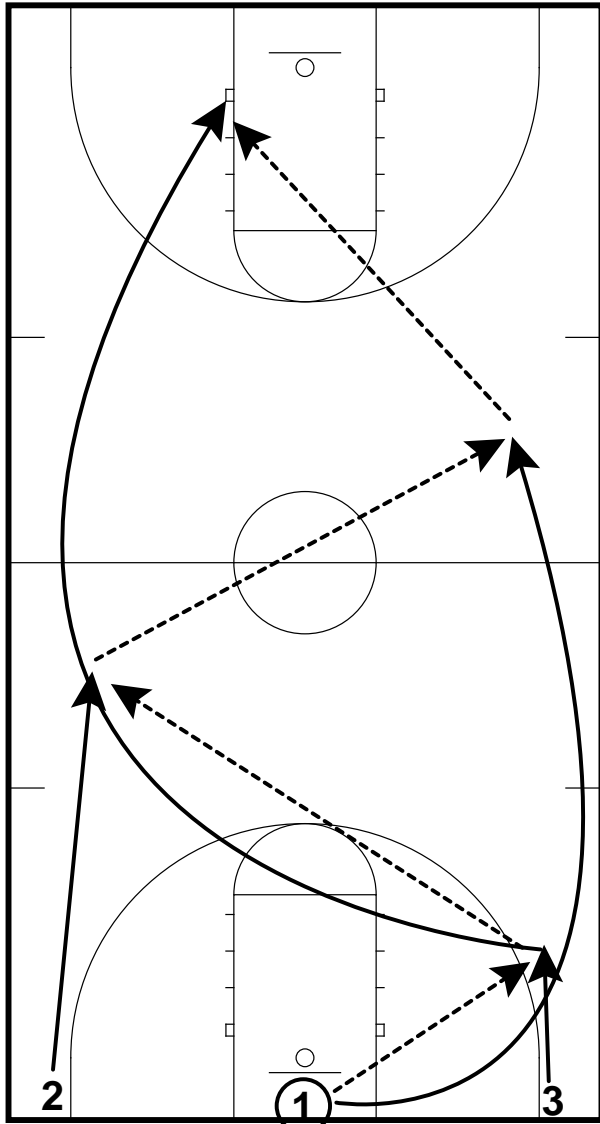


FSU Practice Drills

3 on 0 Series

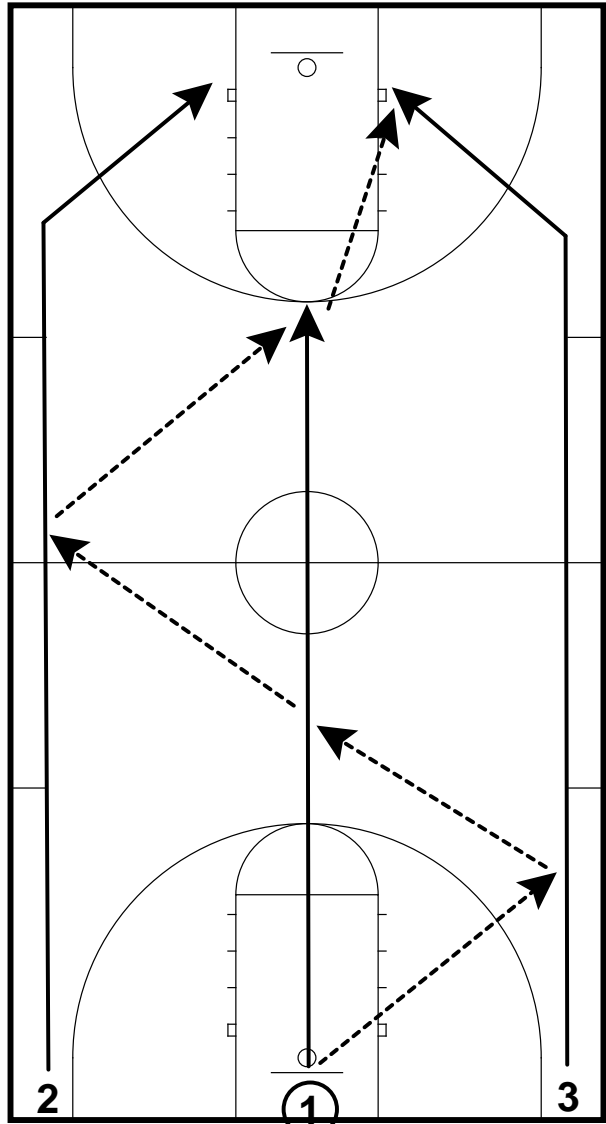
Frame 1



First Series: 3-man weave. Emphasize: everyone talks. Stay wide. 4 passes.

