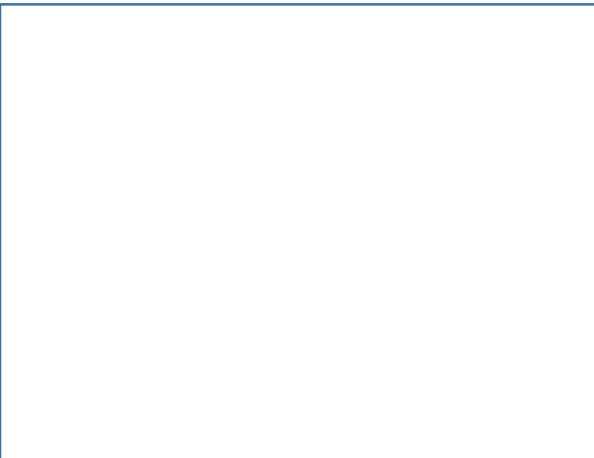
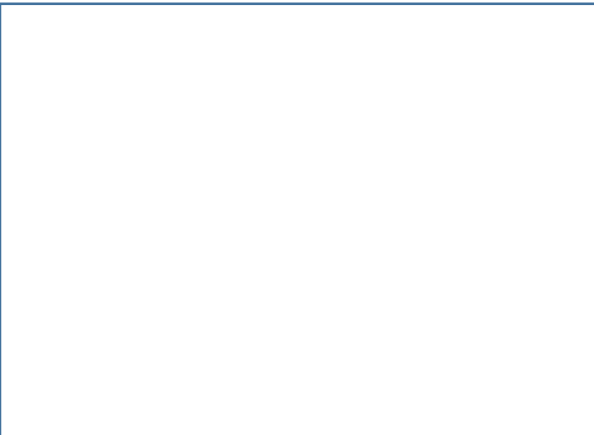


# Stephen's Skeet Guide



### Centering Breath

- 6 – 2 – 7
- Study an object on the horizon

### Performance statement

- Track (the target)
- Trust (the picture when to shoot)
- Swing (smoothly through)

### Personal highlight reel

- Rufforth

### Identity statement

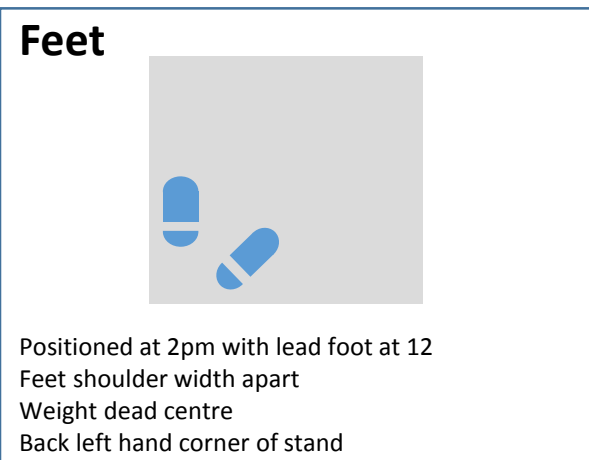
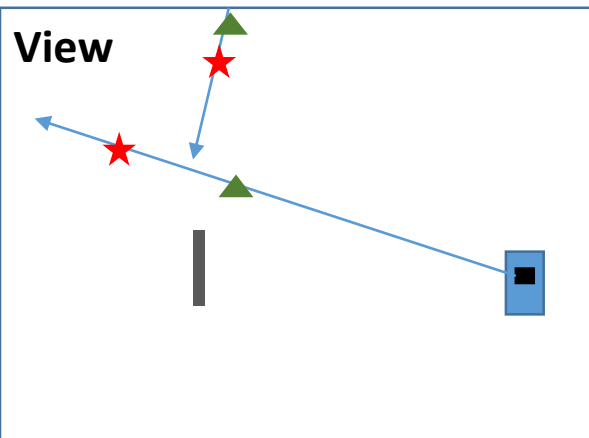
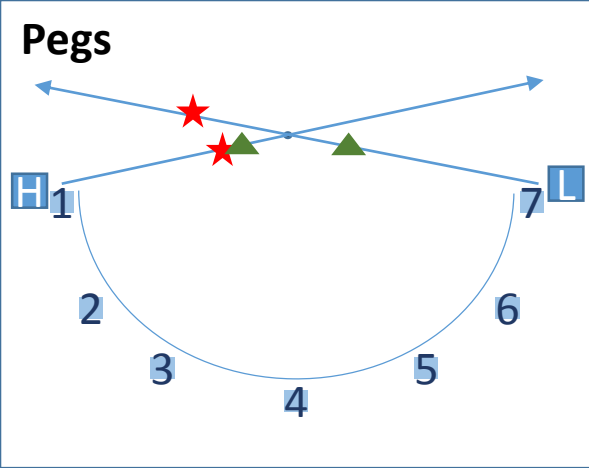
- I am intelligent and mentally prepared. I can consistently shoot clear rounds.

