1964.

The Asian Shooting Union was formed by 17 delegates from 12 Asian countries during the 5th Asian Games held in Bangkok on December 1966. The first General Assembly meeting was attended by eight member nations held on July 20, 1967, at the Tokorozawa Ranges near Tokyo, Japan.

It was first known as the Pan Asian Shooting Union. Then in 1967, the members decided to rename it to Asian Shooting Federation (ASF), then later changed it to Asian Shooting Confederation as advised by the U.I.T., and now ISSF.

Since then, ASC has traditionally been held at the domicile of its President's nation. The Confederation conducts its affairs through the following bodies:

- The General Assembly
- The Executive Committee
- The Technical and Judges Committee
- The Medical and Anti-Doping Committee

With the election of H.E. Sheikh Salman Al Sabah as the President of Asian Shooting Confederation in 2004, the headquarters was permanently moved to Kuwait.

H.E. Sheikh Salman Al Sabah chaired the first Executive Committee Meeting as the President on February 16th, 2004 in Kuala Lumpur, Malaysia. It was decided in the meeting to:

1. Open ASC home page (www.asia-shooting.org), to enable ASC member countries to have faster access for ASC shooting calendar and other useful information.
2. Organize annual Air Gun competitions in different Asian regions, especially in Central Asian countries.

The First Asian Air gun Championship was held on September 2005 in Bangkok, Thailand. Whereas the First Asian Shotgun Championship was held on November 2011 in Kuala Lumpur Malaysia. Since then, the Asian Air gun and Shotgun Championships are being held annually, and the Asian Shooting Championships Are being held every four years.

ASC also started organizing Youth Training Camps in the year 2009. The First Asian Youth Training Camp was held in Air Rifle discipline on August 2009 in Bangkok, Thailand. The Youth Training Camp is an annual event, rotated between different disciplines of shooting sports. This remarkably serves as a great platform for educational, cultural and social exchange purposes, which unites Asia in friendship a

About Tutor

You were guided during the course by **Mr. Deepak Kumar Dubey** from India, who served as the **D Course Instructor**. He is a distinguished shooting coach whose athletes have represented the **Indian Shooting Team** at the **Tokyo Olympic Games 2020**. With vast experience as a coach for the national team, he is dedicated to enhancing the performance of shooters at both the **national** and **international levels**.

Mr. Dubey is an accomplished shooter himself, having won medals at both the **international** and **national levels** in **rifle events**. He holds an **ISSF C-Level Coaching Certification** and has successfully guided his athletes to achieve outstanding results, including **World Championship titles** and numerous medals in **national** and **international competitions**.

In addition, he serves as an **ISSF A Jury Member** in **Rifle and Pistol Events**, an **EST Licence Holder**, and an **ISSF B Jury Member** with a **WSPS Licence**, contributing his expertise to the technical and regulatory aspects of the sport at the highest level.

Since **2019**, he has also been conducting **live online training** through the *Shooting Coach Online* platform, making professional guidance accessible to athletes worldwide.

During this course, your **questions and learning diary** were personally reviewed by **Mr. Deepak Kumar Dubey**, who is fluent in both **English** and **Hindi**, ensuring clear communication and effective learning.

3. ISSF SAFETY RULES

SAFETY IS PARAMOUNT IMPORTANT

6.2 SAFETY

ISSF Rules establish specific safety requirements that must be applied in all ISSF Championships. ISSF Juries and Organizing Committees are responsible for safety.

Necessary and special safety regulations for ranges differ from country to country so additional safety rules may be established by the Organizing Committee. Juries, range officials, team officials and athletes must be advised of any special safety regulations in the competition program.

The safety of athletes, range officials and spectators requires continued and careful attention to gun handling. It is the duty of range officials to enforce gun safety and the duty of athletes and team officials to apply all gun safety and gun handling rules.

The ISSF may refuse to accept the entry of an athlete in a competition if it has substantial information from competent authorities that such an athlete presents a serious threat to the safety of others on a shooting range.

In the interest of safety, a Jury Member or Range Officer may stop shooting at any time. Athletes and team officials must immediately notify Range Officers or Jury Members of any situation that may be dangerous.

An Equipment Control Officer, Range Officer or Jury Member may pick up an athlete's equipment (including a gun) for control without his permission, but in his presence and with his knowledge. However, immediate action must be taken when a matter of safety is involved.

6.2.2 Gun Handling Rules

To ensure safety, all guns must be handled with maximum care at all times. Guns must not be removed from the firing line during training or competition except with the permission of a Range Officer.

Safety flags constructed of fluorescent orange or a similar bright material must be inserted in all rifles, pistols and semi-automatic shotguns at all times except when safety flag removal is authorized by these rules. To demonstrate that air guns are unloaded, safety flags (safety lines) must be long enough to extend through the full length of the barrel. Safety flags for all other guns must have a probe that inserts into the chamber (breech end of barrel) to demonstrate that the chamber is empty. Shotgun actions must be open (broken) to demonstrate that they are unloaded.

- a) Safety flags must be inserted in all guns that are not in gun cases or boxes before athletes are called to the line, when leaving a firing point, after firing is completed and when personnel must go forward of the firing line. In Finals, safety flags may not be removed until Preparation and Sighting Time start.
- b) If a safety flag is not used as required by this rule, a Jury Member must give a WARNING with instructions to insert a safety flag in the gun; and
- c) If the Jury confirms that an athlete refuses to use a safety flag as required by this rule and after being warned, the athlete must be disqualified (DSQ).

While athletes are on their firing points, their guns must always be pointed in safe directions. The action or breech must not be closed until the gun is pointing downrange in a safe direction toward the target area.

When placing a gun down to leave the firing point or when firing is complete, guns must be unloaded with actions (bolt or locking mechanism) open and safety flags inserted. Before leaving a firing point, the athlete must confirm and the Range Officer **must verify** that there is no cartridge or pellet in the gun's chamber, barrel or magazine and a safety flag is inserted.

If the athlete boxes or cases his gun or removes it from the firing point without having it checked by a Range Officer, he may be disqualified if the Jury determines that a significant safety violation is involved.

During firing, the gun may be put down (not held) only after the cartridge and/or magazine are removed and the action is open. Air guns must be made safe by opening the cocking lever or loading port.

When any personnel are forward of the firing line, handling guns is not permitted and safety flags must be inserted. If it is necessary for a Jury member, Range Officer or Technical Officer to go forward of the firing line during training, competition or a Final, this must be authorized and controlled by the Chief Range Officer (CRO) and any movement forward of the firing line may only be permitted after all guns have safety flags inserted.

In the range, when guns are not on the firing points, they must always be in their cases, unless otherwise authorized by a Range Officer.

6.2.4 Additional Safety Requirements

6.2.4.1 Dry Firing is the release of the cocked trigger mechanism of an unloaded cartridge gun or the release of the trigger mechanism of an air or gas gun fitted with a device which enables the trigger to be operated without releasing the propelling charge (air or gas). Dry firing and aiming exercises are permitted only on the firing line or in a designated area in accordance with these rules.

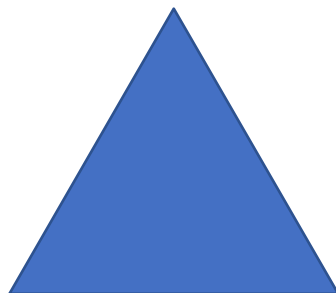
6.2.4.2 It is the athlete's responsibility to ensure that any air or CO₂ cylinder is still within its validity date. This may be checked by Equipment Control.

6.2.5 Hearing Protection All athletes, range officials and other persons in the immediate vicinity of the 25m, 50m and 300m firing lines and all Shotgun ranges are urged to wear ear plugs, ear muffs, or similar ear protection. Notices must be prominently displayed and hearing protection must be available for all persons in the range areas. Hearing protection incorporating any type of sound-enhancing or receiving devices may not be worn by athletes or coaches on the FOP. Competition officials may wear sound-enhancing hearing protection devices or other communication devices on the FOP. Hearing impaired athletes may wear sound-enhancing devices with the approval of the Jury.

6.2.6 Eye Protection All athletes are urged to wear shatterproof shooting glasses or similar eye protection while shooting.

4. CONCEPT OF SHOOTING

(a) Technical



(b) Physical

(c) Psychological

(a) Technical concept in shooting – SHOOTING SKILLS

BASIC FUNDAMENTALS OF RIFLE SHOOTING

These days shooting sports has gained tremendous popularity. Each passing year is increasing the number of participants. These days' people come with prior knowledge about the sport which makes things easier to explain. The introduction of this sports to beginner will follow the same procedure as of for adults. As a new shooter, one must decide what they want to do with this sport. Whether, they want to opt shooting seriously as a competitive sport or simply as a member of any shooting club. Then they have to decide which event they prefer to shoot.

