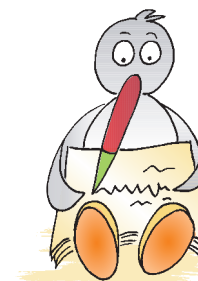




Barth/Dreilich

LEARNING SHOOTING SPORTS

Archery - Rifle - Pistol



The Book

... you have your target in your sights, you breathe calmly and then ... the shot!

Whether you shoot at cans or at targets, with balls, arrows, lasers or, later on, with actual sport ammunition, you want to be able to hit your target. That requires knowledge of your sport, the proper technique and equipment. How do you concentrate at just the right moment, keep your nerve and hit the target?

We would like this book to be your practice companion. We will give you important information about equipment, techniques and about your physical fitness. You will get tips for practicing at home and we will tell you how to recognize and avoid mistakes.

The little stork will accompany you throughout the book. He is very skilled at using his long, pointy beak and almost always hits his target. He will tell you lots about the shooting sports, will give you tips on safety and how a healthy lifestyle will help you succeed. In addition, the little stork offers you many opportunities for recording, filling in, coloring and doing brain twisters and he even wants to give you an award at the end. Have fun!

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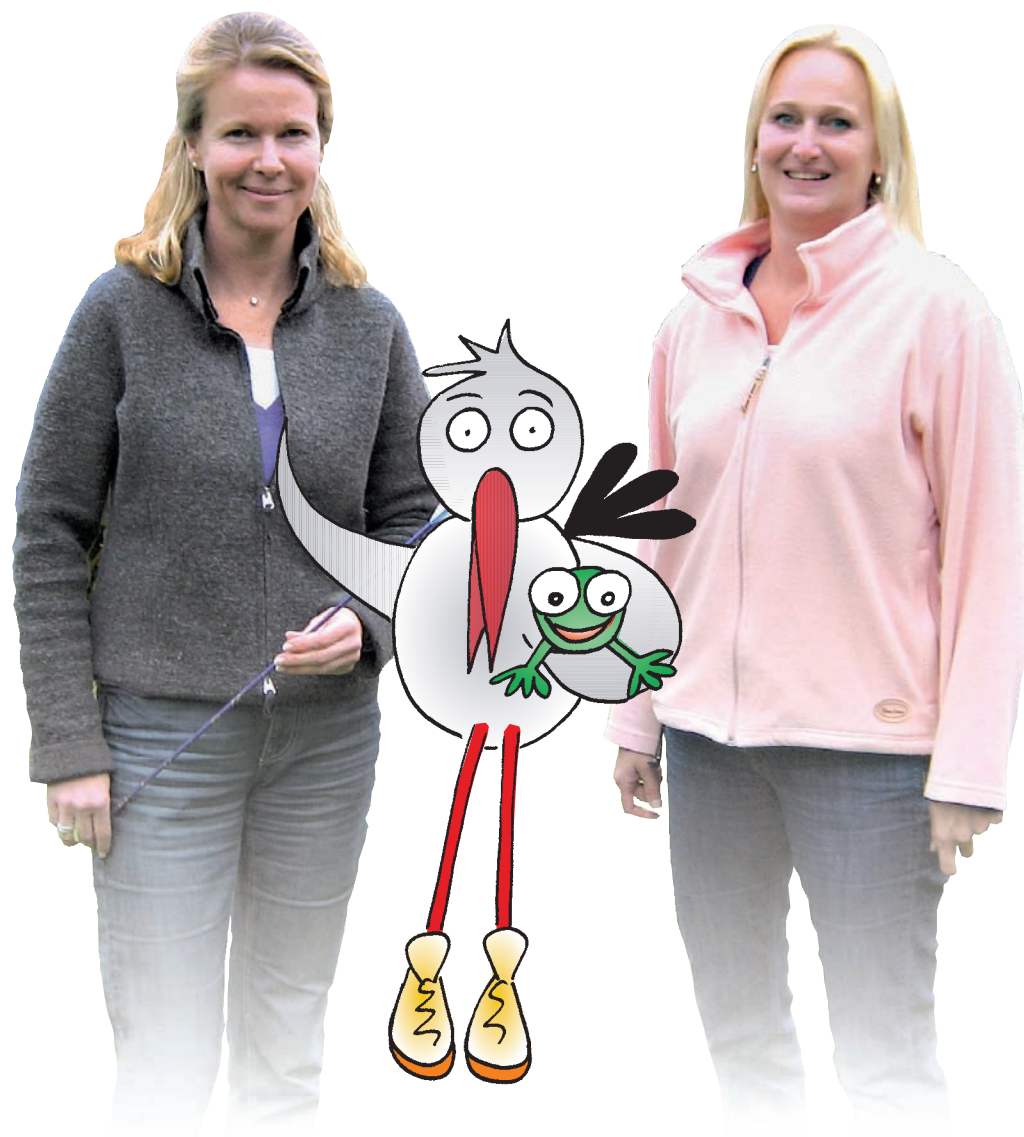
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MEYER
& MEYER
SPORT

