

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Symbol: \	Label: G1	ID:237	Drill: EAHS One 2021
0	0	Right: 4.0 steps outside 30 yd In				4.0 steps behind Front Hash (HS)
1	28	Right: On 35 yd In				12.0 steps in front of Back Hash (HS)
2	28	Right: On 35 yd In				12.0 steps in front of Back Hash (HS)
3	30	Right: On 30 yd In				10.0 steps behind Front Hash (HS)
4	36	Right: On 35 yd In				11.0 steps behind Front side line
5	40	Right: On 25 yd In				12.0 steps in front of Back Hash (HS)
6	16	Right: On 25 yd In				12.0 steps in front of Back Hash (HS)
7	16	Right: 3.0 steps inside 30 yd In				12.25 steps behind Front Hash (HS)
8	40	Right: 3.0 steps inside 30 yd In				12.25 steps behind Front Hash (HS)
9	28	Right: 1.0 steps inside 30 yd In				11.25 steps in front of Back Hash (HS)
10	30	Right: On 40 yd In				On Back Hash (HS)
11	40	Right: On 35 yd In				12.0 steps in front of Back side line

Set	Counts	Left-Right	Symbol: \	Label: G1	ID:237	Drill: 21 EA Two
11	0	Right: On 35 yd In				12.0 steps in front of Back side line
12	32	Right: On 35 yd In				On Back side line
13	32	Right: On 40 yd In				12.0 steps in front of Back side line
14	34	Right: 3.75 steps inside 25 yd In				8.5 steps in front of Back side line
15	18	Right: 0.75 steps outside 20 yd In				13.5 steps in front of Back side line
16	24	Right: 3.75 steps inside 15 yd In				6.25 steps in front of Back Hash (HS)
17	30	Right: 2.25 steps inside 20 yd In				7.5 steps in front of Back Hash (HS)
18	24	Right: 2.25 steps inside 20 yd In				7.5 steps in front of Back Hash (HS)
19	46	Right: On 25 yd In				10.0 steps behind Front side line
20	38	Right: 2.0 steps inside 25 yd In				6.0 steps behind Front side line

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Set	Counts	Left-Right	Symbol: \	Label: G2	ID:242	Drill: EAHS One 2021
0	0	Right: On 15 yd In				4.0 steps behind Front Hash (HS)
1	28	Right: On 15 yd In				8.0 steps in front of Back Hash (HS)
2	28	Right: On 15 yd In				8.0 steps in front of Back Hash (HS)
3	30	Right: On 20 yd In				5.0 steps in front of Back Hash (HS)
4	36	Right: 3.0 steps inside 25 yd In				0.75 steps behind Back Hash (HS)
5	40	Right: On 25 yd In				4.0 steps behind Back Hash (HS)
6	16	Right: On 25 yd In				4.0 steps behind Back Hash (HS)
7	16	Right: On 30 yd In				0.25 steps in front of Back Hash (HS)
8	40	Right: On 30 yd In				0.25 steps in front of Back Hash (HS)
9	28	Right: 2.25 steps outside 35 yd In				3.0 steps behind Back Hash (HS)
10	30	Right: 2.0 steps outside 35 yd In				14.0 steps in front of Back side line
11	40	Right: On 25 yd In				12.0 steps in front of Back side line

Set	Counts	Left-Right	Symbol: \	Label: G2	ID:242	Drill: 21 EA Two
11	0	Right: On 25 yd In				12.0 steps in front of Back side line
12	32	Right: On 25 yd In				On Back side line
13	32	Right: On 25 yd In				On Back side line
14	34	Right: 4.0 steps outside 20 yd In				12.0 steps in front of Back side line
15	18	Right: 4.0 steps inside 10 yd In				3.75 steps behind Back Hash (HS)
16	24	Right: 3.75 steps inside 15 yd In				6.25 steps behind Front Hash (HS)
17	30	Right: 2.25 steps inside 25 yd In				10.0 steps behind Front side line
18	24	Right: 2.25 steps inside 25 yd In				10.0 steps behind Front side line
19	46	Left: On 45 yd In				4.0 steps in front of Front Hash (HS)
20	38	Right: 2.0 steps inside 35 yd In				10.0 steps behind Front side line

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Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Symbol: \	Label: G3	ID:244	Drill: EAHS One 2021
0	0	Left: On 40 yd In				4.0 steps behind Back Hash (HS)
1	28	Left: 4.0 steps inside 40 yd In				4.0 steps in front of Back Hash (HS)
2	28	Left: 4.0 steps inside 40 yd In				4.0 steps in front of Back Hash (HS)
3	30	Left: On 40 yd In				6.0 steps behind Back Hash (HS)
4	36	Left: 4.0 steps inside 35 yd In				12.0 steps behind Front Hash (HS)
5	40	Right: 4.0 steps outside 50 yd In				12.0 steps behind Front Hash (HS)
6	16	On 50 yd In				8.0 steps behind Front Hash (HS)
7	16	Right: 1.5 steps inside 45 yd In				0.25 steps in front of Front Hash (HS)
8	40	Right: 1.5 steps inside 45 yd In				0.25 steps in front of Front Hash (HS)
9	28	Right: 1.75 steps outside 45 yd In				8.5 steps behind Front Hash (HS)
10	30	Right: On 35 yd In				8.0 steps in front of Back Hash (HS)
11	40	Right: On 40 yd In				8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Symbol: \	Label: G3	ID:244	Drill: 21 EA Two
11	0	Right: On 40 yd In				8.0 steps in front of Back Hash (HS)
12	32	Right: 4.0 steps outside 40 yd In				On Back side line
13	32	Right: 2.0 steps inside 35 yd In				10.0 steps behind Back Hash (HS)
14	34	Right: 0.25 steps outside 30 yd In				9.75 steps behind Back Hash (HS)
15	18	Right: 3.5 steps outside 25 yd In				7.0 steps behind Back Hash (HS)
16	24	Right: 3.75 steps inside 20 yd In				12.25 steps behind Front Hash (HS)
17	30	Right: 3.75 steps outside 25 yd In				9.75 steps in front of Front Hash (HS)
18	24	Right: 3.75 steps outside 25 yd In				9.75 steps in front of Front Hash (HS)
19	46	On 50 yd In				14.0 steps behind Front side line
20	38	Right: 2.0 steps inside 45 yd In				8.0 steps behind Front side line

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Set	Counts	Left-Right	Symbol: \	Label: G4	ID:245	Drill: EAHS One 2021
0	0	Left: On 30 yd In				12.0 steps behind Back Hash (HS)
1	28	Left: 4.0 steps inside 25 yd In				8.0 steps in front of Back Hash (HS)
2	28	Left: 4.0 steps inside 25 yd In				8.0 steps in front of Back Hash (HS)
3	30	Left: 2.5 steps outside 35 yd In				1.25 steps behind Back Hash (HS)
4	36	Left: 2.75 steps inside 30 yd In				2.0 steps behind Front Hash (HS)
5	40	Left: 4.0 steps inside 45 yd In				4.0 steps behind Front Hash (HS)
6	16	Left: On 45 yd In				On Front Hash (HS)
7	16	Left: 1.5 steps outside 50 yd In				3.5 steps in front of Front Hash (HS)
8	40	Left: 1.5 steps outside 50 yd In				3.5 steps in front of Front Hash (HS)
9	28	Right: 1.5 steps outside 50 yd In				8.0 steps behind Front Hash (HS)
10	30	Right: On 40 yd In				12.0 steps behind Front Hash (HS)
11	40	Right: On 45 yd In				8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Symbol: \	Label: G4	ID:245	Drill: 21 EA Two
11	0	Right: On 45 yd In				8.0 steps in front of Back Hash (HS)
12	32	Right: 4.0 steps outside 45 yd In				On Back side line
13	32	Right: 2.0 steps outside 45 yd In				10.0 steps behind Back Hash (HS)
14	34	Right: 3.75 steps inside 30 yd In				8.0 steps in front of Back side line
15	18	Right: 1.75 steps outside 25 yd In				10.0 steps in front of Back side line
16	24	Right: 3.25 steps outside 20 yd In				1.5 steps behind Back Hash (HS)
17	30	Right: 1.5 steps outside 25 yd In				2.0 steps behind Back Hash (HS)
18	24	Right: 1.5 steps outside 25 yd In				2.0 steps behind Back Hash (HS)
19	46	Right: 2.0 steps outside 45 yd In				10.0 steps behind Front Hash (HS)
20	38	Right: On 20 yd In				8.0 steps behind Front Hash (HS)

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Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 20 yd In	8.0 steps in front of Back Hash (HS)
1	28	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
2	28	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
3	30	Left: On 30 yd In	8.5 steps in front of Back Hash (HS)
4	36	Left: 4.0 steps inside 30 yd In	11.75 steps in front of Front Hash (HS)
5	40	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: On 40 yd In	8.0 steps in front of Front Hash (HS)
7	16	Left: 1.5 steps outside 45 yd In	6.75 steps in front of Front Hash (HS)
8	40	Left: 1.5 steps outside 45 yd In	6.75 steps in front of Front Hash (HS)
9	28	Left: 2.5 steps inside 45 yd In	4.25 steps behind Front Hash (HS)
10	30	Right: On 45 yd In	8.0 steps in front of Back Hash (HS)
11	40	Right: 4.0 steps outside 40 yd In	8.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 40 yd In	8.0 steps behind Back Hash (HS)
12	32	Right: 4.0 steps outside 30 yd In	On Back side line
13	32	Right: 2.0 steps outside 30 yd In	6.0 steps in front of Back side line
14	34	Right: 0.25 steps outside 20 yd In	6.25 steps behind Back Hash (HS)
15	18	Right: 3.0 steps outside 20 yd In	6.5 steps in front of Back Hash (HS)
16	24	Right: 0.25 steps inside 25 yd In	2.75 steps in front of Front Hash (HS)
17	30	Right: 2.25 steps outside 40 yd In	4.25 steps behind Front side line
18	24	Right: 2.25 steps outside 40 yd In	4.25 steps behind Front side line
19	46	Left: 2.0 steps inside 25 yd In	10.0 steps in front of Front Hash (HS)
20	38	Left: 4.0 steps inside 45 yd In	10.0 steps behind Front side line

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Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 25 yd In	8.0 steps in front of Front Hash (HS)
1	28	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
2	28	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
3	30	Right: On 45 yd In	6.0 steps in front of Front Hash (HS)
4	36	Left: 3.5 steps outside 50 yd In	6.0 steps behind Front side line
5	40	Left: 4.0 steps inside 35 yd In	12.0 steps in front of Front Hash (HS)
6	16	Left: On 35 yd In	12.0 steps behind Front side line
7	16	Left: 1.0 steps outside 40 yd In	11.0 steps in front of Front Hash (HS)
8	40	Left: 1.0 steps outside 40 yd In	11.0 steps in front of Front Hash (HS)
9	28	Left: 2.75 steps outside 45 yd In	1.75 steps in front of Front Hash (HS)
10	30	On 50 yd In	12.0 steps behind Front Hash (HS)
11	40	Right: On 40 yd In	On Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 40 yd In	On Back Hash (HS)
12	32	Right: 4.0 steps outside 35 yd In	On Back side line
13	32	Right: 4.0 steps outside 35 yd In	12.0 steps in front of Back side line
14	34	Right: 0.5 steps outside 25 yd In	9.25 steps behind Back Hash (HS)
15	18	Right: 0.5 steps outside 20 yd In	1.0 steps behind Back Hash (HS)
16	24	Right: 2.75 steps outside 25 yd In	4.5 steps behind Front Hash (HS)
17	30	Right: 3.5 steps inside 30 yd In	5.5 steps behind Front side line
18	24	Right: 3.5 steps inside 30 yd In	5.5 steps behind Front side line
19	46	Left: 4.0 steps inside 35 yd In	8.0 steps behind Front Hash (HS)
20	38	Right: 4.0 steps outside 45 yd In	14.0 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 10 yd In	4.0 steps behind Front Hash (HS)
1	28	Left: On 20 yd In	12.0 steps in front of Front Hash (HS)
2	28	Left: On 20 yd In	12.0 steps in front of Front Hash (HS)
3	30	Left: On 30 yd In	8.0 steps behind Front Hash (HS)
4	36	Left: 1.25 steps outside 40 yd In	7.5 steps behind Front side line
5	40	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front side line
6	16	Left: On 30 yd In	4.0 steps behind Front side line
7	16	Left: On 35 yd In	12.0 steps behind Front side line
8	40	Left: On 35 yd In	12.0 steps behind Front side line
9	28	Left: On 40 yd In	8.0 steps in front of Front Hash (HS)
10	30	Left: On 45 yd In	4.0 steps behind Front Hash (HS)
11	40	On 50 yd In	12.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	On 50 yd In	12.0 steps behind Front Hash (HS)
12	32	Right: 4.0 steps outside 40 yd In	12.0 steps behind Back Hash (HS)
13	32	Right: 2.0 steps outside 40 yd In	On Back side line
14	34	Right: 3.0 steps inside 45 yd In	6.0 steps in front of Back side line
15	18	Right: 2.25 steps inside 45 yd In	9.25 steps behind Back Hash (HS)
16	24	Right: 4.0 steps inside 35 yd In	13.0 steps in front of Back side line
17	30	Left: 2.25 steps inside 45 yd In	12.0 steps in front of Back side line
18	24	Left: 2.25 steps inside 45 yd In	12.0 steps in front of Back side line
19	46	Left: 4.0 steps inside 30 yd In	On Back Hash (HS)
20	38	Left: 4.0 steps inside 40 yd In	4.0 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 50 yd In	4.0 steps in front of Front Hash (HS)
1	28	Right: 4.0 steps outside 40 yd In	12.0 steps in front of Front Hash (HS)
2	28	Right: 4.0 steps outside 40 yd In	12.0 steps in front of Front Hash (HS)
3	30	Right: 1.75 steps inside 35 yd In	1.0 steps in front of Front Hash (HS)
4	36	Right: 2.75 steps outside 45 yd In	6.75 steps behind Front side line
5	40	Right: 4.0 steps outside 35 yd In	8.0 steps behind Front Hash (HS)
6	16	Right: 4.0 steps outside 35 yd In	8.0 steps behind Front Hash (HS)
7	16	Right: 1.5 steps inside 40 yd In	3.0 steps behind Front Hash (HS)
8	40	Right: 1.5 steps inside 40 yd In	3.0 steps behind Front Hash (HS)
9	28	Right: 1.75 steps outside 40 yd In	8.5 steps behind Front Hash (HS)
10	30	Right: On 30 yd In	12.0 steps behind Front Hash (HS)
11	40	Right: On 30 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 30 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 4.0 steps outside 40 yd In	4.0 steps behind Back Hash (HS)
13	32	Right: 2.0 steps inside 40 yd In	On Back side line
14	34	On 50 yd In	12.0 steps in front of Back side line
15	18	On 50 yd In	4.0 steps behind Back Hash (HS)
16	24	Right: 2.75 steps inside 40 yd In	11.0 steps behind Back Hash (HS)
17	30	Left: On 40 yd In	12.0 steps in front of Back side line
18	24	Left: On 40 yd In	12.0 steps in front of Back side line
19	46	Left: 4.0 steps inside 25 yd In	8.0 steps behind Back Hash (HS)
20	38	Left: 4.0 steps inside 35 yd In	8.0 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 35 yd In	On Front Hash (HS)
1	28	On 50 yd In	4.0 steps behind Front Hash (HS)
2	28	On 50 yd In	4.0 steps behind Front Hash (HS)
3	30	Right: 4.0 steps outside 50 yd In	10.0 steps behind Front Hash (HS)
4	36	On 50 yd In	8.0 steps in front of Front Hash (HS)
5	40	Right: 4.0 steps outside 35 yd In	12.0 steps in front of Back Hash (HS)
6	16	Right: 4.0 steps outside 35 yd In	12.0 steps in front of Back Hash (HS)
7	16	Right: 1.75 steps inside 35 yd In	7.25 steps behind Front Hash (HS)
8	40	Right: 1.75 steps inside 35 yd In	7.25 steps behind Front Hash (HS)
9	28	Right: 1.5 steps outside 35 yd In	11.0 steps behind Front Hash (HS)
10	30	Right: On 30 yd In	On Back Hash (HS)
11	40	Right: On 35 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 35 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Back side line
13	32	Right: 2.0 steps inside 35 yd In	On Back side line
14	34	Right: 4.0 steps outside 45 yd In	2.0 steps in front of Back side line
15	18	Right: 4.0 steps inside 40 yd In	14.0 steps in front of Back side line
16	24	Right: 3.5 steps outside 35 yd In	10.75 steps in front of Back side line
17	30	Right: 3.25 steps inside 45 yd In	12.0 steps in front of Back side line
18	24	Right: 3.25 steps inside 45 yd In	12.0 steps in front of Back side line
19	46	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Back Hash (HS)
20	38	Left: 4.0 steps inside 45 yd In	12.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: On 40 yd In	9.0 steps in front of Front Hash (HS)
1	28	Right: On 30 yd In	On Front Hash (HS)
2	28	Right: On 30 yd In	On Front Hash (HS)
3	30	Right: On 20 yd In	12.0 steps behind Front Hash (HS)
4	36	Right: 4.0 steps outside 25 yd In	8.0 steps in front of Back Hash (HS)
5	40	Right: On 25 yd In	4.0 steps in front of Back Hash (HS)
6	16	Right: On 25 yd In	4.0 steps in front of Back Hash (HS)
7	16	Right: 1.75 steps outside 30 yd In	8.5 steps in front of Back Hash (HS)
8	40	Right: 1.75 steps outside 30 yd In	8.5 steps in front of Back Hash (HS)
9	28	Right: 0.75 steps inside 30 yd In	3.25 steps in front of Back Hash (HS)
10	30	Right: 4.0 steps outside 40 yd In	8.0 steps behind Back Hash (HS)
11	40	Right: On 30 yd In	12.0 steps in front of Back side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 30 yd In	12.0 steps in front of Back side line
12	32	Right: On 30 yd In	On Back side line
13	32	Right: 2.0 steps inside 35 yd In	6.0 steps in front of Back side line
14	34	Right: 3.75 steps inside 20 yd In	10.0 steps in front of Back side line
15	18	Right: 1.0 steps inside 15 yd In	9.75 steps behind Back Hash (HS)
16	24	Right: 3.5 steps inside 15 yd In	14.0 steps behind Front Hash (HS)
17	30	Right: 1.25 steps inside 20 yd In	On Front Hash (HS)
18	24	Right: 1.25 steps inside 20 yd In	On Front Hash (HS)
19	46	Right: On 45 yd In	4.0 steps behind Front side line
20	38	Right: On 40 yd In	6.0 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	On 50 yd In	4.0 steps in front of Back side line
1	28	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Back side line
2	28	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Back side line
3	30	Right: 4.0 steps outside 45 yd In	10.0 steps behind Back Hash (HS)
4	36	Right: On 40 yd In	12.0 steps behind Front Hash (HS)
5	40	Right: 4.0 steps outside 50 yd In	4.0 steps behind Back Hash (HS)
6	16	Right: 4.0 steps outside 50 yd In	4.0 steps behind Back Hash (HS)
7	16	Left: On 45 yd In	4.0 steps behind Back Hash (HS)
8	40	Left: On 45 yd In	4.0 steps behind Back Hash (HS)
9	28	Left: 4.0 steps inside 40 yd In	4.0 steps behind Back Hash (HS)
10	30	Left: 2.0 steps inside 45 yd In	14.0 steps in front of Back side line
11	40	Left: On 45 yd In	12.0 steps in front of Back side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 45 yd In	12.0 steps in front of Back side line
12	32	Left: On 45 yd In	On Back side line
13	32	Left: 2.0 steps outside 50 yd In	6.0 steps in front of Back side line
14	34	Right: 2.0 steps inside 45 yd In	12.0 steps behind Back Hash (HS)
15	18	Right: 2.75 steps outside 40 yd In	10.0 steps in front of Back side line
16	24	Right: 3.25 steps outside 30 yd In	11.0 steps in front of Back side line
17	30	Right: 1.0 steps inside 40 yd In	12.5 steps in front of Back side line
18	24	Right: 1.0 steps inside 40 yd In	12.5 steps in front of Back side line
19	46	Left: 4.0 steps inside 35 yd In	10.0 steps behind Back Hash (HS)
20	38	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: On 35 yd In	8.0 steps in front of Back side line
1	28	On 50 yd In	8.0 steps in front of Back side line
2	28	On 50 yd In	8.0 steps in front of Back side line
3	30	Right: 1.25 steps outside 40 yd In	0.5 steps in front of Back Hash (HS)
4	36	Right: 1.5 steps outside 40 yd In	1.5 steps behind Front Hash (HS)
5	40	Right: On 40 yd In	4.0 steps in front of Back Hash (HS)
6	16	Right: On 40 yd In	4.0 steps in front of Back Hash (HS)
7	16	Right: 0.75 steps outside 45 yd In	8.25 steps behind Back Hash (HS)
8	40	Right: 0.75 steps outside 45 yd In	8.25 steps behind Back Hash (HS)
9	28	Right: 3.5 steps outside 50 yd In	9.0 steps behind Back Hash (HS)
10	30	Right: 2.0 steps outside 45 yd In	14.0 steps in front of Back side line
11	40	Right: On 45 yd In	12.0 steps in front of Back side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 45 yd In	12.0 steps in front of Back side line
12	32	Right: On 45 yd In	On Back side line
13	32	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Back side line
14	34	Right: 3.0 steps inside 40 yd In	12.0 steps in front of Back side line
15	18	Right: 2.5 steps outside 35 yd In	8.0 steps in front of Back side line
16	24	Right: 2.5 steps outside 25 yd In	14.0 steps in front of Back side line
17	30	Right: 1.0 steps outside 35 yd In	13.5 steps behind Back Hash (HS)
18	24	Right: 1.0 steps outside 35 yd In	13.5 steps behind Back Hash (HS)
19	46	Right: 4.0 steps outside 30 yd In	On Front Hash (HS)
20	38	Right: 1.25 steps outside 25 yd In	12.0 steps in front of Front Hash (HS)

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 40 yd In	On Back Hash (HS)
1	28	Right: On 45 yd In	8.0 steps behind Back Hash (HS)
2	28	Right: On 45 yd In	8.0 steps behind Back Hash (HS)
3	30	Right: 1.75 steps inside 40 yd In	12.0 steps in front of Back Hash (HS)
4	36	Right: 2.75 steps outside 45 yd In	6.75 steps in front of Front Hash (HS)
5	40	Right: 4.0 steps outside 35 yd In	4.0 steps in front of Back Hash (HS)
6	16	Right: 4.0 steps outside 35 yd In	4.0 steps in front of Back Hash (HS)
7	16	Right: 1.5 steps outside 35 yd In	5.25 steps behind Back Hash (HS)
8	40	Right: 1.5 steps outside 35 yd In	5.25 steps behind Back Hash (HS)
9	28	Right: 3.5 steps outside 40 yd In	7.25 steps behind Back Hash (HS)
10	30	Right: On 30 yd In	8.0 steps in front of Back side line
11	40	Right: On 20 yd In	12.0 steps in front of Back side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 20 yd In	12.0 steps in front of Back side line
12	32	Right: On 20 yd In	On Back side line
13	32	Right: On 20 yd In	On Back side line
14	34	Right: 2.0 steps inside 15 yd In	On Back Hash (HS)
15	18	Right: 3.75 steps outside 20 yd In	13.5 steps behind Front Hash (HS)
16	24	Right: 4.0 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)
17	30	Right: On 45 yd In	4.0 steps behind Front side line
18	24	Right: On 45 yd In	4.0 steps behind Front side line
19	46	Left: 2.0 steps outside 25 yd In	6.0 steps behind Front Hash (HS)
20	38	Right: 2.0 steps outside 50 yd In	10.0 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 25 yd In	4.0 steps in front of Back Hash (HS)
1	28	Right: 4.0 steps outside 30 yd In	8.0 steps behind Back Hash (HS)
2	28	Right: 4.0 steps outside 30 yd In	8.0 steps behind Back Hash (HS)
3	30	Right: 3.75 steps inside 20 yd In	4.75 steps behind Back Hash (HS)
4	36	Right: 3.0 steps outside 35 yd In	5.75 steps behind Back Hash (HS)
5	40	Right: 4.0 steps outside 35 yd In	4.0 steps behind Back Hash (HS)
6	16	Right: 4.0 steps outside 35 yd In	4.0 steps behind Back Hash (HS)
7	16	Right: 1.25 steps outside 40 yd In	8.0 steps behind Back Hash (HS)
8	40	Right: 1.25 steps outside 40 yd In	8.0 steps behind Back Hash (HS)
9	28	Right: 3.5 steps outside 45 yd In	9.0 steps behind Back Hash (HS)
10	30	Right: On 40 yd In	8.0 steps in front of Back side line
11	40	Right: On 40 yd In	12.0 steps in front of Back side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 40 yd In	12.0 steps in front of Back side line
12	32	Right: On 40 yd In	On Back side line
13	32	Right: On 40 yd In	4.0 steps behind Back Hash (HS)
14	34	Right: On 35 yd In	8.0 steps behind Back Hash (HS)
15	18	Right: 4.0 steps outside 30 yd In	10.0 steps behind Back Hash (HS)
16	24	Right: 3.75 steps inside 20 yd In	7.75 steps in front of Back Hash (HS)
17	30	Right: 0.75 steps inside 20 yd In	10.25 steps behind Front Hash (HS)
18	24	Right: 0.75 steps inside 20 yd In	10.25 steps behind Front Hash (HS)
19	46	Right: On 35 yd In	6.0 steps behind Front side line
20	38	Right: 2.0 steps outside 35 yd In	4.0 steps behind Front side line

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: On 25 yd In	8.0 steps behind Back Hash (HS)
1	28	Right: 2.0 steps outside 35 yd In	8.0 steps in front of Back side line
2	28	Right: 2.0 steps outside 35 yd In	8.0 steps in front of Back side line
3	30	Right: 4.0 steps outside 30 yd In	12.0 steps behind Back Hash (HS)
4	36	Right: On 40 yd In	8.0 steps behind Back Hash (HS)
5	40	Right: On 40 yd In	4.0 steps behind Back Hash (HS)
6	16	Right: On 40 yd In	4.0 steps behind Back Hash (HS)
7	16	Right: 0.25 steps outside 50 yd In	6.75 steps behind Back Hash (HS)
8	40	Right: 0.25 steps outside 50 yd In	6.75 steps behind Back Hash (HS)
9	28	Left: 3.5 steps inside 45 yd In	7.0 steps behind Back Hash (HS)
10	30	On 50 yd In	8.0 steps in front of Back side line
11	40	On 50 yd In	12.0 steps in front of Back side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	On 50 yd In	12.0 steps in front of Back side line
12	32	On 50 yd In	On Back side line
13	32	Right: 2.0 steps outside 45 yd In	6.0 steps in front of Back side line
14	34	Right: 3.5 steps inside 35 yd In	9.25 steps in front of Back side line
15	18	Right: 2.25 steps outside 30 yd In	8.0 steps in front of Back side line
16	24	Right: 0.25 steps outside 20 yd In	8.75 steps behind Back Hash (HS)
17	30	Right: 2.5 steps outside 30 yd In	9.25 steps behind Back Hash (HS)
18	24	Right: 2.5 steps outside 30 yd In	9.25 steps behind Back Hash (HS)
19	46	Right: 4.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
20	38	Right: 3.25 steps inside 20 yd In	2.0 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.25 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)
1	28	Right: 4.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
2	28	Right: 4.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
3	30	Right: 4.0 steps outside 45 yd In	1.25 steps behind Front Hash (HS)
4	36	Right: 4.0 steps outside 45 yd In	12.25 steps behind Front side line
5	40	Right: On 35 yd In	8.0 steps behind Front side line
6	16	Right: On 35 yd In	8.0 steps behind Front side line
7	16	Right: On 35 yd In	4.0 steps in front of Front Hash (HS)
8	40	Right: On 35 yd In	4.0 steps in front of Front Hash (HS)
9	28	Right: 4.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
10	30	Right: 3.0 steps outside 40 yd In	7.0 steps behind Front Hash (HS)
11	40	Right: 4.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)
12	32	Right: 3.5 steps outside 50 yd In	11.0 steps in front of Front Hash (HS)
13	32	Left: 2.0 steps inside 45 yd In	5.75 steps in front of Front Hash (HS)
14	34	Right: 1.0 steps inside 45 yd In	3.5 steps in front of Front Hash (HS)
15	18	Right: 2.5 steps outside 50 yd In	0.25 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 45 yd In	On Front Hash (HS)
17	30	Left: 4.0 steps inside 45 yd In	On Front Hash (HS)
18	24	Left: 4.0 steps inside 45 yd In	On Front Hash (HS)
19	46	Left: 4.0 steps inside 45 yd In	On Front Hash (HS)
20	38	Left: 4.0 steps inside 40 yd In	7.5 steps in front of Front Hash (HS)

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Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 3.75 steps inside 30 yd In	6.0 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps inside 40 yd In	6.0 steps behind Front Hash (HS)
2	28	Right: 2.0 steps inside 40 yd In	6.0 steps behind Front Hash (HS)
3	30	Right: 2.25 steps inside 40 yd In	1.75 steps behind Front Hash (HS)
4	36	Right: 2.25 steps inside 40 yd In	12.75 steps behind Front side line
5	40	Right: 2.0 steps outside 35 yd In	10.0 steps behind Front side line
6	16	Right: 2.0 steps outside 35 yd In	10.0 steps behind Front side line
7	16	Right: 2.0 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
8	40	Right: 2.0 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
9	28	Right: 2.0 steps inside 35 yd In	6.0 steps in front of Front Hash (HS)
10	30	Right: 3.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
11	40	Right: 2.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 1.25 steps outside 50 yd In	9.0 steps in front of Front Hash (HS)
13	32	Left: 3.75 steps outside 45 yd In	3.5 steps in front of Front Hash (HS)
14	34	Right: 1.0 steps outside 50 yd In	5.0 steps in front of Front Hash (HS)
15	18	Left: 3.5 steps outside 50 yd In	On Front Hash (HS)
16	24	Left: 2.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
17	30	Left: 2.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
18	24	Left: 2.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
19	46	Left: 2.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
20	38	Left: 1.5 steps outside 50 yd In	1.5 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
1	28	Right: On 40 yd In	8.0 steps behind Front Hash (HS)
2	28	Right: On 40 yd In	8.0 steps behind Front Hash (HS)
3	30	Right: 0.5 steps inside 40 yd In	2.75 steps behind Front Hash (HS)
4	36	Right: 0.5 steps inside 40 yd In	13.75 steps behind Front side line
5	40	Right: 4.0 steps outside 35 yd In	12.0 steps behind Front side line
6	16	Right: 4.0 steps outside 35 yd In	12.0 steps behind Front side line
7	16	Right: 4.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
8	40	Right: 4.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
9	28	Right: On 35 yd In	8.0 steps in front of Front Hash (HS)
10	30	Right: 3.0 steps outside 40 yd In	1.0 steps behind Front Hash (HS)
11	40	Right: 2.0 steps inside 35 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps inside 35 yd In	On Front Hash (HS)
12	32	Right: 2.25 steps inside 45 yd In	11.5 steps in front of Front Hash (HS)
13	32	Left: 3.0 steps outside 50 yd In	6.25 steps in front of Front Hash (HS)
14	34	Right: 1.5 steps outside 45 yd In	2.25 steps in front of Front Hash (HS)
15	18	Right: 2.5 steps inside 45 yd In	0.5 steps behind Front Hash (HS)
16	24	Left: 2.0 steps outside 50 yd In	2.0 steps behind Front Hash (HS)
17	30	Left: 2.0 steps outside 50 yd In	2.0 steps behind Front Hash (HS)
18	24	Left: 2.0 steps outside 50 yd In	2.0 steps behind Front Hash (HS)
19	46	Left: 2.0 steps outside 50 yd In	2.0 steps behind Front Hash (HS)
20	38	Left: 3.25 steps inside 45 yd In	4.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.25 steps outside 35 yd In	12.0 steps in front of Back Hash (HS)
1	28	Right: 4.0 steps outside 45 yd In	On Front Hash (HS)
2	28	Right: 4.0 steps outside 45 yd In	On Front Hash (HS)
3	30	Right: 1.5 steps outside 40 yd In	3.5 steps behind Front Hash (HS)
4	36	Right: 1.5 steps outside 40 yd In	13.5 steps in front of Front Hash (HS)
5	40	Right: 2.0 steps inside 30 yd In	14.0 steps behind Front side line
6	16	Right: 2.0 steps inside 30 yd In	14.0 steps behind Front side line
7	16	Right: 2.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
8	40	Right: 2.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
9	28	Right: 2.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
10	30	Right: 3.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
11	40	Right: 4.0 steps outside 40 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 40 yd In	On Front Hash (HS)
12	32	Right: 1.0 steps outside 50 yd In	10.25 steps in front of Front Hash (HS)
13	32	Left: 1.0 steps outside 45 yd In	4.75 steps in front of Front Hash (HS)
14	34	Right: 4.0 steps inside 45 yd In	4.5 steps in front of Front Hash (HS)
15	18	Left: 0.5 steps outside 50 yd In	0.5 steps in front of Front Hash (HS)
16	24	Left: On 45 yd In	4.0 steps behind Front Hash (HS)
17	30	Left: On 45 yd In	4.0 steps behind Front Hash (HS)
18	24	Left: On 45 yd In	4.0 steps behind Front Hash (HS)
19	46	Left: On 45 yd In	4.0 steps behind Front Hash (HS)
20	38	Left: 0.25 steps outside 45 yd In	6.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 3.75 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps inside 40 yd In	2.0 steps behind Front Hash (HS)
2	28	Right: 2.0 steps inside 40 yd In	2.0 steps behind Front Hash (HS)
3	30	Right: 3.0 steps outside 40 yd In	4.75 steps behind Front Hash (HS)
4	36	Right: 3.0 steps outside 40 yd In	12.25 steps in front of Front Hash (HS)
5	40	Right: On 30 yd In	12.0 steps in front of Front Hash (HS)
6	16	Right: On 30 yd In	12.0 steps in front of Front Hash (HS)
7	16	Right: On 30 yd In	12.0 steps in front of Front Hash (HS)
8	40	Right: On 30 yd In	12.0 steps in front of Front Hash (HS)
9	28	Right: 4.0 steps outside 35 yd In	12.0 steps in front of Front Hash (HS)
10	30	Right: 3.0 steps inside 40 yd In	12.0 steps behind Front side line
11	40	Right: 2.0 steps inside 40 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps inside 40 yd In	12.0 steps behind Front side line
12	32	Right: 3.25 steps outside 20 yd In	9.5 steps in front of Front Hash (HS)
13	32	Right: 1.5 steps inside 20 yd In	13.25 steps in front of Back Hash (HS)
14	34	Right: 0.75 steps inside 25 yd In	0.75 steps behind Back Hash (HS)
15	18	Right: 4.0 steps outside 35 yd In	4.0 steps in front of Back Hash (HS)
16	24	Right: 2.0 steps outside 45 yd In	4.0 steps in front of Back Hash (HS)
17	30	Left: 2.0 steps outside 50 yd In	14.0 steps in front of Back Hash (HS)
18	24	Left: 2.0 steps outside 50 yd In	14.0 steps in front of Back Hash (HS)
19	46	Left: 2.0 steps outside 50 yd In	14.0 steps in front of Back Hash (HS)
20	38	Left: 1.75 steps inside 45 yd In	3.75 steps in front of Back Hash (HS)

