

DRILL BOOK



For Clay Target Teams

3RIVERS
Shooting ★ Sports ★ Academy

**SPECIAL THANKS TO ALL THOSE WHOSE HAVE CONTRIBUTED TO THESE
DRILLS EITHER DIRECTLY OR INDIRECTLY BY THEIR WILLINGNESS TO
COACH, DISCUSS, SHARE, AND TEACH THE SHOOTING SPORTS.**

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WHY SHOOT TRAINING DRILLS

The shooting sports are exactly that — a sport. As such, coaching a shooting team mimics the structure and discipline that all athletic sports provide to their athletes as they prepare them to successfully compete. Most sports break down their curriculum into 4 physical and cognitive buckets.

1. **Recreational** - socializing and fun are the goal here, the sport is just a shared activity. Often used as a reward for hard training or to break up the monotony of regular training.
2. **Training** - where the foundation of the sport is built and where athletes should spend most of their time. Focus is on specific elements of the game and mastery of those elements. 70-80% of time should be spent here. This is where learning and discomfort can be controlled.
3. **Practice** - should look just like competition. Here an athlete is practicing to compete. It is a rehearsal for game day that puts all the training elements together.
4. **Competition** - Everything leads to this. It is the only time the true pressure of the competitive environment is placed upon the athlete. Because of this, competition is not the end state it is another environment for athletes and coaches to learn from and improve upon.

Training is the single-most important thing that you can do to help your team improve. It should occupy most of your athletes time, be well thought out, structured, and deliberate. Watch any well coached sport — their coaches and athletes rarely scrimmage or play full games. They instead break the game into fundamental pieces and train those pieces until they the execution is perfect and second nature.

The key elements of Training are:

1. **Specific goals**
2. **Repetition**
3. **Immediate feedback**
4. **Frequent and controlled discomfort**
5. **Intense focus**

These elements are most easily achieved by properly planned and administered drills. The drill should be designed to teach a particular competition-oriented skill. It should be simple, easily understood and progress from the easy to the hard, and from the known, an accomplished skill, to the unknown, a new skill.

Drills should be fun but as the shooter's skills progress, a competition flavor and even frequent discomfort should be added in the course of achieving new skills. This is intended to develop intense focus. Without this intense focus there is no learning and no progressing.

Purposeful drills and expert coaching make up Training. The right sort of training carried out over a sufficient period of time leads to improvement. Nothing else will.

The training drills in this booklet are designed to be the basis of Training.

TABLE OF CONTENTS

ON THE SKEET FIELD

1. **High House Skeet Incomers**
2. **Low House Skeet Incomers**
3. **High House Skeet Incomers**
4. **Low House Skeet Incomers**
5. **Base Line Target Intro**
6. **Base Line Targets**
7. **Bring it Home**
8. **Shoot the Edge for Skeet**
9. **Round the World**
10. **Change it Up**
11. **Good Start Team Drill**
12. **Shoot and Move**
13. **Shoot and Move with Go Back**
14. **Shoot and Move with Full Go Back**
15. **Perfect Practice Drill**

ON THE TRAP FIELD

1. **Easy Rights**
2. **Easy Lefts**
3. **Shoot and Move**
4. **Shoot and Move with Go Back**
5. **Shoot and Move with Full Go Back**
6. **Team Builder**
7. **Shoot the Edge for Trap**
8. **Shooting Chips / Annie Oakley**
9. **Best Break**

ON THE SPORTING CLAYS FIELD

1. **Reading a Target**
2. **Know Your Chokes**

OTHERS

1. **Rotation Drill**
2. **Eye Warm Ups**

High House Incomers (Skeet Lesson 1)

Sport: Skeet /Sporting Clays

Purpose: This drill is used to introduce new and intermediate shooters to shooting incoming skeet targets with consistency and proper technique. Focus is on proper foot position, gun hold point, eye hold point, and rotation of the shooter.

Equipment:

orange cones - placed at 21 and 42 feet on path from center stake to station 7

hula hoops - placed on ground at 1 ½ and 2 ½ to create half stations for shooters

Rounds/throughput: 25 shells per shooter, 5 shooters, 20-25 minutes

Steps:

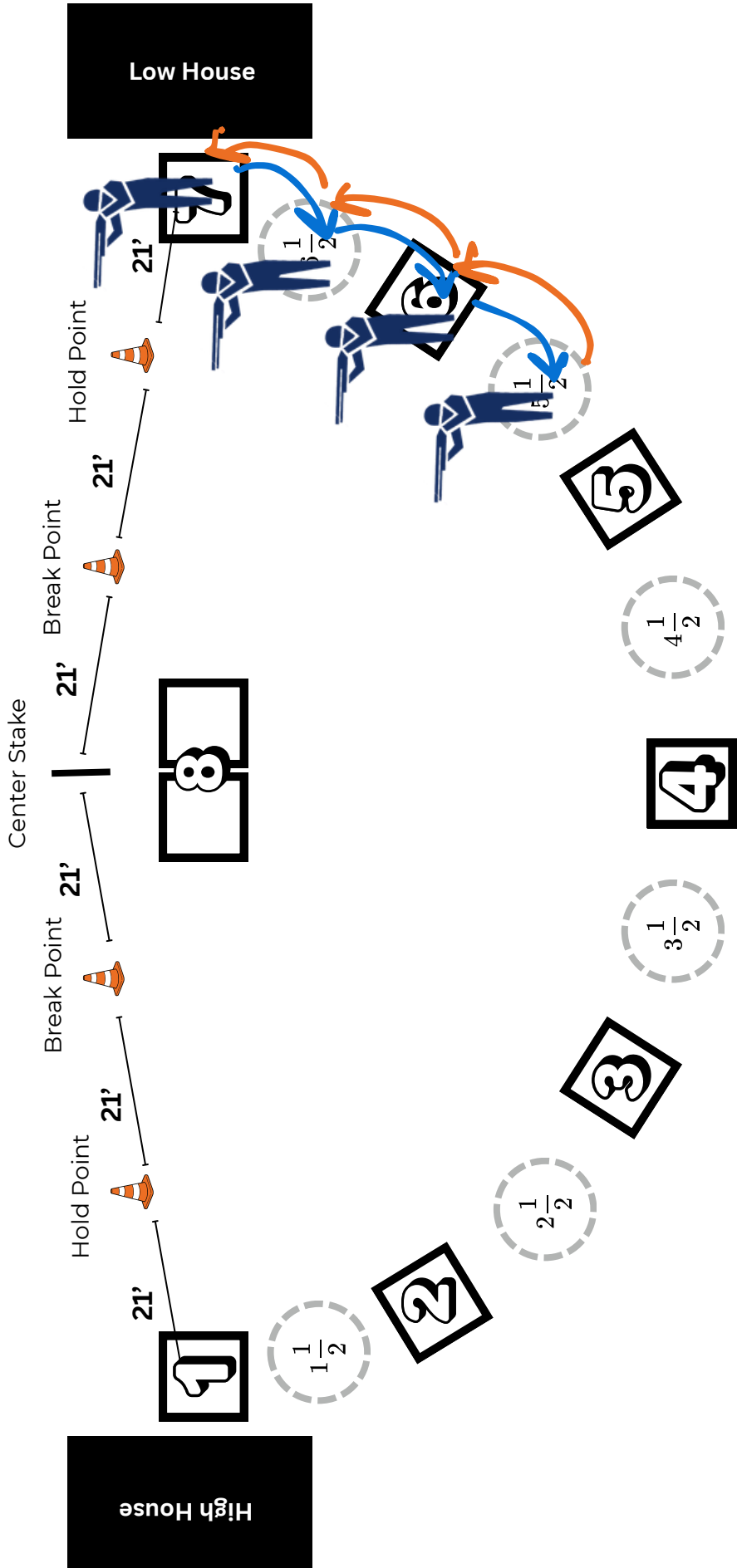
1. With all athletes at Station 7H. Each athlete shoots 3 shots in a row.
2. As a squad, athletes move to Station 6 ½ H and shoot 3 shots in a row.
3. Squad then moves to station 6H and shoots 3 targets in a row.
4. Finally, as a squad athlete moves to station 5 ½ and shoots 3 shots in a row.
5. Pause to discuss / remind athletes of how stance, gun hold point, eye hold point, and rotation change over stations.
6. Reverse starting at 5 ½ H and moving back to 7, shooting 3 shots at each station, for a total of 24 targets.
7. Athletes who complete drill breaking 22/24 with proper technique can progress.

*Coaches can add difficulty to drills for intermediate athletes by having them shoot the drill with tighter chokes (Mod or Imp Mod).

Coaching Tips:

- Break points for this drill are less important than fundamentals execution. Focus only on one or two elements for each athlete throughout the drill.
- Look for athletes to consistently acquire proper foot position, gun hold point, and eye hold points.
- Location of target break matters less than consistent placement of target breaks. Athletes should pull the trigger where they first acquire a hard focus on the front edge of the target.
- Reward athletes for demonstrating fundamentals consistently over breaks.

Name: High House Incomers - Skeet Lesson 1



Low House Incomers (Skeet Lesson 2)

Sport: Skeet / Sporting Clays

Purpose: This drill is used to introduce new and intermediate shooters to shooting incoming skeet targets with consistency and proper technique. Focus is on proper foot position, gun hold point, eye hold point, and rotation of the shooter.

Equipment:

orange cones - placed at 21 and 42 feet on path from center stake to station 7

hula hoops - placed on ground at 1 ½ and 2 ½ to create half stations for shooters

Rounds/throughput: 25 shells per shooter, 5 shooters, 20-25 minutes

Steps:

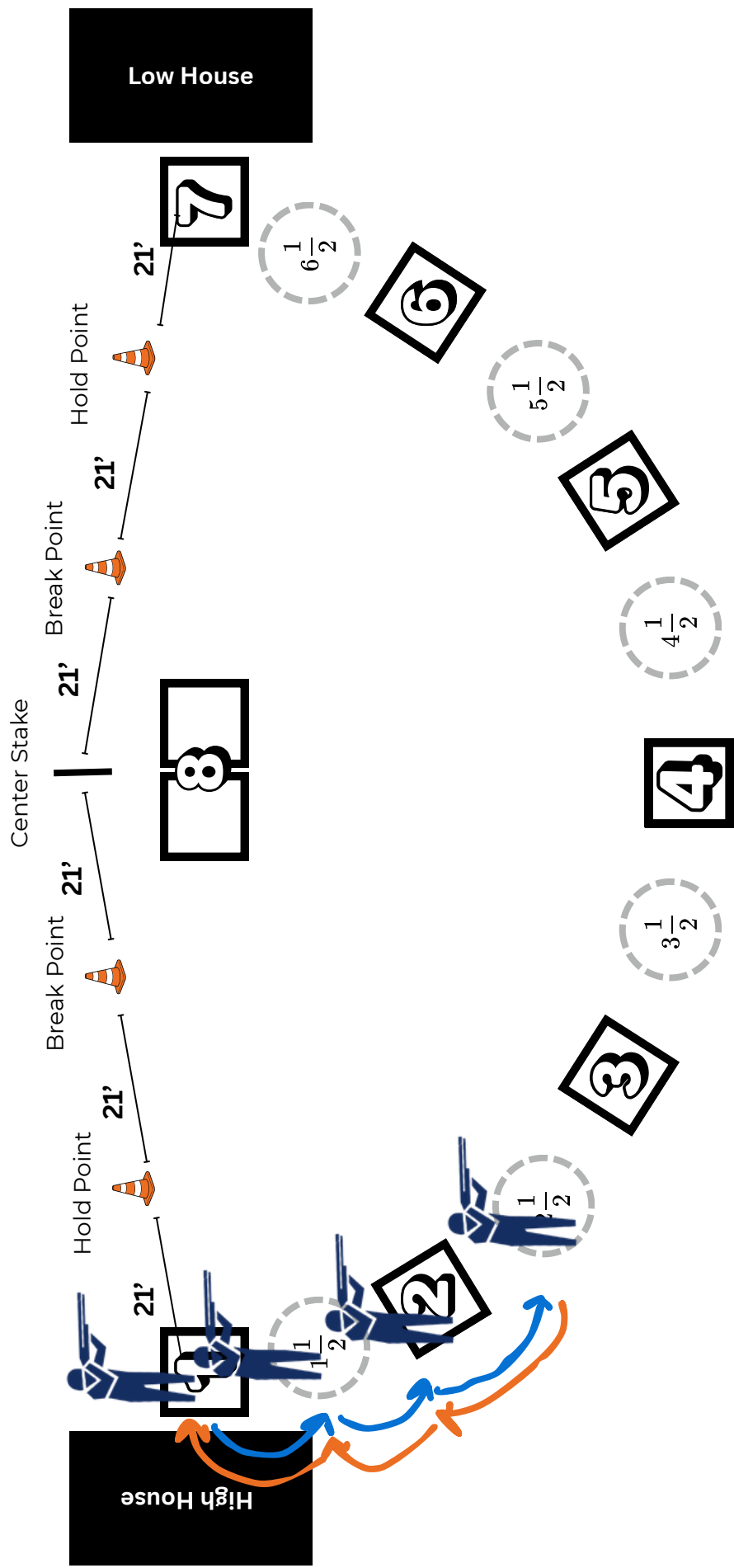
1. With all athletes at Station 1L. Each athlete shoots 3 shots in a row.
2. As a squad, athletes move to Station 1 ½ L and shoot 3 shots in a row.
3. Squad then moves to station 2L and shoots 3 targets in a row.
4. Finally, as a squad athlete moves to station 2 ½ L and shoots 3 shots in a row.
5. Pause to discuss / remind athletes of how stance, gun hold point, eye hold point, and rotation change over stations.
6. Reverse starting at 2 ½ L and moving back to 1, shooting 3 shots at each station, for a total of 24 targets.
7. Athletes who complete drill breaking 22/24 with proper technique can progress.

*Coaches can add difficulty to drills for intermediate athletes by having them shoot the drill with tighter chokes (Mod or Imp Mod). This helps athletes find the center of their pattern and elevate their level of focus.

Coaching Tips:

- Break points for this drill are less important than fundamentals execution. Focus only on one or two elements for each athlete throughout the drill.
- Look for athletes to consistently acquire proper foot position, gun hold point, and eye hold points.
- Location of target break matters less than consistent placement of target breaks. Athletes should pull the trigger where they first acquire a hard focus on the front edge of the target.
- Reward athletes for demonstrating fundamentals consistently over breaks.

Name: Low House Incomers - Skeet Lesson 2



High House Incomers #2 (Skeet Lesson 3)

Sport: Skeet / Sporting Clays

Purpose: This drill is used to introduce new and intermediate shooters to shooting incoming skeet targets with consistence and proper technique. Focus is on proper foot position, gun hold point, eye hold point and rotation of shooter.

Equipment:

orange cones - placed at 21 and 42 feet on path from center stake to stations 1 and 7
hula hoops - placed on ground at 5 ½ and 4 ½ to create half stations for shooters

Rounds/throughput: 25 shells per shooter, 5 shooters, 20-25 minutes

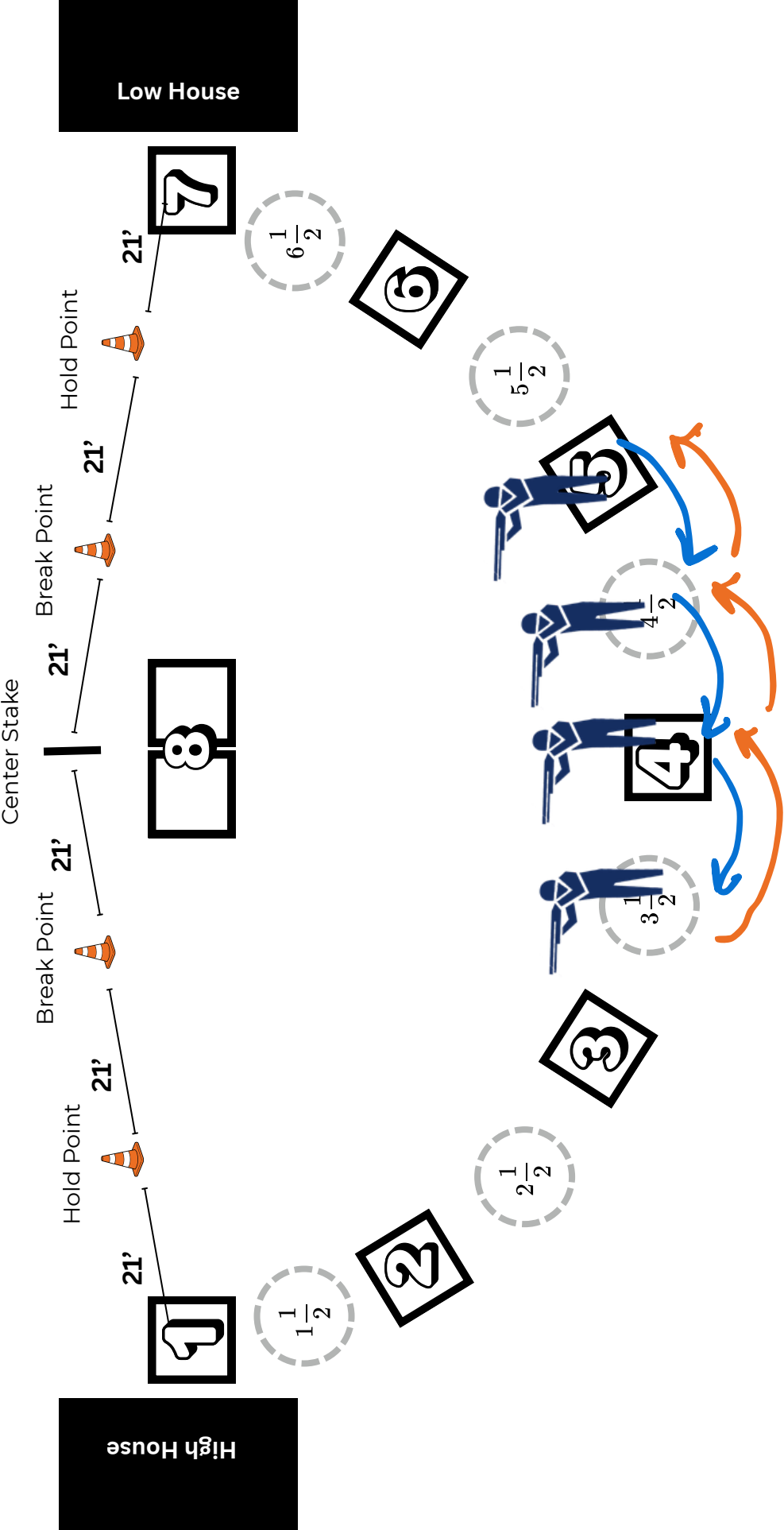
Steps:

1. With all athletes at Station 5H. Each athlete shoots 3 shots in a row.
2. As a squad, athletes move to Station 4½H and shoot 3 shots in a row.
3. Squad then moves to station 4H and shoots 3 targets in a row. Finally, as a squad athlete moves to station 3½H, they shoot 3 shots in a row.
4. Pause to discuss / remind athletes of how stance, gun hold point, eye hold point, and rotation change over stations.
5. Reverse starting at 3½H and moving back to 5½H, shooting 3 shots at each station, for a total of 24 targets. 3½H is actually an outgoing target, but by easing into the target from incomers, an athlete is being introduced to an outgoing target without being conscious of it.
6. Athletes who complete drill breaking 22/24 with proper technique can progress.

*Coaches can add difficulty to drills for intermediate athletes by having them shoot the drill with tighter chokes (Mod or Imp Mod).

Coaching Tips:

- Break points for this drill are less important than fundamentals execution. Focus only on one or two elements for each athlete throughout the drill.
- Look for athletes to consistently acquire proper foot position, gun hold point, and eye hold points.
- Location of target break matters less than consistent placement of target breaks. Athletes should pull the trigger where they first acquire a hard focus on the front edge of the target.
- Reward athletes for demonstrating fundamentals consistently over breaks.



Low House Incomers #2 (Skeet Lesson 4)

Sport: Skeet / Sporting Clays

Purpose: This drill is used to introduce new and intermediate shooters to shooting incoming skeet targets with consistency and proper technique. Focus is on proper foot position, gun hold point, eye hold point, and rotation of the shooter.

