

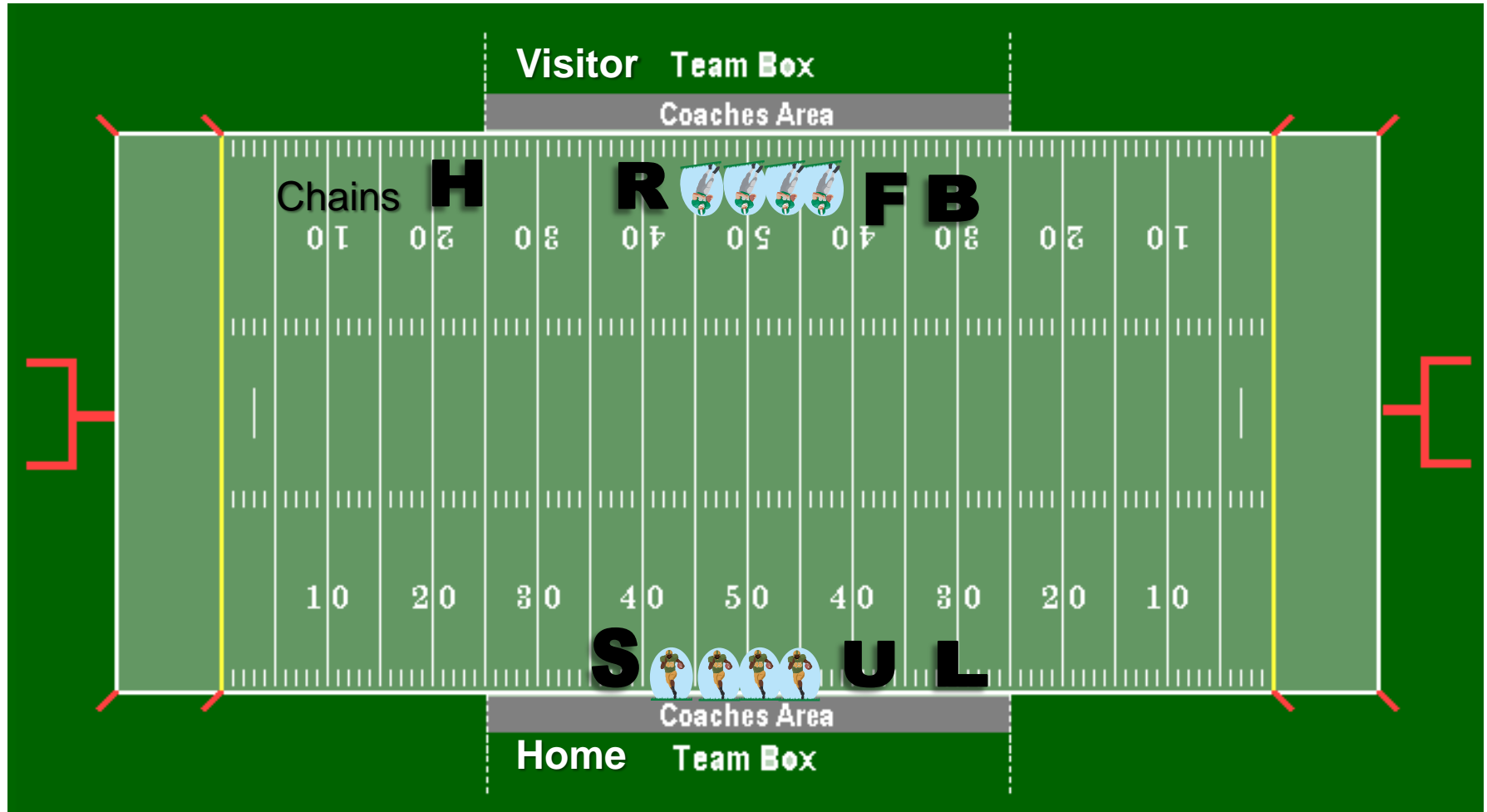


# DFOA



## Seven-Man Mechanics

