

# Contents

<b>General Guidelines to Quality Practice.....</b>	<b>9</b>
<b>Precision Shooting.....</b>	<b>16</b>
General Guidelines to Accuracy Shooting.....	16
Drill Number 1 - Freestyle Group Shooting .....	20
Drill Number 2 - Bench-rest Group Shooting.....	22
Drill Number 3 – Dummy Ammo Mix In.....	24
Drill Number 4 – Time Limit Group Shooting.....	26
Drill Number 5 - A-Zone Hit to Survive.....	28
<b>Calling Your Shots.....</b>	<b>30</b>
General Guidelines to “Calling Your Shots” .....	30
Drill Number 6 - Single-Shot Calling .....	32
Drill Number 7 - Shot Placement.....	34
Drill Number 8 - Connecting the Dots.....	36
Drill Number 9 - Calling Two Shots.....	38
Drill Number 10 - Calling Multiple Shots .....	40
<b>Recoil Control.....</b>	<b>42</b>
General Guidelines to Improving Your Recoil Control.....	42
Drill Number 11 - Steel A-Zone Doubles .....	44
Drill Number 12 - Six Shot Bill Drills.....	46
Drill Number 13 – Twenty-Alpha Drills.....	48
<b>Reaction Time.....</b>	<b>50</b>
General Guidelines to Improving Your Reaction Time.....	50
Drill Number 14 - Reacting to the Beep .....	52
<b>The Draw .....</b>	<b>54</b>
General Guidelines to Improving Your Draw.....	54
Drill Number 15 - Drawing to Various Distances .....	56
Drill Number 16 - Around About.....	58
Drill Number 17 - Turns .....	60
Drill Number 18 - Step-in Draws.....	62
Drill Number 19 - Seated Draws.....	64
Drill Number 20 - Draw and Load.....	66
Drill Number 21 - Table-top Pick-up.....	68
Drill Number 22 - Time Limit A-Zone Hit Draws .....	70