

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|-------------------------------------|
| #1 | 0 | ONE: 3.0 stps outside 30 yd In | 1.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | ONE: 3.0 stps outside 30 yd In | 1.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | ONE: 3.0 stps outside 30 yd In | 1.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | ONE: 3.0 stps outside 30 yd In | 1.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | ONE: 0.75 stps outside 35 yd In | 5.25 stps behind FRONT hash (HS) |
| #6 | 18 | ONE: 0.75 stps outside 40 yd In | 5.25 stps behind FRONT hash (HS) |
| #7 | 14 | ONE: 0.75 stps outside 40 yd In | 5.25 stps behind FRONT hash (HS) |
| #8 | 16 | ONE: On 30 yd In | on FRONT hash (HS) |
| #9 | 8 | ONE: On 35 yd In | on FRONT hash (HS) |
| #10 | 20 | ONE: On 35 yd In | on FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|-------------------------------|-------------------------------------|
| #1 | 0 | ONE: 1.0 stp inside 30 yd In | 1.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | ONE: 1.0 stp inside 30 yd In | 1.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | ONE: 1.0 stp inside 30 yd In | 1.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | ONE: 1.0 stp inside 30 yd In | 1.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | ONE: 2.0 stps inside 35 yd In | 5.25 stps behind FRONT hash (HS) |
| #6 | 18 | ONE: 2.0 stps inside 40 yd In | 5.25 stps behind FRONT hash (HS) |
| #7 | 14 | ONE: 2.0 stps inside 40 yd In | 5.25 stps behind FRONT hash (HS) |
| #8 | 16 | ONE: On 35 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | ONE: On 40 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | ONE: On 40 yd In | 2.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|--------------------------------------|
| #1 | 0 | ONE: 3.0 stps inside 30 yd In | 13.0 stps behind FRONT side line |
| #2 | 20 | ONE: 3.0 stps inside 30 yd In | 13.0 stps behind FRONT side line |
| #3 | 16 | ONE: 3.0 stps inside 30 yd In | 13.0 stps behind FRONT side line |
| #4 | 16 | ONE: 3.0 stps inside 30 yd In | 13.0 stps behind FRONT side line |
| #5 | 16 | ONE: 0.25 stps inside 25 yd In | 3.25 stps in frnt of FRONT hash (HS) |
| #6 | 18 | ONE: 0.25 stps inside 30 yd In | 3.25 stps in frnt of FRONT hash (HS) |
| #7 | 14 | ONE: 0.25 stps inside 30 yd In | 3.25 stps in frnt of FRONT hash (HS) |
| #8 | 16 | ONE: 4.0 stps inside 20 yd In | 6.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | ONE: 4.0 stps inside 25 yd In | 6.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | ONE: 4.0 stps inside 25 yd In | 6.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|-------------------------------|--------------------------------------|
| #1 | 0 | ONE: 1.0 stp inside 25 yd In | 14.0 stps behind FRONT side line |
| #2 | 20 | ONE: 1.0 stp inside 25 yd In | 14.0 stps behind FRONT side line |
| #3 | 16 | ONE: 1.0 stp inside 25 yd In | 14.0 stps behind FRONT side line |
| #4 | 16 | ONE: 1.0 stp inside 25 yd In | 14.0 stps behind FRONT side line |
| #5 | 16 | ONE: 1.0 stp outside 25 yd In | 6.0 stps in frnt of FRONT hash (HS) |
| #6 | 18 | ONE: 1.0 stp outside 30 yd In | 6.0 stps in frnt of FRONT hash (HS) |
| #7 | 14 | ONE: 1.0 stp outside 30 yd In | 6.0 stps in frnt of FRONT hash (HS) |
| #8 | 16 | ONE: On 25 yd In | 10.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | ONE: On 30 yd In | 10.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | ONE: On 30 yd In | 10.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|--------------------------------------|
| #1 | 0 | ONE: 4.0 stps inside 25 yd In | 10.0 stps behind FRONT side line |
| #2 | 20 | ONE: 4.0 stps inside 25 yd In | 10.0 stps behind FRONT side line |
| #3 | 16 | ONE: 4.0 stps inside 25 yd In | 10.0 stps behind FRONT side line |
| #4 | 16 | ONE: 4.0 stps inside 25 yd In | 10.0 stps behind FRONT side line |
| #5 | 16 | ONE: 2.0 stps outside 25 yd In | 8.75 stps in frnt of FRONT hash (HS) |
| #6 | 18 | ONE: 2.0 stps outside 30 yd In | 8.75 stps in frnt of FRONT hash (HS) |
| #7 | 14 | ONE: 2.0 stps outside 30 yd In | 8.75 stps in frnt of FRONT hash (HS) |
| #8 | 16 | ONE: On 20 yd In | 8.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | ONE: On 25 yd In | 8.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | ONE: On 25 yd In | 8.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|---------------------------------------|
| #1 | 0 | ONE: On 30 yd In | 9.0 stps behind FRONT side line |
| #2 | 20 | ONE: On 30 yd In | 9.0 stps behind FRONT side line |
| #3 | 16 | ONE: On 30 yd In | 9.0 stps behind FRONT side line |
| #4 | 16 | ONE: On 30 yd In | 9.0 stps behind FRONT side line |
| #5 | 16 | ONE: 2.25 stps outside 25 yd In | 11.75 stps in frnt of FRONT hash (HS) |
| #6 | 18 | ONE: 2.25 stps outside 30 yd In | 11.75 stps in frnt of FRONT hash (HS) |
| #7 | 14 | ONE: 2.25 stps outside 30 yd In | 11.75 stps in frnt of FRONT hash (HS) |
| #8 | 16 | ONE: 4.0 stps inside 25 yd In | 14.0 stps behind FRONT side line |
| #9 | 8 | ONE: 4.0 stps outside 35 yd In | 14.0 stps behind FRONT side line |
| #10 | 20 | ONE: 4.0 stps outside 35 yd In | 14.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|--------------------------------------|
| #1 | 0 | ONE: 3.0 stps outside 35 yd In | 9.0 stps behind FRONT side line |
| #2 | 20 | ONE: 3.0 stps outside 35 yd In | 9.0 stps behind FRONT side line |
| #3 | 16 | ONE: 3.0 stps outside 35 yd In | 9.0 stps behind FRONT side line |
| #4 | 16 | ONE: 3.0 stps outside 35 yd In | 9.0 stps behind FRONT side line |
| #5 | 16 | ONE: 2.5 stps outside 25 yd In | 13.0 stps behind FRONT side line |
| #6 | 18 | ONE: 2.5 stps outside 30 yd In | 13.0 stps behind FRONT side line |
| #7 | 14 | ONE: 2.5 stps outside 30 yd In | 13.0 stps behind FRONT side line |
| #8 | 16 | ONE: 4.0 stps outside 25 yd In | 12.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | ONE: 4.0 stps outside 30 yd In | 12.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | ONE: 4.0 stps outside 30 yd In | 12.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|----------------------------------|
| #1 | 0 | ONE: 3.0 stps inside 30 yd In | 4.0 stps behind FRONT side line |
| #2 | 20 | ONE: 3.0 stps inside 30 yd In | 4.0 stps behind FRONT side line |
| #3 | 16 | ONE: 3.0 stps inside 30 yd In | 4.0 stps behind FRONT side line |
| #4 | 16 | ONE: 3.0 stps inside 30 yd In | 4.0 stps behind FRONT side line |
| #5 | 16 | ONE: 2.0 stps outside 25 yd In | 10.0 stps behind FRONT side line |
| #6 | 18 | ONE: 2.0 stps outside 30 yd In | 10.0 stps behind FRONT side line |
| #7 | 14 | ONE: 2.0 stps outside 30 yd In | 10.0 stps behind FRONT side line |
| #8 | 16 | ONE: On 30 yd In | 10.0 stps behind FRONT side line |
| #9 | 8 | ONE: On 35 yd In | 10.0 stps behind FRONT side line |
| #10 | 20 | ONE: On 35 yd In | 10.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|---------------------------------|
| #1 | 0 | ONE: 3.0 stps inside 25 yd ln | 5.0 stps behind FRONT side line |
| #2 | 20 | ONE: 3.0 stps inside 25 yd ln | 5.0 stps behind FRONT side line |
| #3 | 16 | ONE: 3.0 stps inside 25 yd ln | 5.0 stps behind FRONT side line |
| #4 | 16 | ONE: 3.0 stps inside 25 yd ln | 5.0 stps behind FRONT side line |
| #5 | 16 | ONE: On 25 yd ln | 4.5 stps behind FRONT side line |
| #6 | 18 | ONE: On 30 yd ln | 4.5 stps behind FRONT side line |
| #7 | 14 | ONE: On 30 yd ln | 4.5 stps behind FRONT side line |
| #8 | 16 | ONE: 4.0 stps outside 35 yd ln | 6.0 stps behind FRONT side line |
| #9 | 8 | ONE: 4.0 stps outside 40 yd ln | 6.0 stps behind FRONT side line |
| #10 | 20 | ONE: 4.0 stps outside 40 yd ln | 6.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|----------------------------------|
| #1 | 0 | ONE: 2.0 stps outside 30 yd ln | 4.0 stps behind FRONT side line |
| #2 | 20 | ONE: 2.0 stps outside 30 yd ln | 4.0 stps behind FRONT side line |
| #3 | 16 | ONE: 2.0 stps outside 30 yd ln | 4.0 stps behind FRONT side line |
| #4 | 16 | ONE: 2.0 stps outside 30 yd ln | 4.0 stps behind FRONT side line |
| #5 | 16 | ONE: 1.0 stp outside 25 yd ln | 7.25 stps behind FRONT side line |
| #6 | 18 | ONE: 1.0 stp outside 30 yd ln | 7.25 stps behind FRONT side line |
| #7 | 14 | ONE: 1.0 stp outside 30 yd ln | 7.25 stps behind FRONT side line |
| #8 | 16 | ONE: On 25 yd ln | 12.0 stps behind FRONT side line |
| #9 | 8 | ONE: On 30 yd ln | 12.0 stps behind FRONT side line |
| #10 | 20 | ONE: On 30 yd ln | 12.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|---------------------------------|
