

August

Bucher out
Mills out

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17

Practice

- Warm-up (:12) [6:00pm]
- Fundamentals / Skills (:16 – :07 ½ ea.) [6:12pm]
 - Lineman (2 groups, rotate)
 - [Reach Drill](#) [McCafferty]
 - [Finish Drill](#) [Canisalez, Trucco]
 - Backs [Gruber, Longmore]
 - [Gauntlet Drill](#)
 - [Simple Punch Drill](#) (RB pass blocking)
 - Receivers [Morgan]
 - [WR Figure 8](#)
 - [Push up & Catch](#)
- Break (:03) [6:28pm]
- Specialty (:28) [6:31pm]
 - Backs/Receivers – **Install Offense** [Gruber, Longmore, Morgan]
 - Lineman/Tight Ends
 - Drills (:06 ea.) (*2 groups, rotate groups*)
 - [RIP/LIZ](#) [McCafferty]
 - [Line to Backer](#) [Canisalez, Trucco]
 - **Blocking concepts/schemes / 7v7** (:16) [McCafferty, Canisalez, Trucco]
- Break (:03) [6:59pm]
- Team Offense (:28) [7:02pm]
 - Punt (:06) [7:24pm]
- End Practice [7:30pm]

Equipment needed:

- Cones
- Shields (6)
- Barrel (1)