

# APOSTC Firearms Instructor Development Course



## FIDC 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 functions when learning and developing skills
- Practice methods that maximize performance
- Applying the field of Performance Science to law enforcement firearms training
- Coaching techniques and strategies, to include providing feedback
- Developing basic abilities in finger/hand dexterity and vision skills
- A principle-based approach to marksmanship fundamentals
- A shooter-friendly framework for developing marksmanship skills
- 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:** March 5 & 6, 2024

**Time:** 8AM - 5PM

**Cost:** Free/Sponsored by  
Porch Creek Indians

**Where:** Shelby Co Sheriff's Training  
Center & Range  
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

- Duty Gear
  - o Duty Holster & Magazine Pouches. NO floppy unsecured holsters.
- Duty Pistol with four (4) magazines (minimum)
- 500 pistol rounds
- Binoculars
- HUDL Techniques App (free) downloaded on phone
  - o Or similar slow-motion video app
- Eye Protection
- Hearing Protection
- Cap with bill
- Sunscreen, Drinks, Snacks, etc.

### Course Contact:

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