

DRILLS

Stage 1 --- Technical Refinement	Specific position work, hold work, laser work, gun/ammo testing, create proper technique
Stage 2 --- Performance Endurance	Hold drills, time oriented activities: work on repeating proper techniques, NOT creating it
Stage 3 --- Performance Intensity	Measured activities: challenge drills, record days, pressured training drills – test what you have

Holding Exercises

Drill #1

Shooting on Horizontal Stripes. Can be both Tech Refining (stage 1), Endurance Training (stage 2), and Measured Evaluation (stage 3).

Goal: Increase body awareness and learn steady hold factors.

How to:

1. Assume your standing position using your normal clothing and equipment.
2. Your target will be a solid horizontal line.
3. For Tech Refining and Endurance Training, the shooter will aim and only hold. Shooter will hold for 15 seconds for 40 repetitions. Once set up, do your normal shot routine and shoot at the target with the exception of loading or cocking the gun. This is NOT a dry firing exercise
4. For Measured Evaluation, the shooter will aim and shoot at the horizontal line. Horizontal displacement of the shot is not as critical as vertical displacement. However, consistent horizontal displacement will show proper natural point of aim (NPA).

What to Look for:

1. Focus on steadying your body.
2. Pay attention to where your arm is and where it needs to be.
3. Key in on upper body and what is tensing or relaxing and how it affects your hold.

How Long:

1. Shooter will hold for 15 seconds for 40 repetitions for Tech Refinement and Endurance Training.
2. Shooter will shoot 40 live fire shots for the Measured Evaluation Training.

Keys:

1. It's all about the HOLD and learning how to control up and down movement.
2. Discipline: Be serious when you pick up the gun. The best feedback is what you feel in your body as you hold.

Drill #2

Shooting on Vertical Stripes. Can be both Tech Refining (stage 1), Endurance Training (stage 2), and Measured Evaluation (stage 3).

Goal: Increase body awareness and learn steady hold factors.

How to:

1. Assume your standing position using your normal clothing and equipment.
2. Your target will be a solid vertical line.
3. For Tech Refining and Endurance Training, the shooter will aim and only hold. Shooter will hold for 15 seconds for 40 repetitions. Once set up, do your normal shot routine and shoot at the target with the exception of loading or cocking the gun. This is NOT a dry firing exercise

4. For Measured Evaluation, the shooter will aim and shoot at the vertical line. Vertical displacement of the shot is not as critical as horizontal displacement. However, consistent vertical displacement will show proper natural point of aim (NPA).

What to Look for:

1. Focus on steadying your body.
2. Pay attention to where your arm is and needs to be.
3. Key in on upper body and what is tensing or relaxing and how it affects your hold.

How Long:

1. Shooter will hold for 15 seconds for 40 repetitions for Tech Refinement and Endurance Training.
2. Shooter will shoot 40 live fire shots for the Measured Evaluation Training.

Keys:

1. It's all about the HOLD and learning how to control left to right movement.
2. Discipline: Be serious when you pick up the gun. The best feedback is what you feel in your body as you hold.

Drill #3

Holding exercises on wall. Can be both Tech Refining (stage 1) and Endurance Training (stage 2).

Goal: Increase body awareness and learn steady hold factors.

How to:

1. Assume your standing position using your normal clothing and equipment.
2. Your target will be a small dot on the wall a little farther than shoulder length away.
3. For Tech Refining and Endurance Training, the shooter will aim and only hold. Shooter will hold for 15 seconds for 40 repetitions. Once set up, do your normal shot routine and shoot at the target with the exception of loading or cocking the gun. This is NOT a dry firing exercise

What to Look for:

1. Focus on steadying your body.
2. Pay attention to where your arm is and needs to be.
3. Key in on upper body and what is tensing or relaxing and how it affects your hold.

How Long:

1. Shooter will hold for 15 seconds for 40 repetitions.

Keys:

1. It's all about the HOLD and learning how to control left to right movement.
2. Discipline: Be serious when you pick up the gun. The best feedback is what you feel in your body as you hold.

