

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 25 yd In	6.0 steps behind Front Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 30 yd In	10.0 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 2.5 steps outside 35 yd In	5.25 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 3.25 steps outside 35 yd In	13.5 steps behind Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 2.0 steps inside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 0.5 steps outside 35 yd In	9.75 steps in front of Back Sideline Hash (HS)
9	16	Side 2: 0.75 steps outside 35 yd In	4.5 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 0.5 steps outside 30 yd In	7.5 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 2.75 steps inside 30 yd In	4.5 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 0.75 steps inside 30 yd In	13.25 steps in front of Back Sideline Hash (HS)
13	16	Side 2: On 30 yd In	On Back Sideline Hash (HS)
14	16	Side 2: On 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
16	12	Side 2: On 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: On 20 yd In	4.0 steps in front of Back Sideline Hash (HS)

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Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: On 40 yd In	On Back Sideline Hash (HS)
2	24	Side 2: 1.75 steps inside 45 yd In	4.25 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 2.25 steps inside 40 yd In	11.0 steps in front of Back Sideline Hash (HS)
4	16	Side 2: On 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
5	12	Side 2: On 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
6	8	Side 2: On 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
7	16	Side 2: 2.0 steps inside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 2.0 steps inside 45 yd In	1.75 steps in front of Back Sideline Hash (HS)
9	16	Side 2: 3.75 steps inside 45 yd In	1.25 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 3.0 steps inside 40 yd In	0.75 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 1.75 steps outside 45 yd In	7.75 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 3.75 steps inside 40 yd In	4.75 steps in front of Back Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: On 20 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: 4.0 steps outside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)

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Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 45 yd In	On Back Sideline Hash (HS)
2	24	Side 2: 3.5 steps outside 50 yd In	5.5 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 3.75 steps outside 45 yd In	11.0 steps in front of Back Sideline Hash (HS)
4	16	Side 2: On 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
5	12	Side 2: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
6	8	Side 2: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
7	16	Side 2: 3.0 steps outside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 3.25 steps outside 50 yd In	2.5 steps in front of Back Sideline Hash (HS)
9	16	Side 2: 1.5 steps outside 50 yd In	1.75 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 2.0 steps outside 45 yd In	1.0 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 0.25 steps inside 45 yd In	10.0 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 1.25 steps outside 45 yd In	5.25 steps in front of Back Sideline Hash (HS)
13	16	Side 2: On 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: On 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: On 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: On 25 yd In	8.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: On 45 yd In	On Back Sideline Hash (HS)
2	24	Side 2: 0.75 steps outside 50 yd In	7.0 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 1.75 steps outside 45 yd In	11.0 steps in front of Back Sideline Hash (HS)
4	16	Side 2: On 40 yd In	On Back Sideline Hash (HS)
5	12	Side 2: On 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
6	8	Side 2: On 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
7	16	Side 2: On 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 0.25 steps outside 50 yd In	3.75 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 1.5 steps outside 50 yd In	2.25 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 1.0 steps inside 45 yd In	1.25 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 2.0 steps inside 45 yd In	12.5 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 1.75 steps inside 45 yd In	5.75 steps in front of Back Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: On 25 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: 4.0 steps outside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 50 yd In	On Back Sideline Hash (HS)
2	24	Side 1: 1.5 steps outside 50 yd In	9.0 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 0.25 steps inside 45 yd In	11.0 steps in front of Back Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 45 yd In	On Back Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 50 yd In	4.0 steps in front of Back Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 50 yd In	4.0 steps in front of Back Sideline Hash (HS)
7	16	Side 2: 3.0 steps inside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 2.25 steps outside 50 yd In	5.25 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 3.5 steps inside 45 yd In	3.25 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 4.0 steps inside 45 yd In	2.0 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 3.25 steps inside 45 yd In	12.75 steps behind Front Sideline Hash (HS)
12	16	Side 2: 3.5 steps outside 50 yd In	6.75 steps in front of Back Sideline Hash (HS)
13	16	Side 2: On 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: On 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: On 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: On 30 yd In	8.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	On 50 yd In	On Back Sideline Hash (HS)
2	24	Side 1: 3.5 steps outside 50 yd In	11.0 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 2.25 steps inside 45 yd In	11.25 steps in front of Back Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
7	16	Side 2: 2.0 steps outside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 3.5 steps inside 45 yd In	7.25 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 1.0 steps inside 45 yd In	4.5 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 1.25 steps outside 50 yd In	3.25 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 4.0 steps inside 45 yd In	10.0 steps behind Front Sideline Hash (HS)
12	16	Side 2: 0.75 steps outside 50 yd In	8.25 steps in front of Back Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: 4.0 steps outside 35 yd In	8.0 steps in front of Back 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 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 4.0 steps inside 45 yd In	On Back Sideline Hash (HS)
2	24	Side 1: 2.5 steps inside 45 yd In	13.5 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 3.75 steps outside 50 yd In	11.5 steps in front of Back Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 50 yd In	12.0 steps in front of Back Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 50 yd In	12.0 steps in front of Back Sideline Hash (HS)
7	16	Side 2: 1.0 steps inside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 1.5 steps inside 45 yd In	9.5 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 1.5 steps outside 45 yd In	6.25 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 1.5 steps outside 50 yd In	4.5 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 3.75 steps outside 50 yd In	7.0 steps behind Front Sideline Hash (HS)
12	16	Side 1: 1.75 steps outside 50 yd In	10.0 steps in front of Back Sideline Hash (HS)
13	16	Side 2: On 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: On 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: On 35 yd In	8.0 steps in front of Back 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	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: On 45 yd In	On Back Sideline Hash (HS)
2	24	Side 1: 1.0 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 1.75 steps outside 50 yd In	12.0 steps in front of Back Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 50 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 50 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: On 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 4.0 steps inside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 4.0 steps inside 45 yd In	6.0 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 4.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
12	16	Side 1: 4.0 steps inside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 50 yd In	4.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: 4.0 steps outside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
2	24	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
3	44	Side 2: 2.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 2: On 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	On 50 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	On 50 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	On 50 yd In	4.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: On 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 1.0 steps inside 40 yd In	1.0 steps behind Back Sideline Hash (HS)
10	16	Side 1: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 3.0 steps outside 50 yd In	4.0 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 3.5 steps outside 45 yd In	1.5 steps behind Back Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 50 yd In	On Back Sideline Hash (HS)
14	16	On 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: On 40 yd In	8.0 steps in front of Back Sideline Hash (HS)

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Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 2.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
2	24	Side 2: 2.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
3	44	Side 2: 4.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps inside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 50 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 50 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 2.0 steps outside 50 yd In	4.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 2.0 steps outside 45 yd In	4.25 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 1.0 steps outside 40 yd In	0.75 steps behind Back Sideline Hash (HS)
10	16	Side 1: 1.75 steps outside 45 yd In	6.75 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 1.25 steps outside 50 yd In	3.25 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 1.5 steps outside 45 yd In	1.75 steps behind Back Sideline Hash (HS)
13	16	Side 2: 2.0 steps outside 50 yd In	On Back Sideline Hash (HS)
14	16	Side 1: 2.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: 2.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: 2.0 steps inside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

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	24	On 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
2	24	On 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
3	44	Side 2: 2.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 50 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 4.0 steps inside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 4.0 steps outside 45 yd In	4.5 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 3.0 steps outside 40 yd In	0.5 steps behind Back Sideline Hash (HS)
10	16	Side 1: 3.25 steps outside 45 yd In	5.75 steps in front of Back Sideline Hash (HS)
11	16	Side 1: 0.75 steps outside 50 yd In	2.5 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 0.5 steps inside 45 yd In	2.0 steps behind Back Sideline Hash (HS)
13	16	On 50 yd In	On Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: On 40 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: 4.0 steps outside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
1	24	Side 1: 2.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
3	44	On 50 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps outside 50 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 2.0 steps inside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 2.0 steps inside 40 yd In	4.75 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 3.0 steps inside 35 yd In	0.25 steps behind Back Sideline Hash (HS)
10	16	Side 1: 3.0 steps inside 40 yd In	4.75 steps in front of Back Sideline Hash (HS)
11	16	Side 1: 2.75 steps outside 50 yd In	2.0 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 2.5 steps inside 45 yd In	2.0 steps behind Back Sideline Hash (HS)
13	16	Side 1: 2.0 steps outside 50 yd In	On Back Sideline Hash (HS)
14	16	Side 1: 2.0 steps inside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: 2.0 steps inside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: 2.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)

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Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
1	24	Side 1: 4.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	On 50 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: On 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: On 40 yd In	5.25 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 1.0 steps inside 35 yd In	0.25 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 1.0 steps inside 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
11	16	Side 1: 3.25 steps inside 45 yd In	1.75 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 3.5 steps outside 50 yd In	1.75 steps behind Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 45 yd In	On Back Sideline Hash (HS)
14	16	Side 1: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	On 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)

