

Operational Pistol Training: Matches & Drills

OSA (Operational Shooting Association) Canada *Updated 2016-07-24*

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General Concept:

The general concept of Operational Pistol is to develop operational marksmanship, pistol handling drills and techniques and minor tactics. It is also an opportunity to prove your pistol to be reliable. All of which are necessary steps towards becoming “operationally ready”.

Operational matches are based on “Skills Drills” with each match having a skills theme. If you are well trained in a particular match you will be skilled at that particular theme. The matches are designed to present a series of exposures – each one representing a short quick gunfight. Multiple exposures provide the repetition to create training value.

Each match (IAW match conditions) requires a certain number of rounds – as if this is all you have with you to fight this fight. You cannot bring forward extra ammo or acquire ammo from other sources. Each exposure is its own gun fight. If you make a mistake during an exposure or your pistol malfunctions, then that gunfight is over and you cannot make up shots not fired, in another exposure. You must bring to the firing line only the required number of rounds as is required to shoot in each exposure. If your pistol is prone to stoppages, than perhaps it’s not the best one to take on operations. If while clearing your pistol you drop rounds that could be fired in future exposure, you may pick up this ammo and load it as required.

Any shots fired that are not in accordance with the match conditions must be disallowed and are accounted for by patching out the equal number of shot so fired of the highest value before scoring a target.

The matches are being applied to a conventional pistol range and will be shot in relays so more competitors will have more opportunity to shoot. Therefore, additional safety requirements are included.

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If these matches can be applied to a gallery type range with a butt party causing targets to appear and disappear, instead of using an audible to start and stop exposures, then a more realistic target activity can be achieved.

Each exposure in each match will begin from the holster. The Range Officer will give a "Load" for each match. It will be the individual competitor's responsibility to safely and correctly holster his pistol at the end of each exposure time and before the next exposure takes place. An official "Unload" and the clearing of each pistol will take place at the end of each match.

In all matches the typical tactical two handed grip will be used unless the match conditions specifically call for something different.

Equipment:

The only pistol/revolver acceptable is one which would be logical and practical for use on operations.

It must be capable of being holstered in an operational type holster.

Any sight may be used on the pistol which would be logical and practical for use on operations. The pistol with its sight must be able to fit into a tactical type holster with at least one level of retention. This includes any compact reflex sight. This sight must be mounted to the slide. Any sight may be adjusted in any manner throughout the conduct of any match. There will be NO allowance of time extensions for the adjustment of the sights.

The pistol may be compensated providing the compensator/brake is such that it could be logical and practical for use on operations, will fit into a standard operational type holster and the outside profile of the pistol is not changed.

Although the pistol may be tuned, adjusted or accurized, all of its functioning must be safe and must be such that it would be considered logical and practical for operations. For example, if a trigger has been adjusted to be so light as to be considered not practical for operations, it would not be allowed.

The same pistol must be used throughout any specific match. If a pistol malfunctions it can be brought back into action using normal immediate action and stoppage drills only and during the time between exposures. A complete pistol may be exchanged but only between matches.

The holster must be of a tactical type that encloses the trigger guard and the ejection port. The holster must have at least level one retention and be able to securely hold the pistol in place during strenuous activity. Cross draw holsters, chest holsters, shoulder holsters and skeleton type holsters are not allowed.

Magazine holders/pouches need to be of a tactical type and positioned tightly against the body. They should be capable of securing the magazines in place during strenuous physical activity, such as running and/or moving to various shooting positions.

Those wishing to use "race" or "IPSC Open" equipment may do so for honors only. If there are sufficient numbers to warrant a separate class, then this will be arranged.

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Ammunition:

Ammunition must be of a caliber which would logically and practically be used on operations and must be .380 caliber or larger (including 357 Magnum). It must be full power and the bullet can be either lead or jacketed.

A summary of the required ammunition count is as follows:

- Match 1 – 10-meter Attack - 20 rds
- Match 2 – Strong Hand (only) and Support Hand (only) - 20 rds
- Match 3 – Change Your Magazine - 20 rds
- Match 4 – Keep Shooting - 24 rds
- Match 5 – Transition Strong Hand to Support Hand - 20 rds
- Match 6 – Tactical Reload - 20 rds
- Match 7 – Two on One - 20 rds
- Match 8 – Body Armor Drills - 15 rds
- Match 9 - Save the Hostage - 10 rds
- Match 10 – Double Jeopardy - 20 rds
- Match 11 – Use Cover - 24 rds
- Match 12 – The Chairs - 20 rds
- Match 13 – Long Range - 20 rds
- Match 14 – Keep Moving - 30 rds
- Match 15 – Boarding House Rule - 24 rds
- Match 16 – Point Shooting - 24 rds
- Match 17 - Moving Target - 20 rds
- Match 19 – Last One Standing - 40 rds
- Match 20 – Shoot Out (optional)
- Match 21 – FBI Qualification - 30 rds
- Match 22 – 25 Round Run - 25 rds
- Match 23 – OPP Challenge - 50 rds
- Match 24 – SEAL Team 6 Challenge - 73 rds

Definitions:

- Alert – There are two alert positions:
 - High Alert – This position is taken when a dangerous threat is imminent but not immediate, it is the stage before actually aligning the sights and firing. The pistol is held about 10° below the line of sight and the operator is looking forward for the threat. The trigger finger may be located on the trigger.
 - Low Alert – This position is taken when the threat is likely and there is a reason to draw your pistol in preparation. It is the stage immediately before High Alert. The pistol is held at about 45° or level below the line of sight and the trigger finger must be along the trigger guard.

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- “Start” Position – This position is used when a draw is not part of the match conditions and is intended to have all competitors start from a common position. The elbows must touch the body with the pistol held at any angle.
- Draw Position – This position is used when a draw is part of the match conditions. The pistol will be properly in its holster with all security mechanisms applied. The competitor will have his arms and hands hanging loosely at his side or in the interview position. The pistol cannot be touched by any part of the hand from the wrist down.

Once the “cautionary command” has been given and prior to the first exposure, the operator must be in the “draw” position and be in this position for the start of each exposure IAW match requirements.

Safety:

At any time the pistol is loaded, the trigger finger must be off the trigger and located along the trigger guard, except when in the High Alert position or when actually firing the pistol.

When drawing the pistol, it must be done deliberately and under complete control. The finger must be off the trigger until the “punch out” portion of the draw. Premature firing of the pistol during the draw will constitute a safety infraction and could result in disqualification or a restriction in shooting activities until the required skills are shown.

Scoring:

Excess hits on any target or scoring surface, which are caused by the shooter for that target, are dealt with by removing (patching out) a hit of the highest value for each excess hit until there are the correct number of hits for that target IAW the match conditions. The target is then scored in a normal manner.

If it can be determined that the excess hits are caused by another competitor cross firing or that patches may have fallen off, a hit of the lowest value is removed (patching out) for each excess hit until there are the correct number of hits for that target IAW the match conditions. The target is then scored in a normal manner.

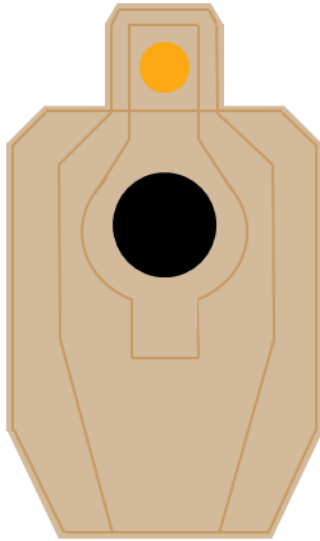
A competitor cannot score their own target or be scored by a member of their team/club/agency unless approved to do so by the Chief Range Officer.

