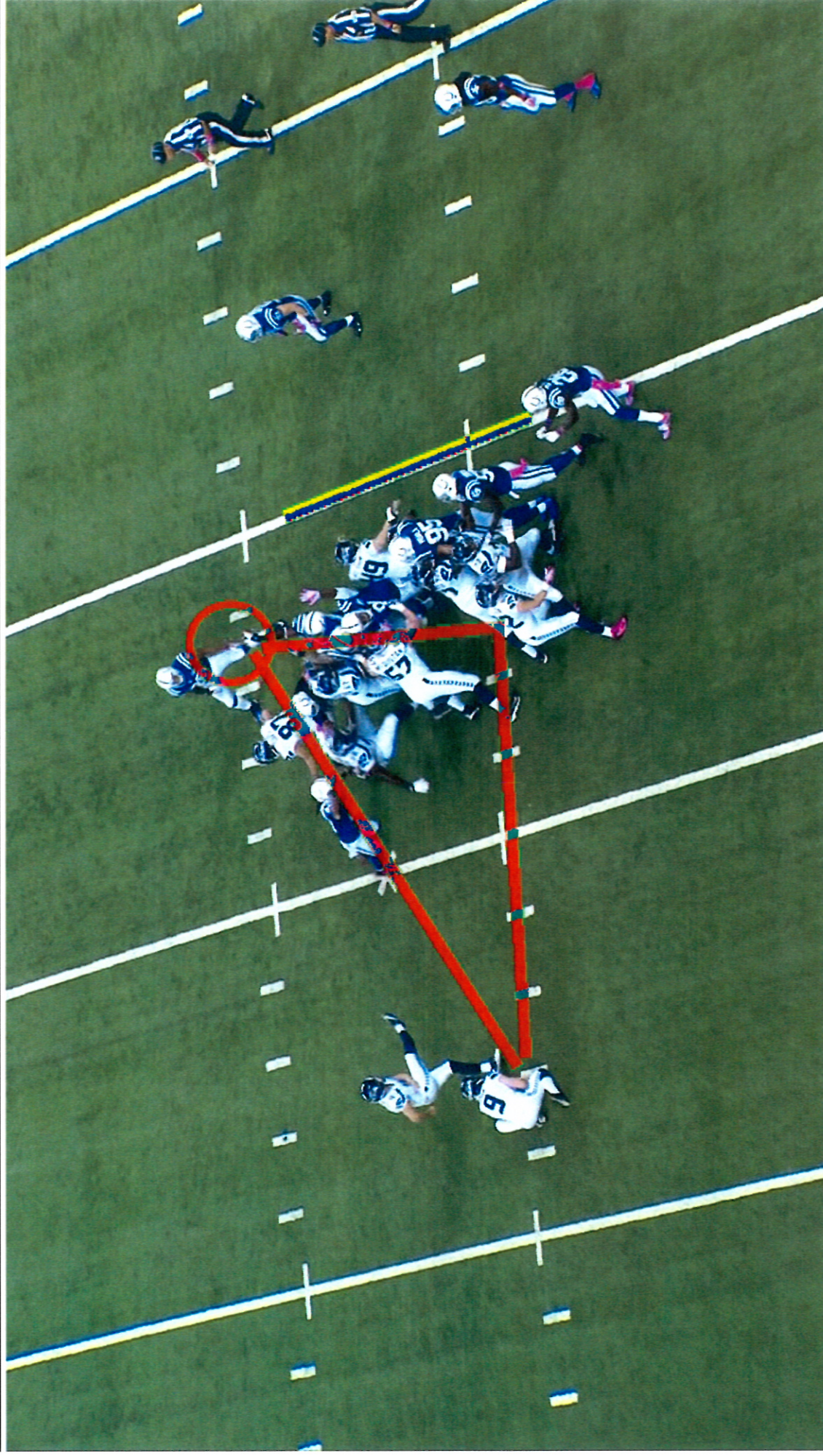


**SAMPLE
FGB DRILL
SET-UP**

Create a new LOS - 3 yards of push - Constrict the triangle



