



DISCOVER



4-H SHOOTING SPORTS CLUBS



EXTENSION
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Description

The Discover 4-H Clubs series guides new 4-H volunteer leaders through the process of starting a 4-H club or provides a guideline for seasoned volunteer leaders to try a new project area. Each guide outlines everything needed to organize a club and hold the first six club meetings related to a specific project area.

Purpose

The purpose is to create an environment for families to come together and participate in learning activities that can engage the whole family, while spending time together as a multi-family club. Members will experiment with new 4-H project areas.

What is 4-H?

4-H is one of the largest youth development organizations in the United States. 4-H is found in almost every county across the nation and enjoys a partnership between the U. S. Department of Agriculture (USDA), the state land-grant universities (e.g., Utah State University), and local county governments.

4-H is about youth and adults working together as partners in designing and implementing club and individual plans for activities and events. Positive youth development is the primary goal of 4-H. The project area serves as the vehicle for members to learn and master project-specific skills while developing basic life skills. All projects support the ultimate goal for the 4-H member to develop positive personal assets needed to live successfully in a diverse and changing world.

Participation in 4-H has shown many positive outcomes for youth. Specifically, 4-H participants have higher participation in civic contribution, higher grades, increased healthy habits, and higher participation in science than other youth (Learner et al., 2005).





Utah 4-H

4-H is the youth development program of Utah State University Extension and has more than 90,000 youth participants and 8,600 adult volunteers. Each county (Daggett is covered by Uintah County) has a Utah State University Extension office that administers the 4-H program.

The 4-H Motto

"To Make the Best Better!"

The 4-H Pledge

I pledge: My HEAD to clearer thinking, My HEART to greater loyalty, My HANDS to larger service and My HEALTH to better living, For my Club, my Community, my Country, and my world.

4-H Clubs

What is a 4-H Club? The club is the basic unit and foundation of 4-H. An organized club meets regularly (once a month, twice a month, weekly, etc.) under the guidance of one or more volunteer leaders, elects its own officers, plans its own program, and participates in a variety of activities. Clubs may choose to meet during the school year, only for the summer, or both.

Club Enrollment

Enroll your club with your local Extension office. Each member will need to complete a Club/member Enrollment form, Medical History form, and a Code of Conduct/Photo Release form (print these from the www.utah4h.org website or get them from the county Extension office).

Elect Club Officers

Elect club officers during one of your first club meetings. Depending on how many youth you have in your club, you can decide how many officers you would like. Typical officers will include a president, vice president, pledge leader, and secretary. Other possible officers or committees are: song leader, activity facilitator, clean-up supervisor, recreation chair, scrapbook coordinator, contact committee (email, phone, etc.), field trip committee, club photographer, etc. Pairing older members with younger members as Sr. and Jr. officers may be an effective strategy to involve a greater number of youth in leadership roles and reinforce the leadership experience for both ages. Your club may decide the duration of officers—six months, one year, etc.





A Typical Club Meeting

Follow this outline for each club meeting:

- ☐ Call to order–President
- ☐ Pledge of Allegiance and 4-H Pledge–Pledge Leader (arranges for club members to give pledges)
- ☐ Song–Song Leader (leads or arranges for club member to lead)
- ☐ Roll call–Secretary (may use an icebreaker or get acquainted type of roll call to get the meeting started)
- ☐ Minutes of the last meeting–Secretary
- ☐ Business/Announcements–Vice President
- ☐ Club Activity–arranged by Activity Facilitator and includes project, lesson, service, etc. These are outlined by project area in the following pages.
- ☐ Refreshments–arranged by Refreshment Coordinator
- ☐ Clean Up–led by Clean-up Supervisor



Essential Elements of 4-H Youth Development

The essential elements are about healthy environments. Regardless of the project area, youth need to be in environments where the following elements are present in order to foster youth development.

