

CADENCE DRILL TARGET PACKET

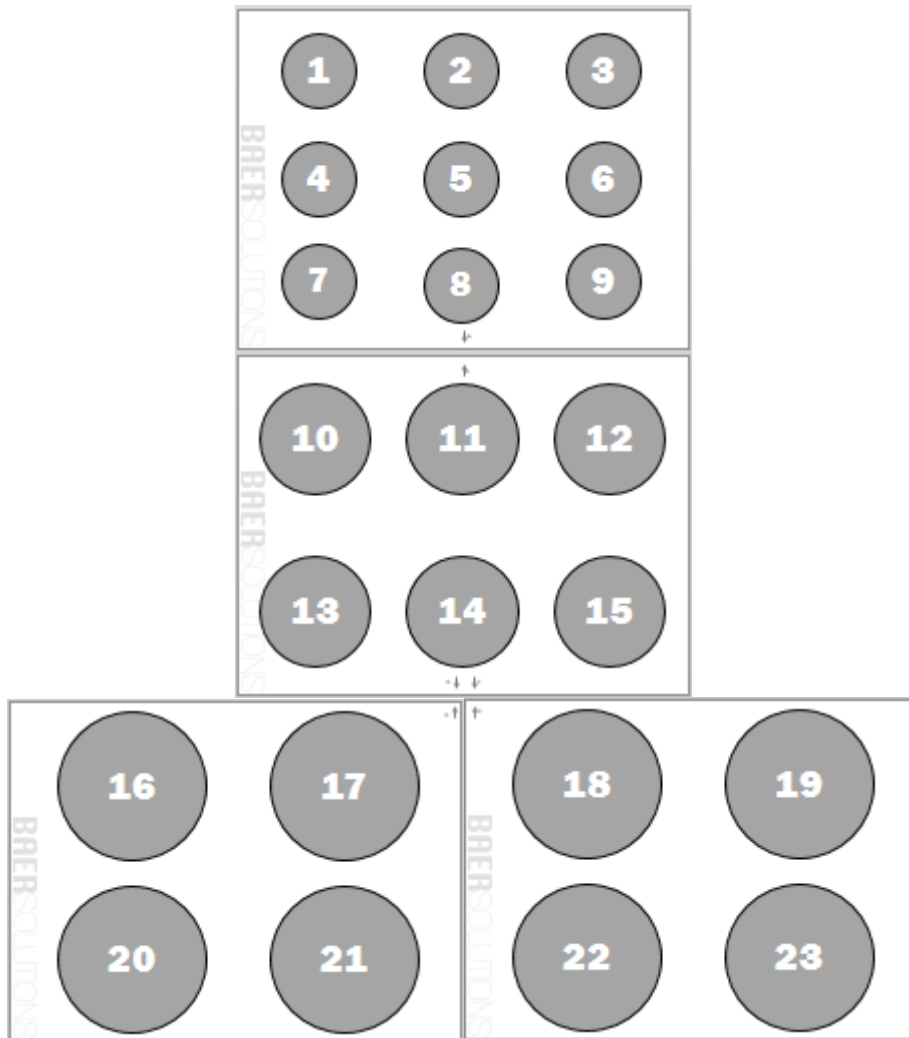
Directions: Print the entire packet, single sided. Line up the arrows by letter on each page to get the layout shown below on the left.

Full Cadence: Verbal “One, One Thousand...” with the shot fired on the “Wa” sound of “one”

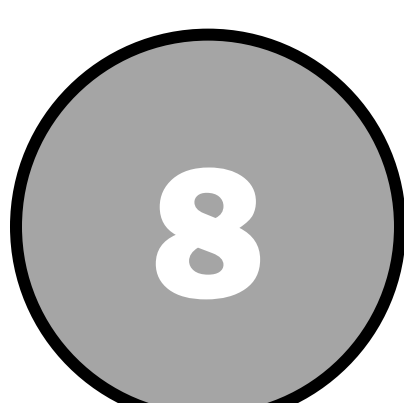
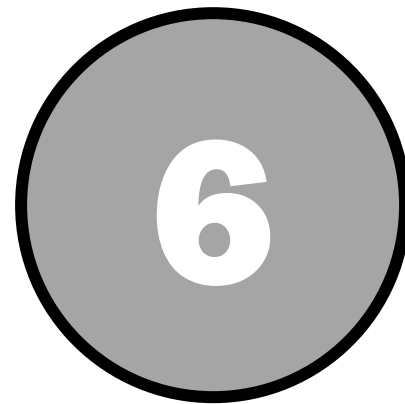
Half Cadence: Verbal “One and Two and...” with the shot fired on the “Wa” sound of “one”