Drill #4

Holding exercise than shoot/Shoot than hold. Can be both Tech Refining (stage 1), Endurance Training (stage 2) and Measured Evaluation (stage 3)

Goal: Increase body awareness and learning endurance capability

How to:

1. Assume your standing position using your normal clothing and equipment.
2. Your target will be a normal 50yd or 25yd target.
3. Shooter will hold for 30 seconds and at the end of 30 seconds fire the shot or shoot than hold for 30 seconds.

What to Look for:

1. Focus on steadying your body.
2. Pay attention to where your aim is and where it needs to be.
3. Key in on upper body and what is tensing or relaxing and how it affects your hold.
4. The focus is on endurance to replicate the timed fire string.

How Long:

1. Shooter will either shoot than hold or hold than shoot. In either case the shooter will hold for 30 seconds and conduct 40 repetitions of this exercise.

Keys:

1. It's all about the HOLD and learning how to control left to right movement.
2. It's about trying to increase your endurance and still execute a quality shot.
2. Discipline: Be serious when you pick up the gun. The best feedback is what you feel in your body as you hold.

Balance

Drill #1

Shooting on Dyno Discs. Can be both Tech Refining (stage 1) and Endurance Training (stage 2).

Goal: Increase body awareness and learn balancing techniques.

How to:

1. Assume your standing position using your normal clothing and equipment except shooter will be standing on a Dyno Disc.
2. The shooter will aim and only hold. Shooter will hold for 15 seconds for 40 repetitions. Once set up, do your normal shot routine and shoot at the target with the exception of loading or cocking the gun. This is NOT a dry firing exercise

What to Look for:

1. Focus on steadying your body and maintaining proper balance.
2. Key in on your lower body and what muscles are required to improve your balance.

How Long: Shooter will hold for 15 seconds for 40 repetitions for Tech Refinement and Endurance Training.

Keys:

1. It's all about the HOLD and learning how to control your balance.
2. Discipline: Be serious when you pick up the gun. The best feedback is what you feel in your body as you hold.

Drill #2

Shooting without Shooting Boots or Shoes. Can be both Tech Refining (stage 1) and Endurance Training (stage 2).

Goal: Increase body awareness and learn balancing techniques.

How to:

1. Assume your standing position using your normal shooting clothing and equipment except shooter will not be wearing shooting boots or shoes.

2. Shooter will hold for 15 seconds for 40 repetitions. Once set up, do your normal shot routine and shoot at the target with the exception of loading or cocking the gun. This is NOT a dry firing exercise

What to Look for:

1. Focus on steadying your body and maintaining proper balance.
2. Key in on your feet, ankles and lower legs and what muscles are required to improve your balance.

How Long: Shooter will hold for 15 seconds for 40 repetitions for Tech Refinement and Endurance Training.

Keys:

1. It's all about the HOLD and learning how to control your balance.
2. Discipline: Be serious when you pick up the gun. The best feedback is what you feel in your body as you hold.

Drill #3

Standing on one foot. Tech Refining (stage 1).

Goal: Increase body awareness and learn balancing techniques.

How to:

1. Alternate standing on one foot. Stand on the right foot and then on the left using normal street clothes or athletic clothes.
2. Shooter will stand on each foot for 30 seconds each, 10 repetitions each foot.
3. Closing ones eyes will make it more difficult to maintain balance.

What to Look for:

1. Focus on steadying your body and maintaining proper balance.
2. Key in on your lower body and what muscles are required to maintain and improve your balance.

How Long: Shooter will stand for 30 seconds for 20 repetitions (10 repetition for each foot).

Keys: It's all about learning how to control your balance.

Sighting and Aiming

Drill #1

Triangularization aiming exercises. Tech Refining (stage 1).

Goal: Improve shooter's sighting and aiming errors.

How to: The pistol will be securely mounted in a vise like device and the shooter will look through the sights to gain a perfect sight picture. Another person will move the aiming target and the shooter will tell them where to move it to get a perfect sight picture. The person will mark where the target ends up. This will be done at least three times to get a triangle (ten attempts would be best).

What to Look for:

1. The shooter is looking for the smallest amount of error.
2. The shooter can also experiment with different rear sight sizes, front sight sizes, eye glasses learn how they affect sighting and aiming errors.

How Long: Shooter should do this at least ten times with each variation of equipment.