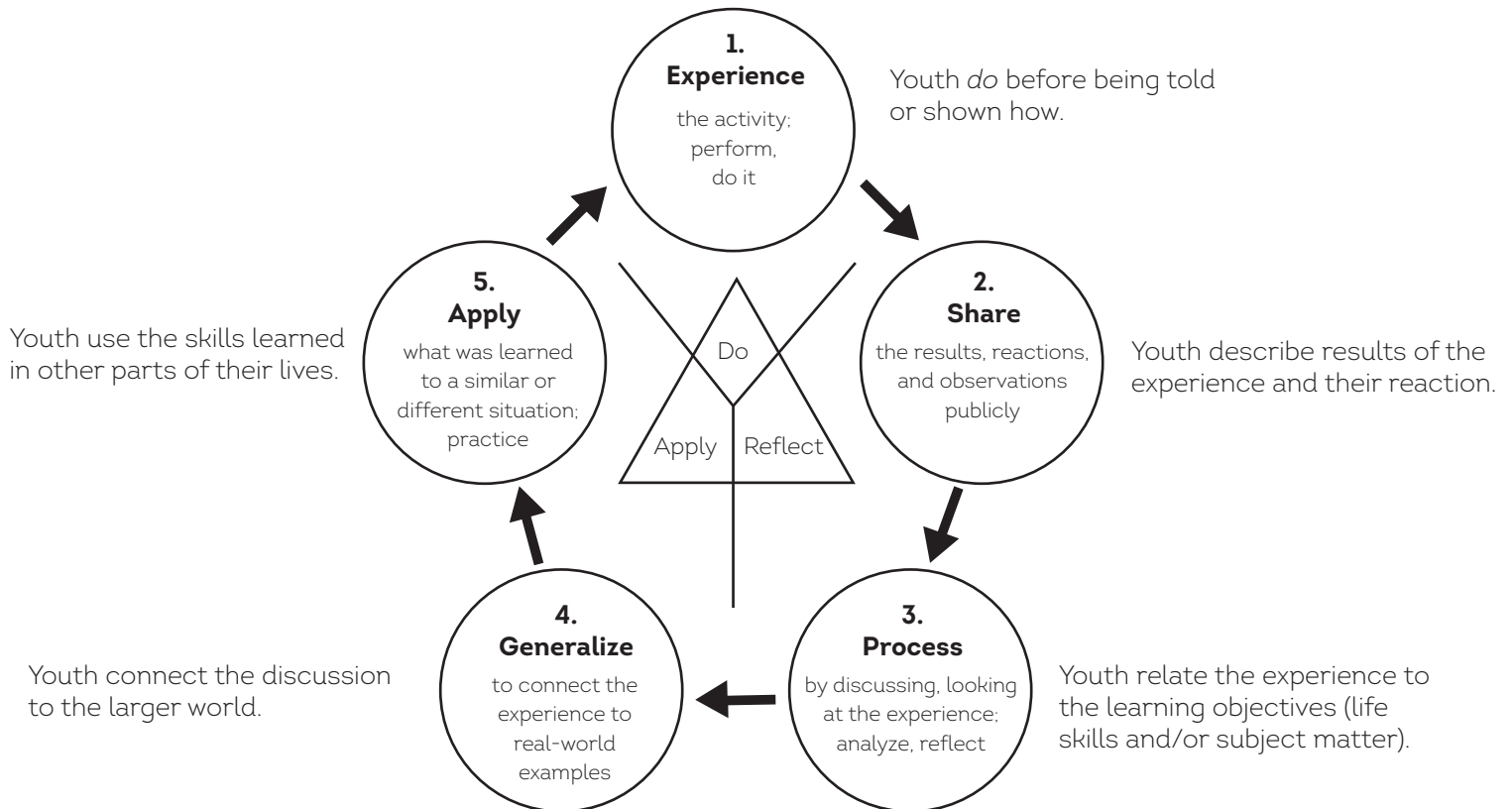
1. **Belonging:** a positive relationship with a caring adult; an inclusive and safe environment.
2. **Mastery:** engagement in learning; opportunity for mastery.
3. **Independence:** opportunity to see oneself as an active participant in the future; opportunity to make choices.
4. **Generosity:** opportunity to value and practice service to others.

(Information retrieved from: <http://www.4-h.org/resource-library/professional-development-learning/4-h-youth-development/youth-development/essential-elements/>)



4-H “Learning by Doing” Learning Approach

The Do, Reflect, Apply learning approach allows youth to experience the learning process with minimal guidance from adults. This allows for discovery by youth that may not take place with exact instructions.



4-H Mission Mandates

The mission of 4-H is to provide meaningful opportunities for youth and adults to work together to create sustainable community change. This is accomplished within three primary content areas, or mission mandates, - citizenship, healthy living, and science. These mandates reiterate the founding purposes of Extension (e.g., community leadership, quality of life, and technology transfer) in the context of 21st century challenges and opportunities. (Information retrieved from: http://www.csrees.usda.gov/nea/family/res/pdfs/Mission_Mandates.pdf)

1. **Citizenship:** connecting youth to their community, community leaders, and their role in civic affairs. This may include: civic engagement, service, civic education, and leadership.
2. **Healthy Living:** promoting healthy living to youth and their families. This includes: nutrition, fitness, social-emotional health, injury prevention, and prevention of tobacco, alcohol, and other drug use.
3. **Science:** preparing youth for science, engineering, and technology education. The core areas include: animal science and agriculture, applied mathematics, consumer science, engineering, environmental science and natural resources, life science, and technology.

