

WARRIOR Shooting Protocol

****It is the responsibility of the squad leader to confirm all shooters have eye and ear protection ahead of assembling to the lanes before a shoot. Proper foot wear and attire are mandated by rule.***

A Squad Leader is anyone assigned to station/post #1 for a shoot.

Start of a round:

1. Shooters show open and to your line
2. Shooters to your station/post.....PMVM (mental check down)
3. Shooters ready? [confirm by sound off - 5, 4, 3, 2, 1]
4. Trap Scorer/Puller ready? [turn to scoring platform and acknowledge]
5. Shooters ready to see one? [all shooters mount empty gun...call for pull]

Squad leader at the end of the round and now on post 5 will end the round:

1. Shooters show open
2. Shooters clear the lanes/posts

Rules of Trapshooting Etiquette

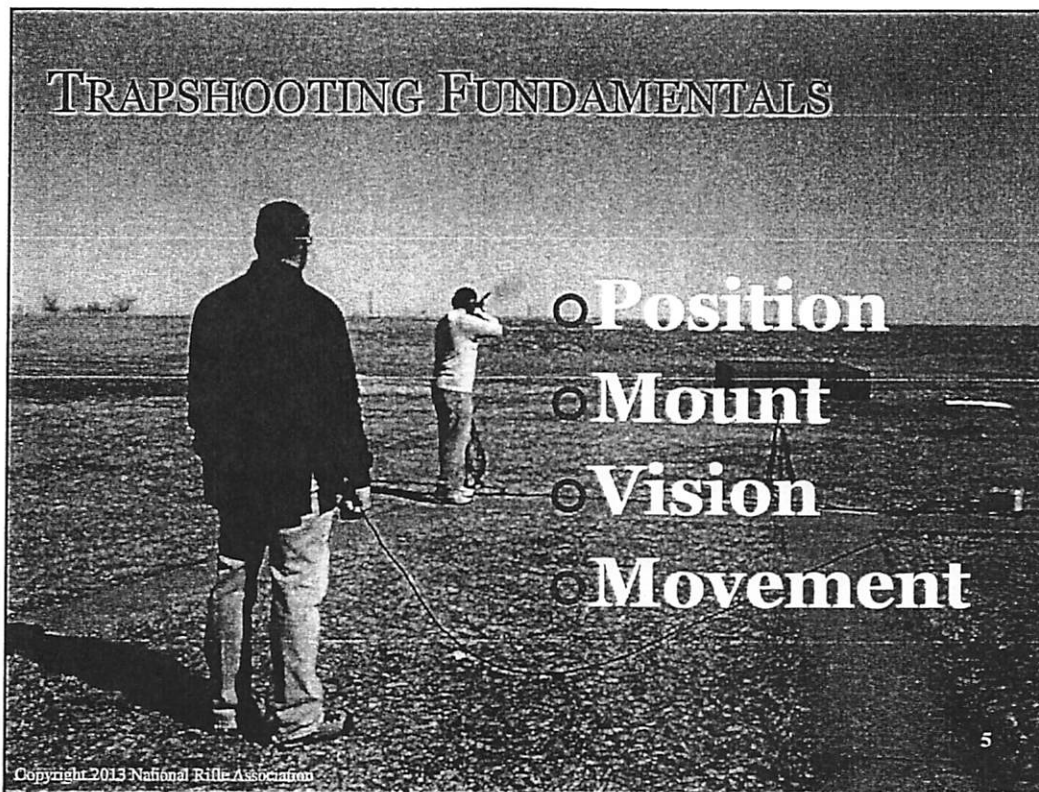
- 1) Make sure you understand where your assigned trap field and lane is located on the grounds...be organized well ahead of the assigned shooting time.
- 2) Be sure you are quietly assembled behind the field well in advance of your turn to shoot. Forcing the rest of your squad to wait is very inconsiderate and holds up the event and squad behind you. *Have your equipment and gear ready to go ahead of your squads turn.*
- 3) Be ready when your squad is called and when it's your turn to begin the shoot – **Follow the WarriorProtocol. It serves to make us look organized, focused and more professional than other squads.**
- 4) Do not lean over after each shot to pick up empties or to retrieve a new round from ground level after each shot. Pick up empties if need be only at the end of the round and when the lane has been cleared to do so.
- 5) Have your required shells for the round in a shooting pouch or vest at the ready...never on the ground level.
- 6) Do not ever close your action or raise your gun unless directed by the squad leader to look at a bird at the beginning of the round or until the shooter ahead of you has already fired.
- 7) Avoid all unnecessary movement and/or discussions from on your post with others that might distract or interfere with other shooters.
- 8) Remain on your post ,standing facing the trap house quietly until the fifth man has fired and then moved to the next post.
- 9) At the end of the round remain still on your post until the last man has fired and the clearing of the lanes has been given.

