

## Shooting Sports

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This is Part 2 of our conversation of goal setting as it applies to Shooting Sports.

Hold Control is the aspect of shooting that consists of the individuals body position to the target and their ability to consistently hold the firearm in line with the target. In order to get consistent shots on target one must learn how to get in a comfortable natural body position without having to strain to hold the firearm in the correct alignment with the target having proper sight picture. If the sight picture and alignment can't be found or held easily, minor, or sometimes major, adjustments need to be made to make this happen.

So, now you're asking how does this apply to goal setting. From our previous conversation on picking the target (or goal) and focusing on that target, we now have to think about if an adjustment must be made. This is the point where you ask yourself "Am I aligned with this goal?" "Am I trying to strain to focus on this goal?" "Is there something I can do enhance my ability to reach this goal?" This is the part of shooting and goal setting where you get to do that self reflection and see what it is in you that determines your success or whether you miss your intended mark. It is also where you reassess after each miss to make those minor changes to better hold the target and improve your next attempt. At this time you can also determine if this goal is attainable and whether you need to change to a different target first before you reattempt this goal.

Not all misses are a failure and not all failures are a miss as long as we take the time to reassess our holding position to determine what our strengths and weaknesses are and changes we need to make to accomplish any goal. And, of course, with all things practice makes perfect. Practice those easy goals over and over and then when you will be ready to move onto the harder goals.

Next month: Breath Control.