

Shooting YTP's:

Bears:

This is a seasonal program. Progressions are laid out in the Bears Shooting Lessons (similar to Jack Rabbits, with skill sets and badges). Instruction in shooting technique progresses from instruction on safety and aiming to combination shooting. Emphasis is on getting the children engaged with our sport rather than on formal training programs. One or two practices per week.

Race categories: Air Rifles 1 or 2, under 15.

Track Attack Biathlon (L2T):

This is a seasonal program. It is a compressed version of the longer Youth Racer YTP, starting with Basic Shooting Skills (precision) in Fall, progressing to Biathlon Shooting, and then to Combination Shooting (skiing and shooting successively without a rest period). These phases overlap in the compressed schedule. Because all of our beginning rifle shooters start here, we try to customize individual practices to accommodate differential progress rates (fast or slow) and athletes may progress from this group to a more advanced category within a season.

Race category: DEV-1, under 17. Two or three practices per week.

Youth Development (LT2/T2T):

This is a seasonal program. It is a compressed version of the longer Youth Racer YTP, starting with Basic Shooting Skills (precision) in Fall, progressing to Biathlon Shooting, and then to Combination Shooting (skiing and shooting successively without a rest period). These phases overlap in the compressed schedule. These are continuing Biathletes who are a more homogeneous group (by selection). Practices are more coordinated around group activities and drills. Two or three practices per week.

Race category: DEV-2, under 17, progressing to Sr.B/G, Under 17

Youth Racers (T2T):

This is a full, periodised shooting YTP (see graph below). It has a longer Precision phase than one might find in Jr. Men/Women or Sr. Men/Women YTPs to compensate for the lower level of shooting expertise. Starting with Basic Shooting Skills (precision), progressing to Biathlon Shooting, and then to Combination Shooting (skiing and shooting successively without a rest period) to the Competition phase. Athletes in this program are usually competing for a position on Team Alberta (National Championships) and some will be aiming for higher competitions like Canada Winter Games or World Youth Championships. Three practices per week.

Race category: Sr. B/G, Under 17 and Youth Men/Women (year 1)

Volume: Practice time is generally fixed (in hr.) while the number of bullets fired increases through October and then levels off until the Taper phase in March.

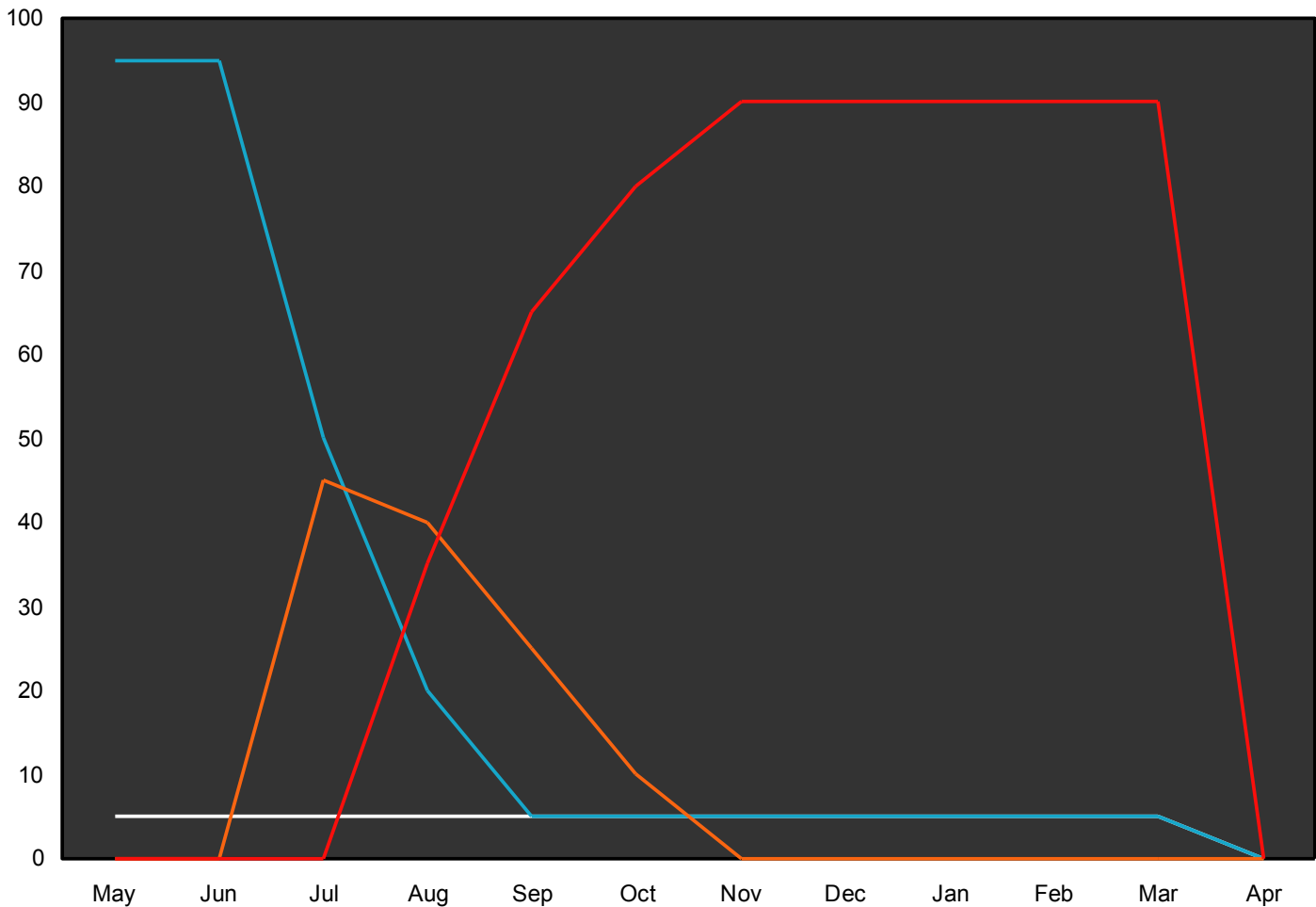
Macro cycles are not generally needed in shooting periodization although account is taken of physiological load, training camps and necessary recovery to a state where shooting is productive.

