

SHOOTING FROM THE OFFHAND POSTION

Walla Walla High School JROTC
Rifle Team

Shooting Offhand

Shooting from the Offhand is an exercise in balance.

1. The inner ear
2. The “level” inside your ear
3. Muscles
4. Muscle “memory”



Shooting Offhand

Nerves

1. Nerve endings in the bottom of your foot
2. Why do precision shooters wear “flat” boots?



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Balance Drills

1. Stand with feet together
2. Stand with feet slightly apart
3. Stand with feet shoulder width apart
4. Close eyes
5. Tilt head back
6. Tilt head forward
7. Move toes inward
8. Move toes outward

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Balance Drills

1. How did your nerves react when you lost balance?
2. How did your muscles react to you losing balance?
 1. Twitching in thighs?
 2. Calves?
3. Did you feel disoriented when you tilted your head back or forward with your eyes closed?
 1. What was your inner ear "level" doing?
4. How did the bone structure of your hips react when moving your feet in and out?
 1. What is the "strongest" geometric shape?
 2. Can you make one with your bone structure?
5. How can "muscle memory" help you shoot better?

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Your Feet

1. Place feet at least shoulder-width apart
2. Lean your non-firing hip forward
3. Toes pointed the same direction as your belly button



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Hips

1. **Balance drill**
 1. Stand with feet shoulder width apart
 2. Close eyes
 3. Turn at the hips
 4. Feel the loss of balance, tension in lower back and rear leg
2. **Turn upper shoulders**
 1. Open up your non-firing side rib cage
 2. Place your elbow in the cleft of your hip
3. **Do NOT turn hips**

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Your Firing (trigger) Hand

1. Grasp the pistol grip of the rifle with the middle finger and ring finger of firing hand (those two fingers connect to muscle systems that run all the way to your core).
2. Trigger finger, thumb and pinkie are relaxed
3. Concentrate on squeezing the trigger in a rearward motion
4. Last pad of your trigger finger is the only part that makes contact with trigger
5. Gentle squeeze
6. Rifle should “surprise” you when it goes off



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Non-Firing Hand/Arm

1. Put on your leather shooting glove
2. Make a fist
3. Keep wrist straight
4. Point your knuckles back towards your face, make a loose fist, relax your fingers
5. Lay the rifle foregrip across your fist
6. Firmly seat elbow into the cleft of your hip, triceps tight into your ribs
7. Form a "triangle" with your triceps/ribs, your forearm and the rifle



Shooting Offhand

Head/Rifle Position

1. Place the butt of your rifle high up on your shoulder (no recoil on an air rifle)
2. Lower head as little as possible to gain a clear sight picture (remember the “chin on chest drill”?)
3. Pull rifle back into your shoulder with two firing hand fingers
4. Lay foregrip across knuckles of non firing hand
- 5.



Shooting Offhand

Sight Picture

1. No way to hold a rifle perfectly still in the Offhand position
2. Take up what feels like your Natural Point of Aim (NPA)
3. Adjust your NPA up and down by moving your "back foot"
4. Concentrate on your "Arc of Movement"
5. As you develop the muscles needed to shoot offhand, your Arc of Movement will grow smaller and smaller
6. Try to "Figure 8" your arc diagonally



Shooting Offhand

The "Headgame"

1. Play "other" sports
 1. Hand-eye coordination
 2. Confidence
 3. Helps to be in shape
2. Be confident/ "know" you can hit the target
 1. You will hit the center more often if you think you will
3. Be encouraging to the other shooters on your team
 1. Criticism of other shooters makes you more self conscious of your own shooting
4. Math skills
 1. The more analytical you train yourself to be, the better you can evaluate yourself
5. Music skills
 1. Rhythm
6. Hunting
 1. Having "proof" you can shoot increases your confidence
7. Shoot at home if you can
 1. .22s from the same positions
8. Your "Inner Position"



Questions?