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 1.75 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
1	28	Right: On 40 yd In	4.0 steps behind Front Hash (HS)
2	28	Right: On 40 yd In	4.0 steps behind Front Hash (HS)
3	30	Right: 3.25 steps inside 35 yd In	6.0 steps behind Front Hash (HS)
4	36	Right: 3.25 steps inside 35 yd In	11.0 steps in front of Front Hash (HS)
5	40	Right: 2.0 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps outside 30 yd In	14.0 steps behind Front side line
8	40	Right: 2.0 steps outside 30 yd In	14.0 steps behind Front side line
9	28	Right: 2.0 steps inside 30 yd In	14.0 steps behind Front side line
10	30	Right: On 40 yd In	12.0 steps behind Front side line
11	40	Right: 2.0 steps outside 40 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 40 yd In	12.0 steps behind Front side line
12	32	Right: 4.0 steps outside 20 yd In	4.5 steps in front of Front Hash (HS)
13	32	Right: 2.75 steps outside 25 yd In	8.5 steps in front of Back Hash (HS)
14	34	Right: 1.75 steps outside 30 yd In	3.0 steps behind Back Hash (HS)
15	18	Right: 2.0 steps inside 35 yd In	4.0 steps in front of Back Hash (HS)
16	24	Right: 2.0 steps inside 45 yd In	4.0 steps in front of Back Hash (HS)
17	30	Right: 2.0 steps outside 50 yd In	10.0 steps behind Front Hash (HS)
18	24	Right: 2.0 steps outside 50 yd In	10.0 steps behind Front Hash (HS)
19	46	Right: 2.0 steps outside 50 yd In	10.0 steps behind Front Hash (HS)
20	38	Right: On 45 yd In	10.0 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 0.25 steps outside 30 yd In	6.0 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps outside 40 yd In	6.0 steps behind Front Hash (HS)
2	28	Right: 2.0 steps outside 40 yd In	6.0 steps behind Front Hash (HS)
3	30	Right: 1.75 steps inside 35 yd In	7.25 steps behind Front Hash (HS)
4	36	Right: 1.75 steps inside 35 yd In	9.75 steps in front of Front Hash (HS)
5	40	Right: 4.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)
6	16	Right: 4.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 30 yd In	12.0 steps behind Front side line
8	40	Right: 4.0 steps outside 30 yd In	12.0 steps behind Front side line
9	28	Right: On 30 yd In	12.0 steps behind Front side line
10	30	Right: 3.0 steps outside 40 yd In	12.0 steps behind Front side line
11	40	Right: 2.0 steps inside 35 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps inside 35 yd In	12.0 steps behind Front side line
12	32	Right: 3.75 steps outside 20 yd In	0.25 steps behind Front Hash (HS)
13	32	Right: 2.0 steps inside 25 yd In	4.75 steps in front of Back Hash (HS)
14	34	Right: 4.0 steps outside 35 yd In	3.0 steps behind Back Hash (HS)
15	18	Right: On 40 yd In	4.0 steps in front of Back Hash (HS)
16	24	Right: 2.0 steps outside 50 yd In	6.0 steps in front of Back Hash (HS)
17	30	Left: On 45 yd In	12.0 steps in front of Back Hash (HS)
18	24	Left: On 45 yd In	12.0 steps in front of Back Hash (HS)
19	46	Left: On 45 yd In	12.0 steps in front of Back Hash (HS)
20	38	Left: 0.25 steps inside 40 yd In	6.75 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 1.75 steps inside 30 yd In	12.0 steps in front of Back Hash (HS)
1	28	Right: On 40 yd In	On Front Hash (HS)
2	28	Right: On 40 yd In	On Front Hash (HS)
3	30	Right: 0.5 steps inside 35 yd In	8.75 steps behind Front Hash (HS)
4	36	Right: 0.5 steps inside 35 yd In	8.25 steps in front of Front Hash (HS)
5	40	Right: 2.0 steps inside 25 yd In	6.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps inside 25 yd In	6.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps inside 25 yd In	10.0 steps behind Front side line
8	40	Right: 2.0 steps inside 25 yd In	10.0 steps behind Front side line
9	28	Right: 2.0 steps outside 30 yd In	10.0 steps behind Front side line
10	30	Right: 2.0 steps inside 35 yd In	12.0 steps behind Front side line
11	40	Right: 2.0 steps outside 35 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 35 yd In	12.0 steps behind Front side line
12	32	Right: 3.0 steps outside 20 yd In	5.25 steps behind Front Hash (HS)
13	32	Right: 0.75 steps outside 30 yd In	2.0 steps in front of Back Hash (HS)
14	34	Right: 1.5 steps inside 35 yd In	1.0 steps behind Back Hash (HS)
15	18	Right: 2.0 steps outside 45 yd In	4.0 steps in front of Back Hash (HS)
16	24	Left: 2.0 steps outside 50 yd In	10.0 steps in front of Back Hash (HS)
17	30	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front Hash (HS)
18	24	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front Hash (HS)
19	46	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front Hash (HS)
20	38	Left: 1.75 steps inside 35 yd In	11.75 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 0.25 steps outside 30 yd In	10.0 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
2	28	Right: 2.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
3	30	Right: 1.0 steps outside 35 yd In	10.25 steps behind Front Hash (HS)
4	36	Right: 1.0 steps outside 35 yd In	6.75 steps in front of Front Hash (HS)
5	40	Right: On 35 yd In	12.0 steps behind Front side line
6	16	Right: On 35 yd In	12.0 steps behind Front side line
7	16	Right: On 35 yd In	On Front Hash (HS)
8	40	Right: On 35 yd In	On Front Hash (HS)
9	28	Right: On 35 yd In	On Front Hash (HS)
10	30	Right: 2.0 steps inside 35 yd In	7.0 steps behind Front Hash (HS)
11	40	Right: On 35 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 35 yd In	8.0 steps behind Front Hash (HS)
12	32	Right: 2.75 steps inside 40 yd In	11.25 steps in front of Front Hash (HS)
13	32	Right: 2.25 steps inside 45 yd In	5.75 steps in front of Front Hash (HS)
14	34	Right: 0.75 steps inside 40 yd In	5.0 steps behind Front Hash (HS)
15	18	Right: 3.25 steps inside 40 yd In	5.75 steps behind Front Hash (HS)
16	24	Right: 4.0 steps outside 50 yd In	8.0 steps behind Front Hash (HS)
17	30	Left: 2.0 steps inside 45 yd In	2.0 steps behind Front Hash (HS)
18	24	Left: 2.0 steps inside 45 yd In	2.0 steps behind Front Hash (HS)
19	46	Left: 2.0 steps inside 45 yd In	2.0 steps behind Front Hash (HS)
20	38	Left: 2.25 steps outside 45 yd In	6.75 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 2.25 steps outside 30 yd In	8.0 steps in front of Back Hash (HS)
1	28	Right: 4.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
2	28	Right: 4.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
3	30	Right: 2.0 steps outside 35 yd In	11.75 steps behind Front Hash (HS)
4	36	Right: 2.0 steps outside 35 yd In	5.25 steps in front of Front Hash (HS)
5	40	Right: 2.0 steps outside 35 yd In	14.0 steps behind Front side line
6	16	Right: 2.0 steps outside 35 yd In	14.0 steps behind Front side line
7	16	Right: 2.0 steps outside 35 yd In	2.0 steps in front of Front Hash (HS)
8	40	Right: 2.0 steps outside 35 yd In	2.0 steps in front of Front Hash (HS)
9	28	Right: 2.0 steps outside 35 yd In	2.0 steps in front of Front Hash (HS)
10	30	Right: 2.0 steps inside 35 yd In	4.0 steps behind Front Hash (HS)
11	40	Right: 2.0 steps inside 35 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: 2.0 steps inside 35 yd In	8.0 steps behind Front Hash (HS)
12	32	Right: 0.25 steps outside 45 yd In	11.75 steps in front of Front Hash (HS)
13	32	Left: On 50 yd In	6.5 steps in front of Front Hash (HS)
14	34	Right: 4.0 steps outside 45 yd In	0.25 steps in front of Front Hash (HS)
15	18	Right: On 45 yd In	1.75 steps behind Front Hash (HS)
16	24	On 50 yd In	4.0 steps behind Front Hash (HS)
17	30	On 50 yd In	4.0 steps behind Front Hash (HS)
18	24	On 50 yd In	4.0 steps behind Front Hash (HS)
19	46	On 50 yd In	4.0 steps behind Front Hash (HS)
20	38	Right: 1.25 steps outside 50 yd In	1.25 steps behind Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 2.25 steps outside 30 yd In	12.0 steps in front of Back Hash (HS)
1	28	Right: 4.0 steps outside 40 yd In	On Front Hash (HS)
2	28	Right: 4.0 steps outside 40 yd In	On Front Hash (HS)
3	30	Right: 3.25 steps outside 35 yd In	13.5 steps behind Front Hash (HS)
4	36	Right: 3.25 steps outside 35 yd In	3.5 steps in front of Front Hash (HS)
5	40	Right: 4.0 steps outside 35 yd In	12.0 steps in front of Front Hash (HS)
6	16	Right: 4.0 steps outside 35 yd In	12.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
8	40	Right: 4.0 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
9	28	Right: 4.0 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
10	30	Right: 2.0 steps inside 35 yd In	1.0 steps behind Front Hash (HS)
11	40	Right: 2.0 steps outside 35 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: 2.0 steps outside 35 yd In	On Front Hash (HS)
12	32	Right: 0.25 steps inside 40 yd In	10.5 steps in front of Front Hash (HS)
13	32	Right: 0.75 steps outside 45 yd In	4.75 steps in front of Front Hash (HS)
14	34	Right: 0.25 steps inside 40 yd In	8.0 steps behind Front Hash (HS)
15	18	Right: 1.75 steps inside 40 yd In	8.25 steps behind Front Hash (HS)
16	24	Right: 2.0 steps inside 45 yd In	10.0 steps behind Front Hash (HS)
17	30	Left: 4.0 steps inside 45 yd In	4.0 steps behind Front Hash (HS)
18	24	Left: 4.0 steps inside 45 yd In	4.0 steps behind Front Hash (HS)
19	46	Left: 4.0 steps inside 45 yd In	4.0 steps behind Front Hash (HS)
20	38	Left: 3.0 steps outside 50 yd In	2.75 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 4.0 steps outside 50 yd In	8.0 steps behind Back Hash (HS)
1	28	Right: On 40 yd In	4.0 steps in front of Back Hash (HS)
2	28	Right: On 40 yd In	4.0 steps in front of Back Hash (HS)
3	30	Right: 4.0 steps inside 30 yd In	12.75 steps in front of Back Hash (HS)
4	36	Right: 4.0 steps inside 30 yd In	1.75 steps in front of Front Hash (HS)
5	40	Right: 2.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps inside 30 yd In	6.0 steps in front of Front Hash (HS)
8	40	Right: 2.0 steps inside 30 yd In	6.0 steps in front of Front Hash (HS)
9	28	Right: 2.0 steps inside 30 yd In	6.0 steps in front of Front Hash (HS)
10	30	Right: 2.0 steps inside 35 yd In	2.0 steps in front of Front Hash (HS)
11	40	Right: On 35 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: On 35 yd In	On Front Hash (HS)
12	32	Right: 2.75 steps outside 45 yd In	11.75 steps in front of Front Hash (HS)
13	32	Right: 3.0 steps outside 50 yd In	6.25 steps in front of Front Hash (HS)
14	34	Right: 2.0 steps inside 40 yd In	2.0 steps behind Front Hash (HS)
15	18	Right: 2.5 steps outside 45 yd In	3.5 steps behind Front Hash (HS)
16	24	Right: 2.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
17	30	Right: 2.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
18	24	Right: 2.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
19	46	Right: 2.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
20	38	Right: 2.5 steps inside 45 yd In	8.25 steps behind Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 0.25 steps outside 45 yd In	8.0 steps behind Back Hash (HS)
1	28	Right: 4.0 steps outside 40 yd In	4.0 steps in front of Back Hash (HS)
2	28	Right: 4.0 steps outside 40 yd In	4.0 steps in front of Back Hash (HS)
3	30	Right: 3.0 steps inside 30 yd In	11.0 steps in front of Back Hash (HS)
4	36	Right: 3.0 steps inside 30 yd In	On Front Hash (HS)
5	40	Right: On 30 yd In	8.0 steps in front of Front Hash (HS)
6	16	Right: On 30 yd In	8.0 steps in front of Front Hash (HS)
7	16	Right: On 30 yd In	8.0 steps in front of Front Hash (HS)
8	40	Right: On 30 yd In	8.0 steps in front of Front Hash (HS)
9	28	Right: On 30 yd In	8.0 steps in front of Front Hash (HS)
10	30	Right: 3.0 steps inside 40 yd In	13.0 steps in front of Front Hash (HS)
11	40	Right: On 40 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: On 40 yd In	12.0 steps behind Front side line
12	32	Right: 3.75 steps outside 20 yd In	7.0 steps in front of Front Hash (HS)
13	32	Right: 3.25 steps inside 20 yd In	10.75 steps in front of Back Hash (HS)
14	34	Right: 3.5 steps inside 25 yd In	2.0 steps behind Back Hash (HS)
15	18	Right: 1.0 steps outside 35 yd In	4.0 steps in front of Back Hash (HS)
16	24	Right: On 45 yd In	4.0 steps in front of Back Hash (HS)
17	30	On 50 yd In	12.0 steps behind Front Hash (HS)
18	24	On 50 yd In	12.0 steps behind Front Hash (HS)
19	46	On 50 yd In	12.0 steps behind Front Hash (HS)
20	38	Right: On 45 yd In	8.0 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 3.75 steps inside 40 yd ln	8.0 steps behind Back Hash (HS)
1	28	Right: On 35 yd ln	4.0 steps in front of Back Hash (HS)
2	28	Right: On 35 yd ln	4.0 steps in front of Back Hash (HS)
3	30	Right: 2.5 steps inside 30 yd ln	9.0 steps in front of Back Hash (HS)
4	36	Right: 2.5 steps inside 30 yd ln	2.0 steps behind Front Hash (HS)
5	40	Right: 2.0 steps outside 30 yd ln	6.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps outside 30 yd ln	6.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps outside 30 yd ln	10.0 steps in front of Front Hash (HS)
8	40	Right: 2.0 steps outside 30 yd ln	10.0 steps in front of Front Hash (HS)
9	28	Right: 2.0 steps outside 30 yd ln	10.0 steps in front of Front Hash (HS)
10	30	Right: On 40 yd ln	13.0 steps in front of Front Hash (HS)
11	40	Right: 4.0 steps outside 40 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: 4.0 steps outside 40 yd ln	12.0 steps behind Front side line
12	32	Right: 4.0 steps outside 20 yd ln	2.0 steps in front of Front Hash (HS)
13	32	Right: 0.5 steps outside 25 yd ln	6.5 steps in front of Back Hash (HS)
14	34	Right: 1.0 steps inside 30 yd ln	3.25 steps behind Back Hash (HS)
15	18	Right: 3.0 steps outside 40 yd ln	4.0 steps in front of Back Hash (HS)
16	24	Right: 4.0 steps outside 50 yd ln	4.0 steps in front of Back Hash (HS)
17	30	Right: 4.0 steps outside 50 yd ln	8.0 steps behind Front Hash (HS)
18	24	Right: 4.0 steps outside 50 yd ln	8.0 steps behind Front Hash (HS)
19	46	Right: 4.0 steps outside 50 yd ln	8.0 steps behind Front Hash (HS)
20	38	Right: 0.25 steps inside 45 yd ln	12.0 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 0.25 steps outside 40 yd ln	8.0 steps behind Back Hash (HS)
1	28	Right: 4.0 steps outside 35 yd ln	4.0 steps in front of Back Hash (HS)
2	28	Right: 4.0 steps outside 35 yd ln	4.0 steps in front of Back Hash (HS)
3	30	Right: 2.0 steps inside 30 yd ln	7.0 steps in front of Back Hash (HS)
4	36	Right: 2.0 steps inside 30 yd ln	4.0 steps behind Front Hash (HS)
5	40	Right: 4.0 steps outside 30 yd ln	4.0 steps in front of Front Hash (HS)
6	16	Right: 4.0 steps outside 30 yd ln	4.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 30 yd ln	12.0 steps in front of Front Hash (HS)
8	40	Right: 4.0 steps outside 30 yd ln	12.0 steps in front of Front Hash (HS)
9	28	Right: 4.0 steps outside 30 yd ln	12.0 steps in front of Front Hash (HS)
10	30	Right: 3.0 steps outside 40 yd ln	13.0 steps in front of Front Hash (HS)
11	40	Right: On 35 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: On 35 yd ln	12.0 steps behind Front side line
12	32	Right: 3.5 steps outside 20 yd ln	2.75 steps behind Front Hash (HS)
13	32	Right: 3.5 steps outside 30 yd ln	3.25 steps in front of Back Hash (HS)
14	34	Right: 1.25 steps outside 35 yd ln	2.25 steps behind Back Hash (HS)
15	18	Right: 3.0 steps inside 40 yd ln	4.0 steps in front of Back Hash (HS)
16	24	On 50 yd ln	8.0 steps in front of Back Hash (HS)
17	30	Left: 2.0 steps outside 45 yd ln	14.0 steps in front of Back Hash (HS)
18	24	Left: 2.0 steps outside 45 yd ln	14.0 steps in front of Back Hash (HS)
19	46	Left: 2.0 steps outside 45 yd ln	14.0 steps in front of Back Hash (HS)
20	38	Left: 1.5 steps outside 40 yd ln	7.75 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 1.75 steps inside 45 yd ln	10.0 steps behind Back Hash (HS)
1	28	Right: 2.0 steps outside 40 yd ln	2.0 steps in front of Back Hash (HS)
2	28	Right: 2.0 steps outside 40 yd ln	2.0 steps in front of Back Hash (HS)
3	30	Right: 1.5 steps inside 30 yd ln	5.0 steps in front of Back Hash (HS)
4	36	Right: 1.5 steps inside 30 yd ln	6.0 steps behind Front Hash (HS)
5	40	Right: 2.0 steps inside 25 yd ln	2.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps inside 25 yd ln	2.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps inside 25 yd ln	14.0 steps behind Front side line
8	40	Right: 2.0 steps inside 25 yd ln	14.0 steps behind Front side line
9	28	Right: 2.0 steps inside 25 yd ln	14.0 steps behind Front side line
10	30	Right: 2.0 steps inside 35 yd ln	13.0 steps in front of Front Hash (HS)
11	40	Right: 4.0 steps outside 35 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: 4.0 steps outside 35 yd ln	12.0 steps behind Front side line
12	32	Right: 2.25 steps outside 20 yd ln	7.5 steps behind Front Hash (HS)
13	32	Right: 2.0 steps inside 30 yd ln	1.0 steps in front of Back Hash (HS)
14	34	Right: 4.0 steps inside 35 yd ln	0.75 steps in front of Back Hash (HS)
15	18	Right: 1.0 steps inside 45 yd ln	4.0 steps in front of Back Hash (HS)
16	24	Left: 4.0 steps inside 45 yd ln	12.0 steps in front of Back Hash (HS)
17	30	Left: 2.0 steps inside 40 yd ln	10.0 steps behind Front Hash (HS)
18	24	Left: 2.0 steps inside 40 yd ln	10.0 steps behind Front Hash (HS)
19	46	Left: 2.0 steps inside 40 yd ln	10.0 steps behind Front Hash (HS)
20	38	Left: 2.0 steps outside 35 yd ln	11.5 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 2.25 steps outside 45 yd ln	10.0 steps behind Back Hash (HS)
1	28	Right: 2.0 steps inside 35 yd ln	2.0 steps in front of Back Hash (HS)
2	28	Right: 2.0 steps inside 35 yd ln	2.0 steps in front of Back Hash (HS)
3	30	Right: 1.25 steps inside 30 yd ln	3.0 steps in front of Back Hash (HS)
4	36	Right: 1.25 steps inside 30 yd ln	8.0 steps behind Front Hash (HS)
5	40	Right: On 25 yd ln	On Front Hash (HS)
6	16	Right: On 25 yd ln	On Front Hash (HS)
7	16	Right: On 25 yd ln	12.0 steps behind Front side line
8	40	Right: On 25 yd ln	12.0 steps behind Front side line
9	28	Right: On 25 yd ln	12.0 steps behind Front side line
10	30	Right: 1.0 steps outside 35 yd ln	13.0 steps in front of Front Hash (HS)
11	40	Right: On 30 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: On 30 yd ln	12.0 steps behind Front side line
12	32	Right: On 20 yd ln	12.0 steps behind Front Hash (HS)
13	32	Right: On 35 yd ln	On Back Hash (HS)
14	34	Right: On 40 yd ln	5.0 steps in front of Back Hash (HS)
15	18	Right: 1.0 steps outside 50 yd ln	4.0 steps in front of Back Hash (HS)
16	24	Left: On 45 yd ln	12.0 steps behind Front Hash (HS)
17	30	Left: On 45 yd ln	12.0 steps behind Front Hash (HS)
18	24	Left: On 45 yd ln	12.0 steps behind Front Hash (HS)
19	46	Left: On 45 yd ln	12.0 steps behind Front Hash (HS)
20	38	Left: 3.25 steps outside 40 yd ln	9.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 1.75 steps inside 40 yd In	10.0 steps behind Back Hash (HS)
1	28	Right: 2.0 steps outside 35 yd In	2.0 steps in front of Back Hash (HS)
2	28	Right: 2.0 steps outside 35 yd In	2.0 steps in front of Back Hash (HS)
3	30	Right: 1.25 steps inside 30 yd In	1.0 steps in front of Back Hash (HS)
4	36	Right: 1.25 steps inside 30 yd In	10.0 steps behind Front Hash (HS)
5	40	Right: On 35 yd In	12.0 steps in front of Front Hash (HS)
6	16	Right: On 35 yd In	12.0 steps in front of Front Hash (HS)
7	16	Right: On 35 yd In	4.0 steps behind Front Hash (HS)
8	40	Right: On 35 yd In	4.0 steps behind Front Hash (HS)
9	28	Right: 4.0 steps outside 35 yd In	4.0 steps behind Front Hash (HS)
10	30	Right: 1.0 steps outside 35 yd In	7.0 steps behind Front Hash (HS)
11	40	Right: 2.0 steps outside 35 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 35 yd In	8.0 steps behind Front Hash (HS)
12	32	Right: 2.0 steps outside 40 yd In	9.25 steps in front of Front Hash (HS)
13	32	Right: 3.5 steps outside 45 yd In	3.5 steps in front of Front Hash (HS)
14	34	Right: On 40 yd In	11.0 steps behind Front Hash (HS)
15	18	Right: 0.5 steps inside 40 yd In	11.0 steps behind Front Hash (HS)
16	24	Right: On 45 yd In	12.0 steps behind Front Hash (HS)
17	30	Left: 2.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
18	24	Left: 2.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
19	46	Left: 2.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
20	38	Right: 2.5 steps outside 50 yd In	3.0 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 3.75 steps inside 45 yd In	12.0 steps behind Back Hash (HS)
1	28	Right: On 40 yd In	On Back Hash (HS)
2	28	Right: On 40 yd In	On Back Hash (HS)
3	30	Right: 1.5 steps inside 30 yd In	1.0 steps behind Back Hash (HS)
4	36	Right: 1.5 steps inside 30 yd In	12.0 steps behind Front Hash (HS)
5	40	Right: 2.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps outside 35 yd In	2.0 steps behind Front Hash (HS)
8	40	Right: 2.0 steps outside 35 yd In	2.0 steps behind Front Hash (HS)
9	28	Right: 2.0 steps inside 30 yd In	2.0 steps behind Front Hash (HS)
10	30	Right: 1.0 steps outside 35 yd In	4.0 steps behind Front Hash (HS)
11	40	Right: 4.0 steps outside 35 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 35 yd In	On Front Hash (HS)
12	32	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)
13	32	Right: 2.0 steps inside 40 yd In	2.0 steps in front of Front Hash (HS)
14	34	Right: On 40 yd In	14.0 steps in front of Back Hash (HS)
15	18	Right: On 40 yd In	14.0 steps in front of Back Hash (HS)
16	24	Right: 2.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)
17	30	On 50 yd In	8.0 steps behind Front Hash (HS)
18	24	On 50 yd In	8.0 steps behind Front Hash (HS)
19	46	On 50 yd In	8.0 steps behind Front Hash (HS)
20	38	Right: 1.75 steps inside 45 yd In	10.0 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps inside 30 yd In	12.0 steps in front of Front Hash (HS)
1	28	Right: 2.0 steps outside 50 yd In	10.0 steps in front of Front Hash (HS)
2	28	Right: 2.0 steps outside 50 yd In	10.0 steps in front of Front Hash (HS)
3	30	Right: 2.75 steps outside 45 yd In	13.25 steps in front of Front Hash (HS)
4	36	Right: On 45 yd In	On Front side line
5	40	Right: On 35 yd In	4.0 steps behind Front side line
6	16	Right: On 35 yd In	4.0 steps behind Front side line
7	16	Right: On 35 yd In	8.0 steps in front of Front Hash (HS)
8	40	Right: On 35 yd In	8.0 steps in front of Front Hash (HS)
9	28	Right: On 40 yd In	8.0 steps in front of Front Hash (HS)
10	30	Right: On 40 yd In	7.0 steps behind Front Hash (HS)
11	40	Right: On 40 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 40 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 3.0 steps inside 45 yd In	6.0 steps in front of Front Hash (HS)
13	32	Left: 0.5 steps outside 40 yd In	On Front Hash (HS)
14	34	Left: 3.0 steps inside 45 yd In	5.0 steps in front of Front Hash (HS)
15	18	Left: 1.0 steps outside 45 yd In	2.25 steps behind Front Hash (HS)
16	24	Left: 2.0 steps outside 50 yd In	10.0 steps behind Front Hash (HS)
17	30	Left: 2.0 steps outside 50 yd In	10.0 steps behind Front Hash (HS)
18	24	Left: 2.0 steps outside 50 yd In	10.0 steps behind Front Hash (HS)
19	46	Left: 2.0 steps outside 50 yd In	10.0 steps behind Front Hash (HS)
20	38	Right: 1.0 steps inside 45 yd In	12.0 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps outside 30 yd In	12.0 steps in front of Front Hash (HS)
1	28	Right: 2.0 steps inside 45 yd In	10.0 steps in front of Front Hash (HS)
2	28	Right: 2.0 steps inside 45 yd In	10.0 steps in front of Front Hash (HS)
3	30	Right: 3.25 steps inside 40 yd In	13.25 steps in front of Front Hash (HS)
4	36	Right: 2.0 steps outside 45 yd In	On Front side line
5	40	Right: 2.0 steps outside 35 yd In	6.0 steps behind Front side line
6	16	Right: 2.0 steps outside 35 yd In	6.0 steps behind Front side line
7	16	Right: 2.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
8	40	Right: 2.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
9	28	Right: 2.0 steps outside 40 yd In	10.0 steps in front of Front Hash (HS)
10	30	Right: On 40 yd In	4.0 steps behind Front Hash (HS)
11	40	Right: 2.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: On 45 yd In	1.75 steps in front of Front Hash (HS)
13	32	Left: 3.75 steps inside 35 yd In	4.75 steps behind Front Hash (HS)
14	34	Left: 2.75 steps outside 45 yd In	3.0 steps in front of Front Hash (HS)
15	18	Left: 2.75 steps inside 40 yd In	6.5 steps behind Front Hash (HS)
16	24	Right: 2.0 steps outside 50 yd In	14.0 steps in front of Back Hash (HS)
17	30	Left: On 45 yd In	8.0 steps behind Front Hash (HS)
18	24	Left: On 45 yd In	8.0 steps behind Front Hash (HS)
19	46	Left: On 45 yd In	8.0 steps behind Front Hash (HS)
20	38	Left: 1.0 steps outside 35 yd In	13.25 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps inside 25 yd In	12.0 steps in front of Front Hash (HS)
1	28	Right: 2.0 steps outside 45 yd In	10.0 steps in front of Front Hash (HS)
2	28	Right: 2.0 steps outside 45 yd In	10.0 steps in front of Front Hash (HS)
3	30	Right: 1.25 steps inside 40 yd In	13.0 steps in front of Front Hash (HS)
4	36	Right: 4.0 steps outside 45 yd In	On Front side line
5	40	Right: 4.0 steps outside 35 yd In	8.0 steps behind Front side line
6	16	Right: 4.0 steps outside 35 yd In	8.0 steps behind Front side line
7	16	Right: 4.0 steps outside 35 yd In	12.0 steps in front of Front Hash (HS)
8	40	Right: 4.0 steps outside 35 yd In	12.0 steps in front of Front Hash (HS)
9	28	Right: 4.0 steps outside 40 yd In	12.0 steps in front of Front Hash (HS)
10	30	Right: On 40 yd In	1.0 steps behind Front Hash (HS)
11	40	Right: 2.0 steps outside 40 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 40 yd In	On Front Hash (HS)
12	32	Left: 3.25 steps outside 50 yd In	7.5 steps in front of Front Hash (HS)
13	32	Left: 1.75 steps inside 40 yd In	2.0 steps in front of Front Hash (HS)
14	34	Left: 2.0 steps outside 50 yd In	5.0 steps in front of Front Hash (HS)
15	18	Left: 1.5 steps inside 45 yd In	0.75 steps behind Front Hash (HS)
16	24	Left: 4.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
17	30	Left: 4.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
18	24	Left: 4.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
19	46	Left: 4.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
20	38	Right: 3.75 steps outside 50 yd In	4.5 steps behind Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 35 yd In	14.0 steps behind Front side line
1	28	On 50 yd In	12.0 steps in front of Front Hash (HS)
2	28	On 50 yd In	12.0 steps in front of Front Hash (HS)
3	30	Right: 0.75 steps outside 40 yd In	12.5 steps in front of Front Hash (HS)
4	36	Right: 2.0 steps inside 40 yd In	On Front side line
5	40	Right: 2.0 steps inside 30 yd In	10.0 steps behind Front side line
6	16	Right: 2.0 steps inside 30 yd In	10.0 steps behind Front side line
7	16	Right: 2.0 steps inside 30 yd In	14.0 steps behind Front side line
8	40	Right: 2.0 steps inside 30 yd In	14.0 steps behind Front side line
9	28	Right: 2.0 steps inside 35 yd In	14.0 steps behind Front side line
10	30	Right: On 40 yd In	2.0 steps in front of Front Hash (HS)
11	40	Right: On 40 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 40 yd In	On Front Hash (HS)
12	32	Left: 1.5 steps inside 45 yd In	4.0 steps in front of Front Hash (HS)
13	32	Left: 2.5 steps outside 40 yd In	2.25 steps behind Front Hash (HS)
14	34	Left: On 45 yd In	4.25 steps in front of Front Hash (HS)
15	18	Left: 3.5 steps outside 45 yd In	4.25 steps behind Front Hash (HS)
16	24	On 50 yd In	12.0 steps behind Front Hash (HS)
17	30	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
18	24	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
19	46	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
20	38	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: On 30 yd In	14.0 steps behind Front side line
1	28	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Front Hash (HS)
2	28	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Front Hash (HS)
3	30	Right: 2.5 steps outside 40 yd In	12.0 steps in front of Front Hash (HS)
4	36	Right: On 40 yd In	On Front side line
5	40	Right: On 30 yd In	12.0 steps behind Front side line
6	16	Right: On 30 yd In	12.0 steps behind Front side line
7	16	Right: On 30 yd In	12.0 steps behind Front side line
8	40	Right: On 30 yd In	12.0 steps behind Front side line
9	28	Right: On 35 yd In	12.0 steps behind Front side line
10	30	Right: 3.0 steps inside 40 yd In	9.0 steps behind Front side line
11	40	Right: 2.0 steps outside 40 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 40 yd In	4.0 steps behind Front side line
12	32	Right: 1.75 steps inside 25 yd In	1.25 steps behind Front side line
13	32	Right: 1.25 steps outside 20 yd In	11.25 steps in front of Front Hash (HS)
14	34	Right: 2.25 steps inside 20 yd In	6.25 steps behind Front Hash (HS)
15	18	Right: 3.0 steps outside 25 yd In	12.0 steps behind Front Hash (HS)
16	24	Right: 4.0 steps outside 35 yd In	4.0 steps in front of Back Hash (HS)
17	30	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
18	24	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
19	46	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
20	38	Right: 2.25 steps inside 45 yd In	5.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 30 yd In	14.0 steps behind Front side line
1	28	Right: On 45 yd In	12.0 steps in front of Front Hash (HS)
2	28	Right: On 45 yd In	12.0 steps in front of Front Hash (HS)
3	30	Right: 3.5 steps inside 35 yd In	11.25 steps in front of Front Hash (HS)
4	36	Right: 2.0 steps outside 40 yd In	0.25 steps behind Front side line
5	40	Right: 2.0 steps outside 30 yd In	14.0 steps behind Front side line
6	16	Right: 2.0 steps outside 30 yd In	14.0 steps behind Front side line
7	16	Right: 2.0 steps outside 30 yd In	10.0 steps behind Front side line
8	40	Right: 2.0 steps outside 30 yd In	10.0 steps behind Front side line
9	28	Right: 2.0 steps outside 35 yd In	10.0 steps behind Front side line
10	30	Right: On 40 yd In	9.0 steps behind Front side line
11	40	Right: 2.0 steps inside 35 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps inside 35 yd In	4.0 steps behind Front side line
12	32	Right: 2.25 steps outside 25 yd In	4.0 steps behind Front side line
13	32	Right: 2.75 steps outside 20 yd In	5.5 steps in front of Front Hash (HS)
14	34	Right: On 20 yd In	11.75 steps behind Front Hash (HS)
15	18	Right: 3.0 steps outside 25 yd In	10.0 steps in front of Back Hash (HS)
16	24	Right: On 35 yd In	4.0 steps in front of Back Hash (HS)
17	30	On 50 yd In	12.0 steps in front of Back Hash (HS)
18	24	On 50 yd In	12.0 steps in front of Back Hash (HS)
19	46	On 50 yd In	12.0 steps in front of Back Hash (HS)
20	38	Left: 2.25 steps outside 50 yd In	3.5 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 1.75 steps outside 35 yd In	12.0 steps behind Front side line
1	28	Left: 2.0 steps outside 50 yd In	14.0 steps behind Front side line
2	28	Left: 2.0 steps outside 50 yd In	14.0 steps behind Front side line
3	30	Right: 1.75 steps inside 35 yd In	10.5 steps in front of Front Hash (HS)
4	36	Right: 4.0 steps inside 35 yd In	0.25 steps behind Front side line
5	40	Right: 4.0 steps outside 30 yd In	12.0 steps in front of Front Hash (HS)
6	16	Right: 4.0 steps outside 30 yd In	12.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 30 yd In	8.0 steps behind Front side line
8	40	Right: 4.0 steps outside 30 yd In	8.0 steps behind Front side line
9	28	Right: 4.0 steps outside 35 yd In	8.0 steps behind Front side line
10	30	Right: 3.0 steps outside 40 yd In	9.0 steps behind Front side line
11	40	Right: 2.0 steps outside 35 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 35 yd In	4.0 steps behind Front side line
12	32	Right: 2.5 steps inside 20 yd In	7.5 steps behind Front side line
13	32	Right: 3.0 steps outside 20 yd In	0.5 steps behind Front Hash (HS)
14	34	Right: On 20 yd In	10.5 steps in front of Back Hash (HS)
15	18	Right: 3.0 steps outside 25 yd In	4.0 steps in front of Back Hash (HS)
16	24	Right: 4.0 steps outside 40 yd In	4.0 steps in front of Back Hash (HS)
17	30	On 50 yd In	4.0 steps in front of Back Hash (HS)
18	24	On 50 yd In	4.0 steps in front of Back Hash (HS)
19	46	On 50 yd In	4.0 steps in front of Back Hash (HS)
20	38	Right: 4.0 steps outside 50 yd In	4.5 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps inside 30 yd In	12.0 steps behind Front side line
1	28	Right: 2.0 steps outside 50 yd In	14.0 steps behind Front side line
2	28	Right: 2.0 steps outside 50 yd In	14.0 steps behind Front side line
3	30	Right: On 35 yd In	9.5 steps in front of Front Hash (HS)
4	36	Right: 2.0 steps inside 35 yd In	0.75 steps behind Front side line
5	40	Right: 2.0 steps inside 25 yd In	10.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps inside 25 yd In	10.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps inside 25 yd In	6.0 steps behind Front side line
8	40	Right: 2.0 steps inside 25 yd In	6.0 steps behind Front side line
9	28	Right: 2.0 steps inside 30 yd In	6.0 steps behind Front side line
10	30	Right: 2.0 steps inside 35 yd In	9.0 steps behind Front side line
11	40	Right: 2.0 steps inside 30 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps inside 30 yd In	4.0 steps behind Front side line
12	32	Right: 0.5 steps outside 20 yd In	11.75 steps behind Front side line
13	32	Right: 2.0 steps outside 20 yd In	6.5 steps behind Front Hash (HS)
14	34	Right: 2.25 steps inside 20 yd In	5.0 steps in front of Back Hash (HS)
15	18	Right: 3.25 steps inside 25 yd In	4.0 steps in front of Back Hash (HS)
16	24	Right: On 40 yd In	4.0 steps in front of Back Hash (HS)
17	30	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
18	24	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
19	46	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
20	38	Left: 3.75 steps inside 45 yd In	3.5 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps outside 30 yd In	12.0 steps behind Front side line
1	28	Right: 2.0 steps inside 45 yd In	14.0 steps behind Front side line
2	28	Right: 2.0 steps inside 45 yd In	14.0 steps behind Front side line
3	30	Right: 1.75 steps outside 35 yd In	8.5 steps in front of Front Hash (HS)
4	36	Right: On 35 yd In	1.5 steps behind Front side line
5	40	Right: On 25 yd In	8.0 steps in front of Front Hash (HS)
6	16	Right: On 25 yd In	8.0 steps in front of Front Hash (HS)
7	16	Right: On 25 yd In	4.0 steps behind Front side line
8	40	Right: On 25 yd In	4.0 steps behind Front side line
9	28	Right: On 30 yd In	4.0 steps behind Front side line
10	30	Right: 1.0 steps outside 35 yd In	9.0 steps behind Front side line
11	40	Right: 2.0 steps outside 30 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 30 yd In	4.0 steps behind Front side line
12	32	Right: 2.5 steps outside 20 yd In	11.75 steps in front of Front Hash (HS)
13	32	Right: On 20 yd In	12.0 steps behind Front Hash (HS)
14	34	Right: 1.75 steps outside 25 yd In	1.0 steps in front of Back Hash (HS)
15	18	Right: 1.25 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
16	24	Right: 4.0 steps outside 45 yd In	4.0 steps in front of Back Hash (HS)
17	30	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Back Hash (HS)
18	24	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Back Hash (HS)
19	46	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Back Hash (HS)
20	38	Left: 0.25 steps outside 45 yd In	4.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps inside 25 yd In	12.0 steps behind Front side line
1	28	Right: 2.0 steps outside 45 yd In	14.0 steps behind Front side line
2	28	Right: 2.0 steps outside 45 yd In	14.0 steps behind Front side line
3	30	Right: 3.25 steps outside 35 yd In	7.25 steps in front of Front Hash (HS)
4	36	Right: 1.75 steps outside 35 yd In	2.25 steps behind Front side line
5	40	Right: On 35 yd In	On Front side line
6	16	Right: On 35 yd In	On Front side line
7	16	Right: On 35 yd In	12.0 steps in front of Front Hash (HS)
8	40	Right: On 35 yd In	12.0 steps in front of Front Hash (HS)
9	28	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Front Hash (HS)
10	30	Right: 3.0 steps inside 40 yd In	7.0 steps behind Front Hash (HS)
11	40	Right: 4.0 steps outside 45 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 45 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 1.75 steps outside 45 yd In	2.75 steps behind Front Hash (HS)
13	32	Left: 1.25 steps inside 35 yd In	10.0 steps behind Front Hash (HS)
14	34	Left: On 40 yd In	0.5 steps behind Front Hash (HS)
15	18	Left: 0.25 steps inside 40 yd In	12.0 steps behind Front Hash (HS)
16	24	Right: 2.0 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)
17	30	Left: 4.0 steps inside 45 yd In	12.0 steps behind Front Hash (HS)
18	24	Left: 4.0 steps inside 45 yd In	12.0 steps behind Front Hash (HS)
19	46	Left: 4.0 steps inside 45 yd In	12.0 steps behind Front Hash (HS)
20	38	Left: 3.75 steps inside 40 yd In	5.25 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 20 yd ln	4.0 steps behind Back Hash (HS)
1	28	Right: On 30 yd ln	14.0 steps in front of Back Hash (HS)
2	28	Right: On 30 yd ln	14.0 steps in front of Back Hash (HS)
3	30	Right: 3.25 steps inside 30 yd ln	6.0 steps in front of Front Hash (HS)
4	36	Right: 3.25 steps outside 35 yd ln	3.5 steps behind Front side line
5	40	Right: 2.0 steps outside 35 yd ln	2.0 steps behind Front side line
6	16	Right: 2.0 steps outside 35 yd ln	2.0 steps behind Front side line
7	16	Right: 2.0 steps outside 35 yd ln	14.0 steps behind Front side line
8	40	Right: 2.0 steps outside 35 yd ln	14.0 steps behind Front side line
9	28	Right: 2.0 steps inside 40 yd ln	14.0 steps behind Front side line
10	30	Right: 3.0 steps inside 40 yd ln	4.0 steps behind Front Hash (HS)
11	40	Right: 2.0 steps outside 45 yd ln	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 45 yd ln	8.0 steps behind Front Hash (HS)
12	32	Left: 2.25 steps outside 45 yd ln	7.75 steps behind Front Hash (HS)
13	32	Left: On 35 yd ln	12.0 steps in front of Back Hash (HS)
14	34	Left: 4.0 steps inside 35 yd ln	5.0 steps behind Front Hash (HS)
15	18	Left: On 40 yd ln	10.0 steps in front of Back Hash (HS)
16	24	Left: 2.0 steps outside 45 yd ln	10.0 steps behind Front Hash (HS)
17	30	Left: 2.0 steps outside 45 yd ln	10.0 steps behind Front Hash (HS)
18	24	Left: 2.0 steps outside 45 yd ln	10.0 steps behind Front Hash (HS)
19	46	Left: 2.0 steps outside 45 yd ln	10.0 steps behind Front Hash (HS)
20	38	Left: 0.25 steps inside 35 yd ln	13.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 0.25 steps outside 15 yd ln	4.0 steps behind Back Hash (HS)
1	28	Right: 4.0 steps outside 30 yd ln	14.0 steps in front of Back Hash (HS)
2	28	Right: 4.0 steps outside 30 yd ln	14.0 steps in front of Back Hash (HS)
3	30	Right: 1.75 steps inside 30 yd ln	4.75 steps in front of Front Hash (HS)
4	36	Right: 3.25 steps inside 30 yd ln	4.75 steps behind Front side line
5	40	Right: 4.0 steps outside 35 yd ln	4.0 steps behind Front side line
6	16	Right: 4.0 steps outside 35 yd ln	4.0 steps behind Front side line
7	16	Right: 4.0 steps outside 35 yd ln	12.0 steps behind Front side line
8	40	Right: 4.0 steps outside 35 yd ln	12.0 steps behind Front side line
9	28	Right: On 40 yd ln	12.0 steps behind Front side line
10	30	Right: 3.0 steps inside 40 yd ln	1.0 steps behind Front Hash (HS)
11	40	Right: 2.0 steps inside 40 yd ln	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps inside 40 yd ln	On Front Hash (HS)
12	32	Left: 1.0 steps outside 45 yd ln	0.5 steps behind Front Hash (HS)
13	32	Left: 2.25 steps inside 35 yd ln	7.25 steps behind Front Hash (HS)
14	34	Left: 2.5 steps inside 40 yd ln	1.25 steps in front of Front Hash (HS)
15	18	Left: 1.25 steps inside 40 yd ln	9.25 steps behind Front Hash (HS)
16	24	Right: 4.0 steps outside 50 yd ln	12.0 steps in front of Back Hash (HS)
17	30	Left: 2.0 steps inside 45 yd ln	10.0 steps behind Front Hash (HS)
18	24	Left: 2.0 steps inside 45 yd ln	10.0 steps behind Front Hash (HS)
19	46	Left: 2.0 steps inside 45 yd ln	10.0 steps behind Front Hash (HS)
20	38	Left: 3.25 steps inside 35 yd ln	10.25 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 3.75 steps inside 10 yd ln	4.0 steps behind Back Hash (HS)
1	28	Right: On 25 yd ln	14.0 steps in front of Back Hash (HS)
2	28	Right: On 25 yd ln	14.0 steps in front of Back Hash (HS)
3	30	Right: 0.5 steps inside 30 yd ln	3.25 steps in front of Front Hash (HS)
4	36	Right: 1.75 steps inside 30 yd ln	6.25 steps behind Front side line
5	40	Right: 2.0 steps inside 30 yd ln	6.0 steps behind Front side line
6	16	Right: 2.0 steps inside 30 yd ln	6.0 steps behind Front side line
7	16	Right: 2.0 steps inside 30 yd ln	10.0 steps behind Front side line
8	40	Right: 2.0 steps inside 30 yd ln	10.0 steps behind Front side line
9	28	Right: 2.0 steps outside 40 yd ln	10.0 steps behind Front side line
10	30	Right: 3.0 steps inside 40 yd ln	2.0 steps in front of Front Hash (HS)
11	40	Right: 4.0 steps outside 45 yd ln	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 45 yd ln	On Front Hash (HS)
12	32	Left: 2.0 steps outside 45 yd ln	5.25 steps behind Front Hash (HS)
13	32	Left: 0.5 steps inside 35 yd ln	13.0 steps behind Front Hash (HS)
14	34	Left: 2.25 steps outside 40 yd ln	2.5 steps behind Front Hash (HS)
15	18	Left: 0.25 steps outside 40 yd ln	13.0 steps in front of Back Hash (HS)
16	24	Left: 4.0 steps inside 40 yd ln	8.0 steps behind Front Hash (HS)
17	30	Left: 4.0 steps inside 40 yd ln	8.0 steps behind Front Hash (HS)
18	24	Left: 4.0 steps inside 40 yd ln	8.0 steps behind Front Hash (HS)
19	46	Left: 4.0 steps inside 40 yd ln	8.0 steps behind Front Hash (HS)
20	38	Left: 3.25 steps outside 35 yd ln	9.75 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 0.25 steps outside 10 yd ln	4.0 steps behind Back Hash (HS)
1	28	Right: 4.0 steps outside 25 yd ln	14.0 steps in front of Back Hash (HS)
2	28	Right: 4.0 steps outside 25 yd ln	14.0 steps in front of Back Hash (HS)
3	30	Right: 0.75 steps outside 30 yd ln	1.5 steps in front of Front Hash (HS)
4	36	Right: 0.5 steps inside 30 yd ln	7.75 steps behind Front side line
5	40	Right: On 30 yd ln	8.0 steps behind Front side line
6	16	Right: On 30 yd ln	8.0 steps behind Front side line
7	16	Right: On 30 yd ln	8.0 steps behind Front side line
8	40	Right: On 30 yd ln	8.0 steps behind Front side line
9	28	Right: 4.0 steps outside 40 yd ln	8.0 steps behind Front side line
10	30	Right: 3.0 steps inside 40 yd ln	6.0 steps behind Front side line
11	40	Right: On 40 yd ln	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 40 yd ln	4.0 steps behind Front side line
12	32	Right: 4.0 steps outside 30 yd ln	On Front side line
13	32	Right: On 20 yd ln	14.0 steps behind Front side line
14	34	Right: 4.0 steps outside 25 yd ln	4.0 steps behind Front Hash (HS)
15	18	Right: 3.0 steps outside 25 yd ln	9.0 steps behind Front Hash (HS)
16	24	Right: 2.0 steps inside 30 yd ln	4.0 steps in front of Back Hash (HS)
17	30	Right: 2.0 steps inside 45 yd ln	6.0 steps in front of Back Hash (HS)
18	24	Right: 2.0 steps inside 45 yd ln	6.0 steps in front of Back Hash (HS)
19	46	Right: 2.0 steps inside 45 yd ln	6.0 steps in front of Back Hash (HS)
20	38	Right: 1.5 steps outside 45 yd ln	6.5 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 1.75 steps inside 15 yd In	6.0 steps behind Back Hash (HS)
1	28	Right: 2.0 steps outside 30 yd In	12.0 steps in front of Back Hash (HS)
2	28	Right: 2.0 steps outside 30 yd In	12.0 steps in front of Back Hash (HS)
3	30	Right: 2.0 steps outside 30 yd In	On Front Hash (HS)
4	36	Right: 0.75 steps outside 30 yd In	9.5 steps behind Front side line
5	40	Right: 2.0 steps outside 30 yd In	10.0 steps behind Front side line
6	16	Right: 2.0 steps outside 30 yd In	10.0 steps behind Front side line
7	16	Right: 2.0 steps outside 30 yd In	6.0 steps behind Front side line
8	40	Right: 2.0 steps outside 30 yd In	6.0 steps behind Front side line
9	28	Right: 2.0 steps inside 35 yd In	6.0 steps behind Front side line
10	30	Right: On 40 yd In	6.0 steps behind Front side line
11	40	Right: 4.0 steps outside 40 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 40 yd In	4.0 steps behind Front side line
12	32	Right: 0.25 steps outside 25 yd In	2.5 steps behind Front side line
13	32	Right: 2.0 steps outside 20 yd In	8.5 steps in front of Front Hash (HS)
14	34	Right: 0.75 steps inside 20 yd In	8.75 steps behind Front Hash (HS)
15	18	Right: 3.0 steps outside 25 yd In	13.0 steps in front of Back Hash (HS)
16	24	Right: 2.0 steps outside 35 yd In	4.0 steps in front of Back Hash (HS)
17	30	Right: 2.0 steps outside 50 yd In	10.0 steps in front of Back Hash (HS)
18	24	Right: 2.0 steps outside 50 yd In	10.0 steps in front of Back Hash (HS)
19	46	Right: 2.0 steps outside 50 yd In	10.0 steps in front of Back Hash (HS)
20	38	Right: 2.0 steps outside 50 yd In	4.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.25 steps outside 15 yd In	6.0 steps behind Back Hash (HS)
1	28	Right: 2.0 steps inside 25 yd In	12.0 steps in front of Back Hash (HS)
2	28	Right: 2.0 steps inside 25 yd In	12.0 steps in front of Back Hash (HS)
3	30	Right: 3.0 steps outside 30 yd In	1.75 steps behind Front Hash (HS)
4	36	Right: 2.0 steps outside 30 yd In	11.0 steps behind Front side line
5	40	Right: 4.0 steps outside 30 yd In	12.0 steps behind Front side line
6	16	Right: 4.0 steps outside 30 yd In	12.0 steps behind Front side line
7	16	Right: 4.0 steps outside 30 yd In	4.0 steps behind Front side line
8	40	Right: 4.0 steps outside 30 yd In	4.0 steps behind Front side line
9	28	Right: On 35 yd In	4.0 steps behind Front side line
10	30	Right: 3.0 steps outside 40 yd In	6.0 steps behind Front side line
11	40	Right: On 35 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 35 yd In	4.0 steps behind Front side line
12	32	Right: 4.0 steps outside 25 yd In	5.75 steps behind Front side line
13	32	Right: 3.0 steps outside 20 yd In	2.5 steps in front of Front Hash (HS)
14	34	Right: 0.25 steps outside 20 yd In	13.25 steps in front of Back Hash (HS)
15	18	Right: 3.0 steps outside 25 yd In	7.0 steps in front of Back Hash (HS)
16	24	Right: 2.0 steps inside 35 yd In	4.0 steps in front of Back Hash (HS)
17	30	Right: 2.0 steps outside 50 yd In	2.0 steps in front of Back Hash (HS)
18	24	Right: 2.0 steps outside 50 yd In	2.0 steps in front of Back Hash (HS)
19	46	Right: 2.0 steps outside 50 yd In	2.0 steps in front of Back Hash (HS)
20	38	Right: 0.25 steps inside 45 yd In	5.75 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 1.75 steps inside 10 yd In	6.0 steps behind Back Hash (HS)
1	28	Right: 2.0 steps outside 25 yd In	12.0 steps in front of Back Hash (HS)
2	28	Right: 2.0 steps outside 25 yd In	12.0 steps in front of Back Hash (HS)
3	30	Right: 3.75 steps outside 30 yd In	3.5 steps behind Front Hash (HS)
4	36	Right: 3.0 steps outside 30 yd In	12.75 steps behind Front side line
5	40	Right: 2.0 steps inside 25 yd In	14.0 steps behind Front side line
6	16	Right: 2.0 steps inside 25 yd In	14.0 steps behind Front side line
7	16	Right: 2.0 steps inside 25 yd In	2.0 steps behind Front side line
8	40	Right: 2.0 steps inside 25 yd In	2.0 steps behind Front side line
9	28	Right: 2.0 steps outside 35 yd In	2.0 steps behind Front side line
10	30	Right: 2.0 steps inside 35 yd In	6.0 steps behind Front side line
11	40	Right: 4.0 steps outside 35 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 35 yd In	4.0 steps behind Front side line
12	32	Right: 1.0 steps inside 20 yd In	9.5 steps behind Front side line
13	32	Right: 2.75 steps outside 20 yd In	3.5 steps behind Front Hash (HS)
14	34	Right: 0.75 steps inside 20 yd In	7.5 steps in front of Back Hash (HS)
15	18	Right: On 25 yd In	4.0 steps in front of Back Hash (HS)
16	24	Right: 2.0 steps outside 40 yd In	4.0 steps in front of Back Hash (HS)
17	30	Left: 2.0 steps outside 50 yd In	6.0 steps in front of Back Hash (HS)
18	24	Left: 2.0 steps outside 50 yd In	6.0 steps in front of Back Hash (HS)
19	46	Left: 2.0 steps outside 50 yd In	6.0 steps in front of Back Hash (HS)
20	38	Left: 0.25 steps outside 50 yd In	3.75 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 3.75 steps inside 15 yd In	8.0 steps behind Back Hash (HS)
1	28	Right: On 30 yd In	10.0 steps in front of Back Hash (HS)
2	28	Right: On 30 yd In	10.0 steps in front of Back Hash (HS)
3	30	Right: 3.5 steps inside 25 yd In	5.5 steps behind Front Hash (HS)
4	36	Right: 4.0 steps inside 25 yd In	13.5 steps in front of Front Hash (HS)
5	40	Right: On 25 yd In	12.0 steps in front of Front Hash (HS)
6	16	Right: On 25 yd In	12.0 steps in front of Front Hash (HS)
7	16	Right: On 25 yd In	On Front side line
8	40	Right: On 25 yd In	On Front side line
9	28	Right: 4.0 steps outside 35 yd In	On Front side line
10	30	Right: 1.0 steps outside 35 yd In	6.0 steps behind Front side line
11	40	Right: On 30 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 30 yd In	4.0 steps behind Front side line
12	32	Right: 1.5 steps outside 20 yd In	14.0 steps behind Front side line
13	32	Right: 1.25 steps outside 20 yd In	9.25 steps behind Front Hash (HS)
14	34	Right: 3.75 steps outside 25 yd In	2.75 steps in front of Back Hash (HS)
15	18	Right: 1.75 steps outside 30 yd In	4.0 steps in front of Back Hash (HS)
16	24	Right: 2.0 steps inside 40 yd In	4.0 steps in front of Back Hash (HS)
17	30	Left: 2.0 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)
18	24	Left: 2.0 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)
19	46	Left: 2.0 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)
20	38	Left: 2.25 steps outside 45 yd In	4.5 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 0.25 steps outside 15 yd In	8.0 steps behind Back Hash (HS)
1	28	Right: 4.0 steps outside 30 yd In	10.0 steps in front of Back Hash (HS)
2	28	Right: 4.0 steps outside 30 yd In	10.0 steps in front of Back Hash (HS)
3	30	Right: 2.75 steps inside 25 yd In	7.25 steps behind Front Hash (HS)
4	36	Right: 3.0 steps inside 25 yd In	11.75 steps in front of Front Hash (HS)
5	40	Right: On 25 yd In	4.0 steps in front of Front Hash (HS)
6	16	Right: On 25 yd In	4.0 steps in front of Front Hash (HS)
7	16	Right: On 25 yd In	8.0 steps behind Front side line
8	40	Right: On 25 yd In	8.0 steps behind Front side line
9	28	Right: 4.0 steps outside 30 yd In	8.0 steps behind Front side line
10	30	Right: 1.0 steps outside 35 yd In	12.0 steps behind Front side line
11	40	Right: 2.0 steps inside 30 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps inside 30 yd In	12.0 steps behind Front side line
12	32	Right: 1.25 steps outside 20 yd In	9.75 steps behind Front Hash (HS)
13	32	Right: 3.0 steps outside 35 yd In	0.25 steps in front of Back Hash (HS)
14	34	Right: 2.0 steps outside 40 yd In	2.75 steps in front of Back Hash (HS)
15	18	Right: 4.0 steps outside 50 yd In	4.0 steps in front of Back Hash (HS)
16	24	Left: 2.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)
17	30	Left: 2.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)
18	24	Left: 2.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)
19	46	Left: 2.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)
20	38	Left: 2.0 steps inside 40 yd In	6.0 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 3.75 steps inside 45 yd In	9.25 steps in front of Back Hash (HS)
1	28	Right: 0.75 steps outside 50 yd In	0.25 steps in front of Back Hash (HS)
2	28	Right: 0.75 steps outside 50 yd In	0.25 steps in front of Back Hash (HS)
3	30	Left: 1.0 steps inside 45 yd In	On Back Hash (HS)
4	36	Left: 1.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
5	40	Right: On 45 yd In	4.0 steps behind Front Hash (HS)
6	16	Right: On 45 yd In	4.0 steps behind Front Hash (HS)
7	16	Right: On 45 yd In	8.0 steps in front of Back Hash (HS)
8	40	Right: On 45 yd In	8.0 steps in front of Back Hash (HS)
9	28	Left: On 45 yd In	8.0 steps in front of Back Hash (HS)
10	30	Left: 2.0 steps inside 40 yd In	6.0 steps in front of Back Hash (HS)
11	40	Left: On 40 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 40 yd In	8.0 steps in front of Back Hash (HS)
12	32	Left: On 30 yd In	12.0 steps behind Front Hash (HS)
13	32	Left: 4.0 steps inside 30 yd In	8.0 steps behind Back Hash (HS)
14	34	Left: 2.0 steps outside 30 yd In	4.0 steps behind Back Hash (HS)
15	18	Left: 1.25 steps outside 35 yd In	3.0 steps behind Back Hash (HS)
16	24	Left: 3.0 steps inside 35 yd In	8.0 steps behind Back Hash (HS)
17	30	Left: 3.0 steps outside 50 yd In	8.0 steps behind Back Hash (HS)
18	24	Left: 3.0 steps outside 50 yd In	8.0 steps behind Back Hash (HS)
19	46	Left: 3.0 steps outside 50 yd In	8.0 steps behind Back Hash (HS)
20	38	Left: 3.0 steps inside 40 yd In	11.5 steps in front of Back side line

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.5 steps inside 45 yd In	4.0 steps in front of Back Hash (HS)
1	28	Right: 2.75 steps inside 45 yd In	3.0 steps in front of Back Hash (HS)
2	28	Right: 2.75 steps inside 45 yd In	3.0 steps in front of Back Hash (HS)
3	30	Left: 1.0 steps outside 50 yd In	On Back Hash (HS)
4	36	Left: 1.0 steps outside 50 yd In	8.0 steps behind Front Hash (HS)
5	40	Right: On 40 yd In	4.0 steps behind Front Hash (HS)
6	16	Right: On 40 yd In	4.0 steps behind Front Hash (HS)
7	16	Right: On 40 yd In	8.0 steps in front of Back Hash (HS)
8	40	Right: On 40 yd In	8.0 steps in front of Back Hash (HS)
9	28	On 50 yd In	8.0 steps in front of Back Hash (HS)
10	30	Left: 2.0 steps outside 45 yd In	6.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps inside 40 yd In	10.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 40 yd In	10.0 steps in front of Back Hash (HS)
12	32	Left: 3.0 steps inside 30 yd In	12.0 steps behind Front Hash (HS)
13	32	Left: 1.0 steps outside 35 yd In	8.0 steps behind Back Hash (HS)
14	34	Left: 1.5 steps outside 30 yd In	7.0 steps behind Back Hash (HS)
15	18	Left: 0.25 steps outside 35 yd In	5.75 steps behind Back Hash (HS)
16	24	Left: 2.0 steps outside 40 yd In	8.0 steps behind Back Hash (HS)
17	30	On 50 yd In	8.0 steps behind Back Hash (HS)
18	24	On 50 yd In	8.0 steps behind Back Hash (HS)
19	46	On 50 yd In	8.0 steps behind Back Hash (HS)
20	38	Left: 2.5 steps outside 45 yd In	9.75 steps in front of Back side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 3.75 steps inside 45 yd In	1.75 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps inside 45 yd In	5.75 steps in front of Back Hash (HS)
2	28	Right: 2.0 steps inside 45 yd In	5.75 steps in front of Back Hash (HS)
3	30	Right: 2.0 steps outside 50 yd In	On Back Hash (HS)
4	36	Right: 2.0 steps outside 50 yd In	8.0 steps behind Front Hash (HS)
5	40	Right: 4.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
6	16	Right: 4.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
7	16	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
8	40	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
9	28	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
10	30	Left: On 45 yd In	4.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps outside 45 yd In	10.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 45 yd In	10.0 steps in front of Back Hash (HS)
12	32	Left: 2.0 steps outside 35 yd In	12.0 steps behind Front Hash (HS)
13	32	Left: 2.0 steps inside 35 yd In	8.0 steps behind Back Hash (HS)
14	34	Left: 0.25 steps outside 30 yd In	9.75 steps behind Back Hash (HS)
15	18	Left: 1.0 steps inside 35 yd In	8.5 steps behind Back Hash (HS)
16	24	Left: 1.0 steps inside 40 yd In	8.0 steps behind Back Hash (HS)
17	30	Right: 3.0 steps outside 50 yd In	8.0 steps behind Back Hash (HS)
18	24	Right: 3.0 steps outside 50 yd In	8.0 steps behind Back Hash (HS)
19	46	Right: 3.0 steps outside 50 yd In	8.0 steps behind Back Hash (HS)
20	38	Left: 0.25 steps inside 45 yd In	8.5 steps in front of Back side line

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.5 steps inside 45 yd In	6.75 steps in front of Back Hash (HS)
1	28	Right: 3.5 steps outside 50 yd In	1.0 steps in front of Back Hash (HS)
2	28	Right: 3.5 steps outside 50 yd In	1.0 steps in front of Back Hash (HS)
3	30	Left: 4.0 steps inside 45 yd In	On Back Hash (HS)
4	36	Left: 4.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
5	40	Right: 4.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
6	16	Right: 4.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
7	16	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
8	40	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
9	28	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
10	30	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Back Hash (HS)
11	40	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
12	32	Left: 1.0 steps inside 35 yd In	12.0 steps behind Front Hash (HS)
13	32	Left: 3.0 steps outside 40 yd In	8.0 steps behind Back Hash (HS)
14	34	Left: 1.0 steps inside 30 yd In	12.5 steps behind Back Hash (HS)
15	18	Left: 3.0 steps inside 35 yd In	11.0 steps behind Back Hash (HS)
16	24	Left: 4.0 steps inside 40 yd In	8.0 steps behind Back Hash (HS)
17	30	Right: 2.0 steps inside 45 yd In	8.0 steps behind Back Hash (HS)
18	24	Right: 2.0 steps inside 45 yd In	8.0 steps behind Back Hash (HS)
19	46	Right: 2.0 steps inside 45 yd In	8.0 steps behind Back Hash (HS)
20	38	Left: 3.25 steps inside 45 yd In	7.75 steps in front of Back side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 50 yd In	11.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps outside 50 yd In	0.5 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps outside 50 yd In	0.5 steps in front of Back Hash (HS)
3	30	Left: 2.0 steps outside 45 yd In	On Back Hash (HS)
4	36	Left: 2.0 steps outside 45 yd In	8.0 steps behind Front Hash (HS)
5	40	Right: 4.0 steps outside 50 yd In	4.0 steps behind Front Hash (HS)
6	16	Right: 4.0 steps outside 50 yd In	4.0 steps behind Front Hash (HS)
7	16	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
8	40	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
9	28	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
10	30	Left: On 40 yd In	4.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps inside 40 yd In	6.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 40 yd In	6.0 steps in front of Back Hash (HS)
12	32	Left: 4.0 steps inside 35 yd In	12.0 steps behind Front Hash (HS)
13	32	Left: On 40 yd In	8.0 steps behind Back Hash (HS)
14	34	Left: 3.0 steps inside 30 yd In	13.0 steps in front of Back side line
15	18	Left: 3.0 steps outside 40 yd In	13.0 steps behind Back Hash (HS)
16	24	Left: 1.0 steps outside 45 yd In	8.0 steps behind Back Hash (HS)
17	30	Right: 1.0 steps outside 45 yd In	8.0 steps behind Back Hash (HS)
18	24	Right: 1.0 steps outside 45 yd In	8.0 steps behind Back Hash (HS)
19	46	Right: 1.0 steps outside 45 yd In	8.0 steps behind Back Hash (HS)
20	38	Left: 1.75 steps outside 50 yd In	7.25 steps in front of Back side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 45 yd In	11.75 steps in front of Back side line
1	28	Right: 2.0 steps outside 40 yd In	14.0 steps in front of Back side line
2	28	Right: 2.0 steps outside 40 yd In	14.0 steps in front of Back side line
3	30	Right: On 35 yd In	On Back Hash (HS)
4	36	Right: On 35 yd In	8.0 steps behind Front Hash (HS)
5	40	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps outside 50 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps outside 50 yd In	14.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps outside 50 yd In	14.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps outside 40 yd In	6.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps inside 30 yd In	3.0 steps behind Back Hash (HS)
11	40	Left: On 35 yd In	4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 35 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 1.0 steps inside 25 yd In	10.0 steps in front of Back side line
13	32	Left: 4.0 steps inside 20 yd In	4.0 steps in front of Back Hash (HS)
14	34	Left: On 35 yd In	8.0 steps in front of Back Hash (HS)
15	18	Left: 4.0 steps inside 35 yd In	6.0 steps behind Front Hash (HS)
16	24	Left: On 40 yd In	6.0 steps in front of Front Hash (HS)
17	30	Left: On 40 yd In	On Front Hash (HS)
18	24	Left: On 40 yd In	On Front Hash (HS)
19	46	Left: 1.0 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
20	38	Left: On 30 yd In	4.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 40 yd In	11.75 steps in front of Back side line
1	28	Right: 2.0 steps inside 40 yd In	14.0 steps in front of Back side line
2	28	Right: 2.0 steps inside 40 yd In	14.0 steps in front of Back side line
3	30	Right: 3.5 steps outside 40 yd In	9.75 steps behind Back Hash (HS)
4	36	Right: 3.5 steps outside 40 yd In	10.25 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps inside 45 yd In	2.0 steps behind Back Hash (HS)
6	16	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Back Hash (HS)
7	16	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Back Hash (HS)
8	40	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Back Hash (HS)
9	28	Left: 4.0 steps inside 30 yd In	4.0 steps behind Back Hash (HS)
10	30	Left: 4.0 steps inside 20 yd In	3.0 steps behind Back Hash (HS)
11	40	Left: On 20 yd In	4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 20 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 2.25 steps inside 5 yd In	5.5 steps behind Back Hash (HS)
13	32	Left: 2.25 steps outside 20 yd In	6.75 steps in front of Back side line
14	34	Left: 1.75 steps inside 20 yd In	0.25 steps in front of Back Hash (HS)
15	18	Left: 1.0 steps outside 30 yd In	3.0 steps in front of Back Hash (HS)
16	24	Left: 1.75 steps outside 35 yd In	12.75 steps in front of Back Hash (HS)
17	30	Left: 3.0 steps outside 30 yd In	11.0 steps behind Front Hash (HS)
18	24	Left: 3.0 steps outside 30 yd In	11.0 steps behind Front Hash (HS)
19	46	Left: 3.0 steps inside 25 yd In	0.75 steps behind Front Hash (HS)
20	38	Left: 4.0 steps outside 25 yd In	14.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 40 yd In	11.75 steps in front of Back side line
1	28	Right: 2.0 steps outside 45 yd In	14.0 steps in front of Back side line
2	28	Right: 2.0 steps outside 45 yd In	14.0 steps in front of Back side line
3	30	Right: 3.75 steps inside 40 yd In	10.25 steps in front of Back side line
4	36	Right: 3.75 steps inside 40 yd In	2.25 steps in front of Back Hash (HS)
5	40	Left: 4.0 steps inside 35 yd In	8.0 steps behind Back Hash (HS)
6	16	Left: 2.0 steps outside 35 yd In	2.0 steps behind Back Hash (HS)
7	16	Left: 2.0 steps outside 35 yd In	2.0 steps behind Back Hash (HS)
8	40	Left: 2.0 steps outside 35 yd In	2.0 steps behind Back Hash (HS)
9	28	Left: 4.0 steps inside 30 yd In	On Back Hash (HS)
10	30	Left: 1.0 steps outside 25 yd In	On Back Hash (HS)
11	40	Left: 4.0 steps inside 20 yd In	4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 20 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 2.25 steps outside 10 yd In	10.25 steps behind Back Hash (HS)
13	32	Left: 3.5 steps inside 20 yd In	8.0 steps in front of Back side line
14	34	Left: 2.25 steps outside 25 yd In	0.25 steps in front of Back Hash (HS)
15	18	Left: 2.25 steps inside 30 yd In	5.0 steps in front of Back Hash (HS)
16	24	Left: 1.25 steps inside 35 yd In	12.5 steps behind Front Hash (HS)
17	30	Left: 1.0 steps inside 30 yd In	11.25 steps behind Front Hash (HS)
18	24	Left: 1.0 steps inside 30 yd In	11.25 steps behind Front Hash (HS)
19	46	Left: 1.25 steps outside 30 yd In	2.25 steps behind Front Hash (HS)
20	38	Left: On 25 yd In	12.75 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 1.75 steps inside 35 yd In	11.75 steps in front of Back side line
1	28	Right: 2.0 steps inside 45 yd In	14.0 steps in front of Back side line
2	28	Right: 2.0 steps inside 45 yd In	14.0 steps in front of Back side line
3	30	Right: 3.25 steps outside 50 yd In	4.5 steps in front of Back side line
4	36	Right: 3.25 steps outside 50 yd In	3.5 steps behind Back Hash (HS)
5	40	Left: 2.0 steps inside 35 yd In	2.0 steps behind Back Hash (HS)
6	16	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
8	40	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
9	28	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
10	30	Left: 2.0 steps inside 25 yd In	3.0 steps in front of Back Hash (HS)
11	40	Left: On 25 yd In	4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 25 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 2.25 steps inside 10 yd In	13.75 steps in front of Back side line
13	32	Left: On 25 yd In	11.75 steps in front of Back side line
14	34	Left: 1.75 steps inside 25 yd In	0.75 steps in front of Back Hash (HS)
15	18	Left: 2.75 steps outside 35 yd In	7.75 steps in front of Back Hash (HS)
16	24	Left: 3.75 steps inside 35 yd In	9.5 steps behind Front Hash (HS)
17	30	Left: 3.0 steps outside 35 yd In	10.75 steps behind Front Hash (HS)
18	24	Left: 3.0 steps outside 35 yd In	10.75 steps behind Front Hash (HS)
19	46	Left: 2.75 steps inside 30 yd In	3.0 steps behind Front Hash (HS)
20	38	Left: 3.5 steps inside 25 yd In	10.75 steps behind Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps outside 45 yd In	9.75 steps in front of Back side line
1	28	Right: On 40 yd In	12.0 steps in front of Back side line
2	28	Right: On 40 yd In	12.0 steps in front of Back side line
3	30	Right: 2.5 steps inside 35 yd In	6.0 steps behind Back Hash (HS)
4	36	Right: 2.5 steps inside 35 yd In	14.0 steps behind Front Hash (HS)
5	40	Left: 2.0 steps outside 50 yd In	2.0 steps in front of Back Hash (HS)
6	16	Left: On 45 yd In	8.0 steps in front of Back Hash (HS)
7	16	Left: On 45 yd In	8.0 steps in front of Back Hash (HS)
8	40	Left: On 45 yd In	8.0 steps in front of Back Hash (HS)
9	28	Left: On 35 yd In	On Back Hash (HS)
10	30	Left: 2.0 steps inside 25 yd In	3.0 steps behind Back Hash (HS)
11	40	Left: 4.0 steps inside 25 yd In	4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 25 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 0.5 steps outside 15 yd In	10.75 steps in front of Back side line
13	32	Left: 2.5 steps inside 25 yd In	11.0 steps behind Back Hash (HS)
14	34	Left: 2.25 steps outside 30 yd In	1.75 steps in front of Back Hash (HS)
15	18	Left: 0.25 steps outside 35 yd In	10.75 steps in front of Back Hash (HS)
16	24	Left: 2.25 steps outside 40 yd In	5.75 steps behind Front Hash (HS)
17	30	Left: 0.75 steps inside 35 yd In	9.25 steps behind Front Hash (HS)
18	24	Left: 0.75 steps inside 35 yd In	9.25 steps behind Front Hash (HS)
19	46	Left: 1.0 steps outside 35 yd In	2.75 steps behind Front Hash (HS)
20	38	Left: 2.0 steps outside 30 yd In	7.75 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 40 yd In	9.75 steps in front of Back side line
1	28	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Back side line
2	28	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Back side line
3	30	Right: 0.5 steps inside 40 yd In	13.25 steps in front of Back side line
4	36	Right: 0.5 steps inside 40 yd In	5.25 steps in front of Back Hash (HS)
5	40	Left: On 40 yd In	4.0 steps behind Back Hash (HS)
6	16	Left: 2.0 steps inside 35 yd In	2.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps inside 35 yd In	2.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps inside 35 yd In	2.0 steps in front of Back Hash (HS)
9	28	Left: On 35 yd In	4.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps outside 30 yd In	On Back Hash (HS)
11	40	Left: 2.0 steps outside 30 yd In	4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 30 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 2.25 steps inside 15 yd In	9.75 steps in front of Back side line
13	32	Left: 3.0 steps inside 25 yd In	8.25 steps behind Back Hash (HS)
14	34	Left: 0.5 steps outside 30 yd In	2.5 steps in front of Back Hash (HS)
15	18	Left: 0.75 steps inside 35 yd In	12.5 steps in front of Back Hash (HS)
16	24	Left: 1.5 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
17	30	Left: 2.25 steps inside 35 yd In	8.0 steps behind Front Hash (HS)
18	24	Left: 2.25 steps inside 35 yd In	8.0 steps behind Front Hash (HS)
19	46	Left: 1.0 steps inside 35 yd In	2.25 steps behind Front Hash (HS)
20	38	Left: 1.0 steps outside 30 yd In	6.0 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps outside 40 yd In	9.75 steps in front of Back side line
1	28	Right: On 45 yd In	12.0 steps in front of Back side line
2	28	Right: On 45 yd In	12.0 steps in front of Back side line
3	30	Right: 1.0 steps inside 45 yd In	6.5 steps in front of Back side line
4	36	Right: 1.0 steps inside 45 yd In	1.5 steps behind Back Hash (HS)
5	40	Left: 2.0 steps outside 40 yd In	2.0 steps in front of Back Hash (HS)
6	16	Left: On 35 yd In	8.0 steps in front of Back Hash (HS)
7	16	Left: On 35 yd In	8.0 steps in front of Back Hash (HS)
8	40	Left: On 35 yd In	8.0 steps in front of Back Hash (HS)
9	28	Left: On 35 yd In	8.0 steps in front of Back Hash (HS)
10	30	Left: On 30 yd In	3.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps inside 30 yd In	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 30 yd In	12.0 steps in front of Back Hash (HS)
12	32	Left: 0.25 steps inside 20 yd In	7.25 steps behind Back Hash (HS)
13	32	Left: 0.25 steps inside 15 yd In	1.75 steps in front of Back Hash (HS)
14	34	Left: 1.75 steps outside 15 yd In	3.5 steps in front of Back Hash (HS)
15	18	Left: 3.25 steps inside 20 yd In	On Back Hash (HS)
16	24	Left: 3.25 steps inside 25 yd In	8.25 steps in front of Back Hash (HS)
17	30	Left: 3.5 steps inside 20 yd In	4.25 steps behind Front Hash (HS)
18	24	Left: 3.5 steps inside 20 yd In	4.25 steps behind Front Hash (HS)
19	46	Left: 3.75 steps inside 20 yd In	9.25 steps in front of Front Hash (HS)
20	38	Left: 1.25 steps outside 20 yd In	3.25 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 45 yd In	7.75 steps in front of Back side line
1	28	Right: 2.0 steps outside 40 yd In	10.0 steps in front of Back side line
2	28	Right: 2.0 steps outside 40 yd In	10.0 steps in front of Back side line
3	30	Right: 0.75 steps inside 35 yd In	2.0 steps behind Back Hash (HS)
4	36	Right: 0.75 steps inside 35 yd In	10.0 steps behind Front Hash (HS)
5	40	Right: 2.0 steps outside 50 yd In	6.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Back Hash (HS)
7	16	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Back Hash (HS)
8	40	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Back Hash (HS)
9	28	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Back Hash (HS)
10	30	Left: On 30 yd In	3.0 steps behind Back Hash (HS)
11	40	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 3.25 steps inside 20 yd In	8.75 steps in front of Back side line
13	32	Left: 0.5 steps inside 25 yd In	0.25 steps in front of Back Hash (HS)
14	34	Left: 3.25 steps outside 35 yd In	5.5 steps in front of Back Hash (HS)
15	18	Left: 3.25 steps inside 35 yd In	10.0 steps behind Front Hash (HS)
16	24	Left: On 40 yd In	2.0 steps in front of Front Hash (HS)
17	30	Left: 1.75 steps outside 40 yd In	3.75 steps behind Front Hash (HS)
18	24	Left: 1.75 steps outside 40 yd In	3.75 steps behind Front Hash (HS)
19	46	Left: 1.75 steps outside 40 yd In	1.0 steps in front of Front Hash (HS)
20	38	Left: On 30 yd In	On Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 40 yd In	7.75 steps in front of Back side line
1	28	Right: 2.0 steps inside 40 yd In	10.0 steps in front of Back side line
2	28	Right: 2.0 steps inside 40 yd In	10.0 steps in front of Back side line
3	30	Right: 2.25 steps outside 40 yd In	11.5 steps behind Back Hash (HS)
4	36	Right: 2.25 steps outside 40 yd In	8.5 steps in front of Back Hash (HS)
5	40	Left: 4.0 steps inside 40 yd In	On Back Hash (HS)
6	16	Left: 2.0 steps outside 40 yd In	6.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps outside 40 yd In	6.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps outside 40 yd In	6.0 steps in front of Back Hash (HS)
9	28	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps inside 30 yd In	On Back Hash (HS)
11	40	Left: 2.0 steps outside 35 yd In	4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 35 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 2.0 steps outside 25 yd In	9.25 steps in front of Back side line
13	32	Left: 1.5 steps outside 25 yd In	2.25 steps in front of Back Hash (HS)
14	34	Left: 1.5 steps outside 35 yd In	6.75 steps in front of Back Hash (HS)
15	18	Left: 3.75 steps inside 35 yd In	8.0 steps behind Front Hash (HS)
16	24	Left: On 40 yd In	4.0 steps in front of Front Hash (HS)
17	30	Left: 0.75 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
18	24	Left: 0.75 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
19	46	Left: 0.25 steps outside 40 yd In	2.5 steps in front of Front Hash (HS)
20	38	Left: On 30 yd In	2.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 40 yd In	7.75 steps in front of Back side line
1	28	Right: 2.0 steps outside 45 yd In	10.0 steps in front of Back side line
2	28	Right: 2.0 steps outside 45 yd In	10.0 steps in front of Back side line
3	30	Right: 2.75 steps outside 45 yd In	9.0 steps in front of Back side line
4	36	Right: 2.75 steps outside 45 yd In	1.0 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps inside 35 yd In	10.0 steps behind Back Hash (HS)
6	16	Left: 4.0 steps inside 30 yd In	4.0 steps behind Back Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	4.0 steps behind Back Hash (HS)
8	40	Left: 4.0 steps inside 30 yd In	4.0 steps behind Back Hash (HS)
9	28	Left: 2.0 steps inside 30 yd In	2.0 steps behind Back Hash (HS)
10	30	Left: 4.0 steps inside 20 yd In	On Back Hash (HS)
11	40	Left: 2.0 steps outside 20 yd In	4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 20 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 1.0 steps inside 5 yd In	2.75 steps behind Back Hash (HS)
13	32	Left: 2.75 steps inside 15 yd In	7.0 steps in front of Back side line
14	34	Left: 0.25 steps outside 20 yd In	0.5 steps in front of Back Hash (HS)
15	18	Left: 3.0 steps outside 30 yd In	2.0 steps in front of Back Hash (HS)
16	24	Left: 3.5 steps outside 35 yd In	11.75 steps in front of Back Hash (HS)
17	30	Left: 3.25 steps inside 25 yd In	10.25 steps behind Front Hash (HS)
18	24	Left: 3.25 steps inside 25 yd In	10.25 steps behind Front Hash (HS)
19	46	Left: 1.25 steps inside 25 yd In	0.5 steps in front of Front Hash (HS)
20	38	Left: 2.0 steps inside 20 yd In	13.75 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 35 yd In	7.75 steps in front of Back side line
1	28	Right: 2.0 steps inside 45 yd In	10.0 steps in front of Back side line
2	28	Right: 2.0 steps inside 45 yd In	10.0 steps in front of Back side line
3	30	Right: 1.25 steps outside 50 yd In	3.75 steps in front of Back side line
4	36	Right: 1.25 steps outside 50 yd In	4.25 steps behind Back Hash (HS)
5	40	Left: On 35 yd In	4.0 steps behind Back Hash (HS)
6	16	Left: 2.0 steps inside 30 yd In	2.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps inside 30 yd In	2.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps inside 30 yd In	2.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps inside 30 yd In	2.0 steps in front of Back Hash (HS)
10	30	Left: 1.0 steps outside 25 yd In	3.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps inside 20 yd In	4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 20 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 4.0 steps inside 5 yd In	8.0 steps behind Back Hash (HS)
13	32	Left: 0.75 steps inside 20 yd In	7.25 steps in front of Back side line
14	34	Left: 3.75 steps inside 20 yd In	0.25 steps in front of Back Hash (HS)
15	18	Left: 0.75 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
16	24	Left: 0.25 steps outside 35 yd In	14.0 steps behind Front Hash (HS)
17	30	Left: 1.0 steps outside 30 yd In	11.25 steps behind Front Hash (HS)
18	24	Left: 1.0 steps outside 30 yd In	11.25 steps behind Front Hash (HS)
19	46	Left: 3.25 steps outside 30 yd In	1.5 steps behind Front Hash (HS)
20	38	Left: 2.0 steps outside 25 yd In	13.5 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps outside 45 yd In	5.75 steps in front of Back side line
1	28	Right: On 40 yd In	8.0 steps in front of Back side line
2	28	Right: On 40 yd In	8.0 steps in front of Back side line
3	30	Right: 3.5 steps inside 35 yd In	7.75 steps behind Back Hash (HS)
4	36	Right: 3.5 steps inside 35 yd In	12.25 steps in front of Back Hash (HS)
5	40	Left: 4.0 steps inside 45 yd In	On Back Hash (HS)
6	16	Left: 2.0 steps outside 45 yd In	6.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps outside 45 yd In	6.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps outside 45 yd In	6.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps outside 35 yd In	2.0 steps behind Back Hash (HS)
10	30	Left: 1.0 steps outside 25 yd In	3.0 steps behind Back Hash (HS)
11	40	Left: 2.0 steps outside 25 yd In	4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 25 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: On 10 yd In	12.5 steps behind Back Hash (HS)
13	32	Left: 2.0 steps outside 25 yd In	9.75 steps in front of Back side line
14	34	Left: 0.25 steps outside 25 yd In	0.5 steps in front of Back Hash (HS)
15	18	Left: 3.75 steps inside 30 yd In	6.25 steps in front of Back Hash (HS)
16	24	Left: 2.75 steps inside 35 yd In	11.0 steps behind Front Hash (HS)
17	30	Left: 3.0 steps inside 30 yd In	11.25 steps behind Front Hash (HS)
18	24	Left: 3.0 steps inside 30 yd In	11.25 steps behind Front Hash (HS)
19	46	Left: 0.75 steps inside 30 yd In	2.75 steps behind Front Hash (HS)
20	38	Left: 1.75 steps inside 25 yd In	12.0 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 40 yd In	5.75 steps in front of Back side line
1	28	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Back side line
2	28	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Back side line
3	30	Right: 2.0 steps inside 40 yd In	11.75 steps in front of Back side line
4	36	Right: 2.0 steps inside 40 yd In	3.75 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps outside 40 yd In	6.0 steps behind Back Hash (HS)
6	16	Left: On 35 yd In	On Back Hash (HS)
7	16	Left: On 35 yd In	On Back Hash (HS)
8	40	Left: On 35 yd In	On Back Hash (HS)
9	28	Left: 2.0 steps outside 35 yd In	2.0 steps in front of Back Hash (HS)
10	30	Left: 2.0 steps inside 25 yd In	On Back Hash (HS)
11	40	Left: 2.0 steps inside 25 yd In	4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 25 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 3.25 steps outside 15 yd In	12.0 steps in front of Back side line
13	32	Left: 1.5 steps inside 25 yd In	13.75 steps behind Back Hash (HS)
14	34	Left: 3.75 steps inside 25 yd In	1.25 steps in front of Back Hash (HS)
15	18	Left: 1.5 steps outside 35 yd In	9.25 steps in front of Back Hash (HS)
16	24	Left: 3.0 steps outside 40 yd In	7.75 steps behind Front Hash (HS)
17	30	Left: 1.0 steps outside 35 yd In	10.0 steps behind Front Hash (HS)
18	24	Left: 1.0 steps outside 35 yd In	10.0 steps behind Front Hash (HS)
19	46	Left: 3.25 steps outside 35 yd In	3.0 steps behind Front Hash (HS)
20	38	Left: 3.25 steps outside 30 yd In	9.25 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps outside 40 yd In	5.75 steps in front of Back side line
1	28	Right: On 45 yd In	8.0 steps in front of Back side line
2	28	Right: On 45 yd In	8.0 steps in front of Back side line
3	30	Right: 2.75 steps inside 45 yd In	5.5 steps in front of Back side line
4	36	Right: 2.75 steps inside 45 yd In	2.5 steps behind Back Hash (HS)
5	40	Left: 4.0 steps inside 35 yd In	On Back Hash (HS)
6	16	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps outside 30 yd In	3.0 steps in front of Back Hash (HS)
11	40	Left: 4.0 steps inside 25 yd In	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 25 yd In	12.0 steps in front of Back Hash (HS)
12	32	Left: 0.5 steps outside 15 yd In	5.25 steps behind Back Hash (HS)
13	32	Left: 0.5 steps outside 10 yd In	3.75 steps in front of Back Hash (HS)
14	34	Left: 1.25 steps inside 10 yd In	7.0 steps in front of Back Hash (HS)
15	18	Left: 2.5 steps outside 20 yd In	0.75 steps in front of Back Hash (HS)
16	24	Left: 3.0 steps outside 25 yd In	8.25 steps in front of Back Hash (HS)
17	30	Left: 1.0 steps inside 20 yd In	1.25 steps in front of Front Hash (HS)
18	24	Left: 1.0 steps inside 20 yd In	1.25 steps in front of Front Hash (HS)
19	46	Left: 3.5 steps inside 20 yd In	12.75 steps behind Front side line
20	38	Left: 3.0 steps inside 15 yd In	8.25 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0		
1	28	Right: 2.0 steps outside 40 yd In	4.0 steps in front of Back side line
2	28	Right: 2.0 steps outside 40 yd In	6.0 steps in front of Back side line
3	30	Right: 1.5 steps inside 35 yd In	6.0 steps in front of Back side line
4	36	Right: 1.5 steps inside 35 yd In	4.0 steps behind Back Hash (HS)
5	40	On 50 yd In	12.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps inside 45 yd In	4.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps outside 30 yd In	2.0 steps in front of Back Hash (HS)
11	40	Left: On 30 yd In	3.0 steps behind Back Hash (HS)
			4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 30 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 2.75 steps outside 20 yd In	9.25 steps in front of Back side line
13	32	Left: 2.75 steps inside 25 yd In	5.25 steps behind Back Hash (HS)
14	34	Left: 1.5 steps inside 30 yd In	3.5 steps in front of Back Hash (HS)
15	18	Left: 1.75 steps inside 35 yd In	13.75 steps behind Front Hash (HS)
16	24	Left: 0.75 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
17	30	Left: 3.75 steps inside 35 yd In	6.75 steps behind Front Hash (HS)
18	24	Left: 3.75 steps inside 35 yd In	6.75 steps behind Front Hash (HS)
19	46	Left: 2.75 steps inside 35 yd In	1.5 steps behind Front Hash (HS)
20	38	Left: On 30 yd In	4.25 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0		
1	28	Right: 2.0 steps inside 40 yd In	4.0 steps in front of Back side line
2	28	Right: 2.0 steps inside 40 yd In	6.0 steps in front of Back side line
3	30	Right: 0.75 steps outside 40 yd In	6.0 steps in front of Back side line
4	36	Right: 0.75 steps outside 40 yd In	13.0 steps behind Back Hash (HS)
5	40	Left: 2.0 steps inside 40 yd In	7.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 35 yd In	2.0 steps behind Back Hash (HS)
7	16	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Back Hash (HS)
8	40	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps inside 35 yd In	4.0 steps in front of Back Hash (HS)
10	30	Left: On 30 yd In	6.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps inside 30 yd In	On Back Hash (HS)
			4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 0.25 steps inside 20 yd In	8.75 steps in front of Back side line
13	32	Left: 1.75 steps inside 25 yd In	2.5 steps behind Back Hash (HS)
14	34	Left: 3.25 steps inside 30 yd In	4.5 steps in front of Back Hash (HS)
15	18	Left: 2.5 steps inside 35 yd In	11.75 steps behind Front Hash (HS)
16	24	Left: 0.25 steps outside 40 yd In	On Front Hash (HS)
17	30	Left: 2.75 steps outside 40 yd In	5.25 steps behind Front Hash (HS)
18	24	Left: 2.75 steps outside 40 yd In	5.25 steps behind Front Hash (HS)
19	46	Left: 3.5 steps outside 40 yd In	0.25 steps behind Front Hash (HS)
20	38	Left: On 30 yd In	2.0 steps behind Front Hash (HS)

