## Rifle Training Session

## <u>1 Ups</u>

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			I	
50 yards- 2 sec	Γ		Τ	Г
Failure Drill From the high or lo		nter mass hit. Repe	eat 5x at each dista	nce. Any overtime
		nter mass hit. Repo	eat 5x at each dista	nce. Any overtime
From the high or lo shots count as miss		nter mass hit. Repo	eat 5x at each dista	nce. Any overtime
From the high or lo shots count as miss		nter mass hit. Repo	eat 5x at each dista	nce. Any overtime
From the high or lo shots count as miss 5 yards- 2.5 sec		nter mass hit. Repe	eat 5x at each dista	nce. Any overtime
From the high or lo shots count as miss 5 yards- 2.5 sec		nter mass hit. Repe	eat 5x at each dista	nce. Any overtime
From the high or lo shots count as miss 5 yards- 2.5 sec 10 yards- 2.5 sec 15 yards- 3 sec		nter mass hit. Repe	eat 5x at each dista	nce. Any overtime
From the high or lo shots count as miss 5 yards- 2.5 sec 10 yards- 2.5 sec		nter mass hit. Repe	eat 5x at each dista	nce. Any overtime
From the high or lo shots count as miss 5 yards- 2.5 sec 10 yards- 2.5 sec 15 yards- 3 sec 25 yards- 4 sec		nter mass hit. Repe	eat 5x at each dista	nce. Any overtime
From the high or lo shots count as miss 5 yards- 2.5 sec 10 yards- 2.5 sec 15 yards- 3 sec		nter mass hit. Repe	eat 5x at each dista	nce. Any overtime
From the high or lo shots count as miss 5 yards- 2.5 sec 10 yards- 2.5 sec 15 yards- 3 sec 25 yards- 4 sec 35 yards- 4 sec		nter mass hit. Repe	eat 5x at each dista	nce. Any overtime
From the high or lo shots count as miss 5 yards- 2.5 sec 10 yards- 2.5 sec 15 yards- 3 sec 25 yards- 4 sec		nter mass hit. Repe	eat 5x at each dista	nce. Any overtime