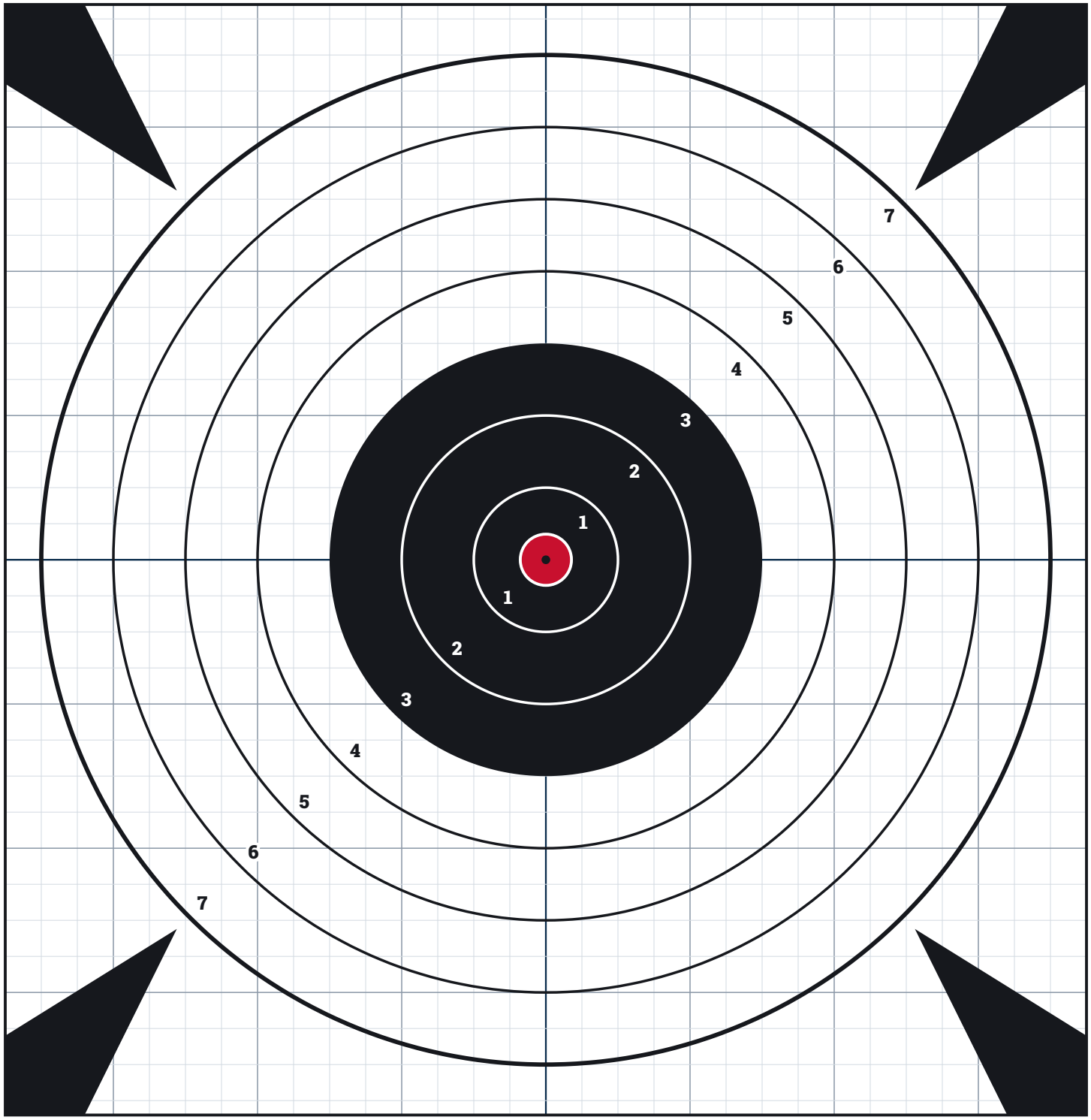
USA ARMS
GROUP SHOOTING

usaarms.com/print/groups

THE COURSE

SET UP	Start at 3 to 5 yards, then 10, then 25 · no timer
SHOOT	5 slow shots. Aim small: the black dot in the red dot.
SIZE	The smallest ring all five fit inside. Write it below.
RINGS	Numbered by width, 1 to 7 in: each ½ in outside the last
READ IT	Where it landed, and what that means: page 2

CC BY 4.0



GROUP SHOOTING · 3–5 / 10 / 25 YD

PRINT AT 100% · THIS RED BAR = 2 IN

3–5 YD	10 YD	25 YD
GROUP in	GROUP in	GROUP in

Print on US Letter at 100% (Actual size), not Fit to page: the rings are 1 to 7 inches across.

USA ARMS

READING YOUR GROUP

Page 2 of the group shooting target.
Look at two things: how big the group is,
and where it landed compared to where you aimed.

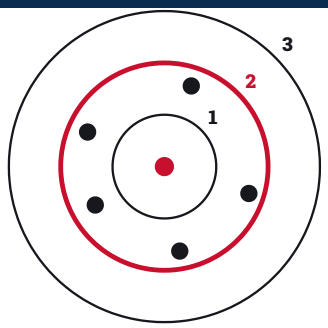
usaarms.com/print/groups

CC BY 4.0

1 · SHOOT IT

1. Hang page 1 at 3 to 5 yards. Aim small: the black point in the red dot.
2. Fire 5 slow shots. No timer: make each one the best you can.
3. Find the smallest ring all five fit inside (each is ½ in outside the last).
4. Read where the group landed (below). Mark the holes, then go to 10 yards, then 25.

2 · HOW BIG IS IT



IT FITS IN THE 2

A wide group usually means something in your basics is moving: your grip, your sight picture, or your trigger. Write each group's ring in its box and watch it shrink.

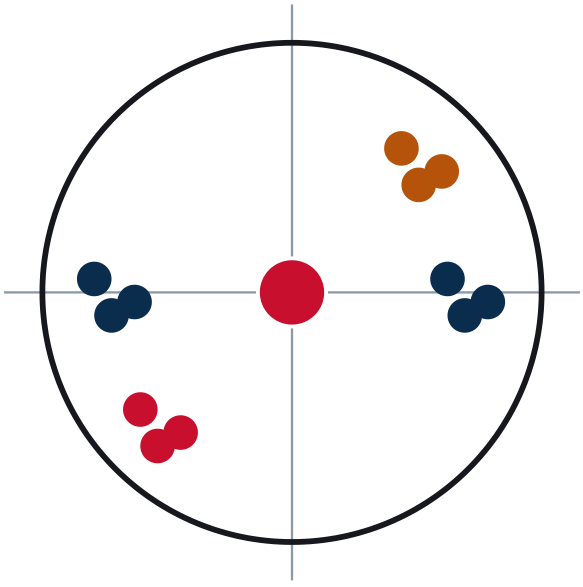
3 · YOUR OPTIC, OR YOU?

Tight, but away from the red dot:
your shots agree, so check your zero.

Wide, wherever it lands:
work on grip, sight picture and trigger first.

Zero a red dot: usaarms.com/print/zero

4 · WHERE IT LANDED · RIGHT-HANDED SHOOTERS



Left-handed? It all flips.

LOW LEFT

You're probably jerking the trigger.

HIGH RIGHT

Often heeling: pushing the heel of your hand forward, ahead of the recoil.

LEFT OR RIGHT SIDE

Trigger finger or overgripping with your main hand: press with the center of the pad, and grip harder with your support hand.

Shoot only where a safe backstop allows. Print page 1 at 100% (Actual size), not Fit to page.