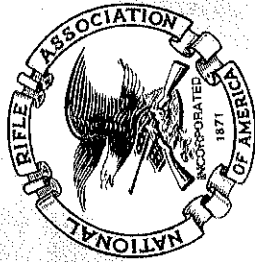


# The skeeters' Guide



A Companion for  
Beginning Skeet Shooters



National Rifle Association of America  
11250 Waples Mill Road  
Fairfax, VA 22030  
[www.nra.org](http://www.nra.org)

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If you've never seen or read a shooting primer like *The Skeeters' Guide* ... mission accomplished!

Special thanks to *Mr. Iseng*, "the coach" and to *Bill Poole* for "Poole Cues" and giving so freely of his time and talents to those new to the game —

and to *Janet Boyer*, our enthusiastic ambassador of organization, for breathing life into the league and making things happen —

and to *Rosemary Herr*, author of *The Skeeters' Guide*, for a skillful and witty presentation of subject matter that is just plain fun to read.

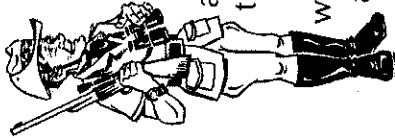


Third Edition — March 2000

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## How It Started



"Hey, YOU! We're starting a skeet league and have room for 30. Want in?"

"Sounds GREAT, but I don't know anything about skeet ... or shotguns, for that matter."

"Perfect! Neither do the other 26 people who signed up. The league will probably be a little loose, and we might make up some stuff as we go along, but it'll be fun with all of us being as green as we are."

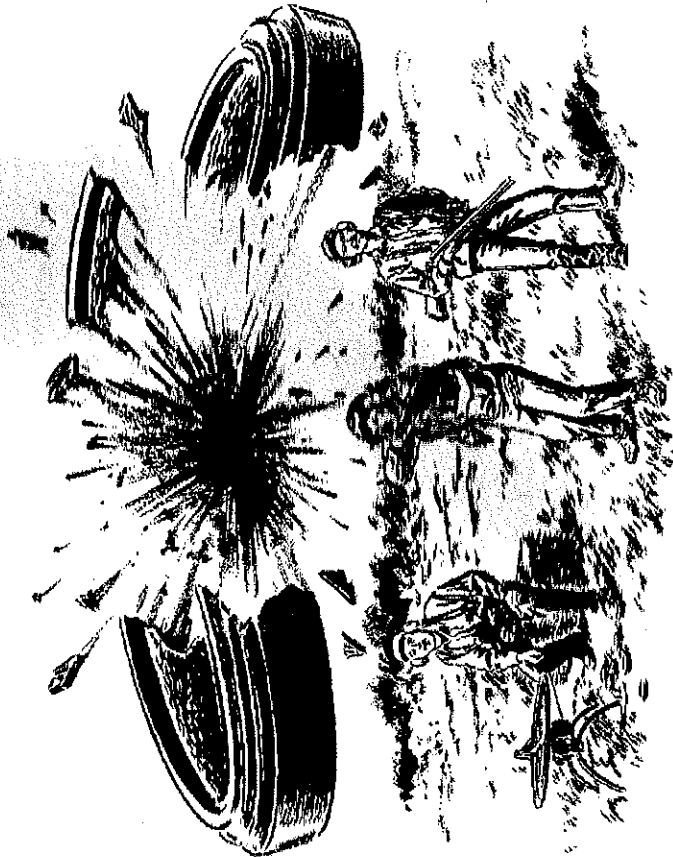


Can it be done? Can 30 new shooters be enticed onto a skeet field with a simple invitation, the promise of one lesson, and the JD1<sup>1</sup> method of training? Yes, it can! The opportunity to learn in the company of 29 other raw recruits is a beginner's dream and definitely part of the appeal. Oh, the sweet scent of equality found only at the bottom!

This little jump-start reference has been assembled from notes taken during the new shooter briefing lessons. By adding an RTF<sup>2</sup> component to the JDI method of training, new shooters can learn much about the game before they arrive on the field.

