



# 4-H PISTOL PROJECT



Firearms and firearms competitions are excellent opportunities for youth to develop skills in sportsmanship and discipline. Shooting sports projects aim to encourage personal development, enjoyment of a unique sport, and give participants opportunities to work as an individual and as a team.

- Emphasize safety handling practices above all else.
- Allow participants to explore alternative types of sports.
- Encourage communication skills.

## 4-H THRIVE

Help Youth:

### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you're having difficulties reaching your

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the

### Starting Out *Beginner*

- Know what M.A.T means and how to practice proper firearms safety.
- Identify the parts of a pistol and how they function.
- Demonstrate differing firing positions.
- Learn range commands.
- Know the steps to firing your pistol.

### Learning More *Intermediate*

- Practice both dry firing and live firing.
- Improve form, including stance and grip.
- Know how to select proper ammunition for different range situations.
- Demonstrate safe storage and transport of firearms.

### Exploring Depth *Advanced*

- Know what the term "sight picture" means and how to use it.
- Demonstrate how to properly adjust sights.
- Practice scoring a shooting competition.
- Analyze form and learn how to identify and correct specific errors.

The activities above are ideas to inspire further project development. This is not a complete list.



# Expand Your Experiences!

## Science, Technology, Engineering, and Mathematics

- Report on the history of a specific aspect of the pistol.
- Learn about eye dominance and how to ascertain it.

## Healthy Living

- Make a presentation on firearms safety in the home.
- Research hearing loss and the importance of using ear protection when participating in rifle shooting.

## Citizenship

- Volunteer during a shooting competition.
- Find a local marksman's club and visit a meeting or event.

## Leadership

- Become a role model for others by taking the position of Junior or Teen leader.
- Encourage others to join the pistol project.

### Resources

- California 4-H Shooting Sports:  
[www.ca4h.org/Projects/SET/ShootingSports](http://www.ca4h.org/Projects/SET/ShootingSports)
- United States Pistol Shooting Association:  
<http://www.uspsa.org/>

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

Connections & Events	Curriculum	4-H Record Book
<p><b>Presentation Days</b> – Share what you've learned with others through a shooting sports presentation.</p> <p><b>Field Days</b> – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your county 4-H office to determine additional opportunities available, such as a field day.</p>	<ul style="list-style-type: none"> <li>• Georgia 4-H Pistol Lesson Plans: <a href="http://www.georgia4h.org/safe/disciplines/Pistol/Pistol_2014.pdf">http://www.georgia4h.org/safe/disciplines/Pistol/Pistol_2014.pdf</a></li> </ul>	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p>



University of California Agriculture and Natural Resources