



SKEET AND TRAP SHOOTING "CHECKLIST"

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Fredericton Trap and Skeet Club
Novice Program

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FOREWORD



George Lindsay

The Fredericton Trap and Skeet Club's Novice Program, like many of the other great things for which our club has gained renown, was the inspiration of George Lindsay. George was a dedicated clay target shooter who devoted great care, attention and affection to teaching and encouraging the next generation of shooters at our club and elsewhere.

All of us suffered a tremendous loss when George passed away on February 1, 2010. We strive to continue his work!

Bev Bacon
March, 2010

SKEET AND TRAP SHOOTING “CHECKLIST”

When it comes to clay target shooting, it's important to talk about positioning your mind, as well as your body, in order to properly address the targets you intend to shoot and break. Below is a checklist of mental and physical positioning points designed to help your shoot preparation program. They are based on the approaches we have developed over many years of practice, as well as learnings gained from prominent shooters in the game.

This “checklist” represents a basic approach to mental and physical preparation as you wait for your turn to step on the pad to shoot. Such a list of guideposts is also what most good shooters mentally scroll through each time they shoot. While this checklist may require some minor modification to suit your individual body or mind, try not to stray too far from the basics – that often leads to bad habits which are very difficult to overcome.

SHOTGUN ERGONOMICS

First, let's look at a few fundamentals of how to hold a shotgun and what you need to consider when aligning your eye, your gun and the moving target.

Fitting You to the Gun

Your instructors will show you how to fit your gun so that it is resting comfortably in the shoulder pocket created when you lift your elbow to a near parallel position with the ground and place your hand around the grip. Proper fit must provide for your head firmly on the stock so that you are looking down the top of the barrel with the rear and front portions of the barrel both visible and appearing to be in a straight line. Your other elbow should also be more or less parallel with the ground and your hand should be gently gripping the forestock to balance the gun comfortably. Additional instructions on fitting are given in the sections on “Skeet” and “Trap” below.

Alignment

One of the first things you will notice when examining a shotgun is that there is no rear sight. “Why?” you ask. The answer is that your eye is the rear sight! That being so, it is then important that your eye be properly aligned on the gun to ensure that when you pull the trigger, the string of shot leaving the barrel arrives at the intended spot to intersect the target at which you have shot. Further, once properly aligned, you must also ensure that your eye does not move out of alignment. What we are really saying is that the gun must be properly fitted to your shoulder pocket and remain there no matter where your arms and torso move to execute the shot.

Try This: Use the forefinger of your left hand (right-handed shooters) and point to some spot on a wall in the distance. Now lift your head up a bit. Then bring your finger up to once again point at the chosen spot. Now bring your head back down to the level you originally started from. Now where is your finger pointing? That's correct you are now pointing above the spot on the wall. So let's translate this into what happens if you performed this exercise with a shotgun.

Now you have the gun aligned with the flight path of the target and you lift your head from the stock to “peek” at the target and then subconsciously bring the barrel up to be “apparently” in the flight path when

you pull the trigger. Guess what - you missed! Why? Because you shot over top of the target. This may sound like an improbable situation. However, it probably accounts for a large percentage of misses.

Similarly if you pull your head to the left or right of the stock, you will also miss. So proper, consistent alignment is imperative to successful shooting. And thus we say “Head on stock – eye on target”.

Hand-Eye Coordination

Most of us benefit from having subconscious hand-eye coordination – or more properly, eye, brain, nerve, muscle coordination.

Try This: Shine a flashlight on a chosen spot on the wall. Amazing! You look at the spot; tell yourself this is where I want to shine the light; point the flashlight; turn it on and lo and behold it is illuminating the chosen spot. “So what’s this got to do with shotgun shooting?” you ask. The answer is that it has everything to do with shotgun shooting. You were asked to do the exercise to convince you that you can trust your hand-eye coordination to ensure that when you are focusing your attention on the target and you have the gun properly fitted, you don’t have to worry about looking at the end of the gun as you swing it to ensure that you continue to be in alignment with the flight path of the target. In fact if you do look at the end of the gun when you should be looking at the target, you will be demonstrating one of the other reasons targets are missed. Remember, you didn’t need look at the end of the flashlight to ensure that it was going to point to the selected spot on the wall!