Equipment:

orange cones - placed at 21 and 42 feet on path from center stake to stations 1 and 7
hula hoops - placed on ground at 3 ½ and 2 ½ to create half stations for shooters

Rounds/throughput: 25 shells per shooter, 5 shooters, 20-25 minutes

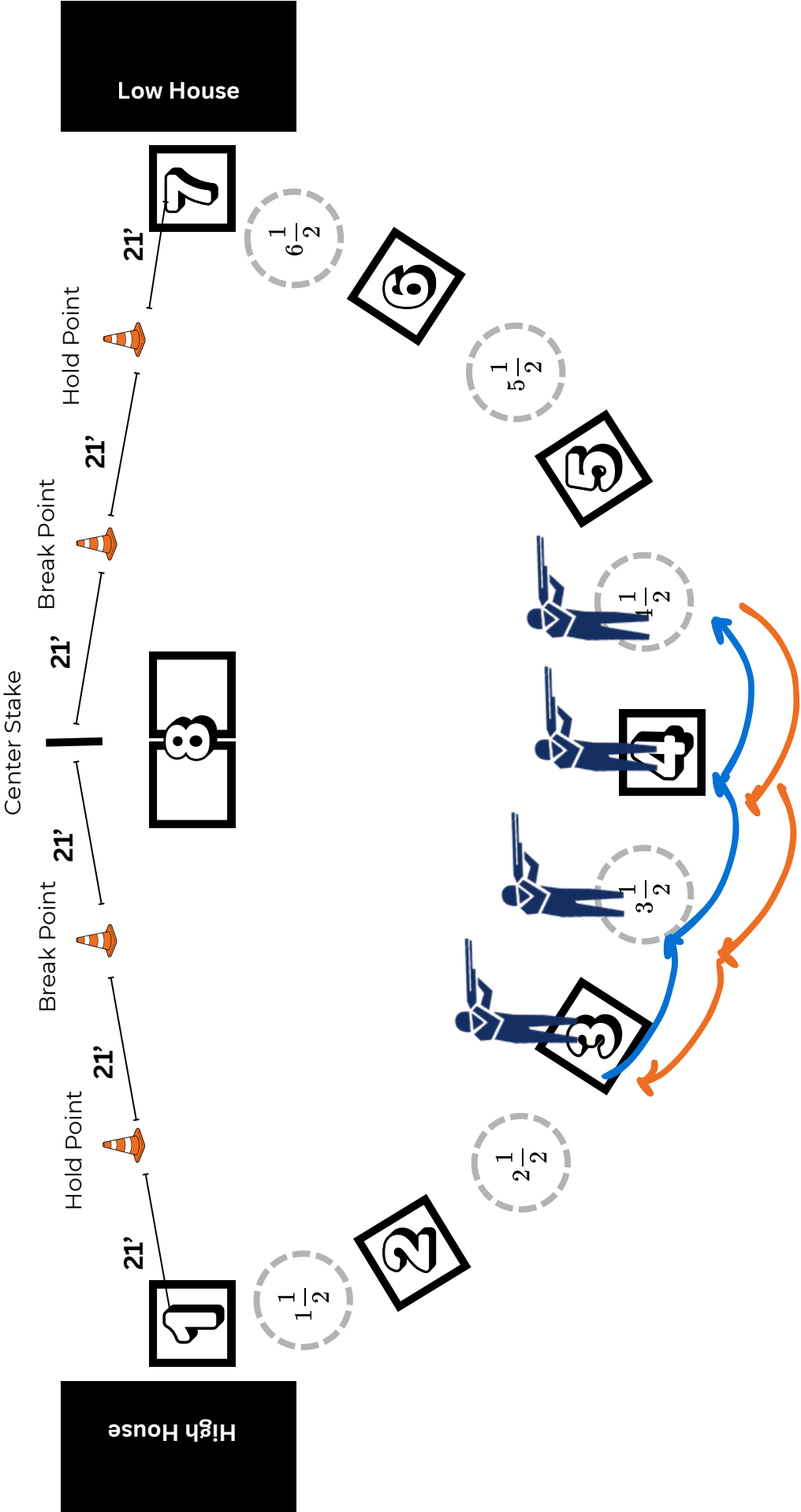
Steps:

1. With all athletes at Station 3L. Each athlete shoots 3 shots in a row.
2. As a squad, athletes move to Station 3½L and shoot 3 shots in a row.
3. Squad then moves to station 4L and shoots 3 targets in a row.
4. Finally, as a squad athlete moves to station 4½L and shoots 3 shots in a row. T
5. Pause to discuss / remind athletes of how stance, gun hold point, eye hold point, and rotation change over stations.
6. Reverse starting at 4½L and moving back to 3L, shooting 3 shots at each station, for a total of 24 targets. 4½L is actually an outgoing target, but by easing into the target from incomers, an athlete is being introduced to an outgoing target without being conscious of it.
7. Athletes who complete drill breaking 22/24 with proper technique can progress.

*Coaches can add difficulty to drills for intermediate athletes by having them shoot the drill with tighter chokes (Mod or Imp Mod).

Coaching Tips:

- Break points for this drill are less important than fundamentals execution. Focus only on one or two elements for each athlete throughout the drill.
- Look for athletes to consistently acquire proper foot position, gun hold point, and eye hold points.
- Location of target break matters less than consistent placement of target breaks. Athletes should pull the trigger where they first acquire a hard focus on the front edge of the target.
- Reward athletes for demonstrating fundamentals consistently over breaks.



Base Line Incomers (Skeet Lesson 5)

Sport: Skeet / Sporting Clays

Purpose: This drill is used to introduce the baseline targets to athletes in a way that develops the correct shooting fundamentals for these targets (which are the same as for any target). Athletes should shoot station 8 targets with the same fundamentals as station 1 and 7 targets. However, it is common for athletes (and coaches) to approach station 8 differently. This intro drill helps develop and maintain the correct approach for these targets.

Equipment:

orange cones - placed at 21 and 42 feet on path from center stake to stations 1 and 7
hula hoops - placed on ground halfway between 1 and 8 and halfway between 7 and 8;
another set of hula hoops place at the $\frac{3}{4}$ mark between 1 and 8 and 7 and 8.

Rounds/throughput: 25 shells per shooter, 5 shooters, 20-25 minutes

Steps:

1. Squad starts at Station 1, each athlete shoots 1L three times.
2. Squad moves to a location between 1 and 8. Shoot 2 low houses each.
3. Squad moves to the $\frac{3}{4}$ mark location between 1 and 8. Shoot 2 low houses each.
4. Squad moves to Station 8. Shoot 3 low houses each.
5. Squad moves to the front of Station 8H pad. Shoots 2 low houses each.
6. Squad moves to Station 7, each athlete shoots 7L three times.
7. Squad moves to location between 7 and 1. Shoots 2 high houses each.
8. Squad moves to a location between 1 and 7. Shoot 2 high houses each.
9. Squad moves to the $\frac{3}{4}$ mark location between 1 and 7. Shoot 2 high houses each.
10. Squad moves to Station 8. Shoots 3 high houses each.
11. Squad moves to the front of Station 8L. Shoots 2 high houses each.
12. Total targets are 24. Athletes should strive to consistently shoot 22/24 on this drill.

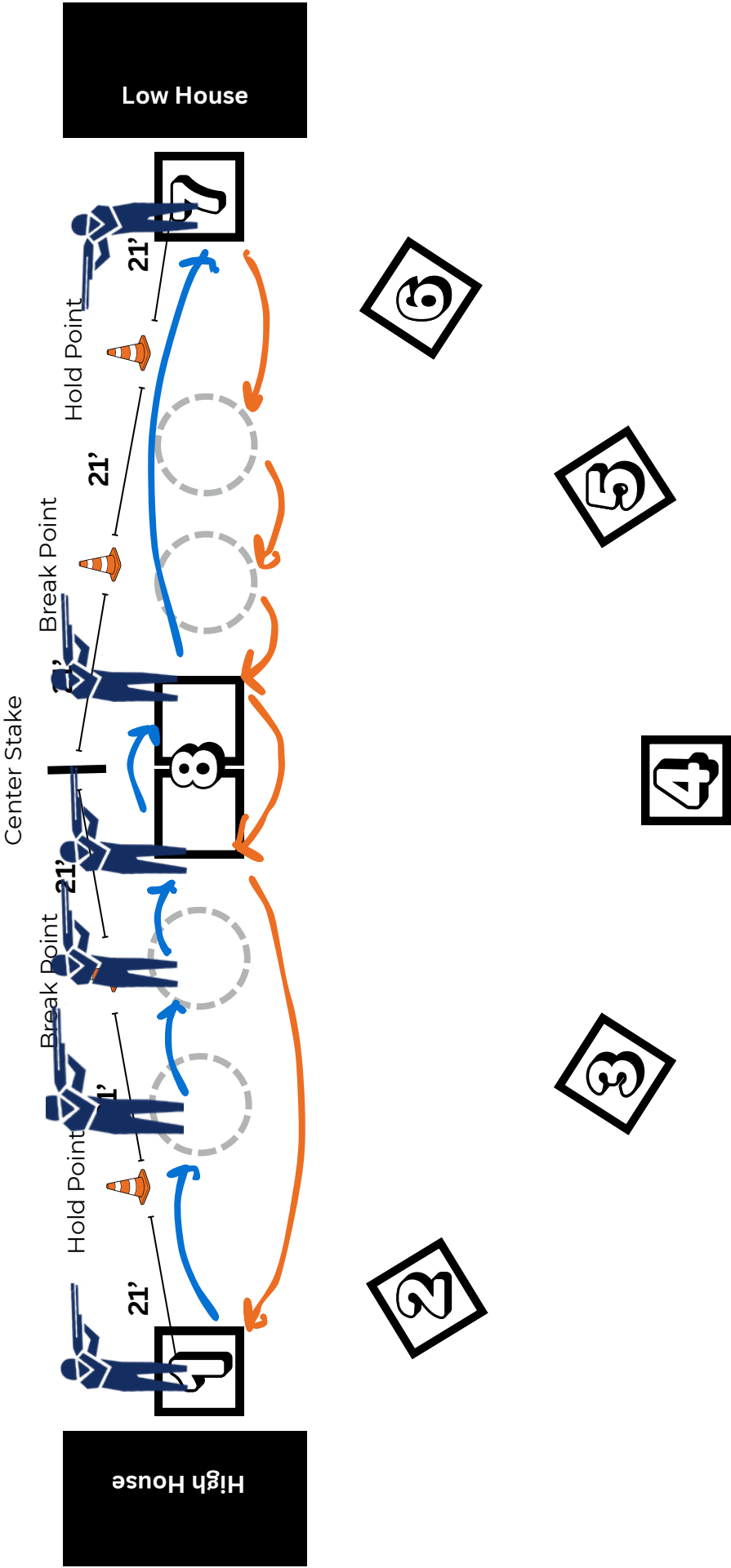
*Shooting halfway points is to train athletes to maintain the same form/technique on 1L and 7H as they do for 8L and 8H. Driving forward toward the target with legs and ankles.

**Shooting of the front of pad 8 is to train athletes with additional speed on pad 8. This simulates a "fast" target that they either didn't pick up well or moved late on. It also "slows down" the target when they return to the normal shooting position on 8.

Coaching Tips:

- Hold points are still critical, but often overlooked for these targets. Athletes should still hold $\frac{1}{3}$ of the way from the house. Make sure cones are placed on line between the window and center stake for correct hold points.
- Baseline targets, like all targets, are broken with drive from the athletes' ankles and legs. Pay attention to athletes shooting the targets with the arms, which typically results in head lifting.

Name: Base Line Incomers - Skeet Lesson 5



Base Line Drill

Sport: Skeet / Sporting Clays

Purpose: This drill is used to train athletes for consistent approach and practice for baseline targets. Baseline targets make up 40% of a round of skeet. Athletes should train baseline targets at a level where they expect to “run” baseline targets every round. This is also one of the first areas to encourage athletes to master — focusing on not leaving any baseline targets during a competition.

Equipment:

orange cones - placed at 21 and 42 feet on path from center stake to stations 1 and 7
hula hoops - placed on ground halfway between 1 and 8 and halfway between 7 and 8

Rounds/throughput: 25 shells per shooter, 5 shooters, 20-25 minutes

Steps:

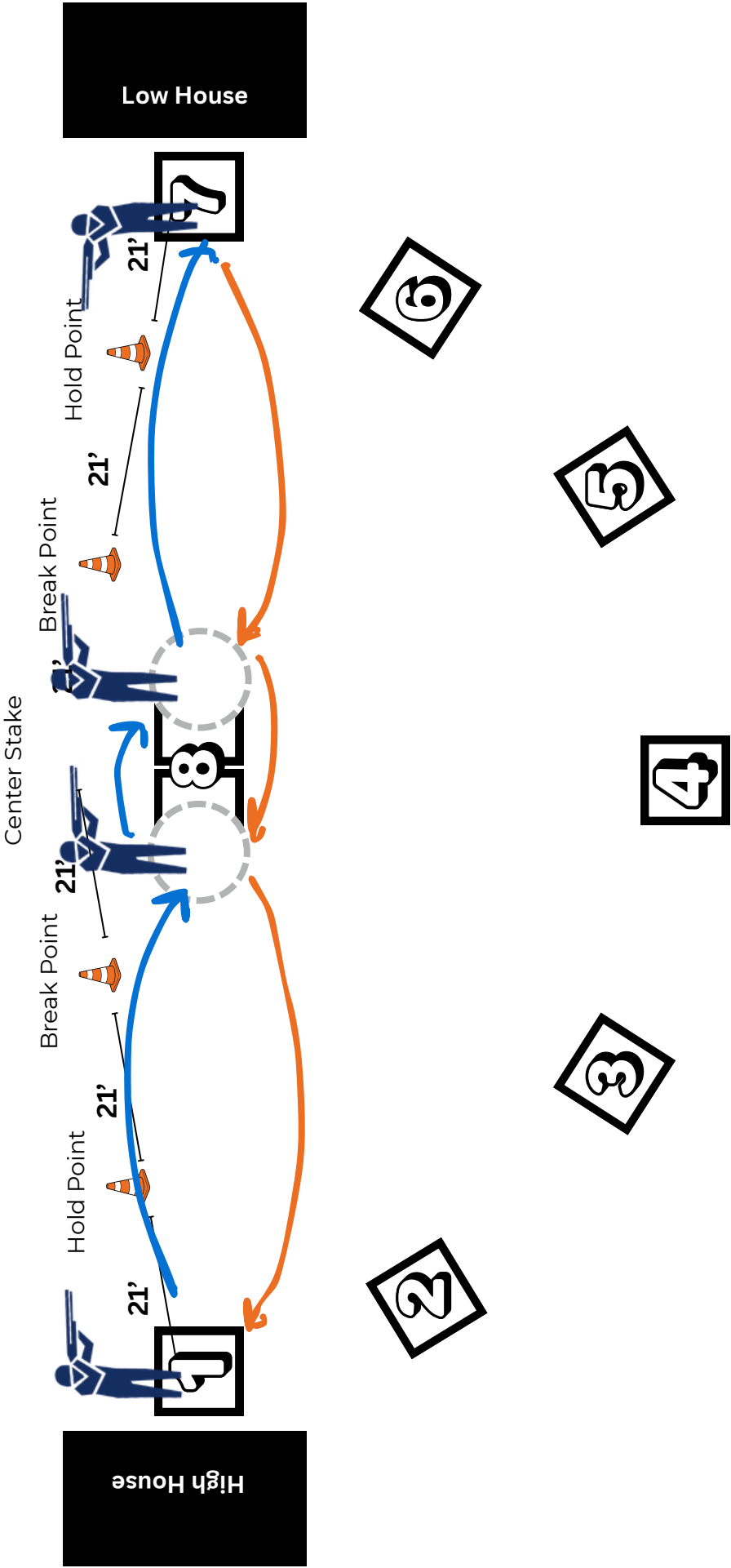
1. Squad starts at Station 1, each athlete shoots 1H, 1L, and then pairs.
2. Squad moves to Station 8L. Shoots 2 low houses each.
3. Squad moves to the front of Station 8H pad. Shoots 2 low houses each.
4. Squad moves to Station 7, each athlete shoots 1H, 1L, and then pairs.
5. Squad moves to Station 8H. Shoots 2 high houses each.
6. Squad moves to the front of Station 8L. Shoots 2 high houses each.
7. Squad returns to Station 1, each athlete shoots 1H, 1L, and then pairs.
8. Total targets are 24. Athletes should strive to consistently shoot 22/24 on this drill.

**Shooting of the front of pad 8 is to train athletes with additional speed on pad 8. This simulates a “fast” target that they either didn't pick up well or moved late on. It also “slows down” the target when they return to the normal shooting position on 8.

Coaching Tips:

- Hold points are still critical, but often overlooked for these targets. Athletes should still hold $\frac{1}{3}$ of the way from the house. Make sure cones are placed on line between the window and center stake for correct hold points.
- Baseline targets, like all targets, are broken with drive from the athletes' ankles and legs. Pay attention to athletes shooting the targets with the arms, which typically results in head lifting.
- This drill is a great drill to do first thing in practice with experienced skeet shooters. We often don't let athletes move to the next practice drill until they have achieved 22/24 or better on this drill.

Name: Base Line Drill



Bring It Home - Progressive Target Drill

Sport: Skeet /Sporting Clays

Purpose: This drill is used for advanced beginner and intermediate skeet athletes. The drill allows athletes to focus on fundamentals shooting and work problem targets with small pressure. Finally, this drill is great for walking athletes from outgoing targets to incoming targets without large jumps in difficulty — allowing them to build off success as each station.

Equipment: orange cones - placed at 21 and 42 feet to assist athletes in standardizing hold points. Drill can be shot without cones for advanced shooters occasionally with coaches paying attention to hold points.

Rounds/throughput: Exactly 26 shells per shooter, 5-7 shooters, 30-40 minutes

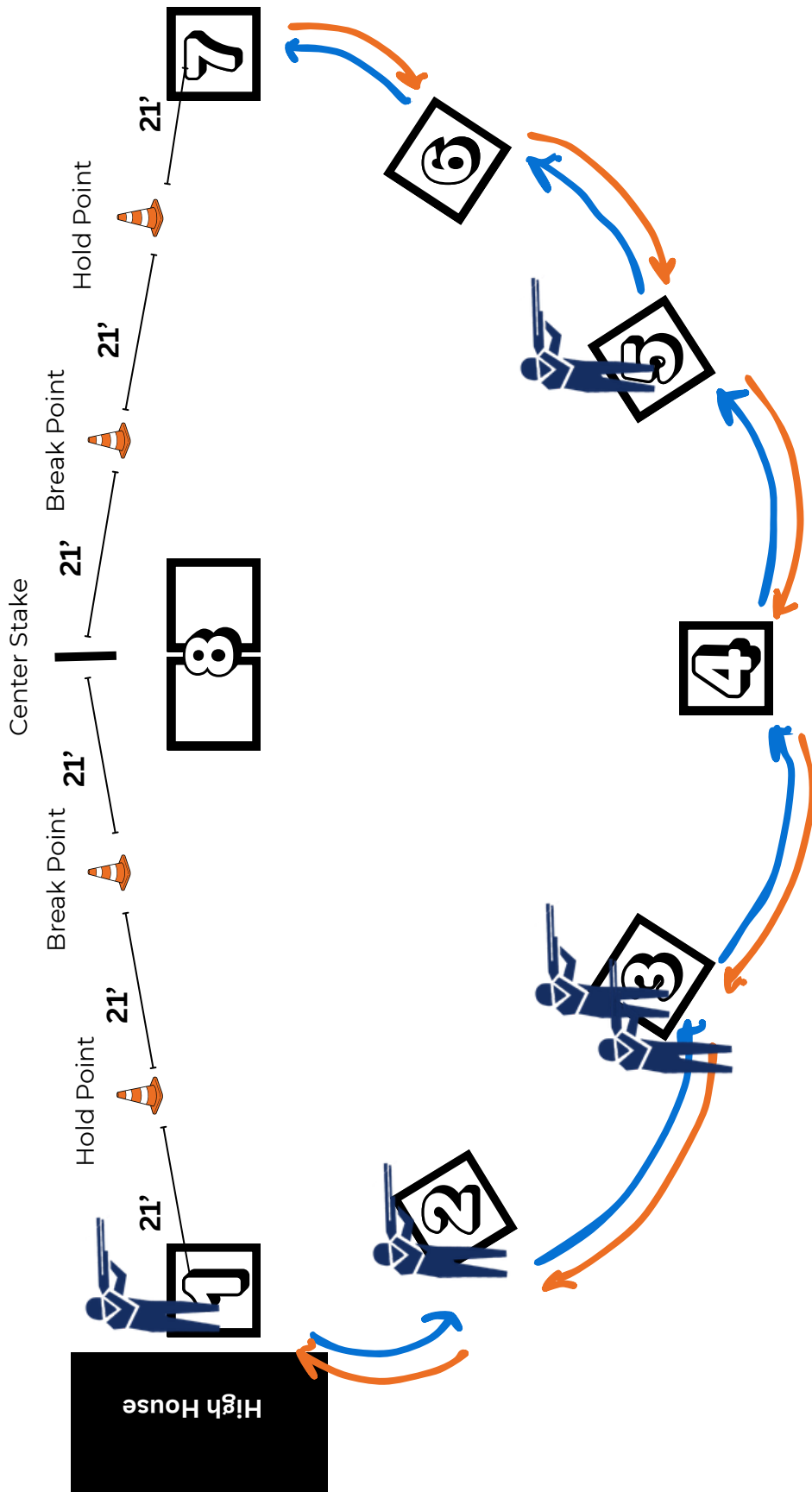
Steps:

1. All athletes begin on station 1 and will shoot two Low single targets.
2. Athletes keep the same shooting order throughout the drill.
3. Athletes who break both targets move to station 2.
4. Those who do not remain at station 1.
5. Athletes continue shooting two Low targets at stations 3 through 6, advancing only when they have broken both targets.
6. When an athlete reaches station 7, they switch to High targets and work their way back, only advancing when they break two targets in a row.
7. Athletes who break all their targets will arrive back at Station 1 (with zero shells in their pockets). Other athletes will run out of shells before they reach station 1 (home). Athletes should record the station they ended on in their journal to measure progress over the year.

