

# Lesson Plan: Proper Eye Usage

Planned Duration: 35 Min

**Athlete Age Range:** ALL

**Training Level:** L2T : Learn to Train

## **Goals:**

To ensure the athlete understands they have a master or dominate eye and can properly identify it prior to firing.

Criteria: Athlete demonstrates the technique for determining their dominate eye at least once prior to proceeding to practice with live fire.

## **Equipment:**

Suitable training area such as the range or clubhouse.

The following equipment:

- Rifle (made safe)
- Prone mat
- Rifle sling (optional)
- Kneeling roll (optional)
- Spotting scope (optional)

## **Introduction:** Min: 5

Greet athletes as they arrive.

Describe the evening's gl by Proviinge a verbal description of tonight's plan – Proper Eye Selection

- ensure they understand what a dominate eye does.
- learning how to determine their master eye.

## **Warm Up:** Min: 5

Jogging on the spot or stretching.

## **Main Lesson** Min:20

Encourage them to unpack gear and gather for the lesson.

- If you plan on firing after the lesson ensure all have their equipment made ready.

Everyone has a master (or dominant) eye which is stronger than the other one. This is the eye to be used when aiming. The master eye is the brain's primary source for the visual image of what we see. The non-master eye is used primarily for depth perception or sense of direction. The master eye must be determined before individuals begin firing. It should be noted that the master eye is not always on the same side of the body as the writing hand.

### Firing with Both Eyes Open

Discuss and explain:

- Athletes should always fire with both eyes open. Eyes are constantly working together. If one is closed, the other will have to strain and the individual's vision will be affected. If athletes have difficulty focusing, the use of a blinder in front of the non-aiming eye will help prevent squinting and eye fatigue.

- Cutting a piece of plastic from a windshield washer fluid jug or any other similar type of container can easily make a blinder. A good blinder should be translucent (plastic or paper) so that images are blocked even though light can penetrate it. It should be easily attachable to the rear sight or to the athlete's glasses.

### Avoiding Fixed Vision

Discuss and explain:

- If the marksman's vision is fixed on one object, such as a target bullseye, for more than a few seconds, the image of the bull will be burned in their mind and a "ghost" image of the bull will be seen when glancing to the side. It is especially important for athletes to avoid this fixed vision, because it results in a loss of visual

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perception and can greatly hinder their performance. To avoid fixed vision, athletes need only to blink or slightly shift their vision every four (4) or five (5) seconds.

**Cool Down:** Min: 0

N/A

**Conclusion:** Min: 5

Ask questions to confirm their understanding.

- why do some shooters not use their master eye?
- what is reason we have two eyes?
- Why is using both eye important?