

## Drill Book

This book is a refresh of documents I created many years ago and currently use when at the range. I wanted a single place to put the drills that we did frequently. My personal version was a rough, quickly thrown together document. This one I took some time to organize it and lay it out a little better.

Credit for each drill is in the title. I tried my best to find the original creator to recognize but realize these have probably been modified over years. I will add more drills over time, if you have a request let me know and if there are enough requests I can make up a sheet.

### Data Drives Performance

Many of the drills have a PAR time. These are based on the videos and what the instructors have stated. While PAR times are a measure, your real measure should be your improvement. Your performance is what matters. This is the reason for the Data Sheets, track your performance. Do not focus on the outcome, focus on the process and your outcome will improve. You can enter a PAR time as you see fit, remember this training is about you and your group. There is a link and QR Code below to submit your times for drills. I will build an anonymous list of times/scores to develop levels of PAR's to help others develop goals for their own performance.

Feel free to modify these to fit your needs, this is what works for me and those I shoot with. I use a binder with sheet protectors to hold and use these drills, the Safety Briefing, Range Medical Plan, and other training documents.

This is a free resource, I will not charge for other people's creation and content. I wanted to take what I use and make it available to others to help you train and improve. It does take time to work on, if you find the information useful and you want to buy me a slice of pizza (I don't drink coffee) you can with the link below. If you have drills, links or resources you would like to see added, please let me know at the email below.

<a href="#">Email</a>	<a href="#">Buy Me A Pizza</a>	<a href="#">X</a>	<a href="#">Drill Time Submission</a>
			

## Links and Resources

### Targets – Free Downloads

[Baer Solutions Standard](#) – For the Baer Standard Drill

[25 Yard Red Dot Zero](#)

[50 Yard Red Dot Zero](#)

[50 Yard Zero at 25 Yards](#)

[100 Yard Zero at 25 Yards](#)

[Dot Torture Test](#)

[T.Rex Arms Warm Up](#)

### Targets

[VTAC Double Sided](#) – Probably one of the best paper targets

[RE Factor Kill Zone](#) – Great target for lots of different drills

[RE Factor RMR Zero and Drills](#)

[IPSC/USPSA Cardboard](#)

[IPSC/USPSA Paper](#)

[Cardboard Backer](#)

### Other

[T.Rex Arms Scrambler](#) – Course of Fire Documents


RE Factor Essentials – [Book](#) [Drills](#) [Target](#)

## Warm Up


It is important to spend some time focusing on basic mechanics and warming up your muscle memory at the start of a training day. Here is a basic warm up routine to help you be ready for the drills you will be running.

Focus	Evolution	Reps
<b>Ready Positions</b> Move to final firing position	High Ready	5
	Low Ready	5
	Over The Shoulder	5
	Holster	5
<b>Dry Fire</b> Strong self-assessment of what your optic is doing	High Ready	3
	Low Ready	3
	Over the Shoulder (Think CQB Position)	3
	Holster	3
	Rifle Trigger Reset	3
	Pistol Trigger Reset	3
<b>Rifle 30 Rounds</b> Load random # rounds in first mag Mix High and Low Ready USPSA or IPSC Cardboard x 2	Up Drill	6
	Hammered Pair	3
	Failure Drill	2
	Box Drill	2
<b>Pistol 15 Rounds</b> Load random # rounds in first mag USPSA or IPSC Cardboard x 2	Up Drill	4
	Hammered Pair	1
	Failure Drill	1
	Box Drill	1


**1 - 5 Drill**  
**Kyle Lamb – Viking Tactics**

<b>Focus</b>	Cadence, Drive the gun to the target, Sight Picture
<b>Gun</b>	Rifle
<b>Rounds</b>	15 Rounds
<b>Target</b>	3 USPSA or IPSC Targets
<b>Setup</b>	5-7 Yards from targets with 2-3 feet in between targets
<b>Scoring</b>	Time, any round outside of the A Zone is a 0.5 second penalty
<b>PAR</b>	
<b>Drill</b>	Load and Make Ready, From High or Low Ready 1. Starting at left target fire 1 round to A Zone 2. Move to second target fire 2 rounds to 3. Move to third target fire 3 rounds to A Zone 4. Moving back left fire 4 rounds to A Zone 5. Moving left again fire 5 rounds to A Zone
<b>Link</b>	<a href="#">VTAC 1-5 Rifle Drill</a> 


