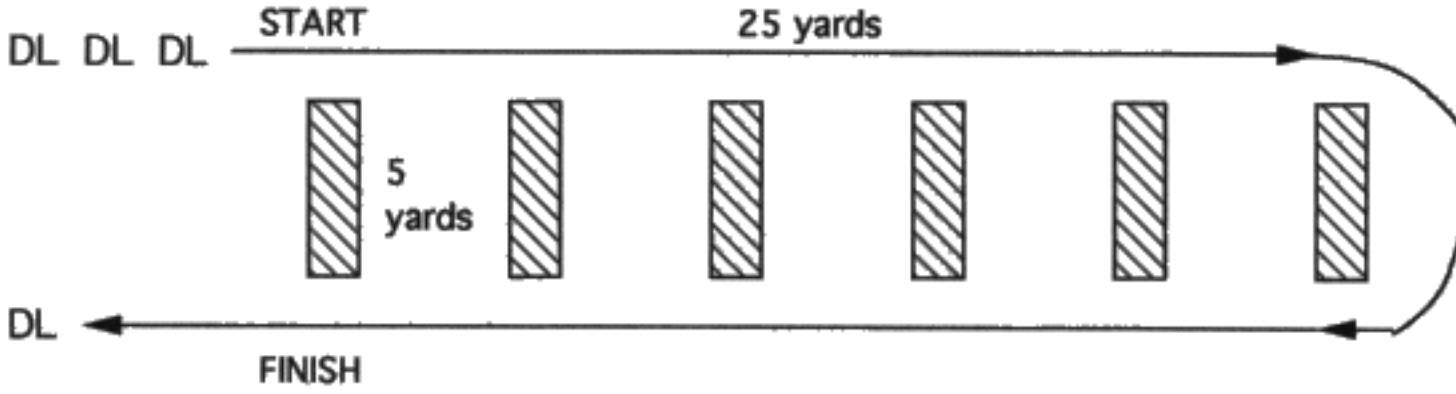
Bag drill - six flat bags - one football



First time - forward sprint
Second time - backward run
Third time - combination forward / backward - Switch after 3rd dummy
Fourth time - carioca facing into bags - all the way around
Fifth time - carioca facing away from dummies - all the way around the bags