

Dry Fire Drills

1. Position Training

- Find your perfect position
- Check the rifle's movement
- Control your muscle tension (relax)
- Adjust small details in the position
- Train the muscles that are involved in your position
- Train your feeling to be in the right position

Example: 5 repeats during 2 minutes when you just stay in the prone/standing position. Notice how still the rifle is. NO SHOTS. This can also be done in a darkroom

2. Trigger Squeeze Training

- Work on the breathing control as well (inhale, exhale to the center of target and stop)
- Trigger should be near 90% when barrel stops (ready for the shot)
- Follow through! Pause here before bolting.
- Train the reaction-nerve system (automatic)
- Strive to pull the trigger toward 5:30-6:00

Example: Refer to Trigger Squeeze Program

3. Follow Through

- Take the shot and stay on the trigger while front sight stays on the target or in the box. Pause, and then bolt.

Example: 20 approved shots in each position

4. Range Procedure Training

- Start with the rifle on your back and the poles on
- Work on ways to get into your position quickly
- Find the correct and the same position every time
- Use as few grips as possible to get into position
- Can be used for set up only or for complete set up and break down
- Try to automate the procedure

*Example: 20 One Shot or American Test (4*5)*

5. Cadence Training

- Correct rhythm (as in competition) concerning breathing, sighting, trigger squeeze
- Can be done with eyes closed to focus only on breathing and trigger squeeze

Example: 50-100 shots in row. Create your metronome.

6. Bolting exercise

- Train to have an efficient bolting movement with as little movement as possible

Example: Hold on target or in a box and strive for as little movement as possible while bolting and breathing

7. Combo training

- A combination of physical training (strength) and dry firing

Example: 12 magazines during the breaks in the MAQ, double pole machine or other strength