Triggering

Drill #1

Benchrest. Can be both Tech refining (stage 1) and Repetition training (stage 2)

Goal: Improve triggering techniques and refine shot execution.

How to:

1. Set up your pistol with either iron sights or a scope/dot. Find a solid rest (not a vise) that will still require the shooter to hold the pistol on the target.
2. Maintain best hold possible and squeeze the trigger with the least amount of disturbance.
3. This can also be done using SCATT. SCATT will tell the shooter much easier whether they are shooting on the way in, or the way out.

What to Look for:

1. Focus is on triggering the shot without disturbing the hold.
2. Pay attention to when you start executing the shot, on the way in or the way out.
3. Focus is on refining the triggering technique to maintain consistency.
4. Concentrate on the feeling.

How Long: Fire 40 shots either iron sights or a scope.

Keys: It's all about the TRIGGER.

Drill #2

Shooting with a hole in the target: (for Tech Refining, stage 1)

Goal: Improve triggering techniques and refine shot execution.

How to:

1. Assume your normal shooting position. This is a live fire exercise.
2. Put up a target with a hole in it, size could vary depending on your ability. There still should be an aiming point. Shoot on the target with your focus on the triggering and not the aiming.
3. Discipline: Do not spend a lot of time trying to aim in this drill. Spend the time focusing on the triggering techniques.
4. Group size is not an issue as you are trying to put the shots inside of the hole.

What to look for: Focus on proper triggering technique and keeping the shots inside of the hole/circle.

How Long: Four sets of ten shots.

Key: Focus on shooting quality shots without any fliers.

Drill #3

Shooting at a metallic swinger: (for Tech Refining, stage 1)

Goal: Improve triggering techniques and refine shot execution.

How to:

1. Assume your normal shooting position. This is a live fire exercise.
2. Put up a swinger which is the same size as the black. This swinger will be your aiming point. Shoot on the target with your focus on the triggering and not the aiming.

3. Discipline: Do not spend a lot of time trying to aim in this drill. Spend the time focusing on the triggering techniques and smoothly squeezing the trigger.
4. Group size is not an issue as you are only trying to hit the swinger (hit the scoring black).

What to look for: Focus on proper triggering technique and keeping the shots on the swinger.

How Long: Four sets of ten shots.

Key: Focus on shooting quality shots without any fliers.

Drill #4

Shooting into the berm without a target: (for Tech Refining, stage 1)

Goal: Improve triggering techniques and refine shot execution.

How to:

1. Assume your normal shooting position. This is a live fire exercise.
2. Do not put up a target. You will only shoot into the berm with the focus on proper triggering.
3. Discipline: Do not spend a lot of time trying to aim in this drill, but do not ignore proper sight alignment. Spend the time focusing on the triggering techniques and recovery techniques.

What to look for: Focus on proper triggering technique.

How Long: Four sets of ten shots.

Key: Focus on shooting a glassy smooth trigger squeeze without disturbing the sight alignment during squeeze or execution.

Drill #5

White Target: (for Tech Refining, stage 1)

Goal: Improve triggering techniques and refine shot execution.

How to:

1. Assume your normal shooting position. This can be done either as a dry fire exercise or a live fire exercise.
2. Put up a blank white target. Shoot on the target with your focus on the triggering and not the aiming.
3. Discipline: Do not spend a lot of time trying to aim in this drill. Spend the time focusing on the triggering techniques.
4. Group size is not an issue. The smaller it is the better (it shows good NPA) but it is not critical.

What to look for: Focus on proper triggering technique and what type of triggering is best for the position.

How Long: Four sets of ten shots.

Key: Focus on shooting a glassy smooth trigger squeeze without disturbing the sight alignment during squeeze or execution.

Drill #6

Triggering exercises on wall. Can be both Tech Refining (stage 1) and Endurance Training (stage 2).

Goal: Improve triggering techniques and refine shot execution.

How to:

1. Assume your standing position using your normal clothing and equipment.
2. Your target will be a small dot on the wall about shoulder length away.
3. For Tech Refining and Endurance Training, the shooter will aim, hold and smoothly squeeze the trigger. Shooter will conduct 40 repetitions. Once set up, do your normal shot routine and shoot at the target with the exception of loading or cocking the gun. This is a dry firing exercise.

