The last stage of preparation before the Olympic games is of critical importance. The actions taken by the coach during this period are very important for the results at the Olympic games. For the majority of shooters, the Olympic competition will take place under unfamiliar conditions. Therefore, it is very important for the shooters to adapt to these new conditions which may involve climatic changes, different time zones, unfamiliar shooting ranges, an uncustomary color or speed of the clay targets, wind, etc. It is necessary to take these features into account during the training period before the competition. That is why, it is necessary to integrate difficult and non-standard conditions into practice shooting at home.

For this purpose, it is necessary to train under more difficult and unusual conditions from time to time, which may involve reducing or increasing the speed of the clay targets, changing their trajectories, or using clay targets with different colors and dimensions, etc. All these measures enhance the emotional stability of the shooters during training and help them to acquire a variety of skills.

Another very important problem to consider is the time of arrival at the competition site. This is very important for everyone. Following are two cases to demonstrate this:

1. The competition site is not far away from the last training camp. The time difference is two or three hours.
2. The competition site is far away from the last training camp. The time difference is more than four hours.

First case:
Following is a training plan for the last few days before a competition (see fig. 1). In this case, it is not necessary to arrive too early. Only two or three days of practice are enough.

Second case:
The time difference is five or more hours. In this case, there are three peak times and new climatic conditions to adapt to.

The first peak is the strongest and occurs on the third day after arrival. It is advisable not to train excessively nor to conduct any competitions on this day. If there is training on this day, and the scores are too low, it is probably due to the period of adaptation, and negative emotions are therefore unfounded. The second peak occurs on the seventh day after arrival. Although it is weaker than the first peak, it is nonetheless advisable not to have a competition on this day, since the scores may be lower. The third peak occurs on the twelfth day after arrival. It is the last and weakest peak during the temporary period of adaptation. Many athletes do not even feel this peak. Besides, it is well known that the temporary period of adaptation is less strenuous, if a person travels from east to west, and is more strenuous, if a person travels from west to east. It is necessary to immediately adapt to the new time zone and to inform the athletes that they should not sleep in the afternoon, especially during the first few days.

In the diagram, a general plan has been drawn up, depicting arrival at the competition site, practice and participation in the competition.

Lengthy scientific studies have shown that the process of temporary adaptation among athletes varies from athlete to athlete, depending upon their age and physical condition.

Evgeni Petrov / 1968 Olympic Skeet Champion