

### C-Teams

- Line Drill Set-up - Forward Edges with Knee Bend
- 3 Stations - 1 Zone Z Pattern (PTs, To Backward for Transitions, HTHs)
- LPRs Basic 3 Cone Versions

### B2-Teams

- High Speed Edges
- 3 Stations - hexagon crossovers (tight hexagon)
- 3 Stations - 1 Zone Z Pattern (PTs, To Backward for Transitions, HTHs)
- LPRs Basic 3 Cone Versions

### B1-Teams

- High Speed Edges (Normal and with pivots)
- 3 Stations - hexagon crossovers (medium / wide hexagon)
- LPRs Basic 3 Cone Versions to more advanced versions

### A-Teams

- High Speed Edges (Normal and with pivots)
- 3 Stations - hexagon crossovers (medium / wide hexagon)
- LPRs Basic 3 Cone Versions to more advanced versions
- LPRs crossovers to PTs (inside out, then outside in)