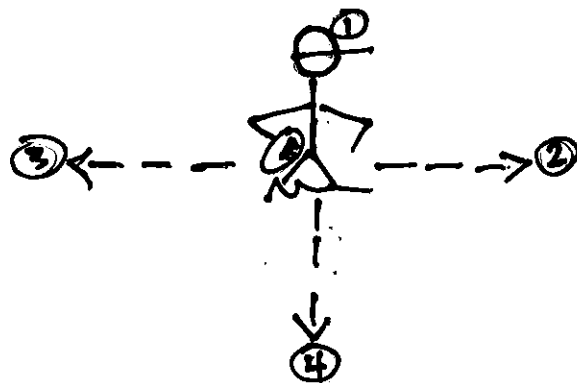


LAYOUT DRILL



- ① PLAYER STARTS ON KNEES
- ② BALL TOSSED RT, PLAYER LAYS OUT
- ③ SAME BUT LEFT
- ④ FORWARD

TARGET:

- TEACH PLAYERS FUNDIES/TECHNIQUE OF DIVING
- PLAYERS BECOME ACCUSTOMED TO LAYING OUT

NEED:

- BALLS