

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 4.0 steps outside 45 yd In	4.0 steps in front of Visitor Hash (HS)
2	24	Right: 1.75 steps inside 40 yd In	6.0 steps in front of Visitor Hash (HS)
3	12	Right: 1.75 steps inside 40 yd In	6.0 steps in front of Visitor Hash (HS)
4	8	Right: 1.75 steps inside 40 yd In	6.0 steps in front of Visitor Hash (HS)
5	8	Right: On 45 yd In	12.0 steps in front of Visitor Hash (HS)
6	8	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Visitor Hash (HS)
7	16	Right: 3.5 steps outside 40 yd In	11.0 steps behind Home Hash (HS)
8	16	Right: 0.5 steps inside 40 yd In	3.0 steps behind Home Hash (HS)
9	4	Right: 0.5 steps outside 45 yd In	6.0 steps in front of Home Hash (HS)
10	22	Left: 2.0 steps outside 50 yd In	10.0 steps in front of Home Hash (HS)
11	7	Left: 0.5 steps outside 45 yd In	10.5 steps behind Home side line
12	14	Left: 0.5 steps outside 45 yd In	10.5 steps behind Home side line
13	14	Left: 0.5 steps outside 35 yd In	10.5 steps behind Home side line
14	7	Left: 2.0 steps outside 40 yd In	12.0 steps behind Home side line
15	21	Left: 2.0 steps outside 40 yd In	12.0 steps behind Home side line
16	4	Left: On 35 yd In	6.0 steps behind Home side line
17	16	Left: On 35 yd In	6.0 steps behind Home side line
18	12	Left: 1.0 steps inside 40 yd In	13.0 steps in front of Home Hash (HS)
19	8	Left: On 45 yd In	8.0 steps in front of Home Hash (HS)
20	16	Left: On 45 yd In	8.0 steps in front of Home Hash (HS)
21	16	Right: 4.0 steps outside 50 yd In	4.0 steps behind Home Hash (HS)
22	8	Right: 1.75 steps outside 40 yd In	13.5 steps in front of Visitor Hash (HS)
23	16	Right: 3.75 steps inside 45 yd In	11.5 steps in front of Visitor Hash (HS)
24	16	Right: On 45 yd In	8.0 steps behind Home Hash (HS)
25	24	On 50 yd In	4.0 steps in front of Home Hash (HS)
26	12	On 50 yd In	8.0 steps behind Home Hash (HS)
27	32	On 50 yd In	8.0 steps behind Home Hash (HS)
28	12	On 50 yd In	2.0 steps in front of Home Hash (HS)
29	6	On 50 yd In	10.0 steps behind Home Hash (HS)
30	8	Right: 1.5 steps outside 50 yd In	0.75 steps behind Home Hash (HS)
31	8	Right: 1.5 steps outside 50 yd In	0.75 steps behind Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 1.0 steps inside 40 yd In	4.0 steps in front of Visitor Hash (HS)
2	24	Right: 1.0 steps outside 40 yd In	5.0 steps in front of Visitor Hash (HS)
3	12	Right: 1.0 steps outside 40 yd In	5.0 steps in front of Visitor Hash (HS)
4	8	Right: 1.0 steps outside 40 yd In	5.0 steps in front of Visitor Hash (HS)
5	8	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Visitor Hash (HS)
6	8	Right: 2.0 steps inside 40 yd In	10.0 steps in front of Visitor Hash (HS)
7	16	Right: 1.75 steps inside 35 yd In	10.25 steps behind Home Hash (HS)
8	16	Right: 2.25 steps outside 40 yd In	2.25 steps behind Home Hash (HS)
9	4	Right: 3.25 steps outside 45 yd In	6.75 steps in front of Home Hash (HS)
10	22	On 50 yd In	8.0 steps in front of Home Hash (HS)
11	7	Left: 2.5 steps inside 45 yd In	10.25 steps behind Home side line
12	14	Left: 2.5 steps inside 45 yd In	10.25 steps behind Home side line
13	14	Left: 2.5 steps inside 35 yd In	10.25 steps behind Home side line
14	7	Left: On 40 yd In	14.0 steps behind Home side line
15	21	Left: On 40 yd In	14.0 steps behind Home side line
16	4	Left: 2.0 steps inside 35 yd In	8.0 steps behind Home side line
17	16	Left: 2.0 steps inside 35 yd In	8.0 steps behind Home side line
18	12	Left: 3.0 steps inside 40 yd In	11.0 steps in front of Home Hash (HS)
19	8	Left: 2.0 steps inside 45 yd In	6.0 steps in front of Home Hash (HS)
20	16	Left: 2.0 steps inside 45 yd In	6.0 steps in front of Home Hash (HS)
21	16	Right: 2.0 steps inside 45 yd In	6.0 steps behind Home Hash (HS)
22	8	Right: 3.5 steps inside 35 yd In	12.75 steps in front of Visitor Hash (HS)
23	16	Right: 1.25 steps inside 45 yd In	10.0 steps in front of Visitor Hash (HS)
24	16	Right: 3.0 steps outside 45 yd In	8.0 steps behind Home Hash (HS)
25	24	Right: 3.0 steps outside 50 yd In	4.0 steps in front of Home Hash (HS)
26	12	Right: 3.0 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
27	32	Right: 3.0 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
28	12	Right: 2.0 steps outside 50 yd In	On Home Hash (HS)
29	6	Right: 2.0 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
30	8	Right: 4.0 steps inside 45 yd In	0.25 steps in front of Home Hash (HS)
31	8	Right: 4.0 steps inside 45 yd In	0.25 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Visitor Hash (HS)
2	24	Right: 4.0 steps inside 35 yd In	4.5 steps in front of Visitor Hash (HS)
3	12	Right: 4.0 steps inside 35 yd In	4.5 steps in front of Visitor Hash (HS)
4	8	Right: 4.0 steps inside 35 yd In	4.5 steps in front of Visitor Hash (HS)
5	8	Right: On 40 yd In	12.0 steps in front of Visitor Hash (HS)
6	8	Right: On 40 yd In	8.0 steps in front of Visitor Hash (HS)
7	16	Right: 1.25 steps outside 35 yd In	9.75 steps behind Home Hash (HS)
8	16	Right: 2.75 steps inside 35 yd In	1.75 steps behind Home Hash (HS)
9	4	Right: 1.75 steps inside 40 yd In	7.25 steps in front of Home Hash (HS)
10	22	Right: 2.0 steps outside 50 yd In	6.0 steps in front of Home Hash (HS)
11	7	Left: 2.75 steps outside 50 yd In	9.5 steps behind Home side line
12	14	Left: 2.75 steps outside 50 yd In	9.5 steps behind Home side line
13	14	Left: 2.75 steps outside 40 yd In	9.5 steps behind Home side line
14	7	Left: 2.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
15	21	Left: 2.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
16	4	Left: 4.0 steps inside 35 yd In	10.0 steps behind Home side line
17	16	Left: 4.0 steps inside 35 yd In	10.0 steps behind Home side line
18	12	Left: 3.0 steps outside 45 yd In	9.0 steps in front of Home Hash (HS)
19	8	Left: 4.0 steps inside 45 yd In	4.0 steps in front of Home Hash (HS)
20	16	Left: 4.0 steps inside 45 yd In	4.0 steps in front of Home Hash (HS)
21	16	Right: On 45 yd In	8.0 steps behind Home Hash (HS)
22	8	Right: 0.5 steps inside 35 yd In	12.25 steps in front of Visitor Hash (HS)
23	16	Right: 1.5 steps outside 45 yd In	9.0 steps in front of Visitor Hash (HS)
24	16	Right: 2.0 steps inside 40 yd In	8.0 steps behind Home Hash (HS)
25	24	Right: 2.0 steps inside 45 yd In	4.0 steps in front of Home Hash (HS)
26	12	Right: 2.0 steps inside 45 yd In	8.0 steps behind Home Hash (HS)
27	32	Right: 2.0 steps inside 45 yd In	8.0 steps behind Home Hash (HS)
28	12	Right: 4.0 steps outside 50 yd In	2.0 steps behind Home Hash (HS)
29	6	Right: 4.0 steps outside 50 yd In	6.0 steps behind Home Hash (HS)
30	8	Right: 2.0 steps inside 45 yd In	2.25 steps in front of Home Hash (HS)
31	8	Right: 2.0 steps inside 45 yd In	2.25 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 1.0 steps inside 35 yd In	8.0 steps in front of Visitor Hash (HS)
2	24	Right: 1.0 steps inside 35 yd In	4.0 steps in front of Visitor Hash (HS)
3	12	Right: 1.0 steps inside 35 yd In	4.0 steps in front of Visitor Hash (HS)
4	8	Right: 1.0 steps inside 35 yd In	4.0 steps in front of Visitor Hash (HS)
5	8	Right: 4.0 steps outside 40 yd In	12.0 steps in front of Visitor Hash (HS)
6	8	Right: 2.0 steps outside 40 yd In	6.0 steps in front of Visitor Hash (HS)
7	16	Right: 3.75 steps inside 30 yd In	9.75 steps behind Home Hash (HS)
8	16	Right: 0.25 steps outside 35 yd In	1.75 steps behind Home Hash (HS)
9	4	Right: 1.25 steps outside 40 yd In	7.25 steps in front of Home Hash (HS)
10	22	Right: 4.0 steps outside 50 yd In	4.0 steps in front of Home Hash (HS)
11	7	Left: On 50 yd In	8.0 steps behind Home side line
12	14	Left: On 50 yd In	8.0 steps behind Home side line
13	14	Left: On 40 yd In	8.0 steps behind Home side line
14	7	Left: 4.0 steps inside 40 yd In	10.0 steps in front of Home Hash (HS)
15	21	Left: 4.0 steps inside 40 yd In	10.0 steps in front of Home Hash (HS)
16	4	Left: 2.0 steps outside 40 yd In	12.0 steps behind Home side line
17	16	Left: 2.0 steps outside 40 yd In	12.0 steps behind Home side line
18	12	Left: 1.0 steps outside 45 yd In	7.0 steps in front of Home Hash (HS)
19	8	Left: 2.0 steps outside 50 yd In	2.0 steps in front of Home Hash (HS)
20	16	Left: 2.0 steps outside 50 yd In	2.0 steps in front of Home Hash (HS)
21	16	Right: 2.0 steps outside 45 yd In	10.0 steps behind Home Hash (HS)
22	8	Right: 2.5 steps outside 35 yd In	12.0 steps in front of Visitor Hash (HS)
23	16	Right: 3.5 steps inside 40 yd In	8.25 steps in front of Visitor Hash (HS)
24	16	Right: 1.0 steps outside 40 yd In	8.0 steps behind Home Hash (HS)
25	24	Right: 1.0 steps outside 45 yd In	4.0 steps in front of Home Hash (HS)
26	12	Right: 1.0 steps outside 45 yd In	8.0 steps behind Home Hash (HS)
27	32	Right: 1.0 steps outside 45 yd In	8.0 steps behind Home Hash (HS)
28	12	Right: 2.0 steps inside 45 yd In	4.0 steps behind Home Hash (HS)
29	6	Right: 2.0 steps inside 45 yd In	4.0 steps behind Home Hash (HS)
30	8	Right: 1.0 steps inside 45 yd In	5.0 steps in front of Home Hash (HS)
31	8	Right: 1.0 steps inside 45 yd In	5.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts Left-Right	Visitor-Home
1	0 Right: 1.0 steps inside 35 yd In	4.0 steps behind Home Hash (HS)
2	24 Right: 3.25 steps inside 35 yd In	2.0 steps behind Home Hash (HS)
3	12 Right: 3.25 steps inside 35 yd In	2.0 steps behind Home Hash (HS)
4	8 Right: 3.25 steps inside 35 yd In	2.0 steps behind Home Hash (HS)
5	8 Right: 2.0 steps inside 40 yd In	1.75 steps in front of Home Hash (HS)
6	8 Right: 4.0 steps outside 45 yd In	8.0 steps in front of Home Hash (HS)
7	16 Right: 1.25 steps outside 40 yd In	10.0 steps in front of Home Hash (HS)
8	16 Right: 0.75 steps inside 35 yd In	13.0 steps behind Home side line
9	4 Right: 0.75 steps outside 35 yd In	10.0 steps behind Home side line
10	22 Right: On 35 yd In	12.0 steps behind Home side line
11	7 Right: 3.75 steps outside 40 yd In	12.25 steps in front of Home Hash (HS)
12	14 Right: 2.0 steps inside 40 yd In	10.0 steps in front of Home Hash (HS)
13	14 Right: 2.0 steps outside 35 yd In	6.25 steps in front of Home Hash (HS)
14	7 Right: 2.0 steps inside 35 yd In	10.0 steps behind Home side line
15	21 Right: 2.0 steps inside 35 yd In	10.0 steps behind Home side line
16	4 Right: 2.0 steps inside 35 yd In	10.0 steps behind Home side line
17	16 Right: 2.0 steps inside 35 yd In	10.0 steps behind Home side line
18	12 Right: 2.5 steps outside 35 yd In	4.75 steps behind Home side line
19	8 Right: 2.25 steps outside 40 yd In	2.75 steps behind Home side line
20	16 Right: 2.25 steps outside 40 yd In	2.75 steps behind Home side line
21	16 Right: 0.75 steps outside 30 yd In	2.5 steps behind Home side line
22	8 Right: 3.0 steps inside 35 yd In	7.75 steps behind Home side line
23	16 Right: 1.0 steps inside 45 yd In	10.75 steps behind Home side line
24	16 Right: 3.0 steps inside 45 yd In	On Home Hash (HS)
25	24 Left: 3.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
26	12 Right: 4.0 steps outside 50 yd In	11.0 steps behind Home side line
27	32 On 50 yd In	6.0 steps in front of Home Hash (HS)
28	12 Right: 1.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
29	6 Right: 3.25 steps inside 45 yd In	6.0 steps behind Home side line
30	8 Right: 3.0 steps outside 50 yd In	7.0 steps behind Home side line
31	8 Right: 3.0 steps outside 50 yd In	7.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts Left-Right	Visitor-Home
1	0 Left: 3.0 steps inside 45 yd In	2.0 steps behind Home Hash (HS)
2	24 Left: 1.0 steps outside 50 yd In	2.0 steps behind Home Hash (HS)
3	12 Left: 1.0 steps outside 50 yd In	2.0 steps behind Home Hash (HS)
4	8 Left: 1.0 steps outside 50 yd In	2.0 steps behind Home Hash (HS)
5	8 Left: 4.0 steps inside 45 yd In	4.0 steps behind Home Hash (HS)
6	8 Left: 4.0 steps inside 40 yd In	4.0 steps behind Home Hash (HS)
7	16 Left: 2.0 steps inside 40 yd In	3.75 steps in front of Home Hash (HS)
8	16 Left: 2.0 steps inside 45 yd In	7.75 steps in front of Home Hash (HS)
9	4 Left: 2.0 steps inside 45 yd In	7.75 steps in front of Home Hash (HS)
10	22 Left: 4.0 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
11	7 Left: 2.0 steps inside 30 yd In	2.0 steps in front of Home Hash (HS)
12	14 Left: On 40 yd In	2.0 steps in front of Home Hash (HS)
13	14 Left: 0.75 steps inside 45 yd In	3.25 steps in front of Home Hash (HS)
14	7 Right: 3.25 steps outside 50 yd In	7.25 steps in front of Home Hash (HS)
15	21 Right: 3.25 steps outside 50 yd In	7.25 steps in front of Home Hash (HS)
16	4 Right: 1.5 steps inside 45 yd In	13.5 steps behind Home side line
17	16 Right: 1.5 steps inside 45 yd In	13.5 steps behind Home side line
18	12 Left: 1.25 steps inside 45 yd In	13.5 steps behind Home side line
19	8 Left: 2.0 steps inside 45 yd In	6.0 steps behind Home side line
20	16 Left: 2.0 steps inside 45 yd In	6.0 steps behind Home side line
21	16 Right: 2.25 steps outside 50 yd In	12.5 steps in front of Home Hash (HS)
22	8 Right: 0.75 steps inside 45 yd In	3.75 steps in front of Home Hash (HS)
23	16 Right: 0.5 steps inside 40 yd In	6.75 steps behind Home Hash (HS)
24	16 Right: 2.5 steps inside 35 yd In	On Home Hash (HS)
25	24 Right: 2.5 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
26	12 Right: 2.0 steps outside 45 yd In	2.75 steps in front of Home Hash (HS)
27	32 Right: On 45 yd In	12.0 steps in front of Home Hash (HS)
28	12 Right: 1.0 steps outside 40 yd In	8.0 steps in front of Home Hash (HS)
29	6 Right: 3.0 steps inside 45 yd In	8.0 steps in front of Home Hash (HS)
30	8 Right: 3.0 steps inside 45 yd In	11.0 steps in front of Home Hash (HS)
31	8 Right: 3.0 steps inside 45 yd In	11.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts Left-Right	Visitor-Home
1	0 Right: 1.0 steps outside 45 yd In	13.0 steps in front of Home Hash (HS)
2	24 Right: 1.0 steps outside 45 yd In	8.5 steps in front of Home Hash (HS)
3	12 Right: 1.0 steps outside 45 yd In	8.5 steps in front of Home Hash (HS)
4	8 Right: 1.0 steps outside 45 yd In	8.5 steps in front of Home Hash (HS)
5	8 Right: 2.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
6	8 Right: 2.0 steps outside 40 yd In	8.0 steps in front of Home Hash (HS)
7	16 Right: 1.0 steps outside 35 yd In	9.0 steps in front of Home Hash (HS)
8	16 Right: 1.0 steps inside 30 yd In	14.0 steps behind Home side line
9	4 Right: 0.5 steps outside 30 yd In	11.5 steps behind Home side line
10	22 Right: 4.0 steps outside 35 yd In	8.0 steps in front of Home Hash (HS)
11	7 Right: 4.0 steps outside 45 yd In	8.0 steps in front of Home Hash (HS)
12	14 Right: 4.0 steps outside 50 yd In	10.0 steps behind Home side line
13	14 Right: 3.5 steps inside 45 yd In	12.75 steps behind Home side line
14	7 Left: 0.75 steps outside 45 yd In	13.5 steps in front of Home Hash (HS)
15	21 Left: 0.75 steps outside 45 yd In	13.5 steps in front of Home Hash (HS)
16	4 Left: 3.75 steps inside 45 yd In	6.75 steps in front of Home Hash (HS)
17	16 Left: 3.75 steps inside 45 yd In	6.75 steps in front of Home Hash (HS)
18	12 Left: 1.75 steps outside 50 yd In	3.25 steps in front of Home Hash (HS)
19	8 Left: 4.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
20	16 Left: 4.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
21	16 Right: 0.25 steps inside 45 yd In	7.5 steps in front of Home Hash (HS)
22	8 Right: 4.0 steps outside 40 yd In	4.0 steps behind Home Hash (HS)
23	16 Right: 0.75 steps outside 30 yd In	3.25 steps behind Home Hash (HS)
24	16 Right: 3.0 steps outside 30 yd In	On Home Hash (HS)
25	24 Right: 3.0 steps outside 35 yd In	12.0 steps in front of Home Hash (HS)
26	12 Right: On 35 yd In	13.75 steps in front of Home Hash (HS)
27	32 Right: On 35 yd In	12.0 steps behind Home side line
28	12 Right: 3.0 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
29	6 Right: 1.0 steps inside 40 yd In	8.0 steps behind Home side line
30	8 Right: 3.0 steps outside 45 yd In	13.0 steps in front of Home Hash (HS)
31	8 Right: 3.0 steps outside 45 yd In	13.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts Left-Right	Visitor-Home
1	0 Right: 3.0 steps outside 50 yd In	2.0 steps behind Home Hash (HS)
2	24 Right: 2.75 steps outside 50 yd In	2.75 steps in front of Home Hash (HS)
3	12 Right: 2.75 steps outside 50 yd In	2.75 steps in front of Home Hash (HS)
4	8 Right: 2.75 steps outside 50 yd In	2.75 steps in front of Home Hash (HS)
5	8 Left: 2.0 steps outside 50 yd In	On Home Hash (HS)
6	8 Left: On 45 yd In	On Home Hash (HS)
7	16 Left: 3.25 steps inside 45 yd In	2.75 steps in front of Home Hash (HS)
8	16 Right: 1.25 steps outside 50 yd In	7.75 steps in front of Home Hash (HS)
9	4 Right: 2.5 steps outside 50 yd In	11.25 steps in front of Home Hash (HS)
10	22 Right: 4.0 steps outside 45 yd In	8.0 steps in front of Home Hash (HS)
11	7 Left: 4.0 steps inside 45 yd In	8.0 steps in front of Home Hash (HS)
12	14 Right: 4.0 steps outside 50 yd In	8.0 steps in front of Home Hash (HS)
13	14 Left: 1.5 steps inside 40 yd In	6.75 steps in front of Home Hash (HS)
14	7 Left: 1.5 steps inside 40 yd In	6.75 steps behind Home Hash (HS)
15	21 Left: 1.5 steps inside 40 yd In	6.75 steps behind Home Hash (HS)
16	4 Left: 0.75 steps inside 45 yd In	3.25 steps behind Home Hash (HS)
17	16 Left: 0.75 steps inside 45 yd In	3.25 steps behind Home Hash (HS)
18	12 Left: 2.0 steps inside 45 yd In	3.25 steps behind Home Hash (HS)
19	8 Left: 2.0 steps inside 45 yd In	2.0 steps behind Home Hash (HS)
20	16 Left: 2.0 steps inside 45 yd In	2.0 steps behind Home Hash (HS)
21	16 Left: 2.0 steps inside 45 yd In	10.25 steps behind Home Hash (HS)
22	8 Left: 1.25 steps outside 40 yd In	12.0 steps in front of Visitor Hash (HS)
23	16 Left: 3.5 steps outside 40 yd In	0.25 steps behind Home Hash (HS)
24	16 Left: 4.0 steps inside 30 yd In	On Home Hash (HS)
25	24 Left: 4.0 steps inside 25 yd In	12.0 steps in front of Home Hash (HS)
26	12 Left: 4.0 steps outside 30 yd In	13.75 steps in front of Home Hash (HS)
27	32 Left: On 35 yd In	10.0 steps in front of Home Hash (HS)
28	12 Left: 1.0 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
29	6 Left: 3.0 steps inside 40 yd In	6.0 steps behind Home side line
30	8 Left: 1.0 steps outside 45 yd In	13.0 steps behind Home side line
31	8 Left: 1.0 steps outside 45 yd In	13.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 4.0 steps inside 35 yd In	On Home Hash (HS)
2	24	Left: 4.0 steps inside 35 yd In	On Home Hash (HS)
3	12	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Home Hash (HS)
4	8	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Home Hash (HS)
5	8	Left: 4.0 steps inside 35 yd In	12.0 steps behind Home side line
6	8	Left: 4.0 steps inside 30 yd In	12.0 steps behind Home side line
7	16	Left: 2.75 steps outside 45 yd In	13.25 steps behind Home side line
8	16	Right: 1.25 steps outside 50 yd In	9.25 steps behind Home side line
9	4	Left: 1.25 steps outside 40 yd In	13.75 steps behind Home side line
10	22	Left: 4.0 steps inside 45 yd In	On Home side line
11	7	Right: 4.0 steps outside 50 yd In	On Home side line
12	14	Right: 4.0 steps outside 45 yd In	On Home side line
13	14	Right: 4.0 steps outside 45 yd In	On Home side line
14	7	Right: 4.0 steps outside 45 yd In	On Home side line
15	21	Right: 4.0 steps outside 45 yd In	On Home side line
16	4	Right: 4.0 steps outside 45 yd In	On Home side line
17	16	Right: 4.0 steps outside 45 yd In	On Home side line
18	12	Right: 4.0 steps outside 50 yd In	2.0 steps behind Home side line
19	8	Right: 4.0 steps outside 50 yd In	2.0 steps in front of Home side line
20	16	Right: 4.0 steps outside 50 yd In	2.0 steps in front of Home side line
21	16	Left: 4.0 steps inside 45 yd In	On Home side line
22	8	Left: 2.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
23	16	Left: 1.75 steps inside 35 yd In	9.25 steps behind Home side line
24	16	Left: On 40 yd In	12.0 steps in front of Home Hash (HS)
25	24	Left: On 35 yd In	4.0 steps behind Home side line
26	12	Left: 2.0 steps inside 35 yd In	4.0 steps behind Home side line
27	32	Left: On 30 yd In	12.0 steps in front of Home Hash (HS)
28	12	Left: On 25 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 1.0 steps outside 30 yd In	10.0 steps behind Home side line
30	8	Left: 1.0 steps outside 30 yd In	10.0 steps behind Home side line
31	8	Left: 1.0 steps outside 30 yd In	10.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 4.0 steps inside 35 yd In	2.0 steps behind Home Hash (HS)
2	24	Left: 4.0 steps inside 35 yd In	2.0 steps behind Home Hash (HS)
3	12	Left: 4.0 steps inside 35 yd In	2.0 steps behind Home Hash (HS)
4	8	Left: 4.0 steps inside 35 yd In	2.0 steps behind Home Hash (HS)
5	8	Left: On 40 yd In	8.0 steps behind Home Hash (HS)
6	8	Left: On 35 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 3.25 steps inside 30 yd In	11.0 steps behind Home Hash (HS)
8	16	Left: 3.0 steps inside 30 yd In	3.0 steps behind Home Hash (HS)
9	4	Left: 1.0 steps inside 35 yd In	7.0 steps in front of Home Hash (HS)
10	22	Left: On 35 yd In	4.0 steps behind Home Hash (HS)
11	7	Left: 2.0 steps inside 40 yd In	2.0 steps behind Home Hash (HS)
12	14	On 50 yd In	2.0 steps behind Home Hash (HS)
13	14	Right: 0.75 steps inside 45 yd In	3.25 steps behind Home Hash (HS)
14	7	Left: 3.5 steps outside 50 yd In	7.25 steps behind Home Hash (HS)
15	21	Left: 3.5 steps outside 50 yd In	7.25 steps behind Home Hash (HS)
16	4	Left: 1.25 steps inside 45 yd In	13.5 steps in front of Visitor Hash (HS)
17	16	Left: 1.25 steps inside 45 yd In	13.5 steps in front of Visitor Hash (HS)
18	12	Left: 0.75 steps inside 40 yd In	4.5 steps behind Home Hash (HS)
19	8	Left: On 40 yd In	On Home Hash (HS)
20	16	Left: On 40 yd In	On Home Hash (HS)
21	16	Left: 3.5 steps inside 35 yd In	1.75 steps behind Home Hash (HS)
22	8	Left: 2.25 steps inside 45 yd In	3.25 steps in front of Home Hash (HS)
23	16	Right: 0.5 steps inside 45 yd In	7.5 steps behind Home Hash (HS)
24	16	Left: 2.5 steps inside 45 yd In	On Home Hash (HS)
25	24	Left: 2.5 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 0.5 steps outside 40 yd In	8.75 steps in front of Home Hash (HS)
27	32	Left: 2.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
28	12	Left: 3.0 steps outside 40 yd In	10.0 steps behind Home side line
