



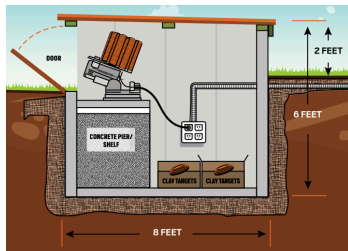
## Annie Introduction to Trap Shooting

### *History*

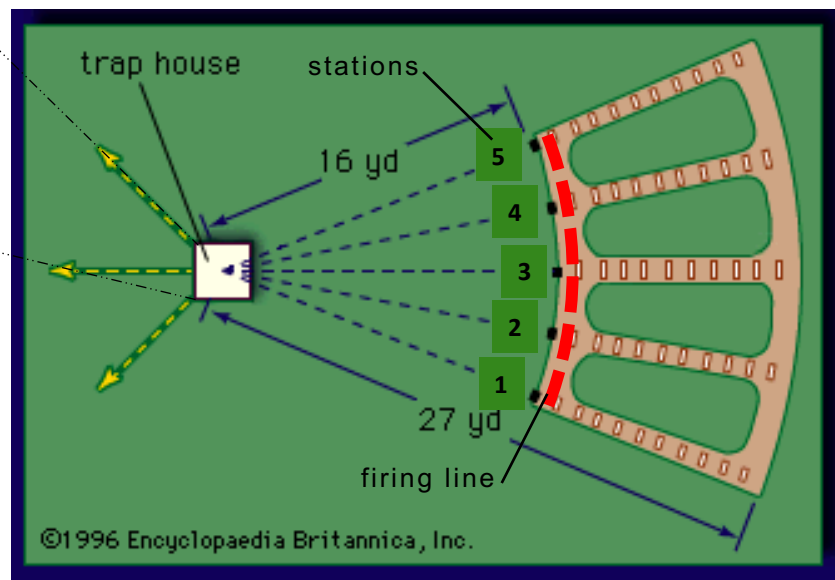
Trap shooting dates back to 18th century England, which was originally developed for bird hunters as a means to practice hunting and hone shooting skills. Shooters shot at live pigeons released from cages called "traps" (actually, boxes or top hats). The cost and controversy of using live targets prompted a search for an inanimate substitute. Artificial birds, such as glass balls, were introduced around the time of the American Civil War to replace live birds. The invention of "clay" targets replaced the glass ball targets and through a series of evolutions, the modern "clay pigeon" was born. With the evolution of the "clay" targets so did the "trap", there were many types of target throwers. The development of a spring-loaded target thrower in the 1860s revolutionized the sport, as it allowed for consistent and controlled launching of clay targets. The name "trap" has remained, which the sport is known.

The Amateur Trapshooting Association governs the sport's rules and regulations and is the largest clay target shooting organization in the world.

### *The Trap Field*



A traditional trap course has five shooting stations along an arc-shaped firing line. A bunker-like structure, the trap house located in front of the stations, is equipped with a mechanical trap that throws clay targets into the air.

