

V - Drill

RIFLE DRILL: Simple and very effective CQB rifle drill to give you a really good challenge! You will need five TQ-19 silhouette targets (or similar). Place one target at five yards, two at six yards and two at seven yards. The target array should form a "V," with the five-yard target in the center flanked on each side by the 6- and 7-yards targets, about a foot separating the targets laterally.

Start with the rifle in the ready position with the safety on. At the start signal, engage the targets as follows:

1. Center target: two shots
2. Left 6-yard target: two shots
3. Center target: two shots
4. Right 6-yard target: two shots
5. Center target: two shots
6. Left 7-yard target: two shots
7. Center target: two shots
8. Right 7-yard target: two shots
9. Center target: two shots

You will fire 18 shots total, and the goal is to obtain a hit in the light-grey zone of each silhouette target with each shot. Take your total time and add five seconds for every miss and one second for every hit in the dark-grey zone. If you get 17 light-grey zone hits in 6.28 seconds, your score would be 11.28 seconds. A great score is 5.00 or less, a good score is 10.00 or less, and average is about 15.00.