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Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 1.0 steps outside 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
1	24	Side 1: 1.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: 1.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
3	44	Side 1: 3.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 3.0 steps outside 50 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 3.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 3.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 3.0 steps outside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 2.75 steps outside 40 yd In	6.0 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 1.75 steps outside 35 yd In	1.0 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 1.75 steps outside 40 yd In	3.0 steps in front of Back Sideline Hash (HS)
11	16	Side 1: 0.25 steps inside 45 yd In	2.0 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 0.5 steps outside 50 yd In	1.0 steps behind Back Sideline Hash (HS)
13	16	Side 1: On 45 yd In	On Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
1	24	Side 1: 2.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
3	44	Side 1: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 2.0 steps inside 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 2.5 steps inside 35 yd In	7.25 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 3.5 steps inside 30 yd In	2.25 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 3.25 steps inside 35 yd In	2.25 steps in front of Back Sideline Hash (HS)
11	16	Side 1: 2.5 steps outside 45 yd In	2.5 steps in front of Back Sideline Hash (HS)
12	16	Side 1: 2.0 steps outside 50 yd In	0.25 steps in front of Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 40 yd In	On Back Sideline Hash (HS)
14	16	Side 1: On 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 50 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	On 50 yd In	8.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 3.0 steps inside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: 3.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
3	44	Side 1: 3.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 1.0 steps outside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 1.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 1.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 1.0 steps outside 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 0.25 steps outside 35 yd In	8.5 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 0.75 steps inside 30 yd In	3.5 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 0.5 steps inside 35 yd In	1.75 steps in front of Back Sideline Hash (HS)
11	16	Side 1: 2.75 steps inside 40 yd In	3.75 steps in front of Back Sideline Hash (HS)
12	16	Side 1: 3.5 steps inside 45 yd In	2.0 steps in front of Back Sideline Hash (HS)
13	16	Side 1: On 40 yd In	On Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	On 50 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: 4.0 steps inside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
1	24	Side 1: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 4.0 steps inside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 2.75 steps outside 35 yd In	10.25 steps in front of Back Sideline Hash (HS)
9	16	Side 1: 1.75 steps outside 30 yd In	5.25 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 2.5 steps outside 35 yd In	1.5 steps in front of Back Sideline Hash (HS)
11	16	Side 1: On 40 yd In	5.25 steps in front of Back Sideline Hash (HS)
12	16	Side 1: 1.25 steps inside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 35 yd In	On Back Sideline Hash (HS)
14	16	Side 1: On 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: On 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 1.0 steps outside 45 yd In	On Front Sideline side line
1	24	Side 1: 4.0 steps inside 30 yd In	4.0 steps behind Front Sideline side line
2	24	Side 1: 4.0 steps inside 30 yd In	4.0 steps behind Front Sideline side line
3	44	Side 1: 4.0 steps inside 40 yd In	6.0 steps behind Front Sideline side line
4	16	Side 1: On 35 yd In	6.0 steps behind Front Sideline side line
5	12	Side 1: On 40 yd In	3.0 steps behind Front Sideline side line
6	8	Side 1: 1.5 steps outside 40 yd In	On Front Sideline side line
7	16	Side 1: 1.5 steps outside 40 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 2.5 steps inside 30 yd In	2.0 steps behind Front Sideline side line
9	16	Side 1: 3.0 steps outside 40 yd In	8.0 steps behind Front Sideline side line
10	16	Side 1: 0.25 steps outside 45 yd In	10.25 steps in front of Front Sideline Hash (HS)
11	16	Side 1: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
12	16	Side 1: On 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 30 yd In	On Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 1: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 40 yd In	8.0 steps behind Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 15 yd In	On Front Sideline side line
1	24	Side 1: On 15 yd In	8.0 steps behind Front Sideline side line
2	24	Side 1: On 15 yd In	8.0 steps behind Front Sideline side line
3	44	Side 1: 4.0 steps inside 15 yd In	6.0 steps behind Front Sideline side line
4	16	Side 1: On 10 yd In	6.0 steps behind Front Sideline side line
5	12	Side 1: On 15 yd In	3.0 steps behind Front Sideline side line
6	8	Side 1: On 15 yd In	On Front Sideline side line
7	16	Side 1: On 15 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 4.0 steps inside 10 yd In	4.0 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 2.0 steps inside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: On 25 yd In	On Back Sideline Hash (HS)
11	16	Side 1: 2.25 steps inside 20 yd In	11.25 steps behind Back Sideline Hash (HS)
12	16	Side 1: 4.0 steps inside 30 yd In	4.0 steps behind Back Sideline Hash (HS)
13	16	Side 1: On 30 yd In	On Back Sideline Hash (HS)
14	16	Side 1: On 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 0.75 steps outside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 35 yd In	8.0 steps behind Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 1.0 steps inside 30 yd In	On Front Sideline side line
1	24	Side 2: 1.0 steps inside 30 yd In	On Front Sideline side line
2	24	Side 2: 1.25 steps inside 20 yd In	7.0 steps behind Front Sideline side line
3	44	Side 2: 1.0 steps inside 15 yd In	3.5 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 15 yd In	4.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 20 yd In	On Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 20 yd In	On Front Sideline Hash (HS)
7	16	Side 2: 0.75 steps outside 20 yd In	10.5 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 3.75 steps outside 30 yd In	5.0 steps behind Back Sideline Hash (HS)
9	16	Side 2: 0.25 steps outside 40 yd In	13.75 steps behind Back Sideline Hash (HS)
10	16	Side 2: 2.25 steps outside 50 yd In	8.75 steps in front of Back Sideline side line
11	16	Side 1: 3.75 steps inside 40 yd In	11.25 steps in front of Back Sideline side line
12	16	Side 1: 1.75 steps inside 30 yd In	12.25 steps behind Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 25 yd In	On Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 1: On 40 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 2.75 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 30 yd In	8.0 steps behind Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 1.0 steps outside 25 yd In	On Front Sideline side line
1	24	Side 2: 1.0 steps outside 25 yd In	On Front Sideline side line
2	24	Side 2: 1.25 steps inside 15 yd In	13.0 steps behind Front Sideline side line
3	44	Side 2: 1.0 steps inside 15 yd In	8.25 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 15 yd In	8.0 steps in front of Back Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
7	16	Side 2: 2.25 steps outside 25 yd In	0.5 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 2.5 steps outside 35 yd In	12.0 steps behind Back Sideline Hash (HS)
9	16	Side 2: 1.0 steps inside 45 yd In	10.0 steps in front of Back Sideline side line
10	16	Side 1: 1.25 steps outside 45 yd In	5.75 steps in front of Back Sideline side line
11	16	Side 1: 1.75 steps inside 35 yd In	9.0 steps in front of Back Sideline side line
12	16	Side 1: On 25 yd In	11.25 steps behind Back Sideline Hash (HS)
13	16	Side 1: On 25 yd In	On Back Sideline Hash (HS)
14	16	Side 1: On 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 2.0 steps outside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 25 yd In	8.0 steps behind Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 10 yd In	On Front Sideline side line
1	24	Side 1: On 10 yd In	12.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: On 10 yd In	12.0 steps in front of Front Sideline Hash (HS)
3	44	Side 1: On 15 yd In	12.0 steps behind Front Sideline side line
4	16	Side 1: On 20 yd In	12.0 steps behind Front Sideline side line
5	12	Side 1: On 25 yd In	9.0 steps behind Front Sideline side line
6	8	Side 1: 1.5 steps outside 25 yd In	On Front Sideline side line
7	16	Side 1: 1.5 steps outside 25 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 4.0 steps outside 20 yd In	11.5 steps behind Front Sideline side line
9	16	Side 1: 1.5 steps outside 15 yd In	1.0 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 2.0 steps inside 15 yd In	11.25 steps in front of Back Sideline Hash (HS)
11	16	Side 1: 1.5 steps inside 15 yd In	1.0 steps in front of Back Sideline Hash (HS)
12	16	Side 1: 1.75 steps outside 25 yd In	2.0 steps in front of Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 20 yd In	On Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 1: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 1.25 steps inside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 20 yd In	8.0 steps behind Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 15 yd In	On Front Sideline side line
1	24	Side 2: On 15 yd In	On Front Sideline side line
2	24	Side 2: 1.75 steps outside 15 yd In	0.75 steps in front of Front Sideline Hash (HS)
3	44	Side 2: 2.0 steps outside 25 yd In	8.25 steps in front of Back Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 25 yd In	On Back Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
7	16	Side 2: 1.75 steps outside 35 yd In	6.0 steps behind Back Sideline Hash (HS)
8	24	Side 2: 1.0 steps outside 45 yd In	11.25 steps behind Back Sideline Hash (HS)
9	16	Side 1: On 45 yd In	7.75 steps in front of Back Sideline side line
10	16	Side 1: 2.75 steps outside 35 yd In	9.0 steps in front of Back Sideline side line
11	16	Side 1: 3.0 steps inside 25 yd In	11.5 steps in front of Back Sideline side line
12	16	Side 1: 3.25 steps inside 15 yd In	3.75 steps behind Back Sideline Hash (HS)
13	16	Side 1: On 20 yd In	On Back Sideline Hash (HS)
14	16	Side 1: On 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 3.25 steps outside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 15 yd In	8.0 steps behind Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 40 yd In	On Front Sideline side line
1	24	Side 1: On 30 yd In	8.0 steps behind Front Sideline side line
2	24	Side 1: On 30 yd In	8.0 steps behind Front Sideline side line
3	44	Side 1: 4.0 steps inside 35 yd In	6.0 steps behind Front Sideline side line
4	16	Side 1: On 30 yd In	6.0 steps behind Front Sideline side line
5	12	Side 1: On 35 yd In	3.0 steps behind Front Sideline side line
6	8	Side 1: 3.25 steps outside 35 yd In	On Front Sideline side line
7	16	Side 1: 3.25 steps outside 35 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 0.75 steps inside 25 yd In	3.75 steps behind Front Sideline side line
9	16	Side 1: 2.25 steps inside 15 yd In	10.0 steps behind Front Sideline side line
10	16	Side 1: 4.0 steps inside 10 yd In	On Front Sideline Hash (HS)
11	16	Side 1: 0.75 steps outside 15 yd In	12.0 steps behind Front Sideline Hash (HS)
12	16	Side 1: 3.0 steps inside 15 yd In	12.0 steps in front of Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 15 yd In	On Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 15 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 1: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: On 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 10 yd In	8.0 steps behind Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 40 yd In	On Back Sideline Hash (HS)
2	24	Side 2: 1.0 steps outside 45 yd In	3.25 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 0.25 steps inside 40 yd In	11.25 steps in front of Back Sideline Hash (HS)
4	16	Side 2: On 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 2: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 1.0 steps outside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 1.0 steps outside 45 yd In	1.75 steps in front of Back Sideline Hash (HS)
9	16	Side 2: 0.75 steps inside 45 yd In	1.0 steps in front of Back Sideline Hash (HS)
10	16	Side 2: On 40 yd In	0.75 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 4.0 steps inside 40 yd In	6.0 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 0.5 steps inside 40 yd In	5.0 steps in front of Back Sideline Hash (HS)
13	16	Side 2: On 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: On 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: On 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
17	34	Side 2: On 20 yd In	8.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 25 yd In	10.0 steps behind Front Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 30 yd In	6.0 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 3.0 steps inside 35 yd In	3.25 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 0.5 steps inside 35 yd In	13.0 steps in front of Back Sideline Hash (HS)
4	16	Side 2: 2.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 2.0 steps outside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 3.75 steps inside 35 yd In	5.5 steps in front of Back Sideline Hash (HS)
9	16	Side 2: 3.25 steps outside 40 yd In	2.25 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 3.5 steps outside 35 yd In	4.25 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 0.5 steps inside 35 yd In	3.0 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 2.75 steps outside 35 yd In	9.0 steps in front of Back Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 35 yd In	4.0 steps behind Back Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 35 yd In	On Back Sideline Hash (HS)
15	34	Side 2: On 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 30 yd In	On Back Sideline Hash (HS)
17	34	Side 2: 4.0 steps outside 25 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 2.0 steps outside 40 yd In	2.75 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 2.25 steps inside 35 yd In	12.5 steps in front of Back Sideline Hash (HS)
4	16	Side 2: On 40 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: On 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 1.75 steps outside 40 yd In	3.75 steps in front of Back Sideline Hash (HS)
9	16	Side 2: 0.25 steps outside 40 yd In	1.75 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 0.75 steps outside 35 yd In	3.0 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 3.5 steps inside 35 yd In	3.0 steps in front of Back Sideline Hash (HS)
12	16	Side 2: On 35 yd In	7.5 steps in front of Back Sideline Hash (HS)
13	16	Side 2: On 35 yd In	4.0 steps behind Back Sideline Hash (HS)
14	16	Side 2: On 35 yd In	On Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 2: On 30 yd In	On Back Sideline Hash (HS)
17	34	Side 2: On 25 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 20 yd In	14.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 30 yd In	2.0 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 1.0 steps inside 40 yd In	2.5 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 3.75 steps outside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
4	16	Side 2: 2.0 steps inside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps inside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps inside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 2.0 steps inside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 1.0 steps inside 40 yd In	2.75 steps in front of Back Sideline Hash (HS)
9	16	Side 2: 2.75 steps inside 40 yd In	1.25 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 2.0 steps inside 35 yd In	2.0 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 1.5 steps outside 40 yd In	3.5 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 2.75 steps inside 35 yd In	6.25 steps in front of Back Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 40 yd In	4.0 steps behind Back Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 40 yd In	On Back Sideline Hash (HS)
15	34	Side 2: On 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 35 yd In	On Back Sideline Hash (HS)
17	34	Side 2: 4.0 steps outside 30 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 30 yd In	On Back Sideline Hash (HS)
2	24	Side 2: 4.0 steps outside 45 yd In	2.75 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 1.75 steps outside 40 yd In	11.5 steps in front of Back Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 50 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 4.0 steps inside 40 yd In	2.0 steps in front of Back Sideline Hash (HS)
9	16	Side 2: 2.25 steps outside 45 yd In	1.0 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 3.0 steps outside 40 yd In	1.25 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 1.25 steps inside 40 yd In	4.5 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 2.5 steps outside 40 yd In	5.5 steps in front of Back Sideline Hash (HS)
13	16	Side 2: On 40 yd In	4.0 steps behind Back Sideline Hash (HS)
14	16	Side 2: On 40 yd In	On Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 2: On 35 yd In	On Back Sideline Hash (HS)
17	34	Side 2: On 30 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 3.0 steps outside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 2: 3.0 steps outside 45 yd In	On Front Sideline Hash (HS)
2	24	Side 2: 3.0 steps outside 45 yd In	On Front Sideline Hash (HS)
3	44	Side 2: 4.0 steps outside 50 yd In	11.0 steps behind Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps inside 45 yd In	5.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 50 yd In	9.0 steps in front of Back Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 50 yd In	9.0 steps in front of Back Sideline Hash (HS)
7	16	Side 1: 2.0 steps outside 50 yd In	3.0 steps behind Back Sideline Hash (HS)
8	24	On 50 yd In	3.0 steps behind Back Sideline Hash (HS)
9	16	Side 1: 1.0 steps inside 45 yd In	8.0 steps behind Back Sideline Hash (HS)
10	16	Side 1: On 45 yd In	2.0 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 4.0 steps outside 50 yd In	On Back Sideline Hash (HS)
12	16	Side 2: 3.5 steps outside 45 yd In	5.5 steps behind Back Sideline Hash (HS)
13	16	Side 2: On 40 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 45 yd In	On Back Sideline Hash (HS)
15	34	Side 2: On 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 40 yd In	On Back Sideline Hash (HS)
17	34	Side 2: 4.0 steps outside 35 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 2: On 45 yd In	On Front Sideline Hash (HS)
2	24	Side 2: On 45 yd In	On Front Sideline Hash (HS)
3	44	Side 2: 1.0 steps outside 50 yd In	11.0 steps behind Front Sideline Hash (HS)
4	16	Side 2: 3.0 steps outside 50 yd In	5.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 3.0 steps inside 45 yd In	9.0 steps in front of Back Sideline Hash (HS)
6	8	Side 1: 3.0 steps inside 45 yd In	9.0 steps in front of Back Sideline Hash (HS)
7	16	Side 1: 3.0 steps inside 45 yd In	3.0 steps behind Back Sideline Hash (HS)
8	24	Side 1: 3.0 steps outside 50 yd In	3.75 steps behind Back Sideline Hash (HS)
9	16	Side 1: 2.0 steps outside 45 yd In	8.75 steps behind Back Sideline Hash (HS)
10	16	Side 1: 2.5 steps outside 45 yd In	0.5 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 1.5 steps outside 50 yd In	1.5 steps behind Back Sideline Hash (HS)
12	16	Side 2: 0.5 steps outside 45 yd In	6.5 steps behind Back Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 45 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 2: On 45 yd In	On Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 2: On 40 yd In	On Back Sideline Hash (HS)
17	34	Side 2: On 35 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 3.0 steps inside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 2: 3.0 steps inside 45 yd In	On Front Sideline Hash (HS)
2	24	Side 2: 3.0 steps inside 45 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 50 yd In	11.0 steps behind Front Sideline Hash (HS)
4	16	On 50 yd In	5.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: On 45 yd In	9.0 steps in front of Back Sideline Hash (HS)
6	8	Side 1: On 45 yd In	9.0 steps in front of Back Sideline Hash (HS)
7	16	Side 1: On 45 yd In	3.0 steps behind Back Sideline Hash (HS)
8	24	Side 1: 2.25 steps inside 45 yd In	4.25 steps behind Back Sideline Hash (HS)
9	16	Side 1: 3.25 steps inside 40 yd In	9.25 steps behind Back Sideline Hash (HS)
10	16	Side 1: 2.75 steps inside 40 yd In	0.75 steps behind Back Sideline Hash (HS)
11	16	Side 1: 1.5 steps outside 50 yd In	2.5 steps behind Back Sideline Hash (HS)
12	16	Side 2: 2.5 steps inside 45 yd In	6.75 steps behind Back Sideline Hash (HS)
13	16	Side 2: On 45 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 50 yd In	On Back Sideline Hash (HS)
15	34	Side 2: On 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 45 yd In	On Back Sideline Hash (HS)
17	34	Side 2: 4.0 steps outside 40 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 2: 2.0 steps outside 50 yd In	On Front Sideline Hash (HS)
2	24	Side 2: 2.0 steps outside 50 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 3.0 steps inside 45 yd In	11.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 3.0 steps outside 50 yd In	5.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 3.0 steps outside 45 yd In	9.0 steps in front of Back Sideline Hash (HS)
6	8	Side 1: 3.0 steps outside 45 yd In	9.0 steps in front of Back Sideline Hash (HS)
7	16	Side 1: 3.0 steps outside 45 yd In	3.0 steps behind Back Sideline Hash (HS)
8	24	Side 1: 0.75 steps outside 45 yd In	4.5 steps behind Back Sideline Hash (HS)
9	16	Side 1: 0.25 steps inside 40 yd In	9.5 steps behind Back Sideline Hash (HS)
10	16	Side 1: On 40 yd In	1.75 steps behind Back Sideline Hash (HS)
11	16	Side 1: 3.75 steps inside 45 yd In	3.0 steps behind Back Sideline Hash (HS)
12	16	Side 2: 2.5 steps outside 50 yd In	6.5 steps behind Back Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 50 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	On 50 yd In	On Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 2: On 45 yd In	On Back Sideline Hash (HS)
17	34	Side 2: On 40 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 1.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 1.0 steps outside 50 yd In	On Front Sideline Hash (HS)
2	24	Side 1: 1.0 steps outside 50 yd In	On Front Sideline Hash (HS)
3	44	Side 1: On 45 yd In	11.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 45 yd In	5.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 40 yd In	9.0 steps in front of Back Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 40 yd In	9.0 steps in front of Back Sideline Hash (HS)
7	16	Side 1: 2.0 steps inside 40 yd In	3.0 steps behind Back Sideline Hash (HS)
8	24	Side 1: 3.75 steps outside 45 yd In	4.5 steps behind Back Sideline Hash (HS)
9	16	Side 1: 2.75 steps outside 40 yd In	9.5 steps behind Back Sideline Hash (HS)
10	16	Side 1: 3.0 steps outside 40 yd In	2.75 steps behind Back Sideline Hash (HS)
11	16	Side 1: 0.75 steps inside 45 yd In	3.0 steps behind Back Sideline Hash (HS)
12	16	Side 1: 0.25 steps outside 50 yd In	6.0 steps behind Back Sideline Hash (HS)
13	16	On 50 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 45 yd In	On Back Sideline Hash (HS)
15	34	Side 2: On 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 50 yd In	On Back Sideline Hash (HS)
17	34	Side 2: 4.0 steps outside 45 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 4.0 steps inside 45 yd In	On Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 45 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 3.0 steps outside 45 yd In	11.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 1.0 steps outside 45 yd In	5.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 1.0 steps outside 40 yd In	9.0 steps in front of Back Sideline Hash (HS)
6	8	Side 1: 1.0 steps outside 40 yd In	9.0 steps in front of Back Sideline Hash (HS)
7	16	Side 1: 1.0 steps outside 40 yd In	3.0 steps behind Back Sideline Hash (HS)
8	24	Side 1: 1.25 steps inside 40 yd In	4.25 steps behind Back Sideline Hash (HS)
9	16	Side 1: 2.25 steps inside 35 yd In	9.25 steps behind Back Sideline Hash (HS)
10	16	Side 1: 2.0 steps inside 35 yd In	3.5 steps behind Back Sideline Hash (HS)
11	16	Side 1: 2.25 steps outside 45 yd In	2.5 steps behind Back Sideline Hash (HS)
12	16	Side 1: 3.0 steps outside 50 yd In	4.75 steps behind Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 45 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 1: On 45 yd In	On Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	On 50 yd In	On Back Sideline Hash (HS)
17	34	Side 2: On 45 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 1.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 1.0 steps inside 45 yd In	On Front Sideline Hash (HS)
2	24	Side 1: 1.0 steps inside 45 yd In	On Front Sideline Hash (HS)
3	44	Side 2: 1.0 steps outside 50 yd In	7.0 steps behind Front Sideline Hash (HS)
4	16	Side 2: 3.0 steps outside 50 yd In	9.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 3.0 steps inside 45 yd In	13.0 steps in front of Back Sideline Hash (HS)
6	8	Side 1: 3.0 steps inside 45 yd In	13.0 steps in front of Back Sideline Hash (HS)
7	16	Side 1: 3.0 steps inside 45 yd In	1.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 1.75 steps outside 40 yd In	3.5 steps behind Back Sideline Hash (HS)
9	16	Side 1: 0.75 steps outside 35 yd In	8.5 steps behind Back Sideline Hash (HS)
10	16	Side 1: 0.75 steps outside 35 yd In	4.0 steps behind Back Sideline Hash (HS)
11	16	Side 1: 2.75 steps inside 40 yd In	1.5 steps behind Back Sideline Hash (HS)
12	16	Side 1: 2.5 steps inside 45 yd In	3.0 steps behind Back Sideline Hash (HS)
13	16	Side 1: On 45 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 40 yd In	On Back Sideline Hash (HS)
15	34	Side 2: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 45 yd In	On Back Sideline Hash (HS)
17	34	Side 2: 4.0 steps outside 50 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 50 yd In	7.0 steps behind Front Sideline Hash (HS)
4	16	On 50 yd In	9.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: On 45 yd In	13.0 steps in front of Back Sideline Hash (HS)
6	8	Side 1: On 45 yd In	13.0 steps in front of Back Sideline Hash (HS)
7	16	Side 1: On 45 yd In	1.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 3.5 steps inside 35 yd In	2.75 steps behind Back Sideline Hash (HS)
9	16	Side 1: 3.5 steps outside 35 yd In	7.75 steps behind Back Sideline Hash (HS)
10	16	Side 1: 3.75 steps outside 35 yd In	4.25 steps behind Back Sideline Hash (HS)
11	16	Side 1: 0.25 steps inside 40 yd In	On Back Sideline Hash (HS)
12	16	Side 1: 0.25 steps inside 45 yd In	1.0 steps behind Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 40 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 1: On 40 yd In	On Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 1: On 45 yd In	On Back Sideline Hash (HS)
17	34	On 50 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 3.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 40 yd In	On Front Sideline Hash (HS)
2	24	Side 1: 3.0 steps inside 40 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 3.0 steps inside 45 yd In	7.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 3.0 steps outside 50 yd In	9.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 3.0 steps outside 45 yd In	13.0 steps in front of Back Sideline Hash (HS)
6	8	Side 1: 3.0 steps outside 45 yd In	13.0 steps in front of Back Sideline Hash (HS)
7	16	Side 1: 3.0 steps outside 45 yd In	1.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 0.75 steps inside 35 yd In	1.5 steps behind Back Sideline Hash (HS)
9	16	Side 1: 1.75 steps inside 30 yd In	6.5 steps behind Back Sideline Hash (HS)
10	16	Side 1: 1.25 steps inside 30 yd In	4.25 steps behind Back Sideline Hash (HS)
11	16	Side 1: 2.0 steps outside 40 yd In	1.75 steps in front of Back Sideline Hash (HS)
12	16	Side 1: 1.5 steps outside 45 yd In	1.25 steps in front of Back Sideline Hash (HS)
13	16	Side 1: On 40 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 35 yd In	On Back Sideline Hash (HS)
15	34	On 50 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 40 yd In	On Back Sideline Hash (HS)
17	34	Side 1: 4.0 steps inside 45 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: On 40 yd In	On Front Sideline Hash (HS)
2	24	Side 1: On 40 yd In	On Front Sideline Hash (HS)
3	44	Side 1: On 45 yd In	7.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 45 yd In	9.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 40 yd In	13.0 steps in front of Back Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 40 yd In	13.0 steps in front of Back Sideline Hash (HS)
7	16	Side 1: 2.0 steps inside 40 yd In	1.0 steps in front of Back Sideline Hash (HS)
8	24	Side 1: 2.0 steps outside 35 yd In	On Back Sideline Hash (HS)
9	16	Side 1: 1.0 steps outside 30 yd In	5.0 steps behind Back Sideline Hash (HS)
10	16	Side 1: 1.75 steps outside 30 yd In	4.0 steps behind Back Sideline Hash (HS)
11	16	Side 1: 4.0 steps inside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
12	16	Side 1: 3.0 steps outside 45 yd In	4.0 steps in front of Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 35 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 1: On 35 yd In	On Back Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 1: On 40 yd In	On Back Sideline Hash (HS)
17	34	Side 1: On 45 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 40 yd In	On Front Sideline side line
1	24	Side 2: On 40 yd In	On Front Sideline side line
2	24	Side 2: On 30 yd In	8.0 steps behind Front Sideline side line
3	44	Side 2: 2.0 steps outside 25 yd In	13.0 steps behind Front Sideline side line
4	16	Side 2: 4.0 steps outside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: On 20 yd In	On Front Sideline Hash (HS)
8	24	Side 2: On 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
9	16	Side 2: 4.0 steps outside 35 yd In	4.0 steps behind Back Sideline Hash (HS)
10	16	Side 2: On 40 yd In	8.0 steps behind Back Sideline Hash (HS)
11	16	On 50 yd In	8.0 steps behind Back Sideline Hash (HS)
12	16	Side 1: On 40 yd In	8.0 steps behind Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 30 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 30 yd In	On Back Sideline Hash (HS)
15	34	Side 1: On 45 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 40 yd In	10.0 steps in front of Back Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 3.0 steps inside 35 yd In	On Front Sideline side line
1	24	Side 2: 3.0 steps inside 35 yd In	On Front Sideline side line
2	24	Side 2: 3.25 steps inside 25 yd In	6.25 steps behind Front Sideline side line
3	44	Side 2: 0.5 steps inside 20 yd In	12.75 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 1.75 steps outside 20 yd In	5.75 steps behind Front Sideline Hash (HS)
8	24	Side 2: 0.25 steps outside 25 yd In	6.0 steps in front of Back Sideline Hash (HS)
9	16	Side 2: 0.5 steps outside 35 yd In	7.75 steps behind Back Sideline Hash (HS)
10	16	Side 2: 4.0 steps inside 40 yd In	12.5 steps behind Back Sideline Hash (HS)
11	16	Side 1: 3.75 steps outside 50 yd In	11.5 steps behind Back Sideline Hash (HS)
12	16	Side 1: 3.5 steps inside 35 yd In	10.25 steps behind Back Sideline Hash (HS)
13	16	Side 1: On 30 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 1: On 30 yd In	On Back Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 1: 0.75 steps outside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 35 yd In	10.0 steps in front of Back Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 35 yd In	On Front Sideline side line
1	24	Side 2: 2.0 steps outside 35 yd In	On Front Sideline side line
2	24	Side 2: 1.75 steps outside 25 yd In	6.0 steps behind Front Sideline side line
3	44	Side 2: 4.0 steps outside 20 yd In	8.75 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 2.0 steps outside 20 yd In	11.75 steps behind Front Sideline Hash (HS)
8	24	Side 2: 1.25 steps inside 25 yd In	0.25 steps in front of Back Sideline Hash (HS)
9	16	Side 2: 3.5 steps inside 35 yd In	11.0 steps behind Back Sideline Hash (HS)
10	16	Side 2: 0.5 steps inside 45 yd In	11.5 steps in front of Back Sideline side line
11	16	Side 1: 0.25 steps inside 45 yd In	13.5 steps in front of Back Sideline side line
12	16	Side 1: 1.25 steps outside 35 yd In	11.75 steps behind Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 25 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 25 yd In	On Back Sideline Hash (HS)
15	34	Side 1: On 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 1: 2.75 steps inside 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 30 yd In	10.0 steps in front of Back Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 30 yd In	On Front Sideline side line
1	24	Side 2: 4.0 steps outside 30 yd In	On Front Sideline side line
2	24	Side 2: 3.0 steps outside 20 yd In	9.25 steps behind Front Sideline side line
3	44	Side 2: On 15 yd In	2.25 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 15 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 2.0 steps inside 20 yd In	5.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 0.5 steps inside 30 yd In	9.25 steps behind Back Sideline Hash (HS)
9	16	Side 2: 3.75 steps outside 45 yd In	12.0 steps in front of Back Sideline side line
10	16	Side 1: 3.5 steps outside 50 yd In	6.75 steps in front of Back Sideline side line
11	16	Side 1: 1.25 steps outside 40 yd In	9.75 steps in front of Back Sideline side line
12	16	Side 1: 3.0 steps outside 30 yd In	12.25 steps behind Back Sideline Hash (HS)
13	16	Side 1: On 25 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 1: On 25 yd In	On Back Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 1: 2.0 steps outside 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 25 yd In	10.0 steps in front of Back Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 20 yd In	On Front Sideline side line
1	24	Side 2: 2.0 steps inside 20 yd In	On Front Sideline side line
2	24	Side 2: 1.0 steps outside 15 yd In	10.75 steps in front of Front Sideline Hash (HS)
3	44	Side 2: 4.0 steps inside 15 yd In	13.5 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 15 yd In	On Back Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 20 yd In	4.0 steps in front of Back Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 20 yd In	4.0 steps in front of Back Sideline Hash (HS)
7	16	Side 2: 2.75 steps inside 25 yd In	3.0 steps behind Back Sideline Hash (HS)
8	24	Side 2: 3.5 steps inside 35 yd In	13.5 steps behind Back Sideline Hash (HS)
9	16	Side 2: 2.25 steps outside 50 yd In	8.75 steps in front of Back Sideline side line
10	16	Side 1: 0.75 steps inside 40 yd In	5.75 steps in front of Back Sideline side line
11	16	Side 1: 3.25 steps outside 35 yd In	9.0 steps in front of Back Sideline side line
12	16	Side 1: 3.5 steps inside 20 yd In	9.5 steps behind Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 20 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 20 yd In	On Back Sideline Hash (HS)
15	34	Side 1: On 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 1: 1.25 steps inside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 20 yd In	10.0 steps in front of Back Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 3.0 steps outside 20 yd In	On Front Sideline side line
1	24	Side 2: 3.0 steps outside 20 yd In	On Front Sideline side line
2	24	Side 2: 2.25 steps outside 15 yd In	5.75 steps in front of Front Sideline Hash (HS)
3	44	Side 2: 0.5 steps inside 20 yd In	10.5 steps in front of Back Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 20 yd In	On Back Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
7	16	Side 2: 0.25 steps inside 30 yd In	5.25 steps behind Back Sideline Hash (HS)
8	24	Side 2: 1.5 steps inside 40 yd In	13.25 steps behind Back Sideline Hash (HS)
9	16	Side 1: 2.75 steps outside 50 yd In	8.0 steps in front of Back Sideline side line
10	16	Side 1: 2.75 steps inside 35 yd In	6.75 steps in front of Back Sideline side line
11	16	Side 1: 0.25 steps outside 30 yd In	10.0 steps in front of Back Sideline side line
12	16	Side 1: 1.0 steps outside 20 yd In	7.0 steps behind Back Sideline Hash (HS)
13	16	Side 1: On 20 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 1: On 20 yd In	On Back Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 1: 3.25 steps outside 25 yd In	4.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 15 yd In	10.0 steps in front of Back Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 3.0 steps inside 10 yd In	On Front Sideline side line
1	24	Side 2: 3.0 steps inside 10 yd In	On Front Sideline side line
2	24	Side 2: On 15 yd In	4.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 4.0 steps inside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 30 yd In	On Back Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
7	16	Side 2: 3.75 steps outside 40 yd In	5.25 steps behind Back Sideline Hash (HS)
8	24	Side 2: 4.0 steps outside 50 yd In	8.0 steps behind Back Sideline Hash (HS)
9	16	Side 1: 3.0 steps inside 40 yd In	8.0 steps in front of Back Sideline side line
10	16	Side 1: On 30 yd In	12.0 steps in front of Back Sideline side line
11	16	Side 1: 1.5 steps outside 25 yd In	13.75 steps in front of Back Sideline side line
12	16	Side 1: On 15 yd In	On Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 15 yd In	8.0 steps behind Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 15 yd In	On Back Sideline Hash (HS)
15	34	Side 1: On 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 1: On 20 yd In	4.0 steps in front of Back Sideline Hash (HS)
17	34	Side 1: On 10 yd In	10.0 steps in front of Back Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 1.0 steps outside 50 yd In	On Front Sideline side line
1	24	Side 1: On 35 yd In	12.0 steps behind Front Sideline side line
2	24	Side 1: On 35 yd In	12.0 steps behind Front Sideline side line
3	44	On 50 yd In	12.0 steps behind Front Sideline side line
4	16	Side 2: On 45 yd In	12.0 steps behind Front Sideline side line
5	12	Side 2: On 40 yd In	9.0 steps behind Front Sideline side line
6	8	Side 2: On 40 yd In	On Front Sideline side line
7	16	Side 2: On 40 yd In	4.0 steps behind Front Sideline side line
8	24	On 50 yd In	10.0 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 1.0 steps inside 45 yd In	9.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: On 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
11	16	Side 1: 4.0 steps inside 20 yd In	13.0 steps behind Front Sideline Hash (HS)
12	16	Side 1: 4.0 steps inside 15 yd In	3.0 steps behind Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 15 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 15 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: On 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: On 20 yd In	On Front Sideline Hash (HS)
17	34	Side 1: On 10 yd In	12.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 20 yd In	On Front Sideline side line
1	24	Side 1: 4.0 steps inside 15 yd In	12.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 15 yd In	12.0 steps in front of Front Sideline Hash (HS)
3	44	Side 1: On 25 yd In	12.0 steps behind Front Sideline side line
4	16	Side 1: On 30 yd In	12.0 steps behind Front Sideline side line
5	12	Side 1: On 35 yd In	9.0 steps behind Front Sideline side line
6	8	Side 1: 1.5 steps inside 35 yd In	On Front Sideline side line
7	16	Side 1: 1.5 steps inside 35 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 2.25 steps outside 30 yd In	2.5 steps behind Front Sideline side line
9	16	Side 1: 1.25 steps outside 20 yd In	6.0 steps behind Front Sideline side line
10	16	Side 1: 4.0 steps inside 10 yd In	6.0 steps in front of Front Sideline Hash (HS)
11	16	Side 1: On 15 yd In	7.0 steps behind Front Sideline Hash (HS)
12	16	Side 1: On 15 yd In	12.0 steps behind Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 15 yd In	8.0 steps in front of Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 15 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: On 30 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: On 20 yd In	8.0 steps behind Front Sideline Hash (HS)
17	34	Side 1: On 10 yd In	2.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 45 yd In	On Front Sideline side line
1	24	Side 1: 4.0 steps inside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
3	44	Side 1: On 45 yd In	12.0 steps behind Front Sideline side line
4	16	On 50 yd In	12.0 steps behind Front Sideline side line
5	12	Side 2: On 45 yd In	9.0 steps behind Front Sideline side line
6	8	Side 2: 3.25 steps outside 45 yd In	On Front Sideline side line
7	16	Side 2: 3.25 steps outside 45 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 3.0 steps outside 50 yd In	14.0 steps behind Front Sideline side line
9	16	Side 1: 2.5 steps inside 45 yd In	4.25 steps behind Front Sideline Hash (HS)
10	16	Side 1: 2.0 steps outside 40 yd In	9.0 steps in front of Back Sideline Hash (HS)
11	16	Side 1: 0.75 steps inside 25 yd In	11.25 steps in front of Back Sideline Hash (HS)
12	16	Side 1: 0.5 steps outside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
13	16	Side 1: On 20 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: On 20 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 3.25 steps outside 25 yd In	On Front Sideline Hash (HS)
17	34	Side 1: On 15 yd In	12.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 3.0 steps outside 15 yd In	On Front Sideline side line
1	24	Side 1: 4.0 steps inside 10 yd In	12.0 steps behind Front Sideline side line
2	24	Side 1: 4.0 steps inside 10 yd In	12.0 steps behind Front Sideline side line
3	44	Side 1: On 20 yd In	12.0 steps behind Front Sideline side line
4	16	Side 1: On 25 yd In	12.0 steps behind Front Sideline side line
5	12	Side 1: On 30 yd In	9.0 steps behind Front Sideline side line
6	8	Side 1: On 30 yd In	On Front Sideline side line
7	16	Side 1: On 30 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 3.75 steps outside 25 yd In	5.75 steps behind Front Sideline side line
9	16	Side 1: 0.75 steps outside 15 yd In	12.75 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 3.0 steps outside 15 yd In	6.0 steps behind Front Sideline Hash (HS)
11	16	Side 1: 0.75 steps outside 15 yd In	11.0 steps in front of Back Sideline Hash (HS)
12	16	Side 1: 1.5 steps outside 20 yd In	8.25 steps in front of Back Sideline Hash (HS)
13	16	Side 1: On 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
14	16	Side 1: On 20 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 3.25 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
17	34	Side 1: On 15 yd In	2.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 3.0 steps outside 40 yd In	On Front Sideline side line
1	24	Side 1: 4.0 steps inside 25 yd In	12.0 steps behind Front Sideline side line
2	24	Side 1: 4.0 steps inside 25 yd In	12.0 steps behind Front Sideline side line
3	44	Side 1: On 40 yd In	12.0 steps behind Front Sideline side line
4	16	Side 1: On 45 yd In	12.0 steps behind Front Sideline side line
5	12	On 50 yd In	9.0 steps behind Front Sideline side line
6	8	Side 2: 1.5 steps inside 45 yd In	On Front Sideline side line
7	16	Side 2: 1.5 steps inside 45 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 1.5 steps inside 45 yd In	10.5 steps behind Front Sideline side line
9	16	Side 1: 2.75 steps inside 45 yd In	0.75 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 3.25 steps inside 40 yd In	11.5 steps in front of Back Sideline Hash (HS)
11	16	Side 1: 1.75 steps outside 30 yd In	9.0 steps in front of Back Sideline Hash (HS)
12	16	Side 1: 3.75 steps inside 20 yd In	12.25 steps behind Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 1.25 steps inside 25 yd In	On Front Sideline Hash (HS)
17	34	Side 1: On 20 yd In	12.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 3.0 steps inside 30 yd In	On Front Sideline side line
1	24	Side 1: On 25 yd In	4.0 steps behind Front Sideline side line
2	24	Side 1: On 25 yd In	4.0 steps behind Front Sideline side line
3	44	Side 1: 4.0 steps inside 30 yd In	6.0 steps behind Front Sideline side line
4	16	Side 1: On 25 yd In	6.0 steps behind Front Sideline side line
5	12	Side 1: On 30 yd In	3.0 steps behind Front Sideline side line
6	8	Side 1: 3.25 steps inside 25 yd In	On Front Sideline side line
7	16	Side 1: 3.25 steps inside 25 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: On 20 yd In	8.25 steps behind Front Sideline side line
9	16	Side 1: 2.0 steps outside 15 yd In	7.0 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 1.0 steps outside 15 yd In	11.75 steps behind Front Sideline Hash (HS)
11	16	Side 1: On 15 yd In	6.0 steps in front of Back Sideline Hash (HS)
12	16	Side 1: 2.25 steps inside 20 yd In	5.0 steps in front of Back Sideline Hash (HS)
13	16	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	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 1.25 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
17	34	Side 1: On 20 yd In	2.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 3.0 steps outside 45 yd In	On Front Sideline side line
1	24	Side 1: On 40 yd In	4.0 steps behind Front Sideline side line
2	24	Side 1: On 40 yd In	4.0 steps behind Front Sideline side line
3	44	Side 2: 4.0 steps outside 50 yd In	6.0 steps behind Front Sideline side line
4	16	Side 1: On 45 yd In	6.0 steps behind Front Sideline side line
5	12	On 50 yd In	3.0 steps behind Front Sideline side line
6	8	Side 2: 1.5 steps outside 50 yd In	On Front Sideline side line
7	16	Side 2: 1.5 steps outside 50 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 2.5 steps outside 45 yd In	7.25 steps behind Front Sideline side line
9	16	Side 1: 2.0 steps inside 45 yd In	5.75 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 0.5 steps outside 45 yd In	12.25 steps behind Front Sideline Hash (HS)
11	16	Side 1: 3.75 steps outside 35 yd In	8.25 steps in front of Back Sideline Hash (HS)
12	16	Side 1: 0.75 steps inside 25 yd In	12.25 steps in front of Back Sideline Hash (HS)
13	16	Side 1: On 25 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 2.0 steps outside 30 yd In	On Front Sideline Hash (HS)
17	34	Side 1: On 25 yd In	12.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 30 yd In	On Front Sideline side line
1	24	Side 1: 4.0 steps inside 20 yd In	8.0 steps behind Front Sideline side line
2	24	Side 1: 4.0 steps inside 20 yd In	8.0 steps behind Front Sideline side line
3	44	Side 1: 4.0 steps inside 25 yd In	6.0 steps behind Front Sideline side line
4	16	Side 1: On 20 yd In	6.0 steps behind Front Sideline side line
5	12	Side 1: On 25 yd In	3.0 steps behind Front Sideline side line
6	8	Side 1: 1.5 steps inside 20 yd In	On Front Sideline side line
7	16	Side 1: 1.5 steps inside 20 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 0.75 steps inside 15 yd In	12.75 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 1.0 steps inside 15 yd In	4.5 steps behind Front Sideline Hash (HS)
10	16	Side 1: 2.0 steps outside 20 yd In	6.5 steps in front of Back Sideline Hash (HS)
11	16	Side 1: 3.75 steps inside 15 yd In	3.5 steps behind Back Sideline Hash (HS)
12	16	Side 1: 2.75 steps inside 25 yd In	0.5 steps behind Back Sideline Hash (HS)
13	16	Side 1: On 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
14	16	Side 1: On 25 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
17	34	Side 1: On 25 yd In	2.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 35 yd In	On Front Sideline side line
1	24	Side 1: On 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: On 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
3	44	Side 1: On 35 yd In	12.0 steps behind Front Sideline side line
4	16	Side 1: On 40 yd In	12.0 steps behind Front Sideline side line
5	12	Side 1: On 45 yd In	9.0 steps behind Front Sideline side line
6	8	Side 1: 3.25 steps outside 50 yd In	On Front Sideline side line
7	16	Side 1: 3.25 steps outside 50 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 1.25 steps inside 40 yd In	5.0 steps behind Front Sideline side line
9	16	Side 1: On 45 yd In	10.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 2.25 steps inside 45 yd In	7.0 steps behind Front Sideline Hash (HS)
11	16	Side 1: 2.25 steps inside 35 yd In	9.0 steps in front of Back Sideline Hash (HS)
12	16	Side 1: 2.0 steps outside 30 yd In	9.75 steps in front of Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 2.75 steps inside 30 yd In	On Front Sideline Hash (HS)
17	34	Side 1: On 30 yd In	12.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 1.0 steps outside 20 yd In	On Front Sideline side line
1	24	Side 1: 4.0 steps inside 15 yd In	4.0 steps behind Front Sideline side line
2	24	Side 1: 4.0 steps inside 15 yd In	4.0 steps behind Front Sideline side line
3	44	Side 1: 4.0 steps inside 20 yd In	6.0 steps behind Front Sideline side line
4	16	Side 1: On 15 yd In	6.0 steps behind Front Sideline side line
5	12	Side 1: On 20 yd In	3.0 steps behind Front Sideline side line
6	8	Side 1: 3.25 steps outside 20 yd In	On Front Sideline side line
7	16	Side 1: 3.25 steps outside 20 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 2.0 steps outside 15 yd In	8.5 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 3.25 steps outside 20 yd In	9.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: 2.75 steps inside 20 yd In	2.75 steps in front of Back Sideline Hash (HS)
11	16	Side 1: 1.25 steps outside 20 yd In	7.5 steps behind Back Sideline Hash (HS)
12	16	Side 1: 0.75 steps outside 30 yd In	2.5 steps behind Back Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 2.75 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
17	34	Side 1: On 30 yd In	2.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 45 yd In	On Front Sideline side line
1	24	Side 1: 4.0 steps inside 35 yd In	8.0 steps behind Front Sideline side line
2	24	Side 1: 4.0 steps inside 35 yd In	8.0 steps behind Front Sideline side line
3	44	Side 1: 4.0 steps inside 45 yd In	6.0 steps behind Front Sideline side line
4	16	Side 1: On 40 yd In	6.0 steps behind Front Sideline side line
5	12	Side 1: On 45 yd In	3.0 steps behind Front Sideline side line
6	8	Side 1: On 45 yd In	On Front Sideline side line
7	16	Side 1: On 45 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 3.5 steps outside 40 yd In	3.25 steps behind Front Sideline side line
9	16	Side 1: 2.75 steps outside 45 yd In	13.75 steps behind Front Sideline side line
10	16	Side 1: 3.25 steps inside 45 yd In	1.0 steps behind Front Sideline Hash (HS)
11	16	Side 1: 0.25 steps outside 40 yd In	11.5 steps in front of Back Sideline Hash (HS)
12	16	Side 1: 4.0 steps inside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
13	16	Side 1: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: On 30 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 0.75 steps outside 35 yd In	On Front Sideline Hash (HS)
17	34	Side 1: On 35 yd In	12.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 1.0 steps inside 25 yd In	On Front Sideline side line
1	24	Side 1: On 20 yd In	12.0 steps behind Front Sideline side line
2	24	Side 1: On 20 yd In	12.0 steps behind Front Sideline side line
3	44	Side 1: On 30 yd In	12.0 steps behind Front Sideline side line
4	16	Side 1: On 35 yd In	12.0 steps behind Front Sideline side line
5	12	Side 1: On 40 yd In	9.0 steps behind Front Sideline side line
6	8	Side 1: 3.25 steps inside 40 yd In	On Front Sideline side line
7	16	Side 1: 3.25 steps inside 40 yd In	4.0 steps behind Front Sideline side line
8	24	Side 1: 0.5 steps outside 35 yd In	2.25 steps behind Front Sideline side line
9	16	Side 1: 1.5 steps inside 40 yd In	10.25 steps behind Front Sideline side line
10	16	Side 1: 2.5 steps inside 45 yd In	5.0 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 3.5 steps outside 45 yd In	12.75 steps behind Front Sideline Hash (HS)
12	16	Side 1: 2.0 steps inside 35 yd In	7.5 steps in front of Back Sideline Hash (HS)
13	16	Side 1: On 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
14	16	Side 1: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 0.75 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
17	34	Side 1: On 35 yd In	2.0 steps in front of Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

