

5x5 Drill

Original drill by Gila Hayes.

Instructions: Five shots, five inches, five yards, five seconds. Starting from a low ready position, at the beep fire five rounds at one of the circles. The goal is to land all five shots in the circle within five seconds.

Variations: For an added challenge, draw from the holster instead of low ready. To test consistency, repeat the drill five times. A "pass" is 25 shots with no misses.

