



Target Instructions

Page 3: 1-inch Circle Targets

Use to improve your accuracy, precision, and trigger control. Work towards landing all shots with no misses; then work up to two shots per circle with no misses. Start at 4-yards. This is a slow fire drill.

Page 4: 6-inch Circle Target

This is a rapid-fire, recoil management drill. Start at 5-yards. From compressed ready, try to land 6-shots on target within 2 seconds. If you're successful, increase the distance and/or decrease the par time.

Page 5: Throttle Control Target

This target introduces you to change the speed of your shots, a.k.a. throttle control. Shoot at least 3 shots in the 6-inch circle as fast as you can be accurate, then immediately change gears to shooting at least 1-shot in both of the 2-inch circles. You will notice that you must slow down when shooting the smaller circles. Shoot this from a distance of 4-yards to start. You can also shoot the small circles first then the 6-inch circle.

Page 6: 1-2-3 Circle Target

The target allows you to work many skill sets due to the different-sized targets and the spread of the targets. A good start is to shoot all of the targets from top to bottom, or bottom to top. 1 shot for the 1-inch circle, 2-shots for the 2-inch circle, and 3-shots for the big circle. Start at 3-yards.

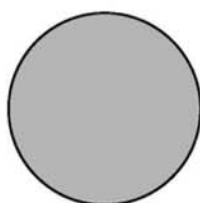
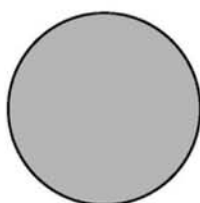
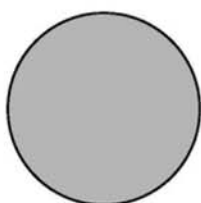
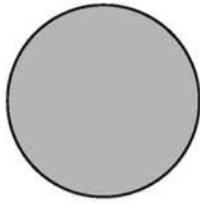
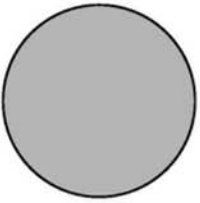
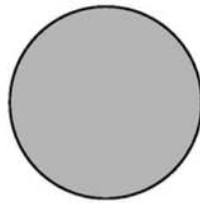
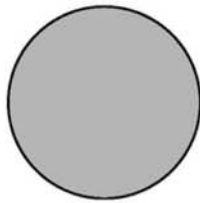
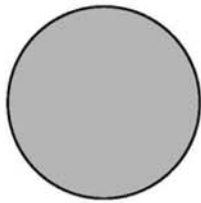
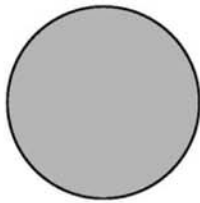
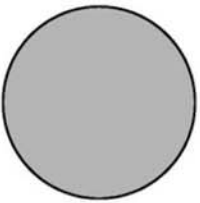
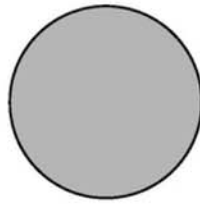
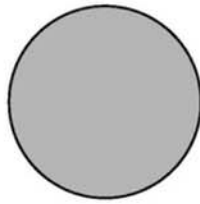
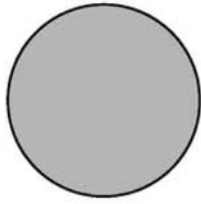
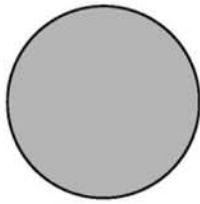
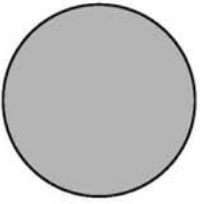
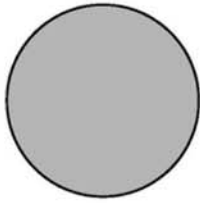
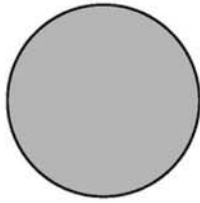
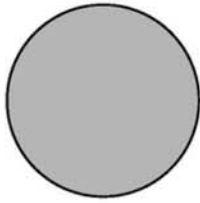
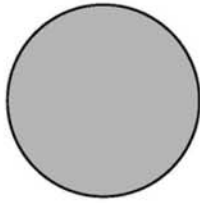
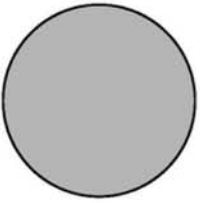
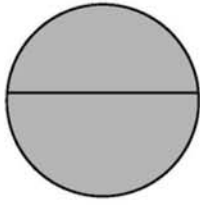
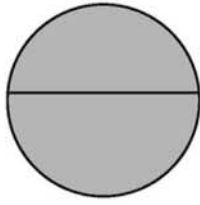
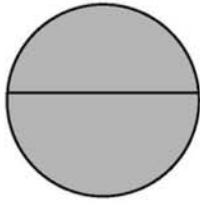
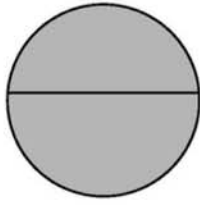
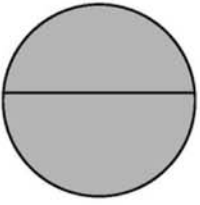