Getting Started

1. Recruit one to three other families to form a club with you.
 - a. Send 4-H registration form and medical/photo release form to each family (available at utah4h.org)
 - b. Distribute the Discover 4-H Clubs curriculum to each family
 - c. Decide on a club name
 - d. Choose how often your club will meet (e.g., monthly, bi-monthly, etc.)
2. Enroll as a 4-H volunteer at the local county Extension office (invite other parents to do the same)
3. Enroll your club at the local county Extension office
 - a. Sign up to receive the county 4-H newsletter from your county Extension office to stay informed about 4-H-related opportunities.
4. Identify which family/adult leader will be in charge of the first club meeting.
 - a. Set a date for your first club meeting and invite the other participants.
5. Hold the first club meeting (if this is a newly formed club).
 - a. See *A Typical Club Meeting* section above for a general outline.
 - i. Your activity for this first club meeting will be to elect club officers and to schedule the six project area club meetings outlined in the remainder of this guide. You may also complete a-d under #1 above.
 - b. At the end of the first club meeting, make a calendar outlining the adult leader in charge (in partnership with the club president) of each club meeting along with the dates, locations, and times of the remaining club meetings.
6. Hold the six project-specific club meetings outlined in this guide.
7. Continue with the same project area with the 4-H curriculum of your choice (can be obtained from the County Extension Office) OR try another Discover 4-H Club project area.



Other Resources

Utah 4-H website: www.Utah4h.org

National 4-H website: www.4h.org

4-H volunteer training:

To set up login:

<http://utah4h.org/htm/volunteers/get-involved/new-volunteer-training>

To start modules: <http://4h.wsu.edu/volunteertraining/course.html>

(password = volunteer)

References

Information was taken from the Utah 4-H website (utah4h.org), the National 4-H Website (4h.org), the Utah Volunteer Handbook, or as otherwise noted.

Lerner, R., M. et al., (2005). Positive youth development, participation in community youth development programs, and community contributions of fifth grade adolescents: Findings from the first wave of the 4-H Study of Positive Youth Development. *Journal of Early Adolescence*, 25(1), 17-71.

We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

<http://tinyurl.com/lb9tnad>

4-H SHOOTING SPORTS CLUB *Meetings*



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4-H Club Meeting 1

Introduction



SUPPLIES

- Rifles
- Appropriate ammunition
- Adequate backstop
- Rifle targets
- Eye and ear protection
- Shooting bench with pad. If shooting benches are not available, you could adjust this activity by shooting in the prone position.
- Tape or other target mounting materials
- Pen, pencil, or felt-tipped pen

The Shooting Sports Discovery Activities are intended for youth who have already earned the Hunter Education Certificate (blue card) and have had experience with shooting. This activity emphasizes safety and gets the club started shooting .22 rifles or air rifles.

WHAT TO DO

To get started, follow these directions:

1. You will need a certified shooting range officer for this series of activities. This could be a hunter education instructor or a post-certified law enforcement instructor. If the club leader does not have one of these certifications, you can invite someone who does to take this role.
2. Access the online Utah Hunter's Ed Course at <http://www.hunter-ed.com/utah/studyGuide/201046>.
3. Read Topic 1: Firearm Safety Rules in Unit 1: Introduction to Hunter Education.
4. Read Topic 2: Rifle Shooting in Unit 3: Basic Shooting Skills.

ACTIVITY OUTLINE

1. Organize the club with a president, vice-president, and secretary. Decide on meeting days, times, and places. Start each meeting with the American Pledge and the 4-H Pledge.
2. Discuss shooting safety and range etiquette. Make sure club members understand the equipment they will need for future meetings, including guns and eye and ear protection. Let club members know that infractions of safety rules may result in dismissal from activities.
3. Take the club to the shooting range, and review safety and range etiquette.
4. Review sight alignment, trigger control, and sight picture emphasizing the importance of shooting tight groups.
5. Shoot groups at targets. Adjust sights and repeat.





Reflect

- Why is it important to focus on proper technique?
- What factors are important to shooting tight groups?
- What results might you get if you sight in a rifle before mastering the proper technique?

