

## National Team Shooting Test

### Purpose:

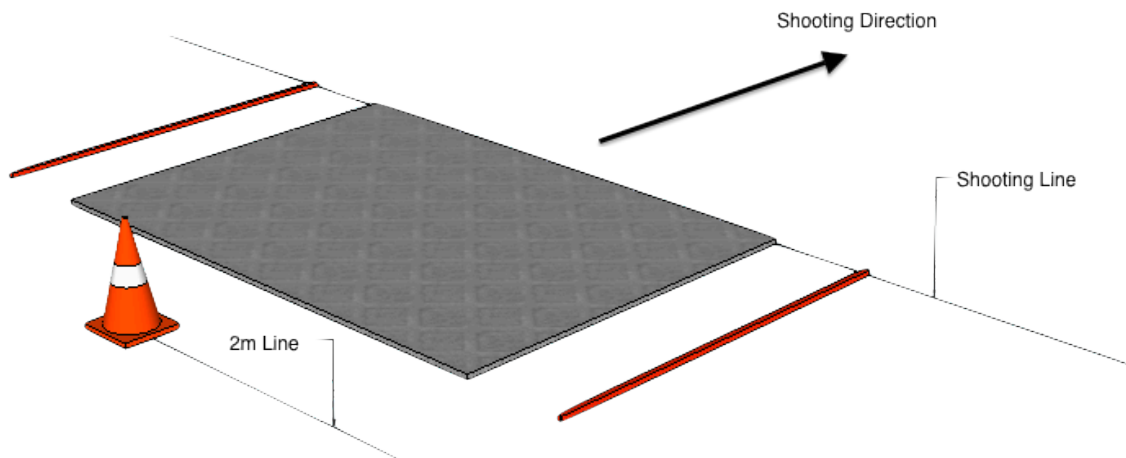
- To have an accurate, repeatable, and biathlon-specific shooting test to measure athlete development.

### Description:

- Athlete will complete a 10 shot prone and 10 standing precision test, then a 4x5 across biathlon setup test, then a 10x1 shot setup test. The combined results of this test will be a score out of 600 points. Total time to complete the test is estimated to be about 40 minutes.

### Minimum requirements:

- Athlete who can shoot standing and prone
- Two paper precision test targets per athlete
- One metal biathlon target or two Biathlon Canada five-across paper biathlon targets
- Stopwatch
- Pylon or marker
- Measuring tape
- Wind flag



### Procedure:

- Precision Component:
  - Athlete will have up to 20 minutes to shoot 10 shots prone on one precision paper target and 10 shots standing on another precision paper target. Athletes are permitted to look at their shots through a coach's spotting scope as required. After completing the component

the athlete should have at least 5 minutes of rest before beginning the next test.

- Scoring: The sum of points for prone shots (out of 100) and standing shots (out of 100)
- Explanation for the scoring system:
  - “Perfect” accuracy would result in 200 points
  - Any part of a bullet hole cutting into a smaller scoring ring will count as the greater value
  - The greatest value possible on a single shot is 10
- Five-Across Setup 4x5 Component:
  - Athlete will begin the test standing next to the marking cone, two meters from the shooting line. When prompted by the coach the athlete will take the prone position and fire one shot at each metal target (or five-across paper target). After completing the final shot the athlete will leave the shooting position with their rifle on their back, will move behind the 2m marker with both feet, and will then return to the firing line for another five shots prone. The coach or a helper will have to reset the target. After completing the second round of prone the athlete will leave the shooting position with their rifle on their back and will again move behind the 2m marker with both feet. The athlete will repeat the process twice more in the standing position. To finish the test the athlete will move behind the 2m marker with their rifle on their back. After completing the component the athlete should have at least 5 minutes of rest before beginning the next component.
  - Scoring: Each successful Biathlon hit is worth 1 point for a score out of 20.  
 $(10 \times \text{number of Biathlon hits}) + (80 - \text{total time in seconds})$
  - Explanation for the scoring system:
    - “Perfect” score would be 200 points
    - Hitting 20/20 provides 200 points with each miss reducing this score by 10 points
    - “Perfect” speed would be 80 seconds; each second longer than 80 results in a one point reduction in score
- First Shot Set-up 5p/5s Component:
  - Athlete will begin the test standing next to the marking cone, two meters from the shooting line. When prompted by the coach the athlete will shoot first shot set-ups until five hits have been achieved. After each shot the athlete will leave the shooting position with their rifle on their back, will move behind the 2m marker with both feet, and will then return to the firing line for another shot. Once five hits have

been achieved the coach will stop the time. After completing the prone shots the athlete should have at least 5 minutes of rest before beginning the standing shots. The athlete will repeat the procedure in the standing position.

- Scoring:  
(160 – prone time) + (150 – standing time)
- Explanation for the scoring system:
  - “Perfect” score would be 200 points
  - Score is based on time only
  - “Perfect” time for prone would be 60 seconds to make 5 hits
  - “Perfect” time for standing would be 50 seconds to make 5 hits

**Final Score:**

- The final score for the National Team Test is sum of each component. This gives a total out of 600.

**Performance Standards:**

- A-Standard: 510/600 (85%)
- B-Standard: 480/600 (80%)

**Suggested Testing Frequency:**

- National Team Test can be administered as often as bi-weekly but it is generally recommended to perform the test every month and during training camps.

**Notes:**

- The overall success of the athlete is heavily dependent on the First-Shot Set-up component. It is common for younger athletes to have negative scores on this component which dramatically drops the overall score.
- Wind conditions are not taken into consideration – as long as the general wind condition during the test is similar to the wind during the zeroing. Being able to complete the test in less-than-ideal conditions should be strongly encouraged – although notes about weather conditions should be recorded along with the results.
- Remember that the test is not designed to replace shooting drills. Testing are not the same as training.
- Particularly for L2T and T2T athletes the focus of the test should be on improvement, not final score.
- Coaches are strongly encouraged to send athlete scores and dates of birth to Biathlon Canada’s HPD for research purposes.