

Shooting Better Scientifically

The Science and Magic of
Developing Champion Kids
In 4-H Shooting Sports



2023-2024

Success Markers



Skill: Openness to Challenge and Discovery

Expect to See – Youth identify a step they can take to grow their skills in 4-H Shooting Sports.

Like to See – Youth reflect on one or two steps they took that helped them succeed in their project.

Love to See – Youth make a future steps of how to challenge him/herself to grow towards a goal.

The Team

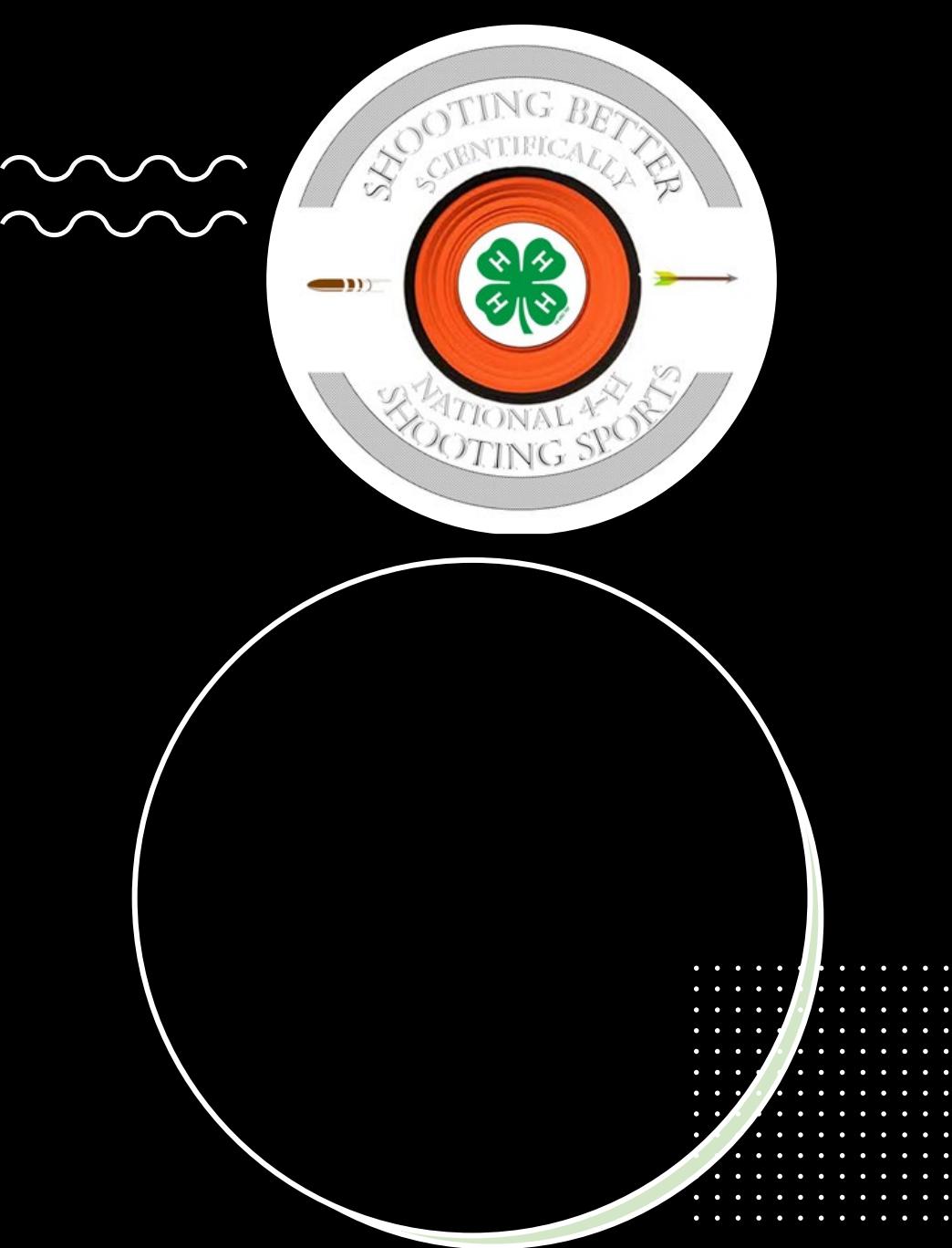


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HEAD

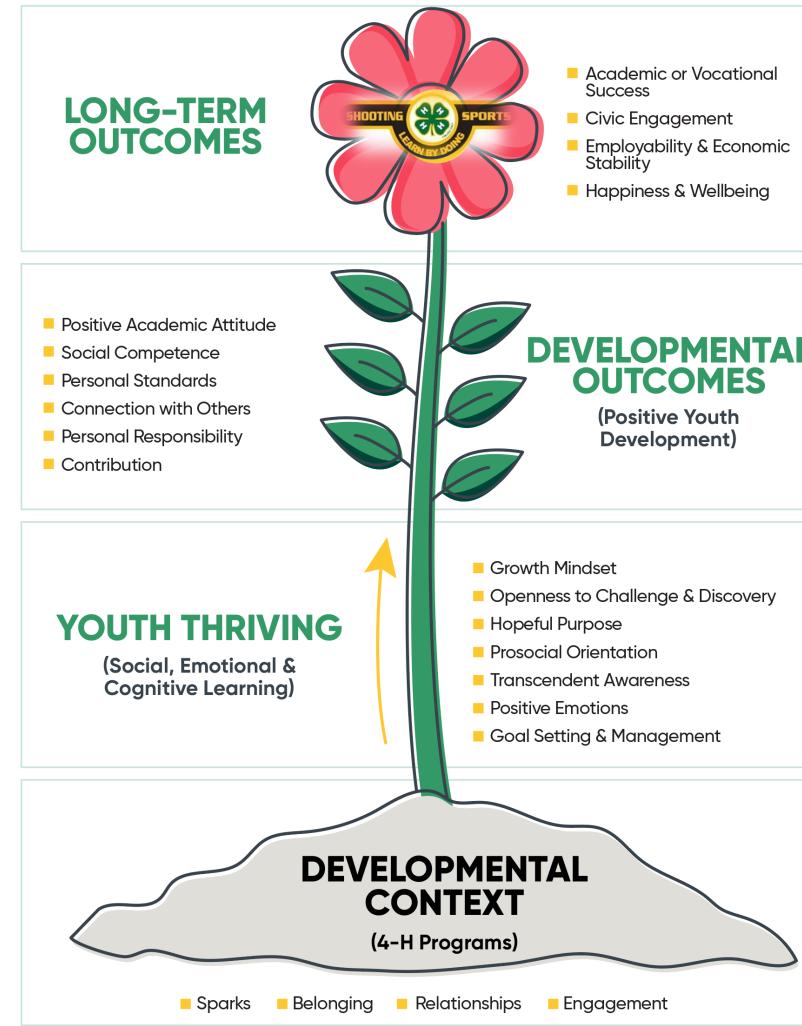
- Critical Thinking
- Planning & Organizing

HANDS

- Self-Motivation



4-H Youth Thriving Model



In the chat,
answer...

What was
a challenge you took
on that made you
better at your role in
4-H SS?



The Science Behind Coaching Openness to Challenge and Discovery

- Identify ways to challenge learning and growth in small but steady steps
- Encourage youth to try new things, even if they are uncertain they can succeed
