

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 35 yd In	On Front Sideline Hash (HS)
1	16	Side 1: On 35 yd In	On Front Sideline Hash (HS)
2	20	Side 1: On 35 yd In	On Front Sideline Hash (HS)
3	12	Side 1: On 35 yd In	10.0 steps in front of Front Sideline Hash (HS)
4	32	Side 1: 4.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps inside 30 yd In	10.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 1.75 steps inside 25 yd In	5.5 steps behind Front Sideline Hash (HS)
10	16	Side 1: 0.5 steps outside 25 yd In	5.75 steps behind Front Sideline Hash (HS)
11	32	Side 1: 1.25 steps outside 30 yd In	4.25 steps behind Front Sideline Hash (HS)
12	8	Side 1: 3.5 steps outside 30 yd In	1.25 steps in front of Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: On 30 yd In	4.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 4.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: On 30 yd In	4.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: On 20 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 20 yd In	14.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 25 yd In	14.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: 2.0 steps outside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
22	46	Side 1: 2.0 steps outside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
23	12	Side 1: 0.5 steps outside 25 yd In	On Front Sideline Hash (HS)
24	12	Side 1: 0.5 steps outside 25 yd In	6.0 steps behind Front Sideline Hash (HS)
25	12	Side 1: 0.5 steps outside 25 yd In	6.75 steps behind Front Sideline Hash (HS)
26	19	Side 1: 0.5 steps outside 25 yd In	2.75 steps behind Front Sideline Hash (HS)

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Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 35 yd In	2.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: 2.0 steps inside 35 yd In	2.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 35 yd In	2.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
4	32	Side 1: 2.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 1: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: On 35 yd In	10.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 0.5 steps outside 30 yd In	3.75 steps behind Front Sideline Hash (HS)
10	16	Side 1: 3.0 steps outside 30 yd In	8.25 steps behind Front Sideline Hash (HS)
11	32	Side 1: 3.5 steps outside 35 yd In	5.5 steps behind Front Sideline Hash (HS)
12	8	Side 1: 1.75 steps inside 30 yd In	1.5 steps behind Front Sideline Hash (HS)
13	24	Side 1: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps outside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps outside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 4.0 steps inside 20 yd In	10.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: On 30 yd In	10.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: 4.0 steps inside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 4.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 1: 0.25 steps outside 30 yd In	11.5 steps behind Front Sideline Hash (HS)
24	12	Side 1: 0.25 steps outside 30 yd In	12.5 steps behind Front Sideline Hash (HS)
25	12	Side 1: 0.25 steps outside 30 yd In	6.25 steps behind Front Sideline Hash (HS)
26	19	Side 1: 0.25 steps outside 30 yd In	2.25 steps behind Front Sideline Hash (HS)

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Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 35 yd In	2.0 steps in front of Front Sideline Hash (HS)
1	16	Side 1: 2.0 steps inside 35 yd In	2.0 steps in front of Front Sideline Hash (HS)
2	20	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
3	12	Side 1: On 35 yd In	14.0 steps behind Front Sideline side line
4	32	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline side line
5	8	Side 1: 2.0 steps inside 35 yd In	12.0 steps behind Front Sideline side line
6	16	Side 1: 2.0 steps inside 35 yd In	12.0 steps behind Front Sideline side line
7	20	Side 1: 2.0 steps inside 35 yd In	12.0 steps behind Front Sideline side line
8	16	Side 1: 2.0 steps inside 35 yd In	10.0 steps behind Front Sideline side line
9	24	Side 1: 1.75 steps inside 35 yd In	3.5 steps behind Front Sideline side line
10	16	Side 1: 0.75 steps outside 45 yd In	9.0 steps in front of Front Sideline Hash (HS)
11	32	Side 1: 2.0 steps inside 45 yd In	9.25 steps in front of Front Sideline Hash (HS)
12	8	Side 1: 0.75 steps outside 50 yd In	6.25 steps in front of Front Sideline Hash (HS)
13	24	On 50 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 4.0 steps inside 35 yd In	14.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: On 45 yd In	14.0 steps in front of Back Sideline Hash (HS)
21	16	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 4.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 2: 1.5 steps outside 35 yd In	3.25 steps behind Front Sideline Hash (HS)
24	12	Side 2: 1.5 steps outside 35 yd In	4.25 steps behind Front Sideline Hash (HS)
25	12	Side 2: 1.5 steps outside 35 yd In	13.25 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 1.5 steps outside 35 yd In	10.75 steps behind Front Sideline Hash (HS)

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Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 45 yd In	2.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: 2.0 steps outside 45 yd In	2.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 45 yd In	6.0 steps in front of Front Sideline Hash (HS)
4	32	Side 1: 4.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps inside 40 yd In	10.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 1.75 steps outside 35 yd In	3.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 1.0 steps outside 35 yd In	7.5 steps behind Front Sideline Hash (HS)
11	32	Side 1: 2.75 steps outside 40 yd In	1.25 steps behind Front Sideline Hash (HS)
12	8	Side 1: 2.5 steps inside 35 yd In	2.25 steps in front of Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 4.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: On 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 4.0 steps inside 20 yd In	6.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: On 30 yd In	6.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: On 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 1: 2.0 steps inside 25 yd In	9.5 steps behind Front Sideline Hash (HS)
24	12	Side 1: 2.0 steps inside 25 yd In	10.5 steps behind Front Sideline Hash (HS)
25	12	Side 1: 2.0 steps inside 25 yd In	8.5 steps behind Front Sideline Hash (HS)
26	19	Side 1: 2.0 steps inside 25 yd In	4.5 steps behind Front Sideline Hash (HS)

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Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 25 yd In	14.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: 2.0 steps inside 25 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 25 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 25 yd In	2.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: On 30 yd In	On Front Sideline Hash (HS)
5	8	Side 1: On 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: On 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: On 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: On 30 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 3.0 steps outside 40 yd In	13.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: 3.0 steps outside 35 yd In	7.25 steps in front of Back Sideline Hash (HS)
11	32	Side 1: 2.75 steps outside 40 yd In	13.0 steps in front of Back Sideline Hash (HS)
12	8	Side 1: 0.75 steps inside 40 yd In	12.25 steps behind Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 4.0 steps inside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 4.0 steps inside 25 yd In	On Back Sideline Hash (HS)
20	16	Side 1: On 35 yd In	On Back Sideline Hash (HS)
21	16	Side 1: 4.0 steps inside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 4.0 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 1: 0.25 steps outside 30 yd In	7.5 steps in front of Back Sideline Hash (HS)
24	12	Side 1: 0.25 steps outside 30 yd In	12.5 steps in front of Back Sideline Hash (HS)
25	12	Side 1: 0.25 steps outside 30 yd In	9.25 steps behind Front Sideline Hash (HS)
26	19	Side 1: 0.25 steps outside 30 yd In	5.25 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 25 yd In	10.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: 2.0 steps inside 25 yd In	10.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 25 yd In	6.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	32	Side 1: 2.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 1: On 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: On 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: On 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: On 30 yd In	10.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 0.25 steps outside 25 yd In	5.5 steps behind Front Sideline Hash (HS)
10	16	Side 1: 2.0 steps outside 25 yd In	4.25 steps behind Front Sideline Hash (HS)
11	32	Side 1: 3.0 steps outside 30 yd In	3.0 steps behind Front Sideline Hash (HS)
12	8	Side 1: 3.25 steps inside 25 yd In	3.0 steps in front of Front Sideline Hash (HS)
13	24	Side 1: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps outside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: 4.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
22	46	Side 1: 4.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
23	12	Side 1: 3.0 steps outside 25 yd In	1.5 steps in front of Front Sideline Hash (HS)
24	12	Side 1: 3.0 steps outside 25 yd In	4.5 steps behind Front Sideline Hash (HS)
25	12	Side 1: 3.0 steps outside 25 yd In	8.25 steps behind Front Sideline Hash (HS)
26	19	Side 1: 3.0 steps outside 25 yd In	4.25 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 25 yd In	14.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: 2.0 steps outside 25 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 25 yd In	14.0 steps in front of Back Sideline Hash (HS)
3	12	Side 1: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: 2.0 steps outside 30 yd In	On Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps outside 30 yd In	On Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps outside 30 yd In	On Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps outside 30 yd In	On Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps outside 30 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 3.5 steps inside 35 yd In	13.75 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 3.0 steps inside 30 yd In	7.0 steps in front of Back Sideline Hash (HS)
11	32	Side 1: 3.5 steps inside 35 yd In	12.75 steps in front of Back Sideline Hash (HS)
12	8	Side 1: 1.0 steps outside 40 yd In	13.0 steps behind Front Sideline Hash (HS)
13	24	Side 1: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps inside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps inside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 2.0 steps inside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 2.0 steps outside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: 4.0 steps inside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 1: 3.5 steps inside 35 yd In	13.5 steps behind Front Sideline Hash (HS)
24	12	Side 1: 3.5 steps inside 35 yd In	13.5 steps in front of Back Sideline Hash (HS)
25	12	Side 1: 3.5 steps inside 35 yd In	4.5 steps behind Front Sideline Hash (HS)
26	19	Side 1: 3.5 steps inside 35 yd In	0.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 25 yd In	10.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: 2.0 steps outside 25 yd In	10.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 25 yd In	2.0 steps in front of Front Sideline Hash (HS)
4	32	Side 1: On 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps outside 30 yd In	10.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 2.25 steps outside 25 yd In	5.5 steps behind Front Sideline Hash (HS)
10	16	Side 1: 3.25 steps outside 25 yd In	3.0 steps behind Front Sideline Hash (HS)
11	32	Side 1: 3.5 steps inside 25 yd In	1.75 steps behind Front Sideline Hash (HS)
12	8	Side 1: 2.5 steps inside 25 yd In	4.75 steps in front of Front Sideline Hash (HS)
13	24	Side 1: On 25 yd In	On Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps outside 40 yd In	On Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps outside 30 yd In	On Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps inside 20 yd In	On Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps outside 30 yd In	On Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 20 yd In	10.0 steps behind Front Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 25 yd In	10.0 steps behind Front Sideline Hash (HS)
21	16	Side 1: 2.0 steps inside 20 yd In	On Front Sideline Hash (HS)
22	46	Side 1: 2.0 steps inside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
23	12	Side 1: 2.5 steps inside 20 yd In	10.25 steps in front of Front Sideline Hash (HS)
24	12	Side 1: 2.5 steps inside 20 yd In	0.25 steps in front of Front Sideline Hash (HS)
25	12	Side 1: 2.5 steps inside 20 yd In	7.0 steps behind Front Sideline Hash (HS)
26	19	Side 1: 2.5 steps inside 20 yd In	3.0 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 25 yd In	12.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: On 25 yd In	12.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 25 yd In	10.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 25 yd In	On Front Sideline Hash (HS)
4	32	Side 1: 2.0 steps inside 30 yd In	On Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps inside 30 yd In	On Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps inside 30 yd In	On Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps inside 30 yd In	On Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps inside 30 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 1.5 steps outside 40 yd In	11.5 steps behind Front Sideline Hash (HS)
10	16	Side 1: 1.0 steps outside 35 yd In	7.5 steps in front of Back Sideline Hash (HS)
11	32	Side 1: 0.75 steps outside 40 yd In	13.75 steps in front of Back Sideline Hash (HS)
12	8	Side 1: 2.5 steps inside 40 yd In	11.25 steps behind Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 4.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 4.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 4.0 steps inside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 2.0 steps outside 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 2.0 steps inside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: 2.0 steps outside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 2.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 1: 1.5 steps outside 40 yd In	13.5 steps behind Front Sideline Hash (HS)
24	12	Side 1: 1.5 steps outside 40 yd In	13.5 steps in front of Back Sideline Hash (HS)
25	12	Side 1: 1.5 steps outside 40 yd In	4.25 steps behind Front Sideline Hash (HS)
26	19	Side 1: 1.5 steps outside 40 yd In	0.25 steps behind Front Sideline Hash (HS)