Eye Dominance

Most people who start out shooting shotguns probably do so with one eye closed. However, over time most experienced shooters learn to shoot with both eyes open. “Why?” you ask. The answer is that with only one eye you lack stereo vision which means you have little in the way of depth perception, and so that you see the target in two rather than three dimensions. In reality this means that it is much more difficult to determine if a target is moving away from you or not. We don’t expect to train you to shoot with both eyes open; that is something you can work on over the next few years. However, we do need to know which of your eyes is dominant (most everyone we’ve ever met has one eye that is dominant).

Try This: Arrange your thumb and forefinger in a circle and place the circle “over” some spot on the wall. Now close each eye in turn and determine which eye actually is looking through the circle at the selected spot. That then, is your dominant eye. Hopefully, for most right-handed shooters, their right eye is dominant. If your left eye is dominant and you are a right-handed shooter and wish to shoot with both eyes open – you have a problem. This can be overcome with placing a piece of transparent tape over the left lens of your shooting glasses. The resulting distorted image tends to force the right eye then to assume temporary dominance.

We will work with you in class to determine if you have any eye dominance problems.

SKEET

The Mental Game

1. Positive Approach: Tell yourself you are going to break targets. Proper mental attitude is critically important – if you are ambivalent, or say to yourself “I’m probably going to miss targets” - Guess what? You most certainly will miss targets!
2. If you miss a target – forget about it; it’s gone! Ruminating over missed targets only leads to more missed targets!
3. One target at a time and in its time – deal only with the station on which you are standing. Don’t be thinking about stations to come that have been giving you trouble. Deal with them only when you are standing on them.
4. Stay focused! Breathe from your belly region – this promotes relaxation of the mind (as well as the body). Also, be aware that shallow breathing from the chest area promotes adrenalin release which tightens muscles and inhibits smooth swings and clear minds.
5. Unload or park all other thoughts, emotions, fears, fantasies etc. so they don’t come into view while you are in “shooting mode”. They won’t help you – only work against you. Tell yourself you will deal with them some other time, if need be.
6. **Be** in the moment! And the moment is about being safe, having fun and breaking targets; and that requires all of your powers of concentration.

The Physical Game

1. Bellybutton: For skeet, point at the low house window on stations 1, 2, 3, 4, 5, and 6. On station 7, the bellybutton points just outside the high house. On station 8 the bellybutton points to the distance markers (about 30° out from the house) so you can easily swing upwards to cover and shoot the rising bird without losing your balance.
2. Feet: Heels about 6” apart; toes about 12” apart comfortably planted to support your weight and permit smooth swinging and balance. For right-handed shooters about 60% of your weight should be on the left foot; for left-handed shooters, 60% of your weight should be on your right foot.
3. Knees: For right-handed shooters your left knee slightly bent to permit a smooth and easy swinging balanced posture. For left-handed shooters the right knee slightly bent.
4. Hips and Torso: Need to be loose and mobile. This is where the swinging motion is generated so your hips and torso need to be ready to spring into their swing when called upon. Let your hips and torso do the work of moving your shoulders, arms, and the gun you are holding in the desired direction. Don’t push or pull your gun by the forearm – this will lead to dislodging it from the proper position on your shoulder and against your cheek. Besides, your hip and torso muscles are much stronger and can do the work more easily.
5. Arms: For right-handed shooters your right arm is raised to a position almost parallel with the ground, and comfortably bent at the elbow creating a “pocket” at your shoulder into which will fit the butt of your gun. The left arm is also raised and bent at the elbow to lightly grip the forearm at a comfortable distance from the receiver that promotes easy and unrestricted swinging. Maintaining both arms in the raised position is important in keeping the gun from canting or otherwise moving out of the optimal shooting position. For left-handed shooters – reverse these positions.

