

Skeet SCTP Skeet Training Curriculum

Safety:

1. Treat every gun as if it is loaded
2. Always keep the gun pointed in a safe direction
3. Keep your finger off the trigger until ready to shoot
4. Know your target and what is beyond
5. Always wear eye and ear protection

Skeet shooting instruction and practice is the process of your learning the elements, both physical and mental, of shooting skeet. This process enables you to gain the precision necessary to perform with efficiency and consistency your skills to attain your individual goal in shooting skeet. The individual elements of pre-shot routine, stance, grip, mount, hold point, focal point, rotation, visual disciplines and mental management are used by your instructors so then you can learn the skills of skeet shooting.

The following comments will guide you in developing your efficiency and consistency in skeet shooting skills.

Field

Semi-circle consisting of eight stations. Center stake is 18 feet from the center of station 8.

Line and distance stakes - A line from center of stations 1 and 7 passing over center stake for a distance of 60 yards.

Out of bounds stakes- 44 yards from stations 1 and 7 (16 yards from 60 yard stake)

Regular target

It appears within one second of call, in a line 15 feet above the center stake for a distance of 60 yards. All targets are on the same speed and angle.

Chokes

Use skeet choke

Stance

Facing the low house on every station except 7 and high 8, where you face the field 90° in relation to the house. Head straight, shoulders level, stand as far as possible from the break point within the shooting station. - RELAX

Knees

Slightly flexed, forward lean with majority of your weight balanced over your front foot. Slightly bend from the waist over your front foot. - RELAX

Principle of Symmetry (Doubles Shooting)

As each target in doubles is released at the same time at the same speed, where you break the first target, the second target will be at the complementary point on the opposite line. For example, if you break the first target 15 feet from the center stake, the second target will be 15 feet from the center stake on the opposite line.

Mental Preparation

Mental preparation begins 30 minutes before the shoot and ends 30 minutes after the shoot.

Pre-shot routine

This is the series of steps that you perform in preparation for calling for the target, including a mental rehearsal for the shot. The routine has to be the same for every shot. If your routine is interrupted, you should start over. It shouldn't be longer than 3-5 seconds.

Hold point

These are guidelines. They become personal after you practice. Bottom of the window, 1/3 rd (21 feet) of the distance between the house and center stake from house on all stations **except:**

High 1 – 30-40 degrees above level on the target line.

Low 5 – top of the window, ¼ of the distance between the low house and center stake.

Low 6 – top of the window, ¼ of the distance between the low house and center stake.

Focal points

Generally half of the distance between the house and hold point. Shift your eyes, using your peripheral vision.

Breakpoints

Where you will break the target in the break zone. This begins 21 feet from the center stake and ends at the center stake, on your side of the field. This becomes personal after practice.

Follow through

The period of time where you remain in the gun after shooting singles and the last of a pair, for at least one second. Your shot is never over until after your follow through.

Rotate

When you shoot skeet your upper body, above the waist, must rotate by the force driven by your legs. Your shoulders and head remain straight and level as if they were turning inside a cylinder. Everything rotates together.

Gun Speed

Gun speed and target speed must be the same.

I missed- why?

Three universal reasons why shots are missed in priority order:

1. Lack of focus -poor visual discipline.
2. Gun speed and target speed are not the same.
3. Flaw in the gun mount.

Visual discipline (SHIMA)

Training your eyes to see REAL TARGETS instead of virtual targets.

A. Where you look - beginning at your pre-shot routine – establish proper eye hold point on the flight path, where you first see the target, between the hold point and the target window.

B. How to look- Settle and quiet your eyes on the target path. Soft focus and use your peripheral vision.

C. What your eyes see-first in your peripheral vision is a FLASH. Then hard focus on the leading edge of the target. When the site picture is in the break zone (and barrel is in front of the target) pull the trigger.

Do not look at your gun, ever.

Drills:

Incomer drill - Shoot four incoming targets at Low 1, Low 2, Low 3, High 5, High 6, High 7.

Outgoer drill - Shoot four outgoing targets at High 2, High 3, High 4, Low 4, Low 5, Low 6.

Speed drill. - Doubles at 1, 2, 6, 7.

Station by Station

Station 1: High house target. Align gun with center stake and raise muzzle up 2' above horizontal. Raise your eyes 4-5" above barrel. Pull the trigger just before the target reaches barrel. There is little or no gun movement on this target

Station 1: Low house target. Hold point is 1/3rd from low house to center stake. Eyes just outside window. Target should be tracked across the field (sustained lead) until halfway between the high house and center stake. 1' lead.

