Match Strategies for Shooters

The plan can be simply to stop trying to shoot this shot and go back to a fundamentals check both mentally and physically.

1. **Mental Check:** Clarify the picture of a correct shot delivery process mentally, and then start the physical check.

2. **Physical Check:** Lift, approach and hold with the front sight focus a few times. No dry fire.

3. When the mental check is achieved and physical check confirms it, you can proceed.

4. Now, add your triggering technique, and you will be focused back on the shot process again.

There are more challenges in a match that all athletes know about and even more still to learn in the future. Every athlete can develop a personal core match strategy on dealing with common difficulties to start with, and then work on mastering it. Use the above example as a clear and simple start to approaching any challenge.

Some action plans will work right away, but some will take more time to develop. Research and development of more strategies will result in an athlete’s handling a greater variety of difficult situations successfully---which takes confidence to the higher level. Ultimately, you can develop match strategies that are trained for use on demand and that are flexible to deal with any challenges that appear. Your decision making ability during competition stress will become clear and will result in a greater level of confidence and performance in any match situation.