



## Introduction

I was introduced to skeet shooting in 1972. Was invited to join a few good friends at the Laguna California Winchester Trap & Skeet range. Duane Kastrup was a partner in Duane & Bob's Gunsmiths where I was a regular customer. John Hawkins was my best friend and mentor. So the three of us and another patron of D&B's started shooting evening skeet at the range.

I had a Remington 870 with a mod choke. Not the best choice for skeet, but it was all about the fun, not the score... A few months later a former salesman at D&B's John Bartlett who had become a Winchester Rep provided me with a 12ga Winchester 101, and case of shells, and a book of 10 passes for shooting. I became hooked on skeet and shoot a few times a month.

It is now 37 years later and I have retired and left California for a new life in North Carolina. Away from the gun hating socialistic government I worked in for the last 21 years. We bought a large home on 18 acres of land bordered on the North and East by the Croatan National Forest. Federal Land that would not be developed in my lifetime. The plan was to build a pistol range, a rifle range, and after those were completed, I decided to add a Skeet Range. County Sheriff confirmed that I could use this for friends and family as long as it didn't look like a business. So Crystal Coast Skeet Club was formed in 2013.

I found a 12ga Stoeger Condor and resumed shooting.

## Chapter List

1. Basic Equipment Requirements
2. The Game of Skeet
3. Proper Stance
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## Chapter 1

### Basic Equipment Requirements

The equipment requirements may vary some. However it is my opinion that the following is a good minimum:

1. A hat to prevent sun blindness

I recommend use of a baseball cap. The bill can be altered to provide best shielding from sun in your eyes.

2. Ear protection

At a minimum, earplugs. However muffs provide much better protection. Electronic muffs allow you to hear conversation while still blocking damaging sound levels while shooting.

3. Eye protection shatter proof lens

Sunglasses are not recommended as they reduce the amount of light getting to your eye, resulting in open pupils. This reduces the 'depth of focus' making your eye muscles work to retain sharp focus at varying distances. A yellow, amber or pink lens will allow targets to stand out against backgrounds and provide an enhanced image for you to follow. Pink is good for most use when green backgrounds exist. They suppress green and enhances the orange dome of the target.

4. Vest or belt pouch for new & spent shells

Carrying a box of shells around is a real bother, and slows the pace for your fellow shooters. A vest can be used for hunting or target shooting will make life easier. If you don't want the added clothing a belt & ammo pouch is recommended. Especially good on hot summer days.

## 5. Shotgun

An overwhelming number of new shooters bring Grandpa's old Browning A-5 full choke gun out to shoot skeet. Your choice should be a semi-automatic, or O/U (over/under) shotgun. These guns should be equipped with an Imp-Cyl, Skeet, or Cyl choke. Use of other chokes will significantly affect your ability to hit targets leading to disappointment.

## 6. Ammo

Shot shells should be labeled target or dove load #8 or #9 shot. I recommend steering clear of foreign made or Walmart White Box shells. Stick to brand names you recognize. This is especially true for semi-auto shotguns as they will not cycle properly using sub standard quality shells.

## Chapter 2

### The Game of Skeet

I won't go into depth on the roots of Skeet. If you want to learn about this, searching the Internet will find enough info to choke a horse. Let it suffice to say that Skeet is a game created to mimic hunting wild game. It provides good simulation for just about any hunting shot you can imagine. Flushing birds going away at various angles, crossing shots and incoming shots including nearly overhead shots. Just remember the game is Skeet, and you shoot at targets.

The use of the word 'pull' to signify you want a target or targets thrown is a carry over from the early days of hunting practice where live birds were released from 'traps' by pull cords. Today many shooters choose other words to call for release...

The game of Skeet consists of 24 shots fired in the following way:

Station 1 Singles and a pair totaling 4 shots  
Station 2 Singles and a pair totaling 8 shots  
Station 3 Singles totaling totaling 10 shots  
Station 4 Singles totaling totaling 12 shots  
Station 5 Singles totaling totaling 14 shots  
Station 6 Singles and a pair totaling 18 shots  
Station 7 Singles and a pair totaling 22 shots  
Station 8 Singles totaling 24 shots

The remaining 25<sup>th</sup> shot is fired as an option at one of the stations, generally taken at the first station where a miss occurs.

## Chapter 3 Proper Stance

Shooter stance is important for good results. The shooter's position should be set in such a way as to allow freedom of movement from where the shooter first sees the target through the point where the target is broken plus some follow through.

Feet should not be spread more than the distance between your shoulders. Right handed shooters should put weight on the right foot and bend both knees slightly. This provides a good platform to support the shotgun. Your body should be leaning forward slightly... A vertical stance or one where you are leaning back is an indicator your gun is not a correct fit for you. Upper body should be supporting the mounted shotgun. The movement required to move with the target is totally lower body. The torso rotating with hip and thigh movement.

An overly aggressive legs spread stance will result in reduced flexibility over the required arc of travel. Remember you're not shooting a cannon. It's a shotgun with light target loads.

A Right Handed shooter's belly button should always point to the Low House window except Station 7 and 8. Station 7 & 8 the belly button should point to the center stake.



## Chapter 4 Techniques

Hitting targets requires some observation of the facts. The target is moving at about 58 feet per second. The pellets from your shot gun travel at 1000 feet per second. The distance varies somewhat, but a target shot at the center stake takes about 1 second to travel that distance. Your shot takes .069 seconds to travel 63 feet to the center stake. It's not instant, and in that .069 seconds the target moves another 4 feet. Considering your pattern is about 30" in diameter, you have a clean miss if you aimed at the target. You must lead the target by 4 feet in order to hit them.