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Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 40 yd In	4.0 steps in front of Back side line
1	28	Right: 2.0 steps outside 45 yd In	6.0 steps in front of Back side line
2	28	Right: 2.0 steps outside 45 yd In	6.0 steps in front of Back side line
3	30	Right: 1.0 steps outside 45 yd In	7.75 steps in front of Back side line
4	36	Right: 1.0 steps outside 45 yd In	0.25 steps behind Back Hash (HS)
5	40	Left: On 40 yd In	4.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps inside 30 yd In	3.0 steps in front of Back Hash (HS)
11	40	Left: On 35 yd In	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 35 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: 1.0 steps inside 25 yd In	12.0 steps behind Back Hash (HS)
13	32	Left: 1.0 steps inside 20 yd In	6.0 steps behind Back Hash (HS)
14	34	Left: 3.75 steps inside 15 yd In	3.0 steps in front of Back Hash (HS)
15	18	Left: 1.25 steps inside 25 yd In	1.25 steps in front of Back Hash (HS)
16	24	Left: 1.0 steps inside 30 yd In	0.75 steps in front of Back Hash (HS)
17	30	Left: 0.5 steps outside 25 yd In	9.75 steps in front of Back Hash (HS)
18	24	Left: 0.5 steps outside 25 yd In	8.5 steps behind Front Hash (HS)
19	46	Left: 1.5 steps outside 25 yd In	8.5 steps behind Front Hash (HS)
20	38	Left: 4.0 steps inside 20 yd In	3.5 steps in front of Front Hash (HS)
			On Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 35 yd In	4.0 steps in front of Back side line
1	28	Right: 2.0 steps inside 45 yd In	6.0 steps in front of Back side line
2	28	Right: 2.0 steps inside 45 yd In	6.0 steps in front of Back side line
3	30	Left: 0.75 steps outside 50 yd In	3.0 steps in front of Back side line
4	36	Left: 0.75 steps outside 50 yd In	5.0 steps behind Back Hash (HS)
5	40	Left: 2.0 steps outside 35 yd In	6.0 steps behind Back Hash (HS)
6	16	Left: On 30 yd In	On Back Hash (HS)
7	16	Left: On 30 yd In	On Back Hash (HS)
8	40	Left: On 30 yd In	On Back Hash (HS)
9	28	Left: On 30 yd In	On Back Hash (HS)
10	30	Left: 4.0 steps inside 20 yd In	3.0 steps in front of Back Hash (HS)
11	40	Left: 4.0 steps inside 15 yd In	4.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 15 yd In	4.0 steps in front of Back Hash (HS)
12	32	Left: On 5 yd In	On Back Hash (HS)
13	32	Left: On 15 yd In	8.0 steps in front of Back side line
14	34	Left: 2.25 steps outside 20 yd In	0.75 steps in front of Back Hash (HS)
15	18	Left: 3.25 steps inside 25 yd In	1.25 steps in front of Back Hash (HS)
16	24	Left: 2.75 steps inside 30 yd In	10.75 steps in front of Back Hash (HS)
17	30	Left: 1.25 steps inside 25 yd In	9.5 steps behind Front Hash (HS)
18	24	Left: 1.25 steps inside 25 yd In	9.5 steps behind Front Hash (HS)
19	46	Left: 0.25 steps outside 25 yd In	2.0 steps in front of Front Hash (HS)
20	38	Left: On 20 yd In	14.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 20 yd ln	4.0 steps behind Back Hash (HS)
1	28	Left: On 35 yd ln	4.0 steps in front of Back side line
2	28	Left: On 35 yd ln	4.0 steps in front of Back side line
3	30	Left: 1.0 steps outside 45 yd ln	1.25 steps in front of Back side line
4	36	Left: 1.0 steps outside 45 yd ln	6.75 steps behind Back Hash (HS)
5	40	Left: 2.0 steps outside 35 yd ln	2.0 steps in front of Back Hash (HS)
6	16	Left: On 30 yd ln	8.0 steps in front of Back Hash (HS)
7	16	Left: On 30 yd ln	8.0 steps in front of Back Hash (HS)
8	40	Left: On 30 yd ln	8.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps inside 30 yd ln	6.0 steps in front of Back Hash (HS)
10	30	Left: 2.0 steps inside 25 yd ln	6.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps outside 25 yd ln	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 25 yd ln	12.0 steps in front of Back Hash (HS)
12	32	Left: On 10 yd ln	0.5 steps behind Back Hash (HS)
13	32	Left: On 5 yd ln	8.5 steps in front of Back Hash (HS)
14	34	Left: 3.0 steps outside 10 yd ln	11.25 steps in front of Back Hash (HS)
15	18	Left: 0.25 steps outside 15 yd ln	2.75 steps in front of Back Hash (HS)
16	24	Left: 0.75 steps outside 20 yd ln	9.75 steps in front of Back Hash (HS)
17	30	Left: 0.75 steps inside 20 yd ln	7.25 steps in front of Front Hash (HS)
18	24	Left: 0.75 steps inside 20 yd ln	7.25 steps in front of Front Hash (HS)
19	46	Left: 2.5 steps outside 25 yd ln	6.75 steps behind Front side line
20	38	Left: 1.25 steps inside 15 yd ln	14.0 steps behind Front side line

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 20 yd ln	4.0 steps behind Back Hash (HS)
1	28	Left: 4.0 steps inside 30 yd ln	4.0 steps in front of Back side line
2	28	Left: 4.0 steps inside 30 yd ln	4.0 steps in front of Back side line
3	30	Left: 2.25 steps inside 35 yd ln	2.0 steps in front of Back side line
4	36	Left: 2.25 steps inside 35 yd ln	6.0 steps behind Back Hash (HS)
5	40	Left: 2.0 steps inside 30 yd ln	6.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 25 yd ln	12.0 steps in front of Back Hash (HS)
7	16	Left: 4.0 steps inside 25 yd ln	12.0 steps in front of Back Hash (HS)
8	40	Left: 4.0 steps inside 25 yd ln	12.0 steps in front of Back Hash (HS)
9	28	Left: On 30 yd ln	8.0 steps in front of Back Hash (HS)
10	30	Left: 2.0 steps inside 25 yd ln	9.0 steps in front of Back Hash (HS)
11	40	Left: 4.0 steps inside 20 yd ln	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 20 yd ln	12.0 steps in front of Back Hash (HS)
12	32	Left: 2.25 steps outside 10 yd ln	1.75 steps in front of Back Hash (HS)
13	32	Left: 2.25 steps outside 5 yd ln	10.75 steps in front of Back Hash (HS)
14	34	Left: 3.75 steps inside 5 yd ln	12.75 steps in front of Back Hash (HS)
15	18	Left: 2.0 steps outside 15 yd ln	3.75 steps in front of Back Hash (HS)
16	24	Left: 2.75 steps outside 20 yd ln	10.5 steps in front of Back Hash (HS)
17	30	Left: 1.25 steps inside 20 yd ln	9.0 steps in front of Front Hash (HS)
18	24	Left: 1.25 steps inside 20 yd ln	9.0 steps in front of Front Hash (HS)
19	46	Left: 1.5 steps outside 25 yd ln	5.0 steps behind Front side line
20	38	Left: 1.25 steps inside 15 yd ln	11.75 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 15 yd ln	4.0 steps behind Back Hash (HS)
1	28	Left: On 30 yd ln	4.0 steps in front of Back side line
2	28	Left: On 30 yd ln	4.0 steps in front of Back side line
3	30	Left: On 35 yd ln	2.5 steps in front of Back side line
4	36	Left: On 35 yd ln	5.5 steps behind Back Hash (HS)
5	40	Left: On 30 yd ln	4.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps inside 25 yd ln	10.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps inside 25 yd ln	10.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps inside 25 yd ln	10.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps outside 30 yd ln	6.0 steps in front of Back Hash (HS)
10	30	Left: 1.0 steps outside 25 yd ln	9.0 steps in front of Back Hash (HS)
11	40	Left: On 20 yd ln	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 20 yd ln	12.0 steps in front of Back Hash (HS)
12	32	Left: 2.25 steps inside 5 yd ln	6.5 steps in front of Back Hash (HS)
13	32	Left: 2.25 steps inside 0 yd ln	12.5 steps behind Front Hash (HS)
14	34	Left: 1.5 steps inside 5 yd ln	11.75 steps behind Front Hash (HS)
15	18	Left: 2.75 steps inside 10 yd ln	6.25 steps in front of Back Hash (HS)
16	24	Left: 1.75 steps inside 15 yd ln	12.5 steps in front of Back Hash (HS)
17	30	Left: 2.75 steps inside 20 yd ln	12.75 steps in front of Front Hash (HS)
18	24	Left: 2.75 steps inside 20 yd ln	12.75 steps in front of Front Hash (HS)
19	46	Left: 1.5 steps inside 25 yd ln	2.25 steps behind Front side line
20	38	Left: 2.25 steps inside 15 yd ln	7.75 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 25 yd ln	2.0 steps behind Back Hash (HS)
1	28	Left: 2.0 steps inside 35 yd ln	6.0 steps in front of Back side line
2	28	Left: 2.0 steps inside 35 yd ln	6.0 steps in front of Back side line
3	30	Left: 3.25 steps inside 45 yd ln	1.75 steps in front of Back side line
4	36	Left: 3.25 steps inside 45 yd ln	6.25 steps behind Back Hash (HS)
5	40	Left: 2.0 steps inside 35 yd ln	6.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 30 yd ln	12.0 steps in front of Back Hash (HS)
7	16	Left: 4.0 steps inside 30 yd ln	12.0 steps in front of Back Hash (HS)
8	40	Left: 4.0 steps inside 30 yd ln	12.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps outside 35 yd ln	10.0 steps in front of Back Hash (HS)
10	30	Left: On 30 yd ln	6.0 steps in front of Back Hash (HS)
11	40	Left: On 30 yd ln	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 30 yd ln	12.0 steps in front of Back Hash (HS)
12	32	Left: 2.75 steps outside 20 yd ln	6.75 steps behind Back Hash (HS)
13	32	Left: 2.75 steps outside 15 yd ln	2.25 steps in front of Back Hash (HS)
14	34	Left: 3.5 steps outside 15 yd ln	4.5 steps in front of Back Hash (HS)
15	18	Left: 1.25 steps inside 20 yd ln	On Back Hash (HS)
16	24	Left: 1.0 steps inside 25 yd ln	8.0 steps in front of Back Hash (HS)
17	30	Left: 2.25 steps inside 20 yd ln	2.5 steps behind Front Hash (HS)
18	24	Left: 2.25 steps inside 20 yd ln	2.5 steps behind Front Hash (HS)
19	46	Left: 3.5 steps inside 20 yd ln	11.25 steps in front of Front Hash (HS)
20	38	Left: 2.75 steps outside 20 yd ln	4.75 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 20 yd In	2.0 steps behind Back Hash (HS)
1	28	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Back side line
2	28	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Back side line
3	30	Left: 2.75 steps inside 40 yd In	1.0 steps in front of Back side line
4	36	Left: 2.75 steps inside 40 yd In	7.0 steps behind Back Hash (HS)
5	40	Left: 2.0 steps inside 30 yd In	2.0 steps behind Back Hash (HS)
6	16	Left: 4.0 steps inside 25 yd In	4.0 steps in front of Back Hash (HS)
7	16	Left: 4.0 steps inside 25 yd In	4.0 steps in front of Back Hash (HS)
8	40	Left: 4.0 steps inside 25 yd In	4.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps outside 30 yd In	2.0 steps in front of Back Hash (HS)
10	30	Left: 4.0 steps inside 20 yd In	6.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps outside 20 yd In	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 20 yd In	12.0 steps in front of Back Hash (HS)
12	32	Left: 1.0 steps inside 5 yd In	9.25 steps in front of Back Hash (HS)
13	32	Left: 1.0 steps inside 0 yd In	9.75 steps behind Front Hash (HS)
14	34	Left: 0.75 steps inside 5 yd In	10.0 steps behind Front Hash (HS)
15	18	Left: 1.25 steps inside 10 yd In	7.5 steps in front of Back Hash (HS)
16	24	Left: 0.25 steps inside 15 yd In	13.75 steps in front of Back Hash (HS)
17	30	Left: 3.75 steps inside 20 yd In	13.5 steps behind Front side line
18	24	Left: 3.75 steps inside 20 yd In	13.5 steps behind Front side line
19	46	Left: 3.25 steps inside 25 yd In	1.0 steps behind Front side line
20	38	Left: 3.0 steps inside 15 yd In	5.75 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 20 yd In	2.0 steps behind Back Hash (HS)
1	28	Left: 2.0 steps inside 30 yd In	6.0 steps in front of Back side line
2	28	Left: 2.0 steps inside 30 yd In	6.0 steps in front of Back side line
3	30	Left: 1.5 steps outside 40 yd In	1.25 steps in front of Back side line
4	36	Left: 1.5 steps outside 40 yd In	6.75 steps behind Back Hash (HS)
5	40	Left: 2.0 steps outside 35 yd In	10.0 steps in front of Back Hash (HS)
6	16	Left: On 30 yd In	12.0 steps behind Front Hash (HS)
7	16	Left: On 30 yd In	12.0 steps behind Front Hash (HS)
8	40	Left: On 30 yd In	12.0 steps behind Front Hash (HS)
9	28	Left: 4.0 steps inside 30 yd In	12.0 steps in front of Back Hash (HS)
10	30	Left: On 30 yd In	9.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps outside 30 yd In	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 30 yd In	12.0 steps in front of Back Hash (HS)
12	32	Left: 2.25 steps inside 15 yd In	6.25 steps behind Back Hash (HS)
13	32	Left: 2.25 steps inside 10 yd In	2.75 steps in front of Back Hash (HS)
14	34	Left: 2.75 steps inside 10 yd In	5.75 steps in front of Back Hash (HS)
15	18	Left: 0.75 steps outside 20 yd In	0.25 steps in front of Back Hash (HS)
16	24	Left: 1.0 steps outside 25 yd In	8.0 steps in front of Back Hash (HS)
17	30	Left: 1.5 steps inside 20 yd In	0.75 steps behind Front Hash (HS)
18	24	Left: 1.5 steps inside 20 yd In	0.75 steps behind Front Hash (HS)
19	46	Left: 3.25 steps inside 20 yd In	13.25 steps in front of Front Hash (HS)
20	38	Left: 4.0 steps inside 15 yd In	6.25 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 15 yd In	2.0 steps behind Back Hash (HS)
1	28	Left: 2.0 steps outside 30 yd In	6.0 steps in front of Back side line
2	28	Left: 2.0 steps outside 30 yd In	6.0 steps in front of Back side line
3	30	Left: 4.0 steps outside 35 yd In	4.0 steps in front of Back side line
4	36	Left: 4.0 steps outside 35 yd In	4.0 steps behind Back Hash (HS)
5	40	Left: 4.0 steps inside 30 yd In	12.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps outside 30 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps outside 30 yd In	6.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps outside 30 yd In	6.0 steps behind Front Hash (HS)
9	28	Left: 4.0 steps inside 30 yd In	12.0 steps behind Front Hash (HS)
10	30	Left: 4.0 steps inside 20 yd In	12.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: On 30 yd In	8.0 steps in front of Back Hash (HS)
13	32	Left: 4.0 steps inside 25 yd In	9.0 steps in front of Back Hash (HS)
14	34	Left: 2.0 steps inside 30 yd In	13.0 steps behind Front Hash (HS)
15	18	Left: 2.0 steps outside 30 yd In	12.0 steps behind Front Hash (HS)
16	24	Left: 2.5 steps outside 15 yd In	11.25 steps behind Front Hash (HS)
17	30	Left: On 35 yd In	12.0 steps in front of Back Hash (HS)
18	24	Left: On 35 yd In	12.0 steps in front of Back Hash (HS)
19	46	Left: 3.0 steps outside 35 yd In	14.0 steps in front of Back Hash (HS)
20	38	Left: On 30 yd In	14.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 20 yd In	On Back Hash (HS)
1	28	Left: On 35 yd In	8.0 steps in front of Back side line
2	28	Left: On 35 yd In	8.0 steps in front of Back side line
3	30	Left: 1.0 steps inside 45 yd In	1.5 steps in front of Back side line
4	36	Left: 1.0 steps inside 45 yd In	6.5 steps behind Back Hash (HS)
5	40	Left: On 35 yd In	4.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
9	28	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps outside 30 yd In	6.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps inside 25 yd In	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 25 yd In	12.0 steps in front of Back Hash (HS)
12	32	Left: 3.25 steps outside 15 yd In	4.0 steps behind Back Hash (HS)
13	32	Left: 3.25 steps outside 10 yd In	5.0 steps in front of Back Hash (HS)
14	34	Left: 0.5 steps outside 10 yd In	8.25 steps in front of Back Hash (HS)
15	18	Left: 3.5 steps inside 15 yd In	1.25 steps in front of Back Hash (HS)
16	24	Left: 3.0 steps inside 20 yd In	8.5 steps in front of Back Hash (HS)
17	30	Left: 0.75 steps inside 20 yd In	3.25 steps in front of Front Hash (HS)
18	24	Left: 0.75 steps inside 20 yd In	3.25 steps in front of Front Hash (HS)
19	46	Left: 4.0 steps inside 20 yd In	10.75 steps behind Front side line
20	38	Left: 2.25 steps inside 15 yd In	10.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Left: On 20 yd ln	On Back Hash (HS)
1	28	Left: 4.0 steps inside 30 yd ln	8.0 steps in front of Back side line
2	28	Left: 4.0 steps inside 30 yd ln	8.0 steps in front of Back side line
3	30	Left: 0.5 steps inside 40 yd ln	1.0 steps in front of Back side line
4	36	Left: 0.5 steps inside 40 yd ln	7.0 steps behind Back Hash (HS)
5	40	Left: On 35 yd ln	12.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps inside 30 yd ln	10.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps inside 30 yd ln	10.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps inside 30 yd ln	10.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps outside 35 yd ln	14.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps inside 30 yd ln	9.0 steps in front of Back Hash (HS)
11	40	Left: 4.0 steps inside 30 yd ln	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Left: 4.0 steps inside 30 yd ln	12.0 steps in front of Back Hash (HS)
12	32	Left: 3.25 steps inside 20 yd ln	7.25 steps behind Back Hash (HS)
13	32	Left: 3.25 steps inside 15 yd ln	1.75 steps in front of Back Hash (HS)
14	34	Left: On 15 yd ln	2.75 steps in front of Back Hash (HS)
15	18	Left: 2.75 steps outside 25 yd ln	On Back Hash (HS)
16	24	Left: 3.0 steps outside 30 yd ln	8.75 steps in front of Back Hash (HS)
17	30	Left: 3.5 steps outside 25 yd ln	6.0 steps behind Front Hash (HS)
18	24	Left: 3.5 steps outside 25 yd ln	6.0 steps behind Front Hash (HS)
19	46	Left: 3.5 steps outside 25 yd ln	7.25 steps in front of Front Hash (HS)
20	38	Left: 0.25 steps inside 20 yd ln	2.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Left: 4.0 steps inside 15 yd ln	On Back Hash (HS)
1	28	Left: On 30 yd ln	8.0 steps in front of Back side line
2	28	Left: On 30 yd ln	8.0 steps in front of Back side line
3	30	Left: 2.0 steps outside 35 yd ln	3.25 steps in front of Back side line
4	36	Left: 2.0 steps outside 35 yd ln	4.75 steps behind Back Hash (HS)
5	40	Left: 2.0 steps outside 30 yd ln	2.0 steps in front of Back Hash (HS)
6	16	Left: On 25 yd ln	8.0 steps in front of Back Hash (HS)
7	16	Left: On 25 yd ln	8.0 steps in front of Back Hash (HS)
8	40	Left: On 25 yd ln	8.0 steps in front of Back Hash (HS)
9	28	Left: 4.0 steps inside 25 yd ln	4.0 steps in front of Back Hash (HS)
10	30	Left: 4.0 steps inside 20 yd ln	9.0 steps in front of Back Hash (HS)
11	40	Left: 4.0 steps inside 15 yd ln	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Left: 4.0 steps inside 15 yd ln	12.0 steps in front of Back Hash (HS)
12	32	Left: On 5 yd ln	12.0 steps in front of Back Hash (HS)
13	32	Left: On 0 yd ln	7.0 steps behind Front Hash (HS)
14	34	Left: On 5 yd ln	8.0 steps behind Front Hash (HS)
15	18	Left: On 10 yd ln	9.0 steps in front of Back Hash (HS)
16	24	Left: 1.25 steps outside 15 yd ln	12.75 steps behind Front Hash (HS)
17	30	Left: 2.75 steps outside 25 yd ln	12.0 steps behind Front side line
18	24	Left: 2.75 steps outside 25 yd ln	12.0 steps behind Front side line
19	46	Left: 3.0 steps outside 30 yd ln	On Front side line
20	38	Left: 4.0 steps inside 15 yd ln	4.0 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Left: 2.0 steps outside 25 yd ln	2.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps inside 35 yd ln	10.0 steps in front of Back side line
2	28	Left: 2.0 steps inside 35 yd ln	10.0 steps in front of Back side line
3	30	Left: 2.75 steps outside 50 yd ln	2.25 steps in front of Back side line
4	36	Left: 2.75 steps outside 50 yd ln	5.75 steps behind Back Hash (HS)
5	40	Left: 4.0 steps inside 35 yd ln	8.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps outside 35 yd ln	14.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps outside 35 yd ln	14.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps outside 35 yd ln	14.0 steps in front of Back Hash (HS)
9	28	Left: On 35 yd ln	12.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps inside 30 yd ln	6.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps outside 35 yd ln	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Left: 2.0 steps outside 35 yd ln	12.0 steps in front of Back Hash (HS)
12	32	Left: 2.0 steps outside 25 yd ln	6.75 steps behind Back Hash (HS)
13	32	Left: 2.0 steps outside 20 yd ln	2.25 steps in front of Back Hash (HS)
14	34	Left: 1.75 steps inside 15 yd ln	2.0 steps in front of Back Hash (HS)
15	18	Left: 0.75 steps outside 25 yd ln	0.25 steps in front of Back Hash (HS)
16	24	Left: 1.0 steps outside 30 yd ln	9.25 steps in front of Back Hash (HS)
17	30	Left: 2.0 steps outside 25 yd ln	7.25 steps behind Front Hash (HS)
18	24	Left: 2.0 steps outside 25 yd ln	7.25 steps behind Front Hash (HS)
19	46	Left: 2.75 steps outside 25 yd ln	5.25 steps in front of Front Hash (HS)
20	38	Left: 2.0 steps inside 20 yd ln	0.75 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Left: 2.0 steps inside 20 yd ln	2.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps outside 35 yd ln	10.0 steps in front of Back side line
2	28	Left: 2.0 steps outside 35 yd ln	10.0 steps in front of Back side line
3	30	Left: 3.25 steps outside 45 yd ln	1.0 steps in front of Back side line
4	36	Left: 3.25 steps outside 45 yd ln	7.0 steps behind Back Hash (HS)
5	40	Left: 4.0 steps inside 30 yd ln	On Back Hash (HS)
6	16	Left: 2.0 steps outside 30 yd ln	6.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps outside 30 yd ln	6.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps outside 30 yd ln	6.0 steps in front of Back Hash (HS)
9	28	Left: On 30 yd ln	4.0 steps in front of Back Hash (HS)
10	30	Left: 1.0 steps outside 25 yd ln	6.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps inside 20 yd ln	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Left: 2.0 steps inside 20 yd ln	12.0 steps in front of Back Hash (HS)
12	32	Left: 4.0 steps inside 5 yd ln	4.0 steps in front of Back Hash (HS)
13	32	Left: 4.0 steps inside 0 yd ln	13.0 steps in front of Back Hash (HS)
14	34	Left: 2.5 steps inside 5 yd ln	13.5 steps behind Front Hash (HS)
15	18	Left: 3.75 steps outside 15 yd ln	5.0 steps in front of Back Hash (HS)
16	24	Left: 3.5 steps inside 15 yd ln	11.5 steps in front of Back Hash (HS)
17	30	Left: 1.75 steps inside 20 yd ln	11.0 steps in front of Front Hash (HS)
18	24	Left: 1.75 steps inside 20 yd ln	11.0 steps in front of Front Hash (HS)
19	46	Left: On 25 yd ln	3.5 steps behind Front side line
20	38	Left: 1.75 steps inside 15 yd ln	9.75 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 20 yd In	2.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Back side line
2	28	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Back side line
3	30	Left: 3.75 steps outside 40 yd In	1.5 steps in front of Back side line
4	36	Left: 3.75 steps outside 40 yd In	6.5 steps behind Back Hash (HS)
5	40	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps outside 30 yd In	9.0 steps in front of Back Hash (HS)
11	40	Left: On 25 yd In	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 25 yd In	12.0 steps in front of Back Hash (HS)
12	32	Left: 2.25 steps inside 10 yd In	2.25 steps behind Back Hash (HS)
13	32	Left: 2.25 steps inside 5 yd In	6.75 steps in front of Back Hash (HS)
14	34	Left: 1.75 steps outside 10 yd In	9.75 steps in front of Back Hash (HS)
15	18	Left: 1.5 steps inside 15 yd In	2.0 steps in front of Back Hash (HS)
16	24	Left: 1.0 steps inside 20 yd In	9.0 steps in front of Back Hash (HS)
17	30	Left: 0.5 steps inside 20 yd In	5.25 steps in front of Front Hash (HS)
18	24	Left: 0.5 steps inside 20 yd In	5.25 steps in front of Front Hash (HS)
19	46	Left: 3.5 steps outside 25 yd In	8.75 steps behind Front side line
20	38	Left: 1.75 steps inside 15 yd In	12.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 1.75 steps inside 15 yd In	2.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps outside 30 yd In	10.0 steps in front of Back side line
2	28	Left: 2.0 steps outside 30 yd In	10.0 steps in front of Back side line
3	30	Left: 2.0 steps inside 30 yd In	4.75 steps in front of Back side line
4	36	Left: 2.0 steps inside 30 yd In	3.25 steps behind Back Hash (HS)
5	40	Left: 2.0 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 25 yd In	8.0 steps behind Front Hash (HS)
7	16	Left: 4.0 steps inside 25 yd In	8.0 steps behind Front Hash (HS)
8	40	Left: 4.0 steps inside 25 yd In	8.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
10	30	Left: 1.0 steps inside 20 yd In	12.0 steps behind Front Hash (HS)
11	40	Left: On 35 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 35 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 0.75 steps outside 25 yd In	5.5 steps in front of Back Hash (HS)
13	32	Left: 3.0 steps inside 20 yd In	8.25 steps in front of Back Hash (HS)
14	34	Left: 3.25 steps outside 30 yd In	11.5 steps in front of Back Hash (HS)
15	18	Left: 0.5 steps inside 25 yd In	13.75 steps in front of Back Hash (HS)
16	24	Left: 2.25 steps inside 10 yd In	6.25 steps behind Front Hash (HS)
17	30	Left: 2.5 steps inside 30 yd In	9.5 steps in front of Back Hash (HS)
18	24	Left: 2.5 steps inside 30 yd In	9.5 steps in front of Back Hash (HS)
19	46	Left: 1.0 steps outside 30 yd In	13.25 steps in front of Back Hash (HS)
20	38	Left: 1.25 steps outside 30 yd In	8.25 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 10 yd In	10.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps outside 20 yd In	14.0 steps in front of Back side line
2	28	Left: 2.0 steps outside 20 yd In	14.0 steps in front of Back side line
3	30	Left: 3.5 steps outside 30 yd In	8.25 steps in front of Back side line
4	36	Left: 3.5 steps outside 30 yd In	0.25 steps in front of Back Hash (HS)
5	40	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps outside 25 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps outside 25 yd In	14.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps outside 25 yd In	14.0 steps in front of Back Hash (HS)
9	28	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Back Hash (HS)
10	30	Left: On 15 yd In	12.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps outside 25 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 25 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 1.25 steps outside 10 yd In	13.25 steps behind Front Hash (HS)
13	32	Left: 0.75 steps outside 10 yd In	3.0 steps behind Front Hash (HS)
14	34	Left: 2.0 steps outside 10 yd In	3.5 steps behind Front Hash (HS)
15	18	Left: 0.75 steps inside 10 yd In	6.25 steps in front of Front Hash (HS)
16	24	Left: 3.75 steps outside 20 yd In	2.75 steps behind Front side line
17	30	Left: 3.5 steps outside 15 yd In	4.25 steps behind Front Hash (HS)
18	24	Left: 3.5 steps outside 15 yd In	4.25 steps behind Front Hash (HS)
19	46	Left: 0.75 steps outside 15 yd In	8.75 steps in front of Front Hash (HS)
20	38	Left: 2.25 steps inside 10 yd In	0.75 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 10 yd In	10.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps inside 15 yd In	14.0 steps in front of Back side line
2	28	Left: 2.0 steps inside 15 yd In	14.0 steps in front of Back side line
3	30	Left: 1.75 steps outside 25 yd In	14.0 steps in front of Back side line
4	36	Left: 1.75 steps outside 25 yd In	6.0 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps inside 25 yd In	14.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 20 yd In	8.0 steps behind Front Hash (HS)
7	16	Left: 4.0 steps inside 20 yd In	8.0 steps behind Front Hash (HS)
8	40	Left: 4.0 steps inside 20 yd In	8.0 steps behind Front Hash (HS)
9	28	Left: 4.0 steps inside 25 yd In	12.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps inside 15 yd In	9.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps inside 25 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 25 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 3.25 steps inside 10 yd In	10.75 steps in front of Back Hash (HS)
13	32	Left: 1.5 steps inside 10 yd In	8.5 steps behind Front Hash (HS)
14	34	Left: 2.25 steps inside 10 yd In	10.75 steps behind Front Hash (HS)
15	18	Left: 2.0 steps inside 10 yd In	1.75 steps behind Front Hash (HS)
16	24	Left: 2.0 steps outside 15 yd In	7.75 steps behind Front side line
17	30	Left: 0.25 steps inside 15 yd In	11.25 steps behind Front Hash (HS)
18	24	Left: 0.25 steps inside 15 yd In	11.25 steps behind Front Hash (HS)
19	46	Left: 0.75 steps inside 15 yd In	0.75 steps in front of Front Hash (HS)
20	38	Left: 0.25 steps inside 15 yd In	6.5 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 5 yd In	10.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps outside 15 yd In	14.0 steps in front of Back side line
2	28	Left: 2.0 steps outside 15 yd In	14.0 steps in front of Back side line
3	30	Left: 1.25 steps inside 20 yd In	7.25 steps behind Back Hash (HS)
4	36	Left: 1.25 steps inside 20 yd In	12.75 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps inside 20 yd In	14.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 15 yd In	8.0 steps behind Front Hash (HS)
7	16	Left: 4.0 steps inside 15 yd In	8.0 steps behind Front Hash (HS)
8	40	Left: 4.0 steps inside 15 yd In	8.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps outside 25 yd In	10.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps outside 15 yd In	6.0 steps behind Front Hash (HS)
11	40	Left: 4.0 steps inside 15 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 15 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: On 5 yd In	On Front Hash (HS)
13	32	Left: On 10 yd In	12.0 steps in front of Front Hash (HS)
14	34	Left: 1.25 steps outside 10 yd In	12.75 steps in front of Front Hash (HS)
15	18	Left: On 15 yd In	8.0 steps behind Front side line
16	24	Left: 4.0 steps inside 25 yd In	On Front side line
17	30	Left: 4.0 steps inside 10 yd In	12.0 steps in front of Front Hash (HS)
18	24	Left: 4.0 steps inside 10 yd In	12.0 steps in front of Front Hash (HS)
19	46	Left: 3.0 steps outside 20 yd In	4.0 steps behind Front side line
20	38	Left: 2.0 steps inside 10 yd In	12.75 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 10 yd In	12.0 steps in front of Back Hash (HS)
1	28	Left: On 20 yd In	12.0 steps behind Back Hash (HS)
2	28	Left: On 20 yd In	12.0 steps behind Back Hash (HS)
3	30	Left: 0.25 steps inside 30 yd In	5.75 steps in front of Back side line
4	36	Left: 0.25 steps inside 30 yd In	2.25 steps behind Back Hash (HS)
5	40	Left: On 30 yd In	12.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps inside 25 yd In	10.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps inside 25 yd In	10.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps inside 25 yd In	10.0 steps behind Front Hash (HS)
9	28	Left: On 30 yd In	12.0 steps in front of Back Hash (HS)
10	30	Left: 2.0 steps outside 20 yd In	12.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 1.75 steps outside 20 yd In	6.0 steps in front of Back Hash (HS)
13	32	Left: 2.25 steps inside 15 yd In	11.0 steps in front of Back Hash (HS)
14	34	Left: 0.5 steps inside 20 yd In	9.5 steps in front of Back Hash (HS)
15	18	Left: 3.25 steps outside 20 yd In	13.0 steps behind Front Hash (HS)
16	24	Left: 0.25 steps outside 10 yd In	5.75 steps in front of Front Hash (HS)
17	30	Left: 1.5 steps outside 25 yd In	9.25 steps in front of Back Hash (HS)
18	24	Left: 1.5 steps outside 25 yd In	9.25 steps in front of Back Hash (HS)
19	46	Left: 3.0 steps inside 20 yd In	11.75 steps behind Front Hash (HS)
20	38	Left: 3.0 steps outside 25 yd In	2.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 10 yd In	12.0 steps in front of Back Hash (HS)
1	28	Left: 4.0 steps inside 15 yd In	12.0 steps behind Back Hash (HS)
2	28	Left: 4.0 steps inside 15 yd In	12.0 steps behind Back Hash (HS)
3	30	Left: 1.25 steps inside 25 yd In	10.75 steps in front of Back side line
4	36	Left: 1.25 steps inside 25 yd In	2.75 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps outside 25 yd In	10.0 steps in front of Back Hash (HS)
6	16	Left: On 20 yd In	12.0 steps behind Front Hash (HS)
7	16	Left: On 20 yd In	12.0 steps behind Front Hash (HS)
8	40	Left: On 20 yd In	12.0 steps behind Front Hash (HS)
9	28	Left: On 25 yd In	8.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps outside 15 yd In	9.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps outside 20 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 20 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 0.75 steps inside 5 yd In	3.0 steps behind Front Hash (HS)
13	32	Left: 1.0 steps outside 10 yd In	9.0 steps in front of Front Hash (HS)
14	34	Left: 2.0 steps outside 10 yd In	10.75 steps in front of Front Hash (HS)
15	18	Left: 1.5 steps outside 15 yd In	9.25 steps behind Front side line
16	24	Left: 2.0 steps inside 25 yd In	On Front side line
17	30	Left: 4.0 steps inside 10 yd In	10.0 steps in front of Front Hash (HS)
18	24	Left: 4.0 steps inside 10 yd In	10.0 steps in front of Front Hash (HS)
19	46	Left: 3.75 steps inside 15 yd In	5.75 steps behind Front side line
20	38	Left: 1.25 steps inside 10 yd In	13.25 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 5 yd In	12.0 steps in front of Back Hash (HS)
1	28	Left: On 15 yd In	12.0 steps behind Back Hash (HS)
2	28	Left: On 15 yd In	12.0 steps behind Back Hash (HS)
3	30	Left: 3.5 steps inside 20 yd In	10.75 steps behind Back Hash (HS)
4	36	Left: 3.5 steps inside 20 yd In	9.25 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps outside 30 yd In	10.0 steps behind Front Hash (HS)
6	16	Left: On 25 yd In	4.0 steps behind Front Hash (HS)
7	16	Left: On 25 yd In	4.0 steps behind Front Hash (HS)
8	40	Left: On 25 yd In	4.0 steps behind Front Hash (HS)
9	28	Left: On 30 yd In	12.0 steps behind Front Hash (HS)
10	30	Left: 1.0 steps inside 20 yd In	9.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps outside 35 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 35 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 3.75 steps outside 25 yd In	5.25 steps in front of Back Hash (HS)
13	32	Left: On 20 yd In	8.75 steps in front of Back Hash (HS)
14	34	Left: 0.75 steps inside 25 yd In	10.25 steps in front of Back Hash (HS)
15	18	Left: 3.5 steps outside 25 yd In	13.5 steps in front of Back Hash (HS)
16	24	Left: 0.75 steps inside 10 yd In	2.5 steps behind Front Hash (HS)
17	30	Left: 1.5 steps outside 30 yd In	8.75 steps in front of Back Hash (HS)
18	24	Left: 1.5 steps outside 30 yd In	8.75 steps in front of Back Hash (HS)
19	46	Left: 2.75 steps inside 25 yd In	13.5 steps in front of Back Hash (HS)
20	38	Left: 3.75 steps outside 30 yd In	5.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 5 yd In	12.0 steps in front of Back Hash (HS)
1	28	Left: 4.0 steps inside 10 yd In	12.0 steps behind Back Hash (HS)
2	28	Left: 4.0 steps inside 10 yd In	12.0 steps behind Back Hash (HS)
3	30	Left: 0.5 steps outside 20 yd In	3.25 steps behind Back Hash (HS)
4	36	Left: 0.5 steps outside 20 yd In	11.25 steps behind Front Hash (HS)
5	40	Left: 2.0 steps outside 25 yd In	10.0 steps behind Front Hash (HS)
6	16	Left: On 20 yd In	4.0 steps behind Front Hash (HS)
7	16	Left: On 20 yd In	4.0 steps behind Front Hash (HS)
8	40	Left: On 20 yd In	4.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps inside 25 yd In	14.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps inside 15 yd In	6.0 steps behind Front Hash (HS)
11	40	Left: On 25 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 25 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 1.0 steps inside 10 yd In	12.5 steps in front of Back Hash (HS)
13	32	Left: 0.25 steps inside 10 yd In	5.75 steps behind Front Hash (HS)
14	34	Left: 0.25 steps outside 10 yd In	7.25 steps behind Front Hash (HS)
15	18	Left: 1.0 steps inside 10 yd In	2.25 steps in front of Front Hash (HS)
16	24	Left: 1.0 steps inside 15 yd In	5.0 steps behind Front side line
17	30	Left: 2.25 steps outside 15 yd In	8.0 steps behind Front Hash (HS)
18	24	Left: 2.25 steps outside 15 yd In	8.0 steps behind Front Hash (HS)
19	46	Left: 0.25 steps outside 15 yd In	4.75 steps in front of Front Hash (HS)
20	38	Left: 3.25 steps outside 15 yd In	4.0 steps behind Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 10 yd In	14.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps outside 20 yd In	10.0 steps behind Back Hash (HS)
2	28	Left: 2.0 steps outside 20 yd In	10.0 steps behind Back Hash (HS)
3	30	Left: 2.75 steps inside 25 yd In	9.5 steps in front of Back side line
4	36	Left: 2.75 steps inside 25 yd In	1.5 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps inside 25 yd In	6.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 20 yd In	12.0 steps in front of Back Hash (HS)
7	16	Left: 4.0 steps inside 20 yd In	12.0 steps in front of Back Hash (HS)
8	40	Left: 4.0 steps inside 20 yd In	12.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps inside 25 yd In	6.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps outside 15 yd In	12.0 steps behind Front Hash (HS)
11	40	Left: On 20 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 20 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 2.0 steps inside 5 yd In	5.75 steps behind Front Hash (HS)
13	32	Left: 1.5 steps outside 10 yd In	6.0 steps in front of Front Hash (HS)
14	34	Left: 2.5 steps outside 10 yd In	8.75 steps in front of Front Hash (HS)
15	18	Left: 2.75 steps outside 15 yd In	10.75 steps behind Front side line
16	24	Left: On 25 yd In	On Front side line
17	30	Left: 4.0 steps inside 10 yd In	8.0 steps in front of Front Hash (HS)
18	24	Left: 4.0 steps inside 10 yd In	8.0 steps in front of Front Hash (HS)
19	46	Left: 2.5 steps inside 15 yd In	7.25 steps behind Front side line
20	38	Left: 0.5 steps inside 10 yd In	11.5 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 10 yd In	14.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps inside 15 yd In	10.0 steps behind Back Hash (HS)
2	28	Left: 2.0 steps inside 15 yd In	10.0 steps behind Back Hash (HS)
3	30	Left: 3.25 steps outside 25 yd In	12.5 steps behind Back Hash (HS)
4	36	Left: 3.25 steps outside 25 yd In	7.5 steps in front of Back Hash (HS)
5	40	Left: 4.0 steps inside 25 yd In	12.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps outside 25 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps outside 25 yd In	6.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps outside 25 yd In	6.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
10	30	Left: 2.0 steps outside 20 yd In	9.0 steps behind Front Hash (HS)
11	40	Left: On 30 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 30 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 3.5 steps inside 15 yd In	6.75 steps in front of Back Hash (HS)
13	32	Left: 0.25 steps outside 15 yd In	12.75 steps in front of Back Hash (HS)
14	34	Left: 3.5 steps outside 20 yd In	10.5 steps in front of Back Hash (HS)
15	18	Left: 1.25 steps inside 15 yd In	11.0 steps behind Front Hash (HS)
16	24	Left: 0.5 steps inside 10 yd In	9.75 steps in front of Front Hash (HS)
17	30	Left: 2.5 steps inside 20 yd In	10.5 steps in front of Back Hash (HS)
18	24	Left: 2.5 steps inside 20 yd In	10.5 steps in front of Back Hash (HS)
19	46	Left: 0.25 steps outside 20 yd In	9.25 steps behind Front Hash (HS)
20	38	Left: 1.0 steps inside 20 yd In	2.75 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 5 yd In	14.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps outside 15 yd In	10.0 steps behind Back Hash (HS)
2	28	Left: 2.0 steps outside 15 yd In	10.0 steps behind Back Hash (HS)
3	30	Left: 0.25 steps inside 20 yd In	5.25 steps behind Back Hash (HS)
4	36	Left: 0.25 steps inside 20 yd In	13.25 steps behind Front Hash (HS)
5	40	Left: 4.0 steps inside 20 yd In	12.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps outside 20 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps outside 20 yd In	6.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps outside 20 yd In	6.0 steps behind Front Hash (HS)
9	28	Left: On 25 yd In	12.0 steps in front of Back Hash (HS)
10	30	Left: On 15 yd In	6.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps inside 20 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 20 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 3.25 steps inside 5 yd In	8.5 steps behind Front Hash (HS)
13	32	Left: 1.75 steps outside 10 yd In	3.0 steps in front of Front Hash (HS)
14	34	Left: 3.25 steps outside 10 yd In	4.75 steps in front of Front Hash (HS)
15	18	Left: 3.0 steps inside 10 yd In	13.75 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 20 yd In	On Front side line
17	30	Left: 4.0 steps inside 10 yd In	3.75 steps in front of Front Hash (HS)
18	24	Left: 4.0 steps inside 10 yd In	3.75 steps in front of Front Hash (HS)
19	46	Left: 0.75 steps inside 15 yd In	11.0 steps behind Front side line
20	38	Left: On 10 yd In	7.25 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 10 yd ln	12.0 steps behind Front Hash (HS)
1	28	Left: On 20 yd ln	8.0 steps behind Back Hash (HS)
2	28	Left: On 20 yd ln	8.0 steps behind Back Hash (HS)
3	30	Left: 1.75 steps outside 30 yd ln	7.0 steps in front of Back side line
4	36	Left: 1.75 steps outside 30 yd ln	1.0 steps behind Back Hash (HS)
5	40	Left: 2.0 steps outside 30 yd ln	10.0 steps in front of Back Hash (HS)
6	16	Left: On 25 yd ln	12.0 steps behind Front Hash (HS)
7	16	Left: On 25 yd ln	12.0 steps behind Front Hash (HS)
8	40	Left: On 25 yd ln	12.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps outside 30 yd ln	10.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps inside 15 yd ln	12.0 steps behind Front Hash (HS)
11	40	Left: 4.0 steps inside 25 yd ln	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 25 yd ln	8.0 steps behind Front Hash (HS)
12	32	Left: 2.25 steps outside 15 yd ln	9.0 steps in front of Back Hash (HS)
13	32	Left: 3.25 steps inside 10 yd ln	11.0 steps behind Front Hash (HS)
14	34	Left: 3.0 steps outside 15 yd ln	13.75 steps behind Front Hash (HS)
15	18	Left: 3.75 steps inside 10 yd ln	5.25 steps behind Front Hash (HS)
16	24	Left: 3.5 steps inside 10 yd ln	11.0 steps behind Front side line
17	30	Left: 3.5 steps inside 15 yd ln	13.75 steps behind Front Hash (HS)
18	24	Left: 3.5 steps inside 15 yd ln	13.75 steps behind Front Hash (HS)
19	46	Left: 2.5 steps inside 15 yd ln	3.0 steps behind Front Hash (HS)
20	38	Left: 4.0 steps inside 15 yd ln	8.0 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 10 yd ln	12.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 15 yd ln	8.0 steps behind Back Hash (HS)
2	28	Left: 4.0 steps inside 15 yd ln	8.0 steps behind Back Hash (HS)
3	30	Left: 0.25 steps outside 25 yd ln	12.25 steps in front of Back side line
4	36	Left: 0.25 steps outside 25 yd ln	4.25 steps in front of Back Hash (HS)
5	40	Left: On 25 yd ln	12.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps inside 20 yd ln	10.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps inside 20 yd ln	10.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps inside 20 yd ln	10.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps inside 25 yd ln	10.0 steps in front of Back Hash (HS)
10	30	Left: On 15 yd ln	9.0 steps behind Front Hash (HS)
11	40	Left: 4.0 steps inside 20 yd ln	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 20 yd ln	8.0 steps behind Front Hash (HS)
12	32	Left: 3.0 steps outside 10 yd ln	11.0 steps behind Front Hash (HS)
13	32	Left: 1.5 steps outside 10 yd ln	On Front Hash (HS)
14	34	Left: 3.0 steps outside 10 yd ln	0.5 steps in front of Front Hash (HS)
15	18	Left: 1.5 steps inside 10 yd ln	10.0 steps in front of Front Hash (HS)
16	24	Left: On 20 yd ln	1.0 steps behind Front side line
17	30	Left: 4.0 steps outside 15 yd ln	0.25 steps behind Front Hash (HS)
18	24	Left: 4.0 steps outside 15 yd ln	0.25 steps behind Front Hash (HS)
19	46	Left: 0.25 steps outside 15 yd ln	13.0 steps in front of Front Hash (HS)
20	38	Left: 0.75 steps inside 10 yd ln	3.25 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 5 yd ln	12.0 steps behind Front Hash (HS)
1	28	Left: On 15 yd ln	8.0 steps behind Back Hash (HS)
2	28	Left: On 15 yd ln	8.0 steps behind Back Hash (HS)
3	30	Left: 2.25 steps inside 20 yd ln	9.0 steps behind Back Hash (HS)
4	36	Left: 2.25 steps inside 20 yd ln	11.0 steps in front of Back Hash (HS)
5	40	Left: On 30 yd ln	8.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps inside 25 yd ln	2.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps inside 25 yd ln	2.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps inside 25 yd ln	2.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps inside 30 yd ln	10.0 steps behind Front Hash (HS)
10	30	Left: 4.0 steps inside 20 yd ln	9.0 steps behind Front Hash (HS)
11	40	Left: 4.0 steps inside 35 yd ln	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 35 yd ln	8.0 steps behind Front Hash (HS)
12	32	Left: 2.75 steps outside 30 yd ln	7.0 steps in front of Back Hash (HS)
13	32	Left: 1.0 steps inside 25 yd ln	8.25 steps in front of Back Hash (HS)
14	34	Left: 0.25 steps inside 30 yd ln	13.75 steps in front of Back Hash (HS)
15	18	Left: 3.75 steps outside 30 yd ln	13.0 steps behind Front Hash (HS)
16	24	Left: 3.75 steps outside 15 yd ln	9.75 steps behind Front Hash (HS)
17	30	Left: 1.75 steps outside 35 yd ln	11.0 steps in front of Back Hash (HS)
18	24	Left: 1.75 steps outside 35 yd ln	11.0 steps in front of Back Hash (HS)
19	46	Left: 3.0 steps inside 30 yd ln	13.5 steps in front of Back Hash (HS)
20	38	Left: On 30 yd ln	12.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 0.25 steps outside 5 yd ln	12.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 10 yd ln	8.0 steps behind Back Hash (HS)
2	28	Left: 4.0 steps inside 10 yd ln	8.0 steps behind Back Hash (HS)
3	30	Left: 1.5 steps outside 20 yd ln	1.25 steps behind Back Hash (HS)
4	36	Left: 1.5 steps outside 20 yd ln	9.25 steps behind Front Hash (HS)
5	40	Left: On 25 yd ln	8.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps inside 20 yd ln	2.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps inside 20 yd ln	2.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps inside 20 yd ln	2.0 steps behind Front Hash (HS)
9	28	Left: 4.0 steps inside 25 yd ln	12.0 steps behind Front Hash (HS)
10	30	Left: 2.0 steps outside 20 yd ln	6.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps outside 30 yd ln	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 30 yd ln	8.0 steps behind Front Hash (HS)
12	32	Left: 0.5 steps inside 15 yd ln	7.75 steps in front of Back Hash (HS)
13	32	Left: 2.75 steps outside 15 yd ln	13.25 steps behind Front Hash (HS)
14	34	Left: 0.5 steps inside 15 yd ln	12.0 steps in front of Back Hash (HS)
15	18	Left: 2.0 steps outside 15 yd ln	8.5 steps behind Front Hash (HS)
16	24	Left: 1.75 steps inside 10 yd ln	13.5 steps in front of Front Hash (HS)
17	30	Left: 1.25 steps outside 20 yd ln	12.0 steps in front of Back Hash (HS)
18	24	Left: 1.25 steps outside 20 yd ln	12.0 steps in front of Back Hash (HS)
19	46	Left: 3.25 steps outside 20 yd ln	6.5 steps behind Front Hash (HS)
20	38	Left: 2.5 steps outside 20 yd ln	4.5 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 35 yd In	6.0 steps in front of Front Hash (HS)
1	28	Left: 4.0 steps inside 15 yd In	3.0 steps behind Front Hash (HS)
2	28	Left: 4.0 steps inside 15 yd In	3.0 steps behind Front Hash (HS)
3	30	Left: 3.0 steps outside 20 yd In	5.0 steps in front of Back Hash (HS)
4	36	Left: 3.0 steps outside 20 yd In	3.0 steps behind Front Hash (HS)
5	40	Left: 2.0 steps outside 20 yd In	10.0 steps behind Front Hash (HS)
6	16	Left: On 15 yd In	4.0 steps behind Front Hash (HS)
7	16	Left: On 15 yd In	4.0 steps behind Front Hash (HS)
8	40	Left: On 15 yd In	4.0 steps behind Front Hash (HS)
9	28	Left: 4.0 steps inside 20 yd In	12.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps outside 15 yd In	3.0 steps behind Front Hash (HS)
11	40	Left: 4.0 steps inside 15 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 15 yd In	On Front Hash (HS)
12	32	Left: On 10 yd In	4.0 steps in front of Front Hash (HS)
13	32	Left: On 15 yd In	On Front Hash (HS)
14	34	Left: 3.0 steps outside 10 yd In	6.75 steps in front of Front Hash (HS)
15	18	Left: 4.0 steps inside 10 yd In	12.5 steps behind Front side line
16	24	Left: 2.0 steps outside 25 yd In	On Front side line
17	30	Left: 4.0 steps inside 10 yd In	6.0 steps in front of Front Hash (HS)
18	24	Left: 4.0 steps inside 10 yd In	6.0 steps in front of Front Hash (HS)
19	46	Left: 1.75 steps inside 15 yd In	9.25 steps behind Front side line
20	38	Left: 0.25 steps inside 10 yd In	9.25 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 30 yd In	6.0 steps in front of Front Hash (HS)
1	28	Left: On 15 yd In	3.0 steps behind Front Hash (HS)
2	28	Left: On 15 yd In	3.0 steps behind Front Hash (HS)
3	30	Left: 3.5 steps outside 20 yd In	13.5 steps in front of Back Hash (HS)
4	36	Left: 3.5 steps outside 20 yd In	5.5 steps in front of Front Hash (HS)
5	40	Left: 2.0 steps outside 25 yd In	2.0 steps behind Front Hash (HS)
6	16	Left: On 20 yd In	4.0 steps in front of Front Hash (HS)
7	16	Left: On 20 yd In	4.0 steps in front of Front Hash (HS)
8	40	Left: On 20 yd In	4.0 steps in front of Front Hash (HS)
9	28	Left: 4.0 steps inside 25 yd In	8.0 steps behind Front Hash (HS)
10	30	Left: 1.0 steps inside 20 yd In	3.0 steps behind Front Hash (HS)
11	40	Left: 4.0 steps inside 25 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 25 yd In	On Front Hash (HS)
12	32	Left: 2.0 steps inside 20 yd In	10.0 steps behind Front Hash (HS)
13	32	Left: 3.25 steps inside 25 yd In	7.75 steps behind Front Hash (HS)
14	34	Left: 1.5 steps outside 20 yd In	10.0 steps in front of Back Hash (HS)
15	18	Left: 2.75 steps inside 15 yd In	12.25 steps behind Front Hash (HS)
16	24	Left: On 10 yd In	7.75 steps in front of Front Hash (HS)
17	30	Left: 3.5 steps outside 25 yd In	9.75 steps in front of Back Hash (HS)
18	24	Left: 3.5 steps outside 25 yd In	9.75 steps in front of Back Hash (HS)
19	46	Left: 1.25 steps inside 20 yd In	10.5 steps behind Front Hash (HS)
20	38	Left: 3.0 steps inside 20 yd In	2.25 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 30 yd In	6.0 steps in front of Front Hash (HS)
1	28	Left: 4.0 steps inside 10 yd In	3.0 steps behind Front Hash (HS)
2	28	Left: 4.0 steps inside 10 yd In	3.0 steps behind Front Hash (HS)
3	30	Left: 2.25 steps outside 20 yd In	6.0 steps behind Front Hash (HS)
4	36	Left: 2.25 steps outside 20 yd In	14.0 steps in front of Front Hash (HS)
5	40	Left: 2.0 steps outside 20 yd In	2.0 steps behind Front Hash (HS)
6	16	Left: On 15 yd In	4.0 steps in front of Front Hash (HS)
7	16	Left: On 15 yd In	4.0 steps in front of Front Hash (HS)
8	40	Left: On 15 yd In	4.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps outside 25 yd In	10.0 steps behind Front Hash (HS)
10	30	Left: 3.0 steps inside 15 yd In	On Front Hash (HS)
11	40	Left: 2.0 steps outside 25 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 25 yd In	On Front Hash (HS)
12	32	Left: 1.25 steps inside 15 yd In	7.75 steps behind Front Hash (HS)
13	32	Left: 2.5 steps inside 20 yd In	10.0 steps behind Front Hash (HS)
14	34	Left: 3.5 steps inside 10 yd In	12.25 steps behind Front Hash (HS)
15	18	Left: 2.75 steps inside 10 yd In	3.5 steps behind Front Hash (HS)
16	24	Left: 3.25 steps outside 15 yd In	9.25 steps behind Front side line
17	30	Left: 1.75 steps inside 15 yd In	12.5 steps behind Front Hash (HS)
18	24	Left: 1.75 steps inside 15 yd In	12.5 steps behind Front Hash (HS)
19	46	Left: 1.5 steps inside 15 yd In	1.25 steps behind Front Hash (HS)
20	38	Left: 2.0 steps inside 15 yd In	7.25 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
1	28	Left: 2.0 steps outside 20 yd In	1.0 steps behind Front Hash (HS)
2	28	Left: 2.0 steps outside 20 yd In	1.0 steps behind Front Hash (HS)
3	30	Left: 2.0 steps outside 20 yd In	0.75 steps in front of Back Hash (HS)
4	36	Left: 2.0 steps outside 20 yd In	7.25 steps behind Front Hash (HS)
5	40	Left: 2.0 steps inside 25 yd In	6.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 20 yd In	On Front Hash (HS)
7	16	Left: 4.0 steps inside 20 yd In	On Front Hash (HS)
8	40	Left: 4.0 steps inside 20 yd In	On Front Hash (HS)
9	28	Left: 2.0 steps outside 30 yd In	10.0 steps behind Front Hash (HS)
10	30	Left: 1.0 steps inside 20 yd In	6.0 steps behind Front Hash (HS)
11	40	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 1.25 steps inside 20 yd In	5.5 steps in front of Back Hash (HS)
13	32	Left: 3.0 steps outside 20 yd In	9.75 steps in front of Back Hash (HS)
14	34	Left: 3.25 steps outside 25 yd In	9.5 steps in front of Back Hash (HS)
15	18	Left: 0.5 steps inside 20 yd In	13.75 steps in front of Back Hash (HS)
16	24	Left: On 10 yd In	1.5 steps in front of Front Hash (HS)
17	30	Left: 2.5 steps inside 25 yd In	8.75 steps in front of Back Hash (HS)
18	24	Left: 2.5 steps inside 25 yd In	8.75 steps in front of Back Hash (HS)
19	46	Left: 1.25 steps outside 25 yd In	13.5 steps behind Front Hash (HS)
20	38	Left: 0.75 steps inside 25 yd In	2.75 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
1	28	Left: 2.0 steps inside 15 yd In	1.0 steps behind Front Hash (HS)
2	28	Left: 2.0 steps inside 15 yd In	1.0 steps behind Front Hash (HS)
3	30	Left: 3.5 steps outside 20 yd In	9.25 steps in front of Back Hash (HS)
4	36	Left: 3.5 steps outside 20 yd In	1.25 steps in front of Front Hash (HS)
5	40	Left: 2.0 steps inside 20 yd In	6.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 15 yd In	On Front Hash (HS)
7	16	Left: 4.0 steps inside 15 yd In	On Front Hash (HS)
8	40	Left: 4.0 steps inside 15 yd In	On Front Hash (HS)
9	28	Left: On 25 yd In	12.0 steps behind Front Hash (HS)
10	30	Left: 3.0 steps inside 15 yd In	3.0 steps behind Front Hash (HS)
11	40	Left: 4.0 steps inside 20 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 20 yd In	On Front Hash (HS)
12	32	Left: 1.25 steps outside 15 yd In	6.0 steps behind Front Hash (HS)
13	32	Left: 0.5 steps outside 20 yd In	9.25 steps behind Front Hash (HS)
14	34	Left: 0.75 steps inside 10 yd In	9.0 steps behind Front Hash (HS)
15	18	Left: 1.5 steps inside 10 yd In	0.25 steps in front of Front Hash (HS)
16	24	Left: 0.75 steps outside 15 yd In	6.25 steps behind Front side line
17	30	Left: 1.25 steps outside 15 yd In	9.75 steps behind Front Hash (HS)
18	24	Left: 1.25 steps outside 15 yd In	9.75 steps behind Front Hash (HS)
19	46	Left: On 15 yd In	2.75 steps in front of Front Hash (HS)
20	38	Left: 1.5 steps outside 15 yd In	5.25 steps behind Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
1	28	Left: 2.0 steps outside 15 yd In	1.0 steps behind Front Hash (HS)
2	28	Left: 2.0 steps outside 15 yd In	1.0 steps behind Front Hash (HS)
3	30	Left: 3.25 steps outside 20 yd In	10.25 steps behind Front Hash (HS)
4	36	Left: 3.25 steps outside 20 yd In	9.75 steps in front of Front Hash (HS)
5	40	Left: 2.0 steps inside 15 yd In	6.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 10 yd In	On Front Hash (HS)
7	16	Left: 4.0 steps inside 10 yd In	On Front Hash (HS)
8	40	Left: 4.0 steps inside 10 yd In	On Front Hash (HS)
9	28	Left: 2.0 steps inside 20 yd In	14.0 steps in front of Back Hash (HS)
10	30	Left: 3.0 steps outside 15 yd In	On Front Hash (HS)
11	40	Left: 2.0 steps outside 20 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 20 yd In	On Front Hash (HS)
12	32	Left: 1.0 steps inside 10 yd In	1.25 steps in front of Front Hash (HS)
13	32	Left: 1.0 steps inside 15 yd In	3.0 steps behind Front Hash (HS)
14	34	Left: 3.25 steps outside 10 yd In	2.75 steps in front of Front Hash (HS)
15	18	Left: 2.25 steps inside 10 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps inside 20 yd In	0.5 steps behind Front side line
17	30	Left: 4.0 steps inside 10 yd In	1.75 steps in front of Front Hash (HS)
18	24	Left: 4.0 steps inside 10 yd In	1.75 steps in front of Front Hash (HS)
19	46	Left: 0.25 steps inside 15 yd In	13.0 steps behind Front side line
20	38	Left: 0.25 steps inside 10 yd In	5.25 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)
1	28	Left: 2.0 steps inside 10 yd In	1.0 steps behind Front Hash (HS)
2	28	Left: 2.0 steps inside 10 yd In	1.0 steps behind Front Hash (HS)
3	30	Left: 0.75 steps outside 20 yd In	2.0 steps behind Front Hash (HS)
4	36	Left: 0.75 steps outside 20 yd In	10.0 steps behind Front side line
5	40	Left: 2.0 steps inside 20 yd In	2.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 15 yd In	8.0 steps in front of Front Hash (HS)
7	16	Left: 4.0 steps inside 15 yd In	8.0 steps in front of Front Hash (HS)
8	40	Left: 4.0 steps inside 15 yd In	8.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps inside 25 yd In	6.0 steps behind Front Hash (HS)
10	30	Left: 1.0 steps inside 20 yd In	On Front Hash (HS)
11	40	Left: 2.0 steps outside 30 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 30 yd In	On Front Hash (HS)
12	32	Left: 2.75 steps outside 25 yd In	9.75 steps behind Front Hash (HS)
13	32	Left: 2.5 steps outside 30 yd In	5.5 steps behind Front Hash (HS)
14	34	Left: 2.75 steps inside 20 yd In	9.5 steps in front of Back Hash (HS)
15	18	Left: 1.5 steps outside 20 yd In	13.75 steps behind Front Hash (HS)
16	24	Left: 0.25 steps outside 10 yd In	3.5 steps in front of Front Hash (HS)
17	30	Left: 0.5 steps inside 25 yd In	9.0 steps in front of Back Hash (HS)
18	24	Left: 0.5 steps inside 25 yd In	9.0 steps in front of Back Hash (HS)
19	46	Left: 3.25 steps outside 25 yd In	12.75 steps behind Front Hash (HS)
20	38	Left: 1.0 steps outside 25 yd In	2.25 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 35 yd In	10.0 steps in front of Front Hash (HS)
1	28	Left: 4.0 steps inside 15 yd In	1.0 steps in front of Front Hash (HS)
2	28	Left: 4.0 steps inside 15 yd In	1.0 steps in front of Front Hash (HS)
3	30	Left: 3.25 steps outside 20 yd In	7.0 steps in front of Back Hash (HS)
4	36	Left: 3.25 steps outside 20 yd In	1.0 steps behind Front Hash (HS)
5	40	Left: On 20 yd In	8.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps inside 15 yd In	2.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps inside 15 yd In	2.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps inside 15 yd In	2.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps outside 25 yd In	14.0 steps in front of Back Hash (HS)
10	30	Left: On 15 yd In	3.0 steps behind Front Hash (HS)
11	40	Left: On 20 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 20 yd In	On Front Hash (HS)
12	32	Left: 2.5 steps inside 10 yd In	1.5 steps behind Front Hash (HS)
13	32	Left: 2.5 steps inside 15 yd In	5.5 steps behind Front Hash (HS)
14	34	Left: 2.5 steps outside 10 yd In	1.5 steps behind Front Hash (HS)
15	18	Left: 1.0 steps inside 10 yd In	8.25 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps outside 20 yd In	1.75 steps behind Front side line
17	30	Left: 3.75 steps outside 15 yd In	2.25 steps behind Front Hash (HS)
18	24	Left: 3.75 steps outside 15 yd In	2.25 steps behind Front Hash (HS)
19	46	Left: 0.5 steps outside 15 yd In	11.0 steps in front of Front Hash (HS)
20	38	Left: 1.25 steps inside 10 yd In	1.25 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
1	28	Left: On 15 yd In	1.0 steps in front of Front Hash (HS)
2	28	Left: On 15 yd In	1.0 steps in front of Front Hash (HS)
3	30	Left: 3.5 steps outside 20 yd In	12.25 steps behind Front Hash (HS)
4	36	Left: 3.5 steps outside 20 yd In	7.75 steps in front of Front Hash (HS)
5	40	Left: On 25 yd In	On Front Hash (HS)
6	16	Left: 2.0 steps inside 20 yd In	6.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps inside 20 yd In	6.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps inside 20 yd In	6.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps outside 30 yd In	6.0 steps behind Front Hash (HS)
10	30	Left: 4.0 steps inside 20 yd In	3.0 steps behind Front Hash (HS)
11	40	Left: On 30 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 30 yd In	On Front Hash (HS)
12	32	Left: 0.25 steps inside 25 yd In	9.25 steps behind Front Hash (HS)
13	32	Left: 1.0 steps outside 30 yd In	3.0 steps behind Front Hash (HS)
14	34	Left: 1.25 steps outside 25 yd In	9.75 steps in front of Back Hash (HS)
15	18	Left: 2.5 steps inside 20 yd In	13.5 steps in front of Back Hash (HS)
16	24	Left: 0.25 steps inside 10 yd In	0.5 steps behind Front Hash (HS)
17	30	Left: 3.5 steps outside 30 yd In	8.5 steps in front of Back Hash (HS)
18	24	Left: 3.5 steps outside 30 yd In	8.5 steps in front of Back Hash (HS)
19	46	Left: 0.75 steps inside 25 yd In	14.0 steps in front of Back Hash (HS)
20	38	Left: 2.75 steps inside 25 yd In	3.75 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 30 yd In	10.0 steps in front of Front Hash (HS)
1	28	Left: 4.0 steps inside 10 yd In	1.0 steps in front of Front Hash (HS)
2	28	Left: 4.0 steps inside 10 yd In	1.0 steps in front of Front Hash (HS)
3	30	Left: 1.5 steps outside 20 yd In	4.0 steps behind Front Hash (HS)
4	36	Left: 1.5 steps outside 20 yd In	12.0 steps behind Front side line
5	40	Left: On 20 yd In	On Front Hash (HS)
6	16	Left: 2.0 steps inside 15 yd In	6.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps inside 15 yd In	6.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps inside 15 yd In	6.0 steps in front of Front Hash (HS)
9	28	Left: On 25 yd In	8.0 steps behind Front Hash (HS)
10	30	Left: 2.0 steps outside 20 yd In	On Front Hash (HS)
11	40	Left: 2.0 steps inside 25 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 25 yd In	On Front Hash (HS)
12	32	Left: 1.0 steps outside 20 yd In	9.75 steps behind Front Hash (HS)
13	32	Left: 0.5 steps inside 25 yd In	9.25 steps behind Front Hash (HS)
14	34	Left: 2.5 steps inside 15 yd In	11.25 steps in front of Back Hash (HS)
15	18	Left: 0.5 steps outside 15 yd In	10.0 steps behind Front Hash (HS)
16	24	Left: 1.0 steps inside 10 yd In	11.5 steps in front of Front Hash (HS)
17	30	Left: 0.75 steps inside 20 yd In	11.25 steps in front of Back Hash (HS)
18	24	Left: 0.75 steps inside 20 yd In	11.25 steps in front of Back Hash (HS)
19	46	Left: 1.75 steps outside 20 yd In	8.0 steps behind Front Hash (HS)
20	38	Left: 1.0 steps outside 20 yd In	3.5 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 35 yd In	12.0 steps in front of Front Hash (HS)
1	28	Left: 2.0 steps outside 20 yd In	3.0 steps in front of Front Hash (HS)
2	28	Left: 2.0 steps outside 20 yd In	3.0 steps in front of Front Hash (HS)
3	30	Left: 2.5 steps outside 20 yd In	2.75 steps in front of Back Hash (HS)
4	36	Left: 2.5 steps outside 20 yd In	5.25 steps behind Front Hash (HS)
5	40	Left: 4.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps outside 25 yd In	2.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps outside 25 yd In	2.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps outside 25 yd In	2.0 steps in front of Front Hash (HS)
9	28	Left: On 30 yd In	8.0 steps behind Front Hash (HS)
10	30	Left: 4.0 steps inside 20 yd In	6.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps inside 35 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 35 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 2.25 steps inside 25 yd In	6.0 steps in front of Back Hash (HS)
13	32	Left: 2.0 steps outside 25 yd In	8.0 steps in front of Back Hash (HS)
14	34	Left: 1.5 steps outside 30 yd In	12.5 steps in front of Back Hash (HS)
15	18	Left: 2.25 steps inside 25 yd In	13.75 steps behind Front Hash (HS)
16	24	Left: 3.0 steps inside 10 yd In	8.0 steps behind Front Hash (HS)
17	30	Left: 3.5 steps outside 35 yd In	10.25 steps in front of Back Hash (HS)
18	24	Left: 3.5 steps outside 35 yd In	10.25 steps in front of Back Hash (HS)
19	46	Left: 1.0 steps inside 30 yd In	13.25 steps in front of Back Hash (HS)
20	38	Left: 0.5 steps outside 30 yd In	10.0 steps in front of Back Hash (HS)