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	24	Side 2: 4.0 steps outside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 0.25 steps inside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 1.5 steps outside 35 yd In	13.75 steps in front of Back Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 1.5 steps inside 35 yd In	7.5 steps in front of Back Sideline Hash (HS)
9	16	Side 2: 2.0 steps inside 35 yd In	3.25 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 2.0 steps inside 30 yd In	5.75 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 2.5 steps outside 35 yd In	3.5 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 3.0 steps inside 30 yd In	11.0 steps in front of Back Sideline Hash (HS)
13	16	Side 2: On 30 yd In	4.0 steps behind Back Sideline Hash (HS)
14	16	Side 2: On 30 yd In	On Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
16	12	Side 2: On 25 yd In	On Back Sideline Hash (HS)
17	34	Side 2: On 20 yd In	On Back Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 3.0 steps inside 30 yd In	6.75 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 3.0 steps inside 30 yd In	12.5 steps behind Front Sideline Hash (HS)
4	16	Side 2: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: On 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 2.0 steps outside 35 yd In	12.25 steps in front of Back Sideline Hash (HS)
9	16	Side 2: 3.5 steps outside 35 yd In	6.0 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 2.75 steps outside 30 yd In	9.5 steps in front of Back Sideline Hash (HS)
11	16	Side 2: On 30 yd In	6.0 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 1.0 steps outside 30 yd In	12.5 steps behind Front Sideline Hash (HS)
13	16	Side 2: On 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: On 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
2	24	Side 2: 2.75 steps inside 25 yd In	12.5 steps behind Front Sideline Hash (HS)
3	44	Side 2: 3.75 steps outside 30 yd In	8.25 steps behind Front Sideline Hash (HS)
4	16	Side 2: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: On 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 3.5 steps outside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
9	16	Side 2: 3.75 steps inside 25 yd In	14.0 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 1.75 steps outside 25 yd In	8.75 steps behind Front Sideline Hash (HS)
11	16	Side 2: 0.75 steps inside 25 yd In	12.75 steps behind Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps inside 25 yd In	1.0 steps behind Front Sideline Hash (HS)
13	16	Side 2: On 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: On 30 yd In	On Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 20 yd In	On Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 35 yd In	6.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 30 yd In	6.0 steps behind Front Sideline Hash (HS)
2	24	Side 2: 1.5 steps inside 25 yd In	9.75 steps behind Front Sideline Hash (HS)
3	44	Side 2: 2.75 steps inside 25 yd In	6.75 steps behind Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps outside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 2.0 steps outside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 2.75 steps outside 35 yd In	1.0 steps behind Front Sideline Hash (HS)
9	16	Side 2: 2.0 steps inside 25 yd In	11.5 steps behind Front Sideline Hash (HS)
10	16	Side 2: 2.75 steps outside 25 yd In	6.0 steps behind Front Sideline Hash (HS)
11	16	Side 2: On 25 yd In	10.0 steps behind Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps inside 25 yd In	2.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: On 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
2	24	Side 2: 0.5 steps inside 25 yd In	7.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 1.25 steps inside 25 yd In	5.5 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 1.5 steps outside 35 yd In	1.75 steps in front of Front Sideline Hash (HS)
9	16	Side 2: 0.75 steps inside 25 yd In	9.0 steps behind Front Sideline Hash (HS)
10	16	Side 2: 3.5 steps outside 25 yd In	3.0 steps behind Front Sideline Hash (HS)
11	16	Side 2: 0.25 steps outside 25 yd In	7.0 steps behind Front Sideline Hash (HS)
12	16	Side 2: 3.25 steps inside 25 yd In	5.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 25 yd In	12.0 steps behind Front Sideline side line
14	16	Side 2: On 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 20 yd In	12.0 steps behind Front Sideline side line
16	12	Side 2: On 25 yd In	12.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps inside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 35 yd In	10.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 30 yd In	2.0 steps behind Front Sideline Hash (HS)
2	24	Side 2: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 2.0 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 0.25 steps inside 35 yd In	4.25 steps in front of Front Sideline Hash (HS)
9	16	Side 2: 0.25 steps outside 25 yd In	6.0 steps behind Front Sideline Hash (HS)
10	16	Side 2: 4.0 steps outside 25 yd In	On Front Sideline Hash (HS)
11	16	Side 2: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
12	16	Side 2: 4.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 25 yd In	8.0 steps behind Front Sideline side line
14	16	Side 2: On 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 20 yd In	8.0 steps behind Front Sideline side line
16	12	Side 2: On 25 yd In	8.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps inside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