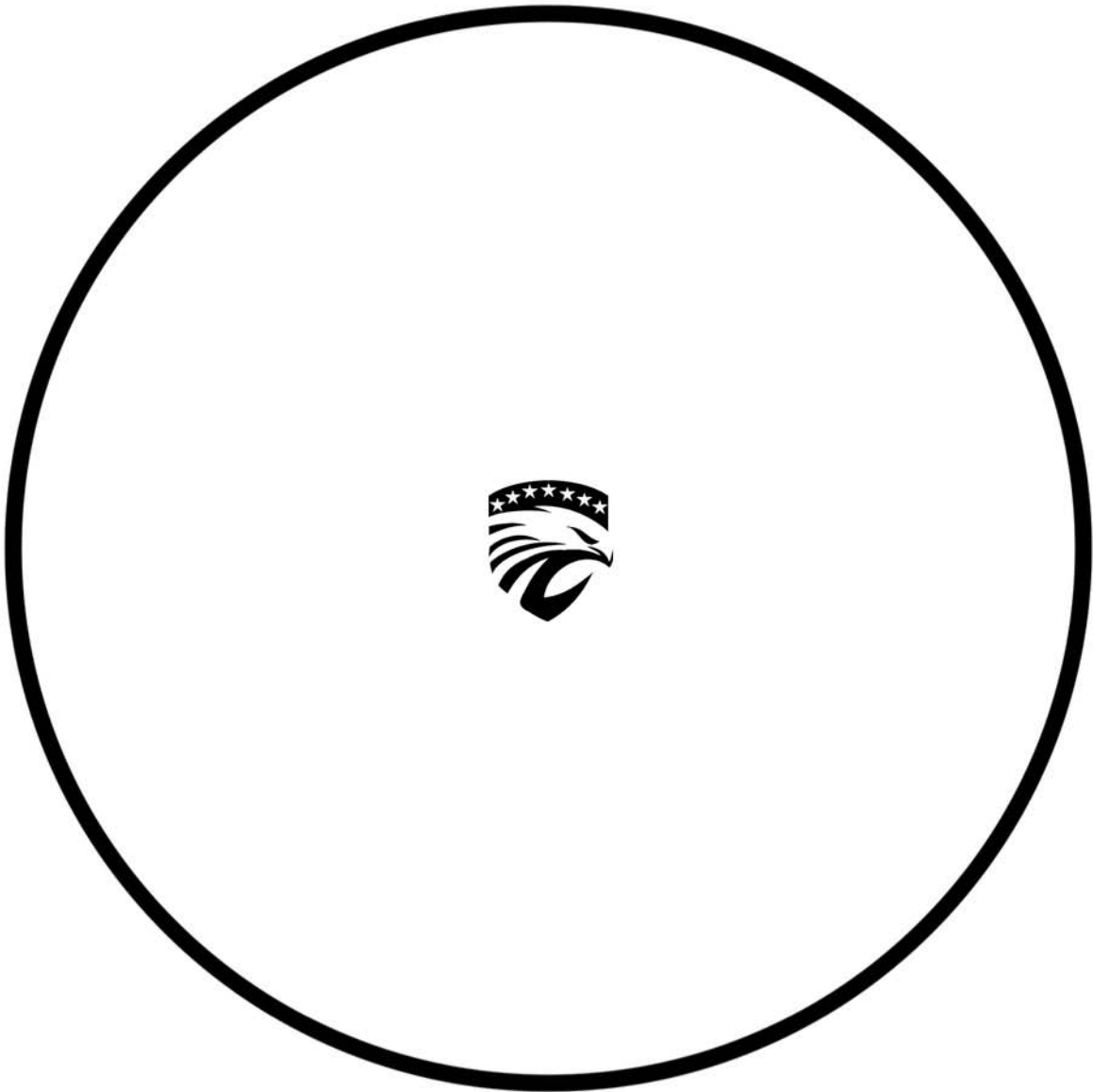
Page 7: Controlled Pair

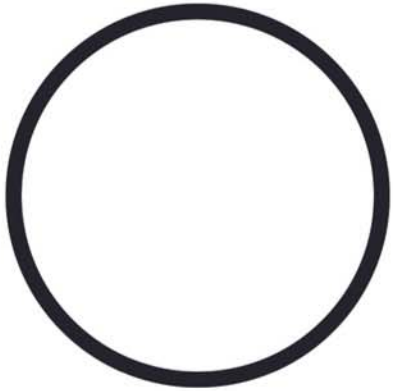
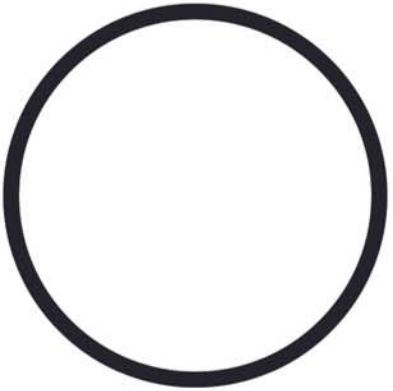
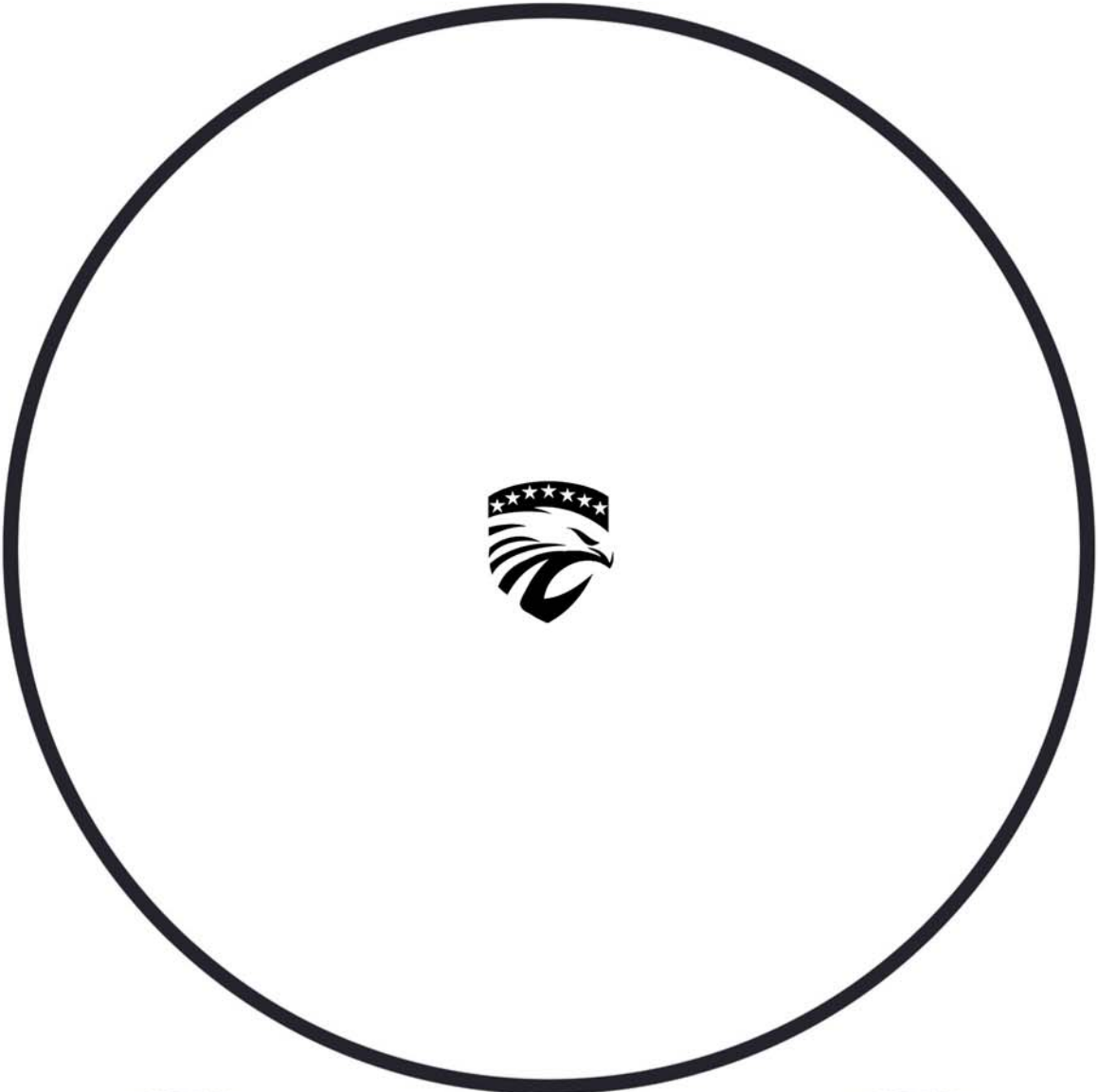
Starting at 4-yards, try to land two rapid-fire shots in each 2-inch circle with a set baseline par time. As you're able to land all of your shots, increase the distance and/or decrease your par time.

