

# Shooting Better Scientifically

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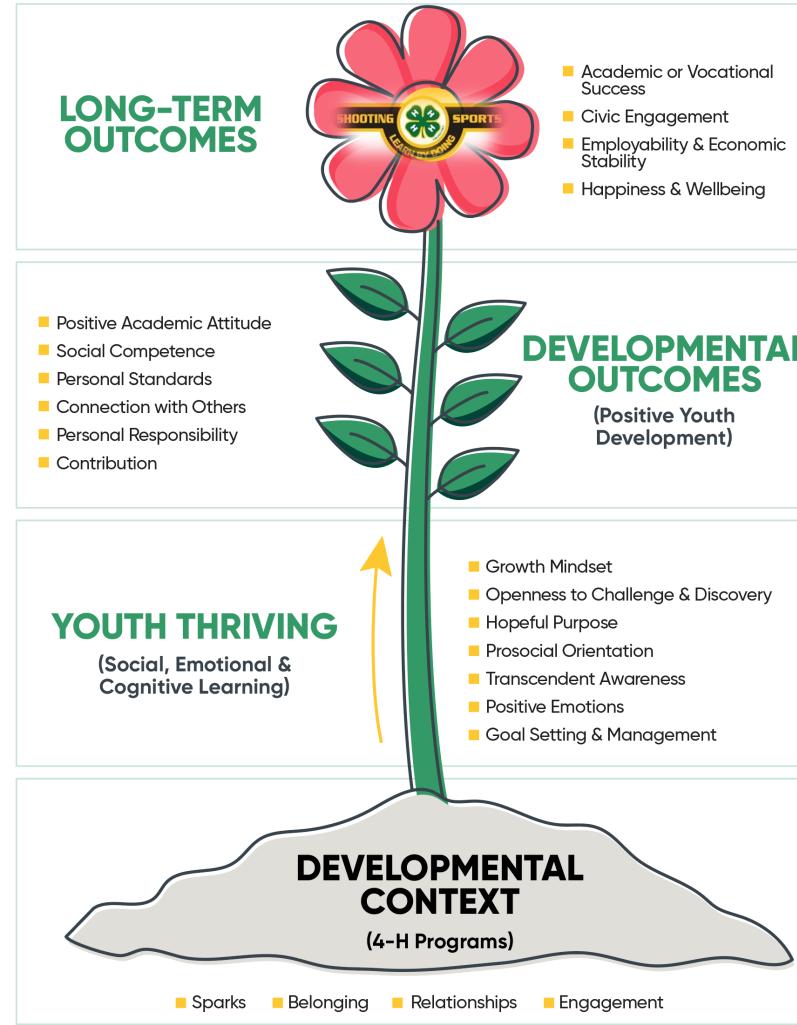
The Science and Magic of  
Developing Champion Kids  
In 4-H Shooting Sports