The Authors

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Beate Dreilich is a certified sports instructor and has been a German national coach for sport shooting as well as training coaches for the German Rifle Association for twenty years.



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"Learning..., Training...": Our unique series of children's sports books.

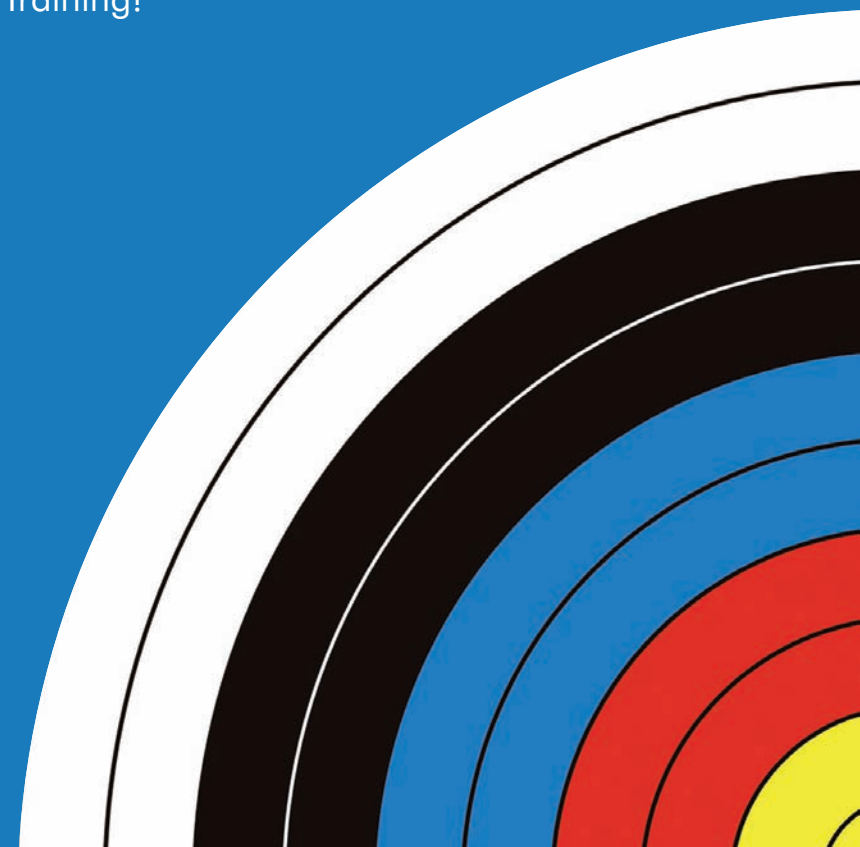
Have you found a sport that you like and want to get better at playing or taking part? Our book series "Learning... Training..." is exactly what you are looking for!

This series now covers 12 different sports, including Basketball, Fencing, Swimming and Soccer. The books are written especially for you. Each one has many drawings, riddles and tests as well as good advice, which will help you learn more about your sport and understand how to get better at taking part.

You are led by a little mascot who explains a lot about your favorite sport.

The series "Learning..." is meant for beginners, while "Training..." is intended for the more advanced.

Meyer & Meyer Sport hopes you have a lot of fun with Learning and Training!