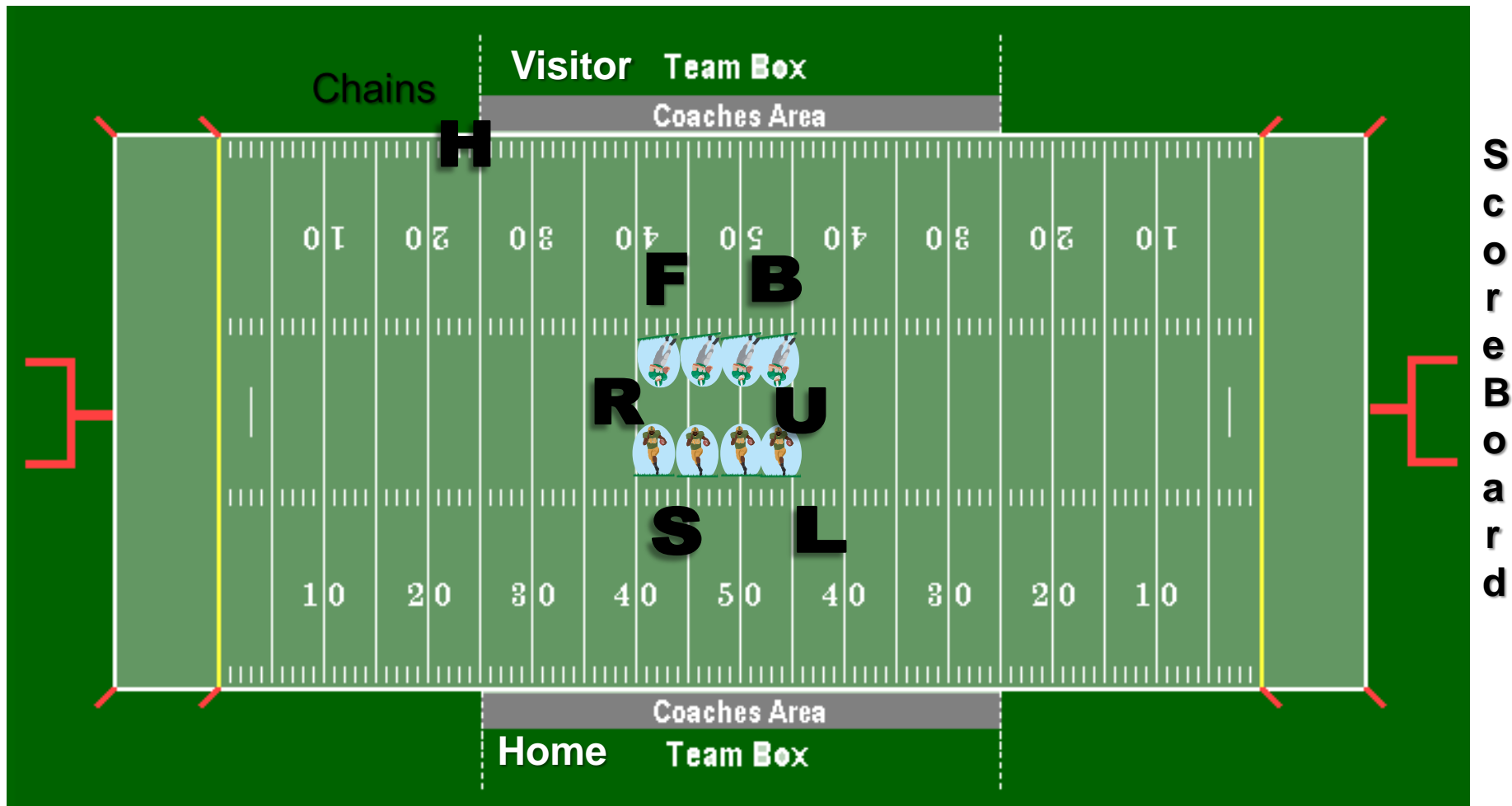






# Seven-Man Mechanics

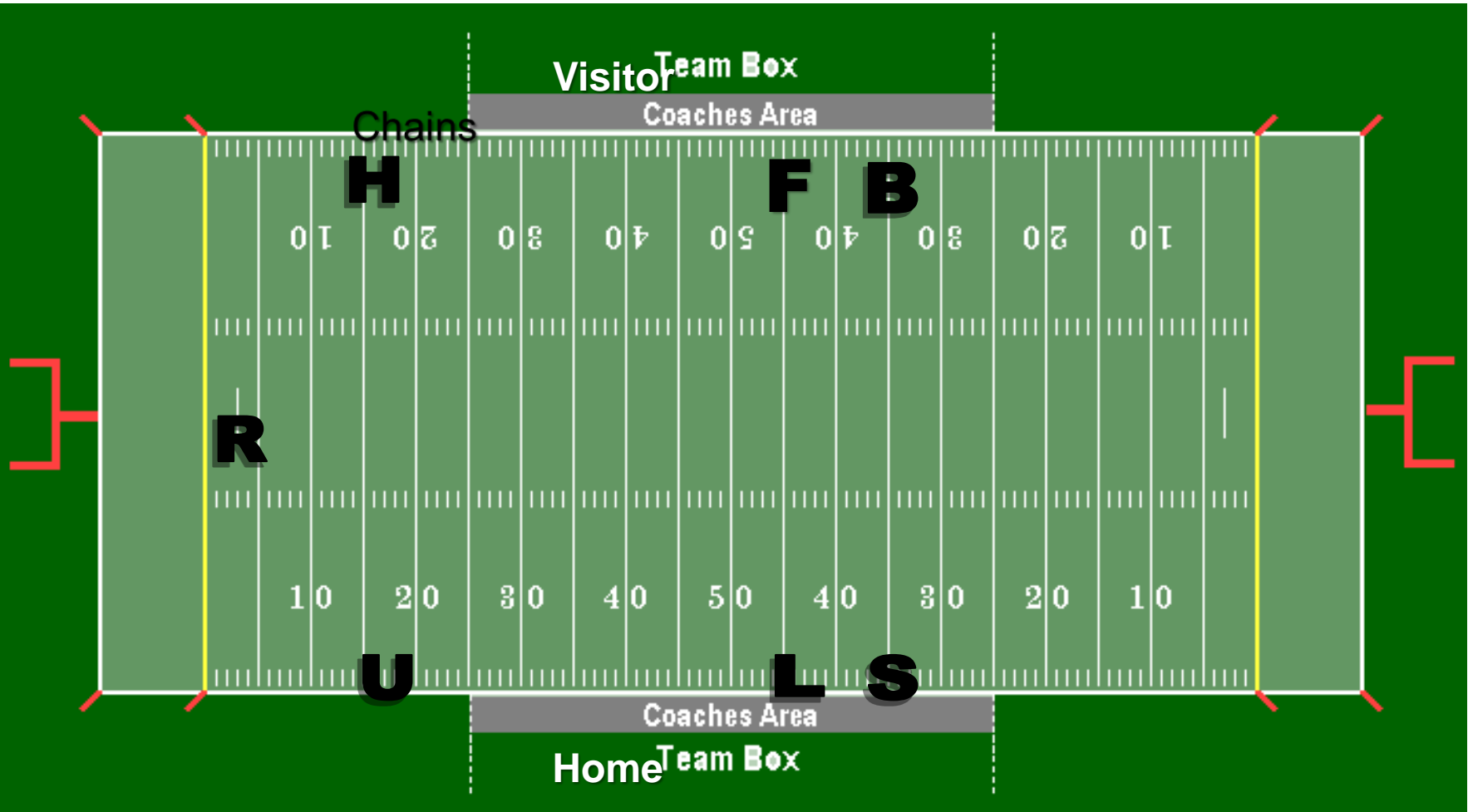
