

# Smallbore Rifle Drills

## Complete Youth Training Guide

20+ Progressive Drills for Ages 12-18  
Beginner to Advanced Competition

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## Safety First

Before every session, remember:

- Always wear eye and ear protection
- Keep firearm pointed downrange
- Treat every firearm as loaded
- Keep finger off trigger until ready to fire
- Verify range is clear before shooting
- Use certified RSOs (Range Safety Officers)
- Complete safety orientation before first session

# Beginner Drills (Ages 12-14)

## Drill 1: Prone Fundamentals - Sight Picture

Objective: Master sight picture alignment in prone position

Skill Type: Fundamentals | Platform: Prone | Distance: 25 yards

Equipment Needed: - .22 LR smallbore rifle - Ammunition (50 rounds) - Shooting mat & sandbags (2) - Target stand & NRA 25-yard target - Spotting scope & notebook

Step-by-Step Instructions:

1. Assume prone position on shooting mat
2. Place sandbags under rifle for support
3. Align body perpendicular to target
4. Establish natural point of aim (NPOA)
5. Focus on front sight post
6. Align front sight with rear sight aperture
7. Center target in sight picture
8. Fire 10 shots, focusing on sight alignment
9. Do NOT adjust scope; focus on consistency
10. Record sight picture quality (1-10 scale)

Scoring Criteria: - Consistency of sight picture - Proper front/rear sight alignment - Steady breathing between shots - Trigger control smoothness

Progression Timeline: - Week 1-2: Master sight picture - Week 3-4: Add breathing control - Week 5+: Transition to accuracy focus

## Drill 2: Kneeling Position - Balance & Support

Objective: Develop stability and support in kneeling position

Skill Type: Position Work | Platform: Kneeling | Distance: 25 yards

Equipment Needed: - .22 LR smallbore rifle - Ammunition (50 rounds) - Knee pad & shooting mat - Sandbags (1-2) - Target stand & NRA target

Step-by-Step Instructions:

1. Kneel on mat with right knee forward (right-handed shooter)
2. Place left knee on ground, perpendicular to target
3. Support rifle on left knee with sandbag
4. Establish solid elbow position
5. Align body with target
6. Fire 5 shots from kneeling
7. Adjust position for comfort and stability
8. Fire 15 more shots
9. Record group size and position comfort

Scoring Criteria: - Group size (target: 2-3 inches) - Position stability (no wobbling) - Repeatability of position setup - Comfort level (1-10 scale)

Progression Timeline: - Week 1-2: Build position strength - Week 3-4: Improve consistency - Week 5+: Reduce support aids

## Drill 3: Standing Position - Fundamentals

Objective: Develop basic standing position technique

Skill Type: Position Work | Platform: Standing | Distance: 15 yards

Equipment Needed: - .22 LR smallbore rifle - Ammunition (50 rounds) - Shooting mat - Target stand & NRA target - Notebook

Step-by-Step Instructions:

1. Stand perpendicular to target
2. Feet shoulder-width apart
3. Hold rifle with right hand on grip
4. Left hand supports fore-end
5. Elbow under rifle for support
6. Chin on comb of stock
7. Fire 5 shots at 15 yards
8. Move back to 25 yards
9. Fire 10 shots
10. Record group size and stability

Scoring Criteria: - Group size (target: 3-4 inches) - Position stability - Consistency between shots - Confidence level

Progression Timeline: - Week 1-2: Master basic position - Week 3-4: Improve group size - Week 5+: Increase distance to 50 yards

## Drill 4: Trigger Control (Dry Fire)

Objective: Develop smooth trigger press without disturbing aim

Skill Type: Fundamentals | Platform: All positions

Instructions: - 20 dry fire reps in prone position - 20 dry fire reps in kneeling position - Focus on minimal sight movement - Practice smooth, controlled trigger press - Repeat 2-3 times per week

## Drill 5: 10-Shot Group (Prone Accuracy)

Objective: Shoot tight 10-shot group at 25 yards

Skill Type: Accuracy | Platform: Prone

Instructions: - Shoot tight 10-shot group at 25 yards - Target: 1-1.5 inch groups - Repeat 3 times and calculate average - Track group sizes weekly - Goal: Consistent sub-1.5" groups

## Intermediate Drills (Ages 14-16)

### Drill 6: Three-Position Sequence (30 Shots)

Objective: Master all three positions in one session

Format: 10 prone + 10 kneeling + 10 standing at 25 yards

Scoring: Calculate average score across all positions

## Drill 7: Rapid Fire Transition

Objective: Develop speed and accuracy between positions

Format: 5 shots prone, transition to kneeling (30 sec), 5 shots, transition to standing (30 sec), 5 shots

