Safe Handling, Always have the gun in an Open Position.

Gun down and resting on your foot in an open position until it is your turn to shoot.

Empty shells self eject.

Finger outside of trigger guard.
Gun Mount, Lane Position & Stance

• This section demonstrates your proposed stance, feet position and shotgun point of Aim/alignment on the traphouse on each lane.

• Also your eye position/alignment down the shotgun barrel and sight beads.
Eye Position & Sight Picture
Sight Picture

- As pictured note the eye position and alignment down the barrel of the shotgun and sight bead.
- Also the head position is square not cocked over the stock.
- Unlike a rifle that has a front and rear sight to align with. A shotgun only has a front and sometimes mid barrel bead and you rely on your eye position as the “rear sight” to ensure you are squarely aligned down the barrel.
- A square head position and unobstructed eye position down the barrel allows for a clear target sight picture.
Shotgun Alignment, Using Your Centre Beads

This is the ‘Figure 8” coaches and experienced shooters talk about. You will use this every time you mount the gun to check your alignment before looking out to where you want to see the target.
Pattern Spread

Keep shooting the board until you are shooting the center of the board, the height of pattern doesn’t matter yet as long as your shooting the center line of the board, meaning your figure 8 is starting to work.
• The 60% above the target caters for the rising target when the trigger is pulled the target will rise into the center of the pattern where most of the shot patterning is.
• If you are a faster shooter a 70/30 ratio can sometimes better suit.
Out of Alignment

If the board looks like this you’re not looking directly along the barrel, your figure “8” would look like this:

Your centre bead is slightly to the LEFT.
Out Of Alignment

If it looks like this again you’re not looking along the centre of the barrel, your figure “8” would look like this:

Your Centre bead is slightly to the RIGHT.
Out of Alignment

If the pattern looks like this your sight picture is very flat (bead covering bead) your bead view is too close.

To correct this figure of 8 you need to widen the figure 8 view.
Out of Alignment

If you pattern looks like this your figure “8” view is to wide.

To correct close your figure “8” view.
Perfect Pattern 60/40

This is the desired patterning you should be consistently targeting.

Straight & correct figure “8” alignment along the barrel.
Lane 1 Position

Point of shotgun Aim/alignment on the traphouse.
Lane 2 Position

Point of shotgun
Aim/alignment on the traphouse.
Lane 3 Position

Point of shotgun Aim/alignment on the traphouse.
Lane 4 Position

Point of shotgun Aim/alignment on the traphouse.
Lane 5 Position

Point of shotgun Aim/alignment on the traphouse.
Locking on the Target

• After you have mounted your gun and have aligned it on the traphouse, without moving your gun mount position, take your eye focus off the barrel and traphouse and focus out to the distance past the front of the traphouse about level with the field markers.

• By doing this it will allow your eyes to focus on the target as it will be the first thing your eyes see. Providing you are still in your locked in gun mount/aligned position you will be able to swing your gun to the target quickly and accurately.

Remember: “Slow is Smooth & Smooth is Fast”
Stance

- Picture 1 shows both positions of the right and left arms.
- Picture 2 shows the right-hand arm position.
- Picture 3 shows the squareness of the right leg with the torso, the left knee is slightly broken to allow some pressure to be put on the left foot to help with stability during positioning and shooting.
  - Note the same theory applies for a left-handed shooters but just the opposite to a right-hander.
Feet Positioning On Lanes 1,2 & 3

Lane One

Lane Two

Lane Three
Feet Positioning On Lanes 4 & 5

Lane Four

Lane Five
Left-handers Feet Position vs. a Right-handers Feet Position.

- As Pictured above; A left-handers feet position on lane 2 would look similar to a right-handers feet position on lane 4, this same scenario would look similar for each lane.
The feet position in the above 3 slides is only a guide to start from, as every person’s body is different. There is a quick and easy way to check your shotgun levelling on each lane so you can personalise your own feet positioning.

As per the above picture put your feet in the proposed position on each lane, mount your gun and swing it from one marker to the other so that you have covered the field. Using squarish line as a guide (Eg: a fence line) for a level swing from marker to marker. If you find that when you swing from one marker to the other you are not maintaining a level line move your feet around slightly until you can maintain a level line from one marker to the other.

Complete this exercise on each lane until you get a comfortable and personalised feet position & level gun swing.
Straight Away Targets

1. Set the trap on straight away targets and shoot off the center lane until you are breaking clays hard and consistently.
2. With the trap still set on straight away targets, move through from lanes 1 to 5, this helps to check your use of the “figure 8” alignment and general feet position, gun swing & barrel alignment.
Oscillating Targets

Shot to be placed at the leading edge of the target, while maintaining your swing with the moving target.
Shooting Behind an Oscillating Target
Hitting an Oscillating Target
Practice & Personalise

- Practicing using the basic’s outlined in this presentation and personalising your feet position to enable you to maintain a level swing will give you a better understanding and consistence approach to Down The Line Clay Target Shooting.
Appendix A

Pattern Board Set Up

• White wash your pattern board using lime and water applying it with a broom
• After painting the board make a center dot on the board that is visible from 30 meters away.
• Make a mark 30 Meters back from the Pattern board and position your feet as if you were shooting off the centre lane at straight away targets.
• Sight your end bead on the dot and gently squeeze the trigger (some people have a tendency to move the gun when jerking the trigger). Fire three shots in concession to show an average.