To make things easier and to develop basic shooting skills, we need to focus on following factors:

1. A player's self interest in this sport is required along with commitment.
2. A player must be explained the concept of the sports to determine his inclination towards an event.
3. A player must be introduced with safety rules and importance of its Implementation.
4. A player must be demonstrated safe handling of Air weapons/ firearms and method of operations.
5. Explaining the importance of body conditioning before starting any sport.
 - a. The concept of general fitness
 - b. The concept of Special fitness
 - c. Physical strengthening through cardio vascular fitness to improve Heart functioning, blood circulation and lung capacity.
 - d. Relaxation method of muscles
6. Introduction to sports diet.

7. Explain each and every part of air weapon.
8. Shooting with support on Desk/table followed by live fire shooting on balloons/ bottles explaining the sight picture of particular weapon which gradually moved onto targets.



(Figure: Table shooting in standing position)

9. Introduction of the technique of the Rifle event
 - a. Demonstrating and establishing the ideal stance of Rifle shooting
(using right and left hand, without trouser support for developing the balance feeling)
 - b. Explaining the aiming process on target.



- c. Teaching triggering method.
- d. Helping shooters to perfect their stance by enhancing muscle memory.
- e. Establishing goals which are achievable, also motivate shooter towards improvement.



The prone shooting position is a stable shooting stance where the shooter lies flat on the ground facing the target. The body is aligned behind the rifle, with elbows resting on the ground to provide support. This position minimizes body movement, reduces fatigue, and offers maximum accuracy and steadiness, making it one of the most commonly used positions in rifle shooting competitions.

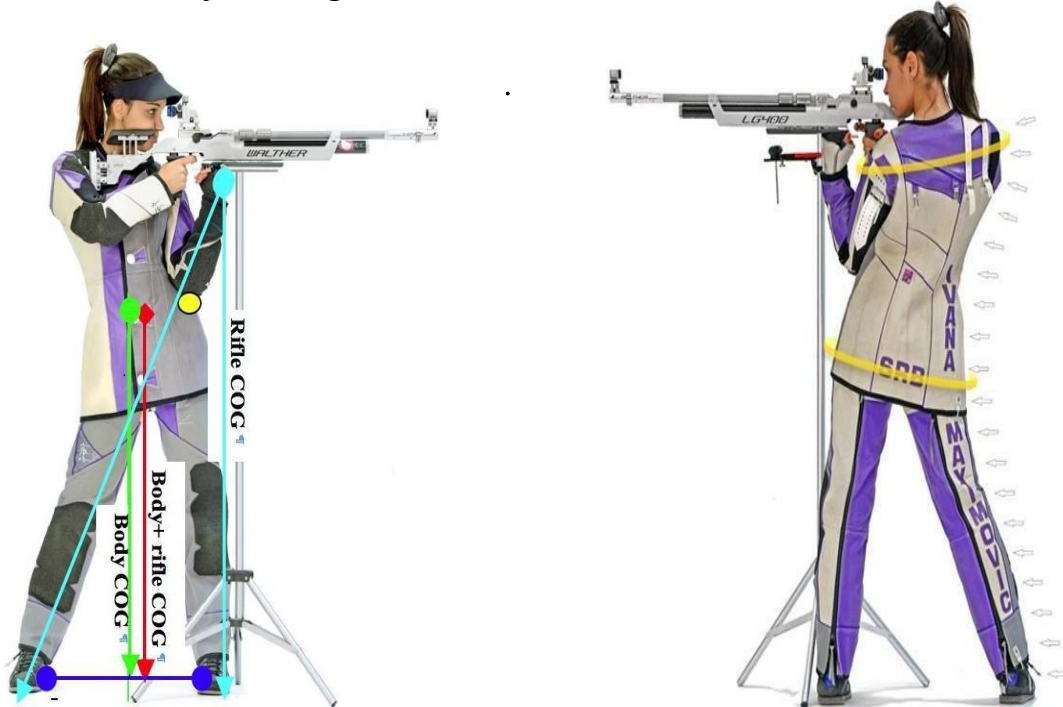


The kneeling shooting position is a balanced stance where the shooter rests on one knee, with the other leg bent to support the elbow of the leading arm. The buttocks usually rest lightly on the heel or a shooting stool. This position provides stability while allowing mobility and is commonly used in rifle shooting events to test control, balance, and accuracy.

OUTER POSITION - STANDING POSITION TECHNIQUES

Standing position requires lot of muscle control to maintain center of gravity, hence making it one of the toughest position in comparison to any other rifle shooting position. It requires a perfect combination of body, reflexes and courage. Adding more, it is also very true to say that the technique of rifle shooter is forever developing. There are various aspects which shooter can adjust according to their body structure. When standing position in Air Rifle and 50 M are compared, minor alteration with the weapon and the position are required.

Characteristics of Standing Position



Basic Principal -- Naturally aligned towards the target

It must be comfortable, enabling a shooter to perform well without giving stress on to the muscles involved.

1. A position must be effective so that there is minimum
 - a. Arc of movement.
 - b. A position must provide maximum stability
 - c. There must be consistency, which can be achieved with regular training to develop muscle memory and shot sequence.



Foot Position

STANCE : To achieve a stance, shooter must align his body with the center line of the target. Feet should be placed shoulder width apart from each other and the body weight may be distributed up to 60% on to left foot and 40% to the right foot. Lower body should be fully stretched and strong.

SUPPORTING COLUMN : The supporting column consist of the left foot, the leg, the pelvis, the left forearm and the hand. When in position , you should clearly notice the weight of the rifle travelling directly through this line and down into the ground.

KNEE: It should be pulled inwards. It will help in controlling forward and backward sway of the body. The right knee is gently fold back, free variation in the rotation of the right foot allowing the tension in the area of the knee – cap to be organized

HIPS : Hips are pushed towards target causing them to tilt, but they stay in the line with the target. If hips are not aligned, they can lead to imbalance further causing extreme sway in the body.

LEFT ELBOW: Placing of left elbow plays an important role in balancing rifle weight as this is the hand that supports most of the rifle weight. A shooter must find a secure place for his left elbow upon his upper part of the pelvis with support of abdomen muscles. It is the key element for the distribution of tension and orientation of the upper body. It is important to secure a point of contact with the crest of the hip, allowing the support arm to be absolutely relaxed. Balance and zero point can be regulated by tiny changes to the point of contact.

PELVIS : The pelvis is pushed towards the target, as a result of the crest of the hip lifts and the left leg receive more loading. This forward thrust takes place against the crest of the hip, allowing the support arm to be absolutely relaxed. Balance and zero point can be regulated by tiny changes to the point of contact.

LEFT WRIST : The left wrist is upright and is without active tension. The hand as a fist holds the right. Shooters with long arm, hold the stock in various ways between the fingers or in the flat of the hand.

LEFT ARM : Left arm supports rifle weight hence helps maintain balance. This arm must be completely relaxed and fixed in one place . This is one of the most important things in a standing position, because it is directly proportional to the movement of the rifle during aiming.

LEFT PALM : Shooter uses various hand positions (fist/palm/support of thumb and fingers) to achieve the height required to get to the center of the target. Further its placement near to the trigger guard or away can also help in finding the center. Wrist must be locked. Selecting the support point of the left palm is what determines whether the rifle will aim well at the target vertically.

RIGHT ARM : Distance between grip and butt plate is determined by length of right arm. This distance should be set to get strong contact with the shoulder.

RIGHT HAND : Right hand holds the grip of rifle and also presses trigger. Grip should be held firmly but not too tight. It should allow trigger finger to move in controlled manner.

UPPER BODY : The upper body is leaned back and the shoulders are angled towards target. The muscles are consciously relaxed by breathing with the stomach.

HEAD Position : Like in all other positions head position is very important. Especially in standing it helps maintain balance of the position. Consistency of sight picture depends on correct head position.

TRUNK : The position of the trunk has a very specific shape, as the letter “S”. due to the hips leaning towards the target, the upper part of the trunk leans backwards to ensure balance, which causes the S position of spine . hips are also slightly pushed forward from the stomach and pelvis rotates around its axis going upwards which leads to the posture of the upper part of the trunk downwards.

SHOULDERS : They are in the direction of the target line, it is desirable if both shoulders are at the same height, but is acceptable if the left side is a little lower than the right one. The rifle is parallel against them, the left side must be completely relaxed, while the right shoulder can experience mild tension that arises because of the solid grip of the right hand and length of the butt plate that provides firmness in holding the rifle.



RIGHT SHOULDER: It is the second support point of the rifle and body. Butt plate should be in right shoulder where it gets maximum contact and support. The right shoulder is relaxed and dropped. Firm contact of the butt plate, near to the joint of the upper arm.

LEFT SHOULDER : The left shoulder is dropped. The arm rest with slight pressure against the rib cage. The elbow is the only real contact point.

LEFT WRIST : The left wrist is upright and is without active tension. The hand as a fist holds the right. Shooters with long arm, hold the stock in various ways between the fingers or in the flat of the hand.

LEFT FOREARM : The left forearm is all most vertical. Muscle tension in the whole arm and hand are minimal.

HEAD POSITION : The head is placed with the chick bone against the butt and the neck is relaxed and eyes straight through the read sight aperture.