29	6	Left: 1.0 steps inside 45 yd In	10.0 steps behind Home side line
30	8	Left: 3.0 steps inside 45 yd In	13.0 steps behind Home side line
31	8	Left: 3.0 steps inside 45 yd In	13.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 3.0 steps inside 40 yd In	11.0 steps in front of Home Hash (HS)
2	24	Left: 3.25 steps inside 40 yd In	13.25 steps behind Home side line
3	12	Left: 3.25 steps inside 40 yd In	13.25 steps behind Home side line
4	8	Left: 3.25 steps inside 40 yd In	13.25 steps behind Home side line
5	8	Left: 2.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
6	8	On 50 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 2.5 steps inside 40 yd In	0.5 steps in front of Home Hash (HS)
8	16	Right: 0.5 steps inside 40 yd In	7.5 steps in front of Home Hash (HS)
9	4	Right: 4.0 steps inside 35 yd In	10.25 steps behind Home side line
10	22	Right: 4.0 steps outside 45 yd In	12.0 steps behind Home side line
11	7	Right: 0.25 steps outside 40 yd In	12.25 steps behind Home side line
12	14	Right: 4.0 steps outside 40 yd In	12.0 steps behind Home side line
13	14	Right: 2.75 steps inside 30 yd In	13.5 steps behind Home side line
14	7	Right: 4.0 steps outside 35 yd In	4.0 steps behind Home side line
15	21	Right: 4.0 steps outside 35 yd In	4.0 steps behind Home side line
16	4	Right: 4.0 steps outside 35 yd In	4.0 steps behind Home side line
17	16	Right: 4.0 steps outside 35 yd In	4.0 steps behind Home side line
18	12	Right: 3.25 steps outside 40 yd In	2.75 steps behind Home side line
19	8	Right: 3.25 steps outside 45 yd In	5.25 steps behind Home side line
20	16	Right: 3.25 steps outside 45 yd In	5.25 steps behind Home side line
21	16	Right: On 35 yd In	3.25 steps behind Home side line
22	8	Right: 3.75 steps inside 40 yd In	9.75 steps behind Home side line
23	16	Left: 1.75 steps outside 50 yd In	12.75 steps behind Home side line
24	16	Left: 4.0 steps inside 45 yd In	On Home Hash (HS)
25	24	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 4.0 steps outside 50 yd In	11.0 steps behind Home side line
27	32	On 50 yd In	4.0 steps in front of Home Hash (HS)
28	12	Left: 3.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 3.25 steps inside 45 yd In	6.0 steps behind Home side line
30	8	Left: 3.0 steps outside 50 yd In	7.0 steps behind Home side line
31	8	Left: 3.0 steps outside 50 yd In	7.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 1.0 steps outside 40 yd In	2.75 steps behind Home Hash (HS)
2	24	Left: 1.0 steps outside 40 yd In	2.75 steps behind Home Hash (HS)
3	12	Left: 1.0 steps outside 40 yd In	2.75 steps behind Home Hash (HS)
4	8	Left: 1.0 steps outside 40 yd In	2.75 steps behind Home Hash (HS)
5	8	Left: 4.0 steps inside 40 yd In	8.0 steps behind Home Hash (HS)
6	8	Left: 4.0 steps inside 35 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 0.5 steps inside 35 yd In	9.25 steps behind Home Hash (HS)
8	16	Left: 2.5 steps inside 35 yd In	2.5 steps behind Home Hash (HS)
9	4	Left: 0.75 steps outside 40 yd In	6.0 steps in front of Home Hash (HS)
10	22	Left: 4.0 steps inside 35 yd In	2.0 steps behind Home Hash (HS)
11	7	Left: On 40 yd In	2.0 steps in front of Home Hash (HS)
12	14	Left: 2.0 steps outside 50 yd In	2.0 steps in front of Home Hash (HS)
13	14	Right: 2.0 steps inside 45 yd In	5.25 steps in front of Home Hash (HS)
14	7	Right: 2.75 steps inside 45 yd In	6.0 steps behind Home Hash (HS)
15	21	Right: 2.75 steps inside 45 yd In	6.0 steps behind Home Hash (HS)
16	4	Right: 2.5 steps outside 45 yd In	12.0 steps behind Home Hash (HS)
17	16	Right: 2.5 steps outside 45 yd In	12.0 steps behind Home Hash (HS)
18	12	Right: On 40 yd In	On Home Hash (HS)
19	8	Right: On 45 yd In	8.0 steps in front of Home Hash (HS)
20	16	Right: On 45 yd In	8.0 steps in front of Home Hash (HS)
21	16	Right: 3.5 steps outside 40 yd In	8.25 steps in front of Home Hash (HS)
22	8	Right: 0.75 steps outside 35 yd In	12.75 steps in front of Home Hash (HS)
23	16	Right: 4.0 steps outside 40 yd In	10.75 steps in front of Home Hash (HS)
24	16	Right: On 30 yd In	On Home Hash (HS)
25	24	Right: On 35 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 4.0 steps outside 40 yd In	8.0 steps behind Home side line
27	32	Right: 2.0 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
28	12	Right: 1.0 steps inside 35 yd In	6.0 steps behind Home side line
29	6	Right: 3.0 steps outside 45 yd In	6.0 steps behind Home side line
30	8	Right: 1.0 steps inside 45 yd In	11.0 steps behind Home side line
31	8	Right: 1.0 steps inside 45 yd In	11.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Visitor Hash (HS)
2	24	Right: 1.75 steps inside 45 yd In	10.0 steps in front of Visitor Hash (HS)
3	12	Right: 1.75 steps inside 45 yd In	10.0 steps in front of Visitor Hash (HS)
4	8	Right: 1.75 steps inside 45 yd In	10.0 steps in front of Visitor Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Visitor Hash (HS)
6	8	Right: 2.0 steps inside 45 yd In	10.0 steps behind Home Hash (HS)
7	16	Right: 4.0 steps outside 45 yd In	14.0 steps in front of Visitor Hash (HS)
8	16	Right: On 45 yd In	6.0 steps behind Home Hash (HS)
9	4	Right: 1.0 steps outside 50 yd In	3.0 steps in front of Home Hash (HS)
10	22	Left: On 45 yd In	12.0 steps behind Home side line
11	7	Left: On 40 yd In	8.0 steps behind Home side line
12	14	Left: On 40 yd In	8.0 steps behind Home side line
13	14	Left: On 30 yd In	8.0 steps behind Home side line
14	7	Left: On 35 yd In	6.0 steps behind Home side line
15	21	Left: On 35 yd In	6.0 steps behind Home side line
16	4	Left: 2.0 steps inside 30 yd In	On Home side line
17	16	Left: 2.0 steps inside 30 yd In	On Home side line
18	12	Left: 3.0 steps inside 35 yd In	9.0 steps behind Home side line
19	8	Left: 2.0 steps inside 40 yd In	14.0 steps behind Home side line
20	16	Left: 2.0 steps inside 40 yd In	14.0 steps behind Home side line
21	16	Left: 2.0 steps outside 50 yd In	2.0 steps in front of Home Hash (HS)
22	8	Right: 2.0 steps outside 45 yd In	10.0 steps behind Home Hash (HS)
23	16	Left: 2.0 steps outside 50 yd In	10.0 steps behind Home Hash (HS)
24	16	On 50 yd In	8.0 steps behind Home Hash (HS)
25	24	Left: On 45 yd In	4.0 steps in front of Home Hash (HS)
26	12	Left: On 45 yd In	8.0 steps behind Home Hash (HS)
27	32	Left: On 45 yd In	8.0 steps behind Home Hash (HS)
28	12	Left: 2.0 steps inside 45 yd In	4.0 steps behind Home Hash (HS)
29	6	Left: 2.0 steps inside 45 yd In	4.0 steps behind Home Hash (HS)
30	8	Left: 2.0 steps inside 45 yd In	2.25 steps in front of Home Hash (HS)
31	8	Left: 2.0 steps inside 45 yd In	2.25 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: On 45 yd In	11.0 steps in front of Visitor Hash (HS)
2	24	Right: 0.75 steps outside 45 yd In	8.5 steps in front of Visitor Hash (HS)
3	12	Right: 0.75 steps outside 45 yd In	8.5 steps in front of Visitor Hash (HS)
4	8	Right: 0.75 steps outside 45 yd In	8.5 steps in front of Visitor Hash (HS)
5	8	On 50 yd In	12.0 steps in front of Visitor Hash (HS)
6	8	Right: On 45 yd In	12.0 steps behind Home Hash (HS)
7	16	Right: 1.25 steps inside 40 yd In	12.75 steps behind Home Hash (HS)
8	16	Right: 2.75 steps outside 45 yd In	4.75 steps behind Home Hash (HS)
9	4	Right: 3.75 steps outside 50 yd In	4.25 steps in front of Home Hash (HS)
10	22	Left: 2.0 steps inside 45 yd In	14.0 steps behind Home side line
11	7	Left: 2.75 steps inside 40 yd In	9.5 steps behind Home side line
12	14	Left: 2.75 steps inside 40 yd In	9.5 steps behind Home side line
13	14	Left: 2.75 steps inside 30 yd In	9.5 steps behind Home side line
14	7	Left: 2.0 steps inside 35 yd In	8.0 steps behind Home side line
15	21	Left: 2.0 steps inside 35 yd In	8.0 steps behind Home side line
16	4	Left: 4.0 steps inside 30 yd In	2.0 steps behind Home side line
17	16	Left: 4.0 steps inside 30 yd In	2.0 steps behind Home side line
18	12	Left: 3.0 steps outside 40 yd In	11.0 steps behind Home side line
19	8	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
20	16	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
21	16	On 50 yd In	On Home Hash (HS)
22	8	Right: 3.5 steps inside 40 yd In	11.75 steps behind Home Hash (HS)
23	16	Left: 0.25 steps outside 50 yd In	12.5 steps behind Home Hash (HS)
24	16	Right: 3.0 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
25	24	Left: 3.0 steps inside 45 yd In	4.0 steps in front of Home Hash (HS)
26	12	Left: 3.0 steps inside 45 yd In	8.0 steps behind Home Hash (HS)
27	32	Left: 3.0 steps inside 45 yd In	8.0 steps behind Home Hash (HS)
28	12	Left: 4.0 steps inside 45 yd In	2.0 steps behind Home Hash (HS)
29	6	Left: 4.0 steps inside 45 yd In	6.0 steps behind Home Hash (HS)
30	8	Left: 4.0 steps inside 45 yd In	0.25 steps in front of Home Hash (HS)
31	8	Left: 4.0 steps inside 45 yd In	0.25 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 4.0 steps inside 35 yd In	14.0 steps in front of Visitor Hash (HS)
2	24	Left: 4.0 steps inside 35 yd In	14.0 steps in front of Visitor Hash (HS)
3	12	Left: 4.0 steps inside 35 yd In	14.0 steps in front of Visitor Hash (HS)
4	8	Left: 4.0 steps inside 35 yd In	14.0 steps in front of Visitor Hash (HS)
5	8	Left: 2.0 steps outside 35 yd In	8.0 steps behind Home Hash (HS)
6	8	Left: 2.0 steps outside 30 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 4.0 steps inside 20 yd In	8.0 steps in front of Home Hash (HS)
8	16	Left: 4.0 steps inside 25 yd In	12.0 steps in front of Home Hash (HS)
9	4	Left: 4.0 steps inside 25 yd In	12.0 steps in front of Home Hash (HS)
10	22	Left: On 35 yd In	14.0 steps behind Home side line
11	7	Left: On 30 yd In	2.0 steps behind Home Hash (HS)
12	14	Left: 2.0 steps outside 40 yd In	2.0 steps behind Home Hash (HS)
13	14	Left: On 45 yd In	1.25 steps behind Home Hash (HS)
14	7	Left: 1.25 steps outside 50 yd In	8.0 steps in front of Home Hash (HS)
15	21	Left: 1.25 steps outside 50 yd In	8.0 steps in front of Home Hash (HS)
16	4	Left: 2.25 steps outside 50 yd In	12.25 steps behind Home side line
17	16	Left: 2.25 steps outside 50 yd In	12.25 steps behind Home side line
18	12	Left: 2.25 steps inside 40 yd In	12.5 steps behind Home side line
19	8	Left: 2.0 steps outside 45 yd In	10.0 steps behind Home side line
20	16	Left: 2.0 steps outside 45 yd In	10.0 steps behind Home side line
21	16	Left: 1.5 steps outside 50 yd In	8.0 steps in front of Home Hash (HS)
22	8	Right: 1.5 steps inside 45 yd In	2.25 steps behind Home Hash (HS)
23	16	Right: 2.75 steps outside 40 yd In	12.0 steps behind Home Hash (HS)
24	16	Right: 2.5 steps outside 40 yd In	On Home Hash (HS)
25	24	Right: 2.5 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 3.5 steps inside 45 yd In	0.5 steps in front of Home Hash (HS)
27	32	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
28	12	Right: 1.0 steps inside 40 yd In	10.0 steps in front of Home Hash (HS)
29	6	Right: 3.0 steps outside 50 yd In	10.0 steps in front of Home Hash (HS)
30	8	Right: 3.0 steps outside 50 yd In	13.0 steps in front of Home Hash (HS)
31	8	Right: 3.0 steps outside 50 yd In	13.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 4.0 steps inside 45 yd In	14.0 steps in front of Visitor Hash (HS)
2	24	Right: 0.5 steps outside 50 yd In	11.0 steps behind Home Hash (HS)
3	12	Right: 0.5 steps outside 50 yd In	11.0 steps behind Home Hash (HS)
4	8	Right: 0.5 steps outside 50 yd In	11.0 steps behind Home Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	10.0 steps behind Home Hash (HS)
6	8	Left: On 45 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 3.75 steps outside 40 yd In	1.75 steps behind Home Hash (HS)
8	16	Left: 2.25 steps inside 40 yd In	3.25 steps in front of Home Hash (HS)
9	4	Left: 4.0 steps inside 40 yd In	6.25 steps in front of Home Hash (HS)
10	22	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Home Hash (HS)
11	7	Left: 2.0 steps inside 35 yd In	2.0 steps in front of Home Hash (HS)
12	14	Left: On 45 yd In	2.0 steps in front of Home Hash (HS)
13	14	Left: On 50 yd In	8.0 steps in front of Home Hash (HS)
14	7	Right: On 45 yd In	On Home Hash (HS)
15	21	Right: On 45 yd In	On Home Hash (HS)
16	4	Right: On 40 yd In	On Home Hash (HS)
17	16	Right: On 40 yd In	On Home Hash (HS)
18	12	Right: 2.5 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
19	8	Right: 2.0 steps outside 50 yd In	14.0 steps behind Home side line
20	16	Right: 2.0 steps outside 50 yd In	14.0 steps behind Home side line
21	16	Right: 2.5 steps inside 40 yd In	13.5 steps behind Home side line
22	8	Right: 0.25 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
23	16	Right: 2.5 steps inside 40 yd In	4.75 steps in front of Home Hash (HS)
24	16	Right: 3.5 steps outside 35 yd In	On Home Hash (HS)
25	24	Right: 3.5 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 2.0 steps outside 40 yd In	11.25 steps in front of Home Hash (HS)
27	32	Right: On 40 yd In	12.0 steps in front of Home Hash (HS)
28	12	Right: 3.0 steps inside 35 yd In	4.0 steps in front of Home Hash (HS)
29	6	Right: 1.0 steps outside 45 yd In	4.0 steps in front of Home Hash (HS)
30	8	Right: 1.0 steps outside 45 yd In	7.0 steps in front of Home Hash (HS)
31	8	Right: 1.0 steps outside 45 yd In	7.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: On 35 yd In	1.0 steps behind Home Hash (HS)
2	24	Right: 3.0 steps inside 35 yd In	4.0 steps in front of Home Hash (HS)
3	12	Right: 3.0 steps inside 35 yd In	4.0 steps in front of Home Hash (HS)
4	8	Right: 3.0 steps inside 35 yd In	4.0 steps in front of Home Hash (HS)
5	8	Right: 4.0 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
6	8	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
7	16	Left: 3.75 steps outside 50 yd In	10.0 steps behind Home side line
8	16	Right: 0.25 steps outside 45 yd In	6.0 steps behind Home side line
9	4	Left: 1.5 steps outside 45 yd In	13.0 steps behind Home side line
10	22	Left: On 40 yd In	On Home side line
11	7	Left: 2.0 steps inside 40 yd In	4.0 steps behind Home side line
12	14	Left: 2.0 steps inside 40 yd In	4.0 steps behind Home side line
13	14	Right: 2.75 steps inside 45 yd In	8.0 steps behind Home side line
14	7	Right: 3.0 steps outside 40 yd In	13.0 steps behind Home side line
15	21	Right: 2.0 steps outside 35 yd In	10.0 steps behind Home side line
16	4	Right: 2.0 steps outside 35 yd In	10.0 steps behind Home side line
17	16	Right: 2.0 steps outside 35 yd In	10.0 steps behind Home side line
18	12	Right: 0.25 steps outside 30 yd In	9.5 steps in front of Home Hash (HS)
19	8	Right: On 30 yd In	10.0 steps behind Home side line
20	16	Right: On 30 yd In	10.0 steps behind Home side line
21	16	Right: 0.75 steps outside 25 yd In	8.75 steps behind Home side line
22	8	Right: 2.0 steps inside 25 yd In	On Home side line
23	16	Right: 2.75 steps inside 20 yd In	12.25 steps in front of Home Hash (HS)
24	16	Right: On 15 yd In	12.0 steps in front of Home Hash (HS)
25	24	Right: On 20 yd In	4.0 steps behind Home side line
26	12	Right: 2.0 steps inside 25 yd In	4.0 steps behind Home side line
27	32	Right: On 30 yd In	8.0 steps behind Home side line
28	12	Right: On 25 yd In	8.0 steps behind Home side line
29	6	Right: 4.0 steps outside 35 yd In	4.0 steps behind Home side line
30	8	Right: 4.0 steps outside 35 yd In	4.0 steps behind Home side line
31	8	Right: 4.0 steps outside 35 yd In	4.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 3.0 steps inside 45 yd In	2.0 steps behind Home Hash (HS)
2	24	Right: 3.25 steps inside 45 yd In	1.25 steps in front of Home Hash (HS)
3	12	Right: 3.25 steps inside 45 yd In	1.25 steps in front of Home Hash (HS)
4	8	Right: 3.25 steps inside 45 yd In	1.25 steps in front of Home Hash (HS)
5	8	On 50 yd In	On Home Hash (HS)
6	8	Left: 4.0 steps inside 45 yd In	4.0 steps behind Home Hash (HS)
7	16	Left: 2.0 steps outside 45 yd In	4.25 steps behind Home Hash (HS)
8	16	Left: 2.0 steps inside 45 yd In	1.75 steps in front of Home Hash (HS)
9	4	Left: 3.25 steps outside 50 yd In	9.0 steps in front of Home Hash (HS)
10	22	Left: 4.0 steps inside 45 yd In	12.0 steps behind Home side line
11	7	Right: 4.0 steps outside 45 yd In	8.0 steps behind Home side line
12	14	Right: 4.0 steps outside 35 yd In	4.0 steps behind Home side line
13	14	Right: 2.0 steps outside 35 yd In	2.25 steps behind Home side line
14	7	Right: On 35 yd In	On Home side line
15	21	Right: On 35 yd In	On Home side line
16	4	Right: On 35 yd In	On Home side line
17	16	Right: On 35 yd In	On Home side line
18	12	Right: 0.75 steps outside 40 yd In	3.0 steps behind Home side line
19	8	Right: 1.25 steps outside 45 yd In	6.75 steps behind Home side line
20	16	Right: 1.25 steps outside 45 yd In	6.75 steps behind Home side line
21	16	Right: 2.5 steps inside 35 yd In	4.75 steps behind Home side line
22	8	Right: 1.75 steps outside 45 yd In	11.25 steps behind Home side line
23	16	Left: 3.75 steps inside 45 yd In	13.75 steps in front of Home Hash (HS)
24	16	Left: 1.0 steps inside 45 yd In	On Home Hash (HS)
25	24	Left: 1.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 1.5 steps inside 45 yd In	8.75 steps behind Home side line
27	32	On 50 yd In	8.0 steps in front of Home Hash (HS)
28	12	Left: 1.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 0.25 steps inside 45 yd In	6.0 steps behind Home side line
30	8	Left: 3.0 steps inside 45 yd In	9.0 steps behind Home side line
31	8	Left: 3.0 steps inside 45 yd In	9.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 3.0 steps outside 50 yd In	4.0 steps in front of Home Hash (HS)
2	24	Right: 3.75 steps inside 45 yd In	6.25 steps in front of Home Hash (HS)
3	12	Right: 3.75 steps inside 45 yd In	6.25 steps in front of Home Hash (HS)
4	8	Right: 3.75 steps inside 45 yd In	6.25 steps in front of Home Hash (HS)
5	8	Right: 2.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
6	8	Right: 2.0 steps outside 45 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 3.25 steps outside 40 yd In	6.0 steps in front of Home Hash (HS)
8	16	Right: 0.75 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
9	4	Right: 2.25 steps outside 35 yd In	10.25 steps behind Home side line
10	22	Right: 4.0 steps outside 35 yd In	12.0 steps behind Home side line
11	7	Right: 3.25 steps inside 35 yd In	11.25 steps in front of Home Hash (HS)
12	14	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Home Hash (HS)
13	14	Right: On 35 yd In	4.0 steps in front of Home Hash (HS)
14	7	Right: On 30 yd In	8.0 steps behind Home side line
15	21	Right: On 30 yd In	8.0 steps behind Home side line
16	4	Right: On 30 yd In	8.0 steps behind Home side line
17	16	Right: On 30 yd In	8.0 steps behind Home side line
18	12	Right: 1.0 steps outside 30 yd In	12.0 steps behind Home side line
19	8	Right: 3.75 steps outside 35 yd In	5.5 steps behind Home side line
20	16	Right: 3.75 steps outside 35 yd In	5.5 steps behind Home side line
21	16	Right: 1.75 steps outside 25 yd In	9.75 steps behind Home side line
22	8	Right: On 30 yd In	12.0 steps behind Home side line
23	16	Right: 2.0 steps outside 40 yd In	13.0 steps in front of Home Hash (HS)
24	16	Right: 1.0 steps outside 40 yd In	On Home Hash (HS)
25	24	Right: 1.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 0.75 steps outside 40 yd In	6.75 steps behind Home side line
27	32	On 50 yd In	6.0 steps behind Home side line
28	12	Right: 1.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 1.5 steps outside 50 yd In	2.0 steps in front of Home Hash (HS)
30	8	Right: 1.0 steps outside 50 yd In	11.0 steps in front of Home Hash (HS)
31	8	Right: 1.0 steps outside 50 yd In	11.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 3.0 steps outside 50 yd In	2.0 steps behind Home Hash (HS)
2	24	Left: 0.25 steps outside 50 yd In	1.25 steps in front of Home Hash (HS)
3	12	Left: 0.25 steps outside 50 yd In	1.25 steps in front of Home Hash (HS)
4	8	Left: 0.25 steps outside 50 yd In	1.25 steps in front of Home Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	2.0 steps behind Home Hash (HS)
6	8	Left: On 45 yd In	4.0 steps behind Home Hash (HS)
7	16	Left: 4.0 steps inside 40 yd In	0.25 steps behind Home Hash (HS)
8	16	Left: 2.0 steps inside 45 yd In	4.75 steps in front of Home Hash (HS)
9	4	Left: 3.5 steps inside 45 yd In	8.5 steps in front of Home Hash (HS)
10	22	Left: 4.0 steps inside 35 yd In	14.0 steps behind Home side line
11	7	Left: On 30 yd In	2.0 steps in front of Home Hash (HS)
12	14	Left: 2.0 steps outside 40 yd In	2.0 steps in front of Home Hash (HS)
13	14	Left: On 45 yd In	1.25 steps in front of Home Hash (HS)
14	7	Right: 1.25 steps outside 50 yd In	8.0 steps in front of Home Hash (HS)
15	21	Right: 1.25 steps outside 50 yd In	8.0 steps in front of Home Hash (HS)
16	4	Right: 2.25 steps outside 50 yd In	12.25 steps behind Home side line
17	16	Right: 2.25 steps outside 50 yd In	12.25 steps behind Home side line
18	12	Left: 2.5 steps outside 45 yd In	12.25 steps in front of Home Hash (HS)
19	8	Left: On 45 yd In	8.0 steps behind Home side line
20	16	Left: On 45 yd In	8.0 steps behind Home side line
21	16	Right: On 50 yd In	10.5 steps in front of Home Hash (HS)
22	8	Right: 1.5 steps inside 45 yd In	0.75 steps in front of Home Hash (HS)
23	16	Right: 0.75 steps outside 40 yd In	9.5 steps behind Home Hash (HS)
24	16	Right: 4.0 steps outside 40 yd In	On Home Hash (HS)
25	24	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 0.75 steps inside 45 yd In	1.5 steps in front of Home Hash (HS)
27	32	Right: 2.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
28	12	Right: 1.25 steps inside 40 yd In	13.75 steps in front of Home Hash (HS)
29	6	Right: 2.75 steps outside 50 yd In	13.75 steps in front of Home Hash (HS)
30	8	Right: 1.0 steps outside 50 yd In	9.0 steps behind Home side line
31	8	Right: 1.0 steps outside 50 yd In	9.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 2.0 steps outside 35 yd In	4.0 steps in front of Home Hash (HS)
2	24	Right: On 35 yd In	1.75 steps in front of Home Hash (HS)
3	12	Right: On 35 yd In	1.75 steps in front of Home Hash (HS)
4	8	Right: On 35 yd In	1.75 steps in front of Home Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	5.25 steps in front of Home Hash (HS)
