**COMMON TRAINING**

**INSTRUCTIONAL GUIDE**

**SECTION 4**

**EO C206.03 – PRACTICE FIRING TECHNIQUES**

Total Time: 30 min

## PREPARATION

### PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-702/PG-001, Chapter 4. Specific uses for said resources are identified throughout the Instructional Guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

For comfort during this class, it is recommended that cadets be dressed in PT gear.

### PRE-LESSON ASSIGNMENT

N/A.

### APPROACH

Demonstration and performance was chosen for TP1 as it allows the instructor to explain and demonstrate firing techniques while providing an opportunity for the cadets to practice these skills under supervision.

Demonstration was chosen for TP2 as it allows the instructor to explain and demonstrate trigger control.

An interactive lecture was chosen for TP3 to present basic material on follow-through.

## INTRODUCTION

### REVIEW

The review for this lesson is from EO M106.03 (Apply Basic Marksmanship Techniques). The sequence required to fire the cadet air rifle when the RSO gives the command “Fire”, will include:

1. place safety catch in the OFF position;
2. aim the cadet air rifle at the target;
3. squeeze the trigger;
4. open the bolt, pump the rifle, reload, aim and fire;
5. repeat the last step until firing is complete;



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6. upon completion, place the safety catch in the ON position and partially open the pump lever; and
7. lay down the cadet air rifle.

**OBJECTIVES**

By the end of this lesson the cadet shall have practiced firing techniques.

**IMPORTANCE**

It is important for cadets to practice natural alignment, trigger control and follow-through when firing the cadet air rifle, as it helps cadets achieve a stable prone position and sight picture.

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**Teaching point 1** **Explain, Demonstrate and Have the Cadets Practice Natural Alignment**

Time: 15 min Method: Demonstration and Performance

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**NATURAL ALIGNMENT**




With the use of an assistant instructor, demonstrate and explain natural alignment as listed below, prior to cadets practicing this procedure.

Natural alignment describes the direction that the cadet air rifle is aimed when the marksman is in the prone position with the cadet air rifle at the ready. In a comfortable position, the cadet air rifle should not be forced to point at the target. Even with a perfect prone position and sight alignment, forcing the air rifle can cause muscle tension and will affect the accuracy of each shot.

Natural alignment is obtained by:

1. adopting a comfortable prone position;
2. acquiring a sight picture;
3. closing both eyes;
4. taking several normal breaths to relax the muscles;
5. looking through sights when comfortable;
6. adjusting body position until a proper sight picture is achieved; and
7. proceeding with firing.

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**ACTIVITY**

Time: 10 min

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**OBJECTIVE**

The objective of this activity is to have cadets practice natural alignment.



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**RESOURCES**

- Cadet air rifle (one per firing lane).
- Cadet air rifle safety rod (one per rifle).
- Shooting mat (one per firing lane).
- Suitable target (one per firing lane).

**ACTIVITY LAYOUT**

Construct an air rifle range IAW A-CR-CCP-177/PT-001, Chapter 1, Section 8. If a range is not available, set up the training area to have a defined mock firing point. Ensure that the air rifles are pointed in a safe direction at all times.

**ACTIVITY INSTRUCTIONS**

1. Divide cadets into equal groups according to the number of cadet air rifles available.
2. Have cadets lie on the mats and assume the prone position using the cadet air rifle and sling.
3. Cadets will acquire a sight picture by aligning the eye, rear sight, front sight, and the target bull's eye.
4. When cadets have a sight picture, have them close their eyes.
5. Have cadets relax by taking 3 to 4 normal breaths.
6. After approximately 10 seconds, have cadets open their eyes and inspect their sight picture.
7. Cadets shall adjust their bodies to re-acquire an accurate sight picture.
8. Repeat steps 4 to 9, as required, within the allotted time.

**SAFETY**

Ensure control at all times. Cadets will treat cadet air rifles as though they are loaded.

**CONFIRMATION OF TEACHING POINT 1**

The cadets' participation in the natural alignment activity will serve as the confirmation of this TP.

