

BACK TO BASICS

Clay Shooting - Introduction to Skeet and Trap



ADMINISTRATION

- Will need to join KZNCTSA / KZN Hunters to shoot at a Registered Club
- For Dedicated Status will need to join CTSASA and shoot in Competitions or Club Competitions

KNOW THE RULES OF YOUR SPORT

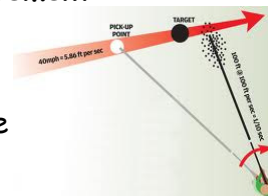
- Know the rules specific to your Discipline

Look on CTSASA Web site



THE ESSENCE OF SHOTGUN SHOOTING

- **Anticipation.**
Throw the "stone ahead of the rabbit"
- **Flexibility and Movement**
Do not stop the swing
- Rhythm and balance



METHODS OF LEADING

- Pull from behind
- Follow and pull ahead
- Sustained lead

Again mostly a personal choice

HUMAN REACTION TIMES

- Elite athletes *response to stimulus* is in the order of 0.18 sec - a Physiological limit.
- This can be quicker if you know what is coming - eg staging lights in drag racing
- A crossing Clay at 90 kph (25m/sec) will travel 6m before you react
- So do not try to see the bird "too soon"

HOLD POINT

Need to decide:

- Where you will first see the Clay
- Where you will hold the gun
- Where you want to shoot it

Will vary from person to person

HOLD POINT

- Tip of barrel just below line of flight of Clay
- If it is above, it will "hide" the Clay
- Roll eyes back (or turn head) to where you will first see the Clay

FOOT POSITION

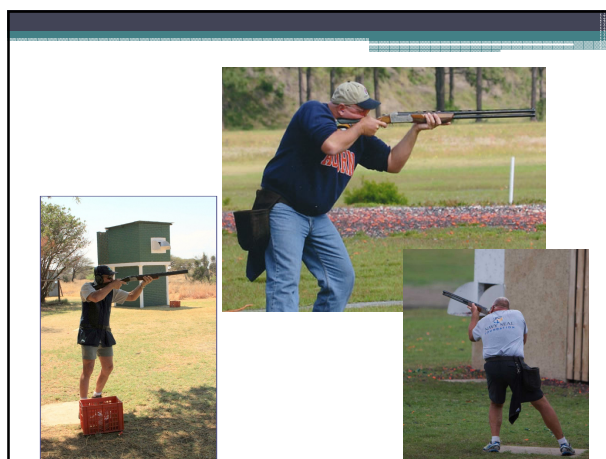
- Must be comfortable where you intend to shoot the Clay
- "Wind back" to the hold point
- Keep feet about shoulder width apart

LEGS AND HIPS

- Knees must not be locked - flexibility - the degree of bend depends on you
- Hips must be free to rotate
- Generally head and shoulders must rotate in an imaginary tube. Shoulders should not drop as the body rotates

PHYSIOLOGY

- Stance and feet position will depend on body type - large solid vs slim and flexible
- Follow principles and use what works for you



MENTAL FOCUS

- Have it clear in your mind what you will do before you get to the stand
- Ensure you have full mental focus BEFORE calling for the Clay
- Get eyes into "soft" focus and ready to go into "hard" focus on the Clay

WHAT IS IMPORTANT

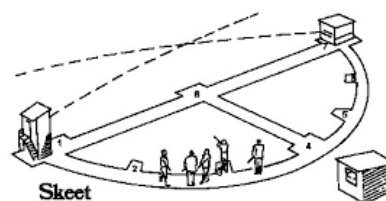
- Gun fit **Most important**
- Feet position
- Knees not locked- flexibility
- Rotate "in a vertical pipe"
- Mental focus

MANNERS

Be considerate of other shooters

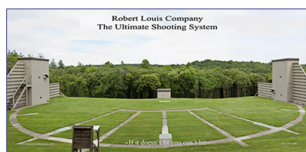
- Be organised before you get onto the stand - do not get there and adjust muffs, glasses, shuffle feet etc !
- Stay until the last shooter has shot
- Do not "act up" if you miss - such as flinging cases on the ground
- Put cases in the bins

SKEET



SKEET

- It supplies a good grounding in the basics
- Gives a variety of angles
- High House and Low House



SKEET

- **NSSA Skeet** - gun in any ready position and Clay comes out on your call. So you can mount gun in shoulder
- **Olympic Skeet** - Gun on hip, can be up to 3 seconds delay

OLYMPIC SKEET - Gun down



NSSA SKEET

- Some shooters say it is "boring" - they know where the Clay will go...
- Hence the need for the shooter to decide on the objectives of the shooting program
- Provides an achievable reward for effort
- Provides a good base for progression

NSSA SKEET

- Will assist you with smooth swing and follow through at all angles
- Will aid you with your gun mount if shot gun-down - good for progression to sporting
- If you want to be competitive in NSSA, it is advisable to shoot gun-up



NSSA SKEET

- Clays must always pass through a ring at the centre - fixed height
- Clays must always land a fixed distance from the machine that is throwing it

Use these facts in anticipating where the Clay will go

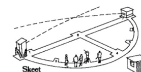
NSSA SKEET

- For Singles, always shoot the High House first
- For Doubles, shoot the Clay from the House closest to you first
- Knowledge of the rules will minimise unnecessary stress