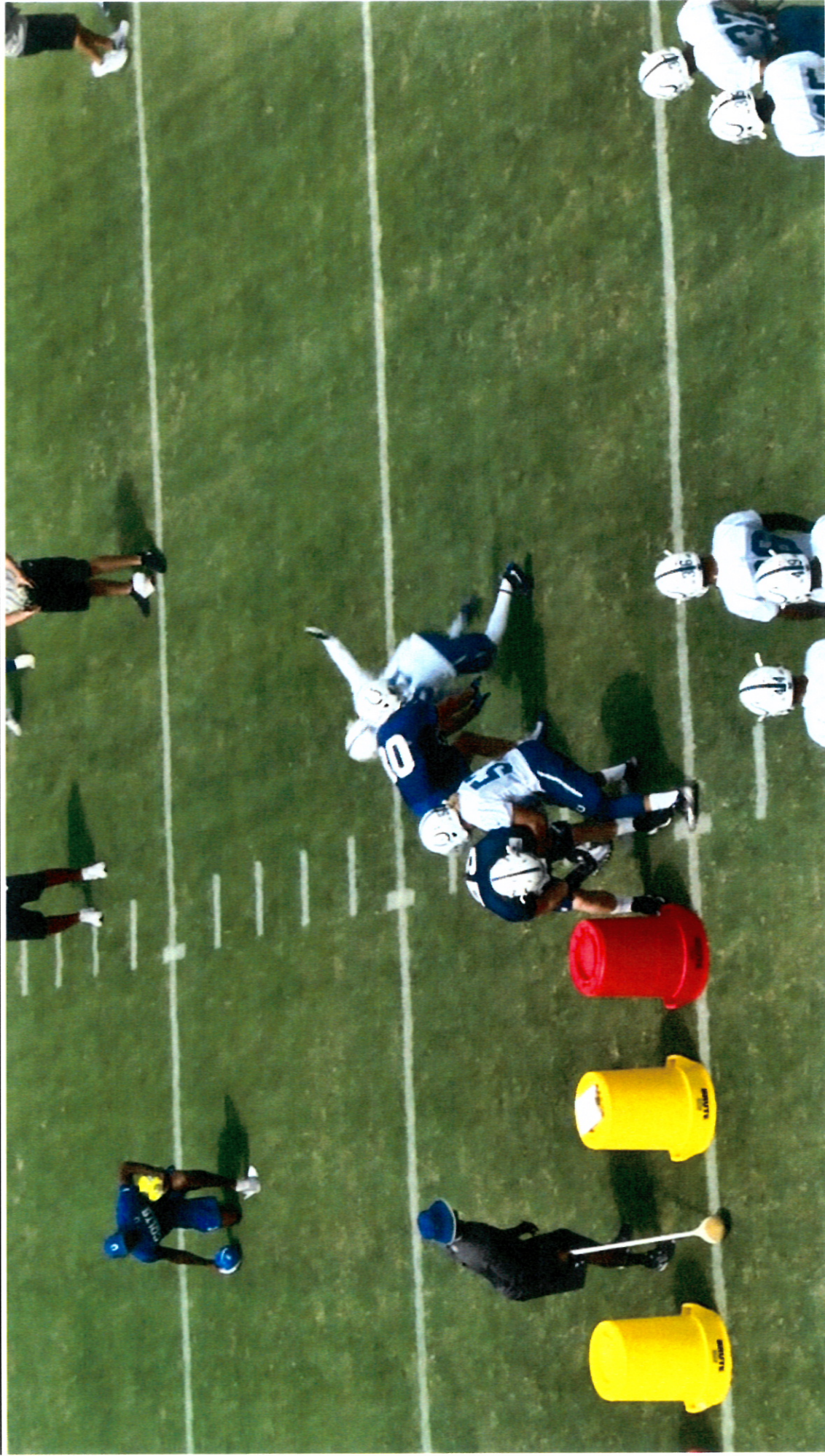
BULL STUNT



BULL STUNT - goal post "elevate" in flight line



Skinner Edge Rush Drill



D-gap jump thru FGB drill