| #1 | 0 | ONE: 3.0 stps outside 25 yd ln | 5.0 stps behind FRONT side line |
| #2 | 20 | ONE: 3.0 stps outside 25 yd ln | 5.0 stps behind FRONT side line |
| #3 | 16 | ONE: 3.0 stps outside 25 yd ln | 5.0 stps behind FRONT side line |
| #4 | 16 | ONE: 3.0 stps outside 25 yd ln | 5.0 stps behind FRONT side line |
| #5 | 16 | ONE: 1.75 stps inside 25 yd ln | 2.0 stps behind FRONT side line |
| #6 | 18 | ONE: 1.75 stps inside 30 yd ln | 2.0 stps behind FRONT side line |
| #7 | 14 | ONE: 1.75 stps inside 30 yd ln | 2.0 stps behind FRONT side line |
| #8 | 16 | ONE: 4.0 stps inside 25 yd ln | 8.0 stps behind FRONT side line |
| #9 | 8 | ONE: 4.0 stps outside 35 yd ln | 8.0 stps behind FRONT side line |
| #10 | 20 | ONE: 4.0 stps outside 35 yd ln | 8.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|---------------------------------|
| #1 | 0 | ONE: 1.0 stp inside 25 yd ln | 1.0 stps behind FRONT side line |
| #2 | 20 | ONE: 1.0 stp inside 25 yd ln | 1.0 stps behind FRONT side line |
| #3 | 16 | ONE: 1.0 stp inside 25 yd ln | 1.0 stps behind FRONT side line |
| #4 | 16 | ONE: 1.0 stp inside 25 yd ln | 1.0 stps behind FRONT side line |
| #5 | 16 | ONE: 4.0 stps inside 25 yd ln | on FRONT side line |
| #6 | 18 | ONE: 3.75 stps outside 35 yd ln | on FRONT side line |
| #7 | 14 | ONE: 3.75 stps outside 35 yd ln | on FRONT side line |
| #8 | 16 | ONE: On 35 yd ln | 2.0 stps behind FRONT side line |
| #9 | 8 | ONE: On 40 yd ln | 2.0 stps behind FRONT side line |
| #10 | 20 | ONE: On 40 yd ln | 2.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|--------------------------------------|
| #1 | 0 | TWO: On 25 yd In | 14.0 stps behind FRONT side line |
| #2 | 20 | TWO: On 25 yd In | 14.0 stps behind FRONT side line |
| #3 | 16 | TWO: On 25 yd In | 14.0 stps behind FRONT side line |
| #4 | 16 | TWO: On 25 yd In | 14.0 stps behind FRONT side line |
| #5 | 16 | TWO: 3.0 stps outside 25 yd In | 6.25 stps in frnt of FRONT hash (HS) |
| #6 | 18 | TWO: 2.75 stps outside 30 yd In | 6.5 stps in frnt of FRONT hash (HS) |
| #7 | 14 | TWO: 2.75 stps outside 30 yd In | 6.5 stps in frnt of FRONT hash (HS) |
| #8 | 16 | TWO: On 25 yd In | 10.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | TWO: On 30 yd In | 10.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | TWO: On 30 yd In | 10.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|---------------------------------------|
| #1 | 0 | TWO: 1.0 stp outside 25 yd In | 9.0 stps behind FRONT side line |
| #2 | 20 | TWO: 1.0 stp outside 25 yd In | 9.0 stps behind FRONT side line |
| #3 | 16 | TWO: 1.0 stp outside 25 yd In | 9.0 stps behind FRONT side line |
| #4 | 16 | TWO: 1.0 stp outside 25 yd In | 9.0 stps behind FRONT side line |
| #5 | 16 | TWO: 3.75 stps inside 20 yd In | 12.25 stps in frnt of FRONT hash (HS) |
| #6 | 18 | TWO: 3.75 stps outside 30 yd In | 12.5 stps in frnt of FRONT hash (HS) |
| #7 | 14 | TWO: 3.75 stps outside 30 yd In | 12.5 stps in frnt of FRONT hash (HS) |
| #8 | 16 | TWO: 4.0 stps inside 25 yd In | 14.0 stps behind FRONT side line |
| #9 | 8 | TWO: 4.0 stps inside 30 yd In | 14.0 stps behind FRONT side line |
| #10 | 20 | TWO: 4.0 stps inside 30 yd In | 14.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|----------------------------------|
| #1 | 0 | TWO: 4.0 stps outside 30 yd In | 3.0 stps behind FRONT side line |
| #2 | 20 | TWO: 4.0 stps outside 30 yd In | 3.0 stps behind FRONT side line |
| #3 | 16 | TWO: 4.0 stps outside 30 yd In | 3.0 stps behind FRONT side line |
| #4 | 16 | TWO: 4.0 stps outside 30 yd In | 3.0 stps behind FRONT side line |
| #5 | 16 | TWO: 1.25 stps inside 25 yd In | 2.0 stps behind FRONT side line |
| #6 | 18 | TWO: 1.75 stps inside 30 yd In | 1.75 stps behind FRONT side line |
| #7 | 14 | TWO: 1.75 stps inside 30 yd In | 1.75 stps behind FRONT side line |
| #8 | 16 | TWO: On 30 yd In | 4.0 stps behind FRONT side line |
| #9 | 8 | TWO: On 35 yd In | 4.0 stps behind FRONT side line |
| #10 | 20 | TWO: On 35 yd In | 4.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|----------------------------------|
| #1 | 0 | TWO: 2.0 stps inside 30 yd In | 2.0 stps behind FRONT side line |
| #2 | 20 | TWO: 2.0 stps inside 30 yd In | 2.0 stps behind FRONT side line |
| #3 | 16 | TWO: 2.0 stps inside 30 yd In | 2.0 stps behind FRONT side line |
| #4 | 16 | TWO: 2.0 stps inside 30 yd In | 2.0 stps behind FRONT side line |
| #5 | 16 | TWO: 0.25 stps outside 25 yd In | 4.25 stps behind FRONT side line |
| #6 | 18 | TWO: On 30 yd In | 4.0 stps behind FRONT side line |
| #7 | 14 | TWO: On 30 yd In | 4.0 stps behind FRONT side line |
| #8 | 16 | TWO: 4.0 stps outside 35 yd In | 6.0 stps behind FRONT side line |
| #9 | 8 | TWO: 4.0 stps inside 35 yd In | 6.0 stps behind FRONT side line |
| #10 | 20 | TWO: 4.0 stps inside 35 yd In | 6.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|---------------------------------|
| #1 | 0 | TWO: 1.0 stp outside 25 yd In | 5.0 stps behind FRONT side line |
| #2 | 20 | TWO: 1.0 stp outside 25 yd In | 5.0 stps behind FRONT side line |
| #3 | 16 | TWO: 1.0 stp outside 25 yd In | 5.0 stps behind FRONT side line |
| #4 | 16 | TWO: 1.0 stp outside 25 yd In | 5.0 stps behind FRONT side line |
| #5 | 16 | TWO: 2.0 stps outside 25 yd In | 7.0 stps behind FRONT side line |
| #6 | 18 | TWO: 1.75 stps outside 30 yd In | 6.5 stps behind FRONT side line |
| #7 | 14 | TWO: 1.75 stps outside 30 yd In | 6.5 stps behind FRONT side line |
| #8 | 16 | TWO: 4.0 stps inside 25 yd In | 8.0 stps behind FRONT side line |
| #9 | 8 | TWO: 4.0 stps inside 30 yd In | 8.0 stps behind FRONT side line |
| #10 | 20 | TWO: 4.0 stps inside 30 yd In | 8.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|---------------------------------|
| #1 | 0 | TWO: 2.0 stps outside 25 yd In | 2.0 stps behind FRONT side line |
| #2 | 20 | TWO: 2.0 stps outside 25 yd In | 2.0 stps behind FRONT side line |
| #3 | 16 | TWO: 2.0 stps outside 25 yd In | 2.0 stps behind FRONT side line |
| #4 | 16 | TWO: 2.0 stps outside 25 yd In | 2.0 stps behind FRONT side line |
| #5 | 16 | TWO: 3.5 stps inside 25 yd In | on FRONT side line |
| #6 | 18 | TWO: 3.75 stps outside 35 yd In | on FRONT side line |
| #7 | 14 | TWO: 3.75 stps outside 35 yd In | on FRONT side line |
| #8 | 16 | TWO: On 35 yd In | 2.0 stps behind FRONT side line |
| #9 | 8 | TWO: On 40 yd In | 2.0 stps behind FRONT side line |
| #10 | 20 | TWO: On 40 yd In | 2.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|-----------------------------------|
| #1 | 0 | TWO: 3.0 stps outside 30 yd In | 6.0 stps behind FRONT side line |
| #2 | 20 | TWO: 3.0 stps outside 30 yd In | 6.0 stps behind FRONT side line |
| #3 | 16 | TWO: 3.0 stps outside 30 yd In | 6.0 stps behind FRONT side line |
| #4 | 16 | TWO: 3.0 stps outside 30 yd In | 6.0 stps behind FRONT side line |
| #5 | 16 | TWO: 3.75 stps outside 25 yd In | 12.5 stps behind FRONT side line |
| #6 | 18 | TWO: 3.5 stps outside 30 yd In | 12.25 stps behind FRONT side line |
| #7 | 14 | TWO: 3.5 stps outside 30 yd In | 12.25 stps behind FRONT side line |
| #8 | 16 | TWO: On 25 yd In | 12.0 stps behind FRONT side line |
| #9 | 8 | TWO: On 30 yd In | 12.0 stps behind FRONT side line |
| #10 | 20 | TWO: On 30 yd In | 12.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|--------------------------------------|
| #1 | 0 | TWO: 3.0 stps inside 30 yd In | 12.0 stps behind FRONT side line |
| #2 | 20 | TWO: 3.0 stps inside 30 yd In | 12.0 stps behind FRONT side line |
| #3 | 16 | TWO: 3.0 stps inside 30 yd In | 12.0 stps behind FRONT side line |
| #4 | 16 | TWO: 3.0 stps inside 30 yd In | 12.0 stps behind FRONT side line |
| #5 | 16 | TWO: On 25 yd In | 1.0 stps in frnt of FRONT hash (HS) |
| #6 | 18 | TWO: On 30 yd In | 1.25 stps in frnt of FRONT hash (HS) |
| #7 | 14 | TWO: On 30 yd In | 1.25 stps in frnt of FRONT hash (HS) |
| #8 | 16 | TWO: 4.0 stps outside 30 yd In | 8.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | TWO: 4.0 stps outside 35 yd In | 8.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | TWO: 4.0 stps outside 35 yd In | 8.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|--------------------------------------|
| #1 | 0 | TWO: 2.0 stps outside 30 yd In | 13.0 stps behind FRONT side line |
| #2 | 20 | TWO: 2.0 stps outside 30 yd In | 13.0 stps behind FRONT side line |
| #3 | 16 | TWO: 2.0 stps outside 30 yd In | 13.0 stps behind FRONT side line |
| #4 | 16 | TWO: 2.0 stps outside 30 yd In | 13.0 stps behind FRONT side line |
