EO C206.03 – PRACTICE FIRING TECHNIQUES

1. **Performance**: Practice Firing Techniques

2. **Conditions**:

   a. Given:

      (1) cadet air rifle;

      (2) supervision; and

      (3) assistance as required.

   b. Denied: N/A.

   c. Environmental: Suitable classroom facility and/or an air rifle range constructed IAW A-CR-CCP-177/PT-001, Chapter 1, Section 8.

3. **Standard**: In accordance with A-CR-CCP-177/PT-001, while holding the cadet air rifle in the prone position, the cadet shall practice firing techniques, to include:

   a. practicing natural alignment;

   b. demonstrating trigger control; and

   c. defining follow-through.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Explain, demonstrate and have the cadets practice natural alignment by: a. adopting a comfortable prone position; b. acquiring a sight picture; c. closing both eyes; d. taking several normal breaths to relax the muscles; e. looking through sights when comfortable; f. adjusting body position until a proper sight picture is achieved; and g. proceed with firing.	Demonstration and Performance	15 min	A0-027 (p. 1-5-7)
TP2	Demonstrate and explain trigger control, to include: a. position of the hand on the rifle; b. trigger finger position; and c. squeezing the trigger.	Demonstration	5 min	A0-027 (pp. 1-5-9 and 1-5-10)
TP3	Define follow-through as the act of remaining in a stable prone position for two seconds and reacquiring the sight picture after firing the air rifle.	Interactive Lecture	5 min	A0-027 (p. 1-5-10)

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5. **Time**:

a.	Introduction / Conclusion:	5 min
b.	Demonstration and Performance:	15 min
c.	Demonstration:	5 min
d.	Interactive Lecture:	5 min
e.	Total:	30 min

6. **Substantiation**:

   a. 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.

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

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

7. **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.

8. **Training Aids**:

   a. Presentation aids (e.g. whiteboard/flipchart/OHP) appropriate for the classroom/training area;

   b. Cadet air rifle;

   c. Cadet air rifle sling;

   d. Suitable target; and

   e. Shooting mat (if available).

9. **Learning Aids**:

   a. Cadet air rifle;

   b. Cadet air rifle sling;

   c. Suitable target; and

   d. Shooting mat (if available).

10. **Test Details**: N/A.

11. **Remarks**: N/A.

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