



SPARTAN FIREARMS TRAINING GROUP, LLC

Tip of the Week: September 15, 2025

● Stop Milking the Trigger ●

What it means:

“Milking the trigger” happens when your whole firing hand squeezes as you press the trigger—like squeezing a cow’s udder—instead of isolating only your trigger finger. This extra tension pulls the muzzle off target, often causing shots to be low and to one side (low left, if right-handed).

Why it matters:

- ⚠ Causes inconsistent shot placement
 - ⚠ Builds bad neural pathway habits over time
 - ⚠ Slows down follow-up shots as you recover your grip
 - ⚠ Undermines accuracy when stress kicks in
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How to fix it:

🎯 **Isolate the trigger finger** – Only your trigger finger should move; the rest of your grip stays locked.

🖐 **Grip pressure check** – Maintain firm, even pressure with your support hand, not by clenching your firing hand tighter.

🧠 **Slow dry-fire reps** – Practice slow trigger presses at home while watching your sights for movement.

🕒 **Use a shot timer** – Start slow, build speed only when your hits stay centered.

📹 **Video your grip** – A quick phone video can reveal subtle hand movement you might not feel.

Remember: Smooth, isolated trigger control is one of the biggest keys to precision. Stop milking—and start pressing.