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	24	Side 2: 0.25 steps inside 35 yd In	0.25 steps behind Back Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 2.0 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
8	24	Side 1: 2.0 steps outside 50 yd In	6.0 steps behind Front Sideline Hash (HS)
9	16	On 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
10	16	On 50 yd In	12.0 steps in front of Back Sideline Hash (HS)
11	16	Side 2: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
12	16	Side 1: On 50 yd In	8.0 steps behind Front Sideline Hash (HS)
13	16	Side 1: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: On 40 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 25 yd In	6.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 0.25 steps inside 35 yd In	2.5 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 50 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: On 40 yd In	8.25 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 50 yd In	On Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 50 yd In	On Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
8	24	Side 1: 0.25 steps outside 50 yd In	7.0 steps behind Front Sideline Hash (HS)
9	16	Side 1: On 50 yd In	1.0 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 2.5 steps outside 50 yd In	10.5 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 0.25 steps outside 45 yd In	7.0 steps behind Front Sideline Hash (HS)
12	16	Side 2: 2.25 steps outside 50 yd In	10.0 steps behind Front Sideline Hash (HS)
13	16	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 40 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 45 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 0.25 steps inside 35 yd In	5.5 steps in front of Back Sideline Hash (HS)
2	24	On 50 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 2.0 steps outside 40 yd In	8.25 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 45 yd In	On Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
8	24	Side 2: 1.5 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)
9	16	Side 2: 0.5 steps outside 50 yd In	2.0 steps behind Front Sideline Hash (HS)
10	16	Side 2: 2.75 steps inside 45 yd In	9.25 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 1.25 steps outside 45 yd In	9.75 steps behind Front Sideline Hash (HS)
12	16	Side 2: 3.25 steps inside 45 yd In	11.75 steps behind Front Sideline Hash (HS)
13	16	Side 1: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	On 50 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 30 yd In	10.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 0.25 steps inside 35 yd In	8.25 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 2.0 steps outside 50 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 4.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 45 yd In	On Front Sideline Hash (HS)
8	24	Side 2: 3.25 steps outside 50 yd In	8.5 steps behind Front Sideline Hash (HS)
9	16	Side 2: 1.75 steps outside 50 yd In	4.5 steps behind Front Sideline Hash (HS)
10	16	Side 2: On 45 yd In	8.5 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 2.75 steps outside 45 yd In	12.25 steps behind Front Sideline Hash (HS)
12	16	Side 2: 0.5 steps inside 45 yd In	13.0 steps behind Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 45 yd In	8.0 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	34	Side 2: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 25 yd In	6.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 2.5 steps outside 35 yd In	0.25 steps behind Back Sideline Hash (HS)
2	24	Side 2: 4.0 steps outside 50 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 2.0 steps inside 35 yd In	7.75 steps behind Front Sideline Hash (HS)
4	16	Side 2: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: On 40 yd In	12.0 steps behind Front Sideline Hash (HS)
8	24	Side 2: 2.75 steps inside 45 yd In	9.0 steps behind Front Sideline Hash (HS)
9	16	Side 2: 3.75 steps outside 50 yd In	7.0 steps behind Front Sideline Hash (HS)
10	16	Side 2: 3.0 steps outside 45 yd In	8.25 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 3.5 steps inside 40 yd In	13.5 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 2.5 steps outside 45 yd In	13.75 steps behind Front Sideline Hash (HS)
13	16	On 50 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	On 50 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 45 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 2.5 steps outside 35 yd In	2.5 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 2.0 steps inside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: On 35 yd In	7.25 steps behind Front Sideline Hash (HS)
4	16	Side 2: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: On 45 yd In	On Front Sideline Hash (HS)
6	8	Side 2: On 45 yd In	On Front Sideline Hash (HS)
7	16	Side 2: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
8	24	Side 2: 0.75 steps inside 45 yd In	9.25 steps behind Front Sideline Hash (HS)
9	16	Side 2: 2.0 steps inside 45 yd In	8.75 steps behind Front Sideline Hash (HS)
10	16	Side 2: 2.25 steps inside 40 yd In	8.25 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 1.0 steps inside 40 yd In	11.75 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 2.5 steps inside 40 yd In	13.75 steps behind Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 50 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 50 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 2.5 steps inside 30 yd In	0.25 steps behind Back Sideline Hash (HS)
2	24	Side 2: 4.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 2.5 steps inside 30 yd In	5.25 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
8	24	Side 2: 2.75 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
9	16	Side 2: 1.25 steps inside 40 yd In	10.0 steps behind Front Sideline Hash (HS)
10	16	Side 2: 1.75 steps inside 35 yd In	11.0 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 0.5 steps inside 35 yd In	10.0 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 2.0 steps inside 35 yd In	10.75 steps behind Front Sideline Hash (HS)
13	16	Side 2: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: On 40 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 25 yd In	10.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 2.5 steps inside 30 yd In	2.5 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 2.0 steps inside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 0.75 steps inside 30 yd In	4.25 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 45 yd In	On Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 45 yd In	On Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
8	24	Side 2: 1.0 steps inside 40 yd In	7.25 steps behind Front Sideline Hash (HS)
9	16	Side 2: 1.5 steps outside 40 yd In	9.0 steps behind Front Sideline Hash (HS)
10	16	Side 2: 0.5 steps outside 35 yd In	12.75 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 2.25 steps outside 35 yd In	10.75 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 0.25 steps outside 35 yd In	8.75 steps behind Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 2.5 steps inside 30 yd In	5.5 steps in front of Back Sideline Hash (HS)
2	24	Side 2: On 40 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 1.0 steps outside 30 yd In	3.0 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 40 yd In	On Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
8	24	Side 2: 0.75 steps outside 40 yd In	6.0 steps behind Front Sideline Hash (HS)
9	16	Side 2: 4.0 steps inside 35 yd In	7.5 steps behind Front Sideline Hash (HS)
10	16	Side 2: 2.75 steps outside 35 yd In	13.25 steps behind Front Sideline Hash (HS)
11	16	Side 2: 3.0 steps inside 30 yd In	11.75 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 2.25 steps outside 35 yd In	6.5 steps behind Front Sideline Hash (HS)
13	16	Side 2: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: On 30 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 25 yd In	14.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 2.5 steps inside 30 yd In	8.25 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 2.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 2.5 steps outside 30 yd In	2.0 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 40 yd In	On Front Sideline Hash (HS)
8	24	Side 2: 2.25 steps outside 40 yd In	4.75 steps behind Front Sideline Hash (HS)
9	16	Side 2: 1.75 steps inside 35 yd In	5.25 steps behind Front Sideline Hash (HS)
10	16	Side 2: 3.5 steps inside 30 yd In	11.0 steps behind Front Sideline Hash (HS)
11	16	Side 2: 0.75 steps inside 30 yd In	13.5 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 3.5 steps outside 35 yd In	3.75 steps behind Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: On 20 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 4.0 steps inside 30 yd In	On Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 30 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 0.25 steps outside 45 yd In	12.0 steps behind Front Sideline side line
8	24	Side 1: 2.0 steps inside 45 yd In	1.75 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 3.0 steps inside 40 yd In	13.75 steps behind Front Sideline Hash (HS)
10	16	Side 1: 2.0 steps inside 35 yd In	13.25 steps behind Front Sideline Hash (HS)
11	16	Side 1: 3.5 steps outside 30 yd In	11.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 0.75 steps outside 35 yd In	9.25 steps behind Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 30 yd In	On Front Sideline Hash (HS)
14	16	Side 1: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 2.0 steps outside 25 yd In	On Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 25 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 0.25 steps inside 40 yd In	8.75 steps behind Front Sideline side line
8	24	Side 1: On 45 yd In	9.25 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 2.75 steps outside 45 yd In	6.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: 0.25 steps inside 40 yd In	8.75 steps behind Front Sideline Hash (HS)
11	16	Side 1: 3.75 steps inside 30 yd In	13.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 3.0 steps inside 40 yd In	10.75 steps behind Front Sideline Hash (HS)
13	16	Side 1: On 35 yd In	On Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 25 yd In	2.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: On 25 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: On 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: On 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 1.75 steps outside 40 yd In	8.5 steps behind Front Sideline side line
8	24	Side 1: 1.5 steps outside 45 yd In	10.75 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 3.25 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: 1.0 steps inside 40 yd In	7.0 steps behind Front Sideline Hash (HS)
11	16	Side 1: 2.25 steps outside 35 yd In	13.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 2.0 steps outside 45 yd In	10.0 steps behind Front Sideline Hash (HS)
13	16	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 behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	On 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 25 yd In	2.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 25 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 3.75 steps outside 40 yd In	8.5 steps behind Front Sideline side line
8	24	Side 1: 3.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 4.0 steps outside 45 yd In	2.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: 1.75 steps inside 40 yd In	5.0 steps behind Front Sideline Hash (HS)
11	16	Side 1: 0.5 steps outside 35 yd In	13.25 steps behind Front Sideline Hash (HS)
12	16	Side 1: 0.75 steps inside 45 yd In	8.75 steps behind Front Sideline Hash (HS)
13	16	Side 1: On 40 yd In	On Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 4.0 steps inside 20 yd In	On Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 20 yd In	On Front Sideline Hash (HS)
3	44	Side 1: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 2.25 steps inside 35 yd In	8.5 steps behind Front Sideline side line
8	24	Side 1: 3.25 steps inside 40 yd In	13.0 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 3.0 steps inside 40 yd In	0.25 steps behind Front Sideline Hash (HS)
10	16	Side 1: 1.75 steps inside 40 yd In	3.0 steps behind Front Sideline Hash (HS)
11	16	Side 1: 1.5 steps inside 35 yd In	12.75 steps behind Front Sideline Hash (HS)
12	16	Side 1: 3.0 steps inside 45 yd In	7.0 steps behind Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 40 yd In	On Front Sideline Hash (HS)
14	16	On 50 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 25 yd In	14.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 0.25 steps outside 30 yd In	5.5 steps in front of Back Sideline Hash (HS)
2	24	Side 2: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 1.25 steps inside 25 yd In	2.5 steps in front of Front Sideline Hash (HS)
4	16	Side 2: On 35 yd In	On Front Sideline Hash (HS)
5	12	Side 2: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
8	24	Side 2: 2.25 steps inside 35 yd In	On Front Sideline Hash (HS)
9	16	Side 2: 0.5 steps outside 35 yd In	3.0 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 0.25 steps inside 30 yd In	3.0 steps behind Front Sideline Hash (HS)
11	16	Side 2: 3.75 steps outside 30 yd In	7.0 steps behind Front Sideline Hash (HS)
12	16	Side 2: 3.25 steps inside 30 yd In	5.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 30 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

