



# ATHLETE RESOURCES

## Recommended Books, Podcasts, Magazines, & YouTube Channels

### BOOKS

- Mind vs. Target by Bob Palmer
- A Mind to Win by Bob Palmer
- Clay Target Shooting: The Mental Game by Mark H. Taylor
- Take Your Best Shot by Daniel L. Schindler
- To the Target by Daniel L. Schindler
- Beyond the Target by Daniel L. Schindler
- Straight Shooting by Anthony Matarese Jr.
- Mental Training for the Shotgun Sports by Michael J Keyes, MD
- Mastering Sporting Clays by Don Currie

### YOUTUBE CHANNELS

- Target Focused Life
- ShotKam
- Go Shooting
- Clay Coach Online
- National Sporting Clays Association

### PODCASTS

- Behind the Break
- Shotgun Sports USA
- The Dead Pair Podcast
- The Journey Podcast
- Trapshooters United
- Trap Talk From The Back Fence
- Skeet Shooters Society
- SSSF Range Time

### MAGAZINES

- Clay Target Nation
- Junior Shooter Magazine
- Trap & Field
- Shotgun Sports Magazine
- ClayShootingUSA
- Trapshooting USA