



# **Air Rifle Marksmanship Coaching Clinic**

## **March 2024**

### **Instructors**

**Lt Mike Melnichuk**  
**Capt Chris Whatley**  
**Patrick Champagne**

# Positions



- **Stable**

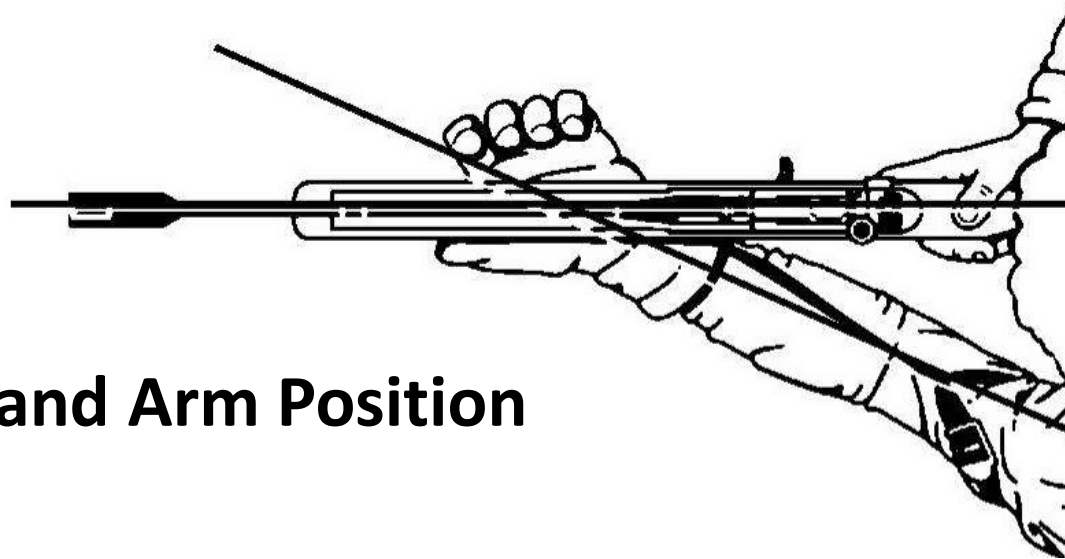
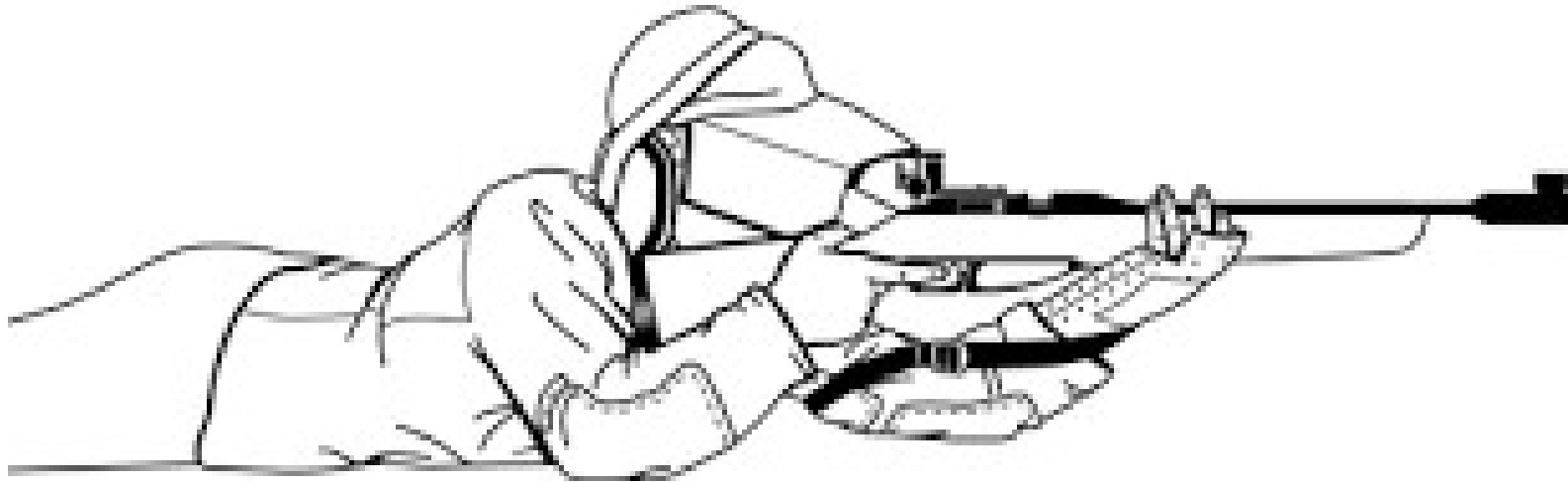


