

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.5 Steps outside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#13	16	Side 1:	2.5 Steps outside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#14	32	Side 1:	2.5 Steps outside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#15	38	Side 2:	3.5 Steps outside 45 yd In	4.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	3.25 Steps inside 45 yd In	2.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	0.5 Steps outside 40 yd In	5.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	0.5 Steps outside 40 yd In	5.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.0 Steps inside 40 yd In	8.0 Steps in frnt of Back hash (HS)
#13	16	Side 1:	2.0 Steps inside 40 yd In	8.0 Steps in frnt of Back hash (HS)
#14	32	Side 1:	2.0 Steps inside 40 yd In	8.0 Steps in frnt of Back hash (HS)
#15	38	Side 2:	0.25 Steps outside 45 yd In	4.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	On 45 yd In	2.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	2.5 Steps inside 40 yd In	5.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	2.5 Steps inside 40 yd In	5.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.25 Steps outside 40 yd In	8.0 Steps in frnt of Back hash (HS)
#13	16	Side 1:	1.25 Steps outside 40 yd In	8.0 Steps in frnt of Back hash (HS)
#14	32	Side 1:	1.25 Steps outside 40 yd In	8.0 Steps in frnt of Back hash (HS)
#15	38	Side 2:	3.0 Steps inside 45 yd In	4.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	3.25 Steps outside 45 yd In	2.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	2.0 Steps outside 45 yd In	5.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	2.0 Steps outside 45 yd In	5.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	3.25 Steps inside 35 yd In	8.0 Steps in frnt of Back hash (HS)
#13	16	Side 1:	3.25 Steps inside 35 yd In	8.0 Steps in frnt of Back hash (HS)
#14	32	Side 1:	3.25 Steps inside 35 yd In	8.0 Steps in frnt of Back hash (HS)
#15	38	Side 2:	1.5 Steps outside of 50 yd In	4.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	1.25 Steps inside 40 yd In	2.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	1.25 Steps inside 45 yd In	5.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	1.25 Steps inside 45 yd In	5.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	On 35 yd In	8.0 Steps in frnt of Back hash (HS)
#13	16	Side 1:	On 35 yd In	8.0 Steps in frnt of Back hash (HS)
#14	32	Side 1:	On 35 yd In	8.0 Steps in frnt of Back hash (HS)
#15	38	Side 1:	1.5 Steps outside of 50 yd In	4.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	2.0 Steps outside 40 yd In	2.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	3.25 Steps outside of 50 yd In	5.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	3.25 Steps outside of 50 yd In	5.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	On 45 yd In	9.0 Steps behind Front hash (HS)
#13	16	Side 1:	On 45 yd In	9.0 Steps behind Front hash (HS)
#14	32	Side 1:	1.0 Steps inside 40 yd In	7.5 Steps behind Front hash (HS)
#15	38	Side 1:	0.25 Steps outside 35 yd In	8.25 Steps behind Front Sideline
#16	25	Side 1:	0.25 Steps outside 35 yd In	8.25 Steps behind Front Sideline
#17	44	Side 1:	0.5 Steps outside 40 yd In	6.0 Steps behind Front hash (HS)
#18	27	Side 1:	0.5 Steps outside 40 yd In	6.0 Steps behind Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.0 Steps inside 45 yd In	7.0 Steps behind Front hash (HS)
#13	16	Side 1:	1.0 Steps inside 45 yd In	7.0 Steps behind Front hash (HS)
#14	32	Side 1:	3.0 Steps outside 45 yd In	7.75 Steps behind Front hash (HS)
#15	38	Side 1:	2.25 Steps inside 35 yd In	10.75 Steps behind Front Sideline
#16	25	Side 1:	2.25 Steps inside 35 yd In	10.75 Steps behind Front Sideline
#17	44	Side 1:	2.5 Steps inside 40 yd In	7.75 Steps behind Front hash (HS)
#18	27	Side 1:	2.5 Steps inside 40 yd In	7.75 Steps behind Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	On 45 yd In	7.0 Steps behind Front hash (HS)
#13	16	Side 1:	On 45 yd In	7.0 Steps behind Front hash (HS)
#14	32	Side 1:	1.5 Steps outside 40 yd In	5.0 Steps behind Front hash (HS)
#15	38	Side 1:	3.75 Steps inside 30 yd In	7.75 Steps behind Front Sideline
#16	25	Side 1:	3.75 Steps inside 30 yd In	7.75 Steps behind Front Sideline
#17	44	Side 1:	2.25 Steps outside 40 yd In	2.75 Steps behind Front hash (HS)
#18	27	Side 1:	2.25 Steps outside 40 yd In	2.75 Steps behind Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.0 Steps outside 45 yd In	8.0 Steps behind Front hash (HS)
#13	16	Side 1:	1.0 Steps outside 45 yd In	8.0 Steps behind Front hash (HS)
#14	32	Side 1:	2.75 Steps outside 40 yd In	0.25 Steps in frnt of Front hash (HS)
#15	38	Side 1:	1.5 Steps outside 30 yd In	9.0 Steps behind Front Sideline
#16	25	Side 1:	1.5 Steps outside 30 yd In	9.0 Steps behind Front Sideline
#17	44	Side 1:	2.75 Steps outside 40 yd In	2.5 Steps in frnt of Front hash (HS)
#18	27	Side 1:	2.75 Steps outside 40 yd In	2.5 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.0 Steps outside 45 yd In	7.0 Steps behind Front hash (HS)
#13	16	Side 1:	1.0 Steps outside 45 yd In	7.0 Steps behind Front hash (HS)
#14	32	Side 1:	2.75 Steps outside 40 yd In	2.25 Steps in frnt of Front hash (HS)
#15	38	Side 1:	3.0 Steps outside 30 yd In	10.0 Steps behind Front Sideline
#16	25	Side 1:	3.0 Steps outside 30 yd In	10.0 Steps behind Front Sideline
#17	44	Side 1:	2.75 Steps outside 40 yd In	4.5 Steps in frnt of Front hash (HS)
#18	27	Side 1:	2.75 Steps outside 40 yd In	4.5 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	On 45 yd In	6.0 Steps behind Front hash (HS)
#13	16	Side 1:	On 45 yd In	6.0 Steps behind Front hash (HS)
#14	32	Side 1:	2.0 Steps outside 40 yd In	3.25 Steps behind Front hash (HS)
#15	38	Side 1:	1.75 Steps inside 30 yd In	8.0 Steps behind Front Sideline
#16	25	Side 1:	1.75 Steps inside 30 yd In	8.0 Steps behind Front Sideline
#17	44	Side 1:	2.5 Steps outside 40 yd In	1.0 Steps behind Front hash (HS)
#18	27	Side 1:	2.5 Steps outside 40 yd In	1.0 Steps behind Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.0 Steps inside 45 yd In	8.0 Steps behind Front hash (HS)
#13	16	Side 1:	1.0 Steps inside 45 yd In	8.0 Steps behind Front hash (HS)
#14	32	Side 1:	2.75 Steps inside 40 yd In	7.75 Steps behind Front hash (HS)
#15	38	Side 1:	1.0 Steps inside 35 yd In	9.25 Steps behind Front Sideline
#16	25	Side 1:	1.0 Steps inside 35 yd In	9.25 Steps behind Front Sideline
#17	44	Side 1:	0.75 Steps inside 40 yd In	7.25 Steps behind Front hash (HS)
#18	27	Side 1:	0.75 Steps inside 40 yd In	7.25 Steps behind Front hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: 2.0 Steps outside 45 yd In	7.0 Steps behind Front hash (HS)
#13	16	Side 1: 2.0 Steps outside 45 yd In	7.0 Steps behind Front hash (HS)
#14	32	Side 1: 3.0 Steps outside 40 yd In	7.75 Steps in frnt of Front hash (HS)
#15	38	Side 1: 1.75 Steps inside 25 yd In	13.0 Steps in frnt of Front hash (HS)
#16	25	Side 1: 1.75 Steps inside 25 yd In	13.0 Steps in frnt of Front hash (HS)
#17	44	Side 1: 3.5 Steps outside 40 yd In	10.0 Steps in frnt of Front hash (HS)
#18	27	Side 1: 3.5 Steps outside 40 yd In	10.0 Steps in frnt of Front hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: 1.0 Steps outside 45 yd In	9.0 Steps behind Front hash (HS)
#13	16	Side 1: 1.0 Steps outside 45 yd In	9.0 Steps behind Front hash (HS)
#14	32	Side 1: 2.75 Steps outside 40 yd In	4.0 Steps in frnt of Front hash (HS)
#15	38	Side 1: 3.5 Steps inside 25 yd In	11.5 Steps behind Front Sideline
#16	25	Side 1: 3.5 Steps inside 25 yd In	11.5 Steps behind Front Sideline
#17	44	Side 1: 3.0 Steps outside 40 yd In	6.25 Steps in frnt of Front hash (HS)
#18	27	Side 1: 3.0 Steps outside 40 yd In	6.25 Steps in frnt of Front hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: On 45 yd In	8.0 Steps behind Front hash (HS)
#13	16	Side 1: On 45 yd In	8.0 Steps behind Front hash (HS)
#14	32	Side 1: 0.25 Steps outside 40 yd In	6.25 Steps behind Front hash (HS)
#15	38	Side 1: 2.25 Steps outside 35 yd In	8.0 Steps behind Front Sideline
#16	25	Side 1: 2.25 Steps outside 35 yd In	8.0 Steps behind Front Sideline
