

**Shot Groupings** 



Groups tell you more than individual shots. Analyzing your shot groupings can help you determine what needs to be corrected. Don't look at this as "what you're doing wrong." Focus on the opportunities to diagnose and remedy a problem. The groups below represent a right-handed, right-eye-dominant shooter. Left-handed shooters can simply reverse the groupings.

#### **Possible Causes:**

Multiple problems are evident. Start with natural point of aim, then grip and trigger.



# **No Group / Scattered**

#### **How to Correct It:**

Practice, practice! Control your front sight and trigger finger.



#### Possible Causes:

Breathing while aiming and firing, swaying forward and backward, or weak shoulder muscles.



#### **How to Correct It:**

Consciously keep a firm stance; take breaks between shots to give your shoulders a rest.



## **Possible Causes:**

Poor stance (resulting in swaying), bad natural point of aim or poor grip.



Keep your elbows locked and shoulders forward, maintain proper breathing and use the first pad or joint of your trigger finger.

**Horizontal Center** 



#### Possible Causes:

Poor sight alignment, anticipating recoil or poor follow-through.



#### **How To Correct It:**

**How To Correct It:** 

Keep your wrists locked, concentrate on not anticipating recoil and be sure to follow through properly.



# **High Center**

#### **Possible Causes: How To Correct It:**

Poor sight alignment, breaking wrist/pulling pistol up or too much pressure in the heel of the hand.



Make sure you're not lifting the barrel of the gun too high; focus on pressing the trigger more smoothly.



#### **Possible Causes:**

Poor sight alignment or applying too much pressure with the thumb.



# How to Correct It:

Reset your shooting-hand thumb on top of your supporting thumb and don't move it when you pull the trigger.

Right Horizontal

## **Left Horizontal**

#### **Possible Causes:**

Increasing grip pressure as the shot breaks, bending wrist to the left or relaxing your elbow during shot breaks.



### **How to Correct It:**

Use the outermost pad on your index finger and keep your wrists properly locked.



# High Right

## **Possible Causes:**

Slack in the wrist while firing, too much pressure in the heel of the hand or anticipating recoil.



#### **How to Correct It:**

Don't push the gun forward; let it recoil into the heel of your hand when you fire.

# Low Right

#### **Possible Causes:**

Slack in the wrist while firing, "snatching" the trigger or pulling the gun to the right.



#### **How to Correct It:**

Let the recoil happen naturally. Grip the gun firmly so it travels upward with the recoil.



# **Low Left**

#### **Possible Causes:**

Jerking (excessive trigger pressure), canting the pistol to the left or dropping the barrel.



#### **How to Correct It:**

Pull the trigger straight back with constant pressure and don't rush the shot or anticipate recoil.



#### Possible Causes:

Pushing the trigger, moving the trigger and/or the gun to the left, or applying extra pressure with your fingertips and/or pinky finger.



#### **How to Correct It:**

Make sure you're squeezing the trigger with the center of the outermost pad of your index finger or index-finger joint.

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