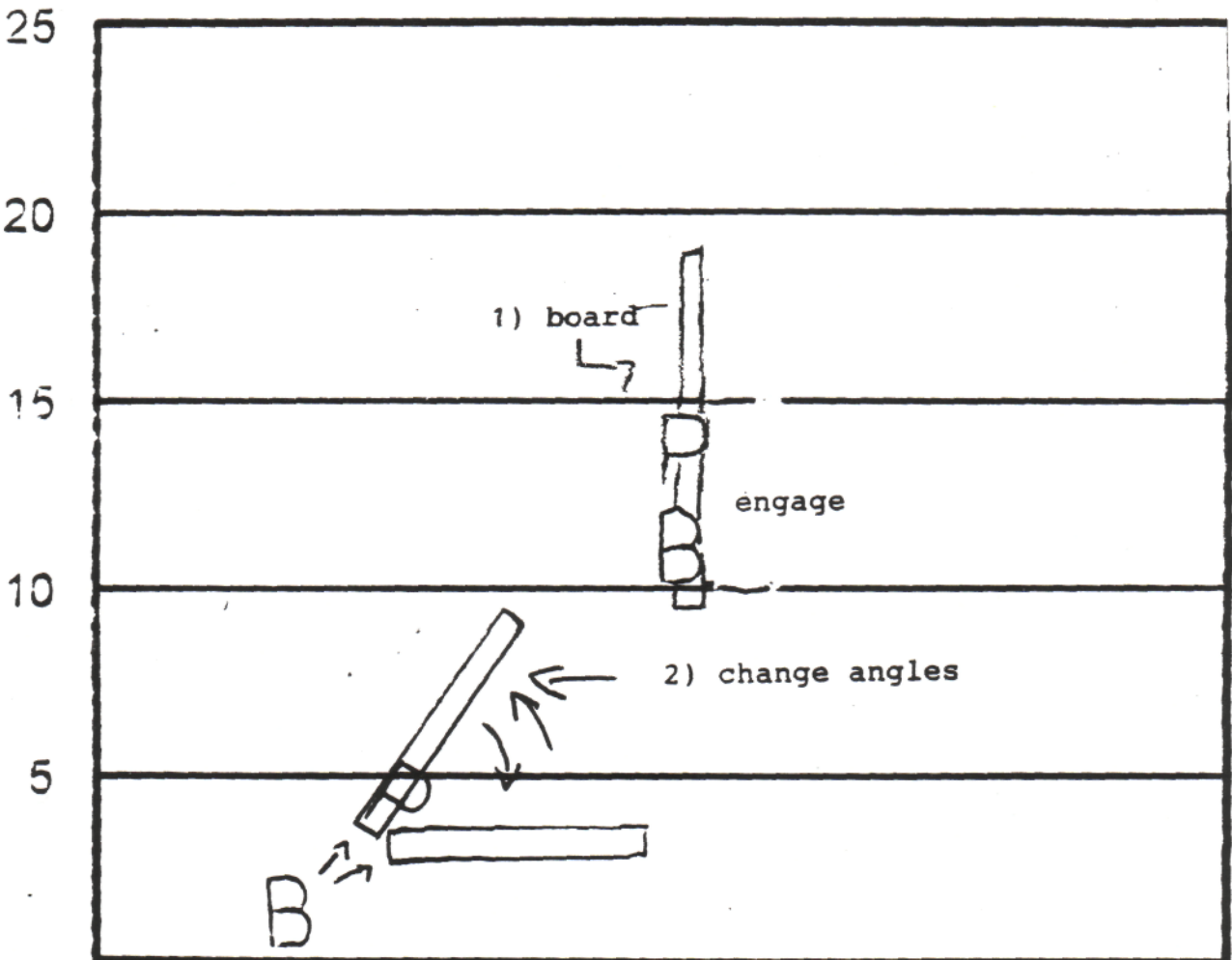


DRILL: FIT AND DRIVE W/ BOARD

PURPOSE: Understand the techniques and concepts of- attack plain leverage body position, hands, base, feet(lock on).

APPLICATION: pair up two yards apart; walk through blocking progression and increase the speed of the drill with time.

C.P. Use different angles to display other blocks and angles.



SIMULATION: