

Skeet Shooting Imagery Script

Version 6

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At venue

On arrival at the venue, I remind myself how much I enjoy shooting skeet. I am excited to be here.

I take in my surroundings: I check-in at the front desk, find out where the refreshments are, and locate the toilets.

If I am feeling nervous, I use centring breaths and concentrate on a distant object to reduce my anxiety.

I go outside. I take note of the wind speed, wind direction and light conditions. I select, clean and put the appropriate lenses in my shooting glasses.

I walk to each of the skeet ranges. If they are not in use, I may stand on each of the pegs making a mental note of the centre post and gun hold positions (how far out and how far up). If the skeet ranges are in use, I may watch the flight of the targets, but I pay no attention to the shooters or how well or badly they are doing – I am just watching the flight of the targets. If I start to feel nervous, I use centring breaths to produce a state of calmness.

I know I can shoot well, just like in practice. I put trust in my technique. I feel relaxed and excited to be here.

At peg 1

I listen to my footsteps on the gravel and take position at the back left of the stand. At the peg, I kick any loose bits of clay or cartridges away. I stand upright and look out towards the centre post.

I look at the two birds, one at a time – low bird first, high bird second. I watch the line of flight, pick out my gun holds, check the height of the birds at the gun holds and check where the birds land (checking the position of the distance markers).

I am looking forward to shooting. I smile to myself. I am ready to shoot MY game.

High

I open the gun, load two cartridges and turn it on its side to slowly and deliberately close the gun.

With the gun at rest, I put my feet in the right positions with my left foot pointed at the centre post. As I take in a deep breath in through my nose, I imagine the target being released and then smashed! I breathe out. I bend my knees slightly. I breathe in. I mount the gun and put the gun into the gun hold position. I hold still in the gun hold position and then let my breath out. As soon as my breath is 75% exhaled, I call "PULL". I see the target appear on top of my barrels. My eyes follow the target as I do so, I "bayonet" the bottom of the target – the muzzles hardly move. The target is smashed. I go back to the resting position. I take a breath in and imagine the target being released and smashed.

Low

I change my foot position - I turn slightly to the left to enable me to swing further around for the low target. As I take in a deep breath in through my nose, I imagine the target being released and then smashed! I breathe out. I breathe in and I mount the gun half way out from the low house and level with the flight line of the target. I drop the stock of the gun from my shoulder in a parallel movement keeping the angle of the muzzles the same. I hold the gun still in the gunhold position and exhale. As soon as my breath is 75% exhaled, I call "PULL". I **track** the target – trying and see it

spinning. I **drive** the gun into the target as my eyes follow the target. As soon as the picture is right, I pull the trigger. I **trust** my instincts and pull when the picture feels right. It breaks. I **swing** the gun through to the high house. I go back to the resting position. I take a breath in and imagine the target being released and smashed.

I unload the gun and throw the spent cartridges into the bin.

Pair

I open the gun, load two cartridges and turn it on its side to slowly and deliberately close the gun.

I leave my feet and hands in the same position as for the low house with my left foot pointed slightly to the left. As I take in a deep breath in through my nose, I imagine the high house target being released and then smashed. I breathe out. I bend my knees slightly. I breathe in. I mount the gun and put the gun into the gun hold position. I hold still in the gun hold position and then let my breath out. As soon as my breath is 75% exhaled, I call "PULL". I see the target appear on top of my barrels. My eyes follow the target as I do so, I "bayonet" the bottom of the target – the muzzles hardly move. The target is smashed. I pick up the low bird target immediately and track it around. I drive the gun into the target. As soon as the picture is right, I pull the trigger. I trust my instincts and pull when the picture feels right. It breaks. I carry the gun swing around to the high house so that the shot almost feels like passing shot. I remember what this feels like. This is what it will feel like with the next target.

I go back to resting position and imagine the targets again. Both Smashed. I unload the gun and throw the spent cartridges in the bin.

I walk to peg 2 and listen to my footsteps as I go.

At peg 2

I step onto the plate and put my feet in the right position - I stand at the bottom right corner of the stand with my left foot pointing slightly to the right of the centre post. I look up and find a marker that is midway between the high house and the centre post. I look back towards the trap house window and make sure that I have got the height of the gunhold position correct too.

I open the gun, load two cartridges and turn it on its side to slowly and deliberately close the gun.

