

MARKSMANSHIP 101 LESSON PLAN

GEAR REQUIREMENT: Semi-automatic rifle, sidearm (semi-automatic/revolver), proper sling for rifle, proper holster for sidearm (no cross-draw), two rifle magazines, two sidearm magazines/speed loaders. (Note: Magazine retention devices not required).

AMMO REQUIREMENT: Rifle 30 rounds; Pistol 30 Rounds (Minimum requirements).

TIME:	ITEM
0000 Min	START TIME: Introduction of coordinator and shooters.
0005 Min	<p>FAMILIARIZATION OF RIFLE SLING: To demonstrate the ability to fire at a target approximately ten meters away, while maintaining positive control of the rifle, while utilizing a rifle sling.</p> <p style="padding-left: 40px;">Demonstration: The Coordinator will demonstrate the proper technique to ensure familiarization of rifle sling.</p> <p style="padding-left: 40px;">Dry Run: Using a weapon cleared out by the Coordinator, the shooter must demonstrate the ability to maintain positive control of the rifle while bringing the rifle from the slung position to the firing position.</p> <p style="padding-left: 40px;">Live Fire: The shooter will load and make ready a slung rifle. Being conscious of the weapon safety rules, the shooter will bring the rifle from the slung position to the firing position and fire two controlled shots at a target approximately ten meters away. The shooter will repeat this drill to ensure proper safety and technique is used.</p>
0015 Min	<p>HOLSTER DRAW: To maintain positive control while drawing the sidearm (semi-automatic/revolver) from a holster and firing two shots while remaining aware of the Firearm Safety Rules.</p> <p style="padding-left: 40px;">Demonstration: The Coordinator will demonstrate the proper technique to ensure familiarization of the holster draw.</p> <p style="padding-left: 40px;">Dry Run: Using a weapon cleared out by the Coordinator, the shooter must demonstrate the ability to maintain positive control of the sidearm. The shooter will draw the sidearm at a slow pace to ensure proper technique is used. The shooter will then controllably begin to draw the sidearm quicker (speed is not the objective here). It is at this stage that technique must be shown before moving on to live fire.</p> <p style="padding-left: 40px;">Live Fire: The shooter will load and make ready a holstered sidearm. Being conscious of the weapon safety rules, the shooter will draw the</p>

sidearm at a controlled pace and fire two shots at a target approximately ten meters away. The shooter will repeat this drill to ensure proper safety and technique is used.

0035 Min RIFLE TO SIDEARM TRANSITION: To demonstrate the ability to maintain positive control while transitioning from a rifle, with a sling, to a holstered Pistol and firing two shots while remaining aware of the Firearm Safety Rules (combination of Rifle Sling Usage and Holster Draw).

Demonstration: The Coordinator will demonstrate the proper technique to ensure the familiarization of the rifle to sidearm transition.

Dry Run: Using a rifle and sidearm cleared out by the Coordinator, the shooter will demonstrate the proper technique to transition from a rifle to a sidearm while maintaining positive control of both the rifle and sidearm. The shooter will start off slow and controllably begin to transition quicker (speed is not the objective here). It is at this stage that technique must be shown before moving on to live fire.

Live Fire: The shooter will load and make ready a rifle and holstered sidearm. Being conscious of the weapon safety rules, the shooter, using a rifle, will fire two shots at a target approximately ten meters away, use the proper technique to transition to a sidearm, and fire two more shots at the same designated target. The shooter will repeat this drill to ensure proper safety and technique is used.

0060 Min RELOADING SKILLS FOR RIFLE AND PISTOL: To demonstrate the basic ability to maintain positive control while reloading both a rifle and pistol.

Demonstration: The Coordinator will demonstrate the proper technique to ensure familiarization of the reloading skills for the rifle and sidearm.

Dry Run: Using a rifle and sidearm cleared out by the Coordinator, the shooter must demonstrate the proper technique to reload a rifle and sidearm while maintaining positive control of both the rifle and sidearm. The shooter will start off slow and controllably begin to reload quicker (speed is not the objective here). It is at this stage that technique must be shown before moving on to live fire.

Live Fire: The shooter will load and make ready a rifle and sidearm. Being conscious of the weapon safety rules, the shooter will fire two shots at a target approximately ten meters away, use the proper technique to reload the rifle/pistol and fire two additional shots at the same target. The shooter will repeat this drill to ensure proper safety and technique is used.

0070 Min REVIEW: Coordinator will summarize items covered.

0075 Min END OF TRAINING: 75 minutes of training (1 Hour 15 Minutes).