

BRIGGS

SIX STEP METHOD  
FOR TEACHING POSITION RIFLE SHOOTING

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1. Achieve relaxation in the position without the rifle.
2. Fit rifle to the position & achieve relaxation.
3. Learn to align the relaxed position with the target
4. Practice the fundamentals of firing the shot.
5. Fire for groups.
6. Fire for score.

Time Element: 30 minutes

1. What items are needed by a new shooter in order to be able to learn to shoot properly in the shortest possible time span? (Question to coach group).

A. List responses to question

1. Equipment

B. Draw idea of "equipment fit" from the group.

11. Criteria for fitting equipment

A. Rifle

1. Weight

2. Balance

3. Categories

a. Free

b. Standard

c. Junior Standard Model

d. Homemade

4. Adjustments

a. Buttplate

b. Rail

5. Length

a. Group instruction - 3 or 4 lengths

b. Individual instruction - Methods of measurement

B. Sling

1. Readily adjustable

2. Non slip

C. Glove

1. No thick padding

D. Jacket

1. Non slip
2. Reasonably rigid to hold and distribute tension

E. Ear/Eye Protection

1. Shatterproof
2. Cotton inadequate

PREFACE TOPIC # 2 - EQUIPMENT CARE

Time Element: 15 minutes

I. Equipment maintenance

A. Cleaning

1. Brushing, patching, drying
2. Breech end first
3. Light oiling
4. Lubrication

B. Storage

1. Clean
2. Dry
3. Secure

## SIX STEPS TO GREAT PRONE SHOOTING

- I. Achieve relaxation in the position without the rifle
  - A. Student lies face down in relaxed prone position, arms extended, eyes closed
  - B. Take deep breath, exhale until comfortable.
  - C. Relax all muscles
  - D. Check for relaxation
    1. Raise & drop hand/foot
  
- II. Fit rifle to position and achieve relaxation
  - A. Fit the rifle to the shooter
    1. Coach supports rifle
    2. Coach makes adjustments
  - B. Explain use of equipment to the shooter
    1. Installation of the sling
    2. Forward hand position
  - C. Place the student in the prone position with the rifle
    1. Position stock in shoulder
    2. Position head on stock
    3. Position left arm
    4. Check leg and total position
  - D. Relax
    1. Shut eyes
    2. Deep Breath, exhale until comfortable
    3. Relax all muscles
  - E. Discuss results with student
  
- III. Align the relaxed position with the target
  - A. Explain sight picture

- B. Explain pivoting around left elbow (without rifle)
  - 1. Horizontal pivot - shift hips left or right (student practices this)
  - 2. Vertical pivot - Shift hips forward and backward (student practices this)
- C. Student pivots to target to obtain proper sight picture with relaxed position (with rifle)
  - 1. Achieve relaxed position with rifle (see step II.)
  - 2. Pivot to target
  - 3. Close eyes, relax
  - 4. Open eyes, check sight picture
  - 5. Repeat steps 1-4 until relaxed position naturally points at the target

#### IV. Fundamentals of firing the shot

- A. Explain sight alignment and its relation to to sight picture
  - 1. Explain/demonstrate perpendicular relationship of rifle to target and the effects of cant (Consistency)
  - 2. Front and rear sight relationship (establish a line of sight perpendicular to the target)
- B. Explain trigger control (releasing the shot without disturbing the sight alignment)
  - 1. Moving trigger straight to the rear
  - 2. Place trigger hand to allow step "A"
- C. Explain "Follow Through"
  - 1. Maintaining sight alignment and sight picture with a relaxed position after the shot is fired
- D. Student practices "Hold"
  - 1. Analyze position, relaxation, etc.
- E. Dry Firing
  - 1. Analysis of trigger control and follow through

V. Firing the shot

A. Firing for groups

1. Student shoots a five shot group - group should be coverable by a dime, if not student returns to step lll.
2. Progress is entered in Shooter's Diary

VI. Shooting for score

- A. Discuss sight adjustment
- B. Fire sighters and adjust sights
- C. Fire target for score
- D. Analyze results



## A SOLID FOUNDATION = THE SITTING POSITION

### I. Building a solid foundation for sitting without the rifle

Note: Discuss three sitting positions and relative merits of each.

1. Crossed legs; most stable, least easy to assume
2. Crossed ankles; compromise, less stable, relatively comfortable
3. Open legs; comfortable, least stable

#### A. Student sits on ground assuming a crossed leg position

1. Sides of feet on the ground
2. Calves on top of side of foot
3. Elbows on leg support area

#### B. Relax

1. Shut eyes
2. Deep Breath, exhale until comfortable (no pressure)
3. Relax all muscles

### II. Building upon the solid foundation

#### A. Fit the rifle to the shooter (no sling)

1. Coach supports rifle
2. Make adjustments

#### B. Add rifle with sling to the position

1. Make adjustments

#### C. Relax

1. Close eyes
2. Deep breath, exhale until comfortable (no pressure)
3. Relax all muscles

#### D. Discuss results

III. Aligning the relaxed shooter with the target

- A. Explain sight picture
- B. Explain pivoting around buttocks (without rifle)
  - 1. Student practices this
- C. Student pivots to target to achieve proper sight picture
  - 1. Achieve relaxed position with the rifle (See step II)
  - 2. Pivot to target
  - 3. Close eyes, relax
  - 4. Open eyes, check sight picture
  - 5. Repeat steps 1 - 4

IV. Fundamentals of firing the shot

- A. Explain sight alignment and its relation to sight picture
  - 1. Explain/demonstrate perpendicular relationship of the rifle to target and the effects of "cant", (consistency)
  - 2. Front and rear sight relationship (establish a line of sight perpendicular to the target)
- B. Explain trigger control (releasing the shot without disturbing sight alignment)
  - 1. Moving finger straight to the rear
  - 2. Place trigger hand to allow step "A"
- C. Explain "follow through"
  - 1. Maintaining sight alignment and sight picture with a relaxed position after the shot is fired
- D. Student practices "hold"
  - 1. Analyze position, relaxation, etc.
- E. Dry firing
  - 1. Analysis of trigger control and "follow through"

V. Firing the shot

A. Firing for a group

1. Student shoots five shot group - group should be coverable by a "dime", if not, student returns to step III.
2. Progress is entered in the shooter diary.

VI. Shooting for score

- A. Discuss sight adjustment
- B. Fire sighters and adjust sights
- C. Fire target for score
- D. Analyze results

## BALANCE - THE KEY TO KNEELING

### I. Finding a balance kneeling position (without the rifle)

NOTE: Discuss shoe and role guidelines

- A. Student gets into comfortable position on role (without rifle)
  - 1. Triangle support base - weight on back foot
- B. Relax (total)
  - 1. Head bowed
  - 2. Arms hanging at sides
  - 3. Take deep breath, exhale until comfortable
- C. Re-establish balance if necessary
  - 1. Adjust front foot
  - 2. Adjust size of role and/or foot seat relationship

### II. Adding the rifle to the balanced kneeling position

- A. Fit the rifle to the shooter (no sling)
  - 1. Coach supports rifle
  - 2. Make stop and butt adjustments as necessary
- B. Add rifle with sling to the position
  - 1. Make necessary adjustments
- C. Relax
  - 1. Close eyes
  - 2. Deep breath, exhale until comfortable (no pressure)
  - 3. Relax all muscles
- D. Re-Establish "balance" if necessary
  - 1. Adjust front foot
  - 2. Adjust size or role and/or position of seat on foot

### III. Aligning the balanced kneeling position with the target

- A. Explain sight picture
- B. Explain pivoting around role (without rifle)

