



Barth/Dreilich

TRAINING SHOOTING SPORTS

RIFLE - PISTOL

Training Shooting Sports is especially written for young people. It is easy to understand and offers a lot of fun while practicing and playing



The Book

You have already learned the basics of shooting sports and now you want to continue to improve? Then this book is the perfect training companion for you!



In this book you will find important training tips for both rifle and pistol. In addition to explanations of proper technique you learn how to recognize and correct mistakes and how to do additional exercises at home. Here you will learn why flexibility, strength and speed are so important, how you can improve your fitness level and how to document your performance development. And surely you are interested in finding out how to cope with competitive pressure through conscious breathing techniques and relaxation exercises. And there is also lots of interesting information about shooting sports, tips for good nutrition, training and preparing for competition.

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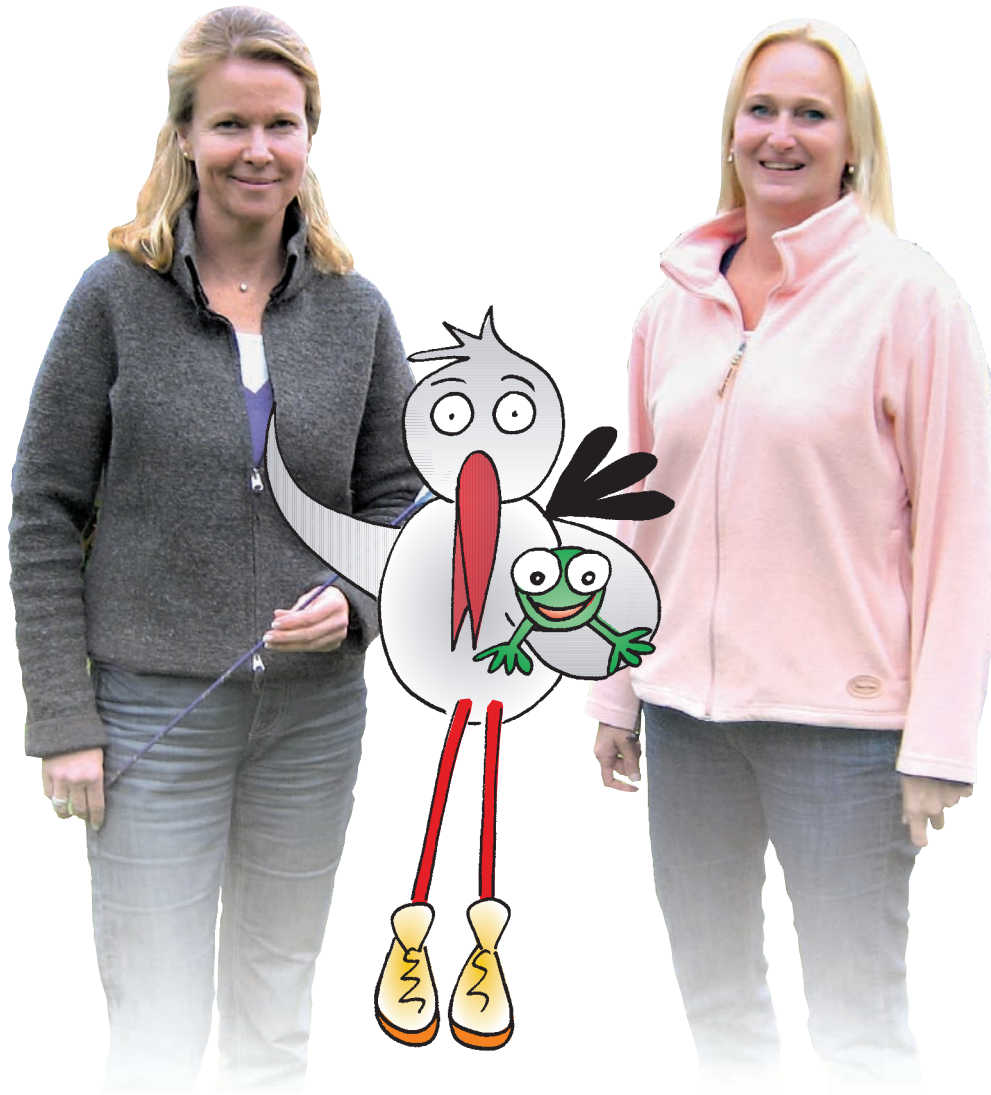
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& MEYER
SPORT

The Authors

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"Learning..., Training...": Our unique series of children's sports books.

