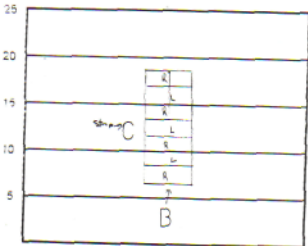


## DRILL: CROSS OVER

**PURPOSE:** Increases hip and groin flexibility needed for stride /cutting range and plant strength.

**APPLICATION:** Stand square to the ropes, cross step alternating boxes throughout the drill.

C.P. Stay tight to the ropes.



Running in a crowd or openfield increasing the ability of adjusting to the seam with smoothness.