

Advanced Bullseye Training Program

Overview:

This program is designed to help a new or experienced shooter attain a level of success in the sport of Bullseye Pistol.

Before a new shooter begins using this workbook, he/she should first spend some time with a coach or instructor on safety and shooting fundamentals.

At the end of the workbook are appendixes which contain helpful training tools and exercises to continue and maintain a high level of proficiency.

As with any sport, serious thought needs to be given as to what your goals in the sport are. Some are happy just to show up and enjoy the company of fellow shooters. Others may progress to a certain level of proficiency and are comfortable remaining at that level. Others still may want to excel and compete at the highest level of achievement in the sport. This workbook is intended for those who wish to achieve a greater level of success than they otherwise are unable to achieve alone.

If any shooter intends to improve, they must first set goals. The first exercise of this workbook involves setting goals and periodically reviewing these goals and identifying milestones towards achieving that goal. Your goal should follow the S.M.A.R.T. goal setting method.

S = Specific (Like: I want to break 280 in the National Match Course)

M = Measurable (So you can tell if goal has been reached)

A = Attainable (yet challenging)

R = Realistic (Set a goal that is within reach)

T = Timely (3-6 months)

Your goals should be reviewed periodically and milestones documented. For example, the goal of breaking 280 could have a milestone of 'I shot a 90 slowfire' or 'All shots in black in timed fire'.

As with any training program, this program is best performed with the guidance of an experienced shooter and or coach.

Advanced Bullseye Training Program

Goals

Description: Goals are critical to set a target for future performance. Goals should be Specific, Measurable, Attainable, Realistic and Timely (SMART). As a guideline, the goal should be reachable in 6 months but not yet reached. Do not set more than 3 goals at one time.

Setting a realistic yet challenging goal is the first and most important step to achieving success.

Periodically review and note milestones which have been met along the way towards reaching the goal.

Goal Plan

Start Date: ___/___/___ Goal Date: ___/___/___

My goal is to _____

I want to achieve this goal because _____

My strategy for achieving this goal is to _____

People who have already achieved this goal include _____

I will receive my inspiration from _____

When I achieve this goal I will reward myself by _____

_____ is willing to hold me accountable

Milestones		Review	
	___/___/___	___/___/___	___/___/___
	___/___/___	___/___/___	___/___/___
	___/___/___	___/___/___	___/___/___
	___/___/___	___/___/___	___/___/___
	___/___/___	___/___/___	___/___/___
	___/___/___	___/___/___	___/___/___
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	___/___/___	___/___/___	___/___/___
	___/___/___	___/___/___	___/___/___
	___/___/___	___/___/___	___/___/___
	___/___/___	___/___/___	___/___/___

S.M.A.R.T.
<input type="checkbox"/> Specific
<input type="checkbox"/> Measurable
<input type="checkbox"/> Attainable (yet challenging)
<input type="checkbox"/> Realistic
<input type="checkbox"/> Timely

Priority
<input type="checkbox"/> 1 ... Critical
<input type="checkbox"/> 2 ... Urgent
<input type="checkbox"/> 3 ... Important
<input type="checkbox"/> 4 ... Beneficial
<input type="checkbox"/> 5 ... Desirable

Term
<input type="checkbox"/> Daily
<input type="checkbox"/> Weekly
<input type="checkbox"/> Monthly
<input type="checkbox"/> Long Term (____ months)

Affected Skills
<input type="checkbox"/> Mental
<input type="checkbox"/> Physical
<input type="checkbox"/> Technical
<input type="checkbox"/> Strategic

While also working towards this goal, I also learned that _____

Advanced Bullseye Training Program

.22 caliber pistol: Slow fire group shooting

Purpose: Obtain a 50 ft zero. Continue to demonstrate basic understanding of the marksmanship principles.

Task description: Fire at 50 ft on a small training target, no time limit. Fire 10 shots and observe group, continue to fire 5 rd strings until 10 hits are accumulated in the black of the training target. Repeat with another training target and repeat until difficulty level is mastered.

Standard:

1. Group size: within the training target black
2. Time limit: none
3. Test conditions: assigned coach will watch and evaluate
4. Difficulty level: two consecutive 10 round series with all shots in the black.

Coach's notes/comments: black center is a distraction to the marksman. Groups should remain round. The requirement to duplicate or better the shot group tests the marksman's ability to handle stress.