6. Head: In the game! Bring the gun to your cheek and into the shoulder pocket firmly (but not in a death grip!) such that you are looking straight down the rib and are able to view the bead(s) in the proper position. Remember as we say: **“wood on wood!”** Your head must stay on the stock in the proper shooting position from start to finish. If your head comes off the stock during execution of the shot, your site picture changes and you will miss the target!
7. Eyes: Remember your eye is the rear “sight”! As such it must be properly aligned with the front sight from start to finish of executing the shot. **But**, once properly aligned, your eyes must then move onto their other critical function - **“see the target”**. Remember your system of eyes, brain, nerves, and muscles are “hard-wired” to operate in a coordinated fashion. So if all your body parts are properly positioned and aligned, and ready to execute the shot, it is now time to focus on seeing the target emerge from the house and move across to the “break point”. New shooters have a strong tendency to look back and forth between the target and the end of the gun trying to calculate leads. **Don’t do this.** Trust your hard-wired system to properly position the gun barrel appropriately in front of the bird. Once you have become accustomed to the leads required for each station to ensure the shot string is properly placed to intercept the target, you will spend less time focusing on the lead and more time “seeing” the target.

Putting the System in Motion

With the mind and body now properly positioned and integrated, and ready to “smoke” targets, it’s time to “put it all together”. In general, the plan is to shoot the targets as close to the centre stake as possible except for station 8 when you want to shoot them well before the stake.

1. Station 1 High House: Barrel aligned with centre stake and elevated at approximately 30°. Shoot the target as soon as it appears over the front sight. If the target is dropping quickly because of wind, come down through the target and shoot as you are going by. **Follow through and stay in the gun after pulling the trigger!**
2. Station 1 Low House: Barrel level with the bottom of the window approximately one third of the distance between the low house and the centre stake. Lead: 1.5ft. **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**
3. Station 2 High House: Barrel level with the bottom of the window; parallel with the face of the high house or out slightly more. Lead: 2.5ft. **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**
4. Station 2 Low House: Barrel level with the bottom of the low house window; positioned about 1/3 the distance out from the low house towards the centre stake. Lead: 2.5ft. **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**
5. Station 3 High House: Barrel level with the bottom of the high house window; positioned about 1/3 the distance out from the high house towards the centre stake. Lead 3.5ft. **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**
6. Station 3 Low House: Barrel level with the bottom of the low house window; positioned about 1/3 the distance out from the house towards the centre stake. Lead: 3.5ft. **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**
7. Station 4 High House: Barrel level with the bottom of the high house window; positioned about 1/3 the distance out from the house towards the centre stake. Lead: 4.5ft. **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**

8. Station 4 Low House: Barrel level with the bottom of the low house window; positioned about 1/3 the distance out from the house towards the centre stake. Lead: 4.5ft. **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**
9. Station 5 High House: Barrel level with the bottom of the high house window; positioned about 1/3 the distance out from the house towards the centre stake. Lead: 3.5ft. **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**
10. Station 5 Low House: Barrel level with the bottom of the low house window; positioned about 1/3 the distance out from the house towards the centre stake. Lead: 3.5ft. **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**
11. Station 6 High House: Barrel level with the bottom of the high house window; positioned about 1/3 the distance out from the house towards the centre stake. Lead: 2.5ft. **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**
12. Station 6 Low House: Barrel level with the top of the low house window; parallel with the face of the house or out slightly more. Lead: 2.5ft. **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**
13. Station 7 High House: Barrel level with the bottom of the high house window out slightly from the side of the house so you can see the target emerge. Lead 1.5ft. **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**
14. Station 7 Low House: Barrel aligned with the centre stake, elevated slightly to come up through the rising bird. **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**
15. Station 8 High House: Barrel level with the bottom of the high house window; out slightly from the side of the house so you can see the target emerge. Grip the fore-end closer to the receiver than normal to permit a rapid and smooth elevating swing. Cover the target with the barrel and pull the trigger. Resist the temptation to lift your head to “peek at the target”. Remember you must shoot the target before it reaches the centre stake. Do not swing past the stake! If the target gets by you - let it go! **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**
16. Station 8 Low House: Barrel level with the bottom of the window; out slightly from the side of the house so you can see the target emerge. Grip the fore-end closer to the receiver than normal to permit a rapid and smooth elevating swing. Cover the target with the barrel and pull the trigger. Resist the temptation to lift your head to “peek at the target”. Remember you must shoot the target before it reaches the centre stake. Do not swing past the stake! If the target gets by you - let it go! **Smooth swing; stay in the flight path; keep the gun moving; follow through and stay in the gun!**

TRAP

The Mental Game

Not surprisingly the mental preparation for skeet, trap and sporting clays is essentially the same for all three disciplines. The major difference is to recognize that the targets are presented differently amongst the three disciplines which means your mental and physical games will be integrated differently for each. It's all about positioning your mind to properly do its part when integrated with the body in order to break targets.

