



Speed & Trigger Management Target

3/5/7 Yards, 5 rounds
1 round every second
Count out loud:
1 one thousand,
2 one thousand,
3 one thousand,
4 one thousand,
5 one thousand

3/5/7 yards, 5 rounds
1 round every $\frac{1}{2}$ second
Count out loud:
1 and 2 and 3 and 4 and 5

3/5/7 yards, 5 rounds
1 round every $\frac{1}{4}$ second
Count out loud:
1, 2,3,4,5