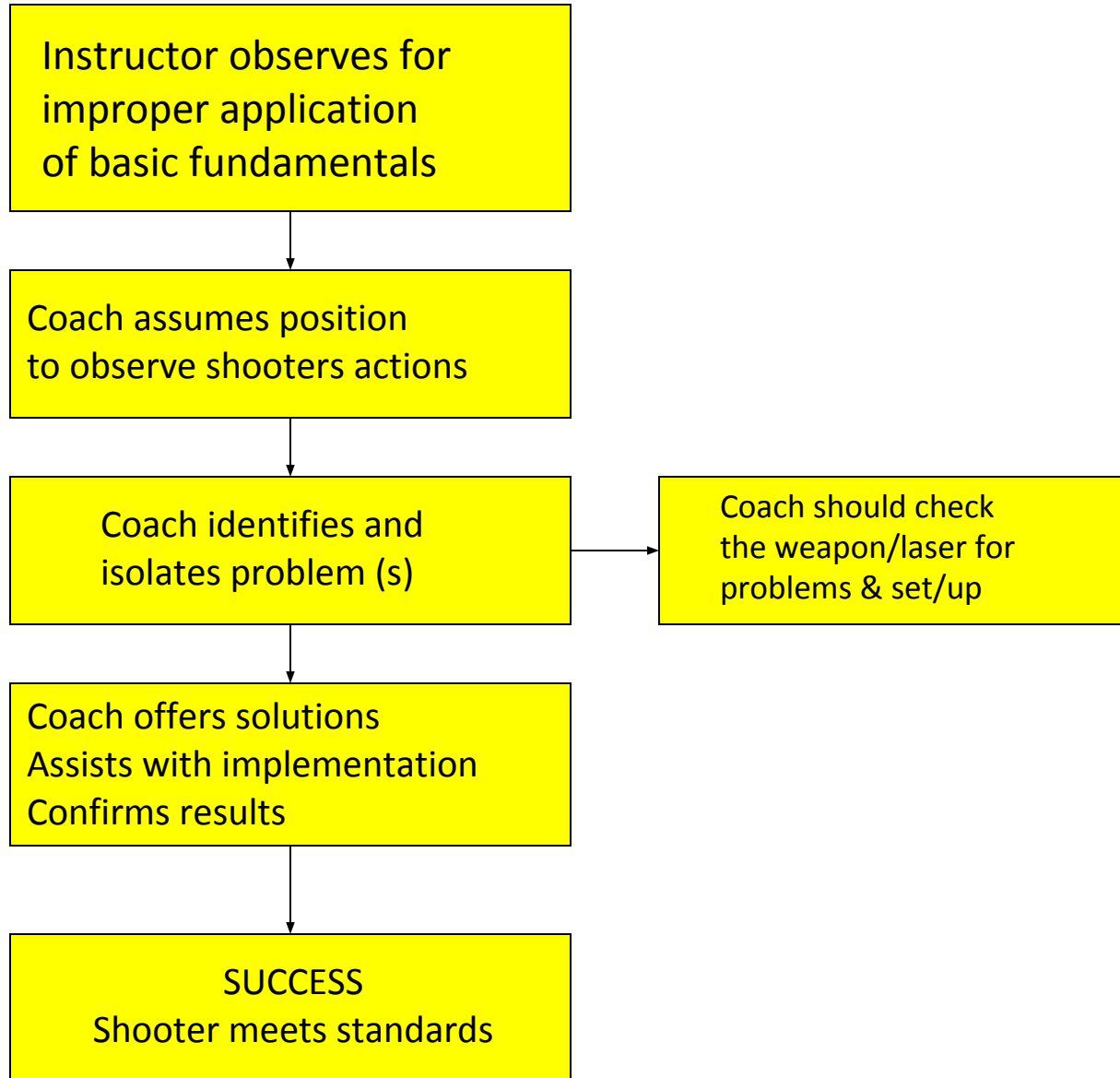


BEAMHIT AR15 Rifle Coaching Techniques when using the 460, 360 or 190PMTS

Coaching Matrix

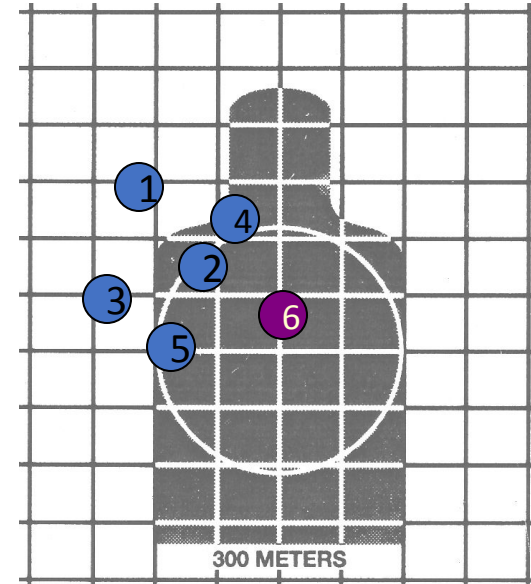


BEAMHIT Small Arms Coaching Techniques

Instructor/Coach Coordination

When using BEAMHIT equipment, the computer operator acts as the tower operator. They also analyze shot groups and pass corrections to the line coaches.

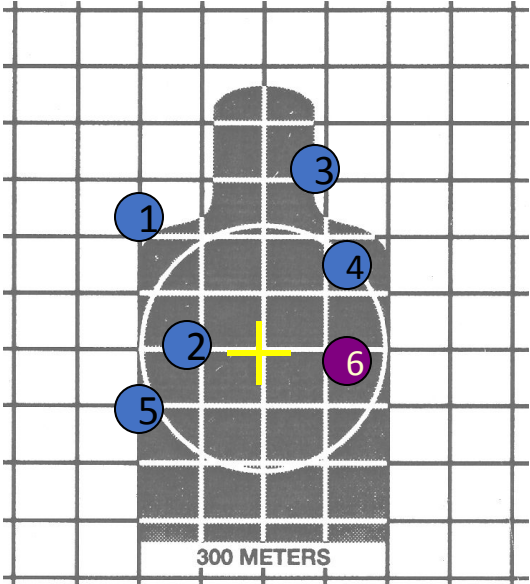
Experience has shown that with inexperienced shooters, it is best **NOT** to let them see the results of their shots. Shooters tend to apply “Kentucky” windage to compensate for poor shots, negating mechanical or fundamental corrections.