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Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
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2	28	Left: 2.0 steps inside 15 yd In	3.0 steps in front of Front Hash (HS)
3	30	Left: 3.5 steps outside 20 yd In	11.25 steps in front of Back Hash (HS)
4	36	Left: 3.5 steps outside 20 yd In	3.25 steps in front of Front Hash (HS)
5	40	Left: 4.0 steps inside 20 yd In	4.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps outside 20 yd In	2.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps outside 20 yd In	2.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps outside 20 yd In	2.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps inside 25 yd In	10.0 steps behind Front Hash (HS)
10	30	Left: 2.0 steps outside 20 yd In	3.0 steps behind Front Hash (HS)
11	40	Left: On 25 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 25 yd In	On Front Hash (HS)
12	32	Left: 4.0 steps outside 20 yd In	9.0 steps behind Front Hash (HS)
13	32	Left: 2.5 steps outside 25 yd In	10.0 steps behind Front Hash (HS)
14	34	Left: 1.25 steps outside 15 yd In	13.0 steps in front of Back Hash (HS)
15	18	Left: 3.25 steps outside 15 yd In	7.0 steps behind Front Hash (HS)
16	24	Left: 2.5 steps inside 10 yd In	12.75 steps behind Front side line
17	30	Left: 3.0 steps outside 20 yd In	13.0 steps in front of Back Hash (HS)
18	24	Left: 3.0 steps outside 20 yd In	13.0 steps in front of Back Hash (HS)
19	46	Left: 3.5 steps inside 15 yd In	4.75 steps behind Front Hash (HS)
20	38	Left: 4.0 steps inside 15 yd In	6.0 steps in front of Back Hash (HS)

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2	28	Left: 2.0 steps outside 15 yd In	3.0 steps in front of Front Hash (HS)
3	30	Left: 2.75 steps outside 20 yd In	8.25 steps behind Front Hash (HS)
4	36	Left: 2.75 steps outside 20 yd In	12.0 steps in front of Front Hash (HS)
5	40	Left: 4.0 steps inside 15 yd In	4.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps outside 15 yd In	2.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps outside 15 yd In	2.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps outside 15 yd In	2.0 steps in front of Front Hash (HS)
9	28	Left: 4.0 steps inside 20 yd In	12.0 steps behind Front Hash (HS)
10	30	Left: On 15 yd In	On Front Hash (HS)
11	40	Left: 2.0 steps inside 20 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 20 yd In	On Front Hash (HS)
12	32	Left: 3.5 steps outside 15 yd In	4.0 steps behind Front Hash (HS)
13	32	Left: 3.25 steps outside 20 yd In	7.75 steps behind Front Hash (HS)
14	34	Left: 1.25 steps outside 10 yd In	5.5 steps behind Front Hash (HS)
15	18	Left: 0.75 steps inside 10 yd In	4.25 steps in front of Front Hash (HS)
16	24	Left: 2.5 steps inside 15 yd In	3.75 steps behind Front side line
17	30	Left: 3.25 steps outside 15 yd In	6.25 steps behind Front Hash (HS)
18	24	Left: 3.25 steps outside 15 yd In	6.25 steps behind Front Hash (HS)
19	46	Left: 0.5 steps outside 15 yd In	6.75 steps in front of Front Hash (HS)
20	38	Left: 3.5 steps inside 10 yd In	2.5 steps behind Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.25 steps outside 30 yd In	12.0 steps in front of Front Hash (HS)
1	28	Left: 2.0 steps inside 10 yd In	3.0 steps in front of Front Hash (HS)
2	28	Left: 2.0 steps inside 10 yd In	3.0 steps in front of Front Hash (HS)
3	30	Left: On 20 yd In	On Front Hash (HS)
4	36	Left: On 20 yd In	8.0 steps behind Front side line
5	40	Left: 4.0 steps inside 20 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 2.0 steps outside 20 yd In	10.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps outside 20 yd In	10.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps outside 20 yd In	10.0 steps in front of Front Hash (HS)
9	28	Left: 4.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)
10	30	Left: 4.0 steps inside 20 yd In	On Front Hash (HS)
11	40	Left: 2.0 steps inside 30 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 30 yd In	On Front Hash (HS)
12	32	Left: 3.0 steps inside 25 yd In	8.0 steps behind Front Hash (HS)
13	32	Left: On 30 yd In	On Front Hash (HS)
14	34	Left: 2.75 steps inside 25 yd In	10.75 steps in front of Back Hash (HS)
15	18	Left: 1.5 steps outside 25 yd In	13.5 steps in front of Back Hash (HS)
16	24	Left: 1.25 steps inside 10 yd In	4.25 steps behind Front Hash (HS)
17	30	Left: 0.5 steps inside 30 yd In	9.0 steps in front of Back Hash (HS)
18	24	Left: 0.5 steps inside 30 yd In	9.0 steps in front of Back Hash (HS)
19	46	Left: 3.25 steps outside 30 yd In	13.25 steps in front of Back Hash (HS)
20	38	Left: 2.5 steps outside 30 yd In	6.5 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 1.75 steps outside 20 yd In	12.0 steps in front of Back Hash (HS)
1	28	Right: On 20 yd In	4.0 steps behind Front Hash (HS)
2	28	Right: On 20 yd In	4.0 steps behind Front Hash (HS)
3	30	Right: On 30 yd In	14.0 steps behind Front side line
4	36	Right: On 25 yd In	13.0 steps in front of Front Hash (HS)
5	40	Right: On 20 yd In	9.0 steps behind Front Hash (HS)
6	16	Right: On 20 yd In	9.0 steps behind Front Hash (HS)
7	16	Right: On 20 yd In	2.25 steps behind Front Hash (HS)
8	40	Right: On 20 yd In	2.25 steps behind Front Hash (HS)
9	28	Right: 0.5 steps outside 20 yd In	11.5 steps in front of Front Hash (HS)
10	30	Right: On 25 yd In	10.0 steps behind Front Hash (HS)
11	40	Right: On 30 yd In	4.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 30 yd In	4.0 steps in front of Front Hash (HS)
12	32	Right: On 25 yd In	12.0 steps behind Front side line
13	32	Right: On 25 yd In	12.0 steps behind Front side line
14	34	Right: 1.5 steps inside 30 yd In	9.5 steps behind Front side line
15	18	Right: 4.0 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
16	24	Right: 4.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
17	30	Right: 3.0 steps outside 35 yd In	10.0 steps behind Front Hash (HS)
18	24	Right: 3.0 steps outside 35 yd In	10.0 steps behind Front Hash (HS)
19	46	Right: 3.0 steps outside 35 yd In	10.0 steps behind Front Hash (HS)
20	38	Right: 2.0 steps inside 25 yd In	5.0 steps in front of Front Hash (HS)

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Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps inside 15 yd In	12.0 steps in front of Back Hash (HS)
1	28	Right: 4.0 steps outside 20 yd In	4.0 steps behind Front Hash (HS)
2	28	Right: 4.0 steps outside 20 yd In	4.0 steps behind Front Hash (HS)
3	30	Right: 3.0 steps outside 30 yd In	13.25 steps in front of Front Hash (HS)
4	36	Right: 2.25 steps outside 25 yd In	11.0 steps in front of Front Hash (HS)
5	40	Right: On 20 yd In	12.0 steps behind Front Hash (HS)
6	16	Right: On 20 yd In	12.0 steps behind Front Hash (HS)
7	16	Right: 0.25 steps outside 20 yd In	5.25 steps behind Front Hash (HS)
8	40	Right: 0.25 steps outside 20 yd In	5.25 steps behind Front Hash (HS)
9	28	Right: 1.5 steps outside 20 yd In	8.75 steps in front of Front Hash (HS)
10	30	Right: On 25 yd In	13.0 steps behind Front Hash (HS)
11	40	Right: 2.0 steps outside 30 yd In	1.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 30 yd In	1.0 steps in front of Front Hash (HS)
12	32	Right: 1.0 steps outside 25 yd In	13.25 steps in front of Front Hash (HS)
13	32	Right: 1.0 steps outside 25 yd In	13.25 steps in front of Front Hash (HS)
14	34	Right: 0.75 steps outside 30 yd In	11.75 steps behind Front side line
15	18	Right: 1.0 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)
16	24	Right: 1.0 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
17	30	Right: 2.0 steps inside 30 yd In	10.0 steps behind Front Hash (HS)
18	24	Right: 2.0 steps inside 30 yd In	10.0 steps behind Front Hash (HS)
19	46	Right: 2.0 steps inside 30 yd In	10.0 steps behind Front Hash (HS)
20	38	Right: 1.0 steps inside 25 yd In	2.25 steps in front of Front Hash (HS)

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Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps outside 15 yd In	12.0 steps in front of Back Hash (HS)
1	28	Right: On 15 yd In	4.0 steps behind Front Hash (HS)
2	28	Right: On 15 yd In	4.0 steps behind Front Hash (HS)
3	30	Right: 2.25 steps inside 25 yd In	12.0 steps in front of Front Hash (HS)
4	36	Right: 3.75 steps inside 20 yd In	8.75 steps in front of Front Hash (HS)
5	40	Right: On 20 yd In	13.0 steps in front of Back Hash (HS)
6	16	Right: On 20 yd In	13.0 steps in front of Back Hash (HS)
7	16	Right: On 20 yd In	8.0 steps behind Front Hash (HS)
8	40	Right: On 20 yd In	8.0 steps behind Front Hash (HS)
9	28	Right: 2.5 steps outside 20 yd In	5.75 steps in front of Front Hash (HS)
10	30	Right: On 25 yd In	12.0 steps in front of Back Hash (HS)
11	40	Right: 4.0 steps outside 30 yd In	2.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 30 yd In	2.0 steps behind Front Hash (HS)
12	32	Right: 1.75 steps outside 25 yd In	10.25 steps in front of Front Hash (HS)
13	32	Right: 1.75 steps outside 25 yd In	10.25 steps in front of Front Hash (HS)
14	34	Right: 2.5 steps outside 30 yd In	13.75 steps in front of Front Hash (HS)
15	18	Right: 2.0 steps outside 30 yd In	4.0 steps in front of Front Hash (HS)
16	24	Right: 2.0 steps outside 35 yd In	2.0 steps behind Front Hash (HS)
17	30	Right: 1.0 steps outside 30 yd In	10.0 steps behind Front Hash (HS)
18	24	Right: 1.0 steps outside 30 yd In	10.0 steps behind Front Hash (HS)
19	46	Right: 1.0 steps outside 30 yd In	10.0 steps behind Front Hash (HS)
20	38	Right: 0.25 steps inside 25 yd In	0.75 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps inside 10 yd In	12.0 steps in front of Back Hash (HS)
1	28	Right: 4.0 steps outside 15 yd In	4.0 steps behind Front Hash (HS)
2	28	Right: 4.0 steps outside 15 yd In	4.0 steps behind Front Hash (HS)
3	30	Right: 0.5 steps outside 25 yd In	10.75 steps in front of Front Hash (HS)
4	36	Right: 2.0 steps inside 20 yd In	6.5 steps in front of Front Hash (HS)
5	40	Right: On 20 yd In	10.0 steps in front of Back Hash (HS)
6	16	Right: On 20 yd In	10.0 steps in front of Back Hash (HS)
7	16	Right: 0.25 steps inside 20 yd In	11.0 steps behind Front Hash (HS)
8	40	Right: 0.25 steps inside 20 yd In	11.0 steps behind Front Hash (HS)
9	28	Right: 3.25 steps outside 20 yd In	2.75 steps in front of Front Hash (HS)
10	30	Right: On 25 yd In	9.0 steps in front of Back Hash (HS)
11	40	Right: 2.0 steps inside 25 yd In	5.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps inside 25 yd In	5.0 steps behind Front Hash (HS)
12	32	Right: 2.0 steps outside 25 yd In	7.25 steps in front of Front Hash (HS)
13	32	Right: 2.0 steps outside 25 yd In	7.25 steps in front of Front Hash (HS)
14	34	Right: 3.75 steps inside 25 yd In	11.25 steps in front of Front Hash (HS)
15	18	Right: 3.0 steps inside 25 yd In	4.0 steps in front of Front Hash (HS)
16	24	Right: 3.0 steps inside 30 yd In	2.0 steps behind Front Hash (HS)
17	30	Right: 4.0 steps outside 30 yd In	10.0 steps behind Front Hash (HS)
18	24	Right: 4.0 steps outside 30 yd In	10.0 steps behind Front Hash (HS)
19	46	Right: 4.0 steps outside 30 yd In	10.0 steps behind Front Hash (HS)
20	38	Right: On 25 yd In	3.75 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 0.25 steps outside 10 yd In	12.0 steps in front of Front Hash (HS)
1	28	Left: 1.0 steps inside 15 yd In	12.0 steps behind Front Hash (HS)
2	28	Left: 1.0 steps inside 15 yd In	12.0 steps behind Front Hash (HS)
3	30	Left: 1.25 steps outside 25 yd In	7.75 steps behind Front Hash (HS)
4	36	Left: 2.5 steps outside 25 yd In	4.25 steps in front of Front Hash (HS)
5	40	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 2.0 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)
9	28	Left: On 30 yd In	8.0 steps in front of Front Hash (HS)
10	30	Left: 4.0 steps inside 20 yd In	6.0 steps behind Front side line
11	40	Left: On 25 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 25 yd In	4.0 steps behind Front side line
12	32	Left: 1.75 steps inside 15 yd In	3.25 steps behind Front side line
13	32	Left: 1.75 steps inside 15 yd In	3.25 steps behind Front side line
14	34	Left: 1.5 steps outside 25 yd In	2.0 steps behind Front side line
15	18	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front side line
16	24	Left: 2.0 steps inside 30 yd In	2.0 steps behind Front side line
17	30	Left: 2.0 steps inside 30 yd In	2.0 steps behind Front side line
18	24	Left: 2.0 steps inside 30 yd In	2.0 steps behind Front side line
19	46	Left: On 30 yd In	3.0 steps behind Front side line
20	38	Left: 3.0 steps outside 30 yd In	On Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 10 yd In	12.0 steps in front of Front Hash (HS)
1	28	Left: 3.0 steps outside 20 yd In	12.0 steps behind Front Hash (HS)
2	28	Left: 3.0 steps outside 20 yd In	12.0 steps behind Front Hash (HS)
3	30	Left: 2.25 steps outside 25 yd In	12.0 steps in front of Back Hash (HS)
4	36	Left: 1.5 steps outside 25 yd In	4.0 steps behind Front Hash (HS)
5	40	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 2.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps outside 25 yd In	On Front side line
11	40	Left: 2.0 steps inside 30 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 30 yd In	4.0 steps behind Front side line
12	32	Left: 3.25 steps outside 35 yd In	0.75 steps behind Front side line
13	32	Left: 3.25 steps outside 35 yd In	0.75 steps behind Front side line
14	34	Left: 1.5 steps outside 35 yd In	10.75 steps behind Front side line
15	18	Left: 2.0 steps outside 35 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps inside 25 yd In	10.0 steps in front of Front Hash (HS)
17	30	Left: 2.0 steps inside 35 yd In	6.0 steps behind Front side line
18	24	Left: 2.0 steps inside 35 yd In	6.0 steps behind Front side line
19	46	Left: 1.0 steps inside 35 yd In	On Front side line
20	38	Left: 3.0 steps inside 35 yd In	3.0 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 15 yd ln	12.0 steps in front of Front Hash (HS)
1	28	Left: 1.0 steps inside 20 yd ln	12.0 steps behind Front Hash (HS)
2	28	Left: 1.0 steps inside 20 yd ln	12.0 steps behind Front Hash (HS)
3	30	Left: 1.25 steps outside 25 yd ln	6.0 steps in front of Back Hash (HS)
4	36	Left: 0.5 steps inside 25 yd ln	9.75 steps behind Front Hash (HS)
5	40	Left: 2.0 steps outside 35 yd ln	2.0 steps behind Front Hash (HS)
6	16	Left: On 30 yd ln	4.0 steps in front of Front Hash (HS)
7	16	Left: On 30 yd ln	4.0 steps in front of Front Hash (HS)
8	40	Left: On 30 yd ln	4.0 steps in front of Front Hash (HS)
9	28	Left: On 30 yd ln	4.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps outside 25 yd ln	9.0 steps behind Front side line
11	40	Left: 2.0 steps inside 30 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 30 yd ln	12.0 steps behind Front side line
12	32	Left: 0.25 steps outside 35 yd ln	1.5 steps behind Front side line
13	32	Left: 0.25 steps outside 35 yd ln	1.5 steps behind Front side line
14	34	Left: 0.25 steps outside 35 yd ln	12.25 steps behind Front side line
15	18	Left: On 35 yd ln	12.0 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 25 yd ln	12.0 steps in front of Front Hash (HS)
17	30	Left: 4.0 steps inside 25 yd ln	12.0 steps in front of Front Hash (HS)
18	24	Left: 4.0 steps inside 25 yd ln	12.0 steps in front of Front Hash (HS)
19	46	Left: 2.0 steps outside 35 yd ln	10.0 steps in front of Front Hash (HS)
20	38	Left: 3.0 steps outside 30 yd ln	10.5 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 15 yd ln	12.0 steps in front of Front Hash (HS)
1	28	Left: 3.0 steps outside 25 yd ln	12.0 steps behind Front Hash (HS)
2	28	Left: 3.0 steps outside 25 yd ln	12.0 steps behind Front Hash (HS)
3	30	Left: 1.0 steps inside 25 yd ln	0.25 steps in front of Back Hash (HS)
4	36	Left: 4.0 steps outside 30 yd ln	13.25 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps outside 35 yd ln	10.0 steps behind Front Hash (HS)
6	16	Left: On 30 yd ln	4.0 steps behind Front Hash (HS)
7	16	Left: On 30 yd ln	4.0 steps behind Front Hash (HS)
8	40	Left: On 30 yd ln	4.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps outside 30 yd ln	2.0 steps behind Front Hash (HS)
10	30	Left: 2.0 steps inside 25 yd ln	13.0 steps in front of Front Hash (HS)
11	40	Left: 4.0 steps inside 30 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 30 yd ln	12.0 steps behind Front side line
12	32	Left: 2.5 steps outside 40 yd ln	3.5 steps behind Front side line
13	32	Left: 2.5 steps outside 40 yd ln	3.5 steps behind Front side line
14	34	Left: 2.0 steps inside 35 yd ln	12.0 steps in front of Front Hash (HS)
15	18	Left: 4.0 steps inside 35 yd ln	12.0 steps in front of Front Hash (HS)
16	24	Left: On 30 yd ln	12.0 steps behind Front side line
17	30	Left: On 30 yd ln	12.0 steps behind Front side line
18	24	Left: On 30 yd ln	12.0 steps behind Front side line
19	46	Left: 2.0 steps outside 35 yd ln	12.0 steps behind Front side line
20	38	Left: 3.0 steps outside 30 yd ln	7.75 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 10 yd ln	10.0 steps in front of Front Hash (HS)
1	28	Left: 3.0 steps inside 15 yd ln	14.0 steps in front of Back Hash (HS)
2	28	Left: 3.0 steps inside 15 yd ln	14.0 steps in front of Back Hash (HS)
3	30	Left: 2.0 steps outside 25 yd ln	11.75 steps behind Front Hash (HS)
4	36	Left: 2.5 steps outside 25 yd ln	On Front Hash (HS)
5	40	Left: On 30 yd ln	On Front Hash (HS)
6	16	Left: 2.0 steps inside 25 yd ln	6.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps inside 25 yd ln	6.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps inside 25 yd ln	6.0 steps in front of Front Hash (HS)
9	28	Left: 4.0 steps inside 25 yd ln	4.0 steps in front of Front Hash (HS)
10	30	Left: 4.0 steps inside 20 yd ln	12.0 steps behind Front side line
11	40	Left: 2.0 steps inside 25 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 25 yd ln	12.0 steps behind Front side line
12	32	Left: 3.25 steps outside 20 yd ln	2.25 steps behind Front side line
13	32	Left: 3.25 steps outside 20 yd ln	2.25 steps behind Front side line
14	34	Left: 0.5 steps inside 25 yd ln	2.25 steps behind Front side line
15	18	Left: 2.0 steps outside 35 yd ln	8.0 steps behind Front side line
16	24	Left: 4.0 steps inside 30 yd ln	On Front side line
17	30	Left: 4.0 steps inside 30 yd ln	On Front side line
18	24	Left: 4.0 steps inside 30 yd ln	On Front side line
19	46	Left: On 30 yd ln	On Front side line
20	38	Left: 3.0 steps inside 25 yd ln	On Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 15 yd ln	10.0 steps in front of Front Hash (HS)
1	28	Left: 1.0 steps outside 20 yd ln	14.0 steps in front of Back Hash (HS)
2	28	Left: 1.0 steps outside 20 yd ln	14.0 steps in front of Back Hash (HS)
3	30	Left: 2.0 steps outside 25 yd ln	8.0 steps in front of Back Hash (HS)
4	36	Left: 0.5 steps outside 25 yd ln	8.0 steps behind Front Hash (HS)
5	40	Left: On 35 yd ln	On Front Hash (HS)
6	16	Left: 2.0 steps inside 30 yd ln	6.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps inside 30 yd ln	6.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps inside 30 yd ln	6.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps inside 30 yd ln	6.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps outside 25 yd ln	6.0 steps behind Front side line
11	40	Left: 2.0 steps outside 30 yd ln	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 30 yd ln	4.0 steps behind Front side line
12	32	Left: 3.75 steps inside 25 yd ln	0.25 steps in front of Front side line
13	32	Left: 3.75 steps inside 25 yd ln	0.25 steps in front of Front side line
14	34	Left: 2.0 steps inside 30 yd ln	6.25 steps behind Front side line
15	18	Left: On 30 yd ln	12.0 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 20 yd ln	4.0 steps in front of Front Hash (HS)
17	30	Left: 4.0 steps inside 30 yd ln	12.0 steps behind Front side line
18	24	Left: 4.0 steps inside 30 yd ln	12.0 steps behind Front side line
19	46	Left: 1.0 steps inside 35 yd ln	9.0 steps behind Front side line
20	38	Left: 1.0 steps inside 30 yd ln	8.5 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 15 yd In	10.0 steps in front of Front Hash (HS)
1	28	Left: 3.0 steps inside 20 yd In	14.0 steps in front of Back Hash (HS)
2	28	Left: 3.0 steps inside 20 yd In	14.0 steps in front of Back Hash (HS)
3	30	Left: 0.25 steps inside 25 yd In	2.0 steps in front of Back Hash (HS)
4	36	Left: 2.75 steps inside 25 yd In	13.25 steps behind Front Hash (HS)
5	40	Left: 2.0 steps inside 30 yd In	6.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 25 yd In	On Front Hash (HS)
7	16	Left: 4.0 steps inside 25 yd In	On Front Hash (HS)
8	40	Left: 4.0 steps inside 25 yd In	On Front Hash (HS)
9	28	Left: 4.0 steps inside 25 yd In	On Front Hash (HS)
10	30	Left: 1.0 steps outside 25 yd In	13.0 steps in front of Front Hash (HS)
11	40	Left: 2.0 steps outside 30 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 30 yd In	12.0 steps behind Front side line
12	32	Left: 0.75 steps inside 25 yd In	0.25 steps in front of Front side line
13	32	Left: 0.75 steps inside 25 yd In	0.25 steps in front of Front side line
14	34	Left: 0.25 steps inside 30 yd In	5.25 steps behind Front side line
15	18	Left: 2.0 steps outside 30 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps inside 20 yd In	2.0 steps in front of Front Hash (HS)
17	30	Left: 2.0 steps inside 30 yd In	14.0 steps behind Front side line
18	24	Left: 2.0 steps inside 30 yd In	14.0 steps behind Front side line
19	46	Left: 1.0 steps inside 35 yd In	12.0 steps behind Front side line
20	38	Left: 2.75 steps inside 30 yd In	9.25 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 10 yd In	8.0 steps in front of Front Hash (HS)
1	28	Left: 1.0 steps inside 15 yd In	12.0 steps in front of Back Hash (HS)
2	28	Left: 1.0 steps inside 15 yd In	12.0 steps in front of Back Hash (HS)
3	30	Left: 1.75 steps outside 25 yd In	9.75 steps behind Front Hash (HS)
4	36	Left: 2.5 steps outside 25 yd In	2.25 steps in front of Front Hash (HS)
5	40	Left: 2.0 steps inside 30 yd In	2.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
7	16	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
8	40	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps outside 30 yd In	6.0 steps in front of Front Hash (HS)
10	30	Left: 4.0 steps inside 20 yd In	9.0 steps behind Front side line
11	40	Left: 4.0 steps inside 25 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 25 yd In	12.0 steps behind Front side line
12	32	Left: 2.5 steps inside 20 yd In	0.5 steps behind Front side line
13	32	Left: 2.5 steps inside 20 yd In	0.5 steps behind Front side line
14	34	Left: 3.5 steps outside 30 yd In	3.25 steps behind Front side line
15	18	Left: 2.0 steps inside 25 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps outside 20 yd In	2.0 steps behind Front Hash (HS)
17	30	Left: 2.0 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)
18	24	Left: 2.0 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)
19	46	Left: 1.0 steps inside 35 yd In	10.0 steps in front of Front Hash (HS)
20	38	Left: 0.75 steps inside 30 yd In	9.5 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 10 yd In	8.0 steps in front of Front Hash (HS)
1	28	Left: 3.0 steps outside 20 yd In	12.0 steps in front of Back Hash (HS)
2	28	Left: 3.0 steps outside 20 yd In	12.0 steps in front of Back Hash (HS)
3	30	Left: 2.0 steps outside 25 yd In	10.0 steps in front of Back Hash (HS)
4	36	Left: 1.25 steps outside 25 yd In	6.0 steps behind Front Hash (HS)
5	40	Left: 2.0 steps inside 35 yd In	2.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
8	40	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
9	28	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps outside 25 yd In	3.0 steps behind Front side line
11	40	Left: On 30 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 30 yd In	4.0 steps behind Front side line
12	32	Left: 1.25 steps outside 30 yd In	On Front side line
13	32	Left: 1.25 steps outside 30 yd In	On Front side line
14	34	Left: 3.75 steps inside 30 yd In	7.75 steps behind Front side line
15	18	Left: 2.0 steps inside 30 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps outside 25 yd In	6.0 steps in front of Front Hash (HS)
17	30	Left: 2.0 steps outside 35 yd In	10.0 steps behind Front side line
18	24	Left: 2.0 steps outside 35 yd In	10.0 steps behind Front side line
19	46	Left: 1.0 steps inside 35 yd In	6.0 steps behind Front side line
20	38	Left: 1.0 steps outside 30 yd In	8.0 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 15 yd In	8.0 steps in front of Front Hash (HS)
1	28	Left: 1.0 steps inside 20 yd In	12.0 steps in front of Back Hash (HS)
2	28	Left: 1.0 steps inside 20 yd In	12.0 steps in front of Back Hash (HS)
3	30	Left: 0.5 steps outside 25 yd In	4.0 steps in front of Back Hash (HS)
4	36	Left: 1.5 steps inside 25 yd In	11.5 steps behind Front Hash (HS)
5	40	Left: 4.0 steps inside 30 yd In	4.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps outside 30 yd In	2.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps outside 30 yd In	2.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps outside 30 yd In	2.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps outside 30 yd In	2.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps outside 25 yd In	12.0 steps behind Front side line
11	40	Left: On 30 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 30 yd In	12.0 steps behind Front side line
12	32	Left: 1.75 steps inside 30 yd In	0.25 steps behind Front side line
13	32	Left: 1.75 steps inside 30 yd In	0.25 steps behind Front side line
14	34	Left: 2.75 steps outside 35 yd In	9.0 steps behind Front side line
15	18	Left: 4.0 steps inside 30 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: On 25 yd In	8.0 steps in front of Front Hash (HS)
17	30	Left: On 35 yd In	8.0 steps behind Front side line
18	24	Left: On 35 yd In	8.0 steps behind Front side line
19	46	Left: 1.0 steps inside 35 yd In	3.0 steps behind Front side line
20	38	Left: 3.25 steps outside 40 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 15 yd ln	8.0 steps in front of Front Hash (HS)
1	28	Left: 3.0 steps outside 25 yd ln	12.0 steps in front of Back Hash (HS)
2	28	Left: 3.0 steps outside 25 yd ln	12.0 steps in front of Back Hash (HS)
3	30	Left: 2.0 steps inside 25 yd ln	1.5 steps behind Back Hash (HS)
4	36	Left: 2.5 steps outside 30 yd ln	11.5 steps in front of Back Hash (HS)
5	40	Left: On 35 yd ln	8.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps inside 30 yd ln	2.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps inside 30 yd ln	2.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps inside 30 yd ln	2.0 steps behind Front Hash (HS)
9	28	Left: On 30 yd ln	On Front Hash (HS)
10	30	Left: 2.0 steps inside 25 yd ln	12.0 steps behind Front side line
11	40	Left: 2.0 steps outside 35 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 35 yd ln	12.0 steps behind Front side line
12	32	Left: 3.0 steps inside 40 yd ln	6.5 steps behind Front side line
13	32	Left: 3.0 steps inside 40 yd ln	6.5 steps behind Front side line
14	34	Left: 3.25 steps inside 35 yd ln	8.0 steps in front of Front Hash (HS)
15	18	Left: On 40 yd ln	12.0 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 30 yd ln	8.0 steps behind Front side line
17	30	Left: 4.0 steps inside 30 yd ln	8.0 steps behind Front side line
18	24	Left: 4.0 steps inside 30 yd ln	8.0 steps behind Front side line
19	46	Left: 2.0 steps outside 35 yd ln	6.0 steps behind Front side line
20	38	Left: 1.0 steps inside 25 yd ln	7.25 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 10 yd ln	6.0 steps in front of Front Hash (HS)
1	28	Left: 3.0 steps inside 15 yd ln	10.0 steps in front of Back Hash (HS)
2	28	Left: 3.0 steps inside 15 yd ln	10.0 steps in front of Back Hash (HS)
3	30	Left: 2.25 steps outside 25 yd ln	13.75 steps behind Front Hash (HS)
4	36	Left: 2.0 steps outside 25 yd ln	2.0 steps behind Front Hash (HS)
5	40	Left: 2.0 steps outside 30 yd ln	2.0 steps behind Front Hash (HS)
6	16	Left: On 25 yd ln	4.0 steps in front of Front Hash (HS)
7	16	Left: On 25 yd ln	4.0 steps in front of Front Hash (HS)
8	40	Left: On 25 yd ln	4.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps inside 25 yd ln	2.0 steps in front of Front Hash (HS)
10	30	Left: 4.0 steps inside 20 yd ln	13.0 steps in front of Front Hash (HS)
11	40	Left: On 25 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 25 yd ln	12.0 steps behind Front side line
12	32	Left: 1.0 steps outside 15 yd ln	4.5 steps behind Front side line
13	32	Left: 1.0 steps outside 15 yd ln	4.5 steps behind Front side line
14	34	Left: 3.75 steps outside 25 yd ln	1.75 steps behind Front side line
15	18	Left: 2.0 steps inside 30 yd ln	8.0 steps behind Front side line
16	24	Left: On 30 yd ln	4.0 steps behind Front side line
17	30	Left: On 30 yd ln	4.0 steps behind Front side line
18	24	Left: On 30 yd ln	4.0 steps behind Front side line
19	46	Left: On 30 yd ln	6.0 steps behind Front side line
20	38	Left: 0.75 steps outside 30 yd ln	On Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 0.25 steps outside 15 yd ln	On Front Hash (HS)
1	28	Left: 2.0 steps inside 20 yd ln	2.0 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps inside 20 yd ln	2.0 steps in front of Back Hash (HS)
3	30	Left: 3.25 steps inside 25 yd ln	3.25 steps behind Back Hash (HS)
4	36	Left: 1.0 steps outside 30 yd ln	10.25 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps inside 35 yd ln	6.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 30 yd ln	On Front Hash (HS)
7	16	Left: 4.0 steps inside 30 yd ln	On Front Hash (HS)
8	40	Left: 4.0 steps inside 30 yd ln	On Front Hash (HS)
9	28	Left: 2.0 steps inside 30 yd ln	2.0 steps in front of Front Hash (HS)
10	30	Left: 2.0 steps inside 25 yd ln	9.0 steps behind Front side line
11	40	Left: On 35 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 35 yd ln	12.0 steps behind Front side line
12	32	Left: On 45 yd ln	10.0 steps behind Front side line
13	32	Left: On 45 yd ln	10.0 steps behind Front side line
14	34	Left: 4.0 steps inside 35 yd ln	4.0 steps in front of Front Hash (HS)
15	18	Left: 4.0 steps inside 40 yd ln	12.0 steps in front of Front Hash (HS)
16	24	Left: On 35 yd ln	4.0 steps behind Front side line
17	30	Left: On 35 yd ln	4.0 steps behind Front side line
18	24	Left: On 35 yd ln	4.0 steps behind Front side line
19	46	Left: 2.0 steps outside 35 yd ln	On Front side line
20	38	Left: 0.75 steps outside 35 yd ln	1.5 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 15 yd ln	4.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps inside 20 yd ln	2.0 steps behind Back Hash (HS)
2	28	Left: 2.0 steps inside 20 yd ln	2.0 steps behind Back Hash (HS)
3	30	Left: 3.5 steps outside 30 yd ln	5.0 steps behind Back Hash (HS)
4	36	Left: 0.75 steps inside 30 yd ln	9.0 steps in front of Back Hash (HS)
5	40	Left: 4.0 steps inside 35 yd ln	4.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps outside 35 yd ln	2.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps outside 35 yd ln	2.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps outside 35 yd ln	2.0 steps in front of Front Hash (HS)
9	28	Left: 4.0 steps inside 30 yd ln	4.0 steps in front of Front Hash (HS)
10	30	Left: 2.0 steps inside 25 yd ln	6.0 steps behind Front side line
11	40	Left: 4.0 steps inside 30 yd ln	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 30 yd ln	4.0 steps behind Front side line
12	32	Left: 2.75 steps inside 35 yd ln	2.5 steps behind Front side line
13	32	Left: 2.75 steps inside 35 yd ln	2.5 steps behind Front side line
14	34	Left: 1.0 steps inside 35 yd ln	14.0 steps in front of Front Hash (HS)
15	18	Left: 2.0 steps inside 35 yd ln	12.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps outside 30 yd ln	14.0 steps behind Front side line
17	30	Left: 2.0 steps outside 30 yd ln	14.0 steps behind Front side line
18	24	Left: 2.0 steps outside 30 yd ln	14.0 steps behind Front side line
19	46	Left: 2.0 steps outside 35 yd ln	13.0 steps in front of Front Hash (HS)
20	38	Left: 3.0 steps inside 25 yd ln	11.0 steps in front of Front Hash (HS)