Shooter's notes: (What did I learn? What did I do right? What problems am i looking for a solution to?)

Date accomplished: _____ coach's initials: _____

Total # of rds fired: _____

Advanced Bullseye Training Program

Mental program (basic)

Purpose: To develop a series of mental steps to focus shooter's concentration on consistent shot delivery.

Task: Write mental concentration steps.

Example: Once equipment is arranged on bench, at shooting point:

1. Visualize perfect performance of upcoming stage.
2. "load" load/verify N.P.o.A.
3. "is the line ready?" restate stage – i.e....rapid Fire
4. "the line is ready" start breathing cycle
5. "ready on the right" breathing cycle raise gun, image of perfect Sights, continue
6. "ready on the left" let gun/body settle, image of Centered shot group.
7. "ready on the firing line" start trigger pressure, focus On sights, patience
8. Target turns let first shot break, recover And continue string.

Coach's notes/comments: Ensure each student develops mental program. Post mental program in shooting box. Stress commitment to program for each and every shot/string.

Shooter's notes:

Date accomplished: _____ coach's initials: _____

Total # of rds fired: _____

Advanced Bullseye Training Program

.22 caliber pistol: Timed fire group shooting

Purpose:

1. To continue to reinforce basic marksmanship skills while emphasizing trigger control, sight alignment, and recovery.
2. To reinforce the shooter's confidence in his/her ability to fire a timed fire group the size of the 9-ring or smaller.

Task description: Fire at a blank target positioned at 50 feet. Timed fire. Measure group after 10-rds. Repair target. Repeat until difficulty level is mastered.

Standard:

1. Group size: 5 1/2 inches maximum diameter, 1-9
2. Time limit: 5 rds/20 sec
3. Test conditions: assigned coach will watch and evaluate
4. Difficulty level: two consecutive 10-rd 1-9 groups

Coach's notes/comments:

Shooter's notes:

Date accomplished: _____ coach's initials: _____

Total # of rds fired: _____

Advanced Bullseye Training Program

.22 caliber pistol: Timed fire one shot drills

Purpose: Establish mental program and develop a routine involving the line commands. Deliver the first shot of a 5-shot string in a timely and accurate manner.

Task description: Fire at a small training target positioned at 50 feet. Shoot one shot drills. One shot and recover each time target is presented. Target visible for 3 seconds per drill. Line command given for each drill. Observe group after 10-rds. Fire additional drills until 10 hits have accumulated in the black. Repeat exercise until difficulty level is mastered.

Standard:

1. Group size: 5 1/2 inches maximum diameter, 1-9
2. Time limit: 3 sec drills
3. Test conditions: Assigned coach will watch and evaluate
4. Difficulty level: Two consecutive 10-rd targets with all shots in the black.

Coach's notes/comments: Attention should be paid to the shooter's recovery after each shot.

Shooter's notes:

Date accomplished: _____ coach's initials: _____

Total # of rds fired: _____

Advanced Bullseye Training Program

.22 caliber pistol: Timed fire two shot drills

Purpose: Establish mental program and develop a routine involving the line commands. Deliver the first two shots of a 5-shot string in a timely and accurate manner.

Task description: Fire at a small training target positioned at 50 feet. Shoot two shot drills. One shot and recover each time target is presented. Target visible for 3 seconds per drill. Line command given for each drill. Observe group after 10-rds. Fire additional drills until 10 hits have accumulated in the black. Repeat exercise until difficulty level is mastered.

Standard:

1. Group size: 5 1/2 inches maximum diameter, 1-9
2. Time limit: 3 sec drills
3. Test conditions: Assigned coach will watch and evaluate
4. Difficulty level: Two consecutive 10-rd targets with all shots in the black.

Coach's notes/comments: Attention should be paid to the shooter's recovery after each shot.

Shooter's notes:

Date accomplished: _____ coach's initials: _____

Total # of rds fired: _____

Advanced Bullseye Training Program

.22 caliber pistol: Timed fire group shooting

Purpose:

1. To continue to refine body alignment, grip, recovery, trigger control, and sight alignment.
2. To further enhance shooter's confidence in his/her ability to fire 1-9 groups while maintaining a timed fire cadence.

