



Warm Up & Cool Down Drills

Shoot this drill at the beginning and end of your range day.

Pistol Drills

Drill #1 @ 5 yards

5 shots slow fire no time limit on the bottom left dot.
Par all shots in the black dot or touching the dot.

Drill #2 @5 yards

(From the holster)

Draw and shoot 5 shots on the bottom right dot.
Par 10 seconds

Drill #3 @ 5 yards

(From the holster)

Draw and shoot 1 shot to the top box.
Par 2 seconds
(Perform this drill 5 times)

Drill #4 @ 5 yards

(From the holster)

Draw and shoot 5 shots to the big circle.
Par 4 seconds

Drill #5 @ 5 yards

(From the holster)

Set up: Load one mag with 4 rounds and the 2nd mag with 1 round.

Draw and shoot 4 shots to the big circle, reload from slide lock and shoot 1 shot in the top box.
Par 7 seconds.

Carbine Drills

Drill #1 @ 5 yards

5 shots slow fire no time limit on the bottom left dot.
Par all shots in the black dot or touching the dot.
**Remember offset.*

Drill #2 @5 yards

(From the low or high ready)

Shoot 5 shots on the bottom right dot.
Par 7 seconds.

Drill #3 @ 5 yards

(From the low or high ready)

Shoot 1 shot to the top box.
Par 2 seconds.
(Perform this drill 5 times)

Drill #4 @ 5 yards

(From the low or high ready)

Shoot 5 shots to the big circle.
Par 3 seconds.

Drill #5 @ 5 yards

(From the low or high ready)

Set up: Load one mag with 4 rounds and the 2nd mag with 1 round.

Shoot 4 shots to the big circle, reload from bolt lock and shoot 1 shot in the top box.
Par 7 seconds.