

INSTRUCTOR'S LESSON PLAN

Hunter Safety – Shooting Positions

Page 1 of 3

SUBJECT Hunter Safety	INSTRUCTOR
TITLE OF LESSON Safe Shooting Positions	DATE OF INSTRUCTION
TIME PERIOD (TOTAL) 30 minutes	PLACE
TRAINING AIDS 1. Laser Ed Gun 2. Target	TYPE OF LESSON <input checked="" type="checkbox"/> E.D.O.C. <input type="checkbox"/> LECTURE <input type="checkbox"/> DISCUSSION <input type="checkbox"/> PRACTICAL
OBJECTIVE(S) ✓ Students will learn and be able to demonstrate proper shooting positions and describe the strengths and weaknesses of each.	
INSTRUCTOR REFERENCE Student Manual This Lesson Plan	
STUDENT REFERENCE Same as Instructor	

TIME	LESSON OUTLINE	AID CUES
0:00 3:00 	E=Educate: <u>Background</u> Shooting position selection is based primarily on terrain and type of game being hunted. <u>Tell them what they need to know</u> <ul style="list-style-type: none"> ➤ <i>Prone</i> position provides the best control, very stable ➤ <i>Sitting</i> position using both elbows, both knees is comfortable and very steady ➤ <i>Kneeling</i> position leaves the shooting arm and elbow unsupported, making it less steady than prone or sitting. ➤ <i>Standing</i> position is the least stable shooting position. Using a support can greatly increase the stability of this position. D=Demonstrate: Using a Laser Ed gun, demonstrate the 4 shooting position while aiming at a target. Start from the prone position and then the	

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Hunter Safety – Shooting Positions

Page 2 of 3

TIME	LESSON OUTLINE	AID CUES
↓	<p>sitting, kneeling and then the standing position. Comment on how the laser point is most steady in the prone and least steady when standing.</p> <p>Prone:</p> <ol style="list-style-type: none">1. Lie on a mat that is canted slightly (about 45 degrees) towards the target2. Place both elbows on the mat making sure the elbow under the forearm is directly underneath the forearm3. Advise that the strong side leg should either be straight or cocked slightly4. Rifle resting on the palm of the weak side hand5. Cheek firmly against the stock <p>Sitting:</p> <ol style="list-style-type: none">6. Sit on the mat canted slightly away from the target7. Place both elbows on the inside of each knee respectively8. Feet can be apart / or legs can be crossed. Right handed shooters have the left leg over the right and visa versa for left handed shooters9. Rifle resting on the palm of the weak side hand10. Cheek firmly against the stock <p>Kneeling:</p> <ol style="list-style-type: none">11. Strong side knee placed on the mat with body slightly canted away from the target12. Weak side foot placed flat on the ground in front of body13. Weak side elbow (flat part) placed slightly forward of the knee-cap14. Strong side elbow positioned for balance15. Rifle resting on the palm of the weak side hand16. Cheek firmly against the stock <p>Standing:</p> <ol style="list-style-type: none">17. Body canted slightly away from the target18. Feet about shoulder width apart19. Weak side elbow underneath the forearm20. Rifle resting on the palm of the weak side hand21. Strong side elbow almost parallel with the ground22. Buttstock firmly against the shoulder and slightly high in the shoulder pocket23. Cheek firmly against the stock	

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Hunter Safety – Shooting Positions

Page 3 of 3

TIME	LESSON OUTLINE	AID CUES
10:00 ↓ 30:00	<p>O=Observe</p> <p>Open the action and put the safety on. Have each student shoot the Laser Ed gun at the target using the 4 shooting positions described above. Have each student open the action and put the safety on before passing the gun to the next student. Watch muzzle control.</p> <p>C = Congratulate. Give praise throughout and also at the conclusion to the entire group</p> <p>Reinforce to the group that while the standing position is commonly used for shooting a rifle, it is the least stable. As a shooter gets closer to the ground the more stable their shooting platform becomes.</p>	