



APSI Basic Coaching Course at Yeaveley SG, nr Ashbourne, Derbyshire

October 3 - 6, 2011 inclusive

Introduction

An APSI basic coaching course will take place October 3 - 6, 2011 inclusive, at Yeaveley SG, Yeaveley Estate, Yeaveley, nr Ashbourne, Derbyshire. The course is based on the education a shooting instructor receives at a professional shooting school. There are elements of both clay and game shooting included.

Programme

A detailed programme is at Annex A. The four day course will start each day at 0900, and conclude at 16.30 – 1700.

Accommodation

Accommodation for students and course instructors is at the Bentley Brook Inn near Ashbourne for the evenings of October 2 - 5 inclusive.

Course assembly

Students and instructors meet on the evening of October 2 at the Bentley Brook Inn.

Meals

Breakfast will be provided at the hotel, lunch at YSG. Evening meals are available at the hotel and at many excellent pubs and restaurants in the vicinity, but not included in the course price.

Administration

Dress

Classroom dress is smart casual as befitting a shooting instructor

Personal equipment

Students are requested to bring the following items:

Shooting jacket, shooting glasses, Hat, Ear defenders, Notebook and pen, Walking boots, Wet weather gear. Bring personal guns if possible (guns will be provided for those who have difficulty bringing a gun). Guns may be kept at the armoury on the shooting ground.

UK students please bring your current shotgun certificate

Annexes

A. Course Programme

B. List of students (to Instructors & APSIC)

Distribution:

External:

Information:

Shooting Press, BSSC

Internal:

Action:

Course Instructors
Course students
YSG

Information:

APSI Management Committee



Annex A: Course Syllabus

A.P.S.I. Coaching Course

at Yeaveley Shooting Ground, Ashbourne, Derbyshire

October 3 - 6, 2011

Students & Instructors meet at the hotel accommodation on evening of Sunday October 2 for an informal chat, introductions and meal

Course commences 0900 with working lunch at 1230

October 3

Day One, The Basic Techniques of Shotgun Shooting

Admin & Introduction

Welcome & briefing on the course and its aims, APSI & why
Additional information

Safety Presentation

The three shooting methods

Introduction to the three methods of shooting, their uses and applications, advantages & disadvantages.

- a) Swing through - the most popular and ideal for beginners, the only possible method for the Trap disciplines (except possibly Double Trap)
- b) Point & Swing - the CPSA 'method'
- c) Maintained lead, or Lead Out, misnomers, and probably the original moving target shooting method - not suitable for beginners, ideal for close fast targets, perfect for Olympic Skeet.

Basic technique

- a) Stance, its function
- b) Body position
- c) Holding the gun
- d) A good ready position for the beginner
- e) Gun mount, the position in face & shoulder, & why
- f) Gun mount, achieving it

Master eye

- a) How to discover the master or lead eye. How to correct problems
- b) Options with eye problems
- c) How the instructor can be fooled by problems with gun fit

PRACTICAL MASTER EYE TESTS FOR ALL STUDENTS

Basic shooting techniques

PRACTICAL SHOOTING

Day concludes at 1630 with Q & A Session,

Return to hotel



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October 4

Day Two, the Basic Techniques of Shotgun Coaching
Q & A from Day One

Teaching the Basics

The principles of sound coaching:

Introducing the Novice to shooting

Instructor Qualities Defined

What makes a good shooting instructor?

-
- a) **Lesson Presentation**
Presenting successful lessons for all pupil levels. Short but effective safety and beginner presentation templates are supplied. The candidates can utilise these or modify them to suit their own purposes.
 - c) Demonstrate stance, body position, gun hold, the importance of good gun mount, a special gun mount technique for good positioning
 - d) Testing for Master Eye, progressive methods
 - e) The eye phenomenon with young people/woman/ older men
 - f) The first shots at a stationary target
ON FITTING PLATES
 - f) The first shots at a moving target, to demonstrate or not?
The value of demonstration and the pitfalls
PRACTICAL - IDENTIFY METHOD ON TARGETS
 - g) Progressions in gun mounting
 - h) Targets to use and those to avoid. Stressing timing, the essence of good shooting. Re-checking the master eye on moving targets

Fault diagnosis

Demonstrations of typical faults, how to spot them, how to correct them

Day concludes at 1630 with Q & A session

Return to hotel



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October 5

Day Three, Gun Fitting, Training Drills, Firearm Technical Knowledge, Coaching in the Game Field

Q & A from Day Two

The Basics of Gun Fit

The three basic dimensions of a shotgun, order of ascertaining & methods

- a) Length
- b) Bend (drop)
- c) Cast off & cast on.
- d) less frequently used: stand-out
- e) other dimensions to consider
- f) the difference in fit for lighter/heavier guns, side-by-side & O/Us
- g) the try-gun and how to use it

PRACTICAL EXPERIENCE WITH & WITHOUT TRY GUNS

Firearms & Equipment Technical Information

This section teaches basic gun and equipment knowledge. This is essential knowledge as many pupils will expect their instructor to have a working understanding of how a gun functions and its component parts, also cartridges.

This is a basic introduction to how a gun works, why it sometimes doesn't, then suggested reading.

Coaching in the game field

This is a practical presentation of the instructor's job when he ventures into the Game Field with a client, who expects him to load, mark his birds, be 100% safe, and coach, all at the same time.

PRACTICAL – WORKING WITH SINGLE AND DOUBLE GUNS

Day concludes at 1630 with Q & A session

Return to hotel



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October 6

Day Four,

Q & A from Day Three

Safety

The APSI Safety Manual must be read and understood prior to the course. After a discussion on safety the APSI way, and how it should be taught as the prime subject, all students will take and pass the APSI safety examination. With full knowledge of all safety procedures being paramount to a shooting instructor, the pass mark is set at 100%.

Test results & debrief

Practical Coaching

Each course student will have the opportunity to present a lesson from scratch at the fitting plates, using their personal interpretation of the initial Lesson and Safety Presentation. They will test for master eye, use the fitting plate for the first shots and then progress to moving targets.

Each student will have the opportunity to put their newly acquired knowledge into practise, using other course participants as pupils. This has proved to be a better system than using outside volunteers, and both pupil and instructor learn from the coaching experience. There will be course instructors on hand who will at all times monitor the lessons as they progress.

This coaching section is a continuation of the learning process and not a test of coaching abilities, although these will be noted. Safety will, of course, be of paramount importance. Any apparent lesson presentation flaws will be pointed out and there may be a fair amount of constructive criticism. The purpose is to put coaches on the right track by pointing out mistakes that the course instructors have had to learn by hard experience. We are not looking to discourage but to educate to the best of our abilities!

Course review, suggested reading

Day concludes with final Q & A session, course wash up

Course concludes with the awarding of Course Certificates and, where appropriate, the offer of Membership of the A.P.S.I.