## Coin Toss

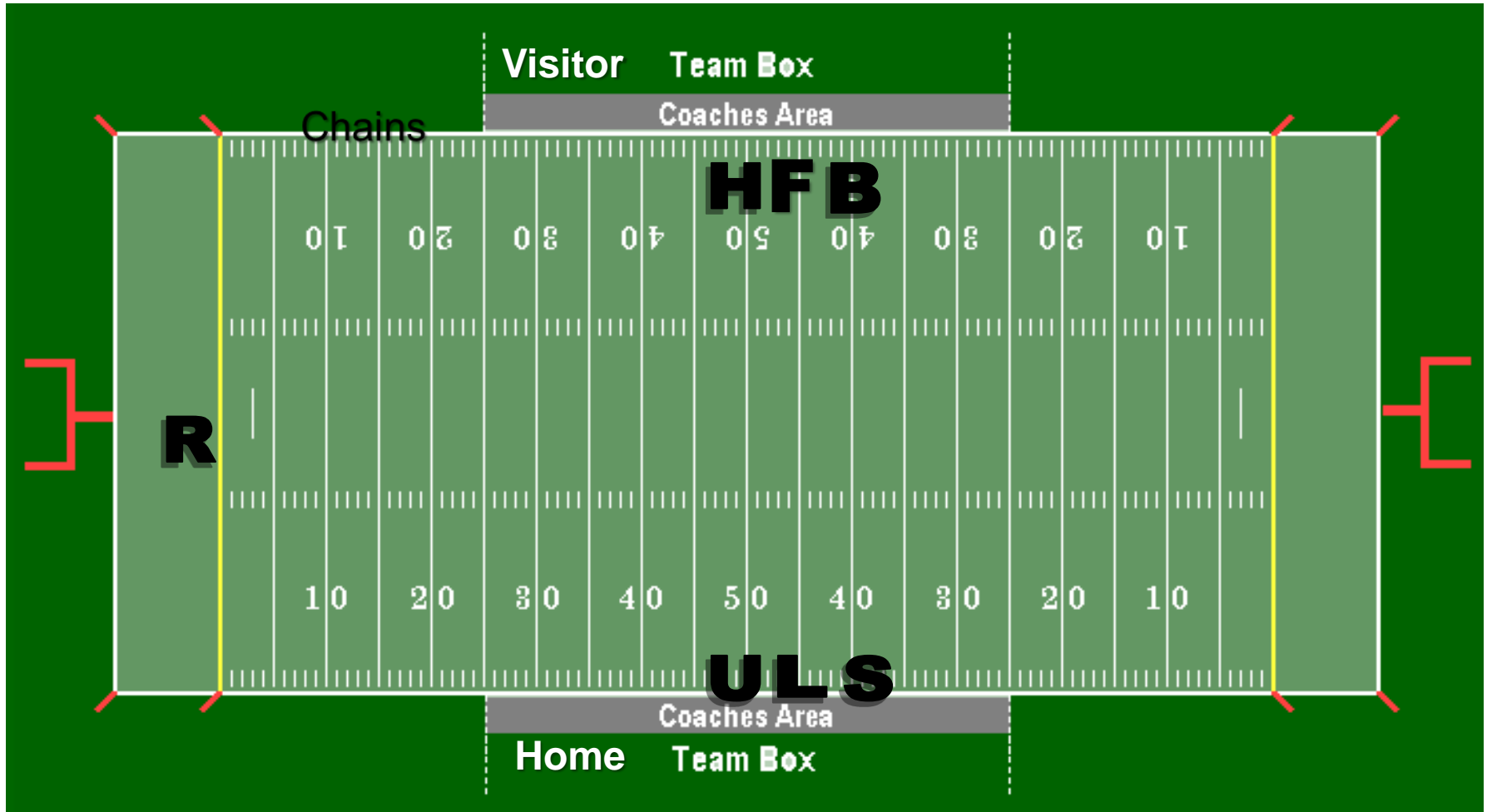


