

## **CHECKPOINTS – STANDING**

This is a supplement to the evaluation check lists in the Biathlon Canada Manual

### **POSITION – CARRY THROUGH – PULL THE TRIGGER**

More room for “individual choice” of position (with coach).

**Bone position** – Feet approx. the same width apart as shoulder width (right foot 5 cm back?).

**Contact** – Left elbow in good contact with pelvis bone [ideal; not essential].

**Weight** – Weight distribution is individual, but recommend 60% left and 40% right foot. Adjust right foot sufficiently enough to get in touch with pelvis bone with support under the rifle. If you can do this without torso distortion.

**Grip** – A steady, firm grip around the stock with right arm.

**Command** - Take command over the rifle, pull towards shoulder with right hand.

**Relax Arms**– Relax the left arm, especially the biceps. Relax right arm and wrist.

**Hip** – Place hip sufficiently forward so that the vertical line of the barrel is on the ankle.

**Breathing** – Breathe out far enough only to make contact with elbow/ pelvis bone, stop on air pillow of 30- 60 % left.

**Level head** – Eyes level with the ground (horizontal).

**Aggressive** – Head and neck towards rear sight, eye 3 – 5 cm from the rear sight (not the eye cup). Avoid tension in neck.

**Straighten the legs** – Legs stretched but relaxed (avoid locking knees), stand on skeleton.

**Relax Body** – Generally relaxed (esp. relax gluteus maximus and legs)

**Trigger point** – Take first slack when you do rough aiming.

**Big pressure** – 400 g on the way to acquiring the target; start of attack.

**Close** – Stay close to target, close enough to attack immediately after re-load.

**Trigger squeeze** – Use more time on the last 100 g than the first 400 g. This needs to be co-ordinated with the braking onto the target

**Brake** – Slowing down when moving the sight onto the target, and stop on the middle of the target when the squeeze curve is on the top. Like braking for a stop sign in a driving test.

**Control** – Be able to stop the shot if it is not aligned at the end of the attack. Go again.

**Thumb pressure** – Keep pressure on the right thumb when squeezing the trigger.

**Calm** – Whole body is calm when you take the shot, no movement anywhere except in the trigger finger.

**After pressure** – Watch the bullet hit the target, 0.3 – 0.5 seconds after firing. Just like Prone.

**Fast set up drill** – Make this setup drill a variation on your Prone drill.

**Additional, Personal Checks:**