

# August

McCafferty out

TH

05

## Practice

- Warm-up (:12) [6:00pm]
- Speed & Agility Drills (:15 – :04 ½ ea.) [6:12am]
  - [Lateral Step over w/Ball](#) (bag) [Trucco, Bucher]
  - [Circle & Accelerate](#) (cone) [Longmore, Morgan]
  - [Flying Sprints](#) (sprint) (1-2 at a time) [Canisalez, Mills]
- Break (:03) [6:27pm]
- Tackling (:19 – :06 ea.) [6:30pm]
  - DL [Trucco, Canisalez /Gruber, Bucher] (2 sub-groups)
    - [Angle Tackle w/Bag](#)
    - [Standing Drive w/player](#)
    - [Score Tackling v2](#)
  - DBs [Longmore, Mills]
    - [Breakdown/Swoop/Tackle Progression](#)
    - [Standing Drive w/player](#)
    - [Get up Tackling](#)
  - LB/DE [Morgan]
    - [Breakdown/Swoop/Tackle Progression](#)
    - [Standing Drive w/player](#)
    - [Get up Tackling](#)
- Break (:03) [6:49pm]
- Fundamentals / Skills (:25 – :8 ea.) [6:52pm]
  - DL [Trucco, Canisalez /Gruber, Bucher] (2 sub-groups)
    - [Rip Move /Swim Move](#)
    - [Wave Drill](#)
    - [Fumble Recovery](#)
  - DBs [Mills, Longmore]
    - [DB Zone Break](#)
    - [Stay with the Receiver](#)
    - [Wave Drill](#)
  - LB/DE [Morgan]
    - [DB Zone Break](#)
    - [Defensive End Crash Drill](#)
    - [Fumble Recovery](#)
- Break (:03) [7:17pm]
- Team Defense (:30) [7:20pm]
- [Team Big OK Drill](#) (:10) [7:50pm]
- End Practice [8:00pm]

### Equipment needed:

- Cones
- Shields
- Coffin Bags (5)
- Barrels (2)