

Good Days & Bad Days

We all have good shooting days and bad shooting days. That is just sport in general and part of what makes it such fun. Can we identify why some days are worse than others and address this, so they are not quite as bad? Yes, of course we can.

At the shooting ground and during lessons I see people making the same errors. Some are small errors but cumulatively over several stands it ruins your score. Set aside time to practise when not in competition. Use this time to address some of the errors that may be creeping into your game. Or maybe try techniques not yet learned. Instructors can help with this. Try not to allow an error to become habit as they take longer to correct.

Here are a few common errors I see that maybe you can work on alone or with your instructor.

- 1). Missing targets due to mis-reading the target resulting in incorrect lead being applied on first attempt. Then continuing to repeat the same throughout the stand. Missing most if not all.
- 2). Lifting your head from the stock through the swing resulting in Target/Barrel misalignment.
- 3). Slowing or even stopping your swing as you approach, or at, the target resulting in a miss behind.
- 4). Incorrect "hold point", resulting in a rushed swing or insufficient swing. It needs to be controlled.

These are probably the most common errors seen and they can be caused for a variety of reasons.

Is your "Stance" for the shot correct? Is your "Mount" correct and consistent? Is your "Swing" correct for the shot? Then there is "Break Point", "Hold Point" and "Viewpoint" to consider. "Pre-Shot Routine" "Personal Stand Discipline" and "Post Shot Routine" all will have an effect.

TIP: More than 50% of the work can be done before entering the stand. In competition, if you are not first to shoot watch the targets as your fellow shooters shoot. If you are first to shoot, you will only get the opportunity to see one pair of targets (two pairs if simultaneous). Then plan your shot!
This is just a small taster of what I will address within lessons.

Whether you are a seasoned shooter or new to the sport a lesson or two with the right professional instructor can pay dividends. Why not give me a call today or check out my website for more details.

