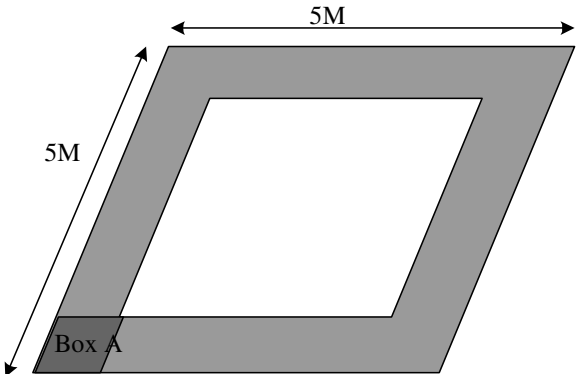
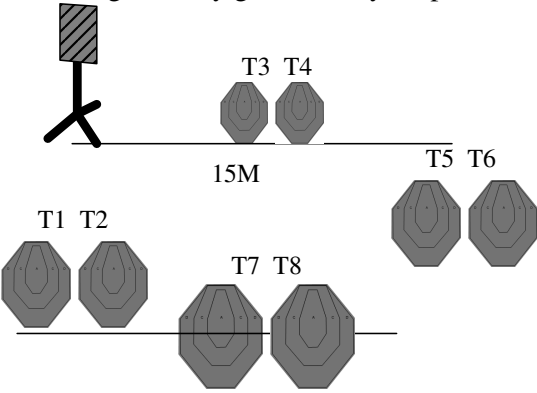


**Keep track of:** Set up the drill in the same way every time, and compare your score on this stage as your ability to shoot on the move improves. This drill is as tough as they get. Watch your points!



Date	Time (right)	Points	Factor