BEAMHIT Small Arms Coaching Techniques

Effects of Poor Position

If a shooter is in an unstable position, they may exhibit widely scattered shots. The coach should observe the shooter for shifting of elbows, head repositioning, and/or leg movement.



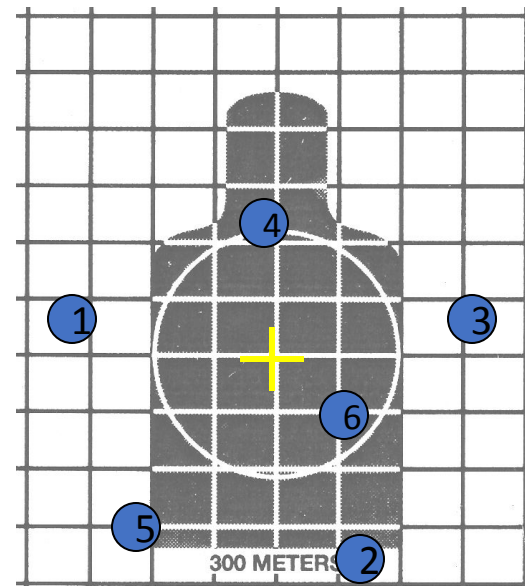
+ Aim Point

5 Shot

BEAMHIT Small Arms Coaching Techniques

Effects of Poor Position (Excess Wobble)

Excess wobble can occur when the shooter is applying correct sight alignment, elevation, and windage settings, but is in poor position and attempts to “hold” a shot for too long. This is also referred to as “Chasing the bull.” The coach should observe the shooter for visible muzzle movement.