#17	44	Side 1: 1.5 Steps outside 40 yd In	4.5 Steps behind Front hash (HS)
#18	27	Side 1: 1.5 Steps outside 40 yd In	4.5 Steps behind Front hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: 1.0 Steps outside 45 yd In	6.0 Steps behind Front hash (HS)
#13	16	Side 1: 1.0 Steps outside 45 yd In	6.0 Steps behind Front hash (HS)
#14	32	Side 1: 2.5 Steps outside 40 yd In	1.25 Steps behind Front hash (HS)
#15	38	Side 1: On 30 yd In	8.25 Steps behind Front Sideline
#16	25	Side 1: On 30 yd In	8.25 Steps behind Front Sideline
#17	44	Side 1: 2.75 Steps outside 40 yd In	0.75 Steps in frnt of Front hash (HS)
#18	27	Side 1: 2.75 Steps outside 40 yd In	0.75 Steps in frnt of Front hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: 2.0 Steps outside 45 yd In	8.0 Steps behind Front hash (HS)
#13	16	Side 1: 2.0 Steps outside 45 yd In	8.0 Steps behind Front hash (HS)
#14	32	Side 1: 3.0 Steps outside 40 yd In	6.0 Steps in frnt of Front hash (HS)
#15	38	Side 1: 2.5 Steps inside 25 yd In	13.0 Steps behind Front Sideline
#16	25	Side 1: 2.5 Steps inside 25 yd In	13.0 Steps behind Front Sideline
#17	44	Side 1: 3.0 Steps outside 40 yd In	8.25 Steps in frnt of Front hash (HS)
#18	27	Side 1: 3.0 Steps outside 40 yd In	8.25 Steps in frnt of Front hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: 2.0 Steps inside 35 yd In	3.25 Steps in frnt of Front hash (HS)
#13	16	Side 1: 2.0 Steps inside 35 yd In	3.25 Steps in frnt of Front hash (HS)
#14	32	Side 1: 0.25 Steps outside 35 yd In	8.25 Steps behind Front Sideline
#15	38	Side 1: 1.75 Steps outside 25 yd In	0.5 Steps in frnt of Front hash (HS)
#16	25	Side 1: On 25 yd In	on Front hash (HS)
#17	44	Side 1: 2.75 Steps outside 35 yd In	7.75 Steps behind Front Sideline
#18	27	Side 1: 2.75 Steps outside 35 yd In	7.75 Steps behind Front Sideline

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: 1.5 Steps inside 35 yd In	2.75 Steps in frnt of Front hash (HS)
#13	16	Side 1: 1.5 Steps inside 35 yd In	2.75 Steps in frnt of Front hash (HS)
#14	32	Side 1: 1.25 Steps inside 35 yd In	9.25 Steps behind Front Sideline
#15	38	Side 1: 1.5 Steps outside 25 yd In	2.25 Steps in frnt of Front hash (HS)
#16	25	Side 1: 0.5 Steps outside 25 yd In	2.0 Steps in frnt of Front hash (HS)
#17	44	Side 1: 0.75 Steps outside 35 yd In	8.25 Steps behind Front Sideline
#18	27	Side 1: 0.75 Steps outside 35 yd In	8.25 Steps behind Front Sideline

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: 1.0 Steps inside 35 yd In	2.25 Steps in frnt of Front hash (HS)
#13	16	Side 1: 1.0 Steps inside 35 yd In	2.25 Steps in frnt of Front hash (HS)
#14	32	Side 1: 2.25 Steps inside 35 yd In	10.75 Steps behind Front Sideline
#15	38	Side 1: 1.0 Steps outside 25 yd In	4.0 Steps in frnt of Front hash (HS)
#16	25	Side 1: 1.0 Steps outside 25 yd In	4.0 Steps in frnt of Front hash (HS)
#17	44	Side 1: 0.75 Steps inside 35 yd In	9.0 Steps behind Front Sideline
#18	27	Side 1: 0.75 Steps inside 35 yd In	9.0 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	3.0 Steps outside 45 yd In	10.5 Steps in frnt of Front hash (HS)
#13	16	Side 2:	3.0 Steps outside 45 yd In	10.5 Steps in frnt of Front hash (HS)
#14	32	Side 2:	0.5 Steps outside 45 yd In	12.5 Steps in frnt of Front hash (HS)
#15	38	Side 1:	1.25 Steps inside 45 yd In	3.25 Steps in frnt of Front hash (HS)
#16	25	Side 1:	1.25 Steps inside 45 yd In	3.25 Steps in frnt of Front hash (HS)
#17	44	Side 2:	1.25 Steps inside 45 yd In	12.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	1.25 Steps inside 45 yd In	12.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	3.0 Steps outside 45 yd In	8.0 Steps in frnt of Front hash (HS)
#13	16	Side 2:	3.0 Steps outside 45 yd In	8.0 Steps in frnt of Front hash (HS)
#14	32	Side 2:	3.25 Steps inside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#15	38	Side 1:	0.25 Steps outside 45 yd In	6.5 Steps in frnt of Front hash (HS)
#16	25	Side 1:	0.25 Steps outside 45 yd In	6.5 Steps in frnt of Front hash (HS)
#17	44	Side 2:	2.25 Steps outside 45 yd In	12.5 Steps in frnt of Front hash (HS)
#18	27	Side 2:	2.25 Steps outside 45 yd In	12.5 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	2.25 Steps inside 40 yd In	8.0 Steps in frnt of Front hash (HS)
#13	16	Side 2:	2.25 Steps inside 40 yd In	8.0 Steps in frnt of Front hash (HS)
#14	32	Side 2:	3.75 Steps inside 35 yd In	12.75 Steps in frnt of Front hash (HS)
#15	38	Side 1:	1.0 Steps outside 45 yd In	13.75 Steps in frnt of Front hash (HS)
#16	25	Side 1:	1.0 Steps outside 45 yd In	13.75 Steps in frnt of Front hash (HS)
#17	44	Side 2:	1.75 Steps outside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	1.75 Steps outside 40 yd In	12.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	2.75 Steps inside 40 yd In	7.25 Steps in frnt of Front hash (HS)
#13	16	Side 2:	2.75 Steps inside 40 yd In	7.25 Steps in frnt of Front hash (HS)
#14	32	Side 2:	2.0 Steps outside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#15	38	Side 1:	1.5 Steps outside 45 yd In	12.0 Steps in frnt of Front hash (HS)
#16	25	Side 1:	1.5 Steps outside 45 yd In	12.0 Steps in frnt of Front hash (HS)
#17	44	Side 2:	On 40 yd In	12.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	On 40 yd In	12.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	3.5 Steps inside 40 yd In	6.5 Steps in frnt of Front hash (HS)
#13	16	Side 2:	3.5 Steps inside 40 yd In	6.5 Steps in frnt of Front hash (HS)
#14	32	Side 2:	0.25 Steps outside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#15	38	Side 1:	1.5 Steps outside 45 yd In	10.0 Steps in frnt of Front hash (HS)
#16	25	Side 1:	1.5 Steps outside 45 yd In	10.0 Steps in frnt of Front hash (HS)
#17	44	Side 2:	1.75 Steps inside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	1.75 Steps inside 40 yd In	12.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.75 Steps outside 45 yd In	8.0 Steps behind Front Sideline
#13	16	Side 1:	1.75 Steps outside 45 yd In	8.0 Steps behind Front Sideline
#14	32	Side 1:	0.25 Steps outside of 50 yd In	12.75 Steps behind Front Sideline
#15	38	Side 1:	3.0 Steps inside 45 yd In	4.5 Steps behind Front hash (HS)
#16	25	Side 1:	3.0 Steps inside 45 yd In	4.5 Steps behind Front hash (HS)
#17	44	Side 1:	2.25 Steps outside of 50 yd In	12.0 Steps behind Front Sideline
#18	27	Side 1:	2.25 Steps outside of 50 yd In	12.0 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	3.5 Steps outside 45 yd In	8.5 Steps in frnt of Front hash (HS)
#13	16	Side 2:	3.5 Steps outside 45 yd In	8.5 Steps in frnt of Front hash (HS)
#14	32	Side 2:	1.5 Steps inside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#15	38	Side 1:	1.0 Steps outside 45 yd In	8.25 Steps in frnt of Front hash (HS)
#16	25	Side 1:	1.0 Steps outside 45 yd In	8.25 Steps in frnt of Front hash (HS)
#17	44	Side 2:	3.75 Steps inside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	3.75 Steps inside 40 yd In	12.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.25 Steps outside 45 yd In	9.5 Steps behind Front Sideline
#13	16	Side 1:	1.25 Steps outside 45 yd In	9.5 Steps behind Front Sideline
#14	32	Side 2:	1.0 Steps inside 45 yd In	12.75 Steps in frnt of Front hash (HS)
#15	38	Side 1:	2.25 Steps inside 45 yd In	1.75 Steps in frnt of Front hash (HS)
#16	25	Side 1:	2.25 Steps inside 45 yd In	1.75 Steps in frnt of Front hash (HS)
#17	44	Side 2:	3.25 Steps inside 45 yd In	13.25 Steps in frnt of Front hash (HS)
#18	27	Side 2:	3.25 Steps inside 45 yd In	13.25 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	3.5 Steps inside 40 yd In	9.25 Steps in frnt of Front hash (HS)
#13	16	Side 2:	3.5 Steps inside 40 yd In	9.25 Steps in frnt of Front hash (HS)
#14	32	Side 2:	2.5 Steps outside 45 yd In	12.5 Steps in frnt of Front hash (HS)
#15	38	Side 1:	0.25 Steps inside 45 yd In	5.0 Steps in frnt of Front hash (HS)
#16	25	Side 1:	0.25 Steps inside 45 yd In	5.0 Steps in frnt of Front hash (HS)
#17	44	Side 2:	0.25 Steps outside 45 yd In	12.5 Steps in frnt of Front hash (HS)
#18	27	Side 2:	0.25 Steps outside 45 yd In	12.5 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.75 Steps outside 45 yd In	10.0 Steps behind Front Sideline
