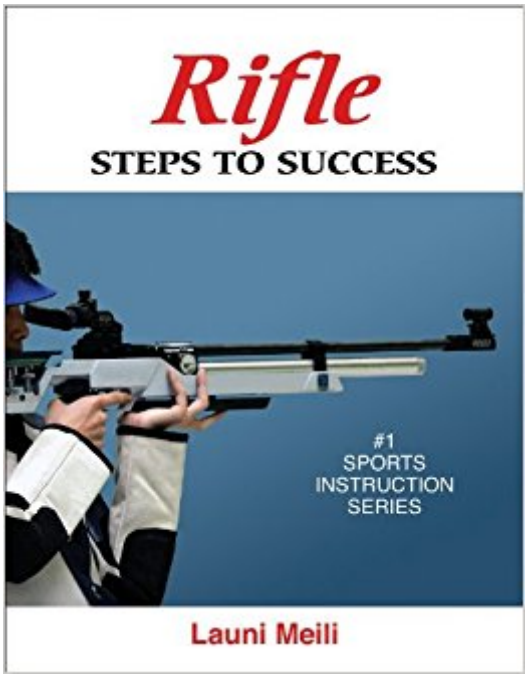
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Rifle: Steps To Success (Steps To Success Activity Series)



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Synopsis

Master technique, improve accuracy, and achieve competitive excellence. In Rifle: Steps to Success, Olympic gold medalist, world record holder, and respected coach Launi Meili shares the training secrets used by the top shooters in the sport. Rifle: Steps to Success covers every aspect of the sport: Equipment selection and fitting Safe shooting guidelines Proven techniques for improved accuracy in the prone, standing, kneeling, and sitting positions Mental and physical training Shooting drills to increase all-around consistency Practice, prematch, and competitive routines As part of the Steps to Success Series--with more than 1.5 million copies sold--Rifle: Steps to Success will help you hit your mark every time.

Book Information

Series: Steps to Success Activity Series

Paperback: 184 pages

Publisher: Human Kinetics; 1 edition (December 16, 2008)

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Product Dimensions: 0.5 x 9 x 11.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 26 customer reviews

Best Sellers Rank: #187,230 in Books (See Top 100 in Books) #48 inÃ Â Books > Sports & Outdoors > Miscellaneous > Olympic Games #114 inÃ Â Books > Sports & Outdoors > Hunting & Fishing > Shooting

Customer Reviews

"Rifle: Steps to Success really hits the mark! I highly recommend it to anyone interested in becoming a rifle shooter as well as experienced shooters looking for ways to improve their performance.Marcus Raab, National Coach TrainerNational Rifle Association of America

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Great book for competitive air gunners. Lots of photos and good technique explained.

I purchased this book shortly after purchasing my first rifle last year. Largely as a result of this book, I bought two more rifles and won three gold medals in CMP Rimfire (OK, I know that’s no Big Deal). I really like the simplicity of the explanations.On the other hand, I recently got the 2009 English translation of "Ways of the Rifle", which is referred to in this work. WotR has more detail, more drawings, more information. I would characterize "Rifle" as a boiling-down of WotR. IF I could only have one, or if I started as a good shooter, I’d go the $60 for WotR. If you are a beginner like me, you really can’t go wrong with "Rifle" for $11.Yes, this book is about air rifle. The position mechanics don’t really change. Looking at High Power positions, I can see the advice in "Rifle" still ringing true.

When it comes to shooting, I come from a hunting background. I’ve always been curious about the discipline of target shooting, though. This book introduced me to the process of becoming a competitive shooter. It’s a marvelously contradictory sport, requiring you to be physically fit, while demanding that you use your muscles as little as possible while holding for a shot. I am so intrigued!!! The book quickly covers equipment and training, and describes what to expect as a team shooter. This is a really good book that offers a concise picture of what being a competitive shooter is all about. It seems appropriate for highly motivated 12 year olds through adults. It would be great for parents who have a child showing interest.

Best book I can find now for teaching shooting. Even if you only hunt, learning the proper hold and trigger control, will help you hit better. The book not only covers the basics of shooting, but also covers the equipment used in target shooting.

My son is a young competative shooter. So I bought this book for him for Christmas. I was surprised to find out that he had read it from cover to cover. He gleaned some good knowledge from it and says that he will likely read it again.This is a great entry level text book for competitive marksmanship. It reinforces good solid principals. It can be good for more advanced shooters as well if they need to get back to good roots.

Great book for coaches and shooters alike

This book has a strong focus on competition air rifle shooting but the skills covered can be applied to many other forms of shooting. This book is one of the few books I could find that really covers the

essentials of high accuracy marksmanship.

Basics, basics, basics. Expertise is a result of mastering the basics. As a shooter you may not use all the information contained in this book but I'd be surprised if you didn't pick up a couple of choice items. Well worth the cost.

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The Official US Marine Corps Rifle Marksmanship Handbook: Updated Edition: Master the M16 Rifle, M4 Carbine, and other Black Rifle Variants. Big 8.5" ... / MCRP 3-01A) (Carlile Military Library) Rifle: Steps to Success (Steps to Success Activity Series) A British rifle man; the journals and correspondence of Major George Simmons, Rifle brigade, during the Peninsular war and the campaign of Waterloo Build Your Own AR-15 Rifle: In Less Than 3 Hours You Too, Can Build Your Own Fully Customized AR-15 Rifle From Scratch...Even If You Have Never Touched A Gun In Your Life! AR-15 Rifle Builder's Manual: An Illustrated, Step-by-Step Guide to Assembling the AR-15 Rifle Volleyball: Steps to Success (Steps to Success Activity Series) Rugby: Steps to Success - 2nd Edition (Steps to Success Activity Series) Weight Training-4th Edition: Steps to Success (Steps to Success Activity Series) Social Dance: Steps to Success (Steps to Success Activity Series) Basketball-3rd Edition: Steps to Success (Steps to Success Activity Series) Curling: Steps to Success (Steps to Success Activity Series) Advanced Golf: Steps to Success (Steps to Success Activity Series) Fencing: Steps to Success (Steps to Success Activity) Brainiac's Secret Agent Activity Book: Fun Activities for Spies of All Ages (Activity Books) (Activity Journal Series) Field Hockey: Steps to Success - 2nd Edition (Steps to Success Sports Series) Racquetball: Steps to Success (Steps to Success Sports Series) Softball: Steps to Success, Third Edition (Steps to Success Sports Series) Bowling: Steps to Success (Steps to Success Sports Series) Social Dance: Steps to Success, 2nd Edition (Steps to Success) Archery 4th Edition: Steps to Success (Steps to Success Sports)

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