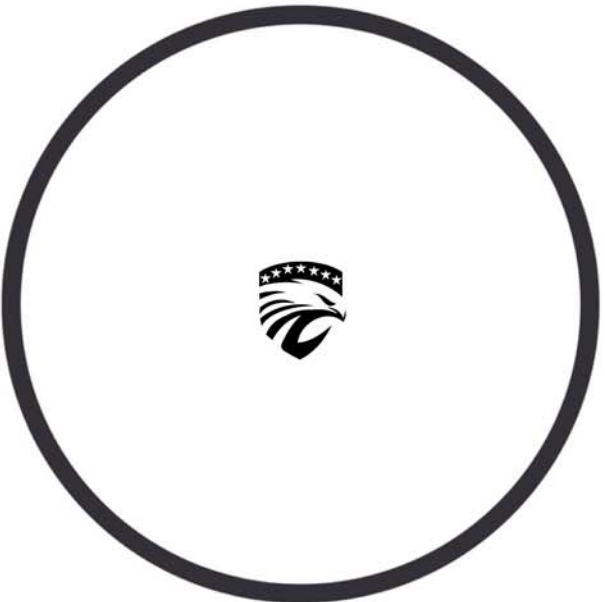
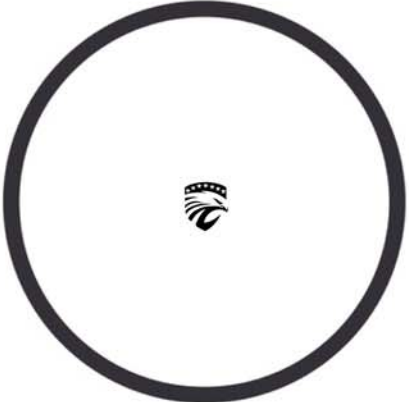
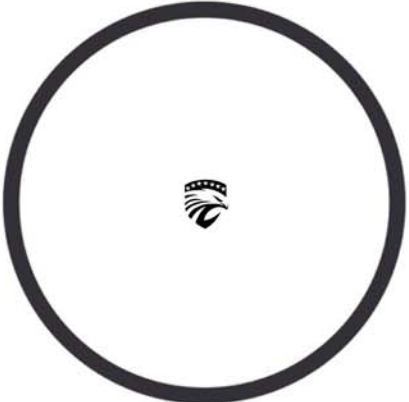
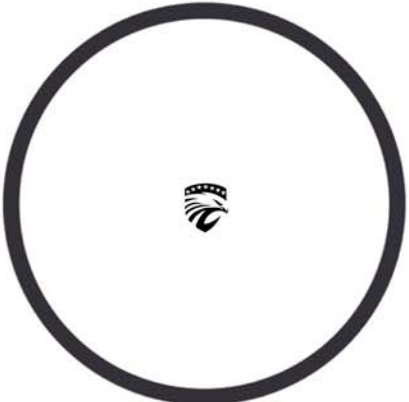
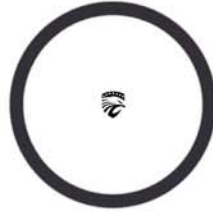
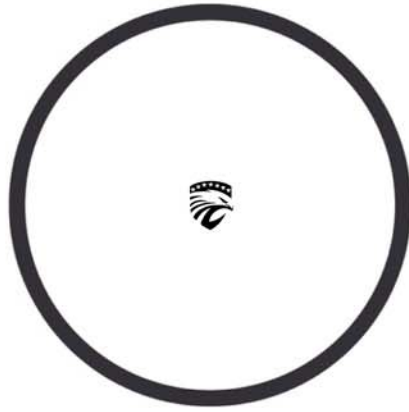
Page 8: Dot Torture Drill

This is a popular 50-round drill. Specific instructions are on the target sheet itself.



