

### Concentration

ATTENTION is a <u>cognitive</u> process wich allow us to <u>SELECT</u> certain stimuli and ignore those that do not interest us at that moment

> <u>Cognitive</u> Every process involved in knowledge (perception, imagination, memory and all forms of reasoning) intended functionally as a guide in behavior

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# In conclusion

While **technical skills** and **physical fitness** are vital in shooting, the ability to **maintain constant concentration** is the foundation on which all other aspects of mental preparation are built.

Any shooter who takes the time to improve their **concentration** will undoubtedly improve their performance in this challenging and rewarding sport.

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#### Concentration

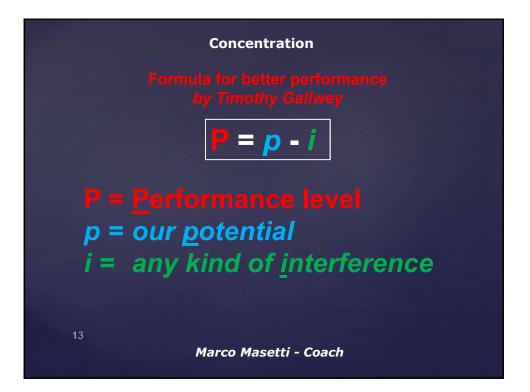
### Furthermore...

Given that the lack of concentration is a condition of interference for the purposes of a good performance, as is the continuous search for motivations outside the "building of a good technique", I refer to two important figures:

- **Timothy Gallwey** with his formula for best performance (from «Inner Game of Golf»)
- John Chandler, coach from some time ago (from «Pistol Coaching»)

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PERFORMANCE MAY BE EXPECTED IF A SHOOTER TRAINS AT A REASONABLY LOW LEVEL OF EXCITEMENT OR TENSION, AND PERFORMS IN COMPETITION WITH AN ENHANCED AMOUNT. ADDITIONAL FACTORS: When the shooting athlete realises that the match performance is lower than that which was produced in training, and yet does not understand why, he/she will start looking for a reason — any reason — for the failure, will change stance and/or body position, change ammunition, alter or modify the sights, put in or take out wood from the grips - these excuses for failure are unlimited, and yet it simply does not occur that the technical skill at the time of the NOW performance was insufficient to meet the competition level. It must yet again be emphasised that an involuntary technique will maintain technical perfection in the match situation, and at the same time diminish the effects of ET on the overall performance.

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