High

With the gun at rest, I take in a deep breath in through my nose, I imagine the target being released and then smashed! I breathe out. I bend slightly at the knees. I take a deep breath in, I mount the gun into the gun hold position and then drop the gun out of my shoulder – the gun should now be level with the high house window. I hold still in the gun hold position and then let my breath out. As soon as my breathe is 75% exhaled, I call "PULL". I drive the gun into the target as my eyes follow the target. I pull the trigger when the picture feels right. It breaks. I swing the gun through to the low house. I go back to the resting position. I take a breath in and imagine the target being released and hit.

Low

I turn my feet slightly to the left to provide more turn on the low house target. As I take in a deep breath in through my nose, I look at the gun hold position and imagine the target being released and then smashed! I bend slightly at the knees. I take a deep breath in and mount the gun into the gun

hold position (half way between the centre post and the low house). I drop the stock from my shoulder and make sure that my gun hold is level with the low house window. I hold still in the gun hold position and then let my breath out. As soon as my breath is 75% exhaled, I call "PULL". I drive the gun into the target as my eyes follow the target. As soon as the picture is right, I pull the trigger. I trust my gut and pull when the picture feels right. It breaks. I swing the gun through to the high house. I go back to the resting position. I take a breath in and imagine the target being released and hit.

I break the gun and throw the spent cartridges in the bin.

Pair

I open the gun, load two cartridges and turn it on its side to slowly and deliberately close the gun.

With the gun at rest, my feet and hands should be in the same position as for the low house. As I take in a deep breath in through my nose, I imagine the target being released and then smashed I breathe out. I bend slightly at the knees. I take deep breath in, I mount the gun into the gun hold position and then drop the gun out of my shoulder – the gun should now be level with the high house window. I hold still in the gun hold position and then let my breath out. As soon as my breath is 75% exhaled, I call "PULL". I drive the gun into the target as my eyes follow the target. I pull the trigger when the picture feels right. It breaks. I pick up the low bird target and track it. As soon as the picture is right, I pull the trigger. I trust my instincts and pull when the picture feels right. It breaks. I carry the gun swing around to the high house, so that the shot feels like passing shot. I remember what this feels like.

I go back to resting position and imagine the targets again. Both Smashed. I unload the gun and through the spent cartridges in the bin.

I walk to peg 3 and listen to my footsteps as I go.

At peg 3

I step onto the plate and put my feet in the right position - I stand at the bottom right corner of the stand with my left foot pointing at the centre post. I look up and find a marker that is between $\frac{1}{3}$ and $\frac{1}{2}$ between the high house and the centre post. I look back towards the trap house window and I make sure that the gun hold level with the bottom of the trap house window.

I open the gun, load two cartridges and turn it on its side to slowly and deliberately close the gun.

High

With the gun at rest, I take in a breath in through my nose, I imagine the target being released and then smashed! I bend slightly at the knees. I take a deep breath in. I mount the gun into the gun hold position making sure that it is level with the high house window. I drop the stock out of my shoulder so that it is level with the high house window. I hold still in the gun hold position and then let my breathe out. As soon as my breath is 75% exhaled, I call "PULL". I drive the gun into the target as my eyes follow the target. I pull the trigger when the picture feels right. It breaks. I continue the swing through to the low house. I go back to the resting position and imagine the target being released and hit.

Low

I turn my feet slightly to the left to provide more turn on the low house target. I look up and find a marker between $\frac{1}{3}$ and $\frac{1}{2}$ out from the low house. With the gun at rest, I take in a breath in through my nose, I imagine the target being released and then smashed! I bend slightly at the knees. I put the gun into the gun hold position. I drop the stock out of my shoulder. The gun hold is level with the trap house window. As soon as my breath is 75% exhaled, I call "PULL". I track the target pushing the gun into the target as I swing. As soon as the picture feels right, I pull the trigger. It breaks. I carry on swinging the gun around through to the high house. I go back to the resting position and imagine the target being released and hit.

I break the gun and throw the spent cartridges in the bin.

I walk to peg 4 and listen to my footsteps as I go.

At peg 4

I step onto the plate and put my feet in the right position - I stand at the front left corner of the stand with my left foot pointing towards the centre post. I look up and find a marker $\frac{1}{3}$ between the high house and the centre post.

I open the gun, load two cartridges and turn it on its side to slowly and deliberately close the gun.

