

DFOA



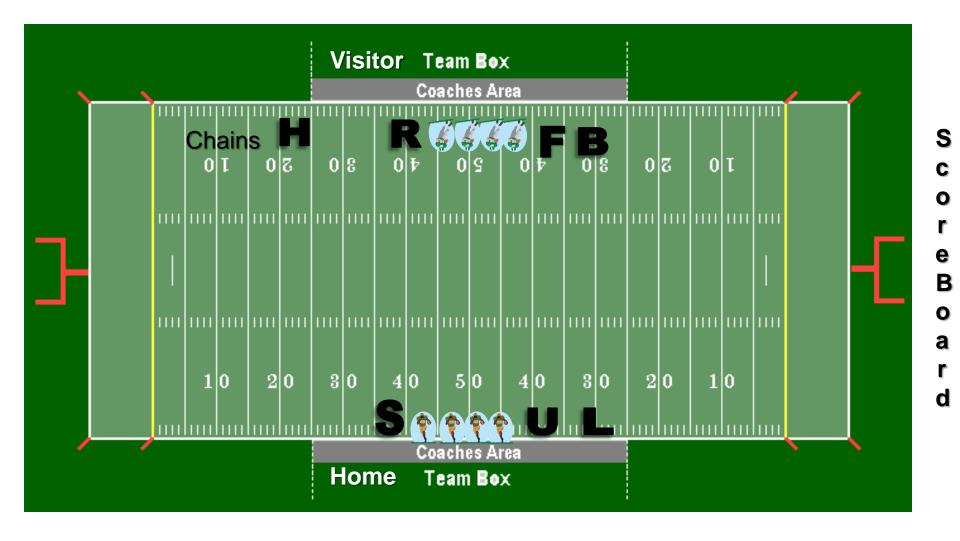
Seven-Man Mechanics





Seven-Man Mechanics Coin Toss

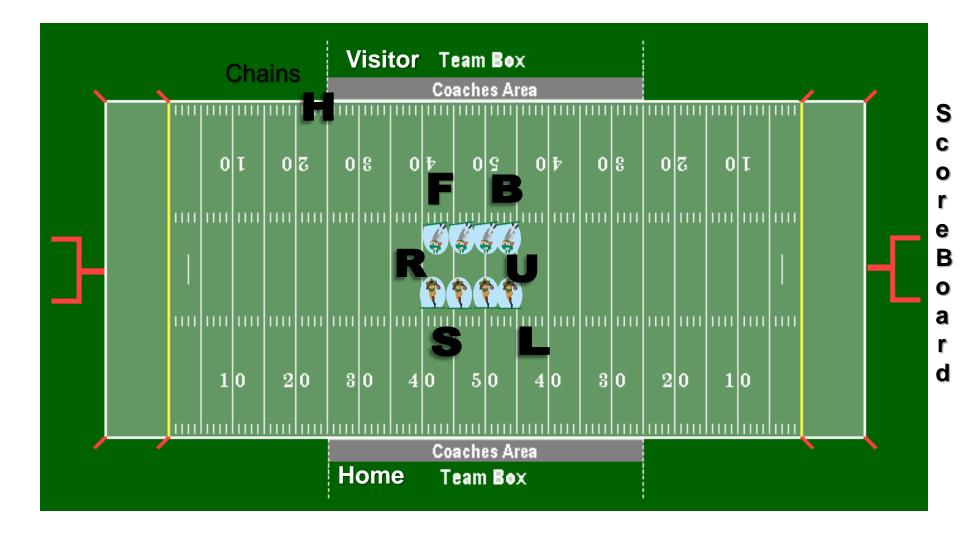






Seven-Man Mechanics Coin Toss