- Teach youth the importance of a growth mindset, and help them understand that through effort they can get better
- Use the phrase "not yet" to help youth think positively about the effort they are putting into learning a new skill
- Teach youth to support each other when they are learning challenging things



Openness to Challenge and Discovery Lesson

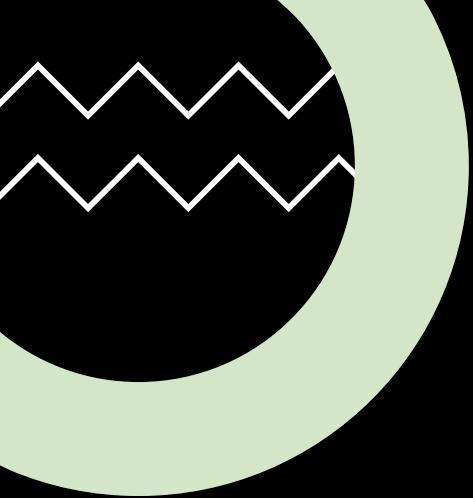
Do

+ identify some steps that would help you reach a goal you have in 4-H shooting sports.

Learn

+ how to be open to new challenges and discoveries to reach your goal.





HEAD

Critical thinking-strategies for analyzing, comparing, reasoning, and reflecting focused on deciding what to believe or do; discovering the meaning.





HEAD



Planning & Organizing - a method for doing something that has been thought out ahead of time; how the parts can be put together

1. Consider the total situation.
2. Identify the parts, steps, and necessary sequence or order.
3. Assign a person to be responsible, design a timeline, and identify resources required to accomplish
4. The parts or steps. 4. Assemble the parts into a structure according to the desired purpose.





