
ESCOPETA
SHOOTING ACADEMY

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Pablo has **1000's of hours** of coaching experience, teaching all levels from beginner to advanced. He has helped take multiple beginners all the way to making the **NSCA All-American** Team. Pablo is an NSCA Certified Coach, and International Competitor.

1.0 VISION - LOOK AT THE TARGETS

- The most important part of the game is vision. From the moment the target comes out, through pulling the trigger we MUST remain visually connected to the target.
- Really looking at the target in detail is crucial. Rings, a shiny spot, shadows, color contrast, are all items we see when we are truly focused on the target.
- See the target through the trigger pull and the recoil of the shot. Follow all the way through the shot with the eyes, see the target break.
- Sporting clays is a staring competition. The person who stares at the target the best for each shot often wins.
- After every shot you should ask yourself "**Did I see the target as well as I could have**?"
- Learn to put the gun where you want without looking at the gun. Always keep your eyes on the target.

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2.0 VIEW BIRDS/SHOW PAIRS

- View Birds/Show Pairs are our opportunity to read/study the target and acquire all the information necessary to make a plan and set up properly for the shot(s).
- These are the things we need to find when viewing the show pair
- Target's line of flight
    - View Point
    - Hold Point/ Connection Point
    - Placement Position
    - Break Zone

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3.0 TARGET'S LINE OF FLIGHT

- Find the target's line of flight.
- Imagine the target is a jet plane leaving a vapor trail through the sky. Use your background (trees, landscape, etc.) to help mark and remember the line of flight.

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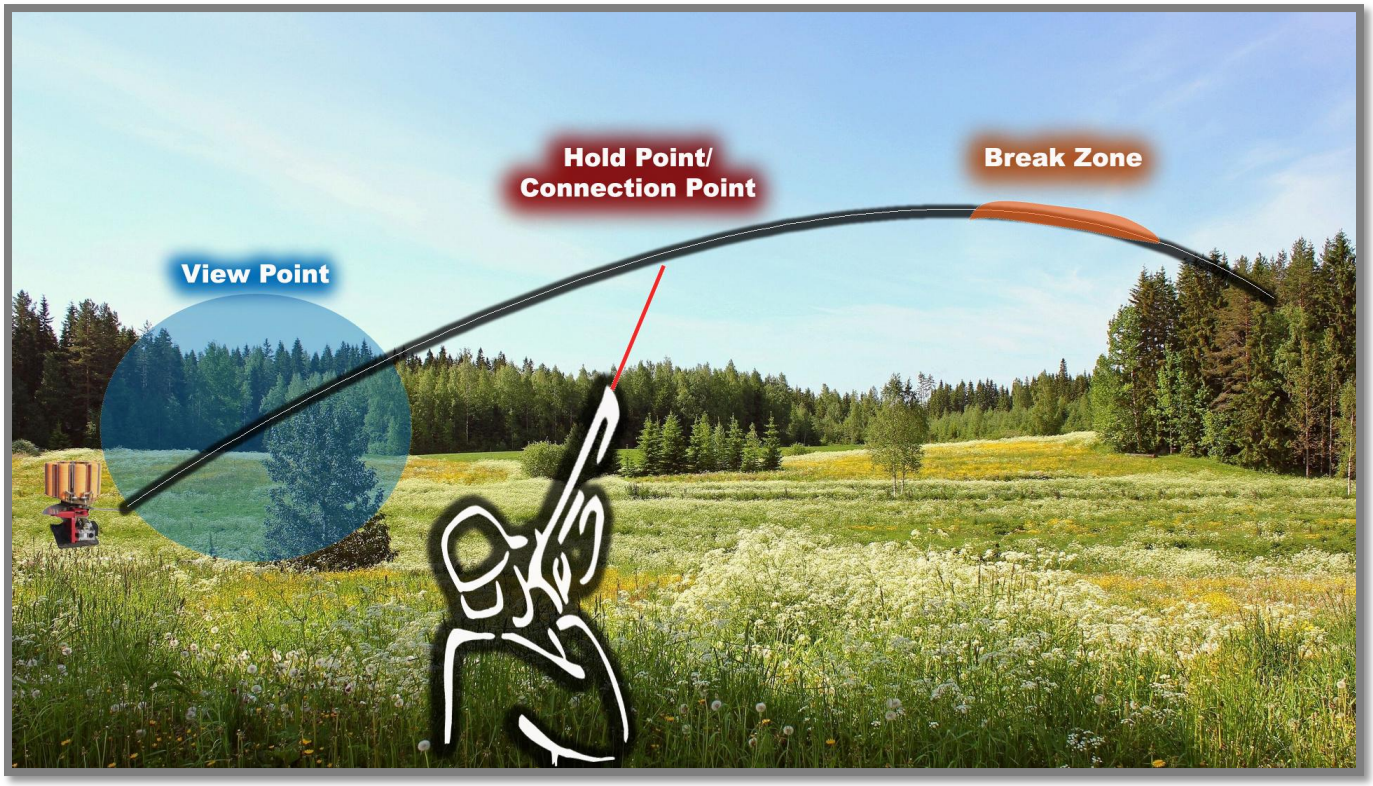
4.0 VIEW POINT, HOLD POINT, BREAK ZONE

- ***View Point***: Where we are looking when we call pull. Typically where we first see the target appear from the machine, from behind a tree, etc. It is important to understand that we are in soft focus or "looking big" at the view point. Our view point can move from where the target first appears to farther out along the line depending on how well we can initially see the target.
- ***Hold Point/Connection Point***: Where we start the gun or point the gun when we call pull. Hold point is always between view point and the break zone. This should be close to the line of flight without being over the target's line. We will get the gun to the target at the hold point. Learning to find your hold point/connection point and properly timing your gun mount is crucial.
- ***Break Zone***: Typically where the target looks the biggest and you see it the best. Targets going into transition and window of opportunity also effect the best/easiest place to break the target.



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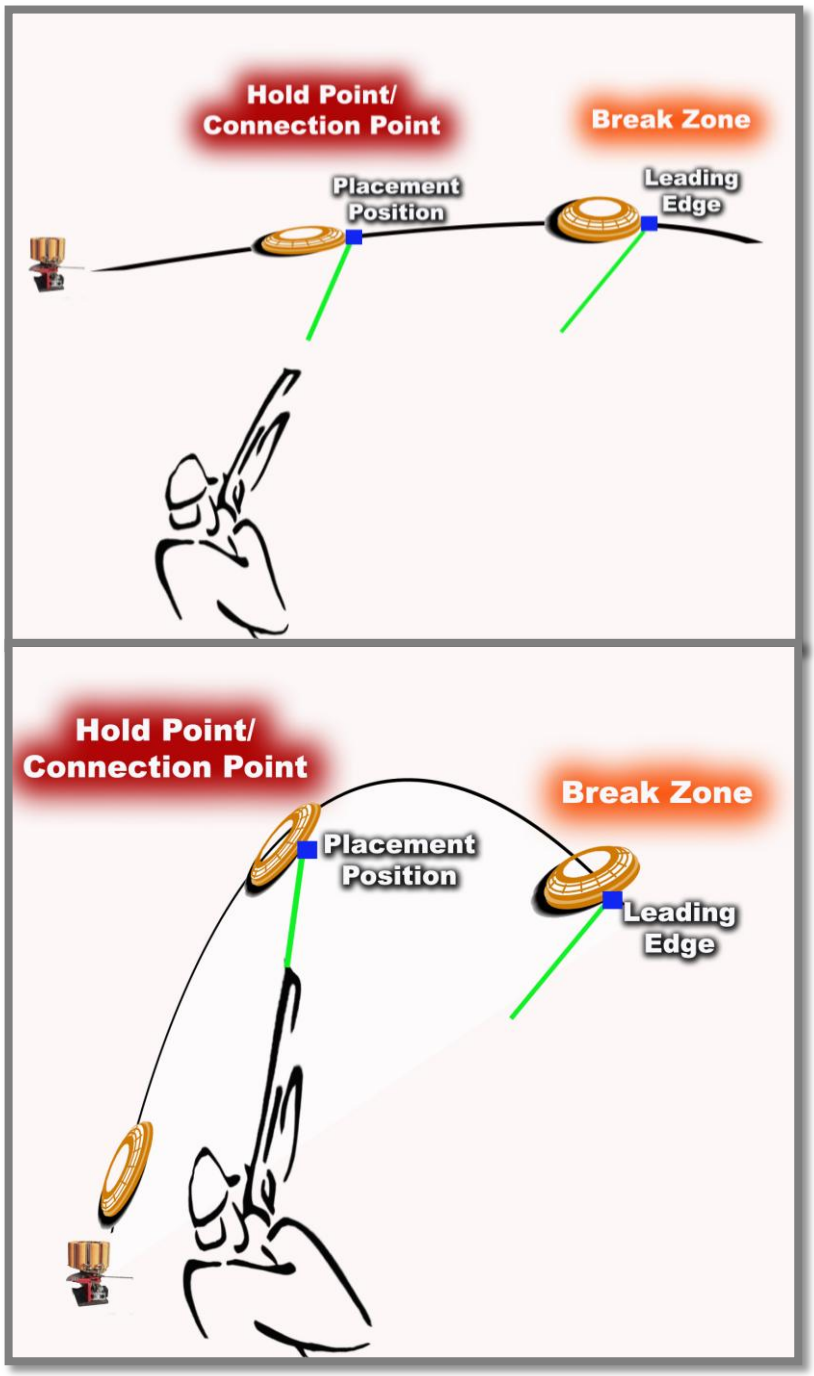
5.0 PLACEMENT POSITION

