

CHECK POINT – STANDING

POSITION – CARRY THROUGH – PULL THE TRIGGER

This check list is very similar to that found in the Biathlon Canada Manuals

1. **Variation** – There is more room for “individual choice” of position (with coach) in standing than in prone position.
2. **Bone position** – Feet approx the same width apart as shoulder width. Let the bones do the work.
3. **Contact** – Left elbow in good contact with chest and/or pelvis bone if possible.
4. **Weight** – Weight distribution is individual, but recommend 60% left and 40% right foot. Adjust right foot sufficiently enough to get in touch with pelvis bone with support under the rifle.
5. **Grip** – Steady, firm grip around the stock with right hand.
6. **Control**– Take command over rifle; pull firmly towards shoulder with right hand.
7. **Relax** – Relax the left arm, especially the biceps, feel contact on chest and hip.
8. **Hips** – The hip is sufficiently forward so that the vertical line of the barrel is on the ankle.
9. **Breathing** – Breathe out far enough only to make contact with elbow/ pelvis bone, stop on air pillow of 30– 60 % on out breath.
10. **Level head** – Eyes parallel with the ground.
11. **Aggressive** – Head and neck towards rear sight, eye 3 - 5 cm from the rear sight (not the eye cup).
12. **Stretch the legs** – Legs extended but relaxed (avoid locking knees), stand on skeleton.
13. **Relax** – Generally relax, especially relax gluteus maximus and legs.
14. **Trigger point** – Finger takes up first slack when you do rough aiming
15. **Big pressure** – 400 g on the way to attacking the target.
16. **Close** – Start aiming and trigger squeeze when sights close to target.
17. **Trigger squeeze** – Use more time on the last 100 g than the first 400 g. This needs to be coordinated with the braking [slowing down] onto the target
18. **Brake** – Coordinate trigger squeeze and sight picture development, slowing down when moving the sight onto the target, and stop on the middle of the target when the squeeze curve is close to 100%
19. **Thumb pressure** – Pressure on the right thumb when squeezing the trigger
20. **Calm** – Whole body is calm when you take the shot, no movement anywhere except in the finger
21. **Follow through** – Watch the bullet hit the target, 0.3 - 0.5 seconds after firing
22. **Fast set up drill** – Minimize the number of grips on the rifle during set up
23. **Retry** – Be able to stop the shot if it is not aligned; take another breath and attack again.

Personal checkpoints– Add items to which you must pay special attention:

- 24.
- 25.
- 26.
- 27.