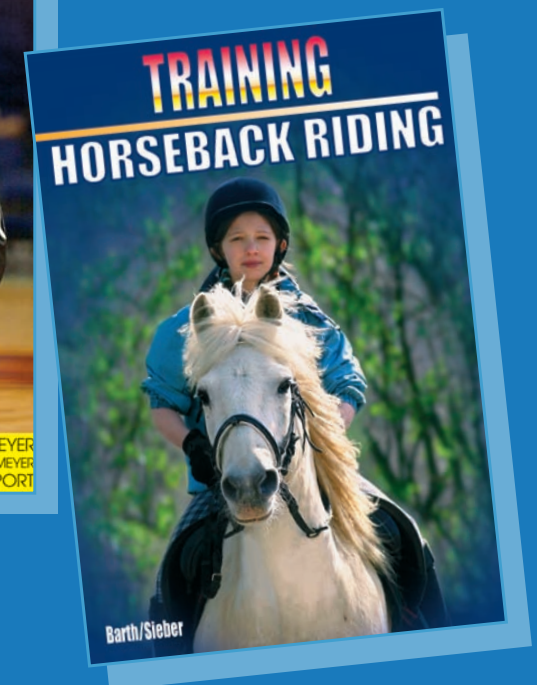
Have you found a sport that you like and want to get better at playing or taking part? Our book series "Learning... Training..." is exactly what you are looking for!

This series now covers 12 different sports, including Basketball, Fencing, Swimming and Soccer. The books are written especially for you. Each one has many drawings, riddles and tests as well as good advice, which will help you learn more about your sport and understand how to get better at taking part.

You are led by a little mascot who explains a lot about your favorite sport.

The series "Learning..." is meant for beginners, while "Training..." is intended for the more advanced.

Meyer & Meyer Sport hopes you have a lot of fun with Learning and Training!



Training Shooting Sports

Name:

Birthday:

Address:

School/Grade:

Photo

Club:

Discipline:

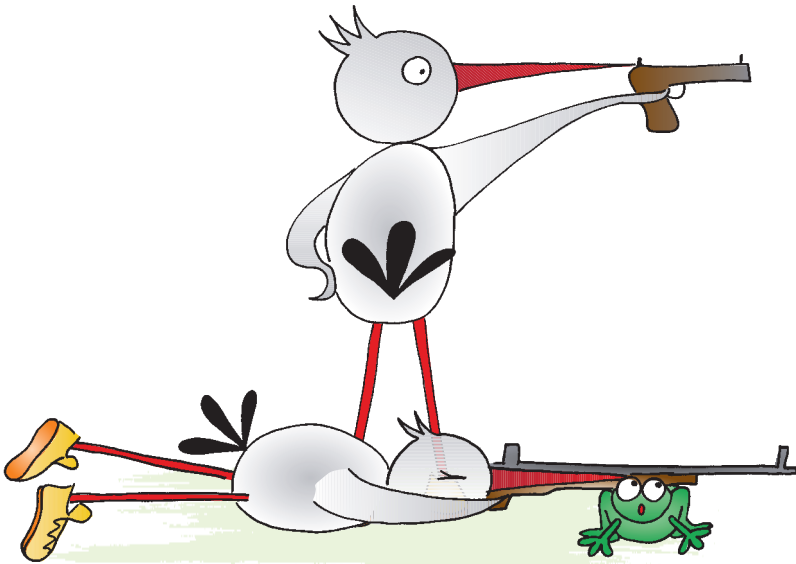
Motto:

Training Shooting Sports

Katrin Barth & Beate Dreilich

Sports Science Consultant:

Dr. Berndt Barth



Meyer & Meyer Sport

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Content

1	Dear Shooting Sport Athlete	9
	Tips from the authors, sports and art	
2	Interesting Facts About Shooting Sports	13
	Shooting sports disciplines, competitions, American and international organizations	
3	Hi There, Petra!	19
	A conversation with Petra Horneber, the successful German shooting athlete, fan pages	
4	Training – the Road to Success	23
	Training, training correctly, goals, motivation, physical workload, what it takes to be a successful shooting athlete, training diary	
5	Physical Fitness and Coordination	39
	Physical fitness in general, physical fitness in shooting sports, endurance, strength, speed, flexibility, fitness training, reaction speed drills, flexibility exercises, coordination, coordination exercises	
6	It's All in the Mind	57
	The brain – our computer, perception, reflexes, attitude, coping with nervousness, fear and anger, overcoming difficulty, alertness, concentration, pressure, relaxation, self-confidence, competitive strength, exercises, test	
7	Technique	79
	General technique, technique in shooting sports, technique training, increased performance, training tips, monitoring, evaluation, muscle sense, sensitization program	

Training Shooting Sports

8	Rifle Shooting	89
	Standing firing position, prone firing position, kneeling firing position, taking aim, firing, follow-through, breathing	
9	Pistol Shooting	111
	Precision shooting, motion sequence and technical elements, breathing, taking aim, firing, rapid-fire shooting	
10	Safety First!	131
	Rules, firearm safety, shooting sport regulations, making a case against firearm misuse and for the sport	
11	Fit and Healthy	139
	Performance capacity, eating and drinking right, energy sources, prevention and regeneration, doping	
12	Solutions	147
	Solutions and answers to brain teasers	
13	Let's Talk!	149
	Dear Parents, Dear Trainer, some suggestions from the authors regarding the use of this book	
	Photo & Illustration Credits	152

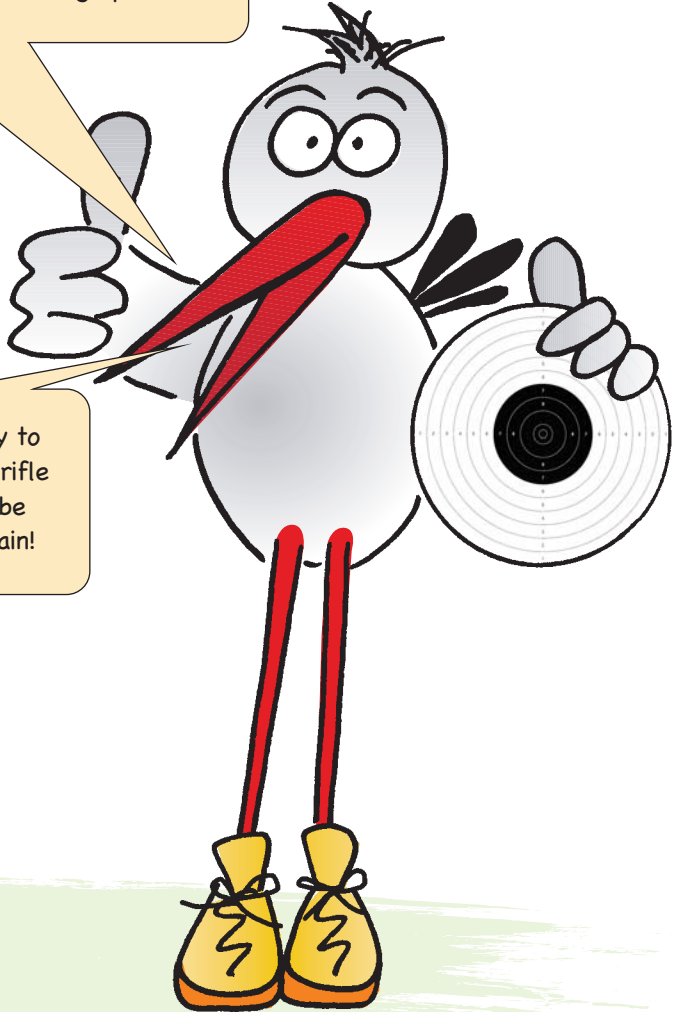
Please note:

The exercises and practical suggestions in this book have been carefully chosen and reviewed by the authors. However, the authors are not liable for accidents or damages of any kind incurred in connection with the content of this book.

