

prehend the standards necessary to ensure the survival of the team and the accomplishment of the mission. Attending the LRS course cannot guarantee success for a commander and his unit, but it does offer them a better chance at success.

Commanding an LRS detachment is an exciting and challenging opportunity. The unique mission and the fast pace of such a unit demand that the commander

have a background that enables him to begin immediately to plan, coordinate, and execute training. The commander should have small unit experience and previous company command; he should understand what it takes to be on one of the teams; and he should take the Long-Range Surveillance Leaders Course to round out his experience. The proper selection and training of an LRS detachment commander will ensure that the unit

is well led, well trained, and capable of accomplishing its mission in combat and getting the teams out alive.

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SWAP SHOP



THE ROLLOVER PRONE PISTOL FIRING POSITION

The prone pistol firing technique is often neglected during small arms practice and qualification, yet this position provides the smallest silhouette and the most stable firing platform. Still, the position described in Field Manual 23-35 has three disadvantages (Photo 1):

First, the firer's neck muscles are strained when his head is forced back so he can see the target, and this muscle fatigue is compounded by the weight and shape of his helmet. If he moves his head to relax his neck, he takes his eyes off the target. Second, his arms are unsupported, which causes an unstable firing position that leads to inaccurate fire. Third, when he raises his head to see the target, he presents a higher silhouette.

A better way to fire while prone is from the rollover prone position. This position is similar to the one described in the manual in that the firer's body is flat on the ground with both arms straight out toward the direction of fire. Once in this position, though, he rolls onto the shoulder on his strong (shooting) side

and supports his face on his shooting arm (Photo 2). Then he rests his firing hand on the ground, creating a stable base for the weapon. Shooting from this position causes no muscle fatigue and allows the firer to concentrate on the target.

This position can be trained as part of an individual movement technique, following these steps: With the pistol in his strong hand, the soldier drops to both knees from the standing position. He starts to fall forward, using his non-firing hand to break the fall (Photo 3). Then he extends his firing hand forward and rolls over into the correct firing position (Photo 4). A soldier should master this technique with an unloaded weapon before attempting it with ammunition.

I recommend that the rollover prone position be integrated into M9 pistol training, practice fire, and qualification. Since the manual does not prescribe a firing position for qualification, it is also possible to designate several engagements from the prone to add to the realism during pistol qualification.



Photo 1



Photo 2



Photo 3



Photo 4

(Submitted by Captain Thomas E. Beron, who commanded Company E, 2d Battalion, 18th Infantry, at Fort Benning, Georgia.)