6	8	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 3.0 steps outside 35 yd In	5.0 steps in front of Home Hash (HS)
8	16	Right: 1.0 steps inside 30 yd In	11.0 steps in front of Home Hash (HS)
9	4	Right: 2.0 steps outside 30 yd In	11.75 steps behind Home side line
10	22	Right: 4.0 steps outside 35 yd In	4.0 steps in front of Home Hash (HS)
11	7	Right: 4.0 steps outside 45 yd In	On Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	4.0 steps behind Home Hash (HS)
13	14	Left: 1.5 steps inside 40 yd In	6.75 steps behind Home Hash (HS)
14	7	Left: 3.5 steps inside 45 yd In	12.75 steps in front of Visitor Hash (HS)
15	21	Left: 3.5 steps inside 45 yd In	12.75 steps in front of Visitor Hash (HS)
16	4	Left: 2.25 steps outside 50 yd In	7.75 steps behind Home Hash (HS)
17	16	Left: 2.25 steps outside 50 yd In	7.75 steps behind Home Hash (HS)
18	12	Left: 1.75 steps inside 45 yd In	9.25 steps behind Home Hash (HS)
19	8	On 50 yd In	8.0 steps behind Home Hash (HS)
20	16	On 50 yd In	8.0 steps behind Home Hash (HS)
21	16	Left: 1.5 steps outside 45 yd In	10.5 steps in front of Visitor Hash (HS)
22	8	Left: 2.5 steps inside 35 yd In	8.25 steps behind Home Hash (HS)
23	16	Left: 4.0 steps outside 45 yd In	4.0 steps in front of Home Hash (HS)
24	16	Left: 2.5 steps inside 30 yd In	On Home Hash (HS)
25	24	Left: 2.5 steps inside 25 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 2.25 steps inside 25 yd In	12.5 steps behind Home side line
27	32	Right: On 35 yd In	14.0 steps behind Home side line
28	12	Left: 3.0 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 1.0 steps inside 40 yd In	4.0 steps in front of Home Hash (HS)
30	8	Left: 3.0 steps outside 45 yd In	9.0 steps in front of Home Hash (HS)
31	8	Left: 3.0 steps outside 45 yd In	9.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 1.0 steps inside 45 yd In	2.0 steps in front of Home Hash (HS)
2	24	Right: 1.0 steps inside 45 yd In	0.25 steps in front of Home Hash (HS)
3	12	Right: 1.0 steps inside 45 yd In	0.25 steps in front of Home Hash (HS)
4	8	Right: 1.0 steps inside 45 yd In	0.25 steps in front of Home Hash (HS)
5	8	Right: 2.0 steps outside 50 yd In	On Home Hash (HS)
6	8	Left: 4.0 steps inside 45 yd In	On Home Hash (HS)
7	16	Left: 2.75 steps outside 50 yd In	1.25 steps behind Home Hash (HS)
8	16	Right: 1.25 steps outside 50 yd In	4.75 steps in front of Home Hash (HS)
9	4	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
10	22	Right: 4.0 steps outside 45 yd In	4.0 steps in front of Home Hash (HS)
11	7	Left: 4.0 steps inside 45 yd In	On Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	6.0 steps in front of Home Hash (HS)
13	14	Right: 1.5 steps inside 40 yd In	6.75 steps in front of Home Hash (HS)
14	7	Right: 3.5 steps inside 45 yd In	12.75 steps behind Home side line
15	21	Right: 3.5 steps inside 45 yd In	12.75 steps behind Home side line
16	4	Right: 2.25 steps outside 50 yd In	7.75 steps in front of Home Hash (HS)
17	16	Right: 2.25 steps outside 50 yd In	7.75 steps in front of Home Hash (HS)
18	12	Right: 3.75 steps outside 50 yd In	5.5 steps in front of Home Hash (HS)
19	8	Right: 2.0 steps outside 50 yd In	6.0 steps in front of Home Hash (HS)
20	16	Right: 2.0 steps outside 50 yd In	6.0 steps in front of Home Hash (HS)
21	16	Right: 1.5 steps outside 45 yd In	1.5 steps behind Home Hash (HS)
22	8	Right: 3.25 steps inside 30 yd In	2.5 steps behind Home Hash (HS)
23	16	Right: 3.75 steps inside 25 yd In	4.5 steps in front of Home Hash (HS)
24	16	Right: 4.0 steps outside 25 yd In	On Home Hash (HS)
25	24	Right: 4.0 steps outside 30 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 2.25 steps inside 25 yd In	12.5 steps behind Home side line
27	32	Right: On 35 yd In	14.0 steps behind Home side line
28	12	Right: 1.0 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 3.0 steps inside 40 yd In	6.0 steps behind Home side line
30	8	Right: 1.0 steps outside 45 yd In	13.0 steps behind Home side line
31	8	Right: 1.0 steps outside 45 yd In	13.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: On 40 yd In	1.0 steps behind Home Hash (HS)
2	24	Left: On 40 yd In	1.0 steps behind Home Hash (HS)
3	12	Left: 2.0 steps inside 40 yd In	2.5 steps in front of Home Hash (HS)
4	8	Left: 2.0 steps inside 40 yd In	2.5 steps in front of Home Hash (HS)
5	8	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Home Hash (HS)
6	8	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Home Hash (HS)
7	16	Left: 2.0 steps outside 40 yd In	11.75 steps in front of Home Hash (HS)
8	16	Left: 2.0 steps inside 45 yd In	12.25 steps behind Home side line
9	4	Left: 0.75 steps outside 35 yd In	12.25 steps behind Home side line
10	22	Left: 2.5 steps outside 40 yd In	10.5 steps behind Home side line
11	7	Left: 2.0 steps outside 45 yd In	7.0 steps in front of Home Hash (HS)
12	14	Left: 4.0 steps inside 45 yd In	6.0 steps in front of Home Hash (HS)
13	14	Right: 1.0 steps outside 45 yd In	7.75 steps in front of Home Hash (HS)
14	7	Right: 1.0 steps outside 45 yd In	7.75 steps in front of Home Hash (HS)
15	21	Right: 1.0 steps outside 45 yd In	7.75 steps in front of Home Hash (HS)
16	4	Right: 0.75 steps inside 40 yd In	13.5 steps in front of Home Hash (HS)
17	16	Right: 2.25 steps inside 45 yd In	8.5 steps behind Home side line
18	12	Right: 2.0 steps outside 40 yd In	10.25 steps in front of Home Hash (HS)
19	8	Right: 2.0 steps inside 35 yd In	2.0 steps in front of Home Hash (HS)
20	16	Right: 2.0 steps inside 35 yd In	2.0 steps in front of Home Hash (HS)
21	16	Right: 3.25 steps inside 30 yd In	1.75 steps behind Home Hash (HS)
22	8	Right: 0.5 steps outside 25 yd In	0.75 steps in front of Home Hash (HS)
23	16	Right: 1.25 steps inside 20 yd In	10.25 steps behind Home Hash (HS)
24	16	Right: 4.0 steps outside 25 yd In	8.0 steps in front of Visitor Hash (HS)
25	24	Right: 4.0 steps outside 30 yd In	8.0 steps behind Home Hash (HS)
26	12	Right: 3.25 steps inside 30 yd In	5.75 steps behind Home Hash (HS)
27	32	Right: 4.0 steps outside 40 yd In	8.0 steps behind Home Hash (HS)
28	12	Right: 4.0 steps outside 40 yd In	12.0 steps in front of Visitor Hash (HS)
29	6	Right: 3.25 steps outside 40 yd In	12.5 steps behind Home Hash (HS)
30	8	Right: 3.25 steps outside 40 yd In	12.5 steps behind Home Hash (HS)
31	8	Right: 3.25 steps outside 40 yd In	12.5 steps behind Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 2.0 steps inside 40 yd In	8.0 steps behind Home Hash (HS)
2	24	Left: 2.0 steps inside 40 yd In	8.0 steps behind Home Hash (HS)
3	12	Left: 2.0 steps inside 40 yd In	8.0 steps behind Home Hash (HS)
4	8	Left: 2.0 steps inside 40 yd In	8.0 steps behind Home Hash (HS)
5	8	Left: 2.0 steps inside 45 yd In	8.0 steps behind Home Hash (HS)
6	8	Left: 2.0 steps inside 40 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 2.5 steps inside 30 yd In	2.75 steps in front of Home Hash (HS)
8	16	Left: 2.5 steps inside 35 yd In	6.75 steps in front of Home Hash (HS)
9	4	Left: 2.5 steps inside 35 yd In	6.75 steps in front of Home Hash (HS)
10	22	Left: On 35 yd In	6.0 steps behind Home Hash (HS)
11	7	Left: 4.0 steps inside 40 yd In	2.0 steps behind Home Hash (HS)
12	14	Right: 2.0 steps outside 50 yd In	2.0 steps behind Home Hash (HS)
13	14	Right: On 45 yd In	1.25 steps behind Home Hash (HS)
14	7	Left: 1.25 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
15	21	Left: 1.25 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
16	4	Left: 2.25 steps outside 50 yd In	12.25 steps in front of Visitor Hash (HS)
17	16	Left: 2.25 steps outside 50 yd In	12.25 steps in front of Visitor Hash (HS)
18	12	Left: 2.5 steps inside 40 yd In	8.75 steps behind Home Hash (HS)
19	8	Left: 2.0 steps inside 40 yd In	2.0 steps behind Home Hash (HS)
20	16	Left: 2.0 steps inside 40 yd In	2.0 steps behind Home Hash (HS)
21	16	Left: 2.5 steps inside 35 yd In	4.75 steps behind Home Hash (HS)
22	8	Left: 0.5 steps outside 45 yd In	4.0 steps in front of Home Hash (HS)
23	16	Right: 2.5 steps inside 45 yd In	5.5 steps behind Home Hash (HS)
24	16	Left: 0.5 steps outside 45 yd In	On Home Hash (HS)
25	24	Left: 0.5 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 2.0 steps outside 40 yd In	11.25 steps in front of Home Hash (HS)
27	32	Left: On 40 yd In	12.0 steps in front of Home Hash (HS)
28	12	Left: 3.0 steps inside 35 yd In	4.0 steps in front of Home Hash (HS)
29	6	Left: 1.0 steps outside 45 yd In	4.0 steps in front of Home Hash (HS)
30	8	Left: 1.0 steps outside 45 yd In	7.0 steps in front of Home Hash (HS)
31	8	Left: 1.0 steps outside 45 yd In	7.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 3.0 steps outside 45 yd In	11.0 steps in front of Home Hash (HS)
2	24	Left: 2.5 steps outside 45 yd In	13.75 steps in front of Home Hash (HS)
3	12	Left: 2.5 steps outside 45 yd In	13.75 steps in front of Home Hash (HS)
4	8	Left: 2.5 steps outside 45 yd In	13.75 steps in front of Home Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
6	8	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 0.5 steps inside 40 yd In	3.5 steps behind Home Hash (HS)
8	16	Right: 0.5 steps inside 40 yd In	4.5 steps in front of Home Hash (HS)
9	4	Right: 2.25 steps inside 35 yd In	10.25 steps behind Home side line
10	22	Right: On 40 yd In	12.0 steps behind Home side line
11	7	Right: 1.5 steps outside 40 yd In	13.5 steps behind Home side line
12	14	Right: 2.0 steps outside 40 yd In	14.0 steps behind Home side line
13	14	Right: 3.25 steps inside 30 yd In	11.5 steps in front of Home Hash (HS)
14	7	Right: 2.0 steps outside 35 yd In	6.0 steps behind Home side line
15	21	Right: 2.0 steps outside 35 yd In	6.0 steps behind Home side line
16	4	Right: 2.0 steps outside 35 yd In	6.0 steps behind Home side line
17	16	Right: 2.0 steps outside 35 yd In	6.0 steps behind Home side line
18	12	Right: 2.25 steps inside 35 yd In	3.0 steps behind Home side line
19	8	Right: 2.5 steps inside 40 yd In	4.0 steps behind Home side line
20	16	Right: 2.5 steps inside 40 yd In	4.0 steps behind Home side line
21	16	Right: 2.75 steps outside 35 yd In	2.25 steps behind Home side line
22	8	Right: 1.0 steps inside 40 yd In	8.75 steps behind Home side line
23	16	Right: 1.0 steps outside 50 yd In	11.75 steps behind Home side line
24	16	Left: 1.0 steps outside 50 yd In	On Home Hash (HS)
25	24	Left: 1.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 2.0 steps outside 50 yd In	14.0 steps behind Home side line
27	32	On 50 yd In	On Home Hash (HS)
28	12	Left: 1.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 1.5 steps outside 50 yd In	6.0 steps behind Home side line
30	8	Left: 1.0 steps outside 50 yd In	5.0 steps behind Home side line
31	8	Left: 1.0 steps outside 50 yd In	5.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 1.0 steps outside 40 yd In	13.25 steps behind Home Hash (HS)
2	24	Left: 1.0 steps outside 40 yd In	13.25 steps behind Home Hash (HS)
3	12	Left: 1.0 steps outside 40 yd In	13.25 steps behind Home Hash (HS)
4	8	Left: 1.0 steps outside 40 yd In	13.25 steps behind Home Hash (HS)
5	8	Left: 2.0 steps inside 40 yd In	8.0 steps behind Home Hash (HS)
6	8	Left: 2.0 steps inside 35 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 2.5 steps inside 35 yd In	13.25 steps behind Home Hash (HS)
8	16	Left: 2.5 steps inside 35 yd In	5.5 steps behind Home Hash (HS)
9	4	Left: 0.75 steps inside 40 yd In	6.0 steps in front of Home Hash (HS)
10	22	Left: 4.0 steps inside 35 yd In	On Home Hash (HS)
11	7	Left: 2.0 steps outside 40 yd In	2.0 steps in front of Home Hash (HS)
12	14	Left: 4.0 steps outside 50 yd In	2.0 steps in front of Home Hash (HS)
13	14	Right: 3.75 steps inside 45 yd In	6.75 steps in front of Home Hash (HS)
14	7	Right: 1.25 steps inside 45 yd In	4.5 steps behind Home Hash (HS)
15	21	Right: 1.25 steps inside 45 yd In	4.5 steps behind Home Hash (HS)
16	4	Right: 2.5 steps inside 40 yd In	8.75 steps behind Home Hash (HS)
17	16	Right: 2.5 steps inside 40 yd In	8.75 steps behind Home Hash (HS)
18	12	Right: 0.75 steps inside 40 yd In	4.5 steps in front of Home Hash (HS)
19	8	Right: 2.0 steps inside 45 yd In	10.0 steps in front of Home Hash (HS)
20	16	Right: 2.0 steps inside 45 yd In	10.0 steps in front of Home Hash (HS)
21	16	Right: 2.0 steps outside 40 yd In	10.75 steps in front of Home Hash (HS)
22	8	Right: 2.25 steps inside 35 yd In	13.25 steps in front of Home Hash (HS)
23	16	Right: 1.25 steps outside 40 yd In	9.25 steps in front of Home Hash (HS)
24	16	Right: 1.5 steps inside 30 yd In	On Home Hash (HS)
25	24	Right: 1.5 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 3.75 steps outside 40 yd In	11.0 steps behind Home side line
27	32	Right: 4.0 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
28	12	Right: 1.0 steps inside 35 yd In	2.0 steps in front of Home Hash (HS)
29	6	Right: 3.0 steps outside 45 yd In	2.0 steps in front of Home Hash (HS)
30	8	Right: 3.0 steps outside 45 yd In	5.0 steps in front of Home Hash (HS)
31	8	Right: 3.0 steps outside 45 yd In	5.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 2.0 steps outside 45 yd In	11.0 steps in front of Visitor Hash (HS)
2	24	Right: 3.5 steps outside 45 yd In	7.0 steps in front of Visitor Hash (HS)
3	12	Right: 3.5 steps outside 45 yd In	7.0 steps in front of Visitor Hash (HS)
4	8	Right: 3.5 steps outside 45 yd In	7.0 steps in front of Visitor Hash (HS)
5	8	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Visitor Hash (HS)
6	8	Right: 2.0 steps outside 45 yd In	14.0 steps in front of Visitor Hash (HS)
7	16	Right: 0.5 steps outside 40 yd In	12.0 steps behind Home Hash (HS)
8	16	Right: 3.5 steps inside 40 yd In	4.0 steps behind Home Hash (HS)
9	4	Right: 2.5 steps inside 45 yd In	5.0 steps in front of Home Hash (HS)
10	22	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
11	7	Left: 3.5 steps outside 45 yd In	10.0 steps behind Home side line
12	14	Left: 3.5 steps outside 45 yd In	10.0 steps behind Home side line
13	14	Left: 3.5 steps outside 35 yd In	10.0 steps behind Home side line
14	7	Left: 4.0 steps inside 35 yd In	10.0 steps behind Home side line
15	21	Left: 4.0 steps inside 35 yd In	10.0 steps behind Home side line
16	4	Left: 2.0 steps outside 35 yd In	4.0 steps behind Home side line
17	16	Left: 2.0 steps outside 35 yd In	4.0 steps behind Home side line
18	12	Left: 1.0 steps outside 40 yd In	13.0 steps behind Home side line
19	8	Left: 2.0 steps outside 45 yd In	10.0 steps in front of Home Hash (HS)
20	16	Left: 2.0 steps outside 45 yd In	10.0 steps in front of Home Hash (HS)
21	16	Right: 2.0 steps outside 50 yd In	2.0 steps behind Home Hash (HS)
22	8	Right: 1.0 steps inside 40 yd In	13.25 steps behind Home Hash (HS)
23	16	Right: 1.75 steps outside 50 yd In	13.5 steps in front of Visitor Hash (HS)
24	16	Right: 3.0 steps inside 45 yd In	8.0 steps behind Home Hash (HS)
25	24	Left: 3.0 steps outside 50 yd In	4.0 steps in front of Home Hash (HS)
26	12	Left: 3.0 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
27	32	Left: 3.0 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
28	12	Left: 2.0 steps outside 50 yd In	On Home Hash (HS)
29	6	Left: 2.0 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
30	8	Left: 1.5 steps outside 50 yd In	0.75 steps behind Home Hash (HS)
31	8	Left: 1.5 steps outside 50 yd In	0.75 steps behind Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 1.25 steps outside 35 yd In	5.0 steps behind Home Hash (HS)
2	24	Left: 1.25 steps outside 35 yd In	5.0 steps behind Home Hash (HS)
3	12	Left: 1.25 steps outside 35 yd In	5.0 steps behind Home Hash (HS)
4	8	Left: 1.25 steps outside 35 yd In	5.0 steps behind Home Hash (HS)
5	8	Left: 4.0 steps inside 30 yd In	8.0 steps behind Home Hash (HS)
6	8	Left: 4.0 steps inside 25 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 2.0 steps outside 25 yd In	4.0 steps in front of Home Hash (HS)
8	16	Left: 4.0 steps inside 25 yd In	9.0 steps in front of Home Hash (HS)
9	4	Left: 2.5 steps outside 30 yd In	11.25 steps in front of Home Hash (HS)
10	22	Left: On 35 yd In	12.0 steps in front of Home Hash (HS)
11	7	Left: 2.0 steps inside 30 yd In	2.0 steps behind Home Hash (HS)
12	14	Left: On 40 yd In	2.0 steps behind Home Hash (HS)
13	14	Left: 0.75 steps inside 45 yd In	3.25 steps behind Home Hash (HS)
14	7	Left: 3.5 steps outside 50 yd In	7.25 steps in front of Home Hash (HS)
15	21	Left: 3.5 steps outside 50 yd In	7.25 steps in front of Home Hash (HS)
16	4	Left: 1.25 steps inside 45 yd In	13.5 steps behind Home side line
17	16	Left: 1.25 steps inside 45 yd In	13.5 steps behind Home side line
18	12	Left: 0.75 steps outside 40 yd In	9.25 steps behind Home side line
19	8	Left: 4.0 steps inside 40 yd In	12.0 steps behind Home side line
20	16	Left: 4.0 steps inside 40 yd In	12.0 steps behind Home side line
21	16	Left: 2.25 steps outside 50 yd In	5.0 steps in front of Home Hash (HS)
22	8	Right: 0.75 steps inside 45 yd In	5.25 steps behind Home Hash (HS)
23	16	Right: 3.25 steps inside 35 yd In	14.0 steps in front of Visitor Hash (HS)
24	16	Right: 0.5 steps inside 40 yd In	On Home Hash (HS)
25	24	Right: 0.5 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 1.5 steps outside 50 yd In	On Home Hash (HS)
27	32	Right: 2.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
28	12	Right: 3.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 1.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
30	8	Right: 1.0 steps outside 50 yd In	13.0 steps behind Home side line
31	8	Right: 1.0 steps outside 50 yd In	13.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 2.0 steps outside 50 yd In	8.0 steps in front of Visitor Hash (HS)
2	24	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Visitor Hash (HS)
3	12	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Visitor Hash (HS)
4	8	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Visitor Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	14.0 steps in front of Visitor Hash (HS)
6	8	Left: 4.0 steps inside 45 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 1.75 steps outside 40 yd In	5.75 steps behind Home Hash (HS)
8	16	Left: 2.25 steps inside 40 yd In	0.25 steps in front of Home Hash (HS)
9	4	Left: 2.5 steps outside 45 yd In	6.75 steps in front of Home Hash (HS)
10	22	Left: 4.0 steps inside 35 yd In	6.0 steps in front of Home Hash (HS)
11	7	Left: On 35 yd In	2.0 steps in front of Home Hash (HS)
12	14	Left: 2.0 steps outside 45 yd In	2.0 steps in front of Home Hash (HS)
13	14	Left: 2.25 steps outside 50 yd In	7.75 steps in front of Home Hash (HS)
14	7	Right: 0.25 steps inside 45 yd In	2.25 steps in front of Home Hash (HS)
15	21	Right: 0.25 steps inside 45 yd In	2.25 steps in front of Home Hash (HS)
16	4	Right: 0.75 steps inside 40 yd In	4.5 steps in front of Home Hash (HS)
17	16	Right: 0.75 steps inside 40 yd In	4.5 steps in front of Home Hash (HS)
18	12	Right: 1.5 steps inside 45 yd In	13.5 steps behind Home side line
19	8	On 50 yd In	12.0 steps behind Home side line
20	16	On 50 yd In	12.0 steps behind Home side line
21	16	Right: 2.5 steps outside 45 yd In	12.75 steps behind Home side line
22	8	Right: 2.75 steps inside 40 yd In	10.5 steps in front of Home Hash (HS)
23	16	Right: 2.75 steps inside 40 yd In	1.75 steps in front of Home Hash (HS)
24	16	Right: 2.0 steps outside 35 yd In	On Home Hash (HS)
25	24	Right: 2.0 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 0.5 steps outside 40 yd In	8.75 steps in front of Home Hash (HS)
27	32	Right: 2.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
28	12	Right: 3.0 steps outside 40 yd In	10.0 steps behind Home side line
29	6	Right: 1.0 steps inside 45 yd In	10.0 steps behind Home side line
30	8	Right: 3.0 steps inside 45 yd In	13.0 steps behind Home side line
31	8	Right: 3.0 steps inside 45 yd In	13.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: On 40 yd In	2.0 steps in front of Home Hash (HS)
2	24	Right: 0.5 steps inside 40 yd In	3.0 steps in front of Home Hash (HS)
3	12	Right: 0.5 steps inside 40 yd In	3.0 steps in front of Home Hash (HS)
4	8	Right: 0.5 steps inside 40 yd In	3.0 steps in front of Home Hash (HS)
5	8	Right: On 40 yd In	12.0 steps in front of Home Hash (HS)
6	8	Right: 4.0 steps outside 45 yd In	8.0 steps behind Home side line
7	16	Right: 3.5 steps outside 50 yd In	7.5 steps behind Home side line
8	16	Right: 0.5 steps inside 40 yd In	3.5 steps behind Home side line
9	4	Left: 2.0 steps outside 50 yd In	10.5 steps behind Home side line
10	22	Left: On 45 yd In	On Home side line
11	7	Left: On 45 yd In	4.0 steps behind Home side line
12	14	Left: On 45 yd In	4.0 steps behind Home side line
13	14	Right: 2.25 steps outside 45 yd In	8.75 steps behind Home side line
14	7	Right: 1.0 steps inside 35 yd In	11.0 steps in front of Home Hash (HS)
15	21	Right: 2.0 steps inside 30 yd In	14.0 steps behind Home side line
16	4	Right: 2.0 steps inside 30 yd In	14.0 steps behind Home side line
17	16	Right: 2.0 steps inside 30 yd In	14.0 steps behind Home side line
18	12	Right: 2.0 steps outside 25 yd In	8.0 steps in front of Home Hash (HS)
19	8	Right: 1.5 steps outside 30 yd In	13.25 steps in front of Home Hash (HS)
20	16	Right: 1.5 steps outside 30 yd In	13.25 steps in front of Home Hash (HS)
21	16	Right: 3.25 steps inside 25 yd In	4.25 steps behind Home side line
22	8	Right: On 30 yd In	On Home side line
23	16	Right: 4.0 steps inside 25 yd In	8.0 steps behind Home side line
24	16	Right: 4.0 steps outside 25 yd In	12.0 steps in front of Home Hash (HS)
25	24	Right: 4.0 steps outside 30 yd In	4.0 steps behind Home side line
26	12	Right: 2.0 steps inside 30 yd In	8.0 steps behind Home side line
27	32	Right: On 30 yd In	4.0 steps in front of Home Hash (HS)
28	12	Right: On 25 yd In	4.0 steps in front of Home Hash (HS)
29	6	Right: 3.75 steps outside 30 yd In	10.75 steps in front of Home Hash (HS)
30	8	Right: 3.75 steps outside 30 yd In	10.75 steps in front of Home Hash (HS)
31	8	Right: 3.75 steps outside 30 yd In	10.75 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 1.0 steps outside 45 yd In	2.0 steps in front of Home Hash (HS)
2	24	Right: 1.0 steps outside 45 yd In	1.0 steps behind Home Hash (HS)
3	12	Right: 1.0 steps outside 45 yd In	1.0 steps behind Home Hash (HS)