Coaching Tips: This drill is great for adding small pressure to an athlete by getting “left behind” without them keeping score. It also automatically focuses athlete practice on the targets that they are having problems with by pausing them on a station until they break two in a row. Focus for the coach and athlete is proper form, hold points, and break points (should be consistently in the same place). Coaches can mix athletes of different ability by having more advanced athletes do the same drill with tighter chokes.

NOTE: Coaches may end up with some athletes spread across stations 2 through 7; athletes this far apart must step back off of pads when not shooting to prevent being in front of muzzles.

Low House



Round the World - Outside Station Drill

Sport: Skeet /Sporting Clays

Purpose: This drill is an extremely efficient way for coaches to train athletes on crossing targets. The efficiency is gained in multiple ways. First, it turns the skeet field into a trap line, allowing athletes to shoot at the pace of a trap line. Second, it provides multiple reps with small variation for athletes on each station. Finally, because each shot requires the athlete to move and reset, it creates reps for shot routine and proper foot position.

Equipment: orange cones - placed at 21 and 42 feet to assist athletes in standardizing hold points. Hula hops or paint markings on grass on the four corners of pads 3, 4, and 5.

Rounds/throughput: 30 shells per shooter, 6 shooters, 20 minutes

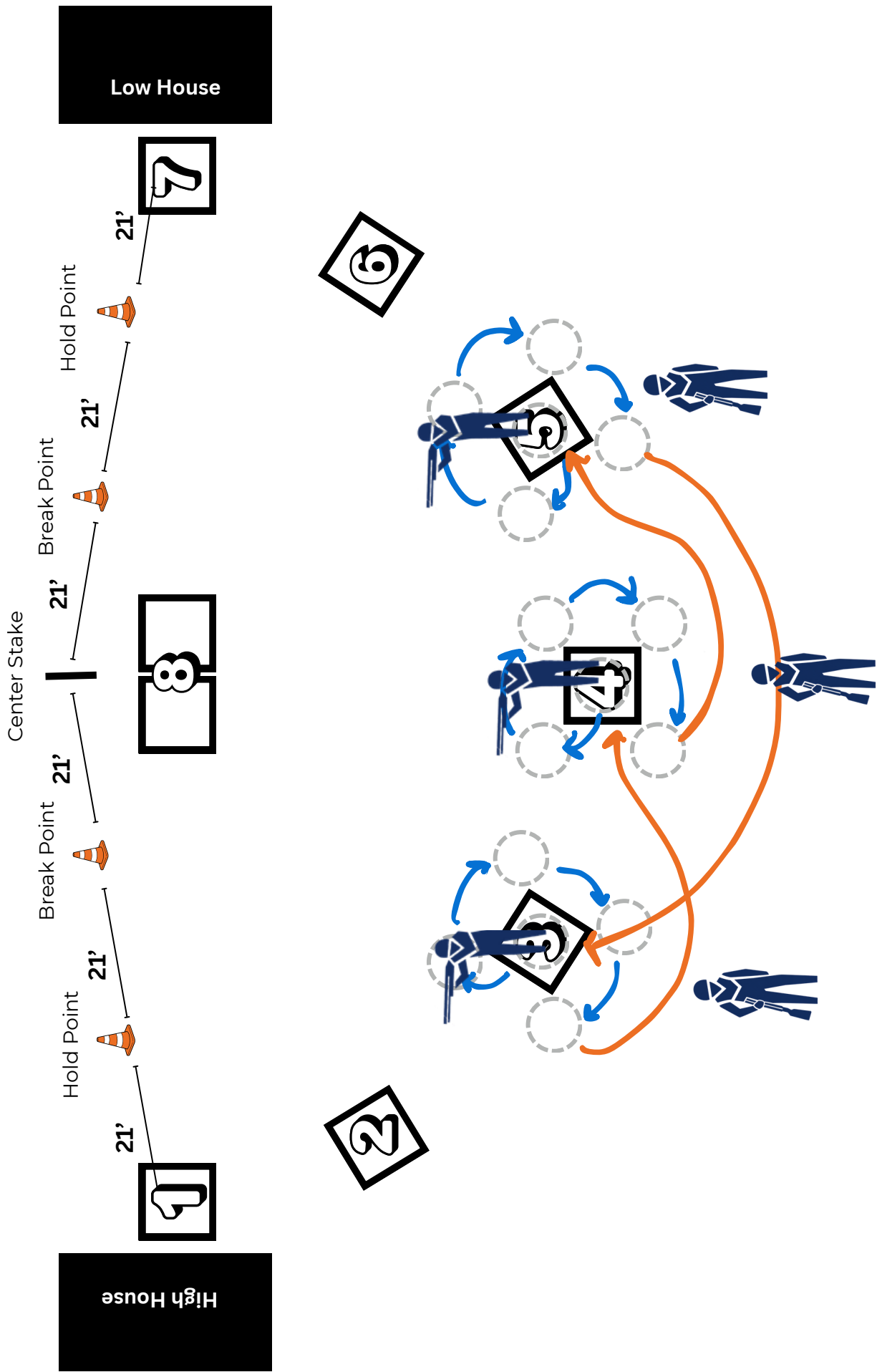
Steps:

1. Two athletes each stand behind stations 3, 4, and 5.
2. The first athlete in each group steps onto the pad.
3. Station 3 goes first and calls for the High target. After shooting, the athlete moves off the pad to the forward left corner of station 3.
4. Station 4 goes next and calls for the High target. Again, after shooting, the athlete moves off the pad to the forward left corner of station 4.
5. Station 5 goes next and calls for the high target. After shooting, the athlete moves to the forward left corner of their station.
6. Rotation now comes back to Station 3, athlete shoots and moves to the forward right corner.
7. Stations 4 and 5 do the same.
8. Repeat this process until athletes have shot all 4 corners (total of 5 shots at the station).
9. Athletes now rotate out with their partner. Partners repeat the pattern.
10. Once both athletes have shot the rotation, all athletes rotate pads and repeat: 3 going to 4, 4 going to 5, and 5 going to 3.
11. After 5 shots for each athlete, rotate a final time. All athletes have now shot 15 shells.
12. Repeat entire sequence again, but this time with Low house targets.
13. No score is kept with this drill. The focus is on consistency and repeatability of fundamentals for these outside stations (stance, hold points, quiet eye, move on flash, shoot front edge).

Coaching Tips:

- This is one of our athletes' favorite drills because it focuses on the outside stations (which for many is a place they struggle), generates a lot of target reps, and moves at the pace of trap. In short, it allows athletes to focus on these outside targets without making it monotonous.
- Coaches - stay focused on the shooter (not the breaks). Positioning yourself in a good spot (typically between station 3 and 4) allows you to observe athlete body mechanics without moving. For relatively new athletes, a coach behind each shooter helps keep the drill moving and provides more information between shots. Don't have a spare coach; have the athlete waiting to shoot the station provide feedback.

Name: Round the World - Outside Drill



Shoot the Edge Drill or First Hard Focus Challenge

Sport: Skeet / Sporting Clays / Trap

Purpose: The purpose of this drill is to help athletes understand and gain confidence in what they are seeing at the target. Correct gun hold point, eye hold point, soft focus, hard focus on front edge of target, and pulling the trigger as soon as they see the front edge clearly are rewarded in this drill. Athletes have a tendency to try to make a shot perfect (or ride a target) — measuring lead or second-guessing their first good look. This drill requires them to shoot their first good look and builds confidence in trusting it. Shooting too late during this drill is as bad as shooting too early — because your peer will take your target.

Equipment: orange cones - placed at 21 and 42 feet to assist athletes in standardizing hold points. Hula hops or paint markings on grass placed just left and right of pad 4. This drill can also be done on a trap field or sporting clay station by placing markers just left and right of a station.

Rounds/throughput: 15-25 shells per shooter, 6-10 athletes, 15 minutes

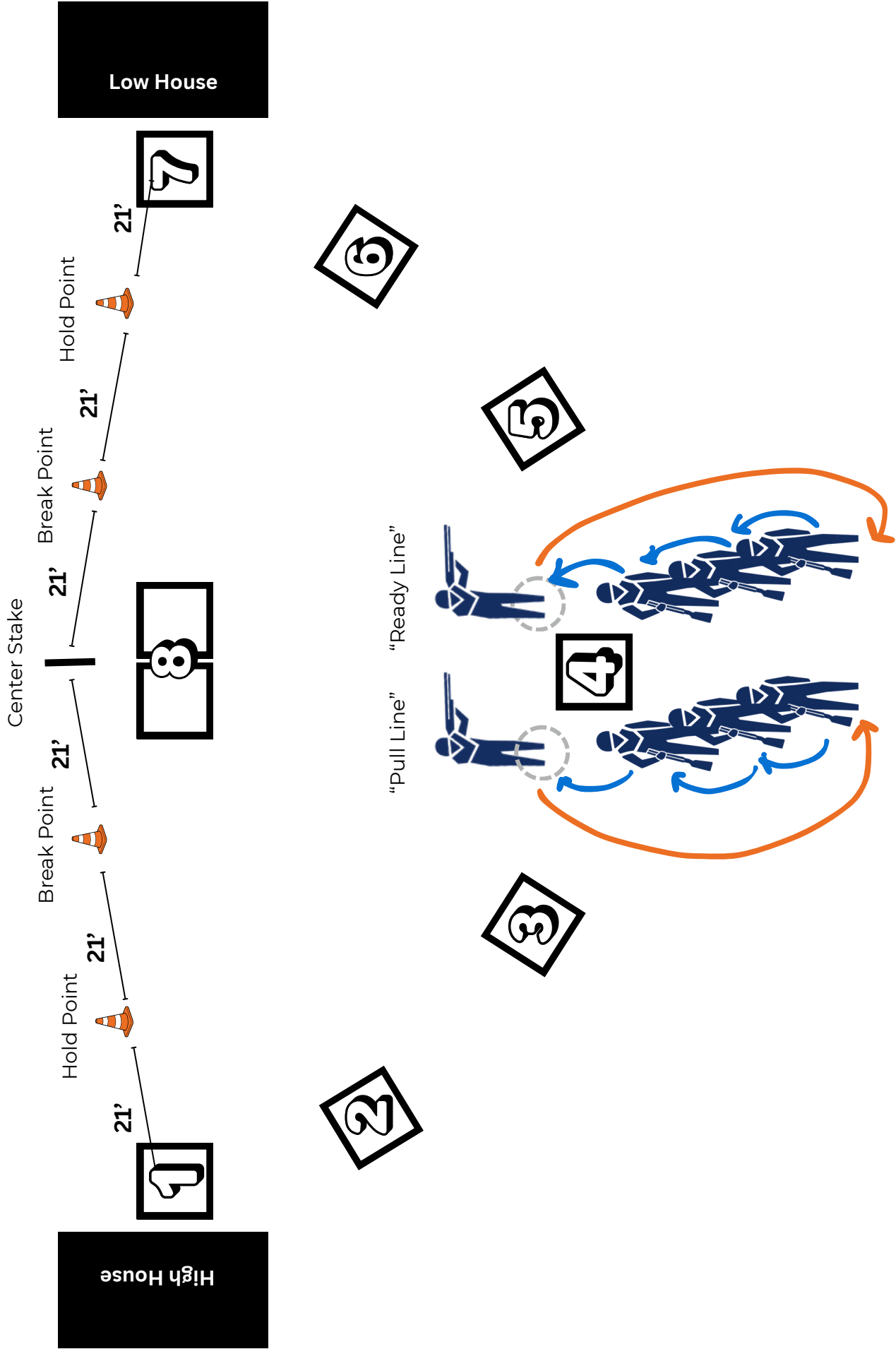
Steps:

1. Place athletes in two lines behind the two stations left and right of pad 4. (This can also be done at nearly any station — skeet, trap, or sporting clays.)
2. Two athletes step into the two positions and both prepare to shoot.
3. Athlete furthest from the target says “ready” when they are ready to shoot.
4. Athlete closest to the target says “pull” when they are ready.
5. Both athletes shoot at the same target.
6. First athlete to break the target “wins.” And goes to the back of the “winners” line. Designate the line that calls “pull” the loser line and the one that states “ready” the winner line. This will give a slight advantage to the losers line each time, making the drill more competitive.
7. Next athlete in each line steps up and repeats the process.
8. Continue the drill until athletes are breaking the target near simultaneously. Celebrate when two athletes hammer a target at the same time so close that you can’t determine a winner — that is the result of them trusting their first look.

* This drill can also be done with a delayed pull so that neither shooter has an advantage on the target. This helps athletes move on the flash, rather than try to time a target.

Coaching Tips: This drill is great for adding a little competition to a practice. It is especially effective near the end of practice when athletes tend to shoot targets less aggressively and more deliberately than is optimal. This drill also helps coaches identify athletes who are not seeing the target the same as their peers — they are consistently shooting after their peer has broken the same target. Look for eye hold, gun hold, or failure to move when the target emerges when this happens. If not these, talk to them about their vision (gun in their vision, prescription out of date, needing glasses).

Name: Shoot the Edge or First Hard Focus Challenge



Change It Up Drill

Sport: Skeet / Sport Clays

Purpose: This drill prevents athletes from shooting skeet rounds that negatively affect their mental game. Many athletes and teams practice by shooting full rounds, but doing so too often and early can put pressure on certain stations based on their location in the game rather than difficulty. For example, athletes often get nervous on station 6 straight, but it's just another station. This drill ensures every station requires the same effort. It also makes the skeet field more like a sporting clays course, with more target difference between stations.

Equipment: orange cones - placed at 21 and 42 feet to assist athletes in standardizing hold points.

Rounds/throughput: 25 shells per shooter, 5 athletes, 25 minutes

Steps:

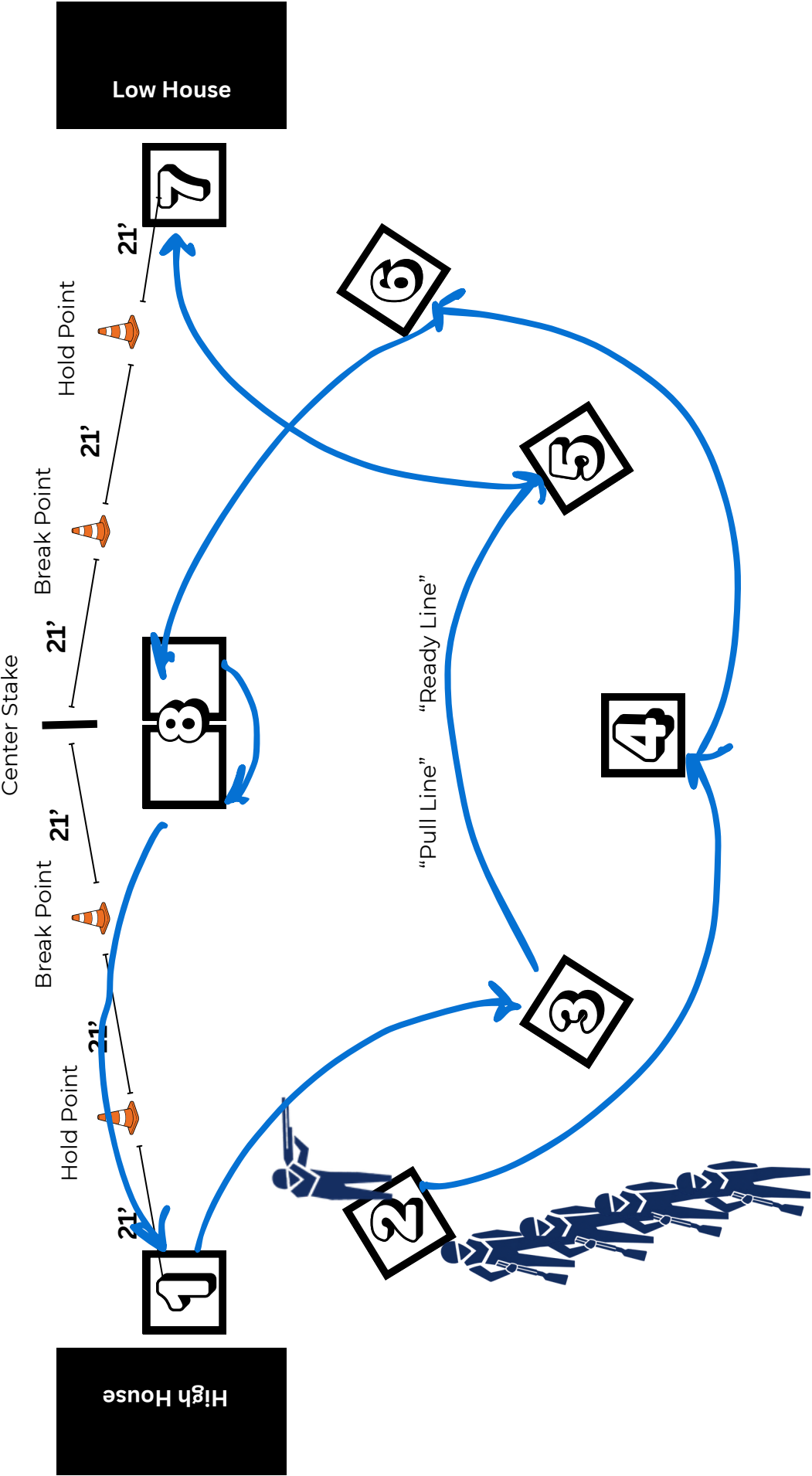
1. The steps to this drill are easy: create a skeet field rotation that differs from the typical round of skeet.
2. Shoot even then odd stations (2, 4, 6, 8, 1, 3, 5, 7).
3. Shoot the round backwards (8, 7, 6, 5, 4, 3, 2, 1).
4. Using a deck of cards (Ace through 8), draw cards to determine the station you shoot next.
5. Take your options at your first miss or if you run 24 on the 25th target (repeating the last target).
6. Coaches should record scores in the typical spots on a scoresheet and take note of where the missed targets occur. If they occur for a shooter at the same stations that they do in a normal round — this points to a fundamentals issue with the athlete. If they occur at different points — this points more to a mental game issue.

*Coaches can do this over 50 or 100 targets as well, changing the game each 25 to keep the athletes working hard to think about each station as an individual station.

Coaching Tips: This is also a great drill to turn skeet practice into sporting clays practice at the same time. Skeet stations shot in order gradually provide target angles to an athlete. Sporting clays have greater variability between stations. By skipping stations or shooting the game of skeet in a random order, the skeet stations begin to mimic more closely the variability in targets that the game of sporting clays offers. This helps improve athletes in both games.

Additionally, we find that it is almost impossible for athletes to count targets or remember their score when shooting a different pattern of stations. Removing target counting helps athletes treat each station as they should — as a small game within the game. One station, one target at a time.

Name: Change it Up Drill



Good Start Team Drill

Sport: Skeet / Trap

Purpose: The primary objective of youth shooting is to emphasize team shooting and team scores over individual awards. In regional and national competitions, teams participate as squads. Squads that begin well gain confidence and motivate each other. This dynamic can create a sense of pressure to avoid being the first to miss. This drill aims to replicate that initial start and pressure, facilitating the development of the necessary team chemistry to establish a strong “good start” that makes a great round.

Equipment: No equipment needed. Field should be as for a competition.

