

**National Small-bore Rifle Association**  
**Youth Proficiency Instructors**  
**Diploma Course Programme Timetable**

**Saturday**

Assemble at Leslie Sell Activity Centre, Dorm Block	8.45 am
Introductions and Outcomes Expected	9.00 – 9.45 am
The Law	9.45 – 10.45 am
Break	10.45 – 11.00 am
Safety	11.00 – 11.30 am
Range Construction	11.30 – 12.00 am
Equipment	12.00 – 12.30 am
Lunch	12.30 – 1.00 pm

**Basic Shooting Techniques**

Prone	1.00 – 1.15 pm
Standing	1.15 – 1.45 pm
Sights and aiming	1.45 – 2.15 pm
Trigger Control	2.15 – 2.45 pm
Breathing and Follow Through	2.45 – 3.15 pm
Break	3.15 – 3.30 pm
Range Commands	3.30 – 4.00 pm
Structure of a Session	4.00 – 4.50 pm
Sum up and Questions	4.50 – 5.00 pm

**Close of day one**

**Youth Proficiency Instructors**  
**Diploma Course**  
**Programme Timetable**

Sunday

Assemble at Leslie Sell Activity Centre, Training Centre	8.45 am
Practical Application of Day One Sessions	9.00 – 11.15 am
Break	11.15 – 11.30 am
Dealing with Malfunctions	11.30 – 12.00 pm
Different Distances	12.00 – 12.30 pm
Lunch	12.30 – 1.00 pm
Sighting. ( Zeroing The Gun )	1.00 – 1.45 pm
Scoring Targets and Competition	1.45 – 3.30 pm
Break	3.30 – 3.45 pm
Shooting Games	3.45 – 4.45 pm
Sum Up and Questions	4.45 – 5.00 pm

**Close of Course**