

Shooting Better Scientifically

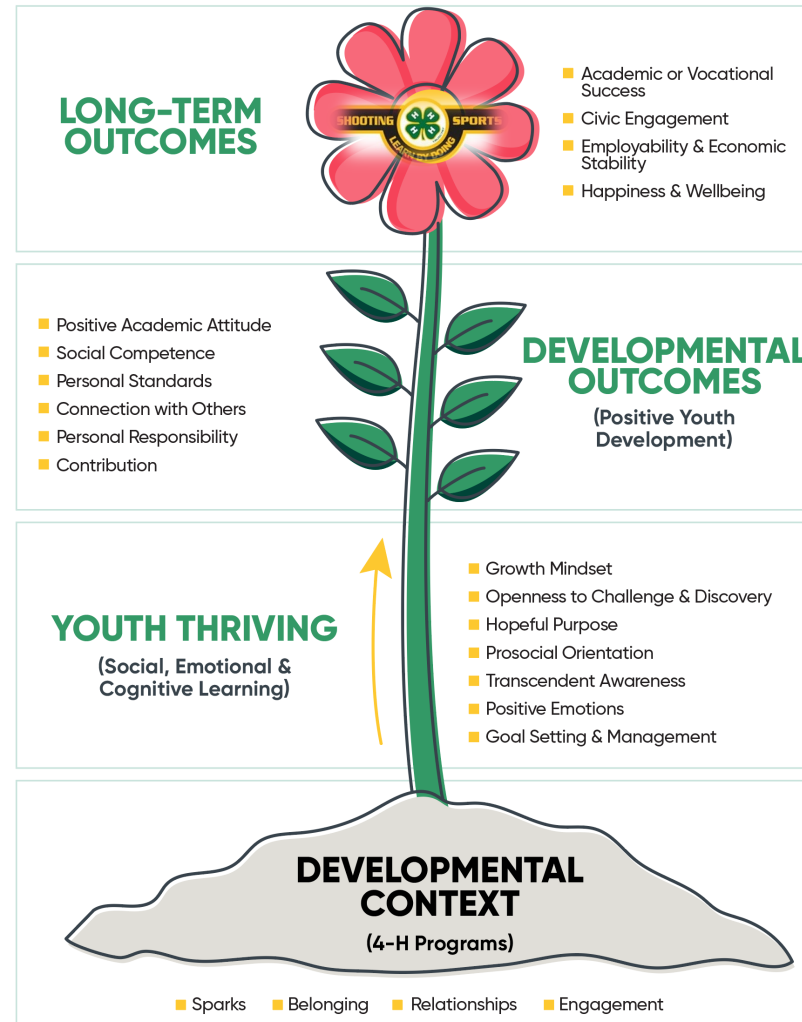
The Science and Magic of
Developing Champion Kids
In 4-H Shooting Sports



