

# 357 Drill

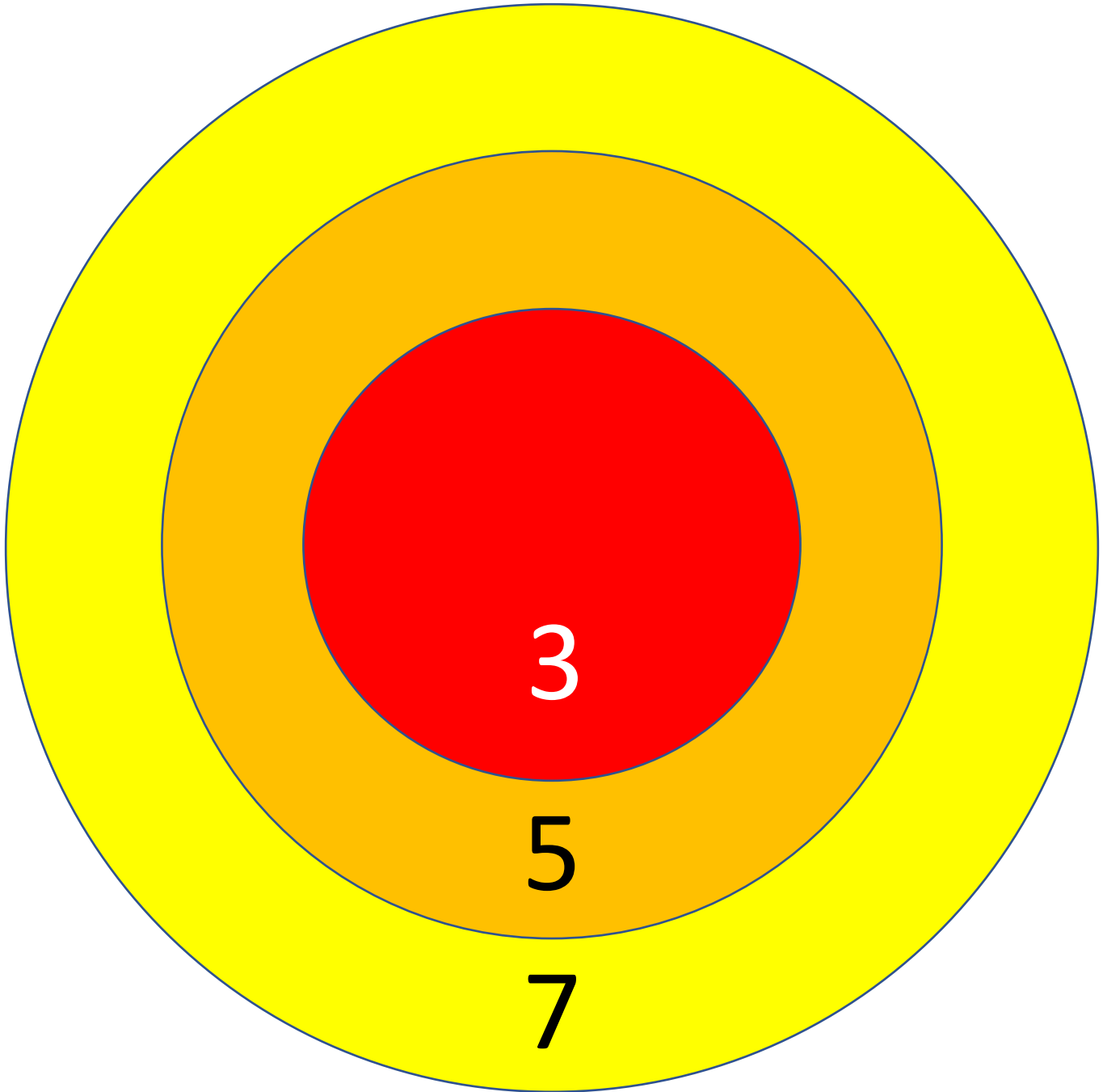
String 1: 3 yards, 3 Shots, 3 Seconds in 3 Ring

String 2: 5 yards, 5 Shots, 5 Seconds in 5 Ring

String 3: 7 yards, 7 Shots, 7 Seconds in 7 Ring

15 Rounds in 15 Seconds or Less

Add 1 second to the total time for any shot falling outside the appropriate ring



## Scoring

String 1 Time \_\_\_\_\_ + Pts Down \_\_\_\_\_

String 2 Time \_\_\_\_\_ + Pts Down \_\_\_\_\_

String 3 Time \_\_\_\_\_ + Pts Down \_\_\_\_\_

Total Time: \_\_\_\_\_

## Skill Level – Total Time Must be = or less than 15 Seconds

- Basic – All Strings From Low Ready
- Intermediate – String 1 from Low Ready, 2 & 3 from Holster
- Advanced – All Strings from holster
- Expert – All Strings from concealment

# The 357 Drill

The 357 Drill is designed to be a quick and easy drill that allows shooters to continue to improve their skill as they progress in their training.

The drill was inspired by The Boondocks Drill™, Tom Givens 3 yards, 3 shots, 3 seconds rule, and Dave Spaulding's 5 in 5 Drill.

The drill requires a shot timer and has 3 strings of fire for a total of 15. The drill should be completed in 15 seconds or less.

- String 1: 3 yards, 3 Shots, 3 Seconds in 3 Ring
- String 2: 5 yards, 5 Shots, 5 Seconds in 5 Ring
- String 3: 7 yards, 7 Shots, 7 Seconds in 7 Ring

Any shot that falls outside designated ring equals a 1 second penalty.

## **Skill Level – Total Time Must be = or less than 15 Seconds**

- Basic – All Strings From Low Ready
- Intermediate – String 1 from Low Ready, 2 & 3 from Holster
- Advanced – All Strings from holster
- Expert – All Strings from concealment