

One Day COF 3/1

Red Coat

Sling Use (hasty & loop) + Prone SHF's

Shoot a square 5 rounds

6 Steps of Firing the Shot

Shoot a square 5 rounds

Talking Targets

Taught at the target line after the first square

Shoot another square 5 rounds

NPOA

Demonstrate

Shoot a square 5 rounds

Inches-Minutes-Clicks

Taught at the target line

Shoot a square + additional squares as needed 5 rounds

DOM

Ball & Dummy/Card the sights drill 5 rounds

Rifleman's Cadence/Transition to Prone Stage

Stage 3 AQT 10 rounds 2-8

Review put it all together

Stage 4 AQT 10 rounds

Seated SHF's

Seated position Stage 2 5 rounds

Transition to Seated Stage 2 5 rounds

Sling Use (hasty-hasty & hasty) Standing SHF's

Stage 1 AQT 10 rounds

Introduction to AQT

Demo mag changes and positioning

AQT grind time

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