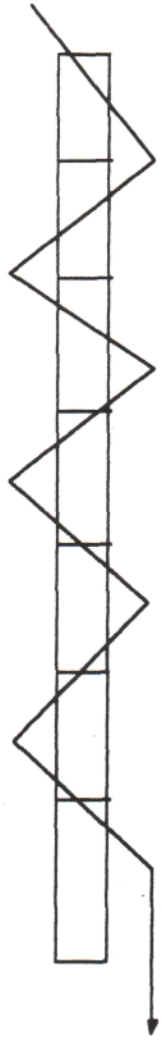
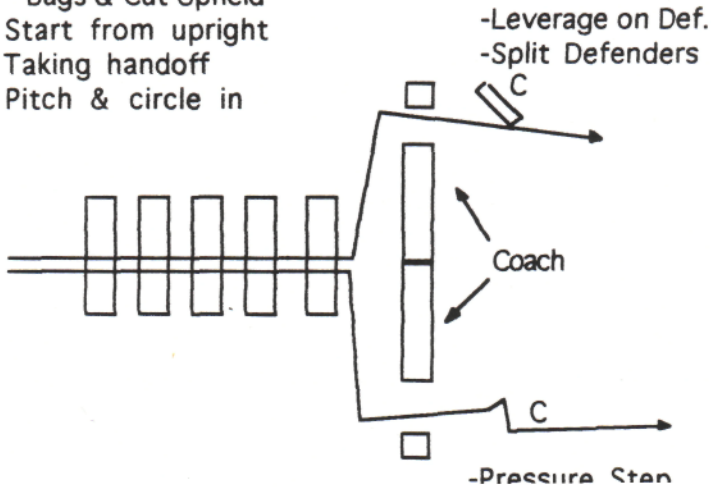
CUTTING DRILLS

Outside Foot Cuts

1. 3 Step Cuts
   over Vertical Bags



2. Skip overs - Landing
   on Outside Foot.
   Burst forward on
   whistle.

3. Bags & Cut Upfield
   - Start from upright
   - Taking handoff
   - Pitch & circle in