### Centering Breath

- 6 – 2 – 7
- Study an object on the horizon

### Tips

### Title



### Single High

- Gun hold 2/3 out from traphouse
- Gun mounted and lined with centre peg
- Head off stock
- Call
- Eyes follow target
- Face follows onto stock
- Then “bayonet” the target

### Single Low

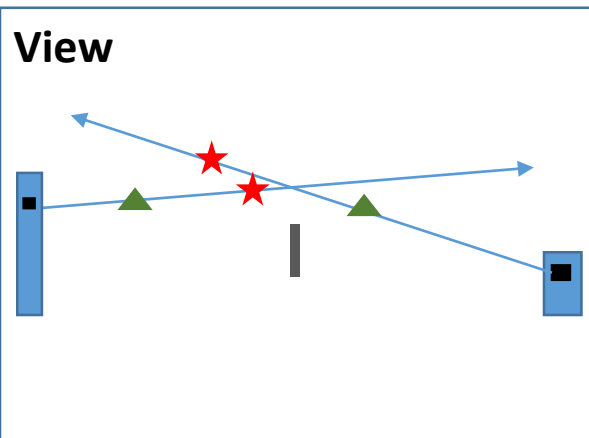
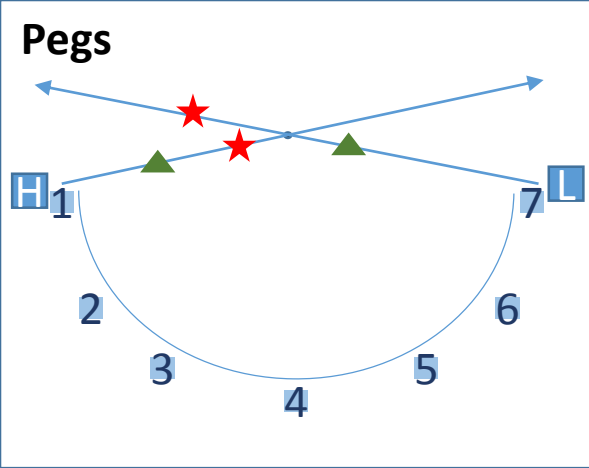
- Gun hold ½ between CP and traphouse
- Gun mounted
- Call
- Aiming at front bottom edge of target
- Break point just passed CP
- Keep gun swinging
- Follow right the way through to high house

### Pair

- As above
- If the high bird is broken in the correct place, the gun should already been pretty much at the gun hold point for the low bird

### Tips

- Make sure gun hold is high enough on high bird
- Swing through on the low bird



### Single High

- Gun hold 1/3 out from trap house
- Hold height just below line of flight
- Call
- Eyes follow target
- Shoot with around 2ft of lead which should be around CP
- Swing right through to low house