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Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 35 yd In	14.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: 2.0 steps outside 35 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 35 yd In	14.0 steps in front of Back Sideline Hash (HS)
3	12	Side 1: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: 2.0 steps outside 40 yd In	On Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps outside 40 yd In	On Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps outside 40 yd In	On Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps outside 40 yd In	On Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps outside 40 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 2.5 steps inside 40 yd In	0.5 steps behind Front Sideline Hash (HS)
10	16	Side 1: 1.0 steps inside 40 yd In	13.75 steps behind Front Sideline Hash (HS)
11	32	Side 1: 0.5 steps outside 45 yd In	5.75 steps behind Front Sideline Hash (HS)
12	8	Side 1: On 45 yd In	1.0 steps behind Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	On 50 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 4.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: On 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 2.0 steps outside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 2.0 steps inside 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: 2.0 steps outside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 2.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 1: 2.5 steps inside 45 yd In	12.25 steps behind Front Sideline Hash (HS)
24	12	Side 1: 2.5 steps inside 45 yd In	13.25 steps behind Front Sideline Hash (HS)
25	12	Side 1: 2.5 steps inside 45 yd In	5.5 steps behind Front Sideline Hash (HS)
26	19	Side 1: 2.5 steps inside 45 yd In	1.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 35 yd In	10.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: 2.0 steps outside 35 yd In	10.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 35 yd In	2.0 steps in front of Front Sideline Hash (HS)
4	32	Side 1: 4.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps inside 35 yd In	10.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 1.0 steps inside 30 yd In	2.75 steps behind Front Sideline Hash (HS)
10	16	Side 1: 1.0 steps outside 30 yd In	8.5 steps behind Front Sideline Hash (HS)
11	32	Side 1: 1.5 steps outside 35 yd In	5.25 steps behind Front Sideline Hash (HS)
12	8	Side 1: 3.75 steps inside 30 yd In	1.5 steps behind Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 4.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: On 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: On 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: On 20 yd In	4.0 steps behind Front Sideline Hash (HS)
22	46	Side 1: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
23	12	Side 1: On 20 yd In	5.0 steps in front of Front Sideline Hash (HS)
24	12	Side 1: On 20 yd In	1.0 steps behind Front Sideline Hash (HS)
25	12	Side 1: On 20 yd In	11.75 steps behind Front Sideline Hash (HS)
26	19	Side 1: On 20 yd In	7.75 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 35 yd In	14.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: 2.0 steps inside 35 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 35 yd In	2.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: On 40 yd In	On Front Sideline Hash (HS)
5	8	Side 1: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: On 40 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 2.5 steps inside 40 yd In	1.5 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 2.0 steps inside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
11	32	Side 1: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
12	8	Side 1: 0.25 steps outside 45 yd In	1.0 steps in front of Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
14	16	On 50 yd In	4.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 4.0 steps inside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 2.0 steps outside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 2.0 steps inside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	On 50 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 2: 0.25 steps inside 45 yd In	5.75 steps behind Front Sideline Hash (HS)
24	12	Side 2: 0.25 steps inside 45 yd In	6.75 steps behind Front Sideline Hash (HS)
25	12	Side 2: 0.25 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
26	19	Side 2: 0.25 steps inside 45 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 35 yd In	10.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: 2.0 steps inside 35 yd In	10.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 35 yd In	6.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	32	Side 1: 2.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 1: 4.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: 4.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: 4.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: 4.0 steps inside 35 yd In	10.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 2.75 steps inside 30 yd In	1.5 steps behind Front Sideline Hash (HS)
10	16	Side 1: 1.0 steps inside 30 yd In	8.75 steps behind Front Sideline Hash (HS)
11	32	Side 1: 0.5 steps inside 35 yd In	4.75 steps behind Front Sideline Hash (HS)
12	8	Side 1: 2.5 steps outside 35 yd In	1.25 steps behind Front Sideline Hash (HS)
13	24	Side 1: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps inside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: On 20 yd In	10.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 25 yd In	10.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: 2.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
22	46	Side 1: 2.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
23	12	Side 1: 2.5 steps inside 20 yd In	3.25 steps in front of Front Sideline Hash (HS)
24	12	Side 1: 2.5 steps inside 20 yd In	2.75 steps behind Front Sideline Hash (HS)
25	12	Side 1: 2.5 steps inside 20 yd In	10.0 steps behind Front Sideline Hash (HS)
26	19	Side 1: 2.5 steps inside 20 yd In	6.0 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 35 yd In	10.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 35 yd In	On Front Sideline Hash (HS)
4	32	Side 1: 2.0 steps inside 40 yd In	On Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps inside 40 yd In	On Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps inside 40 yd In	On Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps inside 40 yd In	On Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps inside 40 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 2.25 steps inside 40 yd In	3.5 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 3.0 steps inside 40 yd In	10.0 steps behind Front Sideline Hash (HS)
11	32	Side 1: 0.5 steps inside 45 yd In	2.0 steps behind Front Sideline Hash (HS)
12	8	Side 1: 0.75 steps outside 45 yd In	3.0 steps in front of Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 45 yd In	On Front Sideline Hash (HS)
14	16	On 50 yd In	On Front Sideline Hash (HS)
15	16	Side 1: On 40 yd In	On Front Sideline Hash (HS)
16	32	Side 1: 4.0 steps inside 30 yd In	On Front Sideline Hash (HS)
17	16	Side 1: On 40 yd In	On Front Sideline Hash (HS)
18	32	Side 1: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
20	16	Side 1: 2.0 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
21	16	Side 1: 2.0 steps outside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 2.0 steps outside 50 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 2: 3.0 steps inside 45 yd In	7.0 steps behind Front Sideline Hash (HS)
24	12	Side 2: 3.0 steps inside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
25	12	Side 2: 3.0 steps inside 45 yd In	11.0 steps behind Front Sideline Hash (HS)
26	19	Side 2: 3.0 steps inside 45 yd In	7.0 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 45 yd In	14.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: 2.0 steps inside 45 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 45 yd In	2.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps outside 45 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 1.0 steps inside 40 yd In	7.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 3.75 steps inside 40 yd In	6.0 steps behind Front Sideline Hash (HS)
11	32	Side 1: 0.5 steps inside 45 yd In	2.0 steps in front of Front Sideline Hash (HS)
12	8	Side 1: 2.75 steps outside 45 yd In	6.5 steps in front of Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 40 yd In	On Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 45 yd In	On Front Sideline Hash (HS)
15	16	Side 1: 4.0 steps inside 35 yd In	On Front Sideline Hash (HS)
16	32	Side 1: On 30 yd In	On Front Sideline Hash (HS)
17	16	Side 1: 4.0 steps inside 35 yd In	On Front Sideline Hash (HS)
18	32	Side 1: 4.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
20	16	Side 1: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
21	16	Side 1: 2.0 steps inside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 2.0 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 1: 0.25 steps outside 50 yd In	9.75 steps behind Front Sideline Hash (HS)
24	12	Side 1: 0.25 steps outside 50 yd In	10.75 steps behind Front Sideline Hash (HS)
25	12	Side 1: 0.25 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)
26	19	Side 1: 0.25 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 45 yd In	10.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: 2.0 steps inside 45 yd In	10.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 45 yd In	6.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	32	Side 1: 2.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 1: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: On 45 yd In	10.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: On 35 yd In	9.0 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 4.0 steps inside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
11	32	Side 1: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
12	8	Side 1: 4.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 35 yd In	On Front Sideline Hash (HS)
14	16	Side 1: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	16	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	32	Side 1: 4.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	16	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
18	32	Side 1: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 4.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
20	16	Side 1: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
21	16	Side 1: 4.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
22	46	Side 1: 4.0 steps inside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
23	12	Side 1: 0.25 steps outside 30 yd In	3.5 steps behind Front Sideline Hash (HS)
24	12	Side 1: 0.25 steps outside 30 yd In	9.5 steps behind Front Sideline Hash (HS)
25	12	Side 1: 0.25 steps outside 30 yd In	3.25 steps behind Front Sideline Hash (HS)
26	19	Side 1: 0.25 steps outside 30 yd In	0.75 steps in front of Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 45 yd In	14.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: 2.0 steps outside 45 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 45 yd In	14.0 steps in front of Back Sideline Hash (HS)
3	12	Side 1: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: 4.0 steps inside 40 yd In	On Front Sideline Hash (HS)
5	8	Side 1: 4.0 steps inside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: 4.0 steps inside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: 4.0 steps inside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: 4.0 steps inside 40 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 1.75 steps inside 40 yd In	5.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 3.5 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
11	32	Side 1: 0.5 steps inside 45 yd In	On Front Sideline Hash (HS)
12	8	Side 1: 1.5 steps outside 45 yd In	4.75 steps in front of Front Sideline Hash (HS)
13	24	Side 1: On 45 yd In	On Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps outside 50 yd In	On Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps outside 40 yd In	On Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps inside 30 yd In	On Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps outside 40 yd In	On Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
20	16	Side 1: 2.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
21	16	Side 1: 4.0 steps inside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 4.0 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 2: 2.5 steps outside 50 yd In	8.25 steps behind Front Sideline Hash (HS)
24	12	Side 2: 2.5 steps outside 50 yd In	9.25 steps behind Front Sideline Hash (HS)
25	12	Side 2: 2.5 steps outside 50 yd In	9.5 steps behind Front Sideline Hash (HS)
26	19	Side 2: 2.5 steps outside 50 yd In	5.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 45 yd In	10.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: 2.0 steps outside 45 yd In	10.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 45 yd In	2.0 steps in front of Front Sideline Hash (HS)
4	32	Side 1: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps outside 45 yd In	10.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 0.25 steps outside 35 yd In	7.0 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 2.5 steps inside 35 yd In	5.25 steps behind Front Sideline Hash (HS)
11	32	Side 1: 0.75 steps outside 40 yd In	2.0 steps in front of Front Sideline Hash (HS)
12	8	Side 1: 4.0 steps inside 35 yd In	6.0 steps in front of Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 35 yd In	On Front Sideline Hash (HS)
14	16	Side 1: On 45 yd In	On Front Sideline Hash (HS)
15	16	Side 1: On 35 yd In	On Front Sideline Hash (HS)
16	32	Side 1: 4.0 steps inside 25 yd In	On Front Sideline Hash (HS)
17	16	Side 1: On 35 yd In	On Front Sideline Hash (HS)
18	32	Side 1: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 4.0 steps inside 20 yd In	10.0 steps behind Front Sideline Hash (HS)
20	16	Side 1: On 30 yd In	10.0 steps behind Front Sideline Hash (HS)
21	16	Side 1: 2.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
22	46	Side 1: 2.0 steps inside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
23	12	Side 1: 3.25 steps outside 30 yd In	2.75 steps behind Front Sideline Hash (HS)
24	12	Side 1: 3.25 steps outside 30 yd In	8.75 steps behind Front Sideline Hash (HS)
25	12	Side 1: 3.25 steps outside 30 yd In	4.25 steps behind Front Sideline Hash (HS)
26	19	Side 1: 3.25 steps outside 30 yd In	0.25 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 45 yd In	10.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 45 yd In	On Front Sideline Hash (HS)
4	32	Side 1: On 45 yd In	On Front Sideline Hash (HS)
5	8	Side 1: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: On 45 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: On 40 yd In	9.0 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 4.0 steps inside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
11	32	Side 1: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
12	8	Side 1: 4.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	24	Side 1: On 40 yd In	On Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps inside 45 yd In	On Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps inside 35 yd In	On Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps outside 30 yd In	On Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps inside 35 yd In	On Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 2.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
20	16	Side 1: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
21	16	Side 1: On 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 1: 2.75 steps outside 50 yd In	11.25 steps behind Front Sideline Hash (HS)
24	12	Side 1: 2.75 steps outside 50 yd In	12.25 steps behind Front Sideline Hash (HS)
25	12	Side 1: 2.75 steps outside 50 yd In	6.5 steps behind Front Sideline Hash (HS)
26	19	Side 1: 2.75 steps outside 50 yd In	2.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 15 yd In	14.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: 2.0 steps outside 15 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 15 yd In	14.0 steps in front of Back Sideline Hash (HS)
3	12	Side 1: On 15 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: 4.0 steps inside 15 yd In	On Front Sideline Hash (HS)
5	8	Side 1: 4.0 steps inside 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: 4.0 steps inside 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: 4.0 steps inside 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: 4.0 steps inside 15 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 2.5 steps inside 25 yd In	11.0 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 4.0 steps inside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
11	32	Side 1: 4.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
12	8	Side 1: On 30 yd In	6.0 steps behind Front Sideline Hash (HS)
13	24	Side 1: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: On 20 yd In	6.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 25 yd In	6.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: 4.0 steps inside 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 4.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 1: 3.0 steps outside 25 yd In	6.5 steps behind Front Sideline Hash (HS)
24	12	Side 1: 3.0 steps outside 25 yd In	7.5 steps behind Front Sideline Hash (HS)
25	12	Side 1: 3.0 steps outside 25 yd In	11.25 steps behind Front Sideline Hash (HS)
26	19	Side 1: 3.0 steps outside 25 yd In	7.25 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 15 yd In	10.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: 2.0 steps outside 15 yd In	10.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 15 yd In	8.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 15 yd In	2.0 steps in front of Front Sideline Hash (HS)
4	32	Side 1: 4.0 steps inside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps inside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps inside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps inside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps inside 20 yd In	10.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 3.5 steps inside 15 yd In	0.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 1.25 steps inside 20 yd In	8.5 steps in front of Front Sideline Hash (HS)
11	32	Side 1: On 25 yd In	9.25 steps in front of Front Sideline Hash (HS)
12	8	Side 1: 1.75 steps outside 30 yd In	12.75 steps behind Front Sideline side line
13	24	Side 1: On 30 yd In	On Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps inside 40 yd In	On Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps inside 30 yd In	On Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps outside 25 yd In	On Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps inside 30 yd In	On Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 20 yd In	6.0 steps behind Front Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 25 yd In	6.0 steps behind Front Sideline Hash (HS)
21	16	Side 1: 2.0 steps outside 25 yd In	On Front Sideline Hash (HS)
22	46	Side 1: 2.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
23	12	Side 1: 0.5 steps outside 25 yd In	7.0 steps in front of Front Sideline Hash (HS)
24	12	Side 1: 0.5 steps outside 25 yd In	3.0 steps behind Front Sideline Hash (HS)
25	12	Side 1: 0.5 steps outside 25 yd In	3.75 steps behind Front Sideline Hash (HS)
26	19	Side 1: 0.5 steps outside 25 yd In	0.25 steps in front of Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 15 yd In	14.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: 2.0 steps inside 15 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 15 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 15 yd In	2.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: 2.0 steps outside 20 yd In	On Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps outside 20 yd In	On Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps outside 20 yd In	On Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps outside 20 yd In	On Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps outside 20 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 3.5 steps outside 30 yd In	10.25 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 3.0 steps outside 25 yd In	13.75 steps behind Front Sideline Hash (HS)
11	32	Side 1: 2.75 steps outside 30 yd In	9.75 steps behind Front Sideline Hash (HS)
12	8	Side 1: 1.0 steps inside 30 yd In	7.75 steps behind Front Sideline Hash (HS)
13	24	Side 1: On 25 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps outside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps inside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps outside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: On 20 yd In	On Back Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 25 yd In	On Back Sideline Hash (HS)
21	16	Side 1: On 20 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: On 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 1: On 20 yd In	12.0 steps behind Front Sideline Hash (HS)
24	12	Side 1: On 20 yd In	7.0 steps behind Front Sideline Hash (HS)
25	12	Side 1: On 20 yd In	10.25 steps in front of Back Sideline Hash (HS)
26	19	Side 1: On 20 yd In	13.75 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 15 yd In	10.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: 2.0 steps inside 15 yd In	10.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 15 yd In	6.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	32	Side 1: 2.0 steps inside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 1: 4.0 steps inside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: 4.0 steps inside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: 4.0 steps inside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: 4.0 steps inside 20 yd In	10.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 3.25 steps outside 20 yd In	1.25 steps behind Front Sideline Hash (HS)
10	16	Side 1: 1.25 steps inside 20 yd In	6.5 steps in front of Front Sideline Hash (HS)
11	32	Side 1: 0.25 steps outside 25 yd In	7.25 steps in front of Front Sideline Hash (HS)
12	8	Side 1: 3.25 steps outside 30 yd In	14.0 steps in front of Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	16	Side 1: On 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	32	Side 1: 4.0 steps inside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	16	Side 1: On 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
18	32	Side 1: On 20 yd In	On Front Sideline Hash (HS)
19	16	Side 1: On 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
21	16	Side 1: On 30 yd In	On Front Sideline Hash (HS)
22	46	Side 1: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
23	12	Side 1: 2.5 steps outside 35 yd In	2.25 steps in front of Front Sideline Hash (HS)
24	12	Side 1: 2.5 steps outside 35 yd In	7.75 steps behind Front Sideline Hash (HS)
25	12	Side 1: 2.5 steps outside 35 yd In	1.0 steps in front of Front Sideline Hash (HS)
26	19	Side 1: 2.5 steps outside 35 yd In	5.0 steps in front of Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 15 yd In	12.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: On 15 yd In	12.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 15 yd In	10.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: On 15 yd In	On Front Sideline Hash (HS)
4	32	Side 1: On 20 yd In	On Front Sideline Hash (HS)
5	8	Side 1: On 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: On 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: On 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: On 20 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 1.75 steps outside 30 yd In	10.0 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 1.75 steps outside 25 yd In	12.75 steps in front of Back Sideline Hash (HS)
11	32	Side 1: 1.5 steps outside 30 yd In	11.25 steps behind Front Sideline Hash (HS)
12	8	Side 1: 2.25 steps inside 30 yd In	9.5 steps behind Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: On 40 yd In	12.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 4.0 steps inside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: On 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: On 20 yd In	2.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 25 yd In	2.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: On 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: On 25 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 1: On 20 yd In	3.0 steps behind Front Sideline Hash (HS)
24	12	Side 1: On 20 yd In	4.0 steps behind Front Sideline Hash (HS)
25	12	Side 1: On 20 yd In	13.25 steps in front of Back Sideline Hash (HS)
26	19	Side 1: On 20 yd In	10.75 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: On 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
3	12	Side 1: On 35 yd In	10.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: On 35 yd In	On Front Sideline Hash (HS)
5	8	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: On 35 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 1.25 steps inside 40 yd In	6.5 steps behind Front Sideline Hash (HS)
10	16	Side 1: 3.25 steps outside 40 yd In	10.0 steps in front of Back Sideline Hash (HS)
11	32	Side 1: 3.75 steps outside 45 yd In	10.75 steps behind Front Sideline Hash (HS)
12	8	Side 1: 1.5 steps outside 45 yd In	6.75 steps behind Front Sideline Hash (HS)
13	24	Side 1: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 2.0 steps inside 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 2.0 steps outside 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: 2.0 steps inside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 2.0 steps inside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 1: 3.5 steps outside 45 yd In	13.25 steps behind Front Sideline Hash (HS)
24	12	Side 1: 3.5 steps outside 45 yd In	13.75 steps in front of Back Sideline Hash (HS)
25	12	Side 1: 3.5 steps outside 45 yd In	4.5 steps behind Front Sideline Hash (HS)
26	19	Side 1: 3.5 steps outside 45 yd In	0.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 25 yd In	2.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: 2.0 steps outside 25 yd In	2.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 25 yd In	2.0 steps in front of Back Sideline Hash (HS)
3	12	Side 1: On 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
4	32	Side 1: 2.0 steps inside 20 yd In	On Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps inside 20 yd In	On Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps inside 20 yd In	On Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps inside 20 yd In	On Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps inside 20 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 0.25 steps inside 30 yd In	9.75 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 0.25 steps outside 25 yd In	11.25 steps in front of Back Sideline Hash (HS)
11	32	Side 1: On 30 yd In	12.5 steps behind Front Sideline Hash (HS)
12	8	Side 1: 3.5 steps inside 30 yd In	10.75 steps behind Front Sideline Hash (HS)
13	24	Side 1: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps inside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps outside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps inside 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: On 20 yd In	4.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: 2.0 steps inside 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 2.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 1: 2.5 steps inside 20 yd In	4.75 steps behind Front Sideline Hash (HS)
24	12	Side 1: 2.5 steps inside 20 yd In	5.75 steps behind Front Sideline Hash (HS)
25	12	Side 1: 2.5 steps inside 20 yd In	13.0 steps behind Front Sideline Hash (HS)
26	19	Side 1: 2.5 steps inside 20 yd In	9.0 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 25 yd In	6.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: 2.0 steps outside 25 yd In	6.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
3	12	Side 1: On 25 yd In	10.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: On 25 yd In	On Front Sideline Hash (HS)
5	8	Side 1: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: On 25 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 1.75 steps outside 35 yd In	10.75 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 3.0 steps outside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
11	32	Side 1: 2.5 steps outside 35 yd In	13.0 steps in front of Back Sideline Hash (HS)
12	8	Side 1: 1.0 steps inside 35 yd In	13.25 steps behind Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 4.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: On 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: On 25 yd In	On Back Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 30 yd In	On Back Sideline Hash (HS)
21	16	Side 1: On 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: On 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 1: 2.0 steps inside 25 yd In	9.5 steps in front of Back Sideline Hash (HS)
24	12	Side 1: 2.0 steps inside 25 yd In	13.5 steps behind Front Sideline Hash (HS)
25	12	Side 1: 2.0 steps inside 25 yd In	11.5 steps behind Front Sideline Hash (HS)
26	19	Side 1: 2.0 steps inside 25 yd In	7.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 25 yd In	2.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: 2.0 steps inside 25 yd In	2.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 25 yd In	6.0 steps in front of Back Sideline Hash (HS)
3	12	Side 1: On 25 yd In	12.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: 2.0 steps outside 25 yd In	On Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps outside 25 yd In	On Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps outside 25 yd In	On Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps outside 25 yd In	On Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps outside 25 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 3.75 steps outside 35 yd In	10.25 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 3.25 steps inside 25 yd In	9.0 steps in front of Back Sideline Hash (HS)
11	32	Side 1: 3.5 steps inside 30 yd In	13.5 steps in front of Back Sideline Hash (HS)
12	8	Side 1: 1.0 steps outside 35 yd In	12.75 steps behind Front Sideline Hash (HS)
13	24	Side 1: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 2.0 steps outside 25 yd In	On Back Sideline Hash (HS)
20	16	Side 1: 2.0 steps inside 30 yd In	On Back Sideline Hash (HS)
21	16	Side 1: 2.0 steps outside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 2.0 steps outside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 1: 0.5 steps outside 25 yd In	11.0 steps in front of Back Sideline Hash (HS)
24	12	Side 1: 0.5 steps outside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
25	12	Side 1: 0.5 steps outside 25 yd In	12.75 steps behind Front Sideline Hash (HS)
26	19	Side 1: 0.5 steps outside 25 yd In	8.75 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 25 yd In	6.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: 2.0 steps inside 25 yd In	6.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	12	Side 1: On 25 yd In	6.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: 4.0 steps inside 25 yd In	On Front Sideline Hash (HS)
5	8	Side 1: 4.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: 4.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: 4.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: 4.0 steps inside 25 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 2.0 steps inside 35 yd In	12.5 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 1.0 steps inside 30 yd In	7.0 steps in front of Back Sideline Hash (HS)
11	32	Side 1: 1.5 steps inside 35 yd In	12.5 steps in front of Back Sideline Hash (HS)
12	8	Side 1: 3.0 steps outside 40 yd In	13.5 steps behind Front Sideline Hash (HS)
13	24	Side 1: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps inside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps inside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 2.0 steps inside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 2.0 steps outside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: 2.0 steps inside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 2.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 1: 0.5 steps inside 35 yd In	13.25 steps behind Front Sideline Hash (HS)
24	12	Side 1: 0.5 steps inside 35 yd In	13.75 steps in front of Back Sideline Hash (HS)
25	12	Side 1: 0.5 steps inside 35 yd In	4.5 steps behind Front Sideline Hash (HS)
26	19	Side 1: 0.5 steps inside 35 yd In	0.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 25 yd In	2.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: On 25 yd In	2.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
3	12	Side 1: On 25 yd In	14.0 steps in front of Back Sideline Hash (HS)
4	32	Side 1: 4.0 steps inside 20 yd In	On Front Sideline Hash (HS)
5	8	Side 1: 4.0 steps inside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	16	Side 1: 4.0 steps inside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	20	Side 1: 4.0 steps inside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
8	16	Side 1: 4.0 steps inside 20 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: 2.25 steps inside 30 yd In	10.0 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 1.5 steps inside 25 yd In	10.0 steps in front of Back Sideline Hash (HS)
11	32	Side 1: 1.75 steps inside 30 yd In	13.5 steps behind Front Sideline Hash (HS)
12	8	Side 1: 2.75 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 4.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: On 25 yd In	12.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 4.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 4.0 steps inside 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 4.0 steps inside 20 yd In	On Back Sideline Hash (HS)
20	16	Side 1: On 30 yd In	On Back Sideline Hash (HS)
21	16	Side 1: 4.0 steps inside 20 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 4.0 steps inside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 1: 3.0 steps outside 25 yd In	12.5 steps in front of Back Sideline Hash (HS)
24	12	Side 1: 3.0 steps outside 25 yd In	10.5 steps behind Front Sideline Hash (HS)
25	12	Side 1: 3.0 steps outside 25 yd In	13.75 steps in front of Back Sideline Hash (HS)
26	19	Side 1: 3.0 steps outside 25 yd In	10.25 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 25 yd In	6.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: On 25 yd In	6.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 25 yd In	10.0 steps in front of Back Sideline Hash (HS)
3	12	Side 1: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: 2.0 steps inside 25 yd In	On Front Sideline Hash (HS)
5	8	Side 1: 2.0 steps inside 25 yd In	On Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps inside 25 yd In	On Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps inside 25 yd In	On Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps inside 25 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	24	Side 1: On 35 yd In	11.5 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 1.0 steps outside 30 yd In	7.5 steps in front of Back Sideline Hash (HS)
11	32	Side 1: 0.5 steps outside 35 yd In	12.75 steps in front of Back Sideline Hash (HS)
12	8	Side 1: 3.0 steps inside 35 yd In	13.5 steps behind Front Sideline Hash (HS)
13	24	Side 1: On 40 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 2.0 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps outside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps inside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 2.0 steps inside 25 yd In	On Back Sideline Hash (HS)
20	16	Side 1: 2.0 steps outside 35 yd In	On Back Sideline Hash (HS)
21	16	Side 1: 2.0 steps inside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 2.0 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 1: 3.25 steps outside 30 yd In	8.5 steps in front of Front Sideline Hash (HS)
24	12	Side 1: 3.25 steps outside 30 yd In	13.5 steps in front of Back Sideline Hash (HS)
25	12	Side 1: 3.25 steps outside 30 yd In	10.25 steps behind Front Sideline Hash (HS)
26	19	Side 1: 3.25 steps outside 30 yd In	6.25 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 25 yd In	2.0 steps in front of Front Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 30 yd In	On Front Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 2: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)
5	8	Side 2: 2.0 steps outside 50 yd In	On Front Sideline Hash (HS)
6	16	Side 2: 3.25 steps outside 50 yd In	12.5 steps behind Front Sideline Hash (HS)
7	20	Side 2: 0.5 steps outside 45 yd In	8.5 steps in front of Back Sideline Hash (HS)
8	16	Side 2: 1.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
9	24	Side 2: 1.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: 4.0 steps inside 45 yd In	7.0 steps behind Front Sideline Hash (HS)
11	32	Side 2: 3.25 steps inside 45 yd In	2.5 steps behind Front Sideline Hash (HS)
12	8	Side 2: 1.0 steps inside 45 yd In	7.75 steps behind Front Sideline Hash (HS)
13	24	Side 2: On 45 yd In	On Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps inside 45 yd In	On Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps outside 45 yd In	6.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 40 yd In	2.0 steps behind Front Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 45 yd In	2.0 steps behind Front Sideline Hash (HS)
21	16	Side 2: 4.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
22	46	Side 2: 4.0 steps outside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
23	12	Side 2: 3.5 steps inside 25 yd In	0.5 steps in front of Front Sideline Hash (HS)
24	12	Side 2: 3.5 steps inside 25 yd In	5.5 steps behind Front Sideline Hash (HS)
25	12	Side 2: 3.5 steps inside 25 yd In	7.25 steps behind Front Sideline Hash (HS)
26	19	Side 2: 3.5 steps inside 25 yd In	3.25 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 25 yd In	On Front Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 25 yd In	On Front Sideline Hash (HS)
2	20	Side 2: 2.0 steps inside 15 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 2: 2.0 steps outside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: 4.0 steps outside 30 yd In	On Front Sideline Hash (HS)
5	8	Side 2: 4.0 steps outside 35 yd In	On Front Sideline Hash (HS)
6	16	Side 2: On 30 yd In	7.25 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 2.5 steps inside 25 yd In	13.0 steps behind Front Sideline Hash (HS)
8	16	Side 2: On 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
9	24	Side 2: On 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
10	16	Side 2: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
11	32	Side 2: On 35 yd In	5.5 steps in front of Front Sideline Hash (HS)
12	8	Side 2: 3.25 steps outside 35 yd In	0.25 steps behind Front Sideline Hash (HS)
13	24	Side 2: On 35 yd In	On Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps inside 40 yd In	On Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps outside 50 yd In	On Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps outside 50 yd In	6.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps outside 50 yd In	On Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 40 yd In	14.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 45 yd In	14.0 steps in front of Back Sideline Hash (HS)
21	16	Side 2: On 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 2: On 25 yd In	12.25 steps behind Front Sideline Hash (HS)
24	12	Side 2: On 25 yd In	13.25 steps behind Front Sideline Hash (HS)
25	12	Side 2: On 25 yd In	5.5 steps behind Front Sideline Hash (HS)
26	19	Side 2: On 25 yd In	1.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 25 yd In	2.0 steps behind Front Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
2	20	Side 2: 2.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 2: 2.0 steps outside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: 4.0 steps outside 45 yd In	On Front Sideline Hash (HS)
5	8	Side 2: 4.0 steps outside 50 yd In	On Front Sideline Hash (HS)
6	16	Side 2: 3.75 steps inside 45 yd In	9.75 steps behind Front Sideline Hash (HS)
7	20	Side 2: On 45 yd In	11.25 steps in front of Back Sideline Hash (HS)
8	16	Side 2: 4.0 steps outside 45 yd In	9.0 steps behind Front Sideline Hash (HS)
9	24	Side 2: 4.0 steps outside 45 yd In	9.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: 1.75 steps outside 50 yd In	9.25 steps behind Front Sideline Hash (HS)
11	32	Side 2: 1.5 steps inside 45 yd In	3.5 steps behind Front Sideline Hash (HS)
12	8	Side 2: 0.75 steps outside 45 yd In	8.75 steps behind Front Sideline Hash (HS)
13	24	Side 2: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps outside 45 yd In	10.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
21	16	Side 2: 2.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
22	46	Side 2: 2.0 steps inside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
23	12	Side 2: 3.5 steps inside 30 yd In	4.5 steps in front of Front Sideline Hash (HS)
24	12	Side 2: 3.5 steps inside 30 yd In	1.5 steps behind Front Sideline Hash (HS)
25	12	Side 2: 3.5 steps inside 30 yd In	11.25 steps behind Front Sideline Hash (HS)
26	19	Side 2: 3.5 steps inside 30 yd In	7.25 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 2: On 20 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: 2.0 steps outside 30 yd In	On Front Sideline Hash (HS)
5	8	Side 2: 2.0 steps outside 35 yd In	On Front Sideline Hash (HS)
6	16	Side 2: 0.75 steps inside 30 yd In	10.25 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 3.5 steps outside 30 yd In	10.75 steps behind Front Sideline Hash (HS)
8	16	Side 2: 1.0 steps inside 25 yd In	5.0 steps in front of Front Sideline Hash (HS)
9	24	Side 2: 1.0 steps inside 25 yd In	5.0 steps in front of Front Sideline Hash (HS)
10	16	Side 2: On 35 yd In	1.0 steps in front of Front Sideline Hash (HS)
11	32	Side 2: 0.5 steps inside 35 yd In	3.5 steps in front of Front Sideline Hash (HS)
12	8	Side 2: 2.5 steps outside 35 yd In	2.0 steps behind Front Sideline Hash (HS)
13	24	Side 2: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps inside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps outside 50 yd In	10.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 40 yd In	10.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 45 yd In	10.0 steps in front of Back Sideline Hash (HS)
21	16	Side 2: 4.0 steps outside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 4.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 2: 3.5 steps inside 25 yd In	7.5 steps behind Front Sideline Hash (HS)
24	12	Side 2: 3.5 steps inside 25 yd In	8.5 steps behind Front Sideline Hash (HS)
25	12	Side 2: 3.5 steps inside 25 yd In	10.25 steps behind Front Sideline Hash (HS)
26	19	Side 2: 3.5 steps inside 25 yd In	6.25 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 25 yd In	6.0 steps behind Front Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
2	20	Side 2: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 2: 4.0 steps outside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: 2.0 steps inside 40 yd In	On Front Sideline Hash (HS)
5	8	Side 2: 2.0 steps inside 45 yd In	On Front Sideline Hash (HS)
6	16	Side 2: 1.5 steps inside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
7	20	Side 2: 1.0 steps outside 45 yd In	14.0 steps in front of Back Sideline Hash (HS)
8	16	Side 2: 1.25 steps inside 40 yd In	9.5 steps behind Front Sideline Hash (HS)
9	24	Side 2: 1.25 steps inside 40 yd In	9.5 steps behind Front Sideline Hash (HS)
10	16	Side 2: 0.75 steps outside 50 yd In	11.0 steps behind Front Sideline Hash (HS)
11	32	Side 2: 0.5 steps outside 45 yd In	4.25 steps behind Front Sideline Hash (HS)
12	8	Side 2: 2.25 steps outside 45 yd In	10.0 steps behind Front Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 45 yd In	On Front Sideline Hash (HS)
14	16	Side 2: On 45 yd In	On Front Sideline Hash (HS)
15	16	Side 1: On 45 yd In	On Front Sideline Hash (HS)
16	32	Side 1: On 45 yd In	6.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: On 45 yd In	On Front Sideline Hash (HS)
18	32	Side 1: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 40 yd In	On Front Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 45 yd In	On Front Sideline Hash (HS)
21	16	Side 2: 2.0 steps inside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
22	46	Side 2: 2.0 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
23	12	Side 2: 1.5 steps inside 25 yd In	1.75 steps behind Front Sideline Hash (HS)
24	12	Side 2: 1.5 steps inside 25 yd In	7.75 steps behind Front Sideline Hash (HS)
25	12	Side 2: 1.5 steps inside 25 yd In	5.0 steps behind Front Sideline Hash (HS)
26	19	Side 2: 1.5 steps inside 25 yd In	1.0 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
2	20	Side 2: 2.0 steps outside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 2: 2.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: On 30 yd In	On Front Sideline Hash (HS)
5	8	Side 2: On 35 yd In	On Front Sideline Hash (HS)
6	16	Side 2: 2.0 steps inside 30 yd In	13.0 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 1.25 steps outside 30 yd In	9.0 steps behind Front Sideline Hash (HS)
8	16	Side 2: 2.25 steps inside 25 yd In	2.25 steps in front of Front Sideline Hash (HS)
9	24	Side 2: 2.25 steps inside 25 yd In	2.25 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 0.75 steps inside 35 yd In	2.0 steps behind Front Sideline Hash (HS)
11	32	Side 2: 0.75 steps inside 35 yd In	1.75 steps in front of Front Sideline Hash (HS)
12	8	Side 2: 1.5 steps outside 35 yd In	3.75 steps behind Front Sideline Hash (HS)
13	24	Side 2: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps outside 50 yd In	14.0 steps in front of Back Sideline Hash (HS)
17	16	Side 1: 2.0 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: On 40 yd In	6.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 45 yd In	6.0 steps in front of Back Sideline Hash (HS)
21	16	Side 2: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: On 40 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 2: 0.75 steps inside 30 yd In	4.25 steps behind Front Sideline Hash (HS)
24	12	Side 2: 0.75 steps inside 30 yd In	5.25 steps behind Front Sideline Hash (HS)
25	12	Side 2: 0.75 steps inside 30 yd In	13.5 steps behind Front Sideline Hash (HS)
26	19	Side 2: 0.75 steps inside 30 yd In	9.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 25 yd In	10.0 steps behind Front Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
2	20	Side 2: 2.0 steps outside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 2: 2.0 steps inside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: On 40 yd In	On Front Sideline Hash (HS)
5	8	Side 2: On 45 yd In	On Front Sideline Hash (HS)
6	16	Side 2: 1.25 steps outside 45 yd In	7.0 steps behind Front Sideline Hash (HS)
7	20	Side 2: 3.0 steps outside 45 yd In	11.75 steps behind Front Sideline Hash (HS)
8	16	Side 2: 2.0 steps outside 40 yd In	9.5 steps behind Front Sideline Hash (HS)
9	24	Side 2: 2.0 steps outside 40 yd In	9.5 steps behind Front Sideline Hash (HS)
10	16	Side 2: 3.5 steps outside 50 yd In	12.25 steps behind Front Sideline Hash (HS)
11	32	Side 2: 2.25 steps outside 45 yd In	4.75 steps behind Front Sideline Hash (HS)
12	8	Side 2: 3.75 steps inside 40 yd In	10.75 steps behind Front Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: On 45 yd In	10.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 40 yd In	6.0 steps behind Front Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 45 yd In	6.0 steps behind Front Sideline Hash (HS)
21	16	Side 2: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
22	46	Side 2: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
23	12	Side 2: 0.75 steps inside 30 yd In	3.75 steps in front of Front Sideline Hash (HS)
24	12	Side 2: 0.75 steps inside 30 yd In	2.25 steps behind Front Sideline Hash (HS)
25	12	Side 2: 0.75 steps inside 30 yd In	10.5 steps behind Front Sideline Hash (HS)
26	19	Side 2: 0.75 steps inside 30 yd In	6.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 25 yd In	12.0 steps behind Front Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
2	20	Side 2: On 20 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 2: 4.0 steps outside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: 2.0 steps inside 30 yd In	On Front Sideline Hash (HS)
5	8	Side 2: 2.0 steps inside 35 yd In	On Front Sideline Hash (HS)
6	16	Side 2: 3.75 steps inside 30 yd In	12.75 steps behind Front Sideline Hash (HS)
7	20	Side 2: 1.5 steps inside 30 yd In	7.5 steps behind Front Sideline Hash (HS)
8	16	Side 2: 3.75 steps inside 25 yd In	0.25 steps behind Front Sideline Hash (HS)
9	24	Side 2: 3.75 steps inside 25 yd In	0.25 steps behind Front Sideline Hash (HS)
10	16	Side 2: 2.0 steps inside 35 yd In	5.0 steps behind Front Sideline Hash (HS)
11	32	Side 2: 1.5 steps inside 35 yd In	0.25 steps behind Front Sideline Hash (HS)
12	8	Side 2: 0.25 steps outside 35 yd In	5.5 steps behind Front Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 40 yd In	On Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 45 yd In	On Front Sideline Hash (HS)
15	16	Side 1: 4.0 steps inside 45 yd In	On Front Sideline Hash (HS)
16	32	Side 1: 4.0 steps inside 45 yd In	6.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 4.0 steps inside 45 yd In	On Front Sideline Hash (HS)
18	32	Side 1: 4.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
21	16	Side 2: 2.0 steps inside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 2.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 2: 1.5 steps inside 25 yd In	9.75 steps behind Front Sideline Hash (HS)
24	12	Side 2: 1.5 steps inside 25 yd In	10.75 steps behind Front Sideline Hash (HS)
25	12	Side 2: 1.5 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
26	19	Side 2: 1.5 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 25 yd In	14.0 steps in front of Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 2: On 30 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: 2.0 steps outside 40 yd In	On Front Sideline Hash (HS)
5	8	Side 2: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)
6	16	Side 2: 3.75 steps inside 40 yd In	6.25 steps behind Front Sideline Hash (HS)
7	20	Side 2: 2.75 steps inside 40 yd In	9.75 steps behind Front Sideline Hash (HS)
8	16	Side 2: 3.0 steps inside 35 yd In	9.25 steps behind Front Sideline Hash (HS)
9	24	Side 2: 3.0 steps inside 35 yd In	9.25 steps behind Front Sideline Hash (HS)
10	16	Side 2: 1.5 steps inside 45 yd In	13.0 steps behind Front Sideline Hash (HS)
11	32	Side 2: 3.75 steps inside 40 yd In	5.0 steps behind Front Sideline Hash (HS)
12	8	Side 2: 1.75 steps inside 40 yd In	11.0 steps behind Front Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: On 45 yd In	14.0 steps in front of Back Sideline Hash (HS)
17	16	Side 1: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: On 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: On 40 yd In	12.0 steps behind Front Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
21	16	Side 2: 2.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
22	46	Side 2: 2.0 steps outside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
23	12	Side 2: 1.5 steps inside 35 yd In	5.0 steps in front of Front Sideline Hash (HS)
24	12	Side 2: 1.5 steps inside 35 yd In	1.0 steps behind Front Sideline Hash (HS)
25	12	Side 2: 1.5 steps inside 35 yd In	11.75 steps behind Front Sideline Hash (HS)
26	19	Side 2: 1.5 steps inside 35 yd In	7.75 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
2	20	Side 2: 2.0 steps outside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
3	12	Side 2: 2.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: On 35 yd In	On Front Sideline Hash (HS)
5	8	Side 2: On 40 yd In	On Front Sideline Hash (HS)
6	16	Side 2: 3.0 steps inside 35 yd In	7.75 steps behind Front Sideline Hash (HS)
7	20	Side 2: 2.5 steps inside 35 yd In	6.75 steps behind Front Sideline Hash (HS)
8	16	Side 2: 2.5 steps inside 30 yd In	6.25 steps behind Front Sideline Hash (HS)
9	24	Side 2: 2.5 steps inside 30 yd In	6.25 steps behind Front Sideline Hash (HS)
10	16	Side 2: 0.5 steps inside 40 yd In	11.25 steps behind Front Sideline Hash (HS)
11	32	Side 2: 2.25 steps outside 40 yd In	4.25 steps behind Front Sideline Hash (HS)
12	8	Side 2: 4.0 steps outside 40 yd In	9.5 steps behind Front Sideline Hash (HS)
13	24	Side 2: On 40 yd In	On Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)
15	16	Side 1: 2.0 steps inside 45 yd In	On Front Sideline Hash (HS)
16	32	Side 1: 2.0 steps inside 45 yd In	6.0 steps behind Front Sideline Hash (HS)
17	16	Side 1: 2.0 steps inside 45 yd In	On Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 40 yd In	2.0 steps in front of Front Sideline Hash (HS)
20	16	Side 1: 4.0 steps inside 45 yd In	2.0 steps in front of Front Sideline Hash (HS)
21	16	Side 2: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
22	46	Side 2: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
23	12	Side 2: On 25 yd In	4.25 steps behind Front Sideline Hash (HS)
24	12	Side 2: On 25 yd In	10.25 steps behind Front Sideline Hash (HS)
25	12	Side 2: On 25 yd In	2.5 steps behind Front Sideline Hash (HS)
26	19	Side 2: On 25 yd In	1.5 steps in front of Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
1	16	Side 2: On 35 yd In	On Front Sideline Hash (HS)
2	20	Side 2: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
3	12	Side 2: 4.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
4	32	Side 2: 4.0 steps outside 30 yd In	12.0 steps behind Front Sideline side line
5	8	Side 2: 4.0 steps outside 30 yd In	12.0 steps behind Front Sideline side line
6	16	Side 2: 4.0 steps outside 35 yd In	12.0 steps behind Front Sideline side line
7	20	Side 2: 0.5 steps inside 35 yd In	7.75 steps behind Front Sideline side line
8	16	Side 2: 0.5 steps inside 35 yd In	7.75 steps behind Front Sideline side line
9	24	Side 2: 0.5 steps inside 35 yd In	7.75 steps behind Front Sideline side line
10	16	Side 2: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline side line
11	32	Side 2: 4.0 steps outside 40 yd In	8.0 steps behind Front Sideline side line
12	8	Side 2: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline side line
13	24	Side 2: 2.25 steps outside 35 yd In	4.0 steps behind Front Sideline side line
14	16	Side 2: 2.75 steps inside 40 yd In	8.0 steps behind Front Sideline side line
15	16	Side 2: 2.75 steps inside 30 yd In	4.0 steps behind Front Sideline side line
16	32	Side 2: 2.75 steps inside 30 yd In	4.0 steps behind Front Sideline side line
17	16	Side 2: 1.25 steps outside 45 yd In	4.0 steps behind Front Sideline side line
18	32	Side 1: 2.25 steps inside 45 yd In	4.0 steps behind Front Sideline side line
19	16	Side 1: 2.25 steps inside 45 yd In	4.0 steps behind Front Sideline side line
20	16	Side 1: 4.0 steps inside 45 yd In	On Front Sideline side line
21	16	Side 1: 4.0 steps inside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
22	46	Side 2: 4.0 steps outside 50 yd In	8.0 steps behind Front Sideline side line
23	12	Side 2: 4.0 steps outside 50 yd In	4.0 steps behind Front Sideline side line
24	12	Side 2: 4.0 steps inside 45 yd In	13.5 steps behind Front Sideline side line
25	12	Side 2: 4.0 steps inside 45 yd In	13.5 steps in front of Front Sideline Hash (HS)
26	19	Side 2: 4.0 steps inside 45 yd In	8.5 steps behind Front Sideline side line

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 45 yd In	On Front Sideline Hash (HS)
1	16	Side 2: 2.0 steps outside 40 yd In	On Front Sideline Hash (HS)
2	20	Side 2: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
3	12	Side 2: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
4	32	Side 2: On 30 yd In	12.0 steps behind Front Sideline side line
5	8	Side 2: On 30 yd In	12.0 steps behind Front Sideline side line
6	16	Side 2: On 35 yd In	8.0 steps behind Front Sideline side line
7	20	Side 2: 2.75 steps outside 40 yd In	6.25 steps behind Front Sideline side line
8	16	Side 2: 2.75 steps outside 40 yd In	6.25 steps behind Front Sideline side line
9	24	Side 2: 2.75 steps outside 40 yd In	6.25 steps behind Front Sideline side line
10	16	Side 2: On 35 yd In	8.0 steps behind Front Sideline side line
11	32	Side 2: 2.0 steps inside 40 yd In	8.0 steps behind Front Sideline side line
12	8	Side 2: On 35 yd In	8.0 steps behind Front Sideline side line
13	24	Side 2: 3.0 steps inside 30 yd In	8.0 steps behind Front Sideline side line
14	16	Side 2: 3.0 steps inside 40 yd In	14.0 steps behind Front Sideline side line
15	16	Side 2: 3.0 steps inside 30 yd In	12.0 steps behind Front Sideline side line
16	32	Side 2: 3.0 steps inside 30 yd In	12.0 steps behind Front Sideline side line
17	16	Side 2: 1.0 steps outside 45 yd In	12.0 steps behind Front Sideline side line
18	32	Side 1: 2.0 steps inside 45 yd In	12.0 steps behind Front Sideline side line
19	16	Side 1: 2.0 steps inside 45 yd In	12.0 steps behind Front Sideline side line
20	16	Side 1: On 45 yd In	On Front Sideline side line
21	16	Side 1: 2.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
22	46	Side 1: 2.0 steps outside 50 yd In	8.0 steps behind Front Sideline side line
23	12	Side 1: 4.0 steps inside 45 yd In	4.0 steps behind Front Sideline side line
24	12	Side 1: 3.25 steps outside 50 yd In	11.5 steps in front of Front Sideline Hash (HS)
25	12	Side 1: 3.25 steps outside 50 yd In	11.5 steps behind Front Sideline side line
26	19	Side 1: 3.25 steps outside 50 yd In	5.5 steps behind Front Sideline side line

