



## **San Diego Police Department**

### **Firearms Training Unit**

#### **Second Shift of the year Rifle Training**

**\*100 rounds**

**- First course of fire: Officers will patrol ready the rifle at the 50 yard line and load pistols.**

**- Officers will fire the 40 round “Rifle Qualification.”**

**-At the end of the shoot, the instructors will score the targets for each individual officer and discuss areas they may need to improve or practice prior to next shift qualification for score.**

**\*Place fresh targets up.**

**- Second course of fire: Officers will return to the 50 yard line, turn off their red-dot sighting systems and use their back up sights.**

**- 50 yard line: 2 rounds, 5Xs      5 seconds. Check targets after.**

**- 25 yard line: 2 rounds, 5Xs      3 seconds. Check targets after.**

**- 40 rounds remaining. With the remaining 40 rounds, it will be up to the Instructor(s) to determine what areas the group of shooters would need additional training.**

#### **Suggested courses of fire:**

**- Distance work from the 50 yard line.**

**- Transition drills.**

**- Speed work.**