Rounds/throughput: 25 shells per shooter, 5 athletes, 25 minutes

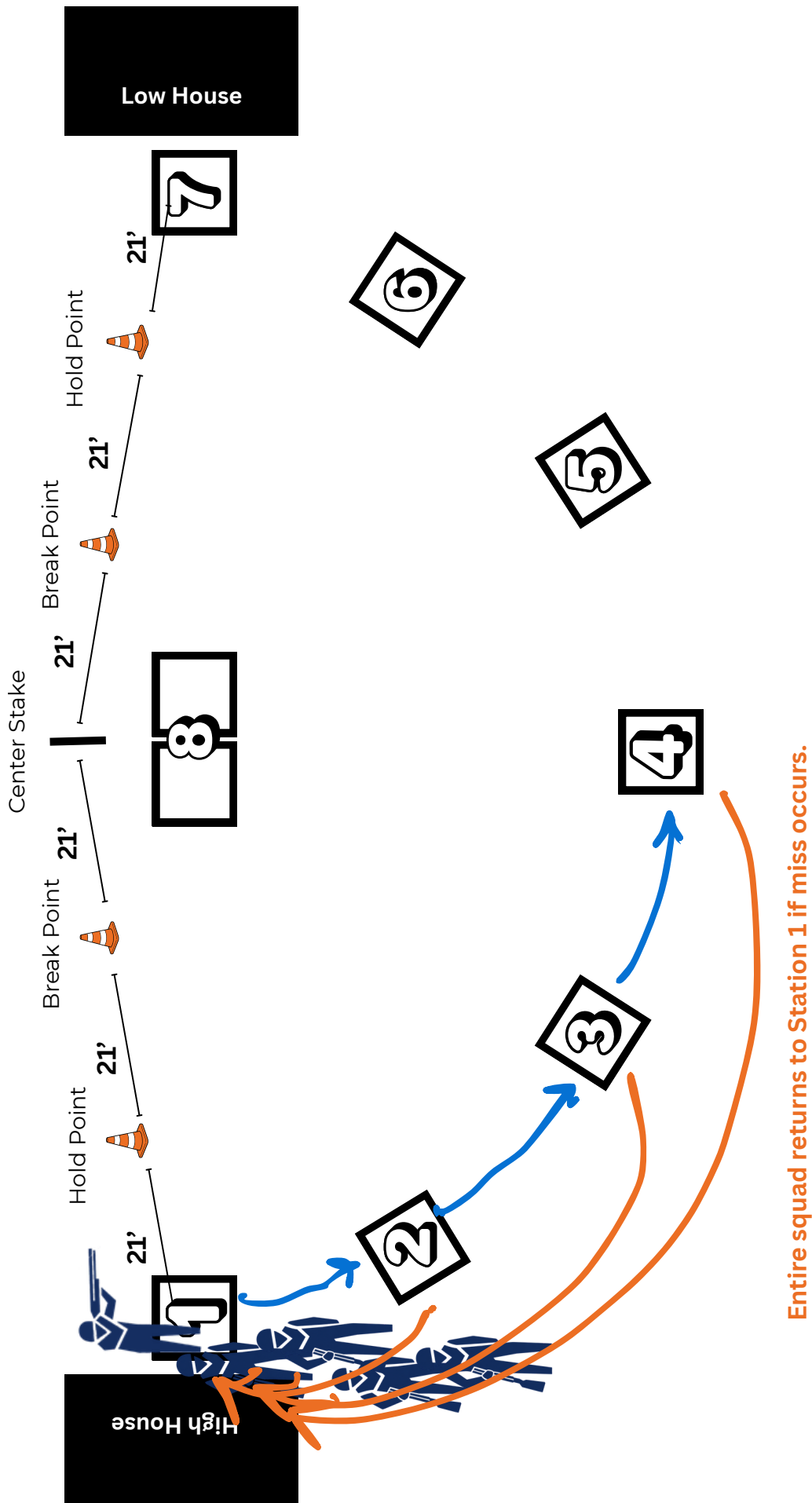
Steps:

1. Squad starts on Station 1 in squad order. Alternatively, they can start in the order of athlete with lowest average score to highest average score.
2. Each athlete shoots the station as in competition. If all athletes “clean” the station, the squad moves to Station 2. If not, the squad must repeat the station starting with the next shooter in the rotation.
3. Squad then shoots Station 3 as in competition. If all athletes “clean” the station, the squad moves to Station 4. If not, the squad returns to Station 1 again and starts over.
4. Squad then shoots Station 4 as in competition. If all athletes “clean” the station, they have gotten there as a squad without missing any targets. This is a huge squad accomplishment. If any athlete misses on Station 4, the squad returns to Station 1 and tries again.

Coaching Tips:

- This drill is as much about squad teamwork, culture, and perseverance as is shooting. Pay attention to athletes keeping each other positive, supportive, and focused. Watch for athletes who grow upset at themselves or others.
- The pressure builds as the squad makes it further. A miss sends them all the way back, and it can weigh heavily on an athlete in the box.
- It can easily take a squad two or three boxes of ammo to complete this drill. It’s okay. You are looking to see how they work as a team and demonstrate helpful and unhelpful behaviors.
- If the drill is too hard for a less experienced squad, shorten the drill to only getting a squad to stations 2 or 3.
- Celebrate a squad that completes this drill. It is not an easy task. However, once accomplished, coaches can use it to remind them of how a squad should focus and act to achieve a good start.
- This same drill can be used in trap by allowing the squad to only rotate if they “clean” the first (and second) set of 5 targets. Restarting anytime an athlete misses.

Name: Good Start Team Drill



Shoot and Move

Sport: Skeet /Sporting Clays

Purpose: Introduces new athletes to targets while reinforcing consistent technique: foot position, gun hold point, eye hold point, and body rotation. The progressive format builds skill and confidence while increasing difficulty. Use for a set period during practice and continue the progression across multiple practices. For intermediate and advanced athletes, combine with the Shoot & Move with Go Backs Drills.

Equipment:

- hula hoops (optional) - placed on ground halfway between 1 and 3 and halfway between 2 and 3

Rounds/throughput: 25–50 shells per shooter, 1–5 shooters, 20–30 minutes

Steps:

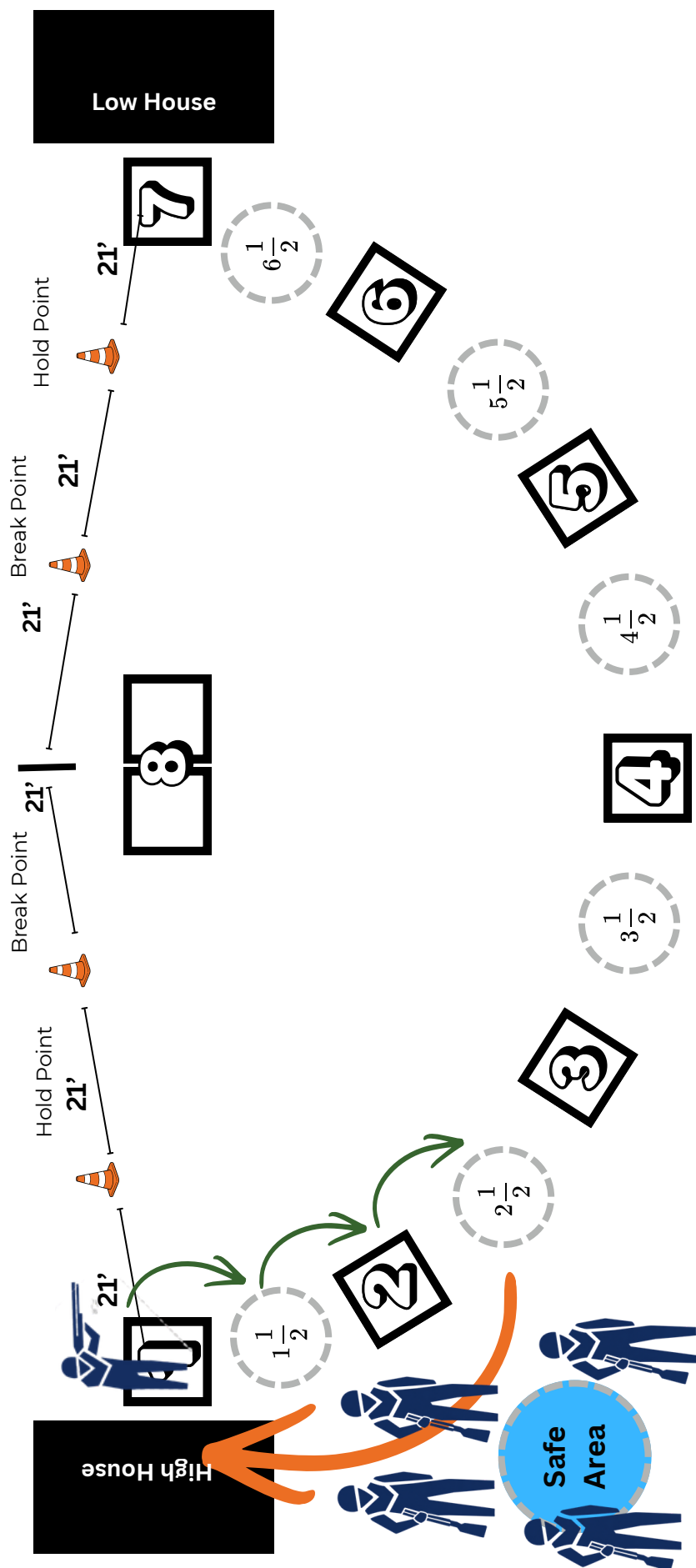
1. Establish a shooting order. All athletes start at Station 1 or last position from previous drill.
2. Set the number of shots each athlete gets per turn (3, 4, 5, etc.).
3. Break the target with good fundamentals = advance $\frac{1}{2}$ station.
4. Miss = stay at that position and shoot again.
5. When the athlete uses all allotted shots, stop where they are. The next athlete begins.
6. On the next rotation, each athlete resumes where they stopped.
7. After completing 1 → 1.5 → 2 → 2.5, return to Station 1.
8. Repeat the progression requiring 2 hits at each position, then 3, 4, and finally 5.
9. Complete the drill after successfully finishing the 5-hit progression.
10. If time runs out, record progress. Athletes note their current station and remaining hits, then resume from that exact point at the next practice until completing the 5-hit progression

Note: This drill can be used with incoming, outgoing, and doubles. Athletes should complete each target type separately: incoming first, then outgoing. Progress to doubles after the athlete has successfully completed both the incoming and outgoing progressions. The same drill can also be run across Stations 7 → 6.5 → 6 → 5.5 or Stations 3 → 3.5 → 4 → 4.5 → 5. See drill tracking sheets to record progress across practices. If an athlete is having trouble with lead, you can break this into $\frac{1}{4}$ station progression.

Coaching Tips

- Fundamentals over breaks: Reward proper execution, not simply hitting the target
- Build consistency: Look for repeatable foot position, gun hold point, eye hold point, and body rotation.
- Advance good execution: If the athlete executes the fundamentals correctly but misses, the coach may still advance them.
- Let the break point develop: As fundamentals and target acquisition improve, the break point should naturally move to the correct position.
- Singles before doubles: Build fundamentally correct singles and first-good-look breaks before progressing

Name: Shoot and Move



Shoot and Move with Go Back

Sport: Skeet /Sporting Clays

Purpose: Progresses intermediate athletes who have completed Shoot & Move. Athletes continue developing the same fundamentals while adding a consequence for misses, requiring them to recover and successfully repeat previously learned targets.

Equipment:

- Hula hoops (optional) to mark the ½-station positions

Rounds/Throughput:

25–50 shells per shooter | 1–5 shooters | 20–30 minutes

Steps:

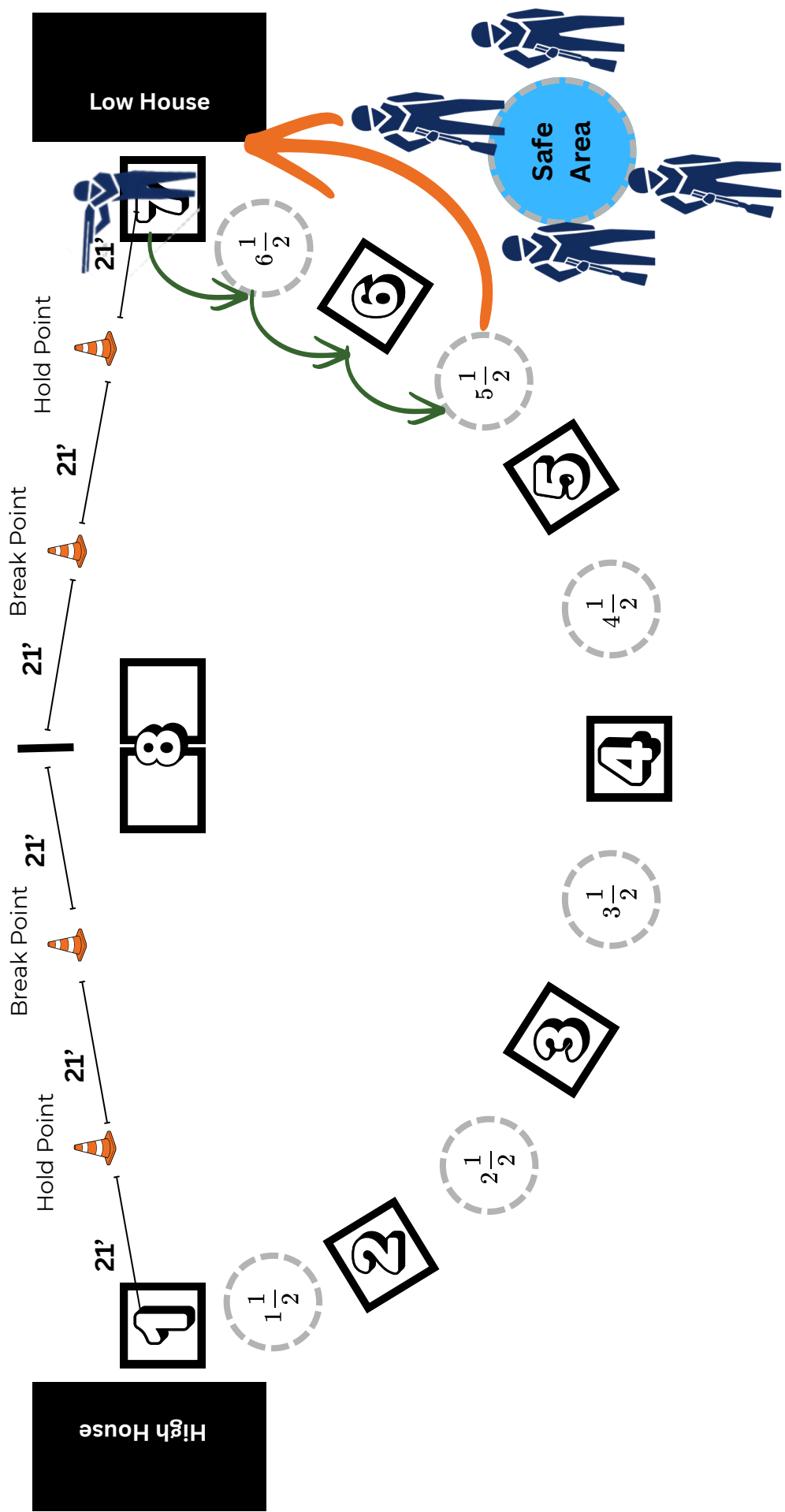
1. Establish a shooting order. All athletes begin at Station 1. (or previous position doing this drill)
2. Set the number of shots per turn (3, 4, 5, etc.).
3. Break with good fundamentals = advance ½ station.
4. Miss = repeat and break the target at the current station, then go back ½ station.
5. From the previous station, resume the progression forward.
6. Each additional miss repeats the process: break the current target, then go back one ½-station position.
7. After completing 1 → 1.5 → 2 → 2.5, return to Station 1.
8. Repeat the progression requiring 2 consecutive breaks at each position, then 3, 4, and 5.
9. The Go Back rule applies throughout every progression.
10. Complete the drill when the athlete successfully finishes 5-and-move through Station 2.5.
11. If time runs out, record progress and resume from that exact point at the next practice.

Note: This drill can be used with incoming, outgoing, and doubles. Athletes should complete each target type separately: incoming first, then outgoing. Progress to doubles after the athlete has successfully completed both the incoming and outgoing progressions. The same drill can also be run across Stations 7 → 6.5 → 6 → 5.5 or Stations 3 → 3.5 → 4 → 4.5 → 5. See drill tracking sheets to record progress across practices.

Coaching Tips:

- Fundamentals first: Keep the athlete focused on proper execution and process, especially when pressure is added by moving backward.
- Athletes need to remember how many targets they break and what station they are on. This helps with mental concentration. You are starting to load them with more thoughts they must control to execute good fundamentals and break targets.
- Pressure training: Going backward creates pressure. Teach athletes to respond by returning to their process, not trying harder to break the target.
- Reinforce the message: Good fundamentals break targets. Reward the process you want repeated.

Name: Shoot and Move with Go Backs



Shoot and Move with Go Back All The Way

Sport: Skeet /Sporting Clays

Purpose: An advanced progression for athletes who have completed Skeet Shoot & Move and Skeet Shoot & Move with Go Backs. Full Go Backs increase difficulty and create competition-like pressure while requiring athletes to trust their fundamentals and process. The drill challenges athletes to maintain proper foot position, gun hold point, eye hold point, rotation, visual focus, and first good look as the pressure to complete each progression increases.

Equipment:

- hula hoops (optional) - placed on ground halfway between 1 and 3 and halfway between 2 and 3

Rounds/throughput: 25–50 shells per shooter, 1–5 shooters, 20–30 minutes

Steps:

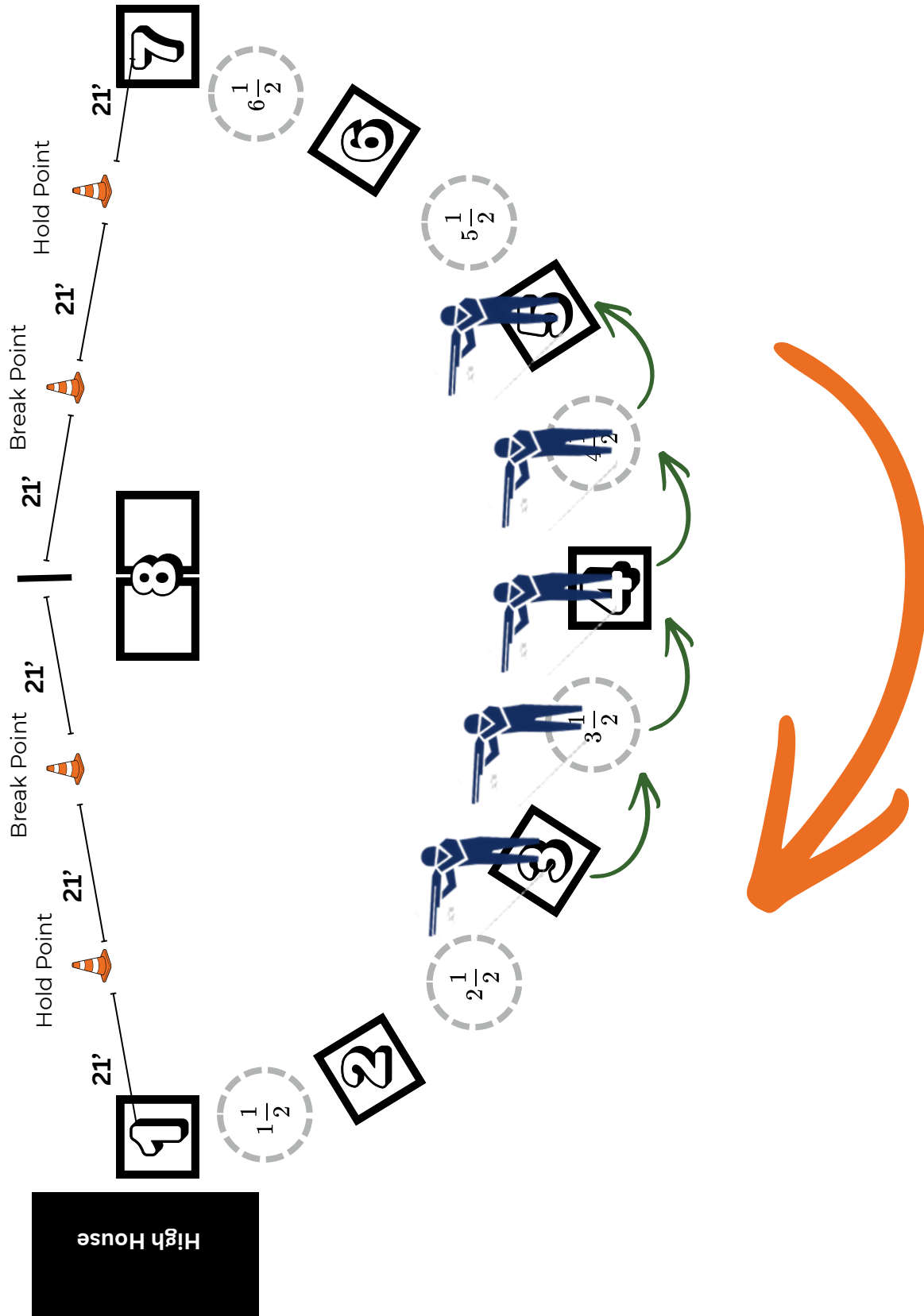
1. Establish a shooting order. All athletes start at Station 1 or last station from previous drill.
2. Set the number of shots each athlete gets per turn (3, 4, 5, etc.).
3. Break the target with good fundamentals = advance $\frac{1}{2}$ station.
4. Miss = stay at that position and shoot again.
5. When the athlete uses all allotted shots, stop where they are. The next athlete begins.
6. On the next rotation, each athlete resumes where they stopped.
7. After completing 1 → 1.5 → 2 → 2.5, return to Station 1.
8. Repeat the progression requiring 2 hits at each position, then 3, 4, and finally 5.
9. Complete the drill after successfully finishing the 5-hit progression.
10. If time runs out, record progress. Athletes note their current station and remaining hits, then resume from that exact point at the next practice until completing the 5-hit progression

Note: This drill can be used with incoming, outgoing, and doubles. Athletes should complete each target type separately: incoming first, then outgoing. Progress to doubles after the athlete has successfully completed both the incoming and outgoing progressions. The same drill can also be run across Stations 7 → 6.5 → 6 → 5.5 or Stations 3 → 3.5 → 4 → 4.5 → 5. See drill tracking sheets so athletes can keep in their training journals to record progress across practices. Advanced athletes should not train with cones set out for this drill. Look for consistent hold and break points that will lead to completion success.