MODIFICATION FOR DIFFERENT BODY STRUCTURE

Inner Body Position -

Tall and lean shooters need to work a lot on their standing positions. Tall shooters need to increase the distance between their feet to provide ground support for their tall bodies. Stock length and trigger placement also has to be adjusted carefully. Certain accessories like fire end raiser, sight raiser block etc. can be used to get comfortable position.

Introduction to the Basic Elements of Air Rifle

If we want to be successful in Rifle shooting we need to know what is important and relevant in Rifle Shooting.

Air Rifle shooting demands the right technique in the most comfortable and correct position. Every individual have different body structure, so stance/ position may vary shooter to shooter. There are guidelines on Air Rifle Shooting stance and are being practiced since long, but there are various aspects which shooter can adjust according to their body structure and its requirements to get the most stable stance.

Demands of Position

1. **Comfortable** : A stance must be natural and comfortable so that the shooter perform well without giving strain to any of the muscle involved throughout the shooting event.
2. **Effective** : Position must be effective so that there is minimum movement, better performance with minimum loss of energy.
3. **Stability** : The stance must provide for the greatest degree of equilibrium and stability to the shooters body with the least possible strain on the shooter's muscular system and the smallest possible movement of any part of the body.
4. **Natural Alignment** : Position must be naturally aligned towards the target.
5. **Consistency** : Shooter must practice his stance and position so that he becomes familiar with it and he should be able to follow the similar shot sequence for each shot.

SHOOTING TECHNIQUES

Rifle shooting consists of various factors which include perfect coordination of mind and body. Again there are two major factors which leads to perfect shot is building of the position and the finding the zero point of the body. Then breadth control, aiming, and trigger control are equally important for better results. Building a stable position and an optimal orientation to the target center forms the basis for good shooting performance.

It is most important that the sequence of actions does not just happen by accident, but that a routine has been constructed which standardizes the process of firing a perfect shot. In shooting position ,a perfect shot sequence is of almost importance, which can be described as under:

1. Settle down with the weapon – Pause
2. Checking the inner position and sway- Adjust
3. Adjust Head to cheek piece
4. Sight relationship – Adjust
5. Again check the inner position – Relax
6. Getting ready to fire – First pull
7. Aim – First trigger pull continues
8. Wait for settled phase - Go back to the start if it is too late to achieve this phase.
9. Release the shot
10. Follow Through

Major Elements of shooting techniques

1. **Hold** : Ability to keep the rifle steady
2. **Aiming** : To aim correctly on the target
3. **Trigger Control** : To squeeze the trigger sequence
4. **Breathing**: Control in Breathing Sequence



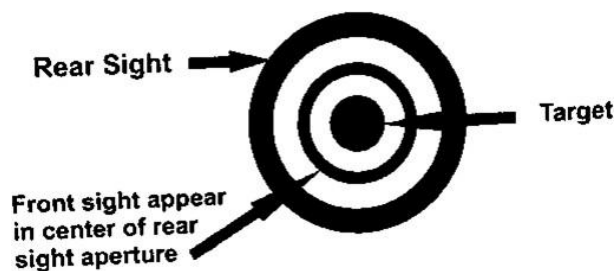
Above factors are inter related to result into a perfect shot.

HOLD : To improve the hold, we need to work our outer position to get a balanced, relaxed and bio – mechanically correct position 70% of the score is based on the holding skill. Holding makes the ground for good shooting and it can be developed during training following various schedules.

AIMING : It has been observed that often shooters are not aiming in the center of the target because of the few reason.

1. Process to approach the center of the target is not correct.
2. Sight alignment is not correct. Sight alignment means the relationship of the rear sight. Sometimes front sight is not in the middle when we see through the rear sight

Correct Sight Alignment

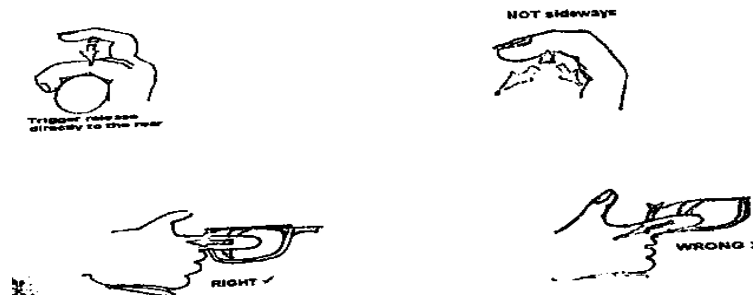


Elements in the Aiming process are back sight, Front sight, Aiming mark and above all the eye

TRIGGER CONTROL

The trigger release should be controlled and quite slow at first, with the trigger finger movement exerted in a direct rearward direction.

A trigger should not be pulled sideways. As illustrated below :



The trigger must exert equal & consistent pressure exerted on the grip of the rifle. It is important that this grip be placed consistently every time, with exactly same amount of pressure. The trigger should be pulled straight back as much as illustrated.

BREATHING

Breathing should be released and normal as shooter established a sight picture. Then, they should inhale and exhale deeply, take another deep inhale , exhale normally , and completely release their chest muscles and hold their breath. After the shot, a small exhale is followed by normal breathing and the cycle is repeated.

During the final sighting process it is good to breathe, because breathing is connected with rhythmical movements of thorax, abdomen, shoulder system and is resulting with weapon movements that are negatively influencing on steadiness. Therefore it is recommended to make certain breathing stops during firing the shoot.

It is necessary to recognize breathing as physiological process that is permanently happening in the organism, and is connected with the blood flow, distribution of the oxygen and carbon dioxide, metabolism and complex reaction in the central nervous system. All these processes have an important role in micro, as well macro cycles during shooting. Wrong breathing technique can and will negatively influence the general condition of the shooter and will result in a bad shooting result.

A normal breathing person is making 12-15 breathing cycles in the minute. That means that one cycle (Inhaling, exhaling and breathing pause) lasts 4-5 seconds. Interesting part from a shooters point of view is that we can, without any special efforts, extend the breathing pause from above 12-15 seconds that too without any serious physiological problems. This time is more than enough to execute a correct shoot.

Anyway to prevent fatigue and side effects during long competition and many times disturbed normal breathing process it is necessary to advise shooter not to make breathing pause longer that 7 seconds. Before next shoot process it is necessary to take few deep breaths in order release remaining quantity of carbon-dioxide and take necessary quantity of oxygen. This technique should be applied during all shooting exercise/match. Breathing technique is strictly individual process and has to be developed by personal experience. Any technique that is providing shooter with necessary flow of oxygen is correct nature.

Let's not forget that breathing is one of the first automatic reflexes that everyone of us is born with. How posture and Breathing affect movement. Breathing from your chest relies on secondary muscles around your neck and collarbone instead of your diaphragm.

Tight accessory muscles around the chest cause a rounded shoulder and forward head posture. This weakens the back by inhibiting muscles that help maintain an upright posture, including the;

- Latissimus dorsi
- Biceps tendon
- Posterior deltoid
- Supraspinatus
- Infraspinatus

Research has shown that people with ongoing mild – to- moderate neck pain or score, stiff neck muscles have problems using the lungs and respiratory system to their full capacity.

Reinforcing Proper Breathing Patterns

A slow, steady breathing pattern enhances core stability, helps improve tolerance to high- intensity exercise, and reduces the risk of muscle fatigue and injury. Taking balanced, equal breaths should be your goal.



A good way to practice balanced breathing is to take a deep inhale, count to four, and then release a deep exhale to the same count.

If you're unsure of whether you're a shallow breather, place your palm against your abdomen beneath your rib cage and exhale. Take a deep breath and follow the movement of your hand. If your hand moves as your abdomen expands, you're breathing correctly.

If your hand only moves slightly but your shoulders elevate, you may want to consider elevating, you may want to consider practicing breathing exercises to strengthen your muscles and reinforce proper breathing patterns.

Performing deep breathing exercises along with general fitness training can increase the strength of the respiratory muscles. Breathing techniques such as roll breathing can also be used to develop full use of the lungs while controlling the rhythm of respiration.

If you have a neuromuscular disorder, lung disease, or injuries from trauma, you may want to purchase a breathing exercise machine to increase lung volume and encourage deep breathing.

PULLING THE TRIGGER

Trigger finger must be free of any contact with grip; otherwise every movement during triggering will result in movements of the weapons which again will result with bad precision.

1. First joint of the triggering finger is placed with its most sensitive part; center of the finger prints, on the middle part of the “trigger shoe”.
2. When triggering begins pressure must be exerted parallel with the barrel axis.

Once started the procedure should be with slowly, softly, consistent pressure, so that the shot is coming as a surprise.

It is absolutely “forbidden” to have any hesitation in the triggering action or rapid, violent movements with the trigger finger, otherwise it will influent negatively on precision.

COORDINATION BETWEEN TRIGGERING AND AIMING

Technique of pulling the trigger during sighting is the most sensitive and most important part in successful pistol shooting.

Theoretically, the technique is very simple, but in reality there are difficulties. Therefore, correct explanation and correct training are of essential importance.