HANDS

Self Motivation -
able to make the
needed effort to
carry out a task or a
plan; personal will
to take action



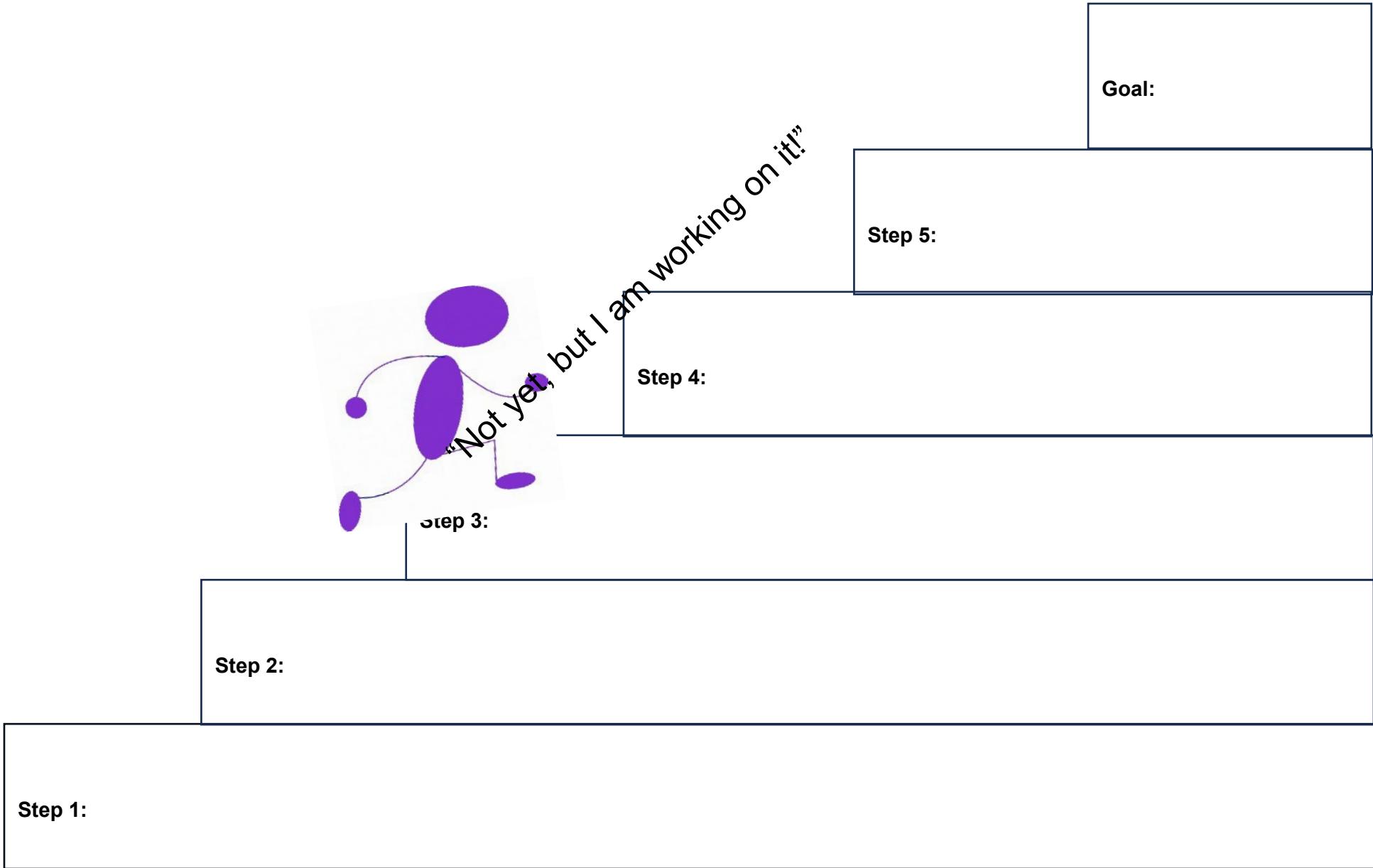
Lesson:

When you climb steps where do you start?
(take answers)

When you started in 4-H shooting sports what was a couple of the first steps you took?