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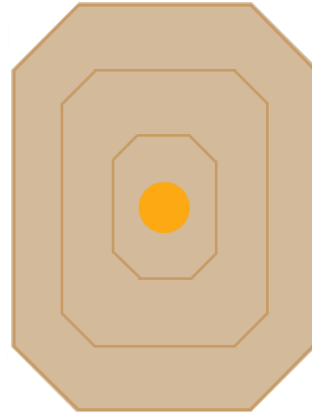
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Targets:

Below are the targets that are to be used in accordance with the match conditions.



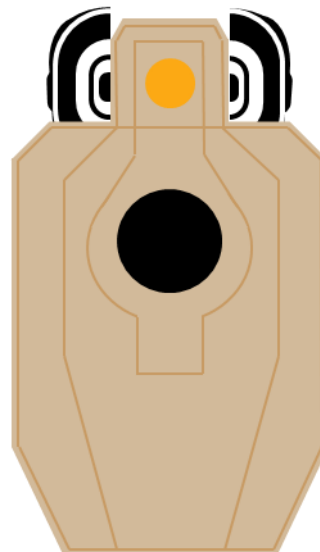
MilCun Body Target



MilCun Center-Mass Target



MilCun General Training Target



Target set as for Match 8 – Save the Hostage

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OSA Operational Pistol Course of Fire Descriptions

Match 1 – 10-meter Attack

Specifications:

- Distance: 10 meters
- Position: Standing
- Number of Shots: 20
- Target: 1 x MilCun Body Target
1 x MilCun Center-Mass Target
- Type of Fire: Controlled Pairs
- Rate of Fire: **2 shots only per exposure**
- Time Limit: 10 x 4-second exposures
- Scoring: V, 5, 4, 3
- HPS: 100-20V

Procedure:

The aim of this match is to effectively engage a target that is within knife attacking distance.

- The competitor will be given the command “load and holster”.
- On the command “Watch and Shoot” adopt the “draw” position and return to this position for each exposure.
- On a short audible, draw and engage one of the targets with 2 shots.
- After five exposures the competitor will switch to the other target on his own and engage it for the next 5 exposures so there are 10 shots on each target.
- The exposure will end with a 1 second audible starting 1 second before the end of the exposure.
- Shots may be fired during either audible.
- Only 10 shots on each target will count for score.
- The competitor will change magazines as required.

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Match 2 – Strong Hand (only) and Support Hand (only)

Specifications:

- Distance: 10 meters
- Position: Standing
- Number of Shots: 20
- Target: 1 x MilCun Body Target
1 x MilCun Center-Mass Target
- Type of Fire: Controlled Pairs
- Rate of Fire: 2 shots only per exposure
- Time Limit: 5 x 7-second exposures
5 x 10-second exposures
- Scoring: V, 5, 4, 3
- HPS: 100-20V

Procedure:

The aim of this match is to engage targets using the strong hand only and then using the support hand only.

- The competitor will be given the command “load and holster”.
- On the command “Watch and Shoot” adopt the “draw” position and return to this position for each exposure.
- For the first 5 exposures and starting on a short audible, there will be 7 seconds to draw and engage one of the targets with 2 rounds, using strong hand only. Either target may be engaged first.
- For the second 5 exposures, there will be 10 seconds to draw, transition the pistol to the support hand (only) and fire 2 shots. At the end of each exposure transition the pistol back to the strong hand and holster.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Only 10 shots on each target will count for score.
- The competitor will change magazines as required using both hands.

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Match 3 – Change Your Magazine

Specifications:

- Distance: 10 meters
- Position: Standing
- Number of Shots: 20 (mags of 2x2 rds and 4x4 rds)
- Target: 1 x MilCun Body Target
1 x MilCun Center-Mass Target
- Type of Fire: Controlled Pairs
- Rate of Fire: 4 shots only per exposure
- Time Limit: 5 x 10-second exposure
- Scoring: V, 5, 4, 3
- HPS: 100-20V

Procedure:

The aim of this match is to quickly and effectively change magazines.

- The competitor will be given the command “load with 2 rds and holster”.
- On the command “Watch and Shoot” adopt the “draw” position and return to this position for each exposure.
- On a short audible, draw and engage one of the targets with 2 rounds, carry out an **emergency magazine change** and engage the other target with 2 rounds. Either target may be engaged first.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Magazines are changed as required but must follow this principle: The reload during the exposure must always be an **emergency reload** (i.e. empty gun).
- It is the competitor’s responsibility to keep track of the required sequence of magazines (2, 4, 4, 4, 4, 2) so his pistol is loaded correctly each time. If the competitor does not have enough mags to carry out the procedure, mags from other competitors with similar type pistols may be borrowed or the waiting relays may reload mags for the competitor as required and as mags become empty.
- Only 10 shots on each target will count for score.

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Match 4 – Keep Shooting

Specifications:

- Distance: 15 meters
- Position: Standing
- Number of Shots: 24 (4 x 6 round magazines)
- Target: 1 x MilCun Body Target
1 x MilCun Center-Mass Target
- Type of Fire: Rapid
- Rate of Fire: Shots may be fired at any rate during the time limit
- Time Limit: 4 x 17-second exposures
- Scoring: V, 5, 4, 3
- HPS: 120-24V

Procedure:

The aim of this match is speed and accuracy.

- The competitor will be given the command “load with 6 rds and holster”.
- On the command “Watch and Shoot” adopt the “draw” position.
- On a short audible, draw and engage one of the targets with 6 rounds (run the gun dry), carry out an **emergency magazines change** and engage the other target with 6 rounds. Either target may be engaged first.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Only 6 shots on each target will count for score.
- 2 x 6 round magazines must be used.

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Match 5 – Transition Strong Hand to Support Hand

Specifications:

- Distance: 10 meters
- Position: Standing
- Number of Shots: 20
- Target: 1 x MilCun Body Targets
1 x MilCun Center-Mass Target
- Type of Fire: Controlled Pairs
- Rate of Fire: Four shots only per exposure
- Time Limit: 5 x 8-second exposures
- Scoring: V, 5, 4, 3
- HPS: 100-20V

Procedure:

The aim of this match is to have the competitor engage targets after transitioning from the strong hand (two hand hold) to the support hand (two hand hold).

- The competitor will be given the command “load and holster”.
- On the command “Watch and Shoot” adopt the “draw” position and return to this position for each exposure.
- On a short audible, draw and engage one target with 2 shots, transition to the support hand and engage the second target with 2 shots (both engagements are with two hand holds).
- Between exposures transition back to the strong hand, holster and adopt the “draw” position in preparation for the next exposure.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Only 10 shots on each target will count for score.
- The competitor will change magazines as required using both hands.

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Match 6 – Tactical Reload

Specifications:

- Distance: 10 meters
- Position: Standing
- Number of Shots: 20
- Target: 1 x MilCun Body Targets
1 x MilCun Center-Mass Target
- Type of Fire: Snap Shooting
- Rate of Fire: Two shots only per exposure
- Time Limit: 10 X 8-second exposures
- Scoring: V, 5, 4, 3
- HPS: 100-20V

Procedure:

The aim of this match is to effectively carry out an efficient tactical reload.