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 15 yd In	2.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 20 yd In	On Back Hash (HS)
2	28	Left: 4.0 steps inside 20 yd In	On Back Hash (HS)
3	30	Left: 2.0 steps outside 30 yd In	6.5 steps behind Back Hash (HS)
4	36	Left: 2.25 steps inside 30 yd In	7.75 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
6	16	Left: On 35 yd In	4.0 steps in front of Front Hash (HS)
7	16	Left: On 35 yd In	4.0 steps in front of Front Hash (HS)
8	40	Left: On 35 yd In	4.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
10	30	Left: 2.0 steps inside 25 yd In	3.0 steps behind Front side line
11	40	Left: 2.0 steps outside 35 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 35 yd In	4.0 steps behind Front side line
12	32	Left: 0.25 steps inside 40 yd In	5.0 steps behind Front side line
13	32	Left: 0.25 steps inside 40 yd In	5.0 steps behind Front side line
14	34	Left: 2.75 steps inside 35 yd In	10.0 steps in front of Front Hash (HS)
15	18	Left: 2.0 steps outside 40 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps inside 30 yd In	10.0 steps behind Front side line
17	30	Left: 2.0 steps inside 30 yd In	10.0 steps behind Front side line
18	24	Left: 2.0 steps inside 30 yd In	10.0 steps behind Front side line
19	46	Left: 2.0 steps outside 35 yd In	9.0 steps behind Front side line
20	38	Left: 3.0 steps inside 25 yd In	7.5 steps behind Front side line

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 15 yd In	On Front Hash (HS)
1	28	Left: 2.0 steps outside 25 yd In	2.0 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps outside 25 yd In	2.0 steps in front of Back Hash (HS)
3	30	Left: 1.0 steps inside 30 yd In	9.0 steps behind Back Hash (HS)
4	36	Left: 2.0 steps outside 35 yd In	5.75 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps inside 35 yd In	14.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
8	40	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
9	28	Left: On 30 yd In	4.0 steps behind Front Hash (HS)
10	30	Left: On 30 yd In	9.0 steps behind Front Hash (HS)
11	40	Left: 4.0 steps inside 30 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 30 yd In	On Front Hash (HS)
12	32	Left: 1.25 steps inside 25 yd In	14.0 steps in front of Front Hash (HS)
13	32	Left: 0.25 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
14	34	Left: 2.0 steps outside 30 yd In	4.0 steps behind Front Hash (HS)
15	18	Left: 2.0 steps outside 30 yd In	4.0 steps behind Front Hash (HS)
16	24	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
17	30	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
18	24	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
19	46	Left: 2.0 steps inside 40 yd In	13.0 steps in front of Front Hash (HS)
20	38	Left: 3.0 steps outside 40 yd In	2.5 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 15 yd In	6.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 20 yd In	4.0 steps behind Back Hash (HS)
2	28	Left: 4.0 steps inside 20 yd In	4.0 steps behind Back Hash (HS)
3	30	Left: 0.5 steps outside 30 yd In	7.75 steps behind Back Hash (HS)
4	36	Left: 3.75 steps outside 35 yd In	6.75 steps in front of Back Hash (HS)
5	40	Left: On 40 yd In	On Front Hash (HS)
6	16	Left: 2.0 steps inside 35 yd In	6.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps inside 35 yd In	6.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps inside 35 yd In	6.0 steps in front of Front Hash (HS)
9	28	Left: On 35 yd In	8.0 steps in front of Front Hash (HS)
10	30	Left: 2.0 steps inside 25 yd In	On Front side line
11	40	Left: On 35 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 35 yd In	4.0 steps behind Front side line
12	32	Left: 2.5 steps outside 45 yd In	8.25 steps behind Front side line
13	32	Left: 2.5 steps outside 45 yd In	8.25 steps behind Front side line
14	34	Left: 3.75 steps inside 35 yd In	6.0 steps in front of Front Hash (HS)
15	18	Left: 2.0 steps inside 40 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps outside 35 yd In	6.0 steps behind Front side line
17	30	Left: 2.0 steps outside 35 yd In	6.0 steps behind Front side line
18	24	Left: 2.0 steps outside 35 yd In	6.0 steps behind Front side line
19	46	Left: 2.0 steps outside 35 yd In	3.0 steps behind Front side line
20	38	Left: 1.25 steps inside 35 yd In	2.25 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 15 yd In	4.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps outside 25 yd In	2.0 steps behind Back Hash (HS)
2	28	Left: 2.0 steps outside 25 yd In	2.0 steps behind Back Hash (HS)
3	30	Left: 2.75 steps inside 30 yd In	10.25 steps behind Back Hash (HS)
4	36	Left: On 35 yd In	5.0 steps in front of Back Hash (HS)
5	40	Left: 4.0 steps inside 35 yd In	12.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps outside 35 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps outside 35 yd In	6.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps outside 35 yd In	6.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps inside 30 yd In	2.0 steps behind Front Hash (HS)
10	30	Left: On 30 yd In	6.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps outside 35 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 35 yd In	On Front Hash (HS)
12	32	Left: 3.75 steps outside 30 yd In	13.25 steps in front of Front Hash (HS)
13	32	Left: 1.25 steps inside 30 yd In	8.75 steps behind Front side line
14	34	Left: 2.0 steps outside 25 yd In	4.0 steps in front of Front Hash (HS)
15	18	Left: 2.0 steps outside 25 yd In	4.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
17	30	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
18	24	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
19	46	Left: 4.0 steps inside 35 yd In	13.0 steps in front of Front Hash (HS)
20	38	Left: 1.75 steps outside 35 yd In	7.0 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 20 yd In	2.0 steps behind Front Hash (HS)
1	28	Left: On 25 yd In	On Back Hash (HS)
2	28	Left: On 25 yd In	On Back Hash (HS)
3	30	Left: 3.5 steps outside 35 yd In	11.25 steps behind Back Hash (HS)
4	36	Left: 2.0 steps inside 35 yd In	4.5 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps outside 40 yd In	10.0 steps behind Front Hash (HS)
6	16	Left: On 35 yd In	4.0 steps behind Front Hash (HS)
7	16	Left: On 35 yd In	4.0 steps behind Front Hash (HS)
8	40	Left: On 35 yd In	4.0 steps behind Front Hash (HS)
9	28	Left: 4.0 steps inside 30 yd In	On Front Hash (HS)
10	30	Left: On 30 yd In	3.0 steps behind Front Hash (HS)
11	40	Left: On 35 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 35 yd In	On Front Hash (HS)
12	32	Left: 1.0 steps outside 30 yd In	12.25 steps in front of Front Hash (HS)
13	32	Left: 2.75 steps inside 30 yd In	6.5 steps in front of Front Hash (HS)
14	34	Left: On 30 yd In	4.0 steps behind Front Hash (HS)
15	18	Left: On 30 yd In	4.0 steps behind Front Hash (HS)
16	24	Left: On 35 yd In	8.0 steps in front of Front Hash (HS)
17	30	Left: On 35 yd In	8.0 steps in front of Front Hash (HS)
18	24	Left: On 35 yd In	8.0 steps in front of Front Hash (HS)
19	46	Left: 2.0 steps inside 40 yd In	12.0 steps behind Front side line
20	38	Left: 3.25 steps inside 35 yd In	3.75 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 20 yd In	On Front Hash (HS)
1	28	Left: 2.0 steps inside 25 yd In	2.0 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps inside 25 yd In	2.0 steps in front of Back Hash (HS)
3	30	Left: 0.25 steps inside 35 yd In	13.0 steps behind Back Hash (HS)
4	36	Left: 2.0 steps outside 40 yd In	3.75 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps inside 40 yd In	6.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 35 yd In	On Front Hash (HS)
7	16	Left: 4.0 steps inside 35 yd In	On Front Hash (HS)
8	40	Left: 4.0 steps inside 35 yd In	On Front Hash (HS)
9	28	Left: On 35 yd In	4.0 steps in front of Front Hash (HS)
10	30	Left: On 30 yd In	3.0 steps in front of Front Hash (HS)
11	40	Left: 2.0 steps outside 20 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 20 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 2.25 steps inside 5 yd In	6.0 steps in front of Front Hash (HS)
13	32	Left: On 20 yd In	11.0 steps behind Front side line
14	34	Left: 2.0 steps inside 15 yd In	4.0 steps in front of Front Hash (HS)
15	18	Left: 2.0 steps inside 15 yd In	4.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps outside 25 yd In	2.0 steps behind Front Hash (HS)
17	30	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
18	24	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
19	46	Left: 1.0 steps outside 40 yd In	13.0 steps in front of Front Hash (HS)
20	38	Left: 1.75 steps inside 35 yd In	5.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 20 yd In	6.0 steps behind Front Hash (HS)
1	28	Left: On 25 yd In	4.0 steps behind Back Hash (HS)
2	28	Left: On 25 yd In	4.0 steps behind Back Hash (HS)
3	30	Left: 1.5 steps outside 35 yd In	12.25 steps behind Back Hash (HS)
4	36	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Back Hash (HS)
5	40	Left: On 40 yd In	8.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps outside 35 yd In	2.0 steps in front of Front Hash (HS)
10	30	Left: On 30 yd In	On Front Hash (HS)
11	40	Left: 4.0 steps inside 15 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 15 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: On 5 yd In	4.0 steps in front of Front Hash (HS)
13	32	Left: On 20 yd In	4.0 steps in front of Front Hash (HS)
14	34	Left: 2.0 steps inside 20 yd In	4.0 steps behind Front Hash (HS)
15	18	Left: 2.0 steps inside 20 yd In	4.0 steps behind Front Hash (HS)
16	24	Left: 2.0 steps inside 25 yd In	6.0 steps behind Front Hash (HS)
17	30	Left: On 35 yd In	4.0 steps in front of Front Hash (HS)
18	24	Left: On 35 yd In	4.0 steps in front of Front Hash (HS)
19	46	Left: 3.0 steps outside 45 yd In	13.0 steps in front of Front Hash (HS)
20	38	Left: On 40 yd In	On Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 20 yd In	4.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps inside 25 yd In	2.0 steps behind Back Hash (HS)
2	28	Left: 2.0 steps inside 25 yd In	2.0 steps behind Back Hash (HS)
3	30	Left: 2.25 steps inside 35 yd In	13.5 steps behind Back Hash (HS)
4	36	Left: On 40 yd In	3.5 steps in front of Back Hash (HS)
5	40	Left: 4.0 steps inside 40 yd In	4.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps inside 35 yd In	6.0 steps in front of Front Hash (HS)
10	30	Left: On 30 yd In	6.0 steps in front of Front Hash (HS)
11	40	Left: On 20 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 20 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 3.5 steps outside 10 yd In	7.75 steps in front of Front Hash (HS)
13	32	Left: 2.0 steps inside 20 yd In	6.25 steps in front of Front Hash (HS)
14	34	Left: 4.0 steps inside 20 yd In	4.0 steps behind Front Hash (HS)
15	18	Left: 4.0 steps inside 20 yd In	4.0 steps behind Front Hash (HS)
16	24	Left: 4.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)
17	30	Left: 2.0 steps inside 35 yd In	6.0 steps in front of Front Hash (HS)
18	24	Left: 2.0 steps inside 35 yd In	6.0 steps in front of Front Hash (HS)
19	46	Left: 3.0 steps outside 45 yd In	12.0 steps behind Front side line
20	38	Left: 1.5 steps outside 40 yd In	1.25 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 20 yd ln	2.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 25 yd ln	On Back Hash (HS)
2	28	Left: 4.0 steps inside 25 yd ln	On Back Hash (HS)
3	30	Left: 3.75 steps outside 40 yd ln	14.0 steps in front of Back side line
4	36	Left: 2.25 steps inside 40 yd ln	3.5 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps outside 40 yd ln	10.0 steps in front of Back Hash (HS)
6	16	Left: On 35 yd ln	12.0 steps behind Front Hash (HS)
7	16	Left: On 35 yd ln	12.0 steps behind Front Hash (HS)
8	40	Left: On 35 yd ln	12.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps inside 30 yd ln	6.0 steps behind Front Hash (HS)
10	30	Left: 3.0 steps inside 30 yd ln	9.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps inside 35 yd ln	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 35 yd ln	On Front Hash (HS)
12	32	Left: 1.75 steps inside 30 yd ln	11.25 steps in front of Front Hash (HS)
13	32	Left: 4.0 steps outside 35 yd ln	10.25 steps behind Front side line
14	34	Left: On 25 yd ln	4.0 steps in front of Front Hash (HS)
15	18	Left: On 25 yd ln	4.0 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 30 yd ln	12.0 steps in front of Front Hash (HS)
17	30	Left: 4.0 steps inside 30 yd ln	12.0 steps in front of Front Hash (HS)
18	24	Left: 4.0 steps inside 30 yd ln	12.0 steps in front of Front Hash (HS)
19	46	Left: 4.0 steps inside 35 yd ln	12.0 steps behind Front side line
20	38	Left: 3.5 steps outside 35 yd ln	8.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 20 yd ln	On Front Hash (HS)
1	28	Left: 2.0 steps outside 30 yd ln	2.0 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps outside 30 yd ln	2.0 steps in front of Back Hash (HS)
3	30	Left: 0.5 steps inside 40 yd ln	13.5 steps in front of Back side line
4	36	Left: 1.75 steps outside 45 yd ln	4.0 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps inside 40 yd ln	14.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 35 yd ln	8.0 steps behind Front Hash (HS)
7	16	Left: 4.0 steps inside 35 yd ln	8.0 steps behind Front Hash (HS)
8	40	Left: 4.0 steps inside 35 yd ln	8.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps outside 35 yd ln	2.0 steps behind Front Hash (HS)
10	30	Left: 3.0 steps inside 30 yd ln	3.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps outside 40 yd ln	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 40 yd ln	On Front Hash (HS)
12	32	Left: 1.0 steps outside 35 yd ln	8.25 steps in front of Front Hash (HS)
13	32	Left: 1.5 steps outside 35 yd ln	12.25 steps behind Front side line
14	34	Left: 2.0 steps inside 25 yd ln	4.0 steps in front of Front Hash (HS)
15	18	Left: 2.0 steps inside 25 yd ln	4.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps outside 35 yd ln	14.0 steps behind Front side line
17	30	Left: 2.0 steps outside 35 yd ln	14.0 steps behind Front side line
18	24	Left: 2.0 steps outside 35 yd ln	14.0 steps behind Front side line
19	46	Left: 4.0 steps inside 35 yd ln	9.0 steps behind Front side line
20	38	Left: 1.5 steps outside 35 yd ln	10.75 steps behind Front side line

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 20 yd ln	6.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 25 yd ln	4.0 steps behind Back Hash (HS)
2	28	Left: 4.0 steps inside 25 yd ln	4.0 steps behind Back Hash (HS)
3	30	Left: 1.75 steps outside 40 yd ln	13.75 steps in front of Back side line
4	36	Left: 3.75 steps outside 45 yd ln	3.5 steps in front of Back Hash (HS)
5	40	Left: On 40 yd ln	12.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps inside 35 yd ln	10.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps inside 35 yd ln	10.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps inside 35 yd ln	10.0 steps behind Front Hash (HS)
9	28	Left: 4.0 steps inside 30 yd ln	4.0 steps behind Front Hash (HS)
10	30	Left: 3.0 steps inside 30 yd ln	6.0 steps behind Front Hash (HS)
11	40	Left: 4.0 steps inside 35 yd ln	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 35 yd ln	On Front Hash (HS)
12	32	Left: 3.5 steps outside 35 yd ln	9.75 steps in front of Front Hash (HS)
13	32	Left: 3.0 steps outside 35 yd ln	4.25 steps in front of Front Hash (HS)
14	34	Left: 2.0 steps inside 30 yd ln	4.0 steps behind Front Hash (HS)
15	18	Left: 2.0 steps inside 30 yd ln	4.0 steps behind Front Hash (HS)
16	24	Left: 2.0 steps inside 35 yd ln	10.0 steps in front of Front Hash (HS)
17	30	Left: 2.0 steps inside 35 yd ln	10.0 steps in front of Front Hash (HS)
18	24	Left: 2.0 steps inside 35 yd ln	10.0 steps in front of Front Hash (HS)
19	46	Left: 2.0 steps inside 40 yd ln	9.0 steps behind Front side line
20	38	Left: 2.75 steps outside 40 yd ln	12.75 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 20 yd ln	4.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps outside 30 yd ln	2.0 steps behind Back Hash (HS)
2	28	Left: 2.0 steps outside 30 yd ln	2.0 steps behind Back Hash (HS)
3	30	Left: 2.5 steps inside 40 yd ln	13.5 steps in front of Back side line
4	36	Left: 0.25 steps inside 45 yd ln	4.5 steps in front of Back Hash (HS)
5	40	Left: 4.0 steps inside 40 yd ln	12.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps outside 40 yd ln	6.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps outside 40 yd ln	6.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps outside 40 yd ln	6.0 steps behind Front Hash (HS)
9	28	Left: On 35 yd ln	On Front Hash (HS)
10	30	Left: 3.0 steps inside 30 yd ln	On Front Hash (HS)
11	40	Left: 2.0 steps inside 20 yd ln	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 20 yd ln	8.0 steps in front of Front Hash (HS)
12	32	Left: 0.75 steps outside 10 yd ln	9.5 steps in front of Front Hash (HS)
13	32	Left: 2.5 steps inside 20 yd ln	9.25 steps behind Front side line
14	34	Left: 4.0 steps inside 15 yd ln	4.0 steps in front of Front Hash (HS)
15	18	Left: 4.0 steps inside 15 yd ln	4.0 steps in front of Front Hash (HS)
16	24	Left: On 25 yd ln	On Front Hash (HS)
17	30	Left: 2.0 steps outside 35 yd ln	10.0 steps in front of Front Hash (HS)
18	24	Left: 2.0 steps outside 35 yd ln	10.0 steps in front of Front Hash (HS)
19	46	Left: 1.0 steps outside 40 yd ln	12.0 steps behind Front side line
20	38	Left: On 35 yd ln	6.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 35 yd In	10.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps inside 40 yd In	6.0 steps behind Back Hash (HS)
2	28	Left: 2.0 steps inside 40 yd In	6.0 steps behind Back Hash (HS)
3	30	Right: 0.25 steps inside 45 yd In	3.5 steps behind Back Hash (HS)
4	36	Right: 2.5 steps outside 45 yd In	8.0 steps behind Front Hash (HS)
5	40	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)
9	28	Left: 4.0 steps inside 35 yd In	4.0 steps behind Front Hash (HS)
10	30	Left: 1.0 steps inside 35 yd In	On Front Hash (HS)
11	40	Left: 2.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 0.25 steps inside 20 yd In	13.5 steps behind Front side line
13	32	Left: 3.5 steps inside 25 yd In	7.5 steps behind Front side line
14	34	Left: 2.0 steps inside 20 yd In	4.0 steps in front of Front Hash (HS)
15	18	Left: 2.0 steps inside 20 yd In	4.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps outside 30 yd In	6.0 steps in front of Front Hash (HS)
17	30	Left: 4.0 steps inside 35 yd In	12.0 steps behind Front side line
18	24	Left: 4.0 steps inside 35 yd In	12.0 steps behind Front side line
19	46	Left: 1.0 steps outside 40 yd In	3.0 steps behind Front side line
20	38	Left: 3.25 steps inside 40 yd In	9.25 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps inside 35 yd In	10.0 steps behind Back Hash (HS)
2	28	Left: 2.0 steps inside 35 yd In	10.0 steps behind Back Hash (HS)
3	30	Left: 0.5 steps inside 45 yd In	13.5 steps behind Back Hash (HS)
4	36	Left: 2.0 steps outside 50 yd In	6.75 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps inside 40 yd In	6.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 35 yd In	12.0 steps in front of Back Hash (HS)
7	16	Left: 4.0 steps inside 35 yd In	12.0 steps in front of Back Hash (HS)
8	40	Left: 4.0 steps inside 35 yd In	12.0 steps in front of Back Hash (HS)
9	28	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
10	30	Left: 2.0 steps outside 35 yd In	9.0 steps behind Front Hash (HS)
11	40	Left: On 40 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 40 yd In	On Front Hash (HS)
12	32	Left: 1.5 steps inside 35 yd In	6.5 steps in front of Front Hash (HS)
13	32	Left: 1.5 steps outside 35 yd In	1.75 steps in front of Front Hash (HS)
14	34	Left: 4.0 steps inside 30 yd In	4.0 steps behind Front Hash (HS)
15	18	Left: 4.0 steps inside 30 yd In	4.0 steps behind Front Hash (HS)
16	24	Left: 4.0 steps inside 35 yd In	12.0 steps in front of Front Hash (HS)
17	30	Left: 4.0 steps inside 35 yd In	12.0 steps in front of Front Hash (HS)
18	24	Left: 4.0 steps inside 35 yd In	12.0 steps in front of Front Hash (HS)
19	46	Left: 2.0 steps inside 40 yd In	6.0 steps behind Front side line
20	38	Left: 3.5 steps inside 35 yd In	14.0 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 35 yd In	14.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps outside 40 yd In	10.0 steps behind Back Hash (HS)
2	28	Left: 2.0 steps outside 40 yd In	10.0 steps behind Back Hash (HS)
3	30	Right: 0.25 steps outside 50 yd In	10.25 steps behind Back Hash (HS)
4	36	Right: 3.25 steps inside 45 yd In	11.5 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)
7	16	Left: 4.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)
8	40	Left: 4.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)
9	28	Left: 4.0 steps inside 35 yd In	On Front Hash (HS)
10	30	Left: 2.0 steps outside 35 yd In	3.0 steps in front of Front Hash (HS)
11	40	Left: 2.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 2.25 steps inside 15 yd In	13.75 steps in front of Front Hash (HS)
13	32	Left: 0.25 steps inside 25 yd In	7.5 steps behind Front side line
14	34	Left: On 20 yd In	4.0 steps in front of Front Hash (HS)
15	18	Left: On 20 yd In	4.0 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 25 yd In	4.0 steps in front of Front Hash (HS)
17	30	Left: 2.0 steps inside 35 yd In	14.0 steps behind Front side line
18	24	Left: 2.0 steps inside 35 yd In	14.0 steps behind Front side line
19	46	Left: 1.0 steps outside 40 yd In	6.0 steps behind Front side line
20	38	Left: 0.25 steps inside 35 yd In	11.75 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 35 yd In	14.0 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps inside 40 yd In	10.0 steps behind Back Hash (HS)
2	28	Left: 2.0 steps inside 40 yd In	10.0 steps behind Back Hash (HS)
3	30	Right: 1.5 steps inside 45 yd In	5.0 steps behind Back Hash (HS)
4	36	Right: 1.75 steps outside 45 yd In	9.75 steps behind Front Hash (HS)
5	40	Left: 2.0 steps inside 45 yd In	6.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Back Hash (HS)
7	16	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Back Hash (HS)
8	40	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps inside 35 yd In	6.0 steps behind Front Hash (HS)
10	30	Left: 1.0 steps inside 35 yd In	3.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps inside 45 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 45 yd In	On Front Hash (HS)
12	32	Left: 3.0 steps inside 40 yd In	5.0 steps behind Front Hash (HS)
13	32	Left: 3.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
14	34	Left: On 30 yd In	4.0 steps in front of Front Hash (HS)
15	18	Left: On 30 yd In	4.0 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 35 yd In	8.0 steps behind Front side line
17	30	Left: 4.0 steps inside 35 yd In	8.0 steps behind Front side line
18	24	Left: 4.0 steps inside 35 yd In	8.0 steps behind Front side line
19	46	Left: 4.0 steps inside 35 yd In	On Front side line
20	38	Left: 1.5 steps outside 40 yd In	5.25 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0		
1	28	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front Hash (HS)
2	28	Left: 4.0 steps inside 40 yd In	8.0 steps behind Back Hash (HS)
3	30	Right: 1.0 steps outside 45 yd In	8.0 steps behind Back Hash (HS)
4	36	Right: 3.5 steps outside 45 yd In	1.75 steps behind Back Hash (HS)
5	40	Left: 2.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
6	16	Left: On 45 yd In	10.0 steps in front of Back Hash (HS)
7	16	Left: On 45 yd In	12.0 steps behind Front Hash (HS)
8	40	Left: On 45 yd In	12.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
10	30	Left: 1.0 steps inside 35 yd In	3.0 steps in front of Front Hash (HS)
11	40	Left: On 30 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 30 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 3.25 steps inside 20 yd In	13.25 steps behind Front side line
13	32	Left: 2.5 steps outside 30 yd In	9.0 steps in front of Front Hash (HS)
14	34	Left: 4.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)
15	18	Left: 4.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)
16	24	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)
17	30	Left: 2.0 steps inside 40 yd In	14.0 steps behind Front side line
18	24	Left: 2.0 steps inside 40 yd In	14.0 steps behind Front side line
19	46	Left: 3.0 steps outside 45 yd In	On Front side line
20	38	Left: 1.0 steps outside 45 yd In	13.75 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0		
1	28	Left: 2.0 steps outside 35 yd In	12.0 steps behind Front side line
2	28	Left: 2.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
3	30	Left: 2.0 steps inside 35 yd In	10.0 steps in front of Front Hash (HS)
4	36	Left: 4.0 steps inside 30 yd In	12.0 steps in front of Front Hash (HS)
5	40	Left: On 30 yd In	On Front side line
6	16	Left: 2.0 steps inside 25 yd In	12.0 steps behind Front side line
7	16	Left: 2.0 steps inside 25 yd In	6.0 steps behind Front side line
8	40	Left: 2.0 steps inside 25 yd In	6.0 steps behind Front side line
9	28	Left: On 30 yd In	6.0 steps behind Front side line
10	30	Left: 2.0 steps outside 20 yd In	12.0 steps behind Front side line
11	40	Left: On 20 yd In	On Front side line
11	40	Left: On 20 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 20 yd In	4.0 steps behind Front side line
12	32	Left: 1.25 steps outside 5 yd In	9.75 steps in front of Front Hash (HS)
13	32	Left: 1.25 steps outside 5 yd In	9.75 steps in front of Front Hash (HS)
14	34	Left: 1.5 steps outside 15 yd In	5.75 steps behind Front side line
15	18	Left: 4.0 steps inside 20 yd In	8.0 steps behind Front side line
16	24	Left: 2.0 steps inside 20 yd In	10.0 steps in front of Front Hash (HS)
17	30	Left: 2.0 steps inside 30 yd In	6.0 steps behind Front side line
18	24	Left: 2.0 steps inside 30 yd In	6.0 steps behind Front side line
19	46	Left: 3.0 steps inside 30 yd In	6.0 steps behind Front side line
20	38	Left: 2.75 steps outside 35 yd In	0.75 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0		
1	28	Left: 2.0 steps inside 30 yd In	12.0 steps behind Front side line
2	28	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
3	30	Left: 2.5 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
4	36	Left: 2.5 steps outside 30 yd In	8.5 steps in front of Front Hash (HS)
5	40	Left: On 25 yd In	5.25 steps behind Front side line
6	16	Left: 2.0 steps inside 20 yd In	8.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps inside 20 yd In	14.0 steps behind Front side line
8	40	Left: 2.0 steps inside 20 yd In	14.0 steps behind Front side line
9	28	Left: On 25 yd In	14.0 steps behind Front side line
10	30	Left: 2.0 steps outside 20 yd In	8.0 steps in front of Front Hash (HS)
11	40	Left: 2.0 steps outside 20 yd In	12.0 steps behind Front side line
11	40	Left: 2.0 steps outside 20 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 20 yd In	12.0 steps behind Front side line
12	32	Left: 2.25 steps inside 0 yd In	1.75 steps in front of Front Hash (HS)
13	32	Left: 2.25 steps inside 0 yd In	1.75 steps in front of Front Hash (HS)
14	34	Left: 1.75 steps inside 10 yd In	1.75 steps in front of Front Hash (HS)
15	18	Left: 2.0 steps outside 20 yd In	9.75 steps behind Front side line
16	24	Left: 4.0 steps inside 15 yd In	8.0 steps behind Front side line
17	30	Left: 4.0 steps inside 25 yd In	4.0 steps in front of Front Hash (HS)
18	24	Left: 4.0 steps inside 25 yd In	12.0 steps behind Front side line
19	46	Left: 3.0 steps inside 30 yd In	12.0 steps behind Front side line
20	38	Left: 3.0 steps outside 25 yd In	13.0 steps in front of Front Hash (HS)
20	38	Left: 3.0 steps outside 25 yd In	12.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0		
1	28	Left: 2.0 steps outside 30 yd In	12.0 steps behind Front side line
2	28	Left: 2.0 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)
3	30	Left: 3.75 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)
4	36	Left: 0.5 steps inside 25 yd In	3.25 steps in front of Front Hash (HS)
5	40	Left: On 30 yd In	11.75 steps behind Front side line
6	16	Left: 2.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps inside 25 yd In	14.0 steps behind Front side line
8	40	Left: 2.0 steps inside 25 yd In	14.0 steps behind Front side line
9	28	Left: 2.0 steps outside 30 yd In	14.0 steps behind Front side line
10	30	Left: 1.0 steps inside 20 yd In	10.0 steps in front of Front Hash (HS)
11	40	Left: 2.0 steps inside 20 yd In	6.0 steps behind Front side line
11	40	Left: 2.0 steps inside 20 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 20 yd In	4.0 steps behind Front side line
12	32	Left: 2.75 steps inside 5 yd In	13.75 steps behind Front side line
13	32	Left: 2.75 steps inside 5 yd In	13.75 steps behind Front side line
14	34	Left: 2.25 steps inside 15 yd In	13.75 steps behind Front side line
15	18	Left: On 25 yd In	3.75 steps behind Front side line
16	24	Left: 2.0 steps outside 25 yd In	8.0 steps behind Front side line
17	30	Left: 2.0 steps outside 35 yd In	14.0 steps behind Front side line
18	24	Left: 2.0 steps outside 35 yd In	2.0 steps behind Front side line
19	46	Left: 3.0 steps inside 30 yd In	2.0 steps behind Front side line
20	38	Left: 1.25 steps inside 30 yd In	On Front side line
20	38	Left: 1.25 steps inside 30 yd In	On Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 3.75 steps inside 40 yd In	12.0 steps behind Front side line
1	28	Left: 2.0 steps inside 25 yd In	10.0 steps in front of Front Hash (HS)
2	28	Left: 2.0 steps inside 25 yd In	10.0 steps in front of Front Hash (HS)
3	30	Left: On 25 yd In	3.75 steps behind Front Hash (HS)
4	36	Left: 2.25 steps outside 25 yd In	8.25 steps in front of Front Hash (HS)
5	40	Left: On 35 yd In	8.0 steps in front of Front Hash (HS)
6	16	Left: 2.0 steps inside 30 yd In	14.0 steps behind Front side line
7	16	Left: 2.0 steps inside 30 yd In	14.0 steps behind Front side line
8	40	Left: 2.0 steps inside 30 yd In	14.0 steps behind Front side line
9	28	Left: 4.0 steps inside 30 yd In	12.0 steps in front of Front Hash (HS)
10	30	Left: 4.0 steps inside 20 yd In	On Front side line
11	40	Left: 4.0 steps inside 25 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 25 yd In	4.0 steps behind Front side line
12	32	Left: 2.5 steps outside 25 yd In	0.25 steps behind Front side line
13	32	Left: 2.5 steps outside 25 yd In	0.25 steps behind Front side line
14	34	Left: 1.5 steps outside 30 yd In	4.25 steps behind Front side line
15	18	Left: 4.0 steps inside 25 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: On 20 yd In	On Front Hash (HS)
17	30	Left: On 30 yd In	12.0 steps in front of Front Hash (HS)
18	24	Left: On 30 yd In	12.0 steps in front of Front Hash (HS)
19	46	Left: 1.0 steps inside 35 yd In	13.0 steps in front of Front Hash (HS)
20	38	Left: 1.25 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 50 yd In	14.0 steps behind Front side line
1	28	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
2	28	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
3	30	Left: 2.0 steps outside 35 yd In	10.5 steps in front of Front Hash (HS)
4	36	Left: 0.75 steps inside 30 yd In	2.5 steps behind Front side line
5	40	Left: 4.0 steps inside 25 yd In	12.0 steps in front of Front Hash (HS)
6	16	Left: 2.0 steps outside 25 yd In	10.0 steps behind Front side line
7	16	Left: 2.0 steps outside 25 yd In	10.0 steps behind Front side line
8	40	Left: 2.0 steps outside 25 yd In	10.0 steps behind Front side line
9	28	Left: 4.0 steps inside 25 yd In	12.0 steps in front of Front Hash (HS)
10	30	Left: 2.0 steps outside 20 yd In	6.0 steps behind Front side line
11	40	Left: 4.0 steps inside 15 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 15 yd In	4.0 steps behind Front side line
12	32	Left: 1.0 steps inside 0 yd In	1.0 steps behind Front Hash (HS)
13	32	Left: 1.0 steps inside 0 yd In	1.0 steps behind Front Hash (HS)
14	34	Left: 0.25 steps inside 10 yd In	11.25 steps behind Front side line
15	18	Left: 4.0 steps inside 15 yd In	8.0 steps behind Front side line
16	24	Left: 2.0 steps inside 15 yd In	2.0 steps in front of Front Hash (HS)
17	30	Left: 2.0 steps inside 25 yd In	14.0 steps behind Front side line
18	24	Left: 2.0 steps inside 25 yd In	14.0 steps behind Front side line
19	46	Left: 3.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
20	38	Left: 1.0 steps outside 25 yd In	11.75 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 45 yd In	14.0 steps behind Front side line
1	28	Left: On 30 yd In	8.0 steps in front of Front Hash (HS)
2	28	Left: On 30 yd In	8.0 steps in front of Front Hash (HS)
3	30	Left: 0.75 steps outside 30 yd In	6.0 steps in front of Front Hash (HS)
4	36	Left: 2.75 steps inside 25 yd In	8.25 steps behind Front side line
5	40	Left: 4.0 steps inside 30 yd In	12.0 steps in front of Front Hash (HS)
6	16	Left: 2.0 steps outside 30 yd In	10.0 steps behind Front side line
7	16	Left: 2.0 steps outside 30 yd In	10.0 steps behind Front side line
8	40	Left: 2.0 steps outside 30 yd In	10.0 steps behind Front side line
9	28	Left: 2.0 steps inside 30 yd In	14.0 steps behind Front side line
10	30	Left: 1.0 steps inside 20 yd In	On Front side line
11	40	Left: 2.0 steps outside 25 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 25 yd In	4.0 steps behind Front side line
12	32	Left: 3.75 steps outside 15 yd In	6.0 steps behind Front side line
13	32	Left: 3.75 steps outside 15 yd In	6.0 steps behind Front side line
14	34	Left: 2.25 steps inside 20 yd In	1.75 steps behind Front side line
15	18	Left: On 30 yd In	8.0 steps behind Front side line
16	24	Left: 2.0 steps outside 30 yd In	6.0 steps behind Front side line
17	30	Left: 2.0 steps outside 30 yd In	6.0 steps behind Front side line
18	24	Left: 2.0 steps outside 30 yd In	6.0 steps behind Front side line
19	46	Left: On 30 yd In	9.0 steps behind Front side line
20	38	Left: 1.0 steps inside 20 yd In	8.0 steps behind Front side line

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 45 yd In	14.0 steps behind Front side line
1	28	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
2	28	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
3	30	Left: 2.0 steps inside 25 yd In	0.25 steps behind Front Hash (HS)
4	36	Left: 1.0 steps outside 25 yd In	12.25 steps in front of Front Hash (HS)
5	40	Left: 4.0 steps inside 25 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 2.0 steps outside 25 yd In	10.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps outside 25 yd In	10.0 steps in front of Front Hash (HS)
8	40	Left: 2.0 steps outside 25 yd In	10.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps inside 25 yd In	6.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps inside 20 yd In	12.0 steps behind Front side line
11	40	Left: 4.0 steps inside 20 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 20 yd In	12.0 steps behind Front side line
12	32	Left: 3.0 steps outside 10 yd In	11.5 steps behind Front side line
13	32	Left: 3.0 steps outside 10 yd In	11.5 steps behind Front side line
14	34	Left: 4.0 steps outside 20 yd In	3.0 steps behind Front side line
15	18	Left: 2.0 steps inside 25 yd In	8.0 steps behind Front side line
16	24	Left: On 25 yd In	12.0 steps behind Front side line
17	30	Left: On 25 yd In	12.0 steps behind Front side line
18	24	Left: On 25 yd In	12.0 steps behind Front side line
19	46	Left: On 30 yd In	10.0 steps in front of Front Hash (HS)
20	38	Left: 3.0 steps inside 20 yd In	12.0 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Front Hash (HS)
1	28	Left: 2.0 steps inside 25 yd In	6.0 steps in front of Front Hash (HS)
2	28	Left: 2.0 steps inside 25 yd In	6.0 steps in front of Front Hash (HS)
3	30	Left: 0.75 steps outside 25 yd In	5.75 steps behind Front Hash (HS)
4	36	Left: 2.5 steps outside 25 yd In	6.25 steps in front of Front Hash (HS)
5	40	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
6	16	Left: On 30 yd In	12.0 steps in front of Front Hash (HS)
7	16	Left: On 30 yd In	12.0 steps in front of Front Hash (HS)
8	40	Left: On 30 yd In	12.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
10	30	Left: 4.0 steps inside 20 yd In	3.0 steps behind Front side line
11	40	Left: 2.0 steps inside 25 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 25 yd In	4.0 steps behind Front side line
12	32	Left: 0.5 steps outside 20 yd In	1.25 steps behind Front side line
13	32	Left: 0.5 steps outside 20 yd In	1.25 steps behind Front side line
14	34	Left: 2.5 steps inside 25 yd In	2.75 steps behind Front side line
15	18	Left: On 25 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 15 yd In	4.0 steps behind Front Hash (HS)
17	30	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
18	24	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
19	46	Left: 1.0 steps inside 35 yd In	7.0 steps in front of Front Hash (HS)
20	38	Left: 2.5 steps inside 30 yd In	8.75 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 45 yd In	12.0 steps in front of Front Hash (HS)
1	28	Left: 2.0 steps outside 30 yd In	6.0 steps in front of Front Hash (HS)
2	28	Left: 2.0 steps outside 30 yd In	6.0 steps in front of Front Hash (HS)
3	30	Left: 3.0 steps inside 25 yd In	1.5 steps in front of Front Hash (HS)
4	36	Left: 0.25 steps outside 25 yd In	13.75 steps behind Front side line
5	40	Left: 2.0 steps outside 30 yd In	6.0 steps in front of Front Hash (HS)
6	16	Left: On 25 yd In	12.0 steps in front of Front Hash (HS)
7	16	Left: On 25 yd In	12.0 steps in front of Front Hash (HS)
8	40	Left: On 25 yd In	12.0 steps in front of Front Hash (HS)
9	28	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps inside 20 yd In	9.0 steps behind Front side line
11	40	Left: 2.0 steps outside 25 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 25 yd In	12.0 steps behind Front side line
12	32	Left: 1.75 steps inside 10 yd In	7.75 steps behind Front side line
13	32	Left: 1.75 steps inside 10 yd In	7.75 steps behind Front side line
14	34	Left: 0.25 steps inside 20 yd In	2.0 steps behind Front side line
15	18	Left: 2.0 steps outside 30 yd In	8.0 steps behind Front side line
16	24	Left: 4.0 steps inside 25 yd In	8.0 steps behind Front side line
17	30	Left: 4.0 steps inside 25 yd In	8.0 steps behind Front side line
18	24	Left: 4.0 steps inside 25 yd In	8.0 steps behind Front side line
19	46	Left: On 30 yd In	12.0 steps behind Front side line
20	38	Left: 3.0 steps inside 20 yd In	7.75 steps behind Front side line

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Front Hash (HS)
1	28	Left: 2.0 steps inside 30 yd In	6.0 steps in front of Front Hash (HS)
2	28	Left: 2.0 steps inside 30 yd In	6.0 steps in front of Front Hash (HS)
3	30	Left: 0.75 steps inside 30 yd In	7.5 steps in front of Front Hash (HS)
4	36	Left: 4.0 steps outside 30 yd In	6.75 steps behind Front side line
5	40	Left: 2.0 steps outside 25 yd In	6.0 steps in front of Front Hash (HS)
6	16	Left: On 20 yd In	12.0 steps in front of Front Hash (HS)
7	16	Left: On 20 yd In	12.0 steps in front of Front Hash (HS)
8	40	Left: On 20 yd In	12.0 steps in front of Front Hash (HS)
9	28	Left: 2.0 steps outside 25 yd In	6.0 steps in front of Front Hash (HS)
10	30	Left: 2.0 steps outside 20 yd In	13.0 steps in front of Front Hash (HS)
11	40	Left: 4.0 steps inside 15 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 15 yd In	12.0 steps behind Front side line
12	32	Left: On 0 yd In	4.0 steps behind Front Hash (HS)
13	32	Left: On 0 yd In	4.0 steps behind Front Hash (HS)
14	34	Left: 0.5 steps outside 10 yd In	13.25 steps behind Front side line
15	18	Left: 2.0 steps inside 15 yd In	8.0 steps behind Front side line
16	24	Left: On 15 yd In	On Front Hash (HS)
17	30	Left: On 25 yd In	12.0 steps in front of Front Hash (HS)
18	24	Left: On 25 yd In	12.0 steps in front of Front Hash (HS)
19	46	Left: 3.0 steps inside 30 yd In	7.0 steps in front of Front Hash (HS)
20	38	Left: 1.0 steps inside 25 yd In	11.5 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	On 50 yd In	12.0 steps in front of Front Hash (HS)
1	28	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
2	28	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
3	30	Left: On 35 yd In	11.25 steps in front of Front Hash (HS)
4	36	Left: 2.25 steps inside 30 yd In	1.25 steps behind Front side line
5	40	Left: 2.0 steps outside 30 yd In	14.0 steps behind Front side line
6	16	Left: On 25 yd In	8.0 steps behind Front side line
7	16	Left: On 25 yd In	8.0 steps behind Front side line
8	40	Left: On 25 yd In	8.0 steps behind Front side line
9	28	Left: 2.0 steps outside 30 yd In	14.0 steps behind Front side line
10	30	Left: 2.0 steps outside 20 yd In	3.0 steps behind Front side line
11	40	Left: 2.0 steps outside 20 yd In	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 20 yd In	4.0 steps behind Front side line
12	32	Left: 3.5 steps inside 0 yd In	4.5 steps in front of Front Hash (HS)
13	32	Left: 3.5 steps inside 0 yd In	4.5 steps in front of Front Hash (HS)
14	34	Left: 3.25 steps inside 10 yd In	8.25 steps behind Front side line
15	18	Left: On 20 yd In	8.0 steps behind Front side line
16	24	Left: 2.0 steps outside 20 yd In	6.0 steps in front of Front Hash (HS)
17	30	Left: 2.0 steps outside 30 yd In	10.0 steps behind Front side line
18	24	Left: 2.0 steps outside 30 yd In	10.0 steps behind Front side line
19	46	Left: 3.0 steps inside 30 yd In	12.0 steps behind Front side line
20	38	Left: 1.0 steps outside 25 yd In	7.25 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 45 yd ln	10.0 steps in front of Front Hash (HS)
1	28	Left: 4.0 steps inside 25 yd ln	4.0 steps in front of Front Hash (HS)
2	28	Left: 4.0 steps inside 25 yd ln	4.0 steps in front of Front Hash (HS)
3	30	Left: 1.0 steps inside 25 yd ln	2.0 steps behind Front Hash (HS)
4	36	Left: 1.75 steps outside 25 yd ln	10.25 steps in front of Front Hash (HS)
5	40	Left: 2.0 steps inside 25 yd ln	2.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 20 yd ln	8.0 steps in front of Front Hash (HS)
7	16	Left: 4.0 steps inside 20 yd ln	8.0 steps in front of Front Hash (HS)
8	40	Left: 4.0 steps inside 20 yd ln	8.0 steps in front of Front Hash (HS)
9	28	Left: On 25 yd ln	4.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps inside 20 yd ln	13.0 steps in front of Front Hash (HS)
11	40	Left: 2.0 steps inside 20 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 20 yd ln	12.0 steps behind Front side line
12	32	Left: 0.75 steps inside 5 yd ln	12.0 steps in front of Front Hash (HS)
13	32	Left: 0.75 steps inside 5 yd ln	12.0 steps in front of Front Hash (HS)
14	34	Left: 0.25 steps inside 15 yd ln	4.75 steps behind Front side line
15	18	Left: 2.0 steps outside 25 yd ln	8.0 steps behind Front side line
16	24	Left: 4.0 steps inside 20 yd ln	12.0 steps in front of Front Hash (HS)
17	30	Left: 4.0 steps inside 30 yd ln	4.0 steps behind Front side line
18	24	Left: 4.0 steps inside 30 yd ln	4.0 steps behind Front side line
19	46	Left: 3.0 steps inside 30 yd ln	3.0 steps behind Front side line
20	38	Left: 3.25 steps inside 30 yd ln	0.5 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 45 yd ln	10.0 steps in front of Front Hash (HS)
1	28	Left: On 30 yd ln	4.0 steps in front of Front Hash (HS)
2	28	Left: On 30 yd ln	4.0 steps in front of Front Hash (HS)
3	30	Left: 2.25 steps outside 30 yd ln	4.75 steps in front of Front Hash (HS)
4	36	Left: 1.75 steps inside 25 yd ln	10.0 steps behind Front side line
5	40	Left: 2.0 steps inside 30 yd ln	10.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 25 yd ln	12.0 steps behind Front side line
7	16	Left: 4.0 steps inside 25 yd ln	12.0 steps behind Front side line
8	40	Left: 4.0 steps inside 25 yd ln	12.0 steps behind Front side line
9	28	Left: On 30 yd ln	12.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps inside 20 yd ln	3.0 steps behind Front side line
11	40	Left: 4.0 steps inside 20 yd ln	4.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 20 yd ln	4.0 steps behind Front side line
12	32	Left: 0.75 steps outside 10 yd ln	9.5 steps behind Front side line
13	32	Left: 0.75 steps outside 10 yd ln	9.5 steps behind Front side line
14	34	Left: 1.75 steps outside 20 yd ln	2.5 steps behind Front side line
15	18	Left: 4.0 steps inside 25 yd ln	8.0 steps behind Front side line
16	24	Left: 2.0 steps inside 25 yd ln	10.0 steps behind Front side line
17	30	Left: 2.0 steps inside 25 yd ln	10.0 steps behind Front side line
18	24	Left: 2.0 steps inside 25 yd ln	10.0 steps behind Front side line
19	46	Left: On 30 yd ln	13.0 steps in front of Front Hash (HS)
20	38	Left: 1.0 steps inside 20 yd ln	12.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 50 yd ln	10.0 steps in front of Front Hash (HS)
1	28	Left: 4.0 steps inside 30 yd ln	4.0 steps in front of Front Hash (HS)
2	28	Left: 4.0 steps inside 30 yd ln	4.0 steps in front of Front Hash (HS)
3	30	Left: 3.75 steps outside 35 yd ln	9.75 steps in front of Front Hash (HS)
4	36	Left: 1.0 steps outside 30 yd ln	3.75 steps behind Front side line
5	40	Left: 2.0 steps inside 25 yd ln	10.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 20 yd ln	12.0 steps behind Front side line
7	16	Left: 4.0 steps inside 20 yd ln	12.0 steps behind Front side line
8	40	Left: 4.0 steps inside 20 yd ln	12.0 steps behind Front side line
9	28	Left: 2.0 steps inside 25 yd ln	10.0 steps in front of Front Hash (HS)
10	30	Left: 2.0 steps outside 20 yd ln	9.0 steps behind Front side line
11	40	Left: On 20 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 20 yd ln	12.0 steps behind Front side line
12	32	Left: 3.0 steps outside 5 yd ln	7.25 steps in front of Front Hash (HS)
13	32	Left: 3.0 steps outside 5 yd ln	7.25 steps in front of Front Hash (HS)
14	34	Left: 3.25 steps outside 15 yd ln	7.0 steps behind Front side line
15	18	Left: 2.0 steps inside 20 yd ln	8.0 steps behind Front side line
16	24	Left: On 20 yd ln	8.0 steps in front of Front Hash (HS)
17	30	Left: On 30 yd ln	8.0 steps behind Front side line
18	24	Left: On 30 yd ln	8.0 steps behind Front side line
19	46	Left: 3.0 steps inside 30 yd ln	9.0 steps behind Front side line
20	38	Left: 3.0 steps outside 25 yd ln	7.5 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 0.25 steps outside 30 yd ln	8.0 steps behind Front Hash (HS)
1	28	Left: On 35 yd ln	4.0 steps behind Back Hash (HS)
2	28	Left: On 35 yd ln	4.0 steps behind Back Hash (HS)
3	30	Left: 1.5 steps outside 45 yd ln	14.0 steps in front of Back side line
4	36	Left: 3.75 steps outside 50 yd ln	5.75 steps in front of Back Hash (HS)
5	40	Left: On 45 yd ln	8.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps inside 40 yd ln	2.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps inside 40 yd ln	2.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps inside 40 yd ln	2.0 steps behind Front Hash (HS)
9	28	Left: 4.0 steps inside 35 yd ln	4.0 steps in front of Front Hash (HS)
10	30	Left: 3.0 steps inside 30 yd ln	6.0 steps in front of Front Hash (HS)
11	40	Left: 2.0 steps outside 25 yd ln	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 25 yd ln	8.0 steps in front of Front Hash (HS)
12	32	Left: 3.5 steps outside 15 yd ln	12.0 steps in front of Front Hash (HS)
13	32	Left: 2.5 steps outside 25 yd ln	8.25 steps behind Front side line
14	34	Left: 2.0 steps outside 20 yd ln	4.0 steps in front of Front Hash (HS)
15	18	Left: 2.0 steps outside 20 yd ln	4.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps inside 25 yd ln	2.0 steps in front of Front Hash (HS)
17	30	Left: On 35 yd ln	12.0 steps in front of Front Hash (HS)
18	24	Left: On 35 yd ln	12.0 steps in front of Front Hash (HS)
19	46	Left: 1.0 steps outside 40 yd ln	9.0 steps behind Front side line
20	38	Left: 2.0 steps inside 35 yd ln	12.75 steps behind Front side line

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 35 yd In	4.0 steps behind Back Hash (HS)
2	28	Left: 4.0 steps inside 35 yd In	4.0 steps behind Back Hash (HS)
3	30	Left: 1.75 steps outside 50 yd In	11.5 steps behind Back Hash (HS)
4	36	Right: 3.25 steps outside 50 yd In	10.25 steps in front of Back Hash (HS)
5	40	Left: On 45 yd In	12.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps inside 40 yd In	10.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps inside 40 yd In	10.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps inside 40 yd In	10.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
10	30	Left: 2.0 steps outside 35 yd In	On Front Hash (HS)
11	40	Left: On 25 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 25 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 0.5 steps outside 15 yd In	13.0 steps in front of Front Hash (HS)
13	32	Left: 0.5 steps outside 25 yd In	8.75 steps in front of Front Hash (HS)
14	34	Left: On 25 yd In	4.0 steps behind Front Hash (HS)
15	18	Left: On 25 yd In	4.0 steps behind Front Hash (HS)
16	24	Left: On 30 yd In	On Front Hash (HS)
17	30	Left: 2.0 steps outside 40 yd In	10.0 steps in front of Front Hash (HS)
18	24	Left: 2.0 steps outside 40 yd In	10.0 steps in front of Front Hash (HS)
19	46	Left: 3.0 steps outside 45 yd In	6.0 steps behind Front side line
20	38	Left: 1.5 steps outside 40 yd In	11.5 steps in front of Front Hash (HS)

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Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 30 yd In	10.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps inside 35 yd In	6.0 steps behind Back Hash (HS)
2	28	Left: 2.0 steps inside 35 yd In	6.0 steps behind Back Hash (HS)
3	30	Left: 2.5 steps inside 45 yd In	13.0 steps behind Back Hash (HS)
4	36	Left: On 50 yd In	7.75 steps in front of Back Hash (HS)
5	40	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps outside 40 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps outside 40 yd In	14.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps outside 40 yd In	14.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps outside 35 yd In	6.0 steps behind Front Hash (HS)
10	30	Left: 2.0 steps outside 35 yd In	6.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps inside 40 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 40 yd In	On Front Hash (HS)
12	32	Left: 3.75 steps inside 35 yd In	4.5 steps in front of Front Hash (HS)
13	32	Left: 0.5 steps inside 35 yd In	13.5 steps in front of Front Hash (HS)
14	34	Left: 4.0 steps inside 25 yd In	4.0 steps in front of Front Hash (HS)
15	18	Left: 4.0 steps inside 25 yd In	4.0 steps in front of Front Hash (HS)
16	24	Left: On 35 yd In	12.0 steps behind Front side line
17	30	Left: On 35 yd In	12.0 steps behind Front side line
18	24	Left: On 35 yd In	12.0 steps behind Front side line
19	46	Left: 4.0 steps inside 35 yd In	6.0 steps behind Front side line
20	38	Left: 3.25 steps outside 35 yd In	10.0 steps behind Front side line

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Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 30 yd In	12.0 steps behind Front Hash (HS)
1	28	Left: On 35 yd In	8.0 steps behind Back Hash (HS)
2	28	Left: On 35 yd In	8.0 steps behind Back Hash (HS)
3	30	Left: 3.5 steps outside 45 yd In	13.75 steps in front of Back side line
4	36	Left: 2.25 steps inside 45 yd In	5.0 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps outside 45 yd In	10.0 steps behind Front Hash (HS)
6	16	Left: On 40 yd In	4.0 steps behind Front Hash (HS)
7	16	Left: On 40 yd In	4.0 steps behind Front Hash (HS)
8	40	Left: On 40 yd In	4.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps inside 35 yd In	2.0 steps in front of Front Hash (HS)
10	30	Left: 3.0 steps inside 30 yd In	3.0 steps in front of Front Hash (HS)
11	40	Left: 4.0 steps inside 20 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 20 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 1.75 steps inside 10 yd In	11.0 steps in front of Front Hash (HS)
13	32	Left: 3.5 steps outside 25 yd In	7.75 steps in front of Front Hash (HS)
14	34	Left: 2.0 steps outside 25 yd In	4.0 steps behind Front Hash (HS)
15	18	Left: 2.0 steps outside 25 yd In	4.0 steps behind Front Hash (HS)
16	24	Left: 2.0 steps outside 30 yd In	2.0 steps behind Front Hash (HS)
17	30	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
18	24	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
19	46	Left: 3.0 steps outside 45 yd In	9.0 steps behind Front side line
20	38	Left: On 40 yd In	10.0 steps in front of Front Hash (HS)