**SAMPLE
KOC DRILL
SET-UPS**

DBL Team Circuit



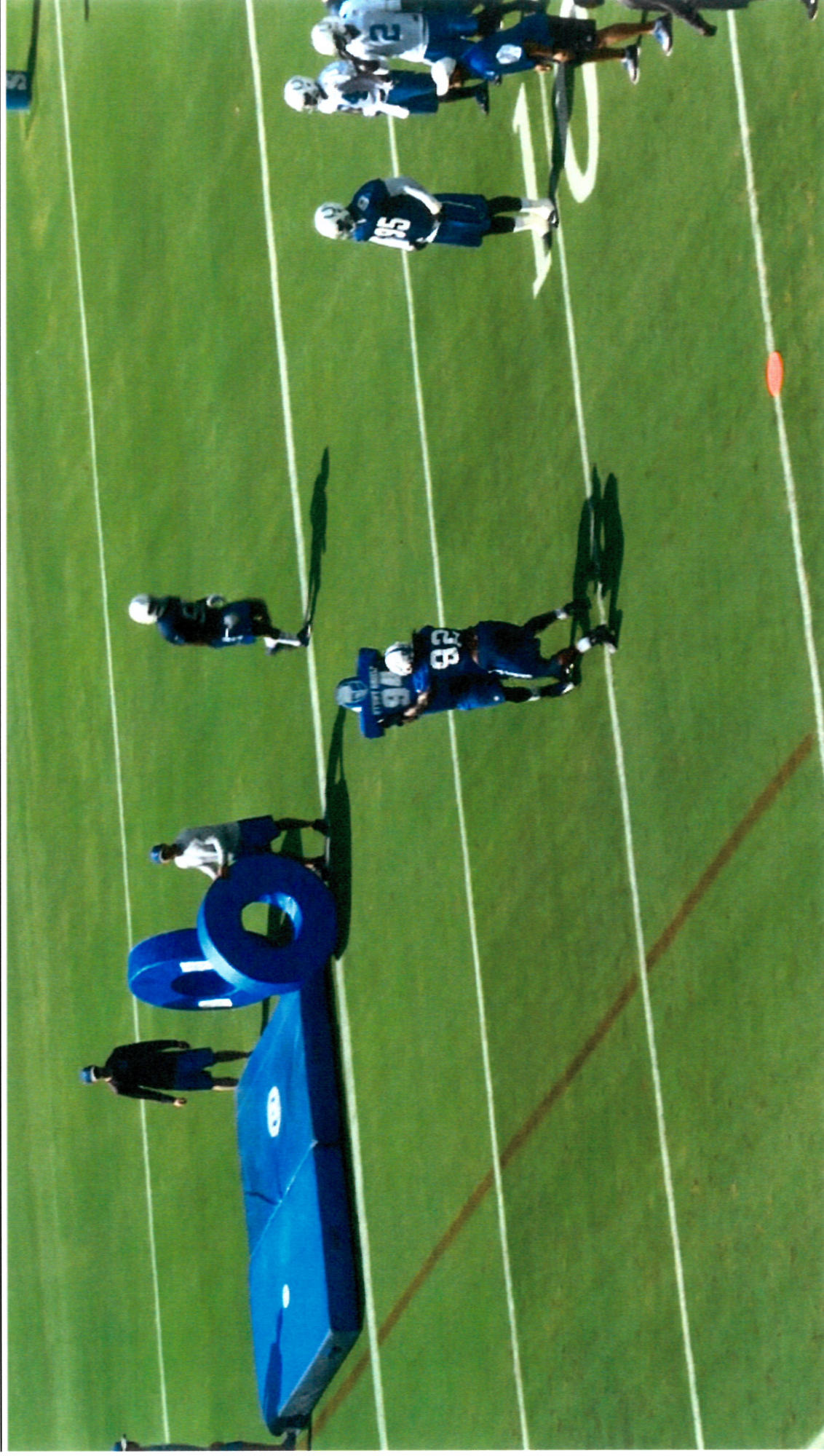
Front/back door, 2 Hand Shed, Python Tackle



