



Running and Shooting Combine Challenge

Running and shooting revolutionized paintball gameplay. Decades ago, after most players had mastered snap shooting and breakout shooting, a team called Dynasty introduced aggressive moves paired with accurate fire, redefining competitive play. Today, running and shooting is a fundamental skill every player needs in their arsenal.

The Running and Shooting Combine Challenge replicates the role of an outside corner runner, where you'll need to move laterally to your right or left while shooting cross-body at targets. Precision, speed, and strategy are key to mastering this drill, as each target has a unique point value that will influence your final score.

The Drill

You'll run from the back center to the outside tape line while shooting at three targets positioned at varying distances. Here's how it works:

1. Targets are positioned at *30ft*, *55ft*, and *75ft* away from the start point.
2. Each target has a different point value based on its difficulty:
 - Target 1 (30ft): 1 point.
 - Target 2 (55ft): 2 points.
 - Target 3 (75ft): 3 points.
3. The goal is to hit each target while moving laterally in a constant direction (no stopping or stutter-stepping).
4. Once you reach the corner stopping point, you have 7 seconds to return to the center and reset for the next run.
5. You'll complete 3 runs per hand (right and left), and your score will be a combination of your time and targets hit.

Setup

Target Distances:

- Target 1: 30ft from center (towards midfield).
- Target 2: 55ft from tape corner (measured as 55ft right/left x 50ft forward).
- Target 3: 75ft from center (50-yard line).

What You'll Need:

- Three 10" diameter targets positioned 3ft off the ground.
- An open shooting lane or field for safe, uninterrupted practice.
- A spotter or teammate to count hits and record your time.

Scoring

Each target is worth 1-3 points:

- Target 1 (30ft): 1 point.
- Target 2 (55ft): 2 points.
- Target 3 (75ft): 3 points.

Penalties for Missed Targets:

- Target 1: Add 1 second to your time.
- Target 2: Add 2 seconds to your time.
- Target 3: Add 3 seconds to your time.

Example: If you miss the 55ft target on one run, you'll add 2 seconds to your overall time. Maximum score: *36 points in 30 seconds.

Rules

1. Lateral Movement Only: Players must move in a constant lateral direction toward the corner. Stopping or stutter-stepping to improve accuracy results in a penalty.
2. No Excessive Setup Time: After reaching the corner stopping point, you have 7 seconds to reset and return to the center for the next run.
3. Strategy Matters: Plan your shots carefully and practice multiple times to refine your approach.

Why It's Important

This drill tests your ability to maintain accuracy while on the move—critical in competitive paintball where staying exposed for too long can be the difference between winning and losing. By forcing you to shoot cross-body at varying distances, it builds both your technical skills and tactical awareness.

Take the challenge, improve your running and shooting skills, and gain an edge over the competition! Let your performance speak on the field.