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 45 yd In	On Front Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
3	12	Side 2: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
4	32	Side 2: On 40 yd In	12.0 steps behind Front Sideline side line
5	8	Side 2: On 40 yd In	12.0 steps behind Front Sideline side line
6	16	Side 2: On 45 yd In	8.0 steps behind Front Sideline side line
7	20	Side 2: 2.0 steps outside 50 yd In	13.75 steps in front of Front Sideline Hash (HS)
8	16	Side 2: 2.0 steps outside 50 yd In	13.75 steps in front of Front Sideline Hash (HS)
9	24	Side 2: 2.0 steps outside 50 yd In	13.75 steps in front of Front Sideline Hash (HS)
10	16	On 50 yd In	8.0 steps behind Front Sideline side line
11	32	Side 1: 2.0 steps outside 45 yd In	8.0 steps behind Front Sideline side line
12	8	On 50 yd In	8.0 steps behind Front Sideline side line
13	24	Side 2: 3.75 steps inside 40 yd In	8.0 steps behind Front Sideline side line
14	16	Side 1: 3.75 steps outside 50 yd In	14.0 steps behind Front Sideline side line
15	16	Side 2: 3.75 steps inside 40 yd In	12.0 steps behind Front Sideline side line
16	32	Side 2: 3.75 steps inside 40 yd In	12.0 steps behind Front Sideline side line
17	16	Side 1: 0.25 steps inside 45 yd In	12.0 steps behind Front Sideline side line
18	32	Side 1: 1.25 steps inside 35 yd In	12.0 steps behind Front Sideline side line
19	16	Side 1: 1.25 steps inside 35 yd In	12.0 steps behind Front Sideline side line
20	16	Side 1: On 35 yd In	On Front Sideline side line
21	16	Side 1: 2.0 steps outside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
22	46	Side 1: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline side line
23	12	Side 1: 4.0 steps inside 25 yd In	4.0 steps behind Front Sideline side line
24	12	Side 1: 2.5 steps outside 30 yd In	11.0 steps in front of Front Sideline Hash (HS)
25	12	Side 1: 2.5 steps outside 30 yd In	11.0 steps behind Front Sideline side line
26	19	Side 1: 2.5 steps outside 30 yd In	5.0 steps behind Front Sideline side line

