



“Alternate Positions Drill”

- Start at 50m, alt side, engage bottom dot 5 rounds from prone or side prone
 - Move to 25m, alt side, engage middle dot 5 rounds from squatting or kneeling
 - Move to 10m, alt side, engage top dot 5 rounds from standing, execute speed reload
 - Move to 10m (clean target), strong side, engage top dot 5 rounds from standing
 - Move up-range to 25m, strong side, engage middle dot 5 rounds from squatting or kneeling
 - Move up-range to 50m, strong side, engage bottom dot 5 rounds from prone or side prone
- * A single iteration is all positions for a total of 30 rounds

Standard: 5 rounds inside each 6” dot

Target: 2 x 6” dots (column of 3)

Load: 2 mags x 15 rounds

- Alternate: With Pistol at 25m, 15m and 7m
- This drill works several fundamentals (stable position, sight alignment, trigger control, recoil control). It purposely forces you to move up-range with a loaded firearm (do what your range rules require) but you should be able to confidently move in any direction with a hot firearm. The primary benefit of the drill is moving into and firing accurately from side/prone, kneeling/squatting and standing positions from either shoulder or firing hand. As always start slow, get the hits and then push your speed as accuracy allows.