

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: On 40 yd ln	On Front side line
2	121 - 124	4	Side Two: On 40 yd ln	On Front side line
3	125 - 132	24	Side Two: On 40 yd ln	On Front side line
4	133 - 140	12	Side Two: 4.0 steps outside 40 yd ln	8.0 steps behind Front side line
5	141 - 149	15	Side Two: 1.75 steps outside 35 yd ln	9.0 steps behind Front side line
6	150 - 153	16	Side Two: 0.75 steps outside 40 yd ln	8.25 steps behind Front side line
7	154 - 156	12	Side Two: 4.0 steps outside 50 yd ln	10.0 steps behind Front side line
8	157 - 160	16	Side One: 0.25 steps outside 50 yd ln	12.25 steps in front of Front Hash (HS)
9	161 - 162	8	Side Two: 3.0 steps outside 50 yd ln	10.5 steps in front of Front Hash (HS)
10	163 - 166	16	Side Two: 1.0 steps outside 50 yd ln	11.25 steps behind Front side line
11	167 - 171	6	Side Two: 3.0 steps outside 40 yd ln	11.25 steps behind Front side line
12	172 - 175	14	Side Two: On 40 yd ln	12.0 steps behind Front side line
13	175 (beat)	11	Side Two: On 40 yd ln	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: On 35 yd ln	On Front side line
2	121 - 124	4	Side Two: On 35 yd ln	On Front side line
3	125 - 132	24	Side Two: On 35 yd ln	On Front side line
4	133 - 140	12	Side Two: 2.0 steps inside 30 yd ln	8.0 steps behind Front side line
5	141 - 149	15	Side Two: 3.25 steps inside 25 yd ln	10.5 steps behind Front side line
6	150 - 153	16	Side Two: 1.5 steps outside 35 yd ln	7.75 steps behind Front side line
7	154 - 156	12	Side Two: 4.0 steps outside 45 yd ln	10.0 steps behind Front side line
8	157 - 160	16	Side Two: 2.75 steps inside 45 yd ln	11.25 steps behind Front side line
9	161 - 162	8	Side Two: 1.75 steps outside 45 yd ln	13.25 steps behind Front side line
10	163 - 166	16	Side Two: On 45 yd ln	8.0 steps behind Front side line
11	167 - 171	6	Side Two: 2.0 steps outside 35 yd ln	8.0 steps behind Front side line
12	172 - 175	14	Side Two: On 35 yd ln	12.0 steps behind Front side line
13	175 (beat)	11	Side Two: On 35 yd ln	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 4.0 steps outside 35 yd ln	On Front side line
2	121 - 124	4	Side Two: 4.0 steps outside 35 yd ln	On Front side line
3	125 - 132	24	Side Two: 4.0 steps outside 35 yd ln	On Front side line
4	133 - 140	12	Side Two: 3.0 steps outside 30 yd ln	8.0 steps behind Front side line
5	141 - 149	15	Side Two: 2.0 steps outside 25 yd ln	12.0 steps behind Front side line
6	150 - 153	16	Side Two: 2.0 steps inside 30 yd ln	8.0 steps behind Front side line
7	154 - 156	12	Side Two: On 40 yd ln	4.0 steps behind Front side line
8	157 - 160	16	Side Two: 2.0 steps outside 45 yd ln	6.0 steps behind Front side line
9	161 - 162	8	Side Two: On 40 yd ln	8.0 steps behind Front side line
10	163 - 166	16	Side Two: 4.0 steps outside 50 yd ln	3.0 steps behind Front side line
11	167 - 171	6	Side Two: 2.0 steps inside 35 yd ln	3.0 steps behind Front side line
12	172 - 175	14	Side Two: 4.0 steps outside 35 yd ln	6.0 steps behind Front side line
13	175 (beat)	11	Side Two: 4.0 steps outside 35 yd ln	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 4.0 steps outside 40 yd ln	On Front side line
2	121 - 124	4	Side Two: 4.0 steps outside 40 yd ln	On Front side line
3	125 - 132	24	Side Two: 4.0 steps outside 40 yd ln	On Front side line
4	133 - 140	12	Side Two: 1.0 steps outside 35 yd ln	8.0 steps behind Front side line
5	141 - 149	15	Side Two: 0.75 steps inside 30 yd ln	9.5 steps behind Front side line
6	150 - 153	16	Side Two: 2.75 steps inside 35 yd ln	8.0 steps behind Front side line
7	154 - 156	12	Side Two: On 45 yd ln	4.0 steps behind Front side line
8	157 - 160	16	Side Two: 2.75 steps outside 50 yd ln	3.75 steps behind Front side line
9	161 - 162	8	Side Two: 0.5 steps outside 45 yd ln	5.25 steps behind Front side line
10	163 - 166	16	Side One: 3.0 steps outside 50 yd ln	6.25 steps behind Front side line
11	167 - 171	6	Side Two: 1.0 steps inside 40 yd ln	6.25 steps behind Front side line
12	172 - 175	14	Side Two: 4.0 steps outside 40 yd ln	6.0 steps behind Front side line
13	175 (beat)	11	Side Two: 4.0 steps outside 40 yd ln	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: On 45 yd In	On Front side line
2	121 - 124	4	Side Two: On 45 yd In	On Front side line
3	125 - 132	24	Side Two: On 45 yd In	On Front side line
4	133 - 140	12	Side Two: 2.0 steps outside 45 yd In	8.0 steps behind Front side line
5	141 - 149	15	Side Two: 1.0 steps inside 40 yd In	10.25 steps behind Front side line
6	150 - 153	16	Side Two: 0.25 steps outside 45 yd In	10.0 steps behind Front side line
7	154 - 156	12	Side One: 4.0 steps inside 45 yd In	10.0 steps behind Front side line
8	157 - 160	16	Side One: 1.75 steps inside 45 yd In	8.5 steps in front of Front Hash (HS)
9	161 - 162	8	Side One: 3.5 steps inside 45 yd In	7.5 steps in front of Front Hash (HS)
10	163 - 166	16	Side One: 1.75 steps inside 45 yd In	13.5 steps behind Front side line
11	167 - 171	6	Side Two: 3.75 steps outside 45 yd In	13.5 steps behind Front side line
12	172 - 175	14	Side Two: On 45 yd In	12.0 steps behind Front side line
13	175 (beat)	11	Side Two: On 45 yd In	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	On 50 yd In	On Front side line
2	121 - 124	4	On 50 yd In	On Front side line
3	125 - 132	24	On 50 yd In	On Front side line
4	133 - 140	12	On 50 yd In	8.0 steps behind Front side line
5	141 - 149	15	Side Two: 3.25 steps inside 45 yd In	13.75 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: On 50 yd In	13.0 steps behind Front side line
7	154 - 156	12	Side One: 4.0 steps inside 40 yd In	10.0 steps behind Front side line
8	157 - 160	16	Side One: 3.5 steps inside 40 yd In	5.25 steps in front of Front Hash (HS)
9	161 - 162	8	Side One: 2.5 steps inside 40 yd In	5.5 steps in front of Front Hash (HS)
10	163 - 166	16	Side One: 2.25 steps inside 40 yd In	12.75 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 3.75 steps inside 45 yd In	12.75 steps in front of Front Hash (HS)
12	172 - 175	14	On 50 yd In	12.0 steps behind Front side line
13	175 (beat)	11	On 50 yd In	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: On 40 yd In	On Front side line
2	121 - 124	4	Side One: 3.0 steps inside 40 yd In	8.0 steps behind Front side line
3	125 - 132	24	Side One: 3.0 steps inside 40 yd In	8.0 steps behind Front side line
4	133 - 140	12	Side One: 4.0 steps inside 35 yd In	8.0 steps behind Front side line
5	141 - 149	15	Side One: 2.75 steps inside 40 yd In	7.25 steps behind Front side line
6	150 - 153	16	Side One: 1.25 steps inside 40 yd In	7.25 steps behind Front side line
7	154 - 156	12	Side One: 4.0 steps inside 30 yd In	10.0 steps behind Front side line
8	157 - 160	16	Side One: 2.0 steps outside 35 yd In	1.0 steps in front of Front Hash (HS)
9	161 - 162	8	Side One: 3.5 steps inside 30 yd In	5.25 steps in front of Front Hash (HS)
10	163 - 166	16	Side One: 3.0 steps inside 30 yd In	12.25 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 3.0 steps outside 45 yd In	12.25 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: On 40 yd In	12.0 steps behind Front side line
13	175 (beat)	11	Side One: On 40 yd In	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: On 45 yd In	On Front side line
2	121 - 124	4	Side One: On 45 yd In	On Front side line
3	125 - 132	24	Side One: On 45 yd In	On Front side line
4	133 - 140	12	Side One: 2.0 steps outside 45 yd In	8.0 steps behind Front side line
5	141 - 149	15	Side One: 4.0 steps inside 45 yd In	13.25 steps behind Front side line
6	150 - 153	16	Side One: 0.75 steps inside 45 yd In	12.0 steps behind Front side line
7	154 - 156	12	Side One: 4.0 steps inside 35 yd In	10.0 steps behind Front side line
8	157 - 160	16	Side One: 3.0 steps outside 40 yd In	2.75 steps in front of Front Hash (HS)
9	161 - 162	8	Side One: 3.5 steps inside 35 yd In	4.75 steps in front of Front Hash (HS)
10	163 - 166	16	Side One: 2.75 steps inside 35 yd In	12.0 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 3.25 steps outside 50 yd In	12.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: On 45 yd In	12.0 steps behind Front side line
13	175 (beat)	11	Side One: On 45 yd In	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 4.0 steps outside 45 yd In	On Front side line
2	121 - 124	4	Side Two: 4.0 steps outside 45 yd In	On Front side line
3	125 - 132	24	Side Two: 4.0 steps outside 45 yd In	On Front side line
4	133 - 140	12	Side Two: 1.0 steps inside 40 yd In	8.0 steps behind Front side line
5	141 - 149	15	Side Two: 3.75 steps inside 35 yd In	9.25 steps behind Front side line
6	150 - 153	16	Side Two: 3.5 steps inside 40 yd In	9.0 steps behind Front side line
7	154 - 156	12	On 50 yd In	4.0 steps behind Front side line
8	157 - 160	16	Side One: 3.25 steps inside 45 yd In	3.25 steps behind Front side line
9	161 - 162	8	Side Two: 0.5 steps outside 50 yd In	3.5 steps behind Front side line
10	163 - 166	16	Side One: 2.25 steps outside 45 yd In	8.75 steps behind Front side line
11	167 - 171	6	Side Two: 0.25 steps inside 45 yd In	8.75 steps behind Front side line
12	172 - 175	14	Side Two: 4.0 steps outside 45 yd In	6.0 steps behind Front side line
13	175 (beat)	11	Side Two: 4.0 steps outside 45 yd In	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 4.0 steps outside 50 yd In	On Front side line
2	121 - 124	4	Side Two: 4.0 steps outside 50 yd In	On Front side line
3	125 - 132	24	Side Two: 4.0 steps outside 50 yd In	On Front side line
4	133 - 140	12	Side Two: 3.0 steps inside 45 yd In	8.0 steps behind Front side line
5	141 - 149	15	Side Two: 1.75 steps outside 45 yd In	11.75 steps behind Front side line
6	150 - 153	16	Side Two: 4.0 steps inside 45 yd In	11.5 steps behind Front side line
7	154 - 156	12	Side One: On 45 yd In	4.0 steps behind Front side line
8	157 - 160	16	Side One: 3.5 steps inside 40 yd In	4.0 steps behind Front side line
9	161 - 162	8	Side One: 0.5 steps inside 45 yd In	3.0 steps behind Front side line
10	163 - 166	16	Side One: 1.75 steps outside 40 yd In	10.25 steps behind Front side line
11	167 - 171	6	Side Two: 0.25 steps outside 50 yd In	10.25 steps behind Front side line
12	172 - 175	14	Side Two: 4.0 steps outside 50 yd In	6.0 steps behind Front side line
13	175 (beat)	11	Side Two: 4.0 steps outside 50 yd In	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 4.0 steps inside 45 yd In	On Front side line
2	121 - 124	4	Side One: 4.0 steps inside 45 yd In	On Front side line
3	125 - 132	24	Side One: 4.0 steps inside 45 yd In	On Front side line
4	133 - 140	12	Side One: 3.0 steps inside 45 yd In	8.0 steps behind Front side line
5	141 - 149	15	On 50 yd In	11.0 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 4.0 steps inside 45 yd In	13.0 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: On 40 yd In	4.0 steps behind Front side line
8	157 - 160	16	Side One: 3.75 steps outside 40 yd In	6.5 steps behind Front side line
9	161 - 162	8	Side One: 0.5 steps inside 40 yd In	3.75 steps behind Front side line
10	163 - 166	16	Side One: 1.5 steps outside 35 yd In	10.75 steps behind Front side line
11	167 - 171	6	Side One: 0.5 steps inside 45 yd In	10.75 steps behind Front side line
12	172 - 175	14	Side One: 4.0 steps inside 45 yd In	6.0 steps behind Front side line
13	175 (beat)	11	Side One: 4.0 steps inside 45 yd In	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: On 35 yd In	On Front side line
2	121 - 124	4	Side One: On 35 yd In	On Front side line
3	125 - 132	24	Side One: On 35 yd In	On Front side line
4	133 - 140	12	Side One: 2.0 steps inside 30 yd In	8.0 steps behind Front side line
5	141 - 149	15	Side One: On 35 yd In	4.25 steps behind Front side line
6	150 - 153	16	Side One: 0.75 steps inside 35 yd In	4.5 steps behind Front side line
7	154 - 156	12	Side One: 4.0 steps inside 25 yd In	10.0 steps behind Front side line
8	157 - 160	16	Side One: 1.0 steps outside 30 yd In	On Front Hash (HS)
9	161 - 162	8	Side One: 3.5 steps inside 25 yd In	7.0 steps in front of Front Hash (HS)
10	163 - 166	16	Side One: 3.5 steps inside 25 yd In	13.25 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 2.5 steps outside 40 yd In	13.25 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: On 35 yd In	12.0 steps behind Front side line
13	175 (beat)	11	Side One: On 35 yd In	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: On 30 yd In	On Front side line
2	121 - 124	4	Side One: On 30 yd In	On Front side line
3	125 - 132	24	Side One: On 30 yd In	On Front side line
4	133 - 140	12	Side One: On 25 yd In	8.0 steps behind Front side line
5	141 - 149	15	Side One: 3.0 steps outside 30 yd In	4.0 steps behind Front side line
6	150 - 153	16	Side One: On 30 yd In	4.0 steps behind Front side line
7	154 - 156	12	Side One: 4.0 steps inside 20 yd In	10.0 steps behind Front side line
8	157 - 160	16	Side One: On 25 yd In	On Front Hash (HS)
9	161 - 162	8	Side One: 4.0 steps inside 20 yd In	10.0 steps in front of Front Hash (HS)
10	163 - 166	16	Side One: 4.0 steps inside 20 yd In	13.0 steps behind Front side line
11	167 - 171	6	Side One: 2.0 steps outside 35 yd In	13.0 steps behind Front side line
12	172 - 175	14	Side One: On 30 yd In	12.0 steps behind Front side line
13	175 (beat)	11	Side One: On 30 yd In	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 4.0 steps inside 30 yd In	On Front side line
2	121 - 124	4	Side One: 4.0 steps inside 30 yd In	On Front side line
3	125 - 132	24	Side One: 4.0 steps inside 30 yd In	On Front side line
4	133 - 140	12	Side One: 3.0 steps outside 30 yd In	8.0 steps behind Front side line
5	141 - 149	15	Side One: 2.5 steps inside 30 yd In	4.0 steps behind Front side line
6	150 - 153	16	Side One: 3.5 steps outside 35 yd In	4.0 steps behind Front side line
7	154 - 156	12	Side One: On 25 yd In	4.0 steps behind Front side line
8	157 - 160	16	Side One: 3.25 steps inside 25 yd In	6.75 steps in front of Front Hash (HS)
9	161 - 162	8	Side One: 2.25 steps inside 25 yd In	12.75 steps behind Front side line
10	163 - 166	16	Side One: On 20 yd In	6.0 steps behind Front side line
11	167 - 171	6	Side One: 2.0 steps inside 30 yd In	6.0 steps behind Front side line
12	172 - 175	14	Side One: 4.0 steps inside 30 yd In	6.0 steps behind Front side line
13	175 (beat)	11	Side One: 4.0 steps inside 30 yd In	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 4.0 steps inside 35 yd In	On Front side line
2	121 - 124	4	Side One: 3.0 steps outside 40 yd In	8.0 steps behind Front side line
3	125 - 132	24	Side One: 3.0 steps outside 40 yd In	8.0 steps behind Front side line
4	133 - 140	12	Side One: 1.0 steps outside 35 yd In	8.0 steps behind Front side line
5	141 - 149	15	Side One: 2.5 steps outside 40 yd In	5.5 steps behind Front side line
6	150 - 153	16	Side One: 2.75 steps outside 40 yd In	5.5 steps behind Front side line
7	154 - 156	12	Side One: On 30 yd In	4.0 steps behind Front side line
8	157 - 160	16	Side One: On 30 yd In	13.0 steps in front of Front Hash (HS)
9	161 - 162	8	Side One: 1.25 steps inside 30 yd In	8.75 steps behind Front side line
10	163 - 166	16	Side One: 0.75 steps outside 25 yd In	8.75 steps behind Front side line
11	167 - 171	6	Side One: 1.25 steps inside 35 yd In	8.75 steps behind Front side line
12	172 - 175	14	Side One: 4.0 steps inside 35 yd In	6.0 steps behind Front side line
13	175 (beat)	11	Side One: 4.0 steps inside 35 yd In	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 4.0 steps inside 40 yd In	On Front side line
2	121 - 124	4	Side One: 4.0 steps inside 40 yd In	On Front side line
3	125 - 132	24	Side One: 4.0 steps inside 40 yd In	On Front side line
4	133 - 140	12	Side One: 1.0 steps inside 40 yd In	8.0 steps behind Front side line
5	141 - 149	15	Side One: 0.5 steps outside 45 yd In	10.0 steps behind Front side line
6	150 - 153	16	Side One: 2.75 steps outside 45 yd In	9.25 steps behind Front side line
7	154 - 156	12	Side One: On 35 yd In	4.0 steps behind Front side line
8	157 - 160	16	Side One: 2.25 steps outside 35 yd In	10.25 steps behind Front side line
9	161 - 162	8	Side One: 0.5 steps inside 35 yd In	5.5 steps behind Front side line
10	163 - 166	16	Side One: 1.25 steps outside 30 yd In	10.25 steps behind Front side line
11	167 - 171	6	Side One: 0.75 steps inside 40 yd In	10.25 steps behind Front side line
12	172 - 175	14	Side One: 4.0 steps inside 40 yd In	6.0 steps behind Front side line