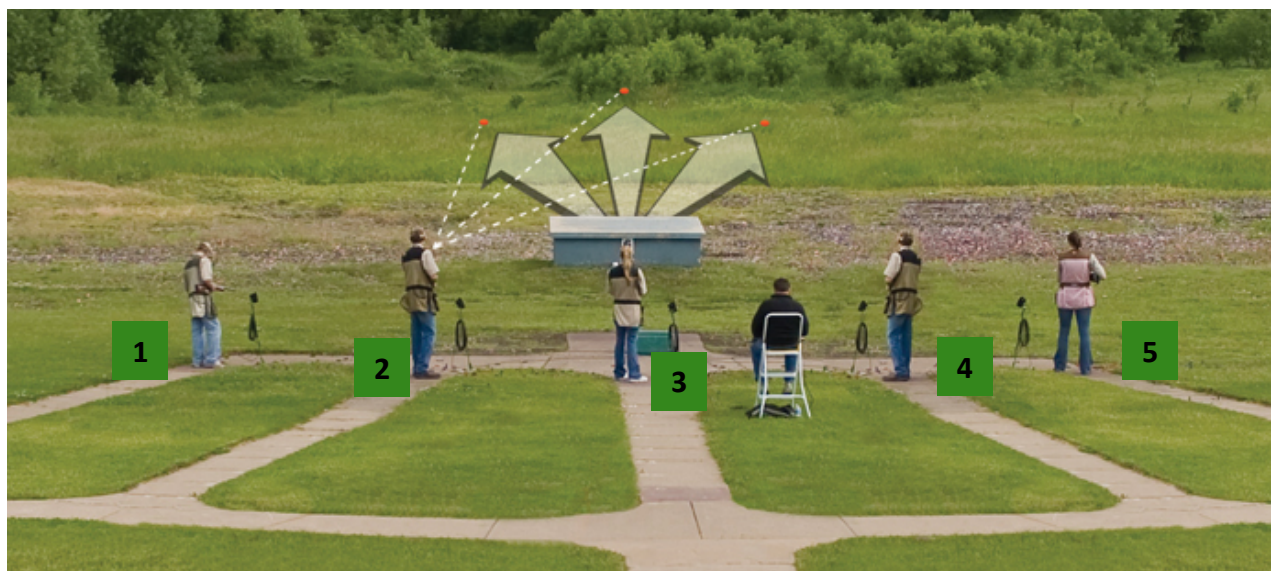


There are three main disciplines of trap shooting: Singles, Doubles, or Handicap. Singles, shot from the 16-yard line, one clay will be thrown at a time per turn. Doubles, also shot from the 16-yard line, two clays will be thrown at the same time. Handicap is the same as singles, except the shooters move back further from the trap house based on their handicap. The better your average score, the further back you will shoot from. Trap field stations range from 16 to 27 yards.

**NOTE:** Follow basic gun safety and etiquette while at the trap field. Always move with the gun unloaded and action open from station to station. No talking at the firing line.

### *How to Play a Trap Game*

- A maximum of five participants compete in a game, referred to as a round. Each player takes position behind the trap house, along the firing line, will take turn shooting 5 rounds at each station.
- The first player, at station one, is the squad leader and will always shoot first after each rotation to the next station. The first player will load ONE shell (except at a game of Doubles) and call for the clay bird to be released by saying, "Pull." She takes her shot, the action remains unloaded until it's her turn again.
- The second player takes her turn.
- That continues through all players until everyone has fired a total of five shots from their current position.
- Then the players move to the right to the next station, but the player at station five turns to the right and walks behind everyone, the shotgun pointed in a safe direction, to station one.
- The squad leader confirms that all players are at their designated station and ready to start. The squad leader fires first from whatever station she is at and shoots. Then the next player takes her turn, and this is repeated until everyone has shot 5 rounds at all 5 stations for a total of 25 shots; the game is complete.
- The stations are all the same distance from each other and the trap house in front. Each station (1 to 5) being placed at a different angle in relation to the trap house provides the challenge.



### ***The Equipment***

- Shotgun - 12ga or 20ga breakopen, semi-auto or pump action (used for singles only).
- Ammo (shells) – verify that the shells match the gauge of your shotgun. Confirm with club if there are special requirements (e.g. steel, lead, etc.)
- Eye and ear protection
- Shell carrier (e.g. vest or pouch) is essential so you're not carrying around a box of shells and reaching down to grab them. This is a safety thing.

### ***Tips and Techniques***

- Hold point and look point (soft focus): A hold point is where you're holding your gun before you shoot, and look point is where your eyes are. The eyes **SHOULD NOT** be looking down the barrel on the bead, but out in front of the trap house (soft focus), ready to pick up the target.
- It is common to put your eyes 5-10 yards or so in front of the trap house so that you can pick up on where the clay is going quicker. If your eyes are on the gun or the trap house, your eyes will have to move out to get focused on the target and you will have less time to react to that clay.
- Hold points are about getting your gun in a position relative to the trap house to minimize as much gun movement as possible. Change your hold points relative to which station you are at. These are the recommended hold points:
  - Station 1, line up your gun with the left corner of the house about 1-2 feet above that corner.
  - Station 2, put your gun 1-2 feet above the trap house and split the difference between the center of the house and the left corner.
  - Station 3, put your gun perfectly centered with the house.
  - Station 4, put your gun 1-2 feet above the trap house and split the difference between the center of the house and the right corner.
  - Station 5, line up your gun with the right corner of the house about 1-2 feet above that corner.
- A proper stance that is stable and well-balanced forms the foundation of a more accurate and consistent shot, some key points to remember:
  - Front foot should be pointing towards the break zone.
  - Body should be slightly bent forward at the waist.
  - Feet should be about shoulder-width apart.
  - Stance should feel comfortable and relaxed.
  - Rotate evenly from the waist.
- A smooth swing is crucial for successful trap shooting, which involves the following: a single and smooth gun movement, maintaining a consistent stance and mount, keeping your face on the stock and squeezing the trigger at the right moment.



