













































Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 1: 4.0 Steps inside 30 yd In	4.0 Steps in frnt of Front hash (HS)
#2	20	Side 2: 0.75 Steps outside 45 yd In	8.25 Steps in frnt of Front hash (HS)
#3	35	Side 2: 0.75 Steps outside 45 yd In	8.25 Steps in frnt of Front hash (HS)
#4	36	Side 2: 0.75 Steps outside 45 yd In	8.25 Steps in frnt of Front hash (HS)
#5	31	Side 2: 1.25 Steps inside 35 yd In	12.25 Steps behind Front Sideline
#6	22	Side 2: 1.25 Steps inside 35 yd In	12.25 Steps behind Front Sideline
#7	18	Side 2: 1.25 Steps inside 35 yd In	12.25 Steps behind Front Sideline
#8	18	Side 2: 1.25 Steps inside 35 yd In	12.25 Steps behind Front Sideline
#9	8	Side 2: 1.25 Steps inside 35 yd In	12.25 Steps behind Front Sideline
#10	12	Side 2: 1.25 Steps inside 35 yd In	12.25 Steps behind Front Sideline
#11	16	Side 2: 1.75 Steps outside 40 yd In	4.0 Steps in frnt of Front hash (HS)
#12	16	Side 2: 1.75 Steps outside 40 yd In	4.0 Steps in frnt of Front hash (HS)
#13	24	Side 2: 1.75 Steps outside 40 yd In	4.0 Steps in frnt of Front hash (HS)
#14	16	Side 2: 1.5 Steps outside 40 yd In	11.75 Steps in frnt of Front hash (HS)
#15	12	Side 2: 1.5 Steps outside 40 yd In	11.75 Steps in frnt of Front hash (HS)
#16	20	Side 2: 3.5 Steps inside 40 yd In	9.25 Steps in frnt of Front hash (HS)
#17	16	Side 2: 0.5 Steps inside 45 yd In	2.25 Steps in frnt of Front hash (HS)
#18	16	Side 2: 0.5 Steps inside 45 yd In	2.25 Steps in frnt of Front hash (HS)
#19	16	Side 2: 0.5 Steps inside 45 yd In	2.25 Steps in frnt of Front hash (HS)
#20	16	Side 2: 1.75 Steps outside 45 yd In	8.75 Steps in frnt of Front hash (HS)
#21	16	Side 2: 1.5 Steps outside 45 yd In	6.5 Steps in frnt of Front hash (HS)
#22	32	Side 2: On 45 yd In	4.0 Steps in frnt of Front hash (HS)
#23	40	On 50 yd In	4.0 Steps in frnt of Front hash (HS)
#24	16	Side 1: On 50 yd In	7.0 Steps behind Front hash (HS)
#25	8	Side 1: On 50 yd In	7.0 Steps behind Front hash (HS)
#26	48	On 50 yd In	on Front hash (HS)
#27	16	On 50 yd In	on Front hash (HS)
#28	16	On 50 yd In	on Front hash (HS)
#29	16	On 50 yd In	on Front hash (HS)
#30	12	On 50 yd In	on Front hash (HS)
#31	16	On 50 yd In	on Front hash (HS)
#32	7	On 50 yd In	on Front hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 1: 2.0 Steps outside 35 yd In	4.0 Steps in frnt of Front hash (HS)
#2	20	Side 2: 1.0 Steps inside 45 yd In	8.0 Steps in frnt of Front hash (HS)
#3	35	Side 2: 1.0 Steps inside 45 yd In	8.0 Steps in frnt of Front hash (HS)
#4	36	Side 2: 1.0 Steps inside 45 yd In	8.0 Steps in frnt of Front hash (HS)
#5	31	Side 1: 0.25 Steps outside 40 yd In	6.75 Steps behind Front Sideline
#6	22	Side 1: 0.25 Steps outside 40 yd In	6.75 Steps behind Front Sideline
#7	18	Side 1: 0.25 Steps outside 40 yd In	6.75 Steps behind Front Sideline
#8	18	Side 1: 0.25 Steps outside 40 yd In	6.75 Steps behind Front Sideline
#9	8	Side 1: 0.25 Steps outside 40 yd In	6.75 Steps behind Front Sideline
#10	12	Side 1: 0.25 Steps outside 40 yd In	6.75 Steps behind Front Sideline
#11	16	Side 1: 3.25 Steps outside 45 yd In	9.75 Steps in frnt of Front hash (HS)
#12	16	Side 1: 3.0 Steps outside 45 yd In	10.0 Steps behind Front Sideline
#13	24	Side 1: 3.0 Steps outside 45 yd In	10.0 Steps behind Front Sideline
#14	16	Side 1: 3.0 Steps outside 45 yd In	10.0 Steps behind Front Sideline
#15	12	Side 1: 3.0 Steps outside 45 yd In	10.0 Steps behind Front Sideline
#16	20	Side 1: On 40 yd In	13.5 Steps behind Front Sideline
#17	16	Side 1: 1.0 Steps outside 35 yd In	11.0 Steps behind Front Sideline
#18	16	Side 1: 1.0 Steps outside 35 yd In	11.0 Steps behind Front Sideline
#19	16	Side 1: 1.0 Steps outside 35 yd In	11.0 Steps behind Front Sideline
#20	16	Side 1: 3.25 Steps inside 35 yd In	7.75 Steps in frnt of Front hash (HS)
#21	16	Side 1: 1.0 Steps inside 35 yd In	11.0 Steps in frnt of Front hash (HS)
#22	32	Side 1: On 35 yd In	4.0 Steps in frnt of Front hash (HS)
#23	40	Side 1: On 40 yd In	4.0 Steps in frnt of Front hash (HS)
#24	16	Side 1: On 40 yd In	7.0 Steps behind Front hash (HS)
#25	8	Side 1: On 40 yd In	7.0 Steps behind Front hash (HS)
#26	48	Side 1: On 45 yd In	on Front hash (HS)
#27	16	Side 1: On 45 yd In	on Front hash (HS)
#28	16	Side 1: On 45 yd In	on Front hash (HS)
#29	16	Side 1: On 45 yd In	on Front hash (HS)
#30	12	Side 1: On 45 yd In	on Front hash (HS)
#31	16	Side 1: On 45 yd In	on Front hash (HS)
#32	7	Side 1: On 45 yd In	on Front hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 1: On 35 yd In	4.0 Steps in frnt of Front hash (HS)
#2	20	Side 2: 2.75 Steps inside 45 yd In	8.25 Steps in frnt of Front hash (HS)
#3	35	Side 2: 2.75 Steps inside 45 yd In	8.25 Steps in frnt of Front hash (HS)
#4	36	Side 2: 2.75 Steps inside 45 yd In	8.25 Steps in frnt of Front hash (HS)
#5	31	Side 1: 1.25 Steps inside 40 yd In	6.0 Steps behind Front Sideline
#6	22	Side 1: 1.25 Steps inside 40 yd In	6.0 Steps behind Front Sideline
#7	18	Side 1: 1.25 Steps inside 40 yd In	6.0 Steps behind Front Sideline
#8	18	Side 1: 1.25 Steps inside 40 yd In	6.0 Steps behind Front Sideline
#9	8	Side 1: 1.25 Steps inside 40 yd In	6.0 Steps behind Front Sideline
#10	12	Side 1: 1.25 Steps inside 40 yd In	6.0 Steps behind Front Sideline
#11	16	Side 1: 1.75 Steps outside 45 yd In	11.0 Steps in frnt of Front hash (HS)
#12	16	Side 1: 1.75 Steps outside 45 yd In	11.0 Steps in frnt of Front hash (HS)
#13	24	Side 1: 1.75 Steps outside 45 yd In	11.0 Steps in frnt of Front hash (HS)
#14	16	Side 1: 2.0 Steps outside 45 yd In	9.0 Steps behind Front Sideline
#15	12	Side 1: 2.0 Steps outside 45 yd In	9.0 Steps behind Front Sideline
#16	20	Side 1: 1.25 Steps inside 40 yd In	12.75 Steps behind Front Sideline
#17	16	Side 1: 0.5 Steps inside 35 yd In	10.75 Steps behind Front Sideline
#18	16	Side 1: 0.5 Steps inside 35 yd In	10.75 Steps behind Front Sideline
#19	16	Side 1: 0.5 Steps inside 35 yd In	10.75 Steps behind Front Sideline
#20	16	Side 1: 3.5 Steps inside 35 yd In	9.5 Steps in frnt of Front hash (HS)
#21	16	Side 1: 1.25 Steps inside 35 yd In	12.75 Steps in frnt of Front hash (HS)
#22	32	Side 1: On 35 yd In	6.0 Steps in frnt of Front hash (HS)
#23	40	Side 1: On 40 yd In	6.0 Steps in frnt of Front hash (HS)
#24	16	Side 1: On 40 yd In	5.0 Steps behind Front hash (HS)
#25	8	Side 1: On 40 yd In	5.0 Steps behind Front hash (HS)
#26	48	Side 1: On 45 yd In	2.0 Steps in frnt of Front hash (HS)
#27	16	Side 1: 4.0 Steps inside 45 yd In	2.0 Steps in frnt of Front hash (HS)
#28	16	Side 1: 4.0 Steps inside 45 yd In	2.0 Steps in frnt of Front hash (HS)
#29	16	Side 1: 4.0 Steps inside 45 yd In	2.0 Steps in frnt of Front hash (HS)
#30	12	Side 1: 4.0 Steps inside 45 yd In	2.0 Steps in frnt of Front hash (HS)
#31	16	Side 1: 4.0 Steps inside 45 yd In	2.0 Steps in frnt of Front hash (HS)
#32	7	Side 1: 4.0 Steps inside 45 yd In	2.0 Steps in frnt of Front hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 1: 2.0 Steps inside 35 yd In	4.0 Steps in frnt of Front hash (HS)
#2	20	Side 2: 3.0 Steps outside of 50 yd In	9.0 Steps in frnt of Front hash (HS)
#3	35	Side 2: 3.0 Steps outside of 50 yd In	9.0 Steps in frnt of Front hash (HS)
#4	36	Side 2: 3.0 Steps outside of 50 yd In	9.0 Steps in frnt of Front hash (HS)
#5	31	Side 1: 3.25 Steps inside 40 yd In	5.25 Steps behind Front Sideline
#6	22	Side 1: 3.25 Steps inside 40 yd In	5.25 Steps behind Front Sideline
#7	18	Side 1: 3.25 Steps inside 40 yd In	5.25 Steps behind Front Sideline
#8	18	Side 1: 3.25 Steps inside 40 yd In	5.25 Steps behind Front Sideline
#9	8	Side 1: 3.25 Steps inside 40 yd In	5.25 Steps behind Front Sideline
#10	12	Side 1: 3.25 Steps inside 40 yd In	5.25 Steps behind Front Sideline
#11	16	Side 1: 0.5 Steps outside 45 yd In	12.25 Steps in frnt of Front hash (HS)
#12	16	Side 1: 0.25 Steps outside 45 yd In	7.5 Steps behind Front Sideline
#13	24	Side 1: 0.25 Steps outside 45 yd In	7.5 Steps behind Front Sideline
#14	16	Side 1: 0.25 Steps outside 45 yd In	7.5 Steps behind Front Sideline
#15	12	Side 1: 0.25 Steps outside 45 yd In	7.5 Steps behind Front Sideline
#16	20	Side 1: 2.75 Steps inside 40 yd In	12.0 Steps behind Front Sideline
#17	16	Side 1: 2.25 Steps inside 35 yd In	10.5 Steps behind Front Sideline
#18	16	Side 1: 2.25 Steps inside 35 yd In	10.5 Steps behind Front Sideline
#19	16	Side 1: 2.25 Steps inside 35 yd In	10.5 Steps behind Front Sideline
#20	16	Side 1: 3.75 Steps outside 40 yd In	11.25 Steps in frnt of Front hash (HS)
#21	16	Side 1: 1.75 Steps inside 35 yd In	13.25 Steps behind Front Sideline
#22	32	Side 1: On 35 yd In	8.0 Steps in frnt of Front hash (HS)
#23	40	Side 1: On 40 yd In	8.0 Steps in frnt of Front hash (HS)
#24	16	Side 1: On 40 yd In	3.0 Steps behind Front hash (HS)
#25	8	Side 1: On 40 yd In	3.0 Steps behind Front hash (HS)
#26	48	Side 1: On 45 yd In	4.0 Steps in frnt of Front hash (HS)
#27	16	Side 1: On 45 yd In	4.0 Steps in frnt of Front hash (HS)
#28	16	Side 1: On 45 yd In	4.0 Steps in frnt of Front hash (HS)
#29	16	Side 1: On 45 yd In	4.0 Steps in frnt of Front hash (HS)
#30	12	Side 1: On 45 yd In	4.0 Steps in frnt of Front hash (HS)
#31	16	Side 1: On 45 yd In	4.0 Steps in frnt of Front hash (HS)
#32	7	Side 1: On 45 yd In	4.0 Steps in frnt of Front hash (HS)













Set	Move	Title	Side 1-Side 2	Back-Front
#1	0		Side 2: 4.0 Steps outside 35 yd In	4.0 Steps in frnt of Front hash (HS)
#2	20		Side 2: 3.75 Steps inside 30 yd In	0.75 Steps in frnt of Front hash (HS)
#3	35		Side 2: 3.75 Steps inside 30 yd In	0.75 Steps in frnt of Front hash (HS)
#4	36		Side 2: 3.75 Steps inside 30 yd In	0.75 Steps in frnt of Front hash (HS)
#5	31		Side 2: 2.0 Steps outside 30 yd In	11.0 Steps in frnt of Back hash (HS)
#6	22		Side 2: 2.0 Steps outside 30 yd In	11.0 Steps in frnt of Back hash (HS)
#7	18		Side 2: 2.0 Steps outside 30 yd In	11.0 Steps in frnt of Back hash (HS)
#8	18		Side 2: 2.0 Steps outside 30 yd In	11.0 Steps in frnt of Back hash (HS)
#9	8		Side 2: 2.0 Steps outside 30 yd In	11.0 Steps in frnt of Back hash (HS)
#10	12		Side 2: 2.0 Steps outside 30 yd In	11.0 Steps in frnt of Back hash (HS)
#11	16		Side 2: 2.75 Steps inside 25 yd In	9.75 Steps in frnt of Back hash (HS)
#12	16		Side 2: 2.75 Steps inside 25 yd In	9.75 Steps in frnt of Back hash (HS)
#13	24		Side 2: 2.75 Steps inside 25 yd In	9.75 Steps in frnt of Back hash (HS)
#14	16		Side 2: 3.0 Steps inside 25 yd In	10.25 Steps behind Front hash (HS)
#15	12		Side 2: 3.0 Steps inside 25 yd In	10.25 Steps behind Front hash (HS)
#16	20		Side 2: 3.0 Steps inside 25 yd In	6.75 Steps behind Front hash (HS)
#17	16		Side 2: 3.5 Steps inside 25 yd In	7.75 Steps behind Front hash (HS)
#18	16		Side 2: 3.5 Steps inside 25 yd In	7.75 Steps behind Front hash (HS)
#19	16		Side 2: 3.5 Steps inside 25 yd In	7.75 Steps behind Front hash (HS)
#20	16		Side 2: 3.5 Steps outside 35 yd In	6.5 Steps behind Front hash (HS)
#21	16		Side 2: 2.5 Steps inside 30 yd In	0.25 Steps in frnt of Front hash (HS)
#22	32		Side 2: 2.75 Steps outside 45 yd In	4.5 Steps in frnt of Front hash (HS)
#23	40		Side 2: 2.75 Steps outside of 50 yd In	4.5 Steps in frnt of Front hash (HS)
#24	16		Side 2: 2.5 Steps outside of 50 yd In	6.5 Steps behind Front hash (HS)
#25	8		Side 2: 2.5 Steps outside of 50 yd In	6.5 Steps behind Front hash (HS)
#26	48		Side 2: On 40 yd In	5.0 Steps behind Front hash (HS)
#27	16		Side 2: On 40 yd In	5.0 Steps behind Front hash (HS)
#28	16		Side 2: On 40 yd In	5.0 Steps behind Front hash (HS)
#29	16		Side 2: On 40 yd In	5.0 Steps behind Front hash (HS)
#30	12		Side 2: On 40 yd In	5.0 Steps behind Front hash (HS)
#31	16		Side 2: On 40 yd In	5.0 Steps behind Front hash (HS)
#32	7		Side 2: On 40 yd In	5.0 Steps behind Front hash (HS)

Set	Move	Title	Side 1-Side 2	Back-Front
#1	0		Side 2: 2.0 Steps inside 30 yd In	4.0 Steps in frnt of Front hash (HS)
#2	20		Side 2: 2.75 Steps outside 35 yd In	2.25 Steps in frnt of Front hash (HS)
#3	35		Side 2: 2.75 Steps outside 35 yd In	2.25 Steps in frnt of Front hash (HS)
#4	36		Side 2: 2.75 Steps outside 35 yd In	2.25 Steps in frnt of Front hash (HS)
#5	31		Side 2: 2.25 Steps outside 30 yd In	12.75 Steps in frnt of Back hash (HS)
#6	22		Side 2: 2.25 Steps outside 30 yd In	12.75 Steps in frnt of Back hash (HS)
#7	18		Side 2: 2.25 Steps outside 30 yd In	12.75 Steps in frnt of Back hash (HS)
#8	18		Side 2: 2.25 Steps outside 30 yd In	12.75 Steps in frnt of Back hash (HS)