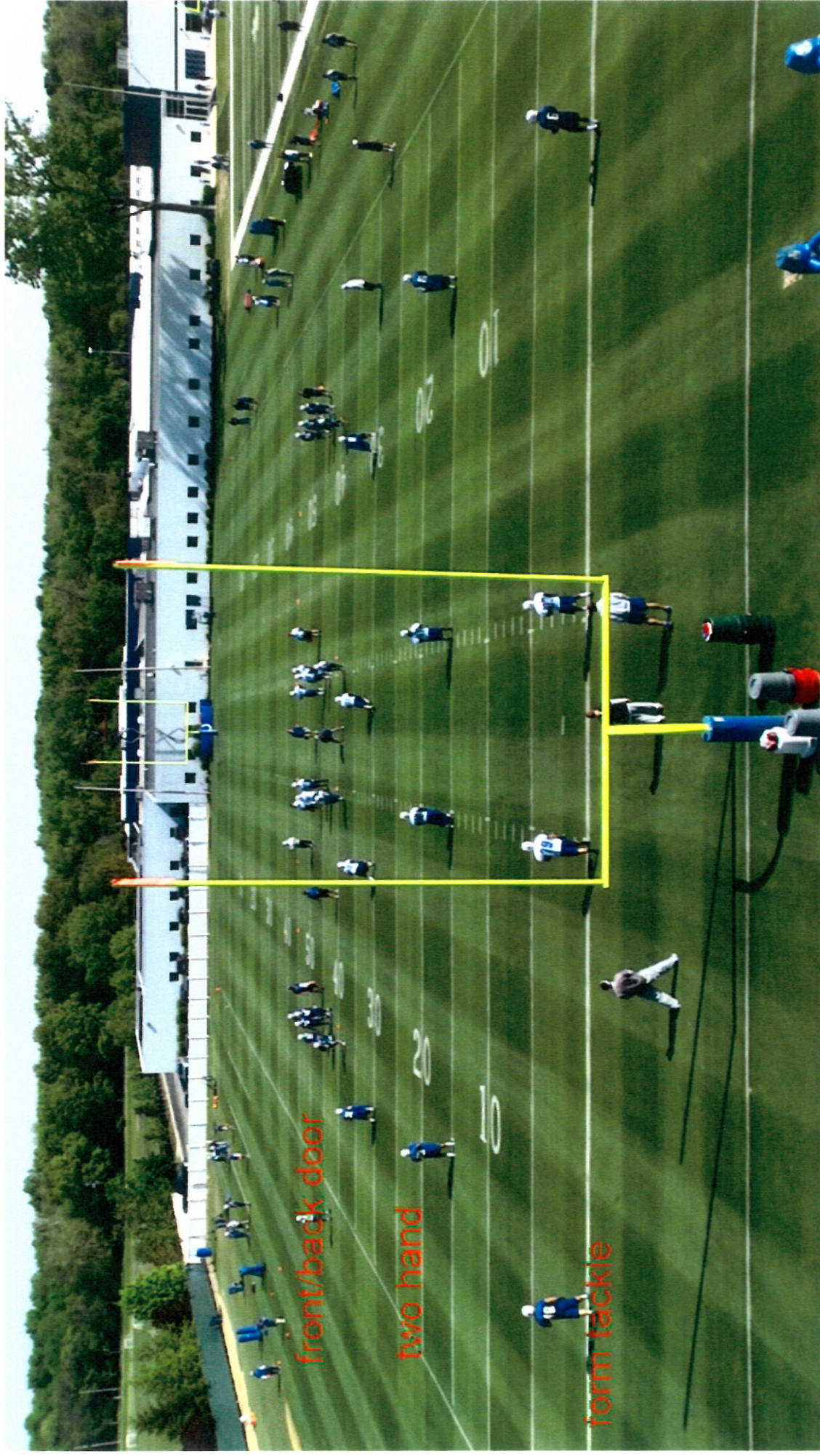
Main Street Drill (KOR singles/KOC front-back door work)