Apply

- What did you learn today that will be helpful when you begin shooting archery or shotguns?
- How is working toward reaching a goal like shooting at a target?

Debriefing

Allow time for questions and answers. Relate the activity to the project report section of the 4-H portfolio. Discuss what could be included in the size and scope section (Section 1a) and in the skills and knowledge learned sections (Section 1b). Encourage club members to become familiar with the 4-H portfolio by going to www.utah4h.org. Encourage members to write today's activities in their portfolios while ideas are still fresh.



Bench Rest, Standing, and Sitting Positions



SUPPLIES

- Rifles
- Appropriate ammunition
- Adequate backstop
- Rifle targets
- Eye and ear protection
- Shooting bench with pad
- Tape or other target mounting materials
- Pen, pencil, or felt-tipped pen

The Shooting Sports Discovery Activities are intended for youth who have already earned the Hunter Education Certificate (blue card) and have had experience with shooting. This activity emphasizes safety and gets the club started shooting .22 rifles or air rifles.

WHAT TO DO

To get started, follow these directions:

1. You will need a certified shooting range officer for this series of activities. This could be a hunter education instructor or a post-certified law enforcement instructor. If the club leader does not have one of these certifications, you can invite someone who does to take this role.
2. Access the online Utah Hunter's Ed Course at <http://www.hunter-ed.com/utah/studyGuide/201046>.
3. Read Topic 1: Firearm Safety Rules in Unit 1: Introduction to Hunter Education.
4. Read Topic 2: Rifle Shooting in Unit 3: Basic Shooting Skills. Focus on sections covering sighting-in a rifle, adjusting sights, and shooting from the bench-rest, standing, and sitting positions.

ACTIVITY OUTLINE

1. Start the meeting with the American Pledge and the 4-H Pledge. Remind club members of meeting days, times, places, and of the equipment they will need for future meetings.
2. Review shooting safety and range etiquette. Remind club members that infractions of safety rules may result in dismissal from activities.
3. Before going to the shooting range, teach the basics of the bench-rest, standing, and sitting shooting positions.
4. Teach target scoring.
5. Take the club to the shooting range, shoot groups at targets using the bench rest position and adjust sights.
6. Shoot a round at the bench rest position and score targets.
7. Shoot a round at the standing position and score targets.
8. Shoot a round at the sitting position and score targets.





Reflect

- How did shooting position affect your scores?
- How can you improve your scores at each shooting position?

Apply

- Which is more important in improving your shooting technique, comparing your scores with your own scores or comparing your scores with someone else's?
- How does competition affect your motivation to improve?

Debriefing

Allow time for questions and answers. Relate the activity to the project report section of the 4-H portfolio. Discuss what could be included in the size and scope section (Section 1a) and in the skills and knowledge learned sections (Section 1b). Encourage club members to become familiar with the 4-H portfolio by going to www.utah4h.org. Encourage members to write today's activities in their portfolios while ideas are still fresh.



4-H Club Meeting 3

Archery Equipment and Safety



SUPPLIES

- Examples of different bows
 - Long bow
 - Recurve bow
 - Compound bow
- Examples of different arrows
 - Wood
 - Fiberglass
 - Aluminum
 - Graphite
- Nocking points and point plier
- Masking tape, marking pen, or rope for shooting line
- Bow strings
- Arm guard
- Finger tab
- Shooting glove
- Release
- Bow square
- Whistle
- Large target butts

The Shooting Sports Discovery Activities are intended for youth who have already earned the Hunter Education Certificate (blue card) and have had experience with shooting. Please avoid the impulse to jump directly into shooting. This first archery activity is meant to maximize learning and safety, minimize the chances of developing form errors, and demonstrate how difficult it actually is to hit a target.

WHAT TO DO

To get started, follow these directions:

1. Access the online Utah Hunter's Ed Course at <http://www.hunter-ed.com/utah/studyGuide/201046>.
2. Carefully review Topic 3: Know Your Bow and Arrow in Unit 5: Primitive Hunting Equipment and Techniques.
3. Prepare an orientation to archery equipment, safety, and range commands.
4. Become familiar and confident with archery safety, archery tackle, eye dominance, stringing and unstringing bow safety, and range procedures in Topic 3: Know Your Bow and Arrow.

