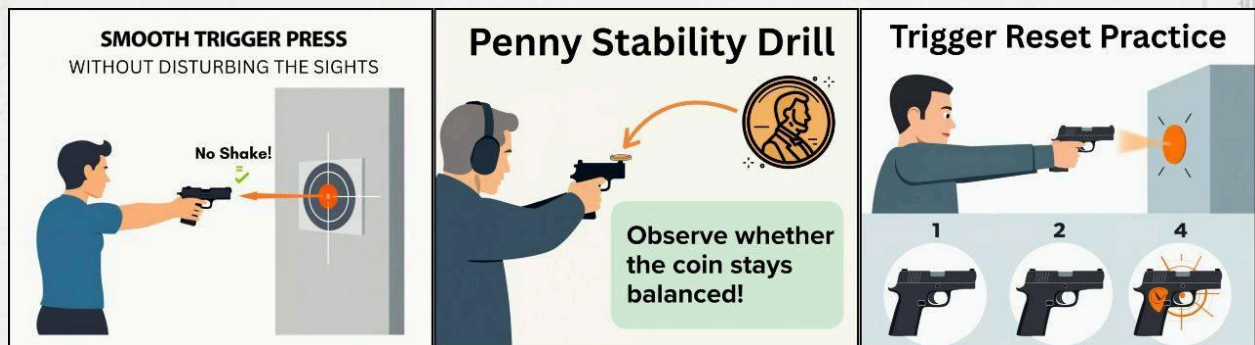


FREE DRY FIRE GUIDE

3 Dry Fire Drills I Wish I'd Learned Years Earlier

Build Better Trigger Control • Improve Sight Stability • Develop Consistent Fundamentals



Inside This Guide

This guide walks you through three simple dry-fire exercises that can help you build consistency and reinforce core shooting fundamentals through structured practice.

You'll learn:

✓ Smooth Press Drill

Develop a controlled trigger press while maintaining sight alignment.

✓ Penny (Sight Stability) Drill

Use immediate visual feedback to identify and reduce unnecessary movement.

✓ Trigger Reset Practice

Build awareness of the complete trigger cycle and reinforce consistent trigger control.

Why Dry Fire?

Dry-fire practice allows you to focus on the fundamentals without the distractions of recoil or noise. With deliberate repetition and attention to technique, it can help reinforce habits related to:

- Trigger control
- Grip consistency
- Sight alignment
- Follow-through
- Overall shooting discipline

The emphasis throughout this guide is on quality over quantity—slow, intentional repetitions are generally more valuable than rushing through a high number of drills.

Before You Begin

Always prioritize safety.

Before every dry-fire session:

- ✓ Verify your firearm is unloaded.
- ✓ Remove all live ammunition from the practice area.
- ✓ Follow the manufacturer's recommendations for your specific firearm, including whether snap caps are appropriate.
- ✓ Choose a safe direction and maintain muzzle discipline throughout your practice session.

A Few Minutes a Day Can Make a Difference

You don't need long practice sessions to build consistency.

Spend just 10–15 focused minutes working through these drills while concentrating on smooth, repeatable movements. The goal is to reinforce sound fundamentals that can later be evaluated during supervised live-fire practice.

Let's Get Started. ↓

Exercise 1:



Smooth Press Drill

A Step-by-Step Dry-Fire Guide for Improving Trigger Control

Purpose

The Smooth Press Drill is designed to develop one of the most important shooting fundamentals: pressing the trigger without disturbing the sights.

A proper trigger press allows the firearm to remain stable throughout the shot. During dry-fire practice, there is no recoil or noise to mask unnecessary movement, making it easier to recognize and correct inconsistencies.

Primary training objective:

- Maintain a stable sight picture throughout the trigger press.

Secondary objectives:

- Build consistent trigger finger placement.
- Improve grip consistency.
- Develop a smooth, uninterrupted trigger press.
- Reinforce disciplined follow-through.

Before You Begin

Treat every dry-fire session with the same attention to safety as live-fire practice.

Before starting:

- ☐ Verify the firearm is unloaded.
- ☐ Remove all live ammunition from the practice area.
- ☐ If appropriate for your firearm, use snap caps or dummy rounds according to the manufacturer's recommendations.
- ☐ Choose a safe direction where the firearm will remain pointed throughout the session.
- ☐ Eliminate distractions such as phones, television, or conversation.

