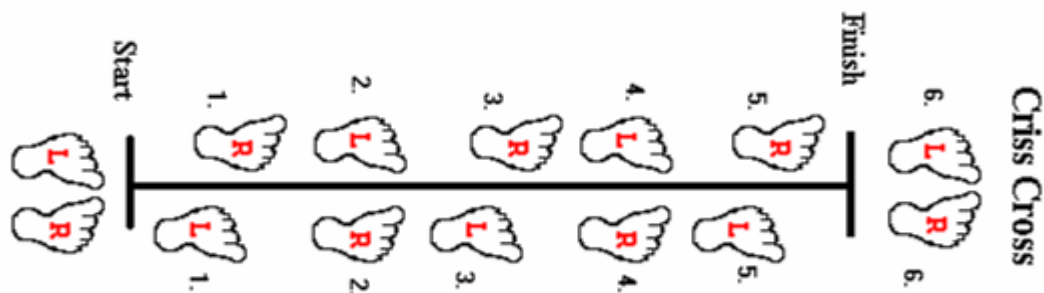


# xlathlete.com – Line Drills

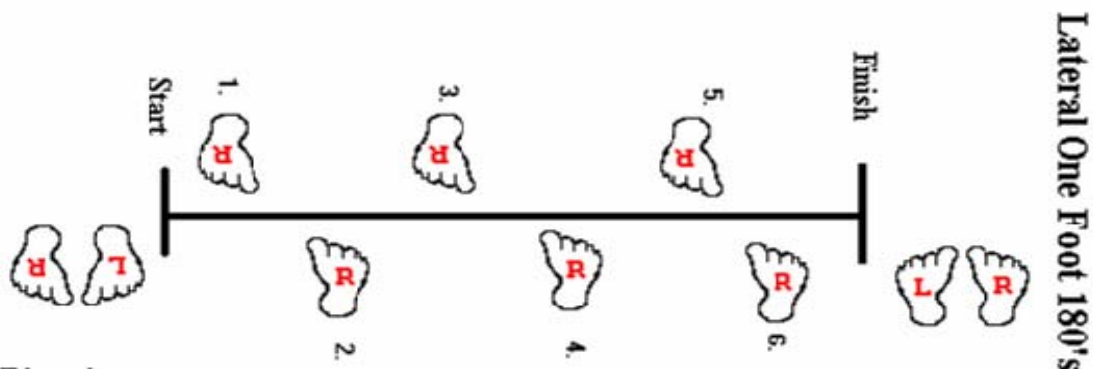
## Criss Cross Drill – 2x's Forward



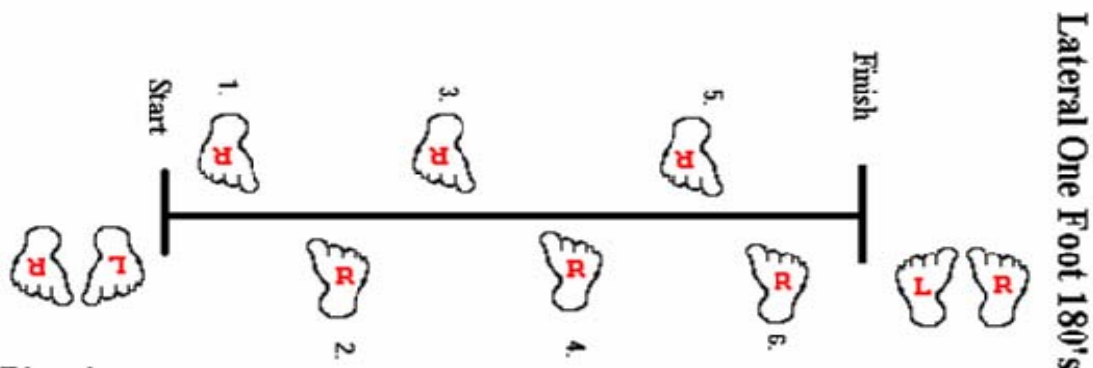
## Criss Cross Drill – 2x's Backward



## Lateral one Foot 180's – Right Foot 2x's MR-3, FR-4

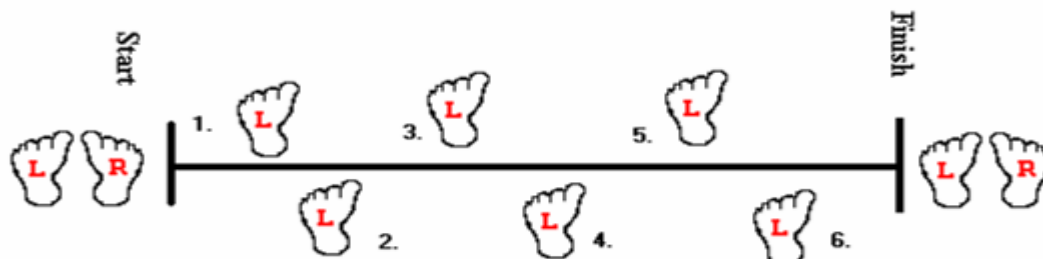


## Lateral one Foot 180's – Left Foot 2x's MR-3, FR-4

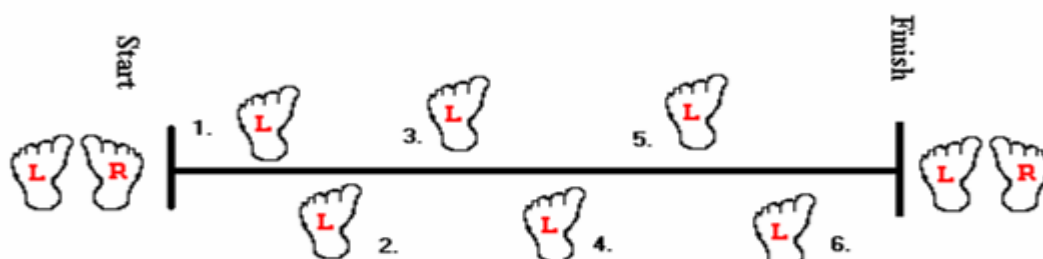


# xlathlete.com – Line Drills

## Lateral One foot Down – 2x's Left foot MR-2, FR-3

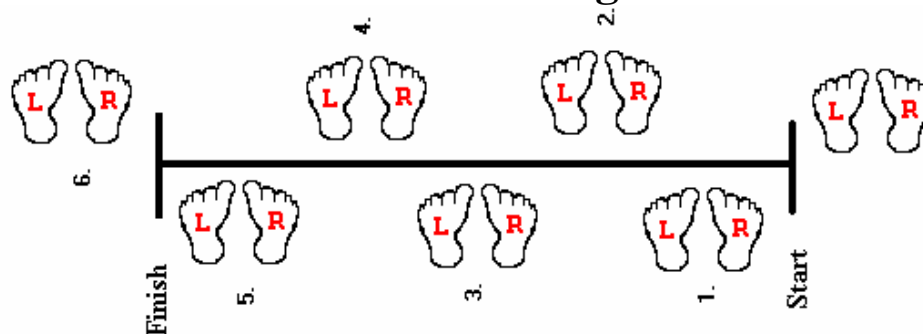


## Lateral One foot Down – 2x's Right foot MR-2, FR-3



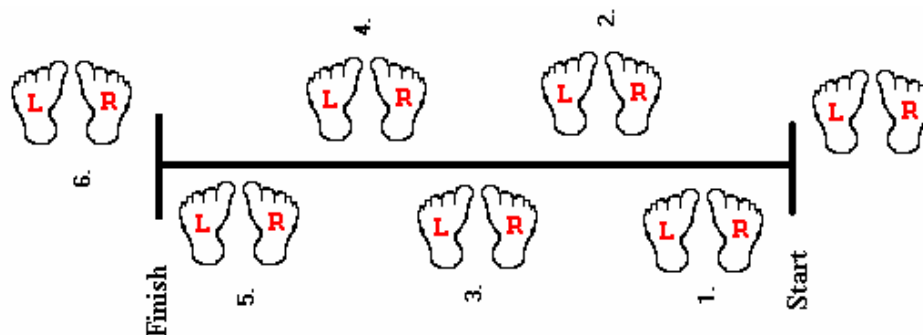
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## Lateral Two Feet – 2x's to Right



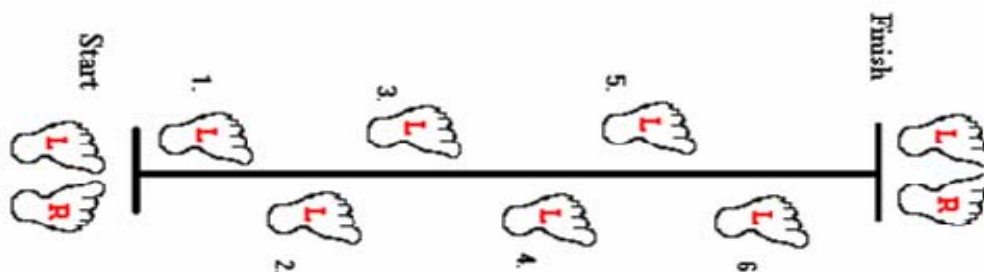
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## Lateral Two Feet – 2x's to Left

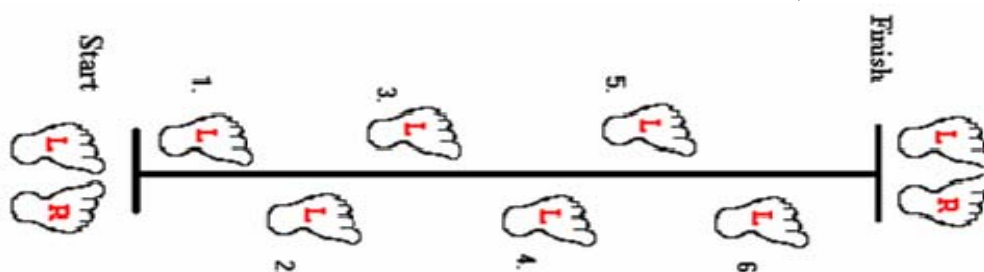


# xlathlete.com – Line Drills

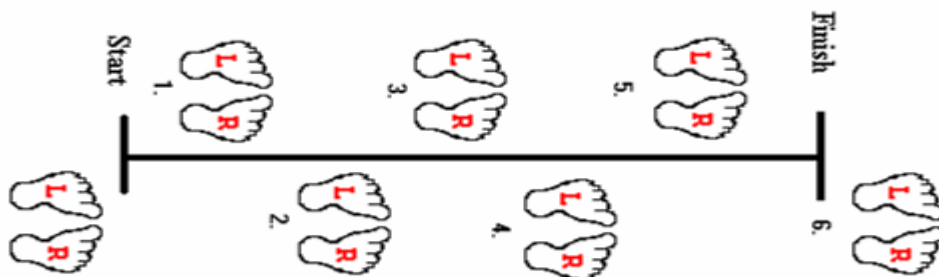
Same Foot Down – 2x's Right foot MR – 2, FR-3



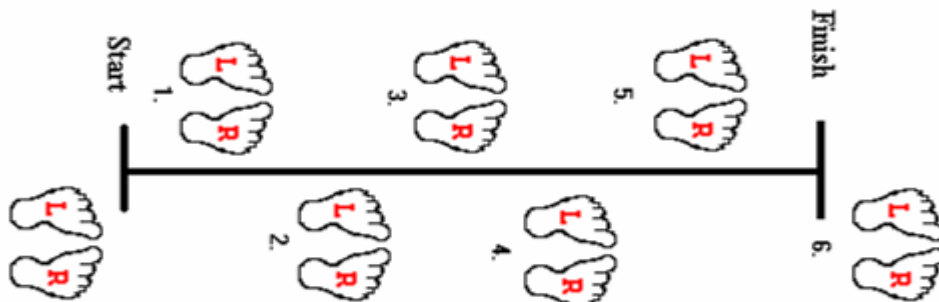
Same Foot Down – 2x's left foot MR – 2, FR-3



Two Feet Down – 2x's Forward MR—1, FR—2



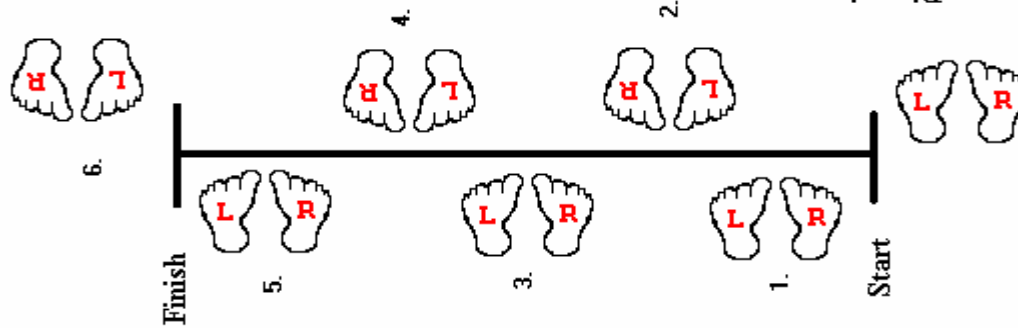
Two Feet Down – 2x's Backward MR—1, FR—2



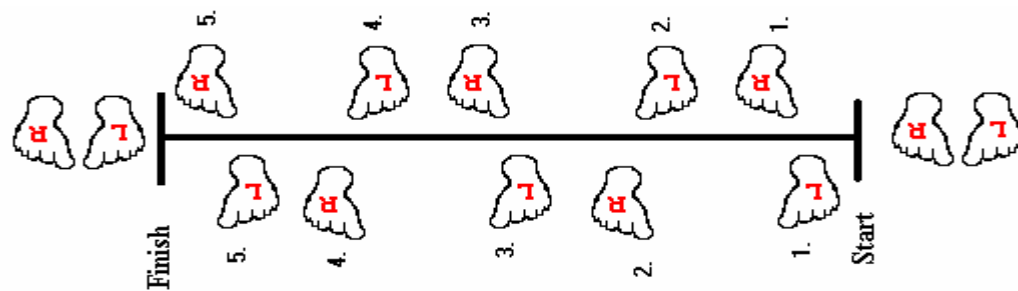
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# xlathlete.com – Line Drills

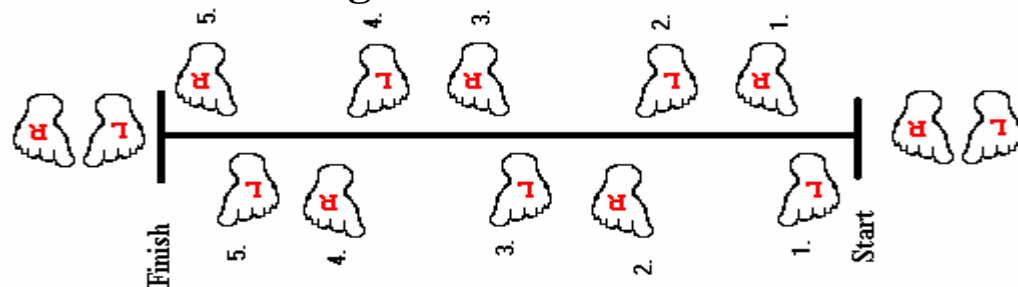
## Lateral Two Feet 180's – 3 x's MR – 2, FR-3



## Scissor Drill – Left 2x's



## Scissor Drill – Right 2x's



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