#9	8		Side 2: 2.25 Steps outside 30 yd In	12.75 Steps in frnt of Back hash (HS)
#10	12		Side 2: 2.25 Steps outside 30 yd In	12.75 Steps in frnt of Back hash (HS)
#11	16		Side 2: 1.25 Steps inside 25 yd In	11.0 Steps in frnt of Back hash (HS)
#12	16		Side 2: 1.0 Steps inside 25 yd In	8.75 Steps behind Front hash (HS)
#13	24		Side 2: 1.0 Steps inside 25 yd In	8.75 Steps behind Front hash (HS)
#14	16		Side 2: 1.0 Steps inside 25 yd In	8.75 Steps behind Front hash (HS)
#15	12		Side 2: 1.0 Steps inside 25 yd In	8.75 Steps behind Front hash (HS)
#16	20		Side 2: 3.0 Steps outside 30 yd In	6.25 Steps behind Front hash (HS)
#17	16		Side 2: 2.5 Steps outside 30 yd In	7.75 Steps behind Front hash (HS)
#18	16		Side 2: 2.5 Steps outside 30 yd In	7.75 Steps behind Front hash (HS)
#19	16		Side 2: 2.5 Steps outside 30 yd In	7.75 Steps behind Front hash (HS)
#20	16		Side 2: 2.25 Steps outside 35 yd In	5.5 Steps behind Front hash (HS)
#21	16		Side 2: 3.75 Steps outside 35 yd In	1.25 Steps in frnt of Front hash (HS)
#22	32		Side 2: 3.75 Steps outside 45 yd In	6.25 Steps in frnt of Front hash (HS)
#23	40		Side 2: 3.75 Steps outside of 50 yd In	6.25 Steps in frnt of Front hash (HS)
#24	16		Side 2: 3.5 Steps outside of 50 yd In	4.75 Steps behind Front hash (HS)
#25	8		Side 2: 3.5 Steps outside of 50 yd In	4.75 Steps behind Front hash (HS)
#26	48		Side 2: On 40 yd In	2.5 Steps behind Front hash (HS)
#27	16		Side 2: 4.0 Steps outside 40 yd In	2.5 Steps behind Front hash (HS)
#28	16		Side 2: 4.0 Steps outside 40 yd In	2.5 Steps behind Front hash (HS)
#29	16		Side 2: 4.0 Steps outside 40 yd In	2.5 Steps behind Front hash (HS)
#30	12		Side 2: 4.0 Steps outside 40 yd In	2.5 Steps behind Front hash (HS)
#31	16		Side 2: 4.0 Steps outside 40 yd In	2.5 Steps behind Front hash (HS)
#32	7		Side 2: 4.0 Steps outside 40 yd In	2.5 Steps behind Front hash (HS)

Set	Move	Title	Side 1-Side 2	Back-Front
#1	0		Side 2: On 30 yd In	4.0 Steps in frnt of Front hash (HS)
#2	20		Side 2: 1.75 Steps outside 35 yd In	4.0 Steps in frnt of Front hash (HS)
#3	35		Side 2: 1.75 Steps outside 35 yd In	4.0 Steps in frnt of Front hash (HS)
#4	36		Side 2: 1.75 Steps outside 35 yd In	4.0 Steps in frnt of Front hash (HS)
#5	31		Side 2: 2.5 Steps outside 30 yd In	13.0 Steps behind Front hash (HS)
#6	22		Side 2: 2.5 Steps outside 30 yd In	13.0 Steps behind Front hash (HS)
#7	18		Side 2: 2.5 Steps outside 30 yd In	13.0 Steps behind Front hash (HS)
#8	18		Side 2: 2.5 Steps outside 30 yd In	13.0 Steps behind Front hash (HS)
#9	8		Side 2: 2.5 Steps outside 30 yd In	13.0 Steps behind Front hash (HS)
#10	12		Side 2: 2.5 Steps outside 30 yd In	13.0 Steps behind Front hash (HS)
#11	16		Side 2: On 25 yd In	12.0 Steps in frnt of Back hash (HS)
#12	16		Side 2: On 25 yd In	12.0 Steps in frnt of Back hash (HS)
#13	24		Side 2: On 25 yd In	12.0 Steps in frnt of Back hash (HS)
#14	16		Side 2: On 25 yd In	8.0 Steps behind Front hash (HS)
#15	12		Side 2: On 25 yd In	8.0 Steps behind Front hash (HS)
#16	20		Side 2: 1.5 Steps outside 30 yd In	5.75 Steps behind Front hash (HS)
#17	16		Side 2: 0.75 Steps outside 30 yd In	7.75 Steps behind Front hash (HS)
#18	16		Side 2: 0.75 Steps outside 30 yd In	7.75 Steps behind Front hash (HS)
#19	16		Side 2: 0.75 Steps outside 30 yd In	7.75 Steps behind Front hash (HS)
#20	16		Side 2: 0.75 Steps outside 35 yd In	4.5 Steps behind Front hash (HS)
#21	16		Side 2: 2.25 Steps outside 35 yd In	2.25 Steps in frnt of Front hash (HS)
#22	32		Side 2: 3.25 Steps inside 40 yd In	8.0 Steps in frnt of Front hash (HS)
#23	40		Side 2: 3.25 Steps inside 45 yd In	8.0 Steps in frnt of Front hash (HS)
#24	16		Side 2: 3.25 Steps inside 45 yd In	3.0 Steps behind Front hash (HS)
#25	8		Side 2: 3.25 Steps inside 45 yd In	3.0 Steps behind Front hash (HS)
#26	48		Side 2: On 40 yd In	on Front hash (HS)
#27	16		Side 2: On 40 yd In	on Front hash (HS)
#28	16		Side 2: On 40 yd In	on Front hash (HS)
#29	16		Side 2: On 40 yd In	on Front hash (HS)
#30	12		Side 2: On 40 yd In	on Front hash (HS)
#31	16		Side 2: On 40 yd In	on Front hash (HS)
#32	7		Side 2: On 40 yd In	on Front hash (HS)

Set	Move	Title	Side 1-Side 2	Back-Front
#1	0		Side 1: 4.0 Steps inside 45 yd In	8.0 Steps in frnt of Front hash (HS)
#2	20		Side 2: 1.5 Steps outside 35 yd In	6.0 Steps in frnt of Front hash (HS)
#3	35		Side 2: 1.5 Steps outside 35 yd In	6.0 Steps in frnt of Front hash (HS)
#4	36		Side 2: 1.5 Steps outside 35 yd In	6.0 Steps in frnt of Front hash (HS)
#5	31		Side 2: On 35 yd In	13.75 Steps behind Front Sideline
#6	22		Side 2: On 35 yd In	13.75 Steps behind Front Sideline
#7	18		Side 2: On 35 yd In	13.75 Steps behind Front Sideline
#8	18		Side 2: On 35 yd In	13.75 Steps behind Front Sideline
#9	8		Side 2: On 35 yd In	13.75 Steps behind Front Sideline
#10	12		Side 2: On 35 yd In	13.75 Steps behind Front Sideline
#11	16		Side 2: 3.25 Steps outside 40 yd In	2.75 Steps in frnt of Front hash (HS)
#12	16		Side 2: 3.25 Steps outside 40 yd In	11.0 Steps in frnt of Front hash (HS)
#13	24		Side 2: 3.25 Steps outside 40 yd In	11.0 Steps in frnt of Front hash (HS)
#14	16		Side 2: 3.25 Steps outside 40 yd In	11.0 Steps in frnt of Front hash (HS)
#15	12		Side 2: 3.25 Steps outside 40 yd In	11.0 Steps in frnt of Front hash (HS)
#16	20		Side 2: 2.75 Steps inside 40 yd In	7.75 Steps in frnt of Front hash (HS)
#17	16		Side 2: 0.5 Steps outside 45 yd In	1.25 Steps in frnt of Front hash (HS)
#18	16		Side 2: 0.5 Steps outside 45 yd In	1.25 Steps in frnt of Front hash (HS)
#19	16		Side 2: 0.5 Steps outside 45 yd In	1.25 Steps in frnt of Front hash (HS)
#20	16		Side 2: 0.75 Steps inside 40 yd In	10.5 Steps in frnt of Front hash (HS)
#21	16		Side 2: On 40 yd In	10.0 Steps behind Front Sideline
#22	32		Side 2: 1.0 Steps outside 45 yd In	4.0 Steps behind Front Sideline
#23	40		Side 2: 1.0 Steps outside of 50 yd In	4.0 Steps behind Front Sideline
#24	16		Side 2: 0.75 Steps outside of 50 yd In	12.75 Steps in frnt of Front hash (HS)
#25	8		Side 2: 0.75 Steps outside of 50 yd In	12.75 Steps in frnt of Front hash (HS)
#26	48		Side 2: On 45 yd In	8.0 Steps in frnt of Front hash (HS)
#27	16		Side 2: On 45 yd In	8.0 Steps in frnt of Front hash (HS)