When we connect the gun to the target at the hold point/connection point, we have to place the gun somewhere in relation to the target. This is called the placement position. The placement position is identified through several factors that are based on what the target is doing in the break zone. All of these factors are in constant transition as the target flies through the air.

- Angle (depth)
- Speed
- Distance
- Direction (width, height)

5.1 Direction

- We base our placement position off what the target is doing in the break zone.
- We identify the direction the target is going/leading edge in the break zone.
- At the hold point/connection point, we place our gun on what is going to become the leading edge of the target in the break zone.
- We are now at our placement position



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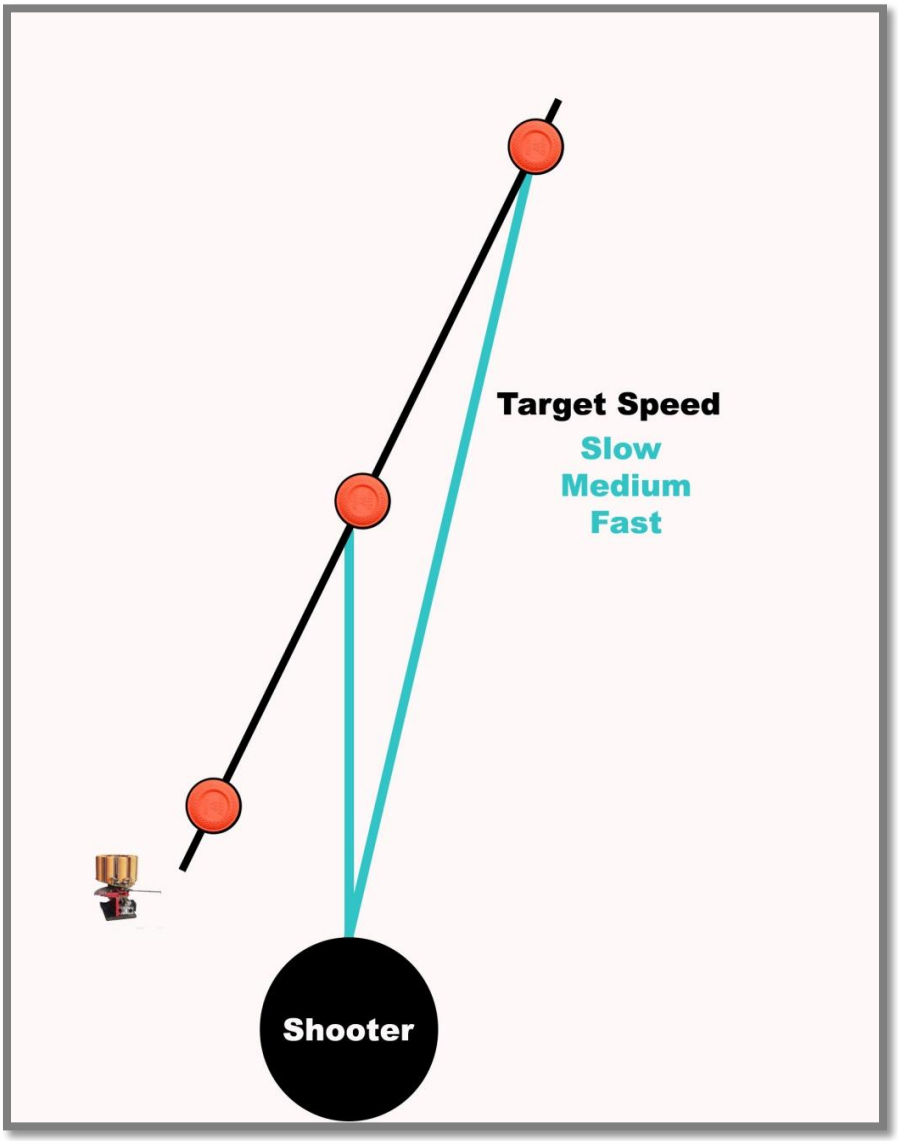
5.2 Angle and Speed

Angle, speed, and distance in the break zone determine how close to or how far from the target we place the gun at the hold point/connection point. The more the target is crossing the more speed impacts the placement position. On a shot going straightaway the speed has little to no impact.

Think of this in general terms

Speed	Angle	Distance
Slow	Narrow Quartering/ Straight Away	Close
Medium	Quartering	Medium
Fast	Deep Quartering/Crossing	Far

