

COMMON TRAINING

PHASE THREE

INSTRUCTIONAL GUIDE

SECTION 1

EO C311.01 – PRACTICE AIMING AND FIRING THE CADET AIR RIFLE FOLLOWING PHYSICAL ACTIVITY

Total Time:	90 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-603/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.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for TPs 1 and 2 to review aiming and firing techniques.

A practical activity was chosen for TPs 3–6 as it is an interactive way to allow the cadets to experience aiming and firing the cadet air rifle following physical activity.

INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall have practiced aiming and firing the cadet air rifle following physical activity.

IMPORTANCE

It is important for cadets to practice aiming and firing the cadet air rifle following physical activity because these skills are essential to summer biathlon training.

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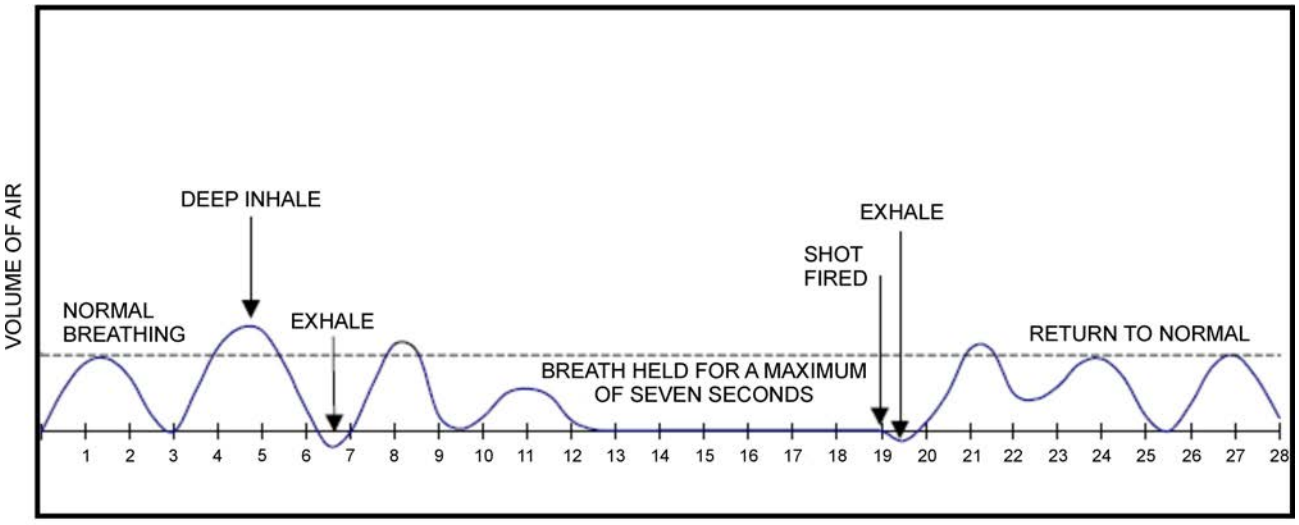
Teaching point 1 **IAW EO C206.02 (Practice Aiming Techniques, A-CR-CCP-602/PF-001, Chapter 6, Section 2), Review Breathing Techniques**

Time: 5 min Method: Interactive Lecture

Breathing supplies the blood stream with oxygen and eliminates waste elements (such as carbon dioxide) from the blood. While breathing, the oxygen inhaled is used to supply muscles with energy, ensuring optimal potential of the muscles. Just like in sports, controlled breathing can affect marksmanship outcomes.

CONTROLLED BREATHING

Once a stable prone position is established, integrate the principles of controlled breathing. For maximum stability when firing, hold the breath for five to seven seconds. It is very important not to hold the breath for more than seven seconds, as tension will increase in the chest, muscles will lack oxygen and stability will be reduced. When the body lacks oxygen, muscles will quiver and eyesight will be negatively affected.



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

Figure 1 Marksmanship Breathing Cycle

ACHIEVING A CONTROLLED BREATHING SEQUENCE

The following is the recommended method for achieving a controlled breathing sequence:

1. Adopt the prone position.
2. Relax and breathe normally.
3. Obtain a sight picture.
4. Inhale and exhale deeply.
5. Inhale deeply and exhale normally.
6. Relax the chest muscles, hold a breath for five to seven seconds and squeeze the trigger.
7. Exhale completely and resume normal breathing.

