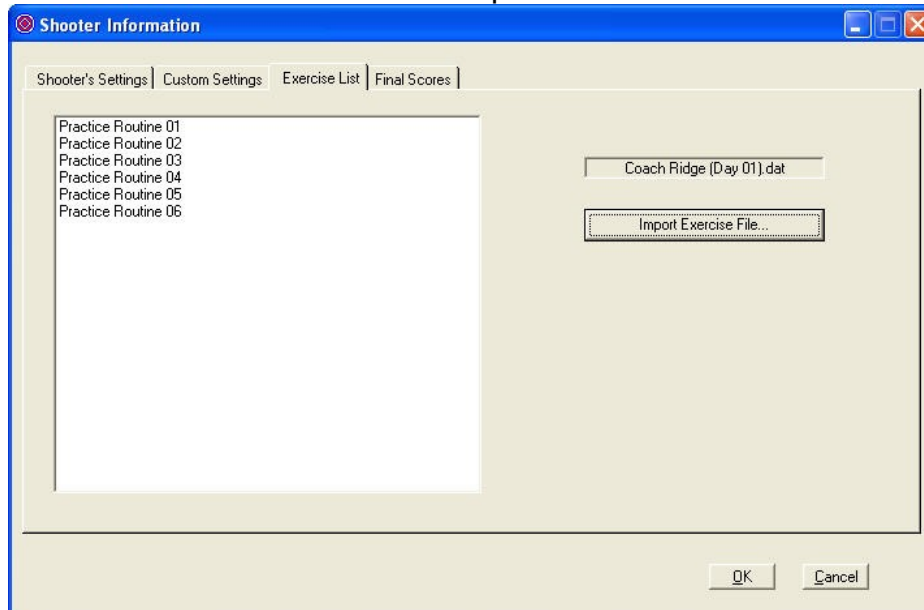


Remote Coaching

The Exercise List tab shown below is a part of the Shooter's Information file.



The Exercise List shown above has six (6) practice routines. Each routine is a practice round of 25 targets, created to work on specific weakness in the shooter's game. The creator of these Practice Routines will very likely be you, but it could be anyone who has a DryFire system, Training Software, and an Internet connection capable of sending and receiving attached files.

The Training Software provides a manor in which you can create specific exercise files, which can then be saved in the systems Exercises Folder. Every exercise file saved in the Exercises folder can contain from 1 to 51 Practice Routines (a practice routine will control five aspects of the 25 target Instructional round).

- 1) The speed of the target.
- 2) The length of a variable target release delay (0 to 5.0 seconds).
- 3) The wind direction.
- 4) The wind speed.
- 5) And the target angles the trap will launch.

You might ask the question, "why would you want to create a Practice Routine?"

There are three (3) good reasons for Practice Routines.

First, the practice routine in combination with the Instructional mode of shooting allows you to customize a 25-target practice routine so that you are working on your problems and not just shooting another round.

Second, the practice routines can be saved in a file in the Exercises Folder and therefore, you will always be able to use the routine over and over.

Third, your Coach can create practice routines and send them to you via e-mail. You can shoot the practice routine and send the results back to your coach via e-mail. Hence the term "REMOTE COACHING"

Let's explore the concept of REMOTE COACHING. If your coach uses the DryFire's system and Training Software, he or she can create an Exercise File (which can contain up to 51 individual 25 target practice routines) on his or her computer, send the file to you via e-mail (as an attachment), and you can then copy them into the system "Exercises" Folder. Once in the system "Exercises" Folder, you can import your coaches Exercise File to your Exercise List. If your coaches Exercise File contained 20 practice routines, all 20 routines will appear in your Exercise List. Once in your Exercise List you can highlight the practice routine you want to shoot and the DryFire system will create the unique 25-target routine based upon the five variables.

After you have shot the practice routine, you will "Print and Save" the results. The printed copy goes in your Log Book and later, after you have completed your routines for the day, you can go to the "Print-Outs" Folder, copy the results of all your days practice routines (called reports) and send them via e-mail back to your coach.

Your coach will now transfer the reports into his or her "Print-Outs" Folder and use the "Print Results from File" feature (found under "File" on the menu bar) to print all your reports.

Your coach can now evaluate your shooting sessions on a 25 target by 25 target basis, determine the progress you have made, and decide what practice routines he or she would like you to work on next.

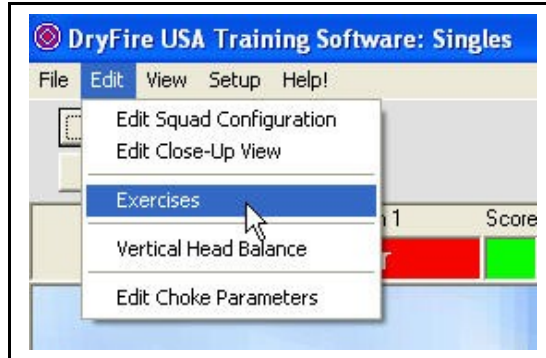
Access to the Exercises Folder and the Print-Outs Folder has been made easy.



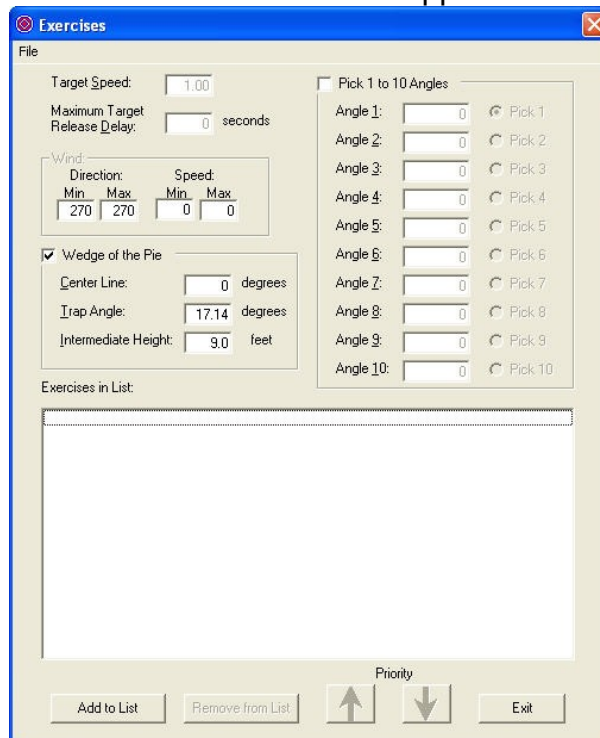
These short-cut symbols were placed on your desktop when the Training Software was loaded.

