

HANDGUN COACHING

Step 1. THOROUGH UNDERSTANDING AND APPLICATION OF MARKSMANSHIP FUNDAMENTALS.

- *Aiming* (sight picture/alignment, focus.)
- *Breath control* (Natural pause)
- *Hold control*
- *Trigger control* (squeeze or press vs. “pull”)
- *Follow through* (next slides)
- Use B.R.A.S.S. with your students.

Talk them through it with each shot until they get it.

- **B**reathe
- **R**elax
- **A**im
- **S**lack
- **S**queeze

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FOLLOW THROUGH

(So important it get's its own slide...or three!)

- To ensure that concentration goes beyond the hammer fall and the projectile leaving the barrel, all efforts towards creating a perfect shot must be extended beyond the actual shot release. Only full awareness of all fundamentals can bring about correct analysis of technique.
- Follow through is part of most any sport. Golf, Bowling, Baseball, Football, Basketball.
- For example a golf swing. After the ball is hit, the golfer continues to swing the club into follow through.

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FOLLOW THROUGH

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- It is essential that each component of the basics, not only be employed up until the shot release, but continued through and after to ensure smooth, uninterrupted shot release.
- This applies to stance, grip, breathing, holding, sighting and trigger press - all of which must be maintained constantly through the entire procedure of the delivery, until well after the shot has hit the target.

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FOLLOW THROUGH

(So important it get's its own slide...or three!)

- **FOLLOW THROUGH WITH SIGHT ALIGNMENT**

After the shot has gone, the recoil will disturb the sights out of alignment, but follow through on the focus of the front sight must be maintained.

- **FOLLOW THROUGH WITH TRIGGER PRESS**

Once the trigger finger starts to move, it should not be interrupted so as to give an even pressure until the shot is released. Imagine an extra ¼” of travel in the trigger to emphasize trigger follow through.

We drill trigger discipline but students.

REMEMBER:

CONTINUE TO DO THROUGH AND AFTER THE SHOT WHAT YOU WERE ENDEAVOURING TO DO BEFORE THE SHOT.

HANDGUN COACHING

Diagnosing Shooter Problems And Coaching

DEALING WITH SPECIFIC PROBLEMS:

1. Persistent mismanagement of the trigger

- Lots of Dry Practice
- Ball and Dummy exercises. Sometimes may choose to load only one or two live rounds amongst many dummy rounds and point out the quality of the one round fired after they tired of jerking the trigger. Start out with many dummies and decrease to all live.
- Consider eliminating recoil by using .22 cal. pistol.
- Consider videotaping student so they can observe themselves.

2. Fear of the weapon

- Lots of Dry Practice
- Double-up on ear protection to reduce noise from others shooting on the line: ear muffs over soft ear plugs. (watch for flinching!)
- Use of light recoil weapon such as .22 cal.

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Diagnosing Shooter Problems and Coaching

DEALING WITH SPECIFIC PROBLEMS:

3. Improper sight alignment

- Many times the student thinks they are aligning the sights correctly but are not.
- “Wiring the sights” can be an effective diagnostic and corrective tool especially if the student is consistently producing good groups that are either higher or lower than intended.
 - Cut a piece of tape (electrical or masking tape work well) approximately 1 inch X 3/8 inch.
 - Place it across the top of the student’s rear sight so that it forms a fine visible line from the perspective of the student when sighting the weapon.
 - This allows the student to have a reference to clearly observe and make corrections when the front sight drifts above or below its desired plane.
 - Remove the tape after the corrections have been made.