

# APOSTC Firearms Instructor Development Course



## FDIC 1 - Coaching & Marksmanship

This course is designed to improve a firearm instructor's ability to develop a shooter's marksmanship potential.

While many concepts can be carried over to other weapon systems, this course focuses on the duty pistol.

### Course topics include:

- How the brain learns and develops skills
- Practice methods that maximize performance
- Applying Performance Science to firearms training
- Coaching techniques and strategies
- Developing hand dexterity and vision skills
- A principle-based approach to marksmanship
- A shooter-friendly framework for marksmanship
- Effective dry practice principles
- Diagnosing and prioritizing marksmanship errors
- A new brain-based approach to target analysis

**Note: See second page for course information.**



**When:** June 2 & 3, 2021

**Time:** 8AM - 5PM

**Cost:** Free

**Where:** Shelby County Sheriff's  
Office Training Center  
543 McDow Rd,  
Columbiana, AL 35051

PLEASE NOTE: While shooting does occur, this course is not a "shooting" course. It is an instructor development course. Both days focus on instructional skills, with time being split between classroom and range activities.

**\*\*\*\*\*Pre-requisite\*\*\*\*\***

**All students must be either FBI,  
NRA, or FLETC Certified  
Firearms Instructors**

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### STUDENT EQUIPMENT & LUNCH

- NOTE: Students may want to pack food for lunch on-site each day. Some facilities are not near Restaurants.

- **Duty Gear**
- Duty Holster & Magazine Pouches. NO floppy unsecured holsters.
- Duty Pistol with four (4) magazines (minimum)
- 500 pistol rounds
- Binoculars
- Slow-motion video app on Smart phone
- Eye Protection
- Hearing Protection
- Cap with bill
- Sunscreen, Drinks, Snacks, etc.

### Course Contact:

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