Remember that your Skeet gun has a 30" pattern at the center stake. About half that at 15' from you at Stations 1 and 7 incoming shots. And larger when you allow outbound shots to go  $\frac{3}{4}$  of the way to the out of bounds stake. As well the dynamics of the shot change as the target moves on Stations 1,2,6 & 7. The incoming shots can become crossing shots requiring more lead, or if taken past the center stake outbound are going away shots requiring less lead.

An interesting fact is that at each station the 4 foot lead looks different due to the viewing angle. Some learning is required to determine what the proper lead looks like for each station. One coach puts a stack of targets 2 feet either side of the center stake and tells shooters to view the distance between the stacks as the proper lead as viewed from each station. As can be quickly seen the lead is totally different at each, although stations 3,4 and 5 are close enough to call the same. With enough practice the lead stacks are no longer required, and you have progressed one more step into Skeet shooting.

There are several ways to approach moving your gun to a proper lead. Commonly those who hunt use a swing through approach. The target is seen and the gun catches up and is moved to a point in front of the target and trigger is pulled while continuing the swing. The look point for this is the window of the trap house, or 10 feet out. Smooth follow through is vital. The target continues its journey even though you pulled the trigger. If you don't continue to swing, you will surely miss behind the target.

A second method is sustained lead. This requires you to point your gun 1/3 of the way to the center stake, and initiate your swing when you call for the target. This generally requires some hold point adjustment to achieve the best results. The look point for this is also the window of the trap house or 10 feet out. Many shooters cannot see the target as a colored disk until it has traveled that 10 foot distance. Everyone's eyes are different. I can see the disk immediately upon launch. Others see an orange flash... No matter which you see some learning is required to find your sweet spot.

It is vital that you do not look at the bead on your barrel. Doing this results in slowing gun movement and missing behind the target. Your gun mount establishes a relationship with your mounted gun that puts your eyes slightly above the action of your shotgun, and straight down the barrel or rib to the bead. Each time you mount your gun you can check this, but adjusting the stock may be necessary to get this relationship when shooting with an UN-mounted gun aka low gun.



**Too low**



**Too high**



**Just right**

## Chapter 5

### Practice vs Shooting

When you're at the range, you are likely to be with other shooters. They may wish to shoot a "round" which moves on from station to station at a predetermined pace. This is social and fun, but if you are not hitting targets it's a waste of ammunition and targets. You really need to practice shooting at each station until you can hit the target five times in a row.

Although shooting with others who don't mind giving you criticism can be most beneficial. Some of the factors that lead to misses are:

- Lifting your head off the stock
- Removing the gun from your shoulder
- Stopping your swing
- Using your arms to swing the shotgun
- Improper body position
- Improper stance
- Waiting to see the first target break on doubles

These are the most common mistakes that will result in targets that break when they hit the ground instead of in the air.

This hobby is already expensive but wasting shells, targets and especially your time is not good. Prepare yourself for a shooting day by watching some of the great videos provided at:

<http://ccskeet.com/skeetips.html>

I wrote this guide to provide the essentials of skeet shooting to new members of the Skeet community and to new members of my club.

Skeet shooting is a social activity much like Golf. You can compete by yourself and with others. Building your skill level.



**Email - [shoot@ccskeet.com](mailto:shoot@ccskeet.com)**  
**Website - <http://ccskeet.com>**

## Chapter 6 Shooting

### High One

Point the shotgun at a 30 degree angle. Wait for the target to be just above (thickness of your barrel) your bead, and shoot. You can track the target, but try to get it early, as when shooting doubles, you'll need that extra time to get the incoming 2<sup>nd</sup> shot.

### Low One

Point your gun at the bottom of the Low House window. Move ten feet to the left. Call for the target, and follow it up leading it by about 18" and shoot.

### High Two

Point the shotgun about 1/3 of the way to the center stake, and elevated at a 30 degree angle. Call for the target, and start moving the shotgun when the target is launched. Your lead will be about 2-1/2 feet and your break will be at or just past the center stake.

### Low Two

Point your gun at the bottom of the Low House window. Move ten feet to the left. Call for the target, and follow it up leading it by about 2-1/2 feet and shoot.

### High Three

Point the shotgun about 1/3 of the way to the center stake, and elevated at a 30 degree angle. Call for the target, and start moving the shotgun when the target is launched. Your lead will be about 4 feet and your break will be at or just past the center stake.

### Low Three

Point your gun at the bottom of the Low House window. Move ten feet to the left. Call for the target, and follow it up leading it by about 4 feet and shoot.

### High Four

Point the shotgun about 1/3 of the way to the center stake, and elevated at a 30 degree angle. Call for the target, and start moving the shotgun when the target is launched. Your lead will be about 4 feet and your break will be at or just past the center stake.

### Low Four

Point your gun at the bottom of the Low House window. Move ten feet to the left. Call for the target, and follow it up leading it by about 4 feet and shoot.

### High Five

Point the shotgun about 1/3 of the way to the center stake, and elevated at a 30 degree angle. Call for the target, and start moving the shotgun when the target is launched. Your lead will be about 4 feet and your break will be at or just past the center stake.

### Low Five

Point your gun at the bottom of the Low House window. Move ten feet to the left. Call for the target, and follow it up leading it by about 4 feet and shoot.

### High Six

Point your barrel at the bottom of the High House window, move about 10 feet to the right. Call for the target, and start moving the shotgun when the target is launched. Your lead will be about 2 feet and your break will be at or just past the center stake.

### Low Six

Point your gun at the bottom of the Low House window. Move to position gun barrel parallel with the face of the Low House. Call for the target, and follow it up leading it by about 2 feet and shoot.

High Seven

Point your shotgun at the bottom of the High House window, call for the target. Track it and shoot with 18" of lead.

Low Seven

Point your gun at the Center Stake. Call for the target, and follow with no lead and shoot.

High Eight

Low Eight