2024



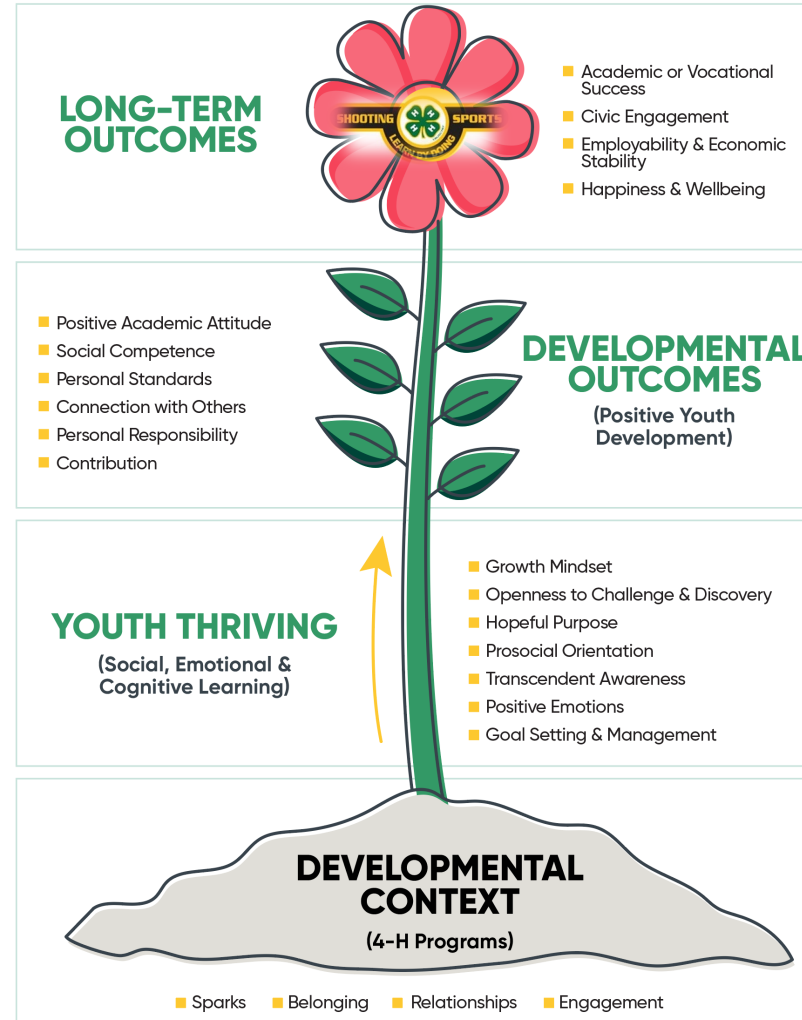
4-H Youth Thriving Model



Last time we talked about Positive Emotions and played a game to help youth learn how to direct their emotions in a positive way.



4-H Youth Thriving Model



What is Self-Regulation?

How Can It Be Accomplished through Goal Setting?

The Team



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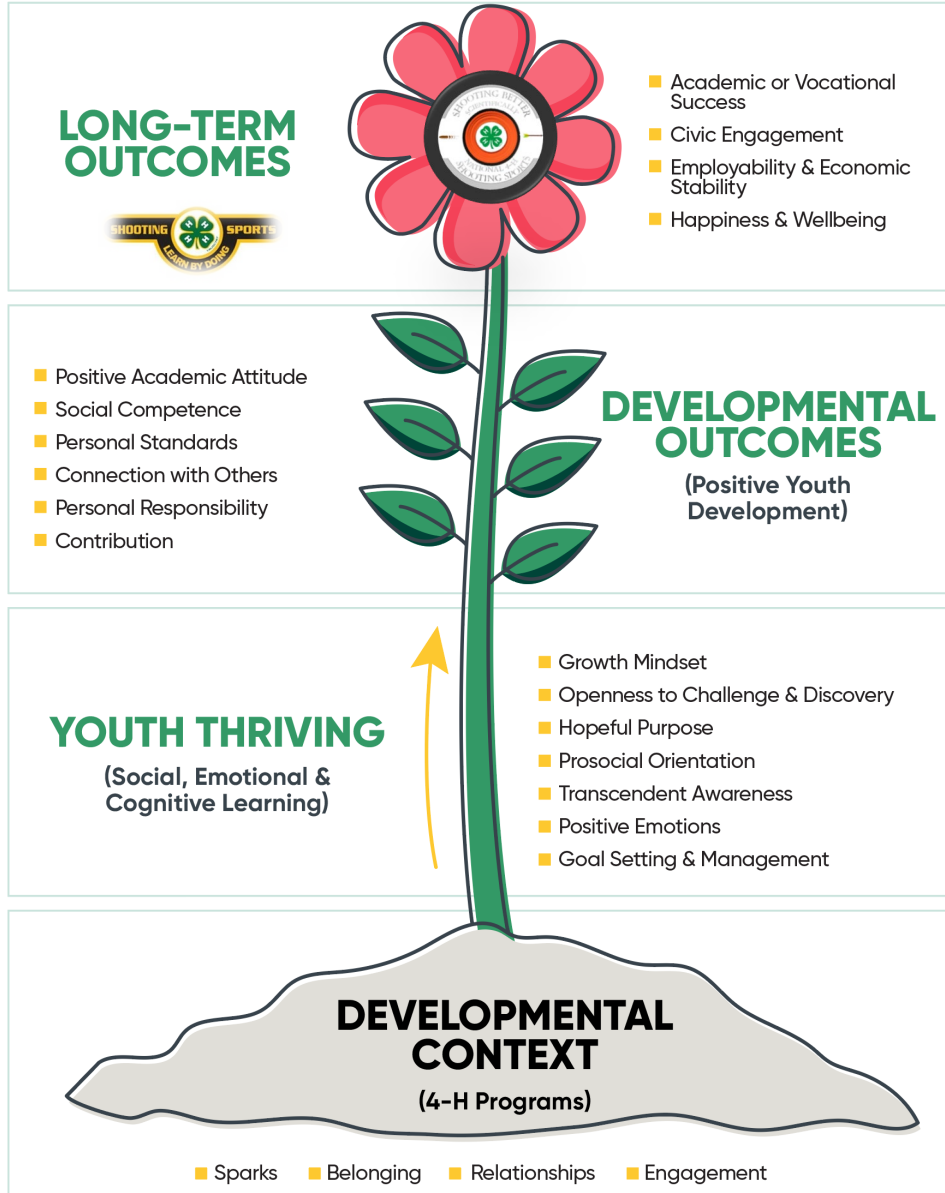


