

PRE-SHOT ROUTINE
BJ McDANIEL
June 2005

The pre-shot routine is really composed of four different phases. They begin immediately after finishing the shot at a target and continue until the next target is called for. The four phases are;

Evaluation phase: [prior shot has just completed] - The shooter evaluates what went RIGHT with that shot and uses positive self-talk to reinforce it (e.g., “Good swing”, “Smooth follow-through”, “Quick target acquisition”, etc.) And NOT what went wrong. Then the shooter begins to get his heartbeat & breathing returned to normal. It may be as high as 140-160 beats per minute after stepping off the station.

Neutral phase: [time period between shots] – shooter goes into ‘neutral’ – eyes and mind remain still & calm, soft focus is used to gaze into distance. At this time the conscious mind focuses on one key positive thought.

Preparation phase: [preceding shooter or two is firing at their targets] - targets are observed for abnormal flight patterns or any affect of weather. At this time the conscious mind focuses what you want to happen during your turn. Use self talk to focus on intended outcome:

“I will set up in the proper position and see the target break.” “I will execute a good gun mount and see the target break.” “I will see the target clearly and watch the target break” “I will make a smooth movement to the target and see it break.”

Execution phase: [shooter is now ready to call for target] – shooter goes through on-station check-list (e.g., load gun, align body, put gun at proper hold point, eyes physically adjust to focus point; breath is used to relax body, now call for target).

PRE-SHOT ROUTINE
BJ McDANIEL
June 2005

- Sample pre-shot routine for skeet
 - Evaluation phase
 - End & discard evaluation of previous shot results
 - Step off the station
 - Return heartbeat & breathing to normal
 - Neutral phase
 - Keep eyes and mind still and calm
 - Gaze into distance w/soft focus
 - Get into line at the station
 - Preparation phase
 - Start to return to present
 - Begin to become aware of the targets of the shooter that is two ahead of you
 - Watch the targets of the shooter ahead of you
 - Tell yourself that you can break all of them
 - Visualize yourself breaking all of the targets
 - Execution phase
 - Step onto station [close door behind you to keep distractions out]
 - Begin station checklist