

Coaching Hour Transcript

February 2019



Update on New Online Course for Beginners

Gil: Welcome to the Coaching Hour, February 2019.

Brian has five whiteboards in his office and he's been filling them out to chart a beginner's course. He's pulling videos that we've been using in our presentations all over the country, putting new voiceovers in them, and maybe even some new voiceovers on the animations and videos. He's using new video product to create a beginner program for people to click on.

Brian, you're going to have a lesson that contains two or three things, and they have to get that down before they go to the next lesson. Is that right?

Brian: Yes, sir. We're going to put together modules. In Module One, you have to do this a certain amount of times before you go to Module Two. That's the plan.

Originally, I wanted to put together a 30-day program. But we have a hard enough time getting students to commit to their practice at home. You can't really do a 30-day program.

Gil: *[Laughs]*

Brian: So, we're moving to the module: you must be able to do this in order to go to the next level.

Gil: I got to tell you guys, we've discussed what beginners must learn on the Knowledge Vault and here on the Coaching Hour.

In the beginning, when you take this game up, it's a mammoth task. Everything you've got to learn has to coordinate and fit in with everything else. And it's easy once we begin to put down everything you have to do - balance, foot position and grip, stance, swing plane, breakpoints... all the stuff we learned over a five-year period, we're trying to cram into a beginner program.

I'm convinced from looking at it, and I think Brian would agree, that not everyone is going to go after it like we did. Like you said, it's hard enough for us to get somebody to do the three-bullet drill once a week, much less every night.

So we're having to rethink that a little bit. Brian is going to be the guy on the videos; Vicki and I are taking a back seat on it. We're pretty excited about it.

As he goes through it, we're going to do a sequel from a coaching standpoint. That way the people in 4-H, or SCTP, or the trap people up in Michigan, if they have coaches and need a coaching program, not only do we have a beginner sporting clay (and eventually beginner skeet and trap) programs, we have a beginner coaching program to work with youth athletes. That's something that's sorely needed. The kids are getting better in spite of the coaches, and we're going to do a sequel to that, so the coaches have something to work on and refer to with the students, and so the students have something to work on.

Dennis, it's hard as everything to get these kids to actually do the three-bullet drill once a week, isn't it?

Dennis: Yes, but I was able to escort a few and observe some of my shooters. Those that were doing three-bullet drill and the flashlight drill did obviously better at managing never-before seen birds than not.

A lot of my young shooters had not shot sporting clays much, except for their trip to OSP. So when they saw the sporting clays course, it was a challenge. But not having the three-bullet drill or the flashlight drills to fortify them, they were lost as to what to do.

Gil: Yeah. It's hard to get them to do it. In some instances, it's damn near impossible to get people to do that.

Brian, back when you and your mom and I were traveling together and shooting tournaments, we'd stand on the deck and shoot BB guns at dragonflies until we emptied the BB gun almost every day in the summertime. I mean, we just did things like that over and over and over again, because we approached learning it with a passion. And that passion seems to not be there in as many people today.

But, anyway, Brian's doing a beginner program. We'd like to say it's going to be out next week, but it's not, because every time we start making headway on it, we realize that what we're looking at is just the tip of the iceberg of four or five different subjects, and we've got to back down and dumb it down some more so we can build it up from the ground up.

So we're working on it, and it's going to be Brian's baby. As soon as we get the beginner program done, we're gonna start on the intermediate program. So you guys have something to look forward to.

The memberships in the Knowledge Vault are starting to increase on a monthly basis. Brian doesn't know this yet, but we're going to get him to do a 45-minute Coaching Hour every month for new members of the Knowledge Vault.

If any of the old members would like to call in and listen, he's going to take people to the Knowledge Vault, show them where everything is, how to navigate through it, and encourage them to get on the forum. We've had some great forum posts. People are starting to really contribute, and I've been excited about it.

Some of you have been a little confused about the new videos that have been added - explaining what chokes look like at different yardage. The way our website's constructed, for security reasons, everything had to be added as a video. Even though the picture looks like it's a video, it's really not.

But if you would like to know more about those discs and how they interact with each other, click on "DVDs" and then click on "Choke Selection Made Simple." There's a DVD that we've made with those choke discs, and it explains probably more than you want to know about choke selection. We certainly explain how we got to this "choke it or don't choke it" stage in choke selection.

So, anyway, we've got some new things coming out that we're excited about. And we want to continue the success of the Knowledge Vault. It's really starting to come around, and people are starting to really use it. It's starting to work really well, and it's been a long journey. But thank you guys for getting involved with it and letting us know what's working and what's not working.

Max and I were talking earlier today about setting up a training regimen, and the subject came up: "just how good do you want to be or can you be?" And we both agreed that it's something everybody needs to think about.

Like Brian said, it's hard to set up a 30-day program if they're only able to practice once a week. So rather than have a 30-day program, it's going to be lessons. "This is what you have to learn to go to Lesson Two, and you've got to do this many times."

So you can do it in a week by doing it every day, or you can do it in a month and a half by doing it once a week; it doesn't matter to us. But if you skip ahead, eventually you're going to have to come back and learn to do this. And we'll talk about those fundamentals here in just a minute.

But Max and I got to talking about this today. And he said "It reminds me of what you said on the Coaching Hour: 'Everybody wants to go to heaven, but nobody's willing to die.'"

It's striking how this subject keeps coming up, no matter where we go. It doesn't matter if it's Dennis bringing the 4-H kids over here to Houston, or us being at the rodeo shoot last weekend in San Antonio and talking about improvement and what we need to do. The performance thing keeps coming up.