

Moving on up

part two

In the final part, senior CPSA coach Roger Hill offers a route through from A to AAA class shooting.

The next step from A to AA and AAA is the biggest and hardest. This not only takes time but a lot of commitment and also a fair bit of financial outlay - not only in the amount spent on entries and travel, also on better equipment.

At this level gun fit becomes very important, as does being able to shoot gun down with a gun mount that is one smooth

movement with the gun only coming to the shoulder and face to pull the trigger. This will give maximum freedom of movement and to give the competent shot the option to move between shots. AA/AAA shooters should know when to shoot gun up or gun down and what method to use to achieve lead for a given target.

The hardest part is what I call your

homework before you get onto the shooting stand - reading the target, knowing exactly what it is doing, where you are going to hit it, where you first see it and where you are going to pick it up with your muzzles. Most of us lesser mortals miss one or two, then by going through our check list get on the target. To get to AA/AAA you must be able to read the targets before you are on the stand - this is what makes champions, along with their gun handling skills. This part of your advancement cannot be taught, it has to be learned by experience. Some of you may never achieve it as it is a knack every top performer in any sport has something the rest of us have not got - call it what you like - natural ability or just that little bit of star dust.

Put it right

All levels of shooter's can benefit from some lessons. The beginner can learn sound



techniques, the intermediate by adding techniques and different styles, and for the top performer the coach brings the ability to see a flaw in style or technique and bring it to the attention of the shooter who will have the ability to correct it. To help the coach, keep what I call a shooter's diary - a small notebook in your Skeet vest. Every time you have a complete nightmare on a stand write down what the target was doing or draw a picture, over a few shoots you will see a pattern emerge that it is a certain type of target causing the problem, then go and see a coach to put you right.

This article is not about coaching techniques or how to train for the next class but as an aid memoir to put together a training program and to set the goals needed to achieve them, either by yourself or with a coach if you are serious about trying to get to AA/AAA I strongly advise doing it with a coach.

Recap

To summarise what needs to be done:

Up to C class...

Learn good sound basic techniques keep it simple remember every good building has a sound foundation.

...B class...

Add new techniques, build-up varying techniques if they don't work go back to basics, you are not ready for the next stage, keep the foundation strong.

...A class...

Start to learn to shoot gun down, perfect gun mount one smooth movement be instinctive with lead.

...AA class...

Trap and Skeet lessons for, vision, concentration, discipline and quicker target acquisition.

...AA/AAA class...

Mental approach know what the target is

doing, at this stage you should have a full bag of techniques. If you have not, go back and get the ones that are missing. To get to the top, don't be afraid to get help, if you are knocking on the door of AA/AAA there is not a lot wrong with your shooting ability, it just might need a nudge in slightly different direction - a bit of fine tuning that you have not seen but a coach will.

I hope this will help you get to the top of your personal ability. To get you from C class to AAA I would have to write a book, but hopefully this article will get you thinking what you need to do to get to the next stage and stay there.

Roger Hill runs Pro Coach Shooting School in Essex, and is a senior CPSA coach and course tutor. You can contact him on 07836 504726, or email roger@procoachshootingschool.com