Equipment

You will need:

- An unloaded firearm suitable for dry-fire practice
- A small visual aiming point (such as a sticky note or printed dot)
- A safe practice area
- Optional: snap caps if recommended for your firearm

Training Setup

Select a small aiming point that is easy to see but not distracting.

Examples include:

- A 1-inch sticky note
- A small printed dot
- A light switch plate
- A small mark on a blank wall

The goal is simply to provide a consistent visual reference.

Stand in a comfortable, balanced position using your normal shooting stance.

Step 1 – Build Your Grip

Establish the same grip you would use every time.

Focus on consistency rather than squeezing harder.

Your grip should feel:

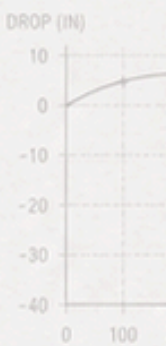
- Secure
- Comfortable
- Repeatable

Avoid adjusting your hands after you begin the drill.

Step 2 – Align the Sights

Bring the sights onto the aiming point.

Once aligned:



	BULL	
Range (yd)	100	200
.223/5.56	-1.5	-3
.308 Win	-1.4	-3
6.5 Creed	-1.2	-2



SPLIT TIME ANALYSIS

SPLIT	TIME (SEC)
1	0.21
2	0.18
3	0.23

PERFORMANCE OVER TIME



- Keep your visual focus on the front sight (or your normal point of focus for your sighting system).
- Allow the aiming point to remain steady.

Do not rush this step.

Step 3 – Place Your Trigger Finger

Place the trigger finger exactly where it naturally contacts the trigger.

The placement should feel consistent from repetition to repetition.

Avoid:

- Hooking the trigger too deeply
- Using only the extreme fingertip
- Constantly changing finger position

Consistency matters more than finding a "perfect" placement.

Step 4 – Begin the Trigger Press

This is the heart of the drill.

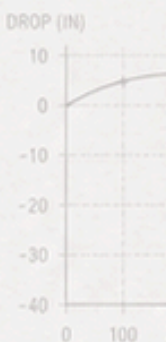
Begin applying pressure gradually.

Imagine increasing pressure in one smooth, continuous motion rather than making several small movements.

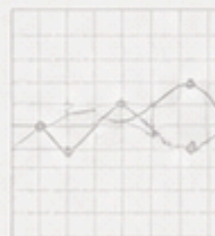
As you press:

- Maintain your grip.
- Keep your sights aligned.
- Continue breathing normally.
- Avoid adding unnecessary tension to your hands or shoulders.

The trigger should move smoothly until it breaks.



Range (yd)	100	200
.223/5.56	-1.5	-3
.308 Win	-1.4	-3
6.5 Creed	-1.2	-2



SPLIT	TIME (SEC)
1	0.21
2	0.18
3	0.23



CLAS

- ☐ Grip
- ☐ Sig
- ☐ Tri
- ☐ Fo
- ☐ Re
- ☐ As

Step 5 – Observe the Sights

Watch the sights carefully throughout the entire trigger press.

Ask yourself:

- Did the sights remain steady?
- Did they move just before the trigger released?
- Did my hands tighten unexpectedly?
- Did I notice any unnecessary movement?

The sights provide immediate feedback.

If they remain stable, your trigger press was likely smooth and consistent.

Step 6 – Follow Through

After the trigger breaks:

Pause briefly.

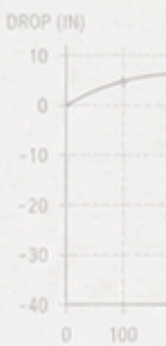
Maintain:

- Your grip
- Your sight picture
- Your posture

Avoid immediately relaxing or lowering the firearm.

This reinforces the habit of staying focused through the completion of the shot.

