



One of the questions I am asked most often is about **how to score consistently**. As a brand new shooter on the field you may even wonder "how do I break one of those clays at all?"

New and experienced shooters alike have all experienced the exhilaration of posting a new personal best and, too often on the same day, the depression of posting a score so low you don't want to talk about it. The good news is that there is no real secret, and the common sense answer is that to score consistently you must be consistent on the gun. The most successful shooters are process driven; they do the exact same thing each and every shot with the expectation that they will achieve the same results each time.

My fellow instructor Chester Parker says, "head on gun, eye on bore, bead on bird, bird breaks" and it really isn't any more complicated than that. Mounting the gun consistently and correctly is the foundation and, as a long day of shooting progresses, it is the first thing we lose. We get tired, we lose focus, we get sloppy and the scores reflect it. Performing the same steps, in the same sequence, in the same way with every shot you fire helps instill the mechanics of consistent gun mounting. With repetition you will build muscle memory and consistency. Proper gun mounting is also something you can work on at home, with an empty gun of course.

The lady I am working with in this photo was a brand new shooter, and had no clue about how to mount the gun. After just a few minutes of instruction, look at her form!! Her foundation is solid with her weight on her left leg anchoring her to the ground. The gun is balanced between her two hands and she has the stock just about perfectly placed on her shoulder. While her head was a bit farther back on the stock than might be optimal, with practice she was able to



put her cheek in the exact same place on the stock shot after shot and get the bead correctly in her field of vision. With her weight distributed comfortably and not leaning back she was able to swing crisply to the targets and was centering them up by the time she finished her first round.

Whether you are a new shooter unsure of what to do, or an experienced shooter looking for that new personal best, it's important to remember that we all have our ups and downs. Don't let a low score discourage you, stay focused on the fundamentals and staying on the gun all the way through the shot and the scores will happen before you know it.

Remember, that there are NRA Certified Instructors at trap six and seven on every public day who can help you improve your skills and help you discover your personal solution.



See you again soon with another shooting tip, but in the meantime, remember to keep those muzzles pointed to the ground when not on the firing line, and keep those actions open whenever you are not actually shooting.

**Safety first, foremost and always! -- Frank**

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