4	8	Right: 1.0 steps outside 45 yd In	1.0 steps behind Home Hash (HS)
5	8	Right: 4.0 steps outside 50 yd In	On Home Hash (HS)
6	8	On 50 yd In	4.0 steps behind Home Hash (HS)
7	16	Left: On 45 yd In	8.25 steps behind Home Hash (HS)
8	16	Left: 2.0 steps inside 45 yd In	1.25 steps behind Home Hash (HS)
9	4	Left: 1.75 steps outside 50 yd In	9.5 steps in front of Home Hash (HS)
10	22	On 50 yd In	12.0 steps behind Home side line
11	7	Right: 3.0 steps inside 40 yd In	9.0 steps behind Home side line
12	14	Right: 2.0 steps outside 35 yd In	6.0 steps behind Home side line
13	14	Right: 3.5 steps outside 35 yd In	4.75 steps behind Home side line
14	7	Right: 2.0 steps inside 35 yd In	2.0 steps behind Home side line
15	21	Right: 2.0 steps inside 35 yd In	2.0 steps behind Home side line
16	4	Right: 2.0 steps inside 35 yd In	2.0 steps behind Home side line
17	16	Right: 2.0 steps inside 35 yd In	2.0 steps behind Home side line
18	12	Right: 1.75 steps inside 40 yd In	3.5 steps behind Home side line
19	8	Right: 0.5 steps inside 45 yd In	8.5 steps behind Home side line
20	16	Right: 0.5 steps inside 45 yd In	8.5 steps behind Home side line
21	16	Right: 3.25 steps outside 40 yd In	6.75 steps behind Home side line
22	8	Right: 0.5 steps inside 45 yd In	13.25 steps behind Home side line
23	16	Left: 1.5 steps inside 45 yd In	11.75 steps in front of Home Hash (HS)
24	16	Left: 2.0 steps outside 45 yd In	On Home Hash (HS)
25	24	Left: 2.0 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 1.75 steps outside 45 yd In	7.0 steps behind Home side line
27	32	On 50 yd In	12.0 steps in front of Home Hash (HS)
28	12	Left: 3.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 0.25 steps inside 45 yd In	2.0 steps in front of Home Hash (HS)
30	8	Left: 3.0 steps inside 45 yd In	7.0 steps in front of Home Hash (HS)
31	8	Left: 3.0 steps inside 45 yd In	7.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 1.0 steps outside 40 yd In	1.0 steps behind Home Hash (HS)
2	24	Right: 2.5 steps outside 40 yd In	3.0 steps behind Home Hash (HS)
3	12	Right: 2.5 steps outside 40 yd In	3.0 steps behind Home Hash (HS)
4	8	Right: 2.5 steps outside 40 yd In	3.0 steps behind Home Hash (HS)
5	8	Right: 4.0 steps outside 45 yd In	On Home Hash (HS)
6	8	Right: On 45 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 2.75 steps inside 35 yd In	2.0 steps in front of Home Hash (HS)
8	16	Right: 0.75 steps inside 35 yd In	9.0 steps in front of Home Hash (HS)
9	4	Right: 4.0 steps outside 35 yd In	10.25 steps behind Home side line
10	22	Right: On 30 yd In	12.0 steps behind Home side line
11	7	Right: 2.25 steps inside 35 yd In	10.25 steps in front of Home Hash (HS)
12	14	Right: 2.0 steps outside 45 yd In	6.0 steps in front of Home Hash (HS)
13	14	Right: 2.5 steps inside 35 yd In	2.25 steps in front of Home Hash (HS)
14	7	Right: 2.0 steps inside 30 yd In	10.0 steps behind Home side line
15	21	Right: 2.0 steps inside 30 yd In	10.0 steps behind Home side line
16	4	Right: 2.0 steps inside 30 yd In	10.0 steps behind Home side line
17	16	Right: 2.0 steps inside 30 yd In	10.0 steps behind Home side line
18	12	Right: 0.25 steps inside 30 yd In	9.75 steps behind Home side line
19	8	Right: 1.5 steps outside 35 yd In	4.25 steps behind Home side line
20	16	Right: 1.5 steps outside 35 yd In	4.25 steps behind Home side line
21	16	Right: 0.25 steps outside 25 yd In	7.25 steps behind Home side line
22	8	Right: 2.5 steps inside 30 yd In	10.25 steps behind Home side line
23	16	Right: 0.5 steps inside 40 yd In	13.25 steps behind Home side line
24	16	Right: 2.0 steps inside 40 yd In	On Home Hash (HS)
25	24	Right: 2.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 2.75 steps inside 40 yd In	6.5 steps behind Home side line
27	32	On 50 yd In	10.0 steps behind Home side line
28	12	Right: 3.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 3.25 steps inside 45 yd In	2.0 steps in front of Home Hash (HS)
30	8	Right: 3.0 steps outside 50 yd In	9.0 steps in front of Home Hash (HS)
31	8	Right: 3.0 steps outside 50 yd In	9.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 3.0 steps outside 45 yd In	13.0 steps in front of Home Hash (HS)
2	24	Right: 3.25 steps outside 45 yd In	9.5 steps in front of Home Hash (HS)
3	12	Right: 3.25 steps outside 45 yd In	9.5 steps in front of Home Hash (HS)
4	8	Right: 3.25 steps outside 45 yd In	9.5 steps in front of Home Hash (HS)
5	8	Right: 2.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
6	8	Right: 2.0 steps inside 35 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 3.0 steps inside 30 yd In	1.0 steps in front of Home Hash (HS)
8	16	Right: 1.0 steps inside 30 yd In	8.0 steps in front of Home Hash (HS)
9	4	Right: 3.5 steps outside 30 yd In	12.5 steps behind Home side line
10	22	Right: 4.0 steps outside 35 yd In	On Home Hash (HS)
11	7	Right: 4.0 steps outside 45 yd In	8.0 steps behind Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Visitor Hash (HS)
13	14	Left: 3.5 steps inside 45 yd In	12.75 steps in front of Visitor Hash (HS)
14	7	Right: 0.75 steps outside 45 yd In	13.5 steps behind Home Hash (HS)
15	21	Right: 0.75 steps outside 45 yd In	13.5 steps behind Home Hash (HS)
16	4	Right: 3.75 steps inside 45 yd In	6.75 steps behind Home Hash (HS)
17	16	Right: 3.75 steps inside 45 yd In	6.75 steps behind Home Hash (HS)
18	12	Left: 3.5 steps outside 50 yd In	13.5 steps in front of Visitor Hash (HS)
19	8	Left: 2.0 steps inside 45 yd In	8.0 steps behind Home Hash (HS)
20	16	Left: 2.0 steps inside 45 yd In	8.0 steps behind Home Hash (HS)
21	16	Left: 1.75 steps outside 40 yd In	12.5 steps in front of Visitor Hash (HS)
22	8	Left: 3.25 steps outside 40 yd In	On Home Hash (HS)
23	16	Left: 3.5 steps outside 50 yd In	2.25 steps in front of Home Hash (HS)
24	16	Left: 3.5 steps inside 35 yd In	On Home Hash (HS)
25	24	Left: 3.5 steps inside 30 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: On 35 yd In	13.75 steps in front of Home Hash (HS)
27	32	Left: On 35 yd In	12.0 steps in front of Home Hash (HS)
28	12	Left: 1.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 3.0 steps inside 40 yd In	2.0 steps in front of Home Hash (HS)
30	8	Left: 1.0 steps outside 45 yd In	11.0 steps in front of Home Hash (HS)
31	8	Left: 1.0 steps outside 45 yd In	11.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 3.0 steps outside 45 yd In	6.0 steps behind Home Hash (HS)
2	24	Right: 3.25 steps outside 45 yd In	2.0 steps behind Home Hash (HS)
3	12	Right: 3.25 steps outside 45 yd In	2.0 steps behind Home Hash (HS)
4	8	Right: 3.25 steps outside 45 yd In	2.0 steps behind Home Hash (HS)
5	8	Right: 2.0 steps inside 45 yd In	On Home Hash (HS)
6	8	On 50 yd In	On Home Hash (HS)
7	16	Left: 0.75 steps outside 50 yd In	5.25 steps behind Home Hash (HS)
8	16	Right: 1.0 steps outside 50 yd In	1.75 steps in front of Home Hash (HS)
9	4	Right: 2.5 steps inside 45 yd In	12.75 steps in front of Home Hash (HS)
10	22	Right: 4.0 steps outside 45 yd In	On Home Hash (HS)
11	7	Left: 4.0 steps inside 45 yd In	8.0 steps behind Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	10.0 steps behind Home Hash (HS)
13	14	Right: 4.0 steps inside 40 yd In	10.5 steps behind Home Hash (HS)
14	7	Right: 0.25 steps inside 40 yd In	2.25 steps in front of Home Hash (HS)
15	21	Right: 0.25 steps inside 40 yd In	2.25 steps in front of Home Hash (HS)
16	4	Right: On 45 yd In	1.25 steps in front of Home Hash (HS)
17	16	Right: On 45 yd In	1.25 steps in front of Home Hash (HS)
18	12	Right: 3.75 steps outside 45 yd In	4.25 steps in front of Home Hash (HS)
19	8	Right: On 45 yd In	2.0 steps in front of Home Hash (HS)
20	16	Right: On 45 yd In	2.0 steps in front of Home Hash (HS)
21	16	Right: 3.75 steps outside 40 yd In	0.5 steps behind Home Hash (HS)
22	8	Right: On 30 yd In	8.0 steps in front of Home Hash (HS)
23	16	Right: 3.25 steps inside 30 yd In	12.0 steps in front of Home Hash (HS)
24	16	Right: 0.5 steps inside 25 yd In	On Home Hash (HS)
25	24	Right: 0.5 steps inside 30 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 0.75 steps inside 30 yd In	12.0 steps in front of Home Hash (HS)
27	32	Right: On 35 yd In	4.0 steps in front of Home Hash (HS)
28	12	Right: 1.0 steps inside 30 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 3.0 steps inside 35 yd In	14.0 steps behind Home side line
30	8	Right: 1.0 steps outside 40 yd In	7.0 steps in front of Home Hash (HS)
31	8	Right: 1.0 steps outside 40 yd In	7.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 3.0 steps inside 40 yd In	4.0 steps behind Home Hash (HS)
2	24	Left: 3.0 steps inside 40 yd In	4.0 steps behind Home Hash (HS)
3	12	Left: 1.5 steps outside 45 yd In	2.0 steps behind Home Hash (HS)
4	8	Left: 1.5 steps outside 45 yd In	2.0 steps behind Home Hash (HS)
5	8	Left: 4.0 steps inside 35 yd In	On Home Hash (HS)
6	8	Left: 4.0 steps inside 30 yd In	On Home Hash (HS)
7	16	Left: 1.75 steps outside 35 yd In	10.25 steps in front of Home Hash (HS)
8	16	Left: 2.25 steps inside 40 yd In	13.75 steps behind Home side line
9	4	Left: On 30 yd In	9.75 steps behind Home side line
10	22	Left: 1.75 steps outside 35 yd In	10.5 steps behind Home side line
11	7	Left: 1.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
12	14	Left: 4.0 steps inside 45 yd In	10.0 steps in front of Home Hash (HS)
13	14	Right: 3.5 steps outside 50 yd In	11.5 steps in front of Home Hash (HS)
14	7	Right: 3.5 steps outside 50 yd In	11.5 steps in front of Home Hash (HS)
15	21	Right: 3.5 steps outside 50 yd In	11.5 steps in front of Home Hash (HS)
16	4	Right: 2.25 steps inside 45 yd In	8.5 steps behind Home side line
17	16	Left: 2.25 steps inside 45 yd In	8.5 steps behind Home side line
18	12	Right: 2.5 steps outside 45 yd In	10.0 steps behind Home side line
19	8	Right: 2.0 steps inside 40 yd In	10.0 steps in front of Home Hash (HS)
20	16	Right: 2.0 steps inside 40 yd In	10.0 steps in front of Home Hash (HS)
21	16	Right: 2.0 steps outside 35 yd In	6.0 steps in front of Home Hash (HS)
22	8	Right: 2.0 steps inside 25 yd In	8.5 steps in front of Home Hash (HS)
23	16	Right: 2.0 steps outside 20 yd In	1.25 steps in front of Home Hash (HS)
24	16	Right: On 15 yd In	8.0 steps in front of Visitor Hash (HS)
25	24	Right: On 20 yd In	8.0 steps behind Home Hash (HS)
26	12	Right: 2.0 steps outside 30 yd In	4.0 steps in front of Home Hash (HS)
27	32	Right: On 40 yd In	On Home Hash (HS)
28	12	Right: 4.0 steps outside 35 yd In	4.0 steps behind Home Hash (HS)
29	6	Right: 3.25 steps outside 30 yd In	3.0 steps in front of Home Hash (HS)
30	8	Right: 3.25 steps outside 30 yd In	3.0 steps in front of Home Hash (HS)
31	8	Right: 3.25 steps outside 30 yd In	3.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 1.25 steps inside 40 yd In	5.0 steps behind Home Hash (HS)
2	24	Left: 1.25 steps inside 40 yd In	5.0 steps behind Home Hash (HS)
3	12	Left: 1.25 steps inside 40 yd In	5.0 steps behind Home Hash (HS)
4	8	Left: 1.25 steps inside 40 yd In	5.0 steps behind Home Hash (HS)
5	8	Left: On 45 yd In	8.0 steps behind Home Hash (HS)
6	8	Left: On 40 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 3.5 steps outside 35 yd In	1.25 steps behind Home Hash (HS)
8	16	Left: 2.5 steps inside 35 yd In	3.75 steps in front of Home Hash (HS)
9	4	Left: 4.0 steps outside 40 yd In	6.25 steps in front of Home Hash (HS)
10	22	Left: 4.0 steps inside 35 yd In	6.0 steps behind Home Hash (HS)
11	7	Left: 4.0 steps inside 40 yd In	2.0 steps in front of Home Hash (HS)
12	14	Right: 2.0 steps outside 50 yd In	2.0 steps in front of Home Hash (HS)
13	14	Right: On 45 yd In	1.25 steps in front of Home Hash (HS)
14	7	Right: 1.25 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
15	21	Right: 1.25 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
16	4	Right: 2.25 steps outside 50 yd In	12.25 steps in front of Visitor Hash (HS)
17	16	Right: 2.25 steps outside 50 yd In	12.25 steps in front of Visitor Hash (HS)
18	12	Left: 2.5 steps outside 45 yd In	12.0 steps behind Home Hash (HS)
19	8	Left: 4.0 steps inside 40 yd In	4.0 steps behind Home Hash (HS)
20	16	Left: 4.0 steps inside 40 yd In	4.0 steps behind Home Hash (HS)
21	16	Left: 2.25 steps inside 35 yd In	7.75 steps behind Home Hash (HS)
22	8	Left: 3.5 steps outside 45 yd In	4.0 steps in front of Home Hash (HS)
23	16	Right: 3.5 steps outside 50 yd In	3.25 steps behind Home Hash (HS)
24	16	Left: 3.5 steps outside 45 yd In	On Home Hash (HS)
25	24	Left: 3.5 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 3.0 steps outside 40 yd In	14.0 steps behind Home side line
27	32	Left: 2.0 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
28	12	Left: 3.0 steps inside 35 yd In	8.0 steps behind Home side line
29	6	Left: 1.0 steps outside 45 yd In	8.0 steps behind Home side line
30	8	Left: 1.0 steps inside 45 yd In	13.0 steps in front of Home Hash (HS)
31	8	Left: 1.0 steps inside 45 yd In	13.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 3.0 steps inside 45 yd In	4.0 steps in front of Home Hash (HS)
2	24	Right: 1.5 steps inside 45 yd In	7.5 steps in front of Home Hash (HS)
3	12	Right: 1.5 steps inside 45 yd In	7.5 steps in front of Home Hash (HS)
4	8	Right: 1.5 steps inside 45 yd In	7.5 steps in front of Home Hash (HS)
5	8	Right: 2.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
6	8	Right: 2.0 steps inside 40 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 0.75 steps inside 40 yd In	14.0 steps in front of Home Hash (HS)
8	16	Right: 0.75 steps inside 35 yd In	10.0 steps behind Home side line
9	4	Right: 0.75 steps inside 35 yd In	10.0 steps behind Home side line
10	22	Right: 4.0 steps outside 40 yd In	12.0 steps behind Home side line
11	7	Right: 2.5 steps outside 40 yd In	13.5 steps in front of Home Hash (HS)
12	14	Right: On 40 yd In	12.0 steps in front of Home Hash (HS)
13	14	Right: 3.5 steps outside 35 yd In	8.75 steps in front of Home Hash (HS)
14	7	Right: On 35 yd In	8.0 steps behind Home side line
15	21	Right: On 35 yd In	8.0 steps behind Home side line
16	4	Right: On 35 yd In	8.0 steps behind Home side line
17	16	Right: On 35 yd In	8.0 steps behind Home side line
18	12	Right: 0.25 steps outside 35 yd In	3.5 steps behind Home side line
19	8	Right: 0.25 steps inside 40 yd In	3.25 steps behind Home side line
20	16	Right: 0.25 steps inside 40 yd In	3.25 steps behind Home side line
21	16	Right: 2.25 steps inside 30 yd In	2.0 steps behind Home side line
22	8	Right: 2.0 steps outside 40 yd In	8.0 steps behind Home side line
23	16	Right: 4.0 steps inside 45 yd In	11.0 steps behind Home side line
24	16	Right: 2.0 steps outside 50 yd In	On Home Hash (HS)
25	24	Left: 2.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 2.0 steps outside 50 yd In	14.0 steps behind Home side line
27	32	On 50 yd In	2.0 steps in front of Home Hash (HS)
28	12	Right: 3.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 1.5 steps outside 50 yd In	6.0 steps behind Home side line
30	8	Right: 1.0 steps outside 50 yd In	5.0 steps behind Home side line
31	8	Right: 1.0 steps outside 50 yd In	5.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	On 50 yd In	8.0 steps behind Home Hash (HS)
2	24	Left: 1.0 steps outside 50 yd In	5.0 steps behind Home Hash (HS)
3	12	Left: 1.0 steps outside 50 yd In	5.0 steps behind Home Hash (HS)
4	8	Left: 1.0 steps outside 50 yd In	5.0 steps behind Home Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	6.0 steps behind Home Hash (HS)
6	8	Left: 4.0 steps inside 40 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 2.25 steps inside 35 yd In	2.25 steps in front of Home Hash (HS)
8	16	Left: 2.25 steps inside 40 yd In	6.25 steps in front of Home Hash (HS)
9	4	Left: 2.25 steps inside 40 yd In	6.25 steps in front of Home Hash (HS)
10	22	Left: 4.0 steps inside 35 yd In	2.0 steps in front of Home Hash (HS)
11	7	Left: 4.0 steps inside 35 yd In	2.0 steps in front of Home Hash (HS)
12	14	Left: 2.0 steps inside 45 yd In	2.0 steps in front of Home Hash (HS)
13	14	Right: 2.25 steps outside 50 yd In	7.75 steps in front of Home Hash (HS)
14	7	Right: 0.25 steps inside 45 yd In	2.25 steps behind Home Hash (HS)
15	21	Right: 0.25 steps inside 45 yd In	2.25 steps behind Home Hash (HS)
16	4	Right: 0.75 steps inside 40 yd In	4.5 steps behind Home Hash (HS)
17	16	Right: 0.75 steps inside 40 yd In	4.5 steps behind Home Hash (HS)
18	12	Right: 2.5 steps inside 40 yd In	8.75 steps in front of Home Hash (HS)
19	8	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
20	16	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
21	16	Right: On 40 yd In	13.0 steps in front of Home Hash (HS)
22	8	Right: 2.75 steps outside 40 yd In	12.75 steps in front of Home Hash (HS)
23	16	Right: 1.0 steps inside 40 yd In	7.5 steps in front of Home Hash (HS)
24	16	Right: 3.0 steps inside 30 yd In	On Home Hash (HS)
25	24	Right: 3.0 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 3.0 steps outside 40 yd In	14.0 steps behind Home side line
27	32	Right: 2.0 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
28	12	Right: 3.0 steps inside 35 yd In	8.0 steps behind Home side line
29	6	Right: 1.0 steps outside 45 yd In	8.0 steps behind Home side line
30	8	Right: 1.0 steps inside 45 yd In	13.0 steps in front of Home Hash (HS)
31	8	Right: 1.0 steps inside 45 yd In	13.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 1.0 steps inside 35 yd In	13.25 steps behind Home Hash (HS)
2	24	Left: 1.0 steps inside 35 yd In	13.25 steps behind Home Hash (HS)
3	12	Left: 1.0 steps inside 35 yd In	13.25 steps behind Home Hash (HS)
4	8	Left: 1.0 steps inside 35 yd In	13.25 steps behind Home Hash (HS)
5	8	Left: 2.0 steps inside 30 yd In	8.0 steps behind Home Hash (HS)
6	8	Left: 2.0 steps inside 25 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: On 25 yd In	On Home Hash (HS)
8	16	Left: 4.0 steps inside 25 yd In	6.0 steps in front of Home Hash (HS)
9	4	Left: 1.25 steps outside 30 yd In	10.75 steps in front of Home Hash (HS)
10	22	Left: On 35 yd In	10.0 steps in front of Home Hash (HS)
11	7	Left: 4.0 steps inside 30 yd In	2.0 steps behind Home Hash (HS)
12	14	Left: 2.0 steps inside 40 yd In	2.0 steps behind Home Hash (HS)
13	14	Left: 2.0 steps inside 45 yd In	5.25 steps behind Home Hash (HS)
14	7	Left: 2.75 steps inside 45 yd In	6.0 steps in front of Home Hash (HS)
15	21	Left: 2.75 steps inside 45 yd In	6.0 steps in front of Home Hash (HS)
16	4	Left: 2.5 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
17	16	Left: 2.5 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
18	12	Left: 4.0 steps inside 35 yd In	6.0 steps behind Home side line
19	8	Left: On 40 yd In	12.0 steps behind Home side line
20	16	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
21	16	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
22	8	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
23	16	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
24	16	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
25	24	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
26	12	Left: 4.0 steps inside 35 yd In	8.0 steps behind Home side line
27	32	Left: 2.0 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
28	12	Left: 1.0 steps inside 35 yd In	6.0 steps behind Home side line
29	6	Left: 3.0 steps outside 45 yd In	6.0 steps behind Home side line
30	8	Left: 1.0 steps inside 45 yd In	11.0 steps behind Home side line
31	8	Left: 1.0 steps inside 45 yd In	11.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 2.0 steps outside 50 yd In	14.0 steps in front of Visitor Hash (HS)
2	24	Right: 2.0 steps outside 50 yd In	13.75 steps behind Home Hash (HS)
3	12	Right: 2.0 steps outside 50 yd In	13.75 steps behind Home Hash (HS)
4	8	Right: 2.0 steps outside 50 yd In	13.75 steps behind Home Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	12.0 steps behind Home Hash (HS)
6	8	On 50 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 0.25 steps inside 40 yd In	9.75 steps behind Home Hash (HS)
8	16	Left: 2.25 steps inside 40 yd In	2.75 steps behind Home Hash (HS)
9	4	Left: 1.0 steps outside 45 yd In	7.0 steps in front of Home Hash (HS)
10	22	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Home Hash (HS)
11	7	Left: 2.0 steps outside 35 yd In	2.0 steps in front of Home Hash (HS)
12	14	Left: 4.0 steps outside 45 yd In	2.0 steps in front of Home Hash (HS)
13	14	Left: 3.5 steps inside 45 yd In	6.75 steps in front of Home Hash (HS)
14	7	Right: 1.25 steps inside 45 yd In	4.25 steps in front of Home Hash (HS)
15	21	Right: 1.25 steps inside 45 yd In	4.25 steps in front of Home Hash (HS)
16	4	Right: 2.5 steps inside 40 yd In	8.75 steps in front of Home Hash (HS)
17	16	Right: 2.5 steps inside 40 yd In	8.75 steps in front of Home Hash (HS)
18	12	Right: 2.25 steps outside 50 yd In	12.25 steps behind Home side line
19	8	Left: 2.0 steps outside 50 yd In	10.0 steps behind Home side line
20	16	Left: 2.0 steps outside 50 yd In	10.0 steps behind Home side line
21	16	Right: 0.5 steps inside 45 yd In	13.0 steps behind Home side line
22	8	Right: 3.0 steps outside 45 yd In	8.5 steps in front of Home Hash (HS)
23	16	Right: 2.5 steps inside 40 yd In	1.25 steps behind Home Hash (HS)
24	16	Right: 0.5 steps outside 35 yd In	On Home Hash (HS)
25	24	Right: 0.5 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 1.25 steps inside 40 yd In	6.5 steps in front of Home Hash (HS)
27	32	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
28	12	Right: 3.0 steps outside 40 yd In	6.0 steps in front of Home Hash (HS)
29	6	Right: 1.0 steps inside 45 yd In	6.0 steps in front of Home Hash (HS)
30	8	Right: 1.0 steps inside 45 yd In	9.0 steps in front of Home Hash (HS)
31	8	Right: 1.0 steps inside 45 yd In	9.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: On 45 yd In	5.0 steps in front of Home Hash (HS)
2	24	Right: 2.0 steps outside 45 yd In	4.0 steps in front of Home Hash (HS)
3	12	Right: 2.0 steps outside 45 yd In	4.0 steps in front of Home Hash (HS)
4	8	Right: 2.0 steps outside 45 yd In	4.0 steps in front of Home Hash (HS)
5	8	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