Self-Assessment

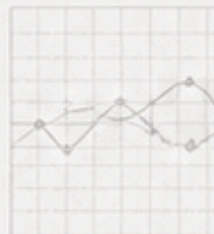


Range (yd)	100	200
.223/5.56	-1.5	-3
.308 Win	-1.4	-3
6.5 Creed	-1.2	-2

TARGET GROUP ANALYSIS



RECOIL ANALYSIS



SPLIT TIME ANALYSIS

SPLIT	TIME (SEC)
1	0.21
2	0.18
3	0.23

PERFORMANCE OVER TIME



After each repetition, reflect briefly.

Consider questions such as:

- Did my sights remain steady?
- Was my grip consistent?
- Did I feel myself rushing?
- Was the trigger press smooth from start to finish?

The goal is not perfection. It is to notice patterns and gradually improve consistency.

Common Issues and Corrections

The sights moved noticeably.

Possible causes:

- Inconsistent grip pressure
- Abrupt trigger press
- Unnecessary muscle tension

Correction:

Slow down and focus on applying smooth, uninterrupted pressure.

My grip changed during the press.

Possible causes:

- Repositioning the hands unconsciously
- Excess tension

Correction:

Build your grip before beginning and avoid making adjustments mid-repetition.

I rushed the drill.

SPLIT TIME ANALYSIS

SPLIT	TIME (SEC)
1	0.21
2	0.18
3	0.23

PERFORMANCE OVER TIME



Possible causes:

- Focusing on completing repetitions rather than quality

Correction:

Reduce the number of repetitions and concentrate on deliberate practice.

My trigger finger placement changes every repetition.

Possible causes:

- Lack of a consistent starting position

Correction:

Choose a comfortable placement and use it consistently so each repetition reinforces the same movement.

Suggested Practice Structure

Rather than practicing for long periods, aim for short, focused sessions.

Example session:

- Warm up with several slow, deliberate repetitions.
- Continue only while you can maintain concentration and consistent technique.
- End the session if you notice your attention or consistency declining.

Quality repetitions are generally more valuable than simply doing a high number of repetitions.

Key Takeaways

Remember these four principles:

1. Consistency over speed – Build repeatable habits before increasing pace.

2. Watch the sights - They provide immediate feedback about your trigger press.
3. Move smoothly - Avoid abrupt or interrupted movements.
4. Stay focused - Each repetition is an opportunity to reinforce good technique.

Training Notes

Date: _____

Session Length: _____

Observations:

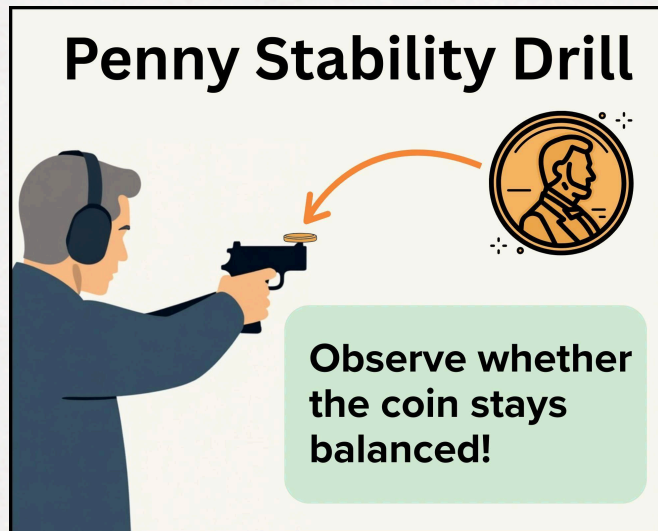
One thing I did well:

One thing I will focus on next session:

Summary

The Smooth Press Drill is a fundamental dry-fire exercise that emphasizes consistent trigger control and sight stability. By practicing with attention to safety, deliberate repetition, and thoughtful self-assessment, you can reinforce core shooting fundamentals that can later be evaluated and confirmed during supervised live-fire practice.

Exercise 2:



Penny (Sight Stability) Drill

A Step-by-Step Dry-Fire Guide for Developing Trigger Control and Sight Stability

Purpose

The Penny Drill, also known as the Sight Stability Drill, is a dry-fire exercise designed to reveal even the smallest movements that occur during a trigger press.

By balancing a lightweight object on the firearm's front sight, the drill provides immediate feedback. If the object shifts or falls before the trigger breaks, it indicates that movement was introduced during the trigger press or that the grip changed unexpectedly.