#13	16	Side 1:	1.75 Steps outside 45 yd In	10.0 Steps behind Front Sideline
#14	32	Side 2:	2.75 Steps inside 45 yd In	13.25 Steps in frnt of Front hash (HS)
#15	38	Side 1:	3.25 Steps inside 45 yd In	on Front hash (HS)
#16	25	Side 1:	3.25 Steps inside 45 yd In	on Front hash (HS)
#17	44	Side 2:	2.75 Steps outside of 50 yd In	13.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	2.75 Steps outside of 50 yd In	13.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.75 Steps outside 45 yd In	6.75 Steps behind Front Sideline
#13	16	Side 1:	2.75 Steps outside 45 yd In	6.75 Steps behind Front Sideline
#14	32	Side 1:	2.0 Steps outside of 50 yd In	12.0 Steps behind Front Sideline
#15	38	Side 1:	1.5 Steps inside 45 yd In	5.75 Steps behind Front hash (HS)
#16	25	Side 1:	1.5 Steps inside 45 yd In	5.75 Steps behind Front hash (HS)
#17	44	Side 1:	3.75 Steps inside 45 yd In	11.75 Steps behind Front Sideline
#18	27	Side 1:	3.75 Steps inside 45 yd In	11.75 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.25 Steps outside 45 yd In	8.5 Steps behind Front Sideline
#13	16	Side 1:	2.25 Steps outside 45 yd In	8.5 Steps behind Front Sideline
#14	32	Side 2:	1.25 Steps outside of 50 yd In	13.5 Steps behind Front Sideline
#15	38	Side 1:	3.5 Steps outside of 50 yd In	3.0 Steps behind Front hash (HS)
#16	25	Side 1:	3.5 Steps outside of 50 yd In	3.0 Steps behind Front hash (HS)
#17	44	Side 1:	0.5 Steps outside of 50 yd In	12.5 Steps behind Front Sideline
#18	27	Side 1:	0.5 Steps outside of 50 yd In	12.5 Steps behind Front Sideline



Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: 3.25 Steps outside 45 yd In	7.25 Steps behind Front Sideline
#13	16	Side 1: 3.25 Steps outside 45 yd In	7.25 Steps behind Front Sideline
#14	32	Side 1: 3.75 Steps outside of 50 yd In	11.75 Steps behind Front Sideline
#15	38	Side 1: On 45 yd In	6.75 Steps behind Front hash (HS)
#16	25	Side 1: On 45 yd In	6.75 Steps behind Front hash (HS)
#17	44	Side 1: 1.75 Steps inside 45 yd In	12.0 Steps behind Front Sideline
#18	27	Side 1: 1.75 Steps inside 45 yd In	12.0 Steps behind Front Sideline

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: 2.75 Steps outside 45 yd In	9.0 Steps behind Front Sideline
#13	16	Side 1: 2.75 Steps outside 45 yd In	9.0 Steps behind Front Sideline
#14	32	Side 2: 3.0 Steps outside of 50 yd In	13.75 Steps in frnt of Front hash (HS)
#15	38	Side 1: 3.5 Steps outside of 50 yd In	1.25 Steps behind Front hash (HS)
#16	25	Side 1: 3.5 Steps outside of 50 yd In	1.25 Steps behind Front hash (HS)
#17	44	Side 2: 1.0 Steps outside of 50 yd In	13.25 Steps behind Front Sideline
#18	27	Side 2: 1.0 Steps outside of 50 yd In	13.25 Steps behind Front Sideline

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: 4.0 Steps inside 40 yd In	8.0 Steps behind Front Sideline
#13	16	Side 1: 4.0 Steps inside 40 yd In	8.0 Steps behind Front Sideline
#14	32	Side 1: 2.0 Steps inside 45 yd In	12.0 Steps behind Front Sideline
#15	38	Side 1: 1.5 Steps outside 45 yd In	7.25 Steps behind Front hash (HS)
#16	25	Side 1: 1.5 Steps outside 45 yd In	7.25 Steps behind Front hash (HS)
#17	44	Side 1: 0.25 Steps inside 45 yd In	12.75 Steps behind Front Sideline
#18	27	Side 1: 0.25 Steps inside 45 yd In	12.75 Steps behind Front Sideline

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 2: 1.5 Steps inside 30 yd In	1.5 Steps in frnt of Front hash (HS)
#13	16	Side 2: 1.5 Steps inside 30 yd In	1.5 Steps in frnt of Front hash (HS)
#14	32	Side 2: 3.0 Steps inside 30 yd In	1.0 Steps behind Front hash (HS)
#15	38	Side 2: 3.75 Steps inside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#16	25	Side 2: 3.75 Steps inside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#17	44	Side 2: 0.75 Steps inside 25 yd In	10.0 Steps in frnt of Front hash (HS)
#18	27	Side 2: 0.75 Steps inside 25 yd In	10.0 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	0.25 Steps inside 35 yd In	12.25 Steps in frnt of Front hash (HS)
#13	16	Side 2:	0.25 Steps inside 35 yd In	12.25 Steps in frnt of Front hash (HS)
#14	32	Side 2:	0.75 Steps inside 30 yd In	7.5 Steps in frnt of Front hash (HS)
#15	38	Side 2:	3.0 Steps outside of 50 yd In	13.75 Steps in frnt of Front hash (HS)
#16	25	Side 2:	3.0 Steps outside of 50 yd In	13.75 Steps in frnt of Front hash (HS)
#17	44	Side 2:	1.75 Steps inside 30 yd In	9.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	1.75 Steps inside 30 yd In	9.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	1.5 Steps inside 30 yd In	1.25 Steps in frnt of Front hash (HS)
#13	16	Side 2:	1.5 Steps inside 30 yd In	1.25 Steps in frnt of Front hash (HS)
#14	32	Side 2:	3.5 Steps outside 35 yd In	2.5 Steps behind Front hash (HS)
#15	38	Side 2:	1.75 Steps inside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#16	25	Side 2:	1.75 Steps inside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#17	44	Side 2:	0.75 Steps outside 25 yd In	10.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	0.75 Steps outside 25 yd In	10.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	1.25 Steps inside 30 yd In	1.25 Steps in frnt of Front hash (HS)
#13	16	Side 2:	1.25 Steps inside 30 yd In	1.25 Steps in frnt of Front hash (HS)
#14	32	Side 2:	0.75 Steps outside 35 yd In	5.0 Steps behind Front hash (HS)
#15	38	Side 2:	1.75 Steps outside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#16	25	Side 2:	1.75 Steps outside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#17	44	Side 2:	2.25 Steps outside 25 yd In	13.75 Steps behind Front Sideline
#18	27	Side 2:	2.25 Steps outside 25 yd In	13.75 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	1.25 Steps inside 30 yd In	1.25 Steps in frnt of Front hash (HS)
#13	16	Side 2:	1.25 Steps inside 30 yd In	1.25 Steps in frnt of Front hash (HS)
#14	32	Side 2:	2.25 Steps outside 35 yd In	3.75 Steps behind Front hash (HS)
#15	38	Side 2:	On 40 yd In	12.75 Steps in frnt of Front hash (HS)
#16	25	Side 2:	On 40 yd In	12.75 Steps in frnt of Front hash (HS)
#17	44	Side 2:	2.0 Steps outside 25 yd In	12.25 Steps in frnt of Front hash (HS)
#18	27	Side 2:	2.0 Steps outside 25 yd In	12.25 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	0.25 Steps inside 35 yd In	12.25 Steps in frnt of Front hash (HS)
#13	16	Side 2:	0.25 Steps inside 35 yd In	12.25 Steps in frnt of Front hash (HS)
#14	32	Side 2:	1.5 Steps inside 30 yd In	9.25 Steps in frnt of Front hash (HS)
#15	38	Side 2:	1.25 Steps outside of 50 yd In	13.25 Steps behind Front Sideline
#16	25	Side 2:	1.25 Steps outside of 50 yd In	13.25 Steps behind Front Sideline
#17	44	Side 2:	3.25 Steps inside 30 yd In	10.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	3.25 Steps inside 30 yd In	10.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	1.5 Steps inside 30 yd In	1.5 Steps in frnt of Front hash (HS)
#13	16	Side 2:	1.5 Steps inside 30 yd In	1.5 Steps in frnt of Front hash (HS)
#14	32	Side 2:	2.0 Steps inside 30 yd In	0.25 Steps in frnt of Front hash (HS)
#15	38	Side 2:	2.25 Steps outside 45 yd In	12.5 Steps in frnt of Front hash (HS)
#16	25	Side 2:	2.25 Steps outside 45 yd In	12.5 Steps in frnt of Front hash (HS)
#17	44	Side 2:	2.5 Steps inside 25 yd In	9.25 Steps in frnt of Front hash (HS)
#18	27	Side 2:	2.5 Steps inside 25 yd In	9.25 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	2.0 Steps inside 30 yd In	2.0 Steps in frnt of Front hash (HS)
#13	16	Side 2:	2.0 Steps inside 30 yd In	2.0 Steps in frnt of Front hash (HS)
#14	32	Side 2:	0.5 Steps inside 30 yd In	5.75 Steps in frnt of Front hash (HS)
#15	38	Side 2:	3.0 Steps inside 45 yd In	13.25 Steps in frnt of Front hash (HS)
#16	25	Side 2:	3.0 Steps inside 45 yd In	13.25 Steps in frnt of Front hash (HS)
#17	44	Side 2:	On 30 yd In	9.0 Steps in frnt of Front hash (HS)
#18	27	Side 2:	On 30 yd In	9.0 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	1.75 Steps inside 30 yd In	1.75 Steps in frnt of Front hash (HS)
#13	16	Side 2:	1.75 Steps inside 30 yd In	1.75 Steps in frnt of Front hash (HS)
#14	32	Side 2:	1.25 Steps inside 30 yd In	2.0 Steps in frnt of Front hash (HS)
#15	38	Side 2:	0.25 Steps outside 45 yd In	12.5 Steps in frnt of Front hash (HS)
#16	25	Side 2:	0.25 Steps outside 45 yd In	12.5 Steps in frnt of Front hash (HS)