13	175 (beat)	11	Side One: 4.0 steps inside 40 yd In	On Front side line

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 3.25 steps inside 30 yd In	6.0 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 0.25 steps outside 30 yd In	9.75 steps in front of Back Hash (HS)
3	125 - 132	24	Side Two: 0.5 steps outside 35 yd In	1.25 steps behind Back Hash (HS)
4	133 - 140	12	Side Two: 3.0 steps inside 40 yd In	On Back Hash (HS)
5	141 - 149	15	Side Two: 1.25 steps inside 45 yd In	4.75 steps behind Back Hash (HS)
6	150 - 153	16	Side One: 3.75 steps outside 45 yd In	10.25 steps behind Back Hash (HS)
7	154 - 156	12	Side One: 2.0 steps outside 45 yd In	0.25 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: 2.0 steps outside 50 yd In	6.75 steps behind Back Hash (HS)
9	161 - 162	8	Side One: 3.75 steps inside 45 yd In	6.0 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 1.75 steps outside 45 yd In	0.5 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 4.0 steps outside 45 yd In	3.0 steps in front of Back Hash (HS)
12	172 - 175	14	Side One: 1.5 steps outside 50 yd In	8.0 steps behind Back Hash (HS)
13	175 (beat)	11	Side One: 1.5 steps outside 50 yd In	8.0 steps behind Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 3.0 steps inside 30 yd In	On Front Hash (HS)
2	121 - 124	4	Side Two: 3.0 steps outside 30 yd In	13.0 steps behind Front Hash (HS)
3	125 - 132	24	Side Two: 2.0 steps inside 30 yd In	1.0 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: 3.0 steps outside 40 yd In	On Back Hash (HS)
5	141 - 149	15	Side Two: 3.0 steps inside 40 yd In	5.0 steps behind Back Hash (HS)
6	150 - 153	16	Side One: 2.0 steps inside 45 yd In	12.0 steps behind Back Hash (HS)
7	154 - 156	12	Side One: 4.0 steps inside 45 yd In	On Back Hash (HS)
8	157 - 160	16	Side Two: On 45 yd In	7.0 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 1.0 steps outside 50 yd In	3.0 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 4.0 steps inside 45 yd In	2.0 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 2.0 steps inside 45 yd In	2.0 steps in front of Back Hash (HS)
12	172 - 175	14	Side Two: 4.0 steps inside 45 yd In	10.0 steps behind Back Hash (HS)
13	175 (beat)	11	Side Two: 4.0 steps inside 45 yd In	10.0 steps behind Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 3.0 steps inside 30 yd In	3.0 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 1.75 steps outside 30 yd In	12.25 steps in front of Back Hash (HS)
3	125 - 132	24	Side Two: 3.25 steps outside 35 yd In	0.25 steps behind Back Hash (HS)
4	133 - 140	12	Side Two: On 40 yd In	On Back Hash (HS)
5	141 - 149	15	Side Two: 2.0 steps outside 45 yd In	5.0 steps behind Back Hash (HS)
6	150 - 153	16	Side One: 1.0 steps outside 45 yd In	11.25 steps behind Back Hash (HS)
7	154 - 156	12	Side One: 1.0 steps inside 45 yd In	On Back Hash (HS)
8	157 - 160	16	Side Two: 3.0 steps inside 45 yd In	7.0 steps behind Back Hash (HS)
9	161 - 162	8	Side One: 1.5 steps outside 50 yd In	4.75 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 1.0 steps inside 45 yd In	1.0 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 1.0 steps outside 45 yd In	2.25 steps in front of Back Hash (HS)
12	172 - 175	14	Side Two: 1.25 steps outside 50 yd In	9.25 steps behind Back Hash (HS)
13	175 (beat)	11	Side Two: 1.25 steps outside 50 yd In	9.25 steps behind Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 3.75 steps outside 35 yd In	8.75 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 1.75 steps inside 30 yd In	7.25 steps in front of Back Hash (HS)
3	125 - 132	24	Side Two: 2.25 steps inside 35 yd In	2.25 steps behind Back Hash (HS)
4	133 - 140	12	Side Two: 2.0 steps outside 45 yd In	On Back Hash (HS)
5	141 - 149	15	Side Two: 3.75 steps outside 50 yd In	4.5 steps behind Back Hash (HS)
6	150 - 153	16	Side One: 1.5 steps inside 40 yd In	9.0 steps behind Back Hash (HS)
7	154 - 156	12	Side One: 3.0 steps inside 40 yd In	0.75 steps in front of Back Hash (HS)
8	157 - 160	16	Side One: 1.0 steps outside 50 yd In	6.5 steps behind Back Hash (HS)
9	161 - 162	8	Side One: 0.75 steps inside 45 yd In	6.5 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 3.25 steps inside 40 yd In	0.75 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 1.25 steps inside 40 yd In	3.75 steps in front of Back Hash (HS)
12	172 - 175	14	Side One: 3.75 steps inside 45 yd In	6.5 steps behind Back Hash (HS)
13	175 (beat)	11	Side One: 3.75 steps inside 45 yd In	6.5 steps behind Back Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 4.0 steps outside 45 yd In	5.0 steps in front of Back Hash (HS)
2	121 - 124	4	Side Two: 4.0 steps outside 45 yd In	4.0 steps behind Back Hash (HS)
3	125 - 132	24	On 50 yd In	4.0 steps behind Back Hash (HS)
4	133 - 140	12	Side One: 4.0 steps inside 40 yd In	On Back Hash (HS)
5	141 - 149	15	Side One: 2.0 steps outside 40 yd In	On Back Hash (HS)
6	150 - 153	16	Side One: 3.0 steps inside 30 yd In	7.0 steps in front of Back Hash (HS)
7	154 - 156	12	Side One: On 30 yd In	11.0 steps in front of Back Hash (HS)
8	157 - 160	16	Side One: 4.0 steps inside 35 yd In	4.0 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 4.0 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 2.0 steps outside 35 yd In	12.0 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 1.0 steps inside 30 yd In	10.0 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 2.0 steps outside 40 yd In	10.0 steps in front of Back Hash (HS)
13	175 (beat)	11	Side One: 2.0 steps outside 40 yd In	10.0 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 1.25 steps inside 40 yd In	6.0 steps in front of Back Hash (HS)
2	121 - 124	4	Side Two: 1.0 steps inside 40 yd In	3.25 steps behind Back Hash (HS)
3	125 - 132	24	Side Two: 3.0 steps outside 50 yd In	4.25 steps behind Back Hash (HS)
4	133 - 140	12	Side One: 1.0 steps outside 45 yd In	On Back Hash (HS)
5	141 - 149	15	Side One: 1.0 steps inside 40 yd In	0.75 steps behind Back Hash (HS)
6	150 - 153	16	Side One: 4.0 steps outside 35 yd In	4.25 steps in front of Back Hash (HS)
7	154 - 156	12	Side One: 2.25 steps inside 30 yd In	9.0 steps in front of Back Hash (HS)
8	157 - 160	16	Side One: 1.75 steps outside 40 yd In	2.0 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 4.0 steps inside 35 yd In	5.0 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 1.75 steps outside 35 yd In	13.0 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 2.5 steps inside 30 yd In	12.5 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 0.75 steps outside 40 yd In	7.25 steps in front of Back Hash (HS)
13	175 (beat)	11	Side One: 0.75 steps outside 40 yd In	7.25 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 1.5 steps outside 40 yd In	7.25 steps in front of Back Hash (HS)
2	121 - 124	4	Side Two: 1.75 steps outside 40 yd In	2.25 steps behind Back Hash (HS)
3	125 - 132	24	Side Two: 2.0 steps inside 45 yd In	4.25 steps behind Back Hash (HS)
4	133 - 140	12	Side One: 2.0 steps inside 45 yd In	On Back Hash (HS)
5	141 - 149	15	Side One: 4.0 steps inside 40 yd In	1.5 steps behind Back Hash (HS)
6	150 - 153	16	Side One: 2.25 steps outside 35 yd In	1.75 steps in front of Back Hash (HS)
7	154 - 156	12	Side One: 3.5 steps outside 35 yd In	7.0 steps in front of Back Hash (HS)
8	157 - 160	16	Side One: 0.5 steps inside 40 yd In	On Back Hash (HS)
9	161 - 162	8	Side One: 3.5 steps outside 40 yd In	2.0 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 1.0 steps outside 35 yd In	10.25 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 3.75 steps outside 35 yd In	13.0 steps in front of Back Hash (HS)
12	172 - 175	14	Side One: 0.5 steps inside 40 yd In	4.5 steps in front of Back Hash (HS)
13	175 (beat)	11	Side One: 0.5 steps inside 40 yd In	4.5 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 0.5 steps outside 35 yd In	13.0 steps in front of Back Hash (HS)
2	121 - 124	4	Side Two: 1.5 steps outside 35 yd In	2.5 steps in front of Back Hash (HS)
3	125 - 132	24	Side Two: 1.25 steps inside 40 yd In	3.75 steps behind Back Hash (HS)
4	133 - 140	12	Side Two: 3.0 steps outside 50 yd In	On Back Hash (HS)
5	141 - 149	15	Side One: 3.25 steps outside 50 yd In	3.5 steps behind Back Hash (HS)
6	150 - 153	16	Side One: 4.0 steps inside 35 yd In	4.75 steps behind Back Hash (HS)
7	154 - 156	12	Side One: 3.75 steps outside 40 yd In	2.75 steps in front of Back Hash (HS)
8	157 - 160	16	Side One: 0.25 steps inside 45 yd In	4.5 steps behind Back Hash (HS)
9	161 - 162	8	Side One: 2.25 steps inside 40 yd In	4.75 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 3.25 steps outside 40 yd In	3.25 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 3.0 steps inside 35 yd In	7.0 steps in front of Back Hash (HS)
12	172 - 175	14	Side One: 1.75 steps outside 45 yd In	2.5 steps behind Back Hash (HS)
13	175 (beat)	11	Side One: 1.75 steps outside 45 yd In	2.5 steps behind Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 1.75 steps outside 35 yd In	13.25 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 3.0 steps outside 35 yd In	3.75 steps in front of Back Hash (HS)
3	125 - 132	24	Side Two: 0.75 steps outside 40 yd In	3.25 steps behind Back Hash (HS)
4	133 - 140	12	Side Two: 3.0 steps inside 45 yd In	On Back Hash (HS)
5	141 - 149	15	Side One: 1.25 steps outside 50 yd In	3.75 steps behind Back Hash (HS)
6	150 - 153	16	Side One: 2.5 steps outside 40 yd In	6.0 steps behind Back Hash (HS)
7	154 - 156	12	Side One: 1.75 steps outside 40 yd In	2.0 steps in front of Back Hash (HS)
8	157 - 160	16	Side One: 2.25 steps inside 45 yd In	5.25 steps behind Back Hash (HS)
9	161 - 162	8	Side One: 4.0 steps inside 40 yd In	5.5 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 1.5 steps outside 40 yd In	2.25 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 3.25 steps outside 40 yd In	6.0 steps in front of Back Hash (HS)
12	172 - 175	14	Side One: 0.25 steps outside 45 yd In	3.75 steps behind Back Hash (HS)
13	175 (beat)	11	Side One: 0.25 steps outside 45 yd In	3.75 steps behind Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 2.75 steps outside 35 yd In	11.5 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 3.75 steps inside 30 yd In	5.0 steps in front of Back Hash (HS)
3	125 - 132	24	Side Two: 2.75 steps outside 40 yd In	3.0 steps behind Back Hash (HS)
4	133 - 140	12	Side Two: 1.0 steps inside 45 yd In	On Back Hash (HS)
5	141 - 149	15	Side Two: 0.75 steps outside 50 yd In	4.0 steps behind Back Hash (HS)
6	150 - 153	16	Side One: 1.0 steps outside 40 yd In	7.25 steps behind Back Hash (HS)
7	154 - 156	12	Side One: On 40 yd In	1.25 steps in front of Back Hash (HS)
8	157 - 160	16	Side One: 4.0 steps outside 50 yd In	5.75 steps behind Back Hash (HS)
9	161 - 162	8	Side One: 2.25 steps outside 45 yd In	6.25 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 0.25 steps inside 40 yd In	1.5 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 1.5 steps outside 40 yd In	5.0 steps in front of Back Hash (HS)
12	172 - 175	14	Side One: 1.25 steps inside 45 yd In	5.0 steps behind Back Hash (HS)
13	175 (beat)	11	Side One: 1.25 steps inside 45 yd In	5.0 steps behind Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 4.0 steps inside 35 yd In	9.0 steps in front of Back Hash (HS)
2	121 - 124	4	Side Two: 3.5 steps inside 35 yd In	1.0 steps behind Back Hash (HS)
3	125 - 132	24	Side Two: 1.0 steps outside 45 yd In	4.25 steps behind Back Hash (HS)
4	133 - 140	12	Side One: 3.0 steps outside 50 yd In	On Back Hash (HS)
5	141 - 149	15	Side One: 1.25 steps outside 45 yd In	2.25 steps behind Back Hash (HS)
6	150 - 153	16	Side One: 0.25 steps outside 35 yd In	0.5 steps behind Back Hash (HS)
7	154 - 156	12	Side One: 1.0 steps outside 35 yd In	5.25 steps in front of Back Hash (HS)
8	157 - 160	16	Side One: 3.0 steps inside 40 yd In	1.75 steps behind Back Hash (HS)
9	161 - 162	8	Side One: 2.25 steps outside 40 yd In	0.5 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 0.5 steps inside 35 yd In	7.5 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 1.75 steps outside 35 yd In	10.75 steps in front of Back Hash (HS)
12	172 - 175	14	Side One: 2.25 steps inside 40 yd In	2.0 steps in front of Back Hash (HS)
13	175 (beat)	11	Side One: 2.25 steps inside 40 yd In	2.0 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 1.5 steps inside 35 yd In	10.75 steps in front of Back Hash (HS)
2	121 - 124	4	Side Two: 1.0 steps inside 35 yd In	0.75 steps in front of Back Hash (HS)
3	125 - 132	24	Side Two: 4.0 steps outside 45 yd In	4.0 steps behind Back Hash (HS)
4	133 - 140	12	On 50 yd In	On Back Hash (HS)
5	141 - 149	15	Side One: 1.75 steps inside 45 yd In	3.0 steps behind Back Hash (HS)
6	150 - 153	16	Side One: 1.75 steps inside 35 yd In	2.75 steps behind Back Hash (HS)
7	154 - 156	12	Side One: 1.5 steps outside 35 yd In	4.0 steps in front of Back Hash (HS)
8	157 - 160	16	Side One: 2.5 steps outside 45 yd In	3.25 steps behind Back Hash (HS)
9	161 - 162	8	Side One: 0.25 steps outside 40 yd In	3.0 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 2.5 steps inside 35 yd In	5.25 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 0.5 steps inside 35 yd In	8.75 steps in front of Back Hash (HS)
12	172 - 175	14	Side One: 4.0 steps outside 45 yd In	0.25 steps behind Back Hash (HS)
13	175 (beat)	11	Side One: 4.0 steps outside 45 yd In	0.25 steps behind Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.0 steps outside 40 yd In	14.0 steps behind Front side line
2	121 - 124	4	Side One: 4.0 steps inside 30 yd In	8.0 steps behind Front side line
3	125 - 132	24	Side One: 3.25 steps outside 40 yd In	11.5 steps in front of Front Hash (HS)
4	133 - 140	12	Side One: On 45 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	On 50 yd In	2.0 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 0.5 steps inside 45 yd In	5.0 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 0.75 steps inside 45 yd In	2.75 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 3.75 steps outside 50 yd In	7.0 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 1.25 steps outside 50 yd In	3.0 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 2.0 steps inside 45 yd In	1.75 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 4.0 steps outside 50 yd In	1.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 3.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 3.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.0 steps inside 35 yd In	13.5 steps behind Front side line
2	121 - 124	4	Side One: 1.5 steps inside 30 yd In	8.75 steps behind Front side line
3	125 - 132	24	Side One: 1.75 steps inside 35 yd In	11.5 steps in front of Front Hash (HS)
4	133 - 140	12	Side One: 3.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: 1.75 steps outside 50 yd In	0.5 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 0.75 steps outside 45 yd In	7.5 steps in front of Front Hash (HS)
7	154 - 156	12	Side Two: 2.0 steps outside 45 yd In	3.25 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 1.25 steps outside 50 yd In	6.75 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 1.25 steps outside 50 yd In	2.25 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 0.5 steps outside 45 yd In	2.5 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 1.5 steps inside 45 yd In	2.0 steps in front of Front Hash (HS)
12	172 - 175	14	On 50 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	On 50 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.0 steps inside 35 yd In	13.0 steps behind Front side line
2	121 - 124	4	Side One: 0.75 steps outside 30 yd In	9.75 steps behind Front side line
3	125 - 132	24	Side One: 1.0 steps outside 35 yd In	11.25 steps in front of Front Hash (HS)
4	133 - 140	12	Side One: 2.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: 3.75 steps outside 50 yd In	2.75 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 2.25 steps outside 45 yd In	9.75 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 3.0 steps inside 40 yd In	3.75 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 1.5 steps inside 50 yd In	6.5 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 3.75 steps outside 50 yd In	1.75 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 3.0 steps outside 45 yd In	3.25 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 0.75 steps outside 45 yd In	2.75 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 3.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 3.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.0 steps outside 35 yd In	12.5 steps behind Front side line
