

# Phases of Shooting Breakdown

Every task has 3 phase – Anticipation, Action and Reinforcement

At a minimum, I want every shooter to be able to list for a coach the 6 points of the Action phase. Break Point/Area, Body Position, Hold Point, Mount, Vision Point, Call for the Target. As this becomes second nature, it will all occur within 3-4 seconds. Consistency and timing are the keys.

## Anticipation phase:

Think about what you are going to do before you are in the box

What are the conditions

Visualize making the shot

## Action phase:

1. Break point (skeet/sporting)/ Break area (trap)
2. Body Position
  - Foot position
  - Weight distribution
  - Bend knees
  - Shoulders level
  - Head Level
3. Hold Point – Where you starting your barrel
4. Gun Mount
  - Barrel positioned toward the hold point prior to mounting
  - Mount gun – Bring gun to face
  - Is your gun mounted into the shoulder properly?
5. Vision Point
  - Eyes at the correct point
  - Soft focus
6. Call for the Target
  - What is the mantra the shooter uses prior to calling for the target? (i.e. – see the target)
  - Call without the body tightening

## Shooting

Keep eyes on the target- do not look at the barrel

Move smoothly to target

Pull Trigger

Keep head in the gun

Follow through

## Reinforcement phase:

Replay the shot in your head

Tell yourself the correction if you missed. Do not tell yourself what you did wrong.