

Rifle Training Session

1 Ups

From the high or low ready, make a center mass hit. Repeat 5x at each distance. Any overtime shots count as misses.

5 yards- 1.5 sec

--	--	--	--	--

10 yards- 1.5 sec

--	--	--	--	--

15 yards- 1.5 sec

--	--	--	--	--

25 yards- 2 sec

--	--	--	--	--

35 yards- 2 sec

--	--	--	--	--

50 yards- 2 sec

--	--	--	--	--

Failure Drill

From the high or low ready, make a center mass hit. Repeat 5x at each distance. Any overtime shots count as misses.

5 yards- 2.5 sec

--	--	--	--	--

10 yards- 2.5 sec

--	--	--	--	--

15 yards- 3 sec

--	--	--	--	--

25 yards- 4 sec

--	--	--	--	--

35 yards- 4 sec

--	--	--	--	--

50 yards- 4 sec

--	--	--	--	--