What to Look for:

1. Focus on proper execution of the trigger.
2. Pay attention to a smooth as glass squeeze.
3. Key is on ensuring the trigger squeeze does not disturb the sight alignment.

How Long:

1. Shooter will conduct four 10 shot series.

Keys:

1. It's all about the TRIGGERING and learning how to execute the trigger without disturbing the pistol.
2. Discipline: Be serious when you pick up the gun. The best feedback is what you feel in your body as you execute the shot and see in your sight picture/sight alignment.

Drill #7

Ball and Dummy. Can be both Tech Refining (stage 1), Endurance Training (stage 2) and Measured Evaluation Training (stage 3).

Goal: Improve triggering techniques and refine shot execution.

How to:

1. Assume your standing position using your normal clothing and equipment.
2. Have someone load your magazine with both live bullets and blank bullets. Shooter will not know the order of the bullets.
3. Shooter will aim, hold, and smoothly squeeze the trigger. Shooter will conduct 40 repetitions.

What to Look for:

1. Focus on proper execution of the trigger.
2. Pay attention to a smooth as glass trigger squeeze.
3. Key is on the shooter not anticipating the shot.
4. Key is on ensuring the trigger squeeze does not disturb the sight alignment.

Keys:

1. It's all about the TRIGGERING and learning how to execute the trigger without disturbing the pistol.
2. Discipline: Be serious when you pick up the gun. The best feedback is feeling the glassy smooth trigger pull.

Rhythm

Drill #1

First Shot. Can be Tech Refining (stage 1), Endurance Training (stage 2) and Measured Evaluation (stage 3).

Goal: Improve your first shot timing in Timed Fire and Rapid Fire strings.

How to:

1. Assume your normal standing position using your normal clothing and equipment.
2. The normal Timed Fire or Rapid Fire commands will be given.
3. Shooter will aim, hold and smoothly squeeze the trigger all within 3 seconds for Timed Fire and 2 seconds for Rapid Fire.

What to Look for:

1. Focus on proper execution of the trigger.
2. Pay attention to recovery to ensure recoil comes back to target center.

How Long: Four 10 shot series.

Keys:

1. It's all about the TRIGGERING and smoothly squeezing the trigger without disturbing the pistol.
2. Discipline: Be serious when you pick up the gun. The best feedback is what you feel in your body as you execute the shot and what you see after your shot during the recoil and recovery.

Drill #2

First and Second Shot. Can be Tech Refining (stage 1), Endurance Training (stage 2) and Measured Evaluation (stage 3).

Goal: Improve your first and second shot timing in Timed Fire and Rapid Fire strings.

How to:

1. Assume your normal standing position using your normal clothing and equipment.
2. The normal Timed Fire or Rapid Fire commands will be given.
3. Shooter will aim, hold and smoothly squeeze the trigger all within 6 seconds for Timed Fire and 4 seconds for Rapid Fire.

What to Look for:

1. Focus on proper execution of the trigger.
2. Pay attention to recovery to ensure recoil comes back to target center.

How Long: Four 10 shot series.

Keys:

1. It's all about the TRIGGERING and smoothly squeezing the trigger without disturbing the pistol.
2. Discipline: Be serious when you pick up the gun. The best feedback is what you feel in your body as you execute the shot and what you see after your shot during the recoil and recovery.

Drill # 3

Aiming Time. Can be both Tech refining (stage 1) and Repetition training (stage 2)

Goal: Improve shooting rhythm and optimize hold and execution.

How to:

1. Shoot slow fire in your normal manner. Have your coach or another person time you from the time you start aiming or start holding your breath until shot execution.
2. This can also be done using SCATT. SCATT will tell the shooter much faster when his hold is best. This way, the shooter can plot when he should fire the shot to optimize his potential to shoot a good shot. If he has held past his optimum time, he should stop and start over.

What to Look for:

1. The shooter is looking for the optimum time to fire the shot, based on the pattern of his hold.
2. Pay attention to your hold.

3. By determining when the hold is best, the shooter can determine his shooting rhythm.

How Long: Shooter should do this for about 40 shots. This should get a fairly good sampling base to determine hold size.