2	121 - 124	4	Side One: 3.0 steps outside 30 yd In	11.0 steps behind Front side line
3	125 - 132	24	Side One: 4.0 steps outside 35 yd In	11.0 steps in front of Front Hash (HS)
4	133 - 140	12	Side One: 1.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: 2.25 steps inside 45 yd In	5.0 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 3.75 steps inside 40 yd In	12.0 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 0.25 steps inside 40 yd In	4.25 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 4.0 steps outside 50 yd In	6.25 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 1.75 steps inside 45 yd In	1.25 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 2.5 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 3.25 steps outside 45 yd In	3.5 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 2.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 2.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.0 steps outside 35 yd In	12.25 steps behind Front side line
2	121 - 124	4	Side One: 3.0 steps inside 25 yd In	12.5 steps behind Front side line
3	125 - 132	24	Side One: 1.25 steps inside 30 yd In	10.75 steps in front of Front Hash (HS)
4	133 - 140	12	Side One: 4.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: On 45 yd In	7.0 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 1.5 steps inside 40 yd In	13.5 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 2.5 steps outside 40 yd In	4.75 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 1.5 steps inside 45 yd In	6.25 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 0.75 steps outside 45 yd In	1.0 steps behind Front Hash (HS)
10	163 - 166	16	Side One: On 40 yd In	4.5 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 2.25 steps inside 40 yd In	4.25 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 1.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 1.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.0 steps inside 30 yd In	12.5 steps behind Front side line
2	121 - 124	4	Side One: 1.5 steps inside 25 yd In	13.5 steps in front of Front Hash (HS)
3	125 - 132	24	Side One: 1.75 steps outside 30 yd In	10.25 steps in front of Front Hash (HS)
4	133 - 140	12	Side One: 1.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: 2.5 steps outside 45 yd In	9.0 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 1.0 steps outside 40 yd In	13.25 steps behind Front side line
7	154 - 156	12	Side One: 2.5 steps inside 35 yd In	5.25 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 1.0 steps outside 45 yd In	6.0 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 3.25 steps outside 45 yd In	0.75 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 2.5 steps outside 40 yd In	5.0 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 0.25 steps outside 40 yd In	5.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 4.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 4.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.0 steps inside 30 yd In	13.0 steps behind Front side line
2	121 - 124	4	Side One: 0.5 steps inside 25 yd In	11.0 steps in front of Front Hash (HS)
3	125 - 132	24	Side One: 3.5 steps inside 25 yd In	9.75 steps in front of Front Hash (HS)
4	133 - 140	12	Side One: 2.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: 3.0 steps inside 40 yd In	10.5 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 3.75 steps outside 40 yd In	12.25 steps behind Front side line
7	154 - 156	12	Side One: 0.25 steps outside 35 yd In	5.75 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 3.5 steps outside 45 yd In	5.75 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 2.25 steps inside 40 yd In	0.75 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 2.75 steps inside 35 yd In	5.5 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 2.5 steps outside 40 yd In	5.5 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 1.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 1.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 0.75 steps outside 30 yd In	14.0 steps behind Front side line
2	121 - 124	4	Side One: 0.25 steps inside 25 yd In	8.5 steps in front of Front Hash (HS)
3	125 - 132	24	Side One: 0.5 steps inside 25 yd In	9.0 steps in front of Front Hash (HS)
4	133 - 140	12	Side One: 3.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: 0.25 steps inside 40 yd In	12.0 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 1.5 steps inside 35 yd In	11.5 steps behind Front side line
7	154 - 156	12	Side One: 3.0 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 1.75 steps inside 40 yd In	5.75 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 0.25 steps outside 40 yd In	0.75 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 0.25 steps inside 35 yd In	5.75 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 3.0 steps inside 35 yd In	6.25 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 2.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 2.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 2.25 steps outside 30 yd In	12.75 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: 0.25 steps inside 25 yd In	6.0 steps in front of Front Hash (HS)
3	125 - 132	24	Side One: 2.25 steps outside 25 yd In	8.0 steps in front of Front Hash (HS)
4	133 - 140	12	Side One: On 30 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: 2.5 steps outside 40 yd In	13.25 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 1.25 steps outside 35 yd In	11.0 steps behind Front side line
7	154 - 156	12	Side One: 2.0 steps inside 30 yd In	6.25 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 0.75 steps outside 40 yd In	5.5 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 2.75 steps outside 40 yd In	0.75 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 2.5 steps outside 35 yd In	6.0 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 0.5 steps inside 35 yd In	6.75 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 3.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 3.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.5 steps outside 30 yd In	11.0 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: 0.5 steps inside 25 yd In	3.5 steps in front of Front Hash (HS)
3	125 - 132	24	Side One: 3.25 steps inside 20 yd In	6.75 steps in front of Front Hash (HS)
4	133 - 140	12	Side One: 3.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: 2.5 steps inside 35 yd In	14.0 steps behind Front side line
6	150 - 153	16	Side One: 4.0 steps inside 30 yd In	10.5 steps behind Front side line
7	154 - 156	12	Side One: 0.75 steps outside 30 yd In	6.5 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 3.25 steps outside 40 yd In	5.5 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 2.75 steps inside 35 yd In	0.75 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 3.0 steps inside 30 yd In	6.25 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 2.0 steps outside 35 yd In	7.25 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: On 35 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: On 35 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.75 steps inside 25 yd In	9.0 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: 1.5 steps inside 25 yd In	1.25 steps in front of Front Hash (HS)
3	125 - 132	24	Side One: 1.25 steps inside 20 yd In	5.0 steps in front of Front Hash (HS)
4	133 - 140	12	Side One: 2.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: 0.5 steps outside 35 yd In	13.75 steps behind Front side line
6	150 - 153	16	Side One: 1.25 steps inside 30 yd In	10.25 steps behind Front side line
7	154 - 156	12	Side One: 3.75 steps outside 30 yd In	6.5 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 2.25 steps inside 35 yd In	5.5 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 0.25 steps inside 35 yd In	0.75 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 0.5 steps inside 30 yd In	6.5 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 3.5 steps inside 30 yd In	7.75 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 3.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 3.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.5 steps inside 25 yd In	7.0 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: 2.75 steps inside 25 yd In	1.0 steps behind Front Hash (HS)
3	125 - 132	24	Side One: On 20 yd In	2.25 steps in front of Front Hash (HS)
4	133 - 140	12	Side One: 1.0 steps outside 25 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: 3.5 steps outside 35 yd In	13.75 steps behind Front side line
6	150 - 153	16	Side One: 1.75 steps outside 30 yd In	10.25 steps behind Front side line
7	154 - 156	12	Side One: 1.5 steps inside 25 yd In	6.5 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 0.25 steps outside 35 yd In	5.75 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 2.25 steps outside 35 yd In	1.0 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 2.25 steps outside 30 yd In	6.5 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 1.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 2.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 2.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.75 steps inside 25 yd In	5.0 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: 3.75 steps outside 30 yd In	3.0 steps behind Front Hash (HS)
3	125 - 132	24	Side One: On 20 yd In	0.75 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 4.0 steps inside 20 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: 1.5 steps inside 30 yd In	13.5 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 3.5 steps inside 25 yd In	10.5 steps behind Front side line
7	154 - 156	12	Side One: 1.5 steps outside 25 yd In	6.25 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 3.0 steps outside 35 yd In	5.75 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 3.25 steps inside 30 yd In	1.25 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 3.25 steps inside 25 yd In	6.5 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 1.5 steps outside 30 yd In	8.25 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 1.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 1.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.0 steps outside 30 yd In	3.25 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: 2.0 steps outside 30 yd In	4.75 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 0.25 steps inside 20 yd In	3.5 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 4.0 steps inside 20 yd In	5.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: 1.5 steps outside 30 yd In	12.75 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 0.75 steps inside 25 yd In	11.25 steps behind Front side line
7	154 - 156	12	Side One: 3.75 steps inside 20 yd In	5.75 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 2.5 steps inside 30 yd In	6.25 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 0.75 steps inside 30 yd In	1.5 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 0.5 steps inside 25 yd In	6.25 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 4.0 steps inside 25 yd In	8.5 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 4.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 4.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: On 25 yd In	6.0 steps behind Front Hash (HS)
2	121 - 124	4	Side One: On 30 yd In	12.0 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: On 20 yd In	12.0 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: 1.0 steps outside 25 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side One: 2.0 steps inside 30 yd In	12.0 steps in front of Back Hash (HS)
6	150 - 153	16	Side One: 2.0 steps inside 40 yd In	6.25 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 1.25 steps inside 45 yd In	3.0 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 2.25 steps inside 45 yd In	9.5 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 2.0 steps outside 50 yd In	8.5 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: 1.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 1.0 steps outside 45 yd In	7.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: On 45 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: On 45 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 2.5 steps inside 25 yd In	7.0 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 2.5 steps inside 30 yd In	11.25 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 2.75 steps inside 20 yd In	11.25 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: 2.0 steps inside 25 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side One: 3.25 steps outside 35 yd In	11.25 steps in front of Back Hash (HS)
6	150 - 153	16	Side One: 0.5 steps inside 40 yd In	8.75 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 0.75 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 2.5 steps inside 45 yd In	12.0 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 1.5 steps outside 50 yd In	11.0 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 0.75 steps outside 50 yd In	5.75 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 1.25 steps inside 45 yd In	6.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 2.25 steps inside 45 yd In	6.5 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 2.25 steps inside 45 yd In	6.5 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.0 steps outside 30 yd ln	8.0 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 2.75 steps outside 35 yd ln	10.25 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 2.5 steps outside 25 yd ln	10.5 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: 3.0 steps outside 30 yd ln	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side One: 0.75 steps outside 35 yd ln	10.5 steps in front of Back Hash (HS)
6	150 - 153	16	Side One: 0.5 steps outside 40 yd ln	11.5 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 0.5 steps inside 45 yd ln	8.75 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 2.5 steps inside 45 yd ln	13.5 steps in front of Back Hash (HS)
9	161 - 162	8	Side Two: 1.0 steps outside 50 yd ln	13.5 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 2.25 steps outside 50 yd ln	3.5 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 3.5 steps inside 45 yd ln	4.75 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 3.75 steps outside 50 yd ln	4.75 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 3.75 steps outside 50 yd ln	4.75 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 0.75 steps outside 30 yd ln	9.0 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 0.25 steps outside 35 yd ln	9.5 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 0.5 steps inside 25 yd ln	9.75 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: On 30 yd ln	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side One: 2.0 steps inside 35 yd ln	9.75 steps in front of Back Hash (HS)
6	150 - 153	16	Side One: 1.25 steps outside 40 yd ln	13.75 steps in front of Back Hash (HS)
7	154 - 156	12	Side Two: 0.75 steps inside 45 yd ln	11.5 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 2.75 steps inside 45 yd ln	11.0 steps in front of Back Hash (HS)
9	161 - 162	8	Side Two: 0.75 steps outside 50 yd ln	12.0 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 3.25 steps outside 50 yd ln	0.75 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 2.25 steps outside 50 yd ln	3.25 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 1.75 steps outside 50 yd ln	2.75 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 1.75 steps outside 50 yd ln	2.75 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.75 steps inside 30 yd ln	10.0 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 2.5 steps inside 35 yd ln	8.5 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 3.25 steps inside 25 yd ln	9.25 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: 3.0 steps inside 30 yd ln	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side One: 3.5 steps outside 40 yd ln	9.0 steps in front of Back Hash (HS)
