

THIS SERIES OF INSTRUCTIONAL ARTICLES FOR MID-CLASS AND CLUB SHOOTERS IDENTIFIES THE MOST MISSED TARGETS, WHY AND HOW TO IMPROVE YOUR SCORES.

# KNOW YOUR REACTION TIME

## THE MOST MISSED TARGETS

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As I have mentioned in earlier articles, most targets that are missed are because the initial stance and target address is incorrect (stance being balanced at the break point while gun mount eye-rib alignment ensures that the gun points where you are looking). I have also mentioned the visual pick up point and muzzle pick-up point – these two points are crucial to making the shot and

remain much the same for any method of shooting – pull away, sustained lead or swing through/smoke trail.

The difference between the visual pick up and muzzle pick up points is your reaction time, very important to achieving success. Let's briefly re-cap on the difference of these two pick up points. The visual pick up point is where the target becomes a clear in-focus target, not a flash of color or blur. If you set up with the muzzle of the gun at the visual pick up point, then the target will always beat you, giving no option but to shoot swing through with

little control as you chase the target. To ensure success, you must be in control by establishing separate visual and muzzle pick up points.

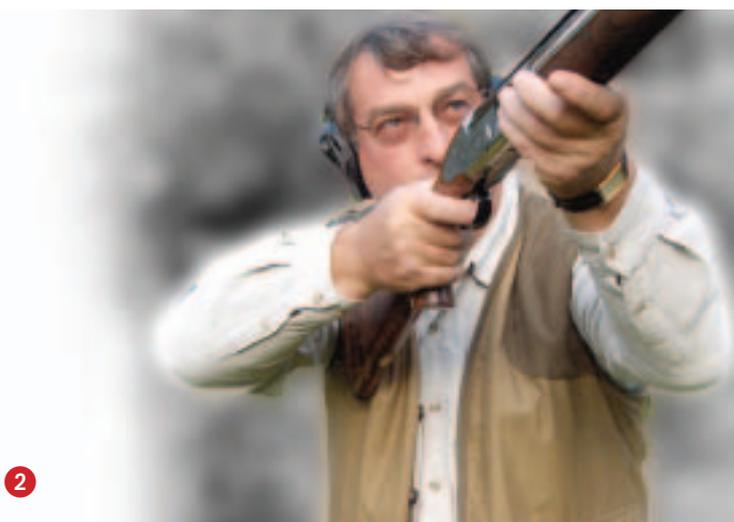
To establish the visual pick up point, pick any object in the distance above or under which the target is clear and in focus. Next, we need to establish the muzzle pick-up point. Soft focus into your visual pick up point with your leading gun hand pointing ahead of the visual pick up point. As soon as you clearly see the target, mount smoothly, move to the break point and make the shot. The difference between the visual pick up point



**INCORRECT. THE SHOOTER HAS TAKEN HIS MUZZLE PICK-UP POINT BACK TO THE SAME POSITION AS THE TARGET VISUAL PICK-UP POINT AND WILL END UP CHASING THE TARGET OUT OF CONTROL.**



**CORRECT SETUP. THE SHOOTER HAS IDENTIFIED THE PICK-UP POINT AND HAS ESTABLISHED A FORWARD MUZZLE PICK-UP POINT AND IS READY TO MOUNT ONCE HE CLEARLY SEES THE TARGET.**



**ABOVE AND BELOW: HAVING PICKED UP THE TARGET, THE GUN MOUNT AND MOVE TO THE BREAK POINT IS FULLY UNDER CONTROL WITH AN EVEN AND STEADY SWING THROUGH.**



and muzzle pick up point is your reaction time. This will vary greatly from one shooter to the next – age, lifestyle, vision and physical fitness all play a part.

Now that your reaction time has been established, the target can never beat you. If this exercise is carried out regularly on every target you practice on, it is not long before you can look at a target once, establish the visual pick up point and know exactly how far to put your muzzles out from that point.

With visual and muzzle pick up points established, you are now in total control and have the option to shoot whichever method you prefer. To become a good shot, you must be able to use the most suitable method for a given target – it's like playing a round of golf, you need the whole bag of clubs. Having established a visual pick up point, muzzle pick up point and knowing your reaction time, you are better placed to shoot various methods. You can wait for the target and move with it (pull away) – which is the easiest method for the mid range shooter as this always establishes speed and direction. Alternatively, you can move before the target gets to your muzzle pick up point, depending on how good your hand eye co-ordination is, or you can extend your muzzle pick up point a little further and shoot sustained lead. Finally, you could wait at the muzzle pick up point, let the target pass the muzzles and shoot swing through/ smoke trail. Either method, you are in control and benefit from consistent lead pictures.

If you have any coaching questions you would like an answer to, you can contact me at [www.procoachshootingschool.com](http://www.procoachshootingschool.com) and I will do my best to get you back on track. Good shooting, shoot safe and shoot straight. ■