#28	16		Side 2: On 45 yd In	8.0 Steps in frnt of Front hash (HS)
#29	16		Side 2: On 45 yd In	8.0 Steps in frnt of Front hash (HS)
#30	12		Side 2: On 45 yd In	8.0 Steps in frnt of Front hash (HS)
#31	16		Side 2: On 45 yd In	8.0 Steps in frnt of Front hash (HS)
#32	7		Side 2: On 45 yd In	8.0 Steps in frnt of Front hash (HS)















Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 2: 4.0 Steps outside of 50 yd In	on Back hash (HS)
#2	20	Side 1: 2.75 Steps outside of 50 yd In	11.5 Steps in frnt of Back hash (HS)
#3	35	Side 1: 2.75 Steps outside of 50 yd In	11.5 Steps in frnt of Back hash (HS)
#4	36	Side 1: 2.75 Steps outside of 50 yd In	11.5 Steps in frnt of Back hash (HS)
#5	31	Side 1: 2.75 Steps outside of 50 yd In	11.5 Steps in frnt of Back hash (HS)
#6	22	Side 1: 2.75 Steps outside of 50 yd In	11.5 Steps in frnt of Back hash (HS)
#7	18	Side 1: 2.75 Steps outside of 50 yd In	11.5 Steps in frnt of Back hash (HS)
#8	18	Side 2: 0.75 Steps inside 45 yd In	13.25 Steps in frnt of Back hash (HS)
#9	8	Side 2: 0.75 Steps inside 45 yd In	13.25 Steps in frnt of Back hash (HS)
#10	12	Side 2: 0.75 Steps inside 45 yd In	13.25 Steps in frnt of Back hash (HS)
#11	16	Side 2: 1.5 Steps inside 45 yd In	12.5 Steps in frnt of Back hash (HS)
#12	16	Side 1: On 45 yd In	12.0 Steps in frnt of Back hash (HS)
#13	24	Side 2: 2.0 Steps inside 45 yd In	8.0 Steps behind Front hash (HS)
#14	16	Side 2: 2.0 Steps inside 45 yd In	8.0 Steps behind Front hash (HS)
#15	12	Side 2: 2.0 Steps inside 45 yd In	8.0 Steps behind Front hash (HS)
#16	20	Side 2: On 45 yd In	8.0 Steps behind Front hash (HS)
#17	16	Side 2: On 45 yd In	10.0 Steps behind Front hash (HS)
#18	16	Side 2: On 45 yd In	10.0 Steps behind Front hash (HS)
#19	16	Side 2: On 45 yd In	10.0 Steps behind Front hash (HS)
#20	16	Side 1: 1.0 Steps outside of 50 yd In	2.0 Steps behind Front hash (HS)
#21	16	Side 1: 1.75 Steps inside 45 yd In	6.75 Steps in frnt of Front hash (HS)
#22	32	Side 1: On 45 yd In	on Front Sideline
#23	40	Side 1: On 45 yd In	on Front Sideline
#24	16	Side 1: On 45 yd In	8.0 Steps behind Front Sideline
#25	8	Side 1: On 45 yd In	8.0 Steps behind Front Sideline
#26	48	Side 1: 1.0 Steps outside of 50 yd In	on Front Sideline
#27	16	Side 1: 1.0 Steps outside of 50 yd In	on Front Sideline
#28	16	Side 1: 1.0 Steps outside of 50 yd In	on Front Sideline
#29	16	Side 1: 1.0 Steps outside of 50 yd In	on Front Sideline
#30	12	Side 1: 1.0 Steps outside of 50 yd In	on Front Sideline
#31	16	Side 1: 1.0 Steps outside of 50 yd In	on Front Sideline
#32	7	Side 1: 1.0 Steps outside of 50 yd In	on Front Sideline

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 1: On 20 yd In	4.0 Steps behind Back hash (HS)
#2	20	Side 2: 1.0 Steps inside 20 yd In	7.25 Steps behind Back hash (HS)
#3	35	Side 2: 1.0 Steps inside 20 yd In	7.25 Steps behind Back hash (HS)
#4	36	Side 2: 1.0 Steps inside 20 yd In	7.25 Steps behind Back hash (HS)
#5	31	Side 2: 1.0 Steps inside 20 yd In	7.25 Steps behind Back hash (HS)
#6	22	Side 2: 1.0 Steps inside 20 yd In	7.25 Steps behind Back hash (HS)
#7	18	Side 2: 1.0 Steps inside 20 yd In	7.25 Steps behind Back hash (HS)
#8	18	Side 2: 3.5 Steps inside 40 yd In	8.0 Steps in frnt of Back hash (HS)
#9	8	Side 2: 3.5 Steps inside 40 yd In	8.0 Steps in frnt of Back hash (HS)
#10	12	Side 2: On 35 yd In	8.0 Steps behind Front hash (HS)
#11	16	On 50 yd In	3.75 Steps behind Back hash (HS)
#12	16	On 50 yd In	3.75 Steps behind Back hash (HS)
#13	24	Side 1: 3.75 Steps inside 35 yd In	7.75 Steps behind Front hash (HS)
#14	16	Side 1: 3.75 Steps inside 35 yd In	7.75 Steps behind Front hash (HS)
#15	12	Side 1: 3.75 Steps inside 35 yd In	7.75 Steps behind Front hash (HS)
#16	20	Side 1: On 30 yd In	4.0 Steps behind Front Sideline
#17	16	Side 1: 3.5 Steps outside 25 yd In	6.0 Steps behind Front Sideline
#18	16	Side 1: On 20 yd In	4.0 Steps in frnt of Front hash (HS)
#19	16	Side 1: On 20 yd In	12.0 Steps behind Front hash (HS)
#20	16	Side 1: 2.0 Steps outside 20 yd In	on Back hash (HS)
#21	16	Side 1: 0.25 Steps outside 45 yd In	12.0 Steps in frnt of Back Sideline
#22	32	Side 1: On 45 yd In	8.0 Steps in frnt of Back Sideline
#23	40	Side 1: On 45 yd In	8.0 Steps in frnt of Back Sideline
#24	16	Side 1: 1.5 Steps inside 40 yd In	2.0 Steps in frnt of Back Sideline
#25	8	Side 1: 1.5 Steps inside 40 yd In	2.0 Steps in frnt of Back Sideline
#26	48	Side 1: On 45 yd In	on Back hash (HS)
#27	16	Side 1: On 45 yd In	on Back hash (HS)
#28	16	Side 1: On 45 yd In	on Back hash (HS)
#29	16	Side 1: On 45 yd In	on Back hash (HS)
#30	12	Side 1: On 45 yd In	on Back hash (HS)
#31	16	Side 1: On 45 yd In	on Back hash (HS)
#32	7	Side 1: On 45 yd In	on Back hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 1: On 25 yd In	4.0 Steps behind Back hash (HS)
#2	20	Side 2: On 20 yd In	11.0 Steps behind Back hash (HS)
#3	35	Side 2: On 20 yd In	11.0 Steps behind Back hash (HS)
#4	36	Side 2: On 20 yd In	11.0 Steps behind Back hash (HS)
#5	31	Side 2: On 20 yd In	11.0 Steps behind Back hash (HS)
#6	22	Side 2: On 20 yd In	11.0 Steps behind Back hash (HS)
#7	18	Side 2: On 20 yd In	11.0 Steps behind Back hash (HS)
#8	18	Side 2: 1.5 Steps inside 40 yd In	7.25 Steps in frnt of Back hash (HS)
#9	8	Side 2: 1.5 Steps inside 40 yd In	7.25 Steps in frnt of Back hash (HS)
#10	12	Side 2: 1.0 Steps inside 35 yd In	9.5 Steps behind Front hash (HS)
#11	16	Side 2: 3.25 Steps outside of 50 yd In	1.0 Steps behind Back hash (HS)
#12	16	Side 2: 3.25 Steps outside of 50 yd In	1.0 Steps behind Back hash (HS)
#13	24	Side 1: 2.5 Steps inside 40 yd In	13.5 Steps in frnt of Back hash (HS)
#14	16	Side 1: 2.5 Steps inside 40 yd In	13.5 Steps in frnt of Back hash (HS)
#15	12	Side 1: 2.5 Steps inside 40 yd In	13.5 Steps in frnt of Back hash (HS)
#16	20	Side 1: 2.5 Steps outside 35 yd In	4.0 Steps behind Front Sideline
#17	16	Side 1: 3.0 Steps inside 25 yd In	4.25 Steps behind Front Sideline
#18	16	Side 1: 1.5 Steps inside 20 yd In	8.5 Steps in frnt of Front hash (HS)
#19	16	Side 1: 3.5 Steps outside 20 yd In	7.25 Steps behind Front hash (HS)
#20	16	Side 1: 2.25 Steps inside 15 yd In	4.5 Steps in frnt of Back hash (HS)