| #5 | 16 | TWO: 1.75 stps outside 25 yd In | 3.5 stps in frnt of FRONT hash (HS) |
| #6 | 18 | TWO: 1.5 stps outside 30 yd In | 3.75 stps in frnt of FRONT hash (HS) |
| #7 | 14 | TWO: 1.5 stps outside 30 yd In | 3.75 stps in frnt of FRONT hash (HS) |
| #8 | 16 | TWO: On 20 yd In | 8.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | TWO: On 25 yd In | 8.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | TWO: On 25 yd In | 8.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|--------------------------------------|
| #1 | 0 | TWO: 4.0 stps outside 30 yd In | 11.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | TWO: 4.0 stps outside 30 yd In | 11.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | TWO: 4.0 stps outside 30 yd In | 11.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | TWO: 4.0 stps outside 30 yd In | 11.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | TWO: 1.75 stps inside 25 yd In | 1.0 stps behind FRONT hash (HS) |
| #6 | 18 | TWO: 1.75 stps inside 30 yd In | 0.75 stps behind FRONT hash (HS) |
| #7 | 14 | TWO: 1.75 stps inside 30 yd In | 0.75 stps behind FRONT hash (HS) |
| #8 | 16 | TWO: 4.0 stps outside 25 yd In | 6.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | TWO: 4.0 stps outside 30 yd In | 6.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | TWO: 4.0 stps outside 30 yd In | 6.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|--------------------------------------|
| #1 | 0 | TWO: 4.0 stps outside 30 yd In | 10.0 stps behind FRONT side line |
| #2 | 20 | TWO: 4.0 stps outside 30 yd In | 10.0 stps behind FRONT side line |
| #3 | 16 | TWO: 4.0 stps outside 30 yd In | 10.0 stps behind FRONT side line |
| #4 | 16 | TWO: 4.0 stps outside 30 yd In | 10.0 stps behind FRONT side line |
| #5 | 16 | TWO: 3.75 stps outside 25 yd In | 9.25 stps in frnt of FRONT hash (HS) |
| #6 | 18 | TWO: 3.5 stps outside 30 yd In | 9.5 stps in frnt of FRONT hash (HS) |
| #7 | 14 | TWO: 3.5 stps outside 30 yd In | 9.5 stps in frnt of FRONT hash (HS) |
| #8 | 16 | TWO: 4.0 stps outside 25 yd In | 12.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | TWO: 4.0 stps inside 25 yd In | 12.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | TWO: 4.0 stps inside 25 yd In | 12.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|----------------------------------|
| #1 | 0 | TWO: 2.0 stps inside 30 yd In | 6.0 stps behind FRONT side line |
| #2 | 20 | TWO: 2.0 stps inside 30 yd In | 6.0 stps behind FRONT side line |
| #3 | 16 | TWO: 2.0 stps inside 30 yd In | 6.0 stps behind FRONT side line |
| #4 | 16 | TWO: 2.0 stps inside 30 yd In | 6.0 stps behind FRONT side line |
| #5 | 16 | TWO: 3.0 stps outside 25 yd In | 9.75 stps behind FRONT side line |
| #6 | 18 | TWO: 2.75 stps outside 30 yd In | 9.25 stps behind FRONT side line |
| #7 | 14 | TWO: 2.75 stps outside 30 yd In | 9.25 stps behind FRONT side line |
| #8 | 16 | TWO: On 30 yd In | 10.0 stps behind FRONT side line |
| #9 | 8 | TWO: On 35 yd In | 10.0 stps behind FRONT side line |
| #10 | 20 | TWO: On 35 yd In | 10.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|-------------------------------|--------------------------------------|
| #1 | 0 | ONE: 1.0 stp outside 35 yd ln | 11.0 stps behind FRONT hash (HS) |
| #2 | 20 | ONE: 1.0 stp outside 35 yd ln | 11.0 stps behind FRONT hash (HS) |
| #3 | 16 | ONE: 1.0 stp outside 35 yd ln | 11.0 stps behind FRONT hash (HS) |
| #4 | 16 | ONE: 2.0 stps inside 35 yd ln | 6.0 stps behind FRONT hash (HS) |
| #5 | 16 | ONE: 2.0 stps inside 35 yd ln | 13.75 stps in frnt of BACK hash (HS) |
| #6 | 18 | ONE: 3.0 stps inside 35 yd ln | 10.75 stps in frnt of BACK hash (HS) |
| #7 | 14 | ONE: 3.0 stps inside 35 yd ln | 10.75 stps in frnt of BACK hash (HS) |
| #8 | 16 | ONE: 1.0 stp inside 35 yd ln | 14.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | ONE: 1.0 stp inside 35 yd ln | 10.0 stps behind FRONT hash (HS) |
| #10 | 20 | ONE: 1.0 stp inside 35 yd ln | 10.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|--------------------------------------|
| #1 | 0 | ONE: 4.0 stps inside 30 yd ln | 6.0 stps behind FRONT hash (HS) |
| #2 | 20 | ONE: 4.0 stps inside 30 yd ln | 6.0 stps behind FRONT hash (HS) |
| #3 | 16 | ONE: 4.0 stps inside 30 yd ln | 6.0 stps behind FRONT hash (HS) |
| #4 | 16 | ONE: 2.25 stps inside 30 yd ln | 1.75 stps behind FRONT hash (HS) |
| #5 | 16 | ONE: 2.25 stps inside 30 yd ln | 9.75 stps behind FRONT hash (HS) |
| #6 | 18 | ONE: 2.5 stps inside 30 yd ln | 13.25 stps in frnt of BACK hash (HS) |
| #7 | 14 | ONE: 2.5 stps inside 30 yd ln | 13.25 stps in frnt of BACK hash (HS) |
| #8 | 16 | ONE: On 30 yd ln | 8.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | ONE: On 30 yd ln | 12.0 stps in frnt of BACK hash (HS) |
| #10 | 20 | ONE: On 30 yd ln | 12.0 stps in frnt of BACK hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|--------------------------------------|
| #1 | 0 | ONE: 2.0 stps inside 35 yd ln | 6.0 stps behind FRONT hash (HS) |
| #2 | 20 | ONE: 2.0 stps inside 35 yd ln | 6.0 stps behind FRONT hash (HS) |
| #3 | 16 | ONE: 2.0 stps inside 35 yd ln | 6.0 stps behind FRONT hash (HS) |
| #4 | 16 | ONE: 0.25 stps outside 35 yd ln | 4.75 stps behind FRONT hash (HS) |
| #5 | 16 | ONE: 0.25 stps outside 35 yd ln | 12.75 stps behind FRONT hash (HS) |
| #6 | 18 | ONE: On 35 yd ln | 11.25 stps in frnt of BACK hash (HS) |
| #7 | 14 | ONE: On 35 yd ln | 11.25 stps in frnt of BACK hash (HS) |
| #8 | 16 | ONE: 2.0 stps outside 35 yd ln | 12.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | ONE: 2.0 stps outside 35 yd ln | 12.0 stps behind FRONT hash (HS) |
| #10 | 20 | ONE: 2.0 stps outside 35 yd ln | 12.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | ONE: 1.0 stp outside 35 yd ln | 2.0 stps behind FRONT hash (HS) |
| #2 | 20 | ONE: 1.0 stp outside 35 yd ln | 2.0 stps behind FRONT hash (HS) |
| #3 | 16 | ONE: 1.0 stp outside 35 yd ln | 2.0 stps behind FRONT hash (HS) |
| #4 | 16 | ONE: On 30 yd ln | on FRONT hash (HS) |
| #5 | 16 | ONE: On 30 yd ln | 8.0 stps behind FRONT hash (HS) |
| #6 | 18 | ONE: On 30 yd ln | 12.75 stps behind FRONT hash (HS) |
| #7 | 14 | ONE: On 30 yd ln | 12.75 stps behind FRONT hash (HS) |
| #8 | 16 | ONE: 3.0 stps outside 30 yd ln | 6.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | ONE: 3.0 stps outside 30 yd ln | 10.0 stps in frnt of BACK hash (HS) |
| #10 | 20 | ONE: 3.0 stps outside 30 yd ln | 10.0 stps in frnt of BACK hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|-------------------------------------|
| #1 | 0 | ONE: 3.0 stps outside 40 yd In | 2.0 stps behind FRONT hash (HS) |
| #2 | 20 | ONE: 3.0 stps outside 40 yd In | 2.0 stps behind FRONT hash (HS) |
| #3 | 16 | ONE: 3.0 stps outside 40 yd In | 2.0 stps behind FRONT hash (HS) |
| #4 | 16 | ONE: 3.0 stps outside 35 yd In | 3.25 stps behind FRONT hash (HS) |
| #5 | 16 | ONE: 3.0 stps outside 35 yd In | 11.25 stps behind FRONT hash (HS) |
| #6 | 18 | ONE: 2.75 stps outside 35 yd In | 12.0 stps in frnt of BACK hash (HS) |
| #7 | 14 | ONE: 2.75 stps outside 35 yd In | 12.0 stps in frnt of BACK hash (HS) |
| #8 | 16 | ONE: 3.0 stps inside 30 yd In | 10.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | ONE: 3.0 stps inside 30 yd In | 14.0 stps in frnt of BACK hash (HS) |
| #10 | 20 | ONE: 3.0 stps inside 30 yd In | 14.0 stps in frnt of BACK hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|-------------------------------------|
| #1 | 0 | ONE: 4.0 stps inside 35 yd In | 11.0 stps behind FRONT hash (HS) |
| #2 | 20 | ONE: 4.0 stps inside 35 yd In | 11.0 stps behind FRONT hash (HS) |
| #3 | 16 | ONE: 4.0 stps inside 35 yd In | 11.0 stps behind FRONT hash (HS) |
| #4 | 16 | ONE: 3.0 stps outside 40 yd In | 7.25 stps behind FRONT hash (HS) |
| #5 | 16 | ONE: 3.0 stps outside 40 yd In | 12.5 stps in frnt of BACK hash (HS) |
| #6 | 18 | ONE: 1.75 stps outside 40 yd In | 10.5 stps in frnt of BACK hash (HS) |
| #7 | 14 | ONE: 1.75 stps outside 40 yd In | 10.5 stps in frnt of BACK hash (HS) |
| #8 | 16 | ONE: 4.0 stps inside 35 yd In | 12.0 stps behind FRONT hash (HS) |
| #9 | 8 | ONE: 4.0 stps inside 35 yd In | 8.0 stps behind FRONT hash (HS) |
| #10 | 20 | ONE: 4.0 stps inside 35 yd In | 8.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | ONE: 2.0 stps outside 40 yd In | 9.0 stps behind FRONT hash (HS) |
| #2 | 20 | ONE: 2.0 stps outside 40 yd In | 9.0 stps behind FRONT hash (HS) |
| #3 | 16 | ONE: 2.0 stps outside 40 yd In | 9.0 stps behind FRONT hash (HS) |
