



Drill is designed to teach sink, shuffle, hand shiver, and vision on ball carrier. Player will step up with playside foot and deliver hand shiver to bag.

Player will step deliver blow and then shuffle, keeping shoulders squared to the sled. Player should step towards the middle of the bag, splitting it down the middle

Step with near leg. Strike a blow with both hands, lock out elbows, demand quick feet. Finish drill by sprinting a hard five yards when coming off last bag.