Air trigger mechanism is a mechanism with accelerator. It means that there are three stages. “First Pull” until trigger stop. Trigger Stop and “Second Pull”.

Coordination between TRIGGERING AND SIGHTING

There are two major sighting techniques.

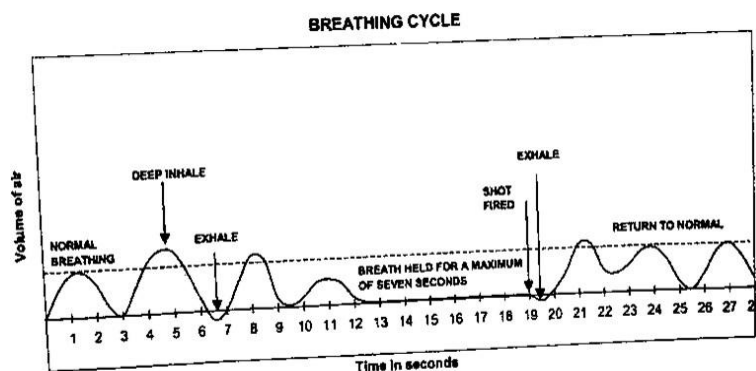
01 Upper Technique (U.T.)

02 Lower Technique (L.T.)

Upper Technique – In this technique sighting elements is lifted up to the final sighting area

Lower Technique – In this technique sighting element is lifted up to the final sighting area.

In the Lower Technique it is closer to the final area and pistol should be brought just a little bit higher to the final sighting area.



FINDING THE FINAL AREA SIGHTING AREA

The moment when trigger stop is reached

1. Eyes are mainly focused on the front sight.
2. Continue pulling the “second pull”, ignoring slight movements of the pistol, until the shot is delivered surprisingly.
3. Hold the trigger in the “back position” and
4. Keep “follow through” for 2-3 seconds

On the way all possible conditions for a “perfect shoot” are recognized

FOLLOW THROUGH

It is also important to keep concentrating on the sight alignment not only till the trigger is released, (activated), but sometimes after that, as it is only somewhat later that the pellet/ projectile actually leaves the barrel of rifle. To keep concentrating on the sights longer, to keep them

in shape focus and aligned with each other even as the gun recoils, (as well as maintaining the same degree of muscle tension, grip strength and character and even the trigger pressure is called the “ FOLLOW THROUGH” for obvious reasons.

This is one of the most important elements of our shooting techniques. If you think you could see the sights at the moments of firing but the “called” shot is not where you thought it should be, the chances are that you were not following through. If you think that you did, then you did not follow through for LONG ENOUGH.

Thinking about or trying to follow though AFTER the shot fired is too LATE. Follow through is in fact the CONTINUATION of all the actions we do while holding and firing a shot.

(b) Physical Concept in Shooting –

YOGA: The word yoga has its roots in the Sanskrit language and means to merge, join or unite. Yoga is a form of exercise based on the belief that the body and breath are intimately connected with the mind. By controlling the breath and holding the body in steady poses, or asanas, yoga creates harmony. Yoga is a means of balancing and harmonizing the body, mind and emotions and is a tool that allows us to withdraw from the chaos of the world and find a quiet space within. To achieve this, yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy, vibrant and balanced approach to living.

Meaning of **Yoga**

- Contentment
- Self-Control
- Self-Study
- Devotion
- Asana (Through the practice of asana we develop the habit of discipline and the ability to concentrate and gentle stretching and movements that increase flexibility and help correct bad posture)



Pranayama

This pranayama is done in one of the meditative posture.

Procedure: Sit down in any meditative posture keeping the spine straight, join the middle and ring fingers of the right hand. Feel by deep breathing about the nostril which is more active. Use thumb and joined fingers of right hand to block the nostrils alternately. Hold the breath for desired time duration by blocking both nostrils

Benefits: Purify all the nerves inside the body and purify the blood, improves eye sight, concentration and memory.

Breathing: Pattern can affect the spine in various ways such As movement of the ribs and changes in pressure within the chest and Abdomen. Exhaling can help relax- muscles.



Padmasana

This is the main asana for yoga. This posture may be felt a little difficult by some beginners but when practiced for sometimes, it becomes easier.

Procedure : Sit down with elongated legs. Bend one of the legs from the knee joint and keep this leg on the other leg thigh in such a way that the heel of this leg touches the abdomen near the navel. Same way bend the other leg from knee joint and keep this leg on the other leg thigh. The knees of both legs should touch the mat. Now keep both hands over the knees hanging loosely. Spine should be kept straight.

Benefits : Improved eye sight, digestion. memory power and concentration and beneficial for leg joints and spinal cord and spine as well.

Asanas beneficial for shooting sports :

1. Surya Namaskar
2. Shavasana
3. Bhujangasana
4. Dhanurasana
5. Dhruvasana
6. Tadasana



Yoga strives to increase self awareness on both physical and psychological level.

EXERCISE: Breathing

Why should we talk about breathing?

Why should we take 10 minutes out of our session time just to practice breathing?

Why put effort into something that happens automatically through our autonomous system?

Because, in a competition there are two things that happens;

1. The heart rate increases
2. The breathing becomes irregular and fast.

For this reason we should practice slow and deep breathing!

Start the training session with breathing exercises, since breathing is a tool that can be used to regain body and mind balance. It can reduce blood pressure and slow down our breath and heart rate. Exactly what most shooters want to achieve during practice and match situations.

In other words, breathing exercises help you take control of your nervous system. Just a short breathing exercise can help you achieve more mental and physical stability!

Be the best in intentional breathwork!

Develop more focus and calmness.

Improve your score!

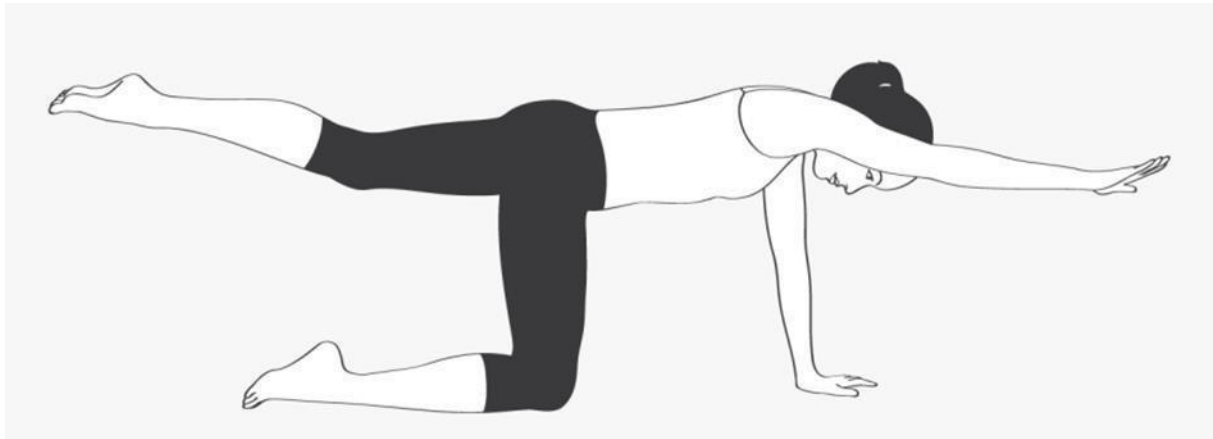
Exercise:

At home or before your next session, spend some time working on your breath and your thought control.

Find a quiet place. Sit in a comfortable chair or on the floor. Rest your hands. Breathe in through your nose, filling your lower stomach first. Breath out slowly through your mouth. Do not raise shoulders when breathing! Continue more than 20 times and you should feel relaxed and calm.

Stability And Core Strengthening Exercises

-





(c) Psychological Concept In Shooting-

"Preparing to compete successfully"

Sport psychology is the broader field that studies how athlete's mind and emotions operate in sports. Whereas Mental training is a part of it which prepares the mind of shooter for the demands of practice and competition.

All the sports have four training modules i.e. Physical training, Technical Training, Tactical Training & Mental Training. The idea of mental training is essentially the same as of physical training. Physical training focuses on teaching the body for proper execution of skills whereas Mental Training helps specifically to get break through the mental barriers those are keeping a shooter away from performing up to their peak potential. It provides number of strategies and techniques which may increase focus and concentration resulting in enhanced performance.

The 4C's are considered the main mental qualities that are important for successful performance

- Concentration - ability to maintain focus
- Confidence - believe in one's abilities
- Control - ability to maintain emotional control regardless of distraction
- Commitment - ability to continue working to agreed goals

Before drafting a mental training module, coaches should know the aspects of Mental Training.

Main basic tools and skill of Mental Training:

➤ ***Mental tools***

- **Goal setting**

- Imagery
- Relaxation
- Positive Self talk

➤ ***Mental Skills***

a Motivation

➤ **Energy management**

- Stress management
- Self-Confidence

MENTAL TOOLS

- **GOAL SETTING**

A GOAL WITHOUT PAPER AND TIME IS A DREAM. The purpose of the goal is to focus on the attention of the shooter. Setting up goals whether long or short gives the shooter a direction and would enable them to recognise their success and achievement more regularly and consequently which result in increasing their motivation to achieve their next goal.

