



4-H Shotgun: Shotgunning Basic Stance

Time

30-45 minutes

Materials

- Foot placement board for stance
- 5 Shotguns to match a shooters size (*gun weight, length of pull, etc.*)
- Dummy ammunition of gauges to match the shotguns to be used.
- Visual aids depicting target presentations including clay targets or Frisbee type disc or laser pointer
- Shooting vest or shell pouches, ear, and eye protection
- Range rules cards
- Portable gun rack to simulate the permanent gun racks typically found at shotgun ranges

Space Required

- Indoor/outdoor classroom setting with adequate room to allow multiple participants to work through and demonstrate the swinging of shotguns on target and follow through in a safe manner.
- If indoors, adequate space is needed to set up a simulated five station trap range for youth to rotate through a virtual round of trap and track moving targets.

Before the Meeting

Ensure there is a stationary object positioned so that each student can extend their off hand with an unobstructed view of the object for eye dominance exercise. Set up portable gun rack and a simulated five station trap range for youth to rotate through a virtual round of trap and track moving targets.



Lesson Objective

- Youth will identify their master or dominant eye to determine whether to shoot right- or left-handed.
- Learn carries from the gun rack to the range along with basic shotgunning stances.
- Learn how to Swing on moving target and follow through techniques.
- Youth will be introduced to orientation of targets seen in Trap (Trap is used at the WY State Shoot).
- Learn standard range rules which are used at County and State Shoots.
- Learn the importance of the required ear and eye protection and how to properly use these.



Background

Shotgunning sports can be enjoyed well beyond the years when youth are in 4-H developing their foundation. As in all shooting sports safety is paramount. Clay target contests such as trap, skeet, and sporting clays have been enjoyed for many years by 4-H members and their families at both the recreational and competitive levels. 4-H shot gunners learn basic skills while striving for skill improvement which often turns into a life-long family activity. Shotgunning skill levels differ for new shooters but with a strong foundation in the basics and early successes the fun often lasts a lifetime. A good foundation is formed when learning the basic mechanics including; eye dominance, stance, proper gun mounting, and the ability to track and follow through on moving targets.



Activity Instructions (10 minutes)

1. Demonstrate how to identify dominant eye using various methods.
 - a. Point a finger at a stationary object and have the students alternate closing eyes while pointing on stationary object.
 - b. Use the cross-handed triangle opening method to check eye dominance.
2. Each youth shooter will work through exercises to determine eye dominance to assist in deciding handedness for shooting shotguns.



Reflect and Apply Questions

1. Why is it essential to determine eye dominance?
2. What might happen if you try to shoot a shotgun when looking down the barrel with your offside eye over the stock?



UNIVERSITY
OF WYOMING



uwyo.edu/uwe



Activity 2 Instructions (25 Minutes)

1. Demonstrate the basic shot gunners shooters stance (three factors which influence felt recoil and skill development), mounting the shotgun, and swinging on and following through of moving targets.
 - a. Touch down signal to identify shoulder pocket to firmly place butt of shotgun.
 - b. Place trigger hand thumb knuckle on check bone to emphasize stock stays firmly in place on check.
 - c. Standing on one leg (forward leg) to feel balance of weigh forward and not leaning back.
 - d. Boxer's stance leading with off-hand with feet at shoulder width apart using foot board.
 - e. Hand position on the shotgun with off-hand on forearm at balance point, trigger hand on stock with trigger finger off the trigger with butt of shotgun on shoulder and cheek on the stock.
 - f. Emphasize stance with forward balance while swinging through moving target
2. Each youth shooter will work through exercised of stance development and high gun mount with shotguns while walking through a simulated round of trap.
3. Each youth shooter will work through exercises to determine swinging on and following through on moving targets without a shotgun. Using off hand index finger to track target while swinging on and through simulated target (laser light).

Reflect and Apply Questions

1. Why would you place your hands and position your body in a certain way when shot gunning?
2. What might happen if the stock of the shotgun was not firmly pushed against your check?
3. Why might it be frowned upon to walk in front of the other shooters on the trap line?
4. When shooting at moving targets, why is gun mount and keeping the gun moving important?

Other Related Resources:

Wyoming Shotgunning 4-H Leaders Booklet, WY State Development Training Team, Roy Kern

References

Georgia 4-H S.A.F.E. website – <http://www.georgia4h.org/safe/disciplines/shotgun>
National Rifle Association Basic Shotgun Shooting Course, NRA Washington DC
Wyoming Game and Fish Department Hunter Education Student Manual



Shotgunning Basic Stance

REFLECT AND APPLY
ANSWER SHEET

Activity 1 Reflect and Apply Questions

1. Why is it essential to determine eye dominance?

When shotgunning the shooter uses their dominant eye to look straight down the barrel forming the rear sight as their cheek is firmly placed on the gunstock. If a shotgun shooter does not determine their eye dominance their ability to form a clear and consistent sight picture will make it more difficult to track and hit moving clay targets.

2. What might happen if you try to shoot a shotgun when looking down the barrel with your offside eye over the stock?

The first and most uncomfortable result would be that the force of the recoil will push back the stock or shooters hand back into their nose creating an unpleasant experience for the shooter. The second result will be inconsistency in breaking moving targets.



Activity 2 Reflect and Apply Questions

1. Why would you place your hands and position your body in a certain way when shot gunning?

Proper hand and body position for shotgun shooters is important in that ensures a shooter is ready to safely shoot the shotgun and be best able to reduce the amount of felt recoil. As the shooter works through their stance and practices in a consistent manner they will develop muscle memory allowing for an increase in overall shotgun proficiency at the range.

2. What might happen if the stock of the shotgun was not firmly pushed against your cheek?

When the butt of the stock on a shotgun is not firmly anchored to the shoulder pocket a shooter will feel the sharp impact of the recoil versus a softened push. There will also be resulting inconsistency in breaking moving targets due the sight picture variance.