

Training Sessions

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. The stages are designed to start at easier targets and progress to shots requiring quicker movements or sharper angles. 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!

The following suggested training plan is divided into an everyday plan plus six on the field daily plans.

Everyday Training: Gun mounts, gun mounts, and more gun mounts. To be a great skeet shooter you must have a smooth, repeatable, and quick gun mount. Next, spend time each day visualizing your shooting with perfect results. Read books and articles which improve your mental performance and positive outlook. Identify the obstacles that hold you back from growth and then let go of them.

Training Days: There are six training days listed. Each is designed around a different set of targets and conditions. Limit your practice to between 100 – 150 shells per day. On your first day of training start with the Day One exercises. Continue through each daily training exercise as you meet the goals listed. It is important to strive to hit 25 targets at each exercise. Do not go on until the minimum score is reached. This means that if you don't meet or exceed the goal set for that exercise, don't go on to the next exercise. Repeat that exercise until the goal is met, or you reach your maximum amount of shells. It is expected that on numerous occasions you will not complete all the exercises on any given day. On your next trip to the range go to the next daily training plan. This means that each time you go to the range you will be training with a new set of exercises. This allows you to have variety in your training and reduce boredom.

Keep a diary of your training performances. In it, keep a record of your personal bests for each of the daily exercises. Also keep a record of first round scores and the targets that you did not hit. If you send me your last 10 rounds I'll analyze them and suggest further training exercise for you.

Regards,

BJ McDaniel
Assistant Shotgun Coach
USA Shooting

Everyday Training

1. 25 Gun Mounts simulating either High 1 and/or Low 7.
25 Gun Mounts simulating High 4.
25 Gun Mounts simulating Low 4.
2. Visualize a perfect round of Skeet at least 6 times during the day. Make it as vivid as possible and include stepping on to the station, loading the gun, calling for the target, mounting the gun, and seeing the target break and your follow-through. Shoot 25 straight every time.
3. Read *one* chapter for Timothy Gallway's book, *The Inner Game of Golf* or *The Inner Game of Tennis*. Pick the one you can understand the best. Apply his comments to your shooting game. When you complete the book, start over again until you have read it four times. Each time you read it, new things will begin to make sense. If you would like to read other mental sports books, please do so. If you drop me a note I will send you several suggestions.
4. Make a list of the things that bothered you or your performance during the day. Include everything holding you back from performing to the best of your abilities, and things that made you unhappy during the day. Then, ***Burn the List!***

Training Day One

Exercise 1. Shoot a normal round of Skeet for score. Record the targets that you don't hit in your diary.

Exercise 2. Shoot Stage One. Use tight choke in gun, (Mod, Imp Mod, Full). Continue to shoot this stage until a score of 24/25 or better is achieved. Do not go on until minimum score is reached. Load only one shell at a time. Practice checklist.

Stage 1

Station 1	Low House	4 Singles
Station 1 1/2	"	3 Singles
Station 2	"	"
Station 2 1/2	"	"
Station 7	High House	"
Station 6 1/2	"	"
Station 6	"	"
Station 5 1/2	"	"

Exercise 3. Shoot Stage Three. Use normal choke in gun. Continue to shoot this stage until a score of 23/25 or better is achieved. Do not go on until minimum score is reached. Load only one shell at a time. Practice checklist.

Stage 3

Station 3	Low House	3 Singles
Station 3 1/2	"	2 Singles
Station 4	"	"
Station 4 1/2	"	"
Station 5	"	"
Station 5 1/2	"	"
Station 6	"	"
Station 5 1/2	High House	"
Station 5	"	"
Station 4 1/2	"	"
Station 4	"	"
Station 3 1/2	"	"
Station 3	"	"
Station 2 1/2	"	"
Station 2	"	"

Now, at your next training session, start with Training Day Two.

Training Day Two

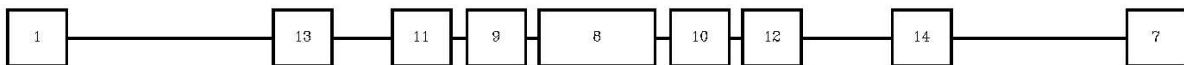
Exercise 1. Shoot a normal round of Skeet for score. Record the targets that you don't hit in your diary.

Exercise 2. Shoot Stage Two. Continue to shoot this stage until a score of 24/25 or better is achieved. Do not go on until minimum score is reached. Load only one shell at a time for singles. Practice checklist.