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Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 35 yd In	8.0 steps behind Front Hash (HS)
1	28	Left: On 40 yd In	4.0 steps behind Back Hash (HS)
2	28	Left: On 40 yd In	4.0 steps behind Back Hash (HS)
3	30	Right: 3.0 steps inside 45 yd In	6.5 steps behind Back Hash (HS)
4	36	Right: 0.75 steps outside 45 yd In	11.5 steps behind Front Hash (HS)
5	40	Left: On 45 yd In	4.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps inside 40 yd In	10.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps inside 40 yd In	10.0 steps in front of Back Hash (HS)
8	40	Left: 2.0 steps inside 40 yd In	10.0 steps in front of Back Hash (HS)
9	28	Left: On 35 yd In	8.0 steps behind Front Hash (HS)
10	30	Left: 1.0 steps inside 35 yd In	6.0 steps behind Front Hash (HS)
11	40	Left: On 45 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 45 yd In	On Front Hash (HS)
12	32	Left: 1.5 steps inside 40 yd In	2.5 steps behind Front Hash (HS)
13	32	Left: On 35 yd In	4.0 steps behind Front Hash (HS)
14	34	Left: On 35 yd In	4.0 steps behind Front Hash (HS)
15	18	Left: On 35 yd In	4.0 steps behind Front Hash (HS)
16	24	Left: On 40 yd In	12.0 steps behind Front side line
17	30	Left: On 40 yd In	12.0 steps behind Front side line
18	24	Left: On 40 yd In	12.0 steps behind Front side line
19	46	Left: 2.0 steps inside 40 yd In	On Front side line
20	38	Left: 3.25 steps outside 45 yd In	10.75 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 35 yd In	10.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps outside 40 yd In	6.0 steps behind Back Hash (HS)
2	28	Left: 2.0 steps outside 40 yd In	6.0 steps behind Back Hash (HS)
3	30	Right: 2.0 steps outside 50 yd In	9.25 steps behind Back Hash (HS)
4	36	Right: 1.75 steps inside 45 yd In	13.0 steps in front of Back Hash (HS)
5	40	Left: 4.0 steps inside 45 yd In	12.0 steps behind Front Hash (HS)
6	16	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
9	28	Left: 2.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
10	30	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
11	40	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 2.75 steps outside 20 yd In	13.75 steps behind Front side line
13	32	Left: 2.5 steps inside 25 yd In	9.25 steps in front of Front Hash (HS)
14	34	Left: 2.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)
15	18	Left: 2.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)
16	24	Left: 2.0 steps inside 30 yd In	2.0 steps in front of Front Hash (HS)
17	30	Left: On 40 yd In	12.0 steps in front of Front Hash (HS)
18	24	Left: On 40 yd In	12.0 steps in front of Front Hash (HS)
19	46	Left: 3.0 steps outside 45 yd In	3.0 steps behind Front side line
20	38	Left: On 45 yd In	12.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 30 yd In	12.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 35 yd In	8.0 steps behind Back Hash (HS)
2	28	Left: 4.0 steps inside 35 yd In	8.0 steps behind Back Hash (HS)
3	30	Left: 3.5 steps outside 50 yd In	12.25 steps behind Back Hash (HS)
4	36	Right: 1.75 steps outside 50 yd In	8.75 steps in front of Back Hash (HS)
5	40	Left: 2.0 steps outside 45 yd In	10.0 steps in front of Back Hash (HS)
6	16	Left: On 40 yd In	12.0 steps behind Front Hash (HS)
7	16	Left: On 40 yd In	12.0 steps behind Front Hash (HS)
8	40	Left: On 40 yd In	12.0 steps behind Front Hash (HS)
9	28	Left: On 35 yd In	4.0 steps behind Front Hash (HS)
10	30	Left: 2.0 steps outside 35 yd In	3.0 steps behind Front Hash (HS)
11	40	Left: 4.0 steps inside 40 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 40 yd In	On Front Hash (HS)
12	32	Left: 2.25 steps outside 40 yd In	2.25 steps in front of Front Hash (HS)
13	32	Left: 0.5 steps outside 35 yd In	1.0 steps behind Front Hash (HS)
14	34	Left: 2.0 steps outside 35 yd In	4.0 steps behind Front Hash (HS)
15	18	Left: 2.0 steps outside 35 yd In	4.0 steps behind Front Hash (HS)
16	24	Left: 2.0 steps outside 40 yd In	14.0 steps behind Front side line
17	30	Left: 2.0 steps outside 40 yd In	14.0 steps behind Front side line
18	24	Left: 2.0 steps outside 40 yd In	14.0 steps behind Front side line
19	46	Left: 2.0 steps inside 40 yd In	3.0 steps behind Front side line
20	38	Left: 2.25 steps outside 45 yd In	12.5 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 35 yd In	12.0 steps behind Front Hash (HS)
1	28	Left: On 40 yd In	8.0 steps behind Back Hash (HS)
2	28	Left: On 40 yd In	8.0 steps behind Back Hash (HS)
3	30	Right: 3.5 steps outside 50 yd In	8.0 steps behind Back Hash (HS)
4	36	Right: 0.5 steps inside 45 yd In	13.25 steps behind Front Hash (HS)
5	40	Left: 2.0 steps outside 45 yd In	2.0 steps in front of Back Hash (HS)
6	16	Left: On 40 yd In	8.0 steps in front of Back Hash (HS)
7	16	Left: On 40 yd In	8.0 steps in front of Back Hash (HS)
8	40	Left: On 40 yd In	8.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps outside 35 yd In	10.0 steps behind Front Hash (HS)
10	30	Left: 1.0 steps inside 35 yd In	9.0 steps behind Front Hash (HS)
11	40	Left: 2.0 steps outside 45 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 45 yd In	On Front Hash (HS)
12	32	Left: 0.25 steps outside 40 yd In	On Front Hash (HS)
13	32	Left: 2.0 steps inside 35 yd In	10.75 steps in front of Front Hash (HS)
14	34	Left: 2.0 steps outside 30 yd In	4.0 steps in front of Front Hash (HS)
15	18	Left: 2.0 steps outside 30 yd In	4.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps inside 35 yd In	10.0 steps behind Front side line
17	30	Left: 2.0 steps inside 35 yd In	10.0 steps behind Front side line
18	24	Left: 2.0 steps inside 35 yd In	10.0 steps behind Front side line
19	46	Left: 4.0 steps inside 35 yd In	3.0 steps behind Front side line
20	38	Left: 0.25 steps inside 40 yd In	6.5 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 35 yd In	8.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 40 yd In	4.0 steps behind Back Hash (HS)
2	28	Left: 4.0 steps inside 40 yd In	4.0 steps behind Back Hash (HS)
3	30	Right: 2.0 steps outside 45 yd In	On Back Hash (HS)
4	36	Right: 4.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
5	40	On 50 yd In	12.0 steps in front of Back Hash (HS)
6	16	Left: 2.0 steps inside 45 yd In	10.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps inside 45 yd In	10.0 steps behind Front Hash (HS)
8	40	Left: 2.0 steps inside 45 yd In	10.0 steps behind Front Hash (HS)
9	28	Left: On 40 yd In	On Front Hash (HS)
10	30	Left: 1.0 steps inside 35 yd In	6.0 steps in front of Front Hash (HS)
11	40	Left: 2.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 1.75 steps outside 25 yd In	13.5 steps behind Front side line
13	32	Left: 1.5 steps outside 30 yd In	7.75 steps behind Front side line
14	34	Left: 4.0 steps inside 20 yd In	4.0 steps in front of Front Hash (HS)
15	18	Left: 4.0 steps inside 20 yd In	4.0 steps in front of Front Hash (HS)
16	24	Left: On 30 yd In	8.0 steps in front of Front Hash (HS)
17	30	Left: 2.0 steps outside 40 yd In	10.0 steps behind Front side line
18	24	Left: 2.0 steps outside 40 yd In	10.0 steps behind Front side line
19	46	Left: 1.0 steps outside 40 yd In	On Front side line
20	38	Left: 1.75 steps inside 40 yd In	7.75 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Symbol: M	Label: M1	ID:117	Drill: EAHS One 2021 Front-Back
0	0	Right: 0.25 steps outside 45 yd In				12.0 steps behind Back Hash (HS)
1	28	Right: 4.0 steps outside 40 yd In				On Back Hash (HS)
2	28	Right: 4.0 steps outside 40 yd In				On Back Hash (HS)
3	30	Right: 1.5 steps inside 30 yd In				3.0 steps behind Back Hash (HS)
4	36	Right: 1.5 steps inside 30 yd In				14.0 steps behind Front Hash (HS)
5	40	Right: 4.0 steps outside 35 yd In				8.0 steps in front of Front Hash (HS)
6	16	Right: 4.0 steps outside 35 yd In				8.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 35 yd In				On Front Hash (HS)
8	40	Right: 4.0 steps outside 35 yd In				On Front Hash (HS)
9	28	Right: On 30 yd In				On Front Hash (HS)
10	30	Right: 1.0 steps outside 35 yd In				1.0 steps behind Front Hash (HS)
11	40	Right: 2.0 steps outside 40 yd In				8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Symbol: M	Label: M1	ID:117	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 40 yd In				8.0 steps in front of Front Hash (HS)
12	32	Right: 3.75 steps outside 30 yd In				4.25 steps in front of Front Hash (HS)
13	32	Right: 3.75 steps outside 30 yd In				4.25 steps in front of Front Hash (HS)
14	34	Right: 1.0 steps outside 35 yd In				4.25 steps behind Front Hash (HS)
15	18	Right: 3.75 steps outside 40 yd In				7.25 steps in front of Front Hash (HS)
16	24	Right: 2.0 steps inside 35 yd In				10.0 steps in front of Front Hash (HS)
17	30	Right: 2.0 steps outside 45 yd In				10.0 steps in front of Back Hash (HS)
18	24	Right: 2.0 steps outside 45 yd In				10.0 steps in front of Back Hash (HS)
19	46	Right: 2.0 steps outside 45 yd In				10.0 steps in front of Back Hash (HS)
20	38	Right: 3.0 steps inside 40 yd In				8.75 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Symbol: M	Label: M2	ID:118	Drill: EAHS One 2021 Front-Back
0	0	Right: 3.75 steps inside 40 yd In				12.0 steps behind Back Hash (HS)
1	28	Right: On 35 yd In				On Back Hash (HS)
2	28	Right: On 35 yd In				On Back Hash (HS)
3	30	Right: 2.0 steps inside 30 yd In				5.0 steps behind Back Hash (HS)
4	36	Right: 2.0 steps inside 30 yd In				12.25 steps in front of Back Hash (HS)
5	40	Right: 2.0 steps inside 30 yd In				6.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps inside 30 yd In				6.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps inside 30 yd In				2.0 steps in front of Front Hash (HS)
8	40	Right: 2.0 steps inside 30 yd In				2.0 steps in front of Front Hash (HS)
9	28	Right: 2.0 steps outside 30 yd In				2.0 steps in front of Front Hash (HS)
10	30	Right: 1.0 steps outside 35 yd In				2.0 steps in front of Front Hash (HS)
11	40	Right: 4.0 steps outside 40 yd In				8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Symbol: M	Label: M2	ID:118	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 40 yd In				8.0 steps in front of Front Hash (HS)
12	32	Right: 2.75 steps outside 30 yd In				1.5 steps in front of Front Hash (HS)
13	32	Right: 2.75 steps outside 30 yd In				1.5 steps in front of Front Hash (HS)
14	34	Right: 0.75 steps outside 35 yd In				6.25 steps behind Front Hash (HS)
15	18	Right: 2.5 steps outside 40 yd In				4.75 steps in front of Front Hash (HS)
16	24	Right: 4.0 steps outside 40 yd In				8.0 steps in front of Front Hash (HS)
17	30	Right: On 45 yd In				8.0 steps in front of Back Hash (HS)
18	24	Right: On 45 yd In				8.0 steps in front of Back Hash (HS)
19	46	Right: On 45 yd In				8.0 steps in front of Back Hash (HS)
20	38	Right: 3.25 steps outside 45 yd In				7.5 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Symbol: M	Label: M3	ID:119	Drill: EAHS One 2021 Front-Back
0	0	Right: 0.25 steps outside 40 yd In				12.0 steps behind Back Hash (HS)
1	28	Right: 4.0 steps outside 35 yd In				On Back Hash (HS)
2	28	Right: 4.0 steps outside 35 yd In				On Back Hash (HS)
3	30	Right: 2.5 steps inside 30 yd In				6.75 steps behind Back Hash (HS)
4	36	Right: 2.5 steps inside 30 yd In				10.25 steps in front of Back Hash (HS)
5	40	Right: On 30 yd In				4.0 steps in front of Front Hash (HS)
6	16	Right: On 30 yd In				4.0 steps in front of Front Hash (HS)
7	16	Right: On 30 yd In				4.0 steps in front of Front Hash (HS)
8	40	Right: On 30 yd In				4.0 steps in front of Front Hash (HS)
9	28	Right: 4.0 steps outside 30 yd In				4.0 steps in front of Front Hash (HS)
10	30	Right: 3.0 steps inside 40 yd In				10.0 steps in front of Front Hash (HS)
11	40	Right: On 45 yd In				8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Symbol: M	Label: M3	ID:119	Drill: 21 EA Two Front-Back
11	0	Right: On 45 yd In				8.0 steps in front of Front Hash (HS)
12	32	Right: 1.0 steps inside 30 yd In				10.0 steps behind Front side line
13	32	Right: 1.0 steps inside 30 yd In				10.0 steps behind Front side line
14	34	Right: 0.5 steps inside 35 yd In				5.5 steps in front of Front Hash (HS)
15	18	Right: On 30 yd In				12.0 steps in front of Front Hash (HS)
16	24	Right: On 30 yd In				8.0 steps behind Front side line
17	30	Right: 4.0 steps outside 40 yd In				8.0 steps behind Front Hash (HS)
18	24	Right: 4.0 steps outside 40 yd In				8.0 steps behind Front Hash (HS)
19	46	Right: 4.0 steps outside 40 yd In				8.0 steps behind Front Hash (HS)
20	38	Right: 4.0 steps outside 40 yd In				12.0 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Symbol: M	Label: M4	ID:39	Drill: EAHS One 2021 Front-Back
0	0	Right: 1.75 steps inside 45 yd In				14.0 steps behind Back Hash (HS)
1	28	Right: 2.0 steps outside 40 yd In				2.0 steps behind Back Hash (HS)
2	28	Right: 2.0 steps outside 40 yd In				2.0 steps behind Back Hash (HS)
3	30	Right: 3.25 steps inside 30 yd In				8.75 steps behind Back Hash (HS)
4	36	Right: 3.25 steps inside 30 yd In				8.25 steps in front of Back Hash (HS)
5	40	Right: 2.0 steps outside 30 yd In				2.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps outside 30 yd In				2.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps outside 30 yd In				6.0 steps in front of Front Hash (HS)
8	40	Right: 2.0 steps outside 30 yd In				6.0 steps in front of Front Hash (HS)
9	28	Right: 2.0 steps inside 25 yd In				6.0 steps in front of Front Hash (HS)
10	30	Right: On 40 yd In				10.0 steps in front of Front Hash (HS)
11	40	Right: 2.0 steps outside 45 yd In				8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Symbol: M	Label: M4	ID:39	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 45 yd In				8.0 steps in front of Front Hash (HS)
12	32	Right: 1.0 steps outside 30 yd In				12.25 steps behind Front side line
13	32	Right: 1.0 steps outside 30 yd In				12.25 steps behind Front side line
14	34	Right: 0.25 steps outside 35 yd In				3.75 steps in front of Front Hash (HS)
15	18	Right: 2.75 steps inside 30 yd In				12.25 steps in front of Front Hash (HS)
16	24	Right: 2.0 steps inside 30 yd In				10.0 steps behind Front side line
17	30	Right: 2.0 steps outside 40 yd In				10.0 steps behind Front Hash (HS)
18	24	Right: 2.0 steps outside 40 yd In				10.0 steps behind Front Hash (HS)
19	46	Right: 2.0 steps outside 40 yd In				10.0 steps behind Front Hash (HS)
20	38	Right: 2.75 steps outside 40 yd In				13.75 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 0.25 steps outside 45 yd In	12.25 steps in front of Back side line
1	28	Right: 4.0 steps outside 40 yd In	4.0 steps behind Back Hash (HS)
2	28	Right: 4.0 steps outside 40 yd In	4.0 steps behind Back Hash (HS)
3	30	Right: 4.0 steps inside 30 yd In	10.5 steps behind Back Hash (HS)
4	36	Right: 4.0 steps inside 30 yd In	6.5 steps in front of Back Hash (HS)
5	40	Right: 4.0 steps outside 30 yd In	On Front Hash (HS)
6	16	Right: 4.0 steps outside 30 yd In	On Front Hash (HS)
7	16	Right: 4.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)
8	40	Right: 4.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)
9	28	Right: On 25 yd In	8.0 steps in front of Front Hash (HS)
10	30	Right: 3.0 steps outside 40 yd In	10.0 steps in front of Front Hash (HS)
11	40	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
12	32	Right: 2.5 steps outside 30 yd In	13.25 steps in front of Front Hash (HS)
13	32	Right: 2.5 steps outside 30 yd In	13.25 steps in front of Front Hash (HS)
14	34	Right: 0.75 steps outside 35 yd In	1.75 steps in front of Front Hash (HS)
15	18	Right: 2.5 steps outside 35 yd In	11.75 steps in front of Front Hash (HS)
16	24	Right: 4.0 steps outside 35 yd In	12.0 steps behind Front side line
17	30	Right: On 40 yd In	12.0 steps behind Front Hash (HS)
18	24	Right: On 40 yd In	12.0 steps behind Front Hash (HS)
19	46	Right: On 40 yd In	12.0 steps behind Front Hash (HS)
20	38	Right: 1.5 steps outside 40 yd In	12.75 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 1.75 steps inside 40 yd In	13.75 steps behind Back Hash (HS)
1	28	Right: 2.0 steps outside 35 yd In	2.0 steps behind Back Hash (HS)
2	28	Right: 2.0 steps outside 35 yd In	2.0 steps behind Back Hash (HS)
3	30	Right: 3.0 steps outside 35 yd In	12.25 steps behind Back Hash (HS)
4	36	Right: 3.0 steps outside 35 yd In	4.75 steps in front of Back Hash (HS)
5	40	Right: 2.0 steps inside 25 yd In	2.0 steps behind Front Hash (HS)
6	16	Right: 2.0 steps inside 25 yd In	2.0 steps behind Front Hash (HS)
7	16	Right: 2.0 steps inside 25 yd In	10.0 steps in front of Front Hash (HS)
8	40	Right: 2.0 steps inside 25 yd In	10.0 steps in front of Front Hash (HS)
9	28	Right: 2.0 steps outside 25 yd In	10.0 steps in front of Front Hash (HS)
10	30	Right: 2.0 steps inside 35 yd In	10.0 steps in front of Front Hash (HS)
11	40	Right: 2.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
12	32	Right: 3.5 steps outside 30 yd In	10.25 steps in front of Front Hash (HS)
13	32	Right: 3.5 steps outside 30 yd In	10.25 steps in front of Front Hash (HS)
14	34	Right: 1.25 steps outside 35 yd In	0.25 steps behind Front Hash (HS)
15	18	Right: 0.25 steps inside 35 yd In	11.0 steps in front of Front Hash (HS)
16	24	Right: 2.0 steps outside 35 yd In	14.0 steps behind Front side line
17	30	Right: 2.0 steps inside 40 yd In	14.0 steps in front of Back Hash (HS)
18	24	Right: 2.0 steps inside 40 yd In	14.0 steps in front of Back Hash (HS)
19	46	Right: 2.0 steps inside 40 yd In	14.0 steps in front of Back Hash (HS)
20	38	Right: 0.25 steps outside 40 yd In	11.25 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.25 steps outside 45 yd In	13.75 steps behind Back Hash (HS)
1	28	Right: 2.0 steps inside 35 yd In	2.0 steps behind Back Hash (HS)
2	28	Right: 2.0 steps inside 35 yd In	2.0 steps behind Back Hash (HS)
3	30	Right: 2.0 steps outside 35 yd In	14.0 steps in front of Back side line
4	36	Right: 2.0 steps outside 35 yd In	3.0 steps in front of Back Hash (HS)
5	40	Right: On 25 yd In	4.0 steps behind Front Hash (HS)
6	16	Right: On 25 yd In	4.0 steps behind Front Hash (HS)
7	16	Right: On 25 yd In	12.0 steps in front of Front Hash (HS)
8	40	Right: On 25 yd In	12.0 steps in front of Front Hash (HS)
9	28	Right: 4.0 steps outside 25 yd In	12.0 steps in front of Front Hash (HS)
10	30	Right: 1.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
11	40	Right: On 40 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 40 yd In	8.0 steps in front of Front Hash (HS)
12	32	Right: 3.75 steps outside 30 yd In	7.25 steps in front of Front Hash (HS)
13	32	Right: 3.75 steps outside 30 yd In	7.25 steps in front of Front Hash (HS)
14	34	Right: 1.25 steps outside 35 yd In	2.25 steps behind Front Hash (HS)
15	18	Right: 2.5 steps inside 35 yd In	9.25 steps in front of Front Hash (HS)
16	24	Right: On 35 yd In	12.0 steps in front of Front Hash (HS)
17	30	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Back Hash (HS)
18	24	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Back Hash (HS)
19	46	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Back Hash (HS)
20	38	Right: 1.25 steps inside 40 yd In	10.0 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 3.75 steps inside 10 yd In	8.0 steps behind Back Hash (HS)
1	28	Right: On 25 yd In	10.0 steps in front of Back Hash (HS)
2	28	Right: On 25 yd In	10.0 steps in front of Back Hash (HS)
3	30	Right: 2.5 steps inside 25 yd In	9.25 steps behind Front Hash (HS)
4	36	Right: 2.25 steps inside 25 yd In	9.75 steps in front of Front Hash (HS)
5	40	Right: On 20 yd In	6.0 steps in front of Front Hash (HS)
6	16	Right: On 20 yd In	6.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 25 yd In	12.0 steps in front of Front Hash (HS)
8	40	Right: 4.0 steps outside 25 yd In	12.0 steps in front of Front Hash (HS)
9	28	Right: On 25 yd In	4.0 steps behind Front side line
10	30	Right: 4.0 steps outside 35 yd In	5.0 steps in front of Front Hash (HS)
11	40	Right: 2.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
12	32	Right: 1.5 steps outside 30 yd In	1.25 steps behind Front Hash (HS)
13	32	Right: 1.5 steps outside 30 yd In	1.25 steps behind Front Hash (HS)
14	34	Right: 0.25 steps outside 35 yd In	8.25 steps behind Front Hash (HS)
15	18	Right: 2.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
16	24	Right: 2.0 steps outside 40 yd In	6.0 steps in front of Front Hash (HS)
17	30	Right: 2.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
18	24	Right: 2.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
19	46	Right: 2.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
20	38	Right: 0.5 steps inside 45 yd In	14.0 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Symbol: N	Label: N2	ID:77	Drill: EAHS One 2021
0	0					8.0 steps behind Back Hash (HS)
1	28	Right: 4.0 steps outside 25 yd ln				10.0 steps in front of Back Hash (HS)
2	28	Right: 4.0 steps outside 25 yd ln				10.0 steps in front of Back Hash (HS)
3	30	Right: 2.0 steps inside 25 yd ln				11.25 steps behind Front Hash (HS)
4	36	Right: 1.5 steps inside 25 yd ln				8.0 steps in front of Front Hash (HS)
5	40	Right: On 20 yd ln				3.0 steps in front of Front Hash (HS)
6	16	Right: On 20 yd ln				3.0 steps in front of Front Hash (HS)
7	16	Right: 2.75 steps inside 20 yd ln				9.25 steps in front of Front Hash (HS)
8	40	Right: 2.75 steps inside 20 yd ln				9.25 steps in front of Front Hash (HS)
9	28	Right: 2.0 steps outside 25 yd ln				6.25 steps behind Front side line
10	30	Right: 1.0 steps inside 30 yd ln				2.0 steps in front of Front Hash (HS)
11	40	Right: On 35 yd ln				8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Symbol: N	Label: N2	ID:77	Drill: 21 EA Two
11	0	Right: On 35 yd ln				8.0 steps in front of Front Hash (HS)
12	32	Right: 0.25 steps inside 30 yd ln				3.5 steps behind Front Hash (HS)
13	32	Right: 0.25 steps inside 30 yd ln				3.5 steps behind Front Hash (HS)
14	34	Right: 0.5 steps inside 35 yd ln				10.0 steps behind Front Hash (HS)
15	18	Right: 2.0 steps outside 40 yd ln				1.0 steps behind Front Hash (HS)
16	24	Right: On 40 yd ln				4.0 steps in front of Front Hash (HS)
17	30	Right: 4.0 steps outside 50 yd ln				4.0 steps behind Front Hash (HS)
18	24	Right: 4.0 steps outside 50 yd ln				4.0 steps behind Front Hash (HS)
19	46	Right: 4.0 steps outside 50 yd ln				4.0 steps behind Front Hash (HS)
20	38	Right: 3.25 steps inside 45 yd ln				6.25 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Symbol: N	Label: N3	ID:79	Drill: EAHS One 2021
0	0	Right: 1.75 steps inside 15 yd ln				10.0 steps behind Back Hash (HS)
1	28	Right: 2.0 steps outside 30 yd ln				8.0 steps in front of Back Hash (HS)
2	28	Right: 2.0 steps outside 30 yd ln				8.0 steps in front of Back Hash (HS)
3	30	Right: 2.0 steps inside 25 yd ln				13.25 steps behind Front Hash (HS)
4	36	Right: 1.0 steps inside 25 yd ln				6.0 steps in front of Front Hash (HS)
5	40	Right: On 20 yd ln				On Front Hash (HS)
6	16	Right: On 20 yd ln				On Front Hash (HS)
7	16	Right: 1.75 steps inside 20 yd ln				6.5 steps in front of Front Hash (HS)
8	40	Right: 1.75 steps inside 20 yd ln				6.5 steps in front of Front Hash (HS)
9	28	Right: 4.0 steps outside 25 yd ln				8.75 steps behind Front side line
10	30	Right: 2.0 steps outside 30 yd ln				1.0 steps behind Front Hash (HS)
11	40	Right: 2.0 steps outside 35 yd ln				8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Symbol: N	Label: N3	ID:79	Drill: 21 EA Two
11	0	Right: 2.0 steps outside 35 yd ln				8.0 steps in front of Front Hash (HS)
12	32	Right: 2.5 steps inside 30 yd ln				5.5 steps behind Front Hash (HS)
13	32	Right: 2.5 steps inside 30 yd ln				5.5 steps behind Front Hash (HS)
14	34	Right: 1.5 steps inside 35 yd ln				11.75 steps behind Front Hash (HS)
15	18	Right: 2.5 steps outside 40 yd ln				3.75 steps behind Front Hash (HS)
16	24	Right: 2.0 steps inside 40 yd ln				2.0 steps in front of Front Hash (HS)
17	30	Right: 2.0 steps outside 50 yd ln				2.0 steps behind Front Hash (HS)
18	24	Right: 2.0 steps outside 50 yd ln				2.0 steps behind Front Hash (HS)
19	46	Right: 2.0 steps outside 50 yd ln				2.0 steps behind Front Hash (HS)
20	38	Left: On 50 yd ln				0.25 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Symbol: N	Label: N4	ID:92	Drill: EAHS One 2021
0	0	Right: 2.25 steps outside 15 yd ln				10.0 steps behind Back Hash (HS)
1	28	Right: 2.0 steps inside 25 yd ln				8.0 steps in front of Back Hash (HS)
2	28	Right: 2.0 steps inside 25 yd ln				8.0 steps in front of Back Hash (HS)
3	30	Right: 2.0 steps inside 25 yd ln				12.75 steps in front of Back Hash (HS)
4	36	Right: 0.5 steps inside 25 yd ln				4.0 steps in front of Front Hash (HS)
5	40	Right: On 20 yd ln				3.0 steps behind Front Hash (HS)
6	16	Right: On 20 yd ln				3.0 steps behind Front Hash (HS)
7	16	Right: 1.0 steps inside 20 yd ln				3.75 steps in front of Front Hash (HS)
8	40	Right: 1.0 steps inside 20 yd ln				3.75 steps in front of Front Hash (HS)
9	28	Right: 2.25 steps inside 20 yd ln				11.25 steps behind Front side line
10	30	Right: 3.0 steps inside 25 yd ln				4.0 steps behind Front Hash (HS)
11	40	Right: 4.0 steps outside 35 yd ln				8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Symbol: N	Label: N4	ID:92	Drill: 21 EA Two
11	0	Right: 4.0 steps outside 35 yd ln				8.0 steps in front of Front Hash (HS)
12	32	Right: 2.75 steps outside 35 yd ln				7.0 steps behind Front Hash (HS)
13	32	Right: 2.75 steps outside 35 yd ln				7.0 steps behind Front Hash (HS)
14	34	Right: 2.75 steps inside 35 yd ln				13.5 steps behind Front Hash (HS)
15	18	Right: 3.25 steps outside 40 yd ln				6.25 steps behind Front Hash (HS)
16	24	Right: 4.0 steps outside 45 yd ln				On Front Hash (HS)
17	30	On 50 yd ln				On Front Hash (HS)
18	24	On 50 yd ln				On Front Hash (HS)
19	46	On 50 yd ln				On Front Hash (HS)
20	38	Left: 1.5 steps inside 45 yd ln				5.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Symbol: N	Label: N5	ID:94	Drill: EAHS One 2021
0	0	Right: 1.75 steps inside 10 yd ln				10.0 steps behind Back Hash (HS)
1	28	Right: 2.0 steps outside 25 yd ln				8.0 steps in front of Back Hash (HS)
2	28	Right: 2.0 steps outside 25 yd ln				8.0 steps in front of Back Hash (HS)
3	30	Right: 2.0 steps inside 25 yd ln				10.75 steps in front of Back Hash (HS)
4	36	Right: 0.25 steps inside 25 yd ln				2.0 steps in front of Front Hash (HS)
5	40	Right: On 20 yd ln				6.0 steps behind Front Hash (HS)
6	16	Right: On 20 yd ln				6.0 steps behind Front Hash (HS)
7	16	Right: 0.5 steps inside 20 yd ln				0.75 steps in front of Front Hash (HS)
8	40	Right: 0.5 steps inside 20 yd ln				0.75 steps in front of Front Hash (HS)
9	28	Right: 0.75 steps inside 20 yd ln				13.75 steps behind Front side line
10	30	Right: On 25 yd ln				7.0 steps behind Front Hash (HS)
11	40	Right: 2.0 steps inside 30 yd ln				8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Symbol: N	Label: N5	ID:94	Drill: 21 EA Two
11	0	Right: 2.0 steps inside 30 yd ln				8.0 steps in front of Front Hash (HS)
12	32	Right: On 35 yd ln				8.0 steps behind Front Hash (HS)
13	32	Right: On 35 yd ln				8.0 steps behind Front Hash (HS)
14	34	Right: 4.0 steps outside 40 yd ln				13.0 steps in front of Back Hash (HS)
15	18	Right: 4.0 steps outside 40 yd ln				9.0 steps behind Front Hash (HS)
16	24	Right: 2.0 steps outside 45 yd ln				2.0 steps behind Front Hash (HS)
17	30	Left: 2.0 steps outside 50 yd ln				2.0 steps in front of Front Hash (HS)
18	24	Left: 2.0 steps outside 50 yd ln				2.0 steps in front of Front Hash (HS)
19	46	Left: 2.0 steps outside 50 yd ln				2.0 steps in front of Front Hash (HS)
20	38	Left: 2.0 steps inside 40 yd ln				8.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 2.75 steps inside 45 yd ln	8.75 steps in front of Back Hash (HS)
1	28	Left: 2.25 steps inside 45 yd ln	7.0 steps in front of Back Hash (HS)
2	28	Left: 2.25 steps inside 45 yd ln	7.0 steps in front of Back Hash (HS)
3	30	Left: 1.0 steps inside 45 yd ln	8.0 steps in front of Back Hash (HS)
4	36	Left: 1.0 steps inside 45 yd ln	On Front Hash (HS)
5	40	Right: 2.0 steps inside 45 yd ln	2.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps inside 45 yd ln	2.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps inside 45 yd ln	14.0 steps in front of Back Hash (HS)
8	40	Right: 2.0 steps inside 45 yd ln	14.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps outside 50 yd ln	12.0 steps in front of Back Hash (HS)
10	30	Left: On 45 yd ln	8.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps inside 40 yd ln	14.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Left: 2.0 steps inside 40 yd ln	14.0 steps in front of Back Hash (HS)
12	32	Left: 2.0 steps inside 30 yd ln	On Front Hash (HS)
13	32	Left: 2.0 steps inside 40 yd ln	On Back Hash (HS)
14	34	Left: 3.0 steps inside 40 yd ln	13.75 steps behind Back Hash (HS)
15	18	Left: 3.0 steps inside 45 yd ln	9.75 steps behind Back Hash (HS)
16	24	Left: 2.0 steps inside 45 yd ln	On Back Hash (HS)
17	30	Left: 4.0 steps inside 40 yd ln	2.0 steps behind Back Hash (HS)
18	24	Left: 4.0 steps inside 40 yd ln	2.0 steps behind Back Hash (HS)
19	46	Left: 4.0 steps inside 40 yd ln	2.0 steps behind Back Hash (HS)
20	38	Left: 3.5 steps outside 40 yd ln	10.25 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 3.5 steps outside 50 yd ln	10.5 steps in front of Back Hash (HS)
1	28	Left: 2.25 steps inside 45 yd ln	4.25 steps in front of Back Hash (HS)
2	28	Left: 2.25 steps inside 45 yd ln	4.25 steps in front of Back Hash (HS)
3	30	Left: 2.0 steps outside 45 yd ln	8.0 steps in front of Back Hash (HS)
4	36	Left: 2.0 steps outside 45 yd ln	On Front Hash (HS)
5	40	Right: On 45 yd ln	On Front Hash (HS)
6	16	Right: On 45 yd ln	On Front Hash (HS)
7	16	Right: On 45 yd ln	12.0 steps in front of Back Hash (HS)
8	40	Right: On 45 yd ln	12.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps inside 45 yd ln	12.0 steps in front of Back Hash (HS)
10	30	Left: 2.0 steps outside 45 yd ln	10.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps outside 40 yd ln	14.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Left: 2.0 steps outside 40 yd ln	14.0 steps in front of Back Hash (HS)
12	32	Left: 4.0 steps inside 30 yd ln	2.0 steps behind Front Hash (HS)
13	32	Left: 3.0 steps outside 45 yd ln	On Back Hash (HS)
14	34	Left: 2.0 steps outside 45 yd ln	13.75 steps in front of Back side line
15	18	Left: 2.0 steps outside 50 yd ln	10.25 steps behind Back Hash (HS)
16	24	Left: 3.0 steps outside 50 yd ln	On Back Hash (HS)
17	30	Left: 2.0 steps outside 45 yd ln	4.0 steps behind Back Hash (HS)
18	24	Left: 2.0 steps outside 45 yd ln	4.0 steps behind Back Hash (HS)
19	46	Left: 2.0 steps outside 45 yd ln	4.0 steps behind Back Hash (HS)
20	38	Left: 1.5 steps outside 40 yd ln	12.5 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 0.75 steps outside 50 yd ln	11.5 steps in front of Back Hash (HS)
1	28	Left: 3.5 steps inside 45 yd ln	2.0 steps in front of Back Hash (HS)
2	28	Left: 3.5 steps inside 45 yd ln	2.0 steps in front of Back Hash (HS)
3	30	Left: 3.0 steps inside 40 yd ln	8.0 steps in front of Back Hash (HS)
4	36	Left: 3.0 steps inside 40 yd ln	On Front Hash (HS)
5	40	Right: 4.0 steps outside 50 yd ln	On Front Hash (HS)
6	16	Right: 4.0 steps outside 50 yd ln	On Front Hash (HS)
7	16	Right: 4.0 steps outside 50 yd ln	12.0 steps in front of Back Hash (HS)
8	40	Right: 4.0 steps outside 50 yd ln	12.0 steps in front of Back Hash (HS)
9	28	Left: 2.0 steps outside 45 yd ln	12.0 steps in front of Back Hash (HS)
10	30	Left: 4.0 steps inside 40 yd ln	8.0 steps in front of Back Hash (HS)
11	40	Left: On 40 yd ln	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Left: On 40 yd ln	12.0 steps in front of Back Hash (HS)
12	32	Left: 2.0 steps outside 35 yd ln	4.0 steps behind Front Hash (HS)
13	32	Left: On 45 yd ln	On Back Hash (HS)
14	34	Left: 1.0 steps inside 45 yd ln	14.0 steps in front of Back side line
15	18	Right: 1.0 steps outside 50 yd ln	10.0 steps behind Back Hash (HS)
16	24	On 50 yd ln	On Back Hash (HS)
17	30	Left: On 45 yd ln	6.0 steps behind Back Hash (HS)
18	24	Left: On 45 yd ln	6.0 steps behind Back Hash (HS)
19	46	Left: On 45 yd ln	6.0 steps behind Back Hash (HS)
20	38	Left: 0.5 steps inside 40 yd ln	13.25 steps in front of Back side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 4.0 steps outside 20 yd ln	10.0 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps outside 20 yd ln	6.0 steps behind Front Hash (HS)
2	28	Right: 2.0 steps outside 20 yd ln	6.0 steps behind Front Hash (HS)
3	30	Right: 3.0 steps outside 25 yd ln	9.25 steps in front of Front Hash (HS)
4	36	Right: 0.25 steps inside 20 yd ln	4.0 steps in front of Front Hash (HS)
5	40	Right: On 20 yd ln	7.0 steps in front of Back Hash (HS)
6	16	Right: On 20 yd ln	7.0 steps in front of Back Hash (HS)
7	16	Right: 0.5 steps inside 20 yd ln	14.0 steps behind Front Hash (HS)
8	40	Right: 0.5 steps inside 20 yd ln	14.0 steps behind Front Hash (HS)
9	28	Right: 3.75 steps outside 20 yd ln	0.25 steps behind Front Hash (HS)
10	30	Right: On 25 yd ln	6.0 steps in front of Back Hash (HS)
11	40	Right: On 25 yd ln	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: On 25 yd ln	8.0 steps behind Front Hash (HS)
12	32	Right: 2.0 steps outside 25 yd ln	4.25 steps in front of Front Hash (HS)
13	32	Right: 2.0 steps outside 25 yd ln	4.25 steps in front of Front Hash (HS)
14	34	Right: 2.25 steps inside 25 yd ln	8.5 steps in front of Front Hash (HS)
15	18	Right: On 25 yd ln	4.0 steps in front of Front Hash (HS)
16	24	Right: On 30 yd ln	2.0 steps behind Front Hash (HS)
17	30	Right: 1.0 steps inside 25 yd ln	10.0 steps behind Front Hash (HS)
18	24	Right: 1.0 steps inside 25 yd ln	10.0 steps behind Front Hash (HS)
19	46	Right: 1.0 steps inside 25 yd ln	10.0 steps behind Front Hash (HS)
20	38	Right: On 25 yd ln	6.75 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: On 15 yd In	10.0 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps inside 15 yd In	6.0 steps behind Front Hash (HS)
2	28	Right: 2.0 steps inside 15 yd In	6.0 steps behind Front Hash (HS)
3	30	Right: 2.5 steps inside 20 yd In	7.25 steps in front of Front Hash (HS)
4	36	Right: 1.0 steps outside 20 yd In	1.25 steps in front of Front Hash (HS)
5	40	Right: On 20 yd In	4.0 steps in front of Back Hash (HS)
6	16	Right: On 20 yd In	4.0 steps in front of Back Hash (HS)
7	16	Right: 1.25 steps inside 20 yd In	11.25 steps in front of Back Hash (HS)
8	40	Right: 1.25 steps inside 20 yd In	11.25 steps in front of Back Hash (HS)
9	28	Right: 4.0 steps outside 20 yd In	3.25 steps behind Front Hash (HS)
10	30	Right: On 25 yd In	3.0 steps in front of Back Hash (HS)
11	40	Right: On 25 yd In	11.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 25 yd In	11.0 steps behind Front Hash (HS)
12	32	Right: 1.75 steps outside 25 yd In	1.25 steps in front of Front Hash (HS)
13	32	Right: 1.75 steps outside 25 yd In	1.25 steps in front of Front Hash (HS)
14	34	Right: 1.25 steps inside 25 yd In	5.75 steps in front of Front Hash (HS)
15	18	Right: On 25 yd In	4.0 steps behind Front Hash (HS)
16	24	Right: On 30 yd In	8.0 steps behind Front Hash (HS)
17	30	Right: 1.0 steps inside 25 yd In	14.0 steps in front of Back Hash (HS)
18	24	Right: 1.0 steps inside 25 yd In	14.0 steps in front of Back Hash (HS)
19	46	Right: 1.0 steps inside 25 yd In	14.0 steps in front of Back Hash (HS)
20	38	Right: 0.5 steps inside 25 yd In	9.75 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 15 yd In	10.0 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps outside 15 yd In	6.0 steps behind Front Hash (HS)
2	28	Right: 2.0 steps outside 15 yd In	6.0 steps behind Front Hash (HS)
3	30	Right: 0.25 steps inside 20 yd In	5.25 steps in front of Front Hash (HS)
4	36	Right: 2.25 steps outside 20 yd In	1.5 steps behind Front Hash (HS)
5	40	Right: On 20 yd In	1.0 steps in front of Back Hash (HS)
6	16	Right: On 20 yd In	1.0 steps in front of Back Hash (HS)
7	16	Right: 2.25 steps inside 20 yd In	8.25 steps in front of Back Hash (HS)
8	40	Right: 2.25 steps inside 20 yd In	8.25 steps in front of Back Hash (HS)
9	28	Right: 4.0 steps outside 20 yd In	6.25 steps behind Front Hash (HS)
10	30	Right: On 25 yd In	On Back Hash (HS)
11	40	Right: On 25 yd In	14.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 25 yd In	14.0 steps in front of Back Hash (HS)
12	32	Right: 1.0 steps outside 25 yd In	1.75 steps behind Front Hash (HS)
13	32	Right: 1.0 steps outside 25 yd In	1.75 steps behind Front Hash (HS)
14	34	Right: 0.75 steps inside 25 yd In	2.75 steps in front of Front Hash (HS)
15	18	Right: 3.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)
16	24	Right: 3.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
17	30	Right: 4.0 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
18	24	Right: 4.0 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
19	46	Right: 4.0 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
20	38	Right: 1.5 steps inside 25 yd In	12.75 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps outside 20 yd In	8.0 steps in front of Back Hash (HS)
1	28	Right: On 20 yd In	8.0 steps behind Front Hash (HS)
2	28	Right: On 20 yd In	8.0 steps behind Front Hash (HS)
3	30	Right: 1.75 steps outside 20 yd In	3.25 steps in front of Front Hash (HS)
4	36	Right: 3.25 steps outside 20 yd In	4.25 steps behind Front Hash (HS)
5	40	Right: On 20 yd In	2.0 steps behind Back Hash (HS)
6	16	Right: On 20 yd In	2.0 steps behind Back Hash (HS)
7	16	Right: 3.25 steps inside 20 yd In	5.5 steps in front of Back Hash (HS)
8	40	Right: 3.25 steps inside 20 yd In	5.5 steps in front of Back Hash (HS)
9	28	Right: 3.75 steps outside 20 yd In	9.25 steps behind Front Hash (HS)
10	30	Right: On 25 yd In	3.0 steps behind Back Hash (HS)
11	40	Right: On 25 yd In	11.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 25 yd In	11.0 steps in front of Back Hash (HS)
12	32	Right: On 25 yd In	4.5 steps behind Front Hash (HS)
13	32	Right: On 25 yd In	4.5 steps behind Front Hash (HS)
14	34	Right: 0.5 steps inside 25 yd In	0.5 steps behind Front Hash (HS)
15	18	Right: 2.0 steps outside 30 yd In	4.0 steps behind Front Hash (HS)
16	24	Right: 2.0 steps outside 35 yd In	8.0 steps behind Front Hash (HS)
17	30	Right: 1.0 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
18	24	Right: 1.0 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
19	46	Right: 1.0 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
20	38	Right: 2.75 steps inside 25 yd In	12.5 steps in front of Back Hash (HS)

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Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps inside 15 yd In	8.0 steps in front of Back Hash (HS)
1	28	Right: 4.0 steps outside 20 yd In	8.0 steps behind Front Hash (HS)
2	28	Right: 4.0 steps outside 20 yd In	8.0 steps behind Front Hash (HS)
3	30	Right: 3.5 steps outside 20 yd In	0.75 steps in front of Front Hash (HS)
4	36	Right: 3.75 steps outside 20 yd In	7.25 steps behind Front Hash (HS)
5	40	Right: On 20 yd In	5.0 steps behind Back Hash (HS)
6	16	Right: On 20 yd In	5.0 steps behind Back Hash (HS)
7	16	Right: 3.5 steps outside 25 yd In	3.0 steps in front of Back Hash (HS)
8	40	Right: 3.5 steps outside 25 yd In	3.0 steps in front of Back Hash (HS)
9	28	Right: 3.5 steps outside 20 yd In	12.25 steps behind Front Hash (HS)
10	30	Right: On 25 yd In	6.0 steps behind Back Hash (HS)
11	40	Right: On 25 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 25 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 1.25 steps inside 25 yd In	7.25 steps behind Front Hash (HS)
13	32	Right: 1.25 steps inside 25 yd In	7.25 steps behind Front Hash (HS)
14	34	Right: 1.0 steps inside 25 yd In	3.5 steps behind Front Hash (HS)
15	18	Right: 1.0 steps inside 30 yd In	4.0 steps behind Front Hash (HS)
16	24	Right: 1.0 steps inside 35 yd In	8.0 steps behind Front Hash (HS)
17	30	Right: 2.0 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
18	24	Right: 2.0 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
19	46	Right: 2.0 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
20	38	Right: 3.75 steps outside 30 yd In	10.0 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps outside 15 yd ln	8.0 steps in front of Back Hash (HS)
1	28	Right: On 15 yd ln	8.0 steps behind Front Hash (HS)
2	28	Right: On 15 yd ln	8.0 steps behind Front Hash (HS)
3	30	Right: 2.75 steps inside 15 yd ln	1.75 steps behind Front Hash (HS)
4	36	Right: 4.0 steps inside 15 yd ln	10.25 steps behind Front Hash (HS)
5	40	Right: On 20 yd ln	8.0 steps behind Back Hash (HS)
6	16	Right: On 20 yd ln	8.0 steps behind Back Hash (HS)
7	16	Right: 2.0 steps outside 25 yd ln	0.25 steps in front of Back Hash (HS)
8	40	Right: 2.0 steps outside 25 yd ln	0.25 steps in front of Back Hash (HS)
9	28	Right: 2.75 steps outside 20 yd ln	12.75 steps in front of Back Hash (HS)
10	30	Right: On 25 yd ln	9.0 steps behind Back Hash (HS)
11	40	Right: On 25 yd ln	5.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 25 yd ln	5.0 steps in front of Back Hash (HS)
12	32	Right: 3.0 steps inside 25 yd ln	9.75 steps behind Front Hash (HS)
13	32	Right: 3.0 steps inside 25 yd ln	9.75 steps behind Front Hash (HS)
14	34	Right: 1.75 steps inside 25 yd ln	6.5 steps behind Front Hash (HS)
15	18	Right: 4.0 steps outside 35 yd ln	4.0 steps behind Front Hash (HS)
16	24	Right: 4.0 steps outside 40 yd ln	8.0 steps behind Front Hash (HS)
17	30	Right: 3.0 steps outside 35 yd ln	14.0 steps in front of Back Hash (HS)
18	24	Right: 3.0 steps outside 35 yd ln	14.0 steps in front of Back Hash (HS)
19	46	Right: 3.0 steps outside 35 yd ln	14.0 steps in front of Back Hash (HS)
20	38	Right: 2.0 steps outside 30 yd ln	7.5 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps inside 10 yd ln	8.0 steps in front of Back Hash (HS)
1	28	Right: 4.0 steps outside 15 yd ln	8.0 steps behind Front Hash (HS)
2	28	Right: 4.0 steps outside 15 yd ln	8.0 steps behind Front Hash (HS)
3	30	Right: 1.5 steps inside 15 yd ln	4.5 steps behind Front Hash (HS)
4	36	Right: 3.75 steps inside 15 yd ln	13.0 steps behind Front Hash (HS)
5	40	Right: On 20 yd ln	11.0 steps behind Back Hash (HS)
6	16	Right: On 20 yd ln	11.0 steps behind Back Hash (HS)
7	16	Right: 0.25 steps outside 25 yd ln	2.0 steps behind Back Hash (HS)
8	40	Right: 0.25 steps outside 25 yd ln	2.0 steps behind Back Hash (HS)
9	28	Right: 2.0 steps outside 20 yd ln	10.0 steps in front of Back Hash (HS)
10	30	Right: On 25 yd ln	12.0 steps behind Back Hash (HS)
11	40	Right: On 25 yd ln	2.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 25 yd ln	2.0 steps in front of Back Hash (HS)
12	32	Right: 3.0 steps outside 30 yd ln	12.0 steps behind Front Hash (HS)
13	32	Right: 3.0 steps outside 30 yd ln	12.0 steps behind Front Hash (HS)
14	34	Right: 3.0 steps inside 25 yd ln	9.25 steps behind Front Hash (HS)
15	18	Right: 1.0 steps outside 35 yd ln	4.0 steps behind Front Hash (HS)
16	24	Right: 1.0 steps outside 40 yd ln	8.0 steps behind Front Hash (HS)
17	30	Right: On 35 yd ln	14.0 steps in front of Back Hash (HS)
18	24	Right: On 35 yd ln	14.0 steps in front of Back Hash (HS)
19	46	Right: On 35 yd ln	14.0 steps in front of Back Hash (HS)
20	38	Right: 0.25 steps inside 30 yd ln	5.5 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 20 yd ln	6.0 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps outside 20 yd ln	10.0 steps behind Front Hash (HS)
2	28	Right: 2.0 steps outside 20 yd ln	10.0 steps behind Front Hash (HS)
3	30	Right: 0.25 steps inside 15 yd ln	7.25 steps behind Front Hash (HS)
4	36	Right: 4.0 steps inside 15 yd ln	12.0 steps in front of Back Hash (HS)
5	40	Right: On 20 yd ln	14.0 steps in front of Back side line
6	16	Right: On 20 yd ln	14.0 steps in front of Back side line
7	16	Right: 1.5 steps inside 25 yd ln	4.5 steps behind Back Hash (HS)
8	40	Right: 1.5 steps inside 25 yd ln	4.5 steps behind Back Hash (HS)
9	28	Right: 1.0 steps outside 20 yd ln	7.0 steps in front of Back Hash (HS)
10	30	Right: On 25 yd ln	13.0 steps in front of Back side line
11	40	Right: On 25 yd ln	1.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 25 yd ln	1.0 steps behind Back Hash (HS)
12	32	Right: 0.75 steps outside 30 yd ln	13.75 steps in front of Back Hash (HS)
13	32	Right: 0.75 steps outside 30 yd ln	13.75 steps in front of Back Hash (HS)
14	34	Right: 3.25 steps outside 30 yd ln	11.75 steps behind Front Hash (HS)
15	18	Right: On 25 yd ln	12.0 steps behind Front Hash (HS)
16	24	Right: On 30 yd ln	14.0 steps in front of Back Hash (HS)
17	30	Right: 1.0 steps inside 25 yd ln	10.0 steps in front of Back Hash (HS)
18	24	Right: 1.0 steps inside 25 yd ln	10.0 steps in front of Back Hash (HS)
19	46	Right: 1.0 steps inside 25 yd ln	10.0 steps in front of Back Hash (HS)
20	38	Right: 2.75 steps inside 30 yd ln	3.5 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: On 15 yd ln	6.0 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps inside 15 yd ln	10.0 steps behind Front Hash (HS)
2	28	Right: 2.0 steps inside 15 yd ln	10.0 steps behind Front Hash (HS)
3	30	Right: 0.5 steps outside 15 yd ln	10.25 steps behind Front Hash (HS)
4	36	Right: 3.5 steps outside 20 yd ln	9.0 steps in front of Back Hash (HS)
5	40	Right: 3.0 steps inside 20 yd ln	14.0 steps in front of Back side line
6	16	Right: 3.0 steps inside 20 yd ln	14.0 steps in front of Back side line
7	16	Right: 3.5 steps inside 25 yd ln	6.5 steps behind Back Hash (HS)
8	40	Right: 3.5 steps inside 25 yd ln	6.5 steps behind Back Hash (HS)
9	28	Right: 0.25 steps inside 20 yd ln	4.25 steps in front of Back Hash (HS)
10	30	Right: On 25 yd ln	8.0 steps in front of Back side line
11	40	Right: On 25 yd ln	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 25 yd ln	4.0 steps behind Back Hash (HS)
12	32	Right: 1.75 steps inside 30 yd ln	12.0 steps in front of Back Hash (HS)
13	32	Right: 1.75 steps inside 30 yd ln	12.0 steps in front of Back Hash (HS)
14	34	Right: 1.0 steps outside 30 yd ln	14.0 steps in front of Back Hash (HS)
15	18	Right: 3.0 steps inside 25 yd ln	12.0 steps behind Front Hash (HS)
16	24	Right: 3.0 steps inside 30 yd ln	14.0 steps in front of Back Hash (HS)
17	30	Right: 4.0 steps outside 30 yd ln	10.0 steps in front of Back Hash (HS)
18	24	Right: 4.0 steps outside 30 yd ln	10.0 steps in front of Back Hash (HS)
19	46	Right: 4.0 steps outside 30 yd ln	10.0 steps in front of Back Hash (HS)
20	38	Right: 2.75 steps outside 35 yd ln	2.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 4.0 steps outside 15 yd In	6.0 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps outside 15 yd In	10.0 steps behind Front Hash (HS)
2	28	Right: 2.0 steps outside 15 yd In	10.0 steps behind Front Hash (HS)
3	30	Right: 1.25 steps outside 15 yd In	13.25 steps behind Front Hash (HS)
4	36	Right: 3.0 steps outside 20 yd In	6.0 steps in front of Back Hash (HS)
5	40	Right: 2.0 steps outside 25 yd In	14.0 steps in front of Back side line
6	16	Right: 2.0 steps outside 25 yd In	14.0 steps in front of Back side line
7	16	Right: 2.25 steps outside 30 yd In	8.75 steps behind Back Hash (HS)
8	40	Right: 2.25 steps outside 30 yd In	8.75 steps behind Back Hash (HS)
9	28	Right: 1.75 steps inside 20 yd In	1.75 steps in front of Back Hash (HS)
10	30	Right: 3.0 steps inside 25 yd In	11.0 steps in front of Back side line
11	40	Right: 3.0 steps inside 25 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: 3.0 steps inside 25 yd In	4.0 steps behind Back Hash (HS)
12	32	Right: 3.75 steps outside 35 yd In	10.5 steps in front of Back Hash (HS)
13	32	Right: 3.75 steps outside 35 yd In	10.5 steps in front of Back Hash (HS)
14	34	Right: 1.25 steps inside 30 yd In	12.0 steps in front of Back Hash (HS)
15	18	Right: 2.0 steps outside 30 yd In	12.0 steps behind Front Hash (HS)
16	24	Right: 2.0 steps outside 35 yd In	14.0 steps in front of Back Hash (HS)
17	30	Right: 1.0 steps outside 30 yd In	10.0 steps in front of Back Hash (HS)
18	24	Right: 1.0 steps outside 30 yd In	10.0 steps in front of Back Hash (HS)
19	46	Right: 1.0 steps outside 30 yd In	10.0 steps in front of Back Hash (HS)
20	38	Right: On 35 yd In	1.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 2.0 steps inside 20 yd In	8.0 steps in front of Back side line
1	28	Right: On 10 yd In	On Back Hash (HS)
2	28	Right: On 10 yd In	On Back Hash (HS)
3	30	Right: 0.75 steps outside 15 yd In	2.75 steps in front of Back Hash (HS)
4	36	Right: 2.5 steps inside 20 yd In	4.5 steps behind Back Hash (HS)
5	40	Right: 2.0 steps inside 30 yd In	14.0 steps in front of Back side line
6	16	Right: 2.0 steps inside 30 yd In	14.0 steps in front of Back side line
7	16	Right: 0.25 steps outside 35 yd In	13.0 steps in front of Back side line
8	40	Right: 0.25 steps outside 35 yd In	13.0 steps in front of Back side line
9	28	Right: 1.5 steps inside 25 yd In	7.75 steps behind Back Hash (HS)
10	30	Right: 1.0 steps outside 35 yd In	5.0 steps behind Back Hash (HS)
11	40	Right: 1.0 steps outside 35 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: 1.0 steps outside 35 yd In	4.0 steps behind Back Hash (HS)
12	32	Right: On 40 yd In	8.0 steps in front of Back Hash (HS)
13	32	Right: On 40 yd In	8.0 steps in front of Back Hash (HS)
14	34	Right: 3.0 steps outside 40 yd In	9.0 steps in front of Back Hash (HS)
15	18	Right: 2.0 steps inside 35 yd In	12.0 steps behind Front Hash (HS)
16	24	Right: 2.0 steps inside 40 yd In	14.0 steps in front of Back Hash (HS)
17	30	Right: 3.0 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
18	24	Right: 3.0 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
19	46	Right: 3.0 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
20	38	Right: 4.0 steps outside 45 yd In	On Back Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 2.0 steps outside 25 yd In	8.0 steps in front of Back side line
1	28	Right: 4.0 steps outside 15 yd In	On Back Hash (HS)
2	28	Right: 4.0 steps outside 15 yd In	On Back Hash (HS)
3	30	Right: 1.25 steps outside 15 yd In	5.75 steps in front of Back Hash (HS)
4	36	Right: 0.75 steps inside 20 yd In	2.0 steps behind Back Hash (HS)
5	40	Right: 1.0 steps outside 30 yd In	14.0 steps in front of Back side line
6	16	Right: 1.0 steps outside 30 yd In	14.0 steps in front of Back side line
7	16	Right: 3.0 steps outside 35 yd In	13.75 steps behind Back Hash (HS)
8	40	Right: 3.0 steps outside 35 yd In	13.75 steps behind Back Hash (HS)
9	28	Right: 0.75 steps outside 25 yd In	5.75 steps behind Back Hash (HS)
10	30	Right: 4.0 steps outside 35 yd In	8.0 steps behind Back Hash (HS)
11	40	Right: 4.0 steps outside 35 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: 4.0 steps outside 35 yd In	4.0 steps behind Back Hash (HS)
12	32	Right: 3.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
13	32	Right: 3.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
14	34	Right: 2.0 steps inside 35 yd In	9.25 steps in front of Back Hash (HS)
15	18	Right: 1.0 steps outside 35 yd In	12.0 steps behind Front Hash (HS)
16	24	Right: 1.0 steps outside 40 yd In	14.0 steps in front of Back Hash (HS)
17	30	Right: On 35 yd In	10.0 steps in front of Back Hash (HS)
18	24	Right: On 35 yd In	10.0 steps in front of Back Hash (HS)
19	46	Right: On 35 yd In	10.0 steps in front of Back Hash (HS)
20	38	Right: 1.0 steps inside 40 yd In	On Back Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 2.0 steps inside 25 yd In	8.25 steps in front of Back side line
1	28	Right: On 15 yd In	On Back Hash (HS)
2	28	Right: On 15 yd In	On Back Hash (HS)
3	30	Right: 1.5 steps outside 15 yd In	8.75 steps in front of Back Hash (HS)
4	36	Right: 0.75 steps outside 20 yd In	0.5 steps in front of Back Hash (HS)
5	40	Right: 4.0 steps outside 30 yd In	14.0 steps in front of Back side line
6	16	Right: 4.0 steps outside 30 yd In	14.0 steps in front of Back side line
7	16	Right: 2.5 steps inside 30 yd In	12.25 steps behind Back Hash (HS)
8	40	Right: 2.5 steps inside 30 yd In	12.25 steps behind Back Hash (HS)
9	28	Right: 2.75 steps outside 25 yd In	3.25 steps behind Back Hash (HS)
10	30	Right: 1.0 steps inside 30 yd In	11.0 steps behind Back Hash (HS)
11	40	Right: 1.0 steps inside 30 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: 1.0 steps inside 30 yd In	4.0 steps behind Back Hash (HS)
12	32	Right: 2.0 steps inside 35 yd In	8.5 steps in front of Back Hash (HS)
13	32	Right: 2.0 steps inside 35 yd In	8.5 steps in front of Back Hash (HS)
14	34	Right: 1.25 steps outside 35 yd In	9.5 steps in front of Back Hash (HS)
15	18	Right: 4.0 steps outside 35 yd In	12.0 steps behind Front Hash (HS)
16	24	Right: 4.0 steps outside 40 yd In	14.0 steps in front of Back Hash (HS)
17	30	Right: 3.0 steps outside 35 yd In	10.0 steps in front of Back Hash (HS)
18	24	Right: 3.0 steps outside 35 yd In	10.0 steps in front of Back Hash (HS)
19	46	Right: 3.0 steps outside 35 yd In	10.0 steps in front of Back Hash (HS)
20	38	Right: 2.0 steps outside 40 yd In	On Back Hash (HS)