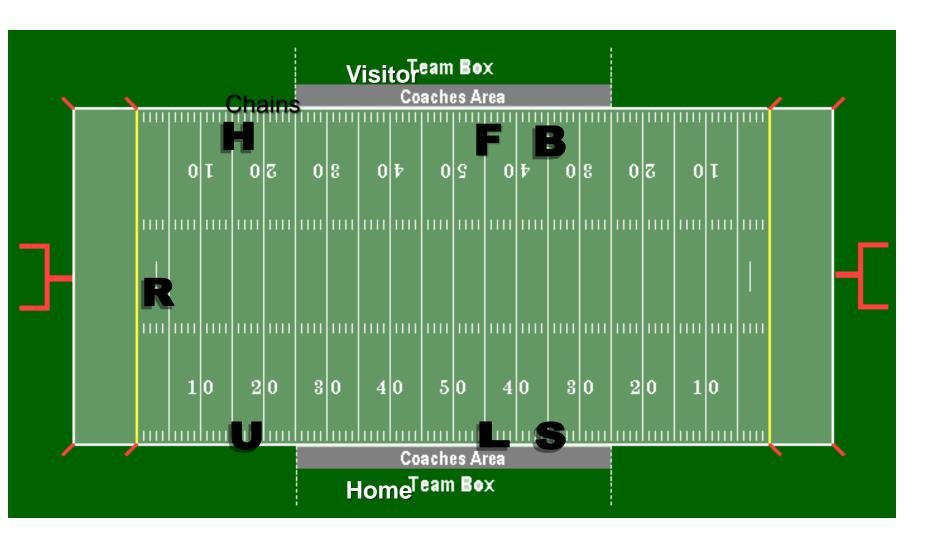






Seven-Man Mechanics Free Kick

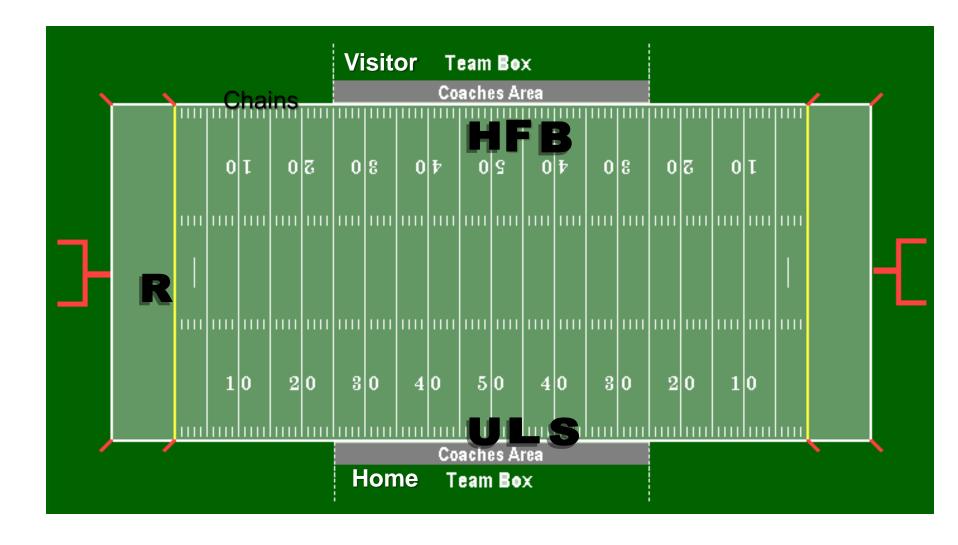






Seven-Man Mechanics Short Free Kick



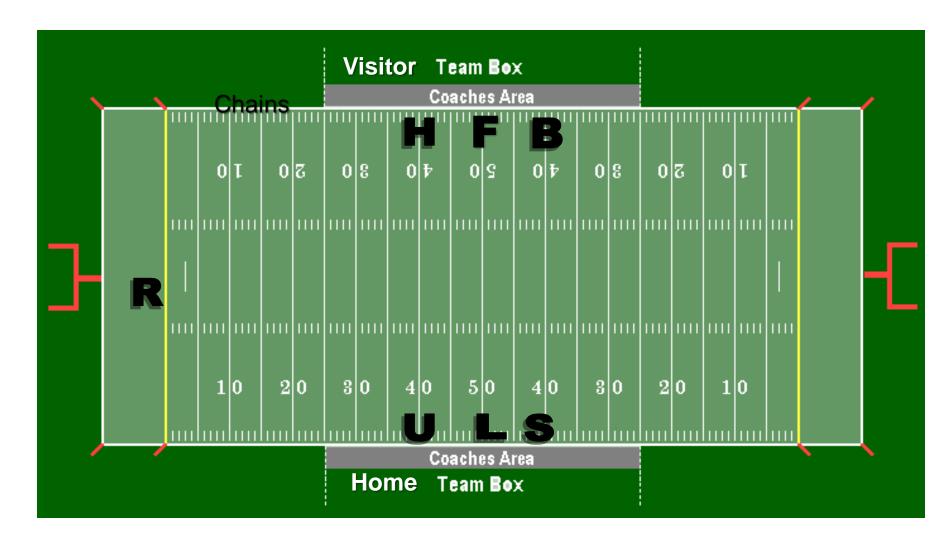




Seven-Man Mechanics