What has been accomplished? Your coach, not physically in the room with you is now directing your training (creating and sending you exercise files) and reviewing the results (looking at the printed record of your 25-target practice routines).

To create an Exercise File, click “Edit” and then “Exercises” as shown below.



The Exercises screen appears.



Beginning at the top left, let's look at the five (5) controllable aspects of the target.

The **first** window controls the speed of the target. The target trajectory, shown on the wall, can be moving as slowly as 20% of the normal speed, or as fast as 5 times (500%) the normal speed. And while the trajectory speed is being varied, the required lead remains the same. Therefore, the coach can conduct slow motion practice.



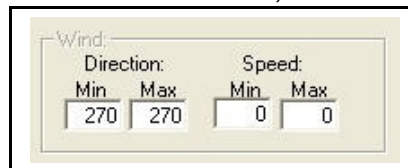
Target Speed:

The **second** window is the “Maximum Target Release Delay.” This will allow the coach to introduce a variable delay between the time the shooter’s voice calls for a target and when the DryFire system releases a target. This is a great way to teach a new shooter to stay at home until he or she sees the target.



Maximum Target Release Delay: seconds

The **third** and **fourth** sets of windows are the Wind direction and Wind speed. Two wind directions can be entered. When two directions are entered the wind direction on any individual target will be some direction within the range specified. The same is true of the wind speed. If two speeds are entered, the speed of any individual target will be within the range specified. If you want the wind direction and wind speed to be constant, make both windows the same.



Wind:

Direction:		Speed:	
Min	Max	Min	Max
<input type="text" value="270"/>	<input type="text" value="270"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

The **fifth** control is related to the target patterns the practice routine will produce. You will select one of two methods by checkmarking either “Wedge of the Pie” or “Pick 1 to 10 Angles.”

How to use “Wedge of the Pie” and “Pick 1 to 10 Angles” is covered in section 3, page 5 of 34 (near the bottom of the page) beginning with “**Instructional Shooting (specialized practice).**”

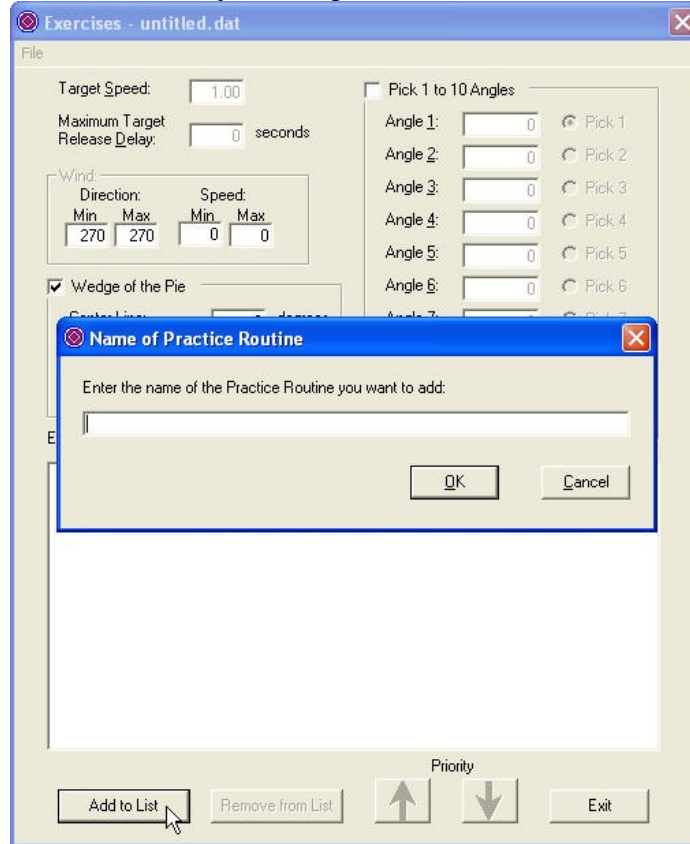
The screenshot shows a dialog box titled "Wedge of the Pie" with a checked checkbox. It contains three input fields: "Center Line:" with a value of 0 degrees, "Trap Angle:" with a value of 17.14 degrees, and "Intermediate Height:" with a value of 9.0 feet.

If this “Wedge of the Pie” were used, it would create the normal targets an ATA shooter would expect to see with the oscillator ON. The target spread would randomly be between 17.14 degrees to the left and right of center. The target height at the intermediate point would be 9.0 feet.

The screenshot shows a dialog box titled "Pick 1 to 10 Angles" with a checked checkbox. It lists ten angles with input fields and radio buttons labeled "Pick 1" through "Pick 10". The values are: Angle 1: -17, Angle 2: -16, Angle 3: -10, Angle 4: 0, Angle 5: 17, Angle 6: 17, Angle 7: 17, Angle 8: 17, Angle 9: 17, and Angle 10: 17. The radio button for "Pick 10" is selected.

