



**DRILL 1:**

- (2) ROUNDS SMALL CIRCLE
- (2) ROUNDS MEDIUM
- (2) ROUNDS LARGE
- SLOW ON SMALL,
- SPEED UP A BIT ON MEDIUM
- FULL SPEED ON LARGE.
- “SPEED CONTROL”
- DISTANCE: 7 YARDS
- MY TIME:-----



**DRILL 2:**

- (5) ROUNDS SMALL CIRCLE
- STOP/CHECK TIME/SPLITS
- (5) ROUNDS MEDIUM
- STOP/CHECK TIME/SPLITS
- (5) ROUNDS LARGE
- STOP/CHECK TIME/SPLITS
- SPLIT TIMES SHOULD BE FASTER
- ON THE LARGER MORE FORGIVING
- TARGET CIRCLES VS SMALL.