#21	16	Side 1: 0.75 Steps outside 40 yd In	13.25 Steps in frnt of Back Sideline
#22	32	Side 1: 0.5 Steps outside 40 yd In	9.25 Steps in frnt of Back Sideline
#23	40	Side 1: 0.5 Steps outside 40 yd In	9.25 Steps in frnt of Back Sideline
#24	16	Side 1: 1.0 Steps inside 35 yd In	3.25 Steps in frnt of Back Sideline
#25	8	Side 1: 1.0 Steps inside 35 yd In	3.25 Steps in frnt of Back Sideline
#26	48	Side 1: On 40 yd In	on Back hash (HS)
#27	16	Side 1: On 40 yd In	on Back hash (HS)
#28	16	Side 1: On 40 yd In	on Back hash (HS)
#29	16	Side 1: On 40 yd In	on Back hash (HS)
#30	12	Side 1: On 40 yd In	on Back hash (HS)
#31	16	Side 1: On 40 yd In	on Back hash (HS)
#32	7	Side 1: On 40 yd In	on Back hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 1: On 30 yd In	4.0 Steps behind Back hash (HS)
#2	20	Side 2: 0.25 Steps inside 20 yd In	12.75 Steps in frnt of Back Sideline
#3	35	Side 2: 0.25 Steps inside 20 yd In	12.75 Steps in frnt of Back Sideline
#4	36	Side 2: 0.25 Steps inside 20 yd In	12.75 Steps in frnt of Back Sideline
#5	31	Side 2: 0.25 Steps inside 20 yd In	12.75 Steps in frnt of Back Sideline
#6	22	Side 2: 0.25 Steps inside 20 yd In	12.75 Steps in frnt of Back Sideline
#7	18	Side 2: 0.25 Steps inside 20 yd In	12.75 Steps in frnt of Back Sideline
#8	18	Side 2: 0.25 Steps inside 40 yd In	5.75 Steps in frnt of Back hash (HS)
#9	8	Side 2: 0.25 Steps inside 40 yd In	5.75 Steps in frnt of Back hash (HS)
#10	12	Side 2: 2.25 Steps inside 35 yd In	11.0 Steps behind Front hash (HS)
#11	16	Side 2: 1.25 Steps inside 45 yd In	1.25 Steps in frnt of Back hash (HS)
#12	16	Side 2: 1.25 Steps inside 45 yd In	1.25 Steps in frnt of Back hash (HS)
#13	24	Side 1: 1.25 Steps inside 45 yd In	6.75 Steps in frnt of Back hash (HS)
#14	16	Side 1: 1.25 Steps inside 45 yd In	6.75 Steps in frnt of Back hash (HS)
#15	12	Side 1: 1.25 Steps inside 45 yd In	6.75 Steps in frnt of Back hash (HS)
#16	20	Side 1: 2.5 Steps inside 35 yd In	4.0 Steps behind Front Sideline
#17	16	Side 1: 2.0 Steps inside 30 yd In	3.0 Steps behind Front Sideline
#18	16	Side 1: 3.5 Steps outside 25 yd In	12.75 Steps in frnt of Front hash (HS)
#19	16	Side 1: 3.0 Steps inside 15 yd In	1.75 Steps behind Front hash (HS)
#20	16	Side 1: 1.0 Steps inside 15 yd In	10.0 Steps in frnt of Back hash (HS)
#21	16	Side 1: 1.25 Steps outside 35 yd In	12.25 Steps behind Back hash (HS)
#22	32	Side 1: 0.75 Steps outside 35 yd In	11.5 Steps in frnt of Back Sideline
#23	40	Side 1: 0.75 Steps outside 35 yd In	11.5 Steps in frnt of Back Sideline
#24	16	Side 1: 0.5 Steps inside 30 yd In	5.5 Steps in frnt of Back Sideline
#25	8	Side 1: 0.5 Steps inside 30 yd In	5.5 Steps in frnt of Back Sideline
#26	48	Side 1: On 35 yd In	on Back hash (HS)
#27	16	Side 1: On 35 yd In	on Back hash (HS)
#28	16	Side 1: On 35 yd In	on Back hash (HS)
#29	16	Side 1: On 35 yd In	on Back hash (HS)
#30	12	Side 1: On 35 yd In	on Back hash (HS)
#31	16	Side 1: On 35 yd In	on Back hash (HS)
#32	7	Side 1: On 35 yd In	on Back hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 1: On 35 yd In	4.0 Steps behind Back hash (HS)
#2	20	Side 2: 2.5 Steps inside 20 yd In	9.5 Steps in frnt of Back Sideline
#3	35	Side 2: 2.5 Steps inside 20 yd In	9.5 Steps in frnt of Back Sideline
#4	36	Side 2: 2.5 Steps inside 20 yd In	9.5 Steps in frnt of Back Sideline
#5	31	Side 2: 2.5 Steps inside 20 yd In	9.5 Steps in frnt of Back Sideline
#6	22	Side 2: 2.5 Steps inside 20 yd In	9.5 Steps in frnt of Back Sideline
#7	18	Side 2: 2.5 Steps inside 20 yd In	9.5 Steps in frnt of Back Sideline
#8	18	Side 2: On 40 yd In	4.0 Steps in frnt of Back hash (HS)
#9	8	Side 2: On 40 yd In	4.0 Steps in frnt of Back hash (HS)
#10	12	Side 2: 3.5 Steps inside 35 yd In	12.5 Steps behind Front hash (HS)
#11	16	Side 2: 2.0 Steps outside 45 yd In	4.0 Steps in frnt of Back hash (HS)
#12	16	Side 2: 2.0 Steps outside 45 yd In	4.0 Steps in frnt of Back hash (HS)
#13	24	Side 1: On 50 yd In	0.25 Steps in frnt of Back hash (HS)
#14	16	Side 1: On 50 yd In	0.25 Steps in frnt of Back hash (HS)
#15	12	Side 1: On 50 yd In	0.25 Steps in frnt of Back hash (HS)
#16	20	Side 1: On 40 yd In	4.0 Steps behind Front Sideline
#17	16	Side 1: 1.0 Steps inside 35 yd In	2.25 Steps behind Front Sideline
#18	16	Side 1: 0.25 Steps outside 25 yd In	11.25 Steps behind Front Sideline
#19	16	Side 1: 3.75 Steps inside 15 yd In	3.75 Steps in frnt of Front hash (HS)
#20	16	Side 1: 1.75 Steps inside 15 yd In	12.0 Steps behind Front hash (HS)
#21	16	Side 1: 1.25 Steps outside 30 yd In	9.0 Steps behind Back hash (HS)
#22	32	Side 1: 0.75 Steps outside 30 yd In	13.0 Steps behind Back hash (HS)
#23	40	Side 1: 0.75 Steps outside 30 yd In	13.0 Steps behind Back hash (HS)
#24	16	Side 1: 0.5 Steps inside 25 yd In	8.75 Steps in frnt of Back Sideline
#25	8	Side 1: 0.5 Steps inside 25 yd In	8.75 Steps in frnt of Back Sideline
#26	48	Side 1: On 30 yd In	on Back hash (HS)
#27	16	Side 1: On 30 yd In	on Back hash (HS)
#28	16	Side 1: On 30 yd In	on Back hash (HS)
#29	16	Side 1: On 30 yd In	on Back hash (HS)
#30	12	Side 1: On 30 yd In	on Back hash (HS)
#31	16	Side 1: On 30 yd In	on Back hash (HS)
#32	7	Side 1: On 30 yd In	on Back hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 1: On 40 yd In	4.0 Steps behind Back hash (HS)
#2	20	Side 2: 1.75 Steps outside 25 yd In	7.75 Steps in frnt of Back Sideline
#3	35	Side 2: 1.75 Steps outside 25 yd In	7.75 Steps in frnt of Back Sideline
#4	36	Side 2: 1.75 Steps outside 25 yd In	7.75 Steps in frnt of Back Sideline
#5	31	Side 2: 1.75 Steps outside 25 yd In	7.75 Steps in frnt of Back Sideline
#6	22	Side 2: 1.75 Steps outside 25 yd In	7.75 Steps in frnt of Back Sideline
#7	18	Side 2: 1.75 Steps outside 25 yd In	7.75 Steps in frnt of Back Sideline
#8	18	Side 2: 0.25 Steps inside 40 yd In	2.0 Steps in frnt of Back hash (HS)
#9	8	Side 2: 0.25 Steps inside 40 yd In	2.0 Steps in frnt of Back hash (HS)
#10	12	Side 2: 3.0 Steps outside 40 yd In	13.5 Steps in frnt of Back hash (HS)
#11	16	Side 2: 2.5 Steps inside 40 yd In	6.5 Steps in frnt of Back hash (HS)
#12	16	Side 2: 2.5 Steps inside 40 yd In	6.5 Steps in frnt of Back hash (HS)
#13	24	Side 2: 1.25 Steps inside 45 yd In	7.0 Steps in frnt of Back hash (HS)