KOC - 2 hand strike, feet drive, tear off, Python Tackle

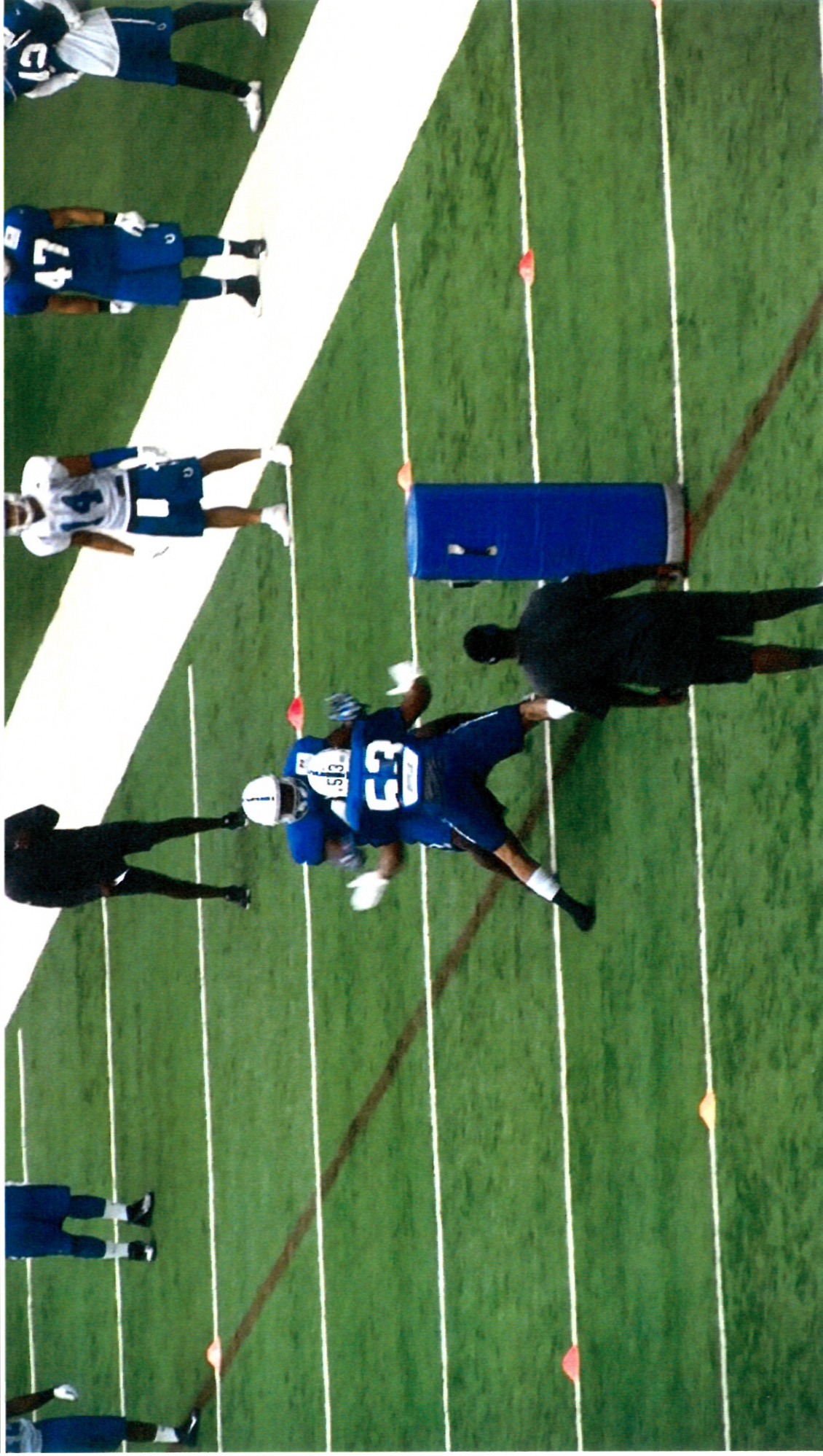


Front/back door, 2 hand, tackle drill (Team Drill)

