



CPSA Level 3 Senior Coach **Simon Arbuckle** and Team GB shooter **Freddie Killander** discuss how to shoot Olympic Skeet.

**H**ello and welcome to the fourth episode of the sixth CPSA How to Hit series, sponsored by Browning and filmed at the National Clay Shooting Centre, Bisley.

In this episode and the next two we are going to be talking about Olympic Skeet and to help me do that I will be talking to Freddie Killander, who is currently ranked GB number one Olympic Skeet Shooter, and he will explain the sequence and the differences between Olympic and English Skeet.

**DIFFERENCE BETWEEN OLYMPIC SKEET AND ENGLISH SKEET**

**Freddie:** Ok, so there are a few differences between the two disciplines, the first is about the clays themselves and we only ever shoot orange clays, which is in contrast to the black in English Skeet. There is also the speed of the clays, our clays must go 68 meters which means they are about 58 miles an

hour, which is a little bit faster than the English discipline, and of course there is also a delay when you call for the target which can be anything from pretty much instantaneous to three seconds.

The next difference is that we have a slightly different sequence that we have to shoot, and we also include an extra stand. So in English Skeet you have the seven stands around the semi-circle, in Olympic Skeet we also have an eighth station which is right in-between the two.

We also have a limitation where we can only shoot 24g cartridges, and the last one is that you also start with the gun down and not pre-mounted. The stock of your gun when you call for the target has to be

roughly level with the bottom of your elbow, and we have a line on our vest which marks that position.

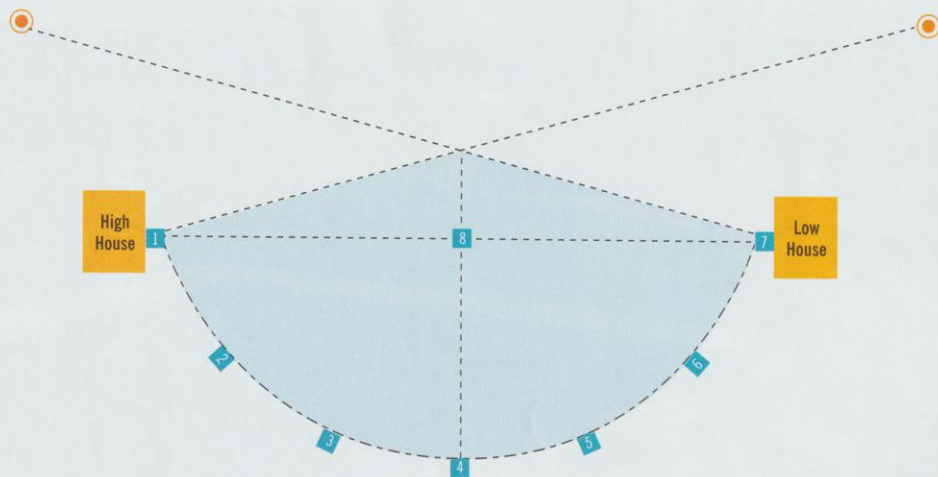
**OLYMPIC TRAP SEQUENCE**

**Freddie:** On the first three stands, stations 1, 2, and 3, we shoot a high single and then a pair which must be shot high target first. Then you move to station 4 which is a high single then a low single. Station 5 and 6 is a low single and a pair shot low target first. You then shoot a pair on station 7 shot low target first you, then come back to station 4 where you shoot 2 pairs the first one high target first and the second one low target first. Finally you go on to station 8 where you shoot a high target single and then a low target

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## OLYMPIC SKEET LAYOUT



**Simon:** You can take it after?

**Freddie:** You can do if you want but it is very very hard to do, so most people don't.

### MOVING FROM ENGLISH SKEET TO OLYMPIC SKEET

**Freddie:** There are a couple of key things to do. The first is to find somewhere you can shoot the discipline. That can be found either on the CPSA or the British Shooting websites, and then find a coach who can steer you in the right direction.

single and that gives you a total of 25 targets.

**Simon:** On the eighth where must the target be shot by?

**Freddie:** It can be shot as long as it is within the bounds of the range but typically people shoot it well before the centre peg.

British Shooting are putting on talent identification days which are a great way of becoming part of the British Shooting Organisation, and then moving through the ranks towards being selected in the teams and being trained up to hopefully, be a professional athlete who can travel internationally and compete across the world!

**Simon:** So, if you had to give one tip what would it be?

**Freddie:** Be patient and never give up!

### OLYMPIC SKEET SEQUENCE

**Stand 1:** Single High then Pair shot High first.

**Stand 2:** Single High then Pair shot High first.

**Stand 3:** Single High then Pair shot High first.

**Stand 4:** Single High then Single Low

**Stand 5:** Single Low then Pair shot Low first

**Stand 6:** Single Low then Pair shot Low first

**Stand 7:** Pair shot Low first

**Stand 4 (again):** Pair shot High first

**Stand 4 (again):** Pair shot Low first

**Stand 8:** Single High then Single Low.



**THANK YOU** To the National Clay Shooting Centre at Bisley for their help with this series.