Week 7 – Competitive Notes and Prep

Refining your skills:

 Okay, you don’t have access to a rifle between shooting sessions…..adapt! Find a ‘pseudo’ rifle:

* An old mop or broom handle
* A baseball bat
* A pipe of pipe
* A chunk of wood, a 2x4
* A stick from the woods….be creative

Remember to follow the Shot Process.

The majority of shooting is mental, if you think you can then “you can”! Keep your thought processes positive.

Practicing your hold:

 Dry Fire: this is nothing more than doing what you do during prep time. If it part of your shot process during live fire try to incorporate it into your dry fire session. No rifle, use your pseudo rifle. Most champion shooters will tell you that they spend more time dry firing than shooting (who can afford all that ammo or range time?)

* Practice position – if it is uncomfortable, why?
* Get into a kneeling position (use an old pair(s) of rolled up blue jeans as a kneeling roll). Hold up your pseudo rifle, aim at a spot on the wall, hold steady as long as possible…. remember breath control, NPA, follow through etc.
* Imagine the shot going off: slowly slide your trigger finger along the bottom of your “rifle”, you can even say “bang”, practice follow though and calling your shot.
* Practice each position 10 times per session, once a day, any day you’re not actually shooting., reduces fatigue for when you are actually shooting
* Weights, stretching, jogging (breath control), isometrics
* Benefits: muscle toning, steadies your hold, reduces fatigue

Practice trigger press:

Access to a rifle is always best (a lousy trigger on a practice rifle just makes you work harder). Otherwise

* Use exercise putty, an old sponge ball, whatever.
* Just pressing against an object in your hand – isometrics – will help.
* Remember to press slowly and straight back so that movement of your trigger finger cannot be detected.

Watch your diet (especially on shooting days)

* No sugar
* No coffee/tea/cola…increases your heart rate!
* Observe what you do/don’t eat on a shooting day. Did it have a positive/negative effect?
* Have a light meal before your shooting session. You have to fuel your shooting machine.

Watch your activities on shooting days

* Don’t lift weights
* Avoid vigorous activity
* Remember that shooting requires
	+ Limited strength
	+ Rested muscles
	+ Fine motor movement

Where is your head at?

* Focus on shooting
* Turn on your shooting switch in your mind. Block out all other thoughts while shooting.
* You should be in a competitive state of mind but don’t overdo it
* Only worry about your own performance
	+ If you’re shooting better – why?
		- Did you practice more?
		- Having a good day?
		- Head is in a good place?
		- Good food?
		- Better technique?
	+ Attempt to improve your score or match your best score as a goal
	+ Are you learning something? Anytime you learn something, it is a worthwhile experience.
	+ Make it an enjoyable experience
		- Do not exert unnecessary pressure on yourself
		- The effect of pressure is early fatigue
		- The effect of trying too hard is usually negative then you end up trying even harder…a never ending downward spiral.
	+ Every shot is a new day, every bullseye is brand new target.
* Keep smiling, it makes people wonder up you’re up to.

Merry Christmas and Happy New Year!