2024



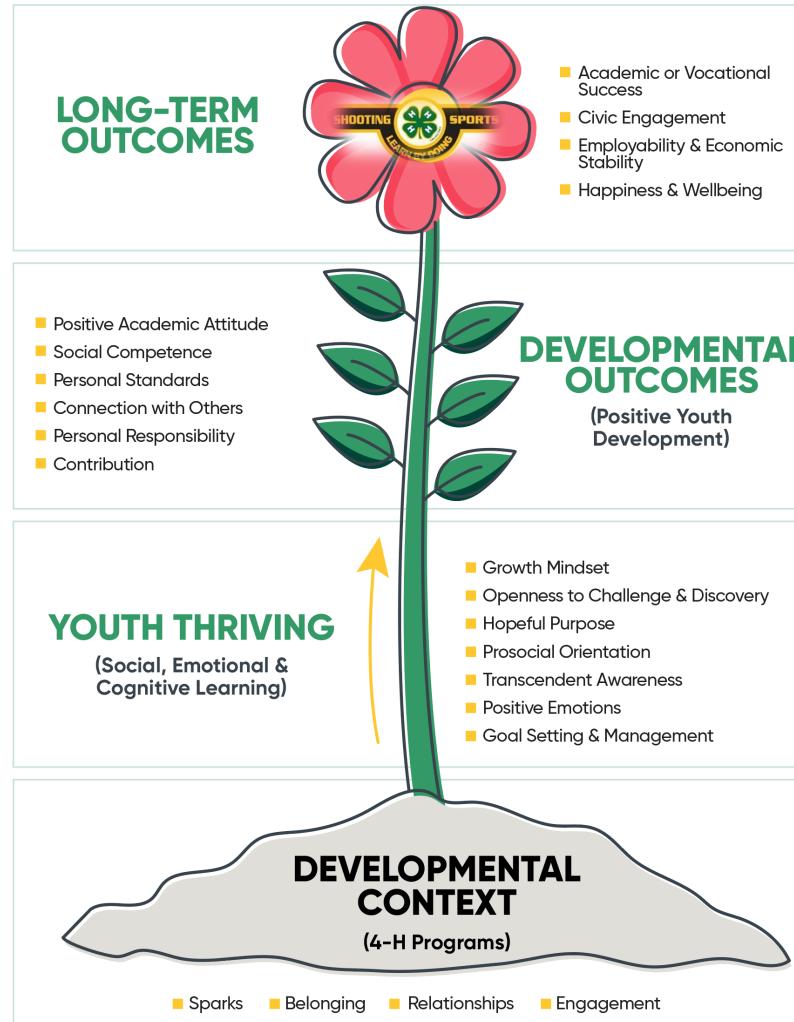
## 4-H Youth Thriving Model



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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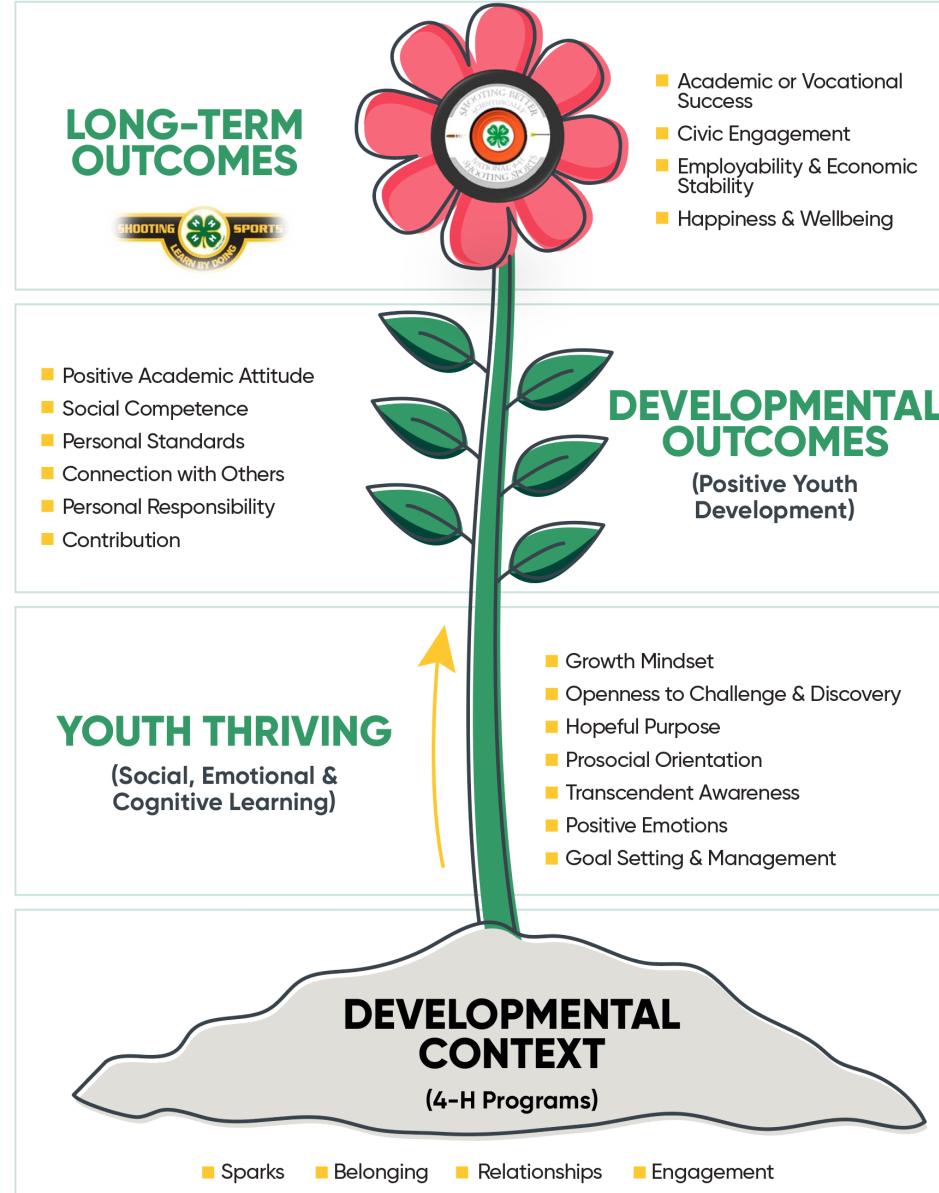