#14	16	Side 2: 1.25 Steps inside 45 yd In	7.0 Steps in frnt of Back hash (HS)
#15	12	Side 2: 1.25 Steps inside 45 yd In	7.0 Steps in frnt of Back hash (HS)
#16	20	Side 1: 2.5 Steps outside 45 yd In	4.0 Steps behind Front Sideline
#17	16	Side 1: On 40 yd In	1.75 Steps behind Front Sideline
#18	16	Side 1: 3.25 Steps inside 25 yd In	8.0 Steps behind Front Sideline
#19	16	Side 1: 0.75 Steps outside 20 yd In	8.75 Steps in frnt of Front hash (HS)
#20	16	Side 1: 2.75 Steps outside 20 yd In	7.0 Steps behind Front hash (HS)
#21	16	Side 1: 0.75 Steps outside 25 yd In	4.75 Steps behind Back hash (HS)
#22	32	Side 1: 0.25 Steps outside 25 yd In	8.75 Steps behind Back hash (HS)
#23	40	Side 1: 0.25 Steps outside 25 yd In	8.75 Steps behind Back hash (HS)
#24	16	Side 1: 1.0 Steps inside 20 yd In	13.0 Steps in frnt of Back Sideline
#25	8	Side 1: 1.0 Steps inside 20 yd In	13.0 Steps in frnt of Back Sideline
#26	48	Side 1: On 25 yd In	on Back hash (HS)
#27	16	Side 1: On 25 yd In	on Back hash (HS)
#28	16	Side 1: On 25 yd In	on Back hash (HS)
#29	16	Side 1: On 25 yd In	on Back hash (HS)
#30	12	Side 1: On 25 yd In	on Back hash (HS)
#31	16	Side 1: On 25 yd In	on Back hash (HS)
#32	7	Side 1: On 25 yd In	on Back hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 1: On 45 yd In	4.0 Steps behind Back hash (HS)
#2	20	Side 2: 2.0 Steps inside 25 yd In	8.0 Steps in frnt of Back Sideline
#3	35	Side 2: 2.0 Steps inside 25 yd In	8.0 Steps in frnt of Back Sideline
#4	36	Side 2: 2.0 Steps inside 25 yd In	8.0 Steps in frnt of Back Sideline
#5	31	Side 2: 2.0 Steps inside 25 yd In	8.0 Steps in frnt of Back Sideline
#6	22	Side 2: 2.0 Steps inside 25 yd In	8.0 Steps in frnt of Back Sideline
#7	18	Side 2: 2.0 Steps inside 25 yd In	8.0 Steps in frnt of Back Sideline
#8	18	Side 2: 1.5 Steps inside 40 yd In	0.5 Steps in frnt of Back hash (HS)
#9	8	Side 2: 1.5 Steps inside 40 yd In	0.5 Steps in frnt of Back hash (HS)
#10	12	Side 2: 1.75 Steps outside 40 yd In	12.0 Steps in frnt of Back hash (HS)
#11	16	Side 2: 0.5 Steps outside 40 yd In	9.25 Steps in frnt of Back hash (HS)
#12	16	Side 2: 0.5 Steps outside 40 yd In	9.25 Steps in frnt of Back hash (HS)
#13	24	Side 2: 2.5 Steps inside 40 yd In	13.5 Steps in frnt of Back hash (HS)
#14	16	Side 2: 2.5 Steps inside 40 yd In	13.5 Steps in frnt of Back hash (HS)
#15	12	Side 2: 2.5 Steps inside 40 yd In	13.5 Steps in frnt of Back hash (HS)
#16	20	Side 1: 2.5 Steps inside 45 yd In	4.0 Steps behind Front Sideline
#17	16	Side 1: 0.75 Steps outside 45 yd In	1.75 Steps behind Front Sideline
#18	16	Side 1: On 30 yd In	5.75 Steps behind Front Sideline
#19	16	Side 1: 4.0 Steps inside 20 yd In	12.0 Steps in frnt of Front hash (HS)
#20	16	Side 1: 2.0 Steps inside 20 yd In	4.0 Steps behind Front hash (HS)
#21	16	Side 1: On 20 yd In	on Back hash (HS)
#22	32	Side 1: 0.25 Steps inside 20 yd In	4.0 Steps behind Back hash (HS)
#23	40	Side 1: 0.25 Steps inside 20 yd In	4.0 Steps behind Back hash (HS)
#24	16	Side 1: 2.0 Steps inside 15 yd In	10.0 Steps behind Back hash (HS)
#25	8	Side 1: 2.0 Steps inside 15 yd In	10.0 Steps behind Back hash (HS)
#26	48	Side 1: On 20 yd In	on Back hash (HS)
#27	16	Side 1: On 20 yd In	on Back hash (HS)
#28	16	Side 1: On 20 yd In	on Back hash (HS)
#29	16	Side 1: On 20 yd In	on Back hash (HS)
#30	12	Side 1: On 20 yd In	on Back hash (HS)
#31	16	Side 1: On 20 yd In	on Back hash (HS)
#32	7	Side 1: On 20 yd In	on Back hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	On 50 yd In	4.0 Steps behind Back hash (HS)
#2	20	Side 2: 2.25 Steps outside 30 yd In	9.75 Steps in frnt of Back Sideline
#3	35	Side 2: 2.25 Steps outside 30 yd In	9.75 Steps in frnt of Back Sideline
#4	36	Side 2: 2.25 Steps outside 30 yd In	9.75 Steps in frnt of Back Sideline
#5	31	Side 2: 2.25 Steps outside 30 yd In	9.75 Steps in frnt of Back Sideline
#6	22	Side 2: 2.25 Steps outside 30 yd In	9.75 Steps in frnt of Back Sideline
#7	18	Side 2: 2.25 Steps outside 30 yd In	9.75 Steps in frnt of Back Sideline
#8	18	Side 2: 3.25 Steps inside 40 yd In	on Back hash (HS)
#9	8	Side 2: 3.25 Steps inside 40 yd In	on Back hash (HS)
#10	12	Side 2: 0.5 Steps outside 40 yd In	10.5 Steps in frnt of Back hash (HS)
#11	16	Side 2: 3.75 Steps inside 35 yd In	11.75 Steps in frnt of Back hash (HS)
#12	16	Side 2: 3.75 Steps inside 35 yd In	11.75 Steps in frnt of Back hash (HS)
#13	24	Side 2: 3.75 Steps inside 35 yd In	7.5 Steps behind Front hash (HS)
#14	16	Side 2: 3.75 Steps inside 35 yd In	7.5 Steps behind Front hash (HS)
#15	12	Side 2: 3.75 Steps inside 35 yd In	7.5 Steps behind Front hash (HS)
#16	20	On 50 yd In	4.0 Steps behind Front Sideline
#17	16	Side 1: 1.75 Steps outside of 50 yd In	2.0 Steps behind Front Sideline
#18	16	Side 2: 2.25 Steps inside 40 yd In	9.5 Steps in frnt of Front hash (HS)
#19	16	Side 2: 2.0 Steps inside 25 yd In	9.25 Steps in frnt of Front hash (HS)
#20	16	Side 2: 3.5 Steps outside 25 yd In	1.75 Steps behind Front hash (HS)
#21	16	Side 2: On 20 yd In	1.0 Steps in frnt of Back hash (HS)
#22	32	Side 2: 0.25 Steps outside 20 yd In	3.0 Steps behind Back hash (HS)
#23	40	Side 2: 0.25 Steps outside 20 yd In	3.0 Steps behind Back hash (HS)
#24	16	Side 2: 0.75 Steps outside 20 yd In	7.75 Steps behind Back hash (HS)
#25	8	Side 2: 0.75 Steps outside 20 yd In	7.75 Steps behind Back hash (HS)
#26	48	Side 2: On 20 yd In	on Back hash (HS)
#27	16	Side 2: On 20 yd In	on Back hash (HS)
#28	16	Side 2: On 20 yd In	on Back hash (HS)
#29	16	Side 2: On 20 yd In	on Back hash (HS)
#30	12	Side 2: On 20 yd In	on Back hash (HS)
#31	16	Side 2: On 20 yd In	on Back hash (HS)
#32	7	Side 2: On 20 yd In	on Back hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 2: On 45 yd In	4.0 Steps behind Back hash (HS)
#2	20	Side 2: On 30 yd In	13.0 Steps in frnt of Back Sideline
#3	35	Side 2: On 30 yd In	13.0 Steps in frnt of Back Sideline
#4	36	Side 2: On 30 yd In	13.0 Steps in frnt of Back Sideline
#5	31	Side 2: On 30 yd In	13.0 Steps in frnt of Back Sideline
#6	22	Side 2: On 30 yd In	13.0 Steps in frnt of Back Sideline
#7	18	Side 2: On 30 yd In	13.0 Steps in frnt of Back Sideline
#8	18	Side 2: 2.5 Steps outside 45 yd In	on Back hash (HS)
#9	8	Side 2: 2.5 Steps outside 45 yd In	on Back hash (HS)
