



SPRING 2016



*Perform at your best. Instead of focusing on winning or outcome, focus on giving a tournament winning performance.*

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Training with diligence with a Champion's Mind

The single greatest reason that good shooters do not perform well is over-trying, putting too much effort into the action. Being outcome oriented creates over-trying. When process is primary, over-trying is defeated because anxiety over the outcome is released.

Instead of focusing on winning or outcome, focus on giving a tournament winning performance. It is more important for you to run your program or mental system, and do your process correctly, than it is to hit the target. This shift in focus insulates us from outside influences. Now the environment, tournament pressures, and all external factors fade into the background. Execution is the reason to exist, not the scoreboard.



**Get an edge up on  
the competition**

## Pre-World Championships Seminar, limited to our International Clients from the UK, Australia and New Zealand

Todd Bender Performance Systems is proud to offer a new event, catering to our existing international clients from overseas.

September 26-28, we will be offering half day, three hour seminars, limited to three shooters per group, strictly limited to previous clients from the United Kingdom, Australia and New Zealand. Address your Doubles shooting, or any component of your game that you desire. Get private training at the National Shooting Complex, in San Antonio, Texas, with the best coaching available.

There will be only six sessions offered, morning and afternoon, September 26, 27, and 28. Cost is US\$300 per shooter, per session. We anticipate that the sessions will fill quickly.

Prepare for the 2016 World Championships with a head start on the competition.

*Contact Todd Bender at [toddbenderintl@gmail.com](mailto:toddbenderintl@gmail.com) for more information and scheduling.*



# 2016 Clinic Schedule

March 3-5	Dartford, England
March 6-7	Dimeric England
March 9-10	St. Andrews, Scotland
March 25-29	Cincinnati, Ohio
April 1-3	Minneapolis, Minnesota
April 6-8	Northbrook, Illinois
April 9-10	Dimeric Illinois
April 13-17	Hartford, Connecticut
April 19-20	Virginia Beach, Virginia
April 22-24	Boston, Massachusetts
April 26-27	Loch Raven, Maryland
April 28-2	Fairfax, Virginia
May 5-8	Kansas City, Kansas
May 12-14	Grand Isle, Louisiana
May 18-20	Long Island, New York
May 30-31	Houston, Texas
June 6-8	Dallas, Texas
June 23-26	Grant's Pass, Oregon
July 11-12	Little Rock, Arkansas

For contact information and specific date availability, or for our full 2016 schedule, check out the Clinic Schedule Page at [ToddBenderIntl.com](http://ToddBenderIntl.com).

## Proper Training

The amount of necessary practice depends on one's level of expertise, what I call Quality vs. Quantity. As a beginner, a shooter needs "quantity" of practice, enough time to learn subconscious skill. Some researchers say 10,000 hours of diligent practice are required to learn or master an action. Once a skill is learned, "quality" of practice outweighs quantity. The skill must be practiced and executed correctly, without flaw to match desired levels in a competitive environment.

There are a number of Levels of Training: Training for Feel, Training for Competition, and Training to Win. Most training revolves around the first two levels. The first level dominates most of my days coaching. To learn a skill, one must repeat the action over and over again to learn it, which is training for feel... which requires quantity of practice.

Once feel is mastered, one must Train for Competition, meaning I shoot a number of regular rounds, 25s, over and over, because that's what they make me do in competition. At this level, quality of practice surpasses quantity. Many shooters gauge the success of a practice session on the amount of rounds shot. But "going through the motions" for 14 rounds, accomplishes very little, without any focused purpose. I'd rather

shoot 4 diligent rounds of quality practice, than 13 rounds of just sending lead into the air.

The remaining level, Training to Win involves going outside of your sport, where one would train other aspects that affect performance, such as physical training, nutrition, and building a bullet proof mental game. It is possible to under or over-practice, and I believe that depends on the individual. I think that four to six rounds of dedicated practice per week should be enough to hone your skills. Twice a week would be better. Going out less than every other week, is probably not sufficient to "own" or master your skills. You must practice enough to build skill and confidence, without doing too much, where fatigue and complacency come into play.

Many would be surprised at how little I practice. This is because of my increased travel schedule while coaching. There is very little time left for me to shoot. In

fact last year, I had nine recorded days of training on the skeet field, from the beginning of the season to the end. However, my unending coaching, generally five to six days a week, provides daily reinforcement. Even though I am not pulling the trigger, I am constantly talking and demonstrating how to do things correctly, positive reinforcement. A great example of this, is this past September when I spent two weeks teaching Mental Management to the SEAL Teams, and three days later, with little practice, I broke one of my better 400x400s, my 40<sup>th</sup>, at the US Open. For the two weeks prior to that event I had immersed myself into talking about and teaching proper mental strategy for any sport.

***"I'd rather shoot 4 diligent rounds of quality practice, than 13 rounds of just sending lead into the air."***





**Todd Bender  
Performance**  
*“Setting the Standard  
for over 30 Years”*

As a company, **Todd Bender Performance Systems**, has always been inspired by a love for shooting, and a passion for competing and helping other shooters perform better. Since designing our first courses 30 years ago, we've been committed to, and take great pride in, offering the best coaching possible. It is the foundation of our brand.

That's why our website, [ToddBenderIntl.com](http://ToddBenderIntl.com) is packed with advice and solutions as applied to shotgun fundamentals and all aspects of the clay target sports and wing shooting. We have and always will continue to

better our product, so that you have the best information and coaching available.

Whether you desire to compete at the top championship levels or simply want to enjoy the clay target sports even more than you do now, we want to be an essential part of your journey.

Sincerely,

Todd Bender

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