

# IDB Shooting Drills

Having good quality drills not only makes your training fun but is essential in strengthening your marksmanship. Below you will find a handful of shooting drills that you can use in conjunction with the data book pages offered by Impact Data Books. These drills can be modified or combined in a variety of ways to give you some good challenging range sessions.

You can also download and print actual down range targets from the download section at [www.impactdatabooks.com](http://www.impactdatabooks.com)

## **Drill 1- 5 shot Rapid bolt drill (Prone)**

This is a good 100 yard drill that will help strengthen your multiple target engagement or allow you to get back to your initial target for a follow up shot if needed.

Your initial goal should be to get all 5 shots into your intended targets. If you can successfully do this then you should start putting a time limit in place. Start with 1 minute for 5 shots. Once you can do that in the allotted time then you can start reducing the time in 15 second increments. Try to get your self down under 20 seconds for 5 rounds and you will be smoking!!

This drill can be shot using the D-RBD5D and D-RBD5S target pages and data collection pages D-RBD5D and D-RBD5S found in the drill section of our website.

## **Drill 2- 10 shot Rapid bolt drill (Prone)**

Once you have mastered 5 shots its time to master the 10 shot drill. Starting at 100 yards for this drill, will once again help strengthen your multiple target engagement or allow you to get back to your initial target for a follow up shot if needed.

Your initial goal should be to get all 10 shots into your intended targets. If you can successfully do this then you should start putting a time limit to get all 10 shots. 1 minute and 30 seconds for 10 shots is a good starting point. Once you can do that in the allotted time then you can start reducing the time in 10 second increments. Try to get your self down under 40 seconds for 10 rounds and you will have accomplished some serious bolt speed and follow thru!!

This drill can be shot using the target D-RBD10D and D-RBD10S pages and data collection pages D-RBD10D and D-RBD10S found in the drill section of our website.

### **Drill 3- 5 shot Rapid bolt drill (Prone weak-side)**

Sometimes you may have to be in a position other than your strong side and your job may call for a weak side shot. This is a good 100 yard drill that will help strengthen your multiple target engagement or allow you to get back to your initial target for a follow up shot if needed.

Your initial goal should be to get all 5 shots into your intended targets. If you can successfully do this then you should start putting a time limit to get all 5 shots. 1 minute for 5 shots is a good starting point. Once you can do that in the allotted time then you can start reducing the time in 15 second increments. Try to get your self down under 20 seconds for 5 rounds and you will be smoking!!

This drill can be shot using the target D-RBD5D and D-RBD5S pages and data collection pages D-RBD5D and D-RBD5S found in the drill section of our website.

### **Drill 4- 10 shot Rapid bolt drill (Prone weak-side)**

Once you have mastered 5 shots its time to master the 10 shot drill. Starting at 100 yards for this drill will once again help strengthen your multiple target engagement or allow you to get back to your initial target for a follow up shot if needed.

Your initial goal should be to get all 10 shots into your intended targets. If you can successfully do this then you should start putting a time limit to get all 10 shots. 1 minute and 30 seconds for 10 shots is a good starting point. Once you can do that in the allotted time then you can start reducing the time in 10 second increments. Try to get your self down under 40 seconds for 10 rounds and you will have accomplished some serious bolt speed and follow thru!!

This drill can be shot using target D-RBD10D and D-RBD10S page and data collection pages D-RBD10D and D-RBD10S found in the drill section of our website.

### **Drill 5- Know Your Limitations (Prone)**

This Drill will test your nerves and skill and your ability to know when its time to quit. This drill can be setup and shot at 100 yards, it allows a shooter to take 4 shots in the allotted time and quit and take their points once they are satisfied they can't go on. Scoring is as follows: the largest target is worth 10 points, the next largest target is worth 20, the next largest is worth 30 and the last and smallest target is worth 40 points. That's 100 points for 4 shots if at any time you miss your intended target you loose all points scored. So know when to quit and remember no one likes a quitter!! Start off with a 60 second time period the start reducing the time by 10 seconds. I have seen this drill conducted as fast as 30 seconds, however to me it seems the longer the shooter has to decide to take the shots the more times they talk themselves into biting off more than they can chew.

This drill can be shot using the D-KYLC and D-KYLS target page and data collection pages D-KYLC and D-KYLS found in the drill section of our website.

## **Drill 6- Know Your Limitations (Prone weakside)**

This Drill will test your nerves and skill and your ability to know when its time to quit. This drill can be setup and shot at 100 yards, it allows a shooter to take 4 shots in the allotted time and quit and take their points once they are satisfied they can't go on. Scoring is as follows: the largest target is worth 10 points, the next largest target is worth 20, the next largest is worth 30 and the last and smallest target is worth 40 points. That's 100 points for 4 shots if at any time you miss your intended target you loose all points scored. So know when to quit and remember no one likes a quitter!! Start off with a 60 second time period the start reducing the time by 10 seconds. I have seen this drill conducted as fast as 30 seconds, however to me it seems the longer the shooter has to decide to take the shots the more times they talk themselves into biting off more then they can chew.

This drill can be shot using the D-KYLC and D-KYLS target pages and data collection pages D-KYLC and D-KYLS found in the drill section of our website.

## **Drill 7- 21 dot drill**

This drill allows you to design and do many types of drills and variations you are only limited to your imagination of what you can do with this target page. Below you will find some examples of how to use this target. These drills can be used with target download page D-21DD located in the download section of our website and data book collection page D-21DD found in the drills section of the site.

### **Drill 1**

CB shot- 1 Minute

Row 1 5 shots prone in 1 minute

Row 2 5 shots prone in 30 seconds

Row 3 1 shot standing to prone in 10 seconds repeat 5 times.

Row 4 1 shot standing to prone in 6 seconds repeat 5 times.

Row 5 1 shot standing to prone in decreasing seconds 15,12,10,8,6 this is 5 separate drops with different times.

### **Drill 2**

CB shot- 1 Minute

Row 1 5 shots prone in 1 minute

Row 2 5 shots prone in 30 seconds

Row 3 5 shots prone in 1 minute (Weak Side)

Row 4 5 shots prone in 30 seconds (Weak Side)

Row 5 3 shots reload 2 shots in 1 minute

### **Drill 3**

CB shot- 1 Minute

20 shots slow fire in 10 minutes Prone

### **Drill 4**

CB shot- 1 Minute

20 shots slow fire in 10 minutes Prone (Weak Side)