

Pre-Shot Routine



What is the purpose of a Pre-Shot Routine?

The purpose behind a pre-shot routine is to acquire a mental process that allows you, over time, to be able to eliminate outside factors that take a negative toll on your shooting performance – and to use the time prior to calling pull as a productive moment to convert conscious plan into sub-conscious action.

How do I get a Pre-Shot Routine?

As stated in Episode 3, use the chart below to start to acquire a pre-shot routine that is custom to you. Consider factors like where you're at currently in your shooting (training wise), common problems you're working on mechanically, and things that cause you anxiety. These are all things we want to get familiar with because when you are familiar with something, it creates confidence.

When creating a pre-shot routine for the first time, you need to be as detailed as possible. Like when David referenced the lemon in Episode 3 Part 2 of the Mental Game Series of the podcast. The more detail you can create at this time, the more of a benefit your pre-shot routine will be in the future. Use the questionnaire below to help get you started. As always if you have questions regarding this, please reach out to us!

Questions to Consider:

- What is the very first step you do prior to calling pull? (Example: Set eyes, find hold points, set feet position, etc.)
- What is the second step you take before calling pull? (Example: Remind yourself to keep elbow down, remind yourself to connect with target or read the line, etc.)
- Repeat these questions until you have gone through every step you take before you call pull.

No matter how many steps you have in this process, it's ok for right now.

Use the chart below to create your routine. (You don't have to use all the lines)

Step

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
-

Anxiety or Nerves:

Think of things that you know cause you anxiety or make you nervous. Have a plan on how to handle these thoughts when they come into play. Your plan on how to handle them would be your pre-shot routine you just came up with. When outside thoughts enter your mind that are NOT part of your above routine, recognize that they happened. Don't just ignore them, that will only create a snowball effect of being out of control mentally. Acknowledge that they are there, say hi to them, and then get back to focusing on your routine. When unwanted thoughts come in, start your routine completely

over. Practice your routine while on your home range because the more you work on it, the better and easier it will become for you to handle unwanted thoughts.

How do I apply this in shooting?

As simple as this may sound, just do it. Don't be afraid to try something new here. Forget about your score and work on something that in the long term will benefit you EVEN IF your score goes down temporarily because you're adding something new into your shooting. Just like everything else, you will get better at it and it will play a huge role in increasing your score that might have previously been negatively influenced by outside factors.

We hope this helps you and we are always here to answer questions! Don't forget to follow us on social media and consider subscribing to us on your favorite podcasting app!

Stay safe and we will see ya next time!

- *Kayle Browning & David Radulovich*

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