1. Positive Approach: Tell yourself you are going to break targets. Proper mental attitude is critically important – if you are ambivalent or say to yourself “I’m probably going to miss targets” - Guess what? You most certainly will miss targets!
2. If you miss a target – forget about it; it’s gone! Ruminating over missed targets only leads to more missed targets!
3. One target at a time and in its time – deal only with the station on which you are standing. Don’t be thinking about stations to come that have been giving you trouble. Deal with them only when you are standing on them.
4. Stay focused! Breathe from your belly region – this promotes relaxation of the mind (as well as the body). Also, be aware that shallow breathing from the chest area promotes adrenalin release which tightens muscles and inhibits smooth swings and clear minds.
5. Unload or park all other thoughts, emotions, fears, fantasies etc. so they don’t come into view while you are in “shooting mode”. They won’t help you – only work against you. Tell yourself you will deal with them some other time, if need be.
6. **Be** in the moment! And the moment is about being safe, having fun and breaking targets; and that requires all of your powers of concentration.

The Physical Game

Not surprisingly, there are many common attributes between skeet and trap in terms of positioning your body parts and holding your gun. After all, both disciplines deal with a comfortable and efficient shooting stance. As such, other than positioning the body on the shooting station which is specific to trap because of the layout of the field and the approach you must take to properly execute shots, positioning the other parts of your body is common amongst skeet, trap, and sporting clays, with only minor adjustments as noted below.

1. Body: For right-handed shooters, on each of the five stations (sometimes called “posts” or “pegs”) align your body such that your left shoulder points more or less in the direction that a hard left target would travel and your bellybutton should then be pointing more or less in the direction that a hard right target would travel. In doing so, you will notice that as you move from station 1 across to 5, your feet will gradually be turning in small increments in a clockwise direction. (More about feet below.) With your body in this position you should be able to comfortably swing the gun to cover the whole area of the field from hard left to hard right targets. For left-handed shooters your right shoulder should be more or less be aligned with the path of a hard right target and your bellybutton with a hard left target. Remember the leads are not as great as in skeet but you must still be able to swing comfortably and effortlessly in whatever direction the path of the target dictates.

2. Feet: Heels about 6” apart; toes about 12” apart comfortably planted to support your weight and permit smooth swinging and balance. For right-handed shooters about 60% of your weight should be on the left foot; for left-handed shooters, 60% of your weight on your right foot. As indicated above, your foot position will rotate slightly as you move from station 1 to station 5.
3. Knees: For right-handed shooters your left knee slightly bent to permit a smooth, easy swing with a well-balanced posture. For left-handed shooters the right knee slightly bent.
4. Hips and Torso: Need to be loose and mobile. This is where the swinging motion is generated so your hips and torso need to be ready to spring into their swing when called upon. Let your hips and torso do the work of moving your shoulders, arms and the gun you are holding in the desired direction. Don’t push or pull your gun by the forearm – this will lead to dislodging it from the proper position on your shoulder and against your cheek. Besides, your hip and torso muscles are much stronger and can do the work more easily. Since the direction and velocity of the swing required to properly execute the shot is unknown until the trap target appears, you need to be prepared to swing effortlessly in either direction.
5. Arms: For right-handed shooters your right arm is raised to a position almost parallel with the ground, and comfortably bent at the elbow creating a “pocket” at your shoulder into which will fit the butt of your gun. The left arm is also raised and bent at the elbow to lightly grip the forearm at a comfortable distance from the receiver that promotes easy and unrestricted swinging. Maintaining both arms in the raised position is important in keeping the gun from canting or otherwise moving out of the optimal shooting position. For left-handed shooters – reverse these positions.
6. Head: In the game! Bring the gun to your cheek and into the shoulder pocket firmly (but not in a death grip!) such that you are looking straight down the rib and are able to view the bead(s) in the proper position. Remember as we say: **“wood on wood!”** Your head must stay on the stock in the proper shooting position from start to finish. If your head comes off the stock during execution of the shot you will miss the target! Recall that trap guns generally have a “built-in” vertical lead which usually means that the front sight will appear above or “stacked” on top of the mid sight. As a result, in general, there will be more of the rib visible on a trap gun than would be the case for skeet or other types of shotguns. Again remember these are general principles and may not apply in all cases. The best way to determine if the gun “fits” properly is to shoot it.
7. Eyes: Remember your eye is the rear “sight”! As such it must be properly aligned with the front sight from start to finish of executing the shot. **But** once aligned properly, your eyes must then move onto their other critical function - **“see the target”**. Remember your system of eyes, brain, nerves and muscles are “hard-wired” to operate in a coordinated fashion. So if all your body parts are properly positioned and aligned, and ready to execute the shot, it is now time to focus on seeing the target move to the “break point”. New shooters have a strong tendency to look back and forth between the target and the end of the gun trying to calculate leads. **Don’t do this.** Trust your hard-wired system to properly position the gun appropriately in front of the bird. Once you have become accustomed to the small leads required in trap-shooting to ensure the shot string is properly placed to intercept the target, you will spend less time focusing on the lead and more time “seeing” the target. Although we spoke of seeing the target emerge from the house in skeet; in trap we don’t do this. Rather, we focus our attention on some object mid-way out in the field and let the target come into our vision. Doing so ensures that when the target comes into view you are already focused on the area of the break point. On the other hand, if you watch the target emerge from the house, you then have to refocus your attention out some distance to the area of

