

# Biathlon Shooting: Quick Guide

Modified from Peter Zidek, 2008

Skill at Biathlon shooting develops in the vertical direction and then improves in the horizontal direction. As skills become consistent, the athlete will naturally increase speed. Aggression in some components is crucial to fast shooting. The end goal is to automatize these skills through constant rehearsal of the correct process.

Skill	Consistent	Fast	Aggressive	Comments
Position	*****	***		Always 100% the same; Automatic; Feels right [contact points] Inner position
Natural Alignment	*****	***		Vertical and horizontal; Forces on rifle balanced; Forces on rifle minimized; Rifle aimed at dead centre.
Breathing	*****	*****	**	Deep to clear CO <sub>2</sub> . Aggressive in-breath, Controlled out-breath.
Aiming and Trigger Release	*****	*****	***	Coordinated with out breath; Front & Back sights concentric Trigger pressure anticipation; Sight picture development. Release on first sight.
Mount/Dismount	****	****		Into and out of position; Re-load
Range Reading	****	**		Changes from zero conditions; Target and lane choice.

Athletes should rehearse these skills under optimal conditions before testing their ability under stressful conditions. Correct practice is essential to success.