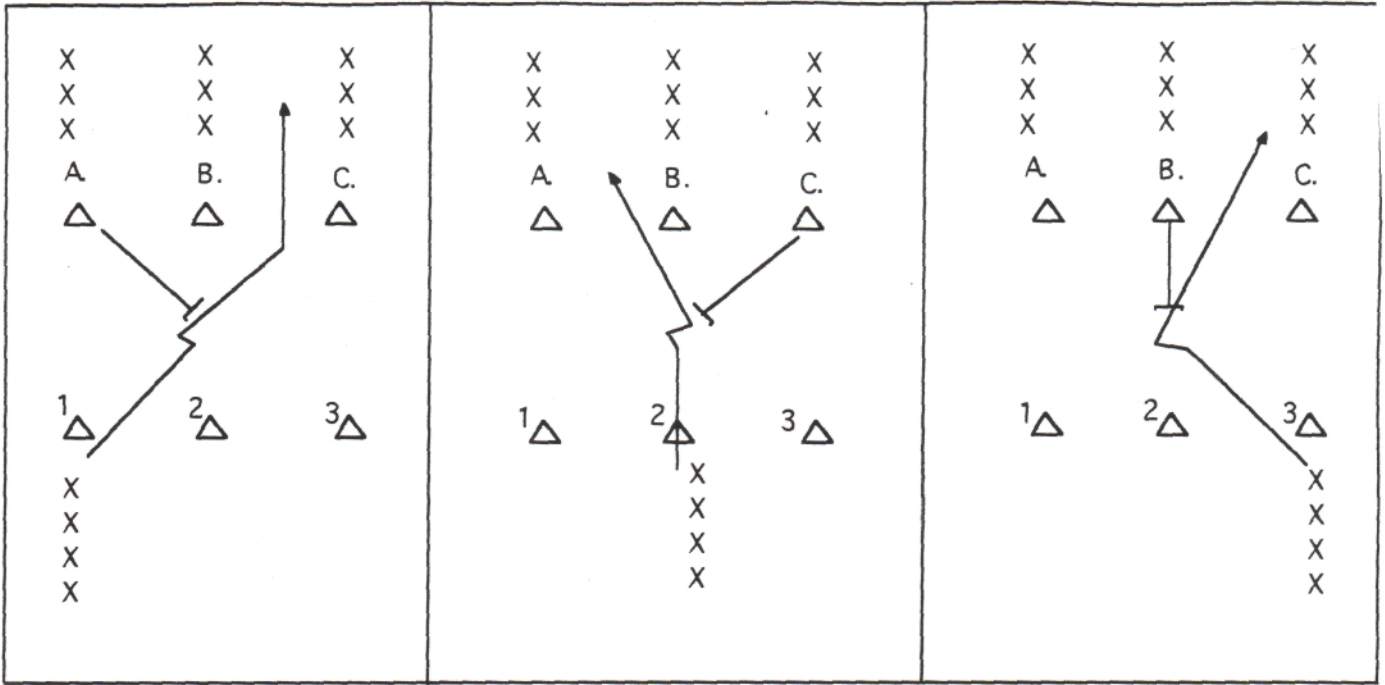


CUTTING DRILLS CONT'D

4. Box Drill - 10 X 10 yard box - Defenders align on either A,B,C cones. Runners align on any of 1,2,3 cones. The Runner starts to the middle and is allowed 1 move to finish through the opposite side. The defender will either 2 hand touch or tackle.



5. Sideline Box Drill - Works on Sideline running w/ defenders from different angles of pursuit. The RB catches a pitch, when he crosses a line 5 yds. from the A. cone the desired defender comes out to 2 hand touch or tackle the runner, stay in bounds & score !

