

July

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29

Practice

- Warm-up (:10) [6:00pm]
- Speed & Agility Drills (:20 – :06 ea.) [6:10pm]
 - [Lateral Step over](#) (bag) [McCafferty, Canisalez]
 - [4 Corner Point n Go](#) (cone) (split into 2 sub-groups) [Trucco, Mills]
 - [Interval Sprints](#) (sprint) [Longmore, Bucher]
- Break (:03) [6:30pm]
- Team-Football 101 (:12) [6:33]
 - Basics (Huddle, Holes, Positions, Responsibilities, etc.) [Gruber]
- Specialty (:30) [6:45pm]
 - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan, Bucher]
 - Lineman/Tight Ends – **Blocking concepts/Schemes** [McCafferty, Canisalez, Trucco, Mills]
- Break (:03) [7:15pm]
- Fundamentals / Skills (:24 – :8 ea.) [7:18pm]
 - Lineman
 - [Stance & Fire](#) [McCafferty]
 - [Duck Walk Drill](#) [Canisalez]
 - [Bird Dog](#) [Trucco]
 - Backs [Longmore, Mills]
 - [Running Back handoff](#)
 - [End Run \(Pitch\)](#)
 - [Jump Cuts](#)
 - Receivers [Morgan, Bucher]
 - [Pass & Catch \(stationary\)](#)
 - [Passing Routes](#)
 - [WR Figure 8](#)
- Break (:03) [7:42pm]
- Team Offense (:15) [7:45pm]
- End Practice [8:00pm]

Equipment needed:

- Cones
- Shields
- Coffin Bags (5)