Narrow Quartering/ Straight Away Target



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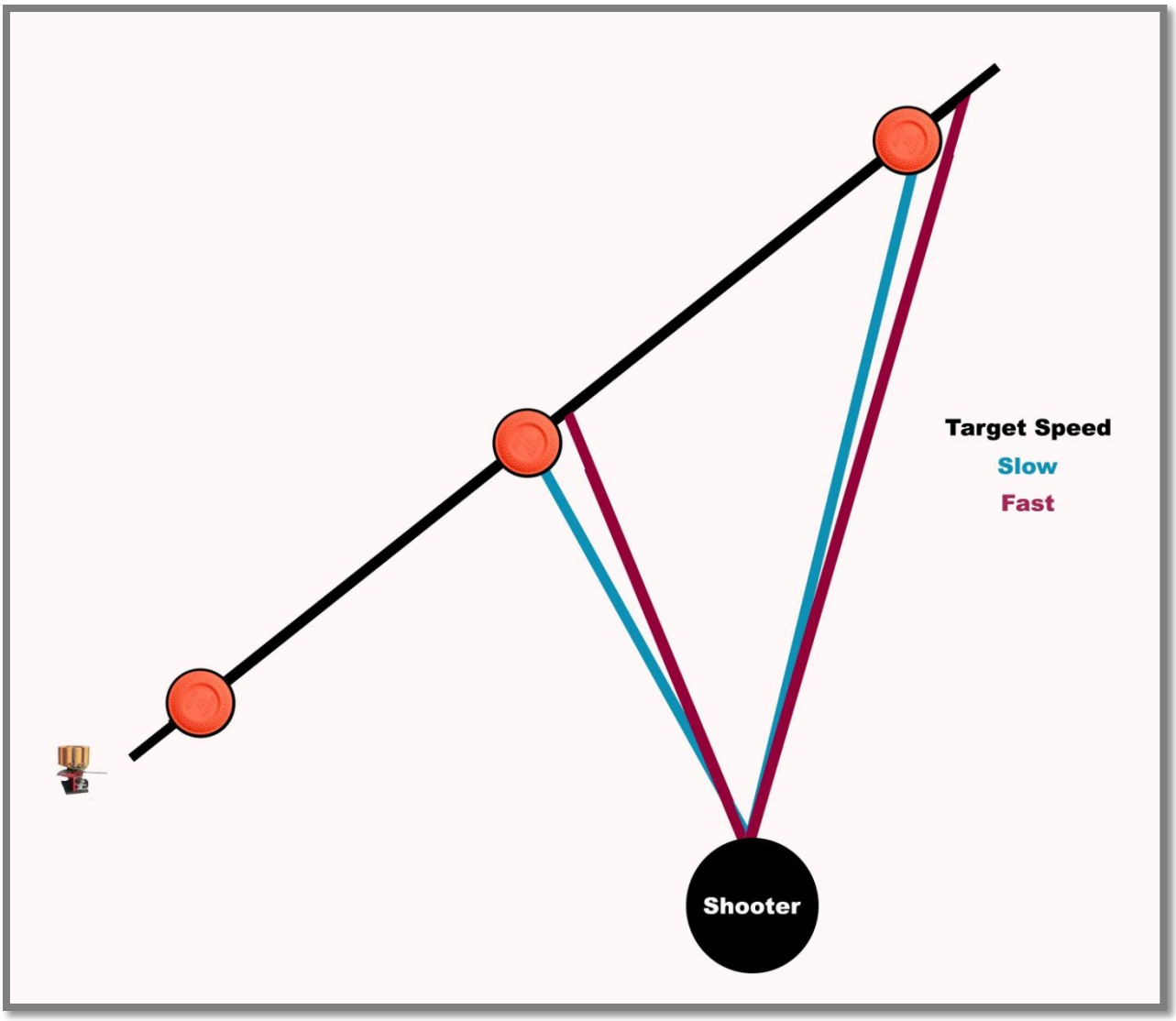
Quartering Target