ACTIVITY OUTLINE

1. Type up, cut out, and disperse the 10 safety statements. Select a youth to present on each statement and explain its importance.
 1. Never point a bow and arrow at another person.
 2. Never shoot at an unidentified target.
 3. Never shoot an arrow straight up into the air.
 4. Never shoot arrows with broadheads into standard targets.
 5. Check your equipment regularly for cracks and chips.
 6. Never shoot damaged equipment.
 7. Check your bowstring regularly and always keep your string waxed.
 8. Never walk or run with uncovered broadheads.
 9. Always use a broadhead wrench to loosen or tighten broadheads.
 10. Never point your nocked arrow toward anything you're not going to shoot at.





ACTIVITY OUTLINE CONTINUED

2. Present and display the various bows covered in Topic 3: Know Your Bow and Arrow. Have youth identify the parts of the different types of bows.
3. Present and display the various arrows. Have youth identify the parts of the different types of arrows.
4. Allow youth to handle the variety of bows and arrows as well as archery accessories; e.g., arm guard, finger tabs, gloves, quivers, and mechanical releases.
5. Quiz youth on the basic parts of different bows and arrows.
6. Without archery equipment, have youth practice range rules and range procedures.
7. Allow youth to start shooting targets without prior training in proper archery form. Observe the challenges they experience and be mindful they will have difficulty hitting the target.



Reflect

- How do rules and range procedures increase the safety of archery?
- Was it difficult to hit the target? Why?

Apply

- How do rules, etiquette, and laws help to keep society safer? Do the rules you learned today make you feel safer at the range?
- What was difficult about shooting today? Why is it important not to give up after your first attempt at learning something new?
- How many things are you really good at after only trying once?

Debriefing

Allow time for questions and answers. Relate the activity to the project report section of the 4-H portfolio. Discuss what could be included in the size and scope section (Section 1a) and in the skills and knowledge learned sections (Section 1b). Encourage club members to become familiar with the 4-H portfolio by going to www.utah4h.org. Encourage members to write today's activities in their portfolios while ideas are still fresh.

4-H *Club Meeting 4* Archery Shooting Form



SUPPLIES

- Light recurve bows
- Matching arrows (26-31 inch lengths)
- Finger tabs
- Arm guards
- Large target butts
- Small stick-on dots (aiming points)
- Ground quivers
- Tape
- Posters showing shooting steps
- Shooting line, tape or materials to make one
- Whistle
- Balloons

The Shooting Sports Discovery Activities are intended for youth who have already earned the Hunter Education Certificate (blue card) and have had experience with shooting. This second archery activity is designed to establish the fundamentals of proper archery shooting form. This activity will allow youth to practice the mental and physical techniques that will eventually lead them to become reliably accurate shooters. Archery appears to be a simple sport. Really, only a few steps are required to successfully shoot an arrow. It comes down to just: stance, grip of the bow and string, raising the arm to the shooting position, anchor, aim, release and follow through. Sounds simple, right? The truth is, it's very complex. By focusing on form and through repetitive practice, every youth can become an accurate archer.

WHAT TO DO

To get started, follow these directions:

1. Access the online Utah Hunter's Ed Course at <http://www.hunter-ed.com/utah/studyGuide/201046>.
2. Carefully review Topic 4: Bow Hunting Safety Skills in Unit 5: Primitive Hunting Equipment and Techniques.
3. Prepare an orientation to developing proper archery shooting form and become familiar and confident with archery basics in Topic 4: Bow Hunting Safety Skills:
 - Stance
 - Bow-hand grip
 - Nocking an arrow
 - Setting a hook
 - Extension to a shooting position
 - Draw
 - Anchor points
 - Aiming
 - Release
 - Follow through



ACTIVITY OUTLINE

After teaching a set of 2-3 skills, have each youth take 12 shots and practice. After they have shot 12 arrows, put a balloon on the target and have them shoot at the balloon until it is hit. Repeat this process after teaching and combining the below skills. They should be applying the new skills they learn during each round of shooting. Observe and remind youth to always keep their anchor points the same.

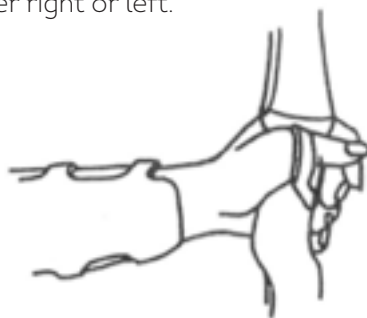
1. Demonstrate and practice Stance.

