

BECOME A BETTER SHOOTER

Coach-Woody Longan

MENTAL GAME

The following is an edited summary of "Intensify Your Mental Game," by John D. Shima.
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Mental game manager- effective management of your thinking mind by you using positive self-talk. The self-talk routines that you develop. It is your positive self-talk that controls your thinking to the exclusion of all other thoughts at the moment of truth-executing your shot. It requires that you develop/create 2 specific routines which provide positive information required by you for your tasks of seeing and breaking the target. Your self-talk routines are used by you to eliminate all other self-talk completely ---resulting in you obtaining a **QUIET MIND**.

Your mental game actually begins as you approach the station.

The primary purpose of a strong mental game is to strengthen your ability to concentrate on the task at hand and focus continuously on each target.

Your mental checklist, controlled by your positive self-talk, increases your concentration because your self-talk instructs your brain.

Your positive self-talk creates specific cues immediately before you step onto the station to quiet your mind. Your positive self-talk creates specific cues before you take the shot to quiet your mind.

YOUR task is to develop/create a specific two phase self-talk routine for every station and for every target. The pre-station self-talk routine may differ from station to station, HOWEVER, the pre-shot routine NEVER varies.

THE TWO PHASES:

PRE-STATION ROUTINE

Begins when you are the next shooter;

Purpose to be mentally prepared to execute your pre-planned move;

1st cue relates to your strategy for the particular station i.e. stance, hold points, soft focus, hard focus etc.;

2nd cue is your mental visualization of the correct shot sequence-use a movie not a snapshot;

Last cue is how you intend to use your vision to detect and acquire hard focus on the target.

PRE-SHOT ROUTINE

Should be the same for every station;

Should be a simple FEW words-mantra;

Purpose-guide you to your quiet mind which will enable you to concentrate to detect and hard focus on the target continuously until it breaks;

Should be a positive task-oriented phrase, i.e.; load gun, check gun, settle my vision-pull; move on the flash, focus, break target; soft focus, hard focus, break target; shift eyes, focus, break target.

Use any short positive self-talk that prepares you to break the target.

MENTAL DISCIPLINE DRILLS

Use your 2 phase routines on every station. Use your pre-station routine every time you change stations. Use your pre-shot routine every time you change target sequence.

These drills may be modified to sporting clay shooting.

Do each drill individually and in the order listed. Do your 2 phase routines. **IF YOU MISS START OVER.** After you have performed each drill several times you may add 1 or 2 shooters. This then becomes a squad. Now a miss by any member and **THE ENTIRE SQUAD STARTS OVER !!!!** (have a good time)

1st DRILL—STATION 7 DRILL

6 H7

6 L7

6 doubles, if straight,

1 L8---for 25 targets

REMBER IF YOU MISS START OVER

2nd DRILL—BASE LINE DRILL

USING STATIONS 1, 7 and 8

Station 1 sequence: 2H singles, 1 double, 2H singles, 1 double:

Station 7 sequence: 2L singles, 1double, 2L singles, 1 double:

Station 8 sequence: 4H, 5L-----for 25 targets---Remember what to do if you MISS.

3rd DRILL—OUTER STATION DRILL

USING STATIONS 2,3,4,5 and 6

Station 2 sequence: 1H, 1L, 1 double, 1H, 1L, 1double;

Station 3 sequence: 1H, 1L:

Station 4 sequence: 1H, 1L, 1H, 1L;

Station 5 sequence: 1H, 1L;

Station 6 sequence: 1H, 1L, 1 double, 1H, 1L, 1 double—if straight go to station 8;

Station 8 sequence: 1L---for 25 targets.

Thought for the day---WHEN TO GOING GETS TOUGH THE TOUGH GETS GOING--