6	150 - 153	16	Side One: 1.5 steps outside 40 yd ln	10.75 steps in front of Back Hash (HS)
7	154 - 156	12	Side One: 1.25 steps inside 45 yd ln	13.75 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: 2.5 steps inside 45 yd ln	8.5 steps in front of Back Hash (HS)
9	161 - 162	8	Side Two: 0.75 steps outside 50 yd ln	9.5 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 3.75 steps inside 45 yd ln	1.75 steps behind Front Hash (HS)
11	167 - 171	6	Side Two: 0.25 steps outside 50 yd ln	1.75 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: On 50 yd ln	0.75 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: On 50 yd ln	0.75 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.75 steps outside 35 yd ln	10.75 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 2.75 steps outside 40 yd ln	7.75 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 2.0 steps outside 30 yd ln	8.5 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: 2.0 steps outside 35 yd ln	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side One: 0.75 steps outside 40 yd ln	8.5 steps in front of Back Hash (HS)
6	150 - 153	16	Side One: 1.0 steps outside 40 yd ln	8.0 steps in front of Back Hash (HS)
7	154 - 156	12	Side One: 2.25 steps inside 45 yd ln	11.0 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: 2.0 steps inside 45 yd ln	5.75 steps in front of Back Hash (HS)
9	161 - 162	8	Side Two: 1.0 steps outside 50 yd ln	7.0 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 3.0 steps inside 45 yd ln	4.5 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 1.5 steps outside 50 yd ln	On Front Hash (HS)
12	172 - 175	14	Side One: 1.5 steps outside 50 yd ln	1.5 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 1.5 steps outside 50 yd ln	1.5 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.0 steps outside 35 yd In	11.75 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 0.25 steps outside 40 yd In	7.0 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 1.0 steps inside 30 yd In	7.75 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: 1.0 steps inside 35 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side One: 2.0 steps inside 40 yd In	7.75 steps in front of Back Hash (HS)
6	150 - 153	16	Side One: On 40 yd In	5.25 steps in front of Back Hash (HS)
7	154 - 156	12	Side One: 3.75 steps inside 45 yd In	8.5 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: 1.25 steps inside 45 yd In	3.5 steps in front of Back Hash (HS)
9	161 - 162	8	Side Two: 1.5 steps outside 50 yd In	4.75 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 2.5 steps inside 45 yd In	7.25 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 3.25 steps outside 50 yd In	1.75 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 2.75 steps outside 50 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 2.75 steps outside 50 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.5 steps inside 35 yd In	12.5 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 2.5 steps inside 40 yd In	6.25 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 3.75 steps inside 30 yd In	7.25 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: 4.0 steps inside 35 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side One: 3.5 steps outside 45 yd In	7.25 steps in front of Back Hash (HS)
6	150 - 153	16	Side One: 1.5 steps inside 40 yd In	2.75 steps in front of Back Hash (HS)
7	154 - 156	12	Side Two: 2.5 steps outside 50 yd In	6.5 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: 0.25 steps inside 45 yd In	1.25 steps in front of Back Hash (HS)
9	161 - 162	8	Side Two: 2.5 steps outside 50 yd In	2.5 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 2.25 steps inside 45 yd In	10.0 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 3.25 steps inside 45 yd In	4.0 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 3.75 steps outside 50 yd In	6.5 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 3.75 steps outside 50 yd In	6.5 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 4.0 steps outside 40 yd In	13.0 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 2.75 steps outside 45 yd In	5.75 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 1.5 steps outside 35 yd In	6.5 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: 1.0 steps outside 40 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side One: 0.75 steps outside 45 yd In	6.75 steps in front of Back Hash (HS)
6	150 - 153	16	Side One: 3.5 steps inside 40 yd In	0.5 steps in front of Back Hash (HS)
7	154 - 156	12	Side One: 0.25 steps outside 50 yd In	4.5 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: 1.25 steps outside 45 yd In	1.0 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 3.75 steps outside 50 yd In	0.25 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 2.5 steps inside 45 yd In	12.75 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 2.25 steps inside 45 yd In	6.25 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 3.75 steps inside 45 yd In	9.25 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 3.75 steps inside 45 yd In	9.25 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.25 steps outside 40 yd In	13.75 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 0.25 steps outside 45 yd In	5.0 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 1.5 steps inside 35 yd In	6.0 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: 2.0 steps inside 40 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side One: 2.0 steps inside 45 yd In	6.5 steps in front of Back Hash (HS)
6	150 - 153	16	Side One: 2.25 steps outside 45 yd In	1.0 steps behind Back Hash (HS)
7	154 - 156	12	Side Two: 2.25 steps outside 50 yd In	3.0 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: 3.0 steps outside 45 yd In	2.75 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 2.5 steps inside 45 yd In	1.5 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 3.0 steps inside 45 yd In	12.5 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 1.5 steps inside 45 yd In	8.75 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 3.5 steps inside 45 yd In	11.75 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 3.5 steps inside 45 yd In	11.75 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.25 steps inside 40 yd In	14.0 steps in front of Back Hash (HS)
2	121 - 124	4	Side One: 2.5 steps inside 45 yd In	4.5 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 3.75 steps outside 40 yd In	5.5 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: 3.0 steps outside 45 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side One: 3.25 steps outside 50 yd In	6.25 steps in front of Back Hash (HS)
6	150 - 153	16	Side One: 0.25 steps inside 45 yd In	2.5 steps behind Back Hash (HS)
7	154 - 156	12	Side Two: 3.25 steps inside 45 yd In	1.75 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: 2.75 steps inside 40 yd In	4.0 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 0.5 steps inside 45 yd In	3.0 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 3.75 steps inside 45 yd In	10.0 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 1.25 steps inside 45 yd In	11.25 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 3.5 steps inside 45 yd In	13.5 steps in front of Back Hash (HS)
13	175 (beat)	11	Side One: 3.5 steps inside 45 yd In	13.5 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 4.0 steps inside 40 yd In	13.5 steps in front of Back Hash (HS)
2	121 - 124	4	Side One: 2.75 steps outside 50 yd In	4.25 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 1.0 steps outside 40 yd In	5.0 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: On 45 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side One: 0.5 steps outside 50 yd In	5.75 steps in front of Back Hash (HS)
6	150 - 153	16	Side One: 3.0 steps inside 45 yd In	3.25 steps behind Back Hash (HS)
7	154 - 156	12	Side Two: 0.75 steps inside 45 yd In	0.75 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: 0.5 steps inside 40 yd In	5.25 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 1.5 steps outside 45 yd In	4.25 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 3.25 steps outside 50 yd In	7.25 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 1.25 steps inside 45 yd In	14.0 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 3.75 steps inside 45 yd In	10.75 steps in front of Back Hash (HS)
13	175 (beat)	11	Side One: 3.75 steps inside 45 yd In	10.75 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.5 steps outside 45 yd In	13.25 steps in front of Back Hash (HS)
2	121 - 124	4	Side Two: On 50 yd In	4.0 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 2.0 steps inside 40 yd In	4.5 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: 3.0 steps inside 45 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 2.25 steps outside 50 yd In	5.5 steps in front of Back Hash (HS)
6	150 - 153	16	Side One: 2.25 steps outside 50 yd In	4.0 steps behind Back Hash (HS)
7	154 - 156	12	Side Two: 2.0 steps outside 45 yd In	On Back Hash (HS)
8	157 - 160	16	Side Two: 2.0 steps outside 40 yd In	6.0 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 3.75 steps outside 45 yd In	5.5 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 1.75 steps outside 50 yd In	5.0 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 1.75 steps inside 45 yd In	11.5 steps in front of Back Hash (HS)
12	172 - 175	14	Side One: 3.5 steps outside 50 yd In	8.25 steps in front of Back Hash (HS)
13	175 (beat)	11	Side One: 3.5 steps outside 50 yd In	8.25 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.25 steps inside 45 yd In	13.0 steps in front of Back Hash (HS)
2	121 - 124	4	Side Two: 2.75 steps outside 50 yd In	4.0 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 3.25 steps outside 45 yd In	4.25 steps in front of Back Hash (HS)
4	133 - 140	12	Side One: 2.0 steps outside 50 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 3.25 steps inside 45 yd In	5.5 steps in front of Back Hash (HS)
6	150 - 153	16	Side Two: 0.75 steps outside 50 yd In	4.5 steps behind Back Hash (HS)
7	154 - 156	12	Side Two: 3.25 steps inside 40 yd In	0.75 steps behind Back Hash (HS)
8	157 - 160	16	Side Two: 3.75 steps inside 35 yd In	6.75 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 1.75 steps inside 40 yd In	6.25 steps behind Back Hash (HS)
10	163 - 166	16	Side One: 0.25 steps outside 50 yd In	2.75 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 2.5 steps inside 45 yd In	9.0 steps in front of Back Hash (HS)
12	172 - 175	14	Side One: 2.25 steps outside 50 yd In	5.75 steps in front of Back Hash (HS)
13	175 (beat)	11	Side One: 2.25 steps outside 50 yd In	5.75 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.75 steps inside 45 yd In	12.75 steps in front of Back Hash (HS)
2	121 - 124	4	Side Two: 2.5 steps inside 45 yd In	4.0 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 0.25 steps outside 45 yd In	4.0 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: 1.0 steps outside 50 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 0.5 steps inside 45 yd In	5.25 steps in front of Back Hash (HS)
6	150 - 153	16	Side Two: 3.5 steps outside 50 yd In	4.75 steps behind Back Hash (HS)
7	154 - 156	12	Side Two: 0.5 steps inside 40 yd In	1.5 steps behind Back Hash (HS)
8	157 - 160	16	Side Two: 1.0 steps inside 35 yd In	7.25 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 0.5 steps outside 40 yd In	7.0 steps behind Back Hash (HS)
10	163 - 166	16	Side Two: 1.5 steps outside 50 yd In	0.5 steps in front of Back Hash (HS)
11	167 - 171	6	Side One: 3.5 steps inside 45 yd In	6.75 steps in front of Back Hash (HS)
12	172 - 175	14	Side One: 0.5 steps outside 50 yd In	3.75 steps in front of Back Hash (HS)
13	175 (beat)	11	Side One: 0.5 steps outside 50 yd In	3.75 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.5 steps outside 50 yd In	12.75 steps in front of Back Hash (HS)
2	121 - 124	4	Side Two: 0.25 steps outside 45 yd In	4.25 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 2.75 steps inside 45 yd In	3.75 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: 4.0 steps outside 50 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 2.25 steps outside 45 yd In	5.0 steps in front of Back Hash (HS)
6	150 - 153	16	Side Two: 1.5 steps inside 45 yd In	5.0 steps behind Back Hash (HS)
7	154 - 156	12	Side Two: 2.25 steps outside 40 yd In	1.75 steps behind Back Hash (HS)
8	157 - 160	16	Side Two: 1.5 steps outside 35 yd In	7.5 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 3.0 steps outside 40 yd In	7.5 steps behind Back Hash (HS)
10	163 - 166	16	Side Two: 3.75 steps outside 50 yd In	1.25 steps behind Back Hash (HS)
11	167 - 171	6	Side One: 3.0 steps outside 50 yd In	4.5 steps in front of Back Hash (HS)
12	172 - 175	14	Side Two: 1.5 steps outside 50 yd In	2.0 steps in front of Back Hash (HS)
13	175 (beat)	11	Side Two: 1.5 steps outside 50 yd In	2.0 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 1.25 steps outside 50 yd In	12.75 steps in front of Back Hash (HS)
2	121 - 124	4	Side Two: 3.0 steps outside 45 yd In	4.75 steps in front of Back Hash (HS)
3	125 - 132	24	Side One: 2.5 steps outside 50 yd In	3.5 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: 1.0 steps inside 45 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 3.0 steps inside 40 yd In	4.75 steps in front of Back Hash (HS)
6	150 - 153	16	Side Two: 1.25 steps outside 45 yd In	5.0 steps behind Back Hash (HS)
7	154 - 156	12	Side Two: 2.75 steps inside 35 yd In	2.0 steps behind Back Hash (HS)
8	157 - 160	16	Side Two: 4.0 steps outside 35 yd In	7.5 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 2.5 steps inside 35 yd In	8.0 steps behind Back Hash (HS)
10	163 - 166	16	Side Two: 1.75 steps inside 45 yd In	2.5 steps behind Back Hash (HS)
11	167 - 171	6	Side One: 1.5 steps outside 50 yd In	2.5 steps in front of Back Hash (HS)
12	172 - 175	14	Side Two: 4.0 steps outside 50 yd In	0.75 steps in front of Back Hash (HS)
13	175 (beat)	11	Side Two: 4.0 steps outside 50 yd In	0.75 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 3.75 steps outside 50 yd In	12.75 steps in front of Back Hash (HS)
2	121 - 124	4	Side Two: 2.25 steps inside 40 yd In	5.25 steps in front of Back Hash (HS)
3	125 - 132	24	Side Two: 0.5 steps outside 50 yd In	3.5 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: 2.0 steps outside 45 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 0.25 steps inside 40 yd In	4.75 steps in front of Back Hash (HS)
6	150 - 153	16	Side Two: 3.75 steps inside 40 yd In	4.75 steps behind Back Hash (HS)
7	154 - 156	12	Side Two: On 35 yd In	2.0 steps behind Back Hash (HS)
8	157 - 160	16	Side Two: 1.5 steps inside 30 yd In	7.75 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: On 35 yd In	8.0 steps behind Back Hash (HS)
10	163 - 166	16	Side Two: 0.75 steps outside 45 yd In	3.5 steps behind Back Hash (HS)
11	167 - 171	6	Side Two: 0.5 steps outside 50 yd In	0.75 steps in front of Back Hash (HS)
12	172 - 175	14	Side Two: 1.5 steps inside 45 yd In	0.25 steps behind Back Hash (HS)