Goal: Maintain accuracy while increasing speed

## Drill 8: Distance Progression

Objective: Build confidence at extended ranges

Format: - 10 shots at 25 yards (prone) - 10 shots at 50 yards (prone) - 10 shots at 75 yards (prone)

Goal: Maintain group size as distance increases

## Drill 9: Competition Simulation (30-Shot Match)

Objective: Practice under match conditions

Format: 10 prone + 10 kneeling + 10 standing, scored per NRA rules

Scoring: Track total score and X-ring count

## Drill 10: Wind Reading & Adjustment

Objective: Learn to read wind and adjust scope

Format: - Shoot 5-shot group - Observe wind effect - Adjust scope 1 click - Shoot 5-shot group - Repeat 3 times

# Advanced Drills (Ages 16-18)

## Drill 11: High-Pressure Shooting

Objective: Develop mental toughness under stress

Format: Timed 30-shot match with observer scoring

## Drill 12: Weak-Hand Shooting

Objective: Build adaptability and backup skills

Format: 10 shots prone, kneeling, standing with non-dominant hand

## Drill 13: Long-Range Precision (150+ Yards)

Objective: Extend effective range

Format: 10 shots at 100 yards, 10 at 150 yards, 10 at 200 yards

## Drill 14: Comeback Drill

Objective: Recover from poor shots mentally

Format: - Fire 5 shots, intentionally miss 2 - Reset mentally - Fire 10 shots for accuracy - Track score improvement

## Drill 15: State Competition Simulation

Objective: Full match format practice

Format: Complete 30-shot NRA competition format

Scoring: Calculate final score and ranking

## Drills 16-20: Advanced Specialization

Additional drills covering: - Extreme weather shooting - Equipment troubleshooting - Video analysis & feedback - Coaching others - Mental visualization techniques

# Equipment & Cost Breakdown

## Beginner Setup: \$800-\$1,500

Rifle: \$300-\$600  
Scope: \$150-\$300  
Safety gear: \$90-\$250  
Support equipment: \$75-\$170  
Maintenance & tracking: \$95-\$180

## Intermediate Setup: \$1,500-\$2,500

Competition rifle: \$600-\$1,200  
Premium scope: \$300-\$600  
Sling & pads: \$50-\$100  
Spotting scope: \$200-\$400  
Video equipment: \$100-\$300

## Advanced Setup: \$2,500-\$5,000+

Match rifle: \$1,200-\$2,500  
Premium optics: \$600-\$1,200  
Precision ammo: \$50-\$100/50  
Jacket & sling: \$180-\$300  
Professional coaching: \$50-\$150/hr

# Scoring & Progress Tracking

## NRA Scoring System

- 10 (X-ring): Bullseye - highest score
- 9: Inner ring
- 8: Mid ring
- 7-1: Outer rings
- 0: Miss

## Monthly Metrics to Track

- Average group size (all positions)
- Best group size (all positions)
- Average score (prone, kneeling, standing)
- X-ring percentage
- Consistency (standard deviation)
- Competition readiness (1-10)

## Progress Tracking Template

Drill Name	Date	Shooter	Total Score	X-Ring Count	Group Size	vs. Previous
			/		inches	↑ ↓ →
			/		inches	↑ ↓ →
			/		inches	↑ ↓ →

## FAQ & Resources

What age should youth start smallbore rifle? Ages 12+ are appropriate for supervised smallbore training. Younger youth can start with air rifle at age 8.

How often should youth practice? 2-3 times per week for competitive development. Beginners can start with 1-2 times weekly. Consistency matters more than intensity.

How long does it take to progress through skill levels? Typically 6-12 months per level with consistent 2-3x weekly practice. Some advanced youth progress faster with intensive training.

What's included in Red Dirt scholarships? 70% of our youth receive \$1,000-\$2,000/year covering equipment, entry fees, travel, and training.

## Resources & Affiliations

NRA: <https://www.nra.org>

CMP: <https://thecmp.org>

4-H Shooting Sports: <https://4-h.org>

USA Archery: <https://www.usarchery.org>

Red Dirt Shooting Sports: <https://reddirtshooting.com>

## Ready to Get Started?

Enroll in our Youth Programs:

<https://reddirtshooting.com/youth-shooting-sports-programs/>

Schedule Your Orientation: <https://reddirtshooting.com/contact/>

Learn About Scholarships: <https://reddirtshooting.com/sponsors-and-partners/>

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