TEACHING MARKSMANSHIP TO CADETS

JROTC Marksmanship Instructor Course, Section VI
Teaching Marksmanship to Cadets (Coaching New Shooters)

Section Objective:

To review principles and guidelines for teaching basic marksmanship to JROTC cadets
Rifle Marksmanship Curricula

- JMIC Instructional Material for Cadets
  - Section II, Introduction to JROTC Marksmanship
  - Section V, Air Rifle Safety
  - Section VII, Learning Rifle Marksmanship Skills

- Supplementary Marksmanship Instruction Resources:
  - Army JROTC: LET Unit 7, *Air Rifle Safety and Marksmanship*
  - USMC JROTC: Core Student Text
  - Navy JROTC: *Marksmanship Curriculum*
Instructional Options

I. Safety and Familiarization Firing
- Introduction to marksmanship
- Safety and range procedures
- Familiarization firing in supported position

II. Basic Marksmanship Course
- Firing in standing position
- Use of the sling
- Firing in the prone (and kneeling) position(s)
- Qualification firing

III. Rifle Team Activities
- Additional Instruction in three-position firing
- Practice firing on regular basis
- JROTC Postals/other competitions
**Target Options**

- **Principle:** Start with big targets—target must be large enough to contain all well aimed shots.
- **Misses are negative—** hits are positive.
- **Recommend BMC Target**
- **Graduate to AR Target** when shot groups fit scoring rings.
Front Sight Inserts

- Target air rifle front sights use interchangeable inserts
- For new shooters-- select the largest ring
- Advanced shooters-- should be able to keep bull in ring while firing
- Post insert--not normally used
Prior to Shooting

1. Check dominant eye--determine right or left handed firing
2. Identify cross-dominant shooters (attach blinders)
3. Fit stock lengths to shooters
4. Give loading instructions
5. Demonstrate supported position
6. Teach basic shot technique
   - Sight alignment
   - Breath Control
   - Sight picture
   - Trigger control
Before You Start: Which Eye/Shoulder to Use?

Answer: Shoot from the same shoulder as your dominant eye. Do an eye dominance test to determine which eye and shoulder you should use.

Step 1: Use a card with a dime-sized hole. Hold it away from you and look at a distant object with both eyes open.

Step 2: Bring the card back to your eyes while continuing to focus on the distant object. The hole will be drawn to your dominant eye. Shoot from that same shoulder.
For Cross-Dominant Shooters

Cross-dominance:
Aiming with non-dominant eye

Solution: Attach a 30x100mm blinder to the rear sight
Air Rifle Stock Fit

- Correct stock length facilitates learning
- Have stocks of variable length available
- Match stock lengths to shooters—bent arm test is a good indicator
- Have shooters use the same rifle each day

Spacers can be removed or added to adjust stock length
Teach loading procedure before first live firing:

1. Open action

2. Charge air (pneumatic), pause when fully open

3. Place pellet on loading port—open end to rear

4. Close action
Rifle Practice Drills or Exercises

1. Practice holding rifle in position while aiming at blank target
2. Dry fire on a blank target
3. Live fire 3-5 shot groups on a blank target (objective: small shot groups)
4. Holding/Dry fire on bull's-eye target
5. Live fire 3-5 shot groups on blank target (objective: small shot groups)
6. Adjust sights to center groups on target (Teach sight adjustment first)
7. Shoot 5 or 10 shot series for score
Familiarization Firing

Start in Supported Position

- Use to teach basics of firing the shot
- Fire from table or floor with support
- Support rifle with rest (kneeling roll, sandbag, etc.)
- Allows new shooter to concentrate on shot technique
Correcting Serious Mistakes

- Failure to hit the target is unacceptable
- Serious New Shooter Errors
  - Cross-dominant shooter--aims with other eye
    Solution: Attach blinder to rear sight
  - Not looking through rear sight aperture
    Solution: Instruction/close observation
  - Flinching/Jerking Trigger
    Solution: Demonstration/dry firing
  - Shooting a rifle like a shotgun (point and shoot)
    Solution: Re-instruct on steps to fire shot, dry firing
- Be alert during first shot groups--if shooters do not hit targets, intervene immediately
Position Sequence

- Start new shooters in **Supported** position
- **1st Regular Position:** **Standing**
  - Easiest, most natural position to learn
  - Most important position to learn
  - Successful if BMC target is used
  - Charging M853 easier in standing
  - Requirement: Pellet holder (standing height)
- **2nd Position:** **Prone**
  - Introduce use of sling
  - Standing and Prone scores required for Mks/SS qualification badges
- **3rd Position:** **Kneeling**
  - Most difficult position to teach
  - All three positions required for Expert qualification badges
Teaching Firing Positions

1. Position Foundation
   *Standing*--foot position
   *Prone*--body position on mat
   *Kneeling*--body position on kneeling roll

2. Elbow Location (left elbow for right handed shooters)

3. Head & Butt-Plate Position

4. Adjust Rifle Height (sights to target level)

5. Tighten Sling (prone & kneeling)

6. Orient position on target (natural point of aim)
Teaching Sling Positions

- Start with sling on
- Start with sling long and loose
- Establish the position foundation
- Locate left elbow
- Position head & butt-plate
- Adjust rifle height
- Tighten sling
- Rotate position to target
Introducing a Firing Position

Fundamental Principle: Teach only the minimum information necessary to build a sound position

The illustration shows the teaching points needed for standing

#1, Turn the feet & body 90 degrees from the target
#2, place elbow on side, under rifle
#3, butt-plate up in shoulder to keep head erect
#4, adjust hand-wrist to raise sights to target

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Positive Repetitions—Not Magic

- Shooting skills are developed through positive repetitions of correctly executed positions, shots and techniques.
- Believe in practice—it is the real difference maker.
- Give positive corrections, highlight the correct action, not the incorrect one.