

PONY CLUB TETRATHLON

SHOOTING

Beanies	Tadpoles	Minis	Juniors	Intermediate & Open
Age 7 and under	Age 9 and under	Age 11 and under	Age 14 and under	15 and over
Beanbag throw	2 handed static targets	2 handed static targets	One handed turning targets	One handed turning targets
3m	7m	7m	7m	10m

TRAINING:

- Usually, when not in lockdown we have training with Dave Hallam on a Monday evening.
- Training at home should involve strengthening and stabilising your arm.
- This can be done by getting a weight or even a small bottle of milk (something that is similar weight to the gun you use), hold the weight as you would if going to shoot and see how long you can hold that position for or replicate the movements whilst saying the commands that you would hear during competition to develop muscle memory.
- Commands for static targets - "Are you ready? Aim. Fire."
- Commands for turning targets - "Are you ready? Watch. Shoot.
- Whatever training you do with one arm you **must** replicate on the other side to release tension.
- For beanies, either aim at a place on a wall similar to the height of what your target would be or draw a target in a large piece of cardboard, practise repeatedly throwing a bean bag from 3 meters so you can practise technique and get a routine that you can replicate in competition.

SOMETHING TO AIM FOR:

Shooting is the phase which requires the least physical efforts so you want to gain as many points as possible. To be on a strong competitive position you want to be trying to shoot at least 800.

SHOOTING TECHNIQUE:

- Explained for someone who shoots with their right hand it is the opposite if shooting with your left hand!
- Triangulate your feet so that you have a stable base with your right hand facing toward the target.
 - Hold your arm as if you were aligning your sights. If you look down to the floor you should be able to just see the inside edge of your right foot.
 - When you line up your arm before picking up your pistol

- When you line up your arm before picking up your pistol you may feel you aren't completely inline with the centre of the target you can move your left foot forwards or backwards.
- Moving it forward will move your arm to the right and moving it back will move your arm to the left.
- Don't grip the handle you should fit in the grip.
- Don't pull the trigger only squeeze it using the tip of your index finger.