

# Stage Training

Dear Skeet Shooter;

Thank you for attending the recent training session at the U. S. Olympic Training Center in Colorado Springs. I'm writing to you to re-enforce the training methods used during your visit and to suggest how they can be used at home.

The purpose of this training is to increase the number of targets broken at each training session and to get you used to hitting every target you shoot. The exercises we used are listed below as "stages" of training. There are seven stages and each stage is 25 targets. We recommend shooting between 100 - 175 targets at each training session, but not more than 175 targets. Each daily session should begin with Stage I or II and progress through each following stage in numerical order. **DO NOT SKIP STAGES!** Shoot each stage and each set of targets within the stage in the exact order listed. (For example, in Stage I the correct order should be station 7, m, 6 and 1 and not 1, 6, m and 7). Attached is a diagram for the field with the in-between stations noted. The stages are designed to start at easier targets and progress to shots requiring quicker movements or sharper angles.

It is important to strive to hit 25 targets at each stage. If your score for each stage is 21 or less, **DO NOT GO TO THE NEXT STAGE!** Repeat the stage until 22 or more targets are broken. Again remember, limit practice sessions to a maximum of 175 targets. How many 25's can you break?

Because these training stages do not follow the standard skeet format be sure to ask the club management for permission to shoot between the stations and in this sequence.

**ALWAYS FOLLOW SAFETY PROCEDURES!**

Good luck with your shooting this year, and we hope to see you soon.

B.J. McDaniel  
Assistant Coach  
U.S. Shooting Team

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## STAGE I.

Shoot 13 low house targets in the following sequence.

Station 1. 4 targets

Station h. 3 targets (halfway between the last and the next station)

Station 2. 3 targets

Station i. 3 targets (halfway between the last and the next station)

Load the gun with only one shell at a time.

Shoot 12 high house targets in the following sequence.

Station 7. 3 targets

Station m. 3 targets (halfway between the last and the next station)

Station 6. 3 targets

Station l. 3 targets (halfway between the last and the next station)

Load the gun with only one shell at a time.

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### STAGE II.

Shoot 9 low house targets in the following sequence. See baseline diagram below.

Station 13. 3 targets

Station 11. 2 targets

Station 9. 2 targets

Station 8L. 2 targets

Load the gun with only one shell at a time.

Shoot 8 high house targets in the following sequence.

Station 14. 2 targets

Station 12. 2 targets

Station 10. 2 targets

Station 8H. 2 targets

Load the gun with only one shell at a time.

Shoot 4 high house and 4 low house targets in the following sequence.

Station 4. 1 high, 1 low target

Station o. 1 high, 1 low target (1/3 of the way to station 8)

Station p. 1 high, 1 low target (2/3 of the way to station 8)

Station 8. 1 high, 1 low target

Load the gun with two shells at each station.

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### STAGE III.

Shoot 13 low house targets in the following sequence.

Station 3. 3 targets

Station 4. 2 targets

Station k. 2 targets (halfway between the last and the next station)

Station 5. 2 targets

Station l. 2 targets (halfway between the last and the next station)

Station 6. 2 targets

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 j. 2 targets (halfway between the last and the next station)  
Station 3. 2 targets  
Station i 2 targets (halfway between the last and the next station)  
Station 2 2 targets  
Load the gun with only one shell at a time.

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STAGE IV.

Station 1. 3 single high targets  
Station 1. Doubles (twice)  
Station 13. 1 single low target  
Station 11. 1 single low target  
Station 9. 2 single low targets  
Station 8. 2 single low targets

Station 7. Doubles (twice)  
Station 14. 1 single high target  
Station 12. 1 single high target  
Station 10. 2 single high targets  
Station 8. 2 single high targets  
Load the gun with only one shell at a time for the single targets.

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STAGE V.

Station 1. 1 high target  
Station 1. Doubles  
Station 2. 1 single high target  
Station 2. Doubles (twice)  
Station 3. 1 single high target  
Station 3. Doubles (twice)

Station 7. Doubles  
Station 6. 1 single low target  
Station 6. Doubles (twice)  
Station 5. 1 single low target  
Station 5. Doubles (twice)  
Load the gun with only one shell at a time for the single targets.

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STAGE VI.

Station 1. 1 single high target

Station 1. Doubles (twice)  
Station 2. Doubles (twice)  
Station 3. Doubles (twice)

Station 7. Doubles (twice)  
Station 6. Doubles (twice)  
Station 5. Doubles (twice)

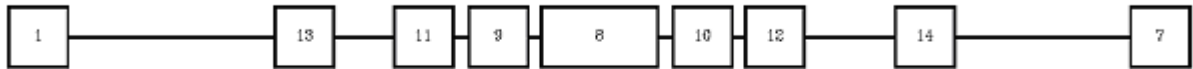
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STAGE VII.

Station 1. 1 single high target  
Station 1. Doubles  
Station 2. Doubles (twice)  
Station 3. Doubles (three times)

Station 7. Doubles  
Station 6. Doubles (twice)  
Station 5. Doubles (three times)

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