

# Spartan Defense

## Recoil & Control — 5 Drills to Make Better Shooters

Use these drills to improve recoil management, consistency, and student performance. Each drill includes key objectives and coaching cues.

- 1 Bill Drill (7 yards, 6 rounds): Measures recoil recovery speed.
- 2 Controlled Pair Drill: Reinforces sight reacquisition and follow-up shots.
- 3 Dot Torture (3 yd / 5 yd): Builds trigger control and consistency.
- 4 Failure-to-Stop Drill: Target transitions and recoil control under stress.
- 5 Cadence Drill: Teaches rhythm and timing during recoil.

Pro Tip: Use the Spartan Recoil Mitigator to measure and reduce muzzle rise during these drills.

Learn more at [www.SpartanDefenseTN.com](http://www.SpartanDefenseTN.com)