Task description: Fire at a small training target positioned at 50 ft. Timed fire. Observe group after 10-rds. Fire additional 5-rd strings until 10 hits have accumulated in the black. Repair target. Repeat until difficulty level is mastered.

Standard:

1. Group size: 5 1/2 inches maximum diameter, 1-9
2. Time limit: 5 rds/20 sec
3. Test conditions: assigned coach will watch and evaluate
4. Difficulty level: two consecutive 10-rd targets with all shots in the black

Coach's notes/comments: Black center on training target may distract some competitors from total concentration on trigger/sights.

Shooter's notes:

Date accomplished: _____ coach's initials: _____

Total # of rds fired: _____

Advanced Bullseye Training Program

.22 caliber pistol: Rapid fire group shooting

Purpose: To place emphasis on trigger control, and sight alignment.

Task description: Fire at a blank target positioned at 50 ft. Rapid fire. Measure group after 10-rds. Repair target. Repeat until difficulty level is mastered.

Standard:

1. Group size: 5 1/2 inches maximum diameter
2. Time limit: 5 rds/10 sec
3. Test conditions: assigned coach will watch and evaluate
4. Difficulty level: new shooter: 190, old shooter: 200

Coach's notes/comments: Attention should be paid to shooter's stance and body weight distribution to aid him/her in recovery after each shot.

Shooter's notes:

Date accomplished: _____ coach's initials: _____

Total # of rds fired: _____

Advanced Bullseye Training Program

.22 caliber pistol: Reduced target training

Purpose: To reduce group size and confidence on normal sized targets

Task description: At 25 yards, use a 50 foot target. At 50 feet, use 33 foot air pistol target. Fire on targets for both slow timed, and rapid fire. Count the number of hits in the black only. Fire 3 sets of targets (SF, TF, RF). Replace with standard sized targets and fire 3 sets again (SF, TF, RF)

Standard:

1. Shots in black: 8 out of 10 (reduced sized targets), 10 out of 10 (standard sized targets)
2. Time limit: 10 rounds, 10 minutes (slow fire), 2x5 rounds in 20 seconds (timed fire), 2x5 rounds in 10 seconds (rapid fire)
3. Test conditions: self evaluation.
4. Difficulty level: two consecutive 10-rd in the black groups.

Coach's notes/comments: Shooter should notice increased confidence shooting at standard sized targets.

Shooter's notes:

Date accomplished: _____ coach's initials: _____

Total # of rds fired: _____

Advanced Bullseye Training Program

.22 caliber pistol: Rapid fire group shooting

Purpose:

1. To continue to refine body alignment, grip, recovery, trigger control, and sight alignment.
2. To further enhance shooter's confidence in his/her ability to fire groups while maintaining a timed fire cadence.

Task description: Fire at a small training target positioned at 50 ft (reverse target). Timed fire cadence. Observe group after 10-rds. Fire additional 5-rd strings until 10 hits have accumulated in the black. Repair target. Repeat until difficulty level is mastered.

Standard:

1. Group size: 5 1/2 inches maximum diameter, 1-9
2. Time limit: 5 rds/20 sec
3. Test conditions: Assigned coach will watch and evaluate
4. Difficulty level: Two consecutive 10-rd targets with all shots in the black

Coach's notes/comments: Black center on training target may distract some competitors from total concentration on trigger/sights.

Shooter's notes:

Date accomplished: _____ coach's initials: _____

Total # of rds fired: _____

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.22 caliber pistol: test: Sustained fire ball and dummy

Purpose:

1. Prevent anticipation of shot.
2. Maintain follow through after shot breaks.

Task description: Coach/trainer will load 4 live rounds and one dummy round in random order for the shooter.

Standard:

1. Coach observes little or no movement of barrel when dummy round is hit.
2. 5 consecutive dummy rounds hit with no movement of barrel.