The drill reinforces one simple principle:

A smooth trigger press should not disturb the sights.

Training Objectives

By practicing this drill, you will learn to:

- Develop a smooth, controlled trigger press.
- Recognize unnecessary movement before the trigger breaks.
- Improve grip consistency.
- Build awareness of sight stability.
- Reinforce proper follow-through.
- Practice deliberate, controlled movements rather than speed.

Safety First

Dry-fire training should always begin with a thorough safety check.

Before starting:

- ☐ Verify the firearm is unloaded.
- ☐ Remove all live ammunition from the training area.
- ☐ If appropriate for your firearm, use snap caps or dummy rounds according to the manufacturer's recommendations.
- ☐ Choose a safe direction that the firearm will remain pointed toward throughout the session.
- ☐ Minimize distractions and treat every repetition with the same care you would use during live-fire practice.

Equipment Needed

- An unloaded firearm suitable for dry-fire practice.
- A lightweight object to balance on the front sight, such as a coin, spent cartridge case, or another small, stable item.

- A safe practice area.
- Optional: snap caps if recommended for your firearm.

The object should be light enough to respond to unnecessary movement but stable enough to remain in place when the firearm is held steadily.

Understanding the Drill

The object balanced on the front sight acts as a movement indicator.

If your trigger press is smooth and your grip remains consistent, the object should stay balanced throughout the trigger press.

If the object falls or shifts before the trigger breaks, your technique likely introduced movement that disturbed the sights.

The drill is not about balancing skill—it is about minimizing unnecessary movement.

Step 1 – Build Your Grip

Assume your normal shooting stance and establish your usual two-handed grip.

Your grip should feel:

- Secure
- Comfortable
- Repeatable

Avoid squeezing harder than necessary. Excessive tension often creates unwanted movement.

Step 2 – Position the Object

Carefully place the object on top of the front sight.

Take your time.

The object should rest naturally without being wedged or forced into place.

If it falls while you are simply establishing your position, reset it and begin again.

Step 3 – Acquire the Sight Picture

Raise the firearm toward your aiming point.

Focus on maintaining normal sight alignment.

Resist the temptation to look at the object itself.

Your attention should remain on your sights or your normal point of focus, not on balancing the object.

Step 4 – Begin the Trigger Press

Apply pressure to the trigger slowly and continuously.

Think of increasing pressure in one uninterrupted motion.

Avoid:

- Jerking the trigger.
- Slapping the trigger.
- Stopping and restarting the press.
- Tightening the rest of your hand.

Allow the trigger to break naturally.

Step 5 – Observe the Result

After the trigger breaks, observe what happened to the object.

Successful repetition

The object remains balanced throughout the trigger press.

This indicates that you maintained good sight stability and minimized unnecessary movement.

Unsuccessful repetition

The object shifts or falls.

This simply means movement occurred.

Rather than becoming frustrated, ask yourself:

- Did I tighten my grip?
- Did my trigger finger move abruptly?
- Did my wrist move?
- Did I anticipate the trigger break?

The object provides feedback, not a score.

Step 6 – Follow Through

After the trigger breaks:

Maintain:

- Your grip.
- Your sight picture.
- Your posture.

Pause briefly before resetting.

This reinforces the habit of completing each repetition deliberately.

Common Causes of Movement

Abrupt Trigger Press

What happens

The object falls just before the trigger breaks.

Correction

Slow down.

Apply pressure gradually without sudden increases in force.

Grip Tightening

What happens

The object shifts sideways.

Correction

Maintain consistent grip pressure throughout the trigger press.

Avoid squeezing with the support hand as the trigger moves.

Anticipation

What happens

The muzzle dips or moves unexpectedly.

Correction

SPLIT TIME ANALYSIS

SPLIT	TIME (SEC)
1	0.21
2	0.18
3	0.23

PERFORMANCE OVER TIME



Focus only on the process of pressing the trigger smoothly.

Allow the trigger break to occur naturally rather than trying to predict it.

Finger Placement Changes

What happens

The firearm twists slightly.

Correction

Use consistent trigger finger placement every repetition.

Avoid repositioning the finger during the press.