Coaching Tips

- Minimal coaching is the most challenging Shoot & Move progression. Athletes should have strong fundamentals. Step back and let the drill create focus and pressure.
- Look for patterns in missed targets or fundamentals that break down repeatedly.
- Let them work through it. Resist the urge to correct mistakes immediately. Give them the opportunity to reset, trust their process, and solve the problem themselves.
- Move the athlete to a drill that isolates the fundamental when a pattern needs correction. Once corrected, return to Full Go Backs and see if the improvement holds under pressure.

Low House



Perfect Practice Drill and Scoresheet

Sport: Skeet/Sporting Clays/Trap

Purpose: Perfect practice makes for PRs (personal records). To help athletes focus on what matters, coaches need to “score” athletes on executing sound fundamentals (not hits and misses). It also helps coaches remain focused on the “right” things.

This scoresheet on the reverse of this page 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.

Equipment: Clipboard and scoresheet, cones at $\frac{1}{3}$ and $\frac{2}{3}$ marks.

Steps:

1. Coaches review with their athletes before using this sheet what the goal of the practice session is and what they are being “scored” on. The scoresheet provided has the 5 fundamental parts of a sound shot, however, if you are focusing on something else for a drill cross those out and replace with what you want the athlete to focus on.
2. Athletes shoot a target / station as they normally would. Coaches pay attention and grade the areas listed.
3. If an athlete does everything that 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.
4. Athlete deliberately picks out the break point.
5. Athlete then sets feet/stance on the break point.
6. Athlete then selects and uses the correct gun hold point.
7. Athlete then selects and uses the correct eye hold point.
8. 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)
9. 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. Get 25 out of 25 and your athlete has shot a perfect practice — which is actually harder than breaking 25 targets.

Coaching Tips

- This scoresheet is a great way to level the field between athletes of different target averages. The goal is not to break every target. It is to execute every shot correctly — which in time will result in more broken targets. Therefore, this drill rewards those who work the hardest at what you are coaching.
- Athletes will focus on what the coach measures and cares about. When athletes know what you are “scoring” they will be more deliberate at doing what you are asking them to do. This drill turns half hearted attempts to adopt a fundamental concept into a deliberate effort.

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.

[illegible]

Easy Right - Trap Progression Drill

Sport: Trap / Sporting Clays

Purpose: This drill is used to introduce trap angles to beginner and intermediate athletes. It can also challenge advanced athletes to ensure their fundamentals are correct. Repeatedly exposes athletes to the full progression of right-going trap angles while reinforcing proper setup, visual acquisition, and disciplined movement.

Equipment: Trap locked to the right most target. (All targets throw right)

Rounds/throughput: 25 shells per shooter, 1-15 shooters, 20-30 minutes.

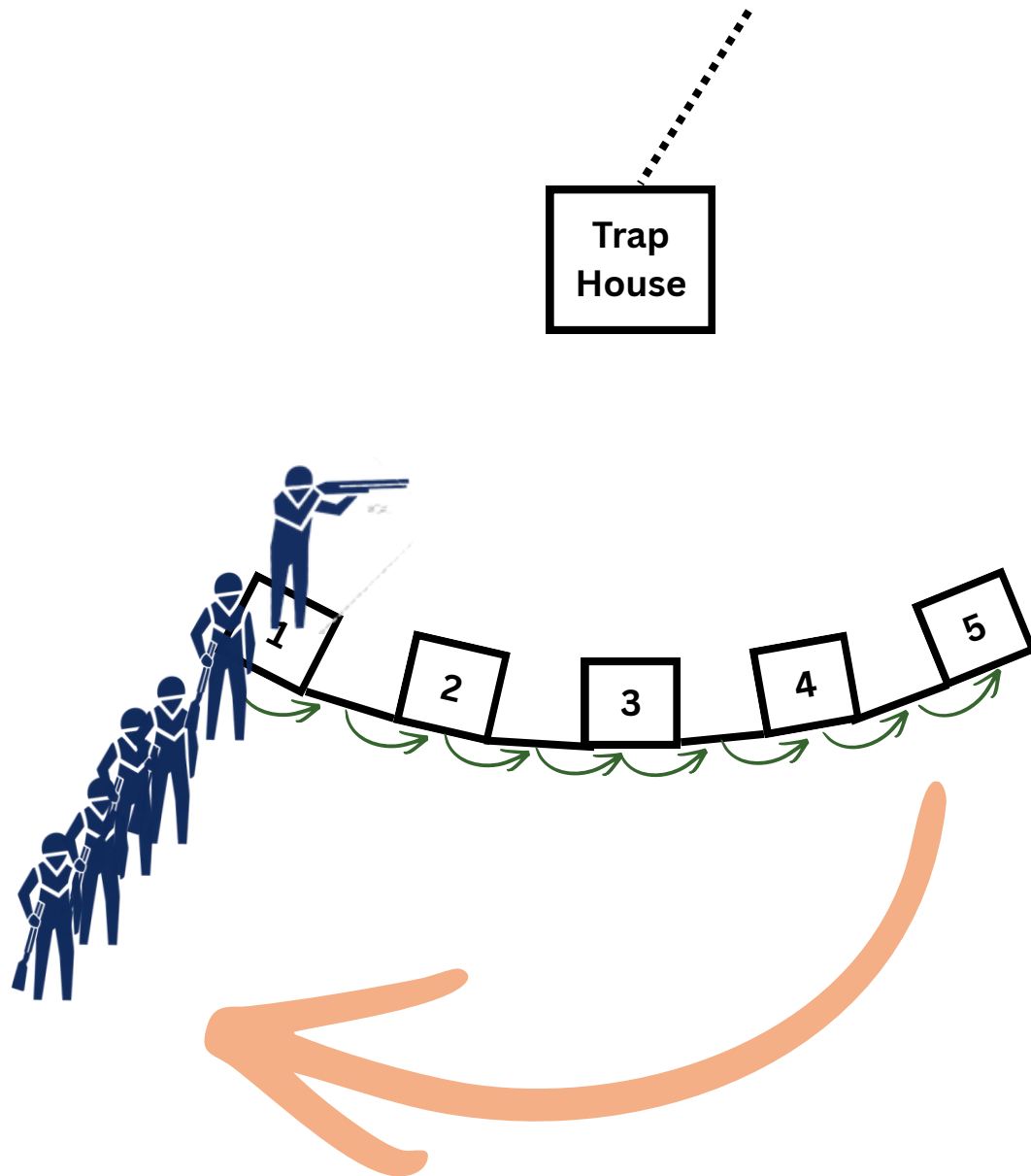
Start:

1. Line all athletes up behind Station 1.
2. Athlete 1 shoots from Station 1, then moves half a station right.
3. Athlete 2 steps into Station 1. Both athletes shoot in order, Athlete 1 first, then Athlete 2, then each moves half a station right.
4. Continue adding one athlete at Station 1 after each sequence. Always shoot from right to left, then everyone advances $\frac{1}{2}$ station to the right.
5. Continue until each athlete works through every half-station position from Station 1 to Station 5.
6. After Station 5, the athlete returns to the back of the line or starts again at Station

Coaching Tips

- Get comfortable being uncomfortable: Changing the normal flow prepares athletes for unfamiliar, high-pressure situations such as shoot-offs.
- Fundamentals don't change: Reinforce stance, foot position, hold point, visual pickup, and movement.
- See every angle: Provides repeated exposure to angles athletes may not consistently see during normal rounds.
- Fundamentals over breaks: Reward proper execution, not simply hitting the target.
- Limit the focus: Work on only one or two fundamentals with each athlete during practice.
- Beginner: stance, foot position, and correct hold point for each position.
- Intermediate: see the target before initiating movement. Occasionally do not release a target to check for anticipation.
- Advanced: require a clean break at every position. A miss can send the athlete back to the beginning to restart the progression.

Name: Easy Right Drill Progression



Easy Left - Trap Progression Drill

Sport: Trap

Purpose: This drill is used to introduce trap angles to beginner and intermediate athletes. It can also challenge advanced athletes to ensure their fundamentals are correct. Repeatedly exposes athletes to the full progression of right-going trap angles while reinforcing proper setup, visual acquisition, and disciplined movement.

Equipment: Trap locked to the left most target. (All targets throw right)

Rounds/throughput: 25 shells per shooter, 1-15 shooters, 20-30 minutes.

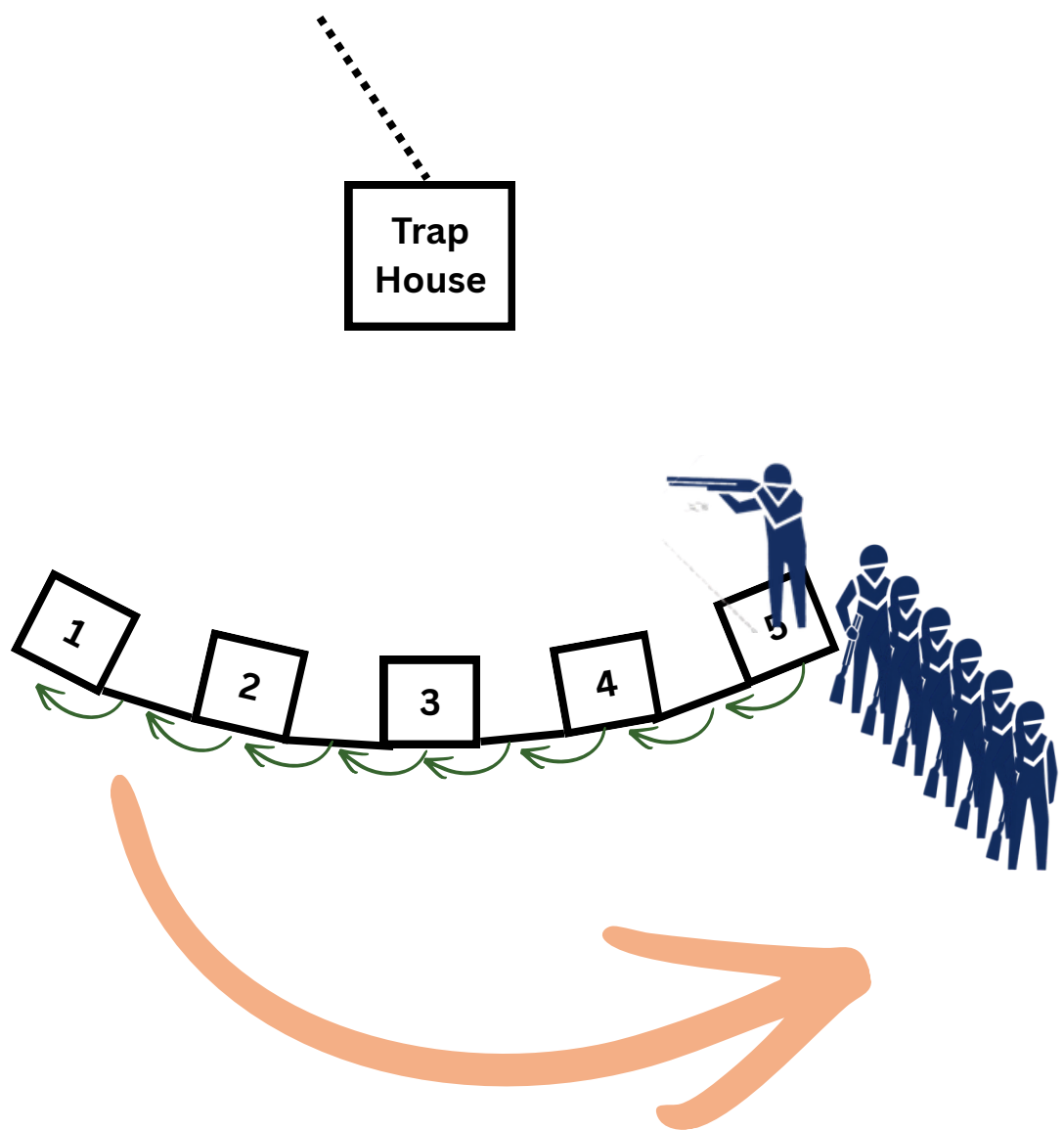
Start:

1. Line all athletes up behind Station 1.
2. Athlete 1 shoots from Station 1, then moves half a station right.
3. Athlete 2 steps into Station 1. Both athletes shoot in order, Athlete 1 first, then Athlete 2, then each moves half a station right.
4. Continue adding one athlete at Station 1 after each sequence. Always shoot from right to left, then everyone advances $\frac{1}{2}$ station to the right.
5. Continue until each athlete works through every half-station position from Station 1 to Station 5.
6. After Station 5, the athlete returns to the back of the line or starts again at Station.

Coaching Tips

- Get comfortable being uncomfortable: Changing the normal flow prepares athletes for unfamiliar, high-pressure situations such as shoot-offs.
- Fundamentals don't change: Reinforce stance, foot position, hold point, visual pickup, and movement.
- See every angle: Provides repeated exposure to angles athletes may not consistently see during normal rounds.
- Fundamentals over breaks: Reward proper execution, not simply hitting the target.
- Limit the focus: Work on only one or two fundamentals with each athlete during practice.
- Beginner: stance, foot position, and correct hold point for each position.
- Intermediate: see the target before initiating movement. Occasionally do not release a target to check for anticipation.
- Advanced: require a clean break at every position. A miss can send the athlete back to the beginning to restart the progression.

Name: Easy Left Drill Progression



Team Builder

Sport: Trap

Purpose: Build team chemistry while improving fundamentals and performance under pressure. Pairs developing athletes with more experienced athletes to encourage teamwork, peer coaching, positive communication, and shared success.

Equipment: Trap set to normal oscillation. The trap may also be locked to a specific angle when the coach wants to focus on a particular target.

Rounds/throughput: 25–50+ shells per athlete, 4–10 athletes (2–5 teams), 20–30+ minutes. Adjust based on available time and difficulty.

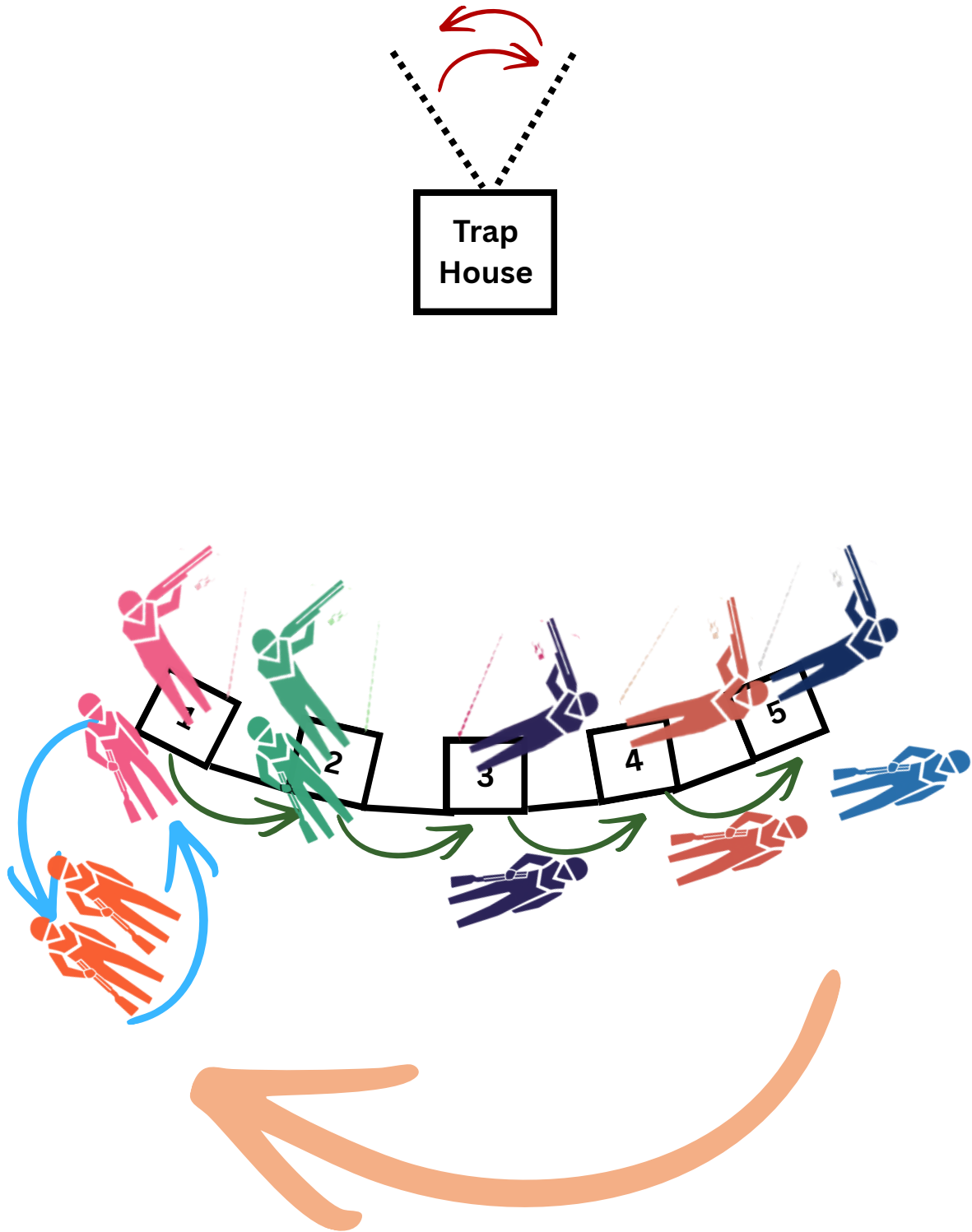
Start:

1. Pair athletes into teams of two, matching a developing athlete with a more experienced athlete and balancing teams as evenly as possible based on skill.
2. Place one team at each available station. Each team identifies Athlete 1 and Athlete 2 and maintains that order throughout the drill.
3. The coach establishes the number of team breaks required at each station (typically 2–4).
4. All Athlete 1's shoot in station order, followed by all Athlete 2's. Continue alternating Athlete 1's and Athlete 2's while maintaining the same team order regardless of where teams move.
5. Each team's breaks are combined toward its required total, it does not matter which athlete breaks the targets.
6. Once a team reaches the required number of breaks, it advances to the next station.
7. As teams move, multiple teams may reach the same station. Athletes not shooting remain safely behind the station, stepping up only when it is their turn and then stepping back.
8. Continue until a team successfully completes the required number of breaks at all five stations. The first team to complete the field wins.

Coaching Tips

- Build a positive culture by fostering high fives, encouragement, and open communication.
- Observe experienced athletes teaching, encouraging, and responding to their teammates' struggles.
- Tailor the challenge to each team's needs. Developing pairs may require two breaks, while experienced pairs may need three to four or consecutive breaks.
- Encourage athletes to embrace challenges that may not lead to victory.
- Focus on fundamentals, teamwork, and positive responses to pressure, rather than solely on breaking targets or winning drills.
- Emphasize teamwork, as both athletes' performance contributes to the team's success.
- Maintain proper stance, setup, visual focus, movement, and execution under pressure.
- Experienced athletes should reinforce the same fundamentals and coaching language used by the coaches.
- Encourage positive communication by motivating, supporting, and celebrating teammates.

Name: Team Builder



Shoot and Move Trap

Sport: Trap

Purpose: Introduces new and intermediate athletes to shooting an oscillating trap from all five stations, reinforcing consistent fundamentals. The progressive format builds skill and confidence while exposing athletes to changing target angles. This drill can be combined with Trap Shoot & Move with Go Backs and Trap Shoot & Move with Full Go Backs, allowing athletes of different skill levels to train together on the same field. Each athlete progresses at their own pace.

