**Team LoCo Motion 2016-2017 Practice 5**

**March 4, 2016 – 8am to 10am**

**Equipment Needed:**

4 22LR Pistols First Aid Kit

5 Cardboard Sheets 50 9” Paper Plates

Safety Glasses Box of Ear Plugs

2 SIRT Pistols 2 Red Guns (for Stance & Grip)

Coach Clipboards 22lr Spinner and Dueling Tree Targets

**Schedule:**

7:40-7:50 Setup

7:50-8:00 Arrival – Greeting

8:00-8:05 Team Captain/Squad Leader Speeches

8:05-8:10 Range Safety Briefing (Jardines)

8:10-9:45 All start at 15-yard range and go over to 50-yard range

9:45-10:00 Clean Up – police brass and put away targets

10:00-10:05 Announcements & Certificate/Awards Presentation – Dismissal

*Assumptions: We will have up to 18 athletes attending*

We will use the 15 and 50-yard ranges, everyone will begin with paper targets at the 15-yard range, once completed, they can move to the 50-yard range to shoot the 22lr spinner and dueling tree.

**15-Yard Range:** Target stands will be set up at 5 yards with 2 paper plate targets for one shooter at the top of the cardboard, and two targets for another shooter at the bottom of the target. Please have each shooter right the names on the plates and collect all plates. We will rotate after each shooter fires 10 rounds at each of his/her two paper plates.

**50-Yard Range:**

* Spinner steel target – set up at 11 yards. Shooter will have the opportunity to shoot 20 rounds at the spinner target.
* Dueling Tree – set up at 11 yards. Two shooters will share the same table for the shooting tree and they will each have one 10-round mag to compete with. The dueling tree will be set up with 3 plates on each side (alternating) to start. When the timer goes off they will have one minute to attempt to shoot all the plates over to their competitor’s side. If a shooter gets all of the plates on his opponent’s side he/she wins. After 1 minute (or when both have exhausted their ammo), the shooter with the least plates on their side wins.