+

Aim Point

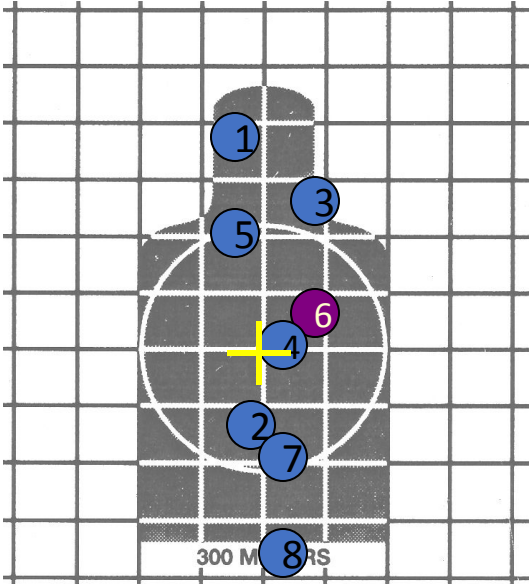
⑤

Shot

BEAMHIT Small Arms Coaching Techniques

Effects Of Breathing

Shots strung vertically is an indication of shooter breathing. The coach should observe or feel the shooters back for a rise and fall while the shot breaks. Unlike slight changes in sight position, the vertical stringing caused by breathing is normally staggered high then low then high as shown at the right.



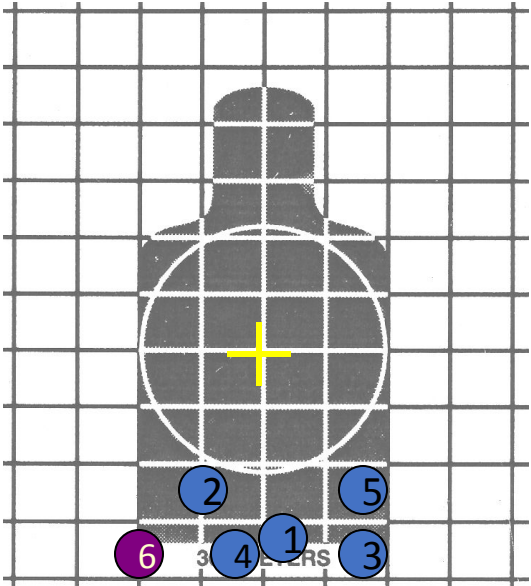
+ Aim Point

⑤ Shot

BEAMHIT Small Arms Coaching Techniques

Looking at the Target

Looking at the target usually causes low hits. The shooter starts off with good sight picture then fails to concentrate on the tip of the front sight post. The coach should check for correct sight alignment and picture by repeating the Exercise 1 step of having the laser on but blocked.



+

Aim Point

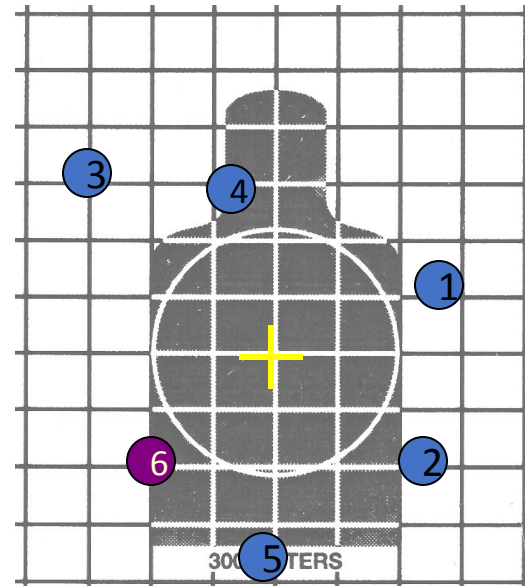
⑤

Shot

BEAMHIT Small Arms Coaching Techniques

Effects Of Poor Sighting and Aiming (Inconsistent Point Of Aim)

If the shooter has no other visible errors the coach should repeat the Exercise 1 step of demonstrating consistent aim point. If the shooter still has problems selecting a consistent aim point, consider using a smaller target to force them to refine their aim point.



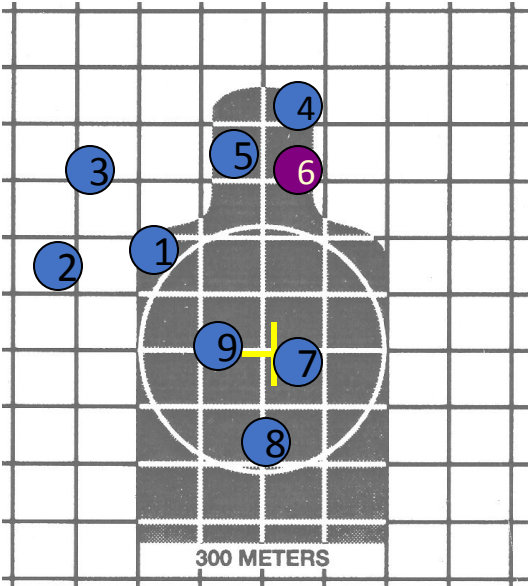
+ Aim Point

5 Shot

BEAMHIT Small Arms Coaching Techniques

Effects Of Poor Sighting and Aiming (Inconsistent Point Of Aim)

This diagram is another example of inconsistent Sight Placement. It results in good 3 shot groups not in the same place.