Upon completion of the test, follow the steps indicated below:

1. Difficulty level mastered
- continue program -
2. Difficulty level not mastered
- return to ball and dummy training

Shooter's notes:

Date accomplished: _____ coach's initials: _____

Total # of rds fired: _____

.22 caliber pistol: test: Call shot drill

Advanced Bullseye Training Program

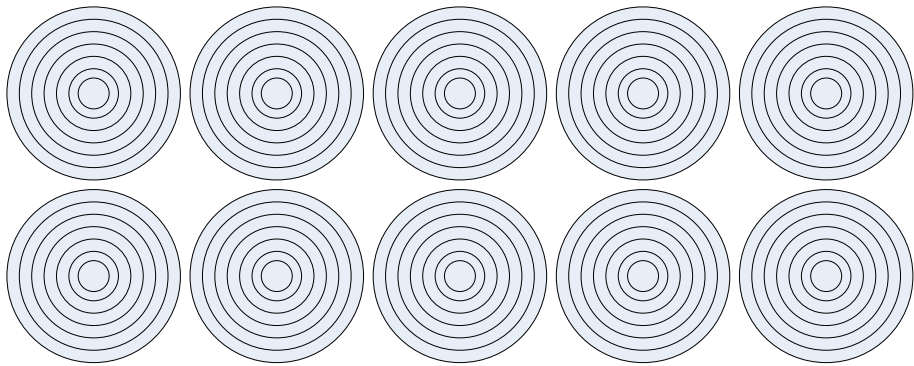
Purpose:

1. To get the shooter to accurately identify where on the target a shot has gone before scoping the target.
2. Increase confidence by consistently ‘calling’ the shot in the correct location.
3. To ensure that the shooter has good sight alignment and awareness when shot breaks.

Task description: Fire 10 shots slowfire. After each shot, mark on the diagram where you think the shot went with a circle. Scope the target and mark the actual shot placement with an X. After 10 shots, fill out the self evaluation marking how you felt in each category marking a 1 as lowest and 5 as highest.

Call Shot Drill for Pistol

Date: ___ / ___ / ___



	1	2	3	4	5	Remarks
Preparation						
Stance						
Stability						
Grip						
Aiming Ability						
Hold						
Trigger Control						
Follow Through						
Analysis						

Shooter's notes:

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.22 caliber pistol: test: Timed fire drill.

Purpose:

1. Focus on shooting nothing but 10's and X's.
2. Build confidence with focus on 10's and X's.

Task description: Fire 5 shots timed fire. Scope the target and mark the number of 10's and X's. Repeat for second set of 5 shots. After 10 shots, fill out the self evaluation marking how you felt in each category marking a 1 as lowest and 5 as highest.

Standard:

- | | |
|------------------|--------------------------|
| 1. 10's and X's: | 8 or better 10's and X's |
| 2. Time limit: | 5 rds/20 sec |

Sustained fire Drill for Pistol

Date: ___ / ___ / ___

First String of 5

Number of X's	
Number of 10's	

Second String of 5

Number of X's	
Number of 10's	

Self Analysis

	1	2	3	4	5	Remarks
Preparation						
Stance						
Stability						
Grip						
Aiming Ability						
Hold						
Trigger Control						
Cadence/Timing						
Follow Through						
Analysis						

Shooter's notes:

Advanced Bullseye Training Program

.22 caliber pistol: test: Rapid fire drill.

Purpose:

1. Focus on shooting nothing but 10's and X's.
2. Build confidence with focus on 10's and X's.

Task description: Fire 5 shots rapid fire. Scope the target and mark the number of 10's and X's. Repeat for second set of 5 shots. After 10 shots, fill out the self evaluation marking how you felt in each category marking a 1 as lowest and 5 as highest.

Standard:

1. 10's and X's: All shots in the black
2. Time limit: 5 rds/10 sec

Sustained fire Drill for Pistol

Date: ___ / ___ / ___

First String of 5

Number of X's	
Number of 10's	

Second String of 5

Number of X's	
Number of 10's	

Self Analysis

	1	2	3	4	5	Remarks
Preparation						
Stance						
Stability						
Grip						
Aiming Ability						
Hold						
Trigger Control						
Cadence/Timing						
Follow Through						
Analysis						

Shooter's notes:

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At home exercises: Dry fire drill (any caliber)

Purpose:

1. Train hand and arm muscles to pull the trigger.
2. Exercise arm with relative weight.
3. Hammer should fall without disrupting sight alignment

Task description: In a safe area, make sure gun is not loaded and insert a dry fire plug/snap cap in chamber of pistol. Align stance to point at blank wall. Visualize perfect sight picture and trigger squeeze through hammer drop. Raise pistol and aim at wall. Maintain sight picture and squeeze trigger without disrupting the sight alignment just like you visualized.