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4-H Youth Thriving with Self-Regulation through Goal Setting



4-H Youth Thriving Model

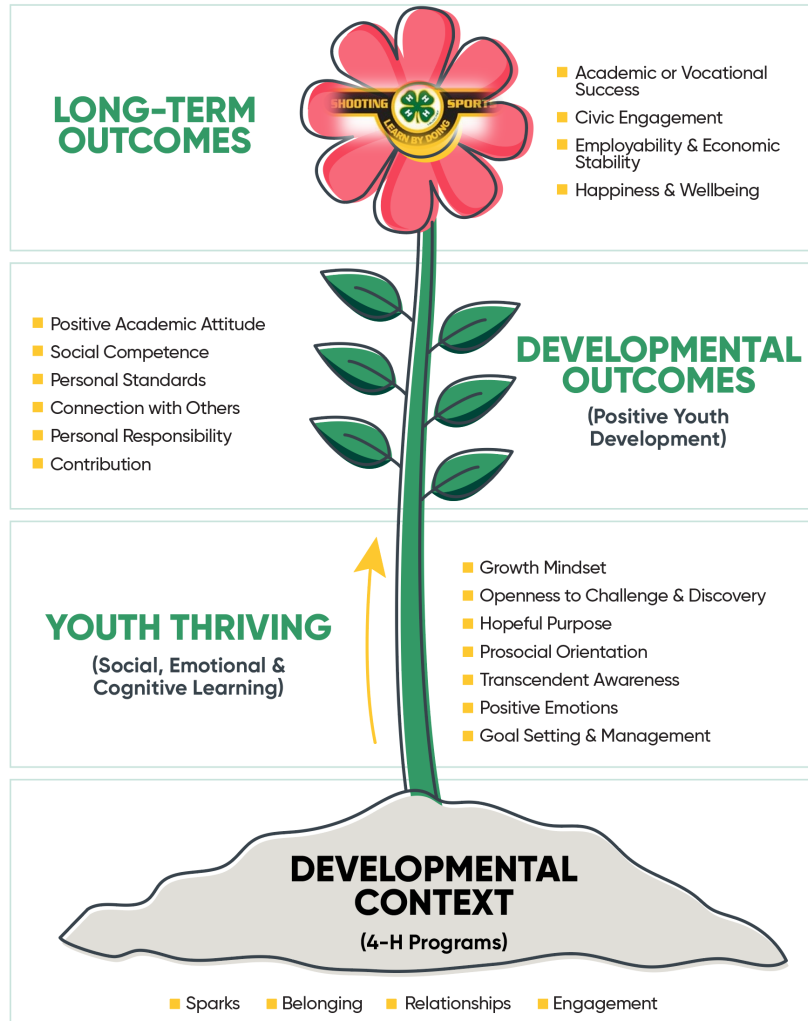


Self Regulation through Goal Setting



Definition:
Thriving youth set goals and persevere in achieving their goals. They also make self-regulatory decisions that lead to better short-term and long-term success.