- **Comfortable**

- **Natural**

- **Without Strain**

# Prone Position



## Sling and Arm Position

# Air Rifle Coach Quick Reference Card

## Guidelines for Establishing the Prone Position

### Stage One – Preparation

#### Cadet

- Wearing shooting sweater
- Wearing jacket with sling (lengthened)
- Brings glove (not worn to start)

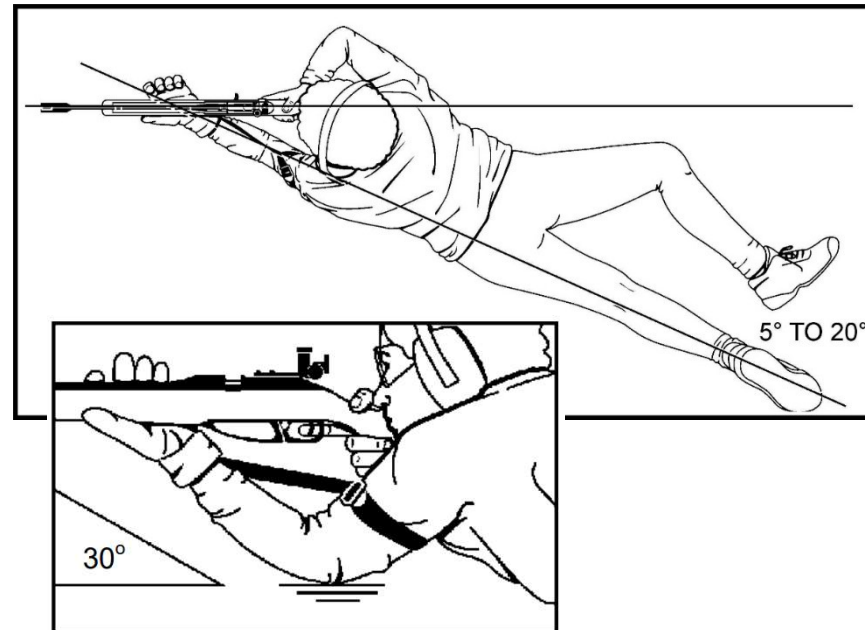
#### Coach

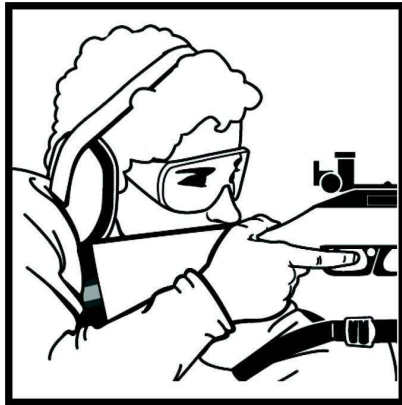
- Moves sling bracket forward to end of the rail