- The competitor will be given the command “load and holster”. To set the pistol/magazines up correctly (when using 2 x 10 rd mags), there is a requirement to carry out a tactical reload with the other mag as part of the load. This will result in the last exposure being an “emergency reload” and the empty mag can be dropped on the ground.
- On the command “Watch and Shoot” adopt the “draw” position and return to this position for each exposure.
- On a short audible, draw and engage one of the targets with 1 shot, carry out a tactical mag change (retaining the mag) and engage the other target with 1 shot.
- Magazines must be retained in an unaltered garment pocket or a magazine pouch only.
- In preparation for the next exposure the second magazine is to be retrieved from the pocket and placed in the appropriate mag pouch.
- This procedure will continue for 10 exposures.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Only 10 shots on each target will count for score.

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Match 7 – Two on One

Specifications:

- Distance: 15 meters
- Position: Standing
- Number of Shots: 20
- Target: 1 x MilCun Body Targets
1 x MilCun Center-Mass Target
- Type of Fire: Controlled Pairs Snap
- Rate of Fire: Four shots only per exposure
- Time Limit: 5 X 8-second exposures
- Scoring: V, 5, 4, 3
- HPS: 100-20V

Procedure:

The aim of this match is to effectively carry out the correct drill when engaging two assailants.

- The competitor will be given the command “load and holster”.
- On the command “Watch and Shoot” adopt the “draw” position.
- On a short audible, draw and engage one target with 1 shot only, the other target with two shots only and then the first target with 1 more shot.
- This procedure will continue for a total of 5 exposures.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Only 10 shots on each target will count for score.
- The competitor is to change magazines as required.

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Match 8 – Body Armor Drills

Specifications:

- Distance: 10 meters
- Position: Standing
- Number of Shots: 15
- Target: 1 x MilCun Body Targets
1 x MilCun General Training Target
- Type of Fire: Triple Tap Snap
- Rate of Fire: Three shots only per exposure
- Time Limit: 5 x 8-second exposures
- Scoring: MGTT – V, 5, 4, 3
Body Target – V, 5, 4, 3
- HPS: 75-15V

Procedure

The aim of this match is to effectively carry out the correct drill when engaging a target equipped with body armor.

- The targets will be set up such that the MGTT is placed centered on the Center-Mass target.
- The competitor will be given the command “load and holster”.
- On the command “Watch and Shoot” adopt the “draw” position.
- On a short audible, engage the Body Target with 2 shots and the GMTT with one shot.
- This procedure will continue for a total of 5 exposures.
- Only 10 shots in the Body Target and 5 shots on the GMTT will count.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- The competitor will change magazines as requires.

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Match 9 – Save the Hostage

Specifications:

- Distance: 10 meters
- Position: Standing
- Number of Shots: 10 (2 x 5 round magazines)
- Target: Each half of a MilCun Head Target
- Type of Fire: Deliberate
- Rate of Fire: Shots may be fired at any rate during the exposure
- Time Limit: 1 x 2-minute exposure
- Scoring: Only on the MilCun Head Target – V, 5 4, 3. A hit
Anywhere on the MilCun Body Target (or even touching any part
of the body target) will score as a miss
- HPS: 50-10V

Procedure:

The aim of this match is to effectively engage a target partially hidden by a hostage.

- The competitor will be presented with a MilCun Head target cut in half - top to bottom. The bottom edge of the head target is to be tucked under the shoulder of the body target. The cut edge of the head target is to be placed tightly against the head of the body target.
- The 12 o'clock of the 4 point scoring line of the head target is to be aligned with the first corner (lowest corner) of the head of the body target.
- The competitor will be given the command "load with 5 rds and holster".
- On the command "Watch and Shoot" he will adopt the "draw" position.
- On a short audible, draw and engage one of the half targets with 5 rounds, changing magazines and engage the other half target with 5 rounds.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Only 5 shots on each target half will count for score.
- 2 x 5 round magazines must be used.

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Match 10 – Double Jeopardy

Specifications:

- Distance: 10 and 5 meters
- Position: Standing
- Number of Shots: 20
- Target: 2 x MilCun Head Target
- Type of Fire: Snap shooting
- Rate of Fire: 2 shots only during each exposure
- Time Limit: 10 x 5 second exposure
- Scoring: Only on the MilCun Head Target – V, 5, 4, 3. A hit
Anywhere on the MilCun Body Target (or even touching any part
of the body target) will score as a miss
- HPS: 100-20V

Procedure:

The aim of this match is to effectively engage a target partially hidden by a hostage.

- The competitor will be presented with a MilCun Head target placed partially behind the head and shoulder (each side) of the MilCun Body target. The head target is to be tucked under the body target so that the side of the 3 scoring ring is touching the head of the body target and the bottom of the 3 scoring ring is touching the shoulder.
- This match is shot in two stages: Stage 1 at 10 meters and Stage 2 at 5 meters. Both stages are shot on the same targets and under the same conditions.
- The competitor will be given the command “load and holster”.
- On the command “Watch and Shoot” he will adopt the “draw” position.
- On a short audible, draw and engage each head target with 1 shot.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Only 10 shots on each head target will count for score.

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Match 11 – Use Cover

Specifications:

- Distance: 20 to 15 meters
- Position: Standing
- Number of Shots: 24
- Target: 1 x MilCun Body Target
1 x MilCun Center-Mass Target
- Type of Fire: Controlled Pairs
- Rate of Fire: Two shots only at each target per exposure
- Time Limit: 12 x 8-second exposures
- Scoring: V, 5, 4, 3
- HPS: 120-24V

Procedure:

The aim of this match is to use cover when it is available.

- A post/barricade will be in place on the 15-meter line.
- The competitor will be given the command “load and holster” at the 25 meter line.
- On the command “Watch and Shoot” adopt the “draw” position.
- Each primary exposure will consist of 2 x sub exposures each 8 seconds.
- All shooting is with both hands.
- On a short audible, the competitor will have 8 seconds to draw and move to the 20 meter line and fire 2 shots at one of the targets. Shots fired during this first sub-exposure may be fired with either hand. This exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- On a second short audible, the competitor will move to cover, (using the post/barricade to simulate cover) and using the right hand from the right side of cover, engage the other target with 2 shots. The cover may be used to support the firearm. This exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Only 2 shots may be fired per sub-exposure.
- Shots may be fired during the audible.
- The firing line will then be given the command “Withdraw”. Each competitor will then move back to the 25 meter line, in the low alert, keeping the pistol pointed in the area of the targets and observing the front while doing so. Once at the 25 meter line, holster and adopt the “draw” position.
- For the first three primary exposures all competitors will fire their shots **from the barricade** using their right hand (not necessarily strong hand) and from the right side of the barricade.
- During the last three primary exposures, all competitors will fire their shots **from the barricade** using their left hand (not necessarily support hand) and from the left side of the barricade.
- Only 12 shots on each target will count for score.
- Magazines are changed as required.

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Match 12 – The Chairs

Specifications:

- Distance: 15 meters
- Position: Sitting in a chair and Standing
- Number of Shots: 20 (5 x 4 rd Mags)
- Target: 1 x MilCun Body Targets
1 x MilCun Center-Mass Target
- Type of Fire: Controlled Pairs
- Rate of Fire: Only 2 shots from each position for each exposure
- Time Limit: 5 X 12 second exposures
- Scoring: V, 5, 4, 3
- HPS: 100-20V

Procedure:

The aim of this match is to effectively engage targets from sitting on a chair and from standing from a chair.

