

Fundamentals Drills

Drill 1: 1 Shot | 1 Dot



From a holster or ready position, fire one shot onto a small target (such as a 3” circle or dot) and follow through to prepare for the next shot (align sights, finger on trigger, ready to shoot the next shot if needed). Take your finger off the trigger, scan for other threats and return to ready or holster position. Do six times, one shot per iteration.

BENEFITS



The purpose behind the one-shot/one-dot drill is to practice your presentation multiple times as well as practice moving your finger on and off the trigger. By taking just a single shot, it allows you to focus on the individual steps of stance, grip, trigger tension, sights, press, follow through. Be sure and include the full follow-up

sequence—managing recoil, getting back on target, taking the slack out of the trigger and aligning sights.

Drill 2: 3 Shots | 2 Dots



From a holster or ready position, fire two shots onto a small target (such as a 3" circle or dot), move immediately to a second small target and fire one shot and follow through (align sights, finger on trigger, ready to shoot the next shot if needed). Take your finger off the trigger, scan for other threats and return to ready position or holster. Do three times, three shots per iteration.

BENEFITS

The three-shot/two-dot drill adds an element of moving the firearm between two targets. You'll take the first shot, then the second, and then transfer to a second target.

Proper form is more important than speed, so practice the fundamentals first. Down the road, this will prepare you for other drills involving multiple targets.



Drill 3: 5 Shots | 2 Dots



In each of these drills, you should be focused on the fundamentals—getting your stance and grip correct, aligning your sights and executing a smooth and complete trigger press. For the actual firing, think of taking up slack (finding tension) and breaking the trigger (pressing) as two separate motions.



From a holster or ready position, fire one shot onto a small target (such as a 3” circle or dot) and follow through (align sights, finger on trigger, ready to shoot the next shot if needed). Take your finger off the trigger, scan for other threats and return to ready position or holster. Do five times, one shot per iteration.

BENEFIT



This drill essentially repeats the first drill, but you’ll be shooting from 5 yards out instead of 3. Concentrate on each step in the sequence and ensure you’re using the proper form for each. Like drill #1, this exercise will help instill the fundamentals from which you can build upon.