



# 4-H PISTOL SHOOTING PROJECT



## 4-H THRIVE

### Help Youth:

#### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find what it is about shooting sports that excites them.

#### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

#### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

#### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

Firearms and firearms competitions are excellent opportunities for youth to develop skills in sportsmanship and discipline. Shooting sports projects aim to encourage personal development, enjoyment of a unique sport, and give participants opportunities to work as an individual and as a team.

- Emphasize safety handling practices above all else
- Allow participants to explore alternative types of sports
- Encourage communication skills

### Starting Out *Beginner*

- Know what M.A.T. means and how to practice proper firearms safety
- Identify the parts of a pistol and how they function.
- Demonstrate differing firing positions
- Learn range commands
- Know the steps to firing your pistol.

### Learning More *Intermediate*

- Practice both dry firing and live firing
- Improve form, including stance and grip.
- Know how to select proper ammunition for different range situations.
- Demonstrate safe storage and transport of firearms.

### Exploring Depth *Advanced*

- Know what the term "sight picture" means and how to use it.
- Demonstrate how to properly adjust sights.
- Practice scoring a shooting competition
- Analyze form and learn how to identify and correct specific errors.

The activities above are ideas to inspire further project development. This is not a complete list.



# Expand Your Experiences!

## Science, Engineering, and Technology

- Report on the history of a specific aspect of the pistol.
- Learn about eye dominance and how to ascertain it.

## Healthy Living

- Make a presentation on firearms safety in the home.
- Research hearing loss and the importance of using ear protection when participating in rifle shooting.

## Citizenship

- Volunteer during a shooting competition
- Find a local marksman's club and visit a meeting or event.

## Leadership

- Become a role model for others by taking the position of junior/teen leader.
- Encourage others to join the pistol project.

### Resources

- National 4-H Shooting Sports [www.4hshootingports.org](http://www.4hshootingports.org)
- California 4-H Shooting Sports [www.ca4h.org/Projects/SET/ShootingSports](http://www.ca4h.org/Projects/SET/ShootingSports)
- United States Pistol Shooting Association: <http://www.uspsa.org/>

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

Connections & Events	Curriculum	4-H Record Book
<p><b>Presentation Days</b> – Share what you've learned with others through a shooting sports presentation.</p> <p><b>Field Days</b> – During these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your local county Extension Office to determine additional opportunities available, such as a county match or resource fair.</p>	<p>Georgia 4-H Pistol Lesson Plans: <a href="http://www.georgia4h.org/safe/disciplines/Pistol/Pistol_2014.pdf">http://www.georgia4h.org/safe/disciplines/Pistol/Pistol_2014.pdf</a></p>	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their personal experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p> <p>To access the 4-H Record Book online, visit <a href="http://www.ca4h.org/4hbook">www.ca4h.org/4hbook</a>.</p>



## University of California Agriculture and Natural Resources

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