Equipment:

- Standard trap set to oscillate

Rounds/throughput: 1–10 athletes; 25–50 shells per athlete; 20–30 minutes

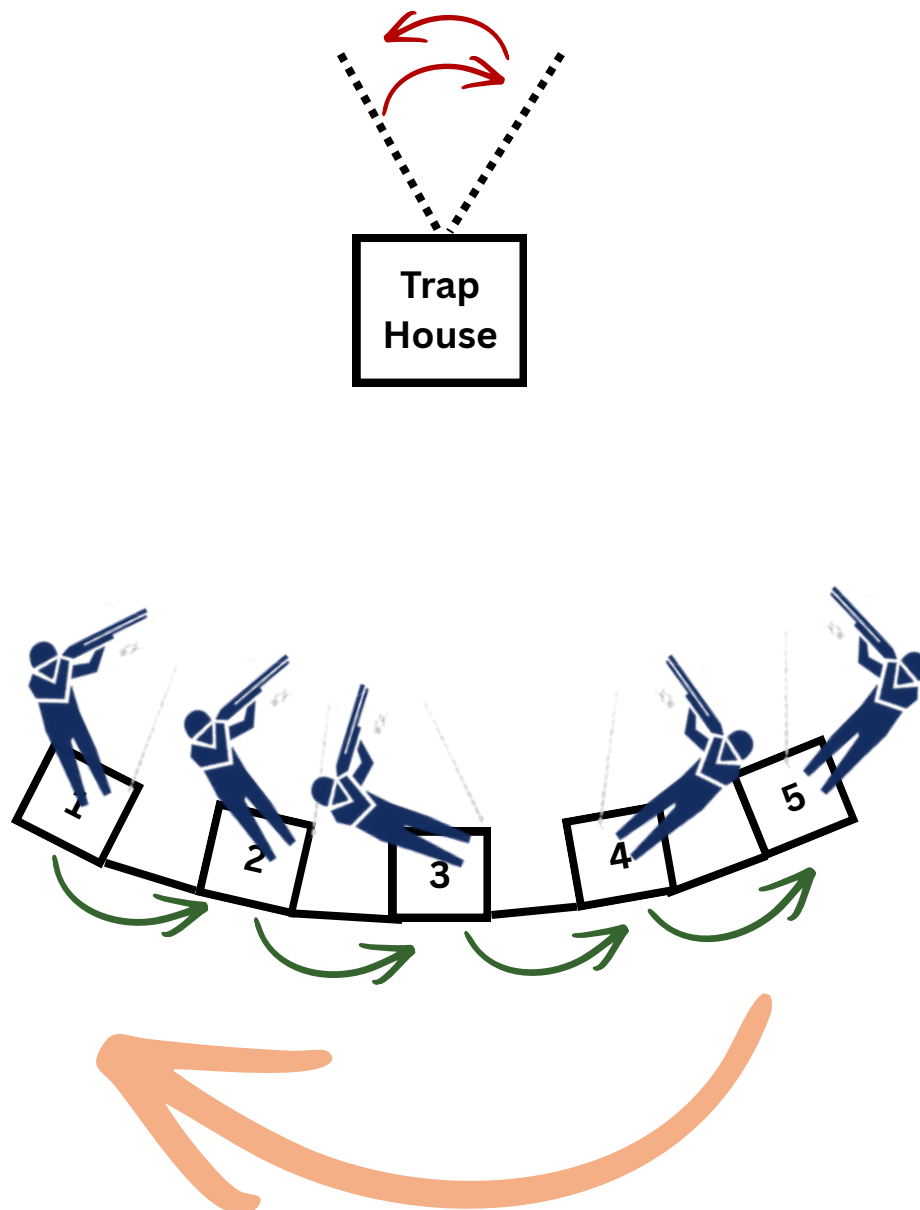
Start:

1. Establish a shooting order that remains the same throughout the drill.
2. Start athletes on separate stations when possible.
3. Each athlete takes one shot when it is their turn.
4. Break with good fundamentals = advance to the next station.
5. Miss = stay at the current station for the athlete's next turn.
6. Continue shooting in the same order, regardless of where athletes are positioned.
7. Athletes may end up on the same station. The athlete whose turn it is steps into the station while the other athlete steps out.
8. Continue until athlete successfully completes all five stations, regardless of starting station.
9. After completing all five stations, athlete can begin 2-and-Move, requiring 2 successful targets at each station before advancing.
10. Continue through 3-and-Move → 4-and-Move → 5-and-Move.
11. Complete the drill after successfully finishing 5-and-Move at all five stations.
12. If time runs out, record progress and resume from the same station at the next practice.

Coaching Tips

- Practice this drill multiple times to ensure athletes progress through the sequence.
- Start the Shoot and Move Go back drill immediately after completing this drill.
- Track progress using the Trap Shot and Move Tracking Table.
- This drill is beneficial for new trap athletes. Completing all five stations provides a sense of accomplishment without focusing solely on scores. It establishes a foundation for prioritizing fundamentals over high scores.
- Prioritize fundamentals: As the difficulty increases, ensure proper execution.
- Provide coaching: Reinforce foot position, holding points, vision, rotation, and the first good look.
- Advance good execution: At this stage, the coach may progress an athlete who executes the skill correctly, even if the target is missed. Emphasize the process and fundamentals over the score or hitting the target.

Name: Shoot and Move - Trap



Shoot and Move with Go Backs Drill

Sport: Trap

Purpose: Progresses intermediate athletes who have completed Trap Shoot & Move. The same progression is used, but misses require athletes to revisit previously completed stations. This increases difficulty while reinforcing fundamentals and process across changing target angles. This drill should be used after the athlete has completed Trap Shoot & Move and be a requirement to complete before Trap Shoot & Move with Full Go Backs,. Combining all 3 go back drills allows athletes of different skill levels to train together on the same field.

Equipment:

- Standard trap set to oscillate
- 25–50 shells per athlete

Rounds/throughput: 1–10 athletes | 25–50 shells per athlete | 20–30 minutes

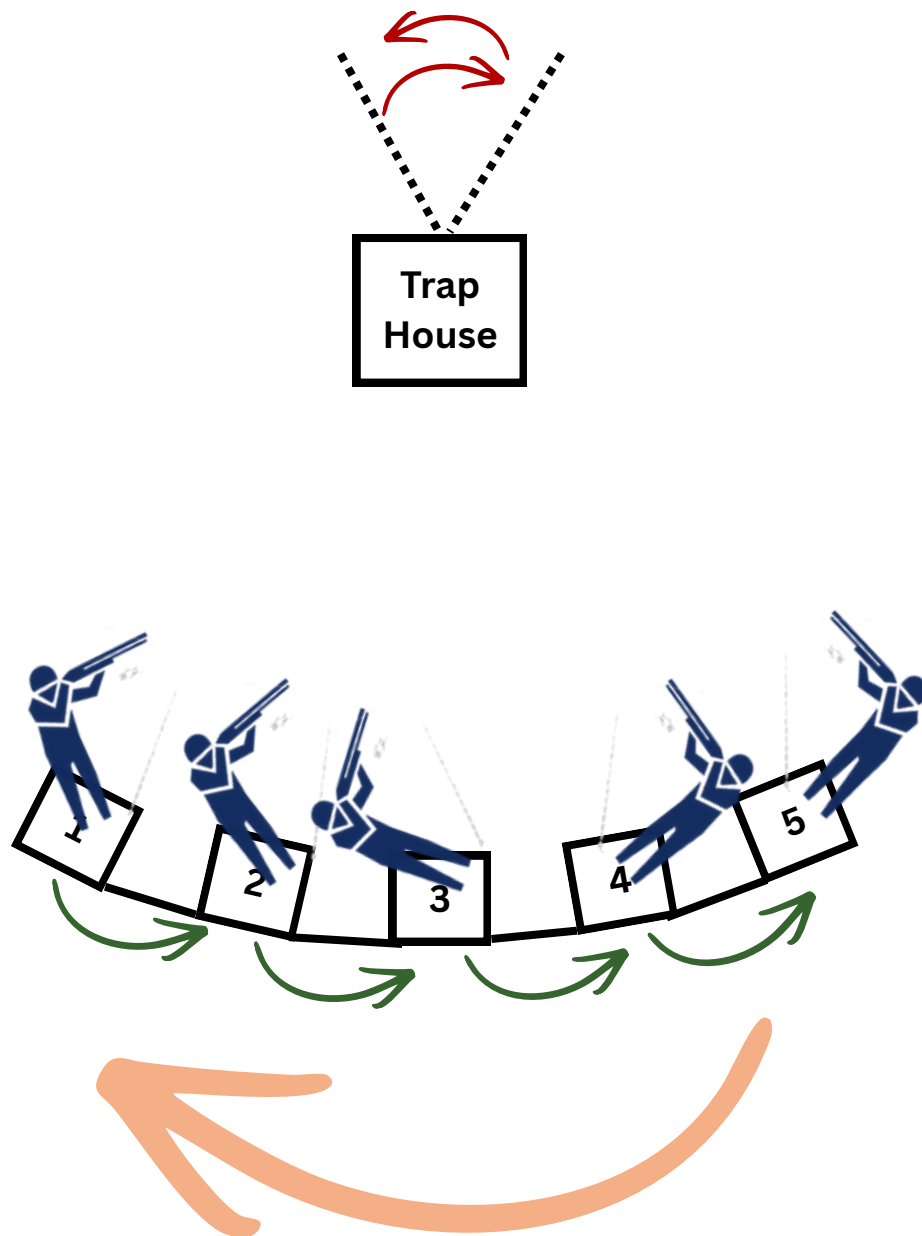
Start:

1. Establish a shooting order that remains the same throughout the drill.
2. Start athletes on separate stations when possible. (You can double up athletes if needed)
3. Each athlete takes one shot when it is their turn.
4. Break with good fundamentals = advance to the next station.
5. Miss = repeat and break the target at the current station, then go back one station.
6. From the previous station, resume the progression forward.
7. Continue shooting in the same established order, regardless of where athletes are positioned.
8. Athletes may end up on the same station. The athlete whose turn it is steps into the station while the other athlete steps out.
9. Continue until each athlete has successfully completed all five stations.
10. After completing all five stations, begin 2-and-Move, requiring 2 consecutive breaks at each station before advancing.
11. Continue through 3-and-Move → 4-and-Move → 5-and-Move.
12. The Go Back rule applies throughout every progression.
13. Complete the drill after successfully finishing 5-and-Move at all five stations.
14. If time runs out, record progress and resume from that exact point at the next practice.

Coaching Tips

- Best used over many practices letting athletes accomplish the whole progression.
- Move to Shoot and Move with Full Go back drill as soon as they finish this drill.
- Have athletes track their progress with the Trap Shot and Move Tracking Table.
- Fundamentals first: Continually bring the athlete back to proper execution.
- Athlete need to remember how many targets they break and what station they are on. This helps with mental concentration. You are starting to load them with more thoughts they must control to execute good fundamentals and break targets.
- Pressure training: Going backward creates pressure. Teach athletes to respond by returning to their process, not trying harder to break the target.

Name: Shoot and Move with Go Backs - Trap



Shoot and Move with Full Go Backs Drill

Sport: Trap

Purpose: An advanced progression for athletes who have completed Trap Shoot & Move and Trap Shoot & Move with Go Backs. Full Go Backs increase difficulty and pressure while requiring athletes to trust their fundamentals and process across all five stations and changing target angles. This drill can be combined with Trap Shoot & Move and Trap Shoot & Move with Go Backs, allowing athletes of different skill levels to train together on the same field. . Each athlete works at the progression appropriate for what they have completed.

Equipment:

- Standard trap set to oscillate
- 25–50 shells per athlete

Rounds/throughput: 1–10 athletes | 25–50 shells per athlete | 20–30 minutes

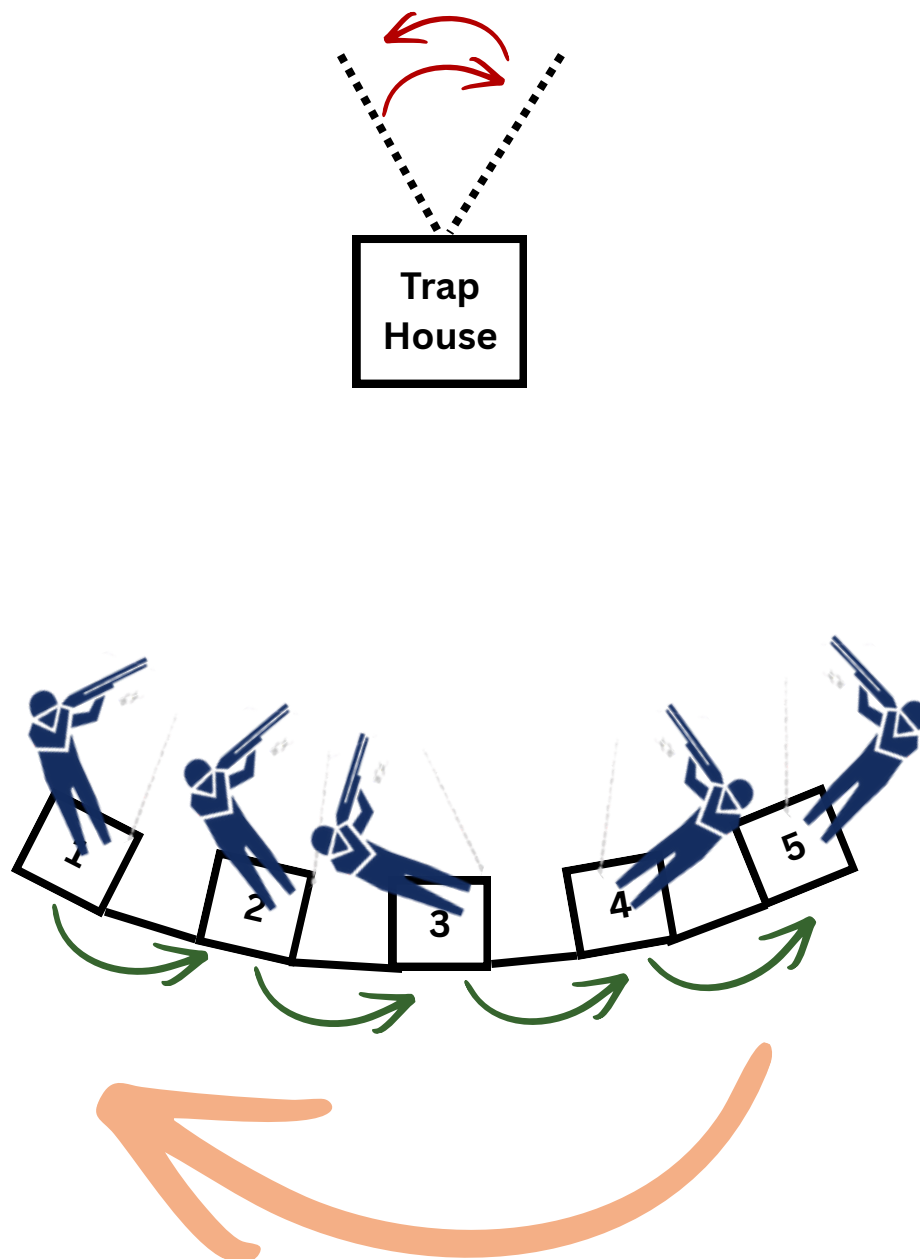
Start:

1. Establish a shooting order that remains the same throughout the drill.
2. Start athletes on separate stations when possible.
3. Each athlete takes one shot when it is their turn.
4. Correct fundamentals + break = advance to the next station.
5. Miss = complete the required target at the current station, then return to the athlete's starting station.
6. Restart the progression from the starting station and work through all five stations again.
7. Continue shooting in the same order, regardless of where athletes are positioned.
8. Athletes may end up on the same station. The athlete whose turn it is steps into the station while the other athlete steps out.
9. After completing all five stations, advance to 2-and-Move, requiring 2 consecutive breaks at each station before advancing.
10. Continue through 3-and-Move → 4-and-Move → 5-and-Move.
11. The Full Go-Back rule applies at every station and every progression.
12. Complete the drill after successfully finishing 5-and-Move at all five stations.
13. If time runs out, record progress and resume from that progression at the next practice.

Coaching Tips

- Minimal coaching: Athletes at this level should have strong fundamentals. Step back and let the drill create focus and competition-like pressure.
- Look for patterns: Do not react to a single miss. Watch for patterns in missed targets or fundamentals that break down repeatedly.
- Let them work through it: Resist the urge to immediately correct mistakes. Give athletes the opportunity to reset, trust their process, and solve the problem themselves.
- When a pattern needs correction, move the athlete to a drill that isolates that fundamental. Once corrected, return to Full Go Backs and see if the improvement holds under pressure.

Name: Shoot and Move with Full Go Backs - Trap



First Hard Focus - Challenge

Sport: Trap

Purpose: Teaches athletes who tend to ride the target that they can break it earlier by establishing hard visual focus and trusting their fundamentals. The competitive format encourages athletes to see the target clearly, trust their process, and take the shot on their first good look rather than waiting for a perfect shot.

Equipment:

- Standard trap set to oscillate
- Shooting positions 2.5 and 3.5

Rounds/throughput: 2–10+ athletes | ~25 shells per athlete | Multiple short rounds

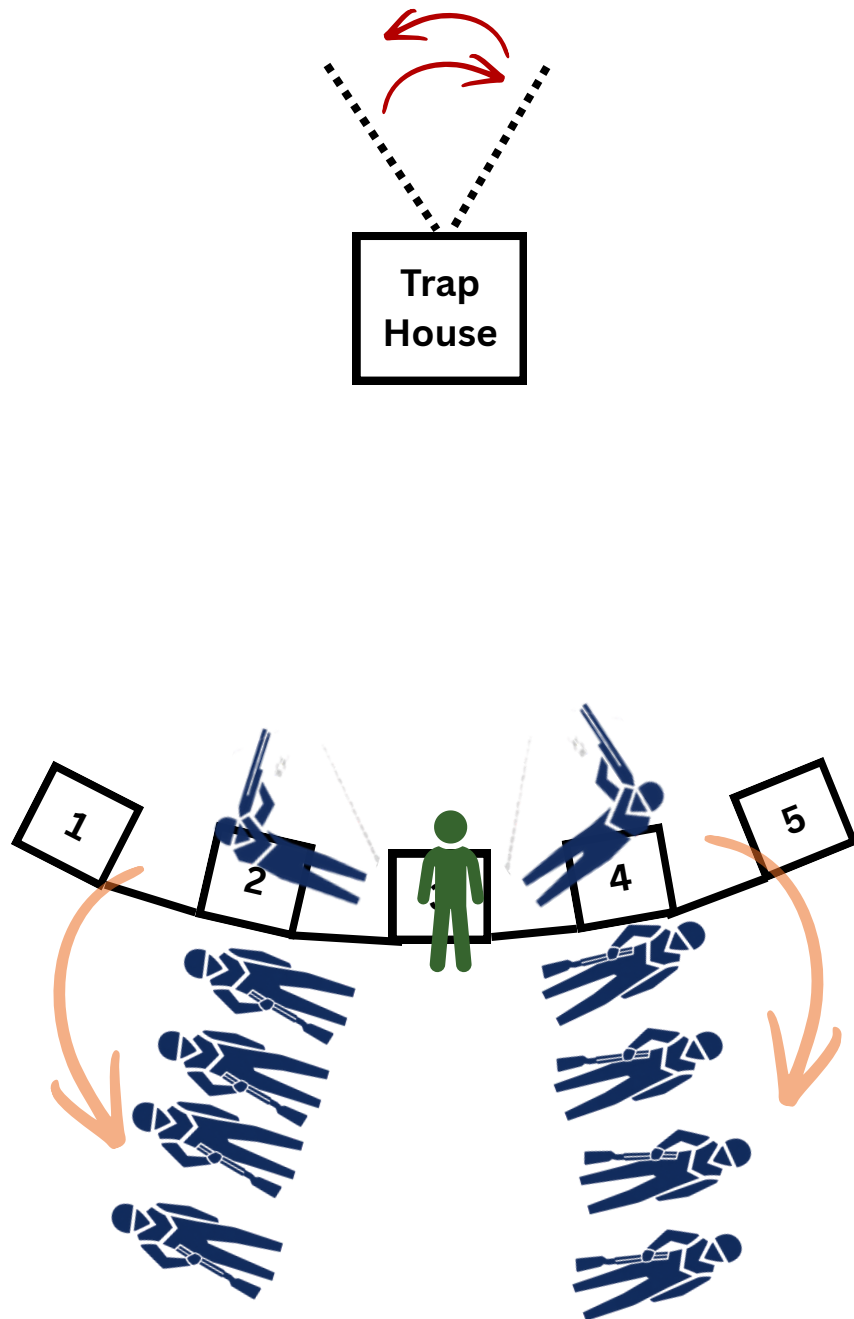
Start:

1. Divide athletes as evenly as possible into two lines behind Positions 2.5 and 3.5. The coach stands behind Station 3.
2. The first athlete from each line steps to Positions 2.5 and 3.5.
3. Each athlete loads one shell and prepares to shoot.
4. Each athlete independently calls "Ready" when prepared.
5. Once both athletes are ready, the coach releases the target at any time within 0–3 seconds.
6. Both athletes shoot at the same target.
7. The first athlete to break the target using proper fundamentals wins the round.
8. Tie = shoot again. Both miss = both rotate out.
9. Learning Phase: Both athletes rotate to the back of their lines after each round.
10. Competition Phase: The winner stays; the other athlete rotates out and the next challenger steps in.
11. Continue for several rotations or until the coach ends the drill.

