

DATE	Weekly Goal	RANGE & SKILLS					
		Prone			Standing		
		Skill/Drill 1	Skill/Drill 2	Skill/Drill 3	Skill/Drill 1	Skill/Drill 2	Skill/Drill 3
Oct-13	Introduction to the PRINCIPLES OF MARKSMANSHIP (3/5)	Template Position Drills	Trigger Control - First Stage Trigger Control - Second Stage	Natural Alignment - Prone			
Oct-20	- Continue the PRINCIPLES OF MARKSMANSHIP (2/5) - Introduction to MARKSMANSHIP FITNESS	Sight Picture Focus - Target Sight Picture Focus - White Paper	Practice the principle taught in class	Practice the principle taught in class			
Oct-27	Focus on developing BREATHING skills	Breath Control	Breath Control - Holding	Breathing Rhythm - Single Target	Template Position Drills	Natural Alignment - Feet	Natural Alignment - Hip
Nov-03	Focus on developing AIMING (& Breathing) skills First QUICK PROGRESS TEST	Five Star Displacement	Attack Development	Focus Exercises	Aiming - Horizontal Control Aiming - Vertical Control	Practice the principle taught in class	Practice the principle taught in class
Nov-10	Focus on developing TRIGGER CONTROL skills QUICK PROGRESS TEST	Breathing - Attack Control	Trigger Control - Paper Cone	Trigger Control - Second Finger Shooting	Holding - Simple Holding	Holding - Progression	Breath Control - Live Fire Provocation
Nov-17	- Review the principles of POSITION - Review the principle of NATURAL ALIGNMENT - Introduction to MENTAL MANAGEMENT	External Position - Prone	Internal Position - Prone	Introduce: Outer Limits	Traverse - One Shot Drill	Traverse Drill - Dry Fire	Traverse Drill - Eyes Closed
Nov-24	No practice - ADA Sports Day				Rhythm - Beginning Drill	Trigger Control - Second Finger Shooting	White Paper - No Targets
Dec-01	ON range: PROGRESS SCORING OFF Range: Focus on MENTAL MANAGEMENT	Progress Scoring	Anchor for Shooting Sequence	Progress Scoring	Progress Scoring	Anchor for Shooting Sequence	Progress Scoring
Dec-07	2051 INVITATIONAL SHOOT				External Position - Standing	Internal Position - Standing	Internal Position - Standing Provocation

Dec-08	Develop 'CALLING THE SHOTS' technique	Call-The-Shot 1 - Shoot & view 2 - Shoot, Map, View 3 - Shoot,	Call-The-Shot 1 - Shoot & view 2 - Shoot, Map, View 3 - Shoot,	Call-The-Shot 1 - Shoot & view 2 - Shoot, Map, View 3 - Shoot,	N/A	N/A	N/A
Dec-15	Focus on rhythm & speed	Breathing Rhythm - Single Target	Rhythm Progression Test	Slow Motion Provocation	Breathing Rhythm - Single Target	Rhythm Progression Test	Slow Motion Provocation
Dec-22	Classroom = mental management Else = Progress Test all day 1st Round of Cuts	Progress Test	Progress Test	Progress Test	Progress Test	Progress Test	Progress Test
Dec-29	No practice - Christmas Break						
Jan-05	No practice - Christmas Break						
Jan-12	No practice - Christmas Break						