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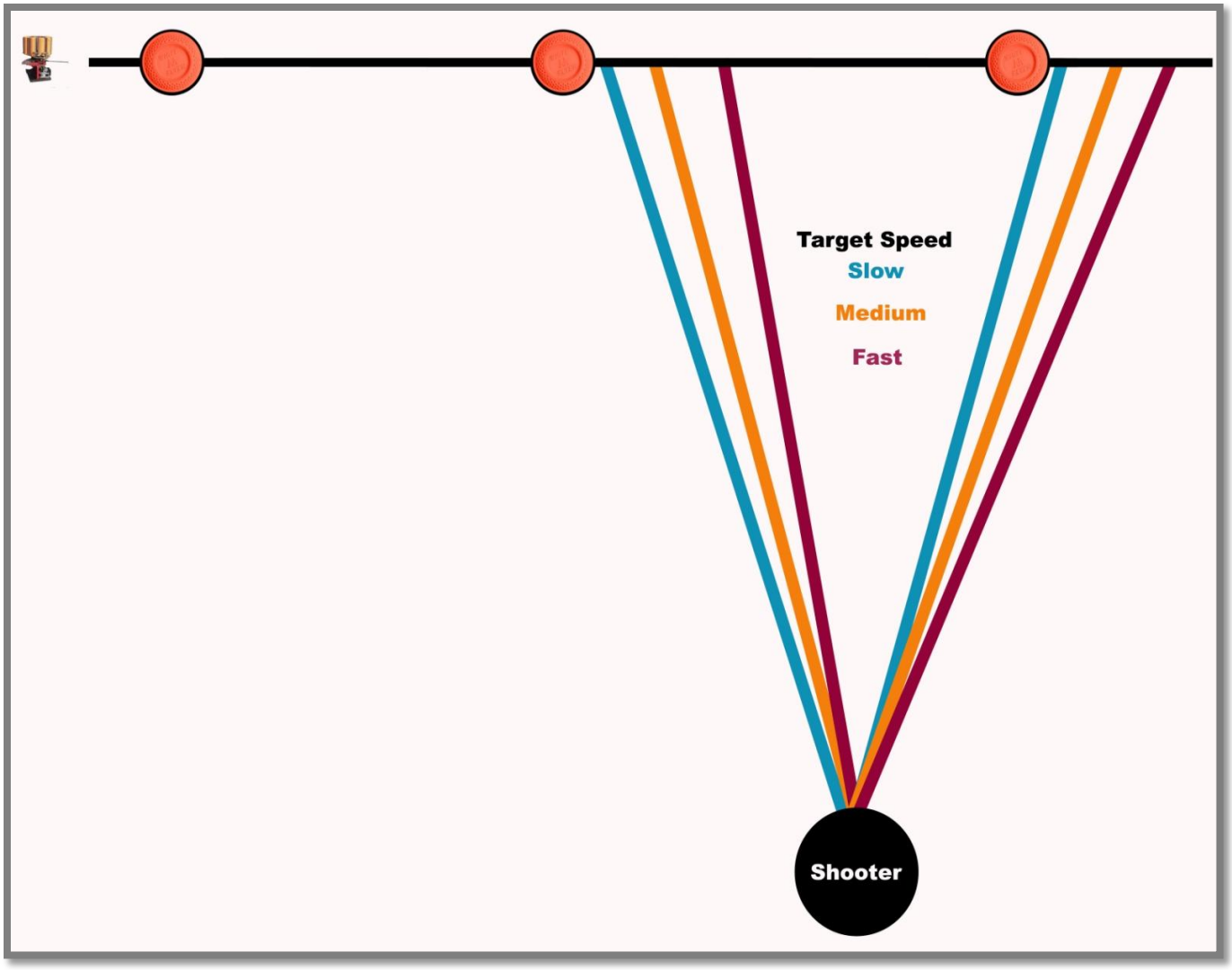
Deep Quartering/Crossing Target