6	8	Right: 4.0 steps outside 45 yd In	On Home side line
7	16	Right: 3.25 steps outside 45 yd In	6.0 steps behind Home side line
8	16	Right: 0.75 steps inside 35 yd In	2.0 steps behind Home side line
9	4	Right: 3.0 steps inside 45 yd In	7.5 steps behind Home side line
10	22	On 50 yd In	On Home side line
11	7	Left: 2.0 steps outside 50 yd In	4.0 steps behind Home side line
12	14	Left: 2.0 steps outside 50 yd In	4.0 steps behind Home side line
13	14	Right: 0.75 steps inside 40 yd In	10.5 steps behind Home side line
14	7	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Home Hash (HS)
15	21	Right: 2.0 steps outside 35 yd In	10.0 steps in front of Home Hash (HS)
16	4	Right: 2.0 steps outside 35 yd In	10.0 steps in front of Home Hash (HS)
17	16	Right: 2.0 steps outside 35 yd In	10.0 steps in front of Home Hash (HS)
18	12	Right: 3.0 steps inside 25 yd In	8.25 steps in front of Home Hash (HS)
19	8	Right: 2.5 steps inside 30 yd In	10.5 steps in front of Home Hash (HS)
20	16	Right: 2.5 steps inside 30 yd In	10.5 steps in front of Home Hash (HS)
21	16	Right: 0.75 steps inside 30 yd In	2.0 steps behind Home side line
22	8	Right: 2.0 steps outside 35 yd In	On Home side line
23	16	Right: 0.75 steps outside 35 yd In	3.25 steps behind Home side line
24	16	Right: On 30 yd In	12.0 steps in front of Home Hash (HS)
25	24	Right: On 35 yd In	4.0 steps behind Home side line
26	12	Right: 2.0 steps inside 35 yd In	4.0 steps behind Home side line
27	32	Right: On 30 yd In	12.0 steps in front of Home Hash (HS)
28	12	Right: On 25 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 1.0 steps outside 30 yd In	10.0 steps behind Home side line
30	8	Right: 1.0 steps outside 30 yd In	10.0 steps behind Home side line
31	8	Right: 1.0 steps outside 30 yd In	10.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 3.0 steps inside 40 yd In	6.0 steps behind Home Hash (HS)
2	24	Right: 2.5 steps inside 40 yd In	2.75 steps behind Home Hash (HS)
3	12	Right: 2.5 steps inside 40 yd In	2.75 steps behind Home Hash (HS)
4	8	Right: 2.5 steps inside 40 yd In	2.75 steps behind Home Hash (HS)
5	8	Right: On 45 yd In	On Home Hash (HS)
6	8	Right: 4.0 steps outside 50 yd In	4.0 steps behind Home Hash (HS)
7	16	Left: 2.0 steps inside 45 yd In	12.25 steps behind Home Hash (HS)
8	16	Left: 2.0 steps inside 45 yd In	4.25 steps behind Home Hash (HS)
9	4	Left: 0.25 steps outside 50 yd In	10.0 steps in front of Home Hash (HS)
10	22	Right: 4.0 steps outside 50 yd In	12.0 steps behind Home side line
11	7	Right: 1.75 steps inside 40 yd In	10.25 steps behind Home side line
12	14	Right: On 35 yd In	8.0 steps behind Home side line
13	14	Right: 3.25 steps inside 30 yd In	7.5 steps behind Home side line
14	7	Right: 4.0 steps outside 40 yd In	4.0 steps behind Home side line
15	21	Right: 4.0 steps outside 40 yd In	4.0 steps behind Home side line
16	4	Right: 4.0 steps outside 40 yd In	4.0 steps behind Home side line
17	16	Right: 4.0 steps outside 40 yd In	4.0 steps behind Home side line
18	12	Right: 4.0 steps inside 40 yd In	4.5 steps behind Home side line
19	8	Right: 2.25 steps inside 45 yd In	10.25 steps behind Home side line
20	16	Right: 2.25 steps inside 45 yd In	10.25 steps behind Home side line
21	16	Right: 1.5 steps outside 40 yd In	9.25 steps behind Home side line
22	8	Right: 2.5 steps inside 45 yd In	12.5 steps in front of Home Hash (HS)
23	16	Left: 0.5 steps outside 45 yd In	9.5 steps in front of Home Hash (HS)
24	16	Left: 3.0 steps inside 40 yd In	On Home Hash (HS)
25	24	Left: 3.0 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 2.75 steps inside 40 yd In	6.5 steps behind Home side line
27	32	On 50 yd In	12.0 steps behind Home side line
28	12	Left: 1.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 3.25 steps inside 45 yd In	2.0 steps in front of Home Hash (HS)
30	8	Left: 3.0 steps outside 50 yd In	9.0 steps in front of Home Hash (HS)
31	8	Left: 3.0 steps outside 50 yd In	9.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 4.0 steps outside 50 yd In	4.0 steps behind Home side line
2	24	Right: 4.0 steps outside 50 yd In	4.0 steps behind Home side line
3	12	Right: 4.0 steps outside 50 yd In	4.0 steps behind Home side line
4	8	Right: 4.0 steps outside 50 yd In	4.0 steps behind Home side line
5	8	Right: 2.0 steps outside 50 yd In	12.0 steps behind Home side line
6	8	Right: 2.0 steps inside 45 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 0.75 steps inside 35 yd In	2.0 steps behind Home Hash (HS)
8	16	Right: 0.75 steps inside 35 yd In	6.0 steps in front of Home Hash (HS)
9	4	Right: 2.5 steps inside 30 yd In	10.75 steps behind Home side line
10	22	Right: 4.0 steps outside 30 yd In	12.0 steps behind Home side line
11	7	Right: 1.0 steps inside 35 yd In	9.0 steps in front of Home Hash (HS)
12	14	Right: On 45 yd In	4.0 steps in front of Home Hash (HS)
13	14	Right: 3.0 steps outside 40 yd In	0.75 steps in front of Home Hash (HS)
14	7	Right: 4.0 steps outside 35 yd In	12.0 steps behind Home side line
15	21	Right: 4.0 steps outside 35 yd In	12.0 steps behind Home side line
16	4	Right: 4.0 steps outside 35 yd In	12.0 steps behind Home side line
17	16	Right: 4.0 steps outside 35 yd In	12.0 steps behind Home side line
18	12	Right: 1.75 steps inside 30 yd In	7.75 steps behind Home side line
19	8	Right: 0.75 steps inside 35 yd In	3.25 steps behind Home side line
20	16	Right: 0.75 steps inside 35 yd In	3.25 steps behind Home side line
21	16	Right: 2.0 steps inside 25 yd In	5.0 steps behind Home side line
22	8	Right: 2.75 steps outside 35 yd In	9.0 steps behind Home side line
23	16	Right: 3.25 steps inside 40 yd In	12.0 steps behind Home side line
24	16	Right: 3.0 steps outside 45 yd In	On Home Hash (HS)
25	24	Right: 3.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 1.75 steps outside 45 yd In	7.25 steps behind Home side line
27	32	On 50 yd In	14.0 steps behind Home side line
28	12	Right: 1.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 0.25 steps inside 45 yd In	2.0 steps in front of Home Hash (HS)
30	8	Right: 3.0 steps inside 45 yd In	7.0 steps in front of Home Hash (HS)
31	8	Right: 3.0 steps inside 45 yd In	7.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 4.0 steps outside 35 yd In	4.0 steps in front of Home Hash (HS)
2	24	Right: 0.5 steps outside 35 yd In	4.25 steps in front of Home Hash (HS)
3	12	Right: 0.5 steps outside 35 yd In	4.25 steps in front of Home Hash (HS)
4	8	Right: 0.5 steps outside 35 yd In	4.25 steps in front of Home Hash (HS)
5	8	Right: 4.0 steps outside 40 yd In	6.75 steps in front of Home Hash (HS)
6	8	Right: On 35 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 1.0 steps inside 30 yd In	3.0 steps behind Home Hash (HS)
8	16	Right: 1.0 steps inside 30 yd In	5.0 steps in front of Home Hash (HS)
9	4	Right: 3.25 steps inside 25 yd In	13.0 steps behind Home side line
10	22	Right: On 30 yd In	8.0 steps in front of Home Hash (HS)
11	7	Right: On 40 yd In	8.0 steps in front of Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	14.0 steps behind Home side line
13	14	Right: 0.75 steps outside 45 yd In	13.5 steps in front of Home Hash (HS)
14	7	Left: 3.5 steps inside 45 yd In	12.75 steps behind Home side line
15	21	Left: 3.5 steps inside 45 yd In	12.75 steps behind Home side line
16	4	Left: 2.25 steps outside 50 yd In	7.75 steps in front of Home Hash (HS)
17	16	Left: 2.25 steps outside 50 yd In	7.75 steps in front of Home Hash (HS)
18	12	Right: On 50 yd In	4.25 steps in front of Home Hash (HS)
19	8	Left: 2.0 steps outside 50 yd In	10.0 steps in front of Home Hash (HS)
20	16	Left: 2.0 steps outside 50 yd In	10.0 steps in front of Home Hash (HS)
21	16	Right: On 45 yd In	4.5 steps in front of Home Hash (HS)
22	8	Right: 1.0 steps inside 35 yd In	4.25 steps behind Home Hash (HS)
23	16	Right: 3.0 steps outside 30 yd In	1.25 steps behind Home Hash (HS)
24	16	Right: 2.0 steps inside 25 yd In	On Home Hash (HS)
25	24	Right: 2.0 steps inside 30 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 3.25 steps inside 30 yd In	12.0 steps in front of Home Hash (HS)
27	32	Right: On 35 yd In	8.0 steps in front of Home Hash (HS)
28	12	Right: 1.0 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 1.0 steps outside 40 yd In	6.0 steps in front of Home Hash (HS)
30	8	Right: 3.0 steps inside 40 yd In	7.0 steps in front of Home Hash (HS)
31	8	Right: 3.0 steps inside 40 yd In	7.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts Left-Right	Visitor-Home
1	0 Right: 1.0 steps inside 40 yd In	1.0 steps behind Home Hash (HS)
2	24 Right: On 40 yd In	3.0 steps behind Home Hash (HS)
3	12 Right: On 40 yd In	3.0 steps behind Home Hash (HS)
4	8 Right: On 40 yd In	3.0 steps behind Home Hash (HS)
5	8 Right: 2.0 steps outside 45 yd In	On Home Hash (HS)
6	8 Right: 4.0 steps outside 50 yd In	On Home Hash (HS)
7	16 Right: 1.25 steps outside 50 yd In	9.25 steps behind Home Hash (HS)
8	16 Right: 1.0 steps outside 50 yd In	1.25 steps behind Home Hash (HS)
9	4 Right: 1.25 steps inside 45 yd In	13.25 steps in front of Home Hash (HS)
10	22 Right: On 40 yd In	8.0 steps in front of Home Hash (HS)
11	7 On 50 yd In	8.0 steps in front of Home Hash (HS)
12	14 Right: 4.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
13	14 Left: 4.0 steps inside 40 yd In	10.5 steps in front of Home Hash (HS)
14	7 Left: 0.25 steps inside 40 yd In	2.25 steps behind Home Hash (HS)
15	21 Left: 0.25 steps inside 40 yd In	2.25 steps behind Home Hash (HS)
16	4 Left: On 45 yd In	1.25 steps behind Home Hash (HS)
17	16 Left: On 45 yd In	1.25 steps behind Home Hash (HS)
18	12 Left: 2.5 steps inside 45 yd In	1.5 steps behind Home Hash (HS)
19	8 Left: On 45 yd In	On Home Hash (HS)
20	16 Left: On 45 yd In	On Home Hash (HS)
21	16 Left: On 45 yd In	7.75 steps behind Home Hash (HS)
22	8 Left: 1.25 steps inside 40 yd In	10.5 steps in front of Visitor Hash (HS)
23	16 Left: 3.0 steps inside 35 yd In	2.75 steps behind Home Hash (HS)
24	16 Left: 1.0 steps outside 35 yd In	On Home Hash (HS)
25	24 Left: 1.0 steps outside 30 yd In	12.0 steps in front of Home Hash (HS)
26	12 Left: 0.75 steps inside 30 yd In	12.0 steps in front of Home Hash (HS)
27	32 Left: On 35 yd In	2.0 steps in front of Home Hash (HS)
28	12 Left: 1.0 steps outside 30 yd In	12.0 steps in front of Home Hash (HS)
29	6 Left: 3.0 steps inside 35 yd In	14.0 steps behind Home side line
30	8 Left: 1.0 steps outside 40 yd In	7.0 steps in front of Home Hash (HS)
31	8 Left: 1.0 steps outside 40 yd In	7.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts Left-Right	Visitor-Home
1	0 Left: 4.0 steps inside 30 yd In	8.0 steps behind Home Hash (HS)
2	24 Left: 4.0 steps inside 30 yd In	8.0 steps behind Home Hash (HS)
3	12 Left: On 30 yd In	8.0 steps behind Home Hash (HS)
4	8 Left: On 30 yd In	8.0 steps behind Home Hash (HS)
5	8 Left: 4.0 steps inside 35 yd In	4.0 steps behind Home Hash (HS)
6	8 Left: 4.0 steps inside 30 yd In	4.0 steps behind Home Hash (HS)
7	16 Left: 1.5 steps outside 30 yd In	10.75 steps in front of Home Hash (HS)
8	16 Left: 2.5 steps inside 35 yd In	13.25 steps behind Home side line
9	4 Left: 1.0 steps inside 25 yd In	6.25 steps behind Home side line
10	22 Left: On 30 yd In	13.75 steps in front of Home Hash (HS)
11	7 Left: 2.0 steps inside 35 yd In	14.0 steps in front of Home Hash (HS)
12	14 Left: 4.0 steps inside 35 yd In	14.0 steps behind Home side line
13	14 Left: 3.5 steps outside 50 yd In	11.5 steps in front of Home Hash (HS)
14	7 Left: 3.5 steps outside 50 yd In	11.5 steps in front of Home Hash (HS)
15	21 Left: 3.5 steps outside 50 yd In	11.5 steps in front of Home Hash (HS)
16	4 Left: 2.25 steps inside 45 yd In	8.5 steps behind Home side line
17	16 Left: 0.75 steps inside 40 yd In	13.5 steps in front of Home Hash (HS)
18	12 Right: On 50 yd In	7.25 steps behind Home side line
19	8 Left: 2.0 steps outside 50 yd In	2.0 steps behind Home side line
20	16 Left: 2.0 steps outside 50 yd In	2.0 steps behind Home side line
21	16 Left: 2.0 steps outside 40 yd In	10.0 steps behind Home side line
22	8 Left: 0.25 steps inside 40 yd In	12.5 steps in front of Home Hash (HS)
23	16 Left: 1.25 steps inside 30 yd In	10.25 steps in front of Home Hash (HS)
24	16 Left: 4.0 steps inside 30 yd In	12.0 steps in front of Home Hash (HS)
25	24 Left: 4.0 steps inside 25 yd In	4.0 steps behind Home side line
26	12 Left: 2.0 steps inside 30 yd In	8.0 steps behind Home side line
27	32 Left: On 30 yd In	4.0 steps in front of Home Hash (HS)
28	12 Left: On 25 yd In	4.0 steps in front of Home Hash (HS)
29	6 Left: 3.75 steps outside 30 yd In	10.75 steps in front of Home Hash (HS)
30	8 Left: 3.75 steps outside 30 yd In	10.75 steps in front of Home Hash (HS)
31	8 Left: 3.75 steps outside 30 yd In	10.75 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts Left-Right	Visitor-Home
1	0 Left: 1.25 steps inside 40 yd In	11.0 steps behind Home Hash (HS)
2	24 Left: 1.25 steps inside 40 yd In	11.0 steps behind Home Hash (HS)
3	12 Left: 1.25 steps inside 40 yd In	11.0 steps behind Home Hash (HS)
4	8 Left: 1.25 steps inside 40 yd In	11.0 steps behind Home Hash (HS)
5	8 Left: 2.0 steps outside 45 yd In	8.0 steps behind Home Hash (HS)
6	8 Left: 2.0 steps outside 40 yd In	8.0 steps behind Home Hash (HS)
7	16 Left: 1.5 steps outside 35 yd In	5.25 steps behind Home Hash (HS)
8	16 Left: 2.5 steps inside 35 yd In	0.75 steps in front of Home Hash (HS)
9	4 Left: 2.25 steps outside 40 yd In	6.25 steps in front of Home Hash (HS)
10	22 Left: 4.0 steps inside 35 yd In	4.0 steps behind Home Hash (HS)
11	7 Left: 2.0 steps inside 40 yd In	2.0 steps in front of Home Hash (HS)
12	14 Right: On 50 yd In	2.0 steps in front of Home Hash (HS)
13	14 Right: 0.75 steps inside 45 yd In	3.25 steps in front of Home Hash (HS)
14	7 Right: 3.25 steps outside 50 yd In	7.25 steps behind Home Hash (HS)
15	21 Right: 3.25 steps outside 50 yd In	7.25 steps behind Home Hash (HS)
16	4 Right: 1.5 steps inside 45 yd In	13.5 steps in front of Visitor Hash (HS)
17	16 Right: 1.5 steps inside 45 yd In	13.5 steps in front of Visitor Hash (HS)
18	12 Left: 1.25 steps inside 45 yd In	13.5 steps in front of Visitor Hash (HS)
19	8 Left: 2.0 steps outside 45 yd In	6.0 steps behind Home Hash (HS)
20	16 Left: 2.0 steps outside 45 yd In	6.0 steps behind Home Hash (HS)
21	16 Left: 3.0 steps inside 35 yd In	10.5 steps behind Home Hash (HS)
22	8 Left: 1.75 steps inside 40 yd In	3.25 steps in front of Home Hash (HS)
23	16 Right: 1.5 steps outside 50 yd In	1.25 steps behind Home Hash (HS)
24	16 Left: 1.5 steps inside 40 yd In	On Home Hash (HS)
25	24 Left: 1.5 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
26	12 Left: 3.75 steps outside 40 yd In	11.0 steps behind Home side line
27	32 Left: 4.0 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
28	12 Left: 1.0 steps inside 35 yd In	2.0 steps in front of Home Hash (HS)
29	6 Left: 3.0 steps outside 45 yd In	2.0 steps in front of Home Hash (HS)
30	8 Left: 1.0 steps inside 45 yd In	5.0 steps in front of Home Hash (HS)
31	8 Left: 1.0 steps inside 45 yd In	5.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts Left-Right	Visitor-Home
1	0 Left: 2.0 steps outside 35 yd In	8.0 steps behind Home Hash (HS)
2	24 Left: 2.0 steps outside 35 yd In	8.0 steps behind Home Hash (HS)
3	12 Left: 2.0 steps outside 35 yd In	8.0 steps behind Home Hash (HS)
4	8 Left: 2.0 steps outside 35 yd In	8.0 steps behind Home Hash (HS)
5	8 Left: On 30 yd In	8.0 steps behind Home Hash (HS)
6	8 Left: On 25 yd In	8.0 steps behind Home Hash (HS)
7	16 Left: 2.0 steps inside 25 yd In	4.0 steps behind Home Hash (HS)
8	16 Left: 4.0 steps inside 25 yd In	3.0 steps in front of Home Hash (HS)
9	4 Left: 0.25 steps inside 30 yd In	10.0 steps in front of Home Hash (HS)
10	22 Left: On 35 yd In	8.0 steps in front of Home Hash (HS)
11	7 Left: 2.0 steps outside 35 yd In	2.0 steps behind Home Hash (HS)
12	14 Left: 4.0 steps inside 40 yd In	2.0 steps behind Home Hash (HS)
13	14 Left: 3.5 steps inside 45 yd In	6.75 steps behind Home Hash (HS)
14	7 Left: 1.25 steps inside 45 yd In	4.25 steps in front of Home Hash (HS)
15	21 Left: 1.25 steps inside 45 yd In	4.25 steps in front of Home Hash (HS)
16	4 Left: 2.5 steps inside 40 yd In	8.75 steps in front of Home Hash (HS)
17	16 Left: 2.5 steps inside 40 yd In	8.75 steps in front of Home Hash (HS)
18	12 Left: 1.0 steps inside 35 yd In	9.5 steps behind Home side line
19	8 Left: On 40 yd In	12.0 steps in front of Home Hash (HS)
20	16 Left: On 40 yd In	12.0 steps in front of Home Hash (HS)
21	16 Left: 3.0 steps inside 45 yd In	3.0 steps in front of Home Hash (HS)
22	8 Right: On 45 yd In	8.0 steps behind Home Hash (HS)
23	16 Right: 1.0 steps inside 35 yd In	12.0 steps in front of Visitor Hash (HS)
24	16 Right: 3.5 steps inside 40 yd In	On Home Hash (HS)
25	24 Right: 3.5 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
26	12 Left: 1.5 steps outside 50 yd In	On Home Hash (HS)
27	32 Left: 2.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
28	12 Left: 3.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
29	6 Left: 1.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
30	8 Left: 1.0 steps outside 50 yd In	13.0 steps behind Home side line
31	8 Left: 1.0 steps outside 50 yd In	13.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 2.0 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
2	24	Left: 0.5 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
3	12	Left: 0.5 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
4	8	Left: 0.5 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	8.0 steps behind Home Hash (HS)
6	8	Right: 4.0 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 2.25 steps inside 40 yd In	13.75 steps behind Home Hash (HS)
8	16	Left: 2.25 steps inside 40 yd In	5.75 steps behind Home Hash (HS)
9	4	Left: 0.5 steps inside 45 yd In	7.5 steps in front of Home Hash (HS)
10	22	Left: 4.0 steps inside 35 yd In	10.0 steps in front of Home Hash (HS)
11	7	Left: 4.0 steps inside 30 yd In	2.0 steps in front of Home Hash (HS)
12	14	Left: 2.0 steps inside 40 yd In	2.0 steps in front of Home Hash (HS)
13	14	Left: 2.0 steps inside 45 yd In	5.25 steps in front of Home Hash (HS)
14	7	Right: 2.75 steps inside 45 yd In	6.0 steps in front of Home Hash (HS)
15	21	Right: 2.75 steps inside 45 yd In	6.0 steps in front of Home Hash (HS)
16	4	Right: 2.5 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
17	16	Right: 2.5 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
18	12	Left: 2.25 steps outside 50 yd In	12.25 steps behind Home side line
19	8	Left: 4.0 steps inside 45 yd In	8.0 steps behind Home side line
20	16	Left: 4.0 steps inside 45 yd In	8.0 steps behind Home side line
21	16	Right: 3.25 steps inside 45 yd In	14.0 steps behind Home side line
22	8	Right: 1.0 steps outside 45 yd In	6.25 steps in front of Home Hash (HS)
23	16	Right: 1.75 steps inside 40 yd In	4.0 steps behind Home Hash (HS)
24	16	Right: 1.0 steps inside 35 yd In	On Home Hash (HS)
25	24	Right: 1.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 3.5 steps inside 40 yd In	4.25 steps in front of Home Hash (HS)
27	32	Right: 2.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
28	12	Right: 0.75 steps outside 40 yd In	12.25 steps behind Home side line
29	6	Right: 3.25 steps inside 45 yd In	12.25 steps behind Home side line
30	8	Right: 3.0 steps outside 50 yd In	11.0 steps behind Home side line
31	8	Right: 3.0 steps outside 50 yd In	11.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	On 50 yd In	11.0 steps in front of Home Hash (HS)
2	24	Right: 2.0 steps outside 50 yd In	10.0 steps in front of Home Hash (HS)
3	12	Right: 2.0 steps outside 50 yd In	10.0 steps in front of Home Hash (HS)
4	8	Right: 2.0 steps outside 50 yd In	10.0 steps in front of Home Hash (HS)
5	8	Right: On 45 yd In	12.0 steps in front of Home Hash (HS)
6	8	Right: 4.0 steps outside 45 yd In	4.0 steps behind Home side line
7	16	Right: 3.0 steps outside 40 yd In	7.0 steps behind Home side line
8	16	Right: 1.0 steps inside 30 yd In	3.0 steps behind Home side line
9	4	Right: 3.75 steps inside 40 yd In	4.75 steps behind Home side line
10	22	Right: On 45 yd In	On Home side line
11	7	Right: 4.0 steps outside 50 yd In	4.0 steps behind Home side line
12	14	Right: 4.0 steps outside 50 yd In	4.0 steps behind Home side line
13	14	Right: 3.75 steps outside 40 yd In	13.0 steps behind Home side line
14	7	Right: On 40 yd In	12.0 steps in front of Home Hash (HS)
15	21	Right: 2.0 steps inside 35 yd In	14.0 steps behind Home side line
16	4	Right: 2.0 steps inside 35 yd In	14.0 steps behind Home side line
17	16	Right: 2.0 steps inside 35 yd In	14.0 steps behind Home side line
18	12	Right: 3.75 steps outside 35 yd In	11.75 steps in front of Home Hash (HS)
19	8	Right: 0.5 steps outside 35 yd In	11.5 steps in front of Home Hash (HS)
20	16	Right: 0.5 steps outside 35 yd In	11.5 steps in front of Home Hash (HS)
21	16	Right: 1.25 steps outside 35 yd In	2.5 steps behind Home side line
22	8	Right: 4.0 steps outside 40 yd In	On Home side line
23	16	Right: 3.25 steps inside 40 yd In	1.25 steps behind Home side line
24	16	Right: 4.0 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
25	24	Right: 4.0 steps outside 45 yd In	4.0 steps behind Home side line
26	12	Right: 2.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
27	32	Right: On 45 yd In	On Home Hash (HS)
28	12	Right: 4.0 steps outside 40 yd In	4.0 steps behind Home Hash (HS)
29	6	Right: 2.25 steps outside 35 yd In	9.25 steps behind Home Hash (HS)
30	8	Right: 2.25 steps outside 35 yd In	9.25 steps behind Home Hash (HS)
31	8	Right: 2.25 steps outside 35 yd In	9.25 steps behind Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 1.0 steps outside 50 yd In	8.0 steps in front of Home Hash (HS)
2	24	Right: 0.75 steps outside 50 yd In	4.0 steps in front of Home Hash (HS)
3	12	Right: 0.75 steps outside 50 yd In	4.0 steps in front of Home Hash (HS)
4	8	Right: 0.75 steps outside 50 yd In	4.0 steps in front of Home Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	On Home Hash (HS)
6	8	Left: 4.0 steps inside 40 yd In	On Home Hash (HS)
