

3 RIVERS

SHOOTING ★ SPORTS ★ ACADEMY

Coaches,

Great coaches are students of the game. They read, observe, and synthesize information from years of experience and study to make their athletes better — and if done correctly, better than them. We want to help you and your teams build that body of knowledge by providing you a few of the books that we have found very useful for coaching at the collegiate level.

Below are the books, a short summary of each, and the order that represents their importance for providing coaches knowledge about the sport — starting with a book about eyes and vision — which is easily overlooked by athletes and coaches. We hope these become well used and valuable tools as you and your coaches continue to invest your time and talent into your athletes.

1. Insight to Sports — Dr. Wayne F. Martin, O.D.

Insight to Sports is the definitive **sports-vision reference** for clay target coaches. Unlike other shooting books that focus mainly on technique, Martin’s work explains **how visual function drives movement and reaction** — covering target acquisition, tracking, dynamic visual acuity, and focus mechanisms that literally feed the rest of the body’s response systems. Improving visual performance is one of the most under-utilized areas of training in shooting sports, yet faster, cleaner visual pickup directly improves timing, follow-through, and decision-making. Coaches will use this book to diagnose vision-related limitations, design visual drills, and help athletes tap into an often overlooked performance axis.

2. Mastering Sporting Clays — Don Currie

Mastering Sporting Clays is one of the most comprehensive clay-target technique texts available. Currie combines solid fundamentals (eye dominance, gun fit, focus, movement) with a systematic **shot-planning and execution methodology** that teaches shooters how to *think* through every presentation rather than just react. The “OPTIMAL Process” provides coaches a repeatable framework to teach target analysis, drill structure, and diagnostic feedback — all of which help athletes progress reliably from novice to advanced competition levels. Coaches will find this book invaluable for building consistent training plans grounded in sound fundamentals and real competitive tactics that translate well across all the clay target disciplines.

3. The Stock Fitter’s Bible — Rollin Oswald

The Stock Fitter’s Bible demystifies what many shooters overlook: **how gun fit affects fundamentals and consistency**. Oswald explains, step-by-step, how each major stock dimension (pitch, cast, drop, length of pull, drop at comb) interacts with a shooter’s body and stance, and why a poor fit undermines even the best technique. Coaches will appreciate this as a **practical diagnostic reference** — helping you determine when performance issues are equipment-based

versus neuromuscular or visual. This deeper understanding improves both fit decisions and how you communicate about mechanics with athletes.

4. Mind vs Target — Bob Palmer

Mind vs Target introduces the **SportExcel Zone performance system**, a structured approach to mental training that has helped shooters and athletes worldwide improve focus, eliminate distractions, and execute consistently under pressure. Through clear step-by-step strategies, Palmer teaches coaches how to help shooters “see the target as huge,” block out internal noise, and generate the psychological conditions that promote automatic, confident execution — a key difference between practice performance and competition success. Coaches can use this book to build mental routines that reinforce confidence, clarity, and repeatability in training and competition.

5. Mastering Skeet — King Heiple

Mastering Skeet is a deeply technical coaching resource that goes beyond simple “hold points” or quick tips. Heiple explains **the mechanics and physics of skeet targets** — angles, speeds, trajectories, timing relationships, and motion understanding that give coaches an expert-level foundation for teaching the game. While many shooters don’t need (and may be overloaded by) this level of detail, coaches *do*: it equips you to break down why certain solutions work and how to troubleshoot complex problems in training. This book is best read by the coach first, then distilled into *simple, athlete-friendly coaching cues* that drive improvement.

Finally, we view this collection as a living coaching library, not a closed list. The shooting sports continue to evolve, and many of the best insights come from coaches who are actively teaching, learning, and competing alongside their athletes. We strongly encourage you to share books you’ve found valuable—or that you believe belong in a collegiate coach’s library—so we can read them, discuss them, and consider adding them to this collection. One area we are especially interested in strengthening is American Trap; while several books exist, we have yet to find one that feels both current and truly coach-centric, and we welcome your recommendations and perspectives.

Best,

Carl
Director, 3RSSA

3RIVERS SHOOTING SPORTS ACADEMY IS A 503(C) FOUNDED IN 2023 TO ASSIST YOUTH ORIENTED ORGANIZATIONS WITH PROMOTING THE SHOTGUN SHOOTING SPORTS BY BRING TOGETHER LOCAL AND NATIONAL EXPERTISE AND RESOURCES.

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