- 10) If you are a squad leader, do not fire until the protocol has been followed and/or until all shooters are at their posts and at the ready. It is your responsibility to make sure all members are set and safe.
- 11) Never pre-load your gun before changing posts/stations. When moving from post 5 to post 1...turn to the right and move away from the trap house with muzzle control and walk behind all shooters to avoid bumping into any other squad members.
- 12) Load only one shell at a time into the chamber or magazine on trap singles and only when it's your turn to shoot. If time is called or another delay occurs...remove the shell from the chamber and control the muzzle of the gun.
- 13) Close your guns action only when you are on post and facing the trap house. Close it only when you are prepared to shoot and avoid distracting others when doing so.
- 14) Do not eject shells from your gun that can hit or annoy the other shooters to your left or right. Control your action and control the empties. Autoloaders should be fitted with a shell catcher or use a simple rubber band.
- 15) No unnecessary talking during a shoot while on post with squad members. The time to discuss hits and misses is after the end of the round. No cell phones or other electronics while on post is allowed.
- 16) When not on the firing line as a spectator or squad in waiting, keep your voice down when you are around other squads shooting. Remember other squad shooters and adjacent trap lanes deserve to shoot undisturbed.
- 17) Call for your target in a short clear voice; avoid a loud or obnoxious target calls as to disturb others or trip any voice activated releases,
- 18) Time your shooting to establish a rhythm in the squad. Take the time you need to ready but be consistent.
- 19) If a shell misfires or a malfunction in the gun happens...call time out to the squad leader and scorer/puller if needed. In the case of a squib fire...make sure the barrel is clear before resuming. Ask for the coach or appointed Range Safety Officer assistance if needed. Squib rounds may be counted as a lost bird by rule.
- 20) Coaching is not allowed any time when shooters are on the line during an organized shoot or competition. Only during practices are coaches allowed on the line. **** PMVM ...Mentally walk-down your own personal check off list before each shot. Visualize each new bird breaking. Forget lost birds as it only serves to stop you from hitting the next one. Always keep focused on crushing the next new bird.**
- 21) **Be A Sportsman At All Times.** If you are shooting well, others are aware of it and you don't need to provide for supporting behavior. By the same token, if you are having a bad day, accept it without complaint or display. Don't do anything that might interfere with other shooters or cause into question the credibility of our entire team. All referee decisions are final and not up for appeal by anyone other than the coach.
- 22) **Caution:** Shooters are almost always happy to have you look at their guns *if you ask permission first*. Do not ever pick up another shooters gun from the gun rack and handle it without first asking his/her permission.
- 23) **OBSERVE ALL SAFETY RULES.**
 - Treat every gun as if it was loaded
 - Always keep your guns action open and show clear off the firing line while it is in hand
 - Always control the muzzle on the firing line and keep it pointed in safe upward direction
 - Never ever point your gun at another shooter even if you have confirmed it is unloaded

Be professional. Always keep in mind that how you conduct yourself could likely be the single most remembered reflection of the entire team by others.

Above all....Always have fun and treat every shooter the way you would want to be treated.

(PMVM = Position Feet...Mount the Gun...Visual Point of Aim & Target Field...Movement of Gun to bird and after the shot)



Student Notes:

Whether teaching a new skill, evaluating a performance, or trouble shooting missed targets, a hierarchy of procedures should be followed to insure a successful outcome. The four points listed above should become the basis for a Coaches' Checklist for teaching and evaluation of trapshooting. This methodical approach will allow the coach to teach, evaluate and solve problems in the most simple and direct manner quickly.

Position—get the shooter in the correct stance, alignment, and balance to break the target in the appropriate area along its flight path.

Mount—get the shooter to hold the gun in the best position to respond both mechanically and visually to the target.

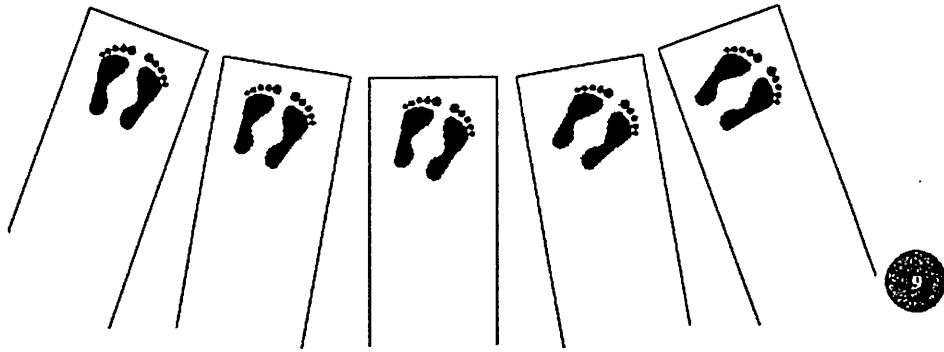
Vision—get the shooter to place his/her eyes in the most advantageous place with the correct type of vision to see the target movement and quickly place his/her focus on the leading edge of the target.

Movement—get the shooter to move in-sync with the target's emergence from the house, controlling the barrel's movement along the flight path without obscuring the target from the shooter's vision.

