

MEMORANDUM

TO: Wanda Jewell, Director of Operations

FROM: Lloyd Woodhouse, National Shotgun Coach

DATE: April 3, 2007

SUBJECT: How to Wobble Trap for Olympic Style Training

Updated: for current rules & notes added by Chad Whittenburg, CTC-TN Director, 2012 and Hank Garvey, CTC-New England International Junior Shooting Sports, Inc President 2025

The following is a general setting for a wobble trap to in able an athlete to train for international Olympic trap.

1. **For the elevation and distance setting:** Set the trap at 2 meters high measured 10 meters in front of the trap house. This is measured 2 meters higher than the top front edge of the trap house. At this setting adjust the distance of the target to 76 meters (+/- 1 meter) or approximately 82 yards. Reference paragraph 9.19.3 trap setting tables (I-IX), length of trajectory for all traps. **Note:** After the distance setting is made remove the 2 meter high lock so that the trap machine will now oscillate between 1.5 and 3.0 meters (+/- .1 meter).

Notes- Best to use a tall pvc style pole. Mark the pole w/ a colored electrical tape at the 2m mark as indicated above. Then mark the 1.5m & 3m with colored tape as well. For multiple fields use separate poles as grades are different. Most Pro-Matic & Pat-Trap machines must be maxed out to achieve the distance.

2. **Target angle right and left:** Normally you place the azimuth pin in the outside hole setting. This should give you a horizontal angle of 30 degrees minimum and 45 degrees maximum. Total travel of the trap machine is set for 90 degrees. Reference paragraph 9.19.1 of the ISSF rule book.

Notes- some machines are different of course- so set the maximum allowable angles not exceeding the 45 deg left or right that you can get out of your trap house without hitting the sides or the doors. Same with elevations, make sure the 1.5M target can be viewed (and shot) from station 3 if not using boxes as described in #3 below.

3. If possible it is desired that the shooting stations be elevated to the same height of the top edge of the trap house. This can be done by building five

wood boxes that would match the height of the trap. **Caution** these boxes should be wide enough so that a shooter may stand on them safely. In some cases it may be desirable to build the boxes larger than the normal shooting station which is 36x36 inches.

Notes- Olympic Bunker trap is shot from 15 m measured from the front of the trap house (furthest edge from shooter) to the front of the shooters pad. Shooting stations are in a straight line, not a curve like ATA. On station 3, measure back from the front of house 15m (16.4 yards). And mark your 1st pad. Use a straight-line from station 3 on the front edge of the pad to find shooting locations for stations 1, 2 & 4, 5.