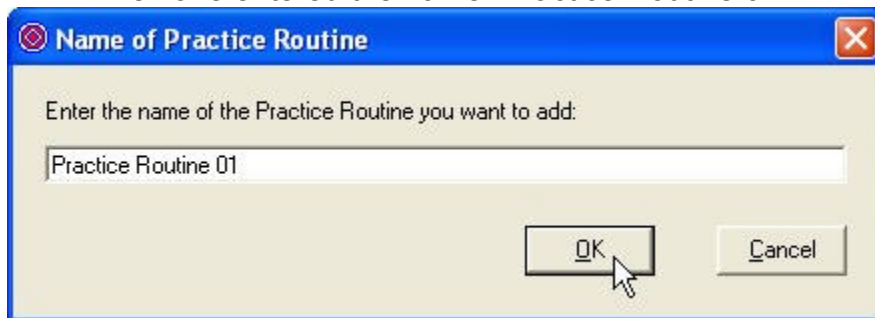
In the above table, 10 angles have been selected. With these angles, we can predict that sixty (60%) percent of the time we will get a hard right target (+17 degrees). Twenty (20%) percent of the time it will be a hard left (-17 & -16). Ten (10%) percent of the time it will be a straightaway (0) and ten (10%) percent of the time it would be a quartering left.

Now, we are ready to create an Exercise File, which could contain up to 51 practice routines. We do this by clicking “Add to List” in the lower left corner.



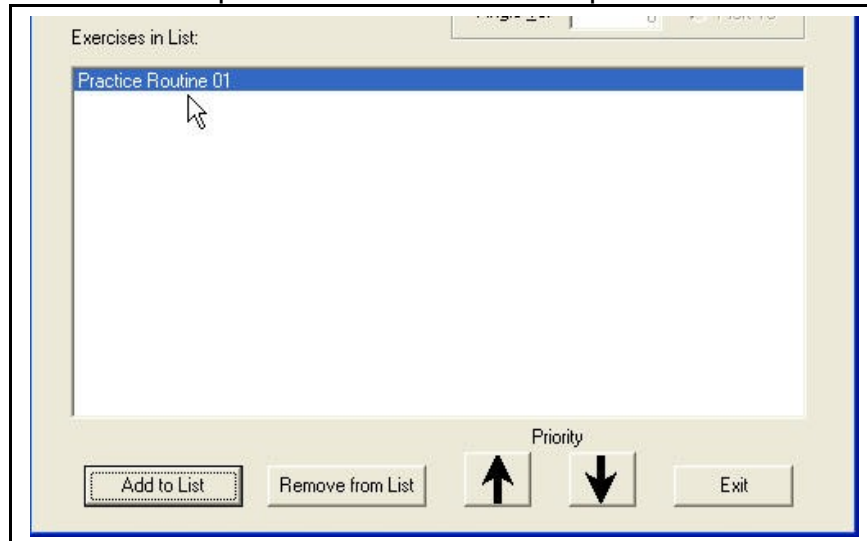
The response to clicking the “Add to List” button is a window asking for the “Name of the Practice Routine.”

We have entered the name “Practice Routine 01”



Now click “OK”

A picture of the lower portion of the Exercise table, which clearly shows the name of the first Practice Routine we have created. However, at this point we have not yet established what the practice routine will accomplish.

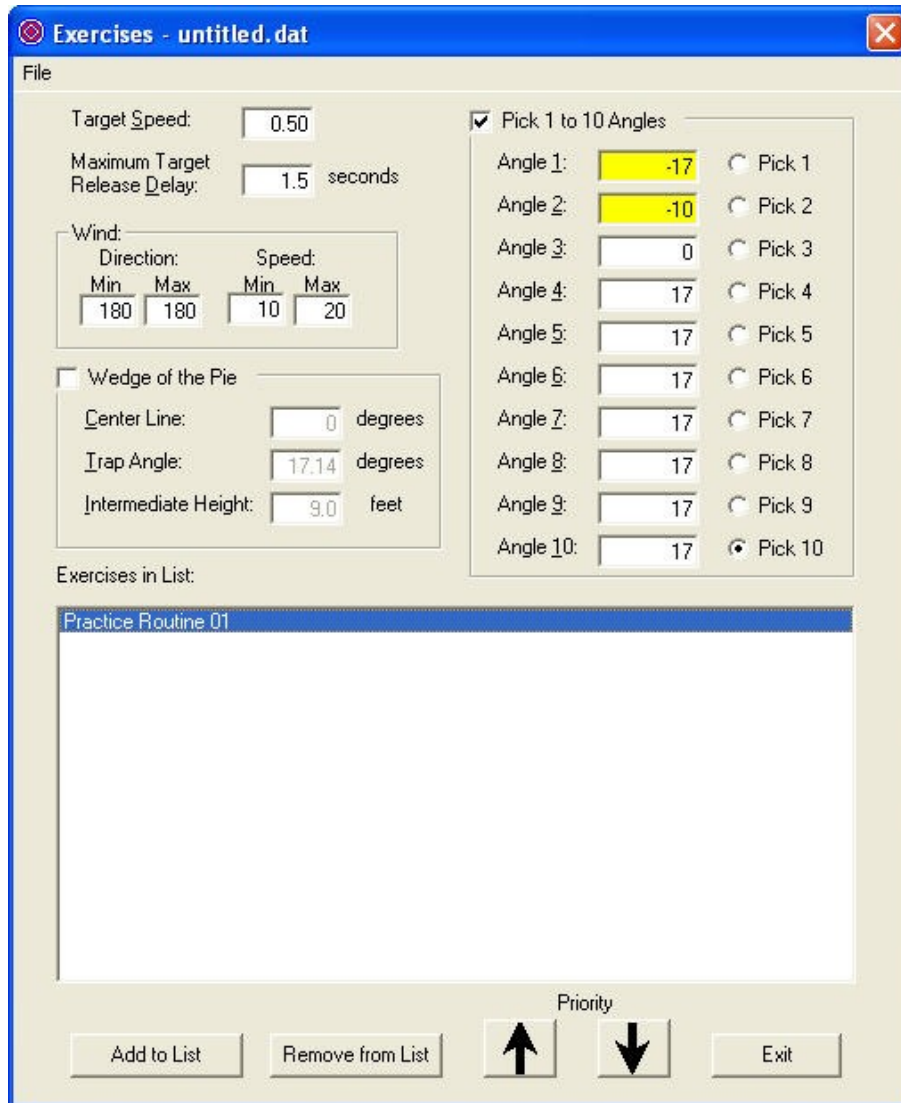


Now, I will change the setting to accomplish the following:

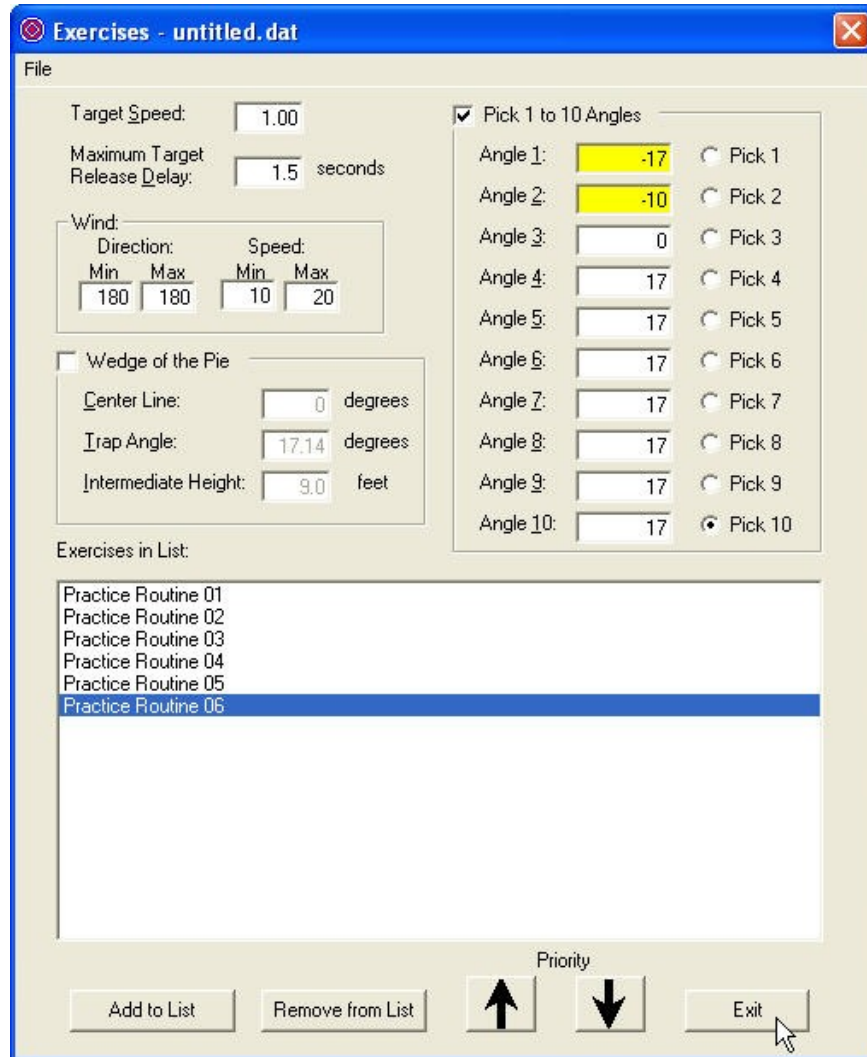
- 1) This will be a slow motion target, traveling at 50% of normal speed.
- 2) I want the shooter to experience a variable release delay to encourage the shooter to stay at home until he or she physically sees the target.
- 3) I will set the wind direction to south (180 degrees).
- 4) I will set the wind speed to variable from 10 to 20 MPH.
- 5) I will use "Pick 1 to 10" to create a strong component of hard right targets and just enough other targets to prevent the shooter from guessing the direction.

With Practice Routine 01 highlighted, I have now entered the five characteristics listed above. Check the image on the following page.

- 1) "Target Speed" window has been set to 0.50, which translates to 50% of normal speed.
- 2) "Maximum Target Release Delay" window has been set to 1.5 seconds, which means there will be a delay of from 0 to 1.5 seconds from the time the target is called for until the target is launched.
- 3) The Wind Direction has been set to be a South (180) wind every time.
- 4) The Wind Speed will vary from 10 to 20 MPH.
- 5) The target angles have been set so (on average) 70% of the 25 targets will be hard rights, 10% of the targets will be straight ahead, 10% of the targets will be a quartering target to the left, and 10% of the targets will be a hard left.

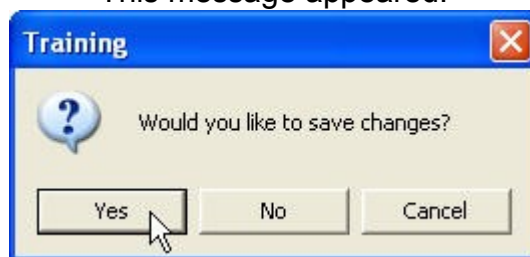


I will now add another five (5) routines by clicking on the “Add to List” button, setting the five conditions I want and then clicking “Add to List” again.. Because I am taking advantage of Slow Motion, each of the five additional routines increased the speed by 10%. Therefore, the six routines will take the shooter from 50% to 60% to 70% to 80% to 90% and finally normal speed of 100%.