For the purpose of better readability we have decided to use only the male (neutral) form of address throughout the book, which of course also includes the female gender.

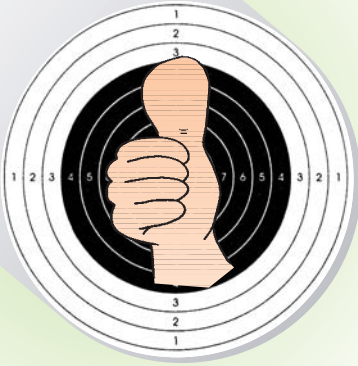
Hi there! I'm Sammy, the little stork with the long accurate beak! You may even remember me from the book "Learning Shooting Sports".

And now you're ready to properly train with a rifle or a pistol? Ok, I'll be at your side once again!



And of course I will be there, too!

Helpful symbols in this book



The thumb means we have a great tip for you. Advice or mistakes are pointed out to you.

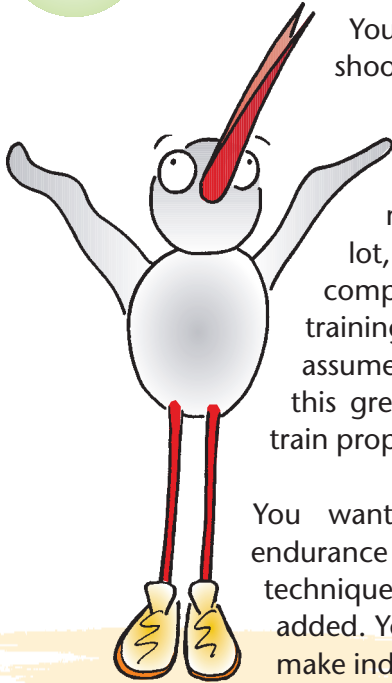
Here you will find brainteasers or questions.

The answers and solutions are at the back of the book.



Here you will find something to record, fill in or check off.

. . . 1 Dear Shooting Sport Athlete



You started out with the fundamentals of shooting sports and now you have already learned the basics. Maybe you even practiced with our beginning book "Learning Shooting Sports". Now you regularly train at a club, have learned a lot, and have competed in your first competitions. If you are now interested in this training book and are reading it, we can assume that you are still very enthusiastic about this great sport. You want to continue on and train properly and with purpose.

You want to be more focused, have more endurance and be more accurate. Familiar techniques are built upon and new ones are added. You want to gain personal experience and make individual adjustments to the techniques.

Although not everyone around you always appreciates your sport of choice, you recognize the personal athletic challenge. You don't have to be overly strong, tall, thin or attractive. Your performance can be physically measured and you are therefore not dependent on the sympathy of referees. It is an indoor and outdoor sport; you do not have to hurt anyone and don't have to push yourself to your absolute physical limit. Valuable qualities such as the ability to concentrate, determination, sagacity and resolve are cultivated. The special sports equipment causes you to be very responsible and cautious.

But first a little story:

A strapping boy was visiting the mountains and wanted to climb a high peak. Cheerfully he packed food and drink, and started to hike with a bounce in his step.

Since he wasn't familiar with the route he made slow progress. He climbed up and when he realized that he couldn't get any further, he had to turn back and start over. These detours cost him lots of strength. Sometimes he got lucky and found a trail that brought him a little closer to the top. After many such attempts he finally reached the summit, only to realize that others were already there. They told him about a good hiking trail. He could have taken that without all those detours.

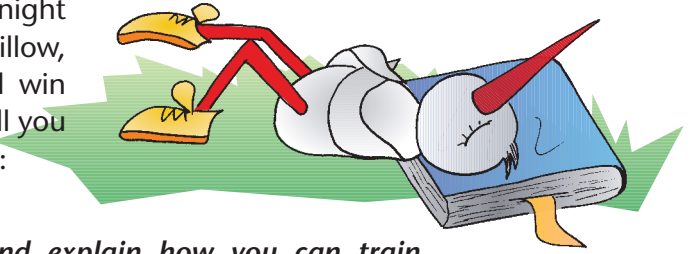
Why didn't he use a map or ask someone who had already taken this hike?