| #4 | 16 | ONE: On 40 yd In | 8.25 stps behind FRONT hash (HS) |
| #5 | 16 | ONE: On 40 yd In | 11.5 stps in frnt of BACK hash (HS) |
| #6 | 18 | ONE: 1.0 stp inside 40 yd In | 11.0 stps in frnt of BACK hash (HS) |
| #7 | 14 | ONE: 1.0 stp inside 40 yd In | 11.0 stps in frnt of BACK hash (HS) |
| #8 | 16 | ONE: 1.0 stp outside 40 yd In | 10.0 stps behind FRONT hash (HS) |
| #9 | 8 | ONE: 1.0 stp outside 40 yd In | 6.0 stps behind FRONT hash (HS) |
| #10 | 20 | ONE: 1.0 stp outside 40 yd In | 6.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|--------------------------------------|
| #1 | 0 | TWO: 2.0 stps inside 40 yd In | 9.0 stps behind FRONT hash (HS) |
| #2 | 20 | TWO: 2.0 stps inside 40 yd In | 9.0 stps behind FRONT hash (HS) |
| #3 | 16 | TWO: 2.0 stps inside 40 yd In | 9.0 stps behind FRONT hash (HS) |
| #4 | 16 | TWO: 3.0 stps outside 40 yd In | 7.25 stps behind FRONT hash (HS) |
| #5 | 16 | TWO: 3.0 stps outside 40 yd In | 12.5 stps in frnt of BACK hash (HS) |
| #6 | 18 | TWO: 2.0 stps outside 40 yd In | 10.75 stps in frnt of BACK hash (HS) |
| #7 | 14 | TWO: 2.0 stps outside 40 yd In | 10.75 stps in frnt of BACK hash (HS) |
| #8 | 16 | TWO: 4.0 stps outside 40 yd In | 12.0 stps behind FRONT hash (HS) |
| #9 | 8 | TWO: 4.0 stps inside 35 yd In | 8.0 stps behind FRONT hash (HS) |
| #10 | 20 | TWO: 4.0 stps inside 35 yd In | 8.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|--------------------------------------|
| #1 | 0 | TWO: 2.0 stps outside 40 yd In | 11.0 stps behind FRONT hash (HS) |
| #2 | 20 | TWO: 2.0 stps outside 40 yd In | 11.0 stps behind FRONT hash (HS) |
| #3 | 16 | TWO: 2.0 stps outside 40 yd In | 11.0 stps behind FRONT hash (HS) |
| #4 | 16 | TWO: 2.0 stps inside 35 yd In | 6.0 stps behind FRONT hash (HS) |
| #5 | 16 | TWO: 2.0 stps inside 35 yd In | 13.75 stps in frnt of BACK hash (HS) |
| #6 | 18 | TWO: 2.75 stps inside 35 yd In | 10.75 stps in frnt of BACK hash (HS) |
| #7 | 14 | TWO: 2.75 stps inside 35 yd In | 10.75 stps in frnt of BACK hash (HS) |
| #8 | 16 | TWO: 1.0 stp inside 35 yd In | 14.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | TWO: 1.0 stp inside 35 yd In | 10.0 stps behind FRONT hash (HS) |
| #10 | 20 | TWO: 1.0 stp inside 35 yd In | 10.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|--------------------------------------|
| #1 | 0 | TWO: 3.0 stps inside 40 yd In | 4.0 stps behind FRONT hash (HS) |
| #2 | 20 | TWO: 3.0 stps inside 40 yd In | 4.0 stps behind FRONT hash (HS) |
| #3 | 16 | TWO: 3.0 stps inside 40 yd In | 4.0 stps behind FRONT hash (HS) |
| #4 | 16 | TWO: 0.5 stps outside 35 yd In | 4.75 stps behind FRONT hash (HS) |
| #5 | 16 | TWO: 0.5 stps outside 35 yd In | 12.75 stps behind FRONT hash (HS) |
| #6 | 18 | TWO: On 35 yd In | 11.25 stps in frnt of BACK hash (HS) |
| #7 | 14 | TWO: On 35 yd In | 11.25 stps in frnt of BACK hash (HS) |
| #8 | 16 | TWO: 2.0 stps outside 35 yd In | 12.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | TWO: 2.0 stps outside 35 yd In | 12.0 stps behind FRONT hash (HS) |
| #10 | 20 | TWO: 2.0 stps outside 35 yd In | 12.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | TWO: 1.0 stp inside 40 yd In | 1.0 stps behind FRONT hash (HS) |
| #2 | 20 | TWO: 1.0 stp inside 40 yd In | 1.0 stps behind FRONT hash (HS) |
| #3 | 16 | TWO: 1.0 stp inside 40 yd In | 1.0 stps behind FRONT hash (HS) |
| #4 | 16 | TWO: On 30 yd In | on FRONT hash (HS) |
| #5 | 16 | TWO: On 30 yd In | 7.75 stps behind FRONT hash (HS) |
| #6 | 18 | TWO: On 30 yd In | 12.75 stps behind FRONT hash (HS) |
| #7 | 14 | TWO: On 30 yd In | 12.75 stps behind FRONT hash (HS) |
| #8 | 16 | TWO: 3.0 stps outside 30 yd In | 6.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | TWO: 3.0 stps outside 30 yd In | 10.0 stps in frnt of BACK hash (HS) |
| #10 | 20 | TWO: 3.0 stps outside 30 yd In | 10.0 stps in frnt of BACK hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | TWO: 4.0 stps outside 40 yd In | 5.0 stps behind FRONT hash (HS) |
| #2 | 20 | TWO: 4.0 stps outside 40 yd In | 5.0 stps behind FRONT hash (HS) |
| #3 | 16 | TWO: 4.0 stps outside 40 yd In | 5.0 stps behind FRONT hash (HS) |
| #4 | 16 | TWO: 2.25 stps inside 30 yd In | 1.5 stps behind FRONT hash (HS) |
| #5 | 16 | TWO: 2.25 stps inside 30 yd In | 9.5 stps behind FRONT hash (HS) |
| #6 | 18 | TWO: 2.25 stps inside 30 yd In | 13.5 stps in frnt of BACK hash (HS) |
| #7 | 14 | TWO: 2.25 stps inside 30 yd In | 13.5 stps in frnt of BACK hash (HS) |
| #8 | 16 | TWO: On 30 yd In | 8.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | TWO: On 30 yd In | 12.0 stps in frnt of BACK hash (HS) |
| #10 | 20 | TWO: On 30 yd In | 12.0 stps in frnt of BACK hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|--------------------------------------|
| #1 | 0 | TWO: 1.0 stp inside 35 yd In | 8.0 stps behind FRONT hash (HS) |
| #2 | 20 | TWO: 1.0 stp inside 35 yd In | 8.0 stps behind FRONT hash (HS) |
| #3 | 16 | TWO: 1.0 stp inside 35 yd In | 8.0 stps behind FRONT hash (HS) |
| #4 | 16 | TWO: 3.0 stps outside 35 yd In | 3.25 stps behind FRONT hash (HS) |
| #5 | 16 | TWO: 3.0 stps outside 35 yd In | 11.25 stps behind FRONT hash (HS) |
| #6 | 18 | TWO: 2.75 stps outside 35 yd In | 12.25 stps in frnt of BACK hash (HS) |
| #7 | 14 | TWO: 2.75 stps outside 35 yd In | 12.25 stps in frnt of BACK hash (HS) |
| #8 | 16 | TWO: 3.0 stps inside 30 yd In | 10.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | TWO: 3.0 stps inside 30 yd In | 14.0 stps in frnt of BACK hash (HS) |
| #10 | 20 | TWO: 3.0 stps inside 30 yd In | 14.0 stps in frnt of BACK hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | TWO: 2.0 stps inside 30 yd In | 1.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | TWO: 2.0 stps inside 30 yd In | 1.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | TWO: 2.0 stps inside 30 yd In | 1.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | TWO: 2.0 stps inside 30 yd In | 1.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | TWO: 0.5 stps outside 35 yd In | 6.25 stps behind FRONT hash (HS) |
| #6 | 18 | TWO: 0.5 stps outside 40 yd In | 6.25 stps behind FRONT hash (HS) |
| #7 | 14 | TWO: 0.5 stps outside 40 yd In | 6.25 stps behind FRONT hash (HS) |
| #8 | 16 | TWO: On 35 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | TWO: On 40 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | TWO: On 40 yd In | 2.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | TWO: On 35 yd In | 3.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | TWO: On 35 yd In | 3.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | TWO: On 35 yd In | 3.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | TWO: On 35 yd In | 3.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | TWO: 2.5 stps outside 40 yd In | 5.0 stps behind FRONT hash (HS) |
| #6 | 18 | TWO: 2.5 stps outside 45 yd In | 5.0 stps behind FRONT hash (HS) |
| #7 | 14 | TWO: 2.5 stps outside 45 yd In | 5.0 stps behind FRONT hash (HS) |
| #8 | 16 | TWO: 4.0 stps inside 35 yd In | on FRONT hash (HS) |
| #9 | 8 | TWO: 4.0 stps outside 45 yd In | on FRONT hash (HS) |
| #10 | 20 | TWO: 4.0 stps outside 45 yd In | on FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | TWO: 4.0 stps outside 40 yd In | 3.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | TWO: 4.0 stps outside 40 yd In | 3.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | TWO: 4.0 stps outside 40 yd In | 3.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | TWO: 4.0 stps outside 40 yd In | 3.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | TWO: On 40 yd In | 4.0 stps behind FRONT hash (HS) |
| #6 | 18 | TWO: On 45 yd In | 4.0 stps behind FRONT hash (HS) |
| #7 | 14 | TWO: On 45 yd In | 4.0 stps behind FRONT hash (HS) |
| #8 | 16 | TWO: 4.0 stps outside 35 yd In | 2.0 stps behind FRONT hash (HS) |
| #9 | 8 | TWO: 4.0 stps outside 40 yd In | 2.0 stps behind FRONT hash (HS) |
| #10 | 20 | TWO: 4.0 stps outside 40 yd In | 2.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | TWO: 1.0 stp outside 35 yd In | 8.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | TWO: 1.0 stp outside 35 yd In | 8.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | TWO: 1.0 stp outside 35 yd In | 8.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | TWO: 1.0 stp outside 35 yd In | 8.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | TWO: 3.5 stps outside 35 yd In | 6.0 stps behind FRONT hash (HS) |
| #6 | 18 | TWO: 3.5 stps outside 40 yd In | 6.0 stps behind FRONT hash (HS) |