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# 4-H Youth Thriving with Self-Regulation through Goal Setting



# 4-H Youth Thriving Model

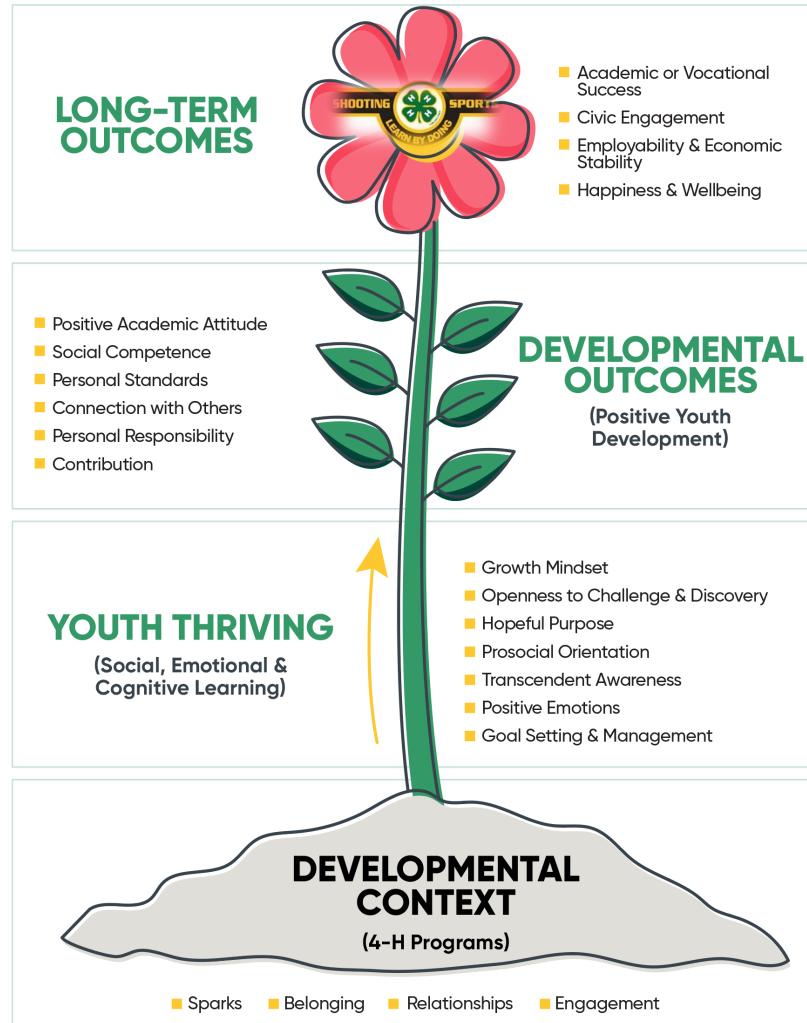


## Self Regulation through Goal Setting



**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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## 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

