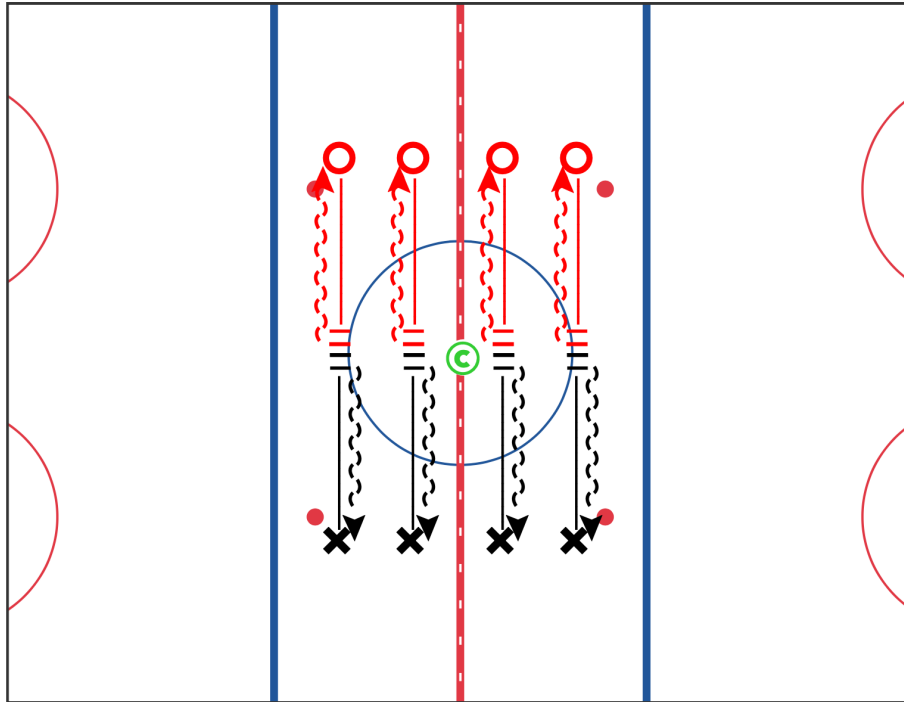


# Conducting Body Contact Confidence

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## Description

- On © 's whistle players work on the proper shoulder to shoulder contact.
- The focus is on proper posture, stance, and using the legs and not the arms to in generating power/balance at the point of impact.