

Switch Hitting Drill –#1

Target: Two 3×5 index cards

Distance: 3-yards

Rounds: 6 rounds

Start Position: Low or high ready starting with your strong hand only

Score/Par Time: 2 shots on each target in less than 10 seconds, no misses

Scenario

- The drill utilizes two 3×5 index cards as targets, but any small target will work. The targets are placed a foot apart and are three yards from you. Set a shot timer with a par time of ten seconds.
- The starting position is the ready position but in the strong hand only. On the buzzer engage the target on your dominant hand side, for most this will be the right target. Fire one shot and then carefully pass the gun to the left or non-dominant hand. Fire a single shot at the left-hand target.
- Repeat Drill two (2) times.

The goal is to place two shots on each target in those ten seconds.

Full Name: _____

Date: _____

Attach the two 3x5 cards to this sheet.