### Stage Two – Initial position for a right handed shooter.

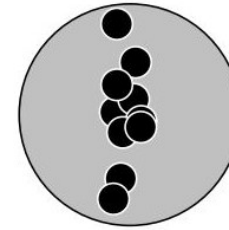
9. Angle the mat 10-20 degrees to line of fire.
10. Have cadet lie down, arms outstretched.
11. The coach takes the rifle, and while holding the rifle, places the rifle into the shoulder area. Support the weight! Butt contact below collar bone.
12. Have cadet reach out and grab hold of stock to point rifle down range. Push the rifle into the body firmly. Cadet lowers cheek onto cheek piece.
13. Check the location of the head on the cheek piece. Determine if eye relief is correct. If significant change is required add/remove butt spacers.
14. Move cadet's left hand underneath the stock to make an angle of about 35-40 degrees.
15. Left shoulder, elbow and wrist should form a straight line when viewed from above.

1. Cadet is asked to grip the stock of the rifle and the coach moves and secures the sling bracket against the left hand.
2. Attach the sling to the rifle and attempt to support rifle with sling.
3. Shorten the sling 2 cm and assess if sling is providing enough support. Repeat as required. If too tight, loosen sling 1 cm.
4. Check right wrist to see if it is straight and able to comfortably hold the pistol grip. Observe grip tightness.
5. Stability of the position is assessed by (a) shoulder pressure test, and (b) barrel push test.
6. Correct body angle first, hand stop second, sling third, spacers last as required.
7. When position steadiness is correct. Re-assess cheek location.
8. Add/Remove spacers to correct cheek location on the cheek piece. If butt spacers are added or removed, the hand stop must be moved accordingly to preserve the butt-hand stop distance.

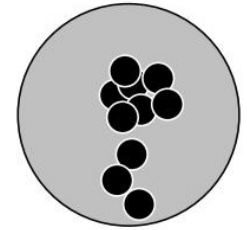




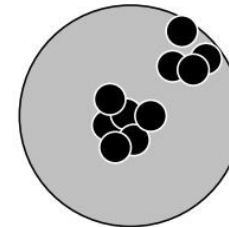
## Shot Patterns and Possible Causes



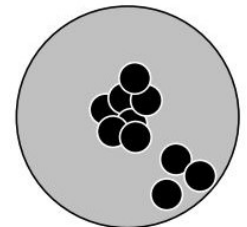
Improper position of the butt plate  
Variance in breathing  
Variance in eye relief



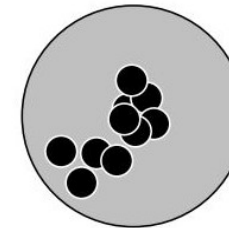
Sling slipping  
Left hand moving forward



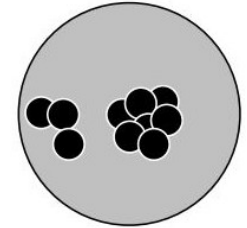
Anticipation of recoil



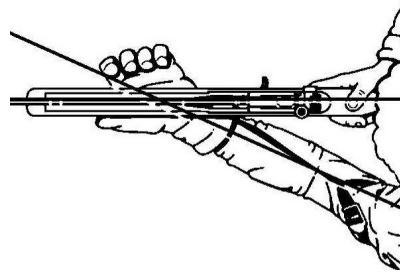
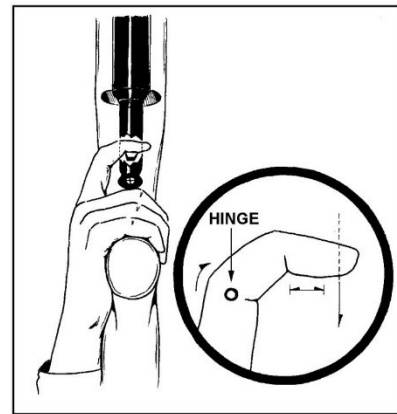
Jerking the trigger



