

## Rules

Set up the practice area with precisely marked distances, every 10 yards, from 30 to 120 yards.

Proceed to the next marked distance and play shots to it until you knock it out, and so on for each of the 10 marked distances.

Once you are proficient, consistently knocking out all 10 distances with 15 shots or less, reduce the target area for a knockout to 2 yards, and at elite level make it 1 yard.

## Full pre- and post-shot routine for every shot.

## Be Accountable

At the end of every round, think carefully about what you have achieved, and the issues you've faced, and write them down in your practice session log.

[illegible][illegible]