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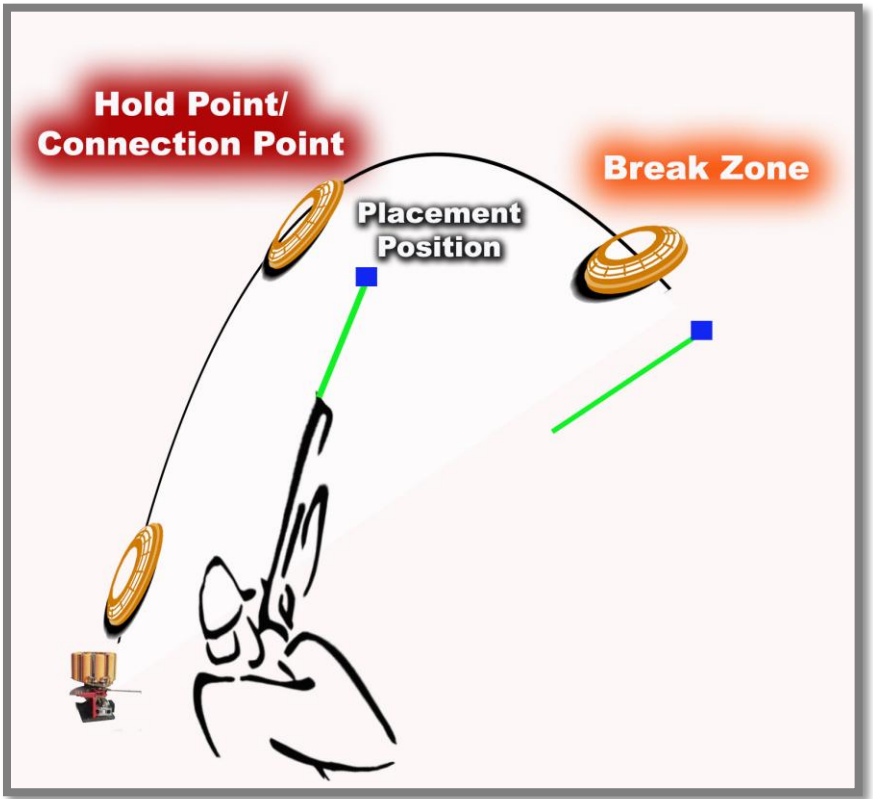
6.0 TECHNIQUE