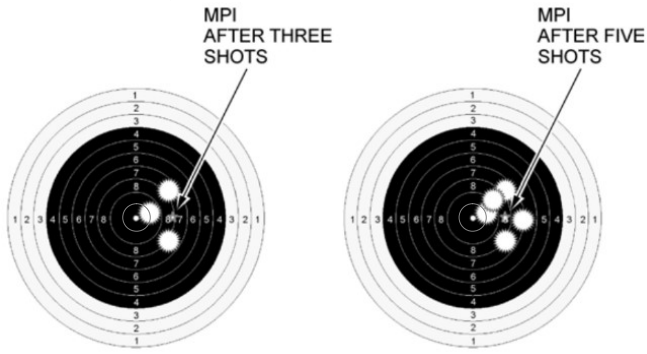
Anticipation of recoil



Squeezing the trigger at an angle  
Improper usage of the sling

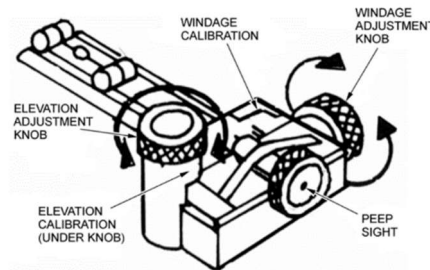


## Sight Adjustment and Centering the Group

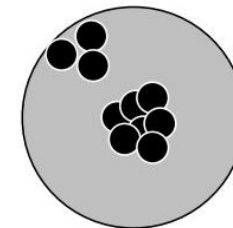


3 rings x 2 clicks per ring  
= 6 clicks left

2.5 rings x 2 clicks per ring  
= 5 clicks left

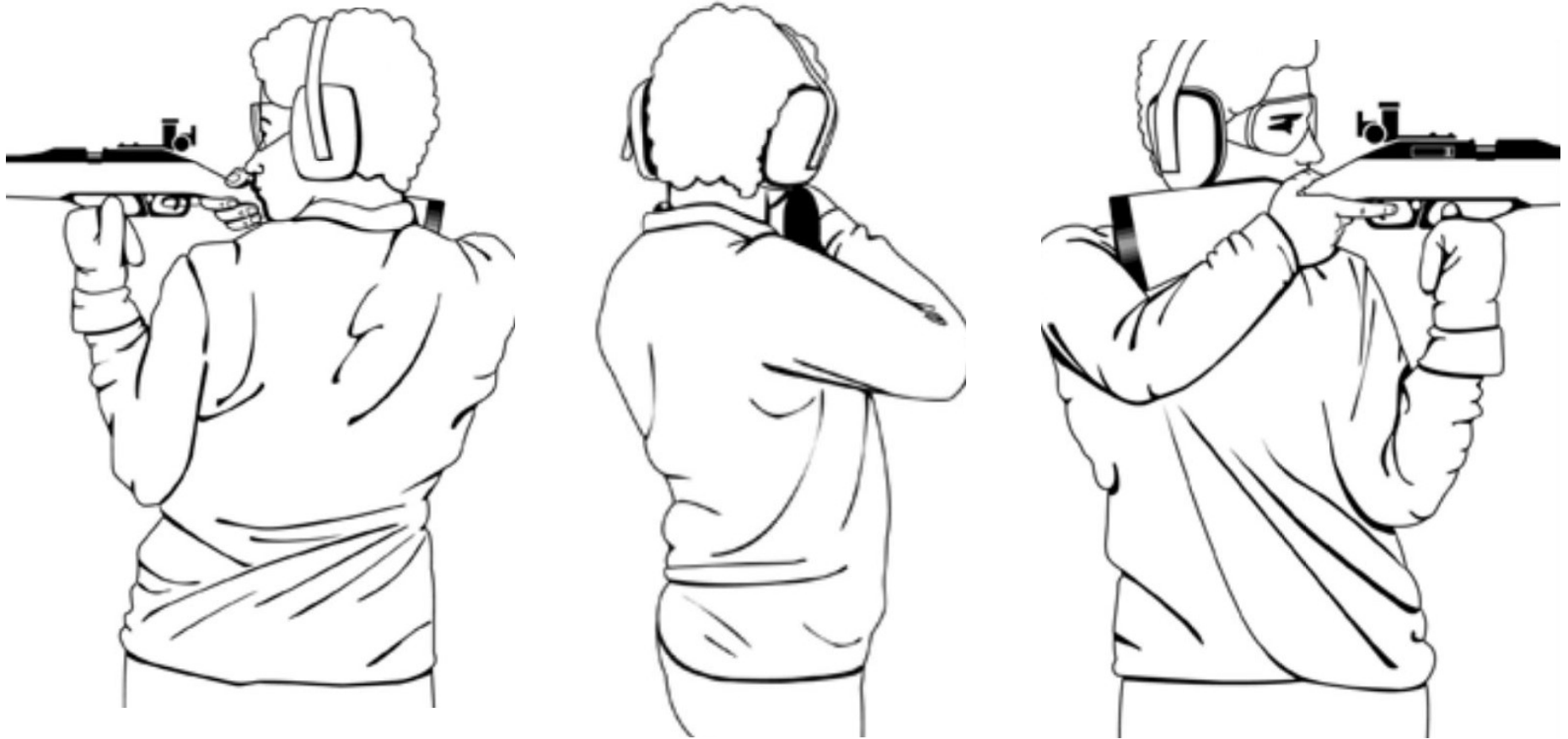


CLOCKWISE = UP / RIGHT  
COUNTER CLOCKWISE = DOWN / LEFT



No follow-through or anticipation

# Standing Position



## The Standing Position

When building a position, we want to use bone structure to support the position and use the least amount of muscle possible. Start from the ground up to build your position.

1. Line your body perpendicular to the center of the target (Left shoulder closest to target if you are right handed shooter)
2. Place your feet shoulder width apart or slightly more.
3. Keep your legs straight, do not bend at the knees or hyper extend.
4. Roll your hips forward to lock your hips and spine.
5. Push your hip over top of your forward foot closest to target.
6. Place butt of rifle in your shoulder.
7. Place relaxed closed fist under pump handle (There are many hand positions to use that do not require you to hold the rifle up. Use the bone structure to support the rifles)
8. Rotate your upper body (keeping your hips perpendicular to the target) with the rifle in your shoulder towards the target.
9. Allow forearm to rest against your upper torso.
10. Cant the rifle into your head to keep your ears level, this will improve your balance and reduce sway.