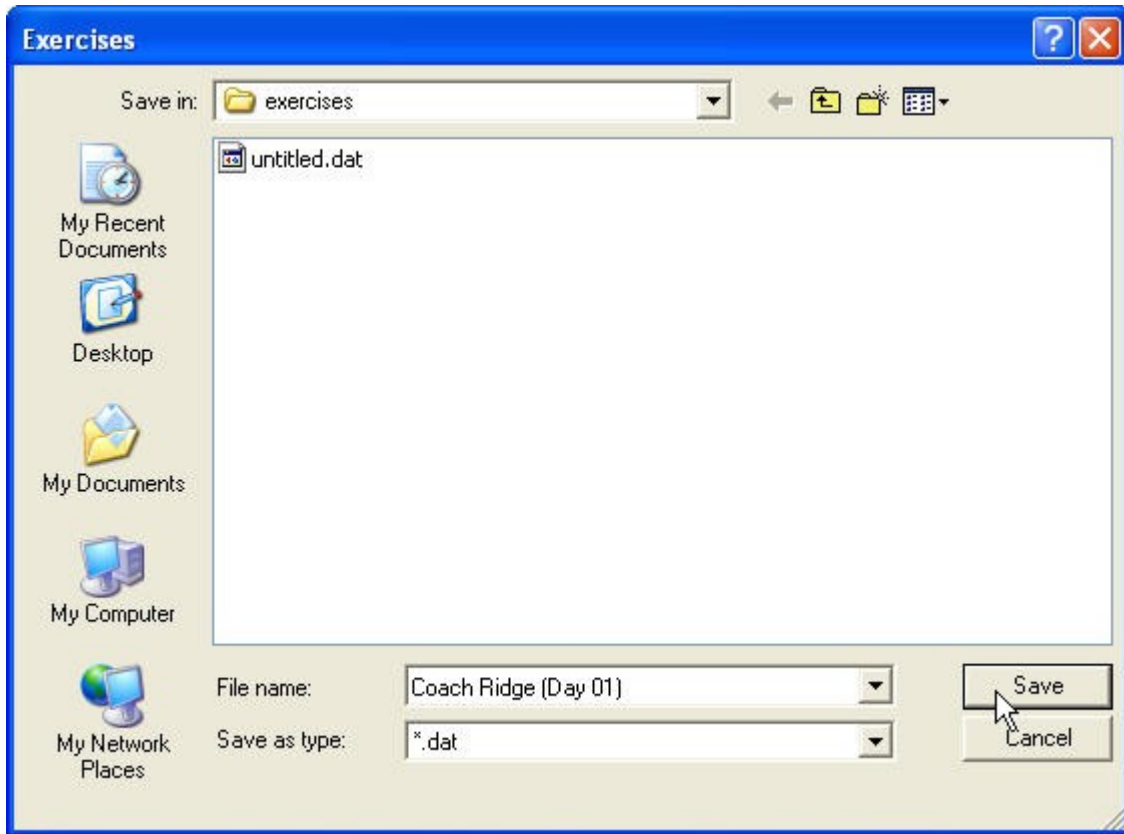
In this example, the only difference between each routine was the target speed, which went from 0.5 to 0.6 to 0.7 to 0.8 to 0.9 and finally to 1.00 (normal speed). Then the “Exit” button in the lower right corner was clicked.

This message appeared.



Click “Yes”

We next need to give the Exercise File a name.



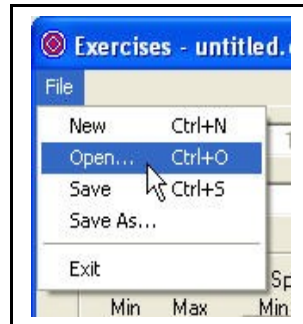
I have entered “Coach Ridge (Day 01)”

By naming the 1st Exercise File this way, I have left the door open to create a series of one-day shooting routines. If I created five files (each containing one days work) I could e-mail the five files to my student and then each day the student will be able to Import the days shooting routines into his Exercise List. Then, the shooter would begin with the routine at the top and progress down to the bottom. This prevents confusion.

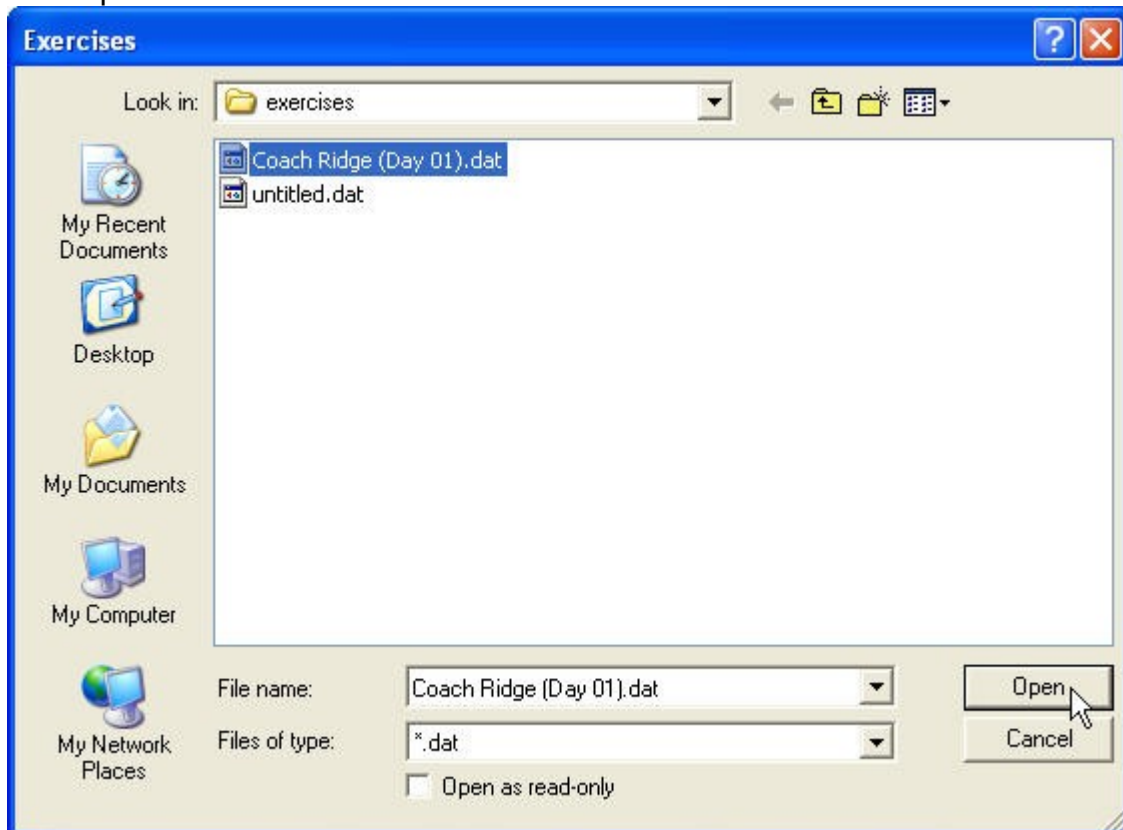
Now let’s learn how to look into the Exercises Folder and see what is available. We start by clicking “Edit” and then “Exercises.”