Position Endurance

Drill #1

Endurance: slow fire (for performance endurance, stage 2)

Goal: Increase the actual amount of time you can hold in position, without desperate rests, and still execute your highest quality shot.

How To:

1. Get a timer. Initial time period: 20 minutes
2. Assume your position. Sight in and shoot. Do not break position until the timer runs out, after time runs out, execute the shot.
3. Score is not an issue.
4. You do not have to hold for 20 minutes. Continue with your normal pre-shot routine but do it for a total of 20 minutes.

What to look for: Focus on staying in position. If you are used to shooting slow fire for 10 minutes and then breaking, the initial 20 minutes exercise will feel like an eternity; work through it.

How Long:

1. Keep to the time period, no matter how many shots.
2. Do this for as long as you can, but at least 20 minutes before breaking.
3. After two weeks, increase to 30 minutes.
4. After two more weeks, increase 40 minutes.

Keys:

1. It's all about the ENDURANCE and your ability to hold the pistol and maintain your focus.
2. This is NOT a score exercise. However, performance still should be considered.
3. You are building your ability to hold longer in position AND recognize your limitations.

Drill #2

Slow Fire—Dry fire one shot, live fire one shot. (for performance endurance, stage 2).

Goal: Increase the actual amount of time you can hold in position and still execute your highest quality shot throughout the course of fire. To increase the shooter's ability to develop natural point of aim.

How To:

1. Assume your normal standing position.
2. Dry fire one shot and then live fire one shot using the same techniques.
3. Rather than scoping, accurately call your shots and plot them on a piece of paper. After ten live fire shots look at the target and see how well the shots were called.
4. This will be shot in a minimum time of 30 minutes and a maximum time of 45 minutes.
5. This is a shooting time event not a minimum number of rounds fired.
6. Score is not an issue.

What to look for: Focus on staying in position. Focus on natural point of aim.

How Long: Keep to the time period. Do not rush your shots and finish before 90 minutes.

Keys:

1. It's all about the ENDURANCE and NATURAL POINT OF AIM.
2. This is NOT a score exercise. However, it is important to accurately call your shots.
3. Discipline: Do not rapid fire this exercise. Execute as normal; keep to the time limit.
4. You are building your ability to hold longer in position and practice calling your shots.

Position Refinement

Drill #1

Up and Downs (for position endurance, stage 2)

Goal: Learn to recognize keys to YOUR good position and hold AND to do something about it when the keys are not there,

How To:

1. Assume your position. Set up, align, and prepare as normal.
2. Sight in and shoot a set number of your BEST shots. Start with 10 shots for record.
3. Get up and out of position at the end of your best 10 shots.
4. Start over after about 5 minutes out of position. Repeat.
5. If 30 minutes are available, do two 10 shot exercises.
6. Increase to 20 shots after doing 10 shot drills for two weeks.

What to Look for:

1. Focus on getting into position AND getting the position CORRECT.
2. This is not a rushed or timed drill.
3. Score is not important.
4. Do not rush shooting.
5. Get the position right BEFORE shooting record shots.

How Long:

1. Do the 10 shots Up and Down at least twice in 30 minutes. This is not a timed exercise, but the point is to stay in focus and learn to identify good position cues quickly.
2. Do this exercise once a week.

Keys:

1. It's all about recognizing YOUR BEST POSITION.
2. This is NOT a score exercise or a timed exercise.
3. Discipline: Do not just go through the motions. Focus on learning the things that are key to your good hold and execution.
4. You are building your ability to quickly recognize when things are set up right AND/OR when things are wrong and how to fix them

Drill #2

Uncomfortable Position (for position refinement, stage 1)

Goal: Learn to recognize keys to YOUR good position and hold AND to do something about it when optimum firing platform is not there.

How To:

1. Assume a different position to replicate adverse firing positions. Set up and align on the target as best as you can.
2. Sight in and shoot a set number of your BEST shots. Start with 10 shots for record.

3. Get up and out of position at the end of your best 10 shots.
4. Start over after about 5 minutes out of position. Select another uncomfortable position. Repeat.
5. If 30 minutes are available, do two 10 shot exercises.
6. Increase to 20 shots after doing 10 shot drills for two weeks.