Tips for Success

- ✓ Slow is smooth.
 - ✓ Smooth is consistent.
 - ✓ Consistency is more important than speed.
 - ✓ Watch for patterns instead of isolated mistakes.
 - ✓ Reset carefully between repetitions.
 - ✓ Stop when concentration begins to decline.
-

Suggested Practice Session

A focused session might look like:

SPLIT TIME ANALYSIS

SPLIT	TIME (SEC)
1	0.21
2	0.18
3	0.23

PERFORMANCE OVER TIME



1. Complete several careful setup repetitions to become comfortable balancing the object.
2. Perform a series of deliberate trigger presses, resetting the object after each repetition.
3. If the object falls repeatedly, pause and evaluate your grip, trigger press, and posture before continuing.
4. End the session once you notice fatigue or reduced concentration.

Short, attentive sessions are generally more productive than long sessions performed without focus.

Self-Evaluation Checklist

After each repetition, ask yourself:

- ☐ Did the object remain balanced?
- ☐ Did my sights stay steady?
- ☐ Was my trigger press smooth?
- ☐ Did I maintain the same grip throughout?
- ☐ Did I rush the trigger press?
- ☐ What one thing can I improve on the next repetition?

Training Log

Date: _____

Session Length: _____

Object Used: _____

Observations

SPLIT TIME ANALYSIS

SPLIT	TIME (SEC)
1	0.21
2	0.18
3	0.23

PERFORMANCE OVER TIME



What went well?

What will I improve next session?

Key Takeaways

Remember these principles throughout the drill:

- The object is a feedback tool—not a test.
- The goal is to eliminate unnecessary movement.
- A steady firearm begins with a consistent grip.
- A smooth trigger press helps preserve sight alignment.
- Deliberate practice builds repeatable habits over time.

Summary

The Penny (Sight Stability) Drill is a simple yet effective dry-fire exercise for developing awareness of trigger-induced movement. By balancing a lightweight object on the front sight, you receive immediate visual feedback about the stability of your grip and trigger press. Practiced safely and consistently, this drill can help reinforce smooth, controlled movement and provide a foundation for evaluating those skills during supervised live-fire training.

Exercise 3:



Trigger Reset Practice

A Step-by-Step Dry-Fire Guide for Developing a Consistent Trigger Cycle

Purpose

Trigger Reset Practice is a dry-fire exercise designed to build consistency in the trigger cycle by helping you recognize and deliberately control the trigger's movement after it has been pressed.

Rather than allowing the trigger to spring fully forward immediately after the trigger breaks, this drill teaches you to maintain rearward pressure, then gradually release the trigger only until it resets (on firearms that have a tactile or audible reset). This reinforces consistent finger movement and grip throughout the firing cycle.

Primary Objective: Develop a smooth, repeatable trigger cycle while maintaining consistent grip and sight alignment.

SPLIT TIME ANALYSIS

SPLIT	TIME (SEC)
1	0.21
2	0.18
3	0.23

PERFORMANCE OVER TIME



Note: Not all firearms have a distinct or tactile trigger reset, and not all training philosophies emphasize using the reset during live-fire. This drill is intended to build trigger awareness and consistency during dry-fire practice. Follow your firearm manufacturer’s guidance and adapt the drill to your equipment.

Training Objectives

By practicing this drill, you will learn to:

- Develop awareness of the complete trigger cycle.
- Maintain consistent trigger finger contact.
- Minimize unnecessary finger movement.
- Reinforce grip stability throughout the trigger cycle.
- Improve follow-through after the trigger breaks.
- Build deliberate, repeatable trigger mechanics.

Safety First

Every dry-fire session begins with a complete safety check.

Before starting:

- ☐ Verify the firearm is unloaded.
- ☐ Remove all live ammunition from the training area.
- ☐ Use snap caps or dummy rounds if appropriate for your firearm and recommended by the manufacturer.
- ☐ Choose a safe direction that the firearm will remain pointed toward throughout the exercise.
- ☐ Eliminate distractions and focus entirely on the training session.

Equipment Needed

- An unloaded firearm suitable for dry-fire practice.
- A safe practice area.
- A small aiming point on a wall (optional but recommended).
- Optional snap caps if appropriate for your firearm.