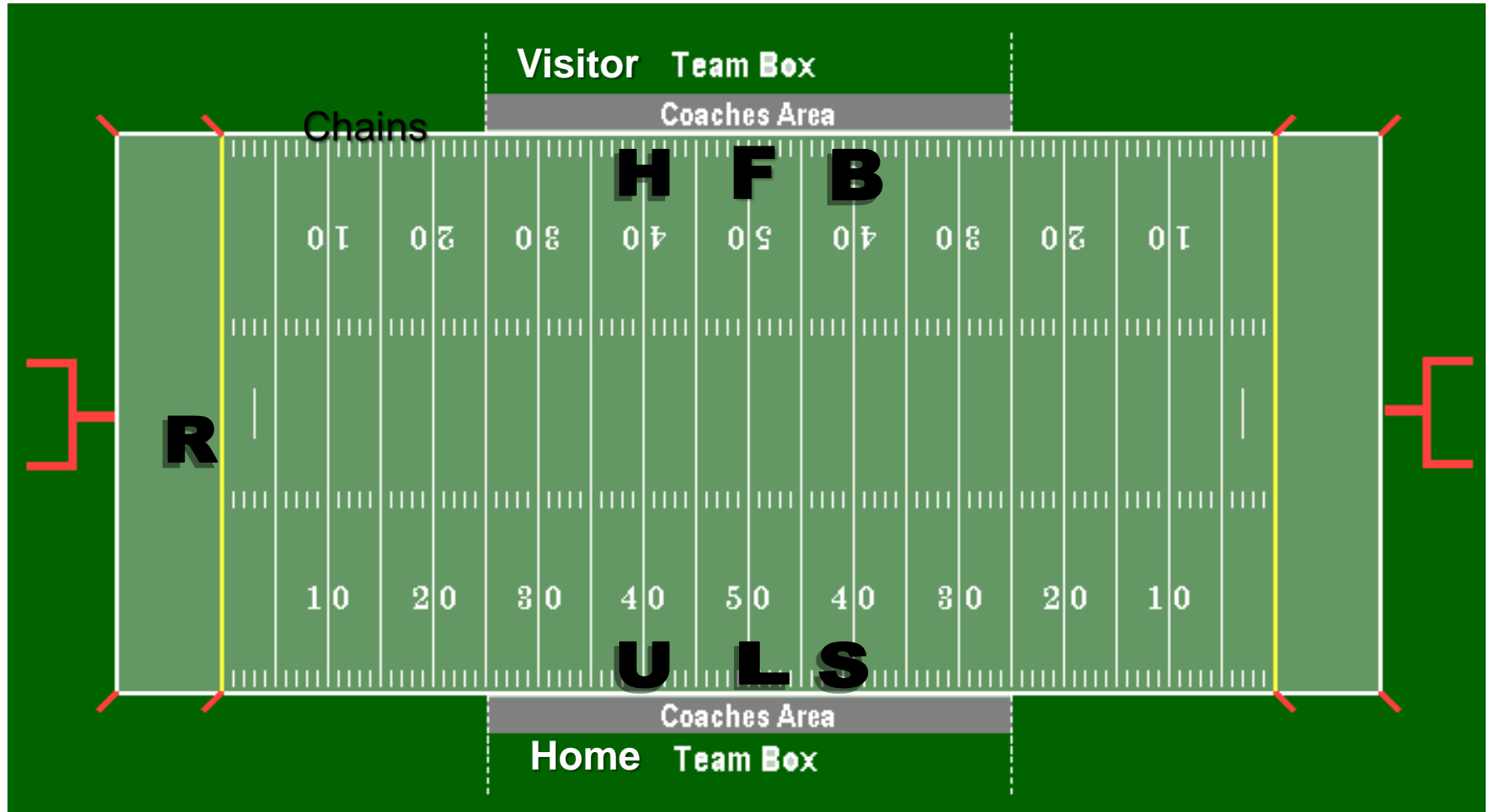


# Seven-Man Mechanics

## Free Kick



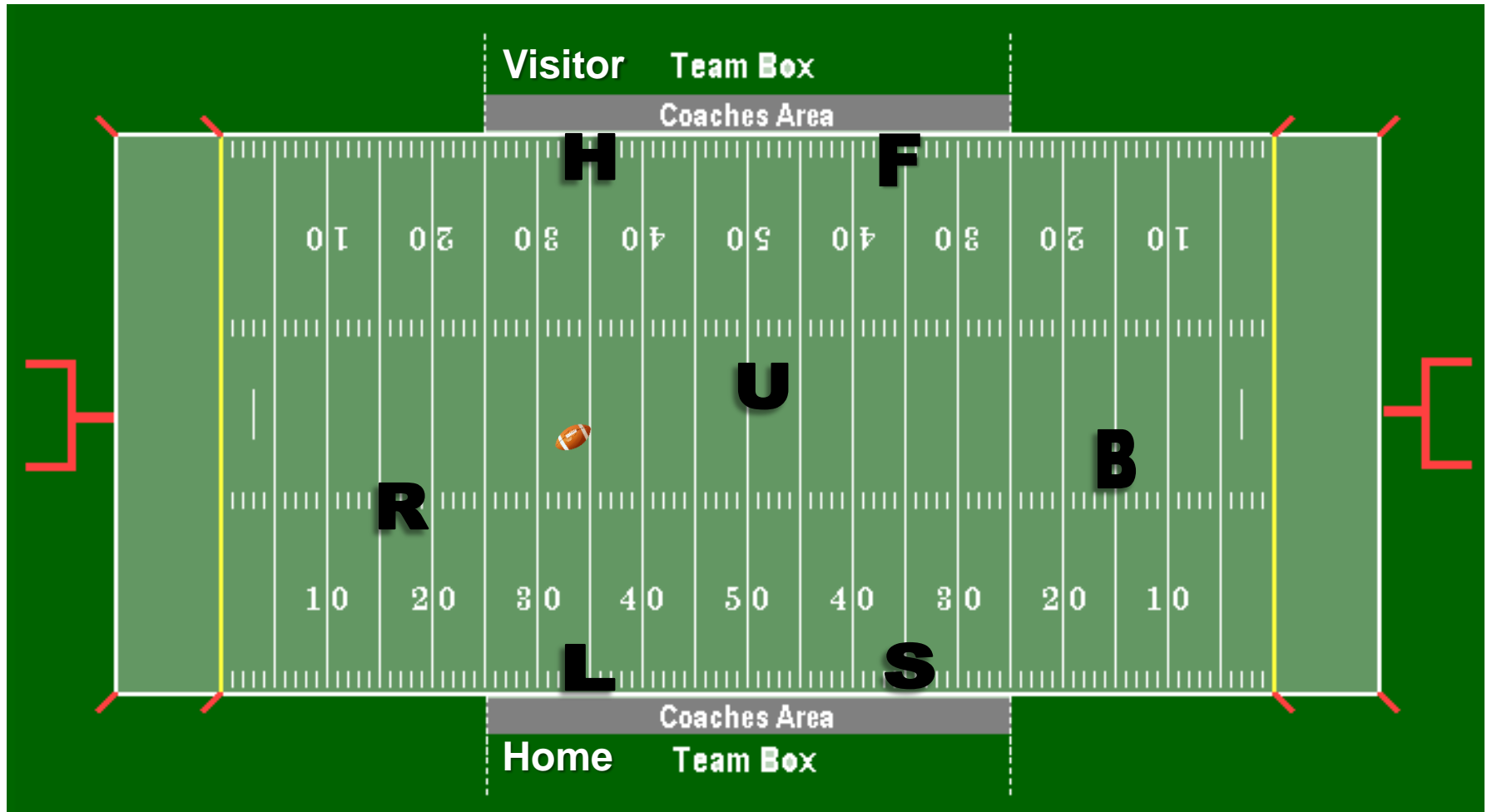