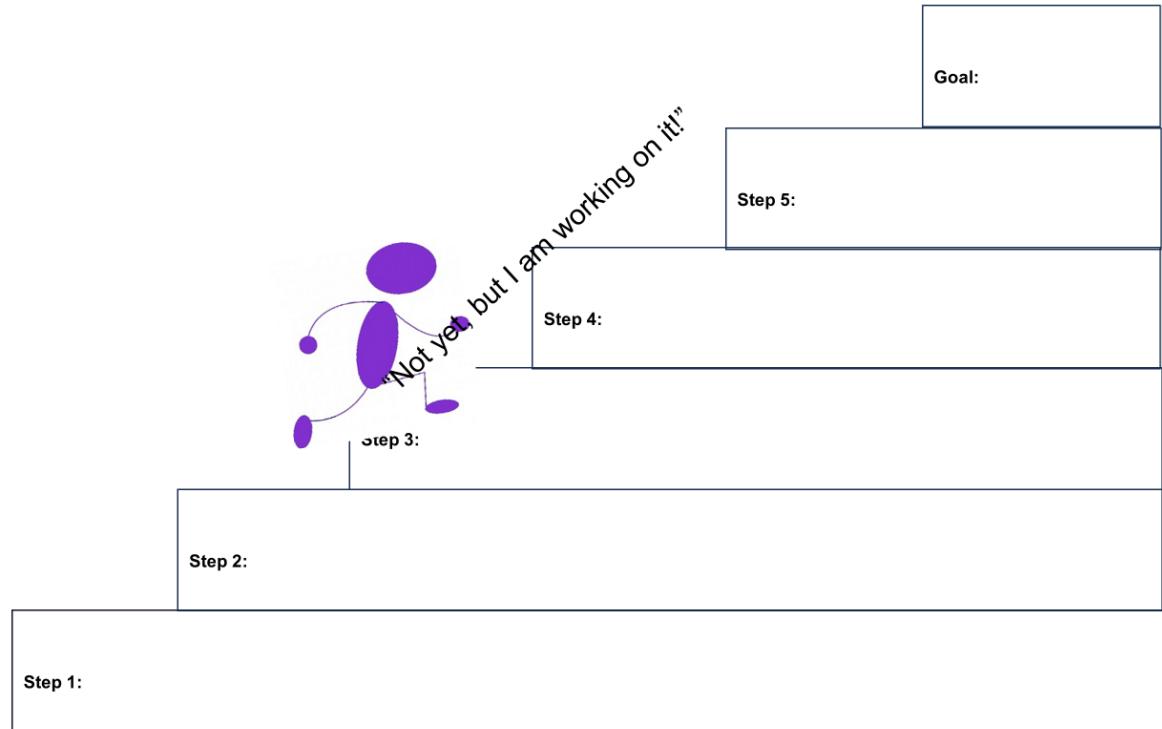
At our club time, you are going to identify some steps that would help you reach a goal you have in 4-H shooting sports. You are going to learn how to be open to new challenges and discoveries to reach your goal.





Do

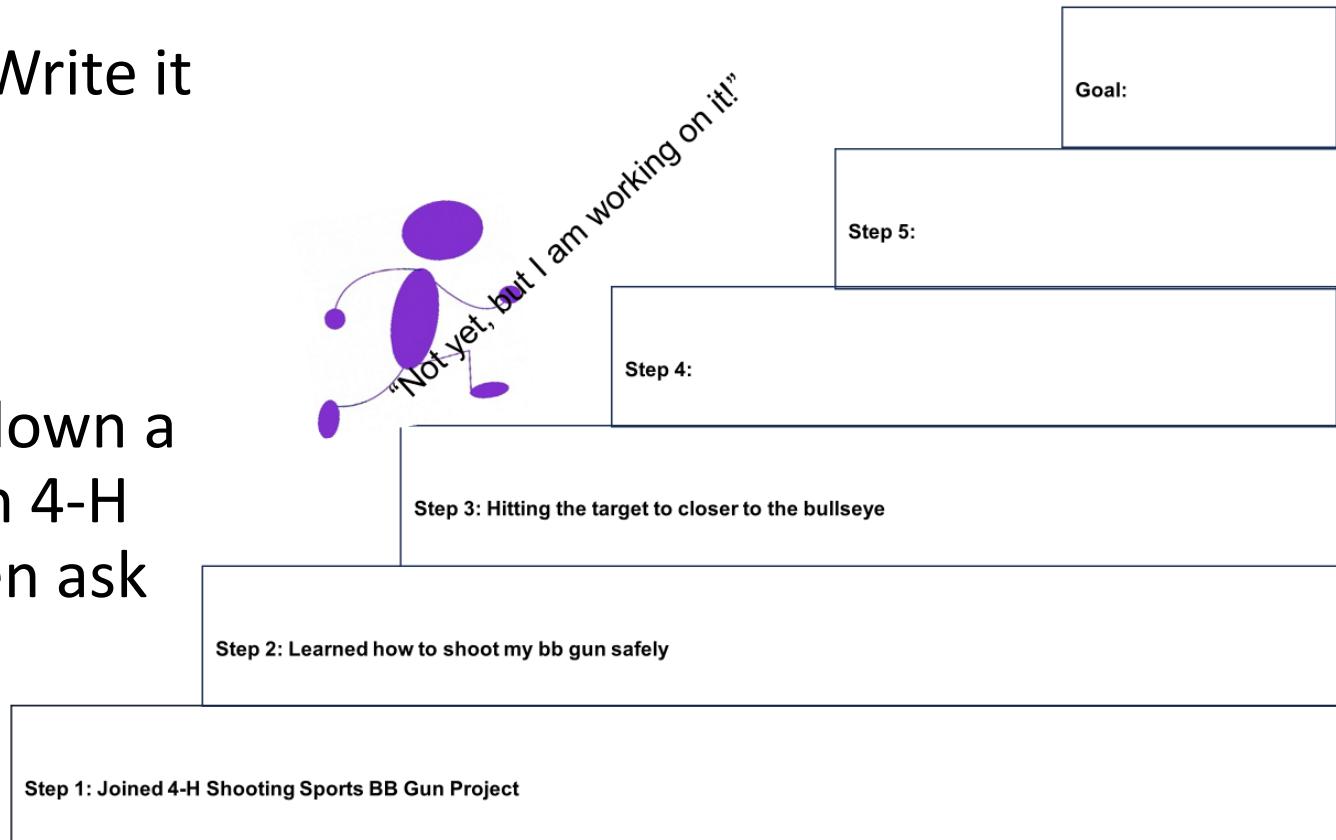
(Hand out the worksheet). You mentioned some steps you took when you started in 4-H Shooting Sports, take this worksheet and fill in a couple of those first steps. (give time to complete)



