

BACK TO BASICS Clay Shooting - Training Principles



PURPOSE OF THIS COURSE

- To encourage Shooters to the Sport by:
 - Explaining the basics of Clay Target Shooting Training
 - Providing details of the Equipment required
 - Explaining the basics of the various Disciplines



TO START WITH

- There is no single "correct" way of shooting Clays
 - Will provide principles
 - Will provide technical background

The Rest is up to you



KNOW THE RULES

- Know the rules specific to your Discipline
- Know the criteria for Provincial / National selection
 - To find these, look on: CTSASA Web site



ORGANISE YOUR EQUIPMENT

- Glasses
- Ear Muffs
- Shooting jacket
- Shotgun, bag etc



SET GOAL ACCORDING TO BUDGET

- Decide how much money you are prepared to allocate to the sport - however your priorities **will** alter with success!
- Write down how you are going to fund your sport



GOALS

- Goal must be realistic
 - Write down steps and time frame
 - Review the plan - are you on track?



PROGRESSION

- A shooter must build up a mental "Data base" of leads for speeds and angles
- "Data base" for a Standard Discipline is smaller than that required for Sporting - so "more" achievable with the same effort



PROGRESSION

- Probably best to start with a Standard Discipline - Trap / Skeet

Progress with Standard Discipline is:

- Easily measured (with scores) and
- Achievable with smaller budget than Sporting Discipline



HOW MANY CARTRIDGES WILL IT TAKE

A 20 plus average out of 25 for Skeet
In the order of 3 000 cartridges

To be an International Level Shooter
Probably about 30 000 cartridges



BUDGET - What Budget?



DECIDE ON A TIME SCALE

- Be realistic - will require minimum of 3 to 5 years to get to Provincial Level depending on level of coaching, finances and personal effort
- Plan the steps - not embarrassed to shoot at Club level, win at Club level, win at Provincial Level, win at National Level ...





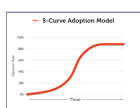
DECIDE ON A PLAN

- Practice on a structured basis to get technical details ingrained
- Work methodically Station by Station
- Then practice under Competition Conditions. Do not practice for 25 Clays at the Club, then expect to shoot those same averages over 100 Clays at a Competition



PRACTICE

- Practice must be a positive experience
- Ideally a learnt action should be reinforced within 6 hours
- A skill can be made "less effective" due to lack of use



PRACTICE

- Practice must be fun even though it is structured
- Beware of false expectations created by "beginners luck"
- Initial progress will be rapid. Thereafter progress will be slower
- Dedication will be required after the initial rapid progress



MENTAL PREPARATION - BOOKS

- *The Inner Game of Tennis*
by Tim Gallwey
- *With Winning in Mind*
by Lanny Bassham

Balance reading and doing
- get shooting once you have a plan



MENTAL PREPARATION

- "Outer game" - against Opponents
- "Inner game" - against self doubt and anxiety



How you play the Inner game will affect your Outer game



MENTAL ASPECTS

- The Conscious Mind generally deals with one thing at a time
- Sub-conscious Mind deals with many things at once - open fridge, catch apple that falls out, get beer, close door
- The Sub-conscious Mind requires muscle memory to function - this is obtained from repetition





MENTAL ASPECTS

- Use of Sub-conscious Mind - acquired through "correct" practice
- Need to get the Technical in order, then develop the Mental and Technical aspects together
- Focus on what you want to do rather than the "Process"



DECIDE ON A PLAN (Repeated)

- Practice on a structured basis
- Then practice under Competition Conditions.



MENTAL FOCUS

- Must achieve a state where you are totally involved in an activity
- Your whole being must be focussed on that activity - nothing is able to distract you
- Will cost you time and effort but to achieve that state will be a worthwhile experience



MENTAL FOCUS



MENTAL FOCUS

- For Clay Shooting you require periods of about 6 to 10 seconds of intense mental focus
- Then relax and keep negative thoughts out



MENTAL PREPARATION

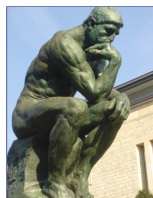
You want to hit every Clay you shoot at

- You can **ONLY** do something about the Clay you are about to shoot
- Do not keep score in your head as you shoot
- Beware of becoming "comfortable" with a score



MENTAL FOCUS

- Improvement of mental focus will help you outside of your sport

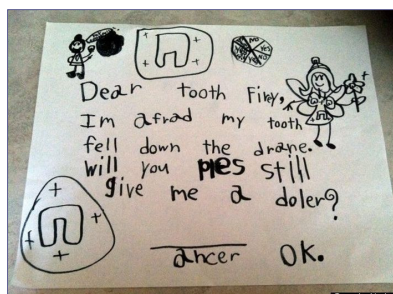


MENTAL VISUALISATION

- See the proper shot in your imagination
- Practice in your mind - can be done anytime
- Use this to reinforce your practice



VISUALISATION MUST BE POSITIVE



TRAINING AT THE RANGE

- Plan your practice in advance
- Small steps at a time
- Select like minded people



TRAINING AT THE RANGE

- Every shot fired must be as a "Competition" shot
- Keep notes of scores and training sessions



TRAINING AWAY FROM THE RANGE

- Dry firing- must use snap caps - avoid damage to firing pins
- Practice "mount and move" at home - mount and follow ceiling line
- Must practice in what you wear to shoot
- Mental visualisation



SUMMARY

- Obtain full confidence in the things you have control of – such as shotgun, ammunition, shooting gear, development of your skill
- Do not worry about the rest – weather, others opinions of you, scores



PHYSICAL FITNESS

- Required for endurance – important as one gets older
- Eyesight needs exercise as well
- Proper eating and hydration



Excellence is won by training and habituation

Aristotle

Thanks to

- **Alick Rennie:** Olympic Slalom Canoeist, Engineer, Flying instructor and friend
- **Phillip de Lange:** Multiple World Hand Gun Silhouette Champion, Technical Manager of Cape Town Airport
- **Pannetjie Rousseau:** Multiple World Rifle Silhouette Champion, Electrical Engineer
- **Eddy van den Berg:** For thirty something years of advice, shooting support and friendship