



## STATTAC Stress shoot Qual

This drill is conducted with a 50-yard range with your rifle and in your full kit. Start the drill by conducting 20 push-ups, then sprint to the far side of the range and back x4, and then 20 air squats

- From the 50 yard line start on one side of the berm, from the standing position, low ready fire 2 rounds then sprint to the opposite end and fire 2 more rounds
- From the 50 yard line, standing 2 rounds, moving into the crouched position fire 2 rounds, then into the prone fire 2 more rounds
- Start at the 50 sprint to the 10yrd line and fire 6 rounds then **conduct an emergency reload** and fire 6 more rounds
- From the 10 yard line conduct a **failure drill** (2 to the chest, 1 to the head) then run back to the 50 yard line go prone and fire 2 rounds to the head
- Then from the 50 yard line **low crawl** to the 40 yard line then from the kneeling fire 3 rounds from the kneeling
- From the 40 sprint to the 25 yard line conduct a **failure drill** (2 to the chest, 1 to the head) and **conduct a tac-reload or emergency reload**
- Run to the 50 yard line from the kneeling fire 2 rounds
- Then while moving to the 25 yard line fire 5 rounds
- Sprint back to the 50 yard line from the standing fire 4 rounds
- Sprint to the 25 fire 3 rounds
- Sprint to the 10 and conduct a failure drill (2 to the chest, 1 to the head}



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Name	Time	Points	total score