#17	44	Side 2:	3.5 Steps outside 30 yd In	8.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	3.5 Steps outside 30 yd In	8.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	1.75 Steps inside 30 yd In	1.75 Steps in frnt of Front hash (HS)
#13	16	Side 2:	1.75 Steps inside 30 yd In	1.75 Steps in frnt of Front hash (HS)
#14	32	Side 2:	0.75 Steps inside 30 yd In	3.75 Steps in frnt of Front hash (HS)
#15	38	Side 2:	1.25 Steps inside 45 yd In	12.75 Steps in frnt of Front hash (HS)
#16	25	Side 2:	1.25 Steps inside 45 yd In	12.75 Steps in frnt of Front hash (HS)
#17	44	Side 2:	1.75 Steps outside 30 yd In	8.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	1.75 Steps outside 30 yd In	8.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	1.0 Steps inside 35 yd In	13.0 Steps in frnt of Front hash (HS)
#13	16	Side 2:	1.0 Steps inside 35 yd In	13.0 Steps in frnt of Front hash (HS)
#14	32	Side 2:	2.0 Steps inside 35 yd In	12.75 Steps in frnt of Front hash (HS)
#15	38	Side 1:	0.25 Steps inside 45 yd In	12.75 Steps behind Front Sideline
#16	25	Side 1:	0.25 Steps inside 45 yd In	12.75 Steps behind Front Sideline
#17	44	Side 2:	3.5 Steps outside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	3.5 Steps outside 40 yd In	12.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	0.5 Steps inside 35 yd In	12.5 Steps in frnt of Front hash (HS)
#13	16	Side 2:	0.5 Steps inside 35 yd In	12.5 Steps in frnt of Front hash (HS)
#14	32	Side 2:	2.75 Steps inside 30 yd In	10.5 Steps in frnt of Front hash (HS)
#15	38	Side 1:	0.25 Steps outside of 50 yd In	12.75 Steps behind Front Sideline
#16	25	Side 1:	0.25 Steps outside of 50 yd In	12.75 Steps behind Front Sideline
#17	44	Side 2:	3.0 Steps outside 35 yd In	11.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	3.0 Steps outside 35 yd In	11.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	0.75 Steps inside 35 yd In	12.75 Steps in frnt of Front hash (HS)
#13	16	Side 2:	0.75 Steps inside 35 yd In	12.75 Steps in frnt of Front hash (HS)
#14	32	Side 2:	On 35 yd In	12.5 Steps in frnt of Front hash (HS)
#15	38	Side 1:	2.0 Steps inside 45 yd In	12.0 Steps behind Front Sideline
#16	25	Side 1:	2.0 Steps inside 45 yd In	12.0 Steps behind Front Sideline
#17	44	Side 2:	2.25 Steps inside 35 yd In	12.75 Steps in frnt of Front hash (HS)
#18	27	Side 2:	2.25 Steps inside 35 yd In	12.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	0.5 Steps inside 35 yd In	12.5 Steps in frnt of Front hash (HS)
#13	16	Side 2:	0.5 Steps inside 35 yd In	12.5 Steps in frnt of Front hash (HS)
#14	32	Side 2:	3.25 Steps outside 35 yd In	11.5 Steps in frnt of Front hash (HS)
#15	38	Side 1:	2.0 Steps outside of 50 yd In	12.0 Steps behind Front Sideline
#16	25	Side 1:	2.0 Steps outside of 50 yd In	12.0 Steps behind Front Sideline
#17	44	Side 2:	1.0 Steps outside 35 yd In	12.25 Steps in frnt of Front hash (HS)
#18	27	Side 2:	1.0 Steps outside 35 yd In	12.25 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	0.75 Steps inside 35 yd In	12.75 Steps in frnt of Front hash (HS)
#13	16	Side 2:	0.75 Steps inside 35 yd In	12.75 Steps in frnt of Front hash (HS)
#14	32	Side 2:	1.5 Steps outside 35 yd In	12.0 Steps in frnt of Front hash (HS)
#15	38	Side 1:	3.75 Steps inside 45 yd In	11.75 Steps behind Front Sideline
#16	25	Side 1:	3.75 Steps inside 45 yd In	11.75 Steps behind Front Sideline
#17	44	Side 2:	0.5 Steps inside 35 yd In	12.5 Steps in frnt of Front hash (HS)
#18	27	Side 2:	0.5 Steps inside 35 yd In	12.5 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	On 45 yd In	4.0 Steps behind Back hash (HS)
#13	16	Side 2:	2.0 Steps inside 35 yd In	12.0 Steps in frnt of Back hash (HS)
#14	32	Side 2:	2.0 Steps inside 35 yd In	12.0 Steps in frnt of Back hash (HS)
#15	38	Side 2:	On 35 yd In	5.25 Steps in frnt of Front hash (HS)
#16	25	Side 2:	3.0 Steps outside 35 yd In	6.0 Steps in frnt of Front hash (HS)
#17	44	Side 2:	On 45 yd In	8.0 Steps behind Front hash (HS)
#18	27	Side 2:	2.0 Steps inside 40 yd In	4.0 Steps behind Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	1.75 Steps outside of 50 yd In	4.0 Steps behind Back hash (HS)
#13	16	Side 2:	2.0 Steps inside 35 yd In	7.0 Steps in frnt of Front hash (HS)
#14	32	Side 2:	2.0 Steps inside 35 yd In	7.0 Steps in frnt of Front hash (HS)
#15	38	Side 2:	0.75 Steps inside 35 yd In	8.75 Steps behind Front Sideline
#16	25	Side 2:	3.75 Steps inside 35 yd In	6.0 Steps in frnt of Front hash (HS)
#17	44	Side 2:	3.25 Steps outside of 50 yd In	10.5 Steps behind Front hash (HS)
#18	27	Side 2:	On 45 yd In	4.0 Steps behind Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	3.5 Steps inside 45 yd In	4.0 Steps behind Back hash (HS)
#13	16	Side 2:	4.0 Steps outside 35 yd In	7.0 Steps behind Front hash (HS)
#14	32	Side 2:	4.0 Steps outside 35 yd In	7.0 Steps behind Front hash (HS)
#15	38	Side 2:	On 30 yd In	12.75 Steps in frnt of Front hash (HS)
#16	25	Side 2:	2.5 Steps inside 40 yd In	5.75 Steps in frnt of Front hash (HS)
#17	44	Side 1:	1.25 Steps outside of 50 yd In	12.25 Steps behind Front hash (HS)
#18	27	Side 2:	1.75 Steps outside of 50 yd In	4.0 Steps behind Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.25 Steps outside 45 yd In	4.0 Steps behind Back hash (HS)
#13	16	Side 2:	3.0 Steps inside 45 yd In	1.0 Steps in frnt of Front hash (HS)
#14	32	Side 2:	3.0 Steps inside 45 yd In	1.0 Steps in frnt of Front hash (HS)
#15	38	Side 2:	3.75 Steps inside 45 yd In	5.25 Steps behind Front hash (HS)
#16	25	Side 2:	1.25 Steps inside 45 yd In	5.75 Steps in frnt of Front hash (HS)
#17	44	Side 1:	1.25 Steps inside 45 yd In	13.5 Steps behind Front hash (HS)
#18	27	Side 1:	3.5 Steps inside 45 yd In	4.0 Steps behind Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	0.5 Steps outside 40 yd In	4.0 Steps behind Back hash (HS)
#13	16	Side 2:	2.0 Steps inside 45 yd In	11.0 Steps behind Front hash (HS)
#14	32	Side 2:	2.0 Steps inside 45 yd In	11.0 Steps behind Front hash (HS)
#15	38	Side 2:	3.75 Steps outside 45 yd In	5.25 Steps in frnt of Front hash (HS)
#16	25	Side 1:	On 50 yd In	6.75 Steps in frnt of Front hash (HS)
#17	44	Side 1:	3.75 Steps outside 45 yd In	13.25 Steps in frnt of Back hash (HS)
#18	27	Side 1:	2.25 Steps outside 45 yd In	4.0 Steps behind Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.0 Steps inside 35 yd In	4.0 Steps behind Back hash (HS)
#13	16	Side 1:	2.0 Steps outside of 50 yd In	13.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	2.0 Steps outside of 50 yd In	13.0 Steps in frnt of Front hash (HS)
#15	38	Side 1:	1.25 Steps outside of 50 yd In	7.75 Steps behind Front Sideline
#16	25	Side 1:	On 50 yd In	0.5 Steps in frnt of Front hash (HS)
#17	44	Side 1:	1.0 Steps outside 40 yd In	12.75 Steps in frnt of Back hash (HS)
#18	27	Side 1:	0.5 Steps outside 40 yd In	4.0 Steps behind Back hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: 3.0 Steps inside 30 yd In	4.0 Steps behind Back hash (HS)
#13	16	Side 2: 1.0 Steps outside of 50 yd In	7.0 Steps behind Front hash (HS)
#14	32	Side 2: 1.0 Steps outside of 50 yd In	7.0 Steps behind Front hash (HS)
#15	38	Side 1: On 50 yd In	5.75 Steps in frnt of Front hash (HS)
#16	25	Side 2: 1.25 Steps outside of 50 yd In	6.0 Steps behind Front hash (HS)
#17	44	Side 1: 1.5 Steps inside 35 yd In	12.5 Steps in frnt of Back hash (HS)
#18	27	Side 1: 1.0 Steps inside 35 yd In	4.0 Steps behind Back hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: On 40 yd In	on Front Sideline
#13	16	Side 2: 1.0 Steps outside of 50 yd In	10.0 Steps behind Front Sideline
#14	32	Side 2: 1.0 Steps outside of 50 yd In	10.0 Steps behind Front Sideline
#15	38	Side 2: 2.75 Steps outside 45 yd In	7.75 Steps behind Front Sideline
#16	25	Side 1: 2.5 Steps outside of 50 yd In	11.25 Steps behind Front hash (HS)
#17	44	Side 1: 3.5 Steps outside 35 yd In	13.0 Steps in frnt of Back hash (HS)
#18	27	Side 1: 3.0 Steps inside 30 yd In	4.0 Steps behind Back hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: 3.0 Steps outside 30 yd In	4.0 Steps behind Back hash (HS)
#13	16	Side 1: On 40 yd In	10.0 Steps behind Front hash (HS)