13	175 (beat)	11	Side Two: 1.5 steps inside 45 yd In	0.25 steps behind Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 2.25 steps outside 40 yd In	2.75 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 3.75 steps inside 40 yd In	11.25 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 1.0 steps outside 35 yd In	11.5 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 2.0 steps outside 35 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 2.0 steps outside 30 yd In	6.25 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 3.25 steps outside 25 yd In	4.0 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 2.25 steps outside 25 yd In	12.75 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 3.75 steps inside 30 yd In	7.5 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 4.0 steps inside 25 yd In	11.0 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 1.5 steps inside 20 yd In	10.0 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 3.75 steps outside 25 yd In	5.5 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 3.0 steps inside 20 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 3.0 steps inside 20 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: On 40 yd In	2.75 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 1.75 steps outside 45 yd In	11.5 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 2.0 steps inside 35 yd In	11.0 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 1.0 steps inside 35 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 0.25 steps inside 30 yd In	7.25 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 0.75 steps outside 25 yd In	5.5 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 0.5 steps inside 25 yd In	13.25 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 1.75 steps outside 35 yd In	7.25 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 1.75 steps outside 30 yd In	10.25 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 4.0 steps inside 20 yd In	11.25 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 1.5 steps outside 25 yd In	6.5 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 2.0 steps outside 25 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 2.0 steps outside 25 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 2.0 steps inside 40 yd In	2.75 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 0.75 steps inside 45 yd In	11.5 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 3.25 steps outside 40 yd In	10.5 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 4.0 steps inside 35 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 2.75 steps inside 30 yd In	8.0 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 1.75 steps inside 25 yd In	6.25 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 3.25 steps inside 25 yd In	13.5 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 0.75 steps inside 35 yd In	7.5 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 0.75 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 1.5 steps outside 25 yd In	11.5 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 1.0 steps inside 25 yd In	6.75 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 1.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 1.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 4.0 steps inside 40 yd In	2.5 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 3.25 steps inside 45 yd In	11.5 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 0.5 steps outside 40 yd In	9.75 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 1.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 2.75 steps outside 35 yd In	8.25 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 3.5 steps outside 30 yd In	6.5 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 1.75 steps outside 30 yd In	13.25 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 3.25 steps inside 35 yd In	7.75 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 3.25 steps inside 30 yd In	10.0 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 1.25 steps inside 25 yd In	11.5 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 3.75 steps inside 25 yd In	7.0 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 4.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 4.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 2.0 steps outside 45 yd In	2.5 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 2.0 steps outside 50 yd In	11.5 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 2.25 steps inside 40 yd In	8.75 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 2.0 steps inside 40 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 0.25 steps outside 35 yd In	8.5 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 0.5 steps outside 30 yd In	6.25 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 1.0 steps inside 30 yd In	13.0 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 2.25 steps outside 40 yd In	8.25 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 2.25 steps outside 35 yd In	10.25 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 3.75 steps inside 25 yd In	11.25 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 1.75 steps outside 30 yd In	6.75 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 1.0 steps outside 30 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 1.0 steps outside 30 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: On 45 yd In	2.25 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 0.5 steps outside 50 yd In	11.25 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 3.0 steps outside 45 yd In	7.75 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 3.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 2.5 steps inside 35 yd In	8.5 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 2.25 steps inside 30 yd In	5.75 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 3.75 steps inside 30 yd In	12.25 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 0.25 steps inside 40 yd In	9.0 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 0.25 steps inside 35 yd In	11.0 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 1.75 steps outside 30 yd In	10.75 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 0.75 steps inside 30 yd In	6.5 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 2.0 steps inside 30 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 2.0 steps inside 30 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 2.25 steps inside 45 yd In	2.0 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 3.0 steps outside 50 yd In	11.0 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 0.25 steps outside 45 yd In	6.75 steps behind Front Hash (HS)
4	133 - 140	12	Side One: On 45 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 3.0 steps outside 40 yd In	8.5 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 3.0 steps outside 35 yd In	4.75 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 1.5 steps outside 35 yd In	11.25 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 2.75 steps inside 40 yd In	9.75 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 2.75 steps inside 35 yd In	11.75 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 0.75 steps inside 30 yd In	10.0 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 3.25 steps inside 30 yd In	6.0 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 3.0 steps outside 35 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 3.0 steps outside 35 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.75 steps outside 50 yd In	1.75 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 2.5 steps inside 45 yd In	10.75 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 2.5 steps inside 45 yd In	5.75 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 3.0 steps inside 45 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 0.5 steps outside 40 yd In	8.25 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 0.5 steps outside 35 yd In	3.75 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 1.25 steps inside 35 yd In	10.25 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 3.0 steps outside 45 yd In	10.75 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 3.0 steps outside 40 yd In	12.5 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 3.25 steps inside 30 yd In	9.0 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 2.25 steps outside 35 yd In	5.25 steps behind Front Hash (HS)
12	172 - 175	14	Side One: On 35 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: On 35 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.75 steps outside 50 yd In	1.25 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: On 45 yd In	10.0 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 2.75 steps outside 50 yd In	5.0 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 2.0 steps outside 50 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 2.0 steps inside 40 yd In	8.0 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 2.0 steps inside 35 yd In	2.25 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 3.75 steps inside 35 yd In	8.75 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 0.75 steps outside 45 yd In	12.0 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 0.5 steps outside 40 yd In	13.5 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 2.5 steps outside 35 yd In	8.0 steps behind Front Hash (HS)
11	167 - 171	6	Side One: On 35 yd In	4.5 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 3.0 steps inside 35 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 3.0 steps inside 35 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 0.25 steps outside 50 yd In	0.75 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 2.5 steps outside 45 yd In	9.5 steps behind Front Hash (HS)
3	125 - 132	24	Side Two: On 50 yd In	4.0 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: 1.0 steps outside 50 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 3.5 steps outside 45 yd In	7.5 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 3.5 steps outside 40 yd In	1.0 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 2.0 steps outside 40 yd In	7.25 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 1.5 steps inside 45 yd In	13.25 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 1.75 steps inside 40 yd In	13.5 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 0.25 steps outside 35 yd In	6.5 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 2.5 steps inside 35 yd In	3.75 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 2.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 2.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 2.25 steps outside 50 yd In	0.25 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 3.25 steps inside 40 yd In	8.75 steps behind Front Hash (HS)
3	125 - 132	24	Side Two: 2.75 steps outside 50 yd In	3.25 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: 4.0 steps outside 50 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 1.0 steps outside 45 yd In	7.0 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 1.25 steps outside 40 yd In	0.75 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 0.25 steps inside 40 yd In	5.5 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 3.75 steps inside 45 yd In	13.5 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 4.0 steps inside 40 yd In	12.5 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 2.0 steps inside 35 yd In	5.0 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 3.0 steps outside 40 yd In	2.75 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 1.0 steps inside 40 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 1.0 steps inside 40 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 3.75 steps inside 45 yd In	0.5 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: 0.75 steps inside 40 yd In	7.75 steps behind Front Hash (HS)
3	125 - 132	24	Side Two: 2.5 steps inside 45 yd In	2.5 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: 1.0 steps inside 45 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 1.5 steps inside 45 yd In	6.0 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 0.75 steps inside 40 yd In	2.75 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 2.5 steps inside 40 yd In	3.75 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 2.25 steps outside 50 yd In	12.0 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 2.0 steps outside 45 yd In	11.25 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 4.0 steps outside 40 yd In	3.5 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 0.75 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 4.0 steps inside 40 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 4.0 steps inside 40 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 2.0 steps inside 45 yd In	1.25 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: 1.75 steps outside 40 yd In	7.0 steps behind Front Hash (HS)
3	125 - 132	24	Side Two: 0.5 steps outside 45 yd In	1.75 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: 2.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 3.75 steps inside 45 yd In	5.0 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 2.5 steps inside 40 yd In	5.0 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 3.25 steps outside 45 yd In	1.75 steps behind Front Hash (HS)
8	157 - 160	16	Side One: On 50 yd In	10.5 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 0.25 steps inside 45 yd In	9.75 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 2.0 steps outside 40 yd In	1.75 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 1.75 steps inside 40 yd In	1.0 steps behind Front Hash (HS)
12	172 - 175	14	Side One: 1.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 1.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: On 45 yd In	2.0 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: 4.0 steps outside 40 yd In	6.0 steps behind Front Hash (HS)
3	125 - 132	24	Side Two: 3.25 steps outside 45 yd In	1.0 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: 3.0 steps inside 40 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 2.0 steps outside 50 yd In	4.0 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 4.0 steps outside 45 yd In	7.25 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 1.0 steps outside 45 yd In	On Front Hash (HS)
8	157 - 160	16	Side Two: 2.0 steps outside 50 yd In	9.25 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 2.0 steps inside 45 yd In	8.0 steps behind Front Hash (HS)
10	163 - 166	16	Side One: On 40 yd In	On Front Hash (HS)
11	167 - 171	6	Side One: 4.0 steps inside 40 yd In	On Front Hash (HS)
12	172 - 175	14	Side One: 2.0 steps inside 45 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: 2.0 steps inside 45 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: On 40 yd In	8.0 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: On 45 yd In	On Front Hash (HS)
3	125 - 132	24	Side Two: 2.0 steps inside 40 yd In	0.5 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: On 40 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side Two: 2.0 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 3.75 steps inside 45 yd In	0.5 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 1.75 steps outside 50 yd In	1.75 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 1.0 steps outside 45 yd In	7.25 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 1.75 steps inside 45 yd In	4.25 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 0.75 steps outside 50 yd In	On Front Hash (HS)
11	167 - 171	6	Side Two: 1.0 steps outside 50 yd In	0.5 steps behind Front Hash (HS)
12	172 - 175	14	Side One: On 50 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: On 50 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 2.5 steps inside 40 yd In	8.75 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: 2.5 steps inside 45 yd In	1.0 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 1.0 steps outside 40 yd In	0.25 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: 3.0 steps outside 40 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side Two: 3.75 steps inside 40 yd In	2.5 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 2.25 steps outside 50 yd In	1.25 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 1.0 steps outside 50 yd In	1.5 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 3.5 steps outside 45 yd In	7.75 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 0.5 steps outside 45 yd In	5.0 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: 2.0 steps outside 50 yd In	1.0 steps behind Front Hash (HS)
11	167 - 171	6	Side Two: 3.5 steps outside 50 yd In	1.25 steps behind Front Hash (HS)
12	172 - 175	14	Side Two: 2.75 steps outside 50 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side Two: 2.75 steps outside 50 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 2.75 steps outside 45 yd In	9.25 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: 2.75 steps outside 50 yd In	1.75 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 3.75 steps outside 40 yd In	On Front Hash (HS)
4	133 - 140	12	Side Two: 2.0 steps inside 35 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side Two: 1.5 steps inside 40 yd In	1.0 steps behind Front Hash (HS)
