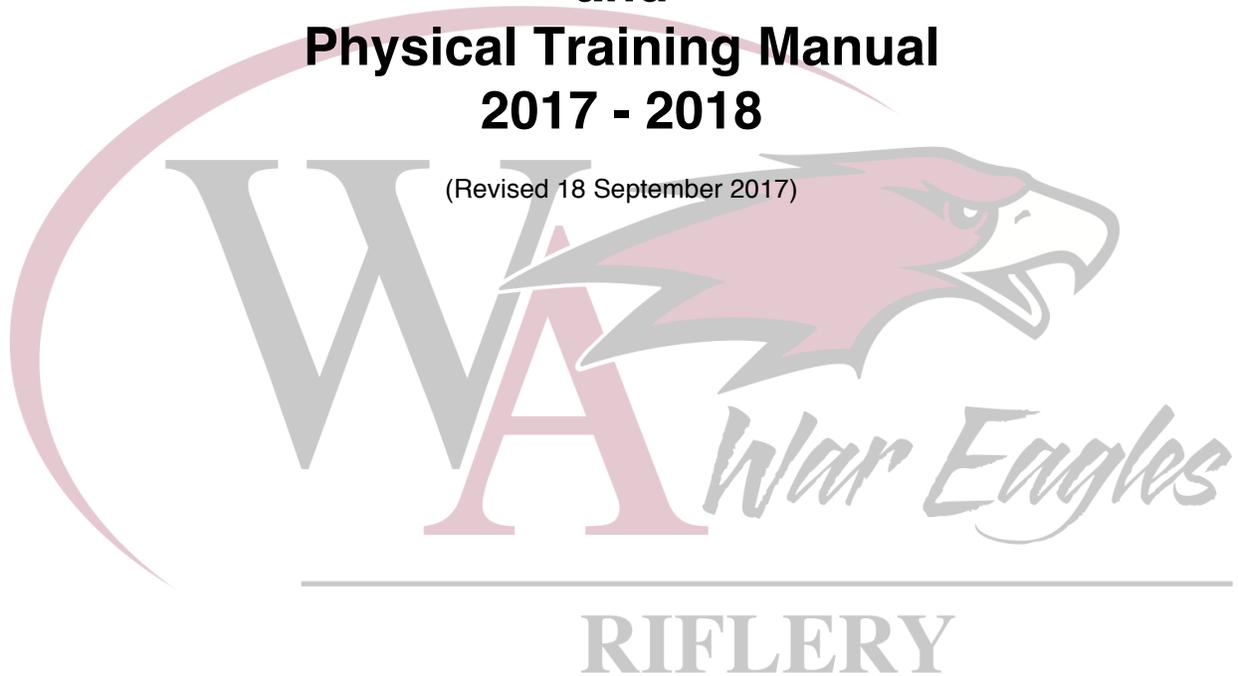


Woodward Riflery Team

Balance Strength and Physical Training Manual 2017 - 2018

(Revised 18 September 2017)



**More than a Sport:
A Discipline.**

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WHY DO BALANCE, STENGTH OR PHYSICAL TRAINING FOR RIFLERY?

Prone, Standing and Kneeling Positions must be

Stable

Durable

Comfortable

RIFLERY

*If my position is not Stable -
it will never be Durable for the length of my shooting performance.*

*If my position is not Durable -
it will never be Comfortable before, during, or after my shot.*

*If my position is not Comfortable -
my shooting performance will only rise to the level I can tolerate.*

RIFLERY - STRETCHING

#1: Hamstring Stretch

For: Hamstrings, back of thigh, lower back

How to do it: (1) split your legs apart, or (2) bend one leg and keep the other extended straight in front of you. Reach forward towards extended leg and hold for a count of five. Repeat 3 times alternating legs.

Add a Challenge: Pull your toe towards your body, flex your quads, and reach as far as you can.

#2. Hip Stretch

For: Hips

How to do it: Cross your left leg over your right leg at the knee. Roll onto lower back. Grasp right knee and pull towards chest. Hold position for a count of five. Repeat 3 times alternating legs.

#3. Quad Stretch

For: Quadriceps

How to do it: Lay on one side with lower arm extended in front of you for balance. Grasp the top leg and pull towards the lower back. Hold position for a count of five. Repeat 3 times alternating legs.

#4: Calf Stretch

For: Upper and Lower Calf

How to do it: Start with your hands and feet on the floor, keeping a straight back. Raising your lower back until you are on the ball of your right foot. Place the left foot on the ankle of the right and lightly press the heel down. Hold position for a count of five. Repeat 3 times alternating legs.

#5. Shoulder Stretch

For: Shoulders

How to do it: Seated on the floor, grasp your left elbow with the right hand and press the left arm towards the chest gently pulling towards the opposite shoulder. Hold position for a count of five. Repeat 3 times alternating arms.

RIFLERY - BALANCE TRAINING

#1. Single Leg Balance

For: Standing and Kneeling Positions

How to do it: (A) Stand with your feet hip-width apart and your weight equally distributed on both legs. Place your hands on your hips. Lift your left leg off the floor and bend it back at the knee. Hold the position as long as you can maintain good form, up to 30 seconds. Return to the starting position and repeat on the other side. As your balance improves, increase the number of repetitions. (B) For variety, reach out with your foot as far as possible without touching the floor.

Add a challenge: Balance on one leg while standing on a Bosu Ball or other unstable surface. Focus on non-dominant side.

#2. Weight shifts

For: Standing and Kneeling Positions

How to do it: (A) Stand with your feet hip-width apart and your weight equally distributed on both legs (B) Shift your weight to your right side, then lift your left foot off the floor. Hold the position as long as you can maintain good form, up to 30 seconds. Return to the starting position and repeat on the other side. As your balance improves, increase the number of repetitions.

