

# Technical, Tactical And Mental Skills

Technical Skills	Tactical Skills	Mental Skills
Alignment Sight Picture Timing Coordination Focus Perception	Speed Distance Angles Line Pairs Change-Up	Imaging Perception Confidence Attention Self-Correction Process Focus

**Technical skills** are those which allow a shooter to execute the necessary movements to successfully shoot targets. They include the Six Fundamentals, as well as stance, balance, and control.

**Tactical skills** are those that enable a shooter to develop a competitive edge. This is normally associated with target-reading skills.

**Mental skills** are the skills associated with being able to mobilize and control thoughts and feelings during practice and competition. This includes the ability to remain process-focused under pressure.

Adapted from Sport Skill Instruction for Coaches: Craig A. Wisberg, 2007

