Collection of Pistol Drills for Practice
Collected by Ryan Wood

As a newly competitive pistol enthusiast, I constantly want to improve my skill. Here is a small collection of drills from various sources. Enjoy.

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Credits:

Initial information gathered from http://www.sportshooter.com
Other information gathered from http://www.brianenos.com
More information gathered from http://www.kuci.org/~dany/firearms/
Introduction

[Note: Introduction modified from http://www.sportshooter.com]

Gathered here for your improvement are various practice drills. Each drill is described on its own page so you can easily print it out and take it to the range. Each drill describes the intent of the practice, what you need to set it up, and how to run and evaluate it. There is a credits section at the end of each giving credit.

Remember to focus on safe firearms practices at all times. For dry fire drills, you still need to aim in a safe direction -- not to mention checking several times that the firearm is really unloaded as are any magazines you plan to practice with and then moving to an area that has no ammunition. Check again if you interrupt your practice for any reason.

Tape often and keep records. There are two management sayings that apply here: (1) You can't manage what you can't measure and (2) You get more of whatever you measure. Keep a log book, pens, and plenty tape or target pasters in your range bag. If nothing else, write your results on the back of your practice drills printout. Tracking you progress will let you know where you are improving (which will increase you confidence) and let you know where you need more work (which will help you get even better).

Be sure to know and obey any restrictions your practice range may have regarding shooting multiple targets and rapid fire. They've been good enough to provide you a place to shoot -- don't disrespect them.
Basic Gun-Handling Safety Rules

Taken from: http://www.kuci.org/~dany/firearms/

**Basic Principle:** YOU are responsible for ANY gun in your possession. Possession, defined by law, means holding or controlling. If someone is going through the trunk of their car, and hands you a gun to hold for the briefest of moments, you are suddenly responsible for that weapon. You are responsible for making sure the gun is held safely and pointing safely, and YOU ARE RESPONSIBLE for ANY discharge of that weapon. If someone is hurt due to your momentary negligence, you are responsible, whether you dropped the gun, didn't know it was loaded, or accidentally pointed it in an unsafe direction. The person most likely to be injured in an accidental discharge is yourself or a friend. So follow the rules.

These are commonly accepted among gun instructors, and have been published many times before. They are in the public domain and are collected here for your convenience.

- ALWAYS CHECK THE GUN to see if it is loaded. Even if you just saw someone else check the gun, even if you know it is unloaded, ALWAYS visually inspect the gun before handling it further. This means opening it up to check any places where a live round might be hiding. Do this WHenever you acquire the gun--someone reaches under the counter in a gun store to show you a weapon--check it. You hand someone an unloaded gun to hold while you shift some ammo cases. When they hand it back--check it. It should be a routine matter of habit, anytime you pick up a gun or someone hands you one.

  COROLLARY: Never accept into your possession a gun that you do not know how to check! Ask someone to show you how to check the gun first. Don't fiddle with it thinking you'll figure it out.

- ALWAYS treat the gun as if it were loaded anyway. The following rules thus apply to any gun, loaded or not.

- ALWAYS keep the gun pointed in a safe direction. If you are at a range, keep it pointed downrange. When reloading, be aware of where the weapon is pointing. It should be pointing at the target, or into the ground. If your weapon is holstered, your holster should direct the muzzle downward at a relatively acute angle, not poking out from under your arm to endanger everyone standing behind you. If you are hunting, keep your rifles pointing skyward if slung, or into the ground if carried, not aimed at your friend-in-front-of-you's butt. Don't lean on a rifle. Don't cowboy-twirl your single-action revolvers. Etcetera.

- When cleaning or repairing a gun this might not be possible--it's difficult, for instance, to keep the gun safely pointed while looking down the barrel. When you clean, either the action of the gun is open, or the gun is disassembled. Be cautious, and use common sense.

- Unless your gun is ON THE TARGET, keep your FINGER OFF THE TRIGGER. Simple: on target equals on trigger, off target equals off trigger. Easy to say, but the trigger is a natural place to rest a finger when holding a gun. Don't do it! Keep your trigger finger straight, resting against the side of the trigger guard. The only time the finger comes to the trigger is when the gun has been brought to bear on the target you intend to shoot.

- Once you know this rule, you can watch nearly any gun-handling TV show or movie to see how commonly it is violated. If you are a TV cop approaching a possibly lethal situation, your gun should be at ready, pointed in a safe direction, finger OFF the trigger. Carrying the gun, examining the gun, drawing the gun from a holster--whatever. Finger off the trigger until the gun is on the target.

- The oft-repeated, NEVER point your gun at anything you are not prepared to shoot. This doesn't mean that if you have pointed a gun at something that you are obliged to pull the trigger. It DOES mean that anything you point your gun at could possibly take a bullet, whether you intend it to or not. It also means you NEVER brandish your gun or threaten anyone with it unless you are in an immediate life or death situation and you are prepared to use it. It means that it doesn't matter if the gun is loaded or not--handle it as if it were.

- This rule, again, is ridiculously ignored in movies. People are always gesturing to each other with their guns. Watch the arc that the muzzle covers when they do this. People who cross your body while waving their guns around are not your friends.
• Be sure of your target and what is beyond it. This means NEVER point or fire at anything that (1) you cannot clearly and unambiguously identify as a target, and (2) that would pose a danger to anyone were your bullet to stray, ricochet, or overpenetrate. It means always knowing where your bullet has the potential to go. Never point the gun or pull the trigger at a close-range target without a backstop that will STOP your fire. Dry firing? The gun is unloaded, eh? SEE RULE #2. Only fire against a backstop. There are too many corollaries to this rule to list, especially when it comes to open-range target plinking, long-distance shooting, and self-defense situations. Using safety ammo is supposed to reduce overpenetration of the target, but it won't keep you from hitting a bystander if you miss. Be sure of your target.

• Store and transport your guns safely. There is no strong consensus as to what constitutes safe storage and transportation, so it's up to your discretion. Some people keep all their guns in a fireproof basement gun vault with their ammunition stored separately, other people keep their handgun loaded and on their person at all times. Investigate the options, and exercise your common sense. You should know that if a child ever acquires a firearm due to your negligence, you could be federally liable. Be aware that your vehicle typically stands a much greater chance of being burglarized than your home. Factory ammunition doesn't constitute a fire hazard, but be careful where you store it. Investigate the options, make a formal determination about how your weapons will be safely stored and transported, and then stick to it.