| #7 | 14 | TWO: 3.5 stps outside 40 yd In | 6.0 stps behind FRONT hash (HS) |
| #8 | 16 | TWO: 4.0 stps outside 30 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | TWO: 4.0 stps outside 35 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | TWO: 4.0 stps outside 35 yd In | 2.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | TWO: 4.0 stps outside 35 yd In | 3.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | TWO: 4.0 stps outside 35 yd In | 3.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | TWO: 4.0 stps outside 35 yd In | 3.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | TWO: 4.0 stps outside 35 yd In | 3.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | TWO: 2.25 stps inside 35 yd In | 6.0 stps behind FRONT hash (HS) |
| #6 | 18 | TWO: 2.25 stps inside 40 yd In | 5.75 stps behind FRONT hash (HS) |
| #7 | 14 | TWO: 2.25 stps inside 40 yd In | 5.75 stps behind FRONT hash (HS) |
| #8 | 16 | TWO: On 30 yd In | on FRONT hash (HS) |
| #9 | 8 | TWO: On 35 yd In | on FRONT hash (HS) |
| #10 | 20 | TWO: On 35 yd In | on FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|-------------------------------------|
| #1 | 0 | TWO: 4.0 stps outside 30 yd In | 5.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | TWO: 4.0 stps outside 30 yd In | 5.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | TWO: 4.0 stps outside 30 yd In | 5.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | TWO: 4.0 stps outside 30 yd In | 5.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | TWO: 1.25 stps outside 30 yd In | 4.25 stps behind FRONT hash (HS) |
| #6 | 18 | TWO: 1.25 stps outside 35 yd In | 4.25 stps behind FRONT hash (HS) |
| #7 | 14 | TWO: 1.25 stps outside 35 yd In | 4.25 stps behind FRONT hash (HS) |
| #8 | 16 | TWO: On 25 yd In | 4.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | TWO: On 30 yd In | 4.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | TWO: On 30 yd In | 4.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | TWO: 1.0 stp inside 30 yd In | 6.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | TWO: 1.0 stp inside 30 yd In | 6.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | TWO: 1.0 stp inside 30 yd In | 6.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | TWO: 1.0 stp inside 30 yd In | 6.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | TWO: 1.25 stps inside 30 yd In | 5.5 stps behind FRONT hash (HS) |
| #6 | 18 | TWO: 1.25 stps inside 35 yd In | 5.25 stps behind FRONT hash (HS) |
| #7 | 14 | TWO: 1.25 stps inside 35 yd In | 5.25 stps behind FRONT hash (HS) |
| #8 | 16 | TWO: 4.0 stps outside 35 yd In | 4.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | TWO: 4.0 stps inside 35 yd In | 4.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | TWO: 4.0 stps inside 35 yd In | 4.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|--------------------------------------|
| #1 | 0 | TWO: 3.0 stps inside 30 yd In | 11.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | TWO: 3.0 stps inside 30 yd In | 11.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | TWO: 3.0 stps inside 30 yd In | 11.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | TWO: 3.0 stps inside 30 yd In | 11.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | TWO: 3.75 stps outside 30 yd In | 2.75 stps behind FRONT hash (HS) |
| #6 | 18 | TWO: 3.75 stps outside 35 yd In | 2.75 stps behind FRONT hash (HS) |
| #7 | 14 | TWO: 3.75 stps outside 35 yd In | 2.75 stps behind FRONT hash (HS) |
| #8 | 16 | TWO: On 30 yd In | 6.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | TWO: On 35 yd In | 6.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | TWO: On 35 yd In | 6.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | ONE: 1.0 stp inside 40 yd In | 12.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | ONE: 1.0 stp inside 40 yd In | 12.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | ONE: 1.0 stp inside 40 yd In | 12.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | ONE: 2.5 stps inside 40 yd In | 9.25 stps behind FRONT hash (HS) |
| #5 | 16 | ONE: 2.5 stps inside 40 yd In | 10.5 stps in frnt of BACK hash (HS) |
| #6 | 18 | ONE: 3.75 stps inside 40 yd In | 11.5 stps in frnt of BACK hash (HS) |
| #7 | 14 | ONE: 3.75 stps inside 40 yd In | 11.5 stps in frnt of BACK hash (HS) |
| #8 | 16 | ONE: 2.0 stps inside 40 yd In | 8.0 stps behind FRONT hash (HS) |
| #9 | 8 | ONE: 2.0 stps inside 40 yd In | 4.0 stps behind FRONT hash (HS) |
| #10 | 20 | ONE: 2.0 stps inside 40 yd In | 4.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|------------------------------------|
| #1 | 0 | ONE: 4.0 stps inside 40 yd In | 12.0 stps behind FRONT hash (HS) |
| #2 | 20 | ONE: 4.0 stps inside 40 yd In | 12.0 stps behind FRONT hash (HS) |
| #3 | 16 | ONE: 4.0 stps inside 40 yd In | 12.0 stps behind FRONT hash (HS) |
| #4 | 16 | ONE: 0.5 stps inside 45 yd In | 10.25 stps behind FRONT hash (HS) |
| #5 | 16 | ONE: 0.5 stps inside 45 yd In | 9.5 stps in frnt of BACK hash (HS) |
| #6 | 18 | ONE: 1.25 stps inside 45 yd In | 13.75 stps behind FRONT hash (HS) |
| #7 | 14 | ONE: 1.25 stps inside 45 yd In | 13.75 stps behind FRONT hash (HS) |
| #8 | 16 | ONE: On 45 yd In | 4.0 stps behind FRONT hash (HS) |
| #9 | 8 | ONE: On 45 yd In | on FRONT hash (HS) |
| #10 | 20 | ONE: On 45 yd In | on FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | ONE: 2.0 stps inside 45 yd In | 14.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | ONE: 2.0 stps inside 45 yd In | 14.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | ONE: 2.0 stps inside 45 yd In | 14.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | ONE: 3.5 stps inside 45 yd In | 10.75 stps behind FRONT hash (HS) |
| #5 | 16 | ONE: 3.5 stps inside 45 yd In | 9.0 stps in frnt of BACK hash (HS) |
| #6 | 18 | ONE: 3.75 stps inside 45 yd In | 12.0 stps behind FRONT hash (HS) |
| #7 | 14 | ONE: 3.75 stps inside 45 yd In | 12.0 stps behind FRONT hash (HS) |
| #8 | 16 | ONE: 3.0 stps inside 45 yd In | 2.0 stps behind FRONT hash (HS) |
| #9 | 8 | ONE: 3.0 stps inside 45 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | ONE: 3.0 stps inside 45 yd In | 2.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|--------------------------------------|
| #1 | 0 | ONE: 2.0 stps inside 40 yd ln | 8.0 stps behind FRONT hash (HS) |
| #2 | 20 | ONE: 2.0 stps inside 40 yd ln | 8.0 stps behind FRONT hash (HS) |
| #3 | 16 | ONE: 2.0 stps inside 40 yd ln | 8.0 stps behind FRONT hash (HS) |
| #4 | 16 | ONE: 2.25 stps outside 45 yd ln | 9.75 stps behind FRONT hash (HS) |
| #5 | 16 | ONE: 2.25 stps outside 45 yd ln | 10.0 stps in frnt of BACK hash (HS) |
| #6 | 18 | ONE: 1.25 stps outside 45 yd ln | 12.75 stps in frnt of BACK hash (HS) |
| #7 | 14 | ONE: 1.25 stps outside 45 yd ln | 12.75 stps in frnt of BACK hash (HS) |
| #8 | 16 | ONE: 3.0 stps outside 45 yd ln | 6.0 stps behind FRONT hash (HS) |
| #9 | 8 | ONE: 3.0 stps outside 45 yd ln | 2.0 stps behind FRONT hash (HS) |
| #10 | 20 | ONE: 3.0 stps outside 45 yd ln | 2.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|------------------------------------|-------------------------------------|
| #1 | 0 | ONE: 3.0 stps inside 45 yd ln | 7.0 stps behind FRONT hash (HS) |
| #2 | 20 | ONE: 3.0 stps inside 45 yd ln | 7.0 stps behind FRONT hash (HS) |
| #3 | 16 | ONE: 3.0 stps inside 45 yd ln | 7.0 stps behind FRONT hash (HS) |
| #4 | 16 | ONE: 1.25 stps outside of 50 yd ln | 10.75 stps behind FRONT hash (HS) |
| #5 | 16 | ONE: 1.25 stps outside of 50 yd ln | 9.0 stps in frnt of BACK hash (HS) |
| #6 | 18 | ONE: 2.0 stps outside of 50 yd ln | 10.0 stps behind FRONT hash (HS) |
| #7 | 14 | ONE: 2.0 stps outside of 50 yd ln | 10.0 stps behind FRONT hash (HS) |
| #8 | 16 | ONE: 2.0 stps outside of 50 yd ln | on FRONT hash (HS) |
| #9 | 8 | ONE: 2.0 stps outside of 50 yd ln | 4.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | ONE: 2.0 stps outside of 50 yd ln | 4.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|-----------------------------------|-------------------------------------|
| #1 | 0 | ONE: 1.0 stp outside of 50 yd ln | 14.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | ONE: 1.0 stp outside of 50 yd ln | 14.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | ONE: 1.0 stp outside of 50 yd ln | 14.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | TWO: 1.5 stps outside of 50 yd ln | 10.75 stps behind FRONT hash (HS) |
| #5 | 16 | TWO: 1.5 stps outside of 50 yd ln | 9.0 stps in frnt of BACK hash (HS) |