- The competitor will be required to stand in front of their chair, cock their pistol with the slide forward, insert a 4 rd mag and holster (with the chamber empty) . They are then to be seated in a chair leaning against the chair back, facing their target with their hands in their lap.
- The command “Watch and Shoot” will be given.
- On a short audible, draw and dry fire at one target (the pistol must be in a proper present position), carry out the immediate action stoppage drill of “tap and rack” and engage one target with 2 shots. Then, stand up and engage a second target with 2 shots.
- Between each exposure, let the slide go forward on an empty chamber, remove the empty mag and, leaving the pistol in a cocked state, insert a 4 rd mag. Then, holster, sit down and adopt the “start” position.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Only 10 shots on each target will count for score.

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Match 13 – Long Range

Specifications:

- Distance: 35 meters
- Position: Prone, Sitting, Kneeling and Standing
- Number of Shots: 20 (from 4x5 rd mags)
- Target: 1 x MilCun Body Target
1 x MilCun Center-Mass Target
- Type of Fire: Deliberate Fire
- Rate of Fire: Shots may be fired at any rate during the time limit
- Time Limit: 1 X 5 minute exposures
- Scoring: V, 5, 4, 3
- HPS: 100-20V

Procedure:

The aim of this match is to effectively engage targets from an extended distance.

- The competitor will be given the command “load with 5 rds and holster”.
- On the command “Watch and Shoot” adopt the “draw” position.
- On a short audible, draw and adopt the prone position and fire 5 shots at one of the targets.
- Without further instruction, adopt the sitting position, change magazines and fire 5 shots at one of the targets.
- Without further instruction, adopt the kneeling position, change magazines and fire 5 shots at one of the targets.
- Without further instruction, adopt the standing position, change magazines and fire 5 shots at one of the targets.
- Once all firing is complete or the 5-minute time limit has expired, the RSO will end the match. When required the match will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Only 10 shots on each target will count for score.
- At any time the competitor comes out of the aim, below the High Alert position, he must remove his finger from the trigger and locate it along the trigger guard. For safety, the competitor must change positions with an empty pistol and change mags only after the next position is acquired.

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Match 14 - Keep Moving

Specifications:

- Distance: 15-10 meters
- Position: Standing
- Number of Shots: 30 (6 x 5 round mags)
- Target: 3 x MilCun Body Targets
- Type of Fire: Rapid fire
- Rate Of Fire: 5 shots only at each target per magazine
- Time Limit: 2 x 30-second exposure
- Scoring: V, 5, 4, 3
- HPS: 150-30V

Procedure:

The aim of this match is to successfully engage targets while the shooter is moving.

Target set-up:

- Each shooter will have 3 targets located on two adjacent lanes. There will be an empty lane between each set of targets.
- Relay sizes will be reduced to accommodate this.

This match will be shot in 2 parts.

Part One:

- The competitor will be given the command “load and holster” at the 15 meter line and covered off the left target.
- On the command “Watch and Shoot” adopt the “draw” position.
- On a short audible, draw and begin moving forward engaging the left target with 5 rounds.
- Then, while continuing to move, change magazines and moving sideways to the right, engage the center target with 5 rounds.
- Then, while continuing to move, change magazines and moving backwards, engage the right target with 5 rounds.
- The competitor must not go forward of the 10 meter line or behind the 15 meter line.
- At all times the competitor must keep moving (even when changing magazines). The next relay is to assist the range staff in monitoring this.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- 3 x 5 round magazines must be used.

Part Two:

- Prior to starting this part, time will be given to recharge magazines as required.

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- The competitor will be given the command “load and holster” at the 15 meter line and covered off the right target.
- On the command “Watch and Shoot” adopt the “draw” position.
- On a short audible, draw and begin moving forward engaging the right target with 5 rounds.
- Then, while continuing to move, change magazines and while moving sideways to the left, engage the center target with 5 rounds.
- Then, while continuing to move, change magazines and while moving backwards, engage the left target with 5 rounds.
- The competitor must not go forward of the 10 meter line or behind the 15 meter line.
- At all times the competitor must keep moving (even when changing magazines). The next relay is to assist the range staff in monitoring this.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Only 10 shots on each target will count for score.
- 3 x 5 round magazines must be used.

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Match 15 – Boarding House Rule

Specifications:

- Distance: 10 meters
- Position: Standing
- Number of Shots: 24 (4 x 6 round magazines)
- Target: 3 x MilCun Body Targets
- Type of Fire: Rapid at multiple targets
- Rate of Fire: As required
- Time Limit: 2 X 15 second exposures
- Scoring: V, 5, 4, 3
- HPS: 120-24V

Procedure:

The aim of this match is to effectively engage multiple targets.

Target set-up:

- Each shooter will have 3 targets located on two adjacent lanes. There will be an empty lane between each set of targets.
- Relay sizes will be reduced to accommodate this.

- The competitor will be given the command “load with 6 rds and holster”.
- The competitor will turn 180 degrees from his target.
- On the command “Watch and Shoot” adopt the “draw” position.
- During each exposure: On a short audible, he will turn, draw and engage one target with 1 shot only, a second target with one shot only, the third target with 2 shots, the second target with 1 shot and the first target with 1 shot. Then carry out an emergency reload and repeat the above procedure.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Only 8 shots on each target will count for score.
- The competitor is to change magazines as required.

Note: For safety, the competitor is not to draw until the foot is planted from the turn. He may have his hand on the pistol but cannot draw until the foot is planted.

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Match 16 – Point Shooting

Specifications:

- Distance: 5 and 3 meters
- Position: Standing
- Number of Shots: 24 (4 x 6 round magazines)
- Target: 3 x MilCun Body Targets
- Type of Fire: Multiple targets
- Rate of Fire: As required
- Time Limit: 2 X 10 second exposures
- Scoring: V, 5, 4, 3
- HPS: 120-24V

Procedure:

The aim of this match is to effectively engage multiple targets.

Target set-up:

- Each shooter will have 3 targets located on two adjacent lanes. There will be an empty lane between each set of targets.
- Relay sizes will be reduced to accommodate this.

- The competitor will be given the command “load 6 rds and holster”.
- The competitor will turn 180 degrees from his target.
- On the command “Watch and Shoot” adopt the “draw” position.
- On a short audible, turn, draw and engage one target with 1 shot only, a second target with one shot only, the third target with 2 shots, the second target with 1 shot and the first target with 1 shot – as per the boarding house rule. Then carry out an emergency reload while taking 2 steps (only) forward and double tap each target in the head.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed. Shots may be fired during either audible.
- Only 4 shots in the body and 4 shots in the head on each target will count for score. Excess hits in either scoring area are dealt with by removing (patching out) a hit of the highest value for each excess hit until there are the correct number of hits. The target is then scored in a normal manner.

Note: For safety, the competitor is not to draw until the foot is planted from the turn. He may have his hand on the pistol but cannot draw until the foot is planted.

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Match 17 – Moving Targets

Specifications:

- Distance: 10 meters
- Position: Standing
- Number of Shots: 20
- Target: 1 x MilCun Body Target;
- Type of Fire: Controlled Pairs at Movers
- Rate of Fire: 2 shots only during each exposure
- Time Limit: 10 x exposures (5 in each direction);
- Scoring: V, 5, 4, 3
- HPS: 100-20V

Procedure:

The aim of this match is to effectively engage moving targets.

- The competitor will be given the command “load and holster”.
- On the command “Watch and Shoot” adopt the “draw” position, remain in this position until their target begins to move and return to this position for the start of each exposure.
- The target will appear moving at either the slow or the fast pace. Each exposure covers a 14 foot frontage, the slow pace in 4 seconds and the fast pace in 2 seconds.
- When the competitor’s target begins to move he may draw, but can only engage the target as it moves through the designated target exposure opening. He is to engage it with 2 shots only per exposure.
- The target will move in each direction for a total of 10 exposures.
- Only 20 shots on the target will count for score.
- Magazines are changed as required.

Range Officer’s Notes

Remove two of the 4 foot targets to provide a space through which the targets will appear.

Staple individual targets onto a stick placed in the moving target cart.

Set the moving target control at 50% for slow and at 70% for fast.

A recommended sequence of appearances is as follows:

Slow, slow, fast, fast, slow, fast, fast, slow, fast and slow.

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Match 19 – Last One Standing

Specifications:

- Distance: 5 and 10 meters
- Position: Standing
- Number of Shots: As required
- Target: FN C1 25 meter zeroing target (or a target with an appropriate sized aiming mark – about 60 mm square)
- Type of Fire: As required
- Rate of Fire: As required
- Time Limit:
 - At 5 meters
 - Stage 1 in 2 minutes
 - Stage 2 in 1 minute
 - Stage 3 in 30 seconds
 - At 10 meters
 - 10 secs per shot for the 1st 3 exposures;
 - 7 secs per shot for the 2nd set of 3 exposures; and
 - 5 secs per shot until the match is decided
- Scoring: Only shots in the aiming mark will count
- HPS: Last one standing

Procedure:

The aim of this match is to have the competitor experience and successfully deal with the stress experienced in making each shot count.

- Stage 1 at 5 meters – 2 minutes to draw and fire 10 rounds. Only those with all hits will continue to stage 2.
- Stage 2 at 5 meters – 1 minute to draw and fire 10 rounds. Only those with all hits will continue to stage 3.
- Stage 3 at 5 meters – 30 seconds to draw and fire 10 rounds. Only those with all hits will continue to 10 meters.
- Stage 4, at 10 meters - “sudden death – shot for shot”. Each shot will be timed in accordance with the time limit above. Those who do not hit the aiming mark will retire. Those who do, will again go through the shot procedure (on command and under control of the RO) and continue in this manner until there is a winner decided.
- If at any time during stages 1, 2 or 3, if all of the shooters are eliminated, then all will redo the stage. If during stage 4 all shooters do not hit the aiming mark, then everyone will remain for another shot.

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Match 20 – Shoot Out (Optional)

Specifications:

- Distance: 10 meters
- Position: Standing
- Number of Shots: Unlimited
- Target: Fall when hit
- Type of Fire: Rapid
- Rate of Fire: As required
- Time Limit: As required
- Scoring: In heats, best 3 out of five; and
- HPS: Last one standing

Procedure:

The aim of this match is to have the competitor experience and successfully deal with the stress experienced in a one-on-one confrontation.

- The target system will have 4 x fall-when-hit targets. The center two targets, when in the down position, will overlap on top of each other. The target on the bottom will be the winner.
- Two competitors will cover off each target system.
- The competitors will be given the load and holster.
- On the command “Watch and Shoot” adopt the “draw” position.
- On a short audible, engage the outside target until it has fallen and then engage the center target until it has fallen.
- The winner is the first one to get both targets down, outside one first.
- The above procedure will be called a match.
- The targets will be reset for each match. The winner of the heat will be the competitor who wins three out of five matches.
- Heat winners will move on to compete against other heat winners until there is one final winner.

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Match 21 – FBI Qualification

Specifications:

- Distance: 25 and 15 yards
- Position: Standing
- Number of Shots: Stage 1 - 10 shots
Stage 2 – 10 shots in 2 x 5 shoot strings
Stage 3 – 10 shots in 2 x 5 shot strings
- Target: MilCun Body Target
- Type of Fire: As required
- Rate of Fire: As required
- Time Limit: Stage 1 - 3 minutes
Stage 2 - 15 second per 5 shot string
Stage 3 - 10 seconds per 5 shot string
- Scoring: V, 5, 4, 3
- HPS: 150 – 30V

Procedure:

The aim of this match is to have the competitor experience and successfully deal with the stress experienced in making each shot count.

Each stage starts from the holster and includes a draw within the time limit.

- Stage 1 at 25 yards – 3 minutes to fire 10 rounds.
- Stage 2 at 15 meters – 2 strings of 15 seconds to fire 5 rounds.
- Stage 3 at 15 meters – 2 strings of 10 seconds to fire 5 rounds.

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Match 22 – 25-Round Run

Specifications:

- Distance: 10 meters
- Position: Standing
- Number of Shots: 25
- Target: MilCun Body Targets
- Type of Fire: Deliberate Shooting
- Rate of Fire: As required
- Time Limit: 8 minutes
- Scoring: 1 point per hit on the black dot
- HPS: 25 hits in the fastest time

Procedure:

The aim of this match is to test physical fitness, situational awareness and marksmanship under physical stress.

- The competitor will shoot from the 10 meter line. Twenty five rounds are to be placed loosely in a container or in an ammo box tray and prepositioned at the 25 meter line. The start position – holding the pistol, with the slide locked to the rear, facing the target, empty mag in other hand.
- On the command “Watch and Run” adopt the “Start” position.
- On a short audible, place the pistol on the ground, move to the 25 meter line and retrieve one round, return to the firing line (loading the round into a magazine), pick up the pistol, load and fire one shot. Then, remove the empty mag, place the pistol on the ground, and continue this routine for each round.
- This procedure will continue until 25 shots are fired or the time limit has expired.
- The exposure will end with a 1 second audible, starting one second before the exposure time has elapsed.
- Shots may be fired during either audible.
- The competitor must cross the 25 meter line in order to stop his time. The RO will note this time and it will be used to break a tie in points.
- If a tie still remains, a shoot-off following the same procedures as above using most number of rounds in 2 minutes will be conducted.

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Match 23 – OPP Challenge

Specifications:

- Distance: IAW each stage
- Position: IAW each stage
- Number of Shots: 50
- Target: 2 x MilCun Body Target
- Type of Fire: As required
- Rate of Fire: IAW each stage
- Time Limit: IAW each stage
- Scoring: V, 5, 4, 3
- HPS: 250-50V

Procedure:

The aim of this match is to successfully complete the OPP Firearms Instructors Course final shooting test.

The directions have been given with the assumption that 10 rd mags will be used. Those with smaller capacity mags may load accordingly between each practice. Those authorized to use larger capacity mags may use them.

The competitor will holster at the end of each exposure in preparation for the next exposure. He will also holster at the end of each practice. The firing line will receive an “unload and clear” at the end of each stage.

This match has 10 individual practices. The practices will be Center-Massed into stages, with each stage having an appropriate number of shots to score. Scoring and patching will take place after each stage.

Stage 1 – at Left Target

One mag of 10 rds

Practice	Distance meters	Exposure time secs	No. of Exposures	Total No. of shots	Procedure
1	3	2	3	3	Draw - fire 1 shot/exp
2	3	3	2	4	Draw - fire 2 shots/exp
3	5	4	1	3	Draw - fire 3 shots

Score and patch Stage 1.

Stage 2 – at Right Target

One mag of 3 rds and one mag of 7 rds

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Practice	Distance meters	Exposure time secs	No. of Exposures	Total No. of shots	Procedure
4	7	12	1	6	Load mag of 3 rds. Draw - fire 3 shots, emergency mag change, fire 3 shots
5	7	4	2	4	Draw - fire 2 shots/exp

Score and patch Stage 2.

Stage 3 – at Left target

One mag of 10 rds and one of 6 rds

Practice	Distance meters	Exposure time secs	No. of Exposures	Total No. of shots	Procedure
6	10	14	1	4	Load 10 rd mag. Draw - fire 2 shots - go to kneeling - fire 2 shots
7	10	16	1	12	Draw fire 6 shots – reload - fire 6 shots

Score and patch Stage 3.

Stage 4 – at Right Target

One mag of 8 rds and one mag of 6 rds

Practice	Distance meters	Exposure time secs	No. of Exposures	Total No. of shots	Procedure
8	10	10	1	4	Load 8 rd mag. Draw - fire 2 shots strong hand only – transition - fire 2 shots support hand only
9	15	16	1	8	Draw - fire 4 shots left barricade – reload - fire 4 shots right barricade
10	25	10	1	2	Draw - go prone - fire 2 shots

Score and patch Stage 4.

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Match 24 – SEAL Team 6 Challenge

Specifications:

- Distance: IAW each stage
- Position: IAW each stage
- Number of Shots: 73
- Target: 2 x MilCun Body Target
- Type of Fire: As required
- Rate of Fire: IAW each stage
- Time Limit: IAW each stage
- Scoring: V, 5, 4, 3
- HPS: 365-73V

Procedure:

The aim of this match is to successfully complete the SEAL Team 6 pistol standards.

The directions have been given with the assumption that 10 rd mags will be used. Those with smaller capacity mags may load accordingly between each practice. Those authorized to use larger capacity mags may use them.

The competitor will holster at the end of each exposure in preparation for the next exposure – except in stage 4. He will also holster at the end of each practice. The firing line will receive an “unload and clear” at the end of each stage.

This match has 7 individual practices. The practices will be Center-Massed into stages, with each stage having an appropriate number of shots to score. Scoring and patching will take place after each stage.

Stage 1

One mag of 5 and one mag of 10 rds – load with 5 rd mag first

Practice	Distance meters	Exposure time secs	No. of Exposures	Total No. of shots	Procedure
1	3	1.53	5	5	At left tgt - Draw - fire 1 shot at head only/exp
2	3	1.53	5	10	At right tgt - Draw - fire 2 shots body/exp

Score and patch Stage 1.

Stage 2

One mag of 10rds, one mag of 9 and one mag of 6 rds – load 10 rd mag first

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Practice	Distance meters	Exposure time secs	No. of Exposures	Total No. of shots	Procedure
3	7	5.18	5	10	At left tgt – Draw - 2 shots body – reload – 2 shots body /exp
4	7	2	5	15	At right tgt - Draw - 2 shots body – 1 shot head/exp – only 10 shot in body and 5 in head count for score

Score and patch Stage 2.

Stage 3

Two mags of 6 rds, 2 mags of 4 and 2 mags of 2 rds - use 6 rd mags first

Practice	Distance meters	Exposure time secs	No. of Exposures	Total No. of shots	Procedure
5	7	10.5	1	12	At left tgt – draw - 6 shots strong hand only – reload –6 shots support hand only
6	25	7.6	5	10	At right tgt – 2 shots body – reload - 2 shots body /exp – use mags 2,4,4,2

Score and patch Stage 3.

Stage 4

Five mags of 2 rds

Practice	Distance meters	Exposure time secs	No. of Exposures	Total No. of shots	Procedure
7	7	4.6	5	10	Set pistol up with double feed with spent rd in chamber and live rd overriding – at left tgt - from the aim, clear double feed – shoot 2 shots/exp

Score and patch Stage 4.

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Match 25 – The Dick Smith Challenge or (the School Teacher’s Challenge)

Specifications:

- Distance: IAW each stage
- Position: IAW each stage
- Number of Shots: 61
- Target: 2 x MilCun Body Target
- Type of Fire: As required
- Rate of Fire: IAW each stage
- Time Limit: IAW each stage
- Scoring: V, 5, 4, 3
- HPS: 305-61V

Procedure:

The aim of this match is to successfully complete the School Teacher’s final exam and receive your diploma.

The directions have been given with the assumption that 10 rd mags will be used. Those with smaller capacity mags may load accordingly between each practice. Those authorized to use larger capacity mags may use them.

The competitor will holster at the end of each exposure in preparation for the next exposure. He will also holster at the end of each practice. The firing line will receive an “unload and clear” at the end of each stage.

This match has 6 individual practices. The practices will be Center-Massed into stages, with each stage having an appropriate number of shots to score. Scoring and patching will take place after each stage.

Stage 1 – 2 x Body Targets

One mag of 10 rds and one mag of 5 rds

Practice	Distance meters	Exposure time secs	No. of Exposures	Total No. of shots	Procedure
1	3	3	5	5	Draw - fire 1 shot - left Target – head only counts for score
2	3	3	5	10	Draw - fire 2 shots - right Target

Score and patch Stage 1.

Stage 2 – 2 x Body Targets

Two mags of 2 rds, 2 mags of 4 rds and 2 mags of 6 rds

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Practice	Distance meters	Exposure time secs	No. of Exposures	Total No. of shots	Procedure
3	5	6	3	12	Draw - fire 2 shots - emergency mag change, fire 2 shots - left target – use mags 2,4,4,2
4	5	20	1	12	Draw – 6 shots strong hand – emergency mag change – 6 shots support hand - at right target

Score and patch Stage 2.

Stage 3 – 2 x Body Targets

Seven mags of 2 rds, 2 mags of 4 rds and 2 mags of 6 rds

Practice	Distance meters	Exposure time secs	No. of Exposures	Total No. of shots	Procedure
5	10	10	5	10	Set up double feed using dummy rounds – load with a 2 rd mag - start in the aim – clear stoppage – fire 2 rds – right target
6	15	8	3	12	Draw - fire 2 shots, emergency mag change, fire 2 shots - at left target – use mags 2,4,4,2

Score and patch Stage 3.

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Match 26 – The Winona Club Challenge

Specifications:

- Distance: IAW each stage
- Position: IAW each stage
- Number of Shots: 64
- Target:
 - 1 x MilCun Body Target
 - 1 x Center Mass Target
 - 1 x MilCun Head Target
- Type of Fire: As required
- Rate of Fire: IAW each stage
- Time Limit: IAW each stage
- Scoring: V, 5, 4, 3
- HPS: 320-64V

Procedure:

The aim of this match is to successfully complete the Winona Club Challenge

The directions have been given with the assumption that 10 rd mags will be used. Those with smaller capacity mags may load accordingly between each practice. Those authorized to use larger capacity mags may use them.

The competitor will holster at the end of each exposure in preparation for the next exposure. He will also holster at the end of each practice. The firing line will receive an “unload and clear” at the end of each stage.

This match has 4 individual practices. The practices will be grouped into stages, with each stage having an appropriate number of shots to score. Scoring and patching will take place after each stage.

Stage 1- 25 meters

Prac	Dist	Exp time secs	No. of Exps	Tgt	Total shots	Procedure
1	25m	60	1	Body C-M	20	From the draw – 20 shots – 10 shots on each tgt

Score and patch Stage 1

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Stage 2- 20 meters

Prac	Dist	Exp time secs	No. of Exps	Tgt	Total shots	Procedure
1	20m	30	1	Body Head	12 2x6 rd mags	From the draw – 2 shots body, 1 shot head x 2 – change magazine - repeat

Score and patch Stage 2

Stage 3- 15 meters

Prac	Dist	Exp time secs	No. of Exps	Tgt	Total shots	Procedure
1	15m	30	1	Body Head	12 2x6 rd mags	From the draw – 2 shots body, 1 shot head x 2 – change magazine - repeat

Score and patch Stage 3

Stage 4- 10 meters

Prac	Dist	Exp time secs	No. of Exps	Tgt	Total shots	Procedure
1	10m	60	1	Body C-M	20	From the draw – 5 shots each tgt – change mag – 5 shots each tgt

Score and patch Stage 4

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Training Drills

Training Drill 1 - Priority Targets

Specifications:

- Distance: 5, 10 and 20 meters
- Position: Standing
- Number of Shots: 18
- Target: 2 x MilCun Body Targets
1 x IPSC Classic Target
- Type of Fire: Controlled Pairs
- Rate of Fire: As required
- Time Limit: 3 X 10 second exposures
- Scoring: V, 5, 4, 3
- HPS: 90-18V

Procedure:

The aim of this match is to effectively engage multiple targets in order of priority. The concept is to first engage the target who is engaging you and then the nearest to furthest threats.

- The relays will be adjusted so each competitor has two lanes. The competitor will be positioned on the 20 meter firing line. An IPSC Classic target will be positioned on the 15 meters line, a MilCun Body target on the 10 meter line and a MilCun Body target at 20 meters. The targets will be numbered from nearest to furthest – 1, 2 and 3. Target 1 is to be positioned so it appears to be on the right of target 3. Target 2 positioned so it appears to be on the left of target 3.
- The competitor will be given the command “load and holster”.
- On the command “Watch and Shoot” adopt the “draw” position.
- To start each exposure the RO will shout out a number. The competitor will then have 10 seconds to draw, engage that target with 2 shots, then the next nearest target with 2 shots and finally the furthest target with 2 shots.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Exposure will start and targets will be engaged in the following sequence:
 - Exp 1 - 2, 1 and 3
 - Exp 2 - 1, 2 and 3
 - Exp 3 - 3, 1 and 2
- Target must be shot in this sequence. The following relay is to watch the shooting relay to ensure this is done. If at any time the exposure is shot in the wrong sequence, a 5 point penalty will be assessed to the final score.
- Only 6 shots on each target will count for score.
- The competitor is to change magazines as required.

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Training Drill 2 - Vertical Stitch Drills

Specifications:

- Distance: 10 meters
- Position: Standing
- Number of Shots: 20
- Target: 2 x MilCun Body Targets (with orange dot placed on throat – 12 o'clock of dot touching head/body line and centered left/right)
- Type of Fire: Multiple shots
- Rate of Fire: Five shots only per exposure
- Time Limit: 4 X 10-second exposures
- Scoring: Head – V, 5, 3
Throat – V (only)
Body shots – V, 5, 3
- HPS: 100-20V

Procedure:

The aim of this match is to effectively carry out an alternate drill when engaging a target equipped with body armor:

- The competitor will be given the command “load and holster”.
- On the command “Watch and Shoot” he will adopt the “draw” position and return to this position for each exposure.
- During each exposure, the shooter is to draw and fire 1 shot at the center of the body, 1 shot at the throat and 3 shots at the head.
- There will be 4 exposures.
- The exposure will start with a short audible and end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- The competitor is to change magazines as required.
- Only 2 shots in the body, 2 shots in the throat and 6 shots in the head on each target will count for score. Excess hits in any scoring areas are dealt with by removing (patching out) a hit of the highest value for each excess hit until there are the correct number of hits. The target is then scored in a normal manner with **any hits** outside of the V and 5 areas scoring 3.

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Training Drill 3 – High Noon

Specifications:

- Distance: 10 meters
- Position: Standing
- Number of Shots: 1
- Target: 1 x MilCun Body Targets
- Type of Fire: Draw and fire
- Rate of Fire: One shots only per exposure
- Time Limit: As required
- Scoring: 6, 5, 4, 3. Score is divided by the time taken
- HPS: N/A

Procedure:

The aim of this match is to effectively carry out draw and engage a target balancing accuracy with speed:

- The competitor will be given the command “load and holster”.
- On the command “Watch and Shoot” he will adopt the “draw” position.
- During the exposure, the shooter is to draw and fire 1 shot at the target.
- The exposure will start with a short audible from a time clock and end with the firing of the shot.

This drill can be turned into a match by having the shooter engage the target for 5 exposures. With each exposure the shot value has to be scored along with the time taken for that shot. The best 4 scores are then added together to provide a match score.

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Training Drill 4 – Tag... You're it!

Specifications:

- Distance: 21 feet
- Position: Standing
- Number of Shots: 1
- Target: 2 x MilCun Body Targets
- Type of Fire: Draw and fire
- Rate of Fire: One shot only per exposure
- Time Limit: As required
- Scoring: He who is first... wins
- HPS: You won

Procedure:

The aim of this drill is to effectively engage a target who is attaching with a knife:

- The shooter will be given the command “load and holster”.
- On the command “stand by” he will adopt the “draw” position.
- With the shooter facing down range, the knife fighter will stand back to back facing up range and armed with a red marker. At 21 feet further up range a student will stand holding a body target in front of him.
- On the signal to start, the shooter will side step while drawing and fire one shot at his target.
- At the same time, the knife fighter will run at his target and slash it with the marker.
- And at the same time, the student holding the knife target will side step in the same direction as did the shooter.
- The class is to decide if the shot was effective and was it fired before the knife fighter reached his target.

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Training Drill 5 – Stay in the Fight - Series

Specifications:

- Distance: 10 meters
- Position: As required by course of fire
- Number of Shots: 20 (2 x 10 rd mags) per series
- Target: 1 x 12 x 12" steel
- Type of Fire: Draw and fire
- Rate of Fire: As required
- Time Limit: As required
- Scoring: He who is first... wins
- HPS: You won

Procedure:

The aim of this drill is to effectively engage a target while overcoming adversity:

Serial 1 – Support Hand Only

- Props – a dumb bell or sand bag weighing about 25 pounds.
- The shooter will be given the command “load and holster” and “stand by” on the 25 meter line with prop held in strong hand.
- On a command to start, the shooter will run forward to the 10 meter line, carrying the weight in his strong hand. He will draw using his support hand only and hit the steel plate with two shots.
- The shooter will then drop the weight, transfer his weapon to his strong hand and holster. Returning to the start line once holstered and safe.
- All stoppages and mag changes must be carried out with the support hand only while retaining the weight.

Serial 2 – My Eye!!!

- Props – Safety glasses with the strong eye patched over.
- The shooter will be given the command “load and holster” and “stand by” on the 25 meter line wearing the prop safety glasses.
- On a command to start, the shooter will run forward to the 10 meter line, draw using his strong hand and hit the steel plate with two shots.
- The shooter will then holster and once safe to do so, returning to the start line.
- All stoppages and mag changes must be carried out with both hands.

Serial 3 - Strong Hand Only

- Props – a dumb bell or sand bag weighing about 25 pounds.
- The shooter will be given the command “load and holster” and “stand by” on the 25 meter line with prop held in support hand.
- On a command to start, the shooter will run forward to the 10 meter line, carrying the weight in his support hand. He will draw and hit the steel plate with two shots.

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- The shooter will then holster and returning to the start line once holstered and safe.
- All stoppages and mag changes must be carried out with the strong hand only while retaining the weight.

Serial 4 – On Your back

- Props – none.
- The shooter will be given the command “load and holster” and “stand by” on the 25 meter line.
- On a command to start, the shooter will run forward to the 10 meter line, take up a position on his back, feet towards target. He will draw and hit the steel plate with two shots.
- The shooter will then get to his feet (using the proper technique), holster and returning to the start line.
- All stoppages and mag changes are carried out with both hands.

Serial 5 – Transition one hand only

- Props – none.
- The shooter will be given the command “load and holster” and “stand by” on the 25 meter line.
- On a command to start, the shooter will run forward to the 10 meter line, draw and hit the steel plate with two shots using strong hand only, transition to the support hand only and hit the steel plate with 2 shot.
- The shooter will then holster and returning to the start line safe.
- All stoppages and mag changes must be carried out with one hand only and with which ever hand it occurred.

Serial 6 – Transition two hands

- Props – none.
- The shooter will be given the command “load and holster” and “stand by” on the 25 meter line.
- On a command to start, the shooter will run forward to the 10 meter line, draw and hit the steel plate with two shots using both hands, transition to the support hand (both hands) and hit the steel plate with 2 shot.
- The shooter will then holster and returning to the start line safe.
- All stoppages and mag changes must be carried out with both hands.

Serial 7 – On Your Face

- Props – none.
- The shooter will be given the command “load and holster” and “stand by” on the 25 meter line.
- On a command to start, the shooter will run forward to the 10 meter line, draw, take up a position face down and towards target and hit the steel plate with two shots.

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- The shooter will then rotate to his right side and hit the plate with 2 shots. Then rotate to his left side and hit the plate with 2 shots.
- The shooter will then get up (using the proper technique), holster and return to the start line.
- All stoppages and mag changes are carried out with both hands.

Serial 8 – Stoppage drills – both hands

- Props – a 10 rd mag loaded with dummy rounds creating stoppages “slide forward”, “slide partly to rear” and “slide locked to rear”. Load mag 1 in the following sequence: live, live, rimless, dummy, live, live, rimless, dummy, live, and live. Load mag 2 in the following sequence: live, live, rimless, live, live, dummy, live, live, dummy, and live.
- The shooter will be given the command “load with mag 1 and holster” and “stand by” on the 25 meter line.
- On a command to start, the shooter will run forward to the 10 meter line, draw and began firing the entire magazine at the steel plate, correcting any stoppage that occurs (using both hands).
- When complete, holster and returning to the start line.
- All stoppages and mag changes are carried out with both hands.

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Serial 9 – Stoppage drills – Strong Hand Only

- Props – a 10 rd mag loaded with dummy rounds creating stoppages “slide forward”, “slide partly to rear” and “slide locked to rear”. Load mag 1 in the following sequence: live, live, rimless, dummy, live, live, rimless, dummy, live, and live. Load mag 2 in the following sequence: live, live, rimless, live, live, dummy, live, live, dummy, and live.
- The shooter will be given the command “load with mag 1 and holster” and “stand by” on the 25 meter line.
- On a command to start, the shooter will run forward to the 10 meter line, draw and began firing the entire magazine at the steel plate, correcting any stoppage that occurs (strong hand only).
- When complete, holster and returning to the start line.
- All stoppages and mag changes are carried out with the strong hand only.

Serial 10 – Stoppage drills – Support Hand Only

- Props – a 10 rd mag loaded with dummy rounds creating stoppages “slide forward”, “slide partly to rear” and “slide locked to rear”. Load mag 1 in the following sequence: live, live, rimless, dummy, live, live, rimless, dummy, live, and live. Load mag 2 in the following sequence: live, live, rimless, live, live, dummy, live, live, dummy, and live.
- The shooter will be given the command “load with mag 1 and holster” and “stand by” on the 25 meter line.
- On a command to start, the shooter will run forward to the 10 meter line, draw and began firing the entire magazine at the steel plate, correcting any stoppage that occurs (support hand only).
- When complete, holster and returning to the start line.
- All stoppages and mag changes are carried out with the support hand only.

Serial 11 – Position drills

- Props – none
- The shooter will be given the command “load and holster” and “stand by” on the 25 meter line.
- On a command to start, the shooter will run forward to the 10 meter line, draw and began firing.
- When complete, holster and returning to the start line.
- All stoppages and mag changes are carried out with the strong hand only.

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Training Drill 6 – Step Back and Controlled Pairs

Specifications:

- Distance: Starting at 3 meters
- Position: Standing
- Number of Shots: As required
- Target: MilCun Body Targets
- Type of Fire: Controlled Pairs
- Rate of Fire: Two shots per exposure
- Time Limit: 5 second exposures
- Scoring: Hits only in the lethal zone
- HPS: Last one standing

Procedure:

The aim of this match is to effectively engage multiple targets.

- The competitor will be given the command “load and holster”.
- On the command “Watch and Shoot” adopt the “draw” position.
- On a short audible, draw and engage the target with 2 shots only.
- The exposure will end with a 1 second audible, starting 1 second before the exposure time has elapsed.
- Shots may be fired during either audible.
- Those who have not hit the lethal zone with both shots are to retire. Those who did hit the lethal zone with both shots are to holster and under control of the RO, take one large step to the rear.
- This procedure is continued until there is a winner.
- The competitor is to change magazines as required.

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Training Drill 7 – Bill Drills

6 shots @ 7 meters from the holster. Only lethal zone hits count. Aim for a 2 second par time - speed is the focus. If you can make 2 seconds, start working the par time down. You always want to be working just past the level of your comfort zones. Pay attention to what the sights are telling you as you shoot the drill. You should see the sights lift and settle for each shot. Note that this is not just a visual exercise...it is a bio-feedback exercise. Let your vision tell you how fast you can prep and shoot the shots, and you will see trigger press errors in real-time as sight deflection and group spread.

Same drill @ 15 meters. Now you're dialing back on the speed and focusing more on the trigger stroke. Try a par time of 4 seconds. If you can make 4, go to 3.5 or just low enough to take you out of your comfort zone. Notice if the sights are moving as you prep through to the shot break. If they are moving, which way and how do you compensate?

Same drill @ 25 meters. Try for 6 seconds. Trigger press is getting much more important now, but to make the time you still have to see the sights lift and settle and call the shots off the sights. Push the par if you can.

Same drill @ 50 meters. In for a penny, in for a pound. Start with a par of 10 seconds and see what that gives you. For what it's worth, we used to see Standard exercises in the good old days of IPSC where we shot three targets, two hits each in six seconds at 50 meters. This one is VERY tough, but the trigger stroke has to be perfect. Your Glock sight will be covering most of the target at that distance so you'll have to feed back off the top edge of the front sight.

You can also try the closer versions of this drill strong hand only and weak hand only.

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Other Drills You Can Try

Transition Drills: I like transition drills with one shot per target, A's only for score as a multi-level drill. You work on quickly acquiring the targets in the array and then stopping the gun long enough to prep, squeeze and follow-through. And the follow-through (see the gun settle after the recoil arc) can take place as you index to the next target. I like 5 targets for this at varying distances with a wide presentation.

Dry drills: Use a timer for this. Set the timer for a random or 3 second delay. In your shooting stance, align your sights on a very small target (a bottle cap for instance). When the timer sounds, press the trigger through as quickly as you can without disturbing the sights. If you see even a small deflection, you have the visual feed-back you need to self-correct the technique to the point where you can manipulate the trigger without moving the sights.

You should also do this same drill strong hand only and weak hand only.

Note that at each distance the visual feed-back necessary to make the shot will be different. The physical feed-back will also be different. For example; a 7 meter A zone shot can probably be executed pretty well with a mediocre trigger press, but move that same shot out to 25 meters and with that same trigger stroke you will have a miss. So you have to refine your parameters to meet the needs of the shot. Part of the goal with these drills is to define what you need to see (and feel) in order to manipulate the trigger at any given distance and get the hit you want, on demand.

You can try a Triple Bill as well: 6, reload 6, reload 6. Try for 8 seconds at first then work it down to 6.