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and positions.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and positions.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and positions.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and positions.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and distances.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and distances.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and distances.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and distances.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and counts.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and counts.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and counts.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and counts.

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 3.0 steps outside 40 yd In	8.0 steps in front of Back Sideline side line
1	16	Side 1: 2.0 steps outside 50 yd In	12.0 steps in front of Back Sideline side line
2	20	Side 2: 2.0 steps inside 40 yd In	8.0 steps behind Back Sideline Hash (HS)
3	12	Side 2: 2.0 steps outside 45 yd In	4.0 steps behind Back Sideline Hash (HS)
4	32	Side 2: 3.0 steps inside 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
5	8	Side 2: 3.0 steps inside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
6	16	Side 2: 0.25 steps outside 20 yd In	2.5 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 2.75 steps outside 30 yd In	2.0 steps behind Back Sideline Hash (HS)
8	16	Side 2: 0.75 steps outside 25 yd In	1.25 steps behind Back Sideline Hash (HS)
9	24	Side 2: 0.75 steps outside 25 yd In	1.25 steps behind Back Sideline Hash (HS)
10	16	Side 2: 1.25 steps inside 35 yd In	2.75 steps behind Back Sideline Hash (HS)
11	32	Side 2: 2.5 steps outside 30 yd In	2.5 steps behind Back Sideline Hash (HS)
12	8	Side 2: 1.5 steps inside 25 yd In	0.5 steps in front of Back Sideline Hash (HS)
13	24	Side 2: 1.0 steps outside 30 yd In	2.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: 3.0 steps inside 20 yd In	10.0 steps in front of Back Sideline Hash (HS)
15	16	Side 2: 1.0 steps outside 30 yd In	6.0 steps behind Front Sideline Hash (HS)
16	32	Side 2: 4.0 steps outside 30 yd In	6.0 steps in front of Front Sideline Hash (HS)
17	16	Side 2: 4.0 steps outside 30 yd In	10.0 steps behind Front Sideline side line
18	32	Side 2: 2.0 steps inside 35 yd In	14.0 steps behind Front Sideline side line
19	16	Side 2: 3.0 steps inside 40 yd In	On Front Sideline Hash (HS)
20	16	Side 2: 1.0 steps outside 35 yd In	14.0 steps in front of Back Sideline Hash (HS)
21	16	Side 2: 1.0 steps outside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 1.0 steps outside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: 3.75 steps outside 20 yd In	1.0 steps in front of Back Sideline Hash (HS)
24	12	Side 2: 3.75 steps outside 30 yd In	1.0 steps in front of Back Sideline Hash (HS)
25	12	Side 2: 3.75 steps outside 30 yd In	1.0 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 3.75 steps outside 30 yd In	5.0 steps in front of Back Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 40 yd In	8.0 steps in front of Back Sideline side line
1	16	Side 2: 1.0 steps outside 50 yd In	12.0 steps in front of Back Sideline side line
2	20	Side 2: 1.0 steps outside 40 yd In	8.0 steps behind Back Sideline Hash (HS)
3	12	Side 2: 3.0 steps inside 40 yd In	4.0 steps behind Back Sideline Hash (HS)
4	32	Side 2: On 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
5	8	Side 2: On 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
6	16	Side 2: 2.25 steps outside 20 yd In	4.5 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 2.5 steps inside 25 yd In	0.5 steps behind Back Sideline Hash (HS)
8	16	Side 2: 2.5 steps outside 25 yd In	1.0 steps in front of Back Sideline Hash (HS)
9	24	Side 2: 2.5 steps outside 25 yd In	1.0 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 1.5 steps outside 35 yd In	1.75 steps behind Back Sideline Hash (HS)
11	32	Side 2: 2.75 steps inside 25 yd In	1.5 steps behind Back Sideline Hash (HS)
12	8	Side 2: 1.25 steps outside 25 yd In	1.5 steps in front of Back Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 30 yd In	2.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: On 20 yd In	10.0 steps in front of Back Sideline Hash (HS)
15	16	Side 2: 4.0 steps outside 30 yd In	6.0 steps behind Front Sideline Hash (HS)
16	32	Side 2: 2.0 steps inside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	16	Side 2: 2.0 steps inside 25 yd In	8.0 steps behind Front Sideline side line
18	32	Side 2: On 35 yd In	12.0 steps behind Front Sideline side line
19	16	Side 2: On 40 yd In	On Front Sideline Hash (HS)
20	16	Side 2: 4.0 steps outside 35 yd In	14.0 steps in front of Back Sideline Hash (HS)
21	16	Side 2: 4.0 steps outside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 4.0 steps outside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: 2.0 steps inside 15 yd In	2.75 steps in front of Back Sideline Hash (HS)
24	12	Side 2: 2.0 steps inside 25 yd In	2.75 steps in front of Back Sideline Hash (HS)
25	12	Side 2: 2.0 steps inside 25 yd In	2.75 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 2.0 steps inside 25 yd In	6.75 steps in front of Back Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 3.0 steps inside 40 yd In	8.0 steps in front of Back Sideline side line
1	16	Side 2: 4.0 steps outside 50 yd In	12.0 steps in front of Back Sideline side line
2	20	Side 2: 4.0 steps outside 40 yd In	8.0 steps behind Back Sideline Hash (HS)
3	12	Side 2: On 40 yd In	4.0 steps behind Back Sideline Hash (HS)
4	32	Side 2: 3.0 steps outside 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
5	8	Side 2: 3.0 steps outside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
6	16	Side 2: 4.0 steps outside 20 yd In	7.0 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 0.25 steps inside 25 yd In	1.25 steps in front of Back Sideline Hash (HS)
8	16	Side 2: 4.0 steps outside 25 yd In	3.75 steps in front of Back Sideline Hash (HS)
9	24	Side 2: 4.0 steps outside 25 yd In	3.75 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 4.0 steps outside 35 yd In	On Back Sideline Hash (HS)
11	32	Side 2: On 25 yd In	On Back Sideline Hash (HS)
12	8	Side 2: 4.0 steps outside 25 yd In	3.0 steps in front of Back Sideline Hash (HS)
13	24	Side 2: 1.0 steps inside 25 yd In	2.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: 3.0 steps outside 20 yd In	10.0 steps in front of Back Sideline Hash (HS)
15	16	Side 2: 1.0 steps inside 25 yd In	6.0 steps behind Front Sideline Hash (HS)
16	32	Side 2: On 25 yd In	10.0 steps in front of Front Sideline Hash (HS)
17	16	Side 2: On 25 yd In	6.0 steps behind Front Sideline side line
18	32	Side 2: 2.0 steps outside 35 yd In	10.0 steps behind Front Sideline side line
19	16	Side 2: 3.0 steps outside 40 yd In	On Front Sideline Hash (HS)
20	16	Side 2: 1.0 steps inside 30 yd In	14.0 steps in front of Back Sideline Hash (HS)
21	16	Side 2: 1.0 steps inside 20 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 1.0 steps inside 15 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: On 15 yd In	5.0 steps in front of Back Sideline Hash (HS)
24	12	Side 2: On 25 yd In	5.0 steps in front of Back Sideline Hash (HS)
25	12	Side 2: On 25 yd In	5.0 steps in front of Back Sideline Hash (HS)
26	19	Side 2: On 25 yd In	9.0 steps in front of Back Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 3.0 steps inside 25 yd In	12.0 steps in front of Back Sideline side line
1	16	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Back Sideline Hash (HS)
2	20	Side 1: 4.0 steps inside 45 yd In	4.0 steps behind Back Sideline Hash (HS)
3	12	Side 1: On 45 yd In	On Back Sideline Hash (HS)
4	32	Side 2: 3.0 steps outside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
5	8	Side 2: 3.0 steps outside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
6	16	Side 2: 2.5 steps outside 40 yd In	5.0 steps behind Back Sideline Hash (HS)
7	20	Side 2: 3.75 steps inside 45 yd In	0.25 steps behind Back Sideline Hash (HS)
8	16	Side 2: 2.5 steps inside 40 yd In	2.25 steps in front of Back Sideline Hash (HS)
9	24	Side 2: 2.5 steps inside 40 yd In	2.25 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 0.5 steps inside 45 yd In	4.25 steps in front of Back Sideline Hash (HS)
11	32	Side 2: 3.25 steps inside 45 yd In	8.25 steps in front of Back Sideline Hash (HS)
12	8	Side 2: 0.25 steps inside 45 yd In	3.25 steps in front of Back Sideline Hash (HS)
13	24	Side 2: On 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
15	16	Side 2: On 40 yd In	On Front Sideline Hash (HS)
16	32	Side 2: 1.0 steps inside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	16	Side 2: 1.0 steps inside 40 yd In	12.0 steps behind Front Sideline side line
18	32	On 50 yd In	12.0 steps behind Front Sideline side line
19	16	On 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
20	16	Side 2: 4.0 steps outside 50 yd In	10.0 steps behind Front Sideline Hash (HS)
21	16	Side 2: 4.0 steps outside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 4.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
23	12	Side 2: 1.5 steps outside 30 yd In	4.25 steps in front of Back Sideline Hash (HS)
24	12	Side 2: 1.5 steps outside 40 yd In	4.25 steps in front of Back Sideline Hash (HS)
25	12	Side 2: 1.5 steps outside 40 yd In	4.25 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 1.5 steps outside 40 yd In	8.25 steps in front of Back Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and distances.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and distances.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and distances.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and distances.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and counts.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and counts.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and counts.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and counts.