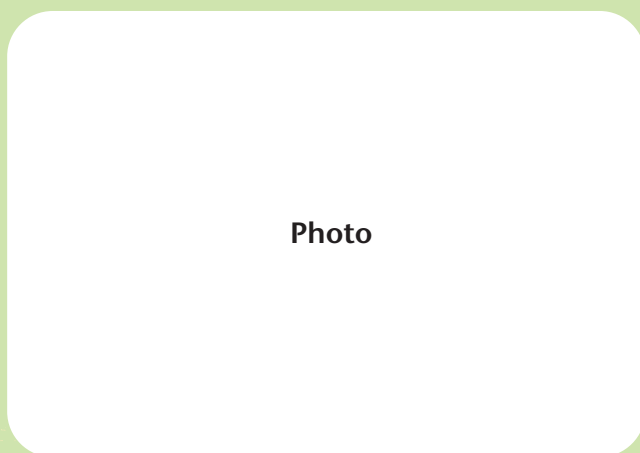
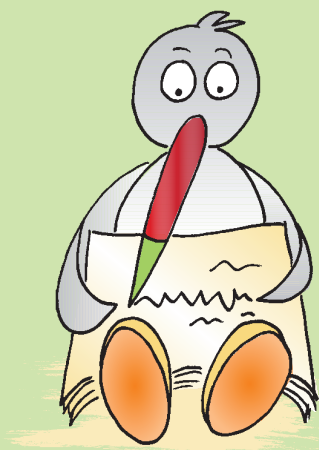
Learning Shooting Sports

This book was given to me by: _____

My name: _____

My birthday: _____

My address: _____



Photo

I like to: _____

I don't like to: _____

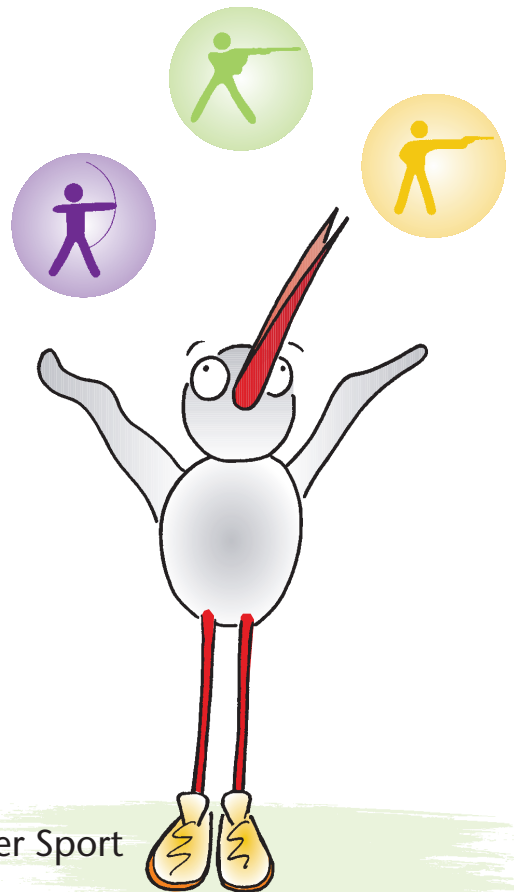
What I really want is: _____

Learning Shooting Sports

Archery, Rifle, Pistol

Katrin Barth & Beate Dreilich

Sports Science Consultant:
Dr. Berndt Barth



Meyer & Meyer Sport

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Learning Shooting Sports

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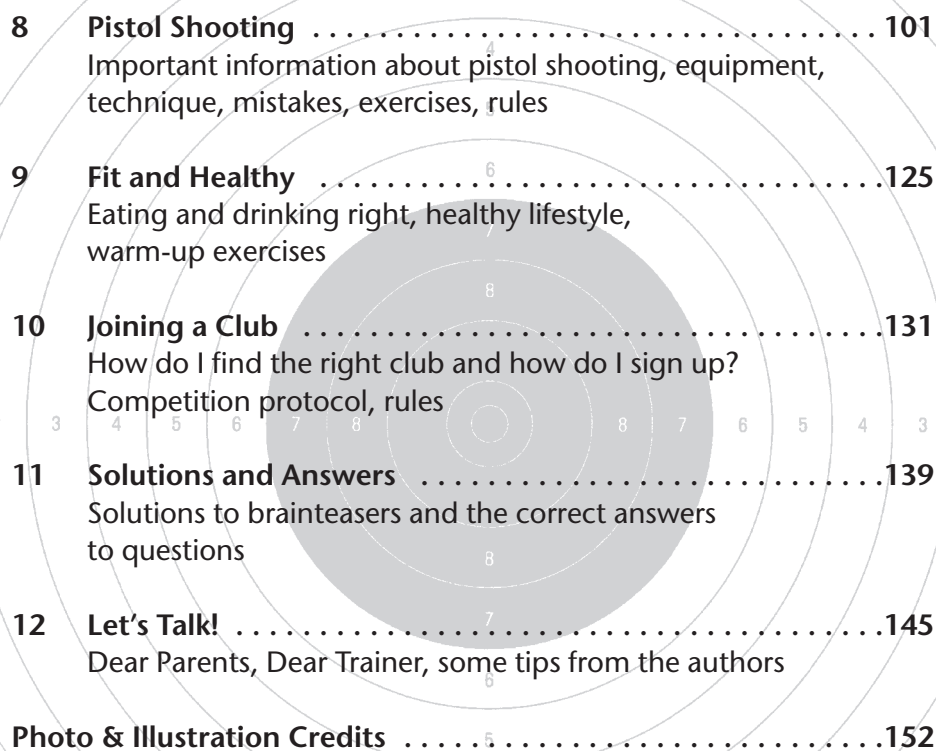
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Please note:

The exercises and practical suggestions in this book have been carefully chosen and reviewed by the authors. However, the authors are not liable for accidents or damages of any kind incurred in connection with the content of this book.

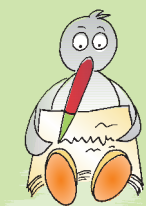
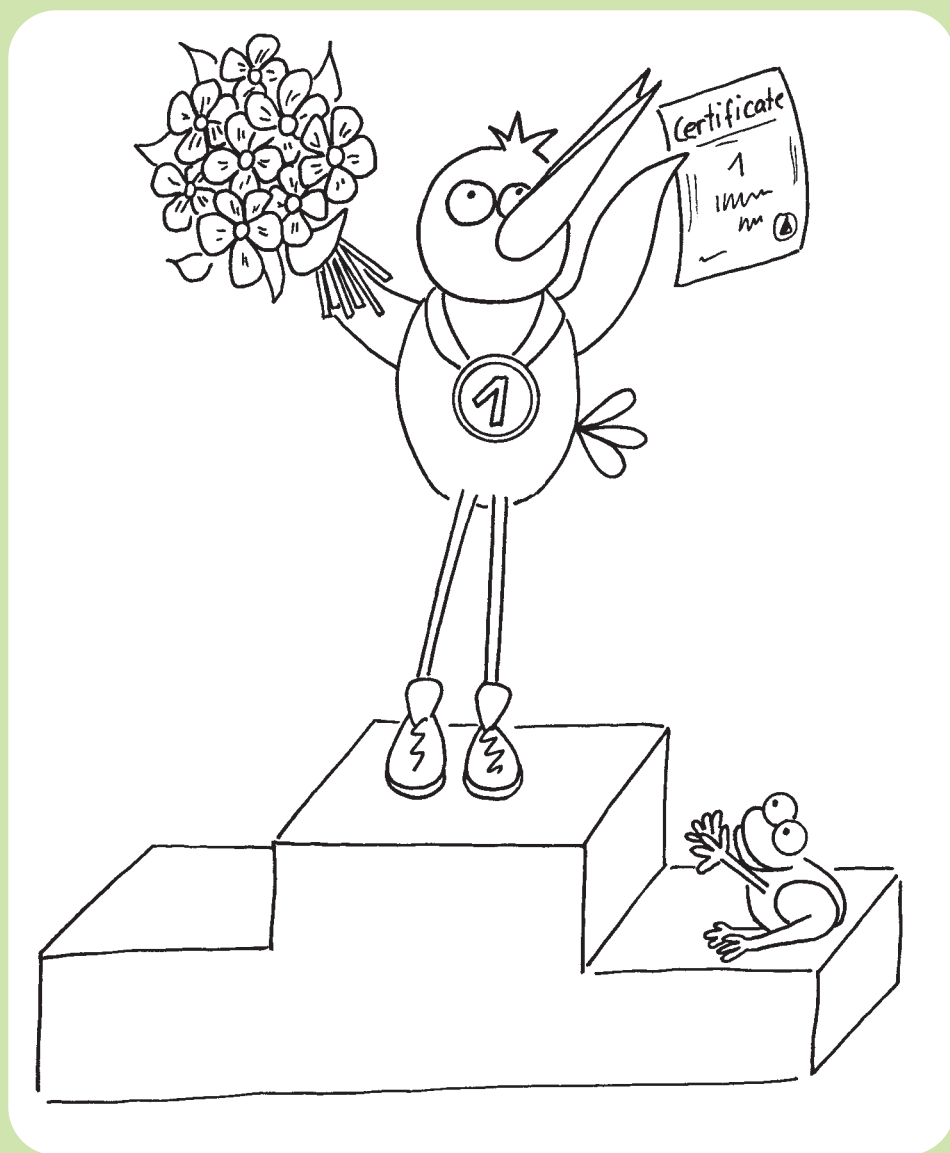
For the purpose of better readability, we have decided to use only the male (neutral) form of address throughout the book, which of course also includes the female gender. This book has been thoroughly edited. However, all of the information is subject to correction.

