

2005 Scotland vs RAF/Wales/Ireland/English XX

Draft Programme

Saturday 14th May

- 8.15 Assemble for classroom session on team drills.
- 8.30 Captain's Introduction - Bill Sharman
- 08.40 Warm-up Exercises - Jackie Davies
- 8.50 Importance of organisation to effective team shooting - JDI Hossack
- 08.55 The remainder of the morning's activities will be led by Allan Mabon with additional input via comment from a variety of others, including members of the HP (CG) Squad.
- Roles of:
- Match Captain
 - Adjutant
 - Main Coach
 - Target Coaches
 - Plotters
 - Register Keepers
- 09.45 Coffee Break
- 10.05 Roles of:
- Firers
 - The Target Team
- 10.50 Drills
- Changeovers.
 - Time running out
 - Malfunctions
 - Holding Periods.
 - Pilot Shots.
- 11.15 Team Mindset.
- 11.25 Plotting
- 12.30 Lunch

13.30

Team Match 1 - National Match conditions, Century Range

Sunday 15th May

- 8.15** Assemble for Individual Technique clinic.
- 8.30** Captain's comments on Saturday afternoon performance - WS
- 8.45** Clinic Introduction - AM
- Concepts:
- Outer Position.
 - Inner Position.
 - Zero Point.
 - Trigger Release.
 - Follow Through.
 - Shot Declaration.
- 9.30** Warm-up Exercises (JD) and Individual Positional Analysis (AM & RJA)
- 10.30** Stickledown Range: live firing practice session with observation of high-level athletes' approaches and exercises to emphasise importance of the Zero Point and Trigger Release.
- 12.30** Lunch.
- 13.30** Team Match 2 - Mackinnon Match conditions, Stickledown Range