1 Just Do It

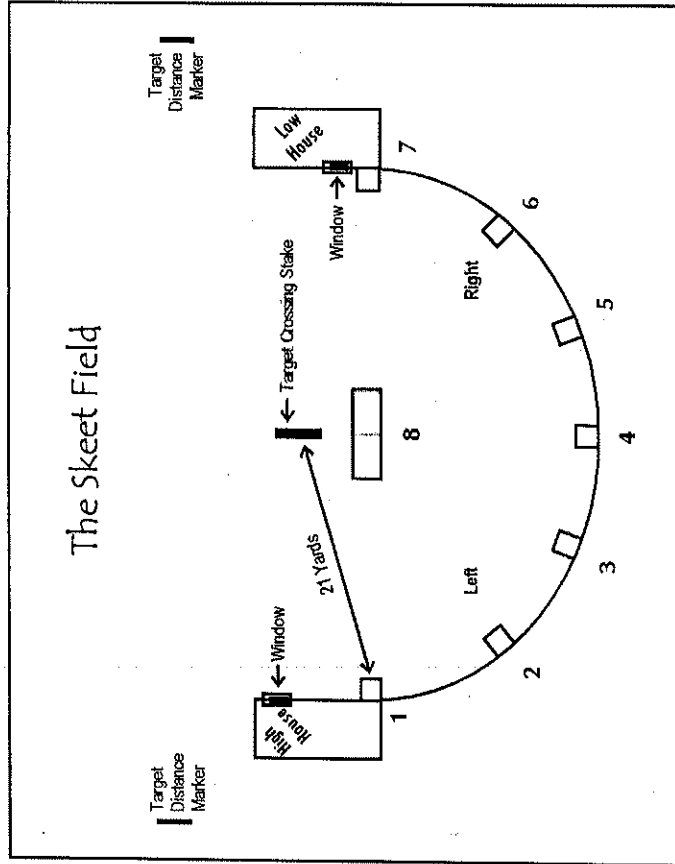
2 Read This First



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## The Field

The skeet field is made up of two target launching houses and eight shooting stations.



**High House:**

The tower on the left side of the field with its window opening toward the top of the column is the high house.

**Low House:**

The tower on the right side of the field with its window opening toward the bottom of the column is the low house.

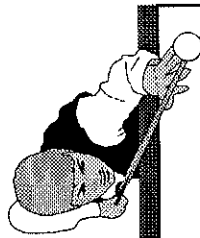
**Target Crossing Stake:** The flight path of all targets, high house and low house, always passes over the target crossing stake.

**Target Distance Marker:** This marker, or field stake, is used to gauge how far the target will fly.

## Chokes

Most shotguns have a constriction near the muzzle called the choke. Since the shot in a shotgun shell begins to spread out immediately upon exiting the barrel, the more constricted the shot is at the time it is expelled, the further it will travel as a compact group. The greater (tighter) the choke, the greater (tighter) the constriction.\*\*

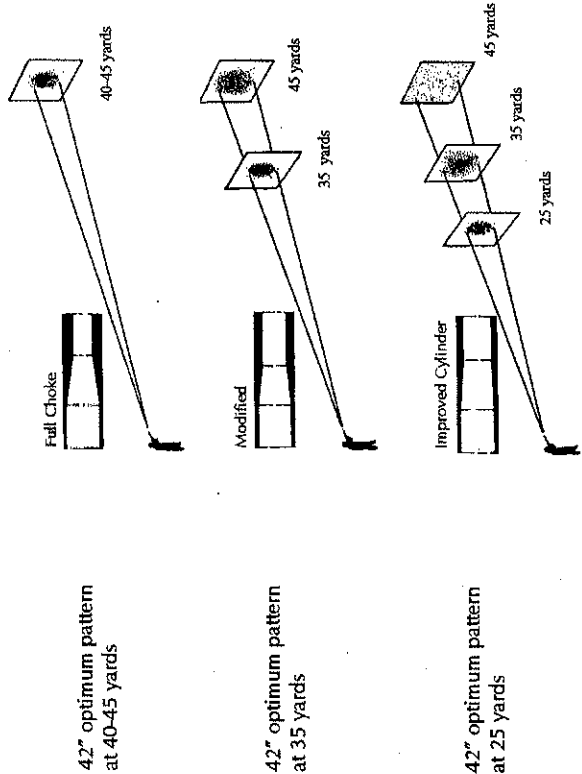
A **full** choke has the most constriction; its optimum 42" shot pattern appears at 40 - 45 yards. A **modified** choke has less constriction and its optimum 42" shot pattern appears at 35 yards. An **improved cylinder** choke produces its optimum shot pattern at 25 yards and a **skeet** choke at 21 yards, which is the exact distance between the shooter and the target crossing stake on all stations except 8. That being the case, it's a good idea to try to break your targets over, or within ten feet right or left of the target crossing stake — or as close to mid-field as possible.



**Poole Cue\***

A skeet choke shot pattern is the size of a hula hoop. A clay target is approximately 4 1/4 inches. So, if you miss, you did something — very major — wrong.

\*Courtesy of Bill Poole



\*\* Basics of Shotgun Shooting, 3rd edition, p. 4.

## The Game

### Round:

One round of skeet is 25 targets. Targets are thrown as singles (one at a time), or doubles (one target from the high house and one target from the low house released simultaneously). The 25 targets are divided between the eight shooting stations in the following manner:

**4 targets at station 1** — one high house single, one low house single, and doubles.

(Note: stations 1, 2, 6, and 7 are all the same.)

