

ECHCL Live Fire (Fundamentals)

Stage 1: 3 yard line – 20 Rounds

- A. 5 shots fired in a “one shot exercise” – 2 seconds allowed for each shot
- B. 10 shots fired in a “two shot exercise” – 3 seconds allowed for each 2 shot sequence
- C. 5 shots fired in 10 seconds

Stage 2: 7 yard line – 20 rounds

- A. 5 shots fired in 10 seconds
- B. 5 shots fired in 2 stages:
 - 1. 2 shots fired in 4 seconds
 - 2. 3 shots fired in 6 seconds
- C. 5 shots fired in a “one shot exercise” – 3 seconds allowed for each shot
- D. 5 shots fired in 15 seconds

Stage 3: 15 yard line – 10 rounds

- A. 5 shots fired in 2 stages:
 - 1. 2 shots fired in 6 seconds
 - 2. 3 shots fired in 9 seconds
- B. 5 shots fired in 15 seconds

The total number of rounds fired is 50.