

Tip of the week: Organize your training sessions

With the current ammunition costs and busy work schedules, training sessions should be maximized to their fullest. How does one go about maximizing their precious range time? Before you head to the range next time spend a little bit of time to set up and organize a training plan. As with any plan you have to have a start point and an end point. Ask yourself the following questions before you begin.

Am I interested in self-defense or in competition?

Am I knowledgeable in all aspects of weapon safety both on the range and off the range?

Do I have the proper equipment to reflect my goal?

Do I have time for a range session once a week, once a month?

Write down all your skill sets that you have on the particular platform, pistol, rifle, shotgun...As an example I will talk about the pistol for the rest of the article. Some of these skills include: presentation from high ready, low ready. Draw from holster. Emergency reload, tactical reload. Multiple shot and multiple target techniques. Malfunction clearance techniques.

Now that you have a base skill set on paper you should find out how proficient you are on these skills. There are many good courses of fire available. Pick one that best suits your overall goal. This test should be measured cold. Every range session start with the test and record every aspect. Review the test and work on the weakest aspect. Once that test becomes too easy to master pick a new test to better reflect you growing skill sets.

Review your overall goal with the test and assign smaller goals into your training plan. Every plan should include an aspect of the following...accuracy, manipulation, and speed.

You will need to have a shot timer, a good quality clipboard and shooters log and you are set. Never go to the range and just shoot. Shoot with a purpose and have a method to measure your progress. Take a course with the USTC to measure your skills and acquire new skills. Stay safe and have fun.

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