Standard:

1. Repeat above description 20 times
2. Rest and repeat.

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At home exercises: Weight training

Purpose:

1. Build up arm strength for match endurance
2. Improve fine muscle control

Task description: With a small dumbbell (3-5lbs), lift with shooting hand to your standard aiming position. Make small elongated vertical figure-8 for 20 seconds. Rest. Repeat but make a small elongated horizontal figure 8.

Standard:

1. Repeat above description 20 times or until arm is tired.
2. Rest and repeat.

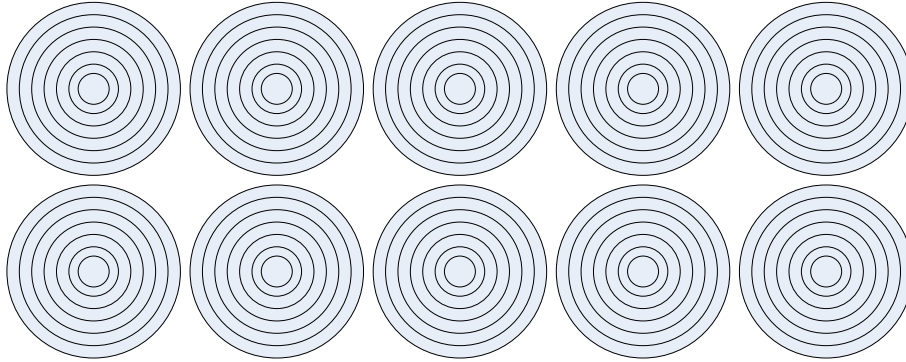
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Appendix A: Call shot drill

Description: Use this diagram to maintain a record of call shot drill results. For each slow fire shot, mark where you think the shot hit the target with an X. Then scope the target and mark the actual shot placement with a circle. Then evaluate your overall performance in the grid below.

Call Shot Drill for Pistol

Date: ___ / ___ / ___



	1	2	3	4	5	Remarks
Preparation						
Stance						
Stability						
Grip						
Aiming Ability						
Hold						
Trigger Control						
Follow Through						
Analysis						

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Appendix B: Sustained fire drill

Description: Use this worksheet to track sustained fire training drills. Evaluate your overall performance in the grid below.

Sustained fire Drill for Pistol

Date: ___ / ___ / ___

First String of 5

Number of X's	
Number of 10's	

Second String of 5

Number of X's	
Number of 10's	

Self Analysis

	1	2	3	4	5	Remarks
Preparation						
Stance						
Stability						
Grip						
Aiming Ability						
Hold						
Trigger Control						
Cadence/Timing						
Follow Through						
Analysis						

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Appendix C: One Month Calendar

Description: Use this diagram to maintain a record of match, training and exercise dates.

One Month Calendar						___/___
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Appendix D: Subjective Trend Analysis

Description: Use this diagram to track your performance in the indicated areas.

Subjective Trend Analysis																																
Physical I have energy to burn, or set a record. I'm ready to be competitive. I feel fine. I'm not quite ready, or I'm sore/stiff. I'm in no shape to do anything.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	High Above Average Average Below Average Low
Emotional I'm smiling on the outside! I'm smiling on the inside. I'm content and at peace. I feel disappointed or cranky I'm angry, ready to cry, etc.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	High Above Average Average Below Average Low
Intellectual I'm overthinking even simple problems. I'm able to solve problems easily. I need to think about things a little. I'm not sure I can deal with much. I'm out of my element. I'm lost.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	High Above Average Average Below Average Low
Mental I'm in the zone! Nothing can stop me! I'm focused, and ready I'm ready, but easily distracted. I'm a little preoccupied. I'm in a state of chaos.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	High Above Average Average Below Average Low
Attitude I feel invincible! I'm ready to get down to business. I guess I don't mind being here. I'd rather be somewhere else. I really don't want to be here.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	High Above Average Average Below Average Low
Activation I'm experiencing nervousness/anxiety. I'm on the job, and ready roll! I'm in neutral, and need motivation. Can we just get this over with? Why bother? I quit.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	High Above Average Average Below Average Low
_____ _____ _____ _____ _____	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	High Above Average Average Below Average Low
_____ _____ _____ _____ _____	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	High Above Average Average Below Average Low
_____ _____ _____ _____ _____	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	High Above Average Average Below Average Low