• A couple common rules of thumb are: never be separated from a loaded weapon--if the gun is away from your person, in your car, at home alone, etc, it should be unloaded. And never depend on hiding a weapon to keep it from a child.

• Shoot with eye and ear protection. Simple, eh? Obviously in some cases (self-defense, hunting) you may not be able to, but you'll be better off when you do.

• The common-sense rule of threat avoidance: never do anything when you are armed that you wouldn't do if you weren't--i.e. intervening in a robbery, going outside your house to investigate noises, going to tell your drunken neighbor to shut up, etc. Think about leaving the gun behind. If you wouldn't do it without a gun--DON'T DO IT. Call the police, swallow your pride, take the loss--whatever. Don't carry a gun into a potential conflict where you feel you might need it. Avoid the situation. Simple advice, but sometimes difficult to follow. Don't be macho, be smart.

• The tenth and final rule--never hand a gun to anyone that doesn't understand and abide by these rules. Once they are holding the gun, it is their, not your, responsibility to handle it safely, but you have your conscience to live with.

• These are just the basics. If you do things like hand loading, hunting, skeet shooting, practical shooting, or open range plinking there will be a pile of other safety considerations. You should know federal laws, and the laws in your state. Keep these rules in mind, and you may well live to be a happy handler of many guns.
An avid IPSC shooter (and sportshooter.com fan) from Jamaica, Sheldon Neil, wrote to thank SportShooter.com for the practice drills library, but added that they didn't give folks any input on how to get ready to make the most of their practice time. Thanks to Mr. Neil for taking the time to share.

- Dress appropriately - clothing, shoes, hat and even sun block, if necessary. You won't get the full benefit of practice if you're uncomfortable.
- Have all your equipment that you will need. Being unprepared is very distracting and will not do anything for your session. Also, being prepared is a good confidence booster.
- Begin your practice session in a focused and positive frame of mind. Know exactly what you want to do, what you want to achieve and how you plan to achieve it. A big part of this is to shed the mental baggage that we have when we arrive at the range. I usually allow about ten minutes of quiet time for "focusing" after I've arrived at the range and before I start my session.
- Take your practice seriously. Not competitively or in a frivolous manner. There'll be time for racing or fun and games later. (This may have been said or implied before - but is worth repeating)
- Know your equipment - its good points and the advantages it allows you and (maybe more importantly) its limitations. That way you will set reasonable and achievable goals.
- Practice with a video camera or shooting buddy (or better yet - both) looking on. Each will be able to give important (and "reviewable") feedback. When it's your turn to help your buddy, your input will also reinforce your own understanding and skills.
- Review often. This will help to break bad habits quickly before they set-in. If you're doing it right then regular review will reinforce it further and you will begin to more quickly "feel what right feels like".
- Take regular rest periods and have energy-boosting snacks available. Practicing to exhaustion is counter productive.
- As you get more proficient, practice sometimes even when you don't feel like it. It trains your mind to focus.
- Develop warm-up routines, routines when you go to the line and any other routines that you can. It takes the guess-work out of the many things you have to do and also helps to train you to become focused more quickly.
- Finally, share your tips freely (but not unsolicited or in an overbearing manner) with others. You will soon begin to receive many useful tips from others.
Top 3 – Most Popular Drills

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Only perfect practice makes perfect. No one can promise doing any of these drills will actually improve your performance -- that's up to you.
**Bill Drill**

**Objective**

Develops and tests accuracy under rapid fire, ability to achieve proper sight alignment before releasing follow-up shots. Helps you learn the recoil pattern of your handgun.

**Setup**

Single silhouette target at 7 yards.

**Procedure**

Start facing the target, hands at sides. On start signal, draw and fire six (6) shots as quickly as possible on the target. The goal is to place all six shots in the A-zone or -0 zone of the target. Score as appropriate for the rules you compete under (IDPA or IPSC). Penalties for too many or too few shots.

**Variations and Similar Drills**

One variation is to score the target pass/fail -- either you got all six shots in the A-zone or you failed to do so (and should alter something about how you perform the drill). When practicing at a range that does not allow drawing from the holster, start at low ready.

The "Running Richard": same basic drill except that the single target is on a moving platform going past the shooter. Take six shots in each direction.

**Credits**

Both drills are credited to Bill Wilson of Wilson Combat.
Bill Drill – 15 Yards

Objective

[NOTE – Taken from Brian Enos’s Forums, words are his]

Lately, Rob and I have this joke about practicing - we only shoot at 15 yds because it's the ultimate distance. Why? Because in today’s matches you rarely shoot past 15 yds. If you do, a long shot is 25yds. So 15yds is far enough to keep you honest, but close enough to let you crank it up. With that in mind, try the following drills.

Setup

Set up 1, 2, or 3 IPSC targets at 15yds (in case you forgot, the ultimate distance). Basically, you're just shooting on one target at a time; you might set up 2 or 3 just so you don't have to go tape as often.

Procedure

Then, try some Bill Drills on a 15 yd target. (Surrender or Hands at Sides Start - 6 shots – only all A's count for a score, which is your time.) What is your best time? And then, when you're really feelin’ froggy, try some Bill Drills on the Head box. (Or for the politically correct, the upper B panel.) I'm using a slightly different scoring requirement for the Head Box Bill Drills - instead of having to shoot all those (very small) A's, all 6 shots must score in the head panel, and the A's just break the ties. For example, on my first attempt, I shot 6 head shots in 2.75 secs, and 3 of the shots were A's. So the score would be 2.75, 3x. Now as far as world records go, the determining factor is time, so a 2.50 with all B's would be the winner.

Some time ago, every time I would go to practice I would attempt to shoot a "cold turkey" Bill Drill at 7 yds before I began my practice session. This taught me quite a bit about the difference between being knee-deep in brass and shooting a "record run," or shooting a run in a match. Eventually, after a year or so I did it; I never tried it again. (Too much emphasis on the accomplishment, I guess.) And then, a couple years ago I began trying the same thing, only this time at 15 yds (the ultimate distance). This tougher requirement really opened my eyes to being "warmed-up" before competing. Eventually, I did this also - Robbie happened to witness it. I've tried it a few times since - it's tough - I haven't done it since. (In reality, I can try a 2 second Bill Drill at 15 yds for a boatload of rounds and not do a single one.) (It's a 1.00 draw and .20 splits)

Don't worry about the 2 sec time for your Bill Drills, especially past 7 yds. Concentrate on shooting all A’s and see what your fastest one is (with all A’s) cold turkey, and then see what your best is after you’ve cranked some rounds downrange.