3 on 0 Series

Frame 2

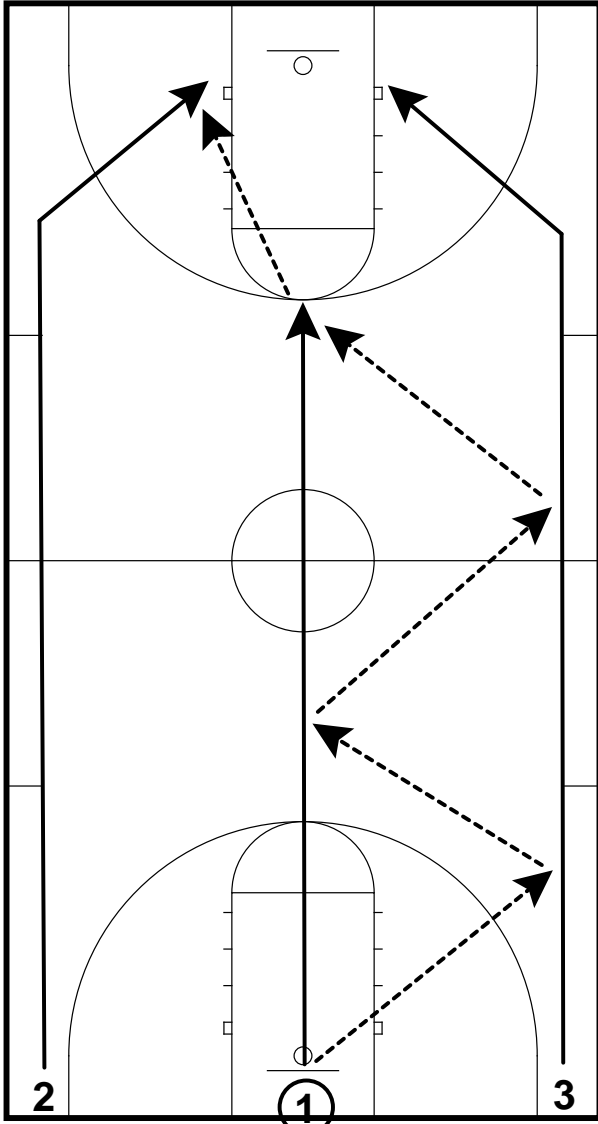


Second Series: Side-Center-Side-Center. Emphasize: call lanes. Sharp cuts.

FSU Practice Drills

3 on 0 Series

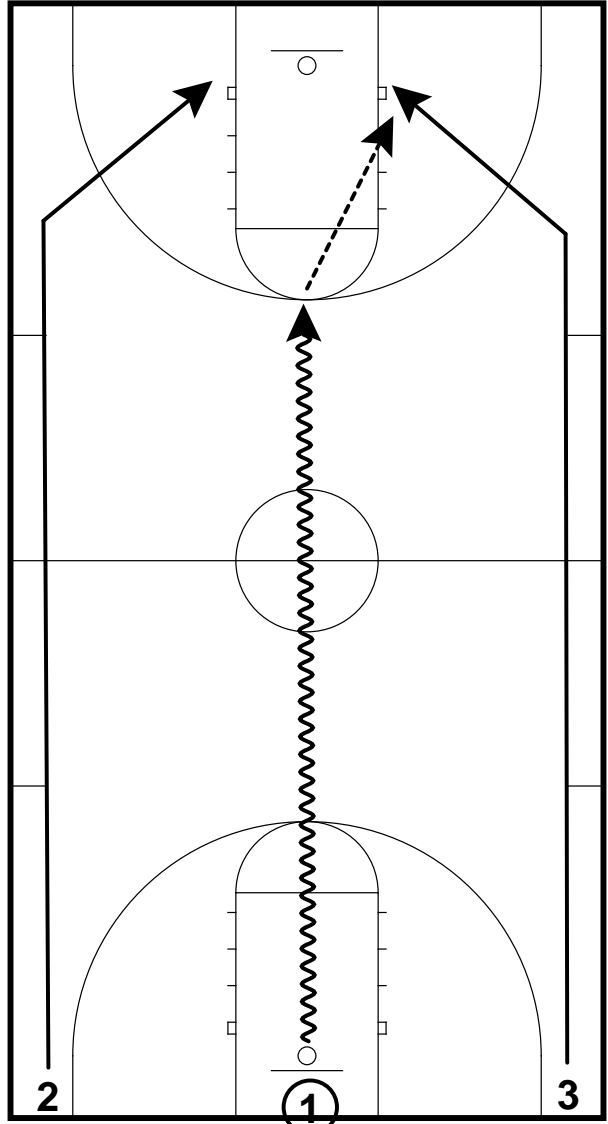
Frame 3



Third Series: Create-a-side. Emphasize: call lanes. Sharp cuts. The last pass can also come from the wing depending on the timing.

3 on 0 Series

Frame 4



Fourth Series: Rush. Emphasize: Tempo. Call lanes. Sharp cuts.