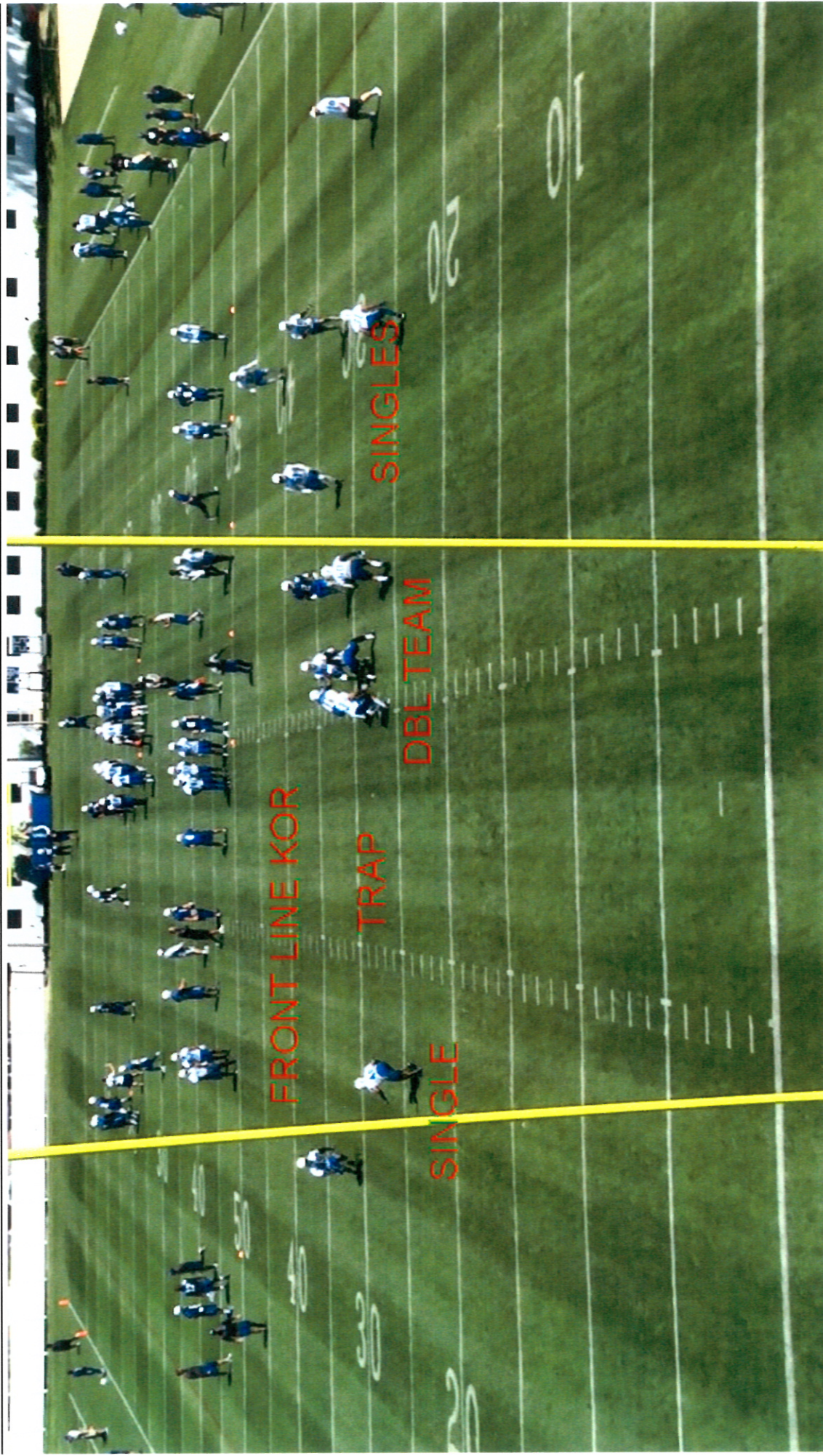


SAMPLE KOR DRILL SET-UPS

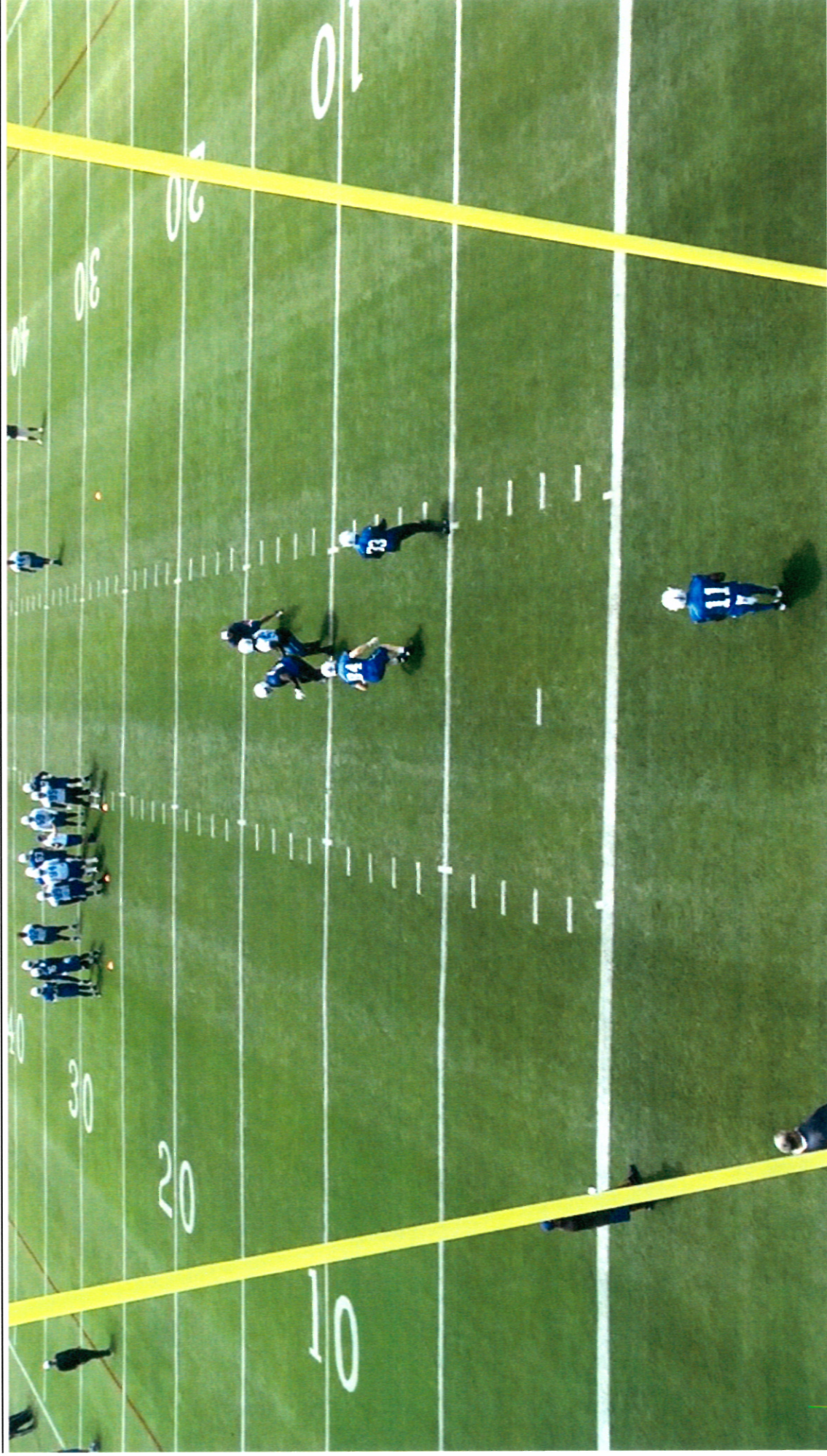
KOR - Main Street (Carry eyes-hands low, Wide hand, strike, "constrict", re-direct drive feet



