Presenter: _____

School: _____

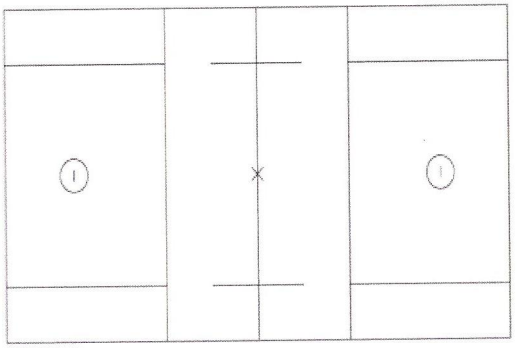
Off /Def /FO /Goal /Develop /Game Play

Key Points:

-
-
-
-
-

Notes: _____

Description: _____



Alignment

Play

Drill

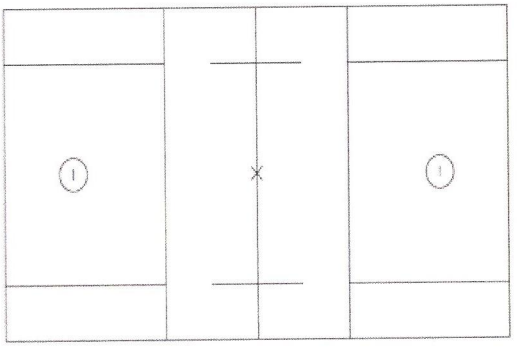
Cardio

Agility

Outcome: _____

Outcome: _____

Description: _____



Alignment

Play

Drill

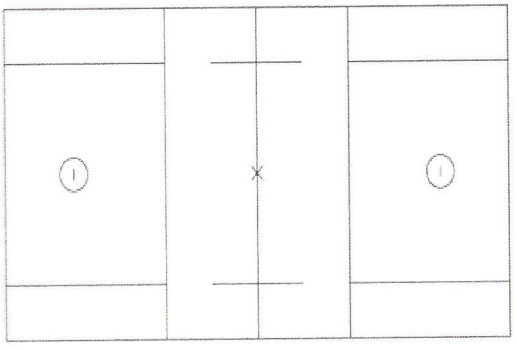
Cardio

Agility

Outcome: _____

Outcome: _____

Description: _____



Alignment

Play

Drill

Cardio

Agility

Outcome: _____

Outcome: _____

OHIO MACHINE

USLacrosse