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	24	Side 2: 0.25 steps outside 30 yd In	8.25 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 2.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	16	Side 2: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: On 35 yd In	On Front Sideline Hash (HS)
8	24	Side 2: 1.75 steps inside 35 yd In	2.0 steps in front of Front Sideline Hash (HS)
9	16	Side 2: On 35 yd In	6.0 steps in front of Front Sideline Hash (HS)
10	16	Side 2: On 30 yd In	On Front Sideline Hash (HS)
11	16	Side 2: 4.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
12	16	Side 2: 4.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: On 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 20 yd In	2.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 20 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 0.5 steps inside 35 yd In	9.0 steps behind Front Sideline side line
8	24	Side 1: 1.25 steps inside 40 yd In	13.5 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 1.75 steps inside 40 yd In	1.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 1.75 steps inside 40 yd In	1.0 steps behind Front Sideline Hash (HS)
11	16	Side 1: 3.25 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
12	16	Side 1: 3.25 steps outside 50 yd In	4.5 steps behind Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 50 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 2.0 steps outside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 20 yd In	2.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: On 20 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: On 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: On 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: On 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 1.5 steps outside 35 yd In	9.5 steps behind Front Sideline side line
8	24	Side 1: 0.75 steps outside 40 yd In	13.75 steps in front of Front Sideline Hash (HS)
9	16	Side 1: On 40 yd In	2.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 1.0 steps inside 40 yd In	1.0 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 3.25 steps outside 40 yd In	11.0 steps behind Front Sideline Hash (HS)
12	16	Side 1: 2.25 steps outside 50 yd In	1.75 steps behind Front Sideline Hash (HS)
13	16	Side 2: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 2.0 steps inside 20 yd In	On Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 20 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 3.5 steps outside 35 yd In	10.25 steps behind Front Sideline side line
8	24	Side 1: 2.75 steps outside 40 yd In	13.5 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 1.75 steps outside 40 yd In	3.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 0.25 steps inside 40 yd In	2.75 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 1.5 steps outside 40 yd In	9.75 steps behind Front Sideline Hash (HS)
12	16	Side 1: 1.75 steps outside 50 yd In	1.25 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: On 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 35 yd In	12.0 steps behind Front Sideline side line
1	24	Side 2: 2.25 steps inside 35 yd In	9.5 steps behind Front Sideline side line
2	24	Side 2: 2.25 steps inside 35 yd In	9.5 steps behind Front Sideline side line
3	44	Side 2: On 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps inside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps inside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps inside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 0.25 steps inside 25 yd In	0.25 steps in front of Front Sideline Hash (HS)
8	24	Side 2: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
9	16	Side 2: 0.75 steps outside 25 yd In	3.0 steps behind Front Sideline Hash (HS)
10	16	Side 2: 2.0 steps inside 25 yd In	On Front Sideline Hash (HS)
11	16	Side 2: 2.25 steps inside 30 yd In	0.5 steps behind Front Sideline Hash (HS)
12	16	Side 2: 1.0 steps outside 35 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 30 yd In	12.0 steps behind Front Sideline side line
14	16	Side 2: 4.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 20 yd In	12.0 steps behind Front Sideline side line
16	12	Side 2: 4.0 steps outside 30 yd In	12.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps inside 20 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 35 yd In	14.0 steps behind Front Sideline side line
1	24	Side 2: 2.25 steps inside 35 yd In	11.0 steps behind Front Sideline side line
2	24	Side 2: 2.25 steps inside 35 yd In	11.0 steps behind Front Sideline side line
3	44	Side 2: 1.25 steps inside 25 yd In	10.25 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 1.75 steps inside 25 yd In	1.5 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 2.0 steps outside 30 yd In	5.75 steps behind Front Sideline Hash (HS)
9	16	Side 2: 0.5 steps outside 25 yd In	0.25 steps behind Front Sideline Hash (HS)
10	16	Side 2: 2.5 steps inside 25 yd In	2.0 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 3.75 steps outside 35 yd In	0.25 steps behind Front Sideline Hash (HS)
12	16	Side 2: 1.0 steps inside 35 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 30 yd In	8.0 steps behind Front Sideline side line
14	16	Side 2: 4.0 steps outside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 20 yd In	8.0 steps behind Front Sideline side line
16	12	Side 2: 4.0 steps outside 30 yd In	8.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps inside 20 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 2.0 steps outside 15 yd In	On Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 15 yd In	On Front Sideline Hash (HS)
3	44	Side 1: On 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 2.75 steps inside 30 yd In	11.25 steps behind Front Sideline side line
8	24	Side 1: 3.25 steps inside 35 yd In	13.0 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 3.75 steps outside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 1.0 steps outside 40 yd In	4.25 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 0.25 steps outside 40 yd In	8.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 2.5 steps outside 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 50 yd In	On Front Sideline Hash (HS)
15	34	Side 2: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 20 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 15 yd In	2.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 15 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 1.25 steps inside 30 yd In	12.25 steps behind Front Sideline side line
8	24	Side 1: 1.5 steps inside 35 yd In	12.25 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 2.25 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 2.5 steps outside 40 yd In	5.5 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 1.0 steps inside 40 yd In	7.0 steps behind Front Sideline Hash (HS)
12	16	Side 1: 3.25 steps inside 45 yd In	6.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 4.0 steps inside 15 yd In	8.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 15 yd In	On Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 25 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 1.25 steps inside 20 yd In	10.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 3.75 steps outside 30 yd In	11.25 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 3.5 steps outside 40 yd In	13.0 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 3.75 steps inside 35 yd In	11.75 steps behind Front Sideline side line
11	16	Side 1: 1.75 steps inside 40 yd In	9.5 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 1.0 steps outside 50 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 45 yd In	12.0 steps behind Front Sideline side line
14	16	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 35 yd In	12.0 steps behind Front Sideline side line
16	12	Side 2: 4.0 steps outside 45 yd In	12.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps inside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 20 yd In	10.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: On 20 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 15 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: On 25 yd In	On Front Sideline Hash (HS)
5	12	Side 1: On 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: On 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 2.25 steps inside 20 yd In	8.25 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 3.75 steps inside 25 yd In	9.5 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 3.25 steps inside 35 yd In	13.5 steps behind Front Sideline side line
10	16	Side 1: 2.0 steps inside 35 yd In	11.0 steps behind Front Sideline side line
11	16	Side 1: 0.75 steps inside 40 yd In	11.25 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 1.0 steps outside 50 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 45 yd In	8.0 steps behind Front Sideline side line
14	16	Side 2: 4.0 steps outside 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 35 yd In	8.0 steps behind Front Sideline side line
16	12	Side 2: 4.0 steps outside 45 yd In	8.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 20 yd In	12.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 15 yd In	2.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: On 15 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: On 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: On 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: On 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 0.5 steps outside 30 yd In	13.5 steps behind Front Sideline side line
8	24	Side 1: 0.25 steps outside 35 yd In	11.0 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 0.25 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 3.75 steps inside 35 yd In	6.5 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 2.0 steps inside 40 yd In	5.25 steps behind Front Sideline Hash (HS)
12	16	Side 1: 0.5 steps inside 45 yd In	7.0 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	On 50 yd In	On Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 20 yd In	8.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 4.0 steps inside 10 yd In	On Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 15 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 15 yd In	8.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 1.75 steps outside 30 yd In	13.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 1.75 steps outside 35 yd In	9.5 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 1.75 steps outside 35 yd In	9.5 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 2.0 steps inside 35 yd In	7.25 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 2.75 steps inside 40 yd In	3.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 2.5 steps outside 45 yd In	7.5 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	On 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 20 yd In	6.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 20 yd In	On Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 25 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 3.5 steps inside 20 yd In	6.5 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 3.5 steps inside 25 yd In	7.5 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 1.5 steps inside 35 yd In	12.25 steps behind Front Sideline side line
10	16	Side 1: On 35 yd In	10.75 steps behind Front Sideline side line
11	16	Side 1: 0.75 steps outside 40 yd In	12.5 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 3.0 steps outside 50 yd In	13.25 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	On 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 40 yd In	12.0 steps behind Front Sideline side line
16	12	Side 2: On 45 yd In	12.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps inside 45 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

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	24	Side 1: 2.0 steps outside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: On 20 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 25 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 3.0 steps outside 25 yd In	5.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 3.75 steps inside 25 yd In	5.5 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 0.25 steps outside 35 yd In	11.5 steps behind Front Sideline side line
10	16	Side 1: 2.0 steps outside 35 yd In	10.75 steps behind Front Sideline side line
11	16	Side 1: 2.5 steps outside 40 yd In	13.75 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 3.0 steps inside 45 yd In	13.25 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 40 yd In	12.0 steps behind Front Sideline side line
14	16	On 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 40 yd In	8.0 steps behind Front Sideline side line
16	12	Side 2: On 45 yd In	8.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps outside 45 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 10 yd In	2.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 10 yd In	On Front Sideline Hash (HS)
3	44	Side 1: On 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 15 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 15 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 3.0 steps outside 30 yd In	11.5 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 2.75 steps outside 35 yd In	7.75 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 3.5 steps outside 35 yd In	2.5 steps in front of Front Sideline Hash (HS)
10	16	Side 1: On 35 yd In	7.5 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 3.5 steps inside 40 yd In	1.75 steps behind Front Sideline Hash (HS)
12	16	Side 1: 2.5 steps inside 40 yd In	7.0 steps in front of Front Sideline Hash (HS)
13	16	Side 1: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 45 yd In	On Front Sideline Hash (HS)
15	34	Side 2: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 50 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 2.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 20 yd In	On Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 30 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 1.5 steps outside 25 yd In	3.75 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 3.75 steps outside 30 yd In	3.5 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 2.25 steps outside 35 yd In	11.25 steps behind Front Sideline side line
10	16	Side 1: 4.0 steps inside 30 yd In	11.0 steps behind Front Sideline side line
11	16	Side 1: 3.75 steps inside 35 yd In	13.25 steps behind Front Sideline side line
12	16	Side 1: 1.0 steps inside 45 yd In	13.5 steps in front of Front Sideline Hash (HS)
13	16	Side 1: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 25 yd In	10.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: On 30 yd In	On Front Sideline Hash (HS)
5	12	Side 1: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 0.25 steps inside 25 yd In	3.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 2.75 steps outside 30 yd In	1.75 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 3.75 steps inside 30 yd In	11.25 steps behind Front Sideline side line
10	16	Side 1: 2.0 steps inside 30 yd In	11.75 steps behind Front Sideline side line
11	16	Side 1: 2.0 steps inside 35 yd In	12.5 steps behind Front Sideline side line
12	16	Side 1: 1.0 steps outside 45 yd In	13.75 steps in front of Front Sideline Hash (HS)
13	16	Side 1: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 40 yd In	12.0 steps behind Front Sideline side line
16	12	Side 2: 4.0 steps outside 50 yd In	12.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps inside 45 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

