

# BLACKWATER SKEET COACHING

## Wednesday 30 August 2023



Hosted by the Blackwater Clay Target Club

Register your interest to Blackwater CTC via email: [verenjim@bigpond.net.au](mailto:verenjim@bigpond.net.au)

**9am SHARP** for a short introduction

Your Coaches: Craig O'Neill and Laurie Sceresini

Price: **FREE** coaching - You pay for your targets and ammo.

The maximum number of shooters is 20 for the day. Register your name with the Blackwater CTC if you wish to attend. If you register and change your mind or can't attend for some reason, please advise the club so your spot can be taken by someone else.

### PRELIMINARY INFORMATION

The aim of this coaching day is to help shooters in whatever manner they choose, to revise and polish their skeet techniques as a prelude to the Queensland State Skeet Carnival. There is obviously not enough time to fundamentally change your entire game in a day. We can try, if you ask, but it is a tall order! More realistically, we can give you hints and suggestions to get the best out of what you currently do.

### WHAT YOU WILL NEED

Bring a skeet gun, 26 inch, 28 inch, 30 inch, 32 or more inch; it doesn't matter as long as you have open chokes. Cylinder, skeet or improved cylinder will work best. **Your trap gun is perfect** for shooting skeet, as long as you remember to insert open chokes.

If you intend to use a sporting style gun, i.e. drop stock comb, then use it as a sporter. Start with a gun low ready position rather than gun pre-mounted to face.

Bring some low recoil shells. You can use whatever you like, but you do not need powerful ammo to shoot close range skeet targets. Remember; recoil is your enemy!

Bring eye and ear protection. It is a common occurrence to be hit with shards of broken clay targets on a skeet field. You would be crazy to not have eye protection.

## THE LANGUAGE OF SKEET

You should be aware of the layout of a skeet field. A Diagram is available in the ACTA rule book and numerous references online.

Note the terms; High House, Low House, Crossing Point, Centre Stake, Boundary Markers, and Distance Markers. These terms will be used by your coach. Understand them before the day.

You might also hear the term “Baseline”, which is simply the line between the High House station through Station 8 to the centre of the Low House station.

You will also be coached on Pre-Planned Break Point, Foot Position, Hold Points, Look Points, and the importance of “Follow-through”.

We can classify skeet targets as **Outgoing** or **Incoming** Targets to better help us find an efficient method to hit them, all of them!

H1, H2, H3, H4 and L4, L5, L6, L7 we treat as Outgoing and try to break these Targets slightly **before** the Crossing Point which is above the Centre Stake.

L1, L2, L3, H5, H6 and H7 are Incoming and we break these when they have **passed** the Crossing Point.

The targets on station 8 are a special case, in that while they are Incoming, we must break them before the Crossing Point.

As an example, a **routine setup** to shoot a H4 target would be -

- Choose your Pre Planned Break Point a metre **before** the Centre Stake.
- Adjust your Foot Position so you will be comfortable at that Break Point.
- Rotate your body back to your Hold Point (typically one third the distance from the trap house to the Centre Stake) and mount the gun.
- Steady your eyes with soft focus at your Look Point, somewhere between your gun hold and the trap house.

You are now ready to call “PULL” and then simply do what comes naturally, i.e. smoothly turn and put the shot in front of the moving target with the correct lead. Do not become fixated with leads. We will tell you if you need (usually) more lead. Always look hard at the target at all times and the broken chips after the shot.

## Homework

Prior preparation on your part will help you get the most out of the day. Bring an open mind and plenty of ammo and we will have a great day.

## HOLD POINTS- HOLD POINTS- HOLD POINTS

Your chosen hold point is NOT a VARIABLE. If your hold points vary, you can expect inconsistent results. We will put out markers exactly one third the distance, (21 feet) from the front of station one and the front of station seven to the centre stake. You can do this at your practice ground at any time for training. We urge you to do so.

You are not obliged to use precisely these hold points but at least you should know them for reference. For example, you can choose a hold point slightly different from this (21 feet) reference point to match your style. If you are a swing through shooter, your hold point may be closer to the relevant trap house than 21 feet. If you are a sporting shooter and start with a low gun ready position, you may be a bit further out than the 21 feet mark to give you ample time for the gun mount. The point is; your hold point, once chosen, is locked in for consistency.

## Training Drills

Before the coaching day try these drills. Grab a couple of boxes of shells and try to consistently shoot the incoming targets after they have passed the crossing point, and the outgoing targets slightly before the crossing point.

Incoming Training Drill:

Four each of L1, L2, L3, H5, H6, H7, equals 24 targets plus one spare.

Outgoing Training Drill:

Four each of H1, H2, H3, two each H4 and L4, four each of L5, L6, equals 24 targets and one spare.

Be aware we are trying to coach you to shoot the outgoing targets just before the crossing point to help you master **SKEET DOUBLES on stations 3,4 and 5.**

As coaches we look forward to being able to help you shoot more targets and enjoy the great game of skeet.