4-H Youth Thriving Model



4-H TARGETING LIFE SKILLS



Hendricks, P.A. Developing Youth Curriculum Using the Targeting Life Skills Model: Incorporating Developmentally Appropriate Learning Opportunities to Assess Impact of Life Skill Development. Iowa State University.

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4H 3050



IOWA STATE UNIVERSITY
Extension and Outreach





Life Skills

(Based on Iowa Targeting Life Skills Model)

- ⇒ **Resiliency** - the ability to recover after experiencing misfortune or distress; coping with change; overcoming problems and difficulties
- ⇒ **Goal Setting** – deciding on the purpose or desired result; something to work toward

Success Markers



- **Expect to See** -- Youth will be able to identify a goal they want to accomplish
- **Like to See** -- Youth will write a SMART goal on a worksheet
- **Love to See** -- Youth will apply grit and self-regulation as they work toward their SMART goal even through obstacles and failure



Let's see how
the lesson
works!



When you learn
something new
are you normally
good at it right
away?



When you
started 4-H
Shooting Sports
did you hit the
bullseye
consistently the
first practice?





SMART Goals

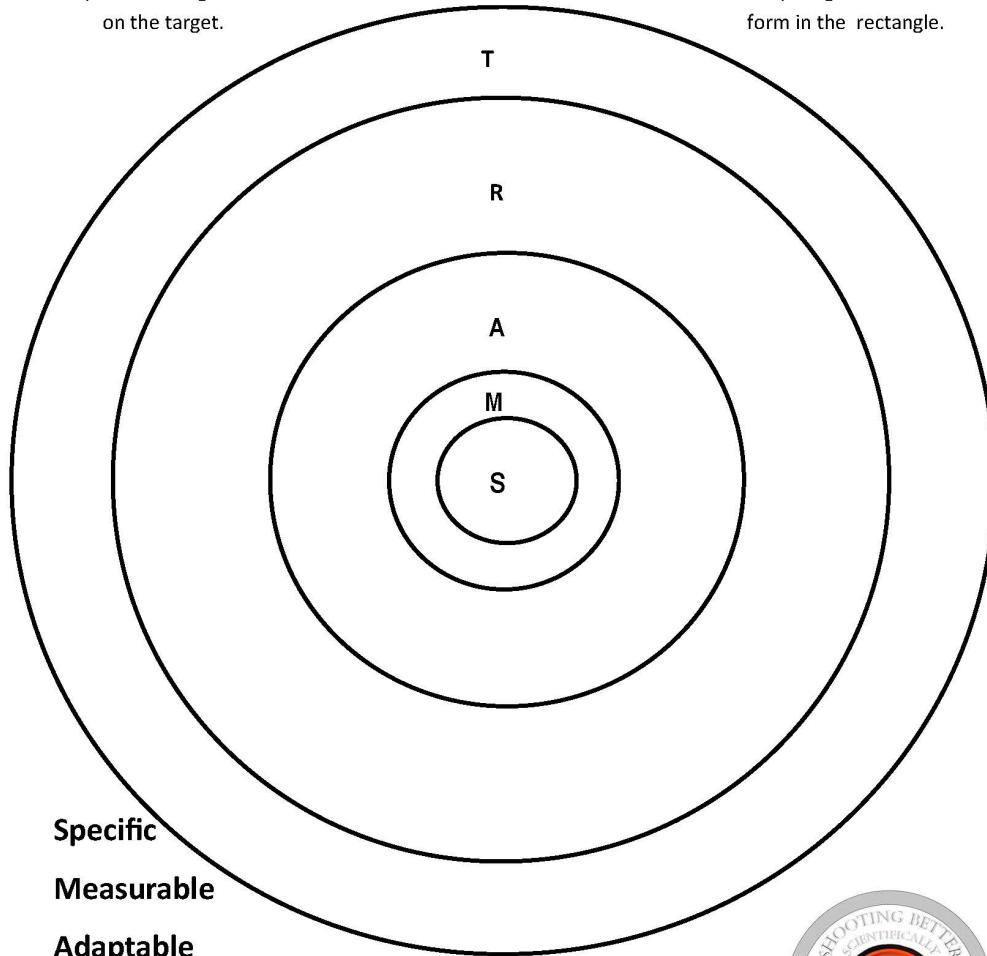
Identify a goal
you would
have in 4-H
Shooting
Sports

Learn to work
toward a goal
for self-
regulation in
4-H Shooting
Sports

Targeting SMART Goals

Write your SMART goal details
on the target.