Hi, I'm Sammy, the little stork!
I am an amazingly awesome shooter
because I can hit any target
with my long pointy beak!

There are many sports and disciplines
where you take aim, shoot
and score a hit.

In this book you will learn a lot about
that and I will always be there with you.
I think we'll have lots of fun together.

Tee-hee! You can't
catch me!



Would you like to color the picture? If this book is yours, then pick up your crayons and get started! Finish the drawing!

..... 1 Dear Shooting Athletes



Was it your parents, your friends, the well-known sports shooting club in your area or the television coverage of the world championships or the Olympics? It doesn't really matter how you became interested in shooting sports – you chose a great sport!

You are probably interested in technical things, are good at concentrating and like to spend time with other athletes. With lots of patience and perseverance you will soon achieve your goal. And then you will be very proud of yourself!

In this children's book about shooting sports we have compiled lots of interesting facts about your favorite sport. We give you the most important information about the gear, how to handle the sports equipment, beginning techniques, how to practice, and how to avoid mistakes.

Are shooting sports right for you?

Here are some reasons why children enjoy shooting sports. Which ones apply to you? Check "YES" or "NO"



	Yes	No
I love sports.	<input type="checkbox"/>	<input type="checkbox"/>
I like being with other children.	<input type="checkbox"/>	<input type="checkbox"/>
I am interested in technical things.	<input type="checkbox"/>	<input type="checkbox"/>
I am good at concentrating.	<input type="checkbox"/>	<input type="checkbox"/>
I am happy when I achieve goals.	<input type="checkbox"/>	<input type="checkbox"/>
I want to learn about my body.	<input type="checkbox"/>	<input type="checkbox"/>
My family or friends also practice shooting sports.	<input type="checkbox"/>	<input type="checkbox"/>
I want to improve my willpower and courage.	<input type="checkbox"/>	<input type="checkbox"/>
I want to learn something special not everyone can do.	<input type="checkbox"/>	<input type="checkbox"/>
I want to be better than the others.	<input type="checkbox"/>	<input type="checkbox"/>
I want to be in the newspaper.	<input type="checkbox"/>	<input type="checkbox"/>
I want to be successful and famous some day.	<input type="checkbox"/>	<input type="checkbox"/>

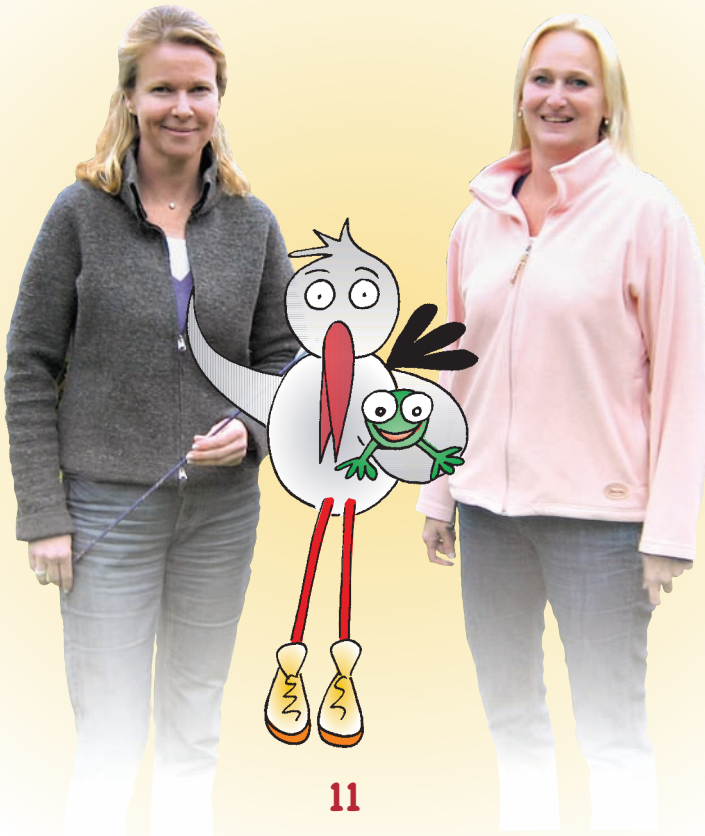
If you answered most of these questions with "YES", you have chosen the right sport! Maybe you will be a successful shooter some day.