| #6 | 18 | TWO: 2.0 stps outside of 50 yd ln | 10.0 stps behind FRONT hash (HS) |
| #7 | 14 | TWO: 2.0 stps outside of 50 yd ln | 10.0 stps behind FRONT hash (HS) |
| #8 | 16 | TWO: 2.0 stps outside of 50 yd ln | on FRONT hash (HS) |
| #9 | 8 | TWO: 2.0 stps outside of 50 yd ln | 4.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | TWO: 2.0 stps outside of 50 yd ln | 4.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | TWO: 3.0 stps inside 45 yd ln | 13.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | TWO: 3.0 stps inside 45 yd ln | 13.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | TWO: 3.0 stps inside 45 yd ln | 13.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | TWO: 0.25 stps inside 45 yd ln | 10.25 stps behind FRONT hash (HS) |
| #5 | 16 | TWO: 0.25 stps inside 45 yd ln | 9.5 stps in frnt of BACK hash (HS) |
| #6 | 18 | TWO: 1.25 stps inside 45 yd ln | 13.75 stps behind FRONT hash (HS) |
| #7 | 14 | TWO: 1.25 stps inside 45 yd ln | 13.75 stps behind FRONT hash (HS) |
| #8 | 16 | TWO: On 45 yd ln | 4.0 stps behind FRONT hash (HS) |
| #9 | 8 | TWO: On 45 yd ln | on FRONT hash (HS) |
| #10 | 20 | TWO: On 45 yd ln | on FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|-----------------------------------|-------------------------------------|
| #1 | 0 | TWO: 2.0 stps outside of 50 yd In | 9.0 stps behind FRONT hash (HS) |
| #2 | 20 | TWO: 2.0 stps outside of 50 yd In | 9.0 stps behind FRONT hash (HS) |
| #3 | 16 | TWO: 2.0 stps outside of 50 yd In | 9.0 stps behind FRONT hash (HS) |
| #4 | 16 | TWO: 3.25 stps inside 45 yd In | 10.75 stps behind FRONT hash (HS) |
| #5 | 16 | TWO: 3.25 stps inside 45 yd In | 9.0 stps in frnt of BACK hash (HS) |
| #6 | 18 | TWO: 3.75 stps inside 45 yd In | 12.0 stps behind FRONT hash (HS) |
| #7 | 14 | TWO: 3.75 stps inside 45 yd In | 12.0 stps behind FRONT hash (HS) |
| #8 | 16 | TWO: 3.0 stps inside 45 yd In | 2.0 stps behind FRONT hash (HS) |
| #9 | 8 | TWO: 3.0 stps inside 45 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | TWO: 3.0 stps inside 45 yd In | 2.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|--------------------------------------|
| #1 | 0 | TWO: 1.0 stp inside 45 yd In | 11.0 stps behind FRONT hash (HS) |
| #2 | 20 | TWO: 1.0 stp inside 45 yd In | 11.0 stps behind FRONT hash (HS) |
| #3 | 16 | TWO: 1.0 stp inside 45 yd In | 11.0 stps behind FRONT hash (HS) |
| #4 | 16 | TWO: 2.25 stps outside 45 yd In | 9.75 stps behind FRONT hash (HS) |
| #5 | 16 | TWO: 2.25 stps outside 45 yd In | 10.0 stps in frnt of BACK hash (HS) |
| #6 | 18 | TWO: 1.25 stps outside 45 yd In | 12.75 stps in frnt of BACK hash (HS) |
| #7 | 14 | TWO: 1.25 stps outside 45 yd In | 12.75 stps in frnt of BACK hash (HS) |
| #8 | 16 | TWO: 3.0 stps outside 45 yd In | 6.0 stps behind FRONT hash (HS) |
| #9 | 8 | TWO: 3.0 stps outside 45 yd In | 2.0 stps behind FRONT hash (HS) |
| #10 | 20 | TWO: 3.0 stps outside 45 yd In | 2.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|--------------------------------------|
| #1 | 0 | TWO: 3.0 stps outside 45 yd In | 14.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | TWO: 3.0 stps outside 45 yd In | 14.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | TWO: 3.0 stps outside 45 yd In | 14.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | TWO: 2.5 stps inside 40 yd In | 9.25 stps behind FRONT hash (HS) |
| #5 | 16 | TWO: 2.5 stps inside 40 yd In | 10.75 stps in frnt of BACK hash (HS) |
| #6 | 18 | TWO: 3.75 stps inside 40 yd In | 11.75 stps in frnt of BACK hash (HS) |
| #7 | 14 | TWO: 3.75 stps inside 40 yd In | 11.75 stps in frnt of BACK hash (HS) |
| #8 | 16 | TWO: 2.0 stps inside 40 yd In | 8.0 stps behind FRONT hash (HS) |
| #9 | 8 | TWO: 2.0 stps inside 40 yd In | 4.0 stps behind FRONT hash (HS) |
| #10 | 20 | TWO: 2.0 stps inside 40 yd In | 4.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|-------------------------------------|
| #1 | 0 | TWO: 1.0 stp outside 45 yd In | 7.0 stps behind FRONT hash (HS) |
| #2 | 20 | TWO: 1.0 stp outside 45 yd In | 7.0 stps behind FRONT hash (HS) |
| #3 | 16 | TWO: 1.0 stp outside 45 yd In | 7.0 stps behind FRONT hash (HS) |
| #4 | 16 | TWO: 0.25 stps outside 40 yd In | 8.25 stps behind FRONT hash (HS) |
| #5 | 16 | TWO: 0.25 stps outside 40 yd In | 11.5 stps in frnt of BACK hash (HS) |
| #6 | 18 | TWO: 0.75 stps inside 40 yd In | 11.0 stps in frnt of BACK hash (HS) |
| #7 | 14 | TWO: 0.75 stps inside 40 yd In | 11.0 stps in frnt of BACK hash (HS) |
| #8 | 16 | TWO: 1.0 stp outside 40 yd In | 10.0 stps behind FRONT hash (HS) |
| #9 | 8 | TWO: 1.0 stp outside 40 yd In | 6.0 stps behind FRONT hash (HS) |
| #10 | 20 | TWO: 1.0 stp outside 40 yd In | 6.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | ONE: 2.0 stps outside 40 yd In | 7.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | ONE: 2.0 stps outside 40 yd In | 7.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | ONE: 2.0 stps outside 40 yd In | 7.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | ONE: 4.0 stps inside 35 yd In | 12.0 stps in frnt of BACK hash (HS) |
| #5 | 16 | ONE: 4.0 stps inside 35 yd In | 4.0 stps in frnt of BACK hash (HS) |
| #6 | 18 | ONE: 2.0 stps inside 40 yd In | 7.0 stps in frnt of BACK hash (HS) |
| #7 | 14 | ONE: 2.0 stps inside 40 yd In | 7.0 stps in frnt of BACK hash (HS) |
| #8 | 16 | ONE: 1.0 stp inside 40 yd In | 8.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | ONE: 1.0 stp inside 40 yd In | 12.0 stps in frnt of BACK hash (HS) |
| #10 | 20 | ONE: 1.0 stp inside 40 yd In | 12.0 stps in frnt of BACK hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | ONE: 2.0 stps inside 40 yd In | 7.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | ONE: 2.0 stps inside 40 yd In | 7.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | ONE: 2.0 stps inside 40 yd In | 7.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | ONE: On 40 yd In | 10.5 stps in frnt of BACK hash (HS) |
| #5 | 16 | ONE: On 40 yd In | 2.5 stps in frnt of BACK hash (HS) |
| #6 | 18 | ONE: 3.5 stps outside 45 yd In | 5.0 stps in frnt of BACK hash (HS) |
| #7 | 14 | ONE: 3.5 stps outside 45 yd In | 5.0 stps in frnt of BACK hash (HS) |
| #8 | 16 | ONE: 4.0 stps inside 40 yd In | 10.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | ONE: 4.0 stps inside 40 yd In | 14.0 stps in frnt of BACK hash (HS) |
| #10 | 20 | ONE: 4.0 stps inside 40 yd In | 14.0 stps in frnt of BACK hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|-------------------------------------|
| #1 | 0 | ONE: 4.0 stps inside 40 yd In | 3.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | ONE: 4.0 stps inside 40 yd In | 3.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | ONE: 4.0 stps inside 40 yd In | 3.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | ONE: 3.75 stps inside 40 yd In | 9.25 stps in frnt of BACK hash (HS) |
| #5 | 16 | ONE: 3.75 stps inside 40 yd In | 1.25 stps in frnt of BACK hash (HS) |
| #6 | 18 | ONE: 0.75 stps outside 45 yd In | 3.75 stps in frnt of BACK hash (HS) |
| #7 | 14 | ONE: 0.75 stps outside 45 yd In | 3.75 stps in frnt of BACK hash (HS) |
| #8 | 16 | ONE: 1.0 stp outside 45 yd In | 12.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | ONE: 1.0 stp outside 45 yd In | 12.0 stps behind FRONT hash (HS) |
| #10 | 20 | ONE: 1.0 stp outside 45 yd In | 12.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|-------------------------------|-------------------------------------|
| #1 | 0 | ONE: On 45 yd In | 5.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | ONE: On 45 yd In | 5.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | ONE: On 45 yd In | 5.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | ONE: On 45 yd In | 8.5 stps in frnt of BACK hash (HS) |
| #5 | 16 | ONE: On 45 yd In | 0.5 stps in frnt of BACK hash (HS) |
| #6 | 18 | ONE: 2.0 stps inside 45 yd In | 2.75 stps in frnt of BACK hash (HS) |
| #7 | 14 | ONE: 2.0 stps inside 45 yd In | 2.75 stps in frnt of BACK hash (HS) |
| #8 | 16 | ONE: 2.0 stps inside 45 yd In | 14.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | ONE: 2.0 stps inside 45 yd In | 10.0 stps behind FRONT hash (HS) |
| #10 | 20 | ONE: 2.0 stps inside 45 yd In | 10.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|-----------------------------------|------------------------------------|
