Perfect Practice Score Sheet

How to use this scoresheet. Perfect practice makes for PRs (personal records). To help athletes focus on what matters, coaches use this scoresheet to "score" athletes on executing sound fundamentals (not hits and misses). It also helps coaches remain focused on the "right" things.

This scoresheet is setup for any 25 target exercise. It can be used with a normal round of skeet or trap; but is equally good at helping measure progress on drills. Coaches should review with their athletes before using this sheet what the goal of the practice session is and what they are being "scored" on.

Athletes shoot a target / station as they normally would. Coaches pay attention and grade the 5 areas below (feel free to add or subtract based on what you are focusing on during this drill. If an athlete does what you are measuring, score them as an X. If they don't deliberately execute what you are measuring, mark the number of the element they missed in the appropriate box.

1. **Athlete deliberately picks out the break point.**
2. **Athlete then sets feet/stance on the break point.**
3. **Athlete then selects and uses the correct gun hold point.**
4. **Athlete then selects and uses the correct eye hold point.**
5. **Athlete executes the shot plan as set up (moves on target flash, acquires hard focus on target at break point, executes shot at break point)**

At the end of a round use the scoresheet to discuss with your athletes what they are "missing" and how they might address it in future practice drills for more consistent pre-shot routines. Get 25 out of 25 and your athlete has shot a perfect practice — which is actually harder than breaking 25 targets straight.

NAME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25

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