One of the key steps to a successful career in the international shooting world is strong fundamentals. Many shooters currently competing can improve their scores by some basic improvements to their setup. These particular techniques are intended for right-handed shooters in the international trap discipline. In general the left-handed shooter will do the opposite of such references. This article will discuss basic foot position, leg position, weight distribution, use of your hips and gun mount.

When you first approach the shooting station, a good foot position is essential for everything that leads up to the shot. Completing a good shot is a difficult task without a firm base. The basic foot position is a 45 degree line from the front on the shooting station to the back of the shooting station. The shooter’s toes should be placed on the line; this enables the shooter to have full mobility to any target possible. If the shooter is having problems with the right-hand targets, he or she should move the right foot further back and vice versa for the left-hand targets. In the picture to the left, you will see that my foot position is along the imaginary 45 degree line on the shooting station. Generally, my right foot is positioned back from the line allowing me a little more mobility to the right-hand targets.

Weight distribution is another key factor in enabling the shooter to move to the target. A shooter’s weight should be placed on the balls of his or her feet and not on the heels. With the weight on the balls of the feet, ease

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Canterbury Trap have developed another world first, a fully automated Bunker system that only requires one shooter to set up and operate.

The Canterbury Auto Trench replicates a traditional 15 trap ISSF layout with simple push button controls for set up and changing between ISSF programs. The system comes complete with Voice release and control console.

Additional features include multi positional practice modes and ABT/Continental/Wobble trap facility.

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Spray of movement in the legs is allowed. The majority of weight, around 60 to 70 percent, should be on your leading or front foot. Having your weight more forward allows the shooter to move to the target easier. The knees should be bent and not locked. If the knees are locked, it restricts the movement of the shooter to the target. My knees in the picture to the right are slightly bent to allow easier movement to any target.

The angles of the targets require the shooter to move with his or her hips. It is very hard to move the gun to the target with just your arms, and by using your hips it allows for a more consistent motion to the target. The initial movement to the target must be made by the hips. The basic principle of using your legs is different for everybody, so minor differences will be found in your own style.

With your body position set, the shooter can now move on to the gun mount. When a shooter mounts the gun, it is vital that the mount be replicated consistently throughout the competition. There are many different ways to mount the gun; everybody has their own unique mount that works for them.

Once the gun is mounted, other fundamentals takeover. One of the basic principles of trap shooting is the use of the right hand. The right hand drives the gun to the target. In international skeet the left hand drives to the target. In trapshooting, the left hand should be loose enough to allow the right hand to control the movement of the gun to the target.

Often times if the left hand overpowers the right hand, the gun will feel out of control. When the gun moves out of control the quality of the shot is affected. Throughout my career as a competitor, I have struggled with this habit over and over. One way to help overcome this problem is by curling your pinky finger under the forearm which does not allow a tight grip to the forearm. If your left hand cannot hold the forearm tight it will have a harder time overtaking your right hand.

These basic fundamentals can improve your shooting game and can also be integrated into other various forms of shotgun sports. One of the main reasons for having these fundamentals is not necessarily for when everything is working and your scores are good, rather when you’re struggling to break targets.

Basic fundamentals will help pull a shooter through the rough times of a competition by providing a strong base. The main benefit of this is that when a problem comes to light it can be fixed fast and efficiently, thereby limiting the targets that could be missed. With bad fundamentals there is the possibility that more than one issue can arise and the fix will be too complicated during a match. Putting several of these techniques to use will improve your scores in the match and over time.

Make sure to bend your knees to allow ease of movement in the path to the target.

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