#14	32	Side 1: On 40 yd In	10.0 Steps behind Front hash (HS)
#15	38	Side 1: 3.5 Steps inside 45 yd In	12.75 Steps behind Front hash (HS)
#16	25	Side 1: 0.5 Steps outside 45 yd In	13.5 Steps in frnt of Back hash (HS)
#17	44	Side 1: 0.75 Steps outside 30 yd In	13.75 Steps in frnt of Back hash (HS)
#18	27	Side 1: 3.0 Steps outside 30 yd In	4.0 Steps behind Back hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: On 25 yd In	2.75 Steps behind Back hash (HS)
#13	16	Side 1: 2.0 Steps outside 35 yd In	12.0 Steps in frnt of Back hash (HS)
#14	32	Side 1: 2.0 Steps outside 35 yd In	12.0 Steps in frnt of Back hash (HS)
#15	38	Side 1: 0.25 Steps outside 40 yd In	13.0 Steps in frnt of Back hash (HS)
#16	25	Side 1: 0.5 Steps inside 40 yd In	13.0 Steps behind Front hash (HS)
#17	44	Side 1: 2.25 Steps inside 25 yd In	12.5 Steps behind Front hash (HS)
#18	27	Side 1: On 25 yd In	2.75 Steps behind Back hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: On 25 yd In	3.25 Steps in frnt of Back hash (HS)
#13	16	Side 1: 4.0 Steps inside 25 yd In	9.0 Steps behind Front hash (HS)
#14	32	Side 1: 4.0 Steps inside 25 yd In	9.0 Steps behind Front hash (HS)
#15	38	Side 1: 3.25 Steps outside 35 yd In	11.25 Steps behind Front hash (HS)
#16	25	Side 1: 2.25 Steps inside 35 yd In	10.5 Steps behind Front hash (HS)
#17	44	Side 1: On 25 yd In	8.0 Steps behind Front hash (HS)
#18	27	Side 1: On 25 yd In	3.25 Steps in frnt of Back hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: On 25 yd In	9.5 Steps in frnt of Back hash (HS)
#13	16	Side 1: 1.0 Steps outside 35 yd In	7.0 Steps behind Front hash (HS)
#14	32	Side 1: 1.0 Steps outside 35 yd In	7.0 Steps behind Front hash (HS)
#15	38	Side 1: 1.25 Steps inside 30 yd In	on Front hash (HS)
#16	25	Side 1: 3.0 Steps outside 35 yd In	6.25 Steps behind Front hash (HS)
#17	44	Side 1: 0.75 Steps inside 25 yd In	2.75 Steps behind Front hash (HS)
#18	27	Side 1: On 25 yd In	9.5 Steps in frnt of Back hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: On 25 yd In	12.25 Steps behind Front hash (HS)
#13	16	Side 1: 3.0 Steps outside 45 yd In	on Front hash (HS)
#14	32	Side 1: 3.0 Steps outside 45 yd In	on Front hash (HS)
#15	38	Side 1: 2.0 Steps inside 40 yd In	4.75 Steps in frnt of Front hash (HS)
#16	25	Side 1: 1.5 Steps inside 30 yd In	0.5 Steps behind Front hash (HS)
#17	44	Side 1: 3.25 Steps inside 25 yd In	1.5 Steps in frnt of Front hash (HS)
#18	27	Side 1: On 25 yd In	12.25 Steps behind Front hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: On 25 yd In	6.0 Steps behind Front hash (HS)
#13	16	Side 1: 1.0 Steps inside 40 yd In	10.0 Steps in frnt of Front hash (HS)
#14	32	Side 1: 1.0 Steps inside 40 yd In	10.0 Steps in frnt of Front hash (HS)
#15	38	Side 1: 3.25 Steps inside 40 yd In	10.75 Steps behind Front Sideline
#16	25	Side 1: 2.0 Steps inside 30 yd In	6.0 Steps in frnt of Front hash (HS)
#17	44	Side 1: 0.75 Steps outside 30 yd In	5.25 Steps in frnt of Front hash (HS)
#18	27	Side 1: On 25 yd In	6.0 Steps behind Front hash (HS)



Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	On 25 yd In	on Front hash (HS)
#13	16	Side 1:	2.0 Steps inside 30 yd In	5.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	2.0 Steps inside 30 yd In	5.0 Steps in frnt of Front hash (HS)
#15	38	Side 1:	3.0 Steps inside 30 yd In	12.0 Steps in frnt of Front hash (HS)
#16	25	Side 1:	3.0 Steps inside 30 yd In	13.0 Steps in frnt of Front hash (HS)
#17	44	Side 1:	3.0 Steps inside 30 yd In	9.0 Steps in frnt of Front hash (HS)
#18	27	Side 1:	On 25 yd In	on Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	3.0 Steps inside 35 yd In	3.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	3.0 Steps inside 35 yd In	3.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	3.25 Steps outside 40 yd In	9.75 Steps in frnt of Front hash (HS)
#15	38	Side 1:	1.0 Steps inside 25 yd In	11.25 Steps in frnt of Front hash (HS)
#16	25	Side 1:	1.0 Steps inside 25 yd In	11.25 Steps in frnt of Front hash (HS)
#17	44	Side 1:	3.75 Steps outside 40 yd In	12.0 Steps in frnt of Front hash (HS)
#18	27	Side 1:	3.75 Steps outside 40 yd In	12.0 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.5 Steps inside 35 yd In	2.5 Steps in frnt of Front hash (HS)
#13	16	Side 1:	2.5 Steps inside 35 yd In	2.5 Steps in frnt of Front hash (HS)
#14	32	Side 1:	3.75 Steps outside 40 yd In	11.5 Steps in frnt of Front hash (HS)
#15	38	Side 1:	0.25 Steps inside 25 yd In	9.5 Steps in frnt of Front hash (HS)
#16	25	Side 1:	0.25 Steps inside 25 yd In	9.5 Steps in frnt of Front hash (HS)
#17	44	Side 1:	3.5 Steps inside 35 yd In	13.75 Steps in frnt of Front hash (HS)
#18	27	Side 1:	3.5 Steps inside 35 yd In	13.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.0 Steps inside 35 yd In	2.25 Steps in frnt of Front hash (HS)
#13	16	Side 1:	2.0 Steps inside 35 yd In	2.25 Steps in frnt of Front hash (HS)
#14	32	Side 1:	3.75 Steps inside 35 yd In	13.5 Steps in frnt of Front hash (HS)
#15	38	Side 1:	On 25 yd In	7.75 Steps in frnt of Front hash (HS)
#16	25	Side 1:	On 25 yd In	7.75 Steps in frnt of Front hash (HS)
#17	44	Side 1:	3.0 Steps inside 35 yd In	12.25 Steps behind Front Sideline
#18	27	Side 1:	3.0 Steps inside 35 yd In	12.25 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.5 Steps inside 35 yd In	1.75 Steps in frnt of Front hash (HS)
#13	16	Side 1:	1.5 Steps inside 35 yd In	1.75 Steps in frnt of Front hash (HS)
#14	32	Side 1:	3.0 Steps inside 35 yd In	12.5 Steps behind Front Sideline
#15	38	Side 1:	0.5 Steps outside 25 yd In	5.75 Steps in frnt of Front hash (HS)
#16	25	Side 1:	0.5 Steps outside 25 yd In	5.75 Steps in frnt of Front hash (HS)
#17	44	Side 1:	2.0 Steps inside 35 yd In	10.5 Steps behind Front Sideline
#18	27	Side 1:	2.0 Steps inside 35 yd In	10.5 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	1.0 Steps outside 45 yd In	5.75 Steps behind Front hash (HS)
#13	16	Side 2:	1.0 Steps outside 45 yd In	5.75 Steps behind Front hash (HS)
#14	32	Side 2:	On 40 yd In	8.0 Steps behind Front hash (HS)
#15	38	Side 2:	3.0 Steps outside 35 yd In	11.5 Steps in frnt of Front hash (HS)
#16	25	Side 2:	3.0 Steps outside 35 yd In	11.5 Steps in frnt of Front hash (HS)
#17	44	Side 2:	4.0 Steps outside 30 yd In	8.0 Steps behind Front Sideline
#18	27	Side 2:	4.0 Steps outside 30 yd In	8.0 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	1.25 Steps outside 45 yd In	6.0 Steps behind Front hash (HS)
#13	16	Side 2:	1.25 Steps outside 45 yd In	6.0 Steps behind Front hash (HS)
#14	32	Side 2:	1.75 Steps outside 40 yd In	7.75 Steps behind Front hash (HS)
#15	38	Side 2:	1.25 Steps outside 35 yd In	12.25 Steps in frnt of Front hash (HS)
#16	25	Side 2:	1.25 Steps outside 35 yd In	12.25 Steps in frnt of Front hash (HS)
#17	44	Side 2:	2.0 Steps inside 25 yd In	8.25 Steps behind Front Sideline
#18	27	Side 2:	2.0 Steps inside 25 yd In	8.25 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	1.75 Steps outside 45 yd In	6.0 Steps behind Front hash (HS)
#13	16	Side 2:	1.75 Steps outside 45 yd In	6.0 Steps behind Front hash (HS)
#14	32	Side 2:	3.5 Steps outside 40 yd In	7.25 Steps behind Front hash (HS)
#15	38	Side 2:	0.5 Steps inside 35 yd In	12.5 Steps in frnt of Front hash (HS)
#16	25	Side 2:	0.5 Steps inside 35 yd In	12.5 Steps in frnt of Front hash (HS)
#17	44	Side 2:	0.5 Steps inside 25 yd In	9.25 Steps behind Front Sideline
#18	27	Side 2:	0.5 Steps inside 25 yd In	9.25 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	2.25 Steps outside 45 yd In	6.0 Steps behind Front hash (HS)
#13	16	Side 2:	2.25 Steps outside 45 yd In	6.0 Steps behind Front hash (HS)
#14	32	Side 2:	2.5 Steps inside 35 yd In	6.75 Steps behind Front hash (HS)
#15	38	Side 2:	2.25 Steps inside 35 yd In	12.75 Steps in frnt of Front hash (HS)
#16	25	Side 2:	2.25 Steps inside 35 yd In	12.75 Steps in frnt of Front hash (HS)
#17	44	Side 2:	0.75 Steps outside 25 yd In	10.5 Steps behind Front Sideline
#18	27	Side 2:	0.75 Steps outside 25 yd In	10.5 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	2.5 Steps outside 45 yd In	5.75 Steps behind Front hash (HS)
#13	16	Side 2:	2.5 Steps outside 45 yd In	5.75 Steps behind Front hash (HS)
