



## Overview:

Breakout shooting is a critical skill every player and team needs to master. Whether you're a front player pushing forward or a backline shooter controlling lanes, the ability to hit your target quickly off the break can give your team the upper hand.

In the Paintball Combine Breakout Drill, we measure your accuracy, speed, and overall consistency at a challenging distance. It's not just about landing shots – you must budget your time wisely and reset efficiently to stay on pace.

## Drill Setup

- Distance: 115 feet from start to target.
- Target: A paintbox-sized target (center positioned at 3 feet off the ground).
- Time Limit: 47 seconds total. \*\* Per Side
- Repetitions: 10 reps per side (right and left hand).

## How It Works

1. Shooting Time: You have 2 seconds to shoot and hit the target during each rep.
2. Reset Time: You have 3 seconds to reset and line up your next shot.
3. Efficiency Bonus: If you don't need the full 3 seconds to reset, you can move faster to shave time off your total score.

## Scoring

- Objective: Combine accuracy with overall time.
- Hits/Misses: Each rep is either a hit or a miss, no matter how many shots you take in the 2-second window.
- Total Time: Scored as the combined time for right and left-handed reps.

**Tip:** The fastest and most accurate players will find their rhythm – rack up points, stay calm, and maintain a steady cadence.

## Penalties

- +3 seconds for each missed target.
- +3 seconds for failing to touch the start gate between reps (counts as a miss).

## Example Scenario

- Player A scores 10/10 hits in 30 seconds: Top-tier performance.
- Player B scores 10/10 hits in 47 seconds: Still excellent, but less efficient.

## Pro Tip

- At the event - we have targets set up on each side of field so when shooting right handed you are shooting at the left target and when shooting left handed you are shooting at the right target.
- Paint Quality Matters: Use good, consistent paint for optimal accuracy.
- Focus on form and control – rushing can lead to sloppy shots and misses.

## What You'll Need

- Target: Paintbox with the center positioned at 3 feet off the ground.
- Space: 115 feet unobstructed shooting lane.
- Timer: To keep track of shooting and reset windows.
- Coach, Instructor, or Teammate: To ensure proper timing and resets.

## Key Takeaway

The Combine Breakout Drill is a true test of precision under pressure. This drill builds the skills needed to dominate the break – accuracy, efficiency, and mental control. Master it, and you'll give your team a decisive edge from the start.