the break point. This is inefficient and can lead to lost targets, especially if your vision happens to become momentarily (or otherwise) fixed on the end of our gun as your gaze heads in the outward direction – a fatal error!

Putting the System in Motion

With the mind and body now properly positioned and integrated, and ready to “smoke” targets, it’s time to “put it all together”.

1. In general, the plan is to shoot the targets while they are still on the rising portion of their trajectory. Waiting until targets crest and begin to drop is a much more challenging shot, usually also fraught with greater difficulty because of the longer distance and the possibilities for interference from even the slightest breeze.
2. Relative to the front edge of the house, your barrel should be about 12”-18” above the house. This is rather subjective and is one aspect with which individual shooters experiment to find the right elevation above the house that works for them.
3. In general, if the wind seems to be elevating the targets, you may want to hold your gun somewhat higher than normal. Similarly, if the wind is driving the targets downwards, you may wish to hold somewhat lower than normal.
4. For targets being driven downwards by the wind, additional attention needs to be paid to ensure that you don’t shoot over them since they are not on a normal, rising trajectory.
5. While the leads in trap are not generally great, it is critical that you keep the gun moving (see “stopping the gun” below). If the target is moving to the left you need to shoot on the left side of the target. If the target is moving to the right, you need to shoot on the right side of the target.
6. You need to “see” the target quickly to determine if it is moving to the left, right or straight away. Small deviations from the straight away are often difficult to detect, but they become much exaggerated over the flight path of the target which means if you are not properly positioned, it will be a lost target.
7. If you are properly fitted to your gun, at the instant you pull the trigger, the target should be just above the front sight, either to the right, left or directly above it depending on the target trajectory. You may hear people say that you need to shoot at some considerable distance below the target. In such cases, this usually means that the gun is not properly fitted to the shooter. It is also much more difficult to judge some considerable distance between bead and target on a consistent basis and usually leads to a greater number of lost targets. Therefore, if you and your gun are truly compatible, the bead should be in close proximity to the target when you pull the trigger. And yes, follow-through here is just as important as in skeet.
8. Probably the most frequent reason for lost targets, assuming proper gun fit etc. is the shooter shooting over top of the target because of lifting the head to peek at the target in flight. Remember our classroom demonstration when we asked you to pick a spot on the wall, point to it, lift your head, then realign your finger with the new “apparent” spot, then put your head back down to the starting position – you found that you were now actually pointing above the spot. This is exactly what happens when you lift your head when executing a shot – you shoot over top of the target!

Here are some tips for shooting targets from each of the five stations, assuming that your mental game is activated and that you have the physical components of your game under control.

