

## **Abstract**

**Title:** Effect shooting position of accurate sports shooting of air rifle lying position.

**Objectives:** The aim of this empirical – theoretical work is to find out what is the effect of shooting position lying down on shooting from an air rifle.

**Methods:** In this work was used a method of analysis, testing, observation, and method comparison. The method of analysis was applied in the analysis of sport shooting and the shooting position. The method compared in section comparison between the own the shooter's position and deliberately adjusted position. Tables, charts and statistical calculations were performed using functions in Microsoft Excel.

**Results:** The result of the work is that the change in the supine position does not have a significant effect on the accuracy and on the result of the shooting. After the change of position occurred for all shooters to the deterioration of the shooting the result of which are statistically insignificant.

**Keywords:** shooting, air rifle, shooting position, target.