7	16	Left: 1.25 steps inside 45 yd In	6.75 steps in front of Home Hash (HS)
8	16	Right: 1.25 steps outside 50 yd In	10.75 steps in front of Home Hash (HS)
9	4	Right: 1.25 steps outside 50 yd In	10.75 steps in front of Home Hash (HS)
10	22	Right: On 45 yd In	12.0 steps behind Home side line
11	7	Right: 0.75 steps inside 40 yd In	11.25 steps behind Home side line
12	14	Right: 2.0 steps inside 35 yd In	10.0 steps behind Home side line
13	14	Right: 2.75 steps inside 30 yd In	10.5 steps behind Home side line
14	7	Right: 2.0 steps outside 40 yd In	6.0 steps behind Home side line
15	21	Right: 2.0 steps outside 40 yd In	6.0 steps behind Home side line
16	4	Right: 2.0 steps outside 40 yd In	6.0 steps behind Home side line
17	16	Right: 2.0 steps outside 40 yd In	6.0 steps behind Home side line
18	12	Right: 2.0 steps outside 45 yd In	6.0 steps behind Home side line
19	8	Right: 4.0 steps outside 50 yd In	12.0 steps behind Home side line
20	16	Right: 4.0 steps outside 50 yd In	12.0 steps behind Home side line
21	16	Right: 0.5 steps outside 40 yd In	12.0 steps behind Home side line
22	8	Right: 4.0 steps outside 50 yd In	10.0 steps in front of Home Hash (HS)
23	16	Left: 2.0 steps outside 45 yd In	7.0 steps in front of Home Hash (HS)
24	16	Left: On 40 yd In	On Home Hash (HS)
25	24	Left: On 35 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 0.75 steps outside 40 yd In	6.75 steps behind Home side line
27	32	On 50 yd In	8.0 steps behind Home side line
28	12	Left: 3.0 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 1.5 steps outside 50 yd In	2.0 steps in front of Home Hash (HS)
30	8	Left: 1.0 steps outside 50 yd In	11.0 steps in front of Home Hash (HS)
31	8	Left: 1.0 steps outside 50 yd In	11.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 1.0 steps outside 35 yd In	4.0 steps behind Home Hash (HS)
2	24	Right: 1.25 steps inside 35 yd In	0.5 steps behind Home Hash (HS)
3	12	Right: 1.25 steps inside 35 yd In	0.5 steps behind Home Hash (HS)
4	8	Right: 1.25 steps inside 35 yd In	0.5 steps behind Home Hash (HS)
5	8	Right: On 40 yd In	3.5 steps in front of Home Hash (HS)
6	8	Right: On 40 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 1.0 steps inside 35 yd In	13.0 steps in front of Home Hash (HS)
8	16	Right: 1.0 steps inside 30 yd In	11.0 steps behind Home side line
9	4	Right: 1.0 steps inside 30 yd In	11.0 steps behind Home side line
10	22	Right: On 25 yd In	12.0 steps behind Home side line
11	7	Right: On 35 yd In	8.0 steps in front of Home Hash (HS)
12	14	Right: 2.0 steps inside 45 yd In	2.0 steps in front of Home Hash (HS)
13	14	Right: On 40 yd In	On Home Hash (HS)
14	7	Right: 2.0 steps outside 35 yd In	14.0 steps behind Home side line
15	21	Right: 2.0 steps outside 35 yd In	14.0 steps behind Home side line
16	4	Right: 2.0 steps outside 35 yd In	14.0 steps behind Home side line
17	16	Right: 2.0 steps outside 35 yd In	14.0 steps behind Home side line
18	12	Right: 3.5 steps inside 30 yd In	6.0 steps behind Home side line
19	8	Right: 3.25 steps inside 35 yd In	3.0 steps behind Home side line
20	16	Right: 3.25 steps inside 35 yd In	3.0 steps behind Home side line
21	16	Right: 3.5 steps outside 30 yd In	3.5 steps behind Home side line
22	8	Right: On 35 yd In	8.25 steps behind Home side line
23	16	Right: 2.0 steps outside 45 yd In	11.25 steps behind Home side line
24	16	Right: On 45 yd In	On Home Hash (HS)
25	24	On 50 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 1.5 steps inside 45 yd In	8.75 steps behind Home side line
27	32	On 50 yd In	10.0 steps in front of Home Hash (HS)
28	12	Right: 3.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 0.25 steps inside 45 yd In	6.0 steps behind Home side line
30	8	Right: 3.0 steps inside 45 yd In	9.0 steps behind Home side line
31	8	Right: 3.0 steps inside 45 yd In	9.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 3.0 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
2	24	Right: 3.0 steps outside 40 yd In	9.0 steps in front of Home Hash (HS)
3	12	Right: 3.0 steps outside 40 yd In	9.0 steps in front of Home Hash (HS)
4	8	Right: 3.0 steps outside 40 yd In	9.0 steps in front of Home Hash (HS)
5	8	Right: 2.0 steps outside 35 yd In	12.0 steps in front of Home Hash (HS)
6	8	Right: 2.0 steps outside 30 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 1.75 steps inside 30 yd In	10.5 steps in front of Home Hash (HS)
8	16	Right: 1.75 steps inside 25 yd In	13.5 steps behind Home side line
9	4	Right: 1.75 steps inside 25 yd In	13.5 steps behind Home side line
10	22	Right: On 30 yd In	4.0 steps in front of Home Hash (HS)
11	7	Right: On 40 yd In	On Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	On Home Hash (HS)
13	14	Left: 0.25 steps inside 40 yd In	2.25 steps behind Home Hash (HS)
14	7	Left: 0.75 steps outside 45 yd In	13.5 steps behind Home Hash (HS)
15	21	Left: 0.75 steps outside 45 yd In	13.5 steps behind Home Hash (HS)
16	4	Left: 3.5 steps inside 45 yd In	6.75 steps behind Home Hash (HS)
17	16	Left: 3.5 steps inside 45 yd In	6.75 steps behind Home Hash (HS)
18	12	Left: 1.5 steps inside 45 yd In	7.25 steps behind Home Hash (HS)
19	8	Left: 2.0 steps outside 50 yd In	6.0 steps behind Home Hash (HS)
20	16	Left: 2.0 steps outside 50 yd In	6.0 steps behind Home Hash (HS)
21	16	Left: 0.75 steps inside 45 yd In	12.25 steps in front of Visitor Hash (HS)
22	8	Left: 3.5 steps inside 35 yd In	11.25 steps behind Home Hash (HS)
23	16	Left: 1.25 steps inside 40 yd In	3.0 steps in front of Home Hash (HS)
24	16	Left: 0.5 steps outside 30 yd In	On Home Hash (HS)
25	24	Left: 0.5 steps outside 25 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: On 25 yd In	8.0 steps behind Home side line
27	32	Left: On 35 yd In	6.0 steps behind Home side line
28	12	Left: 3.0 steps outside 30 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 1.0 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
30	8	Left: 3.0 steps outside 40 yd In	5.0 steps in front of Home Hash (HS)
31	8	Left: 3.0 steps outside 40 yd In	5.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 1.0 steps outside 50 yd In	8.0 steps in front of Home Hash (HS)
2	24	Left: 1.25 steps outside 50 yd In	5.5 steps in front of Home Hash (HS)
3	12	Left: 1.25 steps outside 50 yd In	5.5 steps in front of Home Hash (HS)
4	8	Left: 1.25 steps outside 50 yd In	5.5 steps in front of Home Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	2.0 steps in front of Home Hash (HS)
6	8	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Home Hash (HS)
7	16	Right: 0.25 steps outside 50 yd In	10.0 steps in front of Home Hash (HS)
8	16	Right: 0.25 steps outside 45 yd In	14.0 steps in front of Home Hash (HS)
9	4	Right: 0.25 steps outside 45 yd In	14.0 steps in front of Home Hash (HS)
10	22	Right: On 40 yd In	4.0 steps in front of Home Hash (HS)
11	7	On 50 yd In	On Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	2.0 steps in front of Home Hash (HS)
13	14	Right: 0.25 steps inside 40 yd In	2.25 steps in front of Home Hash (HS)
14	7	Right: 0.75 steps outside 45 yd In	13.5 steps in front of Home Hash (HS)
15	21	Right: 0.75 steps outside 45 yd In	13.5 steps in front of Home Hash (HS)
16	4	Right: 3.75 steps inside 45 yd In	6.75 steps in front of Home Hash (HS)
17	16	Right: 3.75 steps inside 45 yd In	6.75 steps in front of Home Hash (HS)
18	12	Right: 2.25 steps inside 45 yd In	5.75 steps in front of Home Hash (HS)
19	8	Right: 4.0 steps outside 50 yd In	4.0 steps in front of Home Hash (HS)
20	16	Right: 4.0 steps outside 50 yd In	4.0 steps in front of Home Hash (HS)
21	16	Right: 3.75 steps outside 45 yd In	3.25 steps behind Home Hash (HS)
22	8	Right: 1.25 steps inside 30 yd In	0.5 steps behind Home Hash (HS)
23	16	Right: 3.75 steps outside 30 yd In	7.25 steps in front of Home Hash (HS)
24	16	Right: 1.0 steps inside 20 yd In	On Home Hash (HS)
25	24	Right: 1.0 steps inside 25 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: On 25 yd In	8.0 steps behind Home side line
27	32	Right: On 35 yd In	6.0 steps behind Home side line
28	12	Right: 1.0 steps outside 30 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 3.0 steps inside 35 yd In	10.0 steps in front of Home Hash (HS)
30	8	Right: 3.0 steps outside 40 yd In	5.0 steps in front of Home Hash (HS)
31	8	Right: 3.0 steps outside 40 yd In	5.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 3.0 steps outside 35 yd In	4.0 steps behind Home Hash (HS)
2	24	Left: 3.0 steps outside 35 yd In	4.0 steps behind Home Hash (HS)
3	12	Left: 1.5 steps inside 30 yd In	2.0 steps behind Home Hash (HS)
4	8	Left: 1.5 steps inside 30 yd In	2.0 steps behind Home Hash (HS)
5	8	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Home Hash (HS)
6	8	Left: 4.0 steps inside 30 yd In	4.0 steps in front of Home Hash (HS)
7	16	Left: 0.75 steps outside 25 yd In	13.0 steps in front of Home Hash (HS)
8	16	Left: 3.25 steps inside 30 yd In	11.0 steps behind Home side line
9	4	Left: 1.75 steps inside 20 yd In	8.0 steps behind Home side line
10	22	Left: 3.5 steps outside 30 yd In	7.5 steps in front of Home Hash (HS)
11	7	Left: 3.0 steps inside 30 yd In	12.0 steps in front of Home Hash (HS)
12	14	Left: 4.0 steps inside 35 yd In	10.0 steps in front of Home Hash (HS)
13	14	Left: 1.0 steps outside 45 yd In	7.75 steps in front of Home Hash (HS)
14	7	Left: 1.0 steps outside 45 yd In	7.75 steps in front of Home Hash (HS)
15	21	Left: 1.0 steps outside 45 yd In	7.75 steps in front of Home Hash (HS)
16	4	Left: 0.75 steps inside 40 yd In	13.5 steps in front of Home Hash (HS)
17	16	Left: 4.0 steps inside 35 yd In	3.0 steps in front of Home Hash (HS)
18	12	Left: 4.0 steps inside 35 yd In	6.0 steps behind Home Hash (HS)
19	8	Left: 2.0 steps outside 40 yd In	6.0 steps behind Home Hash (HS)
20	16	Left: 2.0 steps outside 40 yd In	6.0 steps behind Home Hash (HS)
21	16	Left: 2.0 steps outside 30 yd In	10.0 steps in front of Home Hash (HS)
22	8	Left: 0.5 steps outside 35 yd In	7.75 steps in front of Home Hash (HS)
23	16	Left: 2.0 steps outside 30 yd In	1.25 steps behind Home Hash (HS)
24	16	Left: On 25 yd In	12.0 steps in front of Home Hash (HS)
25	24	Left: On 20 yd In	4.0 steps behind Home side line
26	12	Left: 2.0 steps inside 25 yd In	4.0 steps behind Home side line
27	32	Left: On 30 yd In	8.0 steps behind Home side line
28	12	Left: On 25 yd In	8.0 steps behind Home side line
29	6	Left: 4.0 steps inside 30 yd In	4.0 steps behind Home side line
30	8	Left: 4.0 steps inside 30 yd In	4.0 steps behind Home side line
31	8	Left: 4.0 steps inside 30 yd In	4.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 1.25 steps outside 35 yd In	11.0 steps behind Home Hash (HS)
2	24	Left: 1.25 steps outside 35 yd In	11.0 steps behind Home Hash (HS)
3	12	Left: 1.25 steps outside 35 yd In	11.0 steps behind Home Hash (HS)
4	8	Left: 1.25 steps outside 35 yd In	11.0 steps behind Home Hash (HS)
5	8	Left: 2.0 steps outside 30 yd In	8.0 steps behind Home Hash (HS)
6	8	Left: 2.0 steps outside 25 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 4.0 steps inside 25 yd In	8.0 steps behind Home Hash (HS)
8	16	Left: 4.0 steps inside 25 yd In	On Home Hash (HS)
9	4	Left: 1.75 steps inside 30 yd In	9.5 steps in front of Home Hash (HS)
10	22	Left: On 35 yd In	6.0 steps in front of Home Hash (HS)
11	7	Left: On 35 yd In	2.0 steps behind Home Hash (HS)
12	14	Left: 2.0 steps outside 45 yd In	2.0 steps behind Home Hash (HS)
13	14	Left: 2.25 steps outside 50 yd In	7.75 steps behind Home Hash (HS)
14	7	Left: 0.25 steps inside 45 yd In	2.25 steps in front of Home Hash (HS)
15	21	Left: 0.25 steps inside 45 yd In	2.25 steps in front of Home Hash (HS)
16	4	Left: 0.75 steps inside 40 yd In	4.5 steps in front of Home Hash (HS)
17	16	Left: 0.75 steps inside 40 yd In	4.5 steps in front of Home Hash (HS)
18	12	Left: 3.75 steps outside 40 yd In	12.75 steps behind Home side line
19	8	Left: 2.0 steps outside 40 yd In	10.0 steps in front of Home Hash (HS)
20	16	Left: 2.0 steps outside 40 yd In	10.0 steps in front of Home Hash (HS)
21	16	Left: 0.25 steps inside 45 yd In	4.0 steps in front of Home Hash (HS)
22	8	Right: 2.0 steps inside 45 yd In	5.75 steps behind Home Hash (HS)
23	16	Right: 4.0 steps inside 35 yd In	12.75 steps in front of Visitor Hash (HS)
24	16	Right: 1.5 steps outside 45 yd In	On Home Hash (HS)
25	24	Right: 1.5 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 3.5 steps inside 45 yd In	0.5 steps in front of Home Hash (HS)
27	32	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
28	12	Left: 1.0 steps inside 40 yd In	10.0 steps in front of Home Hash (HS)
29	6	Left: 3.0 steps outside 50 yd In	10.0 steps in front of Home Hash (HS)
30	8	Left: 3.0 steps outside 50 yd In	13.0 steps in front of Home Hash (HS)
31	8	Left: 3.0 steps outside 50 yd In	13.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: On 45 yd ln	10.0 steps behind Home side line
2	24	Left: 3.0 steps outside 50 yd ln	13.0 steps behind Home side line
3	12	Left: 3.0 steps outside 50 yd ln	13.0 steps behind Home side line
4	8	Left: 3.0 steps outside 50 yd ln	13.0 steps behind Home side line
5	8	Right: 4.0 steps outside 50 yd ln	12.0 steps in front of Home Hash (HS)
6	8	Right: 4.0 steps outside 45 yd ln	12.0 steps behind Home side line
7	16	Right: 2.25 steps outside 35 yd ln	9.5 steps behind Home side line
8	16	Right: 1.75 steps inside 25 yd ln	5.5 steps behind Home side line
9	4	Right: 3.75 steps outside 40 yd ln	2.75 steps behind Home side line
10	22	Right: On 40 yd ln	On Home side line
11	7	Right: 2.0 steps outside 45 yd ln	4.0 steps behind Home side line
12	14	Right: 2.0 steps outside 45 yd ln	4.0 steps behind Home side line
13	14	Right: On 35 yd ln	12.0 steps in front of Home Hash (HS)
14	7	Right: 4.0 steps outside 45 yd ln	12.0 steps behind Home side line
15	21	Right: 2.0 steps outside 40 yd ln	10.0 steps behind Home side line
16	4	Right: 2.0 steps outside 40 yd ln	10.0 steps behind Home side line
17	16	Right: 2.0 steps outside 40 yd ln	10.0 steps behind Home side line
18	12	Right: 3.0 steps inside 35 yd ln	9.0 steps behind Home side line
19	8	Right: 1.5 steps outside 40 yd ln	9.0 steps behind Home side line
20	16	Right: 1.5 steps outside 40 yd ln	9.0 steps behind Home side line
21	16	Right: 0.75 steps outside 40 yd ln	10.5 steps behind Home side line
22	8	Right: On 45 yd ln	On Home side line
23	16	Left: 3.25 steps outside 45 yd ln	4.0 steps behind Home side line
24	16	Left: 4.0 steps inside 45 yd ln	12.0 steps in front of Home Hash (HS)
25	24	Left: 4.0 steps inside 40 yd ln	4.0 steps behind Home side line
26	12	Left: 2.0 steps outside 45 yd ln	12.0 steps in front of Home Hash (HS)
27	32	Left: On 40 yd ln	On Home Hash (HS)
28	12	Left: 4.0 steps inside 30 yd ln	4.0 steps behind Home Hash (HS)
29	6	Left: 3.25 steps outside 30 yd ln	3.0 steps in front of Home Hash (HS)
30	8	Left: 3.25 steps outside 30 yd ln	3.0 steps in front of Home Hash (HS)
31	8	Left: 3.25 steps outside 30 yd ln	3.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 3.0 steps inside 35 yd ln	12.0 steps in front of Home Hash (HS)
2	24	Right: 2.75 steps inside 35 yd ln	8.0 steps in front of Home Hash (HS)
3	12	Right: 2.75 steps inside 35 yd ln	8.0 steps in front of Home Hash (HS)
4	8	Right: 2.75 steps inside 35 yd ln	8.0 steps in front of Home Hash (HS)
5	8	Right: On 35 yd ln	10.25 steps in front of Home Hash (HS)
6	8	Right: On 30 yd ln	8.0 steps in front of Home Hash (HS)
7	16	Right: 0.25 steps outside 30 yd ln	6.5 steps in front of Home Hash (HS)
8	16	Right: 1.75 steps inside 25 yd ln	11.5 steps in front of Home Hash (HS)
9	4	Right: 0.25 steps inside 25 yd ln	14.0 steps in front of Home Hash (HS)
10	22	Right: On 30 yd ln	On Home Hash (HS)
11	7	Right: On 40 yd ln	8.0 steps behind Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd ln	12.0 steps behind Home Hash (HS)
13	14	Left: 0.75 steps outside 45 yd ln	13.5 steps behind Home Hash (HS)
14	7	Right: 3.5 steps inside 45 yd ln	12.75 steps in front of Visitor Hash (HS)
15	21	Right: 3.5 steps inside 45 yd ln	12.75 steps in front of Visitor Hash (HS)
16	4	Right: 2.25 steps outside 50 yd ln	7.75 steps behind Home Hash (HS)
17	16	Right: 2.25 steps outside 50 yd ln	7.75 steps behind Home Hash (HS)
18	12	Left: 3.25 steps inside 45 yd ln	13.0 steps behind Home Hash (HS)
19	8	Left: 4.0 steps inside 45 yd ln	8.0 steps behind Home Hash (HS)
20	16	Left: 4.0 steps inside 45 yd ln	8.0 steps behind Home Hash (HS)
21	16	Left: 0.75 steps inside 40 yd ln	10.75 steps in front of Visitor Hash (HS)
22	8	Left: 3.25 steps inside 35 yd ln	2.5 steps behind Home Hash (HS)
23	16	Left: 2.0 steps inside 45 yd ln	3.5 steps in front of Home Hash (HS)
24	16	Left: 0.5 steps inside 35 yd ln	On Home Hash (HS)
25	24	Left: 0.5 steps inside 30 yd ln	12.0 steps in front of Home Hash (HS)
26	12	Left: 3.25 steps inside 30 yd ln	12.0 steps in front of Home Hash (HS)
27	32	Left: On 35 yd ln	4.0 steps in front of Home Hash (HS)
28	12	Left: 3.0 steps inside 30 yd ln	12.0 steps in front of Home Hash (HS)
29	6	Left: 3.0 steps outside 40 yd ln	12.0 steps behind Home side line
30	8	Left: 1.0 steps inside 40 yd ln	9.0 steps in front of Home Hash (HS)
31	8	Left: 1.0 steps inside 40 yd ln	9.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 3.0 steps outside 50 yd ln	5.0 steps in front of Home Hash (HS)
2	24	Left: 3.25 steps outside 50 yd ln	7.0 steps in front of Home Hash (HS)
3	12	Left: 3.25 steps outside 50 yd ln	7.0 steps in front of Home Hash (HS)
4	8	Left: 3.25 steps outside 50 yd ln	7.0 steps in front of Home Hash (HS)
5	8	Left: 4.0 steps inside 45 yd ln	4.0 steps in front of Home Hash (HS)
6	8	Left: On 45 yd ln	4.0 steps in front of Home Hash (HS)
7	16	Right: 2.25 steps outside 50 yd ln	6.0 steps in front of Home Hash (HS)
8	16	Right: 0.25 steps outside 45 yd ln	11.0 steps in front of Home Hash (HS)
9	4	Right: 1.75 steps outside 45 yd ln	13.5 steps behind Home side line
10	22	Right: On 40 yd ln	On Home Hash (HS)
11	7	On 50 yd ln	8.0 steps behind Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd ln	14.0 steps in front of Visitor Hash (HS)
13	14	Right: 0.75 steps outside 45 yd ln	13.5 steps behind Home Hash (HS)
14	7	Right: 0.25 steps inside 40 yd ln	2.25 steps behind Home Hash (HS)
15	21	Right: 0.25 steps inside 40 yd ln	2.25 steps behind Home Hash (HS)
16	4	Right: On 45 yd ln	1.25 steps behind Home Hash (HS)
17	16	Right: On 45 yd ln	1.25 steps behind Home Hash (HS)
18	12	Right: 2.75 steps inside 40 yd ln	3.0 steps in front of Home Hash (HS)
19	8	Right: On 45 yd ln	4.0 steps in front of Home Hash (HS)
20	16	Right: On 45 yd ln	4.0 steps in front of Home Hash (HS)
21	16	Right: 3.5 steps inside 35 yd ln	2.25 steps in front of Home Hash (HS)
22	8	Right: 2.0 steps inside 30 yd ln	10.25 steps in front of Home Hash (HS)
23	16	Right: 1.75 steps outside 35 yd ln	12.0 steps in front of Home Hash (HS)
24	16	Right: 3.5 steps inside 25 yd ln	On Home Hash (HS)
25	24	Right: 3.5 steps inside 30 yd ln	12.0 steps in front of Home Hash (HS)
26	12	Right: 2.25 steps outside 35 yd ln	12.5 steps in front of Home Hash (HS)
27	32	Right: On 35 yd ln	12.0 steps in front of Home Hash (HS)
28	12	Right: 1.0 steps inside 40 yd ln	12.0 steps in front of Home Hash (HS)
29	6	Right: 3.0 steps inside 40 yd ln	2.0 steps in front of Home Hash (HS)
30	8	Right: 1.0 steps outside 45 yd ln	11.0 steps in front of Home Hash (HS)
31	8	Right: 1.0 steps outside 45 yd ln	11.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: On 35 yd ln	1.0 steps behind Home Hash (HS)
2	24	Left: On 35 yd ln	1.0 steps behind Home Hash (HS)
3	12	Left: 2.0 steps outside 35 yd ln	2.5 steps in front of Home Hash (HS)
4	8	Left: 2.0 steps outside 35 yd ln	2.5 steps in front of Home Hash (HS)
5	8	Left: 4.0 steps inside 35 yd ln	12.0 steps in front of Home Hash (HS)
6	8	Left: 4.0 steps inside 30 yd ln	12.0 steps in front of Home Hash (HS)
7	16	Left: On 20 yd ln	12.0 steps behind Home side line
8	16	Left: 4.0 steps inside 25 yd ln	8.0 steps behind Home side line
9	4	Left: 1.0 steps inside 20 yd ln	13.0 steps in front of Home Hash (HS)
10	22	Left: 3.5 steps outside 30 yd ln	0.25 steps in front of Home Hash (HS)
11	7	Left: 2.25 steps outside 30 yd ln	7.0 steps in front of Home Hash (HS)
12	14	Left: 4.0 steps inside 35 yd ln	6.0 steps in front of Home Hash (HS)
13	14	Left: 4.0 steps outside 45 yd ln	1.75 steps in front of Home Hash (HS)
14	7	Left: 4.0 steps outside 45 yd ln	1.75 steps in front of Home Hash (HS)
15	21	Left: 4.0 steps outside 45 yd ln	1.75 steps in front of Home Hash (HS)
16	4	Left: 4.0 steps inside 35 yd ln	3.0 steps in front of Home Hash (HS)
17	16	Left: 2.5 steps outside 40 yd ln	8.25 steps behind Home Hash (HS)
18	12	Left: 3.0 steps inside 40 yd ln	12.25 steps in front of Visitor Hash (HS)
19	8	Left: 2.0 steps outside 45 yd ln	14.0 steps in front of Visitor Hash (HS)
20	16	Left: 2.0 steps outside 45 yd ln	14.0 steps in front of Visitor Hash (HS)
21	16	Left: 2.0 steps outside 35 yd ln	2.0 steps in front of Home Hash (HS)
22	8	Left: 2.75 steps inside 30 yd ln	1.0 steps behind Home Hash (HS)
23	16	Left: 2.75 steps inside 30 yd ln	12.25 steps behind Home Hash (HS)
24	16	Left: On 25 yd ln	8.0 steps in front of Visitor Hash (HS)
25	24	Left: On 20 yd ln	8.0 steps behind Home Hash (HS)
26	12	Left: 2.0 steps outside 30 yd ln	4.0 steps in front of Home Hash (HS)
27	32	Left: 4.0 steps inside 35 yd ln	8.0 steps behind Home Hash (HS)
28	12	Left: 4.0 steps inside 35 yd ln	12.0 steps in front of Visitor Hash (HS)
29	6	Left: 3.25 steps outside 40 yd ln	12.5 steps behind Home Hash (HS)
30	8	Left: 3.25 steps outside 40 yd ln	12.5 steps behind Home Hash (HS)
31	8	Left: 3.25 steps outside 40 yd ln	12.5 steps behind Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 1.0 steps inside 35 yd In	2.75 steps behind Home Hash (HS)
2	24	Left: 1.0 steps inside 35 yd In	2.75 steps behind Home Hash (HS)
3	12	Left: 1.0 steps inside 35 yd In	2.75 steps behind Home Hash (HS)
4	8	Left: 1.0 steps inside 35 yd In	2.75 steps behind Home Hash (HS)
5	8	Left: On 35 yd In	8.0 steps behind Home Hash (HS)
6	8	Left: On 30 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 3.25 steps inside 25 yd In	5.0 steps in front of Home Hash (HS)