**4 targets at station 2** — one high house single, one low house single, and doubles.

**2 targets at station 3** — one high house single, one low house single.

(Note: stations 3, 4, 5, and 8 are all the same.)

**2 targets at station 4** — one high house single, one low house single.

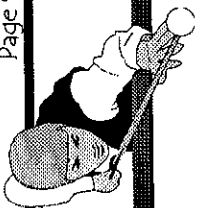
**2 targets at station 5** — one high house single, one low house single.

**4 targets at station 6** — one high house single, one low house single, and doubles.

**4 targets at station 7** — one high house single, one low house single, and doubles.

**2 targets at station 8** — one high house single, one low house single.

24 targets plus an "option" = 25 targets.



### Pool Cue

Shooters who are able to nonchalantly roll **three stells** around in their hand while they stroll to station 8 play havoc with the mental psyche of their opponents.

The first time a shooter misses, he or she repeats the shot where the miss occurred. This is called the "option," and is simply the 25th target of the game. The option score does not affect the "miss" score that occurred where the option was taken. The option is scored separately, hit or miss, in the "opt" column located after station 8 on the score sheet. If no targets were missed on any of the stations, the shooter takes the option after the last shot is fired on station 8. In other words, as a second low house shot on station 8.

**Target Sequence:** When you walk to a station, any station, you always shoot a high house single first, a low house single second, and then doubles if they are required.

When shooting doubles, you always shoot the target going away from you (outbound) first and the target coming toward you (inbound) second. So, when shooting doubles on stations 1 and 2, you shoot the high house target first, and the low house target second. When shooting doubles on stations 6 and 7, you shoot the low house target first, and the high house target second.

Station	Target Sequence		
	Single	Single	Doubles
1	high	low	high/low
2	high	low	high/low
3	high	low	
4	high	low	
5	high	low	
6	high	low	low/high
7	high	low	low/high
8	high	low	

## The Jargon

**"Pull":** Term used to call for the target.

**Puller/Scorer:**

Individual releasing targets and keeping score.

[Note: tipping is optional; however, it is usual and customary to tip the puller/scorer \$1 per round if you are happy with the service.]

**Bird:**

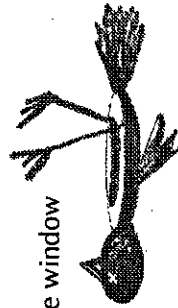
(bird) n. 1. warm blooded, egg laying, feathered, vertebrate with forelimbs modified to form wings, or, 2. flying target used for skeet shooting (AKA clay pigeon).

**Break point:**

The area where you intend to break/shoot the target — generally over, or within 10 feet right or left of the target crossing stake.

**Flight line:**

The path the target follows from the window of the house, to the target crossing stake, to the target distance marker, to the dead bird pile.



**Hold point:**

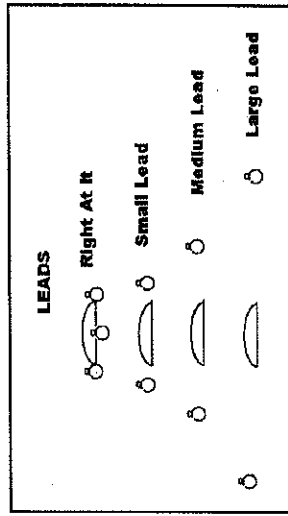
The specific point on the target flight line where the shooter stops movement and prepares to call for the target. The hold point is about *two thirds of the way* from the target crossing stake back to the house window on the target flight line for swing-through lead, or *halfway* for sustained lead.

**High Three, Low Two, High Five:** The way experienced, really cool skeeters refer to station 3 high house, station 2 low house, and smacking raised hands with their friends.

**Shot pattern:** The spread of the shot (BBs) at a given distance.

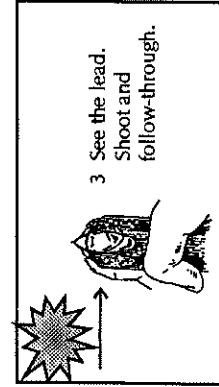
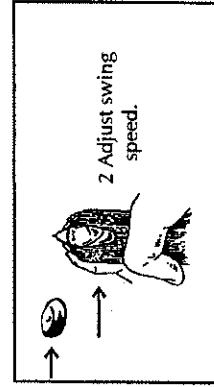
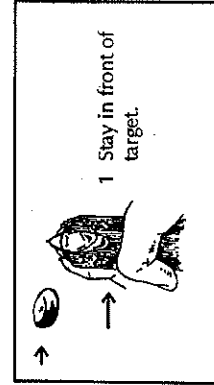
## Lead

Lead is the distance the target will travel from the time the gun is fired until the shot reaches the target. The ultimate goal is to know exactly what each lead looks like and where and when it should be applied.