Write your goal in sentence
form in the rectangle.



Specific
Measurable
Adaptable
Realistic
Time-Bound



Specific – I want to shoot with both eyes open

Measurable – I will have my coach verify that I am not closing my non-dominant eye

Adaptable – I may need to practice dry firing with both eyes open to keep from closing my eye or make other adjustments

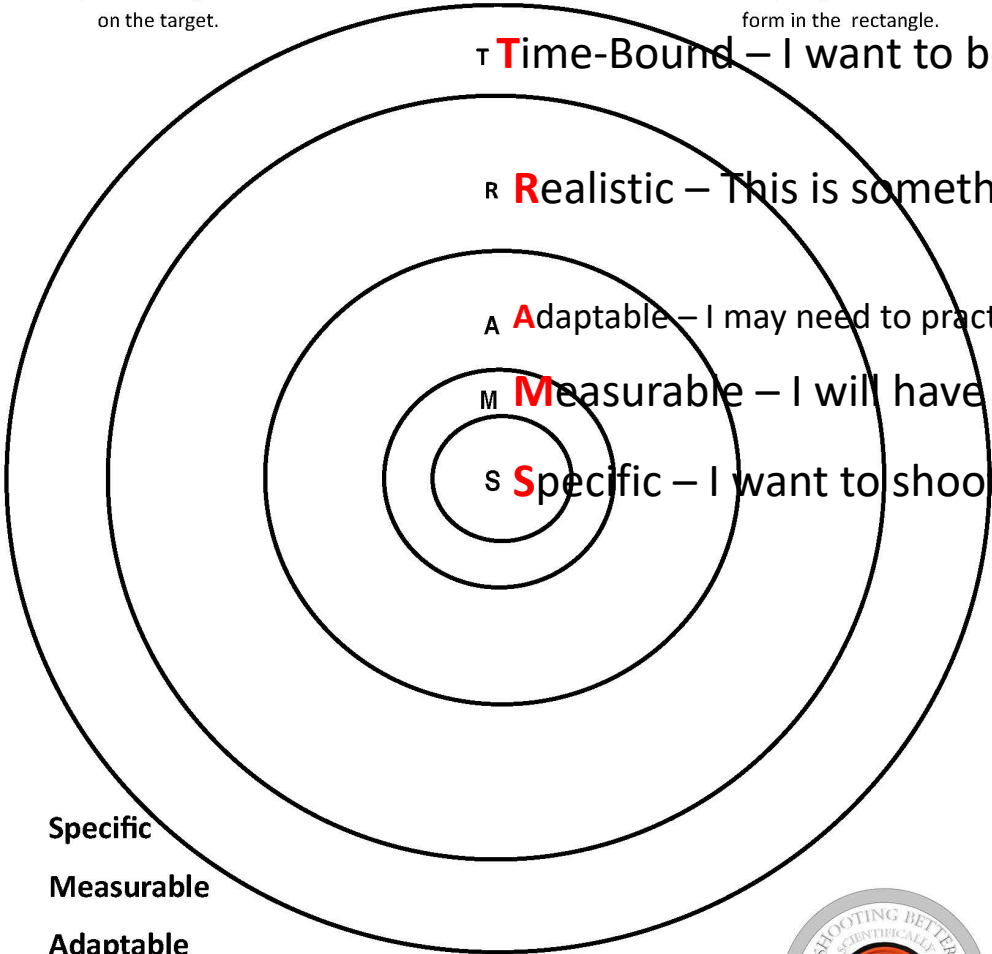
Realistic – This is something I should be able to accomplish

Time-Bound – I want to be consistent at this by the 3rd practice

Targeting SMART Goals

Write your SMART goal details
on the target.

Write your goal in sentence
form in the rectangle.



Time-Bound – I want to be consistent at this by the 3rd practice

Realistic – This is something I should be able to accomplish

Adaptable – I may need to practice dry firing with both eyes open to keep from closing my eye or make other adjustments

Measurable – I will have my coach verify that I am not closing my non-dominant eye.

