

## Mental Plan For Competition Shooting

*When you come into the range to shoot, you should be operating on a plan that you have automatized. To automatize your plan, you have to first make it and then practice it assiduously. The plan should be written in your own words, complete with cue-words and the processes that lead to a correct outcome. This outline provides a framework from which you can build your own plan.*

### Pre Range Preparation:

**Start:** Before entry to the range (For ENSC Range, at the gate)

**Finish:** At the entry to the range (when range is in full sight)

**Outcome:** Control breathing; broaden focus; adjust arousal downwards.

### Range Entry Procedure:

**Start:** When range is in full visual focus.

**Finish:** At entry point to shooting lane.

**Outcome:** Find correct lane; correct target setting; navigate to lane;

Assess light, wind and other environmental forces; plan and coping actions.

### Target Acquisition:

**Start:** Poles down.

**Finish:** Natural Alignment - Committed to shooting.

**Outcome:** Rifle and body perfectly aimed at 'C'; bones carry weight; deep into shooting coma.

### Rhythmic Sequence of Five Shots:

**Start:** Traverse from 'C' to first target

**Finish:** After fifth shot

**Outcome:** Perfect shooting coma; fully automatic 'flow state' shooting;

Monitor running in background ready with practiced coping strategies.

### Recovery of Rifle and Poles:

**Start:** Last shot follow through

**Finish:** Ready to leave shooting lane

**Outcome:** Exit shooting coma; recover rifle to safe state with minimum fuss;

Recover poles so they are easy to put on. Store memory of process and results.

### Leaving the Range:

**Start:** Ready to leave shooting mat

**Finish:** Back on course (past the penalty loop)

**Outcome:** Exit as fast as possible; avoid collisions; complete all range related activity.

### Step 4a: Each Single Shot [in Rhythmic Sequence of Five Shots]

**Start:** First in-breath

**Finish:** Reloaded; traversed to next target; ready for first in-breath.

**Outcome:** One perfect bullet.