Variations and Similar Drills

I think the 15 yd Head Box Bill Drill is a killer drill – I plan on shooting it quite a bit in the future. My best today was my first run – 2.75 3x. (It was not cold turkey!) My best 15 yd body Bill Drill is 1.89 secs. It was a total "luck-fest," I don’t think I could ever repeat it. For me, just to get under 2 secs is really rough. If I "connect," it will probably be around the 1.97 – 1.99 zone. Practicing in this way, it’s easy to just start shooting for the "time," and then see if the hits are there. Obviously, this will produce bad habits – it’s better to practice to shoot all A’s and let the time be what it is.

Credits

Brian Enos
**Triple Six**

**Objective**

Triple Six is a great drill. It will teach you exactly what you need to see at different distances.

**Setup**

Set up 3 targets at 7, 15, and 25 yards. You will shoot 3 strings here but keep track of your overall time.

**Procedure**

String one- Draw and fire 6 rds into T1.

String two- Draw and fire 6 rds into T2.

String three- Draw and fire 6 rds into T3.

The point of the drill is to see how fast you can shoot at every distance but keeping them in the A-Zone. Every point you drop, you must add time to your overall time.

A- +0  
B/C- +.20  
D- +.50  
Miss- + 1 sec.

**Variations and Similar Drills**

N/A

**Credits**

Taken from Brian Enos’s Forums, but credited to Max Michel.


Shooting Skill Drills

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Receding Bullseyes

Objective

Develops accuracy and trigger control. As you repeat this drill (and improve) over time, you'll increase your accuracy at longer distances.

Setup

Multiple targets (for replacement). You can use standard paper targets or place a small (1.5") circle sticker on the target.

Procedure

Start reasonably near the target. Shooting small groups, try to place all of your shots in the bullseye with no flyers. Continue to move the target back between shot groups as long as you are getting all of your shots in the bullseye. Try starting a little farther away and working the target out more on subsequent trips, all the while keeping all of the shots in the bullseye. You should develop a hole in the middle of the target through which all of the bullets go. You'll know when you "miss" because there will be a new hole in the target.

Shots outside the bullseye mean you need to practice more at that distance before moving the target further away (or moving farther away from it if you are outside).

Variations and Similar Drills

Some folks use a 3"x5" card (see Accuracy Drill), some folks cut a hole out of a target and try to put all of the shots through the hole without touching the target. The basic idea is to develop a solid shooting platform and good trigger control -- get used to hitting what you aim at.

Credits

Much of the drill makes common sense – SportShooter.com’s seen it credited to too many different folks to single one out.
**Accuracy Drill**

**Objective**

Develops sight alignment and trigger control.

**Setup**

Use 3x5 cards (or slips of paper cut to comparable size). Works best if mounted on a larger surface.

**Procedure**

Place target at 15 feet (5yds). Slow fire six shots at the target. If using a DA/SA gun, make shots one, three, and five DA and shots two, four, and six SA. If you do not get all six shots on target, slow down. Work on getting a perfect sight picture and straight back smooth trigger pull. Keep shooting six shot strings at 15' until you can get six for six.

Once you can score all hits at that range, move the target back another three feet (6yds) and repeat. If you have any misses, slow down and work on sight alignment/trigger press. If you get all hits, place the target another three feet away (7yds) and continue to move it back by three feet each time you score 100%.

In my experience, with a little coaching and a couple hundred rounds of ammunition, the average shooter can reach 15yds -- hitting a 3x5 card every single time on demand -- with a few hours of practice.

**Variations and Similar Drills**

See Receding Bullseyes.

**Credits**

Courtesy of Todd Louis Green.
Controlling Trigger Slap

Objective

Develop a feel for the trigger reset point of your firearm. The symptom this exercise attempts to control is completely releasing the trigger between shots -- which is unnecessary. There is the first part of the trigger movement -- the take-up, then the break, then the movement of the trigger after the break. The trigger only needs to be released for a follow-up shot to the point that it resets for the next break. Releasing it further causes the shooter to "slap" the trigger, generally throwing the shot off course.

Setup

None.

Procedure

With an empty gun, rack the slide to activate the trigger. Pull the trigger back until it breaks and keep holding it back. Cycle the slide while holding the trigger back. Now slowly release the trigger until you feel it reset. Pull the trigger back again, feeling it break for the next shot. Learn how to release the trigger just enough to make the next shot. Even at the range you can practice firing and holding back the trigger, releasing to the reset point, and then taking your next shot. Build up speed as you learn the reset point (both in dry and live fire practice).

Variations and Similar Drills

You could have someone rack the slide for you while you maintain your shooting position.

Credits

Many different instructors use and recommend this exercise.
**Dummy Round Drill**

**Objective**

Highlights follow-through and flinch control. Probably does more to demonstrate your problem than help you actually solve it -- but knowing you have the problem is at least half of the battle. If the hammer falls on an empty chamber or dummy round during slow-fire shooting, your gun shouldn't budge--sights should stay aligned and on target, eye still clearly focused on the front sight. If the gun does dip (or jump), you're anticipating the recoil.

**Setup**

Any target will do at any distance.

**Procedure**

Have someone else load a magazine for you, mixing live rounds with snap caps, or for a revolver, leave one or more chambers empty. When you fire the gun, concentrate on keeping the gun steady, sights on target, no matter what happens. When the snap cap comes up you'll be able to check your flinch. If you're doing well, the gun won't budge. If you're not doing well, keep up with the drill until you are. Keep your sights aligned and on target while you release the trigger just enough to reengage the sear (proper follow through).

You can do this yourself by loading several magazines and mixing them up, or loading a magazine with your eyes closed, or rotating the cylinder with your eyes shut before closing it.

**Credits**

Uncertain, but we thank Dan Young for this description.
**Surprise Malfunction Drill**

**Objective**

This drill tests your ability to quickly and efficiently clear gun/ammo malfunction under a stressful situation. By having the shooter be uncertain what malfunction they will find, it forces the shooter to examine the situation and think to correct it.

**NOTE: DO NOT CREATE MALFUNCTIONS BY DAMAGING OR ALTERING THE MECHANICS OR INTEGRITY OF THE FIREARM.**

**Setup**

The setup requires a bag, box, briefcase or any other object that conceals the firearm, a standard IPSC or IDPA target placed 3 yds from the firing line, dummy rounds, empty casings or brass.

**Procedure**

Have the shooter stand facing away from the target. The bag or box will be placed on the firing line, with the shooter’s firearm in the bag. The RO or another person will, without the shooter observing, induce some type of malfunction, or a combination of malfunctions. Be creative. Either loaded or unloaded.

Then, on the signal, have the shooter move to the bag, open it, retrieve the firearm and fire ALL live rounds. To increase adrenaline and realism, have the shooter start 20 to 30 or more yards from the bag, then sprinting to the line. This will more closely simulate combat/tactical physiological responses.

You can vary this almost infinitely. Use more or less dummy rounds, increase distance to the target, increase distance from the shooter to the firing line, use multiple targets, use as many types of malfunctions you can think of.

**Variations and Similar Drills**

The Farnam Drill and Dummy Round Drill also help the shooter practice clearing malfunctions.

**Credits**

This drill was emailed to us by Darin Record.
"Tap, Rack, Assess / Shoot" Drill -- K.I.S.S. Method

Objective

The objective is to make "immediate action" pistol clearing an automatic reflex -- anytime the gun fails to fire -- through high numbers of perfect repetitions, with verbalization. The goal (for the rest of our shooting careers) is that any trigger press resulting in a "click" (instead of a desired "bang") will serve as an instant stimulus to correctly "Move!, Tap!, Rack!, and Assess" and get back on the threat / target. For example, a child dashing out in front of our vehicle already serves as an instant stimulus to react -- reflexively jam on the brakes and turn the steering wheel, HARD! There is no real "thought" process . . . you just DID it!

Setup

Use an 8.5 x 11" (or smaller) sheet of paper for a target -- THIS IS NOT A SPEED DRILL! Purpose of the smaller target area is to s-l-o-w ourselves down, at first. It is essential that both manipulation of the gun AND the proper sequence be mastered perfectly BEFORE attempting to "pick up the pace". There are at least 4 components of this drill which are necessary to insure it's effectiveness:

- **Movement.** It can be as simple as one step to either side, or to some cover, depending on range restrictions.
- **Verbalization.** Imperative we command -- to ourselves and Out Loud & Clear -- what each step of the sequence is, as we complete it. (See commands below.)
- **Follow-up Sight Picture & Second Trigger Press*.** Indicators we are "going too fast" for our own skill level -- and guarantors the drill will have NO effectiveness for us -- include: tapping the mag at any point before we've completed 2 perfect sight pictures and trigger presses, and/or; "racking" the slide before we've "tapped" the mag.
- **Keeping the pistol and our eyes UP during sequence**. Our pistol is kept up near our line of sight, and OUR LINE OF SIGHT NEVER LEAVES THE AREA OF THE THREAT!

Finally, this drill can be run by alternating an inert training round for each live round loaded into each magazine. A manufacturer may discourage "excessive" dry firing of their pistols. Always check the owner's manual for your gun or consult a knowledgeable source for information.

Procedure

1. At 7 yard line, load with a full magazine and holster.
2. Using just the thumb and/or index finger of weapon side hand, simply depress pistol's mag. release button/catch.
3. From hands relaxed at side, Draw, Aim In, and complete 2 trigger presses with a total of 2 sight pictures*.
4. When gun fails to fire, immediately "MOVE!!"
5. "TAP!!"** (Mag bottom, with heel of hand and HARD!)
6. "RACK!!"** (Find which method works the quickest and most effectively with your gun and hand size and stick with it! I.e.- "Hand over" the slide vs. "Slingshot". Will the method you've decided on work if your hand becomes bloody or wet? What if the gun or it's chamber somehow becomes crudded? Remember, NOW is the time to experiment!)
7. "ASSESS!!"*** (Back up on the threat, fully committed to the follow-up shot!) Traditionally, this drill was always ended with a follow-up shot but always remember, "He/she with the most options wins!" Mix it up in your own practice sessions, sometimes ending the drill with continued live fire and /or continued verbal commands toward the threat!

Variations and Similar Drills

Dummy Round Drill, Surprise Malfunction Drill

Credits

Submitted by Deputy Sheriff Cpl. R. "THOR" Thorsen, with all credits to the NRA Law Enforcement Activities Division
**Benchrest Shooting**

**Objective**

Teaches accuracy, ideal sight picture, and relaxation while shooting.

**Setup**

Any target, any distance, though the more challenging, the better. You'll need something to rest at least your forearms on. An actual pistol rest is best.

**Procedure**

Shooting from a pistol rest is the way to learn an ideal sight picture, good trigger control, and to build confidence that your gun shoots to point of aim. The NRA recommends starting all new shooters from a rest, just so they can see an ideal sight picture and understand that if the sights are aligned on the target when the gun fires, the bullet will accurately hit the target. Once this understanding is established, other kinds of shooting have a foundation to build from.

Advanced shooters will find that by using a rest, they can shoot to the gun's limit. It's an excellent way to observe the shooting process, watching the sight lift, the slide operate, and the gun come back into battery on the target.

Shooting 1/4" dots from a rest is a challenging way to test your limits. Put 15 dots on a sheet of paper with a larger aiming circle around each one. One shot per dot at 7 yards; bullet must break the edge to score; anything over 10 is excellent.

Come back to benchrest shooting anytime you start thinking your sights need adjusting. Chances are it's you, not the gun.

**Variations and Similar Drills**

Any variation that is consistent with the goals is fine.

**Credits**

Procedure description courtesy of Dan Young.
**Freestyle Groups**

**Objective**

Teaches accuracy, ideal sight picture, making every shot count.

**Setup**

Single target, distance varies.

**Procedure**

Put a 1" target dot on a blank sheet of paper and run it out to 25, 50, 75, or 100 ft--whatever distance stretches your ability to put them in the center when taking your best shot. Load ONLY ONE round into the magazine and cylinder, and make the shot as precise as you can, taking all the time you need. After every shot, step out of your shooting position, collect the brass, or do something else to rest. Put a new target out every 10 shots.

Try to call your shots. If you are perfectly focused on the front sight at the moment the shot breaks, you will be able to tell if the shot was high, low, or off to the side. Wherever the sight is when it lifts, that's the direction the shot will go.

Handle the gun exactly as you would for more aggressive shooting--loading the gun with the proper procedure and shooting from your normal stance. Pay attention to how your stance and grip feel to you; slow, careful shooting can show you where unwanted tension is coming from. If you feel tired, take a break.

You can measure your groups with a ruler or caliper. Date and file your best target to see how your shooting changes over a period of months or years.

**Variations and Similar Drills**

Any variation that is consistent with the goals is fine.

**Credits**

Procedure description courtesy of Dan Young.
Starting From Low Ready

Objective

Develops sight acquisition and rapid first shot.

Setup

A 3x5 card taped on to a target at 7 yards.

Procedure

On a signal (if you have one available to you), raise the gun from low ready and put a round in the card. Many indoor ranges prohibit drawing from a holster, but if you are familiar with the drawing track, you can simulate the last half of the draw by starting with the gun near your chest instead of at low ready. If you are not familiar with the drawing track, this drill won't help you. Do more dry-fire drawing first.

Variations and Similar Drills

Low-ready/combat-ready reloading drill. Load three rounds into each of your magazines (on your belt or on a table), and two rounds in the mag in your gun. The drill is then:

1. Fire (and return to combat ready)
2. Fire; reload; fire (and return to combat ready)

Repeat #1 and #2 until you are out of magazines. Tape up your target after each drill so you are actively monitoring your accuracy.

Credits

Dan Young
Consecutive Pairs

Objective

Develops shot-to-shot follow through, visual and kinesthetic awareness. Shooters moving from slow-fire to rapid-fire often have trouble keeping the gun controlled, or keeping a precise sight picture. This exercise is designed to smooth out your shot-to-shot transitions.

Setup

Need a safe backstop.

Procedure

To isolate the mechanics of follow-through, don't set up a target. Instead, fire into the berm. This will prevent you from looking forward past the gun to see your shot placement. As long as the shots will be stopped by the backstop, we don't care where they go. If shooting at an indoor range, set up a target large and close enough that it will catch your fire easily.

Load a full magazine or cylinder, and with a good sight alignment (sights aligned, but not aimed at anything in particular), carefully fire one shot into the berm. Watch the front sight move through the arc of recoil and return to alignment, and fire a quick follow-up shot. Pay attention to how the gun feels while shooting, and make sure you aren't shifting your grip or lifting your finger off the trigger between shots. You are letting the gun show you how to fire it smoothly, letting it rise and snap back into alignment until it does this all by itself, as if it were spring-loaded. Watch the front sight, and don't worry about hitting a target--you're just learning how to make your shots feel connected and continuous.

If something feels wrong, freeze the gun and look at what you are doing. Look especially at your grip, your trigger finger, and where your visual focus is. Correct it, pay attention to it, and keep shooting.

Repeat this drill for a half hour, and you will have a lot more awareness of how the gun fires and returns to the target. Come back to this drill whenever you find yourself having trouble with follow through mechanics.

Variations and Similar Drills

If you're shooting in a range that limits rapid-fire to a shot per second, you can still learn smooth, quick follow-through by using a small target. Practice the above drill (with no target) until you are shooting as fast as the range will allow, and then move to aimed pairs on a 3.5 card at 25-40feet. Keep shooting pairs, watching the front sight, paying attention to follow-through, and keep your shots on the card. Verifying the sight picture will probably keep you within the slow-fire limits.

Credits

Dan Young
**Accelerated Pairs**

**Objective**

Develops top-speed accurate fire. Some shooters get hung up on the difference between double-taps (a.k.a. "hammers" -- two shots fired from one sight picture) and accelerated pairs (two shots, each with a sight picture). This exercise will help you sort out the difference and realize that sighted pairs can be as fast as unsighted ones. The trick is in teaching your eye to follow the front sight through recoil and make an instantaneous verification of the sight picture.

You might be shooting more slowly than you need to. The gun is in battery and back on the target very quickly, but many shooters add time checking the sight picture. This exercise will help you realize that your body can shoot the gun very quickly once your eye knows what to see.

**Setup**

High (or close) backstop, range that allows for safe rapid fire.

**Procedure**

First, be sure of your backstop. You may get some very high shots in the first portion of the drill -- make sure they will be caught.

With an IPSC target or other large cardboard target three feet from the muzzle of the gun, fire a double-tap as quickly as you physically can. Watch the target, not the sights, during both shots. You should be able to see your rounds go through the cardboard. Don't worry about the sight picture, just see how quickly you can manage the trigger and still feel like the gun is under control. Repeat at least 10 times.

After shooting enough top-speed pairs to have a feeling of consistency, slow down enough to bring your shots within a hand's-breadth of each other on your target. Taping a 4x6 card to the target might help. Tape the target after every pair.

When you are consistently firing target-focus double-taps within four inches or so of each other, switch to watching the front sight. Follow the sight through the arc of recoil, and visually verify the sight picture as the second shot breaks. But don't let this slow the shot. You will see that an aimed shot can be fired in the same amount of time as an unaimed one. If you are visually following the front sight through recoil, sight verification is instantaneous.

Diagnostics: If you have trouble seeing what the sight does during recoil, you may be blinking. Otherwise, your eye is seeing something during the recoil cycle of the gun--pay attention to what it is. Some people see the top of the gun or ejection port; some people watch the muzzle flash or the flash in the chamber. Lower the gun a bit so you see a tall front sight and just watch what the front sight does in recoil for a while. Follow the sight while looking over the gun first, then learn to follow it from a conventional sight picture.

**Variations and Similar Drills**

None.

**Credits**

Dan Young
**The "Mexican Defense"**

**Objective**

Intended to test reflexive skills by requiring the shooter to work quickly (6 shots in 5 seconds for each stage) while also doing it according the stage description. This course was an old standard in the 1960s in Southwest Pistol League matches. It may be as challenging to set up and administer as it is to shoot.

**Setup**

You can vary elements of this to suit, but the basics require that you have 6 or 7 silhouette targets (IPSC or IDPA) -- in the odd numbered strings you fire all shots into a single target, in the even numbered strings you put one shot in each target. You can have a special target for the odd numbered strings or just have it be a particular target. You will also need forward and rear and lateral (left and right) foot fault lines. Adjust the distances between the targets and the fault lines to suit your needs and there's no particular need for the targets to be at all the same distance, or height, or same distance from each other.