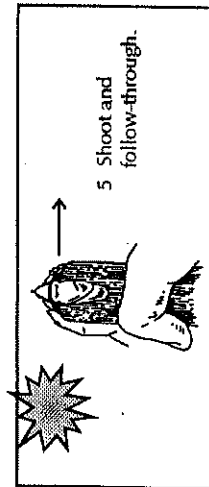
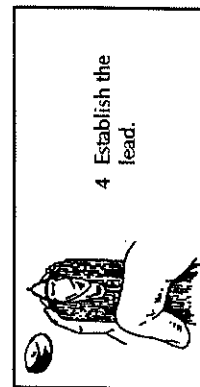
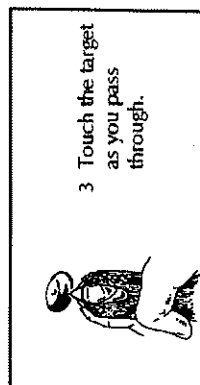
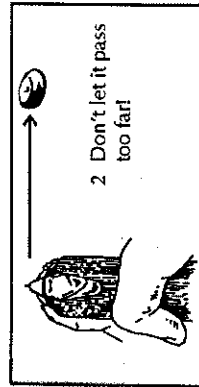
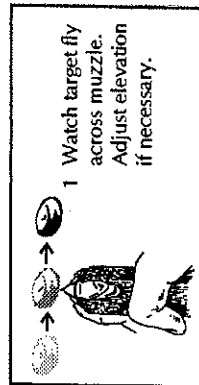


The two methods of leading covered in this guide are *sustained* and *swing-through*.

**Sustained lead:** Mount the shotgun at the break point (over the target crossing stake and as high as the high house). Track along the target flight path about halfway back to the appropriate house and stop. This is the hold point. Move your eyes halfway between the barrel of the shotgun and the window to watch for the target. Call "pull." As soon as you see the target, move the gun always staying ahead of the target adjusting for correct elevation. Adjust your swing speed to establish the correct lead. Shoot. Follow-through.



**Swing-through lead:** Mount the shotgun at the **break point** (over the target crossing stake and as **high as the high house**). Track along the target flight **path about two thirds of the way back to the appropriate house and stop**. This is the hold point. Move your eyes **halfway between the barrel of the shotgun and the window to watch for the target**. Call "pull," watch the target fly across the muzzle of the gun. Start moving the shotgun until the muzzle touches and then passes through the target. Establish the correct lead, shoot, and follow-through. In summary, swing through the target to the appropriate lead, fire, and follow-through.



## Identifying Your Own Distance Leads

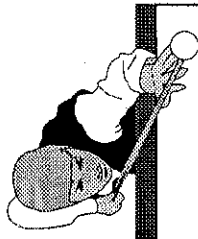
As a new skeet shooter, it is important to learn the distance leads that are required to break targets all around the field. Because of the layout of the field, there are only a few to learn.

Station 1 low house is the first target that requires a lead, small though it may be. This is where you must establish exactly how far in front of the target you are when you break it. When you are satisfied that you can consistently break these targets **based on whatever lead you see**, attach an increment of measure to it. (People see things differently. That's why you identify what **you** see.) From that distance, you develop the rest of the leads used around the field.

Let's say you identified the low house lead on station 1 as "x." The low house lead on station 2 will then be 1½ times that, or "1½x." The lead on station 2 is then doubled for stations 3 and 4 (1½x times 2 = 3x). Both the high house and low house targets on stations 3 and 4 require about the same amount of lead. At station 5 high house, the perceived longest lead on the field for a right-hand shooter, the lead used on station 3 is doubled (6x). High 6 lead is the same as low 2 (1½x), and high 7 lead is the same as low 1 (x). High and low 8 do not require a lead; they are "shoot right at it" targets. For another perspective, follow the shaded cells in the table below.

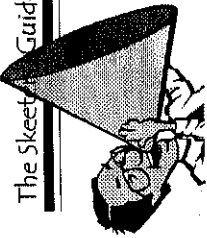
Station	High House	Low House
Station 1	No lead; shoot right at it.	Shooter establishes lead.
Station 2	Reaction shot; as long as you are just ahead of the target and you have a moving gun, you'll be okay. For those readers who need a little more structure, imagine the target is a duck and you are shooting the duck's bill.	½ times the lead established at low 1.
Stations 3 and 4	Double the lead used on low 2. Both the high house and low house targets on stations 3 and 4 use about the same amount of lead.	
Station 5	Double the lead used on 3 and 4.	Same lead as high 3.
Station 6	Same lead as low 2.	Reaction shot again; shoot the bill (leading edge of the duck).
Station 7	Same lead as low 1.	No lead; shoot right at it.
Station 8	Neither the high nor low house target needs a lead. Shoot right at it!	

