

EA, Do you Sabotage Much?

I have been reflecting on my recent Border War Rifle Series Match I shot in this week-end (2017) and the mental adversity shooters go through in a one day match. It had me re-reading my linked article, "The Mental Edge" I thought now I would discuss what may be detrimental exercises that some shooters put themselves into.

SQUADING, you must know how your mind operates, if you are shooting with the top shooters and that helps you perform better great. But if you're a top shooter, shooting with top shooters, the added pressure of point tracking during the match may be doing more harm than good.

For instance, If the guy you are running neck and neck with shoots a 7 out of 10, you may tell yourself that "I need to shoot at least an 8" What you just did was limit your expectation of performance. Wouldn't you be better off NOT knowing what the other top shooters were doing? If they are not in your squad you would and should approach every stage as if you must clean it because surely someone else is going to. You have now set an expectation of 10 out of 10.

Do you know how I know who is shooting this way? It's obvious they are the guys who finish a stage with 9 out of 10 and are still not happy about it. I've been there, clean for 9, and then drop 10, which is fully a mental focus error, nothing more.

POINT COUNTING, comparing your progress against others as you shoot can be added pressure and frustration that will take away from your focus. I often say at a 2 day event I never want to be the guy in first place on day one. With another day to shoot, you have NOTHING to gain and EVERYTHING to lose. That alone can cause a mental catastrophe.

Counting points against your squad can do the same thing. "Wow I'm up on everyone with 3 stages remaining" well if you were NOT point counting you would still be up but you wouldn't have put the added pressure on yourself.

OR, "Dang I'm down by 5, there is no way I can come back from that in a one day" you are RIGHT because what you just said to yourself guaranteed your eventual failure.

Remember stay on task, keep your head in the game, and expect that you are going to have to shoot your very best to come out on top over the competition.

Never defend a lead, if you are sitting in 8th place at a 2 day match at the end of day one, do not tell yourself you will be happy with your first top ten finishes, shoot aggressively and try and advance your standing. At least then you can walk away having given it your all.

-Jim-