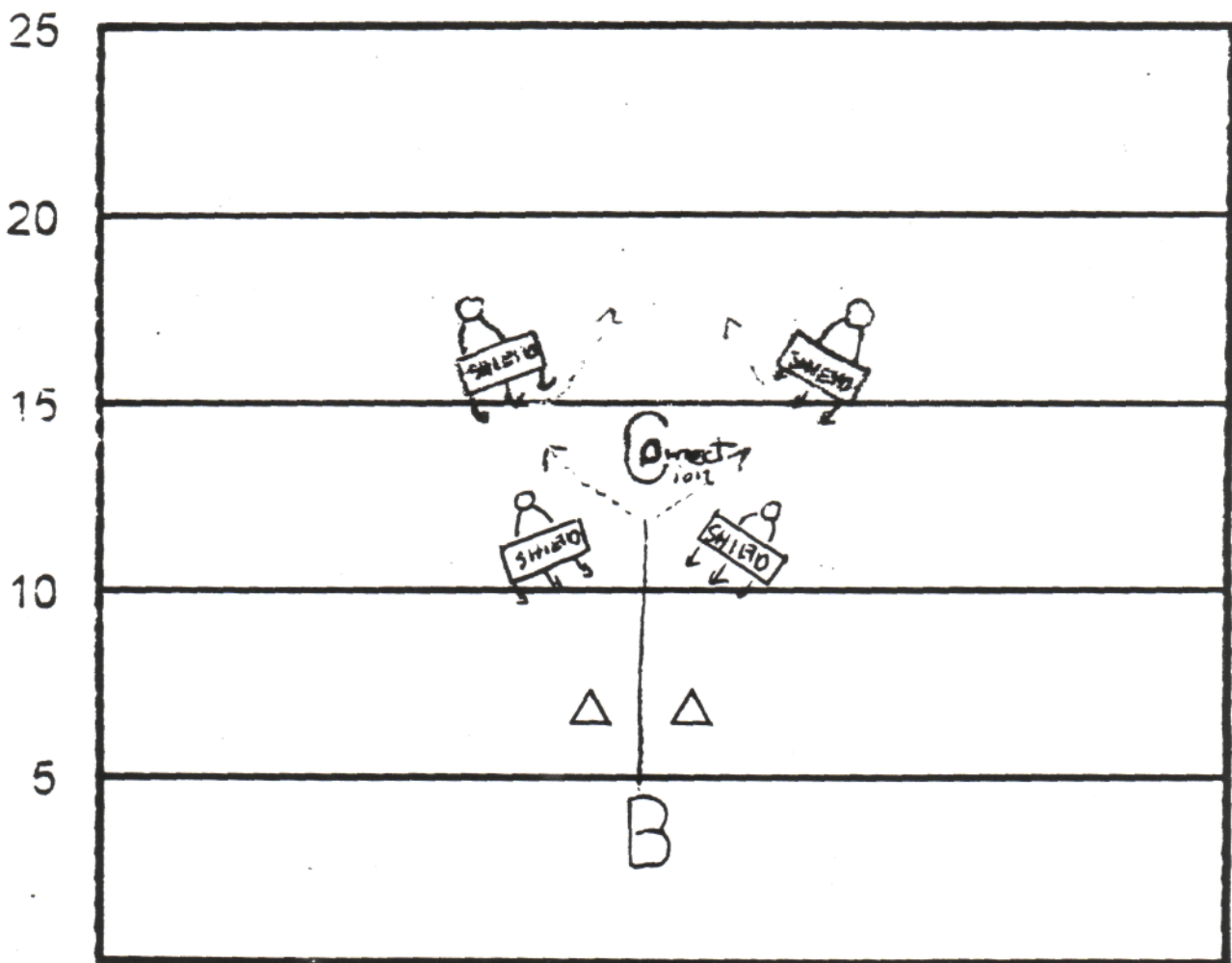


DRILL: BREAK THROUGH (sim)

PURPOSE: Keep feet moving, staying low, use strength and instincts.

APPLICATION: Two pairs of players standing parallel to each other with another player standing in the middle as the cut off defender. The back take on the blows by the 1st set of def, then cut off the direction of the middle man, then either run through/ spin off or put a move on converging defender.



Running in a crowd.