Add a challenge: Balance on a Bosu Ball or other unstable surface. Focus on non-dominant side.

#3. Bicep Curls with a Dumbbell

For: Prone, Standing and Kneeling Positions

How to do it: (A) Stand with your feet hip-width apart and your weight equally distributed on both legs. Hold the dumbbell in your left hand with your palm facing upward. (B) Lift your right leg off the floor and bend it back at the knee. Hold the position as long as you can maintain good form, up to 30 seconds. Return to the starting position and repeat on the other side. As your balance improves, increase the number of repetitions.

Add a challenge: (C) Balance on the leg opposite the weight. (D) Balance on a Bosu Ball or other unstable surface. Focus on non-dominant side.

WAR EAGLES

RIFLERY - PHYSICAL TRAINING

#1: Chair Dips

For: triceps and core

How to do it: Sit on the edge of a sturdy, stable chair with legs together, knees bent and feet flat on floor a few feet in front of chair. Place your hands about six inches apart, and firmly grip the edges of the chair. Slide your butt just off the front of the chair so that your upper body is pointing straight down. Keep your abdominals pulled in and your head centered between your shoulders. Bend your elbows and lower your body in a straight line. When your upper arms are parallel to the floor, push yourself back up, being careful not to lock elbows. Repeat

Make it easier: Keep feet close to the chair and the dip slow, controlled, and shallow.

Add a challenge: If you're intermediate, position feet a little farther from chair, and deepen your dip. If you're advanced, straighten your legs completely, and place heels on floor, or place one or both feet on another chair, bench or exercise ball. Perform deep but controlled dips.

#2: Push-Ups

For: chest, shoulders, triceps, back, hips and abs

How to do it: Start in a basic push-up position with hands directly beneath shoulders and body in a straight line. Bend elbows out to sides and lower body almost to floor (or as far as you can). Keep abs tight and body in a line. Hold for 1 second, and then push back up. Repeat.

Make it easier: If you're a beginner, do push-ups on knees. Keep the movement shallow and controlled. Still too challenging? Start with a push-up on the wall, progressing to the floor as you become stronger.

Add a challenge: If you're advanced, try lifting one leg off the floor as you do each push-up.

#3: Squats

For: glutes, hamstrings and quads

How to do it: Stand with feet parallel and hip-width apart. Bend your knees and lower your body into a squat position, as if you are sitting back into an imaginary chair, keeping knees behind toes. Stop when your knees are at 90 degrees. Slowly press through your heels and squeeze your glutes as you return to standing.

Make it easier: Don't bend knees as deeply

Add a challenge: Add weights, do a single-legged squat, or perform squats on an unstable surface, like a balance disc or Bosu ball. To incorporate cardio, do squat jumps.

RIFLERY - STRENGTH TRAINING

Planks

For: Abs, back, chest, forearms, and shoulders

How to do it: To come into plank pose, hold a push-up position, weight on balls of feet and hands, wrists directly below shoulders, arms straight, and body in line from head to heels. Hold for as long as you can, working up to 1 minute. That's 1 rep. Do 2 or 3 reps.

Make it easier: Instead of being on hands, lower yourself to your forearms.

Add a challenge: Raise 1 leg off the floor and hold for 30 seconds. Switch legs and hold for another 30 seconds to complete 1 rep. To add variety, try side plank: Lie on your right side with your legs straight, and feet stacked, right hand directly under right shoulder. Lift hips off floor and raise left arm to sky, keeping left hand directly over left shoulder. Hold for 30 to 60 seconds. Switch sides and repeat to complete 1 rep.

Plank Variations

Beginners - Knee Plank

Advanced - Side Plank

Skater Step Up

For: Lower-body stability and strength. Develops balanced strength (most of us have one side that is stronger)

How to do it: Stand next to a box, or step with one leg bent and foot planted on the box. All in one move straighten the bent leg, lifting your body up while swinging the other leg out to the side as high as comfortably possible. Return to the starting position. Do 10 reps. Switch sides.

Make it easier: Start on floor and swing leg out to side and hold for count of three. Return to the starting position. Do 10 reps. Switch sides.

Flip Side Snow Angels

For: Entire back

How to do it: Lie facedown, arms extended at your sides. Squeeze your glutes and slowly lift your feet, chest, and hands no more than six inches off the floor. Sweep your arms overhead and separate your feet. Try to touch your hands above your head. Return to the start position, relaxing your feet, chest, and arms. Do 15 reps.

RIFLERY - CARDIOVASCULAR TRAINING

#1. Jump Rope

For: Heart and Lungs. Resting Heart rate for All Positions

How to do it: Jump 1 to 2 inches off floor, giving rope just enough space to slip under feet — only the balls of feet should touch the floor. Keep elbows close to sides as you turn the rope. Start with 2 minutes of non-stop jumping, increase to four minutes. Repeat two cycles with 30-second rest periods. If you tire out before you finish, drop the rope, but keep arms and legs going.

Add a challenge: Add double-under. Single leg hop.

#2. Bike Ride

For: Heart and Lungs. Resting Heart rate for All Positions

How to do it: Grab your bike (and helmet) and go for a ride around the block or the Beltline for 20 to 30 minutes. Have Fun!

Add a challenge: Maintain a minimum of 60 rotations per minute. Increase it to 80. Add intervals alternating 10 minutes of 60's with 5 minutes of 80's.

#3. Brisk Walk, Jog or Run

For: Heart and Lungs. Resting Heart rate for All Positions

How to do it: Grab your tennis shoes, water bottle (and maybe a friend) and go for a brisk walk, jog or run around the block, track, or Beltline for 20 minutes. Have Fun!

Add a challenge: Maintain your tempo. Increase pace and distance.

RIFLERY