### Single Low

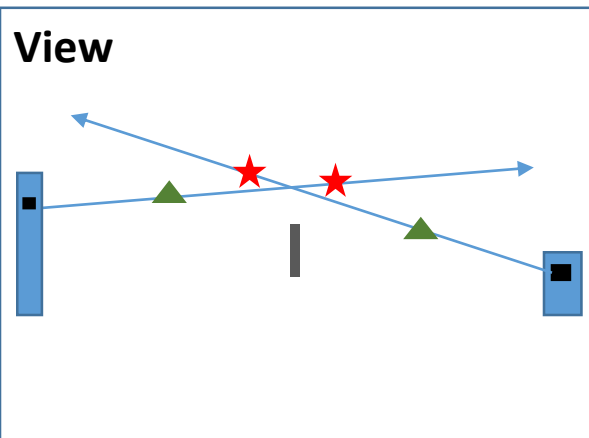
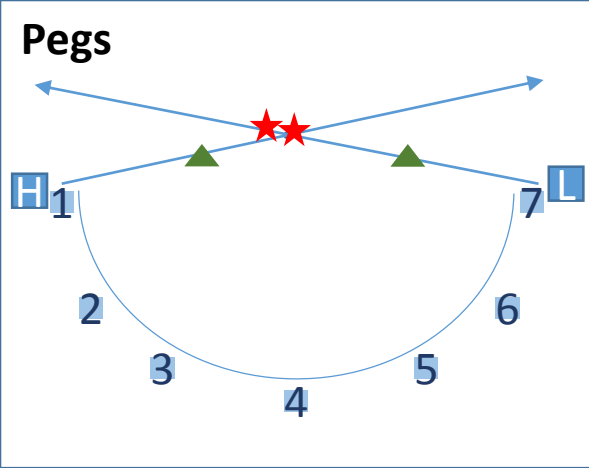
- Gun hold ½ between CP and traphouse
- Hold height just below line of flight
- Call
- Shoot with 2ft of lead
- Break point just passed CP
- Keep gun swinging
- Follow right the way through to high house

### Pair

- As above
- If the high bird is broken in the correct place, the gun should already been pretty much at the gun hold point for the low bird

### Tips

- Remember to swing on both birds
- Shoot when the picture is right!



### Single High

- Gun hold  $\frac{1}{2}$  way out from trap house
- Hold height just below line of flight
- Call
- Eyes follow target
- Shoot with around 3ft of lead which should be around CP
- Keep gun swinging
- Follow right the way through to low house

### Single Low

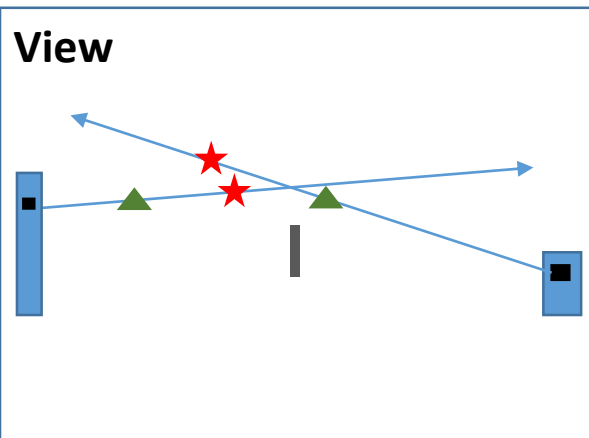
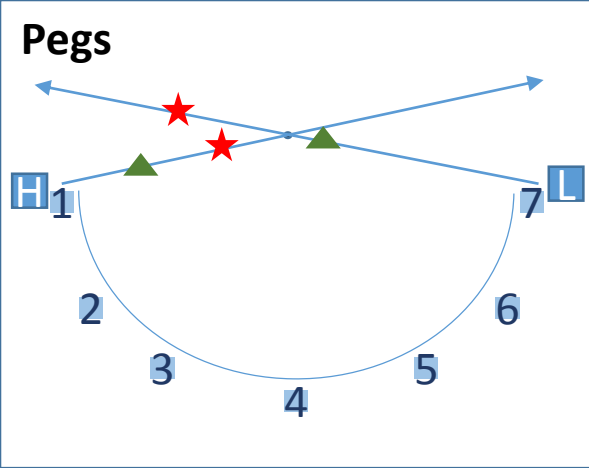
- Gun hold  $\frac{1}{2}$  between CP and traphouse
- Hold height just below line of flight
- Call
- Shoot with 3ft of lead
- Break point around CP
- Keep gun swinging
- Follow right the way through to high house

### Pair

- No pair on this station

### Tips

- You can move the position of your feet between targets
- Swing on both birds
- Ensure face down onto stock, particularly on low birds
- Shoot when the picture is right!