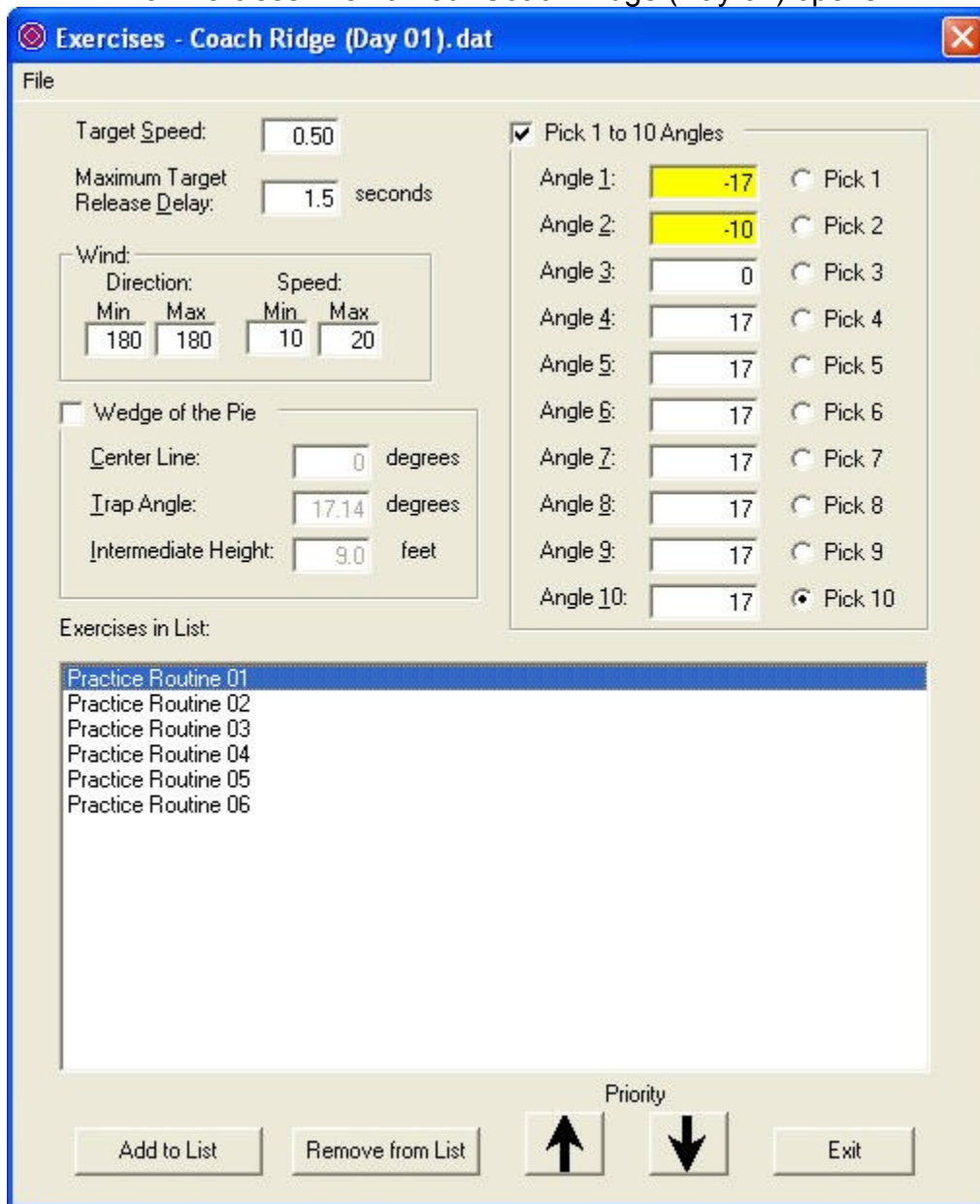
In the window that opens, we click “File” in the upper left corner and “Open” as shown below.



The Exercises Folder is opened, and I click “Coach Ridge (Day 01).dat” and then click “Open.”



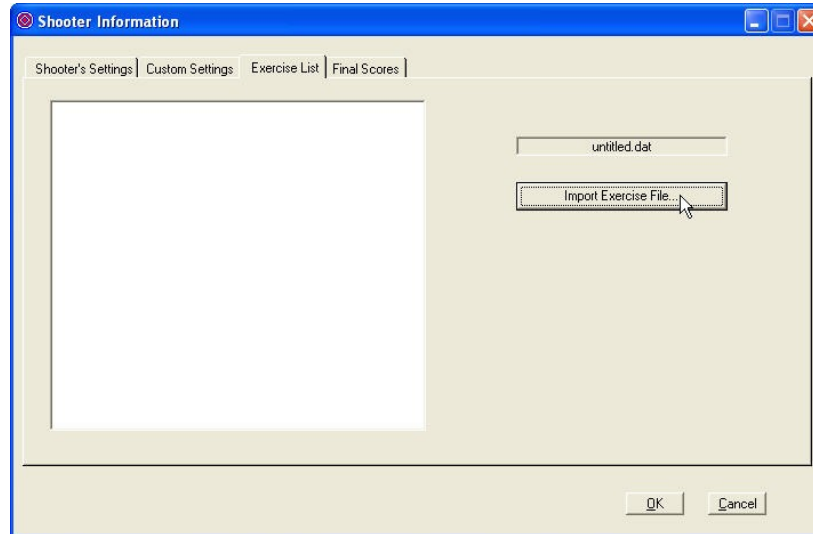
The Exercises File named “Coach Ridge (Day 01) opens.