TRAPSHOOTING FUNDAMENTALS

o Position

- Foot position
- Stance
- Balance
- **Body position in relation to target path**



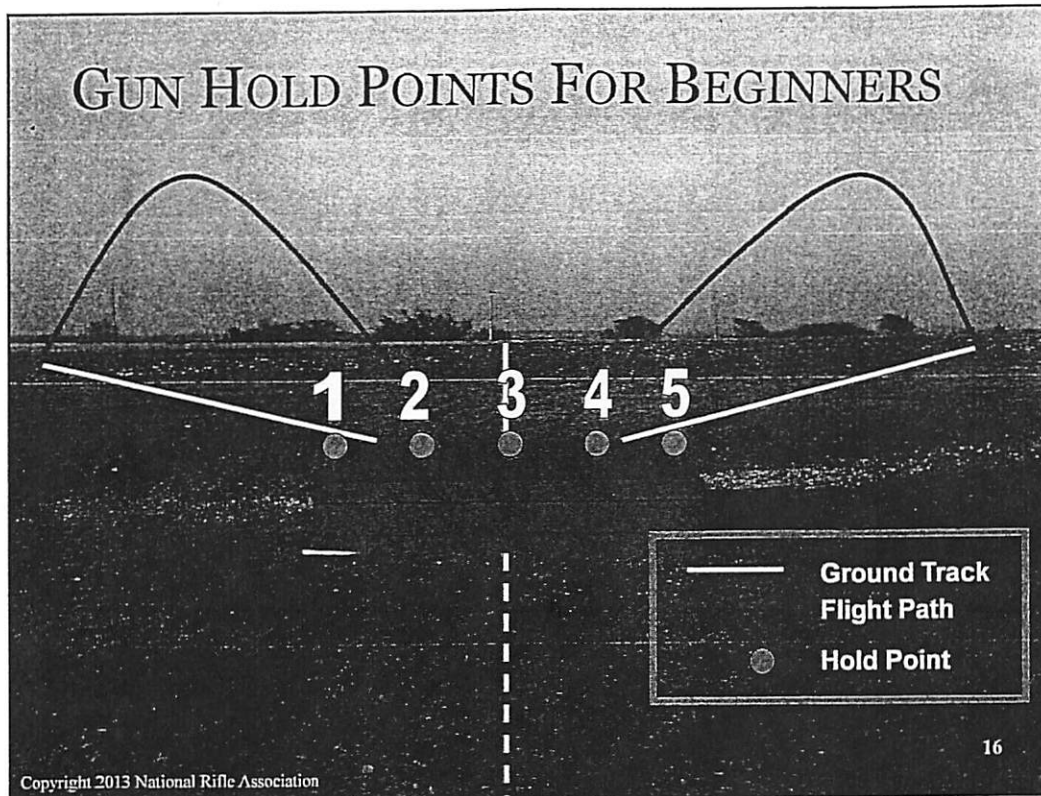
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Student Notes:

BODY POSITION IN RELATION TO TARGET PATH—Upper body movement alone is not good enough to insure proper lead and follow through. Both the upper and lower body should move in unison with the target. The body must be aligned so that the shooter can smoothly swing with the target's flight line from the beginning position until the gun completes its swing. When the body is not in the correct position the shooter will begin to bind-up as the body approaches the extremes of its movement limits. This, in turn, causes the swing to slow or stop, and the correct lead is lost. In many cases the shooter may not notice this binding/slowing while shooting at targets. A poor beginning body alignment greatly increases the chance for a lost target.

It is very important to be in the exact same position each time the athlete shoots at each specific post because misalignment affects the time it takes to get to the target, where the target breaks, and the ease and completeness of the swing and follow through. This is also important when troubleshooting mistakes. If the shooter is always in the same position, his performance can be evaluated from a baseline, faults identified and improvements recommended. If the position is moving around at each shot, it is more difficult to pinpoint errors and make useful, lasting corrections.

Each shooter should determine his/her own Natural Point of Alignment (NPA) as described in the Fundamentals Section. This will be used to locate the optimal body orientation on each trap post. Recommendations on where to orient the shooter's body on each trap post is covered later in this Section when applying the fundamentals to set-up on each post is described.



Student Notes:

The Gun Hold Points described below and shown in the above slide are recommended for beginning trap shooters. They are usable for both right-shoulder and left-shoulder shooters without modification. They are easy to learn and easy to teach. They help keep the shooter's Eye Hold Position separated from the gun and encourage swinging with the target's flight path rather than cutting across the target's path (trapping the target).

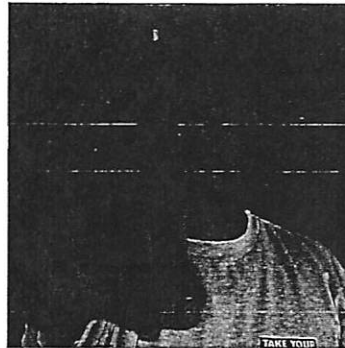
- Post 1 – On the far left corner of the trap house roof-line.
- Post 2 – One half of the way from the left corner to the center of the trap house roof-line.
- Post 3 – In the center of the far roof-line.
- Post 4 – One half of the way from the center to the right far corner of the trap house roof-line.
- Post 5 – On the far right corner of the trap house roof-line.