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 2.0 steps outside 30 yd In	8.25 steps in front of Back side line
1	28	Right: 4.0 steps outside 20 yd In	On Back Hash (HS)
2	28	Right: 4.0 steps outside 20 yd In	On Back Hash (HS)
3	30	Right: 1.5 steps outside 15 yd In	11.75 steps in front of Back Hash (HS)
4	36	Right: 2.0 steps outside 20 yd In	3.25 steps in front of Back Hash (HS)
5	40	Right: 1.0 steps inside 25 yd In	14.0 steps in front of Back side line
6	16	Right: 1.0 steps inside 25 yd In	14.0 steps in front of Back side line
7	16	Right: On 30 yd In	10.5 steps behind Back Hash (HS)
8	40	Right: On 30 yd In	10.5 steps behind Back Hash (HS)
9	28	Right: 3.5 steps inside 20 yd In	1.0 steps behind Back Hash (HS)
10	30	Right: 2.0 steps outside 30 yd In	14.0 steps in front of Back side line
11	40	Right: 2.0 steps outside 30 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: 2.0 steps outside 30 yd In	4.0 steps behind Back Hash (HS)
12	32	Right: 1.0 steps outside 35 yd In	9.5 steps in front of Back Hash (HS)
13	32	Right: 1.0 steps outside 35 yd In	9.5 steps in front of Back Hash (HS)
14	34	Right: 4.0 steps inside 30 yd In	10.5 steps in front of Back Hash (HS)
15	18	Right: 1.0 steps inside 30 yd In	12.0 steps behind Front Hash (HS)
16	24	Right: 1.0 steps inside 35 yd In	14.0 steps in front of Back Hash (HS)
17	30	Right: 2.0 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
18	24	Right: 2.0 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
19	46	Right: 2.0 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
20	38	Right: 3.0 steps inside 35 yd In	0.25 steps in front of Back Hash (HS)

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Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 4.0 steps outside 25 yd In	6.0 steps in front of Back side line
1	28	Right: 2.0 steps inside 10 yd In	2.0 steps behind Back Hash (HS)
2	28	Right: 2.0 steps inside 10 yd In	2.0 steps behind Back Hash (HS)
3	30	Right: On 15 yd In	On Back Hash (HS)
4	36	Right: 3.75 steps outside 25 yd In	6.75 steps behind Back Hash (HS)
5	40	Right: 3.0 steps outside 35 yd In	14.0 steps in front of Back side line
6	16	Right: 3.0 steps outside 35 yd In	14.0 steps in front of Back side line
7	16	Right: 2.5 steps inside 35 yd In	11.75 steps in front of Back side line
8	40	Right: 2.5 steps inside 35 yd In	11.75 steps in front of Back side line
9	28	Right: 3.75 steps inside 25 yd In	9.75 steps behind Back Hash (HS)
10	30	Right: On 35 yd In	8.0 steps in front of Back side line
11	40	Right: 4.0 steps outside 45 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: 4.0 steps outside 45 yd In	4.0 steps behind Back Hash (HS)
12	32	Right: On 40 yd In	On Front Hash (HS)
13	32	Right: On 40 yd In	On Front Hash (HS)
14	34	Right: On 40 yd In	9.0 steps in front of Back Hash (HS)
15	18	Right: 4.0 steps outside 35 yd In	10.0 steps in front of Back Hash (HS)
16	24	Right: On 30 yd In	8.0 steps in front of Back Hash (HS)
17	30	Right: 1.0 steps inside 25 yd In	6.0 steps in front of Back Hash (HS)
18	24	Right: 1.0 steps inside 25 yd In	6.0 steps in front of Back Hash (HS)
19	46	Right: 1.0 steps inside 25 yd In	6.0 steps in front of Back Hash (HS)
20	38	Right: 2.0 steps inside 25 yd In	4.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: On 25 yd In	6.25 steps in front of Back side line
1	28	Right: 2.0 steps outside 15 yd In	2.0 steps behind Back Hash (HS)
2	28	Right: 2.0 steps outside 15 yd In	2.0 steps behind Back Hash (HS)
3	30	Right: 1.0 steps inside 15 yd In	3.0 steps behind Back Hash (HS)
4	36	Right: 1.5 steps outside 25 yd In	9.0 steps behind Back Hash (HS)
5	40	Right: On 35 yd In	14.0 steps in front of Back side line
6	16	Right: On 35 yd In	14.0 steps in front of Back side line
7	16	Right: 2.75 steps outside 40 yd In	11.0 steps in front of Back side line
8	40	Right: 2.75 steps outside 40 yd In	11.0 steps in front of Back side line
9	28	Right: 1.75 steps outside 30 yd In	11.5 steps behind Back Hash (HS)
10	30	Right: 3.0 steps inside 35 yd In	11.0 steps in front of Back side line
11	40	Right: 1.0 steps outside 45 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: 1.0 steps outside 45 yd In	4.0 steps behind Back Hash (HS)
12	32	Right: On 40 yd In	3.0 steps behind Front Hash (HS)
13	32	Right: On 40 yd In	3.0 steps behind Front Hash (HS)
14	34	Right: 3.0 steps inside 40 yd In	9.0 steps in front of Back Hash (HS)
15	18	Right: 1.0 steps outside 35 yd In	10.0 steps in front of Back Hash (HS)
16	24	Right: 3.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
17	30	Right: 4.0 steps outside 30 yd In	6.0 steps in front of Back Hash (HS)
18	24	Right: 4.0 steps outside 30 yd In	6.0 steps in front of Back Hash (HS)
19	46	Right: 4.0 steps outside 30 yd In	6.0 steps in front of Back Hash (HS)
20	38	Right: 3.25 steps inside 25 yd In	1.25 steps in front of Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 4.0 steps outside 30 yd In	6.25 steps in front of Back side line
1	28	Right: 2.0 steps inside 15 yd In	2.0 steps behind Back Hash (HS)
2	28	Right: 2.0 steps inside 15 yd In	2.0 steps behind Back Hash (HS)
3	30	Right: 2.25 steps inside 15 yd In	5.75 steps behind Back Hash (HS)
4	36	Right: 0.75 steps inside 25 yd In	11.0 steps behind Back Hash (HS)
5	40	Right: 3.0 steps inside 35 yd In	14.0 steps in front of Back side line
6	16	Right: 3.0 steps inside 35 yd In	14.0 steps in front of Back side line
7	16	Right: On 40 yd In	10.25 steps in front of Back side line
8	40	Right: On 40 yd In	10.25 steps in front of Back side line
9	28	Right: 0.75 steps inside 30 yd In	13.0 steps behind Back Hash (HS)
10	30	Right: 2.0 steps outside 40 yd In	14.0 steps in front of Back side line
11	40	Right: 2.0 steps inside 45 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: 2.0 steps inside 45 yd In	4.0 steps behind Back Hash (HS)
12	32	Right: On 40 yd In	6.0 steps behind Front Hash (HS)
13	32	Right: On 40 yd In	6.0 steps behind Front Hash (HS)
14	34	Right: 2.0 steps outside 45 yd In	9.0 steps in front of Back Hash (HS)
15	18	Right: 2.0 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
16	24	Right: 2.0 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)
17	30	Right: 1.0 steps outside 30 yd In	6.0 steps in front of Back Hash (HS)
18	24	Right: 1.0 steps outside 30 yd In	6.0 steps in front of Back Hash (HS)
19	46	Right: 1.0 steps outside 30 yd In	6.0 steps in front of Back Hash (HS)
20	38	Right: 3.0 steps outside 30 yd In	1.25 steps behind Back Hash (HS)

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Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 2.0 steps outside 25 yd In	4.0 steps in front of Back side line
1	28	Right: 4.0 steps outside 15 yd In	4.0 steps behind Back Hash (HS)
2	28	Right: 4.0 steps outside 15 yd In	4.0 steps behind Back Hash (HS)
3	30	Right: 3.75 steps inside 15 yd In	8.25 steps behind Back Hash (HS)
4	36	Right: 3.0 steps inside 25 yd In	12.5 steps behind Back Hash (HS)
5	40	Right: 2.0 steps outside 40 yd In	14.0 steps in front of Back side line
6	16	Right: 2.0 steps outside 40 yd In	14.0 steps in front of Back side line
7	16	Right: 3.0 steps inside 40 yd In	9.75 steps in front of Back side line
8	40	Right: 3.0 steps inside 40 yd In	9.75 steps in front of Back side line
9	28	Right: 3.5 steps inside 30 yd In	13.5 steps in front of Back side line
10	30	Right: 1.0 steps inside 40 yd In	11.0 steps behind Back Hash (HS)
11	40	Right: 3.0 steps outside 50 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Right: 3.0 steps outside 50 yd In	4.0 steps behind Back Hash (HS)
12	32	Right: On 40 yd In	9.0 steps behind Front Hash (HS)
13	32	Right: On 40 yd In	9.0 steps behind Front Hash (HS)
14	34	Right: 1.0 steps inside 45 yd In	9.0 steps in front of Back Hash (HS)
15	18	Right: 3.0 steps outside 40 yd In	10.0 steps in front of Back Hash (HS)
16	24	Right: 1.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
17	30	Right: 2.0 steps inside 30 yd In	6.0 steps in front of Back Hash (HS)
18	24	Right: 2.0 steps inside 30 yd In	6.0 steps in front of Back Hash (HS)
19	46	Right: 2.0 steps inside 30 yd In	6.0 steps in front of Back Hash (HS)
20	38	Right: 1.25 steps outside 30 yd In	3.5 steps behind Back Hash (HS)

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Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 2.0 steps inside 25 yd In	4.25 steps in front of Back side line
1	28	Right: On 15 yd In	4.0 steps behind Back Hash (HS)
2	28	Right: On 15 yd In	4.0 steps behind Back Hash (HS)
3	30	Right: 2.5 steps outside 20 yd In	10.75 steps behind Back Hash (HS)
4	36	Right: 2.25 steps outside 30 yd In	14.0 steps in front of Back side line
5	40	Right: 1.0 steps inside 40 yd In	14.0 steps in front of Back side line
6	16	Right: 1.0 steps inside 40 yd In	14.0 steps in front of Back side line
7	16	Right: 2.0 steps outside 45 yd In	9.25 steps in front of Back side line
8	40	Right: 2.0 steps outside 45 yd In	9.25 steps in front of Back side line
9	28	Right: 1.75 steps outside 35 yd In	12.25 steps in front of Back side line
10	30	Right: 4.0 steps outside 45 yd In	8.0 steps behind Back Hash (HS)
11	40	On 50 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	On 50 yd In	4.0 steps behind Back Hash (HS)
12	32	Right: 0.75 steps inside 40 yd In	12.0 steps behind Front Hash (HS)
13	32	Right: 0.75 steps inside 40 yd In	12.0 steps behind Front Hash (HS)
14	34	Right: 4.0 steps outside 50 yd In	9.0 steps in front of Back Hash (HS)
15	18	Right: On 40 yd In	10.0 steps in front of Back Hash (HS)
16	24	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
17	30	Right: 3.0 steps outside 35 yd In	6.0 steps in front of Back Hash (HS)
18	24	Right: 3.0 steps outside 35 yd In	6.0 steps in front of Back Hash (HS)
19	46	Right: 3.0 steps outside 35 yd In	6.0 steps in front of Back Hash (HS)
20	38	Right: 0.75 steps inside 30 yd In	5.75 steps behind Back Hash (HS)

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Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 4.0 steps outside 25 yd In	2.0 steps in front of Back side line
1	28	Right: 2.0 steps inside 10 yd In	6.0 steps behind Back Hash (HS)
2	28	Right: 2.0 steps inside 10 yd In	6.0 steps behind Back Hash (HS)
3	30	Right: 0.5 steps outside 20 yd In	13.0 steps behind Back Hash (HS)
4	36	Right: 0.5 steps inside 30 yd In	12.75 steps in front of Back side line
5	40	Right: 4.0 steps outside 45 yd In	14.0 steps in front of Back side line
6	16	Right: 4.0 steps outside 45 yd In	14.0 steps in front of Back side line
7	16	Right: 1.0 steps inside 45 yd In	9.25 steps in front of Back side line
8	40	Right: 1.0 steps inside 45 yd In	9.25 steps in front of Back side line
9	28	Right: 1.0 steps inside 35 yd In	11.25 steps in front of Back side line
10	30	Right: 1.0 steps outside 45 yd In	5.0 steps behind Back Hash (HS)
11	40	Left: 3.0 steps outside 50 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Left: 3.0 steps outside 50 yd In	4.0 steps behind Back Hash (HS)
12	32	Right: 1.75 steps inside 40 yd In	13.25 steps in front of Back Hash (HS)
13	32	Right: 1.75 steps inside 40 yd In	13.25 steps in front of Back Hash (HS)
14	34	Right: 1.0 steps outside 50 yd In	9.0 steps in front of Back Hash (HS)
15	18	Right: 3.0 steps inside 40 yd In	10.0 steps in front of Back Hash (HS)
16	24	Right: 1.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
17	30	Right: On 35 yd In	6.0 steps in front of Back Hash (HS)
18	24	Right: On 35 yd In	6.0 steps in front of Back Hash (HS)
19	46	Right: On 35 yd In	6.0 steps in front of Back Hash (HS)
20	38	Right: 3.25 steps inside 30 yd In	7.75 steps behind Back Hash (HS)

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Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: On 25 yd In	2.0 steps in front of Back side line
1	28	Right: 2.0 steps outside 15 yd In	6.0 steps behind Back Hash (HS)
2	28	Right: 2.0 steps outside 15 yd In	6.0 steps behind Back Hash (HS)
3	30	Right: 1.75 steps inside 20 yd In	13.0 steps in front of Back side line
4	36	Right: 3.25 steps inside 30 yd In	11.75 steps in front of Back side line
5	40	Right: 1.0 steps outside 45 yd In	14.0 steps in front of Back side line
6	16	Right: 1.0 steps outside 45 yd In	14.0 steps in front of Back side line
7	16	Right: 3.75 steps inside 45 yd In	9.5 steps in front of Back side line
8	40	Right: 3.75 steps inside 45 yd In	9.5 steps in front of Back side line
9	28	Right: 4.0 steps outside 40 yd In	10.5 steps in front of Back side line
10	30	Right: On 45 yd In	8.0 steps in front of Back side line
11	40	Left: 2.0 steps inside 45 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Left: 2.0 steps inside 45 yd In	4.0 steps behind Back Hash (HS)
12	32	Right: 3.5 steps inside 40 yd In	10.75 steps in front of Back Hash (HS)
13	32	Right: 3.5 steps inside 40 yd In	10.75 steps in front of Back Hash (HS)
14	34	Left: 2.0 steps outside 50 yd In	9.0 steps in front of Back Hash (HS)
15	18	Right: 2.0 steps outside 45 yd In	10.0 steps in front of Back Hash (HS)
16	24	Right: 2.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
17	30	Right: 3.0 steps inside 35 yd In	6.0 steps in front of Back Hash (HS)
18	24	Right: 3.0 steps inside 35 yd In	6.0 steps in front of Back Hash (HS)
19	46	Right: 3.0 steps inside 35 yd In	6.0 steps in front of Back Hash (HS)
20	38	Right: 2.5 steps outside 35 yd In	9.5 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 4.0 steps outside 30 yd In	2.0 steps in front of Back side line
1	28	Right: 2.0 steps inside 15 yd In	6.0 steps behind Back Hash (HS)
2	28	Right: 2.0 steps inside 15 yd In	6.0 steps behind Back Hash (HS)
3	30	Right: 4.0 steps outside 25 yd In	11.0 steps in front of Back side line
4	36	Right: 2.0 steps outside 35 yd In	11.0 steps in front of Back side line
5	40	Right: 2.0 steps inside 45 yd In	14.0 steps in front of Back side line
6	16	Right: 2.0 steps inside 45 yd In	14.0 steps in front of Back side line
7	16	Right: 1.25 steps outside 50 yd In	9.75 steps in front of Back side line
8	40	Right: 1.25 steps outside 50 yd In	9.75 steps in front of Back side line
9	28	Right: 1.0 steps outside 40 yd In	9.75 steps in front of Back side line
10	30	Right: 3.0 steps inside 45 yd In	11.0 steps in front of Back side line
11	40	Left: 1.0 steps outside 45 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Left: 1.0 steps outside 45 yd In	4.0 steps behind Back Hash (HS)
12	32	Right: 2.5 steps outside 45 yd In	8.5 steps in front of Back Hash (HS)
13	32	Right: 2.5 steps outside 45 yd In	8.5 steps in front of Back Hash (HS)
14	34	Left: 3.0 steps inside 45 yd In	9.0 steps in front of Back Hash (HS)
15	18	Right: 1.0 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)
16	24	Right: 3.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
17	30	Right: 2.0 steps outside 40 yd In	6.0 steps in front of Back Hash (HS)
18	24	Right: 2.0 steps outside 40 yd In	6.0 steps in front of Back Hash (HS)
19	46	Right: 2.0 steps outside 40 yd In	6.0 steps in front of Back Hash (HS)
20	38	Right: 0.25 steps inside 35 yd In	11.0 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Left: 2.0 steps outside 50 yd In	0.25 steps in front of Back Hash (HS)
1	28	Right: 2.75 steps inside 45 yd In	8.25 steps in front of Back Hash (HS)
2	28	Right: 2.75 steps inside 45 yd In	8.25 steps in front of Back Hash (HS)
3	30	Right: On 45 yd In	8.0 steps in front of Back Hash (HS)
4	36	Right: On 45 yd In	On Front Hash (HS)
5	40	Right: 2.0 steps inside 40 yd In	6.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps inside 40 yd In	6.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps inside 40 yd In	10.0 steps behind Front Hash (HS)
8	40	Right: 2.0 steps inside 40 yd In	10.0 steps behind Front Hash (HS)
9	28	Right: 2.0 steps outside 40 yd In	12.0 steps in front of Back Hash (HS)
10	30	Right: 2.0 steps outside 50 yd In	10.0 steps in front of Back Hash (HS)
11	40	Left: 4.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Left: 4.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: On 25 yd In	10.0 steps in front of Front Hash (HS)
13	32	Left: 2.0 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)
14	34	Left: On 35 yd In	4.0 steps behind Back Hash (HS)
15	18	Left: On 40 yd In	On Back Hash (HS)
16	24	Left: 3.0 steps inside 35 yd In	On Back Hash (HS)
17	30	Left: 2.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
18	24	Left: 2.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
19	46	Left: 2.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
20	38	Left: On 35 yd In	4.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 0.75 steps outside 50 yd In	On Back Hash (HS)
1	28	Right: 3.5 steps outside 50 yd In	10.25 steps in front of Back Hash (HS)
2	28	Right: 3.5 steps outside 50 yd In	10.25 steps in front of Back Hash (HS)
3	30	Right: 3.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
4	36	Right: 3.0 steps inside 45 yd In	On Front Hash (HS)
5	40	Right: 2.0 steps outside 45 yd In	6.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps outside 45 yd In	6.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps outside 45 yd In	10.0 steps behind Front Hash (HS)
8	40	Right: 2.0 steps outside 45 yd In	10.0 steps behind Front Hash (HS)
9	28	Right: 2.0 steps inside 40 yd In	12.0 steps in front of Back Hash (HS)
10	30	On 50 yd In	8.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps outside 45 yd In	10.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Left: 2.0 steps outside 45 yd In	10.0 steps behind Front Hash (HS)
12	32	Left: 2.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
13	32	Left: 0.5 steps outside 35 yd In	5.5 steps in front of Back Hash (HS)
14	34	Left: 1.25 steps inside 35 yd In	6.75 steps behind Back Hash (HS)
15	18	Left: 1.25 steps inside 40 yd In	2.75 steps behind Back Hash (HS)
16	24	Left: 2.0 steps outside 40 yd In	On Back Hash (HS)
17	30	Left: 4.0 steps inside 35 yd In	6.0 steps in front of Back Hash (HS)
18	24	Left: 4.0 steps inside 35 yd In	6.0 steps in front of Back Hash (HS)
19	46	Left: 4.0 steps inside 35 yd In	6.0 steps in front of Back Hash (HS)
20	38	Left: 0.25 steps inside 35 yd In	1.0 steps in front of Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021
0	0	Right: 3.25 steps outside 50 yd In	1.25 steps in front of Back Hash (HS)
1	28	Right: 0.75 steps outside 50 yd In	11.25 steps in front of Back Hash (HS)
2	28	Right: 0.75 steps outside 50 yd In	11.25 steps in front of Back Hash (HS)
3	30	Right: 2.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
4	36	Right: 2.0 steps outside 50 yd In	On Front Hash (HS)
5	40	Right: 4.0 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
6	16	Right: 4.0 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 45 yd In	12.0 steps behind Front Hash (HS)
8	40	Right: 4.0 steps outside 45 yd In	12.0 steps behind Front Hash (HS)
9	28	Right: 2.0 steps outside 45 yd In	12.0 steps in front of Back Hash (HS)
10	30	Left: 2.0 steps outside 50 yd In	10.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps inside 40 yd In	10.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two
11	0	Left: 2.0 steps inside 40 yd In	10.0 steps behind Front Hash (HS)
12	32	Left: 4.0 steps inside 25 yd In	6.0 steps in front of Front Hash (HS)
13	32	Left: 1.75 steps inside 35 yd In	3.25 steps in front of Back Hash (HS)
14	34	Left: 3.0 steps inside 35 yd In	9.25 steps behind Back Hash (HS)
15	18	Left: 3.0 steps inside 40 yd In	5.25 steps behind Back Hash (HS)
16	24	Left: 1.0 steps inside 40 yd In	On Back Hash (HS)
17	30	Left: 2.0 steps outside 40 yd In	4.0 steps in front of Back Hash (HS)
18	24	Left: 2.0 steps outside 40 yd In	4.0 steps in front of Back Hash (HS)
19	46	Left: 2.0 steps outside 40 yd In	4.0 steps in front of Back Hash (HS)
20	38	Left: 0.75 steps inside 35 yd In	2.0 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.75 steps inside 45 yd In	3.25 steps in front of Back Hash (HS)
1	28	Left: 2.0 steps outside 50 yd In	11.0 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps outside 50 yd In	11.0 steps in front of Back Hash (HS)
3	30	Left: 1.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
4	36	Left: 1.0 steps outside 50 yd In	On Front Hash (HS)
5	40	Right: On 45 yd In	4.0 steps in front of Front Hash (HS)
6	16	Right: On 45 yd In	4.0 steps in front of Front Hash (HS)
7	16	Right: On 45 yd In	12.0 steps behind Front Hash (HS)
8	40	Right: On 45 yd In	12.0 steps behind Front Hash (HS)
9	28	Right: 2.0 steps inside 45 yd In	12.0 steps in front of Back Hash (HS)
10	30	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
11	40	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front Hash (HS)
12	32	Left: 2.0 steps outside 30 yd In	4.0 steps in front of Front Hash (HS)
13	32	Left: 3.75 steps outside 40 yd In	1.5 steps in front of Back Hash (HS)
14	34	Left: 2.75 steps outside 40 yd In	11.25 steps behind Back Hash (HS)
15	18	Left: 2.75 steps outside 45 yd In	7.25 steps behind Back Hash (HS)
16	24	Left: 4.0 steps inside 40 yd In	On Back Hash (HS)
17	30	Left: On 40 yd In	2.0 steps in front of Back Hash (HS)
18	24	Left: On 40 yd In	2.0 steps in front of Back Hash (HS)
19	46	Left: On 40 yd In	2.0 steps in front of Back Hash (HS)
20	38	Left: 1.75 steps inside 35 yd In	4.75 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.25 steps inside 45 yd In	6.0 steps in front of Back Hash (HS)
1	28	Left: 3.5 steps inside 45 yd In	9.5 steps in front of Back Hash (HS)
2	28	Left: 3.5 steps inside 45 yd In	9.5 steps in front of Back Hash (HS)
3	30	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
4	36	Left: 4.0 steps inside 45 yd In	On Front Hash (HS)
5	40	Right: 2.0 steps outside 45 yd In	2.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps outside 45 yd In	2.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)
8	40	Right: 2.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)
9	28	Right: 2.0 steps outside 50 yd In	12.0 steps in front of Back Hash (HS)
10	30	Left: 2.0 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)
11	40	Left: On 40 yd In	12.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 40 yd In	12.0 steps behind Front Hash (HS)
12	32	Left: On 30 yd In	2.0 steps in front of Front Hash (HS)
13	32	Left: 1.0 steps outside 40 yd In	On Back Hash (HS)
14	34	Left: On 40 yd In	12.75 steps behind Back Hash (HS)
15	18	Left: On 45 yd In	8.75 steps behind Back Hash (HS)
16	24	Left: 1.0 steps outside 45 yd In	On Back Hash (HS)
17	30	Left: 2.0 steps inside 40 yd In	On Back Hash (HS)
18	24	Left: 2.0 steps inside 40 yd In	On Back Hash (HS)
19	46	Left: 2.0 steps inside 40 yd In	On Back Hash (HS)
20	38	Left: 3.0 steps inside 35 yd In	7.5 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 40 yd In	4.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
3	30	Left: On 40 yd In	11.0 steps in front of Back Hash (HS)
4	36	Left: On 40 yd In	On Front Hash (HS)
5	40	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Front Hash (HS)
6	16	Left: 2.0 steps outside 40 yd In	10.0 steps behind Front side line
7	16	Left: 2.0 steps outside 40 yd In	10.0 steps behind Front side line
8	40	Left: 2.0 steps outside 40 yd In	10.0 steps behind Front side line
9	28	Left: On 40 yd In	8.0 steps behind Front side line
10	30	Left: 2.0 steps inside 35 yd In	10.0 steps behind Front side line
11	40	Left: 2.0 steps inside 45 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 45 yd In	12.0 steps behind Front side line
12	32	Right: 0.5 steps outside 40 yd In	0.75 steps behind Front side line
13	32	Right: 0.5 steps outside 40 yd In	0.75 steps behind Front side line
14	34	Right: 3.75 steps inside 45 yd In	3.25 steps behind Front side line
15	18	Right: 4.0 steps outside 50 yd In	8.0 steps behind Front side line
16	24	Right: 4.0 steps outside 45 yd In	8.0 steps behind Front side line
17	30	Right: 2.0 steps outside 40 yd In	10.0 steps in front of Front Hash (HS)
18	24	Right: 2.0 steps outside 40 yd In	10.0 steps in front of Front Hash (HS)
19	46	Right: 4.0 steps outside 40 yd In	12.0 steps behind Front side line
20	38	Right: 3.5 steps outside 40 yd In	9.75 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
2	28	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
3	30	Left: On 40 yd In	13.0 steps in front of Back Hash (HS)
4	36	Left: On 40 yd In	2.0 steps in front of Front Hash (HS)
5	40	Left: 2.0 steps outside 45 yd In	10.0 steps in front of Front Hash (HS)
6	16	Left: On 40 yd In	12.0 steps behind Front side line
7	16	Left: On 40 yd In	12.0 steps behind Front side line
8	40	Left: On 40 yd In	12.0 steps behind Front side line
9	28	Left: 2.0 steps inside 40 yd In	10.0 steps behind Front side line
10	30	Left: 3.0 steps outside 40 yd In	10.0 steps behind Front side line
11	40	On 50 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	On 50 yd In	12.0 steps behind Front side line
12	32	Right: 1.25 steps outside 35 yd In	2.25 steps behind Front side line
13	32	Right: 1.25 steps outside 35 yd In	2.25 steps behind Front side line
14	34	Right: 2.5 steps inside 40 yd In	2.5 steps behind Front side line
15	18	Right: 1.0 steps inside 45 yd In	12.0 steps behind Front side line
16	24	Right: 2.0 steps inside 45 yd In	10.0 steps behind Front side line
17	30	Right: 2.0 steps outside 40 yd In	6.0 steps in front of Front Hash (HS)
18	24	Right: 2.0 steps outside 40 yd In	6.0 steps in front of Front Hash (HS)
19	46	Right: 1.0 steps inside 35 yd In	13.0 steps in front of Front Hash (HS)
20	38	Right: 2.75 steps inside 35 yd In	10.75 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 45 yd In	4.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps outside 35 yd In	10.0 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps outside 35 yd In	10.0 steps in front of Back Hash (HS)
3	30	Left: 0.25 steps inside 40 yd In	13.0 steps behind Front Hash (HS)
4	36	Left: 0.25 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
5	40	Left: On 45 yd In	12.0 steps in front of Front Hash (HS)
6	16	Left: 2.0 steps inside 40 yd In	10.0 steps behind Front side line
7	16	Left: 2.0 steps inside 40 yd In	10.0 steps behind Front side line
8	40	Left: 2.0 steps inside 40 yd In	10.0 steps behind Front side line
9	28	Left: On 45 yd In	12.0 steps in front of Front Hash (HS)
10	30	Left: 3.0 steps inside 40 yd In	On Front Hash (HS)
11	40	Left: On 35 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 35 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 3.25 steps inside 40 yd In	9.25 steps in front of Front Hash (HS)
13	32	Left: 3.25 steps inside 40 yd In	9.25 steps in front of Front Hash (HS)
14	34	Left: 2.5 steps inside 45 yd In	11.0 steps in front of Front Hash (HS)
15	18	Left: 3.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps outside 40 yd In	2.0 steps behind Front side line
17	30	Right: 2.0 steps inside 45 yd In	10.0 steps in front of Front Hash (HS)
18	24	Right: 2.0 steps inside 45 yd In	10.0 steps in front of Front Hash (HS)
19	46	Right: 3.0 steps outside 45 yd In	7.0 steps in front of Front Hash (HS)
20	38	Right: 4.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
1	28	Left: On 35 yd In	8.0 steps in front of Back Hash (HS)
2	28	Left: On 35 yd In	8.0 steps in front of Back Hash (HS)
3	30	Left: 0.75 steps inside 40 yd In	11.0 steps behind Front Hash (HS)
4	36	Left: 0.75 steps inside 40 yd In	6.0 steps in front of Front Hash (HS)
5	40	Left: 2.0 steps inside 45 yd In	10.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front side line
7	16	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front side line
8	40	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front side line
9	28	Left: 2.0 steps inside 45 yd In	10.0 steps in front of Front Hash (HS)
10	30	Left: 2.0 steps outside 45 yd In	On Front Hash (HS)
11	40	Left: 2.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 1.5 steps inside 45 yd In	12.5 steps behind Front side line
13	32	Left: 1.5 steps inside 45 yd In	12.5 steps behind Front side line
14	34	Left: 0.5 steps outside 50 yd In	13.75 steps behind Front side line
15	18	Left: 2.0 steps outside 50 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: On 45 yd In	4.0 steps behind Front side line
17	30	Right: 2.0 steps outside 45 yd In	10.0 steps in front of Front Hash (HS)
18	24	Right: 2.0 steps outside 45 yd In	10.0 steps in front of Front Hash (HS)
19	46	Right: 2.0 steps inside 40 yd In	10.0 steps in front of Front Hash (HS)
20	38	Right: 2.0 steps outside 40 yd In	7.0 steps behind Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 45 yd In	4.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
3	30	Left: 1.5 steps inside 40 yd In	9.25 steps behind Front Hash (HS)
4	36	Left: 1.5 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
5	40	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Front Hash (HS)
6	16	Left: 2.0 steps outside 45 yd In	10.0 steps behind Front side line
7	16	Left: 2.0 steps outside 45 yd In	10.0 steps behind Front side line
8	40	Left: 2.0 steps outside 45 yd In	10.0 steps behind Front side line
9	28	On 50 yd In	4.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps outside 50 yd In	On Front Hash (HS)
11	40	On 50 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	On 50 yd In	8.0 steps in front of Front Hash (HS)
12	32	Right: 3.25 steps outside 40 yd In	5.5 steps behind Front side line
13	32	Right: 3.25 steps outside 40 yd In	5.5 steps behind Front side line
14	34	Right: 1.0 steps outside 40 yd In	13.0 steps in front of Front Hash (HS)
15	18	Right: 3.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps inside 45 yd In	14.0 steps behind Front side line
17	30	Right: 2.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
18	24	Right: 2.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
19	46	Right: 3.0 steps inside 30 yd In	7.0 steps in front of Front Hash (HS)
20	38	Right: 0.75 steps outside 30 yd In	3.0 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
2	28	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
3	30	Left: 2.25 steps inside 40 yd In	7.25 steps behind Front Hash (HS)
4	36	Left: 2.25 steps inside 40 yd In	9.75 steps in front of Front Hash (HS)
5	40	Left: 2.0 steps outside 50 yd In	10.0 steps in front of Front Hash (HS)
6	16	Left: On 45 yd In	12.0 steps behind Front side line
7	16	Left: On 45 yd In	12.0 steps behind Front side line
8	40	Left: On 45 yd In	12.0 steps behind Front side line
9	28	Right: 2.0 steps outside 50 yd In	2.0 steps in front of Front Hash (HS)
10	30	Right: 2.0 steps outside 50 yd In	On Front Hash (HS)
11	40	Right: 2.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)
12	32	Right: 4.0 steps outside 35 yd In	8.0 steps behind Front side line
13	32	Right: 4.0 steps outside 35 yd In	8.0 steps behind Front side line
14	34	Right: 2.5 steps inside 35 yd In	9.0 steps in front of Front Hash (HS)
15	18	Right: On 40 yd In	12.0 steps in front of Front Hash (HS)
16	24	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Front Hash (HS)
17	30	Right: 2.0 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
18	24	Right: 2.0 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
19	46	Right: On 30 yd In	10.0 steps in front of Front Hash (HS)
20	38	Right: 4.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	On 50 yd ln	4.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps outside 40 yd ln	10.0 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps outside 40 yd ln	10.0 steps in front of Back Hash (HS)
3	30	Left: 3.5 steps inside 40 yd ln	5.75 steps behind Front Hash (HS)
4	36	Left: 3.5 steps inside 40 yd ln	11.25 steps in front of Front Hash (HS)
5	40	On 50 yd ln	12.0 steps in front of Front Hash (HS)
6	16	Left: 2.0 steps inside 45 yd ln	10.0 steps behind Front side line
7	16	Left: 2.0 steps inside 45 yd ln	10.0 steps behind Front side line
8	40	Left: 2.0 steps inside 45 yd ln	10.0 steps behind Front side line
9	28	Left: On 45 yd ln	8.0 steps behind Front side line
10	30	Left: 2.0 steps inside 35 yd ln	7.0 steps behind Front side line
11	40	Left: On 45 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 45 yd ln	12.0 steps behind Front side line
12	32	Right: 2.75 steps inside 40 yd ln	0.75 steps behind Front side line
13	32	Right: 2.75 steps inside 40 yd ln	0.75 steps behind Front side line
14	34	Right: 1.5 steps outside 50 yd ln	4.25 steps behind Front side line
15	18	Right: 1.0 steps outside 50 yd ln	12.0 steps behind Front side line
16	24	Right: 2.0 steps outside 50 yd ln	6.0 steps behind Front side line
17	30	Right: 2.0 steps inside 40 yd ln	10.0 steps in front of Front Hash (HS)
18	24	Right: 2.0 steps inside 40 yd ln	10.0 steps in front of Front Hash (HS)
19	46	Right: 1.0 steps outside 40 yd ln	13.0 steps in front of Front Hash (HS)
20	38	Right: 2.25 steps inside 40 yd ln	7.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps outside 35 yd ln	12.0 steps in front of Front Hash (HS)
1	28	Left: 2.0 steps outside 50 yd ln	10.0 steps in front of Front Hash (HS)
2	28	Left: 2.0 steps outside 50 yd ln	10.0 steps in front of Front Hash (HS)
3	30	Left: On 40 yd ln	4.0 steps behind Front Hash (HS)
4	36	Left: 2.0 steps outside 35 yd ln	On Front side line
5	40	Left: On 40 yd ln	12.0 steps behind Front side line
6	16	Left: 2.0 steps inside 35 yd ln	6.0 steps behind Front side line
7	16	Left: 2.0 steps inside 35 yd ln	6.0 steps behind Front side line
8	40	Left: 2.0 steps inside 35 yd ln	6.0 steps behind Front side line
9	28	Left: 4.0 steps inside 35 yd ln	4.0 steps behind Front side line
10	30	Left: 4.0 steps inside 30 yd ln	10.0 steps behind Front side line
11	40	Left: 2.0 steps outside 40 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 40 yd ln	12.0 steps behind Front side line
12	32	Left: 1.0 steps outside 50 yd ln	4.75 steps behind Front side line
13	32	Left: 1.0 steps outside 50 yd ln	4.75 steps behind Front side line
14	34	Left: 1.5 steps outside 45 yd ln	13.5 steps in front of Front Hash (HS)
15	18	Left: 3.0 steps inside 45 yd ln	8.0 steps behind Front side line
16	24	Right: 2.0 steps inside 45 yd ln	2.0 steps behind Front side line
17	30	Right: 4.0 steps outside 45 yd ln	12.0 steps behind Front side line
18	24	Right: 4.0 steps outside 45 yd ln	12.0 steps behind Front side line
19	46	Right: 3.0 steps outside 45 yd ln	12.0 steps behind Front side line
20	38	Right: On 45 yd ln	5.0 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps outside 45 yd ln	6.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps outside 40 yd ln	6.0 steps behind Front Hash (HS)
2	28	Left: 2.0 steps outside 40 yd ln	6.0 steps behind Front Hash (HS)
3	30	Left: 0.75 steps inside 40 yd ln	2.25 steps behind Front Hash (HS)
4	36	Left: On 35 yd ln	On Front side line
5	40	Left: 2.0 steps inside 40 yd ln	14.0 steps behind Front side line
6	16	Left: 4.0 steps inside 35 yd ln	8.0 steps behind Front side line
7	16	Left: 4.0 steps inside 35 yd ln	8.0 steps behind Front side line
8	40	Left: 4.0 steps inside 35 yd ln	8.0 steps behind Front side line
9	28	Left: 2.0 steps outside 40 yd ln	6.0 steps behind Front side line
10	30	Left: 1.0 steps outside 35 yd ln	10.0 steps behind Front side line
11	40	Left: 4.0 steps inside 40 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 40 yd ln	12.0 steps behind Front side line
12	32	Right: 0.5 steps inside 45 yd ln	1.5 steps behind Front side line
13	32	Right: 0.5 steps inside 45 yd ln	1.5 steps behind Front side line
14	34	Left: 3.75 steps outside 50 yd ln	7.5 steps behind Front side line
15	18	Left: 2.0 steps outside 50 yd ln	12.0 steps behind Front side line
16	24	On 50 yd ln	4.0 steps behind Front side line
17	30	Right: 4.0 steps outside 45 yd ln	12.0 steps in front of Front Hash (HS)
18	24	Right: 4.0 steps outside 45 yd ln	12.0 steps in front of Front Hash (HS)
19	46	Right: 2.0 steps inside 40 yd ln	13.0 steps in front of Front Hash (HS)
20	38	Right: 2.0 steps outside 45 yd ln	5.75 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps inside 40 yd ln	6.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps inside 40 yd ln	6.0 steps behind Front Hash (HS)
2	28	Left: 2.0 steps inside 40 yd ln	6.0 steps behind Front Hash (HS)
3	30	Left: 1.75 steps inside 40 yd ln	0.5 steps behind Front Hash (HS)
4	36	Left: 2.0 steps inside 35 yd ln	On Front side line
5	40	Left: 4.0 steps inside 40 yd ln	12.0 steps behind Front side line
6	16	Left: 2.0 steps outside 40 yd ln	6.0 steps behind Front side line
7	16	Left: 2.0 steps outside 40 yd ln	6.0 steps behind Front side line
8	40	Left: 2.0 steps outside 40 yd ln	6.0 steps behind Front side line
9	28	Left: 4.0 steps inside 40 yd ln	12.0 steps behind Front side line
10	30	Left: On 40 yd ln	10.0 steps behind Front side line
11	40	Right: 2.0 steps inside 45 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps inside 45 yd ln	12.0 steps behind Front side line
12	32	Right: 1.25 steps outside 30 yd ln	6.25 steps behind Front side line
13	32	Right: 1.25 steps outside 30 yd ln	6.25 steps behind Front side line
14	34	Right: 1.75 steps inside 35 yd ln	4.5 steps behind Front side line
15	18	Right: 3.0 steps inside 40 yd ln	8.0 steps behind Front side line
16	24	Right: 2.0 steps outside 40 yd ln	14.0 steps behind Front side line
17	30	Right: On 35 yd ln	4.0 steps in front of Front Hash (HS)
18	24	Right: On 35 yd ln	4.0 steps in front of Front Hash (HS)
19	46	Right: 3.0 steps inside 30 yd ln	12.0 steps behind Front side line
20	38	Right: 2.75 steps inside 30 yd ln	11.0 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps outside 40 yd In	6.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
2	28	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
3	30	Left: 2.75 steps inside 40 yd In	1.25 steps in front of Front Hash (HS)
4	36	Left: 4.0 steps outside 40 yd In	On Front side line
5	40	Left: 2.0 steps outside 45 yd In	14.0 steps behind Front side line
6	16	Left: On 40 yd In	8.0 steps behind Front side line
7	16	Left: On 40 yd In	8.0 steps behind Front side line
8	40	Left: On 40 yd In	8.0 steps behind Front side line
9	28	Left: 2.0 steps outside 45 yd In	14.0 steps behind Front side line
10	30	Left: 3.0 steps inside 40 yd In	10.0 steps behind Front side line
11	40	Right: 4.0 steps outside 45 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 45 yd In	12.0 steps behind Front side line
12	32	Right: 4.0 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
13	32	Right: 4.0 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
14	34	Right: 1.5 steps inside 35 yd In	7.25 steps in front of Front Hash (HS)
15	18	Right: On 40 yd In	12.0 steps behind Front side line
16	24	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Front Hash (HS)
17	30	Right: On 35 yd In	On Front Hash (HS)
18	24	Right: On 35 yd In	On Front Hash (HS)
19	46	Right: On 30 yd In	8.0 steps behind Front side line
20	38	Right: On 30 yd In	8.0 steps behind Front side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: On 45 yd In	4.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 35 yd In	4.0 steps behind Front Hash (HS)
2	28	Left: 4.0 steps inside 35 yd In	4.0 steps behind Front Hash (HS)
3	30	Left: 4.0 steps inside 40 yd In	3.0 steps in front of Front Hash (HS)
4	36	Left: 2.0 steps outside 40 yd In	On Front side line
5	40	Left: On 45 yd In	12.0 steps behind Front side line
6	16	Left: 2.0 steps inside 40 yd In	6.0 steps behind Front side line
7	16	Left: 2.0 steps inside 40 yd In	6.0 steps behind Front side line
8	40	Left: 2.0 steps inside 40 yd In	6.0 steps behind Front side line
9	28	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps inside 45 yd In	On Front Hash (HS)
11	40	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
12	32	Right: 1.5 steps outside 50 yd In	8.0 steps behind Front side line
13	32	Right: 1.5 steps outside 50 yd In	8.0 steps behind Front side line
14	34	Right: 2.5 steps inside 45 yd In	12.0 steps behind Front side line
15	18	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 40 yd In	8.0 steps behind Front side line
17	30	Right: 4.0 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
18	24	Right: 4.0 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
19	46	Right: 4.0 steps outside 40 yd In	7.0 steps in front of Front Hash (HS)
20	38	Right: 0.5 steps inside 35 yd In	4.75 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
1	28	Left: On 40 yd In	4.0 steps behind Front Hash (HS)
2	28	Left: On 40 yd In	4.0 steps behind Front Hash (HS)
3	30	Left: 2.75 steps outside 45 yd In	4.5 steps in front of Front Hash (HS)
4	36	Left: On 40 yd In	On Front side line
5	40	Left: 2.0 steps inside 45 yd In	14.0 steps behind Front side line
6	16	Left: 4.0 steps inside 40 yd In	8.0 steps behind Front side line
7	16	Left: 4.0 steps inside 40 yd In	8.0 steps behind Front side line
8	40	Left: 4.0 steps inside 40 yd In	8.0 steps behind Front side line
9	28	Left: 2.0 steps outside 50 yd In	6.0 steps in front of Front Hash (HS)
10	30	Left: 4.0 steps inside 45 yd In	On Front Hash (HS)
11	40	Left: 2.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)
12	32	Right: 2.25 steps outside 45 yd In	5.5 steps behind Front side line
13	32	Right: 2.25 steps outside 45 yd In	5.5 steps behind Front side line
14	34	Right: 3.5 steps outside 45 yd In	12.5 steps behind Front side line
15	18	Right: 1.0 steps inside 45 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps outside 50 yd In	10.0 steps behind Front side line
17	30	Right: On 40 yd In	4.0 steps in front of Front Hash (HS)
18	24	Right: On 40 yd In	4.0 steps in front of Front Hash (HS)
19	46	Right: 1.0 steps inside 35 yd In	10.0 steps in front of Front Hash (HS)
20	38	Right: 3.5 steps inside 30 yd In	1.5 steps behind Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: On 40 yd In	4.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 40 yd In	4.0 steps behind Front Hash (HS)
2	28	Left: 4.0 steps inside 40 yd In	4.0 steps behind Front Hash (HS)
3	30	Left: 1.25 steps outside 45 yd In	5.75 steps in front of Front Hash (HS)
4	36	Left: 2.0 steps inside 40 yd In	On Front side line
5	40	Left: 4.0 steps inside 45 yd In	12.0 steps behind Front side line
6	16	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front side line
7	16	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front side line
8	40	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front side line
9	28	Left: 4.0 steps inside 40 yd In	4.0 steps behind Front side line
10	30	Left: 4.0 steps inside 30 yd In	7.0 steps behind Front side line
11	40	Left: 4.0 steps inside 35 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 35 yd In	12.0 steps behind Front side line
12	32	Left: 3.5 steps outside 50 yd In	6.25 steps behind Front side line
13	32	Left: 3.5 steps outside 50 yd In	6.25 steps behind Front side line
14	34	Left: 3.0 steps outside 45 yd In	10.75 steps in front of Front Hash (HS)
15	18	Left: On 45 yd In	12.0 steps behind Front side line
16	24	Left: 4.0 steps inside 45 yd In	On Front side line
17	30	Right: On 45 yd In	12.0 steps behind Front side line
18	24	Right: On 45 yd In	12.0 steps behind Front side line
19	46	Right: On 45 yd In	13.0 steps in front of Front Hash (HS)
20	38	Right: 2.0 steps outside 50 yd In	4.0 steps in front of Front Hash (HS)

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Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
1	28	Left: On 45 yd In	4.0 steps behind Front Hash (HS)
2	28	Left: On 45 yd In	4.0 steps behind Front Hash (HS)
3	30	Left: 0.25 steps inside 45 yd In	7.0 steps in front of Front Hash (HS)
4	36	Left: 4.0 steps outside 45 yd In	On Front side line
5	40	Left: 2.0 steps outside 50 yd In	14.0 steps behind Front side line
6	16	Left: On 45 yd In	8.0 steps behind Front side line
7	16	Left: On 45 yd In	8.0 steps behind Front side line
8	40	Left: On 45 yd In	8.0 steps behind Front side line
9	28	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front side line
10	30	Left: 1.0 steps outside 35 yd In	7.0 steps behind Front side line
11	40	Left: 2.0 steps inside 40 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 40 yd In	12.0 steps behind Front side line
12	32	Right: 3.5 steps inside 45 yd In	2.25 steps behind Front side line
13	32	Right: 3.5 steps inside 45 yd In	2.25 steps behind Front side line
14	34	Left: 2.0 steps inside 45 yd In	9.5 steps behind Front side line
15	18	Left: 2.0 steps outside 50 yd In	8.0 steps behind Front side line
16	24	Right: On 45 yd In	4.0 steps behind Front side line
17	30	Right: 2.0 steps inside 40 yd In	14.0 steps behind Front side line
18	24	Right: 2.0 steps inside 40 yd In	14.0 steps behind Front side line
19	46	Right: 2.0 steps inside 40 yd In	12.0 steps behind Front side line
20	38	Right: 4.0 steps outside 45 yd In	6.25 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
2	28	Left: 2.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
3	30	Left: 1.75 steps inside 45 yd In	8.25 steps in front of Front Hash (HS)
4	36	Left: 2.0 steps outside 45 yd In	On Front side line
5	40	On 50 yd In	12.0 steps behind Front side line
6	16	Left: 2.0 steps inside 45 yd In	6.0 steps behind Front side line
7	16	Left: 2.0 steps inside 45 yd In	6.0 steps behind Front side line
8	40	Left: 2.0 steps inside 45 yd In	6.0 steps behind Front side line
9	28	Left: 4.0 steps inside 45 yd In	12.0 steps behind Front side line
10	30	Left: On 40 yd In	7.0 steps behind Front side line
11	40	Right: 4.0 steps outside 50 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 50 yd In	12.0 steps behind Front side line
12	32	Right: 1.25 steps inside 30 yd In	4.75 steps behind Front side line
13	32	Right: 1.25 steps inside 30 yd In	4.75 steps behind Front side line
14	34	Right: 3.5 steps outside 40 yd In	3.5 steps behind Front side line
15	18	Right: 2.0 steps outside 45 yd In	12.0 steps behind Front side line
16	24	Right: On 45 yd In	12.0 steps behind Front side line
17	30	Right: 4.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
18	24	Right: 4.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
19	46	Right: 2.0 steps outside 35 yd In	13.0 steps in front of Front Hash (HS)
20	38	Right: 0.5 steps outside 35 yd In	13.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps inside 40 yd In	2.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps inside 40 yd In	2.0 steps behind Front Hash (HS)
2	28	Left: 2.0 steps inside 40 yd In	2.0 steps behind Front Hash (HS)
3	30	Left: 3.5 steps inside 45 yd In	9.5 steps in front of Front Hash (HS)
4	36	Left: 0.25 steps inside 45 yd In	On Front side line
5	40	Right: 2.0 steps outside 50 yd In	14.0 steps behind Front side line
6	16	Left: 4.0 steps inside 45 yd In	8.0 steps behind Front side line
7	16	Left: 4.0 steps inside 45 yd In	8.0 steps behind Front side line
8	40	Left: 4.0 steps inside 45 yd In	8.0 steps behind Front side line
9	28	Left: 2.0 steps outside 50 yd In	14.0 steps behind Front side line
10	30	Left: 3.0 steps inside 40 yd In	7.0 steps behind Front side line
11	40	Right: 2.0 steps outside 45 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 45 yd In	12.0 steps behind Front side line
12	32	Right: 2.0 steps inside 25 yd In	10.0 steps behind Front side line
13	32	Right: 2.0 steps inside 25 yd In	10.0 steps behind Front side line
14	34	Right: 3.75 steps outside 35 yd In	7.25 steps behind Front side line
15	18	Right: On 40 yd In	8.0 steps behind Front side line
16	24	Right: 4.0 steps outside 40 yd In	12.0 steps in front of Front Hash (HS)
17	30	Right: 2.0 steps outside 35 yd In	2.0 steps in front of Front Hash (HS)
18	24	Right: 2.0 steps outside 35 yd In	2.0 steps in front of Front Hash (HS)
19	46	Right: On 30 yd In	12.0 steps behind Front side line
20	38	Right: 1.25 steps inside 30 yd In	9.5 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
1	28	Left: 2.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
2	28	Left: 2.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
3	30	Left: 2.75 steps outside 50 yd In	10.25 steps in front of Front Hash (HS)
4	36	Left: 1.75 steps inside 45 yd In	On Front side line
5	40	Right: 4.0 steps outside 50 yd In	12.0 steps behind Front side line
6	16	Left: 2.0 steps outside 50 yd In	6.0 steps behind Front side line
7	16	Left: 2.0 steps outside 50 yd In	6.0 steps behind Front side line
8	40	Left: 2.0 steps outside 50 yd In	6.0 steps behind Front side line
9	28	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps inside 45 yd In	3.0 steps in front of Front Hash (HS)
11	40	Left: 2.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 1.25 steps outside 50 yd In	9.25 steps behind Front side line
13	32	Left: 1.25 steps outside 50 yd In	9.25 steps behind Front side line
14	34	Right: 3.5 steps outside 50 yd In	12.5 steps behind Front side line
15	18	Right: 1.0 steps outside 50 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps inside 45 yd In	6.0 steps behind Front side line
17	30	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
18	24	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
19	46	Right: 1.0 steps outside 40 yd In	10.0 steps in front of Front Hash (HS)
20	38	Right: 2.25 steps inside 35 yd In	5.5 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 45 yd In	On Front Hash (HS)
1	28	Left: On 40 yd In	On Front Hash (HS)
2	28	Left: On 40 yd In	On Front Hash (HS)
3	30	Left: 1.0 steps outside 50 yd In	11.25 steps in front of Front Hash (HS)
4	36	Left: 4.0 steps inside 45 yd In	On Front side line
5	40	Right: 2.0 steps inside 45 yd In	14.0 steps behind Front side line
6	16	On 50 yd In	8.0 steps behind Front side line
7	16	On 50 yd In	8.0 steps behind Front side line
8	40	On 50 yd In	8.0 steps behind Front side line
9	28	Right: 2.0 steps inside 45 yd In	6.0 steps in front of Front Hash (HS)
10	30	Left: 4.0 steps inside 45 yd In	3.0 steps in front of Front Hash (HS)
11	40	Left: On 45 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 45 yd In	8.0 steps in front of Front Hash (HS)
12	32	Right: 0.75 steps inside 45 yd In	6.0 steps behind Front side line
13	32	Right: 0.75 steps inside 45 yd In	6.0 steps behind Front side line
14	34	Right: 1.5 steps outside 45 yd In	12.25 steps behind Front side line
15	18	Right: 1.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps outside 45 yd In	10.0 steps behind Front side line
17	30	Right: 2.0 steps inside 40 yd In	2.0 steps in front of Front Hash (HS)
18	24	Right: 2.0 steps inside 40 yd In	2.0 steps in front of Front Hash (HS)
19	46	Right: 1.0 steps inside 35 yd In	7.0 steps in front of Front Hash (HS)
20	38	Right: 3.0 steps outside 35 yd In	2.5 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: On 40 yd In	On Front Hash (HS)
1	28	Left: 4.0 steps inside 40 yd In	On Front Hash (HS)
2	28	Left: 4.0 steps inside 40 yd In	On Front Hash (HS)
3	30	Right: 1.0 steps outside 50 yd In	12.0 steps in front of Front Hash (HS)
4	36	Left: 2.0 steps outside 50 yd In	On Front side line
5	40	Right: On 45 yd In	12.0 steps behind Front side line
6	16	Right: 2.0 steps outside 50 yd In	6.0 steps behind Front side line
7	16	Right: 2.0 steps outside 50 yd In	6.0 steps behind Front side line
8	40	Right: 2.0 steps outside 50 yd In	6.0 steps behind Front side line
9	28	Left: 4.0 steps inside 45 yd In	4.0 steps behind Front side line
10	30	Left: 4.0 steps inside 30 yd In	4.0 steps behind Front side line
11	40	Left: 2.0 steps inside 35 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 35 yd In	12.0 steps behind Front side line
12	32	Left: 2.0 steps inside 45 yd In	8.0 steps behind Front side line
13	32	Left: 2.0 steps inside 45 yd In	8.0 steps behind Front side line
14	34	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
15	18	Left: On 45 yd In	8.0 steps behind Front side line
16	24	Right: 4.0 steps outside 50 yd In	On Front side line
17	30	Right: 2.0 steps outside 45 yd In	10.0 steps behind Front side line
18	24	Right: 2.0 steps outside 45 yd In	10.0 steps behind Front side line
19	46	Right: On 45 yd In	12.0 steps behind Front side line
20	38	Right: 4.0 steps inside 45 yd In	4.25 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 40 yd In	On Front Hash (HS)
1	28	Left: On 45 yd In	On Front Hash (HS)
2	28	Left: On 45 yd In	On Front Hash (HS)
3	30	Right: 2.75 steps outside 50 yd In	12.5 steps in front of Front Hash (HS)
4	36	Left: On 50 yd In	On Front side line
5	40	Right: 2.0 steps outside 45 yd In	14.0 steps behind Front side line
6	16	Right: 4.0 steps outside 50 yd In	8.0 steps behind Front side line
7	16	Right: 4.0 steps outside 50 yd In	8.0 steps behind Front side line
8	40	Right: 4.0 steps outside 50 yd In	8.0 steps behind Front side line
9	28	Left: 2.0 steps outside 50 yd In	6.0 steps behind Front side line
10	30	Left: 1.0 steps outside 35 yd In	4.0 steps behind Front side line
11	40	Left: On 40 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 40 yd In	12.0 steps behind Front side line
12	32	Right: 1.75 steps outside 50 yd In	3.25 steps behind Front side line
13	32	Right: 1.75 steps outside 50 yd In	3.25 steps behind Front side line
14	34	Left: On 45 yd In	11.75 steps behind Front side line
15	18	Left: 3.0 steps inside 45 yd In	12.0 steps behind Front side line
16	24	Left: 2.0 steps outside 50 yd In	2.0 steps behind Front side line
17	30	Right: 2.0 steps outside 45 yd In	14.0 steps behind Front side line
18	24	Right: 2.0 steps outside 45 yd In	14.0 steps behind Front side line
19	46	Right: 3.0 steps outside 45 yd In	13.0 steps in front of Front Hash (HS)
20	38	Right: 2.0 steps inside 45 yd In	4.75 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
1	28	On 50 yd In	8.0 steps in front of Front Hash (HS)
2	28	On 50 yd In	8.0 steps in front of Front Hash (HS)
3	30	Right: 3.25 steps inside 45 yd In	13.0 steps in front of Front Hash (HS)
4	36	Right: 2.0 steps outside 50 yd In	On Front side line
5	40	Right: 4.0 steps outside 45 yd In	12.0 steps behind Front side line
6	16	Right: 2.0 steps inside 45 yd In	6.0 steps behind Front side line
7	16	Right: 2.0 steps inside 45 yd In	6.0 steps behind Front side line
8	40	Right: 2.0 steps inside 45 yd In	6.0 steps behind Front side line
9	28	Right: 4.0 steps outside 50 yd In	12.0 steps behind Front side line
10	30	Left: On 40 yd In	4.0 steps behind Front side line
11	40	Right: 2.0 steps outside 50 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 50 yd In	12.0 steps behind Front side line
12	32	Right: 4.0 steps inside 30 yd In	3.25 steps behind Front side line
13	32	Right: 4.0 steps inside 30 yd In	3.25 steps behind Front side line
14	34	Right: 0.5 steps outside 40 yd In	3.0 steps behind Front side line
15	18	Right: 2.0 steps outside 45 yd In	8.0 steps behind Front side line
16	24	Right: On 40 yd In	12.0 steps behind Front side line
17	30	Right: 2.0 steps inside 35 yd In	6.0 steps in front of Front Hash (HS)
18	24	Right: 2.0 steps inside 35 yd In	6.0 steps in front of Front Hash (HS)
19	46	Right: 2.0 steps outside 35 yd In	12.0 steps behind Front side line
20	38	Right: 2.25 steps outside 35 yd In	13.75 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: On 30 yd In	10.0 steps in front of Front Hash (HS)
1	28	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
2	28	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
3	30	Right: 1.25 steps inside 45 yd In	13.25 steps in front of Front Hash (HS)
4	36	Right: 4.0 steps outside 50 yd In	On Front side line
5	40	Right: 2.0 steps inside 40 yd In	14.0 steps behind Front side line
6	16	Right: On 45 yd In	8.0 steps behind Front side line
7	16	Right: On 45 yd In	8.0 steps behind Front side line
8	40	Right: On 45 yd In	8.0 steps behind Front side line
9	28	Right: 2.0 steps inside 45 yd In	14.0 steps behind Front side line
10	30	Left: 3.0 steps inside 40 yd In	4.0 steps behind Front side line
11	40	Right: On 45 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: On 45 yd In	12.0 steps behind Front side line
12	32	Right: 3.75 steps outside 30 yd In	8.0 steps behind Front side line
13	32	Right: 3.75 steps outside 30 yd In	8.0 steps behind Front side line
14	34	Right: 1.0 steps outside 35 yd In	5.75 steps behind Front side line
15	18	Right: 3.0 steps inside 40 yd In	12.0 steps behind Front side line
16	24	Right: 2.0 steps outside 45 yd In	14.0 steps behind Front side line
17	30	Right: 2.0 steps inside 35 yd In	2.0 steps in front of Front Hash (HS)
18	24	Right: 2.0 steps inside 35 yd In	2.0 steps in front of Front Hash (HS)
19	46	Right: 3.0 steps inside 30 yd In	13.0 steps in front of Front Hash (HS)
20	38	Right: 3.75 steps outside 35 yd In	12.5 steps behind Front side line