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	24	Side 1: 3.0 steps inside 25 yd In	6.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 25 yd In	On Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 30 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 2.25 steps inside 25 yd In	2.25 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 1.5 steps outside 30 yd In	0.25 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 1.75 steps inside 30 yd In	11.75 steps behind Front Sideline side line
10	16	Side 1: 0.25 steps inside 30 yd In	12.75 steps behind Front Sideline side line
11	16	Side 1: On 35 yd In	12.25 steps behind Front Sideline side line
12	16	Side 1: 3.0 steps outside 45 yd In	14.0 steps behind Front Sideline side line
13	16	Side 1: On 40 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: 4.0 steps inside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 40 yd In	8.0 steps behind Front Sideline side line
16	12	Side 2: 4.0 steps outside 50 yd In	8.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps outside 45 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 10 yd In	2.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 10 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 15 yd In	8.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 15 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 15 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 4.0 steps inside 25 yd In	9.75 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 3.5 steps outside 35 yd In	6.0 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 2.75 steps inside 30 yd In	1.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 2.0 steps outside 35 yd In	7.5 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 3.75 steps inside 40 yd In	On Front Sideline Hash (HS)
12	16	Side 1: 0.5 steps outside 40 yd In	6.5 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 45 yd In	On Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	On 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 50 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 4.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 30 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 3.75 steps outside 30 yd In	1.75 steps in front of Front Sideline Hash (HS)
8	24	Side 1: On 30 yd In	1.25 steps behind Front Sideline Hash (HS)
9	16	Side 1: 0.25 steps outside 30 yd In	12.25 steps behind Front Sideline side line
10	16	Side 1: 1.25 steps outside 30 yd In	14.0 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 2.0 steps outside 35 yd In	12.0 steps behind Front Sideline side line
12	16	Side 1: 3.0 steps inside 40 yd In	13.5 steps behind Front Sideline side line
13	16	Side 1: 4.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	On 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 30 yd In	10.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 25 yd In	On Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 35 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 1.75 steps outside 30 yd In	1.5 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 1.75 steps inside 30 yd In	2.25 steps behind Front Sideline Hash (HS)
9	16	Side 1: 1.75 steps outside 30 yd In	13.5 steps behind Front Sideline side line
10	16	Side 1: 2.5 steps outside 30 yd In	12.5 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 4.0 steps inside 30 yd In	12.25 steps behind Front Sideline side line
12	16	Side 1: 1.25 steps inside 40 yd In	13.25 steps behind Front Sideline side line
13	16	Side 1: 4.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 45 yd In	12.0 steps behind Front Sideline side line
16	12	On 50 yd In	12.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps outside 50 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 30 yd In	6.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: On 35 yd In	On Front Sideline Hash (HS)
5	12	Side 1: On 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: On 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 0.25 steps inside 30 yd In	1.75 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 3.75 steps inside 30 yd In	2.75 steps behind Front Sideline Hash (HS)
9	16	Side 1: 3.0 steps outside 30 yd In	13.0 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 3.25 steps outside 30 yd In	10.5 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 2.0 steps inside 30 yd In	12.5 steps behind Front Sideline side line
12	16	Side 1: 0.75 steps outside 40 yd In	12.75 steps behind Front Sideline side line
13	16	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 45 yd In	8.0 steps behind Front Sideline side line
16	12	On 50 yd In	8.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps outside 50 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 2.0 steps inside 15 yd In	8.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: On 15 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 10 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: On 20 yd In	On Front Sideline Hash (HS)
5	12	Side 1: On 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: On 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: On 20 yd In	12.0 steps behind Front Sideline side line
8	24	Side 1: On 30 yd In	12.0 steps behind Front Sideline side line
9	16	Side 1: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
10	16	Side 1: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 4.0 steps inside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 1.75 steps inside 35 yd In	5.0 steps in front of Front Sideline Hash (HS)
13	16	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 40 yd In	On Front Sideline Hash (HS)
15	34	Side 2: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 45 yd In	On Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 2.0 steps inside 10 yd In	On Front Sideline Hash (HS)
2	24	Side 1: On 10 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 10 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: On 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: On 15 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: On 15 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 3.0 steps inside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 4.0 steps inside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 1.5 steps inside 30 yd In	On Front Sideline Hash (HS)
10	16	Side 1: 4.0 steps inside 30 yd In	7.0 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 4.0 steps inside 40 yd In	2.0 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 3.25 steps outside 40 yd In	5.75 steps in front of Front Sideline Hash (HS)
13	16	Side 1: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 30 yd In	On Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 35 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 2.25 steps inside 30 yd In	2.25 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 2.25 steps outside 35 yd In	3.0 steps behind Front Sideline Hash (HS)
9	16	Side 1: 3.75 steps outside 30 yd In	11.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 4.0 steps outside 30 yd In	8.75 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 0.25 steps inside 30 yd In	13.25 steps behind Front Sideline side line
12	16	Side 1: 2.75 steps outside 40 yd In	12.25 steps behind Front Sideline side line
13	16	Side 1: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 45 yd In	12.0 steps behind Front Sideline side line
16	12	Side 1: 4.0 steps inside 45 yd In	12.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps outside 50 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: On 30 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 35 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 3.75 steps outside 35 yd In	3.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 0.25 steps outside 35 yd In	2.75 steps behind Front Sideline Hash (HS)
9	16	Side 1: 3.75 steps inside 25 yd In	9.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 4.0 steps inside 25 yd In	6.75 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 1.5 steps outside 30 yd In	13.75 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 3.25 steps inside 35 yd In	11.75 steps behind Front Sideline side line
13	16	Side 1: On 35 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: 4.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 45 yd In	8.0 steps behind Front Sideline side line
16	12	Side 1: 4.0 steps inside 45 yd In	8.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps outside 50 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 15 yd In	10.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 15 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 15 yd In	On Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 20 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 0.25 steps inside 20 yd In	14.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 1.5 steps outside 30 yd In	13.25 steps behind Front Sideline side line
9	16	Side 1: 1.0 steps outside 40 yd In	9.75 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 1.25 steps outside 40 yd In	13.75 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 3.5 steps inside 40 yd In	6.0 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 1.0 steps outside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 40 yd In	On Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 35 yd In	10.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 30 yd In	On Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 40 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 2.0 steps outside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 1.5 steps inside 35 yd In	2.25 steps behind Front Sideline Hash (HS)
9	16	Side 1: 3.5 steps inside 25 yd In	7.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 4.0 steps outside 30 yd In	4.75 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 3.25 steps outside 30 yd In	12.5 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 1.5 steps inside 35 yd In	11.25 steps behind Front Sideline side line
13	16	Side 1: 4.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 35 yd In	6.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: On 40 yd In	On Front Sideline Hash (HS)
5	12	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 0.25 steps outside 35 yd In	5.25 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 3.5 steps inside 35 yd In	1.5 steps behind Front Sideline Hash (HS)
9	16	Side 1: 3.75 steps inside 25 yd In	5.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 3.25 steps outside 30 yd In	2.75 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 3.25 steps inside 25 yd In	11.25 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 0.5 steps outside 35 yd In	10.5 steps behind Front Sideline side line
13	16	Side 1: 4.0 steps inside 30 yd In	12.0 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	34	Side 2: 4.0 steps outside 50 yd In	12.0 steps behind Front Sideline side line
16	12	Side 1: On 45 yd In	12.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps inside 45 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 4.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 35 yd In	On Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 40 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 1.0 steps inside 35 yd In	6.5 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 3.0 steps outside 40 yd In	0.25 steps behind Front Sideline Hash (HS)
9	16	Side 1: 3.75 steps outside 30 yd In	3.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 2.5 steps outside 30 yd In	1.0 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 2.25 steps inside 25 yd In	9.5 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 2.5 steps outside 35 yd In	9.75 steps behind Front Sideline side line
13	16	Side 1: 4.0 steps inside 30 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 50 yd In	8.0 steps behind Front Sideline side line
16	12	Side 1: On 45 yd In	8.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps inside 45 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 40 yd In	6.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 2.75 steps inside 35 yd In	1.75 steps behind Front Sideline Hash (HS)
8	24	Side 1: 2.5 steps outside 45 yd In	7.25 steps behind Front Sideline Hash (HS)
9	16	Side 1: 2.5 steps inside 35 yd In	9.0 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 2.5 steps inside 30 yd In	6.5 steps behind Front Sideline Hash (HS)
11	16	Side 1: 0.75 steps outside 35 yd In	2.25 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 2.75 steps inside 30 yd In	2.5 steps in front of Front Sideline Hash (HS)
13	16	Side 1: On 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 35 yd In	On Front Sideline Hash (HS)
15	34	On 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 40 yd In	10.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 40 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 2.25 steps inside 35 yd In	8.25 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 1.75 steps outside 40 yd In	1.25 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 2.75 steps outside 30 yd In	1.5 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 1.25 steps outside 30 yd In	0.75 steps behind Front Sideline Hash (HS)
11	16	Side 1: 1.25 steps inside 25 yd In	7.75 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 3.75 steps inside 30 yd In	9.0 steps behind Front Sideline side line
13	16	Side 1: On 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	On 50 yd In	12.0 steps behind Front Sideline side line
16	12	Side 1: 4.0 steps inside 40 yd In	12.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps outside 45 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 45 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 40 yd In	6.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 35 yd In	On Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 45 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 3.25 steps inside 35 yd In	10.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 0.75 steps outside 40 yd In	3.0 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 1.5 steps outside 30 yd In	On Front Sideline Hash (HS)
10	16	Side 1: 0.25 steps inside 30 yd In	2.0 steps behind Front Sideline Hash (HS)
11	16	Side 1: 0.5 steps inside 25 yd In	6.0 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 2.0 steps inside 30 yd In	8.25 steps behind Front Sideline side line
13	16	Side 1: On 30 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: 4.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	On 50 yd In	8.0 steps behind Front Sideline side line
16	12	Side 1: 4.0 steps inside 40 yd In	8.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps outside 45 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 40 yd In	2.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: On 35 yd In	4.5 steps behind Front Sideline Hash (HS)
8	24	Side 1: 2.25 steps inside 40 yd In	9.5 steps behind Front Sideline Hash (HS)
9	16	Side 1: 1.5 steps outside 35 yd In	9.5 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 0.75 steps outside 30 yd In	8.5 steps behind Front Sideline Hash (HS)
11	16	Side 1: 3.25 steps outside 35 yd In	1.25 steps behind Front Sideline Hash (HS)
12	16	Side 1: 1.25 steps outside 30 yd In	2.0 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 35 yd In	On Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 2.0 steps inside 10 yd In	12.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: On 10 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 10 yd In	12.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: On 20 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: On 15 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: On 15 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: On 15 yd In	12.0 steps behind Front Sideline side line
8	24	Side 1: On 20 yd In	12.25 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 3.25 steps outside 25 yd In	10.5 steps behind Front Sideline side line
10	16	Side 1: On 25 yd In	9.0 steps behind Front Sideline side line
11	16	Side 1: On 30 yd In	9.0 steps behind Front Sideline side line
12	16	Side 1: 2.0 steps outside 30 yd In	7.0 steps behind Front Sideline side line
13	16	Side 1: 4.0 steps inside 25 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 45 yd In	8.0 steps behind Front Sideline side line
16	12	Side 1: On 40 yd In	8.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 10 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 10 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: On 15 yd In	12.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 15 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 15 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 0.5 steps outside 15 yd In	12.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: On 20 yd In	8.25 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 2.5 steps inside 20 yd In	14.0 steps behind Front Sideline side line
10	16	Side 1: 4.0 steps outside 25 yd In	10.0 steps behind Front Sideline side line
11	16	Side 1: 4.0 steps inside 25 yd In	8.5 steps behind Front Sideline side line
12	16	Side 1: 2.0 steps inside 25 yd In	6.25 steps behind Front Sideline side line
13	16	Side 1: On 25 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: 4.0 steps inside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: On 45 yd In	8.0 steps behind Front Sideline side line
16	12	Side 1: 4.0 steps inside 35 yd In	8.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 15 yd In	10.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: On 15 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 15 yd In	12.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: On 20 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: On 20 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 0.5 steps outside 15 yd In	8.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 0.75 steps inside 20 yd In	4.5 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 1.0 steps inside 20 yd In	10.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 0.5 steps inside 20 yd In	11.75 steps behind Front Sideline side line
11	16	Side 1: On 25 yd In	9.25 steps behind Front Sideline side line
12	16	Side 1: 2.0 steps outside 25 yd In	6.0 steps behind Front Sideline side line
13	16	Side 1: 4.0 steps inside 20 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: On 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 40 yd In	8.0 steps behind Front Sideline side line
16	12	Side 1: On 35 yd In	8.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 15 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 15 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: On 15 yd In	6.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 1.25 steps inside 20 yd In	2.5 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 0.75 steps inside 20 yd In	8.5 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 1.0 steps outside 20 yd In	13.25 steps behind Front Sideline side line
11	16	Side 1: 1.75 steps outside 25 yd In	10.25 steps behind Front Sideline side line
12	16	Side 1: 4.0 steps outside 25 yd In	6.0 steps behind Front Sideline side line
13	16	Side 1: On 20 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: 4.0 steps inside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: On 40 yd In	8.0 steps behind Front Sideline side line
16	12	Side 1: 4.0 steps inside 30 yd In	8.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 2.0 steps inside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 1.25 steps inside 15 yd In	2.25 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 3.0 steps inside 20 yd In	1.25 steps behind Front Sideline Hash (HS)
9	16	Side 1: 0.25 steps inside 20 yd In	4.5 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 3.5 steps outside 20 yd In	11.75 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 3.25 steps inside 20 yd In	13.0 steps behind Front Sideline side line
12	16	Side 1: 0.25 steps inside 20 yd In	6.75 steps behind Front Sideline side line
13	16	Side 1: 4.0 steps inside 15 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: On 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 35 yd In	8.0 steps behind Front Sideline side line
16	12	Side 1: On 30 yd In	8.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps inside 25 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 4.0 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 1.0 steps inside 25 yd In	9.0 steps behind Front Sideline Hash (HS)
8	24	Side 1: 2.75 steps inside 30 yd In	12.25 steps behind Front Sideline Hash (HS)
9	16	Side 1: On 25 yd In	13.25 steps behind Front Sideline Hash (HS)
10	16	Side 1: On 20 yd In	6.5 steps behind Front Sideline Hash (HS)
11	16	Side 1: 2.0 steps outside 25 yd In	2.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 0.75 steps outside 20 yd In	4.75 steps in front of Front Sideline Hash (HS)
13	16	Side 1: On 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 20 yd In	On Front Sideline Hash (HS)
15	34	Side 1: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 30 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: On 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 1.0 steps outside 25 yd In	8.5 steps behind Front Sideline Hash (HS)
8	24	Side 1: 0.75 steps inside 30 yd In	11.75 steps behind Front Sideline Hash (HS)
9	16	Side 1: 1.5 steps outside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: 1.5 steps outside 20 yd In	5.25 steps behind Front Sideline Hash (HS)
11	16	Side 1: 3.75 steps outside 25 yd In	1.25 steps behind Front Sideline Hash (HS)
12	16	Side 1: 2.25 steps outside 20 yd In	6.25 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 10 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 20 yd In	On Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: On 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 25 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 2.0 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 3.25 steps inside 20 yd In	7.25 steps behind Front Sideline Hash (HS)
8	24	Side 1: 3.0 steps outside 30 yd In	10.5 steps behind Front Sideline Hash (HS)
9	16	Side 1: 4.0 steps inside 20 yd In	8.75 steps behind Front Sideline Hash (HS)
10	16	Side 1: 3.75 steps outside 20 yd In	1.75 steps behind Front Sideline Hash (HS)
11	16	Side 1: 2.0 steps inside 20 yd In	1.75 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 3.75 steps inside 15 yd In	9.5 steps in front of Front Sideline Hash (HS)
13	16	Side 1: On 15 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 25 yd In	On Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 25 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 2.0 steps outside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 1.5 steps inside 20 yd In	6.5 steps behind Front Sideline Hash (HS)
8	24	Side 1: 3.25 steps inside 25 yd In	9.5 steps behind Front Sideline Hash (HS)
9	16	Side 1: 3.0 steps inside 20 yd In	7.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: 3.5 steps inside 15 yd In	On Front Sideline Hash (HS)
11	16	Side 1: 1.0 steps inside 20 yd In	3.75 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 3.25 steps inside 15 yd In	11.5 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 10 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: On 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 25 yd In	10.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 1.75 steps outside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
8	24	Side 1: On 25 yd In	7.25 steps behind Front Sideline Hash (HS)
9	16	Side 1: 1.5 steps inside 20 yd In	3.5 steps behind Front Sideline Hash (HS)
10	16	Side 1: 2.75 steps inside 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 0.5 steps inside 20 yd In	7.75 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 3.25 steps inside 15 yd In	12.5 steps behind Front Sideline side line
13	16	Side 1: On 15 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: On 35 yd In	12.0 steps behind Front Sideline side line
16	12	Side 1: 4.0 steps inside 25 yd In	12.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps outside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 25 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: On 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: On 30 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: On 30 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 0.25 steps outside 20 yd In	5.25 steps behind Front Sideline Hash (HS)
8	24	Side 1: 1.5 steps inside 25 yd In	8.5 steps behind Front Sideline Hash (HS)
9	16	Side 1: 2.0 steps inside 20 yd In	5.25 steps behind Front Sideline Hash (HS)
10	16	Side 1: 3.0 steps inside 15 yd In	2.0 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 0.5 steps inside 20 yd In	5.75 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 3.0 steps inside 15 yd In	13.5 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 10 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 30 yd In	12.0 steps behind Front Sideline side line
16	12	Side 1: On 25 yd In	12.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps outside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 20 yd In	10.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: On 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 20 yd In	12.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 2.25 steps inside 15 yd In	0.5 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 4.0 steps inside 20 yd In	2.75 steps behind Front Sideline Hash (HS)
9	16	Side 1: 0.25 steps inside 20 yd In	2.5 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 3.75 steps inside 15 yd In	9.75 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 2.0 steps inside 20 yd In	13.5 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 1.75 steps outside 20 yd In	7.75 steps behind Front Sideline side line
13	16	Side 1: On 15 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: 4.0 steps inside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: On 35 yd In	8.0 steps behind Front Sideline side line
16	12	Side 1: 4.0 steps inside 25 yd In	8.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps outside 25 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 20 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 3.5 steps inside 15 yd In	1.25 steps behind Front Sideline Hash (HS)
8	24	Side 1: 2.75 steps outside 25 yd In	4.5 steps behind Front Sideline Hash (HS)
9	16	Side 1: 0.5 steps inside 20 yd In	0.5 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 3.25 steps inside 15 yd In	8.0 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 1.25 steps inside 20 yd In	11.75 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 3.25 steps outside 20 yd In	9.0 steps behind Front Sideline side line
13	16	Side 1: 4.0 steps inside 10 yd In	12.0 steps behind Front Sideline side line
14	16	Side 1: On 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 30 yd In	8.0 steps behind Front Sideline side line
16	12	Side 1: On 25 yd In	8.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps outside 25 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 1.0 steps inside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 1.0 steps inside 30 yd In	8.25 steps behind Front Sideline Hash (HS)
8	24	Side 1: 2.75 steps inside 35 yd In	12.25 steps behind Front Sideline Hash (HS)
9	16	Side 1: 1.25 steps outside 30 yd In	10.5 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 0.75 steps outside 25 yd In	9.75 steps behind Front Sideline Hash (HS)
11	16	Side 1: 2.25 steps outside 30 yd In	4.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 1.25 steps outside 25 yd In	2.25 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 30 yd In	On Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 2.0 steps outside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: On 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 1.0 steps outside 30 yd In	8.75 steps behind Front Sideline Hash (HS)
8	24	Side 1: 0.75 steps inside 35 yd In	12.5 steps behind Front Sideline Hash (HS)
9	16	Side 1: 3.25 steps outside 30 yd In	11.25 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 2.75 steps outside 25 yd In	9.25 steps behind Front Sideline Hash (HS)
11	16	Side 1: 3.75 steps inside 25 yd In	4.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 3.25 steps outside 25 yd In	2.5 steps in front of Front Sideline Hash (HS)
13	16	Side 1: On 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 25 yd In	On Front Sideline Hash (HS)
15	34	Side 1: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 35 yd In	10.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 3.0 steps inside 25 yd In	9.0 steps behind Front Sideline Hash (HS)
8	24	Side 1: 3.25 steps outside 35 yd In	12.5 steps behind Front Sideline Hash (HS)
9	16	Side 1: 1.5 steps inside 25 yd In	13.5 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 1.75 steps inside 20 yd In	7.75 steps behind Front Sideline Hash (HS)
11	16	Side 1: 0.25 steps outside 25 yd In	3.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 1.0 steps inside 20 yd In	3.75 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 25 yd In	On Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: On 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 25 yd In	On Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 35 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 3.0 steps outside 30 yd In	9.0 steps behind Front Sideline Hash (HS)
8	24	Side 1: 1.25 steps outside 35 yd In	12.75 steps behind Front Sideline Hash (HS)
9	16	Side 1: 3.25 steps inside 25 yd In	12.25 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 3.5 steps inside 20 yd In	8.75 steps behind Front Sideline Hash (HS)
11	16	Side 1: 1.75 steps inside 25 yd In	4.25 steps behind Front Sideline Hash (HS)
12	16	Side 1: 2.75 steps inside 20 yd In	3.0 steps in front of Front Sideline Hash (HS)
13	16	Side 1: On 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