Gun Hold Points may be changed to accommodate individual shooting style and reaction times or anomalies in the trap house size or trap machine placement. As two-eye shooters become more experienced, they may wish to experiment with higher gun hold points. A high gun hold point is not advised for one-eye shooters because their early view of some emerging targets will be blocked by their barrel.

TRAPSHOOTING FUNDAMENTALS

o Vision

• Eye dominance



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Student Notes:

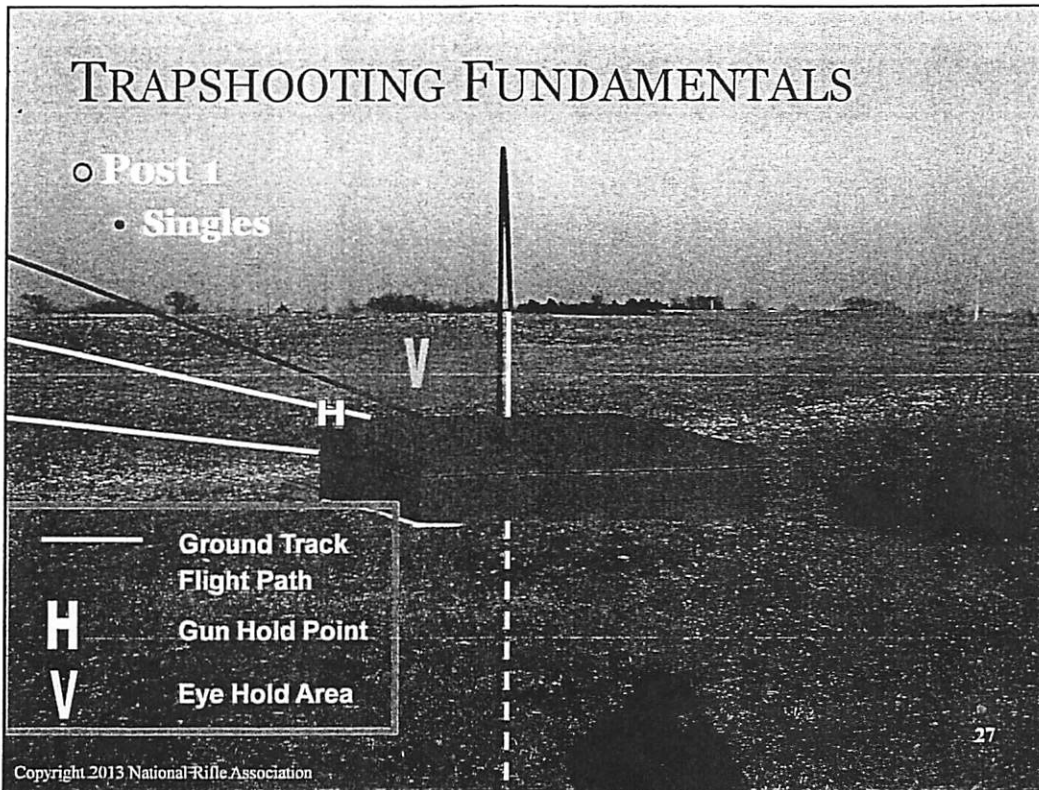
EYE DOMINANCE— The dominant eye is the eye which naturally determines the direction a person is looking when both eyes are open. It is not necessarily the eye with which a person sees distant detail the clearest.

For a shotgun shooter to shoot accurately, it is important that the eye on the side they have shouldered the gun is the eye that will determine the direction they are pointing the gun. For that reason, one of the first things the coach needs to do is to determine which of the shooter's eyes is dominant. Do this before teaching the shooter to mount the gun!

TESTING FOR EYE DOMINANCE - Have the shooter extend his arms downward and place his hands together so that a small hole is formed between the web of each hand. With both eyes open, and using normal vision, have him quickly swing his extended arms upward and look through the hole at an object in the distance. Have him slowly bring the hands back to his face while keeping the object in view and both eyes open. The hands will return so that the hole is in front of the dominant eye. Try this exercise several times to confirm which is the dominant eye. Usually, a right handed shooter's right eye will be dominant while a left handed shooter will have a dominant left eye. If this is not the case, then the shooter is said to be "cross-dominant."

Another useful test is to stand behind the shooter while they quickly mount and point an unloaded gun at some safe distant object. If the coach observes that the gun is pointed wide to the side opposite that which the shooter has shouldered the gun, the shooter is shooting "cross-dominant" at that moment.

Some people experience occasional shifts in eye dominance that may last for a considerable length of time or may be very brief. If this occurs while they are shooting, the target will likely be missed wide to the side opposite the gun shoulder side. Check eye dominance when a shooter exhibits frequent wide misses.