1. Station 1: Align the barrel such that it is pointing over top of the front left corner of the trap house at the proper elevation that works for you and takes into account any prevailing winds. If it is a windy day you may wish to align the barrel so it is just off to the left of the front left corner to give you an additional fraction of a second if you are presented with a hard left target. **Smooth lateral and vertical swing - left, right or straight away as dictated by target direction; stay relative to the target's flight path; keep the gun moving; follow through and stay in the gun!**
2. Station 2: Align the barrel such that it is pointing over the back left corner of the house at the proper elevation that works for you and takes into account any prevailing winds. **Smooth lateral and vertical swing - left, right or straight away as dictated by target direction; stay relative to the target's flight path; keep the gun moving; follow through and stay in the gun!**
3. Station 3: Align the barrel such that it is either slightly left or right of the centre of the house at the proper elevation that works for you and takes into account any prevailing winds. Aligning the barrel off-centre prevents the barrel from hiding a target that could otherwise emerge as a straight away directly from under the barrel and thus delay sighting of the target for an important fraction of a second. **Smooth lateral and vertical swing - left, right or straight away as dictated by target direction; stay relative to the target's flight path; keep the gun moving; follow through and stay in the gun!**
4. Station 4: Align the barrel such that it is pointing over the back right corner of the house at the proper elevation that works for you and takes into account any prevailing winds. **Smooth lateral and vertical swing - left, right or straight away as dictated by target direction; stay relative to the target's flight path; keep the gun moving; follow through and stay in the gun!**
5. Station 5: Align the barrel such that it is pointing over top of the front right corner of the trap house at the proper elevation that works for you and takes into account any prevailing winds. If it is a windy day you may wish to align the barrel so it is just off to the right of the front right corner to give you an additional fraction of a second if you are presented with a hard right target. **Smooth lateral and vertical swing - left, right or straight away as dictated by target direction; stay relative to the target's flight path; keep the gun moving; follow through and stay in the gun!**

OTHER CONSIDERATIONS

Below are a few other factors that can lead to missed targets and some suggestions for corrective actions. |

1. The gun does not “fit” you. This means that your head and eyes are not properly aligned to let you properly “see” the targets. This is why you see many competition guns with adjustable stock components – movable combs (up, down, in, out), adjustable triggers, adjustable butt plates – all designed to ensure the body is properly aligned with the gun to properly see the target. As you become more interested in achieving higher scores it will be more important for you to ensure that your gun fits properly. There are add-on devices available to simulate adjustable combs and butt plates. Any of our club members would be willing to talk with you about these if you feel this is an option for you.

2. Stopping the gun during the swing. There is a tendency, especially for new shooters, to stop the gun as soon as they pull the trigger. This means the gun is now stationary while the target is still in motion and the shot string does not intercept. This is why we emphasize **follow through and stay in the gun!** Stopping the gun is also a bad habit that occasionally plagues even experienced shooters. One method of overcoming the habit is to do some “in-basement” dry fire (empty gun or with snap caps or spent shell) training. Pick a location in your basement that affords you adequate space to swing the gun. Pick out a spot on the wall that represents the spot at which you would normally choose to pull the trigger if you were shooting a moving clay target. Then practice swinging by this spot and pulling the trigger as you go by, **following through and staying in the gun.** Do this swinging the gun left and right. Do it over and over and over until you are comfortable that you can go back out on the field and shoot without stopping the gun when you pull the trigger.
3. “Jumping” at targets. Means a swinging motion which is not smooth and easy. Most often associated with trap-shooting when you are not prepared for the trajectory that the target is taking. You jerk the gun to where you want it - usually meaning that it will not be properly aligned to intercept the target. Such uncoordinated swinging motion sometimes occurs in skeet shooting when mental and physical games are not in synchrony. Try following the instructions for overcoming stopping the gun as given above. In addition, concentrate on focusing your mental game to permit smooth swinging.
4. Starting to swing the gun before the target appears. What could have been a routine target now becomes a challenge because your normal site picture is changed and you are now mentally faced with trying to compensate for “leaving early”. This will likely lead to either stopping the gun at some point in the swing, or slowing the swing, or both, which will frequently lead to a missed target. Although this occurs more frequently in skeet and sporting clays, it does occur occasionally in trap-shooting. Practice waiting until you see the target emerge before initiating your swing.