

Drill: Porter Ridge 2017 - Movement 1

Set	Counts	Side 1-Side 2	Back-Front
1	0	Side 2: On 20 yd In	2.0 steps in front of Front Hash (HS)
1A	8	Side 2: 2.0 steps inside 20 yd In	3.0 steps in front of Front Hash (HS)
1B	8	Side 2: 2.0 steps inside 20 yd In	3.0 steps in front of Front Hash (HS)
2	8	Side 2: 2.0 steps inside 20 yd In	3.0 steps in front of Front Hash (HS)
3	8	Side 2: On 20 yd In	2.0 steps in front of Front Hash (HS)
4	8	Side 2: 4.0 steps outside 20 yd In	6.0 steps in front of Front Hash (HS)
5	8	Side 2: 0.25 steps inside 15 yd In	11.75 steps in front of Front Hash (HS)
6	8	Side 2: 0.25 steps inside 15 yd In	11.75 steps in front of Front Hash (HS)
7	16	Side 2: 2.0 steps inside 15 yd In	2.75 steps in front of Front Hash (HS)
8	16	Side 2: 4.0 steps inside 15 yd In	3.75 steps in front of Front Hash (HS)
9	8	Side 2: 3.25 steps inside 20 yd In	5.0 steps in front of Front Hash (HS)
10	8	Side 2: 3.25 steps inside 20 yd In	5.0 steps in front of Front Hash (HS)
11	16	Side 2: 1.5 steps outside 30 yd In	4.75 steps behind Front Hash (HS)
12	16	Side 2: 2.0 steps outside 40 yd In	9.0 steps behind Front Hash (HS)
13	16	Side 2: 3.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
14	16	Side 2: 3.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
14A	2	Side 2: 3.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
14B	2	Side 2: 3.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
14C	2	Side 2: 3.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
14D	2	Side 2: 3.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
15	8	Side 2: 2.0 steps inside 40 yd In	On Front Hash (HS)
16	8	Side 2: 2.0 steps inside 40 yd In	2.0 steps in front of Front Hash (HS)
17	24	Side 2: 2.0 steps inside 40 yd In	2.0 steps in front of Front Hash (HS)
17A	2	Side 2: 2.0 steps inside 40 yd In	On Front Hash (HS)
17B	2	Side 2: 4.0 steps outside 45 yd In	On Front Hash (HS)
17C	2	Side 2: 4.0 steps outside 45 yd In	2.0 steps in front of Front Hash (HS)
18	2	Side 2: 2.0 steps inside 40 yd In	2.0 steps in front of Front Hash (HS)
19	8	Side 2: 2.0 steps inside 35 yd In	2.0 steps in front of Front Hash (HS)
20	8	Side 2: 2.0 steps inside 35 yd In	2.0 steps in front of Front Hash (HS)
21	8	Side 2: 2.0 steps inside 30 yd In	2.0 steps in front of Front Hash (HS)
22	8	Side 2: 2.0 steps inside 25 yd In	2.0 steps in front of Front Hash (HS)
23	8	Side 2: 3.25 steps inside 25 yd In	6.75 steps in front of Front Hash (HS)
24	16	Side 2: 3.25 steps inside 25 yd In	6.75 steps in front of Front Hash (HS)

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Set	Counts	Side 1-Side 2	Back-Front
1	0	Side 2: 1.0 steps inside 20 yd In	4.0 steps in front of Front Hash (HS)
1A	8	Side 2: 4.0 steps outside 25 yd In	4.0 steps in front of Front Hash (HS)
1B	8	Side 2: 4.0 steps outside 25 yd In	4.0 steps in front of Front Hash (HS)
2	8	Side 2: 4.0 steps outside 25 yd In	4.0 steps in front of Front Hash (HS)
3	8	Side 2: 4.0 steps outside 20 yd In	6.0 steps in front of Front Hash (HS)
4	8	Side 2: 4.0 steps outside 20 yd In	10.0 steps in front of Front Hash (HS)
5	8	Side 2: 2.0 steps inside 15 yd In	12.0 steps in front of Front Hash (HS)
6	8	Side 2: 2.0 steps inside 15 yd In	12.0 steps in front of Front Hash (HS)
7	16	Side 2: 2.0 steps inside 15 yd In	5.0 steps in front of Front Hash (HS)
8	16	Side 2: 2.5 steps inside 15 yd In	6.5 steps in front of Front Hash (HS)
9	8	Side 2: 1.75 steps inside 20 yd In	7.25 steps in front of Front Hash (HS)
10	8	Side 2: 1.75 steps inside 20 yd In	7.25 steps in front of Front Hash (HS)
11	16	Side 2: 4.0 steps outside 30 yd In	3.75 steps behind Front Hash (HS)
12	16	Side 2: 3.5 steps inside 35 yd In	8.75 steps behind Front Hash (HS)
13	16	Side 2: 4.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
14	16	Side 2: 4.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
14A	2	Side 2: 4.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
14B	2	Side 2: 4.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
14C	2	Side 2: 4.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
14D	2	Side 2: 4.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
15	8	Side 2: On 40 yd In	On Front Hash (HS)
16	8	Side 2: On 40 yd In	On Front Hash (HS)
17	24	Side 2: On 40 yd In	On Front Hash (HS)
17A	2	Side 2: On 40 yd In	2.0 steps in front of Front Hash (HS)
17B	2	Side 2: 2.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
17C	2	Side 2: 2.0 steps outside 40 yd In	On Front Hash (HS)
18	2	Side 2: On 40 yd In	On Front Hash (HS)
19	8	Side 2: On 35 yd In	2.0 steps in front of Front Hash (HS)
20	8	Side 2: On 35 yd In	2.0 steps in front of Front Hash (HS)
21	8	Side 2: On 30 yd In	2.0 steps in front of Front Hash (HS)
22	8	Side 2: On 25 yd In	2.0 steps in front of Front Hash (HS)
23	8	Side 2: 1.0 steps inside 25 yd In	6.75 steps in front of Front Hash (HS)
24	16	Side 2: 1.0 steps inside 25 yd In	6.75 steps in front of Front Hash (HS)