Micro cycle content varies within phases to accommodate the percentages illustrated below.

Shooting YTP: Youth Racers:

Legend:

- Y Axis = Percentage; X axis = Calendar time
- Blue = Precision shooting skills: Aiming, trigger control, breath control, mental training.
- Orange = Biathlon shooting skills: Range drill; modifying shooting skills for 5-across and speed.
- Red = Combination Shooting: Biathlon shooting under pressure of skiing work load.



Micro Cycle Practice Examples:

Basic Shooting Skills (Precision):

Physical activation (5-6 min.) e.g. Pilates mat exercises; short jog.

Brief on practice goal (< 5 min. talk)

Self zero as you work through the exercises; principle focus is on consistency as measured by group size (40 – 50 min.)

1st target: Focus on “breathe out to same point” 10 shots; each shot, 1 dry fire, 1 live fire.

2nd target: Focus on “breathe and squeeze” ” 10 shots; each shot, 1 dry fire, 1 live fire.

3rd target: Focus on follow through after shot release ” 10 shots; each shot, 1 dry fire, 1 live fire.

4th target: Focus on integration: ” 10 shots; each shot, 1 dry fire, 1 live fire.

5th target: Shoot red dot for gummy bears. 10 shots only.

After evaluation by coach, you may shoot several magazines at metal.

Biathlon Shooting Skills (5-across skills):

Brief on practice goal (< 5 min. talk)

Physical activation (5-6 min.) e.g. Group range drills (one shot, dry fire)

Self zero using the bottom row targets: 10 – 15 bullets on Alpha (5-10 min.)

On top row of paper: Starting from left cone, shoot 1 magazine Prone, 5 across, 1 bullet per target, exit from mat past right cone on each bout. After 4 mags. examine bullet pattern for trends.

Next 4 mags: Shoot same again, or do remedial drills prescribed by coach, using same targets or targets in the bottom row.

Verify Zero as necessary.

Play shooting game on metal, self organized; or shoot red dot for gummy bears, or paint balls, or something similar.

Biathlon Combination Shooting (5-across with pressure):

Physical activation (5-6 min. ski, or longer if really cold.)

Coach zero using the bottom row targets: 10 – 15 bullets on designated target: (3-5 min.)

Confirm ski: Up into Z3 during 10-12 min. Z2 ski (Get pumped).

Confirm Shoot: Top row on corresponding target; 5 – 10 bullets (1 – 4 min.)

Brief on practice goal (< 5 min. talk)

First 4 mags: Warm up combos: Low physiological load, focus on process and mental anchors; usually prone.

Next 4-8 mags: Varies with athletes progress, Phase and proximity to races. Usually done with sufficient stress to take athlete to the edge of his/her personal envelope in terms of shooting skill; Prone and Standing.

Focus will often be customized for each athlete. Standing instruction at end as appropriate.

Play shooting game on metal, self organized or coach organized depending on how the practice is going.