

Shooting Targets with A 'Blacked Out' 9 Ring

Introduction to the Exercise

It's very easy to get stuck into the rut of firing competition targets and trying to beat your average score or get 100. In training it's often useful to focus on technique and grouping, so shooting on a target with a blacked out 9 ring will aid this by taking away the ability to accurately score each shot

This approach is used in many shooting exercises to remove the unnecessary element of shooting for a score

Method

1. Using a black marker pen, delete the pip and nine ring on each bull
2. Shoot the target, focusing on whatever training area you've selected

