



Now I know this has never happened to YOU!

You're standing on the firing line and the shots just won't break. You're holding OK but the trigger finger doesn't seem to work and the more you try, the longer you hold and finally.....BANG! Where the @\$%^ did that go?

You scope the target and "find" the stray shot and say "That's ok, I held too long, so it's a bad shot".

It is almost a relief that the shot has finally gone....somewhere at least on the target.

The next shot you attempt to fire becomes even more hesitant because you may shoot another "bady", so you become extra careful to hold very still and wait till the sights are exactly under the black at the exact position to fire a good shot.

Whilst you are getting things set up, your trigger finger hasn't moved and you start to wonder when the shot will break, if ever?

Oh crap.....it happened again! "That's ok, I held too long, so it's a bad shot".

A familiar scenario? Well, left unchecked, the shooter may find it very difficult to "re-learn" how to simply fire a shot. It can become a long term fault if nothing is done to rectify the problem.

Let's break things down into a "reality" check. You can hold rather well, I guess most of you could hold the "9" ring. That means "the amount of movement you have" with the sights aligned. Your area of hold.....

Now, if you fire a shot whilst holding in "your area of hold", and the sights are aligned, the shot would land in "that" area. Pretty simple analogy!

What seems to be the problem? If you hold the sights in alignment somewhere under the black and then just press the trigger straight back (smoothly), the shot should be in your area.

OK, let's presume you fire a shot or two and they're a little jerky in the pressing. The shot would not be any worse (score wise) if you held and made a conscious effort to fire the shot. The difference is the thought process between the two applications.

One may, or will, cause you long term grief and frustration, the other will teach you to accept your "wobble" area and just keep pressing. The long term benefit of just holding and having a straight back press, far outweighs the frustration of having a suspected trigger problem.

If this sounds like your problem, just try it for a few shots and simply hold the sights in alignment as best you can, as soon as you see them aligned in your area, just make a "conscious" effort to press the trigger directly to the rear, smoothly. Total thought may be

on trigger press to the slight detriment of sight alignment. We spoke before that you probably can comfortably hold well inside the 9 ring so accept this area and just press.....

Be sure to follow through on sights and into overload on the trigger. By overload, we infer continue pressing after the shot has broken.

Sometimes we just need to say to ourselves, "I'm getting nowhere doing it this way, just hold and press"! What have you got to lose?

[Click here](#) to get a simple Training sheet.