Specific – I want to shoot with both eyes open

Specific
Measurable
Adaptable
Realistic
Time-Bound

My coach will verify that I am shooting
with both eyes open consistently by
the end of the 3rd practice.



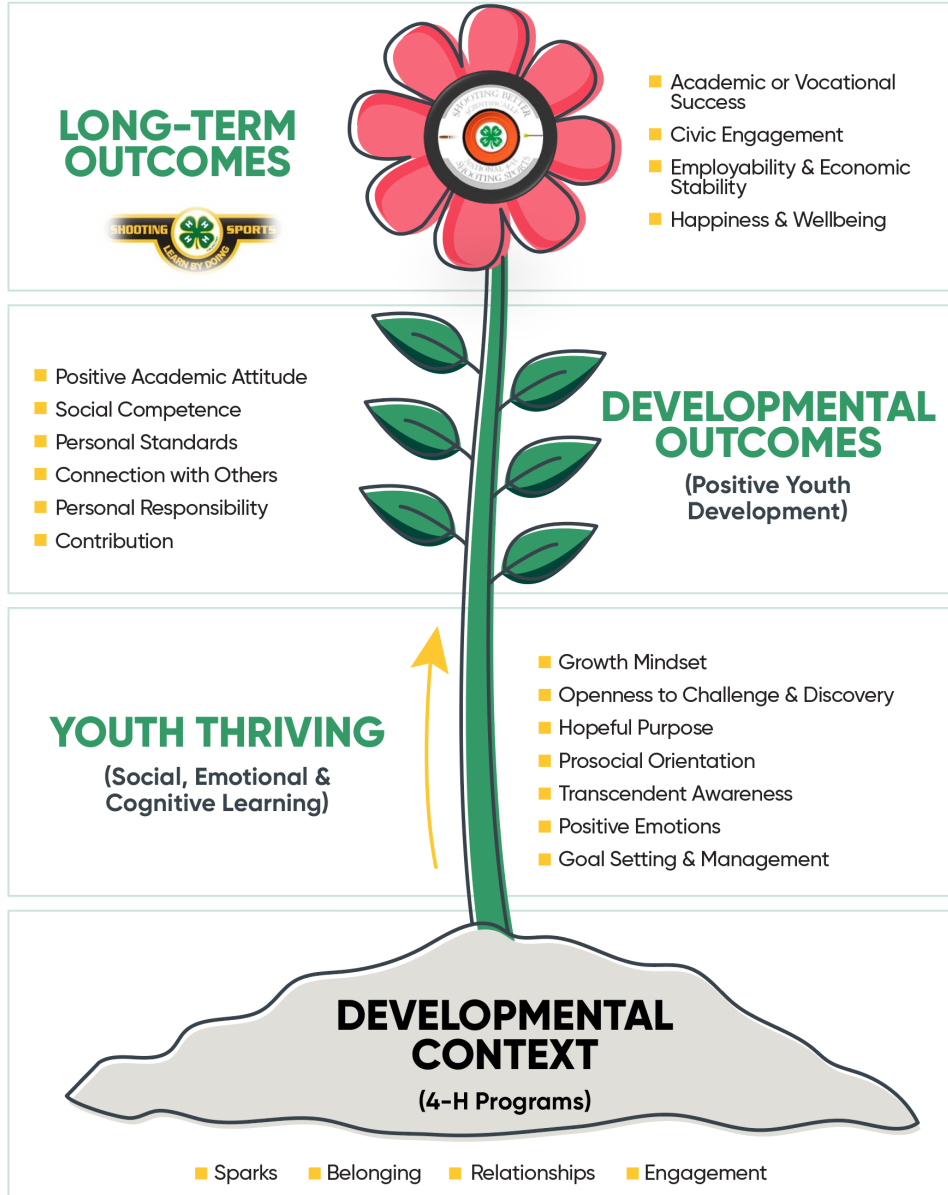


How will you
grow Grit and
Resilience as
you reach for
your goals?

SMART Goals

How will a goal
help you learn
to control your
mind,
emotions, and
body?

4-H Youth Thriving Model



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See you next time!

We are taking a
Summer Break
and will start
again in the Fall