### The Sight Picture:

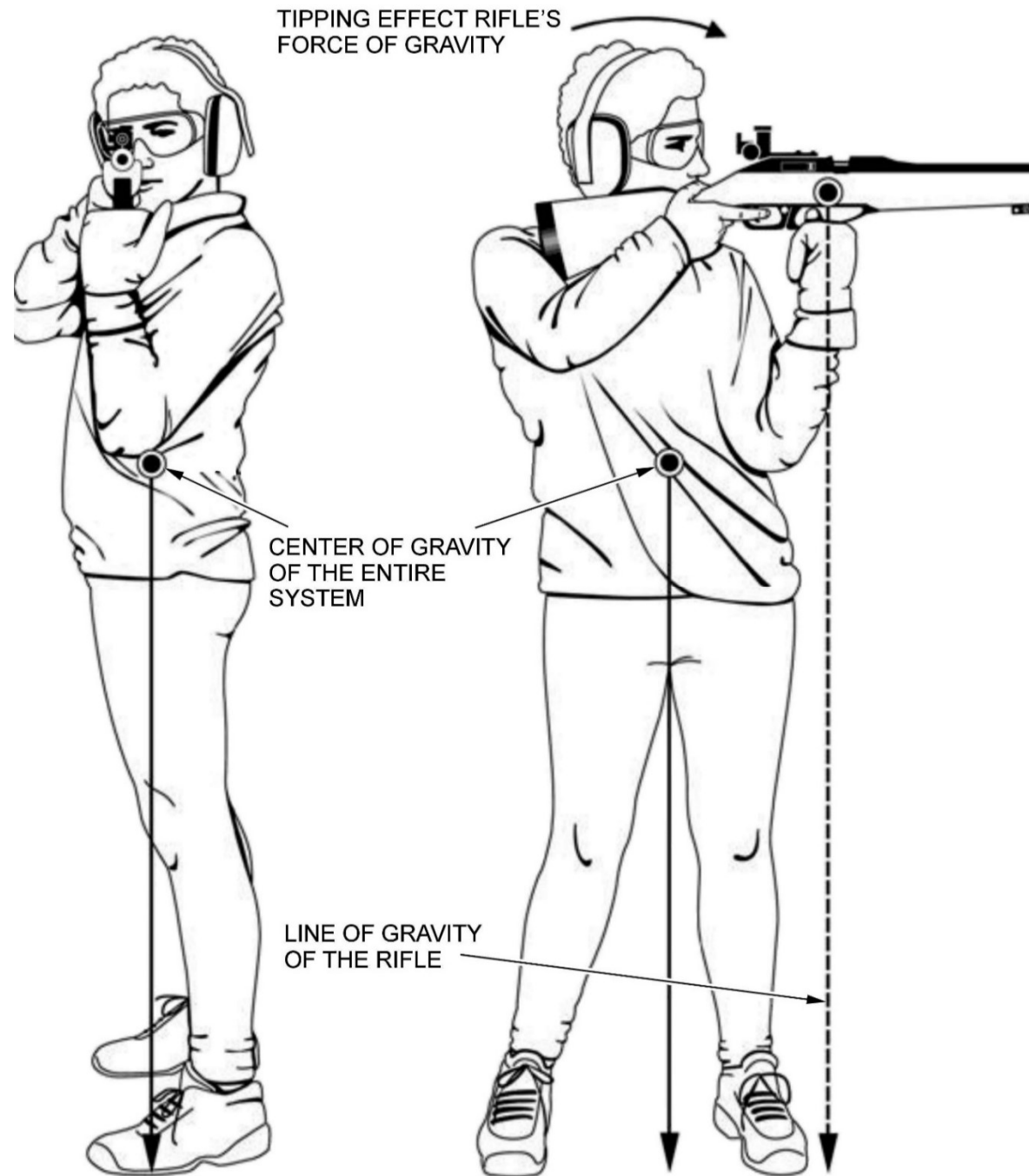
- Just like in the prone position, it is more important to have the front sight centred in the rear sight.
- Come down onto the sight picture.
- It is ideal to take the shot within the first seven seconds of seeing the sight picture, after the seven seconds, the sight picture becomes unstable.
- Take the shot when the rear sight is centred in the front sight and you see the target in the front sight. It is not like prone, where it will be perfectly stable. COMMIT TO THE SHOT.

### Natural Alignment:

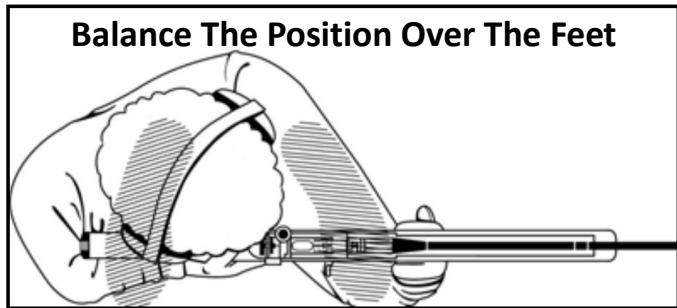
- Check your Natural Alignment the same way you would prone (close your eyes, relax your muscles, open your eyes and see where the sight picture lays)
- Make sure your body is in line with the target you are shooting on.
- Place your arm on the same place on your torso each time.
- Move your entire position for large increments.
- To move small increments, move your rear foot forwards or backward, and for smaller movements, move your toe in your shoe.