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)
1	28	Right: On 45 yd In	8.0 steps in front of Front Hash (HS)
2	28	Right: On 45 yd In	8.0 steps in front of Front Hash (HS)
3	30	Right: 0.75 steps outside 45 yd In	13.25 steps in front of Front Hash (HS)
4	36	Right: 2.0 steps inside 45 yd In	On Front side line
5	40	Right: On 40 yd In	12.0 steps behind Front side line
6	16	Right: 2.0 steps outside 45 yd In	6.0 steps behind Front side line
7	16	Right: 2.0 steps outside 45 yd In	6.0 steps behind Front side line
8	40	Right: 2.0 steps outside 45 yd In	6.0 steps behind Front side line
9	28	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps inside 45 yd In	6.0 steps in front of Front Hash (HS)
11	40	Left: On 40 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 40 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 4.0 steps outside 50 yd In	10.75 steps behind Front side line
13	32	Left: 4.0 steps outside 50 yd In	10.75 steps behind Front side line
14	34	Right: 1.5 steps outside 50 yd In	13.0 steps behind Front side line
15	18	Right: 1.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps inside 40 yd In	6.0 steps behind Front side line
17	30	Right: 2.0 steps outside 45 yd In	6.0 steps in front of Front Hash (HS)
18	24	Right: 2.0 steps outside 45 yd In	6.0 steps in front of Front Hash (HS)
19	46	Right: 1.0 steps outside 40 yd In	7.0 steps in front of Front Hash (HS)
20	38	Right: 3.75 steps outside 40 yd In	6.25 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 3.75 steps inside 40 yd In	On Front Hash (HS)
1	28	Left: 2.0 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
3	30	Left: 3.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
4	36	Left: 3.0 steps outside 45 yd In	13.0 steps in front of Front Hash (HS)
5	40	Right: 2.0 steps outside 50 yd In	10.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 45 yd In	12.0 steps behind Front side line
7	16	Left: 4.0 steps inside 45 yd In	12.0 steps behind Front side line
8	40	Left: 4.0 steps inside 45 yd In	12.0 steps behind Front side line
9	28	Left: 2.0 steps inside 45 yd In	10.0 steps behind Front side line
10	30	Left: 3.0 steps outside 40 yd In	7.0 steps behind Front side line
11	40	Left: 2.0 steps outside 50 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 50 yd In	12.0 steps behind Front side line
12	32	Right: 1.75 steps inside 35 yd In	1.5 steps behind Front side line
13	32	Right: 1.75 steps inside 35 yd In	1.5 steps behind Front side line
14	34	Right: 2.25 steps outside 45 yd In	2.5 steps behind Front side line
15	18	Right: 1.0 steps inside 45 yd In	8.0 steps behind Front side line
16	24	Right: 2.0 steps inside 40 yd In	10.0 steps behind Front side line
17	30	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)
18	24	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)
19	46	Right: 1.0 steps inside 35 yd In	12.0 steps behind Front side line
20	38	Right: 1.0 steps inside 35 yd In	11.75 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 30 yd In	12.0 steps in front of Back Hash (HS)
2	28	Left: 4.0 steps inside 30 yd In	12.0 steps in front of Back Hash (HS)
3	30	Left: 1.5 steps outside 45 yd In	3.0 steps behind Front Hash (HS)
4	36	Left: 1.5 steps outside 45 yd In	14.0 steps behind Front side line
5	40	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Front Hash (HS)
6	16	Left: 2.0 steps outside 50 yd In	10.0 steps behind Front side line
7	16	Left: 2.0 steps outside 50 yd In	10.0 steps behind Front side line
8	40	Left: 2.0 steps outside 50 yd In	10.0 steps behind Front side line
9	28	On 50 yd In	12.0 steps in front of Front Hash (HS)
10	30	Left: 3.0 steps inside 40 yd In	3.0 steps in front of Front Hash (HS)
11	40	Left: 2.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 1.5 steps inside 40 yd In	6.75 steps in front of Front Hash (HS)
13	32	Left: 1.5 steps inside 40 yd In	6.75 steps in front of Front Hash (HS)
14	34	Left: 1.25 steps inside 45 yd In	9.5 steps in front of Front Hash (HS)
15	18	Left: On 45 yd In	12.0 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 40 yd In	On Front side line
17	30	Right: 2.0 steps inside 45 yd In	14.0 steps behind Front side line
18	24	Right: 2.0 steps inside 45 yd In	14.0 steps behind Front side line
19	46	Right: On 45 yd In	10.0 steps in front of Front Hash (HS)
20	38	Right: 2.0 steps outside 45 yd In	8.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: On 45 yd In	On Front Hash (HS)
1	28	Left: 2.0 steps outside 35 yd In	14.0 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps outside 35 yd In	14.0 steps in front of Back Hash (HS)
3	30	Left: 0.25 steps inside 45 yd In	2.0 steps behind Front Hash (HS)
4	36	Left: 0.25 steps inside 45 yd In	13.0 steps behind Front side line
5	40	Right: 2.0 steps inside 45 yd In	10.0 steps in front of Front Hash (HS)
6	16	On 50 yd In	12.0 steps behind Front side line
7	16	On 50 yd In	12.0 steps behind Front side line
8	40	On 50 yd In	12.0 steps behind Front side line
9	28	Right: 2.0 steps outside 50 yd In	10.0 steps in front of Front Hash (HS)
10	30	Left: 2.0 steps outside 45 yd In	3.0 steps in front of Front Hash (HS)
11	40	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 0.75 steps outside 45 yd In	13.5 steps in front of Front Hash (HS)
13	32	Left: 0.75 steps outside 45 yd In	13.5 steps in front of Front Hash (HS)
14	34	Left: 2.25 steps outside 50 yd In	13.5 steps in front of Front Hash (HS)
15	18	Left: 2.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
16	24	Left: On 40 yd In	4.0 steps behind Front side line
17	30	Right: On 45 yd In	8.0 steps in front of Front Hash (HS)
18	24	Right: On 45 yd In	8.0 steps in front of Front Hash (HS)
19	46	Right: 2.0 steps inside 40 yd In	7.0 steps in front of Front Hash (HS)
20	38	Right: On 40 yd In	7.5 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps inside 45 yd In	2.0 steps behind Front Hash (HS)
1	28	Left: On 35 yd In	12.0 steps in front of Back Hash (HS)
2	28	Left: On 35 yd In	12.0 steps in front of Back Hash (HS)
3	30	Left: 2.0 steps inside 45 yd In	1.0 steps behind Front Hash (HS)
4	36	Left: 2.0 steps inside 45 yd In	12.0 steps behind Front side line
5	40	Right: On 45 yd In	12.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps outside 50 yd In	10.0 steps behind Front side line
7	16	Right: 2.0 steps outside 50 yd In	10.0 steps behind Front side line
8	40	Right: 2.0 steps outside 50 yd In	10.0 steps behind Front side line
9	28	Right: On 45 yd In	4.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps outside 50 yd In	3.0 steps in front of Front Hash (HS)
11	40	Left: 2.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
12	32	Right: 0.25 steps outside 40 yd In	5.25 steps behind Front side line
13	32	Right: 0.25 steps outside 40 yd In	5.25 steps behind Front side line
14	34	Right: 0.75 steps inside 40 yd In	14.0 steps behind Front side line
15	18	Right: 2.0 steps outside 45 yd In	12.0 steps in front of Front Hash (HS)
16	24	On 50 yd In	12.0 steps behind Front side line
17	30	Right: 2.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
18	24	Right: 2.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
19	46	Right: 2.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
20	38	Right: 0.5 steps inside 30 yd In	1.5 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 4.0 steps inside 45 yd In	On Front Hash (HS)
1	28	Left: 2.0 steps inside 35 yd In	14.0 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps inside 35 yd In	14.0 steps in front of Back Hash (HS)
3	30	Left: 4.0 steps inside 45 yd In	0.5 steps behind Front Hash (HS)
4	36	Left: 4.0 steps inside 45 yd In	11.5 steps behind Front side line
5	40	Right: 2.0 steps outside 45 yd In	10.0 steps in front of Front Hash (HS)
6	16	Right: 4.0 steps outside 50 yd In	12.0 steps behind Front side line
7	16	Right: 4.0 steps outside 50 yd In	12.0 steps behind Front side line
8	40	Right: 4.0 steps outside 50 yd In	12.0 steps behind Front side line
9	28	Right: 2.0 steps outside 45 yd In	2.0 steps in front of Front Hash (HS)
10	30	Right: 2.0 steps outside 50 yd In	3.0 steps in front of Front Hash (HS)
11	40	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
12	32	Right: 1.25 steps outside 35 yd In	7.0 steps behind Front side line
13	32	Right: 1.25 steps outside 35 yd In	7.0 steps behind Front side line
14	34	Right: 4.0 steps inside 35 yd In	10.5 steps in front of Front Hash (HS)
15	18	Right: On 40 yd In	8.0 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Front Hash (HS)
17	30	Right: 4.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
18	24	Right: 4.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
19	46	Right: On 30 yd In	7.0 steps in front of Front Hash (HS)
20	38	Right: 3.0 steps outside 30 yd In	6.25 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 2.0 steps outside 50 yd In	2.0 steps behind Front Hash (HS)
1	28	Left: 4.0 steps inside 35 yd In	12.0 steps in front of Back Hash (HS)
2	28	Left: 4.0 steps inside 35 yd In	12.0 steps in front of Back Hash (HS)
3	30	Left: 2.0 steps outside 50 yd In	On Front Hash (HS)
4	36	Left: 2.0 steps outside 50 yd In	11.0 steps behind Front side line
5	40	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps inside 45 yd In	10.0 steps behind Front side line
7	16	Right: 2.0 steps inside 45 yd In	10.0 steps behind Front side line
8	40	Right: 2.0 steps inside 45 yd In	10.0 steps behind Front side line
9	28	On 50 yd In	8.0 steps behind Front side line
10	30	Left: 2.0 steps inside 35 yd In	4.0 steps behind Front side line
11	40	Left: 2.0 steps outside 45 yd In	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 45 yd In	12.0 steps behind Front side line
12	32	Right: 2.25 steps outside 45 yd In	1.0 steps behind Front side line
13	32	Right: 2.25 steps outside 45 yd In	1.0 steps behind Front side line
14	34	Left: 1.25 steps outside 50 yd In	5.75 steps behind Front side line
15	18	Right: 1.0 steps outside 50 yd In	8.0 steps behind Front side line
16	24	Right: 2.0 steps outside 45 yd In	6.0 steps behind Front side line
17	30	Right: On 40 yd In	12.0 steps in front of Front Hash (HS)
18	24	Right: On 40 yd In	12.0 steps in front of Front Hash (HS)
19	46	Right: 1.0 steps outside 40 yd In	12.0 steps behind Front side line
20	38	Right: 0.25 steps inside 40 yd In	7.75 steps in front of Front Hash (HS)

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Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	On 50 yd ln	On Front Hash (HS)
1	28	Left: 2.0 steps outside 40 yd ln	14.0 steps in front of Back Hash (HS)
2	28	Left: 2.0 steps outside 40 yd ln	14.0 steps in front of Back Hash (HS)
3	30	On 50 yd ln	On Front Hash (HS)
4	36	On 50 yd ln	11.0 steps behind Front side line
5	40	Right: 2.0 steps inside 40 yd ln	10.0 steps in front of Front Hash (HS)
6	16	Right: On 45 yd ln	12.0 steps behind Front side line
7	16	Right: On 45 yd ln	12.0 steps behind Front side line
8	40	Right: On 45 yd ln	12.0 steps behind Front side line
9	28	Right: 2.0 steps outside 50 yd ln	10.0 steps behind Front side line
10	30	Left: 3.0 steps outside 40 yd ln	4.0 steps behind Front side line
11	40	Left: 4.0 steps inside 45 yd ln	12.0 steps behind Front side line

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 45 yd ln	12.0 steps behind Front side line
12	32	Right: 3.5 steps outside 40 yd ln	1.0 steps behind Front side line
13	32	Right: 3.5 steps outside 40 yd ln	1.0 steps behind Front side line
14	34	Right: 0.75 steps inside 45 yd ln	2.5 steps behind Front side line
15	18	Right: 4.0 steps outside 50 yd ln	12.0 steps behind Front side line
16	24	Right: 4.0 steps outside 50 yd ln	8.0 steps behind Front side line
17	30	Right: On 40 yd ln	8.0 steps in front of Front Hash (HS)
18	24	Right: On 40 yd ln	8.0 steps in front of Front Hash (HS)
19	46	Right: 4.0 steps outside 40 yd ln	13.0 steps in front of Front Hash (HS)
20	38	Right: 1.5 steps outside 40 yd ln	8.75 steps in front of Front Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 1.75 steps inside 35 yd ln	8.0 steps in front of Back Hash (HS)
1	28	Right: On 45 yd ln	4.0 steps behind Front Hash (HS)
2	28	Right: On 45 yd ln	4.0 steps behind Front Hash (HS)
3	30	Right: 2.0 steps outside 50 yd ln	On Front Hash (HS)
4	36	Right: 2.0 steps outside 50 yd ln	11.0 steps behind Front side line
5	40	Right: On 40 yd ln	12.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps outside 45 yd ln	10.0 steps behind Front side line
7	16	Right: 2.0 steps outside 45 yd ln	10.0 steps behind Front side line
8	40	Right: 2.0 steps outside 45 yd ln	10.0 steps behind Front side line
9	28	Right: On 45 yd ln	12.0 steps in front of Front Hash (HS)
10	30	Left: 3.0 steps inside 40 yd ln	6.0 steps in front of Front Hash (HS)
11	40	Left: 4.0 steps inside 30 yd ln	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 30 yd ln	8.0 steps in front of Front Hash (HS)
12	32	Left: On 40 yd ln	4.0 steps in front of Front Hash (HS)
13	32	Left: On 40 yd ln	4.0 steps in front of Front Hash (HS)
14	34	Left: On 45 yd ln	8.0 steps in front of Front Hash (HS)
15	18	Left: On 45 yd ln	8.0 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 35 yd ln	On Front side line
17	30	Right: 4.0 steps outside 50 yd ln	12.0 steps in front of Front Hash (HS)
18	24	Right: 4.0 steps outside 50 yd ln	12.0 steps in front of Front Hash (HS)
19	46	Right: On 45 yd ln	7.0 steps in front of Front Hash (HS)
20	38	Right: On 45 yd ln	8.0 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 0.25 steps outside 35 yd ln	6.0 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps outside 45 yd ln	6.0 steps behind Front Hash (HS)
2	28	Right: 2.0 steps outside 45 yd ln	6.0 steps behind Front Hash (HS)
3	30	Right: 4.0 steps outside 50 yd ln	On Front Hash (HS)
4	36	Right: 4.0 steps outside 50 yd ln	11.0 steps behind Front side line
5	40	Right: 2.0 steps outside 40 yd ln	10.0 steps in front of Front Hash (HS)
6	16	Right: 4.0 steps outside 45 yd ln	12.0 steps behind Front side line
7	16	Right: 4.0 steps outside 45 yd ln	12.0 steps behind Front side line
8	40	Right: 4.0 steps outside 45 yd ln	12.0 steps behind Front side line
9	28	Right: 2.0 steps outside 45 yd ln	10.0 steps in front of Front Hash (HS)
10	30	Left: 2.0 steps outside 45 yd ln	6.0 steps in front of Front Hash (HS)
11	40	Left: 2.0 steps inside 35 yd ln	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 35 yd ln	8.0 steps in front of Front Hash (HS)
12	32	Left: 2.75 steps outside 45 yd ln	11.5 steps in front of Front Hash (HS)
13	32	Left: 2.75 steps outside 45 yd ln	11.5 steps in front of Front Hash (HS)
14	34	Left: 3.75 steps outside 50 yd ln	12.25 steps in front of Front Hash (HS)
15	18	Left: 3.0 steps inside 45 yd ln	12.0 steps in front of Front Hash (HS)
16	24	Left: 2.0 steps outside 45 yd ln	2.0 steps behind Front side line
17	30	Right: On 45 yd ln	12.0 steps in front of Front Hash (HS)
18	24	Right: On 45 yd ln	12.0 steps in front of Front Hash (HS)
19	46	Right: 3.0 steps outside 45 yd ln	10.0 steps in front of Front Hash (HS)
20	38	Right: 2.0 steps inside 40 yd ln	7.75 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps outside 35 yd ln	4.0 steps in front of Back Hash (HS)
1	28	Right: 4.0 steps outside 45 yd ln	8.0 steps behind Front Hash (HS)
2	28	Right: 4.0 steps outside 45 yd ln	8.0 steps behind Front Hash (HS)
3	30	Right: 2.0 steps inside 45 yd ln	On Front Hash (HS)
4	36	Right: 2.0 steps inside 45 yd ln	11.0 steps behind Front side line
5	40	Right: 4.0 steps outside 40 yd ln	12.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps inside 40 yd ln	10.0 steps behind Front side line
7	16	Right: 2.0 steps inside 40 yd ln	10.0 steps behind Front side line
8	40	Right: 2.0 steps inside 40 yd ln	10.0 steps behind Front side line
9	28	Right: On 40 yd ln	4.0 steps in front of Front Hash (HS)
10	30	Left: 1.0 steps outside 50 yd ln	6.0 steps in front of Front Hash (HS)
11	40	Left: 4.0 steps inside 45 yd ln	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 45 yd ln	8.0 steps in front of Front Hash (HS)
12	32	Right: 2.75 steps inside 40 yd ln	5.25 steps behind Front side line
13	32	Right: 2.75 steps inside 40 yd ln	5.25 steps behind Front side line
14	34	Right: 2.75 steps inside 40 yd ln	13.25 steps behind Front side line
15	18	Right: 2.0 steps outside 45 yd ln	8.0 steps in front of Front Hash (HS)
16	24	Left: On 45 yd ln	12.0 steps behind Front side line
17	30	Right: On 40 yd ln	On Front Hash (HS)
18	24	Right: On 40 yd ln	On Front Hash (HS)
19	46	Right: 2.0 steps outside 35 yd ln	7.0 steps in front of Front Hash (HS)
20	38	Right: 2.0 steps inside 30 yd ln	On Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps inside 35 yd ln	12.0 steps in front of Back Hash (HS)
1	28	Right: On 45 yd ln	On Front Hash (HS)
2	28	Right: On 45 yd ln	On Front Hash (HS)
3	30	Right: On 45 yd ln	0.25 steps behind Front Hash (HS)
4	36	Right: On 45 yd ln	11.25 steps behind Front side line
5	40	Right: 2.0 steps inside 35 yd ln	10.0 steps in front of Front Hash (HS)
6	16	Right: On 40 yd ln	12.0 steps behind Front side line
7	16	Right: On 40 yd ln	12.0 steps behind Front side line
8	40	Right: On 40 yd ln	12.0 steps behind Front side line
9	28	Right: 2.0 steps outside 40 yd ln	2.0 steps in front of Front Hash (HS)
10	30	Right: 2.0 steps outside 50 yd ln	6.0 steps in front of Front Hash (HS)
11	40	Right: 2.0 steps outside 50 yd ln	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Right: 2.0 steps outside 50 yd ln	8.0 steps in front of Front Hash (HS)
12	32	Right: 1.75 steps inside 35 yd ln	6.25 steps behind Front side line
13	32	Right: 1.75 steps inside 35 yd ln	6.25 steps behind Front side line
14	34	Right: 2.5 steps outside 40 yd ln	11.75 steps in front of Front Hash (HS)
15	18	Right: 3.0 steps inside 40 yd ln	12.0 steps in front of Front Hash (HS)
16	24	Right: 2.0 steps outside 50 yd ln	14.0 steps behind Front side line
17	30	Right: 4.0 steps outside 40 yd ln	On Front Hash (HS)
18	24	Right: 4.0 steps outside 40 yd ln	On Front Hash (HS)
19	46	Right: 3.0 steps inside 30 yd ln	10.0 steps in front of Front Hash (HS)
20	38	Right: 2.0 steps outside 30 yd ln	4.5 steps in front of Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 0.25 steps outside 35 yd ln	10.0 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps outside 45 yd ln	2.0 steps behind Front Hash (HS)
2	28	Right: 2.0 steps outside 45 yd ln	2.0 steps behind Front Hash (HS)
3	30	Right: 2.0 steps outside 45 yd ln	0.75 steps behind Front Hash (HS)
4	36	Right: 2.0 steps outside 45 yd ln	11.75 steps behind Front side line
5	40	Right: 2.0 steps outside 40 yd ln	14.0 steps behind Front side line
6	16	Right: 4.0 steps outside 45 yd ln	8.0 steps behind Front side line
7	16	Right: 4.0 steps outside 45 yd ln	8.0 steps behind Front side line
8	40	Right: 4.0 steps outside 45 yd ln	8.0 steps behind Front side line
9	28	Right: 2.0 steps inside 40 yd ln	6.0 steps in front of Front Hash (HS)
10	30	Left: 4.0 steps inside 45 yd ln	6.0 steps in front of Front Hash (HS)
11	40	Left: 2.0 steps outside 45 yd ln	8.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 45 yd ln	8.0 steps in front of Front Hash (HS)
12	32	Right: 3.75 steps inside 45 yd ln	6.75 steps behind Front side line
13	32	Right: 3.75 steps inside 45 yd ln	6.75 steps behind Front side line
14	34	Right: 0.5 steps inside 45 yd ln	12.0 steps behind Front side line
15	18	Right: 4.0 steps outside 50 yd ln	12.0 steps in front of Front Hash (HS)
16	24	Left: 4.0 steps inside 45 yd ln	8.0 steps behind Front side line
17	30	Right: 2.0 steps inside 40 yd ln	6.0 steps in front of Front Hash (HS)
18	24	Right: 2.0 steps inside 40 yd ln	6.0 steps in front of Front Hash (HS)
19	46	Right: 4.0 steps outside 40 yd ln	10.0 steps in front of Front Hash (HS)
20	38	Right: 1.25 steps outside 35 yd ln	3.75 steps behind Front Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: On 45 yd ln	On Back side line
1	28	Right: 2.0 steps outside 30 yd ln	6.0 steps in front of Back side line
2	28	Right: 2.0 steps outside 30 yd ln	6.0 steps in front of Back side line
3	30	Right: 0.75 steps inside 40 yd ln	6.0 steps in front of Back side line
4	36	Left: 2.0 steps outside 50 yd ln	10.0 steps behind Back Hash (HS)
5	40	Left: On 35 yd ln	14.0 steps in front of Back side line
6	16	Left: On 35 yd ln	14.0 steps in front of Back side line
7	16	Left: On 35 yd ln	4.0 steps behind Back Hash (HS)
8	40	Left: On 35 yd ln	4.0 steps behind Back Hash (HS)
9	28	Left: 4.0 steps inside 40 yd ln	12.0 steps behind Back Hash (HS)
10	30	Left: 1.0 steps inside 35 yd ln	5.0 steps behind Back Hash (HS)
11	40	Left: 1.0 steps inside 25 yd ln	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 1.0 steps inside 25 yd ln	4.0 steps behind Back Hash (HS)
12	32	Left: 2.0 steps inside 40 yd ln	12.0 steps behind Front Hash (HS)
13	32	Left: 2.0 steps inside 40 yd ln	12.0 steps behind Front Hash (HS)
14	34	Left: 2.0 steps inside 40 yd ln	On Back Hash (HS)
15	18	Left: 2.0 steps outside 50 yd ln	On Back Hash (HS)
16	24	Right: 3.0 steps inside 45 yd ln	On Back Hash (HS)
17	30	Right: 3.0 steps inside 45 yd ln	On Back Hash (HS)
18	24	Right: 3.0 steps inside 45 yd ln	On Back Hash (HS)
19	46	Right: 3.0 steps inside 45 yd ln	On Back Hash (HS)
20	38	Left: 3.0 steps inside 45 yd ln	9.75 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 45 yd ln	On Back side line
1	28	Right: 2.0 steps inside 25 yd ln	6.0 steps in front of Back side line
2	28	Right: 2.0 steps inside 25 yd ln	6.0 steps in front of Back side line
3	30	Right: 2.0 steps outside 40 yd ln	5.25 steps in front of Back side line
4	36	Right: 0.25 steps outside 50 yd ln	11.75 steps behind Back Hash (HS)
5	40	Left: 3.0 steps inside 35 yd ln	14.0 steps in front of Back side line
6	16	Left: 3.0 steps inside 35 yd ln	14.0 steps in front of Back side line
7	16	Left: 2.0 steps inside 35 yd ln	6.25 steps behind Back Hash (HS)
8	40	Left: 2.0 steps inside 35 yd ln	6.25 steps behind Back Hash (HS)
9	28	Left: 1.5 steps outside 45 yd ln	13.5 steps behind Back Hash (HS)
10	30	Left: 4.0 steps inside 35 yd ln	8.0 steps behind Back Hash (HS)
11	40	Left: 4.0 steps inside 25 yd ln	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 4.0 steps inside 25 yd ln	4.0 steps behind Back Hash (HS)
12	32	Left: 3.25 steps inside 40 yd ln	13.25 steps in front of Back Hash (HS)
13	32	Left: 3.25 steps inside 40 yd ln	13.25 steps in front of Back Hash (HS)
14	34	Left: 3.0 steps outside 45 yd ln	On Back Hash (HS)
15	18	Right: 1.0 steps outside 50 yd ln	On Back Hash (HS)
16	24	Right: On 45 yd ln	On Back Hash (HS)
17	30	Right: On 45 yd ln	On Back Hash (HS)
18	24	Right: On 45 yd ln	On Back Hash (HS)
19	46	Right: On 45 yd ln	On Back Hash (HS)
20	38	Left: 2.25 steps outside 50 yd ln	11.25 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: On 40 yd In	On Back side line
1	28	Right: 2.0 steps outside 25 yd In	6.0 steps in front of Back side line
2	28	Right: 2.0 steps outside 25 yd In	6.0 steps in front of Back side line
3	30	Right: 3.0 steps inside 35 yd In	5.0 steps in front of Back side line
4	36	Right: 2.75 steps outside 50 yd In	13.5 steps behind Back Hash (HS)
5	40	Left: 2.0 steps outside 40 yd In	14.0 steps in front of Back side line
6	16	Left: 2.0 steps outside 40 yd In	14.0 steps in front of Back side line
7	16	Left: 4.0 steps outside 40 yd In	8.25 steps behind Back Hash (HS)
8	40	Left: 4.0 steps outside 40 yd In	8.25 steps behind Back Hash (HS)
9	28	Left: 1.25 steps inside 45 yd In	13.0 steps in front of Back side line
10	30	Left: 1.0 steps outside 40 yd In	11.0 steps behind Back Hash (HS)
11	40	Left: 1.0 steps outside 30 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 1.0 steps outside 30 yd In	4.0 steps behind Back Hash (HS)
12	32	Left: 3.25 steps outside 45 yd In	10.75 steps in front of Back Hash (HS)
13	32	Left: 3.25 steps outside 45 yd In	10.75 steps in front of Back Hash (HS)
14	34	Left: On 45 yd In	On Back Hash (HS)
15	18	Right: 4.0 steps outside 50 yd In	On Back Hash (HS)
16	24	Right: 3.0 steps outside 45 yd In	On Back Hash (HS)
17	30	Right: 3.0 steps outside 45 yd In	On Back Hash (HS)
18	24	Right: 3.0 steps outside 45 yd In	On Back Hash (HS)
19	46	Right: 3.0 steps outside 45 yd In	On Back Hash (HS)
20	38	Right: 0.5 steps outside 50 yd In	12.25 steps behind Back Hash (HS)

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Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 4.0 steps outside 40 yd In	On Back side line
1	28	Right: 2.0 steps inside 20 yd In	6.0 steps in front of Back side line
2	28	Right: 2.0 steps inside 20 yd In	6.0 steps in front of Back side line
3	30	Right: On 35 yd In	4.75 steps in front of Back side line
4	36	Right: 2.5 steps inside 45 yd In	13.25 steps in front of Back side line
5	40	Left: 1.0 steps inside 40 yd In	14.0 steps in front of Back side line
6	16	Left: 1.0 steps inside 40 yd In	14.0 steps in front of Back side line
7	16	Left: 1.75 steps outside 40 yd In	10.25 steps behind Back Hash (HS)
8	40	Left: 1.75 steps outside 40 yd In	10.25 steps behind Back Hash (HS)
9	28	Left: 4.0 steps outside 50 yd In	12.0 steps in front of Back side line
10	30	Left: 2.0 steps inside 40 yd In	14.0 steps in front of Back side line
11	40	Left: 2.0 steps inside 30 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 30 yd In	4.0 steps behind Back Hash (HS)
12	32	Left: 1.0 steps outside 45 yd In	8.5 steps in front of Back Hash (HS)
13	32	Left: 1.0 steps outside 45 yd In	8.5 steps in front of Back Hash (HS)
14	34	Left: 3.0 steps inside 45 yd In	On Back Hash (HS)
15	18	Right: 1.0 steps inside 45 yd In	On Back Hash (HS)
16	24	Right: 2.0 steps inside 40 yd In	On Back Hash (HS)
17	30	Right: 2.0 steps inside 40 yd In	On Back Hash (HS)
18	24	Right: 2.0 steps inside 40 yd In	On Back Hash (HS)
19	46	Right: 2.0 steps inside 40 yd In	On Back Hash (HS)
20	38	Right: 3.25 steps outside 50 yd In	13.25 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps outside 45 yd In	2.0 steps in front of Back side line
1	28	Right: 4.0 steps outside 30 yd In	8.0 steps in front of Back side line
2	28	Right: 4.0 steps outside 30 yd In	8.0 steps in front of Back side line
3	30	Right: 3.0 steps outside 35 yd In	4.75 steps in front of Back side line
4	36	Right: 0.25 steps outside 45 yd In	12.0 steps in front of Back side line
5	40	Left: 4.0 steps inside 40 yd In	14.0 steps in front of Back side line
6	16	Left: 4.0 steps inside 40 yd In	14.0 steps in front of Back side line
7	16	Left: 0.75 steps inside 40 yd In	12.0 steps behind Back Hash (HS)
8	40	Left: 0.75 steps inside 40 yd In	12.0 steps behind Back Hash (HS)
9	28	Left: 1.0 steps outside 50 yd In	11.0 steps in front of Back side line
10	30	Left: 3.0 steps outside 45 yd In	11.0 steps in front of Back side line
11	40	Left: 3.0 steps outside 35 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 3.0 steps outside 35 yd In	4.0 steps behind Back Hash (HS)
12	32	Left: 1.5 steps inside 45 yd In	6.75 steps in front of Back Hash (HS)
13	32	Left: 1.5 steps inside 45 yd In	6.75 steps in front of Back Hash (HS)
14	34	Left: 2.0 steps outside 50 yd In	On Back Hash (HS)
15	18	Right: 2.0 steps outside 45 yd In	On Back Hash (HS)
16	24	Right: 1.0 steps outside 40 yd In	On Back Hash (HS)
17	30	Right: 1.0 steps outside 40 yd In	On Back Hash (HS)
18	24	Right: 1.0 steps outside 40 yd In	On Back Hash (HS)
19	46	Right: 1.0 steps outside 40 yd In	On Back Hash (HS)
20	38	Right: 1.75 steps inside 45 yd In	13.75 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps inside 40 yd In	2.0 steps in front of Back side line
1	28	Right: On 25 yd In	8.0 steps in front of Back side line
2	28	Right: On 25 yd In	8.0 steps in front of Back side line
3	30	Right: 2.0 steps inside 30 yd In	5.25 steps in front of Back side line
4	36	Right: 3.25 steps outside 45 yd In	11.25 steps in front of Back side line
5	40	Left: 1.0 steps outside 45 yd In	14.0 steps in front of Back side line
6	16	Left: 1.0 steps outside 45 yd In	14.0 steps in front of Back side line
7	16	Left: 3.25 steps inside 40 yd In	13.5 steps behind Back Hash (HS)
8	40	Left: 3.25 steps inside 40 yd In	13.5 steps behind Back Hash (HS)
9	28	Right: 2.0 steps outside 50 yd In	10.25 steps in front of Back side line
10	30	Left: On 45 yd In	8.0 steps in front of Back side line
11	40	Left: On 35 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 35 yd In	4.0 steps behind Back Hash (HS)
12	32	Left: 3.75 steps outside 50 yd In	5.75 steps in front of Back Hash (HS)
13	32	Left: 3.75 steps outside 50 yd In	5.75 steps in front of Back Hash (HS)
14	34	Right: 1.0 steps outside 50 yd In	On Back Hash (HS)
15	18	Right: 3.0 steps inside 40 yd In	On Back Hash (HS)
16	24	Right: 4.0 steps outside 40 yd In	On Back Hash (HS)
17	30	Right: 4.0 steps outside 40 yd In	On Back Hash (HS)
18	24	Right: 4.0 steps outside 40 yd In	On Back Hash (HS)
19	46	Right: 4.0 steps outside 40 yd In	On Back Hash (HS)
20	38	Right: 1.25 steps outside 45 yd In	14.0 steps in front of Back side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Symbol: U	Label: U7	ID:53	Drill: EAHS One 2021
						Front-Back
0	0	Right: 2.0 steps outside 40 yd In				2.0 steps in front of Back side line
1	28	Right: 4.0 steps outside 25 yd In				8.0 steps in front of Back side line
2	28	Right: 4.0 steps outside 25 yd In				8.0 steps in front of Back side line
3	30	Right: 1.0 steps outside 30 yd In				5.75 steps in front of Back side line
4	36	Right: 2.0 steps inside 40 yd In				10.75 steps in front of Back side line
5	40	Left: 2.0 steps inside 45 yd In				14.0 steps in front of Back side line
6	16	Left: 2.0 steps inside 45 yd In				14.0 steps in front of Back side line
7	16	Left: 2.0 steps outside 45 yd In				13.25 steps in front of Back side line
8	40	Left: 2.0 steps outside 45 yd In				13.25 steps in front of Back side line
9	28	Right: 3.0 steps inside 45 yd In				9.75 steps in front of Back side line
10	30	Left: 1.0 steps inside 45 yd In				5.0 steps behind Back Hash (HS)
11	40	Left: 3.0 steps inside 35 yd In				4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Symbol: U	Label: U7	ID:53	Drill: 21 EA Two
						Front-Back
11	0	Left: 3.0 steps inside 35 yd In				4.0 steps behind Back Hash (HS)
12	32	Left: 0.75 steps outside 50 yd In				5.0 steps in front of Back Hash (HS)
13	32	Left: 0.75 steps outside 50 yd In				5.0 steps in front of Back Hash (HS)
14	34	Right: 4.0 steps outside 50 yd In				On Back Hash (HS)
15	18	Right: On 40 yd In				On Back Hash (HS)
16	24	Right: 1.0 steps inside 35 yd In				On Back Hash (HS)
17	30	Right: 1.0 steps inside 35 yd In				On Back Hash (HS)
18	24	Right: 1.0 steps inside 35 yd In				On Back Hash (HS)
19	46	Right: 1.0 steps inside 35 yd In				On Back Hash (HS)
20	38	Right: 3.75 steps inside 40 yd In				14.0 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Symbol: U	Label: U8	ID:122	Drill: EAHS One 2021
						Front-Back
0	0	Right: 4.0 steps outside 45 yd In				4.0 steps in front of Back side line
1	28	Right: 2.0 steps inside 25 yd In				10.0 steps in front of Back side line
2	28	Right: 2.0 steps inside 25 yd In				10.0 steps in front of Back side line
3	30	Right: 4.0 steps outside 30 yd In				6.75 steps in front of Back side line
4	36	Right: 1.0 steps outside 40 yd In				10.25 steps in front of Back side line
5	40	Left: 3.0 steps outside 50 yd In				14.0 steps in front of Back side line
6	16	Left: 3.0 steps outside 50 yd In				14.0 steps in front of Back side line
7	16	Left: 0.75 steps inside 45 yd In				12.0 steps in front of Back side line
8	40	Left: 0.75 steps inside 45 yd In				12.0 steps in front of Back side line
9	28	Right: On 45 yd In				9.5 steps in front of Back side line
10	30	Left: 4.0 steps inside 45 yd In				8.0 steps behind Back Hash (HS)
11	40	Left: 2.0 steps outside 40 yd In				4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Symbol: U	Label: U8	ID:122	Drill: 21 EA Two
						Front-Back
11	0	Left: 2.0 steps outside 40 yd In				4.0 steps behind Back Hash (HS)
12	32	Right: 2.25 steps outside 50 yd In				5.0 steps in front of Back Hash (HS)
13	32	Right: 2.25 steps outside 50 yd In				5.0 steps in front of Back Hash (HS)
14	34	Right: 1.0 steps inside 45 yd In				On Back Hash (HS)
15	18	Right: 3.0 steps outside 40 yd In				On Back Hash (HS)
16	24	Right: 2.0 steps outside 35 yd In				On Back Hash (HS)
17	30	Right: 2.0 steps outside 35 yd In				On Back Hash (HS)
18	24	Right: 2.0 steps outside 35 yd In				On Back Hash (HS)
19	46	Right: 2.0 steps outside 35 yd In				On Back Hash (HS)
20	38	Right: 0.75 steps inside 40 yd In				13.75 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Symbol: X	Label: X1	ID:109	Drill: EAHS One 2021
						Front-Back
0	0	Right: On 40 yd In				4.0 steps in front of Back side line
1	28	Right: 2.0 steps outside 25 yd In				10.0 steps in front of Back side line
2	28	Right: 2.0 steps outside 25 yd In				10.0 steps in front of Back side line
3	30	Right: 1.25 steps inside 25 yd In				8.0 steps in front of Back side line
4	36	Right: 4.0 steps outside 40 yd In				10.25 steps in front of Back side line
5	40	On 50 yd In				14.0 steps in front of Back side line
6	16	On 50 yd In				14.0 steps in front of Back side line
7	16	Left: 3.5 steps inside 45 yd In				11.0 steps in front of Back side line
8	40	Left: 3.5 steps inside 45 yd In				11.0 steps in front of Back side line
9	28	Right: 3.0 steps outside 45 yd In				9.25 steps in front of Back side line
10	30	Left: 1.0 steps outside 50 yd In				11.0 steps behind Back Hash (HS)
11	40	Left: 1.0 steps inside 40 yd In				4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Symbol: X	Label: X1	ID:109	Drill: 21 EA Two
						Front-Back
11	0	Left: 1.0 steps inside 40 yd In				4.0 steps behind Back Hash (HS)
12	32	Right: 2.75 steps inside 45 yd In				5.75 steps in front of Back Hash (HS)
13	32	Right: 2.75 steps inside 45 yd In				5.75 steps in front of Back Hash (HS)
14	34	Right: 2.0 steps outside 45 yd In				On Back Hash (HS)
15	18	Right: 2.0 steps inside 35 yd In				On Back Hash (HS)
16	24	Right: 3.0 steps inside 30 yd In				On Back Hash (HS)
17	30	Right: 3.0 steps inside 30 yd In				On Back Hash (HS)
18	24	Right: 3.0 steps inside 30 yd In				On Back Hash (HS)
19	46	Right: 3.0 steps inside 30 yd In				On Back Hash (HS)
20	38	Right: 2.25 steps outside 40 yd In				13.0 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: in "EA Band 2021"

Set	Counts	Left-Right	Symbol: X	Label: X2	ID:107	Drill: EAHS One 2021
						Front-Back
0	0	Right: 2.0 steps inside 40 yd In				6.0 steps in front of Back side line
1	28	Right: On 25 yd In				12.0 steps in front of Back side line
2	28	Right: On 25 yd In				12.0 steps in front of Back side line
3	30	Right: 1.25 steps outside 25 yd In				9.25 steps in front of Back side line
4	36	Right: 1.0 steps inside 35 yd In				10.5 steps in front of Back side line
5	40	Right: 3.0 steps outside 50 yd In				14.0 steps in front of Back side line
6	16	Right: 3.0 steps outside 50 yd In				14.0 steps in front of Back side line
7	16	Left: 1.75 steps outside 50 yd In				10.25 steps in front of Back side line
8	40	Left: 1.75 steps outside 50 yd In				10.25 steps in front of Back side line
9	28	Right: 2.0 steps inside 40 yd In				9.5 steps in front of Back side line
10	30	Right: 2.0 steps outside 50 yd In				14.0 steps in front of Back side line
11	40	Left: 4.0 steps inside 40 yd In				4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Symbol: X	Label: X2	ID:107	Drill: 21 EA Two
						Front-Back
11	0	Left: 4.0 steps inside 40 yd In				4.0 steps behind Back Hash (HS)
12	32	Right: On 45 yd In				6.75 steps in front of Back Hash (HS)
13	32	Right: On 45 yd In				6.75 steps in front of Back Hash (HS)
14	34	Right: 3.0 steps inside 40 yd In				On Back Hash (HS)
15	18	Right: 1.0 steps outside 35 yd In				On Back Hash (HS)
16	24	Right: On 30 yd In				On Back Hash (HS)
17	30	Right: On 30 yd In				On Back Hash (HS)
18	24	Right: On 30 yd In				On Back Hash (HS)
19	46	Right: On 30 yd In				On Back Hash (HS)
20	38	Right: 3.0 steps inside 35 yd In				12.0 steps behind Back Hash (HS)

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: On 50 yd In	7.5 steps in front of Back Hash (HS)
1	28	Right: On 50 yd In	7.5 steps in front of Back Hash (HS)
2	28	Right: On 50 yd In	7.5 steps in front of Back Hash (HS)
3	30	Left: 1.0 steps outside 50 yd In	4.0 steps in front of Back Hash (HS)
4	36	Left: 1.0 steps outside 50 yd In	4.0 steps behind Front Hash (HS)
5	40	Right: 4.0 steps outside 40 yd In	On Front Hash (HS)
6	16	Right: 4.0 steps outside 40 yd In	On Front Hash (HS)
7	16	Right: 4.0 steps outside 40 yd In	12.0 steps in front of Back Hash (HS)
8	40	Right: 4.0 steps outside 40 yd In	12.0 steps in front of Back Hash (HS)
9	28	Right: On 40 yd In	8.0 steps in front of Back Hash (HS)
10	30	Left: 2.0 steps outside 50 yd In	6.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)
12	32	Left: 4.0 steps inside 35 yd In	8.0 steps behind Front Hash (HS)
13	32	Left: 1.0 steps outside 50 yd In	8.0 steps behind Back Hash (HS)
14	34	Left: On 40 yd In	6.0 steps in front of Back side line
15	18	Left: 3.0 steps inside 45 yd In	10.0 steps in front of Back side line
16	24	Right: 2.0 steps inside 45 yd In	8.0 steps behind Back Hash (HS)
17	30	Right: On 35 yd In	8.0 steps behind Back Hash (HS)
18	24	Right: On 35 yd In	8.0 steps behind Back Hash (HS)
19	46	Right: On 35 yd In	8.0 steps behind Back Hash (HS)
20	38	Right: 3.25 steps inside 40 yd In	9.75 steps in front of Back side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 2.0 steps outside 50 yd In	6.25 steps in front of Back Hash (HS)
1	28	Right: 2.0 steps outside 50 yd In	6.25 steps in front of Back Hash (HS)
2	28	Right: 2.0 steps outside 50 yd In	6.25 steps in front of Back Hash (HS)
3	30	Right: 3.0 steps inside 45 yd In	4.0 steps in front of Back Hash (HS)
4	36	Right: 3.0 steps inside 45 yd In	4.0 steps behind Front Hash (HS)
5	40	Right: On 35 yd In	4.0 steps behind Front Hash (HS)
6	16	Right: On 35 yd In	4.0 steps behind Front Hash (HS)
7	16	Right: On 35 yd In	8.0 steps in front of Back Hash (HS)
8	40	Right: On 35 yd In	8.0 steps in front of Back Hash (HS)
9	28	Right: On 35 yd In	8.0 steps in front of Back Hash (HS)
10	30	Right: 2.0 steps outside 50 yd In	6.0 steps in front of Back Hash (HS)
11	40	Left: On 45 yd In	12.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 45 yd In	12.0 steps behind Front Hash (HS)
12	32	Left: 1.0 steps inside 35 yd In	8.0 steps behind Front Hash (HS)
13	32	Left: 4.0 steps inside 45 yd In	8.0 steps behind Back Hash (HS)
14	34	Left: 3.0 steps outside 40 yd In	6.75 steps in front of Back side line
15	18	Left: On 45 yd In	10.25 steps in front of Back side line
16	24	Right: 3.0 steps outside 50 yd In	8.0 steps behind Back Hash (HS)
17	30	Right: 3.0 steps inside 35 yd In	8.0 steps behind Back Hash (HS)
18	24	Right: 3.0 steps inside 35 yd In	8.0 steps behind Back Hash (HS)
19	46	Right: 3.0 steps inside 35 yd In	8.0 steps behind Back Hash (HS)
20	38	Right: 2.0 steps outside 45 yd In	8.5 steps in front of Back side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Right: 1.25 steps outside 50 yd In	4.25 steps in front of Back Hash (HS)
1	28	Right: 1.25 steps outside 50 yd In	4.25 steps in front of Back Hash (HS)
2	28	Right: 1.25 steps outside 50 yd In	4.25 steps in front of Back Hash (HS)
3	30	Right: 2.0 steps outside 50 yd In	4.0 steps in front of Back Hash (HS)
4	36	Right: 2.0 steps outside 50 yd In	4.0 steps behind Front Hash (HS)
5	40	Right: 2.0 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
6	16	Right: 2.0 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
7	16	Right: 2.0 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
8	40	Right: 2.0 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
9	28	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
10	30	On 50 yd In	4.0 steps in front of Back Hash (HS)
11	40	Left: 2.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: 2.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)
12	32	Left: 2.0 steps outside 35 yd In	8.0 steps behind Front Hash (HS)
13	32	Left: 1.0 steps inside 45 yd In	8.0 steps behind Back Hash (HS)
14	34	Left: 2.25 steps inside 35 yd In	7.75 steps in front of Back side line
15	18	Left: 3.0 steps outside 45 yd In	10.75 steps in front of Back side line
16	24	On 50 yd In	8.0 steps behind Back Hash (HS)
17	30	Right: 2.0 steps outside 40 yd In	8.0 steps behind Back Hash (HS)
18	24	Right: 2.0 steps outside 40 yd In	8.0 steps behind Back Hash (HS)
19	46	Right: 2.0 steps outside 40 yd In	8.0 steps behind Back Hash (HS)
20	38	Right: 0.75 steps inside 45 yd In	7.5 steps in front of Back side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer: _____ in "EA Band 2021"

Set	Counts	Left-Right	Drill: EAHS One 2021 Front-Back
0	0	Left: 1.0 steps outside 50 yd In	4.25 steps in front of Back Hash (HS)
1	28	Left: 1.0 steps outside 50 yd In	4.25 steps in front of Back Hash (HS)
2	28	Left: 1.0 steps outside 50 yd In	4.25 steps in front of Back Hash (HS)
3	30	Left: 4.0 steps inside 45 yd In	4.0 steps in front of Back Hash (HS)
4	36	Left: 4.0 steps inside 45 yd In	4.0 steps behind Front Hash (HS)
5	40	Right: 2.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
6	16	Right: 2.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps outside 40 yd In	14.0 steps in front of Back Hash (HS)
8	40	Right: 2.0 steps outside 40 yd In	14.0 steps in front of Back Hash (HS)
9	28	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
10	30	Left: 4.0 steps inside 45 yd In	4.0 steps in front of Back Hash (HS)
11	40	Left: On 45 yd In	12.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Drill: 21 EA Two Front-Back
11	0	Left: On 45 yd In	12.0 steps in front of Back Hash (HS)
12	32	Left: 3.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
13	32	Left: 2.0 steps outside 45 yd In	8.0 steps behind Back Hash (HS)
14	34	Left: 0.5 steps outside 35 yd In	9.0 steps in front of Back side line
15	18	Left: 2.0 steps inside 40 yd In	11.75 steps in front of Back side line
16	24	Left: 3.0 steps outside 50 yd In	8.0 steps behind Back Hash (HS)
17	30	Right: 1.0 steps inside 40 yd In	8.0 steps behind Back Hash (HS)
18	24	Right: 1.0 steps inside 40 yd In	8.0 steps behind Back Hash (HS)
19	46	Right: 1.0 steps inside 40 yd In	8.0 steps behind Back Hash (HS)
20	38	Right: 3.75 steps inside 45 yd In	7.0 steps in front of Back side line

Printed: Fri, Aug 6, 2021 at 10:33 AM

Performer:

in "EA Band 2021"

Performer: (unnamed) Symbol: Y Label: Y5 ID:255				Drill: EAHS One 2021
Set	Counts	Left-Right		Front-Back
0	0	Left: 1.75 steps outside 50 yd ln		6.25 steps in front of Back Hash (HS)
1	28	Left: 1.75 steps outside 50 yd ln		6.25 steps in front of Back Hash (HS)
2	28	Left: 1.75 steps outside 50 yd ln		6.25 steps in front of Back Hash (HS)
3	30	Left: 1.0 steps inside 45 yd ln		4.0 steps in front of Back Hash (HS)
4	36	Left: 1.0 steps inside 45 yd ln		4.0 steps behind Front Hash (HS)
5	40	Right: On 40 yd ln		4.0 steps in front of Front Hash (HS)
6	16	Right: On 40 yd ln		4.0 steps in front of Front Hash (HS)
7	16	Right: On 40 yd ln		12.0 steps behind Front Hash (HS)
8	40	Right: On 40 yd ln		12.0 steps behind Front Hash (HS)
9	28	Right: On 45 yd ln		8.0 steps in front of Back Hash (HS)
10	30	Left: 2.0 steps inside 45 yd ln		6.0 steps in front of Back Hash (HS)
11	40	Left: 4.0 steps inside 40 yd ln		12.0 steps in front of Back Hash (HS)

Performer: (unnamed) Symbol: Y Label: Y5 ID:255				Drill: 21 EA Two
Set	Counts	Left-Right		Front-Back
11	0	Left: 4.0 steps inside 40 yd ln		12.0 steps in front of Back Hash (HS)
12	32	Left: On 30 yd ln		8.0 steps behind Front Hash (HS)
13	32	Left: 3.0 steps inside 40 yd ln		8.0 steps behind Back Hash (HS)
14	34	Left: 3.0 steps outside 35 yd ln		11.0 steps in front of Back side line
15	18	Left: 0.5 steps outside 40 yd ln		13.25 steps in front of Back side line
16	24	Left: 2.0 steps inside 45 yd ln		8.0 steps behind Back Hash (HS)
17	30	Right: 4.0 steps outside 45 yd ln		8.0 steps behind Back Hash (HS)
18	24	Right: 4.0 steps outside 45 yd ln		8.0 steps behind Back Hash (HS)
19	46	Right: 4.0 steps outside 45 yd ln		8.0 steps behind Back Hash (HS)
20	38	Right: 1.25 steps outside 50 yd ln		7.0 steps in front of Back side line