#14	32	Side 2:	0.75 Steps inside 35 yd In	6.0 Steps behind Front hash (HS)
#15	38	Side 2:	3.75 Steps outside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#16	25	Side 2:	3.75 Steps outside 40 yd In	12.75 Steps in frnt of Front hash (HS)
#17	44	Side 2:	2.0 Steps outside 25 yd In	12.0 Steps behind Front Sideline
#18	27	Side 2:	2.0 Steps outside 25 yd In	12.0 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	On 40 yd In	8.0 Steps in frnt of Back hash (HS)
#13	16	Side 2:	On 40 yd In	8.0 Steps in frnt of Back hash (HS)
#14	32	Side 2:	On 40 yd In	8.0 Steps in frnt of Back hash (HS)
#15	38	Side 2:	4.0 Steps outside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	3.5 Steps inside 45 yd In	6.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	1.0 Steps outside 40 yd In	9.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	1.0 Steps outside 40 yd In	9.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	3.25 Steps inside 40 yd In	8.0 Steps in frnt of Back hash (HS)
#13	16	Side 2:	3.25 Steps inside 40 yd In	8.0 Steps in frnt of Back hash (HS)
#14	32	Side 2:	3.25 Steps inside 40 yd In	8.0 Steps in frnt of Back hash (HS)
#15	38	Side 2:	2.0 Steps outside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	1.5 Steps inside 45 yd In	6.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	1.0 Steps inside 40 yd In	9.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	1.0 Steps inside 40 yd In	9.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	1.25 Steps outside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#13	16	Side 2:	1.25 Steps outside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#14	32	Side 2:	1.25 Steps outside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#15	38	Side 2:	On 45 yd In	8.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	0.25 Steps outside 45 yd In	6.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	3.0 Steps inside 40 yd In	9.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	3.0 Steps inside 40 yd In	9.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.0 Steps outside 35 yd In	14.0 Steps behind Front Sideline
#13	16	Side 1:	1.0 Steps outside 35 yd In	14.0 Steps behind Front Sideline
#14	32	Side 1:	2.5 Steps inside 25 yd In	12.75 Steps behind Front Sideline
#15	38	Side 1:	0.5 Steps outside 25 yd In	13.5 Steps in frnt of Back hash (HS)
#16	25	Side 1:	0.75 Steps inside 30 yd In	12.5 Steps behind Front hash (HS)
#17	44	Side 1:	1.25 Steps inside 25 yd In	11.75 Steps in frnt of Front hash (HS)
#18	27	Side 1:	1.25 Steps inside 25 yd In	11.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	On 35 yd In	14.0 Steps behind Front Sideline
#13	16	Side 1:	On 35 yd In	14.0 Steps behind Front Sideline
#14	32	Side 1:	3.5 Steps inside 25 yd In	11.25 Steps behind Front Sideline
#15	38	Side 1:	1.0 Steps outside 25 yd In	12.5 Steps behind Front hash (HS)
#16	25	Side 1:	0.5 Steps outside 30 yd In	11.25 Steps behind Front hash (HS)
#17	44	Side 1:	2.0 Steps inside 25 yd In	13.5 Steps in frnt of Front hash (HS)
#18	27	Side 1:	2.0 Steps inside 25 yd In	13.5 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	On 35 yd In	12.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	On 35 yd In	12.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	3.0 Steps outside 30 yd In	10.0 Steps behind Front Sideline
#15	38	Side 1:	1.5 Steps outside 25 yd In	10.5 Steps behind Front hash (HS)
#16	25	Side 1:	2.0 Steps outside 30 yd In	10.0 Steps behind Front hash (HS)
#17	44	Side 1:	2.75 Steps inside 25 yd In	12.5 Steps behind Front Sideline
#18	27	Side 1:	2.75 Steps inside 25 yd In	12.5 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.0 Steps outside 35 yd In	13.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	2.0 Steps outside 35 yd In	13.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	1.25 Steps outside 30 yd In	9.0 Steps behind Front Sideline
#15	38	Side 1:	1.75 Steps outside 25 yd In	8.75 Steps behind Front hash (HS)
#16	25	Side 1:	3.5 Steps outside 30 yd In	8.5 Steps behind Front hash (HS)
#17	44	Side 1:	3.75 Steps outside 30 yd In	11.0 Steps behind Front Sideline
#18	27	Side 1:	3.75 Steps outside 30 yd In	11.0 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.0 Steps inside 35 yd In	13.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	1.0 Steps inside 35 yd In	13.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	0.25 Steps inside 30 yd In	8.25 Steps behind Front Sideline
#15	38	Side 1:	2.0 Steps outside 25 yd In	6.75 Steps behind Front hash (HS)
#16	25	Side 1:	3.0 Steps inside 25 yd In	7.0 Steps behind Front hash (HS)
#17	44	Side 1:	2.25 Steps outside 30 yd In	9.5 Steps behind Front Sideline
#18	27	Side 1:	2.25 Steps outside 30 yd In	9.5 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.0 Steps outside 35 yd In	13.0 Steps behind Front Sideline
#13	16	Side 1:	2.0 Steps outside 35 yd In	13.0 Steps behind Front Sideline
#14	32	Side 1:	2.0 Steps inside 30 yd In	7.75 Steps behind Front Sideline
#15	38	Side 1:	2.0 Steps outside 25 yd In	5.0 Steps behind Front hash (HS)
#16	25	Side 1:	2.0 Steps inside 25 yd In	5.25 Steps behind Front hash (HS)
#17	44	Side 1:	0.5 Steps outside 30 yd In	8.75 Steps behind Front Sideline
#18	27	Side 1:	0.5 Steps outside 30 yd In	8.75 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.0 Steps outside 35 yd In	12.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	2.0 Steps outside 35 yd In	12.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	3.75 Steps outside 35 yd In	7.75 Steps behind Front Sideline
#15	38	Side 1:	2.25 Steps outside 25 yd In	3.0 Steps behind Front hash (HS)
#16	25	Side 1:	1.0 Steps inside 25 yd In	3.5 Steps behind Front hash (HS)
#17	44	Side 1:	1.0 Steps inside 30 yd In	8.0 Steps behind Front Sideline
#18	27	Side 1:	1.0 Steps inside 30 yd In	8.0 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.0 Steps inside 35 yd In	13.0 Steps behind Front Sideline
#13	16	Side 1:	1.0 Steps inside 35 yd In	13.0 Steps behind Front Sideline
#14	32	Side 1:	2.0 Steps outside 35 yd In	8.0 Steps behind Front Sideline
#15	38	Side 1:	2.0 Steps outside 25 yd In	1.25 Steps behind Front hash (HS)
#16	25	Side 1:	0.25 Steps inside 25 yd In	1.75 Steps behind Front hash (HS)
#17	44	Side 1:	3.0 Steps inside 30 yd In	7.75 Steps behind Front Sideline
#18	27	Side 1:	3.0 Steps inside 30 yd In	7.75 Steps behind Front Sideline

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	2.0 Steps inside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#13	16	Side 2:	2.0 Steps inside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#14	32	Side 2:	2.0 Steps inside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#15	38	Side 2:	2.0 Steps inside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	2.25 Steps outside 45 yd In	6.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	3.0 Steps outside 45 yd In	9.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	3.0 Steps outside 45 yd In	9.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	2.5 Steps outside of 50 yd In	8.0 Steps in frnt of Back hash (HS)
#13	16	Side 2:	2.5 Steps outside of 50 yd In	8.0 Steps in frnt of Back hash (HS)
#14	32	Side 2:	2.5 Steps outside of 50 yd In	8.0 Steps in frnt of Back hash (HS)
#15	38	Side 2:	4.0 Steps outside of 50 yd In	8.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	3.5 Steps inside 40 yd In	6.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	1.0 Steps outside 45 yd In	9.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	1.0 Steps outside 45 yd In	9.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	0.5 Steps outside of 50 yd In	8.0 Steps in frnt of Back hash (HS)
#13	16	Side 1:	0.5 Steps outside of 50 yd In	8.0 Steps in frnt of Back hash (HS)
#14	32	Side 1:	0.5 Steps outside of 50 yd In	8.0 Steps in frnt of Back hash (HS)