What to Look for:

1. Focus on getting into position AND getting the position as good as you can.
2. This is not a rushed or timed drill.
3. Score is not important.
4. Do not rush shooting.
5. Get the position right BEFORE shooting record shots.

How Long:

1. Do the 10 shots least twice in 30 minutes. This is not a timed exercise, but the point is to stay in focus and learn to identify good position cues quickly.
2. Do this exercise once a week.

Keys:

1. It's all about recognizing YOUR BEST POSSIBLE POSITION.
2. This is NOT a score exercise or a timed exercise.
3. Discipline: Do not just go through the motions. Focus on learning the things that are key to your good hold and execution.
4. You are building your ability to quickly recognize when things are set up right AND/OR when things are wrong and how to fix them.

Measured Challenge Drills

Six Different drills all starting the same

For What: Any position (for Performance Intensity, stage 3)

Goal: Focus on excellence of shots—score related. “Shooting the middle of the middle.”

How To:

1. Assume your position. Set up, align, and prepare as normal.
2. Warm up shots...at least 10 to evaluate position and warm up.

Drill #1

“Four in Fives” Standing (can be “Three in Five”)

What to Look for:

1. Challenge yourself to shooting 4 tens in 5 shots in standing.
2. Measure your success on how many groups where you shoot at least 4 out of 5 tens (or 3 out of 5, depending on skill level).
3. This is not a score the group drill...just count how many times you shoot the middle. Don't worry about the non-tens.

How Long: Can be done during any training session where shots are fired. Very good replacement challenge for shooting for score on a target. More focused on middle. Shoot 10 groups in position (about 45 minutes)

Keys:

1. It's all about FOCUS on shooting the middle, not score.

2. This can be a timed drill to add intensity.
3. Don't worry about non-tens.

Drill #2

"Counting Ten's"

What to Look for:

1. In any position, count your tens as you shoot. Evaluate the score of each shot purely on if it is a ten or not. Count the tens; ignore the non-tens.
2. Keep track in a series of shots, i.e., 40 shots slow fire, and chart your results. Example: 30/40 were tens.
3. Watch the trend over time.
4. You will find your scores as you start focusing on what caused the good shots to happen, versus just shooting for a score, no matter what shots make up that score.

How Long: This is a good drill to do instead of a pure shoot for score record day or exercise. You could do a couple of 20 shot series where tens are counted and compared. Don't worry about the non-tens.

Keys:

1. It's all about FOCUS on shooting the middle, not score.
2. This can be a timed drill to add intensity.
3. This can be a pretty good skill level equalizer in a group setting. Don't count anything but tens.

Drill #3

"Counting" Performance

What to Look for:

1. In any event, pick a performance item that you are trying to do better. An example could be making sure you run your visualization routine before every shot. Another would be making sure that you place purposely your elbow on your hip each shot in standing. Pick an item, especially that you might be doing inconsistently, and measure it in training.
2. Use a counting system: putting brass in your pocket each time you do "it" right. Try a clicker/counter. After each shot, ask if you did the performance related task designated. Measure versus a number of shots.
3. Chart and track your results. You will find that as you focus on performance tasks, your score will go up.

Keys: Discipline. This measure is completely up to you to challenge and score.

Drill #4

One Shot Matches (Match Play). Shoot one shot matches either against themselves or other shooters.

What to Look for:

1. Challenge yourself to shooting one shot at a time.
2. Measure your success by how many shots were performance oriented shots.
3. This is not necessarily a score drill. You are keeping track of how many performance oriented shots you performed. This is done by calling your shots and determining if the shot met your preset expectation of what a "performance oriented shot" is. If it did, annotate it on a piece of paper or counter, or put the empty brass in the box.
4. After shooting the match, count the times you shot a performance oriented shot and track it against the score.

How Long: Can be done during any training session where shots are fired. This is a very good replacement than just shooting for score on a target. The shooter is more focused on performance.