NSSA SKEET: Shooting order

- Station 1: High / Low, Doubles
- Station 2: High / Low, Doubles
- Station 3: High / Low
- Station 4: High / Low
- Station 5: High / Low
- Station 6: High / Low, Doubles
- Station 7: High / Low, Doubles
- Station 8: High / Low



NSSA SKEET

- Normally 6 or less shooters per squad
- Each member of the squad shoots their targets at a particular stand, then the squad moves on
- Shoot a total of 25 Clays

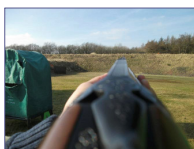
NSSA SKEET

- Repeat the first miss OR
- If you have shot them all, then your last shot is a repeat of Station 8 Low House
- Only 1 shot per Clay
- Know how your triggers selectors work



RIB SEEN

- Will generally see minimal Rib
- Gun must shoot where you look



LEAD

Will generally see:

- Minimal lead at Station 8
- 6 inch lead at Station 1, Low House
- 4 foot lead at Station 4

NSSA SKEET

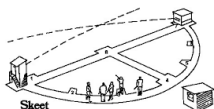
- Decide on the Hold Point
- Feet placed for comfort where you will break the Clay
- Place barrels at the Hold Point just below the line of flight
- Eyes back to where you will first see the Clay

MANNERS

- Load 2 cartridges in your shotgun for singles - you can load 1 per shot if you want
- Stay behind the Shooters - do not wander about on the range
- When at Station 8, all Shooters must shoot the High House first, then the Squad shoots Station 8 Low House

NSSA SKEET COMPETITION

- Tied winning scores are generally decided on Doubles
- Skeet Doubles - only Doubles shot



NSSA SKEET - INTERNATIONAL LEVEL

- Full tournaments is decided over 5 Events
- Must shoot 100 shots each with 12 gauge, 20 gauge, 28 gauge and 410 and doubles (usually with 12 gauge)

POINTS TO REMEMBER

- Get your gun fitted properly
- Keep your head on the stock
- Follow through

SUMMARY

- Singles from each station, High House first
- Doubles on the two stations at the end
- Repeat the first miss or last Station
- All shoot and move on

TRAP

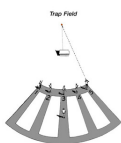


TRAP

- Will shoot it gun-up
- Will teach you to shoot going away Clays
- Will teach mental focus and gun swing

TYPES OF TRAP

- ATA Trap
 - Only 1 shot per Clay
 - Can operate off a handicap system
 - Competition is 100 Clays
- DTL Trap
 - Second shot counts but for less points
 - Shoot 100 Clays - max score 300



TRAP

- Clays are thrown at a fixed elevation
- Clays must always land a fixed distance from the machine that is throwing it
- Clays will be thrown somewhere in an arc in front of you

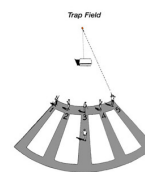
Use these facts in anticipating where the Clay will go

TRAP



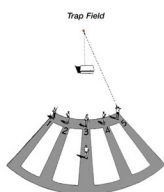
TRAP

- 5 Shooters per squad
- Start wherever you are squadded
- Each shooter fires at a Clay in turn



TRAP

- All move to next station after you have all shot 5 Clays
- Shoot a total of 25 Clays

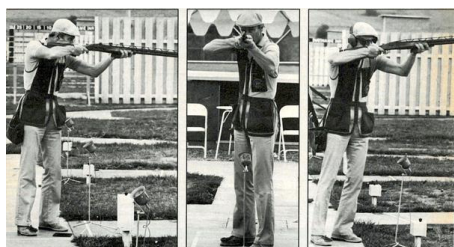


RELEASE

Can be manual or audio release

- Manual - Person must push a button
- Audio - Call picked up by a microphone

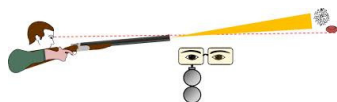
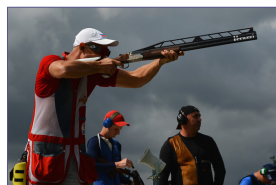
TYPICAL STANCE



RIB SEEN

- Ideally see "more" Rib
- This will facilitate shooting "above" the Clay - it is rising
- Otherwise you must shoot when it disappears from view

RIB SEEN



MANNERS

- Be considerate of other shooters
- Be ready to shoot when it is your turn
 - Can keep cartridges in gun on a Station
 - Do not move off your Station until the whole Squad is ready to move
 - Take cartridges out of your gun when moving Stations
 - Stay until the last Shooter has shot

OVERSEAS COMPETITIONS

- Well supported Sport in USA
- Sponsorship is available
- 100 straight will get you into the shoot offs...



USA Grand

- 5 000 shooters
- Two weeks

OLYMPIC TRAP

- Can be thrown from any one of 15 machines
- Six shooters per squad



OLYMPIC DOUBLE TRAP

- Two Clays thrown at same time
- Thrown from the same machine
- Up to 1 second delay

POINTS TO REMEMBER

- Get your gun fitted properly
- Keep your head on the stock
- Follow through



SUMMARY

- Start where the list says you must start
- Elevation is fixed - angle is variable
- All shoot 5 Clays and move on

Lets shoot some Clays



It will help with your hunting!

