

Shooting Breakdown

Anticipation phase:

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

Conditions

Visualize making the shot

Action phase:

Break Point /area in trap

Body Position

- Foot position

- Weight distribution

- Bend knees

- Shoulders level

- Head Level

Hold Point

Gun Mount

- Barrel positioned toward hold point prior to mounting

- Mount gun- Bring gun to face

- Is gun mounted into the shoulder properly

Vision Point

- Eyes at the correct point

- Soft focus

Call for the Target

- What is the mantra the shooter uses prior to calling for the target?

- Call without body tightening

Shooting

- Keep eyes on target

- 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

BECOME A BETTER SHOOTER

Instructor: Woody Longan

Becoming a better shooter involves creating and maintaining a repetitive practice schedule and routine, both physical and mental. Please answer the following series of questions fully and in writing. Put one copy in your shooters journal and give one to me.

- * Do you have a pre-shot plan? If so, write it down, if not, create one and write it down.
- * Do you have a pre-shot routine? If so, write it down, if not, create one and write it down.
- * Do you have a pre-shot analysis? If so, write it down, if not, create one and write it down.
- * How do you plan and determine your visual hold point? Write it down.
- * What do you do with your eyes to obtain target acquisition, target tracking and break point? Write it down.
- * How do you practice?
- * What do you practice?
- * What are your shooting goals?

ARE YOU WILLING TO MAKE CHANGES TO BECOME A BETTER SHOOTER?

See you on the practice field – Woody