

Rundenwettkampf

Datum: _____ Ort: _____
Wettkampf: _____

Schußdistanz: 10m

Wesentlich:

- Mentale Vorbereitung/Entkopplung vom peripheren Geschehen
- Konzentriertes Hochführen der Waffe
(Timing, Atmen, Referenzpunkte: Auge / Visierung / Korn / globales Trefferzentrum)

Gesamtschusszahl:	...
„ trocken:	0
„ scharf:	...

< 1 > **Scheibe weiß** (5 Schuss)

Ziel: **Griffhaltung und äußeren und inneren Anschlag einstellen**
(Konzentriertes Hochführen der Waffe)

Hauptaugenmerk: perfektes Auslösen und dabei Visierlage und Sprungvektor registrieren!!!

Wertung: 0, 1, 2, 3, 4;
1s bis 3s nachzielen

||| | | | | |||

H:; V:

Verbesserungsmöglichkeiten/Bemerkungen/Schwächen:

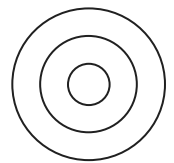
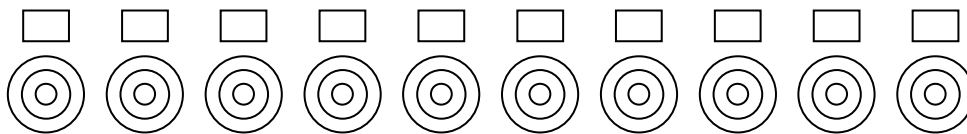
< 2 > **Spiegel** (5 bis 10 Schuss)

Nullpunkt

H: ; V:

Ziel: **Stabile kontrollierte sichere Schußabgabe**












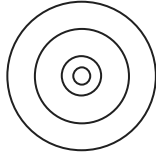











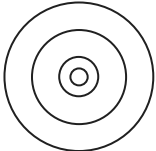











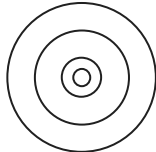











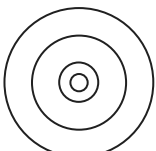
1s bis 3s nachzielen



Verbesserungsmöglichkeiten/Bemerkungen/Schwächen:

< 3 >	Einschießen	Serie 1	Serie 2	Serie 3	Serie 4			
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Beginn									
Dauer [Minuten]									

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Verbesserungsmöglichkeiten/Bemerkungen/Schwächen:

Anzahl 10er	
Anzahl <9er	

Fachliteratur für Training und Wettkampf:

Joseph, H.: **Sportschiessen Pistole**. ESV Verlagsgesellschaft Barleben, 1994
 Arnold, S.: **Das Training des Sportschützen**. Siegfried Arnold, Taunusstein-Hahn, 1987
 Skanaker, R., Antal, L.: **Sportliches Pistolenschiessen**. Motorbuch Verlag Stuttgart, 1991
 Reinkemeier, H., Bühlmann, G.: **Trainingsplan Luftgewehr**. Eigenverl. Reinkem. & Bühlm., 1994
 Reinkemeier, H., Bühlmann, G., Eckhardt, M.: **Wege des Gewehrs. Band 1: Die Technik**.