Sight picture is a term describing the relationship between your eyes, the flying target, and your gun barrel. To properly see a sight picture, you must focus your eyes hard on the target and let your peripheral vision pick up the barrel. Your mind's eye then assesses the distance between the two which equates to the "lead" you must put on a moving target if you expect to hit it. An **accurate assessment** of that lead means you will be able to break target after target based on the **correct sight picture**. That's knowing your "x," an important concept often referred to in the Skeeters' Guide.



#### Pool Cue

Establish your "x" early in the game.



## Elementaryisms (A Few Good Tips)

**Etiquette:** Field etiquette requires that you stay behind the shooter in front of you, and are always ready to walk onto the station as soon as he/she finishes. Use this time to your advantage and watch the flight path of the targets, review the fundamentals, visualize your hold, and where you will be watching for the target. See the leads and mentally break the targets.

#### Coaching:

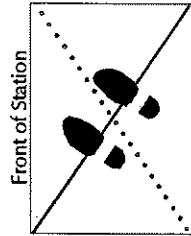
Never volunteer unsolicited advice to others when they err or miss. Likewise, try not to heed unsolicited advice from individuals who do not follow the coaching rule—the advice may not be correct.

**Barrel alignment:** FRONT BEAD ONLY — Center the front bead over the cross furrow in the rib, or (other models) at the top of the ramp so the rest of the rib is not visible.

TWO BEADS, FRONT AND MIDDLE — place the front bead on top of the middle bead, forming a figure 8.

#### Foot position:

Place the same part of both feet on an imaginary diagonal line from upper left to lower right corner of the stand. The graphic shows the foot placement for a right-handed shooter. Left-handed shooters would align themselves along the dotted line.



**Mounting the gun:** From a rest position (butt of gun is almost under the armpit with muzzle pointing down), level the gun, then raise it to the face/shoulder at the same time. Always keep your head erect and chin at a natural level. Practice bringing the gun to your shoulder and face without moving your head. Practice 100 times looking in a mirror. Practice until you can mount the gun the

## Sound Safety Tips

Be sure to learn and follow the three NRA rules of safe gun handling!

1. **Always** keep the gun pointed in a safe direction.
2. **Always** keep your finger off the trigger until ready to shoot.
3. **Always** keep the gun unloaded until ready to use.

Even if your gun action is open, be sure the muzzle is always pointed in a safe direction. Load your gun only when you are in position on the station, and always leave the station with an unloaded gun and open action. Be sure to wait until all the skeeters in your group have finished firing before advancing to the next shooting station.



exact same way every time. **Learn to feel** a good mount. If the mount does not feel right, **take the gun down** and start over.

### Eye focus:

Always direct your eyes away from the barrel; otherwise, you may have a tendency to focus on the sight alignment beads. If you focus on the sight alignment beads, you won't be watching for the target. By the time you finally see it, it may be nothing more than a big blur as it goes whizzing past the end of your barrel. So, forget the beads, forget the barrel, and once you have the gun at the hold point, move only your eyes toward the window of the house as far as you comfortably can without looking right into the window and without pulling your head away from the stock. Typically, that point is about halfway between the barrel and the window.

**First stations to learn:** The logic of learning stations 1, 2, 6, and 7 before the others can be seen in the math. Sixteen targets (four each) are shot at these stations. If you hit 80% of these targets, that's 13 targets out of the 25. Not bad for a beginner. If you get 50% of the remaining targets at stations 3, 4, 5, and 8, that's four more, and you're already up to 17 targets and that really makes a new shooter happy.

### Memorize:

One of the most important things a new shooter must learn is how to eliminate the variables. You can't be thinking about what target comes next, how to stand, or where the hold point is. The only thing you should be thinking about and visualizing when you walk to the station, is the type of lead you want to put on the particular target you are getting ready to shoot and what the sight picture looks like.

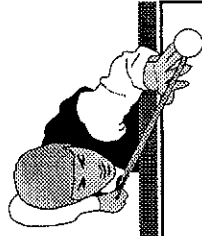
It is always best to have the entire shooting sequence memorized before you walk onto the station. Until you do, refer to the "QuickTips" in the margins of the next section which condenses and highlights the most important information about each station for new shooters:

- how many targets are thrown
- the order they are shot
- type of lead used
- the break point, hold point, and look point for each target
- the amount of lead you must use to break both the high house and low house targets
- guarding against common mistakes

After you have all that information ingrained in your mind, you should be able to:

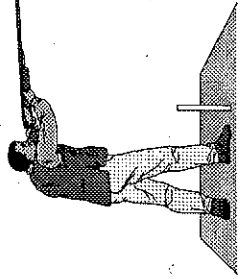
- walk to the station
- establish your foot position
- load the gun
- level the gun
- mount the gun at the break point
- move it to the hold point
- move your eyes away from the gun to watch for the target
- call for the target
- and break it

**Target Speed:** Target speed variation is only an illusion; all targets are thrown at the same speed every time. However, as a general rule of thumb, if a target *appears* to be flying slow, use less lead; if a target *appears* to be flying fast, use more lead.