Martens (1987) identified six benefits of goal setting:

1. Goals improve performance;
2. Goals improve the quality of practice session;
3. Goals increase pride, satisfaction and self confidence;
4. Goals help relieve boredom by making training more challenging;
5. Goals clarify expectations; and
6. Goals increase intrinsic motivation to achieve.

Guidelines for setting up Goals

GOALS SHOULD BE "**SMARTER**"

S	SPECIFIC
M	MEASURABLE
A	AGREED
R	REALISTIC
T	TIME TABLED
E	EXCITING/ENJOYABLE
R	RECORDED/RE-EVALUATED

For e.g. a new shooter who came to range with a dream to win a Olympic medal, it will be his Long term goal. Qualifying in a District/ State level championship

will be considered as a short term goal, on achieving that the next will be the All India Level and so on. Success in short term goal shall boost the shooter's morale and he will work hard on achieving the next goal and ultimately the final long term goal.

5. ISSF GENERAL REGULATIONS

3.5 RANGES AND OTHER FACILITIES

The following minimum range installations are required:

	World Championships	Olympic Games	World Cup	Final Range
10m Air Rifle and Pistol	80	60	60	10

Note: The ISSF recommends that for World Cups the number of targets/ranges specified for World Championships should be available including a separate Finals Range.

- The area used by shooters on rifle and pistol ranges must be protected from sun, wind and rain.
- Air gun ranges must be installed indoors.
- Electronic target systems, of makes and models approved by the ISSF, must be used for Pistol and Rifle Qualification and Finals of the Olympic Games and for Finals in ISSF World Cups and World Championships

The following facilities must be provided on or near the shooting ranges:

- Shelters against sun, wind and rain for shooters and officials;
- Team rooms where the shooters can relax, change clothes etc;
- Meeting rooms for use by ISSF officials, Committees and Juries;
- Rooms for offices, target scoring, production of results and storage of targets and related material, etc
- A Main Scoreboard for the posting of official results;
- An armoury;
- A suitable place for arms and equipment control;
- A gunsmith's shop with suitable work benches and vices;
- Appropriate free facilities for firearms and equipment manufacturers to service their products (a fee may be charged for commercial displays);
- A restaurant or facilities for food service and refreshments;
- Toilets and Washroom
- An area for victory ceremonies;
- Facilities for press, radio and television representatives;
- Appropriate medical facilities and facilities for Anti-Doping Control;

6.11.2 Specific Rules for 10m Air Gun Events

If an athlete **releases the propelling charge** prior to the Preparation and Sighting Time he must be given a **WARNING (Yellow Card)** for the first violation and a **DEDUCTION (Green Card)** of two (2) points from the lowest value shot of the first MATCH series for the second and subsequent violations.

Any release of the propelling charge, after MATCH firing starts, without a hit on the target will be scored as a miss. Dry firing without release of the propelling charge is permitted except during Finals.

If an athlete wishes to change, or to fill, a gas or air cylinder, he must leave the firing point to do so, after obtaining permission from the Range Officer. No extra time is allowed to change or fill a gas or air cylinder during a competition.

The gun may only be loaded with one (1) pellet. When a gun is accidentally loaded with more than one (1) pellet:

- a) If the athlete is aware of the situation, he must raise his non-shooting hand to indicate to a Range Officer that he has a problem. A Range Officer must then supervise the unloading of the gun and no penalty will be incurred. No extra time will be allowed for this; or
- b) If the athlete is unaware of the situation and fires two pellets at the same time, he must report this to a Range Officer. If there are two (2) hits on the target, the score of the higher value shot will be counted and the second shot will be annulled. If there is only one (1) hit on the target, this will be counted.

6.11.3 Late Arrival By Athlete

If an athlete **arrives late** for a competition, he may participate but will not be given any extra time. If an athlete arrives after the Preparation and Sighting Time, no additional sighting time will be given. When it can be proven that an athlete's late arrival was due to circumstances beyond his control, the Jury must grant extra time, including time for Preparation and Sighting if this does not delay the start of the Final or disrupt the overall shooting program. In this case the Jury will determine when and on which firing point the late athlete may start.

6.11.4 Irregular Shots -- Too Many Shots in an Event or Position

If an athlete in a 10m, 50m or 300m event fires more shots in the event or position than are provided for in the program, the extra shot(s) must be annulled on the last competition target(s). If the shot(s) cannot be identified, the highest value shot(s) must be annulled on the last competition target. The athlete must also be penalized by a deduction of two (2) points for each excessive shot fired, deducted from the lowest value shot(s) in the first series.

6.11.5 Crossfires

6.11.5.1 Crossfires of competition shots must be scored as misses.

6.11.5.2 If an athlete crossfires a sighting shot on the sighting target of another athlete no penalty is incurred.

6.11.5.3 If an athlete crossfires a sighting shot on the MATCH target of another athlete, he must be penalized by the deduction of two (2) points from his own score deducted from the first series.

A. ISSF DRESS CODE

A Rule Interpretation Regarding Shooter's Clothing

ISSF Rule 6.7.5 *"It is the responsibility of athletes, coaches and officials to appear on the range dressed in a manner appropriate for a public sports event. Clothing worn by athletes and officials must comply with the ISSF Dress Code."*

All sports are concerned with the image they present to the public and media. Olympic sports, in particular, are judged by whether their competitors look like athletes and their officials appear professional. Shooting's ability to grow as a sport and its future status in the Olympic movement may be affected by how its athletes and officials appear to the public and media.

Recent evaluations made by ISSF leaders in cooperation with IOC and media officials have identified concerns regarding certain clothing worn by shooters during competitions and award ceremonies. Of special concern are blue jeans and ragged cut-off shorts worn by pistol and shotgun shooters during qualification and final round competitions. There have also been cases of clothing worn during award ceremonies that clearly does not represent the sport of shooting.

B. CLOTHING REGULATIONS

In order to address this situation and achieve positive change, the ISSF Executive Committee provides the following guidelines regarding how Rule 6.20.2 will be interpreted and enforced.

1. All clothing worn by competitors in training, elimination, qualification and final round competitions and in award ceremonies must be clothing that is appropriate for wear by athletes in international-class competition. All clothing must convey positive images of shooting athletes as competitors in an Olympic sport.
2. During award or other ceremonies, athletes are required to be dressed in their official national uniform or national tracksuits (tops and bottoms of training or warm-up uniforms including sport shoes). For teams, all members of the team must wear the same national uniforms.
3. Pistol competitors must comply with Pistol Clothing Regulations described in Rule.
4. Rifle competitors must wear shooting jackets and trousers that comply with Rifle Clothing Regulations described in Rule
5. The intention of ISSF pistol and shotgun clothing rules is that shooters in competitions must wear sports-type clothing that incorporates or displays national, NOC or NF colours and emblems. Appropriate clothing for wear during competitions includes training suits, tracksuits or warm-up uniforms, etc. as issued by national federations or NOCs,
6. Prohibited clothing items for competitions and award ceremonies include blue jeans, jeans or similar trousers in non-sporting colours, camouflage clothing, sleeveless T-shirts, shorts that are too short, ragged cut-off shorts, all types of sandals, trousers with patches or holes as well as shirts or trousers with non-sporting or inappropriate messages (See **Rule 6.10.1**).
7. Changing clothing must be done in designated areas and not on the field of play.

8. All clothing must comply with ISSF Eligibility and Sponsorship Rules regarding the display of manufacturer and sponsor marks.

9. In principle the ISSF Dress Code applies to ISSF Jury Members and National Technical Officials including Range Officers and Shotgun Referees. These officials may not wear any prohibited clothing items and must wear officials' uniforms or other appropriate clothing during all competition.

ENFORCEMENT PROCEDURES

ISSF Equipment Control, Shotgun, Pistol and Rifle Juries are responsible for enforcing ISSF Clothing Regulations and this interpretation of ISSF Clothing Regulations.

During World Cups, ISSF Juries will issue verbal warnings regarding violations. Juries will maintain a record of all warnings issued, noting the shooter's name, national federation and specific violation. ISSF Technical Delegates will forward this information to ISSF Headquarters. ISSF Headquarters will request National Federations with many athletes that receive warnings to assist in correcting these violations.

Beginning with the World Shooting Championship, ISSF Juries will issue written warnings with requests to correct clothing violations for first violations. Athletes who receive written warnings and who do not correct clothing violations (change clothing) will be disqualified. Juries will normally give warnings during equipment inspection training. Juries may allow a competitor to complete a pre-event training series or stage (shotgun or 25m pistol) before changing if sufficient time to change is not available. No athlete will be permitted to participate in a qualification or final round competition while wearing inappropriate or prohibited clothing.

