

# 'Training Tip Tuesday'


*'make it serious'*


Play a  
**'Dry Fire'**  
game with a  
challenge...


**be  
true  
to  
yourself**

## How to Score it!

You can score up to **3** points per  
'dry fire' shot!

 **1** point for your hold/gun  
movement during the process

 **1** point for your trigger  
control

 **1** point for your follow  
through  
(you can add other aspects when you want)

**you can score this  
yourself  
or  
someone else can  
watch  
&  
score for you**

*'you only get the  
point  
if it is all good'*

## What you might get from this:

Concentration, Focus, the willing to **win**, how to  
make this important training technique **more fun**,  
challenge, **pick up on your good points & the ones  
you need to work on** (the areas with lower scores need more training)

**Do 10 shot  
series  
x 3**



Draw up a table

H	T	FT
1	1	1
1	1	1
1	1	1
1	1	1
5	5	4