Station 2: High house target. Hold point is 1/3rd the distance from the high house to center stake. Muzzle at bottom of window. Eyes back halfway to high house. Do not take your eyes off of the target. Target should be shot by center stake. 1' lead.

Station 2: Low house target. Hold point is 1/3rd from low house to center stake. Eyes just outside window. Target should be tracked across the field (sustained lead) until halfway between the high house and center stake. 2' lead.

Station 3: High house target. Hold point is $1/3^{\text{rd}}$ the distance from the high house to center stake. Muzzle at bottom of window. Eyes back halfway to high house. Do not take your eyes off of the target. Target should be shot by center stake. 2' lead.

Station 3: Low house target. Hold point is $1/3^{\text{rd}}$ from low house to center stake. Eyes just outside window. Target should be tracked across the field (sustained lead) until halfway between the high house and center stake. 3' lead.

Station 4: High house target. Hold point is $1/3^{\text{rd}}$ the distance from the high house to center stake. Muzzle at bottom of window. Eyes back halfway to high house. Target should be tracked across the field (sustained lead) until over the center stake. 3-4' lead.

Station 4: Low house target. Hold point is $1/3^{\text{rd}}$ the distance from the low house to center stake. Muzzle at bottom of window. Eyes back halfway to low house. Target should be tracked across the field (sustained lead) until over the center stake. 3-4' lead.

Station 5: High house target. . Hold point is $1/3^{\text{rd}}$ the distance from the high house to center stake. Muzzle at top of window. Eyes back halfway to high house. Target should be tracked across the field (sustained lead) until halfway between the low house and center stake. 3' lead.

Station 5: Low house target. Hold point is $1/3^{\text{rd}}$ the distance from the low house to center stake. Muzzle at bottom of window. Eyes back halfway to low house. Target should be tracked across the field (sustained lead) until halfway between the low house and center stake. 2' lead.

Station 6: High house target. Hold point is $1/3^{\text{rd}}$ the distance from the high house to center stake. Muzzle at bottom of window. Eyes back halfway to high house. Target should be tracked across the field (sustained lead) until halfway between the low house and center stake. 2' lead.

Station 6: Low house target. Hold point is $1/3^{\text{rd}}$ the distance from the low house to center stake. Muzzle at top of window. Eyes back halfway to low house. Do not take your eyes off of the target. Target should be shot at center stake. 1' lead.

Station 7: High house target. Hold point is $1/3^{\text{rd}}$ the distance from the high house to center stake. Muzzle at bottom of window. Eyes back halfway to high house. Target should be tracked across the field (sustained lead) until halfway between the low house and center stake. 1' lead.

Station 7: Low house target. Align gun with center stake and raise muzzle up 12-18" above horizontal. Aim the barrel directly at the target. Target should be shot by center stake. Do not rush shot.

Station 8: High house target. Hold point is 2' out from window and even with bottom of window. Eyes in the window. Cover and track the target with muzzle. Target must be shot by the center stake.

Station 8: Low house target. Hold point is 2' out from window and even with top of window. Eyes in the upper left corner of window. Cover and track the target with muzzle. Target must be shot by the center stake.

Doubles

Station 1: Doubles. High house first. Align gun with center stake and raise muzzle up 2' above horizontal. Raise your eyes 4-5" above barrel. Pull the trigger just before the target reaches barrel. There is little or no gun movement on this target. After shooting the high house target slightly lower the barrel to see low target. Sustain the 1' lead for a short distance and shoot the low house target.

Station 2: Doubles. High house first. Hold point is $1/3^{\text{rd}}$ the distance from the high house to center stake. Muzzle at bottom of window. Eyes back halfway to high house. Do not take your eyes off of the target. Target should be shot by center stake. 1' lead. After shooting high house target slightly lower the barrel to see the low house target. Sustain the 2' lead for a short distance and shoot the low house target.

Station 6: Doubles. Low house first. Hold point is $1/3^{\text{rd}}$ the distance from the low house to center stake. Muzzle at top of window. Eyes back halfway to low house. Do not take your eyes off of the target. Target should be shot at center stake. 1' lead. After shooting low house target slightly lower the barrel to see the high house target. Sustain the 2' lead for a short distance and shoot the high house target.

Station 7: Doubles. Low house first. Align gun with center stake and raise muzzle up 1' above horizontal. Aim the barrel directly at the target. Target should be shot by center stake. Do not rush shot. After shooting low house target slightly lower the barrel to see the high house target. Sustain the 1' lead for a short distance and shoot the high house target.