Coaching Tips

- Speed alone doesn't win. The coach checks if the shot shows proper focus and fundamentals.
- A rushed or anticipated shot may be disallowed, even if it hits the target.
- The 0–3 second delay prevents athletes from anticipating the release.
- With smaller groups, run several competitions to give athletes repeated chances to challenge the winner.
- Focus first: Clearly see the target before shooting. The goal is not to shoot faster, but to recognize how quickly a quality shot can happen when they see the target and trust their fundamentals.
- Fundamentals create speed: Proper focus and good fundamentals allow the athlete to break the target earlier.
- First good look: Encourage athletes to take the shot on their first good look, not while searching for a perfect shot.
- Trust the process: Let the eyes acquire the target, and let trained fundamentals and the body complete the shot.

Name: First Hard Focus Challenge



Annie Oakley / Shooting the Chips

Sport: Skeet / Sporting Clays/Trap

Purpose: A fun, competitive drill that can be used at the end of practice to reward athletes for a hard, focused training session. It gives the team an opportunity to compete, laugh, and finish practice on a positive note while still reinforcing the fundamentals they worked on during practice. Although the emphasis is on fun, athletes are still training visual focus, target acquisition, first good look, and trusting their fundamentals under competition-like pressure.

Equipment: None

Rounds/throughput: Works with small or large groups

- Approximately 15–20 minutes
- About 25 shells per athlete

Field Set up:

Trap: Line athletes across the field from approximately Stations 1 through 5. The trap may be set to oscillate.

Skeet: Line athletes across the outside portion of the field, generally around Stations 3, 4, and 5. Select either a high-house or low-house target and use the same target for the competition.

Steps (there are a number of variations to this drill that work):

1. Line athletes up and establish a shooting order. The first two athletes each load one shell.
2. Shooter 2 calls "Ready," and Shooter 1 calls "Pull." Shooter 1 gets the first shot.
3. If Shooter 1 breaks the target, both remain in. If Shooter 1 misses, Shooter 2 may shoot. If Shooter 2 breaks it, Shooter 1 is eliminated.
4. Move down the line—Shooters 2 and 3, then 3 and 4, and so on—until only one athlete remains.

Shooting the Chips Variation

If the first shooter breaks the target and leaves a shootable piece, the second shooter may shoot the chip. If they break the chip, the first shooter is eliminated.

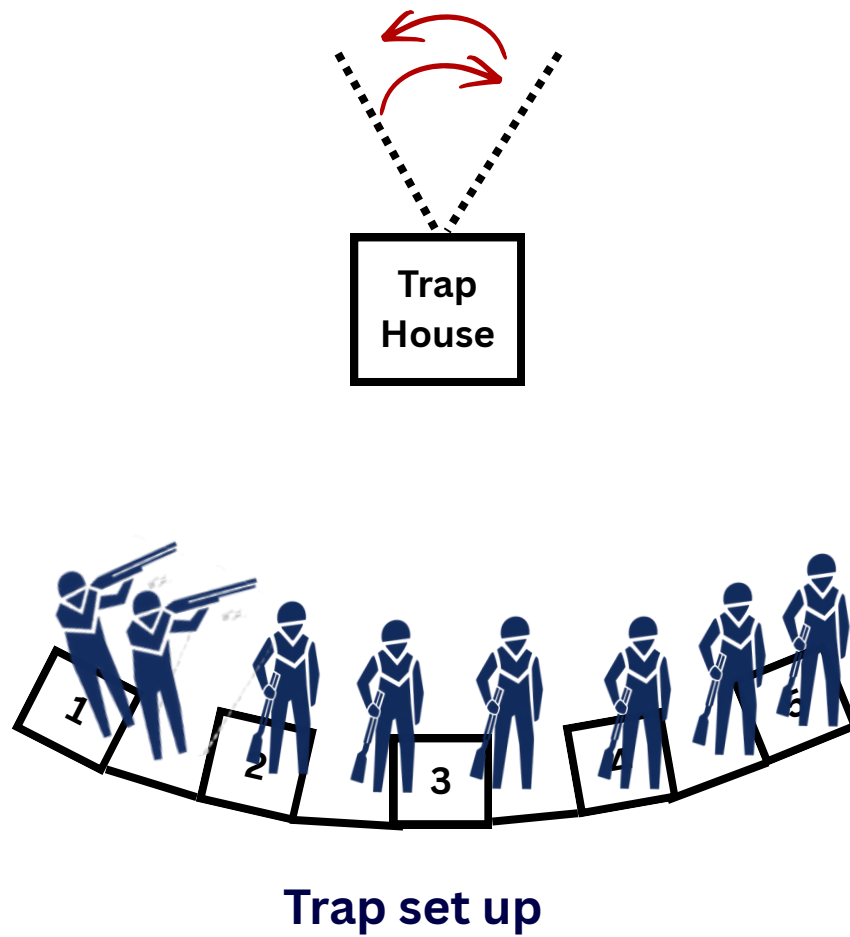
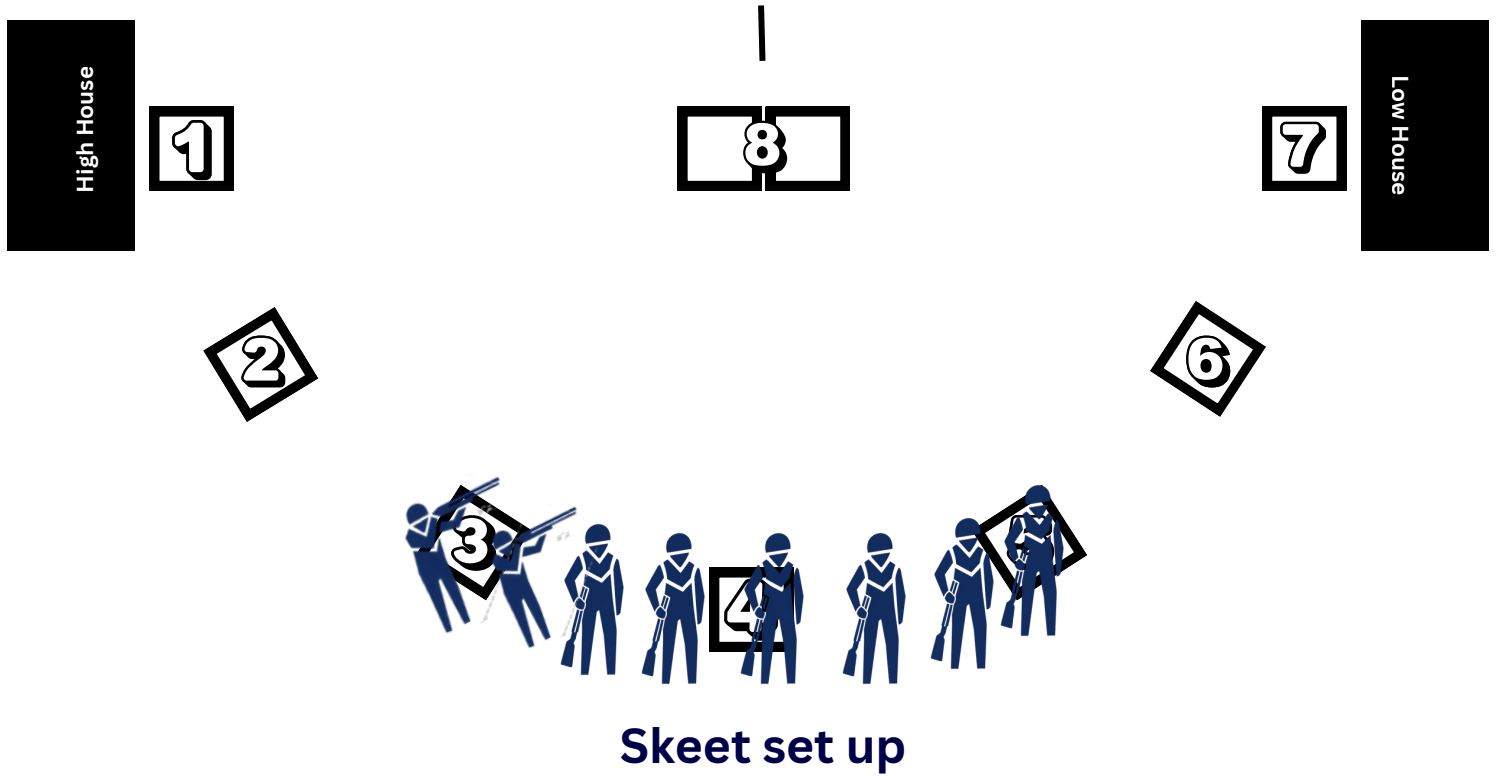
Three-Shooter Variation

Use three athletes on each target. If Shooter 1 misses, Shooter 2 shoots; if Shooter 2 misses, Shooter 3 shoots. The athlete who breaks the target eliminates the shooters ahead of them who missed. This can also be combined with Shooting the Chips. After a target is broken, the remaining shooters may continue shooting available pieces.

Coaching Tips

- Fun with a purpose: Let athletes enjoy the competition, but remind them that the same fundamentals they worked on during practice still break targets.
- Control loaded guns: Only the two or three athletes involved in the current target should have shells loaded. All other athletes must keep their guns unloaded until it is their turn to shoot.

Name: Shooting Chips / Annie Oakley



Best Break

Sport: Skeet /Sporting Clays/Trap

Purpose: A competitive drill designed to test whether athletes can trust their fundamentals under pressure. Each athlete gets only one target per round, and every shot is compared against their teammates.

The goal is not to break the target the fastest. The goal is to produce the best, most solid break by executing good fundamentals. The competition creates pressure and often exposes athletes who begin chasing the result instead of trusting their process.

Equipment: Standard trap field, Trap set to oscillate

Rounds/throughput: 5 athletes, (other athletes can stand behind and vote as well)

- Approximately 15–20 minutes
- About 10–15 shells per athlete

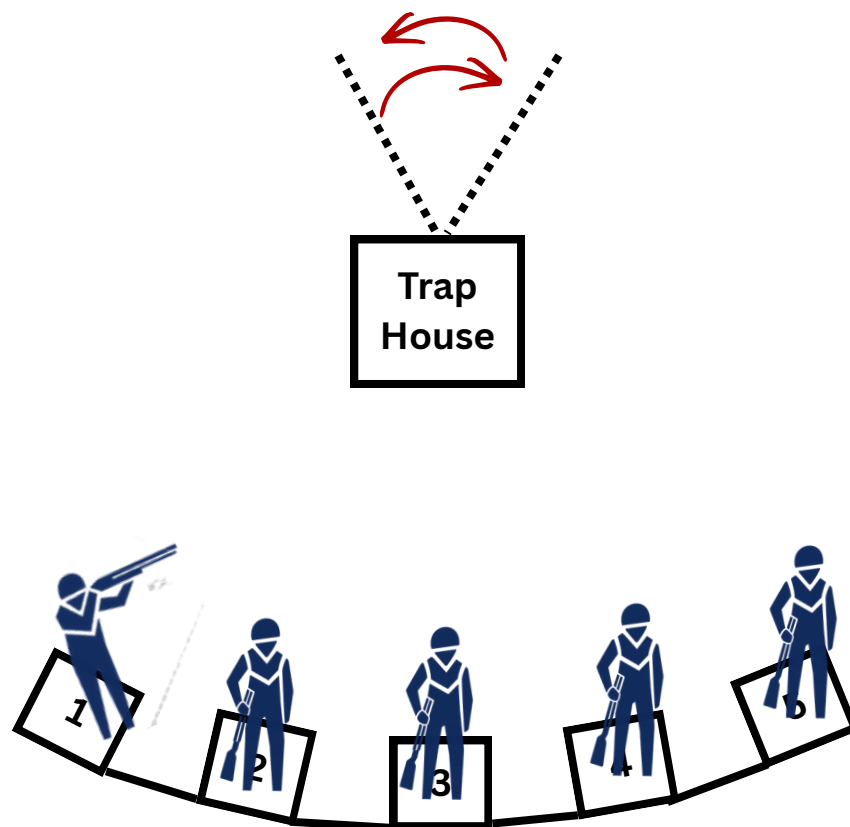
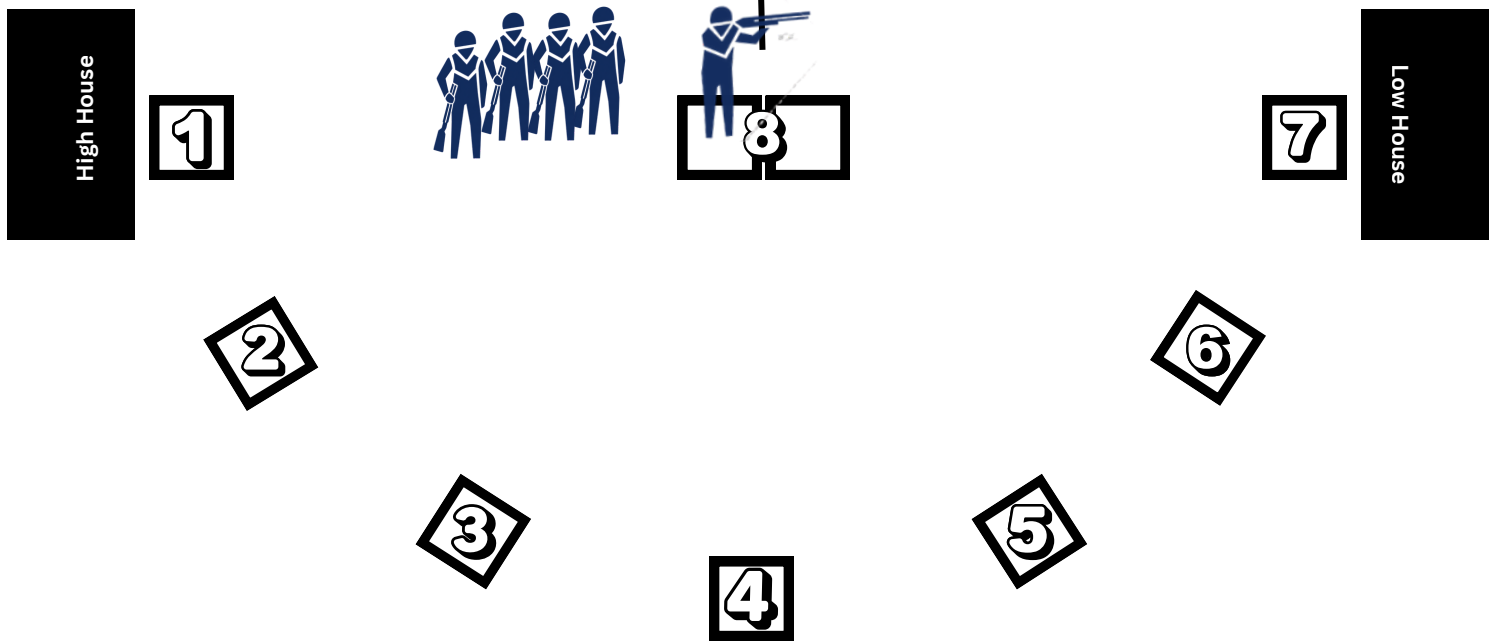
Steps:

1. Place one athlete on each Stations 1–5.
2. Determine how many best breaks win. (3–10 points, is usually best)
3. Shooter 1 shoots one target, followed by Shooters 2, 3, 4, and 5.
4. After Shooter 5 shoots, all athletes unload and verify their guns are empty.
5. The athletes vote on who had the best break of the round—looking for a solid, centered target break.
6. The athlete with the most votes wins the round and gets one point.
7. Reload and repeat for as many rounds as time allows or an athlete

Coaching Tips

- The competition focuses on break quality, not speed.
- Give athletes several rounds before coaching. Pressure to produce the best break may cause rushing, chasing the target, or focusing on results instead of fundamentals.
- Use the drill to observe athletes' fundamentals and patterns.
- Use observations to determine the next focused drill or training.
- Skeet and Sporting Clays: Select a station and target. Rotate athletes through the station and target, then vote for the best break.
- Let athletes figure it out before intervening. See if they recognize what produces their best breaks.
- Ask, don't correct, if athletes struggle. Bring them back fundamentals and trust their process.
- Fundamentals create the break. See the target clearly, execute fundamentals, and let the break be the result.
- Observe changes when athletes know they only have one shot. Use those observations to plan training.

Name: Best Break



Skeet Shoot and Move Tracking Table 1

Incoming Target Drill Station 1 - 2.5	Normal	Go Back	Full GB
Break 1 and Move incoming target (Stations 1, 1.5, 2, 2.5)			
Break 2 and Move incoming target (Stations 1, 1.5, 2, 2.5)			
Break 3 and Move incoming target (Stations 1, 1.5, 2, 2.5)			
Break 4 and Move incoming target (Stations 1, 1.5, 2, 2.5)			
Break 5 and Move incoming target (Stations 1, 1.5, 2, 2.5)			

Incoming Target Drill Stations 7- 5.5	Normal	Go Back	Full GB
Break 1 and Move incoming target (Stations 7, 6.5, 6, 5.5)			
Break 2 and Move incoming target (Stations 7, 6.5, 6, 5.5)			
Break 3 and Move incoming target (Stations 7, 6.5, 6, 5.5)			
Break 4 and Move incoming target (Stations 7, 6.5, 6, 5.5)			
Break 5 and Move incoming target (Stations 7, 6.5, 6, 5.5)			

Out Going Target Drill Station 1 - 2.5	Normal	Go Back	Full GB
Break 1 and Move Out Going target (Stations 1, 1.5, 2, 2.5)			
Break 2 and Move Out Going target (Stations 1, 1.5, 2, 2.5)			
Break 3 and Move Out Going target (Stations 1, 1.5, 2, 2.5)			
Break 4 and Move Out Going target (Stations 1, 1.5, 2, 2.5)			
Break 5 and Move Out Going target (Stations 1, 1.5, 2, 2.5)			

Out Going Target Drill Stations 7- 5.5	Normal	Go Back	Full GB
Break 1 and Move Out Going target (Stations 7, 6.5, 6, 5.5)			
Break 2 and Move Out Going target (Stations 7, 6.5, 6, 5.5)			
Break 3 and Move Out Going target (Stations 7, 6.5, 6, 5.5)			
Break 4 and Move Out Going target (Stations 7, 6.5, 6, 5.5)			
Break 5 and Move Out Going target (Stations 7, 6.5, 6, 5.5)			

Athletes can use this table to track progress from practice to practice. Enter the date as they complete required breaks for all stations. Circle the station they ended on when the drill time is over and have the athlete. Start on this station the next time the drill is used.

Skeet Shoot and Move Tracking Table 2

Low House Target Drill Station 3 - 5	Normal	Go Back	Full GB
Break 1 and Move Low target (Stations 3, 3.5, 4, 4.5, 5)			
Break 2 and Move Low target (Stations 3, 3.5, 4, 4.5, 5)			
Break 3 and Move Low target (Stations 3, 3.5, 4, 4.5, 5)			
Break 4 and Move Low target (Stations 3, 3.5, 4, 4.5, 5)			
Break 5 and Move Low target (Stations 3, 3.5, 4, 4.5, 5)			

High House Target Drill Stations 5 - 3	Normal	Go Back	Full GB
Break 1 and Move High target (Stations 5, 4.5, 4, 3.5, 3)			
Break 2 and Move High target (Stations 5, 4.5, 4, 3.5, 3)			
Break 3 and Move High target (Stations 5, 4.5, 4, 3.5, 3)			
Break 4 and Move High target (Stations 5, 4.5, 4, 3.5, 3)			
Break 5 and Move High target (Stations 5, 4.5, 4, 3.5, 3)			

Athletes can use this table to track progress from practice to practice. Enter the date as they complete required breaks for all stations. Circle the station they ended on when the drill time is over and have the athlete. Start on this station the next time the drill is used.

Trap Shoot and Move Tracking Table

Target Drill Station 1 - 5	Normal	Go Back	Full GB
Break 1 and Move Trap target (Stations 1, 2, 3, 4, 5)			
Break 2 and Move Trap target (Stations 1, 2, 3, 4, 5)			
Break 3 and Move Trap target (Stations 1, 2, 3, 4, 5)			
Break 4 and Move Trap target (Stations 1, 2, 3, 4, 5)			
Break 5 and Move Trap target (Stations 1, 2, 3, 4, 5)			

Athletes can use this table to track progress from practice to practice. Enter the date as they complete required breaks for all stations. Circle the station they ended on when the drill time is over and have the athlete. Start on this station the next time the drill is used.