Understanding Trigger Reset

Every trigger press consists of several stages:

1. Trigger Press – The trigger moves rearward until it breaks.
2. Trigger Break – The firing mechanism releases.
3. Follow-Through – The shooter maintains grip and sight picture.
4. Trigger Reset – The trigger moves forward until it is ready to be pressed again (if applicable).
5. Next Trigger Press – The cycle repeats.

The purpose of this drill is to practice each stage deliberately rather than treating the trigger press as a single motion.

Step 1 – Establish Your Grip

Build your normal shooting grip.

Focus on:

- Consistent hand placement.
- Comfortable grip pressure.
- Stable wrist position.

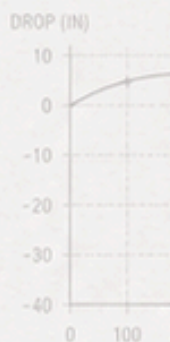
Avoid changing your grip during the drill.

Step 2 – Acquire the Sight Picture

Aim at a small target.

Maintain normal sight alignment throughout the exercise.

Your attention should remain on your sights while your trigger finger performs the movement.



Range (yd)	100	200
.223/5.56	-1.5	-3
.308 Win	-1.4	-3
6.5 Creed	-1.2	-2

Step 3 – Press the Trigger

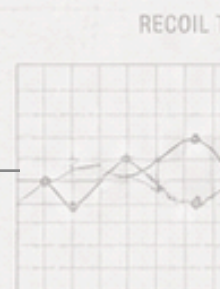
Begin a smooth trigger press.

Apply steady rearward pressure until the trigger breaks.

Avoid:

- Jerking.
- Slapping.
- Rushing.
- Interrupting the press.

The trigger should break as the natural result of steadily increasing pressure.



Step 4 – Hold the Trigger to the Rear

Immediately after the trigger breaks:

Do not remove your finger from the trigger.

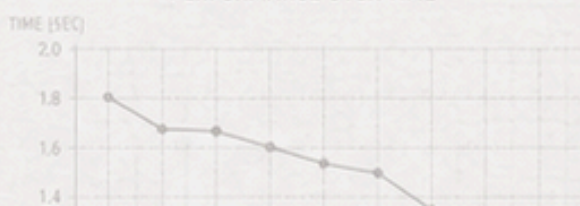
Continue holding the trigger fully to the rear while maintaining:

- Your grip.
- Your sight picture.
- Your shooting position.

SPLIT TIME ANALYSIS

SPLIT	TIME (SEC)
1	0.21
2	0.18
3	0.23

PERFORMANCE OVER TIME



Pause briefly.

This reinforces proper follow-through and prevents unnecessary movement immediately after the trigger break.

Step 5 – Slowly Release the Trigger

Begin allowing the trigger to move forward slowly and deliberately.

On firearms with a distinct reset, you may feel or hear a subtle click indicating the trigger is ready for another press.

Once the trigger has reset:

Stop the forward movement.

Avoid allowing the trigger to spring completely forward if your goal is specifically to practice recognizing the reset point.

If your firearm does not provide a noticeable reset, simply release the trigger in a slow, controlled manner while maintaining your grip and sight picture.

Step 6 – Repeat the Trigger Press

Without changing:

- Grip
- Finger placement
- Sight alignment
- Shooting position

Press the trigger again using the same smooth motion.

Your goal is for each trigger cycle to feel identical to the one before it.

What You Should Feel

During successful repetitions you should notice:

- Smooth rearward trigger movement.
- Minimal movement of the sights.
- Consistent finger contact with the trigger.
- Controlled forward movement of the trigger.
- No unnecessary hand movement.

The trigger cycle should feel deliberate rather than rushed.

Common Mistakes

Releasing the Trigger Too Quickly

What happens

The finger immediately comes off the trigger after the break.

Correction

Maintain rearward pressure briefly before beginning a controlled release.

Changing Grip During Reset

What happens

The firearm shifts in your hands.

Correction

Keep your grip pressure consistent throughout the entire trigger cycle.

Allowing the Trigger to Snap Forward

What happens

The trigger finger loses control of the trigger.

Correction

Guide the trigger forward with continuous contact rather than allowing it to move freely.

Range (yd)	100	200
.223/5.56	-1.5	-3
.308 Win	-1.4	-3
6.5 Creed	-1.2	-2

Losing Sight Focus

What happens

Attention shifts to the trigger finger.