9.13.1 *Clothing Regulations (Athletes)*

- a) Sports trousers, training (athletic warmup) trousers and jackets, for men and women and similar sports blouses, skirts/dresses for women are allowed. Blue jeans, jeans or similar trousers are prohibited;
- b) Open toe or open heeled shoes, sandals or any other similar footwear are not allowed;
- c) Shorts or skirts with the bottom of the leg not more than 15 cm above the center of the knee cap are allowed; Shirts, T-shirts and similar garments with sleeves less than 10 cm in length or without sleeves are not allowed; and Clothing made of camouflage material is prohibited.

6.3.8 *Shooting Distances*

Shooting distances must be measured from the firing line to the target face. If pit operated targets are used the distance must be measured to the face of the front target, which must always be the competition target.

Shooting distances must be as exact as possible, subject to the following allowable variations.

10 m range +/-0.05m

The firing line must be clearly marked. The range distance must be measured from the target line to the edge of the firing line nearest to the shooter. The

use of a board as a firing line is not permitted. The competitor's foot or, in the prone position the competitor's elbow may not be placed on or in front of the firing line.

6.3.9 Height of Target Center (Center of the Ten Ring)

The center of the targets must be within the following heights when measured from the level of the floor of the firing point:

Standard Height	Variation Allowable	
10 m ranges	1.40 m	+/- 0.05m

All target centers within a group of targets or range must have the same height (01 cm).

6.3.10 Horizontal Variations for Target Center on 300m, 50m and 10m Rifle and Pistol Range

6.3.10.1 Target center at 300m, 50m, and 10m must be oriented on the center of the corresponding firing point. Horizontal deviations from a center line drawn perpendicular (90 degrees) to the center of the firing point are:

Maximum variation from center in either direction

10m rifle/pistol	0.25m
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6.4.7 General Firing Point Standards for 10m Ranges

The firing point must be constructed so that it does not vibrate or move. From the firing line to approximately 1.2 m rearward, the firing point must be level in all directions. The remainder of the firing point must either be level or may slope to the rear with a few centimeters drop.

6.4.7.1 If shooting is done from tables, the tables must be approximately 2.2 m long and 0.8 m to 1 m wide, firm, stable and removable. Shooting tables may slope to the rear a maximum of 10 cm.

6.4.7.2 The firing point must be equipped with:

- A bench or stand, 0.7 m - 0.8 m high;
- A chair or stool for the shooter;

6.4.10 Range and Firing Point Standards for 10m Ranges

- The firing point must be a minimum of 1 m wide.
- The nearest edge of the bench or stand must be placed 10 cm forward of the 10m Firing line.

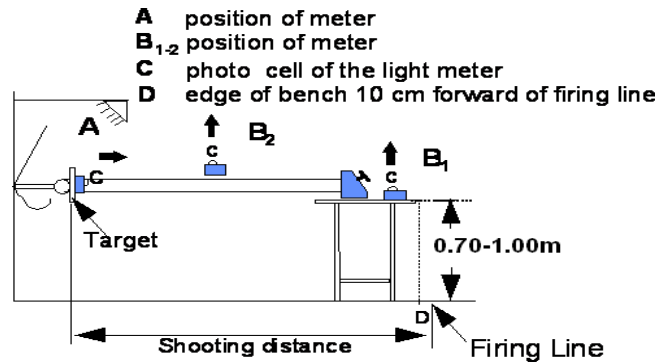
10m ranges must be equipped with electric-mechanical target carriers or changers, or Electronic Scoring Targets.

6.4.14 Indoor Range Light Requirements (Lux)

Indoor Range for	General		Targets	
	Recommended	Minimum	Recommended	Minimum
10m	500	1500	1800	1500

Final Ranges must have minimum general lighting of 500 lux, minimum 1000 lux on the firing line. For new ranges near to 1500 lux on the firing line is recommended.

- 6.4.14.1** All indoor ranges must have artificial illumination providing the necessary amount of light without glare or distracting shadows on the targets or firing points. The background area behind the targets must be a non-reflecting, light even neutral colour.
- 6.4.14.2** Measuring of the target illumination must be done with the measuring device held at the level of the target and pointed toward the firing point.



Measuring general range illumination must be done with the measuring device held at the firing point (B_1) and midway between the firing point and the target line (B_2) with the device directed toward the ceiling illumination

6. EQUIPMENT AND ACCESSORIES

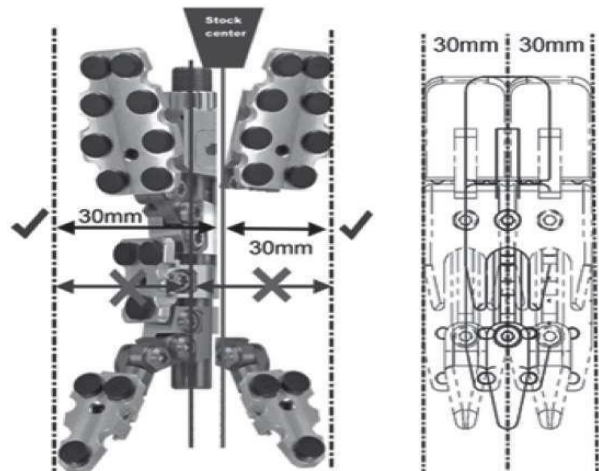
RIFLE (10m / 50m)

- .177 cal. Air Rifle / .22 (5.6) cal. – 50M Rifle
- Jacket
- Trouser
- Shoes
- Blinder
- Gloves
- Cap
- Shooting innerwear
- Case Rear Sight
- Front Sight
- Colour filter
- Stand
- Blinder
- Shooting glasses
- Caps
- Aperture
- Ear plug/ear muffs
- Iris
- Cleaning buds
- Rifle Case
- Kneeling Rolls
- Sling

7.4.2.1

Standards for 10 m Air Rifle.

The butt-plate may be adjustable up or down. The butt-plate may be offset to the right or left of the butt-stock center and/or the butt-plate may be turned on its vertical axis. If a multi-part butt-plate is used, ALL parts of the butt-plate must be offset or turned in the same direction from the butt-stock center. No part of the butt-plate(outer edges) may extend more than 30 mm from the butt stock center-line. The butt-stock center line is a vertical line that is perpendicular to the center-line of the bore.



7.4.1.6

Blinder

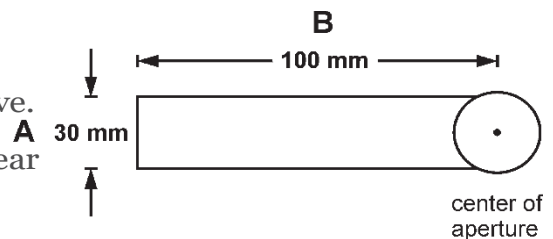
The front or rear sights may have light or tinted lenses or a polarizing filter, but the sights may not have any system of lenses;

A single corrective lens may be attached to the rear sight only; or the athlete may wear corrective.

A blinder may be attached to the rifle or to the rear sight.

A blinder must not be used on the side of the aiming eye.

A prism or mirror device may be used when shooting from the right shoulder while aiming with the left eye.



7.4.2.7

Barrel Weight



Barrel weights within a radius of 30 mm from the center of the barrel are permitted. Barrel weights may be moved along the barrel;

Any devices or weights projecting downward or outward (laterally) from the butt-stock are prohibited;

Any devices or weights projecting forward or laterally from the lower part of the butt-plate are prohibited; A weight may be attached to any part of the rifle, but the weight must be within the fundamental shape of the stock.

Taping of any kind may not be used to attach weights to the rifle.

7.4.4.2 Air Rifle Specification Table

<u>Key</u>	<u>RIFLE FEATURE</u>	<u>Air Rifle</u>
1	Length of front sight Tunnel	50 mm
2	Diameter of front sight tunnel	25 mm
3	Distance from center of the front sight ring or top of post to center of bore	80 mm
4	Depth of fore-end	140 mm
5	Lowest point of pistol grip	160 mm
6	Lowest point of butt -stock between the pistol grip and the butt-plate (does not apply to wooden stocked rifles)	140 mm
7	Depth of curve of butt-plate	20 mm
8	Heel to toe length of butt-plate	153 mm
9	Maximum thickness (breadth) of fore -end	60 mm
10	Maximum distance of cheek-piece from a vertical plane through the center-line of the barrel	40 mm
11	Maximum distance of any part of the pistol grip from a vertical plane through the center-line of barrel	60 mm
12	Offset of the butt-plate as measured from the left or right edge of the butt-plate to butt-stock center (7.4.2.1)	30 mm
13	Trigger weight	Free
14	Weight with sights (and hand stop 300m)	5. 5 kg
15	The front sight must not extend beyond the apparent muzzle of the rifle	Must not extend 850 mm
16	Maximum height of weights behind new sights	60 mm
17	Maximum height of weights between the front and rear sights	30 mm

7.5.2

Clothing Measurement Standards

7.5.2.1

Clothing Thickness Standards Table

Measurement Location	Thickness	Jacket	Trouser	Shoes	Gloves	Underwear
Normal	Single	2.5 mm	2.5 mm	4 mm		2.5 mm
Normal	Double	5.0 mm	5.0 mm			5.0 mm
Normal	Total				12mm	
Reinforcements	Single	10 mm	10 mm			
Reinforcements	Double	20 mm	20 mm			

7.5.4

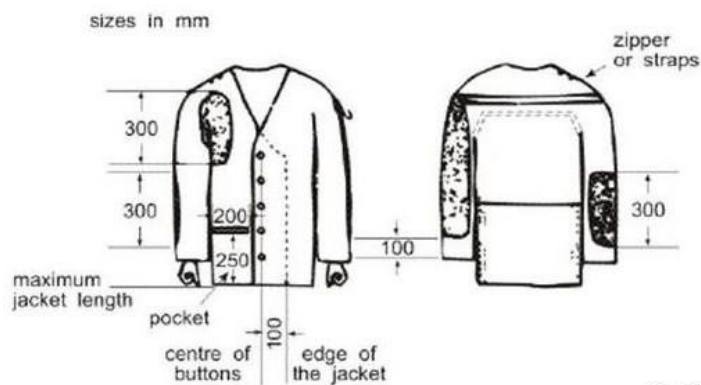
Shooting Jacket

The jacket must not overlap more than 100 mm at the closure .

