



Start on goal line and freeze step and sprint to the five yard line. Square shoulders facing the coach and then plant outside foot and push off with outside leg and step with inside foot back towards the goal line. Concentrate on touching each line with the hand away from the coach, this will help in squaring the shoulders towards the coach. When running to your left plant the left foot and touch the line with the left hand on change of direction, when running to your right always plant the right foot and touch the line with the right hand on change of direction.