

DEVELOPING A SHOT PLAN

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Shot Plan

What is a Shot Plan?

1. A Checklist
2. A series of steps you go through EVERY time you shoot
3. “Key Words” to settle you into each step
4. Humans are creatures of habit; we find comfort in pattern, structure and symmetry



Shot Plan

When are you ready for a Shot Plan?

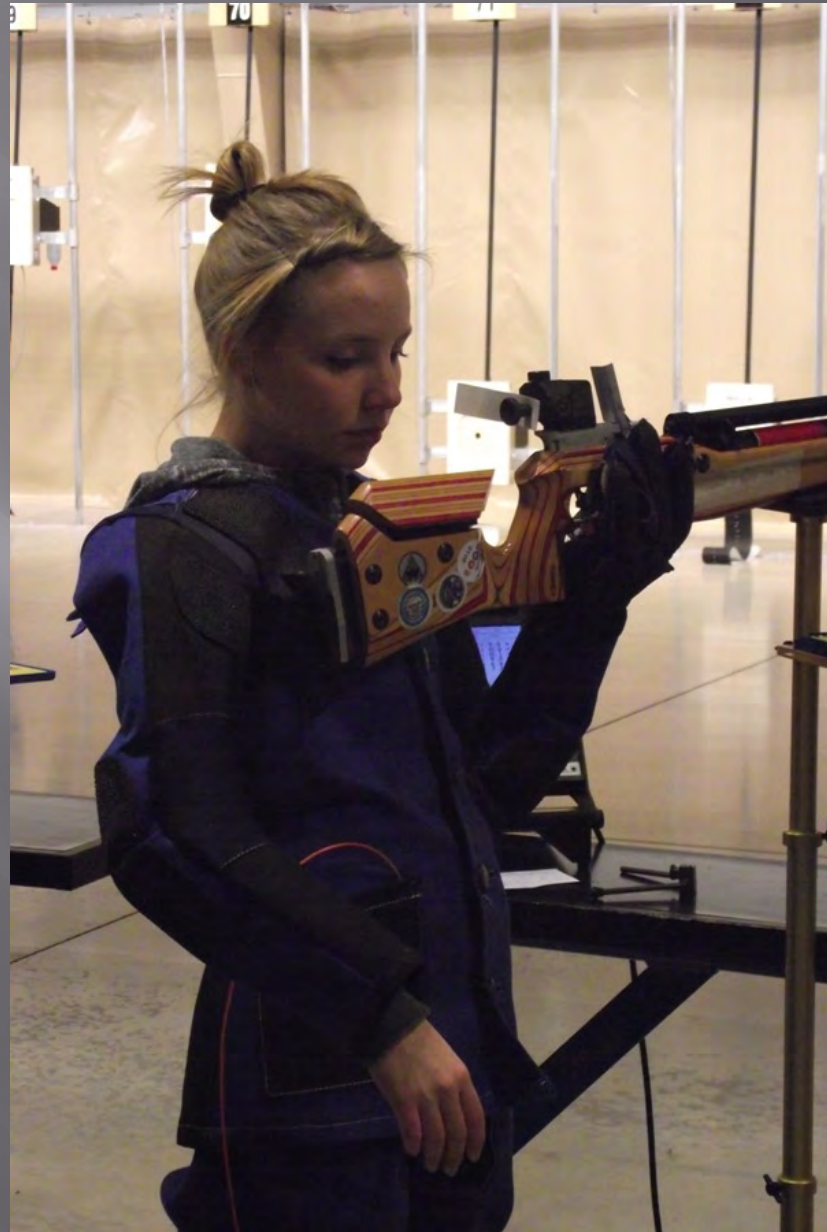
1. When you have learned and built all 3 positions
2. When you can “call your shots” with fair accuracy
3. When your shooting skills “Plateau”



Shot Plan

Sample Shot Plan:

1. Check your last shot to see if your “call” was on
2. Load the rifle and relax mind and body
3. Bring up rifle and check NPA
4. Adjust NPA on new target
5. Check rear and front sight alignment
6. Take 3 breaths that cross over the bull
7. Stop last breath $\frac{3}{4}$ of the way out so that sights are “on” the bull



Shot Plan

8. Let hold settle over the center of the bull
9. Squeeze trigger while staying centered
10. Follow through for two seconds over the bull
11. Look for “bounce” or “splash” on target
12. Call your shot
13. Repeat



Shot Plan

Shot plans must be drilled over and over and over until they become automatic

Practice at home with a bb gun or a .22, or even just a broomstick

The shot plan is mostly mental, **NOT** physical



QUESTIONS?