8	16	Left: 3.25 steps inside 30 yd In	9.0 steps in front of Home Hash (HS)
9	4	Left: 3.25 steps inside 30 yd In	9.0 steps in front of Home Hash (HS)
10	22	Left: On 35 yd In	4.0 steps in front of Home Hash (HS)
11	7	Left: 2.0 steps inside 35 yd In	2.0 steps behind Home Hash (HS)
12	14	Left: On 45 yd In	2.0 steps behind Home Hash (HS)
13	14	Left: On 50 yd In	8.0 steps behind Home Hash (HS)
14	7	Left: On 45 yd In	On Home Hash (HS)
15	21	Left: On 45 yd In	On Home Hash (HS)
16	4	Left: On 40 yd In	On Home Hash (HS)
17	16	Left: On 40 yd In	On Home Hash (HS)
18	12	Left: 0.75 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
19	8	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Home Hash (HS)
20	16	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Home Hash (HS)
21	16	Left: 2.75 steps outside 45 yd In	4.25 steps in front of Home Hash (HS)
22	8	Right: 3.75 steps outside 50 yd In	3.75 steps behind Home Hash (HS)
23	16	Right: 1.25 steps outside 40 yd In	13.75 steps in front of Visitor Hash (HS)
24	16	Right: 1.5 steps inside 45 yd In	On Home Hash (HS)
25	24	Left: 1.5 steps outside 50 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 0.75 steps inside 45 yd In	1.5 steps in front of Home Hash (HS)
27	32	Left: 2.0 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
28	12	Left: 1.25 steps inside 40 yd In	13.75 steps in front of Home Hash (HS)
29	6	Left: 2.75 steps outside 50 yd In	13.75 steps in front of Home Hash (HS)
30	8	Left: 1.0 steps outside 50 yd In	9.0 steps behind Home side line
31	8	Left: 1.0 steps outside 50 yd In	9.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: On 40 yd In	6.0 steps behind Home side line
2	24	Left: 2.0 steps outside 45 yd In	9.0 steps behind Home side line
3	12	Left: 2.0 steps outside 45 yd In	9.0 steps behind Home side line
4	8	Left: 2.0 steps outside 45 yd In	9.0 steps behind Home side line
5	8	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
6	8	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
7	16	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
8	16	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
9	4	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
10	22	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
11	7	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
12	14	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
13	14	On 50 yd In	8.0 steps behind Home side line
14	7	Right: 1.0 steps inside 40 yd In	9.0 steps behind Home side line
15	21	Right: 2.0 steps inside 35 yd In	6.0 steps behind Home side line
16	4	Right: 2.0 steps inside 35 yd In	6.0 steps behind Home side line
17	16	Right: 2.0 steps inside 35 yd In	6.0 steps behind Home side line
18	12	Right: On 35 yd In	13.0 steps behind Home side line
19	8	Right: 3.5 steps inside 35 yd In	13.25 steps behind Home side line
20	16	Right: 3.5 steps inside 35 yd In	13.25 steps behind Home side line
21	16	Right: 4.0 steps inside 35 yd In	5.5 steps behind Home side line
22	8	Right: 2.0 steps inside 40 yd In	On Home side line
23	16	Right: 0.75 steps outside 50 yd In	1.5 steps behind Home side line
24	16	Right: On 45 yd In	12.0 steps in front of Home Hash (HS)
25	24	On 50 yd In	4.0 steps behind Home side line
26	12	On 50 yd In	8.0 steps in front of Home Hash (HS)
27	32	Left: On 45 yd In	On Home Hash (HS)
28	12	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home Hash (HS)
29	6	Left: 2.25 steps outside 35 yd In	9.25 steps behind Home Hash (HS)
30	8	Left: 2.25 steps outside 35 yd In	9.25 steps behind Home Hash (HS)
31	8	Left: 2.25 steps outside 35 yd In	9.25 steps behind Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 2.0 steps inside 40 yd In	6.0 steps in front of Home Hash (HS)
2	24	Right: 0.5 steps outside 40 yd In	9.5 steps in front of Home Hash (HS)
3	12	Right: 0.5 steps outside 40 yd In	9.5 steps in front of Home Hash (HS)
4	8	Right: 0.5 steps outside 40 yd In	9.5 steps in front of Home Hash (HS)
5	8	Right: 2.0 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
6	8	Right: 2.0 steps inside 30 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 2.25 steps outside 30 yd In	2.5 steps in front of Home Hash (HS)
8	16	Right: 1.75 steps inside 25 yd In	8.5 steps in front of Home Hash (HS)
9	4	Right: 1.25 steps outside 25 yd In	13.25 steps in front of Home Hash (HS)
10	22	Right: 4.0 steps outside 30 yd In	8.0 steps in front of Home Hash (HS)
11	7	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	10.0 steps in front of Home Hash (HS)
13	14	Right: 4.0 steps inside 40 yd In	10.5 steps in front of Home Hash (HS)
14	7	Right: On 50 yd In	12.0 steps behind Home side line
15	21	Right: On 50 yd In	12.0 steps behind Home side line
16	4	Right: On 50 yd In	8.0 steps in front of Home Hash (HS)
17	16	Right: On 50 yd In	8.0 steps in front of Home Hash (HS)
18	12	Right: 2.0 steps outside 50 yd In	5.0 steps in front of Home Hash (HS)
19	8	On 50 yd In	8.0 steps in front of Home Hash (HS)
20	16	On 50 yd In	8.0 steps in front of Home Hash (HS)
21	16	Right: 0.5 steps outside 45 yd In	1.5 steps in front of Home Hash (HS)
22	8	Right: 2.0 steps outside 35 yd In	3.75 steps behind Home Hash (HS)
23	16	Right: 4.0 steps inside 25 yd In	1.5 steps in front of Home Hash (HS)
24	16	Right: 1.0 steps outside 25 yd In	On Home Hash (HS)
25	24	Right: 1.0 steps outside 30 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 1.75 steps outside 30 yd In	12.5 steps in front of Home Hash (HS)
27	32	Right: On 35 yd In	6.0 steps in front of Home Hash (HS)
28	12	Right: 3.0 steps outside 35 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 3.0 steps outside 40 yd In	12.0 steps behind Home side line
30	8	Right: 1.0 steps inside 40 yd In	9.0 steps in front of Home Hash (HS)
31	8	Right: 1.0 steps inside 40 yd In	9.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 3.0 steps inside 45 yd In	5.0 steps in front of Home Hash (HS)
2	24	Left: 3.0 steps inside 45 yd In	8.75 steps in front of Home Hash (HS)
3	12	Left: 3.0 steps inside 45 yd In	8.75 steps in front of Home Hash (HS)
4	8	Left: 3.0 steps inside 45 yd In	8.75 steps in front of Home Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	6.0 steps in front of Home Hash (HS)
6	8	Left: 4.0 steps inside 45 yd In	4.0 steps in front of Home Hash (HS)
7	16	Right: 3.75 steps inside 45 yd In	2.0 steps in front of Home Hash (HS)
8	16	Right: 0.25 steps outside 45 yd In	8.0 steps in front of Home Hash (HS)
9	4	Right: 3.25 steps outside 45 yd In	13.0 steps behind Home side line
10	22	Right: 4.0 steps outside 40 yd In	On Home Hash (HS)
11	7	Right: 4.0 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	10.0 steps in front of Visitor Hash (HS)
13	14	Right: 3.5 steps inside 45 yd In	12.75 steps in front of Visitor Hash (HS)
14	7	Right: 1.5 steps inside 40 yd In	6.75 steps behind Home Hash (HS)
15	21	Right: 1.5 steps inside 40 yd In	6.75 steps behind Home Hash (HS)
16	4	Right: 0.75 steps inside 45 yd In	3.5 steps behind Home Hash (HS)
17	16	Right: 0.75 steps inside 45 yd In	3.5 steps behind Home Hash (HS)
18	12	Right: 1.25 steps inside 40 yd In	1.5 steps in front of Home Hash (HS)
19	8	Right: On 45 yd In	6.0 steps in front of Home Hash (HS)
20	16	Right: On 45 yd In	6.0 steps in front of Home Hash (HS)
21	16	Right: 3.75 steps inside 35 yd In	5.25 steps in front of Home Hash (HS)
22	8	Right: 3.5 steps outside 35 yd In	11.75 steps in front of Home Hash (HS)
23	16	Right: 1.25 steps inside 35 yd In	11.5 steps in front of Home Hash (HS)
24	16	Right: 1.5 steps outside 30 yd In	On Home Hash (HS)
25	24	Right: 1.5 steps outside 35 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 1.75 steps inside 35 yd In	12.5 steps behind Home side line
27	32	Right: On 35 yd In	8.0 steps behind Home side line
28	12	Right: 3.0 steps inside 30 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 3.0 steps outside 40 yd In	8.0 steps in front of Home Hash (HS)
30	8	Right: 1.0 steps inside 40 yd In	5.0 steps in front of Home Hash (HS)
31	8	Right: 1.0 steps inside 40 yd In	5.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 4.0 steps inside 40 yd In	8.0 steps behind Home Hash (HS)
2	24	Left: 4.0 steps inside 40 yd In	8.0 steps behind Home Hash (HS)
3	12	Left: On 45 yd In	8.0 steps behind Home Hash (HS)
4	8	Left: On 45 yd In	8.0 steps behind Home Hash (HS)
5	8	Left: 4.0 steps inside 35 yd In	12.0 steps behind Home Hash (HS)
6	8	Left: 4.0 steps inside 40 yd In	12.0 steps behind Home Hash (HS)
7	16	Left: On 30 yd In	12.0 steps in front of Visitor Hash (HS)
8	16	Left: 4.0 steps inside 25 yd In	8.0 steps behind Home Hash (HS)
9	4	Left: 4.0 steps inside 20 yd In	6.0 steps in front of Home Hash (HS)
10	22	Left: 0.25 steps inside 30 yd In	6.0 steps behind Home Hash (HS)
11	7	Left: 4.0 steps inside 25 yd In	On Home Hash (HS)
12	14	Left: 4.0 steps inside 35 yd In	6.0 steps behind Home Hash (HS)
13	14	Left: 3.0 steps outside 45 yd In	5.0 steps behind Home Hash (HS)
14	7	Left: 3.0 steps outside 45 yd In	5.0 steps behind Home Hash (HS)
15	21	Left: 3.0 steps outside 45 yd In	5.0 steps behind Home Hash (HS)
16	4	Left: 2.5 steps outside 40 yd In	8.25 steps behind Home Hash (HS)
17	16	Left: 3.0 steps outside 45 yd In	11.25 steps in front of Visitor Hash (HS)
18	12	Left: 1.75 steps outside 50 yd In	7.75 steps in front of Visitor Hash (HS)
19	8	Left: 2.0 steps outside 50 yd In	6.0 steps in front of Visitor Hash (HS)
20	16	Left: 2.0 steps outside 50 yd In	6.0 steps in front of Visitor Hash (HS)
21	16	Right: 2.0 steps outside 50 yd In	1.25 steps behind Visitor Hash (HS)
22	8	Right: 2.25 steps inside 45 yd In	10.5 steps in front of Visitor Hash (HS)
23	16	Left: 0.75 steps outside 45 yd In	3.25 steps in front of Visitor Hash (HS)
24	16	Left: On 40 yd In	8.0 steps in front of Visitor Hash (HS)
25	24	Left: On 35 yd In	8.0 steps behind Home Hash (HS)
26	12	Left: 3.25 steps inside 35 yd In	13.5 steps behind Home Hash (HS)
27	32	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Visitor Hash (HS)
28	12	Left: 4.0 steps inside 45 yd In	6.0 steps in front of Visitor Hash (HS)
29	6	Left: 4.0 steps outside 50 yd In	12.25 steps in front of Visitor Hash (HS)
30	8	Left: 4.0 steps outside 50 yd In	12.25 steps in front of Visitor Hash (HS)
31	8	Left: 4.0 steps outside 50 yd In	12.25 steps in front of Visitor Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 4.0 steps inside 35 yd In	11.0 steps behind Home Hash (HS)
2	24	Left: 4.0 steps inside 35 yd In	11.0 steps behind Home Hash (HS)
3	12	Left: 4.0 steps inside 35 yd In	11.0 steps behind Home Hash (HS)
4	8	Left: 4.0 steps inside 35 yd In	11.0 steps behind Home Hash (HS)
5	8	Left: 2.0 steps inside 35 yd In	8.0 steps behind Home Hash (HS)
6	8	Left: 2.0 steps inside 30 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 2.75 steps outside 30 yd In	1.0 steps in front of Home Hash (HS)
8	16	Left: 3.25 steps inside 30 yd In	6.0 steps in front of Home Hash (HS)
9	4	Left: 3.5 steps outside 35 yd In	8.5 steps in front of Home Hash (HS)
10	22	Left: On 35 yd In	2.0 steps in front of Home Hash (HS)
11	7	Left: 4.0 steps inside 35 yd In	2.0 steps behind Home Hash (HS)
12	14	Left: 2.0 steps inside 45 yd In	2.0 steps behind Home Hash (HS)
13	14	Right: 2.25 steps outside 50 yd In	7.75 steps behind Home Hash (HS)
14	7	Left: 0.25 steps inside 45 yd In	2.25 steps behind Home Hash (HS)
15	21	Left: 0.25 steps inside 45 yd In	2.25 steps behind Home Hash (HS)
16	4	Left: 0.75 steps inside 40 yd In	4.5 steps behind Home Hash (HS)
17	16	Left: 0.75 steps inside 40 yd In	4.5 steps behind Home Hash (HS)
18	12	Left: 2.5 steps inside 40 yd In	8.75 steps in front of Home Hash (HS)
19	8	Left: 2.0 steps inside 35 yd In	6.0 steps in front of Home Hash (HS)
20	16	Left: 2.0 steps inside 35 yd In	6.0 steps in front of Home Hash (HS)
21	16	Left: 2.25 steps inside 40 yd In	3.5 steps in front of Home Hash (HS)
22	8	Right: 1.75 steps outside 50 yd In	1.5 steps behind Home Hash (HS)
23	16	Right: 1.5 steps inside 40 yd In	13.25 steps behind Home Hash (HS)
24	16	Right: 3.5 steps outside 50 yd In	On Home Hash (HS)
25	24	Left: 3.5 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 2.0 steps outside 45 yd In	2.75 steps in front of Home Hash (HS)
27	32	Left: On 45 yd In	12.0 steps in front of Home Hash (HS)
28	12	Left: 1.0 steps outside 40 yd In	8.0 steps in front of Home Hash (HS)
29	6	Left: 3.0 steps inside 45 yd In	8.0 steps in front of Home Hash (HS)
30	8	Left: 3.0 steps inside 45 yd In	11.0 steps in front of Home Hash (HS)
31	8	Left: 3.0 steps inside 45 yd In	11.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: On 35 yd In	4.0 steps in front of Home Hash (HS)
2	24	Right: 0.75 steps inside 35 yd In	6.5 steps in front of Home Hash (HS)
3	12	Right: 0.75 steps inside 35 yd In	6.5 steps in front of Home Hash (HS)
4	8	Right: 0.75 steps inside 35 yd In	6.5 steps in front of Home Hash (HS)
5	8	Right: 2.0 steps inside 35 yd In	8.5 steps in front of Home Hash (HS)
6	8	Right: 4.0 steps outside 35 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 3.75 steps inside 25 yd In	1.5 steps behind Home Hash (HS)
8	16	Right: 1.75 steps inside 25 yd In	5.5 steps in front of Home Hash (HS)
9	4	Right: 2.5 steps outside 25 yd In	12.75 steps in front of Home Hash (HS)
10	22	Right: 4.0 steps outside 30 yd In	4.0 steps in front of Home Hash (HS)
11	7	Right: 4.0 steps outside 40 yd In	On Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	4.0 steps in front of Home Hash (HS)
13	14	Left: 0.25 steps inside 40 yd In	2.25 steps in front of Home Hash (HS)
14	7	Left: 4.0 steps inside 40 yd In	10.5 steps behind Home Hash (HS)
15	21	Left: 4.0 steps inside 40 yd In	10.5 steps behind Home Hash (HS)
16	4	Left: 2.0 steps inside 45 yd In	5.25 steps behind Home Hash (HS)
17	16	Left: 2.0 steps inside 45 yd In	5.25 steps behind Home Hash (HS)
18	12	Left: 1.5 steps inside 45 yd In	5.25 steps behind Home Hash (HS)
19	8	Left: 4.0 steps inside 45 yd In	4.0 steps behind Home Hash (HS)
20	16	Left: 4.0 steps inside 45 yd In	4.0 steps behind Home Hash (HS)
21	16	Left: 2.25 steps inside 45 yd In	13.0 steps behind Home Hash (HS)
22	8	Left: 3.0 steps outside 40 yd In	13.75 steps behind Home Hash (HS)
23	16	Left: 1.25 steps outside 40 yd In	1.75 steps in front of Home Hash (HS)
24	16	Left: 1.0 steps inside 30 yd In	On Home Hash (HS)
25	24	Left: 1.0 steps inside 25 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 0.75 steps inside 25 yd In	10.5 steps behind Home side line
27	32	Left: On 35 yd In	10.0 steps behind Home side line
28	12	Left: 3.0 steps outside 35 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 3.0 steps outside 40 yd In	8.0 steps in front of Home Hash (HS)
30	8	Left: 3.0 steps inside 40 yd In	7.0 steps in front of Home Hash (HS)
31	8	Left: 3.0 steps inside 40 yd In	7.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 1.0 steps inside 45 yd In	13.0 steps behind Home side line
2	24	Left: 1.25 steps inside 45 yd In	10.5 steps in front of Home Hash (HS)
3	12	Left: 1.25 steps inside 45 yd In	10.5 steps in front of Home Hash (HS)
4	8	Left: 1.25 steps inside 45 yd In	10.5 steps in front of Home Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Home Hash (HS)
6	8	On 50 yd In	4.0 steps in front of Home Hash (HS)
7	16	Right: 1.75 steps inside 45 yd In	2.0 steps behind Home Hash (HS)
8	16	Right: 0.25 steps outside 45 yd In	4.75 steps in front of Home Hash (HS)
9	4	Right: 3.5 steps inside 40 yd In	12.5 steps behind Home side line
10	22	Right: 4.0 steps outside 40 yd In	4.0 steps in front of Home Hash (HS)
11	7	Right: 4.0 steps outside 50 yd In	On Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	2.0 steps behind Home Hash (HS)
13	14	Right: 0.25 steps inside 40 yd In	2.25 steps behind Home Hash (HS)
14	7	Right: 4.0 steps inside 40 yd In	10.5 steps in front of Home Hash (HS)
15	21	Right: 4.0 steps inside 40 yd In	10.5 steps in front of Home Hash (HS)
16	4	Right: 2.0 steps inside 45 yd In	5.25 steps in front of Home Hash (HS)
17	16	Right: 2.0 steps inside 45 yd In	5.25 steps in front of Home Hash (HS)
18	12	Right: 0.25 steps inside 45 yd In	5.5 steps in front of Home Hash (HS)
19	8	Right: 2.0 steps inside 45 yd In	2.0 steps in front of Home Hash (HS)
20	16	Right: 2.0 steps inside 45 yd In	2.0 steps in front of Home Hash (HS)
21	16	Right: 1.25 steps inside 40 yd In	3.5 steps behind Home Hash (HS)
22	8	Right: 0.25 steps outside 30 yd In	2.0 steps in front of Home Hash (HS)
23	16	Right: 2.25 steps outside 30 yd In	10.0 steps in front of Home Hash (HS)
24	16	Right: 2.5 steps inside 20 yd In	On Home Hash (HS)
25	24	Right: 2.5 steps inside 25 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 0.75 steps inside 25 yd In	10.5 steps behind Home side line
27	32	Right: On 35 yd In	10.0 steps behind Home side line
28	12	Right: 1.0 steps outside 35 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 1.0 steps outside 40 yd In	10.0 steps behind Home side line
30	8	Right: 3.0 steps inside 40 yd In	11.0 steps in front of Home Hash (HS)
31	8	Right: 3.0 steps inside 40 yd In	11.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 3.0 steps inside 40 yd In	12.0 steps behind Home Hash (HS)
2	24	Left: 3.0 steps inside 40 yd In	12.0 steps behind Home Hash (HS)
3	12	Left: 1.5 steps outside 45 yd In	14.0 steps in front of Visitor Hash (HS)
4	8	Left: 1.5 steps outside 45 yd In	14.0 steps in front of Visitor Hash (HS)
5	8	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Visitor Hash (HS)
6	8	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Visitor Hash (HS)
7	16	Left: 0.75 steps outside 35 yd In	9.0 steps in front of Visitor Hash (HS)
8	16	Left: 3.25 steps inside 30 yd In	11.0 steps behind Home Hash (HS)
9	4	Left: 2.75 steps inside 25 yd In	2.0 steps in front of Home Hash (HS)
10	22	Left: 1.5 steps outside 35 yd In	9.5 steps behind Home Hash (HS)
11	7	Left: 2.25 steps outside 30 yd In	7.0 steps behind Home Hash (HS)
12	14	Left: 4.0 steps inside 35 yd In	10.0 steps behind Home Hash (HS)
13	14	Left: 1.5 steps inside 45 yd In	10.0 steps behind Home Hash (HS)
14	7	Left: 1.5 steps inside 45 yd In	10.0 steps behind Home Hash (HS)
15	21	Left: 1.5 steps inside 45 yd In	10.0 steps behind Home Hash (HS)
16	4	Left: 3.0 steps outside 45 yd In	11.25 steps in front of Visitor Hash (HS)
17	16	Left: On 50 yd In	8.0 steps in front of Visitor Hash (HS)
18	12	Right: 2.0 steps outside 45 yd In	10.0 steps in front of Visitor Hash (HS)
19	8	Right: 2.0 steps inside 40 yd In	6.0 steps in front of Visitor Hash (HS)
20	16	Right: 2.0 steps inside 40 yd In	6.0 steps in front of Visitor Hash (HS)
21	16	Right: 2.0 steps outside 45 yd In	2.0 steps in front of Visitor Hash (HS)
22	8	Right: 0.5 steps inside 40 yd In	5.75 steps in front of Visitor Hash (HS)
23	16	Right: 3.25 steps outside 50 yd In	1.25 steps in front of Visitor Hash (HS)
24	16	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Visitor Hash (HS)
25	24	Left: 4.0 steps inside 40 yd In	8.0 steps behind Home Hash (HS)
26	12	Left: 3.0 steps outside 45 yd In	9.75 steps in front of Visitor Hash (HS)
27	32	Left: 4.0 steps inside 45 yd In	12.0 steps in front of Visitor Hash (HS)
28	12	Right: 4.0 steps outside 50 yd In	6.0 steps in front of Visitor Hash (HS)
29	6	Right: 4.0 steps outside 50 yd In	12.25 steps in front of Visitor Hash (HS)
30	8	Right: 4.0 steps outside 50 yd In	12.25 steps in front of Visitor Hash (HS)
31	8	Right: 4.0 steps outside 50 yd In	12.25 steps in front of Visitor Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 4.0 steps inside 35 yd In	8.0 steps behind Home Hash (HS)
2	24	Left: 4.0 steps inside 35 yd In	8.0 steps behind Home Hash (HS)
3	12	Left: 4.0 steps inside 35 yd In	8.0 steps behind Home Hash (HS)
4	8	Left: 4.0 steps inside 35 yd In	8.0 steps behind Home Hash (HS)
5	8	Left: 4.0 steps inside 35 yd In	8.0 steps behind Home Hash (HS)
6	8	Left: 4.0 steps inside 30 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 0.75 steps outside 30 yd In	3.0 steps behind Home Hash (HS)
8	16	Left: 3.25 steps inside 30 yd In	3.0 steps in front of Home Hash (HS)
9	4	Left: 2.0 steps outside 35 yd In	7.75 steps in front of Home Hash (HS)
10	22	Left: On 35 yd In	On Home Hash (HS)
11	7	Left: 2.0 steps outside 40 yd In	2.0 steps behind Home Hash (HS)
12	14	Left: 4.0 steps inside 45 yd In	2.0 steps behind Home Hash (HS)
13	14	Right: 3.75 steps inside 45 yd In	6.75 steps behind Home Hash (HS)
14	7	Left: 1.25 steps inside 45 yd In	4.5 steps behind Home Hash (HS)
15	21	Left: 1.25 steps inside 45 yd In	4.5 steps behind Home Hash (HS)
16	4	Left: 2.5 steps inside 40 yd In	8.75 steps behind Home Hash (HS)
17	16	Left: 2.5 steps inside 40 yd In	8.75 steps behind Home Hash (HS)
18	12	Left: 0.75 steps inside 40 yd In	4.5 steps in front of Home Hash (HS)
19	8	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Home Hash (HS)
20	16	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Home Hash (HS)
21	16	Left: 0.5 steps outside 40 yd In	2.25 steps in front of Home Hash (HS)
22	8	Left: 0.5 steps outside 50 yd In	0.5 steps in front of Home Hash (HS)
23	16	Right: 4.0 steps outside 45 yd In	11.75 steps behind Home Hash (HS)
24	16	Right: 0.5 steps outside 50 yd In	On Home Hash (HS)
25	24	Left: 0.5 steps inside 45 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 3.5 steps outside 40 yd In	4.25 steps in front of Home Hash (HS)
27	32	Left: 2.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
28	12	Left: 0.75 steps outside 40 yd In	12.25 steps behind Home side line
29	6	Left: 3.25 steps inside 45 yd In	12.25 steps behind Home side line
30	8	Left: 3.0 steps outside 50 yd In	11.0 steps behind Home side line
31	8	Left: 3.0 steps outside 50 yd In	11.0 steps behind Home side line

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Right: 4.0 steps outside 45 yd In	6.0 steps in front of Home Hash (HS)
2	24	Right: 2.25 steps inside 40 yd In	9.75 steps in front of Home Hash (HS)
3	12	Right: 2.25 steps inside 40 yd In	9.75 steps in front of Home Hash (HS)
4	8	Right: 2.25 steps inside 40 yd In	9.75 steps in front of Home Hash (HS)
