



**CLAY TARGET**  
INSTRUCTION.COM

GUN MOUNT FOUNDATION

Gun mount is crucial for success in clay shooting. The gun must be placed properly in the shoulder pocket with the cheek lightly touching the gunstock.

- Mastery of the gun mount is essential for consistency in all clay target disciplines.
- You can practice at home in front of a mirror to achieve an optimal gun mount.
- Practice in front of a mirror also helps diagnose problems such as canting the gun.
- Proper gun mounting will enhance our performance, with balance and posture being the key to the best results.