**Baer Standard**  
**Drew Estell – Baer Solutions**

<b>Focus</b>	Cadence, Speed, Accuracy, Grip
<b>Gun</b>	Rifle or Pistol
<b>Rounds</b>	13 Rounds in 2 Magazines (10 in first, 3 in second)
<b>Target</b>	Baer Solutions Standard Target
<b>Setup</b>	3-10 Yards
<b>Scoring</b>	Any round outside of the zone is a zero for the drill
<b>PAR</b>	Less than 9 Seconds
<b>Drill</b>	Load and Make Ready, From High or Low Ready or Holster 1. 10 rounds total in the gun (9 in the magazine +1 in the chamber) 2. On signal engage each rectangle with 5 rounds 3. Perform slide/bolt lock reload 4. Engage circle with 3 rounds 5. Perform Reload, Scan and Assess
<b>Link</b>	<a href="#"><u>Garand Thumb on the Baer Standard</u></a> 


**Basic Combat Drills**  
**Karl Erickson – Tactical Rifleman**

<b>Focus</b>	Basics, Muscle Memory, Good for Warm Up
<b>Gun</b>	Rifle
<b>Rounds</b>	16 Rounds for the 5 Drills – Total based on # of evolutions of each drill
<b>Target</b>	3 VTAC or Any with Head, Chest, and Pelvic Zones
<b>Setup</b>	5-7 Yards from targets with 2-3 feet in between targets
<b>Scoring</b>	Time, any round outside of the zone is a zero for the drill
<b>PAR</b>	
<b>Drill</b>	<p>Load and Make Ready, From High or Low Ready</p> <ol style="list-style-type: none"> <li>1. Up Drill <ol style="list-style-type: none"> <li>a. One round to the chest</li> </ol> </li> <li>2. Hammered Pair <ol style="list-style-type: none"> <li>a. Add second round to the Up Drill</li> </ol> </li> <li>3. Failure Drill <ol style="list-style-type: none"> <li>a. Two rounds fast to the chest, one controlled round to the head</li> </ol> </li> <li>4. Zipper Drill <ol style="list-style-type: none"> <li>a. Rounds to chest, moving to head until bad guy is down</li> </ol> </li> <li>5. Box Drill <ol style="list-style-type: none"> <li>a. Two Targets – Two rounds to chest</li> <li>b. Move to second target, two rounds to chest</li> <li>c. Move to Head, one round to head</li> <li>d. Move to first target, one round to head</li> </ol> </li> </ol>
<b>Link</b>	<p><a href="#">Basic Combat Drills</a></p> 

**Blaze X**  
**Pat McNamara – TMACS/Blaze Ops**


<b>Focus</b>	Simple Movement, Thinking, Strong and Off Hand
<b>Gun</b>	Pistol
<b>Rounds</b>	9 Rounds
<b>Target</b>	1 IPSC Steel
<b>Setup</b>	15 Yards to center cone, 5 Yards from center cone to corner cones
<b>Scoring</b>	Time Only
<b>PAR</b>	
<b>Drill</b>	<p>Load and Make Ready – From Holster One hit at each cone     Center Cone - Two Hands     Right Cones - Right Hand     Left Cones - Left Hand</p> <ol style="list-style-type: none"><li>1. Start at center cone</li><li>2. Move to left rear cone, move to center cone</li><li>3. Move to right front cone, move to center cone</li><li>4. Move to right rear cone, move to center cone</li><li>5. Move to left front cone, finish at center cone</li></ol>
<b>Link</b>	<p><a href="#">Blaze X</a></p> 

