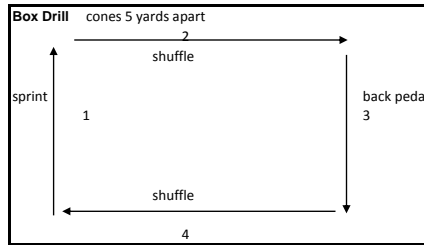
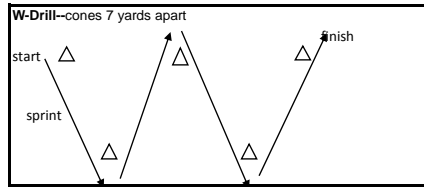
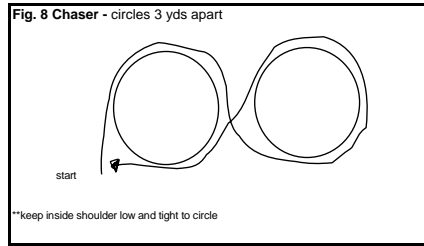
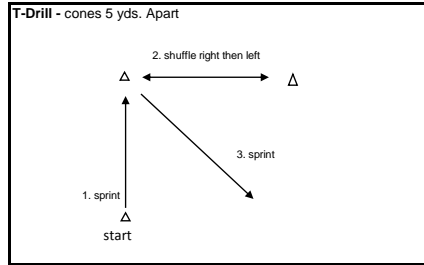
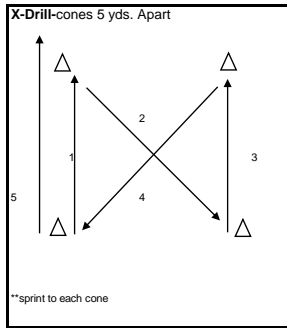
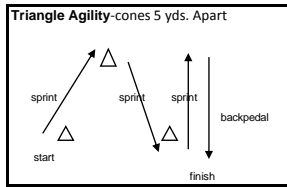
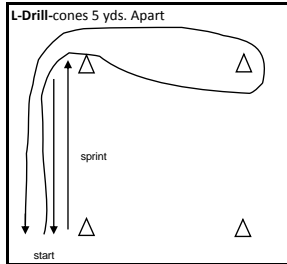
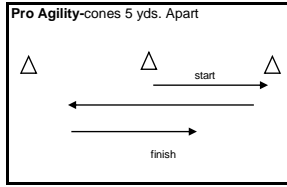


SPEED DIAGRAMS



**** Work on covering ground!**
3 steps in 5 yards
5 steps in 10 yards