# Seven-Man Mechanics

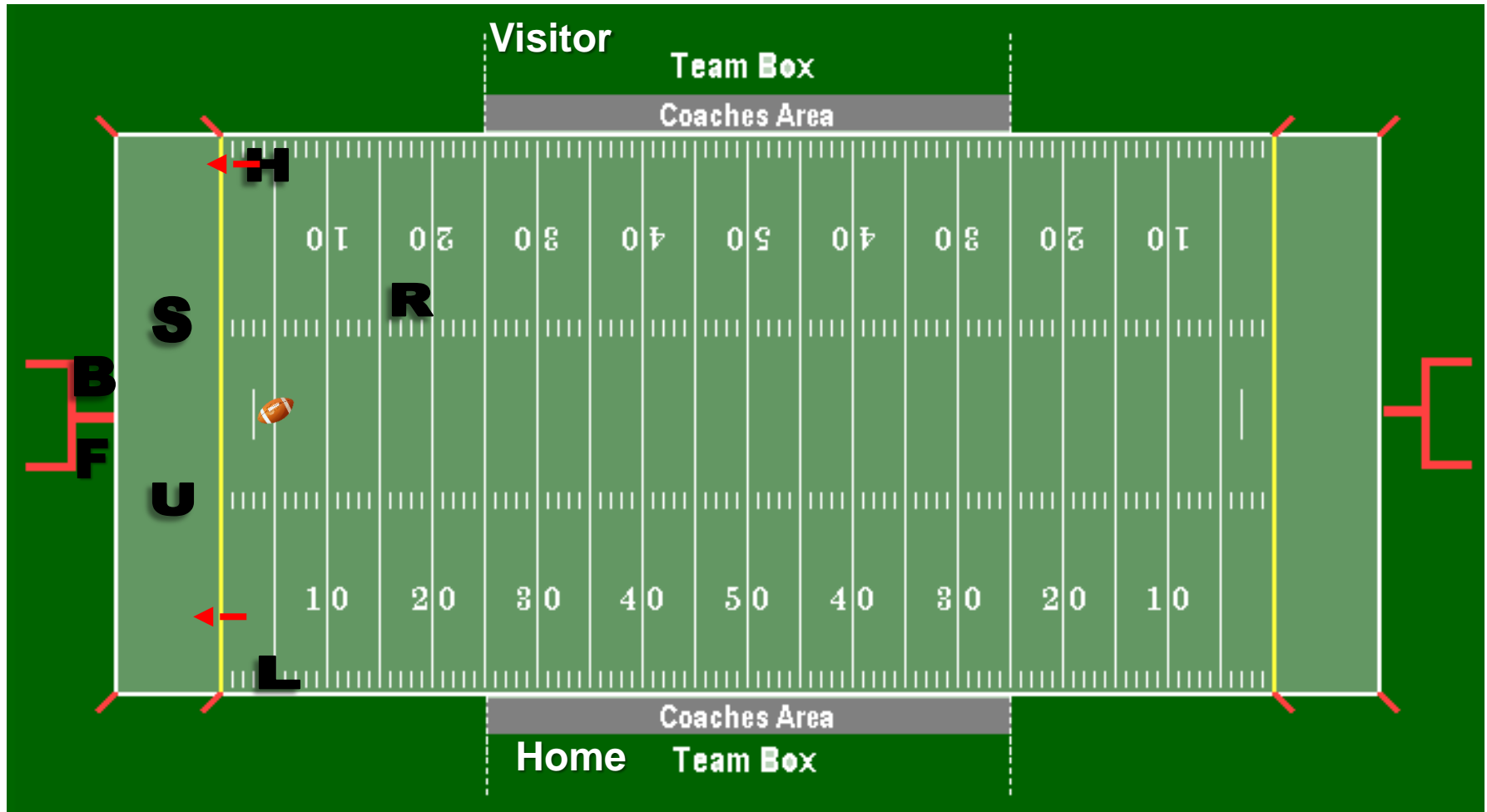
