

Mental Plan For Competition Shooting

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)

Technical/Tactical: _____

Physical: _____

Cue Words: _____

Range Entry Procedure

Start: When visual focus is made with the range

Finish: Poles down in chosen shooting lane.

Technical/Tactical: _____

Physical: _____

Cue Words: _____

Target Acquisition

Start: Poles Down.

Finish: Natural Alignment - committed to shoot.

Technical/Tactical: _____

Physical: _____

Cue Words: _____

Rhythmic Sequence of Five Shots

Start: Traverse from 'C' to first target

Finish: After fifth shot

Technical/Tactical: _____

Physical: _____

Cue Words: _____

Recover Rifle and Poles

Start: Last shot follow through

Finish: Ready to leave shooting lane

Technical/Tactical: _____

Physical: _____

Cue Words: _____

Leaving the Range:

Start: Ready to leave shooting lane

Finish: Back on course (after penalty loop)

Technical/Tactical: _____

Physical: _____

Cue Words: _____

NOTES:

Single Shot Sub-process:

Single Shot Process (Part of Rhythmic Sequence of Five Shots)

Start: First in-breath

Finish: New round chambered; traversed to next target.

Technical/Tactical: _____

Physical: _____

Cue Words: _____