

Timed 3x3x5 Drill / Challenge - Defensive Drill

Number of shots: Three (3) Shots per level = Total 12

Time: Level 1- 3 sec / Level 2 & 3- 4 sec / Level 4- 5 sec

Distance: 5 yards only

Practicing to hit the silhouette every time using the 3X3X5 basis is Level One of learning to shoot the drill well. It is a good baseline for entry level shooters and those who have never measured their performance. You must push yourself to get better

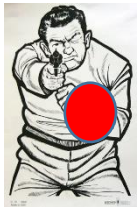
Level One – hit a silhouette consistently



Level Two – hit a sheet of paper consistently



Level Three – hit a half sheet of paper consistently



Level Four – hit a quarter sheet of paper consistently

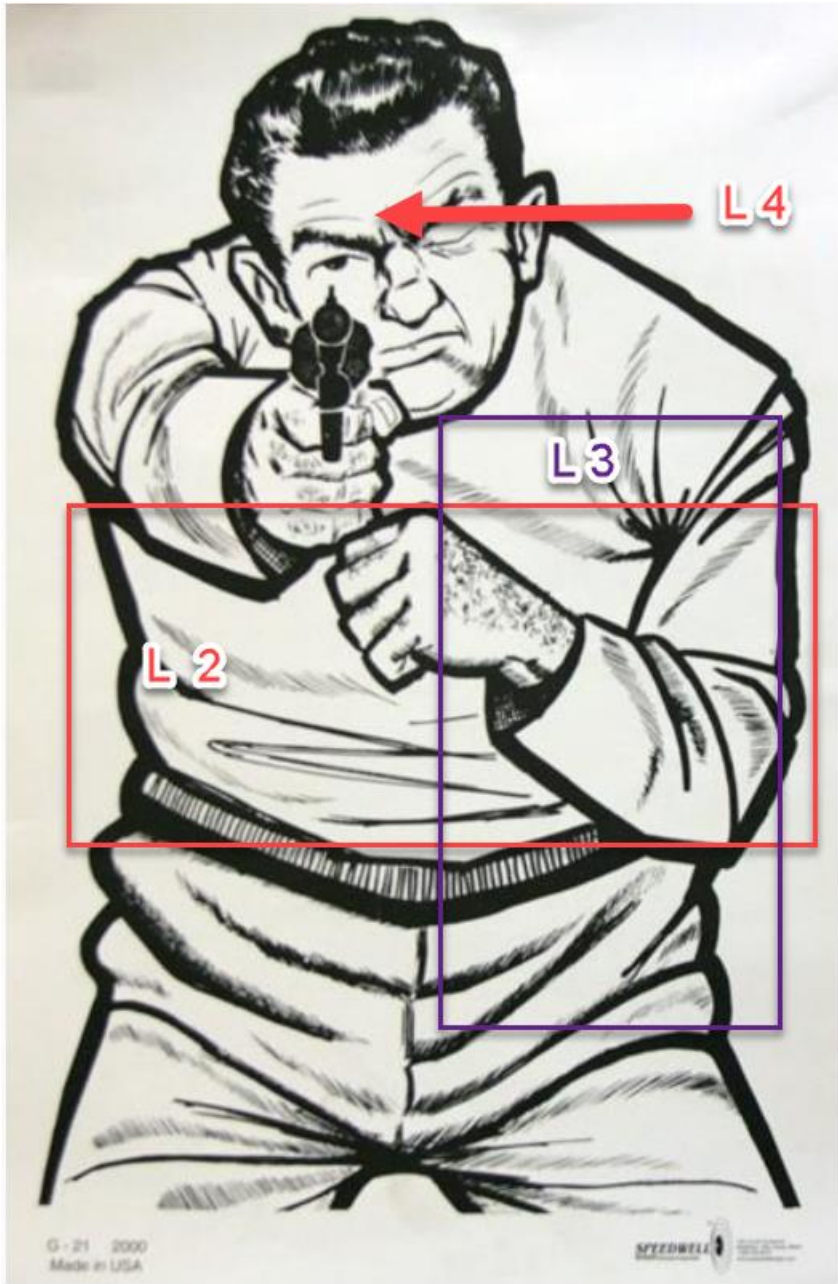


Full Name: _____


Date: _____

Level Passed: _____

(Look at the enclosed sample target on sheet 2)



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