#10	12	Side 2: 1.0 Steps inside 40 yd In	13.5 Steps behind Front hash (HS)
#11	16	Side 2: On 35 yd In	11.5 Steps behind Front hash (HS)
#12	16	Side 2: On 35 yd In	11.5 Steps behind Front hash (HS)
#13	24	Side 2: On 40 yd In	4.0 Steps behind Front hash (HS)
#14	16	Side 2: On 40 yd In	4.0 Steps behind Front hash (HS)
#15	12	Side 2: On 40 yd In	4.0 Steps behind Front hash (HS)
#16	20	Side 2: On 30 yd In	4.0 Steps behind Front Sideline
#17	16	Side 2: 1.5 Steps inside 25 yd In	12.5 Steps behind Front Sideline
#18	16	Side 2: 2.0 Steps inside 15 yd In	1.0 Steps behind Front hash (HS)
#19	16	Side 2: 0.5 Steps inside 20 yd In	13.75 Steps in frnt of Back hash (HS)
#20	16	Side 2: 1.25 Steps outside 25 yd In	0.75 Steps in frnt of Back hash (HS)
#21	16	Side 2: On 50 yd In	11.5 Steps in frnt of Back Sideline
#22	32	Side 2: 0.5 Steps outside of 50 yd In	7.5 Steps in frnt of Back Sideline
#23	40	Side 2: 0.5 Steps outside of 50 yd In	7.5 Steps in frnt of Back Sideline
#24	16	Side 2: 1.0 Steps outside of 50 yd In	2.5 Steps in frnt of Back Sideline
#25	8	Side 2: 1.0 Steps outside of 50 yd In	2.5 Steps in frnt of Back Sideline
#26	48	On 50 yd In	on Back hash (HS)
#27	16	On 50 yd In	on Back hash (HS)
#28	16	On 50 yd In	on Back hash (HS)
#29	16	On 50 yd In	on Back hash (HS)
#30	12	On 50 yd In	on Back hash (HS)
#31	16	On 50 yd In	on Back hash (HS)
#32	7	On 50 yd In	on Back hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 2: On 40 yd In	4.0 Steps behind Back hash (HS)
#2	20	Side 2: On 30 yd In	10.75 Steps behind Back hash (HS)
#3	35	Side 2: On 30 yd In	10.75 Steps behind Back hash (HS)
#4	36	Side 2: On 30 yd In	10.75 Steps behind Back hash (HS)
#5	31	Side 2: On 30 yd In	10.75 Steps behind Back hash (HS)
#6	22	Side 2: On 30 yd In	10.75 Steps behind Back hash (HS)
#7	18	Side 2: On 30 yd In	10.75 Steps behind Back hash (HS)
#8	18	Side 2: 0.75 Steps outside 45 yd In	1.0 Steps in frnt of Back hash (HS)
#9	8	Side 2: 0.75 Steps outside 45 yd In	1.0 Steps in frnt of Back hash (HS)
#10	12	Side 2: On 40 yd In	11.75 Steps behind Front hash (HS)
#11	16	Side 2: 3.0 Steps outside 40 yd In	7.5 Steps behind Front hash (HS)
#12	16	Side 2: 3.0 Steps outside 40 yd In	7.5 Steps behind Front hash (HS)
#13	24	Side 2: 1.5 Steps outside 45 yd In	2.25 Steps in frnt of Front hash (HS)
#14	16	Side 2: 1.5 Steps outside 45 yd In	2.25 Steps in frnt of Front hash (HS)
#15	12	Side 2: 1.5 Steps outside 45 yd In	2.25 Steps in frnt of Front hash (HS)
#16	20	Side 2: 2.5 Steps outside 35 yd In	4.0 Steps behind Front Sideline
#17	16	Side 2: On 30 yd In	9.75 Steps behind Front Sideline
#18	16	Side 2: 0.25 Steps inside 20 yd In	1.5 Steps in frnt of Front hash (HS)
#19	16	Side 2: 1.25 Steps outside 20 yd In	9.5 Steps behind Front hash (HS)
#20	16	Side 2: 2.75 Steps inside 20 yd In	3.75 Steps in frnt of Back hash (HS)
#21	16	Side 2: 0.75 Steps outside 45 yd In	12.0 Steps in frnt of Back Sideline
#22	32	Side 2: 1.25 Steps outside 45 yd In	8.0 Steps in frnt of Back Sideline
#23	40	Side 2: 1.25 Steps outside 45 yd In	8.0 Steps in frnt of Back Sideline
#24	16	Side 2: 1.75 Steps outside 45 yd In	3.25 Steps in frnt of Back Sideline
#25	8	Side 2: 1.75 Steps outside 45 yd In	3.25 Steps in frnt of Back Sideline
#26	48	Side 2: On 45 yd In	on Back hash (HS)
#27	16	Side 2: On 45 yd In	on Back hash (HS)
#28	16	Side 2: On 45 yd In	on Back hash (HS)
#29	16	Side 2: On 45 yd In	on Back hash (HS)
#30	12	Side 2: On 45 yd In	on Back hash (HS)
#31	16	Side 2: On 45 yd In	on Back hash (HS)
#32	7	Side 2: On 45 yd In	on Back hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 2: On 35 yd In	4.0 Steps behind Back hash (HS)
#2	20	Side 2: 1.25 Steps outside 30 yd In	7.0 Steps behind Back hash (HS)
#3	35	Side 2: 1.25 Steps outside 30 yd In	7.0 Steps behind Back hash (HS)
#4	36	Side 2: 1.25 Steps outside 30 yd In	7.0 Steps behind Back hash (HS)
#5	31	Side 2: 1.25 Steps outside 30 yd In	7.0 Steps behind Back hash (HS)
#6	22	Side 2: 1.25 Steps outside 30 yd In	7.0 Steps behind Back hash (HS)
#7	18	Side 2: 1.25 Steps outside 30 yd In	7.0 Steps behind Back hash (HS)
#8	18	Side 2: On 45 yd In	2.75 Steps in frnt of Back hash (HS)
#9	8	Side 2: On 45 yd In	2.75 Steps in frnt of Back hash (HS)
#10	12	Side 2: 0.75 Steps outside 40 yd In	10.0 Steps behind Front hash (HS)
#11	16	Side 2: 1.75 Steps inside 40 yd In	3.5 Steps behind Front hash (HS)
#12	16	Side 2: 1.75 Steps inside 40 yd In	3.5 Steps behind Front hash (HS)
#13	24	Side 2: 3.25 Steps outside of 50 yd In	8.75 Steps in frnt of Front hash (HS)
#14	16	Side 2: 3.25 Steps outside of 50 yd In	8.75 Steps in frnt of Front hash (HS)
#15	12	Side 2: 3.25 Steps outside of 50 yd In	8.75 Steps in frnt of Front hash (HS)
#16	20	Side 2: 2.5 Steps inside 35 yd In	4.0 Steps behind Front Sideline
#17	16	Side 2: 1.25 Steps outside 35 yd In	7.5 Steps behind Front Sideline
#18	16	Side 2: 0.75 Steps outside 25 yd In	4.0 Steps in frnt of Front hash (HS)
#19	16	Side 2: 1.75 Steps outside 20 yd In	4.5 Steps behind Front hash (HS)
#20	16	Side 2: On 20 yd In	8.0 Steps in frnt of Back hash (HS)
#21	16	Side 2: 1.25 Steps outside 40 yd In	13.75 Steps in frnt of Back Sideline
#22	32	Side 2: 1.75 Steps outside 40 yd In	9.5 Steps in frnt of Back Sideline
#23	40	Side 2: 1.75 Steps outside 40 yd In	9.5 Steps in frnt of Back Sideline
#24	16	Side 2: 2.25 Steps outside 40 yd In	4.75 Steps in frnt of Back Sideline
#25	8	Side 2: 2.25 Steps outside 40 yd In	4.75 Steps in frnt of Back Sideline
#26	48	Side 2: On 40 yd In	on Back hash (HS)
#27	16	Side 2: On 40 yd In	on Back hash (HS)
#28	16	Side 2: On 40 yd In	on Back hash (HS)
#29	16	Side 2: On 40 yd In	on Back hash (HS)
#30	12	Side 2: On 40 yd In	on Back hash (HS)
#31	16	Side 2: On 40 yd In	on Back hash (HS)
#32	7	Side 2: On 40 yd In	on Back hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 2: On 30 yd In	4.0 Steps behind Back hash (HS)
#2	20	Side 2: 3.5 Steps inside 25 yd In	4.5 Steps behind Back hash (HS)
#3	35	Side 2: 3.5 Steps inside 25 yd In	4.5 Steps behind Back hash (HS)
#4	36	Side 2: 3.5 Steps inside 25 yd In	4.5 Steps behind Back hash (HS)
#5	31	Side 2: 3.5 Steps inside 25 yd In	4.5 Steps behind Back hash (HS)