Correction

Continue observing the sights while the trigger finger moves independently.

Tips for Success

- ✓ Move slowly.
- ✓ Keep the trigger finger in contact with the trigger.
- ✓ Maintain the same grip from beginning to end.
- ✓ Observe your sights throughout the drill.
- ✓ Pause after each trigger break.
- ✓ Build consistency before increasing speed.

Suggested Practice Session

A focused practice session may include:

1. Establish your grip and sight picture.
2. Perform a smooth trigger press.
3. Hold the trigger to the rear briefly.
4. Release the trigger slowly until it resets (if applicable).
5. Perform another deliberate trigger press.
6. Repeat while maintaining consistent technique and stopping if you notice fatigue or reduced concentration.

The emphasis should remain on quality and consistency rather than the number of repetitions.

Self-Evaluation Checklist

After each repetition, ask yourself:

- ☐ Did I maintain the same grip throughout?
- ☐ Did the sights remain steady?
- ☐ Did I hold the trigger to the rear after the break?
- ☐ Did I release the trigger smoothly?
- ☐ Did I maintain trigger finger contact throughout the cycle?
- ☐ Did each repetition feel consistent?

Training Log

Date: _____

Session Length: _____

SPLIT	TIME (SEC)
1	0.21
2	0.18
3	0.23

TIME (SEC)

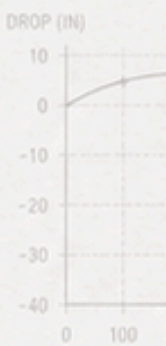
2.0

1.8

1.6

1.4

PERFORMANCE OVER TIME

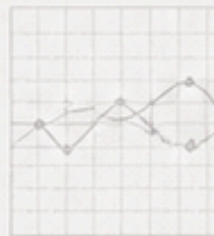


Range (yd)	100	200
.223/5.56	-1.5	-3
.308 Win	-1.4	-3
6.5 Creed	-1.2	-2

TARGET GROUP AN



RECOIL T



CLAS

- ☐ Grip
- ☐ Sig
- ☐ Tri
- ☐ Fo
- ☐ Re
- ☐ As

Firearm Used: _____

Observations

What felt consistent?

What will I improve next session?

Key Takeaways

Keep these principles in mind during every repetition:

- Follow-through begins after the trigger breaks.
- Consistent trigger movement promotes consistent technique.
- The trigger should be controlled in both directions—rearward and forward.
- Keep your grip stable throughout the entire trigger cycle.
- Deliberate practice helps build repeatable habits.

Summary

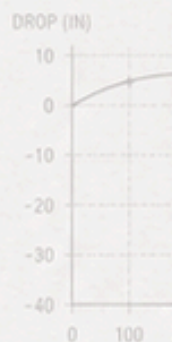
Trigger Reset Practice is a dry-fire exercise that develops awareness of the complete trigger cycle. By maintaining trigger contact, practicing a controlled release, and preserving grip and sight alignment, you can reinforce consistent trigger mechanics and follow-through. These skills can then be evaluated and adapted as appropriate during supervised live-fire training with your specific firearm.

Recommended Products:

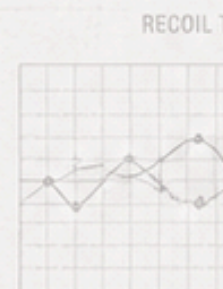
[DryFireMag](#) (Highly Recommended) - Resets the trigger automatically and safely while practicing (No need to rack the slide everytime AND you can practice multiple shots strings of dry fire). Also adds weight, to simulate having a full magazine.

[Shot Timer](#) (Highly Recommended) - Allows you to measure progress both at the range and during dry fire practice.

[Baseline Dryfire: Guide to Red Dot Mastery](#) by Ben Stoeger And Joel Park (Highly Recommended) - The BEST dryfire manual on the market. Created by ELITE shooting instructors.



Range (yd)	100	200
.223/5.56	-1.5	-3
.308 Win	-1.4	-3
6.5 Creed	-1.2	-2



SPLIT TIME ANALYSIS

SPLIT	TIME (SEC)
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PERFORMANCE OVER TIME

