

Title : Hinge Drill

Category #1 :

Coach Nielsen

Category #2 :

Hinge

Description

Drill runs from both sides.

F1 passes to D1

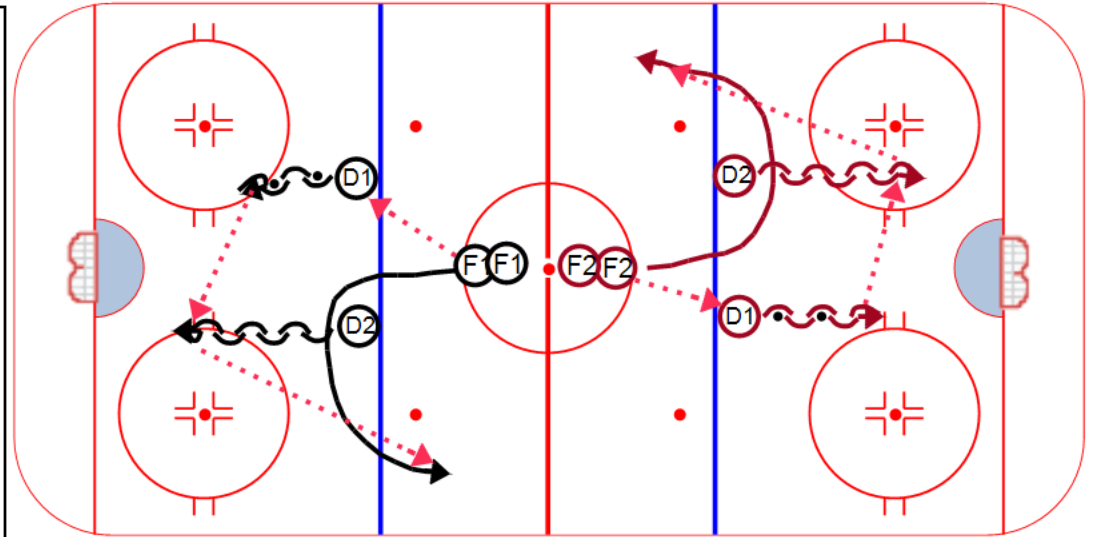
D1 & D2 hinge

D1 passes to D2

F1 loops low and times the entrance to the outside lane.

D2 completes the hinge and makes the outlet pass to F1.

F1 must watch timing so they don't get too far up the outside wall before the pass is made.



Key points :