Poole Cue

If a target *appears* to be flying slow, use less lead; if a target *appears* to be flying fast, use more lead.



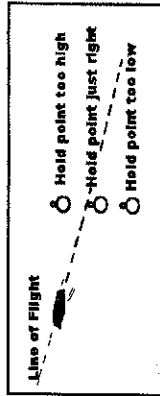


**Station 1 Low House**

This is a long, slow incoming target that requires a small amount of lead.

To locate the hold point for this target, mount the gun at the break point (over the target crossing stake) at the elevation you expect to break the target. Track along the target flight path about two-thirds of the way back to the low house and stop. This is the hold point. Move your eyes about halfway between the barrel of the gun and the house window to watch for the target.

Compare the elevation of the hold point to the target's line of flight. Did the target fly above the barrel, below the barrel, or even with the barrel? Ideal hold point elevation is achieved when the target is even with the barrel and no major elevation adjustments are required.



A swing-through lead is used on this target. Watch the target fly over the muzzle of the gun and then swing through it to the appropriate lead. The amount of lead on this target is small. Remember, this is where you establish exactly how far in front of the target you are when you break it. When you are satisfied that you can consistently break this target based on whatever lead you see, attach an increment of measure to it. This is your first lead — your "x." From that distance, you will develop the rest of the leads used around the field.

There is so much time to lead the target to your side of the field that shooters think they have to keep checking the lead. Switching eye focus back and forth between the muzzle and the target causes jerky, back-and-forth gun movement and should be avoided. Focus on the target and stay there. Try to watch it spin. On incoming targets, there is also a tendency to lift your head

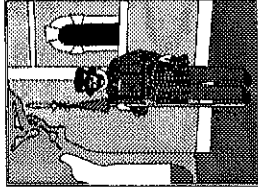
**Quick Tips Station 1**

**LOW HOUSE**  
Swing-Through Lead  
(let target cross barrel)

- Hold:** Follow the target flight path 2/3 of the way back to the low house and stop.  
**Look:** Move your eyes halfway between the barrel and the window to watch for the target.  
**Lead:** Small. (This is where you establish your "x.")

Everything on this station should happen on the left side of the field (between the high house and the target crossing stake).

from the stock as the target comes closer and closer. Remember to keep your cheek tight to the gun through the entire shot process and follow-through.

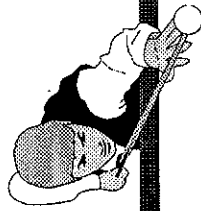


**Guard Against Common Mistakes**

- Start the gun on the target flight path.
- Keep your head on the gun.
- Keep your eyes on the target.
- When using a swing-through lead, always touch the target as you pass it.

**Managing Doubles**

The second rule of managing doubles on any station is — **shoot the first target first!** This means you never hurry the first target just to have more time for the second. Give the first target all the time and attention you need to establish the appropriate lead and take a good shot. Then, and only then, go after the second target. At least if you shoot the first target, you'll have half of the pair broken, and one is infinitely better than none.



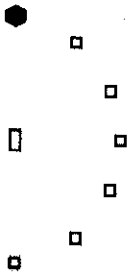
Poole Cue

The first rule of doubles is —

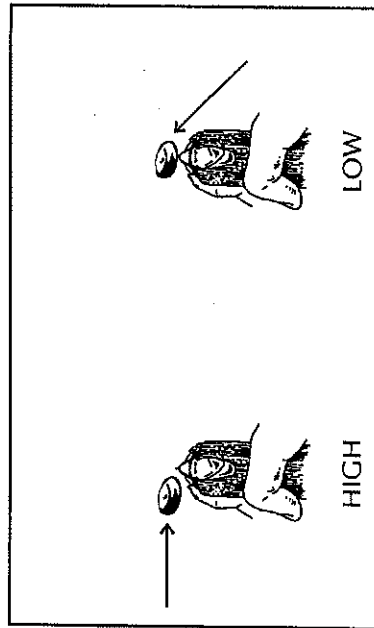
**LOAD TWO SHELLS!**

On any given station, you only have to focus on half of the skeet field at a time. On stations 1, 2, and (high) 8, it's the left side of the field — the area between the high house and the target crossing stake. On stations 6, 7, and (low) 8, it's the right side of the field — between the target crossing stake and the low house. When shooting the middle stations, focus on the center half of the field.

# Everything You've Ever Wanted to Know About Station 7



If you're wondering why we jumped across the field to 7 instead of following the numerical sequence of the stations, it's because 7 is just like station 1 except everything is **opposite**, a mirror image. New shooters pick up on that quickly and tend to do quite well.



