

# Station 7

By Ed Scherer



*Ed Scherer was a popular columnist on instruction for Skeet Shooting Review during the 1980s and 1990s. He passed away in 1995. The following is a print from July 1991.*

**S**tation 7 is the easiest and yet so hard when your guard is down. Be forewarned friends; this target is not to be taken for granted. Similar to high 6, high 7 is a good training shot. The rank beginner would do well to practice this high incomer soon after an attempt at high 6.

On a day when the wind is blowing from the north or east, broken pieces from the shattered high 7 can be quite a hazard. Most novices are so thrilled at breaking the target, they ignore the broken pieces hurling through the air directly at them. A cut from a broken target can be serious and is one of the many reasons this skeeter always wears a wide brimmed hat on a skeet field. After years of teaching, I've actually had to discard hats periodically because of holes punched in the hat from

broken targets pieces. Those could have been holes in my head. Wear some head gear, please.

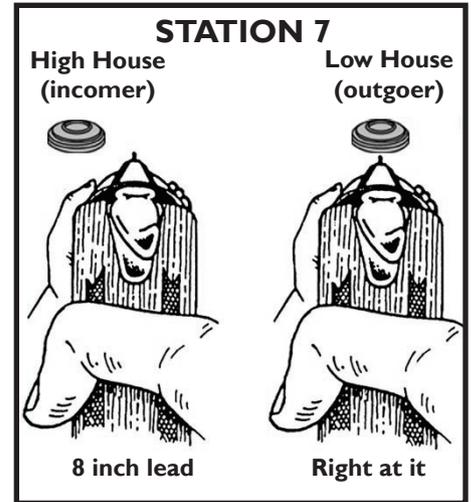
## Foot Position

Foot position on both the high and low house should be the same. The navel should be pointing east. Here's another way to describe the foot position. A line drawn from the tips of your toes should be the same line running from the high skeet house to the low skeet house.

Described another way, your feet are faced 90 degrees from the high and low house. This shows for a follow through when the high house shot is completed and the exaggerated foot position really pays off on the high 7 double. It certainly prevents that high house roll so common on a skeet field. I can just hear the complaints. "Oh, that feels so different. I can't face around that far. Let me show you how I'd like to stand." The arguments go on, but this teacher ignores all of them. Crank your hips into the shot and uncoil when firing and it will save you a heap of trouble.

**I**n spite of the foot position that faces you away from the skeet field, I still put my fist in your right ribs to eliminate that sway as trigger is pulled. Remember, pivot, but do not sway. SWIVEL, yes; SWAY no.

Proper leads on this target should be set immediately as target emerges. My lead card shows an 8 inch lead that equates



to two target widths. The target is rising, so rise up with it. It's the perfect target to

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practice the maintained lead. Under normal conditions, the target should be hit at a spot halfway between Station 8 crossing point and the low house.

Here is what I do with new students. I insist they carry the target further in to make certain the 8 inch lead is maintained. The temptation is to use

a swing through shot, but skeet is a game of maintained lead and here's a good place to practice. Invariably you'll overlead, so cut back that lead. Freeze head on the comb as shot is fired. How could that many words be uttered on such a simple shot as high 7? Because there are no simple shots on the skeet field.

**C**oming from high 6, the lead on high 7 is half that from

high 6 so if you are mysteriously missing, try cutting back on the lead. When practicing the constant lead on high 7, I insist my student break the single high house where the double is broken. Later it's broken earlier at the halfway mark between Station 8 crosser and the low house. Try it and see how "pure" your maintained lead is. It's very easy to over-lead at this close range, and usually when you

are a convert from swing through shooting the temptation is to drift ahead.

Many 250x250 possible scores at the World Shoot has been ruined with a careless shot at low 7. Freeze your head on the comb and place muzzle so it is pointing a foot below the observed low house target as it crosses at Station 8. Keeping the target in sight above the barrel is safer than having it disappear below your barrel. It is a might easier to come up to a clay target than to go down to it. If a target ever gets below the muzzle, it's just natural to lift your head to see where it's gone and that spells disaster.

### **Where to break low 7**

Low 7 is best broken 5 feet before Station 8. This allows the pattern to open and insure enough spread. If it is a windy day, this writer prefers the target make its move up or down and then shooting. Trying to "pop" it right out of the opening at close range before the target dips or rises can be quite dangerous. Bear in mind a quick shot does not allow the pattern to open, inviting a miss.

On a windy day, low 7 needs respect. The key is keeping the eye on the target and freezing your head on the stock as shot is fired. Better yet, count on second (say one thousand one) after trigger is pulled and then take cheek off the comb. What a difference that little tip will make. Use this tip on all stations, not just low 7.

The left handed shooter has his navel facing the high house opening for both shots. I is just that simple; give it a try all you portsiders.

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Doubles at 7 are the same as doubles elsewhere. Treat a double as if it were a single and shoot the first target 5 feet before Station 8. With front knee bent, the second target is taken after that bent knee turns to the right. As knee is turned, the body

follows insuring a smooth, continuous swing. Here is where the SWIVEL pays off. Stay away from the body SWAY so common on the second shot.

**W**here to break that second target? It will be close in, make no bones about it, so head needs to be firmly implanted on the comb of stock. At this close range, with little pattern spread, there is no room for error. The single high 7 is best broken halfway between Station 8 and the low house. The second shot in doubles at 7 is broken 5 to 10 feet closer to the station.

Got a video camera? Have a friend video you while this shot is being executed. In viewing yourself on a TV screen, check for body sway, follow through and whether cheek was frozen on comb as shot was fired. If you've never viewed yourself before a TV screen, it will be very revealing. Make sure the video camera operator gets a profile view of your waistline. That heavy waistline may not affect your skeet score, but who knows. Maybe it will.