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 15 yd In	8.0 steps in front of Front Sideline Hash (HS)
1	16	Side 2: On 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
2	20	Side 2: On 20 yd In	On Front Sideline Hash (HS)
3	12	Side 2: On 15 yd In	On Front Sideline Hash (HS)
4	32	Side 2: On 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 2: On 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	16	Side 2: 3.75 steps outside 20 yd In	7.25 steps in front of Front Sideline Hash (HS)
7	20	Side 2: 1.5 steps outside 25 yd In	6.75 steps behind Front Sideline side line
8	16	Side 2: 0.5 steps inside 25 yd In	8.0 steps behind Front Sideline side line
9	24	Side 2: 0.5 steps inside 25 yd In	8.0 steps behind Front Sideline side line
10	16	Side 2: On 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
11	32	Side 2: 0.25 steps inside 25 yd In	7.0 steps in front of Front Sideline Hash (HS)
12	8	Side 2: 4.0 steps outside 30 yd In	3.75 steps in front of Front Sideline Hash (HS)
13	24	Side 2: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	16	Side 2: 2.0 steps inside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	32	Side 2: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	16	Side 2: 2.0 steps inside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
20	16	Side 2: 4.0 steps outside 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
21	16	Side 2: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)
22	46	Side 2: 2.0 steps outside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
23	12	Side 2: 2.0 steps outside 30 yd In	9.5 steps in front of Front Sideline Hash (HS)
24	12	Side 2: 2.0 steps outside 30 yd In	0.75 steps behind Front Sideline Hash (HS)
25	12	Side 2: 2.0 steps outside 30 yd In	6.25 steps behind Front Sideline Hash (HS)
26	19	Side 2: 2.0 steps outside 30 yd In	2.25 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 15 yd In	8.0 steps in front of Front Sideline Hash (HS)
1	16	Side 2: On 20 yd In	14.0 steps behind Front Sideline side line
2	20	Side 2: On 20 yd In	2.0 steps in front of Front Sideline Hash (HS)
3	12	Side 2: 2.0 steps outside 15 yd In	On Front Sideline Hash (HS)
4	32	Side 2: 2.0 steps outside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 2: 2.0 steps outside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	16	Side 2: 2.0 steps inside 15 yd In	5.25 steps in front of Front Sideline Hash (HS)
7	20	Side 2: 3.5 steps inside 20 yd In	7.5 steps behind Front Sideline side line
8	16	Side 2: On 25 yd In	6.0 steps behind Front Sideline side line
9	24	Side 2: On 25 yd In	6.0 steps behind Front Sideline side line
10	16	Side 2: 2.0 steps outside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
11	32	Side 2: 1.0 steps outside 25 yd In	5.5 steps in front of Front Sideline Hash (HS)
12	8	Side 2: 1.5 steps inside 25 yd In	3.75 steps in front of Front Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	16	Side 2: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	32	Side 2: 3.0 steps outside 45 yd In	10.0 steps in front of Front Sideline Hash (HS)
17	16	Side 2: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
18	32	Side 1: On 45 yd In	On Front Sideline Hash (HS)
19	16	Side 1: 4.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
20	16	Side 2: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
21	16	Side 2: On 40 yd In	On Front Sideline Hash (HS)
22	46	Side 2: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
23	12	Side 2: On 25 yd In	2.75 steps in front of Front Sideline Hash (HS)
24	12	Side 2: On 25 yd In	7.25 steps behind Front Sideline Hash (HS)
25	12	Side 2: On 25 yd In	0.5 steps in front of Front Sideline Hash (HS)
26	19	Side 2: On 25 yd In	4.5 steps in front of Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 15 yd In	8.0 steps in front of Front Sideline Hash (HS)
1	16	Side 2: On 20 yd In	12.0 steps behind Front Sideline side line
2	20	Side 2: On 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
3	12	Side 2: 4.0 steps outside 15 yd In	On Front Sideline Hash (HS)
4	32	Side 2: 4.0 steps outside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	8	Side 2: 4.0 steps outside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	16	Side 2: On 15 yd In	3.0 steps in front of Front Sideline Hash (HS)
7	20	Side 2: 0.75 steps inside 20 yd In	8.5 steps behind Front Sideline side line
8	16	Side 2: On 25 yd In	4.0 steps behind Front Sideline side line
9	24	Side 2: On 25 yd In	4.0 steps behind Front Sideline side line
10	16	Side 2: 4.0 steps outside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
11	32	Side 2: 2.0 steps outside 25 yd In	3.75 steps in front of Front Sideline Hash (HS)
12	8	Side 2: 2.5 steps inside 25 yd In	1.25 steps in front of Front Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	16	Side 2: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	32	Side 2: 2.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	16	Side 2: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
18	32	Side 1: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 2.0 steps inside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
20	16	Side 2: 2.0 steps inside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
21	16	Side 2: 2.0 steps inside 40 yd In	On Front Sideline Hash (HS)
22	46	Side 2: 2.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
23	12	Side 2: 1.5 steps inside 25 yd In	5.25 steps in front of Front Sideline Hash (HS)
24	12	Side 2: 1.5 steps inside 25 yd In	4.75 steps behind Front Sideline Hash (HS)
25	12	Side 2: 1.5 steps inside 25 yd In	2.0 steps behind Front Sideline Hash (HS)
26	19	Side 2: 1.5 steps inside 25 yd In	2.0 steps in front of Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 15 yd In	On Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 20 yd In	On Back Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	12	Side 2: On 20 yd In	8.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 2: On 20 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 2: 2.25 steps inside 15 yd In	8.75 steps behind Front Sideline Hash (HS)
7	20	Side 2: 2.75 steps outside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
8	16	Side 2: On 20 yd In	13.75 steps behind Front Sideline side line
9	24	Side 2: On 20 yd In	13.75 steps behind Front Sideline side line
10	16	Side 2: 2.25 steps outside 20 yd In	4.75 steps in front of Front Sideline Hash (HS)
11	32	Side 2: 4.0 steps outside 25 yd In	5.0 steps behind Front Sideline Hash (HS)
12	8	Side 2: 1.0 steps inside 25 yd In	5.0 steps behind Front Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 35 yd In	On Front Sideline Hash (HS)
14	16	Side 2: On 40 yd In	On Front Sideline Hash (HS)
15	16	On 50 yd In	On Front Sideline Hash (HS)
16	32	On 50 yd In	6.0 steps behind Front Sideline Hash (HS)
17	16	On 50 yd In	On Front Sideline Hash (HS)
18	32	Side 1: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 4.0 steps inside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
20	16	On 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: On 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	On 50 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: 0.25 steps inside 45 yd In	13.25 steps in front of Back Sideline Hash (HS)
24	12	Side 2: 0.25 steps inside 45 yd In	9.75 steps behind Front Sideline Hash (HS)
25	12	Side 2: 0.25 steps inside 45 yd In	13.0 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 0.25 steps inside 45 yd In	11.0 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 20 yd In	On Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 20 yd In	4.0 steps behind Back Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
3	12	Side 2: On 20 yd In	12.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: 2.0 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 2: 2.0 steps outside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 2: 1.25 steps inside 15 yd In	5.75 steps behind Front Sideline Hash (HS)
7	20	Side 2: 2.25 steps outside 20 yd In	11.0 steps in front of Front Sideline Hash (HS)
8	16	Side 2: 1.75 steps inside 20 yd In	11.25 steps behind Front Sideline side line
9	24	Side 2: 1.75 steps inside 20 yd In	11.25 steps behind Front Sideline side line
10	16	Side 2: 1.75 steps outside 20 yd In	7.25 steps in front of Front Sideline Hash (HS)
11	32	Side 2: 3.75 steps outside 25 yd In	3.0 steps behind Front Sideline Hash (HS)
12	8	Side 2: 0.75 steps outside 25 yd In	3.25 steps behind Front Sideline Hash (HS)
13	24	Side 2: On 25 yd In	On Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps inside 35 yd In	On Front Sideline Hash (HS)
15	16	Side 2: 2.0 steps inside 45 yd In	On Front Sideline Hash (HS)
16	32	Side 2: 2.0 steps inside 45 yd In	6.0 steps behind Front Sideline Hash (HS)
17	16	Side 2: 2.0 steps inside 45 yd In	On Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 2.0 steps inside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
20	16	Side 2: 2.0 steps inside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
21	16	Side 2: 2.0 steps outside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 2.0 steps outside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: 2.0 steps outside 30 yd In	13.5 steps in front of Back Sideline Hash (HS)
24	12	Side 2: 2.0 steps outside 30 yd In	9.75 steps behind Front Sideline Hash (HS)
25	12	Side 2: 2.0 steps outside 30 yd In	12.75 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 2.0 steps outside 30 yd In	11.25 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 20 yd In	On Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 20 yd In	8.0 steps behind Back Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 20 yd In	4.0 steps in front of Back Sideline Hash (HS)
3	12	Side 2: On 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
4	32	Side 2: 4.0 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 2: 4.0 steps outside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 2: 0.5 steps inside 15 yd In	3.0 steps behind Front Sideline Hash (HS)
7	20	Side 2: 1.75 steps outside 20 yd In	14.0 steps in front of Front Sideline Hash (HS)
8	16	Side 2: 3.75 steps inside 20 yd In	9.0 steps behind Front Sideline side line
9	24	Side 2: 3.75 steps inside 20 yd In	9.0 steps behind Front Sideline side line
10	16	Side 2: 1.0 steps outside 20 yd In	9.75 steps in front of Front Sideline Hash (HS)
11	32	Side 2: 3.5 steps outside 25 yd In	1.0 steps behind Front Sideline Hash (HS)
12	8	Side 2: 1.5 steps inside 25 yd In	2.25 steps behind Front Sideline Hash (HS)
13	24	Side 2: On 30 yd In	On Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps outside 40 yd In	On Front Sideline Hash (HS)
15	16	Side 2: 2.0 steps outside 50 yd In	On Front Sideline Hash (HS)
16	32	Side 2: 2.0 steps outside 50 yd In	6.0 steps behind Front Sideline Hash (HS)
17	16	Side 2: 2.0 steps outside 50 yd In	On Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 2.0 steps outside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
20	16	Side 2: 2.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: 2.0 steps outside 50 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 2.0 steps inside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: 0.5 steps outside 40 yd In	12.5 steps behind Front Sideline Hash (HS)
24	12	Side 2: 0.5 steps outside 40 yd In	7.5 steps behind Front Sideline Hash (HS)
25	12	Side 2: 0.5 steps outside 40 yd In	10.5 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 0.5 steps outside 40 yd In	13.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 20 yd In	On Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 20 yd In	12.0 steps behind Back Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 20 yd In	On Back Sideline Hash (HS)
3	12	Side 2: On 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
4	32	Side 2: 2.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 2: 2.0 steps inside 15 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 2: On 15 yd In	On Front Sideline Hash (HS)
7	20	Side 2: 0.75 steps outside 20 yd In	11.25 steps behind Front Sideline side line
8	16	Side 2: 2.0 steps outside 25 yd In	7.0 steps behind Front Sideline side line
9	24	Side 2: 2.0 steps outside 25 yd In	7.0 steps behind Front Sideline side line
10	16	Side 2: On 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
11	32	Side 2: 3.0 steps outside 25 yd In	1.0 steps in front of Front Sideline Hash (HS)
12	8	Side 2: 0.25 steps outside 25 yd In	On Front Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 30 yd In	On Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 40 yd In	On Front Sideline Hash (HS)
15	16	Side 2: 4.0 steps outside 50 yd In	On Front Sideline Hash (HS)
16	32	Side 2: 4.0 steps outside 50 yd In	6.0 steps behind Front Sideline Hash (HS)
17	16	Side 2: 4.0 steps outside 50 yd In	On Front Sideline Hash (HS)
18	32	Side 1: 4.0 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
20	16	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
21	16	Side 2: 4.0 steps outside 50 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 4.0 steps outside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: 1.5 steps outside 35 yd In	12.25 steps behind Front Sideline Hash (HS)
24	12	Side 2: 1.5 steps outside 35 yd In	7.25 steps behind Front Sideline Hash (HS)
25	12	Side 2: 1.5 steps outside 35 yd In	10.25 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 1.5 steps outside 35 yd In	13.75 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 20 yd In	On Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 25 yd In	On Back Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	12	Side 2: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 2: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 2: 1.25 steps inside 20 yd In	9.5 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 1.5 steps outside 20 yd In	3.75 steps behind Front Sideline Hash (HS)
8	16	Side 2: 3.0 steps outside 20 yd In	2.75 steps in front of Front Sideline Hash (HS)
9	24	Side 2: 3.0 steps outside 20 yd In	2.75 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 1.0 steps outside 20 yd In	5.25 steps behind Front Sideline Hash (HS)
11	32	Side 2: 2.5 steps outside 25 yd In	12.75 steps behind Front Sideline Hash (HS)
12	8	Side 2: 2.0 steps inside 25 yd In	10.75 steps behind Front Sideline Hash (HS)
13	24	Side 2: On 30 yd In	On Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps outside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
15	16	Side 2: 2.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
16	32	Side 2: 2.0 steps outside 50 yd In	10.0 steps behind Front Sideline Hash (HS)
17	16	Side 2: 2.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps inside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 2.0 steps outside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
20	16	Side 2: 2.0 steps outside 50 yd In	4.0 steps in front of Back Sideline Hash (HS)
21	16	Side 1: 4.0 steps inside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 4.0 steps outside 50 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: 2.5 steps inside 40 yd In	13.0 steps behind Front Sideline Hash (HS)
24	12	Side 2: 2.5 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
25	12	Side 2: 2.5 steps inside 40 yd In	11.25 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 2.5 steps inside 40 yd In	12.75 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 25 yd In	On Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 25 yd In	4.0 steps behind Back Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
3	12	Side 2: On 25 yd In	12.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 2: 2.0 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 2: 1.0 steps outside 20 yd In	11.75 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 2.25 steps outside 20 yd In	0.75 steps behind Front Sideline Hash (HS)
8	16	Side 2: 2.75 steps outside 20 yd In	5.75 steps in front of Front Sideline Hash (HS)
9	24	Side 2: 2.75 steps outside 20 yd In	5.75 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 1.75 steps outside 20 yd In	2.75 steps behind Front Sideline Hash (HS)
11	32	Side 2: 3.25 steps outside 25 yd In	10.75 steps behind Front Sideline Hash (HS)
12	8	Side 2: 0.25 steps outside 25 yd In	10.0 steps behind Front Sideline Hash (HS)
13	24	Side 2: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps inside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
15	16	Side 2: 2.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
16	32	Side 2: 2.0 steps inside 45 yd In	10.0 steps behind Front Sideline Hash (HS)
17	16	Side 2: 2.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 2.0 steps inside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
20	16	Side 2: 2.0 steps inside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
21	16	Side 2: On 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: On 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: 0.75 steps inside 30 yd In	13.25 steps behind Front Sideline Hash (HS)
24	12	Side 2: 0.75 steps inside 30 yd In	8.25 steps behind Front Sideline Hash (HS)
25	12	Side 2: 0.75 steps inside 30 yd In	11.5 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 0.75 steps inside 30 yd In	12.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 25 yd In	On Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 25 yd In	8.0 steps behind Back Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
3	12	Side 2: On 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
4	32	Side 2: 4.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 2: 4.0 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 2: 2.75 steps outside 20 yd In	14.0 steps behind Front Sideline Hash (HS)
7	20	Side 2: 2.75 steps outside 20 yd In	2.0 steps in front of Front Sideline Hash (HS)
8	16	Side 2: 2.25 steps outside 20 yd In	8.75 steps in front of Front Sideline Hash (HS)
9	24	Side 2: 2.25 steps outside 20 yd In	8.75 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 2.25 steps outside 20 yd In	0.25 steps behind Front Sideline Hash (HS)
11	32	Side 2: 3.5 steps outside 25 yd In	9.0 steps behind Front Sideline Hash (HS)
12	8	Side 2: 1.25 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
15	16	Side 2: 4.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
16	32	Side 2: 4.0 steps outside 50 yd In	10.0 steps behind Front Sideline Hash (HS)
17	16	Side 2: 4.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 4.0 steps inside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: On 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
20	16	Side 2: 4.0 steps outside 50 yd In	4.0 steps in front of Back Sideline Hash (HS)
21	16	Side 2: 2.0 steps outside 50 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 2.0 steps outside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: 1.5 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
24	12	Side 2: 1.5 steps inside 35 yd In	7.0 steps behind Front Sideline Hash (HS)
25	12	Side 2: 1.5 steps inside 35 yd In	10.25 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 1.5 steps inside 35 yd In	13.75 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 25 yd In	On Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 25 yd In	12.0 steps behind Back Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 25 yd In	On Back Sideline Hash (HS)
3	12	Side 2: On 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
4	32	Side 2: 2.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 2: 2.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 2: 3.75 steps inside 15 yd In	11.25 steps behind Front Sideline Hash (HS)
7	20	Side 2: 3.0 steps outside 20 yd In	5.0 steps in front of Front Sideline Hash (HS)
8	16	Side 2: 1.25 steps outside 20 yd In	11.5 steps in front of Front Sideline Hash (HS)
9	24	Side 2: 1.25 steps outside 20 yd In	11.5 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 2.25 steps outside 20 yd In	2.25 steps in front of Front Sideline Hash (HS)
11	32	Side 2: 4.0 steps outside 25 yd In	7.0 steps behind Front Sideline Hash (HS)
12	8	Side 2: 1.0 steps outside 25 yd In	6.75 steps behind Front Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 25 yd In	On Front Sideline Hash (HS)
14	16	Side 2: On 35 yd In	On Front Sideline Hash (HS)
15	16	Side 2: On 45 yd In	On Front Sideline Hash (HS)
16	32	Side 2: On 45 yd In	6.0 steps behind Front Sideline Hash (HS)
17	16	Side 2: On 45 yd In	On Front Sideline Hash (HS)
18	32	Side 1: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
19	16	Side 1: 4.0 steps inside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
20	16	Side 2: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
21	16	Side 2: On 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: On 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: On 25 yd In	6.75 steps in front of Back Sideline Hash (HS)
24	12	Side 2: On 25 yd In	11.75 steps in front of Back Sideline Hash (HS)
25	12	Side 2: On 25 yd In	8.5 steps behind Front Sideline Hash (HS)
26	19	Side 2: On 25 yd In	4.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 25 yd In	On Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 30 yd In	On Back Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	12	Side 2: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 2: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 2: 3.25 steps inside 25 yd In	3.25 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 3.5 steps outside 25 yd In	14.0 steps in front of Back Sideline Hash (HS)
8	16	Side 2: 0.25 steps inside 20 yd In	8.75 steps behind Front Sideline Hash (HS)
9	24	Side 2: 0.25 steps inside 20 yd In	8.75 steps behind Front Sideline Hash (HS)
10	16	Side 2: 3.75 steps outside 25 yd In	13.5 steps behind Front Sideline Hash (HS)
11	32	Side 2: 1.75 steps inside 25 yd In	8.5 steps in front of Back Sideline Hash (HS)
12	8	Side 2: 2.75 steps outside 30 yd In	12.25 steps in front of Back Sideline Hash (HS)
13	24	Side 2: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 2: 2.0 steps inside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 2: 2.0 steps inside 45 yd In	14.0 steps in front of Back Sideline Hash (HS)
17	16	Side 2: 2.0 steps inside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps outside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 2.0 steps inside 45 yd In	On Back Sideline Hash (HS)
20	16	Side 2: 2.0 steps inside 45 yd In	On Back Sideline Hash (HS)
21	16	Side 2: 2.0 steps inside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 2.0 steps inside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: 3.5 steps inside 30 yd In	12.5 steps behind Front Sideline Hash (HS)
24	12	Side 2: 3.5 steps inside 30 yd In	7.5 steps behind Front Sideline Hash (HS)
25	12	Side 2: 3.5 steps inside 30 yd In	10.75 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 3.5 steps inside 30 yd In	13.25 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 35 yd In	On Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 35 yd In	4.0 steps behind Back Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
3	12	Side 2: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
4	32	Side 2: 2.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 2: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 2: 4.0 steps outside 35 yd In	1.5 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 3.25 steps inside 25 yd In	8.25 steps in front of Back Sideline Hash (HS)
8	16	Side 2: 1.5 steps outside 25 yd In	12.5 steps in front of Back Sideline Hash (HS)
9	24	Side 2: 1.5 steps outside 25 yd In	12.5 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 2.5 steps inside 25 yd In	10.25 steps in front of Back Sideline Hash (HS)
11	32	Side 2: 1.5 steps outside 30 yd In	5.0 steps in front of Back Sideline Hash (HS)
12	8	Side 2: 0.25 steps outside 30 yd In	7.75 steps in front of Back Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	On 50 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	On 50 yd In	14.0 steps in front of Back Sideline Hash (HS)
17	16	On 50 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: On 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 4.0 steps inside 40 yd In	On Back Sideline Hash (HS)
20	16	On 50 yd In	On Back Sideline Hash (HS)
21	16	Side 1: 4.0 steps inside 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 4.0 steps inside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: 2.5 steps outside 50 yd In	10.75 steps in front of Back Sideline Hash (HS)
24	12	Side 2: 2.5 steps outside 50 yd In	12.25 steps behind Front Sideline Hash (HS)
25	12	Side 2: 2.5 steps outside 50 yd In	12.5 steps behind Front Sideline Hash (HS)
26	19	Side 2: 2.5 steps outside 50 yd In	8.5 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 35 yd In	On Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 35 yd In	8.0 steps behind Back Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
3	12	Side 2: On 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
4	32	Side 2: 4.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 2: 4.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 2: 4.0 steps inside 30 yd In	2.0 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 0.75 steps inside 25 yd In	9.75 steps in front of Back Sideline Hash (HS)
8	16	Side 2: 4.0 steps outside 25 yd In	13.5 steps behind Front Sideline Hash (HS)
9	24	Side 2: 4.0 steps outside 25 yd In	13.5 steps behind Front Sideline Hash (HS)
10	16	Side 2: 0.25 steps inside 25 yd In	11.25 steps in front of Back Sideline Hash (HS)
11	32	Side 2: 3.25 steps outside 30 yd In	6.0 steps in front of Back Sideline Hash (HS)
12	8	Side 2: 0.5 steps outside 30 yd In	10.25 steps in front of Back Sideline Hash (HS)
13	24	Side 2: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: 2.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 2: 2.0 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 2: 2.0 steps outside 50 yd In	14.0 steps in front of Back Sideline Hash (HS)
17	16	Side 2: 2.0 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 2.0 steps inside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 2.0 steps outside 45 yd In	On Back Sideline Hash (HS)
20	16	Side 2: 2.0 steps outside 50 yd In	On Back Sideline Hash (HS)
21	16	Side 1: 2.0 steps inside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: 2.0 steps outside 50 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: 2.75 steps outside 45 yd In	13.75 steps behind Front Sideline Hash (HS)
24	12	Side 2: 2.75 steps outside 45 yd In	8.75 steps behind Front Sideline Hash (HS)
25	12	Side 2: 2.75 steps outside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 2.75 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 35 yd In	On Back Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 35 yd In	12.0 steps behind Back Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 35 yd In	On Back Sideline Hash (HS)
3	12	Side 2: On 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
4	32	Side 2: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 2: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 2: 1.75 steps outside 30 yd In	2.5 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 1.5 steps outside 25 yd In	11.75 steps in front of Back Sideline Hash (HS)
8	16	Side 2: 2.0 steps inside 20 yd In	11.25 steps behind Front Sideline Hash (HS)
9	24	Side 2: 2.0 steps inside 20 yd In	11.25 steps behind Front Sideline Hash (HS)
10	16	Side 2: 2.0 steps outside 25 yd In	12.75 steps in front of Back Sideline Hash (HS)
11	32	Side 2: 3.25 steps inside 25 yd In	7.25 steps in front of Back Sideline Hash (HS)
12	8	Side 2: 3.0 steps outside 30 yd In	9.75 steps in front of Back Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
15	16	Side 2: 4.0 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)
16	32	Side 2: 4.0 steps outside 50 yd In	14.0 steps in front of Back Sideline Hash (HS)
17	16	Side 2: 4.0 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: 4.0 steps inside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: On 45 yd In	On Back Sideline Hash (HS)
20	16	Side 2: 4.0 steps outside 50 yd In	On Back Sideline Hash (HS)
21	16	On 50 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 2: On 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 2: 3.5 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
24	12	Side 2: 3.5 steps outside 40 yd In	7.0 steps behind Front Sideline Hash (HS)
25	12	Side 2: 3.5 steps outside 40 yd In	10.25 steps in front of Back Sideline Hash (HS)
26	19	Side 2: 3.5 steps outside 40 yd In	13.75 steps behind Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 45 yd In	12.0 steps behind Front Sideline side line
1	16	Side 1: On 40 yd In	10.0 steps behind Front Sideline side line
2	20	Side 1: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: 2.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 1: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 1: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
7	20	Side 1: On 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	16	Side 1: 1.25 steps inside 30 yd In	2.0 steps behind Back Sideline Hash (HS)
9	24	Side 1: 1.25 steps inside 25 yd In	14.0 steps in front of Back Sideline side line
10	16	Side 1: 1.0 steps outside 30 yd In	12.5 steps in front of Back Sideline side line
11	32	Side 1: 4.0 steps inside 30 yd In	3.75 steps behind Back Sideline Hash (HS)
12	8	Side 1: 0.5 steps inside 35 yd In	5.25 steps in front of Back Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 35 yd In	4.0 steps behind Back Sideline Hash (HS)
15	16	Side 1: 4.0 steps inside 45 yd In	4.0 steps behind Back Sideline Hash (HS)
16	32	Side 2: 4.0 steps outside 45 yd In	4.0 steps behind Back Sideline Hash (HS)
17	16	Side 2: On 30 yd In	3.0 steps in front of Back Sideline Hash (HS)
18	32	Side 2: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 2: 4.0 steps outside 25 yd In	On Front Sideline Hash (HS)
20	16	Side 2: On 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
21	16	Side 2: 2.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
22	46	Side 2: 2.0 steps inside 35 yd In	12.0 steps behind Front Sideline side line
23	12	Side 2: 4.0 steps outside 35 yd In	10.0 steps behind Front Sideline side line
24	12	Side 2: 3.0 steps outside 35 yd In	13.25 steps in front of Front Sideline Hash (HS)
25	12	Side 2: 3.0 steps outside 35 yd In	1.75 steps in front of Front Sideline Hash (HS)
26	19	Side 2: 3.0 steps outside 35 yd In	7.75 steps in front of Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 35 yd In	12.0 steps behind Front Sideline side line
1	16	Side 1: On 30 yd In	10.0 steps behind Front Sideline side line
2	20	Side 1: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 1: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
7	20	Side 1: 2.0 steps outside 30 yd In	10.5 steps in front of Back Sideline Hash (HS)
8	16	Side 1: 2.5 steps outside 25 yd In	7.25 steps in front of Back Sideline Hash (HS)
9	24	Side 1: 3.25 steps inside 25 yd In	1.75 steps behind Back Sideline Hash (HS)
10	16	Side 1: 1.25 steps inside 20 yd In	1.75 steps behind Back Sideline Hash (HS)
11	32	Side 1: 4.0 steps outside 20 yd In	11.0 steps in front of Front Sideline Hash (HS)
12	8	Side 1: 3.75 steps outside 25 yd In	11.5 steps behind Front Sideline side line
13	24	Side 1: 2.0 steps outside 20 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: On 20 yd In	12.0 steps behind Front Sideline side line
15	16	Side 1: On 30 yd In	4.0 steps behind Front Sideline side line
16	32	Side 1: On 30 yd In	4.0 steps behind Front Sideline side line
17	16	Side 1: 4.0 steps inside 40 yd In	7.0 steps behind Front Sideline side line
18	32	Side 1: 3.0 steps outside 35 yd In	7.0 steps behind Front Sideline side line
19	16	Side 1: 3.0 steps outside 35 yd In	7.0 steps behind Front Sideline side line
20	16	Side 1: 3.0 steps outside 35 yd In	7.0 steps behind Front Sideline side line
21	16	Side 1: 4.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
22	46	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline side line
23	12	Side 1: 4.0 steps inside 30 yd In	10.0 steps behind Front Sideline side line
24	12	Side 1: 2.75 steps outside 35 yd In	3.25 steps in front of Front Sideline Hash (HS)
25	12	Side 1: 2.75 steps outside 35 yd In	11.75 steps in front of Front Sideline Hash (HS)
26	19	Side 1: 2.75 steps outside 35 yd In	10.25 steps behind Front Sideline side line

