

JSTALLINGS11



BASIC TRAINING

DRILLS

GOOD DRILLS FOR KEEPING YOUR HEAD ON THE STOCK

Basic Drills



- Follow the target all the way down to the ground. It forces you to stay in your gun through the entire shot and after.
- Go after chips or smaller pieces whether you're taking a second shot or just following it.
- **Advanced:** notice how much pressure your cheek is putting on the gun and see if you can continue having that same pressure throughout the entire shot.

Basic Fundamentals

Moving as a unit?

Stance

Mount

Eyes

Think like a tank...

- Focus on letting your body move to the target instead of your arms. See if you can make your body move first.

More advanced:

- Take your forearm hand and have it flat with no grip and force yourself to balance the gun and move as a unit. Be careful not to drop the firearm