The jacket must be capable of being overlapped beyond the normal closure by at least 70 mm, measured from the center of the button to the outside edge of the button hole.

A measurement must be made with an-overlap gauge with a tension of 6.0 kg to 8.0 kg.

The area surrounding the button hole is limited to a maximum of 12 mm

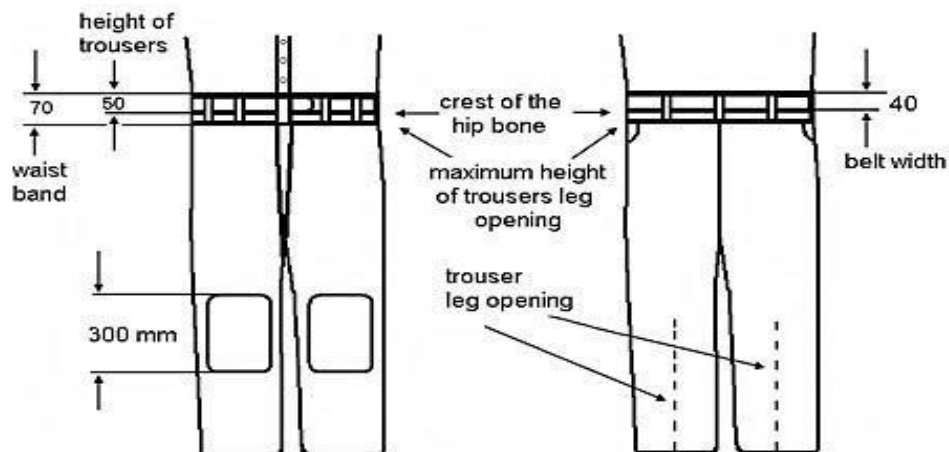


7.5.5

Shooting Trouser

- Thickness - 2.5 mm and 5mm in double thickness .
- All pockets are prohibited only a normal waist belt not more than 40 mm wide and 3 mm thick .
- If the thickness of the waistband exceeds 2.5 mm, a waist belt is not permitted.
- If a waist belt is not worn, the absolute maximum thickness of the waistband is 3.5 mm.
- A Velcro closure combined with any other closure is prohibited. The trousers must be loose around the legs.
- If special shooting trousers are not worn, ordinary trousers are allowed.

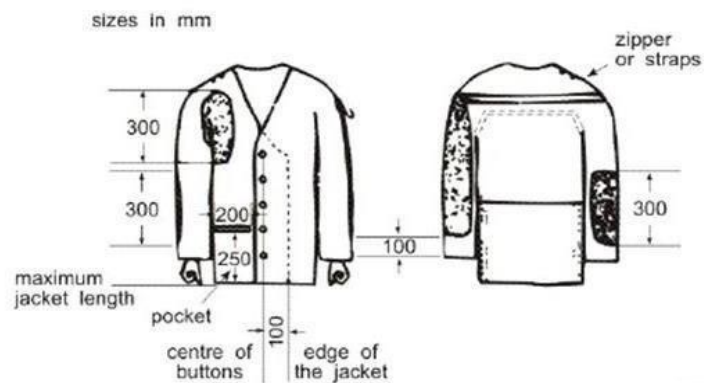
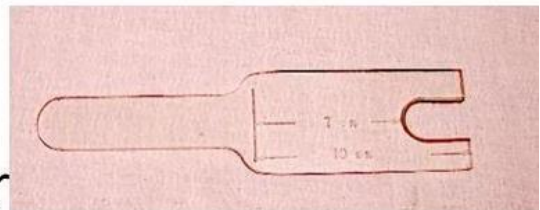
Shooting Trousers must comply with the specifications shown in the drawing:



- 7.5.5.4** Shooting trousers must not be worn in the Rifle Prone events , but they may be worn in the prone stages of Rifle 3-Position events

Undergarments

- Sweat shirts
- Special shooting underwear
- Rules
- Thickness
- Stiffness



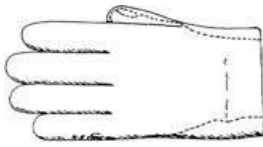
7.5.8.2 Slings

- Maximum sling width is 40 mm. The sling must be worn only on the upper part of the left arm



7.5.6

Shooting Gloves



- Glove total thickness - 12 mm
- The glove must not extend more than 50 mm beyond the wrist .
- Any strap or other closure device at the wrist is prohibited.



7.5.8.8

Visor or Cap

- A cap may not touch the back sight
- The cap may extend forward of the athlete's forehead not more than 80 mm and may not be worn in a way that makes it a side blinder.



7.5.2.2

Stiffness Measurement Standards

- Rifle competition clothing must comply with these stiffness measurement standards :
- If the measuring cylinder is depressed at least 3.0 mm , the material is acceptable;
- If a measurement below 3.0 mm is displayed , the material is too stiff . No measurement below the minimum measurement of 3.0 mm may be approved; and
- Every part of the jacket or trousers must be capable of being measured with the 60 mm measuring cylinder.



7.5.2.3

Shoe Sole Flexibility Standard

The soles of athletes ' shoes must bend at least 22.5 degrees when a force of 15 Newton- Meter is applied to the heel area while the boot or shoe is clamped in the testing device.



- #### 7.7.4 Rifle Events and Qualification Table

Event	Men/ Women	No. of Shots	No. of shots per match	No. of sighting targets	Time: Pit Opera- ted or Tar- get Carriers (when paper tar- gets are used)	Time: Electronic Targets
10m Air Rifle	Men or Women	60	1	4	1 hour, 30 minutes	1 hour,15 minutes
10m Mixed Team	Men & Women	2x40	1	4	1 hour	50 Minutes

Note: The combined Preparation and Sighting Time of 15 minutes must start before the published start time of the event.

COMMITMENT OF A COACH

Developing and producing a training plan is an essential part of the coaches role. It is to the coach that both the shooters and their federation will look to for the expertise and knowledge to do this. The coach must be able to demonstrate this how they will take the shooters from their current level of performance and through a planned sense of activities raise their level of performance.

The organizational aspect of coaching are far and wide and involve the management of your shooting team prior to and during competition. The organizational theme comes in day to day work with your shooters as you work and implement your training sessions as a part of larger overall competition or annual training plan.

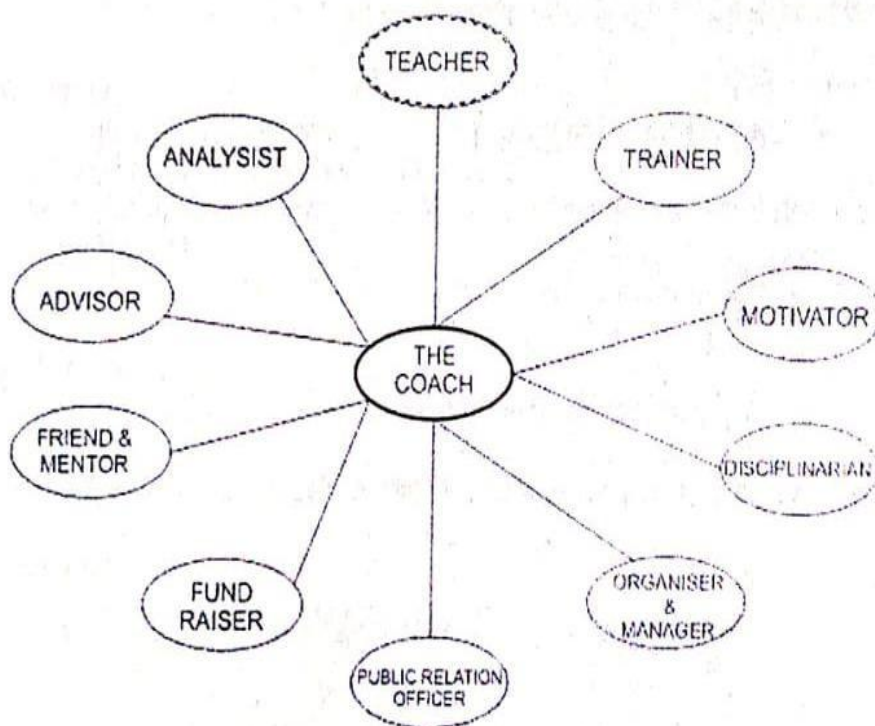
As a coach you have to develop your plan with the knowledge that you will be coordinating all of the activities of your shooters. Any interaction with your shooters by external services such as sports psychologists, medical staff will be coordinated through you as the coach.