High

With the gun at rest, I take in a deep breath in through my nose, I imagine the target being released and then smashed 4ft inside the halfway point! I mount the gun into the gun hold position $\frac{1}{3}$ out from the high house using the marker I spotted earlier. I make sure the height of the gunhold is correct. I bend slightly at the knees. I take a deep breath in. I drop the stock of the gun from my shoulder so that it is level with the top of the high house trap window. As soon as my breath is 75% exhaled, I call "PULL". As soon as I see the flash of the target, I drive the gun at the target. I pull the trigger when the picture is right. It breaks before the centre post. I carry the gun swing through. I go back to the resting position and imagine the target being released and hit.

Low

I move my feet so that my left foot is pointing slightly to the left of the centre post. I look up and find a marker $\frac{1}{3}$ between the low house and the centre post.

As I take in a deep breath in through my nose, I imagine the target being released and then smashed. I bend slightly at the knees. I take a deep breath in and mount the gun into the gun hold position. I drop the stock so the gun is level with the top of the low house trap window. As soon as my breath is 75% exhaled, I call "PULL". As soon as I see the flash of the target, I drive the gun into the target. As soon as the picture is right, I pull the trigger. I trust my instincts and pull the trigger when the picture feels right. It breaks before the centre post. I swing through to the high house. I go back to the resting position and imagine the target being released and hit.

I break the gun and throw the spent cartridges in the bin.

Pair

I look at the wind and work out which target I am going to shoot first. I let the referee know my nomination. "High first please"!

I step onto the plate and put my feet in the right position - I stand at the front left corner of the stand with my left foot pointing slightly to the left of the centre post. I look up and find the marker $\frac{1}{3}$ between the high house and the centre post.

I open the gun, load two cartridges and turn it on its side to slowly and deliberately close the gun.

As I take in a deep breath in through my nose, I imagine the target being released and then smashed inside the halfway point. I bend slightly at the knees. I take a deep breath in and mount the gun into the gun hold position. I drop the stock in my shoulder. The gun is now level with the high house window. As soon as my breath is 75% exhaled, I call "PULL". As soon as I see the flash of the target, I drive the gun at the target. I track the target and my eyes follow the target. It breaks inside the half way point. I stop the gun swinging and then I look for the low bird. Once I have picked up the low bird target, I drive the gun at it. As soon as the picture is right, I pull the trigger. I trust my instincts and pull when the picture feels right. It breaks

I go back to resting position and imagine the targets again. Both Smashed. I unload the gun and throw the spent cartridges in the bin.

I walk to peg 5 and listen to my footsteps as I go

At peg 5

I step onto the plate and put my feet in the right position - I stand at the back left corner of the stand with my left foot pointing slightly to the right of the centre post. I look up and find a marker between $\frac{1}{3}$ and $\frac{1}{2}$ between the high house and the centre post.

I open the gun, load two cartridges and turn it on its side to slowly and deliberately close the gun.

High

As I take in a deep breath in through my nose, I imagine the target being released and then smashed! I bend slightly at the knees. I take a deep breath in and mount the gun into the gun hold position. I drop the stock from my shoulder keeping the barrels at the same angle. It is level with the high house window. As soon as my breath is 75% exhaled, I call "PULL". I drive the gun into the target. I pull the trigger when the picture is right. It breaks over the centre post. I swing the gun through to the low house. I go back to the resting position. I take a breath in and imagine the target being released and hit.

Low

I look up and find a marker at the mid point $\frac{1}{3}$ and $\frac{1}{2}$ between the low house and the centre post.

As I take in a deep breath in through my nose, I imagine the target being released and then smashed! I bend slightly at the knees. I take a deep breath in. I mount the gun into the gun hold position and drop the stock of the gun from my shoulder. The gun is now just under the flight path of the low house target at the gun hold position. As soon as my breath is 75% exhaled, I call "PULL". I track the target driving the gun into the front edge of the target as I swing. As soon as the picture is right, I pull the trigger. It breaks. I swing the gun through to the high house. I go back to the resting position. I take a breath in and imagine the target being released and hit.

I break the gun and throw the spent cartridges in the bin.

I walk to peg 6 and listen to my footsteps as I go.

At peg 6

I step onto the plate and put my feet in the right position - I stand at the back left corner of the stand with my left foot pointing slightly to the left of the centre post. I look up and find a marker between $\frac{1}{3}$ and $\frac{1}{2}$ way between the high house and the centre post.

I open the gun, load two cartridges and turn it on its side to slowly and deliberately close the gun.