Stage 1

Station 1	3 Singles	and	1 Double
Station 13	Low House	2 Singles	
Station 11	"	"	
Station 9	"	"	
Station 8	"	"	
Station 14	High House	"	
Station 12	"	"	
Station 10	"	"	
Station 8	"	"	
Station 7	2 Singles	and	1 Double

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

Exercise 3. Shoot Stage Three. Use normal choke in gun. Continue to shoot this stage until a score of 23/25 or better is archived. Do not go on until minimum score is reached. Load only one shell at a time. Practice checklist.

Exercise 4. Shoot a normal round of Skeet for score. Record the targets that you don't hit in your diary.

Now, at your next training session, start with Training Day Three.

Training Day Three

Exercise 1. Shoot a normal round of Skeet for score. Record the targets that you don't hit in your diary.

Exercise 2. Shoot Stage Three. Use normal choke in gun. Continue to shoot this stage until a score of 23/25 or better is achieved. Do not go on until minimum score is reached. Load only one shell at a time. Practice checklist.

Exercise 3. Shoot Stage Four. Continue to shoot this stage until a score of 23/25 or better is achieved. Do not go on until minimum score is reached. Load only one shell at a time for singles. Practice checklist.

Stage 4

Station 3	1 Double
Station 3 1/2	"
Station 4	"
Station 4 1/2	"
Station 5	2 Doubles
Station 4 1/2	"
Station 4	"
Station 3 1/2	"
Station 3	"
Station 4	1 Single High and 2 Double

Exercise 4. Review your diary for your last ten rounds of record. Choose a single target or first target of doubles that was not hit as often as the others. Go to that station and shoot that target until you hit it 10 times in a row. Don't stop shooting until you reach the goal of 10 in a row.

Now, at your next training session, start with Training Day Four.

Training Day Four

Exercise 1. Shoot a normal round of Skeet for score. Record the targets that you don't hit in your diary.

Exercise 2. Shoot Stage O1. Use normal choke in gun. Continue to shoot this stage until a score of 24/25 or better is achieved. Do not go on until minimum score is reached. Load only one shell at a time for singles. Practice checklist.

Stage O1 - "Baseline"

Station 1	Normal station
Station 8	"
Station 7	"
Station 8	"
Station 1	"
Station 8	"
Station 7	"
Station 8	"
Station 1	"
Station 8	"
Station 7	"

Exercise 3. Shoot Stage O 2. Continue to shoot this stage until a score of 24/25 or better is achieved. Do not go on until minimum score is reached. Load only one shell at a time for singles. Practice checklist.

Stage O2 - "Corners".

Station 2	Normal Station
Station 6	"

Then repeat the same three times;

Finally,

Station 6	Single Low House
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Now, at your next training session, start with Training Day Five.

Training Day Five

Exercise 1. Shoot a normal round of Skeet for score. Record the targets that you don't hit in your diary.

Exercise 2. Shoot Stage O3. Use normal choke in gun. Continue to shoot this stage until a score of 23/25 or better is achieved. Do not go on until minimum score is reached. Load only two shells at a time. Shoot the High House, then the Low House. Practice checklist.

Stage O3 - "Singles"

Station 3	2 High and 2 Low Singles
Station 4	"
Station 5	"
Station 3	"
Station 4	"
Station 5	"
Station 4	Single High House

Exercise 3. Shoot Stage O 4. Continue to shoot this stage until a score of 23/25 or better is achieved. Do not go on until minimum score is reached. Practice checklist.

Stage O4 - "Doubles".

Station 3	2 Doubles
Station 4	"
Station 5	"
Station 3	"
Station 4	"
Station 5	"
Station 4	Single High House

Now, at your next training session, start with Training Day Six.

Training Day Six

- Exercise 1. Shoot for Record. This is test day! First choose a match of 75, 100, or 125 targets. This is best done 2-3 days in advance. Next, begin the first round without any shooting warm-up or practice. Record the targets that you don't hit in your diary. Wait at least 45 minutes between rounds but an hour is better. Continue on with the rest of the rounds recording the targets that you don't hit in your diary.
- Exercise 2. Review your diary for this match. Choose a single target or first target of doubles that was not hit as often as the others. Go to that station and shoot that target until you hit it 10 times in a row. Don't stop shooting until you reach the goal of 10 in a row.

Now, at your next training session, start with Training Day One.