#6	22	Side 2: 3.5 Steps inside 25 yd In	4.5 Steps behind Back hash (HS)
#7	18	Side 2: 3.5 Steps inside 25 yd In	4.5 Steps behind Back hash (HS)
#8	18	Side 2: On 45 yd In	4.75 Steps in frnt of Back hash (HS)
#9	8	Side 2: On 45 yd In	4.75 Steps in frnt of Back hash (HS)
#10	12	Side 2: 1.75 Steps outside 40 yd In	8.25 Steps behind Front hash (HS)
#11	16	Side 2: 1.25 Steps outside 45 yd In	0.25 Steps in frnt of Front hash (HS)
#12	16	Side 2: 1.25 Steps outside 45 yd In	0.25 Steps in frnt of Front hash (HS)
#13	24	Side 1: 3.0 Steps outside of 50 yd In	9.0 Steps in frnt of Front hash (HS)
#14	16	Side 1: 3.0 Steps outside of 50 yd In	9.0 Steps in frnt of Front hash (HS)
#15	12	Side 1: 3.0 Steps outside of 50 yd In	9.0 Steps in frnt of Front hash (HS)
#16	20	Side 2: On 40 yd In	4.0 Steps behind Front Sideline
#17	16	Side 2: 2.5 Steps outside 40 yd In	5.5 Steps behind Front Sideline
#18	16	Side 2: 2.0 Steps outside 30 yd In	6.0 Steps in frnt of Front hash (HS)
#19	16	Side 2: 0.75 Steps outside 20 yd In	on Front hash (HS)
#20	16	Side 2: 1.0 Steps outside 20 yd In	12.75 Steps in frnt of Back hash (HS)
#21	16	Side 2: 1.5 Steps outside 35 yd In	11.75 Steps behind Back hash (HS)
#22	32	Side 2: 2.0 Steps outside 35 yd In	12.0 Steps in frnt of Back Sideline
#23	40	Side 2: 2.0 Steps outside 35 yd In	12.0 Steps in frnt of Back Sideline
#24	16	Side 2: 2.5 Steps outside 35 yd In	7.25 Steps in frnt of Back Sideline
#25	8	Side 2: 2.5 Steps outside 35 yd In	7.25 Steps in frnt of Back Sideline
#26	48	Side 2: On 35 yd In	on Back hash (HS)
#27	16	Side 2: On 35 yd In	on Back hash (HS)
#28	16	Side 2: On 35 yd In	on Back hash (HS)
#29	16	Side 2: On 35 yd In	on Back hash (HS)
#30	12	Side 2: On 35 yd In	on Back hash (HS)
#31	16	Side 2: On 35 yd In	on Back hash (HS)
#32	7	Side 2: On 35 yd In	on Back hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 2: On 25 yd In	4.0 Steps behind Back hash (HS)
#2	20	Side 2: On 25 yd In	3.5 Steps behind Back hash (HS)
#3	35	Side 2: On 25 yd In	3.5 Steps behind Back hash (HS)
#4	36	Side 2: On 25 yd In	3.5 Steps behind Back hash (HS)
#5	31	Side 2: On 25 yd In	3.5 Steps behind Back hash (HS)
#6	22	Side 2: On 25 yd In	3.5 Steps behind Back hash (HS)
#7	18	Side 2: On 25 yd In	3.5 Steps behind Back hash (HS)
#8	18	Side 2: 0.75 Steps outside 45 yd In	6.5 Steps in frnt of Back hash (HS)
#9	8	Side 2: 0.75 Steps outside 45 yd In	6.5 Steps in frnt of Back hash (HS)
#10	12	Side 2: 2.75 Steps outside 40 yd In	6.5 Steps behind Front hash (HS)
#11	16	Side 2: 3.5 Steps inside 45 yd In	4.25 Steps in frnt of Front hash (HS)
#12	16	Side 2: 3.5 Steps inside 45 yd In	4.25 Steps in frnt of Front hash (HS)
#13	24	Side 1: 1.5 Steps outside 45 yd In	2.75 Steps in frnt of Front hash (HS)
#14	16	Side 1: 1.5 Steps outside 45 yd In	2.75 Steps in frnt of Front hash (HS)
#15	12	Side 1: 1.5 Steps outside 45 yd In	2.75 Steps in frnt of Front hash (HS)
#16	20	Side 2: 2.5 Steps outside 45 yd In	4.0 Steps behind Front Sideline
#17	16	Side 2: 3.75 Steps outside 45 yd In	4.0 Steps behind Front Sideline
#18	16	Side 2: 3.25 Steps outside 35 yd In	7.5 Steps in frnt of Front hash (HS)
#19	16	Side 2: 1.5 Steps inside 20 yd In	4.25 Steps in frnt of Front hash (HS)
#20	16	Side 2: 0.75 Steps outside 20 yd In	10.0 Steps behind Front hash (HS)
#21	16	Side 2: 1.5 Steps outside 30 yd In	8.25 Steps behind Back hash (HS)
#22	32	Side 2: 1.75 Steps outside 30 yd In	12.25 Steps behind Back hash (HS)
#23	40	Side 2: 1.75 Steps outside 30 yd In	12.25 Steps behind Back hash (HS)
#24	16	Side 2: 2.25 Steps outside 30 yd In	10.5 Steps in frnt of Back Sideline
#25	8	Side 2: 2.25 Steps outside 30 yd In	10.5 Steps in frnt of Back Sideline
#26	48	Side 2: On 30 yd In	on Back hash (HS)
#27	16	Side 2: On 30 yd In	on Back hash (HS)
#28	16	Side 2: On 30 yd In	on Back hash (HS)
#29	16	Side 2: On 30 yd In	on Back hash (HS)
#30	12	Side 2: On 30 yd In	on Back hash (HS)
#31	16	Side 2: On 30 yd In	on Back hash (HS)
#32	7	Side 2: On 30 yd In	on Back hash (HS)

Set	Move Title	Side 1-Side 2	Back-Front
#1	0	Side 2: On 20 yd In	4.0 Steps behind Back hash (HS)
#2	20	Side 2: 3.75 Steps outside 25 yd In	4.75 Steps behind Back hash (HS)
#3	35	Side 2: 3.75 Steps outside 25 yd In	4.75 Steps behind Back hash (HS)
#4	36	Side 2: 3.75 Steps outside 25 yd In	4.75 Steps behind Back hash (HS)
#5	31	Side 2: 3.75 Steps outside 25 yd In	4.75 Steps behind Back hash (HS)
#6	22	Side 2: 3.75 Steps outside 25 yd In	4.75 Steps behind Back hash (HS)
#7	18	Side 2: 3.75 Steps outside 25 yd In	4.75 Steps behind Back hash (HS)
#8	18	Side 2: 2.25 Steps outside 45 yd In	7.75 Steps in frnt of Back hash (HS)
#9	8	Side 2: 2.25 Steps outside 45 yd In	7.75 Steps in frnt of Back hash (HS)
#10	12	Side 2: 4.0 Steps outside 40 yd In	5.0 Steps behind Front hash (HS)
#11	16	Side 1: 0.5 Steps outside of 50 yd In	8.25 Steps in frnt of Front hash (HS)
#12	16	Side 1: 0.5 Steps outside of 50 yd In	8.25 Steps in frnt of Front hash (HS)
#13	24	Side 1: On 40 yd In	3.25 Steps behind Front hash (HS)
#14	16	Side 1: On 40 yd In	3.25 Steps behind Front hash (HS)
#15	12	Side 1: On 40 yd In	3.25 Steps behind Front hash (HS)
#16	20	Side 2: 2.5 Steps inside 45 yd In	4.0 Steps behind Front Sideline
#17	16	Side 2: 3.0 Steps inside 45 yd In	2.75 Steps behind Front Sideline
#18	16	Side 2: 3.25 Steps inside 35 yd In	8.75 Steps in frnt of Front hash (HS)
#19	16	Side 2: 2.25 Steps outside 25 yd In	7.5 Steps in frnt of Front hash (HS)
#20	16	Side 2: 0.75 Steps inside 20 yd In	5.5 Steps behind Front hash (HS)
#21	16	Side 2: 1.0 Steps outside 25 yd In	4.0 Steps behind Back hash (HS)
#22	32	Side 2: 1.25 Steps outside 25 yd In	8.0 Steps behind Back hash (HS)
#23	40	Side 2: 1.25 Steps outside 25 yd In	8.0 Steps behind Back hash (HS)
#24	16	Side 2: 2.0 Steps outside 25 yd In	13.0 Steps behind Back hash (HS)
#25	8	Side 2: 2.0 Steps outside 25 yd In	13.0 Steps behind Back hash (HS)
#26	48	Side 2: On 25 yd In	on Back hash (HS)
#27	16	Side 2: On 25 yd In	on Back hash (HS)
#28	16	Side 2: On 25 yd In	on Back hash (HS)
#29	16	Side 2: On 25 yd In	on Back hash (HS)
#30	12	Side 2: On 25 yd In	on Back hash (HS)
#31	16	Side 2: On 25 yd In	on Back hash (HS)
#32	7	Side 2: On 25 yd In	on Back hash (HS)