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 25 yd In	12.0 steps behind Front Sideline side line
1	16	Side 1: On 20 yd In	10.0 steps behind Front Sideline side line
2	20	Side 1: On 20 yd In	8.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: 2.0 steps outside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 1: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
7	20	Side 1: 2.5 steps inside 20 yd In	13.75 steps in front of Back Sideline Hash (HS)
8	16	Side 1: 1.0 steps outside 20 yd In	13.25 steps behind Front Sideline Hash (HS)
9	24	Side 1: 1.5 steps outside 25 yd In	4.5 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 3.5 steps outside 20 yd In	4.5 steps in front of Back Sideline Hash (HS)
11	32	Side 1: 0.75 steps outside 20 yd In	11.75 steps behind Front Sideline side line
12	8	Side 1: 0.25 steps outside 25 yd In	7.75 steps behind Front Sideline side line
13	24	Side 1: 4.0 steps inside 20 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: On 25 yd In	12.0 steps behind Front Sideline side line
15	16	Side 1: On 35 yd In	4.0 steps behind Front Sideline side line
16	32	Side 1: On 35 yd In	4.0 steps behind Front Sideline side line
17	16	Side 1: 4.0 steps inside 45 yd In	7.0 steps behind Front Sideline side line
18	32	Side 1: 3.0 steps outside 40 yd In	7.0 steps behind Front Sideline side line
19	16	Side 1: 3.0 steps outside 40 yd In	7.0 steps behind Front Sideline side line
20	16	Side 1: 3.0 steps outside 40 yd In	7.0 steps behind Front Sideline side line
21	16	Side 1: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
22	46	Side 1: On 45 yd In	12.0 steps behind Front Sideline side line
23	12	Side 1: 4.0 steps inside 40 yd In	10.0 steps behind Front Sideline side line
24	12	Side 1: 3.0 steps outside 45 yd In	3.5 steps in front of Front Sideline Hash (HS)
25	12	Side 1: 3.0 steps outside 45 yd In	11.5 steps in front of Front Sideline Hash (HS)
26	19	Side 1: 3.0 steps outside 45 yd In	10.5 steps behind Front Sideline side line