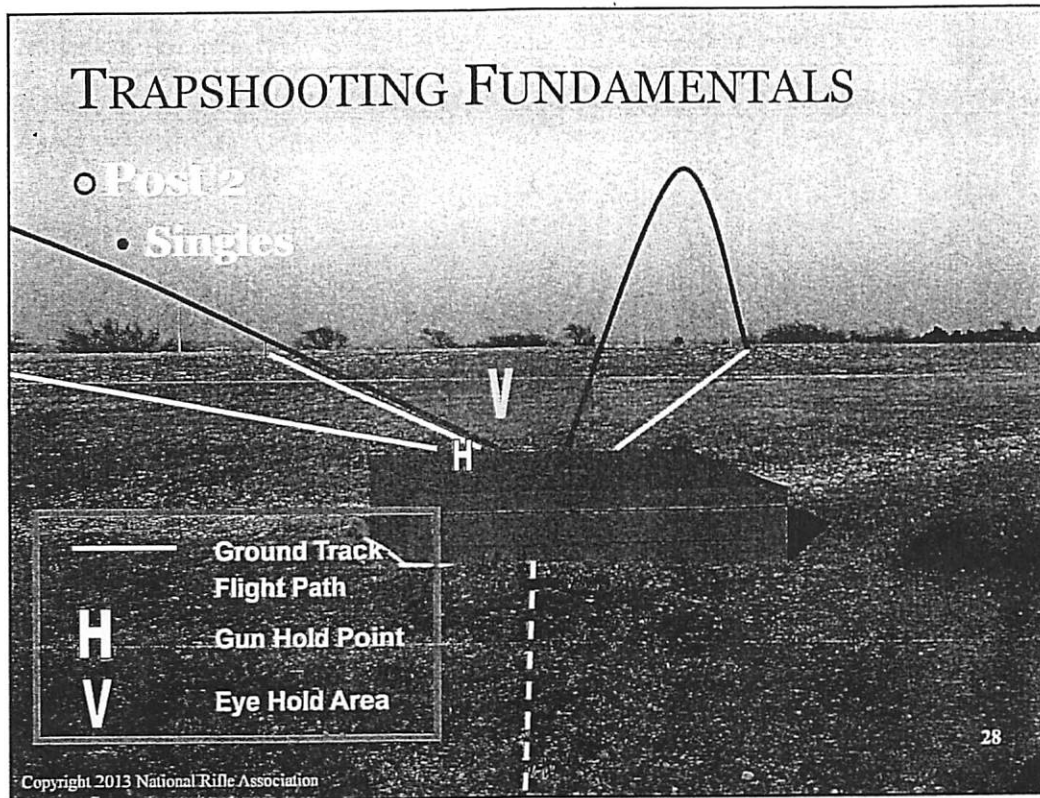
Student Notes:

BODY ORIENTATION – The shooter’s body position should be oriented such that he/she can comfortably swing beyond either extreme target angle presented without excessive muscle strain. The shooter should position himself so that his natural point of alignment (NPA) is in the middle of the trap field at the distance where he normally expects to fire. This will allow him to smoothly swing to any target and will permit a good follow-through.

GUN HOLD POINT— The recommended gun hold point at Post 1 is at the far left corner of the trap house roof. Shooters should not move the gun from that point until the target is clearly seen and its direction determined.

EYE HOLD AREA – On Post 1, all of the thrown targets will initially appear in an area about four feet wide and two feet above the trap house roof as shown above. With a shooter’s ‘soft’ secondary vision placed in this area, targets will be quickly seen and their direction quickly determined. Shift only the eyes; keep the face firmly on the gun.

Remember, an incoming wind will make the targets rise; tail winds will cause the targets to fly lower.



