

FOLLOW MATRIX DRILL

CB-OB Distance (diamonds)	Target Follow Distance (diamonds) - must be within 1/2				
	1	2	3	4	5
1	_	_	_	_	_
2	_	_	_	_	_
3	_	_	_	_	_
4	_	_	_	_	_
5	_	_	_	_	_

TOTAL SCORE:

RESET