

# Cardinals

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Salties: Backpedal

## DEFENSIVE BACKS

Corners: Basketball Shuffle

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BKPEDAL 5YD SPRINT FWD 10YD	LAT STEP LT OPEN RT HIP SPRINT 15YD	BKPEDAL 10YD BREAK RT 45 10YD	BKPEDAL 5YD OPEN RT HIP 5YD REV OPEN RT HIP 45 SPRINT 10YD	BKPEDAL TIGHT WEAVE BREAK BACK OPEN LT FIRST	PURSUIT LT 30 YD	BKPEDAL 10YD OPEN RT HIP SPRINT 10YD	BKPEADL 10YD REV OPEN LT HIP 45 SPRINT DEEP RT 10YD	BKPEDAL REV OPEN RT 15YD DEEP BREAK BACK
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BKPEDAL 5YD SPRINT FWD 10YD	BKPEDAL TIGHT WEAVE BREAK BACK OPEN RT FIRST	LAT STEP RT OPEN LT HIP SPRINT 15YD	BKPEDAL 5YD OPEN LT HIP 5YD REV OPEN LT HIP 45 SPRINT 10YD	PURSUIT RT 30 YD	BKPEDAL 10YD OPEN LT HIP SPRINT 10YD	BKPEADL 10YD REV OPEN RT HIP 45 SPRINT DEEP LT 10YD	BKPEDAL 10YD BREAK LT 45 10YD	BKPEDAL REV OPEN LT 15YD DEEP BREAK BACK
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