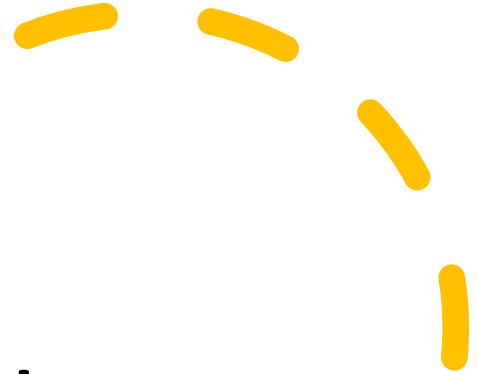


# Success Markers

- **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?



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

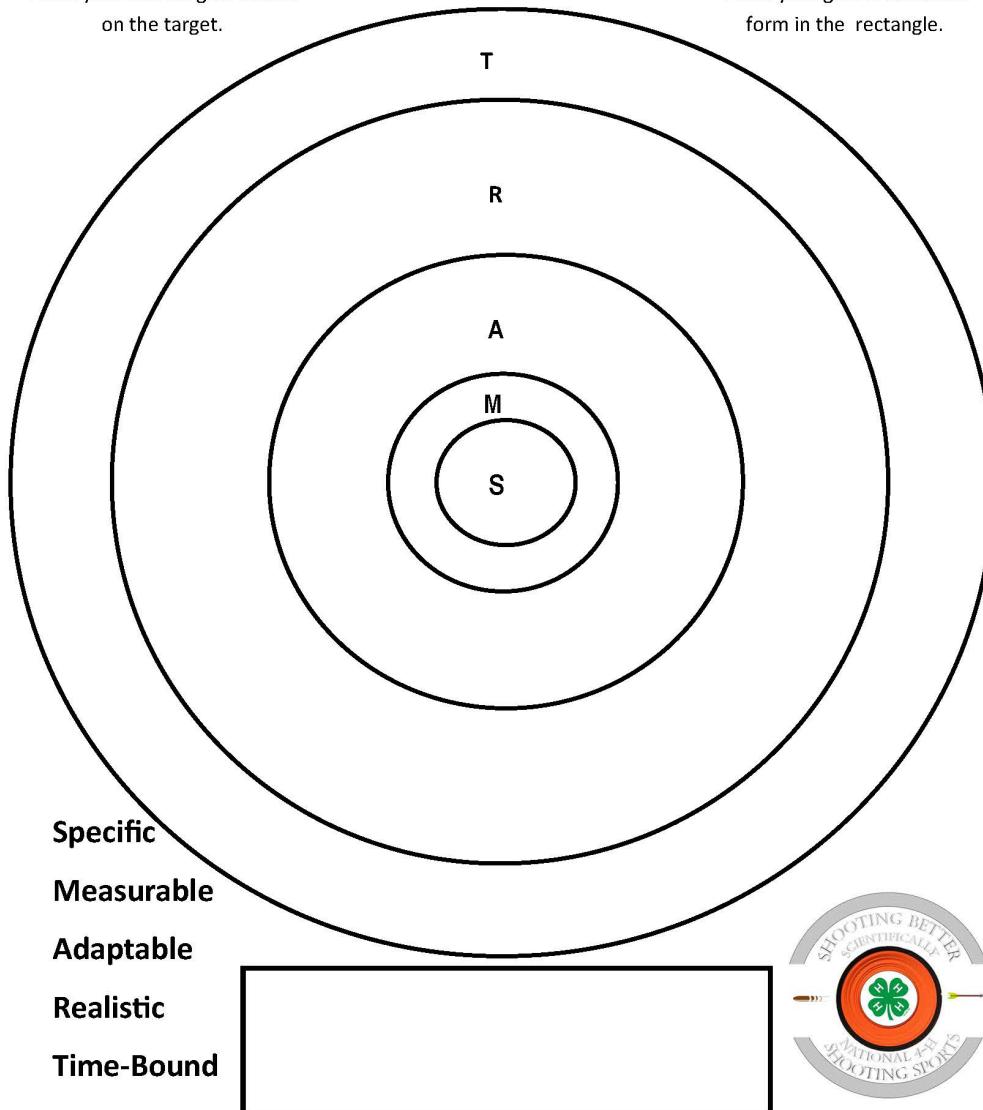


# SMART Goals

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.