**Check Drill**  
**Drew Estell – Baer Solutions**


<b>Focus</b>	Transition, Kit Set Up
<b>Gun</b>	Rifle and Pistol
<b>Rounds</b>	2 Rounds Rifle, 1 Round Pistol
<b>Target</b>	1 USPSA or IPSC Cardboard
<b>Setup</b>	7 Yards
<b>Scoring</b>	Time
<b>PAR</b>	12 Seconds at least, 10 Seconds is standard
<b>Drill</b>	Load and Make Ready, From High or Low Ready 1. Start with loaded rifle and empty magazine 2. Engage target with rifle to bolt lock 3. Transition to pistol and engage target with 1 round and holster 4. Reload rifle and engage target with 1 round
<b>Link</b>	<a href="#">Check Drill</a> 



**Fast Four**  
**Drew Estell – Baer Solutions**

<b>Focus</b>	Fast First Shot, Drive the Gun, Low Round Count
<b>Gun</b>	Rifle or Pistol
<b>Rounds</b>	4 Rounds
<b>Target</b>	3 USPSA or IPSC Cardboard
<b>Setup</b>	7 Yards with 3 Feet in Between Targets
<b>Scoring</b>	Any round outside of the A Zone is a 0.5 second penalty
<b>PAR</b>	2.5 Seconds for Rifle 3 Seconds for Pistol
<b>Drill</b>	Load and Make Ready, From High or Low Ready or Holster 1. Center target is the first target 2. 2 Rounds to A Zone 3. Move to Right or Left Target 4. 1 Round to A Zone 5. Move to Last Target 6. 1 Round to A Zone
<b>Link</b>	<a href="#">Fast Four</a> 


**Half and Half**  
**Kyle Lamb – Vikings Tactics**

<b>Focus</b>	Fast First Shot, Be Aggressive, Use Your Time
<b>Gun</b>	Rifle
<b>Rounds</b>	30 Rounds
<b>Target</b>	1 USPSA or IPSC Cardboard
<b>Setup</b>	Cones at 20, 10 and 5 Yards
<b>Scoring</b>	A Zones Hits are 1 Point, Outside A Zone is 0 Points
<b>PAR</b>	30 Points
<b>Drill</b>	Load and Make Ready, From High or Low Ready 1. 20 yards, 10 rounds in 10 seconds 2. 15 yards, 10 rounds in 5 seconds 3. 5 yards, 10 rounds in 2.5 seconds
<b>Link</b>	<a href="#">Half and Half</a> 


**Hive Drill**  
**Chris Mailliard – Patterns of Crisis**

<b>Focus</b>	Movement, Varying Shooting Positions, Non-Shooting Skills, Physical Activity, Fun Competition, Specific Focus for your Needs, Critical Thinking
<b>Gun</b>	Rifle and Pistol
<b>Rounds</b>	Varies but Minimum of 10 Rifle and 2 Pistol
<b>Target</b>	2 x IPSC Steel
<b>Setup</b>	25 Yards x 25 Yards with Targets 10-15 Yards Apart
<b>Scoring</b>	Time
<b>PAR</b>	N/A
<b>Drill</b>	<p>Load and Make Ready, From High or Low Ready</p> <ol style="list-style-type: none"> <li>1. Course of fire consists of at least 6 shooting positions</li> <li>2. Last position (closest to target) must be pistol</li> <li>3. Shooting stations will be placed at varying distances the require lateral and forward movement</li> <li>4. All positions require two hits, one on each steel target</li> </ol> <p>Use the following to increase difficulty to practice other skills</p> <ul style="list-style-type: none"> <li>• Barrels – Serpentine to work on movement, footwork and cadence</li> <li>• VTAC Barricade – Vary shooting positions</li> <li>• Medical – Apply tourniquet, Move to cover.</li> <li>• Shooting Positions – Kneeling, lying on side, etc.</li> <li>• Right and Left Hand Shooting – Kneeling around a barrel</li> <li>• Physical Activity – Weights, Drag</li> </ul>
<b>Link</b>	