Technique is what we do with the gun in relation to the target. Our technique is very simple: **Get the gun connected to the target/placement position at the hold point/connection point.** Hold that position as the target moves toward the break zone so that the gun and target are moving the same speed and direction from the hold point/connection point to the break zone. As we feel/match the speed of the target we feel more connected and in control of the target/shot. Moving at the same speed of the target makes it seem as if the target has slowed down.

Our technique is basically the same for every shot. Get the gun to the placement position and get the gun moving at the same speed and direction as the target. **The only thing that changes from shot to shot is the placement position which is based on angle, speed, distance, and direction of the target in the break zone.**

Ex. Far Fast Crossing Target



The key to making this technique work is being visually focused on the target from the view point through the break zone and the shot. Even though we are placing the gun on a specific position in relation to the target at the hold point and we are keeping the gun at that position as the target moves through the sky, we must remain 100% visually focused on the target. We must be able to put the gun where we want and keep the gun where we want without looking at the gun. Always keeping our eyes on the target.

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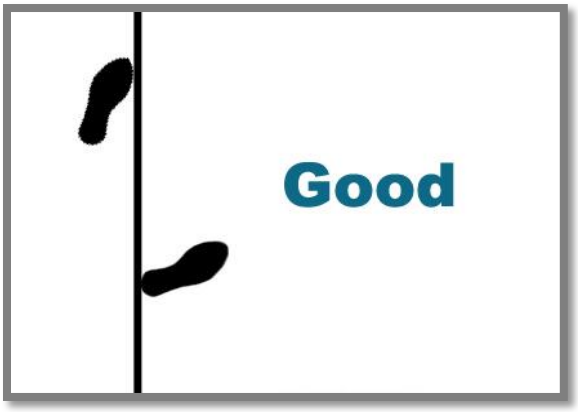
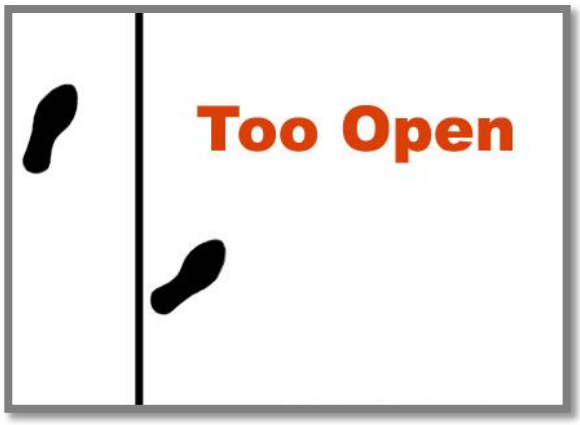
7.0 STANCE

- Feet shoulder width apart
- Knees slightly flexed
- Balanced
- Flat footed

Set your feet/stance so that your natural point of aim is towards the break zone. Our natural point of aim is similar to a boxer's stance and how he faces his opponent. Twist back to the hold point so that during the shot the body will unwind through the shot.





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8.0 MECHANICS

- Legs, hips, torso, shoulders, and hands all contribute to the movement of the gun.
- Body rotates and stays balanced (never sway from side to side)
- There should be no tension in your hands, arms, shoulders or neck. You should feel relaxed. Tension fights what our eyes want our hands to do. A good example is that the gun is an egg. Have a good grip on it but do not crush it.
- Neck slightly stretched forward, cheek on the stock. Head stays level. Turn nose toward the stock.

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