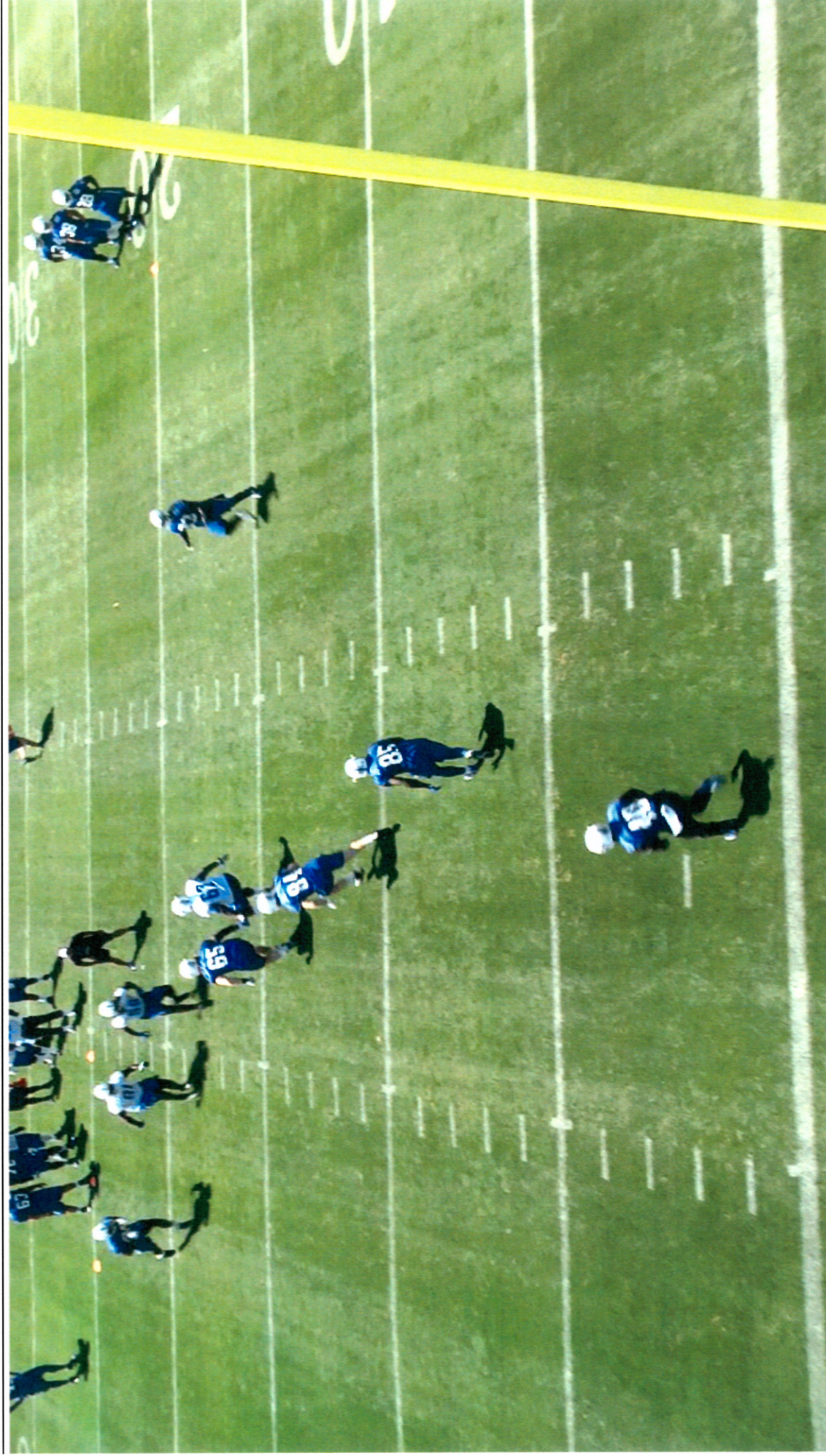
KOR - Front line DBL, Trap, Single Work



An aerial photograph of a football field during a game. The field is green with white yard lines and numbers. A yellow line runs diagonally across the field. Several players in blue jerseys are visible, some standing and some in motion. A large crowd of spectators is visible in the background.



KOR - Wedge Blocking Drill



KOR - Unit Return Work (Post rep hand hats & cover players = return unit members)