## Targets: Number/Type/Sequence

Just like station 1, there are four targets: one high house single, one low house single, and doubles. In keeping with the doubles policy — always shoot the going away target first — shoot the **low house target first** and the **high house target second**, the exact opposite of what you did at station 1.

## QuickTips

**FOUR TARGETS**  
 One high house single  
 One low house single  
 Doubles  
 (shoot the low house target first)

## Station 7 High House

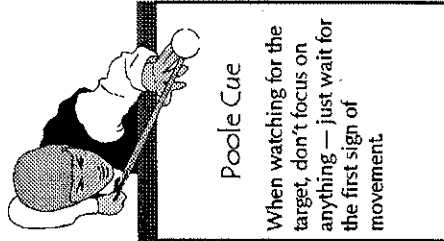
Remember what you did to break the long, slow, incoming, low house target at station 1? Apply everything you learned there, and you'll do just fine here.

## QuickTips

**HIGH HOUSE Swing-Through Lead**  
**Hold:** On the edge of the house, level with the bottom of the window.  
**Look:** Between the barrel of the gun and the window.  
**Lead:** Small. Your "x."  
 Everything on this station should happen on the right side of the field (between the target crossing stake and the low house).

Mount the gun at the break point and track back along the target flight path to the edge of the house, even with the bottom of the window. Because of the angle of this target, you can hold a little closer in. Without lifting your head from the stock, move your eyes toward the window, and call for the target. Let the target pass your barrel (swing-through lead), start moving the gun toward the target, catch up with it, touch it, pull ahead to establish the lead, shoot, and follow-through.

Some shooters like to look directly into the window. The problem with that is you focus your visual attention in a very small area. The target can get a jump on you if you miss first movement. When watching for the target, try not to focus on anything specific — just watch for the first sign of movement. The second you detect movement in your peripheral vision, direct your visual attention onto the target and focus so hard on it that you can't see much of anything else. Keep looking at it that way until you break it.



## Station 7 Low House

Low 7 is the same type of target as the high house target on station 1. It comes from behind, passes beside you, and flies to the front of you.

The hold point is directly over the crossing stake but **below the target flight path**. The reason the hold point is below the flight path is to hedge against a possible "flat" low house target. If a flat target is thrown, it's much easier to move up to a target that you can see than to move down to a target you can't see. Holding lower also forces you to move the gun to the target avoiding the dreaded "dead gun syndrome."

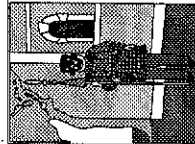
Without lifting your head from the stock, look to the right of the gun so you can pick up the target as quickly as possible.

Remember, if the target has stopped climbing (reached the top of its flight path and started its descent), you waited too long to shoot. Even if you are able to break the target as a single, you will be in deep doo-doo when it becomes the first target in the doubles.

**QuickTips** Station 7

**LOW HOUSE**  
Sustained Lead

- Hold:** Over the target crossing stake but below the target flight path.
  - Look:** A little higher than the barrel of the gun.
  - Lead:** None — shoot right at it.
- Watch out for a possible "flat" low house target.
- Everything on this station should happen on the right side of the field (between the target crossing stake and the low house).

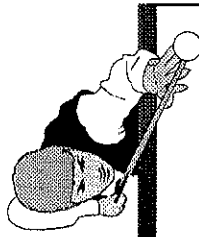


**Guard Against Common Mistakes**

- Review the topics at high 1 and low 1. They also apply here.

**Managing Doubles**

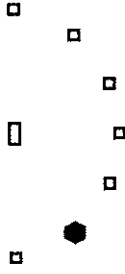
Try to break the low house target on the right side of the field between the low house and the target crossing stake, or as close to mid-field as possible. After you break the low house target, keep your cheek tight to the gun and look for the incoming high house target. Establish the lead, bring it to your side of the field, shoot, and follow-through.



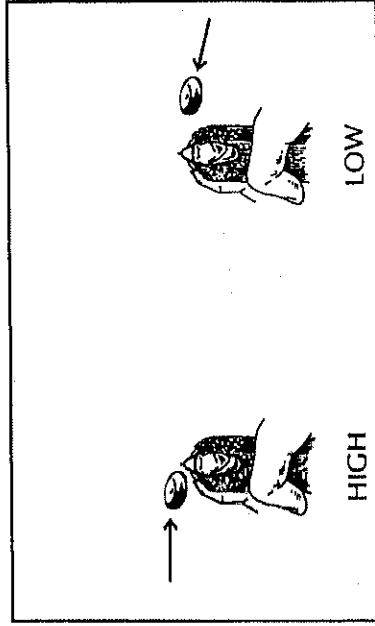
**Poole Cue**

When shooting doubles, never shoot two birds with one shell. NISSA rules say first bird hit, but redo the doubles to establish the second.