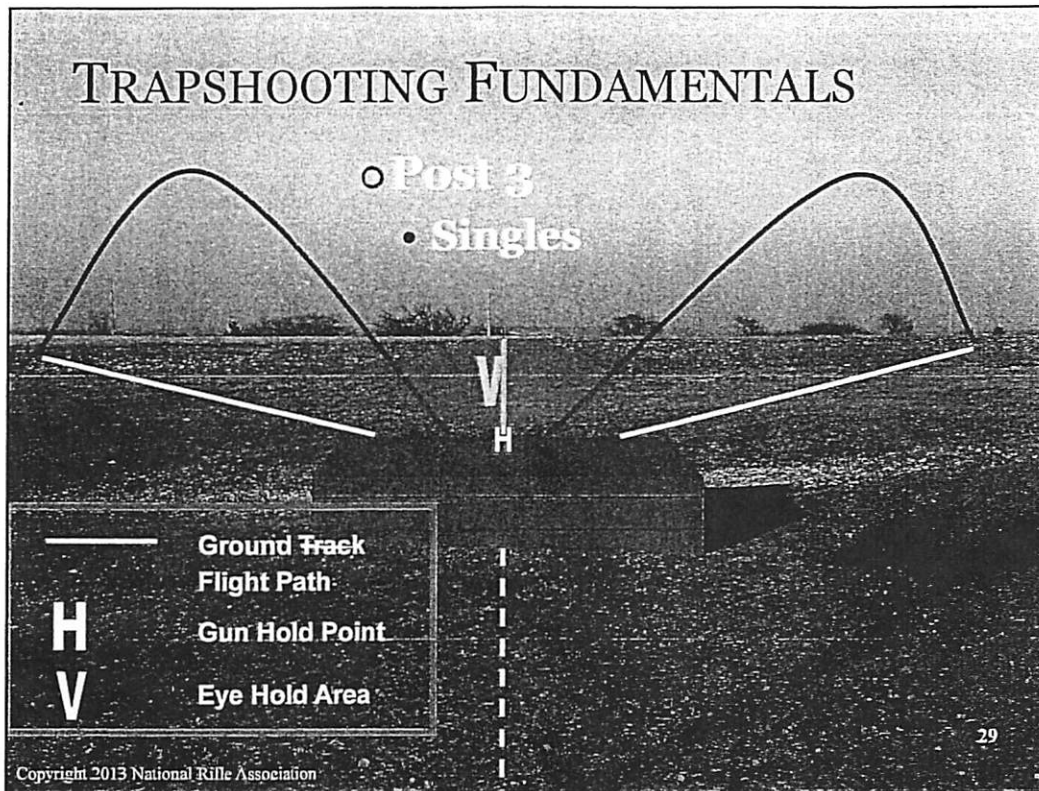
Student Notes:

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GUN HOLD POINT— The recommended gun hold point for Post 2 is on the far roof-line, half-way between the left corner and the center of the roof.

Gun hold positions may be varied slightly depending on trap house dimensions or the trap machine's location. Not all trap houses are the same size, and sometimes the trap machine is not located in the center!

EYE HOLD AREA – All emerging targets are still seen within an area about four feet wide positioned two feet above the trap house roof, but, as shown above, on Post 2 this area is located about a foot farther to the right of that eye hold area used on Post 1.

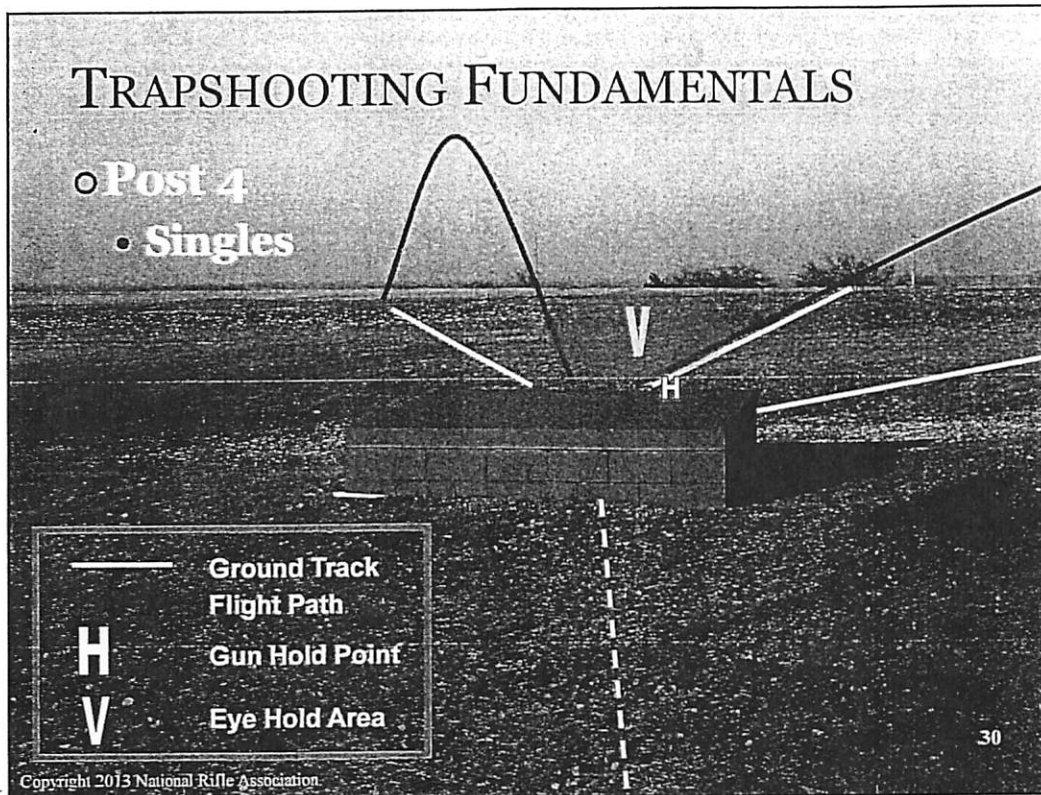


Student Notes:

BODY ORIENTATION - The shooter's body position should be oriented such that he/she can comfortably swing beyond either extreme target angle presented without excessive muscle strain. The shooter should position himself so that his natural point of alignment (NPA) is in the middle of the trap field at the distance where he normally expects to fire. This will allow him to smoothly swing to any target and will permit a good follow-through. The shooter's position on Post 3 will be oriented slightly more to his right than the position used on Post 2.