Maybe some day you will be a member of a successful national team. You will get the highest scores and win championships and medals. But even if shooting remains just a nice recreational activity, you will have a lot of fun and it will keep your body and mind fit and healthy.

This little book is intended to be your companion in shooting sports. We may view something differently from the way your coach, trainer or an experienced shooter explains it – that can happen sometimes. Just ask questions. Even in shooting sports opinions sometimes differ.

When we refer to shooters, trainers, coaches, referees, etc., we of course are not just talking about men and boys, but also about all women and girls.

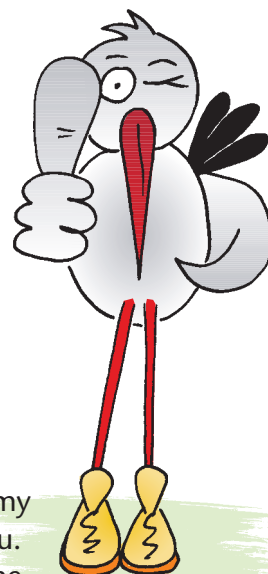
*Have fun with shooting sports!
Sammy and the authors.*



In this book you will often see some pictures of Sammy the stork.

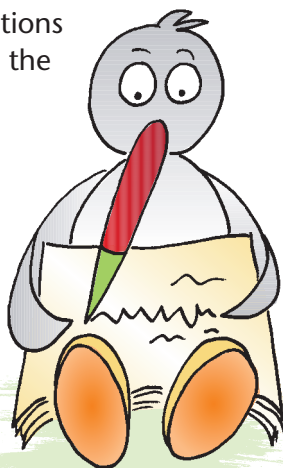


This symbol means that Sammy has a tip for you. He points out mistakes you can avoid or gives you advice.



Pretty tricky! Sometimes Sammy has a task or a puzzler for you. You will find these next to the question mark.

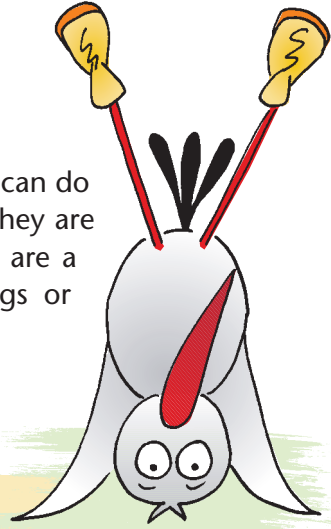
The answers and solutions are in the back of the book.



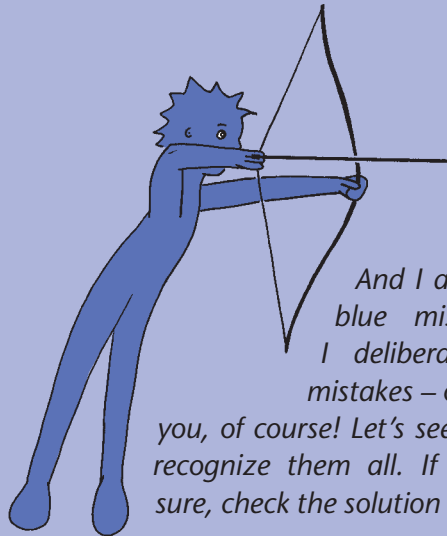
Pretty handy – Sammy can write with his beak! Wherever you see him writing, there is a place for you to record, fill in or color something.

You can use this book as a training diary. Record your progress and your goals. When you have become an experienced shooter, you can enjoy reading about how it all began. If you like, you can add photos of yourself or your friends and collect autographs.

Here Sammy shows you some exercises you can do outside of your training session. Of course they are not a substitute for your training, but they are a good addition. Maybe your friends, siblings or parents will even join in.



I am the funny yellow practice guy and I'll show you how to do an exercise by yourself or with your friends.



And I am the little blue mistake guy. I deliberately make mistakes – only to help you, of course! Let's see if you can recognize them all. If you're not sure, check the solution pages.