

# Circle Drill

Target: 8-Inch Paper Plate

Distance: 7-yards

Rounds: 18 rounds

Start Position: Low Ready

Score: Land at least 16 of the 18 shots – Attach paper plate to this sheet.

The Circle Drill is intended to teach students the relationship between speed and accuracy, and how time affects marksmanship fundamentals.

The drill begins by firing six rounds at an 8-inch plate at a slow pace (1 shot per 2 seconds) from 7-yards. This is fundamental marksmanship with little or no time pressure. If any rounds missed target – repeat until all are on the target.

Next, pick up the pace. Fire six rounds at a moderate pace (1 shot per second). This speed is the “comfort zone” for most shooters, they should still get reasonably good hits. If any rounds missed target – repeat until all are on the target.

Finally, maximize speed by firing six rounds as a double tap. If more than 2 rounds missed target – repeat until all are on the target.

This pace should push a shooter outside of his comfort zone and force him to work harder at recoil management and sight tracking. Accuracy will suffer but the goal is to keep 90% or more of your hits on the plate.

Full Name: \_\_\_\_\_ Date: \_\_\_\_\_