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CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. Breathing supplies the blood stream with what?

Q2. Oxygen supplies what with energy?

Q3. For how long should the breath be held while firing?

ANTICIPATED ANSWERS

A1. Oxygen.

A2. The muscles.

A3. Five to seven seconds.

Teaching point 2 **IAW EO C206.03 (Practice Firing Techniques, A-CR-CCP-602/PF-001, Chapter 6, Section 3), Review Natural Sight Alignment**

Time: 5 min Method: Interactive Lecture

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. When 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 to fire.

CONFIRMATION OF TEACHING POINT 2

QUESTIONS

Q1. What is natural alignment?

Q2. What can happen if the air rifle is forced to point at the target?

Q3. What is the first step to obtaining natural alignment?

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ANTICIPATED ANSWERS

A1. 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.

A2. Forcing the air rifle can cause muscle tension and will affect the accuracy of each shot.

A3. Adopting a comfortable prone position.

Teaching point 3 **Conduct a Warm-Up Session, Composed of Light Cardiovascular Exercises**

Time: 5 min Method: Practical Activity



The following information will be explained to the cadets during the warm-up session.

PURPOSE OF A WARM-UP

A warm-up session is composed of stretches and light cardiovascular exercises designed to:

- stretch the muscles;
- gradually increase respiratory action and heart rate;
- expand the muscles' capillaries to accommodate the increase in blood circulation which occurs during physical activity; and
- raise the muscle temperature to facilitate reactions in muscle tissue.

GUIDELINES FOR STRETCHING

The following guidelines should be followed while stretching to prepare for physical activity and to help prevent injury:

- Stretch all major muscle groups, including the back, chest, legs, and shoulders.
- Never bounce while stretching.
- Hold each stretch for 10–30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support the limb at the joint.
- Static stretching, which is stretching a muscle and holding it in position without discomfort for 10–30 seconds, is considered the safest method.
- Stretching helps to relax the muscles and improve flexibility, which is the range of motion in the joints.
- As a guide, allow 10 minutes to warm up for every hour of physical activity.

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The stretches chosen should focus on the areas of the body that will be used the most during the physical activity.

ACTIVITY

OBJECTIVE

The objective of this warm-up activity is to stretch the muscles and perform light cardiovascular exercises to prepare the body for physical activity and to help prevent injuries.

RESOURCES

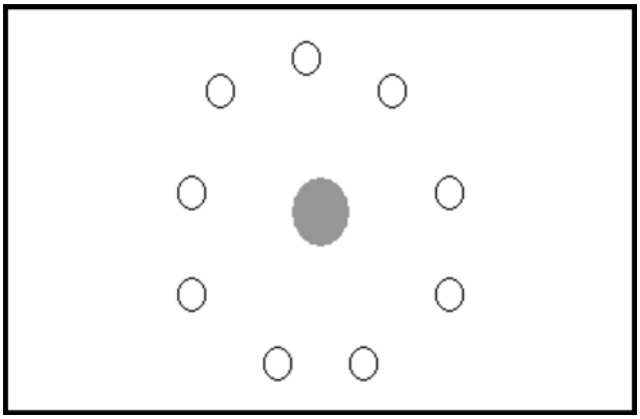
N/A.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Arrange the cadets in either a warm-up circle or in rows (as illustrated in Figures 2 and 3).



Director Cadets 3, 2006, Ottawa, ON: Department of National Defence

Figure 2 Instructor in the Centre of a Warm-Up Circle

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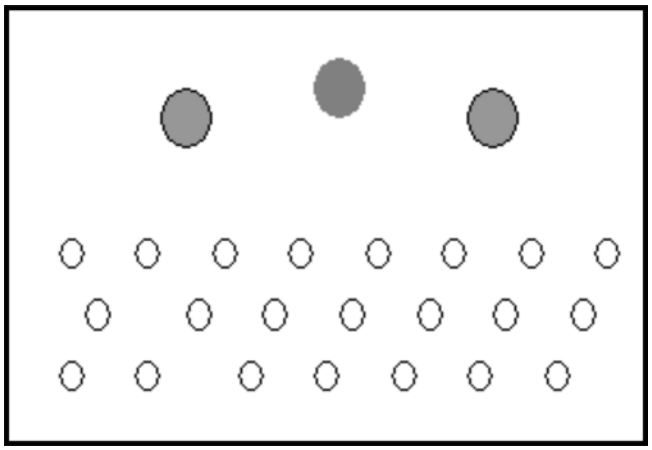

Director Cadets 3, 2006, Ottawa, ON: Department of National Defence

Figure 3 Instructor at the Front With Two Assistant Instructors

2. Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.