Keys:

1. It's all about FOCUS on shooting for performance, not score.
2. This can be a timed drill to add intensity.

Drill #5

Two Targets up at Same Time (measured performance, stage 3)

How To:

1. Assume your position. Set up both a 25yd target and 50yd target next to each other, one on the 25yd line and the other on the 50yd line. When you the shooter is properly positioned, both targets will be out of focus and appear to be adjacent to each other.
2. Alternate firing on the 25yd target and 50yd target.

What to Look for:

1. Shooting tight groups regardless of the distance.
2. Measure your success by the size of your group.
3. This is not a score drill. You are keeping track of the size of your group.

How Long: Can be done during any training session where shots are fired. This is a very good replacement than just shooting for score on a target. The shooter is more focused on performance and shooting for a group.

Keys:

1. It's all about FOCUS on shooting for performance, not score.
2. This can be a timed drill to add intensity.

Drill #6

Slow Fire with Remedial Training. Can be both performance endurance, stage 2 or measured performance, stage 3.

How To:

1. Assume your position. Sight in and shoot. Shoot ten "tens". Whenever you shoot a ten, continue on. If you do not shoot a "10", unload and dry fire 5 shots (may vary the amount as required). Do not stop until you shoot ten "tens"

What to look for: Focus on shooting in the middle of the middle. If shooting "tens" is too difficult, use "nines" or better depending on the skill level.

How Long:

1. This is not a time exercise. Do it until you shoot ten "center shots".
2. Depending on the skill level, the shooter may want to do twenty "tens".

Keys:

1. It's all about the shooting the MIDDLE OF THE MIDDLE.
2. This is a score exercise. Focus is on shooting the focus and performing correctly and shooting the MIDDLE.
3. You are building your ability to shoot "tens" on command.

Finals Drills

Four Different drills all starting the same

For What: Primarily Slow Fire (can be both Performance Endurance and Performance Intensity drills, stages 2 and 3).

Goal: Focus is on specific finals skills that we can train outside an actual match. Example: rhythm, timing, confidence on second holds etc.

How To: Set up for a normal final, follow all the rules and time parameters (important, don't fudge it) and then:

Drill #1

"Two Shots Drill":

What to Look for:

1. Have coach announce final as normal, from very start.
2. Instead of taking one shot, take TWO well-aimed shots in the 75 seconds.
3. Do not rush, do not be sloppy. If you can't shoot two at first, try it again.
4. Your focus is on gaining appreciation for how much time there really is in the 75 seconds to execute a good shot.

How Long: Do two finals back to back in a session. The first time you try this, you will find it a little awkward. Focus on shooting great shots and learning the time window

Keys: It's all about gaining confidence in the time available AND that you can take a second hold if necessary.

Drill #2

"Time Call Drill"

What to Look for:

1. Have coach announce normal final but add in a count down announcement every ten seconds as time passes.
2. This helps make you aware of the real time available AND helps you train to deal with distractions.
3. Coach can vary time call (not just on regular intervals)

How Long: Ideally two finals in a session; but at least one. Very effective to do this drill on the first final and then run a "normal" final right after.

Keys:

1. It's all about focusing on your mission of shooting a well performed shot in spite of a noisy distraction.
2. The time call helps you learn realistic/actual time passage. This will help with confidence on second holds when necessary,

Drill #3

"Hold and Shoot Drill"

What to Look for:

1. Same as "Two Shots" drill except that you make an honest effort hold at the target, then load and shoot the shot.
2. Do an honest holding exercise, not dry fire, at the target.
3. Then, load and shoot the shot.

Keys:

1. Discipline. You must make an honest hold exercise first. Don't just go through the motions.

2. Doing this properly will again reinforce the actual time available to you in a final AND build confidence in taking a second hold when necessary.

Drill #4.

“Mental Routine Drill”

What to look for: In this drill, you are SPECIFICALLY telling yourself what to look for prior to actually doing the physical act of firing the shot.

Step 1: Pick up the gun and align towards target.

Step 2: Take deep breath and let out.

Step 3: VIVIDLY picture YOUR hold settling in a ten and shot going off.

Step 4: Settle onto target, look through sights, and let yourself react to the sight picture.

How Long: Do this every final you shoot: during training, drills, “guts matches”, whatever.

Keys: LEAD with your MIND, so that your body follows with the desired action.