Alternative Short Free Kick

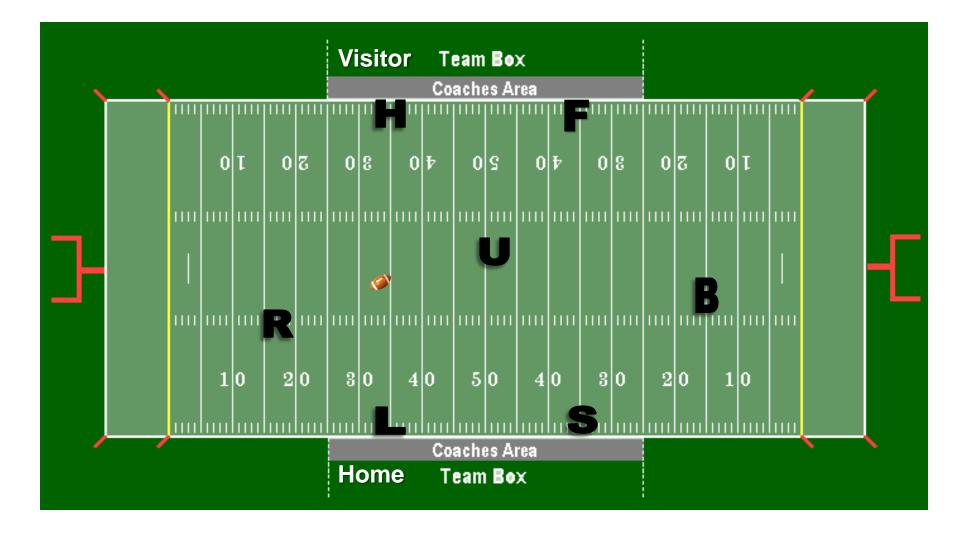




Seven-Man Mechanics



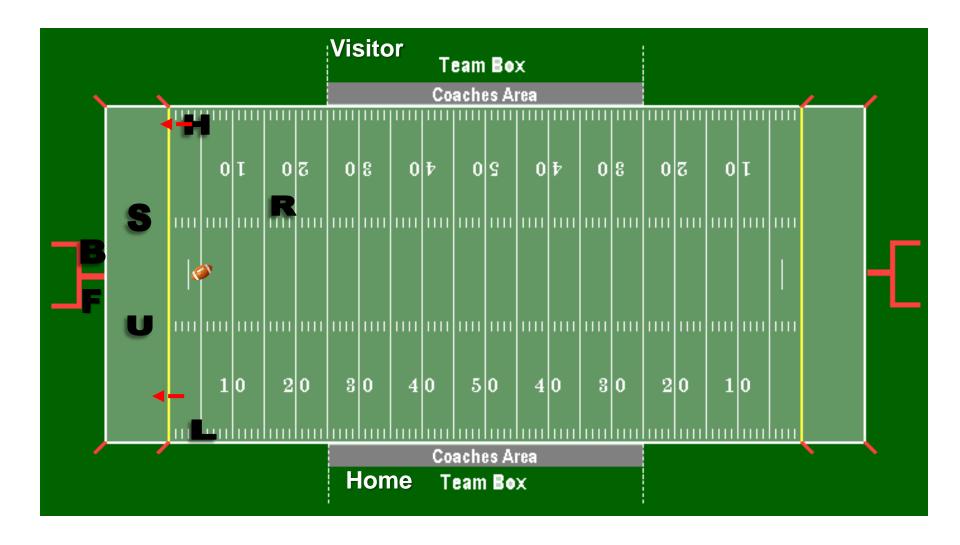
Scrimmage Play





Seven-Man Mechanics Field Goals & Trys