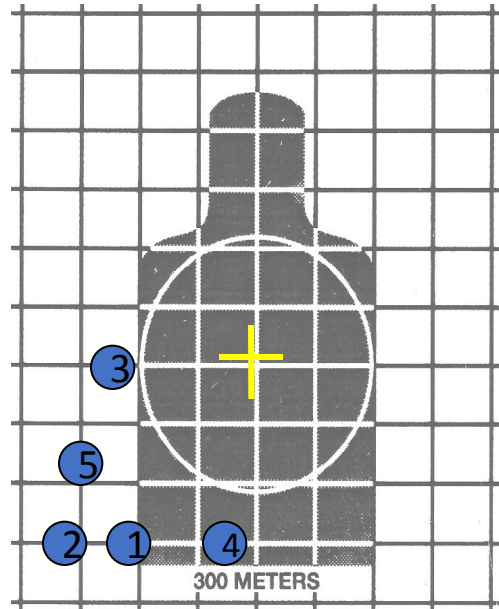




+ Aim Point

⑤ Shot

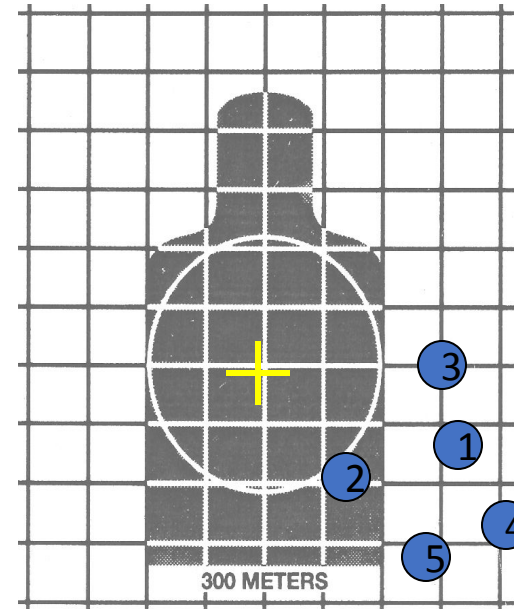
BEAMHIT Small Arms Coaching Techniques



Left Hand Trigger Jerk



-  Aim Point
-  Shot

Right Hand Trigger Jerk

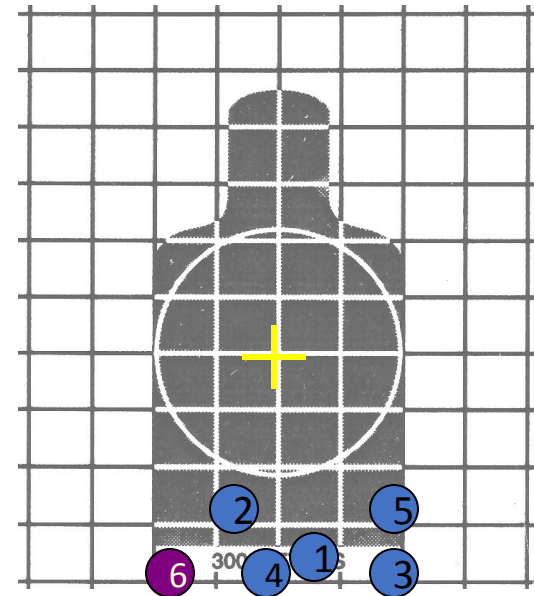


-  Aim Point
-  Shot

BEAMHIT Small Arms Coaching Techniques

Anticipation of Recoil

If the shooter anticipates recoil by tensing their muscles, this will usually causes low hits. The use of blanks with a Blank Firing Adapter is effective in teaching inexperienced shooters to overcome this error.



+

Aim Point

⑤

Shot