5	8	Right: 2.0 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
6	8	Right: 2.0 steps outside 35 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 1.75 steps inside 25 yd In	5.5 steps behind Home Hash (HS)
8	16	Right: 1.75 steps inside 25 yd In	2.5 steps in front of Home Hash (HS)
9	4	Right: 4.0 steps outside 25 yd In	12.0 steps in front of Home Hash (HS)
10	22	Right: 4.0 steps outside 30 yd In	On Home Hash (HS)
11	7	Right: 4.0 steps outside 40 yd In	8.0 steps behind Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
13	14	Left: 4.0 steps inside 40 yd In	10.5 steps behind Home Hash (HS)
14	7	Left: On 50 yd In	12.0 steps in front of Visitor Hash (HS)
15	21	Left: On 50 yd In	12.0 steps in front of Visitor Hash (HS)
16	4	Left: On 50 yd In	8.0 steps behind Home Hash (HS)
17	16	Left: On 50 yd In	8.0 steps behind Home Hash (HS)
18	12	Left: 2.5 steps inside 45 yd In	11.25 steps behind Home Hash (HS)
19	8	Left: 2.0 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
20	16	Left: 2.0 steps outside 50 yd In	8.0 steps behind Home Hash (HS)
21	16	Left: 3.5 steps inside 40 yd In	9.75 steps in front of Visitor Hash (HS)
22	8	Left: 2.5 steps inside 35 yd In	5.5 steps behind Home Hash (HS)
23	16	Left: 1.0 steps outside 45 yd In	4.0 steps in front of Home Hash (HS)
24	16	Left: 2.5 steps outside 35 yd In	On Home Hash (HS)
25	24	Left: 2.5 steps outside 30 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 1.75 steps outside 30 yd In	12.75 steps in front of Home Hash (HS)
27	32	Left: On 35 yd In	6.0 steps in front of Home Hash (HS)
28	12	Left: 1.0 steps outside 35 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 1.0 steps outside 40 yd In	10.0 steps behind Home side line
30	8	Left: 3.0 steps inside 40 yd In	11.0 steps in front of Home Hash (HS)
31	8	Left: 3.0 steps inside 40 yd In	11.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 1.0 steps outside 45 yd In	13.0 steps behind Home side line
2	24	Left: 0.75 steps outside 45 yd In	12.25 steps in front of Home Hash (HS)
3	12	Left: 0.75 steps outside 45 yd In	12.25 steps in front of Home Hash (HS)
4	8	Left: 0.75 steps outside 45 yd In	12.25 steps in front of Home Hash (HS)
5	8	Left: 4.0 steps inside 45 yd In	10.0 steps in front of Home Hash (HS)
6	8	Right: 4.0 steps outside 50 yd In	4.0 steps in front of Home Hash (HS)
7	16	Right: 0.25 steps outside 45 yd In	6.0 steps behind Home Hash (HS)
8	16	Right: 0.25 steps outside 45 yd In	1.75 steps in front of Home Hash (HS)
9	4	Right: 2.0 steps inside 40 yd In	11.75 steps behind Home side line
10	22	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Home Hash (HS)
11	7	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	12.0 steps behind Home side line
13	14	Left: 0.75 steps outside 45 yd In	13.5 steps in front of Home Hash (HS)
14	7	Left: 0.25 steps inside 40 yd In	2.25 steps in front of Home Hash (HS)
15	21	Left: 0.25 steps inside 40 yd In	2.25 steps in front of Home Hash (HS)
16	4	Left: On 45 yd In	1.25 steps in front of Home Hash (HS)
17	16	Left: On 45 yd In	1.25 steps in front of Home Hash (HS)
18	12	Left: 3.5 steps inside 45 yd In	0.25 steps in front of Home Hash (HS)
19	8	Left: 2.0 steps outside 45 yd In	2.0 steps in front of Home Hash (HS)
20	16	Left: 2.0 steps outside 45 yd In	2.0 steps in front of Home Hash (HS)
21	16	Left: 2.25 steps outside 45 yd In	5.75 steps behind Home Hash (HS)
22	8	Left: 3.75 steps outside 45 yd In	10.0 steps in front of Visitor Hash (HS)
23	16	Left: 2.5 steps inside 35 yd In	5.75 steps behind Home Hash (HS)
24	16	Left: 2.0 steps inside 35 yd In	On Home Hash (HS)
25	24	Left: 2.0 steps inside 30 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 2.25 steps outside 35 yd In	12.75 steps in front of Home Hash (HS)
27	32	Left: On 35 yd In	8.0 steps in front of Home Hash (HS)
28	12	Left: 3.0 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 1.0 steps inside 40 yd In	8.0 steps behind Home side line
30	8	Left: 3.0 steps outside 45 yd In	13.0 steps in front of Home Hash (HS)
31	8	Left: 3.0 steps outside 45 yd In	13.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: On 40 yd In	13.0 steps in front of Visitor Hash (HS)
2	24	Left: On 40 yd In	13.0 steps in front of Visitor Hash (HS)
3	12	Left: 2.0 steps inside 40 yd In	9.5 steps in front of Visitor Hash (HS)
4	8	Left: 2.0 steps inside 40 yd In	9.5 steps in front of Visitor Hash (HS)
5	8	Left: 4.0 steps inside 35 yd In	On Visitor Hash (HS)
6	8	Left: 4.0 steps inside 40 yd In	On Visitor Hash (HS)
7	16	Left: 1.5 steps outside 40 yd In	6.75 steps in front of Visitor Hash (HS)
8	16	Left: 2.5 steps inside 35 yd In	13.25 steps behind Home Hash (HS)
9	4	Left: 1.75 steps inside 30 yd In	1.25 steps behind Home Hash (HS)
10	22	Left: 2.25 steps outside 40 yd In	9.5 steps behind Home Hash (HS)
11	7	Left: 3.0 steps inside 30 yd In	12.25 steps behind Home Hash (HS)
12	14	Left: 4.0 steps inside 35 yd In	14.0 steps in front of Visitor Hash (HS)
13	14	On 50 yd In	12.0 steps behind Home Hash (HS)
14	7	On 50 yd In	12.0 steps behind Home Hash (HS)
15	21	On 50 yd In	12.0 steps behind Home Hash (HS)
16	4	On 50 yd In	8.0 steps in front of Visitor Hash (HS)
17	16	Right: 3.0 steps outside 45 yd In	11.25 steps in front of Visitor Hash (HS)
18	12	Right: 2.0 steps outside 50 yd In	10.0 steps behind Home Hash (HS)
19	8	Right: 2.0 steps inside 45 yd In	14.0 steps in front of Visitor Hash (HS)
20	16	Right: 2.0 steps inside 45 yd In	14.0 steps in front of Visitor Hash (HS)
21	16	Left: 2.0 steps inside 45 yd In	2.0 steps in front of Visitor Hash (HS)
22	8	Left: 2.0 steps outside 50 yd In	10.0 steps behind Home Hash (HS)
23	16	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Visitor Hash (HS)
24	16	Left: 4.0 steps inside 30 yd In	8.0 steps in front of Visitor Hash (HS)
25	24	Left: 4.0 steps inside 25 yd In	8.0 steps behind Home Hash (HS)
26	12	Left: 3.25 steps inside 30 yd In	5.75 steps behind Home Hash (HS)
27	32	Left: 4.0 steps inside 35 yd In	12.0 steps in front of Visitor Hash (HS)
28	12	Left: 4.0 steps inside 30 yd In	12.0 steps in front of Visitor Hash (HS)
29	6	Left: 0.25 steps inside 30 yd In	3.75 steps behind Home Hash (HS)
30	8	Left: 0.25 steps inside 30 yd In	3.75 steps behind Home Hash (HS)
31	8	Left: 0.25 steps inside 30 yd In	3.75 steps behind Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 4.0 steps inside 35 yd In	5.0 steps behind Home Hash (HS)
2	24	Left: 4.0 steps inside 35 yd In	5.0 steps behind Home Hash (HS)
3	12	Left: 4.0 steps inside 35 yd In	5.0 steps behind Home Hash (HS)
4	8	Left: 4.0 steps inside 35 yd In	5.0 steps behind Home Hash (HS)
5	8	Left: 2.0 steps outside 40 yd In	8.0 steps behind Home Hash (HS)
6	8	Left: 2.0 steps outside 35 yd In	8.0 steps behind Home Hash (HS)
7	16	Left: 1.25 steps inside 30 yd In	7.0 steps behind Home Hash (HS)
8	16	Left: 3.0 steps inside 30 yd In	On Home Hash (HS)
9	4	Left: 0.5 steps outside 35 yd In	7.5 steps in front of Home Hash (HS)
10	22	Left: On 35 yd In	2.0 steps behind Home Hash (HS)
11	7	Left: On 40 yd In	2.0 steps behind Home Hash (HS)
12	14	Left: 2.0 steps outside 50 yd In	2.0 steps behind Home Hash (HS)
13	14	Right: 2.0 steps inside 45 yd In	5.25 steps behind Home Hash (HS)
14	7	Left: 2.75 steps inside 45 yd In	6.0 steps behind Home Hash (HS)
15	21	Left: 2.75 steps inside 45 yd In	6.0 steps behind Home Hash (HS)
16	4	Left: 2.5 steps outside 45 yd In	12.0 steps behind Home Hash (HS)
17	16	Left: 2.5 steps outside 45 yd In	12.0 steps behind Home Hash (HS)
18	12	Left: On 40 yd In	On Home Hash (HS)
19	8	Left: 2.0 steps outside 40 yd In	2.0 steps in front of Home Hash (HS)
20	16	Left: 2.0 steps outside 40 yd In	2.0 steps in front of Home Hash (HS)
21	16	Left: 2.75 steps outside 40 yd In	0.5 steps in front of Home Hash (HS)
22	8	Left: 3.0 steps outside 50 yd In	2.0 steps in front of Home Hash (HS)
23	16	Right: 1.75 steps outside 45 yd In	9.75 steps behind Home Hash (HS)
24	16	Left: 2.5 steps outside 50 yd In	On Home Hash (HS)
25	24	Left: 2.5 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 1.25 steps inside 40 yd In	6.5 steps in front of Home Hash (HS)
27	32	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Home Hash (HS)
28	12	Left: 3.0 steps outside 40 yd In	6.0 steps in front of Home Hash (HS)
29	6	Left: 1.0 steps inside 45 yd In	6.0 steps in front of Home Hash (HS)
30	8	Left: 1.0 steps inside 45 yd In	9.0 steps in front of Home Hash (HS)
31	8	Left: 1.0 steps inside 45 yd In	9.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
2	24	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
3	12	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
4	8	Left: 4.0 steps inside 35 yd In	4.0 steps behind Home side line
5	8	Left: On 40 yd In	12.0 steps behind Home side line
6	8	Left: 4.0 steps inside 40 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 0.5 steps inside 45 yd In	12.5 steps in front of Home Hash (HS)
8	16	Right: 0.5 steps inside 40 yd In	11.5 steps behind Home side line
9	4	Right: 0.5 steps inside 40 yd In	11.5 steps behind Home side line
10	22	Right: On 35 yd In	On Home Hash (HS)
11	7	Right: On 45 yd In	8.0 steps behind Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	8.0 steps in front of Visitor Hash (HS)
13	14	On 50 yd In	12.0 steps in front of Visitor Hash (HS)
14	7	Right: 4.0 steps inside 40 yd In	10.5 steps behind Home Hash (HS)
15	21	Right: 4.0 steps inside 40 yd In	10.5 steps behind Home Hash (HS)
16	4	Right: 2.0 steps inside 45 yd In	5.25 steps behind Home Hash (HS)
17	16	Right: 2.0 steps inside 45 yd In	5.25 steps behind Home Hash (HS)
18	12	Left: 2.0 steps outside 50 yd In	12.0 steps in front of Visitor Hash (HS)
19	8	Left: On 45 yd In	8.0 steps behind Home Hash (HS)
20	16	Left: On 45 yd In	8.0 steps behind Home Hash (HS)
21	16	Left: 3.5 steps outside 40 yd In	13.25 steps behind Home Hash (HS)
22	8	Left: 1.0 steps outside 40 yd In	2.0 steps in front of Home Hash (HS)
23	16	Left: 1.0 steps outside 50 yd In	0.75 steps in front of Home Hash (HS)
24	16	Left: 1.5 steps outside 40 yd In	On Home Hash (HS)
25	24	Left: 1.5 steps outside 35 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 3.25 steps inside 35 yd In	10.5 steps behind Home side line
27	32	Left: On 35 yd In	8.0 steps behind Home side line
28	12	Left: 1.0 steps inside 30 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 3.0 steps inside 35 yd In	10.0 steps in front of Home Hash (HS)
30	8	Left: 1.0 steps inside 40 yd In	5.0 steps in front of Home Hash (HS)
31	8	Left: 1.0 steps inside 40 yd In	5.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 4.0 steps inside 35 yd In	12.0 steps in front of Visitor Hash (HS)
2	24	Left: 4.0 steps inside 35 yd In	12.0 steps in front of Visitor Hash (HS)
3	12	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Visitor Hash (HS)
4	8	Left: 4.0 steps inside 35 yd In	8.0 steps in front of Visitor Hash (HS)
5	8	Left: 4.0 steps inside 35 yd In	4.0 steps behind Visitor Hash (HS)
6	8	Left: 4.0 steps inside 40 yd In	4.0 steps behind Visitor Hash (HS)
7	16	Left: 1.75 steps outside 45 yd In	6.25 steps in front of Visitor Hash (HS)
8	16	Left: 2.25 steps inside 40 yd In	13.75 steps behind Home Hash (HS)
9	4	Left: 1.5 steps inside 35 yd In	2.5 steps behind Home Hash (HS)
10	22	Left: 4.0 steps outside 45 yd In	5.75 steps behind Home Hash (HS)
11	7	Left: 2.0 steps inside 35 yd In	14.0 steps in front of Visitor Hash (HS)
12	14	Left: 4.0 steps inside 45 yd In	14.0 steps in front of Visitor Hash (HS)
13	14	Right: 1.5 steps inside 45 yd In	10.0 steps behind Home Hash (HS)
14	7	Right: 1.5 steps inside 45 yd In	10.0 steps behind Home Hash (HS)
15	21	Right: 1.5 steps inside 45 yd In	10.0 steps behind Home Hash (HS)
16	4	Right: 3.0 steps outside 45 yd In	11.25 steps in front of Visitor Hash (HS)
17	16	Right: 2.5 steps outside 40 yd In	8.25 steps behind Home Hash (HS)
18	12	Right: 2.0 steps outside 45 yd In	2.0 steps behind Home Hash (HS)
19	8	Right: 2.0 steps inside 40 yd In	6.0 steps behind Home Hash (HS)
20	16	Right: 2.0 steps inside 40 yd In	6.0 steps behind Home Hash (HS)
21	16	Right: 2.75 steps inside 40 yd In	10.0 steps in front of Visitor Hash (HS)
22	8	Right: 2.0 steps outside 35 yd In	4.0 steps in front of Visitor Hash (HS)
23	16	Right: 0.75 steps inside 40 yd In	1.5 steps in front of Visitor Hash (HS)
24	16	Right: On 45 yd In	8.0 steps in front of Visitor Hash (HS)
25	24	On 50 yd In	8.0 steps behind Home Hash (HS)
26	12	On 50 yd In	8.0 steps in front of Visitor Hash (HS)
27	32	Right: 4.0 steps outside 50 yd In	12.0 steps in front of Visitor Hash (HS)
28	12	Left: 4.0 steps inside 45 yd In	10.0 steps behind Home Hash (HS)
29	6	Left: 3.5 steps outside 45 yd In	13.75 steps in front of Visitor Hash (HS)
30	8	Left: 3.5 steps outside 45 yd In	13.75 steps in front of Visitor Hash (HS)
31	8	Left: 3.5 steps outside 45 yd In	13.75 steps in front of Visitor Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 1.0 steps outside 40 yd In	8.0 steps behind Home side line
2	24	Left: 1.5 steps outside 40 yd In	12.25 steps behind Home side line
3	12	Left: 1.5 steps outside 40 yd In	12.25 steps behind Home side line
4	8	Left: 1.5 steps outside 40 yd In	12.25 steps behind Home side line
5	8	Left: 2.0 steps outside 45 yd In	12.0 steps in front of Home Hash (HS)
6	8	Left: On 45 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 1.5 steps outside 45 yd In	8.5 steps in front of Home Hash (HS)
8	16	Right: 0.5 steps inside 40 yd In	13.5 steps in front of Home Hash (HS)
9	4	Right: 1.0 steps outside 40 yd In	11.0 steps behind Home side line
10	22	Right: On 35 yd In	4.0 steps in front of Home Hash (HS)
11	7	Right: On 45 yd In	On Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	6.0 steps behind Home Hash (HS)
13	14	Right: 1.5 steps inside 40 yd In	6.75 steps behind Home Hash (HS)
14	7	Right: 1.5 steps inside 40 yd In	6.5 steps in front of Home Hash (HS)
15	21	Right: 1.5 steps inside 40 yd In	6.5 steps in front of Home Hash (HS)
16	4	Right: 0.75 steps inside 45 yd In	3.25 steps in front of Home Hash (HS)
17	16	Right: 0.75 steps inside 45 yd In	3.25 steps in front of Home Hash (HS)
18	12	Right: 1.75 steps outside 45 yd In	5.0 steps in front of Home Hash (HS)
19	8	Right: On 45 yd In	On Home Hash (HS)
20	16	Right: On 45 yd In	On Home Hash (HS)
21	16	Right: 1.5 steps outside 40 yd In	2.5 steps behind Home Hash (HS)
22	8	Right: 1.0 steps outside 30 yd In	5.0 steps in front of Home Hash (HS)
23	16	Right: 0.25 steps inside 30 yd In	11.5 steps in front of Home Hash (HS)
24	16	Right: 2.5 steps outside 25 yd In	On Home Hash (HS)
25	24	Right: 2.5 steps outside 30 yd In	12.0 steps in front of Home Hash (HS)
26	12	Right: 4.0 steps outside 30 yd In	13.75 steps in front of Home Hash (HS)
27	32	Right: On 35 yd In	10.0 steps in front of Home Hash (HS)
28	12	Right: 3.0 steps outside 40 yd In	12.0 steps in front of Home Hash (HS)
29	6	Right: 1.0 steps inside 40 yd In	4.0 steps in front of Home Hash (HS)
30	8	Right: 3.0 steps outside 45 yd In	9.0 steps in front of Home Hash (HS)
31	8	Right: 3.0 steps outside 45 yd In	9.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: On 35 yd In	13.0 steps in front of Visitor Hash (HS)
2	24	Left: On 35 yd In	13.0 steps in front of Visitor Hash (HS)
3	12	Left: 2.0 steps outside 35 yd In	9.5 steps in front of Visitor Hash (HS)
4	8	Left: 2.0 steps outside 35 yd In	9.5 steps in front of Visitor Hash (HS)
5	8	Left: 4.0 steps inside 35 yd In	4.0 steps in front of Visitor Hash (HS)
6	8	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Visitor Hash (HS)
7	16	Left: 2.0 steps outside 50 yd In	7.75 steps in front of Visitor Hash (HS)
8	16	Left: 2.0 steps inside 45 yd In	12.25 steps behind Home Hash (HS)
9	4	Left: 1.25 steps inside 40 yd In	2.0 steps behind Home Hash (HS)
10	22	Left: 0.5 steps outside 45 yd In	0.5 steps in front of Home Hash (HS)
11	7	Left: 1.0 steps inside 40 yd In	12.25 steps behind Home Hash (HS)
12	14	Left: 4.0 steps inside 45 yd In	10.0 steps behind Home Hash (HS)
13	14	Right: 3.0 steps outside 45 yd In	5.0 steps behind Home Hash (HS)
14	7	Right: 3.0 steps outside 45 yd In	5.0 steps behind Home Hash (HS)
15	21	Right: 3.0 steps outside 45 yd In	5.0 steps behind Home Hash (HS)
16	4	Right: 2.5 steps outside 40 yd In	8.25 steps behind Home Hash (HS)
17	16	Right: 4.0 steps outside 40 yd In	3.0 steps in front of Home Hash (HS)
18	12	Right: 2.0 steps outside 40 yd In	10.0 steps behind Home Hash (HS)
19	8	Right: 2.0 steps inside 35 yd In	14.0 steps in front of Visitor Hash (HS)
20	16	Right: 2.0 steps inside 35 yd In	14.0 steps in front of Visitor Hash (HS)
21	16	Right: 1.75 steps outside 40 yd In	12.75 steps behind Home Hash (HS)
22	8	Right: 1.5 steps outside 30 yd In	13.25 steps behind Home Hash (HS)
23	16	Right: 3.25 steps outside 35 yd In	4.0 steps in front of Visitor Hash (HS)
24	16	Right: 4.0 steps outside 40 yd In	8.0 steps in front of Visitor Hash (HS)
25	24	Right: 4.0 steps outside 45 yd In	8.0 steps in front of Visitor Hash (HS)
26	12	Right: 3.0 steps outside 45 yd In	9.75 steps in front of Visitor Hash (HS)
27	32	Right: 4.0 steps outside 45 yd In	12.0 steps in front of Visitor Hash (HS)
28	12	Right: 4.0 steps outside 50 yd In	10.0 steps behind Home Hash (HS)
29	6	Right: 3.5 steps outside 45 yd In	13.75 steps in front of Visitor Hash (HS)
30	8	Right: 3.5 steps outside 45 yd In	13.75 steps in front of Visitor Hash (HS)
31	8	Right: 3.5 steps outside 45 yd In	13.75 steps in front of Visitor Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 1.0 steps inside 40 yd In	8.0 steps behind Home side line
2	24	Left: 1.0 steps inside 40 yd In	12.5 steps behind Home side line
3	12	Left: 1.0 steps inside 40 yd In	12.5 steps behind Home side line
4	8	Left: 1.0 steps inside 40 yd In	12.5 steps behind Home side line
5	8	Left: On 45 yd In	12.0 steps in front of Home Hash (HS)
6	8	Left: 4.0 steps inside 45 yd In	8.0 steps in front of Home Hash (HS)
7	16	Right: 3.5 steps outside 45 yd In	4.5 steps in front of Home Hash (HS)
8	16	Right: 0.5 steps inside 40 yd In	10.5 steps in front of Home Hash (HS)
9	4	Right: 2.5 steps outside 40 yd In	10.75 steps behind Home side line
10	22	Right: On 35 yd In	8.0 steps in front of Home Hash (HS)
11	7	Right: On 45 yd In	8.0 steps in front of Home Hash (HS)
12	14	Right: 4.0 steps outside 50 yd In	8.0 steps behind Home side line
13	14	Left: 3.5 steps inside 45 yd In	12.75 steps behind Home side line
14	7	Left: 1.5 steps inside 40 yd In	6.75 steps in front of Home Hash (HS)
15	21	Left: 1.5 steps inside 40 yd In	6.75 steps in front of Home Hash (HS)
16	4	Left: 0.75 steps inside 45 yd In	3.25 steps in front of Home Hash (HS)
17	16	Left: 0.75 steps inside 45 yd In	3.25 steps in front of Home Hash (HS)
18	12	Left: 3.25 steps outside 50 yd In	2.0 steps in front of Home Hash (HS)
19	8	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Home Hash (HS)
20	16	Left: 4.0 steps inside 40 yd In	4.0 steps in front of Home Hash (HS)
21	16	Left: 3.5 steps inside 40 yd In	4.0 steps behind Home Hash (HS)
22	8	Left: 1.0 steps outside 45 yd In	11.0 steps in front of Visitor Hash (HS)
23	16	Left: 2.5 steps inside 35 yd In	8.75 steps behind Home Hash (HS)
24	16	Left: 3.0 steps outside 40 yd In	On Home Hash (HS)
25	24	Left: 3.0 steps outside 35 yd In	12.0 steps in front of Home Hash (HS)
26	12	Left: 1.75 steps inside 35 yd In	12.5 steps behind Home side line
27	32	Left: On 35 yd In	12.0 steps behind Home side line
28	12	Left: 1.0 steps inside 35 yd In	12.0 steps in front of Home Hash (HS)
29	6	Left: 1.0 steps outside 40 yd In	6.0 steps in front of Home Hash (HS)
30	8	Left: 3.0 steps outside 45 yd In	5.0 steps in front of Home Hash (HS)
31	8	Left: 3.0 steps outside 45 yd In	5.0 steps in front of Home Hash (HS)

Drill: 2017 Serrano HS Movement #1.3dj

Set	Counts	Left-Right	Visitor-Home
1	0	Left: 3.0 steps outside 35 yd In	12.0 steps behind Home Hash (HS)
2	24	Left: 3.0 steps outside 35 yd In	12.0 steps behind Home Hash (HS)
3	12	Left: 1.5 steps inside 30 yd In	14.0 steps in front of Visitor Hash (HS)
4	8	Left: 1.5 steps inside 30 yd In	14.0 steps in front of Visitor Hash (HS)
5	8	Left: 4.0 steps inside 35 yd In	12.0 steps in front of Visitor Hash (HS)
6	8	Left: 4.0 steps inside 40 yd In	12.0 steps in front of Visitor Hash (HS)
7	16	Right: 2.75 steps inside 45 yd In	10.75 steps in front of Visitor Hash (HS)
8	16	Right: 1.25 steps outside 50 yd In	9.25 steps behind Home Hash (HS)
9	4	Left: 0.75 steps inside 45 yd In	On Home Hash (HS)
10	22	Left: 0.5 steps outside 45 yd In	7.75 steps in front of Home Hash (HS)
11	7	Left: 2.0 steps outside 45 yd In	7.0 steps behind Home Hash (HS)
12	14	Left: 4.0 steps inside 45 yd In	6.0 steps behind Home Hash (HS)
13	14	Right: 3.75 steps outside 45 yd In	1.75 steps in front of Home Hash (HS)
14	7	Right: 3.75 steps outside 45 yd In	1.75 steps in front of Home Hash (HS)
15	21	Right: 3.75 steps outside 45 yd In	1.75 steps in front of Home Hash (HS)
16	4	Right: 4.0 steps outside 40 yd In	3.0 steps in front of Home Hash (HS)
17	16	Right: 0.75 steps inside 40 yd In	13.5 steps in front of Home Hash (HS)
18	12	Right: 3.25 steps inside 35 yd In	On Home Hash (HS)
19	8	Right: 2.0 steps inside 30 yd In	6.0 steps behind Home Hash (HS)
20	16	Right: 2.0 steps inside 30 yd In	6.0 steps behind Home Hash (HS)
21	16	Right: 1.5 steps outside 35 yd In	9.5 steps behind Home Hash (HS)
22	8	Right: 1.25 steps inside 25 yd In	7.0 steps behind Home Hash (HS)
23	16	Right: 1.75 steps inside 25 yd In	9.25 steps in front of Visitor Hash (HS)
24	16	Right: On 30 yd In	8.0 steps in front of Visitor Hash (HS)
25	24	Right: On 35 yd In	8.0 steps behind Home Hash (HS)
26	12	Right: 3.25 steps inside 35 yd In	13.5 steps behind Home Hash (HS)
27	32	Right: 4.0 steps outside 40 yd In	12.0 steps in front of Visitor Hash (HS)
28	12	Right: 4.0 steps outside 35 yd In	12.0 steps in front of Visitor Hash (HS)
29	6	Right: 0.25 steps inside 30 yd In	3.75 steps behind Home Hash (HS)
30	8	Right: 0.25 steps inside 30 yd In	3.75 steps behind Home Hash (HS)
31	8	Right: 0.25 steps inside 30 yd In	3.75 steps behind Home Hash (HS)