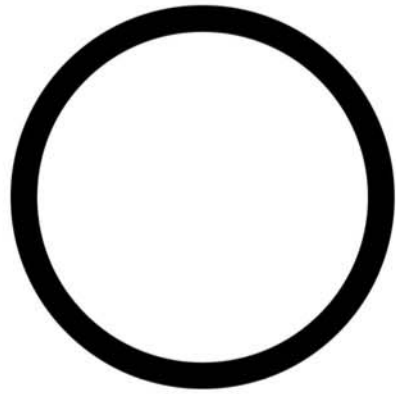
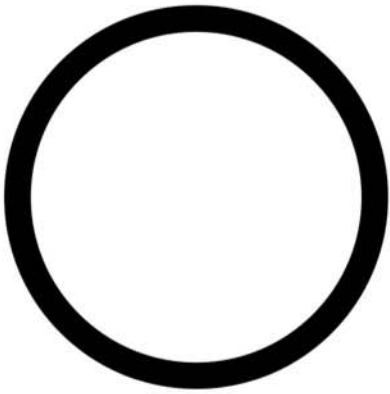
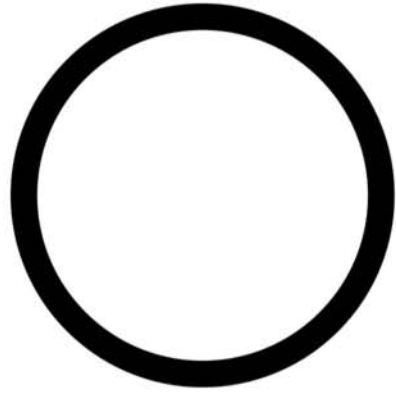
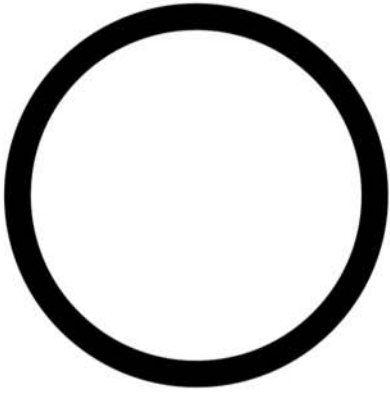
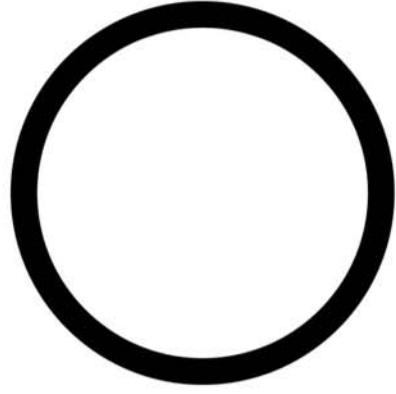
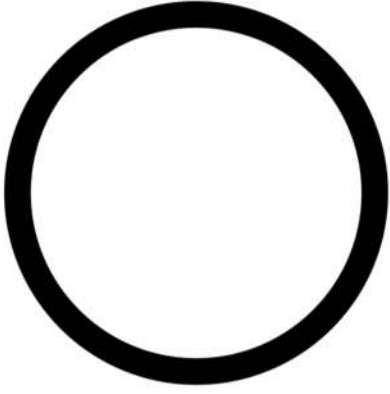






VALORTEC





Dot Torture

INSTRUCTIONS: Place target at 3 yards, complete firing sequence as described. A "pass" is completing the drill with 100% accuracy. Once you can consistently pass the drill, add a time stress - par time is 5 minutes with 100% accuracy. When you can pass that, start increasing the distance. 5 yards, 7 yards, 10 yards. All within 5 minutes and 100% accuracy.

Date: _____ Score: _____ /50

Distance: _____



5 shots slow fire



draw, one shot (x5)



draw, 1 on 3, 1 on 4 (x4)



draw, five shots strong hand



draw, 2 on 6, 2 on 7 (x4)



ready, five shots weak hand



draw, 1 on 9, speed reload, 1 on 10 (x3)

