



CHOKES: WHAT THEY DO, AND WHICH TO CHOOSE

Clay



ON TEST **FAUSTI XF4**

Top shot Becky McKenzie tests an underrated Italian claybuster

SHOOTING

IN PARTNERSHIP WITH **BASC**

DOES STEEL WORK?
How non-lead shot could change the sport

WHICH GUN?

Recommendations from a top coach



TAKE IT TO THE NEXT LEVEL

It's not the end of the Worlds

EJ Churchill's Rob Fenwick is planning the World Sporting 2021

When you're no longer a beginner, what next?

Instagram star Sam Betts gives her top tips



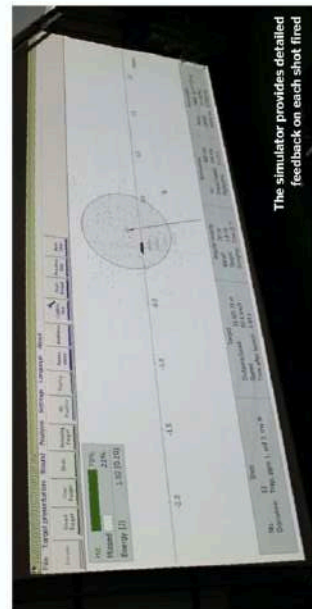
- MAKE LOCKDOWN TRAINING COUNT
- MEET RISING STAR AMI HEDGECKOCK
- BRING OUT THE BEAUTY OF YOUR STOCK



DRY MOUNT
PRACTISE YOUR SKILLS AT HOME



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The simulator provides detailed feedback on each shot fired

Shooting simulator

Last month I mentioned I was looking at technology that can be used away from the shooting range for training. There are a number of shooting simulators on the market that people are starting to use as part of training, although traditionally these haven't been for coaching. Before the lockdown, I was booked to visit Katy Poulosom and see the shooting simulator that she has set up. Katy has a Marksman ST2 and, from our conversations at Nuthampstead Shooting Ground, I was looking forward to checking it out for myself. Instead of a visit, Katy and I caught up on WhatsApp video to have a chat about the simulator and what it offers.

Katy told me she had a building available to use, and as a coach she wanted to offer shooters and other coaches a different learning environment. You can't beat live fire, but this provides a realistic experience without wind, rain or recoil. Removing the last element of shooting – firing the cartridges to break the clays – frees up the shooter and coach to focus on the shooting process. It helps a shooter understand what they are doing and work on their shooting.

It is an immersive experience. There is a main screen measuring 8m by 3m and an overhead angled screen measuring 3m by 5m so you can work on overhead targets (as high as 60m) as well as going away, coming towards and crossing targets. You can customise the background view and can upload venue photos to use as background.

The simulator includes an array of disciplines including Sporting, Skeet and Trap. In addition, there is facility for playback and analysis. You can 'shoot' an almost unlimited number of targets without the cost of ammunition and clays. The coach can stand anywhere to observe the

“The simulator provides a fun and detailed analysis of your shooting”

gun in relation to the clay. One really good feature is that after you have shot, you can use the system to look at what would happen with different choke or cartridge load/shot size as well as options for lead, steel or bismuth loads.

Katy told me that the response from shooters has been great – they are all amazed by the level of feedback and value the way it has enhanced their learning. Katy's shooting simulator venue is available to hire by shooters and coaches as well as available for lessons with Katy. For more information check out her website www.shooting-simulator.co.uk. I am definitely looking forward to trying the simulator myself when it is safe and sensible to do so.

What do you use?

What other tools could help with your training? I'm interested to check out a training kit that sports vision specialist Ed Lyons just launched. I will let you know when I have had a chance to use and assess it.

Meanwhile, what have you been doing to occupy your time during this lockdown? Have you come up with any approaches to training? I would love to hear from you. I have heard from some shooters – Philippa Stroud and Bethany Norton have been able to do some dry gun mount practice in their gardens, while Jessica Burgess has been keeping busy making the most of lockdown to review goals and plans as well as working on fitness. Here's a great tip from Jess: she says "Don't overdo your training. Start small and build up, don't try to do too much when you are not used to the exercise." I'll pass on any good ideas I come across in my next article. Until then, here's to everyone staying safe and staying well. **B**



Anita North won Women's Trap at the Commonwealth Games in 2002 and 2010. She is now a British Shooting GB Talent Programme coach.

TOOLS FOR TRAINING

Anita North looks at some items that can help you stay on top of your game, in or out of lockdown

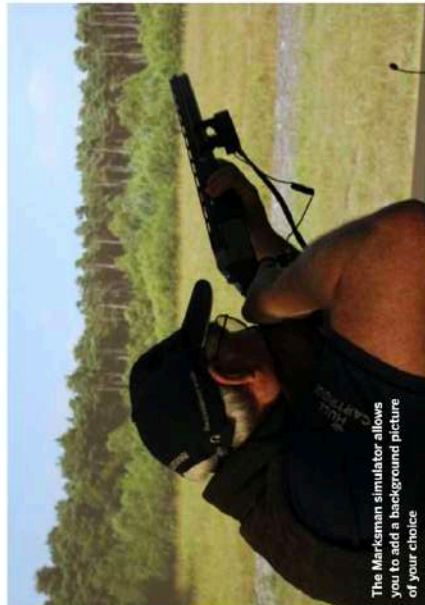


Last month I left you with a bit of a teaser, asking how Post-it notes or a few tennis balls could help with your shooting training – so here are my answers. First, Post-it notes. The idea here is to write a series of numbers on sticky notes, maybe 1 to 15, and stick them to an area of blank wall – or a window if it's safe to do so. Position them randomly so the numbers are jumbled, like I've shown in the photo. Add another sticky note for your 'zero' or start position. If using a window you could also include a pick-up point above the gun hold point.

Start with your gun at the start point. Then ask someone else to call out numbers randomly. You could ask a family member, or even phone a friend if you are alone. When you hear the number, move your gun through the selected number, as though taking a shot. Each time go back to start before the next number is called. Work on smooth movement of your gun.

Second, tennis balls. A game of catch can be fun and it can help your shooting

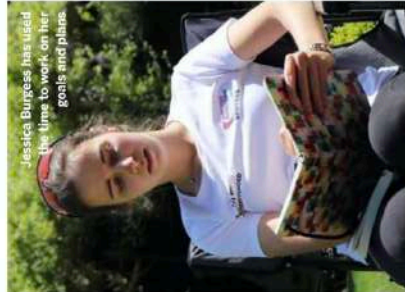
throwing and catching amongst you tests your attention. Check out hand-eye coordination exercises on Google – you will find lots of drills that can help you and you will have fun along the way!



The Marksman simulator allows you to add a background picture of your choice



Bethany Norton has been practising her gun mounting in the garden at home



Jessica Burgess has used the time to work on her goals and plans