### Tips:

- Move the butt plate all the way down for the standing position.
- Shoot in shoes that allow you to have ankle support and help improve your balance.
- Use a meter stick to ensure your feet are the same distance apart each time.
- Use a glove with grip on the back to create more stability for the rifle.
- You will need to have more grip on the hand grip when compared to prone for better control of the rifle.
- Use a rifle stand if you have access to one. It is easier to get in to position to take the shot, especially if you need to reset.

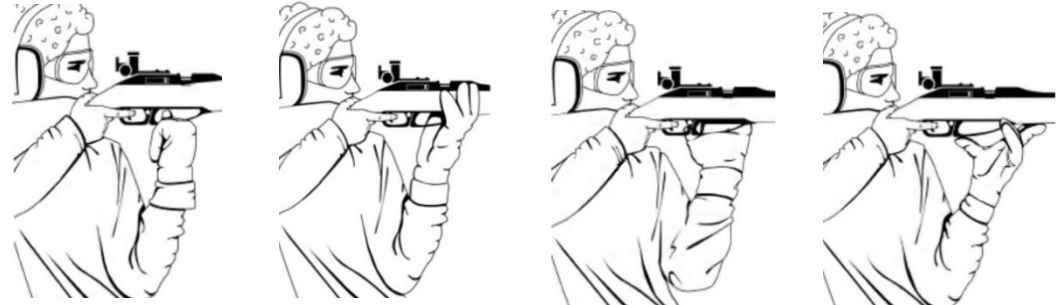






**Balance The Position Over The Feet**

**Select hand position that provides the correct height**



**Clenched Fist**

**Split Fingers**

**Heel Of The Hand**

**V Shape**



**Position Left Elbow  
Directly Under The Rifle**



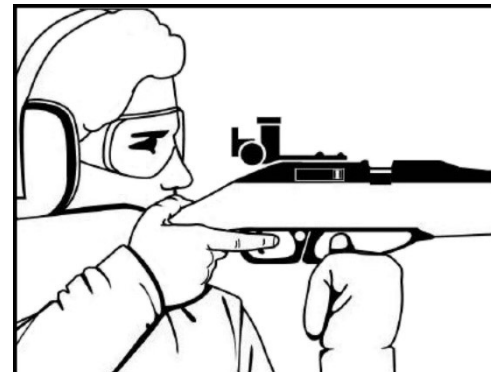
**Upper Body Bent Back  
Slightly**



**Firm Butt Plate Contact  
In Shoulder**



**Hips Aligned With Feet  
Not Turned**



**Eye relief should be  
between 5-15 cm**



**If Cant is used – Be  
consistent**



**I ALWAYS SHOOT A PERFECT SHOT.  
IT IS LIKE ME TO SHOOT A PERFECT SHOT.**

# Coaching on the Firing Line – Your Team Box

## Your Roles

- Supervise, motivate and inspire
- Ensure team understands and follows all rules and timings
- Center the group for all 5 shooters, throughout entire course of fire
- Manage all issues as they arise including:
  - Team member issues > too hot, sore, sick, tired, grumpy etc.
  - Rifle issues > broken or ineffective, switching to spares, additional pellets
  - Equipment issues > fit and function
  - Technical issues > interference from other teams, cross firing, feet crossing line

## Coaches Equipment on Hand

- Tool bag with tools incl screwdrivers, allen keys, tape, scissors, safety strings
- Notepad and pen/pencil
- Extra equipment incl, safety glasses, butt spacers, screws, gloves, sling and swivel, blinders
- Pellet trays/boxes
- Spare rifle or two, in case
- Scope and stand
- Scoring tube and calculator (for off the range)
- Rule book

## Off the Firing Line

- Ensure all targets are marked accurately and fairly and challenge when questionable
- Ensure all scores are recorded properly and challenge when questionable

