

# Breakdown DRILL

8.5x11-inch Target at 3 Yards, Start Position at Compressed High Ready for this Drill

1. Ten dry fire reps on box 1 with a 1 second par time
2. Ten single shot reps on box 1 with 1 second par time
3. Five two shot reps on box 2 with a 1 second par with first shot before the 2nd beep
4. Ten single shot presentations on box 3 with a 0.5 second par time
5. Two five round strings on box 4 with a 2 second par time
6. Five two round strings to box 5 with a 1 second par time

**SCORING:**

Clean or Fail.

Once you can clean at will, extend distances and/or decrease par times.