| #1 | 0 | ONE: 3.0 stps outside of 50 yd In | 4.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | ONE: 3.0 stps outside of 50 yd In | 4.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | ONE: 3.0 stps outside of 50 yd In | 4.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | ONE: 3.75 stps inside 45 yd In | 8.0 stps in frnt of BACK hash (HS) |
| #5 | 16 | ONE: 3.75 stps inside 45 yd In | on BACK hash (HS) |
| #6 | 18 | ONE: 3.0 stps outside of 50 yd In | 2.0 stps in frnt of BACK hash (HS) |
| #7 | 14 | ONE: 3.0 stps outside of 50 yd In | 2.0 stps in frnt of BACK hash (HS) |
| #8 | 16 | ONE: 3.0 stps outside of 50 yd In | 12.0 stps behind FRONT hash (HS) |
| #9 | 8 | ONE: 3.0 stps outside of 50 yd In | 8.0 stps behind FRONT hash (HS) |
| #10 | 20 | ONE: 3.0 stps outside of 50 yd In | 8.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|----------------------------------|------------------------------------|
| #1 | 0 | TWO: 1.0 stp outside of 50 yd In | 5.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | TWO: 1.0 stp outside of 50 yd In | 5.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | TWO: 1.0 stp outside of 50 yd In | 5.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | On 50 yd In | 8.0 stps in frnt of BACK hash (HS) |
| #5 | 16 | On 50 yd In | on BACK hash (HS) |
| #6 | 18 | On 50 yd In | 2.0 stps in frnt of BACK hash (HS) |
| #7 | 14 | On 50 yd In | 2.0 stps in frnt of BACK hash (HS) |
| #8 | 16 | On 50 yd In | 10.0 stps behind FRONT hash (HS) |
| #9 | 8 | TWO: On 50 yd In | 6.0 stps behind FRONT hash (HS) |
| #10 | 20 | TWO: On 50 yd In | 6.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|-----------------------------------|------------------------------------|
| #1 | 0 | TWO: 3.0 stps inside 45 yd In | 3.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | TWO: 3.0 stps inside 45 yd In | 3.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | TWO: 3.0 stps inside 45 yd In | 3.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | TWO: 3.75 stps inside 45 yd In | 8.0 stps in frnt of BACK hash (HS) |
| #5 | 16 | TWO: 3.75 stps inside 45 yd In | on BACK hash (HS) |
| #6 | 18 | TWO: 3.0 stps outside of 50 yd In | 2.0 stps in frnt of BACK hash (HS) |
| #7 | 14 | TWO: 3.0 stps outside of 50 yd In | 2.0 stps in frnt of BACK hash (HS) |
| #8 | 16 | TWO: 3.0 stps outside of 50 yd In | 12.0 stps behind FRONT hash (HS) |
| #9 | 8 | TWO: 3.0 stps outside of 50 yd In | 8.0 stps behind FRONT hash (HS) |
| #10 | 20 | TWO: 3.0 stps outside of 50 yd In | 8.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | TWO: 2.0 stps outside 45 yd In | 7.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | TWO: 2.0 stps outside 45 yd In | 7.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | TWO: 2.0 stps outside 45 yd In | 7.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | TWO: On 45 yd In | 8.5 stps in frnt of BACK hash (HS) |
| #5 | 16 | TWO: On 45 yd In | 0.5 stps in frnt of BACK hash (HS) |
| #6 | 18 | TWO: 2.0 stps inside 45 yd In | 2.75 stps in frnt of BACK hash (HS) |
| #7 | 14 | TWO: 2.0 stps inside 45 yd In | 2.75 stps in frnt of BACK hash (HS) |
| #8 | 16 | TWO: 2.0 stps inside 45 yd In | 14.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | TWO: 2.0 stps inside 45 yd In | 10.0 stps behind FRONT hash (HS) |
| #10 | 20 | TWO: 2.0 stps inside 45 yd In | 10.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|-------------------------------------|
| #1 | 0 | TWO: 2.0 stps inside 40 yd In | 3.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | TWO: 2.0 stps inside 40 yd In | 3.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | TWO: 2.0 stps inside 40 yd In | 3.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | TWO: 3.75 stps inside 40 yd In | 9.25 stps in frnt of BACK hash (HS) |
| #5 | 16 | TWO: 3.75 stps inside 40 yd In | 1.25 stps in frnt of BACK hash (HS) |
| #6 | 18 | TWO: 0.75 stps outside 45 yd In | 3.75 stps in frnt of BACK hash (HS) |
| #7 | 14 | TWO: 0.75 stps outside 45 yd In | 3.75 stps in frnt of BACK hash (HS) |
| #8 | 16 | TWO: 1.0 stp outside 45 yd In | 12.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | TWO: 1.0 stp outside 45 yd In | 12.0 stps behind FRONT hash (HS) |
| #10 | 20 | TWO: 1.0 stp outside 45 yd In | 12.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | TWO: 2.0 stps outside 40 yd In | 8.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | TWO: 2.0 stps outside 40 yd In | 8.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | TWO: 2.0 stps outside 40 yd In | 8.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | TWO: On 40 yd In | 10.5 stps in frnt of BACK hash (HS) |
| #5 | 16 | TWO: On 40 yd In | 2.5 stps in frnt of BACK hash (HS) |
| #6 | 18 | TWO: 3.5 stps outside 45 yd In | 5.0 stps in frnt of BACK hash (HS) |
| #7 | 14 | TWO: 3.5 stps outside 45 yd In | 5.0 stps in frnt of BACK hash (HS) |
| #8 | 16 | TWO: 4.0 stps outside 45 yd In | 10.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | TWO: 4.0 stps outside 45 yd In | 14.0 stps in frnt of BACK hash (HS) |
| #10 | 20 | TWO: 4.0 stps outside 45 yd In | 14.0 stps in frnt of BACK hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | TWO: 1.0 stp inside 35 yd In | 10.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | TWO: 1.0 stp inside 35 yd In | 10.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | TWO: 1.0 stp inside 35 yd In | 10.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | TWO: 4.0 stps outside 40 yd In | 12.0 stps in frnt of BACK hash (HS) |
| #5 | 16 | TWO: 4.0 stps outside 40 yd In | 4.0 stps in frnt of BACK hash (HS) |
| #6 | 18 | TWO: 2.0 stps inside 40 yd In | 7.0 stps in frnt of BACK hash (HS) |
| #7 | 14 | TWO: 2.0 stps inside 40 yd In | 7.0 stps in frnt of BACK hash (HS) |
| #8 | 16 | TWO: 1.0 stp inside 40 yd In | 8.0 stps in frnt of BACK hash (HS) |
| #9 | 8 | TWO: 1.0 stp inside 40 yd In | 12.0 stps in frnt of BACK hash (HS) |
| #10 | 20 | TWO: 1.0 stp inside 40 yd In | 12.0 stps in frnt of BACK hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|--------------------------------------|
| #1 | 0 | ONE: 2.0 stps inside 30 yd In | 5.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | ONE: 2.0 stps inside 30 yd In | 5.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | ONE: 2.0 stps inside 30 yd In | 5.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | ONE: 2.0 stps inside 35 yd In | 13.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | ONE: 3.0 stps inside 40 yd In | 13.0 stps behind FRONT side line |
| #6 | 18 | ONE: On 45 yd In | 11.5 stps in frnt of FRONT hash (HS) |
| #7 | 14 | ONE: On 45 yd In | 11.5 stps in frnt of FRONT hash (HS) |
| #8 | 16 | ONE: 4.0 stps outside 45 yd In | 6.0 stps behind FRONT side line |
| #9 | 8 | ONE: 4.0 stps outside 45 yd In | 6.0 stps behind FRONT side line |
| #10 | 20 | ONE: 4.0 stps outside 45 yd In | 6.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-----------------------------------|
| #1 | 0 | ONE: 3.0 stps outside 35 yd ln | 5.0 stps behind FRONT side line |
| #2 | 20 | ONE: 3.0 stps outside 35 yd ln | 5.0 stps behind FRONT side line |
| #3 | 16 | ONE: 3.0 stps outside 35 yd ln | 5.0 stps behind FRONT side line |
| #4 | 16 | ONE: 1.0 stp outside 40 yd ln | 5.0 stps behind FRONT side line |
| #5 | 16 | ONE: 3.0 stps inside 45 yd ln | 7.0 stps behind FRONT side line |
| #6 | 18 | ONE: On 50 yd ln | 10.25 stps behind FRONT side line |
| #7 | 14 | ONE: On 50 yd ln | 10.25 stps behind FRONT side line |
| #8 | 16 | ONE: On 50 yd ln | 6.0 stps behind FRONT side line |
| #9 | 8 | ONE: On 50 yd ln | 6.0 stps behind FRONT side line |
| #10 | 20 | ONE: On 50 yd ln | 6.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|-------------------------------|--------------------------------------|
| #1 | 0 | TWO: On 30 yd ln | 9.0 stps behind FRONT side line |
| #2 | 20 | TWO: On 30 yd ln | 9.0 stps behind FRONT side line |
| #3 | 16 | TWO: On 30 yd ln | 9.0 stps behind FRONT side line |
| #4 | 16 | TWO: 1.0 stp inside 35 yd ln | 8.0 stps behind FRONT side line |
| #5 | 16 | TWO: 3.0 stps inside 40 yd ln | 12.0 stps behind FRONT side line |
| #6 | 18 | TWO: On 45 yd ln | 11.5 stps in frnt of FRONT hash (HS) |
| #7 | 14 | TWO: On 45 yd ln | 11.5 stps in frnt of FRONT hash (HS) |
| #8 | 16 | TWO: 4.0 stps inside 40 yd ln | 6.0 stps behind FRONT side line |
| #9 | 8 | TWO: 4.0 stps inside 40 yd ln | 6.0 stps behind FRONT side line |
