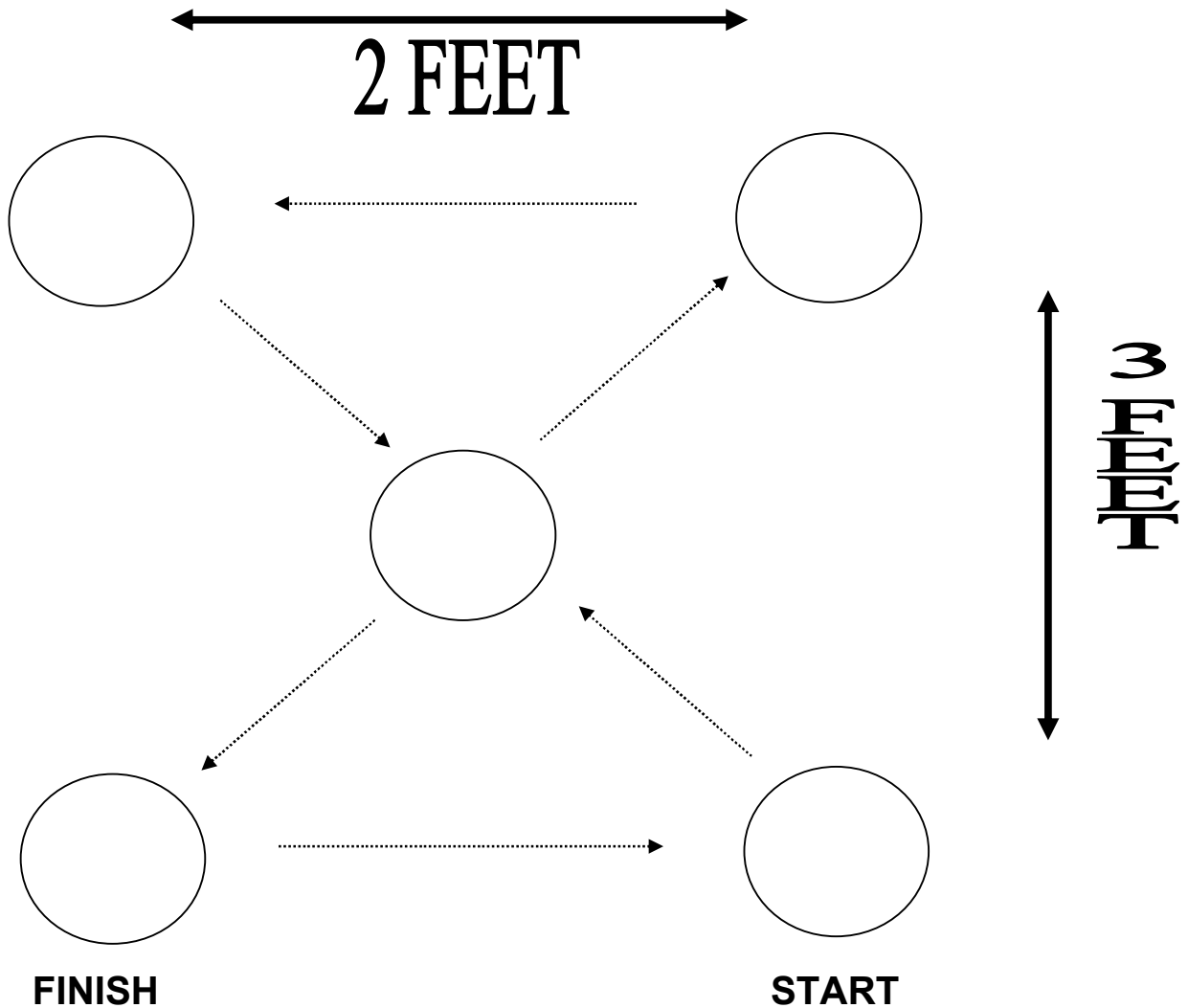


DOT DRILL

Bigger, Faster, Stronger - Program



6 TIMES EACH

2 FEET

RIGHT FOOT

LEFT FOOT

APART TOGETHER APART

APART TOGETHER APART - 1/2 TURN

RECOMMENDED 5 TIMES PER WEEK

YOU WILL BECOME QUICKER & FASTER

TIME YOURSELF, HAVE SOMEONE COUNT YOUR MISTAKES.

1/10 SECOND PENALTY FOR EACH MISS

UNDER 1 MINUTE - AVE H.S. ATHLETE, UNDER 50 SEC. - ALL- STATE ATHLETE, UNDER 45 SEC. WORLD CLASS ATHLETE