- Explain that stance is one of the most basic and important parts of accurate archery form. Demonstrate that an accurate stance allows the archer to both appportion body weight and make consistent shots.
- Show how foot placement impacts arrow flight by explaining that the body has an inherent centering point. If feet are not positioned correctly, the shot will not be directed toward the centering point and cause an inaccurate arrow path.
- Review these four archery stances and have youth choose one that is comfortable to them:
 - a. Even
 - b. Close
 - c. Open
 - d. Oblique



2. Demonstrate and practice Bow-Hand Grip.

- Explain that the grip on the bow handle should be lax and comfortable. The first natural tendency might be to grip the bow hard to balance it, but that has an opposite result. A hard grip on the bow will make it twist and rotate. This causes arrows to veer right or left.





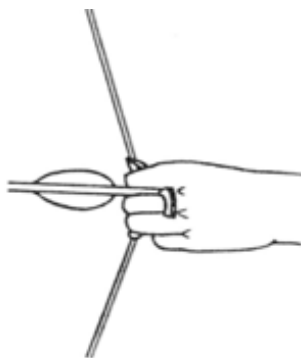
ACTIVITY OUTLINE CONTINUED

3. Demonstrate and practice Nocking an Arrow.

- Explain that nocking is the action of joining an arrow to the bowstring before releasing. The nock of the arrow must be properly fixed to the string or it will not fire accurately. Remind youth that the tip of the arrow must always point down range during the entire nocking process.

4. Demonstrate and practice Setting a Hook.

- Explain that the most common way of setting a hook is by placing the index finger above the arrow's nocking point indicator. The two fingers below it must be placed on the string at the last joint.



5. Demonstrate and practice Extension to a Shooting Position.

- Show how the bow arm is fully extended approximately 15 degrees from the body in a line pointing at the target. The forearm of the string hand must be in a straight line with the shaft of the arrow and the finger hook situated on the string.



6. Demonstrate and practice Draw.

- Show how the string must be pulled back toward the anchor point. The arm muscles are used at the beginning of the draw. Once the elbow is back, the tension is held by the muscles of the shoulder and back. Always keep the forearm in line with the shaft of the arrow.





ACTIVITY OUTLINE CONTINUED

7. Demonstrate and practice Anchor Points.

- Explain that an anchor point is the place on your face where you pull the string back to consistently. This anchor point should be exactly the same all the time for a consistent grouping of shots. The most common is putting the index finger right below your chin with the bowstring barely touching the tip of your nose, but you should test different anchors and find the most comfortable anchor points for you.

8. Demonstrate and practice Aiming.

- Youth must understand that aiming is about concentration. Have youth concentrate their attention on a specific point of the target. Pause for a few seconds. Keep the string hand locked to the anchor point. Have youth practice aiming and coming to an anchor point without an arrow.

9. Demonstrate and practice Release.

- Explain that the fingers must be calm while drawing the arrow shaft back so a smooth release can be achieved.
- Practice by having youth find a partner. Have them hook their fingers together and firmly pull their hooked fingers across their chests. Have them pay attention to the way their back muscles feel when they are flexed.



10. Demonstrate and practice Follow Through.

- Explain that it is important to follow through with the shots by keeping the bow arm up and focusing on the target until the arrow lands. Describe how it is very typical to lower the bow earlier than you should. Lowering the bow too early causes the arrow's flight path to be shifted downward resulting in inaccurate shots.



Reflect

- Why is it important to apply and master the “10 Steps to the 10 Ring?”
- Why is it important to check your equipment before shooting?

Apply

- Why would it be important to keep a record of how well you are shooting?
- What elements of form are you going to work on before the next meeting?

Debriefing

Allow time for questions and answers. Relate the activity to the project report section of the 4-H portfolio. Discuss what could be included in the size and scope section (Section 1a) and in the skills and knowledge learned sections (Section 1b). Encourage club members to become familiar with the 4-H portfolio by going to www.utah4h.org. Encourage members to write today’s activities in their portfolios while ideas are still fresh.

4-H *Club Meeting 5*

Introduction to Shotgun Shooting



SUPPLIES

- Shotguns of appropriate size
- Appropriate ammunition
- Approved range with enough area for safe shot dispersal and drop
- Clay pigeons
- Eye and ear protection
- Trap or throwing equipment
- A way to stand clay pigeons on end

The Shooting Sports Discovery Activities are intended for youth who have already earned the Hunter Education Certificate (blue card) and have had experience with shooting. This activity emphasizes safety and range etiquette and helps club members gain basic skill sets necessary for successful shotgun shooting.