By highlighting the routine you are interested in you will be able to see how all five (5) controllable aspects of the routine are set. Above we are looking at “Practice Routine 01.”

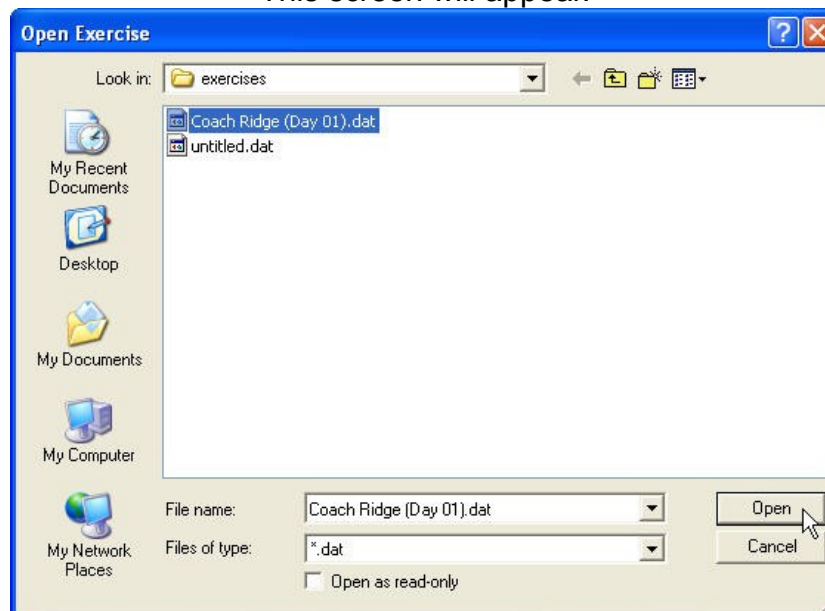
Now back to the Exercise List tab so you understand how you can Import an Exercise File, which contains the practice routine you want to shoot.

The screen below, shows the “Exercise List” tab in the Shooter’s Information file.



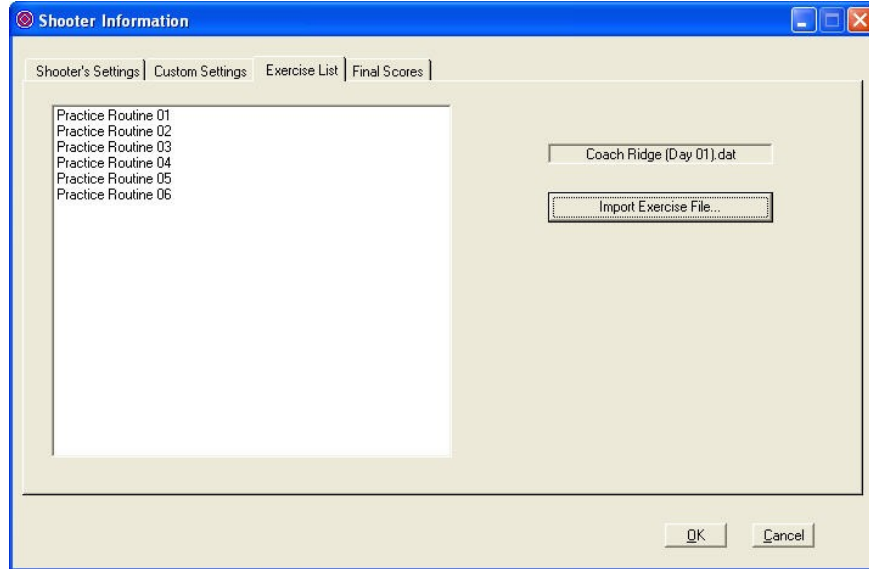
Click “Import Exercise File”

This screen will appear.

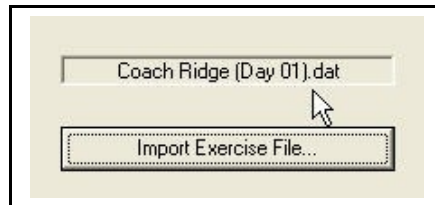


I have highlighted the “Coach Ridge (Day 01)” file and will click the “Open” button on the lower right.

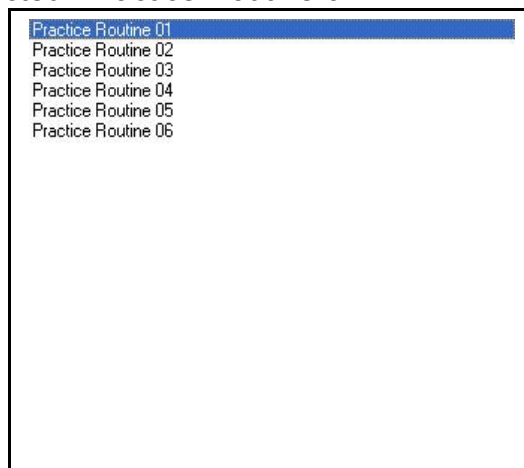
The six practice routines, which make up the Exercise file, are now available on the Exercise List tab.



