

STOPLIGHT DRILL

Choose the starting distance you want. Engage the 3x5 card with one round SHO (strong hand only) and one round WHO (weak hand only.)

Green light (go) = both hits, move back one yard

Yellow light (stay) = one hit, try again same distance

Red light (stop, drill over) = both misses

Pistol used: _____

Start distance: _____

Total # missed shots: _____

Ending distance (final score): _____