Check Your Chokes

Sport: Sporting Clays

Purpose: Most athletes change chokes for all the wrong reason, or for no reason at all. They do this because they don't really know much about what chokes really do. This drill is meant to help athletes and coaches learn about their chokes and realize how often or how seldom they should be changed.

Equipment:

- Sporting clays stations, 30ft tape measure (or more), paper and pen.

Rounds/throughput: 5 to 10 athletes. Not all of them need to shoot.

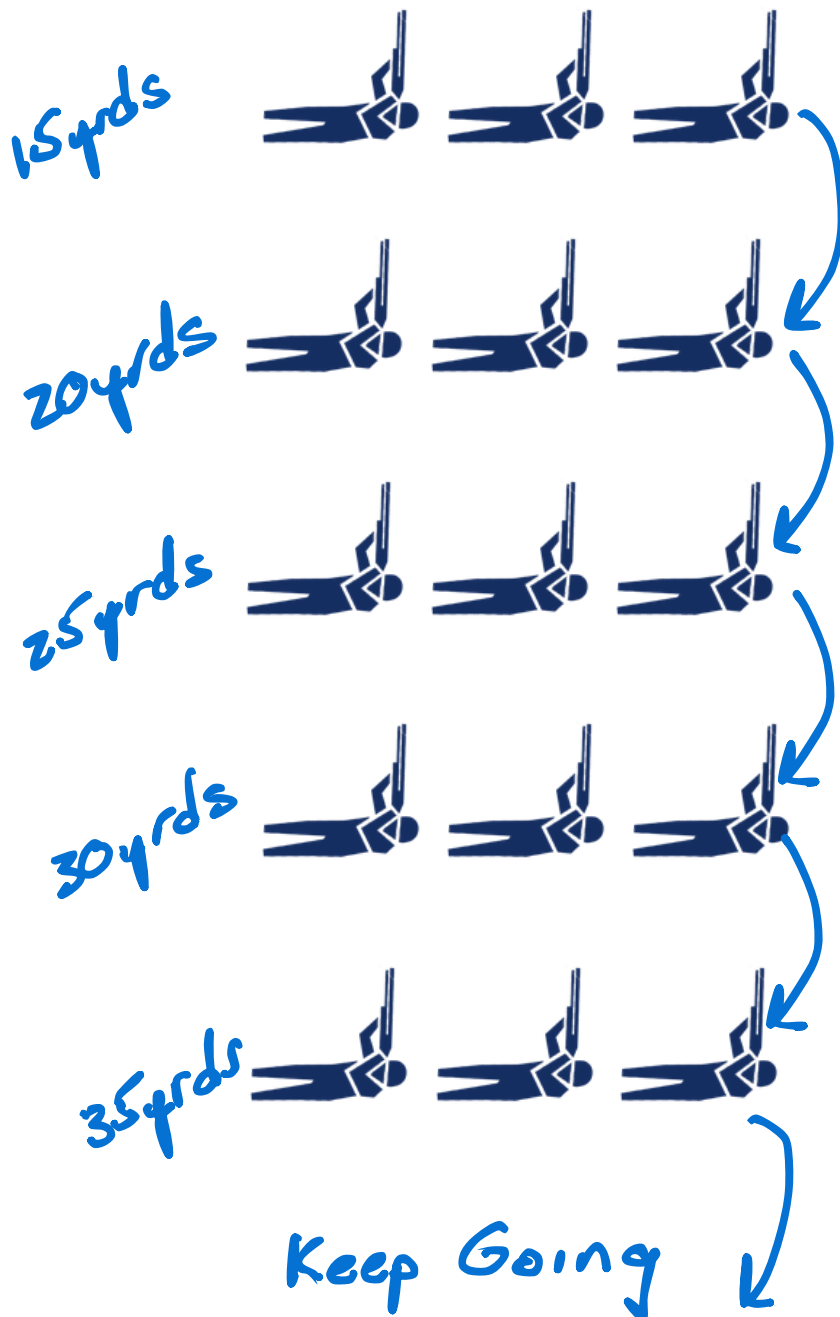
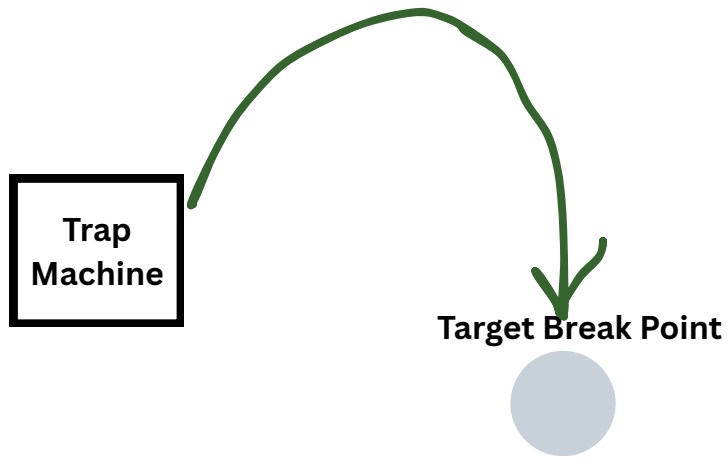
Steps:

1. Find a sporting clays station, that throws a target at a constant distance (slow Incomers with obvious break point, teal, or crossing target that is very shootable) and for the athletes to shoot the target at different distances — so that you can walk them backward.
2. Have athletes put in Improved Cylinder Chokes and shoot the target from 15yds.
3. Have athletes step back 5yds and reshoot the target using the same break point.
4. Keep repeating this exercise moving back 5yds at a time until breaks are no longer possible (it will be further than you think). Record this distance and target type.
5. Now have athletes change chokes to a Modified choke. Break the targets and move back 5yds.
6. Keep repeating this exercise moving back until breaks are no longer possible. Record the distance.
7. Now have athletes change chokes to Improved Modified and keep moving back.
8. When breaks are not longer possible, record the distance.

Coaching Tips

- Have athletes record the choke and distances in their journals. Have them also note how hard the breaks were for each choke at various distances.
- Spend time at each distance discussing with the athletes how to judge distance. In order for an athlete to change chokes, they first have to know the distance a target's break point is at. Without being able to determine that, you can't know what choke to use.
- Experiment coming back toward the target keeping the tight choke in until the breaks are super hard — then open up to the next choke. This will demonstrate how tight a choke can be and still produce consistent hits.
- At the end of this exercise your athletes should recognize that they rarely need to change chokes on a typical sporting clays course (maybe once or twice for an 18 station course) and gain confidence that their IC or MOD chokes can do most of the work.
- If you don't have a good sporting clays station to do this one, it can be done on a trap range (shooting back the yard lines) or skeet field by shooting targets at different distances from low 7.

Name: Shoot and Move with Full Go Backs - Trap



Read and Communicate Targets Team Drill

Sport: Sporting Clays

Purpose: Most athletes do not know or practice reading a target and communicating to others what the target is doing. Without that knowledge, every shot in sporting clays becomes a “figure it out as you go” target. In youth shooting, team scores are the focus and athletes being able to read and communicate targets can greatly increase a team’s score. This drill prioritizes and makes deliberate the reading of targets, developing a shot plan and communicating with teammates.

Equipment:

- Sporting clays stations, clipboard, pen, paper (or target sketch sheet on back).

Rounds/throughput: 3 athletes per squad, 50 shells, 1.5 hr.

Steps:

1. All athletes and coach walk up to a sporting clays station. This will be a holding point for this squad. No shooting will occur here.
2. The coach and one athlete walk to the next station with the clipboard, pen, sketch sheet.
3. The athlete will step into the sporting clays station with clipboard and pen and call for their show pairs. Early on, let athletes see as many targets as they want. As they get better limit them to their two show pairs.
4. The athlete reads the targets, devices a shot plan, and sketches the station, paying attention to the target characteristics and break, gun hold, and eye hold points.
5. When ready, the coach calls the first athlete forward from the holding station. The athlete who created the shot plan communicates the plan to the newly arrived athlete.
6. The new athlete sees no showpairs and must shoot the plan as presented. – not how they may want to shoot it. Athlete shoots 8 pairs using the plan.
7. After athlete is complete, the two athletes discuss and make changes to the plan.
8. The next athlete from the holding area is called forward. They receive the updated shot plan and shoot the station without show pairs. They discuss and make any changes.
9. The athlete who wrote the shot plan now shoots the station using the updated shot plan.
10. Repeat for next station taking a new athlete forward to plan and leaving the others at the previous station.

Coaching Tips

- Pay attention to athlete communication skills and how they describe targets. Encourage them to use common points of reference (“its like a 5 low house angle, its slower than a trap target, its break point height is above the horizon, etc.”) and be precise and concise in their language.
- Reward the shot planner when an athlete breaks the targets — it was their plan.
- Encourage the updating of the shot plan between athletes. What did we learn? What did we miss? What did we get right?
- This drill is more about shot planning than shooting. With time, athletes should be able shot plan and communicate in less than a minute — making the squad score better.

Reading a Target Checklist and Sketch Sheet

Station: _____ Number of Targets and Type (single, report, true pair): _____

<u>Target Description:</u> 1. Speed: 2. Line: 3. Angle: 4. Distance: 5. Vertical Change: 6. Background: 7. Where Target Becomes Most Visible	Sketch the station by drawing the station, background features, trap locations, and flight of target. Be sure to label BREAK POINT, GUN HOLD POINT, and EYE HOLD POINT, for each target.
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Eye Warm Ups

Sport: Skeet /Sporting Clays/Trap

Purpose: The clay targets sports, like all hand eye coordination sports, requires an athlete's eyes to be able to detect, focus, and track moving objects. Like all muscles, the eyes benefit from exercise, training, and warming up. The purpose of this drill is to help rain and warm up an athletes eyes so that they are ready for the first target — and not the 10th. This drill should be done as part of the beginning of every practice and competition.

Equipment:

- Tennis ball (preferably orange tennis balls). Sharpie to write letters / numbers on the 6 sides of the ball (think six sides of a dice).

Rounds/throughput: 5-7 minutes, two athletes per ball

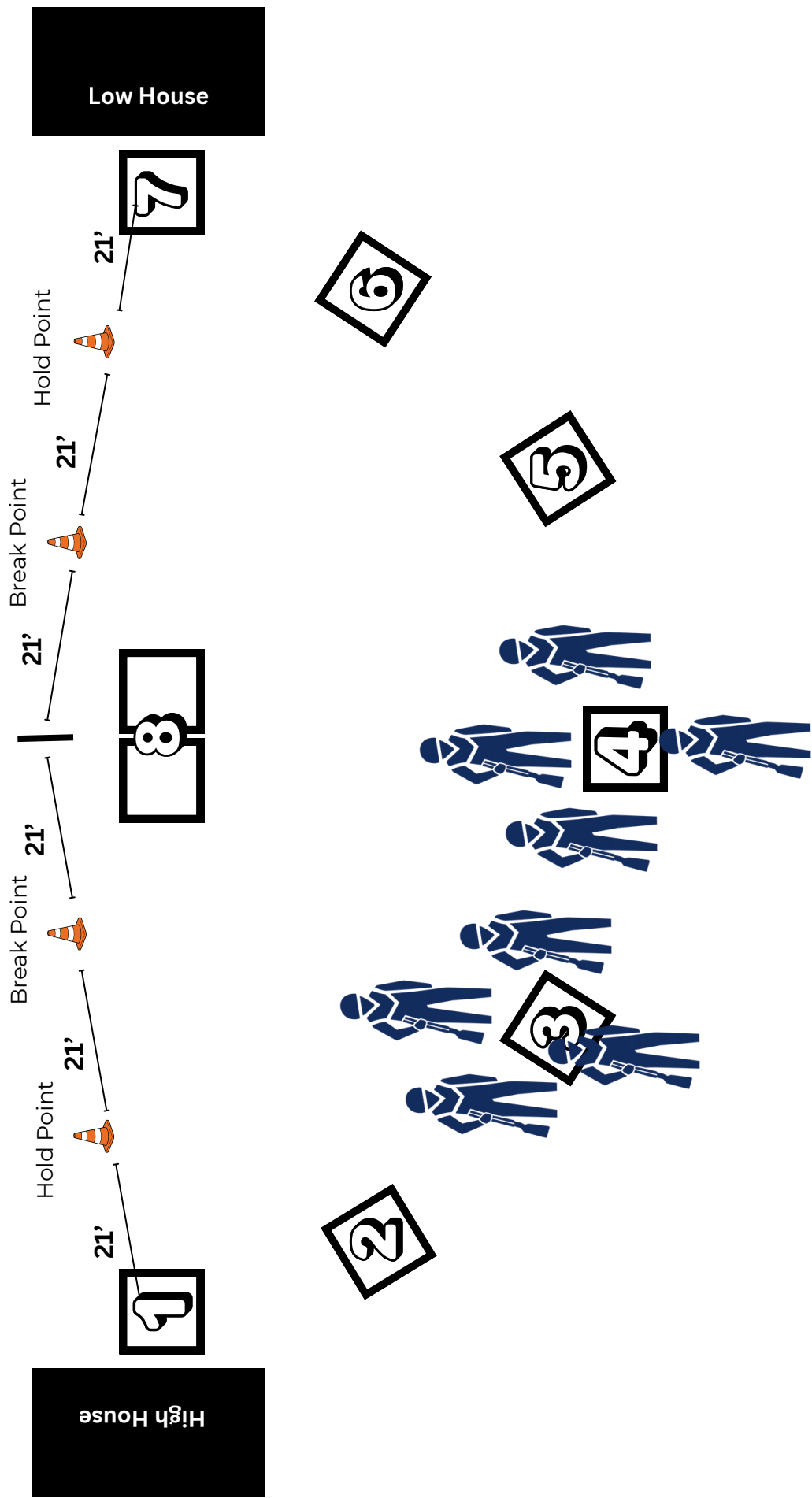
Steps (there are a number of variations to this drill that work):

1. Version 1: Four athletes stand one on each side of a skeet pad facing one another. Athletes stand in an athletic stance (feet shoulder width apart, weight forward, hand in front of them at chest level, hands open). The athletes with the balls bounce the ball off the pad toward the other athlete. The receiving athlete reaches forward grabbing the ball in front of their body out of the air (fingers should be on the top of the ball when caught). The ball is then bounce back to the other athlete. Both pairs are bouncing the ball continuously, focusing on their ball and the number that is on it). Do this until both pairs of athletes are grabbing the ball aggressively, continuously, and without mistakes — 10 to 12 bounces without a miss.
2. Version 2: Two athletes stand facing a wall. The first athlete stands about 6-8 feet away from the wall. The other athlete stands behind them with two tennis balls - with different markings. The first athlete takes up an athletic stance and achieves a soft focus on the wall. The second athlete throws one of the two balls underhand so as to bounce off the wall and back at the athlete in front of them. The athlete must grab the ball out of the air in front of their body. The 2nd ball is now thrown. After the athlete grabs the second ball with their other hand they must state which ball (markings) are in each hand without looking. Hand the balls back to the thrower and repeat until athlete is warmed up.

Coaching Tips

- Other versions of these drills can be done as long as they require the athlete to be in an athletic stance, focus hard on the ball, and catch it aggressively.
- Single athletes can warm up by bouncing a ball off a wall or floor alone, but it's harder to commit to an athletic stance or focus on the ball when bouncing it themselves.
- Coaches should observe warmup drills and correct athletes who are merely going through the motions (incorrect stance, catching the ball at or behind their body, lack of focus).
- Athletes should feel their eyes and focus during drills if they're doing them correctly. That's the level of focus and feeling they need for every target.

Name: Eye Warm Up



Rotation Drill

Sport: Skeet /Sporting Clays/Trap

Purpose: A dry-fire/cold-field drill designed to isolate and develop proper body rotation without the distraction of breaking a target. The athlete practices moving from a simulated hold point to break point using the lower body—sometimes described as rotating through the ankles—while maintaining a quiet, stable upper body and gun relationship.

Equipment: Unloaded shotgun, Hula hoop or ground marker, Fence, wall, or other safe horizontal reference line, Optional tape to create a horizontal reference line

Rounds/throughput: 1 or more athletes, 5–10 minutes, No ammunition required

Steps:

1. Place a hula hoop or ground marker in front of a safe horizontal reference line. The area beyond the line must be a safe direction for the muzzle at all times.
2. Athlete establishes their stance and natural point of aim, then identifies a simulated hold point and break point along the horizontal line.
3. Mount the unloaded gun at the hold point and slowly rotate along the line to the break point, keeping the gun level with the reference line.
4. Each rotation should take approximately 5 seconds from hold point to break point.
5. Lower the gun, reset, and repeat.
6. Repeat in both directions and from different starting positions as appropriate for the targets being trained.

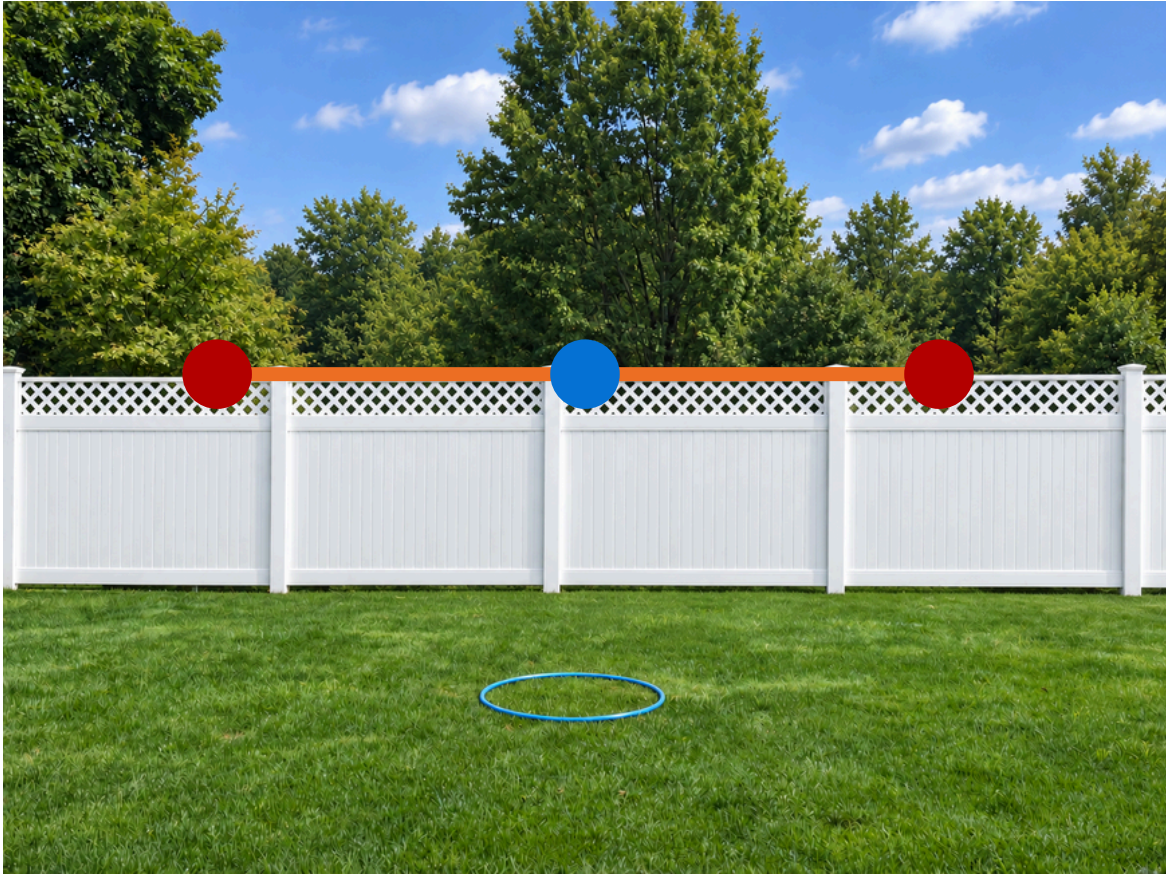
Notes:

- **Slow is important.** This is not a speed drill. The athlete should be able to feel and control the entire rotation. Slow, deliberate repetitions allow the athlete to develop the proper movement pattern so it becomes increasingly automatic when shooting live targets.
- The drill removes the pressure of breaking a target so the athlete can concentrate
- Multiple athletes can work simultaneously by standing several feet apart.
- The drill can be used during dry-land training, before live-fire practice, or as a corrective drill when improper rotation appears during practice.

Coaching Tips

- Rotate from the lower body: Look for rotation generated from the waist down and through the ankles and legs, rather than moving the gun with the arms.
- Quiet upper body: The athlete's upper body, gun, and shoulder relationship should remain stable throughout the rotation. The body moves the gun; the arms do not steer it.
- Watch the horizontal line: The muzzle should smoothly trace the reference line. Rising, falling, or wandering away from it can help identify problems with stance, balance, mount, or rotation.
- Slow it down: Have the athlete take approximately five full seconds from hold point to break point. If the movement becomes rushed, slow it down again.

Name: Rotation Drill



- Hold Point
- Break Point

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