### Single High

- Gun hold 1/3 way out from trap house
- Hold height just below line of flight
- Call
- Shoot with around 4ft of lead as soon as picture is right
- This should be around 2ft inside of CP
- Keep gun swinging
- Follow right the way through to low house

### Single Low

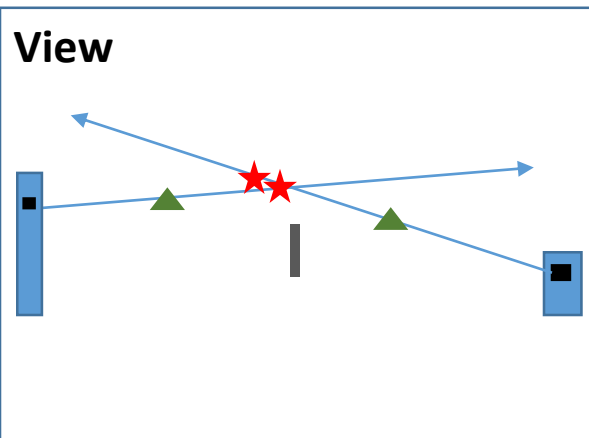
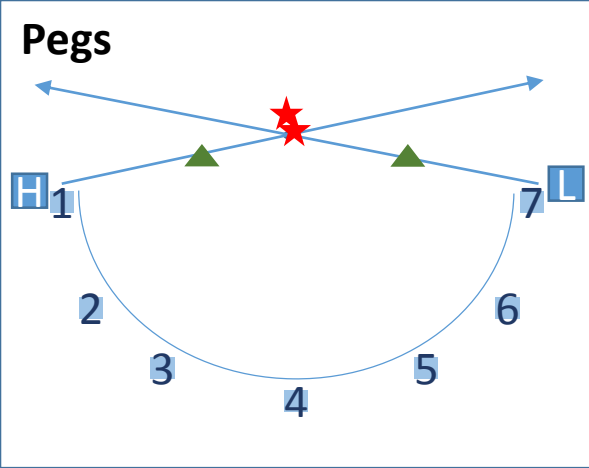
- Gun hold ½ between CP and traphouse
- Hold height just below line of flight
- Call
- Shoot with 4ft of lead
- Break point around ½ way between high house and CP
- Keep gun swinging
- Follow right the way through to high house

### Pair

- Shoot as above
- Once the high bird is shot, STOP, acquire low bird target, lock on and shot.
- Keep gun swinging and follow through to high house

### Common mistakes

- Quick on high bird
- Only move on low bird once target is acquired.
- Swing on both birds
- Not getting face down onto stock, particularly on low birds



### Single High

- Gun hold  $\frac{1}{2}$  way out from trap house
- Hold height just below line of flight
- Call
- Eyes follow target
- Shoot with around 3ft of lead which should be around CP
- Keep gun swinging
- Follow right the way through to low house

### Single Low

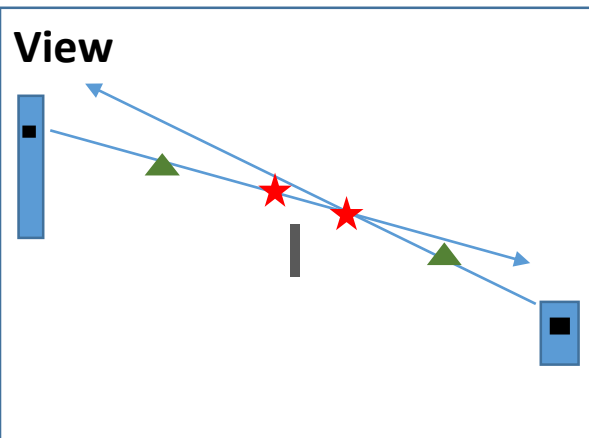
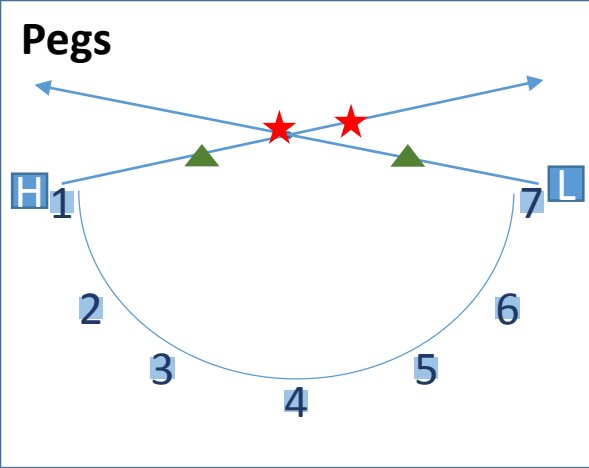
- Gun hold  $\frac{1}{2}$  between CP and traphouse
- Hold height just below line of flight
- Call
- Shoot with 3ft of lead
- Break point around CP
- Keep gun swinging
- Follow right the way through to high house

