

## MARKSMANSHIP PROGRAM LESSON PLAN

### WEAPONS MANIPULATION

**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, snap caps (optional). (Note: Magazine retention devices not required; please ask for recommendations).

**AMMO REQUIREMENT:** Rifle 200 rounds; Pistol 200 Rounds (Minimum requirements).

<b>TIME:</b>	<b>ITEM</b>
<b>0000 Min</b>	<b>START TIME:</b> Introduction of coordinator and shooters.
<b>0005 Min</b>	<p><b>CONTROLLED PAIR:</b> Using a rifle/sidearm, engage the target with two controlled consecutive shots each with a sight picture. This allows for two precise shots at all distances.</p> <p style="padding-left: 40px;"><b>Demonstration:</b> The Coordinator will demonstrate the proper technique to ensure familiarization of the Controlled Pair.</p> <p style="padding-left: 40px;"><b>Dry Run:</b> Using a rifle cleared out by the Coordinator, the shooter must demonstrate the ability to maintain positive control of the rifle/sidearm while conducting the Controlled Pair Drill.</p> <p style="padding-left: 40px;"><b>Live Fire:</b> The shooter will load and make ready a rifle/sidearm. Being conscious of the weapon safety rules, the shooter will bring the rifle/sidearm up to the firing position and fire two controlled consecutive shots each with a sight picture, at a target approximately ten meters away. The shooter will repeat this drill to ensure proper safety and technique is used.</p>
<b>0010 Min</b>	<p><b>HAMMER PAIR:</b> Using a rifle, engage the target with two controlled consecutive shots in a single sight picture. This allows for two precise shots at close range.</p> <p style="padding-left: 40px;"><b>Demonstration:</b> The Coordinator will demonstrate the proper technique to ensure familiarization of the Hammer Pair.</p> <p style="padding-left: 40px;"><b>Dry Run:</b> Using a rifle cleared out by the Coordinator, the shooter must demonstrate the ability to maintain positive control of the rifle while conducting the Hammer Pair drill.</p>

**Live Fire:** The shooter will load and make ready a rifle. Being conscious of the weapon safety rules, the shooter will bring the rifle up to the firing position and fire one Hammer Pair at a target approximately ten meters away. The shooter will repeat this drill to ensure proper safety and technique is used.

**0020 Min EXCHANGING RELOAD:** Shooter will exchange a partially emptied magazine with a fully loaded magazine. This drill will not be for speed, such as “speed reloads” are. This drill is to ensure shooters will be conscious of their current magazine round count and will allow shooters to exchange magazines in an efficient manner. Magazine retention is key in this exercise as not all rounds were fired.

**Demonstration:** The Coordinator will demonstrate the proper technique to ensure familiarization of the Exchanging Reload for the rifle/sidearm.

**Dry Run:** Using a rifle/sidearm cleared out by the Coordinator, the shooter must demonstrate the Exchanging Reload for a rifle/sidearm while maintaining positive control of the rifle/sidearm. 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 of the Exchanging Reload and fire two additional shots at the same target. The shooter will repeat this drill to ensure proper safety and technique is used.

**0025 Min SPEED RELOAD:** To reload the firearm as quickly as possible, then firing two shots while maintaining positive control and safety. This allows for a quick reload, decreasing the shooter’s duration of time with an empty chamber and magazine.

**Demonstration:** The Coordinator will demonstrate the proper technique to ensure familiarization of the Speed Reload.

**Dry Run:** Using a rifle/sidearm cleared out by the Coordinator, the shooter must demonstrate the proper technique of the Speed Reload while maintaining positive control of the rifle/sidearm. The shooter will start off slow and controllably begin to reload quicker (speed is the objective here).

**Live Fire:** The shooter will load and make ready a rifle/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 Speed 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.

**0055 Min MALFUNCTION DRILLS:** Shooter will conduct rifle/sidearm Malfunction Drills in order to clear type one, two, and three malfunctions.

**Demonstration:** The Coordinator will demonstrate the proper technique to clear type one, two, and three malfunctions.

**Dry Run:** Using a rifle/sidearm cleared out by the Coordinator, the shooter must demonstrate the ability to clear type one, two, and three malfunctions.

**Live Fire:** The coordinator will create type one, two, and three malfunctions. The shooter will then demonstrate the ability to clear type one, two, and three malfunctions; then perform a controlled pair on target. Shooters will then load each other's magazines randomly with snap caps (optional) to create a failure to fire. The shooter will conduct controlled pairs until the failure to fire occurs, perform malfunction drill, and continue with controlled pairs until magazine is empty.

**0100 Min FAILURE TO STOP DRILL:** Shooter will conduct a Hammer Pair on the target, then shoot a single controlled shot to either the head or the pelvis.

**Demonstration:** The Coordinator will demonstrate the proper technique to ensure the familiarization of the Failure to Stop Drill.

**Dry Run:** Using a rifle/sidearm cleared out by the Coordinator, the shooter will demonstrate the proper technique of the Failure to Stop Drill, while maintaining positive control of the rifle/sidearm. The shooter will start off slow and controllably begin to conduct the drill quicker.

**Live Fire:** The shooter will load and make ready a rifle/sidearm. Being conscious of the weapon safety rules, the shooter, using a rifle/sidearm, will conduct a Hamer Pair on the target, then shoot a single controlled shot to either the head or the pelvis. The shooter will repeat this drill to ensure proper safety and technique is used.

**0130 Min MULTIPLE TARGETS:** Shooter will perform Failure to Stop/Hammer Pairs/Controlled Pairs on each target. The shooter will engage the greater threat first or the closer target.

**Demonstration:** The Coordinator will demonstrate the proper technique to ensure familiarization of engaging Multiple Targets.

**Dry Run:** Using a rifle/sidearm cleared out by the Coordinator, the shooter must demonstrate the proper technique to engage Multiple Targets, while maintaining positive control of both the rifle and sidearm. The shooter will start off slow and controllably begin to engage quicker.

**Live Fire:** The shooter will load and make ready a rifle/sidearm. Being conscious of the weapon safety rules, the shooter will perform Failure to Stop/Hammer Pairs/Controlled Pairs on each target at multiple distances away, perform the Rifle to Pistol Transition, and continue engaging targets. The shooter will engage the greater threat first or the closer target. The shooter will repeat this drill to ensure proper safety and technique is used.

**0205 Min**      **REVIEW:** Coordinator will summarize items covered.

**0210 Min**      **END OF TRAINING:** 210 minutes of training (3 Hours 30 Minutes).