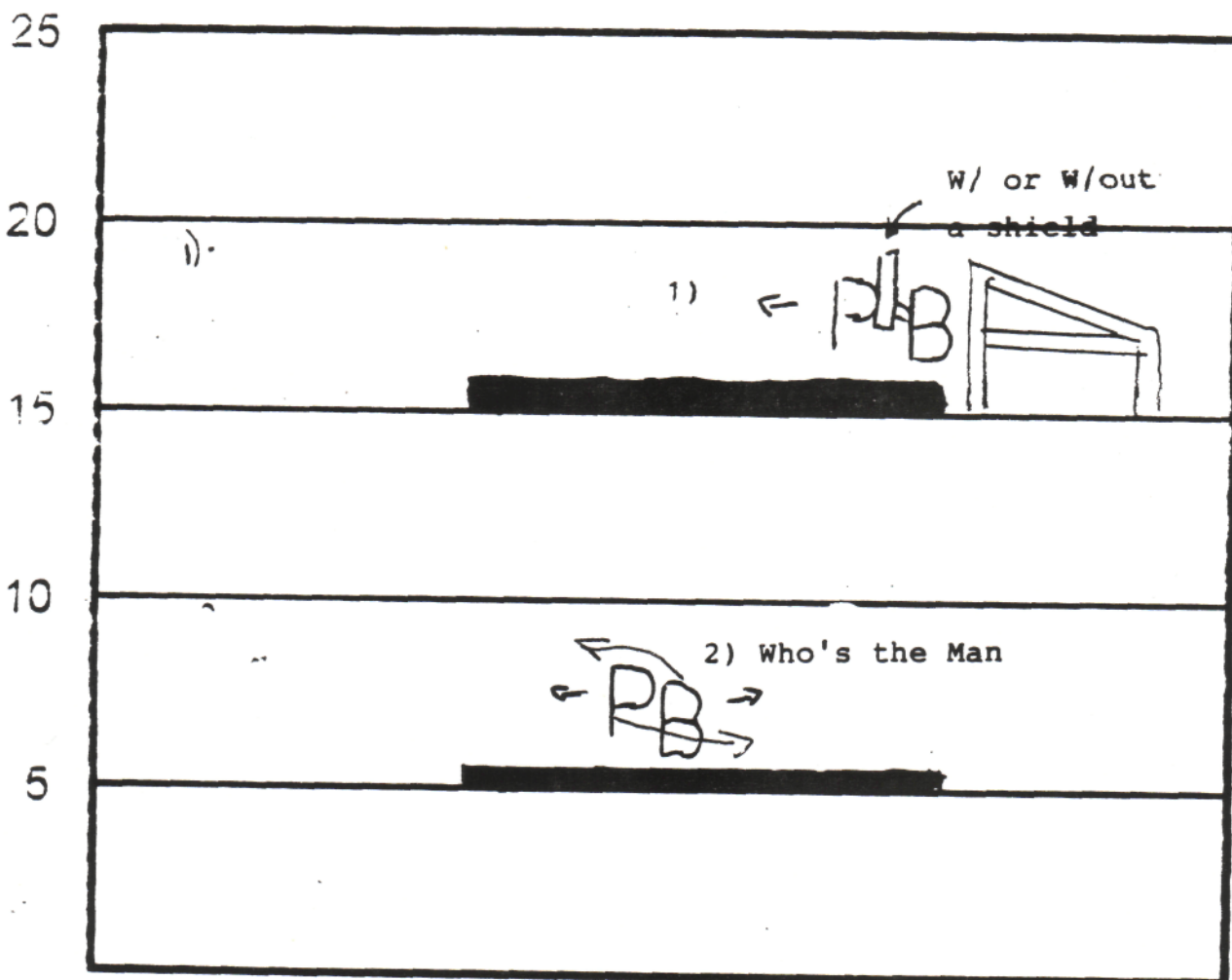


DRILL: 1) FIT AND DRIVE W CHUTE 2) WHO'S THE MAN

PURPOSE: 1. Same as prior drill. 2. Work on strength and leverage when involved in a stalemate.

APPLICATION: In the WHO 'S THE MAN DRILL make sure the Back is underneath the defender.

C.P You can also have the (P) try to throw the Back off the board to make him work his feet to stay locked on.



SIMULATION: