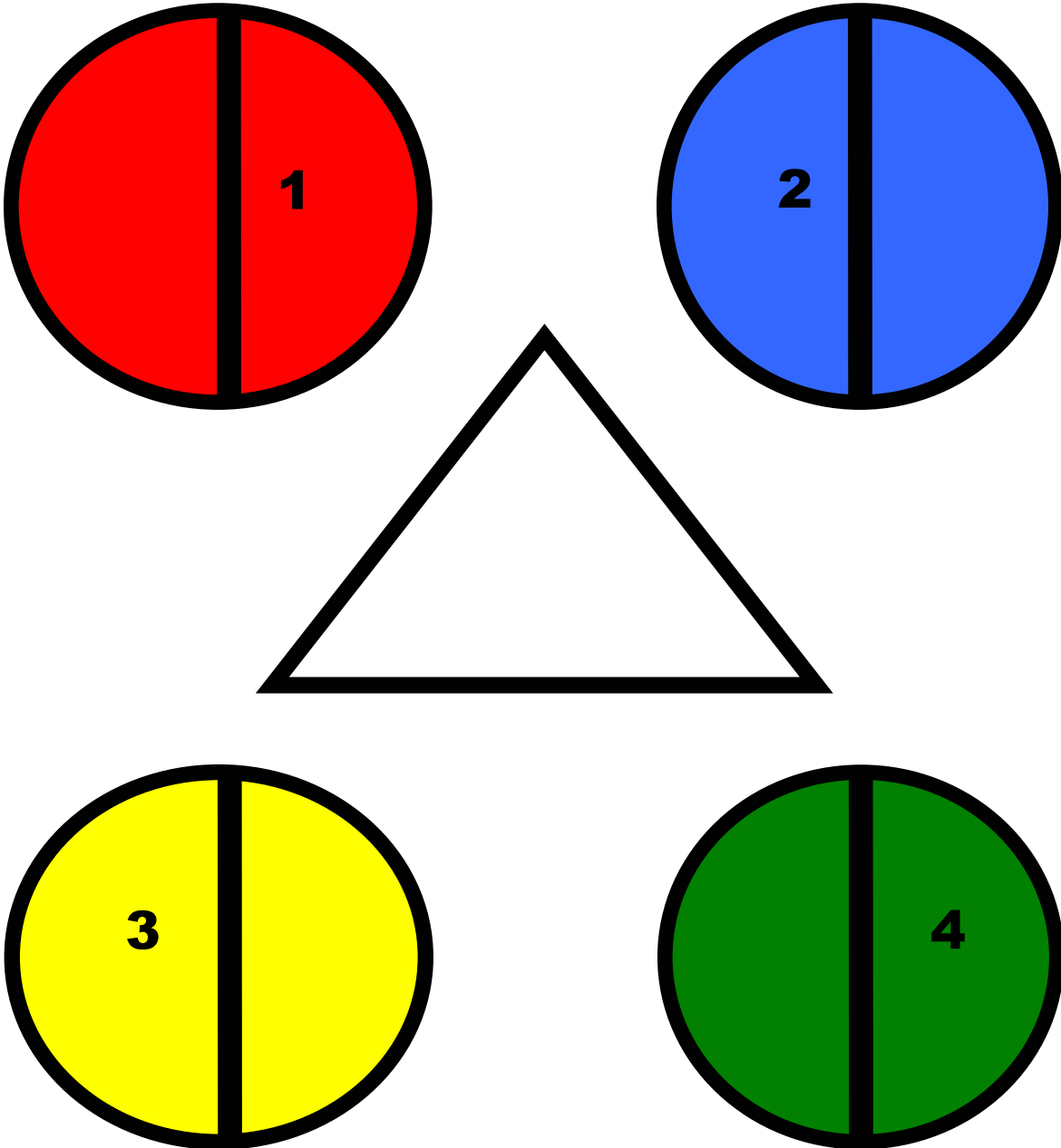


## MDTS 5-Dot Target



### Drill 1

3 yd- 1 rnd/dot, no time  
5 yd- 1 rnd/dot, no time  
7 yd- 1 rnd/dot, no time

### Drill 2

3 yd- 2 rnd/dot, no time  
3 yd- 5 rnd/dot, fast as possible  
5 yd- 2 rnd/dot, no time  
5 yd- 5 rnd/dot, fast as possible

### Drill 3

3 yd- 1 rnd/dot, fast as possible

### Drill 4

3 yd – 5 rnd on black cross bar, any dot, no time

### Drill 5

3 yd – Call out # of dot/shape, 2 rnd each shape

### Drill 6

3yd – 2 rnd dot, 3 rnd triangle, fast as possible