

Training Sessions

Dear Trap 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 "themes" of training. The themes are designed to set the tone for practicing all the fundamentals including the mental ones. By having a theme for each training session you will be able to develop the skills needed to improve your scores.

REMEMBER, 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 trap 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 theme for breaking the targets. Limit your shooting sessions to 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. 75 Gun Mounts to include moving your eyes into a soft focus prior to calling for the target.
2. Visualize a perfect round of Trap 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 trap for score. Record the targets that you don't hit in your diary. List them as left, right, or straightaways and also high, low, or medium heights. Keep track of the number of first and second barrels.

Exercise 2. *Today's theme is to practice VISUAL IMAGERY.* Choose to shoot 75 – 100 targets. When it becomes your turn to shoot, take extra time to visualize breaking a perfect left, then right, and finally a straightaway target. After seeing each of these targets break, mount your gun, set your eyes and call for the target.

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

Training Day Two

Exercise 1. Shoot a normal round of trap for score. Record the targets that you don't hit in your diary. List them as left, right, or straightaways and also high, low, or medium heights. Keep track of the number of first and second barrels.

Exercise 2. *Today's theme is to practice SECOND BARRELS.* Shoot 3 – 4 rounds of trap keeping score of the total targets broken, the number of second barrels needed to break the target, and the number of chips broken with the second barrel. Your score for 50 targets should look something like this;

Targets Broken	45
2 nd Barrel breaks	10
Chips Broken	18

Keep track of your personal bests for this exercise and review them prior to shooting this day's exercise.

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

Training Day Three

- Exercise 1. Shoot a normal round of trap for score. Record the targets that you don't hit in your diary. List them as left, right, or straight-aways and also high, low, or medium heights. Keep track of the number of first and second barrels.
- Exercise 2. *Today's theme is to practice FIRST BARRELS.* This exercise is shot with only one shell loaded into the gun. Shoot 3 – 4 rounds of trap keeping score of the total targets broken. Keep track of your personal bests for this exercise and review them prior to shooting this day's exercise.
- Exercise 3. Review the missed targets that occurred during today's Exercise 2. Select the worst target presentation, (most missed) and shoot and break 10 targets in a row.

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

Training Day Four

- Exercise 1. Shoot a normal round of trap for score. Record the targets that you don't hit in your diary. List them as left, right, or straight-aways and also high, low, or medium heights. Keep track of the number of first and second barrels.
- Exercise 2. *Today's theme is to practice LONG RUNS.* Shoot four rounds of trap keeping count of your long runs of hit targets. Each time you miss, start the count over. Keep track of how many startovers you have along with the length of the runs. Keep track of your personal bests for this exercise and review them prior to shooting this day's exercise. Try to have fewer startovers. Try to make your short long runs longer.

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

Training Day Five

- Exercise 1. Shoot a normal round of trap for score. Record the targets that you don't hit in your diary. List them as left, right, or straight-aways and also high, low, or medium heights. Keep track of the number of first and second barrels.
- Exercise 2. *Today's theme is MINI TOURNAMENTS.* Choose to shoot 75 – 100 targets. The tournament starts on station one and continues for five shots finishing on station 5. Keep track of the number of times you hit all five targets. This is a tournament win! Out of the 20 mini tournaments in a 100 targets, how many can you win? Keep track of your personal bests for this exercise and review them prior to shooting this day's exercise.

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. List them as left, right, or straight-aways and also high, low, or medium heights. Keep track of the number of first and second barrels. 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 target or group of targets, (lefts, rights or straight-aways), that were 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.