**Everything You've Ever Wanted to Know About Station 2**



2 and 6 are probably the two stations that most accurately reflect each other — the leads look identical, the setup is identical, and the way you break the doubles is identical. They are truly mirror images of each other.



**Targets: Number/Type/Sequence**

Four targets are thrown on station 2: one high house single, one low house single, and doubles. When shooting doubles, the high house (going away) target is shot first.

**QuickTips**

**FOUR TARGETS**

- One high house single
  - One low house single
  - Doubles
- (shoot the high house target first)

Station 2

**Station 2 High House**

To our new shooters, the high house target is a real screamer. It shoots out of the house like a rocket, and whether the shooters realize it or not, they go into panic mode as they see the target getting away from them. To compensate, they accelerate their swing. By the time they catch up with it and pass it to establish the lead, they are going so fast they end up shooting way out in front of the target. Over-leading is the #1 problem on this target.

To get control of this target, you must have a very good hold point. High 2, low 6, and station 8 have the most critical hold points on the field. The hold point governs your ability to match the fly speed of the target with the swing speed of the gun. Usually the hold point for a sustained lead target is halfway between the target crossing stake and the house, and level with the bottom of the window. However, you may want to fudge a little here and make it a bit more or a bit less than half if it's to your advantage. For example, if the target is always getting the jump on you, move the hold point farther away from the house. If you are terribly bored waiting for the target to arrive and are shooting it way to the right of the crossing stake, move the hold closer in toward the house.

The hard part for a right-handed shooter is moving eye focus back toward the high house window far enough to see the target without straining the eyes or lifting the head off the stock. Look back as far as you comfortably can and watch for the target in your peripheral vision.

**Station 2 Low House**


Now you have to change the lead to swing-through because that's what you'll use when this target becomes the second target in the doubles.

Mount the gun at the target crossing stake. Follow the target flight path 2/3 to 3/4 of the way down to the low house and hold. Look between the barrel of the gun and the window for the target.

**QuickTips Station 2**

<b>HIGH HOUSE Sustained Lead</b>
<b>Hold:</b> Halfway between the target crossing stake and the high house.
<b>Look:</b> Move your eyes toward the house as far as you comfortably can.
<b>Lead:</b> Pretend it's a duck; shoot the leading edge (the bill).
Everything on this station should happen on the left side of the field.

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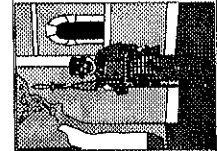
**Pooler Cue**

The hold point governs your ability to match the fly speed of the target with the swing speed of the gun.

**QuickTips Station 2**

<b>LOW HOUSE Swing-Through Lead</b>
<b>Hold:</b> 2/3 to 3/4 of the way from the target crossing stake to the low house, even with the bottom of the window.
<b>Look:</b> Between the barrel of the gun and the window.
<b>Lead:</b> 1 1/2 times your "x" established on station 1.
Everything on this station should happen on the left side of the field.

Call "pull." Let the target cross your barrel, and in a very controlled manner, come from behind, touch the target as you pass it, see the lead, bring the target to your side of the field, squeeze the trigger, and follow-through. You bring the target to your side of the field, because you want to shoot it as a single the exact same way you will shoot it when it's one of the doubles. That way, there is only one sight picture for this target.



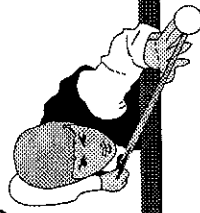
**Guard Against Common Mistakes**

- Ensure your hold is out far enough and not so high that it obstructs a good view of the target.
- Control the gun, even when playing "catch up" with the target.
- Avoid over leading.

**Managing Doubles**

The complete shooting sequence for the doubles on station 2 goes like this:

Load the gun. Mount the gun over the target crossing stake and swing back toward the high house about half way, and stop. Move your eyes between the barrel and the window to watch for the target and when ready call "pull." Shoot the high house target and continue to move the gun slightly (just a little bit of follow-through) and stop the gun. Keep the gun high, right where it was when you broke the target, and find the low house target with your eyes. Do not move the gun anticipating the low house target is going to be some place. (If it isn't there, you'll be in trouble.) Find the target with your eyes. By then it will be right at the end of your gun, or perhaps it may have even passed your gun. Come from behind it, just like you did when it was a single, touch it with your gun as you pass (that aligns the elevation so you have the gun at the proper height), pass the target, see your lead, squeeze the trigger, and follow-through.



**Pooler Cue**

The best way to handle doubles is:

- Shoot the going away target first.
- Stop and locate the incoming target with your eyes.
- Swing through the target, establish the lead, shoot, and follow-through.

