

EIGHT WEEK AMERICAN SKEET PRACTICE FOR BEGINNERS

By BJ McDaniel 3/06

Week One - Incomers

1. Shoot 12 low house targets in the following sequence. Load the gun with only one shell at a time.

Station 1. 3 targets

Station 1.5. 3 targets (halfway between the stations 1 and 2)

Station 2. 3 targets

Station 2.5. 3 targets (halfway between stations 2 and 3)

Repeat twice.

2. Shoot 12 high house targets in the following sequence. Load the gun with only one shell at a time.

Station 7. 3 targets

Station 6.5. 3 targets (halfway between station 6 and 7)

Station 6. 3 targets

Station 5.5. 3 targets (halfway between station 5 and 6)

Repeat twice.

Week Two – Base line

1. Review Week One Targets.
2. Load the gun with only one shell at a time for the single targets

Station 13. 3 single low target

Station 11. 3 single low target

Station 9. 3 single low targets

Station 8. 3 single low targets

Repeat Twice

3. Load the gun with only one shell at a time for the single targets

Station 14. 3 single high target

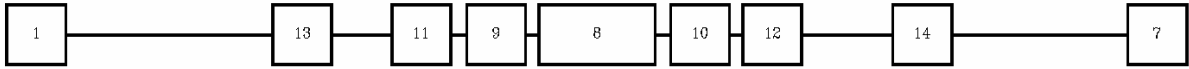
Station 12. 3 single high target

Station 10. 3 single high targets

Station 8. 3 single high targets

Repeat Twice

BASELINE



STATION 13 IS HALFWAY BETWEEN STATION 1 AND STATION 8
STATION 11 IS HALFWAY BETWEEN STATION 13 AND STATION 8
STATION 9 IS HALFWAY BETWEEN STATION 11 AND STATION 8
STATION 14 IS HALFWAY BETWEEN STATION 7 AND STATION 8
STATION 12 IS HALFWAY BETWEEN STATION 10 AND STATION 8
STATION 10 IS HALFWAY BETWEEN STATION 12 AND STATION 8

Week Three – Base Line

1. Review Week Two Targets.
2. Load the gun with only one shell at a time for the single targets.
Station 1. 4 single high targets
Station 1. 4 single low targets
Station 1. Doubles (twice)
Station 7. 4 single high targets
Station 7. 4 single low targets
Station 7. Doubles (twice)
Repeat Twice

Week Four – Around the Horn

1. Review targets on base line, (Stations 1, 7, & 8)
2. Load the gun with only one shell at a time.
Shoot 12 low house targets in the following sequence.
Station 3. 2 targets
Station 4. 2 targets
Station 4.5. 2 targets (halfway between station 4 and 5)
Station 5. 2 targets
Station 5.5. 2 targets (halfway between station 5 and 6)
Station 6. 2 targets
Repeat Twice
3. Load the gun with only one shell at a time.
Shoot 12 high house targets in the following sequence.
Station 5. 2 targets
Station 4. 2 targets
Station 3.5. 2 targets (halfway between station 3 and 4)
Station 3. 2 targets
Station 2.5. 2 targets (halfway between station 2 and 3)
Station 2. 2 targets

Repeat Twice

4. Play Follow the Chips Games to end practice.

Week Five – Base line

1. Review targets on Stations 1, 2, 6, & 7).
2. Shoot a regular station at 1, 7, and 8. Repeat four times for 28 targets. Repeat twice. Keep track of everyone's misses. Shoot another 25 targets focusing on those misses.
3. Play O-U-T Game to end practice.

Week Six – Corners

- 1 Review targets on Stations 1, 7, & 8).
2. Shoot a regular station at 2 and 6. Repeat four times for 24 targets. Repeat twice. Keep track of everyone's misses. Shoot another 25 targets focusing on those misses.
3. Play Follow the Chips Games to end practice.

Week Seven – Crossers

1. Review targets on Stations 1, 2, 6, & 7).
2. Shoot a high and low 3, 4, and 5. Repeat four times for 24 targets. Repeat twice. Keep track of everyone's misses. Shoot another 25 targets focusing on those misses.
3. Play O-U-T Game to end practice.

Week Eight – Full Rounds

1. Shoot two full rounds of skeet. Keep track of everyone's misses. Shoot another 25 targets focusing on those misses.