## Scrimmage Play





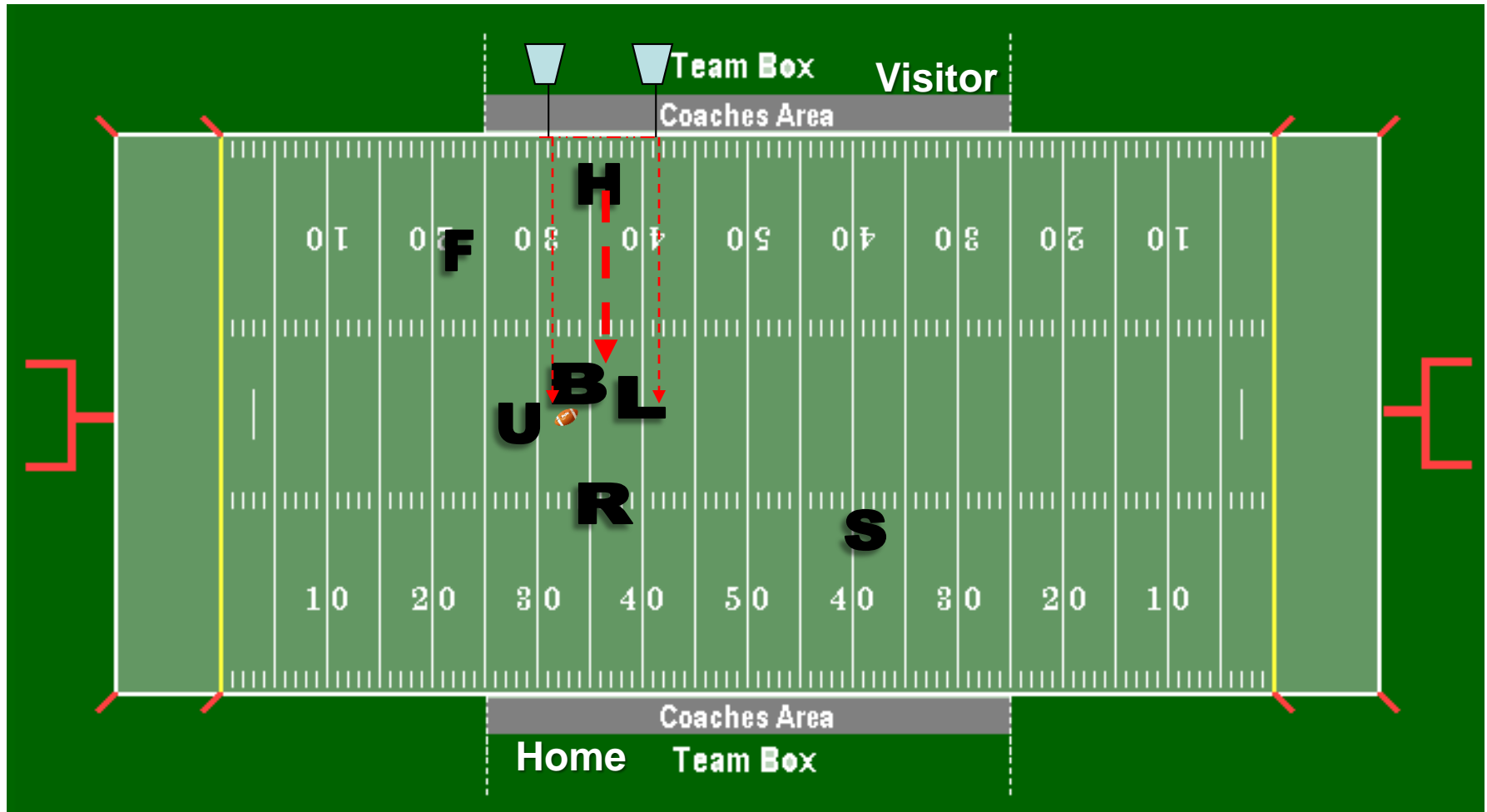
# Seven-Man Mechanics

## Field