Do

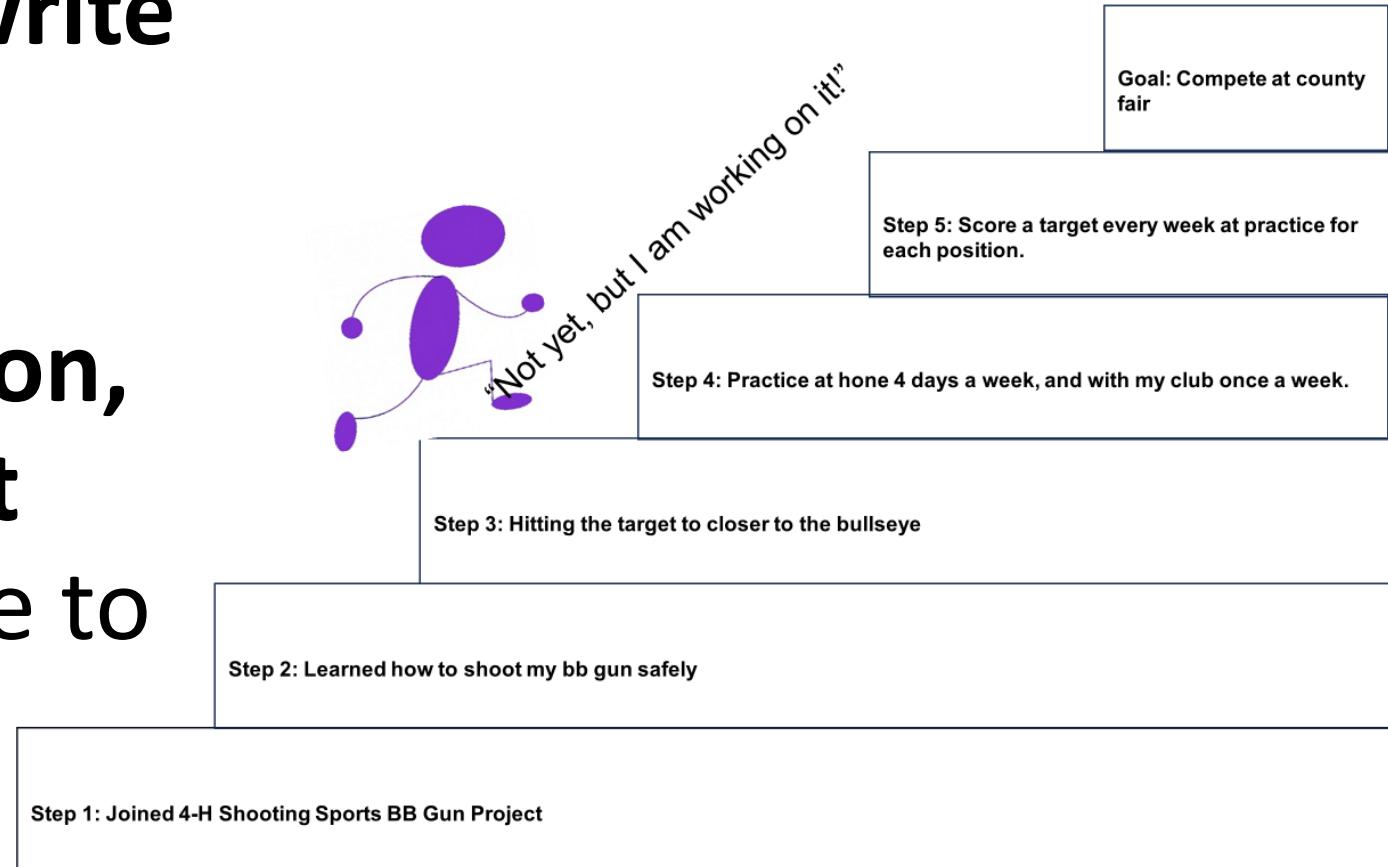
What is one thing you are challenging yourself on now? Write it on the step 3. (give time to complete)