GUN HOLD POINT— The recommended gun hold point for Post 3 is on the far roof-line, in the center of the roof.

EYE HOLD AREA – All emerging targets are seen within an area about four feet wide positioned two feet above the trap house roof, centered over the middle of the trap house (provided the trap machine is located reasonably close to the trap house center).

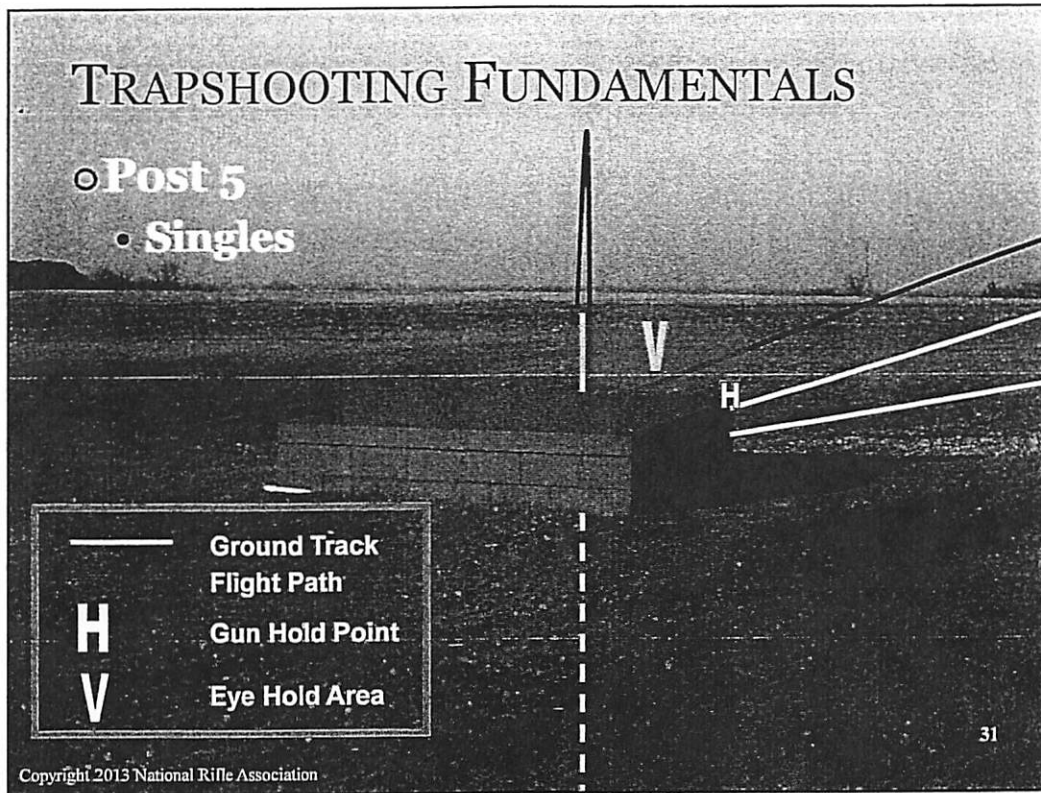


Student Notes:

BODY ORIENTATION - The shooter's body position should be oriented such that he/she can comfortably swing beyond either extreme target angle presented without excessive muscle strain. The shooter should position himself so that his natural point of alignment (NPA) is in the middle of the trap field at the distance where he normally expects to fire. This will allow him to smoothly swing to any target and will permit a good follow-through. The shooter's position on Post 4 will be oriented slightly more to his right than the position used on Post 3.

GUN HOLD POINT— The recommended gun hold point for Post 4 is on the far roof-line, half-way between the center of the roof and the far right corner.

EYE HOLD AREA – All emerging targets are seen within an area about four feet wide positioned two feet above the trap house roof, centered about one foot right of the middle of the trap house as shown above.