Training in shooting sports is similar to our story about the “conqueror of the peaks”. Many shooting athletes have trained before you and some have become very successful. So you don't have to reinvent shooting sports and shooting training, but rather learn from the experiences of shooting athletes before you. That will make it much easier for you.

The training book “Training Shooting Sports” will provide you with a kind of “trail map” and a little tutorial on how you can climb the “shooting athlete's peak” without making a lot of detours. And of course there's your trainer who can show you the right way.

It sometimes happens that experienced shooting athletes, trainers and book writers have slightly different views and terminology. That is normal. Ask if you are not clear on something and find out the reasons behind different opinions. But if we are mistaken about something or the development has simply progressed, make notations directly in your book.

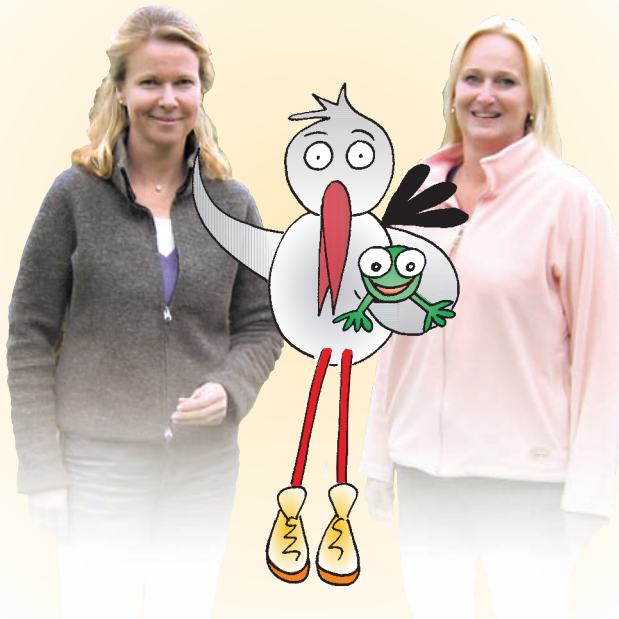
But before you go to bed at night with the book under your pillow, thinking that's how you will win tomorrow, we just want to tell you this on your way to "the top":



We want to counsel you and explain how you can train properly. But you must train on your own. Whether or not you reach your goal and make it to the peak is mainly up to you.

In this book we primarily offer tips, suggestions and information about training. The section on rifle and pistol shooting describes the basics, but due to limited space it is certainly not complete. Get advice from trainers or other shooting athletes if you need additional information. We hope you have lots of fun with this book. It will certainly provide you with much interesting information to accompany you on a hopefully quick and safe trip to "the summit". We wish you lots of success!

Stork Sammy and the authors



Sports and Art

Sports and athletes are popular themes for many artists. Many paintings, drawings, caricatures, sculptures, and photographs have been and are created inspired by the elegance of the movement, the beauty of the body, the strength, the fun, and the hi-tech sports equipment. Look for them whenever you are leafing through a magazine or are visiting a public building or a museum.

Logos and mascots

Graphic artists design logos or little mascots for athletic associations, sports clubs or sporting events. These images are then displayed on posters, tickets, trophies, t-shirts, etc., – and of course as plush toys.



Try your hand at graphic design

Pretend your club needs a new logo, or you have to design a medal or the logo for the next World Championships. What do your ideas look like?



. 2 Interesting Facts About Shooting Sports

Adolescents engage in sports to get in shape, to do something constructive with their free time, to get together with friends and to learn something new and different. Of course you also want to test your limits, push yourself, and be successful in competitions!

Shooting is your hobby and you put a lot of time into it. Naturally most young shooting athletes want to know everything about their favorite sport in addition to the regular training sessions and supplementary exercises.

That includes learning about the history of shooting sports and national and international shooting sports organizations. You want to know about the various disciplines, the best and most successful athletes and the world records.

That's interesting to you but also to those around you. Some will ask you whether rifle or pistol shooting is actually a sport and what it is you love about it. The more you know about your sport, the more comprehensive and competent your answers will be!

We want to peak your interest within the next few pages. You can get even more information from sport-specific literature, television programs or on the Internet.

