

SPRINTIES:

Put the cones and racks out as follows:

Cones on left and right corners, set about 1m out on the diagonal.
Rack parallel to firing line, several steps before your shooting lane.

- Sprint in the usual one-way direction on the Range.
- Pause before sprinting.
- Sprint REALLY, REALLY, *FAST* for 5-7 secs.
- Decelerate abruptly - crash stop at racks.
- SETUP: Use your mental model and cue words
- Shoot 5-across: All 5 shots the same.
- Exit quickly, then reset target.
- Immediately - scope your misses; think!
- Jog slowly back; think about what you did *good*.
- Pause before sprinting [again].