#15	38	Side 2:	2.0 Steps outside of 50 yd In	8.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	1.5 Steps inside 40 yd In	6.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	1.0 Steps inside 45 yd In	9.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	1.0 Steps inside 45 yd In	9.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	4.0 Steps inside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#13	16	Side 1:	4.0 Steps inside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#14	32	Side 1:	4.0 Steps inside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#15	38	On 50 yd In		8.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	0.25 Steps outside 40 yd In	6.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	3.0 Steps inside 45 yd In	9.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	3.0 Steps inside 45 yd In	9.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	0.5 Steps inside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#13	16	Side 1:	0.5 Steps inside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#14	32	Side 1:	0.5 Steps inside 45 yd In	8.0 Steps in frnt of Back hash (HS)
#15	38	Side 1:	2.0 Steps outside of 50 yd In	8.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	2.25 Steps outside 40 yd In	6.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	3.0 Steps outside of 50 yd In	9.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	3.0 Steps outside of 50 yd In	9.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.0 Steps outside of 50 yd In	5.75 Steps in frnt of Front hash (HS)
#13	16	Side 1:	1.0 Steps outside of 50 yd In	5.75 Steps in frnt of Front hash (HS)
#14	32	Side 1:	0.25 Steps inside 45 yd In	5.0 Steps in frnt of Front hash (HS)
#15	38	Side 1:	2.5 Steps outside 40 yd In	1.0 Steps behind Front hash (HS)
#16	25	Side 1:	2.5 Steps outside 40 yd In	1.0 Steps behind Front hash (HS)
#17	44	Side 1:	1.25 Steps inside 45 yd In	3.25 Steps in frnt of Front hash (HS)
#18	27	Side 1:	1.25 Steps inside 45 yd In	3.25 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.5 Steps outside of 50 yd In	5.5 Steps in frnt of Front hash (HS)
#13	16	Side 1:	1.5 Steps outside of 50 yd In	5.5 Steps in frnt of Front hash (HS)
#14	32	Side 1:	1.25 Steps inside 45 yd In	3.5 Steps in frnt of Front hash (HS)
#15	38	Side 1:	2.75 Steps outside 40 yd In	0.75 Steps in frnt of Front hash (HS)
#16	25	Side 1:	2.75 Steps outside 40 yd In	0.75 Steps in frnt of Front hash (HS)
#17	44	Side 1:	2.25 Steps inside 45 yd In	1.75 Steps in frnt of Front hash (HS)
#18	27	Side 1:	2.25 Steps inside 45 yd In	1.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.75 Steps outside of 50 yd In	5.25 Steps in frnt of Front hash (HS)
#13	16	Side 1:	1.75 Steps outside of 50 yd In	5.25 Steps in frnt of Front hash (HS)
#14	32	Side 1:	2.25 Steps inside 45 yd In	2.0 Steps in frnt of Front hash (HS)
#15	38	Side 1:	2.75 Steps outside 40 yd In	2.5 Steps in frnt of Front hash (HS)
#16	25	Side 1:	2.75 Steps outside 40 yd In	2.5 Steps in frnt of Front hash (HS)
#17	44	Side 1:	3.25 Steps inside 45 yd In	on Front hash (HS)
#18	27	Side 1:	3.25 Steps inside 45 yd In	on Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.0 Steps outside of 50 yd In	5.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	2.0 Steps outside of 50 yd In	5.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	3.25 Steps inside 45 yd In	0.25 Steps in frnt of Front hash (HS)
#15	38	Side 1:	2.75 Steps outside 40 yd In	4.5 Steps in frnt of Front hash (HS)
#16	25	Side 1:	2.75 Steps outside 40 yd In	4.5 Steps in frnt of Front hash (HS)
#17	44	Side 1:	3.5 Steps outside of 50 yd In	1.25 Steps behind Front hash (HS)
#18	27	Side 1:	3.5 Steps outside of 50 yd In	1.25 Steps behind Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.25 Steps outside of 50 yd In	4.75 Steps in frnt of Front hash (HS)
#13	16	Side 1:	2.25 Steps outside of 50 yd In	4.75 Steps in frnt of Front hash (HS)
#14	32	Side 1:	3.5 Steps outside of 50 yd In	1.0 Steps behind Front hash (HS)
#15	38	Side 1:	3.0 Steps outside 40 yd In	6.25 Steps in frnt of Front hash (HS)
#16	25	Side 1:	3.0 Steps outside 40 yd In	6.25 Steps in frnt of Front hash (HS)
#17	44	Side 1:	3.5 Steps outside of 50 yd In	3.25 Steps behind Front hash (HS)
#18	27	Side 1:	3.5 Steps outside of 50 yd In	3.25 Steps behind Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.5 Steps outside of 50 yd In	4.5 Steps in frnt of Front hash (HS)
#13	16	Side 1:	2.5 Steps outside of 50 yd In	4.5 Steps in frnt of Front hash (HS)
#14	32	Side 1:	3.25 Steps outside of 50 yd In	2.75 Steps behind Front hash (HS)
#15	38	Side 1:	3.0 Steps outside 40 yd In	8.0 Steps in frnt of Front hash (HS)
#16	25	Side 1:	3.0 Steps outside 40 yd In	8.0 Steps in frnt of Front hash (HS)
#17	44	Side 1:	3.0 Steps inside 45 yd In	4.75 Steps behind Front hash (HS)
#18	27	Side 1:	3.0 Steps inside 45 yd In	4.75 Steps behind Front hash (HS)



Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	3.0 Steps outside of 50 yd In	4.25 Steps in frnt of Front hash (HS)
#13	16	Side 1:	3.0 Steps outside of 50 yd In	4.25 Steps in frnt of Front hash (HS)
#14	32	Side 1:	3.25 Steps inside 45 yd In	4.5 Steps behind Front hash (HS)
#15	38	Side 1:	3.25 Steps outside 40 yd In	10.0 Steps in frnt of Front hash (HS)
#16	25	Side 1:	3.25 Steps outside 40 yd In	10.0 Steps in frnt of Front hash (HS)
#17	44	Side 1:	1.5 Steps inside 45 yd In	5.75 Steps behind Front hash (HS)
#18	27	Side 1:	1.5 Steps inside 45 yd In	5.75 Steps behind Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	3.25 Steps outside of 50 yd In	4.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	3.25 Steps outside of 50 yd In	4.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	2.0 Steps inside 45 yd In	5.5 Steps behind Front hash (HS)
#15	38	Side 1:	3.75 Steps outside 40 yd In	11.75 Steps in frnt of Front hash (HS)
#16	25	Side 1:	3.75 Steps outside 40 yd In	11.75 Steps in frnt of Front hash (HS)
#17	44	Side 1:	On 45 yd In	6.75 Steps behind Front hash (HS)
#18	27	Side 1:	On 45 yd In	6.75 Steps behind Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	3.5 Steps outside of 50 yd In	4.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	3.5 Steps outside of 50 yd In	4.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	0.25 Steps inside 45 yd In	6.5 Steps behind Front hash (HS)
#15	38	Side 1:	3.5 Steps inside 35 yd In	13.75 Steps in frnt of Front hash (HS)
#16	25	Side 1:	3.5 Steps inside 35 yd In	13.75 Steps in frnt of Front hash (HS)
#17	44	Side 1:	1.5 Steps outside 45 yd In	7.25 Steps behind Front hash (HS)
#18	27	Side 1:	1.5 Steps outside 45 yd In	7.25 Steps behind Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	3.75 Steps outside of 50 yd In	3.75 Steps in frnt of Front hash (HS)
#13	16	Side 1:	3.75 Steps outside of 50 yd In	3.75 Steps in frnt of Front hash (HS)
#14	32	Side 1:	1.25 Steps outside 45 yd In	7.25 Steps behind Front hash (HS)
#15	38	Side 1:	3.0 Steps inside 35 yd In	12.25 Steps behind Front Sideline
#16	25	Side 1:	3.0 Steps inside 35 yd In	12.25 Steps behind Front Sideline
#17	44	Side 1:	3.5 Steps outside 45 yd In	7.75 Steps behind Front hash (HS)
#18	27	Side 1:	3.5 Steps outside 45 yd In	7.75 Steps behind Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.5 Steps outside of 50 yd In	6.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	1.5 Steps outside of 50 yd In	6.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	0.5 Steps outside 45 yd In	6.75 Steps in frnt of Front hash (HS)
#15	38	Side 1:	2.25 Steps outside 40 yd In	2.75 Steps behind Front hash (HS)
#16	25	Side 1:	2.25 Steps outside 40 yd In	2.75 Steps behind Front hash (HS)
#17	44	Side 1:	0.25 Steps inside 45 yd In	4.75 Steps in frnt of Front hash (HS)
#18	27	Side 1:	0.25 Steps inside 45 yd In	4.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	1.75 Steps outside of 50 yd In	5.75 Steps in frnt of Front hash (HS)
#13	16	Side 1:	1.75 Steps outside of 50 yd In	5.75 Steps in frnt of Front hash (HS)
#14	32	Side 1:	1.0 Steps outside 45 yd In	8.5 Steps in frnt of Front hash (HS)
#15	38	Side 1:	1.5 Steps outside 40 yd In	4.5 Steps behind Front hash (HS)
#16	25	Side 1:	1.5 Steps outside 40 yd In	4.5 Steps behind Front hash (HS)
#17	44	Side 1:	0.25 Steps outside 45 yd In	6.5 Steps in frnt of Front hash (HS)
#18	27	Side 1:	0.25 Steps outside 45 yd In	6.5 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.0 Steps outside of 50 yd In	5.5 Steps in frnt of Front hash (HS)
