

## Dry Fire Practice for non-shooting days in October through December:

Aiming and eye focus exercises at the [bottom](#);

Dry firing works on specific strength as well as shooting mechanics. Focus shifts to Combination Shooting.

One min. break between 3 min. sessions. Use a timer!!

If you only shoot prone, skip the standing-only workouts below.

- Do these drills in ski boots
- Set your rifle up and place your target(s)
- Do some dynamic stretching and body strength callisthenics to activate your body (5 min.)
- 2 x 3 min. prone; dryfire; focus on shot release; breath in fast, out slow, very still aiming point, focus on timing the shot release to coincide with a perfect sight picture. Keep the sight picture perfectly still as the trigger releases. Follow through! Observe the front sight movement; correct when you see any. Keep very still during reloads, but correct for any change in natural alignment.
- 1 x 3 min. standing - holding; focus on correct position, balanced on the middle of your feet; relax into a still place. Rifle barrel just in front of left ankle. Natural alignment on horizontal. Bone-on-bone!
- 10 x First bullet (1-shot) prone drills. Focus on:
  - Looking at Charlie
  - Left elbow; reach out towards Charlie.
  - Place butt plate onto shoulder
  - Rotate right elbow down as last movement.
  - Natural alignment on Charlie
  - Traverse to Echo (or Alpha) and shoot first bullet.
- 1 x 3 min. prone - Traverse holding. Focus on steering the rifle through the ups and downs of the breath cycle so that the movement pattern is the same for each target. Do inner position check every time you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relaxed into a still place. Start at Charlie; traverse to first target. Breathe and traverse only for a 5-shot sequence. Work on rhythm and control of sight movement on targets.
- 1 x 3 min. standing - Traverse holding. Focus on steering the rifle through the ups and downs of the one-breath cycle so that the movement pattern is the same for each target. Do inner position check every time you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relaxed into a still place. Start at Charlie; traverse to first target. Breathe and traverse only for a 5-shot sequence. Work on rhythm and control of muzzle movement.
- 1 x 3 min. prone - Traverse shooting. As above, with dry firing action. Focus on coordinating shot release with movement pattern. Do inner position check every time you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relax into a still place. Start at Charlie; traverse to first target. Breathe and traverse; take the shot for each of a 5-shot sequence. Work on rhythm and timing.
- 1 x 3 min. standing - Traverse shooting. As above, with dry firing action. Focus on coordinating shot release with movement pattern. Do inner position check every time you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relaxed into a still place. Start at Charlie; traverse to first target. Breathe and traverse; take the shot for each of a 5-shot sequence. Work on rhythm and timing.
- 1 x 3 min. prone - Traverse shooting. As above. Use cue words. Do inner position check every time you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relax into a still place. Start at Charlie; traverse to first target. Breathe and traverse; take the shot for each of a 5-shot sequence. Work on rhythm and timing.
- 1 x 3 min. standing or prone - Traverse shooting. As above. Use cue words. Do inner position check every time you come back to Charlie. Make sure your rifle contact points are exactly the same, muscles balanced around all joints, relaxed into a still place. Start at Charlie; traverse to first target. Breathe, traverse and reload only. Focus on traversing exactly onto the next target while you reload for a 5-shot sequence.
- **Mental models:** If you have a Range plan, work the Cue Words with these drills, especially when you set up after each rest.

## Aiming and Eye Focus:

One of the most persistent problems in Biathlon is that shooters under stress focus very hard on the target. When they do this, the back sight, which you see with peripheral vision, disappears. When the back sight "disappears", you make big misses!

Try the [Yellow Dot](#) experiments: Try to keep your attention on all four dots – this is just like focusing on the back sight, front sight and target at the same time (only a little harder). Very good eye exercise.

Now try blinking regularly – that works. BUT if you blink while you are pulling the trigger – that doesn't work.

[More ...](#)