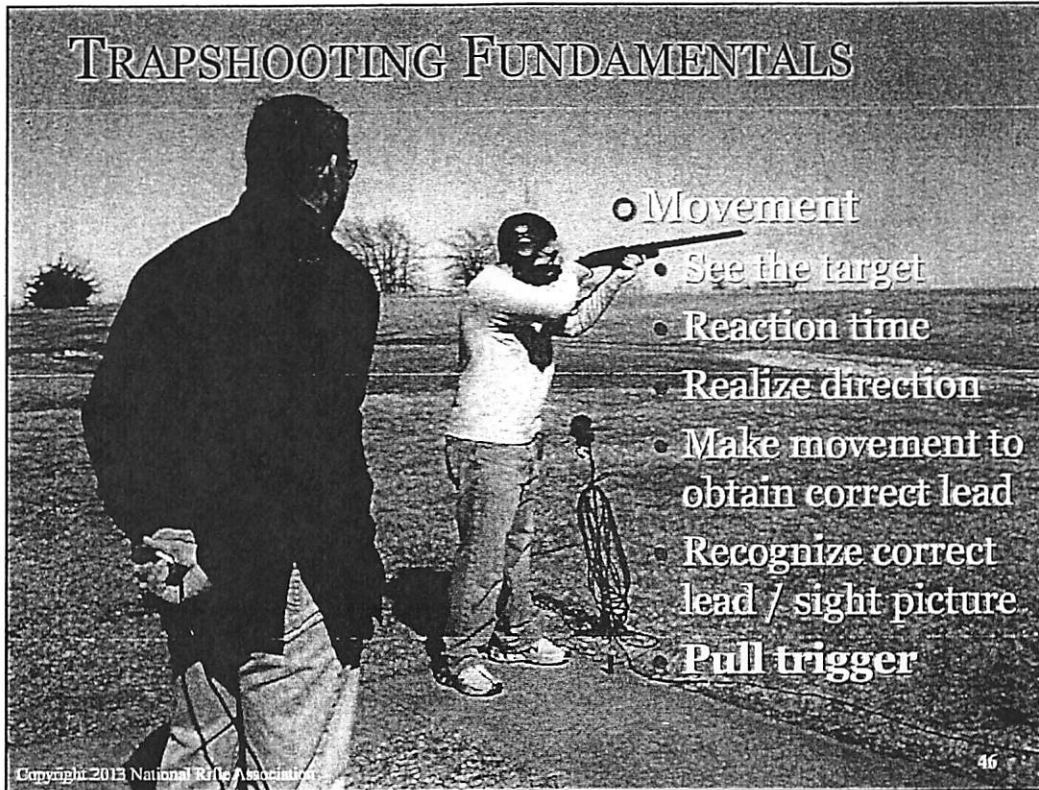


Student Notes:

BODY ORIENTATION - The shooter's body position should be oriented such that he/she can comfortably swing beyond either extreme target angle presented without excessive muscle strain. The shooter should position himself so that his natural point of alignment (NPA) is in the middle of the trap field at the distance where he normally expects to fire. This will allow him to smoothly swing to any target and will permit a good follow-through. The shooter's position on Post 5 will be oriented slightly more to his right than the position used on Post 4 to accommodate the possible maximum right angle target.

GUN HOLD POINT— The recommended gun hold point for Post 5 is on the far right corner of the trap house roof.

EYE HOLD AREA – All emerging targets are seen within an area about four feet wide positioned two feet above the trap house roof, centered above the right half of the trap house as shown above.



Student Notes:

PULL TRIGGER—Have you ever noticed that some people seem to get used to firing the gun when the target gets to a certain spot on the field whether they have the correct lead or not? It's just a habit they have developed from breaking the target at that spot so many times before. Because they are not paying attention to the sight picture at that moment and the body feels that it is the correct position, the gun goes off. This is not the best way to shoot. What can be done to avoid this tendency? The first thing needed is to get the shooter's attention focused on the target/barrel relationship. See the correct sight picture before the trigger is pulled!

The rules for where to break the target are simple.

1. Break it as soon as you can read the correct sight picture. This means don't coast or ride a target. Go after it quickly and shoot it. In the same manner, if you don't have the right sight picture, don't pull the trigger. Keep swinging until you do have the right sight picture.
2. Use trigger control. Learn to see your correct sight picture. Don't just get used to firing the gun when the target gets to a certain spot on the field.

Rifle and pistol shooters who are new to shotgun shooting will need to learn to pull the shotgun trigger quickly rather than the slow trigger squeeze to which they may have become accustomed.

TRAPSHOOTING FUNDAMENTALS

o Movement

- See the target
- Reaction time
- Realize direction
- Make movement to obtain correct lead
- Recognize correct lead / sight picture
- Pull trigger
- Follow through
 - o Reasons for following-through on the shot



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Student Notes:

FOLLOW THROUGH—Reasons for following-through—The shooter needs to keep the head on the stock and continue the swing after pulling the trigger. This will help in several ways.

1. It will help center his concentration on the target and not on what is happening on the station with his gun mount or swing.
2. It will train the eyes to stay on the target both before and after the shot. When the eyes quit the target too early the shooter will often shoot behind the target.
3. It will help develop trigger control by keeping the appropriate sight picture in view.
4. It will train the shooter to keep his head on the stock by making him follow the chips as if he were going to shoot again. In fact, that is a good way to develop this type of swing. After the target is broken in practice, keep swinging and break one of the larger chips with a second shot.
5. It will keep the swing at an even speed and attuned to the speed of the target. This will help overcome the two speed swing or whip finish.
6. It will also let him and you observe how well his gun fits after the first shot.
7. Unless the shooter has developed a consistent follow through, any attempts to alter the sight picture will not result in a consistent lead adjustment.