6	150 - 153	16	Side Two: 0.25 steps outside 50 yd In	3.0 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 4.0 steps outside 50 yd In	1.25 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 2.0 steps inside 40 yd In	8.25 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 3.0 steps outside 45 yd In	5.5 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: 3.5 steps inside 45 yd In	1.75 steps behind Front Hash (HS)
11	167 - 171	6	Side Two: 2.25 steps inside 45 yd In	2.0 steps behind Front Hash (HS)
12	172 - 175	14	Side Two: 2.5 steps inside 45 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side Two: 2.5 steps inside 45 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 0.25 steps outside 45 yd In	9.75 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: On 50 yd In	2.5 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 1.25 steps inside 35 yd In	On Front Hash (HS)
4	133 - 140	12	Side Two: 1.0 steps outside 35 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side Two: 1.0 steps outside 40 yd In	0.25 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 2.75 steps outside 50 yd In	4.25 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 1.25 steps inside 45 yd In	0.75 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 0.5 steps outside 40 yd In	8.75 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 2.5 steps inside 40 yd In	6.0 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: 0.75 steps inside 45 yd In	2.75 steps behind Front Hash (HS)
11	167 - 171	6	Side Two: 0.25 steps outside 45 yd In	3.0 steps behind Front Hash (HS)
12	172 - 175	14	Side Two: 0.25 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side Two: 0.25 steps outside 45 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 2.25 steps inside 45 yd In	10.25 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: 2.5 steps outside 50 yd In	3.0 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 1.75 steps outside 35 yd In	0.25 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: 4.0 steps outside 35 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side Two: 3.75 steps outside 40 yd In	1.0 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 2.5 steps inside 45 yd In	5.0 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 1.5 steps outside 45 yd In	0.5 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 3.0 steps outside 40 yd In	9.25 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: On 40 yd In	6.75 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: 1.75 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
11	167 - 171	6	Side Two: 2.5 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
12	172 - 175	14	Side Two: 2.75 steps outside 45 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side Two: 2.75 steps outside 45 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.0 steps outside 50 yd In	10.5 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: 2.75 steps inside 45 yd In	3.5 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 3.5 steps inside 30 yd In	1.0 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: 1.0 steps inside 30 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side Two: 1.75 steps inside 35 yd In	1.5 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 0.5 steps outside 45 yd In	5.25 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 3.75 steps inside 40 yd In	0.25 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 2.5 steps inside 35 yd In	9.75 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 2.25 steps outside 40 yd In	7.5 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: 3.75 steps inside 40 yd In	5.25 steps behind Front Hash (HS)
11	167 - 171	6	Side Two: 3.25 steps inside 40 yd In	5.25 steps behind Front Hash (HS)
12	172 - 175	14	Side Two: 2.5 steps inside 40 yd In	4.25 steps behind Front Hash (HS)
13	175 (beat)	11	Side Two: 2.5 steps inside 40 yd In	4.25 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 0.25 steps outside 50 yd In	10.75 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: On 45 yd In	3.75 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 1.0 steps inside 30 yd In	2.25 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: 2.0 steps outside 30 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side Two: 1.0 steps outside 35 yd In	1.25 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 3.5 steps outside 45 yd In	5.25 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 1.0 steps inside 40 yd In	1.0 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: On 35 yd In	10.5 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 3.25 steps inside 35 yd In	8.25 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: 1.5 steps inside 40 yd In	6.75 steps behind Front Hash (HS)
11	167 - 171	6	Side Two: 1.0 steps inside 40 yd In	6.75 steps behind Front Hash (HS)
12	172 - 175	14	Side Two: 0.25 steps outside 40 yd In	4.5 steps behind Front Hash (HS)
13	175 (beat)	11	Side Two: 0.25 steps outside 40 yd In	4.5 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 2.25 steps outside 50 yd In	10.5 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: 2.75 steps outside 45 yd In	3.75 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 1.25 steps outside 30 yd In	4.25 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: 3.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side Two: 3.75 steps outside 35 yd In	0.75 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 1.75 steps inside 40 yd In	5.25 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 1.75 steps outside 40 yd In	2.0 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 2.25 steps outside 35 yd In	11.25 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 1.0 steps inside 35 yd In	9.0 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: 1.0 steps outside 40 yd In	8.25 steps behind Front Hash (HS)
11	167 - 171	6	Side Two: 0.75 steps outside 40 yd In	8.5 steps behind Front Hash (HS)
12	172 - 175	14	Side Two: 3.0 steps outside 40 yd In	5.25 steps behind Front Hash (HS)
13	175 (beat)	11	Side Two: 3.0 steps outside 40 yd In	5.25 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 3.0 steps inside 45 yd In	10.25 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: 2.5 steps inside 40 yd In	3.75 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 2.5 steps outside 30 yd In	7.0 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: On 25 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side Two: 1.75 steps inside 30 yd In	0.25 steps behind Front Hash (HS)
6	150 - 153	16	Side Two: 1.25 steps outside 40 yd In	5.5 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 3.5 steps inside 35 yd In	3.0 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 3.25 steps inside 30 yd In	12.0 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 1.25 steps outside 35 yd In	10.0 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: 3.25 steps outside 40 yd In	9.75 steps behind Front Hash (HS)
11	167 - 171	6	Side Two: 2.5 steps outside 40 yd In	10.5 steps behind Front Hash (HS)
12	172 - 175	14	Side Two: 2.5 steps inside 35 yd In	6.25 steps behind Front Hash (HS)
13	175 (beat)	11	Side Two: 2.5 steps inside 35 yd In	6.25 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 0.5 steps inside 45 yd In	9.75 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: 0.25 steps outside 40 yd In	3.5 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 2.75 steps outside 30 yd In	9.75 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: On 25 yd In	7.0 steps behind Front Hash (HS)
5	141 - 149	15	Side Two: 0.5 steps outside 30 yd In	1.75 steps behind Front Hash (HS)
6	150 - 153	16	Side Two: 4.0 steps inside 35 yd In	6.0 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 1.0 steps inside 35 yd In	4.0 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 0.75 steps inside 30 yd In	13.0 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 3.5 steps outside 35 yd In	11.25 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: 2.5 steps inside 35 yd In	11.25 steps behind Front Hash (HS)
11	167 - 171	6	Side Two: 3.75 steps outside 40 yd In	12.5 steps behind Front Hash (HS)
12	172 - 175	14	Side Two: 0.25 steps inside 35 yd In	7.75 steps behind Front Hash (HS)
13	175 (beat)	11	Side Two: 0.25 steps inside 35 yd In	7.75 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 2.0 steps outside 45 yd In	8.75 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: 3.0 steps outside 40 yd In	3.0 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 2.25 steps outside 30 yd In	12.75 steps behind Front Hash (HS)
4	133 - 140	12	Side Two: On 25 yd In	10.0 steps behind Front Hash (HS)
5	141 - 149	15	Side Two: 2.5 steps outside 30 yd In	3.75 steps behind Front Hash (HS)
6	150 - 153	16	Side Two: 1.25 steps inside 35 yd In	7.0 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 1.5 steps outside 35 yd In	5.5 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 1.5 steps outside 30 yd In	14.0 steps in front of Back Hash (HS)
9	161 - 162	8	Side Two: 2.25 steps inside 30 yd In	12.5 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: 0.25 steps inside 35 yd In	12.75 steps behind Front Hash (HS)
11	167 - 171	6	Side Two: 3.0 steps inside 35 yd In	13.0 steps in front of Back Hash (HS)
12	172 - 175	14	Side Two: 1.5 steps outside 35 yd In	9.75 steps behind Front Hash (HS)
13	175 (beat)	11	Side Two: 1.5 steps outside 35 yd In	9.75 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 3.5 steps inside 40 yd In	7.5 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: 2.5 steps inside 35 yd In	1.75 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 1.0 steps outside 30 yd In	12.75 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: On 25 yd In	13.0 steps behind Front Hash (HS)
5	141 - 149	15	Side Two: 3.75 steps outside 30 yd In	6.25 steps behind Front Hash (HS)
6	150 - 153	16	Side Two: 1.0 steps outside 35 yd In	8.75 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 4.0 steps outside 35 yd In	7.0 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 3.75 steps outside 30 yd In	12.75 steps in front of Back Hash (HS)
9	161 - 162	8	Side Two: 0.5 steps inside 30 yd In	13.75 steps in front of Back Hash (HS)
10	163 - 166	16	Side Two: 1.75 steps outside 35 yd In	13.25 steps in front of Back Hash (HS)
11	167 - 171	6	Side Two: 2.5 steps inside 35 yd In	10.5 steps in front of Back Hash (HS)
12	172 - 175	14	Side Two: 2.75 steps outside 35 yd In	12.25 steps behind Front Hash (HS)
13	175 (beat)	11	Side Two: 2.75 steps outside 35 yd In	12.25 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 1.5 steps inside 40 yd In	5.75 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: 0.25 steps inside 35 yd In	On Front Hash (HS)
3	125 - 132	24	Side Two: 0.75 steps inside 30 yd In	10.5 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: On 25 yd In	12.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 3.5 steps inside 25 yd In	8.75 steps behind Front Hash (HS)
6	150 - 153	16	Side Two: 2.5 steps outside 35 yd In	11.25 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 1.75 steps inside 30 yd In	8.75 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 2.25 steps inside 25 yd In	11.25 steps in front of Back Hash (HS)
9	161 - 162	8	Side Two: 1.0 steps outside 30 yd In	11.75 steps in front of Back Hash (HS)
10	163 - 166	16	Side Two: 3.25 steps outside 35 yd In	11.0 steps in front of Back Hash (HS)
11	167 - 171	6	Side Two: 2.5 steps inside 35 yd In	8.0 steps in front of Back Hash (HS)
12	172 - 175	14	Side Two: 3.5 steps outside 35 yd In	13.25 steps in front of Back Hash (HS)
13	175 (beat)	11	Side Two: 3.5 steps outside 35 yd In	13.25 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: On 40 yd In	3.75 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: 1.25 steps outside 35 yd In	2.25 steps behind Front Hash (HS)
3	125 - 132	24	Side Two: 3.25 steps outside 30 yd In	9.0 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: On 25 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 3.25 steps inside 25 yd In	11.5 steps behind Front Hash (HS)
6	150 - 153	16	Side Two: 3.5 steps outside 35 yd In	14.0 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 0.25 steps outside 30 yd In	10.5 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 0.5 steps inside 25 yd In	9.25 steps in front of Back Hash (HS)
9	161 - 162	8	Side Two: 2.25 steps outside 30 yd In	9.75 steps in front of Back Hash (HS)
10	163 - 166	16	Side Two: 4.0 steps inside 30 yd In	8.25 steps in front of Back Hash (HS)
11	167 - 171	6	Side Two: 2.75 steps inside 35 yd In	5.5 steps in front of Back Hash (HS)
12	172 - 175	14	Side Two: 3.75 steps outside 35 yd In	10.5 steps in front of Back Hash (HS)
13	175 (beat)	11	Side Two: 3.75 steps outside 35 yd In	10.5 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.75 steps inside 35 yd In	2.75 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 1.25 steps inside 40 yd In	11.0 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 3.75 steps outside 35 yd In	11.75 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 3.0 steps inside 30 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 3.5 steps inside 25 yd In	4.75 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 2.75 steps inside 20 yd In	2.0 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 3.0 steps inside 20 yd In	11.75 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 1.25 steps inside 30 yd In	7.75 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 1.75 steps inside 25 yd In	12.25 steps in front of Back Hash (HS)
10	163 - 166	16	Side One: 0.25 steps outside 20 yd In	8.25 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 2.25 steps inside 20 yd In	4.0 steps behind Front Hash (HS)
12	172 - 175	14	Side One: On 20 yd In	4.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: On 20 yd In	4.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.75 steps inside 35 yd In	2.5 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 1.25 steps outside 40 yd In	10.75 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 1.25 steps inside 30 yd In	11.75 steps behind Front Hash (HS)
4	133 - 140	12	Side One: On 30 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 1.5 steps inside 25 yd In	2.75 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 1.5 steps inside 20 yd In	0.5 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 0.5 steps inside 20 yd In	10.25 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 1.25 steps outside 30 yd In	8.5 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: On 25 yd In	14.0 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 1.25 steps outside 20 yd In	5.75 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 1.0 steps inside 20 yd In	1.75 steps behind Front Hash (HS)
12	172 - 175	14	Side One: On 20 yd In	1.0 steps behind Front Hash (HS)
13	175 (beat)	11	Side One: On 20 yd In	1.0 steps behind Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 0.25 steps outside 35 yd In	2.25 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 3.75 steps outside 40 yd In	10.25 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 1.5 steps outside 30 yd In	11.5 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 3.0 steps outside 30 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: On 25 yd In	0.5 steps behind Front Hash (HS)
6	150 - 153	16	Side One: 0.75 steps inside 20 yd In	3.25 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 1.25 steps outside 20 yd In	8.0 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 3.0 steps outside 30 yd In	10.25 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 0.75 steps outside 25 yd In	11.75 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 1.75 steps outside 20 yd In	3.25 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 0.75 steps inside 20 yd In	0.75 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: On 20 yd In	2.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: On 20 yd In	2.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 2.25 steps outside 35 yd In	2.0 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 1.75 steps inside 35 yd In	9.75 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 3.5 steps inside 25 yd In	11.0 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 2.0 steps inside 25 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 0.75 steps outside 25 yd In	2.25 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 0.5 steps inside 20 yd In	6.0 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 2.5 steps outside 20 yd In	5.5 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 4.0 steps outside 30 yd In	12.75 steps in front of Back Hash (HS)
