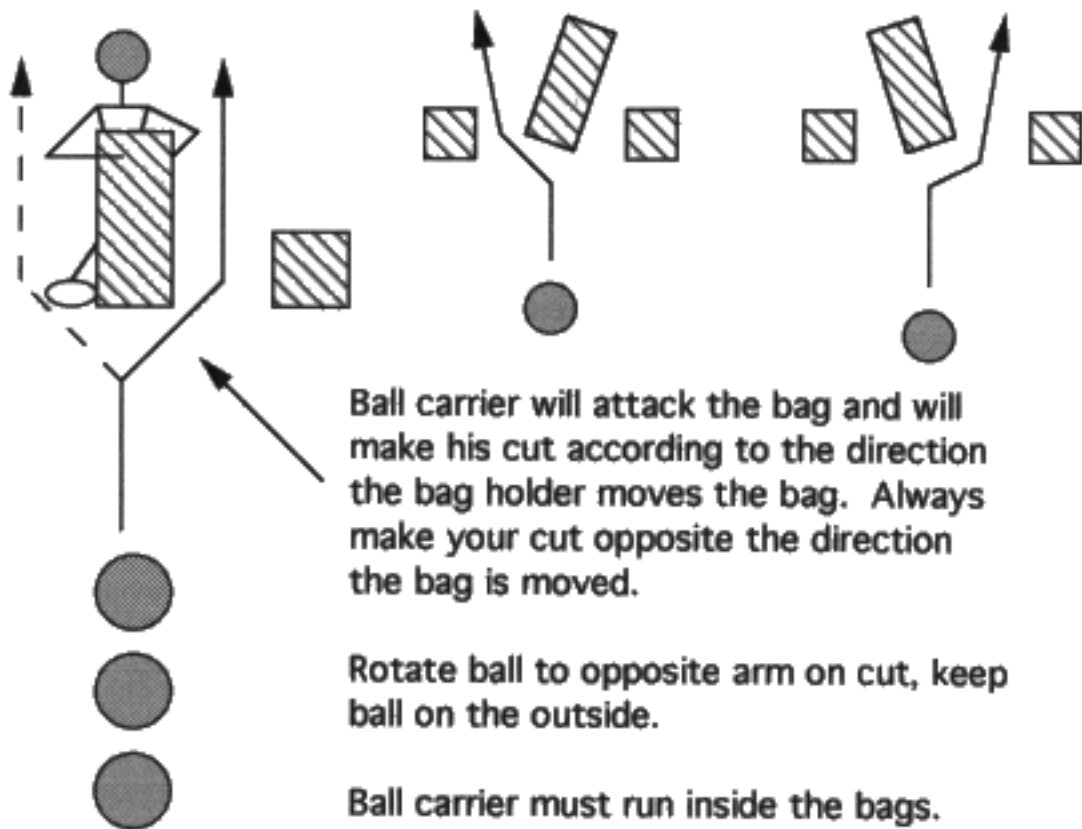


COACH

Bag

Ball carrier starts five yards from the front of the bags.



Ball carrier will attack the bag and will make his cut according to the direction the bag holder moves the bag. Always make your cut opposite the direction the bag is moved.

Rotate ball to opposite arm on cut, keep ball on the outside.

Ball carrier must run inside the bags.