High

As I take in a deep breath in through my nose, I imagine the target being released and then smashed! I bend slightly at the knees. I take a deep breath in and mount the gun into the gun hold position. I drop the stock in my shoulder keeping the barrels at the same angle. The gun is now level with the high house window. As soon as my breath is 75% exhaled, I call "PULL". I drive the gun at the target. My eyes follow the target. I pull the trigger when the picture is right. It breaks. I follow the gun swing through to the low house. I go back to the resting position and imagine the target being released and hit.

Low

I look up and find a marker that is midway between the low house and the centre post. This will be approximately 3ft past where the nearest corner of the plate transects the baseline. I also check the height of the target at this gunhold.

As I take in a deep breath in through my nose, I imagine the target being released and then smashed! I bend slightly at the knees. I take a deep breath in and mount the gun into the gun hold position. I drop the stock from my shoulder – keeping the muzzles parallel. I breath out. As soon as my breath is 75% exhaled, I call "PULL". I drive the gun into the front edge of the target. As soon as the picture is right, I pull the trigger. I trust my gut and pull when the picture feels right. It breaks. I go back to the resting position and imagine the target being released and hit.

I break the gun and throw the spent cartridges in the bin. I leave my hands and feet in the same position of the pair.

Pair

I look up and find a marker that is midway between the low house and the centre post. This will be approximately 3ft past where the nearest corner of the plate transects the baseline.

As I take in a deep breath in through my nose, I imagine the target being released and then smashed! I mount the gun into the gun hold position. I bend slightly at the knees. I take a deep breath in and mount the gun into the gun hold position. I drop the stock from my shoulder – keeping the muzzles parallel. I breath out. As soon as my breath is 75% exhaled, I call "PULL". I drive the gun into the front edge of the target. I go after the first bird quickly tracking the front edge of the target. It breaks. I pick up the high bird target and track it. As soon as the picture is right, I pull the trigger. It breaks. I carry the gun swing around so that the shot almost looks like passing shot. I remember what this feels like.

I go back to resting position and imagine the targets again. Both Smashed. I unload the gun and through the spent cartridges in the bin.

At peg 7

I listen to my footsteps on the gravel and take position at the back right of the stand. I kick any loose bits of clay or cartridges away. I stand upright.

I open the gun, load two cartridges and turn it on its side to slowly and deliberately close the gun.

Low

As I take in a deep breath in through my nose, I imagine the target being released and then smashed! I mount the gun into the gun hold position – 12-18 inches to the right of the centre post. I bend slightly at the knees. I take a deep breath in and mount the gun into the gun hold position. I breathe out. As soon as my breath is 75% exhaled, I call “PULL”. I bayonet the bottom of the target as the target flies over the top of the barrels. I trust my gut and pull when the picture feels right. It breaks. I go back to the resting position and imagine the target being released and hit.

High

I turn my feet slightly to the right, I take in a deep breath in through my nose, I imagine the target being released and then smashed! I bend slightly at the knees. I mount the gun into the gun hold position and drop the stock from my shoulder. It is level with the high house trap window. As soon as my breath is 75% exhaled, I call “PULL”. I track the target – trying and see it spinning. My eyes follow the target and I pull the trigger when the picture feels right. It breaks just past the centre post. I follow the gun swing through. I go back to the resting position and imagine the target being released and hit.

I unload the gun and throw the spent cartridges in the bin. I open the gun, load two cartridges and turn it on its side to slowly and deliberately close the gun. I leave my hands and feet in the same position for the pair.

Pair

As I take in a deep breath in through my nose, I imagine the target being released and then smashed! I mount the gun into the gun hold position – 12-18 inches to the right of the centre post. I bend slightly at the knees. I take a deep breath in and mount the gun into the gun hold position. I breathe out. As soon as my breath is 75% exhaled, I call “PULL”. I bayonet the bottom of the target as the target flies over the top of the barrels. The target is smashed. I pick up the high bird target and drive the gun at the target. As soon as the picture is right, I pull the trigger. I trust my gut and pull when the picture feels right. It breaks. I carry the gun swing around so that the shot almost looks like passing shot. I remember what this feels like.

I go back to resting position and imagine the targets again. Both Smashed. I unload the gun and through the spent cartridges in the bin.

If I miss a target:

- I take a centring breath;
- I learn from the missed target and then immediately forget about it;
- I concentrate on the next target;
- Reset my hand and feet;
- Re-imagine the target and shooting it;
- Ensure I continue “self talking like a champion”