

5x5 DRILL

Drill: Gila Hayes

usaarms.com/print/5x5

THE COURSE

SET UP

5 yards · from the ready · the 5-inch circle

SHOOT

5 shots at the red dot, inside 5 seconds

SCORE

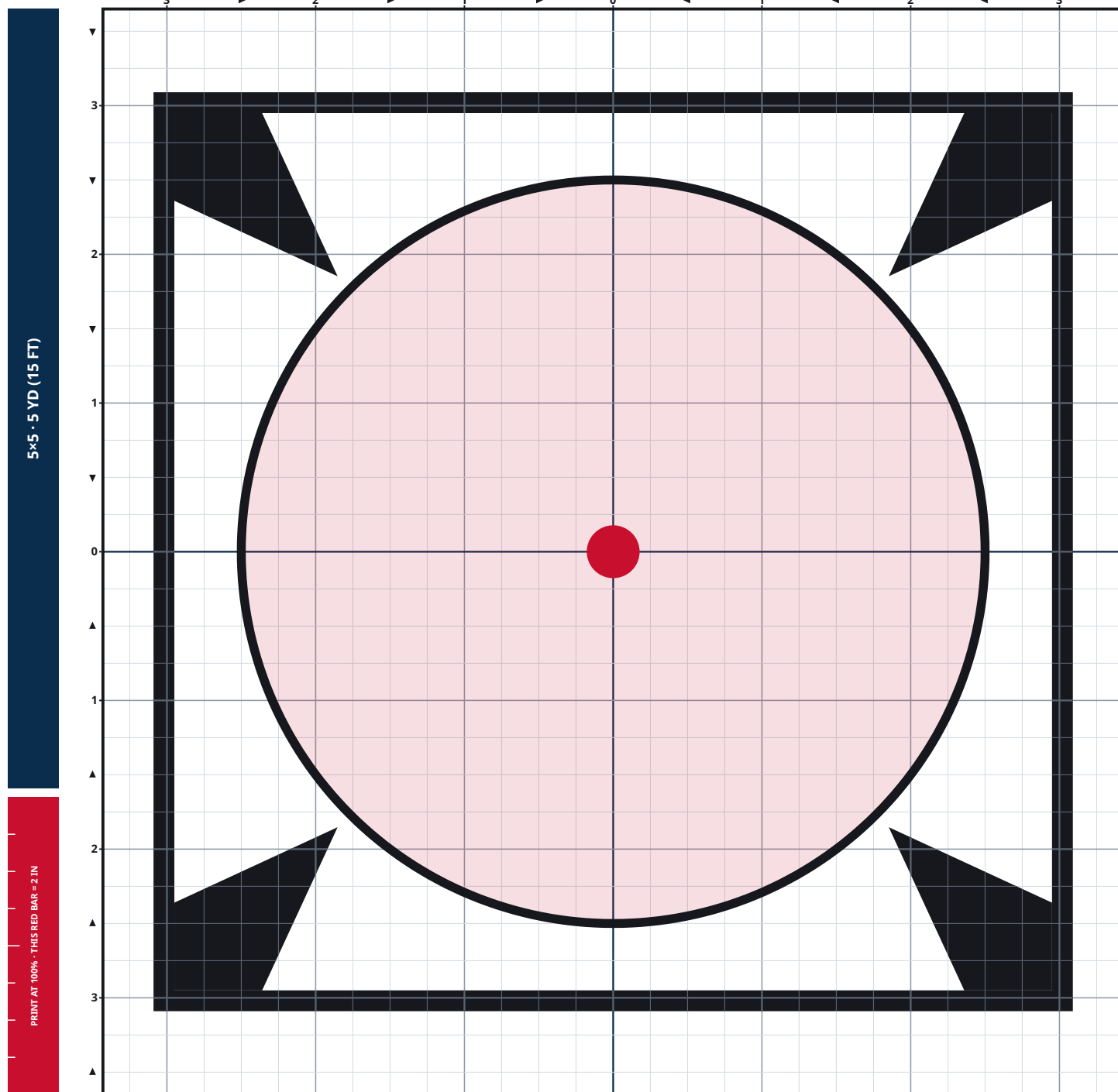
Clean: all five hits inside the circle, in time

HARDER

Five clean strings in a row: 25 rounds



CC BY 4.0



FIVE STRINGS · ALL FIVE HITS IN THE CIRCLE, INSIDE FIVE SECONDS

STRING 1	STRING 2	STRING 3	STRING 4	STRING 5
HITS /5 · TIME s	HITS /5 · TIME s	HITS /5 · TIME s	HITS /5 · TIME s	HITS /5 · TIME s