

Weekly Tips For WS&TC SCTP Shooters

Greetings:

Here are a few “bullet” points to consider this week for shooting your trap scores

1. **Mount** the gun “to” your face. Arm up, looking like a wing, touch your face and bring the gun to your shoulder. Eyes level, cheek to the stock, bend forward at the waist....like you are leaning over a fence.
Try putting a key into a lock with your head cocked! Same with not keeping head and eyes level on the shotgun!
2. **Gun Safety**. Actions open, always! Only load just before you shoot. Break open shotguns “closed” into the gun rack, opened immediately upon removal from gun rack.
3. **Pick up** dropped shell(s). Only when squad moves! Watch your muzzle, bending down makes you lose balance! Your balance is maintained by:
 - a. Eyesight
 - b. Touch
 - c. Inter-ear vestibular function, which takes about 20 seconds to reset.
4. **Trap House positions**, Right handers,
 - a. Station 1 left corner of trap house, hard left, two shotgun barrel lead
 - b. Station 2 in from left corner two feet, hard left target almost two barrels
 - c. Station 3 Center of trap house, square with the center, almost no leads
 - d. Station 4 two feet from right corner of trap house, hard right, almost two barrel lead
 - e. Station 5, line up your BODY two feet out from trap house. Two barrel **lead on hard right.**
5. **Do not be afraid to lead a target**. When you “stop” because you think you were too far ahead, then the miss occurs. With a “stop” you’re behind!
6. **Shot string** on a 12 gauge is about the length of a couch. If you shoot behind the target, nothing gets in the way of the target. In “front” of the target there is a pile O’ shot waiting for the target to fly thru! Shoot in front
7. **Practice** gun mounting in front of mirror, eye drills on wall/ceiling and fan