Goals & Trys



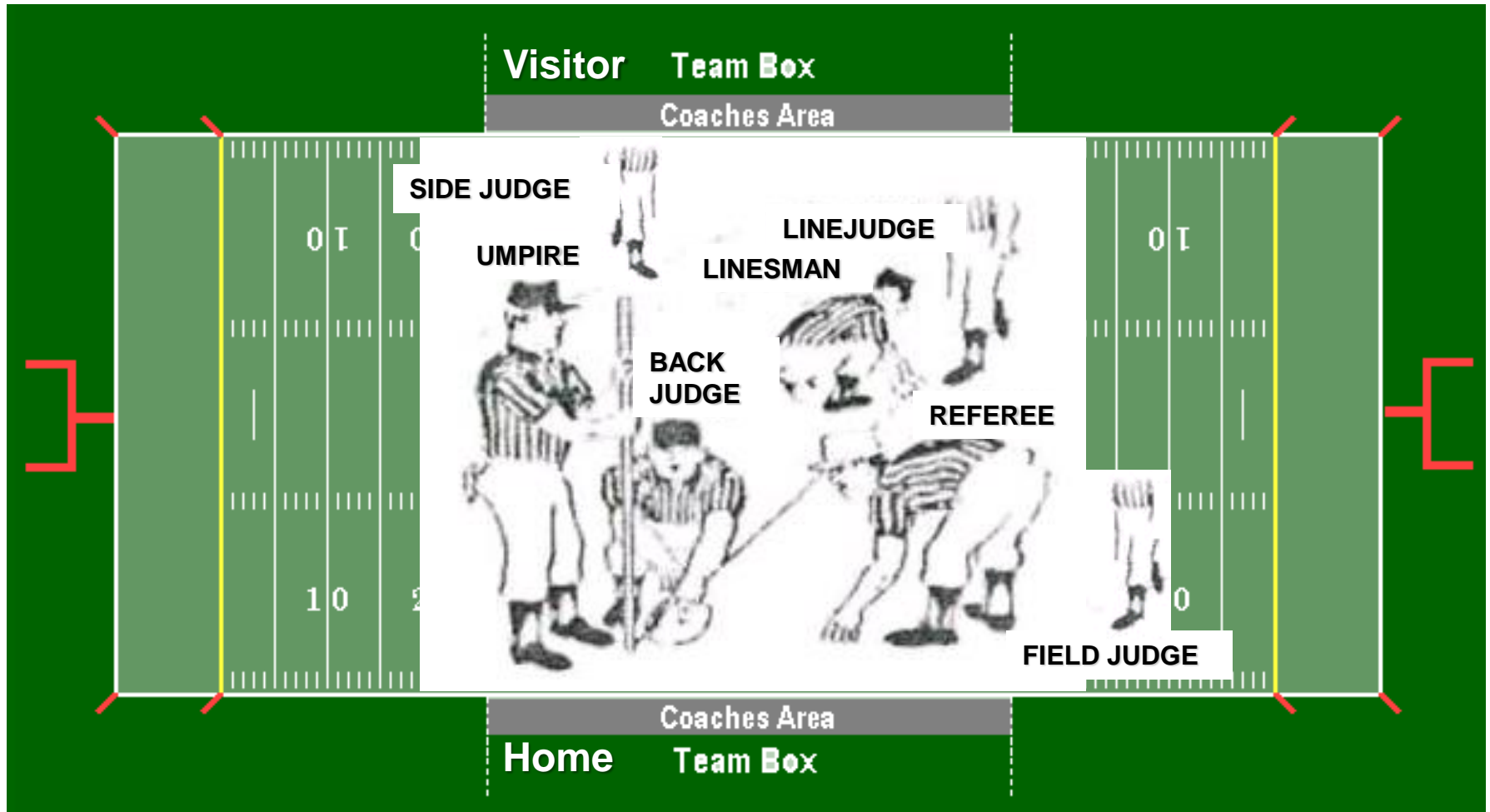


# Seven-Man Mechanics Measurements





# Seven-Man Mechanics Measurements





# DFOA



## 2019

# FINISH STRONG!

