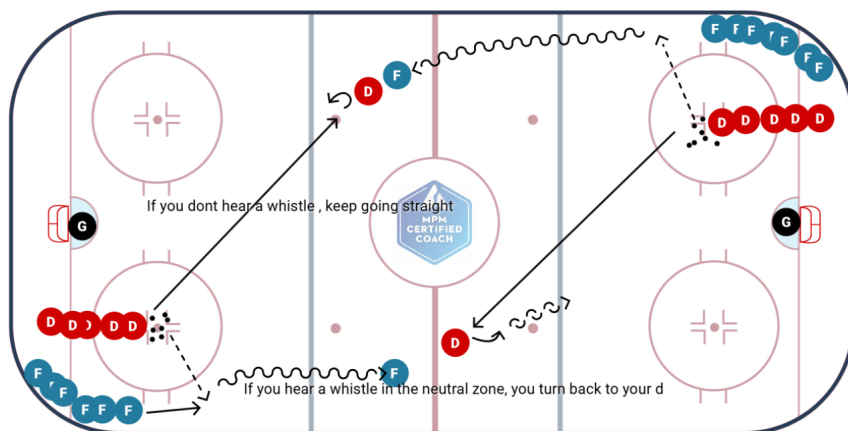


CHANGING GAP DRILL 1 ON 1 CAREY DURANT



Time:

Station:



My Notes

This is a 1 on 1. It is about reclosing the gap. It starts on the whistle and if you are in the neutral zone and you hear a whistle, you turn back and go against your own D. There can be more whistles than 1 in the neutral zone.