**S**pecific – I want to shoot with both eyes open

**M**easurable – I will have my coach verify that I am not closing my non-dominant eye

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

**R**ealistic – This is something I should be able to accomplish

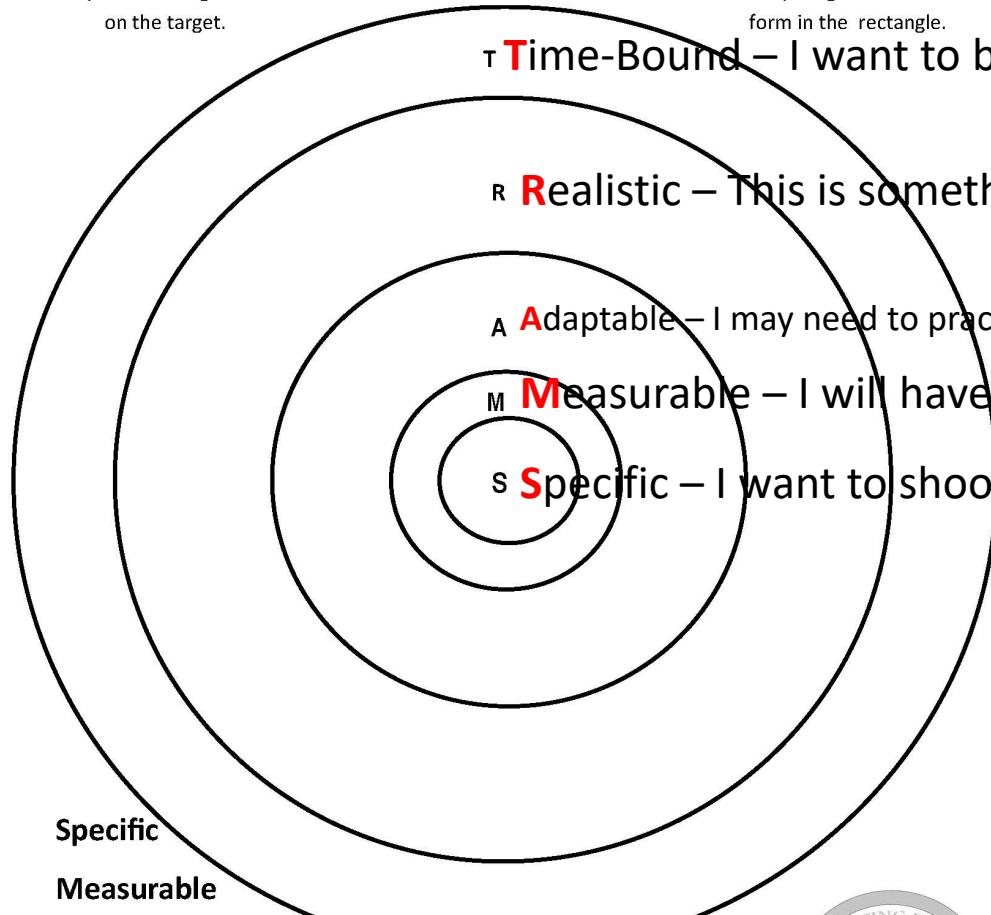
**T**ime-Bound – I want to be consistent at this by the 3<sup>rd</sup> practice



# Targeting SMART Goals

Write your SMART goal details on the target.

Write your goal in sentence form in the rectangle.



T Time-Bound – I want to be consistent at this by the 3<sup>rd</sup> practice

R Realistic – This is something I should be able to accomplish

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

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

S Specific – I want to shoot with both eyes open



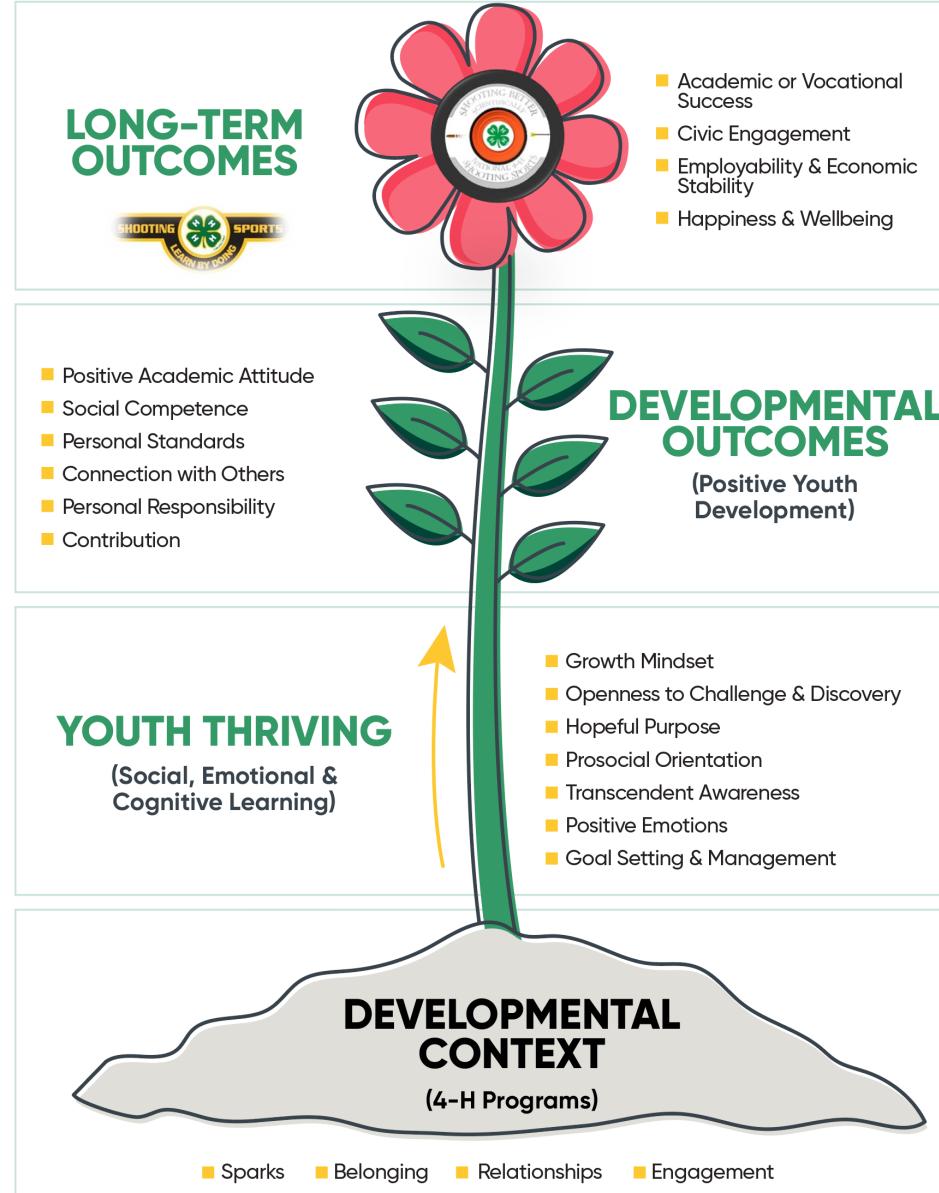
How will you  
grow Grit and  
Resilience as  
you reach for  
your goals?



# SMART Goals

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

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**See you next time!**

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