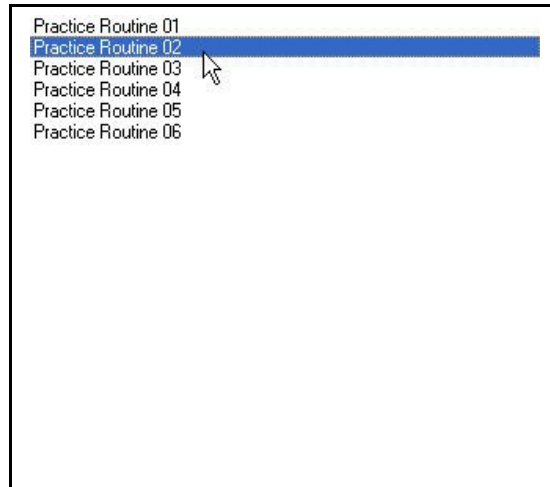
Also notice the name of the Exercise file is in the window above the "Import Exercise File" button.



You can now select which routine you want to shoot by highlighting it. In this window, we have selected "Practice Routine 01."

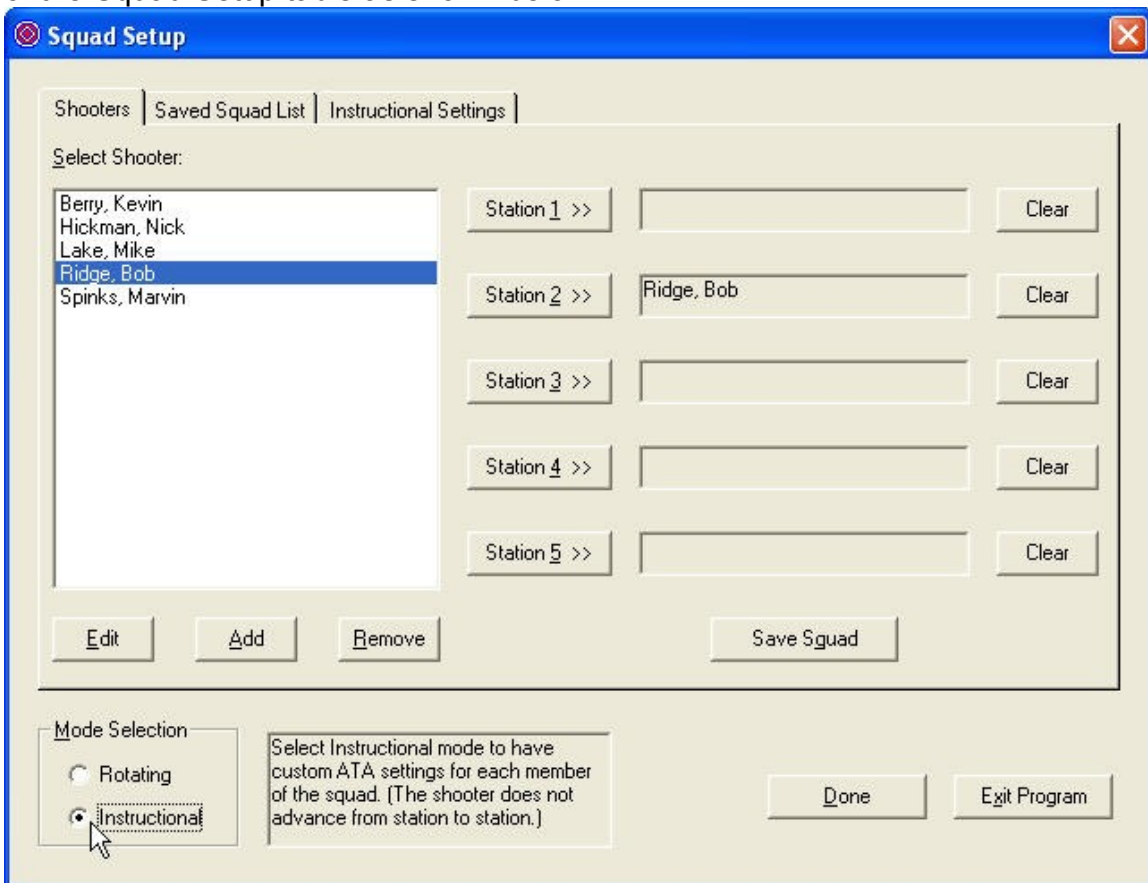


In this window we have selected "Practice Routine 02."



Two final things to remember:

You must select the “Instructional Mode,” which is done in the bottom left corner of the Squad Setup table as shown below.



And on the Shooter's Settings tab of your Shooter's Information file, you must checkmark the "Use Exercise List" option as shown in the upper right corner.

The screenshot shows a software window titled "Shooter Information" with a blue title bar. Inside, there are four tabs: "Shooter's Settings" (selected), "Custom Settings", "Exercise List", and "Final Scores". The "Shooter's Settings" tab contains the following fields:

- First Name: Bob
- Last Name: Ridge
- Nick Name: Boomer
- Distance from eye to end of barrel: 42.0
- Enable Saving of Final Scores:
- Use Exercise List: (A mouse cursor is pointing at this checkbox)

Below these are two columns for barrel settings:

- First barrel:**
 - Choke: Modified
 - Muzzle velocity: 1198 fps
 - Shot weight: 1.00 oz.
 - Shot size: 8
 - First barrel point of impact (POI):
 - Percentage: 60/40 (selected)
 - At 40 yards my gun shoots 3.0 inches high.
- Second barrel:**
 - Choke: Modified
 - Muzzle velocity: 1198 fps
 - Shot weight: 1.00 oz.
 - Shot size: 8
 - Second barrel point of impact (POI):
 - Percentage: 60/40 (selected)
 - At 40 yards my gun shoots 3.0 inches high.

At the bottom right are "OK" and "Cancel" buttons.

The End