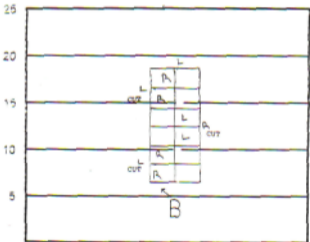


DRILL: CUTTING PLANT STEPS

PURPOSE: Balances knee lift; increases the level of plant and explosion off the cut.

APPLICATION: 1. Step w/ inside foot to opposite Box 2. Then plant your opposite foot outside the rope and continue down the line.

C.P Done at full speed, don't hesitate off plant foot, be quick and stay in natural ball carrying position.



SIMULATION: RUNNING THROUGH THE RUNNING TERRITORIES AT FULL SPEED.