| #10 | 20 | TWO: 4.0 stps inside 40 yd ln | 6.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | ONE: 3.0 stps inside 35 yd ln | 5.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | ONE: 3.0 stps inside 35 yd ln | 5.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | ONE: 3.0 stps inside 35 yd ln | 5.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | ONE: 3.0 stps inside 35 yd ln | 5.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | ONE: On 40 yd ln | 4.0 stps behind FRONT hash (HS) |
| #6 | 18 | ONE: On 45 yd ln | 4.0 stps behind FRONT hash (HS) |
| #7 | 14 | ONE: On 45 yd ln | 4.0 stps behind FRONT hash (HS) |
| #8 | 16 | ONE: 4.0 stps outside 40 yd ln | on FRONT hash (HS) |
| #9 | 8 | ONE: 4.0 stps outside 45 yd ln | on FRONT hash (HS) |
| #10 | 20 | ONE: 4.0 stps outside 45 yd ln | on FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|--------------------------------------|
| #1 | 0 | ONE: 1.0 stp outside 35 yd ln | 11.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | ONE: 1.0 stp outside 35 yd ln | 11.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | ONE: 1.0 stp outside 35 yd ln | 11.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | ONE: 1.0 stp outside 35 yd ln | 11.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | ONE: 3.75 stps outside 35 yd ln | 5.0 stps behind FRONT hash (HS) |
| #6 | 18 | ONE: 3.75 stps outside 40 yd ln | 5.0 stps behind FRONT hash (HS) |
| #7 | 14 | ONE: 3.75 stps outside 40 yd ln | 5.0 stps behind FRONT hash (HS) |
| #8 | 16 | ONE: 4.0 stps inside 30 yd ln | 4.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | ONE: 4.0 stps outside 40 yd ln | 4.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | ONE: 4.0 stps outside 40 yd ln | 4.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|-------------------------------------|
| #1 | 0 | ONE: On 30 yd In | 8.0 stps in frmt of FRONT hash (HS) |
| #2 | 20 | ONE: On 30 yd In | 8.0 stps in frmt of FRONT hash (HS) |
| #3 | 16 | ONE: On 30 yd In | 8.0 stps in frmt of FRONT hash (HS) |
| #4 | 16 | ONE: On 30 yd In | 8.0 stps in frmt of FRONT hash (HS) |
| #5 | 16 | ONE: 1.25 stps outside 30 yd In | 2.75 stps behind FRONT hash (HS) |
| #6 | 18 | ONE: 1.25 stps outside 35 yd In | 2.75 stps behind FRONT hash (HS) |
| #7 | 14 | ONE: 1.25 stps outside 35 yd In | 2.75 stps behind FRONT hash (HS) |
| #8 | 16 | ONE: On 30 yd In | 6.0 stps in frmt of FRONT hash (HS) |
| #9 | 8 | ONE: On 35 yd In | 6.0 stps in frmt of FRONT hash (HS) |
| #10 | 20 | ONE: On 35 yd In | 6.0 stps in frmt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|-------------------------------|-------------------------------------|
| #1 | 0 | ONE: 3.0 stps inside 25 yd In | 9.0 stps in frmt of FRONT hash (HS) |
| #2 | 20 | ONE: 3.0 stps inside 25 yd In | 9.0 stps in frmt of FRONT hash (HS) |
| #3 | 16 | ONE: 3.0 stps inside 25 yd In | 9.0 stps in frmt of FRONT hash (HS) |
| #4 | 16 | ONE: 3.0 stps inside 25 yd In | 9.0 stps in frmt of FRONT hash (HS) |
| #5 | 16 | ONE: 2.0 stps inside 25 yd In | 1.0 stps in frmt of FRONT hash (HS) |
| #6 | 18 | ONE: 2.0 stps inside 30 yd In | 1.0 stps in frmt of FRONT hash (HS) |
| #7 | 14 | ONE: 2.0 stps inside 30 yd In | 1.0 stps in frmt of FRONT hash (HS) |
| #8 | 16 | ONE: 4.0 stps inside 25 yd In | 8.0 stps in frmt of FRONT hash (HS) |
| #9 | 8 | ONE: 4.0 stps inside 30 yd In | 8.0 stps in frmt of FRONT hash (HS) |
| #10 | 20 | ONE: 4.0 stps inside 30 yd In | 8.0 stps in frmt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|-------------------------------------|
| #1 | 0 | ONE: 2.0 stps outside 35 yd In | 4.0 stps in frmt of FRONT hash (HS) |
| #2 | 20 | ONE: 2.0 stps outside 35 yd In | 4.0 stps in frmt of FRONT hash (HS) |
| #3 | 16 | ONE: 2.0 stps outside 35 yd In | 4.0 stps in frmt of FRONT hash (HS) |
| #4 | 16 | ONE: 2.0 stps outside 35 yd In | 4.0 stps in frmt of FRONT hash (HS) |
| #5 | 16 | ONE: 2.75 stps outside 40 yd In | 4.75 stps behind FRONT hash (HS) |
| #6 | 18 | ONE: 2.75 stps outside 45 yd In | 4.75 stps behind FRONT hash (HS) |
| #7 | 14 | ONE: 2.75 stps outside 45 yd In | 4.75 stps behind FRONT hash (HS) |
| #8 | 16 | ONE: 4.0 stps inside 30 yd In | 2.0 stps behind FRONT hash (HS) |
| #9 | 8 | ONE: 4.0 stps inside 35 yd In | 2.0 stps behind FRONT hash (HS) |
| #10 | 20 | ONE: 4.0 stps inside 35 yd In | 2.0 stps behind FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | ONE: 4.0 stps inside 30 yd In | 8.0 stps in frmt of FRONT hash (HS) |
| #2 | 20 | ONE: 4.0 stps inside 30 yd In | 8.0 stps in frmt of FRONT hash (HS) |
| #3 | 16 | ONE: 4.0 stps inside 30 yd In | 8.0 stps in frmt of FRONT hash (HS) |
| #4 | 16 | ONE: 4.0 stps inside 30 yd In | 8.0 stps in frmt of FRONT hash (HS) |
| #5 | 16 | ONE: 1.25 stps inside 30 yd In | 4.0 stps behind FRONT hash (HS) |
| #6 | 18 | ONE: 1.25 stps inside 35 yd In | 4.0 stps behind FRONT hash (HS) |
| #7 | 14 | ONE: 1.25 stps inside 35 yd In | 4.0 stps behind FRONT hash (HS) |
| #8 | 16 | ONE: 4.0 stps inside 25 yd In | 2.0 stps in frmt of FRONT hash (HS) |
| #9 | 8 | ONE: 4.0 stps inside 30 yd In | 2.0 stps in frmt of FRONT hash (HS) |
| #10 | 20 | ONE: 4.0 stps inside 30 yd In | 2.0 stps in frmt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|---------------------------------|-------------------------------------|
| #1 | 0 | ONE: 4.0 stps inside 25 yd In | 5.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | ONE: 4.0 stps inside 25 yd In | 5.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | ONE: 4.0 stps inside 25 yd In | 5.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | ONE: 4.0 stps inside 25 yd In | 5.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | ONE: 3.75 stps outside 30 yd In | 1.0 stps behind FRONT hash (HS) |
| #6 | 18 | ONE: 3.5 stps outside 35 yd In | 1.0 stps behind FRONT hash (HS) |
| #7 | 14 | ONE: 3.5 stps outside 35 yd In | 1.0 stps behind FRONT hash (HS) |
| #8 | 16 | ONE: On 25 yd In | 4.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | ONE: On 30 yd In | 4.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | ONE: On 30 yd In | 4.0 stps in frnt of FRONT hash (HS) |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | ONE: 4.0 stps inside 35 yd In | 13.0 stps in frnt of BACK hash (HS) |
| #2 | 20 | ONE: 4.0 stps inside 35 yd In | 13.0 stps in frnt of BACK hash (HS) |
| #3 | 16 | ONE: 4.0 stps inside 35 yd In | 13.0 stps in frnt of BACK hash (HS) |
| #4 | 16 | ONE: 3.0 stps outside 40 yd In | 5.0 stps behind FRONT hash (HS) |
| #5 | 16 | ONE: 3.0 stps inside 40 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #6 | 18 | ONE: 3.0 stps inside 45 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #7 | 14 | ONE: 3.0 stps inside 45 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #8 | 16 | ONE: 2.0 stps inside 45 yd In | 12.0 stps behind FRONT side line |
| #9 | 8 | ONE: 2.0 stps inside 45 yd In | 12.0 stps behind FRONT side line |
| #10 | 20 | ONE: 2.0 stps inside 45 yd In | 12.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|--------------------------------|-------------------------------------|
| #1 | 0 | TWO: 1.0 stp outside 35 yd In | 4.0 stps behind FRONT hash (HS) |
| #2 | 20 | TWO: 1.0 stp outside 35 yd In | 4.0 stps behind FRONT hash (HS) |
| #3 | 16 | TWO: 1.0 stp outside 35 yd In | 4.0 stps behind FRONT hash (HS) |
| #4 | 16 | TWO: 4.0 stps outside 40 yd In | on FRONT hash (HS) |
| #5 | 16 | TWO: 3.0 stps outside 45 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #6 | 18 | TWO: 2.75 stps inside 45 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #7 | 14 | TWO: 2.75 stps inside 45 yd In | 2.0 stps in frnt of FRONT hash (HS) |
| #8 | 16 | TWO: 2.0 stps inside 45 yd In | 12.0 stps behind FRONT side line |
| #9 | 8 | TWO: 2.0 stps inside 45 yd In | 12.0 stps behind FRONT side line |
| #10 | 20 | TWO: 2.0 stps inside 45 yd In | 12.0 stps behind FRONT side line |

| Set | Move | ONE-TWO | BACK-FRONT |
|-----|------|-------------------------------|--------------------------------------|
| #1 | 0 | TWO: On 30 yd In | 9.0 stps in frnt of FRONT hash (HS) |
| #2 | 20 | TWO: On 30 yd In | 9.0 stps in frnt of FRONT hash (HS) |
| #3 | 16 | TWO: On 30 yd In | 9.0 stps in frnt of FRONT hash (HS) |
| #4 | 16 | TWO: 3.0 stps inside 35 yd In | 10.0 stps in frnt of FRONT hash (HS) |
| #5 | 16 | TWO: On 45 yd In | 9.0 stps in frnt of FRONT hash (HS) |
| #6 | 18 | On 50 yd In | 9.0 stps in frnt of FRONT hash (HS) |
| #7 | 14 | On 50 yd In | 9.0 stps in frnt of FRONT hash (HS) |
| #8 | 16 | TWO: On 50 yd In | 10.0 stps in frnt of FRONT hash (HS) |
| #9 | 8 | TWO: On 50 yd In | 10.0 stps in frnt of FRONT hash (HS) |
| #10 | 20 | TWO: On 50 yd In | 10.0 stps in frnt of FRONT hash (HS) |