1. Student practices this
- C. Student pivots to target to achieve proper sight picture
  1. Achieve relaxed position with rifle (see step II)
  2. Pivot to target
  3. Close eyes, relax
  4. Open eyes, check sight picture
  5. Repeat steps 1 - 4

#### IV. Fundamentals of firing the shot in kneeling

- A. Explain sight alignment and its relation to sight picture
  1. Explain/demonstrate perpendicular relationship of rifle to target and the effects of "cant" (consistency)
  2. Front and rear sight relationship (establish a line of sight perpendicular to the target)
- B. Explain trigger control (releasing the shot without disturbing the sight alignment)
  1. Moving trigger straight to the rear
  2. Place trigger hand to allow step "A"
- C. Explain "follow through"
  1. Maintaining sight alignment and sight picture with a relaxed position after the shot is fired
- D. Student practices "hold"
  1. Analyze position, relaxation, etc.
- E. Dry Firing
  1. Analysis of trigger control and "follow through"

#### V. Firing the shot

- A. Firing for group
  1. Student shoots a five shot group - group should be coverable by a "nickel", if not, student returns to step III.
  2. Progress is entered in the shooter's Diary.

VI. Shooting for score

- A. Discuss sight adjustment
- B. Fire sighters and adjust sights
- C. Fire target for score
- D. Analyze results

## LEARNING TO "HOLD" - THE SECRET TO OFFHAND

- I. Finding a strong and relaxed standing position without the rifle
  - A. Discuss muscles
    1. Strength of legs
    2. Use of passive vs. active muscles
  - B. Establish a position base
    1. Feet together, parallel
    2. Back bend, body twist
    3. slump slightly (forward pelvic thrust) to place support of upper body squarely over the hips
    4. Coach places finger tips on shooter's hips
    5. Twist upper body (from the diaphragm up) slightly to the left
  - C. Relax
    1. Exhale until comfortable (no pressure)
- II. Adding the rifle to the standing position
  - A. Fit the rifle to the shooter (in position)
    1. Coach supports rifle
    2. Make necessary adjustments
  - B. Add fitted rifle to the position
    1. Left elbow on hip (in line with front point of hip if not actually touching)
    2. Relax right arm
    3. Add rifle to the position
    4. adjust left hand to rifle height
  - C. Check balance of feet
    1. Adjust back bend to re-establish balance
  - D. Widen stance

1. Take one step to the side to establish a comfortable shoulder width stance

E. Relax

### III. Aligning the standing position with the target

- A. Explain sight picture
- B. Explain pivoting by shuffling feet (without rifle)
- C. Student pivots to target to achieve proper sight picture
  1. Achieve relaxed position with rifle (see step II)
  2. Pivot to target
  3. Close eyes, relax
  4. Open eyes, check sight picture
  5. Repeat steps 1 - 4

### IV. Fundamentals of firing the shot in kneeling

- A. Explain sight alignment and its relation to sight picture
  1. Explain/demonstrate perpendicular relationship of rifle to target and the effects of "cant" (consistency)
  2. Front and rear sight relationship (establish a line of sight perpendicular to the target)
- B. Explain trigger control (releasing the shot without disturbing the sight alignment)
  1. Moving trigger straight to the rear
  2. Place trigger hand to allow step "A"
- C. Explain "follow through"
  1. Maintaining sight alignment and sight picture with a relaxed position after the shot is fired
- D. Student practices "hold"
  1. Analyze position, relaxation, etc.
- E. Dry Firing
  1. Analysis of trigger control and "follow through"
  2. Study vs. test theory of practice



V. Firing the shot

- A. Maintain rifle/shooter relationship between shots
- B. Firing for group
  - 1. Student shoots a five shot group - group should be coverable by a "quarter", if not, student returns to step III.
  - 2. Progress is entered in the shooter's Diary.

VI. Shooting for score

- A. Discuss sight adjustment
- B. Fire sighters and adjust sights
- C. Fire target for score
- D. Analyze results