Shotgun shooting is different than other shooting sports activities in that the target is almost always “on the wing,” and the shooter is almost always in the standing position. The shooter needs to be able to move the gun with the target. In addition, sighting with a shotgun is different from rifle in that the shotgun only has a front site. Shotgun shooters need to be able to position the gun quickly and track the target. It is easiest to practice sighting and tracking techniques with an empty gun first.

WHAT TO DO

To get started, follow these directions:

1. You will need a certified shooting range officer for this series of activities. This could be a hunter education instructor or a post-certified law enforcement instructor. If the club leader does not have one of these certifications, you can invite someone who does to take this role.
2. Access the online Utah Hunter's Ed Course at <http://www.hunter-ed.com/utah/studyGuide/201046>.
3. Read all of Unit 1: Introduction to Hunter Education and note basic shooting safety rules.
4. Read Topic 3: Shotgun Shooting in Unit 3: Basic Shooting Skills. Become familiar with specific shotgun shooting techniques.
5. Read Topic 2: Rifle Shooting in Unit 3: Basic Shooting Skills. This includes a section on eye dominance, which is critical to understanding for all firearm shooting.



ACTIVITY OUTLINE

1. Discuss shooting safety and range etiquette. Make sure club members have the equipment needed, including guns and eye and ear protection. Let club members know that infractions of safety rules may result in dismissal from activities. Use the safety rules at all times.
2. Take the club to the shooting range and review safety and range etiquette.
3. Help youth determine their dominant eye.
4. While wearing the proper safety gear, have the youth track a thrown clay pigeon with an empty shotgun. Have them track the clay pigeon all the way to the ground. Although there will be no firing at this point, get the youth used to wearing the gear so they don't notice a big change when they are actually firing. This activity can be done with several youth at a time, provided there is a skilled observer for each youth. Watch to make sure they are positioned so their dominant eye is sighting along the barrel. Be sure they have good posture for shooting while standing. Repeat this exercise for four or five clay pigeons.
5. Repeat Activity 4 only allowing the youth to dry fire their shotguns while tracking the target.
6. Stand four or five clay pigeons on end 20 – 25 yards away. Space them far enough apart that the shot dispersal will not hit more than one clay pigeon per shot. Have the youth shoot at the clay pigeons one at a time while you coach them on sighting or posture. Repeat for each youth. This final exercise is to get the youth familiar with the noise and recoil of the shotgun while firing at a stationary target.
7. Clean the shotguns when done.



Reflect

- What factors are important to hitting a moving target?
- What are the differences between rifle shooting and shotgun shooting?

Apply

- What did you learn today that will be helpful when you begin shooting archery or rifles?
- How does having an experienced coach help you improve your shooting technique? How can this apply to other new skills you are trying to develop?

Debriefing

Allow time for questions and answers. Relate the activity to the project report section of the 4-H portfolio. Discuss what could be included in the size and scope section (Section 1a) and in the skills and knowledge learned sections (Section 1b). Encourage club members to become familiar with the 4-H portfolio by going to www.utah4h.org. Encourage them to write today's activities in their portfolios while ideas are still fresh.

4-H *Club Meeting 6* Shotgun Trap Shooting



SUPPLIES

- Shotguns of appropriate gauge
- Twenty-five shotgun shells of the correct gauge for the guns the youth will be shooting
- Approved range with enough area for safe shot dispersal and drop
- Enough clay pigeons for each shooter to shoot at 25 pigeons (bring some extra for thrower breakage)
- Eye and ear protection
- Trap or throwing equipment
- Trap scoresheet and pencil

The Shooting Sports Discovery Activities are intended for youth who have already earned the Hunter Education Certificate (blue card) and have had experience with shooting. This activity emphasizes safety and range etiquette and helps club members gain basic skill sets necessary for successful shotgun shooting.

WHAT TO DO

To get started, follow these directions:

1. You will need a certified shooting range officer for this series of activities. This could be a hunter education instructor or a post-certified law enforcement instructor. If the club leader does not have one of these certifications, you can invite someone who does to take this role.
2. Access the online Utah Hunter's Ed Course at <http://www.hunter-ed.com/utah/studyGuide/201046>.
3. Read Unit 2: Know Your Firearm Equipment and pay particular attention to information regarding shotguns.
4. Read Topic 3: Shotgun Shooting in Unit 3: Basic Shooting Skills to refresh on proper shotgun shooting techniques.

ACTIVITY OUTLINE

1. Make sure club members have the equipment needed, including guns and eye and ear protection. Let club members know that infractions of safety rules may result in dismissal from activities. Use the safety rules at all times.
2. Take the club to the shooting range, and review safety and range etiquette.
3. There are five locations so five shooters can be on the range at one time. Set the shooters up on different locations of the range.
4. Each shooter will shoot at a total of five clay pigeons. Have each shooter fire at one pigeon in turn until they have all fired five times from the current location.
5. A separate person will need to keep track of the hits and misses on a scoresheet.



