

# Spring Dryfiring Drills

Weeks 1–3: Drills 1, 2, 3, 4, 5, 6, 7

Weeks 4–8: Drills 1, 2, 4, 5, 6, 8

**Prone:** Place target on the wall at a distance that the circle is the right size

**1. Lay in position for 5 minutes, 2–3 times**

- a. Find your natural point of aim on the center of the cross
- b. Close your eyes for 45 seconds
- c. Check your natural point of aim again
- d. Adjust to center of the cross
- e. Repeat until 5 minutes
- f. Repeat exercise 2–3 times

\*After a couple weeks, you should be getting better at opening your eyes and finding your sight picture on the center of the cross after 45 seconds. If it doesn't improve, we need to look at your position and make some adjustments.

**2. In-and-out of position w/range procedure (20 times)**

- a. Get into position doing your range procedure
- b. Find your natural point of aim on the cross
- c. Get up and repeat

**3. Breathing on the line (repeat for 10 “shots” x 4)**

- a. Get in position and find natural point of aim on the horizontal line
- b. Full inhale should put your sight picture well below the line
- c. *Full* exhale should have the sight picture slightly above the line
- d. Sight picture should be stop at the middle of the aperture with  $\frac{3}{4}$  *exhale*, making a perfect line across the front aperture.

- i.  $\frac{3}{4}$  *exhale* is where you still have a little bit of air left in your lungs, but it is your “neutral” amount of air. This is NOT a full exhale. (It might not be EXACTLY  $\frac{3}{4}$  either!)
- ii. This drill works to standardize your exhale stopping point so you have consistent sight picture every time you settle on the target

**4. Breathing on the cross** (repeat 10 “shots” x 4)

- a. Same thing as number 2, only try to follow the vertical line up and down with your breathing.

\*If your breathing motion doesn’t easily follow the vertical line and it is moving at angles, we need to adjust your position so it does.

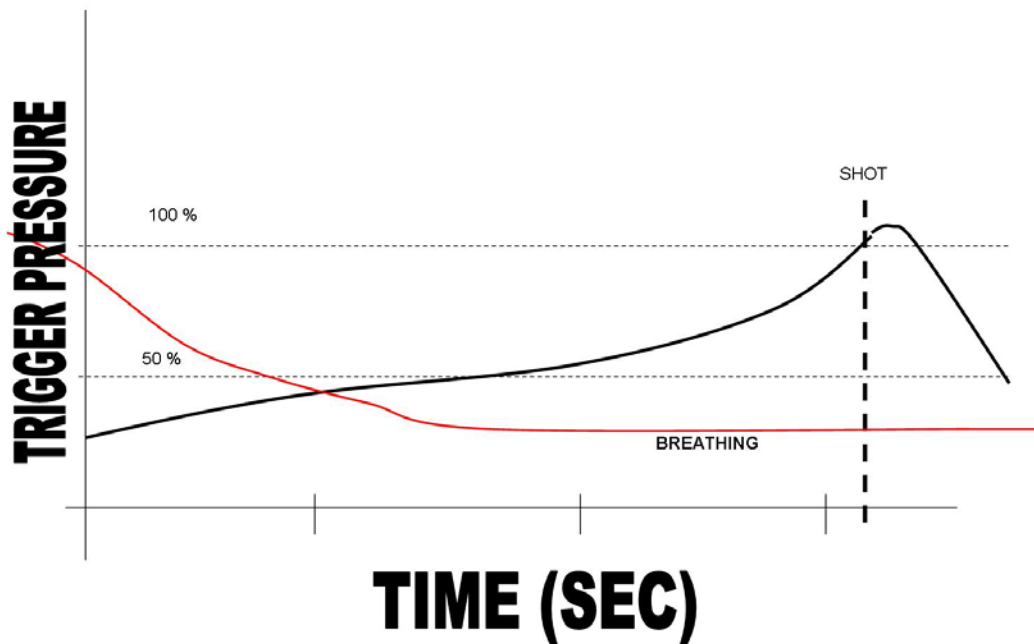
**5. Sight picture focus** (20 x)

- a. Get a good natural point of aim on the center circle target
- b. Do normal breathing and hold on the target.
- c. While you have a comfortable hold, switch your eye’s focus slowly:
  - i. Rear aperture to...
  - ii. Front aperture to...
  - iii. Target to...
  - iv. Rear aperture again, looking at the concentric circles lined up perfectly
  - v. Repeat

**6. Trigger squeeze** (30–50 shots)

- a. Take position, close your eyes, do your breathing pattern you’ve been practicing on the line with your eyes closed
- b. On your final breath as you’re letting out to  $\frac{3}{4}$  breath, begin to slowly increase pressure on the trigger.
- c. As your breathing stops at  $\frac{3}{4}$  you should be at about 50% of the trigger weight

- d. Continue to squeeze the final amount of the weight in a small swoop of increasing pressure until the trigger breaks.
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7. **Shooting on the line** (20–50 shots)
- Apply the above eyes-closed trigger squeeze to breathing, settling on the line, and shooting.
8. **Shooting on the cross** (20–50 shots)
- Same as above but adding the vertical line.