So When we make a plan we must arm ourselves with the knowledge and skills necessary to bring together a wide and diverse set of skills and to communicate the plan to the shooters and support staff. Effective communication is a key factor in the success of planning, everyone has to know their role and duties and how they fit into the plan overall.

ROLE OF THE COACH

A coach is a person who plays an important role in the development of Sports and in the career of a sportsperson. A coach *enables the sportsperson to achieve levels of performance to a degree that may not have been possible if left to his/her own endeavours*". They are responsible for the training in the sports by analysing the performance, developing skills and motivating the shooter.

The roles of the coach are many and varied in nature which a coach experience during his coaching career. They have the responsibility to act as an instructor, assessor, friend, mentor, facilitator, demonstrator, adviser, supporter, fact finder, motivator, counsellor, organizer, planner and the Fountain of all Knowledge. In wider term, it is well said that "*the wise coach develops not only the fullest potential in his charges, but also those capacities and habits of mind and body which will enrich their later years*".



A Shooting Coaches must know:

- Safe handling of the weapon
- First aid and risk management
- Zero tolerance for indiscipline in shooting sports
- Vigil eye to supervise the Range and the spectator area

Training Plans

During the training session you need to plan in advance how you are going to follow the periodic training plans. Training plans are designed for the group or for the individual shooters depending upon their level of shooting.

Building Rapport

In building rapport with the shooters, learn and use their names, smile and make eye contact, coach the shooter rather than the sport, show interest in the shooters. A coach must observe and study the individual behaviour and personality of a shooter to be more effective.

Instruction and explanation

In providing Instruction and Explanation you should think about and plan what you are going to say, gain the shooter's attention, keep it simple and to the point and check they understand by asking open questions.

Demonstration

In providing demonstration make sure you are in a position where the shooters can clearly see you, focus on only 1 or 2 key points, repeat the demonstration 2 or 3 times (side, back and front view), ask if they have any questions and check they understand by asking open questions. There are times when it might be more appropriate to use someone else to provide the demonstration.

Observation and Analysis

In observing and analysing, break the action down into phases, focus on one phase at a time, observe the action several times from various angles, compare the action with your technical model and if appropriate determine what corrective action is required.

Role Model

A person who serves as a model in a particular behavioural or social role for another person to emulate. The way you conduct yourself whilst in the presence of your shooters provides an example of how they should behave - what sort of example should we be providing to someone else's children? Perhaps one of the most important roles of a coach.

VALUE OF NUTRIENTS AND FITNESS IN SHOOTING SPORTS

Basic Nutrition For The Athletes:

A diet which suits the specific demands of shooting sports can serve to stabilize the performance levels of the athletes. These contain energy which the body needs to burn in order to subsist and act.

- **Protein** - Necessary to build up muscular mass and tissues and cells(25% Approx)
- **Fats** - Necessary energy supplies and reserves and carrier off soluble vitamins (35% approx)
- **Carbohydrates** - Good for long duration exercise. Low energy carbohydrates (40% - 50%)
- **Vital Elements** - Vitamins :For endurance exercises, athlete needs double vitamins.
- **Minerals** - Water, roughage.

Sources Of Proteins

Fish, Meat and Dairy Products (Milk, Cottage Cheese), Fruits. Soyabeans and Vegetable Grains.

Sources of fats

Fatty Meat, Cheese, Cream. Oil.

Sources of carbohydrates

Vegetables, Fruits, Wheat Products, Rice. Pasta and Potatoes.

GUIDELINES FOR NUTRITION

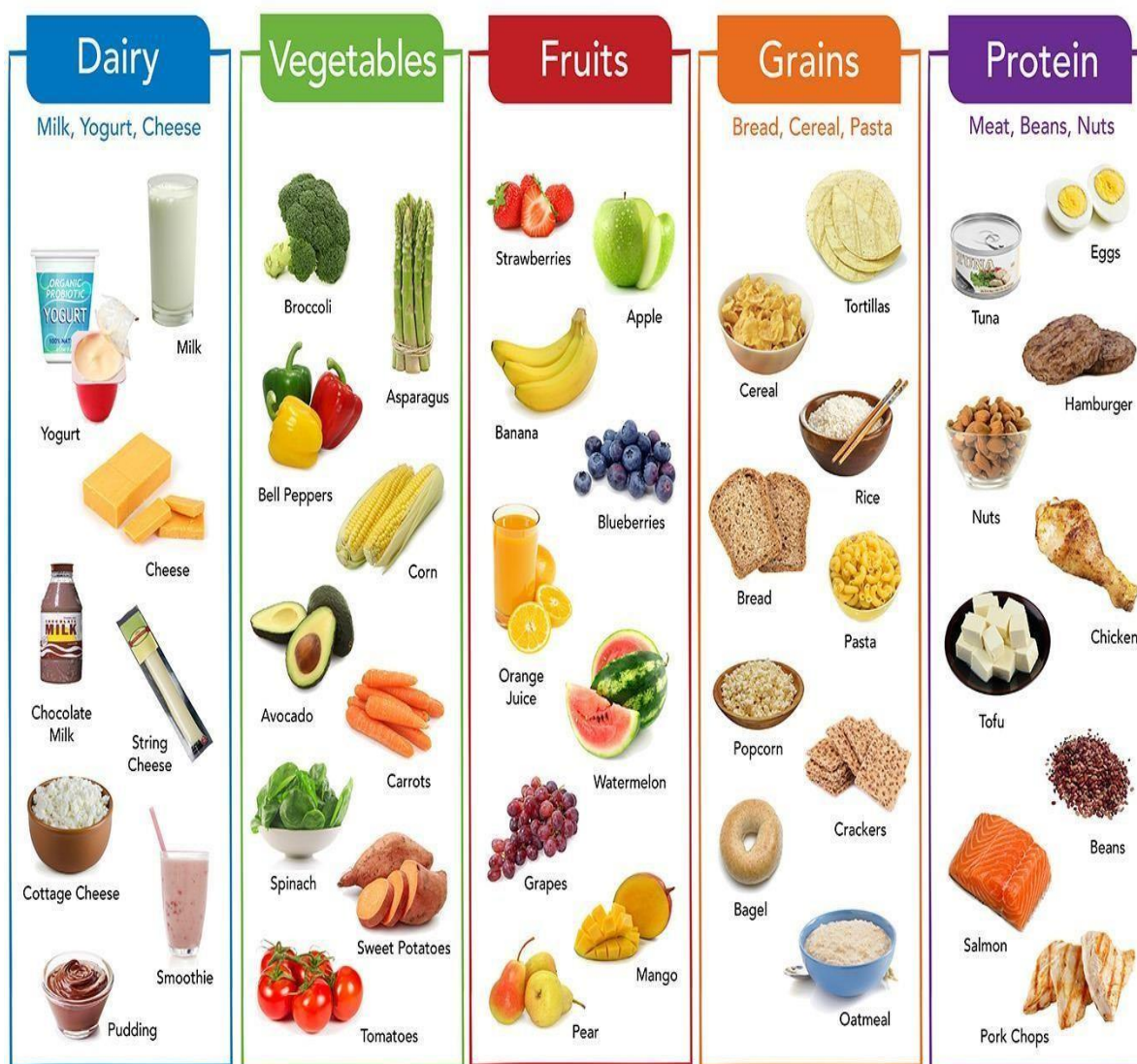
- As shooting is a type of endurance Sport. It demands endurance of concentration. Carbohydrates play a central role in the supply of energy to the muscles and energy for brain functions. Products which contain refined sugar and white flour like chocolates, sweets, cakes, coffee should be avoided as these are absorbed very rapidly from the stomach into the blood stream, raising the sugar levels in the blood.
- Vitamin A plays a special role for good vision during the firing.
- Atleast 2.5 Liters of fluids per day are required for shooters.

Inform your shooters what is good and what is not. Make them sensitive for their nutrition snacks and beverages. A favourable ratio would be that of the daily calories allowances below:

Breakfast	35
Lunch	40
Dinner	25

All shooters should consume some food every 3 to 4 hours as the body needs this for concentration.

DIET CHART FOR AN ATHLETE



REFERENCES :

- 1 Air Rifle Training & Competition – HEINZ REINKEMEIER & GABY BUHLMANN, Recommended by ISSF.
- 2 ISSF Training Academy, Rifle Shooting - KIMMO YLI- JASKARI
- 3 NS-NIS Patiyala, India
- 4 Asian Shooting Confederation