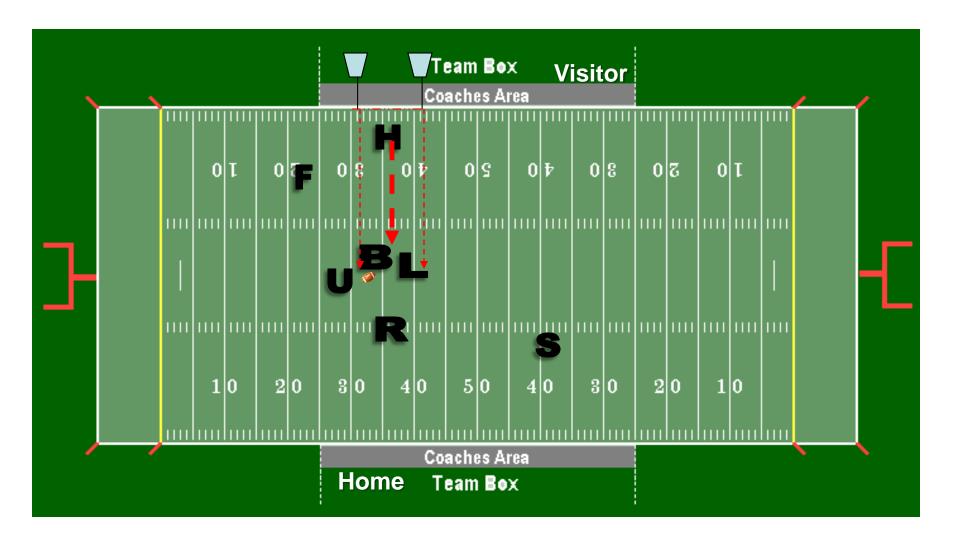




Seven-Man Mechanics



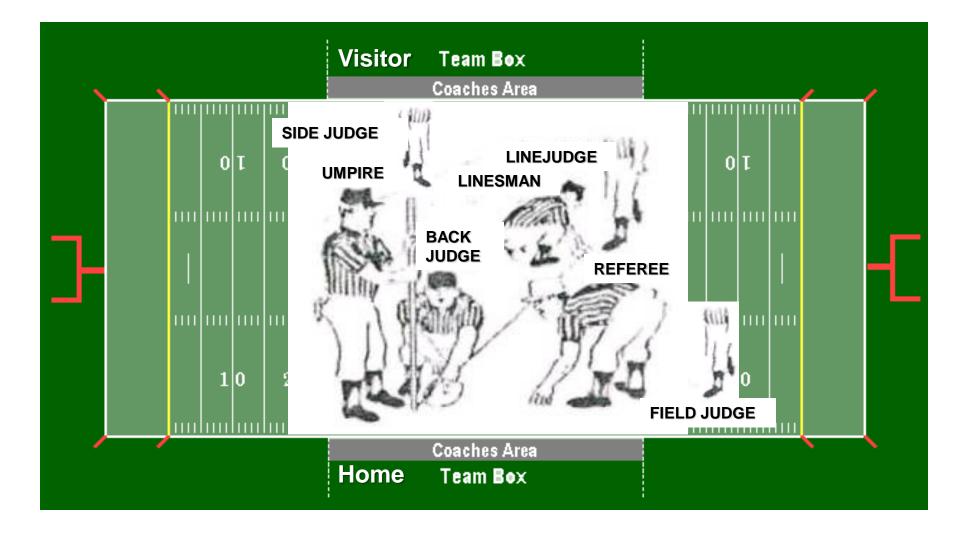
Measurements





Seven-Man Mechanics Measurements







DFOA



2019



FINISH STRONG!

