

# Mason-Dixon Clay Busters

## Steps to Success - Sporting Clays

Shooting good scores comes from mental preparation and practice. Following the steps outlined below at each and every station WILL improve your shooting. The coaches will be using this as a training guide so please come to practices prepared to implement.

### A. When in the "On Deck" position....**Determine the Plan**

1. Where do I see the target the best? **Break Point (BP)** – Visualize the target breaking
2. What is the line of the target as it approaches the Break Point? **Hold Point (HP)**
3. Where do I first see the target? **Look Point (LP)**
4. Does low gun or pre-mount provide the best opportunity to see & break this presentation? (straight away, slightly quartering = premount)
5. Will my position in the shooting cage, (Look Point & Hold Point) support a smooth 20/21 move to the target?
6. Which part of the target will I focus on?
7. Which target first (simo)?
8. Where will I look for the second target?

### B. When in the shooting cage....**Execute the Plan**

1. Verbalize **BP>HP>LP**, practice swing execution **LP>HP>BP** – VISUALIZE the target breaking
2. Gun & I are READY to break the target. (comfortable stance directed toward **BP**, loaded; safety Off)
3. Relax & smoothly reverse the process, **BP>HP>LP**.
4. Last thought before calling pull: "see a part of each target" imagine this part of clay.
5. Pull !
6. Listen for and confirm score before exiting cage with open action gun.
7. Remain near the shooting cage to support your Squad Mates.

### C. When finished each station....**Review your Plan and Execution**

1. Mentally review what you did and how you performed at your last station.
2. How well do you feel you executed your plan?
3. Did you follow the **BP>HP>LP** that you had established?
4. What did you see when you pulled the trigger? Was it what you expected?
5. Make mental notes of the targets you broke well.
6. Make mental notes of any adjustments that you need to make when you see similar targets.
7. Do not dwell on the past...what's done is done. Remain positive!
8. Share and discuss your experiences with your Squad Mates.