At the top of the steps, write down a goal you want to accomplish in 4-H shooting sports (give time, then ask one or two people to share)

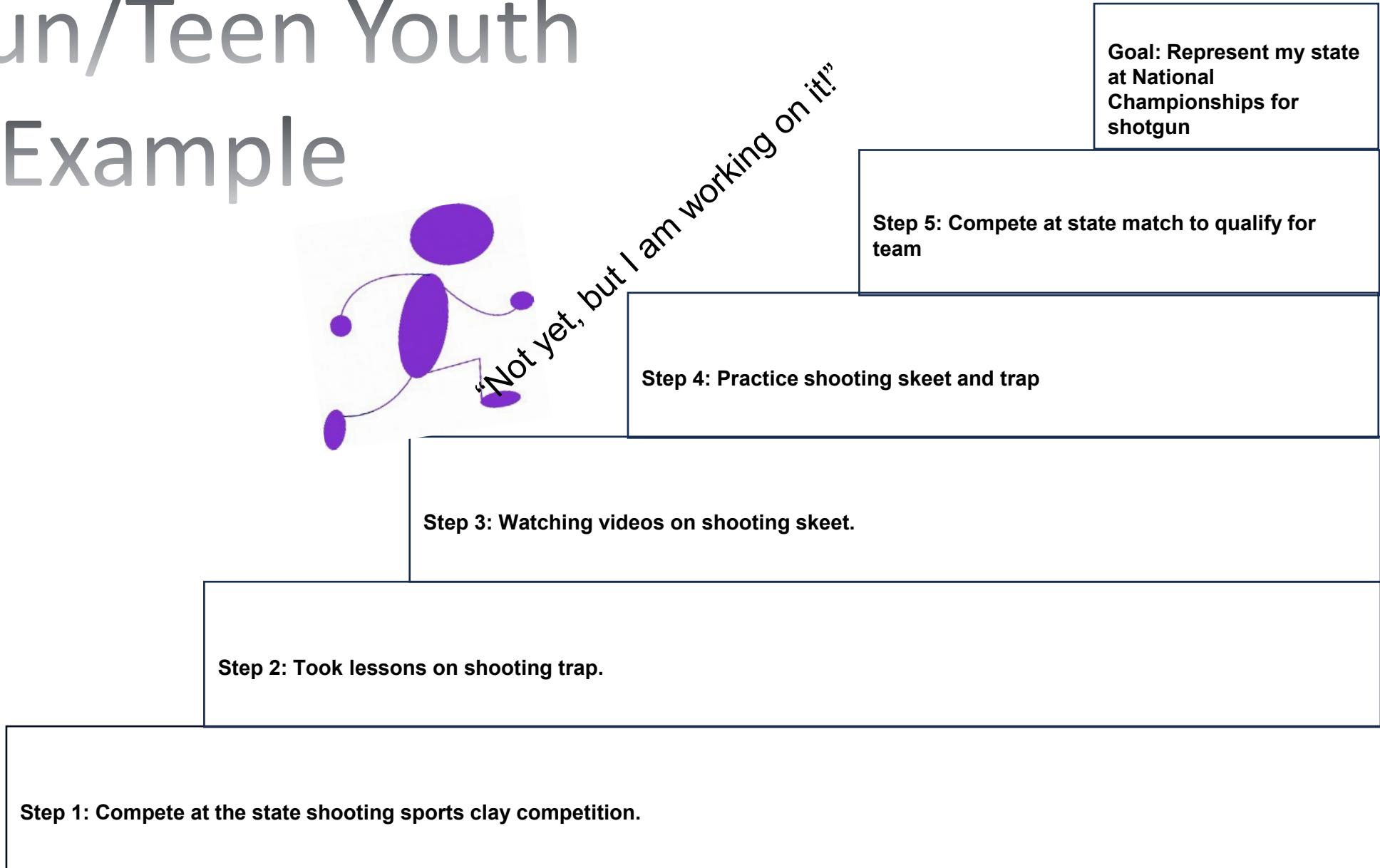


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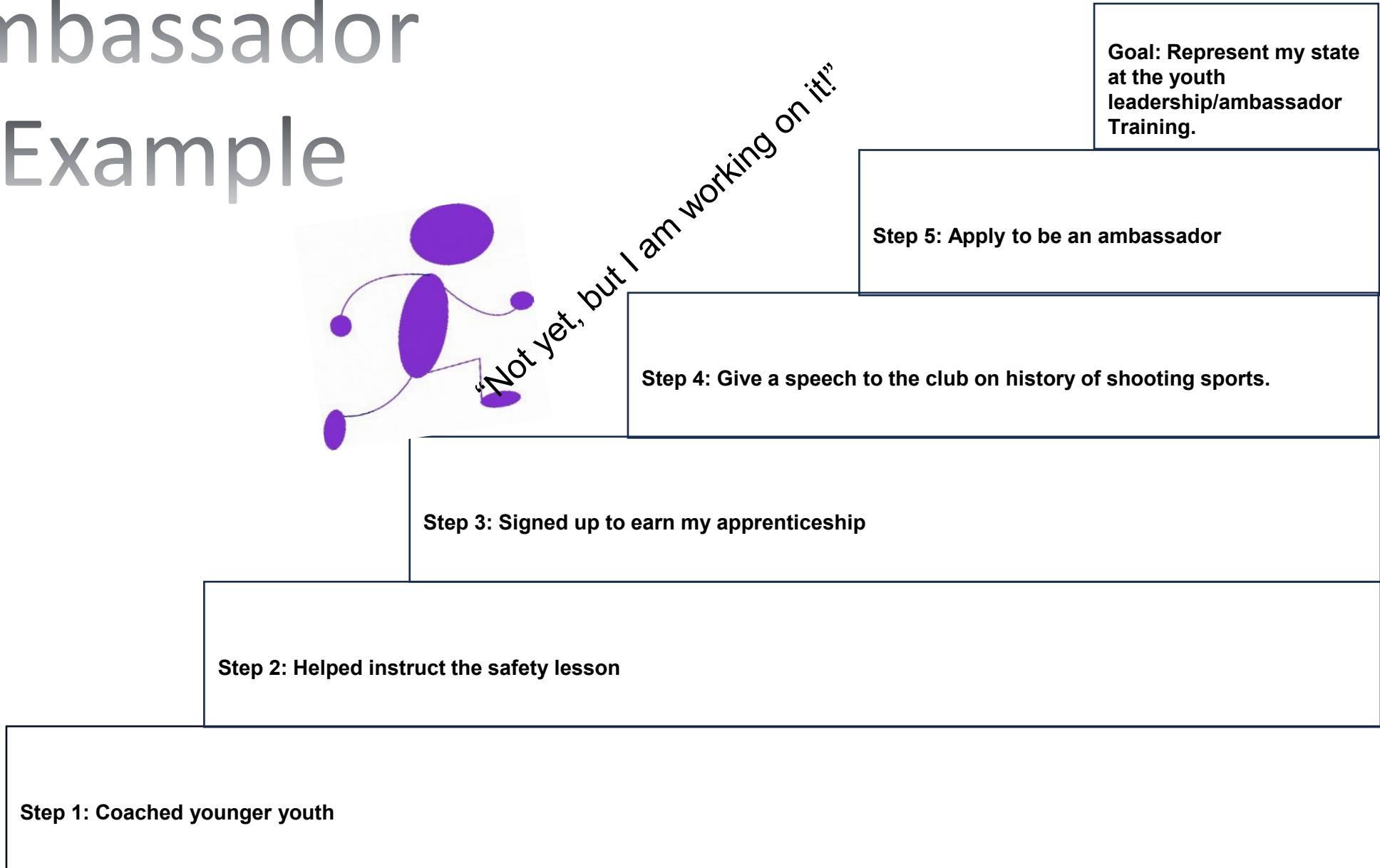
On steps 4 and 5, write down the different things you need to challenge yourself on, or discover to meet that goal. (give time to complete)



Shotgun/Teen Youth Example



Ambassador Example





Reflect

As you look at your steps to reach your goal, does it make you excited? (raise hands)

Looking at your steps does it seem too difficult? (raise hands)

Will these steps challenge you, or are they too easy?

Apply

If you are excited about the steps on your staircase, you have set the right steps for you.