**Teaching point 2** **Demonstrate and Explain Trigger Control**

Time: 5 min Method: Demonstration

**TRIGGER CONTROL**



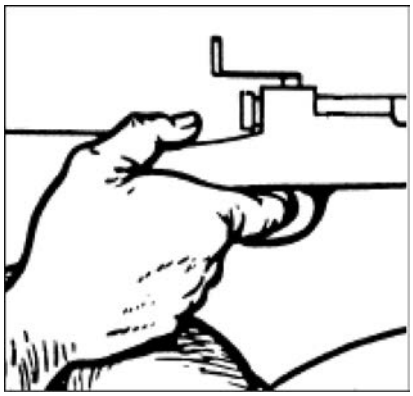

With the use of an assistant instructor, allow the cadets to observe the demonstration and hear the explanation for each aspect of trigger control as listed below.

Trigger control is the handling of the trigger in such a way that there is no disturbance. It must be constant, controlled, slow and deliberate.



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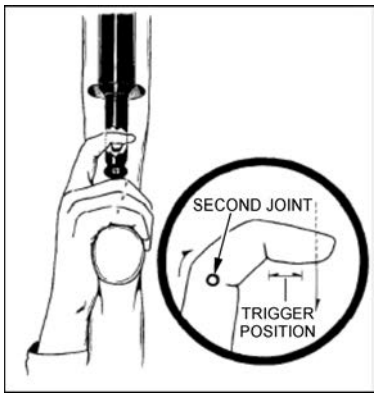
**Position of the Hand on the Rifle.** Cadets should have a relatively firm grip so the three lower fingers wrap around the small of the butt. The thumb is pointed forward in a relaxed position behind the rear sight along the rifle stock, or wrapped around the small of the butt.



*D Cdts 5, Royal Canadian Army Cadets Visual Aids Rifle Shooting Figures, Department of National Defence (p. 11)*

Figure 1 Position of the Hand on the Rifle

**Trigger Finger Position.** The index finger is placed on the trigger halfway between the tip of the finger and the first joint. The index finger never touches the stock of the rifle and must be vertically centred on the trigger.




*A-CR-CCP-177/PT-001 (p. 1-5-9)*

Figure 2 Trigger Finger Position

**Squeezing the Trigger.** Squeezing the trigger is simply applying pressure to the trigger, by bending the second joint of the index finger straight to the rear. While the breath is being held, apply constant pressure and slowly squeeze the trigger. Trigger pressure is to be applied only when ready to fire.

## CONFIRMATION OF TEACHING POINT 2

The cadets' observation of the trigger control demonstration will serve as the confirmation of this TP.



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**Teaching point 3** **Define Follow-through**

Time: 5 min Method: Interactive Lecture

**FOLLOW-THROUGH**




Since no pellets will be fired, position the cadets so they may observe an assistant instructor perform a simulation and hear the explanation of follow-through.

Follow-through is defined as the act of remaining in a stable prone position for two seconds and reacquiring the sight picture after firing the air rifle. Follow-through is critical to ensuring there is no movement as the cadet air rifle is being fired. If the cadet moves the cadet air rifle during firing, the pellet will not hit the target in the spot that it was aimed. Ensuring proper follow-through allows cadets to improve their skills, and their score.

## CONFIRMATION OF TEACHING POINT 3

**QUESTIONS**

Q1. How long must a stable position be held after firing the cadet air rifle?

Q2. What will happen to a pellet during follow-through?

Q3. If the rifle moves before the pellet leaves the muzzle, how will it affect the target?

**ANTICIPATED ANSWERS**

A1. A stable position must be held for two seconds.

A2. It will leave the muzzle.

A3. The pellet will not hit the target in the spot that it was aimed.

## END OF LESSON CONFIRMATION

The cadets' participation in marksmanship activities using natural alignment, trigger control and follow-through, will serve as the confirmation of this lesson.

## CONCLUSION

**HOMEWORK/READING/PRACTICE**

N/A.

**METHOD OF EVALUATION**

N/A.



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**CLOSING STATEMENT**

Natural alignment, trigger control and follow-through are essential to developing marksmanship skills. They help cadets maintain a stable position and sight picture when firing the cadet air rifle. With practice using these firing techniques, cadets can improve their skills and their score.

**INSTRUCTOR NOTES/REMARKS**

N/A.

**REFERENCES**

A0-027 A-CR-CCP-177/PT-001 D Cdts 3. (2001). *Canadian Cadet Movement: Cadet Marksmanship Program Reference Manual.* Ottawa, ON: Department of National Defence.



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