

Live Fire Drills

1. One Shot Drill

- 10 Ring Scoring Target
- 20-40 rounds, one shot at a time
- Look in the scope after each shot
- How many 9-10's in a row Prone? How many 6 and better, Standing?
- Incorporate good range procedure including change of magazine for each shot

2. 50 Shot Drill

- Metal Target
- Prone or Standing
- 5 Shot Series
- Record how many hits out of 50
- Incorporate good range procedure

3. Eyes Closed Drill

- Paper or a Metal Target
- Your choice of rounds
- Exhale and aim to the target 3 times. Close your eyes and squeeze the trigger.
- Focus on breath control to find the target then execute a nice trigger squeeze.

4. Recoil Exercise

- Paper Target
- 30 rounds
- Watch to see how your barrel recoils. After each shot, your natural point of aim should be in the center of the target again
- Recoil should be consistent with barrel tracing the same movement

6. American Test

- 2 Adjacent Metal Targets
- Prone, Standing, Prone, Standing, 20 rounds
- Best with partner to time, keep track of hits and misses, and to reset targets
- Start one meter behind prone mat with poles on
- On "Go", move quickly into a prone position. Take 5 shots then move directly into standing position on the next target. Take 5 more shots and continue back to prone, then standing....
- Use **full range procedure** when moving to next position
- Time stops after second standing bout and once you return to one meter behind mats
- Record total time and shooting results
- Shooting times should be the same as your goal for racing

7. 20 One Shot Test

- Metal or Paper Target
- Prone or Standing, 20 rounds
- Best with partner to time, keep track of hits and misses, and to reset target
- Start one meter behind mat

- On “Go”, move quickly into position. Take ONE shot then get out of position off of the mat. Move quickly back into position for the next shot. Continue for 20 rounds.
- Use **full range procedure** between each shot
- Time stops after last shot and once you return to one meter behind mat
- Record total time and shooting results
- Use this drill to time how long it takes for the first shot!