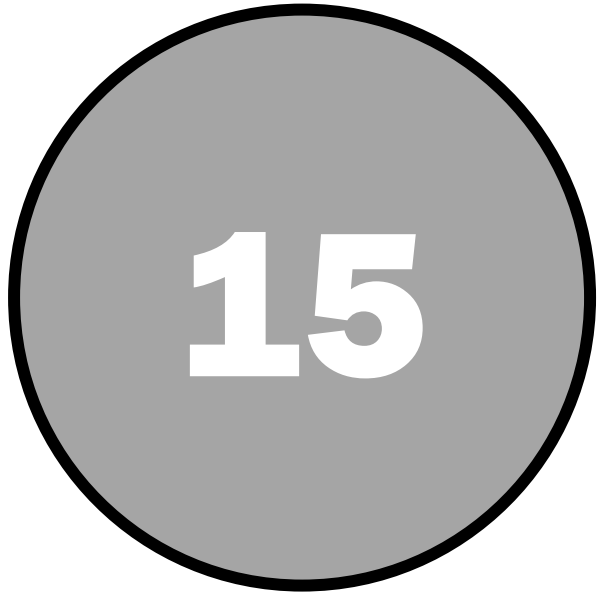
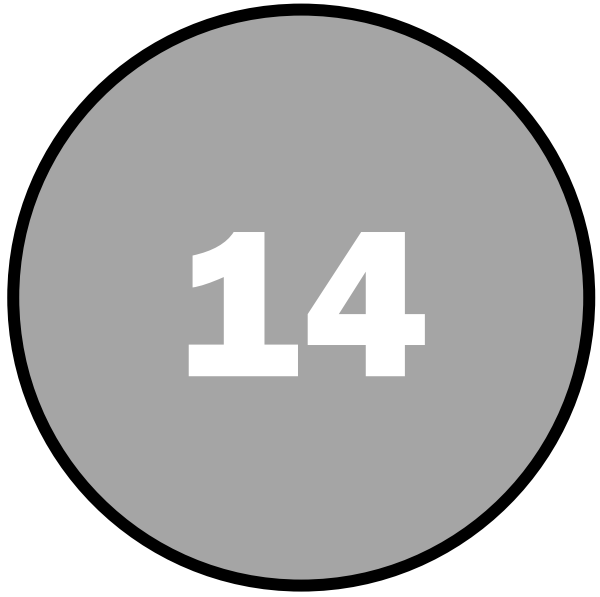
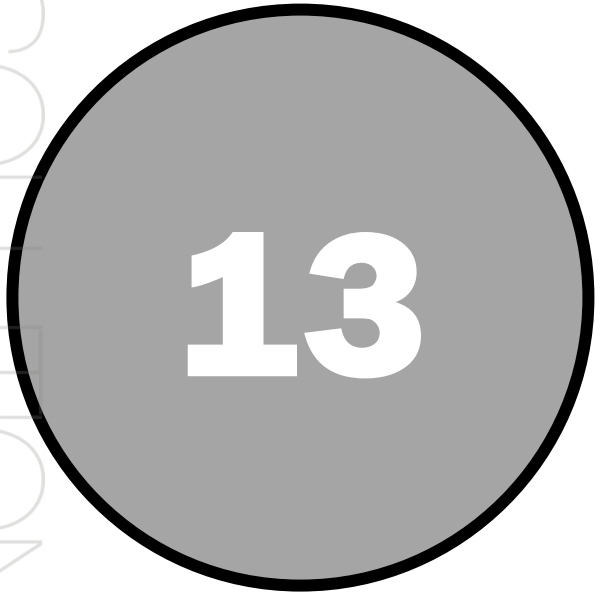
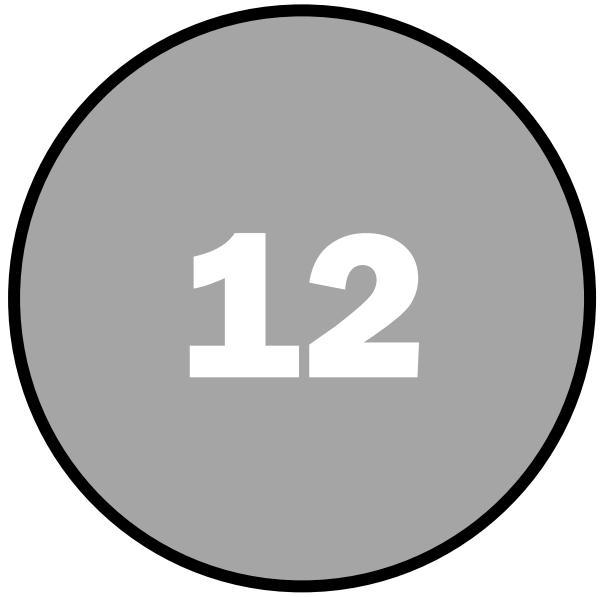
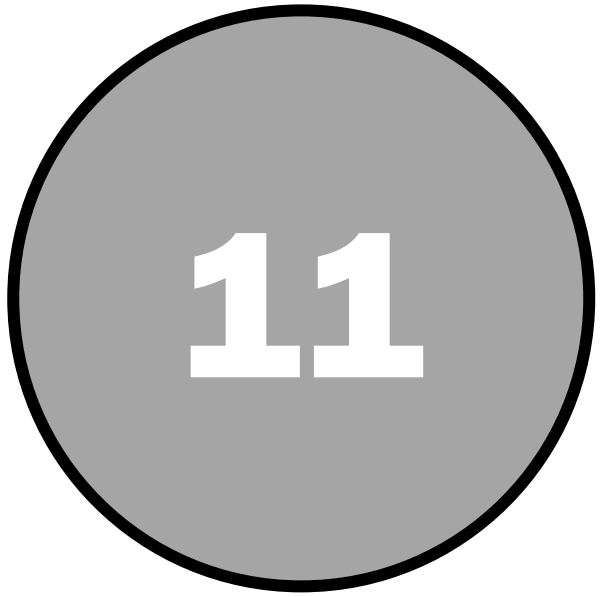
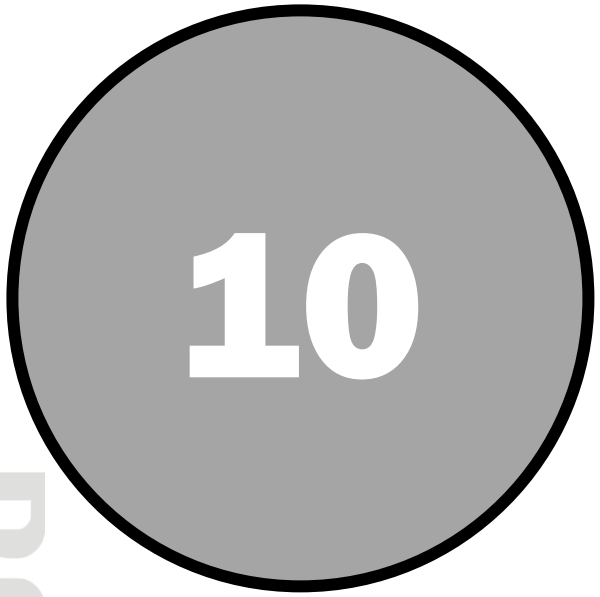
Quarter Cadence: Verbal “One, Two, Three...” with the shot fired on the “Wa” sound of “one”

Recommendations: Follow the progression on the table below to build on your fundamentals. Focus on maintaining your cadences and seeing through the recoil to maintain sight picture. On the progressions with more than one target, work to move your eyes to the next target first, then drive your sights. When you get to the last two progressions, work to maintain your cadence on the transitions between targets before beginning the new cadence. Be safe, productive, and focused.



PROGRESSION	CADENCE	TARGET ORDER	ROUNDS
1	FULL	1,1,1,1,1	5
2	FULL	1,2,3,2,1	5
3	FULL	4,4,4,4,4	5
4	FULL	4,5,6,5,4	5
5	HALF	10,10,10,10,10	5
6	HALF	10,11,12,11,10	5
7	HALF	13,13,13,13,13	5
8	HALF	13,14,15,14,13	5
9	QUARTER	16,16,16,16,16	5
10	QUARTER	16,17,18,19,18	5
11	QUARTER	20,20,20,20,20	5
12	QUARTER	20,21,22,23,22	5
13	FULL HALF QUARTER	20 13 7	5 5 5
14	QUARTER HALF FULL	9 15 23	5 5 5





↑
A

B ↓ ↓ C

