

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva Ia

Set	Counts	Left-Right	Back-Front
0	0	Left: 1.0 steps inside 15 yd In	12.0 steps in front of Back side line
1	16	Left: 4.0 steps inside 15 yd In	14.0 steps in front of Back side line
2	8	Left: 4.0 steps inside 20 yd In	14.0 steps in front of Back side line
3	16	Left: 2.0 steps outside 25 yd In	6.0 steps behind Back Hash (HS)
4	16	Left: 2.0 steps inside 25 yd In	On Back Hash (HS)
5	8	Left: 2.0 steps inside 30 yd In	On Back Hash (HS)
6	16	Left: On 25 yd In	8.0 steps in front of Back Hash (HS)
7	16	Left: 3.25 steps outside 30 yd In	7.75 steps behind Front Hash (HS)
8	8	Left: 3.25 steps outside 30 yd In	0.25 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 25 yd In	4.0 steps in front of Front Hash (HS)
10	16	Left: 2.0 steps outside 25 yd In	5.25 steps behind Front Hash (HS)
11	16	Left: 1.5 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
12	32	Left: On 40 yd In	13.5 steps behind Front Hash (HS)
13	32	Left: 2.0 steps outside 40 yd In	14.0 steps in front of Back Hash (HS)
14	16	Left: 0.25 steps outside 35 yd In	13.0 steps behind Front Hash (HS)
15	25	Left: On 35 yd In	8.0 steps in front of Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva Ia

Set	Counts	Left-Right	Back-Front
0	0	Left: On 25 yd In	12.0 steps in front of Back side line
1	16	Left: On 25 yd In	14.0 steps in front of Back side line
2	8	Left: On 30 yd In	14.0 steps in front of Back side line
3	16	Left: 2.0 steps inside 30 yd In	6.0 steps behind Back Hash (HS)
4	16	Left: 2.0 steps outside 35 yd In	On Back Hash (HS)
5	8	Left: 2.0 steps outside 40 yd In	On Back Hash (HS)
6	16	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
7	16	Left: 1.0 steps outside 30 yd In	7.75 steps behind Front Hash (HS)
8	8	Left: 1.0 steps outside 30 yd In	0.25 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 25 yd In	4.0 steps in front of Front Hash (HS)
10	16	Left: 1.0 steps inside 25 yd In	6.0 steps behind Front Hash (HS)
11	16	Left: 3.75 steps outside 35 yd In	13.0 steps in front of Back Hash (HS)
12	32	Left: 2.25 steps inside 40 yd In	14.0 steps behind Front Hash (HS)
13	32	Left: 1.0 steps inside 40 yd In	14.0 steps in front of Back Hash (HS)
14	16	Left: 2.75 steps inside 35 yd In	13.25 steps behind Front Hash (HS)
15	25	Left: 3.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva Ia

Set	Counts	Left-Right	Back-Front
0	0	Left: On 40 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	10.0 steps behind Front Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	10.0 steps behind Front Hash (HS)
3	16	Right: On 45 yd In	8.0 steps behind Front Hash (HS)
4	16	Right: On 40 yd In	4.0 steps in front of Front Hash (HS)
5	8	Right: On 35 yd In	4.0 steps in front of Front Hash (HS)
6	16	Right: On 40 yd In	2.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
8	8	Right: 2.0 steps outside 35 yd In	12.0 steps behind Front side line
9	40	Right: 2.0 steps outside 30 yd In	12.0 steps behind Front side line
10	16	Right: 0.25 steps outside 25 yd In	4.5 steps behind Front side line
11	16	Right: 1.25 steps outside 25 yd In	13.0 steps behind Front side line
12	32	Right: 2.75 steps outside 30 yd In	13.75 steps behind Front side line
13	32	Right: 2.0 steps inside 30 yd In	12.0 steps behind Front side line
14	16	Right: 1.0 steps outside 35 yd In	12.25 steps behind Front side line
15	25	Right: 3.5 steps inside 30 yd In	4.75 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva Ia

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 50 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
2	8	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
3	16	Right: 2.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)
4	16	Right: 2.0 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)
5	8	Right: 2.0 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)
6	16	Right: 4.0 steps outside 40 yd In	6.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 30 yd In	6.0 steps in front of Front Hash (HS)
8	8	Right: 4.0 steps outside 30 yd In	14.0 steps behind Front side line
9	40	Right: 2.0 steps inside 25 yd In	8.0 steps behind Front side line
10	16	Right: 3.0 steps outside 25 yd In	5.75 steps behind Front side line
11	16	Right: 3.75 steps outside 25 yd In	13.5 steps in front of Front Hash (HS)
12	32	Right: 3.0 steps outside 30 yd In	11.75 steps in front of Front Hash (HS)
13	32	Right: 2.0 steps inside 30 yd In	13.0 steps in front of Front Hash (HS)
14	16	Right: 3.5 steps outside 35 yd In	13.0 steps behind Front side line
15	25	Right: 0.75 steps inside 30 yd In	5.75 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
1	16	On 50 yd In	6.0 steps behind Front Hash (HS)
2	8	Right: On 45 yd In	6.0 steps behind Front Hash (HS)
3	16	Right: On 45 yd In	2.0 steps behind Front Hash (HS)
4	16	Right: 4.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
5	8	Right: 4.0 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
6	16	Right: 4.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 30 yd In	2.0 steps in front of Front Hash (HS)
8	8	Right: 4.0 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 25 yd In	12.0 steps behind Front side line
10	16	Right: 2.5 steps inside 20 yd In	7.25 steps behind Front side line
11	16	Right: 2.25 steps inside 20 yd In	11.25 steps in front of Front Hash (HS)
12	32	Right: 2.75 steps outside 30 yd In	9.25 steps in front of Front Hash (HS)
13	32	Right: 2.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
14	16	Right: 2.5 steps inside 30 yd In	13.75 steps in front of Front Hash (HS)
15	25	Right: 1.75 steps outside 30 yd In	7.5 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
1	16	Right: 4.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
2	8	Right: 4.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
3	16	Right: 2.0 steps inside 40 yd In	2.0 steps behind Front Hash (HS)
4	16	Right: 2.0 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
5	8	Right: 2.0 steps outside 30 yd In	4.0 steps in front of Front Hash (HS)
6	16	Right: On 35 yd In	6.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)
8	8	Right: 4.0 steps outside 30 yd In	12.0 steps behind Front side line
9	40	Right: 2.0 steps outside 25 yd In	8.0 steps behind Front side line
10	16	Right: On 20 yd In	9.0 steps behind Front side line
11	16	Right: 1.25 steps inside 20 yd In	8.5 steps in front of Front Hash (HS)
12	32	Right: 2.25 steps outside 30 yd In	7.0 steps in front of Front Hash (HS)
13	32	Right: 2.0 steps inside 30 yd In	7.0 steps in front of Front Hash (HS)
14	16	Right: 0.75 steps inside 30 yd In	12.0 steps in front of Front Hash (HS)
15	25	Right: 4.0 steps outside 30 yd In	9.5 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
1	16	Right: 2.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
2	8	Right: 2.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
3	16	Right: 2.0 steps inside 40 yd In	5.0 steps behind Front Hash (HS)
4	16	Right: On 35 yd In	4.0 steps in front of Front Hash (HS)
5	8	Right: On 30 yd In	4.0 steps in front of Front Hash (HS)
6	16	Right: On 35 yd In	2.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 30 yd In	4.0 steps in front of Front Hash (HS)
8	8	Right: 4.0 steps outside 30 yd In	12.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 25 yd In	12.0 steps behind Front side line
10	16	Right: 1.75 steps outside 20 yd In	11.25 steps behind Front side line
11	16	Right: 1.5 steps inside 20 yd In	5.5 steps in front of Front Hash (HS)
12	32	Right: 1.0 steps outside 30 yd In	4.75 steps in front of Front Hash (HS)
13	32	Right: 2.0 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)
14	16	Right: On 30 yd In	9.5 steps in front of Front Hash (HS)
15	25	Right: 2.75 steps inside 25 yd In	12.25 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 45 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: On 45 yd In	8.0 steps in front of Back Hash (HS)
2	8	On 50 yd In	8.0 steps in front of Back Hash (HS)
3	16	Right: 2.0 steps inside 40 yd In	11.0 steps behind Front Hash (HS)
4	16	Right: 2.0 steps inside 35 yd In	8.0 steps behind Front Hash (HS)
5	8	Right: 2.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
6	16	Right: On 35 yd In	2.0 steps behind Front Hash (HS)
7	16	Right: 3.0 steps inside 25 yd In	2.0 steps behind Front Hash (HS)
8	8	Right: 3.0 steps inside 25 yd In	6.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 25 yd In	12.0 steps in front of Front Hash (HS)
10	16	Right: 3.25 steps outside 20 yd In	14.0 steps in front of Front Hash (HS)
11	16	Right: 3.0 steps inside 20 yd In	2.75 steps in front of Front Hash (HS)
12	32	Right: 0.75 steps inside 30 yd In	3.25 steps in front of Front Hash (HS)
13	32	Right: 2.0 steps inside 30 yd In	1.0 steps in front of Front Hash (HS)
14	16	Right: 0.25 steps inside 30 yd In	7.0 steps in front of Front Hash (HS)
15	25	Right: 2.0 steps inside 25 yd In	13.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 45 yd In	On Back Hash (HS)
1	16	Left: 2.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
2	8	Left: 2.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
3	16	Right: 2.0 steps inside 40 yd In	14.0 steps in front of Back Hash (HS)
4	16	Right: 4.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)
5	8	Right: 4.0 steps outside 35 yd In	8.0 steps behind Front Hash (HS)
6	16	Right: On 35 yd In	6.0 steps behind Front Hash (HS)
7	16	Right: 2.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)
8	8	Right: 2.0 steps inside 25 yd In	4.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 25 yd In	8.0 steps in front of Front Hash (HS)
10	16	Right: 3.5 steps outside 20 yd In	11.0 steps in front of Front Hash (HS)
11	16	Right: 2.75 steps outside 25 yd In	0.75 steps in front of Front Hash (HS)
12	32	Right: 3.25 steps inside 30 yd In	2.25 steps in front of Front Hash (HS)
13	32	Right: 2.0 steps inside 30 yd In	2.0 steps behind Front Hash (HS)
14	16	Right: 2.25 steps inside 30 yd In	5.5 steps in front of Front Hash (HS)
15	25	Right: 2.5 steps inside 25 yd In	10.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 45 yd In	4.0 steps behind Back Hash (HS)
1	16	Right: 2.0 steps outside 50 yd In	6.0 steps behind Back Hash (HS)
2	8	Right: 2.0 steps outside 45 yd In	6.0 steps behind Back Hash (HS)
3	16	Right: 2.0 steps inside 40 yd In	5.0 steps in front of Back Hash (HS)
4	16	Right: On 35 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: On 30 yd In	8.0 steps in front of Back Hash (HS)
6	16	Right: On 35 yd In	14.0 steps in front of Back Hash (HS)
7	16	Right: On 25 yd In	8.0 steps behind Front Hash (HS)
8	8	Right: On 25 yd In	On Front Hash (HS)
9	40	Right: 2.0 steps outside 25 yd In	4.0 steps in front of Front Hash (HS)
10	16	Right: 3.0 steps outside 20 yd In	8.0 steps in front of Front Hash (HS)
11	16	Right: 0.25 steps outside 25 yd In	1.0 steps behind Front Hash (HS)
12	32	Right: 2.5 steps outside 35 yd In	1.75 steps in front of Front Hash (HS)
13	32	Right: 3.0 steps outside 35 yd In	2.0 steps behind Front Hash (HS)
14	16	Right: 3.5 steps outside 35 yd In	4.5 steps in front of Front Hash (HS)
15	25	Right: 4.0 steps outside 30 yd In	7.5 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 50 yd In	4.0 steps behind Back Hash (HS)
1	16	Right: 4.0 steps outside 50 yd In	6.0 steps behind Back Hash (HS)
2	8	Right: 4.0 steps outside 45 yd In	6.0 steps behind Back Hash (HS)
3	16	Right: 2.0 steps inside 40 yd In	2.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: 2.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
6	16	Right: 4.0 steps outside 40 yd In	10.0 steps behind Front Hash (HS)
7	16	Right: 2.0 steps outside 30 yd In	4.0 steps behind Front Hash (HS)
8	8	Right: 2.0 steps outside 30 yd In	4.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
10	16	Right: 2.0 steps outside 20 yd In	5.25 steps in front of Front Hash (HS)
11	16	Right: 2.5 steps inside 25 yd In	2.25 steps behind Front Hash (HS)
12	32	Right: On 35 yd In	2.0 steps in front of Front Hash (HS)
13	32	Right: 3.0 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
14	16	Right: 1.0 steps outside 35 yd In	3.75 steps in front of Front Hash (HS)
15	25	Right: 1.75 steps outside 30 yd In	5.5 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: On 45 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	10.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)
3	16	Right: 2.0 steps outside 50 yd In	14.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	6.0 steps behind Front Hash (HS)
6	16	Right: 4.0 steps outside 50 yd In	2.0 steps behind Front Hash (HS)
7	16	Right: 2.0 steps outside 45 yd In	On Front Hash (HS)
8	8	Right: 2.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 40 yd In	12.0 steps in front of Front Hash (HS)
10	16	Right: 2.0 steps outside 35 yd In	6.75 steps in front of Front Hash (HS)
11	16	Right: 4.0 steps outside 40 yd In	8.25 steps behind Front side line
12	32	Right: On 35 yd In	4.75 steps behind Front side line
13	32	Right: 1.0 steps inside 40 yd In	6.0 steps behind Front side line
14	16	Right: 1.75 steps inside 40 yd In	4.25 steps behind Front side line
15	25	Right: 2.75 steps outside 45 yd In	3.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 35 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 2.0 steps inside 35 yd In	6.0 steps behind Back Hash (HS)
2	8	Left: 2.0 steps inside 40 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: 2.0 steps outside 45 yd In	5.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: 2.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
6	16	On 50 yd In	6.0 steps behind Front Hash (HS)
7	16	Right: On 45 yd In	2.0 steps behind Front Hash (HS)
8	8	Right: On 45 yd In	6.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 40 yd In	12.0 steps in front of Front Hash (HS)
10	16	Right: 1.0 steps inside 35 yd In	6.75 steps in front of Front Hash (HS)
11	16	Right: On 40 yd In	8.0 steps behind Front side line
12	32	Right: 2.5 steps inside 35 yd In	4.0 steps behind Front side line
13	32	Right: 4.0 steps outside 45 yd In	6.0 steps behind Front side line
14	16	Right: 3.75 steps outside 45 yd In	3.75 steps behind Front side line
15	25	Right: 0.25 steps inside 45 yd In	3.25 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 35 yd In	On Back Hash (HS)
1	16	Left: 2.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
2	8	Left: 2.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
3	16	Left: 2.0 steps outside 45 yd In	11.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps outside 45 yd In	8.0 steps behind Front Hash (HS)
5	8	Left: 2.0 steps outside 50 yd In	8.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 45 yd In	2.0 steps behind Front Hash (HS)
7	16	Right: On 45 yd In	On Front Hash (HS)
8	8	Right: On 45 yd In	8.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 45 yd In	12.0 steps in front of Front Hash (HS)
10	16	Right: 4.0 steps inside 35 yd In	6.75 steps in front of Front Hash (HS)
11	16	Right: 4.0 steps outside 45 yd In	7.75 steps behind Front side line
12	32	Right: 3.25 steps outside 40 yd In	3.5 steps behind Front side line
13	32	Right: 1.0 steps outside 45 yd In	6.0 steps behind Front side line
14	16	Right: 1.25 steps outside 45 yd In	3.75 steps behind Front side line
15	25	Right: 3.25 steps inside 45 yd In	3.75 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 35 yd In	On Back Hash (HS)
1	16	Left: 2.0 steps outside 30 yd In	8.0 steps in front of Back Hash (HS)
2	8	Left: 2.0 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)
3	16	Left: 2.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)
4	16	Left: On 45 yd In	8.0 steps behind Front Hash (HS)
5	8	On 50 yd In	8.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 45 yd In	2.0 steps in front of Front Hash (HS)
7	16	Right: On 45 yd In	4.0 steps in front of Front Hash (HS)
8	8	Right: On 45 yd In	12.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 45 yd In	12.0 steps behind Front side line
10	16	Right: 1.25 steps outside 40 yd In	7.5 steps in front of Front Hash (HS)
11	16	Right: On 45 yd In	7.5 steps behind Front side line
12	32	Right: 0.75 steps outside 40 yd In	3.25 steps behind Front side line
13	32	Right: 2.0 steps inside 45 yd In	6.0 steps behind Front side line
14	16	Right: 1.25 steps inside 45 yd In	3.75 steps behind Front side line
15	25	Right: 1.75 steps outside 50 yd In	4.5 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 10 yd In	14.0 steps in front of Back Hash (HS)
1	16	Left: 2.5 steps outside 5 yd In	5.75 steps behind Front Hash (HS)
2	8	Left: 2.5 steps outside 10 yd In	5.75 steps behind Front Hash (HS)
3	16	Left: 3.75 steps outside 10 yd In	7.5 steps in front of Back Hash (HS)
4	16	Left: On 10 yd In	6.0 steps in front of Back Hash (HS)
5	8	Left: On 15 yd In	6.0 steps in front of Back Hash (HS)
6	16	Left: 3.0 steps inside 15 yd In	5.75 steps in front of Back Hash (HS)
7	16	Left: On 25 yd In	12.0 steps in front of Back Hash (HS)
8	8	Left: On 25 yd In	8.0 steps behind Front Hash (HS)
9	40	Left: On 20 yd In	12.0 steps behind Front Hash (HS)
10	16	Left: 3.5 steps inside 30 yd In	1.75 steps in front of Front Hash (HS)
11	16	Left: 1.5 steps inside 30 yd In	9.0 steps in front of Front Hash (HS)
12	32	Left: 4.0 steps inside 35 yd In	13.0 steps in front of Front Hash (HS)
13	32	Left: On 35 yd In	10.0 steps in front of Front Hash (HS)
14	16	Left: On 30 yd In	12.5 steps in front of Front Hash (HS)
15	25	Left: 2.0 steps outside 40 yd In	7.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: On 10 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 1.5 steps inside 0 yd In	13.5 steps behind Front Hash (HS)
2	8	Left: 1.5 steps inside 5 yd In	13.5 steps behind Front Hash (HS)
3	16	Left: 3.25 steps outside 10 yd In	1.0 steps behind Back Hash (HS)
4	16	Left: On 10 yd In	2.0 steps behind Back Hash (HS)
5	8	Left: On 15 yd In	2.0 steps behind Back Hash (HS)
6	16	Left: 1.0 steps outside 20 yd In	0.25 steps in front of Back Hash (HS)
7	16	Left: On 25 yd In	4.0 steps in front of Back Hash (HS)
8	8	Left: On 25 yd In	12.0 steps in front of Back Hash (HS)
9	40	Left: 0.5 steps inside 25 yd In	10.25 steps in front of Back Hash (HS)
10	16	Left: 0.5 steps outside 30 yd In	8.0 steps behind Front Hash (HS)
11	16	Left: 3.25 steps outside 35 yd In	7.0 steps behind Front Hash (HS)
12	32	Left: 1.0 steps outside 40 yd In	6.0 steps behind Front Hash (HS)
13	32	Left: 2.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)
14	16	Left: 0.75 steps outside 40 yd In	8.75 steps behind Front Hash (HS)
15	25	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: On 10 yd In	2.0 steps in front of Back Hash (HS)
1	16	Left: On 0 yd In	6.0 steps in front of Back Hash (HS)
2	8	Left: On 5 yd In	6.0 steps in front of Back Hash (HS)
3	16	Left: 0.5 steps outside 10 yd In	9.0 steps behind Back Hash (HS)
4	16	Left: On 10 yd In	10.0 steps behind Back Hash (HS)
5	8	Left: On 15 yd In	10.0 steps behind Back Hash (HS)
6	16	Left: 3.75 steps outside 25 yd In	4.25 steps behind Back Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
8	8	Left: 4.0 steps inside 30 yd In	12.0 steps in front of Back Hash (HS)
9	40	Left: 2.0 steps inside 30 yd In	6.0 steps in front of Back Hash (HS)
10	16	Left: 2.0 steps outside 40 yd In	4.5 steps behind Front Hash (HS)
11	16	Left: 2.75 steps outside 40 yd In	7.0 steps in front of Front Hash (HS)
12	32	Left: 0.5 steps outside 45 yd In	10.0 steps in front of Front Hash (HS)
13	32	Left: 4.0 steps inside 40 yd In	10.0 steps in front of Front Hash (HS)
14	16	Left: 2.75 steps outside 40 yd In	8.25 steps in front of Front Hash (HS)
15	25	Left: 2.0 steps inside 45 yd In	7.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: On 10 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 1.5 steps inside 0 yd In	2.5 steps behind Back Hash (HS)
2	8	Left: 1.5 steps inside 5 yd In	2.5 steps behind Back Hash (HS)
3	16	Left: 4.0 steps outside 15 yd In	11.75 steps in front of Back side line
4	16	Left: On 15 yd In	10.0 steps behind Back Hash (HS)
5	8	Left: On 20 yd In	10.0 steps behind Back Hash (HS)
6	16	Left: 2.5 steps inside 25 yd In	7.5 steps behind Back Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	4.0 steps behind Back Hash (HS)
8	8	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
9	40	Left: 3.75 steps inside 35 yd In	2.75 steps in front of Back Hash (HS)
10	16	Right: 1.0 steps inside 45 yd In	2.75 steps behind Back Hash (HS)
11	16	Left: 2.5 steps inside 45 yd In	1.75 steps behind Back Hash (HS)
12	32	Left: 3.75 steps inside 45 yd In	1.75 steps behind Back Hash (HS)
13	32	Left: 4.0 steps inside 40 yd In	2.0 steps in front of Back Hash (HS)
14	16	Left: 2.0 steps outside 50 yd In	1.75 steps in front of Back Hash (HS)
15	25	On 50 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: On 10 yd In	10.0 steps behind Back Hash (HS)
1	16	Left: 2.5 steps outside 5 yd In	10.25 steps behind Back Hash (HS)
2	8	Left: 2.5 steps outside 10 yd In	10.25 steps behind Back Hash (HS)
3	16	Left: 2.5 steps inside 15 yd In	6.0 steps in front of Back side line
4	16	Left: On 20 yd In	10.0 steps behind Back Hash (HS)
5	8	Left: On 25 yd In	10.0 steps behind Back Hash (HS)
6	16	Left: 1.0 steps inside 30 yd In	9.5 steps behind Back Hash (HS)
7	16	Left: On 40 yd In	4.0 steps behind Back Hash (HS)
8	8	Left: On 40 yd In	4.0 steps in front of Back Hash (HS)
9	40	Left: 2.25 steps outside 45 yd In	0.75 steps in front of Back Hash (HS)
10	16	Left: 3.5 steps inside 35 yd In	12.25 steps behind Front Hash (HS)
11	16	Left: 0.25 steps inside 40 yd In	10.25 steps behind Front Hash (HS)
12	32	Left: 2.25 steps inside 45 yd In	9.5 steps behind Front Hash (HS)
13	32	Left: 2.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
14	16	Left: 2.75 steps outside 50 yd In	10.0 steps behind Front Hash (HS)
15	25	On 50 yd In	12.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Right: On 45 yd In	10.0 steps behind Back Hash (HS)
1	16	Right: On 40 yd In	12.0 steps behind Back Hash (HS)
2	8	Right: On 35 yd In	12.0 steps behind Back Hash (HS)
3	16	Right: 2.0 steps outside 40 yd In	5.5 steps in front of Back side line
4	16	Right: 4.0 steps outside 40 yd In	10.0 steps behind Back Hash (HS)
5	8	Right: 4.0 steps outside 35 yd In	10.0 steps behind Back Hash (HS)
6	16	Right: 1.0 steps inside 40 yd In	9.5 steps behind Back Hash (HS)
7	16	Right: On 40 yd In	4.0 steps behind Back Hash (HS)
8	8	Right: On 40 yd In	4.0 steps in front of Back Hash (HS)
9	40	Left: On 50 yd In	On Back Hash (HS)
10	16	Right: 3.5 steps inside 30 yd In	12.0 steps in front of Back Hash (HS)
11	16	Right: 2.5 steps inside 40 yd In	11.75 steps behind Front Hash (HS)
12	32	Right: 0.5 steps outside 40 yd In	3.25 steps behind Front Hash (HS)
13	32	Right: 2.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
14	16	Right: 3.25 steps outside 45 yd In	10.0 steps behind Front Hash (HS)
15	25	Right: 4.0 steps outside 45 yd In	12.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Right: On 45 yd In	4.0 steps behind Back Hash (HS)
1	16	Right: 3.0 steps inside 35 yd In	5.75 steps behind Back Hash (HS)
2	8	Right: 3.0 steps inside 30 yd In	5.75 steps behind Back Hash (HS)
3	16	Right: 0.5 steps outside 35 yd In	11.25 steps in front of Back side line
4	16	Right: 4.0 steps outside 35 yd In	10.0 steps behind Back Hash (HS)
5	8	Right: 4.0 steps outside 30 yd In	10.0 steps behind Back Hash (HS)
6	16	Right: 2.5 steps inside 35 yd In	7.5 steps behind Back Hash (HS)
7	16	Right: 4.0 steps outside 35 yd In	4.0 steps behind Back Hash (HS)
8	8	Right: 4.0 steps outside 35 yd In	4.0 steps in front of Back Hash (HS)
9	40	Right: 2.25 steps outside 45 yd In	0.75 steps in front of Back Hash (HS)
10	16	Right: 2.5 steps inside 35 yd In	0.75 steps behind Back Hash (HS)
11	16	Right: 0.25 steps outside 45 yd In	3.25 steps behind Back Hash (HS)
12	32	Right: 2.0 steps outside 45 yd In	2.75 steps behind Back Hash (HS)
13	32	On 50 yd In	2.0 steps in front of Back Hash (HS)
14	16	Right: 2.0 steps inside 40 yd In	1.75 steps in front of Back Hash (HS)
15	25	Right: 4.0 steps outside 45 yd In	4.0 steps behind Back Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Right: On 45 yd In	2.0 steps in front of Back Hash (HS)
1	16	Right: 0.25 steps inside 35 yd In	2.0 steps in front of Back Hash (HS)
2	8	Right: 0.25 steps inside 30 yd In	2.0 steps in front of Back Hash (HS)
3	16	Right: 2.75 steps inside 30 yd In	9.5 steps behind Back Hash (HS)
4	16	Right: 4.0 steps outside 30 yd In	10.0 steps behind Back Hash (HS)
5	8	Right: 4.0 steps outside 25 yd In	10.0 steps behind Back Hash (HS)
6	16	Right: 3.5 steps outside 35 yd In	4.25 steps behind Back Hash (HS)
7	16	Right: 4.0 steps outside 35 yd In	4.0 steps in front of Back Hash (HS)
8	8	Right: 4.0 steps outside 35 yd In	12.0 steps in front of Back Hash (HS)
9	40	Right: 3.75 steps inside 35 yd In	2.75 steps in front of Back Hash (HS)
10	16	Right: 3.5 steps inside 30 yd In	4.75 steps behind Front Hash (HS)
11	16	Right: 1.25 steps inside 40 yd In	9.5 steps in front of Front Hash (HS)
12	32	Right: 0.25 steps inside 45 yd In	11.75 steps behind Front side line
13	32	On 50 yd In	10.0 steps in front of Front Hash (HS)
14	16	Left: 3.0 steps inside 45 yd In	5.75 steps in front of Front Hash (HS)
15	25	Right: 2.0 steps inside 45 yd In	7.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Right: On 45 yd In	8.0 steps in front of Back Hash (HS)
1	16	Right: 0.25 steps inside 35 yd In	10.0 steps in front of Back Hash (HS)
2	8	Right: 0.25 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
3	16	Right: On 30 yd In	1.25 steps behind Back Hash (HS)
4	16	Right: 4.0 steps outside 30 yd In	2.0 steps behind Back Hash (HS)
5	8	Right: 4.0 steps outside 25 yd In	2.0 steps behind Back Hash (HS)
6	16	Right: 0.75 steps outside 30 yd In	0.25 steps in front of Back Hash (HS)
7	16	Right: On 25 yd In	4.0 steps in front of Back Hash (HS)
8	8	Right: On 25 yd In	12.0 steps in front of Back Hash (HS)
9	40	Right: 2.0 steps inside 30 yd In	6.0 steps in front of Back Hash (HS)
10	16	Right: 0.75 steps outside 25 yd In	12.25 steps behind Front Hash (HS)
11	16	Right: 1.5 steps outside 35 yd In	12.25 steps behind Front Hash (HS)
12	32	Right: 3.75 steps inside 30 yd In	4.0 steps behind Front Hash (HS)
13	32	Right: 2.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)
14	16	Right: 1.25 steps outside 35 yd In	8.75 steps behind Front Hash (HS)
15	25	Right: On 35 yd In	12.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 15 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 10 yd In	14.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 15 yd In	14.0 steps in front of Back Hash (HS)
3	16	Left: 4.0 steps inside 15 yd In	8.0 steps behind Front Hash (HS)
4	16	Left: On 15 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: On 20 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: On 25 yd In	6.0 steps in front of Front Hash (HS)
7	16	Left: 3.25 steps outside 30 yd In	7.75 steps in front of Front Hash (HS)
8	8	Left: 3.25 steps outside 30 yd In	12.25 steps behind Front side line
9	40	Left: 2.0 steps outside 25 yd In	8.0 steps behind Front side line
10	16	Left: 0.25 steps outside 20 yd In	8.5 steps behind Front side line
11	16	Left: 4.0 steps outside 25 yd In	11.0 steps behind Front side line
12	32	Left: 2.25 steps inside 30 yd In	12.0 steps in front of Front Hash (HS)
13	32	Left: 2.0 steps inside 30 yd In	12.0 steps behind Front side line
14	16	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
15	25	Left: 2.0 steps inside 25 yd In	12.0 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 20 yd In	On Back Hash (HS)
1	16	Left: 3.0 steps inside 15 yd In	7.5 steps in front of Back Hash (HS)
2	8	Left: 3.0 steps inside 20 yd In	7.5 steps in front of Back Hash (HS)
3	16	Left: 2.0 steps inside 20 yd In	11.0 steps behind Front Hash (HS)
4	16	Left: On 15 yd In	2.0 steps in front of Front Hash (HS)
5	8	Left: On 20 yd In	2.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 20 yd In	6.0 steps in front of Front Hash (HS)
7	16	Left: 3.0 steps inside 25 yd In	6.75 steps in front of Front Hash (HS)
8	8	Left: 3.0 steps inside 25 yd In	13.25 steps behind Front side line
9	40	Left: 2.0 steps inside 25 yd In	12.0 steps behind Front side line
10	16	Left: 0.25 steps outside 20 yd In	11.5 steps behind Front side line
11	16	Left: 2.75 steps outside 25 yd In	13.75 steps behind Front side line
12	32	Left: 3.0 steps inside 30 yd In	9.75 steps in front of Front Hash (HS)
13	32	Left: 2.0 steps inside 30 yd In	13.0 steps in front of Front Hash (HS)
14	16	Left: 1.75 steps outside 30 yd In	6.75 steps in front of Front Hash (HS)
15	25	Left: 3.5 steps outside 30 yd In	10.25 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 20 yd In	On Back Hash (HS)
1	16	Left: 1.25 steps inside 15 yd In	6.5 steps in front of Back Hash (HS)
2	8	Left: 1.25 steps inside 20 yd In	6.5 steps in front of Back Hash (HS)
3	16	Left: 2.0 steps inside 20 yd In	14.0 steps in front of Back Hash (HS)
4	16	Left: On 15 yd In	2.0 steps behind Front Hash (HS)
5	8	Left: On 20 yd In	2.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 20 yd In	2.0 steps in front of Front Hash (HS)
7	16	Left: 1.5 steps inside 25 yd In	5.25 steps in front of Front Hash (HS)
8	8	Left: 1.5 steps inside 25 yd In	13.25 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 25 yd In	12.0 steps behind Front side line
10	16	Left: 1.25 steps inside 20 yd In	14.0 steps behind Front side line
11	16	Left: 0.25 steps outside 25 yd In	12.5 steps in front of Front Hash (HS)
12	32	Left: 3.25 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
13	32	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
14	16	Left: 0.5 steps inside 30 yd In	5.75 steps in front of Front Hash (HS)
15	25	Left: 1.0 steps outside 30 yd In	8.75 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 15 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 2.5 steps outside 15 yd In	3.5 steps behind Back Hash (HS)
2	8	Left: 2.5 steps outside 20 yd In	3.5 steps behind Back Hash (HS)
3	16	Left: 2.0 steps inside 20 yd In	8.0 steps in front of Back Hash (HS)
4	16	Left: On 15 yd In	10.0 steps behind Front Hash (HS)
5	8	Left: On 20 yd In	10.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 20 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: On 25 yd In	1.0 steps behind Front Hash (HS)
8	8	Left: On 25 yd In	7.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 25 yd In	12.0 steps in front of Front Hash (HS)
10	16	Left: 3.75 steps inside 20 yd In	12.25 steps in front of Front Hash (HS)
11	16	Left: 2.25 steps inside 25 yd In	11.0 steps in front of Front Hash (HS)
12	32	Left: 1.25 steps outside 35 yd In	6.5 steps in front of Front Hash (HS)
13	32	Left: 2.0 steps inside 30 yd In	7.0 steps in front of Front Hash (HS)
14	16	Left: 2.75 steps inside 30 yd In	5.0 steps in front of Front Hash (HS)
15	25	Left: 1.75 steps inside 30 yd In	7.25 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 15 yd In	On Back Hash (HS)
1	16	Left: 3.5 steps outside 15 yd In	0.25 steps in front of Back Hash (HS)
2	8	Left: 3.5 steps outside 20 yd In	0.25 steps in front of Back Hash (HS)
3	16	Left: 4.0 steps inside 15 yd In	11.0 steps in front of Back Hash (HS)
4	16	Left: On 15 yd In	8.0 steps behind Front Hash (HS)
5	8	Left: On 20 yd In	8.0 steps behind Front Hash (HS)
6	16	Left: On 25 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: On 25 yd In	1.0 steps in front of Front Hash (HS)
8	8	Left: On 25 yd In	9.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 25 yd In	12.0 steps in front of Front Hash (HS)
10	16	Left: 1.5 steps outside 25 yd In	11.25 steps in front of Front Hash (HS)
11	16	Left: 2.75 steps outside 30 yd In	10.0 steps in front of Front Hash (HS)
12	32	Left: 1.25 steps inside 35 yd In	5.75 steps in front of Front Hash (HS)
13	32	Left: 2.0 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)
14	16	Left: 2.75 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
15	25	Left: 3.5 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 45 yd In	On Back Hash (HS)
1	16	Left: 2.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
2	8	Right: 2.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
3	16	Right: 2.0 steps inside 40 yd In	11.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)
5	8	Right: 2.0 steps outside 35 yd In	8.0 steps behind Front Hash (HS)
6	16	Right: 4.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
7	16	Right: 4.0 steps outside 30 yd In	On Front Hash (HS)
8	8	Right: 4.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 25 yd In	12.0 steps in front of Front Hash (HS)
10	16	Right: On 25 yd In	12.0 steps in front of Front Hash (HS)
11	16	Right: 0.5 steps inside 25 yd In	12.0 steps behind Front side line
12	32	Right: 2.0 steps outside 30 yd In	11.5 steps behind Front side line
13	32	Right: 2.0 steps inside 30 yd In	6.0 steps behind Front side line
14	16	Right: 2.0 steps outside 35 yd In	8.0 steps behind Front side line
15	25	Right: 1.5 steps outside 35 yd In	3.75 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 45 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Back Hash (HS)
3	16	Right: On 45 yd In	11.0 steps behind Front Hash (HS)
4	16	Right: On 40 yd In	8.0 steps behind Front Hash (HS)
5	8	Right: On 35 yd In	8.0 steps behind Front Hash (HS)
6	16	Right: 4.0 steps outside 40 yd In	6.0 steps behind Front Hash (HS)
7	16	Right: 3.0 steps outside 30 yd In	2.0 steps behind Front Hash (HS)
8	8	Right: 3.0 steps outside 30 yd In	6.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 30 yd In	12.0 steps in front of Front Hash (HS)
10	16	Right: 2.5 steps inside 25 yd In	10.0 steps in front of Front Hash (HS)
11	16	Right: 3.75 steps outside 30 yd In	11.0 steps behind Front side line
12	32	Right: 0.75 steps outside 30 yd In	9.5 steps behind Front side line
13	32	Right: 3.0 steps outside 35 yd In	6.0 steps behind Front side line
14	16	Right: 0.25 steps inside 35 yd In	6.75 steps behind Front side line
15	25	Right: 1.25 steps inside 35 yd In	3.25 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 40 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	2.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	2.0 steps in front of Back Hash (HS)
3	16	Right: 2.0 steps outside 50 yd In	11.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	10.0 steps behind Front Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	10.0 steps behind Front Hash (HS)
6	16	Right: 4.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
7	16	Right: 4.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
8	8	Right: 4.0 steps outside 40 yd In	10.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 30 yd In	12.0 steps in front of Front Hash (HS)
10	16	Right: 2.75 steps outside 30 yd In	8.75 steps in front of Front Hash (HS)
11	16	Right: 0.25 steps inside 30 yd In	10.25 steps behind Front side line
12	32	Right: 1.25 steps inside 30 yd In	7.75 steps behind Front side line
13	32	Right: On 35 yd In	6.0 steps behind Front side line
14	16	Right: 2.5 steps inside 35 yd In	6.0 steps behind Front side line
15	25	Right: 3.75 steps outside 40 yd In	3.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 45 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
3	16	Right: On 45 yd In	14.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)
5	8	Right: 2.0 steps inside 35 yd In	8.0 steps behind Front Hash (HS)
6	16	Right: On 40 yd In	2.0 steps behind Front Hash (HS)
7	16	Right: 4.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
8	8	Right: 4.0 steps outside 40 yd In	12.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 35 yd In	12.0 steps in front of Front Hash (HS)
10	16	Right: On 30 yd In	8.0 steps in front of Front Hash (HS)
11	16	Right: 3.75 steps outside 35 yd In	9.5 steps behind Front side line
12	32	Right: 3.25 steps inside 30 yd In	6.5 steps behind Front side line
13	32	Right: 3.0 steps inside 35 yd In	6.0 steps behind Front side line
14	16	Right: 3.0 steps outside 40 yd In	5.25 steps behind Front side line
15	25	Right: 0.75 steps outside 40 yd In	2.75 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 40 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	4.0 steps behind Back Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	4.0 steps behind Back Hash (HS)
3	16	Right: 2.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	14.0 steps in front of Back Hash (HS)
6	16	Right: 4.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
7	16	Right: 4.0 steps outside 45 yd In	On Front Hash (HS)
8	8	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 35 yd In	12.0 steps in front of Front Hash (HS)
10	16	Right: 3.0 steps inside 30 yd In	7.25 steps in front of Front Hash (HS)
11	16	Right: On 35 yd In	8.75 steps behind Front side line
12	32	Right: 2.5 steps outside 35 yd In	5.5 steps behind Front side line
13	32	Right: 2.0 steps outside 40 yd In	6.0 steps behind Front side line
14	16	Right: 0.75 steps outside 40 yd In	4.5 steps behind Front side line
15	25	Right: 2.25 steps inside 40 yd In	2.75 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 15 yd In	On Back Hash (HS)
1	16	Left: 3.0 steps outside 15 yd In	2.25 steps in front of Back Hash (HS)
2	8	Left: 3.0 steps outside 20 yd In	2.25 steps in front of Back Hash (HS)
3	16	Left: 4.0 steps inside 15 yd In	14.0 steps in front of Back Hash (HS)
4	16	Left: On 15 yd In	4.0 steps behind Front Hash (HS)
5	8	Left: On 20 yd In	4.0 steps behind Front Hash (HS)
6	16	Left: On 25 yd In	2.0 steps behind Front Hash (HS)
7	16	Left: On 30 yd In	6.0 steps in front of Front Hash (HS)
8	8	Left: On 30 yd In	14.0 steps behind Front side line
9	40	Left: 2.0 steps outside 30 yd In	12.0 steps behind Front side line
10	16	Left: 1.25 steps inside 25 yd In	10.25 steps in front of Front Hash (HS)
11	16	Left: On 30 yd In	9.25 steps in front of Front Hash (HS)
12	32	Left: 3.75 steps inside 35 yd In	5.0 steps in front of Front Hash (HS)
13	32	Left: 3.0 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
14	16	Left: 0.5 steps outside 35 yd In	3.5 steps in front of Front Hash (HS)
15	25	Left: 0.75 steps outside 35 yd In	4.75 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 20 yd In	On Back Hash (HS)
1	16	Left: 0.25 steps outside 15 yd In	5.25 steps in front of Back Hash (HS)
2	8	Left: 0.25 steps outside 20 yd In	5.25 steps in front of Back Hash (HS)
3	16	Left: 2.0 steps inside 20 yd In	11.0 steps in front of Back Hash (HS)
4	16	Left: On 15 yd In	6.0 steps behind Front Hash (HS)
5	8	Left: On 20 yd In	6.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 20 yd In	2.0 steps behind Front Hash (HS)
7	16	Left: 0.5 steps inside 25 yd In	3.25 steps in front of Front Hash (HS)
8	8	Left: 0.5 steps inside 25 yd In	11.25 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 30 yd In	12.0 steps in front of Front Hash (HS)
10	16	Left: 3.75 steps outside 30 yd In	9.5 steps in front of Front Hash (HS)
11	16	Left: 3.0 steps inside 30 yd In	8.75 steps in front of Front Hash (HS)
12	32	Left: 2.0 steps outside 40 yd In	4.5 steps in front of Front Hash (HS)
13	32	Left: On 35 yd In	4.0 steps in front of Front Hash (HS)
14	16	Left: 2.0 steps inside 35 yd In	2.75 steps in front of Front Hash (HS)
15	25	Left: 2.0 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 15 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 3.0 steps outside 15 yd In	8.0 steps behind Front Hash (HS)
2	8	Left: 3.0 steps outside 20 yd In	8.0 steps behind Front Hash (HS)
3	16	Left: 4.0 steps inside 15 yd In	2.0 steps behind Front Hash (HS)
4	16	Left: 4.0 steps inside 15 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: 4.0 steps inside 20 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 25 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)
8	8	Left: 4.0 steps inside 30 yd In	12.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 30 yd In	12.0 steps in front of Front Hash (HS)
10	16	Left: 1.0 steps outside 30 yd In	9.0 steps in front of Front Hash (HS)
11	16	Left: 2.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
12	32	Left: 0.5 steps inside 40 yd In	4.25 steps in front of Front Hash (HS)
13	32	Left: 3.0 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)
14	16	Left: 3.5 steps outside 40 yd In	2.25 steps in front of Front Hash (HS)
15	25	Left: 3.0 steps outside 40 yd In	3.0 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 20 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 3.25 steps outside 20 yd In	6.25 steps behind Front Hash (HS)
2	8	Left: 3.25 steps outside 25 yd In	6.25 steps behind Front Hash (HS)
3	16	Left: On 25 yd In	2.0 steps behind Front Hash (HS)
4	16	Left: On 25 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: On 30 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: On 30 yd In	2.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
8	8	Left: 2.0 steps inside 35 yd In	12.0 steps behind Front side line
9	40	Left: 2.0 steps outside 35 yd In	12.0 steps behind Front side line
10	16	Left: 2.0 steps inside 30 yd In	8.25 steps in front of Front Hash (HS)
11	16	Left: 1.0 steps inside 35 yd In	7.5 steps in front of Front Hash (HS)
12	32	Left: 3.0 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
13	32	Left: 2.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
14	16	Left: 1.0 steps outside 40 yd In	1.75 steps in front of Front Hash (HS)
15	25	Left: 0.25 steps outside 40 yd In	2.25 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 15 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps outside 15 yd In	12.0 steps behind Front Hash (HS)
2	8	Left: 4.0 steps outside 20 yd In	12.0 steps behind Front Hash (HS)
3	16	Left: 2.0 steps inside 20 yd In	8.0 steps behind Front Hash (HS)
4	16	Left: 2.0 steps outside 20 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: 2.0 steps outside 25 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 25 yd In	2.0 steps behind Front Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	6.0 steps in front of Front Hash (HS)
8	8	Left: 4.0 steps inside 30 yd In	14.0 steps behind Front side line
9	40	Left: 2.0 steps outside 35 yd In	12.0 steps in front of Front Hash (HS)
10	16	Left: 3.0 steps outside 35 yd In	7.75 steps in front of Front Hash (HS)
11	16	Left: 3.75 steps inside 35 yd In	7.0 steps in front of Front Hash (HS)
12	32	Left: 2.5 steps outside 45 yd In	3.75 steps in front of Front Hash (HS)
13	32	Left: 1.0 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
14	16	Left: 1.25 steps inside 40 yd In	1.5 steps in front of Front Hash (HS)
15	25	Left: 2.75 steps inside 40 yd In	1.75 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 30 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	On Back Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	On Back Hash (HS)
3	16	Left: 4.0 steps inside 30 yd In	11.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps outside 35 yd In	11.0 steps behind Front Hash (HS)
5	8	Left: 2.0 steps outside 40 yd In	11.0 steps behind Front Hash (HS)
6	16	Left: On 35 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: On 40 yd In	On Front Hash (HS)
8	8	Left: On 40 yd In	8.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 35 yd In	12.0 steps in front of Front Hash (HS)
10	16	Left: On 35 yd In	7.25 steps in front of Front Hash (HS)
11	16	Left: 1.25 steps outside 40 yd In	6.5 steps in front of Front Hash (HS)
12	32	Left: On 45 yd In	3.5 steps in front of Front Hash (HS)
13	32	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
14	16	Left: 3.75 steps inside 40 yd In	1.25 steps in front of Front Hash (HS)
15	25	Left: 2.25 steps outside 45 yd In	1.0 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 25 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 3.25 steps inside 20 yd In	10.25 steps behind Front Hash (HS)
2	8	Left: 3.25 steps inside 25 yd In	10.25 steps behind Front Hash (HS)
3	16	Left: 2.0 steps outside 30 yd In	8.0 steps behind Front Hash (HS)
4	16	Left: 2.0 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: 2.0 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 30 yd In	2.0 steps in front of Front Hash (HS)
7	16	Left: On 40 yd In	6.0 steps in front of Front Hash (HS)
8	8	Left: On 40 yd In	14.0 steps behind Front side line
9	40	Left: 2.0 steps outside 40 yd In	12.0 steps behind Front side line
10	16	Left: 3.0 steps inside 35 yd In	6.75 steps in front of Front Hash (HS)
11	16	Left: 1.75 steps inside 40 yd In	6.0 steps in front of Front Hash (HS)
12	32	Left: 2.5 steps inside 45 yd In	3.25 steps in front of Front Hash (HS)
13	32	Left: 1.0 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
14	16	Left: 1.75 steps outside 45 yd In	1.0 steps in front of Front Hash (HS)
15	25	Left: 0.75 steps inside 45 yd In	0.75 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 25 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 3.0 steps inside 20 yd In	13.75 steps in front of Back Hash (HS)
2	8	Left: 3.0 steps inside 25 yd In	13.75 steps in front of Back Hash (HS)
3	16	Left: 2.0 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps outside 35 yd In	5.0 steps behind Front Hash (HS)
5	8	Left: 2.0 steps outside 40 yd In	5.0 steps behind Front Hash (HS)
6	16	Left: On 35 yd In	2.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps inside 40 yd In	On Front Hash (HS)
8	8	Left: 2.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 40 yd In	12.0 steps in front of Front Hash (HS)
10	16	Left: 2.0 steps outside 40 yd In	6.25 steps in front of Front Hash (HS)
11	16	Left: 3.25 steps outside 45 yd In	5.5 steps in front of Front Hash (HS)
12	32	Left: 3.0 steps outside 50 yd In	3.0 steps in front of Front Hash (HS)
13	32	Left: 2.0 steps inside 45 yd In	4.0 steps in front of Front Hash (HS)
14	16	Left: 0.75 steps inside 45 yd In	0.75 steps in front of Front Hash (HS)
15	25	Left: 3.75 steps inside 45 yd In	0.25 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 30 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: On 30 yd In	6.0 steps behind Back Hash (HS)
2	8	Left: On 35 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: 4.0 steps inside 30 yd In	2.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
5	8	Left: 2.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 35 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: 4.0 steps inside 40 yd In	On Front Hash (HS)
8	8	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 40 yd In	12.0 steps in front of Front Hash (HS)
10	16	Left: 0.75 steps inside 40 yd In	5.75 steps in front of Front Hash (HS)
11	16	Left: 0.25 steps outside 45 yd In	5.0 steps in front of Front Hash (HS)
12	32	Left: 0.5 steps outside 50 yd In	2.75 steps in front of Front Hash (HS)
13	32	Left: 3.0 steps outside 50 yd In	4.0 steps in front of Front Hash (HS)
14	16	Left: 3.25 steps inside 45 yd In	0.75 steps in front of Front Hash (HS)
15	25	Left: 1.5 steps outside 50 yd In	On Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 1.0 steps inside 30 yd In	12.0 steps in front of Back side line
1	16	Left: 4.0 steps inside 30 yd In	2.0 steps in front of Back side line
2	8	Left: 4.0 steps inside 35 yd In	2.0 steps in front of Back side line
3	16	Left: 2.0 steps outside 40 yd In	10.0 steps in front of Back side line
4	16	Left: 2.0 steps inside 40 yd In	10.0 steps behind Back Hash (HS)
5	8	Left: 2.0 steps inside 45 yd In	10.0 steps behind Back Hash (HS)
6	16	Left: 2.0 steps outside 45 yd In	2.0 steps behind Back Hash (HS)
7	16	On 50 yd In	2.0 steps in front of Back Hash (HS)
8	8	On 50 yd In	10.0 steps in front of Back Hash (HS)
9	40	On 50 yd In	12.0 steps behind Front Hash (HS)
10	16	Right: On 45 yd In	10.0 steps in front of Back Hash (HS)
11	16	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 0.5 steps inside 35 yd In	13.5 steps in front of Back Hash (HS)
13	32	Right: 3.0 steps outside 40 yd In	14.0 steps in front of Back Hash (HS)
14	16	Right: 3.25 steps inside 35 yd In	13.0 steps in front of Back Hash (HS)
15	25	Right: 3.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 35 yd In	12.0 steps in front of Back side line
1	16	Left: 2.0 steps inside 35 yd In	2.0 steps in front of Back side line
2	8	Left: 2.0 steps inside 40 yd In	2.0 steps in front of Back side line
3	16	Left: 4.0 steps inside 40 yd In	10.0 steps in front of Back side line
4	16	Left: 3.0 steps outside 45 yd In	10.0 steps behind Back Hash (HS)
5	8	Left: 3.0 steps outside 50 yd In	10.0 steps behind Back Hash (HS)
6	16	Left: 1.0 steps inside 45 yd In	2.0 steps behind Back Hash (HS)
7	16	On 50 yd In	1.0 steps behind Back Hash (HS)
8	8	On 50 yd In	7.0 steps in front of Back Hash (HS)
9	40	Right: 3.0 steps outside 50 yd In	12.0 steps behind Front Hash (HS)
10	16	Right: 3.0 steps outside 45 yd In	10.0 steps in front of Back Hash (HS)
11	16	Right: 1.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 2.25 steps outside 35 yd In	13.5 steps behind Front Hash (HS)
13	32	Right: 2.0 steps inside 35 yd In	14.0 steps in front of Back Hash (HS)
14	16	Right: 0.25 steps inside 35 yd In	13.25 steps in front of Back Hash (HS)
15	25	Right: On 40 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: On 40 yd In	12.0 steps in front of Back side line
1	16	Left: On 40 yd In	2.0 steps in front of Back side line
2	8	Left: On 45 yd In	2.0 steps in front of Back side line
3	16	Left: 2.0 steps inside 45 yd In	10.0 steps in front of Back side line
4	16	Left: On 45 yd In	10.0 steps behind Back Hash (HS)
5	8	On 50 yd In	10.0 steps behind Back Hash (HS)
6	16	Left: 4.0 steps inside 45 yd In	2.0 steps behind Back Hash (HS)
7	16	Right: On 45 yd In	5.0 steps in front of Back Hash (HS)
8	8	Right: On 45 yd In	13.0 steps in front of Back Hash (HS)
9	40	Right: 2.0 steps inside 45 yd In	12.0 steps behind Front Hash (HS)
10	16	Right: 2.0 steps inside 40 yd In	10.0 steps in front of Back Hash (HS)
11	16	Right: 2.0 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 3.0 steps inside 30 yd In	12.25 steps behind Front Hash (HS)
13	32	Right: 1.0 steps outside 35 yd In	14.0 steps in front of Back Hash (HS)
14	16	Right: 2.75 steps outside 35 yd In	13.5 steps in front of Back Hash (HS)
15	25	Right: 3.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 1.0 steps inside 45 yd In	12.0 steps in front of Back side line
1	16	Left: 2.0 steps outside 45 yd In	2.0 steps in front of Back side line
2	8	Left: 2.0 steps outside 50 yd In	2.0 steps in front of Back side line
3	16	On 50 yd In	10.0 steps in front of Back side line
4	16	Left: 3.0 steps inside 45 yd In	10.0 steps behind Back Hash (HS)
5	8	Right: 3.0 steps outside 50 yd In	10.0 steps behind Back Hash (HS)
6	16	Left: 1.0 steps outside 50 yd In	2.0 steps behind Back Hash (HS)
7	16	Right: On 45 yd In	2.0 steps in front of Back Hash (HS)
8	8	Right: On 45 yd In	10.0 steps in front of Back Hash (HS)
9	40	Right: 1.0 steps outside 45 yd In	12.0 steps behind Front Hash (HS)
10	16	Right: 1.0 steps outside 40 yd In	10.0 steps in front of Back Hash (HS)
11	16	Right: 3.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 0.25 steps inside 30 yd In	11.0 steps behind Front Hash (HS)
13	32	Right: 4.0 steps outside 35 yd In	14.0 steps in front of Back Hash (HS)
14	16	Right: 2.25 steps inside 30 yd In	13.75 steps in front of Back Hash (HS)
15	25	Right: 2.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 1.0 steps outside 50 yd In	12.0 steps in front of Back side line
1	16	Left: 4.0 steps inside 45 yd In	2.0 steps in front of Back side line
2	8	Right: 4.0 steps outside 50 yd In	2.0 steps in front of Back side line
3	16	Right: 2.0 steps inside 45 yd In	10.0 steps in front of Back side line
4	16	Left: 2.0 steps outside 50 yd In	10.0 steps behind Back Hash (HS)
5	8	Right: 2.0 steps inside 45 yd In	10.0 steps behind Back Hash (HS)
6	16	Right: 2.0 steps outside 50 yd In	2.0 steps behind Back Hash (HS)
7	16	Right: On 45 yd In	1.0 steps behind Back Hash (HS)
8	8	Right: On 45 yd In	7.0 steps in front of Back Hash (HS)
9	40	Right: 4.0 steps outside 45 yd In	12.0 steps behind Front Hash (HS)
10	16	Right: 4.0 steps outside 40 yd In	10.0 steps in front of Back Hash (HS)
11	16	Right: On 30 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 2.25 steps outside 30 yd In	9.5 steps behind Front Hash (HS)
13	32	Right: 1.0 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
14	16	Right: 0.75 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
15	25	Right: 1.0 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 50 yd In	On Back Hash (HS)
1	16	Left: 2.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
2	8	Right: 2.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
3	16	Right: 2.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: 2.0 steps outside 30 yd In	8.0 steps in front of Back Hash (HS)
6	16	Right: On 35 yd In	10.0 steps behind Front Hash (HS)
7	16	Right: 1.0 steps inside 25 yd In	6.0 steps behind Front Hash (HS)
8	8	Right: 1.0 steps inside 25 yd In	2.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 25 yd In	4.0 steps in front of Front Hash (HS)
10	16	Right: 0.25 steps outside 20 yd In	2.75 steps in front of Front Hash (HS)
11	16	Right: 2.75 steps outside 30 yd In	3.0 steps behind Front Hash (HS)
12	32	Right: 2.5 steps inside 35 yd In	2.25 steps in front of Front Hash (HS)
13	32	Right: On 35 yd In	2.0 steps behind Front Hash (HS)
14	16	Right: 1.25 steps inside 35 yd In	3.0 steps in front of Front Hash (HS)
15	25	Right: 1.0 steps inside 30 yd In	4.25 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: On 40 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	2.0 steps behind Back Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	2.0 steps behind Back Hash (HS)
3	16	Right: On 45 yd In	8.0 steps in front of Back Hash (HS)
4	16	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: 4.0 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)
6	16	Right: 4.0 steps outside 40 yd In	14.0 steps in front of Back Hash (HS)
7	16	Right: 1.0 steps outside 30 yd In	6.0 steps behind Front Hash (HS)
8	8	Right: 1.0 steps outside 30 yd In	2.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)
10	16	Right: 1.5 steps inside 20 yd In	0.5 steps in front of Front Hash (HS)
11	16	Right: 0.25 steps inside 30 yd In	3.75 steps behind Front Hash (HS)
12	32	Right: 3.0 steps outside 40 yd In	2.75 steps in front of Front Hash (HS)
13	32	Right: On 35 yd In	4.0 steps in front of Front Hash (HS)
14	16	Right: 3.75 steps inside 35 yd In	2.5 steps in front of Front Hash (HS)
15	25	Right: 3.75 steps inside 30 yd In	3.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 45 yd In	4.0 steps behind Back Hash (HS)
1	16	On 50 yd In	6.0 steps behind Back Hash (HS)
2	8	Right: On 45 yd In	6.0 steps behind Back Hash (HS)
3	16	Right: On 45 yd In	2.0 steps in front of Back Hash (HS)
4	16	Right: On 40 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: On 35 yd In	8.0 steps in front of Back Hash (HS)
6	16	Right: On 40 yd In	14.0 steps in front of Back Hash (HS)
7	16	Right: On 30 yd In	8.0 steps behind Front Hash (HS)
8	8	Right: On 30 yd In	On Front Hash (HS)
9	40	Right: 2.0 steps outside 30 yd In	4.0 steps in front of Front Hash (HS)
10	16	Right: 3.75 steps inside 20 yd In	1.5 steps behind Front Hash (HS)
11	16	Right: 3.25 steps inside 30 yd In	4.0 steps behind Front Hash (HS)
12	32	Right: 0.5 steps outside 40 yd In	3.25 steps in front of Front Hash (HS)
13	32	Right: 3.0 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
14	16	Right: 1.75 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
15	25	Right: 1.5 steps outside 35 yd In	2.0 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 40 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 2.0 steps inside 45 yd In	6.0 steps behind Back Hash (HS)
2	8	Right: 2.0 steps outside 50 yd In	6.0 steps behind Back Hash (HS)
3	16	Right: 2.0 steps outside 50 yd In	5.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: 2.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
6	16	Right: 4.0 steps outside 45 yd In	10.0 steps behind Front Hash (HS)
7	16	Right: 4.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
8	8	Right: 4.0 steps outside 40 yd In	6.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
10	16	Right: 1.75 steps outside 25 yd In	3.25 steps behind Front Hash (HS)
11	16	Right: 1.75 steps outside 35 yd In	4.25 steps behind Front Hash (HS)
12	32	Right: 2.0 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
13	32	Right: 3.0 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)
14	16	Right: 0.75 steps inside 40 yd In	1.75 steps in front of Front Hash (HS)
15	25	Right: 1.5 steps inside 35 yd In	1.5 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 45 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 4.0 steps inside 45 yd In	6.0 steps behind Back Hash (HS)
2	8	Right: 4.0 steps outside 50 yd In	6.0 steps behind Back Hash (HS)
3	16	Right: 2.0 steps outside 50 yd In	2.0 steps in front of Back Hash (HS)
4	16	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
6	16	Right: 4.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)
7	16	Right: 4.0 steps outside 40 yd In	6.0 steps behind Front Hash (HS)
8	8	Right: 4.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)
10	16	Right: 1.25 steps inside 25 yd In	4.25 steps behind Front Hash (HS)
11	16	Right: 1.25 steps inside 35 yd In	4.25 steps behind Front Hash (HS)
12	32	Right: 3.75 steps outside 45 yd In	4.75 steps in front of Front Hash (HS)
13	32	Right: 2.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
14	16	Right: 3.25 steps inside 40 yd In	1.5 steps in front of Front Hash (HS)
15	25	Right: 3.5 steps outside 40 yd In	0.75 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 45 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	4.0 steps in front of Back Hash (HS)
3	16	Right: On 45 yd In	11.0 steps in front of Back Hash (HS)
4	16	Right: 4.0 steps outside 45 yd In	8.0 steps behind Front Hash (HS)
5	8	Right: 4.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)
6	16	Right: On 40 yd In	6.0 steps behind Front Hash (HS)
7	16	Right: 4.0 steps outside 40 yd In	On Front Hash (HS)
8	8	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
10	16	Right: 4.0 steps outside 30 yd In	4.75 steps behind Front Hash (HS)
11	16	Right: 3.75 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
12	32	Right: 1.5 steps outside 45 yd In	5.5 steps in front of Front Hash (HS)
13	32	Right: 1.0 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
14	16	Right: 2.25 steps outside 45 yd In	1.25 steps in front of Front Hash (HS)
15	25	Right: 0.5 steps outside 40 yd In	0.5 steps in front of Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: On 45 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 2.0 steps outside 50 yd In	6.0 steps behind Back Hash (HS)
2	8	Right: 2.0 steps inside 45 yd In	6.0 steps behind Back Hash (HS)
3	16	Right: On 45 yd In	5.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: 2.0 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)
6	16	Right: On 40 yd In	10.0 steps behind Front Hash (HS)
7	16	Right: 4.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
8	8	Right: 4.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
10	16	Right: 1.0 steps outside 30 yd In	5.0 steps behind Front Hash (HS)
11	16	Right: 1.0 steps outside 40 yd In	3.75 steps behind Front Hash (HS)
12	32	Right: 1.0 steps inside 45 yd In	6.25 steps in front of Front Hash (HS)
13	32	Right: 4.0 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
14	16	Right: 0.25 steps inside 45 yd In	1.0 steps in front of Front Hash (HS)
15	25	Right: 2.5 steps inside 40 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 40 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	On Back Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	On Back Hash (HS)
3	16	Left: 4.0 steps inside 45 yd In	11.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	12.0 steps behind Front Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	12.0 steps behind Front Hash (HS)
6	16	Right: On 45 yd In	6.0 steps behind Front Hash (HS)
7	16	Right: 0.25 steps inside 40 yd In	2.75 steps behind Front Hash (HS)
8	8	Right: 0.25 steps inside 40 yd In	5.25 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
10	16	Right: 2.0 steps inside 30 yd In	5.0 steps behind Front Hash (HS)
11	16	Right: 2.0 steps inside 40 yd In	3.25 steps behind Front Hash (HS)
12	32	Right: 3.25 steps inside 45 yd In	7.25 steps in front of Front Hash (HS)
13	32	Right: 1.0 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
14	16	Right: 2.75 steps inside 45 yd In	0.75 steps in front of Front Hash (HS)
15	25	Right: 2.5 steps outside 45 yd In	On Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 40 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	6.0 steps behind Back Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	12.0 steps in front of Back Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	12.0 steps in front of Back Hash (HS)
6	16	Right: On 45 yd In	10.0 steps behind Front Hash (HS)
7	16	Right: 0.25 steps inside 40 yd In	5.25 steps behind Front Hash (HS)
8	8	Right: 0.25 steps inside 40 yd In	2.75 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)
10	16	Right: 3.0 steps outside 35 yd In	4.5 steps behind Front Hash (HS)
11	16	Right: 3.0 steps outside 45 yd In	2.75 steps behind Front Hash (HS)
12	32	Right: 2.25 steps outside 50 yd In	8.25 steps in front of Front Hash (HS)
13	32	Right: 2.0 steps inside 45 yd In	4.0 steps in front of Front Hash (HS)
14	16	Right: 2.75 steps outside 50 yd In	0.75 steps in front of Front Hash (HS)
15	25	Right: 0.5 steps inside 45 yd In	0.25 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 40 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: On 45 yd In	6.0 steps behind Back Hash (HS)
2	8	On 50 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: 4.0 steps inside 45 yd In	2.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
6	16	Right: On 45 yd In	14.0 steps in front of Back Hash (HS)
7	16	Right: 1.75 steps inside 40 yd In	7.25 steps behind Front Hash (HS)
8	8	Right: 1.75 steps inside 40 yd In	0.75 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
10	16	Right: On 35 yd In	3.75 steps behind Front Hash (HS)
11	16	Right: On 45 yd In	2.0 steps behind Front Hash (HS)
12	32	On 50 yd In	9.0 steps in front of Front Hash (HS)
13	32	Right: 3.0 steps outside 50 yd In	4.0 steps in front of Front Hash (HS)
14	16	Right: 0.25 steps outside 50 yd In	0.75 steps in front of Front Hash (HS)
15	25	Right: 3.5 steps inside 45 yd In	0.25 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 3.0 steps inside 10 yd In	12.0 steps in front of Back side line
1	16	Left: 4.0 steps inside 15 yd In	2.0 steps in front of Back side line
2	8	Left: 4.0 steps inside 20 yd In	2.0 steps in front of Back side line
3	16	Left: 2.0 steps outside 25 yd In	10.0 steps in front of Back side line
4	16	Left: 2.0 steps outside 35 yd In	10.0 steps behind Back Hash (HS)
5	8	Left: 2.0 steps outside 40 yd In	10.0 steps behind Back Hash (HS)
6	16	Left: 2.0 steps inside 35 yd In	2.0 steps behind Back Hash (HS)
7	16	Left: On 45 yd In	5.0 steps in front of Back Hash (HS)
8	8	Left: On 45 yd In	13.0 steps in front of Back Hash (HS)
9	40	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front Hash (HS)
10	16	Left: 4.0 steps inside 45 yd In	7.0 steps in front of Back Hash (HS)
11	16	Right: On 45 yd In	5.0 steps in front of Back Hash (HS)
12	32	Right: 3.25 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
13	32	Right: 2.0 steps inside 45 yd In	11.0 steps in front of Back Hash (HS)
14	16	Left: 0.25 steps outside 50 yd In	13.0 steps in front of Back Hash (HS)
15	25	Right: 0.5 steps outside 50 yd In	10.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 15 yd In	12.0 steps in front of Back side line
1	16	Left: 2.0 steps inside 20 yd In	2.0 steps in front of Back side line
2	8	Left: 2.0 steps inside 25 yd In	2.0 steps in front of Back side line
3	16	Left: 4.0 steps inside 25 yd In	10.0 steps in front of Back side line
4	16	Left: 1.0 steps inside 35 yd In	10.0 steps behind Back Hash (HS)
5	8	Left: 1.0 steps inside 40 yd In	10.0 steps behind Back Hash (HS)
6	16	Left: 3.0 steps outside 40 yd In	2.0 steps behind Back Hash (HS)
7	16	Left: On 45 yd In	2.0 steps in front of Back Hash (HS)
8	8	Left: On 45 yd In	10.0 steps in front of Back Hash (HS)
9	40	Left: 1.0 steps outside 45 yd In	12.0 steps behind Front Hash (HS)
10	16	Left: 1.0 steps outside 50 yd In	7.0 steps in front of Back Hash (HS)
11	16	Right: 3.0 steps outside 45 yd In	5.0 steps in front of Back Hash (HS)
12	32	Right: 1.75 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
13	32	Right: 1.0 steps outside 45 yd In	11.0 steps in front of Back Hash (HS)
14	16	Right: 2.25 steps inside 45 yd In	13.0 steps in front of Back Hash (HS)
15	25	Right: 3.5 steps outside 50 yd In	10.0 steps in front of Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 20 yd In	12.0 steps in front of Back side line
1	16	Left: On 25 yd In	2.0 steps in front of Back side line
2	8	Left: On 30 yd In	2.0 steps in front of Back side line
3	16	Left: 2.0 steps inside 30 yd In	10.0 steps in front of Back side line
4	16	Left: 4.0 steps inside 35 yd In	10.0 steps behind Back Hash (HS)
5	8	Left: 4.0 steps inside 40 yd In	10.0 steps behind Back Hash (HS)
6	16	Left: On 40 yd In	2.0 steps behind Back Hash (HS)
7	16	Left: On 45 yd In	1.0 steps behind Back Hash (HS)
8	8	Left: On 45 yd In	7.0 steps in front of Back Hash (HS)
9	40	Left: 2.0 steps inside 45 yd In	12.0 steps behind Front Hash (HS)
10	16	Right: 2.0 steps outside 50 yd In	7.0 steps in front of Back Hash (HS)
11	16	Right: 2.0 steps inside 40 yd In	5.0 steps in front of Back Hash (HS)
12	32	Right: 1.25 steps outside 40 yd In	8.5 steps in front of Back Hash (HS)
13	32	Right: 4.0 steps outside 45 yd In	11.0 steps in front of Back Hash (HS)
14	16	Right: 3.75 steps outside 45 yd In	12.75 steps in front of Back Hash (HS)
15	25	Right: 1.5 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 3.0 steps inside 25 yd In	12.0 steps in front of Back side line
1	16	Left: 2.0 steps outside 30 yd In	2.0 steps in front of Back side line
2	8	Left: 2.0 steps outside 35 yd In	2.0 steps in front of Back side line
3	16	Left: On 35 yd In	10.0 steps in front of Back side line
4	16	Left: 1.0 steps outside 40 yd In	10.0 steps behind Back Hash (HS)
5	8	Left: 1.0 steps outside 45 yd In	10.0 steps behind Back Hash (HS)
6	16	Left: 3.0 steps inside 40 yd In	2.0 steps behind Back Hash (HS)
7	16	On 50 yd In	5.0 steps in front of Back Hash (HS)
8	8	On 50 yd In	13.0 steps in front of Back Hash (HS)
9	40	Left: 3.0 steps outside 50 yd In	12.0 steps behind Front Hash (HS)
10	16	Right: 3.0 steps inside 45 yd In	7.0 steps in front of Back Hash (HS)
11	16	Right: 1.0 steps outside 40 yd In	5.0 steps in front of Back Hash (HS)
12	32	Right: 4.0 steps inside 35 yd In	9.25 steps in front of Back Hash (HS)
13	32	Right: 1.0 steps inside 40 yd In	11.0 steps in front of Back Hash (HS)
14	16	Right: 1.75 steps outside 40 yd In	13.0 steps in front of Back Hash (HS)
15	25	Right: 1.5 steps outside 45 yd In	10.0 steps in front of Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	14.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
3	16	Left: 2.0 steps inside 35 yd In	11.0 steps behind Front Hash (HS)
4	16	Left: 4.0 steps inside 40 yd In	10.0 steps behind Front Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	10.0 steps behind Front Hash (HS)
6	16	Left: On 45 yd In	6.0 steps behind Front Hash (HS)
7	16	Right: 2.5 steps outside 50 yd In	2.0 steps in front of Front Hash (HS)
8	8	Right: 2.5 steps outside 50 yd In	10.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 45 yd In	12.0 steps in front of Front Hash (HS)
10	16	Right: 1.5 steps inside 40 yd In	8.75 steps in front of Front Hash (HS)
11	16	Right: 4.0 steps outside 50 yd In	7.5 steps behind Front side line
12	32	Right: 1.75 steps inside 40 yd In	3.0 steps behind Front side line
13	32	Right: 3.0 steps outside 50 yd In	6.0 steps behind Front side line
14	16	Right: 3.75 steps inside 45 yd In	3.75 steps behind Front side line
15	25	Left: 1.0 steps outside 50 yd In	5.25 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 30 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	10.0 steps behind Front Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	10.0 steps behind Front Hash (HS)
3	16	Left: On 40 yd In	8.0 steps behind Front Hash (HS)
4	16	Left: 4.0 steps inside 40 yd In	4.0 steps behind Front Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	4.0 steps behind Front Hash (HS)
6	16	Left: On 45 yd In	2.0 steps behind Front Hash (HS)
7	16	Right: 3.0 steps outside 50 yd In	4.0 steps in front of Front Hash (HS)
8	8	Right: 3.0 steps outside 50 yd In	12.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 45 yd In	12.0 steps behind Front side line
10	16	Right: 4.0 steps inside 40 yd In	10.5 steps in front of Front Hash (HS)
11	16	Left: On 50 yd In	7.5 steps behind Front side line
12	32	Right: 3.75 steps outside 45 yd In	3.0 steps behind Front side line
13	32	On 50 yd In	6.0 steps behind Front side line
14	16	Right: 1.75 steps outside 50 yd In	4.25 steps behind Front side line
15	25	Left: 4.0 steps outside 50 yd In	6.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: On 45 yd In	6.0 steps behind Front Hash (HS)
2	8	On 50 yd In	6.0 steps behind Front Hash (HS)
3	16	Left: 4.0 steps inside 45 yd In	2.0 steps behind Front Hash (HS)
4	16	On 50 yd In	8.0 steps behind Front Hash (HS)
5	8	Right: On 45 yd In	8.0 steps behind Front Hash (HS)
6	16	On 50 yd In	6.0 steps in front of Front Hash (HS)
7	16	Right: 3.0 steps inside 40 yd In	6.0 steps in front of Front Hash (HS)
8	8	Right: 3.0 steps inside 40 yd In	14.0 steps behind Front side line
9	40	Right: 2.0 steps outside 40 yd In	8.0 steps behind Front side line
10	16	Right: 2.0 steps inside 40 yd In	4.5 steps behind Front side line
11	16	Right: 2.0 steps inside 45 yd In	7.5 steps behind Front side line
12	32	Right: 1.75 steps outside 45 yd In	8.5 steps behind Front side line
13	32	Right: 2.0 steps inside 45 yd In	9.0 steps behind Front side line
14	16	Right: 2.5 steps outside 50 yd In	12.0 steps behind Front side line
15	25	Right: 0.25 steps outside 50 yd In	4.75 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	14.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)
3	16	Right: 2.0 steps outside 50 yd In	11.0 steps behind Front Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
6	16	Right: 4.0 steps outside 50 yd In	2.0 steps in front of Front Hash (HS)
7	16	Right: 3.0 steps outside 45 yd In	2.0 steps in front of Front Hash (HS)
8	8	Right: 3.0 steps outside 45 yd In	10.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 40 yd In	12.0 steps behind Front side line
10	16	Right: 0.75 steps outside 40 yd In	3.25 steps behind Front side line
11	16	Right: 2.0 steps outside 45 yd In	7.5 steps behind Front side line
12	32	Right: 3.75 steps inside 40 yd In	8.75 steps behind Front side line
13	32	Right: 1.0 steps outside 45 yd In	9.0 steps behind Front side line
14	16	Right: 3.0 steps inside 45 yd In	12.25 steps behind Front side line
15	25	Right: 3.25 steps outside 50 yd In	4.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 40 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
3	16	Right: 2.0 steps outside 50 yd In	8.0 steps behind Front Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	2.0 steps in front of Front Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	2.0 steps in front of Front Hash (HS)
6	16	Right: 4.0 steps outside 50 yd In	6.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
8	8	Right: 2.0 steps inside 40 yd In	12.0 steps behind Front side line
9	40	Right: 2.0 steps inside 35 yd In	8.0 steps behind Front side line
10	16	Right: 3.5 steps outside 40 yd In	2.5 steps behind Front side line
11	16	Right: 2.0 steps inside 40 yd In	7.75 steps behind Front side line
12	32	Right: 1.25 steps inside 40 yd In	8.75 steps behind Front side line
13	32	Right: 4.0 steps outside 45 yd In	9.0 steps behind Front side line
14	16	Right: 0.5 steps inside 45 yd In	12.5 steps behind Front side line
15	25	Right: 1.75 steps inside 45 yd In	3.5 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	6.0 steps behind Front Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
3	16	Left: 4.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	On Front Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	On Front Hash (HS)
6	16	Right: On 45 yd In	2.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
8	8	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 35 yd In	12.0 steps behind Front side line
10	16	Right: 1.5 steps inside 35 yd In	2.0 steps behind Front side line
11	16	Right: 2.0 steps outside 40 yd In	8.0 steps behind Front side line
12	32	Right: 1.25 steps outside 40 yd In	8.75 steps behind Front side line
13	32	Right: 1.0 steps inside 40 yd In	9.0 steps behind Front side line
14	16	Right: 2.0 steps outside 45 yd In	12.25 steps behind Front side line
15	25	Right: 1.25 steps outside 45 yd In	3.25 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: On 40 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 2.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
2	8	Left: 2.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
3	16	Left: 4.0 steps inside 45 yd In	5.0 steps behind Front Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
6	16	Right: On 45 yd In	6.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)
8	8	Right: 4.0 steps outside 40 yd In	12.0 steps behind Front side line
9	40	Right: 2.0 steps outside 35 yd In	8.0 steps behind Front side line
10	16	Right: 1.5 steps outside 35 yd In	2.0 steps behind Front side line
11	16	Right: 2.0 steps inside 35 yd In	8.5 steps behind Front side line
12	32	Right: 3.75 steps outside 40 yd In	8.75 steps behind Front side line
13	32	Right: 2.0 steps outside 40 yd In	9.0 steps behind Front side line
14	16	Right: 3.5 steps inside 40 yd In	12.25 steps behind Front side line
15	25	Right: 3.75 steps inside 40 yd In	3.0 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: On 45 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	6.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	6.0 steps in front of Back Hash (HS)
3	16	Left: 4.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	8.0 steps behind Front Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)
6	16	Right: 4.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
7	16	Right: 4.0 steps outside 40 yd In	6.0 steps in front of Front Hash (HS)
8	8	Right: 4.0 steps outside 40 yd In	14.0 steps behind Front side line
9	40	Right: 2.0 steps outside 35 yd In	12.0 steps behind Front side line
10	16	Right: 3.5 steps inside 30 yd In	2.0 steps behind Front side line
11	16	Right: 2.0 steps outside 35 yd In	9.0 steps behind Front side line
12	32	Right: 1.75 steps inside 35 yd In	9.25 steps behind Front side line
13	32	Right: 3.0 steps inside 35 yd In	9.0 steps behind Front side line
14	16	Right: 1.0 steps inside 40 yd In	12.0 steps behind Front side line
15	25	Right: 0.75 steps inside 40 yd In	2.75 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
2	8	Right: 4.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
3	16	Right: 2.0 steps outside 50 yd In	2.0 steps behind Front Hash (HS)
4	16	Right: 2.0 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
5	8	Right: 2.0 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)
6	16	Right: 4.0 steps outside 45 yd In	6.0 steps in front of Front Hash (HS)
7	16	Right: On 35 yd In	8.0 steps in front of Front Hash (HS)
8	8	Right: On 35 yd In	12.0 steps behind Front side line
9	40	Right: 2.0 steps inside 30 yd In	8.0 steps behind Front side line
10	16	Right: 0.5 steps inside 30 yd In	2.25 steps behind Front side line
11	16	Right: 2.25 steps inside 30 yd In	9.75 steps behind Front side line
12	32	Right: 0.75 steps outside 35 yd In	10.0 steps behind Front side line
13	32	Right: On 35 yd In	9.0 steps behind Front side line
14	16	Right: 1.5 steps outside 40 yd In	12.0 steps behind Front side line
15	25	Right: 2.25 steps outside 40 yd In	2.75 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 2.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
2	8	Right: 2.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
3	16	Right: 2.0 steps outside 50 yd In	5.0 steps behind Front Hash (HS)
4	16	Right: 4.0 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
5	8	Right: 4.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
6	16	Right: 4.0 steps outside 45 yd In	2.0 steps in front of Front Hash (HS)
7	16	Right: 2.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
8	8	Right: 2.0 steps inside 35 yd In	12.0 steps behind Front side line
9	40	Right: 2.0 steps inside 30 yd In	12.0 steps behind Front side line
10	16	Right: 2.5 steps outside 30 yd In	3.0 steps behind Front side line
11	16	Right: 1.75 steps outside 30 yd In	10.5 steps behind Front side line
12	32	Right: 2.25 steps outside 35 yd In	12.0 steps behind Front side line
13	32	Right: 3.0 steps outside 35 yd In	9.0 steps behind Front side line
14	16	Right: 4.0 steps inside 35 yd In	12.0 steps behind Front side line
15	25	Right: 2.75 steps inside 35 yd In	3.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 45 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 2.0 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
2	8	Right: 2.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
3	16	Right: On 45 yd In	5.0 steps behind Front Hash (HS)
4	16	Right: 2.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
5	8	Right: 2.0 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
6	16	Right: On 40 yd In	6.0 steps in front of Front Hash (HS)
7	16	Right: 4.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
8	8	Right: 4.0 steps outside 35 yd In	12.0 steps behind Front side line
9	40	Right: 2.0 steps outside 30 yd In	8.0 steps behind Front side line
10	16	Right: 2.75 steps inside 25 yd In	3.5 steps behind Front side line
11	16	Right: 2.25 steps inside 25 yd In	11.5 steps behind Front side line
12	32	Right: 3.0 steps outside 35 yd In	13.75 steps in front of Front Hash (HS)
13	32	Right: 2.0 steps inside 30 yd In	9.0 steps behind Front side line
14	16	Right: 1.5 steps inside 35 yd In	12.0 steps behind Front side line
15	25	Right: 0.25 steps outside 35 yd In	3.5 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Right: On 45 yd In	14.0 steps in front of Back Hash (HS)
1	16	Right: 3.0 steps inside 35 yd In	10.25 steps behind Front Hash (HS)
2	8	Right: 3.0 steps inside 30 yd In	10.25 steps behind Front Hash (HS)
3	16	Right: 0.25 steps outside 30 yd In	7.5 steps in front of Back Hash (HS)
4	16	Right: 4.0 steps outside 30 yd In	6.0 steps in front of Back Hash (HS)
5	8	Right: 4.0 steps outside 25 yd In	6.0 steps in front of Back Hash (HS)
6	16	Right: 3.0 steps inside 25 yd In	5.75 steps in front of Back Hash (HS)
7	16	Right: On 25 yd In	12.0 steps in front of Back Hash (HS)
8	8	Right: On 25 yd In	8.0 steps behind Front Hash (HS)
9	40	Right: 0.5 steps inside 25 yd In	10.25 steps in front of Back Hash (HS)
10	16	Right: 0.25 steps outside 25 yd In	3.75 steps behind Front Hash (HS)
11	16	Right: 2.5 steps outside 35 yd In	11.25 steps in front of Front Hash (HS)
12	32	Right: 3.75 steps outside 40 yd In	13.5 steps behind Front side line
13	32	Right: 4.0 steps outside 45 yd In	10.0 steps in front of Front Hash (HS)
14	16	Right: 1.0 steps outside 45 yd In	5.0 steps in front of Front Hash (HS)
15	25	Right: 2.0 steps outside 40 yd In	7.0 steps in front of Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Right: On 45 yd In	8.0 steps behind Front Hash (HS)
1	16	Right: On 40 yd In	4.0 steps behind Front Hash (HS)
2	8	Right: On 35 yd In	4.0 steps behind Front Hash (HS)
3	16	Right: 2.0 steps inside 30 yd In	12.0 steps behind Front Hash (HS)
4	16	Right: 4.0 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
5	8	Right: 4.0 steps outside 25 yd In	14.0 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: 4.0 steps outside 20 yd In	12.0 steps in front of Back Hash (HS)
8	8	Right: 4.0 steps outside 20 yd In	8.0 steps behind Front Hash (HS)
9	40	Right: On 20 yd In	12.0 steps behind Front Hash (HS)
10	16	Right: 3.75 steps outside 30 yd In	3.75 steps in front of Back Hash (HS)
11	16	Right: 2.0 steps inside 35 yd In	3.0 steps behind Back Hash (HS)
12	32	Right: On 35 yd In	On Back Hash (HS)
13	32	Right: 4.0 steps outside 45 yd In	2.0 steps in front of Back Hash (HS)
14	16	Right: 2.0 steps inside 30 yd In	3.0 steps in front of Back Hash (HS)
15	25	Right: On 35 yd In	4.0 steps behind Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 30 yd In	12.0 steps in front of Back side line
1	16	Left: 2.0 steps outside 30 yd In	6.0 steps in front of Back side line
2	8	Left: 2.0 steps outside 35 yd In	6.0 steps in front of Back side line
3	16	Left: On 35 yd In	14.0 steps in front of Back side line
4	16	Left: 1.0 steps outside 40 yd In	6.0 steps behind Back Hash (HS)
5	8	Left: 1.0 steps outside 45 yd In	6.0 steps behind Back Hash (HS)
6	16	Left: 3.0 steps inside 40 yd In	2.0 steps in front of Back Hash (HS)
7	16	On 50 yd In	14.0 steps in front of Back Hash (HS)
8	8	On 50 yd In	6.0 steps behind Front Hash (HS)
9	40	On 50 yd In	8.0 steps behind Front Hash (HS)
10	16	Left: 3.0 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)
11	16	Right: 1.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 3.0 steps outside 45 yd In	11.0 steps in front of Back Hash (HS)
13	32	Right: 2.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)
14	16	Right: 1.75 steps outside 50 yd In	13.0 steps in front of Back Hash (HS)
15	25	On 50 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 30 yd In	12.0 steps in front of Back side line
1	16	Left: 4.0 steps inside 30 yd In	6.0 steps in front of Back side line
2	8	Left: 4.0 steps inside 35 yd In	6.0 steps in front of Back side line
3	16	Left: 2.0 steps outside 40 yd In	14.0 steps in front of Back side line
4	16	Left: 2.0 steps inside 40 yd In	6.0 steps behind Back Hash (HS)
5	8	Left: 2.0 steps inside 45 yd In	6.0 steps behind Back Hash (HS)
6	16	Left: 2.0 steps outside 45 yd In	2.0 steps in front of Back Hash (HS)
7	16	On 50 yd In	11.0 steps in front of Back Hash (HS)
8	8	On 50 yd In	9.0 steps behind Front Hash (HS)
9	40	Right: 2.0 steps outside 50 yd In	8.0 steps behind Front Hash (HS)
10	16	Left: 3.0 steps outside 50 yd In	10.0 steps in front of Back Hash (HS)
11	16	Right: 1.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 3.0 steps inside 40 yd In	11.25 steps in front of Back Hash (HS)
13	32	Right: On 45 yd In	14.0 steps in front of Back Hash (HS)
14	16	Right: 3.75 steps outside 50 yd In	13.0 steps in front of Back Hash (HS)
15	25	Right: 2.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 3.0 steps outside 40 yd In	12.0 steps in front of Back side line
1	16	Left: 2.0 steps inside 35 yd In	6.0 steps in front of Back side line
2	8	Left: 2.0 steps inside 40 yd In	6.0 steps in front of Back side line
3	16	Left: 4.0 steps inside 40 yd In	14.0 steps in front of Back side line
4	16	Left: 3.0 steps outside 45 yd In	6.0 steps behind Back Hash (HS)
5	8	Left: 3.0 steps outside 50 yd In	6.0 steps behind Back Hash (HS)
6	16	Left: 1.0 steps inside 45 yd In	2.0 steps in front of Back Hash (HS)
7	16	On 50 yd In	8.0 steps in front of Back Hash (HS)
8	8	On 50 yd In	12.0 steps behind Front Hash (HS)
9	40	Right: 4.0 steps outside 50 yd In	8.0 steps behind Front Hash (HS)
10	16	Left: 1.0 steps outside 50 yd In	10.0 steps in front of Back Hash (HS)
11	16	Right: 3.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 1.0 steps inside 40 yd In	11.5 steps in front of Back Hash (HS)
13	32	Right: 2.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)
14	16	Right: 0.25 steps inside 45 yd In	12.75 steps in front of Back Hash (HS)
15	25	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 3.0 steps inside 40 yd In	12.0 steps in front of Back side line
1	16	Left: On 40 yd In	6.0 steps in front of Back side line
2	8	Left: On 45 yd In	6.0 steps in front of Back side line
3	16	Left: 2.0 steps inside 45 yd In	14.0 steps in front of Back side line
4	16	Left: On 45 yd In	6.0 steps behind Back Hash (HS)
5	8	On 50 yd In	6.0 steps behind Back Hash (HS)
6	16	Left: 4.0 steps inside 45 yd In	2.0 steps in front of Back Hash (HS)
7	16	Right: On 45 yd In	14.0 steps in front of Back Hash (HS)
8	8	Right: On 45 yd In	6.0 steps behind Front Hash (HS)
9	40	Right: 2.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
10	16	Right: 1.0 steps outside 50 yd In	10.0 steps in front of Back Hash (HS)
11	16	Right: 3.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 1.0 steps outside 40 yd In	12.0 steps in front of Back Hash (HS)
13	32	Right: 4.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)
14	16	Right: 1.75 steps outside 45 yd In	12.75 steps in front of Back Hash (HS)
15	25	Right: 2.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Back side line
1	16	Left: 2.0 steps outside 45 yd In	6.0 steps in front of Back side line
2	8	Left: 2.0 steps outside 50 yd In	6.0 steps in front of Back side line
3	16	On 50 yd In	14.0 steps in front of Back side line
4	16	Left: 3.0 steps inside 45 yd In	6.0 steps behind Back Hash (HS)
5	8	Right: 3.0 steps outside 50 yd In	6.0 steps behind Back Hash (HS)
6	16	Left: 1.0 steps outside 50 yd In	2.0 steps in front of Back Hash (HS)
7	16	Right: On 45 yd In	11.0 steps in front of Back Hash (HS)
8	8	Right: On 45 yd In	9.0 steps behind Front Hash (HS)
9	40	Right: On 45 yd In	8.0 steps behind Front Hash (HS)
10	16	Right: 3.0 steps outside 50 yd In	10.0 steps in front of Back Hash (HS)
11	16	Right: 1.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 3.0 steps outside 40 yd In	12.25 steps in front of Back Hash (HS)
13	32	Right: 2.0 steps inside 40 yd In	14.0 steps in front of Back Hash (HS)
14	16	Right: 2.25 steps inside 40 yd In	13.0 steps in front of Back Hash (HS)
15	25	Right: On 45 yd In	8.0 steps in front of Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Right: 2.0 steps outside 50 yd In	12.0 steps in front of Back side line
1	16	Left: 4.0 steps inside 45 yd In	6.0 steps in front of Back side line
2	8	Right: 4.0 steps outside 50 yd In	6.0 steps in front of Back side line
3	16	Right: 2.0 steps inside 45 yd In	14.0 steps in front of Back side line
4	16	Left: 2.0 steps outside 50 yd In	6.0 steps behind Back Hash (HS)
5	8	Right: 2.0 steps inside 45 yd In	6.0 steps behind Back Hash (HS)
6	16	Right: 2.0 steps outside 50 yd In	2.0 steps in front of Back Hash (HS)
7	16	Right: On 45 yd In	8.0 steps in front of Back Hash (HS)
8	8	Right: On 45 yd In	12.0 steps behind Front Hash (HS)
9	40	Right: 2.0 steps outside 45 yd In	8.0 steps behind Front Hash (HS)
10	16	Right: 3.0 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)
11	16	Right: 1.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 3.5 steps inside 35 yd In	12.75 steps in front of Back Hash (HS)
13	32	Right: On 40 yd In	14.0 steps in front of Back Hash (HS)
14	16	Right: 0.25 steps inside 40 yd In	13.0 steps in front of Back Hash (HS)
15	25	Right: 2.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 25 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	6.0 steps behind Back Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
5	8	Left: 2.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: On 40 yd In	10.0 steps behind Front Hash (HS)
7	16	Left: On 45 yd In	8.0 steps behind Front Hash (HS)
8	8	Left: On 45 yd In	On Front Hash (HS)
9	40	Left: 2.0 steps inside 45 yd In	4.0 steps in front of Front Hash (HS)
10	16	Left: 0.25 steps outside 45 yd In	8.0 steps behind Front Hash (HS)
11	16	Left: 1.5 steps outside 50 yd In	9.25 steps behind Front Hash (HS)
12	32	Right: 0.5 steps outside 50 yd In	6.25 steps behind Front Hash (HS)
13	32	Left: 3.0 steps outside 50 yd In	2.0 steps behind Front Hash (HS)
14	16	Right: 2.75 steps inside 45 yd In	4.25 steps behind Front Hash (HS)
15	25	Right: 2.0 steps outside 40 yd In	3.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 25 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 2.5 steps inside 20 yd In	3.75 steps behind Back Hash (HS)
2	8	Left: 2.5 steps inside 25 yd In	3.75 steps behind Back Hash (HS)
3	16	Left: 2.0 steps outside 30 yd In	2.0 steps in front of Back Hash (HS)
4	16	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
5	8	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 30 yd In	10.0 steps behind Front Hash (HS)
7	16	Left: On 40 yd In	2.0 steps behind Front Hash (HS)
8	8	Left: On 40 yd In	6.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
10	16	Left: 3.0 steps outside 45 yd In	7.25 steps behind Front Hash (HS)
11	16	Left: 3.5 steps inside 45 yd In	9.0 steps behind Front Hash (HS)
12	32	Left: 1.75 steps outside 50 yd In	5.5 steps behind Front Hash (HS)
13	32	Left: 2.0 steps inside 45 yd In	2.0 steps behind Front Hash (HS)
14	16	Right: 2.25 steps outside 50 yd In	4.25 steps behind Front Hash (HS)
15	25	Right: 2.0 steps inside 45 yd In	12.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 30 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 2.0 steps outside 30 yd In	6.0 steps behind Back Hash (HS)
2	8	Left: 2.0 steps outside 35 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: 4.0 steps inside 30 yd In	5.0 steps in front of Back Hash (HS)
4	16	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
5	8	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: On 40 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps outside 45 yd In	8.0 steps behind Front Hash (HS)
8	8	Left: 2.0 steps outside 45 yd In	On Front Hash (HS)
9	40	Left: 2.0 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
10	16	Left: 2.0 steps inside 40 yd In	6.0 steps behind Front Hash (HS)
11	16	Left: 0.75 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 4.0 steps inside 45 yd In	4.5 steps behind Front Hash (HS)
13	32	Left: 1.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
14	16	Left: 0.75 steps outside 50 yd In	4.25 steps behind Front Hash (HS)
15	25	Right: 2.0 steps inside 45 yd In	9.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 25 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 1.75 steps inside 20 yd In	12.25 steps in front of Back Hash (HS)
2	8	Left: 1.75 steps inside 25 yd In	12.25 steps in front of Back Hash (HS)
3	16	Left: 2.0 steps outside 30 yd In	11.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps outside 35 yd In	14.0 steps in front of Back Hash (HS)
5	8	Left: 2.0 steps outside 40 yd In	14.0 steps in front of Back Hash (HS)
6	16	Left: On 35 yd In	10.0 steps behind Front Hash (HS)
7	16	Left: On 40 yd In	4.0 steps behind Front Hash (HS)
8	8	Left: On 40 yd In	4.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
10	16	Left: 0.5 steps outside 40 yd In	4.75 steps behind Front Hash (HS)
11	16	Left: 2.0 steps outside 45 yd In	7.0 steps behind Front Hash (HS)
12	32	Left: 1.75 steps inside 45 yd In	3.5 steps behind Front Hash (HS)
13	32	Left: 4.0 steps inside 40 yd In	2.0 steps behind Front Hash (HS)
14	16	Left: 3.75 steps outside 50 yd In	4.0 steps behind Front Hash (HS)
15	25	Right: 2.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 25 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 20 yd In	2.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 25 yd In	2.0 steps in front of Back Hash (HS)
3	16	Left: 2.0 steps outside 30 yd In	8.0 steps in front of Back Hash (HS)
4	16	Left: On 35 yd In	8.0 steps in front of Back Hash (HS)
5	8	Left: On 40 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 35 yd In	10.0 steps behind Front Hash (HS)
7	16	Left: 4.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)
8	8	Left: 4.0 steps inside 40 yd In	On Front Hash (HS)
9	40	Left: 2.0 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
10	16	Left: 3.25 steps outside 40 yd In	3.5 steps behind Front Hash (HS)
11	16	Left: 3.25 steps inside 40 yd In	5.75 steps behind Front Hash (HS)
12	32	Left: 0.75 steps outside 45 yd In	2.5 steps behind Front Hash (HS)
13	32	Left: 1.0 steps inside 40 yd In	2.0 steps behind Front Hash (HS)
14	16	Left: 1.25 steps inside 45 yd In	4.0 steps behind Front Hash (HS)
15	25	Right: 2.0 steps inside 45 yd In	3.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: On 25 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 20 yd In	On Back Hash (HS)
2	8	Left: 4.0 steps inside 25 yd In	On Back Hash (HS)
3	16	Left: On 25 yd In	8.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
5	8	Left: 2.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: On 40 yd In	6.0 steps behind Front Hash (HS)
8	8	Left: On 40 yd In	2.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)
10	16	Left: 2.25 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
11	16	Left: 0.5 steps inside 40 yd In	4.5 steps behind Front Hash (HS)
12	32	Left: 3.0 steps outside 45 yd In	1.5 steps behind Front Hash (HS)
13	32	Left: 2.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
14	16	Left: 1.75 steps outside 45 yd In	3.75 steps behind Front Hash (HS)
15	25	Left: 2.0 steps inside 45 yd In	12.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 25 yd In	On Back Hash (HS)
1	16	Left: 3.5 steps inside 20 yd In	2.0 steps behind Back Hash (HS)
2	8	Left: 3.5 steps inside 25 yd In	2.0 steps behind Back Hash (HS)
3	16	Left: 2.0 steps outside 30 yd In	5.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)
5	8	Left: 2.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 35 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: 2.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)
8	8	Left: 2.0 steps inside 40 yd In	On Front Hash (HS)
9	40	Left: 2.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
10	16	Left: 0.5 steps outside 35 yd In	0.5 steps behind Front Hash (HS)
11	16	Left: 2.25 steps outside 40 yd In	3.25 steps behind Front Hash (HS)
12	32	Left: 2.5 steps inside 40 yd In	1.0 steps behind Front Hash (HS)
13	32	Left: 3.0 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
14	16	Left: 3.25 steps inside 40 yd In	3.25 steps behind Front Hash (HS)
15	25	Left: 2.0 steps inside 45 yd In	9.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 20 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 3.0 steps outside 20 yd In	8.5 steps in front of Back Hash (HS)
2	8	Left: 3.0 steps outside 25 yd In	8.5 steps in front of Back Hash (HS)
3	16	Left: On 25 yd In	11.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps outside 35 yd In	11.0 steps in front of Back Hash (HS)
5	8	Left: 2.0 steps outside 40 yd In	11.0 steps in front of Back Hash (HS)
6	16	Left: On 35 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: On 40 yd In	8.0 steps behind Front Hash (HS)
8	8	Left: On 40 yd In	On Front Hash (HS)
9	40	Left: 2.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
10	16	Left: 3.0 steps outside 35 yd In	1.0 steps in front of Front Hash (HS)
11	16	Left: 3.0 steps inside 35 yd In	2.25 steps behind Front Hash (HS)
12	32	Left: On 40 yd In	0.5 steps behind Front Hash (HS)
13	32	Left: On 35 yd In	2.0 steps behind Front Hash (HS)
14	16	Left: 0.25 steps inside 40 yd In	3.0 steps behind Front Hash (HS)
15	25	Left: 2.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 25 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 1.0 steps inside 20 yd In	5.0 steps behind Back Hash (HS)
2	8	Left: 1.0 steps inside 25 yd In	5.0 steps behind Back Hash (HS)
3	16	Left: On 25 yd In	5.0 steps in front of Back Hash (HS)
4	16	Left: On 30 yd In	8.0 steps in front of Back Hash (HS)
5	8	Left: On 35 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: On 30 yd In	10.0 steps behind Front Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	2.0 steps behind Front Hash (HS)
8	8	Left: 4.0 steps inside 30 yd In	6.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)
10	16	Left: 2.25 steps inside 30 yd In	2.5 steps in front of Front Hash (HS)
11	16	Left: 0.25 steps inside 35 yd In	1.0 steps behind Front Hash (HS)
12	32	Left: 2.5 steps outside 40 yd In	0.75 steps behind Front Hash (HS)
13	32	Left: 3.0 steps outside 35 yd In	2.0 steps behind Front Hash (HS)
14	16	Left: 2.75 steps outside 40 yd In	2.5 steps behind Front Hash (HS)
15	25	Left: 2.0 steps inside 45 yd In	3.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 15 yd In	12.0 steps in front of Back side line
1	16	Left: 4.0 steps inside 15 yd In	6.0 steps in front of Back side line
2	8	Left: 4.0 steps inside 20 yd In	6.0 steps in front of Back side line
3	16	Left: 2.0 steps outside 25 yd In	14.0 steps in front of Back side line
4	16	Left: 2.0 steps outside 35 yd In	6.0 steps behind Back Hash (HS)
5	8	Left: 2.0 steps outside 40 yd In	6.0 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: On 45 yd In	14.0 steps in front of Back Hash (HS)
8	8	Left: On 45 yd In	6.0 steps behind Front Hash (HS)
9	40	Left: 1.0 steps outside 45 yd In	8.0 steps behind Front Hash (HS)
10	16	Left: 2.0 steps inside 40 yd In	10.0 steps in front of Back Hash (HS)
11	16	Left: 2.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 2.0 steps outside 50 yd In	11.0 steps in front of Back Hash (HS)
13	32	Left: 3.0 steps outside 50 yd In	14.0 steps in front of Back Hash (HS)
14	16	Left: 1.25 steps outside 45 yd In	13.5 steps in front of Back Hash (HS)
15	25	Left: 1.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 1.0 steps outside 20 yd In	12.0 steps in front of Back side line
1	16	Left: 2.0 steps inside 20 yd In	6.0 steps in front of Back side line
2	8	Left: 2.0 steps inside 25 yd In	6.0 steps in front of Back side line
3	16	Left: 4.0 steps inside 25 yd In	14.0 steps in front of Back side line
4	16	Left: 1.0 steps inside 35 yd In	6.0 steps behind Back Hash (HS)
5	8	Left: 1.0 steps inside 40 yd In	6.0 steps behind Back Hash (HS)
6	16	Left: 3.0 steps outside 40 yd In	2.0 steps in front of Back Hash (HS)
7	16	Left: On 45 yd In	11.0 steps in front of Back Hash (HS)
8	8	Left: On 45 yd In	9.0 steps behind Front Hash (HS)
9	40	Left: 2.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
10	16	Left: 3.0 steps outside 45 yd In	10.0 steps in front of Back Hash (HS)
11	16	Right: 1.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: 3.0 steps inside 45 yd In	11.0 steps in front of Back Hash (HS)
13	32	On 50 yd In	14.0 steps in front of Back Hash (HS)
14	16	Left: 1.75 steps inside 45 yd In	13.25 steps in front of Back Hash (HS)
15	25	Left: 2.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 3.0 steps outside 25 yd In	12.0 steps in front of Back side line
1	16	Left: On 25 yd In	6.0 steps in front of Back side line
2	8	Left: On 30 yd In	6.0 steps in front of Back side line
3	16	Left: 2.0 steps inside 30 yd In	14.0 steps in front of Back side line
4	16	Left: 4.0 steps inside 35 yd In	6.0 steps behind Back Hash (HS)
5	8	Left: 4.0 steps inside 40 yd In	6.0 steps behind Back Hash (HS)
6	16	Left: On 40 yd In	2.0 steps in front of Back Hash (HS)
7	16	Left: On 45 yd In	8.0 steps in front of Back Hash (HS)
8	8	Left: On 45 yd In	12.0 steps behind Front Hash (HS)
9	40	Left: 3.0 steps outside 50 yd In	8.0 steps behind Front Hash (HS)
10	16	Left: On 45 yd In	10.0 steps in front of Back Hash (HS)
11	16	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
12	32	Right: On 45 yd In	11.0 steps in front of Back Hash (HS)
13	32	Right: 3.0 steps outside 50 yd In	14.0 steps in front of Back Hash (HS)
14	16	Left: 3.25 steps outside 50 yd In	13.25 steps in front of Back Hash (HS)
15	25	Left: 3.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 40 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front Hash (HS)
2	8	Left: 4.0 steps inside 45 yd In	12.0 steps behind Front Hash (HS)
3	16	Left: 4.0 steps inside 45 yd In	11.0 steps behind Front Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
6	16	Right: On 45 yd In	2.0 steps behind Front Hash (HS)
7	16	Right: 1.75 steps inside 40 yd In	0.75 steps behind Front Hash (HS)
8	8	Right: 1.75 steps inside 40 yd In	7.25 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)
10	16	Right: 2.75 steps inside 35 yd In	3.0 steps behind Front Hash (HS)
11	16	Right: 4.0 steps outside 35 yd In	12.0 steps in front of Front Hash (HS)
12	32	Right: 3.0 steps outside 35 yd In	11.25 steps in front of Front Hash (HS)
13	32	Right: 3.0 steps outside 35 yd In	12.0 steps behind Front side line
14	16	Right: 3.5 steps inside 35 yd In	10.5 steps in front of Front Hash (HS)
15	25	Right: 4.0 steps outside 40 yd In	11.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 40 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 2.0 steps outside 45 yd In	6.0 steps behind Back Hash (HS)
2	8	Left: 2.0 steps outside 50 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: 4.0 steps inside 45 yd In	5.0 steps in front of Back Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	10.0 steps in front of Back Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	10.0 steps in front of Back Hash (HS)
6	16	Right: 4.0 steps outside 50 yd In	10.0 steps behind Front Hash (HS)
7	16	Right: 4.0 steps outside 45 yd In	8.0 steps behind Front Hash (HS)
8	8	Right: 4.0 steps outside 45 yd In	On Front Hash (HS)
9	40	Right: 2.0 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
10	16	Right: 2.25 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
11	16	Right: 1.25 steps outside 35 yd In	11.0 steps in front of Front Hash (HS)
12	32	Right: 2.0 steps outside 35 yd In	9.0 steps in front of Front Hash (HS)
13	32	Right: 3.0 steps outside 35 yd In	13.0 steps in front of Front Hash (HS)
14	16	Right: 1.0 steps inside 35 yd In	10.5 steps in front of Front Hash (HS)
15	25	Right: 4.0 steps outside 40 yd In	14.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 35 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 4.0 steps inside 35 yd In	6.0 steps behind Back Hash (HS)
2	8	Left: 4.0 steps inside 40 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: 2.0 steps outside 45 yd In	2.0 steps in front of Back Hash (HS)
4	16	On 50 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: On 45 yd In	8.0 steps in front of Back Hash (HS)
6	16	On 50 yd In	10.0 steps behind Front Hash (HS)
7	16	Right: On 45 yd In	6.0 steps behind Front Hash (HS)
8	8	Right: On 45 yd In	2.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
10	16	Right: 0.5 steps inside 40 yd In	1.0 steps behind Front Hash (HS)
11	16	Right: 1.75 steps inside 35 yd In	10.25 steps in front of Front Hash (HS)
12	32	Right: 0.5 steps inside 35 yd In	8.25 steps in front of Front Hash (HS)
13	32	Right: 3.0 steps outside 35 yd In	10.0 steps in front of Front Hash (HS)
14	16	Right: 1.5 steps outside 35 yd In	10.75 steps in front of Front Hash (HS)
15	25	Right: On 35 yd In	11.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 35 yd In	On Back Hash (HS)
1	16	Left: 2.0 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)
2	8	Left: 2.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)
3	16	Left: 2.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
4	16	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
6	16	Right: 4.0 steps outside 50 yd In	14.0 steps in front of Back Hash (HS)
7	16	Right: 2.0 steps outside 45 yd In	8.0 steps behind Front Hash (HS)
8	8	Right: 2.0 steps outside 45 yd In	On Front Hash (HS)
9	40	Right: 2.0 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
10	16	Right: 3.25 steps inside 40 yd In	0.25 steps in front of Front Hash (HS)
11	16	Right: 3.25 steps outside 40 yd In	9.75 steps in front of Front Hash (HS)
12	32	Right: 3.0 steps inside 35 yd In	8.25 steps in front of Front Hash (HS)
13	32	Right: 3.0 steps outside 35 yd In	7.0 steps in front of Front Hash (HS)
14	16	Right: 4.0 steps outside 35 yd In	11.0 steps in front of Front Hash (HS)
15	25	Right: On 35 yd In	14.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 35 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 2.0 steps outside 35 yd In	6.0 steps behind Back Hash (HS)
2	8	Left: 2.0 steps outside 40 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: On 40 yd In	5.0 steps in front of Back Hash (HS)
4	16	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
7	16	Right: On 45 yd In	4.0 steps behind Front Hash (HS)
8	8	Right: On 45 yd In	4.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
10	16	Right: 2.0 steps outside 45 yd In	1.5 steps in front of Front Hash (HS)
11	16	Right: 0.25 steps outside 40 yd In	9.5 steps in front of Front Hash (HS)
12	32	Right: 2.5 steps outside 40 yd In	8.5 steps in front of Front Hash (HS)
13	32	Right: On 35 yd In	12.0 steps behind Front side line
14	16	Right: 2.5 steps outside 45 yd In	10.25 steps in front of Front Hash (HS)
15	25	Right: 4.0 steps outside 45 yd In	11.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 30 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	2.0 steps behind Back Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	2.0 steps behind Back Hash (HS)
3	16	Left: On 40 yd In	8.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: 2.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
6	16	On 50 yd In	14.0 steps in front of Back Hash (HS)
7	16	Right: On 45 yd In	8.0 steps behind Front Hash (HS)
8	8	Right: On 45 yd In	On Front Hash (HS)
9	40	Right: 2.0 steps inside 45 yd In	4.0 steps in front of Front Hash (HS)
10	16	Right: 0.75 steps inside 45 yd In	2.75 steps in front of Front Hash (HS)
11	16	Right: 2.75 steps inside 40 yd In	9.25 steps in front of Front Hash (HS)
12	32	Right: 0.25 steps outside 40 yd In	9.0 steps in front of Front Hash (HS)
13	32	Right: On 35 yd In	13.0 steps in front of Front Hash (HS)
14	16	Right: 3.0 steps inside 40 yd In	10.25 steps in front of Front Hash (HS)
15	25	Right: 4.0 steps outside 45 yd In	14.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 30 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	4.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
3	16	Left: On 40 yd In	11.0 steps in front of Back Hash (HS)
4	16	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Back Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Back Hash (HS)
6	16	Left: On 45 yd In	10.0 steps behind Front Hash (HS)
7	16	Right: 1.5 steps outside 50 yd In	2.0 steps behind Front Hash (HS)
8	8	Right: 1.5 steps outside 50 yd In	6.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)
10	16	Right: 3.5 steps inside 45 yd In	4.0 steps in front of Front Hash (HS)
11	16	Right: 2.25 steps outside 45 yd In	9.5 steps in front of Front Hash (HS)
12	32	Right: 2.25 steps inside 40 yd In	9.75 steps in front of Front Hash (HS)
13	32	Right: On 35 yd In	10.0 steps in front of Front Hash (HS)
14	16	Right: 0.5 steps inside 40 yd In	10.25 steps in front of Front Hash (HS)
15	25	Right: On 40 yd In	11.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 30 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 2.0 steps inside 30 yd In	6.0 steps behind Back Hash (HS)
2	8	Left: 2.0 steps inside 35 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: 2.0 steps inside 35 yd In	5.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps outside 45 yd In	8.0 steps in front of Back Hash (HS)
5	8	Left: 2.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: On 45 yd In	14.0 steps in front of Back Hash (HS)
7	16	Right: 0.5 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
8	8	Right: 0.5 steps outside 50 yd In	2.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 50 yd In	4.0 steps in front of Front Hash (HS)
10	16	Right: 2.0 steps outside 50 yd In	5.5 steps in front of Front Hash (HS)
11	16	Right: 0.75 steps inside 45 yd In	9.5 steps in front of Front Hash (HS)
12	32	Right: 3.25 steps outside 45 yd In	10.25 steps in front of Front Hash (HS)
13	32	Right: On 35 yd In	7.0 steps in front of Front Hash (HS)
14	16	Right: 2.0 steps outside 40 yd In	10.25 steps in front of Front Hash (HS)
15	25	Right: On 40 yd In	14.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 25 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	4.0 steps behind Back Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	4.0 steps behind Back Hash (HS)
3	16	Left: 2.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
4	16	Left: On 45 yd In	8.0 steps in front of Back Hash (HS)
5	8	On 50 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)
7	16	Right: 1.0 steps outside 50 yd In	4.0 steps behind Front Hash (HS)
8	8	Right: 1.0 steps outside 50 yd In	4.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
10	16	Left: 0.75 steps outside 50 yd In	6.75 steps in front of Front Hash (HS)
11	16	Right: 3.75 steps inside 45 yd In	10.0 steps in front of Front Hash (HS)
12	32	Right: 1.0 steps outside 45 yd In	11.0 steps in front of Front Hash (HS)
13	32	Right: 3.0 steps inside 35 yd In	13.0 steps in front of Front Hash (HS)
14	16	Right: On 45 yd In	10.25 steps in front of Front Hash (HS)
15	25	Right: On 45 yd In	14.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 25 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 0.5 steps inside 20 yd In	7.25 steps behind Front Hash (HS)
2	8	Left: 0.5 steps inside 25 yd In	7.25 steps behind Front Hash (HS)
3	16	Left: 2.0 steps outside 30 yd In	2.0 steps behind Front Hash (HS)
4	16	Left: 2.0 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: 2.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps outside 45 yd In	On Front Hash (HS)
8	8	Left: 2.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 45 yd In	12.0 steps in front of Front Hash (HS)
10	16	Left: 1.5 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
11	16	Left: 2.5 steps outside 50 yd In	3.5 steps in front of Front Hash (HS)
12	32	Right: 3.75 steps inside 45 yd In	1.75 steps in front of Front Hash (HS)
13	32	Right: 3.0 steps outside 50 yd In	2.0 steps behind Front Hash (HS)
14	16	Right: 3.25 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
15	25	Right: 2.0 steps outside 40 yd In	9.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 25 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	8.0 steps behind Front Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
3	16	Left: 2.0 steps inside 35 yd In	8.0 steps behind Front Hash (HS)
4	16	Left: 4.0 steps inside 40 yd In	6.0 steps behind Front Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 40 yd In	2.0 steps behind Front Hash (HS)
7	16	Left: 2.5 steps outside 50 yd In	2.0 steps in front of Front Hash (HS)
8	8	Left: 2.5 steps outside 50 yd In	10.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 45 yd In	12.0 steps in front of Front Hash (HS)
10	16	Left: 1.5 steps inside 45 yd In	3.0 steps in front of Front Hash (HS)
11	16	Right: 0.25 steps outside 50 yd In	2.5 steps in front of Front Hash (HS)
12	32	Right: 1.25 steps inside 45 yd In	0.75 steps in front of Front Hash (HS)
13	32	Right: 1.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
14	16	Right: 1.0 steps outside 40 yd In	3.5 steps behind Front Hash (HS)
15	25	Right: 2.0 steps inside 30 yd In	3.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 2.0 steps inside 30 yd In	6.0 steps behind Front Hash (HS)
2	8	Left: 2.0 steps inside 35 yd In	6.0 steps behind Front Hash (HS)
3	16	Left: 2.0 steps inside 35 yd In	5.0 steps behind Front Hash (HS)
4	16	Left: 4.0 steps inside 40 yd In	2.0 steps behind Front Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	2.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 40 yd In	2.0 steps in front of Front Hash (HS)
7	16	Left: 1.0 steps outside 50 yd In	2.0 steps in front of Front Hash (HS)
8	8	Left: 1.0 steps outside 50 yd In	10.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 50 yd In	12.0 steps behind Front side line
10	16	Left: 4.0 steps inside 45 yd In	1.5 steps in front of Front Hash (HS)
11	16	Right: 2.75 steps outside 50 yd In	1.0 steps in front of Front Hash (HS)
12	32	Right: 0.25 steps outside 45 yd In	1.0 steps behind Front Hash (HS)
13	32	Right: 1.0 steps inside 40 yd In	2.0 steps behind Front Hash (HS)
14	16	Right: 1.0 steps inside 35 yd In	2.5 steps behind Front Hash (HS)
15	25	Right: 2.0 steps inside 30 yd In	9.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 35 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	10.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
3	16	Left: 2.0 steps inside 35 yd In	14.0 steps in front of Back Hash (HS)
4	16	Left: 4.0 steps inside 40 yd In	14.0 steps in front of Back Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)
6	16	Left: On 40 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: 2.0 steps outside 50 yd In	On Front Hash (HS)
8	8	Left: 2.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 50 yd In	12.0 steps in front of Front Hash (HS)
10	16	Left: 2.0 steps outside 50 yd In	0.75 steps behind Front Hash (HS)
11	16	Right: 3.25 steps inside 45 yd In	1.25 steps behind Front Hash (HS)
12	32	Right: 0.5 steps outside 45 yd In	3.5 steps behind Front Hash (HS)
13	32	Right: 2.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
14	16	Right: 2.0 steps outside 35 yd In	2.0 steps behind Front Hash (HS)
15	25	Right: 2.0 steps inside 30 yd In	12.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 30 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	2.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	2.0 steps in front of Back Hash (HS)
3	16	Left: 2.0 steps inside 35 yd In	11.0 steps in front of Back Hash (HS)
4	16	Left: 4.0 steps inside 40 yd In	10.0 steps in front of Back Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 40 yd In	10.0 steps behind Front Hash (HS)
7	16	Left: 1.0 steps outside 50 yd In	4.0 steps behind Front Hash (HS)
8	8	Left: 1.0 steps outside 50 yd In	4.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
10	16	Left: 1.75 steps outside 50 yd In	3.75 steps behind Front Hash (HS)
11	16	Right: 3.0 steps inside 45 yd In	4.25 steps behind Front Hash (HS)
12	32	Right: 0.5 steps inside 45 yd In	5.75 steps behind Front Hash (HS)
13	32	Right: 4.0 steps outside 45 yd In	2.0 steps behind Front Hash (HS)
14	16	Right: 4.0 steps inside 35 yd In	3.0 steps behind Front Hash (HS)
15	25	Right: 2.0 steps inside 30 yd In	6.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 30 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 4.0 steps inside 30 yd In	6.0 steps behind Back Hash (HS)
2	8	Left: 4.0 steps inside 35 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: 2.0 steps inside 35 yd In	2.0 steps in front of Back Hash (HS)
4	16	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 40 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: 0.5 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
8	8	Left: 0.5 steps outside 50 yd In	2.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 50 yd In	4.0 steps in front of Front Hash (HS)
10	16	Left: 2.75 steps outside 50 yd In	6.5 steps behind Front Hash (HS)
11	16	Right: 3.75 steps outside 50 yd In	7.0 steps behind Front Hash (HS)
12	32	Right: 2.5 steps inside 45 yd In	7.0 steps behind Front Hash (HS)
13	32	Right: 2.0 steps inside 45 yd In	2.0 steps behind Front Hash (HS)
14	16	Right: 2.0 steps inside 40 yd In	3.75 steps behind Front Hash (HS)
15	25	Right: 2.0 steps outside 40 yd In	12.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 35 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
3	16	Left: On 40 yd In	14.0 steps in front of Back Hash (HS)
4	16	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	12.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 40 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: 1.5 steps outside 50 yd In	2.0 steps behind Front Hash (HS)
8	8	Left: 1.5 steps outside 50 yd In	6.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)
10	16	Left: 2.75 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
11	16	Right: 1.5 steps outside 50 yd In	9.0 steps behind Front Hash (HS)
12	32	Right: 3.0 steps outside 50 yd In	7.0 steps behind Front Hash (HS)
13	32	On 50 yd In	2.0 steps behind Front Hash (HS)
14	16	Right: 0.25 steps outside 45 yd In	4.25 steps behind Front Hash (HS)
15	25	Right: 2.0 steps outside 40 yd In	6.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 1.0 steps outside 35 yd In	12.0 steps in front of Back side line
1	16	Left: 4.0 steps inside 30 yd In	14.0 steps in front of Back side line
2	8	Left: 4.0 steps inside 35 yd In	14.0 steps in front of Back side line
3	16	Left: 2.0 steps outside 40 yd In	6.0 steps behind Back Hash (HS)
4	16	Left: 2.0 steps inside 40 yd In	On Back Hash (HS)
5	8	Left: 2.0 steps inside 45 yd In	On Back Hash (HS)
6	16	Left: On 40 yd In	8.0 steps in front of Back Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
8	8	Left: 4.0 steps inside 30 yd In	On Front Hash (HS)
9	40	Left: On 35 yd In	2.0 steps behind Front Hash (HS)
10	16	Left: 4.0 steps inside 40 yd In	13.0 steps behind Front Hash (HS)
11	16	Left: 3.75 steps outside 40 yd In	11.75 steps in front of Back Hash (HS)
12	32	Left: 0.25 steps inside 45 yd In	13.5 steps in front of Back Hash (HS)
13	32	Left: 4.0 steps inside 40 yd In	14.0 steps in front of Back Hash (HS)
14	16	Left: 2.25 steps outside 40 yd In	13.5 steps behind Front Hash (HS)
15	25	Left: 2.0 steps outside 40 yd In	8.0 steps in front of Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 45 yd In	12.0 steps in front of Back side line
1	16	Left: On 40 yd In	14.0 steps in front of Back side line
2	8	Left: On 45 yd In	14.0 steps in front of Back side line
3	16	Left: 2.0 steps inside 45 yd In	6.0 steps behind Back Hash (HS)
4	16	Left: 2.0 steps outside 50 yd In	On Back Hash (HS)
5	8	Right: 2.0 steps inside 45 yd In	On Back Hash (HS)
6	16	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
7	16	On 50 yd In	8.0 steps behind Front Hash (HS)
8	8	On 50 yd In	On Front Hash (HS)
9	40	On 50 yd In	2.0 steps behind Front Hash (HS)
10	16	Left: 0.75 steps outside 50 yd In	12.75 steps behind Front Hash (HS)
11	16	Left: 3.75 steps outside 45 yd In	12.25 steps in front of Back Hash (HS)
12	32	Left: 1.75 steps outside 50 yd In	13.75 steps behind Front Hash (HS)
13	32	Left: 1.0 steps outside 45 yd In	14.0 steps in front of Back Hash (HS)
14	16	Left: 0.75 steps inside 40 yd In	14.0 steps behind Front Hash (HS)
15	25	Left: 1.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Right: 3.0 steps inside 45 yd In	12.0 steps in front of Back side line
1	16	Left: 4.0 steps inside 45 yd In	14.0 steps in front of Back side line
2	8	Right: 4.0 steps outside 50 yd In	14.0 steps in front of Back side line
3	16	Right: 2.0 steps inside 45 yd In	6.0 steps behind Back Hash (HS)
4	16	Right: 2.0 steps outside 45 yd In	On Back Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	On Back Hash (HS)
6	16	Right: On 45 yd In	8.0 steps in front of Back Hash (HS)
7	16	Right: 4.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)
8	8	Right: 4.0 steps outside 40 yd In	On Front Hash (HS)
9	40	Right: On 35 yd In	2.0 steps behind Front Hash (HS)
10	16	Right: On 45 yd In	6.0 steps behind Front Hash (HS)
11	16	Left: 4.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)
12	32	Right: 4.0 steps outside 50 yd In	12.0 steps behind Front Hash (HS)
13	32	Left: 2.0 steps inside 45 yd In	14.0 steps in front of Back Hash (HS)
14	16	Left: 3.75 steps inside 40 yd In	13.75 steps in front of Back Hash (HS)
15	25	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Back Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 20 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 1.25 steps outside 20 yd In	9.5 steps in front of Back Hash (HS)
2	8	Left: 1.25 steps outside 25 yd In	9.5 steps in front of Back Hash (HS)
3	16	Left: On 25 yd In	14.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps outside 35 yd In	8.0 steps behind Front Hash (HS)
5	8	Left: 2.0 steps outside 40 yd In	8.0 steps behind Front Hash (HS)
6	16	Left: 4.0 steps inside 30 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: On 40 yd In	2.0 steps in front of Front Hash (HS)
8	8	Left: On 40 yd In	10.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 45 yd In	12.0 steps behind Front side line
10	16	Left: 3.75 steps inside 40 yd In	5.0 steps in front of Front Hash (HS)
11	16	Left: 2.5 steps inside 45 yd In	4.25 steps in front of Front Hash (HS)
12	32	Right: 2.0 steps outside 50 yd In	2.25 steps in front of Front Hash (HS)
13	32	On 50 yd In	4.0 steps in front of Front Hash (HS)
14	16	Left: 2.25 steps outside 50 yd In	0.75 steps in front of Front Hash (HS)
15	25	Right: 1.5 steps outside 50 yd In	On Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 25 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 2.25 steps inside 20 yd In	8.5 steps behind Front Hash (HS)
2	8	Left: 2.25 steps inside 25 yd In	8.5 steps behind Front Hash (HS)
3	16	Left: On 25 yd In	8.0 steps behind Front Hash (HS)
4	16	Left: 4.0 steps inside 20 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: 4.0 steps inside 25 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: On 30 yd In	6.0 steps behind Front Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	2.0 steps in front of Front Hash (HS)
8	8	Left: 4.0 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
10	16	Left: 0.5 steps outside 30 yd In	3.75 steps in front of Front Hash (HS)
11	16	Left: 2.75 steps outside 35 yd In	0.25 steps behind Front Hash (HS)
12	32	Left: 3.25 steps inside 35 yd In	1.25 steps behind Front Hash (HS)
13	32	Left: 2.0 steps inside 30 yd In	2.0 steps behind Front Hash (HS)
14	16	Left: 1.5 steps inside 30 yd In	0.25 steps in front of Front Hash (HS)
15	25	Left: 2.0 steps inside 30 yd In	3.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 20 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 1.0 steps inside 15 yd In	5.5 steps behind Back Hash (HS)
2	8	Left: 1.0 steps inside 20 yd In	5.5 steps behind Back Hash (HS)
3	16	Left: 4.0 steps inside 15 yd In	5.0 steps in front of Back Hash (HS)
4	16	Left: On 15 yd In	12.0 steps in front of Back Hash (HS)
5	8	Left: On 20 yd In	12.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 25 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	4.0 steps behind Front Hash (HS)
8	8	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
10	16	Left: 3.25 steps outside 30 yd In	5.0 steps in front of Front Hash (HS)
11	16	Left: 2.25 steps inside 30 yd In	On Front Hash (HS)
12	32	Left: 1.0 steps inside 35 yd In	2.75 steps behind Front Hash (HS)
13	32	Left: 2.0 steps inside 30 yd In	5.0 steps behind Front Hash (HS)
14	16	Left: 3.5 steps outside 35 yd In	0.5 steps behind Front Hash (HS)
15	25	Left: 2.0 steps inside 30 yd In	6.0 steps behind Front Hash (HS)

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 20 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 3.75 steps outside 15 yd In	10.0 steps behind Front Hash (HS)
2	8	Left: 3.75 steps outside 20 yd In	10.0 steps behind Front Hash (HS)
3	16	Left: 4.0 steps inside 15 yd In	5.0 steps behind Front Hash (HS)
4	16	Left: 2.0 steps inside 15 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: 2.0 steps inside 20 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 25 yd In	10.0 steps behind Front Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	On Front Hash (HS)
8	8	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
10	16	Left: 2.0 steps inside 25 yd In	5.75 steps in front of Front Hash (HS)
11	16	Left: 0.75 steps outside 30 yd In	0.5 steps behind Front Hash (HS)
12	32	Left: 0.5 steps outside 35 yd In	4.5 steps behind Front Hash (HS)
13	32	Left: 2.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
14	16	Left: 0.75 steps outside 35 yd In	1.25 steps behind Front Hash (HS)
15	25	Left: 2.0 steps outside 40 yd In	3.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 25 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 1.0 steps outside 20 yd In	5.75 steps behind Back Hash (HS)
2	8	Left: 1.0 steps outside 25 yd In	5.75 steps behind Back Hash (HS)
3	16	Left: On 25 yd In	2.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps outside 30 yd In	8.0 steps in front of Back Hash (HS)
5	8	Left: 2.0 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: On 30 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: 4.0 steps inside 30 yd In	6.0 steps behind Front Hash (HS)
8	8	Left: 4.0 steps inside 30 yd In	2.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)
10	16	Left: 1.0 steps outside 25 yd In	6.0 steps in front of Front Hash (HS)
11	16	Left: 3.0 steps outside 30 yd In	2.25 steps behind Front Hash (HS)
12	32	Left: 1.5 steps outside 35 yd In	6.75 steps behind Front Hash (HS)
13	32	Left: 2.0 steps inside 30 yd In	11.0 steps behind Front Hash (HS)
14	16	Left: 2.25 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
15	25	Left: 2.0 steps outside 40 yd In	6.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 20 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 0.75 steps outside 15 yd In	4.75 steps behind Back Hash (HS)
2	8	Left: 0.75 steps outside 20 yd In	4.75 steps behind Back Hash (HS)
3	16	Left: 4.0 steps inside 15 yd In	2.0 steps in front of Back Hash (HS)
4	16	Left: On 15 yd In	8.0 steps in front of Back Hash (HS)
5	8	Left: On 20 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 20 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: 3.0 steps inside 25 yd In	6.75 steps behind Front Hash (HS)
8	8	Left: 3.0 steps inside 25 yd In	1.25 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)
10	16	Left: 3.5 steps outside 25 yd In	4.5 steps in front of Front Hash (HS)
11	16	Left: 3.5 steps inside 25 yd In	5.0 steps behind Front Hash (HS)
12	32	Left: 0.75 steps outside 35 yd In	9.0 steps behind Front Hash (HS)
13	32	Left: 2.0 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
14	16	Left: 4.0 steps inside 25 yd In	11.0 steps behind Front Hash (HS)
15	25	Left: 2.0 steps inside 30 yd In	12.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 20 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 3.0 steps inside 15 yd In	6.0 steps behind Back Hash (HS)
2	8	Left: 3.0 steps inside 20 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: 2.0 steps inside 20 yd In	2.0 steps in front of Back Hash (HS)
4	16	Left: On 15 yd In	10.0 steps in front of Back Hash (HS)
5	8	Left: On 20 yd In	10.0 steps in front of Back Hash (HS)
6	16	Left: On 25 yd In	14.0 steps in front of Back Hash (HS)
7	16	Left: On 30 yd In	6.0 steps behind Front Hash (HS)
8	8	Left: On 30 yd In	2.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 30 yd In	4.0 steps in front of Front Hash (HS)
10	16	Left: 3.0 steps inside 20 yd In	2.0 steps in front of Front Hash (HS)
11	16	Left: 3.25 steps inside 25 yd In	8.0 steps behind Front Hash (HS)
12	32	Left: 1.0 steps inside 35 yd In	10.75 steps behind Front Hash (HS)
13	32	Left: 3.0 steps outside 35 yd In	14.0 steps in front of Back Hash (HS)
14	16	Left: 1.0 steps outside 30 yd In	11.5 steps behind Front Hash (HS)
15	25	Left: 2.0 steps inside 30 yd In	9.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 15 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 3.5 steps outside 15 yd In	1.75 steps behind Back Hash (HS)
2	8	Left: 3.5 steps outside 20 yd In	1.75 steps behind Back Hash (HS)
3	16	Left: 4.0 steps inside 15 yd In	8.0 steps in front of Back Hash (HS)
4	16	Left: On 15 yd In	12.0 steps behind Front Hash (HS)
5	8	Left: On 20 yd In	12.0 steps behind Front Hash (HS)
6	16	Left: On 25 yd In	10.0 steps behind Front Hash (HS)
7	16	Left: 1.5 steps inside 25 yd In	5.25 steps behind Front Hash (HS)
8	8	Left: 1.5 steps inside 25 yd In	2.75 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
10	16	Left: 2.5 steps inside 20 yd In	1.0 steps behind Front Hash (HS)
11	16	Left: 3.5 steps outside 30 yd In	10.75 steps behind Front Hash (HS)
12	32	Left: 3.25 steps inside 35 yd In	12.0 steps behind Front Hash (HS)
13	32	Left: On 35 yd In	14.0 steps in front of Back Hash (HS)
14	16	Left: 2.0 steps inside 30 yd In	12.0 steps behind Front Hash (HS)
15	25	Left: 2.0 steps outside 40 yd In	12.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: 3.0 steps inside 20 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: 3.0 steps outside 20 yd In	6.0 steps behind Back Hash (HS)
2	8	Left: 3.0 steps outside 25 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: 2.0 steps inside 20 yd In	5.0 steps in front of Back Hash (HS)
4	16	Left: On 15 yd In	14.0 steps in front of Back Hash (HS)
5	8	Left: On 20 yd In	14.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 20 yd In	10.0 steps behind Front Hash (HS)
7	16	Left: 0.5 steps inside 25 yd In	3.25 steps behind Front Hash (HS)
8	8	Left: 0.5 steps inside 25 yd In	4.75 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps outside 25 yd In	8.0 steps in front of Front Hash (HS)
10	16	Left: 3.5 steps inside 20 yd In	3.75 steps behind Front Hash (HS)
11	16	Left: 1.25 steps outside 30 yd In	12.75 steps behind Front Hash (HS)
12	32	Left: 2.5 steps outside 40 yd In	12.75 steps behind Front Hash (HS)
13	32	Left: 3.0 steps inside 35 yd In	14.0 steps in front of Back Hash (HS)
14	16	Left: 3.25 steps outside 35 yd In	12.5 steps behind Front Hash (HS)
15	25	Left: 2.0 steps outside 40 yd In	9.0 steps behind Front Hash (HS)

Set	Counts	Left-Right	Back-Front
0	0	Left: On 35 yd In	4.0 steps behind Back Hash (HS)
1	16	Left: On 35 yd In	6.0 steps behind Back Hash (HS)
2	8	Left: On 40 yd In	6.0 steps behind Back Hash (HS)
3	16	Left: On 40 yd In	2.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps inside 45 yd In	8.0 steps in front of Back Hash (HS)
5	8	Right: 2.0 steps outside 50 yd In	8.0 steps in front of Back Hash (HS)
6	16	Left: 4.0 steps inside 45 yd In	10.0 steps behind Front Hash (HS)
7	16	Right: 2.0 steps outside 50 yd In	On Front Hash (HS)
8	8	Right: 2.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 50 yd In	12.0 steps in front of Front Hash (HS)
10	16	Left: 3.25 steps outside 50 yd In	8.25 steps in front of Front Hash (HS)
11	16	Right: 1.25 steps outside 50 yd In	10.25 steps in front of Front Hash (HS)
12	32	Right: 1.5 steps inside 45 yd In	11.75 steps in front of Front Hash (HS)
13	32	Right: 3.0 steps inside 35 yd In	12.0 steps behind Front side line
14	16	Right: 2.5 steps inside 45 yd In	10.25 steps in front of Front Hash (HS)
15	25	Right: On 45 yd In	11.0 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: On 35 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: On 35 yd In	6.0 steps behind Front Hash (HS)
2	8	Left: On 40 yd In	6.0 steps behind Front Hash (HS)
3	16	Left: On 40 yd In	2.0 steps behind Front Hash (HS)
4	16	Left: 4.0 steps inside 40 yd In	2.0 steps in front of Front Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	2.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 40 yd In	6.0 steps in front of Front Hash (HS)
7	16	Right: 1.0 steps outside 50 yd In	2.0 steps in front of Front Hash (HS)
8	8	Right: 1.0 steps outside 50 yd In	10.0 steps in front of Front Hash (HS)
9	40	Right: 2.0 steps outside 50 yd In	12.0 steps behind Front side line
10	16	Left: 2.0 steps inside 45 yd In	9.75 steps in front of Front Hash (HS)
11	16	Left: 1.5 steps outside 50 yd In	11.0 steps in front of Front Hash (HS)
12	32	Right: 3.75 steps inside 45 yd In	12.5 steps in front of Front Hash (HS)
13	32	Right: 2.0 steps outside 40 yd In	12.0 steps behind Front side line
14	16	Right: 3.0 steps outside 50 yd In	10.5 steps in front of Front Hash (HS)
15	25	Right: 4.0 steps outside 50 yd In	14.0 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 2.0 steps outside 35 yd In	6.0 steps behind Front Hash (HS)
2	8	Left: 2.0 steps outside 40 yd In	6.0 steps behind Front Hash (HS)
3	16	Left: On 40 yd In	5.0 steps behind Front Hash (HS)
4	16	Left: 4.0 steps inside 40 yd In	On Front Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	On Front Hash (HS)
6	16	Left: On 45 yd In	2.0 steps in front of Front Hash (HS)
7	16	Right: 3.5 steps outside 50 yd In	6.0 steps in front of Front Hash (HS)
8	8	Right: 3.5 steps outside 50 yd In	14.0 steps behind Front side line
9	40	Right: 2.0 steps outside 50 yd In	8.0 steps behind Front side line
10	16	Left: 0.5 steps outside 45 yd In	11.0 steps in front of Front Hash (HS)
11	16	Left: 3.5 steps inside 45 yd In	11.75 steps in front of Front Hash (HS)
12	32	Right: 1.75 steps outside 50 yd In	13.25 steps in front of Front Hash (HS)
13	32	Right: 1.0 steps inside 40 yd In	12.0 steps behind Front side line
14	16	Right: 0.5 steps outside 50 yd In	10.75 steps in front of Front Hash (HS)
15	25	Right: 4.0 steps outside 50 yd In	11.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 30 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: On 30 yd In	6.0 steps behind Front Hash (HS)
2	8	Left: On 35 yd In	6.0 steps behind Front Hash (HS)
3	16	Left: 4.0 steps inside 30 yd In	2.0 steps behind Front Hash (HS)
4	16	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: On 40 yd In	2.0 steps in front of Front Hash (HS)
7	16	Left: 3.5 steps outside 50 yd In	6.0 steps in front of Front Hash (HS)
8	8	Left: 3.5 steps outside 50 yd In	14.0 steps behind Front side line
9	40	Left: 2.0 steps outside 50 yd In	8.0 steps behind Front side line
10	16	Left: 3.25 steps outside 45 yd In	12.5 steps in front of Front Hash (HS)
11	16	Left: 0.5 steps inside 45 yd In	12.5 steps in front of Front Hash (HS)
12	32	Left: 0.5 steps outside 50 yd In	13.75 steps behind Front side line
13	32	Right: 4.0 steps outside 45 yd In	12.0 steps behind Front side line
14	16	Left: 2.0 steps outside 50 yd In	11.0 steps in front of Front Hash (HS)
15	25	On 50 yd In	14.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	12.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	12.0 steps in front of Back Hash (HS)
3	16	Left: On 40 yd In	11.0 steps behind Front Hash (HS)
4	16	Left: 4.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
6	16	Left: On 40 yd In	2.0 steps behind Front Hash (HS)
7	16	Left: 3.0 steps outside 50 yd In	4.0 steps in front of Front Hash (HS)
8	8	Left: 2.0 steps outside 50 yd In	12.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 45 yd In	12.0 steps behind Front side line
10	16	Left: 2.25 steps inside 40 yd In	14.25 steps in front of Front Hash (HS)
11	16	Left: 2.25 steps outside 45 yd In	13.25 steps in front of Front Hash (HS)
12	32	Left: 3.0 steps outside 50 yd In	13.0 steps behind Front side line
13	32	Right: 1.0 steps outside 45 yd In	12.0 steps behind Front side line
14	16	Left: 3.5 steps inside 45 yd In	11.25 steps in front of Front Hash (HS)
15	25	On 50 yd In	11.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 30 yd In	6.0 steps behind Front Hash (HS)
2	8	Left: 4.0 steps inside 35 yd In	6.0 steps behind Front Hash (HS)
3	16	Left: 2.0 steps inside 35 yd In	2.0 steps behind Front Hash (HS)
4	16	Left: 2.0 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: 2.0 steps outside 45 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: On 40 yd In	6.0 steps in front of Front Hash (HS)
7	16	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)
8	8	Left: 4.0 steps inside 45 yd In	12.0 steps behind Front side line
9	40	Left: 2.0 steps inside 45 yd In	8.0 steps behind Front side line
10	16	Left: 0.5 steps outside 40 yd In	12.5 steps behind Front side line
11	16	Left: 2.75 steps inside 40 yd In	13.75 steps behind Front side line
12	32	Left: 2.75 steps inside 45 yd In	12.25 steps behind Front side line
13	32	Right: 2.0 steps inside 45 yd In	12.0 steps behind Front side line
14	16	Left: 1.0 steps inside 45 yd In	11.5 steps in front of Front Hash (HS)
15	25	Left: 4.0 steps inside 45 yd In	14.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 30 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 2.0 steps outside 30 yd In	6.0 steps behind Front Hash (HS)
2	8	Left: 2.0 steps outside 35 yd In	6.0 steps behind Front Hash (HS)
3	16	Left: 4.0 steps inside 30 yd In	5.0 steps behind Front Hash (HS)
4	16	Left: 2.0 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: 2.0 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 35 yd In	6.0 steps in front of Front Hash (HS)
7	16	Left: On 45 yd In	8.0 steps in front of Front Hash (HS)
8	8	Left: On 45 yd In	12.0 steps behind Front side line
9	40	Left: 2.0 steps outside 45 yd In	8.0 steps behind Front side line
10	16	Left: 3.25 steps outside 40 yd In	11.25 steps behind Front side line
11	16	Left: On 40 yd In	12.75 steps behind Front side line
12	32	Left: 0.25 steps inside 45 yd In	11.5 steps behind Front side line
13	32	Right: 3.0 steps outside 50 yd In	12.0 steps behind Front side line
14	16	Left: 1.25 steps outside 45 yd In	12.0 steps in front of Front Hash (HS)
15	25	Left: 4.0 steps inside 45 yd In	11.0 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps inside 25 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 3.5 steps inside 20 yd In	12.25 steps behind Front Hash (HS)
2	8	Left: 3.5 steps inside 25 yd In	12.25 steps behind Front Hash (HS)
3	16	Left: 2.0 steps outside 30 yd In	11.0 steps behind Front Hash (HS)
4	16	Left: On 30 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: On 35 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 30 yd In	2.0 steps behind Front Hash (HS)
7	16	Left: On 40 yd In	4.0 steps in front of Front Hash (HS)
8	8	Left: On 40 yd In	12.0 steps in front of Front Hash (HS)
9	40	Left: 2.0 steps inside 40 yd In	12.0 steps behind Front side line
10	16	Left: 2.25 steps inside 35 yd In	9.75 steps behind Front side line
11	16	Left: 2.75 steps outside 40 yd In	11.75 steps behind Front side line
12	32	Left: 2.25 steps outside 45 yd In	11.0 steps behind Front side line
13	32	On 50 yd In	12.0 steps behind Front side line
14	16	Left: 3.75 steps outside 45 yd In	12.5 steps in front of Front Hash (HS)
15	25	Left: On 45 yd In	14.0 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 25 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	6.0 steps behind Front Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	6.0 steps behind Front Hash (HS)
3	16	Left: 4.0 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
4	16	Left: On 35 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: On 40 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 35 yd In	2.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
8	8	Left: 2.0 steps outside 45 yd In	12.0 steps behind Front side line
9	40	Left: 2.0 steps inside 40 yd In	8.0 steps behind Front side line
10	16	Left: 0.5 steps outside 35 yd In	8.5 steps behind Front side line
11	16	Left: 2.5 steps inside 35 yd In	10.75 steps behind Front side line
12	32	Left: 3.5 steps inside 40 yd In	10.25 steps behind Front side line
13	32	Left: 3.0 steps outside 50 yd In	12.0 steps behind Front side line
14	16	Left: 1.75 steps inside 40 yd In	13.25 steps in front of Front Hash (HS)
15	25	Left: On 45 yd In	11.0 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: On 30 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	12.0 steps behind Front Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	12.0 steps behind Front Hash (HS)
3	16	Left: 4.0 steps inside 30 yd In	11.0 steps behind Front Hash (HS)
4	16	Left: 2.0 steps outside 35 yd In	1.0 steps in front of Front Hash (HS)
5	8	Left: 2.0 steps outside 40 yd In	1.0 steps in front of Front Hash (HS)
6	16	Left: On 35 yd In	6.0 steps in front of Front Hash (HS)
7	16	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
8	8	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front side line
9	40	Left: 2.0 steps outside 40 yd In	8.0 steps behind Front side line
10	16	Left: 3.25 steps outside 35 yd In	7.25 steps behind Front side line
11	16	Left: 0.5 steps outside 35 yd In	9.75 steps behind Front side line
12	32	Left: 1.0 steps inside 40 yd In	9.75 steps behind Front side line
13	32	Left: 2.0 steps inside 45 yd In	12.0 steps behind Front side line
14	16	Left: 0.75 steps outside 40 yd In	14.0 steps in front of Front Hash (HS)
15	25	Left: 4.0 steps inside 40 yd In	14.0 steps behind Front side line

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 20 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 1.5 steps outside 20 yd In	6.5 steps behind Front Hash (HS)
2	8	Left: 1.5 steps outside 25 yd In	6.5 steps behind Front Hash (HS)
3	16	Left: 2.0 steps outside 30 yd In	5.0 steps behind Front Hash (HS)
4	16	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 30 yd In	6.0 steps in front of Front Hash (HS)
7	16	Left: On 40 yd In	8.0 steps in front of Front Hash (HS)
8	8	Left: On 40 yd In	12.0 steps behind Front side line
9	40	Left: 2.0 steps inside 35 yd In	12.0 steps behind Front side line
10	16	Left: 2.0 steps inside 30 yd In	6.0 steps behind Front side line
11	16	Left: 3.25 steps outside 35 yd In	8.75 steps behind Front side line
12	32	Left: 1.5 steps outside 40 yd In	9.25 steps behind Front side line
13	32	Left: 1.0 steps outside 45 yd In	12.0 steps behind Front side line
14	16	Left: 3.0 steps outside 40 yd In	13.25 steps behind Front side line
15	25	Left: 4.0 steps inside 40 yd In	11.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 35 yd In	On Back Hash (HS)
1	16	Left: 4.0 steps inside 25 yd In	6.0 steps in front of Back Hash (HS)
2	8	Left: 4.0 steps inside 30 yd In	6.0 steps in front of Back Hash (HS)
3	16	Left: 4.0 steps inside 30 yd In	14.0 steps in front of Back Hash (HS)
4	16	Left: 2.0 steps outside 35 yd In	2.0 steps behind Front Hash (HS)
5	8	Left: 2.0 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
6	16	Left: On 35 yd In	2.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
8	8	Left: 2.0 steps inside 40 yd In	12.0 steps behind Front side line
9	40	Left: 2.0 steps inside 35 yd In	8.0 steps behind Front side line
10	16	Left: 0.75 steps outside 30 yd In	5.0 steps behind Front side line
11	16	Left: 2.0 steps inside 30 yd In	7.75 steps behind Front side line
12	32	Left: 4.0 steps outside 40 yd In	8.75 steps behind Front side line
13	32	Left: 4.0 steps inside 40 yd In	12.0 steps behind Front side line
14	16	Left: 2.75 steps inside 35 yd In	12.5 steps behind Front side line
15	25	Left: On 40 yd In	14.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 20 yd In	4.0 steps in front of Back Hash (HS)
1	16	Left: 0.25 steps inside 20 yd In	10.75 steps in front of Back Hash (HS)
2	8	Left: 0.25 steps inside 25 yd In	10.75 steps in front of Back Hash (HS)
3	16	Left: On 25 yd In	11.0 steps behind Front Hash (HS)
4	16	Left: 2.0 steps outside 30 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: 2.0 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: On 30 yd In	6.0 steps in front of Front Hash (HS)
7	16	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
8	8	Left: 4.0 steps inside 35 yd In	12.0 steps behind Front side line
9	40	Left: 2.0 steps outside 35 yd In	8.0 steps behind Front side line
10	16	Left: 3.75 steps outside 30 yd In	4.0 steps behind Front side line
11	16	Left: 1.0 steps outside 30 yd In	6.75 steps behind Front side line
12	32	Left: 1.5 steps inside 35 yd In	8.75 steps behind Front side line
13	32	Left: 1.0 steps inside 40 yd In	12.0 steps behind Front side line
14	16	Left: 0.5 steps inside 35 yd In	11.25 steps behind Front side line
15	25	Left: On 40 yd In	11.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 20 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 0.5 steps inside 15 yd In	6.25 steps behind Front Hash (HS)
2	8	Left: 0.5 steps inside 20 yd In	6.25 steps behind Front Hash (HS)
3	16	Left: 2.0 steps inside 20 yd In	2.0 steps behind Front Hash (HS)
4	16	Left: 2.0 steps inside 20 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: 2.0 steps inside 25 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 25 yd In	6.0 steps in front of Front Hash (HS)
7	16	Left: 2.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
8	8	Left: 2.0 steps outside 35 yd In	12.0 steps behind Front side line
9	40	Left: 2.0 steps inside 30 yd In	12.0 steps behind Front side line
10	16	Left: 1.5 steps inside 25 yd In	3.5 steps behind Front side line
11	16	Left: 3.75 steps outside 30 yd In	6.0 steps behind Front side line
12	32	Left: 1.0 steps outside 35 yd In	8.75 steps behind Front side line
13	32	Left: 2.0 steps outside 40 yd In	12.0 steps behind Front side line
14	16	Left: 1.75 steps outside 35 yd In	10.25 steps behind Front side line
15	25	Left: 4.0 steps inside 35 yd In	14.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: On 20 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 2.5 steps inside 15 yd In	6.0 steps behind Front Hash (HS)
2	8	Left: 2.5 steps inside 20 yd In	6.0 steps behind Front Hash (HS)
3	16	Left: On 25 yd In	5.0 steps behind Front Hash (HS)
4	16	Left: 2.0 steps outside 25 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: 2.0 steps outside 30 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: On 30 yd In	2.0 steps behind Front Hash (HS)
7	16	Left: On 35 yd In	8.0 steps in front of Front Hash (HS)
8	8	Left: On 35 yd In	12.0 steps behind Front side line
9	40	Left: 2.0 steps inside 30 yd In	8.0 steps behind Front side line
10	16	Left: 1.5 steps outside 25 yd In	3.25 steps behind Front side line
11	16	Left: 1.25 steps inside 25 yd In	5.5 steps behind Front side line
12	32	Left: 3.25 steps outside 35 yd In	9.5 steps behind Front side line
13	32	Left: 3.0 steps inside 35 yd In	12.0 steps behind Front side line
14	16	Left: 4.0 steps outside 35 yd In	9.0 steps behind Front side line
15	25	Left: 4.0 steps inside 35 yd In	11.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 4.0 steps inside 15 yd In	8.0 steps in front of Back Hash (HS)
1	16	Left: 1.25 steps outside 15 yd In	6.75 steps behind Front Hash (HS)
2	8	Left: 1.25 steps outside 20 yd In	6.75 steps behind Front Hash (HS)
3	16	Left: 2.0 steps inside 20 yd In	5.0 steps behind Front Hash (HS)
4	16	Left: On 20 yd In	4.0 steps in front of Front Hash (HS)
5	8	Left: On 25 yd In	4.0 steps in front of Front Hash (HS)
6	16	Left: 4.0 steps inside 25 yd In	2.0 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	8	Left: 4.0 steps inside 30 yd In	12.0 steps behind Front side line
9	40	Left: 2.0 steps outside 30 yd In	8.0 steps behind Front side line
10	16	Left: 3.5 steps inside 20 yd In	4.0 steps behind Front side line
11	16	Left: 1.75 steps outside 25 yd In	6.0 steps behind Front side line
12	32	Left: 3.0 steps inside 30 yd In	11.25 steps behind Front side line
13	32	Left: On 35 yd In	12.0 steps behind Front side line
14	16	Left: 2.0 steps inside 30 yd In	7.5 steps behind Front side line
15	25	Left: On 35 yd In	14.0 steps behind Front side line

Drill: Spring Lake 2017 - See Life Clearly - 1 - Viva la

Set	Counts	Left-Right	Back-Front
0	0	Left: 2.0 steps outside 20 yd In	On Back Hash (HS)
1	16	Left: 1.75 steps outside 15 yd In	4.0 steps in front of Back Hash (HS)
2	8	Left: 1.75 steps outside 20 yd In	4.0 steps in front of Back Hash (HS)
3	16	Left: 4.0 steps inside 15 yd In	11.0 steps behind Front Hash (HS)
4	16	Left: On 15 yd In	On Front Hash (HS)
5	8	Left: On 20 yd In	On Front Hash (HS)
6	16	Left: On 25 yd In	2.0 steps in front of Front Hash (HS)
7	16	Left: 1.0 steps outside 30 yd In	7.75 steps in front of Front Hash (HS)
8	8	Left: 1.0 steps outside 30 yd In	12.25 steps behind Front side line
9	40	Left: 2.0 steps inside 25 yd In	8.0 steps behind Front side line
10	16	Left: 1.25 steps inside 20 yd In	6.0 steps behind Front side line
11	16	Left: 3.5 steps outside 25 yd In	8.0 steps behind Front side line
12	32	Left: 2.0 steps inside 30 yd In	13.5 steps behind Front side line
13	32	Left: 3.0 steps outside 35 yd In	12.0 steps behind Front side line
14	16	Left: On 30 yd In	6.0 steps behind Front side line
15	25	Left: On 35 yd In	11.0 steps behind Front side line