**Procedure**

<table>
<thead>
<tr>
<th>Stage</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>Start with back to targets, facing up range, walk past 10 yard line. At the start signal, turn and fire 6 rounds on Target #1 (T1).</td>
</tr>
<tr>
<td>Two</td>
<td>Same beginning position and starting sequence as Stage One, but turn and fire on shot each on T1 through T6.</td>
</tr>
<tr>
<td>Three</td>
<td>Start uprange of the rear fault line (the 10 yard line). Begin moving downrange (advancing towards targets). As the shooter crosses the rear fault line, the start signal is given. At the start signal, draw and fire 6 shots on T1 while continuing to advance towards the front fault line. The last shot must occur at the front fault line (not sooner or later).</td>
</tr>
<tr>
<td>Four</td>
<td>Same setup as Stage Three, but one shot each on T1 through T6.</td>
</tr>
<tr>
<td>Five</td>
<td>Start to the left of the left fault line. Begin moving to the right. As the shooter crosses the left fault line, the start signal is given. The shooter draws and fires 6 shots on T1 while continuing to move to the right. The last shot must occur at the right fault line. [Note: this and Stage Six could be done in either direction, perhaps depending on the shooter's preference.]</td>
</tr>
<tr>
<td>Six</td>
<td>Same setup as Stage Five, but one shot each on T1 through T6.</td>
</tr>
</tbody>
</table>

Depending on the scoring system you use, assess a standard procedural penalty for not finishing in the 6 second time allotted for each stage and for any infraction of the movement rules.

**Variations and Similar Drills**

The Square Drill provides some movement while shooting exercises.

**Credits**

It was mentioned in a couple of emails, but we finally found a general description in the January/February edition of American Handgunner in Ken Hackathorn's "Tactical Advantage" section.
**Mozambique**

**Objective**

Intended as a failure drill -- when two shots to the body do not seem to stop the attacker.

"The problem for the shooter is to change his pace, going just as fast as he can with his first pair, then, pausing to observe results or lack thereof, he must slow down and shoot precisely. This is not easy to do. The beginner tends to fire all three shots at the same speed, which is either too slow for the body shots or too fast for the head shot. This change of pace calls for concentration and coordination which can only be developed through practice." -- Jeff Cooper in Jeff Cooper's Commentaries

**Setup**

Single silhouette target distance based on shooter's skill level.

**Procedure**

Start facing the target. On the signal, draw and fire two shots to COM and then one to the head. Score per appropriate sport rules, though there must be a head shot. Lack of a head shot is considered a miss.

**Variations and Similar Drills**

Vary distance based on skill level.

**Credits**

Added to modern doctrine by Jeff Cooper based on the experience of one of his students while on duty in Mozambique.
**Farnam Drill**

**Objective**

Develops gun failure clearance skills.

**Setup**

Target is an 8.5 x 11" sheet of paper at 8 meters. Shooter begins with gun in the holster (concealed), retention strap engaged if holster is so equipped. Semi-auto: the gun has a round chambered, with four rounds and a dummy round in the magazine. The dummy round may not be the first or last round in the magazine, and the shooter is not to know which round is the dummy. One magazine on the belt contains two live rounds.

Revolver: cylinder loaded to capacity, speedloader on the belt.

**Procedure**

From interview position (hands at sides, not touching gun), draw and fire into the target. When the dummy round comes up, clear it with tap-rack. Continue firing until you run dry, then speed load and fire the last two shots. Revolvers just draw, shoot all rounds, reload, and then shoot two more.

All shots must hit the target to count, and all procedures (draw, malfunction clearance, reload) must be done correctly. Any miss or any failure to perform the correct procedure disqualifies you.

**Scoring/Evaluation (Par times):**

<table>
<thead>
<tr>
<th></th>
<th>First Shot</th>
<th>Split Times</th>
<th>Tap-Rack</th>
<th>Reload</th>
<th>Total Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Level</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>25.00</td>
</tr>
<tr>
<td>Student (Semi-auto)</td>
<td>3.00</td>
<td>1.50</td>
<td>3.25</td>
<td>4.50</td>
<td>18.25</td>
</tr>
<tr>
<td>Student (Revolver)</td>
<td>3.00</td>
<td>1.50</td>
<td>N/A</td>
<td>6.00</td>
<td>18.25</td>
</tr>
<tr>
<td>Instructor (Semi-auto)</td>
<td>2.00</td>
<td>0.75</td>
<td>2.75</td>
<td>3.50</td>
<td>12.00</td>
</tr>
<tr>
<td>Instructor (Revolver)</td>
<td>2.00</td>
<td>0.75</td>
<td>N/A</td>
<td>5.00</td>
<td>12.00</td>
</tr>
</tbody>
</table>

All times are measured from shot to shot, and all procedures must be performed in the allotted time to pass. For instructor qualification, the drill must be successfully completed twice in a row.

**Variations and Similar Drills**

None.

**Credits**

John Farnam (www.defense-training.com)
**The Dot Drill**

**Objective**

This is a precision drill, fired at 10 yards without regard to time, only precision.

**Setup**

The targets are 10 - 3" dots placed in the following sequence: 1 dot on top, then 3 rows of 3.

Remember... The only way you can be successful at this, is to have your sights clearly in focus for each and every shot. Shoot at the center of the dot, not the whole dot. Good luck!

**Procedure**

Dot #1: Draw and fire one continuous string of 6 rounds for your best group.

Dot #2: Draw and fire 1 shot, holster and repeat for a total of 6 shots.

Dot #3 & 4: Draw and fire one shot on 3, then one shot on 4. Holster and repeat 6 times.

Dot #5: Draw and fire 6 shots continuous fire, strong hand only.

Dot #6 & 7: Draw and fire 2 shots on 6, then 2 shots on 7. Holster and repeat 6 times.

Dot #8: Draw and fire 6 continuous shots weak hand only.

Dot #9 & 10: Draw and fire 2 on 9, reload, fire 2 on 10. Holster and repeat 6 times.

**Variations and Similar Drills**

If the drill is too difficult with this target size or distance, reduce the distance or increase the target size and work down to 10 yards and 3 inch dots. Once you can do this on demand, your precision skills will be way above average. Practice with a goal of increasing your speed, while maintaining your accuracy. Just blasting at them will not help you a bit. Perfect practice makes perfect performance.

**Credits**

Sierra Firearms Academy
Variation on Mid-South's Standards

Objective

Here is a set of standard drills. They are a variation of Mid-south's Standards.

Setup

The target is the A-zone of an IPSC target. Two targets are spaced 2 meters apart. Range is 10 yards unless otherwise specified.

Procedure

All rounds must hit the target within the time standard to get a "Go" for the drill. Each drill is repeated twice for a possible of 20 "Go's".

