**Team LoCo Motion 2016-2017 Practice 1**

**October 1, 2016 – 8am to 10am**

**Equipment Needed:**

4 22LR Pistols First Aid Kit

4 Cardboard Sheets FOCUS stage setup

2 Canopies Box of Ear Plugs

Safety Glasses 2 Red Guns (for Stance & Grip)

2 SIRT Pistols 1 Sight Alignment Display

Paper Plates Coach Clipboards

**Schedule:**

7:40-7:50 Setup

7:50-8:00 Arrival – Greeting

8:00-8:10 Range Safety Briefing (Jardines)

8:10-9:45 High School/Collegiate Squad – Start with FOCUS stage, then paper targets

Middle School Squad – Start with paper targets, then FOCUS

Padawan Squad – (front porch) Safety briefing, stance/grip/sight

alignment/sight picture - transition to 15yrd range (10 rounds per target at 3 yards)

9:45-10:00 Clean Up – police brass and put away steel targets

10:00-10:05 Announcements – Dismissal

*Assumptions: We will have up to 18 athletes at practice (4 new shooters are joining)*

Divide kids into three groups:

* HS Squad (Creese & Shipley)
* MS Squad (Morrow & Brohard)
* Padawan Squad (Jardines, Soltis & Musser)

We will use the 15 and 50-yard ranges again, PADAWAN SQUAD with paper targets at the 15 yard range, FOCUS stage at the 50 yard range. The picnic tables close to the drainage ditch will be for reloading.

**HS and MS SQUADS:** The purpose of this practice session is to focus on the essentials of shooting. Squads will shooting paper and the FOCUS stage. On the paper range, each shooter will shoot 10 rounds at each of 2 paper plates at 3 yards, then advance to 24 feet for an additional 10 rounds at 2 paper plates. Only rotate each shooter after they have completed all five strings for the stage. Move as a group to the next range. Coaches will guide athletes on clearing malfunctions as necessary - athletes will load magazines.

**PADAWAN SQUAD:** Initial training will take place in the classroom, then transition to 15-yard range. Target stands will be set up at 3 yards with 2 paper plate targets for one shooter at the top of the cardboard, and two targets for another shooter at the bottom of the target. Each shooter will shoot 10 rounds at each target and then rotate after their two strings. Please have each shooter right the names on the plates and collect all plates.