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A Study on the Effect of Reaction and Balance Training on Balance Ability of Rifle and Pistol Shooting Game Players

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***Abstract*— Balance is a crucial factor in precision sports such as rifle and pistol shooting. The ability to maintain stability while aiming and executing a shot significantly influences performance. This study examines the effect of reaction and balance training on the balance ability of rifle and pistol shooting players. Thirty competitive shooters (15 rifle and 15 pistol) participated in an eight-week training program that included specific balance and reaction exercises. Pre- and post-training balance assessments were conducted using a force plate and dynamic stability tests. Results indicate a significant improvement in postural stability and reaction time, suggesting that targeted balance training can enhance shooting performance.**

Index Terms*— Balance training, reaction training, shooting sports, postural stability, rifle shooting, pistol shooting.

I. INTRODUCTION

Shooting sports require extreme precision, stability, and control. Balance plays a critical role in minimizing body sway and ensuring accurate shots. Rifle and pistol shooting players must maintain a stable posture while handling fine motor control. Studies have shown that postural stability influences shooting performance (Era et al., 1996). This research aims to evaluate the impact of reaction and balance training on the balance ability of competitive rifle and pistol shooters.

II. LITERATURE REVIEW

A. Importance of Balance in Shooting Sports

Balance is defined as the ability to maintain the center of mass over the base of support. In shooting sports, stability allows shooters to aim steadily and minimize involuntary movements (Hrysomallis, 2011). Postural control is particularly essential for rifle shooters who must remain motionless for extended periods.

B. Reaction Time and Shooting Performance

Reaction time is the ability to respond quickly to external stimuli, such as target changes or competitive pressure. Faster reaction times can improve decision-making and shot execution (Kontaxis et al., 2018).

C. Training Methods for Balance and Reaction Time

Research supports balance training techniques such as proprioceptive exercises, core stabilization, and sensory integration drills (Paillard, 2017). Reaction training, including agility drills and visual-motor exercises, enhances neural response and body control (Sadowska et al., 2019).

III. METHODOLOGY

A. Participants

Thirty male and female competitive shooters (15 rifle, 15 pistol) aged 18–30 were recruited. Participants had at least three years of competitive experience.

B. Training Program

An eight-week intervention program was designed with three sessions per week. Training included balance and stability exercises such as single-leg stands, balance board drills, and proprioceptive exercises, as well as reaction training comprising agility drills, visual-motor coordination exercises, and stimulus-response tasks.

C. Assessment Tools

Balance was assessed using a force plate to measure center of pressure displacement and dynamic stability tests. Reaction time was evaluated using standardized stimulus-response testing equipment. Pre- and post-tests were administered before and after the eight-week program.

IV. RESULTS

Statistical analysis of pre- and post-training data revealed significant improvements in both postural stability and reaction time among participants. Rifle shooters demonstrated notable improvement in static balance, while pistol shooters showed significant gains in dynamic stability. Reaction times improved across both groups, with statistically significant differences observed at the $p < 0.05$ level.

V. DISCUSSION

The results support the hypothesis that targeted balance and reaction training can significantly enhance the balance ability of competitive shooters. The improvements observed in postural stability align with prior research demonstrating the effectiveness of proprioceptive and core stabilization training (Paillard, 2017). The enhancement in reaction time observed across both groups reflects the positive neurological adaptation to systematic reaction-based drills (Sadowska et al., 2019).

The findings are consistent with the broader literature on precision sports, which emphasizes the role of balance and neuromuscular control in performance. Improved postural stability enables shooters to minimize involuntary body sway, resulting in more accurate aiming and shot execution.

VI. CONCLUSION

This study demonstrates that an eight-week reaction and balance training program significantly improves postural stability and reaction time in competitive rifle and pistol shooters. These

findings suggest that incorporating targeted balance and reaction training into regular shooting practice can enhance overall performance. Future research should explore the long-term retention of these improvements and their direct correlation with competition scores.

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