

Sharpening Skeet Shooting Skills

Rene Bastarache, CI

This script guides the client through an imaginary visit to a skeet shooting range. He or she experiences sharpening reflexes, a more accurate eye, and the satisfaction of seeing his or her performance improving.

(Script)

Skeet shooting is like many other sports that require good hand to eye coordination. It requires that you think quickly and act even more quickly. Just as importantly, it requires precision. Today we will focus on having these skills work in harmony with each other. You will find that with practice, your mind and body will work together to make your aim more accurate and your reflexes quicker.

You are involved in a competitive sport and have the desire to win. Picture yourself at a shooting range. It can be a location to which you have been before, one you want to visit, or even one you have imagined, your ideal range. See the different stations, the houses containing the traps. There is the sound of targets being launched from the high house, then the low, then simultaneously. See them arc across the sky. Hear the bark of the shotguns, as the other participants take aim and fire at them. Imagine yourself watching and evaluating the performance of the shooters against whom you will be competing...

You are competitive; you want to win. Skeet shooting is also a recreational sport, an activity that you enjoy, one that helps you to relax and center yourself, just like the relaxed state in which you find yourself now. And it is this mental relaxation that helps you to focus, to concentrate on your target, to perform well. Take a moment now, and allow yourself to feel and enjoy that relaxation...

Imagine now it your turn to shoot. You pick up the shotgun and place the stock against your shoulder. Feel how solid it is...notice the feel of the metal against your hands...you shift your weight and anchor yourself in preparation of the release of the targets. You sight along the barrel with your dominant eye.

Now imagine an invisible wire, stretching from your eye, down through your neck, your shoulder, your arm and into your fingers. This wire is very thin and completely comfortable. You needn't even be aware of it as you shoot. This wire

connects your eye directly to your fingers. When the target releases, you will be able to react instantly... The image of your target goes straight to your trigger finger, bypassing the conscious brain. When it is time to fire, your aim will be sharper, your reflexes quicker...

The first target is released...see it fly now... Your body swivels as you track it... The target comes in line with the gun sight and your eye... The image travels from your eye through the invisible wire directly to your finger... You pull the trigger... Feel the jolt as the gun fires... The feel of the recoil is good, and you know you are on target... See the target split in mid air... see the puff of clay as it flies apart. Your aim has been perfect.

The next target is released...you shift your position to track again... See yourself reacting immediately and confidently... You fire again, and again you hit your target. Your stance, the coordination between your eye and trigger finger, your accuracy, they are all improving, becoming sharper and more focused. As you continue, you find this becoming second nature to you...You feel confident, you see your performance and your scores improving continuously...

It is time to return to the here and now. You have seen today what you can accomplish on the range, and you know that as time goes by, your enjoyment and your mastery of the sport will increase. Take a moment now to reflect on your experience today and enjoy the sense of accomplishment...

You continue to improve as time goes by. You have the confidence to shoot competitively...you have the enjoyment of your individual performance...this confidence moves into your everyday experiences. You feel more confident and proactive in all your activities...you make decisions more quickly, more decisively, and you are confident of the outcome.

You've done very well here today.