

July

SA

31

Practice

- Warm-up (:15) [9:00am]
- Speed & Agility Drills (:15 – :04 ½ ea.) [9:15am]
 - [Change of Direction](#) (bag) [Trucco]
 - [X Drill](#) (cone) (*split into 2 sub-groups*) [Canisalez, Longmore]
 - [Back Pedal into Sprints](#) (sprint) (1-2 at a time) [Morgan]
- Break (:05) [9:30am]
- Tackling (:25 – :7 ea.) [9:35am]
 - DL (2 groups, rotate 1st 2 drills)
 - [Shoot](#) [Canisalez]
 - [Uppercuts](#) [Trucco]
 - [Tight Angle Tackle](#) [Grp1-Canisalez/ Grp2- Trucco]
 - DBs [Longmore, Gruber] (*keep group*)
 - [Uppercuts](#)
 - [Angle Tackle w/Bag](#)
 - [Run and Gather](#)
 - LB/DE [Morgan] (*keep group*)
 - [Uppercuts](#)
 - [Angle Tackle w/Bag](#)
 - [Sprint Tackle w/Bag](#)
- Break (:05) [10:00am]
- Fundamentals / Skills (:25 – :7 ea.) [10:05am]
 - DL (2 groups, rotate 1st 2 drills)
 - [6-point explosion](#) [Canisalez]
 - [Seat Roll Drill](#) [Trucco]
 - [Man Take Off w/shields](#) [Grp1-Canisalez/ Grp2- Trucco]
 - DBs [Longmore, Gruber] (*keep group*)
 - [Breakdown / Swoop](#)
 - [Cone Plant Reaction](#)
 - [Breakdown/Swoop/Tackle Progression](#)
 - LB/DE [Morgan] (*keep group*)
 - [Breakdown / Swoop](#)
 - [Step Over and Back](#)
 - [Breakdown/Swoop/Tackle Progression](#)
- End Practice [10:30am]

McCafferty out
Bucher out
Mills out

Equipment needed:

- Cones
- Shields
- Coffin Bags (5)