### Pair

- No pair on this peg

### Tips

- You can move the position of your feet between targets
- Swing on both birds
- Get face down onto stock, particularly on low birds
- Shoot when the picture is right!
- Gun hold  $\frac{1}{2}$  way on low bird



### Single High

- Gun hold  $\frac{1}{2}$  way out from trap house
- Hold height just below line of flight
- Call
- Eyes follow target
- Shoot with around 2ft of lead which should be around CP
- Keep gun swinging
- Follow right the way through to low house

### Single Low

- Gun hold  $\frac{1}{3}$  out from traphouse
- Hold height just below line of flight
- Call
- Shoot with 2ft of lead
- Break point around CP
- Keep gun swinging
- Follow right the way through to high house

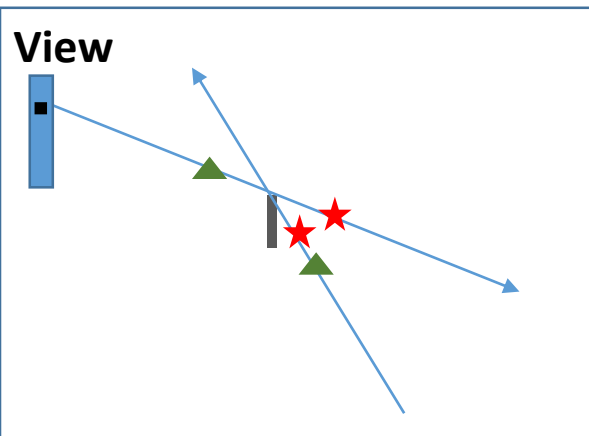
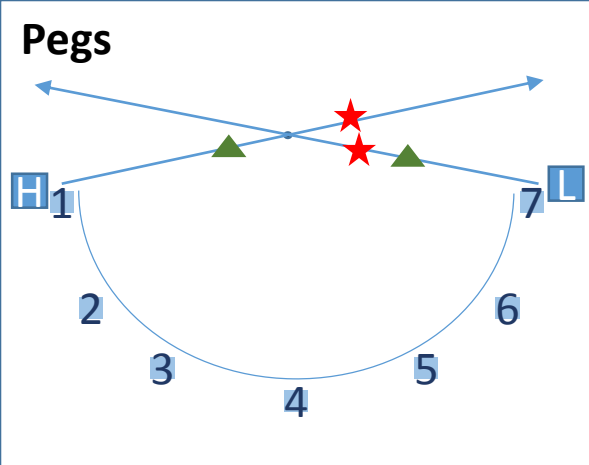
### Pair

- Low bird shot first
- Shoot as above, but be quick on the low bird to provide more time on high bird.

### Tips

- Shoot low bird as early as possible on pairs
- Gun hold on low bird needs to be on flight path and  $\frac{1}{3}$  out





### Single Low

- Gun hold  $\frac{1}{2}$  way out from trap house
- Hold height just below line of flight
- Gun mounted
- Call
- Bring gun up to “kiss” the bottom of the target
- Target should break before the CP

### Single High

- Gun hold  $\frac{1}{2}$  between traphouse and CP
- Hold height just below line of flight
- Gun mounted
- Call
- Shoot front leading edge of target
- Break point around CP
- Keep gun swinging
- Follow right the way through to low house

### Pair

- As above. The earlier you shoot the low target the more time there is on the high target.

### Common mistakes

- Swing on high bird
- Shoot high bird mid way avoiding low house disrupting vision
- Shoot when the picture is right!