9	161 - 162	8	Side One: 0.5 steps outside 25 yd In	9.25 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 1.5 steps outside 20 yd In	0.75 steps behind Front Hash (HS)
11	167 - 171	6	Side One: 1.25 steps inside 20 yd In	3.25 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: On 20 yd In	5.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: On 20 yd In	5.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.75 steps inside 30 yd In	1.25 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 0.75 steps outside 35 yd In	9.0 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 0.75 steps inside 25 yd In	10.5 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 1.0 steps outside 25 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 1.0 steps inside 25 yd In	5.0 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 1.25 steps inside 20 yd In	8.75 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 2.75 steps outside 20 yd In	2.5 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 3.75 steps inside 25 yd In	12.75 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 0.5 steps inside 25 yd In	7.0 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 0.5 steps outside 20 yd In	1.75 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 2.5 steps inside 20 yd In	5.5 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: On 20 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: On 20 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.75 steps inside 30 yd In	0.5 steps behind Front Hash (HS)
2	121 - 124	4	Side One: 3.25 steps outside 35 yd In	8.25 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 2.0 steps outside 25 yd In	9.5 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 4.0 steps inside 20 yd In	4.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 0.25 steps outside 25 yd In	7.5 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 2.25 steps inside 20 yd In	11.5 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 2.25 steps outside 20 yd In	0.25 steps behind Front Hash (HS)
8	157 - 160	16	Side One: 3.5 steps outside 30 yd In	10.25 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 2.0 steps inside 25 yd In	5.0 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 1.25 steps inside 20 yd In	3.75 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 3.5 steps outside 25 yd In	7.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 3.0 steps inside 20 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 3.0 steps inside 20 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: On 30 yd In	0.5 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: 2.5 steps inside 30 yd In	7.25 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 3.25 steps inside 20 yd In	8.25 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 4.0 steps inside 20 yd In	1.0 steps behind Front Hash (HS)
5	141 - 149	15	Side One: 1.5 steps inside 25 yd In	9.75 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 4.0 steps outside 25 yd In	13.5 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 1.0 steps outside 20 yd In	2.75 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 2.0 steps outside 30 yd In	8.25 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 4.0 steps outside 30 yd In	3.25 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 3.5 steps inside 20 yd In	5.0 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 1.25 steps outside 25 yd In	8.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 2.0 steps outside 25 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 2.0 steps outside 25 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 1.75 steps outside 30 yd In	1.75 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: 0.25 steps inside 30 yd In	6.25 steps behind Front Hash (HS)
3	125 - 132	24	Side One: 1.25 steps inside 20 yd In	6.25 steps behind Front Hash (HS)
4	133 - 140	12	Side One: 4.0 steps inside 20 yd In	2.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side One: 3.75 steps inside 25 yd In	11.5 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 1.75 steps outside 25 yd In	12.5 steps behind Front side line
7	154 - 156	12	Side One: 1.25 steps inside 20 yd In	4.75 steps in front of Front Hash (HS)
8	157 - 160	16	Side One: 0.25 steps inside 30 yd In	7.0 steps behind Front Hash (HS)
9	161 - 162	8	Side One: 1.75 steps outside 30 yd In	2.25 steps behind Front Hash (HS)
10	163 - 166	16	Side One: 2.0 steps outside 25 yd In	5.75 steps in front of Front Hash (HS)
11	167 - 171	6	Side One: 1.25 steps inside 25 yd In	8.25 steps in front of Front Hash (HS)
12	172 - 175	14	Side One: 1.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side One: 1.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: On 40 yd In	11.0 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: On 40 yd In	12.0 steps behind Front side line
3	125 - 132	24	Side One: On 40 yd In	12.0 steps behind Front side line
4	133 - 140	12	Side One: 3.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 1.75 steps outside 50 yd In	0.5 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 3.5 steps inside 40 yd In	4.0 steps behind Front Hash (HS)
7	154 - 156	12	Side One: 2.0 steps inside 45 yd In	0.5 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 1.75 steps inside 45 yd In	7.0 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 2.75 steps outside 50 yd In	6.0 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: 3.25 steps outside 50 yd In	9.75 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 3.5 steps outside 45 yd In	7.75 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 3.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 3.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 0.75 steps inside 40 yd In	14.0 steps in front of Front Hash (HS)
2	121 - 124	4	Side One: 0.5 steps inside 45 yd In	3.0 steps in front of Front Hash (HS)
3	125 - 132	24	Side One: 0.5 steps outside 40 yd In	11.75 steps in front of Front Hash (HS)
4	133 - 140	12	Side One: 2.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 3.75 steps outside 50 yd In	2.75 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 2.5 steps outside 45 yd In	1.75 steps behind Front Hash (HS)
7	154 - 156	12	Side Two: 3.5 steps inside 45 yd In	2.0 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 1.0 steps inside 45 yd In	4.5 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 3.75 steps outside 50 yd In	3.75 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: 2.5 steps inside 45 yd In	11.0 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 2.0 steps inside 40 yd In	8.5 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 3.5 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 3.5 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 2.5 steps inside 40 yd In	11.75 steps behind Front side line
2	121 - 124	4	Side One: 1.5 steps inside 45 yd In	5.75 steps in front of Front Hash (HS)
3	125 - 132	24	Side One: 2.5 steps inside 40 yd In	11.75 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: 1.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 2.0 steps inside 45 yd In	4.75 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 0.5 steps outside 45 yd In	0.5 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 2.75 steps outside 50 yd In	4.25 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 0.25 steps inside 45 yd In	2.0 steps behind Front Hash (HS)
9	161 - 162	8	Side Two: 3.0 steps inside 45 yd In	1.75 steps behind Front Hash (HS)
10	163 - 166	16	Side Two: On 45 yd In	12.25 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 0.5 steps outside 40 yd In	8.75 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 2.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 2.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 3.0 steps outside 45 yd In	10.0 steps behind Front side line
2	121 - 124	4	Side One: 2.75 steps inside 45 yd In	8.5 steps in front of Front Hash (HS)
3	125 - 132	24	Side One: 2.5 steps outside 45 yd In	11.5 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: 4.0 steps outside 50 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 0.25 steps outside 45 yd In	6.5 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 1.5 steps inside 45 yd In	2.5 steps in front of Front Hash (HS)
7	154 - 156	12	Side One: 0.5 steps outside 50 yd In	5.75 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 0.75 steps outside 45 yd In	0.5 steps in front of Front Hash (HS)
9	161 - 162	8	Side Two: 1.5 steps inside 45 yd In	0.25 steps in front of Front Hash (HS)
10	163 - 166	16	Side Two: 2.75 steps outside 45 yd In	13.0 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 3.0 steps outside 40 yd In	9.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 0.5 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 0.5 steps inside 40 yd In	4.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 0.25 steps outside 45 yd In	9.0 steps behind Front side line
2	121 - 124	4	Side One: 3.5 steps outside 50 yd In	11.0 steps in front of Front Hash (HS)
3	125 - 132	24	Side One: 0.25 steps inside 45 yd In	11.5 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: 1.0 steps inside 45 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 3.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 3.75 steps inside 45 yd In	4.25 steps in front of Front Hash (HS)
7	154 - 156	12	Side Two: 2.0 steps outside 50 yd In	7.25 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 1.75 steps outside 45 yd In	2.75 steps in front of Front Hash (HS)
9	161 - 162	8	Side Two: 0.5 steps outside 45 yd In	2.0 steps in front of Front Hash (HS)
10	163 - 166	16	Side Two: 2.5 steps inside 40 yd In	13.75 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 2.25 steps inside 35 yd In	9.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 1.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 1.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 2.75 steps inside 45 yd In	8.25 steps behind Front side line
2	121 - 124	4	Side One: 1.0 steps outside 50 yd In	12.75 steps in front of Front Hash (HS)
3	125 - 132	24	Side One: 3.25 steps inside 45 yd In	11.25 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: 2.0 steps outside 45 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 2.25 steps inside 40 yd In	9.25 steps in front of Front Hash (HS)
6	150 - 153	16	Side One: 1.75 steps outside 50 yd In	5.75 steps in front of Front Hash (HS)
7	154 - 156	12	Side Two: 3.25 steps inside 45 yd In	8.25 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 3.0 steps outside 45 yd In	4.75 steps in front of Front Hash (HS)
9	161 - 162	8	Side Two: 2.25 steps outside 45 yd In	3.5 steps in front of Front Hash (HS)
10	163 - 166	16	Side Two: 0.25 steps outside 40 yd In	13.75 steps behind Front side line
11	167 - 171	6	Side Two: 0.25 steps outside 35 yd In	9.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 2.5 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 2.5 steps outside 40 yd In	4.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side One: 2.25 steps outside 50 yd In	7.75 steps behind Front side line
2	121 - 124	4	Side Two: 1.75 steps outside 50 yd In	13.75 steps in front of Front Hash (HS)
3	125 - 132	24	Side One: 2.0 steps outside 50 yd In	11.25 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: 3.0 steps inside 40 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 0.75 steps outside 40 yd In	10.25 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 0.75 steps outside 50 yd In	7.25 steps in front of Front Hash (HS)
7	154 - 156	12	Side Two: 0.75 steps inside 45 yd In	9.25 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 3.5 steps inside 40 yd In	7.0 steps in front of Front Hash (HS)
9	161 - 162	8	Side Two: 3.75 steps inside 40 yd In	5.0 steps in front of Front Hash (HS)
10	163 - 166	16	Side Two: 3.0 steps outside 40 yd In	13.5 steps behind Front side line
11	167 - 171	6	Side Two: 2.75 steps outside 35 yd In	8.5 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 4.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 4.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 0.75 steps outside 50 yd In	7.5 steps behind Front side line
2	121 - 124	4	Side Two: 3.5 steps inside 45 yd In	13.5 steps behind Front side line
3	125 - 132	24	Side Two: 1.0 steps outside 50 yd In	11.0 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: On 40 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 3.5 steps outside 40 yd In	10.75 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 3.5 steps outside 50 yd In	8.5 steps in front of Front Hash (HS)
7	154 - 156	12	Side Two: 2.0 steps outside 45 yd In	10.25 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 2.0 steps inside 40 yd In	9.0 steps in front of Front Hash (HS)
9	161 - 162	8	Side Two: 1.5 steps inside 40 yd In	6.5 steps in front of Front Hash (HS)
10	163 - 166	16	Side Two: 2.25 steps inside 35 yd In	13.5 steps behind Front side line
11	167 - 171	6	Side Two: 2.75 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 2.5 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 2.5 steps inside 35 yd In	4.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 3.75 steps outside 50 yd In	7.5 steps behind Front side line
2	121 - 124	4	Side Two: 0.5 steps inside 45 yd In	13.0 steps behind Front side line
3	125 - 132	24	Side Two: 4.0 steps outside 50 yd In	10.75 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: 3.0 steps outside 40 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 1.5 steps inside 35 yd In	11.0 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 2.0 steps inside 45 yd In	9.5 steps in front of Front Hash (HS)
7	154 - 156	12	Side Two: 3.25 steps inside 40 yd In	11.0 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 0.25 steps inside 40 yd In	11.0 steps in front of Front Hash (HS)
9	161 - 162	8	Side Two: 0.5 steps outside 40 yd In	7.75 steps in front of Front Hash (HS)
10	163 - 166	16	Side Two: 0.5 steps outside 35 yd In	13.5 steps behind Front side line
11	167 - 171	6	Side Two: 0.25 steps inside 30 yd In	7.25 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 1.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 1.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 1.25 steps inside 45 yd In	7.5 steps behind Front side line
2	121 - 124	4	Side Two: 2.5 steps outside 45 yd In	13.0 steps behind Front side line
3	125 - 132	24	Side Two: 1.25 steps inside 45 yd In	10.5 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: 2.0 steps inside 35 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 1.75 steps outside 35 yd In	11.0 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 0.75 steps outside 45 yd In	10.5 steps in front of Front Hash (HS)
7	154 - 156	12	Side Two: 0.5 steps inside 40 yd In	11.75 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 1.25 steps outside 40 yd In	13.0 steps in front of Front Hash (HS)
9	161 - 162	8	Side Two: 2.75 steps outside 40 yd In	9.0 steps in front of Front Hash (HS)
10	163 - 166	16	Side Two: 3.25 steps outside 35 yd In	14.0 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 2.0 steps outside 30 yd In	6.25 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 0.5 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 0.5 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 1.75 steps outside 45 yd In	7.75 steps behind Front side line
2	121 - 124	4	Side Two: 2.5 steps inside 40 yd In	13.0 steps behind Front side line
3	125 - 132	24	Side Two: 1.75 steps outside 45 yd In	10.25 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: 1.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 3.5 steps inside 30 yd In	10.75 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 3.5 steps outside 45 yd In	11.25 steps in front of Front Hash (HS)
