

Indoor Bullseye – 2022/2023 Season (ver 1.1)

Date	Primary Focus	Course of Fire			# Rds
Standard Pistol		Prec.	Timed	Rapid	
08 Nov '22	Grouping & Zeroing – from rest	6x5 rds			30
15	Slow – sighting, trigger release	3x10 rds			30
22	Slow – point-of-aim & follow-through	3x10 rds			30
29	Slow – grip & stance, sequence	3x10 rds			30
06 Dec	Timed – use of time	1x10 rds	2x10 rds		30
13	Timed – follow through, endurance	1x10 rds	2x10 rds		30
20	Rapid – confirm grip & stance	1x10 rds	1x10rds	2x10 rds	40
03 Jan '23	Rapid – trigger & follow through	1x10 rds	1x10rds	2x10 rds	40
10	Rapid – match pressure	1x10 rds	1x10rds	2x10 rds	40
17	1 st Standard Pistol Match	2x10 rds	2x10 rds	2x10 rds	60
24	2 nd Standard Pistol Match	2x10 rds	2x10 rds	2x10 rds	60
Total rounds required					420
ISU Rapid Fire		8 Sec.	6 Sec.	4 Sec.	
31	Zeroing & 8 sec. Stage (at 2 targets)	6x5 rds			40
07 Feb	6 sec. Stage (at 2 targets)		6x5 rds		30
14	4 sec. Stage (at 2 targets)			8x5 rds	40
21	Rapid Fire Match (at 5 targets)	4x5 rds	4x5 rds	4x5 rds	60
Total rounds required					170
Centre Fire Pistol		Prec.	Rapid		
28	Grouping & Zeroing – from rest	3x5 rds	3x5 rds		40
07 Mar	Precision – sighting & trigger release	3x10 rds			30
14	Precision – follow thru, endurance	3x10 rds			30
21	Rapid – point-of-aim, stance	1x10 rds	2x10 rds		30
28	Rapid – sight acquisition	1x10 rds	2x10 rds		30
04 Apr	Rapid – follow through	1x10 rds	2x10 rds		30
11	Rapid – sequence, timing, endurance	2x10 rds	2x10 rds		40
18	1 st Centre Fire Match	3x10 rds	3x10 rds		60
25	2 nd Centre Fire Match	3x10 rds	3x10 rds		60
Total rounds required					370