**Standing:** Place target so the circle is roughly at shoulder-height.

Weeks 1–3: Drills 1, 2, 3, 4, 5

Weeks 4–8: Drills 1, 2, 4, 5, 6

**1. Stand in position for 3 minutes, 2–3 times**

- a. Find your natural point of aim by holding inside the outer box on the left
- b. Close your eyes for 30 seconds
- c. Check your natural point of aim again
- d. BY MOVING YOUR FEET ONLY, adjust by taking mini steps, moving your entire body, while still in position, until you're back inside the outer box.
- e. Repeat until 3 minutes
- f. Repeat exercise 2–3 times
- g. \* Watch for your trends of where you move off the target, and keep trying to set up differently the next time.
  - i. Open a paper bag or some paper that will withstand you standing on it.
  - ii. Run a piece of tape 90 degrees from the wall directly under the dryfire target to the paper and mark where the tape and paper meet on the floor. Always put your paper there.
  - iii. Once you start seeing your trend, trace your feet with a pencil. When it starts to become apparent where your feet should be, trace it with a marker and start doing this drill with your feet on the traced outline.

**2. In-and-out of position w/range procedure (20 times)**

- a. Get into position doing your range procedure with your feet on the traced outlines.
- b. Find your natural point of aim in the box
- c. Break position and repeat.

### **3. Holding in the box (20 holds)**

- a. Get into position doing your range procedure with your feet on the traced outlines.
- b. Hold inside the big box first then move to the small box.
- c. Hold in the small box as long as possible.
- d. You must break position when you lose the hold inside the small box, and do your range procedure.

\*Goal is to hold in the small box as long as possible.

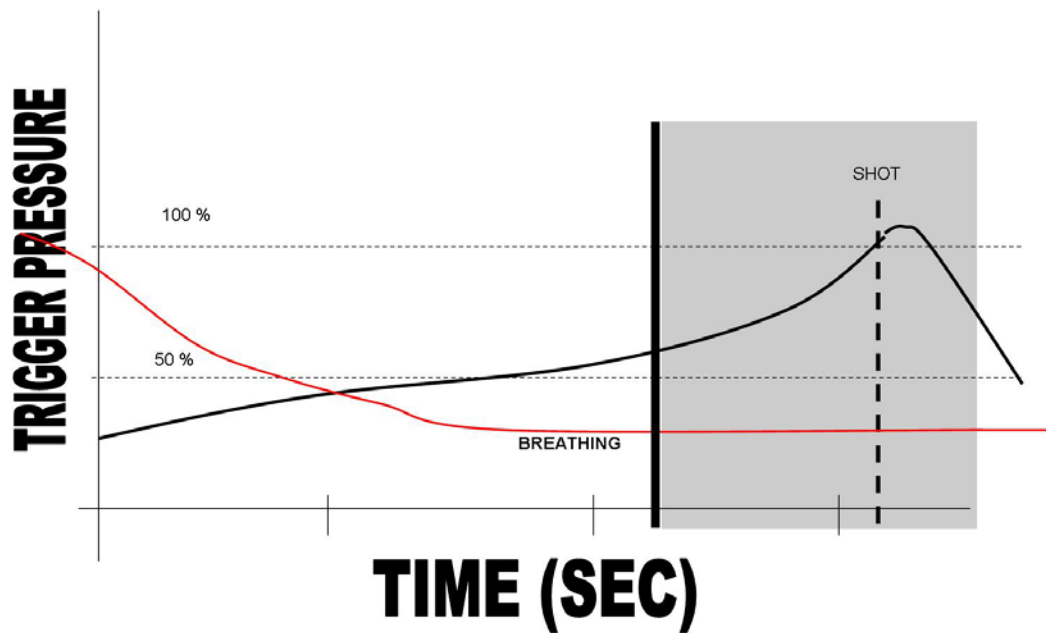
### **4. Trigger squeeze (30–50 shots)**

- a. Take position, close your eyes, do your breathing pattern.
- b. On your final breath as you're letting out to  $\frac{3}{4}$  breath, begin to slowly increase pressure on the trigger.
- c. As your breathing stops at  $\frac{3}{4}$  you should be at about 50% of the trigger weight
- d. Continue to squeeze the final amount of the weight in a small swoop of increasing pressure until the trigger breaks. (See the trigger squeeze graphic under Prone)

### **5. Shooting on the line/gray box (20–30 shots)**

- a. Hold while breathing just right of the black line on the right.
- b. As you exhale and move towards  $\frac{3}{4}$  breath, move slowly left across the line.
- c. As you come across the line:
  - i. You should have been at  $\frac{3}{4}$  exhale for about a second
  - ii. You have to be more than 50% of the trigger pressure before you cross the line.
- d. Once in the gray box, sweep the remainder of the trigger until the shot breaks in about a second.

\*It is the goal of this drill to standardize your relationship of breathing to moving to the target to trigger sweep. Work to standardize the amount of trigger pressure at all points of the process so it is always the same.



**6. Shooting in the box (20–30 shots)**

- a. Hold inside the big box on the right side of the box while breathing
- b. On your final exhale to  $\frac{3}{4}$  breath, move slowly left into the inner box
- c. The inner box is the same as the gray box in the previous drill.
- d. IF YOUR HOLD STAYS WITHIN THE INNER BOX AND YOU SQUEEZE THE TRIGGER SMOOTHLY, YOU **WILL** HIT A STANDING TARGET