7	154 - 156	12	Side Two: 2.25 steps outside 40 yd In	12.5 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 3.0 steps outside 40 yd In	13.25 steps behind Front side line
9	161 - 162	8	Side Two: 3.0 steps inside 35 yd In	10.25 steps in front of Front Hash (HS)
10	163 - 166	16	Side Two: 2.0 steps inside 30 yd In	13.25 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 3.5 steps inside 25 yd In	5.25 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 2.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 2.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 3.5 steps inside 40 yd In	8.25 steps behind Front side line
2	121 - 124	4	Side Two: 0.5 steps outside 40 yd In	13.5 steps behind Front side line
3	125 - 132	24	Side Two: 3.5 steps inside 40 yd In	9.75 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: 4.0 steps outside 35 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 0.5 steps inside 30 yd In	10.0 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 1.5 steps inside 40 yd In	11.75 steps in front of Front Hash (HS)
7	154 - 156	12	Side Two: 3.0 steps inside 35 yd In	13.25 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 3.25 steps inside 35 yd In	11.25 steps behind Front side line
9	161 - 162	8	Side Two: 1.0 steps inside 35 yd In	11.5 steps in front of Front Hash (HS)
10	163 - 166	16	Side Two: 0.5 steps outside 30 yd In	12.0 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 1.25 steps inside 25 yd In	4.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 3.5 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 3.5 steps outside 35 yd In	4.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 0.5 steps inside 40 yd In	9.0 steps behind Front side line
2	121 - 124	4	Side Two: 3.5 steps outside 40 yd In	14.0 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 0.5 steps inside 40 yd In	9.5 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: 1.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 2.5 steps outside 30 yd In	8.75 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 1.25 steps outside 40 yd In	12.0 steps in front of Front Hash (HS)
7	154 - 156	12	Side Two: 0.25 steps inside 35 yd In	14.0 steps in front of Front Hash (HS)
8	157 - 160	16	Side Two: 1.5 steps inside 35 yd In	9.5 steps behind Front side line
9	161 - 162	8	Side Two: 1.25 steps outside 35 yd In	12.5 steps in front of Front Hash (HS)
10	163 - 166	16	Side Two: 2.75 steps outside 30 yd In	10.25 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 1.0 steps outside 25 yd In	2.75 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 3.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 3.0 steps inside 30 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 2.5 steps outside 40 yd In	9.75 steps behind Front side line
2	121 - 124	4	Side Two: 1.75 steps inside 35 yd In	13.0 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 2.25 steps outside 40 yd In	9.0 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: 2.0 steps outside 30 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 3.0 steps inside 25 yd In	7.5 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 3.75 steps inside 35 yd In	12.0 steps in front of Front Hash (HS)
7	154 - 156	12	Side Two: 2.5 steps outside 35 yd In	13.25 steps behind Front side line
8	157 - 160	16	Side Two: 0.5 steps outside 35 yd In	7.75 steps behind Front side line
9	161 - 162	8	Side Two: 3.5 steps outside 35 yd In	13.75 steps in front of Front Hash (HS)
10	163 - 166	16	Side Two: 3.5 steps inside 25 yd In	8.5 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 3.0 steps outside 25 yd In	1.0 steps in front of Front Hash (HS)
12	172 - 175	14	Side Two: 1.5 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 1.5 steps inside 30 yd In	4.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 2.75 steps inside 35 yd In	11.0 steps behind Front side line
2	121 - 124	4	Side Two: 1.25 steps outside 35 yd In	12.0 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: 2.75 steps inside 35 yd In	8.75 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: 3.0 steps inside 25 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 0.25 steps inside 25 yd In	6.0 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 1.0 steps inside 35 yd In	12.0 steps in front of Front Hash (HS)
7	154 - 156	12	Side Two: 2.75 steps inside 30 yd In	12.75 steps behind Front side line
8	157 - 160	16	Side Two: 2.25 steps outside 35 yd In	5.75 steps behind Front side line
9	161 - 162	8	Side Two: 2.25 steps inside 30 yd In	13.25 steps behind Front side line
10	163 - 166	16	Side Two: 1.75 steps inside 25 yd In	6.25 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 3.25 steps inside 20 yd In	0.75 steps behind Front Hash (HS)
12	172 - 175	14	Side Two: On 30 yd In	8.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: On 30 yd In	8.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: On 35 yd In	12.0 steps behind Front side line
2	121 - 124	4	Side Two: 4.0 steps outside 35 yd In	11.0 steps in front of Front Hash (HS)
3	125 - 132	24	Side Two: On 35 yd In	8.0 steps in front of Front Hash (HS)
4	133 - 140	12	Side Two: On 25 yd In	8.0 steps in front of Front Hash (HS)
5	141 - 149	15	Side Two: 2.0 steps outside 25 yd In	4.0 steps in front of Front Hash (HS)
6	150 - 153	16	Side Two: 2.0 steps outside 35 yd In	12.0 steps in front of Front Hash (HS)
7	154 - 156	12	Side Two: On 30 yd In	12.0 steps behind Front side line
8	157 - 160	16	Side Two: 4.0 steps outside 35 yd In	4.0 steps behind Front side line
9	161 - 162	8	Side Two: On 30 yd In	12.0 steps behind Front side line
10	163 - 166	16	Side Two: On 25 yd In	4.0 steps in front of Front Hash (HS)
11	167 - 171	6	Side Two: 2.0 steps inside 20 yd In	3.0 steps behind Front Hash (HS)
12	172 - 175	14	Side Two: 1.5 steps outside 30 yd In	4.0 steps in front of Front Hash (HS)
13	175 (beat)	11	Side Two: 1.5 steps outside 30 yd In	4.0 steps in front of Front Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 1.5 steps inside 45 yd In	13.25 steps in front of Back Hash (HS)
2	121 - 124	4	Side Two: 0.5 steps outside 40 yd In	6.0 steps in front of Back Hash (HS)
3	125 - 132	24	Side Two: 3.25 steps outside 50 yd In	3.75 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: 3.0 steps inside 40 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 2.5 steps outside 40 yd In	4.75 steps in front of Back Hash (HS)
6	150 - 153	16	Side Two: 1.0 steps inside 40 yd In	4.25 steps behind Back Hash (HS)
7	154 - 156	12	Side Two: 2.75 steps outside 35 yd In	1.75 steps behind Back Hash (HS)
8	157 - 160	16	Side Two: 1.0 steps outside 30 yd In	7.25 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 2.5 steps outside 35 yd In	7.75 steps behind Back Hash (HS)
10	163 - 166	16	Side Two: 3.5 steps outside 45 yd In	4.25 steps behind Back Hash (HS)
11	167 - 171	6	Side Two: 2.5 steps outside 50 yd In	0.5 steps behind Back Hash (HS)
12	172 - 175	14	Side Two: 1.25 steps outside 45 yd In	0.75 steps behind Back Hash (HS)
13	175 (beat)	11	Side Two: 1.25 steps outside 45 yd In	0.75 steps behind Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 1.0 steps outside 45 yd In	14.0 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 3.0 steps outside 40 yd In	7.0 steps in front of Back Hash (HS)
3	125 - 132	24	Side Two: 1.75 steps inside 45 yd In	4.0 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: On 40 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 2.75 steps inside 35 yd In	4.75 steps behind Back Hash (HS)
6	150 - 153	16	Side Two: 2.0 steps outside 40 yd In	3.75 steps behind Back Hash (HS)
7	154 - 156	12	Side Two: 2.5 steps inside 30 yd In	1.25 steps behind Back Hash (HS)
8	157 - 160	16	Side Two: 3.5 steps outside 30 yd In	6.75 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 3.25 steps inside 30 yd In	7.25 steps behind Back Hash (HS)
10	163 - 166	16	Side Two: 1.75 steps inside 40 yd In	4.5 steps behind Back Hash (HS)
11	167 - 171	6	Side Two: 3.25 steps inside 45 yd In	1.75 steps behind Back Hash (HS)
12	172 - 175	14	Side Two: 4.0 steps outside 45 yd In	1.0 steps behind Back Hash (HS)
13	175 (beat)	11	Side Two: 4.0 steps outside 45 yd In	1.0 steps behind Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 3.25 steps outside 45 yd In	12.75 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 2.5 steps inside 35 yd In	8.5 steps in front of Back Hash (HS)
3	125 - 132	24	Side Two: 1.25 steps outside 45 yd In	4.25 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: 3.0 steps outside 40 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: On 35 yd In	4.75 steps in front of Back Hash (HS)
6	150 - 153	16	Side Two: 3.25 steps inside 35 yd In	2.75 steps behind Back Hash (HS)
7	154 - 156	12	Side Two: 0.25 steps outside 30 yd In	On Back Hash (HS)
8	157 - 160	16	Side Two: 2.0 steps inside 25 yd In	6.0 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 1.0 steps inside 30 yd In	6.25 steps behind Back Hash (HS)
10	163 - 166	16	Side Two: 1.0 steps outside 40 yd In	4.5 steps behind Back Hash (HS)
11	167 - 171	6	Side Two: 0.75 steps inside 45 yd In	2.5 steps behind Back Hash (HS)
12	172 - 175	14	Side Two: 1.5 steps inside 40 yd In	0.75 steps behind Back Hash (HS)
13	175 (beat)	11	Side Two: 1.5 steps inside 40 yd In	0.75 steps behind Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 2.5 steps inside 40 yd In	11.0 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 0.5 steps inside 35 yd In	10.25 steps in front of Back Hash (HS)
3	125 - 132	24	Side Two: 4.0 steps inside 40 yd In	4.5 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: 2.0 steps inside 35 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 2.75 steps outside 35 yd In	5.25 steps in front of Back Hash (HS)
6	150 - 153	16	Side Two: 0.75 steps inside 35 yd In	1.5 steps behind Back Hash (HS)
7	154 - 156	12	Side Two: 2.25 steps outside 30 yd In	1.75 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: On 25 yd In	4.5 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 1.0 steps outside 30 yd In	4.5 steps behind Back Hash (HS)
10	163 - 166	16	Side Two: 3.75 steps outside 40 yd In	4.25 steps behind Back Hash (HS)
11	167 - 171	6	Side Two: 1.75 steps outside 45 yd In	2.75 steps behind Back Hash (HS)
12	172 - 175	14	Side Two: 1.25 steps outside 40 yd In	0.25 steps behind Back Hash (HS)
13	175 (beat)	11	Side Two: 1.25 steps outside 40 yd In	0.25 steps behind Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 1.0 steps inside 40 yd In	9.0 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 1.25 steps outside 35 yd In	12.5 steps in front of Back Hash (HS)
3	125 - 132	24	Side Two: 1.25 steps inside 40 yd In	5.0 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: 1.0 steps outside 35 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 2.75 steps inside 30 yd In	6.0 steps in front of Back Hash (HS)
6	150 - 153	16	Side Two: 1.5 steps outside 35 yd In	0.25 steps in front of Back Hash (HS)
7	154 - 156	12	Side Two: 3.5 steps outside 30 yd In	4.25 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: 1.5 steps outside 25 yd In	2.5 steps behind Back Hash (HS)
9	161 - 162	8	Side Two: 2.5 steps outside 30 yd In	2.5 steps behind Back Hash (HS)
10	163 - 166	16	Side Two: 1.75 steps inside 35 yd In	3.25 steps behind Back Hash (HS)
11	167 - 171	6	Side Two: 3.5 steps inside 40 yd In	2.75 steps behind Back Hash (HS)
12	172 - 175	14	Side Two: 4.0 steps outside 40 yd In	0.5 steps in front of Back Hash (HS)
13	175 (beat)	11	Side Two: 4.0 steps outside 40 yd In	0.5 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 0.25 steps outside 40 yd In	6.75 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 2.25 steps outside 35 yd In	13.0 steps behind Front Hash (HS)
3	125 - 132	24	Side Two: 1.75 steps outside 40 yd In	5.5 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: 4.0 steps outside 35 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 0.25 steps inside 30 yd In	7.25 steps in front of Back Hash (HS)
6	150 - 153	16	Side Two: 3.0 steps outside 35 yd In	2.75 steps in front of Back Hash (HS)
7	154 - 156	12	Side Two: 4.0 steps inside 25 yd In	7.25 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: 2.5 steps outside 25 yd In	On Back Hash (HS)
9	161 - 162	8	Side Two: 3.25 steps outside 30 yd In	0.25 steps behind Back Hash (HS)
10	163 - 166	16	Side Two: 0.75 steps outside 35 yd In	1.75 steps behind Back Hash (HS)
11	167 - 171	6	Side Two: 1.0 steps inside 40 yd In	2.0 steps behind Back Hash (HS)
12	172 - 175	14	Side Two: 1.75 steps inside 35 yd In	1.75 steps in front of Back Hash (HS)
13	175 (beat)	11	Side Two: 1.75 steps inside 35 yd In	1.75 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 1.0 steps outside 40 yd In	4.25 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 2.5 steps outside 35 yd In	10.25 steps behind Front Hash (HS)
3	125 - 132	24	Side Two: 3.5 steps inside 35 yd In	6.0 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: 1.0 steps inside 30 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 2.0 steps outside 30 yd In	9.0 steps in front of Back Hash (HS)
6	150 - 153	16	Side Two: 4.0 steps outside 35 yd In	5.5 steps in front of Back Hash (HS)
7	154 - 156	12	Side Two: 4.0 steps outside 30 yd In	10.0 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: 2.75 steps outside 25 yd In	2.5 steps in front of Back Hash (HS)
9	161 - 162	8	Side Two: 3.75 steps outside 30 yd In	2.25 steps in front of Back Hash (HS)
10	163 - 166	16	Side Two: 2.5 steps outside 35 yd In	0.25 steps in front of Back Hash (HS)
11	167 - 171	6	Side Two: 1.25 steps outside 40 yd In	0.75 steps behind Back Hash (HS)
12	172 - 175	14	Side Two: 0.5 steps outside 35 yd In	3.25 steps in front of Back Hash (HS)
13	175 (beat)	11	Side Two: 0.5 steps outside 35 yd In	3.25 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two				
Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 1.25 steps outside 40 yd In	1.5 steps behind Front Hash (HS)
2	121 - 124	4	Side Two: 2.5 steps outside 35 yd In	7.5 steps behind Front Hash (HS)
3	125 - 132	24	Side Two: 0.75 steps inside 35 yd In	7.0 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: 2.0 steps outside 30 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 3.5 steps outside 30 yd In	11.25 steps in front of Back Hash (HS)
6	150 - 153	16	Side Two: 3.75 steps inside 30 yd In	8.25 steps in front of Back Hash (HS)
7	154 - 156	12	Side Two: 3.25 steps outside 30 yd In	12.75 steps in front of Back Hash (HS)
8	157 - 160	16	Side Two: 2.0 steps outside 25 yd In	5.0 steps in front of Back Hash (HS)
9	161 - 162	8	Side Two: 3.5 steps outside 30 yd In	4.75 steps in front of Back Hash (HS)
10	163 - 166	16	Side Two: 3.5 steps outside 35 yd In	2.75 steps in front of Back Hash (HS)
11	167 - 171	6	Side Two: 3.0 steps outside 40 yd In	1.0 steps in front of Back Hash (HS)
12	172 - 175	14	Side Two: 2.25 steps outside 35 yd In	5.5 steps in front of Back Hash (HS)
13	175 (beat)	11	Side Two: 2.25 steps outside 35 yd In	5.5 steps in front of Back Hash (HS)

Drill: Broken Hearts - Part Two

Set	Measure	Counts	Side One-Side Two	Back-Front
1	115 - 120	8	Side Two: 0.75 steps outside 40 yd In	1.25 steps in front of Front Hash (HS)
2	121 - 124	4	Side Two: 2.0 steps outside 35 yd In	4.75 steps behind Front Hash (HS)
3	125 - 132	24	Side Two: 2.0 steps outside 35 yd In	7.75 steps in front of Back Hash (HS)
4	133 - 140	12	Side Two: 3.0 steps inside 25 yd In	9.0 steps in front of Back Hash (HS)
5	141 - 149	15	Side Two: 3.75 steps inside 25 yd In	13.75 steps in front of Back Hash (HS)
6	150 - 153	16	Side Two: 4.0 steps inside 30 yd In	11.25 steps in front of Back Hash (HS)
7	154 - 156	12	Side Two: 2.0 steps outside 30 yd In	12.75 steps behind Front Hash (HS)
8	157 - 160	16	Side Two: 1.0 steps outside 25 yd In	7.25 steps in front of Back Hash (HS)
9	161 - 162	8	Side Two: 3.0 steps outside 30 yd In	7.25 steps in front of Back Hash (HS)
10	163 - 166	16	Side Two: 4.0 steps inside 30 yd In	5.5 steps in front of Back Hash (HS)
11	167 - 171	6	Side Two: 3.75 steps inside 35 yd In	3.0 steps in front of Back Hash (HS)
12	172 - 175	14	Side Two: 3.25 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)
13	175 (beat)	11	Side Two: 3.25 steps outside 35 yd In	8.0 steps in front of Back Hash (HS)