

August

Canisalez out

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Practice

- Warm-up (:12) [6:00pm]
- Speed & Agility Drills (:15 – :04 ½ ea.) [6:12pm]
 - [Stagger quick lateral step](#) (bag) [McCafferty, Mills]
 - [Weave Drill](#) (cone) [Trucco, Bucher]
 - [Back pedal intro Sprints](#) (sprint) [Longmore, Morgan]
- Break (:03) [6:27pm]
- Fundamentals / Skills (:24 – :07 ½ ea.) [6:00pm]
 - Lineman (3 groups, rotate)
 - [Low Level Pad Drill](#) [Trucco]
 - [Down Blocking Drill](#) [McCafferty]
 - [Blocking Battle](#) [Mills]
 - Backs [Gruber, Longmore]
 - [Hand Off Drill / End Run \(Pitch\)](#)
 - [Blast Drill](#)
 - [Close Contact & Maintain](#) (RB blocking)
 - Receivers [Morgan, Bucher]
 - [Quick Feet, Breakdown, & Catch](#)
 - [Step Over Bag Drill](#)
 - [Close Contact Blocking](#) (WR blocking)
- Break (:03) [6:54pm]
- Specialty (:30) [6:57pm]
 - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan, Bucher]
 - Lineman/Tight Ends – **Blocking concepts/schemes / 7v7** [McCafferty, Trucco, Mills]
- Break (:03) [7:27pm]
- Team Offense (:30) [7:30pm]
- End Practice [8:00pm]

Equipment needed:

- Cones
- Shields (4)
- Coffin Bags (5)