

"Pyramid **Drills**" can be very useful in this regard.

Set up for ten second strings.

A) In ten seconds, shoot once as the target turns and recover up to acquiring and aligning the sights and putting pressure on the trigger. This is the "One Shot Drill." When you can shoot a ten twice in a row, move up to step B.

B) In ten seconds, shoot once as the target turns and recover; this time take the second shot and recover up to acquiring/aligning the sights and applying pressure on the trigger. This is a "Two Shot Drill." When you can shoot two tens, twice in a row, move up to step C.

C) Three shot drill. When you can shoot three tens, twice in a row, move up to D.

D) Four shot drill. When you can shoot four tens, twice in a row, move up to E.

E) Five shot drill. Etc.

F) Six shot drill.

The key is this- you need to work on your RECOVERY ability which includes:

- Follow through; physical and mental
- Loading and holding trigger
- Rapid sight acquisition
- Rapid and smooth settle to aiming area

Finally, in order to add another shot to the string, your recovery process must include the critical last one (two) steps

- Simultaneously with smooth entry into the aiming area, initiate the shot release with perfect alignment while
- Executing perfect trigger control