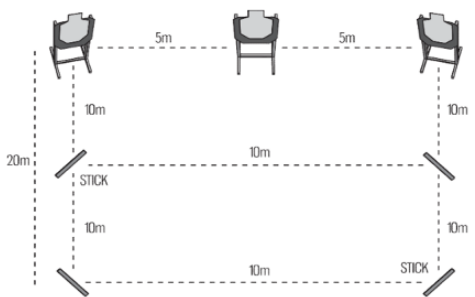

**Light the Fuse**  
**Pat McNamara – TMACS/Blaze Ops**

<b>Focus</b>	Physical, Varying Distance
<b>Gun</b>	Rifle
<b>Rounds</b>	7 Rounds
<b>Target</b>	1 IPSC Steel
<b>Setup</b>	Cones at 25, 50, 75, and 100 yards
<b>Scoring</b>	Time, One hit required from each position
<b>PAR</b>	
<b>Drill</b>	Load and Make Ready, From High or Low Ready 1. Cones at 25, 50, 75, and 100 Yards 2. One hit at each cone 3. Drill is usually run starting at the 100 yard cone 4. 1 round at each cone – 100, 75, 50, 25, 50, 75, 100 5. Can do in reverse based on shooters
<b>Link</b>	<a href="#">Light the Fuse</a> 

**Operator Readiness Test  
Redback One**

<b>Focus</b>	Speed, Accuracy, Weapons Handling, Full Kit
<b>Gun</b>	Rifle and Pistol
<b>Rounds</b>	12 Rifle, 12 Pistol – Both have 10 in first magazine
<b>Target</b>	1 VTAC or Any with Head and Chest Zones
<b>Setup</b>	Shooting from 7 Yards
<b>Scoring</b>	Time, any round outside of the zone is a zero for the drill
<b>PAR</b>	< 20 Seconds Baseline, < 18 Seconds Doing well
<b>Drill</b>	Load and Make Ready, From High Ready 1. Fire 10 rounds from the rifle to the head 2. Transition to pistol and fire 10 rounds to the chest 3. Reload pistol and fire 2 rounds to the chest 4. Holster pistol, reload rifle, fire 2 rounds to the head
<b>Link</b>	<a href="#">Operator Readiness Test</a> 

**Scrambler**  
**Lucas Botkin – T.Rex Arms**

<b>Focus</b>	Moving and Shooting, Trigger Control
<b>Gun</b>	Rifle or Pistol
<b>Rounds</b>	28 Rounds
<b>Target</b>	3 USPSA or IPSC Cardboard
<b>Setup</b>	20 Yards x 20 Yards, Targets 5 Yards apart, Cones at 10 and 20 yards from end targets
<b>Scoring</b>	Hit Factor Scoring
<b>PAR</b>	N/A
<b>Drill</b>	<p>Load and Make Ready, From High or Low Ready</p> <ol style="list-style-type: none"> <li>1. From 20 yard engage 2 rounds to target in front of you</li> <li>2. Move across to other 20 yard position, engaging center target with 2 rounds</li> <li>3. At 20 yard position engage target in front of you with 2 rounds</li> <li>4. Move diagonal to 10 yard position, engaging center target with 2 rounds</li> <li>5. At 10 yard position engage target in front of you with 2 rounds</li> <li>6. Move across to other 10 yard position engaging center target with 2 rounds</li> <li>7. Repeat above but starting at opposite 20 yard position</li> </ol> 
<b>Link</b>	<p><a href="#">Scrambler</a></p> 

**Triple Threat**  
**Kyle Lamb – Viking Tactics**

<b>Focus</b>	Speed, Accuracy, Sight Picture, Driving the gun
<b>Gun</b>	Rifle
<b>Rounds</b>	15 Rounds
<b>Target</b>	3 VTAC or any Target with Head, Chest Zones and Pelvic
<b>Setup</b>	Shooting from 7 Yards, Targets 2 – 3 feet apart
<b>Scoring</b>	Time, any round outside of any target zone is a zero for the drill
<b>PAR</b>	< 6 Seconds
<b>Drill</b>	Load and Make Ready, From High or Low Ready 1. Center target is the first target 2. 3 Rounds to Chest, 1 Round to Head, 1 Round to Pelvis 3. Move to Right or Left Target 4. 3 Rounds to Chest, 1 Round to Head, 1 Round to Pelvis 5. Move to Last Target 6. 3 Rounds to Chest, 1 Round to Head, 1 Round to Pelvis
<b>Link</b>	<a href="#">Triple Threat</a> 