

## ***Bender Skeet Cheat Sheet: Shooting the Stations***

**Points to remember at every station: 1- Establish correct foot position, with weight shifted to the left leg, right leg for lefties; 2 - Mount the gun and establish your Hold Point (usually level with the bottom of the window); 3 - *Shift* eyes to the Look Point, rather than turning your head; 4 - Start moving the gun the instant you see the first flash of the target; 5 - Swing with the lower body, not your shoulders; 6 - Remind yourself, *head on the gun, eyes on the target*; 7 - Keep your head on the gun before, during, while following through and after the shot -- but your eyes on the target.**

<b>Tgts</b>	<b>Hold Point</b>	<b>Look Point</b>	<b>Lead</b>	<b>Break Point</b>
<b>H-1</b>	Aligned on the target flight path or slightly below it.	Slightly, maybe four or five inches, above the barrel. Common mistakes are holding barrel too high and looking too high or directly down barrel.	None. Let the target come to just above the barrel and shoot. Ideally, there should be no vertical movement necessary, but lateral adjustments will be needed if the target flies off-center from the barrel.	About 2/3 of the way to the Center Stake.
<b>L-1</b>	About 10 feet out and level with bottom of the window.	Just out from Low House window.	Bender never gives an actual distance but it looks like about 1-1/2 feet.	Shortly past the Center Stake.
<b>Dbls</b>	Same as the High House.	Same as the High House.	High House shot's the same, after which drop the gun slightly and pick up the Low House target -- ahead of it.	Same as for singles.
<b>H-2</b>	Gun parallel with the front of the house, then moved out three feet. Level with bottom of window. A common mistake: Barrel too high.	Slightly off the side of the barrel so your peripheral vision has a good view back to the window and can pick up the first flash of the target.	Just get in front of the target and shoot, probably about 1-1/2 to two feet.	Before the Center Stake.
<b>L-2</b>	Same as Low 1 -- about 10 feet out and level with the bottom of the window.	Just out from Low House window.	About 1-1/2 to two feet. Common mistake: Riding the target too far in.	Past the Center Stake.
<b>Dbls</b>	Same as for High 2.	Same as for High 2.	Same as for High and Low 2 singles.	Same as for High and Low 2. Common mistake: Rushing the target, throwing off your timing for the second shot.
<b>H-3</b>	1/3 distance from the house to the Center Stake, level with the bottom of the window. Common mistakes: Gun too close to the window, and/or too high.	Halfway back from Hold Point to the window.	Three to 3-1/2 feet.	No later than the Center Stake and preferably 10-15 feet before.
<b>L-3</b>	1/3 distance from the house to the Center Stake and level with the bottom of the window.	Halfway back from Hold Point to the window.	Three to 3-1/2 feet.	At or maybe 10 feet past the Center Stake.
<b>H-4</b>	1/3 distance from the house to the Center Stake and level with the bottom of the window.	Halfway back from Hold Point to the window.	Three to 3-1/2 feet.	Over the Center Stake or 10-15 feet before.
<b>L-4</b>	1/3 distance from the house to the Center Stake and level with the bottom of the window.	Because of background clutter, three or four feet out from window, rather than halfway between gun and window.	Three to 3-1/2 feet.	Over the Center Stake or 10-15 feet before.

<b>Tgts</b>	<b>Hold Point</b>	<b>Look Point</b>	<b>Lead</b>	<b>Break Point</b>
<b>H-5</b>	1/3 distance from the house to the Center Stake, about 20 feet, and level with the bottom of the window.	Halfway back from Hold Point to the window.	Three to 3-1/2 feet.	Over the Center Stake, or 10-15 feet past it.
<b>L-5</b>	1/3 distance from the house to the Center Stake, about 20 feet, and level with the top of the window -- but no higher. Move hold out or in for faster or slower targets.	Because of the likelihood of background clutter confusing your peripheral vision, look closer to the window, about three or four feet out from it rather than halfway between gun and window.	Two to 2-1/2 feet.	Over the Center Stake, or 10-15 feet before it. Common mistake: Rushing to shoot this fast target too soon.
<b>H-6</b>	About 10 feet out and level with the bottom of the window.	Slightly off the side of the barrel so your peripheral vision has a good view back to the window and can pick up the first flash of the target.	Bender's not specific on this but it looks to be about 1-1/2 feet.	Looks to be about 10-15 feet past the Center Stake.
<b>L-6</b>	Gun parallel with the front of the house, then moved out three feet. Level with the bottom but no higher than the top of the window. Common mistake: Barrel too high.	About halfway between gun and window.	Numerically, about a foot to 1-1/2 feet, but best to just get ahead of the target and shoot.	Looks to be about 10-15 feet before the Center Stake.
<b>Dbls</b>	The Low House target is shot first here, so use that Hold Point.	The Low House target is shot first here, so use that Look Point.	Same as singles.	Same as singles. After Low House target is taken, shift eyes over the barrel and pick up the High House target with a sustained lead.
<b>H-7</b>	About 10 feet out and level with the bottom of the window.	All he says about it is, "back toward the house."	No specific lead given.	Past the Center Stake.
<b>L-7</b>	Aligned with the target flight path right over the Center Stake, but about a foot or foot and a half below it as a hedge against a low-flying target that would be blocked from sight if the gun were higher.	Just above the barrel.	None.	Before or over the Center Stake.
<b>Dbls</b>	The Low House target is shot first here, so use that Hold Point.	The Low House target is shot first here, so use that Look Point.	Basically the same as singles, but after the Low House target is taken the eyes shift to the center of the field and pick up the High House target with a sustained lead.	Same as singles.
<b>H-8</b>	Level with the bottom of the window and about four feet out from it. Level with the top of the window is acceptable but no higher than that.	Directly at the window.	None. Swing quickly and smoothly with the target the moment it's seen, cover it up and shoot.	Well before the Center Stake.
<b>L-8</b>	Level with the bottom of the window and about four feet out from the window.	Directly at the window.	None. Swing quickly and smoothly with the target the moment it's seen, cover it up and shoot.	Well before the Center Stake.