



“Alternate Positions”

- **25yds:** Start standing, from the draw; on a timer, go **prone** and engage target **with 5 rounds** in A zone/-0 Zone **BODY**. Execute speed reload, move to 15yd line
- **15yds:** Move into **kneeling** position, engage target with **5 rounds** in A zone/-0 Zone **BODY**. Execute speed reload, move to 7yd line
- **7yds:** **Standing**, engage target with **5 rounds** in A zone/-0 Zone **HEAD**

Standard: 20 seconds, 15 A Zone/-0 Zone Hits (shot all in one timed string)

Target: 1 x IPSC or IDPA Target

Load: 3 x 5 (mags x rounds) 15 rounds total

- This drill focuses on recoil management in prone, kneeling and standing positions, fundamentals of trigger control and sight picture, and tasks of speed reload and moving in and out of different positions. Accuracy is always priority!