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 15 yd In	12.0 steps behind Front Sideline side line
1	16	Side 1: On 10 yd In	10.0 steps behind Front Sideline side line
2	20	Side 1: On 10 yd In	8.0 steps behind Front Sideline Hash (HS)
3	12	Side 1: 2.0 steps outside 10 yd In	8.0 steps behind Front Sideline Hash (HS)
4	32	Side 1: On 15 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 1: On 15 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 1: 2.0 steps outside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
7	20	Side 1: 0.25 steps inside 15 yd In	8.25 steps behind Front Sideline Hash (HS)
8	16	Side 1: 2.0 steps inside 15 yd In	4.5 steps behind Front Sideline Hash (HS)
9	24	Side 1: 4.0 steps inside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 2.0 steps inside 15 yd In	12.0 steps in front of Back Sideline Hash (HS)
11	32	Side 1: 4.0 steps inside 20 yd In	8.0 steps behind Front Sideline side line
12	8	Side 1: 4.0 steps inside 25 yd In	5.0 steps behind Front Sideline side line
13	24	Side 1: 2.0 steps inside 25 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: On 30 yd In	12.0 steps behind Front Sideline side line
15	16	Side 1: On 40 yd In	4.0 steps behind Front Sideline side line
16	32	Side 1: On 40 yd In	4.0 steps behind Front Sideline side line
17	16	Side 2: 4.0 steps outside 50 yd In	7.0 steps behind Front Sideline side line
18	32	Side 1: 3.0 steps outside 45 yd In	7.0 steps behind Front Sideline side line
19	16	Side 1: 3.0 steps outside 45 yd In	7.0 steps behind Front Sideline side line
20	16	Side 1: 3.0 steps outside 45 yd In	7.0 steps behind Front Sideline side line
21	16	Side 1: 4.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
22	46	Side 2: 4.0 steps outside 50 yd In	12.0 steps behind Front Sideline side line
23	12	Side 2: 4.0 steps outside 50 yd In	10.0 steps behind Front Sideline side line
24	12	Side 2: 4.0 steps inside 45 yd In	8.5 steps in front of Front Sideline Hash (HS)
25	12	Side 2: 4.0 steps inside 45 yd In	6.5 steps in front of Front Sideline Hash (HS)
26	19	Side 2: 4.0 steps inside 45 yd In	12.5 steps in front of Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
1	16	Side 1: On 10 yd In	6.0 steps in front of Front Sideline Hash (HS)
2	20	Side 1: On 10 yd In	8.0 steps in front of Back Sideline Hash (HS)
3	12	Side 1: 2.0 steps outside 15 yd In	8.0 steps in front of Back Sideline Hash (HS)
4	32	Side 1: On 15 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	8	Side 1: On 15 yd In	12.0 steps in front of Back Sideline Hash (HS)
6	16	Side 1: On 15 yd In	12.0 steps behind Front Sideline Hash (HS)
7	20	Side 1: 4.0 steps inside 10 yd In	4.0 steps behind Front Sideline Hash (HS)
8	16	Side 1: On 15 yd In	On Front Sideline Hash (HS)
9	24	Side 1: On 10 yd In	12.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: 4.0 steps inside 10 yd In	On Back Sideline Hash (HS)
11	32	Side 1: On 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
12	8	Side 1: 1.75 steps outside 25 yd In	12.5 steps in front of Back Sideline Hash (HS)
13	24	Side 1: 4.0 steps inside 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 20 yd In	4.0 steps behind Back Sideline Hash (HS)
15	16	Side 1: 4.0 steps inside 30 yd In	4.0 steps behind Back Sideline Hash (HS)
16	32	Side 1: 4.0 steps inside 40 yd In	4.0 steps behind Back Sideline Hash (HS)
17	16	Side 2: On 45 yd In	3.0 steps in front of Back Sideline Hash (HS)
18	32	Side 2: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 2: 4.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
20	16	Side 2: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
21	16	Side 2: 2.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
22	46	Side 2: 2.0 steps outside 45 yd In	12.0 steps behind Front Sideline side line
23	12	Side 2: 4.0 steps outside 45 yd In	10.0 steps behind Front Sideline side line
24	12	Side 2: 3.5 steps outside 45 yd In	11.75 steps in front of Front Sideline Hash (HS)
25	12	Side 2: 3.5 steps outside 45 yd In	3.25 steps in front of Front Sideline Hash (HS)
26	19	Side 2: 3.5 steps outside 45 yd In	9.25 steps in front of Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and positions.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and positions.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and positions.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and positions.

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: On 30 yd In	6.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 30 yd In	4.0 steps behind Back Sideline Hash (HS)
3	12	Side 1: 2.0 steps outside 30 yd In	4.0 steps behind Back Sideline Hash (HS)
4	32	Side 1: On 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
5	8	Side 1: On 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
6	16	Side 1: On 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 2.25 steps outside 50 yd In	14.0 steps behind Back Sideline Hash (HS)
8	16	Side 2: 0.25 steps inside 45 yd In	10.25 steps behind Back Sideline Hash (HS)
9	24	Side 1: 0.25 steps outside 50 yd In	5.75 steps in front of Back Sideline side line
10	16	Side 1: 4.0 steps inside 45 yd In	4.0 steps behind Back Sideline Hash (HS)
11	32	Side 1: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
12	8	Side 1: 2.0 steps inside 45 yd In	14.0 steps in front of Back Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 50 yd In	4.0 steps behind Back Sideline Hash (HS)
15	16	Side 2: 4.0 steps outside 40 yd In	4.0 steps behind Back Sideline Hash (HS)
16	32	Side 2: 4.0 steps outside 30 yd In	4.0 steps behind Back Sideline Hash (HS)
17	16	Side 2: On 15 yd In	3.0 steps in front of Back Sideline Hash (HS)
18	32	Side 2: On 15 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 2: 4.0 steps outside 15 yd In	8.0 steps in front of Front Sideline Hash (HS)
20	16	Side 2: On 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
21	16	Side 2: 2.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
22	46	Side 2: 2.0 steps outside 30 yd In	12.0 steps behind Front Sideline side line
23	12	Side 2: 4.0 steps outside 25 yd In	10.0 steps behind Front Sideline side line
24	12	Side 2: On 25 yd In	5.0 steps in front of Front Sideline Hash (HS)
25	12	Side 2: On 25 yd In	10.0 steps in front of Front Sideline Hash (HS)
26	19	Side 2: On 25 yd In	12.0 steps behind Front Sideline side line

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: On 20 yd In	6.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 20 yd In	4.0 steps behind Back Sideline Hash (HS)
3	12	Side 1: 2.0 steps outside 20 yd In	4.0 steps behind Back Sideline Hash (HS)
4	32	Side 1: On 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
5	8	Side 1: On 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
6	16	Side 1: 2.0 steps outside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
7	20	Side 1: 0.5 steps inside 40 yd In	12.75 steps behind Back Sideline Hash (HS)
8	16	Side 1: 0.75 steps inside 45 yd In	10.25 steps behind Back Sideline Hash (HS)
9	24	Side 1: 0.75 steps inside 45 yd In	1.75 steps behind Back Sideline Hash (HS)
10	16	Side 1: 1.25 steps outside 40 yd In	1.75 steps behind Back Sideline Hash (HS)
11	32	Side 1: 1.0 steps inside 20 yd In	11.25 steps behind Front Sideline Hash (HS)
12	8	Side 1: 0.5 steps outside 20 yd In	2.25 steps behind Front Sideline Hash (HS)
13	24	Side 1: 2.0 steps outside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: On 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	16	Side 1: On 30 yd In	12.0 steps behind Front Sideline side line
16	32	Side 1: On 30 yd In	12.0 steps behind Front Sideline side line
17	16	Side 1: 4.0 steps inside 40 yd In	13.0 steps in front of Front Sideline Hash (HS)
18	32	Side 1: 3.0 steps outside 35 yd In	13.0 steps in front of Front Sideline Hash (HS)
19	16	Side 1: 3.0 steps outside 35 yd In	13.0 steps in front of Front Sideline Hash (HS)
20	16	Side 1: 3.0 steps outside 35 yd In	13.0 steps in front of Front Sideline Hash (HS)
21	16	Side 1: 2.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
22	46	Side 1: 2.0 steps outside 35 yd In	12.0 steps behind Front Sideline side line
23	12	Side 1: 4.0 steps inside 25 yd In	10.0 steps behind Front Sideline side line
24	12	Side 1: 2.5 steps outside 30 yd In	5.0 steps in front of Front Sideline Hash (HS)
25	12	Side 1: 2.5 steps outside 30 yd In	10.0 steps in front of Front Sideline Hash (HS)
26	19	Side 1: 2.5 steps outside 30 yd In	12.0 steps behind Front Sideline side line

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 15 yd In	8.0 steps behind Front Sideline Hash (HS)
1	16	Side 1: On 10 yd In	6.0 steps behind Front Sideline Hash (HS)
2	20	Side 1: On 10 yd In	4.0 steps behind Back Sideline Hash (HS)
3	12	Side 1: 2.0 steps outside 10 yd In	4.0 steps behind Back Sideline Hash (HS)
4	32	Side 1: On 15 yd In	4.0 steps in front of Back Sideline Hash (HS)
5	8	Side 1: On 15 yd In	4.0 steps in front of Back Sideline Hash (HS)
6	16	Side 1: 4.0 steps inside 20 yd In	4.0 steps in front of Back Sideline Hash (HS)
7	20	Side 1: 2.75 steps inside 30 yd In	1.25 steps behind Back Sideline Hash (HS)
8	16	Side 1: 2.25 steps inside 35 yd In	6.5 steps behind Back Sideline Hash (HS)
9	24	Side 1: 2.25 steps inside 30 yd In	9.5 steps in front of Back Sideline side line
10	16	Side 1: 1.0 steps outside 35 yd In	12.75 steps in front of Back Sideline side line
11	32	Side 1: 2.0 steps inside 35 yd In	3.0 steps behind Back Sideline Hash (HS)
12	8	Side 1: 2.5 steps outside 40 yd In	6.0 steps in front of Back Sideline Hash (HS)
13	24	Side 1: 2.0 steps inside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
14	16	Side 1: On 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
15	16	Side 2: On 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
16	32	Side 2: On 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
17	16	Side 2: 4.0 steps outside 25 yd In	11.0 steps in front of Back Sideline Hash (HS)
18	32	Side 2: 4.0 steps outside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
19	16	Side 2: 4.0 steps outside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
20	16	Side 2: On 25 yd In	12.0 steps behind Front Sideline side line
21	16	Side 2: 4.0 steps outside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
22	46	Side 2: 4.0 steps outside 35 yd In	8.0 steps behind Front Sideline side line
23	12	Side 2: 4.0 steps outside 30 yd In	4.0 steps behind Front Sideline side line
24	12	Side 2: 2.5 steps outside 30 yd In	11.25 steps behind Front Sideline side line
25	12	Side 2: 2.5 steps outside 30 yd In	11.25 steps in front of Front Sideline Hash (HS)
26	19	Side 2: 2.5 steps outside 30 yd In	10.75 steps behind Front Sideline side line

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	16	Side 1: On 20 yd In	10.0 steps in front of Back Sideline Hash (HS)
2	20	Side 1: On 20 yd In	12.0 steps in front of Back Sideline side line
3	12	Side 1: 2.0 steps outside 25 yd In	12.0 steps in front of Back Sideline side line
4	32	Side 1: On 25 yd In	4.0 steps behind Back Sideline Hash (HS)
5	8	Side 1: On 25 yd In	4.0 steps behind Back Sideline Hash (HS)
6	16	Side 1: On 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
7	20	Side 1: 3.25 steps inside 35 yd In	9.75 steps behind Back Sideline Hash (HS)
8	16	Side 1: 3.75 steps inside 40 yd In	9.25 steps behind Back Sideline Hash (HS)
9	24	Side 1: 3.75 steps inside 35 yd In	6.75 steps in front of Back Sideline side line
10	16	Side 1: 1.25 steps outside 40 yd In	13.0 steps behind Back Sideline Hash (HS)
11	32	Side 1: 0.5 steps outside 40 yd In	0.75 steps behind Back Sideline Hash (HS)
12	8	Side 1: 2.25 steps inside 40 yd In	7.75 steps in front of Back Sideline Hash (HS)
13	24	Side 1: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
14	16	Side 1: On 45 yd In	4.0 steps behind Back Sideline Hash (HS)
15	16	Side 2: On 45 yd In	4.0 steps behind Back Sideline Hash (HS)
16	32	Side 2: On 35 yd In	4.0 steps behind Back Sideline Hash (HS)
17	16	Side 2: 4.0 steps outside 25 yd In	3.0 steps in front of Back Sideline Hash (HS)
18	32	Side 2: 4.0 steps outside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
19	16	Side 2: 4.0 steps outside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
20	16	Side 2: On 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
21	16	Side 2: 4.0 steps outside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
22	46	Side 2: 4.0 steps outside 35 yd In	12.0 steps behind Front Sideline side line
23	12	Side 2: 4.0 steps outside 30 yd In	10.0 steps behind Front Sideline side line
24	12	Side 2: 2.5 steps outside 30 yd In	10.75 steps in front of Front Sideline Hash (HS)
25	12	Side 2: 2.5 steps outside 30 yd In	4.25 steps in front of Front Sideline Hash (HS)
26	19	Side 2: 2.5 steps outside 30 yd In	10.25 steps in front of Front Sideline Hash (HS)

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and measurements.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and measurements.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and measurements.

Drill: Land of The Free Mvt. 1

Table with columns: Set, Counts, Side 1-Side 2, Back Sideline-Front Sideline. Rows 0-26 detailing drill steps and measurements.

Drill: Land of The Free Mvt. 1

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 40 yd In	12.0 steps behind Front Sideline Hash (HS)
1	16	Side 2: 4.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
2	20	Side 2: 4.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
3	12	Side 2: 4.0 steps outside 45 yd In	On Front Sideline Hash (HS)
4	32	On 50 yd In	8.0 steps behind Front Sideline Hash (HS)
5	8	Side 2: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
6	16	Side 2: 4.0 steps inside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
7	20	Side 2: 3.0 steps outside 45 yd In	5.75 steps in front of Back Sideline Hash (HS)
8	16	Side 2: On 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
9	24	Side 2: On 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
10	16	Side 2: On 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
11	32	Side 2: 0.25 steps outside 40 yd In	3.5 steps in front of Back Sideline Hash (HS)
12	8	Side 2: 2.5 steps outside 40 yd In	8.5 steps in front of Back Sideline Hash (HS)
13	24	Side 2: 4.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
15	16	Side 1: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
16	32	Side 1: On 45 yd In	10.0 steps in front of Back Sideline Hash (HS)
17	16	Side 1: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
18	32	Side 1: On 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
19	16	Side 1: 2.0 steps inside 30 yd In	On Back Sideline Hash (HS)
20	16	Side 1: 2.0 steps outside 40 yd In	On Back Sideline Hash (HS)
21	16	Side 1: 2.0 steps inside 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
22	46	Side 1: 2.0 steps inside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
23	12	Side 1: 0.5 steps inside 35 yd In	5.75 steps in front of Back Sideline Hash (HS)
24	12	Side 1: 0.5 steps inside 35 yd In	10.75 steps in front of Back Sideline Hash (HS)
25	12	Side 1: 0.5 steps inside 35 yd In	7.5 steps behind Front Sideline Hash (HS)
26	19	Side 1: 0.5 steps inside 35 yd In	3.5 steps behind Front Sideline Hash (HS)