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	24	Side 1: 3.0 steps inside 30 yd In	10.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 3.0 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
8	24	Side 1: 1.0 steps outside 30 yd In	11.25 steps behind Front Sideline Hash (HS)
9	16	Side 1: 2.75 steps outside 25 yd In	10.5 steps behind Front Sideline Hash (HS)
10	16	Side 1: 2.75 steps outside 20 yd In	3.5 steps behind Front Sideline Hash (HS)
11	16	Side 1: 3.0 steps inside 20 yd In	0.25 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 3.5 steps outside 20 yd In	7.75 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 15 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: On 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 2.0 steps outside 15 yd In	12.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 15 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: On 20 yd In	12.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 0.5 steps inside 15 yd In	4.25 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 2.0 steps inside 20 yd In	0.75 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 0.25 steps inside 20 yd In	6.5 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 2.25 steps outside 20 yd In	13.25 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 3.25 steps outside 25 yd In	11.5 steps behind Front Sideline side line
12	16	Side 1: 2.0 steps inside 20 yd In	6.25 steps behind Front Sideline side line
13	16	Side 1: On 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: On 40 yd In	12.0 steps behind Front Sideline side line
16	12	Side 1: 4.0 steps inside 30 yd In	12.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps inside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 4.0 steps inside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 20 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: On 25 yd In	12.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 3.25 steps outside 20 yd In	2.75 steps behind Front Sideline Hash (HS)
8	24	Side 1: 1.5 steps outside 25 yd In	6.0 steps behind Front Sideline Hash (HS)
9	16	Side 1: 0.75 steps inside 20 yd In	1.5 steps behind Front Sideline Hash (HS)
10	16	Side 1: 2.75 steps inside 15 yd In	6.0 steps in front of Front Sideline Hash (HS)
11	16	Side 1: 0.75 steps inside 20 yd In	9.75 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 3.75 steps inside 15 yd In	10.5 steps behind Front Sideline side line
13	16	Side 1: 4.0 steps inside 15 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline side line
16	12	Side 1: On 30 yd In	12.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps inside 25 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 35 yd In	2.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 30 yd In	4.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: On 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 2.75 steps inside 30 yd In	7.5 steps behind Front Sideline Hash (HS)
8	24	Side 1: 3.25 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
9	16	Side 1: 0.5 steps inside 30 yd In	9.75 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 1.25 steps inside 25 yd In	9.75 steps behind Front Sideline Hash (HS)
11	16	Side 1: 0.25 steps outside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
12	16	Side 1: 0.75 steps inside 25 yd In	2.0 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 30 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 4.0 steps inside 10 yd In	12.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 15 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 15 yd In	8.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 25 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 0.75 steps outside 15 yd In	10.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 0.25 steps inside 20 yd In	6.25 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 1.75 steps inside 20 yd In	12.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 2.25 steps inside 20 yd In	10.75 steps behind Front Sideline side line
11	16	Side 1: 2.0 steps inside 25 yd In	8.75 steps behind Front Sideline side line
12	16	Side 1: On 25 yd In	6.0 steps behind Front Sideline side line
13	16	Side 1: 4.0 steps inside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 40 yd In	12.0 steps behind Front Sideline side line
16	12	Side 1: On 35 yd In	12.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps inside 30 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 35 yd In	6.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: On 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 30 yd In	8.0 steps in front of Back Sideline Hash (HS)
4	16	Side 1: On 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 1.75 steps outside 35 yd In	5.75 steps behind Front Sideline Hash (HS)
8	24	Side 1: 0.5 steps inside 40 yd In	10.5 steps behind Front Sideline Hash (HS)
9	16	Side 1: 3.5 steps outside 35 yd In	9.0 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 2.75 steps outside 30 yd In	9.25 steps behind Front Sideline Hash (HS)
11	16	Side 1: 3.25 steps inside 30 yd In	2.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 3.25 steps outside 30 yd In	1.75 steps in front of Front Sideline Hash (HS)
13	16	Side 1: On 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 35 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 20 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 10 yd In	10.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps inside 10 yd In	12.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps outside 15 yd In	8.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 20 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 15 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 15 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 0.5 steps outside 15 yd In	14.0 steps behind Front Sideline side line
8	24	Side 1: 0.25 steps outside 20 yd In	10.25 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 3.5 steps inside 20 yd In	12.25 steps behind Front Sideline side line
10	16	Side 1: 2.0 steps outside 25 yd In	9.25 steps behind Front Sideline side line
11	16	Side 1: 2.0 steps outside 30 yd In	8.5 steps behind Front Sideline side line
12	16	Side 1: 4.0 steps outside 30 yd In	6.75 steps behind Front Sideline side line
13	16	Side 1: On 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: On 45 yd In	12.0 steps behind Front Sideline side line
16	12	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps inside 35 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 2.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: On 40 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: On 45 yd In	On Front Sideline Hash (HS)
5	12	Side 1: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 4.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: On 40 yd In	5.0 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 0.25 steps inside 30 yd In	1.25 steps behind Front Sideline Hash (HS)
10	16	Side 1: 2.0 steps inside 30 yd In	3.0 steps behind Front Sideline Hash (HS)
11	16	Side 1: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
12	16	Side 1: On 30 yd In	7.5 steps behind Front Sideline side line
13	16	Side 1: 4.0 steps inside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 45 yd In	12.0 steps behind Front Sideline side line
16	12	Side 1: On 40 yd In	12.0 steps behind Front Sideline side line
17	34	Side 1: 2.0 steps outside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 40 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 1.0 steps outside 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: On 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
4	16	Side 1: On 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 4.0 steps inside 35 yd In	On Front Sideline Hash (HS)
8	24	Side 1: 1.0 steps outside 45 yd In	6.0 steps behind Front Sideline Hash (HS)
9	16	Side 1: 3.5 steps outside 40 yd In	9.5 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 4.0 steps inside 30 yd In	5.0 steps behind Front Sideline Hash (HS)
11	16	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 3.5 steps outside 35 yd In	3.0 steps in front of Front Sideline Hash (HS)
13	16	Side 1: On 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	On 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 3.25 steps outside 35 yd In	6.75 steps behind Front Sideline Hash (HS)
8	24	Side 1: 1.5 steps outside 40 yd In	11.25 steps behind Front Sideline Hash (HS)
9	16	Side 1: 2.5 steps inside 30 yd In	9.25 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 3.25 steps inside 25 yd In	9.75 steps behind Front Sideline Hash (HS)
11	16	Side 1: 1.5 steps inside 30 yd In	3.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 2.75 steps inside 25 yd In	1.75 steps in front of Front Sideline Hash (HS)
13	16	Side 1: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 30 yd In	On Front Sideline Hash (HS)
15	34	Side 1: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

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 Hash (HS)
1	24	Side 1: 3.0 steps outside 40 yd In	4.0 steps in front of Back Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 35 yd In	4.0 steps in front of Back Sideline Hash (HS)
3	44	Side 1: On 35 yd In	8.0 steps in front of Back Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
7	16	Side 1: 1.5 steps inside 35 yd In	3.0 steps behind Front Sideline Hash (HS)
8	24	Side 1: 4.0 steps inside 40 yd In	8.5 steps behind Front Sideline Hash (HS)
9	16	Side 1: 0.5 steps inside 35 yd In	9.0 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 1.0 steps inside 30 yd In	7.5 steps behind Front Sideline Hash (HS)
11	16	Side 1: 1.75 steps outside 35 yd In	0.5 steps in front of Front Sideline Hash (HS)
12	16	Side 1: 0.75 steps inside 30 yd In	2.0 steps in front of Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 30 yd In	2.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 30 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 3.75 steps outside 45 yd In	10.0 steps behind Front Sideline side line
8	24	Side 1: 1.75 steps inside 45 yd In	5.75 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 3.25 steps outside 45 yd In	10.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: 2.5 steps outside 40 yd In	11.5 steps behind Front Sideline Hash (HS)
11	16	Side 1: On 30 yd In	13.0 steps behind Front Sideline Hash (HS)
12	16	Side 1: 2.75 steps outside 40 yd In	10.75 steps behind Front Sideline Hash (HS)
13	16	Side 1: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 45 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps outside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 30 yd In	2.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: On 30 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 2.0 steps outside 45 yd In	10.75 steps behind Front Sideline side line
8	24	Side 1: 2.0 steps inside 45 yd In	3.75 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 4.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: 3.75 steps inside 35 yd In	12.5 steps behind Front Sideline Hash (HS)
11	16	Side 1: 1.75 steps outside 30 yd In	12.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 2.25 steps inside 35 yd In	10.0 steps behind Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 30 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 35 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 2.0 steps outside 35 yd In	On Front Sideline Hash (HS)
2	24	Side 1: On 35 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 4.0 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 4.0 steps inside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: On 45 yd In	4.0 steps behind Front Sideline Hash (HS)
9	16	Side 1: 1.75 steps outside 40 yd In	10.75 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 4.0 steps inside 30 yd In	13.0 steps behind Front Sideline Hash (HS)
11	16	Side 1: On 25 yd In	8.0 steps behind Front Sideline Hash (HS)
12	16	Side 1: On 30 yd In	4.25 steps behind Front Sideline Hash (HS)
13	16	Side 1: On 25 yd In	On Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 30 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps outside 35 yd In	On Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 4.0 steps inside 25 yd In	12.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 2.0 steps inside 30 yd In	On Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 25 yd In	On Front Sideline Hash (HS)
3	44	Side 1: On 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 2.25 steps inside 40 yd In	9.25 steps behind Front Sideline side line
8	24	Side 1: 1.0 steps inside 45 yd In	7.5 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 2.75 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
10	16	Side 1: 1.0 steps outside 40 yd In	10.25 steps behind Front Sideline Hash (HS)
11	16	Side 1: 2.0 steps inside 30 yd In	13.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 0.25 steps inside 40 yd In	11.0 steps behind Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	On 50 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 35 yd In	2.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 30 yd In	On Front Sideline Hash (HS)
3	44	Side 1: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 1.25 steps inside 45 yd In	13.0 steps behind Front Sideline side line
8	24	Side 1: 1.75 steps inside 45 yd In	0.25 steps behind Front Sideline Hash (HS)
9	16	Side 1: 1.75 steps inside 40 yd In	12.75 steps in front of Back Sideline Hash (HS)
10	16	Side 1: On 35 yd In	13.5 steps behind Front Sideline Hash (HS)
11	16	Side 1: 2.75 steps inside 25 yd In	10.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 3.25 steps outside 35 yd In	7.75 steps behind Front Sideline Hash (HS)
13	16	Side 1: On 30 yd In	On Front Sideline Hash (HS)
14	16	Side 1: 4.0 steps inside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	On 50 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: 4.0 steps inside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 35 yd In	3.5 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: On 30 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps outside 35 yd In	2.0 steps in front of Front Sideline Hash (HS)
2	24	Side 1: 2.0 steps outside 35 yd In	On Front Sideline Hash (HS)
3	44	Side 1: 2.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 2.75 steps inside 45 yd In	13.5 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 1.0 steps inside 45 yd In	2.25 steps behind Front Sideline Hash (HS)
9	16	Side 1: 0.25 steps inside 40 yd In	11.5 steps in front of Back Sideline Hash (HS)
10	16	Side 1: 2.0 steps outside 35 yd In	13.5 steps behind Front Sideline Hash (HS)
11	16	Side 1: 1.25 steps inside 25 yd In	9.5 steps behind Front Sideline Hash (HS)
12	16	Side 1: 2.25 steps inside 30 yd In	6.0 steps behind Front Sideline Hash (HS)
13	16	Side 1: 4.0 steps inside 25 yd In	On Front Sideline Hash (HS)
14	16	Side 1: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 1: 4.0 steps inside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 1: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 1: 2.0 steps inside 35 yd In	1.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 40 yd In	12.0 steps behind Front Sideline side line
1	24	Side 2: 1.0 steps outside 45 yd In	13.0 steps in front of Front Sideline Hash (HS)
2	24	Side 2: 1.0 steps outside 45 yd In	13.0 steps in front of Front Sideline Hash (HS)
3	44	Side 2: On 40 yd In	0.75 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps outside 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps outside 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 2.0 steps inside 40 yd In	7.5 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 1.0 steps outside 40 yd In	10.75 steps behind Front Sideline side line
9	16	Side 2: 1.25 steps inside 40 yd In	10.0 steps behind Front Sideline side line
10	16	Side 2: 1.0 steps inside 40 yd In	4.75 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 2.25 steps outside 45 yd In	2.5 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 1.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 45 yd In	On Front Sideline Hash (HS)
15	34	Side 2: On 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 45 yd In	10.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 3.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
2	24	Side 2: 3.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
3	44	Side 2: 4.0 steps outside 40 yd In	0.5 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps inside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps inside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 1.75 steps outside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 1.25 steps inside 35 yd In	9.75 steps behind Front Sideline side line
9	16	Side 2: 3.75 steps inside 35 yd In	8.25 steps behind Front Sideline side line
10	16	Side 2: 2.0 steps outside 40 yd In	7.75 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 0.5 steps outside 45 yd In	6.0 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: On 45 yd In	On Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 35 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 40 yd In	10.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 1.0 steps outside 45 yd In	11.0 steps in front of Front Sideline Hash (HS)
2	24	Side 2: 1.0 steps outside 45 yd In	11.0 steps in front of Front Sideline Hash (HS)
3	44	Side 2: 2.0 steps outside 40 yd In	0.5 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 0.25 steps inside 40 yd In	7.75 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 3.75 steps outside 40 yd In	10.0 steps behind Front Sideline side line
9	16	Side 2: 1.5 steps outside 40 yd In	8.75 steps behind Front Sideline side line
10	16	Side 2: 0.5 steps outside 40 yd In	6.5 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 1.25 steps outside 45 yd In	4.25 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 1.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 35 yd In	On Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 40 yd In	10.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 45 yd In	10.0 steps in front of Front Sideline Hash (HS)
2	24	Side 2: 4.0 steps outside 45 yd In	10.0 steps in front of Front Sideline Hash (HS)
3	44	Side 2: 2.0 steps inside 35 yd In	0.75 steps in front of Front Sideline Hash (HS)
4	16	Side 2: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 3.75 steps outside 40 yd In	8.25 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 1.75 steps outside 35 yd In	10.25 steps behind Front Sideline side line
9	16	Side 2: 0.75 steps inside 35 yd In	8.0 steps behind Front Sideline side line
10	16	Side 2: 3.75 steps outside 40 yd In	9.0 steps in front of Front Sideline Hash (HS)
11	16	Side 2: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 1.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
2	24	Side 2: 1.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
3	44	Side 2: 3.75 steps outside 35 yd In	2.0 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 1.75 steps outside 35 yd In	7.5 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 1.25 steps outside 30 yd In	13.25 steps in front of Front Sideline Hash (HS)
9	16	Side 2: On 30 yd In	10.25 steps behind Front Sideline side line
10	16	Side 2: 2.0 steps outside 35 yd In	10.25 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 1.25 steps outside 40 yd In	8.25 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 1.0 steps outside 45 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 40 yd In	12.0 steps behind Front Sideline side line
14	16	Side 2: 4.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 30 yd In	12.0 steps behind Front Sideline side line
16	12	Side 2: 4.0 steps outside 40 yd In	12.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 40 yd In	12.0 steps behind Front Sideline side line
1	24	Side 2: 4.0 steps outside 45 yd In	14.0 steps behind Front Sideline side line
2	24	Side 2: 4.0 steps outside 45 yd In	14.0 steps behind Front Sideline side line
3	44	Side 2: On 35 yd In	1.0 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps outside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 2.25 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 3.5 steps inside 30 yd In	11.25 steps behind Front Sideline side line
9	16	Side 2: 2.25 steps outside 35 yd In	8.25 steps behind Front Sideline side line
10	16	Side 2: 2.25 steps inside 35 yd In	9.75 steps in front of Front Sideline Hash (HS)
11	16	Side 2: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps inside 45 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 40 yd In	12.0 steps behind Front Sideline side line
14	16	Side 2: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 35 yd In	12.0 steps behind Front Sideline side line
16	12	Side 2: On 40 yd In	12.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 3.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
2	24	Side 2: 3.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
3	44	Side 2: 2.0 steps outside 35 yd In	1.5 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 0.25 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 1.0 steps inside 30 yd In	12.75 steps behind Front Sideline side line
9	16	Side 2: 2.75 steps inside 30 yd In	9.0 steps behind Front Sideline side line
10	16	Side 2: 0.25 steps inside 35 yd In	10.25 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 0.5 steps outside 40 yd In	10.0 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 1.0 steps inside 45 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 40 yd In	8.0 steps behind Front Sideline side line
14	16	Side 2: 4.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 30 yd In	8.0 steps behind Front Sideline side line
16	12	Side 2: 4.0 steps outside 40 yd In	8.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps inside 35 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 1: 2.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
1	24	Side 1: 3.0 steps inside 15 yd In	6.0 steps behind Front Sideline Hash (HS)
2	24	Side 1: 4.0 steps inside 15 yd In	8.0 steps behind Front Sideline Hash (HS)
3	44	Side 1: On 15 yd In	4.0 steps behind Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 20 yd In	On Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 15 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 1: 0.5 steps inside 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
8	24	Side 1: 2.75 steps outside 30 yd In	13.25 steps in front of Front Sideline Hash (HS)
9	16	Side 1: 2.25 steps outside 40 yd In	11.25 steps in front of Front Sideline Hash (HS)
10	16	Side 1: 2.5 steps outside 40 yd In	13.0 steps behind Front Sideline side line
11	16	Side 1: 2.75 steps inside 40 yd In	7.75 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps outside 50 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 40 yd In	8.0 steps behind Front Sideline side line
14	16	Side 2: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 35 yd In	8.0 steps behind Front Sideline side line
16	12	Side 2: On 40 yd In	8.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 25 yd In	10.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 2.5 steps outside 35 yd In	5.5 steps in front of Back Sideline Hash (HS)
2	24	Side 2: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 1.75 steps outside 35 yd In	6.75 steps behind Front Sideline Hash (HS)
4	16	Side 2: On 40 yd In	On Front Sideline Hash (HS)
5	12	Side 2: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: On 45 yd In	4.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
8	24	Side 2: 1.25 steps outside 45 yd In	9.0 steps behind Front Sideline Hash (HS)
9	16	Side 2: 0.75 steps outside 45 yd In	9.75 steps behind Front Sideline Hash (HS)
10	16	Side 2: 0.75 steps outside 40 yd In	8.75 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 1.75 steps outside 40 yd In	10.75 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 0.5 steps outside 40 yd In	13.25 steps behind Front Sideline Hash (HS)
13	16	Side 2: On 45 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: On 45 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 35 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 2.5 steps outside 35 yd In	8.25 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 2.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 3.75 steps outside 35 yd In	6.0 steps behind Front Sideline Hash (HS)
4	16	Side 2: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: On 40 yd In	On Front Sideline Hash (HS)
8	24	Side 2: 3.25 steps outside 45 yd In	8.75 steps behind Front Sideline Hash (HS)
9	16	Side 2: 3.75 steps outside 45 yd In	10.25 steps behind Front Sideline Hash (HS)
10	16	Side 2: 3.5 steps outside 40 yd In	9.75 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 3.5 steps inside 35 yd In	10.0 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 3.25 steps outside 40 yd In	12.25 steps behind Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 45 yd In	8.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 45 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: On 30 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 35 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 25 yd In	12.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 0.25 steps outside 30 yd In	2.5 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 2.0 steps inside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 2.5 steps inside 25 yd In	0.75 steps in front of Front Sideline Hash (HS)
4	16	Side 2: On 35 yd In	4.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: On 40 yd In	On Front Sideline Hash (HS)
6	8	Side 2: On 40 yd In	On Front Sideline Hash (HS)
7	16	Side 2: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
8	24	Side 2: 3.25 steps inside 35 yd In	1.75 steps behind Front Sideline Hash (HS)
9	16	Side 2: 0.5 steps outside 35 yd In	On Front Sideline Hash (HS)
10	16	Side 2: 1.0 steps inside 30 yd In	5.75 steps behind Front Sideline Hash (HS)
11	16	Side 2: 2.75 steps outside 30 yd In	9.75 steps behind Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps inside 30 yd In	2.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 40 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 35 yd In	On Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 20 yd In	10.0 steps in front of Back Sideline Hash (HS)
1	24	Side 2: 0.25 steps outside 30 yd In	0.25 steps behind Back Sideline Hash (HS)
2	24	Side 2: 4.0 steps outside 40 yd In	12.0 steps behind Front Sideline Hash (HS)
3	44	Side 2: 4.0 steps inside 25 yd In	0.5 steps behind Front Sideline Hash (HS)
4	16	Side 2: On 35 yd In	8.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: On 35 yd In	12.0 steps behind Front Sideline Hash (HS)
8	24	Side 2: 3.5 steps outside 40 yd In	3.25 steps behind Front Sideline Hash (HS)
9	16	Side 2: 0.25 steps inside 35 yd In	2.75 steps behind Front Sideline Hash (HS)
10	16	Side 2: 2.0 steps inside 30 yd In	8.5 steps behind Front Sideline Hash (HS)
11	16	Side 2: 1.25 steps outside 30 yd In	12.25 steps behind Front Sideline Hash (HS)
12	16	Side 2: 3.5 steps inside 30 yd In	1.0 steps behind Front Sideline Hash (HS)
13	16	Side 2: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: On 40 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 30 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 40 yd In	14.0 steps behind Front Sideline side line
1	24	Side 2: 1.5 steps inside 45 yd In	7.5 steps behind Front Sideline side line
2	24	Side 2: 1.5 steps inside 45 yd In	7.5 steps behind Front Sideline side line
3	44	Side 2: 4.0 steps inside 40 yd In	1.75 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 2.0 steps outside 45 yd In	6.25 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 4.0 steps outside 45 yd In	13.75 steps behind Front Sideline side line
9	16	Side 2: 2.25 steps outside 45 yd In	14.0 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 2.75 steps inside 40 yd In	1.0 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 3.25 steps inside 40 yd In	0.5 steps behind Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: On 40 yd In	On Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 40 yd In	10.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 1.5 steps inside 45 yd In	9.75 steps behind Front Sideline side line
2	24	Side 2: 1.5 steps inside 45 yd In	9.75 steps behind Front Sideline side line
3	44	Side 2: 2.0 steps inside 40 yd In	1.25 steps in front of Front Sideline Hash (HS)
4	16	Side 2: On 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	On 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	On 50 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 45 yd In	7.0 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 1.75 steps inside 40 yd In	12.0 steps behind Front Sideline side line
9	16	Side 2: 3.75 steps inside 40 yd In	11.75 steps behind Front Sideline side line
10	16	Side 2: 2.0 steps inside 40 yd In	3.0 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 3.5 steps outside 45 yd In	1.0 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps outside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: On 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 40 yd In	14.0 steps behind Front Sideline side line
1	24	Side 2: 0.25 steps outside 40 yd In	11.0 steps behind Front Sideline side line
2	24	Side 2: 0.25 steps outside 40 yd In	11.0 steps behind Front Sideline side line
3	44	Side 2: 0.5 steps inside 30 yd In	3.75 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps outside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps outside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 2.25 steps inside 30 yd In	6.5 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 3.75 steps inside 25 yd In	8.25 steps in front of Front Sideline Hash (HS)
9	16	Side 2: 3.25 steps inside 25 yd In	13.75 steps behind Front Sideline side line
10	16	Side 2: 2.0 steps inside 30 yd In	9.25 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 3.5 steps outside 40 yd In	5.0 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps inside 40 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 35 yd In	12.0 steps behind Front Sideline side line
14	16	Side 2: On 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 30 yd In	12.0 steps behind Front Sideline side line
16	12	Side 2: On 35 yd In	12.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps outside 35 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 40 yd In	10.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 1.0 steps inside 40 yd In	10.0 steps in front of Front Sideline Hash (HS)
2	24	Side 2: 1.0 steps inside 40 yd In	10.0 steps in front of Front Sideline Hash (HS)
3	44	Side 2: 2.25 steps inside 30 yd In	2.75 steps in front of Front Sideline Hash (HS)
4	16	Side 2: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 3.75 steps outside 35 yd In	7.0 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 3.0 steps outside 30 yd In	11.0 steps in front of Front Sideline Hash (HS)
9	16	Side 2: 2.5 steps outside 30 yd In	11.75 steps behind Front Sideline side line
10	16	Side 2: 4.0 steps inside 30 yd In	10.0 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 2.25 steps outside 40 yd In	6.5 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps outside 45 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 35 yd In	8.0 steps behind Front Sideline side line
14	16	Side 2: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 30 yd In	8.0 steps behind Front Sideline side line
16	12	Side 2: On 35 yd In	8.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps outside 35 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 30 yd In	2.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 30 yd In	10.0 steps behind Front Sideline Hash (HS)
2	24	Side 2: 3.5 steps outside 30 yd In	13.0 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 2.0 steps outside 30 yd In	9.5 steps behind Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps inside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps inside 35 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 2.0 steps inside 35 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 3.75 steps outside 35 yd In	7.0 steps behind Front Sideline Hash (HS)
9	16	Side 2: 2.25 steps outside 30 yd In	11.75 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 0.25 steps outside 25 yd In	11.5 steps behind Front Sideline Hash (HS)
11	16	Side 2: 2.0 steps inside 25 yd In	12.5 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 3.5 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)
13	16	Side 2: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: On 30 yd In	4.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 20 yd In	4.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 25 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 30 yd In	On Front Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 30 yd In	12.0 steps behind Front Sideline Hash (HS)
2	24	Side 2: 1.75 steps outside 30 yd In	10.75 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 0.5 steps outside 30 yd In	10.5 steps behind Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 4.0 steps outside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 3.75 steps outside 35 yd In	10.0 steps behind Front Sideline Hash (HS)
9	16	Side 2: 0.25 steps outside 30 yd In	9.5 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 1.25 steps inside 25 yd In	14.0 steps behind Front Sideline Hash (HS)
11	16	Side 2: 3.75 steps inside 25 yd In	10.0 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 3.75 steps outside 30 yd In	7.0 steps behind Front Sideline Hash (HS)
13	16	Side 2: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
14	16	Side 2: On 30 yd In	8.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 20 yd In	On Front Sideline Hash (HS)
16	12	Side 2: On 25 yd In	On Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 25 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 30 yd In	2.0 steps behind Front Sideline Hash (HS)
1	24	Side 2: 4.0 steps outside 30 yd In	14.0 steps in front of Back Sideline Hash (HS)
2	24	Side 2: 0.5 steps inside 30 yd In	8.5 steps in front of Back Sideline Hash (HS)
3	44	Side 2: 1.25 steps inside 30 yd In	11.75 steps behind Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps outside 35 yd In	12.0 steps behind Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps outside 40 yd In	8.0 steps behind Front Sideline Hash (HS)
7	16	Side 2: 2.0 steps outside 40 yd In	12.0 steps in front of Back Sideline Hash (HS)
8	24	Side 2: 3.0 steps outside 35 yd In	13.0 steps behind Front Sideline Hash (HS)
9	16	Side 2: 2.25 steps inside 30 yd In	7.75 steps in front of Back Sideline Hash (HS)
10	16	Side 2: 3.0 steps inside 25 yd In	11.75 steps in front of Back Sideline Hash (HS)
11	16	Side 2: 2.25 steps outside 30 yd In	7.75 steps in front of Back Sideline Hash (HS)
12	16	Side 2: 2.5 steps outside 30 yd In	9.75 steps behind Front Sideline Hash (HS)
13	16	Side 2: On 30 yd In	12.0 steps in front of Back Sideline Hash (HS)
14	16	Side 2: On 30 yd In	12.0 steps behind Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 20 yd In	4.0 steps behind Front Sideline Hash (HS)
16	12	Side 2: On 25 yd In	4.0 steps behind Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 20 yd In	4.0 steps behind Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 45 yd In	12.0 steps behind Front Sideline side line
1	24	Side 2: 2.0 steps outside 50 yd In	6.25 steps behind Front Sideline side line
2	24	Side 2: 2.0 steps outside 50 yd In	6.25 steps behind Front Sideline side line
3	44	Side 2: 2.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	On 50 yd In	On Front Sideline Hash (HS)
8	24	Side 2: On 45 yd In	2.0 steps behind Front Sideline Hash (HS)
9	16	Side 2: 3.75 steps outside 45 yd In	2.75 steps behind Front Sideline Hash (HS)
10	16	Side 2: On 40 yd In	11.0 steps behind Front Sideline Hash (HS)
11	16	Side 2: 0.25 steps inside 35 yd In	4.75 steps behind Front Sideline Hash (HS)
12	16	Side 2: 1.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 35 yd In	On Front Sideline Hash (HS)
15	34	Side 2: On 20 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 25 yd In	On Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 3.0 steps outside 50 yd In	8.5 steps behind Front Sideline side line
2	24	Side 2: 3.0 steps outside 50 yd In	8.5 steps behind Front Sideline side line
3	44	Side 2: 3.0 steps inside 45 yd In	5.25 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 2.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 3.0 steps outside 50 yd In	2.5 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 1.0 steps inside 45 yd In	3.75 steps in front of Front Sideline Hash (HS)
9	16	Side 2: 1.0 steps outside 45 yd In	2.5 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 2.25 steps inside 40 yd In	7.5 steps behind Front Sideline Hash (HS)
11	16	Side 2: 3.75 steps outside 40 yd In	4.25 steps behind Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: On 35 yd In	On Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 45 yd In	14.0 steps behind Front Sideline side line
1	24	Side 2: 2.0 steps outside 50 yd In	7.5 steps behind Front Sideline side line
2	24	Side 2: 2.0 steps outside 50 yd In	7.5 steps behind Front Sideline side line
3	44	Side 2: 3.5 steps outside 50 yd In	6.5 steps in front of Front Sideline Hash (HS)
4	16	Side 1: 4.0 steps inside 45 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 1.5 steps outside 50 yd In	1.25 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 0.75 steps inside 45 yd In	0.75 steps in front of Front Sideline Hash (HS)
9	16	Side 2: 2.0 steps outside 45 yd In	0.5 steps behind Front Sideline Hash (HS)
10	16	Side 2: 1.25 steps inside 40 yd In	9.25 steps behind Front Sideline Hash (HS)
11	16	Side 2: 2.25 steps inside 35 yd In	4.5 steps behind Front Sideline Hash (HS)
12	16	Side 2: 1.0 steps inside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 35 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 20 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 40 yd In	14.0 steps behind Front Sideline side line
1	24	Side 2: 3.75 steps inside 45 yd In	7.5 steps behind Front Sideline side line
2	24	Side 2: 3.75 steps inside 45 yd In	7.5 steps behind Front Sideline side line
3	44	Side 2: 1.25 steps inside 45 yd In	4.25 steps in front of Front Sideline Hash (HS)
4	16	On 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: On 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 3.25 steps inside 45 yd In	3.75 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 0.5 steps inside 45 yd In	6.75 steps in front of Front Sideline Hash (HS)
9	16	Side 2: 0.5 steps outside 45 yd In	5.25 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 3.0 steps inside 40 yd In	5.5 steps behind Front Sideline Hash (HS)
11	16	Side 2: 2.0 steps outside 40 yd In	3.75 steps behind Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps outside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 30 yd In	12.0 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	34	Side 2: 4.0 steps outside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: On 30 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps outside 25 yd In	12.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 3.75 steps inside 35 yd In	12.5 steps behind Front Sideline side line
2	24	Side 2: 3.75 steps inside 35 yd In	12.5 steps behind Front Sideline side line
3	44	Side 2: 2.5 steps inside 25 yd In	8.75 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps outside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps outside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 3.25 steps inside 25 yd In	2.75 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 3.5 steps outside 30 yd In	3.25 steps behind Front Sideline Hash (HS)
9	16	Side 2: 0.25 steps outside 25 yd In	2.75 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 3.5 steps inside 25 yd In	4.0 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 2.0 steps outside 35 yd In	0.25 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps inside 35 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 30 yd In	12.0 steps behind Front Sideline side line
14	16	Side 2: On 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 25 yd In	12.0 steps behind Front Sideline side line
16	12	Side 2: On 30 yd In	12.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps outside 25 yd In	12.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 40 yd In	12.0 steps behind Front Sideline side line
1	24	Side 2: 3.0 steps outside 40 yd In	9.5 steps behind Front Sideline side line
2	24	Side 2: 3.0 steps outside 40 yd In	9.5 steps behind Front Sideline side line
3	44	Side 2: 3.75 steps inside 25 yd In	7.25 steps in front of Front Sideline Hash (HS)
4	16	Side 2: On 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 3.0 steps outside 30 yd In	3.75 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 3.5 steps inside 25 yd In	0.5 steps behind Front Sideline Hash (HS)
9	16	Side 2: 0.25 steps inside 25 yd In	5.75 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 3.25 steps outside 30 yd In	5.75 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 0.25 steps outside 35 yd In	1.25 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 3.0 steps outside 40 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: On 30 yd In	8.0 steps behind Front Sideline side line
14	16	Side 2: On 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: 4.0 steps outside 25 yd In	8.0 steps behind Front Sideline side line
16	12	Side 2: On 30 yd In	8.0 steps behind Front Sideline side line
17	34	Side 2: 2.0 steps outside 25 yd In	8.0 steps behind Front Sideline side line

