

RIFLE 3 Gun Live Training Plan

7 yds 10 yds 15 yds 20 yds

DRILL Close In	21 ft	30 ft	45 ft	60ft
shot at buzzer	5		5	
Shot at buzzer Double Tap	6	6	6	6
Reload Drill 2 shots reload 2 shots		10	10	
Extreme lean / Left and Right Side		8		8
Multi Five targets 1 yd apart,		10		
Attack/ Retreat Targets set Start at 60 feet and double tap each target as move forward, Reload and retreat double tap each target	4	4	4	
TOTALS in Rounds	15	38	25	14
Grand Total	111			

DRILL Long Shots	100 yds	200 yds		
shot	10	15		
Shot at buzzer	5	20		
TOTALS in Rounds	15	35		
Grand Total	50			

Total Rounds Rifle Plan

161

Positions

Off Hand Standing

Kneeling

Prone