If they seem too difficult, what do you need to change to make them a good challenge? (take answers)

If they seem too easy, what can you do to make your steps more challenging? (take answers)

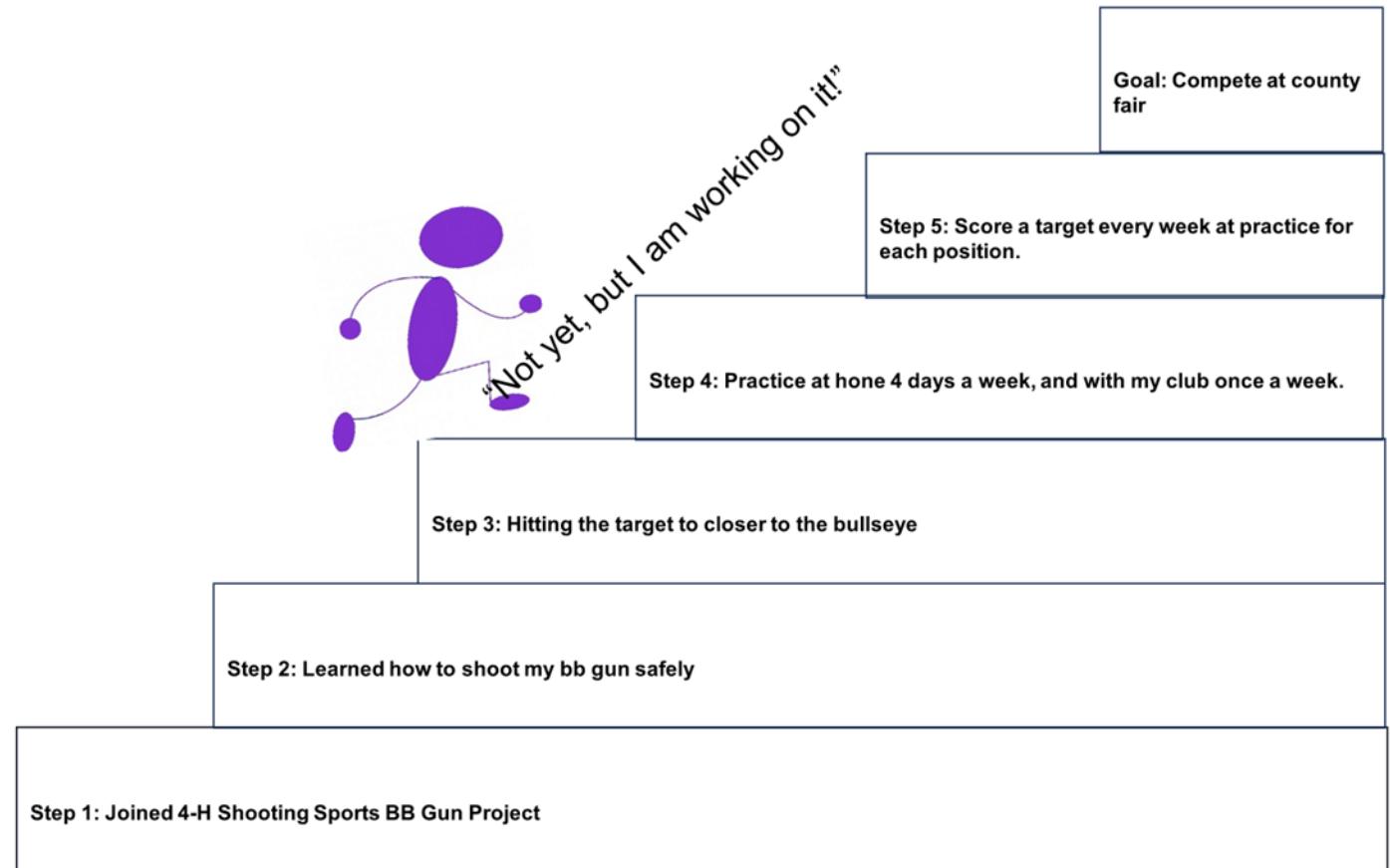
Is it possible to take more than one step at a time, or skip steps? (yes, like when you are older you have longer legs. Or in shooting sports, you may start with shotgun as a teenager instead of training on a bb gun)

Is there another goal you want to reach? You can draw your own stair steps at the top of the page. I encourage the you to share this with your coach and parents, so they can discover ways to assist you.



Debrief

Share what is a goal you have and which step and challenge are you most excited about?



In the chat, answer
these about the
lesson...

WHAT IS YOUR
HIGHLIGHT, (BEST)
AND INSIGHT (TAKE AWAY)?



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See you next time!



WE'LL SEE YOU IN 2024