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 2.75 steps inside 45 yd In	8.5 steps behind Front Sideline side line
2	24	Side 2: 2.75 steps inside 45 yd In	8.5 steps behind Front Sideline side line
3	44	Side 2: 0.5 steps outside 45 yd In	3.25 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 2.0 steps inside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 2.0 steps inside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 1.5 steps inside 45 yd In	4.75 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 0.5 steps outside 45 yd In	9.5 steps in front of Front Sideline Hash (HS)
9	16	Side 2: 0.5 steps outside 45 yd In	8.25 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 3.25 steps inside 40 yd In	3.25 steps behind Front Sideline Hash (HS)
11	16	Side 2: 0.25 steps outside 40 yd In	2.75 steps behind Front Sideline Hash (HS)
12	16	Side 2: 1.0 steps outside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 40 yd In	On Front Sideline Hash (HS)
15	34	Side 2: On 25 yd In	8.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 2.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 4.0 steps outside 40 yd In	12.0 steps behind Front Sideline side line
1	24	Side 2: 1.5 steps inside 45 yd In	6.25 steps behind Front Sideline side line
2	24	Side 2: 1.5 steps inside 45 yd In	6.25 steps behind Front Sideline side line
3	44	Side 2: 2.25 steps outside 45 yd In	2.5 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 50 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 1: 4.0 steps inside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 1: 4.0 steps inside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 0.25 steps outside 45 yd In	5.5 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 2.0 steps outside 45 yd In	12.0 steps in front of Front Sideline Hash (HS)
9	16	Side 2: 1.0 steps outside 45 yd In	11.25 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 3.25 steps inside 40 yd In	1.25 steps behind Front Sideline Hash (HS)
11	16	Side 2: 1.5 steps inside 40 yd In	1.75 steps behind Front Sideline Hash (HS)
12	16	Side 2: 1.0 steps inside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
14	16	Side 2: 4.0 steps outside 40 yd In	4.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 25 yd In	12.0 steps in front of Front Sideline Hash (HS)
16	12	Side 2: 4.0 steps outside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
17	34	Side 2: 1.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: 2.0 steps outside 40 yd In	14.0 steps behind Front Sideline side line
1	24	Side 2: 3.0 steps outside 40 yd In	11.0 steps behind Front Sideline side line
2	24	Side 2: 3.0 steps outside 40 yd In	11.0 steps behind Front Sideline side line
3	44	Side 2: 2.75 steps outside 30 yd In	6.0 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 2.0 steps inside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 2.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 2.0 steps inside 35 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 1.25 steps outside 30 yd In	4.75 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 3.0 steps inside 25 yd In	2.5 steps in front of Front Sideline Hash (HS)
9	16	Side 2: 1.0 steps inside 25 yd In	8.75 steps in front of Front Sideline Hash (HS)
10	16	Side 2: 1.75 steps outside 30 yd In	7.25 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 1.5 steps inside 35 yd In	2.25 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 1.0 steps outside 40 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 35 yd In	12.0 steps behind Front Sideline side line
14	16	Side 2: 4.0 steps outside 40 yd In	8.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 25 yd In	12.0 steps behind Front Sideline side line
16	12	Side 2: 4.0 steps outside 35 yd In	12.0 steps behind Front Sideline side line
17	34	Side 2: 4.0 steps outside 30 yd In	8.0 steps in front of Front Sideline Hash (HS)

Drill: 3-Dakota HS 2017

Set	Counts	Side 1-Side 2	Back Sideline-Front Sideline
0	0	Side 2: On 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
1	24	Side 2: 1.5 steps outside 40 yd In	12.5 steps behind Front Sideline side line
2	24	Side 2: 1.5 steps outside 40 yd In	12.5 steps behind Front Sideline side line
3	44	Side 2: 1.25 steps outside 30 yd In	4.75 steps in front of Front Sideline Hash (HS)
4	16	Side 2: 4.0 steps outside 35 yd In	8.0 steps in front of Front Sideline Hash (HS)
5	12	Side 2: 4.0 steps outside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
6	8	Side 2: 4.0 steps outside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
7	16	Side 2: 0.5 steps inside 30 yd In	5.75 steps in front of Front Sideline Hash (HS)
8	24	Side 2: 3.0 steps inside 25 yd In	5.25 steps in front of Front Sideline Hash (HS)
9	16	Side 2: 1.75 steps inside 25 yd In	11.5 steps in front of Front Sideline Hash (HS)
10	16	Side 2: On 30 yd In	8.5 steps in front of Front Sideline Hash (HS)
11	16	Side 2: 3.25 steps inside 35 yd In	3.5 steps in front of Front Sideline Hash (HS)
12	16	Side 2: 1.0 steps inside 40 yd In	13.0 steps in front of Front Sideline Hash (HS)
13	16	Side 2: 4.0 steps outside 35 yd In	8.0 steps behind Front Sideline side line
14	16	Side 2: 4.0 steps outside 40 yd In	12.0 steps in front of Front Sideline Hash (HS)
15	34	Side 2: On 25 yd In	8.0 steps behind Front Sideline side line
16	12	Side 2: 4.0 steps outside 35 yd In	8.0 steps behind Front Sideline side line
17	34	Side 2: 1.0 steps inside 25 yd In	8.0 steps in front of Front Sideline Hash (HS)