#13	16	Side 1:	2.0 Steps outside of 50 yd In	5.5 Steps in frnt of Front hash (HS)
#14	32	Side 1:	1.5 Steps outside 45 yd In	10.25 Steps in frnt of Front hash (HS)
#15	38	Side 1:	0.5 Steps outside 40 yd In	6.25 Steps behind Front hash (HS)
#16	25	Side 1:	0.5 Steps outside 40 yd In	6.25 Steps behind Front hash (HS)
#17	44	Side 1:	1.0 Steps outside 45 yd In	8.25 Steps in frnt of Front hash (HS)
#18	27	Side 1:	1.0 Steps outside 45 yd In	8.25 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.25 Steps outside of 50 yd In	5.25 Steps in frnt of Front hash (HS)
#13	16	Side 1:	2.25 Steps outside of 50 yd In	5.25 Steps in frnt of Front hash (HS)
#14	32	Side 1:	1.5 Steps outside 45 yd In	12.25 Steps in frnt of Front hash (HS)
#15	38	Side 1:	0.75 Steps inside 40 yd In	7.25 Steps behind Front hash (HS)
#16	25	Side 1:	0.75 Steps inside 40 yd In	7.25 Steps behind Front hash (HS)
#17	44	Side 1:	1.5 Steps outside 45 yd In	10.0 Steps in frnt of Front hash (HS)
#18	27	Side 1:	1.5 Steps outside 45 yd In	10.0 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	2.5 Steps outside of 50 yd In	5.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	2.5 Steps outside of 50 yd In	5.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	0.75 Steps outside 45 yd In	13.75 Steps behind Front Sideline
#15	38	Side 1:	2.5 Steps inside 40 yd In	7.75 Steps behind Front hash (HS)
#16	25	Side 1:	2.5 Steps inside 40 yd In	7.75 Steps behind Front hash (HS)
#17	44	Side 1:	1.5 Steps outside 45 yd In	12.0 Steps in frnt of Front hash (HS)
#18	27	Side 1:	1.5 Steps outside 45 yd In	12.0 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	3.0 Steps outside of 50 yd In	5.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	3.0 Steps outside of 50 yd In	5.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	0.25 Steps inside 45 yd In	12.5 Steps behind Front Sideline
#15	38	Side 1:	3.25 Steps outside 45 yd In	7.75 Steps behind Front hash (HS)
#16	25	Side 1:	3.25 Steps outside 45 yd In	7.75 Steps behind Front hash (HS)
#17	44	Side 1:	1.0 Steps outside 45 yd In	13.75 Steps in frnt of Front hash (HS)
#18	27	Side 1:	1.0 Steps outside 45 yd In	13.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	4.0 Steps inside 25 yd In	12.0 Steps behind Front Sideline
#13	16	Side 1:	4.0 Steps inside 25 yd In	12.0 Steps behind Front Sideline
#14	32	Side 1:	1.75 Steps inside 25 yd In	13.25 Steps in frnt of Front hash (HS)
#15	38	Side 1:	On 25 yd In	11.75 Steps in frnt of Back hash (HS)
#16	25	Side 1:	2.5 Steps inside 30 yd In	13.5 Steps behind Front hash (HS)
#17	44	Side 1:	0.5 Steps inside 25 yd In	9.75 Steps in frnt of Front hash (HS)
#18	27	Side 1:	0.5 Steps inside 25 yd In	9.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	4.0 Steps inside 25 yd In	12.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	4.0 Steps inside 25 yd In	12.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	1.0 Steps inside 25 yd In	11.5 Steps in frnt of Front hash (HS)
#15	38	Side 1:	1.0 Steps inside 25 yd In	10.25 Steps in frnt of Back hash (HS)
#16	25	Side 1:	3.5 Steps outside 35 yd In	13.25 Steps in frnt of Back hash (HS)
#17	44	Side 1:	On 25 yd In	7.75 Steps in frnt of Front hash (HS)
#18	27	Side 1:	On 25 yd In	7.75 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	4.0 Steps inside 25 yd In	8.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	4.0 Steps inside 25 yd In	8.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	0.5 Steps inside 25 yd In	9.75 Steps in frnt of Front hash (HS)
#15	38	Side 1:	2.25 Steps inside 25 yd In	9.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	1.75 Steps outside 35 yd In	12.5 Steps in frnt of Back hash (HS)
#17	44	Side 1:	0.5 Steps outside 25 yd In	6.0 Steps in frnt of Front hash (HS)
#18	27	Side 1:	0.5 Steps outside 25 yd In	6.0 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1:	4.0 Steps inside 25 yd In	4.0 Steps in frnt of Front hash (HS)
#13	16	Side 1:	4.0 Steps inside 25 yd In	4.0 Steps in frnt of Front hash (HS)
#14	32	Side 1:	On 25 yd In	8.0 Steps in frnt of Front hash (HS)
#15	38	Side 1:	4.0 Steps inside 25 yd In	8.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	On 35 yd In	12.0 Steps in frnt of Back hash (HS)
#17	44	Side 1:	0.75 Steps outside 25 yd In	4.0 Steps in frnt of Front hash (HS)
#18	27	Side 1:	0.75 Steps outside 25 yd In	4.0 Steps in frnt of Front hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	On 45 yd In	12.0 Steps in frnt of Back hash (HS)
#13	16	Side 2:	On 45 yd In	12.0 Steps in frnt of Back hash (HS)
#14	32	Side 2:	On 45 yd In	12.0 Steps in frnt of Back hash (HS)
#15	38	Side 2:	3.0 Steps outside 45 yd In	11.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	2.5 Steps inside 45 yd In	9.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	On 40 yd In	12.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	On 40 yd In	12.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 2:	4.0 Steps outside of 50 yd In	12.0 Steps in frnt of Back hash (HS)
#13	16	Side 2:	4.0 Steps outside of 50 yd In	12.0 Steps in frnt of Back hash (HS)
#14	32	Side 2:	4.0 Steps outside of 50 yd In	12.0 Steps in frnt of Back hash (HS)
#15	38	Side 2:	1.0 Steps outside 45 yd In	11.0 Steps in frnt of Back hash (HS)
#16	25	Side 1:	0.5 Steps inside 45 yd In	9.0 Steps in frnt of Back hash (HS)
#17	44	Side 2:	2.0 Steps inside 40 yd In	12.0 Steps in frnt of Back hash (HS)
#18	27	Side 2:	2.0 Steps inside 40 yd In	12.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	On 50 yd In		12.0 Steps in frnt of Back hash (HS)
#13	16	On 50 yd In		12.0 Steps in frnt of Back hash (HS)
#14	32	On 50 yd In		12.0 Steps in frnt of Back hash (HS)
#15	38	Side 2: 1.0 Steps inside 45 yd In		11.0 Steps in frnt of Back hash (HS)
#16	25	Side 1: 1.25 Steps outside 45 yd In		9.0 Steps in frnt of Back hash (HS)
#17	44	Side 2: 4.0 Steps outside 45 yd In		12.0 Steps in frnt of Back hash (HS)
#18	27	Side 2: 4.0 Steps outside 45 yd In		12.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1: 4.0 Steps inside 45 yd In		12.0 Steps in frnt of Back hash (HS)
#13	16	Side 1: 4.0 Steps inside 45 yd In		12.0 Steps in frnt of Back hash (HS)
#14	32	Side 1: 4.0 Steps inside 45 yd In		12.0 Steps in frnt of Back hash (HS)
#15	38	Side 2: 3.0 Steps inside 45 yd In		11.0 Steps in frnt of Back hash (HS)
#16	25	Side 1: 3.25 Steps outside 45 yd In		9.0 Steps in frnt of Back hash (HS)
#17	44	Side 2: 2.0 Steps outside 45 yd In		12.0 Steps in frnt of Back hash (HS)
#18	27	Side 2: 2.0 Steps outside 45 yd In		12.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1: On 45 yd In		12.0 Steps in frnt of Back hash (HS)
#13	16	Side 1: On 45 yd In		12.0 Steps in frnt of Back hash (HS)
#14	32	Side 1: On 45 yd In		12.0 Steps in frnt of Back hash (HS)
#15	38	Side 2: 3.0 Steps outside of 50 yd In		11.0 Steps in frnt of Back hash (HS)
#16	25	Side 1: 2.5 Steps inside 40 yd In		9.0 Steps in frnt of Back hash (HS)
#17	44	Side 2: On 45 yd In		12.0 Steps in frnt of Back hash (HS)
#18	27	Side 2: On 45 yd In		12.0 Steps in frnt of Back hash (HS)

Set	Move	Side	1-Side 2	Back-Front
#12	10	Side 1: 4.0 Steps inside 40 yd In		12.0 Steps in frnt of Back hash (HS)
#13	16	Side 1: 4.0 Steps inside 40 yd In		12.0 Steps in frnt of Back hash (HS)
#14	32	Side 1: 4.0 Steps inside 40 yd In		12.0 Steps in frnt of Back hash (HS)
#15	38	Side 2: 1.0 Steps outside of 50 yd In		11.0 Steps in frnt of Back hash (HS)
#16	25	Side 1: 0.5 Steps inside 40 yd In		9.0 Steps in frnt of Back hash (HS)
#17	44	Side 2: 2.0 Steps inside 45 yd In		12.0 Steps in frnt of Back hash (HS)
#18	27	Side 2: 2.0 Steps inside 45 yd In		12.0 Steps in frnt of Back hash (HS)

Set	Move	Side 1-Side 2	Back-Front
#12	10	Side 1: On 40 yd In	12.0 Steps in frnt of Back hash (HS)
#13	16	Side 1: On 40 yd In	12.0 Steps in frnt of Back hash (HS)
#14	32	Side 1: On 40 yd In	12.0 Steps in frnt of Back hash (HS)
#15	38	Side 1: 1.0 Steps outside of 50 yd In	11.0 Steps in frnt of Back hash (HS)
#16	25	Side 1: 1.25 Steps outside 40 yd In	9.0 Steps in frnt of Back hash (HS)
#17	44	Side 2: 4.0 Steps outside of 50 yd In	12.0 Steps in frnt of Back hash (HS)
#18	27	Side 2: 4.0 Steps outside of 50 yd In	12.0 Steps in frnt of Back hash (HS)