Drill #1: 1 round on one target, from the ready; 1 second.
Drill #2: 2 rounds on 1 target, from the ready; 1.25 seconds.
Drill #3: 1 round on 2 targets, from the ready; 1.5 seconds.
   (Go left to right for one iteration and right to left for the other)
Drill #4: 1 round on one target, strong-hand only, from the ready; 1 second.
Drill #5: 1 round on one target, weak-hand only, from the ready; 1 second.
Drill #6: 1 round on one target, from the holster; 1.5 seconds.
Drill #7: 1 round on one target, from the holster, strong-hand only; 1.5 seconds.
Drill #8: 1 round on one target, reload, one round on the same target; 3.0 seconds.
Drill #9: 6 rounds on one target, from the ready; 3.0 seconds with no > .10 difference in splits
   (ie. a high split of .32 and a low split of .19 is a "No Go" as .32-.19=.13>.10)
Drill #10: 1 round on 1 target, from the holster at 25 yards; 2.0 seconds.
Total # of rounds required: 36

Use the remaining 14 rounds in your box of 50 to practice the drills you double "No Go'd" beginning with drill #1 and working in order. If you had no double "No Go's" practice the drills you received a "No Go" on beginning with drill #1.

When you can regularly go 20 for 20 reduce the target size, decrease the time standard or increase the distance to the targets.

Variations and Similar Drills

N/A

Credits

Taken from the web (http://www.combatcarry.com), user Blackhawk6.
Competition (IPSC/IDPA) Drills

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Only perfect practice makes perfect. No one can promise doing any of these drills will actually improve your performance -- that's up to you.
**Reloading Drill**

**Objective**

Develops fast reloads between shots. Your primary method of practicing reloads should be dry-fire, but live-fire is the final litmus test for your technique. There are three kinds of reloads: speed, emergency, and tactical. Your drills can be adapted to exercise either one, but ideally the circumstances of your practice should be appropriate to the reload (i.e. tactical reload should be from behind cover, emergency reload after firing to slide lock, etc).

**Setup**

Three silhouette targets at 10 yards.

**Procedure**

- On the first target, fire one shot, reload, and fire one shot. Perform six times for total of 12 shots.
- On the second target, fire two shots, reload, and fire two shots. Perform three times for a total of 12 shots.
- On the third target, fire six shots, reload, and fire six shots.

The goal is 100% A-hits and smooth reloads.

**Variations and Similar Drills**

Simple IPSC drill and reload variation of Low Ready drill

**Credits**

Plaxco Academy and Dan Young.
Simple IPSC Drill

Objective

Develops draw, reload, smoothness and economy of motion. This drill is commonly used among IPSC shooters to get their draws and reloads as efficient and smooth as possible.

Setup

IPSC or silhouette target at 7 yards.

Procedure

With target at seven yards, draw and fire one shot into the A zone, reload, and then fire one more shot.

Variations and Similar Drills

Vary the distance to learn the tradeoff between speed and accuracy. Close for hyperspeed, farther away for precision.

Credits

Dan Young
**Practical Skills Drill**

**Objective**

This drill is intended to practice proper use of cover, pieing corners, target engagement, reloading from an empty gun, and (for semiautos) malfunction clearance.

**Setup**

Shooting position is from behind a Bianchi-style barricade. Targets are two IPSC targets at 7yds, each one centered on one edge of the Bianchi barricade.

**Procedure**

Revolvers: Cylinder full plus one spare speedloader or speed strip. On the GO signal, perform a failure drill (two shots Center of Mass, one shot head) on each target from one side of the barricade, using the barricade as cover. Get back completely behind cover, reload, and then engage each target with a failure drill from the opposite side of the barricade.

Semiautos: Two magazines, each with six rounds loaded; one magazine has a dummy round (snap cap, proving dummy, etc.) in it; dummy round must not be the first or last round in the magazine. Load gun with one of the magazines at random (total six live rounds in gun). On the GO signal, perform a failure drill on each target from one side of the barricade, using the barricade as cover. Get back completely behind cover, reload from slide lock, and then engage each target with a failure drill from the opposite side of the barricade. When the dummy round is encountered, Tap-Rack-Bang to clear it.

**Variations and Similar Drills**

See Farnam Drill.

**Credits**

Courtesy of Todd Louis Green.
**El Presidente**

**Objective**

Long time standard multiple target drill. Requires quick follow-up shots, quick movement between targets, and quick reloading.

**Setup**

Three silhouette targets 10 yards away and 1 yard apart, all of same height. Shooter will need one extra magazine or speed loader.

**Procedure**

Start facing away from the targets, hands above the shoulders, handgun concealed. On start signal, turn and fire twice at each target, reload and fire two more times at each target. Score as appropriate for your sport.

**Variations and Similar Drills**

You could vary the height of the targets or their distance from your starting position. There is also the Vice Presidente: Targets 7 yards away, start facing them.

**Credits**

Jeff Cooper in the 1970s.
**Square Drill**

**Objective**

Develops ability to shoot while moving -- in a variety of directions. The drill combines multiple targets with shooting on the move and allows you to move in multiple directions during a single drill.

**Setup**

Create a square on the ground about 6-8yds on a side. You can either paint/tape/mark the square, or just visualize it. Then you put three IPSC/IDPA targets evenly spaced approximately 3yds from the front (down range) edge of the square.

**Procedure**

Engage the targets while moving along the edges of the square, two shots on each target for each 'leg' of the journey. E.g., two shots while moving forward, two while moving right, two while moving backwards, and two while moving left. You can also throw in diagonals if you want to get fancy.

**Variations and Similar Drills**

Start with differing numbers of rounds in the firearm, necessitating reloads at different points along the course. Require reloads only when empty.

**Credits**

Origin uncertain, description courtesy of Todd Louis Green.
**Figure Eights**

**Objective**

This drill allows you to work on getting your eyes ahead of the sights when moving from target to target. The drill also helps you learn how fast you can go while engaging targets of different difficulty levels (slowing down when moving from torso to head; speeding up when moving from head to torso).

**Setup**

Two silhouette targets a couple of yards apart, at least 7 yards away. Distance can vary based on shooter's experience.

**Procedure**

Draw and fire in a figure eight pattern using the torso and head "A-zones" of each target. So if you have T1 and T2, you fire two shots to the body of T1, then two to the head of T2, then two to the head of T1, then two to the body of T2. You switch targets each time (T1, then T2, then T1, then T2).

Start once at each point (T1 body, T1 head, T2 body, T2 head) and run the whole drill.

**Variations and Similar Drills**

None.

**Credits**

Description courtesy of Todd Louis Green: "I took a class from Ernest Langdon this past weekend and we did a lot of work [like this], which I believe is adapted from a Barnhart drill".
**Hardball's Headache**

**Objective**

Work on transitions and reloading.

**Setup**

Three IPSC (or IDPA) targets at 12 yards, a yard apart, edge to edge.