3. Assistant instructors may help demonstrate the exercises and ensure the cadets are performing them correctly.

4. Have cadets perform each stretch/light cardiovascular exercise.



Light cardiovascular exercises should be done to warm up the muscles prior to stretching to avoid injury to or tearing of the muscles. For example, running on the spot for 30 seconds or performing jumping jacks should be performed prior to conducting the stretches located at Annex A.

SAFETY

- Ensure there are at least two arm lengths between the cadets so they can move freely.
- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in this TP.

CONFIRMATION OF TEACHING POINT 3

The cadets' participation in the warm-up session will serve as the confirmation of this TP.

Teaching point 4 **Conduct an Activity Where the Cadets Will Aim and Fire the Cadet Air Rifle Following Physical Activity**

Time: 60 min Method: Practical Activity

ACTIVITY

OBJECTIVE

The objective of this activity is to have the cadets aim and fire the cadet air rifle following physical activity, practicing breathing techniques and natural alignment.

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RESOURCES

- Cadet air rifles (one per firing lane),
- Safety glasses/goggles (two per firing lane),
- Shooting mats (two per firing lane),
- Biathlon Air Rifle Targets (BARTs) (one per firing lane), and
- Coins (one per firing lane).



If resources are available, the number of firing lanes may be increased.

ACTIVITY LAYOUT

A range IAW A-CR-CCP-177/PT-001, Part 1, Section 8.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into pairs.

2. Have one cadet from each pair run or participate in some sort of activity to elevate their heart rate for five to ten minutes.

3. Have the same cadet from each pair approach the firing point and prepare to fire.

4. Have the cadet adopt the prone position and their partner balance a coin on the barrel of the cadet air rifle, just behind the front sight.

5. While practicing a controlled breathing sequence and natural alignment, the cadet shall dry fire the cadet air rifle while keeping the coin balanced.

6. Circulate throughout the training area and coach the cadets on their breathing techniques and natural alignment.

7. Have the cadets switch positions and repeat steps 2. to 5. until the activity time is complete.

SAFETY

Range activities will be conducted IAW A-CR-CCP-177/PT-001.

CONFIRMATION OF TEACHING POINT 4

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

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Teaching point 5 **Conduct a Cool-Down Session, Composed of Light Cardiovascular Exercises**

Time: 5 min Method: Practical Activity



The following information will be explained to the cadets during the cool-down session.

PURPOSE OF A COOL-DOWN

A cool-down is composed of stretches and light cardiovascular exercises designed to:

- allow the body time to slowly recover from physical activity and to help prevent injury;
- prepare the respiratory system to return to its normal state; and
- stretch the muscles to help relax and restore them to their resting length.



The stretches chosen should focus on the areas of the body that were used the most during the sports activity.

ACTIVITY

OBJECTIVE

The objective of the cool-down is to stretch the muscles and perform light cardiovascular exercises that allow the body time to recover from physical activity, and to prevent injury.

RESOURCES

N/A.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Arrange the cadets in either a warm-up circle or in rows (as illustrated in Figures 2 and 3).

2. Demonstrate before having the cadets attempt each stretch/light cardiovascular exercise.

3. Assistant instructors may help demonstrate the movements and ensure the cadets are performing them correctly.

4. Have cadets perform each stretch/light cardiovascular exercise.

SAFETY

- Ensure there are at least two arm lengths between the cadets so they can move freely.

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- Ensure the cadets perform the stretches and light cardiovascular exercises in a safe manner, following the guidelines for stretching listed in TP 3.

CONFIRMATION OF TEACHING POINT 5

The cadets' participation in the cool-down session will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' participation in the activity in TP 4 will serve as the confirmation of this lesson.

CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Being able to use breathing techniques and natural alignment while firing following physical activity may help to improve marksmanship skills for summer biathlon.

INSTRUCTOR NOTES/REMARKS

This lesson shall be taught prior to conducting EO C311.02 (Participate in a Recreational Summer Biathlon Activity, Section 2).

REFERENCES

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

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