ACTIVITY OUTLINE CONTINUED

6. Once all five shooters have fired from the first location, have them rotate to the next location and repeat the shooting activity.
7. Continue the rotation until all shooters have fired from all five locations.
8. Tally the score sheets.
9. Clean the shotguns when done.



Reflect

- Which location seems to be the best (or worst) for accuracy?
- Is it easier to hit the target that is moving straight away or moving across your field of view?

Apply

- When you find a task is difficult, what is the best way to improve at it?
- When you fail to reach a desired goal, what can you do to get closer to your objectives?

Debriefing

Allow time for questions and answers. Relate the activity to the project report section of the 4-H portfolio. Discuss what could be included in the size and scope section (Section 1a) and in the skills and knowledge learned sections (Section 1b). Encourage club members to become familiar with the 4-H portfolio by going to www.utah4h.org. Encourage members to write today's activities in their portfolios while ideas are still fresh.



More to *Discover*

Congratulations on completing your Discover 4-H club meetings! Continue with additional curriculum in your current project area, or discover other 4-H project areas. Check out the following links for additional 4-H curriculum.

1. <http://utah4h.org/htm/discover4hclubs>
2. <http://www.4-h.org/resource-library/curriculum/>
3. <http://utah4h.org/htm/resource-library/view-all-curriculum>

Become a 4-H Member or Volunteer

To **register** your Utah club or individuals in your club visit:

<http://www.utah-4.org/htm/staff-resources/4-h-online-support>

<http://utah4h.org/htm/about-4-h/newto4h/>

Non-Utah residents please contact your local 4-H office:

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Stay *Connected*

Visit Your County Extension Office

Stay connected with 4-H activities and news through your county Extension office. Ask about volunteer opportunities and don't forget to register for your county newsletter. Find contact information for counties in Utah here:

<http://extension.usu.edu/htm/counties>

Enjoy the Fair!

Enter your project or create a new project for the county fair. Learn about your county fair and fair judging here:

<http://utah4h.org/htm/events-registration/county-fairs>



Participate in Local or State 4-H Activities, Programs, Contests or Camps

For Utah state events and programs visit:

<http://utah4h.org/htm/events-registration>

<http://www.utah4h.org/htm/featured-programs>

For local Utah 4-H events and programs, visit your county Extension office.

<http://extension.usu.edu/htm/counties>

Non-Utah residents, please contact your local 4-H office.

<http://www.4-h.org/get-involved/find-4-h-clubs-camps-programs/>



Discover *Service*

Become a 4-H Volunteer!

 <http://www.youtube.com/watch?v=UBemO5VSyK0>

 <http://www.youtube.com/watch?v=U8n4o9gHvAA>

To become a 4-H volunteer in Utah, visit us at:

<http://utah4h.org/htm/about-4-h/newto4h/>

Serve Together as a 4-H Club or as an Individual 4-H Member

Use your skills, passions, and 4-H to better your community and world. You are needed! Look for opportunities to help in your area or participate in service programs that reach places throughout the world (religious groups, Red Cross, etc.).

Hold a Club Service Project

USU Collegiate 4-H Club hosted "The Gift of Giving" as a club activity. Club members assembled Christmas stockings filled with needed items for CAPSA (Community Abuse Prevention Services Agency).

<http://tinyurl.com/lu5n2nc>



Donate 4-H Projects

Look for hospitals, nursing homes, or other nonprofit organizations that will benefit from 4-H projects. Such projects include making quilts for CAPSA or Primary Children's Hospital, or making beanies for newborns. During Utah 4-H State Contests, 40 "smile bags" were sewn and donated to Operation Smile.

Partner with Local Businesses

92,000 pounds of processed lamb, beef, and pork were donated to the Utah Food Bank in 2013 by multiple companies.

<http://tinyurl.com/pu7lxyw>

Donate Money

Clubs or individuals can donate money gained from a 4-H project to a worthy cause. A nine-year-old 4-H member from Davis County donated her project money to help a three-year-old battle cancer.

<http://tinyurl.com/mqtfwxo>



Give Us Your *Feedback*

Help us improve Discover 4-H curriculum. We would love feedback or suggestions on this guide; please go to the following link to take a short survey:

<http://tinyurl.com/lb9tnad>