**Procedure**

Draw and shoot 2 shots in each body, reload, and 2 shots in each upper B zone. Scored time/plus = .2 of a second per point dropped.

**Credits**

Brian Enos - Collected from Brian Enos’s Forums.
**Index 4 Targets**

**Objective**

Helps with indexing / transitioning among targets.

**Setup**

Three or four IPSC (or IDPA) targets at 7-10 yards, a yard apart, edge to edge.

**Procedure**

Engage the targets strong only, 2 shots per target, reload, followed by weak hand only, 2 shots per target, reload, followed by freestyle, 2 shots per target.

**Variations and Similar Drills**

N/A

**Credits**

Taken from Brian Enos’s Forums, poster “beak”.
**Devil's Triangle**

**Objective**

Target acquisition while moving.

**Setup**

Set up three targets, about a meter (yard for U.S. guys) apart. Ten yards back set up two boxes 5m apart so that the target array is centered between them. Add a box that is to the rear so that it forms an equilateral triangle, each side being 5m. (you can adjust triangle size and distance to targets depending on skill level).

**Procedure**

Now load up, on the start signal...

1. Move from the rear box to the front left, fire two shots on each target as you move from the start box to the left box. Shooting should be complete as you arrive at second box, not before, not after, but as you get to box.
2. Repeat but move to front right box
3. Now move from front right box to front left box same rules apply
4. Move from front left back to front right.
5. Add a forward fault line between front two boxes, start at rear box and repeat exercise moving up to fault line.
6. Start at fault line and move back to rear box.

The idea here is to have all A's, and start shooting as soon as possible leaving box and be done as you get to next box/fault line. You can throw a twist in by having two poppers, one on either side of array, one must be dropped before you leave, and one must be dropped after you enter second box. This drill can also be used to work on box to box movement (although I think it has more value as a shooting on the move drill). Instead of shooting on move, shoot 3 targets then move to next box following the same pattern as above. Vary the spacing of the boxes and you can begin to determine your 'par' times for movement covering different distances.

**Variations and Similar Drills**

N/A

**Credits**

Todd Jarrett
Concealed Carry Drills

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Only perfect practice makes perfect. No one can promise doing any of these drills will actually improve your performance -- that's up to you.
Basic Training CCW Skills Drills

Objective

Practice and refresh skills needed for concealed carry weapon.

Setup

One IPSC (or IDPA) target, or appropriate CCW target for your State.

Procedure

3 yards  On the signal draw keeping the gun in the retention position (Gun close to body) and fire 2 rounds center mass. Repeat twice for a total of 6 rounds.
5 yards  On signal draw and fire either 1 round or dedicated pairs firing strong hand only. It is advisable to make some shots eye level point shots with hard focus on the target, not the sights. Fire a total of 6 rounds.
3 yards  On signal back away from the target, draw and fire 3 rounds center mass while moving. Try to get to the 7 yard line by the time you fire your last round. Repeat once for a total of 6 rounds.
7 yards  On signal draw and fire a dedicated pair center mass, slowly go to ready and scan the area and reholster. Repeat twice for a total of 6 rounds.
7 yards  Move from center of target a few steps. On signal draw and fire 3 rounds center of mass moving laterally across the range. Repeat going in the opposite direction. Move only as fast as you can hit the target.
6 & 10 yards  Draw and fire 1 round on each of 3 targets placed at varied distances on the range. Targets are placed between 6 and 10 yards, also vary heights of targets. Repeat using dedicated pairs on each target.
7 yards  Place firearm on the ground, on the signal with your strong hand tucked into your belt pick up the firearm with your support hand and fire 1 round center of mass. Repeat once for a total of two rounds.
15 yards  Draw and fire 1 round in 2.5 seconds. Repeat twice for a total of 3 rounds. These should be very precise hits. (Hack considers this long range for self-defense, however should be practiced.)

With additional ammunition repeat course utilizing your favorite flashlight technique, or add movement away from targets on all 10 yard or less stages.

Variations and Similar Drills

N/A

Credits

Ken Hackathorn
CCW: The Drill

Objective

Clint Smith has come up with a simple drill to maintain skill needed for self-defense.

Setup

A total of 100 rounds are needed. Use standard white paper plates and a 3” X 5” index card at 15 yards for all exercises. Stack dinner plates one above the other with the index card placed above the top dinner plate.

Procedure

Marksmanship

“Shoot well not fast”
From the ready position fire 10 singles on chosen target.
From the ready position fire 5 sighted doubles.
(Practice your trigger reset.)

Loading

Put one round in your handgun, fire, when the gun goes empty keep the muzzle on the target and reload.
“An empty gun is not bad luck; it’s simply a reality of being in a fight.”
Keep the gun between you and the target and reload. Do this drill 10 times.

Non-Compliant Threats

From the ready position fire 2 shots on the center plate and 1 shot on the card. Do this 2 times.
Fire 3 shots on the center plate and 1 on the card. Do this 2 times.
Fire 2 shots on the center plate, 2 shots on the lower plate and 1 shot on the card. Do this 1 time.
Slow down for your head shots. “Remember the head is not a smaller target, it’s just different.”

Drawing

Practice our drawing stroke smoothly, speed comes with practice. Fast is spelled SMOOOTH.
With an UNLOADED firearm draw 10 to 15 times correctly, and smoothly, following through to include a sight picture and hammer fall. (Remember your dry fire practice rules.)
Load, draw and fire 10 singles, holstering between shots. Remember safety on and finger straight while holstering.
While drawing take one step back and fire 1 shot. Do this 10 times.
Remember: M & M. “Maximize the distance, minimize the threat.”

Malfunctions

“Fights and family vacations have something in common, they rarely come out the way they were planned.”
Leave the magazine unseated with one in the chamber and fire when ready.
Stick a piece of brass in the top of the ejection port.
Set up a double feed.
The response is always the same, when the gun does not fire. Tap the magazine. Rack the slide harder and attempt to fire. If it still doesn’t work, remove the magazine and place under your strong hand little finger. Rack the slide 3 times and reload the gun and fire if you have a valid target.
Run variations 5 times and after clearing, fire 1 shot to complete the cycle of operation in your head.
Go slow and do it correctly. You have 21 rounds for this portion.

Strong and Support Hand

Fire 5 shots strong hand only from the ready position, carefully transfer the gun to your support hand and fire 5 shots.

Go slowly and carefully, speed and skill will come with time – and practice. Depending on your skill level lessen the distance if you’re not hitting the target. Only hits count!! Beginners should start at 5 yards and move back as skill increases.”

Credits

Clint Smith